

## 10 National Records for Munster Athletes



Munster athletes led the way at Day 1 & Day 2 of the GloHealth National Juvenile Indoor Championships in AIT Arena on Saturday 21<sup>st</sup> & Sunday 22<sup>nd</sup> March. On Day 1 of the Championships, **23** individual medals (9 gold, 5 silver & 9 bronze) & **20** sets of Relay medals (7 gold, 8 silver & 5 bronze) were taken home by Munster with National records set by **Nenagh Olympic A.C.** Boys U/12 4 x 100m Relay & **Sophie Meredith, St. Mary's A.C. Limerick** in the Girls U/15 High Jump with her leap of 1.65m.

Munster dominated on Day 2 of the Championships taking home **70** individual medals (31 gold, 20 silver & 19 bronze) with **8** new National records being set by our athletes below:-

1. **Phoebe Murphy, Ferrybank A.C.** (U/18 60m 7.68)
2. **Ciara Neville, Emerald A.C.** (Girls U/17 60m 7.51)
3. **Niamh Foley, St. Mary's A.C. Limerick** (Girls U/14 60m 7.93)
4. **Jenna Bromell, Emerald A.C.** (Girls U/19 400m 55.28)
5. **Louise Shanahan, Leevale A.C.** (Girls U/19 1500m 4.43.97)
6. **Megan Lehihan, North Cork A.C.** (Girls U/13 Shot Putt 12.97m)
7. **Gearoid McMahon, Shannon A.C.** (Boys U/16 1.5km Walk, 6.33.39)
8. **Reece Ademola, Leevale A.C.** (Boys U/13 Long Jump 4.86m).



© Sportsfile 23 March 2016. Gold medal, 4 x 100m relay, Nenagh Olympic A.C. (clockwise from top left): Brian Kelly (1551), Cian O'Connell (1552), Cian O'Connell (1553), Cian O'Connell (1554). Photo credit: The Sportsfile (2016/03/23)



© Sportsfile 23 March 2016. Silver medal, 4 x 200m relay, Nenagh Olympic A.C. (clockwise from top left): Cian O'Connell (1635), Cian O'Connell (1636), Cian O'Connell (1637), Cian O'Connell (1638). Photo credit: The Sportsfile (2016/03/23)

In the National Relay Championships, the medal breakdown for Munster was:

**Gold**

- Nenagh Olympic A.C. Boys U/12 4 x 100m **CBP**
- Templemore A.C. Boys U/13 4 x 100m
- Dooneen A.C. Girls U/14 4 x 200m
- Dooneen A.C. Boys U/15 4 x 200m
- Nenagh Olympic A.C. Girls U/16 4 x 200m
- Emerald A.C. Girls U/17 4 x 200m

- Leevale A.C. Boys U/18 4 x 200m

### **Silver**

- Leevale A.C. Girls U/12 4 x 100m
- Belgooly A.C. Boys U/12 4 x 100m
- Nenagh Olympic A.C. Boys U/13 4 x 100m
- St. Mary's A.C. Limerick Girls U/14 4 x 200m
- Leevale A.C. Boys U/14 4 x 200m
- Carrick-On-Suir A.C. Girls U/15 4 x 200m
- Templemore A.C. Boys U/16 4 x 200m
- Nenagh Olympic A.C. Girls U/19 4 x 200m

### **Bronze**

- St. Mary's A.C. Limerick Boys U/13 4 x 100m
- Nenagh Olympic A.C. Boys U/14 4 x 200m
- Dooneen A.C. Girls U/15 4 x 200m
- Nenagh Olympic A.C. Boys U/15 4 x 200m
- Dooneen A.C. Girls U/17 4 x 200m



### **Day 1 Results**

In the Girls U/15 competitions, there was gold for **Aisling Cassidy, Bandon A.C.** in the Pole Vault (2.40m) with team-mate **Ella Stack** in 3<sup>rd</sup> place (2.25m). **Sophie Meredith, St. Mary's A.C. Limerick** posted a new National record in the High Jump with her leap of 1.65m with **Fiona Doyle, Star of the Laune A.C.** in 2<sup>nd</sup> place (1.58m). **Patrick Fitzgerald, West Waterford A.C.** won gold in the

Boys U/15 Pole Vault (2.10m) with silver for **Joseph McEvoy, Nenagh Olympic A.C.** in the Boys U/15 High Jump (1.72m).



