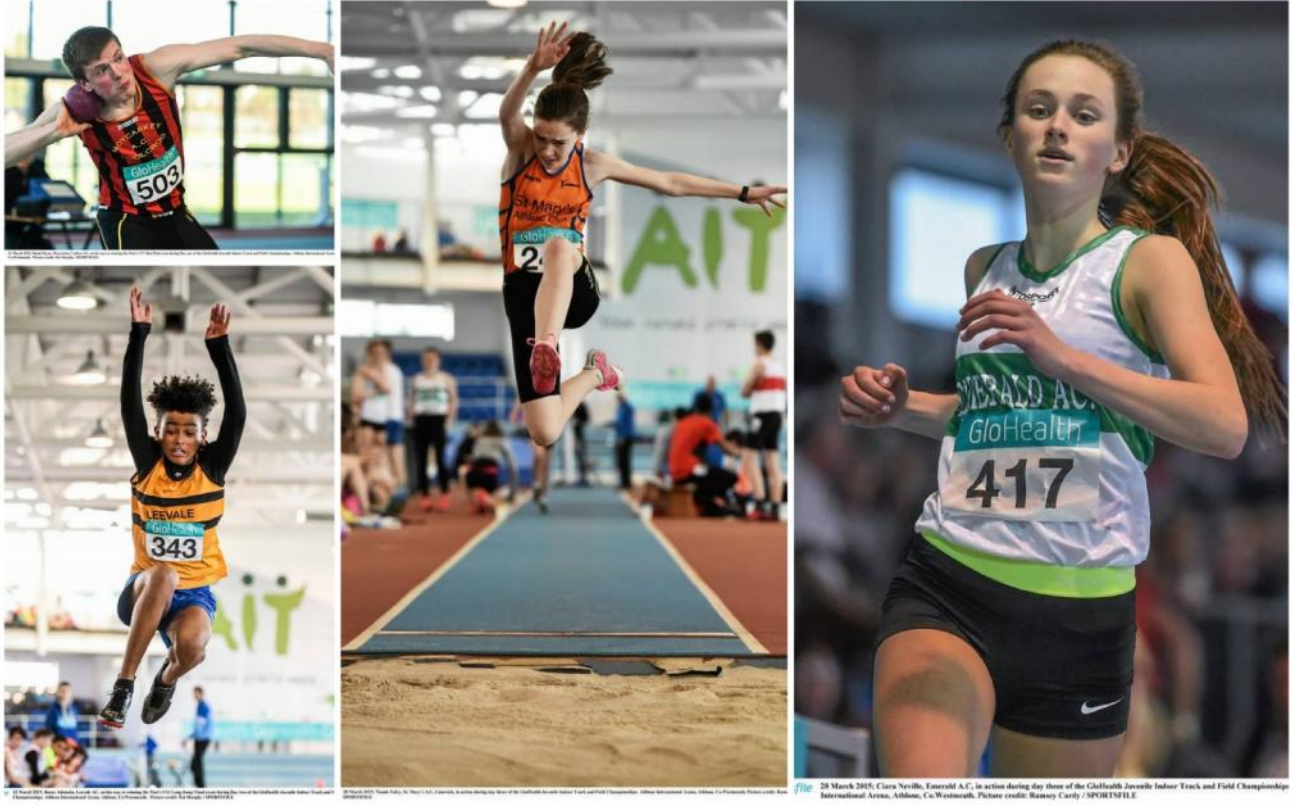


Ademola, Foley, Neville & Ryan Dazzle at Day 3



Munster athletes produced another stunning set of performances at Day 3 of the GloHealth National Juvenile Indoor Championships on Saturday 28th March in AIT Arena. 50 individual medals in total were won (22 gold, 14 silver & 14 bronze).

