



# Munster Athletics Juvenile PRO Report 2017



Munster Convention, Saturday 3<sup>rd</sup> February 2018 @ 12 noon

Horse & Jockey Hotel, Thurles, Co. Tipperary

By Aisling Hoey, Munster Juvenile PRO



## ***Munster Juvenile PRO Report 2017***

***“If it doesn’t challenge you, it won’t change you”***

2017 has been another hugely successful year for Munster Athletics with our athletes excelling in National competitions and on International teams throughout the year in a wide range of events. Some of the highlights & our best results are below -

- At the ***European Junior Track & Field Championships*** in Grosseto, Italy, 7 athletes represented Munster on the Irish team - **Charlie O'Donovan, Leevale A.C. (1500m), Darragh McElhinney, Bantry A.C. (1500m), Ciara Neville, Emerald A.C. (100m & 4 x 100m), Jamie Mitchell, Emerald A.C. (4 x 400m), Sharlene Mawdsley, Newport A.C. (200m & 4 x 100m), Alex O'Neill, St. Cronan's A.C. (800m) and Miriam Daly, Carrick-On-Suir A.C. (4 x 400m)**. Closest to a medal were **Ciara Neville and Sharlene Mawdsley** who were on the Irish Women's 4 x 100m Relay who finished 4<sup>th</sup> and ran a National U/20 record of 44.42 in their heat.
- The ***European Youth Olympic Festival*** took place in Győr, Hungary in July 2017. 7 athletes were selected to represent Munster on the Irish team with both **Miriam Daly, Carrick-On-Suir A.C. and Niamh Foley, St. Mary's A.C. Limerick** winning bronze medals as part of the Irish Women's 4 x 100m Relay team. The Munster team selected was **Ciara Sheehy, Liscarroll A.C. (10<sup>th</sup> Shot), Miriam Daly, Carrick-On-Suir A.C. (6<sup>th</sup> 400mH & 3<sup>rd</sup> 4 x 100m), Niamh Foley, St. Mary's A.C. Limerick (3<sup>rd</sup> 4 x 100m), Conor Morey, Leevale A.C. (100m & 4 x 100m), Colin Doyle, Leevale A.C. (200m & 4 x 100m), Joseph McEvoy, Nenagh Olympic A.C. (High Jump & 4 x 100m) & Sean Carolan, Nenagh Olympic A.C. (11<sup>th</sup> Long Jump & 4 x 100m)**.
- At the ***Celtic Games International*** in Morton Stadium in August, the Irish team won 6 out of the 7 Celtic trophies and were the overall winners. A total of 30 athletes from Munster competed on the day with 18 Munster athletes part of the Irish team and a further 12 Munster athletes on the Irish Development team. They won 23 individual medals (9 gold, 6 silver & 8 bronze).
- The ***Celtic Cross Country International*** took place in Cardiff, Wales on Saturday 21st January 2017. **Darragh McElhinney, Bantry A.C.** recorded a brilliant win in the Boys U/17 race (18.32) with **Jake McCarthy, Youghal A.C.** 2nd in the Celtic race & **Christopher O'Reilly, Togher A.C.** 4th, **Thomas Connolly, Leevale A.C.** 8th & **Cian O'Riordan, West Waterford A.C.** 14th. In the Girls U/17 race, **Lucy Holmes, West Waterford A.C.** finished 9th in the Celtic race with **Emily Cahill, St. Cronan's A.C.** 17th. In the U/20 competition, **Fearghal Curtin, Youghal A.C.** finished 3rd overall & was the winner of the Celtic race in 24.12. **Charlie O'Donovan, Leevale A.C.** was 5th in the Celtic race, **David McGlynn, West Waterford A.C.** 8th & **Michael Power, West Waterford A.C.** 13th. In the U/20 Women's race, **Stephanie Cotter, West Muskerry A.C.** finished 6th overall in a time of 19.20 & 5th in the Celtic race with **Aisling Kelly, St. John's A.C. Clare** 10th in the Celtic race.
- 7 Munster athletes competed on the ***SIAB Schools Cross Country International*** Teams on Saturday 19<sup>th</sup> March in Scotland with individual gold for **Darragh McElhinney, Colaiste Phobail Bheanntairi** in the Intermediate race and silver team medals for **Darragh, Christopher O'Reilly, Douglas Community School, Thomas Connolly, Christian Brothers College Cork & Jake McCarthy, Pobailscoil na Trionoide, Youghal. Aimee Hayde, St. Mary's**

**Newport** gave a great account of herself in her first international competition coming home as 1<sup>st</sup> Irish athlete in 5<sup>th</sup> place in a time of 15.39 in the Junior Girls race.

- The **SIAB Schools U/17 Track & Field International** took place on home soil in Morton Stadium, Santry on Saturday 15<sup>th</sup> July 2017 with Munster athletes taking home 13 individual medals in total (1 gold, 5 silver & 7 bronze), almost double their medal tally from last year (7) and 6 Relay medals (1 gold & 5 bronze) with an individual gold medal win for **Darragh McElhinney, Colaiste Phobail Bheantraí**.
- Munster had **4** representatives (**Brian Lynch & Darragh Minter (Inter Boys), Aisling Cassidy (Inter Girls) & Orla Coffey (Junior Girls)**) on the Irish team for the Schools Combined Events International in Glasgow in November 2017 with our best performance coming from **Brian Lynch, Colaiste of Spioraid Naoimh** who placed 6<sup>th</sup> in the Intermediate Boys.

From a National perspective, some of our highlights were: -

- At the National Indoor Championships in March a total of **130** individual medals were won by Munster (**49 gold, 44 silver & 37 bronze**) with **10** National records also set & one equalled.
- A total of **216** individual medals were won by Munster athletes at the National Juvenile T&F Championships in July. This comprised **80 gold medals, 78 silver medals 58 bronze medals & 14 new National records were set.**
- Munster Schools Athletics showed great results overall in 2017 with athletes winning a total of **15** individual international medals (**2 gold, 6 silver & 7 bronze**) (up 4 from last year) 5 out of 8 of the Irish Schools Cups at the Irish Life Health T&F Championships, **41** Irish Schools titles over T&F and Cross Country ( 37 T&F, 2 XC & 2 CE) & **44** Tailteann medals (20 gold, 12 silver & 12 bronze) up from 29 last year together with the Boys Tailteann Trophy which was last won by Munster in 1991. Munster athletes also set **11** Munster T&F records and **7** Irish Schools records over the year.
- **Juvenile Combined Events** continues to be a strength in Munster with the province featuring strongly on the National stage again this year. Our athletes won **6 gold, 3 silver & 2 bronze** at the National Indoor Championships in January 2017 & set 1 CBP & had **8** wins in total (**3 gold, 2 silver & 3 bronze**) at the National Outdoor Combined Events in July.
- At the **National Juvenile Even Age Cross Country Championships** in Abbotstown, Munster athletes won **21** individual medals in total with notable performances from our three athletes who won gold & National titles on the day – **Aimee Hayde, Newport A.C. Girls U/16, Laura Nicholson, Bandon A.C. Girls U/18 & Darragh McElhinney, Bantry A.C. Boys U/18.** Other athletes who produced great performances & scored a top 3 finish were **Ava Fitzgerald, Carraig na BhFear A.C., 3rd Girls U/12, Ben Walsh, Nenagh Olympic A.C. 3rd Boys U/12 & Alex O'Neill, St. Cronan's A.C. 3rd Girls U/18.**
- The **Irish Life Health National Juvenile Uneven Age Cross Country Championships** took place in WIT Sport Campus on Sunday 17<sup>th</sup> December. There was a brilliant gold medal win for **Aimee Hayde, Newport A.C.** in the Girls U/15 to add to her National U/16 title won in November. Other top 3 finishers for Munster were **Shauna Doellken, Kenmare A.C. (2nd Girls U/19), Dean Casey, Ennis Track A.C. (2nd Boys U/15), Emma Landers, Youghal A.C. (3rd Girls U/15), Lucy O'Keeffe, Youghal A.C. (3 rd. Girls U/17) & Cian Hodgins, Nenagh Olympic A.C. (3rd Boys U/13)** with **28** individual medals in total won by Munster athletes.
- At the National Juvenile Team Games, **23** sets of team medals were won by Munster athletes (8 gold, 8 silver & 7 bronze). In addition to this, Munster Clubs also took home **7** sets of Relay medals (2 gold, 5 silver).
- In 2017, Munster athletes continued to participate in great numbers at the National Juvenile "B" Track & Field Championships in Tullamore in July winning **29 individual medals** in total (**13 gold, 9 silver & 7 bronze**) and setting **3** new Championship Best Performances while **26** sets of medals (10 gold, 6 silver & 10 bronze) were won by Munster Clubs in the Inter-Club Relay Championships and **4** new Championships Best Performances set.
- At **National Juvenile "B" Cross Country Championships** in WIT Sports Campus on Sunday 12<sup>th</sup> February, Munster athletes recorded **4** gold medal wins, **1** silver & **4** bronze with **Cork** coming out top in the Inter-County competition with 5 gold & 3 silver with **Waterford** winning 1 gold, 2 silver & 2 bronze & **Clare** taking home 1 gold, 2 silver & 1 bronze

- **Darragh McElhinney, Colaiste Phobail Bheantraí & Aimee Hayde, St. Mary's Newport** were the standout performers for Munster at the *Irish Life Health Irish Schools Cross Country Championships in Mallusk, Co. Antrim* on Saturday 11<sup>th</sup> March. **McElhinney**, ran a superb race in the Inter Boys competition winning in 20:07. **Aimee Hayde, St. Mary's Newport** put in a super run in the Junior Girls race to take gold and the National title winning in 10.28. There were super silver medal wins for **Dylan Casey, St. Flannan's College, Ennis** in the Minor Boys race & **Laura Hayes, Loreto Fermoy** in the Intermediate Girls competition with a brilliant bronze medal for **Stephanie Cotter, Coachford College** in the Senior Girls race.
- At the *Irish Life Health Irish Schools Track & Field Championships* in Tullamore Stadium on Saturday 3<sup>rd</sup> June 2017, Munster athletes were in fine form winning **37** individual Schools titles, **40** silver medals & **33** bronze & **10** sets of Relay medals (2 gold, 4 silver & 4 bronze). Munster Schools also captured 5 out of the 8 Irish School Cups for top scoring schools in their age categories. Munster had 7 Record breaking Irish Schools performances from its athletes - **Sharlene Mawdsley, St. Mary's Newport** (Senior Girls 400m); **Ciara Neville, Castletroy College** (Senior Girls 100m), **Megan Lenihan, Hazelwood College** (Junior Girls Discus); **Anna Ryan, Ursuline Thurles** (Junior Girls Pole Vault), **Ciara Sheehy, St. Mary's Charleville** (Junior Girls Shot Putt), **Mark Collins, Bandon Grammer** (Minor Boys Shot Putt) & **Castletroy College** (Senior Girls 4 x 100m Relay).
- The **Ryan siblings** representing **Thurles CBS & the Ursuline Thurles** made Irish Schools history when all five of them lined out to compete at the Irish Life Health Irish Schools Track & Field Championships in June 2017 taking home 8 medals & one record between them (3 gold & 5 silver).
- At the *Irish Life Health Tailteann Interprovincial Schools Championships* on Saturday 24<sup>th</sup> June in Morton Stadium, Munster athletes came to the fore on both the track and in the field winning the Boys Tailteann trophy for the first time since 1991. Our girls won **20** individual medals (9 gold, 5 silver & 6 bronze) with our boys winning **24** individual medals (11 gold, 7 silver & 6 bronze) bringing Munster's medal haul to a fine figure of 44 (20 gold, 12 silver & 12 bronze). Other highlights of the day were **Alannah Neff, Carrigaline CS** setting a new record of 5.08.51 in the 1500m Steeplechase, **Aimee Hayde, St. Mary's Newport** winning the Jack Sweeney Perpetual Trophy for the Best 1500m, **Ben Donovan, Midleton College** winning the Harold Osborn Trophy for Best High Jumper & **Ciara Sheehy, St. Mary's Charleville** who won the Fr. Lonergan Trophy for the Best Female performance of the Championships when she threw 14.75m in the Shot Putt to take gold.
- The *Irish Life Health Irish Schools Combined Events Championships* took place in AIT International Arena on Saturday 28<sup>th</sup> October 2017. Munster athletes won **8** medals in total (2 gold, 2 silver & 4 bronze) – Gold for **Vickie Cusack, Davis College Mallow (Senior Girls) & Harry Nevin, Rochestown College (Minor Boys)**, silver medals for **Ava Coyle, Kinsale Community School (Minor Girls) & Eoin Kenny, DLS Waterford (Senior Boys)** & bronze for **Katie Nolke, Ursuline Waterford (Minor Girls), Aisling Cassidy, Bandon Grammer (Inter Girls), Mark Carroll, Nenagh CBS (Minor Boys) & Brian Lynch, Colaiste an Spioraíd Naomh (Inter Boys)**.
- Our well attended Munster Championships also showed the very high level of talent that we possess with **30 new Championship Best Performances** set at our Outdoor T&F Championships together with **4** new Pentathlon records. A further **7** new Indoor Combined Events records were set & two equalled along with **23** new Indoor records & 2 equalled & **2** new Indoor Relay records.
- The Irish Life Health Munster Schools Track & Field Championships took place on Saturday 20<sup>th</sup> May 2017 in Cork I.T. Among the athletes who shone on the day were our **8 record breakers** - **Emily Wall, Colaiste Choilm Ballincollig** ( Minor Girls 75m Hurdles), **Ciara Sheehy, St. Mary's Charleville** (Junior Girl's Shot Putt), **Anna Ryan, Ursuline Thurles** ( Junior Girls Pole Vault), **Tírna Ni Chathail, Pobalscoil na Tríonoide** (Intermediate Girls Hammer), **Tara Ramasawmy, Presentation Waterford** ( U/16 Girl's Mile), **Patrick Ambrose, SMI Newcastle West** (Minor Boys 75mH), **Mark Collins, Bandon Grammer** (Minor Boys Shot Putt) & **Mercy Mount Hawk Tralee** (Senior Girls 4x100 Meter Relay).
- The *Munster Schools Combined Events Championships* took place on Wednesday 11<sup>th</sup> October. There were three new records on the day - **Vickie Cusack, Davis College** set a new record in the Senior Girls competition of 2914 points, **Harry Nevin, Rochestown College** scored 2857 points in the Minor Boys competition with **Eoin Kenny, DLS Waterford** scoring 2579 points in the Senior Boys category.

- Athletics figures are generally very healthy in Munster counties, with some counties experiencing a slight dip in numbers. Figures below: -

Month End Registration 01/12/2017 (County)							
County	Juvenile	Junior	Senior	Master	Total 01/12/2017	Total 01/12/2016	%+/-
Clare	1264	22	95	510	1891	1727	9%
Cork	4490	55	717	2993	8255	7809	6%
Kerry	1282	14	74	293	1663	1663	0%
Limerick	960	18	124	563	1665	1761	-5%
Tipperary	1434	17	162	665	2278	2433	-6%
Waterford	939	25	120	462	1546	1560	-1%

Munster currently has a number of athletes on Sports Scholarships in the US, the UK and Ireland which is a good sign for the future – **Sharlene Mawdsley**, Newport A.C./UL, **Paul White**, Nenagh Olympic A.C./UL, **Darren Dunne**, Nenagh Olympic A.C./UL **Daniel Ryan**, Moycarkey Coolcree A.C./Brunel University London), **Fearghal Curtin**, Youghal A.C./Southern Charleston University, **Barry Keane**, Waterford A.C./Butler University, **Luke Horgan**, Leevale A.C./McNeese State University, **Grace McKenzie**, Belgooly A.C./McNeese State University, **Dion Ryan**, Waterford A.C./Indian Hills CC, Iowa, **Kevin Mulcaire**, Ennis Track A.C./Oklahoma State University, **Sean Curran**, West Waterford A.C./Wichita State University, **Aisling Quinn**, Ferrybank A.C./Providence College, **Laura Tobin**, Clonmel A.C./St. Leo State University Florida, **Orlaith Moynihan**, Clonmel A.C./Iona University, **Sean Tobin**, Clonmel A.C./University of Mississippi (Ole Miss), **Alice Akers**, Marian A.C./University of Nebraska, **Liam Harris**, Togher A.C./Providence College, **Dean Cronin**, Blarney/Inniscara A.C./Fort Hayes University, Kansas, **Kyle Larkin**, Emerald A.C./Wichita State University & **Niamh Markham**, Ennis Track A.C./Bradley University. Our thanks to Brother John Dooley, AAI Liaison for US based athletes who does such wonderful work for our athletes.

I would like to extend my congratulations to all our 2017 Munster Star Award Winners. I hope they & their families enjoyed their well-deserved night in the Auburn Lodge Hotel on the 3<sup>rd</sup> March. They are the stars of the future & I look forward to following their progress in 2018. Congratulations also to Nenagh Olympic A.C. who received the AAI Best Development Club for 2017 Award in December.

Good luck to any of our athletes who are chasing standards for the IAAF World U/20 Championships in Tampere, Finland & the European U/18 Track & Field Championships in Gyor, Hungary. The road to qualification will be paved with highs & lows so during all that hard training remember that “Today I will do what others won’t so tomorrow I can do what others can’t”.

My thanks to everyone who has assisted me in my role in 2017 especially my colleagues on the Munster Council and Paul Askins, Dooneen A.C. who provided us with many great photos of Munster events throughout the year and provided colour for my PRO Reports. Thanks also to my husband Jim & my children, Daniel, David, Jack, Anna & Dillon. I thank them for their continued patience & understanding (for all the time spent on the computer) & for all the joy & fun we have had last year both on & off the athletics track. The road to success is always under construction so if I have left anyone or anything out, my apologies.

All that remains is for me to wish you & yours a very happy, healthy, sporting & successful 2018 and remember to stop and fully enjoy all the victories, however small before moving onto the next goal.

Yours in Sport

*Aisling Hoey*

## Munster Juvenile PRO Report 2017 – A Calendar Year

January



The Munster U/11 to Youth Indoor Combined Events Championships were held on Saturday 7<sup>th</sup> & Sunday 8<sup>th</sup> January 2017 in Nenagh Indoor Stadium. A total of **2** new Championship Best Performances were set & 2 equalled on the day by the following athletes: -

- **Orla O'Shaughnessy, Dooneen A.C.** in the Girls U/11 competition with her score of 1000 points to better the score of 794 set by Ceola Bergin, Templemore A.C. in 2016.
- **Hannah Falvey, Belgooly A.C.** in the Girls U/12 competition with her score of 1506 points to better the score of 1371 points set by Maeve O'Neill, Doheny's A.C. set in 2015.
- **Hannah Falvey, Belgooly A.C.** ran 8.65 in the Girls U/12 60m race to equal the record of Niamh Foley, St. Mary's A.C. Limerick set in 2013.
- **Hannah Falvey, Belgooly A.C.** jumped 4.54m to better the record of 4.52m set by Sophie Meredith, St. Mary's A.C. Limerick set in 2012.
- **Sean Fennell, St. Mary's A.C. Clare** in the Boys U/11 competition with his score of 1162 points to better the score of 861 points set by Johnny Murphy, Liscarroll A.C. in 2016.
- **Johnny Murphy, Liscarroll A.C.** in the Boys U/12 competition with his score of 1195 to better the mark of 1166 points set by Geoffrey Joy O'Regan, Sunhill Harriers A.C. in 2015.
- **Kyle Ettah, Leevale A.C.** in the Boys U/13 High Jump with a leap of 1.54m to equal the existing record of 1.54m set by Geoffrey Joy O'Regan, Sunhill Harriers A.C. in 2015.
- **Harry Nevin, Leevale A.C.** in the Boys U/14 competition with his score of 2462 points to better the 2014 record of Daniel Hurley, Old Abbey A.C. of 2198 points.
- **Harry Nevin, Leevale A.C.** in the Boys U/14 60mH with his time of 9.18 to better the time of 9.32 set by Daniel Ryan, Moycarkey Coolcree A.C. in 2012.

**Gold for McElhinney at Celtic International Cross Country**

The Cardiff leg of the British Athletics Cross Challenge incorporating the Celtic Cross Country International took place in Cardiff, Wales on Saturday 21st January 2017. **Darragh McElhinney, Bantry A.C.** recorded a brilliant win in the Boys U/17 race (18.32) with **Jake McCarthy, Youghal A.C.** first home for the Irish Boys U/17 team placing 8th overall in 19.23 & 2nd in the Celtic race & **Christopher O'Reilly, Togher A.C.** in 10th place in 19.30 & 4th in the Celtic race, **Thomas Connolly, Leevale A.C.** in 15th (19.40) & 8th in Celtic race & **Cian O'Riordan, West Waterford A.C.** 24th in 20.06 & 14th in the Celtic race. In the Girls U/17 race, **Lucy Holmes, West Waterford A.C.** finished 16th overall & 9th in the Celtic race in 18.42 with **Emily Cahill, St. Cronan's A.C.** 26th overall & 17th in the Celtic race in 19.15. In the U/20 competition, **Fearghal Curtin, Youghal A.C.** finished 3rd overall & was the winner of the Celtic race in 24.12. **Charlie O'Donovan, Leevale A.C.** was 7th overall (24.36) & 5th in the Celtic race, **David McGlynn, West Waterford A.C.** was 10th (24.51) & 8th in the Celtic race & **Michael Power, West Waterford A.C.** was 15th (25.16) & 13th in the Celtic race. In the U/20 Women's race, **Stephanie Cotter, West Muskerry A.C.** finished 6th overall in a time of 19.20 & 5th in the Celtic race with **Aisling Kelly, St. John's A.C. Clare** in 12th place overall (19.55) & 10th in the Celtic race. The Irish U/17 & U/20 Men's team & the Irish U/20 Women's team all finished in 1st place with the Women's U/17 team in 2nd.





### Gold & National Record for Nevin



Munster athletes were out in force at the Irish Life Health National Combined Events Championships in AIT Arena, Athlone on Saturday 21<sup>st</sup> January 2017 taking home **11** medals in total (6 gold, 3 silver & 2 bronze). In the Boys U/14 competition, **Harry Nevin, Leevale A.C.** won gold in a Championship Best Performance of 2892 points with gold medals & National titles also won by **Reece Ademola, Leevale A.C.** (Boys U/15), **Laura Frawley, St. Mary's A.C. Limerick** (Girls U/14), **Diarmuid O'Connor, Bandon A.C.** (Boys U/16), **Darragh Minter, St. Mary's A.C. Clare & Clodhna Blake, St. John's A.C. Clare** (Junior Women).

**Laura Frawley, St. Mary's A.C. Limerick** was 1<sup>st</sup> in the Girls U/14 competition with a score of 2894 points with **Katie Nolke, Ferrybank A.C.** in 2<sup>nd</sup> place on 2620 points. In the Girls U/15 competition, **Ava Coyle, Riverstick/Kinsale A.C.** won bronze with 2822 points with **Orla Coffey, Carraig na BhFear A.C.** taking bronze in the Girls U/16 with 2546 points. **Clodhna Blake, St. John's A.C. Clare** won the Junior Girls competition on 2711 points.



**Harry Nevin, Leevale A.C.** won the Boys U/14 competition with a new National record of 2892 points with his team-mate **Reece Ademola** also taking the Boys U/15 title on 2752 points with **Jordan Kissane, Tralee Harriers A.C.** winning silver on 2386 points. **Diarmuid O'Connor, Bandon A.C.** won gold in the Boys U/16 competition with 3319 points with **Darragh Minitier, St. Mary's A.C. Clare & Shane Monagle, Tramore A.C.** placing 1<sup>st</sup> & 2<sup>nd</sup> in the Youth Boys competition with 3317 & 3070 points.

### **National Juvenile Inter-Club Cross Country Relay Championships**



The Irish Life Health National Juvenile Inter-Club Cross Country Relay Championships took place on Sunday 22<sup>nd</sup> January 2017 in the Palace Grounds, Tuam, Co. Galway. **Nenagh Olympic A.C.** scored a victory in the Boys U/12 race winning gold with **St. Cronan's A.C.** placing 2<sup>nd</sup> in the Girls U/12 race.



### **2 Munster Indoor Relay Records Set**



The Munster Juvenile Indoor Relays took place on Sunday 22<sup>nd</sup> January 2017 in Nenagh Indoor Stadium. Top Club on the day was **Dooneen A.C.** who won 8 titles with **Leevale A.C** next with 6 titles, **Midleton A.C. & Carrick-On-Suir A.C.** with 2 titles each & **Belgooly A.C, Lios Tuathail A.C., Emerald A.C. & Templemore A.C.** with one title each. Details of records set on the day are below: -

1. **Belgooly A.C.** Boys U/14 4 x 100m team ran 1.48.15 to better the existing record of 1.52.03 set by St. Mary's A.C. Limerick in 2016.
2. **Leevale A.C.** Boys U/16 4 x 200m team ran 1.39.00 to take the existing record of 1.41.48 set by Dooneen A.C. in 2010.

#### **4 New Munster Pole Vault Records Set**



The Munster Juvenile Indoor Pole Vault Championships were also held on the same day. There were 16 entries with athletes from **West Waterford A.C., St. John's A.C. Clare, Blarney/Inniscarra A.C., Abbey Striders A.C., Carraig na BhFear A.C. & Moycarkey Coolcree A.C.** taking part. **4** new Championship Best Performances were set. **Dillon Ryan, Moycarkey Coolcree A.C.** won the Boys U/15 competition with a vault of 2.70m with his Club-mate, **Adam O'Dwyer** winning the Boys U/16 competition with a Championship Best Performance of 3.20m. 2<sup>nd</sup> in the Boys U/16 competition was **Ryan McCraith, West Waterford A.C.** on 2.60m with **Daniel Greene, St. John's A.C. Clare** winning bronze with a vault of 2.40m. **Sam O'Neill, West Waterford A.C.** won the Boys U/17

competition on 2.80m with **Patrick Fitzgerald** of the same Club in 2<sup>nd</sup> place on 2.60m. **Craig Cloona, West Waterford A.C.** set a new Championship Best Performance of 2.90m in the Boys U/18 competition to take gold.

**Kate Killigrew, West Waterford A.C.** won the Munster title in the Girls U/15 finishing on 2.10m. In the Girls U/16 competition, **Orla Coffey, Carraig na BhFear A.C. & Anna Ryan, Moycarkey Coolcree A.C.** battled it out all the way up to 2.55m with Coffey getting the better of Ryan on countback. **Alannah Kelly, West Waterford A.C.** was 3<sup>rd</sup> with a vault of 2.25m. **Emma Coffey, Carraig na BhFear A.C.** won the Girls U/17 competition with a Munster record of 3.15m while **Clodagh Walsh, Abbey Striders A.C.** won the Girls U/18 title with 3.00m, a new CBP & **Ciara Hickey, Blarney Inniscarra A.C.** was 2<sup>nd</sup> with a vault of 2.85m.

## February

### New Records Set at Munster U/9 to U/12 Indoors

The Munster Juvenile U/9 to U/12 Indoor Championships took place on Saturday 4<sup>th</sup> & Sunday 5<sup>th</sup> February in Nenagh Indoor Stadium. **6** new Championship Best Performances were set on the day & **1** was equalled by two Leevale A.C. athletes. See details below: -

- In the Girls U/9 60m, **Destiny Lawal, Dooneen A.C.** ran a very swift 9.63 in her final to smash the time of 9.84 set by Angel Alfred, Dooneen A.C. in 2014. She also broke the record in the heat with her time of 9.79.
- **Destiny Lawal, Dooneen A.C.** set another record in the Girls U/9 300m when she ran 56.43 to better the time of 56.87 set by Holly O'Boyle, Marian A.C. in 2014.
- **Maeve Purtill, Dooneen A.C.** ran 1.39.86 in the Girls U/10 500m to beat the 2016 record of 1.41.28 set by Orla O'Shaughnessy, Dooneen A.C.
- **Maeve Fleming, Leevale A.C. & Briana Onoh, Leevale A.C.** equalled the 2005 Girls U/12 High Jump record of 1.35m held by Stephanie Power, Carrick-On-Suir A.C.
- **Sarah Abullo, Waterford A.C.** threw 6.31m in the Girls U/11 Shot Putt to set a new record in this event which has been introduced for the first time in 2017.
- **Odhrán O' Sullivan, Midleton A.C.** ran 1.51.61 in the Boys U/11 600m to better the time of 1.52.07 set by Jack O'Neill, St. Cronan's A.C. in 2015.
- **Sean Fennell, St. Mary's A.C. Clare** threw 6.95m in the Boys U/11 Shot Putt to set a new record in this new event for U/11's.

Among the multiple medal winners over the weekend were **Destiny Lawal, Dooneen A.C.** (double gold in Girls U/9 60m & 300m & two CBP's), **Emer Purtill, Dooneen A.C.** (2<sup>nd</sup> Girls U/9 60m & 3<sup>rd</sup> 300m), **Maeve Purtill, Dooneen A.C.** (double gold in Girls U/10 60m & 500m (CBP)); **Rosie Hickey, Limerick A.C.** (1<sup>st</sup> Girls U/10 Long Jump & 2<sup>nd</sup> 500m); **Sarah Abullo, Waterford A.C.** (1<sup>st</sup> Girls U/11 Shot Putt (CBP), 2<sup>nd</sup> 600m); **Orla O'Shaughnessy, Dooneen A.C.** (1<sup>st</sup> Girls U/11 60m, 3<sup>rd</sup> Long Jump & 60m); **Hannah Falvey, Belgooly A.C.** (1<sup>st</sup> 60m & Long Jump & 3<sup>rd</sup> High Jump); **Kate Foley, St. Mary's A.C. Limerick** (2<sup>nd</sup> Girls U/12 60m & 600m); **Eddie Raicevic, Finisk Valley A.C.** (double gold in Boys U/9 60m & Long Jump); **Evan Crimmin, St. Mary's A.C. Limerick** (2<sup>nd</sup> Boys U/10 60m & 3<sup>rd</sup> Long Jump); **Odhrán O'Sullivan, Midleton A.C.** (1<sup>st</sup> 600m (CBP) & 2<sup>nd</sup> 60m Boys U/11); **Sean Fennell, St. Mary's A.C. Clare** (1<sup>st</sup> Shot Putt (CBP) & 3<sup>rd</sup> Long Jump Boys U/11); **Conor O'Donoghue, Riverstick/Kinsale A.C.** (2<sup>nd</sup> Long Jump & Shot Putt Boys U/11); **Leo Johnson, Ennis Track A.C.** (1<sup>st</sup>

60m & Long Jump Boys U/11); **John Murphy, Liscarroll A.C.** (1<sup>st</sup> 600m & 2<sup>nd</sup> High Jump Boys U/12) & **Alan McCutcheon, Dooneen A.C.** (3<sup>rd</sup> Boys U/12 600m & High Jump).



**National Juvenile "B" XC Gold for Cummins, Lynch, McCutcheon & McElhinney**



The Irish Life Health National Juvenile "B" Cross Country Championships took place in Carriganore, WIT, Waterford on Sunday 12<sup>th</sup> February 2017. Munster athletes recorded 4 gold medal wins by **Lucy Lynch, Carraig na BhFear A.C.** in the Girls U/11, **Alan McCutcheon, Dooneen A.C.** in the Boys U/11,

**Callum McElhinney, Bantry A.C.** in the Boys U/13 & **Isabelle Cummins, Ferrybank A.C.** in the Girls U/17. A silver medal was won by **Dara Sheehy, Bantry A.C.** (Boys U/11), with bronze medals for **Kathryn Ryan, Killarney Valley A.C.** (Girls U/11), **Cal Tutty, West Waterford A.C.** (Boys U/11), **Con Willans, West Waterford A.C.** (Boys U/13) & **Connor O'Neill, West Muskerry A.C.** (Boys U/15). **Cork** came out top in the Inter-County competition with 5 gold & 3 silver with **Waterford** winning 1 gold, 2 silver & 2 bronze & **Clare** taking home 1 gold, 2 silver & 1 bronze.

In the Girls U/11 race, there were 8 Munster athletes in the top 12 with gold for **Lucy Lynch Carraig-Na-Bhfear A.C.**, bronze for **Kathryn Ryan Killarney Valley A.C.**, 4<sup>th</sup> for **Anna Campbell Dooneen A.C.** 5<sup>th</sup> for **Aoife Lillis Kilmihil A.C.**, 6<sup>th</sup> for **Sarah Abullo Waterford A.C.**, 7<sup>th</sup> for **Hannah Ryan Killarney Valley A.C.**, 8<sup>th</sup> for **Gemma Galvin St. Marys (Clare) A.C.** & 12<sup>th</sup> for **Aoibhinn McKeogh Bandon A.C.** In the Inter-Club competition, **Bandon A.C.** were 2<sup>nd</sup> & **St. Mary's A.C. Clare** 3<sup>rd</sup>. Munster Counties performed a clean sweep in the Inter-County competition with gold for **Cork**, silver for **Clare** & bronze for **Waterford**.

Munster athletes again charged to the front in the Boys U/11 race with 10 in the top 12. A national title went to **Alan McCutcheon Dooneen A.C.** with national silver for **Dara Sheehy Bantry A.C.** & national bronze for **Cal Tutty West Waterford A.C.** **Odhrán O'Sullivan Midleton A.C** was 4<sup>th</sup>, 5<sup>th</sup> **Daire Culligan Fergus A.C.** , 7<sup>th</sup> **Patrick Walsh Midleton A.C.**, 8<sup>th</sup> **Keith McCarthy Doheny A.C.**, 9<sup>th</sup> **Ruaidhri Boyle Carraig-Na-Bhfear A.C.**, 10<sup>th</sup> **Nathan MacKey Waterford A.C.** & 12<sup>th</sup> **Adam Quigley Iveragh A.C. West Waterford A.C.** won gold in the Inter-Club competition with bronze for **Clonmel A.C. Cork & Waterford** took gold & silver in the Inter-County competition.

9 Munster athletes made it into the top 12 in the Girls U/13 race with a 4<sup>th</sup> place finish for **Shauna McCarthy Farranfore Maine A.C.**, 5<sup>th</sup> **Ella Collins Bandon A.C.**, 6<sup>th</sup> **Eve Power West Waterford A.C.**, 7<sup>th</sup> **Grace Carmody Marian A.C.**, 8<sup>th</sup> **Ellen Murphy North Cork A.C.**, 9<sup>th</sup> **Aoife Redmond Ferrybank A.C.**, 10<sup>th</sup> **Lorna Ryan Dundrum A.C.**, 11<sup>th</sup> **Lia Cunningham West Waterford A.C.** & 12<sup>th</sup> **Emma Hickey West Waterford A.C.** There was also a clean sweep for Munster in the Inter-Club & Inter-County competitions with gold for **West Waterford A.C.**, **Carraig na BhFear A.C.** & **St. Mary's A.C. Clare & Cork, Clare & Waterford**.

