

# RAHENY SHAMROCK A.C.

## Raheny 5 Road Race

On January 29 2017, the Raheny 5 road race takes place. Once again we will be hosting these juvenile events and hope to build on these in the coming years.

## Child Safety

It is our aim to keep your children safe while in our care. We are doing all we can, but unfortunately some parents are not.

Find out inside, how you as parents can help us to keep your kids safety our number 1 priority!

## parkrun is coming

A parkrun, just for kids, is coming to a park near you. Read all about it inside...

## Cross-Country

2016 was a major year for Raheny. It was not only the year the Club won the National Senior Mens title, but also the year when many Raheny kids had their first taste of running in the mud...



# 2016

## What a year!

The last year was one of the most memorable and successful in the history of Raheny Shamrocks. It was the year of Olympians, National titles galore, success at home and abroad and the Raheny 5 title coming home. But for us, it was the year that our Juvenile athletes started running parkruns and once again representing and doing their club proud in Cross Country.

**2016 was the year that Raheny roared to the Cross Country scene, "Guess who's back? Raheny is back!"**

## A message from Juvenile Director - Colette Quinn

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Hi all and Happy New Year. Hope all our athletes are looking forward to resuming training. We will resume training Wednesday 11th.

As you will see from our newsletter, 2016 was a fantastic year for our club with our senior men's team winning the Dublin, Leinster and National cross country titles. Both Mick Clohisey and Orla Comerford represented us very well in their respective events in the Olympics. Let's continue building on that success!

The first race of this year for the children is the Raheny 5. The children will prepare for this over the next couple of weeks. This is a fantastic family event so let's see plenty of Raheny green on the start lines. After this the track and field season will commence with the Dublin Juvenile Indoors being run in February. More information will follow shortly.

Our new registration year begins now in January. All athletes need to be registered to insure them to train with us. Fees remain the same as last year, **75 euro for one child, 150 euro for two** and a **family of four 180 euro**. We will hold registration nights on **Wednesday 11th and 18th January**.

We look forward to continued success for 2017!

Best wishes,  
Colette

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## Raheny 5 Road Races

On January 29 2017, one of Ireland's leading road races takes place. The Raheny 5 has for many years been the calendar highlight for many Raheny athletes, with numbers increasing every year. This race is hotly contested by clubs from all over the country. Last year Raheny's own Olympian, Mick Clohisey, charged home to victory. In the next few weeks Mick will be hoping to regain his title.



Over the last number of years we've introduced juvenile races as part of the Raheny 5 event. These events have proved an enormous success, and have gone from strength to strength each year. This year we intend to be no exception.

Once again, there will be a 400m race for our 5 to 7 year old athletes, an 800m race for the 8 to 12 year olds, and a mile race for the 13s' to 16's. There will be prizes for the first 3 boy and girl finishers in each race.



Entry cost is only €5 and each child will receive a commemorative medal and goodie bag. Entries for this race will be taken on the day in the Cara Hall or at the AXA Insurance Office in Raheny village.

These events start at 2:00pm, 2:15pm and 2:25 respectively.

These events are not restricted to club members, and we would encourage all of our athletes to bring along their friends to participate and plenty of family to cheer them on.

We would ask that all juvenile members wear their Raheny t-shirts and/or hoodies.

Let's flood the event with **RAHENY GREEN!**

# Safety Issue

## Drop-Off/Collection & Manor House Car Park!

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Protecting the safety of over 100 hyper kids is not achieved by chance. Sessions are conducted in a structured manner, and we have clearly defined procedures and protocols to ensure that our coaches keep their junior athletes (your children) safe from harm.

Despite numerous requests to refrain from parking in the Manor House car park, each week a small minority of parents are insisting on putting their own comfort ahead of the safety of the young athletes in our charge.

**We already have had some near-misses. Please don't wait until a child is seriously hurt!**



**In the interest of your children's safety, once again we are requesting that parents refrain from using the Manor House car park.** This car park is to be used exclusively by those parents directly involved in coaching. Very often our coaches have heavy kit bags to carry. There is ample parking outside of Manor House, and if properly supervised by parents, this short walk should pose no danger. Although the majority of parents are putting the children's safety first, despite previous requests, there still remains a small minority of parents selfishly choosing to put their convenience ahead of the safety of the children.

