

2015 Results

Moycarkey Coolcree A.C.

January

MUNSTER MEDALS FOR CLUB AT INDOOR COMBINED EVENTS

4 Club athletes took part in the Munster Juvenile Indoor Combined Events Championships in Nenagh Indoor Stadium on Sunday 4th January. Although an early start to the Indoor season, our athletes put in terrific performances with all scoring personal bests in some or indeed all of their events. There was a gold medal win for Daniel Ryan in the Youth Boys (U/17 & U/18) competition with the icing on the cake being his jump of 6.82m in the Long Jump which not only was a Munster record U/17 & U/18 but also exceeded the European Youth Olympic Qualification Standard of 6.80m. Daniel's sister Anna had a great competition in the Girls U/14 category winning silver & posting 5 new pbs with their younger brother, Dillon taking bronze in the Boys U/13 after a super run of 2.43 in the 800m which brought him from 6th place to 3rd. Adam O'Dwyer put in some terrific performances in the Boys U/14 competition to take a top 10 finish. A great result for the Club.

MUNSTER MEDALS FOR O'DWYER & EGAN

The Munster Juvenile Cross Country Relays took place on Sunday 11th January in Carriganore, Co. Waterford. There was a gold medal win for the Tipperary Boys U/14 team with Club member, Adam O'Dwyer a scoring member with silver for Joe Egan on the Tipperary Boys U/10 team. Congratulations & well done to both athletes on such great results.

NATIONAL GOLD FOR RYAN BROTHERS

Club athletes, Daniel & David Ryan both put in terrific early season performances to take gold in the Youth Boys (U/17 & U/18) & Boys U/16 National Combined Events Championships in AIT Arena, Athlone on Saturday 17th January. Both captured the Boys U/15 & U/16 National Indoor titles last year & this year was no different as they continued their dominance in this event. The Combined Events competition consists of 5 events, 60mH, Long Jump, High Jump, Shot Putt & 800m (up to U/16)/1000m (for Youth) with points awarded for each event & the winner having the highest overall score.

Daniel won gold in the Youth Boys finishing the competition on 3568 points, over 700 points clear of David Dagg, D.S.D. A.C. in 2nd place on 2843 points. He also set a new pb in the 1000m with his run of 2.55.75. His brother, David scored 3426 points to claim National gold in the Boys U/16 competition with 441 points to spare over Tony Odubote, Ennis Track A.C. in 2nd place on 2985 points, This was David's first outing of 2014 & he achieved pb's in the

High Jump (1.73m) & 60mH (8.78) & topped the rankings in 4 out of his 5 events. Their sister, Anna is rapidly becoming a force to be reckoned with as she finished 6th out of 20 in the Girls U/14 competition, her first every National Indoor appearance. She posted pb's in the 800m (2.52.84) & the Shot Putt (8.84m) on the day & finished with a total score of 2301 points. Adam O'Dwyer was the 4th member of the Club to compete on the day & again it was his first time to pace the boards at a National Indoor competition. He had a great day finishing in 8th place in the highly competitive Boys U/14 category. He posted pb's in 4 out of his 5 events improving on his Munster score from two weeks ago. Adam's final score on the day was 1594 points with personal bests in the 60mH (11.94), Long Jump 93.77m), High Jump (1.25m) & Shot Putt (6.53m). Congratulations & well done to our 4 athletes who kept the Club colours flying at the first National Indoor competition of the year

WELL DONE

Well done to Paddy Cummins & Paul Bowe who both represented the Club at the County Novice Road Championships in Moyne on Sunday 1st February. Paddy was 11th home in a time of 21.17 with Paul in 62nd place in 25.30. Congratulations also to Joe Egan, our only representative from the Club who was in action at the Nenagh Olympic A.C. Open Indoor Competition on Saturday 31st January. Joe had a terrific day winning bronze in the 500m & he also jumped 3.48m in the Long Jump but was just outside the medals. Well done also to Ben O'Dwyer who competed for his school, Thurles CBS at the East Munster Schools Cross Country Championships on Friday 30th January. Ben had a great run to finish 17th overall in the Junior Boys race & help his team to win gold on the day.

2014 MUNSTER STAR AWARD FOR DANIEL RYAN

Congratulations to Club athlete, Daniel Ryan who received an award for "Best Tipperary Male Athlete for Indoor & Track & Field" on Saturday 31st January in the Blarney Golf Resort Hotel, Co. Cork. This is Daniel's second year to receive this award & is a reflection of his fabulous year of athletics in 2014 where he won 12 National titles across a range of events & 3 International Schools medals & set 11 new records (5 Munster & 6 National). Daniel has also recently been selected by the Juvenile Committee of Athletics Ireland to receive a National Star Award as the "2014 Emerald Crystal Juvenile Star for County Tipperary". He will receive his award at a Gala Banquet on Saturday 28th February in the Tullamore Court Hotel, Co. Offaly.

February

NATIONAL "B" MEDAL FOR PURCELL

7 Club athletes made the journey to the Palace Grounds, Tuam, Co. Galway for the GloHealth National Juvenile "B" Cross Country Championships on Sunday 8th February. Laura Purcell put in a terrific performance in the Girls U/11 race placing 4th overall & winning an individual bronze medal for her wonderful efforts. She was also the top scorer for the County on the day. Having being to the front of the field from the very start, Laura, a newcomer to the sport, showed great courage & determination to hold her place to the finish line. Her team-mates, Aeidin Johnston & Lucy O'Keefe also put in great efforts to come home in 58th & 74th place with the Tipperary team finishing just outside the medals in

4th place. In the Boys U/11 race, the Club had continued success with Ronan O'Dwyer coming home in 60th place & winning a silver Inter-County medal with the Tipperary team. His brother Adam ran a terrific race in the Boys U/13 competition finishing just outside the medals in 13th place. Their older brother Ben also had a great run in the Boys U/15 race to place 21st overall with team-mate Bill O'Keefe in 49th place overall.

On Saturday 7th February, David Ryan was our only athlete on duty at the Munster Juvenile Pole Vault Championships in Nenagh Indoor Stadium. He won gold in the Boys U/16 competition vaulting 2.80m & a new pb.

Well done to Ben O'Dwyer who competed for his school, Thurles CBS at the Munster Schools Cross County Championships in Cork I.T. on Thursday 12th February. Ben finished the Junior Boys race in 34th place & helped his school, Thurles CBS to a gold medal win in the team competition.

COUNTY SUCCESS FOR CLUB

Club athletes were in action at the County Indoor U/9 to Junior Indoor Championships which were held in Nenagh Indoor Stadium on the weekend of 21st & 22nd February. The U/13 to Junior Championships on Saturday saw multiple medal wins for our athletes with gold for Dillon Ryan in the Boys U/13 High Jump & Shot Putt & silver in the Long Jump. His sister Anna won gold in the High Jump, silver in the Shot Putt & bronze in the 60mH & Long Jump with their older brother Jack winning gold in the Boys U/15 Shot Putt. Brother & sister, Sean & Ciara Mockler had a double win in the Boys U/16 & Girls U/19 Shot Putt with Sean also winning bronze in the High Jump. The O'Dwyer brothers, Ben & Adam also competed very well with Ben winning bronze in the Boys U/16 800m & Adam taking bronze in the Boys U/14 800m. Adam also won silver in the High Jump & was 4th in the Long Jump & 6th in the Shot Putt with Ben 4th in the Shot Putt & 5th in the Long Jump.

