

Munster Athletics Juvenile PRO Report 2013



By Aisling Hoey

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2013 Munster Juvenile PRO Report

“The only place where success comes before work is in the dictionary”

Looking back over a colourful, exciting & memorable year of athletics, Munster athletes have enjoyed great success with many taking their place on the National & International stage.

On the International front,

- **David Cussen, Old Abbey A.C.** jumped 2.09m in the High Jump World Youth Championships in Donetsk, Ukraine in July 2013 to qualify for the final where he finished 9th overall. He was the only Irish athlete to make an event final & it was an outstanding performance by the young athlete in his first major international competition. **Alice Akers, Marian A.C.** took part in the Girls Hammer finishing 39th in the qualification round with a throw of 53.43m with **Kaleigh Cronin, Spa Muckcross A.C.** throwing 37.86m in the qualification round of the Girls Discus to finish 26th overall.
- **Louise Shanahan, Leevale A.C.** put in a brilliant performance to win gold in the Girls 800m at the European Youth Olympics in Utrecht, Netherlands in July 2013. Louise continues to impress in 2014 having already gained the standard in the 800m last weekend at the National Junior Championships in AIT Arena for the European Youth Olympic Trials in Baku. The Irish Girls 4 x 100m Relay team which included Munster athletes **Phoebe Murphy, Clonmel A.C. & Niamh McNicol, Ferrybank A.C.** also won European gold in 46.55 ahead of Ukraine & Belgium also recording a new Irish Youth Record breaking the old mark of 46.36 seconds set in 2009. **Adam King, Iveragh A.C.** finished an impressive 6th place in the Boys Hammer Final when he threw 66.23m in the 3rd round of competition & **Jenna Bromell (Emerald A.C.)** finished a very respectable 8th place in a highly competitive field in the Girls 400m. **Phoebe Murphy (Clonmel A.C.)** finished an admirable 8th place in the Girls 100m Final having made it through the semi-finals as a fastest loser. **Kevin Mulcaire (Ennis Track Club A.C.)** finished 12th in his 3000m Final in a time of 8.58.00 lying 7th in the field prior to the final.
- 14 Munster athletes competed on the Irish team for the Celtic International Games in Colwyn Bay, Wales in August winning 12 individual medals in total (6 gold, 3 silver & 3 bronze). There were gold medal wins for **Adam King, Iveragh A.C.** in the Men's U/18 Hammer when he threw 69.26m to set a new Celtic record to better Dempsey Mc Guigan's 2010 record of 67.93m; **Darren Prout, Carrick-On-Suir A.C.** in the Men's U/18 Triple Jump with a jump of 13.33m; **David Cussen, Old Abbey A.C.** in the Men's U/18 High Jump with a leap of 2.10m; **Sam Healy, Leevale A.C.** in the Men's U/18 Long Jump with a jump of 6.81m; **Louise Shanahan, Leevale A.C.** in the U/18 Women's 800m in a time of 2.13.34 & **Aoife Doyle, Star of the Laune A.C.** in the Girls U/16 Discus with a throw of 35.02m. **Jack Murphy, Leevale A.C.** took silver in the Boys U/16 100mH in 13.77sec just behind Harry Hillman, Wales in a record breaking time (13.65) with 2nd place finishes for **Aoife Vaughan Witts, Borrisokane A.C.** in the U/18 Women's Hammer with a throw of 45.97m & **Paul Murphy, Ferrybank A.C.** in the U/18 Men's 400m in 48.50. **Kelly Ann Doyle, Carrick On-Suir A.C.** was 3rd in the Women's U/18 100m Hurdles despite suffering a heavy fall at the 3rd flight, **Niamh McNicol, Ferrybank A.C.** won bronze in the U/18 Women's 100m in 12.32 & **Jamie Fennell, West Waterford A.C.** was 3rd in the U/18 Men's Pole Vault with a vault of 3.41m. **Rita Casey, Gneeveguilla A.C.** was 4th in the U/18 Women's Javelin with a throw of 33.63m & **Phoebe Murphy, Clonmel A.C.** was 4th in the Girls U/16 200m in 25.74.
- 8 individual medals were won at the SIAB Schools Track & Field Medals & 2 bronze relay team medals in Morton Stadium, Santry (3 gold, 3 silver & 2 bronze). There were gold medal wins for **Sam Healy (Carrigaline CS/Leevale A.C.)** in the Boy's Long Jump with a leap of 7.01m (Sam was also 4th in the Boys 100mH), **Adam King (Iveragh A.C./ Colaiste na Sceilige Cahirciveen)** in the Boy's Hammer with a throw of 65.01m & **Maria Carey (St. Marys Newport/Newport A.C.)** in the Girl's Triple Jump with a jump of 11.48m. Silver medal were won by **Aaron Egan (High School Clonmel/Clonmel A.C.)**, in the Boy's 3000m Walk (13.12.16), **Jason Foley (Tarbert CS/Lios Tuathail A.C.)** in the Boy's 100mH (13.68), & **Michael Quilligan (Nenagh CBS/Nenagh Olympic A.C.)** in the Boy's 400mH (56.06). Both **Darren Prout (Presentation Ballingarry/Carrick-On-Suir A.C.)** & **Alice Akers (Scariff CC/Marian A.C.)** won bronze medals in their events with Darren jumping 13.52m in the Boy's Triple Jump & Alice who was Irish Team Captain for the Girls, throwing 46.28m in the Girl's Hammer. **Kelly Ann Doyle (Scoil Mhuire COS/Carrick-On-Suir A.C.)** also won bronze with the Irish Girls 4 x 300m Relay & was 4th in the Girl's 300mH (44.02) while **Jason Foley** won bronze with the Irish Boys 4 x 100m Relay.
- 5 Munster athletes competed on the Irish Team for the AVIVA Schools Combined Events International in Glasgow in December – **Sophie Meredith, St. Mary's A.C., Daniel Ryan, Moycarkey Coolcree A.C., Damien Hickey, Abbey Striders A.C., Michael Quilligan, Nenagh Olympic A.C. & Sam Healy, Belgooly A.C.** all won team medals for Ireland with Sam Healy & Daniel Ryan winning individual silver medals in the Intermediate & Junior Boys competitions.
- 3 Munster athletes competed on the Irish team for the Celtic Cross Country International in Cardiff in January – **Luke Horgan, Leevale A.C., Kevin Mulcaire, Ennis Track A.C. & Fearghal Curtin, Youghal A.C.** all won gold with the Irish team with Kevin finishing 9th, Fearghal 14th & Luke 24th.

- 8 Munster athletes competed on the SIAB Schools Cross Country International Teams in Dinefwr Park, Wales on Saturday 23rd March 2013. **Fiona Everard (Bandon A.C.) & Aisling Kelly (St. John's A.C.)** won Bronze with the Irish Junior Girls team while **Eoin Looney (Kilmurray/Ibrickane A.C.) & Ruairi Casey (Togher A.C.)** won Silver with the Irish Junior Boys team. **Niamh Cotter (Bantry A.C.)** was Munster's only representative on the Intermediate Girls team which placed 4th overall while **Kevin Mulcaire (Ennis Track A.C.), Darren Dunne & Killian Cullagh (Nenagh Olympic A.C.)** were part of the Irish Intermediate Boys team which were 4th overall.
- **Kyle Larkin, Emerald A.C. & Claire McCarthy, Leevale A.C.** both competed for Ireland at the European Athletics Federation Mountain Running Championships in Bulgaria on 6th July finishing 39th & 35th.

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

- **Laura Mc Sweeney, Bandon A.C.**'s win in the U/19 Shot Putt at the National Outdoor Championships giving her a clean sweep of National titles, having won the shot in her age group every year from U/12 to U/19. An amazing achievement.
- **29 individual medals** in total (11 gold, 10 silver & 8 bronze) & 4 sets of Relay medals (1 silver & 3 bronze) won at the Tailteann Games.
- **11 individual National records & 2 Relay records** in total set by Munster athletes in 2013 (see Appendix attached).
- A total of **113 medals** (39 gold, 38 silver & 36 bronze) won at the National Juvenile Indoor Championships in March.
- At those Championships, Munster athletes had the top 3 places in the Boys U/14 High Jump, Boys U/18 & U/19 Long Jumps, a 1 & 2 in the Boys U/14 Long Jump, Boys U/18 High Jump, Girls & Boys U/13 High Jump & Girls U/12 Shot Putt; 2nd & 3rd places in the Girls U/14 Shot Putt, Girls U/16 Shot Putt & the Boys U/16 High Jump & a 1 & 3 in the Girls U/12 Long Jump, Boys U/12 High Jump, Boys U/13 Long Jump & Boys U/16 Shot Putt.
- A total of **183 individual medals** (69 gold, 64 silver & 50 bronze) won over the 3 days of the National Outdoor Championships.
- At those Championships, Munster athletes won Gold in the Boys U/12, U/13, U/14, U/17, U/18 & U/19 Long Jumps & were also in top spots in the Boys High Jump competitions winning the U/12, U/13, U/15 & U/17 competitions. To add to those great results, a clean sweep of National medals by Munster Clubs was witnessed in the Boys U/12 Long Jump, Boys U/12 High Jump, Girls U/16 250m Hurdles, Girls U/17 Discus, Boys U/18 Long Jump & Girls U/19 200m & Munster athletes also won gold & silver in 14 events, silver & bronze in 14 events & gold & bronze in 12 events.
- At the Woodie's DIY AAI Juvenile Inter-Club & Inter-County Relays in July, Munster teams won a total of 21 sets of medals (9 gold, 5 silver & 7 bronze). **Dooneen A.C.** had an outstanding day setting two new Championship Best Performances ("CBP") in the Girls U/12 & Girls U/13 4 x 100m competitions. **Leevale A.C.** also had great performances in the Boys U/12, U/13, U/14 & U/16 4 x 100m & Girls U/17 4 x 100m & 4 x 400m races to win National titles in all 6 events. In the National Inter-County Relays, **Tipperary** was Munster's only representative & they competed strongly winning gold in the Boys U/19, silver in the Girls U/13 & U/17 & bronze in the Boys U/15.
- Our U/9 to U/11 age groups are thriving winning just over half the 24 National Team Game titles at the Woodie's DIY AAI Juvenile Team Games in Finn Valley, Donegal last June (**33 sets of medals**, 14 gold, 11 silver & 8 bronze). Our future stars are rising fast.
- During the National Cross Country season, 64 individual medals were won in total by Munster athletes & 16 sets of Inter-Provincial medals (9 gold, 5 silver & 2 bronze) with **Kevin Mulcaire, Ennis Track A.C. (Boys U/18 & U/19), Sarah Morrison, St. Nicholas A.C. (Girls U/11), Caoimhe Harrington, West Muskerry A.C. (Girls U/15) & Finn Looney, Emerald A.C. (Boys U/13)** winning Gold & National titles in their events. Our Club & County teams also featured strongly in the Inter-Club & Inter-County competitions.
- In 2013, Munster athletes increased their participation at the National Juvenile Development Events in Tullamore in August with around 20 Munster Clubs taking part & winning **59 medals** in total (28 gold, 20 silver & 11 bronze), an increase of 12 medals from last year.

There was plenty to smile about too when it came to our Munster Championships. All competitions were very well attended throughout the year with an abundance of talent on show as evidenced by the number of Championship Best Performances set.

- **27** Munster Indoor records set in 2013 & 3 equalled.
- **21** Munster Outdoor Records set in 2013 & 1 equalled.
- Juvenile Combined Events numbers at Munster competitions are rising fast each year with Munster featuring strongly on the National stage in 2013. Our athletes won 3 gold, 4 silver & 2 bronze at the National Indoor Championships in January 2013 & 3 gold & 3 bronze at the National Outdoor Championships in August 2013. In addition to that, 5 Munster athletes (1 girls & 4 boys) also qualified for the Celtic Schools International competition in the Commonwealth Arena, Glasgow on Saturday 1st December where all 5 came home with International team medals & 2 athletes won individual silver medals.

- Munster is blazing a trail in the area of Coaching & Development with plenty of great workshops taking place on a wide range of athletic activities throughout the year as well as the Munster Performance Squads & the Winter Coaching Series. All these workshops are definitely playing an active part in keeping Munster at the top of the athletics ladder. Keep up to date with all Munster coaching events at www.munsterathletics.com.
- Athletics is continuing to grow strongly in Munster as can be seen from the figures below:-
AAI Membership comparison from 2012 to 2013 –

County	Membership (end 2013)	(end 2012)	% Increase from 2012
Clare	1503	1105	36%
Cork	5852	5240	12%
Kerry	1601	1488	8%
Limerick	1495	1252	19%
Tipperary	2625	2485	6%
Waterford	1464	1239	18%

More interesting statistics at <http://www.athleticsireland.ie/content/wp-content/uploads/2014/01/county-regional-comparison-2013.pdf>

I would like to extend my congratulations to all our Munster Star Award Winners, I hope they enjoyed their night in the Tower Hotel, Waterford on Saturday 25th January. They are the stars of the future & I look forward to following their progress in 2014.