Ciara Neville, Emerald A.C. put in two top class performances in the Girls U/17 60mH & 200m to take double gold. Neville blitzed the opposition in her lightening quick 200m with her time of 24.01 to set a new National record & achieve not only the EYOF standard, but the European Junior "A" Standard as well. **Daniel Ryan, Moycarkey Coolcrao A.C.** blazed a trail to victory well ahead of his opponents in the Boys U/17 60mH with his time of 8.14 taking gold & setting a new National record. Later in the day, he took gold in the Boys U/17 Long Jump with his final round jump of 6.78m, just 2cm shy of the EYOF standard which he already achieved in January. **Niamh Foley, St. Mary's A.C. Limerick** took gold in the Girls U/14 60mH & Long Jump with **Reece Ademola, Leevale A.C.** winning gold in the Boys U/13 60mH. These 4 athletes were Munster's top performers over the 3 days of the National Indoor Championships topping the ARCU Irish Indoor Juvenile Rankings winning 3 individual gold medals each & setting 6 new Championship Best Performances between them (Neville in 60m & 200m, Ryan in the 60mH & Long Jump, Foley

in the 60m & Ademola in the Long Jump). They were the only 4 athletes nationwide to achieve treble gold status.

Out of the 16 Double gold medal winners nationwide, Munster athletes claimed 7 – they were **Alex O’Neill, St. Cronan’s A.C.** (U/16 800m & 1500m), **Daniel Hurley, Old Abbey A.C.** (U/15 60mH & Long Jump), **Aoife O’Mahoney, Lios Tuathail A.C.** (U/17 800m & 1500m), **Louise Shanahan, Leevale A.C.** (U/19 800m & 1500m), **Sophie Meredith, St. Mary’s A.C. Limerick** (U/15 HJ & LJ), **Tom Deasy, Belgooly A.C.** (U/18 LJ & HJ), **Darragh Minitier, St. Mary’s A.C. Clare** (U/15 60m & Shot Putt).



Podium finishes for Munster athletes looked like this –

3 medals each:

- Leanne Prout Carrick-On-Suir A.C. (1st U/19 60m, 2nd 400m & 3rd 200m)
- Vickie Cusack, Liscarroll A.C. (2nd U/16 60mH & LJ, 3rd Shot Putt)
- Darragh Minitier, St. Mary’s A.C. Clare (1st U/15 60m & Shot Putt, 3rd LJ)

2 medals each:

- Alex O’Neill, St. Cronan’s A.C. (1st U/16 800m & 150m)
- Aoife O’Mahony, Lios Tuathail A.C. (1st U/17 800m & 1500m)
- Angharad Loughnane, Marian A.C. (2nd U/17 Shot Putt & 3rd 1500m Walk)
- David Ryan, Moycarkey Coolcree A.C. (1st U/16 LJ & 3rd 60mH)

- Brian Lynch, Old Abbey A.C. (1st U/15 Long Jump & 2nd 60mH)
- Clíodhna Blake, St. John's A.C. Clare (3rd U/18 HJ & TJ)
- Clodagh O'Mahony, Dooneen A.C. (2nd U/19 60mH & 3rd 60m)
- Darren Prout, Carrick-On-Suir A.C. (2nd U/19 TJ & 3rd LJ)
- Fiona Doyle, Star of the Laune A.C. (2nd U/15 800m & HJ)
- Fiona O'Shea, Dooneen A.C. (1st U/19 TJ & 2nd LJ)
- Jamie Mitchell, Emerald A.C. (1st U/17 200m & 2nd 60m)
- Joseph McEvoy, Nenagh Olympic A.C. (1st U/15 60mH & 1st HJ)
- Louise Shanahan, Leevale A.C. (1st U/19 800m & 1500m)
- Phoebe Murphy (U/18 60m & 200m),
- Sophie Meredith, St. Mary's A.C. Limerick (1st U/15 HJ & LJ)
- Tom Deasy, Belgooly A.C. (1st U/18 LJ & HJ)
- Tony Odubote, Ennis Track (2nd U/16 60m & 3rd 200m)
- Praise Owoeye, Ferrybank A.C. (1st U/13 LJ & 2nd U/13 60m)
- Queen Tanimowo, Midleton A.C. (1st U/13 60m & 2nd HJ)

