



Munster Athletics Juvenile PRO Report 2019



Mary Meagher, Blarney Inniscara A.C. (1946 – 2020)

In memory of our beloved Mary Meagher, one of our most dedicated, hard working and loyal officials, great friend and mentor. She brought wisdom, courage and common sense wherever she went. She would want the show to go on without her.

Munster Convention, Saturday 8th February 2020 @ I Iam

Longcourt House Hotel, Newcastlewest, Co. Limerick

By Aisling Hoey, Munster Juvenile PRO



Munster Juvenile PRO Report 2018

Munster Juvenile PRO Report 2019

“Today I will do what others won’t so tomorrow I can do what others can’t”.

2019 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 -

- The European U/20 T&F Championships took place in Boras, Sweden from 18th to 21st July 2019. **8** athletes were selected to represent Munster on the Irish team with **Darragh McElhinney, Bantry A.C.** winning a bronze medal in the 5km. The Munster team selected was **Sophie O’Sullivan, Ballymore Cobh A.C. (800m), Jo Keane, Ennis Track A.C. (800m), Miriam Daly, Carrick-On-Suir A.C. (4 x 400m), Sean Mockler, Moycarkey Coolcree A.C. (Hammer), Darragh McElhinney, Bantry A.C. (5km), Conor Morey, Leevale A.C. (100m & 4 x 100m), David Ryan, Moycarkey Coolcree A.C. (4 x 400m) & Ryan O’Leary, Leevale A.C. (4 x 100m).**
- The European Youth Olympic Festival took place in Baku, Azerbaijan from 20th to 28th July 2019. **5** athletes represented Munster on the Irish team – **Ciara Sheehy, Emerald A.C. (Shot Putt), Aimee Hayde, Newport A.C. (800m), Aoife O’Sullivan, Liscarroll A.C. (High Jump), Tommy Connolly, Leevale A.C. (800m) & Diarmuid O’Connor, Bandon A.C. (Decathlon).**
- At the **Youth Nations Cup** in Morton Stadium, Santry in August, a total of **27** athletes from Munster competed on the day with **Ciara Sheehy, Emerald A.C. and Aoife O’Sullivan, Liscarroll A.C.** topping the podium in the Shot Putt and High Jump.
- The Celtic International Cross Country took place 19th January 2019 with **14** Munster athletes on the Irish teams. Top 3 finishes were recorded by **Paul Hartnett, Middleton A.C. (2nd U/20) and Dean Casey, Ennis Track A.C. (2nd U/17).**
- The SIAB Schools Cross Country International was held in Santry Demesne, Dublin on Saturday 23rd March 2019. **9** Munster athletes were selected to compete for Ireland – Junior Girls - **Emma Landers, Pobalscoil na Trionoide Youghal, Avril Millerick, St. Mary’s Middleton, Alex Cashman, Pobalscoil na Trionoide & Neasa Ni Ainefein, Gaelcholaiste an Chlair;** Inter Girls - **Lucy O’Keeffe, St. Mary’s Middleton;** Junior Boys - **Niall Murphy, St. Flannan’s College Ennis & Tom Walshe CBS Nenagh;** Inter Boys - **Dean Casey & Dylan Casey, St Flannan’s College Ennis.**
- The SIAB Schools U/17 Track & Field International took place in Swansea University, Wales on Saturday 20th July 2019 with **19** Munster athletes taking part & bringing home 3 individual medals in total (1 silver (Orla Coffey) & 2 bronze (Laura Frawley & Harry Nevin), and **3** Relay medals (3 silver). **Jack O’Connor, Ard Scoil Ris** also won silver in the 100m Non-Scoring race on the day with a time of 11.75.
- The Schools International Combined Events Championships took place on Saturday 30th November 2019 in the Emirates Arena, Glasgow. The Irish Team won 4 individual medals (1 gold, 1 silver & 2 bronze as well as gold team medals in the Over 16 Boys, silver in the U/16 Boys and bronze in the U/16 & Over 16 Girls. Munster had **3** representatives on the Irish team with our best performances coming from **Laura Frawley, St. Mary’s SS Charleville** who won individual bronze in the Over 16 Girls competition finishing on 3371 points and **James Ezeonu, Middleton College** who also won individual bronze in the Over 16 Boys competition with 3516 points.

From a National perspective, some of our highlights are below: -

Munster had a successful Irish Life Health National Juvenile Indoor Championships in AIT Arena on Saturday 30th, Sunday 31st March & Saturday 6th April. In individual competitions, **46 gold, 49 silver & 35 bronze** medals were won in total over the three days with **4** new National records being set and 1 equalled by our athletes below:-

- **Ryan Onoh, Leevale A.C.** jumped 4.75m in the Boys U/12 Long Jump to smash the 4.57m record held by Joseph Dolan, Na Fianna (2000) & Stephen Black, Cranford A.C. (2013).
- **Ryan Onoh, Leevale A.C.** jumped 1.40m in the Boys U/12 High Jump to equal the record held by Jack Murphy, Leevale A.C. set in 2009.
- **John Cashman, Leevale A.C.** ran 8.82 in the Boys U/14 60mH to break the record of 8.87 set by Harry Nevin, Leevale A.C. in 2018.
- **Ava Rochford, Ennis Track A.C.** jumped 2.60m in the Girls U/15 Pole Vault to better the record of 2.50m set by Anna Ryan, Moycarkey Coolcree A.C. in 2016.
- **Una Brice, Leevale A.C.** jumped 3.00m in the Girls U/16 Pole Vault to smash the record of 2.80m set by Katie Richie, Ballymena & Antrim A.C. (2015) & Emma Coffey, Carraig na BhFear A.C. (2016).

In the Relay competitions on Saturday 6th April, Munster Clubs won **14 sets of medals (7 gold, 2 silver & 5 bronze)**. **3** new CBP's were set by **Dooneen A.C.** in the Girls U/13 & Boys U/14 and **Leevale A.C.** in the Boys U/12.

Munster athletes showed good form at Day 1 of the Irish Life Health National Juvenile Track & Field Championships in Tullamore on Sunday 7th July 2019 winning 58 medals in total which included 16 gold & national titles, 26 silver & 16 bronze & 3 new National records set by the athletes below:-

- **Ciara Sheehy, Emerald A.C.** threw 58.38m in the Girls U/18 Hammer to break the 2016 record of 57.20m set by Lauren O'Keeffe, Donore Harriers A.C.
- **Aimee Hayde, Newport A.C.** ran 2.10.99 to break the 2014 record of 2.12.11 set by Amy Hamill, Glaslough Harriers A.C.
- **Geoffrey Joy O'Regan, Sunhill Harriers A.C.** jumped 1.95m in the Boys U/16 to better the mark of 1.94m set by Robbie Mars, City of Lisburn A.C. in 2014.

Munster athletes continued the great form at Day 2 & 3 of the Irish Life Health National Juvenile Track & Field Championships in Tullamore on Saturday 13th & Sunday 14th July 2019 winning **153 medals in total which included 54 gold & national titles, 54 silver & 45 bronze & 5 new National records** set by the athletes below:-

- **John Cashman, Leevale A.C.** ran 24.11 in the Boys U/14 200m to break the existing record of 24.35 set by Shay McIntosh, Ballymena & Antrim A.C. in 2006.
- **Laura Frawley, St. Mary's A.C. Limerick** jumped 5.96m in the Girls U/16 Long Jump to better the mark of 5.86m set by Elizabeth Morland, Cushinstown A.C. in 2013.
- **Una Brice, Leevale A.C.** jumped 3.16m in the Girls U/16 Pole Vault to break the 3.15m record set by Emma Coffey, Carraig na BhFear A.C. in 2016.
- **Conor Callinan, Leevale A.C.** jumped 4.01m in the Boys U/16 Pole Vault to better the mark of 4.00m set by Thomas Houlihan, West Waterford A.C. in 2007.
- **Orla Coffey, Carraig na BhFear A.C.** jumped 3.45m in the Girls U/18 Pole Vault to better the mark of 3.20m held jointly by Clodagh Walsh, Abbey Striders (2017) & Nikita Savage, Youghal A.C. (2009).

2019 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 **5** individual international medals (1 silver & 4 bronze), Irish Schools titles over T&F, Cross Country & Combined Events & **32** Tailteann medals (8 gold, 12 silver & 12 bronze) together with the **Girls Tailteann Trophy**. Munster

athletes also set **12** Munster T&F records & equalled one and **6** Irish School records & equalled one over the year.

The Irish Life Health National Juvenile Even Age Cross Country Championships took place in The National Sports Campus, Abbotstown, Dublin on Sunday 24th November 2019. 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, & Dean Casey, Ennis Track A.C. Boys U/18**. In the Inter-County competition, our top counties were **Cork** (1 gold, 3 silver & 2 bronze), **Clare** (1 gold) & **Tipperary** (1 gold). In the Inter-Regional competition, **Munster** won 7 sets of medals in total - 1 gold, 5 silver & 1 bronze.

The Irish Life Health National Juvenile Uneven Age Cross Country Championships took place in Cowpark, Dunboyne, Co. Meath on Saturday 14th December 2019. Munster athletes won **39** individual medals in total with fantastic races from our three athletes who won gold & National titles on the day – **Finn Duignan, St. Cronan’s A.C., Boys U/13, Emma Landers, Youghal A.C. Girls U/17 & Niamh O’Mahony, An Ríocht A.C. Girls U/19**. In the Inter-County competition, our top counties were **Cork** (3 gold, 1 silver), **Clare** (2 gold & 3 bronze), & **Tipperary** (1 bronze). In the Inter-Regional competition, Munster won **7** sets of medals in total - 2 gold & 4 silver & 1 bronze.

The Irish Life Health National Juvenile Games and U/12 & U/13 T&F Championships were held in Tullamore Harriers Stadium on Saturday 29th June 2019. There were **30** sets of team medals won by Munster (15 gold, 10 silver and 5 bronze). In addition to this, Munster Clubs also took home **11** sets of Relay medals (4 gold & 4 silver & 3 bronze) as well as **17** individual medals in the U/12 & U/13 age categories.

Munster athletes competed very well at the Irish Life Health National Combined Events Championships in Morton Stadium on Saturday 22nd & Sunday 23rd June 2019 bringing home **7** medals in total (5 gold, 1 silver & 1 bronze).

In 2019, Munster athletes continued to participate in great numbers at the National Juvenile “B” Track & Field Championships in Tullamore in July winning **44** individual medals in total (20 gold, 16 silver & 8 bronze) in the “B” Championships. At the National Juvenile relays on the same day, Munster teams took home a total of **15** sets of medals (5 gold, 7 silver & 3 bronze).

The Irish Life Health National Juvenile “B” Cross Country Championships took place in Dundalk I.T., Co. Louth on Sunday 3rd February 2019. Munster athletes recorded **5** individual gold medal wins on the day.

Munster Championships were very well attended throughout the year with our athletes setting **18** Indoor records and **35** outdoor records.

- Athletics figures for 4 out of 6 Munster counties were down slightly on 2018. Figures below: -

Registrations 2019 Year End (County)								
County	Juvenile	Youth	Junior	Senior	Master	Total 2019	Total 2018	%
Clare	1071	35	26	74	464	1670	1792	-7%
Cork	4188	171	77	637	3154	8227	8455	-3%
Kerry	1129	44	17	64	284	1538	1634	-6%
Limerick	827	34	17	93	497	1468	1519	-3%
Tipperary	1448	62	27	136	651	2324	2261	3%
Waterford	1039	46	31	96	474	1686	1588	6%

I would like to extend my congratulations to all our 2019 Munster Star Award Winners. I hope they & their families enjoyed their well-deserved night in the Tower Hotel, Waterford on Saturday 1st February. They are the stars of the future & I look forward to following their progress in 2020. I also want to congratulate all the National Juvenile Star Award winners who will be honoured in the Bridge House Hotel, Tullamore on Saturday 29th February. Good luck to any of our athletes who are chasing standards for the World U/20 Championships in Kenya and the European U/18 Championships in Rieti, Italy. 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 2019 especially my colleagues on the Munster Council and to Paul Askins, Dooneen A.C., David Kissane, St. Brendan's A.C. and Niall Moran who have 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. I have enjoyed the last eight years in this role but as I take on more responsibility for Munster on the competition side of things, it is time for me to step down as Juvenile PRO and give someone else a chance to excel in this area.

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 2020 and remember to stop and fully enjoy all the victories, however small before moving onto the next goal.

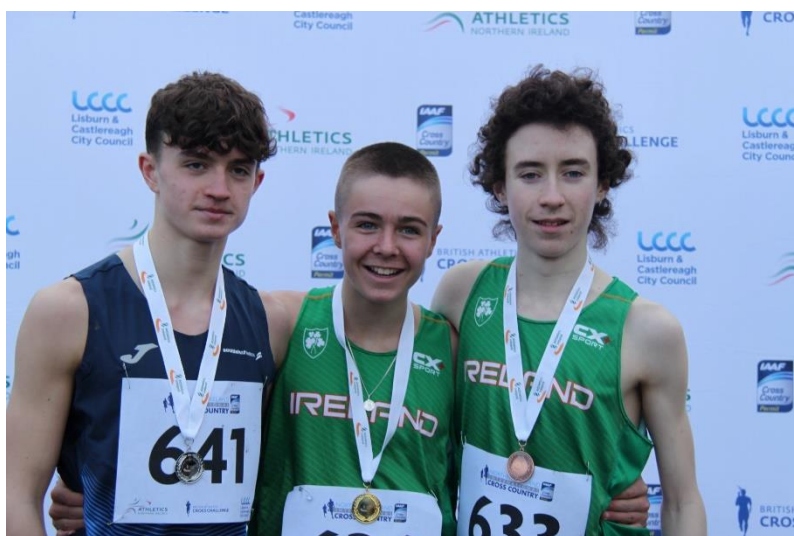
Yours in Sport

Aisling Hoey

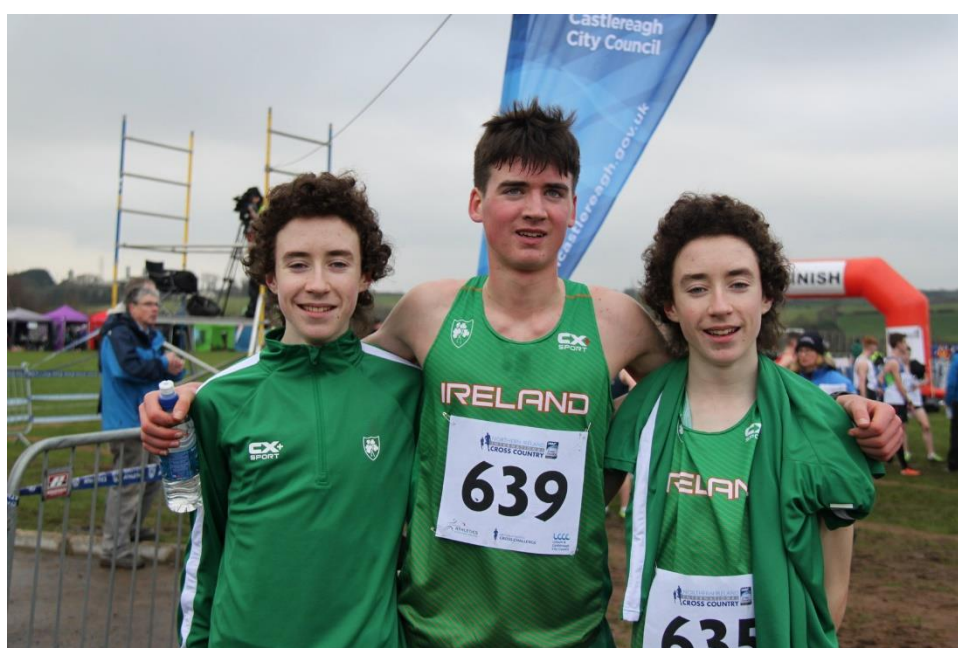
Munster Juvenile PRO Report 2019 – A Calendar Year

January

Celtic International Cross Country



The Celtic International Cross Country took place in Belfast on Saturday 19th January 2019. In the Boys U/17 race, twins **Dean & Dylan Casey, Ennis Track A.C.** finished in 3rd and 11th places with their team-mate **Mark Hanrahan** 20th for the Irish Development Team. Ireland placed 1st in the team competition with **Dean Casey** the second scoring member. In the Girls U/17 race, our best finisher was **Emma Landers, Youghal A.C.** in 6th place with **Aimee Hayde, Newport A.C.** in 16th and **Neasa Ni Ainifein, Ennis Track A.C.** in 18th for the Irish Development team. Ireland finished 2nd with **Emma Landers** 2nd scoring member on the team.



In the Boys U/20 race, **Paul Hartnett & Frank O'Brien, Midleton A.C. & Damien Madigan, North Cork A.C.** all represented Ireland on the Development Team. Paul finished 2nd overall with Frank in 12th & Damien in 17th place. In the Girls U/20 race, our top finisher was **Laura Nicholson, Bandon A.C.** in 5th place with **Orla O'Connor, Waterford A.C.** in 10th & **Niamh O'Mahoney, An Ríocht A.C. & Lucy Holmes, West Waterford A.C.** in 7th and 20th places as part of the Development Team. Ireland were 3rd overall with Laura & Orla as 1st and 3rd scoring members of the team.



Details of Irish teams are below:-

Irish U17 Men's Team		Irish U17 Men's Development team	
Dean Casey	Ennis Track A.C.	Ronan Hyland	Tullamore A.C.
Tadhg Connolly	St Senan's A.C.	Abdel Laadjel	Donore A.C.
Dylan Casey	Ennis Track A.C.	Mark Hanrahan	Ennis Track A.C.
Scott Fagan	MSB A.C.	Eanna Moynihan O'Braidaigh	Templeogue A.C.
Irish U17 Women's Team		Irish U17 Women's Development Team	
Aimee Hayde	Newport A.C.	Ava O'Connor	Tullamore A.C.
Hannah Kehoe	Gowran A.C.	Claragh Keane	DMP A.C.
Neasa Reilly	Dunleer A.C.	Hannah O'Keefe	Thomastown A.C.
Emma Landers	Youghal A.C.	Neasa Ni Ainiféin	Ennis Track A.C.
Irish U20 Men's Team		Irish U20 Men's Development team	
Shay McEvoy	Kilkenny City Harriers A.C.	Frank O'Brien	Midleton A.C.
Keelan Kilrehill	Moy Valley A.C.	Paul Hartnett	Midleton A.C.
Shane Coffey	Naas A.C.	Aaron Donnelly	Dundrum South Dublin A.C.
Thomas McStay	Galway City Harriers A.C.	Damien Madigan	North Cork A.C.
Irish U20 Women's Team		Irish U20 Women's Development Team	
Laura Nicholson	Bandon A.C.	Lucy Holmes	West Waterford A.C.
Maeve Gallagher	Swinford A.C.	Lucy O'Keefe	Youghal A.C.

Orla O'Connor	Waterford A.C.	Niamh O'Mahoney	An Ríocht A.C.
Aoife O'Cuill	St Coccas A.C.	Lauren Murphy	Cilles A.C.
		Annie McEvoy	Kilkenny City Harriers A.C.

Munster Pentathlon Records for Falvey, Frawley, Rochford & Ryan



The Munster U/14 to Youth Indoor Combined Events Championships were incorporated into the Irish Life Health National Juvenile & Youth Combined Events Championships held on Saturday 19th January 2019 in AIT International Arena. A total of **4** new Munster Championship Best Performances were set by the following athletes: -

- **Hannah Falvey, Belgooly A.C** in the Girls U/14 competition with her score of 2949 points to better the score of 2841 points set by Vickie Cusack, Liscarroll A.C. set in 2013.
- **Ava Rochford, Ennis Track A.C.** in the Girls U/15 set a new record of 3107 points to better the 2014 record of 2911 points set by Vickie Cusack, Liscarroll A.C.
- **Laura Frawley, St. Mary's A.C. Limerick** scored a total of 3320 points to better the existing record of 2994 set in 2015 Vickie Cusack, Liscarroll A.C.
- **Anna Ryan, Moycarkey Coolcroo A.C.** scored 3085 points in the Youth Girls competition to better the 2016 record of 2831 points by Vickie Cusack, Liscarroll A.C.

In the Girls U/14 Pentathlon, **Hannah Falvey, Belgooly A.C.** led the way winning both the National and Munster titles with 2949 points with **Okwu Backari, LEEVALE A.C.** in 3rd place at

National level also winning silver at Munster with 2738 points. **Leagh Moloney, Dooneen A.C.** finished on 2624 points to place 6th at National level and 3rd in Munster with **Fatimo Amusa, Leevale A.C.** in 11th place at National level and 4th at Munster with 2333 points and **Orla O'Sullivan, Leevale A.C.** in 13th place at National & 5th Munster athlete with 2233 points.



In the Boys U/14 competition, it was gold for **John Murphy, Liscarroll A.C.** at both National and Munster level with 2256 points.



In the Girls U/15 Pentathlon, **Ava Rochford, Ennis Track A.C.** took both the National and Munster titles with 3107 points with **Niamh McCarthy, Doheny A.C.** in 3rd place at National level and silver at Munster (2628 points), 8th place at National level for **Kate Naughton, Leevale A.C.** and bronze at Munster level (1878 points) & 12th place at National level for **Ruth Leyden, Ennis Track A.C.** and 4th at Munster (1654 points).



In the Boys U/16 Pentathlon, **Ben Connolly, Nenagh Olympic A.C.** was Munster's only representative and he finished in 5th place at National level and 1st for Munster with 2315 points.

Laura Frawley, St. Mary's Limerick was the gold medal winner at National and Munster level in the Girls U/16 competition scoring 3320 points with **Anna Ryan, Moycarkey Coolcroo A.C.** also winning double gold at National and Munster level in the Youth Girls Pentathlon with 3083 points.



Diarmuid O'Connor, Bandon A.C. also took double titles in the Youth Boys competition winning at both National and Munster level and also setting a new National CBP of 3592 points.



3 Munster Indoor Relay Records Set



The Munster Juvenile Indoor Relays took place on Sunday 20th January 2019 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 3rd 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.



February

5 National Juvenile "B" Titles for Munster Athletes



The Irish Life Health National Juvenile "B" Cross Country Championships took place in Dundalk I.T., Co. Louth on Sunday 3rd February 2019. Munster athletes recorded 5 individual gold medal wins on the day.

Munster recorded a double win in the U/11 races with gold for **Caoimhe Gray-Walsh St. Nicholas A.C. & Colm Ryan Newport A.C. Tipperary**. **Rachel O'Flynn Grange/Fermoy A.C.** won silver with **Autumn Devereux Youghal A.C. & Eoin Looney North Cork A.C.** both placing 5th, 10th place for **Rebecca O'Neill West Muskerry A.C. & Darragh Murphy West Muskerry A.C.**, 11th for **Alana Spillane Moyne A.C.**, & 12th for **Conor Nash West Muskerry A.C. North Cork A.C.** won gold in the Girls and silver in the Boys with **Cork** winning gold in the Girls and silver in the Boys Inter-County competitions.