We look forward to a new year of athletics – one where we will be spoiled for choice with various European & World Championships on the horizon. Good luck to any of our athletes who are chasing standards for the IAAF World Junior Championships in Eugene, Oregon, USA, the European Youth Olympic Trials in Baku, Azerbaijan & the World Youth Olympics Games in China. Remember that the difference between the impossible & the possible lies in determination.

We have a Munster Clubs page on our website so if any Clubs would like their events promoted throughout the year, please send the details to info@munsterathletics.com. Also, please feel free to send in details & photographs of your athletes who have taken part in various competitions abroad or other newsworthy athletics events. We hope to revamp our Munster Athletics website this year & to add a photo gallery for all your photos.

My thanks to everyone who has assisted me in my role in 2013 especially my husband Jim & my children, Daniel, David, Jack, Anna & Dillon. I thank them for their patience & understanding & for all the joy & fun they have given me in 2013 both on & off the athletics track. The road to success is always under construction so if I have left anyone or anything out, apologies.

All that remains is for me to wish you & yours a very happy, healthy, sporting & successful 2014.

Yours in Sport

Aisling Hoey

Munster Juvenile PRO Summary

Combined Events Report 2013

National Indoor Combined Events 2013 - Saturday 26th January in AIT Arena. It was an exciting & memorable occasion for the 21 Munster athletes who competed in Ireland's first International Standard state of the art indoor track taking home 8 medals in total (4 gold, 2 silver & 2 bronze). 4 Munster athletes had an exceptional day winning gold & National titles. Both **Daniel Ryan, Moycarkey Coolcree A.C. & Vickie Cusack, Liscarroll A.C.** were clear winners of their events with Ryan taking the National title in the Boys U/15 competition on 3,261 points, 622 points clear of David McDonald, Menapians A.C. in 2nd place & Cusack finishing the Girls U/14 competition on 2990 points, 531 points clear of silver medallist, Zoe Mohan, Cushinstown A.C. **Grace McKenzie, Belgooly A.C.** won the Youth Girls title with a score of 3,253 points, just 46 points separating her from Shannen Dawkins, St. Joseph's A.C. in 2nd place. Second closest competition of the day was the Boys U/14 competition where **David Ryan, Moycarkey Coolcree A.C.** won the National title just 1 point clear of **Padraig Nash, Belgooly A.C.** in 2nd place. **Jack Fallon, Moycarkey Coolcree A.C.** was 3rd on 1972 points giving Munster athletes a 1,2,3 in that event. Closest competition of the Championships was between **Sam Healy, Belgooly A.C.** & Mark Rodgers, St. Peter's A.C. when both athletes finished the competition on 3630 points each. Rodgers was given the edge as he earned the most points in one event so Healy was awarded the silver medal. **Cormac McCann, Ferrybank A.C.** won bronze in the Boys U/16 competition on 2763 points.



Munster Juvenile Indoor Combined Events Championships - Nenagh Indoor Stadium, Saturday 9th March 2013. 2 new Championship Best Performances were set on the day, both in the Boys High Jumps. **Conor Blake, St. John's A.C.** set a new CBP of 1.33m in the Boys U/12 High Jump to better Middleton A.C. athlete, John Forde's record of 1.31 set in 2012 which he held jointly with Sam Healy, Belgooly A.C. (2007). **Joseph McEvoy, Nenagh Olympic A.C.** jumped 1.47m in the Boys U/13 High Jump to better the previous record of 1.45m which he held jointly with Sam Healy, Belgooly A.C. (2008) & Tommy Downes, Abbey Striders A.C. (2012). There was a 1, 2 & 3 for St. Mary's A.C. & Limerick when **Holly Meredith, Niamh Foley & Allanah Keays** won gold, silver & bronze in the Girls U/12 competition with Tipperary recording a 1,2 & 3 in the Boys U/14 competition which saw **David Ryan, Moycarkey Coolcree A.C.** win gold, his team-mate **Jack Fallon** win silver & **Martin Kehoe, Carrick-On-Suir A.C.** bronze. National Champions, **Vickie Cusack, Liscarroll A.C., Daniel Ryan, Moycarkey Coolcree A.C. & David Ryan** all added a Munster title to their repertoire on the day. **Sam Healy, Belgooly A.C.** won National Silver & he also added a Munster title to his name with **Jack Fallon, Moycarkey Coolcree A.C.** winning a Munster silver medal to add to his bronze National medal. **Jayne Pennefather, Belgooly A.C.** who finished 4th in the Youth Girls National competition won her Munster title in the Girls U/18 competition with **Laura Cussen, Old Abbey A.C.** winning her Munster gold in the Girls U/16 competition & newcomer, **Kelly Devine, St. Mary's A.C.** taking Munster bronze.

Munster Outdoor Combined Events Championships - There was very strong support for this competition in Cork I.T. on Sunday 28th April with a total of 147 athletes taking part from U/11 to Youth age groups. All 6 Munster counties were represented with 78 boys & 69 girls from 25 different clubs competing. The largest number of competitors was in the Boys U/11 (21), Girls U/12 (23), Boys U/12 (16), Boys U/13 (15) & Boys U/14 (15) categories. With 13 Munster titles up for decision on the day (there were no Youth Boys competing), **Liscarroll A.C. & St. Mary's A.C., Limerick** won two titles each & **Nenagh Olympic A.C. & Carrig na Bhfear A.C.** won 1 each in the Girls competition. In the Boys competition, there were two titles each for **Nenagh Olympic A.C. & Moycarkey Coolcree A.C.** with **Bandon A.C. & Belgooly A.C.** winning 1 each. The level of competition was high on the day with reigning Munster & National Indoor Combined Events Champions, **Vickie Cusack, Liscarroll A.C.** (Girls U/14), **David Ryan, Moycarkey Coolcree A.C.** (Boys U/14) & **Daniel Ryan, Moycarkey Coolcree A.C.** (Boys U/15) showing good form &

adding Munster Outdoor titles to their repertoires. Other Munster & National Indoor medal winners, **Padraig Nash Belgooly A.C.** & **Jack Fallon, Moycarkey Coolcree A.C.** won Silver & Bronze in the Boys U/14 competition & **Jayne Pennefather** (Individual) who was 4th in the National Youth Pentathlon took Munster gold in the Youth Girls competition.

3 Championship Best Performances & 1 equalled CBP were also recorded on the day by the following athletes:-

- **Niamh Foley, St. Mary's A.C.** ran 8.63 in the Girls U/12 60m to break the existing record of 8.71 set by Lauren O'Leary, Liscarroll A.C. in 2012.
- **Sophie Meredith, St. Mary's A.C.** jumped 4.91m in the Girls U/13 Long Jump to break the existing record of 4.87m set by Mairead O' Sullivan, West Muskerry A.C. in 1996.
- **Daniel Ryan, Moycarkey Coolcree A.C.** ran 11.72 in the Boys U/15 80m Hurdles to break the existing record of 11.85 set by Michael Quilligan, Nenagh Olympic A.C. in 2011.
- **Sophie Meredith, St. Mary's A.C.** jumped 1.45m in the Girls U/13 High Jump to equal the existing record of 1.45m set by Vickie Cusack, Liscarroll A.C. in 2012.

AAI Juvenile Outdoor Combined Events Championships - Tullamore Harriers Stadium, Saturday 10th August 2013. Three Munster athletes added National Outdoor titles to the National Indoor titles they won earlier in 2013 in AIT Arena - **Vickie Cusack, Liscarroll A.C.** took the National title in the Girls U/14 Pentathlon winning on 2956 points; **David Ryan, Moycarkey Coolcree A.C.** took gold in the Boys U/14 Pentathlon winning on 3222 points with his brother, **Daniel Ryan**, taking gold in the Boys U/15 Pentathlon on 4422 points, almost 1000m points clear of 2nd place with **Diarmuid Clancy, Abbey Striders A.C.** winning the bronze medal on 3354 points. **Avril Braham, Carrig na bhFear A.C.** was 3rd in the Girls U/15 Pentathlon finishing on 2621 points & **Tom Deasy, Belgooly A.C.** took bronze in the Boys U/16 Pentathlon finishing on 2924 points.



Indoor Championships Report 2013

Munster U/9 to U/13 Indoor Championships - Nenagh Indoor Stadium, Saturday 9th & Sunday 10th February. It was a highly competitive & exciting 2 days with athletes setting 7 new Championship Best Performances ("CBP") & equalling one. The U/10 500m replaced the existing 300m race & it was **Sarah Hosey, Limerick A.C.** & **Jack Corcoran, Waterford A.C.** who won the first ever Munster titles & set the first records for this event. Other athletes who set CBP's were:-

1. **Kelvin O'Carroll, Dooneen A.C.** in the Boys U/10 60m when he took the gold medal with a time of 9.12 to break the existing record of 9.28 set by Sultan Akinwale, Ennis Track A.C. in 2012.
2. **Niamh Foley, St. Mary's A.C., Limerick** in the Girls U/12 60m when she won gold in a time of 8.65 to break the existing record of 8.70 set by Sarah Lavin, Emerald A.C. in 2005.
3. **Sophie Meredith, St. Mary's A.C., Limerick** in the Girls U/13 Long Jump when she took the gold medal with a jump of 4.90m to break the existing record of 4.786m set by Ciara Giles Doran, Ferrybank A.C. in 2007.
4. **Sophie Meredith, St. Mary's A.C., Limerick** in the Girls U/13 Shot Putt when she won the Munster title with a throw of 11.00m to break the existing record of 10.95m held by Vickie Cusack, Liscarroll A.C. set in 2012.
5. **Miriam Daly, Carrick-On-Suir A.C.** in the Girls U/13 60m Hurdles when she won gold in a time of 10.2 to break the existing record of 10.45 set by her Club-mate, Clodagh Fitzgerald in 2008.
6. **Joseph McEvoy, Nenagh Olympic A.C.** in the Boys U/13 High Jump when he won gold & equalled the existing record of 1.45m held by Sam Healy, Belgooly A.C. (2008) & Tommy Downes, Abbey Striders A.C. (2012).

Munster U/14 to U/19 Indoor Championships – Nenagh Indoor Stadium, Saturday 23rd & Sunday 24th. An excellent sign of the talent amongst Munster athletes manifested itself in the amount of new Championship Best Performances that were set - 11 records tumbled & 2 were equalled in a showcase of exciting finishes & tremendous performances. The oldest record of the Championships to fall was M. O' Connor, Leevale A.C. record of 4.98m set in 1988 in the Girls U/14 Long Jump which was broken by **Orla O'Reilly, Tralee Harriers A.C.** when she jumped 5.00m. The next oldest was Jamie Costin's (Ring Old Parish) 1995 record of 6.06.00 in the Boys U/19 1500m Walk which was broken by just over 7 seconds by **Evan Lynch, Clonmel A.C.** when he clocked 5.58.98. Next oldest record to fall was Kevin Burke's (Dooneen A.C) 1999 record of 6.87m in the Boys U/19 Long Jump which was broken by **Eoin O'Carroll, Tralee Harriers A.C.** with his jump of 6.92m & the 2000 record of 9.8secs in the Girls U/14 60m Hurdles which was held by Suzanne O'Donovan, Belgooly A.C. & which was broken by **Vickie Cusack, Liscarroll A.C.** with her time of 9.69secs (Vickie also equalled the High Jump record of 1.52m). Other impressive records were set by **Daniel Ryan, Moycarkey Coolcree A.C.** who smashed the existing record of 5.64m in the Boys U/15 Long Jump when he jumped 6.35m. Daniel also set 2 new records in the 60m (7.49) & the 60m Hurdles (8.85); **Robert Cregan, Leevale A.C.** in the Boys U/14 60m with his time of 7.88sec to break Daniel Ryan's (Moycarkey Coolcree A.C.) record of 7.99sec; **David Cussen, Old Abbey A.C.** who broke the existing record of 1.96m set by Christopher Crowley, Belgooly A.C. in 2004 with his jump of 2.00m; **Louise Shanahan, Leevale A.C.** in the Girls U/17 800m in a time of 2.18.20 to break the existing record of 2.18.98 set by Amy O'Donoghue, Emerald A.C. in 2010. She also won the Munster title in the 1500m; **Gearoid McMahon, Shannon A.C.** who broke the existing record of 5.22.82sec by Anthony Tobin, Clonmel A.C. in the Boys U/14 1000m Walk with his time of 5.17.00 & **Aisling Croke, Dooneen A.C.** who equalled the existing record of 1.65m currently held by Sorcha Murphy, Ferrybank A.C. in the Girls U/19 High Jump.