Twins, Declan & Eimear Ryan also added to the Club medal tally with Declan taking double gold in the Junior Men's High Jump & Shot Putt, silver in the Long Jump & bronze in the 400m while Eimear won silver in the Junior Women's 1500m, bronze in the 1km Walk & was 5th in the Shot Putt. Liam Mc Donagh took gold in the Boys U/15 1km Walk, Shane Burke took silver in the Boys U/15 60m & 5th place in the Long Jump with Niall Maher competing very well in the Boys U/13 competition finishing just outside the medals. Lots of new pbs were posted over the weekend which augers well for the Munster U/13 to U/19 Indoor Championships this coming weekend.

On Sunday, it was the turn of our younger U/9 to U/12 athletes & they competed very well winning 3 gold, 1 silver & 2 bronze with double bronze in the Girls U/9 & Girls U/10 4 x 100m Relays. Congrats to our medal winners who were Daire O'Donnell, 3rd in gold final Boys U/9 60m, Emma Corcoran 1st in silver final Girls U/9 60m, Caitlin Shelly, 2nd in gold final Girls U/10 60m, Joe Egan, 1st Boys U/11 300m & Long Jump & Laura Purcell, 3rd Girls U/12 600m. Well done to the following athletes who took part for the Club in various events on the day but who were outside the medals - Aoife Shelly, Kaithlyn Flanagan, Jane Corcoran & Holly Kiely, Girls U/9, Ciara Shelly, Rebecca Danagher & Lauren Maher, Girls U/10, Shauna Flanagan & Aidin Johnston, Girls U/11, Jamie O'Mahoney & Fiachra Johnston Boys U/9,

Ronan O'Dwyer, Boys U/11 & Oisin Martin, Boys U/12. For many of these athletes, it was their first time to compete in a major event so they all did the Club proud - Our stars of the future. Congrats to Paddy Cummins on his 8th place finish in the County Intermediate 8k Road Championships held in Galbally on Sunday 15th February. He was our only representative on the day and had a very good run over a challenging course. In other news Paul Bowe and Shane Mullaney were two club members who completed the Joe Grinsell 100km Challenge and were presented with a medal and long sleeve t-shirt at a presentation night in Dalys Pub in Clonmel recently in memory of the well known road runner who passed away so suddenly in 2013. Congratulations to Clonmel AC on what was a very successful series and nice gesture in honour of their clubman.

7 MUNSTER TITLES FOR CLUB ATHLETES

Club athletes were in action at the Munster U/13 to U/19 Indoor Championships in Nenagh Indoor Stadium on Saturday 28th February & Sunday 1st March. It was a very productive weekend with Club athletes winning 12 medals in total (7 gold, 4 silver & 1 bronze) & a host of new personal bests. The Ryan siblings were certainly to the fore taking home 9 of the 12 medals for the Club. There was gold for Daniel in the Boys U/17 60mH, 60m & Shot Putt with the added bonus of a Munster record in the 60mH with his time of 8.24s. David won gold in the Boys U/16 60mH, Long Jump & Shot Putt to add to this Munster Pole Vault title won a few weeks ago & silver in the 60m. Their brother Jack won silver in the Boys U/15 Shot Putt & sister Anna won bronze in the Girls U/14 High Jump (she was also 4th in the Long Jump, 5th in the Shot Putt & 6th in the 60mH). Their younger brother Dillon also competed very well placing 7th in the Boys U/13 Long Jump, High Jump & Shot Putt. There was also gold for Liam McDonagh in the Boys U/15 Walk with silver medals for Ciara Mockler in the Girls U/19 Shot Putt & Declan Ryan in the Boys U/17 High Jump. Other athletes who performed very well but who were outside the medals were Shane Burke (7th in Boys U/15 Long Jump & 11th in 60m), Ben O'Dwyer (7th Boys U/16 1500m), Eimear Ryan (4th Girls U/17 Walk) & Adam O'Dwyer (11th in Boys U/14 800m & Shot Putt, 14th in Long Jump & 19th in 60m). All our medal winners will now compete at the National Juvenile Indoor Championships in AIT Arena, Athlone over the last two weekends in March & we wish them the very best of luck in their endeavours.

March

MUNSTER SILVER FOR EGAN

Club athletes Aoife Shelly (Girls U/9), Caitlin & Ciara Shelly (Girls U/10), Joe Egan (Boys U/11) & Laura Purcell (Girls U/12) all took part in the Munster U/9 to U/12 Indoor Championships on Saturday 7th & Sunday 8th March. Best performances for the Club came from Joe Egan in the Boys U/11 500m with Joe winning silver in a time of 1.55.53 & placing 4th in the Long Jump with a leap of 3.81m. Laura Purcell put in a terrific performance in the Girls U/12 600m to place 4th in a time of 1.56.08 - A wonderful achievement for her first Munster Indoor competition. Aoife, Caitlin & Ciara Shelly also competed very well on the day in the Girls U/9 & U/10 sprints & long jump but were outside the medals. Congratulations & well done to all.

Congratulations also to Ben O'Dwyer who won a National bronze team medal with Thurles CBS at the GloHealth Irish Schools Cross Country Championships in Clongowes Wood College, Clane on Saturday 7th March. Ben finished 76th overall with the Thurles CBS team winning bronze in the Junior Boys team competition finishing on points behind St. Kieran's College, Kilkenny in 2nd on 55 points & St. Colman's College, Newry in 1st on 35 points.

Some of our athletes also took part in the Munster Schools Indoor Games on Tuesday 3rd March in Nenagh Indoor Stadium. Well done to all & in particular to our medal winners (all Thurles CBS students): Jack Ryan, 1st Minor Boys Shot Putt, David Ryan, 1st Junior Boys Shot Putt, Sean Mockler, 1st High Jump & 2nd Junior Boys Shot Putt, Daniel Ryan, 1st 60m & 60mH & Declan Ryan, 2nd High Jump.

Well done to Anna & David Ryan who competed for the Club at the England Combined Events Championships in Sheffield on Saturday 14th & Sunday 15th March. Anna took part in the Girls U/15 Pentathlon competition (60mH, LJ, HJ, Shot & 800m) on Sunday 15th posting 4 new pbs on the day in the 60mH, High Jump, Shot Putt & 800m to finish 22nd out of 47 competitors. Anna was two years out of her age & improved her overall Indoor Pentathlon score by over 250 points finishing on 2536 points. Her brother David competed in the Boys U/17 Heptathlon (60m, 60mH, LJ, HJ, PV, Shot & 1000m) over Saturday & Sunday setting new pbs in the 60mH, Shot Putt & 1000m & finishing his first ever Heptathlon in 4th place on 4,131 points. Both gained very valuable experience in this tough event & hope to improve on their performances next year when both can compete at the same age groups again in 2016.

3 National Medals for Club

Weekend 1 of the GloHealth Juvenile Indoor Championships took place in AIT Arena, Athlone on Saturday 21st & Sunday 22nd March. Both Daniel Ryan & Liam McDonagh produced stunning performances to take gold in the Boys U/17 Shot Putt & Boys U/15 1km Walk. Daniel threw the 5kg Shot Putt out to 14.76m to produce a new personal best performance & win gold while Liam powered his way home to gold in the 1km Walk with a new pb of 4.56.80. Ciara Mockler also produced an excellent lifetime best throw of 10.04m with a 4kg shot putt to take bronze in the Girls U/19 Shot Putt competition. Our other representatives over the weekend were Declan Ryan who placed an excellent 4th in the Boys U/17 High Jump with his leap of 1.70m & he was very unlucky not to get a medal on countback. David Ryan acquitted himself very well in the Boys U/16 60m sprint posting a new pb of 7.36 to finish in 5th place just off the medals with his sister Anna placing 9th in the Girls U/14 High Jump with a jump of 1.40m, just below her pb. Next Saturday sees the return of athletes to Athlone for Day 3 of the National Indoor Championships. The Club will be represented by David & Daniel Ryan in the Boys U/16 & U/17 Long Jump & 60mH & Jack Ryan in the Boys U/15 Shot Putt & we wish them the very best of luck.

