

Munster Reign Supreme at National Combined Events



Munster athletes were out in force at the GloHealth National Combined Events Championships in AIT Arena, Athlone on Saturday 17th January 2015. A total of **31** Munster athletes took to the boards in Athlone taking home **14** medals in total (7 gold, 5 silver & 2 bronze), over double the number of medals won last year. Munster Clubs that were well represented on the day were **St. Mary's A.C. Limerick, Moycarkey Coolcree A.C., St. Mary's A.C. Clare, Ennis Track A.C., Nenagh Olympic A.C., St. John's A.C. Clare, Bandon A.C., Star of the Laune A.C., Old Abbey A.C., Lisscarroll A.C., Moyne A.C., Midleton A.C., Belgooly A.C. & St. Brendan's A.C.**

Sophie Meredith, St. Mary's A.C., Limerick & David & Daniel Ryan, Moycarkey Coolcree A.C. who all won National titles last year maintained their dominance by winning in their age groups again this year. Sophie not only won gold on the day but also set a new National record in the Girls U/15 competition with her final score of 3416 points breaking the existing record held by Vicki Cusack, Lisscarroll A.C. Indeed it was a truly family affair for the Meredith & Ryan households who won 4 National titles between them on the day with **Hollie & Sophie** taking gold in the Girls U/14 & U/15 competition & **David & Daniel** winning gold in the Boys U/16 & Youth Boys competitions.

In the Boys U/14 competition, Munster athletes performed a clean sweep taking all 3 medals on offer with gold for **Daniel Hurley, Old Abbey A.C. (2535)**, silver for his team-mate, **Diarmuid O'Connor (2274)** & bronze for **Joshua Egan, Nenagh Olympic A.C. (1973)**. **Hollie Meredith, St. Mary's A.C. Limerick** was the eventual winner of the Girls U/14 competition holding off the silver medallist, Shauna Leydon, Mullingar Harriers A.C. by just 3 points with her final score of 2645 points. Her sister **Sophie** topped the rankings in the Girls U/15 competition taking gold & the National record with her final tally of 3416 points with **Fiona Doyle, Star of the Laune A.C.** in 2nd place on 2858 points following her blistering 800m run. In the Boys U/15 competition, Munster again dominated taking all 3 medals with a top of the podium finish for **Darragh Miniter, St. Mary's A.C. Clare (2869)**, **Brian Lynch, Old Abbey A.C.** in 2nd place (2814) & **Joseph McEvoy, Nenagh Olympic A.C.** in 3rd (2772). In the Boys U/16 competition, **David Ryan, Moycarkey Coolcree A.C.** was a very impressive winner taking gold with 3426 points, well clear of the silver medallist **Tony Odubote, Ennis Track A.C.** on 2985 points. David's brother **Daniel** had an emphatic win in the Youth Boys competition taking his place on the top of the podium with 3568 points, over 700 points clear of 2nd place. In the Junior Girls competition, **Grace McKenzie, Belgooly A.C.** won gold with an impressive tally of 3410 points with **Laoise Bennis, St. Mary's A.C. Limerick** in 2nd place on 2261 points.

Other Munster athletes who competed well on the day but who were outside the medals were:-

Girls

- Niamh Foley, St. Mary's A.C. Limerick (4th Girls U/14)
- Anna Ryan, Moycarkey Coolcree A.C. (6th Girls U/14)
- Lia O'Brien, Midleton A.C. (9th Girls U/14)
- Allanah Keays, St. Mary's A.C. Limerick (11th Girls U/14)
- Aisling Cassidy, Bandon A.C. (4th Girls U/15)
- Ella Stack, Bandon A.C. (6th Girls U/15)
- Ciara McKeon, Bandon A.C. (5th Girls U/16)
- Laura Nicholson, Bandon A.C. (7th Girls U/16)
- Moira Barrett, Bandon A.C. (8th Girls U/16)
- Aoibhin O' Connor, Liscarroll A.C. (9th Girls U/16)
- Clíodhna Blake, St. John's A.C. (4th Youth Girls)

Boys

- Adam O'Dwyer, Moycarkey Coolcree A.C. (8th Boys U/14)
- Darragh Courtney, St. Brendan's A.C. (4th Boys U/15)
- Sean Burke, Moyne A.C. (11th Boys U/15)
- Thomas Clancy, St. John's A.C. (6th Boys U/16)
- Joseph Minter, St. Mary's A.C. Clare (4th Youth Boys)
- Cathal O'Brien, Ennis Track A.C. (5th Youth Boys)

Congratulations & well done to them all. Full results can be found at www.munsterathletics.com.







Some Munster athletes who took part in the National Juvenile Combined Events Championships in AIT Arena on Saturday 17th January.