We are short enough of volunteers and do not have spare resources to police this. Instead, we are relying on mutual respect. To those who have so far chosen to ignore this request, **please refrain from parking in the car park in future.**



For the 5:30pm session, it is **absolutely imperative that children are dropped off at the sign-in point, and not outside Manor House.**

For the 5:30pm session, it is also **necessary for parents to collect their children either from the Hall or the Hockey Pitch**, depending on which facility is in use. We do not have the resources to escort children to the front gate.

We also respectfully ask that parents **drop-off and collect their children on-time.** We do not have the resources to supervise your children either **before** the session starts, or afterwards.

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## Junior parkrun

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There has been fantastic news from parkrun Ireland- there is a junior parkrun coming to St Annes Park!

The St Annes junior parkrun will start on **February 5th.**

### What is St. Annes junior parkrun?

It is a 2k run for juniors only (4-14 year olds).

### When is it?

It is held every Sunday at 9:30am.

### Where is it?

The event takes place at St. Annes Park.

The course has yet to be completely finalised but it will start near the playground. Keep an eye on the [www.parkrun.ie](http://www.parkrun.ie) for the course details- there will be a map provided.

### What does it cost to join in?

Nothing - it's free!

All you have to do is to go [www.parkrun.ie/register](http://www.parkrun.ie/register) before your first run. Make sure to select St. Anne's as your home ground. Don't forget to bring a **printed** copy of your barcode!

## How fast do I have to be?

The aim is to have fun. Please come along and join in whatever your pace!

**All abilities are welcome- come one, come all!!**

## We're friendly!

Every week we will be grabbing a post parkrun treat in Olives Cafe and a swing in the playground- please come and join us!

We, as coaches are very excited about this as it gives all athletes a chance to have fun, while seeing their Raheny Shamrock running friends.

As the junior parkrun is on every Sunday, there are lots of opportunities for kids to work on their pacing in a fun atmosphere while enjoying the beautiful surroundings of St Annes Park.

There is lovely playground for all children to enjoy at the park and the finish line is right beside it, as is Olive's Room for well-earned coffee & treats for the parents afterwards!!

The ParkRun initiative has been a great success worldwide. It is a really friendly, local voluntary led event, with great support all the way around the course for all athletes. It truly is such a positive way to start any weekend morning and we hope to see lots of Raheny athletes there flying the green flag!

ParkRun is a voluntary initiative, organised by runners for runners. For it to succeed, it needs the support of volunteers to ensure that the run is conducted safely. Why not consider volunteering some Sunday morning?

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The logo for Junior Parkrun features the word "junior" in a light blue, lowercase, sans-serif font, followed by "parkrun" in a green, lowercase, sans-serif font. The letter "r" in "parkrun" is stylized with a curved top that resembles a running path or a jump.

## 2016 - The year Raheny reclaimed Cross-Country!

September 18 2016 was a cold, wet, windy Sunday morning. However, this did not stop 28 Raheny Juvenile athletes from braving the elements in Ardgillan Castle, and proudly wearing the Raheny colours in the first round of the Dublin Cross country league.

The distances ranged from 500m for the U9 to 1000m for the U13. The league works by point accumulation, with the first 12 getting bonus points for placing. It was a great show by our athletes, with the U9 girls race especially packed with Raheny green t-shirts.



October 2 saw round 2 on a beautiful crisp morning in the Phoenix Park. 19 athletes came out to brave the challenging course around the Magazine Fort. The distances stepped up 100m in each category, but this proved no bother to our super athletes.

The last of the leagues was held on December 3 in Tymon Park, again with the distance increasing to 600m for the U9 and 1700m for the U13. 6 brave athletes headed out in cold conditions to round off their league.

A special mention goes to our top male and female athletes; Senan Fitzgerald who placed 5th overall in the U9 boys league, and Sarah Patterson placing 16th. Great running!

