

Munster Juvenile PRO Report

Foley & Ryan Lead the Way at National Indoors

Day 1 & 2 of the Woodie's DIY AAI Juvenile Indoor Championships took place in the AIT International Arena, Athlone on Saturday 22nd & Sunday 23rd March. Top medal winners for the province were **Daniel Ryan, Moycarkey Coolcree A.C. & Niamh Foley, St. Mary's A.C.** who won 6 gold medals & set 4 new Championship Best Performances between them. There were only 3 athletes nationwide who achieved treble gold, the 3rd athlete being Elizabeth Morland, Cushinstown A.C. Ryan took gold in the Boys U/16 60m, 60mH & Long Jump setting records in the 60mH & Long Jump & Foley won treble gold in the same events in the Girls U/13 competition setting records in the 60m & 60mH. **Sophie Meredith, St. Mary's A.C. Limerick & Louise Shanahan, Leevale A.C.** won double gold each, Meredith in the Girls U/14 Long & High Jump & Shanahan in the Girls U/18 400m & 800m. **Phoebe Murphy, Clonmel A.C.** also won double gold in the Girls U/17 60m & 200m setting a new CBP of 24.66 in the 200m & achieving the qualifying time for the European Youth Olympic Trials. Two other double gold medal winners were **Sam Healy, Leevale A.C.** in the Boys U/19 Long Jump & 60mH & **Grace McKenzie, Belgooly A.C.** in the Girls U/19 High Jump & Long Jump. Perhaps a unique sibling medal haul was achieved by the **Meredith sisters, Sophie & Holly** from St. Mary's A.C. Limerick & the **Ryan brothers, Daniel & David** from Moycarkey Coolcree A.C. who took home 10 medals between them (7 gold, 2 silver & 1 bronze) & set 4 National records with the Meredith sisters taking 3 gold, 2 silver & 2 CBP's & the Ryan brothers 4 gold, 1 bronze & 2 CBP's.

Among the 25 records set over the weekend, 13 outstanding performances & National Championship Bests were achieved by the following Munster athletes:-

1. **Gearoid McMahon, Shannon A.C.** won the Boys U/15 Walk in a time of 4.20.29 to break the existing record of 4.23.84 set by Martin Manning, St. Joseph's A.C. in 2002.
2. **Daniel Ryan, Moycarkey Coolcree A.C.** won the Boys U/16 60mH in a very swift time of 8.14 to smash the 1996 record of 8.36 set by Conor McPhillips, DSD.
3. **Daniel Ryan Moycarkey Coolcree A.C.** won gold in the Boys U/16 Long Jump with his jump of 6.58m which added 1cm to the existing record of 6.57m set by Luke Sweetman, Fingallians A.C. in 2003.
4. **Darren Prout, Carrick-On-Suir A.C.** added 2cm to the Boys U/18 Triple Jump record with his jump of 13.96m to break the existing record of 13.94m set by Niall Counihan, Dooneen A.C. in 2007.
5. **Paul Murphy, Ferrybank A.C.** took the National title in the Boys U/19 400m when he ran 48.96 to take the existing record of 49.7H held by Tomas Coman, Templemore A.C. set in 1997.
6. **Megan Lenihan, North Cork A.C.** won the Girls U/12 Shot Putt with a throw of 10.20m to smash the 2012 record of 9.13m held by Theresa Kelly, Brow Rangers A.C. by over a metre.
7. **Niamh Foley, St. Marys A.C. Limerick** took the National title in the Girls U/13 60m in a super fast time of 8.10 to break the 2004 record of 8.2H held by Ellen Crotty, Brothers Pearse A.C.
8. **Niamh Foley, St. Marys A.C. Limerick** took gold in the Girls U/13 60mH with her time of 9.58 to better the existing 2011 record of 9.77 held by Molly Scott, St. Laurence O'Toole A.C.
9. **Holly Meredith, St. Marys A.C. Limerick** won gold in the Girls U/13 High Jump with a leap of 1.51m to break Vickie Cusack's 2012 record of 1.50m.

