

Shannon AC do well in Munster

Well Done to all Shannon AC athletes who took part in the Munster Cross Country Even Ages at Dromoland on Sunday. This was a very testing course indeed and coupled with what could only be described as extreme conditions was a real test for all athletes.

Gearoid McMahon competed in the U12 boys 2000m with Rachel McGrath competing in the U14 girls 3000m. Alan McGrath competed in the U14 boys 3000m where Matthew Keating had a super race bring home a Gold medal with the Clare Team.

Next out we had the U16 girls 4000m with Aoibhiann Bannon and Shannon O'Grady. A great race with Shannon finishing the first Clare girl helping Clare win the Bronze medal..

In the U16 boys we again had a great result with Shane McGrath helping Clare win the Bronze medal.

And in the last juvenile race of the day, Shannon AC had two athletes competing with Jack Carrig finishing 10'th wining an individual medal, and together with Karl Fitzmaurice both boys scored on the Clare teaming helping win the bronze medal.

A great day out for Shannon AC with our athletes winning a total of 6 Munster Meals for the club... Well Done to you all...