During the month of November, the Dublin Cross Country championships were held in the new Abbotstown Cross Country course for even aged athletes, and Santry Demesne for uneven ages. Again the U9 girls were the largest Raheny contingent, braving this long 800m course on a windy day in Santry. Once again, super work ladies!!

It been a good few years since Raheny juveniles participated in Cross Country races, so a special thanks to all the coaches who helped out, and the parents who were the best supporters.

If your child didn't give Cross Country a try in 2016, let them give it a go this year. We want to see many more green t-shirts on the starting line in 2017.

2016 will go down as an enormously significant year for many reasons. As we have just seen, for many of our juvenile athletes, it was also the year that they were introduced to

the joy of cross-country running. It is these juvenile athletes that will carry the Raheny torch into the future. On November 27 2016, for the first time ever, Raheny Shamrock won the National Mens Senior Cross Country Championship. This was seen by many as the greatest day in our clubs history.

2016 was also the year that two Raheny athletes, Orla Comerford and Mick Clohisey represented Ireland in the Rio Olympics. Many of our Juvenile athletes personally know Orla, having had the pleasure of being coached by her in recent years. Orla herself started out in the Manor House sessions as a juvenile.



In late December, Raheny's recently crowned Kings of Cross Country had the pleasure of meeting these future stars, and were greeted with a rapturous response from over 100 very excited children.

Led by the living legend Dick Hooper, the winning team of Mick Clohisey, Mark Kirwan, and brothers Conor and Kevin Dooney took time out of their own training schedule to spend an extremely enjoyable and engaging hour talking with the kids. The lads were bombarded with questions and were only too willing to answer as honestly they could. And afterwards they hung around patiently for what must have felt like a million photographs.



Dick had some extremely inspiring words of encouragement, emphasising that even if they never get to the Olympics, or so much as win a medal, its not the winning that counts, but the taking part. Dick went on to emphasise the social benefits of being part of a club, and remaining involved for life.

The kids were blown away by the fact that two of their fellow club members had competed in Rio. They were equally blown away by the fact that another had won Bronze in the Dublin Marathon. And as for winning the National Senior Cross Country! They were in the company of legends! But what really drove them wild was not the fact that Dick was a 3-time Olympian and a 3-time Dublin Marathon winner. Instead, it was hearing that since starting running, Dick has run a total distance equivalent to  $\frac{3}{4}$  of the distance to the moon! To them, that was just out of this world.

## A little bit of house-keeping...

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The juvenile athletes come to training to train in athletics. We, the coaches, love what we do. If we didn't, we wouldn't volunteer our time to do so. However, there are a few things that you as parents can do to make our jobs a little bit easier.

The kids need to arrive with the same attitude as they would if they were partaking in any other sport, whether it be swimming, soccer, rugby, GAA, tennis etc. They would not go swimming without goggles. Nor tennis without a racquet, nor football nor rugby without proper footwear and clothing. Athletics is no different.

The children need to wear runners. If they're not wearing the right shoes, they won't be able to perform to the best of their ability and are more likely to get injured.

If they're not wearing clothing that allows them to move freely, how can they be expected to run, jump or throw?

Jewellery is an absolute No-No. Necklaces, bracelets, hanging ear-rings should be left at home. They are totally inappropriate for athletics and will result in injury.

Often the kids will be outdoors. We train in all weathers, hail, rain or shine. The best option is to dress your child in light layers, that can be removed one at a time if the need arises. Heavy coats and scarves are totally impractical.

The session lasts 60 minutes, but the kids are only exercising for a portion of this. Common sense should be used when deciding the size of water bottles to be given to the kids. Bear in mind that if we go for a run, the kids themselves must carry their own bottle. And drinking large amounts of water during the session results in frequent toilet breaks which are disruptive to the session, particularly if we are outdoors, as kids need to be returned to Manor House.

The coaches want your children to reach their full potential and have lots of fun in the process, and with a little bit of planning by coaches and parents before they arrive, there's no reason why this can't be achieved. Let 2017 be even more of a success than 2016.

Thanks very much in advance,

The Juvenile coaching team.