Another Munster athlete, **Callum McElhinney, Bantry A.C.** younger brother of rising star, Darragh McElhinney took gold in the Boys U/13 race with 3<sup>rd</sup> place for **Conn Willans West Waterford A.C.**, 5<sup>th</sup> for **Eoin Quirke Midleton A.C.**, 6<sup>th</sup> for **Ian Griffin Fergus A.C.**, 7<sup>th</sup> for **Dan Andrews Bantry A.C.**, 10<sup>th</sup> for **Jack Sheehy Bantry A.C.** & 11<sup>th</sup> for **Breandán O'Sullivan West Muskerry A.C.** making it 7 out of 12 for Munster. **Bantry A.C.** took the gold in the Inter-Club competition with bronze for **Fergus A.C.** with **Cork & Clare** 1<sup>st</sup> & 3<sup>rd</sup> in the Inter-County competition.

In the Girls U/15 race, our top finisher was **Aine Garry Fergus A.C.** in 5<sup>th</sup> place with **Emma Murray Coolquill A.C.** in 7<sup>th</sup>, **Grainne Egan North Cork A.C.** in 9<sup>th</sup> & **Rachel Hartigan Marian A.C.** in 11<sup>th</sup> place. **Bandon A.C.** were 3<sup>rd</sup> in the Inter-Club competition with **Clare & Cork** 1<sup>st</sup> & 2<sup>nd</sup> in the Inter-County competition.

6 Munster athletes made a top 12 finish in the Boys U/15 race with bronze for **Connor O'Neill West Muskerry A.C.**, 6<sup>th</sup> for **Fionn Harrington Bandon A.C.**, 7<sup>th</sup> for **Callum Hurley Ferrybank A.C.**, 10<sup>th</sup> for **Niall Desmond Bandon A.C.**, 11<sup>th</sup> for **Gavin Kenny Bandon A.C.** & 12<sup>th</sup> for **Eoin Hearne Ferrybank**

**A.C. Bandon A.C. & Ferrybank A.C.** were 1<sup>st</sup> & 2<sup>nd</sup> in the Inter-Club competition with gold & silver for **Cork & Waterford** in the Inter-County competition.

The Girls U/17 race saw a win for **Isabelle Cummins, Ferrybank A.C.** with 7<sup>th</sup> for **Emily Goff Ferrybank A.C.**, 8<sup>th</sup> for **Sara Barry St. Catherine's (Cork) A.C.**, 9<sup>th</sup> for **Kate Hickey West Waterford A.C.** 10<sup>th</sup> for **Natalie Nicholson St. Catherine's (Cork) A.C.**, 11<sup>th</sup> for **Sarah Barber Ferrybank A.C.** & 12<sup>th</sup> for **Aoife Mitchell Midleton A.C.** Top spots in the Inter-Club competition went to **Ferrybank A.C., St. Catherine's A.C. Cork & West Waterford A.C.** with gold & silver for **Waterford & Cork** in the Inter-County competition.

In the Boys U/17 race, first athlete home for Munster was **Killian Nolan, Youghal A.C.** in 5<sup>th</sup> place with 8<sup>th</sup> for **Jack O'Shea Midleton A.C.** & 12<sup>th</sup> place for **Sean O'Sullivan West Muskerry A.C.** **Kilmurray/Ibrickane A.C.** were 2<sup>nd</sup> & **Moynes A.C.** 3<sup>rd</sup> in the Inter-Club competition with **Cork** 2<sup>nd</sup> in the Inter-County competition.

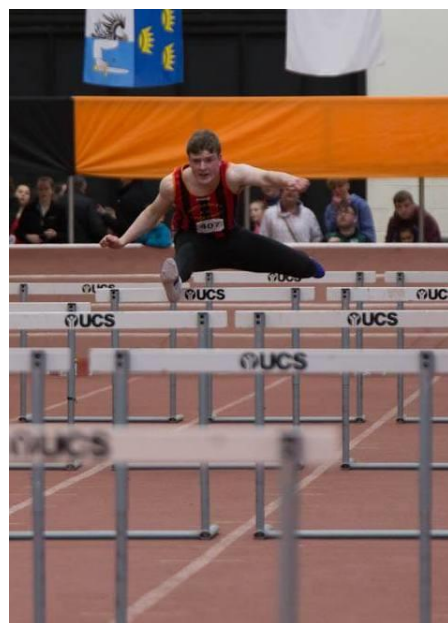
### 13 New Records Set at Munster Indoor Champs



The Munster U/13 to U/19 Indoor Championships took place on Saturday 20<sup>th</sup> & Sunday 21<sup>st</sup> February 2017 in Nenagh Indoor Stadium. **13** new Championship Best Performances were set over the weekend (5 for the boys & 8 for the girls) & one equalled. Details of the record breakers are below: -

- **Ava Rochford, Ennis Track A.C.** jumped 1.50m in the Girls U/13 High Jump to better the 2012 record of 1.48m set by Vickie Cusack, Liscarroll A.C.
- **Ailbhe Doherty, Ennis Track A.C.** ran 2.17.43 in the Girls U/15 800m to better the 2005 record of 2.20.65 set by Ciara Cronin, Ferrybank A.C.
- **Aoife O'Sullivan, Liscarroll A.C.** jumped 1.65m in the Girls U/15 High Jump to equal the 2016-mark set by Ciara Kennelly, Killarney Valley A.C.
- **Nikolka Stevankova, Dooneen A.C.** ran 7.75 in the Girls U/16 60m to break the existing record of 7.86 set by Ann O'Shea, Ferrybank A.C. in 2010.

- **Ciara Sheehy, Liscarroll A.C.** threw the Shot Putt out to 13.42m in the Girls U/16 competition to smash the mark of 11.43m set by Erin Kingston, Bandon A.C. in 2013.
- **Sophie Meredith, St. Mary's A.C. Limerick** jumped 5.64m in the Girls U/17 Long Jump to better the mark of 5.52m set by Niamh Savage, Leevale A.C. in 1994.
- **Ronan Walsh, Shannon A.C.** ran 1.41.68 in the Boys U/13 600m to beat the existing record of 1.41.82 set by Nathan Cremin, St. Mary's Limerick in 2015.
- **Kyle Etooh, Leevale A.C.** jumped 5.04m in the Boys U/13 Long Jump to better the mark of 4.98m set by Reece Ademola, Leevale A.C. set in 2015.
- **Kyle Etooh, Leevale A.C.** jumped 1.61m in the Boys U/13 High Jump to better the mark of 1.54m set by Geoffrey Joy O'Regan, Sunhill Harriers A.C. set in 2016 and his own mark of 1.54m set earlier in the Munster Juvenile Pentathlon.
- **Danny Kelly, Belgooly A.C.** jumped 5.76m in the Boys U/14 Long Jump to better the mark of 5.57m set by Reece Ademola, Leevale A.C. in 2016.
- **Geoffrey Joy O'Regan, Sunhill Harriers A.C.** jumped 1.67m in the Boys U/14 High Jump to break the existing record of 1.65m set by Reece Ademola, Leevale A.C. in 2016.
- **Jack Barnett, Templemore A.C.** threw 13.93m in the Boys U/15 Shot Putt to better the record of 13.75m set by Darragh Minitier, St. Mary's A.C. Clare in 2015.
- **Joseph McEvoy, Nenagh Olympic A.C.** jumped 1.98m in the Boys U/17 High Jump to better the mark of 1.95m set by David Cussen, Old Abbey A.C. in 2012.
- **Daniel Ryan, Moycarkey Coolcree A.C.** ran 8.19 in the Boys U/19 60mH to better the time of 8.39 set by Sam Healy, Leevale A.C. in 2014.



Some of the multiple medal winners over the weekend were: -

**Girls U/13** - **Ava Rochford, Ennis Track A.C.** (double gold in Shot & High Jump); **Kate O'Regan, Riverstick Kinsale A.C.** (double gold in Hurdles & Long Jump); **Grace Rooney, Youghal A.C.** (1<sup>st</sup> 60m, 3<sup>rd</sup> Long Jump); **Jessica Lyne, Leevale A.C.** (2<sup>nd</sup> Hurdles, 3<sup>rd</sup> High Jump).

**Girls U/14** – Ella Scott, Leevale A.C. (60m & Hurdles), Laura Frawley, St. Mary's A.C. Limerick (1<sup>st</sup> Long Jump, 2<sup>nd</sup> Hurdles & High Jump, 3<sup>rd</sup> 60m & Shot Putt); Sarah Butler, Dooneen A.C. (2<sup>nd</sup> 800m & Long Jump); Lorna O'Shea, Carrick-On-Suir A.C. (double bronze in Hurdles & High Jump).

**Girls U/15** – Ailbhe Doherty, Ennis Track A.C. (double gold in 60m & 800m); Hollie McCarthy, Liscarroll A.C. (2<sup>nd</sup> 60m & Hurdles); Ava Coyle, Riverstick Kinsale A.C. (1<sup>st</sup> Long Jump, 3<sup>rd</sup> High Jump);

**Girls U/16** – Niamh Foley, St. Mary's A.C. Limerick (1<sup>st</sup> Hurdles, 200m, 2<sup>nd</sup> 60m); Hollie Meredith, St. Mary's A.C. Limerick (1<sup>st</sup> High Jump, 3<sup>rd</sup> Shot Putt); Lia Farley, Riverstick Kinsale A.C. (1<sup>st</sup> Long Jump, 3<sup>rd</sup> 60m); Sarah Lane, Nenagh Olympic A.C. (1<sup>st</sup> 1500m, 3<sup>rd</sup> 800m); Chisom Ugwuera, Ennis Track A.C. (2<sup>nd</sup> Long Jump & Hurdles); Anna Ryan, Moycarkey Coolcree A.C. (2<sup>nd</sup> Shot Putt, 3<sup>rd</sup> Hurdles).

**Girls U/17** – Sophie Meredith, St. Mary's A.C. Limerick (1<sup>st</sup> Long Jump & Shot Putt, 3<sup>rd</sup> 60m); Miriam Daly, Carrick-On-Suir A.C. (1<sup>st</sup> Hurdles, 2<sup>nd</sup> 60m & 400m); Niamh Moriarty, Dooneen A.C. (1<sup>st</sup> 60m, 3<sup>rd</sup> 400m); Aisling Cassidy, Bandon A.C. (1<sup>st</sup> High Jump, 2<sup>nd</sup> Hurdles); Alyce O'Connor, Kenmare & District A.C. (1<sup>st</sup> 1500m, 3<sup>rd</sup> 800m); Emily O'Mahony, Waterford A.C. (2<sup>nd</sup> High Jump, 3<sup>rd</sup> Long Jump & Hurdles).

**Girls U/18** – Vickie Cusack, Liscarroll A.C. (1<sup>st</sup> Long Jump, Hurdles & Shot Putt); Laura Nicholson, Bandon A.C. (double gold in 800m & 1500m); Katie Murphy, Ferrybank A.C. (double gold in 60m & 200m); Hannah Murphy, Leevale A.C. (1<sup>st</sup> High Jump, 3<sup>rd</sup> Long Jump); Jo Keane, Ennis Track A.C. (2<sup>nd</sup> 400m & 800m); Aoibheann O'Connor, Bandon A.C. (2<sup>nd</sup> Long Jump, 3<sup>rd</sup> 400m); Sarah O'Keeffe, Liscarroll A.C. (double bronze Hurdles & Shot Putt).

**Girls U/19** – Emily Nolan, Ferrybank A.C. (1<sup>st</sup> 60m & 200m, 2<sup>nd</sup> 400m); Aoife Mahony, Lios Tuathail A.C. (double gold 400m & 800m, 2<sup>nd</sup> 1500m); Rachel Bowler, Tralee Harriers A.C. (1<sup>st</sup> Long Jump & Triple Jump, 3<sup>rd</sup> 60m); Sarah Leahy, Killarney Valley A.C. (2<sup>nd</sup> 60m & 200m); Shauna Doellken, Kenmare & District A.C. (double bronze 800m & 1500m);

**Boys U/13** – Kyle Ettoh, Leevale A.C. (gold in Hurdles, Long Jump & High Jump); Joel Joseph, Midleton A.C. (1<sup>st</sup> 60m, 3<sup>rd</sup> Long Jump); Sean Carmody, Belgooly A.C. (2<sup>nd</sup> 60m & Long Jump); George Alamu, Midleton A.C. (1<sup>st</sup> Shot Putt, 3<sup>rd</sup> Hurdles); Glory Wenegieme, Belgooly A.C. (1<sup>st</sup> 60m, 2<sup>nd</sup> 800m & Long Jump, 3<sup>rd</sup> Hurdles); Danny Kelly, Belgooly A.C. (1<sup>st</sup> Long Jump, 2<sup>nd</sup> 60m); Harry Nevin, Leevale A.C. (1<sup>st</sup> Hurdles, 2<sup>nd</sup> High Jump & Long Jump); James Sage, Nenagh Olympic A.C. (3<sup>rd</sup> Long Jump & 60m); Noah McConway, St. Cronan's A.C. (1<sup>st</sup> Walk, 3<sup>rd</sup> Shot Putt).

**Boys U/15** – Reece Ademola, Leevale A.C. (1<sup>st</sup> Hurdles & High Jump, 2<sup>nd</sup> Long Jump); Armand Schoeman, Templemore A.C. (1<sup>st</sup> 60m, 2<sup>nd</sup> Hurdles); Hugh Collins, Leevale A.C. (3<sup>rd</sup> Hurdles & Long Jump).

**Boys U/16** – Daniel Hurley, Leevale A.C. (double gold 60m & 200m); Wymin Sivakumar, Leevale A.C. (double gold Hurdles & Long Jump); Daire O'Sullivan, Carraig na BhFear A.C. (1<sup>st</sup> 1500m, 2<sup>nd</sup> 800m); Robert Twomey, Leevale A.C. (double silver 60m & 200m); Cillian Griffin, Tralee Harriers A.C. (2<sup>nd</sup> Long Jump, double bronze 60m & 200m); Josh Egan, Nenagh Olympic A.C. (2<sup>nd</sup> Hurdles, 3<sup>rd</sup> High Jump & Long Jump).



**Boys U/17** – **Darragh Minter, St. Mary's A.C. Clare** (1<sup>st</sup> Hurdles, Long Jump & Shot Putt); **Conor Morey, Leevale A.C.** (double gold 60m & 200m); **Luke Brennan, Waterford A.C.** (double gold in 800m & 1500m); **Joseph McEvoy, Nenagh Olympic A.C.** (1<sup>st</sup> High Jump, 2<sup>nd</sup> Hurdles, 3<sup>rd</sup> Long Jump); **Sean Carolan, Nenagh Olympic A.C.** (double silver in Shot Putt & Long Jump, 3<sup>rd</sup> High Jump); **Ben Deasy, Kilmurray/Ibrickane A.C.** (2<sup>nd</sup> 1500m, 3<sup>rd</sup> 800m); **Jake Bagge, Ferrybank A.C.** (2<sup>nd</sup> 800m, 3<sup>rd</sup> 1500m); **Colin Doyle, Leevale A.C.** (2<sup>nd</sup> 200m & 3<sup>rd</sup> 60m).

**Boys U/18** – **Shane Monagle, Tramore A.C.** (1<sup>st</sup> Hurdles & 200m, 2<sup>nd</sup> Long Jump); **Evan Keane, Waterford A.C.** (double gold 800m & 1500m); **David Ryan, Moycarkey Coolcree A.C.** (1<sup>st</sup> Long Jump, 2<sup>nd</sup> Shot Putt, 3<sup>rd</sup> 60m); **James Murphy, Waterford A.C.** (2<sup>nd</sup> Hurdles, High Jump & Triple Jump, 3<sup>rd</sup> Long Jump); **Jack Pender, Carrick-On-Suir A.C.** (double silver 200m & 400m); **Lance Baylon, Waterford A.C.** (2<sup>nd</sup> 60m, 3<sup>rd</sup> Triple Jump); **Eoin Kenny, Waterford A.C.** (double bronze in Shot Putt & 200m).

**Boys U/19** – **Daniel Ryan, Moycarkey Coolcree A.C.** (1<sup>st</sup> Hurdles, 60m, Long Jump, Shot Putt & 2<sup>nd</sup> High Jump); **Jack Buckley, Leevale A.C.** (double gold 200m & 400m, 3<sup>rd</sup> 60m); **Patrick O'Rourke, Ennis Track A.C.** (1<sup>st</sup> 1500m, 2<sup>nd</sup> 800m); **Nikolia O'Connor, Tralee Harriers A.C.** (2<sup>nd</sup> 200m, 3<sup>rd</sup> Long Jump); **Bakhit Khamis Barra, Ennis Track A.C.** (double bronze 800m & 1500m).

## March

### Gold for McElhinney at SIAB XC



The SIAB Schools Cross Country International was held in Margram Park, Port Talbot, Wales on Saturday 25th March. 7 Munster athletes were selected to compete for Ireland –

### Junior Girls

- Aimee Hayde, St. Mary's Newport
- Shannon Cotter, Coachford College

### Intermediate Girls

- Laura Hayes, Loreto Fermoy

### Intermediate Boys

- Darragh McElhinney, Colaiste Pobail, Bheantraí
- Christopher O'Reilly, Douglas Community School
- Thomas Connelly, Christian Brothers College Cork
- Jake McCarthy, Pobailscoil na Trionoide, Youghal

**Darragh McElhinney, Colaiste Pobail, Bheantraí** had a magnificent victory in the Intermediate Boys race running 19.05 to take gold with 14 seconds to spare over English athlete, Lachlan Wellington. Next Munster athlete home was **Christopher O'Reilly, Douglas Community School** in 11<sup>th</sup> (20.18), **Thomas Connelly, Christian Brothers College Cork** in 16<sup>th</sup> (20.41) & **Jake McCarthy, Pobailscoil na Trionoide, Youghal** in 31<sup>st</sup> place (22.05) with the Irish team finishing in silver medal position behind England. In the Intermediate Girls race, **Laura Hayes, Loreto Fermoy** was the first athlete home for Munster & second for Ireland in 15<sup>th</sup> place overall in a time of 17.38 with the Irish Girls team finishing 4<sup>th</sup> overall. In the Junior Girls race, **Aimee Hayde, St. Mary's Newport** gave a great account of herself in her first international competition coming home as 1<sup>st</sup> Irish athlete in 5<sup>th</sup> place in a time of 15.39 with **Shannon Cotter, Coachford College Cork** in 29<sup>th</sup> place in 17.38. The Irish Girls' team finished 4<sup>th</sup> overall.



### [9 National Indoor Records for Munster Athletes](#)



Munster had a successful Irish Life Health National Juvenile Indoor Championships in AIT Arena on Saturday 25<sup>th</sup>, Sunday 26<sup>th</sup> March & Saturday 1<sup>st</sup> April. In individual competitions, **49 gold, 44 silver & 37 bronze** medals were won in total over the three days with **10** new National records being set by our athletes below: -

- **Kyle Ettoh, Leevale A.C.** – Boys U/13 Long Jump (5.11m)
- **Kyle Ettoh, Leevale A.C.** – Boys U/13 High Jump (1.65m)
- **Harry Nevin, Leevale A.C.** – Boys U/14 60mH (8.87)
- **Danny Kelly, Belgooly A.C.** – Boys U/14 Long Jump (5.83m)
- **Ailbhe Doherty, Ennis Track A.C.** – Girls U/15 800m (2.14.24)
- **Dillon Ryan, Moycarkey Coolcree A.C.** – Boys U/15 Pole Vault (2.71m)
- **Adam O'Dwyer, Moycarkey Coolcree A.C.** – Boys U/16 Pole Vault (3.25m)
- **Emma Coffey, Carraig na bhFear** – Girls U/17 Pole Vault (3.25m)
- **Gearoid McMahon, Shannon A.C.** – Boys U/18 1.5k Walk (6.11.90)
- **Daniel Ryan, Moycarkey Coolcree A.C.** – Boys U/19 60mH (8.16)



Among some of the stars that shone for Munster over the Championships were triple gold medal winners, **Reece Ademola, Leevale A.C.** (Boys U/15 60mH, Long Jump & High Jump) and **Daniel Ryan, Moycarkey Coolcree A.C.** (Boys U/19 60mH, Long Jump & Shot Putt) who also set a National record of 8.16 in the 60mH.



Double gold medal winners were **Joseph McEvoy, Nenagh Olympic A.C.** (Boys U/17 60mH & High Jump) who also won bronze in the Long Jump; **Kyle Ettah, Leevale A.C.** (Boys U/13 Long Jump & High Jump) who also set two new National records of 5.11m in the Long Jump & 1.65m in the High Jump; **Ava Rochford, Ennis Track A.C.** (Girls U/13 High Jump & Shot Putt) & **Ailbhe Doherty, Ennis Track A.C.** (Girls U/15 60m & 800m) who also set a new National record of 2.14.24 in the 800m. Other athletes who did very well over the three days of competition were **Darragh Miniter, St. Mary's A.C. Clare**, 1<sup>st</sup> Boys U/17 Long Jump, 2<sup>nd</sup> Shot Putt & 60mH; **Niamh Foley, St. Mary's A.C. Limerick** who won gold in the Girls U/16 60mH, silver in the 200m & bronze in the 60m; **Hannah Falvey, Belgooly A.C.** won gold in the Girls U/12 60m & silver in the Long Jump; **Shane Monagle, Tramore A.C.** won gold in the Boys U/18 60mH & silver in the Long Jump; **Laura Frawley, St. Mary's A.C. Limerick** won gold in the Girls U/14 Long Jump & bronze in the 60mH; **Sophie Meredith, St. Mary's A.C. Limerick** won gold in the Girls U/17 Long Jump & bronze in the Shot Putt; **Wymin Sivakumar, Leevale A.C.** won gold in the Boys U/16 Long Jump & bronze in the 60mH; **Luke Brennan, Waterford A.C.** won gold in the Boys U/17 1500m & bronze in the 800m; **Glorie Wenegieme, Belgooly A.C.** won double silver in the Boys U/14 800m & Long Jump & bronze in the 60m; **Rachel Bowler, Tralee Harriers A.C.** won double silver in the Girls U/19 Long Jump & Triple Jump; **Sean Carolan, Nenagh Olympic A.C.** who won silver in the Boys U/17 Long Jump & bronze in the Shot Putt & **James Murphy, Waterford A.C.** who won silver in the Boys U/18 Triple Jump & bronze in the Long Jump.

It was also a family affair for some of our Munster athletes with the **Ryan siblings from Moycarkey Coolcroo A.C.** taking home a big haul of 7 medals and two National records between them. Daniel won gold in the Boys U/19 60mH, Shot Putt & Long Jump a set a new National record of 8.16 in the 60mH, David won the Boys U/18 Long Jump, Jack won the Boys U/17 Shot Putt, Anna was 2<sup>nd</sup> in the Girls U/16 Pole Vault and Dillon won the Boys U/15 Pole Vault with a new National record of 2.71m.



© iStockphoto.com | 28 March 2017 10:00pm from M8, Kate Ryan, David Ryan, David Ryan, Jack Ryan and Billie Ryan, all of Thurles Celtic AC, Co. Tipperary, pose for a picture with their medals during the Irish ILM Health Services Indoor Championships 2017 Day 2 at the IIT International Centre in Dublin, Co. Wicklow. Photo by Sam Barnes/Sportsfile

The **Coffey sisters, Orla & Emma from Carraig na BhFear A.C.** also had a good weekend with younger sister Orla winning the Girls U/16 Pole Vault and Emma taking the Girls U/17 Pole Vault title with a new National record of 3.25m. The Meredith sisters Holly & Sophie also took home National medals with Sophie winning the Girls U/17 Long Jump & placing 3<sup>rd</sup> in the Shot Putt & younger sister Holly winning silver in the Girls U/16 High Jump.



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By Sam Barnes

## Results

There were gold medals for: -

- **Hannah Falvey, Belgooly A.C.** – Girls U/12 60m (8.43)
- **Ceola Bergin, Templemore A.C.** – Girls U/12 Shot Putt (9.15m)
- **Jayden Carmody, Dooneen A.C.** – Boys U/12 60m (8.36)
- **Paddy Nagle, St. Cronan's A.C.** – Boys U/12 High Jump (1.31m)
- **Kyle Ettöh, Leevale A.C.** – Boys U/13 Long Jump (5.11m) **CBP**
- **Kyle Ettöh, Leevale A.C.** – Boys U/13 High Jump (1.65m) **CBP**
- **Ava Rochford, Ennis Track A.C.** – Girls U/13 High Jump (1.49m)
- **Ava Rochford, Ennis Track A.C.** – Girls U/13 Shot Putt (10.35m)
- **Lucy May Sleeman, Leevale A.C.** – Girls U/14 60mH (9.27)
- **Laura Frawley, St. Mary's A.C. Limerick** – Girls U/14 Long Jump (4.88m)
- **Katie Nolke, Ferrybank A.C.** – Girls U/14 High Jump (1.57m)
- **Harry Nevin, Leevale A.C.** – Boys U/14 60mH (8.87) **CBP**

- **Cian Spillane, Farranfore Maine Valley A.C.** – Boys U/14 800m (2.16.93)
- **Noah McConway, St. Cronan's A.C.** – Boys U/14 1k Walk (5.24.03)
- **Danny Kelly, Belgooly A.C.** – Boys U/14 Long Jump (5.83m) **CBP**
- **Geoffrey Joy O'Regan, Sunhill Harriers** – Boys U/14 High Jump (1.64m)
- **Reece Ademola, Leevale A.C.** – Boys U/15 60mH (9.11)
- **Reece Ademola, Leevale A.C.** – Boys U/15 Long Jump (5.95m)
- **Reece Ademola, Leevale A.C.** – Boys U/15 High Jump (1.71m)
- **Dillon Ryan, Moycarkey Coolcree A.C.** – Boys U/15 Pole Vault (2.71) **CBP**
- **Ailbhe Doherty, Ennis Track A.C.** – Girls U/15 60m (7.75)
- **Ailbhe Doherty, Ennis Track A.C.** – Girls U/15 800m (2.14.24) **CBP**
- **Aoife O'Sullivan, Liscarroll A.C.** – Girls U/15 High Jump (1.58m)
- **Niamh Foley, St. Mary's A.C. Limerick** – Girls U/16 60mH (8.93)
- **Orla Coffey, Carraig na BhFear A.C.** – Girls U/16 Pole Vault (2.75m)
- **Kylie Heinan, Ferrybank A.C.** – Girls U/16 High Jump (1.64m)
- **Daire O'Sullivan, Carraig na BhFear A.C.** – Boys U/16 1500m (4.23.78)
- **Wymin Sivakamur, Leevale A.C.** – Boys U/16 Long Jump (5.99m)
- **Shane Cawley, Waterford A.C.** – Boys U/16 Shot Putt (14.28m)
- **Adam O'Dwyer, Moycarkey Coolcree A.C.** – Boys U/16 Pole Vault (3.25m) **CBP**
- **Sophie Meredith, St. Mary's A.C. Limerick** – Girls U/17 Long Jump (5.61m)
- **Emma Coffey, Carraig na BhFear** – Girls U/17 Pole Vault (3.25m) **CPB**
- **Joseph McEvoy, Nenagh Olympic A.C.** – Boys U/17 60mH (8.38)
- **Joseph McEvoy, Nenagh Olympic A.C.** – Boys U/17 High Jump (1.94m)
- **Gabriel Kehinde, Ennis Track A.C.** – Boys U/17 60m (7.13)
- **Luke Brennan, Waterford A.C.** – Boys U/17 1500m (4.17.06)
- **Liam McDonagh, Moycarkey Coolcree** – Boys U/17 1.5k Walk (6.50.83)
- **Jack Ryan, Moycarkey Coolcree A.C.** – Boys U/17 Shot Putt (13.85m)
- **Darragh Minter, St. Mary's A.C. Clare** – Boys U/17 Long Jump (6.54m)
- **Orla O'Connor, Waterford A.C.** – Girls U/18 1.5k Walk (7.10.31)
- **Jo Keane, Ennis Track A.C.** – Girls U/18 800m (2.22.07)
- **Ciara Hickey, Blarney/Inniscara A.C.** – Girls U/18 Pole Vault (3.00m)
- **Shane Monagle, Tramore A.C.** – Boys U/18 60mH (8.10)
- **David Ryan, Moycarkey Coolcree A.C.** – Boys U/18 Long Jump (6.59m)
- **Gearoid McMahon, Shannon A.C.** – Boys U/18 1.5k Walk (6.11.90) **CBP**
- **Rebecca Kearney, Carraig na BhFear** – Girls U/19 1.5k Walk (8.38.13)
- **Daniel Ryan, Moycarkey Coolcree A.C.** – Boys U/19 60mH (8.16) **CBP**
- **Daniel Ryan, Moycarkey Coolcree A.C.** – Boys U/19 Shot Putt (15.34m)
- **Daniel Ryan, Moycarkey Coolcree A.C.** – Boys U/19 Long Jump (6.75m)



**Silver medals went to: -**

1. **Hannah Falvey, Belgooly A.C.** – Girls U/12 Long Jump (4.31m)
2. **John Cashman, Leevale A.C.** – Boys U/12 60m (8.41)
3. **Killian Power, Carrick-On-Suir A.C.** – Boys U/12 Long Jump (4.30m)
4. **John Murphy, Liscarroll A.C.** – Boys U/12 High Jump (1.31m)
5. **Ronan Walsh, Shannon A.C.** – Boys U/13 600m (1.39.70)
6. **Joel Joseph, Midleton A.C.** – Boys U/13 Long Jump (4.74m)
7. **Timmy Wilk, Ballymore Cobh A.C.** – Boys U/13 High Jump (1.45m)
8. **Kate O'Regan, Riverstick Kinsale A.C.** – Girls U/13 60mH (10.07)
9. **Ella Scott, Leevale A.C.** – Girls U/14 60mH (9.28)
10. **Maeve O'Neill, Doheny A.C.** – Girls U/14 800m (2.18.46)
11. **Glory Wenegieme, Belgooly A.C.** – Boys U/14 800m (2.17.54)
12. **Glory Wenegieme, Belgooly A.C.** – Boys U/14 Long Jump (4.95m)
13. **Sean Kavanagh, Midleton A.C.** – Boys U/14 High Jump (1.55m)
14. **Hollie McCarthy, Liscarroll A.C.** – Girls U/15 60m (8.01)
15. **Katie Killagrew, West Waterford A.C.** – Girls U/15 Pole Vault (2.20m)
16. **Aimee Hayde, Newport A.C.** – Girls U/15 800m (2.16.02)
17. **Ava Coyle, Riverstick Kinsale A.C.** – Girls U/15 Long Jump (5.10m)
18. **Ciaran Hurley, Carraig na BhFear A.C.** – Boys U/15 1k Walk (5.25.97)
19. **Hugh Collins, Leevale A.C.** – Boys U/15 Long Jump (5.30m)
20. **Ciaran O'Sullivan, St. Mary's A.C. Limerick** – Boys U/15 High Jump (1.68m)
21. **Nikolka Stevankova, Dooneen A.C.** – Girls U/16 60m (7.66)
22. **Niamh Foley, St. Mary's A.C. Limerick** – Girls U/16 200m (25.42)
23. **Ava Fennessy, Clonmel A.C.** – Girls U/16 800m (2.19.84)
24. **Siofra O'Dea, Kilmurray/Ibrickane A.C.** – Girls U/16 1.5k Walk (6.46.58)
25. **Anna Ryan, Moycarkey Coolcree A.C.** – Girls U/16 Pole Vault (2.75m)
26. **Holly Meredith, St. Mary's A.C. Limerick** – Girls U/16 High Jump (1.64m)
27. **Ciara Sheehy, Liscarroll A.C.** – Girls U/16 Shot Putt (13.90m)
28. **Daniel Hurley, Leevale A.C.** – Boys U/16 60m (7.40)
29. **Colin Doyle, Leevale A.C.** – Boys U/17 60m (7.16)
30. **Ryan O'Leary, Leevale A.C.** – Boys U/17 200m (22.88)
31. **Darragh Minitier, St. Mary's A.C. Clare** – Boys U/17 60mH (8.44)
32. **Darragh Minitier, St. Mary's A.C. Clare** – Boys U/17 Shot Putt (13.66m)
33. **Patrick Fitzgerald, West Waterford A.C.** – Boys U/17 Pole Vault (3.00m)
34. **Sean Carolan, Nenagh Olympic A.C.** – Boys U/17 Long Jump (6.26m)
35. **Shona O'Brien, Gneeveguilla A.C.** – Girls U/18 1500m (4.52.65)
36. **Sean Mockler, Moycarkey Coolcree A.C.** – Boys U/18 Shot Putt (13.85m)
37. **James Murphy, Waterford A.C.** – Boys U/18 Triple Jump (12.73m)
38. **Shane Monagle, Tramore A.C.** – Boys U/18 Long Jump (6.59m)
39. **Aisling Kelly, St. John's A.C.** – Girls U/19 1500m (4.49.68)
40. **Angharad Loughnane, Marian A.C.** – Girls U/19 Shot Putt (11.58m)
41. **Katie Walsh, Carraig na BhFear A.C.** – Girls U/19 High Jump (1.60m)
42. **Rachel Bowler, Tralee Harriers A.C.** – Girls U/19 Triple Jump (10.59m)
43. **Rachel Bowler, Tralee Harriers A.C.** – Girls U/19 Long Jump (5.02m)
44. **Dion Ryan, Waterford A.C.** – Boys U/19 High Jump (1.90m)



**Bronze medals were won by: -**

1. **Denis Matthews, Dooneen A.C.** – Boys U/12 60m (8.51)
2. **John Murphy, Lisscarroll A.C.** – Boys U/12 600m (1.42.43)
3. **Grace Rooney, Youghal A.C.**- Girls U/13 60m (8.24)
4. **Jessica Lyne, Leevale A.C.** – Girls U/13 60mH (10.32)
5. **Kotryna Pacewisakeme, Fanahan McSweeney A.C.** – Girls U/13 Shot Putt (9.12m)
6. **Sean Carmody, Belgooly A.C.** – Boys U/13 60m (8.31)
7. **Laura Frawley, St. Mary's A.C. Limerick** – Girls U/14 60mH (9.36)
8. **Maeve O'Connor, Waterford A.C.** – Girls U/14 1k Walk (5.48.04)
9. **Glory Wenegieme, Belgooly A.C.** – Boys U/14 60m (7.86)
10. **Armand Schoeman, Templemore A.C.** – Boys U/15 60mH (9.33)
11. **Armand Schoeman, Templemore A.C.** – Boys U/15 60m (7.75)
12. **Claire Caulfield, Waterford A.C.** – Girls U/15 1k Walk (5.02.21)
13. **Megan Lenihan, North Cork A.C.** – Girls U/15 Shot Putt (12.36m)
14. **Niamh Foley, St. Mary's A.C. Limerick** – Girls U/16 60m (7.74)
15. **Lia Farley, Riverstick Kinsale A.C.** – Girls U/16 Long Jump (5.10m)
16. **Wymin Sivakumar, Leevale A.C.**- Boys U/16 60mH (8.51)
17. **Robert Twomey, Leevale A.C.** – Boys U/16 200m (23.84)
18. **Ryan McCraith, West Waterford A.C.** – Boys U/16 Pole Vault (2.60m)
19. **Gary Randles, Kenmare A.C.** – Boys U/16 Shot Putt (12.54m)
20. **Lauren O'Leary, Emerald A.C.** – Girls U/17 Long Jump (7.82)
21. **Sophie Meredith, St. Mary's A.C. Limerick** – Girls U/17 Shot Putt (11.42m)
22. **Paul O'Shaughnessy, Dooneen A.C.** – Boys U/17 60m (7.27)
23. **Sean Carolan, Nenagh Olympic A.C.** – Boys U/17 Shot Putt (13.27m)
24. **Sam O'Neill, West Waterford A.C.** – Boys U/17 Pole Vault (3.00m)
25. **Joseph McEvoy, Nenagh Olympic A.C.** – Boys U/17 Long Jump (6.17m)
26. **Conor Morey, Leevale A.C.** – Boys U/17 200m (22.96)
27. **Luke Brennan, Waterford A.C.** – Boys U/17 800m (2.00.52)
28. **Dave McInerney, Bandon A.C.** – Boys U/18 60m (7.18)
29. **Ben Donovan, Abbey Striders A.C.** - Boys U/18 High Jump (1.85m)
30. **Katie Murphy, Ferrybank A.C.** – Girls U/18 60m (7.89)
31. **Anna O'Connor, Waterford A.C.** – Girls U/18 1.5k Walk (7.37.22)
32. **Clodagh Walsh, Abbey Striders A.C.** – Girls U/18 Pole Vault (2.75m)
33. **Lorna Monahan, Ferrybank A.C.** – Girls U/18 Triple Jump (10.21m)
34. **Eoin Kenny, Waterford A.C.** – Boys U/18 200m (23.10)
35. **James Murphy, Waterford A.C.** – Boys U/18 Long Jump (6.09m)



