

## Mungret Club Notes 8 April 2014



### Intermediate Footballers

With less than 15 men on the pitch by the starting whistle Mungret took the lead and held it until the half time score of 1-8 to 0-7. Unfortunately the game got away from the lads and the final score was 3-11 to 1-13. More photos from this match are on Mungret St. Pauls facebook.

### Healthy Club 10K Countdown

Only 6 weeks left to the Mungret St. Pauls 10K. Don't forget to register early on [www.mungreststpauls10k.com](http://www.mungreststpauls10k.com). This week we have added a few changes. Most noticeable is the Stretch and strength and Cross. which is **Stretch & Strength**: Mondays are the days in which I advise you to do some stretching along with some strength training. This is actually a day of rest following your long run on Sundays. Do some easy stretching of your running muscles. This is good advice for any day, particularly after you finish your run, but spend a bit more time stretching on Mondays. Strength training could consist of push-ups, pull-ups, use of free weights or working out with various machines at a health club. Runners generally benefit if they combine light weights with a high number of repetitions, rather than pumping very heavy iron. I also suggest that you do some strength training following your Thursday workouts, however you can schedule strength training on any two days convenient for your business and personal schedule. **Cross-Training**: On the schedule, this is identified simply as "cross." What form of cross-training works best for runners preparing for a 10-K race? It could be swimming, or cycling, walking, cross-country skiing, snowshoeing, or other forms of aerobic training ,or even some combination that could include strength training if you choose to do it on Wednesdays and Saturdays instead of as indicated on the schedule. And feel free to throw in some jogging as well if you're feeling good. What cross-training you select depends on your personal preference. But don't make the mistake of cross-training too vigorously. Cross-training days should be considered easy days that allow you to recover from the running you do the rest of the week.

- Monday- Stretch and Strength
- Tuesday- 2.5 m Run
- Wednesday- 35 mins Cross

- Thursday - 2 m Run and Strength
- Friday - Rest
- Saturday- 50 min Cross
- Sunday - 4 m Run

## U12 Football

Our under 12 footballers, who to all intents and purposes are the same group of people who had already played two hurling matches this week, travelled out to Askeaton for their first fixture of the year. We started well and led 1-4 to 0-1 at half time, though we had the help of a strong wind. our opponents really put in up to us in the second half, and drew level with ten minutes remaining by virtue of a penalty strike that Ronaldo would have been proud of. However we somehow managed to dig deep and slotted the last two points for a narrow 1-8 to 2-3 win. Team; Harry Page, Keith McKeogh, Conor Murtagh, Dermot Moloney, Brian O'Meara, Ciaran Kenny, Eamon Flahive, Conor O'Halloran, Conor O'Malley, Conor Galvin, Tom Morrison, Liam Lynch, Cathal Joy, Daragh O'Hagan, David Hassett, Jonathan Doocey, Euan O'Dea, Thomas McNamara.



## U12 Hurling

Our Under 12 hurlers had a hectic week, hosting Murroe Boher in a friendly on Thursday and Ahane in another friendly on Saturday. Both matches were won well, and we would like to thank Murroe Boher and Ahane for travelling across town to play us

## **U16 Ladies Football**

Last Monday evening our U16 began the league with a visit out to Coolyroe to play Feohanagh/Castlemahon. This was a very young team with nothing to lose. Feohanagh/Castlemahon started better with an early goal. Mungret responded with a point from Emma Conway followed by a goal from Rachel Fennell. Captain Aoibhean Maher then scored a point and Feoghanagh/Castlemahon responded with their own point. A goal from Niamh O'Keeffe and points from Rachel Fennell and Shannan Barron put Mungret well ahead at the half time whistle.

The second half started better for Mungret with goals from Shannan Barron and Emer O'Keeffe. Feoghanagh/Castlemahon scored 4 points in response. However 2 points from Shannan Barron and a point each for Niamh and Emer O'Keeffe ensure Mungret a comfortable win. Final score Mungret 4-8 Feoghanagh/Castlemahon 1-4.

## **Ladies Football U14**

On Wednesday evening our U14s travelled to Athea for round 2 of the championship. Athea scored the first goal but Mungret responded with a goal from Clare O'Meara and a goal and a point from Emma Kate Quinn and Athea scored another point before half time. Mungret upped a gear in the second half with a goal and a point from Emer O'Keeffe and points from Ailbhe Larkin, Clare O'Meara, Emma Conway, Aoife Morrissey and Leah O'Carroll. With Athea scoring one point in the second half. Final score Mungret 3-7 Athea 1-2.

