

## Tír Chonaill Athletics Club Awards Night

26 Nov 2016

A capacity crowd attended the Tír Chonaill Athletics Club Awards Night in the Abbey Hotel in Donegal Town on Saturday Night last. In attendance were club athletes, some as young as seven years of age, and many others of a more fine vintage as well as parents, coaches, teachers and officials. Guests on the night were John McDermott, Sligo, who had just returned from the UK after having a fine victory in the 'UK Pentathlon Championships' over the weekend and Pat McManus former teacher in the Sacred Heart Secondary School Ballyshannon who is now a practicing Osteopath and friend to many Tír Chonaill Athletes and is one of the most respected professionals in the North West.

### Young Athletes that participated at County, Provincial and All Ireland Levels



Matthew Byrne, Niamh Caldwell, Cathal O'Donnell, Lara Murchan, Clara Mc Guinness, Gavin Tanham, Katie Marie McNelis, Sayer Campbell, Shay O'Halloran, Aoife Mc Dermott, Ethan Dewhirst, Peadar Shallow, Ailbhe Doherty, Conor McCahill, Lexi Campbell, Conor Farrell, Jamie Kennedy, Eimear Neill, Niall Boyle, Leon McGinley, Eilish Boyle, Connor Taggart, Katie Gavigan, Sophie Kennedy, Aisling Herarty, Cora Doherty, Catriona Moohan, Lara Lynch, Ella McGirr, Annie Keon, Sarah Molloy, Roisin Lynch, Anna McGuickan, Ciara McKelvey, Niamh Caldwell, Orla Greene, Ellie Campbell, Jessica Gallagher, Tori Murchan, Ava Anderson, Luke Ward, Gianna Murchan, Lilly Tanham, Eoin Mulligan, Fintan Dewhirst, Emer McDermot , Sean Meehan, Michael Cunningham, Aine Brannigan, Joseph Herarty, Fiachra O'Donnell, David McGettigan, Frank Duffy, Nicole Cunningham, Amy McLaughlin, Danielle Greene, Joseph Heraty, JP McGuinness, Joshua Harron, Enya Gallagher, Saoirse Heraty, Aisling Heraty, Lee McNamee, Fintan Dewhirst, John Paul McGuinness, Ben Campbell, Michael Cunningham, Maebh Neill, Johnie McGonagle, Fiachra O'Donnell, Saorla Heraty, Leo Carey McDermott, Seamus Og Caldwell,



Niamh Mohan, Rian O'Murchu, Charlie Bennett, Emer O'Brien, Alex Anderson, Daire McDevitt,



Lucy McGlynn, Aibhne McCrossan, Anna Reibling, Rachael Gallagher, Eoin Gallagher, Aibheann McGarraigle, Hannah Shallow, Sarah Jane Keon, Catherine Campbell, Laoise McGonagle, Mark Bonner, Emily McNulty, Ruben Burns, Cassie Brennan, Ciara McGuire, Tess Duke, Dearbhla Neill, Kitty McNulty, Diarmuid O'Donnell, Jeanne O'Donoghue, Clodhna McManus, Mia McCalmont, Amy Elliott, Savannah Timoney

## Juvenile Overall Awards

### Sprints/Hurdles

Ben Campbell, National Hurdles Medal Winner; Kate McGowan, National Junior [U20] Hurdles Medal Winner

### Jumps

Hannah Shallow, Bronze Medal Winner in Long Jump at National Championships, Caolan O'Callaghan, Irish Schools High Jump Winner with a P.B. of 1.95m.



### Throws

Leo Carey McDermott, Gold medal Winner in Shot Putt at National Championships.

