

GCH - ATHLETE BY ATHLETE 2019: Selected Highlights



In the table below, we have done our best to represent every athlete who pulled on the white and red of GCH over the season with one selected 'highlight' from all their efforts. Every member is equally valuable to GCH and performances are all relative – pretty much all athletes have made enormous progress this year regardless of their level and we aim for the same again in 2019/'20. To run a 60m in 11 or 12 secs, for example, may not win a medal (there are only 3 of them and maybe 60 or 70 athletes competing!) but it is a great achievement for anyone. Here are selected highlights for 2018/'19:

<u>Under</u>	<u>Name</u>	<u>Performanc</u>	<u>Event</u>	<u>Level</u>	<u>Indoor/Outdoor</u>
<u>r</u>		<u>e</u>			
9	Natalia Jaime-Stapleton	3rd	60m Team	Connacht	Outdoors
9	Aisling Tauchen	2nd	60m Individual	County	Outdoors
9	Matilda Carroll	3rd	60m Team	Connacht	Outdoors
9	Poppy Ainsley	7th	Long Jump	County	Outdoors
9	Conor Barwell	4th in Heat	60m	Galway	Indoors&Outdoors
9	Dara Jacobson	Record	Long Jump	Galway	Indoors
9	Keelan Keedy	5th	300m	Galway	Outdoors
10	Ella Sisson	2nd	Long Jump	Galway	Outdoors
10	Lauren Foley	1st	100m	Galway	Community Games
10	Orna Dunne	3rd	Long Jump	Connacht	Outdoors
10	Sarah Donald	1st	60m	Galway	Indoors
10	Alanah Joyce	7th	500m	County	Outdoors
10	Una Ni Fhlartharta	11.98s	60m	County	Outdoors
10	Conor Keane	11.79s	60m	Galway	Indoors

10	Dara Breathnach	CBP	Turbo Javelin	Galway	Outdoors
10	Marcus Glavee	2.95m	Long Jump	Galway	Outdoors
10	Matthew Murphy	3rd Pair	Turbo Javelin	Connacht	Outdoors
10	Seamus Hayes	Record	Long Jump	Galway	Outdoors
11	Cian Cullinane-Vaux	12th	60m	Galway	Indoors
11	Carl O'Brien	6th Heat	600m	Galway	Indoors
11	Conor Keane	7th Heat	400m	Galway	Indoors
11	Fiach Silke	15th	Long Jump	Galway	Outdoors
11	Jack Murphy	11.72s	60m	Galway	Outdoors
11	Justin McCarthy	12th	600m	Galway	Outdoors
11	Oisin Moore	12.21s	60m	Galway	Outdoors
11	Oisin Silke	10.57s	60m	Galway	Outdoors
11	Amy Butler	3rd	60m	Galway	Outdoors
11	Clodagh Onorato	10.74s	60s	Galway	Outdoors
11	Eleanor Troy	20th	Cross County	Galway	Cross Country
11	Ella Keane	11.92s	60m	Galway	Indoors
11	Ellen Stenson	5th	600m	Galway	Indoors
11	Emily Podmore	2.66m	Long Jump	Galway	Outdoors
11	Harry Kay	19th	Cross County	Galway	Cross Country
11	Jennifer McCarthy	10.60s	60m	Galway	Outdoors
11	Jessica Burke	11.93s	60m	Galway	Indoors
11	Kelilah Murray	24th	Cross County	Galway	Cross Country
11	Lauren Ward	10.94s	60m	Galway	Outdoors
11	Nathan Podmore	11.58s	60m	Galway	Indoors
11	Rachel Francis	2nd Heat	60m	Galway	Outdoors
11	Samuel Jacobson	11.85s	60m	Galway	Indoors
11	Sarah Jane O'Connor	11.20s	60m	Galway	Outdoors
12	Angela Cielecka	1st	60m	Connacht	Outdoors
12	Elisa Jaime-Stapleton	2nd	Long Jump	All Ireland B	Outdoors
12	Eva Boo	2nd Heat	60m	Galway	Indoors
12	Robyn Geraghty	10.57s	60m	Galway	Indoors
12	Alisson Strange	10.71s	60m	Galway	Indoors