In the U/13 competition, there was double gold again for Munster with **Clodagh Quinn St. Cronans & Daire Culligan Fergus A.C.** taking National titles, 4th place for **Emily Brenner Youghal A.C.**, 6th for **Alan McCutcheon Dooneen A.C.** 7th for **Jamie Hourihan West Muskerry A.C.**, 8th for **Timmy Colbert Carraig-Na-Bhfear A.C.**, 9th for **Sorcha Kilgannon Youghal A.C.**, 10th for **Grace Nyhan Bandon A.C. & Sean Fennell St. Marys (Clare) A.C.** & 12th for **Ruaidhri Boyle Carraig-Na-Bhfear A.C. Youghal A.C.** were 3rd in the Girls competition with a clean sweep for Munster in the Boys competition with gold for **Carraig na BhFear A.C.**, silver for **Fergus A.C.** & bronze for **St. Cronan's A.C. Cork** were 2nd in the Inter-County Girl's competition also taking gold in the Boys competition with silver for **Clare**.

In the Girls U/15 competition, our best finisher was **Saoirse Tomkins, Gneeveguilla A.C.** in 7th with **Orla Ryan, Dundrum A.C.** in 8th & **Nicole Buckley, Riverstick/Kinsale A.C.** in 11th. In the Boys competition, there was gold for **Gerard Dunne, St. John's A.C. Clare** with 5th for **Barry Conway, Fergus A.C.** 8th for **Breandán O'Sullivan West Muskerry A.C.** & 9th for **Sam Kiely Riverstick/Kinsale A.C. West Muskerry A.C.** won the Inter-Club Girl's competition with silver for **Fergus A.C.** & bronze for **Carraig na BhFear A.C.** in the Boys competition. **Cork** won gold in the Inter-County Girls competition and silver in the Boys with bronze for **Clare**.

Aine Garry, Fergus A.C. was 3rd in the Girls U/17 race with **Jennifer Kearney, Carraig na BhFear A.C.** 9th, her team mate **Sinead Keery, 12th** & **Lesley Cashman, Youghal A.C.** in 12th. **Dara Myers West Muskerry A.C.** was 11th in the Boys race with **Jack O'Neill North Cork A.C.** 17th, 21st for **Ciaran McNamee Youghal A.C.** & 23rd for **Conor Lucey West Muskerry A.C.**

In the Inter-Club Cross Country Relay Championships, **St. Mary's A.C. Clare** were 4th in the Girls U/12, **Midleton A.C. and St. Cronan's A.C.** were 1st and 2nd in the Boys U/12, **St. Cronan's A.C.** were 3rd in the Girls U/14 & 4th in the Boys U/14 with 5th place for **Fergus A.C.**



3 New Munster Records



The Munster U/9 to U/11 Indoor Championships were held in Nenagh Indoor Stadium on Saturday 9th February. There were lots of exciting performances with **3 new Championship Best Performances** (“CBP”) set on the day.

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

1. **Alison Scully, Leevale A.C.** ran 9.22 in the Girls U/10 60m to better the record of 9.24 set by Niamh Foley, St. Mary’s A.C. Limerick in 2011.
2. **Maya Rossa, Blackwater A.C.** threw 6.73m in the Girls U/11 Shot Putt to break the 2017 record of 6.31m set by Sarah Abullo, Waterford A.C.
3. **Eddie Raicevic, Finisk Valley A.C.** threw 8.50m in the Boys U/11 Shot Putt to smash the record of 6.95m set by Sean Fennell, St. Mary’s A.C. Clare in 2017.

Among the multiple medal winners on the day were **Michael Quirke, Fanahan McSweeney A.C.** who won treble gold in the Boys U/9 60m, 300m & Long Jump, **Emer Purtill, Dooneen A.C.** who took double silver in the Girls U/11 600m & Shot Putt & **Eddie Raicevic, Finisk Valley A.C.** who won treble gold in the Boys U/11 Shot Putt, Long Jump and 60m.

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 15th February 2019.

Louise O’Mahony, Colaiste Muire Ennis was the winner of the Minor Girls race with silver for **Nicole Dinan, St. Angela’s Cork** & bronze for **Ava Fitzgerald, Colaiste an Chraoi Naofa**. **Colaiste Muire Ennis** won team gold with silver for **St. Angela’s Cork** & bronze for **Colaiste an Chroi Naofa**. In the Minor Boys competition, the top three were **Sean Lawton, Colaiste Pobail Bantry, Shane Buckley, Cashel CS & Fionn Harrington, Colaiste Pobail Bantry**. Team honours went to **Midleton CBS, Colaiste Pobail Bantry and Cashel CS**.



In the Junior Girls competition, **Orna Moynihan, Colaiste Muire Ennis** won gold with silver for **Alex Cashman, Pobalscoil na Trionoide** & bronze for **Neasa Ni Ainfein Ennis CC/GCC**. **Pobalscoil na Trionoide** won gold with silver for **Ursuline Thurles** & bronze for **Ard Scoil na nDeise**. Top 3 in the Junior Boys race were **Tadh Connolly, Abbey CC, Niall Murphy, St. Flannan’s College Ennis & Tommy Fennell, St. Augustine’s College Dungarvan**. First 3 teams were **Nenagh CBS, St. Augustine’s Dungarvan & Colaiste Pobail Bantry**.





Niamh O'Mahony, Presentation Tralee took gold in the Intermediate Girls race with silver for **Una O'Brien, Waterpark College** & bronze for **Emma Landers, Pobalscoil na Trionoide**. **Pobalscoil na Trionoide** took the team title with silver for **Colaiste Muire Ennis** & bronze for **Ard Scoil na nDeise**. **Dean Casey and Mark Hanrahan, St. Flannan's College Ennis** won gold & silver in the Intermediate Boys race with bronze for **Fionn Harrington, St. Brogan's Bandon**. There was team gold for **St. Flannan's College Ennis** with silver for **St. Brogan's Bandon** & bronze for **De La Salle Waterford**.





In the Senior Girls competition, there was gold for **Laura Nicholson, Bandon Grammar** with silver for **Aoife Allen, Mercy Waterford** & bronze for **Ruth Heery, Waterpark College**. Team prizes went to **St. Angela's Waterford, Pobalscoil Inbhear Sceine & Ard Scoil na nDeise**. Tommy Connolly, **CBC** was the winner of the Senior Boys race with silver for **Frank O'Brien, Midleton CBS** & bronze for **Oisín Spillane, Mercy Mount Hawk**. Gold in the team competition went to **Midleton CBS** with silver for **Ardscail Ris** & bronze for **Colaiste Christ Ri**.





15 New Championship Best Performance Set



The Munster U/12 to U/19 Indoor Championships took place in Nenagh Indoor Stadium on Saturday 23rd & Sunday 24th February. Munster athletes were in fine form setting 15 new Championship Best Performance and two being equalled. See below for details:-

1. **Finn Duignan, St. Cronan's A.C.** ran 1.48.44 in the Boys U/12 600m to better the 2015 record of 1.49.11 set by Diarmuid Healy, Midleton A.C.
2. **Cathy Dorney Belgooly A.C.** set a new record in the Girls U/13 1km Walk with a time of 6.56.12 (new event).
3. **Eoin O'Callaghan Bandon A.C.** set a new record of 6.32.47 in the Boys U/13 1km Walk (new event).
4. **Ryan Onoh Leevale A.C.** jumped 1.38m in the Boys U/12 High Jump to better the 2018 record of 1.37m set by Robert Olden, Midleton A.C.

5. **Ryan Onoh, Leevale A.C.** jumped 4.58m in the Boys U/12 Long Jump to beat the 2016 record of 4.53m set by Kyle Ettou, Grange Fermoy.
6. **Okwu Backari, Leevale A.C.** ran 9.06 in the Girls U/14 60mH to better the 2014 record of 9.20 set by Miriam Daly, Carrick-On-Suir A.C.
7. **Hannah Falvey, Belgooly A.C.** ran 7.96 in the Girls U/14 60m to better the 2015 record of 8.03 set by Niamh Foley, St. Mary's A.C. Limerick.
8. **John Cashman, Leevale A.C.** ran a record of 8.90 in the Boys U/14 60mH to better the 2017 record of 9.18 set by Harry Nevin, Leevale A.C.
9. **Efe Opuoro, Ennis Track A.C.** ran 7.31 in the Boys U/16 60m to better the record of 7.37 set by Daniel Ryan, Moycarkey Coolcree A.C. in 2014
10. **Reece Ademola, Leevale A.C.** jumped 6.57m in the Boys U/17 Long Jump to equal the record held by Sam Healy Leevale and set in 2012
11. **Cillian Griffin, Tralee Harriers A.C.** ran 7.10 in the Boys U/18 60m to equal the 2012 record set by Greg O'Shea, Dooneen A.C.
12. **Cillian Griffin Tralee Harriers A.C.** ran 22.80 in the Boys U/18 200m to better the 2012 record of 22.84 set by Greg O'Shea, Dooneen A.C.
13. **Wymin Sivakumar, Leevale A.C.** jumped 13.45m in the Boys U/18 Triple Jump to better the 2014 mark of 13.37 set by Darren Prout, Carrick-On-Suir A.C.
14. **Miriam Daly, Carrick-On-Suir A.C.** ran 57.94 in the Girls U/19 400m to better the record of 59.22 set by Leanne Prout, Carrick-On-Suir A.C. in 2015.
15. **Sophie Meredith, St. Mary's A.C. Lk jumped** 6.00m in the Girls U/19 Long Jump to better the mark of 5.59m set by Kelly Proper, Ferrybank A.C. in 2006.
16. **Alyce O'Connor, Kenmare A.C.** ran 4.54.47 in the Girls U/19 1500m to better the time of 4.55.46 set by Laura Crowe, An Ríocht A.C. in 2005.
17. **Gabriel Kehinde Ennis Track A.C.** ran 7.09 in the Boys U/19 60m to better the time of 7.10 set by Derek Duff, Leevale in 2005.

Among the multiple medal winners were Ava Rochford, Ennis Track A.C. (Girls U/15), Chisom Ugwuere, Ennis Track A.C. (Girls U/18), Cillian Griffin, Tralee Harriers A.C. (Boys U/19), Emily O'Mahony, Waterford A.C. (Girls U/19), Hannah Falvey, Belgooly A.C. (Girls U/14), Joseph McEvoy, Nenagh Olympic A.C. (Boys U/19), Laura Frawley, St. Mary's A.C. Limerick (Girls U/16), Noah McConway, St. Cronan's A.C. (Boys U/16), Orla Coffey, Carraig na Bhfear A.C. (Girls U/18), Paula Igwe, Ferrybank A.C. (Girls U/17) & Sean Fennell, St. Mary's A.C. Clare (Boys U/13).





March/April

Irish Life Health Irish Schools Titles for Buckley & O'Mahony



The Irish Life Health Irish Schools Cross Country Championships took place on Saturday 9th March 2019 in Clongowes Wood College, Clare, Co. Kildare. Munster athletes competed very well with top 3 finishes by **Shane Buckley, Cashel CS** who won gold in the Minor Boys & Niamh O'Mahony, Presentation Tralee in the Inter Girls race. Dean Casey, St. Flannan's College Ennis won silver in the Inter Boys race with his twin brother, **Dylan** close behind in 5th place. **Sean Lawton, Colaiste Pobail Bantry** took silver in the Minor Boys race with silver also for **Avril Millerick, St. Mary's Midleton** in the Junior Girls race & **Lucy Holmes, Ard Scoil na nDeise** in the Senior Girls race with bronze for **Laura Nicholson, Bandon Grammer** in the Senior Girls race.

In the Minor Girls race, our top finishers were **Nicole Dinan, St. Angela's Cork** (5th), **Louise O'Mahony, Colaiste Muire Ennis** (10th) & **Ava Fitzgerald, Colaiste an Chroi Naofa** (11th). Colaiste

Muire Ennis finished 3rd on 48 points with 4th for **Colaiste an Chroi Naofa** (114) & 5th for **St. Angela's Cork** (117). **Shane Buckley, Cashel CS** took the title in the Minor Boys race with silver for **Sean Lawton, Colaiste Pobail Bantry**, 4th for **Fionn Harrington, Colaiste Pobail Bantry** & 7th place for **Gerard Dunne, Kilrush CS**. **Cashel CS** finished 7th (221) with **Midleton CBS** in 8th place (229).

Avril Millerick, St. Mary's Midleton won silver in the Junior Girls race with an 5th place finish for **Alex Cashman, Pobalscoil na Trionoide** & 7th for **Neasa Ni Ainefin, Ennis CC/GCC**. **Pobalscoil na Trionoide** were 6th (132), **Ard Scoil na nDeise** 8th (149) & **Ursuline Thurles** 9th (182). **Declan O'Meara, Colaiste an Phiarsaigh** was 7th in the Junior Boys race with 8th place for **Niall Murphy, St. Flannan's Ennis**, 10th for **Tom Walshe, Nenagh CBS** & 12th for **Callum McElhinney, Colaiste Pobail Bantry**. **St. Flannan's Ennis** won gold (102) with 4th for **Nenagh CBS** (136), 5th for **Colaiste Pobail Bantry** (143) & 7th for **St. Augustine's College** (175).

In the Intermediate Girls race, **Niamh O'Mahony, Presentation Tralee** won gold with 6th place for **Lucy O'Keeffe, St. Mary's Midleton**, 7th for **Ella Doherty, Colaiste Muire Ennis** & 11th place for **Emma Landers, Pobalscoil na Trionoide**. In the team competition, **Pobalscoil na Trionoide** were 3rd (102), **Colaiste Muire Ennis** were 7th (122) & **Ardscuil na nDeise** were 9th (139). Clare twins, **Dean & Dylan Casey, St. Flannan's College** scored a 2 & 5 in the Inter Boys race with 11th place for **Sean O'Donoghue, St. Declan's Kilmacthomas**. **St. Flannan's** won their second gold team medal (45) with 8th for **St. Brogan's College Bandon** (225) & 9th for **DLS Waterford** (248).

Lucy Holmes, Ardscoil na nDeise won silver in the Senior Girls race with bronze for Laura Nicholson, Bandon Grammer, 5th for Ruth Heery, Waterpark College, 8th for **Tara Ramasawamy, Presentation Waterford** & 9th for Tamzin Muldowney, St. Mary's Midleton. St. Angela's Waterford won gold in the team competition (53) with bronze for Ardscoil na nDeise (99) & 5th for Pobalscoil Inbhear Sceine (124). In the Senior Boys race, our top finishers were Frank O'Brien, Midleton CBS (14th) & Cian O'Brien, CBS Dungarvan (15th) with Midleton CBS 7th (227) & Colaiste Christ Ri 8th (288) in the team competition.



SIAB XC 2019



The SIAB Schools Cross Country International was held in Santry Demesne on Saturday 23rd March 2019. 9 Munster athletes were selected to compete for Ireland –

Inter Mixed Relay

- Emma Landers, Pobalscoil na Trionoide Youghal

Junior Girls

- Avril Millerick, St. Mary's Midleton
- Alex Cashman, Pobalscoil na Trionoide
- Neasa Ni Ainfein, Gaelcholaiste an Chlair

Intermediate Girls

- Lucy O'Keeffe, St. Mary's Midleton

Junior Boys

- Niall Murphy, St. Flannan's College Ennis
- Tom Walshe, CBS Nenagh

Intermediate Boys

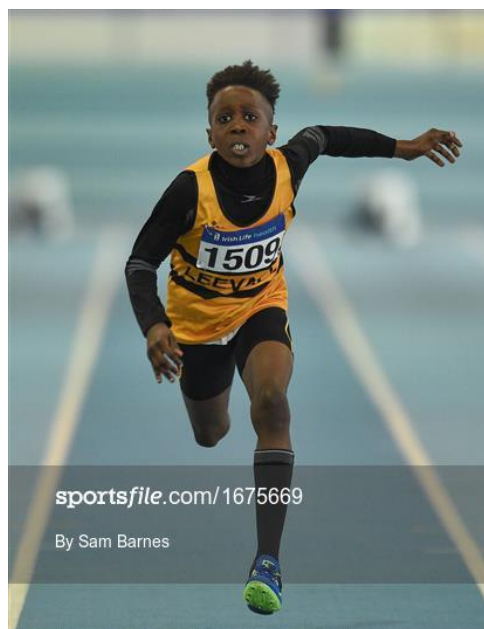
- Dean Casey, St. Flannan's College Ennis
- Dylan Casey, St. Flannan's College Ennis

Neasa Ni Aine was 21st, **Alex Cashman** 22nd & **Avril Millerick** 27th in the Girls Junior race with Ireland placing 4th. In the Junior Boys race, **Niall Murphy** was 21st with **Tom Walshe** in 29th and the Irish team finishing in 3rd place. Our Intermediate Girl, **Lucy O’Keeffe** finished in 17th place with the Irish Girls team finishing 3rd overall. In the Intermediate Boys race, **Dean & Dylan Casey** came home in 20th & 29th place overall with the Irish Boys team winning silver behind England.

4 National Indoor Records for Munster Athletes

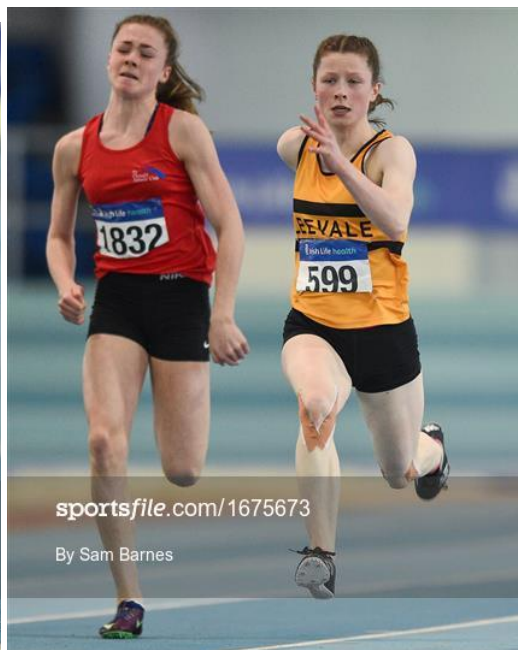
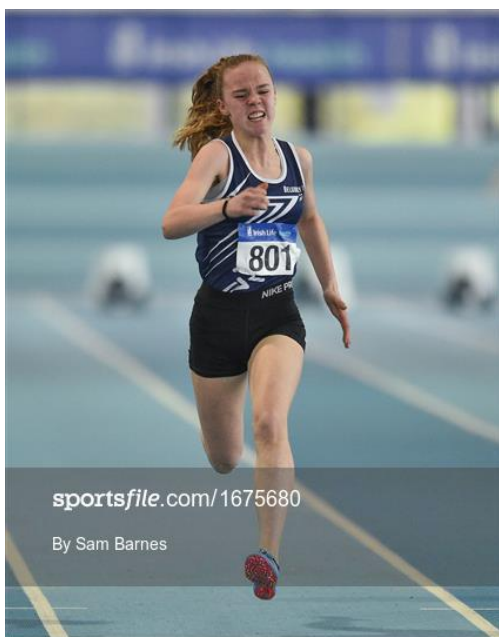


Munster had a successful Irish Life Health National Juvenile Indoor Championships in AIT Arena on Saturday 30th, Sunday 31st March & Saturday 6th April. In individual competitions, **46 gold, 49 silver & 35 bronze** medals were won in total over the three days with **4 new National records** being set and 1 equalled by our athletes below:-



- **Ryan Onoh, Leevale A.C.** jumped 4.75m in the Boys U/12 Long Jump to smash the 4.57m record held by Joseph Dolan, Na Fianna (2000) & Stephen Black, Cranford A.C. (2013).
- **Ryan Onoh, Leevale A.C.** jumped 1.40m in the Boys U/12 High Jump to equal the record held by Jack Murphy, Leevale A.C. set in 2009.
- **John Cashman, Leevale A.C.** ran 8.82 in the Boys U/14 60mH to break the record of 8.87 set by Harry Nevin, Leevale A.C. in 2018.
- **Ava Rochford, Ennis Track A.C.** jumped 2.60m in the Girls U/15 Pole Vault to better the record of 2.50m set by Anna Ryan, Moycarkey Coolcree A.C. in 2016.
- **Una Brice, Leevale A.C.** jumped 3.00m in the Girls U/16 Pole Vault to smash the record of 2.80m set by Katie Richie, Ballymena & Antrim A.C. (2015) & Emma Coffey, Carraig na BhFear A.C. (2016).

