

5 Medals for Munster at SIAB Schools International



The SIAB Schools U/17 Track & Field International took place in the Grangemouth Sports Stadium, Falkirk, Scotland on Saturday 18th July 2015 with Munster athletes taking home 5 individual medals in total (1 gold, 2 silver & 2 bronze). There was a gold medal win for **Orlaith O'Brien, Ursuline Waterford/Ferrybank A.C.** when she launched her javelin out to 46.56m in very windy conditions to secure 1st place. Our double silver medal winner was Irish Boys Captain, **Daniel Ryan, Thurles CBS/Moycarkey Coolcree A.C.** who leaped out to 6.96m in the Long Jump & raced 13.25 over the 100mH. Bronze medals were won by **Gearoid McMahon, St. Caimin's Community School/Shannon A.C.** in the 3km Walk in a personal best time of 13.58.29 with Gearoid still being able to compete in this event next year. **James French, Bandon Grammar School/Bandon A.C.** also put in a tremendous effort in the Shot Putt launching it out to 15.01m & a new personal best to win the second bronze medal for Munster.



In the Relay competitions, **Lauren Ryan, Crescent College/Dooneen A.C.** won gold with the Irish Girls 4 x 100m Relay team who managed to hold off the might of the English at the line in a time of 46.32. Both **Cathal Locke, Crescent College/Dooneen A.C. & Jamie Mitchell, Ard Scoil Rís/Emerald A.C.** won bronze medals with the Irish Boys 4 x 400m Relay in a time of 3.22.11.

There were also a number of athletes who came agonisingly close to a medal on the day with none closer than **David Ryan, Thurles CBS/Moycarkey Coolcree A.C.** who jumped out to a new personal best of 6.86m on the day, just 1cm short of the bronze medal, David is still under the age next year. Young **Sophie Meredith, Scoil Mhuire agus Ide/St. Mary's A.C. Limerick** competed well & gained valuable experience in the Girls Long Jump finishing 4th with a best of 5.68m & is still under the age for the next two years for this competition. **Cathal Locke, Crescent College/Dooneen A.C.** was 4th in the 400mH in a time of 57.05, **Jamie Mitchell** was 4th in the 400m in a time of 49.31, **Clodagh Walsh, Davis College/Abbey Striders A.C.** equalled her lifetime best of 2.80m in the Pole Vault to place 4th & is still under the age again next year; **Kate Taylor, Colaiste Mhuire Ennis/Ennis Track A.C.** jumped out to a new personal best of 11.23m in the Triple Jump to finish 4th just 19cm short of bronze & **Angharad Loughnane, Gaelcholaiste Luimnigh/Marian A.C.** was 4th in the Discus achieving 36.26m on her last throw.



5th place finishes were recorded by **Diarmuid Clancy, Meanscoil San Nioclais/Abbey Striders A.C.** in the 400mH in a time of 59.13; **Alex O'Neill, Rice College Ennis/St. Cronan's A.C.** in the 800m (2.18.20); **Lauren Ryan, Crescent College/Dooneen A.C.** in the 100m (11.91) & **Jamie Roche, St. Flannan's College, Ennis/Ennis Track A.C.** in the Steeplechase (4.39.95). **Laura Nicholson, Bandon Grammer/Bandon A.C.** was 6th in the Steeplechase (5.27.25), **Anne Corcoran, Ursuline Waterford/Ferrybank A.C.** was 6th in the Shot Putt with a throw of 11.69m with **Conor O'Driscoll, Carrigaline Community School/Leevale A.C.** 7th in the 800m (1.59.85).



Ireland were 2nd overall on 358 points behind England on 520.50 points with the Irish Girls & Boys Teams also 2nd overall behind England. Congratulations & well done to all our athletes.

“Report from AAI Website dated 20th July 2015

Strong Irish Performance at the SIAB Track & Field International

The SIAB Track & Field International took place on Saturday, 18th of July in Grangemouth Stadium, Scotland. The Irish Squad contained a strong selection of Irish School Athletes who achieved second place (358points) in the combined team scores, beating Scotland and Wales but missing out to England who topped the table with 520.50 points.

Results

Field Success

The Irish team had a day of success on the field as they claimed many medals across a variety of events.

Sommer Lecky produced a typically consistent performance as she claimed the Girls U16 High Jump competition with 1.74m to stay ahead of English Athlete Octavia Cavill. Ciara Deely placed tied second in this event at 1.71m to claim another medal for Ireland. Elsewhere in the Field events, Brendan O'Donnell placed second in the U15-16 Hammer Throw with a huge throw of 63.78m. Stephen McCorry narrowly missed out on a bronze medal, however a strong performance of 57.73 ensured fourth place for the Irish athlete. Shane Martin claimed bronze in the Boys 15-16 Pole Vault later in the day.

Kate O'Connor competed in a well contested Javelin competition at the U15-16 category and managed to place second and gain further points for Ireland after a throw of 44.38m. Fergus Cox won the male event by .08 of a meter!

Track Glory

In the track events, Kevin McGrath won the Boys U15-16 800m race with an impressive time of 1:56.19 to hold off English and Scottish opposition. Molly Scott continued a successful day on track for the Irish athletes when she claimed gold in the 80m Hurdles in 11.11s. Daniel Ryan achieved silver in the 100m Hurdles as an explosive finish left the top four in close contest.

Race Walk Medals

Niamh O'Connor and Rachel Glennon placed 2ND and 3RD in the 3000 meter race walk. O'Connor finished in 15:26.04 with Glennon following close behind to increase the tally of Irish Medals. In the male race Gearoid McMahon and Andrew Carroll took 3rd and 4th spot with McMahon finishing in 13:58.59.

Close Fight for Places in the Relays

In the 15-16 4X100 relay, the Irish Girls took victory in a close race with a time of 46.32s while the male squad narrowly missed out on top spot when they ran a strong time of 41.68, only .06 of a second behind the English team! The 4x300 and 4x400 races produced close races where both Irish teams finished in third spot.



SIAB Schools International Track & Field Team 2015 with Team Captains Daniel Ryan & Molly Scott