Well done to our Men's Road Relay team of Ken Maher, Paul Bowe, Paddy Cummins & Shane Mullaney who finished 5th at the County Road Relays on Sunday 22nd March held in Clonoulty by host club Dundrum AC on what was a great day for running. The team were in contention for a lot of the race fluctuating between the podium places throughout with good runs by all 4 men. Paul Bowe ran the 1st leg of 800m to hand over to Paddy Cummins

who ran the 1500m, then Ken Maher ran the final 800m to hand over to Shane Mullaney for the last leg of 3,000m. Great to see the Club represented at this event, great running lads, keep up the good work.

5 National Medals for Ryan Brothers

The 3rd & final day of the GloHealth Juvenile Indoor Championships took place in AIT Arena on Saturday 28th March. The Club was represented very successfully by brothers, Daniel, David & Jack Ryan who took home 5 National medals & 2 National records between them. In the Boys U/15 Shot Putt, four of Jack's throws exceeded his lifetime best of 12.82m with his final throw of 13.74m, winning him a bronze medal. David also had terrific Championships to win the Boys U/16 Long Jump with a personal best leap of 6.37m, just 21cm off the National record held by his older brother Daniel. He also put in a fine performance in the 60mH to win bronze. Their older brother Daniel put in two of the best performances of the Championships in the Boys U/17 60mH & Long Jump. In his first event of the day, the 60mH, Daniel powered home to victory by a huge margin to clock 8.14 & a new National record. He followed this with another record breaking performance in the Long Jump to win gold & create a new National record with his final round jump of 6.78cm, just 2 cm off the European Youth Olympic standard which he has already achieved in January. This brings the Club's tally of National Indoor medals to 8 (5 gold & 3 bronze) & 2 National records as last weekend, Daniel also won gold in the Boys U/17 Shot Putt, Liam McDonagh took gold in the Boys U/15 Walk & Ciara Mockler won bronze in the Girls U/19 Shot Putt. Well done to the athletes, their coaches & parents for all the hard work & dedication.

3 Club athletes were also in action at the AAI Spring Throws in Athlone I.T. on Sunday 29th March. There were gold medal wins for Thrower, Sean Mockler in the 3kg Hammer & 1kg Discus competitions where he recorded 2 personal bests & bronze in the 600g Javelin competition with another lifetime best throw. Multi-Eventers, David & Daniel Ryan also threw well in the 600g & 700g Javelin competitions but were outside the medals. Daniel also competed in the 1.5kg Discus competition to place third. Congratulations & well done to athletes & coaches.

April

WELL DONE

Shane Mullaney was the Club's only representative at the County Senior Road Championships in Borrisokane on Sunday 5th April. Shane was home in 15th place in a time of 36.04 mins. Well done Shane.

ARCU RANKINGS 2015

Following the 2015 National Indoor Championships, ARCU Rankings have compiled a list of the top Clubs/winners in the Country. On the Club Rankings, Moycarkey Coolcree A.C. were 15th overall nationwide out of 182 Clubs with 5 gold medal wins & 8 podium placings. The Club was 7th overall on the medal table behind big Clubs like Leevale, Finn Valley & St. Laurence O'Toole & we made the Champions table on 5 occasions with gold medals by

Daniel Ryan in the U/17 60mH, Long Jump & Shot Putt, David Ryan in the U/16 Long Jump & Liam McDonagh in the U/15 Walk. Ciara Mockler & David Ryan also won bronze medals in the U/19 Shot Putt & U/16 60mH. We also had Declan Ryan competing in the U/17 High Jump finishing 4th & Anna Ryan in the U/14 High Jump finishing 9th. Another interesting fact to note is that only 4 athletes nationwide achieved triple gold medal status & one of them was our very own Daniel Ryan, the other 3 being Ciara Neville, Emerald A.C., Niamh Foley, St. Mary's A.C. Limerick & Reece Ademola, Leevale A.C. Fantastic results from a small rural Club. Keep up the good work everyone. For more interesting facts & reading, log onto www.arc rankings.com.

Some of our Club athletes were in action over the weekend in Cork I.T. on Saturday 18th & Sunday 19th April. Well done to Daniel & David Ryan who took part in the Leevale Open Senior Track & Field Meet on Saturday 18th with Daniel winning the Youth Boys 110m Hurdles & David the Youth Boys 400mH.

COMBINED SUCCESS FOR THE CLUB

Some of our Club athletes were in action over the weekend at the Munster Juvenile Pentathlon Championships in Cork I.T. on Sunday 26th April. There were gold medal wins for Anna Ryan in the Girls U/14 competition who posted 3 new pbs in the 75mH, Long Jump & 800m to win her first gold Munster medal, David Ryan in the Boys U/16 Pentathlon who posted a new pb of 6.55m in the Long Jump & Daniel Ryan in the Youth Boys (U/17/18) competition who ran 14.52 in the 110mH, just outside the European Youth standard. We had 3 other athletes participating who all put in terrific efforts in all 5 of their events but were just outside the medals - Dillon Ryan was 5th in the Boys U/13 setting a new pb of 4.21m in the Long Jump, Adam O'Dwyer was 6th in the Boys U/14 winning his 800m race & posting 3 new pbs & Jack Ryan was 4th in the Boys U/15 (his first outdoor pentathlon in 2 years due to injury). It was a great day of competition where all 5 athletes took part in 5 events, hurdles, long jump, high jump, shot putt & 800m. Congratulations & well done to all 6 athletes who did the Club proud on the day. Well done to Ben O'Dwyer who was also in action over the weekend at the Thurles Squash Club 5km race where he was the overall winner. Great running Ben.

SCHOOLS SUCCESS FOR THE CLUB

The start of the Schools Track & Field competitions took place on Wednesday 22nd April in Templemore Track with the County Tipperary Secondary Schools Track & Field Championships. All of our athletes who took part were representing their school, CBS Thurles which finished the day as top Boys School. There were gold medal wins for Sean Mockler (Junior Hammer, Discus & Shot Putt), Daniel Ryan (Inter 100m & 400m), David Ryan (Junior 100m, Long Jump, Inter High Jump & 2nd in Inter 400m), silver medal wins for Jack Ryan (Minor Shot Putt), Ben O'Dwyer (Junior 1500m) & Declan Ryan (Inter High Jump & 3rd in Long Jump). Shane Burke & Kieren Hennessy also competed well but were just outside the medals. Good luck to all our athletes who will be taking part over the next two weeks in their East Munster Schools Track & Field Championships.

CLUB AWARDED ATHLETICS IRELAND CLUB MARK

At the recent Athletics Ireland AGM, Moycarkey Coolcree A.C. were awarded the Athletics Ireland Club Mark for 2015/2016 in recognition of the Club's commitment to excellence in Club management. The Athletics Ireland Club Mark applauds excellence in safeguarding, coaching & Club management. Around 10 awards were made nationwide with Clonmel A.C. & Moycarkey Coolcree A.C. being the only Tipperary Clubs. Many thanks to all who helped out with this project & brought it to a very successful end.

