

Moycarkey Coolcree A.C.

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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).

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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.moycarkeycoolcroac.com.

CLUB CHURCH GATE COLLECTION

The Club's Annual Church Gate Collection takes place after all masses at the 3 parish churches on **Saturday 29th & Sunday 30th August**. All proceeds go towards the running of the Club throughout the year. Your support would be greatly appreciated.

JUVENILE CROSS COUNTRY TRAINING

Juvenile Cross Country Training for all age groups will be back on **Thursday 27th August from 7pm to 8pm** & every Tuesday & Thursday evenings after that. Training will take place in the field beside the Moycarkey Borris Community & Sports Centre in Littleton. We have two lanes marked out, one for the younger age group & the second one for our older athletes. Parents are welcome to walk or jog the route themselves during training if they so wish. Cost is 2 euro per child.

POLE VAULT & TRIPLE JUMP COACHING WEEKEND

A Pole Vault & Triple Jump Coaching Weekend will take place in Templemore Track on Saturday 19th & Sunday 20th September. Cost will be 30 euro per athlete but will be well worth the price with expert coaching from Level 3 coaches & top Irish athletes, event specific strength & conditioning training & physio tips. See all the details at www.moycarkeycoolcroac@gmail.com.

FIT4LIFE

Our Fit4Life Group is still going strong. We now have 3 groups established, a Walkers Group with Billy Purcell, a Run/Jog Group with Kay Cantwell & a Runners Group with Shane Mullaney & Paul Bowe. All are welcome to join us on Wednesday evenings at 7.30pm & Saturday mornings at 9am, €2 per session. Meeting Point is at the Moycarkey Community Sports Centre in Littleton. For further information, contact Kay Cantwell at 086 8382517. Keep up to date with all our news on our Facebook page Moycarkey Coolcroe Fit4Life.

UPCOMING FIXTURES

September

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- **Sun 13th** - Crookstown Millview A.C. Open Cross Country @ 12 noon in Pikes Bridge, Narraghmore, Co. Kildare.
- **Sun 20th** - Taghmon A.C. Open XC @ 12 noon in Poulmarle, Taghmon Village, Co. Wexford.
- **Sun 27th** – Tipperary Women’s Mini Marathon @ 11am in Thurles.
- **Sun 27th** – St. Senan’s A.C. Open Cross Country @ 1pm in Kilmacow, Co. Kilkenny.
- **Wednesday 30th** – County Tipperary Primary Schools Cross Country Championships in Thurles Crokes A.C. Grounds.

For all latest Club news, upcoming events & photos log onto our website at www.moycarkeycoolcrooac.com or our facebook page at www.facebook.com/moycarkey.coolcrooac.