See extract from AAI Report dated 17th January 2015 below:-

“Action Packed Day of Competition at GloHealth CE’s Championships

An action packed day of competition unfolded at the GloHealth Indoor Combined Event Championships in AIT International Arena, Athlone. Ireland’s best multi-events battled it out for the coveted GloHealth National title on Saturday, 17th of January.

Senior & Junior

Reigning champion Michael Bowler was back to defend the title he impressively won at last year’s event. Bowler made his intentions known from the start with a clear cut victory in the 60m hurdles in a time of 9.01 seconds. From there he produced a consistent set of results to dominate the competition and win the title with a score of 3,198 points. Kevin Grant (Limerick AC) placed second on a score of 2,900 points with Sean Gill (Raheny Shamrock AC) third on 2,836 points.

The senior women’s event was a head to head battle between Roisin Howard (Bandon AC) and Karen Dunne (Bohermeen AC). Howard was the more consistent of the two athletes over the five events to capture the title with a score of 3,251 points with Dunne second on 2,831 points.

Keith Marks (Cushinstown AC) was a popular winner of the junior men’s competition. After a confident start to the competition which included an 8.74 second run in the 60m hurdles and a big leap of 6.59m in the Long Jump. Marks then moved onto to the High Jump where he cleared 2m to accumulate an overall point’s score of 3,544 points. Mark Rogers (St Peter’s AC) placed second on 3,331 points with Tim Bowler (Enniscorthy AC) third on 3,018 points.

After placing second last year Grace McKenzie (Belgooly AC) was out for redemption in the Junior women’s event. McKenzie cleared 1.69m in the High Jump and recorded a time of 9.24 seconds in the 60m Hurdles to achieve an overall point’s score of 3,410 points. Laoise Bennis (St Marys-Limerick) placed second with a score of 2,261 points.

Youth & Master

Pre-event favourite Elizabeth Morland (Cushinstown AC) had to pull out injured of the Youth women's competition after a blistering start in the hurdles where she recorded a time of 8.67 seconds. Club mate Shannon Sheehy stepped up to the mark to record an impressive set of results to win the title. Sheehy scorched to a fast 60m Hurdles time of 8.74 (965 points) and cleared 1.68m (830 points) in the High Jump. After the completion of the final event (800m) Sheehy was deemed the winner with a score of 3,567 points ahead of Alannah Gannon (Aughagower AC) second on 3,078 points and Niamh Kelly (Boyne AC) third on 3,052 points.

Daniel Ryan (Moycarkey Coolcree AC) dominated the Youth men's event with a score of 3,668 points. Ryan was the quickest over the Hurdles (8.36) and also launched the Shot out to an impressive 13.58m to bag important points on his way to the title. Ryan demonstrated his all-round talent with a 6.50m+ long jump and sub three minute 1,000m at the end of the competition. David Dagg (DSD AC) placed second with a score of 2,843 points with Thomas Connolly (Le Cheile AC) third with a score of 2,744 points.

Isabella Breslin (Lifford AC) and Finola Moore (Celbridge AC) won the respective 35+ and 50+ nationals titles with scores of 2,155 points and 1,563 points. Joe Gough (West Waterford AC) won the M50+ title with a score of 1,581 points. This was largely down to recording a fast time of 3.02.94 in the final event the 1,000m. Ger Cremin (An Ríocht AC) won the M35+ event with a score of 2,574 points.

Juvenile Round Up

The Meredith sisters made it a family affair in the U14 and U15 girl's event with respective wins for Sophie in the U15's and Holly in the U14's. Sophie produced an impressive set of results to set a new championship best performance (CBP) of 3,416 points. The score smashed the old mark held by Vicki Cusack (Liscarroll AC) of 3,051 points set last year. Younger sister Hollie had a much tougher task as she battled it out with Mullingar AC athlete Shauna Leydon. Holly did just enough to capture the title with a score of 2,645 points, 3 points clear of Leydon on 2,642 points.

Katherine O'Connor (St Gerards AC) dominated the U16 girl's event accumulating a score of 3,311 points putting her over 200 points clear of her nearest rival. David Ryan was equally impressive in the U16 boy's event as he claimed the title with a score of 3,426 points. Ryan showed particularly good form in the High Jump (1.73m) and Long Jump (6.01m). Darragh Minter (St Mary's (Clare) AC) and Brian Lynch (Old Abbey AC) battled it out for the U15 boy's title with Minter coming out on top with a

score of 2,869 points with Lynch in second on 2,814 points. Old Abbey AC team mates Daniel Hurley (2,535) and Diarmuid O'Connor (2,274) placed first and second respectively in the U14 event.”