36. **Emily Nolan, Ferrybank A.C.** – Girls U/19 200m (25.66)

37. **Diarmuid Clancy, Abbey Striders A.C.** – Boys U/19 400m (50.74)



In the Relay competitions on Saturday 25<sup>th</sup> March, Munster Clubs won **23 sets of medals (11 gold, 8 silver & 4 bronze)** with over half the medals won by two Clubs, Dooneen A.C. (4 gold, 2 silver & 2 bronze) & Leevale A.C. (3 gold, & 2 silver). Details of medal winners below: -

#### **Girls U/12 4 x 100m**

- 1<sup>st</sup> Dooneen A.C. (57.78)
- 2<sup>nd</sup> Leevale A.C. (57.82)



#### **Boys U/12 4 x 100m**

- 1<sup>st</sup> Dooneen A.C. (54.78)
- 3<sup>rd</sup> Carrick-On-Suir A.C. (56.61)



### **Girls U/13 4 x 100m**

- 1<sup>st</sup> Riverstick Kinsale A.C. (55.39)

### **Boys U/13 4 x 100m**

- 1<sup>st</sup> Dooneen A.C. (53.63)
- 2<sup>nd</sup> Midleton A.C. (53.67)

### **Girls U/14 4 x 200m**

- 1<sup>st</sup> Dooneen A.C. (1.52.33)
- 2<sup>nd</sup> Leevale A.C. (1.52.40)

### **Boys U/14 4 x 200m**

- 2<sup>nd</sup> Belgooly A.C. (1.48.07)
- 3<sup>rd</sup> Nenagh Olympic A.C. (1.48.76)

### **Girls U/15 4 x 200m**

- 3<sup>rd</sup> Dooneen A.C. (1.50.79)

### **Boys U/15 4 x 200m**

- 1<sup>st</sup> Templemore A.C. (1.42.36)
- 2<sup>nd</sup> Dooneen A.C. (1.45.56)

### **Girls U/16 4 x 200m**

- 3<sup>rd</sup> Dooneen A.C. (1.48.80)

### **Boys U/16 4 x 200m**

- 1<sup>st</sup> Leevale A.C. (95.21)

#### Girls U/17 4 x 200m

- 2<sup>nd</sup> Dooneen A.C. (1.48.17)

#### Boys U/17 4 x 200m

- 1<sup>st</sup> Leevale A.C. (1.33.43)

#### Girls U/18 4 x 200m

- 1<sup>st</sup> Carrick-On-Suir A.C. (1.44.97)
- 2<sup>nd</sup> Emerald A.C. (1.45.05)

#### Boys U/18 4 x 200m

- 1<sup>st</sup> Leevale A.C. (1.33.40)

#### Girls U/19 4 x 200m

- 1<sup>st</sup> Emerald A.C. (1.43.86)
- 2<sup>nd</sup> Ferrybank A.C. (1.43.94)

April

### Munster Juvenile & Youth Combined Events Championships

The Munster Juvenile Combined Events Championships were held in Waterford Regional Sports Centre on Saturday 22<sup>nd</sup> April 2017 with competition for U/11 to U/16 age groups. **4** Championship Best Performances were recorded on the day by the following athletes: -

- **Sarah Abullo, Waterford A.C.** scored 1340 points in the Girls U/11 Pentathlon to set a new record (Pentathlon introduced in 2017 with introduction of a 200m event to existing Quadrathlon).
- **Hannah Falvey, Belgooly A.C.** set a new record in the Girls U/12 Pentathlon with 1683 points (new events of 80m and Shot Putt introduced for 2017).
- **Sean Fennell, St. Mary's A.C. Clare** scored 1170 points in the Boys U/11 competition to set a new record (Pentathlon introduced in 2017 with introduction of a 200m event to existing Quadrathlon).
- **John Murphy, Liscarroll A.C.** scored a total of 1362 points in the Boys U/12 competition Pentathlon (5) Alberta (new events-80m/Shot) 1362 2017 John Murphy Liscarroll

**Sarah Abullo, Waterford A.C.** won the Girls U/11 competition (1340 points) with **Rosemary Alamu, Midleton A.C.** in 2<sup>nd</sup> place (1313) & **Lucy Lynch, Ferrybank A.C.** in 3<sup>rd</sup> place (1244). **Hannah Falvey, Belgooly A.C.** took the title in the Girls U/12 (1683) with **Ceola Bergin, Templemore A.C.** in 2<sup>nd</sup> place (1475) & **Okwu Backari, Leevale A.C.** in 3<sup>rd</sup> place (1248). **Ava Rochford Ennis Track A.C.** took the

Munster title in the Girls U/13 (1931) with **Lauren Green, Riverstick Kinsale A.C.** in 2<sup>nd</sup> place (1555) & **Niamh McCarthy, Doheny A.C.** in 3<sup>rd</sup> place (1518). **Laura Frawley, St. Mary's A.C. Limerick** was the winner of the Girls U/14 competition (2914) with **Katie Nolke, Ferrybank A.C.** in 2<sup>nd</sup> place (2737) & **Lorna O'Shea, Carrick-On-Suir A.C.** in 3<sup>rd</sup> place (2451). There was a win in the Girls U/15 competition for **Amy O'Donoghue, Bandon A.C.** (2543) with **Sara Zia Buckley, Leevale A.C.** in 2<sup>nd</sup> place (2180) & bronze for **Paula Igwe, Ferrybank A.C.** (1738). In the Girls U/16 competition, there was gold for **Anna Ryan, Moycarkey Coolcree A.C.** (2657) with silver for **Orla Coffey, Carraig na bhFear A.C.** (2572) & bronze for **Kerry Barrett, Youghal A.C.** (2450).

In the Boys U/11 competition, there was gold for **Sean Fennell, St. Mary's A.C. Clare** (1170), silver for **Odhran O'Sullivan, Midleton A.C.** (1134) & bronze for **Darren Moroney, St. Cronan's A.C.** (1081). **John Murphy, Liscarroll A.C.** won the Boys U/12 (1362) with **John Cashman, Leevale A.C.** in 2<sup>nd</sup> (1332) & **Calum Costello, Carrick-On-Suir A.C.** in 3<sup>rd</sup> place (1272). **George Alamu, Midleton A.C.** took gold (1838) in the Boys U/13 competition with **Killian Bergin, Templemore A.C.** in 2<sup>nd</sup> place (1402) & **Matthew Hardy, Borrisokane A.C.** in 3<sup>rd</sup> (1284).

**Jack Cullen, Bandon A.C.** took the title in the Boys U/14 competition (2000) with **Alex Reynolds, Nenagh Olympic A.C.** in 2<sup>nd</sup> place (1687) & bronze for **Ben Connolly, Nenagh Olympic A.C.** (1181). There was gold for **Jordan Kissane, Tralee Harriers A.C.** (1882) in the Boys U/15 competition with **Diarmuid O'Connor, Bandon A.C.** winning the Boys U/16 competition finishing on 2826 points & **Cillian Griffin, Tralee Harriers A.C.** winning silver on 2485 points.

May

### 8 New Records at Munster Championships

The Irish Life Health Munster Schools Track & Field Championships took place on Saturday 20<sup>th</sup> May 2017 in Cork I.T. Among the athletes who shone on the day were our **8 record breakers** with the oldest records to fall dating back to 1982 & 1988: -

- **Emily Wall, Colaiste Choilm Ballincollig** ran 11.91 in the Minor Girls 75m Hurdles to break the existing record of 12.64 set by Chisom Ugwera, St. Flannan's Ennis in 2016.
- **Ciara Sheehy, St. Mary's Charleville** threw the Junior Girl's Shot out to 14.58m to smash her own record of 13.04m set in 2016.
- **Anna Ryan, Ursuline Thurles** vaulted 2.90m in the Junior Girls Pole Vault to smash the record of 2.70m set in 2011 by Kayleigh Cronin, St. Brigid's, Killarney.
- **Tírna Ni Chathail, Pobalscoil na Tríonoide** set a record of 48.63m in the Intermediate Girls Hammer to break the record of 48.32m set by Alice Akers, Scariff CC in 2013.
- **Tara Ramasawmy, Presentation Waterford** ran 5:30.09 in the U/16 Girl's Mile to better the time of 5:35.55 set by Shona O'Brien, Presentation Milltown in 2016.
- **Patrick Ambrose, SMI Newcastle West** ran 12.13 in the Minor Boys 75mH to break the record of 12.46 set by Jamie O'Brien, Mercy Mount Hawk in 2016.
- **Mark Collins, Bandon Grammer** threw 14.13 in the Minor Boys Shot Putt to break the record of 13.52m set by E. Carey, St. Michael's Listowel in 1982.
- **Mercy Mount Hawk Tralee Senior Girls 4x100 Meter Relay** ran 49.44 to break the record of 49.70 set by St. Mary's Nenagh in 1988.



*Winners of Senior Girls 100m & 400m – Sharlene Mawdsley, St. Mary’s Newport*

Having already run 23.85m indoors for the 200m and attained the “A” standard for the European Junior Track & Field Championships, **Sharlene Mawdsley, St. Mary’s Newport** continued her great form powering her way home to double Munster Schools titles in the Senior Girls 100m & 400m. **Ciara Sheehy, St. Mary’s Charleville** attained another EYOF qualifying standard in the Shot Putt when she threw 14.53m in the Junior Girls Shot Putt.

Double medal winners were: -

- **Ailbhe Doherty, St. Flannan’s** (double gold in Minor Girls 200m & 80m);
- **Chisom Ugweru, St. Flannan’s** (double gold in Junior Girls 75mH & Triple Jump);
- **Megan Lenihan, Hazelwood College** (double gold in Junior Girls Discus & Javelin);
- **Ciara Sheehy, St. Mary’s Charleville** (double gold in Junior Girls Shot Putt & Hammer);
- **Niamh Foley, SMI Newcastlewest** (double gold in Inter Girls 100m & 200m);
- **Miriam Daly, Scoil Mhuire COS** (double gold in the Inter Girls 80mH & 300mH);
- **Kate Taylor, Colaiste Muire Ennis** (double gold in Senior Girls Long Jump & 100mH);
- **Sharlene Mawdsley, St. Mary’s Newport** (double gold in Senior Girls 100m & 400m);
- **Stephanie Cotter, Coachford College** (double gold in Senior Girls 800m & 1500m);
- **Angharad Loughnane, GS Luimnigh** (double gold in Senior Girls Shot Putt & Discus);
- **Sean Mockler, Thurles CBS** (double gold in Inter Boys Hammer & Discus);
- **Jamie Mitchell, Ard Scoil Rís** (double gold in Senior Boys 100m & 200m);
- **Daniel Ryan, Thurles CBS** (double gold in Senior Boys 100mH & Shot Putt).



*Daniel Ryan, Thurles CBS & Miriam Daly, Scoil Mhuire COS, both double gold medal winners*



*Jamie Mitchell, Ard Scoil Rís & Ailbhe Doherty, St. Flannan's both on their way to second gold medals of the day*

Other multiple medal winners were: -

- **Emily Wall, Colaiste Choilm** (gold in Minor Girls 75mH (record) & silver in 100m);
- **Anna Ryan, Ursuline Thurles** (gold in the Junior Girls Pole Vault (record) & silver in the Discus);
- **Katie Nolke, Ursuline Waterford** (gold in the Minor Girls Long Jump and silver in Junior High Jump; **Nikolka Stevankova, Laurel Hill** (gold in Junior Girls 100m & silver in 200m);
- **Aisling Cassidy, Bandon Grammer** (1<sup>st</sup> Inter Girls Triple Jump & 2<sup>nd</sup> in 80mH);
- **Sophie Meredith, SMI Newcastlewest** (1<sup>st</sup> Inter Girls Long Jump & 2<sup>nd</sup> in Triple Jump);
- **Roseann Fitzgerald, CTI Clonmel** won gold in the Inter Girls 300m & silver in the 200m;
- **Claire Rafter, Ursuline Thurles** won gold in the Inter Girls 3km & silver in the 1500m;
- **Ciara Neville, Castletroy College** (gold in Senior Girls 100m & silver in 100mH);
- **Laura Cussen, Colaiste Choilm Ballincollig** (gold in Senior Girls Pole Vault & silver in High Jump); **Aisling Kelly, Kilrush CS** (gold in Senior Girls 3km & bronze in 1500m);
- **Hollie McCarthy, Buttevant** (double silver in Junior Girls 100m & 75mH);
- **Lauren O'Leary, Nagle Rice Doneraile** (double silver in Inter Girls 100m & Long Jump);
- **Rachel Stephens, GCPL** (double silver in Inter Girls Shot Putt & Discus);
- **Katie Murphy, Abbey CC** (double silver in the Senior Girls 100m & 200m);
- **Avril Deegan, Presentation Thurles** won double silver in the Senior Girls 3km & 1500m;
- **Oyinkan Adedeja, Colaiste Chiarain** (silver in Minor Girls 75mH & bronze in 100m);
- **Blessing Alamu, St. Mary's Middleton** (silver in Junior Girls Shot Putt & bronze in Long Jump);
- **Noelle Lenihan, Hazelwood College** (silver in Senior Girls Shot Putt & bronze in Discus);
- **Lauren O'Grady, Mercy Mount Hawk** (2<sup>nd</sup> in Senior Girls Discus & 3<sup>rd</sup> in Hammer);
- **Sophie Perrott, Buttevant** (double bronze in Junior Girls Shot Putt & Discus);
- **Susan O'Neill, Laurel Hill** (silver in Inter Girls 300m & bronze in 200m);
- **Emily Nolan, Scoil Mhuire COS** won double bronze in the Senior Girls 100m & 200m;
- **Sarah Jacob, Ursuline Waterford** won double bronze in the Inter Girls Discus & Shot Putt;
- **Sarah O'Keeffe, Davis College** (double bronze in Senior Girls 100mH & Shot Putt);
- **Emily O'Mahoney, St. Augustine's Dungarvan** (double bronze in the Inter Girls Long Jump & Triple Jump) & **Vickie Cusack, Davis College** (double bronze in Senior Girls 400mH & Javelin);

- **Glory Wenegieme, Crosshaven** (gold in Minor Boys 800m & 3<sup>rd</sup> in 100m);
- **Mervyn Shalemba, Mercy Mount Hawk Tralee** (gold in Junior Boys 100m & silver in 200m);
- **Diro Lawal, Castletroy College** (gold in Junior Boys 200m & silver in 100m);
- **Reece Ademola, Douglas CS** (gold Junior Boys High Jump & silver in Long Jump);
- **Ricky Carroll, St. Coleman's Midleton** (gold in Junior Boys Hammer & silver in Shot Putt);
- **Jack McEvoy, St. Anne's Killaloe** (gold in Junior Boys 80mH & silver in Javelin);
- **Shane Monagle, Ard Scoil na Mara** (gold in Senior Boys Long Jump & silver in 110mH);
- **Travis Coomey, Bandon Grammer** (gold in Senior Boys Hammer & silver in Discus);
- **Adam Turner, Colaiste Chríost Rí** (gold in Junior Boys Long Jump & bronze in 80mH);
- **Colin Doyle, PBC Cork** (gold in Inter Boys 200m & bronze in 100m);
- **Shaun Benson, St. Flannan's** (gold in Inter Boys 100m & bronze in 200m);
- **Darragh Minitier, Ennistymon CBS** (gold in Inter Boys 100mH & bronze in Long Jump);
- **James Murphy, Ard Scoil na Mara** (gold in Senior Boys Triple Jump & bronze in Long Jump);
- **Kevin Caulfield, St. Joseph's Tulla** (gold in Senior Boys Discus & bronze in Shot Putt);
- **Jack Corcoran, Waterpark College** (double silver in Minor Boys 75mH & Junior Triple Jump);
- **Sean Carolan, St. Mary's Newport** (double silver in Inter Boys Long Jump & Triple Jump);
- **Cian Kingston, Bandon Grammer** (double silver in Inter Boys Shot Putt & Discus);
- **John Forde, PBC Cork** (silver in Inter Boys 100mH & bronze in High Jump);
- **Conor Morey, PBC Cork** (double silver in Inter Boys 100m & 200m);
- **David O'Brien, St. Clements** (silver in Senior Boys 200m & bronze in 100m);
- **Sean McCarthy, JtB Hospital** (silver in Senior Boys 100m & bronze in 200m);
- **Caillum Hedderman JtB Hospital** (double bronze in Junior Boys 200m & 800m);
- **Jordan Kissane, Tralee CBS** (double bronze in Junior Boys Long Jump & High Jump);
- **Joshua Delaney, Nenagh College** (double bronze in Junior Boys Shot Putt & Discus);
- **Ciaran Nugent, Colaiste an Chraoibhin** (double bronze in Inter Boys 400m & 400mH);



***Emily Wall, Colaiste Choilm, Glory Wenegieme, Crosshaven & Jack Corcoran, Waterpark College, all double medal winners***

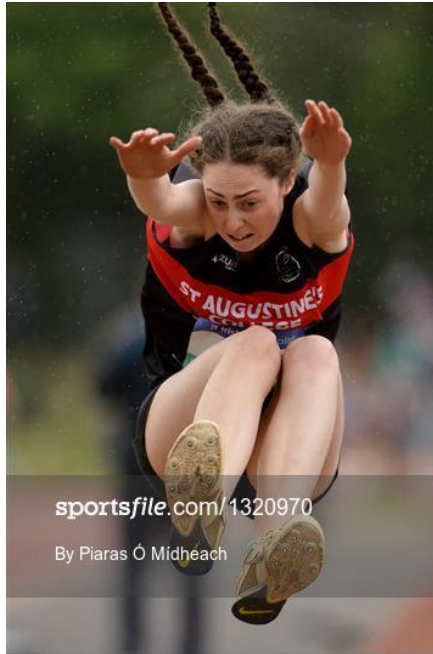
Sibling wins came to the fore again this year with sisters **Emma & Orla Coffey, St. Angela's Cork** winning two Pole Vault medals between them with elder sister Emma leading the way with a gold medal win in the Intermediate Girls competition & younger sibling, Orla winning silver in the Junior

Girls. Sisters **Sophie & Hollie Meredith, SMI Newcastlewest** took home 3 medals between them with both winning silver in the Junior & Inter Triple Jump and Sophie winning the Inter Long Jump; **Sisters Megan & Noelle Lenihan, Hazelwood College** were in top form on the day with older sister Noelle winning silver & bronze in the Senior Girls Shot Putt & Discus & younger sister Megan winning gold in the Junior Girls Discus & Javelin. Brothers, **Darragh & Joseph Minitier, Ennistymon CBS** also took home three medals with gold for Darragh in the Intermediate Boys 100mH & bronze in the Long Jump & silver for Joseph in the Senior Boys Long Jump. Perhaps the most impressive sibling tally of the day went to the **Ryan family** who took home 9 medals in total & 1 record with double gold for **Daniel** in the Senior Boys 110mH & Shot Putt, gold for **David** in the Intermediate Long Jump & silver in the Relay, gold for **Jack** in the Inter Boys Shot Putt & silver in Relay, silver for **Dillon** in the Junior Pole Vault (**all Thurles CBS**) & gold & silver for **Anna (Ursuline Thurles)** in the Junior Girls Pole Vault & the Discus. It was a fantastic day of athletics & well done to the Munster Schools Athletics Association & all their wonderful volunteers for running the competition so well



*The Ryan siblings, Daniel, Jack, Anna, Dillon & David who won 9 medals between them.*





Cup Winners & School Rankings are listed below: -

***Women - Minor - Team Rankings - 6 Events Scored***

- 1) Our Ladys Templemore 5
- 1) Castletroy College 5
- 1) Col Choilm Ballincollig 5

***Women - Junior - Team Rankings - 15 Events Scored***

- 1) St Flannan's 14
- 2) Col Mhuire Buttevant 7
- 2) Bandon Grammar School 7

***Women - Intermediate - Team Rankings - 19 Events Scored***

- 1) SMI Newcastle West 14
- 2) Sc Mhuire Carrick 8
- 2) Bandon Grammar School 8

***Women - Senior - Team Rankings - 19 Events Scored***

- 1) Mercy Mount Hawk 13
- 2) Castletroy College 12
- 3) Col Choilm Ballincollig 8

***Men - Minor - Team Rankings - 6 Events Scored***

- 1) SMI Newcastle West 4
- 1) Col Muire Crosshaven 4
- 3) Coláiste Chiarain 3
- 3) Bandon Grammar School 3
- 3) St Joseph's Borrisoleigh 3
- 3) St Flannan's 3 Munster
- 3) Nenagh CBS 3
- 3) Col Phobal Ros Cré 3

***Men - Junior - Team Rankings - 15 Events Scored***

- 1) Mercy Mount Hawk 8
- 2) Bandon Grammar School 7
- 2) Col Christ Ri 7

***Men - Intermediate - Team Rankings - 19 Events Scored***

- 1) Thurles CBS 19
- 2) PBC Cork 16.50
- 3) St Flannan's 8

***Men - Senior - Team Rankings - 19 Events Scored***

- 1) Bandon Grammar School 12
- 2) Ardscoil na Mara 11
- 3) St Declan's 7

**National Combined Events Titles for Lynch, Nevin & O'Connor**



Munster athletes competed very well at the Irish Life Health National Combined Events Championships in Morton Stadium on Saturday 27<sup>th</sup> and Sunday 28<sup>th</sup> May 2017. With Day 1 experiencing torrential rainfall, the Pentathlon athletes were left with just a Quadrathlon on the day with the High Jump cancelled due to excess moisture and dangerous conditions on the run up. There were **8** wins in total by our athletes, 3 gold, 2 silver & 3 bronze. Our top athletes on the day were **Brian Lynch, Old Abbey A.C.** who took gold in the Youth Boys Decathlon with a score of 5832 points, **Diarmuid O'Connor, Bandon A.C.** who won gold in the Boys U/16 competition with 2945 points & **Harry Nevin, Leevale A.C.** who took the Boys U/14 title with 2807 points. Silver medal winners were **Orla Coffey, Carraig na BhFear A.C.** in the Girls U/16 competition (2064 points) & **Cillian Griffin, Tralee Harriers A.C.** in the Boys U/16 competition (2692 points) with bronze medals for **Anna Ryan, Moycarkey Coolcroo A.C.** in the Girls U/16 (2062 points), **Susan Nestor, Nenagh Olympic A.C.** in the Girls U/15 (2265 points) & **Jordan Kissane, Tralee Harriers A.C.** in the Boys U/15 (2493 points). Other athletes who competed well but who were outside the medals were: -

**Alex Reynolds, Nenagh Olympic A.C.** – 6<sup>th</sup> Boys U/14 (1906 points); **Conor Callinan, Leevale A.C.** – 9<sup>th</sup> Boys U/14 (1674 points); **Amy O'Donoghue, Bandon A.C.** – 5<sup>th</sup> Girls U/15 (2022 points) & **Tristan Chambers, Bandon A.C.** – 4<sup>th</sup> Boys U/16 (2498 points).

*June*

**Sensational Day of Schools Athletics**



The Irish Life Health Irish Schools Track & Field Championships took place in Tullamore Stadium on Saturday 3<sup>rd</sup> June 2017. Munster athletes were in fine form winning 37 individual Schools titles, 40 silver medals & 33 bronze & 10 sets of Relay medals (2 gold, 4 silver & 4 bronze). Munster Schools also captured 5 out of the 8 Irish School Cups for top scoring schools in their age categories. It was a double win in the Minor Girls & Junior Girls sections with **Colaiste Choilm Ballincollig** winning the Minor Girl's title & **St. Flannan's Ennis** taking the Junior Girl's title. In the Intermediate section, two Munster schools won the honours with the Girls' title taken by **SMI Newcastlewest & Thurles CBS** taking the Boy's title for the second year in a row and **Presentation Brothers Cork** in 2<sup>nd</sup> place. In the Senior Girls category, both **Castletroy College & Mercy Mount Hawk Tralee** tied for the cup. Other highlights of the day were **Ciara Neville, Castletroy College** running a record of 11.52 in the Senior Girls 100m and attaining a European Junior "A" standard, **Sharlene Mawdsley, St. Mary's Newport** running a record of 53.99 in the Senior Girls 400m to win gold & attain a European Junior "A" standard, **Joseph McEvoy, St. Anne's Killaloe** jumping 2m in the Inter Boys High Jump to win gold & attain an EYOF standard & **Miriam Daly, Scoil Mhuire COS** running 42.64 in the 300mH to run under the EYOF standard of 43.50. **Sophie Meredith, SMI Newcastlewest** was just 7cm off the EYOF standard jumping 5.73m for gold in the Inter Girls Long Jump & **Aoibheann O'Brien, Mercy Mount Hawk** just 6cm off the European Junior "B" standard in the Long Jump when she jumped 5.89m to win the Senior Girls competition. **Cathal Locke, Crescent Comprehensive** ran 53.79 in the Senior Boys 400mH to win gold, a time which was just outside the European "B" standard of 53.75. The **Ryan siblings** representing **Thurles CBS & the Ursuline Thurles** made Irish Schools history when all five of them lined out to compete on the day taking home 8 medals & one record between them (3 gold & 5 silver). Daniel won gold in the Senior Boys 110mH & silver in the Shot Putt, David won silver in the Inter Boys Long Jump & Relay, Jack won gold in the Inter Boys Shot Putt & silver in the Relay, Anna won gold in the Junior Girls Pole Vault setting a new Irish Schools record of 2.92m and silver in the Discus and youngest, Dillon was 4<sup>th</sup> in the Junior Boys Pole Vault & 7<sup>th</sup> in the Javelin.



Munster had 7 Record breaking performances from its athletes: -

- **Sharlene Mawdsley, St. Mary's Newport** set a new record in the Senior Girls 400m when she ran 53.99 to better the time of 54.3h set by Joanne Cuddihy, Loreto Kilkenny set in 2002.
- **Ciara Neville, Castletroy College** set a new record in the Senior Girls 100m to better the existing record of 11.83 set by Phil Healy, Col na Toirbhirte in 2013.
- **Megan Lenihan, Hazelwood College** set a new record in the Junior Girls Discus when she threw 43.79m to break her own record of 39.56m set in 2016.
- **Anna Ryan, Ursuline Thurles** vaulted 2.92m in the Junior Girls Pole Vault to better the 2011 record of 2.70 set by Kaleigh Cronin, St. Brigid's Killarney.
- **Ciara Sheehy, St. Mary's Charleville** threw 15.58m in the Junior Girls Shot Putt to better the 2006 record of 13.60m set by Claire Fitzgerald, Presentation Tralee.
- **Mark Collins, Bandon Grammer** threw the Shot Putt out to 13.73m in the Minor Boys competition to better the existing record of 13.61m set by Adam Sheridan, Rice College in 2016.
- **Castletroy College** took the Senior Girls 4 x 100m Relay title setting a new Schools record of 48.02 to better the existing record of 48.16 set by St. McDara's CC in 1998.



Double gold medal winners were **Sharlene Mawdsley, St. Mary's Newport** (Senior Girls 100m & 400m REC), **Miriam Daly, Scoil Mhuire COS** (Inter Girls 80mH & 300mH); **Niamh Foley, SMI Newcastlewest** (Inter Girls 100m & 200m); **Ciara Sheehy, St. Mary's Charleville** (double gold in Shot Putt REC & Hammer); **Mervyn Shalemba, Mercy Mount Hawk** (Junior Boys 100m & 200m & **Sean Mockler, Thurles CBS** (Inter Boys Discus & Hammer). Gold & silver medal winners were **Ailbhe Doherty, St. Flannan's** (gold in Junior Girls 800m & silver in 200m); **Anna Ryan, Ursuline Thurles** (gold in Junior Pole Vault REC & silver in Discus); **Megan Lenihan, Hazelwood College** (gold in Junior Girls Discus REC & silver in Javelin); **Sophie Meredith, SMI Newcastlewest** (gold in Inter Girls Long Jump & silver in Triple Jump); **Stephanie Cotter, Coachford College** (gold in Senior Girls 1500m & silver in 800m) & **Daniel Ryan, Thurles CBS** (gold in Senior Boys 110mH & silver in Shot Putt). Other double medal winners were: **Avril Deegan, Presentation Thurles** (gold in Senior Girls 3km & bronze in 1500m); **Conor Morey, PBC Cork** (silver in Inter Boys 100m & bronze in 200m); **Sean Carolan, St. Mary's A.C. Newport** (silver in Inter Boys Triple Jump & bronze in Long Jump); **Angharad Loughnane, GC Luimnigh** (silver in Senior Girls Discus & bronze in Shot Putt); **Joshua Delaney, Nenagh College** double bronze in Junior Boys Discus & Shot Putt & **Chisom Ugwuere, St. Flannan's** (double bronze in the Junior Girls 75mH & Triple Jump).





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By Sam Barnes



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Munster medal winners are below: -

## Gold medals

1. Mark Carroll, Nenagh CBS – Minor Boys Long Jump (5.52m)
2. Mark Collins, Bandon Grammer – Minor Boys Shot Putt (13.73m) **REC**
3. Ailbhe Doherty, St. Flannan's – Junior Girls 800m (2.18.00)
4. Aimee Hayde, St. Mary's Newport – Junior Girls 1500m (4.37.42)
5. Aoife O'Sullivan, St. Mary's Mallow – Junior Girls High Jump (1.60m)
6. Anna Ryan, Ursuline Thurles – Junior Girls Pole Vault (2.92m) **REC**
7. Ciara Sheehy, St. Mary's Charleville – Junior Girls Shot Putt (15.58m) **REC**
8. Ciara Sheehy, St. Mary's Charleville – Junior Girls Hammer (49.59m)
9. Megan Lenihan, Hazelwood College – Junior Girls Discus (43.79m) **REC**
10. Mervin Shalamba, Mercy Mount Hawk Tralee – Junior Boys 100m (12.00)
11. Mervin Shalamba, Mercy Mount Hawk Tralee – Junior Boys 200m (23.29)
12. Adam O'Dwyer, Thurles CBS – Junior Boys Pole Vault (3.00m)
13. Niamh Foley, SMI Newcastlewest – Inter Girls 100m (12.22)
14. Niamh Foley, SMI Newcastlewest – Inter Girls 200m (25.16)
15. Alex O'Neill, Rice College Ennis – Inter Girls 800m (2.11.76)
16. Miriam Daly, Scoil Mhuire, COS – Inter Girls 80Mh (11.71)
17. Miriam Daly, Scoil Mhuire, COS – Inter Girls 300Mh (42.64)
18. Alannah Neff, Carrigaline CS – Inter Girls 1500m S/C (5.09.86)
19. Emma Coffey, St. Angela's Cork – Inter Girls Pole Vault (3.10m)
20. Sophie Meredith, SMI Newcastlewest – Inter Girls Long Jump (5.73m)
21. Darragh McElhinney, Col Phobail Bheantraí – Inter Boys 1500m (4.10.22)
22. Darragh Minitier, Ennistymon CBS – Inter Boys 100mH (13.93)
23. Jake Vermeer, Comeragh College – Inter Boys 400mH (56.24)
24. Joseph McEvoy, St. Anne's Killaloe – Inter Boys High Jump (2.00m)
25. Wymin Sivakamur, Colaiste Spioraid Naoimh – Inter Boys Triple Jump (12.90m)
26. Sean Mockler, Thurles CBS – Inter Boys Discus (50.14m)
27. Sean Mockler, Thurles CBS – Inter Boys Hammer (52.54m)
28. Ciara Neville, Castletroy College – Senior Girls 100m (11.52) **REC**
29. Sharlene Mawdsley, St. Mary's Newport – Senior Girls 200m (24.02)
30. Sharlene Mawdsley, St. Mary's Newport – Senior Girls 400m (53.99) **REC**
31. Stephanie Cotter, Coachford College – Senior Girls 1500m (4.31.98)
32. Avril Deegan, Presentation Thurles – Senior Girls 3km (10.15.10)
33. Aoibheann O'Brien, Mercy Mount Hawk – Senior Girls Long Jump (5.89m)
34. Orla O'Connor, Waterpark College – Senior Girls 3km Walk (13.56.77)
35. Daniel Ryan, Thurles CBS – Senior Boys 110mH (14.59)
36. Cathal Locke, Crescent Comprehensive – Senior Boys 400mH (53.79)
37. Charlie O'Donovan, Col Christ Ri – Senior Boys 1500m (4.04.53)
38. PBC Cork 4 x 100m Relay (44.26)
39. Castletroy College – Senior Girls 4 x 100m (48.02) **REC**





## Silver medals

1. Emily Wall, Colaiste Choilm Ballincollig – Minor Girls 75mH (11.59)
2. Kyle Dooley, Colaiste Phobal Ros Cre – Minor Boys 100m (12.12)
3. Castletroy College – Minor Girls 4 x 100m (52.88)
4. Nikolka Stevankova, Laurel Hill – Junior Girls 100m (12.55)
5. Ailbhe Doherty, St. Flannan's – Junior Girls 200m (24.95)
6. Sarah Lane, St. Anne's Killaloe – Junior Girls 800m (2.19.46)
7. Caitlin Kennedy, JtB Hospital – Junior Girls High Jump (1.60m)
8. Orla Coffey, St. Angela's Cork – Junior Girls Pole Vault (2.92m)
9. Anna Ryan, Ursuline Thurles – Junior Girls Discus (30.68m)
10. Megan Lenihan, Hazelwood College – Junior Girls Javelin (41.77m)
11. Siofra O'Dea, SJ Spanish Point – Junior Girls 1200m Walk (5.23.52)
12. Rory Prenderville, JtB Hospital – Junior Boys 800m (2.05.35)
13. Mark Hanrahan, St. Flannans – Junior Boys 1500m (4.23.58)
14. Reece Ademola, Douglas CS – Junior Boys High Jump (1.80m)
15. Ricky Carroll, St. Coleman's Midleton – Junior Boys Hammer (40.22m)
16. Shona O'Brien, Presentation Milltown – Inter Girls 1500m (4.47.25)
17. Ciara Kennelly, St. Brigid's Killarney – Inter Girls High Jump (1.60m)
18. Sophie Meredith, SMI Newcastlewest – Inter Girls Triple Jump (10.97m)
19. Martha Quain, Col an Chroi Naofa – Inter Girls Discus (31.91m)
20. Tirna Ni Chathail, PS na Trionoide – Inter Girls Hammer (48.74m)
21. Katie Moynihan, Davis College – Inter Girls Javelin (42.61m)
22. Conor Morey, PBC – Inter Boys 100m (11.07)
23. Colin Doyle, PBC – Inter Boys 200m (22.50)
24. Brian Lynch, CSN – Inter Boys 400mH (56.55)
25. Patrick Fitzgerald, St. Augustine's College Dungarvan – Inter Boys Pole Vault (3.00m)
26. David Ryan, Thurles CBS – Inter Boys Long Jump (6.64m)
27. Sean Carolan, St. Mary's Newport – Inter Boys Triple Jump (12.67m)
28. Liam McDonagh, Thurles CBS – Inter Boys 2km Walk (9.05.59)
29. Thurles CBS – Inter Boys 4 x 100m Relay (44.90)
30. Stephanie Cotter, Coachford College – Senior Girls 800m (2.15.72)
31. Aisling Kelly, Kilrush CS – Senior Girls 3km (10.20.06)
32. Kate Taylor, Colaiste Mhuire Ennis – Senior Girls 100mH (14.80)
33. Shona Dolken O'Shea, SP Bheara – Senior Girls 1500m S/C (5.23.13)

