

### **January 2010**

Three Shannon AC athletes received County Sports Star Awards recently at a reception in the Auburn Lodge Hotel in Ennis.

The athletes were Molly Lynch, Harriet Flynn and William Flynn.

Also, Dr Peter Flynn, father of Harriet and William, was honoured with an award from the Clare County Board for the work he has done with Shannon AC.

Congratulations Peter.

### **April 2010**

Congratulations to Harriet Flynn who won two All Ireland medals at the recent All-Ireland's held in Nenagh.

Competing in the under 18's, Harriet won gold in the 1500 meters and silver in the 800 meters.

### **May 2010**

(Day 1) Juvenile Track and Field Championships in Lees Road. May 2<sup>nd</sup>

"Shannon A. C. dominated the U/15 boys with double gold going to Shane Mc Grath in the 100m and 800m and a double gold to Seamus Mc Mahon in the 1500 metres walk and High Jump.

Ruan Rooker Shannon recorded a great treble in the boys U/16s 100m, Long Jump and Shot Putt. The girls U/18s Harriett Flynn Shannon took the 400m, 1500m and High Jump"

Full Results to follow:

The Best Overall Club (Day 1)

- 1 Ennis Track = 159pts.
- 2 Marian = 77pts.
- 3 Shannon = 50pts

### **June 2010**

\*\*\*\*\*SHANNON A.C. 3 MUNSTER TITLES SO FAR THIS SUMMER\*\*\*\*\*

June 27<sup>th</sup> ...CONGRATULATIONS TO GEAROID McMAHON....

on winning GOLD in the 900m Walk in the Community Games County Championships in Ennis today.

CONGRATULATIONS also to Max Ellison 3<sup>rd</sup> in the 60m Hurdles & Shane McGrath 3<sup>rd</sup> in the 100m.

Well done also to all our athletes who did well in qualifying for their finals. Alex Ellison, Eanna Crimins, Elva Morrissey, Ava Fitzpatrick, Matthew Keating, Shannon O'Grady, Lorcan & Oisín Fitzpatrick, Aoife Keating & Seamus McMahon.

June 20<sup>th</sup> ...CONGRATULATIONS TO WILLIAM FLYNN....

on winning SILVER in the High Jump at Cork IT this weekend.

CONGRATULATIONS also to Matthew Keating narrowly missing the final at his FIRST Munster Championships.

June 19<sup>th</sup> ...CONGRATULATIONS TO HARRIET FLYNN....DOUBLE MUNSTER CHAMPION

....

on winning DOUBLE GOLD in the 1,500 and 800m at Cork IT this weekend.

June 13<sup>th</sup> ...CONGRATULATIONS TO SEAMUS McMAHON.... MUNSTER CHAMPION ....

on winning GOLD in the 2000m walk & BRONZE in the HAMMER at the MUNSTER T&F C'SHIP in Castleisland today.

...CONGRATULATIONS & WELL DONE AGAIN to Molly Lynch ...

on winning the BRONZE Medal in the MUNSTER T&F C'SHIPS 800m in Castleisland today.

June 6'th ...CONGRATULATIONS & WELL DONE to Molly Lynch ...  
on winning the Silver Medal in the MUNSTER T&F C'SHIPS 1,500m in Castleisland today.



June 5'th ...CONGRATULATIONS & WELL DONE to Harriet Flynn ....ALL-IRELAND  
CHAMPION...  
on winning the Gold Medal in the ALL IRELAND SCHOOLS 800m in Tullamore today.



### **July 2010**

July 24'th ...CONGRATULATIONS TO HARRIET FLYNN...  
on winning SILVER in the U18 1500m at the All-Ireland T&F Championships in Tullamore today.  
CONGRATULATIONS also to Molly Lynch 6'th in the U15 1500m & Seamus McMahon 4'th in the  
U15 Hammer & 5'th in the U15 walk.

### **August 2010**

August 29'th

...CONGRATULATIONS TO ALL OUR ATHLETES WHO COMPETED IN THE MUNSTER B's  
IN TEMPLEMORE ON SUNDAY...

\*\*\*\*\*A TOTAL OF 10 MEDALS WERE BROUGHT HOME TO SHANNON\*\*\*\*\*

\*\*\*\* 3 GOLD \*\*\*\* 2 SILVER \*\*\*\* 5 BRONZE \*\*\*\*

CONGRATULATIONS TO EVERYONE WHO COMPETED TODAY, YOU DID YOUR CLUB  
PROUD!!!

OUR WINNERS WERE EANNA CRIMMINS, GOLD IN THE 60M U10 & CORMAC KEATING  
WHO WON BRONZE IN THE SAME EVENT!!