10. **Ciara Sheehy, Liscarroll A.C.** won the Girls U/13 Shot Putt with a throw of 11.95m to break the existing record of 11.48m set by Tracey Bradfield, Bandon A.C. in 2005.
11. **Sophie Meredith, St. Mary's A.C. Limerick** set a new record in the Girls U/14 Long Jump with her jump of 5.39m adding 5cm onto the existing record of 5.34m set by Ann O'Shea, Ferrybank A.C. in 2008.
12. **Alex O'Neill, St. Cronan's A.C.** took the title in the Girls U/15 800m with her time of 2.16.48 to smash the 2013 record of 2.19.77 set by Emer O'Shea, Navan A.C. in 2013.
13. **Phoebe Murphy, Clonmel A.C.** took gold in the Girls U/17 200m in a time of 24.66 to take the existing record of 24.84 held by Ciara Giles Doran, Ferrybank set in 2011.

Hurdles Review

Munster dominated the Hurdles event at the National Championships. Only two new National records were set in the Hurdles races over the weekend, both of them by Munster athletes – **Niamh Foley, St. Mary's A.C. Limerick** (Girls U/13) who ran 9.58 to break the existing 2011 record of 9.77 which was held by Molly Scott, St. Laurence O'Toole A.C. & **Daniel Ryan, Moycarkey Coolcree A.C.** who ran 8.14 to smash the existing 18 year old record of 8.36 set by Conor McPhillips of D.S.D in 1996. There was a 1,2,3 for Munster in the Girls U/18 race with gold for **Leanne Prout, Carrick-On-Suir A.C.**, silver for **Clodagh O'Mahoney, Dooneen A.C.** & bronze for **Kelly Ann Doyle, Carrick-On-Suir A.C.** Other gold medal winners for the province were **Daniel Hurley, Old Abbey A.C.** in the Boys U/13, **Miriam Daly, Carrick-On-Suir A.C.** in the Girls U/14, **Jack Murphy, Leevale A.C.** in the Boys U/17 race, **Jason Foley, Lios Tuathail A.C.** in the Boys U/18 race & **Sam Healy, Leevale A.C.** in the Boys U/19 race. Silver medals went to **Wymin Sivakumar, Leevale A.C.** in the Boys U/13 race; **Grace McKenzie, Belgooly A.C.** in the Girls U/19 race, **Darragh Courtney, St. Brendan's A.C.** in the Boys U/14, **Shane Monagle, Tramore A.C.** in the Boys U/15 & **Chloe Tobin, Emerald A.C.** in the Girls U/16. There were bronze medals for **Tom Gallagher, Ferrybank A.C.** in the Boys U/14, **Olivia Humphries, Dooneen A.C.** in Girls U/15, **Tony Odubote, Ennis Track A.C.** in Boys U/15 & **Ciara Neville, Emerald A.C.** in Girls U/16.





Sprint Review

Our sprinters were also in good form with **Niamh Foley, St. Mary's A.C. Limerick, Phoebe Murphy, Clonmel A.C. & Paul Murphy, Ferrybank A.C.** topping the rankings by setting records in the Girls U/13 60m, Girls U/17 200m & Boys U/19 400m. Phoebe Murphy's time of 24.66 was also good enough to qualify for the European Youth Olympic Trials & she also recorded a double victory in the 60m. Wins were also recorded by :-

- **Praise Owoeye, Ferrybank A.C.** (Girls U/12 60m)
- **Lauren O'Leary, Emerald A.C.** (Girls U/14 60m)
- **Conor Morey, Leevale A.C.** (Boys U/14 60m)
- **Tony Odubote, Ennis Track A.C.** (Boys U/15 60m)
- **Lauren Ryan, Dooneen** (Girls U/16 200m)
- **Daniel Ryan, Moycarkey Coolcree A.C.** (Boys U/16 60m)