Results



There were gold medals for:-

1. Tally Collins, Lios Tuathail A.C. – Girls U/12 Long Jump (4.13m)
2. Ryan Onoh, Leevale A.C. – Boys U/12 High Jump (1.40) **=CBP**
3. Ryan Onoh, Leevale A.C. – Boys U/12 Long Jump (4.75) **CBP**
4. Natalia Golka, Leevale A.C. – Girls U/13 60mH (9.80)
5. Marc O'Brien, Dooneen A.C. – Boys U/13 60m (7.97)
6. Stuart Tobin, Limerick A.C. – Boys U/13 60mH (9.38)
7. Hannah Falvey, Belgooly A.C. – Girls U/14 60m (7.98)
8. Okwu Backari, Leevale A.C. – Girls U/14 60mH (9.12)
9. Okwu Backari, Leevale A.C. – Girls U/14 Long Jump (5.07m)
10. Odrhna Hurley, Carraig na BhFear A.C. – Girls U/14 1km Walk (5.09.71)
11. John Cashman, Leevale A.C. – Boys U/14 60m (7.56)
12. John Cashman, Leevale A.C. – Boys U/14 60mH (8.82) **CBP**

13. Shane Buckley, Dundrum A.C. – Boys U/14 800m (2.15.86)
14. Grace Rooney, Youghal A.C. – Girls U/15 60m (7.84)
15. Ava Rochford, Ennis Track A.C. – Girls U/15 High Jump (1.63m)
16. Ava Rochford, Ennis Track A.C. – Girls U/15 Pole Vault (2.60m) **CBP**
17. Kotryna Pacerinskaite, Fanahan McSweeney A.C. – Girls U/15 Shot Putt (13.07m)
18. Timmy Wilk, Ballymore Cobh A.C. – Boys U/15 60m (7.47)
19. Joshua Fitzgerald, Leevale A.C. – Boys U/15 Pole Vault (2.45m)
20. Ella Scott, Leevale A.C. – Girls U/16 60m (7.75)
21. Laura Frawley, St. Mary's A.C. LK – Girls U/16 Long Jump (5.53m)
22. Laura Frawley, St. Mary's A.C. LK – Girls U/16 High Jump (1.70m)
23. Una Brice, Leevale A.C. – Girls U/16 Pole Vault (3.00m) **CBP**
24. Kirby Anne Ryan, Tralee Harriers A.C. – Girls U/16 Shot Putt (12.10m)
25. Colin Murphy, Leevale A.C. – Boys U/16 60mH (8.43)
26. Glory Wenegieme, Belgooly A.C. – Boys U/16 200m (22.98)
27. Daniel Farrell, Waterford A.C. – Boys U/16 1km Walk (7.17.80)
28. Danny Kelly, Belgooly A.C. – Boys U/16 Long Jump (5.88m)
29. Geoffrey Joy O'Regan, Sunhill Harriers A.C. – Boys U/16 High Jump (1.86m)
30. Callum Keating, North Cork A.C. – Boys U/16 Shot Putt (15.29m)
31. Aoife O'Sullivan, Liscarroll A.C. – Girls U/17 High Jump (1.70m)
32. Sara Zia Buckley, Leevale A.C. – Girls U/17 Pole Vault (2.70m)
33. Jordan Kissane, Tralee Harriers A.C. – Boys U/17 200m (22.58)
34. Niamh Foley, St. Mary's A.C. Lk – Girls U/18 60mH (8.81)
35. Ciara Kennelly, Killarney Valley A.C. – Girls U/18 High Jump (1.69m)
36. Orla Coffey, Carraig na BhFear A.C. – Girls U/18 Pole Vault (3.20m)
37. Ciara Sheehy, Emerald A.C. – Girls U/18 Shot Putt (14.58m)
38. Wymin Sivakumar, Leevale A.C. – Boys U/18 Triple Jump (13.31m)
39. Adam O'Dwyer, Moycarkey Coolcree A.C. – Boys U/18 Pole Vault (3.80m)
40. Adam Turner, Belgooly A.C. – Boys U/18 Long Jump (6.34m)
41. Aisling Cassidy, Leevale A.C. – Girls U/19 Triple Jump (11.57m)
42. Conor Morey, Leevale A.C. – Boys U/19 60m (6.84)
43. Conor Morey, Leevale A.C. – Boys U/19 200m (21.87)
44. Joseph McEvoy, Nenagh Olympic A.C. – Boys U/19 60mH (8.46)
45. Patrick Fitzgerald, West Waterford A.C. – Boys U/19 Pole Vault (3.95m)
46. Jack Ryan, Moycarkey Coolcree A.C. – Boys U/19 Shot Putt (14.10m)



Silver medals went to:-

1. Daniela Puspure, Leevale A.C. – Girls U/12 Shot Putt (8.67m)
2. Ryan Onoh, Leevale A.C. – Boys U/12 60m (8.31)
3. Finn Duignan, St. Cronan's A.C. – Boys U/12 600m (1.45.49)
4. Jayden Umeh, Leevale A.C. – Boys U/12 Long Jump (4.45m)
5. Odhran O'Sullivan, Midleton A.C. – Boys U/13 600m (1.40.58)
6. Sean Fennell, St. Mary's A.C. Clare – Boys U/13 Long Jump (4.66m)
7. Sean Fennell, St. Mary's A.C. Clare – Boys U/13 High Jump (1.50m)
8. Okwu Backari, Leevale A.C. – Girls U/14 60m (8.10)
9. Hannah Falvey, Belgooly A.C. – Girls U/14 Long Jump (5.01m)
10. Maeve Fleming, Leevale A.C. – Girls U/14 High Jump (1.54m)
11. Briana Onoh, Leevale A.C. – Girls U/14 Shot Putt (11.49m)
12. Denis Matthews, Dooneen A.C. – Boys U/14 60m (7.66)
13. Josh Boland, Dooneen A.C. – Boys U/14 60mH (9.10)
14. John Murphy, Liscarroll A.C. – Boys U/14 High Jump (1.55m)
15. Corey Scanlon, Finisk Valley A.C. – Boys U/14 Shot Putt (12.52m)
16. Ella Jenks, Leevale A.C. – Girls U/15 60m (7.87)
17. Ava Rochford, Ennis Track A.C. – Girls U/15 60mH (9.37)
18. Ellen O'Dwyer, Nenagh Olympic A.C. – Girls U/15 High Jump (1.55m)
19. Ronan O'Dwyer, Moycarkey Coolcree A.C. – Boys U/15 Pole Vault (2.45m)
20. Lucy-May Sleeman, Leevale A.C. – Girls U/16 60m (7.88)
21. Laura Frawley, St. Mary's A.C. LK – Girls U/16 60mH (8.99)
22. Maeve O'Connor, Waterford A.C. – Girls U/16 1.5km Walk (7.28.28)
23. Jodie McGrath, Nenagh Olympic A.C. – Girls U/16 Pole Vault (2.90m)
24. Michelle Ugwah, Carraig na BhFear A.C. – Girls U/16 Long Jump (5.21m)
25. Sophie Crowley, Waterford A.C. – Girls U/16 High Jump (1.67m)
26. Efe Opuoro, Ennis Track A.C. – Boys U/16 60m (7.22)
27. Noah McConway, St. Cronan's A.C. – Boys U/16 1.5km Walk (8.02.58)
28. Conor Callinan, Leevale A.C. – Boys U/16 Pole Vault (3.20m)
29. Ella Dillon, Dooneen A.C. – Girls U/17 High Jump (1.55m)
30. Ciaran Hurley, Carraig na BhFear A.C. – Boys U/17 1.5km Walk (7.11.49)
31. Mark Hanrahan, Ennis Track A.C. – Boys U/17 1500m (4.08.63)
32. Mark Carroll, Templemore A.C. – Boys U/17 Long Jump (5.89m)
33. Kylie Heinan, Ferrybank A.C. – Girls U/18 High Jump (1.66m)
34. Anna Ryan, Moycarkey Coolcree A.C. – Girls U/18 Pole Vault (3.10m)
35. Chisom Ugwuere, Ennis Track A.C. – Girls U/18 Triple Jump (10.54m)
36. Dior Lawal, Dooneen A.C. – Boys U/18 60m (6.96)
37. Cillian Griffin, Tralee Harriers A.C. – Boys U/18 200m (22.61)
38. Cillian Griffin, Tralee Harriers A.C. – Boys U/18 Long Jump (6.27m)
39. Adam Turner, Belgooly A.C. – Boys U/18 Triple Jump (13.25m)
40. Alyce O'Connor, Kenmare A.C. – Girls U/19 1500m (4.46.54)
41. Emma Coffey, Carraig na BhFear A.C. – Girls U/19 Pole Vault (3.00m)
42. Emily O'Mahony, Waterford A.C. – Girls U/19 Triple Jump (11.28m)
43. Aaron Malik, St. Brendan's A.C. Killarney – Boys U/19 60mH (9.29)
44. Jake Bagge, Ferrybank A.C. – Boys U/19 1500m (4.07.34)
45. Ben Deasy, Ennis Track A.C. – Boys U/19 400m (52.00)

46. Jake Bagge, Ferrybank A.C. – Boys U/19 800m (1.53.61)
47. Sam O'Neill, West Waterford A.C. – Boys U/19 Pole Vault (3.80m)
48. Joseph McEvoy, Nenagh Olympic A.C. – Boys U/19 High Jump (1.95m)
49. Luke O'Carroll, Tralee Harriers A.C. – Boys U/19 Long Jump (6.50m)



Bronze medals were won by:-

1. Evan Crimmins, Ennis Track A.C. – Boys U/12 Long Jump (4.29m)
2. Fatimo Amusa, Leevale A.C. – Girls U/14 60m (8.14)
3. Lucy Lynch, Carraig na BhFear A.C. – Girls U/13 High Jump (1.45m)
4. Orla O'Shaughnessy, Dooneen A.C. – Girls U/13 Long Jump (4.40m)
5. Ceola Bergin, Templemore A.C. - Girls U/14 Shot Putt (11.45m)
6. Jayden Carmody, Dooneen A.C. – Boys U/14 60m (7.84)
7. Ben Walsh, Youghal A.C. – Boys U/14 Shot Putt (12.10m)
8. Grace Rooney, Youghal A.C. – Girls U/15 60mH (9.37)
9. Sean Carmody, Leevale A.C. – Boys U/15 60mH (9.27)
10. Sam O'Sullivan, Clonmel A.C. – Boys U/15 1km Walk (5.16.45)
11. Timmy Wilk, Ballymore Cobh A.C. – Boys U/15 Long Jump (5.34m)
12. Ella Scott, Leevale A.C. – Girls U/16 60mH (9.05)
13. Sarah Butler, Dooneen A.C. – Girls U/16 800m (2.17.96)
14. Katie Nolke, Ferrybank A.C. – Girls U/16 Long Jump (5.09m)
15. Katie Nolke, Ferrybank A.C. – Girls U/16 High Jump (1.64m)
16. Ciara Neff, Leevale A.C. – Girls U/16 Pole Vault (2.20m)
17. Conor Callinan, Leevale A.C. – Boys U/16 60mH (8.49)
18. Noah McConway, St. Cronan's A.C. – Boys U/16 High Jump (1.80m)
19. Ben Connolly, Nenagh Olympic A.C. – Boys U/16 Pole Vault (3.20m)
20. Emily Wall, Leevale A.C. – Girls U/17 60mH (9.02)
21. James Ezeonu, Leevale A.C. – Boys U/17 60mH (8.75)
22. Samuel Judd, Midleton A.C. – Boys U/17 200m (23.76)
23. Jack Barnett, Templemore A.C. – Boys U/17 Shot Putt (11.96m)

24. Cillian Griffin, Tralee Harriers A.C. – Boys U/18 60m (7.02)
25. Jack McGrath, Leevale A.C. – Boys U/18 60mH (8.90)
26. Ryan McCraith, West Waterford A.C. – Boys U/18 Pole Vault (3.00m)
27. Daniel Greene, St. John's A.C. Clare - Boys U/18 High Jump (1.80m)
28. Wymin Sivakumar, Leevale A.C. – Boys U/18 Long Jump (6.23m)
29. Emily O'Mahony, Waterford A.C. – Girls U/19 60mH (9.64)
30. Miriam Daly, Carrick-On-Suir A.C. – Girls U/19 400m (56.49)
31. Laura Greene, St. John's A.C. Clare – Girls U/19 High Jump (1.35m)
32. Ryan O'Leary, Leevale A.C. – Boys U/19 60m (7.04)
33. Ryan O'Leary, Leevale A.C. – Boys U/19 200m (22.61)
34. Sean Carolan, Nenagh Olympic A.C. – Boys U/19 Long Jump (6.44m)
35. Ryan Duggan, Leevale A.C. – Boys U/19 Shot Putt (11.13m)



In the Relay competitions on Saturday 6th April, Munster Clubs won **14 sets of medals (7 gold, 2 silver & 5 bronze)**. **3** new CBP's were set by Dooneen A.C. in the Girls U/13 & Boys U/14 and Leevale A.C. in the Boys U/12. Details of medal winners below:-

Girls U/12 4 x 200m

- 3rd Dooneen A.C. (2.02.38)

Boys U/12 4 x 200m

- 1st Leevale A.C. (1.54.79) **(CBP – New event)**
- 3rd Templemore A.C. (2.00.09)

Girls U/13 4 x 200m

- 1st Dooneen A.C. (1.53.07) **CBP**

Boys U/13 4 x 200m

- 3rd Templemore A.C. (1.55.24)

Girls U/14 4 x 200m

- 1st Dooneen A.C. (1.49.65)
- 2nd Dooneen A.C. (1.50.96)
- 3rd Belgooly A.C. (1.52.39)

Boys U/14 4 x 200m

- 1st Dooneen A.C. (1.42.86) **CBP**

Girls U/15 4 x 200m

- 1st Dooneen A.C. (1.46.97)



Boys U/16 4 x 200m

- 2nd Nenagh Olympic A.C. (1.38.64)
- 3rd Leevale A.C. (1.39.60)

Girls U/16 4 x 200m

- 1st Dooneen A.C. (1.45.75)

Boys U/19 4 x 200m

- 1st Leevale A.C. (1.32.73)



May

13 New Records at Munster Championships

The Irish Life Health Munster Schools Track & Field Championships took place on Saturday 18th May 2019 in Cork I.T. Among the athletes who shone on the day were our **12 record breakers** (and one record equalled) with the oldest records to fall dating back to 1985 & 2004: -



1. **Conor Morey, PBC Cork** ran 10.55 in the Senior Boys 100m to better the record of 10.6 set by Michael Kelly, Borrisokane VS in 1985.

2. **Colin Doyle, Colaiste an Spioraid Naoimh** ran 21.80 in the Senior Boys 200m to equal the record set by Darren O'Donovan, Colaiste an Spioraid Naoimh in 2001.
3. **Darragh McElhinney Col Pobail Bantry** ran 3:49.42 in the Senior Boys 1500m to better the time of 3.50.54 set by Sean Tobin, High School, Clonmel in 2013.
4. **Laura Nicholson, Bandon Grammar School** ran a record of 9:45.97 in the Senior Girls 3000m to smash the time of 10.05.57 set Rhona Pierce, St. Angela's Cork in 2015.
5. **Mercy Mount Hawk** Senior Girl's 4 x 300m team ran 2:54.69 to better their own record of 2.56.56 set in 2018.
6. **Aimee Hayde, St Mary's S S Newport** ran 2:07.74 in the Inter Girls 800m to better her own record of 2.11.61 set in 2018.
7. **Nicola Tuthill, Col na Toibhirte Bandon** threw 57.06 in the Inter Girls Hammer to smash the record of 50.34m set by Tirna Ni Chathail, Pobalscoil na Trionoide 2018.
8. **Orla Coffey, St Angela's Cork** jumped 3.40 in the Inter Girls Pole Vault to better her sister, Emma's record of 3.20m set in 2016.
9. **Ciara Sheehy, St. Mary's Charleville** threw 14.76m in the Inter Girls Shot Putt to better her own record of 14.35m set in 2018.
10. **Ailbhe O'Neil, St Marys Nenagh** ran 5:17.97 in the Girls U/16 Mile to better the time of 5.20.05 set by Una O'Brien, Waterpark College set in 2018.
11. **Geoffrey Joy O'Regan, John the Baptist CS** jumped 1.90m in the Junior Boys High Jump to smash the mark of 1.76m set by Ben O'Donovan, Middleton College.
12. **Ella Scott, Christ King Cork** ran 11.13 in the Junior Girls 75mH to smash the time of 11.48 set by Kalyn Sheehan, Ursuline Waterford in 2004.
13. **Nicole Dinan, St Angela's Cork** ran 2:16.00 in the Minor Girls 800m to better the time of 2.17.88 set by Sarah Butler, Laurel Hill SS in 2018.





Double gold medal winners were:-

- Okwu Backari, Ashton College (Minor Girls 75mH & Long Jump)
- Ava Rochford, Rice College Ennis (Minor Girls Shot Putt & Junior Girls High Jump)
- Ella Jenks, Colaiste Mhuire Buttevant (Junior Girls 100m & 200m);
- Tadhg Connolly, Abbey CC (Junior Boys 1500m & Discus);
- Conor Callinan, Colaiste an Chroi Naofa (Junior Boys 80mH & Pole Vault);
- Chisom Ugwuere, St. Flannan's College (Inter Girls 80mH & Triple Jump);
- Aimee Hayde, St. Mary's Newport (Inter Girls 800m & 1500m);
- Adam Turner, Colaiste Christ Ri (Inter Boys Long Jump & Triple Jump);
- Ricky Carroll, St. Colman's Fermoy (1st Inter Boys Hammer & Discus);
- Orla O'Reilly, Mercy Mount Hawk (Senior Girls 100m & 200m);
- Sean Mockler, CBS Thurles (Senior Boys Hammer & Discus);
- Joseph McEvoy, St. Anne's Killaloe (Senior Boys 110mH & High Jump);



Other multiple medal winners were: -

- Victoria Amiadamen, Castletroy College (gold in Minor Girls 100m & silver in LJ);
- Josh Boland, Crescent Comprehensive (gold in Minor Boys 75mH & 3rd in 100m);
- Max O'Reilly, Carrigaline CS (2nd in Minor Boys 75mH & Long Jump);
- Grace Rooney, St. Mary's Midleton (2nd in Junior Girls 100m & 200m)
- Ella Scott, Christ King Cork (gold in Junior Girls 75mH & 3rd in 100m);
- Lily O'Riordan, St. Angela's Cork (gold in Junior Girls Javelin & 2nd 75mH);
- Leah Parker, St. Aloysius Carrigtwohill (gold Junior Girls Hammer & 2nd Discus);
- Kotryna Pacerinskaite, Presentation Mitchelstown (gold in Junior Girls Shot Putt & silver in Hammer);
- Grace Fitzgerald, St. Anne's Tipp Town (gold in Junior Girls Triple Jump & 3rd in Long Jump);
- Darragh Looney, St. Brendan's Killarney (gold in Junior Boys Long Jump & 3rd in 100m);
- Laura Frawley, St. Mary's Charleville (gold in Inter Girls Long Jump & 2nd in 80mH);
- Katie Nolke, Ursuline Waterford (2nd in Inter Girls High Jump & 3rd in Long Jump);
- Megan Lenihan, Hazelwood College (1st in Inter Girls Discus & 2nd in Shot Putt);
- Katelyn Reid, PS Chorca Dhuibhne (2nd Inter Girls Javelin & 3rd in Discus);
- Lucy Sleeman, Col Choilm Ballincollig (1st Inter Girls 100m & 3rd 80mH);
- Lauren McCourt, Bandon Grammer (1st Inter Girls 200m & 3rd 100m);
- Rebecca Falvey, Mercy Mount Hawk (2nd Inter Girls 200m & Long Jump);
- Avril Cashman, PS na Trionoide (1st Inter Girls 1500m S/C & 3rd 1500m);
- Meabh O'Neill, MICC Dunmanway (1st Inter Girls 300m & 2nd in 1500m);
- Sean Mullarkey, CBS Dungarvan (1st Inter Boys Shot Putt & 3rd in Discus);
- Eoin Buenaventura, St. Augustine's College (2nd Inter Boys Pole Vault & 3rd in High Jump);
- Noah McConway, St. Flannan's College (2nd Inter Boys Walk & 3rd in Hammer);
- Dean McCarthy, Nagle CC Mahon (1st Inter Boys High Jump & 2nd in 40mH);
- Sean Riordan, Col an Phiarsaigh (2nd Inter Boys Discus & Shot Putt);
- Fionn Harrington, St. Brogan's Bandon (1st Inter Boys 1500m S/C & 3rd in 1500m);
- Mervyn Shalemba, Mercy Mount Hawk (1st Inter Boys 100m & 2nd in 200m);
- Diro Lawal, Castletroy College (1st Inter Boys 200m & 1st in 100m);
- Glory Wenegieme, Colaiste Muire Crosshaven (3rd in Inter Boys 100m & 200m);
- Niamh Foley, SMI Newcastle west (2nd Senior Girls 100m & 200m);
- Roseann Fitzgerald, Gaelcholaiste Cheitinn (1st Senior Girls 400m & 3rd in 200m);
- Fiona Hennessy, Presentation Thurles (2nd Senior Girls Shot Putt & 3rd in Hammer);
- Shanice Benson, St. Flannan's College (1st Senior Girls Shot Putt & 3rd in Discus);
- Emily O'Mahony, St. Augustine's College (2nd Senior Girls Triple Jump & 3rd in Long Jump);
- Aisling Cassidy, Bandon Grammer (1st Senior Girls Triple Jump & 2nd in Long Jump);
- Luke O'Carroll, Mercy Mount Hawk (3rd Senior Boys Long Jump & Triple Jump);
- Sean Carolan, St. Mary's Newport (2nd Senior Boys Long Jump & Shot Putt);
- Darragh Minitier, CBS Ennistymon (1st Senior Boys Long Jump & 2nd in 110mH);
- Jack Ryan, CBS Thurles (1st Senior Boys Shot Putt & 2nd in Discus);
- Gavin Kenny, Hamilton High School (2nd Senior Boys S/C & 3rd in 3rd in 1500m);
- Colin Doyle, Colaiste an Spioraid Naoimh (1st Senior Boys 200m & 2nd in 100m);
- Ryan O'Leary, Colaiste Christ Ri (2nd Senior Boys 200m & 3rd in 100m).

Cup Winners are listed below: -

	Senior Boys	(All)			Senior Girls	(All)
1st	CBS Thurles	16	1st		St Flannans	9
2nd	Mercy Mount Hawk	12	2nd		Mercy Mount Hawk	9
3rd	St Augustines	10	3rd		Bandon Grammar School	8
	Inter Boys	(All)			Inter Girls	(All)
1st	St Flannans	11	1st		Bandon Grammar School	12
2nd	Castletroy College	7	2nd		St Marys Charleville	10
3rd	St. Josephs Borriosleigh	6	3rd		Col Choilm Ballincollog	8
	St Colmans Fermoy	6				
	Col Christ Rí	6				
	Nagle CC Mahon	6				
					Junior Girls	
	Junior Boys	(All)				
1st	St Brendans Killarney	12	1st		CBS Thurles	16
2nd	Abbey CC	9	2nd		Mercy Mount Hawk	12
3rd	Col an Chroi Naofa	6	3rd		St Augustines	10
	St Flannans	6				
	CBS Thurles	6				
	Minor Boys	(All)			Minor Girls	(All)
1st	Crescent College Comp SJ	7	1st		Regina Mundi	6
2nd	SMGS Blarney	4	2nd		Ashton	6
3rd	Carrigaline C.S	4	3rd		Castletroy College	5

Full results can be found at www.munsterschoolsathletics.org.

35 New Munster Records

The Munster U/9 to U/19 Track & Field Championships took place over 4 days in Cork I.T., Templemore, Co. Tipperary and Castleisland, Co. Kerry. There were lots of exciting performances with **35 new Championship Best Performances** ("CBP") set over the Championships.

CBP's are as follows:-

1. Girls U/10 60m Sprint 8.90 2019 Alison Scully Leevale
2. Girls U/11 60m Sprint 8.79 2019 Destiny Lawal Dooneen
3. Girls U/11 Turbo Javelin 22.56m Maya Rossa Blackwater
4. Girls U/13 2km Walk (new event 2019) 12.52.09 2019 Lusai de Faoite Kenmare
5. Girls U/13 Pole Vault 1.80m 2019 Aisling Cussen Old Abbey
6. Girls U/14 75m Hurdles 11.73 2019 Okwu Backari Leevale
7. Girls U/14 Long Jump 5.28m 2019 Leah Moloney Dooneen A.C
8. Girls U/14 Pole Vault 2.25m 2019 Sorcha Kilgannon Youghal
9. Girls U/15 Pole Vault 2.71m 2019 Ava Rochford Ennis Track
10. Girls U/15 Shot Putt (2.72kg) 13.35m 2019 Kotryna Pacerinskaite Fanahan McSweeney
11. Girls U/15 Hammer (2.5kg) 45.75m 2019 Kotryna Pacerinskaite Fanahan McSweeney
12. Girls U/16 800m 2.14.71 2019 Maeve O'Neill Doheny
13. Girls U/16 3000m 10.46.30 2019 Neasa Nì Ainiféin Ennis Track A.C.

