

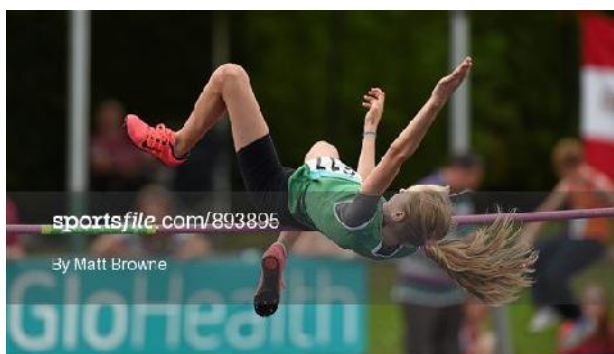
7 National Records for Munster Athletes On Day 3

Munster athletes were in sparkling form at Day 3 of the GloHealth National Juvenile Track & Field Championships in Tullamore on Saturday 26th July. Munster took home 64 medals in total which included 24 gold & national titles, 19 silver & 21 bronze. There were also 11 new Championship Best Performances set on the day of which 7 (2 track & 5 field) were claimed by the Munster athletes.

1. **Kelly Ann Doyle, Carrick-On-Suir A.C.** ran 61.22 in the Girls U/18 400mH to smash the 2012 record of 64.97 set by Kelly McGrory, Tir Chonaill A.C.
2. **Jenna Bromell, Emerald A.C.** ran 56.45 in the Girls U/18 400m to break the existing record of 56.58 set by Cliodhna Manning, Kilkenny City Harriers A.C. in 2012.
3. **Daniel Ryan, Moycarkey Coolcree A.C.** jumped 6.49m in the Boys U/16 Long Jump to better the 2006 record of 6.36m set by Timmy Harrington, Courcies A.C.
4. **Aoife Vaughan Witts, Borrisokane A.C.** threw 56.19m in the Girls U/18 Hammer to smash Rachel Aker's 2002 record of 51.07m by over 5 metres.
5. **Adam King, Iveragh A.C.** launched the hammer out to 71.90m in the Boys U/18 Hammer to better the 2010 record of 68.99m set by Dempsey McGuigan, Finn Valley A.C.
6. **Ciara Sheehy, Liscarroll A.C.** threw 12.23m in the Girls U/13 Shot Putt to better the 2007 record of 11.78m set by Laura McSweeney, Bandon A.C.
7. **Ben Donovan, Abbey Striders A.C.** jumped 1.81m in the Boys U/15 High Jump to better the 2013 record of 1.80m set by Ryan Carthy-Walsh, Adamstown A.C.



Some of our Munster Record Breakers pictured above. Picture credit to Sportsfile.



Some of the Munster medal winners from the weekend pictured above. Picture credit to Sportsfile.

See Munster medal winners from Day 3 of the Championships below:-

Gold Medals

1. Nathan Cremin Sheehy, St. Mary's A.C. Limerick – Boys U/12 600m (1.43.11)
2. Holly Meredith, St. Mary's A.C. Limerick – Girls U/13 Javelin (28.03m)
3. Holly Meredith, St. Mary's A.C. Limerick – Girls U/13 High Jump (1.46m)
4. Ciara Sheehy, Liscarroll A.C. – Girls U/13 Shot Putt (12.27m) **CBP**
5. Fiona Doyle, Star of the Laune A.C. – Girls U/14 800m (2.24.64)
6. Tom Gallagher, Ferrybank A.C. – Boys U/14 High Jump (1.55m)
7. Ben Donovan, Abbey Striders A.C. – Boys U/15 High Jump (1.81m) **CBP**
8. Cathal Locke, Dooneen A.C. – Boys U/16 250mH (34.44)
9. Daniel Ryan, Moycarkey Coolcree A.C. – Boys U/16 Long Jump (6.49m) **CBP**
10. Andre Christie, Leevale A.C. – Boys U/17 Hammer (54.92m)
11. Aoife Vaughan Witts, Borrisokane – Girls U/18 Hammer (56.19m) **CBP**
12. Yuri Kanash, West Waterford A.C. – Boys U/18 Pole Vault (4.00m)
13. Adam King, Iveragh A.C. – Boys U/18 Hammer (71.90m) **CBP**
14. Kelly Ann Doyle, Carrick-On-Suir A.C. – Girls U/18 400mH (1.01.22) **CBP**
15. Jenna Bromell, Emerald A.C. – Girls U/18 400m (56.45) **CBP**
16. Louise Shanahan, Leevale A.C. – Girls U/18 800m (2.16.83)
17. Aisling Quinn, Ferrybank A.C. – Girls U/18 3000m (10.20.13)
18. Michael Quilligan, Nenagh Olympic A.C. – Boys U/18 400mH (55.75)
19. Scott Gibson, Bandon A.C. – Boys U/18 400m (49.19)
20. Orlaith Moynihan, Clonmel A.C. – Girls U/19 3000m (10.21.86)
21. Alice Akers, Marian A.C. – Girls U/19 Hammer (54.84m)
22. Paul Murphy, Ferrybank A.C. – Boys U/19 400m (48.67)
23. Liam Hennessy, Togher A.C. – Boys U/19 800m (1.56.11)
24. Promise Okafor, Bandon A.C. – Boys U/19 Triple Jump (13.02m)