34. Clíodhna Blake, SM Kilmihil – Senior Girls High Jump (1.65m)
35. Laura Cussen, Colaiste Choilm Ballincollig – Senior Girls Pole Vault (3.00m)
36. Maebh Ni Dhálaigh, GC Mhuire AG – Senior Girls Javelin (31.49m)
37. Angharad Loughnane, GC Luimnigh – Senior Girls Discus (38.70m)
38. Daniel Ryan, Thurles CBS – Senior Boys Shot Putt (14.94m)
39. James Murphy, Ard Scoil na Mara – Senior Boys Long Jump (6.77m)
40. Travis Coomey, Bandon Grammer – Senior Boys Hammer (46.63m)
41. Tommy Connolly, CBC – U/16 Mile (4.31.53)
42. Fearghal Curtin, CBS Midleton – Senior Boys 5km (15.52.71)
43. Mercy Mount Hawk – Senior Girls 4 x 100m Relay (48.48)
44. Castletroy College – Senior Girls 4 x 300m (3.01.20)
45. Bandon Grammer – Senior Boys 4 x 100m Relay (43.61)



### **Bronze Medals**

1. Sally Dixon, Crescent Comprehensive – Minor Girls 100m (12.86)
2. Oyinkan Adedeja, Colaiste Chiarain – Minor Girls 75mH (11.82)
3. Our Lady's Templemore – Minor Girls 4 x 100m Relay (53.05)
4. Patrick Ambrose, SMI Newcastlewest – Minor Boys 75mH (12.25)
5. Sean O'Mahony, SM Listowel – Minor Boys Long Jump (5.33m)
6. Chisom Ugwuere, St. Flannans – Junior Girls Triple Jump (9.92m)
7. Chisom Ugwuere, St. Flannans – Junior Girls 75mH (11.94)
8. Alannah Kelly, St. Augustine's College Dungarvan – Junior Girls Pole Vault (2.50m)
9. Nicola Tuthill, Col na Toirbhirte Bandon – Junior Girls Hammer (40.90m)
10. Katelyn Reid, PS Corca Dhuirbhne – Junior Girls Javelin (38.36m)
11. Bandon Grammer – Junior Girls 4 x 100m Relay (51.47)
12. Diro Lawal, Castletroy College – Junior Boys 200m (24.06)
13. Adam Turner, Col Chríost Rí – Junior Boys Long Jump (5.76m)
14. Joshua Delaney, Nenagh College – Junior Boys Discus (38.38m)
15. Joshua Delaney, Nenagh College – Junior Boys Shot Putt (11.81m)
16. Noah McConway, St. Flannans – Junior Boys 1200m Walk (6.14.20)
17. Laura Hayes, Loreto Fermoy – Inter Girls 3km (10.24.81)
18. Aisling Cassidy Bandon Grammer – Inter Girls Triple Jump (10.75m)
19. Shaun Benson, St. Flannans – Inter Boys 100m (11.27)
20. Conor Morey, PBC – Inter Boys 200m (22.54)
21. Jack Pender, High School Clonmel – Inter Boys 400m (51.07)
22. Sean Carolan, St. Mary's Newport – Inter Boys Long Jump (6.48m)
23. Cian Kingston, Bandon Grammer – Inter Boys Discus (38.22)
24. Pádraig O'Callaghan, Col Chríost Rí – Inter Boys Hammer (52.42m)
25. Aleksander Wagner, St. Augustine's College Dungarvan – Inter Boys Triple Jump (12.17m)

26. Avril Deegan, Presentation Thurles – Senior Girls 1500m (4.41.02)
27. Ella Nicholson, Bandon Grammer – Senior Girls Long Jump (5.59m)
28. Jade O’Farrell Bond, Borriskane CC – Senior Girls Hammer (40.15m)
29. Vicky Cusack, Davis College – Senior Girls Javelin (31.24m)
30. Anna O’Connor, Waterpark College – Senior Girls 3km Walk (16.08.82)
31. Angharad Loughnane, GC Luimnigh – Senior Girls Shot Putt (11.23m)
32. Lauren O’Grady, Mercy Mount Hawk – Senior Girls Discus (35.35m)
33. Bandon Grammer – Senior Girls 4 x 300m Relay (3.02.28)
34. Matthew Murnane, CBC – Senior Boys 800m (1.57.33)
35. Micheal Power, St. Augustine’s College Dungarvan – Senior Boys 5km (16.02.00)
36. Shane Monagle, Ard Scoil na Mara – Senior Boys 110mH (15.05)
37. St. Declan’s Kilmacthomas – Senior Boys 4 x 400m Relay (43.61)
- 38.



### Relay Results

1. Our Lady’s Templemore Minor Girls 4 x 100m Relay – 3<sup>rd</sup> (53.05)
2. Bandon Grammer School Junior Girls 4 x 100m Relay – 3<sup>rd</sup> (51.47)
- 3. Castletroy College Senior Girls 4 x 100m Relay – 1<sup>st</sup> (48.02) REC**
4. Mercy Mount Hawk Tralee Senior Girls 4 x 100m Relay – 2<sup>nd</sup> (48.48)
5. Castletroy College Senior Girls 4 x 300m Relay – 2<sup>nd</sup> (3.01.20)
6. Bandon Grammer Senior Girls 4 x 300m Relay – 3<sup>rd</sup> (3.02.38)
7. PBC Cork Intermediate Boys 4 x 100m Relay – 1<sup>st</sup> (44.26)
8. Thurles CBS Intermediate Boys 4 x 100m Relay – 2<sup>nd</sup> (44.90)
9. Bandon Grammer Senior Boys 4 x 100m Relay – 2<sup>nd</sup> (43.61)
10. St. Declan’s Kilmacthomas Senior Boys 4 x 400m Relay – 3<sup>rd</sup> (3.32.36)



## Schools Rankings

1. Minor Girls – 1<sup>st</sup> Colaiste Choilm Ballincollig (1)2
2. Junior Girls – 1<sup>st</sup> St. Flannan’s Ennis (32), 3<sup>rd</sup> Colaiste Mhuire Buttevant (19)
3. Junior Boys – 2<sup>nd</sup> Mercy Mount Hawk (23)
4. Inter Girls – 1<sup>st</sup> SMI Newcastlewest (39)
5. Inter Boys – 1<sup>st</sup> Thurles CBS (51), 2<sup>nd</sup> PBC Cork (37)
6. Senior Girls – 1<sup>st</sup> Castletroy College (29) & Mercy Mount Hawk (29)

## 4 New CBP’s At Munster U/9 to U/13 Champs



The Munster U/9 to U/11 Team Games & the U/12 & U/13 Track & Field Championships were held in Lee’s Road, Ennis, Co. Clare on Saturday 3<sup>rd</sup> & Sunday 4<sup>th</sup> June 2017. There were lots of exciting performances with **4 new Championship Best Performances** (“CBP”) being set.

Details of the CBP’s set over the weekend are as follows: -

1. **Destiny Lawal Dooneen A.C.** ran 51.43 in the Girls U/9 300m to smash the 2011 record of 53.94 set by Shauna O’Gorman, Kilmihil A.C.
2. **Lewis Lenihan, Bandon A.C.** threw the Boys U/10 Turbo Javelin out to 21.74m to better the existing mark of 21.64m set by his club-mate, Eoin Cassidy in 2014.
3. **John Murphy Liscarroll A. C.** ran 1.42.81 in the Boys U/12 600m to smash the existing record of 1.44.00 set by Jack O’Connor, Dooneen A.C. in 2014.
4. **Dooneen A.C.** Boys U/12 4 X 100m Relay ran 55.48 to take one second off the existing record of 56.48 set by Belgooly A.C. in 2015.

There were lots of great performances over the weekend some athletes taking more than one medal in their age group. Details of some of the multiple medal winners are below: -

**Destiny Lawal, Dooneen A.C.** won double gold in the Girls U/9 60m & 300m also setting a new CBP of 51.43 in the 300m; **Ryan Onoh, Leevale A.C.** also did the double in the Boys U/10 60m & Long Jump; **Sarah Abullo, Waterford A.C.** won double gold in the Girls U/11 Long Jump & 600m; **Lauren Shannon, Marian A.C.** won silver in the Girls U/9 60m & bronze in the 300m; **Ellie Kate McRae,**

**Midleton A.C.** won silver in the Girls U/9 Long Jump & bronze in the 60m & **Darragh Ball, St. Cronan's A.C.** won double bronze in the Boys U/11 Long Jump & Turbo Javelin.



In the Team competitions, **Midleton A.C.** duo **Roisin McManus & Meabh Corkery** won double silver in the Girls U/9 60m & 300m with **Dooneen A.C.** pair **Maeve Purtill & Ivana O'Carroll** winning double bronze. In the Boys U/9 competition, **Ollie Buckley & Cathal Walsh** from **Riverstick/Kinsale A.C.** won double gold in the 300m & the Long Jump. **Carraig na bhFear A.C.** pair **Theo De Souza & Sam O'Sullivan** won silver in the Boys U/11 Long Jump & bronze in the 60m with **Doheny A.C.** duo **Samuel Bailey & Keith McCarthy** winning double silver in the 600m & Turbo Javelin.

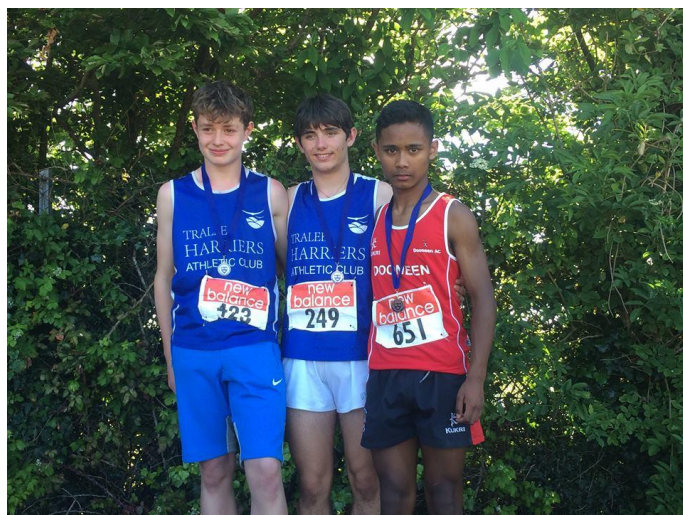
In the Relays, **Dooneen A.C.** emerged as the strongest Club winning 5 titles out of 10 in the Girls U/9, U/11, U/12 & U/13 & Boys U/12 who also set a new Championship Best Performance of 55.48. **Midleton A.C.** won gold in the Boys U/11 & U/13 with **Leevale A.C.** winning gold in the Boys U/9 & U/10 and **Finisk Valley A.C.** taking gold in Girls U/10.



**A.C., Dooneen A.C., Bandon A.C. & Leevale A.C.** were the 3 top Clubs. Details of Club winnings are below: -

- Dooneen A.C. – 4 gold, 2 silver & 1 bronze
- Bandon A.C. – 3 gold, 1 silver & 4 bronze
- Leevale A.C. – 3 gold, 1 silver & 1 bronze
- Middleton A.C. – 2 gold, 7 silver & 1 bronze
- St. Cronan's A.C. – 2 gold & 2 silver
- Lios Tuathail A.C. – 2 gold & 2 bronze
- Templemore A.C. – 2 gold & 2 bronze
- Limerick A.C. – 1 gold, 1 silver & 2 bronze
- Derg A.C. – 1 gold & 1 silver
- Finisk Valley A.C. – 1 gold
- Fanahan McSweeney A.C. – 1 gold
- Skibbreen A.C. – 1 gold
- St. Mary's A.C. Limerick – 1 gold
- North Cork A.C. – 2 silver & 1 bronze
- Belgooly A.C. – 1 silver & 2 bronze
- Doheny's A.C. – 1 silver
- An Riocht – 1 silver
- Waterford A.C. – 1 silver
- St. Mary's A.C. Clare – 1 silver
- Blackwater A.C. – 1 silver
- Marian A.C. – 2 bronze
- West Waterford A.C. – 1 bronze
- Liscarroll A.C. – 1 bronze
- Newport A.C. – 1 bronze
- Tralee Harriers A.C. – 1 bronze
- Ennis Track A.C. – 1 bronze

### **26 Records at Munster T&F Champs**



The Munster U/14 to U/19 Track & Field Championships were held in Cork I.T. on Saturday 17<sup>th</sup> & Sunday 18<sup>th</sup> June. The level of competition was very high with **26** new Championship Best Performances set over the two days by the following athletes: -

- **Katie Nolke, Ferrybank A.C.** jumped 1.57m in the Girls U/14 High Jump to better the jump of 1.56m by Sophie Meredith, St. Mary's A.C. Limerick in 2014.
- **Leah Parker, Midleton A.C.** threw 41.55m in the Girls U/14 Hammer to better the 2009 record of 32.63m set by Alice Akers, Marian A.C.
- **Maeve O'Neill, Doheny A.C.** ran 2.17.66 in the Girls U/14 800m to better the time of 2.19.68 set by Ailbhe Doherty, Ennis Track A.C. in 2016.
- **Harry Nevin, Leevale A.C.** ran 11.21 in the Boys U/14 75mH to break the existing record of 11.73 set by Darren Prout, Carrick-On-Suir A.C. in 2010.
- **Glory Wenegieme, Belgooly A.C.** ran 24.49 in the Boys U/14 200m to break the record of 24.82 set by Conor Commene, Tralee Harriers A.C. in 2016.
- **Jack Cullen, Bandon A.C.** threw 40.55 in the Boys U/14 Javelin to better the 2016 record of 38.94m set by Joe Ivory, Liscarroll A.C. in 2016.
- **Belgooly A.C.** Boys U/14 4 x 100m Relay ran 51.69 to break the existing record of 52.00 set by Leevale A.C. in 2014.
- **Geoffrey Joy O'Regan, Sunhill Harriers A.C.** jumped 1.70m in the Boys U/14 High Jump to better the existing record of 1.66m set by Reece Ademola, Leevale A.C. in 2016.
- **Shane Aherne, Leevale A.C.** ran 32.93 in the Boys U/16 250mH to better the existing record of 32.97 set by David Ryan, Moycarkey Coolcree A.C. in 2015.
- **Wymin Sivakumar, Leevale A.C.** jumped 13.08m in the Boys U/16 Triple Jump to better the 12.59m record of John Naughton, Leevale A.C. set in 1984.
- **Tralee Harriers A.C.** ran 45.38 in the Boys U/16 4 x 100m to better the time of 47.33 set by Limerick A.C. in 2014.
- **Frank O'Brien, Midleton A.C.** ran 6.34.09 in the Boys U/17 3km Steeplechase to break the existing record of 6.53.36 set by Jamie Roche, Ennis Track A.C. in 2015.
- **Leevale A.C.** ran 44.48 in the Boys U/17 4 x 100m to better the time of 45.67 set by Limerick A.C. in 2014.
- **Tony Odubote, Ennis Track A.C.** ran 22.35 in the Boys U/18 200m to better the existing record of 22.45 set by Cormac Lynch, Marian A.C. in 2011.
- **Jamie Mitchell, Emerald A.C.** ran 22.49m in the Boys U/19 200m to better the 2015 record of 22.70 set by Stephen Walsh, Ferrybank A.C.
- **Cathal Locke, Dooneen A.C.** ran 54.23 in the Boys U/19 400mH to better the 57.74 set by Eoghan Courtney, St. Brendan's A.C. in 2013.
- **Megan Lenihan, North Cork A.C.** threw 39.20m in the Girls U/15 Discus to smash the existing 2007 record of 34.52m set by Zoe Scanlon, West Waterford A.C.
- **Megan Lenihan, North Cork A.C.** threw 41.80m in the Girls U/15 Javelin to beat the record of 40.97m set by Orlaith O'Brien, Waterford A.C. in 2013.
- **Nicola Tuthill, Bandon A.C.** threw 43.42m in the Girls U/15 Hammer to break the 2012 record of 42.60m set by Aoife Doyle, Star of the Laune A.C.
- **Ciara Sheehy, Liscarroll A.C.** threw 14.69m in the Girls U/16 Shot Putt to beat the 1985 mark of 12.88m set by Ailish O'Brien, Dungarvan.

- **Miriam Daly, Carrick-On-Suir A.C.** ran 56.72 in the Girls U/17 400m to better the time of 58.32 set by N. Brennan, De La Salle in 1980.
- **Miriam Daly, Carrick-On-Suir A.C.** ran 44.75 in the Girls U/17 300mH to better the time of 45.34 set by Kelly Ann Doyle, Carrick-On-Suir A.C. in 2013.
- **Sophie Meredith, St. Mary's A.C. Limerick** jumped 5.88m in the Girls U/17 Long Jump to better the 1990 record of 5.75m set by Claire Ingerton, Leevale A.C.
- **Emma Coffey, Carraig na BhFear A.C.** vaulted 3.22m in the Girls U/17 Pole Vault to better the 2016 record of 280m set by Clodagh Walsh, Abbey Striders A.C.
- **Laura Nicholson, Bandon A.C.** ran 17.17.76 in the Girls U/18 2km Steeplechase to better the time of 7.25.00 set by Ciara Cummins, Nenagh Olympic A.C. in 2014.
- **Ciara Neville, Emerald A.C.** ran 24.22 in the Girls U/19 200m to better the 2001 record of 24.4h held by Sharon Kelly, Leevale A.C.

There were many multiple gold medal winners on the day. **Lucy May Sleeman, Leevale A.C.** took triple gold in the Girls U/14 80m, 200m and 75mH, **Ailbhe Doherty, Ennis Track A.C.** won treble gold in the Girls U/15 100m, 200m & 800m; **Niamh Foley, St. Mary's A.C. Limerick** won double gold in the Girls U/16 80mH & 200m & silver in the 100m; **Katie Murphy, Ferrybank A.C.** did the double in the Girls U/18 100m and 200m; **Miriam Daly, Carrick-On-Suir A.C.** won treble gold in the Girls U/17 100mH, 300mH & 400m & **Emily Wall, Leevale A.C.** took double gold in the Girls U/15 75mH & 250mH;

In the middle-distance events, **Maeve O'Neill, Doheny A.C.** took double gold in the Girls U/14 800m and 1500m setting a new CBP of 2.17.66 in the 800m; **Isabelle Cummins, Ferrybank A.C.** won double gold in the Girls U/17 800m & 1500m as did **Shona O'Brien, Gneeveguilla A.C.** in the Girls U/18. **Una O'Brien, Tramore A.C.** won double titles in the Girls U/16 1500m and 3km with **Aisling Kelly, St. John's A.C. Clare** taking double gold in the Girls U/19 1500m & 3km.

In the Field events, **Amy Whelan, Liscarroll A.C.** won double gold in the Girls U/14 Shot Putt & Javelin; **Megan Lenihan, North Cork A.C.** won treble gold in the Girls U/15 Discus, Shot Putt & Javelin setting two new CBP's in the Discus and Javelin; **Katie Nolke, Ferrybank A.C.** won double gold in the Girls U/14 High Jump and Long Jump setting a new record of 1.57m in the High Jump; **Sophie Meredith, St. Mary's A.C. Limerick** won treble gold in the Girls U/17 Long Jump, Triple Jump and Shot Putt setting a new record of 5.88m in the Long Jump; **Vickie Cusack, Liscarroll A.C.** won treble gold in the Shot Putt, Long Jump and 400mH; **Leah Parker, Midleton A.C.** won double gold in the Discus and Hammer setting a new CBP and **Ciara Sheehy, Liscarroll A.C.** won 4 gold medals in the Girls U/16 Shot Putt, Discus, Hammer & Javelin setting a new CBP's in the Shot Putt.

In the Boys sprint events, **Glory Wenegieme, Belgooly A.C.** won double gold in the Boys U/14 100m & 200m setting a new record of 24.49 in the 200m; **Conor Commene, Tralee Harriers A.C.** won double gold in the Boys U/15 100m & 200m and also added gold in the Long Jump with team-mate **Mervyn Shalemba** winning double titles in the Boys U/16 100m & 200m. **Jamie Mitchell, Emerald A.C.** won double titles in the Boys U/19 100m & 200m setting a new record in the 200m of 22.49 with **Tony Odubote, Ennis Track A.C.** winning gold in the Boys U/18 200m & 400m with a new 200m CBP of 22.35. In the middle-distance events, **Aidan Burke, Waterford A.C.** won double titles in the Boys U/14 800m & 1500m with **Conor Ryan, Templemore A.C.** winning double gold in the Boys U/18 800m & 1500m and **Niall Blackwell, West Waterford A.C.** winning titles in both the Boys U/19



1500m & 3km. **Joseph McEvoy, Nenagh Olympic A.C.** won double gold in the Boys U/17 High Jump & 100mH with team-mate **Sean Carolan** winning 4 gold in the Boys U/17 Long Jump, Triple Jump, Javelin & Hammer. **Ben Donovan, Abbey Striders A.C.** won two titles in the Boys U/18 Triple Jump & High Jump with **Reece Ademola, Leevale A.C.** winning double gold in the 80mH and High Jump. **Sean Mockler, Moycarkey Coolcree A.C.** won treble gold in the Boys U/18 Shot Putt, Discus and Hammer with his team-mate, **Daniel Ryan** winning 6 gold medals in the Boys U/19 110mH, Pole Vault, Long Jump, Shot Putt, Discus and Javelin. **Shane Cawley, Waterford A.C.** did the double in the Boys U/16 Shot Putt & Discus with **Callum Keating, North Cork A.C.** also winning on the double in the Boys U/14 Shot Putt & Discus. **Shane Monagle, Tramore A.C.** won double gold in the Boys U/18 Long Jump & 110mH with **Wymin Sivakumar, Leevale A.C.** taking treble gold in the Boys U/16 Long Jump, Triple Jump and 100mH.



**Munster Schools Excel at Tailteann Interprovincial**



It was a fantastic day of athletics in Morton Stadium, Santry at the Irish Life Health Tailteann Interprovincial Schools Championships on Saturday 24<sup>th</sup> June. Munster athletes came to the fore on both the track and in the field winning the Boys Tailteann trophy for the first time since 1991. Our girls won 20 individual medals (9 gold, 5 silver & 6 bronze) with our boys winning 24 individual medals (11 gold, 7 silver & 6 bronze) bringing Munster's medal haul to a fine figure of 44 (20 gold, 12 silver & 12 bronze). To further add to our winnings the Munster Girls 4 x 400m relay team of **Ailbhe Doherty, Ellie Rochford, Roseann Fitzgerald & Miriam Daly** won gold with bronze for their 4 x 100m team of **Ailbhe Doherty, Sophie Meredith, Aisling Cassidy & Niamh Foley** with our Boys winning the 4 x 100m (**Conor Morey, Colin Doyle, David McInerney & Darragh Minter**) & taking bronze in the 4 x 400m (**Andrew Collins, Jack Hickey, Jake Vermeer & Brian Lynch**). Other highlights of the day were **Alannah Neff, Carrigaline CS** setting a new record of 5.08.51 in the 1500m Steeplechase, **Aimee Hayde, St. Mary's Newport** winning the Jack Sweeney Perpetual Trophy for the Best 1500m, **Ben Donovan, Midleton College** winning the Harold Osborn Trophy for Best High Jumper after a jump off between Ciaran Connolly, Colaiste Chiarain, Leixlip which Ben won clearing a pb of 2.00m & **Ciara Sheehy, St. Mary's Charleville** who won the Fr. Lonergan Trophy for the Best Female performance of the Championships when she threw 14.75m in the Shot Putt to take gold.



*Ben Donovan, Midleton College, winner of Boys High Jump & the Harold Osborn High Jump Trophy*



*Alannah Neff, Carrigaline CS on her way to winning the Girls 1500m Steeplechase in a record time*

Double gold medal winners were **Sean Mockler, Thurles CBS** (Discus & Hammer) & **Colin Doyle, Presentation Brothers Cork** (100m & 200m). Other multiple medal winners were **Sean Carolan, St. Mary's Newport** (1<sup>st</sup> Long Jump, 2<sup>nd</sup> Triple Jump, 3<sup>rd</sup> Javelin), **Sophie Meredith, SMI Newcastlewest** (1<sup>st</sup> Triple Jump & 2<sup>nd</sup> Long Jump), **Ciara Sheehy, St. Mary's Charleville** (1<sup>st</sup> Shot Putt, 3<sup>rd</sup> Hammer), **Miriam Daly, Scoil Mhuire COS** (1<sup>st</sup> 300mH, 3<sup>rd</sup> 80mH), **Darragh Minter, Ennistymon CBS** (1<sup>st</sup> 100mH, 3<sup>rd</sup> Long Jump), **Conor Morey, Presentation Brothers Cork** (2<sup>nd</sup> 100m & 200m) & **Cian Kingston, Bandon Grammer** (3<sup>rd</sup> in Discus & Shot Putt).



Our medal winners were: -

### **Gold**

1. Ailbhe Doherty, St. Flannan's College Ennis – Girls 300m (39.50)
2. Jo Keane, St. Flannan's College Ennis – Girls 800m (2.15.26)
3. Aimee Hayde, St. Mary's Newport – Girls 1500m (4.42.54)
4. Miriam Daly, Scoil Mhuire COS – Girls 300mH (43.96)
5. Alannah Neff, Carrigaline CS – Girls 1500m S/C (5.08.51)
6. Caitlin Kennedy, St. John the Baptist Hospital – Girls High Jump (1.71m)

7. Emma Coffey, St. Angela's Cork – Girls Pole Vault (3.20m)
8. Sophie Meredith, SMI Newcastlewest – Girls Triple Jump (11.11m)
9. Ciara Sheehy, St. Mary's Charleville – Girls Shot Putt (14.75m)
10. Colin Doyle, PBC Cork – Boys 100m (11.12)
11. Colin Doyle PBC Cork – Boys 200m (22.65)
12. Darragh Minitier, Ennistymon CBS – Boys 100mH (13.87)
13. Jake Vermeer, Comeragh College – Boys 400mH (56.28)
14. Ben Donovan, Midleton College – Boys High Jump (1.95m)
15. Adam O'Dwyer, Thurles CBS – Boys Pole Vault (3.60m)
16. Sean Carolan, St. Mary's Newport – Boys Long Jump (6.45m)
17. Wymin Sivakumar, Colaiste Spioraid Naoimh – Boys Triple Jump (12.93m)
18. Jack Ryan, Thurles CBS – Boys Shot Putt (14.54m)
19. Sean Mockler, Thurles CBS – Boys Hammer (59.66m)
20. Sean Mockler, Thurles CBS – Boys Discus (48.09m)
21. Munster Girls 4 x 400m Relay
22. Munster Boys 4 x 100m Relay



*Colin Doyle, PBC Cork, double gold medal winner in 100m & 200m*

### **Silver**

1. Shona O'Brien, Presentation Milltown – Girls 1500m (4.45.86)
2. Sophie Meredith, SMI Newcastlewest – Girls Long Jump (5.78m)
3. Aisling Cassidy, Bandon Grammer – Girls Triple Jump (11.05m)
4. Megan Lenihan, Hazelwood College – Girls Discus (35.35m)
5. Tirna Ní Chathail, Pobailscoil na Trionoide – Girls Hammer (49.64m)
6. Conor Morey, PBC Cork – Boys 100m (11.16)
7. Conor Morey, PBC Cork – Boys 200m (22.71)
8. Tommy Connolly, CBC – Boys 1500m (4.08.01)
9. Joseph McEvoy, St. Anne's Killaloe – Boys 100mH (13.90)
10. Patrick Fitzgerald, St. Augustine's Dungarvan – Boys Pole Vault (3.40m)
11. Sean Carolan, St. Mary's Newport – Boys Triple Jump (12.57m)
12. Liam Mc Donagh, Thurles CBS – Boys 3km Walk (15.17.09)



### **Bronze**

1. Miriam Daly, Scoil Mhuire COS – Girls 80mH (11.77)
2. Aisling Lowe, Ursuline Waterford – Girls 1500m S/C (5.44.92)
3. Ciara Kennelly, St. Brigid’s Killarney – Girls High Jump (1.68m)
4. Martha Quain, Col Chroi Naofa Carrignavar– Girls Discus (31.27m)
5. Ciara Sheehy, St. Mary’s Charleville – Girls Hammer (46.43m)
6. Siofra O’Dea, SJ Spanish Point – Girls 3km Walk (15.56.15)
7. Brian Lynch, Colaiste an Spioraid Naoimh – Boys 400mH (56.59)
8. Darragh Minitier, Ennistymon CBS – Boys Long Jump (6.42m)
9. Cian Kingston, Bandon Grammer – Boys Shot Putt (13.40m)
10. Cian Kingston, Bandon Grammer – Boys Discus (39.52m)
11. Pdraig O’Callaghan, Christian Brothers Cork – Boys Hammer (51.32m)
12. Sean Carolan, St. Mary’s Newport – Boys Javelin (47.28m)
13. Munster Girls 4 x 100m Relay
14. Munster Boys 4 x 400m Relay



## 23 Medals for Munster Juvenile Teams



© SPORTSFILE 24 June 2017: Boys U10 60m medalists, from left, Cian O'Donnell and Jeremiah O'Leary of Liscannore A.C., Co Galway, (left), Ryan Onoh and Daniel Murphy of Leevale A.C., Co Cork, (middle), and Tadhg McKeough of Berrig AC, Co Clare, (right), at the Irish Life Health Juvenile Games & Junior Club Relay at Tullamore Harriers Stadium in Tullamore, Co Offaly. Photo by Sam Barnes/Sportsfile

The Irish Life Health National Juvenile Games were held in Tullamore Harriers Stadium on Saturday 24<sup>th</sup> June 2017. There were 23 sets of team medals won by Munster (8 gold, 8 silver and 7 bronze). In addition to this, Munster Clubs also took home 7 sets of Relay medals (2 gold & 5 silver).

In the Girls U/9 Turbo Javelin, there was gold for **Hannah Doyle and Lucy Dennehy, Fanahan McSweeney A.C.**, while in the Girls U/9 60m, **Midleton A.C.** duo of **Ava Coughlan and Elle - Kate McRae** won silver with **Holly Harris and Ruby O'Neill, North Cork A.C.** also winning silver in the U/9 500m. The team of **Ava Coughlan and Elle -Kate McRae, Midleton A.C.** went one better in the Girls U/9 Long Jump to win gold with silver for **Belgooly A.C.** duo **Giselle Ahern and Lucy Swinburne**. Our Boys U/9 team of **Evan Naughton and Ezekiel Osabase, Leevale A.C.** won silver in the 60m with bronze for the **Lios Tuathail A.C.** team of **Ajay Barrett and Odhran Buckley** in the Long Jump.

In the Girls U/10 60m, there was gold for **Ali Dromey and Ava Hanley, Belgooly A.C.** and silver for **Ava Flavin and Lucy Nugent, Finisk Valley A.C.** and gold also in the Girls U/10 500m for **Heather & Rhia McCarthy, Doheny A.C. Templemore A.C.** team of **Grace Murphy and Kate Nevin** won silver in the Girls U/10 Turbo Javelin with two sets of medals for Munster in the Girls U/10 Long Jump with **Emma O'Connell and Ruby Cummins, Bandon A.C.** placing 2<sup>nd</sup> and **Limerick A.C.** athletes **Abbey Yelverton and Orlaith Grimes** winning bronze. In the Boys U/10 60m, Munster had two teams on the podium with gold for **Daniel Murphy and Ryan Onoh, Leevale A.C.** and bronze for **Matt Leyden and Enda Tormey, Derg A.C.** **Enda Tormey** scored another win in the Boys U/10 500m with his partner **Archie McNamara** taking gold in the U/10 500m with another gold medal for **Ryan Onoh, Leevale A.C.** with his team-mate **Mike Scott** in the U/10 Long Jump. **Andrew Lane and Lewis Lenihan, Bandon A.C.** won bronze in the Boys U/10 Turbo Javelin.



ports/ie 24 June 2017, Girls U11 Long Jump medalists, from left, Emma O'Connell and Ruby Cummins of Bandon A.C., Co Cork, silver, Clara Laffan and Kiera Wilson of Bree A.C., Co Westford, gold, with Abby Silverton and Orlaith Grimes of Limerick A.C., Co Limerick, bronze, at the Irish Life Health Juvenile Games & Inter Club Relays at Tallamore Harriers Stadium in Tallamore, Co Offaly. Photo by Sam Barnes/Sportsfile



ports/ie 24 June 2017, Girls U11 60m medalists, from left, Ava Flavin and Lucy Sargent of Finsick Valley A.C., Co Waterford, silver, Aoibhin Donoghue and Eimear McBride of Lusk A.C., Co Dublin, gold, with Sarah Garry and Katie Kilmurray of Mallow Harriers A.C., Co Westmeath, bronze, at the Irish Life Health Juvenile Games & Inter Club Relays at Tallamore Harriers Stadium in Tallamore, Co Offaly. Photo by Sam Barnes/Sportsfile

In the Girls U/11 competitions, there was gold for **Mai McKenna** and **Orla O'Shaughnessy**, **Dooneen A.C.** in the 600m with bronze for **Maisie McRae** and **Rosemary Alamu**, **Midleton A.C.** in the Long Jump and bronze also for **Diana Rose Coakley** and **Kate Kingston**, **Skibbereen A.C.** in the Turbo Javelin. In the Boys U/11 Long Jump, there was silver for **Peter Barrett** and **Robert Olden**, **Midleton A.C.** with bronze for **Darragh Ball** and **Darren Moloney**, **St. Cronan's A.C.**



© SPORTSfile 24 June 2017, Girls U10 Trixie-Jadele Middletons, from left, Grace Murphy and Kate Nevin of Templemore A.C., Co Tipperary, silver, Isabel Kearns and Abby Lewis of Swan A.C., Co Kildare, gold, with Eimear McBratton and Aoibhín Donoghue of Lusk A.C., Co Dublin, bronze, at the Irish Life Health Juvenile Games & Inter-Club Relays at Tallagore Harriers Stadium in Tallagore, Co Offaly. Photo by Sam Barnes/Sportsfile

In the Relay competitions, Munster took home 7 sets of medals. There were gold medals for **Dooneen A.C.** in the Girls U/9 and **Leevale A.C.** in the Boys U/10. Silver medals were won by **Midleton A.C.** in the Girls U/9, **Belgooly A.C.** in the Girls U/10, **Dooneen A.C.** in the Girls U/11, **Lios Tuathail A.C.** in the Boys U/9 and **Midleton A.C.** in the Boys U/11.



