



Munster Athletics Juvenile PRO Report 2015



By Aisling Hoey

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Blarney Golf Resort Hotel, Co. Cork

“It doesn’t get easier, you just get stronger”

2015 has been another hugely successful year for Munster Athletics with our athletes excelling on national & international teams throughout the year in a wide range of events. Some of the year’s highlights are set out below:-

- At the European Junior Track & Field Championships in Eskilstuna, Sweden, **Kevin Mulcaire, Ennis Track A.C.** finished 4th in the 5000m; **Sam Healy, Leevale A.C.** was 5th in the Long Jump; **Phoebe Murphy, Ferrybank A.C., Sharlene Mawdsley, Newport A.C., Roisin Harrison & Ciara Neville, Emerald A.C.** were all on the Irish Junior Women’s 4 x 100m Relay team that finished 4th in the final; **Scott Gibson, Bandon A.C.** was on the Irish Junior Men’s 4 x 100m Relay that finished 7th in the final. He also made it to the semi-final of the 400m finishing in 8th place; **Sharlene Mawdsley, Newport A.C.** finished 8th in the final of the 200m; **Ciara Neville, Emerald A.C.** finished 6th in the semi-final of the 100m; **Jenna Bromell, Emerald A.C.** finished 5th in her heat of the 400m with a new pb & **Alice Akers, Marian A.C.** finished 25th in the qualifying round of the Hammer.
- At the European Youth Olympics in Tbilisi, 5 Munster athletes were chosen to represent Ireland. **Ciara Neville, Emerald A.C.** stormed home to a gold medal in the Girls 100m with 4th place finishes for **Daniel Ryan, Moycarkey Coolcree A.C.** in the Long Jump & **Jamie Mitchell, Emerald A.C.** in the 400m. **Lauren Ryan, Dooneen A.C.** was on the Girls 4 x 100m relay team that reached the final with **Orlaith O’Brien, Ferrybank A.C.** competing in the Javelin & just missing out on a place in the final.
- Munster athletes won 5 individual medals (1 gold, 2 silver & 2 bronze) at the SIAB Schools Track & Field Championships in Grangemouth, Scotland on 19th July with 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 & **James French, Bandon Grammar School/Bandon A.C.** who put in a tremendous effort in the Shot Putt launching it out to 15.01m & a new personal best.
- 9 individual medals in total (3 gold, 3 silver & 3 bronze) were won by Munster at the Celtic Games in Grangemouth, Scotland on Saturday 1st August. **Miriam Daly, Carrick-On-Suir A.C.** was 3rd in the Girls U/16 80mH in a time of 11.75, **Tony Odubote, Ennis Track A.C.** was 2nd in the Boys U/16 100mH in a new pb of 13.36 with **David Ryan, Moycarkey Coolcree A.C.** jumping out to a new personal best of 6.88m in the Boys U/16 Long Jump to take 2nd place. In the U/18 competitions, **Ellen Larkin, Emerald A.C.** won the Pole Vault with a vault of 3.05m, a new pb for her, **Jack Murphy, Leevale A.C.** took victory in the 110mH with a time of 14.45 with **Fearghal Curtin, Youghal A.C.** placing 1st in the 1500m in a time of 4.01.61. **Andre Christie, Leevale A.C.** was 2nd in the Hammer throwing a new personal best of 60.96m with **Aishling Vaughan Witts, Borrisokane A.C.** finishing 3rd in the Girls

Hammer with a throw of 49.65m & **Tom Deasy, Belgooly A.C.** finishing 3rd in the Long Jump with a jump of 6.10m. **Jack Murphy** was also on the Boys U/18 4 x 100 Relay team that finished 3rd.

- 10 Munster athletes competed on the Irish Team for the Schools Combined Events International in Glasgow in December with **Damien Hickey, Davis College** winning individual silver in the Intermediate Boys competition, **Tony Odubote, Rice College, Ennis** taking bronze in the same competition & **Brian Lynch, Colaiste Spioraid Naoidh** winning bronze in the Junior Boys competition.
- 12 Munster athletes competed on the Irish team for the Celtic Cross Country International on the 18th January in CowPark, Dunboyne with **Caoimhe Harrington, Bantry A.C.** recording an individual gold medal win in the combined U/17 & U/20 race.
- 7 Munster athletes competed on the SIAB Schools Cross Country International Teams on Saturday 21st March in Santry Demesne with **Darragh McElhinney, Bantry A.C.** winning individual gold.

