

#### **NOVEMBER 2013**

Well Done to all our athletes who took part in the National Schools Cross Country in Lees Road. Photos on the schools tab...

#### **OCTOBER 2013**

....Congratulations to all our athletes who took part in the County Cross Country in Sixmilebridge... Especially well done to Eoin Guilfoyle 4'th in the U13 boys...and Shannon O'Grady 2'nd in the girls U17.

....Congratulations to all our athletes who took part in the County Cross Country in Kilnaboy... Especially well done to Grainne McMahon 3'rd & Emma Crowe 11'th in the U8 girls...and Shannon O'Grady 3'rd in the girls U18.

#### **JULY 2013**

Munster Development Championships...Congratulations to Ella Duff who took Gold in the U10 60m and also Bronze in the 500m. Well done also to Eanna Crimmins who took Silver in the U13 80m sprint. Congratulations also to Rachel McGrath who took Bronze in the U15 girls Long Jump with a jump of 4.30m. Well done to all our athletes who represented the club so well...

#### **JUNE 2013**

..Congratulations to Gearoid McMahon, Seamus McMahon & Karl Fitzmaurice.. Munster Champions..

Gearoid won Gold in the U14 2K walk, Seamus won Gold in the U18 5K Hammer & Karl won Double Gold in the U19 3,000m & Steplechase as well as taking Bronze in the 1,500m.

.. Well done to all our athletes who took part in the Munster U9-U13 Track & Field Championships in Lees Road. Especially well Done to Colin Curran and Dylan O'Brien who won a Bronze medal in the U10 Pairs competition. Colin also took Bronze in the individual Turbo Javelin competition...

#### **MAY 2013**

...Well Done to Eamon Cleary and James Lynch who competed in the Senior Shot Putt at the Limerick Championships. Coach Eamon took Gold with James taking the Silver... Well done lads! ... Congratulations to all the Shannon AC athletes who competed in the County Track and Field Championships in Lees Road Ennis on Saturday and Sunday last. Especially well done to our medal winners Grainne McMahon, Emma Crowe, Colin Curran, Eanna Crimmins, Eoin Guilfoyle, Stephen Casey, Blake Curran, Gearoid McMahon, Shannon O'Grady, Seamus McMahon and Karl Fitzmaurice.

#### **APRIL 2013**

... Congratulations to Karl Fitzmaurice who had a great race to take Silver in the Munster Junior Mens 5K at the weekend...

... Congratulations to Seamus McMahon who took Gold in the 5kg Hammer at the Inagural Spring Throws Competition in Athlone IT on Sunday with a throw of 43.48m. Seamus went on to take silver in the 1.5kg Discus with a throw of 34.85m.

... Congratulations to Gearoid McMahon All-Ireland U14 1000m Race Walk Champion 2013... Read more on the Headline News tab...

#### **MARCH 2013**

...Gearoid McMahon All-Ireland Indoor Champion 2013...

..Congratulations to Gearoid on taking the All-Ireland title to add to his Munster title in a fantastic PB time of 5 min 5 sec's. Gearoid took the lead from the gun and pushed hard over the 5 laps finishing in style down the home straight...

..A big Well Done also to Seamus McMahon who threw a PB of 10.92 in the Shot Putt, finising 5th on count back. Jack Carrig and Karl Fitzmaurice both did extremely well in their finals. Jack, keeping a very cool head, finished 6'th in the 60m in his FIRST All Ireland Indoors in a time of 7.7 sec's. Karl ran a great race finishing 10'th in a very strong field in the 1500m, where athletes were chasing times for the World Youth's. Well Done lad's, keep up the hard work..

#### **FEBRUARY 2013**

...CONGRATULATIONS TO GEAROID McMAHON... MUNSTER U14 1,000m RACE WALK CHAMPION 2013 & NEW MUNSTER RECORD HOLDER...

... GEAROID DEMOLISHED THE FIELD SETTING A TIME OF 5 min 17 sec's BEATING THE OLD RECORD BY 5 sec's ....

...Well Done to all our athletes who represented the club at the Munster Indoor Championships in Nenagh. Especially well done to Shannon O'Grady who won Bronze in the U16 girls walk, Shane

McGrath who won Bronze in the U18 boys long jump, Karl Fitzmaurice Bronze in the U19 1,500m & Seamus McMahon who won Silver in the boys U18 Shot Putt setting a PB of 10.24...