12	Jessica Kay	Record	Turbo Javelin	County	Outdoors
12	Jodie Quirke	Record	Shot Putt	Galway	Indoors
12	Juno Hayes	Record	Long Jump	National	Outdoors
12	Ben Moran	3rd	Long Jump	National	Outdoors
12	Conor Faherty	1st	600m	Galway	Indoors
12	Daniel Barwell	10.77s	60m	Galway	Outdoors
12	Jack Barry	1st	60m	All Ireland B	Outdoors
12	Lachlan Geraghty	10th	High Jump	Galway	Indoors
12	Riley Stenson	22nd	Cross County	Connachts	Cross Country
12	Shane McGovern	2nd	600m	All Ireland B	Outdoors
13	Aleksandra Rydzewska	3.12m	Long Jump	Connacht	Outdoors
13	Alyso Salvo (ex GCH)	4th in Heat	60m	Galway	Indoors
13	Caitlin Podmore	2nd in Heat	600m	Galway	Indoors
13	Eireann Greene	9th	Long Jump	Connacht	Outdoors
13	Emma Tannion	4th in Heat	60m	Galway	Indoors
13	Erin Dahler	5th in Heat	60m	Galway	Indoors
13	Hannah Concannon	4th in Heat	60m	Galway	Indoors
13	Inga Cielecka	6th	Long Jump	Connacht	Outdoors
13	Jane Fahy	4th	Hurdles	Galway	Indoors
13	Maiah Fleetwood	2nd	Turbo Javelin	Galway	Outdoors
13	Ruby O'Flynn	7th Heat	Hurdles	Galway	Indoors
13	Sophie Foley	9.93s	60m	Galway	Indoors
13	Tara Keane	Record	Long Jump	Connacht	Outdoors
13	Thea Power	5th	High Jump	Connacht	Indoors
13	Charlie Van Den Bergh	New Record	Javelin	Galway	Outdoors
13	Fionn Dahler	4th in Heat	Hurdles	Galway	Indoors
13	Richard McGrath	3rd	Hurdles	National	Outdoors
13	Ronan Duggan	3rd	Hurdles	National	Indoors
14	Adara Salvo (ex GCH)	9.77s	60m	Galway	Indoors
14	Aoife Lawton	12th	Shot Putt	Connacht	Indoors
14	Mia Craughwell	1st,4th	Cross County	Galway &Connacht	Schools,Club
14	Chloe Hallinan	1st	Hurdles	Galway	Indoors

14	Clodagh Quirke	2nd	1500m	Galway	Outdoors
14	Grace Lynch	2nd	100m	City Schools Sports	Outdoors
14	Kayla McKeon	4th	Hurdles	Galway	Indoors
14	Evan Moran	1st	Hurdles	Connacht	Outdoors
14	Renato Brule	9.35s	60m	County	Indoors
15	Aoibhe Joyce	3rd	1500m	Connacht	Outdoors
15	Anna Lee	2nd	200m	Connacht	Outdoors
15	Ava McKeon	1st	Hurdles	National	Indoors
15	Isabella Burke	1st	Cross County	Galway	Cross Country
15	Leanna Nic Dhonncha	2nd	800m	Galway	Outdoors
15	Rachel Fahy	4th	200m	Connacht	Outdoors
15	Matthieu Madden	1st	High Jump	National	Indoors
15	Christian Ugbemudia	CBP	100m	All Ireland B	Outdoors
15	Nick Ukaga	3rd	100m	All Ireland B	Outdoors
15	Emmanuel Chinagorm	3rd	High Jump	All Ireland B	Outdoors
15	Franco Jara	2nd	Relays	National	Outdoors
16	Emma Moore	1st	Individual Race	Connacht	Cross Country
16	Callum Healy	2nd	Hurdles	Irish Schools, Nationals	Outdoors
16	Darragh Jennings	1st	Discus	National	Outdoors
16	Eoin Killeen	8th	Cross County	Connacht	Cross Country
16	Luke Dahler	1st	Relay	National	Outdoors
16	Matthew Gordon	1st	Team Event	Connacht	Cross Country
16	Robert Urquhart	2nd	4x200m Relay	National	Indoors
15	Sean Duggan	9th	Cross County	Connacht	Cross Country
16	Brian O'Culain	7th	Cross County	Galway	Cross Country
16	William McDonnell	1st	1500m	Connacht	Schools
16	Aoife Waldron	3rd	Triple Jump	National	Outdoors
16	Aisling Healy	3rd	100m	All Ireland B	Outdoors
16	Eve Ayo	4th	100m	All Ireland B	Outdoors
16	Eabha Walsh	3rd	Individual Race	Galway	Cross Country
16	Gillian McGrath	1st	Team Event	Connacht	Cross Country