**Ben Donovan, Abbey Striders A.C.** took gold in the Boys U/16 High Jump (1.76m) with bronze medals for **Laura Nicholson, Bandon A.C.** in the Girls U/16 High Jump (1.60m), **Clodagh Walsh, Abbey Striders A.C.** in the Girls U/16 Pole Vault (2.70m) & **Craig Cluna, West Waterford A.C.** in the Boys U/16 Pole Vault (2.70m)

In the U/17 competitions, there was gold for **Daniel Ryan, Moycarkey Coolcree A.C.** in the Shot Putt (14.76m), silver for **Angharad Loughnane, Marian A.C.** in the Shot Putt (11.30m) & bronze for **Molly Healy, Leevale A.C.** in the Pole Vault (2.40m)



In the U/18 competitions, there was gold for **Tom Deasy, Belgooly A.C.** in the High Jump (1.83m) & **Laura Cussen, Old Abbey A.C.** in the Pole Vault (2.80m) with silver for **Ellen Larkin, Emerald A.C.** (2.80m), bronze for **Sarah Hayes, Skibbereen A.C.** in the Shot Putt (11.11m) & joint 3<sup>rd</sup> for **Clodha Blake, St. John's A.C. Clare** in the High Jump (1.55m)

In the Boys U/19 competitions, there was gold for **Jamie Fennell, West Waterford A.C.** in the Pole Vault (4.10m) with bronze for team-mate, **Yuri Kanash** (4.10m). In the Girls U/19 competitions, **Neasa Murphy, Ferrybank A.C.** took gold in the High Jump (1.60m) with silver for **Deirbhile Ryan, Nenagh Olympic A.C.** in the Shot Putt & bronze for **Ciara Mockler, Moycarkey Coolcree A.C.**

### ***Day 2 Results***

**There were gold medals for:-**

1. Queen Taminowo, Midleton A.C. – Girls U/12 60m (8.68)
2. Laura Frawley, St. Mary's A.C. Limerick – Girls U/12 Long Jump (4.14m)
3. Danny Kelly, Belgooly A.C. – Boys U/12 Long Jump (4.43m)
4. Sean Kavanagh, Midleton A.C. – Boys U/12 High Jump (1.35m)
5. Geoffrey Joy O'Regan, Sunhill Harriers A.C. – Boys U/12 High Jump (1.35m)
6. Toby Adebayo, Midleton A.C. – Boys U/12 Shot Putt (8.66m)
7. Praise Owoeye, Ferrybank A.C. – Girls U/13 Long Jump (4.65m)
8. Katelyn Reid, An Riocht A.C. – Girls U/13 High Jump (1.43m)
9. Megan Lenihan, North Cork A.C. – Girls U/13 Shot Putt (12.79m) **CBP**
10. Reece Ademola, Leevale A.C. – Boys U/13 60m (8.11)
11. Nathan Cremin Sheehy, St. Mary's A.C. Limerick – Boys U/13 600m (1.40.91)
12. Reece Ademola, Leevale A.C. – Boys U/13 Long Jump (4.86m) **CBP**
13. Evan Hayes, Waterford A.C. – Boys U/13 High Jump (1.45m)
14. Niamh Foley, St. Mary's A.C. Limerick – Girls U/14 60m (7.93) **CBP**
15. Kylie Heinen, Ferrybank A.C. – Girls U/14 High Jump (1.54m)
16. Robert Dillon, Midleton A.C. – Boys U/14 High Jump (1.63m)
17. Sophie Meredith, St. Mary's A.C. Limerick – Girls U/15 Long Jump (5.46m)
18. Darragh Miniter, St. Mary's A.C. Clare – Boys U/15 60m (7.53)
19. Liam McDonagh, Moycarkey Coolcree A.C. – Boys U/15 1k Walk (4.56.80)
20. Gearoid McMahon,, Shannon A.C. – Boys U/16 1.5k Walk (6.33.39) **CBP**

21. Alex O'Neill, St. Cronan's A.C. – Girls U/16 1500m (4.57.65)
22. Ciara Neville, Emerald A.C. – Girls U/17 60m (7.51) **CBP**
23. Aoife O'Mahony, Lios Tuathail A.C. – Girls U/17 1500m (4.49.98)
24. Phoebe Murphy, Ferrybank A.C. – Girls U/18 60m (7.68) **CBP**
25. Grace Furlong, Waterford A.C. – Girls U/18 Triple Jump (10.98m)
26. Tom Deasy, Belgooly A.C. – Boys U/18 Long Jump (6.21m)
27. Louise Shanahan, Leevale A.C. – Girls U/19 1500m (4.43.97) **CBP**
28. Jenna Bromell, Emerald A.C. – Girls U/19 400m (55.28) **CBP**
29. Fiona O'Shea, Dooneen A.C. – Girls U/19 Triple Jump (11.33m)
30. Scott Gibson, Bandon A.C. – Boys U/19 400m (49.23)
31. Aaron Egan, Clonmel A.C. – Boys U/19 1.5k Walk (6.07.69)



