

Mawdsley Makes her Mark

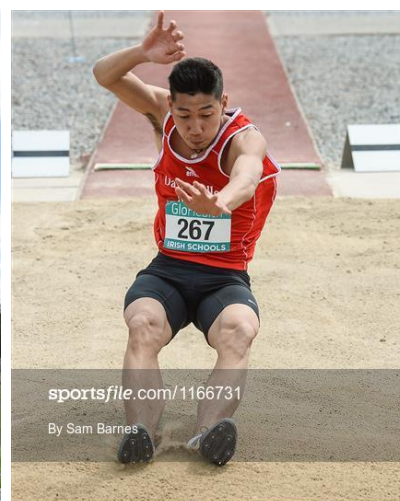


The GloHealth Irish Schools Track & Field Championships took place in Tullamore Stadium on Saturday 4th June. Munster athletes were in fine form winning 34 individual Schools titles, 21 silver medals & 35 bronze & 7 sets of Relay medals (4 gold, 1 silver & 2 bronze). It was girl power all the way for Munster with our 4 double gold medal winners all being female. **Sharlene Mawdsley, St. Mary's Newport** took double School titles in the Senior Girls 100m & 200m with stunning performances & ran herself into the record books breaking Phil Healy's 2013 times of 11.83 & 23.98. **Ciara Neville, Castletroy College** powered her way home to very convincing victories in the Intermediate Girls 100m & 200m, **Miriam Daly, Scoil Mhuire Carrick-On-Suir** did a spectacular Hurdles double winning both the Intermediate Girls 80mH & 300mH with **Megan Lenihan, Hazelwood College** throwing magnificently to take gold medals in both the Junior Girls Javelin & Discus & breaking a 1975 Discus record of 38.28m which she exceeded by over a metre with her throw of 39.56m. Munster Schools also captured 4 out of the 8 Irish School Cups for top scoring schools in their age categories. It was a double win in the Minor section with **St. Flannan's Ennis** winning the Girl's title & **Mercy Mount Hawk Tralee** taking the Boys title. In the Intermediate section, two Tipperary schools won the honours with the Girls' title taken by **Scoil Mhuire Carrick-On-Suir & Thurles CBS** taking the Boy's title. In the Junior Girls category, **Coláiste Treasa Kanturk & St. Augustine's Dungarvan** were 2nd & 3rd with **Thurles CBS** taking 2nd place in the Junior Boys & **Bandon Grammer School** finishing 2nd overall in the Senior Boys competition.

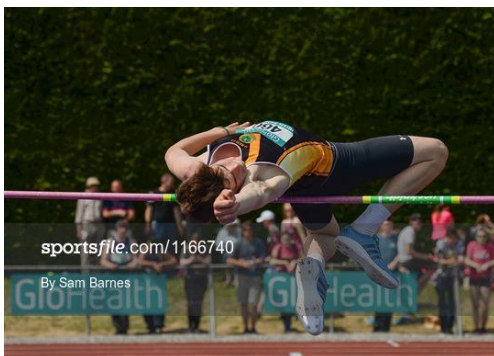


Munster had 6 Record breaking performances from its athletes:-

- **Sharlene Mawdsley, St. Mary's Newport** set two new records in the Senior Girls 100m & 200m. She ran 11.80 in the 100m to better the time of 11.83 set by Phil Healy, CNT Bandon. Later in the day she ran 23.62 in the 200m to break the 23.98 run by Phil Healy in 2013.
- **Ailbhe Doherty St Flannan's Ennis** ran 2:18.18 in the Minor Girls 800m to break the 2015 record of 2.24.83 set by Murphy Miller, Strathearn.
- **Megan Lenihan, Hazelwood College** set a new record in the Junior Girls Discus when she threw 39.56m to break the 1975 record of 38.28m set by Marita Walton, Loreto Kilkenny.
- **Mervin Shalamba Mercy Mount Hawk Tralee** ran 11.44 in the Minor Boys 100m to break the 2015 record of 11.65 held by Josh Pyper, Pres Bray.
- **Mercy Mount Hawk Tralee** took the Minor Boys 4 x 100m Relay title setting a new Schools record of 48.14 to better the existing record of 50.01 set by St. Michael's College, Dublin in 2015.