Our U14s competed in the West division of County Feile blitz on Saturday morning in a very wet Monaleen GAA club. They started well by beating Monagea 7-2 to no score there next match was against Old Mill and the girls were unlucky to be beaten 1-2 to 2-2. This left them out of the running for the final against the east winners.

## **Ladies Football U12**

Mungret U12 team 1 were at home to Ballylanders last Friday night the girls dominated from the start with scores from Ailbhe Larkin a goal, Aoife Morrissey 1-2, Amy O'Byrne 1-1, Emer o'Keeffe 3 points, Jenni Lynch 2 points, Helena Dee 3 points, Niamh Brown a goal and a point from Sophie O'Brien. Final score Mungret 4-12 Ballylanders 1-2.

Mungret U12 team 2 mostly made up of under 10s travelled to Old Mill for their first match of the championship the girls came up against a much stronger Old Mill team but showed great potential and determination. Scores for Mungret Rose Dalton a goal, Monica Sheehan a point and Ciara O'Keeffe a goal and 2 points. Team on the night Ciara O'Keeffe, Niamh Lynch, Zoe Page, Bronagh Byrne, Amy Connolly, Monica Sheehan, Rose Dalton, Maria Campbell, Aishling Mc Guinness, Aela Gleeson, Anna Nolan.

## Fair Play

The picture below has been going viral on the GAA twittersphere in recent days, for obvious reasons. Well done to everyone behind the creation of this poster.



## Ladies Football Senior League

Our senior team played their first match of the league at home on Saturday night against Feohanagh/Castlemahon.. Our girls started strong with goals from Triona Bannon and Lisa Garvey points soon followed from Aine Cummins, Claire Coughlan, Julia Walshe and 3 from Martina Giltinane. Feohanagh/Castlemahon scored 4 points in the first half. The second half also started well for Mungret with a point each for Deirdre Devers, Triona Bannon and Marita O'Brien. Feoghanagh/Castlemahon responded with 2 goals and a point. This kicked the Mungret girls back into gear and another goal and a point from Marita O'Brien and a goal and 2 points from Niamh O'Keeffe put them further ahead. Feoghanagh/Castlemahon scored one goal and one more point before the final whistle was blown. Final score Mungret 6-13 Feoghanagh/Castlemahon 3-6.

## Junior

New for 2014, the Junior team travelled to St. Pats in Rheogue for their first League match of the season. The girls worked very well together and notched up points from Amy O'Callaghan 0-2, Marita O'Brien 0-3 and a long range point from Claire Coughlan from long range before Kate McSweeney scored a goal before half time. St.Pat's pulled a goal back but was soon cancelled out by points by Mairead Clancy 0-4, Ashling Montano King 0-1, Marita O'Brien 0-1, and Amy O'Callaghan to see Mungret run out comfortable winners.

## U14 Camogie

Last Tuesday Our U14 played cappamore in their first league game, There was little to separate the teams. It was a very close match but mungret won out on the day by 2 point margin. Well done to all who travelled to cappamore on the night. The girls followed this up on the evening of Tues 8 April with a fine 4-3 to 0-0 win over Ahane.

## Lotto

Numbers drawn 7 April 201; 9, 23, 26, 29. No Winner. Lucky Dips Winners: John Horgan, Caroline Flahive, Norman Long, Moira Skehan, Rachel Meaney, Pauline and Marjie, Liz Morgan, Mick Sheehan, Bogumil. Paul Sweeney. Next Weeks Jackpot: €6,200

## Cash for Clobber

This is now extended to the May bank holiday weekend, giving you the easter weekend as well to spring clean! Thanks to everyone who has supported this to date.

## Young at heart Mungret and Raheen

Keep an eye out on Winning Streak this coming Saturday night 12 April for our Young at Heart group who meet every Tuesday morning in the club house. They will appear in connection with Pieta House.

## Schools Hurling

Well done to the U13 hurlers of St Pauls School who recorded a fine 5-6 to 0-3 win over Caherdavin primary school on Tuesday 8 April in Mungret GAA pitch.