Silver medals

1. Ailbhe Doherty, Ennis Track A.C. – Girls U/12 600m (1.44.28)
2. Praise Owweye, Ferrybank A.C. – Girls U/12 Long Jump (4.38m)
3. Eoghan Nash, Belgooly A.C. – Boys U/12 High Jump (1.30m)
4. Kylie Heinen, Ferrybank A.C. – Girls U/13 High Jump (1.43m)
5. Niamh Sugrue, Bandon A.C. – Girls U/13 Javelin (26.37m)
6. Cathal Scanlon, Waterford A.C. – Boys U/13 Javelin (28.65m)
7. Shauna Linehan, North Cork A.C. – Girls U/14 Javelin (29.83m)
8. Darragh Courtney, St. Brendan's A.C. – Boys U/14 High Jump (1.55m)
9. Michael Shanahan, St. Mary's A.C. Limerick – Boys U/14 Shot Putt (14.48m)
10. Joseph McEvoy, Nenagh Olympic A.C. – Boys U/14 Javelin (34.84m)
11. Aoife Doyle, Carrick-On-Suir A.C. – Girls U/15 250mH (37.98)
12. Alex O'Neill, St. Cronan's A.C. – Girls U/15 800m (2.20.57)
13. James Murphy, Waterford A.C. – Boys U/15 High Jump (1.76m)
14. Lauren O'Grady, St. Brendan's A.C. – Girls U/15 Discus (27.80m)
15. Angharad Loughnane, Marian A.C. – Girls U/16 Discus (30.15m)
16. Conor O'Driscoll, Leevale A.C. – Boys U/16 800m (2.01.98)
17. Leanne Prout, Carrick-On-Suir A.C. – Girls U/18 400mH (1.01.95)
18. Siobhan Glover, Carrick-On-Suir A.C. – Girls U/19 400mH (1.08.45)
19. Grace McKenzie, Belgooly A.C. – Girls U/19 Long Jump (5.19m)

Bronze Medals

1. John O'Flynn, North Cork A.C. – Boys U/12 600m (1.44.11)
2. Ciaran O'Sullivan, St. Mary's A.C. Limerick – Boys U/12 High Jump (1.25m)

3. Ellen Lynch, Dooneen A.C.- Girls U/13 600m (1.43.33)
4. Emily Linehan, North Cork A.C. – Girls U/13 Javelin (25.51m)
5. Sarah Jacob, West Waterford A.C. – Girls U/13 Shot Putt (10.48m)
6. Shane Cawley, Waterford A.C. – Boys U/13 Shot Putt (11.49m)
7. Kaithlyn Coffey, Leevale A.C. – Girls U/14 800m (2.25.63)
8. Fiona Doyle, Star of the Laune A.C. – Girls U/14 High Jump (1.45m)
9. John Forde, Midleton A.C. – Boys U/14 High Jump (1.50m)
10. Ciara McKeon, Bandon A.C. – Girls U/15 250mH (38.25)
11. Chloe Tobin, Emerald A.C.- Girls U/16 250mH (37.05)
12. Diarmuid Clancy, Abbey Striders A.C. – Boys U/16 250mH (35.01)
13. Cathal O'Brien, Ennis Track A.C. – Boys U/16 Long Jump (5.85m)
14. Travis Coomey, Bandon A.C. – Boys U/16 Hammer (42.41m)
15. Joseph Minitier, St. Mary's A.C. Clare – Boys U/16 Triple Jump (11.82m)
16. Aoife Delargy, Templemore A.C. – Girls U/18 400m (57.66)
17. Ciara Cummins, Nenagh Olympic A.C. – Girls U/18 800m (2.19.02)
18. Ciara Mockler, Moycarkey Coolcroo A.C. – Girls U/18 Discus (29.22m)
19. Laura Tobin, Clonmel A.C. – Girls U/19 3000m (10.40.19)
20. Darren Prout, Carrick-On-Suir A.C. – Boys U/18 400mH (57.00)
21. Jack Broderick, Limerick A.C. – Boys U/19 400mH (1.04.71)

Full Results can be found at www.munsterathletics.com.

