

## **Shannon AC Headline News**

### **November 2011**

...Congratulations to all our athletes who competed today in the Munster B Cross Country at Limerick Race Course...

...Especially well done to our medal winners, Eanna Crimmins who was on the Clare team who won Silver in the U11 boys, also well done to Jamie Mundy and Cormac Keating who competed in the same age group. Well done to Rachel McGrath who was on the Clare team who won Bronze in the Girls U13. Well done to Gearoid McMahon who competed in the Boys U13. Well done to Aoibhinn Bannon and Rachel Cushen who competed in the girls U15 where Rachel won an individual Medal finishing 10<sup>th</sup>. Well done also to Jason McIntyre who had a great race and was part of the Clare team which won Gold! Well done also to our U17 boys, Seamus McMahon and Joe Kelly. Seamus won an individual medal finishing 12<sup>th</sup>...

### **October 2011**

...Congratulations to All our athletes who competed in the Munster Even Ages Cross Country In Dromoland on Sunday....

Especially well done to our Medal Winners Matthew Keating, Shannon O'Grady, Shane McGrath, Jack Carrig & Karl Fitzmaurice... Full report on Munster XC tab..

A big Well Done to all the Shannon AC athletes who took part in the County Cross Country in Sixmilebridge on Sunday.

Great performances were had by all the following athletes, Stacey Hayes, Max Ellison & Cormac Keating in the under 11 race, Rachel McGrath, Emma Cunningham, Lorcan Fitzpatrick and Gearoid McMahon in the U13s, under 17s Joe Kelly, U19s William Flynn.

Especially well done to our medal winners, Matthew Keating in the U13 boys, Shannon O Grady who had an impressive win in the girls U15, Rachel Cushen and Aoibeen Bannon also U15, Karl Fitzmaurice third in the U17 boys and Harriet Flynn 1st in the girls U19.

### **AUGUST 2011**

...CONGRATULATIONS TO GEAROID McMAHON ON WINNING THE SILVER MEDAL IN THE U13 BOYS WALK IN THE NATIONAL COMMUNITY GAMES IN ATHLONE...

..ALSO CONGRATULATIONS TO JACK CARRIG WHO REACHED THE FINAL OF THE U16 1500m, HAVING A FANTASTIC RUN TO FINISH 7<sup>th</sup>...BOTH BOYS WERE REPRESENTING COUNTY CLARE...

\*\*\*\*ALSO CONGRATULATIONS TO EAMMON CLEARY WHO WAS PART OF A BRILIANT CLARE TEAM WHO CAME THIRD AT THE NATIONAL LEAGUE IN TULLAMORE ON SATURDAY, SEE PHOTO AND REPORT TAB FOR FULL REPORT ...WHAT A WEEKEND..

...CHECK THE COMMUNITY GAMES TAB FOR PHOTOS FROM ATHLONE....

...SEE GEAROID WITH KATE VEALE, WORLD YOUTH 5K WALK CHAMPION 2011, AND HER WORLD MEDAL IN THE GALLERY PAGES....

....WELL DONE TO ALL SHANNON AC ATHLETES WHO COMPETED IN THE MUNSTRE B's TODAY SUNDAY JULY 17<sup>TH</sup> IN WHAT COULD ONLY BE DESCRIBED AS ATROCIOUS CONDITIONS....

..ESPECIALLY WELL DONE TO RACHEL McGRATH WHO WON GOLD IN THE U13 GIRLS LONG JUMP, SHANNON O'GRADY WHO WON BRONZE IN U15 GIRLS 800m AND SHANE McGRATH WHO WON GOLD IN THE U16 100m....

...AND AT ANOTHER VENUE, SANTRY IN DUBLIN, WILLIAM FLYNN AND EAMMON CLEARY DID EXCEPTIONALY WELL BY HELPING THE CLARE TEAM WIN THEIR DIVISION IN THE NATIONAL TRACK & FIELD LEAGUE...

\*\*\*\* WILLIAM FLYNN IN THE 400M HURDLES, 4x400m RELAY & 4x100M RELAY... EAMMON CLEARY IN THE DISCUS AND SHOT PUTT...WELL DONE LADS, UP THE BANNER!! \*\*\*\*

### **JULY 2011**

\*\*\*\*CONGRATULATIONS TO CIARA O'LOUGHLIN...OUR SPECIAL OLYMPICS DOUBLE WORLD MEDAL WINNER\*\*\*\*

...SEE THE PICTURES OF CIARA'S HOME COMING ON THE GOOD LUCK CIARA TAB...

<<<<...CIARA, WHO IS A MEMBER OF SHANNON FLYERS SPECIAL OLYMPIC CLUB AS WELL AS SHANNON A.C., WON A SILVER MEDAL IN THE SHOT PUTT AT THE WORLD GAMES IN ATHENS TODAY WITH A THROW OF 4m 48 SMASHING HER PREVIOUS BEST OF 3m 90...>>>>

<<<<...CIARA ALSO WON A SILVER MEDAL IN THE 4x100m RELAY...REMEMBER THERE IS A WELCOME HOME PARTY TOMORROW NIGHT BETWEEN 5.00 & 6.00 AT THE OLD ALL-WEATHER PITCH...>>>>

....A BIG THANK YOU TO ALL THE PARENTS, ATHLETES AND DIGNATRIES WHO TURNED OUT TO WELCOME CIARA HOME, AND IN PARTICULAR AN GARDA SIOCHANA FOR THEIR ESCORT AROUND SHANNON!!....