May

COUNTY U/9 TO U/12 SUCCESS

The County U/9 to U/12 Track & Field Championships took place on Monday 4th May in Templemore Track. All our athletes performed very well & gained lots of valuable experience with a lot of them making their debut on the County stage. Our star athletes were Daire O'Donnell who won silver in the Boys U/9 60m & bronze in the 300m, Aoife Shelly who won gold in the Girls U/9 300m, Ciara Shelly who won gold in the Girls U/10 Turbo Javelin & Joe Egan who took double gold in the Boys U/11 Long Jump & 600m. Other athletes who competed very well but who were outside the medals were:- Lauren Maher(13th Girls U/10 Long Jump & 12th in Turbo Javelin), Caitlin Shelly (5th Girls U/10 Turbo Javelin & 29th in Long Jump), Jamie O'Mahony (8th Boys U/9 Turbo Javelin & 15th in Long Jump), Matthew Costello (29th Boys U/9 Turbo Javelin), Adam Hackett (10th Boys U/10 Turbo Javelin), Gavin Meaney (17th Boys U/10 Turbo Javelin), Richie Maher (16th Boys U/9 Long Jump), Sophie Coughlan (10th Girls U/9 Long Jump) & Katelyn Flanagan (32nd Girls U/9 Long Jump). Congratulations & well done to all on such great performances.

The County Junior, Senior & Masters Track & Field Championships took place on Sunday 3rd May in Templemore Track with 3 Club athletes taking part. Well done to Shane Mullaney who was 2nd in the Senior Men's 5km (18.09 mins), Daniel Ryan who won the Junior Boys Long Jump (6.49m) & to our star athlete of the meet, Joe Moloney who won gold in the 0/65 56lbs Weight for Distance (4.02m) & Discus (18.08m), silver in the Shot Putt (7.90m) & bronze in the Javelin (14.01m).

Well done to brothers, Daniel & David Ryan who both took part in the IMC Track Meet in Greystones, Co. Wicklow on Saturday 2nd May. In shockingly wet conditions, Daniel ran a pb in the 110m Hurdles to finish 2nd clocking 14.42 secs, just outside the EYOF qualifying standard of 14.30. David also ran very well in the 400mH to place 3rd in a time of 1.00.17.

37 COUNTY MEDALS FOR CLUB ATHLETES

The County U/13 to U/19 Track & Field Championships took place on Saturday 9th & Sunday 10th May in Templemore Track. Over the two days, 12 of our athletes took part with the great success winning 37 medals in total (21 gold, 9 silver & 7 bronze). On Day 1, Club athletes won 18 medals (13 gold, 3 silver & 2 bronze). There were gold medal wins for Eimear Ryan in the Girls U/17 Walk, Javelin, Shot Putt & silver in the 1500m, gold for Ciara Mockler in the Girls U/19 Javelin & Shot Putt, gold for Anna Ryan in the Girls U/14 High Jump & Shot Putt & bronze in the 75mH, gold for Sean Mockler in the Boys U/16 Discus &

Hammer, gold for David Ryan in the Boys U/16 100m & silver in the Discus, gold for Daniel Ryan in the Boys U/17 Discus, gold for Declan Ryan in the Boys U/17 Long Jump, gold for Liam McDonagh in the Boys U/15 Walk & silver for Ben O'Dwyer in the Boys U/16 800m & 4th place in the Long Jump with younger brother, Adam 4th in the Boys U/14 800m, bronze for Dillon Ryan in the Boys U/13 High Jump & 4th in the 80m sprint. Day 2 brought more success with 19 medals won (8 gold, 6 silver & 5 bronze). Anna Ryan won silver in the Girls U/14 Long Jump & bronze in the 80m, Sean Mockler won gold in the Boys U/16 High Jump & Javelin & silver in the Shot Putt, Declan Ryan took home gold in the Boys U/17 High Jump & silver in the 110mH & Shot Putt, Dillon Ryan won bronze in the Boys U/13 Shot Putt & Long Jump & silver in the Javelin, David Ryan won gold in the Boys U/16 200m & Shot Putt & silver in the Javelin, Daniel Ryan won gold in the Boys U/17 100mH & Shot Putt, Ciara Mocker won gold in the Girls U/19 Discus & bronze in the Hammer, Ben O'Dwyer was 3rd in the Boys U/16 3km & 6th in the Shot Putt & Jack Ryan was 4th in the Boys U/15 Shot Putt. Congratulations & well done to all.

EAST MUNSTER SCHOOLS SUCCESS

The East Munster Schools Track & Field Championships took place on Wednesday 29th & Wednesday 6th May in Templemore & Waterford RSC. Double gold medal wins were recorded by Ciara Mockler, Presentation Thurles in the Senior Girls Discus & Shot Putt, Sean Mockler, Thurles CBS in the Junior Boys Hammer & Discus, David Ryan, Thurles CBS in the Junior Boys Long Jump & 200m & Daniel Ryan, Thurles CBS in the Inter Boys Long Jump & 100mH. Liam McDonagh, Thurles CBS also won the Junior Boys Walk with Declan Ryan, Thurles CBS winning bronze in the Inter Boys Long Jump. Ben O'Dwyer, Thurles CBS also competed well in the Junior Boys 1500m but was just outside the medals. Thurles CBS Junior Boys team also won the East Munster Schools Junior Boys Cup for the second year in a row. David Ryan also set a new record in the Junior Boys Long Jump of 6.13m to better his older brother, Daniel's 2013 record of 6.11m. Congratulations & well done to everyone. All will now progress to the Munster Schools Track & Field Championships in Cork I.T. on Saturday 16th May.

GOLD RUSH AT MUNSTER SCHOOLS

Club athletes enjoyed resounding success at the highly competitive Munster Schools Track & Field Championships in Cork I.T. on Saturday 16th May taking home a total of 11 medals (7 gold & 4 silver). There were double gold medals for CBS Thurles students, Sean Mockler in the Junior Discus (42.83m) & Hammer (49.85m) & Daniel Ryan in the Inter 100mH (13.54) & Long Jump (6.77m)), gold for Liam McDonagh in the Junior Walk (6.31.42), gold for Jack Ryan in the Minor Shot (12.83m) & silver in Minor Long Jump (4.99m), gold for David Ryan in the Junior Long Jump (6.31m) & silver in the Junior 200m (23.41) with double silver for Ciara Mockler (Presentation Thurles) in the Senior Shot Putt (9.81m) & Discus (31.14m). Daniel Ryan also set a new Munster Schools record in the Inter Boys Long Jump with his leap of 6.77m. Thurles CBS did particularly well across the team competitions winning the Munster Junior Boys Cup well ahead of any other school (17 points to 2nd place 9 points), also finishing 2nd in the Minor Boys competition & 4th in the Inter Boys category. All 6 athletes will now represent their schools at the prestigious GloHealth Irish Schools Track & Field

Championships in Tullamore on Saturday 30th May & we wish them the very best of luck. See Full Results at www.moycarkeycoolcroac.com.

Congrats to Paul Bowe who ran a Personal Best of 40:40 at the Annerville 10k in Clonmel on Sunday 10th May. Paul has been very busy of late running several races around the county which included the Clonmel Inter-Firm Road Series & The Cahir 4 Miler. Keep up the good work Paul.

CLUB ATHLETES ON SUCCESSFUL NATIONAL LEAGUE TEAMS

Both Ciara Mockler & Daniel Ryan put in fine performances while competing for their County at Round 1 of the National League held in Templemore Track on Sunday 24th May. 2011 is the last time the County entered teams in this event. Both the Women's & Men's teams were packed with a mixture of well experienced & exciting young talent with the Women's team taking part in Division 1 & the Men's team coming in at the higher grade of the Premier Division. All selected athletes turned out on the day with the County fielding two full teams in every event & the results exceeded all expectations with the Tipperary Women finishing first in Division 1 & the Tipperary Men finishing top of the Premier Division ahead of power houses like Leevale A.C., St. Abban's A.C., Menapians & Galway City Harriers. Both Ciara & Daniel were integral parts of those teams winning valuable points in the Women's Discus & the Men's Long Jump, 100m & 4 x 100m. Congratulations & well done to both. Declan Ryan was also competing for the Club at the same venue over the weekend in the GloHealth National Youth Decathlon where he finished an excellent 4th place on 3,396 points. Declan competed in 10 events in total over the two days – 100m, Long Jump, High Jump, Shot Putt, Discus, 110mH, 400m, Javelin, Pole Vault & 1500m, making his debut in the Pole Vault with a very solid vault of 2.30m. A great achievement all round.