16	Nicole Quirke	1st	60,100,200m	Connacht	At Indoors/Outdoors
16	Rebecca Lynch	2nd	Javelin, Triple Jump	Connacht	Outdoors
16	Roisin Dalton	3rd	200m	Connacht	Outdoors
16	Conor Hoade	CBP	Pentathlon	National	Outdoors
16	Liam McDonagh	5th	Discus	Connacht	Outdoors
16	Oisin Fitzgerald	9th	Cross County	Galway	Cross Country
17	Aibidh Ni Mhaille	2nd	Shot Putt	Connacht	Indoors
17	Eimear Rowe	1st	400m	National	Outdoors
17	Emma Jane Moran	1st	Relay	National	Outdoors
17	Ella O'Connor	5th	800m	County	Outdoors
17	Joanne Healy	2nd	400m	County	Outdoors
17	Shaun Gilligan	2nd	Relay	National	At Indoors/Outdoors
17	Andrew Egan	2nd	Relay	National	At Indoors/Outdoors
17	Niall Breathnach	2nd	Relay	National	At Indoors/Outdoors
17	Conor Trehy	3rd	Triple Jump	National	Outdoors
18	Aaron Brennan	3rd	Cross County	Connacht	Cross Country
18	Barry Murphy	1st	800m,1500 m	Connacht	Outdoors
18	Aoibhe Deeley	1st	Relay	National	Outdoors
18	Chloe Casey	1st	Combined Events	National	Schools Indoors
18	Jennifer Hughes	1st	4x200m Relay	National	Indoors
18	Colma Ni Cheidigh	1st	4x200m Relay	National	Indoors
18	Seren O'Toole	2nd	400m Hurdles	Youth Nations Cup	Outdoors
18	Robert McDonnell	3rd	400m	Youth Nations Cup	Outdoors
18	Cillian Jordan	2nd	Cross County	Galway	Cross Country
18	Finbarr McFadden	5th	Cross County	Galway	Cross Country
18	Oisin Fitzgerald	8th	Cross County	Connacht	Cross Country
18	Samuel Madden	3rd	400m	Connachts	Indoors

18	Richard Kamson	Record	Triple Jump	Connacht	Outdoors
19	Miriam Greene	1st	Relay	Connacht	Indoors
19	Rachel Hughes	1st	Relay	National	Outdoors



**If there is an error or omission in this or any part of the report, please let us know and we will rectify it asap!*



GCH AT THE NATIONALS 2019 – An Overview

	National Juvenile Outdoors	
u9 girls		
60m	Tilly Carroll & Natalia Stapleton 11th	10.76s
u10 boys		
Turbo Jav	Dara Breathnach & Matthew Murphy 9th	17.39m
u10 girls		
LJ	Sarah Donald & Orna Dunne 9th	3.30m
RELAY	GCH (Donald,Sisson,Dunne,Joyce) 9th	65.87s
U12 Boys		
60m	Jack Barry 1st in Bs	8.67s
600m	Shane McGovern 2nd in Bs	1:46.00
LJ	Ben Moran 3rd	4.24m
Shot	Jack Barry 6th in Bs	3.42m
RELAY	GCH (Moran,Barry,Flaherty,McGovern)	DQ
U12 Girls		
60m	Angela Cielecka 9th	8.96s
80m	Elisa Stapleton 4th, Jessica Kay 8th in Bs 60m	9.18s,9.33
HJ	Elisa Stapleton 2nd, Jessica Kay 7th, Jodie Q 13th in Bs LJ	3.79s,3.40,2.59
LJ	Juno Hayes 4th	4.26m
Shot	Juno Hayes 12th	6.53m
RELAY	GCH (Cielecka, Kay, Stapleton, Hayes, Boo)	58.67s
U13 Boys		
80m	Ronan Duggan 8th	11.07s
60mH	Richard McGrath 3rd	10.00s
LJ	Richard McGrath 9th	4.33m
U13 Girls		
80m	Jayne Fahy 5th H, Eireann Greene 6th H in Bs	12.81s, 12.07s,
600m	Caitlin Podmore 15th in Bs	2:09.17
60mH	Tara Keane 12th	10.47s
LJ	Tara Keane 17th	4.07m
Shot	Eireann Greene 11th, Jayne Fahy 17th in Bs LJ	3.79m, 3.15m
Javelin	Tara Keane 9th	22.94m
RELAY	GCH (Cielecka, Power, Podmore, Greene, Yimica)	56.34s
U14 Boys		
80m	Evan Moran	DNS
200m	Evan Moran	DNS
75m H	Evan Moran 6th	12.42m
U14 Girls		