© SPORTSfile 24 June 2017, Eilín Kate of Midleton A.C., Co Cork, left, and Georgia Myerstrong of Crookstown Millbrook A.C., Co Kildare, competing in the Girls U9 4x100m relay at the Irish Life Health Juvenile Games & Inter-Club Relays at Tallagore Harriers Stadium in Tallagore, Co Offaly. Photo by Sam Barnes/Sportsfile





©sportsfile 24 June 2017: Evan Naughton of Leevale A.C., Co Cork, competing in the Boys U/9 4x100m relay at the Irish Life Health Juvenile Games & Inter Club Relays at Tallamore Harriers Stadium in Tallamore, Co Offaly. Photo by Sam Barrow/Sportsfile

## Four New Championship Best Performances for Munster

The Irish Life Health National Juvenile Inter-Club Relays were held in AIT Track, Athlone on Sunday 2<sup>nd</sup> July 2017. Munster teams had an excellent day taking home **26** sets of medals (10 gold, 6 silver & 10 bronze) and setting **4** new Championship Best Performance. **Dooneen A.C. Boys U/12 4 x 100m** team ran to a new record in 54.39, with **Leevale A.C.** taking the Boys U/16 record with 44.60 and their Boys U/17 team running a new record of 43.73 and **Ferrybank A.C. Girls U/19** team setting a new record with their run of 48.79.

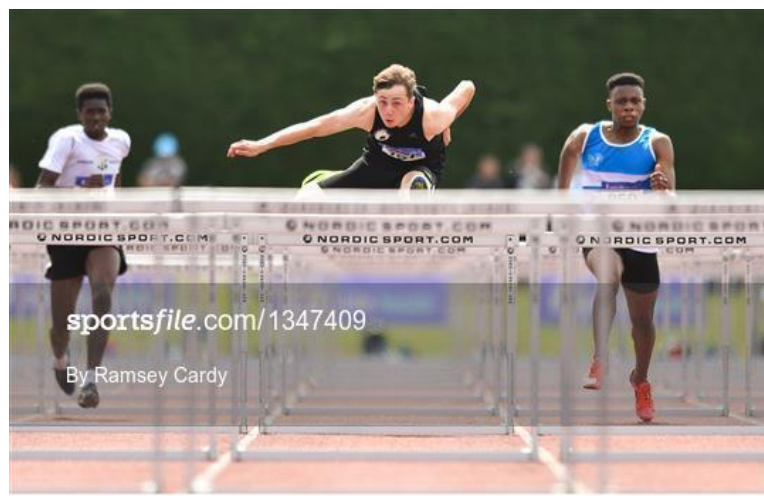
In the Girls U/12 competition, Munster had a clean sweep with gold for **Leevale A.C.** (56.31), silver for **Dooneen A.C.** (56.50) & bronze for **Bandon A.C.** (56.65). Templemore A.C. were 7<sup>th</sup> in 58.36. In the Girls U/13, **Dooneen A.C.** took silver (54.48) with 6<sup>th</sup> for Riverstick Kinsale A.C. (55.82). **Leevale A.C.** won silver in the Girls U/14 with 4<sup>th</sup> for Dooneen A.C. while in the Girls U/15, there was bronze for **Dooneen A.C.** (51.43) & 7<sup>th</sup> for Leevale A.C. In the Girls U/16, **Dooneen A.C.** won gold (49.83) with 6<sup>th</sup> place for Bandon A.C. Girls U/17 saw another gold for **Dooneen A.C.** (49.81) with 5<sup>th</sup> for Leevale A.C. with **Leevale A.C.** taking bronze in the 4 x 400m competition (4.24.56). There was gold for **Emerald A.C.** in the Girls U/18 (49.75) & bronze for **Carrick-On-Suir A.C.** (54.47) & 5<sup>th</sup> place for Leevale A.C. **Ferrybank A.C. Girls U/18 4 x 400m** won bronze (4.08.60) with 7<sup>th</sup> place for Bandon A.C. & 8<sup>th</sup> for Midleton A.C. In the Girls U/19 4 x 100m, **Ferrybank A.C.** won gold with a Championship Best Performance of 48.79 with **Emerald A.C.** winning silver (49.04) while **Ferrybank A.C.** also won bronze in the 4 x 400m (4.17.65) with 6<sup>th</sup> for Midleton A.C.

In the Boys U/12, **Dooneen A.C.** won gold and set a new Championship Best Performance of 54.39 with Leevale A.C. and Carraig na BhFear A.C. in 7<sup>th</sup> & 8<sup>th</sup>. **Midleton A.C.** won gold in the Boys U/13

(52.78) with bronze for **Leevale A.C.** (53.53), 5<sup>th</sup> for Dooneen A.C. & 7<sup>th</sup> for Belgooly A.C. **Belgooly A.C.** took silver in the Boys U/14 (52.13) while **Leevale A.C.** won silver in the Boys U/15 (48.44) with bronze for **Templemore A.C.** (48.94). **Leevale A.C.** won the Boys U/16 in a new CBP of 44.60 with 8<sup>th</sup> place for Bandon A.C. **Leevale A.C.** scored another victory in the Boys U/17 winning gold and setting another CBP of 43.73 with bronze for **Tralee Harriers A.C.** (45.36). In the Boys U/17 4 x 400m **Midleton A.C.** won bronze (3.42.77) while **Leevale A.C.** won gold in the Boys U/18 (43.91) with 6<sup>th</sup> for Bandon A.C. In the Boys U/18 4 x 400m, Bandon A.C. were 4<sup>th</sup> while in the Boys U/19 4 x 100m, Templemore A.C. were 4<sup>th</sup> and Bandon A.C. 5<sup>th</sup>.

July

### Strong Showing from Munster Athletes on Day 1



Munster athletes showed good form at Day 1 of the Irish Life Health National Juvenile Track & Field Championships in Tullamore on Saturday 8<sup>th</sup> July 2017 winning 70 medals in total which included 28 gold & national titles, 24 silver & 18 bronze & 6 new National records set by the athletes below: -

1. **Harry Nevin, Leevale A.C.** ran 11.04 in the Boys U/14 75mH to better the record of 11.46 held jointly by Ryan Murray, Bree A.C. (2011) and Cian O'Connell, Lake District A.C. (2015).
2. **Amy Whelan, Liscarroll A.C.** threw the Girls U/14 Javelin out to 41.53m to better the 2016 mark of 39.07m set by Megan Lenihan, North Cork A.C.
3. **Aimee Hayde, Newport A.C.** ran 2.15.63 in the Girls U/15 800m to beat the long standing 2005 record of 2.16.34 set by Ciara Cronin, Ferrybank A.C.
4. **Shane Monagle, Tramore A.C.** ran 14.18 in the Boys U/18 110mH to take Shercock A.C. Garbhan McKenna's 14.36 record set in 2013.
5. **Laura Nicholson, Bandon A.C.** ran 6.58.38 in the Girls U/18 Steeplechase to smash the existing record of 7.20.70 by Ciara Cummins, Nenagh Olympic A.C. set in 2014.
6. **Daniel Ryan, Moycarkey Coolcree A.C.** ran 14.48 in the Boys U/19 110mH to smash the existing record of 15.09 set by Jack Murphy, Leevale A.C. in 2016.



Munster had two double gold medal winners on the day with **Daniel Ryan, Moycarkey Coolcree A.C.** claiming double gold in the Boys U/19 110mH and Shot Putt setting a new CBP of 14.48 in the hurdles and **Kate Taylor, St. Cronan's A.C.** also claiming double gold in the Girls U/19 100mH & Long Jump. Other double medal winners were **Sophie Meredith, St. Mary's A.C.** who won gold in the Girls U/17 Long Jump & silver in the Shot Putt with gold for **Sean Carolan, Nenagh Olympic A.C.** in the Boys U/17 Discus and silver in the Long Jump. **Wymyn Sivakumar, Leevale A.C.** was also another double medal winning taking silver in the Boys U/16 100mH and Long Jump with **Vickie Cusack, Liscarroll A.C.** winning gold in the Girls U/18 Long Jump & bronze in the Shot Putt. A unique achievement on the day was a gold medal win for **Theo De Souza, Carraig na BhFear A.C.** in the Boys U/12 Long Jump which he added to his Dad and Grandad's National athletics medal collection, a three generations span of winnings for Carraig na BhFear A.C. Siblings who recorded wins were **Andrew and David Scanlon, Waterford A.C.** who both won bronze medals, Andrew in the Boys U/12 Shot Putt and David in the Boys U/13 High Jump with **Daniel and Jack Ryan, Moycarkey Coolcree A.C.** both taking gold in the Boys U/19 and Boys U/17 Shot Putt competitions.



**Theo De Souza, Carraig na BhFear A.C., winner of the Boys U/12 Long Jump pictured with his Dad and Grandad, also All-Ireland medal winners in their day.**

Summary below of athlete's performances from Day 1: -

#### Gold medals

1. Ceola Bergin, Templemore A.C. – Girls U/12 Turbo Javelin (27.84m)
2. Leagh Moloney, Dooneen A.C. – Girls U/12 Long Jump (4.48m)
3. Theo De Souza, Carraig na BhFear A.C. – Boys U/12 Long Jump (4.47m)
4. Ben Walsh, Youghal A.C. – Boys U/12 Shot Putt (10.33m)
5. Sean Carmody, Belgooly A.C. – Boys U/13 60mH (9.54)
6. Lucy May Sleeman, Leevale A.C. – Girls U/14 75mH (11.59)
7. Amy Whelan, Lisscarroll A.C. – Girls U/14 Javelin (41.53m) **CBP**
8. Katie Nolke, Ferrybank A.C. – Girls U/14 High Jump (1.53m)
9. Harry Nevin, Leevale A.C. – Boys U/14 75mH (11.04) **CBP**
10. Aimee Hayde, Newport A.C. – Girls U/15 800m (2.15.63) **CBP**
11. Caitlin Kennedy, St. John's A.C. Clare – Girls U/16 High Jump (1.66m)
12. Ciara Sheehy, Lisscarroll A.C. – Girls U/16 Discus (31.65m)
13. Daniel Hurley, Leevale A.C. – Boys U/16 Long Jump (6.37m)
14. Sophie Meredith, St. Mary's A.C. Limerick – Girls U/17 Long Jump (5.72m)
15. Jack Ryan, Moycarkey Coolcree A.C. – Boys U/17 Shot Putt (14.70m)
16. Sean Carolan, Nenagh Olympic A.C. – Boys U/17 Discus (36.52m)
17. Frank O'Brien, Middleton A.C. – Boys U/17 S/C (6.41.34)
18. Vickie Cusack, Lisscarroll A.C. – Girls U/18 Long Jump (5.51m)
19. Laura Nicholson, Bandon A.C. – Girls U/18 S/C (6.58.38) **CBP**
20. Jo Keane, Ennis Track A.C. – Girls U/18 800m (2.15.96)
21. Shane Monagle, Tramore A.C. – Boys U/18 110mH (14.18) **CBP**
22. James Murphy, Waterford A.C. – Boys U/18 Long Jump (6.38m)
23. Kate Taylor, St. Cronan's A.C. – Girls U/19 100mH (14.94)
24. Kate Taylor, St. Cronan's A.C. – Girls U/19 Long Jump (5.30m)
25. Stephanie Cotter, Bantry A.C. – Girls U/19 800m (2.16.26)
26. Daniel Ryan, Moycarkey Coolcree A.C. – Boys U/19 110mH (14.48) **CBP**
27. Daniel Ryan, Moycarkey Coolcree A.C. – Boys U/19 Shot Putt (14.47m)
28. Conor O'Driscoll, Leevale A.C. – Boys U/19 800m (1.57.22)



### Silver medals

1. Okwu Backari, Leevale A.C. – Girls U/12 Long Jump (4.39m)
2. Maeve Fleming, Leevale A.C. – Girls U/12 High Jump (1.38m)
3. John Murphy, Liscarroll A.C. – Boys U/12 600m (1.38.01)
4. Lauren Green, Riverstick Kinsale A.C. – Girls U/13 60mH (10.08)
5. Kyle Ettoh, Leevale A.C. – Boys U/13 High Jump (1.56m)
6. Leanne Healy, Marian A.C. – Girls U/14 Javelin (34.75m)
7. Glory Wenegieme, Belgooly A.C. – Boys U/14 800m (2.14.76)
8. Jack Cullen, Bandon A.C. – Boys U/14 Javelin (35.89m)
9. Nicola Tuthill, Bandon A.C. – Girls U/15 Hammer (37.23m)
10. Susan Nestor, Nenagh Olympic A.C. – Girls U/15 High Jump (1.55m)
11. Reece Ademola, Leevale A.C. – Boys U/15 80mH (11.99)
12. Max Hallahan, Bandon A.C. – Boys U/15 Javelin (40.00m)
13. Ciara Kennelly, Killarney Valley A.C. – Girls U/16 HJ (1.63m)
14. Stacy Komolafe, Bandon A.C. – Girls U/16 Long Jump (5.24m)
15. Wymin Sivakumar, Leevale A.C. – Boys U/16 100mH (13.70)
16. Wymin Sivakumar, Leevale A.C. – Boys U/16 Long Jump (6.19m)
17. Tommy Connolly, Leevale A.C. – Boys U/16 800m (2.02.44)
18. Sophie Meredith, St. Mary's A.C. Limerick – Girls U/17 Shot Putt (11.60m)
19. Martha Quain, Carraig na Bhfear A.C. – Girls U/17 Discus (31.48m)

20. Joseph McEvoy, Nenagh Olympic A.C. – Boys U/17 100mH (14.08)
21. Sean Carolan, Nenagh Olympic A.C. – Boys U/17 Long Jump (6.49m)
22. Alannah Neff, Leevale A.C. – Girls U/18 S/C (7.09.94)
23. Christian O’Connell, Limerick A.C. – Boys U/18 Javelin (49.96m)
24. Rachel Bowler, Tralee Harriers A.C. – Girls U/19 Long Jump (5.19m)

**Bronze medals**

1. Hannah Falvey, Belgooly A.C. – Girls U/12 Long Jump (4.31m)
2. SORCHA Kilgannon, Youghal A.C. – Girls U/12 High Jump (1.35m)
3. Andrew Scanlon, Waterford A.C. – Boys U/12 Shot Putt (8.68m)
4. Jessica Lyne, Leevale A.C. – Girls U/13 60mH (10.13)
5. Ava Rochford, Ennis Track A.C. – Girls U/13 Shot Putt (9.55m)
6. David Scanlon, Waterford A.C. – Boys U/13 High Jump (1.45m)
7. Maeve O’Neill, Doheny A.C. – Girls U/14 800m (2.19.64)
8. Leah Parker, Middleton A.C. – Girls U/14 Hammer (39.38m)
9. Colin Murphy, Leevale A.C. – Boys U/14 75mH (11.62)
10. Cian Spillane, Farranfore Maine Valley A.C. – Boys U/14 800m (2.15.03)
11. Donnacha Morrissey, Kilmurray/Ibrickane A.C. – Boys U/14 Hammer (30.35m)
12. Emily Wall, Leevale A.C. – Girls U/15 80mH (12.48)
13. Lia O’Brien, Middleton A.C. – Girls U/16 Discus (28.46m)
14. Joshua Delaney, Nenagh Olympic A.C. – Boys U/15 Hammer (41.63m)
15. Aisling Cassidy, Bandon A.C. – Girls U/17 100mH (14.75)
16. Jake Costello, Carrick-On-Suir A.C. – Boys U/17 Long Jump (6.37m)
17. Vickie Cusack, Lisscarroll A.C. – Girls U/18 Shot Putt (11.34m)
18. Mark Hartery, Tramore A.C. – Boys U/18 Long Jump (6.23m)



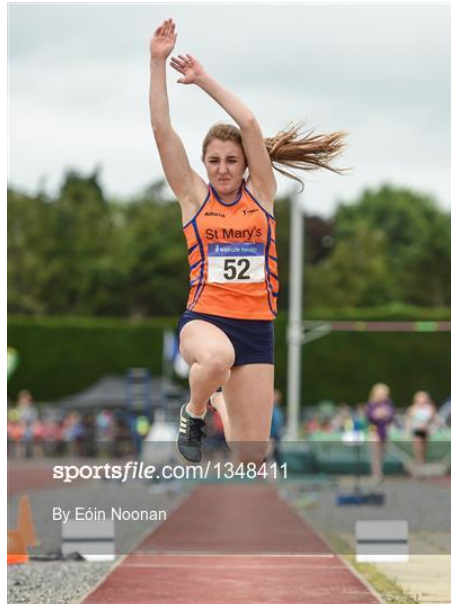
## 5 National Records for Munster Athletes



Munster athletes were in great form at Day 2 of the Irish Life Health National Juvenile Track & Field Championships in Tullamore on Sunday 9<sup>th</sup> July 2017. Munster clinched **88 medals in total which included 31 gold & national titles, 33 silver & 24 bronze & 5 new National records** set by the athletes below: -

- **Samuel Bailey, Doheny A.C.** set a new record of 34.01m in the Boys U/12 Turbo Javelin to better the 2013 record of 31.79m set by Jack McCullagh, St. Ronan's A.C.
- **Ava Rochford, Ennis Track A.C.** jumped 1.55m in the Girls U/13 High Jump to better the mark of 1.53m set by Catriona Farrell, Craughwell A.C. in 2004.
- **Harry Nevin, Leevale A.C.** jumped 5.81m in the Boys U/14 Long Jump to break the mark of 5.79m held jointly by Daniel Ryan, Moycarkey Coolcree A.C. (2012) and Daniel Hurley, Leevale A.C. (2015).
- **Megan Lenihan, North Cork A.C.** threw 42.52m in the Girls U/15 Discus to smash the 2019 record of 36.16 set by Kate Hickey, West Waterford A.C.
- **Emma Coffey, Carraig na BhFear A.C.** set a new record in the Girls U/17 Pole Vault when she vaulted 3.30m to break the existing record of 3.00m set by Clodagh Walsh, Abbey Striders A.C. in 2016.

Among Munster's stars on the day were **Harry Nevin, Leevale A.C.** who won gold and set a new CBP in the Boys U/14 Long Jump to add to his gold and CBP in the 75mH on Day 1; **Megan Lenihan, North Cork A.C.** who won the Girls U/15 Discus with a new CBP and then went on to win bronze in the Shot Putt; **Sophie Meredith, St. Mary's A.C. Limerick** added gold to her two medals on Day 1 in the Long Jump (gold) and Shot Putt (silver) when she won the Girls U/17 Triple Jump; **Sean Carolan, Nenagh Olympic A.C.** won double silver in the Boys U/17 Triple Jump and Javelin to add to his gold on Day 1 in the Discus and silver in the Long Jump; **Ceola Bergin, Templemore A.C.** added another gold to her winnings in the Girls U/12 Shot Putt having won the Turbo Javelin on Day 1; **Reece Ademola, Leevale A.C.** won the Boys U/15 Long Jump adding to his silver in the 80mH on Day 1; **Ciara Sheehy, Liscarroll A.C.** added another gold to her collection when she won the Girls U/16 Hammer adding to her win in the Discus on Day 1;



**Wymin Sivakumar, Leevale A.C.** added gold to his collection when he won the Boys U/16 Triple Jump having won double silver in the 100mH and Long Jump on Day 1. **Joel Joseph, Midleton A.C.** won gold in the Boys U/13 Long Jump and bronze in the 80m. **Ava Rochford, Ennis Track A.C.** added to her bronze medal win in the Girls U/13 Shot Putt by winning the High Jump in a new CBP of 1.55m; **Jo Keane, Ennis Track A.C.** added silver in the Girls U/18 400m to her gold in the 800m on Day 1; **Aisling Cassidy, Bandon A.C.** added silver in the Girls U/17 Triple Jump to her bronze in the 100mH on Day 1; **Conor O'Driscoll, Leevale A.C.** won silver in the Boys U/19 400m to add to his gold in the 800m on Day 1; **Daniel Hurley, Leevale A.C.** won bronze in the Boys U/16 100m to add to his gold medal win in the Long Jump on Day 1; **Hannah Falvey, Belgooly A.C.** went one better in the Girls U/12 60m when she won silver to add to her bronze in the Long Jump on Day 1; **Glory Wenegieme, Belgooly A.C.** added another silver to his collection when he placed 2<sup>nd</sup> in the Boys U/14 80m to add to his silver in the 800m on Day 1; **Katie Nolke, Ferrybank A.C.** won silver in the Girls U/14 Long Jump to add to her gold in the High Jump on Day 1; **Lucy May Sleeman, Leevale A.C.** added silver in the Girls U/14 80m to her gold in the 75mH on Day 1; **Leah Parker, Midleton A.C.** won silver in the Girls U/14 Discus to add to her bronze in the Hammer on Day 1; **Jessica Lyne, Leevale A.C.** won bronze in the Girls U/13 Turbo Javelin to add to her bronze in the 60mH on Day 1; Siblings, **Orla & Emma Coffey, Carraig na BhFear A.C.** both won gold medals in the Pole Vault in the Girls U/16 and U/17 Pole Vault with **Anna Ryan, Moycarkey Coolcree A.C.** adding to her family's medal haul of 3 gold by winning silver in the Girls U/16 Pole Vault. **Holly Meredith, St. Mary's A.C. Limerick** won bronze in the Girls U/17 Javelin with sister **Sophie** winning the Girls U/17 Triple Jump making it 4 medals for the sisters over these Championships.

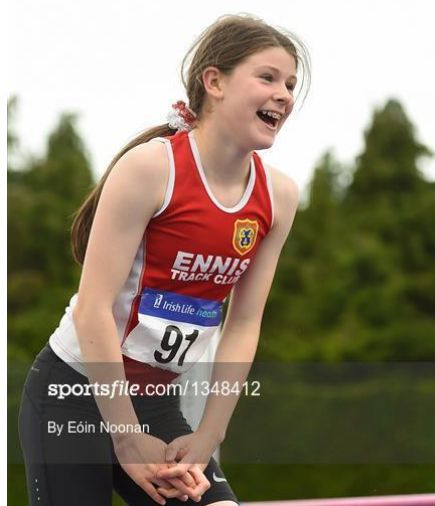
Summary of Munster winnings on Day 2: -

### **Gold medals**

1. Ceola Bergin, Templemore A.C. – Girls U/12 Shot Putt (9.11m)
2. John Cashman, Leevale A.C. – Boys U/12 60m (8.21)
3. Samuel Bailey, Doheny A.C. – Boys U/12 Turbo Javelin (34.01m) **CBP**
4. Grace Rooney, Youghal A.C. – Girls U/13 80m (10.48)



5. Ava Rochford, Ennis Track A.C. – Girls U/13 High Jump (1.55m) **CBP**
6. Selena O’Riordan, Midleton A.C. – Girls U/13 Turbo Javelin (30.89m)
7. Joel Joseph, Midleton A.C. – Boys U/13 Long Jump (4.81m)
8. Grainne O’Connor, Clonmel A.C. – Girls U/14 2km Walk (11.43.59)
9. Michelle Ugwah, Carraig na BhFear A.C. – Girls U/14 Long Jump (5.14m)
10. Noah Conway, St. Cronan’s A.C. – Boys U/14 2km Walk (11.46.58)
11. Harry Nevin, Leevale A.C. – Boys U/14 Long Jump (5.81m) **CBP**
12. Callum Keating, North Cork A.C. – Boys U/14 Shot Putt (13.29m)
13. Geoffrey Joy O’Regan, Sunhill Harriers A.C. – Boys U/14 High Jump (1.67m)
14. Megan Lenihan, North Cork A.C. – Girls U/15 Discus (42.53m) **CBP**
15. Reece Ademola, Leevale A.C. – Boys U/15 Long Jump (5.73m)
16. Shauna Ryan, Emerald A.C. – Girls U/16 Triple Jump (10.13m)
17. Ciara Sheehy, Liscarroll A.C. – Girls U/16 Hammer (45.41m)
18. Orla Coffey, Carraig na BhFear A.C. – Girls U/16 Pole Vault (3.00m)
19. Daire O’Sullivan, Carraig na BhFear A.C. – Boys U/16 3km (9.33.03)
20. Wymin Sivakumar, Leevale A.C. – Boys U/16 Triple Jump (12.74m)
21. Miriam Daly, Carrick-On-Suir A.C. – Girls U/17 400m (56.61)
22. Sophie Meredith, St. Mary’s A.C. Limerick – Girls U/17 Triple Jump (11.08m)
23. Emma Coffey, Carraig na BhFear A.C. – Girls U/17 Pole Vault (3.30m) **CBP**
24. Ryan O’Leary, Leevale A.C. – Boys U/17 100m (11.15)
25. Liam McDonagh, Moycarkey Coolcroe A.C. – Boys U/17 3km Walk (15.03.88)
26. Orla O’Connor, Waterford A.C. – Girls U/18 3km Walk (14.03.21)
27. Clodagh Walsh, Abbey Striders A.C. – Girls U/18 Pole Vault (3.20m)
28. Tony Odubote, Ennis Track A.C. – Boys U/18 400m (49.63)
29. Gearoid McMahon, Shannon A.C. – Boys U/18 5km Walk (24.28.97)
30. Sean Mockler, Moycarkey Coolcroe A.C. – Boys U/18 Hammer (62.36m)
31. Rebecca Kearney, Carraig na BhFear A.C. – Girls U/19 3km Walk (18.02.54)



### **Silver medals**

1. Hannah Falvey, Belgooly A.C. – Girls U/12 60m (8.62)
2. Jayden Carmody, Dooneen A.C. – Boys U/12 60m (8.27)

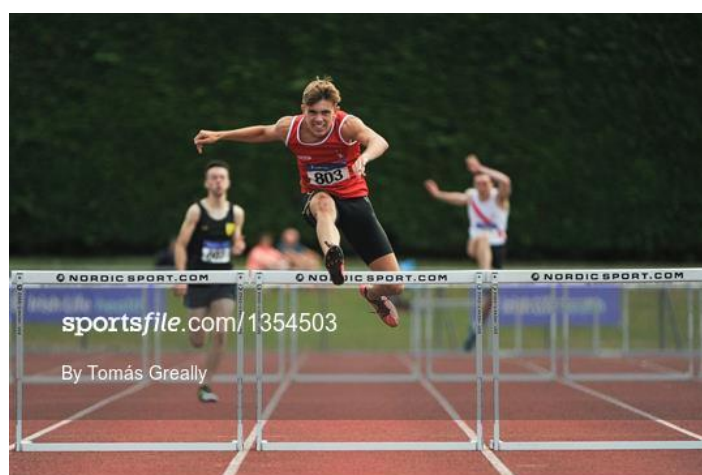
3. Sophie Cannon, Youghal A.C. – Girls U/13 High Jump (1.45m)
4. Kate O'Regan, Riverstick/Kinsale A.C. – Girls U/13 Long Jump (4.47m)
5. Lucy-May Sleeman, Leevale A.C. – Girls U/14 80m (10.53)
6. Katie Nolke, Ferrybank A.C. – Girls U/14 Long Jump (4.96m)
7. Leah Parker, Midleton A.C. – Girls U/14 Discus (26.30m)
8. Glory Wenegieme, Belgooly A.C. – Boys U/14 80m (10.03)
9. James Sage, Nenagh Olympic A.C. – Boys U/14 Long Jump (5.52m)
10. Sean Kavanagh, Midleton A.C. – Boys U/14 High Jump (1.64m)
11. Claire Caulfield, Waterford A.C. – Girls U/15 2km Walk (10.25.51)
12. Kate Killigrew, West Waterford A.C. – Girls U/15 Pole Vault (2.30m)
13. Susan Nestor, Nenagh Olympic A.C. – Girls U/15 Long Jump (4.75m)
14. Conor Commane, Tralee Harriers A.C. – Boys U/15 100m (12.05)
15. Ciaran Hurley, Carraig na BhFear A.C. – Boys U/15 2km Walk (10.58.38)
16. Nikolka Stevankova, Dooneen A.C. – Girls U/16 100m (12.11)
17. Chisom Ugwuera, Ennis Track A.C. – Girls U/16 Triple Jump (10.07m)
18. Anna Ryan, Moycarkey Coolcree A.C. – Girls U/16 Pole Vault (2.80m)
19. Niamh Sugrue, Bandon A.C. – Girls U/16 Javelin (30.42m)
20. Mervyn Shalemba, Tralee Harriers A.C. – Boys U/16 100m (11.15)
21. Tirna Cahill, Youghal A.C. – Girls U/17 Hammer (47.82)
22. Aisling Cassidy, Bandon A.C. – Girls U/17 Triple Jump (10.73m)
23. Darragh Courtney, St. Brendan's A.C. Killarney – Boys U/17 HJ (1.85m)
24. Sean Carolan, Nenagh Olympic A.C. – Boys U/17 Triple Jump (12.53m)
25. Sean Carolan, Nenagh Olympic A.C. – Boys U/17 Javelin (49.50m)
26. Jo Keane Ennis Track A.C. – Girls U/18 400m (57.39)
27. Ciara Hickey, Blarney Inniscara A.C. – Girls U/18 Pole Vault (3.10m)
28. Dave McInerney, Bandon A.C. – Boys U/18 100m (11.17)
29. Pdraig O'Callaghan, Leevale A.C. – Boys U/18 Hammer (55.36m)
30. Angharad Loughnane, Marian A.C. – Girls U/19 Discus (37.98m)
31. Jamie Mitchell, Emerald A.C. – Boys U/19 100m (11.15)
32. Conor O'Driscoll, Leevale A.C. – Boys U/19 400m (49.88)
33. Patrick O'Rourke, Ennis Track A.C. – Boys U/19 3km (8.59.91)

### **Bronze medals**

1. Sean Breen, St. Cronan's A.C. – Boys U/12 High Jump (1.40m)
2. Ella Jenks, North Cork A.C. – Girls U/13 80m (10.94)
3. Jessica Lyne, Leevale A.C. – Girls U/13 Turbo Javelin (27.94m)
4. Joel Joseph, Midleton A.C. – Boys U/13 80m (10.82)
5. Maeve O'Connor, Waterford A.C. – Girls U/14 2km Walk (11.56.04)
6. Sarah Heery, Waterford A.C. – Girls U/14 Discus (25.59m)
7. Blessing Alamu, Midleton A.C. – Girls U/15 Discus (29.93m)
8. Megan Lenihan, North Cork A.C. – Girls U/15 Shot Putt (12.09m)
9. Conor Commane, Tralee Harriers A.C. – Boys U/15 Long Jump (5.56m)
10. Niamh Foley, St. Mary's A.C. Limerick – Girls U/16 100m (12.21)
11. Siofra O'Dea, Kilmurray/Ibrickane A.C. – Girls U/16 2km (9.56.47)
12. Una O'Brien, Tramore A.C. – Girls U/16 3km (10.35.09)

13. Kerry Barrett, Youghal A.C. – Girls U/16 Triple Jump (10.04m)
14. Holly Meredith, St. Mary's A.C. Limerick – Girls U/16 Javelin (30.01m)
15. Daniel Hurley, Leevale A.C. – Boys U/16 100m (11.47)
16. Tristan Chambers, Bandon A.C. – Boys U/16 Triple Jump (12.13m)
17. Emily O'Mahony, Waterford A.C. – Girls U/17 Triple Jump (10.48m)
18. Ruth Heery, Waterford A.C. – Girls U/18 3km Walk (15.43.03)
19. Gabriel Kehinde, Ennis Track A.C. – Boys U/17 100m (11.34)
20. Michael Hand, Old Abbey A.C. – Boys U/18 Javelin (42.28m)
21. Lauren O'Grady, St. Brendan's A.C. Killarney – Girls U/18 Discus (34.23m)
22. Shawn Benson, Ennis Track A.C. – Boys U/18 100m (11.20)
23. Kathleen Heery, Waterford A.C. – Girls U/19 Discus (29.65m)
24. Niall Blackwell, West Waterford A.C. – Boys U/19 3km (9.02.99)

### **21 National Titles for Munster Athletes on Day 3**



Munster athletes continued their winning ways on Day 3 of the Irish Life Health National Juvenile Track & Field Championships in Tullamore on Sunday 16<sup>th</sup> July 2017 winning 58 medals in total (21 gold, 21 silver & 16 bronze). 3 National records were also set by the athletes below: -

- **Maeve O'Neill, Doheny A.C.** ran 4.47.64 in the Girls U/14 1500m to break the existing record of 4.47.90 set by Ciara Cronin, Ferrybank A.C. in 2004.
- **Aimee Hayde, Newport A.C.** ran 4.35.65 in the Girls U/15 1500m to better the 2012 time of 4.42.62 set by Nadia Power, Templeogue A.C.
- **Ciara Sheehy, Liscarroll A.C.** threw the Girls U/16 Shot Putt out to 13.62m to better the existing record of 13.48m set by Micheala Walsh, Swinford A.C. set in 2013.

**Ciara Sheehy, Liscarroll A.C.** won another gold in the Girls U/16 Shot Putt setting a new CBP and adding to her two gold won in the Discus and Hammer; **Daniel Ryan, Moycarkey Coolcree A.C.** won silver in the Boys U/19 Pole Vault to add to his double gold in the 110mH & Shot Putt and a CBP in the 110mH; **Harry Nevin, Leevale A.C.** added another medal to his winnings with a silver in the Boys U/14 200m to bring his medal tally to 2 gold and 1 silver and 2 CPB's in the Long Jump and 75mH; **Reece Ademola, Leevale A.C.** won another gold in the Boys U/15 High Jump to add to his gold in the Long Jump and silver in the 80mH; **Vickie Cusack, Liscarroll A.C.** won gold in the Girls U/18 Javelin to add to her gold in the Long Jump and bronze in the Shot Putt; **Joshua Delaney, Nenagh Olympic A.C.**

won double gold in the Boys U/15 Discus and Shot Putt to add to his bronze won in the Hammer; **Aimee Hayde, Newport A.C.** added another gold to her collection setting a new CBP in the Girls U/15 1500m to add to her gold won in the 800m in a CBP of 2.15.63; **Glory Wenegieme, Belgooly A.C.** took gold in the Boys U/14 200m to add to his double silver from weekend 1; **Laura Nicholson, Bandon A.C.** won gold in the Girls U/18 1500m to add to her gold in the Steeplechase in a CBP of 6.58.38; **Stephanie Cotter, West Muskerry A.C.** added the Girls U/19 1500m title to her 800m title won on Day 2; **Callum Keating, North Cork A.C.** added another gold to his U/14 Shot Putt gold when he won the Discus; **Sean Mockler, Moycarkey Coolcree A.C.** won silver in the Boys U/18 Discus to add to his gold in the Hammer; **Tony Odubote, Ennis Track A.C.** won silver in the Boys U/18 200m to add to his 400m gold on Day 2; **Shane Monagle, Tramore A.C.** won bronze in the Boys U/18 200m to add to his gold and CBP in the 110mH; **Jack Barnett, Templemore A.C.** won double silver in the Boys U/15 Shot Putt & Discus; **Katie Walsh, Carraig na BhFear A.C.** won double silver in the Girls U/19 High Jump & 400mH; **Darragh Courtney, St. Brendan's A.C.** won silver in the Boys U/17 300mH to add to his silver in the High Jump; **Angharad Loughnane, Marian A.C.** won silver in the Girls U/19 Shot Putt to add to her silver in the Discus; **Emily Wall, Leevale A.C.** won silver in the Girls U/15 250mH to add to her bronze in the 80mH and **Rachel Bowler, Tralee Harriers A.C.** won bronze in the Girls U/19 Triple Jump to add to her silver won in the Long Jump.