14. Girls U/16 Long Jump 5.65m 2019 Laura Frawley St. Mary's LK
15. Girls U/17 3000m 10.51.82 2019 Holly Carroll Blarney Inniscara
16. Girls U/17 Hammer (3kg) 57.49m 2019 Nicola Tuthill Bandon
17. Girls U/18 Pole Vault 3.45m 2019 Orla Coffey Carraig na BhFear
18. Girls U/18 Shot Putt (3kg) 15.10m 2019 Ciara Sheehy Emerald
19. Girls U/18 Hammer (3kg) 57.75m 2019 Ciara Sheehy Emerald
20. Girls U/19 Triple Jump 11.38m 2019 Aisling Cassidy Leevale
21. Girls U/19 Javelin (600gr) 42.37m 2019 Katie Moynihan Leevale
22. Boys U/10 500m 1.27.47 2019 Jos Keating Belgooly
23. Boys U/12 60m Sprint 8.34 2019 Ryan Onoh Leevale
24. Boys U/12 Long Jump 4.88m 2019 Ryan Onoh Leevale
25. Boys U/12 Shot Putt (2kg) 11.27m 2019 Jayden Umeh Leevale
26. Boys U/12 Turbo Javelin (300gr) 30.72m 2019 Lewis Lenihan Bandon
27. Boys U/13 2km Walk (new event 2019) 12.37.90 2019 Eoghan O'Callaghan Bandon
28. Boys U/13 Pole Vault 1.80m 2019 Alex Neff Leevale
29. Boys U/14 75m Hurdles (2'6") 11.01 2019 John Cashman Leevale
30. Boys U/14 80m Sprint 9.70 2019 John Cashman Leevale
31. Boys U/14 200m 24.39 2019 John Cashman Leevale
32. Boys U/16 250m Hurdles (2'6") 32.65 2019 Harry Nevin Leevale
33. Boys U/16 High Jump 1.93m 2019 Geoffrey Joy O'Regan Sunhill Harriers
34. Boys U/18 Triple Jump 13.79m 2019 Wymin Sivakumar Leevale
35. Boys U/19 100m Sprint 11.14 2019 Ryan O'Leary Leevale

June

43 Schools Titles for Munster Athletes



The Irish Life Health Irish Schools Track & Field Championships took place in Tullamore Stadium on Saturday 1st June 2019. Munster athletes were in fine form winning **41** individual Schools titles, **32** silver medals & **34** bronze & **5** sets of Relay medals (2 gold, 2 silver & 1 bronze). Munster Schools won two schools cups on the day with **St. Mary's Charleville** winning best Intermediate Girls School and **CBS Thurles** winning the President's Shield for 2nd Senior Boys School.



Munster had **6** Record breaking performances and one equalled from its athletes: -

1. **Ella Scott, Christ King Cork** ran 10.86 in the Junior Girls 75mH to better the existing ET Record of 11.41 set by Kayln Sheehan, Ursuline Waterford in 2004.
2. **Jodie McGrath, St. Mary's Nenagh** vaulted 3.00m in the Junior Girls Pole Vault to better the Meet record of 2.92m set by Anna Ryan, Ursuline Thurles set in 2017.
3. **Geoffrey Joy O'Regan, John the Baptist CS** jumped 1.96m in the Junior Boys High Jump to better the Meet record of 1.90m set by Raymond McLoughlin, St. Mary's Boyle in 1976.
4. **Conor Callinan, Colaiste an Chroi Naofa** jumped 3.85m in the Junior Boys Pole Vault to better the Meet record of 3.70m set by Neil Young, R.B.A.I. in 1991.
5. **Mervyn Shalemba, Mercy Mount Hawk** equalled the ET Record of 10.92 held by Zac Irwin, Sligo GS in the Inter Boys 100m.
6. **Aimee Hayde, St. Mary's Newport** ran 2.09.80 in the Inter Girls 800m to better the existing Meet record of 2.10.27 set by Siofra Cleirigh Buttner, Col Iosagain set in 2012.
7. **Orla Coffey, St. Angela's Cork** jumped 3.61m in the Inter Girls Pole Vault to better the Meet record of 3.60m set by Ellie McCarthy, Belfast HS set in 2016.



Our double individual medal winners were:-

Okwu Backari, Ashton College (gold in Minor Girls 75mH & Long Jump); **Conor Callinan, Colaiste an Chroi Naofa** (gold in Junior Boyd 75mH & Pole Vault); **Tadhg Connolly, Abbey CC** (gold in Junior Boys Discus & 1500m); **Aimee Hayde, St. Mary's Newport** (gold in Inter Girls 800m & 1500m); **Mervyn Shalemba, Mercy Mount Hawk** (gold in Inter Boys 100m & 200m & 4 x 100m); **Sean Mockler, CBS Thurles** (gold in Senior Boys Hammer & Discus); **Ava Rochford, Rice College Ennis** (gold in Minor Girls Shot Putt & silver in Junior Girls High Jump); **Ella Jenks, Colaiste Mhuire Buttevant** (gold in Junior Girls 100m & silver in 200m); **Kotryna Pacerinskaite, Presentation Mitchelstown** (gold in Junior Girls Shot Putt & silver in Hammer); **Ciara Sheehy, St. Mary's Charleville** (gold in Inter Girls Hammer & silver in Shot Putt); **Aisling Cassidy, Bandon Grammer** (gold in Senior Girls Triple Jump & bronze in Long Jump); **Jack Ryan, CBS Thurles** (gold in Senior Boys Shot Putt & bronze in Discus); **Victoria Amiadamen, Castletroy College** (silver in Minor Girls 100m & Long Jump); **Adam Turner, Colaiste Christ Ri** (silver in Inter Boys Long Jump & bronze in Triple Jump) & **Lily O'Riordan, St. Angela's Cork** (bronze in Junior Girls 75mH & Javelin);



Munster medal winners are below: -

Gold medals

1. Okwu Backari, Ashton College – Minor Girls 75mH (11.32)
2. Okwu Backari, Ashton College – Minor Girls Long Jump (5.20m)
3. Ava Rochford, Rice College Ennis – Minor Girls Shot Putt (11.42m)
4. Yeshuah O’Brien, St. Anne’s Killaloe – Minor Boys Long Jump (5.36m)
5. Michelle Ugwah, SMGS Blarney – Junior Girls Long Jump (5.48m)
6. Ella Jenks, Colaiste Mhuire Buttevant – Junior Girls 100m (12.42)
7. Ella Scott, Christ King Cork – Junior Girls 75mH (10.86) **ET REC**
8. Kotryna Pacerinskaite, Presentation Mitchelstown - Junior Girls Shot Putt (13.38m)
9. Sophie Crowley, Newtown School – Junior Girls High Jump (1.64m)
10. Jodie McGrath, St. Mary’s Nenagh – Junior Girls Pole Vault (3.00m) **MEET REC**
11. Geoffrey Joy O’Regan, John the Baptist Hospital – Junior Boys High Jump (1.96m) **MEET REC**
12. Conor Callinan, Colaiste an Chroi Naofa – Junior Boys 75mH (11.35)

13. Conor Callinan, Colaiste an Chroi Naofa – Junior Boys Pole Vault (3.85m) **MEET REC**
14. Callum Keating, Hazelwood College – Junior Boys Shot Putt (15.61m)
15. Sam O’Sullivan, Rockwell College – Junior Boys 1200m Walk (5.44.61)
16. Tadgh Connolly, Abbey CC – Junior Boys Discus (43.72m)
17. Tadgh Connolly, Abbey CC – Junior Boys 1500m (4.19.13)
18. Mervyn Shalemba, Mercy Mount Hawk – Inter Boys 100m (10.92) = **ET REC**
19. Mervyn Shalemba, Mercy Mount Hawk – Inter Boys 200m (22.08)
20. Matteo Mary, St. Declan’s Kilmacthomas – Inter Boys 1500m (4.05.29)
21. Adam O’Dwyer, Thurles CBS – Inter Boys Pole Vault (3.80m)
22. Dillon Ryan, Thurles CBS – Inter Boys Triple Jump (13.43m)
23. Aimee Hayde, St. Mary’s Newport – Inter Girls 800m (2.09.80) **MEET REC**
24. Aimee Hayde, St. Mary’s Newport – Inter Girls 1500m (4.37.31)
25. Ciara Sheehy, St. Mary’s Charleville – Inter Girls Hammer (57.04m)
26. Megan Lenihan, Hazelwood College – Inter Girls Discus (34.75m)
27. Aoife O’Sullivan, St. Mary’s Mallow – Inter Girls High Jump (1.65m)
28. Laura Frawley, St. Mary’s Charleville – Inter Girls Long Jump (5.87m)
29. Orla Coffey, St. Angela’s Cork – Inter Girls Pole Vault (3.61m) **MEET REC**
30. Ailbhe O’Neill, St. Mary’s Nenagh – Girls U/16 Mile (5.20.53)
31. Niamh O’Mahony, Presentation Tralee – Inter Girls 3km (10.14.98)
32. Ciara Kennelly, St. Brigid’s Killarney – Senior Girls High Jump (1.65m)
33. Jack Ryan, Thurles CBS – Senior Boys Shot Putt (14.41m)
34. Sophie Meredith, SMI Newcastlewest – Senior Girls Long Jump (6.08m)
35. Aisling Cassidy, Bandon Grammer – Senior Girls Triple Jump (11.41m)
36. Jo Keane, St. Flannan’s Ennis – Senior Girls 800m (2.09.88)
37. Darragh McElhinney, Colaiste Phobal Bantry – Senior Boys 1500m (3.52.38)
38. Frank O’Brien, Midleton CBS – Senior Boys 2km Steeplechase (6.01.69)
39. Sean Mockler, CBS Thurles – Senior Boys Hammer (66.48m)
40. Sean Mockler, CBS Thurles – Senior Boys Discus (45.25m)
41. Luke O’Carroll, Mercy Mount Hawk – Senior Boys Long Jump (7.27m)





Silver medals

1. Victoria Amiadamen, Castletroy College – Minor Girls 100m (12.77)
2. Victoria Amiadamen, Castletroy College – Minor Girls Long Jump (5.12m)
3. Nicole Dinan, St. Angela's Cork – Minor Girls 800m (2.15.43)
4. Dennis Dickson, Crescent College Comp – Minor Boys 100m (12.10)
5. Josh Boland, Crescent College Comp – Minor Boys 75mH (11.28)
6. Dara Kennedy, St. Mary's Newport – Minor Boys 800m (2.08.89)
7. Grace Rooney, St. Mary's Midleton – Junior Girls 100m (12.43)
8. Ella Jenks, Colaiste Mhuire Buttevant – Junior Girls 200m (25.51)
9. Leah Parker, St. Aloysius Carrigtwohill – Junior Girls Discus (30.32m)
10. Kotryna Pacerinskaite, Presentation Mitchelstown – Junior Girls Hammer (45.54m)
11. Ava Rochford, Rice College Ennis – Junior Girls High Jump (1.61m)
12. John O'Connor, St. Patrick's Castleisland – Junior Boys 200m (23.79)
13. Sean Kavanagh, St. Colman's Midleton – Junior Boys High Jump (1.83m)
14. Kyle Ettou, Colaiste an Chraoibhinn – Junior Boys Long Jump (5.84m)
15. Fionn Harrington, St. Brogan's Bandon – Inter Boys Steeplechase (4.40.76)
16. Callum Hurley, Ardscoil na Mara – Inter Boys 800m (1.57.96)
17. Adam Turner, Colaiste Christ Ri – Inter Boys Long Jump (6.72m)
18. Chisom Ugwuere, St. Flannan's Ennis – Inter Girls 80mH (11.72)
19. Nicola Tuthill, Colaiste na Toirbhirte Bandon – Inter Girls Hammer (55.56m)
20. Caitlin Kennedy, John the Baptist Hospital – Inter Girls High Jump (1.60m)
21. Leanne Healy, Colaiste Muire Ennis – Inter Girls Javelin (39.99)
22. Anna Ryan, Ursuline Thurles – Inter Girls Pole Vault (3.20m)
23. Ciara Sheehy, St. Mary's Charleville – Inter Girls Shot Putt (14.92m)
24. Holly Carroll, SMGS Blarney – Girls U/16 Mile (5.22.30)
25. Miriam Daly, Scoil Mhuire Carrick – Senior Girls 400mH (1.01.89)
26. Lucy Holmes, Ard Scoil na nDeise – Senior Girls 800m (2.13.21)
27. Katie Moynihan, Gaelcholaiste AG – Senior Girls Javelin (42.39m)
28. Conor Morey, PBC Cork – Senior Boys 100m (10.59)
29. Jake Vermeer, Comeragh College – Senior Boys 400mH (56.93)
30. Pdraig O'Callaghan, Colaiste Christ Ri – Senior Boys Hammer (52.75m)
31. Cathal Scanlon, St. Declan's Kilmacthomas – Senior Boys Javelin (49.59m)
32. Wymin Sivakumar, Colaiste an Spioraid Naoimh – Senior Boys Triple Jump (13.72m)



Bronze Medals

1. Marie Hynes-McLaughlin, Colaiste an Phiarsaigh – Minor Girls 800m (2.19.01)
2. Bobby Cook, SMGS Blarney – Minor Boys 100m (12.18)
3. Max O'Reilly, Carrigaline CS – Minor Boys 75mH (11.81)
4. Lily O'Riordan, St. Angela's Cork – Junior Girls 75mH (11.89)
5. Lily O'Riordan, St. Angela's Cork – Junior Girls Javelin (33.18m)
6. Eabha Crowley, Sacred Heart Clonakilty – Junior Girls Pole Vault (2.30m)
7. Sarah Butler, Laurel Hill – Junior Girls 800m (2.21.53)
8. Nikita McGrath, Borrisokane CS – Junior Girls Hammer (44.89m)
9. Ben Connolly, CBS Nenagh – Junior Boys Pole Vault (3.00m)
10. Pdraig McCarthy, St. Michael's Listowel – Junior Boys Shot Putt (12.59m)
11. Armand Schoeman, Colaiste Mhuire Co-Ed Thurles – Inter Boys 100mH (14.20)
12. Ciaran O'Muirhile, Gaelcholaiste Mhuire AG Cork – Inter Boys 2k Walk (9.46.97)
13. Jack O'Connor, Ard Scoil Ris – Inter Boys 400m (51.24)
14. Sean Riordan, Colaiste an Phiarsaigh – Inter Boys Discus (35.24m)
15. Diro Lawal, Castletroy College – Inter Boys 200m (22.13)
16. Azuolas Varnele, Colaiste Mhuire Co-Ed Thurles – Inter Boys Hammer (42.39m)
17. Lauren McCourt, Bandon Grammer – Inter Girls 200m (25.16)
18. Lorna O'Shea, Scoil Mhuire Carrick – Inter Girls 300mH (45.76)
19. Blessing Alamu, St. Mary's Midleton – Inter Girls Discus (31.78m)
20. Katie Nolke, Ursuline Waterford – Inter Girls High Jump (1.55m)
21. Adam Turner, Colaiste Chriost Ri – Inter Boys Triple Jump (13.20m)
22. Una Brice, Mount Mercy Cork – Inter Girls Pole Vault (3.10m)
23. Adam Kiely, CBC Cork – Boys U/16 Mile (4.39.27)
24. Alyce O'Connor, PS Inbhearsceine Kenmare – Senior Girls 1500m (4.48.79)
25. Rhona Randles, PS Inbhearsceine Kenmare – Senior Girls 1500m S/C (5.27.59)
26. Orla O'Reilly, Mercy Mount Hawk – Senior Girls 200m (25.12)
27. Leanne Cronin, Brookfield College – Senior Girls Hammer (33.15m)
28. Aisling Cassidy, Bandon Grammer – Senior Girls Long Jump (5.52m)
29. Martha Quain, Colaiste an Chroi Naofa – Senior Girls Discus (35.24m)
30. Gavin Kenny, Hamilton High School – Senior Boys 2k S/C (6.19.87)
31. Ryan O'Leary, Colaiste Chriost Ri – Senior Boys 200m (21.90)
32. Jack Ryan, CBS Thurles – Senior Boys Discus (41.97m)
33. Joseph McEvoy, St. Anne's Killaloe – Senior Boys High Jump (1.95m)

34. Sean Carolan, St. Mary's Newport – Senior Boys Shot Putt (14.14m)



Relay Results

- 1st - Mercy Mount Hawk Senior Boys 4 x 100m Relay (43.19)
- 1st - Crescent College Comprehensive – Minor Boys 4 x 100m (49.07)
- 2nd - Castletroy College – Inter Boys 4 x 100m (45.24)
- 2nd - Bandon Grammer Inter Girls 4 x 100m (50.50)
- 3rd - PBC Cork – Senior Boys 4 x 100m Relay (43.62)

Schools Rankings

Minor Girls

2nd Ashton College 18 points

3rd Castletroy College 14 points

Minor Boys

2nd Crescent College Comp 23 points

Junior Boys

2nd – Abbey CC 22 points

Intermediate Girls

1st – St. Mary's Charleville

Senior Boys

2nd CBS Thurles 38 points

Extract from AAI website

Super Sexton stars at schools' championships

POSTED: June 01 2019

Super Sexton stars at schools' championships

Aaron Sexton (Bangor GS) produced record-breaking performances to star at a high-class Irish Life Health All Ireland Schools' Track and Field Championships today (June 1st).

Sexton sealed a sizzling double in the senior boys' 100m and 200m in new record times of 10.43 (+1.9) and 20.69 (+1.4). This capped a stunning schools' career for Sexton who now heads the European U20 rankings for the 200m. The Ulster schoolboy will compete at the European U20 Athletics Championships in Boras, Sweden before playing professional rugby with Ulster.

The 122 event programme (full results [HERE](#)) produced a host of stunning performances with Sarah Healy (Holy Child Killiney) signing off her schools' career to win the senior girls' 3,000m in a new championship record of 9:24.52.

The walks got the track programme underway with Oisín Lane (Mercy Ballymahon) winning the senior boys' 3,000m race walk in 12:35.82.

Tony O'Connor (Naas CBS) more than made an impression in the senior boys' 400m hurdles winning in 53.02.

Deirdre Murray (St Joseph's Rochfortbridge) set a championship record in the senior girls' 400m hurdles of 60.03 – agonisingly close to a sub 60 second clocking.

Rhasidat Adeleke (Pres Terenure) headlined the intermediate girls' 100m and 200m winning gold in respective times of 11.69 and 24.29.

The senior girls' 100m saw Patience Jumbo-Gula (St Vincent's Dundalk) win in 11.81 with Lauren Cadden (Ursuline Sligo) settling for silver in 11.99. Cadden came back to win the 200m in 24.10 and anchored Ursuline Sligo to 4x300m relay gold in a new record of 2:50.85.

Mervyn Shalemba (Mercy Mount Hawk) won the intermediate boys' 100m in 10.92 and the 200m in 22.08 and stepped up to help Mercy Mount Hawk win the senior boys' 4x100m relay in 43.19.

Cian McPhillips (Moate CS) and Louis O'Loughlin (Moyle Park) had a great in the senior boys' 800m with O'Loughlin coming through for gold in 1:52.47. McPhillips ran out of legs in the last 20m 1:53.41

Aimee Hayde (St Mary's SS Newport) produced a brave run to win the intermediate girls' 800m in a new record of 2:09.80 and went on to win the 1500m in 4:37.31.

There were many intriguing doubles including Finn O'Neill (Limavady) winning the minor boys' 800m and 75m hurdles in new championship records of 2:05.32 and 11.19 seconds. Tadhg Connolly (Abbey CC) topped that with a rare junior boys' double in the discus with 43.72m and the 1500m in 4:19.13.

Darragh McElhinney (Col Pobal Bantrai) was a consummate winner of the senior boys' 1500m in 3:52.38 while Efreem Gidey (Le Cheile Tyrellstown) ran away from the field to win the senior boys' 5,000m in 14:45.35.

Davicia Patterson (Hunterhouse) took a classy victory in the senior girls' 400m in a new championship best of 53.35.

Multi-eventer Kate O'Connor (St Vincent's Dundalk) won the senior girls' high jump with 1.65m and the javelin in a new record of 48.17m.

Adrienne Gallen (St Columba's Stranorlar) won the junior girls' hammer in a new record of 57.24m.

Sophie Meredith (SMI Newcastlewest) won the senior girls' long jump with 6.08m, Emma Coffey (St Angelas Cork) in the intermediate girls' pole vault in a new championship best of 3.61m and Nelvin Appiah

(Moate CS) in the senior boys' high jump 2.10m. Luke O'Carroll (Mercy Mount Hawk) 7.26m .

Matthew Keenan Callinan (GC Ceatharlach) 4.52m record senior boys' pole vault. Conor Callinan (Col an Chraoi Naofa) broke Neil Young's (RBAI) intermediate boys' pole vault record which had stood since 1991 to win gold in 3.85m.

Success for Munster at Tailteann Interprovincial



It was a great day of athletics in Morton Stadium, Santry at the Irish Life Health Tailteann Interprovincial Schools Championships on Saturday 22nd June 2019. Munster athletes competed very well with the Girl's team finishing in 2nd place on 90 points behind Leinster (99.5 pts) and our Boys finishing 3rd with 81 pts behind Leinster in 1st (116 pts) & Ulster in 2nd place (92pts). Our girls won **19** individual medals (5 gold, 8 silver & 6 bronze) with our boys winning **13** individual medals (3 gold, 4 silver & 6 bronze) bringing Munster's medal haul to a fine figure of 32 (8 gold, 12 silver & 12 bronze). Highlights of the day were excellent performances from **Ciara Sheehy, St. Mary's Charleville** who won double gold in the Girls Hammer and Shot Putt, **Adam Turner, Colaiste Christ Ri** who did the double in the Long Jump & Triple Jump, **Orla Coffey, St. Angela's College Cork** who set a new record of 3.50m in the Girl's Pole and our clean sweep of medals in the Girls Pole Vault (**Orla Coffey 1st, Una Brice, Mount Mercy Cork, 2nd & Jodie McGrath, St. Mary's Nenagh 3rd**) & the Girls High Jump (**Aoife O'Sullivan, St. Mary's Mallow 1st, Laura Frawley, St. Mary's Charleville 2nd & Katie Nolke, Ursuline Waterford 3rd**).