80m	Lianna Colleran 7th in Bs	11.35s
800m	Clodagh Quirke 11th Bs	02:44
LJ	Chloe Hallinan DNS	DNS
Shot	Clodagh Quirke LJ Bs 12th	3.84m
RELAY	GCH (Keane,Colleran,Lynch,Hallinan,Quirke) 11th	57.18s
U15 Boys		
100m	Matthieu Madden 8th	12.69s
200m	Matthieu Madden	DNS

800m	Christian Ogbemudia 1st Bs; Nick Ukaga 3rd	11.89s, 13.09s
HJ	Matthieu Madden 3rd	1.60m
LJ	Emmanuel Chinagorm 2nd Bs	1.35m
Shot	Christian Ogbemudia 2nd Bs	10.28m
Pentathlon	Matthieu Madden 2nd	
RELAY	GCH 2nd (Jara, Ugbemudia, Moran, Ukaga, Chinagorm, McDonnell)	48.78s
U15 Girls		
100m	Anna Lee 12th	13.62s
200m	Anna Lee 9th overall	28.36s
800m	Aoibhe Joyce 17th	2:37.68
1500m	Aoibhe Joyce 16th	5:27.08
RELAY	GCH (Lee, Hallinan,Fahy,Lynch, Crowe) 7th	53.82s
U16 Boys		
100m	Callum Healy 13th	12.23s
200m	Robert Urquhart 7th Heat	25.60s
1500m	Darragh Jennings 7th	4:25.23
100m H	Conor Hoade 1st	13.73s
250mH	Conor Hoade 1st, Callum Healy 2nd	31.81s
LJ	Conor Hoade 2nd	6.15m
Discus	Darragh Jennings 1st, Oisin Keane 4th	42.95m
Javelin	Darragh Jennings 10th	30.01m
Pentathlon	Conor Hoade 1st	
Relay	GCH (Hoade,Dahler,Healy,Ugbemudia,Jara,Chinagorm) 1st	47.02s
U16 Girls		
100m	Nicole Quirke 9th	13.14s
200m	Nicole Quirke 9th	27.00s
800m	Aisling Healy 3rd, Eve Ayo 4th Bs	11.33s; 11.41s
LJ	Nicole Quirke 10th	4.67m
TJ	Aoife Waldron 3rd, Rebecca Lynch 8th	10.24m
Javelin	Rebecca Lynch 11th	3xN/Ts
RELAY	GCH (Ayo,McGrath,Waldron,Crowe, Lynch) 7th	no time
U17 Boys		