**Sophie O'Sullivan, Ballymore Cobh A.C.** won the Girls U/17 1500m to follow in her mother, Sonia footsteps who also won the same title in 1985. **Cathal Scanlon, Waterford A.C.** added another medal to the family treasure chest when he took bronze in the U/16 Javelin to add to his brother David's bronze in the U/13 High Jump & Andrew's U/12 Shot Putt. **Dillon and Daniel Ryan, Moycarkey Coolcree A.C.** also added to their family winnings taking silver and gold in the Boys U/19 and U/15 Pole Vault to take the family winnings up to 4 gold & 2 silver. Munster won a total of 216 medals (80 gold, 78 silver & 58 bronze) and set 14 new Championship Best Performances over the 3 days of Nationals. Congrats to all our athletes.

### **Gold Medals**

1. Maeve O'Neill, Doheny A.C. – Girls U/14 1500m (4.47.64) **CBP**
2. Glory Wenegieme, Belgooly A.C. – Boys U/14 200m (24.49)
3. Callum Keating, North Cork A.C. – Boys U/14 Discus (36.19m)
4. Aimee Hayde, Newport A.C. – Girls U/15 1500m (4.35.65) **CBP**
5. Reece Ademola, Leevale A.C. – Boys U/15 High Jump (1.71m)
6. Dillon Ryan, Moycarkey Coolcree A.C. – Boys U/15 Pole Vault (2.60m)
7. Joshua Delaney, Nenagh Olympic A.C. – Boys U/15 Discus (33.98m)
8. Joshua Delaney, Nenagh Olympic A.C. – Boys U/15 Shot Putt (14.96m)
9. Nikolka Stevankova, Dooneen A.C. – Girls U/16 200m (25.61)
10. Ciara Sheehy, Liscarroll A.C. – Girls U/16 Shot Putt (13.62m) **CBP**
11. Adam O'Dwyer, Moycarkey Coolcree A.C. – Boys U/16 Pole Vault (3.65m)
12. Sophie O'Sullivan, Ballymore Cobh A.C. – Girls U/17 1500m (4.41.80)
13. Brian Lynch, Old Abbey A.C. – Boys U/17 400mH (39.65)
14. Ryan O'Leary, Leevale A.C. – Boys U/17 200m (22.76)
15. Brian Naughton, Nenagh Olympic A.C. – Boys U/17 Hammer (43.90m)
16. Patrick Fitzgerald, West Waterford A.C. – Boys U/17 Pole Vault (3.40m)
17. Laura Nicholson, Bandon A.C. – Girls U/18 1500m (4.52.74)

18. Vickie Cusack, Liscarroll A.C. – Girls U/18 Javelin (35.84m)
19. Stephanie Cotter, West Muskerry A.C. – Girls U/19 1500m (4.34.09)
20. Jade O’Farrell Bond, Borrisokane A.C. – Girls U/19 Hammer (38.38m)
21. Cathal Locke, Dooneen A.C. – Boys U/19 400mH (58.23)

### **Silver Medals**

1. Sarah Butler, Dooneen A.C. – Girls U/14 1500m (4.50.18)
2. Harry Nevin, Leevale A.C. – Boys U/14 200m (24.84)
3. Emily Wall, Leevale A.C. – Girls U/15 250mH (36.73)
4. Katelyn Reid, An Riocht A.C. – Girls U/15 Javelin (37.89m)
5. Jordan Kissane, Tralee Harriers A.C. – Boys U/15 200m (24.92)
6. Jack Barnett, Templemore A.C. – Boys U/15 Discus (33.75m)
7. Jack Barnett, Templemore A.C. – Boys U/15 Shot Putt (14.71m)
8. Shane Aherne, Leevale A.C. – Boys U/16 250mH (32.03)
9. Katie Moynihan, Leevale A.C. – Girls U/17 Javelin (41.11m)
10. Darragh Courtney, St. Brendan’s A.C. – Boys U/17 300mH (45.34)
11. Sam O’Neill, West Waterford A.C. – Boys U/17 Pole Vault (3.20m)
12. Maebh Daly, Carraig na BhFear A.C. – Girls U/18 Javelin (34.72m)
13. Lorna Monahan, Ferrybank A.C. – Girls U/18 Triple Jump (10.45m)
14. Conor Ryan, Templemore A.C. – Boys U/18 1500m (4.03.66)
15. Tony Odubote, Ennis Track A.C. – Boys U/18 200m (22.47)
16. Sean Mockler, Moycarkey Coolcree A.C. – Boys U/18 Discus (46.33m)
17. Katie Walsh, Carraig na BhFear A.C. – Girls U/19 400mH (1.04.85)
18. Katie Walsh, Carraig na BhFear A.C. – Girls U/19 High Jump (1.60m)
19. Angharad Loughnane, Marian A.C. – Girls U/19 Shot Putt (11.12m)
20. Sean McCarthy, Emerald A.C. – Boys U/19 200m (22.58)
21. Daniel Ryan, Moycarkey Coolcree A.C. – Boys U/19 Pole Vault (3.60m)



### **Bronze Medals**

1. Oyimkansola Adedeji, Dooneen A.C. – Girls U/15 250mH (36.97)
2. Ailbhe O’Neill, Nenagh Olympic A.C. – Girls U/15 1500m (4.58.09)
3. Mark Hanrahan, Ennis Track A.C. – Boys U/15 1500m (4.24.37)
4. Diarmuid O’Connor, Bandon A.C. – Boys U/16 250mH (32.87)
5. Cillian Griffin, Tralee Harriers A.C. – Boys U/16 200m (23.78)
6. Shane Cawley, Waterford A.C. – Boys U/16 Shot Putt (13.34m)

7. Cathal Scanlon, Waterford A.C. – Boys U/16 Javelin (45.62m)
8. Fiona Doyle, Star of the Laune A.C. – Girls U/17 High Jump (1.60m)
9. Gabriel Kehinde, Ennis Track A.C. – Boys U/17 200m (23.14)
10. Luke Brennan, Waterford A.C. – Boys U/17 1500m (4.08.92)
11. Anna Leamy, Grange Fermoy A.C. – Girls U/18 Javelin (31.84m)
12. Sinead Warren, Gneeveguilla A.C. – Girls U/18 Hammer (43.52m)
13. Shane Monagle, Tramore A.C. – Boys U/18 200m (22.69)
14. Ben Donovan, Abbey Striders A.C. – Boys U/18 High Jump (1.85m)
15. Diarmuid Harty, West Waterford A.C. – Boys U/18 Pole Vault (3.50m)
16. Rachel Bowler, Tralee Harriers A.C. – Girls U/19 Triple Jump (10.88m)

### 13 National “B” Titles for Munster



The Irish Life Health National Juvenile “B” Track & Field Championships were held in Tullamore Harriers Stadium on Saturday 15<sup>th</sup> July. Munster athletes were in fine form winning **29** individual medals in total (13 gold, 9 silver & 7 bronze) in the “B” Championships. Record breakers on the day were **Emma Lehane, Liscarroll A.C.** (Girls U/13 80m 10.96), **Killian Bergin, Templemore A.C.** (Boys U/13 High Jump 1.44m) & **Niamh Conlon, Kilmihil A.C** (Girls U/16 100m 13.23).

In the Field Events, Munster athletes won 18 medals in total (7 gold, 6 silver & 5 bronze). Our winners were: -

#### **Gold**

1. Isabelle Nestor, Midleton A.C. – Girls U/12 Long Jump (3.96m)
2. Killian Bergin, Templemore A.C. – Boys U/13 High Jump (1.44m) **CBP**
3. Luke Butler, Midleton A.C. – Boys U/13 Long Jump (4.46m)
4. Roisin De Burca, Bandon A.C. – Girls U/14 Shot Putt (9.86m)
5. Siofra Foley, Farranfore Maine Valley A.C. – Girls U/16 Shot Putt (7.74m)
6. Liam Crowley, Bandon A.C. – Boys U/16 High Jump (1.45m)
7. Favour Wenegieme, Belgooly A.C. – Boys U/16 Shot Putt (8.08m)



### **Silver**

1. Rachel Harney, Carrick-On-Suir A.C. – Girls U/12 Shot Putt (6.96m)
2. Graham Dooley, Templemore A.C. – Boys U/13 Long Jump (4.43m)
3. Ciaran McCarthy, Bandon A.C. – Boys U/15 High Jump (1.35m)
4. Daisy McCarthy, Midleton A.C. – Girls U/16 Long Jump (4.53m)
5. Dylan McLaughlin, Moyne A.C. – Boys U/16 Long Jump (4.98m)
6. Ben Hennessy, Templemore A.C. – Boys U/16 Shot Putt (7.50m)

### **Bronze**

1. Timmy Colbert, West Limerick A.C. – Boys U/12 High Jump (1.20m)
2. Sam O'Sullivan, Carraig na BhFear A.C. – Boys U/12 Long Jump (3.86m)
3. Ruth Leyden, Ennis Track A.C. – Girls U/13 High Jump (1.30m)
4. Graham Dooley, Templemore A.C. – Boys U/13 High Jump (1.35m)
5. Luke Burfield, Midleton A.C. – Boys U/15 Long Jump (3.85m)





On the Track, Munster athletes won 11 medals in total (6 gold, 3 silver & 2 bronze). Our winners were: -

### **Gold**

1. Emma Lehane, Lisscarroll A.C. – Girls U/13 80m (10.96) **CBP**
2. Luke Butler, Midleton A.C. – Boys U/13 80m (10.87)
3. Aoife Redmond, Ferrybank A.C. – Girls U/14 800m (2.31.13)
4. Niamh Conlon, Kilmihil A.C. – Girls U/16 100m (13.23) **CBP**
5. Aine Garry, Fergus A.C. – Girls U/16 800m (2.25.11)
6. Dylan McLaughlin, Moyne A.C. – Boys U/16 800m (2.13.67)

### **Silver**

1. Abbie Dorney, Belgooly A.C. – Girls U/12 60m (9.07)
2. Callum McCourt, Bandon A.C. – Boys U/14 800m (2.25.41)
3. Jordan Collins, Templemore A.C. – Boys U/16 100m (12.32)

### **Bronze**

1. Keith McCarthy, Doheny A.C. – Boys U/12 600m (1.49.83)
2. Laura Healy, Ennis Track A.C. – Girls U/16 800m (2.30.12)

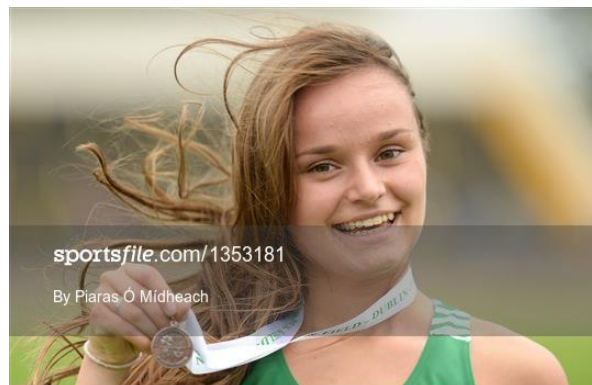


## 19 Medals for Munster at SIAB Schools International



The SIAB Schools U/17 Track & Field International took place on home soil in Morton Stadium, Santry on Saturday 15<sup>th</sup> July 2017 with Munster athletes taking home 13 individual medals in total (1 gold, 5 silver & 7 bronze), almost double their medal tally from last year (7) and 6 Relay medals (1 gold & 5 bronze). There was a gold medal win for **Darragh McElhinney, Colaiste Phobail Bheantraí** in the 1500m when he ran 3.59.2. **David McInerney, Hamilton High School** also won gold in the 100m Non-Scoring race on the day with a time of 11.37.

**Miriam Daly, Scoil Mhuire COS**, the Irish Girls' team Captain, took home silver in the 300mH in a time of 44.62 and was also part of the Irish Girls 4 x 300m that won bronze. Silver medals were also won by **Aimee Hayde, St. Mary's Newport** in the 1500m (4.33.99), **Megan Lenihan, Hazelwood College** in the Discus (40.22m), **Caitlin Kennedy, St. John the Baptist Hospital** in the High Jump (1.71m) and **Liam McDonagh, Thurles CBS** in the 3km Walk (14.58.07). Bronze medals went to **Ailbhe Doherty, St. Flannan's College Ennis** in the 300m (40.31) and 4 x 300m; **Jo Keane, St. Flannan's College Ennis** in the 800m (2.12.19), **Ciara Kennelly, St. Brigid's Killarney** in the High Jump (1.67m), **Ciara Sheehy, St. Mary's Charleville** in the Shot Putt (14.76m), **Sophie Meredith, SMI Newcastlewest** in both the Long Jump (5.85m) and the Triple Jump (11.20m) and **Sean Mockler, Thurles CBS** in the Discus (50.13m). Several of our Munster team were also Junior athletes (Ailbhe Doherty, Caitlin Kennedy, Megan Lenihan, Aimee Hayde, Ciara Sheehy & Adam O'Dwyer) with a few years left yet to compete in this competition so the future is bright for Munster. Some schools also had multiple athletes competing at these Championships with **Thurles CBS** numbering 4 (Jack Ryan, Sean Mockler, Liam McDonagh and Adam O'Dwyer), **St. Flannan's College Ennis 2** (Ailbhe Doherty & Jo Keane), **PBC Cork 2** (Conor Morey & Colin Doyle), **SMI Newcastlewest 2** (Sophie Meredith & Niamh Foley) & **St. Mary's Newport** (Aimee Hayde & Sean Carolan). 5 of our athletes were just outside the medals with 4<sup>th</sup> places recorded by **Niamh Foley, SMI Newcastlewest** (200m 25.27), **Emma Coffey, St. Angela's Cork** (Pole Vault 3.31m), **Jack Ryan, Thurles CBS** (Shot Putt 14.24m), **Ben Donovan, Midleton College** (High Jump 1.90m) & **Colin Doyle, PBC Cork** (100m 11.29 and 200m 22.68).



In the Relay competitions, **Miriam Daly and Ailbhe Doherty** won bronze with the Irish Girls 4 x 300m Relay team (2.43.77), **Niamh Foley, SMI Newcastlewest** won gold with the Irish Girls 4 x 100m relay team (45.63) & **Conor Morey, Colin Doyle and Dave McInerney, Hamilton High School** won bronze with the Irish Boys 4 x 100m Relay team.

Other athletes who competed very well for their school & country were: -

Conor Morey, PBC Cork (5<sup>th</sup> 100m 11.37 and 200m 23.09), Sean Carolan, St. Mary's Newport (5<sup>th</sup> Long Jump 6.79m), Darragh Minitier, Ennistymon CBS (5<sup>th</sup> 110mH), Shona O'Brien, Presentation Milltown (6<sup>th</sup> 1500m 4.4853), Alannah Neff, Carrigaline CS (6<sup>th</sup> 1500m S/C 5.22.35), Tirna Cahill, Pobalscoil na Trionoide (6<sup>th</sup> Hammer 48.15m), Wymin Sivakumar, Colaiste Spioraid Naomh (6<sup>th</sup> Triple Jump 13.39m), Tommy Connolly CBC Cork (6<sup>th</sup> 1500m 4.09.42), Aisling Cassidy, Bandon Grammer (7<sup>th</sup> Triple Jump 10.66m), Adam O'Dwyer, Thurles CBS (7<sup>th</sup> Pole Vault 3.41m), Alex O'Neill, Rice College Ennis (8<sup>th</sup> 800m 2.17.37), Patrick Fitzgerald, St. Augustine's Dungarvan (8<sup>th</sup> Pole Vault 3.11m) Jake Vermeer, Comeragh College (8<sup>th</sup> 400mH 60.74) & Sean Mockler, Thurles CBS (8<sup>th</sup> Hammer).



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By Piaras Ó Midheach

In the Girls competition, Ireland scored 203 points to finish 2<sup>nd</sup> behind England (254) with Wales in 3<sup>rd</sup> (118) and Scotland 4<sup>th</sup> (105) while in the Boys competition, Ireland were 2<sup>nd</sup> overall on 163 points behind England on 258 points with Wales 3<sup>rd</sup> on 163 points and Scotland in 4<sup>th</sup> place on 124 points. Congratulations & well done to all our athletes.

### European Junior T&F Championships 2017



The European Junior Track & Field Championships took place in Grosseto, Italy from 20<sup>th</sup> to 23<sup>rd</sup> July 2017. 7 athletes represented Munster on the Irish team & although no medals were won by our Munster group, lots of valuable experience was gained on the international stage. The Munster athletes were **Charlie O'Donovan, Leevale A.C., Darragh McElhinney, Bantry A.C., Ciara Neville, Emerald A.C., Jamie Mitchell, Emerald A.C., Sharlene Mawdsley, Newport A.C., Alex O'Neill, St. Cronan's A.C. and Miriam Daly, Carrick-On-Suir A.C.**

**Ciara Neville, Emerald A.C.** ran very well placing 2<sup>nd</sup> in her 100m Heat (11.73) to reach the Semi-Final where she finished 3<sup>rd</sup> (11.79) eventually finishing 7<sup>th</sup> in the final in a time of 11.98. **Sharlene Mawdsley, Newport A.C.** was 2<sup>nd</sup> in her 200m heat in a time of 24.12 & 4<sup>th</sup> place in SF (23.98) but did not progress to the final. In the middle-distance races, **Charlie O'Donovan, Leevale A.C.** was 10<sup>th</sup> in his 1500m heat (3.50.72), **Darragh McElhinney, Bantry A.C.** was 11<sup>th</sup> in his 1500m heat (3.53.15) & **Alex O'Neill, St. Cronan's A.C.** was 5<sup>th</sup> in her 800m heat (2.12.42), all being outside a qualifying spot for their finals.

On the relay front, there was a 4<sup>th</sup> place finish in the final for the Irish Women's 4 x 100m Relay team which included Munster athletes, **Ciara Neville, Emerald A.C. and Sharlene Mawdsley, Newport A.C.** (Molly Scott, SLOT & Gina Akpe Moses). The same team also set a new National U/20 record of 44.42 in their heat. **Miriam Daly, Carrick-on-Suir A.C.** was part of the Irish Women's 4 x

400m team that finished 5th in their heat in 3.47.48 while **Jamie Mitchell, Emerald A.C.** was part of the Irish Men's 4 x 400m quartet that also finished 5th in their heat in 3.14.97 with neither team progressing to the finals.



Medal winners for Ireland over the Championships were Gina Akpe Moses, Blackrock A.C. who won gold in the 100m, Michaela Walsh, Swinford A.C. who won bronze in the Hammer and John Fitzsimons who picked up a bronze medal in the 800m.

### **All 6 Counties Well Represented at the "B" Championships**

The Munster Juvenile Track & Field Season finished on a high with the Juvenile "B" Track & Field Championships in Templemore, Co. Tipperary on Saturday 29th July. Many thanks to Templemore A.C. and the Tipperary County Board for organising the great facilities & to all the Clubs who provided help on the day for without your assistance it would not be possible to run these Championships. These Championships were very well supported by Munster Clubs with all 6 counties represented. It was great to see some of our smaller & less featured Clubs coming to the fore with strong participation from Courceys A.C., BMOH A.C., West Limerick A.C., Kilmihil A.C.,

Ballincollig A.C., Finisk Valley A.C., Grange Fermoy A.C., Blarney Inniscarra A.C., Farranfore Maine Valley A.C., Skibbereen A.C., Tulla A.C., Iveragh, K.C.K. A.C., Fergus A.C. & Moyne A.C. With 72 individual titles up for grabs, the medals were spread over a wide range of Clubs from all Munster counties.

In the U/9 60m, Munster titles were won by **Ashlyn Falvey, St. Brendan's A.C.** (10.30) and Michael **Leamy, Grange Fermoy A.C.** (9.92) with **Zoe Quinn, Tulla A.C.** taking gold in the Girls U/9 300m (57.82) and **Colm Ryan, Newport A.C.** winning the Boys U/9 300m (53.72). **Holly Kirby, Carrick-On-Suir A.C.** was the winner of the Girls U/9 Long Jump with a leap of 3.16m with **Oisín Kennedy, Newport A.C.** taking the Boys title with 3.25m. In the U/9 Turbo Javelin, there was Munster titles for **Lorraine Coakley, Skibbereen A.C.** (8.98m) & **Thomas Cahill, Lios Tuathail A.C.** (14.68m).

**Ava Flavin, Finisk Valley A.C.** won the Girls U/10 60m (9.57) with **Anthony Goggin, Leevale A.C.** taking the Boys title (9.44). **Sarah Gaffney, West Waterford A.C.** won the Girls U/10 500m (1.38.83) with **Fionn Phelan, Ferrybank A.C.** taking the Boys title (1.34.92). In the Long Jump competitions, **Ellis McHugh, Ferrybank A.C.** jumped 3.51m to win gold with **Harry McCourt, Bandon A.C.** taking the Boys title with 3.54m. The U/10 Turbo Javelin competitions were won by **Daniela Puspurs, Leevale A.C.** (17.32m) and **Ronan O'Hora, K.C.K. A.C.** (19.12m).

In the U/11 competition, there was gold for Tipperary duo, **Maeve Healion, Templemore A.C.** (3.44m) & **Killian Whelan, Clonmel A.C.** in the Long Jump (3.77m) and Kerry duo, **Stephanie Reid, An Ríocht A.C.** (20.07m) and **Conor Crean, Tralee Harriers A.C.** (17.21m) in the Turbo Javelin. **Sophie Coughlan, Moycarkey Coolcrao A.C.** won the 600m (1.59.00) as did **Zak O'Sullivan, Tramore A.C.** (1.59.22) with **Maeve Healion, Templemore A.C.** taking her second gold in the 60m (9.32) and **Daire O'Donnell, Moycarkey Coolcrao A.C.** also taking gold in the Boys race (9.33).

In the Girls U/12 80m, there was gold for **Zoe Conway, Belgooly A.C.** (11.85) with **Finn Barrett, Iveragh A.C.** also taking gold in the Boys U/12 80m in 11.75. **Kathryn Ryan, Killarney Valley A.C.** took gold in the Girls U/12 600m (1.56.86) with gold also for **Gavin Sweetnam, Skibbereen A.C.** in the Boys race (1.48.01). **Belgooly A.C.** athletes **Abbey Dorney** and **Aaron Gui** took double gold in the Long Jumps with 4m and 3.93m with **Danielle O'Riordain, Gneeveguilla A.C.** and **Timmy Colbert, West Limerick A.C.** winning the Shot Putt competitions with 8.50m and 6.80m. **Eireann Barrett, Youghal A.C.** took gold in the Girl's High Jump with 1.15m while **Cathal Ryan, Templemore A.C.** won the Boys competition with 1.33m.

**Emma Lehane, Liscarroll A.C.** won the Girls U/13 80m in 11.02 with **Brendan O'Leary, Lios Tuathail A.C.** taking the Boy's title in 11.38. **Kathryn O'Mahony, Carraig na BhFear A.C.** won the 600m in 1.48.60 with gold also for **Darragh Cunnane, Tralee Harriers A.C.** in 1.50.40. Shot Putt winners were **Alex Cashman, Youghal A.C.** (7.43m) and **Dylan Scannell-Fleming, Gneeveguilla A.C.** (8.96m) with Long Jump golds for **Roisín Rahilly, An Ríocht A.C.** (4.32m) and **Graham Dooley, Templemore A.C.** (4.26m). There were gold medals in the High Jump for **Caoimhe Cahill, St. Cronan's A.C.** (1.40m) and **Killian Bergin, Templemore A.C.** (1.43m).

In the Girls U/14 80m, **Muireann McElligott, Lios Tuathail A.C.** won gold in 11.41 with **Dara O'Neill, Tramore A.C.** winning the Boy's race in 10.62. **Saoirse Tomkins, Gneeveguilla A.C.** won the Girls U/14 800m in 2.32.57 with **Callum Mc Court, Bandon A.C.** winning the Boys event in 2.33.22. **Emma Mulcahy, Nenagh Olympic A.C.** won gold in the Girl's Long Jump (4.13m) with **Callum McCourt**

adding another gold to his list with a win in the Boy's Long Jump (4.21m). Shot Putt winners were **Grace O'Connor, Tralee Harriers A.C.** (9.08m) and **Ted Evans, Templemore A.C.** (9.76m) while High Jump winners were **Grace O'Connor**, another gold for her (1.35m) and her Tralee Harriers team-mate **Tony White** (1.38m).

**Emma Grant, Templemore A.C.** won the Girls U/15 100m (13.58) with gold also for another Tipperary athlete, **Lewis Doyle, Nenagh Olympic A.C.** (12.93). **Emma Murray, Coolquill A.C.** won the 800m in 2.42.67 with gold also for **Kyle Walsh, K.C.K. A.C.** in 2.30.90. **Emma Grant** took her second gold in the Girl's Long Jump with 4.54m with **Sean Mahony, Lios Tuathail A.C.** winning the Boy's competition (4.74m). **Lynn Vermeer, Carrick-On-Suir A.C.** won the High Jump (1.40m), **Aisling O'Regan, West Waterford A.C.** won gold in the Girl's Shot Putt (4.93m) with **Mark O'Mahony, BMOH A.C.** taking gold in the Boys' competition with 6.89m.

In the U/16 competitions, the gold medal winners were **Niamh Conlon, Kilmihil A.C.** (100m 13.11 and Shot Putt 9.05m), **Jordan Collins, Templemore A.C.** (100m 12.10 and Long Jump 4.58m), **Aine Garry, Fergus A.C.** (800m 2.26.58), **Dylan McLaughlin, Moyne A.C.** (800m 2.16.01), **Daisy McCarthy, Middleton A.C.** (Long Jump 3.61m), **Favour Wenegieme, Belgooly A.C.** (Shot Putt 8.59m) and **Jimmy Mullins, Templemore A.C.** (High Jump 1.60m).

### EYOF 2017



The European Youth Olympic Festival took place in Győr, Hungary from 17<sup>th</sup> to 23<sup>rd</sup> July 2017. 7 athletes were selected to represent Munster on the Irish team with both **Miriam Daly, Carrick-On-Suir A.C.** and **Niamh Foley, St. Mary's A.C. Limerick** winning bronze medals as part of the Irish Women's 4 x 100m Relay team. The Munster team selected was **Ciara Sheehy, Liscarroll A.C.** (Shot), **Miriam Daly, Carrick-On-Suir A.C.** (400mH & 4 x 100m), **Niamh Foley, St. Mary's A.C.**

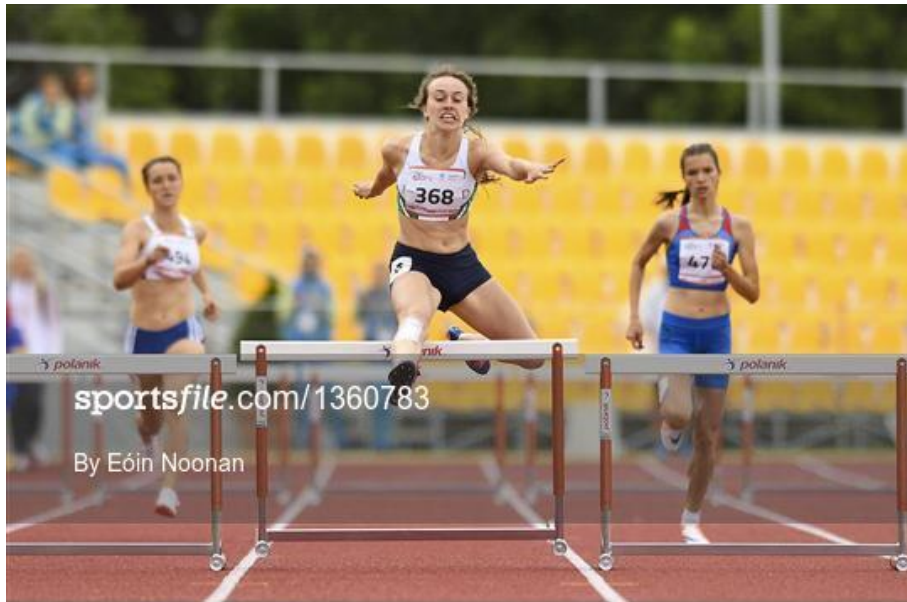
**Limerick** (4 x 100m), **Conor Morey, Leevale A.C.** (100m & 4 x 100m), **Colin Doyle, Leevale A.C.** (200m & 4 x 100m), **Joseph McEvoy, Nenagh Olympic A.C.** (High Jump & 4 x 100m) & **Sean Carolan, Nenagh Olympic A.C.** (Long Jump & 4 x 100m). Unfortunately, Joseph McEvoy had to withdraw from the team due to an injury sustained in the short hurdles at the National Juvenile Track & Field Championships earlier in July.

**Conor Morey, Leevale A.C.** qualified for the 100m semi-final in a time of 11.28 but his time wasn't fast enough to progress to the Final. His team-mate, **Colin Doyle** ran 22.31 in the heat of the 200m to make it to the semi-final as one of the fastest losers but he had to withdraw due to injury. **Sean Carolan, Nenagh Olympic A.C.** jumped 6.79m in qualifying rounds of Long Jump to qualify for the final where he finished 11<sup>th</sup> with a jump of 6.34m. **Miriam Daly, Carrick-On-Suir A.C.** progressed to the final of 400mH having run a pb of 61.47 in her semi-final and finished 6th in the final in a time of 61.94. **Ciara Sheehy, Liscarroll A.C.** finished 10th in final of Girls Shot Putt with a throw of 13.60m. The Irish Men's 4 x 100m team which included Sean Carolan, Colin Doyle and Conor Morey had to withdraw from their semi-final. The Irish Women's 4 x 100m Relay team had better fortunes finishing 1st in their heat in a time of 46.31 and then went on to win bronze in the final in a time of 46.38. Athletes on the team were Patience Jumbo Gula, Rhashida Adeleke, Niamh Foley and Miriam Daly.



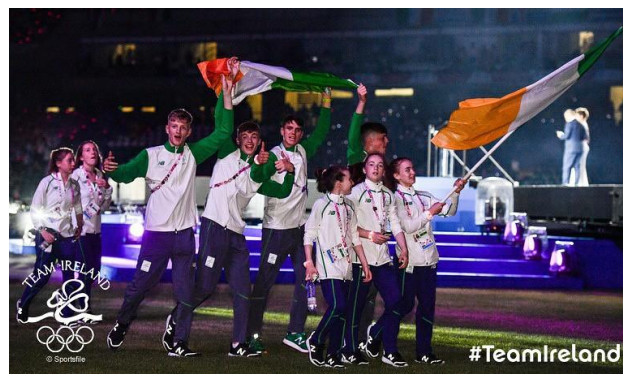
*Ciara Sheehy, Liscarroll A.C. in action in the Girls Shot Putt Final.*





***Miriam Daly, Carrick-On-Suir A.C. on her way to 2<sup>nd</sup> place in her 400mH SF***

Other Irish athletes who won EYOF medals were Sarah Healy, Blackrock A.C., gold in 1500m in a personal best of 4.19.85, Rhashida Adeleke, Tallaght A.C. who won silver in the 200m (21.81) with bronze medals for Patience Jumbo Gula, St. Gerard's A.C. in 100m (11.59) and Jade Williams, Shercock A.C. in Hammer (58.62m). Congratulations to all our athletes who competed so well on the international stage, many of them for the first time in their athletic careers.



***Sean Carolan, Nenagh Olympic A.C. in action in the Long Jump and Team Ireland at the Opening Ceremony***



**Conor Morey and Colin Doyle, both Leevale A.C. in action in the 100m and 200m heats**



**EYOF Medallists 2017**

*August*

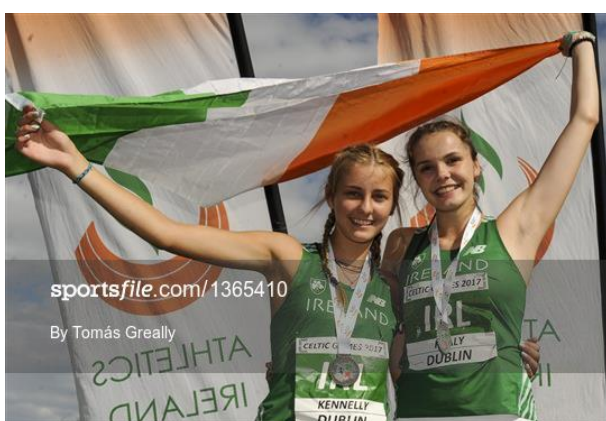
**Overall Win for Irish Celtic Team**



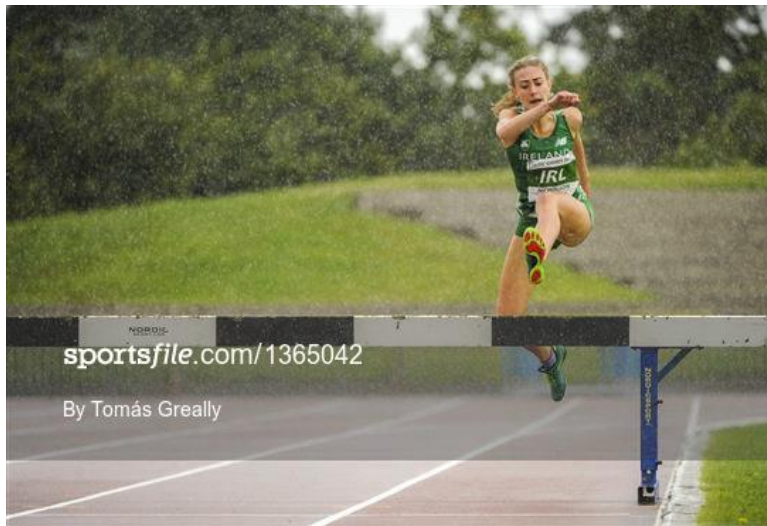
**Irish Celtic Track & Field International Teams 2017**

The 2017 Celtic Games International, was held on home ground in Morton Stadium, Santry on Saturday 5<sup>th</sup> August 2017. The Irish team won 6 out of the 7 Celtic trophies and were the overall winners finishing on 188 points with Scotland in 2<sup>nd</sup> on 159 points and Wales in 3<sup>rd</sup> place on 146 points. A total of **30** athletes from Munster competed on the day with **18** Munster athletes part of the Irish team and a further **12** Munster athletes on the Irish Development team.