From a National perspective, some of our highlights were:-

- A grand total of **27** new National individual records, **2** equalled records & **2** Relay records (**13** National Indoor individual records & **2** Relay record & **14** National Outdoor individual records & 2 equalled) were set by Munster athletes in 2015.
- **362** individual medals in total were won by Munster athletes at National Indoor & Outdoor competitions in 2015. This comprised of **137 gold, 114 silver & 111** bronze. **40** sets of Relay medals were also won (14 gold, 15 silver & 11 bronze).
- At the National Juvenile Indoor Championships, 4 Munster athletes topped the ARCU Irish Indoor Juvenile Rankings winning 3 individual gold medals each & setting 6 new Championship Best Performances between them - **Ciara Neville, Emerald A.C.** in Girls U/17 60m (CBP), 60mH & 200m (CBP), **Daniel Ryan, Moycarkey Coolcroe A.C.** in the Boys U/17 60mH (CBP), Shot Putt & Long Jump (CBP), **Niamh Foley, St. Mary's A.C. Limerick** in the Girls U/14 60m (CBP), 60mH & Long Jump & **Reece Ademola, Leevale A.C.** in the Boys U/13 Long Jump (CBP), 60mH & 60m. They were the only 4 athletes nationwide to achieve treble gold status.
- At the GloHealth Irish Schools Track & Field Championships in Tullamore Stadium on Saturday 30th May, Munster athletes were in fine form winning **38** individual Schools titles, 36 silver medals & 31 bronze & **5** sets of Relay medals (2 gold, 2 silver & 1 bronze). Among the Munster athletes who impressed on the day were **Ciara Neville, Castletroy College** who won double gold in the Inter Girls 100m & 200m also setting a new record in the 100m with her blistering run of 11.64 & exceeding World Youth & EYOF standards & **Alice Akers, Scariff CC** who threw 56.20m in the Senior Girls Hammer to win gold & set a new Irish Schools record. Later in the day she was awarded the Lar Byrne Memorial Trophy for "Athlete of the Championships". **Daniel Ryan, Thurles CBS** was another stand out performer jumping 7.10m in the Inter Boys Long Jump to equal Jonathon Kron's 1989 School's record & achieve the EYOF standard with him recording his second gold of the day in the Inter Boys 100mH with his run of 13.07, just off the Schools record of 12.97H held by Carlton Haddock. **Phoebe Murphy, Loreto Clonmel** was another athlete in top form doing the double in the Senior Girls 100m & 200m with **Sophie Meredith,**

SMI Newcastle West winning double gold in the Junior Girls High Jump & Long Jump & setting a new Schools record of 5.67m in the Long Jump.

- At the GloHealth Tailteann Interprovincial Track & Field Games, Munster athletes took home **24** medals in total (8 gold, 7 silver & 9 bronze). **Gearoid McMahon, St. Caimin's Shannon** won the Roisin O'Callaghan Memorial Trophy for the Best Athlete in the Race Walking event in a new personal best time of 14.06.17, & **David Ryan, Thurles CBS** won the Michael Farnan Memorial Trophy for the Best Long Jump Athlete. Other athletes who put in top class performances on the day were **Ciara Neville, Castletroy College** who did the double in the Girls 100m & 200m setting two new records of 11.4h & 24.1h & **Orlaith O'Brien, Ursuline Waterford** who threw the javelin out to a new Tailteann record of 45.67m.
- At the GloHealth National Juvenile Combined Events Championships, there were **10** wins in total by our athletes, 4 gold, 4 silver & 2 bronze & 2 National records set. Our top athletes on the day were **Sophie Meredith, St. Mary's A.C. Limerick** who took gold in the Girls U/15 competition setting a new Championship Best Performance of 3462 points to better Elizabeth Morland's 2013 record of 3436 points with **David Ryan, Moycarkey Coolcree A.C.** putting in an impressive performance in the Boys U/16 competition winning on 3697 points to better his older brother Daniel's record of 3608 points set in 2014.
- During the National Cross Country season, Munster won **42** individual medals in total with National titles for **Aimee Hayde, Newport A.C.** (Girls U/13), **Diarmuid Healy, Middleton A.C.** (Boys U/12), **Eoin Redmond, Riverstick/Kinsale A.C.** (Boys U/14) & **Darragh McElhinney, Bantry A.C.** (Boys U/16). Silver medals were also won by **Aimee Hayde** (Girls U/14) with bronze for **Sarah Morrison, St. Nicholas A.C.** (Girls U/13 & U/14), **Niall Murphy, St. Cronan's A.C.** (Boys U/12) & **Daire O'Sullivan, Carraig Na BhFear A.C.** (Boys U/14).
- In 2015, Munster athletes continued to participate in great numbers at the National Juvenile "B" Track & Field Championships in Tullamore in July winning **38 individual medals** in total (16 gold, 10 silver & 12 bronze) with **Emma Moore Kelly, Clonmel A.C.** setting a new Championship Best Performance of 12.86 in the Girls U/16 100m & **Martin Kehoe, Carrick-On-Suir A.C.** jumping out to 5.42m in the Boys U/16 Long Jump to set a new National record.