Day 3 Results

Ciara Sheehy, Liscarroll A.C. produced a stunning throw of 14.07m in the Girls U/14 Shot Putt to break the previous record of 13.11 held by Marguerite Furlong, Adamstown A.C. by almost a metre. **Miriam Daly, Carrick-On-Suir A.C.** was another athlete on fire when she ran a very swift 9.01 in the Girls U/15 60mH to take gold & set a new National record beating Sarah Lavin's 2008 performance of 9.09. **Daniel Hurley, Old Abbey A.C.** was in great form taking double gold in the Boys U/14 60mH & Long Jump to add to his silver medal won in the 60m the previous weekend. **Darragh Minitier, St. Mary's A.C. Clare** won gold in the Boys U/15 Shot Putt with a massive throw of 15.38m & bronze in the Long Jump to add to his gold medal already won in the 60m the previous week. **Vickie Cusack, Liscarroll A.C.** won silver in the Girls U/16 60mH to add to her silver medal won in the Long Jump & bronze in the Shot Putt on Day 2. Another notable performance came from **Phoebe Murphy, Ferrybank A.C.** in the Girls U/18 200m who ran 24.30 to win silver & attain the European Junior "B" Standard. Murphy also ran a CBP on Day 1 in the Girls U/18 60m with her time of 7.68. **Alex O'Neill, St. Cronan's A.C., Aoife O'Mahony, Lios Tuathail A.C. & Louise Shanahan, Leevale A.C.** all won their Girls U/16, U/17 & U/19 800m races achieving double gold as they all recorded wins in their 1500m races on Day 2 with Louise also setting a CBP of 4.43.97 in the U/19 1500m. **Brian Lynch, Old Abbey A.C.** took gold in the Boys U/15 Long Jump & silver in the 60mH & **Joseph McEvoy, Nenagh Olympic A.C.** took gold in the Boys U/15 60mH to add to his gold High Jump medal the previous week. **David Ryan,**

Moycarkey Coolcroo A.C. won gold in the Boys U/16 Long Jump & bronze in the 60mH with **Tony Odubote, Ennis Track AC.** taking bronze in the Boys U/16 200m to add to his silver medal won in the 60m on Day 2. Congratulations to all our athletes who achieved such high standards & performances over the 3 day of the Championships.



Gold medal winners on Day 3:-

1. Reece Ademola, Leevale A.C. – Boys U/13 60mH (9.69)
2. Niamh Foley, St. Mary's A.C. Limerick – Girls U/14 60mH (9.14)
3. Niamh Foley, St. Mary's A.C. Limerick – Girls U/14 Long Jump (5.07m)
4. Ciara Sheehy, Liscarroll A.C. – Girls U/14 Shot Putt (14.07m) **CBP**
5. Daniel Hurley, Old Abbey A.C. – Boys U/14 60mH (9.26)