Our younger athletes were also in action at the County Juvenile "B" Track & Field Championships in Clonmel on Sunday 24th May. Congratulations to all who took part, particularly to the following athletes who were all medal winners on the day:- Adam O'Dwyer 1st Boys U/14 800m & Shot Putt, Caitlin Shelly, 1st Girls U/10 60m & 2nd in Turbo Javelin, Sophie Coughlan, 2nd Girls U/9 60m & Lauren Maher, 2nd Girls U/10 300m.

GOLDEN SUCCESS FOR IRISH SCHOOLS CHAMPS

Club athletes came to the fore for School, Club & County at the GloHealth Irish Schools Track & Field Championships in Tullamore on Saturday 30th May. It was a super Saturday for our athletes who won a total of 9 medals, including 6 Irish Schools titles, 2 silver & 1 bronze between them also taking home for Thurles CBS, the Junior Boys Shield for Best Scoring School & topping the medal table out of the 192 Boys schools who took part. All 6 athletes produced great performances & personal bests throughout the day in 11 different events. Daniel Ryan produced a stunning performance in the Inter Boys Long Jump leaping out to a huge new pb of 7.10m to equal the Schools record held by Jonathan Kron, Wesley College since 1989 & well exceed the European Youth standard of 6.80m. Shortly after his record performance, he ran the 100mH where he won his second gold medal with a blistering run of 13.07, another new personal best & just short of the hand timed 12.97 Schools record held by Darren Haddock since 1990. Sean Mockler also produced a super set of results to

win double gold in the Junior Boys Discus (42.23m) & Hammer (47.80m) with Liam McDonagh walking his way to gold in the Junior Boys 1200m Walk with his winning time of 6.07.05, a new personal best by 21 seconds. David Ryan produced another class performance in the Junior Boys Long Jump to win gold with his leap of 6.34m, well ahead of the opposition also recording a pb of 23.18 in the 200m later in the day to win silver. His younger brother Jack won silver in the Minor Boys Long Jump with a jump of 5.10m, his best ever & bronze in the Shot Putt with a throw of 12.20m bringing the Ryan household tally to 6 medals (3 gold, 2 silver & 1 bronze). Ciara Mockler representing her school, Presentation Thurles for the final time produced a great performance in the Senior Girls Discus with her throw of 26.65 to finish in 4th place with a 6th place finish in the hotly contested Shot Putt with her throw of 9.24m. All of our 5 boys were representing their school Thurles CBS & at the end of a long day, their school won the Junior Boys Shield for Highest Scoring team winning with 45 points, well clear of Bangor Grammer in 2nd place on 24 points, also placing 3rd in the Minor competition & 6th in the Inter competition & finishing top of the medal table for the 192 Boys Schools. Congratulations to our 6 athletes who represented our Club so well on the day.

June

MUNSTER GOLD FOR EGAN & SHELLY

Well done to our athletes who took part in the Munster U/9 to U/13 Track & Field Championships in Cork I.T. on Saturday 6th & Sunday 7th June in Cork I.T. There was some super results with Ciara Shelly taking gold in the Girls U/10 Turbo Javelin & Joe Egan winning the Boys U/11 600m in a new Championship Best Performance of 1.49.27. We also did very well in the Team Games competition with Ciara & Caitlin Shelly winning silver in the Girls u/10 Turbo Javelin with their combined scores of a 1st place finish for Ciara & a 7th place finish for Caitlin. Their sister, Aoife was part of the bronze medal winning team in the Girls U/9 300m with her partner, Sophie Coughlan with Sophie finishing in 7th place overall & Aoife in 9th place. Congratulations & well done to our young athletes – our stars of the future.

Well done to many of our Club runners who braved the conditions on the June Bank Holiday Monday and ran very well despite it. In the Moyne 5k event Ben O'Dwyer came 5th, next home was Jonathan Strapp in a time of 24:54, Fr. Joe Tynan was first home from our Fit4life group in 26:43 with Kay Cantwell & Anne Strapp not far behind in 31:02 & 31:03, with Pat Strapp coming into the finish with his trademark pose in 35:04. In the 10k race Paul Bowe was first home from the Club in 41:07 followed by his team mates Donal Donnelly 47:33 & Tom Doran 48:32, Olivia O'Brien from our Fit4life group ran a PB time of 68:40. Well done to all and to Moyne AC on a well organized and well attended event.

Tuesday, 26th May saw the final leg of the Ballynonty Road Series 2015 come to an end with the team relay event with our own Ben O'Dwyer on the winning team alongside Moyglass A.C.'s Ailbe Ryan & Coolquill A.C.'s Martin Ivors and earning himself a nice crystal memento as a result good going. We had other members from the Cub taking part over the course of the Series with Paddy Cummins finishing in podium position in 3rd place in the 3 Mile event

in a time of 16:52, also in the same race Paul Bowe clocked a time of 18:50 and Ben O'Dwyer who recently qualified for the Community Games in the Duathlon (Running & Cycling) event ran a time of 20:44, Well done all, keep the flag flying.

RECORD BREAKING WEEKEND FOR CLUB ATHLETES

The Club enjoyed astounding success at the Munster U/14 to U/19 Track & Field Championships in Waterford RSC on Saturday 13th & Sunday 14th June. With ideal weather conditions & a fast track, it was a record breaking weekend with around 23 records & 7 qualifying standards for major European Championships achieved by Munster athletes over the two days. Top athlete for the County had to be Club athlete, Daniel Ryan who won gold in the 110mH, 100m & Long Jump setting new Championship Best Performances in all three events. To put the icing on the cake, he also achieved the European Youth Qualifying time for the 110mH with his very swift run of 14.08, well inside the qualifying time of 14.30 & a new Irish Youth Boys record. He now has the European Youth qualifying standards for both the Long Jump & the 110mH. With 10 Club athletes competing over the weekend in a huge range of events, the Club has its best ever medal haul winning 21 medals (11 gold, 8 silver & 2 bronze) & setting 4 new Championship Best Performances.

The Mockler siblings, Ciara & Sean put in many fine performances between them over the weekend taking home 7 medals (2 gold & 5 silver) in total. Ciara won gold in the Girls U/19 Discus & silver in the Shot Putt (9.60m) with Sean winning gold in the Boys U/16 Hammer (49.64m), & silver in the Discus, Javelin, Shot Putt & High Jump (1.75m). The Ryan siblings also enjoyed great success over the two days scoring a tally of 11 medals, 4 Championship Best Performances, one Irish Youth record & one European Youth Olympic standard between them. Youngest sibling, Anna won silver in the Girls U/14 Discus & bronze in the 75mH & was also 4th in the Long Jump, 5th in the High Jump & 7th in the Shot Putt. Older brother, Jack won gold in the Boys U/15 Triple Jump & bronze in the Shot Putt & also placed 5th in the Long Jump. Oldest brothers David & Daniel came to the fore in the Boys U/16 & U/17 competitions with gold medal wins for David in the Boys U/16 250mH, Long Jump & Shot Putt & silver in the 100mH. David also set a new Munster record in the 250mH with his winning time of 32.97 to break the existing record of 33.18 set by Maurice Donoghue, Carrick-On-Suir A.C. in 2000. Daniel won gold in the Boys U/17 110mH, 100m & Long Jump & set new records all three events. Liam McDonagh had a fine win in the Boys U/15 Walk (10.49.06) with Declan Ryan competing very well in the Boys U/17 category winning gold in the Pole Vault (2.40m) & bronze in the High Jump (1.55m). Brothers Ben & Adam O'Dwyer ran very well with both posting personal bests in the Boys U/14 800m (7th in 2.23.71) & the Boys U/16 3000m (10th in 10.51.42) with Adam also 7th in the 200m (28.70). Congratulations & well done on such fabulous results. Daniel, David, Jack, Anna & Declan Ryan, Ciara & Sean Mockler & Liam McDonagh all qualify for the National Juvenile Track & Field Championships in Tullamore in July & we wish them all the very best of luck.