Silver medals winners

- **Padraic Hassett, Nenagh Olympic A.C.** (Boys U/12 60m)
- **Lauren Ryan, Dooneen A.C.** (Girls U/16 60m)
- **Niamh McNicol, Ferrybank A.C.** (Girls U/18 200m)
- **Kelly Ann Doyle, Carrick-On-Suir A.C.** (Girls U/18 400m)
- **Cian Greene, Youghal A.C.** (Boys U/19 60m)
- **Paul Murphy, Ferrybank A.C.** (Boys U/19 200m)

Bronze medal winners:-

- **Hollie McCarthy, Liscarroll A.C.** (Girls U/12 60m)
- **Daniel Hurley, Old Abbey A.C.** (Boys U/13 60m)
- **Niamh Moriarty, Dooneen A.C.** (Girls U/14 60m)
- **Gabriel Kehinde, Ennis Track A.C.** (Boys U/14 60m)
- **Sophie Lynch, Lios Tuathail A.C.** (Girls U/15 60m)
- **Robert Cregan, Leevale A.C.** (Boys U/15 60m)
- **Ciara Neville, Emerald A.C.** (Girls U/16 60m)
- **Ciara Neville, Emerald A.C.** (Girls U/16 200m)
- **Niamh McNicol, Ferrybank A.C.** (Girls U/18 60m)
- **Scott Gibson, Bandon A.C.** (Boys U/18 400m)
- **Mark Varley, Dooneen A.C.** (Boys U/19 60m)
- **Jayne Pennefather, Leevale A.C.** (Girls U/19 400m)



Jumps Review

19 Long Jump medals were won in total by Munster athletes (7 gold, 8 silver & 4 bronze). Top Munster athletes in the Long Jump were **Sophie Meredith, St. Mary's A.C. & Daniel Ryan, Moycarkey Coolcree A.C.** who both won gold & set new Championship Best Performances in Girls U/14 & Boys U/16 competitions. Munster athletes recorded a 1,2 & 3 in the Boys U/15 competition with gold for **David Ryan, Moycarkey Coolcree A.C.**, silver for **Tony Odubote, Ennis Track A.C.** & bronze for **James Murphy, Waterford A.C.** A clean sweep of medals also happened in Boys U/19 with **Sam Healy, Leevale A.C.** in 1st place, **David Cussen, Old Abbey A.C.** in 2nd & **Fintan O'Shaughnessy, Bandon A.C.** in 3rd place. There was silver for **Praise Owoeye, Ferrybank A.C.** in Girls U/12; **Jack Deegan & Victory Eddy, Waterford A.C.** took gold & silver in the Boys U/12; **Niamh Foley & Holly Meredith, St. Mary's A.C. Limerick** were 1st & 2nd in Girls U/13; **Josh Egan, Nenagh Olympic A.C. & Robert Dillon, Midleton A.C.** were 1st & 3rd in Boys U/13; gold for **Sophie Meredith, St. Mary's A.C. Limerick** in Girls U/14 with a new CBP; silver for **Tom Gallagher, Ferrybank A.C.** in Boys U/14; gold for **Daniel Ryan, Moycarkey Coolcree A.C.** in Boys U/16 with a new CBP; silver for **Maria Carey, Newport A.C.** in Girls U/17; silver for **Tom Deasy, Belgooly A.C.** in Boys U/17 & bronze for **Fiona O'Shea, Dooneen A.C.** in Girls U/18.



Our Triple Jumpers were also in good form with **Darren Prout, Carrick-On-Suir A.C.** winning gold in the Boys U/18 & setting a new CBP, gold & silver for **Deirbhile Ryan, Nenagh Olympic A.C.** & **Rachel Clancy, St. John's A.C.** in Girls U/18 & bronze for **Siobhan Whelan, Ferrybank A.C.** in Girls U/19.



