

## Record Breaking Munster T&F Championships



Ideal weather conditions & a fast track at Waterford RSC ensured a record breaking Munster U/14 to U/19 Track & Field Championships on Saturday 13<sup>th</sup> & Sunday 14<sup>th</sup> June. No fewer than 28 new Championship Best Performances were set on the day. Add to that a National Youth Record in the Boys U/17 110mH, 8 EYOF Standards & 2 World Youth Standards & we had a Super Saturday & Sunday on our hands. **Ciara Neville, Emerald A.C.** was on fire taking gold in the Girls U/17 100m with her time of 11.83, under both the EYOF & World Youth standards & the European Junior “B” standard. Her run of 24.40 in the 200m also dipped under the EYOF standard & the European Junior “B” standard. **Daniel Ryan, Moycarkey Coolcroo A.C.** was another athlete in record breaking form winning gold in the Boys U/17 110mH clocking 14.08, well under the EYOF qualifying time of 14.30 & setting a new Irish Youth record taking Garbhan McKenna’s record of 14.18 set in 2013. Ryan also won the Long Jump & the 100m setting two more new Championship Best Performances over the weekend. **Lauren Ryan, Dooneen A.C.** ran 11.96 in her heat of the Girls U/17 100m to achieve the EYOF standard of 12.05. **Jamie Mitchell, Emerald A.C.** was in flying form when he ran 49.89 in the Boys U/17 400m to dip under the EYOF standard of 50 seconds. **Orlaith O’Brien, Ferrybank A.C.** powered the Javelin out to 49.26m & an EYOF & World Youth standard, completely smashing the Munster record of 37.18m which had stood the test of time since 1981. Guests, Molly Scott, St. Laurence O’Toole A.C. & Lauren O’Keeffe, Donore Harriers A.C. also achieved EYOF standards in the 100mH & the Hammer.

An astounding number of 28 Championships Best Performances were set over the weekend, testament to the emerging talent that Munster has to offer. Details of the records are below:-

1. **Siofra O’Dea, Kilmurray/Ibrickane A.C.** in the Girls U/14 2km Walk clocked 11.03.82 to break the existing record of 11.17.69 set by Julie Prenderville, Estuary in 2005.
2. **Holly Meredith, St. Mary’s A.C. Limerick** threw 31.71m in the Girls U/14 Javelin to better the 2000 record of 30.58m by Catherine Grant, De La Salle.
3. **Ciara Sheehy, Lisscarroll A.C.** threw a record of 13.03m in the Girls U/14 Shot Putt to break the mark of 12.67m set by Claire Fitzgerald, Tralee Harriers in 2004.
4. **Robert Twomey, Leevale A.C.** ran 9.98 to break the 2008 record of 9.99 set by Greg O’Shea, Dooneen A.C.

5. **Ricky Carroll, Fanahan McSweeney A.C.** threw the Boys U/14 Hammer out to 42.65m to break the 2010 record of 40.90m set by Adam King, Iveragh A.C.
6. **Miriam Daly, Carrick-On-Suir A.C.** ran a blistering 35.45 in the Girls U/15 250mH to break both the hand-time of 36.0 set by S. Cummins, Roscrea in 1991 & the 36.31 record set by Ciara Giles Doran, Ferrybank A.C. set in 2009.
7. **Sophie Meredith, St. Mary's A.C. Limerick** jumped 1.67m in the Girls U/15 High Jump to take the 1.63m record of Aisling Croke, Dooneen A.C. set in 2009.
8. **Sophie Meredith, St. Mary's A.C. Limerick** leaped out to a mark of 5.48m to break the current record of 5.28m set by Ciara Giles Doran, Ferrybank A.C. in 2009.
9. **Aisling Cassidy, Bandon A.C.** set a record in the Girls U/15 Pole Vault of 2.55m (new event).
10. **Conor Morey, Leevale A.C.** ran 11.70 in the Boys U/15 100m to break the existing record of 11.76 held by Eoin O'Carroll, Tralee Harriers since 2009.
11. **Tony Odubote, Ennis Track A.C.** ran a very swift 22.87 in the Boys U/16 200m to break 3 hand-timed records of 23.1 set by Carlton Haddock, Togher A.C. (1988), D. Leahy, Leevale A.C. (1990) & E. O'Carroll, Togher A.C. (1994) & the 23.46 set by Maurice Donoghue, Carrick-On-Suir A.C. in 2000.
12. **Tony Odubote, Ennis Track A.C.** ran 11.15 in the Boys U/16 100m to break the record of 11.61 set by Nathan Jege, Dooneen A.C. in 2007.
13. **David Ryan, Moycarkey Coolcree A.C.** ran 32.97 in the Boys U/16 250mH to better the existing record of 33.18 set by Maurice Donoghue, Carrick-On-Suir A.C. in 2000.
14. **Ciara Neville, Emerald A.C.** ran a very fast 14.01 in the Girls U/17 100mH to break both the hand-timed record of 14.4 held by Sharon Kelly, Leevale A.C. since 1999 & the 15.41 run by Orla Doyle, Carrick-On-Suir A.C. in 2000.
15. **Ciara Neville, Emerald A.C.** ran 11.83 in the Girls U/17 100m to break the record of 12.43 held by her team-mate Marie Heelan in 2011.
16. **Ciara Neville, Emerald A.C.** ran 24.40 in the Girls U/17 200m to equal the hand-timed record set by F. Kelly, Limerick Emerald in 1990 & break the 2011 record of 24.56 held by Ciara Giles Doran, Ferrybank A.C. set in 2011.
17. **Aisling Kelly, St. John's A.C.** ran 4.59.13 to break the 2011 record of 4.59.49 held by Brona Croke, Dooneen A.C. set in 2011.
18. **Orlaith O'Brien, Ferrybank A.C.** set a new record of 49.26m in the Girls U/17 Javelin to smash the record of 37.18m set by B. Walsh, Corbally set in 1981.
19. **Daniel Ryan, Moycarkey Coolcree A.C.** set a new record in the Boys U/17 110mH with his time of 14.08 (new event).
20. **Daniel Ryan, Moycarkey Coolcree A.C.** jumped out to 6.77m in the Boys U/17 Long Jump to better the existing record of 6.55m held by T. Duarte, West Muskerry A.C. set in 1991.
21. **Daniel Ryan, Moycarkey Coolcree A.C.** ran 11.37 in the Boys U/17 100m to better the existing record of 11.43 set by Eoin O'Carroll, Tralee Harriers A.C. in 2011.
22. **Jamie Mitchell, Emerald A.C.** ran 49.89 in the Boys U/17 400m to break the hand-timed record of 50.2 set by A. O'Regan, Leevale A.C. in 1984 & the record of Finbarr Horgan, Clonmel A.C. of 51.07 set in 2006.
23. **Jamie Roche, Ennis Track A.C.** ran 6.53.36 in the Boys U/17 2km Steeplechase to break the record of 7.08.44 set by Kyle Larkin, Emerald A.C. in 2011.
24. **Clodagh O'Mahony, Dooneen A.C.** ran 14.81 in the Girls U/19 100mH to better the record of 15.49 set by Ailbhe Courtney, St. Brendan's A.C. in 2010.