Some of Munster's finest athletes who shone over the weekend were **Daniel Ryan, Moycarkey Coolcree A.C.** who won 5 Munster titles in the Boys U/15 60m, 60m Hurdles, Long Jump, High Jump & Shot Putt & set 3 new records; **Vickie Cusack, Liscarroll A.C.** who won 4 Munster titles in the Girls U/14 60m, 60m Hurdles, High Jump & Shot Putt & silver in the Long Jump setting 1 new record in the Shot Putt & equalling the High Jump record; **Darren Prout, Carrick-On-Suir A.C.** who won 4 gold in the Boys U/17 60m, 60m Hurdles, 200m & Long Jump; **Eoin O'Carroll, Tralee Harriers A.C.** who won 3 gold in the Boys U/19 60m, 200m & Long Jump & silver in the Triple Jump & set a new record in the Long Jump; **David Cussen, Old Abbey A.C.** who won Munster titles in the Boys U/18 60m Hurdles, Long Jump & High Jump & set a new record in the High Jump; **Jack Murphy, Leevale A.C.** who won 3 Munster titles in the Boys U/16 60m Hurdles, Long Jump & High Jump; **Phoebe Murphy, Clonmel A.C.** who took the Munster double in the Girls U/16 60m & 200m; **Laura Cussen, Old Abbey A.C.** who won double Munster titles in the Girls U/16 60m Hurdles & Long Jump; **Deirbhile Ryan, Nenagh Olympic A.C.** double Munster titles in the Girls U/16 Shot Putt & High Jump & bronze in the Long Jump; **Niamh Markham, Ennis Track A.C.** who won double Munster titles in the Girls U/19 400m & 800m & silver in the 1500m & **Tony Odubote, Ennis Track A.C.** who won silver in the Boys U/14 60m, 60m Hurdles & Long Jump.

Munster Juvenile Indoor Relays – Nenagh Indoor Stadium, Saturday 9th March 2013. 7 new Championship Best Performances were recorded, 4 for the girls & 3 for the boys. Super fast times were posted by the following Clubs:-

- Girls U/9 - Templemore A.C. 1.10.67
- Girls U/10 – Leevale A.C. 1.03.27
- Girls U/12 – St. Mary's A.C. 57.95
- Girls U/13 – Leevale A.C. 55.59
- Boys U/10 – Nenagh Olympic A.C. 1.02.13
- Boys U/11 – Waterford A.C. 59.90
- Boys U/13 – Leevale A.C. 54.46

Out of the 11 titles up for grabs in the Girls competitions, **Leevale A.C.** came out on top with 4 Munster titles, followed by **Dooneen A.C. & St. Mary's A.C.** with 2 titles each. Tipperary Clubs, **Nenagh Olympic A.C., Carrick-On-Suir A.C. & Templemore A.C.** won 1 title each. Top Club in the Boys competition was **Nenagh Olympic A.C.** with 5 titles followed by **Leevale A.C.** with 3 & **Waterford A.C., Ennis Track A.C. & Limerick A.C.** with 1 title each.

National Juvenile Indoor Championships – AIT Arena, Saturday 23rd & Sunday 24th March. Munster athletes won 113 medals in total (39 gold, 38 silver & 36 bronze) with 63 medals won on the track (22 gold, 21 silver & 20 bronze) & 50 medals in field events (17 gold, 17 silver & 16 bronze). Outstanding performances came from **Daniel Ryan, Moycarkey Coolcree A.C.** who won 3 National titles in the Boys U/15 60m, 60mH & Long Jump & set 2 new National records in the 60mH with his time of 8.5H & the Long Jump with his jump of 6.14m & **Sophie Meredith, St. Mary's A.C.** who also had a perfect score of 3 out of 3 in her events winning gold in the Girls U/13 60m, 60mH & Long Jump & setting a new National record in Long Jump with her jump of

5.18m. Other athletes who gave exceptional performances were **Niamh Foley, St. Mary's A.C.** who won gold medals in the Girls U/12 60m & Long Jump & silver in the 600m & she also set a new National record of 8.36 in the 60m sprint; **Tony Odobute, Ennis Track A.C.** who took the National titles in the Boys U/14 60m & 60mH & silver in the Long Jump; **David Cussen, Old Abbey A.C.** who took 2 National titles in the Boys U/18 Long Jump & High Jump & silver in the 60mH; **Tom Gallagher, Ferrybank A.C.** who won double National titles in the Boys U/13 Long Jump & High Jump; **Phoebe Murphy, Clonmel A.C.** who won double gold in the Girls U/16 60m & 200m; **Jack Murphy, Leevale A.C.** who won gold in the Boys U/16 Long Jump & silver in the 60mH & High Jump; **Daniel Hurley, Old Abbey A.C.** who took gold in the Boys U/12 60m & bronze in Long Jump & **Sam Healy, Belgooly A.C.** who won double silver in the Boys U/18 Long Jump & High Jump.

Munster athletes had the top 3 places in the Boys U/14 High Jump, Boys U/18 & U/19 Long Jumps, a 1 & 2 in Boys U/14 Long Jump, Boys U/18 High Jump, Girls & Boys U/13 High Jump & Girls U/12 Shot Putt; 2nd & 3rd places in Girls U/14 Shot Putt, Girls U/16 Shot Putt & the Boys U/16 High Jump & a 1 & 3 in Girls U/12 Long Jump, Boys U/12 High Jump, Boys U/13 Long Jump & Boys U/16 Shot Putt.

Munster Sprinters performed very well with 7 Munster athletes taking National titles & 1 National record - **Niamh Foley, St. Mary's A.C.** won the Girls U/12 60m in a new National Record of 8.36, **Daniel Hurley, Old Abbey A.C.** won gold in the Boys U/12 60m, **Sophie Meredith, St. Mary's A.C.** took gold in the Girls U/13 60m, **Paul O'Shaughnessy, Dooneen A.C.** won gold in the Boys U/13 60m, **Tony Odobute, Ennis Track A.C.** took gold in the Boys U/14 60m, **Daniel Ryan, Moycarkey Coolcree A.C.** won the National title in the Boys U/15 60m & **Phoebe Murphy, Clonmel A.C.** won her National title in the Girls U/16 60m. Our Hurdlers also did well when 4 of them took National titles – **Sophie Meredith, St. Mary's A.C.** Girls U/13 60mH, **Tony Odobute, Ennis Track A.C.**, Boys U/14 60mH, **Daniel Ryan, Moycarkey Coolcree A.C.** Boys U/15 60mH where he set a new National record of 8.5H & **Brendan Corrigan, Blarney Inniscara A.C.**, Boys U/19 60mH. In the Middle Distance events, Munster athletes scored 6 gold medals from **Alex O'Neill, St. Cronan's A.C.** Girls U/14 800m, **Conor O'Driscoll, Leevale A.C.** Boys U/15 800m, **Louise Shanahan, Leevale A.C.** Girls U/17 800m, **Rachel O'Shea, West Muskerry A.C.** Girls U/19 800m, **Niamh Markham, Ennis Track A.C.** Girls U/19 1500m & **Conor Walter, Leevale A.C.** Boys U/19 800m.

Munster walkers came to the fore with **Gerald McMahon, Shannon A.C.**, **Angharad Loughnane, Marian A.C.**, **Aaron Egan, Clonmel A.C.** & **Evan Lynch A.C.** all taking gold in their events - Boys U/14, Girls U/15, Boys U/17 & Boys U/19 races with **Anthony Tobin, Clonmel A.C.** taking silver in the Boys U/17 Walk, **Eva Rush, Templemore A.C.** taking silver in the Girls U/14 competition & her Club-mate, **Sarah Ryan** placing 3rd in the Girls U/19 Walk.

For the Field Events, Munster showed strength in both the Long Jump & High Jump competitions winning 8 gold & setting 2 new National records in the Long Jump & 6 gold in the High Jump. There were gold medals in the Long Jump for **Niamh Foley, St. Mary's A.C.** (Girls U/12), **Sophie Meredith, St. Mary's A.C.** (Girls U/13) who also set a new CBP of 5.18m, **Tom Gallagher, Ferrybank A.C.** (Boys U/13), **David Ryan, Moycarkey Coolcree A.C.** (Boys U/14), **Daniel Ryan, Moycarkey Coolcree A.C.** who also set a new CBP of 6.14m (Boys U/15), **Jack Murphy, Leevale A.C.** (Boys U/16), **David Cussen, Old Abbey A.C.** (Boys U/18) & **Eoin O'Carroll, Tralee Harriers A.C.** (Boys U/19). Gold High Jump medals went to **Conor Blake, St. John's A.C.** (Boys U/12), **Laura Greene, St. John's A.C.** (Girls U/13), **Tom Gallagher, Ferrybank A.C.** (Boys U/13), **Padraig Nash, Belgooly A.C.** (Boys U/14), **David Cussen, Old Abbey A.C.** (Boys U/18) & **Aisling Croke, Dooneen A.C.** (Girls U/19). There were 3 Shot Putt golds for **Holly Meredith, St. Mary's A.C.** (Girls U/12), **James French, Bandon A.C.** (Boys U/16) & **Laura McSweeney, Bandon A.C.** (Girls U/19).



National Juvenile Indoor Relay Championships – AIT Arena, Saturday 6th April 2013. Munster teams won 16 sets of medals in total (6 gold, 4 silver & 6 bronze). **Limerick** won 2 gold (**St. Mary's A.C. & Dooneen A.C.**), 3 silver (**Emerald A.C. (2) & Dooneen A.C.**) & 3 bronze (**Dooneen A.C., Limerick A.C. & St. Mary's A.C.**), **Cork** won 3 gold (**Leevale A.C.**) & 1 bronze (**Midleton A.C.**) while **Tipperary** won 1 gold (**Nenagh Olympic A.C.**), 1 silver (**Carrick-On-Suir A.C.**) & 2 bronze (**Nenagh Olympic A.C. & Carrick-On-Suir A.C.**). Highlights of the day were **Leevale A.C.**'s 3 National titles & **Nenagh Olympic A.C.** setting a new National Record in the Girls U/14 4 x 200m Relay. **Dooneen A.C.** took gold in the Girls U/12 4 x 100m Relay in a time of 56.43 with **Nenagh Olympic A.C.** taking bronze in the Boys U/12 (57.61). There was gold, silver & bronze for Munster in the Boys U/13 4 x

100m Relay when **Leevale A.C.** took 1st place in 53.67 with **Dooneen A.C.** in 2nd place (53.83) & **Midleton A.C.** in 3rd place (54.94). The Girls U/13 4 x 100m Relay produced another gold for **Leevale A.C.** (54.17) & bronze for **St. Mary's A.C.** (55.39). **Nenagh Olympic A.C.** took gold in the Girls U/14 4 x 200m setting a new National record of 1.51.79 to better the 1:52.0 of Ferrybank set in 2002. In the Girls U/15 4 x 200m Relay, **Emerald A.C.** took silver in a time of 1.49.92 with **Dooneen A.C.** taking bronze (1.53.10) while **Limerick A.C.** took bronze in the Boys U/15 4 x 200m Relay in a time of 1.44.89. **St. Mary's A.C.** also took gold in the Girls U/16 4 x 200m in a time of 1.49.56. **Leevale A.C.** took their 3rd National title in the Boys U/16 4 x 100m Relay in a time of 1.39.33. In the Girls U/17 4 x 200m Relay, **Carrick-On-Suir A.C.** took silver in a time of 1.47.67 with their Girls U/18 4 x 200m Relay team winning bronze (1.46.89). In the Boys U/19 4 x 200m Relay, **Emerald A.C.** won silver in a time of 1.32.65.