\*\*\*\*CONGRATULATIONS TO HARRIET FLYNN WHO WON BRONZE IN THE ALL-IRELAND JUNIOR 800M IN TULLAMORE ON SUNDAY\*\*\*\*

\*\*\*\*WELL DONE ALSO TO WILLIAM FLYNN WHO SET A NEW P.B. IN THE 400M's AT THE SAME EVENT\*\*\*\*

### **JUNE 2011**

Well Done to all our athletes who ran in the community games...see pics tab

Well Done to all our athletes who ran at the Paddy Fitzgerald Memorial Race...see pics on Paddy Fitzgerald Pic's Tab

Well Done to all our athletes who competed this weekend in the Munsters in Castleisland

Well done to William Flynn who brought home a Gold in the U18 800m and 2 Silvers, 400m hurdles and 400m setting PB's in both of these. Seamus McMahon won Gold in the 3K walk,

4<sup>th</sup> in the Hammer and Discus and Ruan Rooker 4<sup>th</sup> in the Discus....these 3 all qualifying for the All-Irelands...

Well Done also to the U17 Boys relay of Karl Fitzmaurice, Ruan Rooker, Emmett Quinn, Shane McGrath and Jack Carrig...

Who won Silver.....<<< CHECK OUT THE PICS ON THE MUNSTER PICS 2011 TAB >>>

COUNTY CHAMPIONSHIPS 2011

\*\*\*\* CONGRATULATIONS TO EAMON CLEARY, SHANNON AC'S FIRST SENIOR ATHLETE FOR A FEW YEARS..FIRST OF MANY WE HOPE!!\*\*\*\*

... EAMON BROUGHT HOME 2 GOLD MEDALS FROM DAY 1 OF THE COUNTY SENIOR TRACK AND FIELD CHAMPIONSHIP, 1<sup>st</sup> IN BOTH SHOT AND LONG JUMP...

\*\*Well Done to all our Athletes who took part in the Juvenile Championships and helped bring home over 80 Medals... 3<sup>rd</sup> Club in Clare...\*\*

>>><<< DOUBLE CLICK ON COUNTY CHAMPIONSHIPS TABS TO VIEW PHOTOS AND RESULTS >>><<<

### April 2011

>>>>TWO MORE ALL-IRELAND MEDALS BROUGHT HOME TO THE CLUB TODAY FROM THE INDOORS IN NENAGH>>>>

>>>>CONGRATULATIONS TO HARRIET FLYNN ON A FANTASTIC RACE TODAY NARROWLY MISSING OUT ON GOLD>>>>

>>>HARRIET TOOK SILVER IN THE u19 800m...

...CONGRATULATIONS ALSO TO SEAMUS McMAHON WHO TOOK BRONZE IN THE u16 1500m WALK>>>>

>>>>WELL DONE ALSO TO MOLLY LYNCH NARROWLY MISSING A MEDAL BUT SETTING A PB OF 2.24 IN THE u16 800m>>>>

>>>>A BIG WELL DONE ALSO TO WILLIAM FLYNN WHO ALSO NARROWLY MISSED OUT ON A MEDAL, BUT WHO ALSO SET A PB OF 2.05 IN THE u18 800m>>>>

19<sup>TH</sup> March 2011

\*\*\*\*CONGRATULATIONS TO HARRIET AND WILLIAM FLYNN WHO BOTH BROUGHT HOME BRONZE MEDALS FROM THE ALL IRELAND INDOORS IN MAGHARAFELT TODAY\*\*\*\*

...HARRIET WON BRONZE IN THE 1500M AND WILLIAM BRONZE IN THE 400M. WILLIAM SET A NEW P.B IN THE PROCESS...WELL DONE WILLIAM.....

### **..excerpt from Clare PRO James Sexton's report...**

....Six medals to Clare athletes at National Indoor Championships....

..Day one William Flynn Shannon running in the boys U/18s 400metres heats at 1 . 30pm that afternoon and finishing second (51 . 27secs) and at 3 . 30pm the Final and after 200metres William Flynn was up in the gold medal position and the second half he had to work hard to take the bronze medal in (52 . 19secs)

The Munster U/19s 1500metres Champion from Nenagh Harriett Flynn Shannon a truly outstanding Indoor Track Athlete went into this race having been flu bound all week she settled in well in her

1500metres and five laps she was right in contention when the bell went but the strength was not there for that final 100metres and done very well to take the bronze medal in (5mins . 05 . 03secs)

\*\*\*Congratulations to our 4 Clare Sports Star Award Winners who received their awards in Ennis on Sunday night\*\*\*

\*\*\*Molly Lynch, Shane McGrath, Willian and Harriet Flynn were all honoured for their outstanding achievements\*\*\*

>><<< DOUBLE CLICK THE SPORTS STAR TAB TO SEE THE PHOTOS OF THE GREAT NIGHT HAD BY ALL >>><<<

>> CONGRATULATIONS TO RUAN ROOKER AND WILLIAM FLYNN WHO COMPETED TODAY IN THE MUNSTER COMBINED EVENTS IN CORK >>

>> RUAN BROUGHT HOME THE BRONZE MEDAL IN THE U17's WITH WILLIAM BRINGING HOME SILVER IN THE U18's. WELL DONE LAD'S >>

\*\*\*WELL DONE TO ALL OUR ATHLETES WHO TOOK PART IN THE MUNSTER INDOORS IN NENAGH...\*\*\*

\*\*\*SEE THE HEADLINE NEWS TAB FOR DETAILS\*\*\*

>>>> CONGRATULATIONS TO ALL OUR ATHLETES WHO DID SO WELL AT THE ALL-IRELAND B's IN DUBLIN SUNDAY >>>>

>>>> SHANNON A.C. BROUGHT HOME 19 MEDALS...14 GOLD AND 5 BRONZE... >>>>

\*\*\*For Pictures of the All-Ireland B's 2011 please check out our gallery page\*\*\*