



# Munster Athletics Juvenile PRO Report 2018



Munster Convention, Saturday 2<sup>nd</sup> March 2019 @ 11am

Woodstock Hotel, Ennis, Co. Clare

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## ***Munster Juvenile PRO Report 2018***

***“If you fail to prepare, you’re prepared to fail”***

2018 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 -

- Two Munster athletes, **Miriam Daly, Carrick-On-Suir A.C.** and **Sophie Meredith, St. Mary’s A.C. Limerick** competed at the World Youth Olympic Games in Buenos Aires in October. Daly finished 13<sup>th</sup> overall in the 400mH with Meredith placing 10<sup>th</sup> overall in the Long Jump.
- The World U/20 T&F Championships took place in Tampere, Finland from 10th to 15th July 2018. 5 athletes were selected to represent Munster on the Irish team with **Ciara Neville, Emerald A.C.** winning a silver medal as part of the Irish Women’s 4 x 100m Relay team. The Munster team selected was **Ciara Neville, Emerald A.C. (100m, 200m & 4 x 100m), Conor Morey, Leevale A.C. (4 x 100m), Darragh McElhinney, Bantry A.C. (5km), Jo Keane, Ennis Track A.C. (800m) & Orla O’Connor, Waterford A.C. (10km Walk).**
- The European U/18 Track & Field Championships took place in Győr, Hungary from 5th to 8th July 2018. 6 athletes represented Munster on the Irish team – **Ciara Kennelly, Killarney Valley A.C. (High Jump), Sophie Meredith, St. Mary’s A.C. Limerick (Long Jump), Miriam Daly, Carrick-On-Suir A.C. (400mH), Sophie O’Sullivan, Ballymore Cobh A.C. (800m), Brian Lynch, Old Abbey A.C. (Decathlon) & Conor Morey, Leevale A.C. (100m).** Our only medal winner was **Sophie O’Sullivan** who won a super silver medal in the 800m. Having easily progressed through her heat in 2.12.33 and Semi-Final in 2.07.95, O’Sullivan went on to win silver in 2.06.05 behind GB athlete Keely Hodgkinson who won in a new CR of 2.04.84.
- At the ***Celtic Games International*** in Grangemouth Stadium, Scotland in August, a total of 21 athletes from Munster competed on the day having 17 podium finishes (3 1<sup>st</sup> places, 8 2<sup>nd</sup> places & 6 3<sup>rd</sup> places).
- The Celtic International Cross Country took place in conjunction with the Antrim International Cross Country in Greenmount on Saturday 6th January 2018 with 10 Munster athletes on the Irish teams. Top 3 finishes were recorded by **Aimee Hayde, Newport A.C., Stephanie Cotter, West Muskerry A.C. & Paul Hartnett, Midleton A.C.**
- The SIAB Schools Cross Country International was held in Wollaton Park, Nottingham on Saturday 24th March 2018. 6 Munster athletes were selected to compete for Ireland – Junior Girls • **Emma Landers, Pobalscoil na Trionoide Youghal • Shauna McCarthy, PS Inbhear Sceine Kenmare Intermediate Girls • Niamh O’Mahony, Presentation Tralee • Tara Ramasawmy, Presentation Waterford Junior Boys • Luke Griffin, St. Flannan’s College Ennis Intermediate Boys • Thomas Connolly, Christian Brothers College Cork.**
- The SIAB Schools U/17 Track & Field International took place in Grangemouth Stadium, Scotland on Saturday 21st July 2018 with 22 Munster athletes taking part & bringing home 4 individual medals in total (2 silver & 2 bronze), and 3 Relay medals (3 silver). **Ciara Sheehy, St. Mary’s Charleville**, the Irish Girls’ team Captain, took home silver in the Shot Putt with a throw of 14.84m with **Niamh O’Mahony, Presentation Tralee** also winning silver in the 3000m in a time of 9.52.27. Niamh also won the Sean Nyhan medal for the Best Irish Performance on the day. Bronze medals were won by **Megan Lenihan, Hazelwood College** in the Girls Discus (38.98m) & **Orla Coffey, St. Angela’s Cork** in the Girls Pole Vault (3.11m). **Marc Jones, Colaiste Muire Cobh** also won gold in the 100m Non-Scoring race on the day with a time of 11.32.

- Munster had **6** representatives (up two from 2017) (**Laura Frawley, St. Mary's Charleville, Katie Nolke, Ursuline Waterford, Dillon Ryan, Thurles CBS, Harry Nevin, St. Francis College, Rochestown, Wymin Sivakumar, Colaiste an Spioraid Naoimh & Diarmuid O'Connor, Colaiste Choilm Ballincollig**) on the Irish team for the Schools Combined Events International in Glasgow in November 2018. Munster athletes, **Laura Frawley & Harry Nevin** were Ireland's only individual medal winners with both winning silver in the Junior competitions.

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

At the National Indoor Championships in March a total of **141** individual medals were won by Munster (**63 gold, 44 silver & 34 bronze**) with **6** National records also set & one equalled.

- A total of **219** individual medals were won by Munster athletes at the National Juvenile T&F Championships in July. This comprised **96 gold medals, 63 silver medals 60 bronze medals & 9 new National records were set and 1 equalled.**
- 2018 has been another hugely successful year for Munster Schools Athletics with our athletes excelling on national & international teams throughout the year in a wide range of events winning a total of **6** individual international medals (4 silver & 2 bronze) **3 out of 8** of the Irish Schools Cups at the Irish Life Health T&F Championships, **51** Irish Schools titles over T&F and Cross Country ( 46 T&F, 1 XC & 4 CE) & **36** Tailteann medals (13 gold, 14 silver & 9 bronze) together with the **Girls Tailteann Trophy**. Munster athletes also set **12** Munster T&F records and **1** Irish School 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 **12** medals in total **5 gold, 4 silver & 3 bronze** at the National Indoor Championships in January 2018 with two new CPB's set by **Brian Lynch, Old Abbey A.C. & Harry Nevin, Leevale A.C.** & had **8** wins in total (**4 gold, 3 silver & 1 bronze**) at the National Outdoor Combined Events in May with a new CBP set by **Ava Rochford, Ennis Track A.C.** in the Girls U/14 plus a new National U/14 High Jump record of 1.63m.
- At the Irish Life Health National Juvenile Even Age Cross Country Championships in Abbotstown, Munster athletes won **20** individual medals in total with fantastic races from our three athletes who won gold & National titles on the day – **Nicole Dinan, Leevale A.C. Girls U/14, Aimee Hayde, Newport A.C. Girls U/16 & Dean Casey, Ennis Track A.C. Boys U/16.** Other athletes who produced great performances & scored a top 3 finish were **Louise O'Mahony, B.M.O.H. A.C. (3<sup>rd</sup> Girls U/14) & Lucy Holmes, West Waterford A.C. (3<sup>rd</sup> Girls U/18).**
- The Irish Life Health National Juvenile Uneven Age Cross Country Championships took place in Navan Adventure Centre, Navan Racecourse on Sunday 15<sup>th</sup> December. Munster athletes won **35** individual medals in total with fantastic races from our four athletes who won gold & National titles on the day – **Nicole Dinan, Leevale A.C. Girls U/13, Shane Buckley, Dundrum A.C., Boys U/13, Emma Landers, Youghal A.C. Girls U/15 & Aimee Hayde, Newport A.C. Girls U/17.** Other athletes who produced great performances & scored a top 3 finish were **Eabha Nic Chonaola West Muskerry A.C 3<sup>rd</sup> Girls U/11, Luke Merrigan, Kenmare A.C. 3<sup>rd</sup> Boys U/11, Ava Fitzgerald, Carrig na BhFear AC. 3<sup>rd</sup> Girls U/13, Lucy Holmes, West Waterford A.C. 2<sup>nd</sup> Girls U/17, Paul Hartnett, Midleton A.C. 2<sup>nd</sup> Boys U/17 & Orla O'Connor, Waterford A.C. 2<sup>nd</sup> Girls U/19.**
- At the National Juvenile Team Games, there were **34** sets of team medals won by Munster (16 gold, 7 silver and 11 bronze) which well exceeded the 23 sets of medals won last year. In addition to this, Munster Clubs also took home **12** sets of Relay medals (6 gold & 3 silver & 3 bronze).
- In 2018, Munster athletes continued to participate in great numbers at the National Juvenile "B" Track & Field Championships in Tullamore in July winning **35** individual medals in total (14 gold, 11 silver & 10 bronze) in the "B" Championships. Our record breaker on the day was **Masie McRae, Midleton A.C.** who jumped 4.16m in the Girls U/12 Long Jump to win gold. In the Irish Life Health National Juvenile Club Relays, Munster teams came home with 24 sets of medals (10 gold, 7 silver & 7 bronze).
- At National Juvenile "B" Cross Country Championships in Clarinbridge, Co. Galway on Saturday 11<sup>th</sup> February 2018, Munster athletes recorded **3** gold medal wins by **Faye O'Riordan, Carraig na BhFear A.C.** in the Girls U/11, **Alex Coughlan, Doheny A.C.** in the Boys U/11 & **Colm Gillespie, West Muskerry A.C.**, 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.

- Athletics figures for 4 out of 6 Munster counties were down slightly on 2017. Figures below: -

Year End Registrations (County)							
County	Juvenil	Junior	Senio	Maste	Year End	Year End	% +/-
Clare	1140	2	102	531	1794	1891	-5%
Cork	4232	7	725	3432	8459	8264	2%
Kerry	1265	1	6	292	1639	1664	-2%
Limerick	850	1	126	531	1518	1665	-9%
Tipperary	1432	2	143	659	2263	2281	-1%
Waterford	960	2	110	486	1584	1548	2%

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, **Shane Monagle**, Tramore A.C./DCU, **Daniel Ryan**, Moycarkey Coolcroo A.C./Brunel University London), **Fearghal Curtin**, Youghal A.C./Arizona S.U. , **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, **Charlie O' Donovan**, Leevale A.C./Villanova, **Stephanie Cotter**, West Muskerry A.C./Adams S.U., **Sam Healy**, Leevale A.C./ U. Louisiana Monroe, **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, **Alice Akers**, Marian A.C./University of Nebraska, **Liam Harris**, Togher A.C./Providence College, **Karl Fitzmaurice**, Shannon A.C./McNeese S.U. & **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 2018 Munster Star Award Winners. I hope they & their families enjoyed their well-deserved night in the Rathkeale House Hotel on Saturday 2<sup>nd</sup> February. They are the stars of the future & I look forward to following their progress in 2019. I also want to congratulate all the National Juvenile Star Award winners who were honoured in the Bridge House Hotel, Tullamore on Saturday 16<sup>th</sup> February. Good luck to any of our athletes who are chasing standards for the European U/20 Championships in Boras, Sweden, the European U/23 Championships in Gavle, Sweden & the European Youth Olympic Festival in Baku. 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 2018 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 2019 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 Celtic International Cross Country took place in Cardiff on Saturday 21<sup>st</sup> January 2017. Darragh McElhinney, Bantry A.C. won the Boys U/17 race with Jake McCarthy, Youghal A.C. placing 2<sup>nd</sup> in the Celtic race & Christopher O'Reilly, Togher A.C. in 4<sup>th</sup> place. The Irish Boys U/17 team also won gold.





### **Pentathlon Records for Nevin & Purtill**

The Munster U/11 to Youth Indoor Combined Events Championships were held on Saturday 6<sup>th</sup> & Sunday 7<sup>th</sup> January 2018 in Nenagh Indoor Stadium. A total of **4** new Championship Best Performances were set by the following athletes: -

- **Maeve Purtill, Dooneen A.C** in the Girls U/11 competition with her score of 1002 points to better the score of 1000 points set by Orla O'Shaughnessy, Dooneen A.C. in 2017.
- **Ava Rochford, Ennis Track A.C.** in the Girls U/14 set a new High Jump record of 1.57m to better the 2014 record of 1.56m set by Sophie Meredith, St. Mary's A.C.
- **Ryan Onoh, Leevale A.C.** jumped 4.37m in the Boys U/11 Long Jump to better the existing record of 4.07 set in 2015 by Sean Carmody, Belgooly A.C. & Alex Hennigan, Spa Muckcross A.C.
- **Harry Nevin, Leevale A.C.** in the Boys U/15 competition with his score of 2963 points to better the 2013 record of Daniel Ryan, Moycarkey Coolcree A.C. of 2922 points.

In the Girls U/11 competition, there was gold & a new Championship Best Performance ("CBP") of 1002 points for **Maeve Purtill, Dooneen A.C.** silver for **Roisin McManus, Midleton A.C.** & bronze for **Faye O'Riordan, Carraig na BhFear A.C.** **Orla O'Shaughnessy, Dooneen A.C.** won the Girls U/12 competition with 1123 points with silver for **Sarah Abullo, Waterford A.C.** & bronze for **Mai McKenna, Dooneen A.C.** In the Girls U/13 competition, there was gold for **Hannah Falvey, Belgooly A.C.** with silver for **Okwu Backari, Leevale A.C.** & bronze for **Fatima Amusa, Leevale A.C.** Top 3 in the Girls U/14 competition were **Ava Rochford, Ennis Track A.C.** who set a new CBP in the High Jump of 1.57m, **Niamh McCarthy, Doney's A.C. A.C.** & **Victoria Amiadamen, Dooneen A.C.** **Laura Frawley, St. Mary's A.C. Limerick** was the winner of the Girls U/15 competition with **Katie Nolke,**

**Ferrybank A.C. & Eabha Crowley, Bandon A.C.** in 2<sup>nd</sup> & 3<sup>rd</sup> place. **Emily Wall, Leevale A.C.** was the gold medal winner in the Girls U/16 with silver for **Aoife O'Sullivan, Liscarroll A.C.** & bronze for **Paula Igwe, Ferrybank A.C.** In the Youth Girls competition, **Emily O'Mahony, Waterford A.C.** was the winner with silver for **Orla Coffey, Carraig na BhFear A.C.** & bronze for **Anna Kellegher, Liscarroll A.C.**

In the Boys U/11 competition, there was gold & a new Championship Best Performance in the Long Jump (4.37m) for **Ryan Onoh, Leevale A.C.**, silver for **James Rochford, Ennis Track A.C.** & bronze for **Michael Ryan, Nenagh Olympic A.C.** **Sean Fennell, St. Mary's A.C. Clare** was the winner of the Boys U/12 competition with silver for **John Doyle, Fanahan McSweeney A.C.** & bronze for **Alex Coughlan, Dohenys A.C.** Top 3 in the Boys U/13 competition were **John Cashman, Leevale A.C.** **Johnny Murphy, Liscarroll A.C.** & **Joe Finn, Derg A.C.** **George Alamu, Midleton A.C.** took gold in the Boys U/14 with silver & bronze for **Kyle Ettoh, Leevale A.C.** & **Sean Carmody, Belgooly A.C.** **Harry Nevin, Leevale A.C.** won gold in the Boys U/15 competition in a new CBP of 2963 points with silver for **Noah McConway, St. Cronan's A.C.** & bronze for **Colin Murphy, Leevale A.C.** **Reece Ademola, Leevale A.C., Jordan Kissane, Tralee Harriers A.C.** & **Joseph Higgins, Leevale A.C.** occupied the top three places in the Boys U/16 contest while **Cillian Griffin, Tralee Harriers A.C.** **Aaron Malik, St. Brendan's A.C.** & **Tristan Chambers, Bandon A.C.** were 1, 2 & 3 in the Youth Boys competition.

See Medal Table below:-

### Combined: Men + Women

Team Total	Gold	Silver	Bronze	
Leevale	5	2	3	10
Dooneen	2	0	2	4
Midleton	1	1	0	2
Tralee Harriers	1	1	0	2
Waterford AC	1	1	0	2
Ennis Track	1	1	0	2
Belgooly	1	0	1	2
St. Marys Lk	1	0	0	1
St. Marys Clare	1	0	0	1
Liscarroll	0	2	1	3
Ferrybank	0	1	1	2
Carraig na bhFear	0	1	1	2
Dohenys	0	1	1	2
St. Brendans	0	1	0	1
Fanahan McSweeney	0	1	0	1
St. Cronans	0	1	0	1
Bandon	0	0	2	2
Nenagh Olympic	0	0	1	1
Derg A.C.	0	0	1	1

**Men**

<b>Team Total</b>	<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>	
Leevale	4	1	2	7
Tralee Harriers	1	1	0	2
Midleton	1	0	0	1
St. Marys Clare	1	0	0	1
Liscarroll	0	1	0	1
Fanahan McSweeney	0	1	0	1
St. Cronans	0	1	0	1
Ennis Track	0	1	0	1
St. Brendans	0	1	0	1
Bandon	0	0	1	1
Derg A.C.	0	0	1	1
Nenagh Olympic	0	0	1	1
Belgooly	0	0	1	1
Dohenys	0	0	1	1

### Women

<b>Team Total</b>	<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>	
Dooneen	2	0	2	4
Leevale	1	1	1	3
Waterford AC	1	1	0	2
Belgooly	1	0	0	1
Ennis Track	1	0	0	1
St. Marys Lk	1	0	0	1
Ferrybank	0	1	1	2
Liscarroll	0	1	1	2
Carraig na bhFear	0	1	1	2
Midleton	0	1	0	1
Dohenys	0	1	0	1
Bandon	0	0	1	1

### Gold & National Records for Lynch & Nevin





Munster athletes competed strongly at the Irish Life Health National Combined Events Championships in AIT Arena, Athlone on Saturday 20th January 2018 taking home **12** medals in total (5 gold, 4 silver & 3 bronze). In the Youth Men's competition, **Brian Lynch, Old Abbey A.C.** won gold in a Championship Best Performance of 3499 points with **Harry Nevin, Leevale A.C.** also winning gold in a Championship Best Performance of 3349 points in the Boys U/15 competition with gold medals & National titles also won by **William Bello, Ennis Track A.C.** (Boys U/14), **Ava Rochford, Ennis Track A.C.** (Girls U/14), **Laura Frawley, St. Mary's A.C. Limerick** (Girls U/15).



**Ava Rochford, Ennis Track A.C.** was 1<sup>st</sup> in the Girls U/14 competition with a score of 2983 points with **Kate Naughton, Leevale A.C.** in 4<sup>th</sup> place on 2037 points. In the Girls U/15 competition, **Laura Frawley, St. Mary's A.C. Limerick** won gold with 3123 points with **Emily Wall, Leevale A.C.** taking silver in the Girls U/16 with 2637 points. **Emily O'Mahony, Waterford A.C.** won bronze in the Youth Women's competition on 2745 points with bronze also for **Katie Walsh, Carraig na BhFear A.C.** (2886 points).





**William Bello, Ennis Track A.C.** took gold in the Boys U/15 competition finishing on 2209 points with silver for **Kyle Ettoh, Leevale A.C.** (2163 points) & 4<sup>th</sup> place for **George Alamu, Midleton A.C.** (2042 points). **Harry Nevin, Leevale A.C.** won the Boys U/15 competition with a new National record of 3349 points with his team-mate **Colin Murphy** placing 4<sup>th</sup> with 1994 points and **Alex Reynolds, Nenagh Olympic A.C.** in 5<sup>th</sup> (1933 points). In the Boys U/16 competition, **Jordan Kissane, Tralee Harriers A.C.** won silver on 2983 points while in the Youth Men's competition there was gold and a CBP for **Brian Lynch, Old Abbey A.C.** (3499 points), silver for **Darragh Minter, St. Mary's A.C. Clare** (3458 points), bronze for **Cillian Griffin, Tralee Harriers A.C.** (2847 points) & 4<sup>th</sup> place for **Tristan Chambers, Bandon A.C.** (2530 points).



### 3 Munster Indoor Relay Records Set



The Munster Juvenile Indoor Relays took place on Sunday 21<sup>st</sup> January 2018 in Nenagh Indoor Stadium. Top Club on the day was **Dooneen A.C.** who won 19 sets of medals in total (10 gold & 3 silver & 6 bronze) with **Leevale A.C** next with 10 sets of medals (5 gold, 4 silver & 1 bronze) & two Championship Best Performances in the Boys U/11 4 x 100m (59.19) & Boys U/17 4 x 200m (1.35.55) & **Nenagh Olympic A.C.** in 3<sup>rd</sup> place with 6 sets of medals (1 gold, 4 silver & 1 bronze). Details of records set on the day are below:-

1. **Leevale A.C.** Boys U/11 4 x 100m team ran 59.19 to better the existing record of 59.90 set by Waterford A.C. in 2013.
2. **Leevale A.C.** Boys U/17 4 x 200m team ran 1.35.55 to smash the existing record of 1.38.20 set by their own Club in 2014.
3. **Ferrybank A.C.** Girls U/19 4 x 200m team ran 1.47.51 to better the time of 1.48.78 set by Belgooly A.C. in 2004.

Breakdown of medal winners:-

#### **Combined: Men + Women**

<b>Team Total</b>	<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>	
Dooneen	10	3	6	19
Leevale	5	4	1	10
Nenagh Olympic	1	4	1	6
Lios Tuathail	1	2	2	5
Middleton	1	2	1	4
Templemore AC	1	1	1	3
Derg	1	1	0	2
Ferrybank	1	0	1	2
Marian	1	0	0	1

Emerald	0	2	0	2
Belgooly	0	1	1	2
Riverstick Kinsale	0	1	0	1
Carrick on Suir	0	0	3	3
Limerick AC	0	0	2	2
Moyne	0	0	1	1

### Men

<b>Team</b>	<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>	
<b>Total</b>				
Leevale	5	1	1	7
Nenagh Olympic	1	3	1	5
Dooneen	1	1	6	8
Midleton	1	1	0	2
Lios Tuathail	1	1	0	2
Templemore AC	1	1	0	2
Derg	1	1	0	2
Belgooly	0	1	0	1
Carrick on Suir	0	0	1	1
Moyne	0	0	1	1

### Women

<b>Team</b>	<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>	
<b>Total</b>				
Dooneen	9	2	0	11
Ferrybank	1	0	1	2
Marian	1	0	0	1
Leevale	0	3	0	3
Emerald	0	2	0	2
Lios Tuathail	0	1	2	3
Midleton	0	1	1	2
Nenagh Olympic	0	1	0	1
Riverstick Kinsale	0	1	0	1
Carrick on Suir	0	0	2	2
Limerick AC	0	0	2	2
Templemore AC	0	0	1	1
Belgooly	0	0	1	1



## February

### National Juvenile "B" XC Gold for For Munster Athletes

The Irish Life Health National Juvenile "B" Cross Country Championships took place in Clarinbridge, Co. Galway on Saturday 11<sup>th</sup> February 2018. Munster athletes recorded 3 gold medal wins by **Faye O'Riordan, Carraig na BhFear A.C.** in the Girls U/11, **Alex Coughlan, Doheny A.C.** in the Boys U/11, **Colm Gillespie, West Muskerry A.C.,**

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 **Faye O'Riordan Carraig-Na-Bhfear A.C.**, silver for **Katie O'Neill West Muskerry A.C.**, 6<sup>th</sup> for **Caoimhe Flannery Skibbereen A.C.**, 7<sup>th</sup> for **Sophie Coughlan Moycarkey Coolcroo A.C.**, 8<sup>th</sup> for **Eabha Ni Chonaola West Muskerry A.C. West Muskerry AC**, 9<sup>th</sup> for **Rebecca Walsh K.C.K. A.C.**, 10<sup>th</sup> for **Roisin Power K.C.K. A.C.** & 11<sup>th</sup> for **Hazel O Shea St. Marys (Clare) A.C.** In the Inter-Club competition, **West Muskerry A.C.** were 1<sup>st</sup> & **Ennis Track A.C.** were 2<sup>nd</sup>. Munster Counties took two sets of medals in the Inter-County competition with gold for **Cork** & silver for **Clare**.

In the Boys U/11 race, Munster athletes had 4 in the top 12 with a gold medal for **Alex Coughlan Doheny A.C.**, 9<sup>th</sup> for **Luke Reid, Marian A.C.**, 10<sup>th</sup> for **Matthew Quinn, Lios Tuathail A.C.** & 12<sup>th</sup> for **Georgie O'Donnell Lios Tuathail A.C. St. Cronan's A.C.** won silver in the Inter-Club competition with **Clare** winning silver in the Inter-County competition.

7 Munster athletes made it into the top 12 in the Girls U/13 race with a silver medal for **Ellen Mannion Ennis Track A.C.**, 3<sup>rd</sup> **Deirdre Flanagan Kilmurray/Ibrick/N.Clare A.C.**, 6 **Isobel Kellegher**

**Liscarroll A.C.**, 8 Avril Millerick Youghal A.C., 9 Ellie Twomey Carraig-Na-Bhfear A.C., 11 **Sophie Torpey St. Cronans A.C.**, 12 **Orla Ryan Dundrum A.C. Dundrum AC. Ennis Track A.C.** won gold in the Inter-Club competition with bronze for **Kilmurray/Ibrickane A.C.** There was also a clean sweep for Munster in the Inter-County competitions with gold **Cork**, silver for **Clare** and bronze for **Kerry**.

In the Boys U/13, there was 5 Munster finishers in the top 12 with gold for **Colm Gillespie West Muskerry A.C.**, 4 **John Wiggington Barrett Carraig-Na-Bhfear A.C.**, 5 **Fionn Harrington Durrus A.C.** 6 **Oisín McCarthy Bandon A.C.**, 9 **Dara Kennedy Newport A.C. West Muskerry A.C.** took the silver and **Bandon A.C.** bronze 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 6 finishers were 3<sup>rd</sup> for **Aisling Healy Ennis Track A.C.**, 5 **Saoirse Tomkins Gneeveguilla A.C.**, 8 **Rebecca Harrington Durrus A.C.**, 10 **Saoirse Crowe St. Marys (Clare) A.C.**, 11 **Carla Griffin Ennis Track A.C.** & 12 **Eva Carey Ennis Track A.C.** There was a clean sweep for Munster in the Inter-Club competition with gold for **Ennis Track A.C.**, silver for **St. Mary's Clare A.C.** and bronze for **Durrus A.C.** 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 5<sup>th</sup> place for **Liam Palmer Kenmare A.C.**, 6 **Ciaran McNamee Youghal A.C.**, 8 **Rory Falvey Bandon A.C.**, 9 **Luke Hever North Cork A.C.**, 11 **Barry Conway Fergus A.C.** & 12 **Michael O'Reilly Kenmare A.C. Kenmare A.C.** were 3<sup>rd</sup> in the Inter-Club competition with gold, silver & bronze for **Cork, Kerry & Clare** in the Inter-County competition.

The Girls U/17 race saw our only Munster representative, **Roisin Donnellan St. Marys (Clare) A.C.** finish in 9<sup>th</sup> place while in the Boys U/17 race, **Patrick Kelly Midleton A.C.** was 10<sup>th</sup> with **Sean O'Sullivan West Muskerry A.C.** in 12<sup>th</sup> place. **West Muskerry A.C.** were 3<sup>rd</sup> in the Inter-Club competition with **Cork** winning the Inter-County competition.

In the Inter-Club Relays, there was silver for **Belgooly A.C.** in the Girls U/12 (Abbie Dorney Eavan Nolan Hannah Falvey Zoe Conway Claire Sievwright Adrienne Carroll) with bronze for **Bandon A.C.** (Aoibhinn McKeogh Grace Nyhan Maia McCourt Amy McCarthy Alexandra Good). In the Boys U/12 race, there was gold medals for **Bandon A.C.** (Desmond Kenneally Charlie Twomey Dara Walsh Adam Barry Jack Cullinane) & silver for **St. Cronans A.C.** (James O'Dwyer Charlie Hannon Sean Breen Darren Moroney Caleb Meish). **Dooneen A.C.** won gold in the Girls U/14 race (Sarah Butler Sarah A Dillon Maria Campbell Victoria Amiadamen Sarah Hosey) with **Nenagh Olympic A.C.** winning silver in the Boys U/14 race (Cian Hodgins Tom Walshe Sean Hayes Luke Purcell Micheal Moylan).