6. Daniel Hurley, Old Abbey A.C. – Boys U/14 Long Jump (5.51m)
7. Miriam Daly, Carrick-On-Suir A.C. – Girls U/15 60mH (9.01) **CBP**
8. Joseph McEvoy, Nenagh Olympic A.C. – Boys U/15 60mH (9.20)
9. Brian Lynch, Old Abbey A.C. – Boys U/15 Long Jump (5.72m)
10. Darragh Minter, St. Mary's A.C. Clare – Boys U/15 Shot Putt (15.38m)
11. Alex O'Neill, St. Cronan's A.C. – Girls U/16 800m (2.18.70)
12. David Ryan, Moycarkey Coolcree A.C. – Boys U/16 Long Jump (6.37m)
13. Ciara Neville, Emerald A.C. – Girls U/17 60mH (8.70)
14. Ciara Neville, Emerald A.C. – Girls U/17 200m (24.01) **CBP/EYOF Standard & European Junior "A" Standard**
15. Aoife O' Mahoney, Lios Tuathail A.C. – Girls U/17 800m (2.18.81)
16. Daniel Ryan, Moycarkey Coolcree A.C. – Boys U/17 60mH (8.14) **CBP**
17. Daniel Ryan, Moycarkey Coolcree A.C. – Boys U/17 L. Jump (6.78m) **CBP**
18. Jamie Mitchell, Emerald A.C. – Boys U/17 200m (22.44)
19. Jack Murphy, Leevale A.C. – Boys U/18 60mH (8.35)
20. Leanne Prout, Carrick-On-Suir A.C. – Girls U/19 60mH (9.03)
21. Louise Shanahan, Leevale A.C. – Girls U/19 800m (2.20.18)
22. Jason Foley, Lios Tuathail A.C. – Boys U/19 60mH (8.40)



Silver medals on Day 3:-

1. Ricky Carroll, Fanahan McSweeney A.C. – Boys U/14 Shot Putt (11.28m)
2. Fiona Doyle, Star of the Laune A.C. – Girls U/15 800m (2.25.84)
3. Brian Lynch, Old Abbey A.C. – Boys U/15 60mH (9.22)
4. Vickie Cusack, Liscarroll A.C. – Girls U/16 60mH (9.20)
5. Aoibheann O'Brien, Tralee Harriers A.C. – Girls U/18 Long Jump (5.09m)

6. Adam Dooley, Templemore A.C. – Boys U/16 Long Jump (5.77m)
7. Cathal Locke, Dooneen A.C. – Boys U/17 200m (23.35)
8. Conor O'Driscoll, Leevale A.C. – Boys U/17 800m (1.58.27)
9. Phoebe Murphy, Ferrybank A.C. – Girls U/18 200m (24.30) **European Junior "B" Standard**
10. Kevin O'Leary, Liscarroll A.C. – Boys U/18 60mH (8.96)
11. Clodagh O'Mahoney, Dooneen A.C. – Girls U/19 60mH (9.04)
12. Fiona O'Shea, Dooneen A.C. – Girls U/19 Long Jump (5.17m)
13. Stephen Walsh, Ferrybank A.C. – Boys U/19 200m (22.08)
14. Darren Prout, Carrick-On-Suir A.C. – Boys U/19 Triple Jump (13.17m)



Bronze medal winners on Day 3:-

1. Diarmuid O'Connor, Old Abbey A.C. – Boys U/14 Long Jump (5.08m)
2. Shauna Linehan, North Cork A.C. – Girls U/15 Shot Putt (10.93m)
3. Darragh Minitier, St. Mary's A.C. Clare – Boys U/15 Long Jump (5.50m)
4. Jack Ryan, Moycarkey Coolcree A.C. – Boys U/15 Shot Putt (13.74m)
5. Francis Cronin, Gneeveguilla A.C. – Boys U/15 800m (2.12.13)
6. Olivia Humphreys, Dooneen A.C. – Girls U/16 60mH (9.46)
7. David Ryan, Moycarkey Coolcree A.C. – Boys U/16 60mH (8.71)
8. Tony Odubote, Ennis Track A.C. – Boys U/16 200m (23.21)
9. Rachel Bowler, Tralee Harriers A.C. – Girls U/17 Long Jump (5.31m)
10. Joseph Minitier, St. Mary's A.C. Clare – Boys U/17 Long Jump (6.05m)
11. Eimear Lehihan, North Cork A.C. – Girls U/17 800m (2.20.57)
12. Sharlene Mawdsley, Newport A.C. – Girls U/18 200m (24.74)
13. Matthew Murnane, Leevale A.C. – Boys U/18 800m (2.00.65)
14. Leanne Prout, Carrick-On-Suir A.C. – Girls U/19 200m (25.32)