TAILTEANN AWARD FOR RYAN

The GloHealth Tailteann Interprovincial Track & Field Championships were held in Morton Stadium on Friday 19th June. The Club had 4 athletes competing at this prestigious event for their school, Thurles CBS & the Munster Schools team on the day. David Ryan won the Boys

Long Jump well out of his age with a leap of 6.77m & jumped into the history books when he was awarded the Michael Farnan Memorial Trophy for the Best athlete in the Long Jump event on the day. The silver medal went to his older brother Daniel who was 5cm behind him with a jump of 6.72m. Thurles CBS finished the day as 2nd best School of the Championships, just 1 point behind Belfast Royal Academy with other Thurles CBS athletes Sean Mockler (5th in the Discus & 6th in the Hammer) & Liam McDonagh (4th in Boys 3km Walk) competing well & adding to their school scores & both being under the age for the next two years. Well done to all 4 athletes, a great achievement to represent your school & province.

COUNTY COMMUNITY GAMES ATHLETICS FINALS

The County Community Games Athletics Finals took place in Templemore Track on Sunday 21st June. The parish had 27 athletes in total taking part in individual events (13 boys & 14 girls) & 3 relay teams winning 4 gold, 4 silver & 3 bronze & 2 sets of gold relay medals. There was great success on the day with gold medal wins for Sean Mockler, Boys U/16 Discus, David Ryan, Boys U/16 200m, Ben O'Dwyer, Boys U/16 1500m & Anna Ryan, Girls U/14 Long Jump. Silver medals were won by Jack Ryan, Boys U/16 Triple Jump, Adam O'Dwyer, Boys U/14 800m, Caitlin Shelly, Girls U/10 60mH & David Costigan, Boys U/10 200m with bronze for Cillian McDonagh in the Boys U/12 Long Puck, Joe Egan in the Boys U/12 600m & Aoife Shelly in the Girls U/8 80m. Our Mixed U/13 4 x 100m Relay team of Dillon & Anna Ryan, Adam O'Dwyer & Laura Costigan won gold together with our Boys U/16 4 x 100m Relay team of Sean Mockler, David & Jack Ryan, Liam McDonagh & Ben O'Dwyer. Our Mixed U/10 4 x 100m team of Lauren Maher, Aidin Johnston, Ronan O'Dwyer & David Costigan ran very well to reach the final & finish in 4th place. Other athletes who competed very well but who were outside the medals were Richie Maher (Final of Boys U/8 60m), James Danagher (Boys U/8 80m), Ronan O'Dwyer (Boys U/10 60mH), Dillon Ryan (Final Boys U/12 100m), Joe Maher (Boys U/12 Long Puck), Katelyn Flanagan (Final of Girls U/8 60m), Rebecca Danagher (Girls U/10 60mH), Aidin Johnston (Final of Girls U/10 100m), Ciara Shelly (Girls U/10 200m), Lauren Maher (Girls U/10 200m), Laura Costigan (Girls U/12 100m), Alisha Kearney & Rebecca Hogan (Girls U/12 600m) & Michealla McKelvey & Tasha Tully (Girls U/14 Long Puck).

July

NATIONAL LONG JUMP TITLES FOR RYAN BROTHERS

Daniel, David & Anna Ryan were the Club's representatives at Day 1 of the GloHealth National Juvenile Track & Field Championships in Tullamore on Saturday 4th July bringing home 3 gold, 1 silver & 1 National record between them. Daniel had an excellent day winning gold in the Boys U/17 110mH with his time of 14.13, his second time to dip under the Irish National Youth record of 14.18 & later in the day he went on to win the Boys U/17 Long Jump with his leap of 6.60m. His brother David was also on fire when he won gold in the Boys U/16 Long Jump with his jump of 6.62m, almost a metre ahead of second place & he ran a huge new personal best in the 100mH with his time of 13.45 to win silver. His jump of 6.62m was also a new National record when he bettered the Pre AAI 1989 record of

6.61m set by Derek Fitzgerald, Harolds Cross & the AAI record of 6.49m set by his older brother Daniel in 2014. Their younger sister, Anna did very well to place 2nd in her heat of the Girls U/14 75mH & she acquitted herself well in her first National final to run 12.27, just outside her pb with an 8th place finish. All 3 athletes compete again next weekend at Day 2 & Day 3 of the National Juvenile Championships with Daniel contesting the 100m & 200m David the 250mH & Anna the Long Jump & Discus.

Well done to Paul Bowe who smashed his PB for 5km at the Shannon Airport 5k on Friday 19th June breaking the 19 minute barrier in a time of 18:41 and came 25th out of a large field of 1620 participants.

MORE NATIONAL TITLES FOR CLUB ATHLETES

Day 2 of the GloHealth National Juvenile Track & Field Championships took place on Saturday 11th July. It was another super Saturday for the Club with gold medals for Sean Mockler in the Boys U/16 Hammer with a mighty throw of 47.29m & Liam McDonagh in the Boys U/15 2km race in an almost tiebreak finish with Liam crossing the line in 10.58.39. Daniel Ryan also competed very well to run a big personal best of 11.16 in the Boys U/17 100m to take bronze. Jack Ryan finished in 7th place in the Boys U/15 Long Jump just outside his pb with a jump of 5.21m with his sister Anna, placing 9th in the Girls U/14 Long Jump finishing on 4.65m & 7th in the Discus with a throw of 19.09m. Ciara Mockler also competed well in the Girls U/19 Discus to finish 5th with a throw of 26.37m.

There was more success on Day 3 of the Championships on Sunday 12th July. First up was David Ryan who took gold in the Boys U/16 250mH with a new National record of 32.16. This exceeded the 2010 record of 32.90 which was set by Colin Nolan, Enniscorthy. Later on in the day, his brother Jack won gold in the Boys U/15 Triple Jump with a leap of 10.97m & he was also 5th in the Shot Putt with a throw of 12.92m. Sean Mockler also competed very well to place 4th in the Boys U/16 Shot Putt with a huge new personal best of 13.23m & was 7th in the Javelin with a throw of 36.53m. His sister, Ciara was 5th in the Girls U/19 Shot Putt with a throw of 9.66m just centimetres off a bronze medal. Congratulations & well done to all 7 athletes who competed in the National Juvenile Championships over the last two weekends. The Club took home a mighty medal tally of 7 gold, 1 silver, 1 bronze & 2 National Records in events ranging from short & long hurdles, sprints, walks, jumps & throws. Daniel Ryan won gold in the Boys U/17 110mH & Long Jump & bronze in the 100m, David Ryan won gold in the Boys U/16 Long Jump & 250mH & silver in the 100mH. He also set two new National records in the Long Jump (6.62m) & 250mH (32.16). Jack Ryan won gold in the Boys U/15 Triple Jump, Sean Mockler won gold in the Boys U/16 Hammer & Liam McDonagh won gold in the Boys U/15 Walk. Our girls, Ciara Mockler & Anna Ryan competed very well in their events (Ciara in the Girls U/19 Shot Putt & Discus & Anna in the Girls U/14 75mH, Long Jump & Discus) & although no medals were won this time around, the experience will stand to them in the future & the did us proud.