### 3 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 10<sup>th</sup> & Sunday 11<sup>th</sup> February in Nenagh Indoor Stadium. 3 new Championship Best Performances were set on the day & See details below:-

BOYS U11	CBP	Year Set	Holder	Club
600m Run	1.50.70	2018	Archie McNamara	Derg
Long Jump	4.37m	2018	Ryan Onoh	Leevale
BOYS U12	CBP	Year Set	Holder	Club
High Jump	1.37m	2018	Robert Olden	Midleton

Among the multiple medal winners over the weekend were **Destiny Lawal, Dooneen A.C.** (gold in Girls U/10 60m & 2<sup>nd</sup> in 500m), **Maeve Purtill, Dooneen A.C.** (double gold in Girls U/11 60m & 600m & bronze in Long Jump); **Sarah Abullo, Waterford A.C.** (1<sup>st</sup> Girls U/12 Long Jump & 2<sup>nd</sup> 600m); **Orla O'Shaughnessy, Dooneen A.C.** (1<sup>st</sup> Girls U/12 600m & High Jump); **Clodagh O'Hagan, Tulla A.C.** (2<sup>nd</sup> U/9 60m & Long Jump); **Aisling Cussen, Old Abbey A.C.** (double bronze Girls U/12 High Jump & Shot Putt); **Daithi Ryan, St. Cronan's A.C.** (gold in U/9 300m & 2<sup>nd</sup> 60m), **Eddie Raicevic, Finisk Valley A.C.** (double gold in Boys U/10 60m & Long Jump); **Raham Amusa Adekun, Leevale A.C.** (1<sup>st</sup> Boys U/9 60m & 3<sup>rd</sup> Long Jump) **Ryan Onoh, Leevale A.C.** (1<sup>st</sup> Boys U/11 60m & Long Jump & 2<sup>nd</sup> Shot Putt); & **Sean Fennell, St. Mary's A.C. Clare** (1<sup>st</sup> Boys U/12 Shot Putt & 2<sup>nd</sup> Long Jump).

### 12 New Records Set at Munster Indoor Champs

The Munster U/13 to U/19 Indoor Championships took place on Saturday 24<sup>th</sup> & Sunday 25<sup>th</sup> February 2018 in Nenagh Indoor Stadium. 12 new Championship Best Performances were set over the weekend. Details of the record breakers are below:-

1. BOYS U13 CBP 60m Hurdles 9.49 2018 John Cashman Leevale
2. 60m Sprint 8.00 2018 John Cashman Leevale
3. BOYS U15 CBP 60m Hurdles (2'9") 8.83 2018 Harry Nevin Leevale
4. Shot Putt (3kg) 15.00m 2018 Callum Keating North Cork
5. BOYS U17 CBP Pole Vault 3.35m 2018 Adam O'Dwyer Moycarkey Coolcroo
6. BOYS U18 CBP Pole Vault 3.50m 2018 Patrick Fitzgerald West Waterford
7. BOYS U19 CBP Year Set Holder Club 200m Sprint 22.59 2018 Shane Monagle Tramore
8. Girls U13 CBP 60m Hurdles 9.61 2018 Okwi Bacari Leevale
9. Girls U14 CBP High Jump 1.58m 2018 Ava Rochford Ennis Track
10. Girls U16 CBP 1500m 4.41.00 2018 Aimee Hayde Newport
11. Girls U17 CBP Shot Putt (3k) 14.36m 2018 Ciara Sheehy Emerald
12. Girls U19 CBP Pole Vault 3.30m 2018 Ciara Hickey Blarney Inniscara

### **Irish Life Health Munster Schools Cross Country Championships**

The Irish Life Health Munster Schools Cross Country Championships took place in WIT Sports Campus, Carriganore, Co. Waterford on Friday 23<sup>rd</sup> February 2018.

**Sarah Butler, Laurel Hill SS** was the winner of the Minor Girls race with silver for **Aoibhinn Murphy, St. John the Baptist CS** & bronze for **Alex Cashman, Pobalscoil na Trionoide**. **Pobalscoil na Trionoide** won team gold with silver for **John the Baptist CS** & bronze for **Kilrush Community School**. In the Minor Boys competition, the top three were **Tommy Fennell, St. Augustine's College Dungarvan, Cian Hodgins, Nenagh CBS & Tadgh Connolly, Abbey CC**. Team honours went to **Nenagh CBS, St. Flannan's College Ennis & St. Augustine's College Dungarvan**.







In the Junior Girls competition, **Niamh Cuneen, St. Mary's Nenagh** won gold with silver for **Emma Landers, Pobalscoil na Trionoide** & bronze for **Shauna McCarthy, Killorglin CS**. It was another team win for **Pobalscoil na Trionoide** with silver for **Ard Scoil na nDeise** & bronze for **St. Mary's Nenagh**. There was a top 3 finish for **St. Flannan's Ennis** with gold & silver for twins, **Dean & Dylan Casey**, & bronze for **Luke Griffin**. First 3 teams were **St. Flannan's Ennis, De La Salle Waterford & Thurles CBS**.



Last year's winner of the Junior Girls race, **Aimee Hayde, St. Mary's Newport** captured gold in the Intermediate Girls race with silver for **Niamh O'Mahony, Presentation Tralee** & bronze for **Tara Ramasawamy, Presentation Waterford**. **Loreto Fermoy** took the team title, with silver for **Ard Scoil na nDeise** & bronze for **St. Augustine's College Dungarvan**. **Tommy Connolly, CBC Cork** won the Intermediate Boys title with silver for **Chris O'Reilly, Douglas CS** & bronze for **Ben Deasy, St.**

**Flannan's College Ennis.** There was team gold for **St. Flannan's College Ennis** with silver for **Douglas Community School** & bronze for **Charleville CBS.**



In the Senior Girls competition, there was gold for **Laura Hayes, Loreto Fermoy** (last year's winner of the Inter title), silver for **Anna O'Connor, Waterpark College** & bronze for **Leah O'Neill, Colaiste Mhuire Ennis.** Team prizes went to **Waterpark College, Ursuline Waterford & the Presentation Thurles.** **Darragh McElhinney, Pobalscoil Bheantraí** was the winner of the Senior Boys race (to add to this Inter title last year) with silver for **Charlie O'Donovan, Colaiste Christ Ri** (to add to his Senior silver in 2017) & bronze for **Frank O'Brien, Midleton CBS.** Gold in the team competition went to **Colaiste Christ Ri,** with silver for **Midleton CBS** & bronze for **St. Flannan's College Ennis.**



## March

### Irish Life Health Irish Schools Title for Casey



The Irish Life Health Irish Schools Cross Country Championships took place on Saturday 10<sup>th</sup> March 2018 in the WIT Carriganore Sports Campus, Waterford. Munster athletes competed very well with top 3 finishes by **Dylan Casey, St. Flannan's College** who won gold in the Junior Boys with his twin brother, **Dean** close behind in the silver medal position. **Tommy Fennell, St. Augustine's College** took silver in the Minor Boys race with silver also for **Emma Landers, Pobalscoil na Trionoide** in the Junior Girls race & **Niamh O'Mahony, Presentation Tralee** in the Inter Girls race.

In the Minor Girls race, our top finishers were **Aisling Healy, St. Flannan's College** (6<sup>th</sup>) and **Avril Millerick, St. Mary's Middleton** (10<sup>th</sup>). **Tommy Fennell, St. Augustine's College** won silver in the Minor Boys race with 4<sup>th</sup> place for **Cian Hodgins, St. Joseph's CBS Nenagh**, 6<sup>th</sup> place for **Tadhg Connolly, Abbey Community College** and 9<sup>th</sup> for **Tom Walsh, St. Joseph's CBS Nenagh**. **Emma Landers, Pobalscoil na Trionoide** won silver in the Junior Girls race with an 8<sup>th</sup> place finish for **Shauna McCarthy, Kilorglin CS**, 9<sup>th</sup> for **Ellen Cunneen, St. Mary's Nenagh** and 12<sup>th</sup> for her twin sister, **Ellen**. Clare twins, **Dylan and Dean Casey, St. Flannan's College** scored a 1,2 in the Junior Boys race with 5<sup>th</sup> place for their team-mate, **Luke Griffin** which saw St. Flannan's take gold in the team event. In the Intermediate Girls race, there was silver medal for **Niamh O'Mahony, Presentation Tralee** with 9<sup>th</sup> place for **Tara Ramasawamy, Presentation Waterford** and 12<sup>th</sup> for **Rachel Hosey, Castletroy College**. **Tommy Connolly, CBC** was our best finisher in the Intermediate Boys race when he finished 7<sup>th</sup>. In the Senior Girl's race, **Laura Hayes, Loreto Fermoy** was 4<sup>th</sup> with **Sorcha Moloney, Presentation Thurles** in 8<sup>th</sup> place, **Alannah Neff, Carrigaline CS** in 10<sup>th</sup> & **Anna O'Connor,**

**Waterpark College** in 11<sup>th</sup>. Our best finisher in the Senior Boys competition was **Charlie O'Donovan, Colaiste Christ Ri** in 6<sup>th</sup> place.



In the team competitions, Munster schools took home 3 gold medals with wins for **St. Joseph's CBS Nenagh** in the Minor Boys, **St. Flannan's College, Ennis** in the Junior Boys & **Waterpark College** in the Senior Girls. **Pobailscoil na Trionoide** and **St. Mary's Nenagh** won silver in the Minor and Junior Girls categories with bronze for **Pobailscoil na Trionoide** in the Junior Girls competition. **John the Baptist Community School** were 4<sup>th</sup> in the Minor Girls with **Colaiste Christ Ri** occupying the same finish in the Senior Boys with 6<sup>th</sup> place finishes for **Ard Scoil na Deise** in the Junior & Intermediate Girls competitions and the **Presentation Thurles** in the Senior Girls. 7<sup>th</sup> place finishes went to **St. Flannan's College** in the Minor Boys, **De La Salle Waterford** in the Junior Boys, **Douglas Community School** in the Inter Boys, **Ursuline Thurles** in the Senior Girls & **Midleton CBS** in the Senior Boys. Both **St. Augustine's College** and the **Loreto Fermoy** scored 8<sup>th</sup> places in the Minor Boys and the Inter Girls. **Thurles CBS** were 9<sup>th</sup> in the Junior Boys with **St. Augustine's College** in the same place in the Inter Girls.





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By Matt Browne

### SIAB XC 2018



The SIAB Schools Cross Country International was held in Wollaton Park, Nottingham on Saturday 24<sup>th</sup> March 2018. 6 Munster athletes were selected to compete for Ireland –

#### **Junior Girls**

- Emma Landers, Pobalscoil na Trionoide Youghal
- Shauna McCarthy, PS Inbhear Sceine Kenmare

#### **Intermediate Girls**

- Niamh O'Mahony, Presentation Tralee
- Tara Ramasawmy, Presentation Waterford

### Junior Boys

- Luke Griffin, St. Flannan's College Ennis

### Intermediate Boys

- Thomas Connolly, Christian Brothers College Cork

**Emma Landers** finished 14<sup>th</sup> overall in the Girls Junior race in 15.31 and was 3<sup>rd</sup> home for Ireland with **Shauna McCarthy** 23<sup>rd</sup> in 16.01. The Irish Girls team finished in 3<sup>rd</sup> place behind England and Scotland. In the Junior Boys race, **Luke Griffin** was 30<sup>th</sup> overall in 17.39 with the Irish team finishing in 4<sup>th</sup> place. Our Intermediate Girls, **Niamh O'Mahony and Tara Ramasawmy** finished in 12<sup>th</sup> & 28<sup>th</sup> place with Niamh being the first Irish athlete across the line in 17.53 and Tara in 19.24. The Irish Girls team finished 3<sup>rd</sup> overall behind England and Scotland. In the Intermediate Boys race, **Tommy Connolly** came home in 10<sup>th</sup> place overall and first across the line for Ireland in 20.41 with the Irish Boys team winning silver behind England.

April

### Pentathlon Records for Frawley & Rochford

The Munster U/11 to U/15 Combined Events Championships were held on Saturday 21<sup>st</sup> April in Templemore, Co. Tipperary. 55 athletes took part in total (20 boys and 35 girls) with a total of 2 new Championship Best Performances being set by the following athletes: -

- **Ava Rochford, Ennis Track A.C.** in the Girls U/14 set a new record of 3102 points better the 2014 record of 2964 points set by Sophie Meredith, St. Mary's A.C Limerick.
- **Laura Frawley, St. Mary's A.C. Limerick** in the Girls U/15 competition with her score of 3114 points to better the 2014 record of Vickie Cusack, Lis Carroll A.C. of 2911 points.

Munster titles were won by Maeve Purtill, Dooneen A.C. & James Rochford, Ennis Track A.C. (U/11), Sarah Abullo, Waterford A.C. & Sean Fennell, St. Mary's A.C. Clare (U/12), Hannah Falvey, Belgooly A.C. & Timmy Colbert, Unattached (U/13), Ava Rochford, Ennis Track A.C. & George Alamu (U/14) & Laura Frawley, St. Mary's A.C. Limerick & Alex Reynolds, Nenagh Olympic A.C. (U/15).

## 6 National Indoor Records for Munster Athletes



Munster had a successful Irish Life Health National Juvenile Indoor Championships in AIT Arena on Saturday 18<sup>th</sup>, Sunday 25<sup>th</sup> March & Saturday 7<sup>th</sup> April. In individual competitions, **63 gold, 44 silver & 34 bronze** medals were won in total over the three days with **6** new National records being set by our athletes below:-

- **John Cashman, Leevale A.C.** – Boys U/13 60mH (9.28) **CBP**
- **Ella Scott, Leevale A.C.** – Girls U/15 60mH (8.78) **CBP**
- **Aimee Hayde, Newport A.C.** – Girls U/16 1500m (4.28.76) **CBP**
- **Adam O'Dwyer, Moycarkey Coolcroo A.C.** – Boys U/17 Pole Vault (3.71m) **CBP**
- **Shona O'Brien Gneeveguilla A.C.** – Girls U/19 1500m (4.40.24) **CBP**
- **Ciara Hickey, Blarney Inniscara A.C.** – Girls U/19 Pole Vault (3.35m) **CBP**

### **Results**

There were gold medals for:-

1. **Clodagh Donoghue, Newport A.C.** – Girls U/12 High Jump (1.33m)
2. **Clara Minitier, St. Mary's A.C. Clare** – Girls U/12 Shot Putt (8.71m)
3. **Odhran O'Sullivan, Midleton A.C.** – Boys U/12 600m (1.42.85)
4. **Hannah Falvey, Belgooly A.C.** – Girls U/13 60m (8.22)
5. **Leagh Moloney, Dooneen A.C.** – Girls U/13 Long Jump (4.75m)
6. **Ceola Bergin, Templemore A.C.** – Girls U/13 Shot Putt (10.62m)
7. **John Cashman, Leevale A.C.** – Boys U/13 60m (7.91)
8. **John Cashman, Leevale A.C.** – Boys U/13 60mH (9.28) **CBP**
9. **Ben Walsh, Youghal A.C.** – Boys U/13 Shot Putt (11.79m)
10. **Grace Rooney, Youghal A.C.** – Girls U/14 60m (7.88)
11. **Grace Rooney, Youghal A.C.** – Girls U/14 60mH (9.21)
12. **Ava Rochford, Ennis Track A.C.** – Girls U/14 High Jump (1.60m)

13. **Kotryna Paceinskaite, Fanahan McSweeney A.C.** – Girls U/14 Shot Putt (12.26m)
14. **Callum Keating, North Cork A.C.** – Boys U/14 Shot Putt (14.79m)
15. **Ella Scott, Leevale A.C.** – Girls U/15 60m (7.91)
16. **Ella Scott, Leevale A.C.** – Girls U/15 60mH (8.78) **CBP**
17. **Maeve O'Connor, Waterford A.C.** – Girls U/15 1km Walk (5.05.79)
18. **Una Brice, Leevale A.C.** – Girls U/15 Pole Vault (2.25m)
19. **Katie Nolke, Ferrybank A.C.** – Girls U/15 High Jump (1.60m)
20. **Laura Frawley, St. Mary's A.C. Limerick** – Girls U/15 Long Jump (5.30m)
21. **Harry Nevin, Leevale A.C.** – Boys U/15 60mH (8.60)
22. **Kelvin O'Carroll, Dooneen A.C.** – Boys U/15 800m (2.13.91)
23. **Noah McConway, St. Cronan's A.C.** – Boys U/15 1km Walk (5.12.07)
24. **Danny Kelly, Belgooly A.C.** – Boys U/15 Long Jump (5.49m)
25. **Sean Kavanagh, Midleton A.C.** – Boys U/15 High Jump (1.70m)
26. **Emily Wall, Leevale A.C.** – Girls U/16 60mH (9.05)
27. **Claire Caulfield, Waterford A.C.** – Girls U/16 1.5km Walk (7.33.33)
28. **Ailbhe Doherty, Ennis Track A.C.** – Girls U/16 200m (25.44)
29. **Aimee Hayde, Newport A.C.** – Girls U/16 1500m (4.28.76) **CBP**
30. **Katie Killigrew, West Waterford A.C.** – Girls U/16 Pole Vault (2.25m)
31. **Sarah Buckley, Leevale A.C.** – Girls U/16 Pole Vault (2.25m)
32. **Aoife O'Sullivan, Lis Carroll A.C.** – Girls U/16 High Jump (1.67m)
33. **Armand Schoeman, Templemore A.C.** – Boys U/16 60m (7.38)
34. **Jordan Kissane, Tralee Harriers A.C.** – Boys U/16 200m (23.46)
35. **Conor Commene, Tralee Harriers A.C.** – Boys U/16 Long Jump (6.09m)
36. **Jack Barnett, Templemore A.C.** – Boys U/16 Shot Putt (14.26m)
37. **Dillon Ryan, Moycarkey Coolcree A.C.** – Boys U/16 Pole Vault (2.50m)
38. **Ciara Kennelly, Killarney Valley A.C.** – Girls U/17 High Jump (1.68m)
39. **Shane Cawley, Waterford A.C.** – Boys U/17 Shot Putt (13.26m)
40. **Wymin Sivakumar, Leevale A.C.** – Boys U/17 60mH (8.18)
41. **Wymin Sivakumar, Leevale A.C.** – Boys U/17 Long Jump (6.29m)
42. **Orla Coffey, Carrig na BhFear A.C.** – Girls U/17 Pole Vault (3.00m)
43. **Ciara Sheehy, Emerald A.C.** – Girls U/17 Shot Putt (14.08m)
44. **Adam O'Dwyer, Moycarkey Coolcree A.C.** – Boys U/17 Pole Vault (3.71m) **CBP**
45. **Miriam Daly, Carrick-On-Suir A.C.** – Girls U/18 400m (57.20)
46. **Emma Coffey, Carrig na BhFear A.C.** – Girls U/18 Pole Vault (3.05m)
47. **Conor Morey, Leevale A.C.** – Boys U/18 60m (7.01)
48. **Joseph McEvoy, Nenagh Olympic A.C.** – Boys U/18 60mH (8.24)
49. **Ben Deasy, Ennis Track A.C.** – Boys U/18 800m (1.57.76)
50. **Liam McDonagh, Moycarkey Coolcree A.C.** – Boys U/18 1.5km Walk (6.47.34)
51. **Jack Ryan, Moycarkey Coolcree A.C.** – Boys U/18 Shot Putt (14.79m)
52. **Darragh Courtney, St. Brendan's A.C.** – Boys U/18 High Jump (1.90m)
53. **Luke O'Carroll, Tralee Harriers A.C.** – Boys U/18 Long Jump (6.30m)
54. **Brian Lynch, Old Abbey A.C.** – Boys U/18 Pole Vault (3.20m)
55. **Shona O'Brien, Gneeveguilla A.C.** – Girls U/19 1500m (4.40.24) **CBP**
56. **Shona O'Brien, Gneeveguilla A.C.** – Girls U/19 800m (2.18.14)
57. **Orla O'Connor, Waterford A.C.** – Girls U/19 1.5km Walk (6.48.51)
58. **Christine McCarthy, Kenmare A.C.** – Girls U/19 High Jump (1.55m)
59. **Ciara Hickey, Blarney Inniscara A.C.** – Girls U/19 Pole Vault (3.35m) **CBP**



- 60. **Vickie Cusack, Lisscarroll A.C.** – Girls U/19 Long Jump (5.16m)
- 61. **Shawn Benson, Ennis Track A.C.** – Boys U/19 200m (22.33)
- 62. **Gearoid McMahon, Shannon A.C.** – Boys U/19 1.5km Walk (6.12.10)
- 63. **James Murphy, Waterford A.C.** – Boys U/19 Long Jump (6.39m)



**Silver medals went to:-**

- 1. **Rosemary Alamu, Midleton A.C.** – Girls U/12 Long Jump (4.02m)
- 2. **Sean Fennell, St. Mary's A.C. Clare** – Boys U/12 Shot Putt (9.66m)
- 3. **Okwu Backari, Leevale A.C.** – Girls U/13 60m (8.27)
- 4. **Okwu Backari, Leevale A.C.** – Girls U/13 Long Jump (4.74m)
- 5. **Annabelle Walsh, Ferrybank A.C.** – Girls U/13 High Jump (1.38m)
- 6. **Shane Buckley, Dundrum A.C.** – Boys U/13 600m (1.40.58)
- 7. **Theo De Souza, Carrig na BhFear A.C.** – Boys U/13 Long Jump (4.50m)

8. **Robert Olden, Midleton A.C.** – Boys U/13 High Jump (1.30m)
9. **Jayden Carmody, Dooneen A.C.** – Boys U/13 60m (8.05)
10. **Grace Rooney, Youghal A.C.** – Girls U/14 Long Jump (4.81m)
11. **Ava Rochford, Ennis Track A.C.** – Girls U/14 Shot Putt (12.14m)
12. **Sam O’Sullivan, Clonmel A.C.** – Boys U/14 1km Walk (5.38.04)
13. **Timmy Wilk, Ballymore Cobh A.C.** – Boys U/14 Long Jump (4.98m)
14. **Lucy Mai Sleeman, Leevale A.C.** – Girls U/15 60m (7.95)
15. **Lucy Mai Sleeman, Leevale A.C.** – Girls U/15 60mH (9.07)
16. **Sarah Hosey, Emerald A.C.** – Girls U/15 800m (2.15.31)
17. **Jodie McGrath, Nenagh Olympic A.C.** – Girls U/15 Pole Vault (2.15m)
18. **Laura Frawley, St. Mary’s A.C. Limerick** – Girls U/15 High Jump (1.55m)
19. **Michelle Ugwah, Carrig na BhFear A.C.** – Girls U/15 Long Jump (5.04m)
20. **James Sage, Nenagh Olympic A.C.** – Boys U/15 60mH (9.06)
21. **Glory Wenegieme, Belgooly A.C.** – Boys U/15 800m (2.15.98)
22. **Conor Callanan, Leevale A.C.** – Boys U/15 Pole Vault (2.40m)
23. **Geoffrey Joy O’Regan, Sunhill Harriers A.C.** – Boys U/15 High Jump (1.65m)
24. **Kellie Bester, Carrick-On-Suir A.C.** – Girls U/16 200m (25.83)
25. **Armand Schoeman, Templemore A.C.** – Boys U/16 60mH (8.85)
26. **Ciaran Hurley, Carrig na BhFear A.C.** – Boys U/16 1.5km Walk (7.40.90)
27. **Siofra O’Dea, Kilmurray Ibrickane A.C.** – Girls U/17 1.5km Walk (7.21.44)
28. **Anna Ryan, Moycarkey Coolcree A.C.** – Girls U/17 Pole Vault (2.85m)
29. **Chisom Ugwuere, Ennis Track A.C.** – Girls U/17 Long Jump (5.01m)
30. **Dior Lawal, Dooneen A.C.** – Boys U/17 60m (7.13)
31. **Dior Lawal, Dooneen A.C.** – Boys U/17 200m (22.63)
32. **Tommy Connolly, Leevale A.C.** – Boys U/17 1500m (4.14.51)
33. **Emily O’Mahony, Waterford A.C.** – Girls U/18 Triple Jump (10.70m)
34. **Colin Doyle, Leevale A.C.** – Boys U/18 60m (7.07)
35. **Darragh Minter, St. Mary’s A.C. Clare** – Boys U/18 60mH (8.48)
36. **Luke Brennan, Waterford A.C.** – Boys U/18 800m (1.58.05)
37. **Tony Michael, Lios Tuathail A.C.** – Boys U/18 Triple Jump (12.27m)
38. **Sean Carolan, Nenagh Olympic A.C.** – Boys U/18 Shot Putt (14.44m)
39. **Darragh Minter, St. Mary’s A.C. Clare** – Boys U/18 Long Jump (6.23m)
40. **Alannah Neff, Leevale A.C.** – Girls U/19 1500m (4.40.42)
41. **Vickie Cusack, Lisscarroll A.C.** – Girls U/19 Shot Putt (9.98m)
42. **Clodagh Walsh, Abbey Striders A.C.** – Girls U/19 Pole Vault (2.90m)
43. **Katie Murphy, Ferrybank A.C.** – Girls U/19 60m (7.80)
44. **Shawn Benson, Ennis Track A.C.** – Boys U/19 60m (7.06)

**Bronze medals were won by:-**

1. **Saoirse Dillon, Lios Tuathail A.C.** – Girls U/12 60m (8.69)
2. **Orla O’Shaughnessy, Dooneen A.C.** – Girls U/12 High Jump (1.30m)
3. **Darragh Ball, St. Cronan’s A.C.** – Boys U/12 High Jump (1.30m)
4. **Sean Fennell, St. Mary’s A.C. Clare** – Boys U/12 Long Jump (4.31m)
5. **Okwu Backari, Leevale A.C.** – Girls U/13 60mH (9.78)