Outdoor Track & Field Championships Report 2013

Munster U/14 to U/19 Track & Field Championships - Templemore Track, Co. Tipperary, Saturday 15th & Sunday 16th June. There were some excellent performances with **13 new Championship Best Performances** ("CBP") set, 7 on the track & 6 in the field events, 5 set by the boys & 8 by the girls. The oldest record of the Championships to fall was the 1985 Boys U/15 80m Hurdles record of 11.50sec which was held by top class hurdler, Darren Haddock, Togher A.C. & it was **Daniel Ryan, Moycarkey Coolcree A.C.** who set a new CBP in this event when he ran 11.47sec in his straight final. Next oldest record of the meet was the 1987 Girls U/18 Discus record of 44.16m held by Ailish O'Brien, Dungarvan which was broken by **Kaleigh Cronin, Spa Muckross A.C.** with her throw of 44.23m. **Evan Lynch, Clonmel A.C.** won the Boys U/19 5000m Walk in a time of 21.36.22 smashing Jamie Costin's 1995 record of 22.40.2H by just over a minute. **Adam King, Iveragh A.C.** was in top form throwing 69.09m in the Boys U/17 Hammer to obliterate the 1995 record of 55.80m held by Michael Grace, Tipperary Town A.C. **Eoghan Courtney, St. Brendan's A.C.** won the Boys U/19 400m Hurdles in a time of 57.74 breaking the existing 1996 record of 58.2H held by Brian Cullinane, Nenagh Olympic A.C. **Kelly Ann Doyle, Carrick-On-Suir A.C.** ran 45.34 in the Girls U/17 300mH to break the existing record of 45.40 (HT) which was set by L. Hegarty, Midleton A.C. in 1994 & she also set a record in the Girls U/17 400m when she ran 1.00.60. **Orlaith O'Brien, Ferrybank A.C.** set a new record by over 7 metres in the Girls U/15 Javelin when she threw 40.97m to better the 2007 record of 33.89m set by Ailish Sheehan, Dooneen A.C. **Nenagh Olympic A.C. Boys U/18 4 x 100m Relay team** ran 3.38.61 to better the 2008 record of 3.38.91 set by Leevale A.C. In the Girls U/19 Shot Putt, **Laura McSweeney, Bandon A.C.** won gold & set a new record of 12.09m to better Blarney Inniscarra A.C. athlete, Niamh Murphy's 2012 throw of 11.63m. **Alice Akers, Marian A.C.** threw 56.82m in the Girls U/18 Hammer to break Laura McSweeney's 2012 record of 48.91m. **Aoife Vaughan Witts, Borrisokane A.C.** took the title & set a new record of 52.76m in the Girls U/17 Hammer to break Alice Akers 2012 record of 52.01m. **Ciara Cummins, Nenagh Olympic A.C.** ran 7.56.27 in the Girls U/17 2000m Steeplechase to better Clonmel A.C. athlete, Laura Tobin's record of 8.35.95 by over 39 seconds.

Over the weekend, there were numerous multi-talented athletes who won multiple medals in their events. Some of those winners are listed here. In the Girls U/14 competition, **Vickie Cusack, Liscarroll A.C.** won 3 gold medals in the 75m Hurdles, Shot Putt, & Long Jump, silver in the 200m & bronze in the 80m with **Orla O'Reilly, Tralee Harriers A.C.** winning gold in the 80m, silver in the Long Jump & bronze in the 200m. **Lauren Ryan, Dooneen A.C.** won gold in the Girls U/15 80m Hurdles, 250m Hurdles, 100m & 200m & **Orlaith O'Brien, Ferrybank A.C.** took gold in the Discus & Javelin, silver in the Shot Putt & bronze in the Hammer. **Emma Hennessy, Nenagh Olympic A.C.** won gold in the Girls U/16 80mH & High Jump, silver in the Long Jump & bronze in the 250mH with **Sharlene Mawdsley, Newport A.C., Phoebe Murphy, Clonmel A.C. & Laura Murphy, Leevale A.C.** all taking home medals in the 100m & 200m. **Aoife Doyle, Star of the Laune A.C.** won gold in the Hammer & Discus & bronze in the Shot Putt with **Erin Kingston, Bandon A.C.** winning double gold in the Shot Putt & Javelin & bronze in the Hammer & **Aoife Hamilton, West Waterford A.C.** winning gold in the 800m & silver in the 1500m.

In the Girls U/17 competition, **Kelly Ann Doyle, Carrick-On-Suir A.C.** took 3 gold in the 100mH, 300m Hurdles & 400m setting two new Munster records with **Niamh McNicol, Ferrybank A.C.** taking double gold in the 100m & 200m & **Louise Shanahan, Leevale A.C.** winning Munster titles in the 800m & 1500m. **Ciara Mockler, Moycarkey Coolcree A.C.** won double gold in the Shot Putt & Discus & silver in the Hammer with **Fiona O'Shea, Dooneen A.C.** winning double gold in the Long Jump & Triple Jump. In the Girls U/18 competitions, **Jayne Pennefather, Leevale A.C.** took double Munster titles in the 100m Hurdles & 400m Hurdles with **Emma O'Brien, Leevale A.C.** taking double gold in the 100m & 200m & **Laura Power, Ennis Track A.C.** winning both the 800m & 1500m races. **Alice Akers, Marian A.C.** won gold in the Hammer & silver in the Shot Putt & Discus with **Siobhan Whelan, Ferrybank A.C.** taking gold in the Triple Jump & silver in the Shot Putt. **Rachel O'Shea, West Muskerry A.C.** took double gold in the Girls U/19 800m & 1500m with **Lucy O'Brien, West Waterford A.C.** taking double silver in the same events. **Marie Heelan, Emerald A.C.** took double gold in the 100m & Long Jump, **Laura McSweeney, Bandon A.C.** won both the Hammer & Shot Putt & **Caroline Morgan, Nenagh Olympic A.C.** won silver in the Discus, Hammer & Javelin & bronze in the Shot Putt.

In the Boys events, **Tony Odbute, Ennis Track A.C.** won gold in the Boys U/14 75mH, 80m & 200m & silver in the Long Jump, **Jack Hallahan, Middleton A.C.** won gold in the Shot Putt, Discus & Hammer, **Sean Mockler, Moycarkey Coolcree A.C.** took silver in the Shot Putt, Discus, Hammer & Javelin & **David Ryan, Moycarkey Coolcree A.C.** won gold in the Long Jump, silver in the High Jump & 200m & bronze in the 80m. **Daniel Ryan, Moycarkey Coolcree A.C.** won 3 gold medals in the Boys U/15 80m Hurdles, Discus & 200m while **Eoin Looney, Kilmurray/Ibrickane A.C.** took double gold in the 800m & 1500m & **Diarmuid Clancy, Abbey Striders A.C.** won double gold in the 250mH & High Jump & silver in the 80mH. In the Boys U/16 competition, **Jack Murphy, Leevale A.C.** took 3 gold in the 100mH, Long Jump & High Jump, **Dion Marcos, Spa Muckcross A.C.** took silver in the 250mH, 100m & 200m, **Sean Glasheen, Tipperary Town A.C.** won silver in the Shot Putt, Javelin & Long Jump, **Fearghal Curtin, Youghal A.C.** won double gold in the 800m & 1500m & **Michael Foley, Lios Tuathail A.C.** was 1st in the 800m & 2nd in the 1500m.

Jason Foley, Lios Tuathail A.C. won treble gold in the Boys U/17 100mH, 100m & 200m, **Darren Prout, Carrick-On-Suir A.C.** won gold in the Long Jump & Triple Jump silver in the 100mH & bronze in the 100m with **Benny Healy, Fanahan McSweeney A.C.** taking double gold in the Shot Putt & Discus. In the Boys U/18, **Sam Healy, Leevale A.C.** won gold in the 110mH, & silver in the Long Jump, High Jump & 100m, **David Cussen, Old Abbey A.C.** won double gold in the Long Jump & High Jump & silver in the 110mH, **Brandon Arrey, Blarney Inniscara A.C.** took gold in the 400mH & silver in the 200m & 400m, **Paul Murphy, Ferrybank A.C.** won double gold in the 200m & 400m, **Stephen Holland, Bantry A.C.** was 1st in the 800m & 2nd in the 1500m, **Liam O'Connell, Iveragh A.C.** took gold in the 1500m & silver in the 3000m, **Colin Kingston, Bandon A.C.** took gold in the Shot Putt & silver in the Discus with **Eoin Hanrahan, Ennis Track A.C.** taking gold in the Discus & silver in the Shot Putt.

Finally, the Boys U/19 competitions saw **Eoin O'Carroll, Tralee Harriers A.C.** take gold in the 100m, 200m & Long Jump, **Billy Cosgrave, Emerald A.C.** win double silver in the 200m & 400m, **Kyle Larkin, Emerald A.C.** win gold in the 1500m & silver in the 800m, **Karl Fitzmaurice, Shannon A.C.** win double gold in the 3000m & 3000m Steeplechase & bronze in the 1500m, **Conor Foley Ellis, Kilmihil A.C.** win silver in the Shot Putt & Javelin & bronze in the 100m, **Dan Finnerty, Nenagh Olympic A.C.** win gold in the Javelin & silver in the 100m, & team-mate **Paul White** win gold in the 400m & bronze in the 200m & Javelin.



Munster U/9 to U/11 Team Games & the U/12 & U/13 Track & Field Championships - Lee's Road, Ennis, Co. Clare, Saturday 8th & Sunday 9th June. Despite the soaring temperatures & humidity, there were lots of exciting performances with **7 new Championship Best Performances ("CBP")** being set. Star athlete of the Championships was **Sophie Meredith, St. Mary's A.C.** who showed the great form she is in by setting an astonishing 4 CBP's in total. Details of the 7 CBP's are as follows:-

- **Niamh Foley, St. Mary's A.C., Limerick** in the Girls U/12 60m when she won gold in a time of 8.40 to break her own record of 8.63 which she set earlier this year.
- **Ciara Sheehy, Liscarroll A.C.** in the Girls U/12 Shot Putt who took gold with a massive throw of 9.81m in the last round to break Sophie Meredith's record of 9.30m set in 2012.
- **Sophie Meredith, St. Mary's A.C., Limerick** in the Girls U/13 Long Jump when she took the gold medal with a jump of 4.99m to break her own record of 4.91m set earlier this year.
- **Sophie Meredith, St. Mary's A.C., Limerick** in the Girls U/13 Shot Putt when she won the Munster title with a throw of 11.87m to break the existing record of 11.39m held by Deirbhile Ryan, Nenagh Olympic A.C. in 2009.
- **Sophie Meredith, St. Mary's A.C., Limerick** in the Girls U/13 High Jump when she won the Munster title with a jump of 1.52m to break the existing record of 1.45m held jointly by herself (2013) & Vickie Cusack, Liscarroll A.C. (2012).
- **Sophie Meredith, St. Mary's A.C., Limerick** in the Girls U/13 60m Hurdles when she won gold in a time of 10.01 to break the existing record of 10.21 held by Ciara Giles Doran, Ferrybank A.C. set in 2007.
- **Dooneen A.C.** Girls U/12 4 x 100m Relay team who ran 56.29 to break the existing record of 57.51 set by Leevale A.C. in 2012.

There was a good turnout for the Team Games Competition & for the first time, there was an individual dimension introduced to these Championships in that medals were awarded for the first 3 teams & the first 3 individuals in each event. In the Girls U/9 competition, 2 of the strongest Clubs were **Templemore A.C.** (2 gold & 2 silver) & **Dooneen A.C.** (2 gold & 1 silver) while **Ennis Track A.C.** (2 gold, 1 bronze), **Tralee Harriers A.C.** (2 bronze) & **Bandon A.C.** (gold & silver) came to the fore in the Boys events.

In the Girls U/10, **Leevale A.C.** (3 gold, 2 silver), **North Cork A.C.** (silver & bronze) & **Marian A.C.** (gold & bronze) were strong with **Nenagh Olympic A.C.** (3 gold, silver & bronze), **Bandon A.C.** (2 silver & bronze), **Belgooly A.C.** (gold & silver) & **Midleton A.C.** (gold & bronze) all showing their strength in the Boys U/10 competition. In the Girls U/11 events, **Skibbereen A.C.** (gold & silver), **Ferrybank A.C.** (2 gold), **Clonmel A.C.** (silver & bronze) & **Riverstick A.C.** (silver & bronze) competed very well with **Waterford A.C.** (2 gold & silver), **St. Mary's A.C.** (2 gold & silver), **Bandon A.C.** (gold & silver) & **Midleton A.C.** (1 silver, 2 bronze) all coming to the fore in the Boys U/11 competition.

AAI Juvenile Team Games - Finn Valley, Co. Donegal, Saturday 29th June. With 24 titles up for decision, Munster athletes had a terrific day winning over half those titles & taking home a huge haul of 33 sets of team medals (14 gold, 11 silver & 8 bronze). The Munster Girls won 17 sets of medals while the Munster Boys picked up 16 sets of medals. Munster also recorded a 1, 2 & 3 in the Girls U 10 60m & Boys U/10 Turbo Javelin.