Our medal winners were:-

Gold

1. Emily Wall, Colaiste Choilm Ballincollig – 300mH (44.73)
2. Ciara Sheehy, St. Mary's Charleville – Shot Putt (15.54m)
3. Ciara Sheehy, St. Mary's Charleville – Hammer (57.66m)
4. Aoife O'Sullivan, St. Mary's Mallow – High Jump (1.75m)
5. Orla Coffey, St. Angela's Cork – Pole Vault (3.50m) **CBP**
6. Adam Turner, Colaiste Christ Ri – Long Jump (6.66m)

7. Adam Turner, Colaiste Christ Ri – Triple Jump (13.11m)
8. Conor Callinan, Colaiste an Chroi Naofa – Pole Vault (3.75m)

Silver

1. Harry Nevin, Rochestown College – 400mH (55.69)
2. Chisom Ugweru, St. Flannan's College Ennis – 80mH (11.86)
3. Maeve O'Neill, MICC Dunmanway – 800m (2.15.35)
4. Lauren McCourt, Bandon Grammer – 200m (24.97)
5. Sean Kavanagh, St. Colman's Fermoy – High Jump (1.80m)
6. Laura Frawley, St. Mary's Charleville – High Jump (1.70m)
7. Una Brice, Mount Mercy Cork – Pole Vault (2.90m)
8. Sean O'Riordan, Col an Phiarsaigh – Discus (35.98m)
9. Azuolas Varnele, Colaiste Mhuire Co-Ed Thurles – Hammer (49.70m)
10. Megan Lenihan, Hazelwood College – Discus (36.80m)
11. Nicola Tuthill, Colaiste na Toirbhirte Bandon – Hammer (51.50m)
12. Leanne Healy, Colaiste Muire Ennis – Javelin (42.75m)
13. Boys 4 x 400m Relay (3.34.39)
14. Girls 4 x 300m Relay (2.48.49)



Lauren McCourt, Bandon Grammer, 2nd in Girls 200m



Chisom Ugweru, St. Flannan's Ennis, 2nd in the Girl's 80mH

Bronze

1. Matteo Mary, St. Declan's Kilmacthomas – 1500m (4.05.17)
2. Mark Hanrahan, St. Flannan's Ennis – 3000m (9.00.94)
3. Ted Collins, Glenstal Abbey School – 800m (2.00.07)

4. Jack O'Connor, Ard Scoil Ris – 400m (51.30)
5. Stacey Komolafe, Bandon Grammer – 300m (41.22)
6. Eoin Buenaventura, St. Augustine's College – Pole Vault (3.00m)
7. Dillon Ryan, CBS Thurles – Triple Jump (12.93m)
8. Katie Nolke, Ursuline Waterford – High Jump (1.60m)
9. Laura Frawley, St. Mary's Charleville – Long Jump (5.55m)
10. Jodie McGrath, St. Mary's Nenagh – Pole Vault (2.90m)
11. Chisom Ugwuere, St. Flannan's Ennis – Triple Jump (11.03m)
12. Katelyn Reid, Pobalscoil Chorca Dhuibhne – Javelin (35.46m)
13. Boys 4 x 100m Relay (44.26)
14. Girls 4 x 100m Relay (48.87)



Bronze medallist, Chisom Ugwuere in the Girl's Triple Jump



Holly Umeh, Christ King Cork competing in the Girls Shot Putt



James Ezeonu, Midleton College competing in the Boys 200m where he finished in 4th place

National Combined Events Titles for Munster



Munster athletes competed very well at the Irish Life Health National Combined Events Championships in Morton Stadium on Saturday 22nd & Sunday 23rd June 2019 bringing home 7 medals in total (5 gold, 1 silver & 1 bronze). There were gold medal wins for **Hannah Falvey, Belgooly A.C.** in the Girls U/14 competition (2904 points), **Ava Rochford, Ennis Track A.C.** in the Girls U/15 (3223 points), **Laura Frawley, St. Mary's A.C. Limerick** in the Girls U/16 (3257 points), **Diarmuid O'Connor, Bandon A.C.** in the Youth Men's competition (6469 points) & **Aaron Malik, St. Brendan's A.C.** in the Junior Men (4616 points). **John Murphy, Liscarroll A.C.** won silver in the Boys U/14 competition (2936 points) with bronze for **Noah McConway, St. Cronan's A.C.** in the Boys U/16 (3221 points). 5th place finishes went to **Ella Chambers, Bandon A.C.** in the Girls U/15 (1149 points) and **Dylan Chambers, Bandon A.C.** in the Youth Men (3314 points).



Irish Life Health Team Games & U/12 & U/13 Events

The Irish Life Health National Juvenile Games and U/12 & U/13 T&F Championships were held in Tullamore Harriers Stadium on Saturday 29th June 2019. There were 30 sets of team medals won by Munster (15 gold, 10 silver and 5 bronze). In addition to this, Munster Clubs also took home 11 sets of Relay medals (4 gold & 4 silver & 3 bronze) as well as 17 individual medals in the U/12 & U/13 age categories.

In the U/12 & U/13 Field events competitions, Munster athletes were in good form taking home 17 medals in total (7 gold, 7 silver & 3 bronze). Our gold medal winners were **Ryan Onoh, Leevale A.C.** (Boys U/12 60m, High Jump and Long Jump), **Saoirse Dillon, Lios Tuathail A.C.** (Girls U/13 60m), **Orla McCallum, Fanahan McSweeney A.C.** (Girl U/12 High Jump), **Aoife Grimes, Limerick A.C.** (Girls U/13 Long Jump) & **Aoife Callan, Bandon A.C.** (Girls U/13 Turbo Javelin).

Silver medals were won by **Archie McNamara, Derg A.C.** (Boys U/12 600m), **Jaden Umeh, Leevale A.C.** (Boys U/12 Long Jump), **Andrew Lane, Bandon A.C.** (Boys U/12 Turbo Javelin), **Tally Collins, Lios Tuathail A.C.** (Girls U/13 Long Jump), **David Ebo, Midleton A.C.** (Boys U/13 60m), **Robert Olden, Midleton A.C.** (Boys U/13 High Jump) & **Lucy Lynch, Carraig na BhFear A.C.** (Girls U/13 High Jump),

Bronze medals were won by **Maeve Purtill, Dooneen A.C.** (Girls U/12 Long Jump), **Meabh Corkery, Midleton A.C.** (Girls U/12 High Jump) & **Kate Kingston, Skibbereen A.C.** (Girls U/13 Turbo Javelin).

Our medal winning U/9 to U/11 teams are below:-

Gold

1. Shane Murphy & John Feheny Bandon A.C. – Boys U/9 60m
2. Alanah Crowley & Ellie Coughlan Midleton A.C. – Girls U/9 60m
3. Alison Scully & Caoimhe Hennessy Leevale A.C – Girls U/10 60m
4. Seadna Ryan & Jonah Quinn St. Cronans A.C. – Boys U/9 300m
5. Nellie Bateman & Lucy McGuirk Belgooly A.C. – Girls U/9 Long Jump
6. Seadna Ryan & Joe McMahon St. Cronans A.C. – Boys U/9 Long Jump
7. Jos Keating & Shane Mee Belgooly A.C. – Boys U/10 60m
8. Daithi Ryan & Oran Duignan St. Cronans A.C. – Boys U/10 Long Jump

9. Dylan O Donovan & Sam Kingston Skibbereen A.C. – Boys U/10 Turbo Javelin
10. Destiny Lawal & Lily McMahon Dooneen A.C. – Girls U/11 60m
11. Faye Mannion & Sophie Maher, Ennis Track A.C. – Girls U/11 600m
12. Tiffany Nwaedozie & Freya Bateman Belgooly A.C – Girls U/11 Long Jump
13. Maya Rossa & Kate Fletcher O'Connor Blackwater A.C. – Girls U/11 Turbo Javelin
14. Samuel Akinsanya & Chucks Onyeka Belgooly A.C. – Boys U/11 60m
15. Steve Reidy & Odhran Buckley Lios Tuathail A.C. – Boys U/11 Long Jump

Silver

1. Nellie Bateman & Lucy McGuirk Belgooly A.C. – Girls U/9 60m
2. Alanah Crowley & Ellie Coughlan Midleton A.C – Girls U/9 Long Jump
3. Laura Coakley & Kayla Kennedy Skibbereen A.C. – Girls U/9 Turbo Javelin
4. Max Bramoulle & Eoghan Foley Doheny A.C. – Boys U/9 Turbo Javelin
5. Aisling Guinane & Emma McElwaine Bandon A.C. – Girls U/10 500m
6. Clodagh O'Hagan & Juliet Moroney Tulla A.C. – Girls U/10 Turbo Javelin
7. Sean Riordan & David Towey Jnr Fanahan Mc Sweeney A.C. – Boys U/10 500m
8. Clara Whelan & Emma O'Connell Liscarroll A.C. – Girls U/10 Long Jump
9. Tiffany Nwaedozie & Freya Bateman Belgooly A.C. – Girls U/11 60m
10. Destiny Lawal & Emma Pethos Dooneen A.C. – Girls U/11 600m

Bronze

1. Ruby Norris & Izabela Wielowska Carrick-on-Suir A.C. – Girls U/10 Long Jump
2. Eoin Tholand & Sean Riordan Fanahan Mc Sweeney A.C. – Boys U/10 60m
3. Colm Ryan & Rian Horgan Newport A.C. Boys U/11 600m
4. Oran Hegarty & David Towey Jnr Fanahan Mc Sweeney A.C. – Boys U/10 Long Jump
5. Holly Megan Flynn & Lorraine Coakley Skibbereen A.C. – Girls U/11 Turbo Javelin

In the Relay competitions, Munster took home 11 sets of medals. In the Girls U/9 4 x 100m, **Bandon A.C.** won silver with silver for **Carrick-On-Suir A.C.** in the Girls U/10 and in the Girls U/11 4 x 100m relay, there was gold for **Dooneen A.C.** & bronze for **Belgooly A.C.** **Finisk Valley A.C.** won silver in the Girls U/12 4 x 100m. In the Boys U/9 4 x 100m relay, there was gold for **St. Cronan's A.C.** with bronze for **Fanahan McSweeney A.C.** in the Boys U/10 4 x 100m and bronze for **Leevale A.C.** in the Boys U/11 4 x 100m. **Leevale A.C.** won gold in the Boys U/12 with silver for **Derg A.C.** while **Midleton A.C.** won gold in the Boys U/13 4 x 100m.

Munster Juvenile Quadrathlon & Pentathlon Championships

The Munster U/11 to U/16 Combined Events Championships were held on Sunday 30th June 2019 in Lee's Road, Ennis, Co. Clare. 56 athletes took part in total (35 boys and 21 girls)

Munster titles were won by Maya Rossa, Blackwater A.C. (Girls U/11), Isaac Vickers, Farranfore Maine Valley A.C. (Boys U/11), Roisin McManus, Midleton A.C. (Girls U/12), Niall Doyle, St. Cronan's A.C., Alexandra Ward, Ennis Track A.C. (Girls U/13), Sean Fennell, St. Mary's A.C. Clare, (Boys U/13), Aine Sheridan, Carraig na BhFear A.C. (Girls U/14), Matthew Conway, St. Cronan's A.C. (Boys U/14),

Harry Hamel, St. Cronan's A.C. (Boys U/15), Lisa Mooney, Borrisokane A.C. (Girls U/16) & Noah McConway, St. Cronan's A.C. (Boys U/16).

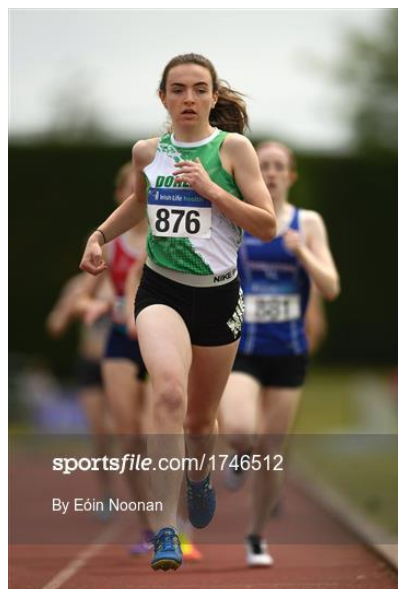
July

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 Sunday 7th July 2019 winning 58 medals in total which included 16 gold & national titles, 26 silver & 16 bronze & 3 new National records set by the athletes below:-

1. **Ciara Sheehy, Emerald A.C.** threw 58.38m in the Girls U/18 Hammer to break the 2016 record of 57.20m set by Lauren O'Keeffe, Donore Harriers A.C.
2. **Aimee Hayde, Newport A.C.** ran 2.10.99 to break the 2014 record of 2.12.11 set by Amy Hamill, Glaslough Harriers A.C.
3. **Geoffrey Joy O'Regan, Sunhill Harriers A.C.** jumped 1.95m in the Boys U/16 to better the mark of 1.94m set by Robbie Mars, City of Lisburn A.C. in 2014.



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

Gold medals

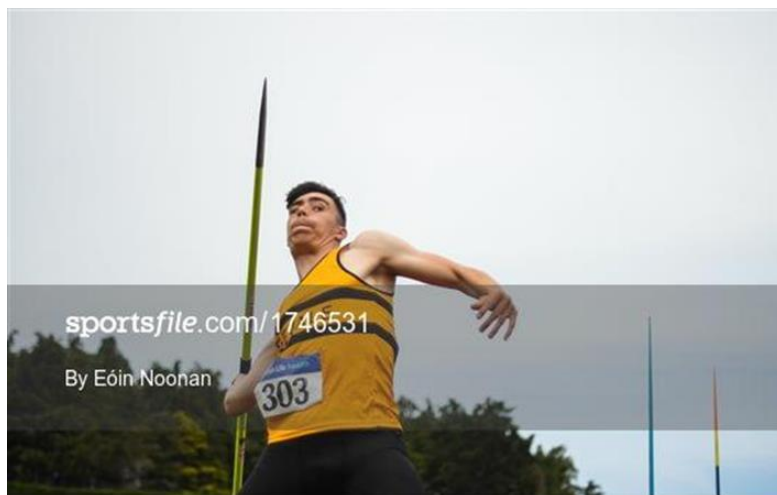
1. John Cashman, Leevale A.C. – Boys U/14 75mH (11.05)
2. Daire Culligan, Fergus A.C. – Boys U/14 800m (2.12.52)
3. Ava Rochford, Ennis Track A.C. – Girls U/15 80mH (12.49)
4. Ava Rochford, Ennis Track A.C. – Girls U/15 High Jump
5. Kotryna Pacerinskaite, Fanahan McSweeney A.C. – Girls U/15 Hammer (45.88m)
6. Maeve O'Neill, Doheny A.C. – Girls U/16 800m (2.15.02)
7. Laura Frawley, St. Mary's A.C. Limerick – Girls U/16 High Jump (1.64m)
- 8. Geoffrey Joy O'Regan, Sunhill Harriers A.C. – Boys U/16 High Jump (1.95m) CBP**
9. Aimee Hayde, Newport A.C. – Girls U/17 800m (2.10.99) **CBP**
10. Nicola Tuthill, Bandon A.C. – Girls U/17 Hammer (55.21m)
11. Dillon Ryan, Moycarkey Coolcree A.C. – Boys U/17 Triple Jump (13.36m)
12. Lucy Holmes, West Waterford A.C. – Girls U/18 800m (2.15.97)
- 13. Ciara Sheehy, Emerald A.C. – Girls U/18 Hammer (58.38) CBP**
14. Wymin Sivakumar, Leevale A.C. – Boys U/18 Triple Jump (13.34m)
15. Emily Myers, Waterford A.C. – Girls U/19 Hammer (32.46m)
16. Joseph McEvoy, Nenagh Olympic A.C. – Boys U/19 110mH (14.96)



Silver medals

1. Malachy McKenna, Emerald A.C. – Boys U/13 60mH (9.93)
2. Josh Boland, Dooneen A.C. – Boys U/14 75mH (11.50)
3. Okwu Backari, Leevale A.C. – Girls U/14 60mH 11.49
4. Averil Buckley, Finisk Valley A.C. – Girls U/14 Hammer (30.77m)
5. Maeve Fleming, Leevale A.C. – Girls U/14 High Jump (1.56m)
6. Shane Buckley, Dundrum A.C. – Boys U/14 800m (2.13.04)

7. Katie O’Keeffe, Leevale A.C. – Girls U/15 800m (2.19.04)
8. Victoria Adiadamen, Dooneen A.C. – Girls U/15 80mH (12.56)
9. Kaley Cozens, Templemore A.C. – Girls U/15 Hammer (36.82m)
10. Lucy May Sleeman, Leevale A.C. – Girls U/16 80mH (11.83)
11. Leah Parker, Midleton A.C. – Girls U/16 Hammer (43.71m)
12. Sophie Crowley, Waterford A.C. – Girls U/16 High Jump (1.61m)
13. Sean Kavanagh, Midleton A.C. – Boys U/16 High Jump (1.84m)
14. Emily Wall, Leevale A.C. – Girls U/17 100mH (15.50)
15. Ailbhe O’Neill, Nenagh Olympic A.C. – Girls U/17 800m (2.16.28)
16. Eadaoin Coady, Bandon A.C. – Girls U/17 Hammer (42.99m)
17. James Ezeonu, Leevale A.C. – Boys U/17 100mH (14.24)
18. Joe Ivory, Liscarroll A.C. – Boys U/17 Javelin (45.69m)
19. Jack McGrath, Leevale A.C. – Boys U/18 110mH (16.20)
20. Fionn Harrington, Durrus A.C. – Boys U/18 S/C (10.23.90)
21. Cathal Scanlon, Leevale A.C. – Boys U/18 Javelin (57.22m)
22. Adam Turner, Belgooly A.C. – Boys U/18 Triple Jump (
23. Hannah Burke, Waterford A.C. – Girls U/19 S/C (14.53.59)
24. Darragh Minitier, Nenagh Olympic A.C. – Boys U/19 110mH (15.29)
25. Jake Bagge, Ferrybank A.C. – Boys U/19 800m (1.56.22)
26. Michael Tony, Lios Tuathail A.C. – Boys U/19 Triple Jump (12.23m)



Bronze medals

1. Nicole Dinan, Leevale A.C. – Girls U/14 800m (2.15.90)
2. Eadaoin Towey, Fanahan McSweeney A.C. – Girls U/14 Hammer (29.69m)
3. Gavin Sweetman, Skibbereen A.C. – Boys U/14 800m (2.13.32)
4. Marie Hynes McLaughlin, Leevale A.C. – Girls U/15 800m (2.20.18)
5. Sarah Hosey, Dooneen A.C. – Girls U/16 800m (2.16.66)
6. Laura Frawley, St. Mary's A.C. Limerick – Girls U/16 80mH (12.28)
7. Nikita McGrath, Borriskane A.C. – Girls U/16 Hammer (40.51m)
8. Katie Nolke, Ferrybank A.C. – Girls U/16 High Jump (1.61m)
9. Colin Murphy, Leevale A.C. – Boys U/15 80mH (13.87)
10. Paula Igwe, Ferrybank A.C. – Girls U/17 100mH (15.74)
11. Niamh Foley, St. Mary's A.C. Limerick – Girls U/18 100mH
12. Sarah Lane, Nenagh Olympic A.C. – Girls U/18 800m (2.17.94)
13. Niamh Sugrue, Bandon A.C. – Girls U/18 Javelin (34.13m)
14. Shauna Ryan, Dooneen A.C. – Girls U/18 Triple Jump (10.32m)
15. Gavin Kenny, Bandon A.C. – Boys U/18 S/C (10.32.21)
16. Alyce O'Connor, Kenmare A.C. – Girls U/19 800m (2.21.68)

5 National Records for Munster Athletes



Munster athletes were in great form at Day 2 & 3 of the Irish Life Health National Juvenile Track & Field Championships in Tullamore on Saturday 13th & Sunday 14th July 2019. Munster clinched **153 medals in total which included 54 gold & national titles, 54 silver & 45 bronze & 5 new National records** set by the athletes below:-

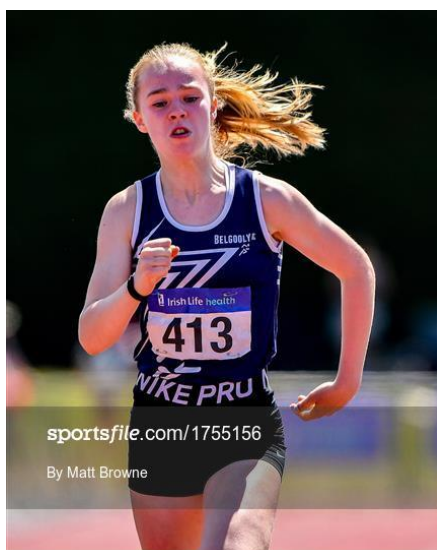
- **John Cashman, Leevale A.C.** ran 24.11 in the Boys U/14 200m to break the existing record of 24.35 set by Shay McIntosh, Ballymena & Antrim A.C. in 2006.
- **Laura Frawley, St. Mary's A.C. Limerick** jumped 5.96m in the Girls U/16 Long Jump to better the mark of 5.86m set by Elizabeth Morland, Cushinstown A.C. in 2013.
- **Una Brice, Leevale A.C.** jumped 3.16m in the Girls U/16 Pole Vault to break the 3.15m record set by Emma Coffey, Carraig na BhFear A.C. in 2016.

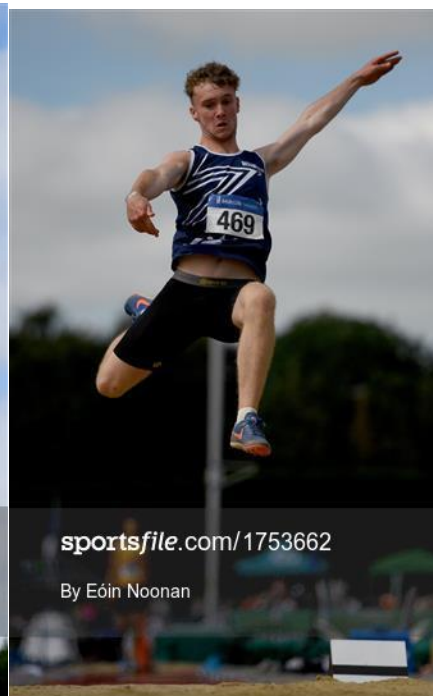
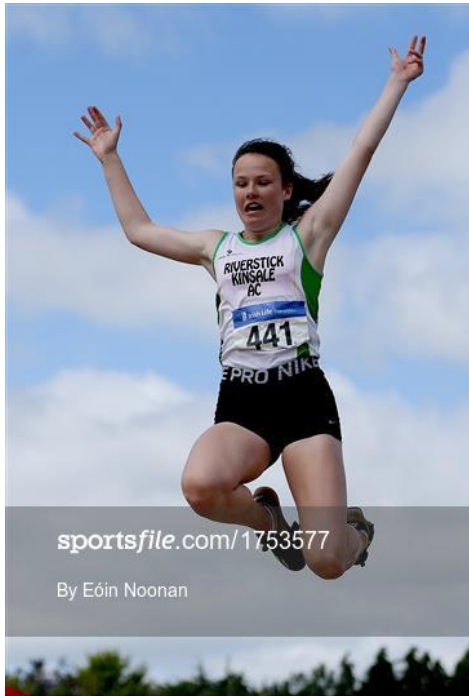
- **Conor Callinan, Leevale A.C.** jumped 4.01m in the Boys U/16 Pole Vault to better the mark of 4.00m set by Thomas Houlihan, West Waterford A.C. in 2007.
- **Orla Coffey, Carraig na BhFear A.C.** jumped 3.45m in the Girls U/18 Pole Vault to better the mark of 3.20m held jointly by Clodagh Walsh, Abbey Striders (2017) & Nikita Savage, Youghal A.C. (2009).