Other multiple medal winners for Munster were – **Lauren O'Leary, Rice Nagle Doneraile** (1st Junior Long Jump & 2nd 100m), **Sean Carolan, St. Mary's Newport** (1st Junior Long Jump & 2nd in Javelin), **Ailbhe Doherty, St. Flannan's Ennis** (1st Minor 800m & 3rd 100m), **Chisom Ugwuere, St. Flannan's Ennis** (1st Minor 75mH & 3rd Long Jump), **Kate Taylor, Colaiste Mhuire Ennis** (1st Intermediate Triple Jump & 3rd 80mH), **Tony Odubote, Rice College Ennis** (1st Intermediate 400m & 3rd in 100m), **Niamh Foley, SMI Newcastlewest** (2nd Junior Girls 75mH & 3rd 100m), **Emily O'Mahony, St. Augustine's** (2nd Junior Triple Jump & 3rd in Long Jump) & **Vickie Cusack, Davis College** (2nd Intermediate Shot Putt & 3rd in Javelin).



Munster medal winners are below:-

Gold medals

1. Nikolka Stevankova, Laurel Hill SS Limerick – Minor Girls 100m
2. Mervin Shalamba, Mercy Mount Hawk Tralee – Minor Boys 100m (REC)
3. Ailbhe Doherty, St. Flannan's – Minor Girls 800m (REC)
4. Chisom Ugwuere, St. Flannan's – Minor Girls 75mH
5. Lauren O'Leary, Rice Nagle Doneraile – Junior Girls Long Jump
6. Ciara Kennelly, St. Brigid's Killarney – Junior Girls High Jump
7. Ciara Sheehy, St. Mary's Charleville – Junior Girls Shot Putt

8. Megan Lenihan, Hazelwood College – Junior Girls Discus (REC)
9. Megan Lenihan, Hazelwood College – Junior Girls Javelin
10. Shauna Linehan, Coláiste Treasa Kanturk – Junior Girls Hammer
11. Siofra O’Dea, St. Joseph’s Spanish Point – Junior Girls 1200m Walk
12. Adam O’Dwyer, Thurles CBS – Junior Boys Pole Vault
13. Sean Carolan, St. Mary’s Newport – Junior Boys Long Jump
14. David Siegel, Tralee CBS – Junior Boys Shot Putt
15. Josh Hewitt, Rockwell College – Junior Boys Javelin
16. Ciara Neville, Castletroy College – Intermediate Girls 100m
17. Ciara Neville, Castletroy College – Intermediate Girls 200m
18. Claire Rafer, Ursuline Thurles – Intermediate Girls 1500m
19. Miriam Daly, Scoil Mhuire COS – Intermediate Girls 80mH
20. Miriam Daly, Scoil Mhuire COS – Intermediate Girls 300mH
21. Laura Nicholson, Bandon Grammer School – Intermediate Girls 1500m S/C
22. Kate Taylor, Colaiste Mhuire Ennis – Intermediate Girls Triple Jump
23. Tony Odubote, Rice College Ennis – Intermediate Boys 400m
24. Joseph Minitier, Ennistymon CBS – Intermediate Boys Long Jump
25. Sharlene Mawdsley, St. Mary’s Newport – Senior Girls 100m (REC)
26. Sharlene Mawdsley, St. Mary’s Newport – Senior Girls 200m (REC)
27. Laura Cussen, Colaiste Choilm Ballincollig – Senior Girls Pole Vault
28. Orlaith O’Brien, Yeats College Waterford – Senior Girls Javelin
29. Darragh McElhinney, Coláiste Pobail Bheanntaí – Boys U/16 Mile
30. Anthony Tobin, High School Clonmel – Senior Boys 3km Walk
31. Dion Ryan, Waterpark College – Senior Boys High Jump
32. Juri Kanash, St. Augustine’s – Senior Boys Pole Vault
33. Jack Murphy, CBC – Senior Boys 110mH
34. Cathal Locke, Crescent College Comprehensive – Senior Boys 400mH