AAI T & F Championships (Day 1 & 2) - Munster athletes were in sparkling form at the first weekend of the Woodie's DIY AAI Juvenile Track & Field Championships in Tullamore on Saturday 6th & Sunday 7th July. Munster clinched 127 medals in total which included 45 gold & national titles, 48 silver & 34 bronze & 5 new National records set by the athletes below:-

1. **Niamh Foley, St. Mary's Limerick A.C.** won the Girls U/12 60m in a time of 8.29 to better the 2010 record of 8.36 held by Gina Moses, Blackrock A.C. & she also went on to win the Long Jump with a jump of 4.41m & was 2nd in the 600m.
2. **Conor Blake, St. John's A.C.**, Clare added 1cm to Peter Denver's 1981 Boys U/12 High Jump record with his clearance of 1.48m.
3. **Miriam Daly, Carrick on Suir A.C.** clocked 9.58 when winning the U13 60m hurdles to better the 2012 record of 9.63 held by Ciara Deely, Kilkenny City Harriers A.C.
4. In the Boys U/15 80m Hurdles, Carlton Haddock's (Togher A.C.) 1987 record of 11.5 was well beaten when **Daniel Ryan, Moycarkey Coolcree A.C.** won the U15 80m hurdles in a time of 11.31 & he also went on to win the National Discus title with his throw of 38.18m. His brother, David also won the National title in the Boys U/14 Long Jump with his jump of 5.25m.
5. **Paul Murphy, Ferrybank A.C.** was a clear winner of the Boys U18 400m in a time of 49.10 to better the record of 49.35 set by David Kearns, Lusk A.C. in 1994.

There were many notable performances from Munster athletes but one which stood out was **Laura Mc Sweeney's (Bandon A.C.)** win in the Girls U/19 Shot Putt which completed her clean sweep of titles, having won the shot in her age group every year from U12 to U19 & she also won gold in the Hammer (44.68m) & bronze in the Discus (32.32m). Other athletes who won multiple medals were:- **Jack Murphy, Leevale A.C.** who took 3 gold medals in the Boys U/16 High Jump (1.71m), Long Jump (5.99m) & 100m Hurdles (13.75); **Orla O'Reilly, Tralee Harriers** who won gold in the Girls U/14 Long Jump (5.19m) & silver in the 80m; **Ciara Mockler, Moycarkey Coolcree A.C.** who won gold in the Girls U/17 Shot Putt (11.56m) & bronze in the Discus (28.70m); **Robert Dillon, Midleton A.C.** who won double silver in the Boys U/12 High Jump (1.43m) & 60m (8.49); **Vickie Cusack, Liscarroll A.C.** who won silver in the Girls U/14 75m Hurdles (11.78) & bronze in the Long Jump (4.92m); **Sophie Meredith, St. Mary's Limerick A.C.** who won silver in the Girls U/13 80m (10.53) & bronze in the 60m Hurdles (9.79), her sister **Holly** who won double gold in the Girls U/12 Turbo Javelin (24.01) & Shot Putt (9.61m); **James Murphy, Waterford A.C.** who won silver in the Boys U/14 High Jump (1.55m) & bronze in the Long Jump (5.04m); **Kelly Ann Doyle, Carrick-On-Suir A.C.** who won double gold in the Girls U/17 100m Hurdles (14.61) & 300m Hurdles (44.08), **Leanne Prout, Carrick-On-Suir A.C.** who won double bronze in the same events (15.54 & 46.00) & Leanne's brother, **Darren** who won gold in the Boys U/17 Triple Jump (13.33m) & bronze in the 110m Hurdles (13.95).



AAI T & F Championships (Day 4) - Munster athletes continued their winning streak at the Woodie's DIY AAI Juvenile Track & Field Championships in Tullamore Harriers Stadium on Sunday 21st July 2013. A total of 56 medals were won which included 24 gold & national titles, 16 silver & 16 bronze. Two Munster athletes were in record breaking form, **Sophie Meredith (St. Mary's Limerick)** who won the Girls U13 Long Jump with 5.25m to better Ciara Giles Doran's record of 4.92m set in 2007 & **Jack Hallahan (Midleton A.C.)** who won the U14 Discus with 49.02m to smash the existing record of 38.67m set by Kevin Downey (Fanahan McSweeney A.C.) in 2000. Another athlete in great form was **David Cussen (Old Abbey A.C.)**, ninth in the high jump at the World Youth championships, who won the U18 high jump with a clearance of 2.10m, to equal his best. A total of 183 individual medals were won over the 3 days of these Championships (69 gold, 64 silver & 50 bronze) & 7 new National records were set (**Niamh Foley, St. Mary's A.C.** Girls U/12 60m, **Conor Blake, St. John's A.C.** Boys U/12 High Jump, **Miriam Daly, Carrick-On-Suir A.C.** Girls U/13 60mH; **Sophie Meredith, St. Mary's A.C. Limerick Girls U/13 Long Jump**; **Jack Hallahan, Midleton A.C.** Boys U/14 Discus; **Daniel Ryan, Moycarkey Coolcree A.C.** Boys U/15 80mH & **Paul Murphy, Ferrybank A.C.** Boys U/18 400m. Over the 3 days of the National Track & Field Championships, only 2 Munster athletes won a hat trick of medals, a maximum of 3 gold medals in their events. Both **Daniel Ryan, Moycarkey Coolcree A.C.** & **Jack Murphy, Leevale A.C.** showed their multi-eventing talents with Daniel winning gold in the Boys U/15 80mH, 200m & Discus & Jack scoring 3 gold medals in the Boys U/16 High Jump, Long Jump & 100m Hurdles.



AAI Inter Clubs & Inter-County Relays - The Woodie's DIY AAI Juvenile Inter-Club & Inter-County Relays were held on Day 3 of the National Championships, Saturday 20th July 2013 in Tullamore Harriers Stadium. Munster teams won a total of 21 sets of medals (9 gold, 5 silver & 7 bronze). **Dooneen A.C.** had an outstanding day setting two new Championship Best Performances ("CBP") in the Girls U/12 & Girls U/13 4 x 100m competitions. **Leevale A.C.** also had great performances in the Boys U/12, U/13, U/14 & U/16 4 x 100m & Girls U/17 4 x 100m & 4 x 400m races to win National titles in all 6 events. In the National Inter-County Relays, **Tipperary** was Munster's only representative & they competed strongly winning gold in the Boys U/19, silver in the Girls U/13 & U/17 & bronze in the Boys U/15.



National Juvenile Development Events - Tullamore Harriers Stadium, Sunday 11th August 2013. Munster was represented on the day by athletes from around 20 different Munster Clubs. A tally of 59 medals was won, up 12 from last year, 28 Gold, 20 Silver & 11 Bronze. Confined to 2 events on the day, many of Munster's athletes excelled winning medals in both their events. There was a clean sweep of medals for Munster in the Girls & Boys U/12 Long Jump, Boys U/12 High Jump, Girls U/13 Long Jump & Girls U/13 600m. 8 Long jump titles, 6 sprint titles, 6 middle distance titles, 5 shot putt titles & 3 high jump titles were won by Munster on the day.

Athletes who won 2 medals on the day were:- **Niamh Conlon, Kilmihil A.C.** who won double gold in the Girls U/12 60m & Long Jump; **Peter O'Sullivan, Spa Muckcross A.C.** double gold in the Boys U/13 80m & Long Jump; **Maira Barrett, Bandon A.C.** who won double gold in the Girls U/14 800m & High Jump; **Kelly Devine, St. Mary's A.C. Limerick**, double gold in Girls U/16 100m &

Long Jump; **Lucy Holmes, West Waterford A.C.** gold in Girls U/12 600m & silver in Long Jump; **Cillian Cronin, Gneeveguilla A.C.** gold in Boys U/12 Long Jump & silver in Shot Putt; **Emily O'Mahony, West Waterford A.C.** who won gold in the Girls U/13 Long Jump & silver in the 600m; **Martin Kehoe, Carrick-On-Suir A.C.** who won gold in the Boys U/14 Long Jump & silver in the High Jump; **Sean Harris, Limerick A.C.** gold in Boys U/15 Long Jump & silver in 100m; **Sarah Perrott, North Cork A.C.** gold in Girls U/16 800m & silver in Shot Putt; **Joshua Egan, Nenagh Olympic A.C.** gold in Boys U/12 60m & bronze in Long Jump; **Cormac Mahony, West Waterford A.C.** gold in Boys U/12 600m & bronze in Long Jump; **Donal O'Sullivan, Gneeveguilla A.C.** gold in Boys U/14 Shot Putt & bronze in the Long Jump; **Roisin Willis, Limerick A.C.** gold in Girls U/15 100m & bronze in Long Jump; **Anna Ryan, Moycarkey Coolcree A.C.** silver in Girls U/12 Shot Putt & bronze in Long Jump & **Niamh Ryan, Moyne A.C.** who won silver in the Girls U/13 Long Jump & bronze in the 600m.

National Community Games Athletic Finals - AIT, Athlone, Saturday 17th & Sunday 18th August 2013. Clare athletes were the top scorers for the province taking home 14 individual medals (9 gold, 1 silver & 4 pewter). In the Relay competitions, Clare won gold in the Boys U/12, silver in the Boys U/14 & 4th place in the U/10 Mixed competition. **Caoimhe Harvey (St. John's A.C.)** & **Sean Collins (Ennis Track A.C.)** performed a double for their County when they both won gold in the Girls & Boys U/16 7km Marathon with **Elaine Shannon (Kilmurray/Ibrickane A.C.)** in 4th place & Clare winning both the Girls & Boys team event. Other Clare athletes to the fore were **Samuel Olaoye (Ennis Track A.C.)** who won the Boys U/8 60m & **Tony Odobote (Ennis Track A.C.)** who took gold in the Boys U/14 100m & **Niamh Conlon (Kilmihil A.C.)** who was 4th in the Girls U/12 100m. In the middle distance events, **Alex O'Neill (St. Cronan's A.C.)** won gold in the Girls U/14 800m, **Kevin Mulcaire A.C. (Ennis Track A.C.)** won gold in the Boys U/16 1500m while **Aisling Kelly (St. John's A.C.)** won silver in the Girls U/16 1500m. In the Field Events, **Kevin Caulfield (Tulla A.C.)** took gold in the Boys U/14 Shot Putt, **Luke Callinan (St. Mary's A.C.)** was 4th in the Boys U/14 Long Jump & **Kaderi Karimu** was 4th in the Boys U/16 Triple Jump. **Alannah Ryan** also won gold in the Girls U/14 Long Puck while **Orla O'Brien** took gold in the Girls U/12 Ball Throw.

For Cork athletes, there were 10 individual medals in total won (5 gold, 1 silver, 1 bronze & 3 pewter). Cork also won silver in the Boys U/12 4 x 100m Relay, bronze in the Girls U/12 & the Mixed U/10 Relays. Individual medal winners were:- **Ella Scott (Leevale A.C.)** gold in Girls U/10 60mH; **Maeve O'Neill (Doheny A.C.)** gold in Girls U/10 200m; **Padraig Healy** gold in the Boys U/12 100m; **Fiona Everard (Bandon A.C.)** gold in Girls U/16 1500m; **Aoife Hurley (Grange Fermoy A.C.)** gold in the Girls U/16 Javelin; **Vickie Cusack (Liscarroll A.C.)** 2nd in Girls U/14 80mH; **Grace Coyle**, 3rd in Girls U8 60m; **Emily Linehan (Liscarroll A.C.)** 4th in Girls U/12 Ball Throw; **Eoin Redmond (Riverstick/Kinsale A.C.)** 4th in Boys U/12 600m; **Alan O'Donovan (Riverstick/Kinsale A.C.)** 4th in Boys U/14 Javelin.

Tipperary athletes also performed very well winning 9 individual medals in total (4 gold, 3 silver, 2 bronze & 3 pewter) & bronze team medals in the Boys U/16 7km Marathon. There were gold medal wins for **David Ryan (Moycarkey Coolcree A.C.)** in the Boys U/14 Long Jump; **Daniel Ryan (Moycarkey Coolcree A.C.)** in the Boys U/16 100m; **Kyle Shelly (Moycarkey Coolcree A.C.)** in the Boys U/12 Long Puck & **Maria Carey (Newport A.C.)** in the Girls U/16 Triple Jump with silver medals going to **Emma Hennessy (Nenagh Olympic A.C.)** in the Girls U/16 High Jump, **Caoimhe Power (Carrick-On-Suir A.C.)** in the Girls U/10 100m & **Aolib Hassen (Roscrea A.C.)** in Boys U/12 100m. **Emily Nolan (Carrick-On-Suir A.C.)** won bronze in the Girls U/14 100m & **Aaron Egan, Anthony Tobin (Clonmel A.C.)** & **Kieren Hennessy (Moycarkey Coolcree A.C.)** won team bronze in the Boys U/16 7km Marathon. Pewter medals for 4th place were won by **Sharlene Mawdsley (Newport A.C.)** in Girls U/16 100m, **Lauren Moylan (Nenagh Olympic A.C.)** in Girls U/14 80mH & **Caoimhe Perdue (Cashel)** in Girls U/14 Long Puck.

