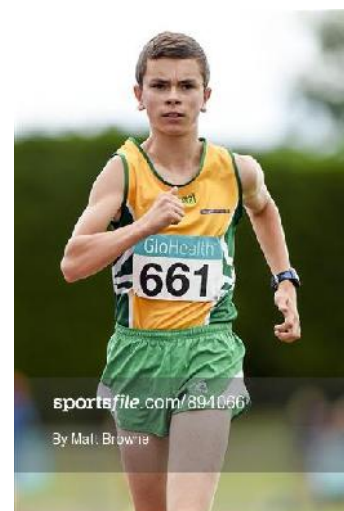


3 National Records for Munster Athletes On Day 4

There was another great day of action & success for Munster athletes at Day 4 of the GloHealth National Juvenile Track & Field Championships in Tullamore on Sunday 27th July. Munster took home 51 medals in total which included 16 gold & national titles, 15 silver & 20 bronze. There were also 3 new Championship Best Performances set by the athletes below:-

1. **Liam McDonagh, Moycarkey Coolcree A.C.** clocked 10.27.90 to set a new record in the Boys U/14 2km Walk to better the 2010 record of 10.28.35 set by Dylan Mimna, Ballinamore A.C.
2. **Tony Odubote, Ennis Track A.C.** ran a very swift 23.27 in the Boys U/15 200m to better the 2009 record of 23.38 set by Marcus Lawlor, St. Laurence O'Toole A.C.
3. **Maria Carey, Newport A.C.** set a new record in Girls U/17 Triple Jump with her leap of 11.79m to better the 2010 record of 11.40m set by Anna Barr, City of Derry A.C.





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

See Munster medal winners from Day 4 of the Championships below:-

Gold Medals

1. Niamh Foley, St. Mary's A.C. Limerick – Girls U/13 Long Jump (5.03m)
2. Liam McDonagh, Moycarkey Coolcree A.C. – Boys U/14 2km Walk (10.27.90) **CBP**
3. Alex O'Neill, St. Cronan's A.C. – Girls U/15 1500m (4.51.51)
4. Tony Odubote, Ennis Track A.C. – Boys U/15 200m (23.27) **CBP**
5. Gearoid McMahon, Shannon A.C. – Boys U/15 2km Walk (9.49.90)
6. Sean Mockler, Moycarkey Coolcree A.C. – Boys U/15 Hammer (43.64m)
7. James Murphy, Waterford A.C. – Boys U/15 Triple Jump (11.24m)
8. Daniel Ryan, Moycarkey Coolcree A.C. – Boys U/16 Discus (45.43m)
9. Colin Deane, Bandon A.C. – Boys U/16 Shot Putt (15.21m)
10. Maria Carey, Newport A.C. – Girls U/17 Triple Jump (11.79m) **CBP**
11. Neasa Murphy, Ferrybank A.C. – Girls U/18 High Jump (1.60m)
12. Lauren O'Mahony, Youghal A.C. – Girls U/18 Javelin (34.35m)
13. Aaron Egan, Clonmel A.C. – Boys U/18 5km Walk (23.04.08)
14. Darren Prout, Carrick-On-Suir A.C. – Boys U/18 Long Jump (6.72m)
15. Sam Healy, Leevale A.C. – Boys U/19 Long Jump (6.49m)
16. David Cussen, Old Abbey A.C. – Boys U/19 High Jump (2.05m)

Silver medals

1. Fiona Doyle, Star of the Laune A.C. – Girls U/14 200m (26.79)
2. Ursula Bluett, North Cork A.C. – Girls U/14 1500m (5.00.09)
3. Conor Morey, Leevale A.C. – Boys U/14 200m (25.05)
4. Jake Bagge, Ferrybank A.C. – Boys U/14 1500m (4.32.97)
5. Sean Carolan, Nenagh Olympic A.C. – Boys U/14 Discus (32.58m)
6. Sophie Lynch, Lios Tuathail A.C. – Girls U/15 200m (26.35)
7. Aoife Hurley, Grange Fermoy A.C. – Girls U/15 Javelin (33.91m)
8. Jack Hallahan, Middleton A.C. – Boys U/15 Hammer (41.91m)
9. Orlaith O'Brien, Ferrybank A.C. – Girls U/16 Shot Putt (11.16m)
10. Sharlene Mawdsley, Newport A.C. – Girls U/17 200m (25.62)
11. Aishling Vaughan Witts, Borrisokane A.C. – Girls U/17 Hammer (47.52m)
12. Louise Shanahan, Leevale A.C. – Girls U/18 1500m (1.41.61)
13. Billy Courtney, Spa Muckcross A.C. – Boys U/17 Shot Putt (11.61m)
14. Orlaith Moynihan, Clonmel A.C. – Girls U/19 1500m (4.59.78)
15. Grace McKenzie, Belgooly A.C. – Girls U/19 High Jump (1.65m)