25. **Joey Henchy, Bandon A.C.** ran 11.32 in the Boys U/19 100m to break the record of 11.43 set by James Greene, Ferrybank A.C. in 2011.
26. **Stephen Walsh, Ferrybank A.C.** ran 22.70 in the Boys U/19 200m to break the 22.73 record set by James Greene, Ferrybank A.C. in 2011.
27. **Scott Gibson, Bandon A.C.** ran 49.66 in the Boys U/19 400m to better the record of 50.70 set by Tim Crowe, Dooneen A.C. in 2009.
28. **Jamie Fennell, West Waterford A.C.** vaulted 4.00m in the Boys U/19 Pole Vault to better the 1998 record of 2.70m set by Liam Long, Blarney Inniscarra.



Top scoring athletes of the Championships were **Darragh Miniter, St. Mary's A.C. Clare & Joseph McEvoy, Nenagh Olympic A.C.** who won six medals each. **Miniter** picked up 3 gold in the Boys U/15 Long Jump, Shot Putt & Discus & silver in the 100m, 200m & 80mH while **McEvoy** won gold in the Boys U/15 80mH, Javelin & Pole Vault, silver in the High Jump & Long Jump & bronze in the Discus.

There were lots of sibling wins for various Munster families & among them were sisters, **Sophie & Holly Meredith, St. Mary's A.C. Limerick** who took home 3 Munster records, 4 gold & 3 bronze between them with gold for Sophie in the Girls U/15 High Jump, Long Jump & Shot Putt & bronze in the 80mH & gold for Holly in the Girls U/14 High Jump & double bronze in the Shot Putt & Long Jump. The Ryan brothers, **Daniel & David from Moycarkey Coolcree A.C.** amassed 6 Munster titles, 7 medals & 4 Munster records between them & when the winnings of their younger brother Jack & sister Anna were added to the pot, they recorded 11 medals in total. Sisters, **Fiona & Aoife Doyle, Star of the Laune A.C.** collected 8 medals between them with treble gold for older sister Aoife in the Girls U/18 Shot Putt, Discus & Hammer & 5 medals for Fiona in the Girls U/15 200m & 800m (gold) & silver in the 80mH, 250mH & High Jump. The **Linehan sisters, Shauna, Emily & Amy** from **North Cork A.C.** showed they are a force to be reckoned with when they won 8 medals in the throwing disciplines. Emily won double gold in the Girls U/14 Hammer & Discus, Shauna took home gold in the Girls U/15 Hammer, silver in the Shot Putt & bronze in the discus & oldest sister, Amy won silver in the Girls U/19 Discus & double bronze in the Hammer & Shot Putt. Sprinter sisters, **Lauren & Shauna Ryan, Dooneen A.C.** took home 4 medals between them with double silver for Shauna in the Girls U/14 80m & 200m & double silver for Lauren in the Girls U/17 100m & 200m. Brother & sister **Sean & Ciara Mockler, Moycarkey Coolcree A.C.** won 7 medals between them with gold for Ciara in the Girls U/19 Discus & silver in the Shot Putt & gold for Sean in the Boys U/16 Hammer, silver in the High Jump, Shot Putt, Javelin & Discus. **Twins, Leanne & Darren Prout, Carrick-On-Suir A.C.** took home 7 medals between them with Leanne winning double gold in the Girls U/19 200m & 400m &

silver in the 100mH & 400mH with Darren winning treble gold in the Boys U/19 400mH, Long Jump & Triple Jump. Their team-mates, **Kelly Anne & Aoife Doyle** also recorded multiple winnings with Aoife winning double gold in the Girls U/16 Long Jump & 250mH & silver in the 100m & gold for Kelly Ann in the Girls U/19 400mH.



Full results can be found at [www.munsterathletics.com](http://www.munsterathletics.com).