Limerick athletes won a total of 10 individual medals (2 gold, 2 silver, 3 bronze & 3 pewter). In the Relay competitions, They also enjoyed great success in the Relay events winning gold in the Girls U/12 & U/14 4 x 100m, silver in the Boys U/16 & bronze in the Girls U/16 & U/13 Mixed competitions. Athletes who were in medal winning form were **Nathan Cremin (St. Mary's A.C.)** who won gold in the Boys U/10 200m; **Sophie Meredith (St. Mary's A.C.)** gold in Girls U/14 Long Jump; **Niamh Foley (St. Mary's A.C.)** 2nd in Girls U/12 100m; **Laura Frawley (North Cork A.C.)**, 2nd in Girls U/10 100m; **Holly Meredith (St. Mary's A.C.)** 3rd in Girls U/12 Ball Throw; **Ciara Neville (Emerald A.C.)** who won bronze in the Girls U/14 80mH; **Dearbhla Egan**, 3rd in Girls U/14 Long Puck; **Angela Alfred** who was 4th in the Girls U/8 60m; **Ciara Sheehy (Liscarroll A.C.)** 4th in Girls U/14 Shot Putt & **Sean McCarthy (Emerald A.C.)** 4th in Boys U/14 100m.

Kerry athletes won a total of 7 individual medals (1 gold, 3 silver, 1 bronze & 2 pewter) with **Aoife Doyle (Star of the Laune A.C.)** taking gold in the Girls U/16 Discus; **Sean Fitzmaurice (Tralee Harriers A.C.)** 2nd in Boys U/16 Discus; **Sinead Warren (Gneeveguilla A.C.)** 2nd in Girls U/14 Shot Putt; **Rachel Bowler (Tralee Harriers A.C.)** 2nd in Girls U/14 Long Jump; **Cathal O'Reilly (Tralee Harriers A.C.)** 3rd in Boys U/16 Triple Jump; **Sarah Leahy (Spa Muckcross A.C.)** 4th in Girls U/14 100m & **Louis Ryle**, 4th in Boys U/16 1500m. In the Relay competitions, Kerry won gold in the U/13 Mixed Relay, silver in the Girls U/16 7km Marathon, silver in the Mixed U/15 4 x 100m & bronze in the Girls U/14 & 4th place in the Girls U/16 Relays.

For Waterford athletes, there were 3 individual medals (2 silver & 1 bronze) & 4th place medals in the Boys U/14 4 x 100m Relay. **Dylan Conway** was 2nd in Boys U/10 60mH, **Emily O'Mahony, West Waterford A.C.** was 2nd in Girls U/12 600m & **Shane Monagle (Tramore A.C.)** won bronze in the Boys U/14 80mH.

CROSS COUNTY SEASON 2013

Munster Juvenile Even Age Cross Country Championships – Limerick Racecourse, Sunday 29th October 2013. County Cork reigned supreme on the day winning 7 out of 10 individual titles, 5 Inter-Club titles & 5 Inter-County titles. In the individual competitions there was gold for **Aniela Borkowski-Hogan North Cork A.C.** in the Girls U/10, **Diarmuid Healy, Midleton A.C.** in the Boys U/10, **Sarah Morrison, St. Nicholas A.C.** in the Girls U/12, **Darragh McElhinney, Bantry A.C.** in the Boys U/14, **Caoimhe Harrington, West Muskerry A.C.** in the Girls U/16, **Fearghal Curtin, Youghal A.C.** in the Boys U/16 & **Niamh Cotter, Bantry A.C.** in the Girls U/18. Clare won 3 individual titles with **Ben Whelehan, Kilmurray/Ibrickane A.C.** winning gold in the Boys U/12, **Alex O'Neill, St. Cronan's A.C.** taking the title in the Girls U/14 & **Kevin Mulcaire, Ennis Track A.C.** winning gold in the Boys U/18 race.

In the Inter-Club competition there were Munster titles for 5 Cork Clubs as follows:-

- **Youghal A.C.** in Girls U/10
- **Midleton A.C.** in Boys U/10
- **West Muskerry A.C.** in Boys U/12
- **Bandon A.C.** in Girls U/14
- **Togher A.C.** in Boys U/16

with 2 each for **West Waterford A.C.** in the Girls U/12 & U/16 & **Ennis Track A.C.** in the Boys U/14 & Boys U/18 & 1 title for **Clonmel A.C.** in the Girls U/18 competition.

In the Inter-County competition, **Cork** won 5 titles in the Girls U/10, U/12 & Boys U/12, U/16 & U/18 with **Clare** winning 3 titles in the Boys U/10 & U/14 & Girls U/14 & **Waterford & Tipperary** winning one title each in the Girls U/16 & Girls U/18 competitions.



Munster Juvenile Uneven Age Cross Country Championships – Castlelyons, Co. Cork, Sunday 10th November 2013. Stand-out performances came for **Sarah Morrison** of the host Club **St. Nicholas A.C.** & **Kevin Mulcaire, Ennis Track A.C.** when they both won their races making them double Munster Champions in & out of their age groups with Sarah winning the Girls U/11 & U/12 titles & Kevin the Boys U/17 & U/18 titles.

This time around, Cork & Clare battled it out for the major individual medals with both Counties winning 5 individual titles each. For Cork there was gold for **Sarah Morrison, St. Nicholas A.C.** in the Girls U/11 & **John O'Flynn in the Boys U/11, Ursula Bluett, North Cork A.C.** & **Adam O'Reilly, Togher A.C.** in the Girls & Boys U/13 races & **Louise Shanahan, Leevale A.C.** in the Girls U/17. Clare athletes who won gold were **Ellen Carey, Kilmurray/Ibrickane A.C.** in the Girls U/9, **Aisling Kelly, St. John's A.C.** in the Girls U/15, **Kevin Mulcaire, Ennis Track A.C.** in the Boys U/17, **Laura Power, Ennis Track A.C.** in the Girls U/19 & **Karl Fitzmaurice, Bridge Milers Olympic Harriers A.C.** in the Boys U/19. The remaining 2 titles went to **Tipperary (Joe Egan, Moycarkey Coolcree A.C.)** & **Waterford (Michael Power, West Waterford A.C.)**.

In the Inter-Club competition there were Munster titles for 5 Cork Clubs as follows:-

- **West Muskerry A.C.** in Girls U/11
- **Togher A.C.** in Boys U/13
- **Leevale A.C.** in Boys U/17

- **Carrig na Bhfear A.C.** in Girls U/19
- **Leevale A.C.** in Boys U/19

with 3 each for **Ennis Track A.C.** in the Girls U/9, Boys U/11, U/15, 2 for **West Waterford A.C.** in the Girls U/15 & U/17 & 1 title for **Nenagh Olympic A.C.** in the Boys U/9 competition & **Ferrybank A.C.** in the Girls U/13.

In the Inter-County competition, **Cork** won 8 titles in the Boys U/9, U/13, U/17 & U/19 Girls U/11, U/13, U/15, & U/19 with **Clare** winning 3 titles in the Girls U/9, Boys U/11 & U/15 & **Waterford** winning one title in the Girls U/17 competition.



Woodie's DIY AAI Juvenile Even Age Cross Country Championships - Santry Demesne, Sunday 17th November. Munster athletes won 32 individual medals in total with top 3 finishes by the following athletes:- **Kevin Mulcaire, Ennis Track A.C.** gold in the Boys U/18 race, silver medals for **Fearghal Curtin, Youghal A.C.** in the Boys U/16, **Sarah Morrison, St. Nicholas A.C.** in the Girls U/12 & **Eoin Redmond, Riverstick/Kinsale A.C.** in the Boys U/12 & bronze medals for **Meghan Carr-O'Reilly, St. Catherine's A.C.** in the Girls U/12 & **Darragh McElhinney, Bantry A.C.** in the Boys U/14 race. Our strongest age group of the day was the Girls U/12 where 7 Munster athletes featured in the top 12 with Munster winning Inter-Regional gold, Cork & Clare winning gold & bronze in the Inter-County competition & West Waterford A.C. taking silver in the Inter-Club competition. Our Girls U/14 teams did almost as well with 6 in the top 12, Inter-Regional gold, silver & bronze Inter-County medals for Cork & Clare & silver Inter-Club medals for Bandon A.C.

In the Inter-Club competition, there were National medals for **Ennis Track A.C.** (1st Boys U/18, 2nd Boys U/14), **West Waterford A.C.** (2nd Girls U/12 & U/16), **Bandon A.C.** (2nd Girls U/14) & **Leevale A.C.** (3rd Boys U/18). In the Inter-County competition, **Cork** won 6 sets of medals (1st Girls U/12, 2nd Boys U/16, Girls U/14 & U/16, 3rd U/12 & U/18), **Clare** won 3 sets (2nd Boys U/14, 3rd Girls U/12 & U/14) & **Waterford** won bronze in the Girls U/16 competition. In the Inter-Regional competition, **Munster** won 5 gold & 2 silver (1st Boys U/14 & U/18, Girls U/12, U/14 & U/16, 2nd Boys U/12 & U/16).

Munster Juvenile "B" Cross Country Championships - Beaufort, Co Kerry, Sunday 1st December 2013. In the Inter-County competition, **Cork** came out on top with 8 titles & 1 silver, **Clare** was next best with 1 gold, 4 silver & 3 bronze with **Kerry** in 3rd place with 3 silver & 3 bronze. In the Inter-Club competition, **Bandon A.C.** won 3 titles, **Marian A.C.** won 2 gold & 1 silver, **Kilmurray/Ibrickane A.C.** won 1 gold, 1 silver & 2 bronze, **Doheny A.C.** won 1 gold & 1 bronze, **Carrig na Bhfear** won 3 silver, **K.C.K A.C.** & **An Ríocht A.C.** won 1 silver & 2 bronze each, **Tulla A.C.** & **Kenmare A.C.** won 1 gold each, **West Muskerry A.C.** won 1 silver & **Dooneen A.C.** & **Star of the Laune A.C.** won 1 bronze each.

Woodie's DIY AAI Juvenile Uneven Age Cross Country Championships - Waterford I.T. Campus, Sunday 15th December 2013. Munster athletes won 32 individual medals in total with top 4 finishes by 7 athletes. Gold medals won by **Sarah Morrison, St. Nicholas A.C.** in the Girls U/11 race, **Caoimhe Harrington, West Muskerry A.C.** in the Girls U/15, **Finn Looney, Emerald A.C.** in the Boys U/13 & **Kevin Mulcaire, Ennis Track A.C.** in the Boys U/17. There was also 4th place finishes for **Louise Shanahan, Leevale A.C.** (Girls U/17), **Rachel O'Shea, West Muskerry A.C.** (Girls U/19) & **Aisling Kelly, St. John's A.C.** (Girls U/15).

In the Inter-Club competition, there were 8 National medals for the following Munster Clubs:- **Bandon A.C.** (2nd Girls U/11), **Clonmel A.C.** (3rd Girls U/19), **Leevale A.C.** (3rd in Boys U/17), **Togher A.C.** (1st in Boys U/13), **Emerald A.C.** (2nd in Boys U/19), **Ennis Track A.C.** (1st in Boys U/11 & 2nd in Boys U/15), **St. Cronan's A.C.** (2nd in Boys U/11).

In the Inter-County competition both **Clare & Cork** won medals on the day. **Clare** won gold in both the Boys U/11 & Boys U/15 while **Cork** won gold in the Boys U/13 & Girls U/15, silver in the Boys U/17 & U/19 & bronze in the Boys U/11, Girls U/13 & U/17.

In the Inter-Regional competition, Munster won 9 sets of medals: 4 gold in the Girls & Boys U/11, Boys U/13 & U/17, 3 silver in the Girls & Boys U/15 & Boys U/15 & U/19 & 2 bronze in the Girls U/17 & U/19.

Munster Juvenile Cross Country Relay Championships - Deansgrove, Cashel, Co. Tipperary, Sunday 12th January 2014.

County Clare dominated with 4 gold medal wins in total in the Boys U/10 & U/12 & Girls U/12 & U/14 with Tipperary winning gold in the Girls U/10 & Kerry in the Boys U/14. Tipperary won 3 silver & 2 bronze, Limerick won 2 silver & 2 bronze with Clare winning a silver & bronze & Kerry 1 bronze.