### Silver medals went to:-

1. Queen Taminowo, Middleton A.C. – Girls U/12 High Jump (1.30m)
2. Amy Whelan, Liscarroll A.C. – Girls U/12 Shot Putt (7.75m)
3. Diarmuid Healy, Middleton A.C. – Boys U/12 600m (1.44.92)
4. Praise Owwoye, Ferrybank A.C. – Girls U/13 60m (8.15)
5. Ailbhe Doherty, Ennis Track A.C. – Girls U/13 600m (1.42.91)
6. Diarmuid Fahy, Kilmurray/Ibrickane A.C. – Boys U/13 600m (1.41.22)
7. Mark Carroll, Templemore A.C. – Boys U/13 Long Jump (4.37m)

8. Jack Barnett, Templemore A.C. – Boys U/13 Shot Putt (10.40m)
9. Holly Meredith, St. Mary's A.C. Limerick – Girls U/14 High Jump (1.51m)
10. Daniel Hurley, Old Abbey A.C. – Boys U/14 60m (7.75)
11. Siofra O'Dea, Kilmurray/Ibrickane A.C. – Girls U/14 1k Walk
12. Conor Blake, St. John's A.C. Clare – Boys U/14 High Jump (1.55m)
13. Lauren O'Leary, Emerald A.C. – Girls U/15 Long Jump (5.10m)
14. Vickie Cusack, Lisscarroll A.C. – Girls U/16 Long Jump (5.24m)
15. Orla O'Connor, Waterford A.C. – Girls U/16 1.5k Walk (7.42.02)
16. Tony Odubote, Ennis Track A.C. – Boys U/16 60m (7.23)
17. Jamie Mitchell, Emerald A.C. – Boys U/17 60m (7.28)
18. David Kenny, Farranfore Maine Valley A.C. – Boys U/17 1.5k Walk (7.15.56)
19. Leanne Prout, Carrick-On-Suir A.C. – Girls U/19 400m (57.64)
20. Anthony Tobin, Clonmel A.C. – Boys U/19 1.5k Walk (6.24.18)

**Bronze medals were won by:-**

1. Kelvin O'Carroll, Dooneen A.C. – Boys U/12 60m (8.53)
2. Oisin Pepper, Nenagh Olympic A.C. – Boys U/12 Long Jump (4.35m)
3. Jack Cullen, Bandon A.C. – Boys U/12 Shot Putt (8.31m)
4. Hollie McCarthy, Lisscarroll A.C. – Girls U/13 60m (8.34)
5. Aoife O'Sullivan, Lisscarroll A.C. – Girls U/13 High Jump (1.35m)
6. Padraic Hassett, Nenagh Olympic A.C. – Boys U/13 Long Jump (4.21m)
7. Eoghan Nash, Belgooly A.C. – Boys U/13 High Jump (1.40m)
8. Shauna Ryan, Dooneen A.C. – Girls U/14 60m (8.12)
9. Niamh Moriarty, Dooneen A.C. – Girls U/15 60m (7.99)
10. Blake Curran, Shannon A.C. – Boys U/15 1km Walk (5.26.42)
11. Vickie Cusack, Lisscarroll A.C. – Girls U/16 Shot Putt (10.63m)
12. Lauren Ryan, Dooneen A.C. – Girls U/17 60m (7.51m)
13. Angharad Loughnane, Marian A.C. – Girls U/17 1.5k Walk (8.00.19)
14. Clodhna Blake, St. John's A.C. Clare – Girls U/18 Triple Jump (10.49m)
15. Clodagh O'Mahony, Dooneen A.C. – Girls U/19 60m (7.97)
16. Aisling Hehir, Dooneen A.C. – Girls U/19 Triple Jump (9.33m)
17. Michael Quilligan, Nenagh Olympic A.C. – Boys U/19 400m (50.68)
18. Darren Prout, Carrick-On-Suir A.C. – Boys U/19 Long Jump (6.57m)
19. Luke Horgan, Leevale A.C. – Boys U/19 1500m (4.01.19)

Congratulations & well done to all our athletes.



@parazip 17 March 2019, 16:15:36, St. Croix, WI. A female athlete in St. Croix's red singlet and black shorts running on the blue track at the St. Croix Indoor Track and Field Championships. Photo: David and Janet. A photo of the athlete. Photo credit: Parazip. 17/03/2019



@parazip 17 March 2019, 16:15:36, Bandon, WI. A male athlete in Bandon's yellow singlet and black shorts running on the grey track at the St. Croix Indoor Track and Field Championships. Photo: David and Janet. A photo of the athlete. Photo credit: Parazip. 17/03/2019