

## GCH in Top Form in National Relays

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Tuesday, 18 July 2006

Last Updated Wednesday, 16 August 2006

Galway athletes basked in both glory and sunshine on the second weekend of the National Juvenile Championships in Cork IT.

On Saturday the National Juvenile Relays took place for all age groups, where teams from Galway did superbly in winning 3 gold, 3 silver and 4 bronze medals. Galway City Harriers were supreme in the relays taking 7 sets of medals, with Athenry and Craughwell joining them on the winners' podium. The teams and results were: U18 Girls 4x100m 2 GCH 51.63 (Julianne Harrington, Tara Donnellan, Sarah Connolly, Aoife Carty, Sinead Diskin); U18 Girls 4x300m 2 GCH 2.52.81 (Julianne Harrington, Tara Donnellan, Sarah Connolly, Jennifer O'Donnell, Caoimhe Daniels); U17 Girls 4x100m 1 GCH 52.19 (Julianne Harrington, Caoimhe Daniels, Aideen Esslemont, Irene Gorman, Sinead Cummins); U16 Girls 4x100m 1 Athenry 51.59 (Rachel Shaw, Rebecca Nolan, Aoife Touhy, Katelyn Duane, Deirdre Coffey), 3 GCH 51.99 (Irene Gorman, Rachel Shaw, Aideen Esslemont, Fiona Fitzgibbon, Carol O'Donnell); U15 Boys 4x100m 2 Athenry 50.10 (Conor Kindregan, Cathal Kelly, Kevin Madden, Conor Caulfield), 3 GCH 50.92 (Andrew Fallon, Ryan Harrington, Ronan Coyle, Sean Diskin, Alan Campbell); U12 Boys 4x50m 1 Craughwell 57.14 (Peter Treacy, Jack Raftery, PJ Kelly, Brendan Gallagher, James Greaney); U11 Girls 4x50m 3 GCH 30.97 (Adele Cadogan, Laura Ann Costello, Alice Meagher, Niamh Cunningham, Maeve Brannigan); U10 Girls 4x50m 3 GCH 31.88 (Laura Ann Costello, Maeve Brannigan, Niamh O'Sullivan, Alannah Cunningham, Aoife O'Donovan, Rachel Courtney). In the individual events, there were some fantastic performances particularly in the U13 Boys Shot Putt where Paul McGill (Craughwell) smashed the National Record by almost 3 metres when throwing 13m to take the gold. McGill also took bronze in the javelin with a throw of 28.38m. Jack Raftery (Craughwell) was also a double medal winner in the U12 Boys events – taking the silver in the long jump with a fine jump of 4.50m and silver in high jump with a clearance of 1.25m. Emma Grady (Athenry) took silver in the U11 Girls ball thrown, throwing the sliotar 30.78m. In the U9 Girls multi-events, Tara McNally (Craughwell) claimed the bronze medal with 20 pts – finishing 1st in the ball throw, 6th in the sprint and 13th in the long jump. In the middle-distance races, super times were recorded by Colm Hughes (GCH) and Linda Porter (Craughwell) who both finished just outside the medals in 4th place in times of 1.50.31 in the U11 Boys 600m and 1.49.23 in the U13 Girls 600m. Also in 4th and just missing out on the medals were the Craughwell U9 Boys 4x50m relay team (Liam Forde, Ian Connolly, Eddie Madden, Oisín Coppinger, Matthew Molloy). On the international scene, Athenry's Paul Hession and Craughwell's Anne Loughnane continued their good form with Loughnane recording a season's best to win the British AAA 5k walk in Manchester at the weekend in a time of 22.54 and Hession winning the 200m at a recent international meet in Germany in a time of 20.75. There was good news also for Craughwell's Cathriona Farrell who was selected to represent Ireland in the U16 Girls High Jump at the Celtic International to be held in Waterford in August.