6. **Denis Matthews, Dooneen A.C.** – Boys U/13 60m (8.16)
7. **Timmy Colbert, West Limerick A.C.** – Boys U/13 High Jump (1.40m)
8. **Ava Rochford, Ennis Track A.C.** – Girls U/14 60mH (9.47)
9. **Timmy Wilk, Ballymore Cobh A.C.** – Boys U/14 60m (7.85)
10. **William Bello, Ennis Track A.C.** – Boys U/14 60mH (9.88)
11. **Maeve O'Neill, Doheny A.C.** – Girls U/15 800m (2.19.22)
12. **Vanessa Frawley, Ballymore Cobh A.C.** – Girls U/15 Pole Vault (1.95m)
13. **Katie Nolke, Ferrybank A.C.** – Girls U/15 Long Jump (5.01m)
14. **Harry Nevin, Leevale A.C.** – Boys U/15 60m (7.45)
15. **Glory Wenegieme, Belgooly A.C.** – Boys U/15 Long Jump (5.32m)
16. **Ben Connolly, Nenagh Olympic A.C.** – Boys U/15 Pole Vault 92.15m)
17. **Ailbhe O'Neill, Nenagh Olympic A.C.** – Girls U/16 800m (2.22.09)
18. **Blessing Alamu, Midleton A.C.** – Girls U/16 Shot Putt (11.63m)
19. **Jordan Kissane, Tralee Harriers A.C.** – Boys U/16 Long Jump (5.73m)
20. **Jordan Kissane, Tralee Harriers A.C.** – Boys U/16 High Jump (1.65m)
21. **Chisom Ugwuera, Ennis Track A.C.** – Girls U/17 60mH (9.24)
22. **Aine Garry, Fergus A.C.** – Girls U/17 800m (2.20.33)
23. **Wymin Sivakumar, Leevale A.C.** – Boys U/17 60m (7.17)
24. **Daire O'Sullivan, Carrig na BhFear A.C.** – Boys U/17 1500m (4.18.35)
25. **Adam Turner, Belgooly A.C.** – Boys U/17 Long Jump (6.11m)
26. **Lauren O'Leary, Emerald A.C.** – Girls U/18 60m (7.76)
27. **Roseann Fitzgerald, Carrick-On-Suir A.C.** – Girls U/18 200m (25.82)
28. **Rachel Hosey, Emerald A.C.** – Girls U/18 1500m (4.51.15)
29. **Emily O'Mahony, Waterford A.C.** – Girls U/18 Long Jump (5.07m)
30. **Gabriel Kehinde, Ennis Track A.C.** – Boys U/18 60m (7.10)
31. **Jake Bagge, Ferrybank A.C.** – Boys U/18 1500m (4.06.75)
32. **Conor Ryan, Templemore A.C.** – Boys U/19 1500m (4.09.68)
33. **Darragh Curran, West Waterford A.C.** – Boys U/18 Pole Vault (2.80m)
34. **David Okoh, Leevale A.C.** – Boys U/19 60m (7.09)



In the Relay competitions on Saturday 7<sup>th</sup> April, Munster Clubs won **12 sets of medals (7 gold, 2 silver & 3 bronze)**. Details of medal winners below:-

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

- 3<sup>rd</sup> Lios Tuathail A.C. (57.97)

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

- 1<sup>st</sup> Leevale A.C. (53.92)
- 2<sup>nd</sup> Dooneen A.C. (55.35)

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

- 1<sup>st</sup> Dooneen A.C. (53.53)



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

- 3<sup>rd</sup> Leevale A.C. (1.50.59)

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

- 2<sup>nd</sup> Dooneen A.C. (1.49.63)

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

- 1<sup>st</sup> Templemore A.C. (1.37.76)

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

- 3<sup>rd</sup> Dooneen A.C. (1.53.04)

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

- 1<sup>st</sup> Leevale A.C. (1.33.46)

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

- 1<sup>st</sup> Leevale A.C. (1.31.81)

### **Boys U/19 4 x 200m**

- 1<sup>st</sup> Leevale A.C. (1.32.70)

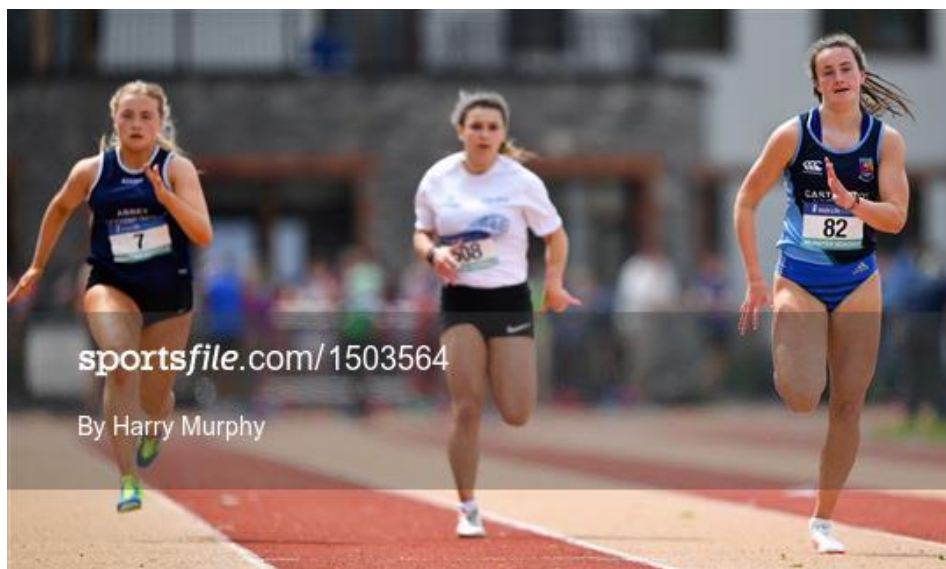
### **Girls U/19 4 x 200m**

- 1<sup>st</sup> Ferrybank A.C. (1.46.21)

May

## **12 New Records at Munster Championships**

The Irish Life Health Munster Schools Track & Field Championships took place on Saturday 19<sup>th</sup> May 2018 in Castleisland, Co. Kerry. Among the athletes who shone on the day were our **12 record breakers** with the oldest records to fall dating back to 1997 & 2004: -



1. **Sarah Butler, Laurel Hill Secondary School** ran 02:17.88 in the Minor Girls 800m to better the long-standing record of 2.19.12 set by Frances O'Shea, St. Mary's Charleville in 2004.
2. **Ella Scott, Christ King Cork** ran 11.57 in the Minor Girls 75mH to break the existing record of 11.91 held by Emily Wall, Colaiste Choilm Ballincollig set in 2017.
3. **Katelyn Reid, Pobalscoil Chorca Dhuibhne** threw 39.91m in the Junior Girl's Javelin to break the 2013 record of 39.70m set by Orlaith O'Brien, Ursuline Waterford.
4. **Aimee Hayde, St Mary's Newport** ran 02:11.61 in the Intermediate Girl's 800m to better the 21-year-old record of 2.12.8 set by Emer O'Shea, St. Mary's Charleville in 1997.
5. **Ciara Sheehy, St. Mary's Charleville** threw the Intermediate Girl's Shot out to 14.35m to better to smash the existing record of 12.43m set by Erin Kingston, Bandon Grammer School in 2014.

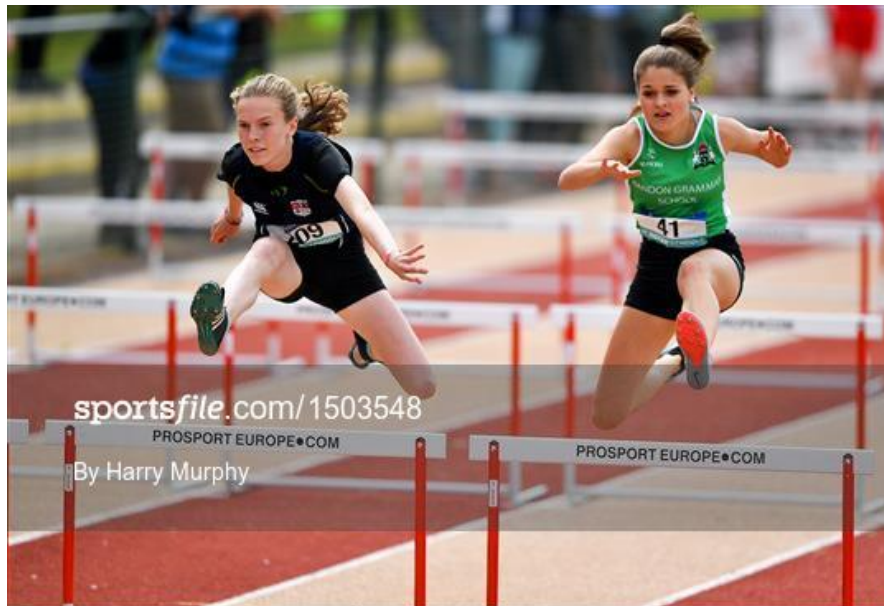
6. **Ciara Kennelly, St. Brigid's Killarney** jumped 1.75m in the Intermediate Girl's High Jump to better the record of 1.70m set by Aisling Croke, Crescent Comprehensive College in 2010.
7. **Tírna Ni Chathail, Pobalscoil na Trionoide** set a record of 50.34m in the Intermediate Girl's Hammer to better her own record of 48.63m set in 2017.
8. **Una O'Brien, Waterpark College** ran 5.20.05 to better the record of 5.30.09 set by Tara Ramasawmy, Presentation Waterford in 2017.
9. **Conor Callinan, Colaiste an Chroi Naofa** ran 11.61 in the Minor Boys 75mH to break the record of 12.13 set by Patrick Ambrose, SMI Newcastle West in 2017.
10. **Callum Keating, Hazelwood College** threw 14.96m in the Minor Boys Shot Putt to break the record of 14.13m set by Mark Collins, Bandon Grammer in 2017.
11. **Mercy Mount Hawk Tralee Senior Girls 4x300m Relay** ran 2.56.56 to break the record of 2.59.22 set by Castletroy College in 2017.
12. **St. Flannan's College Ennis Senior Boys 4 x 400m Relay** ran 03:36.12 to set a new record breaking the existing record of 3.36.76 set by St. Declan's Kilmacthomas in 2017



Double gold medal winners were:-

- **Geoffrey Joy O'Regan, John the Baptist Hospital** (Minor Boys Long Jump & Junior Boys High Jump);
- **Maeve O'Neill, Dunmanway CS** (Junior Girls 200m & 1500m);
- **Lucy Sleeman, Colaiste Choilm Ballincollig** (Junior Girls 75mH & 100m);
- **Glory Wenegieme, Crosshaven** (Junior Boys 100m & 200m);
- **Dillon Ryan, Thurles CBS** (Junior Boys Triple Jump & Pole Vault);
- **Orla Coffey, St. Angela's Cork** (Inter Girls Pole Vault & 300mH);
- **Emily O'Mahony, St. Augustine's Dungarvan** (Inter Girls Long Jump & Triple Jump);
- **Ciara Kennelly, St. Brigid's Killarney** (Inter Girls High Jump & 300m);
- **Aimee Hayde, St. Mary's Newport** (Inter Girls 800m & 1500m);
- **Wymin Sivakumar, Colaiste an Spioraid Naomh** (Inter Boys 100mH & Triple Jump);
- **Jake Bagge, Ardscoil na Mara** (Inter Boys 400m & 800m);
- **Gavin Kenny, Hamilton HS** (Inter Boys 1500m & Steeplechase);

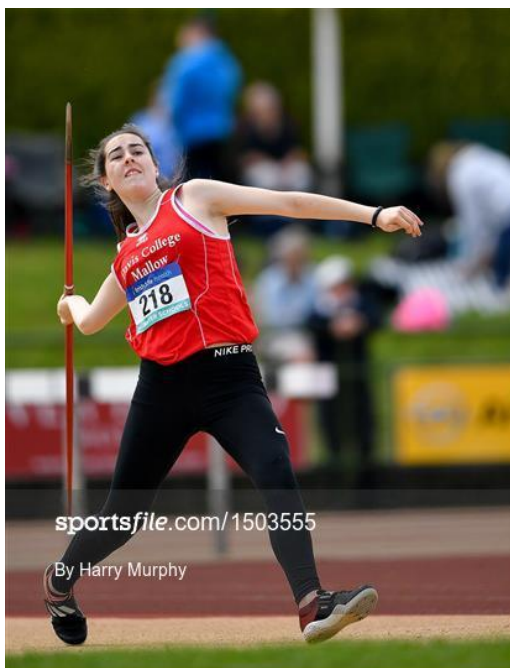
- **Jo Keane, St. Flannan's Ennis** (Senior Girls 400m & 800m);
- **Alannah Neff, Carrigaline CS** (Senior Girls 1500m & 2km S/C);
- **Ciara Neville, Castletroy College** (Senior Girls 100m & 200m);
- **Joseph McEvoy, St. Anne's Killaloe** (Senior Boys Javelin & High Jump);
- **Sean Mockler, Thurles CBS** (Senior Boys Hammer & Discus).



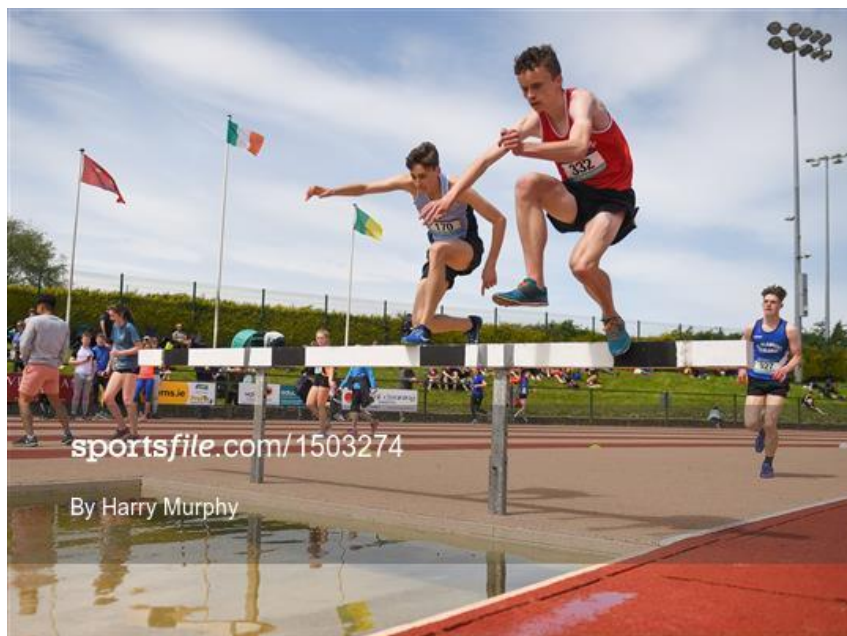
Other multiple medal winners were: -

- **Ella Scott, Christ King Cork** (gold in Minor Girls 75mH & silver in 100m);
- **Jodie McGrath, St. Mary's Nenagh** (silver in Minor Girls Pole Vault & bronze in 75mH);
- **Maria Campbell, Crescent College Comprehensive** (2<sup>nd</sup> Minor Girls 75mH & 3<sup>rd</sup> in 800m);
- **Kotryna Pacerinskaite, Presentation Mitchelstown** (1<sup>st</sup> Minor Shot Putt & 2<sup>nd</sup> Junior Hammer);
- **Conor Callinan, Colaiste an Chroi Naofa** (gold in Minor Boys 75mH & silver in Junior Pole Vault);
- **Anna Ryan, Ursuline Thurles** (silver in the Inter Girls Pole Vault & bronze in the Shot Putt);
- **Katie Nolke, Ursuline Waterford** (gold in the Junior Girls High Jump and silver in Long Jump);
- **Leah Parker, St Aloysius Carrigtwohill** (gold in Junior Girls Discus & silver in Hammer);
- **Kirby Ann Ryan, Mercy Mount Hawk** (gold in Junior Girls Shot Putt & bronze in Discus);
- **Aisling Cassidy, Bandon Grammer** (1<sup>st</sup> Senior Girls Triple Jump & 2<sup>nd</sup> in 100mH);
- **Roseann Fitzgerald, CTI Clonmel** (double bronze in Inter Girls 200m & 300m);
- **Katie Murphy, Abbey CC** (double silver in the Senior Girls 100m & 200m);
- **Blessing Alamu, St. Mary's Midleton** (double silver in Inter Girls Discus & Shot Putt);
- **Megan Lenihan, Hazelwood College** (gold in Inter Girls Discus & silver in Javelin);
- **Lucy Holmes, Ard Scoil na nDeise** (silver in Inter Girls 800m & bronze in 1500m);
- **Shauna Ryan, Crescent College Comprehensive** (2<sup>nd</sup> Inter Girls Long Jump & 3<sup>rd</sup> Triple Jump);
- **Ciara Sheehy, St. Mary's Charleville** (1<sup>st</sup> Inter Girls Shot Putt & 2<sup>nd</sup> in Hammer);
- **Chisom Ugwuere, St. Flannan's Ennis** (1<sup>st</sup> Inter Girls 80mH & 2<sup>nd</sup> in Triple Jump);
- **Ailbhe Doherty, St. Flannan's Ennis** (double silver in Inter Girls 200m & 300m);
- **Vickie Cusack, Davis College** (2<sup>nd</sup> Senior Girls Shot Putt & 3<sup>rd</sup> Long Jump);
- **Rachel Bowler, Mercy Mount Hawk** (2<sup>nd</sup> Senior Girls Long Jump & 3<sup>rd</sup> in Triple Jump);

- **Fiona Doyle, Intermediate SC Killorglin** (1<sup>st</sup> Senior Girls High Jump & 3<sup>rd</sup> in 400m);
- **Fiona Hennessy, Presentation Thurles** (1<sup>st</sup> Senior Girls Shot Putt & 3<sup>rd</sup> in Hammer);
- **Katie Walsh, St. Angela's Cork** (2<sup>nd</sup> Senior Girls 400mH & 3<sup>rd</sup> in 100mH);
- **Sarah Leahy, St. Brigid's Killarney** (double bronze in Senior Girls 100m & 200m);
- **Sorcha Moloney, Presentation Thurles** (1<sup>st</sup> Senior Girls 3km & 2<sup>nd</sup> in 1500m);
- **Alex O'Neill, Rice College Ennis** (double silver in Senior Girls 400m & 800m);
- **Ben Connolly, CBS Nenagh** (2<sup>nd</sup> Minor Long Jump & 3<sup>rd</sup> Junior Javelin);
- **Noah McConway, St. Flannan's Ennis** (double silver in Junior Boys Walk & Shot Putt);
- **Harry Nevin, Rochestown College** (gold in Junior Boys 80mH & bronze in Long Jump);
- **Azuolas Varnili, Colaiste Mhuire Co-Ed Thurles** (1<sup>st</sup> Junior Shot Putt & 2<sup>nd</sup> in Hammer);
- **Cathal Scanlon, St. Declan's Kilmacthomas** (gold in Inter Boys Javelin & bronze in High Jump);
- **Sean Carolan, St. Mary's Newport** (gold in Inter Boys Discus & bronze in Long Jump);
- **Aaron Malik, Mercy Mount Hawk** (double silver in Inter Boys Discus & 400mH);
- **Ryan O'Leary, Colaiste Christ Ri** (double silver in Inter Boys 100m & 200m);
- **Marc Jones, Colaiste Muire Cobh** (double bronze in Inter Boys 100m & 200m);
- **Rory Prendeville, John the Baptist Hospital** (2<sup>nd</sup> Inter Boys 400m & 3<sup>rd</sup> in 800m);
- **Jack Ryan, Thurles CBS** ( silver in Inter Boys Shot Putt & bronze in Discus);
- **Adam Dooley, Pobalscoil Ros Cre** (1<sup>st</sup> Senior Boys Triple Jump & 3<sup>rd</sup> in Long Jump);
- **Dovydas Baltonis, Mercy Mount Hawk** (2<sup>nd</sup> Senior Boys Shot Putt & 3<sup>rd</sup> in Hammer);
- **Padraig O'Callaghan, CBC Cork** (1<sup>st</sup> in Senior Boys Shot Putt & 2<sup>nd</sup> in Hammer);
- **Conor Ryan, Our Lady's Templemore** (1<sup>st</sup> Senior Boys 800m & 3<sup>rd</sup> 1500m);
- **Shawn Benson, St. Flannan's Ennis** (1<sup>st</sup> Senior Boys 100m & 3<sup>rd</sup> 200m);
- **Conor Morey, PBC Cork** (1<sup>st</sup> Senior Boys 200m & 2<sup>nd</sup> 100m);
- **Ciaran Nugent, Colaiste an Chraoibhin** (1<sup>st</sup> Senior Boys 400mH & 3<sup>rd</sup> 400m);







Cup Winners are listed below: -

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

1) Christ King Cork

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

1) Ursuline Waterford

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

1) St. Flannan's College

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

1) Presentation Thurles

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

1) Midleton CBS

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

1) Tie – St. Joseph’s Borrisoleigh & St. Flannan’s College

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

1) Mercy Mount Hawk

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

1) Colaiste Christ Ri

## **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 Coolcrao 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

### 13 New Munster Records



The Munster U/9 to U/13 Track & Field Championships were held in Lee’s Road, Ennis, Co. Clare on Saturday 2<sup>nd</sup> & Sunday 3<sup>rd</sup> June 2018. There were lots of exciting performances with **13 new Championship Best Performances (“CBP”)** set on the day.

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

1. **Sam Kingston, Skibbereen A.C.** threw 20.11m in the Boys U/9 Turbo Javelin to better the record of 19.11m set by Oscar Naughton, Leevale A.C. in 2016.
2. **Sean Murphy, Tralee Harriers A.C.** threw 22.53m in the Boys U/10 Turbo Javelin to better the 2017 record of 21.74m set by Lewis Lenihan, Bandon A.C.
3. **Jaden Onah, Leevale A.C.** jumped 4.42m in the Boys U/11 Long Jump to break the long-standing record of 4.26m set by Aaron Walsh, Carrick-On-Suir A.C. in 2000.
4. **Lewis Lenihan, Bandon A.C.** threw 27.53m in the Boys U/11 Turbo Javelin to break the existing record of 26.97m set by Samuel Bailey, Doheny A.C. in 2016.
5. **Ryan Onoh, Leevale A.C.** ran 8.66m in the Boys U/11 60m to break the 2015 record of 8.69 set by Sean Carmody, Belgooly.
6. **John Cashman, Leevale A.C.** ran 9.58m in the Boys U/13 60mH to better the existing record of 9.77 belonging to his team-mate, Reece Ademola which was set in 2015.
7. **John Cashman, Leevale A.C.** ran 10.16 in the Boys U/13 80m to break the long-standing record from 2006 of 10.56 held by Great Okafor, Bandon A.C.

8. **Shane Buckley, Dundrum A.C.** ran 1.40.01 in the Boys U/13 600m to better the record of 1.40.88 set by Dylan Sheehan, Dooneen A.C. in 2008.
9. **Theo De Souza, Carraig na BhFear A.C.** jumped 5.06m in the Boys U/13 Long Jump to better the record of 4.97m set by Danny Kelly, Belgooly A.C. in 2016.
10. **Destiny Lawal, Dooneen A.C.** ran 9.10 in the SF of the Girls U/10 60m to better the record of 9.27 held by Hannah Falvey, Belgooly A.C. and set in 2015. She broke the record twice more running 9.18 in her heat and 9.21 in the final.
11. **Destiny Lawal, Dooneen A.C.** ran 1.33.71 in the Girls U/10 500m to better the 2015 record of 1.34.67 set by Holly O'Boyle, Marian A.C.
12. **Maya Rossa, Blackwater A.C.** threw 20.06m in the Girls U/10 Turbo Javelin to better the record of 15.89m set by Abbey Moynihan, Liscarroll A.C. in 2016.
13. **Daniella Puspur, Leevale A.C.** threw the Girls U/11 Turbo Javelin out to 22.29m to better the existing record of 20.63m set by Leah Parker, Midleton A.C. in 2014.



## Sensational Day of Schools Athletics



The Irish Life Health Irish Schools Track & Field Championships took place in Tullamore Stadium on Saturday 2<sup>nd</sup> June 2018. Munster athletes were in fine form winning **46** individual Schools titles, **37** silver medals & **30** bronze & **7** sets of Relay medals (4 gold, 1 silver & 2 bronze). Munster Schools won three schools cups on the day with the **Ursuline Waterford** winning the Junior Girls Cup, **St. Flannan's College Ennis** taking home the Intermediate Girls Cup and **Castletroy College** winning the Senior Girl's Cup. In the Minor competitions, both **Christ King Cork** and **Colaiste an Chroi Naofa** were 3<sup>rd</sup> in the Girls and Boys, **Colaiste Choilm Ballincollig** were 2<sup>nd</sup> in the Junior Girls, **Davis College Mallow** were 2<sup>nd</sup> in the Senior Girls and **Mercy Mount Hawk Tralee** were 3<sup>rd</sup> overall in the Intermediate Boys.

Other highlights of the day were the new Junior Shot Putt record set by **Callum Keating, Hazelwood College** with his massive throw of 15.10m. The Minor Girls from Munster scored a clean sweep of titles in all the individual events winning gold in the 100m (**Grace Rooney, St. Mary's Midleton**), the 800m (**Sarah Butler, Laurel Hill**), the Long Jump (**Michelle Ugwah, SMGS Blarney**), the 75mH (**Ella Scott, Christ the King**) & the Shot Putt (**Kotryna Pacerinskaite, Presentation Mitchelstown**). **Ciara Neville, Castletroy College** won treble gold in the Senior Girls 100m, 200m & 4 x 100m Relay running a World Junior "A" standard in the 100m (11.62) & 200m (23.79) & **Sophie Meredith, SMI Newcastle west** jumped another European U/18 standard with her winning jump of 5.93m in the Senior Girls Long Jump. The **3 Ryan siblings, Jack, Dillon & Anna** representing **Thurles CBS & the Ursuline Thurles** made another bit of Irish Schools history when three of them won gold on the day in the Inter Boys Shot Putt, the Junior Boys Triple Jump and the Intermediate Girls Pole Vault joining the Naughton siblings from Nenagh with the most brothers & sisters who have all won Irish Schools titles. Both families have 5 siblings who have won titles, John, Mary, Brid, Patricia & Aoife Naughton and Daniel, David, Jack, Anna & Dillon Ryan and also top the Irish Schools rankings for brothers who have won Irish Schools titles with 4. Munster athletes scored a 1,2,3 in the Intermediate Boys Triple Jump with gold for **Wymin Sivakumar, Colaiste an Spioraid Naomh**, silver for **Michael Tony, Colaiste Ide agus Josef** and bronze for **Adam Turner, Colaiste Christ Ri** and in the Intermediate Girls Javelin with gold for **Katelyn Reid, Pobailscoil Chorca Dhuibhe**, silver for **Amy Whelan, Colaiste Mhuire Buttevant** & bronze for **Leanne Healy, Colaiste Muire Ennis**.



Munster had 1 Record breaking performances from its athletes: -

- **Callum Keating, Hazelwood College** threw 15.10m in the Shot Putt to smash the existing record of 13.73m held by Mark Collins, Bandon Grammer set in 2017.



Our double individual medal winners were:-

**Ciara Neville**, Castletroy College (gold in Senior Girls 100m & 200m), **Wymin Sivakumar**, Colaiste an Spioraid Naoimh (gold Inter Triple Jump & silver in 100mH), **Dillon Ryan**, Thurles CBS (gold in Junior Triple Jump & silver in Pole Vault), **Geoffrey Joy O'Regan**, John the Baptist Hospital (gold in Junior Boys High Jump & silver in Long Jump), **Ciara Sheehy**, St. Mary's Charleville (gold in Inter Girls Hammer & silver in Shot Putt), **Sean Carolan**, St. Mary's Newport (gold in Inter Boys Discus & 2<sup>nd</sup> in

Long Jump), **Ailbhe Doherty, St. Flannan's Ennis** (double silver in Inter Girls 200m & 300m), **Katie Nolke, Ursuline Waterford** (2<sup>nd</sup> Junior Girls High Jump & 3<sup>rd</sup> in Long Jump), **Harry Nevin, Rochestown College** (gold in Junior Boys 80mH & bronze in Long Jump), **Conor Callinan, Colaiste an Chroi Naofa** (1<sup>st</sup> Minor Boys 75mH & 3<sup>rd</sup> in Pole Vault), **Mark Collins, Bandon Grammer** (1<sup>st</sup> Junior Boys Shot Putt & 3<sup>rd</sup> in Discus), **Vickie Cusack, Davis College** (double silver in Senior Girls Long Jump & Shot Putt), **Sean Mockler, Thurles CBS** (2<sup>nd</sup> Senior Boys Hammer & 3<sup>rd</sup> in Discus), **Aisling Cassidy, Bandon Grammer** (double bronze in Senior Girls Triple Jump & 100mH).