A total of 20 medals were won in the High Jump (8 gold, 3 silver & 9 bronze). There was a 1,2,3 for Munster athletes in Boys U/14 High Jump with **Tom Gallagher, Ferrybank A.C.** in 1st, **Darragh Courtney, St. Brendan's A.C.** in 2nd & **Joseph McEvoy, Nenagh Olympic A.C.** in 3rd place & a 1,2 & 3 in Boys U/15 High Jump for **Ben Donovan, Abbey Striders A.C.**, **James Murphy, Waterford A.C.** & **David Ryan, Moycarkey Coolcroo A.C.**; There was bronze for **Katelyn Reid, An Ríocht A.C.** in Girls U/12; silver for **Ciaran O'Sullivan, St. Mary's A.C. Limerick** in Boys U/12; gold & bronze for **Holly Meredith, St. Mary's A.C. Limerick** & **Kylie Heinen, Ferrybank A.C.** in the Girls U/13; gold & bronze for **Robert Dillon, Midleton** & **Diarmuid O'Connor, Old Abbey A.C.** in Boys U/13; gold for **Sophie Meredith, St. Mary's A.C. Limerick** in Girls U/14; bronze for **Declan Ryan, Moycarkey Coolcroo A.C.** in Boys U/16; bronze for **Tom Deasy, Belgooly A.C.** in Boys U/17; gold for **Nessa Murphy, Ferrybank A.C.** in Girls U/18; bronze for **Dylan O'Sullivan, Spa Muckcross A.C.** in the Boys U/18; gold for **Grace McKenzie, Belgooly A.C.** in Girls U/19 & gold & bronze for **David Cussen, Old Abbey A.C.** & **Sam Healy, Leevale A.C.** in Boys U/19.



Combined Eventers Review

Some of Munster's top Combined Events athletes, **Daniel Ryan, Niamh Foley, Grace McKenzie, Sam Healy, Sophie Meredith, Holly Meredith & David Ryan** were on top of their game over the weekend. **Daniel Ryan, Moycarkey Coolcree A.C.** won treble gold in the Boys U/16 60m, Long Jump & 60mH; **Niamh Foley, St. Mary's A.C. Limerick** did likewise also winning treble gold in the Girls U13 60m, 60mH & Long Jump; **Grace McKenzie, Belgooly A.C.** won double gold in the Girls U/19 Long Jump & High Jump & silver in the 60mH; **Sam Healy, Leevale A.C.** won gold in the Boys U/19 60mH & Long Jump & bronze in the High Jump; **Sophie Meredith, St. Mary's A.C.** won gold in the Girls U/14 Long Jump & High Jump ; **Holly Meredith, St. Mary's A.C. Limerick** won gold in the Girls U/13 High Jump & silver in the Shot Putt & Long Jump & **David Ryan, Moycarkey Coolcree A.C.** won gold in the Boys U/15 Long Jump & bronze in the High Jump.

Shot Putt Review

Munster athletes won a total of 16 national medals (4 gold, 5 silver & 7 bronze). Top performers were **Megan Lenihan, North Cork A.C. & Ciara Sheehy, Liscarroll A.C.** who both set new Championship Best Performances in the Girls U/12 & U/13 competitions. Medal winners were gold & bronze in Girls U/12 for **Megan Lenihan, North Cork A.C. & Praise Owoeye, Ferrybank A.C.**; gold & silver for **Ciara Sheehy, Liscarroll A.C. & Holly Meredith, St. Mary's A.C. Limerick** in Girls U/13; bronze for **Ronan Collins, Gneeveguilla A.C.** in Boys U/13; bronze for **Michael Shanahan, St. Mary's A.C. Limerick** in Boys U/14; silver & bronze for **Sinead Warren, Gneeveguilla A.C. & Vickie Cusack, Liscarroll A.C.** in Girls U/15; gold & bronze for Ferrybank A.C. athletes **Orlaith O'Brien & Anne Corcoran** in Girls U/16; silver for **Sean Glasheen, Tipperary Town A.C.** in Boys U/17; silver for **Erin Kingston, Bandon A.C.** in Girls U/17; silver & bronze for **Ciara Mockler, Moycarkey Coolcree A.C. & Deirbhile Ryan, Nenagh Olympic A.C.** in the Girls U/18 & gold & bronze for **Aideen Hallahan, Middleton A.C. & Fiona Duggan, Bandon A.C.** in Girls U/19.