Meanwhile on the home circuit, our Senior athletes were very busy. On Wednesday 1st July Paddy Cummins ran the Dundrum Coillte 10k in a good time of 36:48. On Friday 10th July at the Canon Hayes 10k Road Race in Tipperary Town, Shane Mullaney was 5th, Paddy

Cummins was 6th and Paul Bowe was 10th. Then on Sunday 12th July Shane Mullaney & Paul Bowe ran the Cahir Half Marathon in 1hr23.30 and 1hr:35.56 respectively. Well done lads.

EUROPEAN YOUTH OLYMPIC SELECTION FOR RYAN

Congratulations to Daniel Ryan who has been selected to compete for Ireland at the European Youth Olympic Festival in Georgia at the end of July. Daniel will travel from Dublin to Tbilisi with the 35 strong Irish Olympic team (made up of competitors from the various disciplines - Athletics (16) Judo (1), Cycling (5), Gymnastics (5) & Swimming (8) on Wednesday 22nd July & will return on Monday 3rd August. His chosen event is the Long Jump & he brings with him to Georgia a season's best of 7.10m which he will be hoping to improve on. Daniel is one of 5 Munster athletes selected & the only athlete from Tipperary. We wish him well in his endeavours.

DOUBLE SIAB INTERNATIONAL SILVER FOR RYAN

Daniel & David Ryan both put in terrific performances at the SIAB Schools U/17 Track & Field International in Grangemouth, Scotland on Saturday 18th July. Representing Ireland & their school, Thurles CBS, the brothers took to the runway in the Long Jump with Daniel taking silver with a very fine jump of 6.96m & David placing 4th, just 1 cm away from the bronze medal with a personal best jump of 6.86m & he is still under the age next year for this competition. Later in the day, Daniel had a great run in the 100mH when he won silver in a time of 13.25. Congratulations & well done on such great performances on the international stage. The SIAB Schools U/17 Track & Field International is an annual competition between Ireland, England, Scotland & Wales & features the finest athletes from the British Isles who have competed from numerous rounds of their Schools competitions to finally be selected to compete for their Country. This year, the Irish Girls & Boys teams captained by Molly Scott & Daniel both finished second behind England with Ireland finishing second overall with England in top spot, Wales in 3rd & Scotland in 4th. The Irish team took home 7 gold, 5 silver & 12 bronze medals in total. See all the results at www.tipperaryathletics.com.

Well done to Ciara Mockler who competed for the Tipperary Women's Team at Round 2 of the National League in AIT, Athlone on Sunday 19th July. Ciara took part in the Women's Discus & Javelin on the day scoring valuable points for the team. She threw 27.78m in the Discus to finish 2nd & was 3rd in the Javelin with a throw of 18.71m. The Tipperary Women's team finished top of Division 1 in Athlone on the day & will now progress to the National League Final on Sunday 2nd August in Tullamore. The Tipperary Men's team also performed very well topping the Premier rankings with a win in Athlone & they too will now progress to the National League final.

EUROPEAN YOUTH OLYMPIC SELECTION FOR DANIEL RYAN

Good luck to Daniel Ryan who will compete for Ireland at the European Youth Olympic Festival in Georgia next week. On Wednesday 22nd July, Daniel set off from Dublin to Tbilisi with the 35 strong Irish Olympic team (made up of competitors from the various disciplines - Athletics (16) Judo (1), Cycling (5), Gymnastics (5) & Swimming (8). Having exceeded the

European standard of 6.80m in the Long Jump several times this season, he brings with him to Georgia a season's best of 7.10m which he will be hoping to improve on. Daniel is one of 5 Munster athletes selected & the only athlete from Tipperary. He will compete in the qualifying round of the Long Jump on Monday 27th July at 11.45am & will be hoping to progress to the Final on Wednesday 29th July at 18.15pm. We wish him well in his endeavours. Keep up to date with all European Youth Olympic news at <http://tbilisi2015.com/en/>.

CELTIC SELECTION FOR DAVID RYAN

While his older brother Daniel will be competing in the Long Jump at the European Youth Olympics, David Ryan will represent Ireland in the same event at the Celtic Games in Grangemouth, Scotland on Saturday 1st August. David continues to excel at Long Jump & in 2015 he has won the Boys U/16 Munster & Irish Indoor & Outdoor titles & the Junior Boys Schools title in this event as well as setting a new AAI National Outdoor record of 6.62m & winning the Tailteann Games Michael Farnan Memorial Trophy for the Best Long Jump of the competition with a jump of 6.77m. Last weekend at the SIAB Schools International, he jumped out to a new personal best of 6.86m & he will be hoping to finish off his year with another big jump. We wish him the very best of luck on the day. David will be one of 6 athletes selected for the Irish Boys U/16 team, all of them National Outdoor Champions in their events – 100mH, 100m, 800m, Long Jump, Shot Putt & Javelin.

WELL DONE

The Club was well represented at the Ballynonty 10 Mile Road Race on Sunday 26th July with both Shane Mullaney & Paddy Cummins taking part. Shane was 12th overall in a time of 61 mins 46 secs with Paddy making his debut over the distance placing 16th in 63 mins 34 seconds. Well done to both on such great running.

Well done to former Club athlete, Lisa Healy who along with her team completed the 100km Oxfam Trailwalker Challenge in England early on Sunday morning for charity. The challenge is to get your team of four over the 100k distance in under 30 hours.

August

CLUB ATHLETES EXCEL ON NATIONAL & INTERNATIONAL STAGE

Shane Mullaney represented the Club at the GloHealth National Senior Track & Field Championships in Morton Stadium, Santry on Sunday 9th August. Competing in the 5000m, Shane ran in Race No. 1 posting a seasons best of 17.52.42 to finish in 12th place. Well done Shane on such a great result.

A BIG Congratulations to Club athlete, Ciara Mockler who was an integral part of the Tipperary County Women's Team that won gold in Division 1 at the National League Final in Tullamore on Sunday 2nd August. Ciara competed for the County in the Discus & Javelin earning valuable points for her team. 2011 was the last time the County had teams entered

in this competition so it was a fantastic result to top Division 1 having won Round 1 & 2 earlier in the Summer. Ciara will also receive her Leaving Cert results this week so we wish her the very best of luck & hope all her hopes & dreams come true. The Tipperary County Men's team finished in 2nd place in the Premier Division at the National League Final which was another great result for the County. Daniel Ryan competed for the team in the Long Jump & 100m in Round 1 in July but was on International Duty for Round 2 & the Final. It really is great for the Club to have 2 representatives on the County Teams with both David Ryan & Sean Mockler eligible to compete for the team next year.

David Ryan was one of three Tipperary athletes selected for the Irish team to compete at the Celtic Games in Grangemouth, Scotland on Saturday 1st August. His second time to represent his Country in two weeks, David competed in the Boys U/16 Long Jump, jumping out to a personal best of 6.88m & a second place finish to round off his season in style. The Irish Team finished 2nd overall behind Scotland. David was one of 6 athletes selected for the Irish Boys U/16 team, all of them National Outdoor Champions in their events. David has enjoyed a great Indoor & Outdoor season this year in this event winning the Boys U/16 Munster & Irish Indoor & Outdoor Long Jump titles & the Junior Boys Schools title in this event as well as setting a new AAI National Outdoor record of 6.62m & winning the Tailteann Games Michael Farnan Memorial Trophy for the Best Long Jump of the competition with a jump of 6.77m. At the SIAB Schools International two weeks ago, he jumped out to a new personal best of 6.86m to finish 4th. Congratulations David.