Munster medal winners are below: -

### **Gold medals**

1. Grace Rooney, St. Mary's Midleton – Minor Girls 100m (12.31)
2. Sarah Butler, Laurel Hill – Minor Girls 800m (2.20.90)
3. Michelle Ugwah, SMGS Blarney – Minor Girls Long Jump (5.18m)

4. Ella Scott, Christ King Cork – Minor Girls 75mH (11.20)
5. Kotryna Pacerinskaite, Presentation Mitchelstown – Minor Girls Shot Putt (11.58m)
6. Conor Callinan, Colaiste an Chroi Naofa – Minor Boys 75mH (11.32)
7. Callum Keating, Hazelwood College – Minor Boys Shot Putt (15.10m) **REC**
8. Emily De Bhal, Colaiste Choilm Ballincollig – Junior Girls 100m (12.55)
9. Maebh O'Neill, MICC Dunmanway – Junior Girls 1500m (4.42.91)
10. Lucy Sleeman, Colaiste Choilm Ballincollig – Junior Girls 75mH (11.52)
11. Ursuline Waterford – 4 x 100m (51.00)
12. Ella Dillon, Villiers – Junior Girls High Jump (1.59m)
13. Roisin Power, St. Mary's Newport – Junior Girls Shot Putt (11.21m)
14. Katelyn Reid, Pobalscoil Chorca Dhuibhne – Junior Girls Javelin (38.69m)
15. Glory Wenegieme, Colaiste Muire Crosshaven – Junior Boys 200m (23.24)
16. Harry Nevin, Rochestown College – Junior Boys 80mH (11.34)
17. Ciaran O'Muirhile, Gaelcholaiste Mhuire AG Cork – Junior Boys 1200m Walk (5.58.06)
18. Dillon Ryan, Thurles CBS – Junior Boys Triple Jump (11.72m)
19. Mark Collins, Bandon Grammer – Junior Boys Shot Putt (12.59m)
20. Jack Cullen, Hamilton High School Bandon – Junior Boys Javelin (40.40m)
21. Geoffrey Joy O'Regan, John The Baptist Hospital – Junior Boys High Jump (1.83m)
22. Mark Carroll, Nenagh CBS – Junior Boys Long Jump (5.92m)
23. Anna Ryan, Ursuline Thurles – Inter Girls Pole Vault (3.30m)
24. Ciara Sheehy, St. Mary's Charleville – Inter Girls Hammer (50.36m)
25. Lucy O'Keefe, St. Mary's Midleton – Girls U/16 Mile (5.13.16)
26. Lucy Holmes, Ard Scoil na nDeise – Inter Girls 800m (2.13.33)
27. Niamh O'Mahony, Presentation Tralee – Inter Girls 3km (10.12.09)
28. Ciara Kennelly, St. Brigid's Killarney – Inter Girls High Jump (1.70m)
29. Katie Moynihan, Davis College – Inter Girls Javelin (43.98m)
30. Shane Aherne, Rochestown College – Inter Boys 400mH (56.72)
31. Jake Bagge, Ard Scoil na Mara – Inter Boys 800m (1.58.32)
32. Jake Costello, Comeragh College – Inter Boys Long Jump (6.59m)
33. Wymin Sivakamur, Colaiste Spioraid Naoimh – Inter Boys Triple Jump (13.51m)
34. Adam O'Dwyer, Thurles CBS – Inter Boys Pole Vault (3.70m)
35. Jack Ryan, Thurles CBS – Inter Boys Shot Putt (13.67m)
36. Sean Carolan, St. Mary's Newport – Inter Boys Discus (42.66m)
37. Miriam Daly, Scoil Mhuire, COS – Senior Girls 400Mh (1.01.40)
38. Alannah Neff, Carrigaline CS – Senior Girls 1500m S/C (5.05)
39. Sophie Meredith, SMI Newcastle west – Senior Girls Long Jump (5.93m)
40. Ciara Neville, Castletroy College – Senior Girls 100m (11.62)
41. Ciara Neville, Castletroy College – Senior Girls 200m (23.79)
42. Jo Keane, St. Flannan's Ennis – Senior Girls 800m (2.09.19)
43. SORCHA Moloney, Presentation Thurles – Senior Girls 3km (10.22.19)
44. Orla O'Connor, Waterpark College – Senior Girls 3km Walk (13.36.64)
45. Charlie O'Donovan, Col Chriost Ri – Senior Boys 1500m (3.55.97)
46. Gearoid McMahon, St. Caimin's Shannon – Senior Boys 3km Walk (13.36.56)
47. Darragh Minitier, Ennistymon CBS – Senior Boys Long Jump (6.71m)
48. PBC Cork 4 x 100m Relay (44.14)
49. Castletroy College – Senior Girls 4 x 100m (48.66)





## **Silver medals**

1. Paula Igwe, Ursuline Waterford – Junior Girls 75mH (11.56)
2. Geoffrey Joy O'Regan, John The Baptist Hospital – Minor Boys Long Jump (5.12m)
3. Laura Frawley, St. Mary's Charleville – Junior Girls Long Jump (5.45m)
4. Katie Nolke, Ursuline Waterford – Junior Girls High Jump (1.59m)
5. Una Brice, Mercy Mount Cork – Junior Girls Pole Vault (2.70m)
6. Amy Whelan, Colaiste Mhuire Buttevant – Junior Girls Javelin (37.25m)
7. Nicola Tuthill, Colaiste na Toirbhirte Bandon – Junior Girls Hammer (48.40m)
8. James Sage, St. Joseph's Borrisoleigh – Junior Boys 80mH (11.66)
9. Noah McConway, St. Flannan's College Ennis – Junior Boys 1200m Walk (6.20.66)
10. Dillon Ryan, Thurles CBS – Junior Boys Pole Vault (3.10m)
11. Una O'Brien, Waterpark College – Girls U/16 Mile (5.14.34)
12. Paul Hartnett, Colaiste an Chraoibhinn Fermoy – Boys U/16 Mile (4.28.71)
13. Ailbhe Doherty, St. Flannan's College Ennis – Inter Girls 200m (25.04)
14. Ailbhe Doherty, St. Flannan's College Ennis – Inter Girls 300m (40.38)
15. Aoife O'Sullivan, St. Mary's Mallow – Inter Girls High Jump (1.65m)
16. Chisom Ugweru, St. Flannan's College Ennis – Inter Girls Triple Jump (10.89m)
17. Orla Coffey, St. Angela's Cork – Inter Girls Pole Vault (3.30m)
18. Ciara Sheehy, St. Mary's Charleville – Inter Girls Shot Putt (14.64m)
19. Tirna Cahill, Pobalscoil na Trionoide – Inter Girls Hammer (49.09m)
20. Alyce O'Connor, PS Inbhear Sceine Kenmare – Inter Girls 1500m (4.42.72)
21. St. Flannan's College Ennis – 4 x 100m (50.33)
22. Ben Deasy, St. Flannan's College Ennis – Inter Boys 800m (1.58.64)
23. Wymin Sivakumar, Colaiste an Spioraid Naomh – Inter Boys 100mH (13.64)
24. Gavin Kenny, Hamilton High School Bandon – Inter Boys 1500m S.C (4.39.82)
25. Sean Carolan, St. Mary's Newport – Inter Boys Long Jump (6.53m)
26. Michael Tony, Colaiste Ide agus Josef – Inter Boys Triple Jump (12.91m)
27. Dawid Siegel, Tralee CBS – Inter Boys Shot Putt (13.29m)

28. Meabh Ni Dhalaigh, Gaelcholaiste Mhuire AG Cork – Senior Girls Javelin (34.90m)
29. Vickie Cusack, Davis College Mallow – Senior Girls Long Jump (5.29m)
30. Vickie Cusack, Davis College Mallow – Senior Girls Shot Putt (10.17m)
31. Emma Coffey, St. Angela’s Cork – Senior Girls Pole Vault (3.15m)
32. Darragh McElhinney, Colaiste Phobal Bheantraí – Senior Boys 1500m (3.57.03)
33. Shane Monagle, Ard Scoil na Mara – Senior Boys 110mH (14.47)
34. Frank O’Brien, Midleton CBS – Senior Boys 2km S.C (6.14.64)
35. Diarmuid Harty, St. Augustine’s College Dungarvan – Senior Boys Pole Vault (3.40m)
36. Sam O’Neill, St. Augustine’s College Dungarvan – Senior Boys Pole Vault (3.40m)
37. Joseph McEvoy, St. Anne’s Killaloe – Senior Boys Javelin (43.73m)
38. Sean Mockler, Thurles CBS – Senior Boys Hammer (62.17m)



### **Bronze Medals**

1. Ailbhe O’Neill, St. Mary’s Nenagh – Junior Girls 800m (2.18.54)
2. Katie Nolke, Ursuline Waterford – Junior Girls Long Jump (5.44m)
3. Leanne Healy, Colaiste Muire Ennis – Junior Girls Javelin (33.88m)
4. Matteo Mary, St. Declan’s Kilmacthomas – Boys U/16 Mile (4.34.11)
5. Kyle Dooley, Colaiste Phobal Ros Cre – Junior Boys 200m (23.69)
6. Harry Nevin, Rochestown College – Junior Boys Long Jump (5.86m)
7. Max Hallahan, Hamilton High School – Junior Boys Javelin (38.74m)
8. Sean Kavanagh, St. Coleman’s CC Midleton – Junior Boys High Jump (1.70m)
9. Mark Collins, Bandon Grammer – Junior Boys Discus (35.84m)
10. Conor Callinan, Colaiste an Chroi Naofa – Junior Boys Pole Vault (2.60m)
11. Lauren McCourt, Bandon Grammer – Inter Girls 200m (25.38)
12. Claire Caulfield, Ursuline Waterford – Junior Girls 2km Walk (9.48.21)
13. Megan Lenihan, Hazelwood College – Inter Girls Javelin (40.12m)
14. Cillian Griffin, Mercy Mount Hawk Tralee – Inter Boys 100m (10.99)
15. Mervyn Shalemba, Mercy Mount Hawk Tralee – Inter Boys 200m (22.40)
16. Rory Prendeville, John The Baptist Hospital – Inter Boys 800m (2.00.45)
17. Adam Turner, Colaiste Chriost Ri – Inter Boys Triple Jump (12.81m)
18. Alex O’Neill, Rice College Ennis – Senior Girls 800m (2.10.52)
19. Aisling Cassidy, Bandon Grammer – Senior Girls 100mH (15.63)
20. Aisling Cassidy, Bandon Grammer – Senior Girls Triple Jump (10.70m)

21. Clodagh Walsh, Davis College Mallow – Senior Girls Pole Vault (3.15m)
22. Fiona Hennessy, Presentation Thurles – Senior Girls Shot Putt (9.72m)
23. Katie Walsh, St. Angela's Cork – Senior Girls 400mH (1.04.58)
24. Ruth Heery, Waterpark College – Senior Girls 3km Walk (15.15.98)
25. Martha Quain, Colaiste an Chroi Naofa – Senior Girls Discus (33.67m)
26. Fiona Doyle, Inter School Killorglin – Senior Girls High Jump (1.60m)
27. Mercy Mount Hawk Tralee – Senior Girls 4 x 300m Relay (2.58.52)
28. James Murphy, Ard Scoil na Mara – Senior Boys Long Jump (6.59m)
29. Darragh Courtney, Mercy Mount Hawk – Senior Boys High Jump (1.90m)
30. Sean Mockler, Thurles CBS – Senior Boys Discus (41.51m)
31. Pdraig O'Callaghan, Colaiste Chriost Ri – Senior Boys Hammer (53.49m)
32. Colaiste Chriost Ri – Senior Boys 4 x 100m Relay (44.63)



### **Relay Results**

1. Ursuline Waterford – 1<sup>st</sup> Junior Girls 4 x 100m (51.00)
2. St. Flannan's College Ennis – 2<sup>nd</sup> Inter Girls 4 x 100m (50.33)
3. Mercy Mount Hawk Tralee – 1<sup>st</sup> Inter Boys 4 x 100m (43.19)
4. Castletroy College – 1<sup>st</sup> Senior Girls 4 x 100m (48.66)
5. Mercy Mount Hawk Tralee – 3<sup>rd</sup> 4 x 300m (2.58.52)
6. PBC Cork – 1<sup>st</sup> Senior Boys 4 x 100m (44.14)
7. Colaiste Chriost Ri – 3<sup>rd</sup> Senior Boys 4 x 100m (44.63)

### **Schools Rankings**

- Minor Girls – 3<sup>rd</sup> Christ King Cork
- Minor Boys – 3<sup>rd</sup> Colaiste an Chroi Naofa
- Junior Girls – 1<sup>st</sup> Ursuline Waterford, 2<sup>nd</sup> Colaiste Choilm Ballincollig
- Inter Girls – 1<sup>st</sup> St. Flannan's College Ennis
- Inter Boys – 3<sup>rd</sup> Mercy Mount Hawk Tralee
- Senior Girls – 1<sup>st</sup> Castletroy College, 2<sup>nd</sup> Davis College Mallow

## **Munster Juvenile Team Games 2018**

The Munster U/9 to U/11 Team Games were held in Castleisland, Co, Kerry on Saturday 9<sup>th</sup> June. With 24 titles up for grabs, Leevale A.C. emerged top with 5 titles, St. Cronan's A.C. had 3, two apiece for Midleton A.C., Bandon A.C., Lios Tuathail A.C.& Skibbereen A.C. and 1

each for North Cork A.C., Tulla A.C., Blackwater A.C., Liscarroll A.C., Dooneen A.C. & Templemore A.C., Doheny A.C. & Tralee Harriers A.C.

In the Girls U/9 60m, there were wins for **Leevale A.C.** athletes Alison Scully & Caoimhe Hennessy with silver for **Carrick on Suir A.C.** duo Sarah Bartley & Ruby Norris & bronze for **Liscarroll A.C.** athletes Clara Whelan & Emma O'Connell. In the Girls U/9 300m victories went to **Anne O'Leary & Aisling Guinane, Bandon A.C., Emma Flynn & Saoirse Bluett, North Cork A.C. & Emma Mcelwaine & Ali O'Connor Bandon A.C.** In the Girls U/9 Long Jump, the top 3 teams were **Liscarroll A.C. Clara Whelan & Emma O'Connell, Bandon A.C. Leila Cummins & Anne O'Leary & St Cronans A.C. Martha Walsh & Sarah Corey.** In the Girls U/9 Turbo Javelin, the winners were **Clodagh O'Hagan & Saraid McNamara, Tulla A.C., Isabel Lane & Leila Cummins, Bandon A.C. & St. Cronans A.C. duo Martha Walsh & Sarah Corey.**

In the Girls U/10 60m the top 3 were **Dooneen A.C. Destiny Lawal & Lilly McMahon, Midleton A.C. Ava Coughlan & Elle Kate McRae & Dooneen A.C. Amy Cunneen & Aisling O'Sullivan.** In the Girls U/10 500m, there were wins for **Skibbereen A.C.** athletes, **Holly Megan Flynn and Lorraine Coakley** with silver for **Destiny Lawal & Emer Purtill, Dooneen** and bronze for **Faye Mannion and Sophie Maher, Ennis Track.** In the Girls U/10 Long Jump, **Ava Coughlan and Elle Kate McRae, Midleton A.C.** won gold with silver for **Carrick-On-Suir A.C. team Kate Anthony and Holly Kirby** and bronze for **Giselle Aherne and Lucy Swineburne, Belgooly A.C.** The Girls U/10 Turbo Javelin saw wins from **Kate Fletcher O'Connor and Mya Rossa, Blackwater A.C.** with silver for **Holly Megan Flynn and Lorraine Coakley, Skibbereen A.C. & bronze for Fanahan McSweeney duo Hannah Doyle and Lucy Dennehy.**

In the Girls U/11 competitions, there were top three finishes for **Amy O'Connor and Tally Collins, Lios Tuathail A.C., Lucy Nugent & Ava Flavin, Finisk Valley and Suzanne Healy Bird and Ali Drummy, Belgooly. Gemma O'Mahony and Heather McCarthy, Doheny A.C.** won the Girls U/11 600m with **Limerick A.C. teams of Rosie Hickey and Orlaith Grimes and Sarah O'Halloran and Aoife Murphy** taking silver and bronze. In the Long Jump there was gold again for **Lios Tuathail A.C. duo Amy O'Connor & Tally Collins** with silver for **Ruby Cummins and Evelyn McCarthy, Bandon A.C.** and bronze for **Sarah Finnegan & Lauren Finnegan, Liscarroll A.C.** In the Turbo Javelin, **Templemore A.C.** took gold with **Kate Nevin and Rebecca Kavanagh** with silver for **Daniela Puspurs and Ella Dinan, Skibbereen A.C.** and a second set of bronze medals for **Sarah and Lauren Finnegan., Liscarroll A.C.**

In the Boys U/9 60, there were gold medals for **Amusa Adekunle and James Murphy, Leevale A.C.** with silver for **Eoin Tholand and Sean Riordan, Fanahan McSweeney A.C.** and bronze for **Ben O'Connor and Conor O'Sullivan, St. Brendan's A.C.** In the Boys U/9 300m, there was gold for **Daithi Ryan & Oisín Henneghan , St. Cronan's A.C.** with silver for **Tralee Harriers A.C. pair Stephen Harty & Daniel Moriarty** & bronze for **Midleton A.C. John Paul Guerin & Max Smiddy.** Medal winners in the Boys U/9 Long Jump were **Daithi Ryan & Oisín Henneghan , St. Cronan's A.C.** with **Fanahan**

**McSweeney duo Oran Hegarty & David Towey** in 2<sup>nd</sup> & **Stephen Harty & Daniel Moriarty, Tralee Harriers A.C.** in 3<sup>rd</sup> place. In the Boys U/9 Turbo Javelin, **Skibbereen A.C. pair of Sam Kingston & Dylan O'Donovan** took gold with **Fanahan McSweeney's Oran Hegarty & David Towey** in 2<sup>nd</sup> place and **Leevale's Fionn Naughton & Donal Moynihan** winning bronze.

In the Boys U/10 60m, there was gold for **Ezekiel Osabase & Callum Coffey Leevale A.C.** with silver for **Lios Tuathail A.C. pair of Steve Reidy & Odhran Buckley** and bronze for **Midleton A.C. duo Alex Jaworski & Oscar Smiddy**. **Midleton A.C.** athletes took gold and bronze in the Boys U/10 500m with **Christian Mahony & Mathew Mahony** and **Oscar Smiddy & Danny Paton** while **Grange Fermoy duo of Michael Walsh & Michael Leamy** won silver. In the Long Jump, there was gold for **St. Cronan's Colm Daly & Tadhg Hassett** with silver for **Midleton A.C. athletes Danny Patton & Alex Jaworski** and 3<sup>rd</sup> place for **Lios Tuathail pair Steve Reidy & Ajay Barrett**. In the Turbo Javelin, the winners were **Tralee Harriers Aaron Crean & Sean Murphy** with silver for **Lios Tuathail's Odhran Buckley & Thomas Cahill** & bronze for **Fanahan McSweeney duo of Adam Coughlan & Jack Walsh**.

**Leevale A.C.** took the top 2 prizes in the Boys U/11 60m with **Daniel Murphy & Ryan Onoh** and **Jaden Umeh & Anthony Goggin** with bronze for **Derg A.C.'s Archie McNamara & Matt Letden**. Top three in the Boys U/11 600m were **North Cork Sean O'Callaghan & Sean Higgins ; Derg A.C. Tom Arthur & Archie McNamara & Riverstick/Kinsale A.C. Cathal Walsh & Ollie Buckley**. **Leevale A.C.** won gold and bronze in the Long Jump with **Ryan Onoh & Michael Scott** and **Darragh Long & Jaden Umeh** with silver for **St. Cronan's A.C. Niall Doyle & Graham Ball**. In the Turbo Javelin, **Bandon A.C.** pair of **Lewis Lenihan & Andrew Lane** won gold with silver for **Lios Tuathail's Ronan Sheridan & Jeremiah Galvin** & bronze for **Leevale's Oscar Naughton & Daniel Murphy**.

### **16 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 **16** new Championship Best Performances set over the two days by the following athletes:-

1. **Ava Rochford, Ennis Track A.C.** jumped 1.66m in the Girls U/14 High Jump to better the jump of 1.57m set by Katie Nolke, Ferrybank A.C. in 2017.
2. **Ciara Kennelly, Killarney Valley A.C.** jumped 1.72m in the Girls U/17 High Jump to better the jump of 1.71m set by Elaine Ball, Limerick Emerald in 1990.

3. **Una Brice, Leevale A.C.** jumped 2.70m in the Girls U/15 Pole Vault to smash the existing record of 2.50m set by Aisling Cassidy, Bandon A.C. in 2015.
4. **Ciara Hickey, Blarney Inniscara A.C.** equalled the 2016 record of 3.10m set by Laura Cussen, Old Abbey A.C.
5. **Ciara Sheehy, Emerald A.C.** threw 14.55m to break the record of 13.98m set by Claire Fitzgerald, Tralee Harriers A.C. in 2007.
6. **Megan Lenihan, North Cork A.C.** threw 39.65m in the Girls U/16 Discus to break the existing record of 37.00m set by Rachel Akers, East Clare in 2000.
7. **Kotryna Pacerinskaite, Fanahan McSweeney** threw 44.21m in the Girls U/14 Hammer to better the record of 41.55m held by **Leah Parker, Midleton A.C.** and set in 2017.
8. **Geoffrey Joy O'Regan, Sunhill Harriers A.C.** jumped 1.80m in the Boys U/15 High Jump to break the 1972 record of 1.76m set by Barry Walsh, Dooneen A.C.
9. **Wymin Sivakumar, Leevale A.C.** jumped 13.91m in the Boys U/17 Triple Jump to better the record of 13.59m set by Niall McCarthy, Corbally in 1977.
10. **Wymin Sivakumar, Leevale A.C.** ran 11.19 in the Boys U/17 100m to better the existing record of 11.30 set by Tony Odubote, Ennis Track A.C. in 2016.
11. **Conor Morey, Leevale A.C.** ran 10.92 in the Boys U/18 100m to better the 2007 record of 10.93 set by Christopher Russell, Ferrybank A.C.
12. **Shane Monagle, Tramore A.C.** ran 11.25 to better the time of 11.32 set by Joey Henchy, Bandon A.C. in 2015.
13. **Gearoid McMahon, Shannon A.C.** set a new record in the Boys U/18 3km Walk with his time of 14.01.36 to better the record of 14.32.18 set by David Kenny, Farranfore MV in 2016.
14. **Shane Monagle, Tramore A.C.** ran 22.48 to better the time of 22.49 set by Jamie Mitchell, Emerald A.C. in 2017.
15. **Diarmuid O'Connor, Bandon A.C.** ran 37.39 in the Boys U/17 300mH to break the existing 2001 record of 38.34h set by Maurice Donoghue, Carrick-On-Suir A.C.
16. **Leevale A.C.** Boys U/14 4 x 100m ran 51.18 to break the existing record of 51.69 set by Belgooly A.C. in 2017.

### **Munster Girls Shine 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 23<sup>rd</sup> June. Munster athletes came to the fore on both the track and in the field winning the Girl's Tailteann trophy and were second in the Boys competition having won that trophy last year after an absence of 26 years. Our girls won 20 individual medals (9 gold, 6 silver & 5 bronze) with our boys winning 16 individual medals (4 gold, 8 silver & 4 bronze) bringing Munster's medal haul to a fine figure of 36 (13 gold, 14 silver & 9 bronze). To further add to our winnings the Munster Boys 4 x 100m relay team of **Cillian Griffin, Mervyn Shalemba, Marc Jones, Luke O'Carroll & Wymin Sivakumar** won gold with bronze for the Girls 4 x 100m team of **Lucy Sleeman, Emily De Bhal, Nikolka Stevankova, Chisom Ugweru & Lynn Vermeer**. In the 4 x 300m Relay, our girls' team of **Ailbhe Doherty, Lauren McCourt, Ciara Kennelly, Orla Coffey & Sophie Jackman** won silver with matching silver medals for our Boys 4 x 400m team of **Shane Aherne, Jake Bagge, Rory Prendeville, Andrew Collins & Basit Oyebanji**. Other highlights of the day were excellent performances from **Ciara Sheehy, St. Mary's Charleville** who won the Fr. Lonergan Trophy for the Best Female performance of the Championships when she threw 14.70m in the Shot Putt to take gold also winning gold in the Hammer with a throw of 49.83m.



*Anna Ryan & Orla Coffey, 1<sup>st</sup> & 2<sup>nd</sup> in the Girls Pole Vault*

Our only individual double gold medal winner on the day was **Ciara Sheehy, St. Mary's Charleville** who took the titles in the Girl's Hammer (49.83m) and Shot Putt (14.70m). Other individual double medal winners were **Emily O'Mahony, St. Augustine's Dungarvan** who won gold in the Triple Jump (11.17m) & silver in the Long Jump (5.45m) & **Wymin Sivakumar, Colaiste an Spioraid Naomh** who won gold in the Triple Jump (13.30m) & silver in the 100mH. Munster Girls scored a 1, 2 & 3 in the High Jump with medals for **Aoife O'Sullivan, St. Mary's Mallow, Ciara Kennelly, St. Brigid's Killarney & Kylie Heinen, St. Declan's Kilmacthomas**; a 1 & 2 in the Girls Pole Vault with gold for **Anna Ryan, Ursuline Thurles** & silver for **Orla Coffey, St. Angela's Cork**; a 1 & 2 in the Girls Hammer with gold for **Ciara Sheehy** & silver for **Tirna Cahill, Pobalscoil an Trionoide Youghal**; a 1 & 2 in the Girls Triple Jump with gold for **Emily O'Mahony** & silver for **Chisom Ugweru, St. Flannan's College Ennis**; 1 & 2 in the Boys Long Jump with gold for **Daniel Hurley, PBC Cork** & silver for **Luke O'Carroll, Mercy Mount Hawk Tralee**; 2<sup>nd</sup> & 3<sup>rd</sup> in the Boys 800m with silver for **Jake Bagge, Ard Scoil na Mara &**

bronze for **Rory Prendeville, St. John the Baptist Hospital** and a 2<sup>nd</sup> & 3<sup>rd</sup> in the Boys 100m for **Cillian Griffin, Mercy Mount Hawk Tralee & Marc Jones, Colaiste Muire Cobh.**



*Jake Bagge & Rory Prendeville, 2<sup>nd</sup> & 3<sup>rd</sup> in the Boys 800m*

Our medal winners were:-

### **Gold**

1. Shane Aherne, Rochestown College – 400mH (55.75)
2. Lucy Holmes, Ard Scoil na nDeise – 800m (2.14.99)
3. Niamh O'Mahony, Presentation Tralee – 3000m (9.59.30)
4. Mervyn Shalemba, Mercy Mount Hawk Tralee – 200m (22.49)
5. Maeve O'Neill, MICC Dunmanway – 1500m (4.37.9)
6. Anna Ryan, Ursuline Thurles – Pole Vault (3.20m)
7. Ciara Sheehy, St. Mary's Charleville – Shot Putt (14.70m)
8. Ciara Sheehy, St. Mary's Charleville – Hammer (49.83m)
9. Emily O'Mahony, St. Augustine's Dungarvan – Triple Jump (11.17m)
10. Daniel Hurley, PBC Cork – Long Jump (6.38m)
11. Aoife O'Sullivan, St. Mary's Mallow – High Jump (1.73m)
12. Megan Lenihan, Hazelwood College – Discus (36.10m)
13. Wymin Sivakumar, Colaiste an Spioraid Naoimh – Triple Jump (13.30m)
14. Boys 4 x 100m Relay (42.96).