Gold medals

1. Ochrna Hurley, Carraig na BhFear A.C. – Girls U/14 2km Walk (11.18.70)
2. Hannah Falvey, Belgooly A.C. – Girls U/14 200m (26.27)
3. Hannah Falvey, Belgooly A.C. – Girls U/14 80m (10.28)
4. Okwu Backari, Leevale A.C. – Girls U/14 Long Jump (5.19m)
5. Shane Buckley, Dundrum A.C. – Boys U/14 1500m (4.29.28)
6. John Cashman, Leevale A.C. – Boys U/14 200m (24.11) **CBP**
7. Denis Matthews, Dooneen A.C. – Boys U/14 80m (9.73)
8. Corey Scanlon, Finisk Valley A.C. – Boys U/14 Discus (32.41m)
9. Corey Scanlon, Finisk Valley A.C. – Boys U/14 Hammer (45.87m)
10. Corey Scanlon, Finisk Valley A.C. – Boys U/14 Shot Putt (13.70m)
11. Cathal Ryan, Templemore A.C. – Boys U/14 High Jump (1.61m)
12. Victoria Amiadamen, Dooneen A.C. – Girls U/15 200m (26.05)
13. Katie O'Regan, Riverstick Kinsale A.C. – Girls U/15 Long Jump (5.23m)
14. Ava Rochford, Ennis Track A.C. – Girls U/15 Pole Vault (2.45m)
15. Kotryna Pacerinskaite, Fanahan McSweeney A.C. – Girls U/15 Shot Putt (13.56m)
16. Joel Joseph, Midleton A.C. – Boys U/15 100m (11.99)
17. Joel Joseph, Midleton A.C. – Boys U/15 Long Jump (5.49m)
18. Ronan O'Dwyer, Moycarkey Coolcree A.C. – Boys U/15 Pole Vault (2.80m)
19. Lucy May Sleeman, Leevale A.C. – Girls U/16 100m (12.51)
20. Maeve O'Neill, Doheny A.C. – Girls U/16 1500m (4.46.19)
21. Lorna O'Shea, Carrick-On-Suir A.C. – Girls U/16 250mH (35.63)
22. Maeve O'Connor, Waterford A.C. – Girls U/16 2km Walk (10.37.83)
23. Leanne Healy, Marian A.C. – Girls U/16 Javelin (38.92m)
24. Laura Frawley, St. Mary's A.C. Limerick – Girls U/16 Long Jump (5.96m) **CBP**
25. Una Brice, Leevale A.C. – Girls U/16 Pole Vault (3.16m) **CBP**
26. Kirby Ann Ryan, Tralee Harriers A.C. – Girls U/16 Shot Putt (11.26m)
27. Glory Wenegieme, Belgooly A.C. – Boys U/16 200m (22.77)
28. Aidan Burke, Waterford A.C. – Boys U/16 3km (9.26.97)
29. Danny Kelly, Belgooly A.C. – Boys U/16 Long Jump (6.20m)
30. Callum Keating, North Cork A.C. – Boys U/16 Shot Putt (15.33m)
31. Conor Callinan, Leevale A.C. – Boys U/16 Pole Vault (4.01m) **CBP**
32. Blessing Alamu, Midleton A.C. – Girls U/17 Discus (33.56m)
33. Aoife O'Sullivan, Lisscarroll A.C. – Girls U/17 High Jump (1.72m)
34. Sara Zia Buckley, Leevale A.C. – Girls U/17 Pole Vault (2.80m)
35. Mark Hanrahan, Ennis Track A.C. – Boys U/17 3km (9.08.05)
36. Sean O'Riordan, Midleton A.C. – Boys U/17 Discus (36.14m)
37. Lauren McCourt, Bandon A.C. – Girls U/18 200m (25.18)

38. Lucy Holmes, West Waterford A.C. – Girls U/18 1500m (4.45.88)
39. Niamh O'Mahoney, An Ríocht A.C. – Girls U/18 3km (10.20.86)
40. Ciara Sheehy, Emerald A.C. – Girls U/18 Discus (35.80m)
41. Kylie Heinen, Ferrybank A.C. – Girls U/18 High Jump (1.63m)
42. Orla Coffey, Carraig na BhFear A.C. – Girls U/18 Pole Vault (3.45m) **CBP**
43. Ciara Sheehy, Emerald A.C. – Girls U/18 Shot Putt (15.58m)
44. Dior Lawal, Dooneen A.C. – Boys U/18 200m (22.59)
45. Adam O'Dwyer, Moycarkey Coolcree A.C. – Boys U/18 Pole Vault (3.80m)
46. Adam Turner, Belgooly A.C. – Boys U/18 Long Jump (6.58m)
47. Miriam Daly, Carrick-On-Suir A.C. – Girls U/19 400mH (1.02.48)
48. Katie Moynihan, Leevale A.C. – Girls U/19 Javelin (41.70m)
49. Emily O'Mahony, Waterford A.C. – Girls U/19 Triple Jump (10.94m)
50. Sean Carolan, Nenagh Olympic A.C. – Boys U/19 Discus (42.68m)
51. Sean Carolan, Nenagh Olympic A.C. – Boys U/19 Hammer (50.00m)
52. Sean Carolan, Nenagh Olympic A.C. – Boys U/19 Shot Putt (14.61m)
53. Darragh Minitier, Nenagh Olympic A.C. – Boys U/19 Long Jump (6.90m)
54. Patrick Fitzgerald, West Waterford A.C. – Boys U/19 Pole Vault (3.60m)







Silver medals

1. Nicole Dinan, Leevale A.C. – Girls U/14 1500m (4.44.25)
2. Okwu Backari, Leevale A.C. – Girls U/14 80m (10.45)
3. Ceola Bergin, Templemore A.C. – Girls U/14 Discus (22.71m)
4. Ceola Bergin, Templemore A.C. – Girls U/14 Javelin (32.01m)
5. Leagh Moloney, Dooneen A.C. – Girls U/14 Long Jump (5.11m)
6. Briana Onoh, Leevale A.C. – Girls U/14 Shot Putt (11.78m)
7. John Cashman, Leevale A.C. – Boys U/14 80m (9.76)
8. Tom Feerick, Finisk Valley A.C. – Boys U/14 Discus (28.85m)
9. Donnacha Cantwell, Templemore A.C. – Boys U/14 Hammer (34.12m)
10. Katie O’Keeffe, Leevale A.C. – Girls U/15 1500m (4.49.58)
11. Ella Jenks, Leevale A.C. – Girls U/15 200m (26.50)
12. Eimear Galvin, St. Mary’s A.C. Limerick – Girls U/15 250mH (37.90)
13. Katie Kenneally, West Waterford A.C. – Girls U/15 Pole Vault (2.15m)
14. Lucy May Sleeman, Leevale A.C. – Girls U/15 200m (25.97)
15. Joel Joseph, Midleton A.C. – Boys U/15 200m (24.52)
16. Sam O’Sullivan, Clonmel A.C. – Boys U/15 2km Walk (10.45.63)
17. Grainne O’Connor, Clonmel A.C. – Girls U/16 2km Walk (10.52.06)
18. Jodie McGrath, Nenagh Olympic A.C. – Girls U/16 Pole Vault (2.90m)
19. Glory Wenegieme, Belgooly A.C. – Boys U/16 100m (11.66)
20. Aidan Burke, Waterford A.C. – Boys U/16 1500m (4.20.10)
21. Niall Murphy, Ennis Track A.C. – Boys U/16 3km (9.29.23)
22. Noah McConway, St. Cronan’s A.C. – Boys U/16 3km Walk (17.40.42)
23. Noah McConway, St. Cronan’s A.C. – Boys U/16 Discus (38.55m)
24. Noah McConway, St. Cronan’s A.C. – Boys U/16 Hammer (44.99m)
25. Ben Connolly, Nenagh Olympic A.C. – Boys U/16 Pole Vault (3.60m)
26. Holly Carroll, Blarney Inniscara A.C. – Girls U/17 3km (10.49.32)
27. Emily Wall, Leevale A.C. – Girls U/17 300mH (45.20)
28. Megan Lenihan, North Cork A.C. – Girls U/17 Discus (33.45m)
29. Samuel Judd, Midleton A.C. – Boys U/17 100m (11.46)
30. James Ezeonu, Leevale A.C. – Boys U/17 200m (22.76)

31. Ciaran Hurley, Carraig na BhFear A.C. – Boys U/17 3km Walk (15.22.42)
32. Azuolas Varnili, Templemore A.C. – Boys U/17 Hammer (49.71m)
33. Mark Carroll, Templemore A.C. – Boys U/17 Long Jump (5.89m)
34. Eoin Buenaventura, West Waterford A.C. – Boys U/17 Pole Vault (3.00m)
35. Anna Ryan, Moycarkey Coolcree A.C. – Girls U/18 High Jump (1.63m)
36. Anna Ryan, Moycarkey Coolcree A.C. – Girls U/18 Pole Vault (3.35m)
37. Sarah Lane, Nenagh Olympic A.C. – Girls U/18 1500m (4.47.78)
38. Dior Lawal, Dooneen A.C. – Boys U/18 100m (11.15)
39. James Kirkby, Leevale A.C. – Boys U/18 Discus (39.54m)
40. Daniel Greene, St. John's A.C. Clare – Boys U/18 High Jump (1.85m)
41. Cillian Griffin, Tralee Harriers A.C. – Boys U/18 Long Jump (6.49m)
42. Lauren O'Leary, Emerald A.C. – Girls U/19 100m (12.76)
43. Alyce O'Connor, Kenmare A.C. – Girls U/19 3km (10.29.02)
44. Fiona Doyle, Tralee Harriers A.C. – Girls U/19 400m (59.45)
45. Martha Quain, Carraig na BhFear A.C. – Girls U/19 Discus (35.11m)
46. Aisling Cassidy, Leevale A.C. – Girls U/19 Long Jump (5.54m)
47. Aisling Cassidy, Leevale A.C. – Girls U/19 Triple Jump (10.92m)
48. Jake Bagge, Ferrybank A.C. – Boys U/19 400m (50.39)
49. Darragh Minter, Nenagh Olympic A.C. – Boys U/19 Discus (39.96m)
50. Brian Naughton, Nenagh Olympic A.C. – Boys U/19 Hammer (46.14m)
51. Joseph McEvoy, Nenagh Olympic A.C. – Boys U/19 High Jump (1.95m)
52. Sean Carolan, Nenagh Olympic A.C. – Boys U/19 Long Jump (6.68m)
53. Jack Ryan, Moycarkey Coolcree A.C. – Boys U/19 Shot Putt (14.22m)
54. Sam O'Neill, West Waterford A.C. – Boys U/19 Pole Vault (3.60m)



Bronze medals

1. Fatimo Amusa, Leevale A.C. – Girls U/14 200m (26.97)

2. Danielle O’Riordan, Gneeveguilla A.C. – Girls U/14 Discus (21.24m)
3. Jade Barry, Carrick-On-Suir A.C. – Girls U/14 Javelin (29.82m)
4. Ceola Bergin, Templemore A.C. – Girls U/14 Shot Putt (11.71m)
5. Andrew Scanlon, Waterford A.C. – Boys U/14 Discus (28.00m)
6. Ryan Stephens, Waterford A.C. – Boys U/14 Hammer (32.34m)
7. Theo De Souza, Carraig na BhFear A.C. – Boys U/14 Long Jump (5.42m)
8. Robert Carney, Templemore A.C. – Boys U/14 Shot Putt (12.98m)
9. Ella Jenks, Leevale A.C. – Girls U/15 80m (12.68)
10. Selena O’Riordan, Midleton A.C. – Girls U/15 Javelin (35.31m)
11. Timmy Wilk, Ballymore Cobh A.C. – Boys U/15 100m (12.32)
12. Emmet O’Neill, Carrick-On-Suir A.C. – Boys U/15 Hammer (41.06m)
13. Max O’Reilly, Belgooly A.C. – Boys U/15 Long Jump (5.26m)
14. Eabha De Faoite, Kenmare A.C. – Girls U/16 2km Walk (11.17.36)
15. Lily O’Riordan, Carraig na BhFear A.C. – Girls U/16 Javelin (34.90m)
16. Katie Nolke, Ferrybank A.C. – Girls U/16 Long Jump (5.12m)
17. Alex Reynolds, Nenagh Olympic A.C. – Boys U/16 Discus (38.00m)
18. Jack Cullen, Bandon A.C. – Boys U/16 Javelin (43.06m)
19. Jack Cullen, Bandon A.C. – Boys U/16 Triple Jump (11.31m)
20. James Sage, Nenagh Olympic A.C. – Boys U/16 Long Jump (5.86m)
21. Katelyn Reid, An Ríocht A.C. – Girls U/17 Javelin (35.18m)
22. Blessing Alamu, Midleton A.C. – Girls U/17 Long Jump (5.27m)
23. Samuel Judd, Midleton A.C. – Boys U/17 200m (23.21)
24. Lauren McCourt, Bandon A.C. – Girls U/18 400m (58.21)
25. Anna Ryan, Moycarkey Coolcree A.C. – Girls U/18 Long Jump (5.24m)
26. Anna Ryan, Moycarkey Coolcree A.C. – Girls U/18 Shot Putt (11.80m)
27. Cillian Griffin, Tralee Harriers A.C. – Boys U/18 100m (11.41)
28. Cillian Griffin, Tralee Harriers A.C. – Boys U/18 200m (22.74)
29. Rory Prendeville, Emerald A.C. – Boys U/18 400m (51.7)
30. Sean Frawley, North Cork A.C. – Boys U/18 Hammer (51.10m)
31. Cathal Scanlon, Leevale A.C. – Boys U/18 High Jump (1.80m)
32. Wymin Sivakumar, Leevale A.C. – Boys U/18 Long Jump (6.34m)
33. Alyce O’Connor, Kenmare A.C. – Girls U/19 1500m (4.53.15)
34. Emma Caulfield, Waterford A.C. – Girls U/19 3k (10.45.61)
35. Roseann Fitzgerald, Carrick-On-Suir A.C. – Girls U/19 400m (59.57)
36. Fiona Doyle, Tralee Harriers A.C. – Girls U/19 High Jump (1.55m)
37. Rachel Lynch, Ballincollig A.C. – Girls U/19 Javelin (20.16m)
38. Fiona Hennessy, Templemore A.C. – Girls U/19 Shot Putt (9.32m)
39. Jake Bagge, Ferrybank A.C. – Boys U/19 1500m (4.06.04)
40. Marc Jones, Leevale A.C. – Boys U/19 200m (22.96)
41. Brian Lynch, Old Abbey A.C. – Boys U/19 Discus (36.62m)
42. Cormac Farrell, Waterford A.C. – Boys U/19 Hammer (38.35m)
43. Luke O’Carroll, Tralee Harriers A.C. – Boys U/19 Long Jump (6.62m)
44. Emmanuel Alamu, Midleton A.C. – Boys U/19 Shot Putt (10.06m)
45. Brian Lynch, Old Abbey A.C. – Boys U/19 Pole Vault (3.60m)

Medals for Munster at SIAB Schools International

Medals for Munster at SIAB Schools International The SIAB Schools U/17 Track & Field International took place in Swansea University, Wales on Saturday 20th July 2019 with 19 Munster athletes taking part & bringing home 3 individual medals in total (1 silver & 2 bronze), and 3 Relay medals (3 silver). Jack O'Connor, Ard Scoil Ris also won silver in the 100m Non-Scoring race on the day with a time of 11.75. There was silver for Orla Coffey, St. Angela's Cork in the Girls Pole Vault with 3.56m with bronze for Laura Frawley, St. Mary's Charleville in the Girls High Jump (1.71m) & Harry Nevin, Rochestown College in the Boys 400mH (57.35). 4th places were recorded by Lauren McCourt, Bandon Grammer in the Girls 200m (25.69), Matteo Mary, St. Declan's Kilmacthomas in the Boys 1500m (4.05.49), Adam Turner, Colaiste Christ Ri (Boys Triple Jump 12.93m), Laura Frawley (Girls Long Jump 5.85m), Megan Lenihan, Hazelwood College (Girls Shot Putt 12.21m), Nicola Tuthill, Colaiste na Toirbhirte Bandon (Girls Hammer 55.76m) & Conor Callinan, Colaiste an Chroi Naofa (Boys Pole Vault 3.96m). 5th places went to Azuolas Varnele, Colaiste Mhuire Co-Ed Thurles (Boys Hammer 48.21m), Adam Turner (Boys Long Jump 6.34m), Maeve O'Neill, MICC Dunmanway (Girls 800m 2.14.03) & Megan Lenihan (Girls Discus 36.82). In 6th place was Chisom Ugwuere, St. Flannan's College (Girls 80mH 12.17), Emily Wall, Colaiste Choilm Ballincollig (Girls 300mH 45.57), Leanne Healy, Colaiste Muire Ennis (Girls Javelin 37.77m) & Katie Nolke, Ursuline Waterford (Girls High Jump 1.61m). Mark Hanrahan, St. Flannan's College (Boys 3km 9.10.19) & Sean O'Riordan, Colaiste an Phiarsaigh (Boys Discus 38.41m) were 7th with an 8th place finish for Una Brice, Mount Mercy Cork (Girls Pole Vault 2.91m). In the Relay competitions, Lauren McCourt won a silver medal with the Girls 4 x 100m Relay team while Jack O'Connor, Ard Scoil Ris also won silver with the Boys 4 x 400m Relay with Emily Wall & Maeve O'Neill placing 4th in the Girl's 4 x 400m Relay.

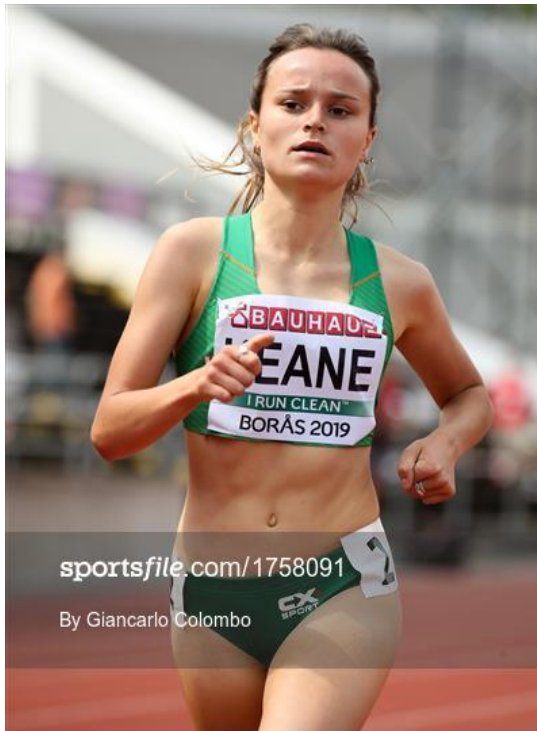
Brilliant Bronze for McElhinney @ European U20 T&F Championships



The European U/20 Track & Field Championships took place in Borås, Sweden from 18th to 21st July 2019. 8 athletes represented Munster on the Irish team – **Sophie O’Sullivan, Ballymore Cobh A.C. (800m), Jo Keane, Ennis Track A.C. (800m), Miriam Daly, Carrick-On-Suir A.C. (4 x 400m), Sean Mockler, Moycarkey Coolcree A.C. (Hammer), Darragh McElhinney, Bantry A.C. (5km), Conor Morey, Leevale A.C. (100m & 4 x 100m), David Ryan, Moycarkey Coolcree A.C. (4 x 400m) & Ryan O’Leary, Leevale A.C. (4 x 100m).**

Our only medal winner was **Darragh McElhinney** who won a brilliant bronze medal in the 5km. He took the lead with a kilometre to run and pushed the pace out front. He was passed with one lap to run but fought all the way to the finish to come home third in 14:06.05. The race was won by Spain’s Aaron Las Heras in 14:02.76. **Sophie O’Sullivan and Jo Keane** moved onto the 800m semi-finals after finishing 3rd in their respective heats. Sophie finished 8th in 2.11.53 with Jo also finishing 8th in the following race in 2.13.51 both just short of progressing to the final. **Conor Morey** bowed out after finishing seventh in his 100m semi-final in 10.71 while **Seán Mockler** threw 67.34m in hammer qualification to finished 18th between the two pools but didn’t advance to the final.





In the men's 4x100m heats, the Irish quartet of **Conor Morey**, Aaron Sexton, Michael Farrelly and David Murphy finished a fine fourth in 40.67, just edged out of a place in the final and finishing ninth overall.

Day 3 in the 4x400m relays, the Irish teams produced outstanding performances to advance to the finals. The women's quartet of Simone Lalor, **Miriam Daly**, Laura Nally and Rachel McCann smashed the Irish U20 record by three seconds when clocking 3:41.28 in their heat to finish fourth, enough to advance to the final on time. The men's quartet of Ciaran Carthy, Adam Hughes, Jack Raftery and

David Ryan qualified for the final after finishing third in their heat in 3:13.72. On the last day of the Championships, the Irish women's 4x400m team of Simone Lalor, **Miriam Daly**, Davicia Patterson and Rachel McCann had a magnificent run in the final to finish fifth, breaking the Irish U20 record with their time of 3:37.42. They were less than one third of a second off the bronze medal.

The Irish men's 4x400m team also acquitted themselves well in the final, the quartet of Ciaran Carthy, Adam Hughes, Jack Raftery and **David Ryan** finished sixth in 3:11.51, a season's best. Congrats to all our athletes, another step forward in their international careers.



20 National "B" Titles for Munster

The Irish Life Health National Juvenile "B" Track & Field Championships were held in Tullamore Harriers Stadium on Saturday 21st July 2019. Munster athletes were in fine form winning **44** individual medals in total (20 gold, 16 silver & 8 bronze) in the "B" Championships. In the Irish Life Health National Juvenile Club Relays, Munster teams came home with **15** sets of medals (5 gold, 7 silver & 3 bronze).

Our winners were:-

Gold

1. Girls U12 600m – Caoimhe Gray-Walsh, St. Nicholas A.C.
2. Girls U/12 Shot – Sarah McGinley, Templemore A.C.
3. Boys U/12 600m – Charlie Tobin, Newport A.C.
4. Girls U/13 60m – Alexandra Ward, Ennis Track A.C.
5. Girls U/13 High Jump – Caoimhe Byrne O'Connell, Kilmurray Ibrickane A.C.
6. Girls U/13 Long Jump – Leah Crean, Bandon A.C.
7. Girls U/13 Shot – Saorlaith Murphy, West Muskerry A.C.
8. Girls U/14 80m – Emily Davidson, Templemore A.C.
9. Girls U/14 High Jump – Annabelle Walsh, Ferrybank A.C.
10. Girls U/14 Long Jump - Mia Casey, Ferrybank A.C.
11. Boys U/14 High Jump – Alan McCutcheon, Dooneen A.C.
12. Girls U/15 100m – Emma Lehane, Liscarroll A.C.
13. Girls U/15 800m – Rebecca Kelleher, Carraig na BhFear A.C.
14. Girls U/15 Long Jump – Caoimhe Geoghegan, Midleton A.C.
15. Boys U/15 Long Jump – Joshua Slater, Carrick-On-Suir A.C.
16. Girls U/16 Long Jump – Irene Kellegher, Liscarroll A.C.
17. Boys U/16 High Jump - Dara Looney, Killarney Valley A.C.
18. Boys U/16 Long Jump – Dara Looney, Killarney Valley A.C.
19. Boys U/16 800m – Mark Davidson, Templemore A.C.
20. Boys U/16 100m – Louis O'Connell, Lios Tuathail A.C.

Silver

1. Girls U12 60m – Louise Mullins, Fanahan McSweeney A.C.
2. Girls U12 High Jump – Evie Quinn, Tulla A.C.
3. Boys U/12 60m – Anthony Goggin, Leevale A.C.
4. Boys U/12 Shot – Oisin Callan, Bandon A.C.
5. Girls U/13 Long Jump – Sophie Walker, Newport A.C.
6. Girls U/13 Shot – Natalia Dawidowicz, Bandon A.C.
7. Boys U/13 Long Jump – Neil Forde, BMOH A.C.
8. Boys U/13 Shot – Alex Thompson, Gneeveguilla A.C.
9. Girls U/14 Long Jump – Emily Davidson, Templemore A.C.
10. Boys U/14 800m – Jude Buckley, Youghal A.C.
11. Boys U/14 60m – Cathal Whooley, Carraig na BhFear A.C.
12. Boys U/14 Long Jump – Ruaidhi Boyle, Carraig na BhFear A.C.
13. Girls U/15 100m – Melissa Aherne, An Riocht A.C.
14. Girls U/15 800m – Cara Gannon, Tralee Harriers A.C.
15. Boys U/15 Long Jump – Fionn O Murchu, West Waterford A.C.
16. Boys U/16 100m – Dara Looney, Killarney Valley A.C.