International Competitions 2013

Celtic Cross Country International – Cardiff, Sunday 20th January 2013. 3 Munster athletes competed on the Boys U/17 Irish team. All were selected from their outstanding performances at National level this season. **Kevin Mulcaire, Ennis Track A.C** won silver in the Boys U/17 National Cross Country Championships & placed 4th in the Boys U/16 Championships, **Fearghal Curtin, Youghal A.C.** took the National title in the Boys U/15 Championships & also won an individual medal for 5th place in the Boys U/16 race while **Luke Horgan, Leevale A.C.** was 3rd in the Boys U/16 National Cross Country Championships. In the Boys U/17 race in Cardiff, the three Munster boys competed very well contributing hugely to the success of the Irish team. Kevin Mulcaire followed his team-mate Pierre Murchan (Celtic DCH) closely throughout and narrowly passed him before the finish line with both boys clocking a time of 19.47 but with Kevin attributed 9th place & Pierre 10th place. In close pursuit was Fearghal Curtin (Youghal AC) who finished 14th, 20 seconds behind in a time of 20.13 & Luke Horgan of Leevale A.C. finishing 24th in a time of 20.46. The Irish team beat Scotland by two points to win the Team competition. The Girls U/17 team was also victorious with Siofra O' Flaherty also having another fine win and great performances from Isobel Odlum, Eimear Fitzpatrick and Aoife Mulroy. Aoife Hamilton, West Waterford A.C. was selected to compete for Ireland on the Girls U/17 team following her bronze medal wins in the National Juvenile U/15 & U/16 Championships but had to withdraw because of illness.



SIAB Schools Cross Country International - 8 Munster athletes competed on the SIAB Schools Cross Country International Teams in Dinefwr Park, Wales on Saturday 23rd March 2013. **Fiona Everard (Bandon A.C.) & Aisling Kelly (St. John's A.C.)** won Bronze with the Irish Junior Girls team while **Eoin Looney (Kilmurray/Ibrickane A.C.) & Ruairi Casey (Togher A.C.)** won Silver with the Irish Junior Boys team. **Niamh Cotter (Bantry A.C.)** was Munster's only representative on the Intermediate Girls team which placed 4th overall while **Kevin Mulcaire (Ennis Track A.C.), Darren Dunne & Killian Cullagh (Nenagh Olympic A.C.)** were part of the Irish Intermediate Boys team which were 4th overall.

Celtic Games - 14 Munster athletes lined out to compete for Ireland at the 2013 Celtic Games in Colwyn Bay, Wales on Saturday 3rd August winning 12 individual medals in total (6 gold, 3 silver & 3 bronze). There were gold medal wins for **Adam**

King, Iveragh A.C. in the Men's U/18 Hammer when he threw 69.26m to set a new Celtic record to better Dempsey Mc Guigan's 2010 record of 67.93m; **Darren Prout, Carrick-On-Suir A.C.** in the Men's U/18 Triple Jump with a jump of 13.33m; **David Cussen, Old Abbey A.C.** in the Men's U/18 High Jump with a leap of 2.10m; **Sam Healy, Leevale A.C.** in the Men's U/18 Long Jump with a jump of 6.81m; **Louise Shanahan, Leevale A.C.** in the U/18 Women's 800m in a time of 2.13.34 & **Aoife Doyle, Star of the Laune A.C.** in the Girls U/16 Discus with a throw of 35.02m. **Jack Murphy, Leevale A.C.** took silver in the Boys U/16 100mH in 13.77sec just behind Harry Hillman, Wales in a record breaking time (13.65) with 2nd place finishes for **Aoife Vaughan Witts, Borrisokane A.C.** in the U/18 Women's Hammer with a throw of 45.97m & **Paul Murphy, Ferrybank A.C.** in the U/18 Men's 400m in 48.50. **Kelly Ann Doyle, Carrick On-Suir A.C.** was 3rd in the Women's U/18 100m Hurdles despite suffering a heavy fall at the 3rd flight, **Niamh McNicol, Ferrybank A.C.** won bronze in the U/18 Women's 100m in 12.32 & **Jamie Fennell, West Waterford A.C.** was 3rd in the U/18 Men's Pole Vault with a vault of 3.41m. **Rita Casey, Gneeveguilla A.C.** was 4th in the U/18 Women's Javelin with a throw of 33.63m & **Phoebe Murphy, Clonmel A.C.** was 4th in the Girls U/16 200m in 25.74.

In the Relay competitions, **Niamh Mc Nicol** was part of the U/18 Women's Irish 4 x 100m Relay team who won gold, **Phoebe Murphy** won silver with the Irish Mixed U/16 Relay, **Louise Shanahan** was on the winning U/18 Women 4 x 400m Relay team & **Paul Murphy** was on the U/18 Men's 4 x 400m Relay team who won silver. Ireland finished 2nd overall on 162 points, just 1 point behind Scotland with the Irish U/18 Men's Team winning their competition (Munster athletes were Sam Healy, David Cussen, Adam King, Darren Prout, Paul Murphy & Jamie Fennell), silver for the Irish U/16 Girls (Phoebe Murphy & Aoife Doyle) & U/18 Women (Kelly Ann Doyle, Niamh McNicol, Louise Shanahan, Aoife Vaughan Witts & Rita Casey) & 3rd place for the Irish U/16 Boys (Jack Murphy).



SIAB Schools Track & Field International - Morton Stadium, Saturday 20th July. Munster athletes won 8 individual medals in total. There were gold medal wins for **Sam Healy (Carrigaline CS/Leevale A.C.)** in the Boy's Long Jump with a leap of 7.01m (Sam was also 4th in the Boys 100mH), **Adam King (Iveragh A.C./ Colaiste na Sceilge Cahirciveen)** in the Boy's Hammer with a throw of 65.01m & **Maria Carey (St. Marys Newport/Newport A.C.)** in the Girl's Triple Jump with a jump of 11.48m.

Silver medal were won by **Aaron Egan (High School Clonmel/Clonmel A.C.)**, in the Boy's 3000m Walk (13.12.16), **Jason Foley (Tarbert CS/Lios Tuathail A.C.)** in the Boy's 100mH (13.68), & **Michael Quilligan (Nenagh CBS/Nenagh Olympic A.C.)** in the Boy's 400mH (56.06). Both **Darren Prout (Presentation Ballingarry/Carrick-On-Suir A.C.)** & **Alice Akers (Scariff CC/Marian A.C.)** won bronze medals in their events with Darren jumping 13.52m in the Boy's Triple Jump & Alice who was Irish Team Captain for the Girls, throwing 46.28m in the Girl's Hammer. **Kelly Ann Doyle (Scoil Mhuire COS/Carrick-On-Suir A.C.)** also won bronze with the Irish Girls 4 x 300m Relay & was 4th in the Girl's 300mH (44.02) while **Jason Foley** won bronze with the Irish Boys 4 x 100m Relay.



European Youth Olympic Festival - Utrecht, Netherlands, Sunday 14th to Friday 19th July. **Louise Shanahan, Leevale A.C.** put in a brilliant performance to win gold in the Girls 800m. She qualified automatically for her final when she finished 3rd in her heat in a time of 2.10.88 & lined up for the final as the 5th fastest in the field. She won the title in a time of 2.08.75 ahead of Lotte Scheldeman from Belgium who was 2nd in 2.09.15.

The Irish Girls 4 x 100m Relay team which included Munster athletes **Phoebe Murphy, Clonmel A.C. & Niamh McNicol, Ferrybank A.C.** also won European gold in 46.55 ahead of Ukraine & Belgium. Both Phoebe & Niamh made history at the EYOF

with team-mates Laura Ann Costello & Roseanna McGuckian by breaking the Irish Youth record in the Semi-Final. The Irish girls tore around the track in their semi-final, winning their race and qualifying automatically for the final. Not only were they the fastest team to progress by almost half a second, but, their 46.22 seconds recording was a new Irish Youth Record breaking the old mark of 46.36 seconds set in 2009.

Adam King, Iveragh A.C. finished an impressive 6th place in the Boys Hammer Final when he threw 66.23m in the 3rd round of competition & **Jenna Bromell (Emerald A.C.)** finished a very respectable 8th place in a highly competitive field in the Girls 400m. Jenna finished 3rd in her heat to book herself a fastest loser spot in the final with her time of 57.13. **Phoebe Murphy (Clonmel A.C.)** finished an admirable 8th place in the Girls 100m Final having made it through the semi-finals as a fastest loser. Previously, she had finished 2nd in her heat in 12.24 seconds going into the semi-final as the third fastest in her race. **Kevin Mulcaire (Ennis Track Club A.C.)** finished 12th in his 3000m Final in a time of 8.58.00 lying 7th in the field prior to the final.



World Youth Championships - Donetsk, Ukraine, 10th to 14th July 2013. **David Cussen, Old Abbey A.C.** jumped 2.09m in the High Jump to qualify for the final where he finished 9th overall. He was the only Irish athlete to make an event final & it was an outstanding performance by the young athlete in his first major international competition.

Alice Akers, Marian A.C. took part in the Girls Hammer finishing 39th in the qualification round with a throw of 53.43m with **Kaleigh Cronin, Spa Muckcross A.C.** throwing 37.86m in the qualification round of the Girls Discus to finish 26th overall. Although neither athlete progressed to the final, the experience of competing at their first major international competition will no doubt, stand to them in their future careers.



European Athletics Federation Mountain Running Championships - Kyle Larkin, Emerald A.C. & Claire McCarthy, Leevale A.C. both competed for Ireland at the European Athletics Federation Mountain Running Championships in Bulgaria on 6th July finishing 39th & 35th respectively. The Irish Junior Men's team finished 9th overall.

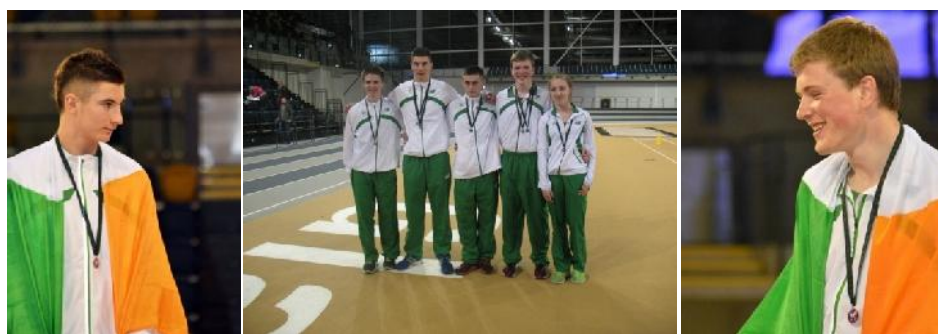


International Youth Cup - Orlaith Moynihan, Clonmel A.C. & Cillian O'Donovan, Iveragh A.C. were both selected for the Irish team to compete at the International Youth Cup in France on 7th July.

International Race Walks - At the International Race Walks in St. Anne's Park, Raheny on Saturday 29th June, Gearoid McMahon, Shannon A.C. finished 3rd in Boys U/14 Walk & Chloe Lynch, Clonmel A.C. was 4th in Girls U/16 Walk.

SIAB Schools Combined Events International - Daniel Ryan, Thurles CBS & Sam Healy, Carrigaline C.S. both won individual silver in the Junior & Intermediate Boys competitions at the SIAB Schools International Combined Events Championships in the Emirates Arena, Glasgow on Saturday 14th December. Ryan took silver in the Junior Boys competition finishing on 3272 points, just 125 points behind the winner, Max Price of England with Healy (3460 points) unlucky to be just pipped for the gold medal by a mere 9 points by Linton Gardiner of England. Nonetheless, it was a tremendous performance by both athletes to challenge the might of the English teams & record an individual podium finish.

3 other Munster athletes, Sophie Meredith, Scoil Mhuire & Ide, Damien Hickey, Davis College & Michael Quilligan, Nenagh CBS also competed very well on the day & did their country proud. Sophie Meredith finished 8th on 3084 points in her first every international competition well out of her age. She was 2nd best of the Irish & won herself a well deserved bronze medal with the Irish Junior Girls team. Damien Hickey, a relative newcomer to athletics also acquitted himself very well in his first international competition finishing in 12th place on 2642 points & posting 4 new PB's. His Junior Boys Irish team won silver & were led home by Daniel Ryan as best of the Irish with Damien 3rd best. Michael Quilligan competed very well in the Intermediate Boys competition to finish in 9th place on 3072 points & 3rd best of the Irish. His Intermediate Boys Irish team won silver led home by Sam Healy.



All Ireland Schools Competitions 2013

AVIVA All Ireland Schools Cross Country Championships – University of Ulster, Jordanstown, Saturday 9th March. There were gold medal wins for Caoimhe Harrington (Colaiste Pobail Bheanntai /West Muskerry A.C.) in the Minor Girls race, Fearghal Curtin (Midleton CBS/Youghal A.C.) in the Junior Boys race, Kevin Mulcaire (Ennis Track A.C.) in the Intermediate Boys race & Sean Tobin (High School Clonmel/Clonmel A.C.) in the Senior Boys race.