JAMIE MUNDAY WON SILVER IN THE BOYS U10 BALL THROW

MATTHEW KEATING WON BRONZE IN THE BOYS U12 LONG JUMP

GREGORY MUNDAY WON BRONZE IN THE BOYS U13 SHOT PUTT

AOIFE KEATING WON BRONZE IN THE GIRLS U14 SHOT PUTT

RUAN ROOKER AND SHANE McGRATH SHARED THE SPOILS IN THE BOYS U16 100M &  
LONG JUMP

RUAN TAKING GOLD IN THE 100M AND SILVER IN THE LONG JUMP...

SHANE TOOK GOLD IN THE LONG JUMP AND BRONZE IN THE 100M

\*\*\*\*\*WHAT A DAY...WELL DONE TO YOU ALL...THANKS ALSO TO MOLLY LYNCH FOR  
HER HELP & SUPPORT...

## **October 2010**

October 31'st

\*\*\*A Big Well Done to all our Athletes who competed in the County B Cross Country Championships in Kilnaboy today\*\*\*

Well done to our medal winners:-

U9 Girls: Alex Ellison & Orla Fitzgerald. U11 Boys: Gearoid McMahon who came 2'nd, and the U11 Boys Team who came 2'nd, Gearoid, Cormac Keating, Jamie Munday, Nicho Rooker & Diarmuid Fitzgerald.

U13 Girls: Rachel McGrath & Caoimhe McNamara. U13 Boys: Matthew Keating. U15 Girls: 2'nd Shanon O'Grady & 3'rd Rachel Cushen.

U15 Boys: Shane McGrath 2'nd, and the winning U15 Boys Team of Shane, John Foster & Seamus McMahon.....

October 17'th

...Well Done to Harriet Flynn individual 5'th in the Munster Cross Country U18, while also helping Clare to win the Gold Medal in the team event...

October 10'th

...CONGRATULATIONS TO ALL OUR ATHLETES WHO COMPETED IN THE COUNTY CROSS COUNTRY UNEVEN AGES IN KILMALEY TODAY...

Well done to our medal winners:-

Orla Fitzgerald, Gearoid McMahon, Matthew Keating, Shannon O'Grady, Shane McGrath and congratulations to Molly Lynch and Harriet Flynn who were second!!

...Check out the photos.....

October 3'rd

...CONGRATULATIONS TO ALL OUR ATHLETES WHO COMPETED IN THE COUNTY CROSS COUNTRY EVEN AGES IN NEWMARKET-ON-FERGUS TODAY...

Well done to our medal winners:-

Orla Fitzgerald, Cormac Keating, Gearoid McMahon, Shannon O'Grady, Aoife Keating, especially well done to Molly Lynch who was second and Harriet Flynn who was First!!

Check the Gallery for some Photos!!

## **November 2010**

November 21'st

\*\*\*CONGRATULATIONS TO ALL OUR ATHLETES WHO COMPETED IN THE MUNSTER B CROSS COUNTRY CHAMPIONSHIPS IN DUNGARVAN TODAY\*\*\*

A BIG WELL DONE TO ALL OUR MEDAL MEDAL WINNERS BRINGING HOME A TOTAL OF 23 MEDALS

10 GOLD  
2 SILVER  
11 BRONZE

\*\*\*Well done to Gearoid McMahon; Caoimhe McNamara; Alan McGrath; Matthew Keating; Shannon O'Grady; Rachel Cushen; Shane McGrath; Pdraigh Conway; Ruan Rooker; Karl Fitzmaurice & Jack Byrne

\*\*\*\*\* A GREAT DAY OUT WAS HAD BY ALL.....\*\*\*\*\*



November 7<sup>th</sup>

\*\*\*A Big Well Done to all our Athletes who competed in the Munster A Cross Country Championships in Charleville today\*\*\*

Well Done Gearoid McMahon who was 9<sup>th</sup> Clare boy home in the U11 Boys.

\*\*\*Especially Well Done to our Medal Winners\*\*\*

Molly Lynch, 6<sup>th</sup> in the U15 Girls and member of the Clare Team who won Bronze...

Harriet Flynn, 4<sup>th</sup> in the U19 girls...Well Done again to you all...

\*\*\*Best of Luck to all 3 who have qualified for the All-Irelands in Tullamore\*\*\*

December 2010

\*\*\*A BIG WELL DONE TO ALL OUR ATHLETES WHO COMPETED TODAY IN THE COUNTY RELAY'S\*\*\*

\*\*\*ESPECIALLY WELL DONE TO THE GIRLS U14 TEAM WHO CAME THIRD. WELL DONE SHANNON O'GRADY, RACHEL CUSHEN, SKYE SLATTERY & AOIFE KEATING!\*\*\*