Bronze Medals

1. Emma Caulfield, Waterford A.C. – Girls U/14 2km Walk (11.38.17)
2. Cian McDonagh, Ennis Track A.C. – Boys U/14 1500m (4.37.56)
3. Orlaith O'Connor, Waterford A.C. – Girls U/15 2km Walk (10.50.97)
4. Maebh Daly, Carraig Na BhFear A.C. – Girls U/15 Javelin (33.10m)
5. Lauren Ryan, Dooneen A.C. – Girls U/16 200m (25.85)
6. Angharad Loughnane, Marian A.C. – Girls U/16 2km Walk (11.10.20)
7. Aisling Kelly, St. John's A.C. Clare – Girls U/16 1500m (4.54.54)
8. Charlie O'Donovan, Leevale A.C. – Boys U/16 1500m (4.19.13)
9. Cliodhna Blake, St. John's A.C. Clare – Girls U/17 Triple Jump (10.24m)
10. Laura Cussen, Old Abbey A.C. – Girls U/17 High Jump (1.60m)
11. Maeve Aherne, Leevale A.C. – Girls U/18 1500m (4.44.60)
12. Fiona O'Shea, Dooneen A.C. – Girls U/18 Long Jump (4.98m)
13. Amy Linehan, North Cork A.C. – Girls U/18 Javelin (25.75m)
14. Anthony Tobin, Clonmel A.C. – Boys U/18 5km Walk (24.54.46)
15. Dylan O'Sullivan, Spa Muckcross A.C. – Boys U/18 High Jump (1.90m)
16. Alyx Dwyer, Clonmel A.C. – Girls U/19 3km Walk (18.01.81)
17. Laura Tobin, Clonmel A.C. – Girls U/19 1500m (5.05.47)
18. Siobhan Whelan, Ferrybank A.C. – Girls U/19 Triple Jump (10.15m)
19. Promise Okafor, Bandon A.C. – Boys U/19 Long Jump (6.22m)
20. Seamus McMahon, Shannon A.C. – Boys U/19 Hammer (44.11m)

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

Extract from AAI Website dated Sunday 27th July 2014

Exciting Competition Concludes GloHealth Juvenile Champs

Michaela Walsh (Swinford AC) was the standout performer on the final day of the GloHealth Juvenile Track and Field Championships held in Tullamore on Sunday, 27th of July. Walsh claimed two

national titles (Hammer and Javelin) and set new Championship Best Performances (CBP's) in both events.

Walsh launched the Hammer out to 60.83m to smash the old record which stood at 55.73m set in 2001 by Rachel Akers. She continued her impressive form in the Javelin throwing 42.85m to add nearly five metres to the old mark of 35.87m.

James Kelly (Finn Valley AC) threw a massive 17.88m in the U15 Shot Putt to win the title and set a new CBP in the process. Eoin Sheridan (North Westmeath AC) was clear winner of the U18 Discus with a throw of 56.80m.

David Cussen (Old Abbey AC) was in supreme form in the U19 High Jump clearing 2.05m to convincingly win the national title. Shannen Dawkins did likewise in the girl's event with a best clearance of 1.70m. At U18 level Donagh Mahon (Gowran AC) also cleared 2.05m to win the title with Keith Marks (Cushinstown AC) second also over 2m.

Maria Carey (Newport AC) was a class apart in the U17 girl's Triple Jump setting a new CBP with a jump of 11.79m

Track

There was a great battle in the U18 boy's 3,000m between Cian McBride (North Sligo AC) and Pierre Murchan (Celtic AC). Murchan dictated the pace from the offset with McBride happy to sit on his shoulder throughout the race. McBride surged ahead in the last 50m to win the title in a time of 4.01.15 with Murchan second in a time of 4.01.27.

Louise Shanahan (Leevale AC) added the 1500m title to the 800m one she won yesterday in a time of 4.41.61. Cliona Murphy (Celtic DCH) and Padraig Moran (Mullingar Harriers AC) won the U19 1,500m titles in 4.55.04 and 4.08.60 respectively.

Sinead Burke (St Coca's AC) was a class apart in the U19 girl's 3,000m Walk dominating the race to win the title in a time of 14.27.82. Aaron Egan (Clonmel AC) did likewise in the boy's event powering to victory in a time of 23.04.08.

Roseanna McGuckian (City of Lisburn AC) was a very impressive winner of the U18 200m winning the title in a time of 24.81; the race was run into a -2.7 headwind and was also a new CBP. Sean Lawlor (Donore Harriers AC) blasted from the blocks to secure the boy's U18 200m title in a time of

22.46. Sean O'Driscoll (Raheny Shamrock AC) and Sarah Kate Lacey (Kilkenny City Harriers AC) won the U19 titles in 22.42 and 25.41 respectively.