Other athletes who performed very well were Fiona Everard, Maria Immaculata CC, Dunmanway/Bandon A.C. & Aisling Kelly, St. Joseph's Spanish Point/St. John's A.C. who placed 3rd & 5th in the Junior Girls race; Eoin Looney, St. Joseph's Spanish Point/Kilmurray/Ibrickane A.C., Ruairi O'Cathasigh, Colaiste Daibheid Corcaigh/Togher A.C. & Michael Power, St. Augustine's Dungarvan/West Waterford A.C. who were 5th, 8th & 10th in the Junior Boys race; Niamh Cotter, Colaiste Phobal Bheanntai/Bantry A.C. & Aisling Quinn, Ursuline Waterford/Ferrybank A.C. who were 6th & 7th in the Intermediate Girls race; Killian Cullagh, Nenagh Vocational School/Nenagh Olympic A.C. & Darren Dunne, St. Joseph's Borrisoleigh/Nenagh Olympic A.C. who were 8th & 9th in the Intermediate Boys race; Jessica Coyne, Crescent Comprehensive Limerick/Dooneen A.C. who was 6th in

the Senior Girls race; **Kyle Larkin**, Ard Scoil Ris Limerick/Emerald A.C. who was 3rd in the Senior Boys race followed by **Iain O'Hairneid**, Colaiste Daibheid, Corcaigh/Togher A.C. & **Michael Carey**, High School Clonmel/Clonmel A.C. in 9th & 10th place.

In the team competitions, **Douglas CBS** took Silver in the Intermediate Boys, the **Loreto Clonmel** won Bronze in the Girls & the **High School Clonmel** won Silver in the Senior Boys. The next best performing teams were the **Presentation Convent Thurles** 5th in the Minor Girls, **Midleton CBS** 6th in Minor Boys, **St. Augustine's Dungarvan** 5th in Junior Girls, **Midleton CBS** 6th in Junior Boys, **Ursuline Thurles** 4th in Intermediate Girls, **Colaiste Chriost Ri Cork** 5th in Intermediate Boys & **Douglas Community School** 4th in Senior Boys.

AVIVA Irish Schools Track & Field Championships - Tullamore Stadium, Saturday 1st June. Munster athletes from Clubs across the region came to the fore on the day winning 41 gold, 30 silver & 24 bronze & a number excelled with outstanding performances, all breaking records from the 1980's & 1990's.

Phil Healy, Colaiste na Toirbhirte/Bandon A.C. was on fire in the Senior Girls 100m & 200m setting two new schools records with her times of 11.83 & 23.98. She replaced the existing 1998 record of 11.91 for the Senior Girls 100m held by Emily Maher, St. Brigid's Callan & the current 1998 record of 24.06 held by Ciara Sheehy, St. MacDara's CC for the Senior Girl's 200m. **Sean Tobin, Clonmel High School/Clonmel A.C.** demolished the field in both the Senior Boys 800m & 1500m winning the 800m in a time of 1.50.65 to replace Sean O'Neill's (St. Louis, Ballymena) schools record of 1.51.1 set in 1982. **Darren Prout, Presentation Ballingarry/Carrick-On-Suir A.C.** had a terrific 2nd round jump in the Intermediate Boys Triple Jump to register 14.04m which won him the gold medal & a new record. He replaced the existing 1981 record of 13.97m held by John Stapleton, Gormanston College.

Our youngest record breaker was **Daniel Ryan, Thurles CBS/ Moycarkey Coolcree A.C.** who had the distinction of breaking the first record of the day around 15 minutes into the start of the meet in the Junior Boys Long Jump with his 2nd round jump of 6.67m. He broke the existing 1987 record of 6.63m held by Jonathon Kron, Wesley College & he also went on to win gold in the Junior Boys 80m Hurdles in a time of 11.50. Double gold medal winners for Munster were **Phil Healy, Sean Tobin, Daniel Ryan & Brandon Array, Davis College** in the Intermediate Boys 400m & 400mH.

12 double medal winners for Munster were:-

Sam Healy, Carrigaline CS (1st Intermediate Boys Long Jump & 2nd in 100mH), **Maria Carey, St. Mary's Newport** (1st in Junior Girls Triple Jump & silver in Long Jump), **Alice Akers, Scariff CC** (1st Intermediate Girls Hammer & 2nd in Discus), **Laura McSweeney, Colaiste na Toirbhirte** (1st Senior Girls Hammer & 2nd in Hammer), **Jessica Sheehan, Kinsale CS** (1st Senior Girls Long Jump & 2nd in Triple Jump), **Sharlene Mawdsley, St. Mary's Newport** (1st in Junior Girls 200m & 3rd in 100m), **Aoife Doyle, IS Killorglin** (1st Junior Girls Discus & 3rd in Hammer), **Kayleigh Cronin, St. Brigids** (1st Intermediate Girls Discus & 3rd in Shot Putt), , **Grainne Moynihan, St. Mary's Macroom** (1st Senior Girls 400m & 3rd in 100m), **Jessica Coyne, Crescent CC** (1st Senior Girls 1500m & 3rd in 800m), **David Cussen, CSN Cork** (2nd in both the Senior Boys High Jump & Long Jump) & **Ray Walsh, Davis College** (2nd in both the Intermediate Boys 100m & 200m).



AVIVA Tailteann Schools Interprovincial Games – Tullamore Harriers Stadium, Saturday 29th June. Munster athletes were strong in both track & field events taking home 29 individual medals in total (11 gold, 10 silver & 8 bronze) & 4 sets of Relay medals (1 silver & 3 bronze). The Munster Girls finished 3rd overall winning 14 medals (4 gold, 6 silver & 4 bronze) while the Munster Boys finished 2nd overall with 15 medals (7 gold, 4 silver & 4 bronze). Star athlete for Munster was **Sam Healy (Carrigaline CS/Leevale A.C.)** who won double gold with a great run in the 100m Hurdles (13.05) & a big personal best in the Long Jump of 7.06m, just 10cm short of Jonathon Kron's 1989 record of 7.16m. **Daniel Ryan (Thurles CBS/Moycarkey Coolcree A.C.)** also medalled in the Long Jump winning bronze with a jump of 6.29m, a good performance considering his tender 14 years. **Niamh McNicol (Stella Maris/Ferrybank A.C.)** put in two solid performances winning silver in the 200m (25.16) & bronze in the

100m (12.43) just ahead of **Phoebe Murphy (Loreto Clonmel/Clonmel A.C.)** in 12.44. **Ronan Barry (St. Flannan's Ennis)** won bronze in the Boys 400m (52.11) with **Michael Quilligan (Nenagh CBS/Nenagh Olympic A.C.)** winning silver in the Boys 400m Hurdles in a time of 57.54. **Kelly Ann Doyle (Scoil Mhuire Carrick/Carrick-On-Suir A.C.)** reversed the positions from the Schools All-Ireland on 1st June when she was the convincing winner of the 300m Hurdles in 44.35 with Kelly McGrory in 2nd place & **Leanne Prout (Presentation Ballingarry/Carrick-On-Suir A.C.)** in 3rd place (46.18). Leanne's brother, **Darren (Presentation Ballingarry/Carrick-On-Suir A.C.)** won gold in the Boys Triple Jump (13.50m) with **Maria Carey (St. Mary's Newport)** 2nd in the Girls Triple Jump with a jump of 10.90m, just centimetres off the gold medal. In the High Jump competitions there were medals for **Nessa Murphy (Stella Maris/ Ferrybank A.C.)** silver in High Jump at 1.60m & **Dylan O'Sullivan (St. Brendans/Spa Muckcross A.C.)** taking bronze in the highly contested Boys High Jump with a jump of 1.85m. St. Augustine's showed its strength in the Pole Vault competitions taking home four medals in total - 1st & 3rd in the Girls competition with **Megan O'Connor (West Waterford A.C.)** clearing 2.70m & **Catherine Haheys** clearing 2.30m. **Seamie Fennell & Juris Kanass (West Waterford A.C.)** also won gold & silver in the Boys Pole Vault at heights of 3.60m & 3.50m.

Success in the Field Events continued with **Kaleigh Cronin (St. Brigids/Spa Muckcross A.C.)** winning gold in the Girls Discus with a throw of 40.06m, **Alice Akers (Scariff CC/Marian A.C.)** winning gold in the Hammer (47.30m) & **Aoife Vaughan Witts (Borrisokane CS/Borrisokane A.C.)** taking silver with a throw of 44.26m. **Adam King (Colaiste na Sceilige/Iveragh A.C.)** won gold in the Boys Hammer with a massive throw of 66.98m, less than 1m short of Declan Hegarty's 1977 throw of 67.94. There was also 2nd & 3rd for Munster in the Girls Javelin with **Orlaith O' Brien (Ursuline Waterford/Ferrybank A.C.)** throwing 33.19m & **Lauren O'Mahony (St. Mary's Midleton/Youghal A.C.)** taking bronze with a throw of 30.63m.

In the Boys 3000m Walk, Munster dominated with **Aaron Egan & Anthony Tobin (High School, Clonmel/Clonmel A.C.)** winning gold & silver in times of 13.33.41 & 14.32.44 respectively & **David Kenny (St. Brendan's/Farranfore Maine Valley A.C.)** giving a good account of himself in 4th place in a time of 15.30.17. **Louise Shanahan (Scoil Mhuire Cork/Leevale A.C.)** almost clinched the gold from Alanna Lally in the Girls 800m in a time of 2.13.58 with **Lucas O'hArgain (Colaiste Chriost Ri/Leevale A.C.)** winning silver in the 1500m (4.11.09) In the Boys 3000m **Darren Dunne (Nenagh CBS/Nenagh Olympic A.C.)** won gold in a time of 9.01.30 with **Fearghal Curtin (Midleton CBS/Youghal A.C.)** taking bronze in a time of 9.31.18.

In the Girls Relay competition, Munster came 3rd in the 4 x 100m Relay (**Phoebe Murphy, Niamh McNicol, Maria Carey & Leanne Prout**) & 2nd in the 4 x 300m (**Kelly Ann Doyle, Leanne Prout, Niamh McNicol & Louise Shanahan**). Munster also took bronze medals in both the Boys 4 x 100m (**Daniel Ryan, Darren Prout, Mark Varley & Sam Healy**) & 4 x 400m relays.

All Ireland Schools Combined Events – AIT Arena, Sunday 16th November 2013 - Daniel Ryan, Thurles CBS & Sam Healy, Carrigaline C.S. both won gold in the Junior & Intermediate Boys competitions. Sophie Meredith, Scoil Mhuire & Ide was 4th in the Junior Girls competition, Damien Hickey, Davis College was 3rd in the Junior Boys competition & Michael Quilligan, Nenagh CBS was 5th in the Intermediate Boys competition. Both Jessica O'Connor, Col Mhuire Ennis & Paul White, Nenagh CBS won bronze in the Senior Girls & Boys competition.

APPENDIX

Records set by Munster athletes in 2013

National Records

Indoors (4)

- **Niamh Foley, St. Mary's A.C.** set a new National record of 8.36 in the Girls U/12 60m.
- **Sophie Meredith, St. Mary's A.C.** set a new National record in the Girls U/13 Long Jump with her jump of 5.18m.
- **Daniel Ryan, Moycarkey Coolcree A.C.** set 2 new National records in the Boys U/15 60mH with his time of 8.5H & the Long Jump with his jump of 6.14m

Outdoors (9)

- **Niamh Foley, St. Mary's Limerick A.C.** won the Girls U/12 60m in a time of 8.29 to better the 2010 record of 8.36 held by Gina Moses, Blackrock A.C.
- **Conor Blake, St. John's A.C.,** Clare added 1cm to Peter Denver's 1981 Boys U/12 High Jump record with his clearance of 1.48m.
- **Miriam Daly, Carrick on Suir A.C.** clocked 9.58 when winning the U13 60m hurdles to better the 2012 record of 9.63 held by Ciara Deely, Kilkenny City Harriers A.C.

- **Sophie Meredith (St. Mary's Limerick)** who won the Girls U13 Long Jump with 5.25m to better Ciara Giles Doran's record of 4.92m set in 2007.
- **Jack Hallahan (Midleton A.C.)** who won the U14 Discus with 49.02m to smash the existing record of 38.67m set by Kevin Downey (Fanahan McSweeney A.C.) in 2000.
- **Daniel Ryan, Moycarkey Coolcroe A.C.** won the U15 80m hurdles in a time of 11.31 to beat Carlton Haddock's (Togher A.C.) 1987 record of 11.5.
- **Paul Murphy, Ferrybank A.C** was a clear winner of the Boys U18 400m in a time of 49.10 to better the record of 49.35 set by David Kearns, Lusk A.C. in 1994.
- **Dooneen A.C.** had an outstanding day setting two new Championship Best Performances ("CBP") in the Girls U/12 & Girls U/13 4 x 100m competitions.

Munster Records

All Munster Records can be found at this link - <http://munsterathletics.com/records/records.htm>