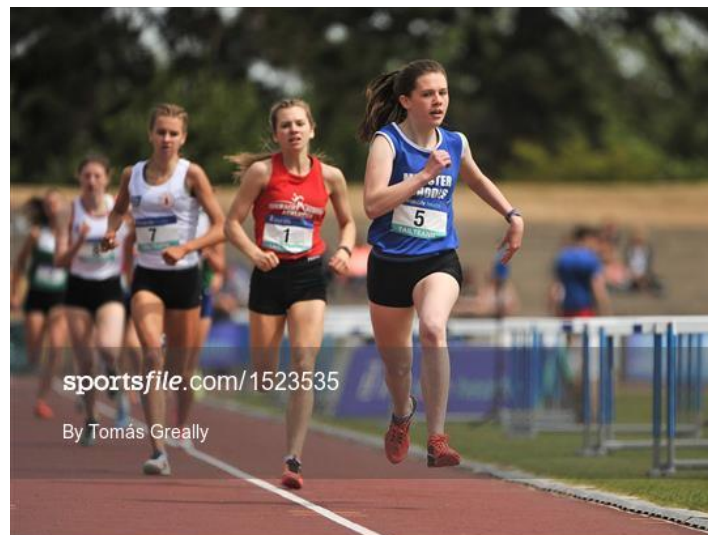




*Gold medallist, Shane Aherne 400mH*



*Gold medallist, Maeve O'Neill 1500m*



*Gold medallist, Lucy Holmes 800m*



*Gold medallist, Niamh O'Mahony 3000m*

### **Silver**

1. Jake Bagge, Ard Scoil na Mara – 800m (1.58.14)
2. Cillian Griffin, Mercy Mount Hawk Tralee – 100m (11.23)
3. Wymin Sivakumar, Colaiste an Spioraid Naoimh – 100mH
4. Tommy Connolly, CBC Cork – 1500m (4.05.5)
5. Adam O'Dwyer, CBS Thurles – Pole Vault (3.50m)
6. Orla Coffey, St. Angela's Cork – Pole Vault (3.20m)
7. Tirna Cahill, Pobalscoil na Trionoide – Hammer (49.19m)
8. James Kirkby, Bandon Grammer – Discus (35.46m)
9. Emily O'Mahony, St. Augustine's Dungarvan – Long Jump (5.45m)
10. Luke O'Carroll, Mercy Mount Hawk Tralee – Long Jump (6.35m)
11. Ciara Kennelly, St. Brigid's Killarney – High Jump (1.60m)
12. Katie Moynihan, Davis College – Javelin (42.89m)
13. Chisom Ugweru, St. Flannan's College Ennis – Triple Jump (11.03m)
14. Dawid Siegel, Tralee CBS – Shot Putt (13.29m)
15. Girls 4 x 300m Relay (2.49.3)
16. Boys 4 x 400m Relay (3.37.9)



*Cillian Griffin & Marc Jones, 2<sup>nd</sup> & 3<sup>rd</sup> in 100m*

## **Bronze**

1. Emily De Bhal, Colaiste Choilm Ballincollig – 300mH (46.39)
2. Siofra O’Dea, St. Joseph’s Spanish Point – 3km Walk (15.38)
3. Ciaran O’Muirhile, Gaelcholaiste Mhuire AG – 3km Walk (16.20.8)
4. Rory Prendeville, St. John the Baptist Hospital – 800m (1.58.48)
5. Marc Jones, Colaiste Muire Cobh – 100m (11.31)
6. Gavin Kenny, Hamilton High School Bandon – 1500m Steeplechase (4.42.3)
7. Ailbhe Doherty, St. Flannan’s College Ennis – 300m (40.77)
8. Lauren McCourt, Bandon Grammer – 200m (25.97)
9. Kylie Heinen, St. Declan’s Kilmacthomas – High Jump (1.60m)
10. Girls 4 x 100m Relay (49.44)



*Bronze medallist, Siofra O’Dea in the Girls 3km Walk*



*Bronze medallist, Ciaran O’Muirhile in the Boys 3km Walk*



*Bronze medallist, Ailbhe Doherty 300m*



*Cillian Griffin brings the Munster Boys 4 x 100m Relay home to gold*

July

### **34 Medals for Munster Juvenile Teams**



The Irish Life Health National Juvenile Games were held in Tullamore Harriers Stadium on Sunday 1<sup>st</sup> July 2018. There were 34 sets of team medals won by Munster (16 gold, 7 silver and 11 bronze) which well exceeded the 23 sets of medals won last year. In addition to this, Munster Clubs also took home 12 sets of Relay medals (6 gold & 3 silver & 3 bronze).

In the Girls U/9 60m, there was gold for **Alison Scully & Caoimhe Hennessy Leevale A.C.** & bronze for **Sarah Bartley & Ruby Norris Carrick on Suir A.C.** In the 300m there was gold for **Anne O'Leary & Aisling Guinane Bandon A.C.** with bronze for **Emma Flynn & Saoirse Bluett North Cork A.C.** In the Girls U/9 Long Jump there was gold for **Clara Whelan & Emma O'Connell Liscarroll A.C.** with silver for **Martha Walsh & Sarah Corey St. Cronans A.C.** In the Boys U/9 60m, the gold medal winners were **Rahman Amusa Adekunle & James Murphy Leevale A.C.** while in the Boys U/9 300m there was gold for **John Paul Guerin & Max Smiddy Midleton A.C.** In the Boys U/9 Long Jump, Munster athletes scored a clean sweep with a 1,2 & 3 for **Daithi Ryan & Oisin Hennengan St. Cronans A.C.** **Oran Hegarty & David Towe Fanahan McSweeney A.C.** & **Stephen Harty & Daniel Moriarty Tralee Harriers A.C.** In the Boys U/9 Turbo Javelin, there was gold for **Sam Kingston & Dylan O'Donovan Skibbereen A.C.**



In the Girls U/10 60m, there was gold for **Destiny Lawal & Lily McMahon Dooneen A.C.** with bronze for **Ava Coughlan & Elle Kate McRae Midleton A.C.** In the Girls U/10 500m, there was gold for **Faye Mannion & Sophie Maher Ennis Track A.C.** & bronze for **Destiny Lawal & Emer Purtil Dooneen A.C.** In the Girls U/10 Long Jump, there was gold for **Ava Coughlan & Elle Kate McRae Midleton A.C.** with bronze for **Giselle Ahern & Lucy Swineburne Belgooly A.C.** In the Girls U/10 Turbo Javelin, there was gold for **Kate Fletcher O'Connor & Mya Rossa Blackwater A.C.** with bronze for **Holly Megan Flynn & Lorraine Coakley Skibbereen A.C.** In the Boys U/10 60m **Leevale A.C. duo of Ezekiel Osabase & Callum Coffey Leevale A.C.** took gold. In the Boys U/10 Long Jump, there was gold for **Colm Daly & Tadhg Hasset St. Cronans A.C.** In the Boys U/10 Turbo Javelin, there was bronze for **Odhran Buckley & Thomas Cahill Lios Tuathail A.C.**



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By Sam Barnes

In the Girls U/11 competitions, there silver for **Amy O'Connor & Tally Collins Lios Tuathail A.C.** in the 60m. In the 600m there was silver for **Gemma O'Mahony & Heather McCarthy Dohenys A.C.** In the Girls U/11 Long Jump there was silver for **Amy O'Connor & Tally Collins Lios Tuathail A.C.** with bronze for **Sarah Finnegan & Lauren Finnegan Liscarroll A.C.** There was a 2<sup>nd</sup> place finish for **Daniela Puspurs & Ella Dinan Leevale A.C.** in the Girls U/11 Turbo Javelin. In the Boys U/11 60m, there was gold for **Jaden Umoh & Anthony Goggin Leevale A.C.** with silver for **Daniel Murphy & Ryan Onoh Leevale A.C.** In the Boys U/11 600m, there was gold for **Tom Arthur & Archie McNamara Derg A.C.** with bronze for **Sean O'Callaghan & Sean Higgins North Cork A.C.** In the Boys U/11 Long Jump, there was gold for **Ryan Onoh & Michael Scott Leevale A.C** with bronze for **Darragh Long & Jaden Umah Leevale A.C.**



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By Sam Barnes

In the Relay competitions, Munster took home 12 sets of medals (5 more than 2017). In the Girls U/9 4 x 100m, **Carrick-On-Suir A.C.** won gold with bronze for **Bandon A.C.** with **Dooneen A.C.** winning

gold in the Girls U/10 4 x 100m & silver for **Carrick-On-Suir A.C.** In the Girls U/11 4 x 100m relay, there was gold for **Dooneen A.C.** & bronze for **Finisk Valley A.C.** In the Boys U/9 4 x 100m relay, there was gold for **Fanahan McSweeney A.C.** & silver for **Leevale A.C.** with gold for **Leevale A.C.** & bronze for **Bandon A.C.** in the Boys U/10 4 x 100m. In the Boys U/11 4 x 100m there was gold for **Leevale A.C.** & silver for **Dooneen A.C.**

In the U/12 & U/13 Field events competitions, Munster athletes were in good form taking home 13 medals in total (4 gold, 5 silver & 4 bronze). Our gold medal winners were **Theo De Souza, Carraig na BhFear A.C.** in the Boys U/13 Long Jump (5.14m), **Ben Walsh, Youghal A.C.** in the Boys U/13 Shot Putt (12.73m), **Leagh Moloney, Dooneen A.C.** in the Girls U/13 Long Jump (4.79m) & **Ceola Bergin, Templemore A.C.** in the Girls U/13 Shot Putt (10.58m). There was silver for **Robert Olden, Midleton A.C.** in the Boys U/12 High Jump (1.40m), **Johnny Murphy, Liscarroll A.C.** in the Boys U/13 High Jump (1.48m) & Long Jump (4.77m), **Lucy Lynch, Carraig na BhFear A.C.** in the Girls U/12 High Jump (1.36m) & **Maeve Fleming, Leevale A.C.** in the Girls U/13 High Jump (1.49m). Bronze medals were won by **Sarah Abullo, Waterford A.C.** in the Girls U/12 Long Jump (4.31m), **Aoife Callan, Bandon A.C.** in the Girls U/12 Turbo Javelin (25.87m), **Leagh Moloney, Dooneen A.C.** in the Girls U/13 High Jump (1.49m) & **Leo Johnson, Ennis Track A.C.** in the Boys U/12 Long Jump (4.44m),





### 14 National “B” Titles for Munster



The Irish Life Health National Juvenile “B” Track & Field Championships were held in Tullamore Harriers Stadium on Saturday 7<sup>th</sup> July. Munster athletes were in fine form winning **35** individual medals in total (14 gold, 11 silver & 10 bronze) in the “B” Championships. Our record breaker on the day was **Masie McRae, Midleton A.C.** who jumped 4.16m in the Girls U/12 Long Jump to win gold. Our only double gold medal winner was **Dara O’Neill, Tramore A.C.** who won National titles in the Boys U/15 60m & Long Jump with **Molly O’Donovan, Bandon A.C.** taking silver in the Girls U/12 60m & bronze in the Shot Putt and **Caroline Wesol, Bandon A.C.** winning double silver in the Girls U/13 60m & Long Jump. In the Irish Life Health National Juvenile Club Relays, Munster teams came home with 24 sets of medals (10 gold, 7 silver & 7 bronze).





In the Field Events, Munster athletes won 19 medals in total (8 gold, 6 silver & 5 bronze).  
Our winners were:-



### **Gold**

1. Maisie McRae, Midleton A.C. – Girls U/12 Long Jump (4.16m) **CBP**
2. Clodagh Donoghue, Newport A.C. – Girls U/12 High Jump (1.28m)
3. Frank O’Riordan, Gneeveguilla A.C. – Boys U/12 Shot Putt (8.03m)
4. Sophie Connon, Youghal A.C. – Girls U/14 High Jump (1.38m)
5. Molly Quirke, Dooneen A.C. – Girls U/14 Long Jump (4.42m)

6. Graham Dooley, Templemore A.C. – Boys U/14 Long Jump (4.78m)
7. Dara O'Neill, Tramore A.C. – Boys U/15 Long Jump (5.19m)
8. Sean Mullarkey, West Waterford A.C. – Boys U/16 Shot Putt (11.52m)

### **Silver**

1. Molly O'Donovan, Bandon A.C. – Girls U/12 Shot Putt (6.20m)
2. Christopher Taylor, Belgooly A.C. – Boys U/12 Shot Putt (7.05m)
3. Caroline Wesol, Bandon A.C. – Girls U/13 Long Jump (4.31m)
4. Coen Crowley, Bandon A.C. – Boys U/13 Shot Putt (9.78m)
5. Grace Fitzgerald, Tipperary Town A.C. – Girls U/15 Long Jump (4.34m)
6. Ria Murphy, Lisscarroll A.C. – Girls U/16 Long Jump (4.19m)

### **Bronze**

1. Andrew Sweetnam, Midleton A.C. – Boys U/12 High Jump (1.25m)
2. Danielle O'Riordan, Gneeveguilla A.C. – Girls U/13 Shot Putt (8.52m)
3. Eoghan O'Connor, Belgooly A.C. – Boys U/13 Long Jump (4.23m)
4. Dylan Scannell-Fleming, Gneeveguilla A.C. – Boys U/14 Shot Putt (8.75m)
5. Mary O'Donovan, Belgooly A.C. – Girls U/16 Shot Putt (7.27m)

On the Track, Munster athletes won 16 medals in total (6 gold, 5 silver & 5 bronze). Our winners were:-

### **Gold**

1. Sarah Burrows, Bandon A.C. – Girls U/12 60m (8.84)
2. David Gaffney, West Waterford A.C. – Boys U/12 600m (1.46.28)
3. Aaron Gui, Belgooly A.C. – Boys U/13 60m (11.08)
4. Debbie Lawal, Dooneen A.C. – Girls U/14 60m (10.80)
5. Saoirse Tomkins, Gneeveguilla A.C. – Girls U/15 800m (2.29.06)
6. Dara O'Neill, Tramore A.C. – Boys U/15 60m (12.28)

### **Silver**

1. Molly O'Donovan, Bandon A.C. – Girls U/12 60m (8.91)
2. Ciara Delaney, Skibbereen A.C. – Girls U/12 600m (1.58.05)
3. Luke Calitz, Limerick A.C. – Boys U/12 60m (8.65)
4. Caroline Wesol, Bandon A.C. – Girls U/13 60m (11.14)
5. Bobby Byrne, Tralee Harriers A.C. – Boys U/14 60m (10.54)

### **Bronze**

1. Maisie McRae, Midleton A.C. – Girls U/12 60m (8.97)
2. Alan McCutcheon, Dooneen A.C. – Boys U/13 600m (1.49.45)
3. Louise O'Mahony, B.M.O.H A.C. – Girls U/14 800m (2.33.67)
4. Bobby Cook, Belgooly A.C. – Boys U/14 60m (10.76)
5. Mark Davidson, Templemore A.C. – Boys U/15 800m (2.20.92)

The Irish Life Health National Juvenile Inter-Club Relay Championships were also held on the same day in Tullamore. **Leevale A.C.** showed their depth & strength in this event by taking home **8** National titles in the Boys U/19 4 x 100m & 4 x 400m, Girls U/18 4 x 400m, Boys U/18 4 x 100m, Boys U/17 4 x 100m, Girls U/16 4 x 100m, Boys U/15 4 x 100m & Girls U/13 4 x 100m. They also won silver in the Girls U/18 4 x 100m & bronze in the Boys U/16 4 x 100m & Girls U/14 4 x 100m. **Dooneen A.C.** also fared well in the relays winning gold in the Boys U/13 4 x 100m & Boys U/16 4 x 100m and taking home silver in the Girls U/17 4 x 100m, Girls U/14 4 x 100m & Girls U/13 4 x 100m and bronze medals in the Girls U/18 4 x 100m & Girls U/12 4 x 100m. **Waterford A.C.** won silver in the Boys U/19 4 x 100m with **Bandon A.C.** taking bronze in the Girls U/17 4 x 100m, **Templemore A.C.** silver in the Boys U/16 4 x 100m, **Belgooly A.C.** took bronze in the Girls U/13 4 x 100m with silver for **Midleton A.C.** in the Boys U/12 4 x 100m and bronze in the Boys U/14 4 x 100m.

### **Results:**

1. Girls U/12 4 x 100m – 3<sup>rd</sup> Dooneen A.C. 55.93
2. Boys U/12 4 x 100m – 2<sup>nd</sup> Midleton A.C. 55.39
3. Girls U/13 4 x 100m – 1<sup>st</sup> Leevale A.C. (52.84), Dooneen A.C. (54.08) & 3<sup>rd</sup> Belgooly A.C. (54.77)
4. Boys U/13 4 x 100m – 1<sup>st</sup> Dooneen A.C. 52.30
5. Girls U/14 4 x 100m – 2<sup>nd</sup> Dooneen A.C. (52.34) & 3<sup>rd</sup> Leevale A.C. (52.72)
6. Boys U/14 4 x 100m – 3<sup>rd</sup> Midleton A.C. 51.15
7. Boys U/15 4 x 100m – 1<sup>st</sup> Leevale A.C. 47.33
8. Girls U/16 4 x 100m – 1<sup>st</sup> Leevale A.C. 50.31
9. Boys U/16 4 x 100m – 1<sup>st</sup> Dooneen A.C. (46.34), 2<sup>nd</sup> Templemore A.C. (46.63) & 3<sup>rd</sup> Leevale A.C. (46.69)
10. Girls U/17 4 x 100m – 2<sup>nd</sup> Dooneen A.C. (50.71) & 3<sup>rd</sup> Bandon A.C. (51.59)
11. Boys U/17 4 x 100m – 1<sup>st</sup> Leevale A.C. 44.07
12. Girls U/18 4 x 100m – 2<sup>nd</sup> Leevale A.C. (51.41) & 3<sup>rd</sup> Dooneen A.C. (51.70)
13. Girls U/18 4 x 400m – 1<sup>st</sup> Leevale A.C. 4.07.66
14. Boys U/18 4 x 100m – 1<sup>st</sup> Leevale A.C. 43.13
15. Boys U/19 4 x 100m – 1<sup>st</sup> Leevale A.C. (43.04) & 2<sup>nd</sup> Waterford A.C. (44.35)
16. Boys U/19 4 x 400m – 1<sup>st</sup> Leevale A.C. 3.32.27



Leevale A.C. Boys U/17 4 x 100m relay team



Dooneen A.C. Boys U/13 4 x 100m relay team



Leevale A.C. Boys U/18 4 x 100m Relay team



Leevale A.C. Girls U/13 4 x 100m relay team

## [Super Silver for Sophie @ European U18 T&F Championships](#)



The European U/18 Track & Field Championships took place in Győr, Hungary from 5<sup>th</sup> to 8<sup>th</sup> July 2018. 6 athletes represented Munster on the Irish team – **Ciara Kennelly, Killarney Valley A.C. (High Jump), Sophie Meredith, St. Mary's A.C. Limerick (Long Jump), Miriam Daly, Carrick-On-Suir A.C. (400mH), Sophie O'Sullivan, Ballymore Cobh A.C. (800m), Brian Lynch, Old Abbey A.C. (Decathlon) & Conor Morey, Leevale A.C. (100m).**

Our only medal winner was **Sophie O'Sullivan** who won a super silver medal in the 800m. Having easily progressed through her heat in 2.12.33 and Semi-Final in 2.07.95, O'Sullivan went on to win silver in 2.06.05 behind GB athlete Keely Hodgkinson who won in a new CR of 2.04.84. **Miriam Daly, Carrick-On-Suir A.C.** placed 4<sup>th</sup> in her 400mH heat in a time of 1.01.66 and placed 6<sup>th</sup> in the Semi-Final in a personal best of 1.01.35 finishing 10<sup>th</sup> overall. In the Boys Decathlon, **Brian Lynch, Old Abbey A.C.** finished in 26<sup>th</sup> place overall scoring a personal best of 6,306 points and posting 3 new personal bests in the 100m (11.61), Long Jump (6.74m) & Pole Vault (3.60m). **Conor Morey, Leevale A.C.** finished 4<sup>th</sup> in his heat in 11.05 advancing as the fastest qualifier to the Semi-Final. There was a false start in his SF but a late recall gun saw him and some of the others run a full race. It was subsequently re-run 10 minutes later where he placed 6<sup>th</sup> in 11.17, evidently tired having run two 100m races in quick succession. In the field events, **Sophie Meredith, St. Mary's Limerick** finished in 15<sup>th</sup> place in the Long Jump qualification round with a best of 5.79m which unfortunately was just 9 cm short of the mark of progress to the Final. **Ciara Kennelly, Killarney Valley A.C.** jumped 1.68m in the qualification round of the High Jump to finish joint 10<sup>th</sup> and short of the 1.77m qualification mark. Congratulations to all on competing so well at such a high level.



*Irish U/18 Team who participated at the European U/18 T&F Championships*



*Ireland's European U/18 medal winners – Sophie O'Sullivan, Sarah Healy & Rhasidat Adeleke*

## **29 National Titles for 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 14<sup>th</sup> July 2018 winning 68 medals in total which included 29 gold & national titles, 19 silver & 20 bronze & 3 new National records and 1 equalled set by the athletes below:-

1. **Callum Keating, North Cork A.C.** threw 15.18m in the Boys U/15 Shot Putt to better the mark of 14.96m set by Joshua Delaney, Nenagh Olympic A.C. set in 2017.
2. **Aimee Hayde, Newport A.C.** ran 2.11.63 in the Girls U/16 800m to beat the long standing 2006 record of 2.14.72 set by Ciara Cronin, Ferrybank A.C.
3. **Ciara Sheehy, Emerald A.C.** threw 41.04m in the Girls U/17 Discus to better the existing 2012 record of 40.48 set by Kayleigh Cronin, Spa Muckcross A.C.
4. **Aoife O'Sullivan, Liscarroll A.C.** jumped 1.72m to equal Sommer Lecky's record set in 2015.



Athletes who shone on the day for Munster were **Ciara Sheehy, Emerald A.C.** who won double gold in the Girls U/17 Shot Putt & Discus, also taking home a new National record of 41.04m; **Ava Rochford, Ennis Track A.C.** who won the Girls U/14 High Jump and was 3<sup>rd</sup> in the 75mH; **Wymin Sivakumar, Leevale A.C.** who won gold in the Boys U/17 100mH & silver in the Long Jump; **Joseph McEvoy, Nenagh Olympic A.C.** who won gold in the Boys U/18 110mH & bronze in the Javelin & **Sean Carolan, Nenagh Olympic A.C.** who won silver in the Boys U/18 Javelin & bronze in the Long Jump





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

### **Gold medals**

1. Nicole Dinan, Leevale A.C. – Girls U/13 600m 1.39.51
2. Grace Rooney, Youghal A.C. – Girls U/14 75mH 11.73
3. Kotryna Pacerinskaite, Fanahan McSweeney A.C. – Girls U/14 Hammer 42.83m
4. Ava Rochford, Ennis Track A.C. – Girls U/14 High Jump 1.60m
5. Lucy May Sleeman, Leevale A.C. – Girls U/15 80mH 11.82
6. Laura Frawley, St. Mary's A.C. Limerick – Girls U/15 High Jump 1.65m
7. Harry Nevin, Leevale A.C. – Boys U/15 80mH 11.53
8. Sean Keane, Lios Tuathail A.C. – Boys U/15 Hammer 47.13m
9. Jack Cullen, Bandon A.C. – Boys U/15 Javelin 46.15m
10. Callum Keating, North Cork A.C. – Boys U/15 Shot Putt 15.18m **CBP**
11. Aimee Hayde, Newport A.C. – Girls U/16 800m 2.11.63 **CBP**
12. Megan Lenihan, North Cork A.C. – Girls U/16 Discus 36.13m
13. Aoife O'Sullivan, Liscarroll A.C. – Girls U/16 High Jump 1.72 **=CBP**
14. Sean O'Riordan, Midleton A.C. – Boys U/16 Discus 40.98m
15. Conor Commane, Tralee Harriers A.C. – Boys U/16 Long Jump 6.24m
16. Lucy Holmes, West Waterford A.C. – Girls U/17 800m 2.16.84
- 17. Ciara Sheehy, Emerald A.C. – Girls U/17 Discus 41.04m **CBP****
18. Ciara Sheehy, Emerald A.C. – Girls U/17 Shot Putt 14.85m
19. Lia O'Brien, Midleton A.C. – Girls U/17 Long Jump 5.50m
20. Wymin Sivakumar, Leevale A.C. – Boys U/17 100mH 13.12
21. Sophie Meredith, St. Mary's A.C. Limerick – Girls U/18 Long Jump 5.85m
22. Tommy Connolly, Leevale A.C. – Boys U/17 800 1.58.27
23. Daniel Hurley, Leevale A.C. – Boys U/17 Long Jump 6.52m



24. Gavin Kenny, Bandon A.C. – Boys U/17 2km S/C (6.37.37)
25. Joseph McEvoy, Nenagh Olympic A.C. – Boys U/18 110mH 14.75
26. Luke O'Carroll, Tralee Harriers A.C. – Boys U/18 Long Jump 6.87m
27. Frank O'Brien, Midleton A.C. – Boys U/18 3km S/C (10.07.70)
28. Vickie Cusack, Lisscarroll A.C. – Girls U/19 Long Jump (5.17m)
29. Shane Monagle, Tramore A.C. – Boys U/19 110mH (14.67)



### ***Silver medals***

1. Okwu Backari, Leevale A.C. – Girls U/13 60mH 9.76
2. Shane Buckley, Dundrum A.C. – Boys U/13 600m 1.39.44
3. Johnny Murphy, Lisscarroll A.C. – Boys U13 60mH 9.72
4. Katie O'Keeffe, Leevale A.C. – Girls U/14 800m 2.22.37
5. Selena O'Riordan, Midleton A.C. – Girls U/14 Javelin 31.16m
6. Emmet O'Neill, Carrick-On-Suir A.C. – Boys U/14 Hammer 30.34m
7. Sarah Hosey, Dooneen A.C. – Girls U/15 800m 2.12.88
8. Katie Nolke, Ferrybank A.C. – Girls U/15 High Jump 1.58m
9. Leah Parker, Midleton A.C. – Girls U/15 Hammer 43.80m
10. James Sage, Nenagh Olympic A.C. – Boys U/15 80mH 11.73
11. Aidan Burke, Waterford A.C. – Boys U/15 800m 2.07.66
12. Joshua Delaney, Nenagh Olympic A.C. – Boys U/16 Discus 38.59m
13. Rory Prendeville, Emerald A.C. – Boys U/17 800m 1.59.24
14. Shane Cawley, Waterford A.C. – Boys U/17 Discus 39.79m
15. Wymin Sivakumar, Leevale A.C. – Boys U/17 Long Jump 6.47m
16. Sean Carolan, Nenagh Olympic A.C. – Boys U/18 Javelin 47.72m
17. Darragh Minitier, St. Mary's A.C. Clare – Boys U/18 Long Jump 6.59m
18. Molly Jean Hutchinson, Ferrybank A.C. – Girls U/19 3km S/C (11.58.91)
19. James Murphy, Waterford A.C. – Boys U/19 Long Jump 6.20m

### ***Bronze medals***

1. Simone Looney, Leevale A.C. – Girls U/12 600m 1.46.42
2. Odhran O’Sullivan, Midleton A.C. – Boys U/12 600m 1.43.03
3. Timmy Colbert, Carraig na BhFear A.C. – Boys U/13 Javelin 34.75m
4. Ava Rochford, Ennis Track A.C. – Girls U/14 75mH 11.79
5. Kaley Cozens, Templemore A.C. – Girls U/14 Javelin 30.34m
6. Ella Scott, Leevale A.C. – Girls U/15 80mH 11.89
7. Emily Wall, Leevale A.C. – Girls U/16 80mH 12.09
8. Blessing Alamu, Midleton A.C. – Girls U/16 Discus 30.75m
9. Jonah Osobase, Leevale A.C. – Boys U/16 High Jump 1.60m
10. Chisom Ugwuera, Ennis Track A.C. – Girls U/17 100mH 15.17
11. Anna Ryan, Moycarkey Coolcree A.C. – Girls U/17 Shot Putt 11.73m
12. James Kirkby, Leevale A.C. – Boys U/17 Discus 34.13m
13. Cillian Griffin, Tralee Harriers A.C. – Boys U/17 Long Jump 6.34m
14. Fionn Harrington, Bandon A.C. – Boys U/17 2km S/C (6.56.73)
15. Emily O’Mahony, Waterford A.C. – Girls U/18 100mH 14.91
16. Fiona Hennessy, Templemore A.C. – Girls U/18 Shot Putt 11.03m
17. Joseph McEvoy, Nenagh Olympic A.C. – Boys U/18 Javelin 47.35m
18. Sean Carolan, Nenagh Olympic A.C. – Boys U/18 Long Jump 6.26m
19. Aisling Lowe, Ferrybank A.C. – Girls U/19 3km S/C (12. 27.85)
20. Fergus O’Brien, Waterford A.C. – Boys U/19 3km S/C (10.27.59)

### **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, Middleton 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, Middleton 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 Coolcrao 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.