To round off a fantastic few weeks for our Club, Daniel Ryan returned from the European Youth Olympics in Tbilisi, Georgia to a hero's welcome from his Club & parish on Monday 3rd August. Daniel produced an excellent result to finish 4th in Europe in the Long Jump Final on Wednesday 29th July. He jumped a best of 6.84m in the final round to finish just an agonising 5cm away from a silver medal & 4 cm away from bronze. Qualification for the Final of the Long Jump took place two days earlier on Monday 27th July with Daniel drawn in the stronger Pool B, where he finished 3rd with a jump of 6.75m & placed 5th overall between Pools A & B to book his place in the Final. Daniel arrived home to the village of Two Mile Borris escorted in by member of the Club Committee, Billy Purcell & Jim Martin & Club runners Paddy Cummins & Shane Mullaney. The main street of the village was lined by well wishers, supporters, family & friends with speeches by Club Chairperson, Kay Cantwell & local Politicians Michael Lowry & Seamus Hanafin. Daniel himself said a few words thanking his family friends, supporters & the Club for all their support over the years & proceedings then moved into the village hall for refreshments. Many thanks to everyone who came together to organise this event & to all who attended. It was a momentous occasion for the Club to welcome our young Olympian home, the first of many such events we hope. This was a great achievement for Daniel & the valuable experience gained will be of great benefit to him in the future. Congratulations Daniel, we are very proud of you.

A BIG CONGRATULATIONS to Club athlete, Adam O'Dwyer who won a silver medal with the Tipperary U/13 Mixed Cross Country Relay team at the National Community Games Finals in Athlone on Sunday 16th August. Having easily qualified out of their heat on Saturday, the team stormed to a silver medal victory in the Final. This is Adam's first National Community Games medal, one of many for the future we are sure. Well done also to Alex Tully who competed very well in the highly contested National Community Games Boys U/12 Freestyle

Swimming & although he was outside the medals on this occasion, we are sure it will be very valuable experience for the future.

Our Senior athletes have also been busy recently competing on the road racing circuit. On Friday the 31st of July Paul Bowe ran the Kilcommon Festival 10k in 42:42. On Friday the 7th of August in the Cashel 5k, Paddy Cummins was 9th in 18:35 & Paul Bowe was 18th in 19:46. On Sunday August 16th Shane Mullaney was 22nd in the Monaghan 10 Miler in a time of 62:18. Well done to all.

Well done to our 4 Senior athletes who competed at the County 10 Mile Road Championships in Ballynonty on Sunday 30th August. Paddy Cummins was first across the finish line for the Club in 13th place in a new personal best time of 61mins 29 seconds with Shane Mullaney home next in 18th place in 63mins & 11secs. Back from injury was Sean Healy who was 24th in 64mins 44seconds. Sean & his fiancée Melissa are expecting their first child shortly & we wish them all the best in the future. Our 4th member of the team was Paul Bowe & unfortunately Paul picked up a knee injury around the 5 mile mark and was unable to continue & we wish him a speedy recovery. Well done to the 4 men on their efforts, it was great seeing the Club field a team in this event for the very first time. Keep up the good work boys.

A BIG CONGRATULATIONS to our Club athletes who competed with great success at Weekend 2 of the National Community Games Finals in Athlone on Saturday 22nd & Sunday 23rd August bringing home individual gold, silver & bronze a bronze Relay medals. On Saturday the first Tipperary medal of the weekend came from Anna Ryan in the Girls U/14 Long Jump when she jumped out to 4.79m to win bronze. Having just turned thirteen the day before, it was her best birthday present ever to win her first National Community Games medal & she is still under the age next year for this competition. Sean Mockler followed the medal trail later in the evening when he won a magnificent silver in the Boys U/16 Discus throwing over 43m on his 6th & final throw to bring himself up from 5th to 2nd. Sean is also the age again next year for this competition. On Sunday, there was a sensational gold for Anna's brother, David Ryan in the Boys U/16 200m when he powered home to victory with over 10 metres to spare in the final, a worthy winner, having easily won his heat & semi-final with the rest of the medal winners a year older than him. This is David's last year in Community Games & he finished on a high note adding gold to the golds he won already in the U/14 Long Jump & U/16 Triple Jump & a Pewter medal for 4th in the U/12 Relay. To finish off a great weekend our Boys U/16 4 x 100m Relay team of Oran Mulhall, Sean Mockler, Jack Ryan & David Ryan (subs: Ben O'Dwyer & Liam McDonagh) stormed home to a bronze medal finish in the second last race of the day. Other athletes who competed over the weekend were Ben O'Dwyer who ran very well in the heats of the Boys U/16 1500m to finish in 8th place, just outside a qualifying place in the final. His brother, Ronan also put in a terrific effort in the Boys U/11 Gymnastics, gaining valuable experience for future years. Daniel Ryan who finished his Community Games competitions last year attended this year's National Finals in a Volunteer capacity helping out at the Field Events over the weekend. He & his fellow European Youth Olympic team-mates were given a special welcome by the National Community Games Committee on Sunday before the Finals which was a lovely touch. Memories to last forever.

CLUB'S ANNUAL ROAD RACE

Our Annual Road Races took place on Friday 21st August in Two Mile Borris with record numbers participating. With 77 athletes in the 7km race, the top three home were Tony Fogarty, Templemore A.C. (23.56), Liam Shanahan, Thurles Crokes A.C. (24.02) & John Fitzgibbon, Thurles Crokes A.C. (24.23). Top 3 Ladies were Aine Roche, Clonmel A.C. (19th in 27.29), Carmel Fitzgibbon, Thurles Crokes A.C. (20th in 27.38) & Phil Ryan, Ballynonty A.C. (27th in 28.38). In the 5km Fit4Life, we had 64 participants & the top 3 home were Aaron Quigley, Derg A.C. (17.19), Noel Marum, Portlaoise A.C. (17.27) & Trevor McCormack, Portlaoise A.C. (17.45). Top 3 Ladies were Ciara Cummins, Nenagh Olympic A.C. (5th in 20.22), Ann Marie Hayes, Moycarkey Coolcree A.C. (8th in 21.36) & Sarah Healy, Moyne A.C. (10th in 22.49). Well done to our 1k Juvenile Competitors - 1st Adam O'Dwyer, Moycarkey Coolcree A.C., 2nd Jerry Hayes, Dundrum A.C. , 3rd Cillian McDonagh & 4th Liam McDonagh, Moycarkey Coolcree A.C. Well done also to our Club athletes who competed very well, Paddy Cummins (8th in 25.16), Shane Mullaney (9th in 25.28), Sean Healy (14th in 26.24) & Paul Bowe (23rd in 28.14).

A massive thanks to everyone for supporting our races, we hope you all enjoyed your run. Thanks to those who travelled from Antrim, Laois, Cork, Kilkenny, Limerick, Templemore, Clonmel, Cashel, Cahir, Thurles, Moyne, Nenagh, Ballingarry, Killenaule, Carrick-On-Suir, Fennor, Rahelty, Moyglass, Gortnahoe, Mullinahone, Golden, Coolquill, Borrisoleigh, Dundrum, Ballynonty, Fethard and all the local support too. Thanks also to all the helpers on the day with special thanks to Sean Hennessy for Bus Transport, Bannon's Bar for providing the venue for the post race refreshments, Martina, Josephine & their assistants for all the wonderful catering, Donal Hayes for the Yogurts and Tully's Gala for helping out with the water, all very much appreciated, Full results can be found at www.moycarkeycoolcreeac.com.

September

October

November

December