Bronze

1. Girls U/12 60m - Caoimhe Gray-Walsh, St. Nicholas A.C.
2. Girls U/12 Shot – Emily Guerin, Midleton A.C.
3. Girls U/13 600m – Caoimhe Flannery, Skibbereen A.C.
4. Boys U/13 60m – Promise Jolaosho, Ennis Track A.C.
5. Boys U/13 High Jump – Keelan Bane, St. Cronan’s A.C.
6. Girls U/14 800m – Aine Sheridan, Carraig na BhFear A.C.
7. Girls U/15 100m – Caoimhe Geoghegan, Midleton A.C.
8. Boys U/15 High Jump – Fionn O Murchu, West Waterford A.C.

The Irish Life Health National Juvenile Inter-Club Relay Championships were also held on the same day in Tullamore. 15 sets of medals were taken home (5 gold, 7 silver & 3 bronze).

Results:

1. Girls U/14 4 x 100m – 1st Leevale A.C., 2nd Dooneen A.C.
2. Boys U/14 4 x 100m – 1st Dooneen A.C.
3. Girls U/15 4 x 100m – 1st Dooneen A.C., 2nd Leevale A.C.
4. Girls U/16 4 x 100m – 2nd Dooneen A.C.
5. Boys U/17 4 x 100m – 2nd Leevale A.C., 3rd Nenagh Olympic A.C.
6. Boys U/17 4 x 400m – 2nd Templemore A.C.
7. Girls U/18 4 x 100m – 2nd Moyne A.C., 3rd Carrick-On-Suir A.C.
8. Boys U/18 4 x 100m – 1st Leevale A.C., 2nd Dooneen A.C.
9. Girls U/19 4 x 100m – 3rd Carrick-On-Suir A.C.
10. Boys U/19 4 x 100m – 1st Nenagh Olympic A.C.

EYOF 2019



The European Youth Olympic Festival took place in Baku, Azerbaijan from 20th to 28th July 2019. 5 athletes were selected to represent Munster on the Irish team, they were **Ciara Sheehy, Emerald A.C.** (Shot Putt), **Aimee Hayde, Newport A.C.** (800m), **Aoife O’Sullivan, Liscarroll A.C.** (High Jump),

Tommy Connolly, Leevale A.C. (800m), & Diarmuid O'Connor, Bandon A.C. (Decathlon). Ciara Sheehy threw a personal best of 16.00m in the qualifying round and finished in 10th place overall with a best of 15.10m. **Aoife O'Sullivan** jumped 1.75m in the qualifying rounds of the High Jump to make the final where she finished in 13th place with a best of 1.65m. **Diarmuid O'Connor** finished in 6th place in the Decathlon with a total score of 6792 points, a new National Youth record.

Aimee Hayde, Newport A.C. ran 2.14.26 in her heat to finish in 2nd place. She ran 2.09.14 in a very fast final to finish 6th overall. **Tommy Connolly** competed in the 800m heats to finish 11th overall in 1.57.25.





August

Youth Nations Cup 2019



Irish Youth Nations Team 2019

The inaugural Youth Nations Cup was hosted by Athletics Ireland on Saturday 3rd August in Morton Stadium, Santry. This competition replaces the Celtic Games International and aims to ensure that the youth athletes of England and Ireland have an opportunity to compete together. The Athletics Ireland team was selected from the recent National Championships, so competition was very high to even make the Irish team. England won the match on the day with 263 points with Ireland finishing on a very respectable score of 178 points. A total of 27 athletes from Munster competed on the day.

Our star athletes were **Aoife O'Sullivan, Liscarroll A.C.** and **Ciara Sheehy, Emerald A.C.** who topped the podium in the Girls High Jump (1.73m) & Shot Putt (15.66m) respectively with Ciara also finishing 3rd in the Hammer (55.14m). 2nd place finishes were recorded by **Adam O'Dwyer, Moycarkey Coolcree A.C.** (Pole Vault 4.20m), **Wymin Sivakumar, Leevale A.C.** (Triple Jump 14.17m), **Orla Coffey, Carraig na BhFear A.C.** (Pole Vault 3.45m) and the Boys 4 x 100m Relay team (Green) with **Basit Oyebanji, Cillian Griffin & Diro Lawal**. Third place finishes went to **Cillian Griffin, Tralee Harriers A.C.** (Long Jump 6.72m), **Kylie Heinen, Ferrybank A.C.** (High Jump 1.65m), **Anna Ryan, Moycarkey Coolcree A.C.** (Pole Vault 3.45m), **Cathal Scanlon, Leevale A.C.** (Javelin 55.37m), **Megan Lenihan, North Cork A.C.** (Discus 34.35m), **Lauren McCourt, Bandon A.C.** (200m 25.19), **Jack McGrath, Leevale A.C.** (110mH 15.41), **Fionn Harrington, Durrus A.C.** (2km S/C 6.25.99), **Niamh O'Mahoney, An Ríocht A.C.** (3km 10.40 with **Jack McGrath & Samuel Judd, Middleton A.C.** Our 4th place finishers were **Daniel Greene, St. John's A.C. Clare** (High Jump 1.80m), **Adam Turner, Belgooly A.C.** (Long Jump 6.35m), **Dillon Ryan, Moycarkey Coolcree A.C.** (Triple Jump 13.35m), **James Kirkby, Leevale A.C.** (Discus 37.98m), **Blessing Alamu, Middleton A.C.** (Discus 32.78m), **Nicola Tuthill, Bandon A.C.** (Hammer 54.04m), **Diro Lawal, Dooneen A.C.** (200m 22.32), **Emily Wall, Leevale A.C.**

(100mH 15.08), the Boys 4 x 400m Relay Team (White) with **Rory Prenderville, Emerald A.C.** (3.27.95) and the Girls 4 x 400m Relay team (White) with **Lucy Holmes & Emily Wall** (4.01.97)



Lucy Holmes & Moycarkey Coolcree A.C. athletes, Dillon & Anna Ryan & Adam O'Dwyer



Ailbhe O'Neill, Nenagh Olympic A.C.



Cillian Griffin, Tralee Harriers A.C.

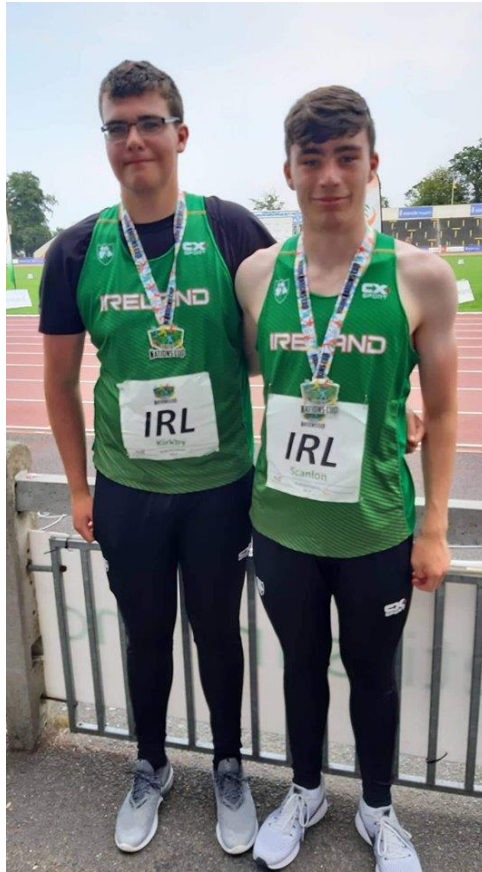
Congratulations & well done to all our Munster athletes who represented their Clubs & Province so well.

Irish Team (Munster)

1. Emily Wall, Leevale A.C. – Girls U/18 100mH & 4 x 400m
2. Jack McGrath, Leevale A.C. – Boys U/18 110mH & 4 x 100m
3. Fionn Harrington, Durrus A.C. – Boys U/18 2km Steeplechase
4. Niamh O'Mahoney, An Ríocht A.C. – Girls U/18 3km
5. Lucy Holmes, West Waterford A.C. – Girls U/18 800m & 4 x 400m
6. Ailbhe O'Neill, Nenagh Olympic A.C. – Girls U/18 800m
7. Dior Lawal, Dooneen A.C. – Boys U/18 200m & 4 x 100m
8. Lauren McCourt, Bandon A.C. – Girls U/18 200m, 4 x 100m & 4 x 400m
9. Orla Coffey, Carraig na BhFear A.C. – Girls U/18 Pole Vault
10. Anna Ryan, Moycarkey Coolcree A.C. – Girls U/18 Pole Vault
11. Adam O'Dwyer, Moycarkey Coolcree A.C. – Boys U/18 Pole Vault
12. Adam Turner, Belgooly A.C. – Boys U/18 Long Jump
13. Cillian Griffin, Tralee Harriers A.C. – Boys U/18 Long Jump & 4 x 100m
14. Basit Oyebanji, Tralee Harriers A.C. – Boys U/18 4 x 100m
15. Samuel Judd, Middleton A.C. – Boys U/18 4 x 100m
16. Rory Prenderville, Emerald A.C. – Boys U/18 4 x 400m
17. Wymn Sivakumar, Leevale A.C. – Boys U/18 Triple Jump
18. Dillon Ryan, Moycarkey Coolcree A.C. – Boys U/18 Triple Jump
19. Aoife O'Sullivan, Lisscarroll A.C. – Girls U/18 High Jump
20. Kylie Heinen, Ferrybank A.C. – Girls U/18 High Jump
21. Daniel Greene, St. John's A.C. Clare – Boys U/18 High Jump
22. Cathal Scanlon, Leevale A.C. – Boys U/18 Javelin
23. Ciara Sheehy, Emerald A.C. – Girls U/18 Hammer & Shot Putt
24. Nicola Tuthill, Bandon A.C. – Girls U/18 Hammer
25. Blessing Alamu, Middleton A.C. – Girls U/18 Discus
26. Megan Lenihan, North Cork A.C. – Girls U/18 Discus
27. James Kirkby, Leevale A.C. – Boys U/18 Discus



Anna Ryan, Moycarkey Coolcree A.C. & Orla Coffey, Carraig na BhFear A.C.



Cillian Griffin & Basit Oyebanji, Tralee Harriers A.C. & James Kirkby & Cathal Scanlon, Leevale A.C.



Adam Turner, Belgooly A.C. & the Irish Boys 4 x 100m Relay Teams (Green & White)

October

Munster Juvenile Even Age XC Championships 2019



The opening competition of the Munster Cross Country season was held in the familiar territory of Limerick racecourse when Dooneen A.C. hosted the Munster Juvenile Even Age Cross Country Championships on Sunday 20th October 2019. Numbers participating were large on the day with the breakdown as follows:- Girls U/10 (128), Boys U/10 (124), Girls U/12 (160), Boys U/12 (110), Girls U/14 (92), Boys U/14 (82), Girls U/16 (68), Boys U/16 (57), Girls U/18 (36), Boys U/18 (31). In the Individual competition, **Clare** won 4 titles with 3 titles for **Cork**, 2 for **Waterford** and 1 for **Tipperary**. **In the individual competition, Cork won 7 County titles with 3 for Clare.**



Top 3 in the Girls U/10 race were **Isabelle Gaffney West Waterford A.C., Emma Flynn North Cork A.C. & Ellen Goggin Dooneen A.C. Limerick.** North Cork A.C., Ennis Track A.C., & Fergus A.C. were the top 3 Clubs with **Cork, Clare & Waterford** taking the honours in the Inter-County competition. In the Boys U/10 race, first 3 home were **Conor Ronayne, St. Catherine's A.C., Sean Riordan Fanahan Mc Sweeney A.C. & Oran Duignan St. Cronans A.C.** St. Cronan's A.C. won the team event with **North Cork A.C.** in 2nd place & **West Waterford A.C.** in 3rd. **Cork, Clare & Waterford** were the top 3 in the Inter-County competition.



The Girls U/12 title went to Clare athlete, **Faye Mannion, Ennis Track A.C.** with silver for another Clare runner, **Sophie Maher, Ennis Track A.C.** & bronze for **Gemma O'Mahony, Doheny A.C. Ennis Track A.C., St. John's A.C. & West Waterford A.C.** were the top 3 Clubs with gold for **Clare**, silver for **Cork** & bronze for **Waterford** in the Inter-County competition. **Finn Duignan, St. Cronan's A.C.** was the winner of the Boys U/12 race with silver for **Kevin Finn, Nenagh Olympic A.C.** & bronze for **Ian Ryan, St. John's A.C. A.C. St. Cronan's A.C.** won gold with silver for **Ennis Track A.C.** & bronze for **West Waterford A.C.** **Clare, Cork & Waterford** were the top 3 in the Inter-County competition.

Nicole Dinan Leevale A.C., Claire Crowley Leevale A.C. & Ava Fitzgerald Carraig-Na-Bhfear A.C. were the top 3 finishers in the Girls U/14 race with **Ennis Track A.C.** winning gold, silver for **St. Mary's A.C. Clare** & bronze for **Leevale A.C.** in the Inter-Club competition. **Cork, Clare & Waterford** were the winners in the Inter-County category. In the Boys U/14 race, there was gold for **Shane Buckley, Dundrum A.C.** with silver for **Connor O'Gorman, Clonmel A.C.** & bronze for **Cathal O'Gorman, Clonmel A.C. West Waterford A.C., Clonmel A.C. & Ennis Track A.C.** won gold, silver & bronze with **Cork, Clare & Waterford** the top 3 Counties.

Top 3 in the Girls U/16 race were **Emma Landers, Youghal A.C.,** Avril Millerick, Youghal A.C. & Rebecca Kelleher, Carraig na BhFear A.C. Club winners were **Youghal A.C., West Waterford A.C. & Leevale A.C.** with **Cork, Clare & Tipperary** the top 3 Counties. In the Boys U/16 race, the top 3 athletes were **Niall Murphy Ennis Track A.C., Tom Walshe Nenagh Olympic A.C. & Cian Hodgins**

Nenagh Olympic A.C. Nenagh Olympic A.C., Ennis Track A.C. & Waterford A.C. were the top 3 Clubs with **Clare, Cork & Waterford** winning County honours.

Una O' Brien Waterford A.C., Lucy Holmes West Waterford A.C. & Laura Healy Ennis Track A.C. were the first 3 home in the Girls U/18 race. **Ennis Track A.C.** was the Club winner with silver & bronze for **Waterford A.C. & Clonmel A.C. Cork, Waterford & Tipperary** winning the top 3 prizes in the Inter-County competition. In the Boys U/18 race, the winners were **Dean Casey Ennis Track A.C., Matteo Mary Waterford A.C. & Mark Hanrahan Ennis Track A.C.** Club winners were Middleton A.C., **Ennis Track A.C., Bandon A.C. & Waterford A.C.** with **Cork, Clare & Waterford** winning the Inter-County competition.



Munster Schools Combined Events Championships 2019

The Munster Schools Combined Events Championships took place in Nenagh Indoor Stadium on Tuesday 22nd November 2019. **125** athletes took part in total (24 Minor Boys, 20 Junior Boys, 20 Intermediate Boys, 8 Senior Boys, 33 Minor Girls, 7 Junior Girls, 8 Intermediate Girls, 5 Senior Girls).

In the Minor Boys competition, there was a win for **John Cashman, Presentation Brothers College Cork** with 2379 points, **Yeshuah O'Brien, St. Anne's Killaloe** was 2nd with 2290 points, **Max O' Reilly Carrigaline CS** was 3rd with 1809 points & **Burnley Arrey Davis College Mallow** was 4th with 1741 points.

In the Junior Boys competition, **Conor Callinan Colaiste an Chroi Naofa** was the winner with 2598 points, **Tom McCutcheon St. Joseph's Borrisoleigh** was 2nd with 2497 points with bronze for **Sean Carmody CBC Cork** (2340 points) and 4th place for **Cian Lynch St. Brendan's College Killarney** with 2084 points.

James Ezeonu Midleton College was the winner of the Inter Boys finishing on 2889 points with silver for **Jordan Kissane CBS The Green Tralee** (2673 points). **James Sage St. Joseph's Borrisoleigh** was 3rd with 2648 points and **Armand Schoeman Colaiste Mhuire Co-Ed Thurles** was 4th with 2568 points.

Cillian Griffin Mercy Mount Hawk took the Senior Boys title with 2843 points, **Ciaran Buenaventura St. Augustine's College** was 2nd with 2495 points with bronze for **Aaron Malik Mercy Mount Hawk** (2262 points) and 4th place for **Tristan Chambers St. Brogan's College** (2235 points).

Hannah Falvey, Scoil Mhuire Gan Smal Blarney won gold in the Minor Girls competition with a score of 2790 points with **Leagh Moloney, Gaelcholaiste Luimnigh** in 2nd place (2668 points), **Okwu Backari, Ashton College** in 3rd (2662 points) and **Fatima Amusa, Bishopstown CS** in 4th place (2365 points).

Ellen O'Dwyer St. Mary's SS Nenagh won the Junior Girls competition with 2397 points with **Kate Naughton Scoil Mhuire Cork** in 2nd with 2091 points, **Lisa Mooney Borrisokane CC** in 3rd with 2044 & **Aimee Sheeran Carrigaline CS** in 4th with 1579 points.

Laura Frawley, St. Mary's Secondary School Charleville won gold in the Intermediate Girls competition finishing on 3224 points with **Stacey Komolafe, Bandon Grammer** in 2nd with 3008 points, **Emily Wall, Colaiste Choilm Ballincollig** in 3rd with 2716 points and **Rebecca Falvey, Mercy Mount Hawk** in 4th with 2564 points.

Emily O'Mahony, St. Augustine's College, Dungarvan won the Senior Girls title with 2912 points with silver for **Cailin Napier, Presentation Clonmel** (2088 points) & 3rd & 4th places for **Weronike Tatar & Sophie Elliffe Carrigaline CS**.

Irish Schools Combined Events

The Irish Life Health Irish Schools Combined Events Championships took place in AIT International Arena on Saturday 9th November 2019. A squad of 22 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 silver) – Gold for Hannah Falvey, Scoil Mhuire Gan Smal Blarney (Minor Girls) Laura Frawley, St. Mary's Charleville (Inter Girls) Emily O'Mahony, St. Augustine's College Dungarvan & Cillian Griffin, Mercy Mount Hawk (Senior Boys) & silver for John Cashman, PBC Cork (Minor Boys), Tom McCutcheon, St. Joseph's Borrisoleigh (Junior Boys), Stacey Komolafe, Bandon Grammer (Inter Girls) & James Ezeonu, Midleton College (Inter Boys).

4 Munster athletes also made the Irish Schools International teams – Laura Frawley, Stacey Komolafe, James Ezeonu and Tom McCutcheon.

In the Minor Girls competition, Hannah Falvey was our top finisher in gold medal position with 3157 points, with Okwu Backari, Ashton College Cork in 4th place (2847 points), Leagh Moloney, Gaelcholaiste Luimnigh in 5th (2756 points) & Fatima Amusa, Bishopstown CS in 11th (2047 points)

John Cashman finished 2nd in the Minor Boys competition with 2893 points, with Burnley Arrey, Davis College Mallow in 11th place (1779 points).

In the Junior Girls competition, Ellen O'Dwyer, St. Mary's SS Nenagh was 9th (2290 points) Lisa Mooney, Borrisokane CC was 11th (2062 points) & Aimee Sheeran, Carrigaline CS 12th (1955 points).

In the Junior Boys category, Tom McCutcheon was 2nd (2772 points), Conor Callinan, Colaiste an Chroi Naofa was 5th (2653 points) with Sean Carmody, CBC in 9th with 2386 points.

In the Intermediate Girls competition, our top finisher was Laura Frawley who won the title with 3246 points followed closely by Stacey Komolafe in 2nd with 3213 points with Emily De Bhal, Colaiste Choilm Ballincollig in 6th place (2859 points).

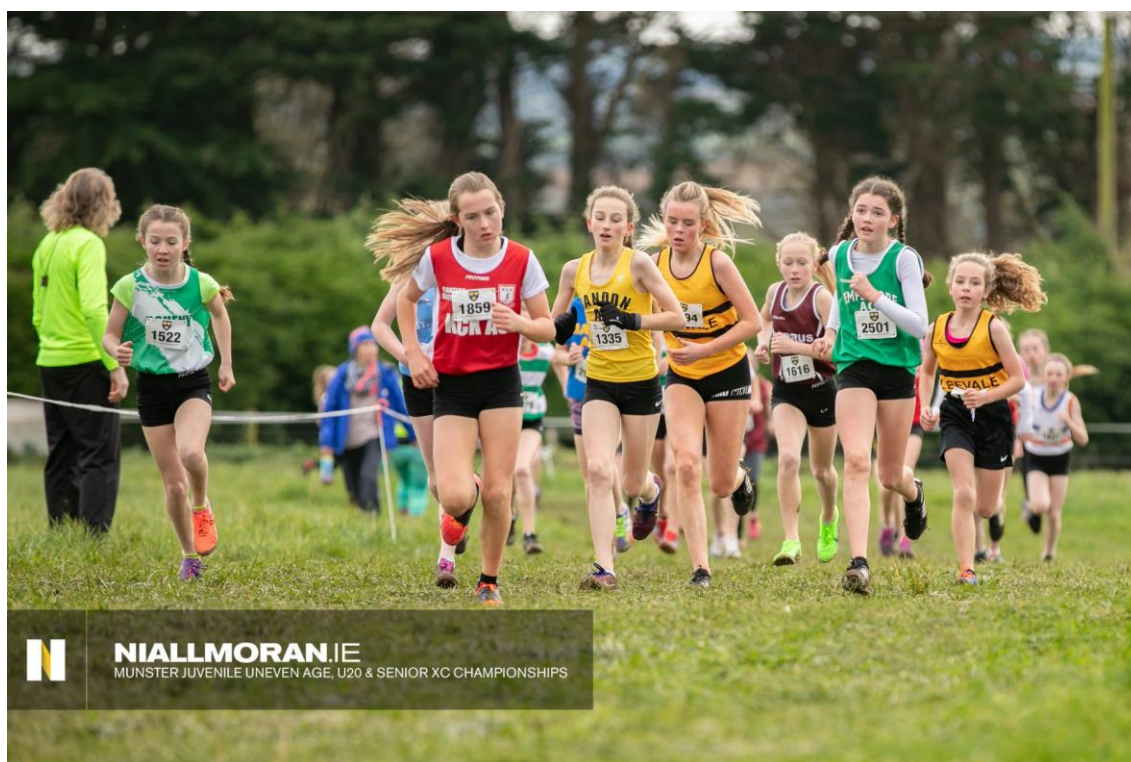
In the Intermediate Boys competition, James Ezeonu, Midleton College won silver (3286 points) with James Sage, St. Joseph's Borrisoleigh in 8th place (2834 points).

Emily O'Mahony took the Senior Girls title (2810 points) with Cailin Napier, Presentation SS Clonmel in 4th place (2244 points).

Cillian Griffin won gold in the Senior Boys competition scoring 3197 points with Ciaran Buenaventura, St. Augustine's College Dungarvan in 4th place (2596 points) and Tristan Chambers, St. Brogan's College Bandon in 6th place (2374 points).