### **Gold medals**

1. Hannah Falvey, Belgooly A.C. – Girls U/13 80m (10.55)
2. Ceola Bergin, Templemore A.C. – Girls U/13 Javelin (28.49m)
3. Jayden Carmody, Dooneen A.C. – Boys U/13 80m (10.21)
4. Grace Rooney, Youghal A.C. – Girls U/14 80m (9.97) **CBP**
5. Kotryna Pacerinskaite, Fanahan McSweeney A.C. – Girls U/14 Discus (28.12m)
6. Lucy May Sleeman, Leevale A.C. – Girls U/15 80m (12.67)
7. Glory Wenegieme, Belgooly A.C. – Boys U/15 100m (11.51)
8. Jordan Kissane, Tralee Harriers A.C. – Boys U/16 100m (11.43)
9. Shane Aherne, Leevale A.C. – Boys U/17 400m (50.38)
10. Colin Doyle, Leevale A.C. – Boys U/18 100m (10.81) **CBP**
11. Brian Naughton, Nenagh Olympic A.C. – Boys U/18 Hammer (52.20m)
12. Shane Monagle, Tramore A.C. – Boys U/19 100m (10.99)

### **Silver medals**

1. Saoirse Dillon, Lios Tuathail A.C. – Girls U/12 60m (8.45)
2. Fatima Amusa, Leevale A.C. – Girls U/13 80m (10.62)
3. Ella Jenks, North Cork A.C. – Girls U/14 80m (10.34)
4. Timmy Wilk, Ballymore Cobh A.C. – Boys U/14 80m (10.09)
5. Emmet O'Neill, Carrick-On-Suir A.C. – Boys U/14 Hammer (30.34m)
6. Conor Commane, Tralee Harriers A.C. – Boys U/16 100m (11.58)
7. Lauren McCourt, Bandon A.C. – Girls U/17 400m (58.13)
8. Rory Prendeville, Emerald A.C. – Boys U/17 400m (51.98)
9. Ryan O'Leary, Leevale A.C. – Boys U/18 100m (11.00)
10. Dave McInerney, Leevale A.C. – Boys U/19 100m (11.15)
11. Christian O'Connell, Limerick A.C. – Boys U/19 Javelin (41.75m)

### **Bronze medals**

1. Leo Johnson, Ennis Track A.C. – Boys U/12 60m (8.33)
2. Emily Davidson, Templemore A.C. – Girls U/13 80m (10.87)
3. Jade Barry, Carrick-On-Suir A.C. – Girls U/13 Javelin (22.83m)
4. Timmy Colbert, Carrig na BhFear A.C. – Boys U/13 Javelin (34.75m)
5. Kelly Bester, Carrick-On-Suir A.C. – Girls U/16 100m (12.52)
6. Azuolas Varnilli, Templemore A.C. – Boys U/16 Hammer (42.94m)
7. Cillian Griffin, Tralee Harriers A.C. – Boys U/17 100m (10.99)
8. James Kirkby, Leevale A.C. – Boys U/17 Discus (34.13m)
9. Cathal Scanlon, Waterford A.C. – Boys U/17 Javelin (46.69m)
10. Darragh Minitier, St. Mary's A.C. Clare – Boys U/18 100m (11.03)
11. Cormac Farrell, Waterford A.C. – Boys U/18 Hammer (38.32m)
12. Katie Murphy, Ferrybank A.C. – Girls U/19 100m (12.51)
13. Eoin Kenny, Waterford A.C. – Boys U/19 Javelin (40.61m)

## **30 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 22<sup>nd</sup> July 2018 winning **63** medals in total (30 gold, 15 silver & 18 bronze). **3** National records were also set by the athletes below:-

- **Aimee Hayde, Newport A.C.** ran 4.30.91 in the Girls U/16 1500m to better the 2010 record of 4.36.29 set by Siofra Cleirigh Buttner, DSD A.C.
- **Harry Nevin, Leevale A.C.** ran 33.28 in the Boys U/15 250mH to better the time of 33.81 set by Kolade Abiodun, Donore Harriers A.C. set in 2014.
- **Glory Wenegieme, Belgooly A.C.** ran 22.88 in the Boys U/15 200m to better the time of 23.27 set by Tony Odubote, Ennis Track A.C. in 2014.

Among the stars on the day were **Aimee Hayde, Newport A.C.** who added another gold and record to her existing 800m title & record on Day 1 by winning the 1500m and setting another record; **Grace Rooney, Youghal A.C.** added a third gold to her winnings taking the title in the Girls U/14 200m to add to her 75mH and 80m including a new national record; **Shane Monagle, Tramore A.C.** took victory in the Boys U/19 200m adding to his golds in the 110mH & 100m on Day 1; **Harry Nevin, Leevale A.C.** added a second gold to his national tally by winning the Boys U/15 250mH in a record time of 33.81 having won gold in the 80mH & silver in the Long Jump on Day 1 & 2; **Glory Wenegieme, Belgooly A.C.** won the Boys U/15 200m in a CBP to add to his gold in the 100m on Day 2; **Lucy May Sleeman, Leevale A.C.** won bronze in the Girls U/15 200m to add to her double gold won in the 80m & 80mH on Day 1; **Timmy Wilk, Ballymore Cobh A.C.** added another gold in the Boys U/14 200m to his previous winnings of gold in the Boys U/14 Long Jump & silver in the 80m; **Jack Cullen, Bandon A.C.** won double gold in the Boys U/15 Triple Jump & Javelin; **Sean Carolan, Nenagh Olympic A.C.** won bronze in the Boys U/18 Discus to add to his silver in the Shot Putt & Javelin and bronze in the Long Jump; **Darragh Minitier, St. Mary's A.C. Clare** won gold in the Boys U/18 Discus to add to his silver in the Long Jump and bronze in the 100m; , **Jack Ryan, Moycarkey Coolcree A.C.** won silver in the Boys U/18 Discus to add to his gold in the Shot Putt; **Sean Mockler, Moycarkey Coolcree A.C.** won gold in the Boys U/19 Hammer & silver in the Discus on the day; **Jordan Kissane, Tralee Harriers A.C.** won gold in the Boys U/16 200m to add to his gold in the 100m; **Luke O'Carroll, Tralee Harriers A.C.** won silver in the Triple Jump to add to his gold in the Long Jump; **Paul Hartnett, Midleton A.C.** won silver in the 1500m to add to his 3km gold; **Lucy O'Keeffe, Youghal A.C.** won silver in the 1500m to add to her 3km gold; **Vickie Cusack, Liscarroll A.C.** won silver in the Javelin to add to her Shot Putt silver & gold in the Long Jump; **Orla Coffey, Carraig na BhFear A.C.** won silver in the 300mH to add to her gold in the Pole Vault; **Aidan Burke, Waterford A.C.** won gold in the Boys U/15 1500m to add to his silver in the 800m; **Ryan O'Leary, Leevale A.C.** won gold in the Boys U/18 200m to add to his silver in the 100m; **Emily O'Mahony, Waterford A.C.** was 2<sup>nd</sup> in the Girls U/18 Triple Jump to add to her bronze in the 100mH & **Hugo Blair, Waterford A.C.** was 3<sup>rd</sup> in the Boys U/19 1500m to add to his bronze in the 3km.



*Lauren McCourt, Bandon A.C., winner of Girls U/17 200m*



*Miriam Daly, Carrick-On-Suir A.C., winner of Girls U/18 400mH*

### **Gold Medals**

1. Grace Rooney, Youghal A.C. – Girls U/14 200m (25.87)
2. Timmy Wilk, Ballymore Cobh A.C. – Boys U/14 200m (25.23)
3. Amy Whelan, Lisscarroll A.C. – Girls U/15 Javelin (38.71m)
4. Glory Wenegieme, Belgooly A.C. – Boys U/15 200m (22.88) **CBP**
5. Harry Nevin, Leevale A.C. – Boys U/15 250mH (33.28) **CBP**
6. Aidan Burke, Waterford A.C. – Boys U/15 1500m (4.25.92)
7. Conor Callinan, Leevale A.C. – Boys U/15 Pole Vault (3.10m)
8. Jack Cullen, Bandon A.C. – Boys U/15 Triple Jump (10.78m)
9. Kelly Bester, Carrick-On-Suir A.C. – Girls U/16 200m (25.67)
10. Emily Wall, Leevale A.C. – Girls U/16 250mH (36.86)
11. Aimee Hayde, Newport A.C. – Girls U/16 1500m (4.30.91) **CBP**
12. Jordan Kissane, Tralee Harriers A.C. – Boys U/16 200m (23.27)
13. Eoin Buenaventura, West Waterford A.C. – Boys U/16 Pole Vault (2.80m)
14. Lauren McCourt, Bandon A.C. – Girls U/17 200m (25.41)
15. Adam O'Dwyer, Moycarkey Coolcree A.C. – Boys U/17 Pole Vault (3.70m)
16. Miriam Daly, Carrick-On-Suir A.C. – Girls U/18 400mH (1.02.12)
17. Alyce O'Connor, Kenmare & District A.C. – Girls U/18 1500m (4.43.98)
18. Aisling Cassidy, Leevale A.C. – Girls U/18 Triple Jump (10.93m)

19. Tirna Cahill, Youghal A.C. – Girls U/18 Hammer (47.95m)
20. Ryan O’Leary, Leevale A.C. – Boys U/18 200m (22.68)
21. Brian Lynch, Old Abbey A.C. – Boys U/18 400mH (57.98)
22. Patrick Fitzgerald, West Waterford A.C. – Boys U/18 Pole Vault (3.90m)
23. Michael Tony, Lios Tuathail A.C. – Boys U/18 Triple Jump (12.73m)
24. Darragh Minter, St. Mary’s A.C. Clare – Boys U/18 Discus (43.78m)
25. Shona O’Brien, Gneeveguilla A.C. – Girls U/19 1500m (4.44.03)
26. Hannah Murphy, Leevale A.C. – Girls U/19 High Jump (1.55m)
27. Maebh Daly, Carraig na BhFear A.C. – Girls U/19 Javelin (36.59m)
28. Shane Monagle, Tramore A.C. – Boys U/19 200m (22.47)
29. Ciaran Nugent, Carraig na BhFear A.C. – Boys U/19 400mH (56.48)
30. Sean Mockler, Moycarkey Coolcroo A.C. – Boys U/19 Hammer (59.17m)



*A 1,2 for Munster in the Girls U/18 Triple Jump – Aisling Cassidy, Leevale A.C. 1<sup>st</sup> & Emily O’Mahony, Waterford A.C. 2<sup>nd</sup>*



*Glory Wenegieme, Belgooly A.C. on his way to winning the Boys U/15 200m*

### **Silver Medals**

1. Ella Jenks, North Cork A.C. – Girls U/14 200m (26.42)
2. Samuel Judd, Midleton A.C. – Boys U/16 200m (23.78)
3. Orla Coffey, Carraig na BhFear A.C. – Girls U/17 300mH (46.68)



4. Niamh Sugrue, Bandon A.C. – Girls U/17 Javelin (33.95m)
5. Paul Hartnett, Midleton A.C. – Boys U/17 1500m (4.12.41)
6. Fiona Doyle, Tralee Harriers A.C. – Girls U/18 High Jump (1.60m)
7. Emily O'Mahony, Waterford A.C. – Girls U/18 Triple Jump (10.90m)
8. Luke O'Carroll, Tralee Harriers A.C. – Boys U/18 Triple Jump (12.49m)
9. Jack Ryan, Moycarkey Coolcree A.C. – Boys U/18 Discus (42.52m)
10. Sam O'Neill, West Waterford A.C. – Boys U/18 Pole Vault (3.80m)
11. Lorna Monahan, Ferrybank A.C. – Girls U/19 Triple Jump (10.38m)
12. Vickie Cusack, Liscarroll A.C. – Girls U/19 Javelin (32.87m)
13. Diarmuid Harty, West Waterford A.C. – Boys U/19 Pole Vault (3.70m)
14. Sean Mockler, Moycarkey Coolcree A.C. – Boys U/19 Discus (42.19m)
15. Pdraig O'Callaghan, Leevale A.C. – Boys U/19 Hammer (52.49)

### **Bronze Medals**

1. Tom Walshe, Nenagh Olympic A.C. – Boys U/14 1500m (4.36.48)
2. Lucy May Sleeman, Leevale A.C. – Girls U/15 200m (26.43)
3. Maeve O'Neill, Doheny A.C. – Girls U/15 1500m (4.50.77)
4. Leanne Healy, Marian A.C. – Girls U/15 Javelin (37.01m)
5. Ben Connolly, Nenagh Olympic A.C. – Boys U/15 Pole Vault (2.60m)
6. Joe Ivory, Liscarroll A.C. – Boys U/16 Javelin (46.02m)
7. Lucy O'Keefe, Youghal A.C. – Girls U/17 1500m (4.47.31)
8. Diarmuid O'Connor, Bandon A.C. – Boys U/17 300mH (39.06)
9. Daire O'Sullivan, Carraig na BhFear A.C. – Boys U/17 1500m (4.14.57)
10. Roseann Fitzgerald, Carrick-On-Suir A.C. – Girls U/18 200m (26.31)
11. Emily Myers, Waterford A.C. – Girls U/18 Hammer (35.11m)
12. Darragh Courtney, St. Brendan's A.C. – Boys U/18 High Jump (1.93m)
13. Darragh Curran, West Waterford A.C. – Boys U/18 Pole Vault (3.40m)
14. Sean Carolan, Nenagh Olympic A.C. – Boys U/18 Discus (42.05m)
15. Laura McDonnell, Marian A.C. – Girls U/19 400mH (1.11.61)
16. Christine McCarthy, Kenmare & District A.C. – Girls U/19 High Jump (1.50m)
17. Hugo Blair, Waterford A.C. – Boys U/19 1500m (4.02.58)
18. Adam Dooley, Templemore A.C. – Boys U/19 Triple Jump (11.94m)

### **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 Cork I.T. on Saturday 21st July. Many thanks to Cork 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., Finisk Valley A.C., West Limerick A.C., Ballincollig A.C., Grange Fermoy A.C., Farranfore Maine Valley A.C., Skibbereen A.C., Tulla A.C. & K.C.K. A.C. With 72 individual titles up for grabs, all 6 Counties won Munster titles on the day with the most prominent County being Cork.

## **Superb Silver for Irish Women's 4 x 100m Team**



The World U/20 T&F Championships took place in Tampere, Finland from 10<sup>th</sup> to 15<sup>th</sup> July 2018. 5 athletes were selected to represent Munster on the Irish team with **Ciara Neville, Emerald A.C.** winning a silver medal as part of the Irish Women's 4 x 100m Relay team. The Munster team selected was **Ciara Neville, Emerald A.C. (100m, 200m & 4 x 100m), Conor Morey, Leevale A.C. (4 x 100m), Darragh McElhinney, Bantry A.C. (5km), Jo Keane, Ennis Track A.C. (800m) & Orla O'Connor, Waterford A.C. (10km Walk).**

**Ciara Neville, Emerald A.C.** competed in the 100m and 200m as well as the 4 x 100m relay final. In the 100m, she gave an excellent account of herself running her 2<sup>nd</sup> fastest time ever of 11.54 to finish 2<sup>nd</sup> in her heat. In the semi-final, she finished 5<sup>th</sup> in a time of 11.70 to leave her with an overall ranking of 16<sup>th</sup> on the world stage. She was also 4<sup>th</sup> in her 200m heat in a time of 24.01 and 8<sup>th</sup> in her semi-final in 24.68. **Jo Keane, Ennis Track A.C.** ran 2.09.59 in her 800m heat to progress to the semi-final where she ran a pb of 2.06.91 to finish 5<sup>th</sup>, just outside qualifying for the final. **Conor Morey, Leevale A.C.** competed in the Men's 4 x 100m Relay where the Irish team finished 3<sup>rd</sup> in their heat and 11<sup>th</sup> overall in 40.51. **Darragh McElhinney, Bantry A.C.** finished 18<sup>th</sup> in the 5km in a time of 14.53.63 with **Orla O'Connor, Waterford A.C.** finishing 14<sup>th</sup> in the 10km Walk in a time of 47.55.40, a new Irish U/20 record. Our best result was the superb silver medal won by the Irish Women's 4 x 100m relay team. The Irish women's 4x100m relay team made history by winning silver medals in a new national U20 record of 43.90 seconds. The quartet of Molly Scott (SLOT), Gina Akpe-Moses (Blackrock-Louth), **Ciara Neville (Emerald)** and Patience Jumbo-Gula (St Gerard's Dundalk) struck silver narrowly behind the Germans who ran 43.82 with Great Britain and

Northern Ireland third in 44.05. Rhasidat Adeleke (Tallaght) had a hamstring injury which prevented her from making the final, but it was superlative performance nonetheless. Scott, Akpe-Moses and **Neville** have been on countless relay teams together down through the years and reaped their rewards on the grandest stage.



*Irish Women's 4 x 100m Relay Team who won World Silver*

### **Medals for Munster at SIAB Schools International**



The SIAB Schools U/17 Track & Field International took place in Grangemouth Stadium, Scotland on Saturday 21<sup>st</sup> July 2018 with 22 Munster athletes taking part & bringing home 4 individual medals in

total (2 silver & 2 bronze), and 3 Relay medals (3 silver). **Marc Jones, Colaiste Muire Cobh** also won gold in the 100m Non-Scoring race on the day with a time of 11.32.



*Marc Jones on his way to winning the Non-Scoring 100m race*

**Ciara Sheehy, St. Mary's Charleville**, the Irish Girls' team Captain, took home silver in the Shot Putt with a throw of 14.84m and also placed 4<sup>th</sup> in the Hammer with a pb of 54.71m with **Niamh O'Mahony, Presentation Tralee** also winning silver in the 3000m in a time of 9.52.27. Niamh also won the Sean Nyhan medal for the Best Irish Performance on the day. Bronze medals were won by **Megan Lenihan, Hazelwood College** in the Girls Discus (38.98m) & **Orla Coffey, St. Angela's Cork** in the Girls Pole Vault (3.11m). 4<sup>th</sup> place finishes were recorded by **Ciara Kennelly, St. Brigid's Killarney** in the Girls High Jump (1.67m), **Anna Ryan, Ursuline Thurles** in the Girls Pole Vault (3.11m), **Chisom Ugwuere, St. Flannan's Ennis** in the Girls Triple Jump (11.06m), **Ciara Sheeny, St. Mary's Charleville** in the Girls Hammer (54.71m), **Cillian Griffin, Mercy Mount Hawk** in the Boys 100m (11.15), **Wymin Sivakumar, Colaiste an Spioraid Naomh** in the 100mH (13.53) & the Triple Jump (14.14m), **Shane Aherne, Rochestown College** in the 400mH (57.00) & **Luke O'Carroll, Mercy Mount Hawk** in the Long Jump (6.85m). 5<sup>th</sup> place finishes went to **Aoife O'Sullivan, St. Mary's Mallow** in the Girls High Jump (1.64m), **Daniel Hurley, PBC Cork** in the Boy's Long Jump (6.85m), **Tirna Cahill, Pobalscoil na Trionoide Youghal** in the Girl's Hammer (48.73m) & **Emily O'Mahony, St. Augustine's Dungarvan** in the Triple Jump (10.94m) with a 6<sup>th</sup> place finish for **Tommy Connolly, CBC Cork** in the 1500m (4.15.14). 7<sup>th</sup> place finishes were recorded by **Ailbhe Doherty, St. Flannan's Ennis** in the 200m (26.41), **Lucy Holmes, Ard Scoil na nDeise** in the 800m (2.15.87), **Marc Jones, Colaiste Muire Cobh** in the 200m (23.14) & **Jake Bagge, Ard Scoil na Mara** in the 800m (1.58.55) with 8<sup>th</sup> place finishes for **Maeve O'Neill, MICC Dunmanway** in the 1500m (4.49.12) & **Adam O'Dwyer, Thurles CBS** in the Pole Vault (3.61m).



*Cillian Griffin in the Boys 100m race*



*Cillian Griffin, Mercy Mount Hawk (4) in action in the 4 x 100m Relay*



*Shane Aherne, Rochestown College in the 4 x 400m Relay*

In the Relay competitions, **Marc Jones, Colaiste Muire Cobh & Cillian Griffin, Mercy Mount Hawk** both won silver with the Irish Boys 4 x 100m Relay team with **Shane Aherne, Rochestown College** also winning silver with the Irish Boys 4 x 400m Relay team.

In the Girls competition, Ireland scored 152 points to finish 2<sup>nd</sup> behind England (253) with Scotland in 3<sup>rd</sup> (136) and Wales 4<sup>th</sup> (106) while in the Boys competition, Ireland were 2<sup>nd</sup> overall on 174 points behind England on 258 points with Scotland 3<sup>rd</sup> on 119 points and Wales in 4<sup>th</sup> place on 95 points. Congratulations & well done to all our athletes.

August

### Celtic Games 2018



*Irish Celtic Track & Field International Teams 2018*

The 2018 Celtic Games International was held in Grangemouth Stadium, Scotland on Saturday 4<sup>th</sup> August 2018. Scotland won all seven Celtic trophies with the Irish team in 2<sup>nd</sup> place & Wales in 3<sup>rd</sup>. A total of 21 athletes from Munster competed on the day.

In the U/16 competitions, there was a win and maximum points for **Laura Frawley, St. Mary's A.C. Limerick** in the Girls U/16 Long Jump (5.49m) with **Aimee Hayde, Newport A.C.** in 2<sup>nd</sup> in the 800m (2.14.22), **Glory Wenegieme, Belgooly A.C.** was 3<sup>rd</sup> in the Boys U/16 200m (23.13) and **Sean O'Riordan, Midleton A.C.** 4<sup>th</sup> in the Boys U/16 Discus (36.42m)



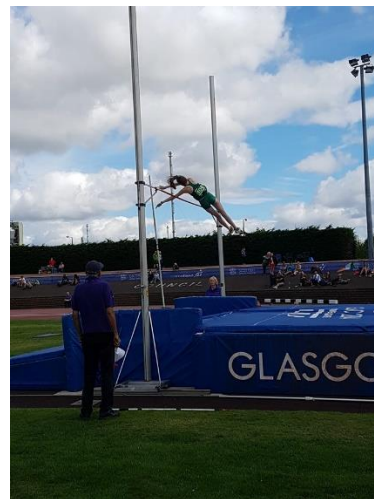
*Aimee Hayde & Miriam Daly in action*



*Munster Throwers, Tirna Cahill & Jack Ryan in action*



**Team Ireland's Jumps Coach, Dave Murphy with Munster Jumpers – Laura Frawley, Sophie Meredith, Aisling Cassidy, Luke O'Carroll & Wymin Sivakumar**



**Munster Jumpers in action – Wymin Sivakumar, Sophie Meredith & Orla Coffey**

In the U/18 competitions, there was top podium finishes for **Miriam Daly, Carrick-On-Suir A.C.** (400mH 61.66) & **Jack Ryan, Moycarkey Coolcree A.C.** (Shot Putt 16.65m). 2<sup>nd</sup> place finishes were recorded by **Brian Lynch, Old Abbey A.C.** (400mH 59.31), **Alyce O'Connor, Kenmare A.C.** (1500m 4.44.08), **Sophie Meredith, St. Mary's A.C. Limerick** (Long Jump 5.72m), **Aisling Cassidy, Leevale A.C.** (Triple Jump 10.84m), **Shane Aherne, Leevale A.C.** (400m 50.32), **Luke O'Carroll, Tralee Harriers A.C.** (Long Jump 6.88m) & **Wymin Sivakumar, Leevale A.C.** (Triple Jump 13.82m). Our third-place finishers were **Tirna Cahill, Youghal A.C.** (Hammer 51.84m), **Orla Coffey, Carraig na BhFear A.C.** (Pole Vault 3.22m), **Colin Doyle, Leevale A.C.** (100m 11.12), **Darragh Minter, St. Mary's A.C. Clare** (Discus 43.36m) & **Joseph McEvoy, Nenagh Olympic A.C.** (110mH 14.67). 4<sup>th</sup> place finishes went to **Lauren McCourt, Bandon A.C.** (200m 25.48), **Frank O'Brien, Middleton A.C.** (S/C 6.32.76) & **Patrick Fitzgerald, West Waterford A.C.** (Pole Vault 3.72m). **Miriam Daly** was also part of the Irish Women's U/18 4 x 400m Relay that won gold on the day with **Shane Aherne** part of the Irish Men's U/18 4 x 400m Relay that won bronze. **Colin Doyle** won gold with the Irish Men's U/18 4 x 100m Relay with **Glory Wenegieme, Belgooly A.C.** taking home silver as part of the Irish Mixed 4 x 100m Relay. Congratulations & well done to all our Munster athletes who represented their Clubs & Province so well.

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

1. Aimee Hayde, Newport A.C. – Girls U/16 800m
2. Laura Frawley, St. Mary's A.C. Limerick – Girls U/16 Long Jump
3. Glory Wenegieme, Belgooly A.C. – Boys U/16 200m
4. Sean O'Riordan, Middleton A.C. – Boys U/16 Discus
5. Lauren McCourt, Bandon A.C. – Girls U/18 200m
6. Alyce O'Connor, Kenmare & District A.C. – Girls U/18 1500m
7. Orla Coffey, Carraig na BhFear A.C. – Girls U/18 Pole Vault
8. Sophie Meredith, St. Mary's A.C. Limerick – Girls U/18 Long Jump
9. Tirna Cahill, Youghal A.C. – Girls U/18 Hammer
10. Aisling Cassidy, Bandon A.C. – Girls U/18 Triple Jump
11. Miriam Daly, Carrick-On-Suir A.C. – Girls U/18 400m & 4 x 400m Relay
12. Luke O'Carroll, Tralee Harriers A.C. – Boys U/18 Long Jump



13. Joseph McEvoy, Nenagh Olympic A.C. A.C. – Boys U/18 110mH
14. Colin Doyle, Leevale A.C. – Boys U/18 100m & 4 x 100m
15. Shane Aherne, Leevale A.C. – Boys U/18 400m & 4 x 400m Relay
16. Brian Lynch, Old Abbey A.C. – Boys U/18 400mH
17. Frank O'Brien, Midleton A.C. – Boys U/18 3km Steeplechase
18. Darragh Minter, St. Mary's A.C. Clare – Boys U/18 Discus
19. Jack Ryan, Moycarkey Coolcree A.C. – Boys U/18 Shot Putt
20. Patrick Fitzgerald, West Waterford A.C. – Boys U/18 Pole Vault
21. Wymin Sivakumar, Leevale A.C. – Boys U/18 Triple Jump

### **15 Individual Gold Community Games Medals for Munster**



The National Community Games Athletic Finals were held in UL, Limerick on Saturday 18<sup>th</sup> & Sunday 19th August 2018. Munster athletes competed very well winning **65** medals in total (**15 gold, 21 silver, 14 bronze & 15 Pewter**) & **15** sets of Relay medals (**5 gold, 3 silver, 2 bronze & 5 pewter**).