Silver medals

1. Lauren O’Leary, Rice Nagle Doneraile – Junior Girls 100m
2. Niamh Foley, SMI Newcastlewest – Junior Girls 75mH
3. Kylie Heinan, St. Declan’s Kilmacthomas – Junior Girls High Jump
4. Emily O’Mahony, St. Augustine’s – Junior Girls Triple Jump
5. Emily Linehan, Coláiste Treasa Kanturk – Junior Girls Hammer
6. Ben Deasy, St. Flannan’s Ennis – Junior Boys 800m
7. Jack Ryan, Thurles CBS – Junior Boys Triple Jump
8. Sean Quilter, Tralee CBS – Junior Boys Shot Putt
9. Sean Carolan, St. Mary’s Newport – Junior Boys Javelin
10. Jake Bagge, Ard Scoil na Mara – Junior Boys 1500m
11. Emma Coffey, St. Angela’s Cork – Intermediate Girls Pole Vault
12. Sophie Meredith, SMI Newcastlewest – Intermediate Girls Long Jump
13. Vickie Cusack, Davis College – Intermediate Girls Shot Putt
14. Orla O’Connor, Waterpark College – Intermediate Girls 2km Walk
15. Charlie O’Donovan, Coláiste Chriost Rí – Intermediate Boys 1500m
16. Ben Donovan, Middleton College – Intermediate Boys High Jump

17. Liam McDonagh, Thurles CBS – Intermediate Boys 2km Walk
18. Aoife Doyle, Inter School Kilorglin – Senior Girls Discus
19. Jamie Mitchell, Ard Scoil Rís – Senior Boys 400m
20. Andre Christie, Coláiste Christ Rí – Senior Boys Hammer
21. Kevin O’Leary, Hazelwood College – Senior Boys 110mH

Bronze Medals

1. Ailbhe Doherty, St. Flannan’s – Minor Girls 100m
2. Chisom Ugwuere, St. Flannan’s – Minor Girls Long Jump
3. Ted Collins, Glenstal Abbey, Minor Boys 800m
4. Jamie O’Brien, Mercy Mount Hawk – Minor Boys 75mH
5. Niamh Foley, SMI Newcastlewest – Junior Girls 100m
6. Anna Ryan, Ursuline Thurles – Junior Girls Pole Vault
7. Emily O’Mahony, St. Augustine’s – Junior Girls Long Jump
8. Katie Moynihan, Davis College – Junior Girls Javelin
9. Marc Jones, Coláiste Muire Cobh – Junior Boys 100m
10. Chris O’Reilly, Douglas CS – Junior Boys 1500m
11. Jake Costello, Carrick CBS – Junior Boys Long Jump
12. Wymin Sivakumar, Colaiste an Spioraid Naoimh – Junior Boys Triple Jump
13. Luke Power, Dungarvan CBS – Junior Boys Discus
14. Ricky Carroll, St. Colman’s Fermoy – Junior Boys Hammer
15. Alex O’Neill, Rice College Ennis – Intermediate Girls 800m
16. Kate Taylor, Colaiste Mhuire Ennis – Intermediate Girls 80mH
17. Clodagh Walsh, Davis College – Intermediate Girls Pole Vault
18. Vickie Cusack, Davis College – Intermediate Girls Shot Putt
19. Noelle Lenihan, Hazelwood College – Intermediate Girls Discus
20. Tony Odubote, Rice College Ennis – Intermediate Boys 100m
21. Patrick O’Rourke, Mary Immaculate Lisdoonvarna – Intermediate Boys 3000m
22. Conor Devane, St. Flannan’s Ennis – Intermediate Boys 1500m S/C
23. Joseph McEvoy, St. Anne’s Killaloe – Intermediate Boys High Jump
24. Brian Lynch, Colaiste an Spioraid Naoimh – Intermediate Boys Long Jump
25. Sean Mockler, Thurles CBS – Intermediate Boys Discus
26. Pdraig O’Callaghan, Coláiste Christ Rí – Intermediate Boys Hammer
27. Anne Corcoran, Ursuline Waterford – Senior Girls 400m
28. Aoife Delargy, Ursuline Thurles – Senior Girls 800m
29. Molly Healy, Carrigaline CS – Senior Girls Pole Vault
30. Denise O’Connor, Ard Scoil na Mara – Senior Girls Long Jump
31. Angharad Loughnane, Gaelcholaiste Luimnigh – Senior Girls Shot Putt
32. Aoife Vaughan Witts, Borrisokane CC – Senior Girls Hammer
33. Tomas O’Neill, Scoil Mhuire Kanturk – Senior Boys Hammer
34. James French, Bandon Grammer School – Senior Boys Shot Putt
35. Barry Keane, St. Declan’s Kilmacthomas – Senior Boys 5km