November

Munster Juvenile Uneven Age XC Championships



Conna, Co. Cork was the venue for the Munster Juvenile Uneven Age Cross Country Championships on Sunday 10th November 2019. Numbers participating were large on the day with the breakdown as follows: - Girls U/9 (88), Boys U/9 (100), Girls U/11 (185), Boys U/11 (165), Girls U/13 (127), Boys U/13 (104), Girls U/15 (72), Boys U/15 (64), Girls U/17 (47), Boys U/17 (49), Girls U/19 (22), Boys U/19 (21). **Cork** won the most individual titles with 4 gold, **Clare** the next best (3 gold) Waterford and Tipperary with 2 each and Kerry with one. In the Inter-County competition, **Cork** came out on top with 6 titles followed closely by **Clare** with 5 and **Waterford** had 1.

Top 3 in the Girls U/9 race were Nellie Bateman Belgooly A.C., Nicole Griffin Fergus A.C. & Lily May Queally K.C.K. A.C. **Midleton A.C., K.C.K A.C. & Fergus A.C.** were the top 3 Clubs with **Cork, Clare &**

Waterford taking the honours in the Inter-County competition. In the Boys U/9 race, first home was Eoghan Looney Blarney/Inniscara A.C. with Darragh Whelan Limerick A.C. in 2nd place and bronze for Jonah Quinn St. Cronans A.C. **St. Cronan's A.C.** won the team event with **Bandon A.C.** in 2nd place & **Blarney Inniscara A.C.** in 3rd. **Cork, Clare & Waterford** were the top 3 in the Inter-County competition.

The Girls U/11 title went to Clare athlete, **Kyla Flavin, West Waterford A.C.** with silver for **Faye Mannion, Ennis Track A.C.** & bronze for **Sophie Maher, Ennis Track A.C. Ennis Track A.C., St. John's A.C. Clare & North Cork A.C.** were the top 3 Clubs with gold for **Clare**, silver for **Cork** & bronze for **Waterford** in the Inter-County competition. The top 3 winners in the Boys U/11 race were **Luke Merrigan Kenmare A.C., Eoin Prendergast West Waterford A.C. & Ryan Kelly Ennis Track A.C. St. Cronan's A.C., Ennis Track A.C. & Grange Fermoy A.C.** won the Inter Club honours with **Clare, Cork** and **Kerry** the top 3 in the Inter-County competition.

Gemma Galvin St. Marys (Clare) A.C., Aoife Lillis St. Marys (Clare) A.C. & Abigail O'Regan K.C.K. A.C. were the top 3 finishers in the Girls U/13 race with **St. Mary's A.C. Clare, Ennis Track A.C. & Waterford A.C.** winning gold, & bronze in the Inter-Club competition. **Clare, Cork & Waterford** were the winners in the Inter-County category. In the Boys U/13 race, there was gold for **Finn Duignan, St. Cronan's A.C.** with silver for **David Gaffney, West Waterford A.C.** & bronze for **Ben O'Halloran, Ennis Track A.C. Ennis Track A.C, St. Cronan's A.C. & Bandon A.C.** won gold, silver & bronze with **Clare, Cork & Tipperary** the top 3 Counties.



Top 3 in the Girls U/15 race were **Nicole Dinan Leevale A.C., Claire Crowley Leevale A.C. & Ava Fitzgerald Carraig-Na-Bhfear A.C.** Club winners were **Leevale A.C., Youghal A.C. & Carraig na BhFear A.C.** with **Cork, Clare & Tipperary** the top 3 Counties. In the Boys U/15 race, there was gold for **Cian Hodgins, Nenagh Olympic A.C.** with silver for **Shane Buckley, Dundrum A.C.** and bronze for **Sean Lawton, Durrus A.C. Nenagh Olympic A.C., Liscarroll A.C. & Carraig na BhFear A.C.** were the top 3 Clubs with **Cork, Tipperary & Clare** winning County honours.



In the Girls U/17 race, **Aimee Hayde, Newport A.C.** won gold with silver for **Emma Landers, Youghal A.C.** & bronze for **Neasa Ni Ainifein, Ennis Track A.C.** **Ennis Track A.C., Youghal A.C. & West Muskerry A.C.** were the Club winners with **Cork, & Clare** winning the top 2 prizes in the Inter-County competition. In the Boys U/17 race, the winners were **Dean Casey, Ennis Track A.C., Dylan Casey, Ennis Track A.C. & Adam Kiely, Leevale A.C.** Club winners were **Ennis Track A.C., Waterford A.C. & Leevale A.C.** with **Clare, Cork & Waterford** winning the Inter-County competition.



Girls U/19 winners were **Lucy Holmes, West Waterford, Niamh O'Mahony, An Ríocht A.C. & Laura Healy, Ennis Track A.C.** with Club honours going to **Waterford A.C & Waterford** winning the Inter-County title. **Frank O'Brien Middleton A.C., Tommy Connolly Leevale A.C. & Jake McCarthy Youghal A.C.** were the top 3 in the Boys U/19 race with **Ennis Track A.C.** winning the Inter-Club title and Inter-County medals for **Cork, Clare & Waterford.**

Munster Juvenile Cross Country Relay Championships 2019

The Munster Juvenile Cross Country Relay Championships took place on Sunday 17th November in Beaufort, Co. Kerry. 50 teams in total took part with the strongest Counties on the day Cork and Tipperary with three titles each and Clare with 2 titles.



Girls U/10 Winners – 1st North Cork A.C., 2nd Fergus A.C. & 3rd Blarney Inniscara A.C.



Boys U/10 Winners – 1st St. Cronan's A.C., 2nd North Cork A.C. & 3rd Fanahan McSweeney A.C.



Girls U/12 winners – 1st North Cork A.C., 2nd Midleton A.C. & 3rd Belgooly A.C.



Boys U/12 Winners – 1st Newport A.C., 2nd Derg A.C. & 3rd Nenagh Olympic A.C.



Girls U/14 Winners – 1st Moycarkey Coolcroe A.C., 2nd Bandon A.C. & 3rd St. Cronan's A.C.



Boys U/14 winners – 1st Midleton A.C., 2nd St. Cronan's A.C. & 3rd Fergus A.C.



Boys U/16 Winners – 1st Nenagh Olympic A.C., 2nd Fergus A.C. & 3rd St. Cronan's A.C.

St. Cronan's A.C. won the Girls U/16 competition.

Individual Bronze for Frawley & Ezeonu



The Schools International Combined Events Championships took place on Saturday 30th November 2019 in the Emirates Arena, Glasgow. The Irish Team won 4 individual medals (1 gold, 1 silver & 2 bronze) as well as gold team medals in the Over 16 Boys, silver in the U/16 Boys and bronze in the U/16 & Over 16 Girls.

Munster had **3** representatives on the Irish team with our best performances coming from **Laura Frawley, St. Mary's SS Charleville** who won individual bronze in the Over 16 Girls competition finishing on 3371 points and **James Ezeonu, Midleton College** who also won individual bronze in the Over 16 Boys competition with 3516 points.

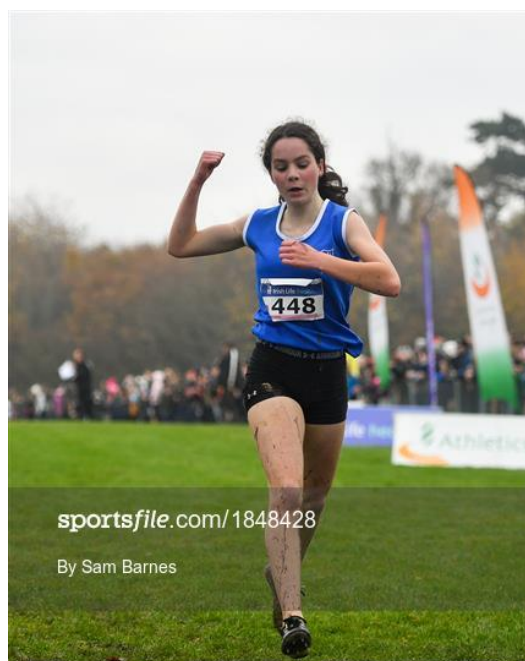
Laura Frawley led the Irish Over Girls' team to a bronze medal finish with **Stacey Komolafe, Bandon Grammer** in 14th place (2907 points) and 4th scorer for the Irish team which finished on 9781 points behind Scotland in 2nd (9910 points) & England in gold medal position (10,391 points).

James Ezeonu helped lead the Irish Over 16 Boys' team to gold as 2nd scorer for the Irish team. Their final score was 10,497 points with 2nd place for England (10,399 points) & Scotland in 3rd place on 9959 points).



Irish Over 16 Boys' Team

National Titles for Casey & Dinan



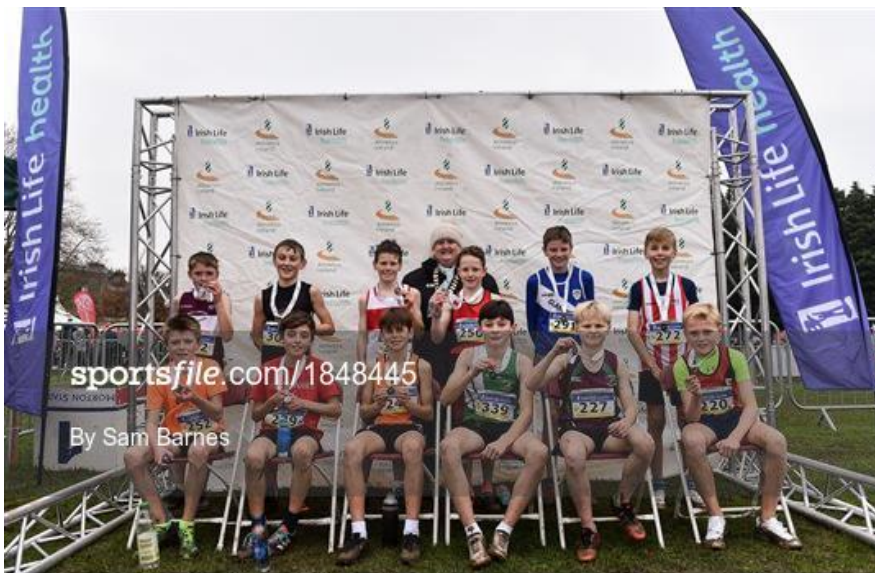
The Irish Life Health National Juvenile Even Age Cross Country Championships took place in The National Sports Campus, Abbotstown, Dublin on Sunday 24th November 2019. Munster athletes won 20 individual medals in total with fantastic races from our three athletes who won gold & National titles on the day – **Nicole Dinan, Leevale A.C. Girls U/14, & Dean Casey, Ennis Track A.C. Boys U/18.** Other athletes who produced great performances & scored a top 3 finish were **Finn Duignan, St. Cronan's A.C. (2nd Boys U/12), Niamh O'Mahony, An Ríocht A.C. (2nd Girls U/18), Kevin Finn, Nenagh Olympic A.C. (3rd Boys U/12) & Una O'Brien, Waterford A.C. (3rd Girls U/18).**

In the Inter-Club competition, there were National medals for **Ennis Track A.C. (1st Girls U/12 & 2nd Girls U/18), St. Cronan's A.C. (2nd Boys U/12), Leevale A.C. (1st Girls U/14, 2nd Girls U/16), West Waterford A.C. (3rd Boys U/14), Youghal A.C. (1st Girls U/16) & Nenagh Olympic A.C. (3rd Boys U/16),**

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

In the Inter-Regional competition, **Munster** won 7 sets of medals in total - 1 gold, 5 silver & 1 bronze.

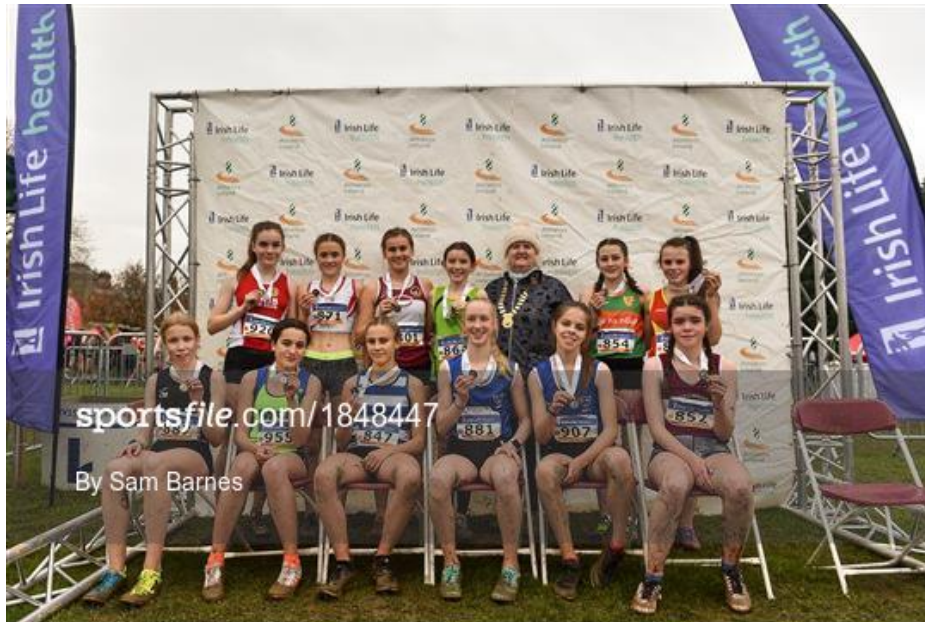
In the Girls U/12 race, **Sarah Gaffney, West Waterford A.C.** was 5th home with **Faye Mannion, Ennis Track A.C.** in 7th & **Ella Dinan, Leevale A.C.** in 9th. **Ennis Track A.C.** won the Club title with **Cork taking silver** in the Inter-County and **Munster** silver in the Inter-Provincial. In the Boys U/12 competition, it was National silver for **Finn Duignan, St. Cronan's A.C.** with bronze for **Kevin Finn, Nenagh Olympic A.C. St. Cronan's A.C.** won silver in the Inter-Club competition with gold for **Clare** and silver for **Cork** in the Inter-County competition & silver for **Munster.**



In the Girls U/14 race, Munster had 3 athletes in the top 10 with **Nicole Dinan, Leevale A.C.** taking the National title, **Ava Fitzgerald, Carraig-Na-BhFear A.C.** in 5th place, & **Claire Crowley, Leevale A.C.** in 11th place. **Leevale A.C.** were 1st 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 **Shane Buckley, Dundrum A.C.** was first home for the province with a 4th place finish with Nenagh Olympic A.C. athletes, Diarmuid Moloney in 7th & Ben Walsh in 12th. **West Waterford A.C.** won bronze in the Inter-Club competition. **Tipperary** were 1st in the Inter-County competition with silver for **Munster**.



3 Munster athletes made the top 12 in the Girls U/16 competition with a 4th place for **Emma Landers Youghal A.C.**, 5th for **Avril Millerick, Youghal A.C.** & 7th for **Neasa Ni Ainifein, Ennis Track A.C.** **Youghal A.C.** won gold in the Inter-Club competition with silver for **Leevale A.C.** **Cork** won silver in the Inter-County competition with bronze for **Munster** in the Inter-Provincial competition. In the Boys U/16 competition, Munster had no athletes in the top 12 but Nenagh Olympic A.C. won bronze in the Inter-Club competition with Munster 4th Province.



In the Girls U/18 competition, Munster had 5 athletes in the top 12 with silver for **Niamh O'Mahoney, An Ríocht A.C.**, bronze for **Una O'Brien, Waterford A.C.**, 6th for **Lucy Holmes, West Waterford A.C.**, 8th for **Laura Healy, Ennis Track A.C.** & 10th for **Lucy O'Keeffe, Youghal A.C.** Ennis Track A.C. were 2nd in the Inter Club competition with bronze for **Cork** in the Inter-County competition and gold for **Munster**. **Dean Casey, Ennis Track A.C.** was the winner of the Boys U/18 title with bronze for **Cork** and silver for **Munster**. Congratulations to everyone.



December

Cork Tops at Juvenile “B” Champs



(Girls U/11 Winners)

The Munster Juvenile “B” Cross Country Championships took place in the Turnpike, Two Mile Borris, Co. Tipperary on Sunday 1st December 2019. Many thanks to Moycarkey Coolcroo A.C. and the Tipperary County Board for organising the course & facilities & to all who provided help on the day for without your assistance it would not be possible to run these Championships.

In the individual competitions, **Cork** won the most titles with 4, **Tipperary and Clare** won 2 each and **Waterford** won 1. In the Inter-County competition, **Cork** came out on top with a clean sweep winning all 9 County titles.

Individual Winners in each age group were Ciara McCarthy, Limerick A.C. & Albert Maher, Dundrum A.C. (U/9), Leah Berry, Newport A.C. & Liam Keane, Fergus A.C. (U/11), Clara Delaney, Skibbereen A.C. & Alex Coughlan, Doheny A.C. (U/13), Orna Moynihan, St. Cronan’s A.C. & Sam Kiely, Riverstick/Kinsale A.C. (U/15) & Aniela Borkowski-Hogan, North Cork A.C. & Oisín O’Riordan, West Waterford A.C. (U/17).



Girls U/15 Winners



Boys U/15 Winners



Boys U/17 Winners



Boys U/13 Winners

National Titles for Duignan, Landers & O'Mahony



The Irish Life Health National Juvenile Uneven Age Cross Country Championships took place in Cowpark, Dunboyne, Co. Meath on Saturday 14th December 2019. Munster athletes won 39 individual medals in total with fantastic races from our three athletes who won gold & National titles on the day – **Finn Duignan, St. Cronan's A.C., Boys U/13, Emma Landers, Youghal A.C. Girls U/17 & Niamh O'Mahony, An Ríocht A.C. Girls U/19**. Other athletes who produced great performances & scored a top 3 finish were **Emma Flynn, North Cork A.C. 2nd Girls U/11, Aoife Lillis, St. Mary's A.C. Clare 3rd Girls U/13, Nicole Dinan, Leevale AC. 2nd Girls U/15, Dean Casey, Ennis Track A.C. 2nd Boys U/17, Una O'Brien, Waterford A.C., 2nd Girls U/19 & Lucy O'Keeffe, Youghal A.C. 3rd Girls U/19**.

In the Inter-Club competition, there were National medals for **St. Cronan's A.C. (1st Boys U/11), Midleton A.C. (2nd Boys U/11), St. John's A.C. (2nd Girls U/11), St. Mary's A.C. Clare (3rd Girls U/13), Leevale A.C. (1st Girls U/15), Youghal A.C. (2nd Girls U/15 & Girls U/17), Ennis Track A.C. (1st Girls U/11 & Girls U/17 & 2nd Boys U/17), Nenagh Olympic A.C. (2nd Boys U/15) & Waterford A.C. (1st Girls U/19)**.

In the Inter-County competition, our top counties were **Cork (3 gold, 1 silver), Clare (2 gold & 3 bronze), & Tipperary (1 bronze)**. In the Inter-Regional competition, **Munster** won 7 sets of medals in total - 2 gold & 4 silver & 1 bronze.

In the Girls U/11 race, Munster had 8 athletes in the top 12 – **Emma Flynn, North Cork A.C. (2nd) Ellie-Kate McRae, Midleton A.C. (4th), Alicia Moono, Midleton A.C. (6th), Isabelle Gaffney, West Waterford A.C. (7th), Freya Bateman, Belgooly A.C. (8th) Faye Mannion, Ennis Track A.C. (9th), Sophie Maher, Ennis Track A.C. (10th) & Millie Watts, Ennis Track A.C. (11th)**. Ennis Track A.C. won gold in the Inter-Club competition with silver for **St. John's A.C. Clare**. Clare won the Inter-County title with silver for **Cork** and gold for **Munster** in the Inter Provincial contest. In the Boys U/11 race, there were 6 Munster athletes in the top 12 – **Conor Looney, Blarney Inniscara A.C. (6th), Cian Ryan,**

Carraig na BhFear A.C. (7th), Liam Keane, Fergus A.C. (8th), Colm Ryan, Newport A.C. (9th), Eoin Prendergast, West Waterford A.C. (10th) & Iaasc Vickers, Farranfore Maine Valley A.C. (12th). St. Cronan's A.C. took the Inter Club title with silver for Midleton A.C. Clare won the Inter County title with silver for Munster.



In the Girls U/13 race, **Aoife Lillis, St. Marys (Clare) A.C.** won individual bronze with bronze also for **St. Mary's A.C. Clare** in the Inter Club competition, bronze for **Clare** in the Inter County and 4th place for **Munster**. In the Boys U/13 competition, **Finn Duignan, St. Cronan's A.C.** won national gold with **David Gaffney, West Waterford A.C.** in 8th place & **Diarmuid Moloney, Nenagh Olympic A.C.** in 12th. **Clare** won bronze in the Inter County competition with silver for **Munster**.



3 Munster athletes made the top 12 in the Girls U/15 competition with a silver medal win for **Nicole Dinan, Leevale A.C.**, 5th place for **Avril Millerick, Youghal A.C.** & 11th for **Claire Crowley, Leevale A.C.** **Leevale A.C.** won gold in the Inter-Club competition with silver for **Youghal A.C.**, **Cork** won gold in the Inter-County competition with silver for **Munster** in the Inter-Provincial competition. 5 Munster athletes won individual medals in the Boys U/15 race, **Cian Hodgins, Nenagh Olympic A.C. (4th)**, **Tom Walshe, Nenagh Olympic A.C. (5th)**, **Gerard Dunne, St. John's A.C. Clare, Fionn Harrington, Durrus A.C. (7th)** & **Sean Lawton, Durrus A.C. (10th)**. **Nenagh Olympic A.C.** won silver in the Inter-Club competition with gold for **Cork** and bronze for **Tipperary** in the Inter-County competition and gold for **Munster**.



Emma Landers, Youghal A.C. won the Girls U/17 race with **Neasa Ni Ainifein, Ennis Track A.C.** in 8th place & **Shauna McCarthy, Farranfore Maine Valley A.C.** in 11th. **Ennis Track A.C.** took gold in the Inter-Club competition with silver for **Youghal A.C.** **Cork** winning gold in the Inter-County

competition and **Munster** won bronze. In the Boys U/17 race, **Dean Casey, Ennis Track A.C.** won silver with **Mark Hanrahan, Ennis Track A.C.** in 11th place. **Ennis Track A.C.** finished 2nd overall in the Inter-Club competition with bronze for **Clare** and silver for **Munster**.



6 Munster athletes made it into the top 12 in the Girls U/19 race, first home **Niamh O'Mahony, An Ríocht A.C.** who won the National title with silver for **Una O'Brien, Waterford A.C.**, 3rd for **Lucy O'Keeffe, Youghal A.C.**, 4th for **Lucy Holmes, West Waterford A.C.**, 6th for **Laura Healy, Ennis Track A.C.** & 12th for **Siobhan Whelan, Clonmel A.C.** **Waterford A.C.** were 2nd in the Inter-Club competition with **Waterford** winning the Inter-County competition and **Munster** winning gold in the Inter-Provincial competition. In the Boys U/19 race, **Frank O'Brien, Midleton A.C.** was 9th with **Kevin O'Grady, Dooneen A.C.** in 11th place and **Jamie Kelly, Ennis Track A.C.** in 12th. **Munster** was 3rd in the Inter-Provincial competition.



Congratulations to all our athletes who took part & especially to the medal winners.