At weekend 1 of the National Community Games Finals in UL in May, Munster athletes also competed very well in the Cross-Country events winning individual and team medals. See results below:-

***Cross Country 1200m U13 & O11 Girls***

- 2 Louise O'Mahony, Sixmilebridge-Kilmurry, Clare

***Cross Country 1200m U13 & O11 Boys***

- 1 Gerard Dunne, Doonbeg, Clare

***Cross Country Team U/13***

- 1 Daire Culligan, Ballynacally-Lissycasey, Clare
- 1 Aimee Barrett, Clarecastle Ballyea, Clare
- 1 Sean Breen, Doora Barefield, Clare
- 1 Deirdre Flanagan, Cooraclare-Cree, Clare
- 1 Dannan Fox, Quin - Clooney, Clare
- 1 Gemma Galvin, Kilrush, Clare
- 1 Michelle Healy, Inch - Kilmaley - Connolly, Clare
- 1 James O'Dwyer, Ennis St Johns, Clare
- 4 Tommy Arthur, Kenmare, Kerry
- 4 Sean Og Brosnan, Boherbue - Cloghers Manor, Kerry
- 4 Emmett Daly, Valentia Island, Kerry
- 4 Cara Gannon, Spa-Fenit - Barrow, Kerry
- 4 Oisin Lynch, SPA Mucross, Kerry
- 4 Rachel Mulgrew, Blennerville - Ballyard, Kerry
- 4 Oran Murphy, Spa-Fenit - Barrow, Kerry
- 4 Aoife O'Brien, Spa-Fenit - Barrow, Kerry
- 4 Hannah Ryan, Glenflesk, Kerry 4 Kathryn Ryan, Glenflesk, Kerry



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

- 2 Mark Hanrahan, Doora Barefield, Clare

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

- 1 Niamh O'Mahony, St Brendans - Oakpark, Kerry
- 2 Grace Carmody, Inch - Kilmaley - Connolly, Clare

### **Marathon Boys TEAM Winners**

- 3 Clare
- 4 Kerry

### **Marathon Girls TEAM Winners**

- 3 Clare
- 4 Kerry

### **Mixed Distance Relay Boys U12**

- 2 David Cahill, Quin - Clooney, Clare
- 2 Aidan Considine, Cooraclare-Cree, Clare
- 2 Gabriel Fennell, Cooraclare-Cree, Clare
- 2 Darren Moroney, Ennis St Johns, Clare
- 2 Darragh Townsend, Cooraclare-Cree, Clare
- 2 Caleb Walsh, Ennis St Johns, Clare
- 3 John Doyle, Mitchelstown, Cork
- 3 Diarmuid Towey, Mitchelstown, Cork
- 3 Dara Walsh, Mitchelstown, Cork
- 3 Alex Coughlan, Skibereen, Cork
- 3 Lachlan Heafey, Mitchelstown, Cork
- 3 Keith Mccarthy, Enniskeane, Cork

### **Mixed Distance Relay Boys U14**

- 1 Cormac Costello, Firies, Kerry
- 1 Cian Lynch, SPA Mucross, Kerry
- 1 Malachí O'Ciardubháin, An Ghaeltacht, Kerry
- 1 Jack O' Sullivan, SPA Mucross, Kerry
- 1 Cian Spillane, Milltown - Listry, Kerry
- 1 Conall O' Mahony, Firies, Kerry
- 1 Jack O' Sullivan, SPA Mucross, Kerry
- 1 Cian Spillane, Milltown - Listry, Kerry
- 2 Kyle Grogan, Cooraclare-Cree, Clare
- 2 Padraic O'Dwyer, Lisdoonvarna, Clare
- 2 Fionn O'Mara, Killanena - flagmount, Clare
- 2 Kieran Doyle, Killanena - flagmount, Clare
- 2 Niall Murphy, Quin - Clooney, Clare
- 2 Cian O'Boyle, Ennis St Johns, Clare
- 4 Leo Buckley, Glin, Limerick
- 4 Geoffrey Joy O Regan, Bruff - Grange - Meanus, Limerick
- 4 Daragh Murphy, Ahane - Castleconnell - Montpelier ACM, Limerick

- 4 Harry Condon, Murroe - Boher, Limerick
- 4 Tadgh Hourigan, Killeely - Dromkeen - Garydoolis, Limerick
- 4 Darragh O'Sullivan, Ballybrown - Clarina,

#### **Mixed Distance Relay Girls U12**

- 4 Kate O'Sullivan, Feenagh-Kilmeedy, Limerick
- 4 Molly Creedon, Feohanagh - Castlemahon, Limerick
- 4 Mai Mckenna, Ballingarry - Granagh, Limerick
- 4 Orla O'Shaughnessy, Ballybrown - Clarina, Limerick

#### **Mixed Distance Relay U14 Girls**

- 1 Maria Cagney, Feohanagh - Castlemahon, Limerick
- 1 Kate Foley, Newcastle West, Limerick
- 1 Sarah Butler, Regional, Limerick
- 1 Leah Quane, Anglesboro-Kilbeheny, Limerick
- 1 Ava Hennessy, Kilmallock, Limerick
- 1 Campbell Maria, Regional, Limerick
- 2 Caoimhe Cahill, Inch - Kilmaley - Connolly, Clare
- 2 Katie Frawley, Milton Malbay, Clare
- 2 Holly O'Boyle, Ennis St Johns, Clare
- 2 Ellen Mannion, Doora Barefield, Clare
- 2 Saoirse Crowe, Kilrush, Clare
- 2 Amilee Malice, Ennis St Johns, Clare

Full Results can be found at [www.communitygames.ie](http://www.communitygames.ie).



Munster Track & Field Results are below:-

#### **Individual Events:-**

Track - 100m U10 & O8 Boys

Track - 100m U10 & O8 Boys

1 Eddie Raicevic, AGLISH - Ballinameela, Waterford

2 Steve Reidy, Lixnaw, Kerry

Track - 100m U10 & O8 Girls	1 Destiny Lawal, Corbally, Limerick
Track - 100m U12 & O10 Boys	1 Jayden Carmody, Our Lady of Lourdes-St Josephs, Limerick
Track - 100m U12 & O10 Boys	2 Marc O'Brien, Cratloe, Clare
Track - 100m U12 & O10 Girls	1 Hannah Falvey, Blarney, Cork
Track - 100m U12 & O10 Girls Kerry	2 Saoirse Dillon, Duagh.Lyre,
Track - 100m U14 & O12 Boys	1 John O'Connor, Castleisland, Kerry
Track - 100m U14 & O12 Girls	2 Victoria Amiadamen, Monaleen, Limerick
Track - 100m U16 & O14 Boys	2 Conor Commane, Boherbue - Cloghers Manor, Kerry
Track - 1500m U16 & O14 Girls	2 Maeve O'Neill, Enniskeane, Cork
Track - 1500m U16 & O14 Girls	3 Niamh O'Mahony, St Brendans - Oakpark, Kerry
Track - 200m U10 & O8 Girls Clare	2 Heather McCarthy, Enniskeane,
Track - 200m U16 & O14 Boys	2 Diro Lawal, Corbally, Limerick
Track - 200m U16 & O14 Girls	2 Kellie Bester, Carrick on Suir, Tipperary
Track - 200m U16 & O14 Girls Clare	3 Niamh Conlon, Cooraclare-Cree,
Track - 600m U12 & O10 Girls	2 Orla O'Shaughnessy, Ballybrown - Clarina, Limerick
Track - 600m U12 & O10 Girls	3 Gemma Galvin, Kilrush, Clare
Track - 60m Hurdles U10 & O8 Boys	2 Luke Merrigan, Kenmare, Kerry
Track - 60m Hurdles U10 & O8 Boys	4 Fionn Daffy, Inagh - Kilnamona, Clare
Track - 60m Hurdles U10 & O8 Girls Tipperary	2 Lily Anne O'Meara, Roscrea,
Track - 60m Hurdles U10 & O8 Girls	4 Aine Frawley, Bruree - Rockhill, Limerick
Track - 60m U8 & O6 Boys A Competition	3 Mason Sheehy, Listowel, Kerry
Track - 60m U8 & O6 Boys B Competition	1 James Long, Newport, Tipperary
Track - 60m U8 & O6 Girls A Competition	2 Lily Mae Queally, KCK, Waterford
Track - 60m U8 & O6 Girls B Competition	2 Lily Anne Cremin, Newcastle West, Limerick
Track - 60m U8 & O6 Girls B Competition	4 Aisling Kelly, Ennis St Johns, Clare
Track - 800m U14 & O12 Boys	1 Cian Spillane, Milltown - Listry, Kerry
Track - 800m U14 & O12 Boys	4 Mark Davidson, Roscrea, Tipperary
Track - 800m U14 & O12 Girls	1 Sarah Butler, Regional, Limerick
Track - 800m U14 & O12 Girls	2 Neasa Ni Ainifein, Ruan, Clare

Track - 80m Hurdles U14 & O12 Boys	3 Alex Hennigan, Killarney South, Kerry
Track - 80m Hurdles U14 & O12 Girls	3 Roisin Rahilly, Kerry
Track - 80m Hurdles U14 & O12 Girls	4 Campbell Maria, Regional, Limerick
Track - 80m U8 & O6 Boys A Competition	2 Ryan Vickers, Furies, Kerry
Track - 80m U8 & O6 Boys A Competition	3 Sam Donovan, Fethard - Killusty, Tipperary
Track - 80m U8 & O6 Boys B Competition	4 Robert Skehan, Clonea-Rathgormack, Waterford
Track - 80m U8 & O6 Girls A Competition	1 Clodagh O'Hagan, Kilkishen - OCallaghan Mills - Oatfield, Clare
Track - 80m U8 & O6 Girls A Competition	2 Aoibhinn O'Driscoll, Ardfert.Kilmoyley, Kerry
Track - 80m U8 & O6 Girls B Competition	3 Georgina Farr, Enniskeane, Cork
Track - 80m U8 & O6 Girls B Competition	4 Sarah Burchill, Croom-Banogue-Manister, Limerick
Field - Ball Throw U12 & O10 Boys	3 Cian Breslin, Doora Barefield, Clare
Field - Ball Throw U12 & O10 Girls	1 Jade Barry, Carrick on Suir, Tipperary
Field - Ball Throw U12 & O10 Girls	3 Stephanie Reid, Annascaul - Camp - Inch, Kerry
Field - Ball Throw U12 & O10 Girls	4 Katie Kingston, Skibereen, Cork
Field - Discus U16 & O14 Boys	2 Ricky Carroll, Mitchelstown, Cork
Field - Discus U16 & O14 Boys	3 Sean Frawley, Bruree - Rockhill, Limerick
Field - Discus U16 & O14 Girls	1 Ciara Sheehy, Broadford - Drumcollogher, Limerick
Field - High Jump U16 & O14 Boys	3 Jimmy Mullens, Templemore - Clonmore - Killea, Tipperary
Field - High Jump U16 & O14 Boys	4 Noah McConway, Quin - Clooney, Clare
Field - High Jump U16 & O14 Girls	1 Laura Frawley, Bruree - Rockhill, Limerick
Field - High Jump U16 & O14 Girls	2 Ella Dillon, Meelick - Coonagh, Clare
Field - High Jump U16 & O14 Girls	4 Anna Ryan, Moycarkey - Borris, Tipperary
Field - Javelin U14 & O12 Boys	3 Cathal Murphy, Boherbue - Cloghers Manor, Kerry
Field - Javelin U14 & O12 Boys	4 David Scanlon, Mahon Valley, Waterford
Field - Javelin U14 & O12 Girls	2 Lily O' Riordan, Glanmire, Cork
Field - Long Jump U14 & O12 Boys	1 Dara Looney, Killarney South, Kerry
Field - Long Jump U14 & O12 Boys	4 Graham Dooley, Roscrea, Tipperary
Field - Long Jump U14 & O12 Girls	1 Leagh Moloney, Kilfinane, Limerick
Field - Long Jump U14 & O12 Girls	3 Katie O'Regan, ClonteadKinsale, Cork Field -
Long Jump U14 & O12 Girls	4 Ava Rochford, Ennis St Johns, Clare
Field - Shot Putt U14 & O12 Boys	2 Pdraig McCarthy, Listowel, Kerry
Field - Shot Putt U14 & O12 Boys	3 Scott White, Ballybrown - Clarina, Limerick
Field - Shot Putt U14 & O12 Boys	4 Conor Fennell, Kilrush, Clare
Field - Shot Putt U14 & O12 Girls	1 Chloe Cremin, Kenmare, Kerry Field - Shot
Putt U14 & O12 Girls	4 Niamh O'Donovan, Enniskeane, Cork

## Relays

Track - Relay 4x100m U10 & O8 Mixed	2 Adam Barry, Enniskeane, Cork
Track - Relay 4x100m U10 & O8 Mixed	2 Ciara Burrows, Enniskeane, Cork
Track - Relay 4x100m U10 & O8 Mixed	2 Heather McCarthy, Enniskeane, Cork
Track - Relay 4x100m U10 & O8 Mixed	2 Hazel Nyhan, Enniskeane, Cork
Track - Relay 4x100m U10 & O8 Mixed	2 Eoin O'Connor, Enniskeane, Cork
Track - Relay 4x100m U10 & O8 Mixed	2 Calum O'Donovan, Enniskeane, Cork
Track - Relay 4x100m U10 & O8 Mixed	3 Sean Beresford, AGLISH - Ballinameela, Waterford
Track - Relay 4x100m U10 & O8 Mixed	3 Sean Og Costin, AGLISH - Ballinameela, Waterford
Track - Relay 4x100m U10 & O8 Mixed	3 Brooke Dunford, AGLISH - Ballinameela, Waterford
Track - Relay 4x100m U10 & O8 Mixed	3 Saorlaith Mernin, AGLISH - Ballinameela, Waterford
Track - Relay 4x100m U10 & O8 Mixed	3 Eddie Raicevic, AGLISH - Ballinameela, Waterford
Track - Relay 4x100m U10 & O8 Mixed	3 Niamh Ryan, AGLISH - Ballinameela, Waterford
Relay 4x100m U12 & O10 Boys	3 Luke Malice, Ennis St Johns, Clare
Track - Relay 4x100m U12 & O10 Boys	3 Darren Moroney, Ennis St Johns, Clare
Track - Relay 4x100m U12 & O10 Boys	3 David Moses, Ennis St Johns, Clare
Track - Relay 4x100m U12 & O10 Boys	3 Sylvester Onwudiwe, Ennis St Johns, Clare
Track - Relay 4x100m U12 & O10 Boys	3 Sam Shonibare, Ennis St Johns,
Track - Relay 4x100m U12 & O10 Boys	3 Caleb Walsh, Ennis St Johns, Clare
Track - Relay 4x100m U12 & O10 Girls	4 Meah Carmody, Spa-Fenit - Barrow, Kerry
Track - Relay 4x100m U12 & O10 Girls	4 Grace Hamilton, Spa-Fenit - Barrow, Kerry
Track - Relay 4x100m U12 & O10 Girls	4 Sophie Hassett, Spa-Fenit - Barrow, Kerry
Track - Relay 4x100m U12 & O10 Girls	4 Laurel Mason, Spa-Fenit - Barrow, Kerry
Track - Relay 4x100m U12 & O10 Girls	4 Jessica McGibney, Spa-Fenit - Barrow, Kerry
Track - Relay 4x100m U12 & O10 Girls	4 Lily May O`Gara, Spa-Fenit - Barrow, Kerry
Track - Relay 4x100m U14 & O12 Boys	1 Conor Gammell, Killarney South,
Relay 4x100m U14 & O12 Boys	1 Alex Hennigan, Killarney South, Kerry
Track - Relay 4x100m U14 & O12 Boys	1 Matthew Horgan, Killarney South,
Relay 4x100m U14 & O12 Boys	1 Dara Looney, Killarney South, Kerry
Relay 4x100m U14 & O12 Boys	1 Karl McCarthy, Killarney South, Kerry
Relay 4x100m U14 & O12 Boys	1 Teddy Muldoon, Killarney South, Kerry
Track - Relay 4x100m U14 & O12 Boys	4 William Bello, Ennis St Johns, Clare
Track - Relay 4x100m U14 & O12 Boys	4 Juve Eletu, Ennis St Johns, Clare
Track - Relay 4x100m U14 & O12 Boys	4 Cian O'Boyle, Ennis St Johns, Clare
Track - Relay 4x100m U14 & O12 Boys	4 Donna Ogbuagu, Ennis St Johns,
Track - Relay 4x100m U14 & O12 Boys	4 Samuel Olaoye, Ennis St Johns,
Track - Relay 4x100m U14 & O12 Girls	1 Angel Alfred, Regional, Limerick
Track - Relay 4x100m U14 & O12 Girls	1 Sarah Butler, Regional, Limerick
Track - Relay 4x100m U14 & O12 Girls	1 Campbell Maria, Regional,
Relay 4x100m U14 & O12 Girls	1 Ella-may Roche, Regional
Track - Relay 4x100m U14 & O12 Girls	1 Faye Scanlon, Regional, Limerick
Track - Relay 4x100m U14 & O12 Girls	2 Karina Gallza, Ennis St Johns, Clare
Track - Relay 4x100m U14 & O12 Girls	2 Nicola Jagielska, Ennis St Johns, Clare
Track - Relay 4x100m U14 & O12 Girls	2 Ruth Leyden, Ennis St Johns, Clare
Track - Relay 4x100m U14 & O12 Girls	2 Amilee Malice, Ennis St Johns, Clare
Track - Relay 4x100m U14 & O12 Girls	2 Holly O'Boyle, Ennis St Johns, Clare
Track - Relay 4x100m U14 & O12 Girls	2 Ava Rochford, Ennis St Johns, Clare

Track - Relay 4x100m U14 & O12 Girls	4 Melissa Ahern, Fossa, Kerry
Track - Relay 4x100m U14 & O12 Girls	4 Alison Butler, Fossa, Kerry
Track - Relay 4x100m U14 & O12 Girls	4 Aimee Coffey, Fossa, Kerry
Track - Relay 4x100m U14 & O12 Girls	4 Abigail Murphy, Fossa, Kerry
Track - Relay 4x100m U14 & O12 Girls	4 Rachel Wallace, Fossa, Kerry
Track - Relay 4x100m U15 & O13 Mixed	1 Oyinkan Adedeji, Regional,
Track - Relay 4x100m U15 & O13 Mixed	1 Darren Dazie, Regional, Limerick
Track - Relay 4x100m U15 & O13 Mixed	1 Seodhna Dervan, Regional,
Track - Relay 4x100m U15 & O13 Mixed	1 Sally Dickson, Regional, Limerick
Track - Relay 4x100m U15 & O13 Mixed	1 Kelvin O'Carroll, Regional,
Track - Relay 4x100m U15 & O13 Mixed	1 Posi Obasa, Regional, Limerick
Track - Relay 4x100m U15 & O13 Mixed	2 Ashling Leahy, Listowel, Kerry
Track - Relay 4x100m U15 & O13 Mixed	2 Megan Lynch, Listowel, Kerry
Track - Relay 4x100m U15 & O13 Mixed	2 Sean Mahony, Listowel, Kerry
Track - Relay 4x100m U15 & O13 Mixed	2 Jack Mcelligott, Listowel, Kerry
Track - Relay 4x100m U15 & O13 Mixed	2 Etain O'Callaghan, Listowel,
Track - Relay 4x100m U15 & O13 Mixed	2 Louis O'Connell, Listowel
Track - Relay 4x100m U16 & O14 Boys	1 John Patrick O Halloran, Caherdavin, Limerick
Track - Relay 4x100m U16 & O14 Boys	1 Davis Okeke, Caherdavin, Limerick
Track - Relay 4x100m U16 & O14 Boys	1 Jeff Okwuegbe, Caherdavin,
Track - Relay 4x100m U16 & O14 Boys	1 Victor Oyedeji, Caherdavin
Track - Relay 4x100m U16 & O14 Boys	4 Lewis Doyle, Templederry, Tipperary
Track - Relay 4x100m U16 & O14 Boys	4 Patrick Fogarty, Templederry, Tipperary
Track - Relay 4x100m U16 & O14 Boys	4 Tom McCutcheon, Templederry, T
Track - Relay 4x100m U16 & O14 Boys	4 Darragh Murray, Templederry,
Track - Relay 4x100m U16 & O14 Boys	4 Aaron Ryan, Templederry, Tipperary
Track - Relay 4x100m U16 & O14 Boys	4 James Sage, Templederry, Tipperary
Track - Relay 4x100m U16 & O14 Girls	1 Kellie Bester, Carrick on Suir, Tipperary
Track - Relay 4x100m U16 & O14 Girls	1 Siobhan Obilor, Carrick on Suir, Tipperary
Track - Relay 4x100m U16 & O14 Girls	1 Caoimhe Power, Carrick on Suir, Tipperary
Track - Relay 4x100m U16 & O14 Girls	1 Chantelle Robinson, Carrick on Suir,
Track - Relay 4x100m U16 & O14 Girls	1 Lynn Vermeer, Carrick on Suir, Tipperary
Track - Relay 4x100m U16 & O14 Girls	4 Rachel Adesiyan, Ennis St Johns, Clare
Track - Relay 4x100m U16 & O14 Girls	4 Jessica Jagielska, Ennis St Johns, Clare
Track - Relay 4x100m U16 & O14 Girls	4 Naomi O'Shaughnessy, Ennis St Johns, Clare
Track - Relay 4x100m U16 & O14 Girls	4 Sammie Ojulari, Ennis St Johns, Clare
Track - Relay 4x100m U16 & O14 Girls	4 Chisom Ugwuere, Ennis St Johns, Clare

October

### **Munster Schools Combined Events Championships 2018**

The Munster Schools Combined Events Championships took place in Nenagh Indoor Stadium on Wednesday 3rd October. **104** athletes took part in total (20 Minor Boys, 18 Junior Boys, 16 Intermediate Boys, 7 Senior Boys, 24 Minor Girls, 10 Junior Girls, 9 Intermediate Girls).

There were two new records on the day:-



1. **Ava Rochford, Rice College Ennis** won the Minor Girls competition with 3041 points to better the existing record of 2694 points set by Laura Frawley, St. Mary's Charleville in 2016.
2. **Brian Lynch, Colaiste an Spioraid Naoimh** scored 2985 points in the Senior Boys competition to better the record of 2579 points set by Eoin Kenny, De La Salle Waterford in 2017.

**Conor Callinan, Colaiste an Chroi Naofa, Carrig na BhFear** was the winner of the Minor Boys competition finishing on 2230 points with **Kyle Ettoh** in 2<sup>nd</sup> place on 1935 points, **Joel Joseph, Midleton CBS** in 3<sup>rd</sup> place on 1828 points & **Tom McCutcheon, St. Joseph's Borrisoleigh** in 4<sup>th</sup> with 1765 points.



**Harry Nevin, Rochestown College** was the winner of the Junior Boys competition with 2940 points, **Dillon Ryan, Thurles CBS** was 2<sup>nd</sup> with 2534 points, **Darragh O'Neill, Ardcoil na Mara** was 3<sup>rd</sup> with 2423 points with a 4<sup>th</sup> place finish for **Colin Murphy, Colaiste Muire Crosshaven** on 2361 points.



In the Intermediate Boys competition, **Diarmuid O'Connor, Colaiste Choilm Ballincollig** was the winner on 3255 points with **Wymin Sivakumar, Colaiste an Spioraid Naoimh** in 2<sup>nd</sup> on 3052 points,

**Cillian Griffin, Mercy Mount Hawk** in 3<sup>rd</sup> with 2846 points & **Tristan Chambers, St. Brogan's College Bandon** in 4<sup>th</sup> place on 2605 points.



In the Senior Boys competition, **Brian Lynch, Colaiste an Spioraid Naomh** was the winner with a new record of 2985 points, with **Darragh Courtney, Mercy Mount Hawk** in 2<sup>nd</sup> place (2362 points), **Brian Naughton, Glenstal Abbey** in 3<sup>rd</sup> (1779 points) & **Jack O'Donoghue, Carrigaline CS** in 4<sup>th</sup> place (1161 points).



**Ava Rochford, Rice College Ennis** won gold in the Minor Girls competition in a new Championship Best Performance of 3041 points with **Okwu Backari, Ashton College** in 2<sup>nd</sup> (2563 points) and **Sacred**

**Heart Clonakilty students, Eabha Crowley and Niamh McCarthy in 3<sup>rd</sup> & 4<sup>th</sup> places with 2495 and 2420 points.**



**Laura Frawley, St. Mary's Secondary School Charleville won gold in the Junior Girls competition finishing on 3344 points with Emily Wall, Colaiste Choilm Ballincollig in 2<sup>nd</sup> with 2878 points. Bronze went to Ava Coyle, Kinsale Community School (2778 points) & 4<sup>th</sup> place to Katie Nolke, St. Angela's Ursuline Secondary School Waterford (2693 points).**



**Chisom Ugwuere, St. Flannan's College Ennis won the Intermediate Girls title with 3040 points with silver for Emily O'Mahony, St. Augustine's College Dungarvan (2837 points), bronze for Orla Coffey,**

**St. Angela's College Cork (2722 points) & 4<sup>th</sup> place for Laura Hayes, Borrisokane Community College (2129 points).**



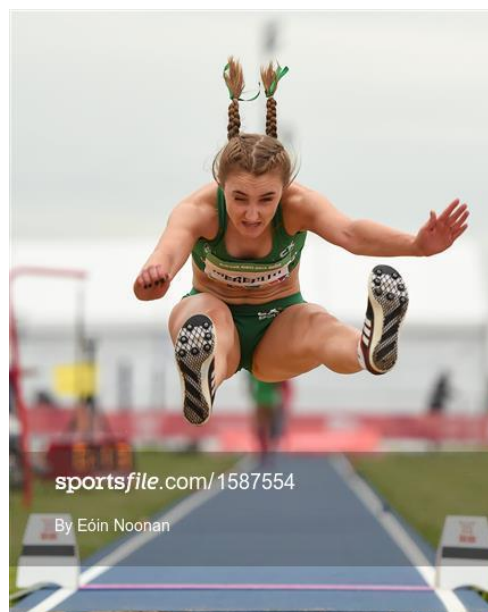
**Daly & Meredith Selected for World Youth Games**





The World Youth Olympic Games took place in October in Buenos Aires, Argentina. Both **Miriam Daly, Carrick-On-Suir A.C.** and **Sophie Meredith, St. Mary's A.C. Limerick** were selected to compete for Ireland, Daly in the 400mH and Meredith in the Long Jump.

