

Galway athletes dominate West Region team tests and relay events in Sligo

THERE was a big medal haul for Galway competitors at the West region team championships and in the relay events in Sligo on Saturday.

The format in the team competition pairs two athletes from each club in an event with the aggregate performance counting in the final standings.

In the U10 girls ball throw, Tara McNally and Andrea Tobin of Craughwell AC claimed the gold medal with a joint effort of 41.32m. Craughwell also took the bronze medal in this event with Jean Watters and Nicola Cahill excelling.

Further medals went to Galway in the U10 girls with silver to Craughwell pair Caoimhe Reidy and Tara McNally in the 60m, while Grace Cahill and Rachel O'Brien of Athenry won silver in the 300m ahead of Craughwell's Caoimhe Reidy and

Grainne McDaid.

In the U10 boys GCH pair Liam Costello and John Maher took bronze in the 60m, while the same pairing claimed silver in the 300m ahead of Craughwell pair Liam Forde and Oisín Coppinger. Eddie Madden and Mathew Molloy, also of Craughwell, captured silver in the long jump.

In the U12 girls 80m Claire Ryder and Ella Bryan of Craughwell claimed gold with GCH pair Adele Cadogainn and Roisin Dobey in bronze position. Craughwell AC had a fine 1-2 in the U12 girls long jump with Claire Ryder and Ella Bryan taking gold and Sarah Molloy and Ailbhe Greaney winning silver.

Athenry AC took gold in the U12 girls shot putt with fine performances from Eilish Hynes and Roisin Holland. Veronica and Michelle Burke of Ballinasloe came home

third in the 600m.

Galway clubs had a clean sweep in the U12 boys 80m with Colm and Noel Cotton from Ballinasloe claiming the gold medal, and Jamie Spellman and Aiden Connelly of Craughwell sharing silver position with Colm Hughes and Simon O'Shaughnessy of GCH.

It was another Galway 1-2-3 in the 600m with Conor Payne and Noel Cotton of Ballinasloe taking gold from Colm Hughes and Simon O'Shaughnessy of GCH, who were winning their second set of medals, and Cathal Reidy and Nicholas Sheehan of Craughwell AC in 3rd.

Craughwell finished 2nd and 3rd in the long jump with Aidan Connelly and Niall O'Donnell taking the silver and Oisín McNally and Brian Tarpey in third place. Craughwell also claimed silver in the shot putt with Conor Tarpey

and Craig McGill.

In the relays, Craughwell were the dominant club, winning gold in U9 boys and girls and U10 girls, silver in the U9 girls, U11 boys, U11 girls, U12 boys and U12 girls and bronze in the U10 boys. GCH claimed gold in the U11 and U12 girls and bronze in the U12 boys, while Ballinasloe claimed gold in U11 and U12 boys. Athenry took bronze in the U11 girls relay.

All the medallists from this competition now go forward to compete at the National Team competition in Cork on Saturday, June 23rd.

Also in action at the weekend were Gary Thornton of GCH who posted 14:15 for 5000m at a British Milers Club event in Manchester and Gemma Hynes, also of GCH, who clocked 25.18 when finishing 4th over 200m at an international event in Leiden, Netherlands.