Extract from AAI Website dated Saturday 26th July 2014

11 New CBP Set on Day 3 of GloHealth Juvenile Champs

Day three of the GloHealth Juvenile Track and Field Championships took place in Tullamore Harriers Stadium on Saturday, 26th of July. On an exciting day of competition there was eleven new Championship Best Performances (CBP) set.

Carrick on Suir AC athletes Kelly-Ann Doyle and Leanne Prout battled it out in the U18 girl's 400m Hurdles. Doyle came out on top in a time of 61.22 just ahead of club mate Prout second in a time of 61.95; Doyle's time was a new CBP. Mathew Behan (Crusaders AC) was a runaway winner of the U19 boy's 400m hurdles race winning the title in a time of 55.41. Kelly McGrory (Tir Chonail AC) dominated the U19 girl's race taking the title in a time of 65.92 seconds.

Jenna Bromell (Emerald AC) powered to victory in the U18 girl's 400m setting a new CBP of 56.45 to just dip under the old mark of 56.58 held by Clíodhna Manning (Kilkenny City Harriers AC). There was a great battle between Scott Gibson (Bandon

AC) and Brian Masterson (Dundrum South Dublin AC) in the boy's U18 400m. Gibson had just enough to hold on to win the title in a time of 49.19. Paul Murphy (Ferrybank AC) was a very impressive winner of the U19 400m title in a time of 48.67.

Middle Distance

Alanna Lally (Galway City Harriers AC) was a class apart in the U19 girl's age group claiming an impressive 400m (56.64) and 800m (2.17.33) double. Louise Shanahan (Leevale AC) comfortably won the U18 800m in a time of 2.16.83. William Crowe (North Sligo AC) and Liam Hennessy (Togher AC) were the winners of the U18 and U19 800m titles in 1.56.88 and 1.56.11 respectively.

Mullingar Harriers AC enjoyed great success in the 3,000m events filling all three places on the podium in the boy's U17 race. Shane Hughes won the race in a time of 9.05.05 with Patrick Shaw and Cormac Dalton second and third across the line. Jack O'Leary continued the Mullingar success winning the U18 contest in a time of 8.43.19 with Pdraig Moran doing likewise storming to victory in the U19 event in a time of 9.02.37.

Aisling Quinn (Ferrybank AC) and Clodagh O'Reilly (Annalee AC) were always to the fore in the girl's U18 3,000m with Quinn claiming the title in a time of 10.20.13. At U19 level Orlaith Moynihan (Clonmel AC) was a clear winner in a time of 10.21.86

Young Corinne Kenny (St Laurence O'Toole AC) was a runaway winner of the U13 girl's 600m setting a new CBP of 1.35.15. Cian McPhillips (Longford AC) did likewise in the boy's 600m setting a new CBP of 1.36.47

Field Events

Adam King (Iveragh AC) was a class apart in the U18 boy's hammer as he launched the hammer out to 71.90m. The throw was a new CBP breaking the old mark of 68.99m by Dempsey McGuigan (Finn Valley AC) set in 2010. John Kelly (Finn Valley AC) won the U19 Shot Putt title setting a new CBP of 16.95m which surpassed the old mark of 16.42m.

Aoife Vaughn Witts (Borrisokane AC) won the hammer event with a throw of 56.19m to add over five metres to the old record held by Rachel Akers (Marian AC) which stood at 51.07m. Ciara Sheehy (Liscarroll AC) set a record in the U13 girl's Shot Putt when she threw a distance of 12.23m.

Jordan Hoang (Tullamore Harriers AC) was in superb form in the U17 triple jump setting a new CBP of 13.73m

Ben Donovan (Abbey Striders AC) jumped 1.81m to win the U15 boy's high jump title. The jump was also a new CBP adding one centimetre to the old mark. Daniel Ryan (Moycarkey AC) was another of those in record form jumping a new CBP of 6.49m to win the U16 boy's Long Jump title.

Day four of the championship continues tomorrow with the 1500m heats starting at 10am on the track and in the field the hammer event is first off at 10am also.