Walks Review

Munster athletes won a total of 3 gold, 2 silver & 3 bronze with National titles for **Gearoid McMahon, Shannon A.C.** (Boys U/15), **David Kenny, Farranfore Maine Valley A.C.** (Boys U/16) & **Aaron Egan, Clonmel A.C.** (Boys U/19). Silver medals went to **Liam McDonagh, Moycarkey Coolcree A.C.** in Boys U/14 & **Anthony Tobin, Clonmel A.C.** in Boys U/19. There were bronze medals for **Emma Caulfield, Waterford A.C.** in Girls U/14, **Eva Rush, Templemore A.C.** in Girls U/15 & **Jodie Cusack, Liscarroll A.C.** in Girls U/18 Walk.

Middle Distance Review

There were 21 medal wins in total from Munster athletes (7 gold, 9 silver & 5 bronze). Top middle distance performances came from European Youth Gold Medallist **Louise Shanahan (Leevale AC)** who won the girl's U18 400m in a time of 56.42. & completed the double on the second day winning the 800m in a time of 2.16.54 & **Alex O'Neill, St. Cronan's A.C.** who won gold in the Girls U/15 800m setting a new CBP in the process of 2.16.48. Medal winners were:- **Ellie Pike, Ennis Track A.C.** 2nd Girls U/12 600m; gold & bronze for **Nathan Cremin-Sheehy, St. Mary's A.C. Limerick** & **Jack O'Connor, Dooneen A.C.** in Boys U/12 600m; 2nd for **Ellen Lynch, Dooneen A.C.** in Girls U/13 600m; silver for **Eoin Redmond, Riverstick/Kinsale A.C.** in Boys U/13 600m; gold & bronze for **Fiona Doyle, Star of the Laune A.C. & Kaithlyn Coffey, Leevale A.C.** in Girls U/14 800m; 2nd for **Francis Cronin, Gneeveguilla A.C.** in Boys U/14 800m; gold for **Alex O'Neill, St. Cronan's A.C.** in Girls U/15 800m & a new CBP & bronze for **Jack Fallon, Moycarkey Coolcree A.C.** in Boys U/15 800m; gold for **Aoife Mahony, Lios Tuathail A.C.** in Girls U/16 800m; gold & silver for **Aisling Kelly, St. John's A.C. & Tanya Cox, Dooneen A.C.** in Girls U/16 1500m; silver for **Eoin Looney, Kilmurray/Ibrickane A.C.** in Boys U/16 1500m; silver & bronze for **Ciara Cummins, Nenagh Olympic A.C. & Maeve Aherne, CarrignaBhfear A.C.** in Girls U/18 1500m; silver for **Laura Power, Ennis Track A.C.** in Girls U/19 1500m; silver for **Luke Horgan, Leevale A.C.** in U/18 1500m & **Louise Shanahan, Leevale A.C. & Ciara Cummins, Nenagh Olympic A.C.** were 1st & 3rd in Girls U/18 800m.



National Relay Championships Report

The Woodie's DIY AAI Juvenile Indoor Relay Championships took place on Saturday 29th March in AIT International Arena. Top Club for the province was **Leevale A.C.** who took home 8 sets of medals (2 gold, 2 silver & 4 bronze) with **St. Mary's A.C. Limerick** in 2nd place with 4 sets (2 gold & 2 bronze), **Dooneen A.C.** in 3rd place with 3 sets (2 silver & 1 bronze) & **Emerald A.C.** (2 silver) & **Nenagh Olympic A.C.** (2 gold) in joint 4th with 2 sets each. Munster athletes also set 1 new Championship Best Performance when **Leevale A.C.** won the U/17 Boy's race in a super fast time & new National record of 1.33.16. National titles were won by **Nenagh Olympic A.C.** in the Boys U/13 4 x 100m Relay in a time of 54.89 & the Girls U/15 4 x 200m; **St. Mary's A.C. Limerick** in the Boys U/12 4 x 100m in a time of 56.01 & Girls U/13 4 x 100m in a time of 54.28 & Leevale A.C. in the Boys U/17 4 x 200m in a new CBP of 1.33.16 & Girls U/18 4 x 200m in a time of 1.43.71.

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