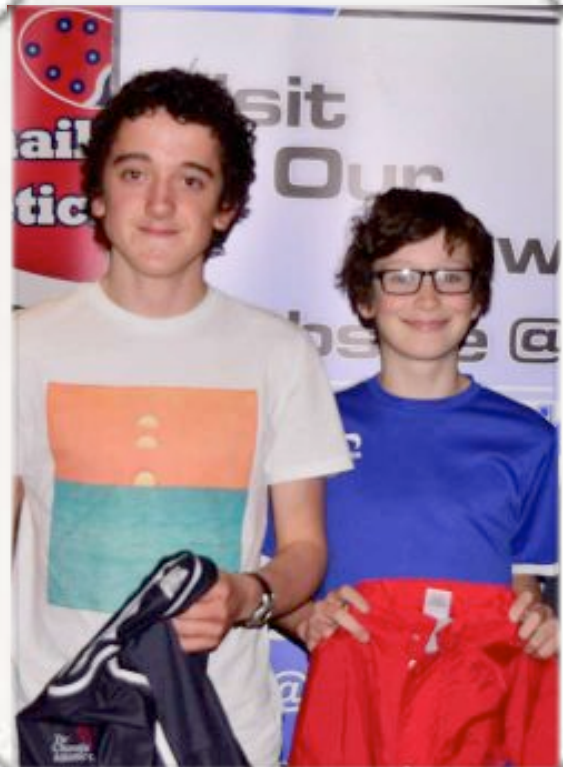
### Middle Distance

Mia McCalmont, qualified for All Irelands in Cross Country and 1500m.



### Coaches Choice

Fiachra O'Donnell and Declan Sharkey both athletes recognised for their commitment to training, positive attitude and improvement during 2016



### Marathon Runners Recognised

The club recognised the group of club athletes that completed the National Marathon and Half Marathons during 2016, Vinny Duffy, Karl Warnock, Julie McNamee, Martin O'Halloran, Noel Hoey, Leroy Graham, Paul Patterson, Shane O'Donnell, Angela Trimble, Patrick McLaughlin, Claire McShane, Donna Furey, Jason Graham., Deirdre Dillon, Brian McCabe, Terry Hughes, Loretta Cullen, Pauric Keenaghan, Liam Reynolds, Pamela Zarb, Sean Lorenyenko, Josephine O'Donnell,



Noel Hoey, Brian, Mc Mullin, Patrick Laughlin, Sharon McGowan, Julie McMullin, Philomena Gallagher, Sonia O'Connell, Pamela Zarb, Olivia Murphy.



## Special Recognition Awards

Special Recognition awards went to club Masters Teams that won County Cross Country and Road Team Titles and to Womens Team that finished 5th in National Masters Cross Country Championships

Masters Men - Donal Haughey, John Cannon, Ollie Thomas and Richard McCarthy

Masters Women - Marie Rooney, Margaret Sweeney, Vera Haughey, Linda Ward, Jackie Harvey, Orla Doogan, Sharon Thomas, Sharon McGowan, Rena Brogan, and Philomena Gallagher



## Overall Master Athletes 2016

Marie Rooney won the overall Donegal Road Grand Prix Series and finished 5th in the Masters National Cross Country Championships.

Donal Haughey was first in his Category at Donegal Half Marathon and is now running faster 5k times than athletes twenty years his junior.





**Couch to 5k/fit4life Awards**

Eleanor Blake Gallagher, Deirdre Clarke and Jason Graham in recognition of overcoming the challenge of running.



**Club Coach of the Year**

Orla McGlynn, driving force in juvenile athletics, in particular relay coaching.



**Club Person of the Year**

Pauline Gavigan, top administrator



### **Service Recognition Awards**

Brenda Morris, Margo Gallagher and Deborah Dawson for planning and servicing hospitality and PR for club events.



### **Senior Awards**

The following athletes medaled at Irish Senior and Under 23 Championships during 2016, Kelly McGroary, Conal Mahon, Christopher Doherty, Geraldine Stewart, Karl Griffin, Kate McGowan and Caolan O'Callaghan.





### Overall Males

Christopher Doherty, won Irish Under 23 Pole Vault Title, Conal Mahon, rarely out of top three places at U23 Senior Championships in the Triple Jump during last three years.



### Overall Female

Kelly Mc Grory won Under 23/400m Indoor and 400m Hurdles Senior Outdoor - Kelly also gained International recognition when representing Irish Universities in Edinburgh.

### Special Recognition

John McDermott, Sligo, on his inspirational and medal winning performances at Irish/UK and World Masters Championships. John is not a member of Tír Chonail AC but is a very welcome visitor at Sunday Morning Training and Coaching Sessions.



## Hall of Fame

Pat Mc Manus - Teacher, Coach, Osteopath, Mentor and Friend to so many members of Tir Chonail AC. A founder member and coach with the club Pat introduced, encouraged and coached so many in the Ballyshannon area to exceptional success, four of his prodigees took up athletics scholarships to the USA. The Tir Chonail women's track and field success of the 00's that won three National League Titles and represented Ireland at European Clubs in Belgium, Switzerland and Slovakia had a huge input from Pat in a coaching and supportive capacities. Positiveness, integrity, a great sense of humour and knowledge were the final qualities in the induction summary