In the U/16 competitions, there was gold medals for **Ciara Kennelly, Killarney Valley A.C.** in the High Jump (1.68m) and **Ciara Sheehy, Liscarroll A.C.** in the Discus (33.66m). **Daniel Hurley, Leevale A.C.** was 2<sup>nd</sup> in the Long Jump (6.16m) with **Wymin Sivakumar, Leevale A.C.** (Development Team) in 3<sup>rd</sup> place with 6.13m. **Mervyn Shalemba, Tralee Harriers A.C.** (Development Team) was 2<sup>nd</sup> in the 100m (11.30), **Shane Cawley, Waterford A.C.** (Development Team) was 2<sup>nd</sup> in the Shot Putt with a throw of 14.23m with **Nikolka Stevankova, Dooneen A.C.** 3<sup>rd</sup> in the 200m (26.13). **Aimee Hayde, Newport A.C.** was 3<sup>rd</sup> in the 1500m (4.40.23) and **Tommy Connolly, Leevale A.C.** (Development Team) was also 3<sup>rd</sup> in the 800m (2.00.42). **Nikolka Stevankova** was also part of the Irish Mixed 4 x 100m Relay that won silver on the day in a time of 47.15.



In the U/18 competitions, there was top podium finishes for **Sean Mockler, Moycarkey Coolcree A.C.** in the Hammer (60.92m), **Sophie Meredith, St. Mary's A.C. Limerick** in the Long Jump (5.56m), **Katie Moynihan, Leevale A.C.** in the Javelin (43.08m), **Shane Monagle, Tramore A.C.** in the 100mH (14.21), **Laura Nicholson, Bandon A.C.** in the Steeplechase (5.00.98), **Miriam Daly, Carrick-On-Suir A.C.** in the 400m and 4 x 400m Relay (3.51.47) and **Tony Odubote, Ennis Track A.C.** in the 400m (48.99) and the 4 x 400m (3.21.61). Silver medals were won by **Padraig O'Callaghan, Leevale A.C.** (Development Team) in the Hammer (54.00m), **Emma Coffey, Carraig naBhfear A.C.** (Pole Vault 3.21m), **Sean Carolan, Nenagh Olympic A.C.** (Development Team) in the Long Jump (6.43m), **Ryan O'Leary, Leevale A.C.** and **Dave McInerney, Bandon A.C.** in the 4 x 100m Relay (42.92) and **Katie Murphy, Ferrybank A.C.** (Development Team) in the 100m (12.37). Bronze medals were won by **Clodagh Walsh, Abbey Striders A.C.** in the Pole Vault (3.11m), **Aisling Cassidy, Bandon A.C.** in the Triple Jump (10.78m), **Jo Keane, Ennis Track A.C.** in the 800m (2.15.47) & **Ryan O'Leary, Leevale A.C.** in the 200m (22.54). 4<sup>th</sup> place finishes were recorded by Irish Development team athletes, **Vickie Cusack, Liscarroll A.C.** in the Long Jump (5.39m), **Tirna Cahill, Youghal A.C.** in the Hammer (47.80m), **Conor Ryan, Templemore A.C.** in the 1500m (4.08.87), **Shawn Benson, Ennis Track A.C.** in the 100m (11.28) and the 4 x 100m Relay (43.50) and **Gabriel Kehinde, Ennis Track A.C.** in the 4 x 100m Relay.





### **Irish Team (Munster)**

1. Nikolka Stevankova, Dooneen A.C. – Girls U/16 200m
2. Aimee Hayde, Newport A.C. – Girls U/16 1500m
3. Ciara Kennelly, Killarney Valley A.C. – Girls U/16 High Jump
4. Ciara Sheehy, Liscarroll A.C. – Girls U/16 Discus
5. Mervyn Shalemba, Tralee Harriers A.C. – Boys U/16 100m
6. Tommy Connolly, Leevale A.C. – Boys U/16 800m (Dev)
7. Daniel Hurley, Leevale A.C. – Boys U/16 Long Jump
8. Wymin Sivakumar, Leevale A.C. – Boys U/16 Long Jump (Dev)
9. Shane Cawley, Waterford A.C. – Boys U/16 Shot Putt (Dev)
10. Jo Keane, Ennis Track A.C. – Girls U/18 800m
11. Emma Coffey, Carraig na BhFear A.C. – Girls U/18 Pole Vault
12. Clodagh Walsh, Abbey Striders A.C. – Girls U/18 Pole Vault (Dev)
13. Sophie Meredith, St. Mary's A.C. Limerick – Girls U/18 Long Jump
14. Vickie Cusack, Liscarroll A.C. – Girls U/18 Long Jump (Dev)
15. Tirna Cahill, Youghal A.C. – Girls U/18 Hammer (Dev)
16. Aisling Cassidy, Bandon A.C. – Girls U/18 Triple Jump
17. Laura Nicholson, Bandon A.C. – Girls U/18 S/C
18. Miriam Daly, Carrick-On-Suir A.C. – Girls U/18 400m & 4 x 100m Relay
19. Katie Murphy, Ferrybank A.C. – Girls U/18 100m (Dev)
20. Katie Moynihan, Leevale A.C. – Girls U/18 Javelin
21. Sean Carolan, Nenagh Olympic A.C. – Boys U/18 Long Jump (Dev)
22. Shane Monagle, Tramore A.C. – Boys U/18 110mH
23. Conor Ryan, Templemore A.C. – Boys U/18 1500m (Dev)
24. Tony Odubote, Ennis Track A.C. – Boys U/18 400m & 4 x 400m Relay
25. Sean Mockler, Moycarkey Coolcree A.C. – Boys U/18 Hammer
26. Pdraig O'Callaghan, Leevale A.C. – Boys U/18 Hammer (Dev)
27. Ryan O'Leary, Leevale A.C. – Boys U/18 200m & 4 x 100 Relay
28. David McInerney, Bandon A.C. – Boys U/18 4 x 100 Relay
29. Shawn Benson, Ennis Track A.C. – Boys U/18 100m & 4 x 100 Relay (Dev)
30. Gabriel Keninde, Ennis Track A.C. – Boys U/18 4 x 100m Relay (Dev)

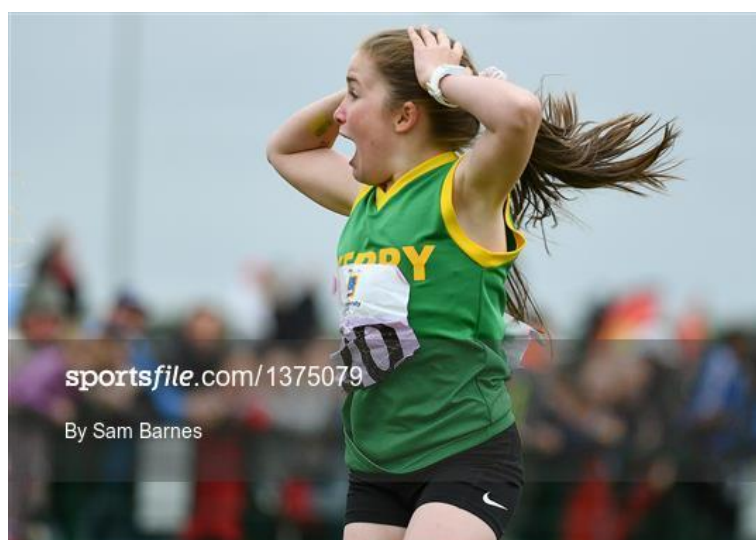
## 16 Individual Gold Community Games Medals for Munster



The National Community Games Athletic Finals were held in the National Sports Campus, Abbotstown on Saturday 19<sup>th</sup> & Sunday 20<sup>th</sup> August 2017. Munster athletes competed very well winning 56 medals in total (16 gold, 16 silver, 9 bronze & 15 Pewter) & 17 sets of Relay medals (5 gold, 7 silver, 3 bronze & 2 pewter).

In the U/8 60m **Aidan Donnelly, Limerick** won gold with silver for **Jay O’Gorman, Tipperary** while **Clara Whelan, Cork** won bronze and **Emma Pethos, Limerick** won pewter in the **Girls U/8 60m**. In the Boys U/8 80m there was a 4<sup>th</sup> place finish for **Stephen Harty, Kerry**.

In the Boys U/10 60mH, there was gold for **Malachy McKenna, Limerick**, silver for **Thomas O’Connor, Clare** and 4<sup>th</sup> place for **Joshua Simpson, Tipperary** with silver for **Laurel Mason, Kerry** in the Girls U/10 60mH. **James Sage, Tipperary** won silver in the Boys U/14 80mH.



**Saoirse Dillon, Kerry** won gold in the Girls U/10 100m with bronze for **John Carmody, Kerry** and 4<sup>th</sup> place for **Ben Qualter, Waterford** in the Boys U/10 100m. There was a 4<sup>th</sup> place finish for **Patrick Cagney, Limerick** in the Boys U/10 200m. In the Girls U/12 100m there was bronze for **Roisin Rahilly, Kerry** and silver for **Jayden Carmody, Limerick**. In the Boys U/14 100m, **Kyle Dooley, Tipperary** won silver with 4<sup>th</sup> for **John O'Connor, Kerry**. **Gabriel Kehinde, Clare** took gold in the Boys U/16 100m with bronze for **Smith Omojofodun, Limerick** & gold also for **Nikolka Stevankova, Limerick** in the Girls U/16 100m and 4<sup>th</sup> place for **Niamh Conlon, Clare**. **Ben Sheahan, Limerick** took bronze in the Boys U/16 200m while **Niamh Foley, Limerick** took gold in the Girls U/16 200m with silver for **Roseann Fitzgerald, Tipperary**.

In the Middle-Distance events, **Victoria Amiadamen, Limerick** won the Girls U/12 600 with bronze for **Dara Kennedy, Tipperary** in the Boys U/12 600m. **Darragh Fleming, Kerry** was 4<sup>th</sup> in the Boys U/14 800m with silver for **Sarah Butler, Limerick** in the Girls U/14 800m. In the Girls U/16 1500m, it was gold for **Sarah Morrison, Cork**.



In the Field Events, Munster athletes scored strongly with gold for **Jade Barry, Tipperary** in the Girls U/12 Ball Throw and 4<sup>th</sup> for **Lola Moroney, Clare** and gold for **Oisin Minogue, Clare** & silver for **Callum Costello, Tipperary** in the Boys U/12 Ball Throw. In the U/14 Javelin competitions, **Katelyn Reid, Kerry** took gold with silver for **Leanne Healy, Clare** & bronze for **Amy Whelan, Cork** while in the Boys competition **Dillon Ryan, Tipperary** won gold with bronze for **Darragh Murphy, Kerry** and 4<sup>th</sup> place for **Donnacha Morrissey, Clare**. In the Girls U/14 Long Jump, there was silver for **Ava Coyle, Cork** and bronze for **Rebecca Falvey, Kerry**. **Mark Carroll, Tipperary** won gold in the Boys U/14 Long Jump with silver for **Sean Mahony, Kerry**. **Kotryna Pacerinskaite, Cork** won silver in the Girls U/14 Shot Putt with silver for **Paul McNamara, Clare** & 4<sup>th</sup> for **Shane Og Magaley, Kerry** in the Boys U/14 Shot Putt.

In the Girls U/16 High Jump, there was a win for **Ciara Kennelly, Kerry** with silver for **Holly Meredith, Limerick**. **Cathal Scanlon, Waterford** took pewter in the Boys U/16 High Jump with gold for **Aaron Malik, Kerry** in the Boys U/16 Discus, silver for **Shane Cawley, Waterford** & 4<sup>th</sup> place for **Ricky**

**Carroll, Cork. Ciara Sheehy, Limerick** took gold in the Girls U/16 Discus with 4<sup>th</sup> place for **Anna Ryan, Tipperary**.



In the Relay competitions, **Kerry** won silver in the Mixed U/10 4 x 100m with silver for **Clare** in the Boys U/12 4 x 100m. There were 2 medals for Munster in the Girls U/12 4 x 100m Relay with silver for **Clare** & bronze for **Limerick**. **Cork** took silver in the Mixed U/13 4 x 100m Relay with bronze for **Limerick** with gold for **Kerry** & silver for **Tipperary** in the Boys U/14 4 x 100m. In the Girls U/14 4 x 100m there was gold for **Kerry** & 4<sup>th</sup> place for **Limerick**. **Tipperary** won the Mixed U/15 4 x 100m with 4<sup>th</sup> place for **Limerick**. **Clare** won gold in the Girls U/16 4 x 100m with bronze for **Kerry**, **Clare** won silver in the Boys U/16 4 x 100m while in the **Mixed U/16 4 x 200m**, there was gold for **Limerick** and silver for **Clare**.

At weekend 1 of the National Community Games Finals in Abbotstown in May, Munster athletes also competed very well in the Cross-Country events. There was gold for **Clare** in the team event for the U/13 1200m Mixed race with bronze for **Kerry**. Individual winners in the same race were Clare athletes, **Neasa Ni Ainifein** who was the overall girl's individual winner and **Amilee Malice** who took silver. **Cian Spillane (Kerry)** was the overall boy's individual winner with 3<sup>rd</sup> place for **Cian Boyle (Clare)** and 4<sup>th</sup> place for **Niall Murphy (Clare)**. **Tipperary** were 4<sup>th</sup> in the Boys U/12 Mixed Distance relay with **Clare** winning silver and **Limerick** bronze in the Girls U/12 Mixed Distance relay. In the Boys U/14 Mixed Distance relay, there was gold for **Limerick** and bronze for **Clare** while the Girls U/14 Mixed Distance relay saw **Limerick** winning gold and **Cork** the pewter medals for 4<sup>th</sup> place. In the Boys U/16 7km Marathon, **Clare** won pewter medals for 4<sup>th</sup> with **Clare** also winning gold in the Girls U/16 7km Marathon. Individual winners were **Aoife Madigan (Clare)** who finished 3<sup>rd</sup> and **Aine Garry (Clare)** who was 4<sup>th</sup>. Names of athletes on the winning teams are in the results below.

Munster Track & Field Results are below: -

#### **Field - Ball Throw U12 & O10 Boys**

1 Oisín Minogue, Killaloe, Clare



2 Callum Costello, Carrick on Suir, Tipperary

**Field - Ball Throw U12 & O10 Girls**

1 Jade Barry, Carrick on Suir, Tipperary  
4 Lola Moroney, Kilkishen - OCallaghan Mills - Oatfield, Clare

**Field - Discus U16 & O14 Boys**

1 Aaron Malik, Ardfer, Kilmoyley, Kerry  
2 Shane Cawley, Tramore, Waterford  
4 Ricky Carroll, Mitchelstown, Cork

**Field - Discus U16 & O14 Girls**

1 Ciara Sheehy, Broadford - Dromcollogher, Limerick  
4 Anna Ryan, Moycarkey - Borris, Tipperary

**Field - High Jump U16 & O14 Boys**

4 Cathal Scanlon, Mahon Valley, Waterford

**Field - High Jump U16 & O14 Girls**

1 Ciara Kennelly, Fossa, Kerry  
2 Holly Meredith, Newcastle West, Limerick

**Field - Javelin U14 & O12 Boys**

1 Dillon Ryan, Moycarkey - Borris, Tipperary  
3 Darragh Murphy, Boherbue - Cloghers Manor, Kerry  
4 Donnacha Morrissey, Cooraclare-Cree, Clare

**Field - Javelin U14 & O12 Girls**

1 Katelyn Reid, Annascaul - Camp - Inch, Kerry  
2 Leanne Healy, Inch - Kilmaley - Connolly, Clare  
3 Amy Whelan, Awbeg, Cork

**Field - Long Jump U14 & O12 Boys**

1 Mark Carroll, Toomevara, Tipperary  
2 Sean Mahony, Listowel, Kerry

**Field - Long Jump U14 & O12 Girls**

2 Ava Coyle, ClonteadKinsale, Cork  
3 Rebecca Falvey, Abbeydorney Kilflynn, Kerry

**Field - Shot Putt U14 & O12 Boys**

2 Paul McNamara, Cooraclare-Cree, Clare  
4 Shane Og Magaley, Castleisland, Kerry

**Field - Shot Putt U14 & O12 Girls**

2 Kotryna Pacerinskaite, Mitchelstown, Cork

**Track - 100m U10 & O8 Girls**

1 Saoirse Dillon, Duagh.Lyre, Kerry

**Track - 100m U10 & O8 Boys**

3 John Carmody, Listowel, Kerry  
4 Ben Qualter, Cara, Waterford

**Track - 100m U12 & O10 Girls**

3 Roisin Rahilly, Ballymacelligott, Kerry

**Track - 100m U12 & O10 Boys**

2 Jayden Carmody, Our Lady of Lourdes-St Josephs, Limerick

**Track - 100m U14 & O12 Boys**

2 Kyle Dooley, Roscrea, Tipperary  
4 John O Connor, Castleisland, Kerry

**Track - 100m U16 & O14 Girls**

1 Nikolka Stevankova, Regional, Limerick  
4 Niamh Conlon, Cooraclare-Cree, Clare

**Track - 100m U16 & O14 Boys**

1 Gabriel Kehinde, Ennis St Johns, Clare  
3 Smith Omojoefodun, Regional, Limerick

**Track - 1500m U16 & O14 Girls**

1 Sarah Morrisson, Fermoy, Cork

**Track - 200m U10 & O8 Boys**

4 Patrick Cagney, Feohanagh - Castlemahon, Limerick

**Track - 200m U16 & O14 Boys**

3 Ben Sheahan, Glin, Limerick

**Track - 200m U16 & O14 Girls**

1 Niamh Foley, Newcastle West, Limerick  
2 Rose Ann Fitzgerald, Carrick on Suir, Tipperary

**Track - 600m U12 & O10 Girls**

1 Victoria Amiadamen, Regional, Limerick

**Track - 600m U12 & O10 Boys**

3 Dara Kennedy, Newport, Tipperary

**Track - 60m U8 & O6 Girls**

3 Clara Whelan, Awbeg, Cork  
4 Emma Pethos, Regional, Limerick

**Track - 60m U8 & O6 Boys**

1 Aidan Donnelly, Ahane - Castleconnell - Montpelier ACM, Limerick  
2 Jay O'Gorman, Carrick on Suir, Tipperary

**Track - 60m Hurdles U10 & O8 Girls**

2 Laurel Mason, Spa-Fenit - Barrow, Kerry

**Track - 60m Hurdles U10 & O8 Boys**

1 1 Malachy McKenna, Kiltteely - Dromkeen - Garydoolis, Limerick  
2 2 Thomas O'Connor, Doorra Barefield, Clare  
4 4 Joshua Simpson, Carrick on Suir, Tipperary

**Track - 800m U14 & O12 Girls**

2 Sarah Butler, Regional, Limerick

**Track - 800m U14 & O12 Boys**

4 Darragh Fleming, Killarney South, Kerry

**Track - 80m U8 & O6 Boys**

4 Stephen Harty, Ballyheigue, Kerry

**Track - 80m Hurdles U14 & O12 Boys**

2 James Sage, Templederry, Tipperary

**Track - Relay 4x100m U10 & O8 Mixed**

2 John Carmody, Listowel, Kerry  
2 Emma Neylon, Listowel, Kerry  
2 Florence Corridon, Listowel, Kerry  
2 Adam Lynch, Listowel, Kerry  
2 Lauren Molyneaux, Listowel, Kerry  
2 Harry Reidy, Listowel, Kerry

**Track - Relay 4x100m U12 & O10 Boys**

2 Donna Ogbuagu, Ennis St Johns, Clare  
2 Darren Moroney, Ennis St Johns, Clare  
2 William Bello, Ennis St Johns, Clare  
2 Samuel Olaoye, Ennis St Johns, Clare  
2 Sylvester Onwudiwe, Ennis St Johns, Clare

**Track - Relay 4x100m U12 & O10 Girls**

2 Ava Rochford, Ennis St Johns, Clare  
2 Holly O'Boyle, Ennis St Johns, Clare  
2 Mirabel Emenike, Ennis St Johns, Clare  
2 Kaitlyn Ferns, Ennis St Johns, Clare  
2 Jodie Hussey, Ennis St Johns, Clare  
2 Zaheedat Ojulari, Ennis St Johns, Clare  
3 Victoria Amiadamen, Regional, Limerick  
3 Angel Alfred, Regional, Limerick  
3 Anna Campbell, Regional, Limerick  
3 Ashling Ezekannah, Regional, Limerick  
3 Faye Scanlon, Regional, Limerick  
3 Freda Wiegand, Regional, Limerick

**Track - Relay 4x100m U13 & O10 Mixed**

2 Timothy Wilk, Cobh, Cork  
2 Alex Joy, Cobh, Cork  
2 Eimear Diggin, Cobh, Cork  
2 Aimee McKeown, Cobh, Cork  
3 Darragh O'Sullivan, Ballybrown -  
Clarina, Limerick  
3 Scott White, Ballybrown -  
Clarina, Limerick  
3 Siofra Cantillon Mann, Ballybrown -  
Clarina, Limerick  
3 Diarmuid Collins, Ballybrown -  
Clarina, Limerick

3 Emer Conroy, Ballybrown -  
Clarina, Limerick  
3 Aimee Ryan, Ballybrown -  
Clarina, Limerick

**Track - Relay 4x100m U14 & O12 Boys**

1 Darragh Fleming, Killarney South, Kerry  
1 Alex Hennigan, Killarney South, Kerry  
1 Conor Gammell, Killarney South, Kerry  
1 Jason Lee, Killarney South, Kerry  
1 Aaron O'Sullivan, Killarney South, Kerry

2 Tom Mccutcheon, Templederry, Tipperary  
2 James Sage, Templederry, Tipperary  
2 Lewis Doyle, Templederry, Tipperary  
2 William Fogarty, Templederry, Tipperary  
2 Aaron Ryan, Templederry, Tipperary

**Track - Relay 4x100m U14 & O12 Girls**

1 Sammie Ojulari, Ennis St Johns, Clare  
1 Jessica Jagielska, Ennis St Johns, Clare  
1 Gladis Emenike, Ennis St Johns, Clare  
1 Amilee Malice, Ennis St Johns, Clare  
1 Naiomi O'Shaughnessy, Ennis St Johns, Clare  
4 Sarah Butler, Regional, Limerick  
4 Maria Campbell, Regional, Limerick  
4 Seodhna Dervan, Regional, Limerick  
4 Leah Nolan, Regional, Limerick

**Track - Relay 4x100m U15 & O13 Mixed**

1 Emma Grant, Templemore - Clonmore - Killea, Tipperary  
1 Neassa Towey, Templemore - Clonmore - Killea, Tipperary  
1 Jordan Collins, Templemore - Clonmore - Killea, Tipperary  
1 Rachel Leonard, Templemore - Clonmore - Killea, Tipperary  
1 Jimmy Mullens, Templemore - Clonmore - Killea, Tipperary  
1 David Quinn, Templemore - Clonmore - Killea, Tipperary  
4 Nikolka Stevankova, Regional, Limerick  
4 Gavin Cotter, Regional, Limerick  
4 Sally Dickson, Regional, Limerick  
4 Isabel Farrelly, Regional, Limerick  
4 Kelvin O'Carroll, Regional, Limerick

**Track - Relay 4x100m U16 & O14 Boys**

2 Gabriel Kehinde, Ennis St Johns, Clare  
2 Daniel Ohilzu, Ennis St Johns, Clare  
2 David Ondwudine, Ennis St Johns, Clare  
2 David Utuke, Ennis St Johns, Clare

**Track - Relay 4x100m U16 & O14 Girls**

1 Rachel Adesiyun, Ennis St Johns, Clare  
1 Amidat Karimu, Ennis St Johns, Clare  
1 Sonia Ogbuagu, Ennis St Johns, Clare  
1 Chisom Ugwuere, Ennis St Johns, Clare  
3 Ruth Courtney, SPA Mucross, Kerry  
3 Grace Courtney, SPA Mucross, Kerry  
3 Marie Courtney, SPA Mucross, Kerry  
3 Elizabeth Stack, SPA Mucross, Kerry

**Track - Relay 4x200m U16 & O14 Mixed**

1 Daniel Ademakin, Regional, Limerick  
1 Helene Dee, Regional, Limerick  
1 David Hickey, Regional, Limerick  
1 Aoife Morrissey, Regional, Limerick  
1 Lochlainn O'keeffe, Regional, Limerick  
2 Brian Mcnamara, Cooraclare-Cree, Clare  
2 Niamh Conlon, Cooraclare-Cree, Clare  
2 Emily Culligan, Cooraclare-Cree, Clare  
2 Ronan Donnellan, Cooraclare-Cree, Clare  
2 Gearoid Lillis, Cooraclare-Cree, Clare  
2 Sinead Lillis, Cooraclare-Cree, Clare

**Cross Country Results 2017**

**Cross Country 1200m U13 & O11 Boys/Girls/Mixed**

1 Amilee Malice Ennis St Johns Clare  
1 Cian Neylon Inch - Kilmaley - Connolly Clare  
1 Cian O'Boyle Ennis St Johns Clare  
1 Darragh Moylan Clarecastle Ballyea Clare  
1 Ellen Carey Ennistymon - Lahinch - Liscannor Clare  
1 Ellen Mannion Doora Barefield Clare

1 Neasa Ni Ainifein Ruan Clare  
1 Niall Murphy Quin - Clooney Clare  
1 Saoirse Crowe Kilrush Clare  
1 Sean Breen Doora Barefield Clare

3 Abbie Dunlop Kenmare Kerry  
3 Aoife Dwyer Dromid - caherdaniel Kerry  
3 Cian Spillane Milltown - Listry Kerry  
3 Conall O'Mahony Furies Kerry  
3 Donagh Stephenson St Brendans - Oakpark Kerry  
3 Jimmy Kelleher Kenmare Kerry  
3 Kathryn Ryan Glenflesk Kerry  
3 Laura Reilly Spa-Fenit - Barrow Kerry  
3 Lola Eagar Beaufort Kerry  
3 Timothy O'Donoghue Kenmare Kerry

#### **Girls Individual Overall**

1 Neasa Ni Ainifein Ruan Clare  
2 Amilee Malice Ennis St Johns Clare

#### **Boys Individual Overall**

1 Cian Spillane Milltown - Listry Kerry  
3 Cian O'Boyle Ennis St Johns Clare  
4 Niall Murphy Quin - Clooney Clare

#### **U12 Boys Mixed Distance Relays**

4 Brian Tobin Newport Tipperary  
4 Callum Costello Carrick-On-Suir Tipperary  
4 Dara Kennedy Newport Tipperary  
4 James Tobin Newport Tipperary  
4 Odhran Mcgrath Clerihan Tipperary

#### **U12 Girls Mixed Distance Relays**

2 Avril Lillis Doora Barefield Clare  
2 Clodagh Quinn Quin - Clooney Clare  
2 Holly O'Boyle Ennis St Johns Clare  
2 Louise O'Mahony Sixmilebridge-Kilmurry Clare  
2 Michelle Healy Inch - Kilmaley - Connolly Clare  
2 Sheena Kerins Doora Barefield Clare  
3 Angel Alfred Regional Limerick  
3 Eimear Galvin Feenagh-Kilmeedy Limerick  
3 Ellen Hosey Monaleen Limerick  
3 Kate Foley Newcastle West Limerick  
3 Orla O'Shaughnessy Ballybrown -  
Clarina Limerick  
3 Sarah O'Sullivan Ballybrown - Clarina Limerick

#### **U14 Boys Mixed Distance Relays**

1 Dermot Pierser Athea Limerick  
1 Kelvin O'Carroll Regional Limerick  
1 Michael Russell Ballingarry - Granagh Limerick  
1 Nathan Cremin Feohanagh - Castlemahon Limerick  
1 Philip Byrnes Ballingarry - Granagh Limerick  
1 Sean O'Neill Kilfinane Limerick  
3 Barry Conway Ballinacahill-Lissycasey Clare  
3 Colin Ryan Ennis St Johns Clare  
3 Kyle Grogan Cooraclare-Cree Clare  
3 Luke Griffin Ballinacahill-Lissycasey Clare  
3 Mark O'Mahony Sixmilebridge-Kilmurry Clare  
3 Shane Culligan Ballinacahill-Lissycasey Clare

#### **U14 Girls Mixed Distance Relays**

1 Leah Quane Anglesboro-Kilbehenny Limerick  
1 Maria Campbell Regional Limerick  
1 Orla Bennis Feenagh-Kilmeedy Limerick  
1 Sarah Butler Regional Limerick  
1 Sarah Hosey Monaleen Limerick  
1 Seodhna Dervan Regional Limerick  
4 Avril Cashman Youghal Cork  
4 Maeve O'Neill Enniskeane Cork  
4 Niamh McCarthy Enniskeane Cork  
4 Nicole Buckley ClonteadKinsale Cork  
4 Rachel O'Brien ClonteadKinsale Cork

#### **Track - 7km Marathon U16 & O14 Boys**

4 Ben Whelehan Milton Malbay Clare  
4 Eoin Hurley Lisdoonvarna Clare  
4 John O'Donoghue Inch - Kilmaley - Connolly Clare  
4 Ronan Donnellan Cooraclare-Cree Clare

#### **TEAM - 7km Marathon U16 & O14 Girls**

- 1 Aine Garry Ballinacahill-Lissycasey Clare
- 1 Aoife Madigan Corofin-Kilnaboy Clare
- 1 Rachel Hartigan Clarecastle Ballyea Clare
- 1 Sinead Lillis Cooraclare-Cree Clare

#### **INDIVIDUAL - 7km Marathon U16 & O14 Girls**

- 3 Aoife Madigan Corofin-Kilnaboy Clare
- 4 Aine Garry Ballinacahill-Lissycasey Clare

October

### **3 New Records at Munster Schools CE**

The Munster Schools Combined Events Championships was back to its usual venue of Nenagh Indoor Stadium and took place on Wednesday 11<sup>th</sup> October. 132 athletes took part in total (36 Minor Boys, 16 Junior Boys, 18 Intermediate Boys, 9 Senior Boys, 24 Minor Girls, 17 Junior Girls, 10 Intermediate Girls & 2 Senior Girls). There were three new records on the day - **Vickie Cusack, Davis College** set a new record in the Senior Girls competition of 2914 points to better the record of 2622 points held by Grace McKenzie, Crosshaven, **Harry Nevin, Rochestown College** scored 2857 points in the Minor Boys competition to beat the record of 2103 points held by Reece Ademola, Douglas CS with **Eoin Kenny, DLS Waterford** scoring 2579 points in the Senior Boys category to break the existing record of 2467 points held by Paul White, Nenagh CBS. The top 4 in each age category will go forward to the Irish Schools Combined Events Championships in AIT Arena on Saturday 28<sup>th</sup> October. Many thanks to all the schools who took part and to all our officials who helped on the day, your assistance and support is very much appreciated.

**Harry Nevin, Rochestown College** was the winner of the Minor Boys competition finishing on a record breaking score of 2857 points with **Mark Carroll, Nenagh CBS** in 2<sup>nd</sup> place on 2372 points, **Armand Schoeman, Colaiste Mhuire Co-Ed Thurles** in 3<sup>rd</sup> place on 2371 points & **Jack Cullen, Hamilton High School** in 4<sup>th</sup> with 2191 points.



**Caillum Hedderman, John the Baptist** was the winner of the Junior Boys competition with 2050 points, **Joseph Cunningham, Nenagh CBS** was 2<sup>nd</sup> with 2014 points, **Sam Dunning, Colaiste an Chraoibhin** was 3<sup>rd</sup> with 1869 points with a 4<sup>th</sup> place finish for **Michael O'Connor, SMI Newcastlewest** on 1691 points.



The Intermediate Boys competition saw **Brian Lynch, Colaiste an Spioraid Naomh** winning the title with a score of 2905 points with his team-mate **Wymin Sivakumar** taking silver on 2864 points. **Cillian Griffin, Mercy Mount Hawk** was 3<sup>rd</sup> with 2836 points with his team-mate **Darragh Courtney** in 4<sup>th</sup> place with 2609 points.



In the Senior Boys competition, **Eoin Kenny, DLS Waterford** won gold with a record breaking score of 2579 points with **James Murphy Ardscoil na Mara** in 2<sup>nd</sup> on 2046 points and **Ethan Knipe Hazelwood College** in 3<sup>rd</sup> place on 1716 points.



**Laura Frawley, St. Mary's Secondary School Charleville** took the Minor Girls title for the second year with 2690 points with silver for **Emily de Bhal, Colaiste Choilm Ballincollig** (2631 points). **Katie Nolke, Ursuline Waterford** was 3<sup>rd</sup> with 2520 points with **Ava Coyle, Kinsale Community School** 4<sup>th</sup> on 2365 points.



In the Junior Girls competition, **Orla Coffey, St. Angela's Cork** took gold with 2745 points, **Amy O'Donoghue, Colaiste na Toirbhirte** was 2<sup>nd</sup> with 2557 points with bronze for **Lynn Vermeer, Scoil Mhuire COS** (2448 points) & 4<sup>th</sup> place for **Megan Lenihan, Hazelwood College** (1911 points).



**Aisling Cassidy, Bandon Grammer** took gold in the Intermediate Girls with 3064 points, **Emily O'Mahony, St. Augustine's College** won silver with 3031 points with bronze for **Kerry Barrett Pobalscoil na Tríonóide** (2438 points) & 4<sup>th</sup> place for **Christine McCarthy Pobalscoil Inbhear Sceine** (1907 points).



**Vickie Cusack, Davis College** won the Senior Girls competition with a record breaking score of 2914 points with silver for **Sarah O'Keefe** on 1919 points. Congratulations to all our athletes who took part and we wish all our qualifiers the very best of luck at the Irish Schools Combined Events Championships in Athlone on Saturday 28<sup>th</sup> October. Full results and record updates can be found at [www.munsterschoolsathletics.org](http://www.munsterschoolsathletics.org).



### **Munster Juvenile Even Age XC Championships**

All roads led to Clarecastle, Co. Clare for the opening competition of the Munster Cross Country season when Clare hosted the Munster Juvenile Even Age Cross Country Championships on Sunday 22nd October 2017. Numbers participating were large on the day with the breakdown as follows: - Girls U/10 (135), Boys U/10 (131), Girls U/12 (138), Boys U/12 (137), Girls U/14 (87), Boys U/14 (69), Girls U/16 (60), Boys U/16 (52), Girls U/18 (40), Boys U/18 (39). **Cork** was dominant in the Inter-County competition with 8 gold & 2 silver with **Waterford** the next best (2 gold, 4 silver & 4 bronze), **Clare** was 3<sup>rd</sup> with 10 medals (5 silver & 5 bronze) with **Tipperary** winning one bronze. **Cork** won 7



out of the 10 gold individual medals on offer on the day with **Kerry** winning gold in the Girls U/14, **Tipperary** in the Girls U/16 & **Clare** in the Boys U/18.

Top 3 in the Girls U/10 race were **Faye O'Riordan Carraig-Na-Bhfear A.C.**, **Maeve Purtill Dooneen A.C.** & **Eabha Ni Chonaola West Muskerry A.C. Bandon A.C.**, **Limerick A.C.** & **Ennis Track A.C.** were the top 3 Clubs with **Cork, Clare & Waterford** taking the honours in the Inter-County competition. In the Boys U/10 race, first home was **Fionan Smith Courcey A.C.** with **Charlie Tobin Newport A.C.** in 2<sup>nd</sup> place & **Fionn Phelan Ferrybank A.C.** in 3<sup>rd</sup>. **Derg A.C.** won the team event with **St. Mary's A.C. Clare** in 2<sup>nd</sup> place & **Kenmare A.C.** in 3<sup>rd</sup>. **Cork, Waterford & Clare** were the top 3 in the Inter-County competition.