Relay Results

1. Mercy Mount Hawk Tralee Minor Boys 4 x 100m Relay – 1st (REC)
2. Bandon Grammer School Minor Girls 4 x 100m Relay – 3rd

3. Mercy Mount Hawk Tralee Junior Boys 4 x 100m Relay – 1st
4. Castletroy College Intermediate Girls 4 x 100m Relay – 1st
5. Scoil Mhuire COS Intermediate Girls 4 x 100m Relay – 2nd
6. Bandon Grammer School Senior Boys 4 x 100m Relay – 1st
7. Davis College Senior Boys 4 x 100m Relay – 3rd

Schools Rankings

1. Minor Girls – 1st St. Flannan's Ennis
2. Minor Boys – 1st Mercy Mount Hawk Tralee
3. Junior Girls – 2nd Colaiste Treasa Kanturk
4. Junior Girls – 3rd St. Augustine's Dungarvan
5. Junior Boys – 2nd Thurles CBS
6. Inter Girls – 1st Scoil Mhuire Carrick-On-Suir
7. Inter Boys – 1st Thurles CBS
8. Senior Boys – 2nd Bandon Grammer

Full Results at www.munsterschoolsathletics.org

Extract dated 4th May 2016 from Athletics Ireland Website

Girls steal the show at centenary schools championships

It was a case of the girls stealing the show on a day of glorious sunshine at the centenary GloHealth All Ireland Schools Track and Field Championships in Tullamore today (June 4).

Michaela Walsh (SM & P Swinford) won the Lar O'Byrne athlete of the meet award for winning the shot put senior girls' shot put in 14.91m and a new hammer record of 56.90m. She also led her school to the senior girls' team title.

Sharlene Mawdsley (St Mary's Newport) was equally impressive as she captured double gold in the senior girls' sprints in record time - Mawdsley won the 100m in 11.80 (-0.4 wind) and the 200m in 23.62 (-0.2) wind.

Not to be outdone was Ciara Neville (Castletroy College) in the intermediate ranks as she bagged triple gold - the 100m in 11.86 (-0.8), the 200m in 24.67 (+0.0) and a blistering anchor leg to nip the victory on the line. Another star in the girls' sprints was Patience Jumbo Gula (St Vincent's Dundalk) who won the 100m in 12.28m (-0.9) and 200m in 25.35 (-1.7).

Star of the boys' sprinters was Aaron Sexton (Bangor Grammer) who set a new intermediate record in the 100m of 10.86 (+1.3) and took gold in the 200m in 21.85 (-0.3).

In the junior girls' discus Megan Lenihan (Hazelwood College Dromcollogher) bettered Marita Walton's 41-year-old record of 38.28m with a stunning 39.56m.

Sarah Healy (Holy Child Killiney) was different class in the U16 girls' mile with a new record of 5:03.57.

There was an impressive intermediate girls' pole vault record by Ellie McCartney (Belfast HS) of 3.60m ahead of Emma Coffey (St Angela's Cork) 3.20m and Clodagh Walsh (Davis College Mallow) third in 3.00m – all three bettered the record set by McCartney last year of 2.95m.

Jordan Hoang (Colaiste Choilm Tullamore) hop, skipped and jumped out to 14.35m to win the Olympic trophy in the senior boys' triple jump ahead of Shane Joyce (Ashbourne CS) in second in 14.07m and Ian Brennan (St Columba's Stranolar) in third in 13.57m.

Arlene Crossan (Loreto College Letterkenny) had a commanding victory in the senior girls' 400m hurdles in 60.87 – not far outside the record of 60.63 seconds.

Lucas Moylan (Patrician Newbridge) edged a high quality junior boys' high jump in 1.88m ahead of Nelvin Appiah (Moyne CS Longford) with 1.85m and Troy McConville (Lurgan Junior HS) with 1.79m.

Amy Rose Farrell (Mount Anville) stuck to the form books to win the intermediate girls' 3,000m in 10:15.99 - she pulled away from Abbie Taylor (St Gerard's) who was second in 10:17.73 in the closing stages.

Jack O'Leary (Clongowes) won a high quality senior boys 5,000m in 14:54.65. Ailbhe Doherty (St Flannan's Ennis) attempted an ambitious double in the minor girls' - after winning bronze in the 100m in 12.43, she won the 800m in 2:18.18 in record time.

It was a fascinating day of competition with multiple records and 120 events which was run with precision timing from 9am to 6pm.