In Stage 1, Meredith placed 10<sup>th</sup> with a best of 5.59m and remained in 10<sup>th</sup> place overall after the end of Stage 2 jumping a best of 5.79m. Daly finished in 13<sup>th</sup> place overall in Stage 1 in the 400mH finishing 5<sup>th</sup> in her heat in 1.02.72 and in Stage 2, she placed 5<sup>th</sup> again in her heat and was 13<sup>th</sup> overall running a best of 1.02.15.



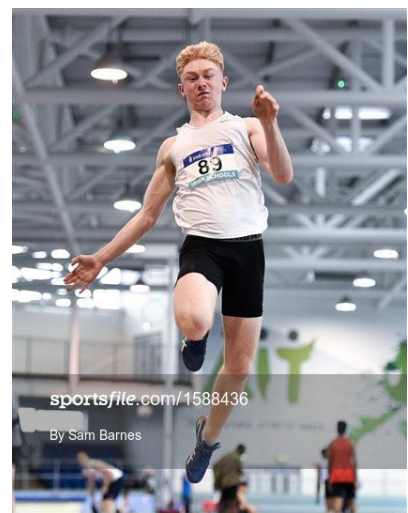


### Irish Schools Combined Events



The Irish Life Health Irish Schools Combined Events Championships took place in AIT International Arena on Saturday 13th October 2018. A squad of 21 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 (4 gold & 4 bronze) – Gold for **Ava Rochford, Rice College Ennis (Minor Girls), Laura Frawley, St. Mary’s Charleville (Junior Girls) Harry Nevin, Rochestown College (Junior Boys) & Brian Lynch, Colaiste an Spioraid Naomh (Senior Boys) & bronze for Okwu Backari, Ashton College Cork (Minor Girls), Conor Callinan, Colaiste an Chroi Naofa (Minor Boys), Katie Nolke, Ursuline Waterford (Junior Girls), & Wymin Sivakumar, Colaiste an Spioraid Naomh (Inter Boys).**

6 Munster athletes also made the Irish Schools International teams (an increase on 4 in 2017) – **Laura Frawley, Katie Nolke, Harry Nevin, Dillon Ryan, Thurles CBS (4<sup>th</sup> Junior Boys), Wymin Sivakumar & Diarmuid O’Connor, Colaiste Choilm, Ballincollig (4<sup>th</sup> Inter Boys).**



In the Minor Girls competition, **Ava Rochford, Rice College Ennis** was our top finisher in gold medal position with 3141 points, with **Okwu Backari, Ashton**

**College Cork** in 3<sup>rd</sup> place (2730 points) with **Sacred Heart Clonakilty** students **Niamh McCarthy & Eabha Crowley** in 10<sup>th</sup> & 11<sup>th</sup> position (2453 & 2425 points).

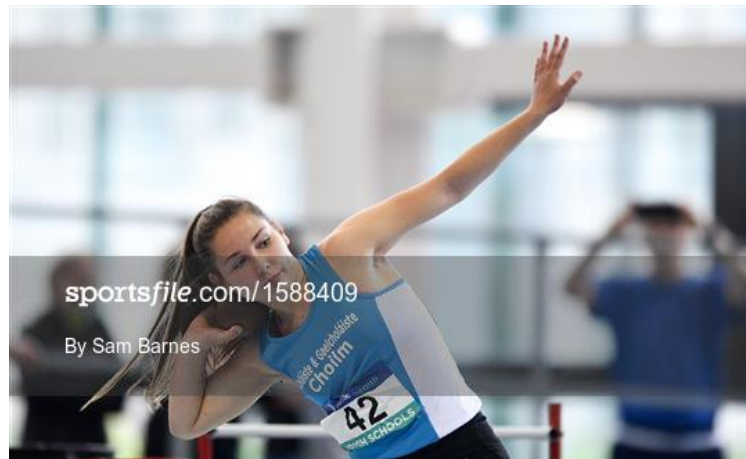


**Conor Callinan, Colaiste an Chroi Naofa** finished 3<sup>rd</sup> in the Minor Boys competition with 2544 points, with **Joel Joseph, Midleton CBS** in 7<sup>th</sup> (2126 points), **Tom McCutcheon, St. Joseph's Borrisoleigh** very close behind in 8<sup>th</sup> (2123 points) & **Kyle Ettoh, Colaiste an Chraoibhinn Fermoy** in 10<sup>th</sup> place (1992 points).





In the Junior Girls competition, **Laura Frawley, St. Mary's Charleville** won gold with 3295 points with **Katie Nolke, Ursuline Waterford** in 3<sup>rd</sup> place on 3107 points, **Emily Wall, Colaiste Choilm Ballincollig** in 5<sup>th</sup> (3027 points) & **Ava Coyle, Kinsale CS** in 6<sup>th</sup> with 3006 points.



In the Junior Boys category, **Harry Nevin, St. Francis College, Rochestown** was the clear winner on 3205 points with **Dillon Ryan, Thurles CBS** in 4<sup>th</sup> place (2812 points), **Darragh O'Neill, Ardscoil na Mara** in 8<sup>th</sup> (2595 points) & **Colin Murphy, Colaiste Muire Crosshaven** in 11<sup>th</sup> place (2262 points).



In the Intermediate Girls competition, our top finisher was Chisom Ugwuere, St Flannan's College Ennis who finished 6<sup>th</sup> with 3059 points, Emily O'Mahony, St. Augustine's College Dungarvan was 8<sup>th</sup> with 2904 points, Orla Coffey, St. Angela's College Cork was 9<sup>th</sup> with 2829 & Laura Hayes, Borrisokane Community College was 13<sup>th</sup> place with 1601 points.

In the Intermediate Boys competition, Wymin Sivakumar, Coláiste an Spioraid Naoimh Bishopstown was 3<sup>rd</sup> on 3477 points with 4<sup>th</sup> place for Diarmuid O'Connor,

Colaiste Choilm, Ballincollig on 3440 points & 9<sup>th</sup> place for Tristan Chambers, St. Brogan's College Bandon on 2787 points.



Brian Lynch, Colaiste an Spioraid Naomh won gold in the Senior Boys competition scoring 3428 points with Brian Naughton, Glenstal Abbey in 6<sup>th</sup> place.



## Munster Juvenile Even Age XC Championships 2018



The opening competition of the Munster Cross Country season was held in the familiar territory of Beaufort, Co. Kerry when Kerry hosted the Munster Juvenile Even Age Cross Country Championships on Sunday 21<sup>st</sup> October 2018. Numbers participating were large on the day with the breakdown as follows:- Girls U/10 (130), Boys U/10 (122), Girls U/12 (127), Boys U/12 (137), Girls U/14 (92), Boys U/14 (79), Girls U/16 (56), Boys U/16 (62), Girls U/18 (30), Boys U/18 (42). In the Inter-County competition, **Cork** won 5 titles with 3 titles for **Clare** and 1 each for **Tipperary** and **Waterford**. In the individual competition, **Cork** and **Clare** athletes won 3 titles each with 2 titles each for **Tipperary** & **Kerry**.

Top 3 in the Girls U/10 race were **Holly O'Flynn Skibbereen A.C.**, **Faye Mannion Ennis Track A.C.** & **Jessie Lynch Farranfore Maine Valley A.C. Ennis Track A.C.**, **St. John's A.C. Clare** & **K.C.K. A.C.** were the top 3 Clubs with **Clare**, **Cork** & **Kerry** taking the honours in the Inter-County competition. In the Boys U/10 race, first home was **Luke Merrigan Kenmare A.C.** with **Eoin Prendergast West Waterford A.C.** in 2<sup>nd</sup> place & **Colm Ryan Newport A.C.** in 3<sup>rd</sup>. **Grange Fermoy A.C.** won the team event with **St. Cronan's A.C.** in 2<sup>nd</sup> place & **Midleton A.C.** in 3<sup>rd</sup>. **Clare**, **Cork** & **Kerry** were the top 3 in the Inter-County competition.

The Girls U/12 title went to Clare athlete, **Gemma Galvin St. Marys (Clare) A.C.** with silver for another Clare runner, **Aoife Lillis, St. Marys (Clare) A.C.** & bronze for **Caoimhe Flannery Skibbereen A.C. St. Mary's A.C. Clare, K.C.K. A.C. & Dooneen A.C.** were the top 3 Clubs with gold for **Cork**, silver for **Clare** & bronze for **Waterford** in the Inter-County competition. **Alex Coughlan Doheny A.C.** was the winner of the Boys U/12 race with silver for **Ben O'Halloran Ennis Track A.C.** & bronze for **David Gaffney West Waterford A.C. Ennis Track A.C.** won gold with silver for **West Waterford A.C.** & bronze for **St. Cronan's A.C. Cork, Clare & Waterford** were the top 3 in the Inter-County competition.

**Louise O'Mahony B.M.O.H. Athletics Club, Ava Fitzgerald Carraig-Na-Bhfear A.C. & Aine Sheridan Ballymore Cobh A.C** were the top 3 finishers in the Girls U/14 race with **Leevale A.C.** winning gold,

silver for **Carrig na BhFear A.C.** & bronze for **Youghal A.C.** in the Inter-Club competition. **Cork, Clare & Tipperary** were the winners in the Inter-County category. In the Boys U/14 race, there was gold for **Cian Hodgins Nenagh Olympic A.C.** with silver for **Gerard Dunne St. John's A.C. Clare** & bronze for **Shane Buckley Dundrum A.C. Nenagh Olympic A.C., Ennis Track A.C. & Carrig na BhFear 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.** for the second year in a row and **Youghal A.C. duo, Emma Landers & Avril Cashman.** Club winners were **Youghal A.C., Dooneen A.C. & Ennis Track A.C.** with **Cork, Clare & Kerry** the top 3 Counties. In the Boys U/16 race, Clare athletes occupied the top 3 spots with gold for **Mark Hanrahan Ennis Track A.C.,** silver for **Dean Casey Ennis Track A.C.** and bronze for **Dylan Casey Ennis Track A.C. Ennis Track A.C., Thurles Crokes A.C. & West Waterford A.C.** were the top 3 Clubs with **Clare, Waterford & Cork** winning County honours.

**Niamh O Mahoney An Ríocht A.C, Lucy O'Keeffe Youghal A.C. Cork & Lucy Holmes West Waterford A.C.** were the first 3 home in the Girls U/18 race. **Waterford A.C.** was the Club winner with **Waterford & Cork** winning the top 2 prizes in the Inter-County competition. In the Boys U/18 race, the winners were **Paul Hartnett Middleton A.C., Frank O'Brien Middleton A.C. & Kevin O Grady Dooneen A.C.** Club winners were **Middleton A.C., Ennis Track A.C. & Ferrybank A.C.** with **Cork, Waterford & Clare** winning the Inter-County competition.



November

**Munster To The Fore At Schools International Combined Events**



The Schools International Combined Events Championships took place on Saturday 3<sup>rd</sup> November 2018 in the Emirates Arena, Glasgow. The Irish Team won two individual silver medals (both won by Munster athletes) as well as silver team medals in the U16 Boys and Over 16 Girls & bronze team medals in the U16 Girls and Over 16 Boys.



Munster had 6 representatives on the Irish team with our best performances coming from **Laura Frawley, St. Mary's SC Charleville** who won individual silver in the U16 Girls competition finishing on 3328 points and **Harry Nevin, St. Francis' College Rochestown** who also won individual silver in the U16 Boys competition with 3294 points.

**Laura Frawley** led the Irish U16 Girls' team to a bronze medal finish with **Katie Nolke, Ursuline Waterford** in 10<sup>th</sup> place (3066 points) and 2<sup>nd</sup> scorer for the Irish team which finished on 9418 points behind Scotland in 2<sup>nd</sup> (9456 points) & England in gold medal position (9761 points).

**Harry Nevin** led the Irish U16 Boys' team to silver ably assisted by **Dillon Ryan, Thurles CBS** who was 8<sup>th</sup> with 2930 points making them 1<sup>st</sup> and 3<sup>rd</sup> scorers for the Irish team. Their final score was 9169 points behind England (9616 points) with Wales in 3<sup>rd</sup> place on 9145 points).

The Over 16 Boys team won bronze on 10229 points. Munster's best finisher and Ireland's top scorer was **Wymin Sivakumar, Colaiste an Spioraid Naoimh** who finished 6<sup>th</sup> with 3429 points with **Diarmuid O'Connor, Colaiste Choilm Ballincollig** in 15<sup>th</sup> place on 2181 points having suffered two disqualifications in the 200m and 800m for lane infringements. Scotland won the team competition with 10546 points with England 2<sup>nd</sup> on 10280 points.



*Irish U16 Boys Team*



*Irish Over 16 Boys' Team*



*Irish U16 Girls' Team*

**Munster Juvenile Uneven Age XC Championships**

The Turnpike, Two Mile Borris, Co. Tipperary was the venue for the Munster Juvenile Uneven Age Cross Country Championships on Sunday 11<sup>th</sup> November 2018. Numbers participating were large on the day with the breakdown as follows: - Girls U/9 (92), Boys U/9 (104), Girls U/11 (159), Boys U/11

(142), Girls U/13 (123), Boys U/13 (118), Girls U/15 (69), Boys U/15 (59), Girls U/17 (37), Boys U/17 (43), Girls U/19 (25), Boys U/19 (27). **Cork** was dominant again in the Inter-County competition with 9 gold with **Clare, Waterford & Tipperary** winning one gold each. **Cork** won 6 titles in the individual competitions with **Clare** and **Tipperary** winning two and **Kerry** and **Waterford** one apiece. See winners below: -

### Clare

1. Daithi Ryan, St. Cronan's A.C. (Boys U/9)
2. Niall Murphy, St. Cronan's A.C. (Boys U/15)

### Cork

1. Emma Flynn, North Cork A.C. (Girls U/9)
2. Faye O'Riordan, Carrig na BhFear A.C. (Girls U/11)
3. Nicole Dinan, Leevale A.C. (Girls U/13)
4. Emma Landers, Youghal A.C. (Girls U/15)
5. Tommy Connolly, Leevale A.C. (Boys U/17)
6. Damien Madigan, North Cork A.C. (Boys U/19)

### Tipperary

1. Shane Buckley, Dundrum A.C. (Boys U/13)
2. Aimee Hayde, Newport A.C. (Girls U/17)

### Kerry

1. Luke Merrigan, Kenmare A.C. (Boys U/11)

### Waterford

1. Orla O'Connor, Waterford A.C. (Girls U/19)

**Ennis Track A.C.** were top Club on the day winning 5 Inter-Club titles with **Youghal A.C.** winning 2 and **St. Cronan's A.C., Waterford A.C., West Waterford A.C., Nenagh Olympic A.C. & Derg A.C.** all winning one each.

## National Titles for Casey, Dinan & Hayde





The Irish Life Health National Juvenile Even Age Cross Country Championships took place in The National Sports Campus, Abbotstown, Dublin on Sunday 25<sup>th</sup> November 2018. Munster athletes won 20 individual medals in total with fantastic races from our three athletes who won gold & National titles on the day – **Nicole Dinan, Leevale A.C. Girls U/14, Aimee Hayde, Newport A.C. Girls U/16 & Dean Casey, Ennis Track A.C. Boys U/16**. Other athletes who produced great performances & scored a top 3 finish were **Louise O'Mahony, B.M.O.H. A.C. (3<sup>rd</sup> Girls U/14) & Lucy Holmes, West Waterford A.C. (3<sup>rd</sup> Girls U/18)**.

In the Inter-Club competition, there were National medals for **St. Mary's A.C. Clare (2<sup>nd</sup> Girls U/12), Leevale A.C (1<sup>st</sup> Girls U/14), Carrig na BhFear A.C. (3<sup>rd</sup> Girls U/14), Youghal A.C. (3<sup>rd</sup> Girls U/16), Nenagh Olympic A.C. (1<sup>st</sup> Boys U/14), Ennis Track A.C. (1<sup>st</sup> Boys U/16, 2<sup>nd</sup> Boys U/12) Midleton A.C. (2<sup>nd</sup> Boys U/18),**

In the Inter-County competition, our top counties were **Cork (2 gold, & 4 bronze), Clare (1 silver & 1 bronze), Waterford (1 silver) & Tipperary (1 silver)**.

In the Inter-Regional competition, **Munster** won 7 sets of medals in total - 4 silver & 3 bronze.

In the Girls U/12 race, **St. Mary's A.C. Clare athletes, Gemma Galvin & Aoife Lillis** were 6<sup>th</sup> & 7<sup>th</sup> with their team placing 2<sup>nd</sup> in the Inter Club competition and **Clare** winning silver & **Cork** bronze in the Inter-County competition. **Ben O'Halloran, Ennis Track A.C.** was 5<sup>th</sup> in the Boys U/12 race with silver for **Ennis Track A.C.**, bronze for **Cork** & bronze for **Munster**.





In the Girls U/14 race, Munster had 4 athletes in the top 10 with **Nicole Dinan, Leevale A.C.** taking the National title, **Louise O'Mahony, B.M.O.H A.C.** in 3<sup>rd</sup>, **Ava Fitzgerald, Carraig-Na-BhFear A.C.** in 4<sup>th</sup> place, & **Aine Sheridan, Ballymore Cobh A.C.** in 6<sup>th</sup> place. Leevale A.C. & Carrig na BhFear A.C. were 1<sup>st</sup> & 3<sup>rd</sup> in the Inter-Club competition with **Cork** winning gold in the Inter-County competition & **Munster** taking silver. In the Boys U/14 competition, Tipperary athlete **Tom Walshe, Nenagh Olympic A.C.** was first home for the province with an 8<sup>th</sup> place finish with Nenagh Olympic A.C. winning gold in the Inter-Club competition. **Tipperary** were 2<sup>nd</sup> in the Inter-County competition with bronze for **Cork** & bronze for **Munster**.

3 Munster athletes made the top 12 in the Girls U/16 competition with a gold medal win for **Aimee Hayde, Newport A.C.**, 5<sup>th</sup> for **Emma Landers Youghal A.C.**, & 10<sup>th</sup> for **Neasa Ni Ainifein, Ennis Track A.C.** **Youghal A.C.** won bronze in the Inter-Club competition with **Cork** winning gold in the Inter-County competition and bronze for **Munster** in the Inter-Provincial competition. Ennis Track A.C. athletes came to the fore in the Boys U/16 competition with a win for **Dean Casey**, 5<sup>th</sup> place for his twin brother, **Dylan** and 12<sup>th</sup> place for **Mark Hanrahan.** **Ennis Track A.C.** won gold in the Inter-Club competition with bronze for **Clare** and **Munster**.





In the Girls U/18 competition, **Lucy Holmes, West Waterford A.C.** was 3<sup>rd</sup>, **Lucy O’Keeffe, Youghal A.C.** was 4<sup>th</sup> & **Niamh O’Mahoney, An Ríocht A.C.** was 5<sup>th</sup>. **Waterford** were 2<sup>nd</sup> in the Inter-County competition with silver for **Munster**. **Midleton A.C.** athletes, **Frank O’Brien and Paul Hartnett** were 4<sup>th</sup> & 5<sup>th</sup> in the Boys U/18 race with 11<sup>th</sup> place for **Tommy Connolly, Leevale A.C.** **Midleton A.C.** were 2<sup>nd</sup> in the Inter-Club competition with bronze for **Cork** & silver for **Munster**. Congratulations to all our athletes who took part & especially to the medal winners.

## December

### Cork Tops at Juvenile “B” Champs

The Munster Juvenile “B” Cross Country Championships took place in the Cork Athletics Grounds, Slieveroe, Riverstick on Sunday 2<sup>nd</sup> December 2018. Many thanks to the Cork Clubs and Cork 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 6, **Clare** won 3 and **Tipperary** 1. In the Inter-County competition, **Cork** came out on top with a clean sweep winning all 10 County titles.

Individual Winners in each age group were Emilie Mcelvaney Grange/Fermoy A.C & Jos Keating, Belgooly A.C. (U/9), Olivia Nyhan, Riverstick/Kinsale A.C. & Sean O’Callaghan, North Cork A.C. (U/13), Grace Nyhan, Bandon A.C. & Sean Fennell, St. Mary’s A.C. Clare, Orna Moynihan, St. Cronan’s A.C. & James Doyle, Thurles Crokes A.C. (U/15), Aine Garry, Fergus A.C. & Dara Myers, West Muskerry A.C. (U/17).

Bandon A.C. won 3 Inter Club titles with 2 for North Cork A.C. and 1 each for Dundrum A.C., Carraig na BhFear A.C., St. Cronan’s A.C. & Togher A.C.

## National Titles for Buckley, Dinan, Hayde & Landers



The Irish Life Health National Juvenile Uneven Age Cross Country Championships took place in Navan Adventure Centre, Navan Racecourse on Saturday 15<sup>th</sup> December 2018. Munster athletes won 35 individual medals in total with fantastic races from our four athletes who won gold & National titles on the day – **Nicole Dinan, Leevale A.C. Girls U/13, Shane Buckley, Dundrum A.C., Boys U/13, Emma Landers, Youghal A.C. Girls U/15 & Aimee Hayde, Newport A.C. Girls U/17**. Other athletes who produced great performances & scored a top 3 finish were **Eabha Nic Chonaola West Muskerry A.C. 3<sup>rd</sup> Girls U/11, Luke Merrigan, Kenmare A.C. 3<sup>rd</sup> Boys U/11, Ava Fitzgerald, Carrig na BhFear AC. 3<sup>rd</sup> Girls U/13, Lucy Holmes, West Waterford A.C. 2<sup>nd</sup> Girls U/17, Paul Hartnett, Midleton A.C. 2<sup>nd</sup> Boys U/17 & Orla O'Connor, Waterford A.C. 2<sup>nd</sup> Girls U/19**.



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.** (1<sup>st</sup> Girls U/15), **Ennis Track A.C.** (1<sup>st</sup> Girls U/17 & 2<sup>nd</sup> Boys U/17) & **West Waterford A.C.** (2<sup>nd</sup> Girls U/15 & 3<sup>rd</sup> Boys U/13), **Nenagh Olympic A.C.** (3<sup>rd</sup> Boys U/15), **Waterford A.C.** (1<sup>st</sup> Girls U/19) & **Ferrybank A.C.** (3<sup>rd</sup> Girls U/19).

In the Inter-County competition, our top counties were **Cork** (3 gold, 3 silver & 2 bronze), **Clare** (1 gold & 2 bronze), **Waterford** (1 gold) & **Tipperary** (1 bronze).

In the Inter-Regional competition, **Munster** won 9 sets of medals in total - 6 gold & 3 silver, scoring in all competition with the exception of the Boys U/15 where Munster place 4<sup>th</sup>.

**Eabha Nic Chonaola West Muskerry A.C** was 3<sup>rd</sup> home in the Girls U/11 race with **Faye Mannion Ennis Track A.C.** in 6<sup>th</sup>, **Faye O'Riordan Carraig-Na-BhFear A.C.** in 8<sup>th</sup> & **Sarah Gaffney, West Waterford A.C.** in 12<sup>th</sup> place. **Cork & Clare** were 1<sup>st</sup> & 3<sup>rd</sup> in the Inter-County competition with a win for **Munster** in the Inter-Provincial. In the Boys U/11 competition, Munster had 5 athletes in the top 12 with **Luke Merrigan Kenmare A.C.** in 3<sup>rd</sup>, **Finn Duignan St. Cronan's A.C.** 4<sup>th</sup>, **Brian Wallace, St. Marys (Clare) A.C.** in 5<sup>th</sup>, **Fionan Smith Courcey A.C.** in 6<sup>th</sup> & **Oliver Finn Derg A.C.** in 8<sup>th</sup> place. **Clare** won the Inter-County competition with **Cork** in 3<sup>rd</sup> and **Munster** took the Inter-Provincial title.



In the Girls U/13 race, Munster had 4 athletes in the top 10 with **Nicole Dinan, Leevale A.C.** taking the National title, **Ava Fitzgerald, Carraig-Na-BhFear A.C.** in 3<sup>rd</sup> place, **Aine Sheridan, Ballymore Cobh A.C.** in 4<sup>th</sup> & **Gemma Galvin, St. Marys (Clare) A.C.** in 6<sup>th</sup> place. **Cork** won gold in the Inter-County title & **Munster** took home gold. In the Boys U/13 competition, Tipperary athlete **Shane Buckley, Dundrum A.C.** was first home for the province taking the National title with an 8<sup>th</sup> place finish for **Ben Walsh, Nenagh Olympic A.C.** & 11<sup>th</sup> place for **Oisín McCarthy Bandon A.C.** **West Waterford A.C.** were 3<sup>rd</sup> in the Inter Club competition, **Cork** were 2<sup>nd</sup> in the Inter-County competition with bronze for **Tipperary** & gold for **Munster**.

5 Munster athletes made the top 12 in the Girls U/15 competition with a gold medal win for **Emma Landers Youghal A.C.**, 4<sup>th</sup> place for **Louise O'Mahony B.M.O.H. A.C.**, 9<sup>th</sup> for **Avril Cashman Youghal A.C.**, 11<sup>th</sup> for **Shauna McCarthy Farranfore Maine Valley A.C.** & 12<sup>th</sup> for **Alex Cashman Youghal A.C.** **Youghal A.C.** won gold in the Inter-Club competition with silver for **West Waterford A.C.**, **Cork** won gold in the Inter-County competition with bronze for **Clare** and silver for **Munster** in the Inter-Provincial competition. There were no top 12 Munster athletes in the Boys U/15 competition but **Nenagh Olympic A.C.** won bronze in the Inter-Club competition and **Munster** finished 4<sup>th</sup> in the Inter-Provincial.

**Aimee Hayde, Newport A.C.** won the Girls U/17 race with **Lucy Holmes West Waterford A.C.** in 2<sup>nd</sup> place, **Lucy O'Keeffe Youghal A.C.** in 6<sup>th</sup>, **Niamh O'Mahoney An Ríocht A.C.** in 11<sup>th</sup> & **Laura Healy Ennis Track A.C.** in 12<sup>th</sup>. **Ennis Track A.C.** took gold in the Inter-Club competition with **Cork** 2<sup>nd</sup> in the Inter-County competition and **Munster** winning gold. In the Boys U/17 race, **Paul Hartnett, Midleton A.C.** was 2<sup>nd</sup> with **Dean Casey Ennis Track A.C.** 4<sup>th</sup> & **Tommy Connolly Leevale A.C.** in 9<sup>th</sup> & **Dylan Casey Ennis Track A.C.** in 11<sup>th</sup>. **Ennis Track A.C.** were 2<sup>nd</sup> in the Inter-Club competition, **Cork** were 3<sup>rd</sup> in the Inter-County competition with silver for **Munster** in the Inter-Provincial competition.



3 Munster athletes made it into the top 12 in the Girls U/19 race, first home was **Orla O'Connor, Waterford A.C.** in 2<sup>nd</sup> place with **Alex O'Neill, St. Cronan's A.C.** in 5<sup>th</sup> & **Ruth Heery, Waterford A.C.** in 7<sup>th</sup> place. **Waterford A.C.** won the Inter-Club competition with **Ferrybank A.C.** in 3<sup>rd</sup>. **Waterford** won the Inter-County competition with **Munster** winning gold in the Inter-Provincial competition. In the Boys U/19 race, **Frank O'Brien, Midleton A.C.** was 5<sup>th</sup> with **Damien Madigan, North Cork A.C.** in 8<sup>th</sup> place. **Cork** was 2<sup>nd</sup> in the Inter-County competition & **Munster** was 2<sup>nd</sup> in the Inter-Provincial competition.