The Girls U/12 title went to Cork athlete, **Ava Fitzgerald Carraig-Na-Bhfear A.C.** with silver again this year for **Amy McCarthy Bandon A.C.** & bronze for **Zoe Conway Belgooly A.C.**, a top 3 finish for the County of Cork. **Bandon A.C.**, **Carraig-Na-Bhfear A.C.** & **Marian A.C.** were the top 3 Clubs with gold for **Cork**, silver for **Clare** & bronze for **Waterford** in the Inter-County competition. **John Murphy Liscarroll A.C.** was the winner of the Boys U/12 race with silver for **Shane Buckley Dundrum A.C.** & bronze for **Dara Sheedy Bantry A.C. West Waterford A.C.** won gold with silver for **St. Cronan's A.C.** & bronze for **Waterford A.C. Cork, Waterford & Clare** were the top 3 in the Inter-County competition.

**Shauna McCarthy, Farranfore Maine Valley A.C.**, **Emma Landers Youghal A.C.** & **Michelle Healy Marian A.C.** were the top 3 finishers in the Girls U/14 race with **Youghal A.C.** winning gold, silver for **Ennis Track A.C.** & bronze for **Carraig na BhFear A.C.** in the Inter-Club competition. **Cork, Clare & Waterford** were the winners in the Inter-County category. In the Boys U/14 race, there was gold for **Eoin Quirke Middleton A.C.** with silver for **Cian Spillane, Farranfore Maine Valley A.C.** & bronze for **Niall Murphy St. Cronans A.C. Nenagh Olympic A.C.**, **Ennis Track A.C.** & **Waterford A.C.** won gold, silver & bronze with **Cork, Clare & Waterford** the top 3 Counties.

Top 3 in the Girls U/16 race were **Aimee Hayde Newport A.C.**, **Una O'Brien Tramore A.C.** & **Lucy O'Keeffe Youghal A.C.** Club winners were **Ennis Track A.C.**, **West Waterford A.C.** & **Marian A.C.** with **Cork, Clare & Waterford** the top 3 Counties. In the Boys U/16 race, there was gold for **Tommy Connolly Leevale A.C.**, silver for **Mark Hanrahan, Ennis Track A.C.** & bronze for **Matteo Mary Waterford A.C. Ennis Track A.C.**, **Waterford A.C.** & **West Waterford A.C.** were the top 3 Clubs with **Waterford, Cork & Clare** winning County honours.

**Laura Hayes, St. Catherine's (Cork) A.C.**, **Alex O'Neill St. Cronans A.C.** & **Alyce O'Connor Kenmare A.C.** were the first 3 home in the Girls U/18 race. **St. Catherine's (Cork) A.C.**, **Ferrybank A.C.** & **Kilmurray/Ibrickane A.C.** were the Club winners with **Cork, Waterford & Clare** winning the top 3 prizes in the Inter-County competition. In the Boys U/18 race, the winners were **Donal Devane Ennis Track A.C.**, **Hugo Blair Waterford A.C.** & **Luke Brennan Waterford A.C.** Club winners were **Ennis Track A.C.**, **Waterford A.C.** & **Ferrybank A.C.** with **Waterford, Cork & Clare** winning the Inter-County competition.

## Irish Schools Combined Events

The Irish Life Health Irish Schools Combined Events Championships took place in AIT International Arena on Saturday 28<sup>th</sup> October 2017. A squad of 24 Munster athletes travelled to the venue for the competition as contestants from the four provinces battled it out for coveted Irish Schools titles & places on the Irish Junior & Intermediate International Schools Teams. Munster athletes won 8 medals in total (2 gold, 2 silver & 4 bronze) – Gold for **Vickie Cusack, Davis College Mallow (Senior Girls) & Harry Nevin, Rochestown College (Minor Boys)**, silver medals for **Ava Coyle, Kinsale Community School (Minor Girls) & Eoin Kenny, DLS Waterford (Senior Boys)** & bronze for **Katie Nolke, Ursuline Waterford (Minor Girls), Aisling Cassidy, Bandon Grammer (Inter Girls), Mark Carroll, Nenagh CBS (Minor Boys) & Brian Lynch, Colaiste an Spioraid Naoimh (Inter Boys)**.

4 Munster athletes also made the Irish Schools International teams – **Orla Coffey, St. Angela's Cork (Junior Girls), Brian Lynch, Colaiste an Spioraid Naoimh & Darragh Miniter, Ennistymon CBS (Inter Boys) & Aisling Cassidy, Bandon Grammer (Inter Girls)**.

In the Minor Girls competition, **Ava Coyle, Kinsale Community School** was our top finisher in 2<sup>nd</sup> place with 2898 points, close behind Ava in 3<sup>rd</sup> place with 2823 points was **Katie Nolke, Ursuline Waterford** with **Emily de Bhal, Colaiste Choilm Ballincollig** in 5<sup>th</sup> place (2766 points) & **Laura Frawley, St. Mary's Charleville** in 6<sup>th</sup> place on 2750 points.



**Harry Nevin, Rochestown College** won gold in very convincing style in the Minor Boys competition with 3148 points with bronze for **Mark Carroll, Nenagh CBS** on 2470 points and **Jack Cullen, Hamilton High School** in 12<sup>th</sup> place on 1902 points.



In the Junior Girls competition, **Orla Coffey, St. Angela's College Cork** finished in 4th place with a score of **2886 points** with **Amy O'Donoghue, Colaiste na Toirbhirte Bandon** in 9<sup>th</sup> place on 2481 points.

In the Junior Boys category, Munster athletes were 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> & 12<sup>th</sup> with **Caillum Hedderman John the Baptist C.S, Hospital** on 2395 points, **Sam Dunning Coláiste an Chraoibhin Fermoy** on 2076 points, **Michael O'Connor SMI Newcastle West** on 1909 points and **Joseph Cunningham Nenagh CBS** on 1843 points.

In the Intermediate Girls competition, our top finisher was **Aisling Cassidy, Bandon Grammer** who finished 3<sup>rd</sup> with **3185 points** while **Emily O'Mahony, St. Augustine's College Dungarvan** was 5<sup>th</sup> with 2993 points & **Kerry Barrett, Pobalscoil na Trionoide, Youghal** in 8<sup>th</sup> place on 2629 points.

In the Intermediate Boys competition, **Brian Lynch Coláiste an Spioraid Naoimh Bishopstown** was 3<sup>rd</sup> on 3342 points with 4<sup>th</sup> place for **Darragh Minter Ennistymon CBS** on 3290 points, 6<sup>th</sup> place for **Wymin Sivakumar Coláiste an Spioraid Naoimh Bishopstown** on 3116 points and 9<sup>th</sup> place for **Cillian Griffin Mercy Mount Hawk Tralee** on 2929 points.



**Vickie Cusack, Davis College Mallow** took gold in the Senior Girls competition with 2814 points with fellow student, **Sarah O'Keefe** placing 4<sup>th</sup> with 2343 points.



**Eoin Kenny, DLS Waterford** won silver in the Senior Boys competition scoring 2965 points with **James Murphy, Ard Scoil na Mara** in 7<sup>th</sup> place on 2328 points. Congratulations & well done to all our athletes who represented their schools so well on the day.



November

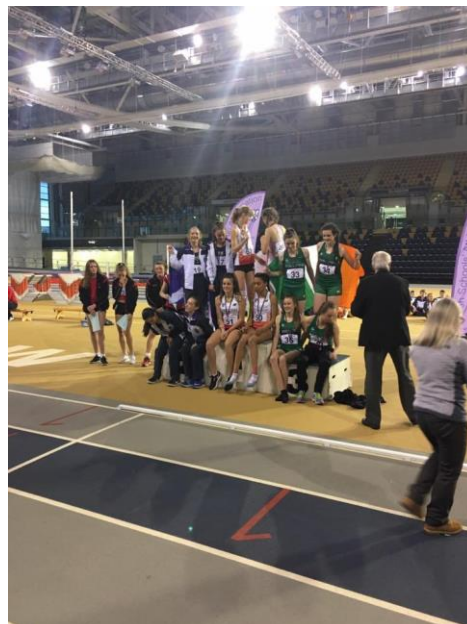
**Schools International Combined Events 2017**



The Schools International Combined Events Championships took place a month earlier than usual on Friday 10<sup>th</sup> November in the Emirates Arena, Glasgow. The Irish Team won one individual bronze medal (**Iarlaith Golding, St. Colman's Claremorris, Junior Boys**) as well as a gold team medal in the Junior Boys, silver in the Intermediate Girls & bronze in the Junior Girls & Intermediate Boys.



Munster had **4** representatives on the Irish team with our best performance coming from **Brian Lynch, Colaiste of Spioraid Naomh** who placed 6<sup>th</sup> in the Intermediate Boys competition on 3396 points and second best of the Irish. The Irish Intermediate Boys team won bronze on 10202 points with Munster athlete, **Darragh Minter, Ennistymon CBS** also on the team but suffering an injury going into the 800m which left him unable to complete his Pentathlon. He finished in 16<sup>th</sup> place on 2866 points. In the Intermediate Girls competition, **Aisling Cassidy, Bandon Grammer** finished in 12<sup>th</sup> place overall and third best of the Irish with a score of 3148 points. She also won a silver medal with the Irish Inter Girls team. **Orla Coffey, St. Angela's Cork** made her international debut in the Junior Girls competition finishing in 12<sup>th</sup> place overall with a personal best score of 2988 points. She was third best for the Irish Junior Girls on the day and won a bronze medal with the Irish Junior team. Congratulations to our four athletes who represented their province and country so well on the day.



## Munster Juvenile Uneven Age XC Championships



Galbally, Co. Tipperary was the venue for the Munster Juvenile Uneven Age Cross Country Championships on Sunday 12<sup>th</sup> November 2017. Our thanks to Mooreabbey Milers A.C. and the Tipperary County Board for hosting the event. Numbers participating were large on the day with the breakdown as follows: - Girls U/9 (99), Boys U/9 (111), Girls U/11 (137), Boys U/11 (155), Girls U/13 (120), Boys U/13 (111), Girls U/15 (40), Boys U/15 (63), Girls U/17 (53), Boys U/17 (44), Girls U/19 (33), Boys U/19 (26). **Cork** was dominant again in the Inter-County competition with 8 gold, **Clare** was the next best (3 gold) with **Waterford** winning one gold. **Cork** and **Clare** both won 4 titles each in the individual competitions with **Tipperary** winning two and **Kerry** and **Waterford** one apiece. See winners below: -

### Clare

1. Faye Mannion, Ennis Track A.C. (Girls U/9)
2. Gemma Galvin, St. Mary's A.C. Clare (Girls U/11)
3. Louise O'Mahony, B.M.O.H A.C. (Girls U/13)
4. Mark Hanrahan, Ennis Track A.C. (Boys U/15)

### Cork

1. Odhrán O'Sullivan, Midleton A.C. (Boys U/11)
2. Lucy O'Keeffe, Youghal A.C. (Girls U/17)
3. Stephanie Cotter, West Muskerry A.C. (Girls U/19)
4. Charlie O'Donovan, Leevale A.C. (Boys U/19)

### Tipperary

1. Cian Hodgins, Nenagh Olympic A.C. (Boys U/13)
2. Aimee Hayde, Newport A.C. (Girls U/15)

### Kerry

1. Luke Merrigan, Kenmare A.C. (Boys U/9)

### Waterford

1. Matteo Mary, Waterford A.C. (Boys U/17)

**Ennis Track A.C.** were top Club on the day winning 6 Inter-Club titles with **Bantry A.C., Carraig na BhFear A.C., St. Cronan's A.C., St. Mary's A.C. Clare, Waterford A.C. & Youghal A.C.** all winning one each.

Top 3 in the Girls U/9 race were **Faye Mannion Ennis Track A.C., Holly Megan Flynn Skibbereen A.C. & Sophie Maher Ennis Track A.C. Ennis Track A.C., St. John's A.C. Clare & North Cork A.C.** were the top 3 Clubs with **Cork, Clare & Waterford** taking the honours in the Inter-County competition. In the Boys U/9 race, first home was **Luke Merrigan Kenmare A.C.** with **Eoin Prendergast West Waterford A.C.** in 2<sup>nd</sup> place and bronze for **Colm Ryan Newport A.C. St. Cronan's A.C.** won the team event with **Nenagh Olympic A.C.** in 2<sup>nd</sup> place & **Grange/Fermoy A.C.** in 3<sup>rd</sup>. **Cork, Clare & Tipperary** were the top 3 in the Inter-County competition.

The Girls U/11 title went to Clare athlete, **Gemma Galvin, St. Mary's A.C.** with silver for **Sophie Coughlan, Moycarkey Coolcree A.C.** & bronze for **Lucy Lynch, Carraig na BhFear A.C. St. Mary's A.C. Clare, Ennis Track A.C. & Dooneen A.C.** were the top 3 Clubs with gold for **Clare**, silver for **Cork & Tipperary** in the Inter-County competition. **Midleton A.C.** duo **Odhrán O'Sullivan & Jack McGrath & Brian Scanlan Finisk Valley A.C.** were the top 3 winners in the Boys U/11 race with **Ennis Track A.C.** winning gold, silver for **West Waterford A.C.** & bronze for **Midleton A.C. Clare, Cork & Waterford** were the top 3 in the Inter-County competition.

**Louise O'Mahony B.M.O.H. A.C., Caoimhe Prendergast West Waterford A.C. & Leah Quane Mooreabbey Milers A.C.** were the top 3 finishers in the Girls U/13 race with **Carraig na BhFear A.C.** winning gold, silver for **Bandon A.C.** & bronze for **Leevale A.C.** in the Inter-Club competition. **Cork, Clare & Tipperary** were the winners in the Inter-County category. In the Boys U/13 race, there was gold for **Cian Hodgins, Nenagh Olympic A.C.** with silver for **Thomas McGuire Ennis Track A.C.** & bronze for **Eoin Quirke, Midleton A.C. Bantry A.C., Ennis Track A.C. & Nenagh Olympic A.C.** won gold, silver & bronze with **Cork, Tipperary & Clare** the top 3 Counties.

**Aimee Hayde, Newport A.C.** added another gold to her win in the Munster U/16 race last month when she won the Girls U/15 race with **Sarah Hosey Dooneen A.C.** in 2<sup>nd</sup> place and **Shauna McCarthy Farranfore Maine Valley A.C.** in 3<sup>rd</sup> place to add to her gold medal win in the Munster Girls U/14 last month. Club winners were **Youghal A.C., Ennis Track A.C., & Dooneen A.C.** with **Cork, Clare & Tipperary** the top 3 Counties. In the Boys U/15 race, **Ennis Track A.C.** athletes dominated winning the top three medals. There was gold this time for **Mark Hanrahan**, adding to his silver medal won in the Boys U/16 race last month, with silver for **Dean Casey** and bronze for **Dylan Casey. Ennis Track A.C., West Waterford A.C. & St. Mary's A.C. Limerick** were the top 3 Clubs with **Clare, Waterford & Cork** winning Inter-County honours.

In the Girls U/17 race, **Lucy O'Keeffe Youghal A.C.** won gold adding to her bronze medal last month in the Girls U/16 with silver for **Alyce O'Connor Kenmare** (adding to her bronze medal in the Girls U/18) & bronze for **Caoimhe Carey Midleton A.C. Ennis Track A.C., Waterford A.C. & West Waterford A.C.** were the Club winners with **Cork, Clare & Waterford** winning the top 3 prizes in the Inter-County competition. In the Boys U/17 race, the winners were **Matteo Mary Waterford A.C.** (also 3<sup>rd</sup> in Boys U/16), **Tommy Connolly Leevale A.C.** (winner of Boys U/16 race last month), & **Jake**

McCarthy Youghal A.C. Club winners were **Ennis Track A.C., Waterford A.C. & Ferrybank A.C.** with **Cork, Waterford & Clare** winning the Inter-County competition.

Girls U/19 winners were **Stephanie Cotter West Muskerry A.C., Aisling Kelly St. John's A.C. & Anna O'Connor Waterford A.C.** with Club honours going to **Waterford A.C., Ferrybank A.C. & Kilmurray/Ibrickane A.C. Waterford, Cork & Clare** won the Inter-County medals. **Charlie O'Donovan, Leevale A.C.** won the title in the Boys U/19 race with silver and bronze for **Ennis Track A.C.** twins **Donal & Conor Devane. Ennis Track A.C., Leevale A.C. & Waterford A.C.** were the top 3 Clubs with Inter-County medals for **Cork, Waterford & Tipperary.** Congratulations to all.



### **National Titles for Hayde, Nicholson & McElhinney**



The Irish Life Health National Juvenile Even Age Cross Country Championships took place in the National Sports Campus, Abbotstown, Dublin on Sunday 26<sup>th</sup> November 2017. Munster athletes won 21 individual medals in total with fantastic races from our three athletes who won gold & National titles on the day – **Aimee Hayde, Newport A.C. Girls U/16, Laura Nicholson, Bandon A.C. Girls U/18**



& **Darragh McElhinney, Bantry A.C.** Boys U/18. Other athletes who produced great performances & scored a top 3 finish were **Ava Fitzgerald, Carraig na BhFear A.C.**, 3<sup>rd</sup> Girls U/12, **Ben Walsh, Nenagh Olympic A.C.** 3<sup>rd</sup> Boys U/12 & **Alex O'Neill, St. Cronan's A.C.** 3<sup>rd</sup> Girls U/18



In the Inter-Club competition, there were National medals for **Carraig na BhFear A.C.** (2<sup>nd</sup> Girls U/12), **Youghal A.C.** (2<sup>nd</sup> Girls U/14), **Ennis Track A.C.** (2<sup>nd</sup> Boys U/16 & Boys U/18) & **West Waterford A.C.** (3<sup>rd</sup> Boys U/12), **Waterford A.C.** (2<sup>nd</sup> Girls U/18) & **Ferrybank A.C.** (3<sup>rd</sup> Girls U/18).

In the Inter-County competition, our top counties were **Cork** (1<sup>st</sup> Girls U/12, 3<sup>rd</sup> Boys U/12, 2<sup>nd</sup> Girls U/14, 2<sup>nd</sup> Girls U/16 & 2<sup>nd</sup> Boys U/18), **Clare** (3<sup>rd</sup> Girls U/12, Girls U/14, Girls U/16 & Girls U/18) & **Waterford** (2<sup>nd</sup> Girls U/18).

In the Inter-Regional competition, **Munster** won 7 sets of medals in total - 2 gold (Girls U/14, Girls U/18), 3 silver (Girls U/12, Girls U/16 & Boys U/16) & 2 bronze (Boys U/12 & Boys U/14).

In the Girls U/12 race, Munster had 3 athletes in the top 10. **Ava Fitzgerald Carraig-Na-Bhfear A.C.** was 3<sup>rd</sup> with **Zoe Conway Belgooly A.C.** in 6<sup>th</sup> & **Amy McCarthy Bandon A.C.** in 8<sup>th</sup> place. **Carraig na BhFear A.C.** were 2<sup>nd</sup> in the Inter-Club competition with **Cork** winning the Inter-County title and **Clare** placing 3<sup>rd</sup> & **Munster** placing second. In the Boys U/12 competition, Tipperary athletes **Ben Walsh, Nenagh Olympic A.C.** & **Shane Buckley, Dundrum A.C.** led the province home in 3<sup>rd</sup> & 5<sup>th</sup> places with a 7<sup>th</sup> place finish for **Dara Sheedy, Bantry A.C.** with **West Waterford A.C.** winning bronze in the Inter-Club competition, **Cork** winning bronze in the Inter-County competition & **Munster** 3<sup>rd</sup> in the Inter-Provincial competition.



2 Munster athletes made the top 12 in the Girls U/14 competition with 4<sup>th</sup> for **Neasa Ni Ainifein Ennis Track A.C.** & 5<sup>th</sup> for **Emma Landers Youghal A.C. Youghal A.C.** won silver in the Inter-Club competition, **Cork** won silver and **Clare** bronze in the Inter-County competition with gold for **Munster** in the Inter-Provincial competition. Top 2 home for Munster in the Boys U/14 race were **Aidan Burke Waterford A.C.** in 4<sup>th</sup> place & **Eoin Quirke Midleton A.C.** in 6<sup>th</sup> with Munster winning bronze in the Inter-Provincial competition.



**Aimee Hayde, Newport A.C.** was the winner of the Girls U/16 race with a 5<sup>th</sup> place finish for **Lucy O'Keeffe Youghal A.C.** & 6<sup>th</sup> for **Laura Healy Ennis Track A.C.** with silver for **Cork** & bronze for **Clare** in the Inter-County competition and silver for **Munster**. In the Boys U/16 race, **Tommy Connolly Leevale A.C.** was 4<sup>th</sup> with an 8<sup>th</sup> place finish for **Paul Hartnett Midleton A.C.** & 10<sup>th</sup> place for **Mark Hanrahan Ennis Track A.C.** **Ennis Track A.C.** were 2<sup>nd</sup> in the Inter-Club competition with silver for **Munster** in the Inter-Provincial competition.



4 Munster athletes made it into the top 12 in the Girls U/18 race, first home was **Laura Nicholson Bandon A.C.** in 1<sup>st</sup> place with **Alex O'Neill St. Cronans A.C.** in 3<sup>rd</sup>, **Laura Hayes St. Catherine's A.C.** in 4<sup>th</sup> place & **Orla O'Connor Waterford A.C.** in 7<sup>th</sup>. **Waterford A.C.** and **Ferrybank A.C.** were 2<sup>nd</sup> and 3<sup>rd</sup> in the Inter-Club competitions, **Waterford** was 2<sup>nd</sup> and **Clare** 3<sup>rd</sup> in the Inter-County competition with **Munster** topping the Inter-Provincial competition. In the Boys U/18 race, there was a win for **Darragh McElhinney Bantry A.C.** **Ennis Track A.C.** were 2<sup>nd</sup> the Inter-Club competition with **Cork** 2<sup>nd</sup> in the Inter-County competition & **Munster** 4<sup>th</sup> in the Inter-Provincial competition.

## December

### Cork & Kerry Tops at Juvenile "B" Champs

The Munster Juvenile "B" Cross Country Championships took place in Beaufort, Co. Kerry on Sunday 3<sup>rd</sup> December 2017. Many thanks to the Kerry Clubs and Kerry County Board for organising the course & facilities & to all who provided help on the day for without your assistance it would not be possible to run these Championships.

In the individual competitions, **Cork** won the most titles with 4, **Kerry** won 3 with **Clare, Tipperary & Waterford** winning one apiece. In the Inter-County competition, **Cork** came out on top with 8 titles with 2 titles for **Kerry**.

**Aoibheann Daly, Tulla A.C.** won the Girls U/9 race with silver for **Ciara Eager, Star of the Laune A.C.** & bronze for **Rachel Roche, Midleton A.C. Bandon A.C.** won the Inter Club competition with **St. Mary's (Clare) A.C.** in 2<sup>nd</sup> place & **West Muskerry A.C.** in 3<sup>rd</sup> place. **Cork** won the Inter-County competition with **Clare** in 2<sup>nd</sup> place & **Kerry** 3<sup>rd</sup>. In the Boys U/9 race, there was gold for **Isaac Vickers, Farranfore Maine Valley A.C.**, silver for **Donnacha Coleman, Youghal A.C.** & bronze for **Ben Flynn, Bandon A.C. Midleton A.C.** won the Inter-Club competition with **Bandon A.C.** in 2<sup>nd</sup> & **Kilmurray/Ibrickane A.C.** in 3<sup>rd</sup>. **Cork, Clare & Kerry** were the winners of the Inter-County competition.

**Roisin Power, K.C.K. A.C., Saoirse Doran, Moyne A.C. & Lisa Nicholas, Tulla A.C** were the first 3 home in the Girls U/11 race. **Youghal A.C.** won gold, **Moyne A.C.** silver & **Kilmurray Ibrickane A.C.** bronze in the Inter-Club competition with **Cork** winning the Inter-County competition from **Clare** in 2<sup>nd</sup> & **Kerry** in 3<sup>rd</sup>. **Cork** won gold in the Boys U/11 with **Alex Coughlan, Doheny A.C.** in 1<sup>st</sup> place, **Matthew Quinn, Lios Tuathail A.C.** in 2<sup>nd</sup> & **Finn Duignan, St. Cronan's A.C.** winning the bronze medal. **St. Cronan's A.C.** won gold in the Inter-Club competition with **Lios Tuathail A.C. & St. Brendan's A.C.** in 2<sup>nd</sup> & 3<sup>rd</sup> place. **Kerry** won the Inter-County competition with **Clare** in 2<sup>nd</sup> place & **Cork** in 3<sup>rd</sup>.

**Isabelle Nestor, Midleton A.C., Aine Sheridan, Ballymore Cobh A.C. & Isobel Kellegher Lisscarroll A.C.** were the first 3 home in the Girls U/13 race with **Midleton A.C., Killarney Valley A.C. & West Muskerry A.C.** winning the top spots in the Inter-Club competition. **Cork, Clare & Kerry** were 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> in the Inter-County competition. **James Doyle Thurles Crokes A.C., Colm Gillespie West Muskerry A.C. & Aaron Moore Moyne A.C.** were the first 3 home in the Boys U/13 race. **Bandon A.C.** won the Inter-Club competition with **Carraig na BhFear A.C.** in 2<sup>nd</sup> place & **West Muskerry A.C.** in 3<sup>rd</sup> place. **Cork, Tipperary & Clare** were 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> in the Inter-County competition.

**Saoirse Tomkins, Gneeveguilla A.C., Holly Carroll, Blarney/Inniscara A.C. & Aniela Borkowski-Hogan, North Cork A.C.** were the top 3 finishers in the Girls U/15 race. **St. Mary's Clare A.C.** won the Inter-Club competition with **Iveragh A.C.** in 2<sup>nd</sup> place & **Durrus A.C.** in 3<sup>rd</sup> place. **Cork, Kerry & Clare** were 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> in the Inter-County competition. **Michael O'Reilly, Kenmare A.C., Liam Palmer, Kenmare A.C. & Jack O'Leary, Gneeveguilla A.C.** won the prizes in Boys U/15 race with **Bandon A.C., Lios Tuathail A.C. & Carraig na BhFear A.C.** winning medals in the Inter-Club competition and **Kerry, Cork & Clare** winning the Inter-County competition.

Top 3 in the Girls U/17 race were **Anna Torras, Togher A.C., Lesley Cashman, Youghal A.C. & Anna Kellegher, Liscarroll A.C. Grange Fermoy A.C.** won gold in the Inter-Club competition with **Cork** winning the Inter-County competition. In the Boys U/17 race, there was gold for **Daire O'Sullivan, Carraig-Na-Bhfear A.C.** with silver for **Fintan O'Sullivan, Dooneen A.C.** & bronze for **Gearoid Lillis, Kilmihil A.C. Carraig na BhFear A.C.** won the Inter-Club competition with **Cork** winning the Inter-County competition. Congratulations to all.

### Another National Title for Hayde



The Irish Life Health National Juvenile Uneven Age Cross Country Championships took place in the WIT Sports Campus, Waterford on Sunday 17<sup>th</sup> December 2017. Munster athletes won 28 individual medals in total with our star performance going to **Aimee Hayde, Newport A.C.** who won the Girls U/15 race to add to her National U/16 title won in November. Other top 3 finishers for Munster were **Shauna Doellken, Kenmare A.C.** (2<sup>nd</sup> Girls U/19), **Dean Casey, Ennis Track A.C.** (2<sup>nd</sup> Boys U/15), **Emma Landers, Youghal A.C.** (3<sup>rd</sup> Girls U/15), **Lucy O'Keeffe, Youghal A.C.** (3<sup>rd</sup> Girls U/17) & **Cian Hodgins, Nenagh Olympic A.C.** (3<sup>rd</sup> Boys U/13)



In the Inter-Club competition, there were National medals for **Carraig na BhFear A.C.** (2<sup>nd</sup> Girls U/13), **Bandon A.C.** (3<sup>rd</sup> Girls U/13), **Bantry A.C.** (3<sup>rd</sup> Boys U/13), **Youghal A.C.** (2<sup>nd</sup> Girls U/15), **Ennis Track A.C.** (1<sup>st</sup> Boys U/15 & 2<sup>nd</sup> Boys U/19 & Girls U/17), **West Waterford A.C.** (2<sup>nd</sup> Boys U/15) & **Waterford A.C.** (2<sup>nd</sup> Girls U/19).

In the Inter-County competition, our top counties were **Cork** (2<sup>nd</sup> Girls U/13 & Girls U/15, 3<sup>rd</sup> Boys U/11, Boys U/13, Boys U/17, Girls U/17 & Girls U/19), **Clare** (2<sup>nd</sup> Girls U/17 & 3<sup>rd</sup> Boys U/15), **Tipperary** (2<sup>nd</sup> Boys U/13) & **Waterford** (2<sup>nd</sup> Girls U/19).

In the Inter-Regional competition, **Munster** won 7 sets of medals in total - 3 gold (Girls U/13, Girls U/15 & Girls U/17), 2 silver (Boys U/13, Girls U/19) & 2 bronze (Girls U/11, Boys U/15).

**Orla O'Shaughnessy, Dooneen A.C.** was our only top 12 finisher in the Girls U/11 race when she finished in 8<sup>th</sup> place with **Munster** placing 4<sup>th</sup>. In the Boys U/11 race, **Jack McGrath, Midleton A.C.** finished in 12<sup>th</sup> place with **Cork** and **Munster** both winning bronze.



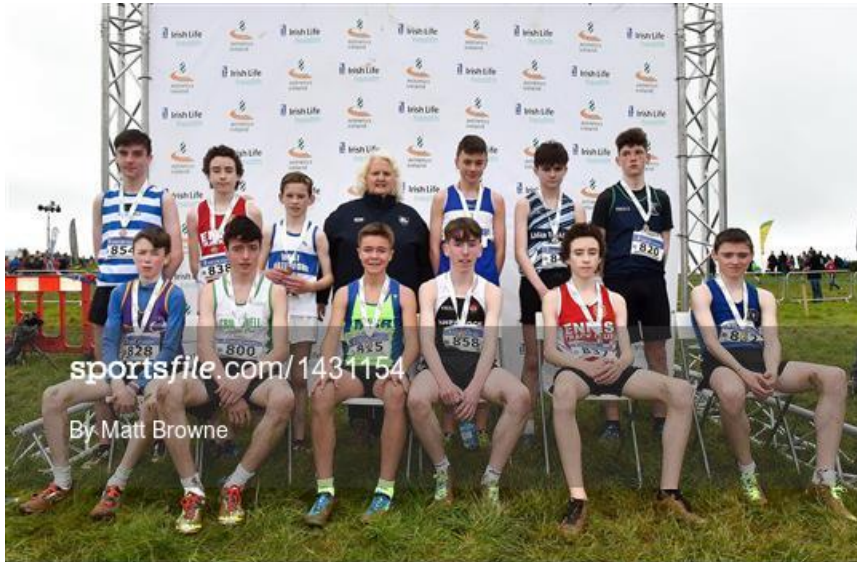
In the Girls U/13 race, Munster had 4 athletes in the top 10. **Ava Fitzgerald Carraig-Na-Bhfear A.C.** added another National medal to her bronze U/12 one when she placed 5<sup>th</sup> overall with **Louise O'Mahoney, B.M.O.H A.C.** in 6<sup>th</sup>, **Caoimhe Prendergast, West Waterford A.C.** in 7<sup>th</sup> & **Kate Ferncombe, Dundrum A.C.** in 9<sup>th</sup> place. **Carraig na BhFear A.C.** added another silver medal to their winnings (having won silver in the Girls U/12 in November) when they were 2<sup>nd</sup> in the Inter-Club competition with bronze for **Bandon A.C.** **Cork** won silver in the Inter-County title & **Munster** took home gold. In the Boys U/13 competition, Tipperary athlete **Cian Hodgins, Nenagh Olympic A.C.** was first home for the province in 3<sup>rd</sup> place with a 4<sup>th</sup> place finish for **Eoin Quirke, Midleton A.C.** and 10<sup>th</sup> place for **Ronan Walsh, Shannon A.C.** **Bantry A.C.** were 3<sup>rd</sup> in the Inter Club competition, **Tipperary** were 2<sup>nd</sup> in the Inter-County competition with bronze for **Cork** & with silver for **Munster**.



2 Munster athletes made the top 12 in the Girls U/15 competition with another fantastic gold medal win for **Aimee Hayde, Newport A.C.** to add to her U/16 National gold and bronze for **Emma Landers Youghal A.C.** to add to her 5<sup>th</sup> place finish in the National U/14 race in November. **Youghal A.C.** won



silver again in the Inter-Club competition, **Cork** won silver in the Inter-County competition with gold for **Munster** in the Inter-Provincial competition. Top 3 home for Munster in the Boys U/15 race were twins **Dean & Dylan Casey, Ennis Track A.C.** in 2<sup>nd</sup> and 8<sup>th</sup> place with **Tommy Fennell, West Waterford A.C.** in 9<sup>th</sup> with gold for **Ennis Track A.C.** & silver for **West Waterford A.C.** in the Inter-Club competition, bronze for **Clare** and **Munster** winning bronze in the Inter-Provincial competition.



**Lucy O'Keeffe Youghal A.C.** was 3<sup>rd</sup> in the Girls U/17 race with & **Leah O'Neill, Ennis Track A.C.** in 8<sup>th</sup> place, **Isabelle Cummins, Ferrybank A.C.** in 9<sup>th</sup> & **Laura Healy, Ennis Track A.C.** in 12<sup>th</sup>. **Ennis Track A.C.** took silver in the Inter-Club competition with **Clare** 2<sup>nd</sup> & **Cork** 3<sup>rd</sup> in the Inter-County competition and **Munster** winning gold. In the Boys U/17 race, **Frank O'Brien, Midleton A.C.** was 5<sup>th</sup> with a 10<sup>th</sup> place finish for his team-mate **Paul Hartnett Midleton A.C.** **Cork** were 3<sup>rd</sup> in the Inter-County competition with a 4<sup>th</sup> place for **Munster** in the Inter-Provincial competition.





5 Munster athletes made it into the top 12 in the Girls U/19 race, first home was **Shauna Doellken Kenmare A.C.** in 2<sup>nd</sup> place with **Aisling Kelly, St. John's A.C.** in 5<sup>th</sup>, **Tamzin Muldowney, Midleton A.C.** in 7<sup>th</sup> place and twins **Orla & Anna O'Connor Waterford A.C.** in 10<sup>th</sup> & 11<sup>th</sup>. **Waterford A.C.** were 2<sup>nd</sup> in the Inter-Club competitions, **Waterford** was 2<sup>nd</sup> and **Cork** 3<sup>rd</sup> in the Inter-County competition with **Munster** winning silver in the Inter-Provincial competition. In the Boys U/19 race, **Michael Power, West Waterford A.C.** was 9<sup>th</sup> with **Conor Devane, Ennis Track A.C.** in 11<sup>th</sup> & **Hugo Blair, Waterford A.C.** in 12<sup>th</sup> place. **Ennis Track A.C.** won silver in the Inter-Club competition & **Munster** was 4<sup>th</sup> in the Inter-Provincial competition.