100m	Andrew Egan 3rd Heat	11.98s
200m	Andrew Egan 4th, Shaun Gilligan 6th	23.65s
1500m	Sean Forrest 19th	4:41.96
LJ	Conor Trehy	DNS
TJ	Conor Trehy 3rd	11.97m
4x100m	GCH (Gilligan,Egan,Breathnach,Hoade) 1st	44.82s
U17 Girls		
200m	Eimear Rowe 2nd	25.83s
400m	Eimear Rowe 1st	57.95s
300mH	Emma Jane Moran 9th	51.53s
4x100m	GCH (Rowe,Moran,Quirke,Dalton, Hughes) 7th	53.19s
U18 Boys		
100m	Richard Kamson	DNS
200m	Robert McDonnell	DNS
400m	Robert McDonnell 1st	49.90s
800m	Barry Murphy 6th	2:01.89
1500m	Barry Murphy 10th	4:22.92
LJ	Richard Kamson	DNS
TJ	Richard Kamson	DNS
Pole Vault	Eoghan Jennings 3rd	3,00m
Decathlon	Eoghan Jennings 2nd	
4x100m	GCH (Kamson,Gilligan,Breathnach, Egan) 3rd	47.21s
4x400m		
U18 Girls		
100m	Aoibhe Deeley 9th	13.32s
100m H	Chloe Casey 2nd	no time
400mH	Seren O'Toole 1st	1:04.25
LJ	Chloe Casey 1st	5.46m
4x100m	GCH (O'Toole,Casey,Deeley,Rowe,Moran) 1st	51.54s
4x400m	GCH (O'Toole,Casey,Deeley,Rowe,Moran) 1st	3:59.73
U19 Girls		
4x100m	GCH (Hughes,Casey,O'Toole, Greene)	51.19s

	National Juvenile Indoors	
U12 Boys		
LJ	Ben Moran 4th	4.17m
U12 Girls		
60m	Juno Hayes 8th	9.04s
LJ	Elisa Stapleton 19th	no jump
Shot	Juno Hayes 11th	6.59s

RELAY 4x200	GCH 12th (Kay,Hayes,Stapleton,Boo)	2:07.51
u13 Boys		
60m	Ronan Duggan 4th	8.23s
	[Richard McGrath 6th]	[8.44s]
60mH	Ronan Duggan 3rd	9.72s
LJ	Richard McGrath 10th	4.23m
RELAY 4x200	GCH (McGrath,Duggan,Faherty,Dahler) 9th	1:58.20
60mH	Tara Keane 11th	10.46s
LJ	Tara Keane	4.04m
Shot	Tara Keane 16th	7.49m
U14 Boys		
60mH	Evan Moran 6th	9.79s
RELAY 4x200	GCH DQ (McGrath,Duggan,Moran,Brule)	DQ
u15 Boys		
60m	Mathieu Madden 12th	8.01s
HJ	Mathieu Madden 1st	1.65m
u15 Girls		
60m	Ava McKeon 11th	8.35s
800m	Leanna Nic Dhonncha 8th	
60mH	Ava McKeon 1st	
RELAY 4x200	GCH 5th (McKeon,Ni Dhonncha,Lee,Wall,Fahy)	1:51.19
U16 Boys		
1500m	William McDonnell 11th	4:38.71
60mH	Conor Hoade 5th	8.83s
HJ	Conor Hoade DNS	DNS
LJ	Conor Hoade 3rd	5.77m
Pentathlon	Conor Hoade 1st Darragh Jennings 2nd	
U16 Girls		
60m	Nicole Quirke 11th	8.28s
200m	Nicole Quirke 12th	27.39s
60mH	Aoife Waldron	10.66s
LJ	Aoife Waldron 15th	4.37m
RELAY 4x200	GCH 4th (Quirke,Dalton, Ayo,Healy,McKeon,NiDhonncha)	1:49.20
u17 Boys		
60m	Shaun Gilligan 11th	7.41s
200m	Shaun Gilligan	23.80s
RELAY 4x200	GCH 2nd (Breathach,Egan,Hoade,Gilligan,Trehy,Urquhart)	1:35.85
u17 Girls		

200m	Eimear Rowe	26.38s
RELAY 4x200	GCH 6th (Rowe,Moran,Quirke,Dalton)	1:48.91
U18 Boys		
200m	Robert McDonnell 1st	22.07s
400m	Robert McDonnell 1st	49.98s
LJ	Richard Kamson 8th	4.97m
Shot	Eoghan Jennings 7th	11.67m
RELAY 4x200	GCH 4th (McGrath,Kamson,Gilligan,Breathnach,Jennings)	1:33.88
U18 Girls		
60mH	Seren O'Toole 4th	9.00s
LJ	Chloe Casey 4th	5.29m
RELAY 4x200	GCH 1st (Casey,O'Toole, Moran,Rowe,Ni Cheidigh)	1:44.56