There was plenty to smile about too when it came to our Munster Championships. All competitions were very well attended throughout the year with an abundance of talent on show as evidenced by the **28 Championship Best Performances** set on a very fast track in the RSC Waterford at the Munster U/14 to U/19 Track & Field Championships in June.

- In 2015, **52** individual Munster Indoor Records & **42** individual Munster Outdoor Records were set along with **13** new Relay records.
- Juvenile Combined Events numbers at Munster competitions continued to rise sharply in 2015 with Munster featuring strongly on the National stage again this year. Our athletes won **7 gold, 5 silver & 2 bronze** at the National Indoor Championships in January 2015, over double the takings for 2014 & **4 gold, 4 silver & 2 bronze** at the National Outdoor Championships in June 2015. 3 new National

records were also set, two by **Sophie Meredith, St. Mary's A.C. Limerick** in the Girls U/15 Indoor & Outdoor competitions & **David Ryan, Moycarkey Coolcree A.C.** in the Outdoor Boys U/16 competition. In addition to that, **10** Munster athletes (4 girls & 6 boys) also qualified for the Schools International competition in the Emirates Arena, Glasgow on Saturday 12th December where all 10 came home with International team medals with 3 athletes (**Damien Hickey, Abbey Striders A.C., Tony Odubote, Ennis Track A.C. & Brian Lynch, Old Abbey A.C.**) all winning individual medals (1 silver & 2 bronze).

- Pole Vault is making a huge comeback in the Munster region thanks to the sterling work of our current coaches, Eamon Flanagan, Juliette Claffey, Brother Patrick Lennon, Tim Larkin & Liam Tierney who are putting in huge effort & commitment every week in this area. An Indoor & Outdoor Pole Vault competition was added in to the Munster programme of events this year for the first time for athletes U/15 to U/19 & the numbers competing are steadily increasing with some counties also adding the Pole Vault into their own programmes for 2016.
- Munster continues to blaze a trail in the area of Coaching & Development with plenty of great workshops taking place on a wide range of athletic activities throughout the year as well as the Munster Performance Squads, the Cork County Board Winter Coaching Series & the highly successful Winter Coaching Series back for the third year running. All these workshops are definitely playing an active part in keeping Munster at the top of the athletics ladder. Keep up to date with all Munster coaching events at www.munsterathletics.com.
- Munster Athletics has recently introduced an Online Entry system for all competitions which is working very effectively. Feedback from Clubs has been very positive with the main benefit cited being the reduction in the amount of time spent doing entries.
- Carrick-On-Suir A.C. was named top Juvenile Hurdles Clubs by Irish Hurdlers with Leevale A.C. in 3rd place.
- Athletics is continuing to grow strongly in most Munster counties, particularly Clare & Limerick as can be seen from the figures below:-

AAI Membership comparison from 2014 to 2015 –

County	Membership (end 2015)	(end 2014)	% Increase from 2014
Clare	1808	1527	18%
Cork	6931	6593	5%
Kerry	1770	1738	2%
Limerick	1905	1673	14%
Tipperary	2360	2531	-7%
Waterford	1531	1592	-4%

I would like to extend my congratulations to all our 2015 Munster Star Award Winners. I hope they & their families enjoyed their well deserved night in the Listowel Arms Hotel on the 30th January. They are the stars of the future & I look forward to following their progress in 2016.

With all the recent controversy about drugs in our beloved sport, we look forward to a new & clean year of athletics – in an Olympic year, we wait with baited breath to the run up to Rio & all the highs & lows that it will bring. We look forward to the newly introduced European Youth Track & Field Championships in Tbilisi, Georgia. Good luck to any of our athletes who are chasing standards for the IAAF World Junior Championships in Bydgoszcz, Poland & the European Youth Track & Field Championships in Tbilisi, Georgia &. The road to qualification will be paved with highs & lows so remember that “Adversity causes some people to break; others to break records”.

We hope to launch our new Munster Athletics website shortly & to add a photo gallery for all your photos. If any Clubs would like their events promoted throughout the year, please send the details to info@munsterathletics.com. Also, please feel free to send in details & photographs of your athletes who have taken part in various competitions abroad or other newsworthy athletics events.

My thanks to everyone who has assisted me in my role in 2015 especially my husband Jim & my children, Daniel, David, Jack, Anna & Dillon. I thank them for their patience & understanding (for all the time spent on the computer) & for all the joy & fun we have had last year both on & off the athletics track. The road to success is always under construction so if I have left anyone or anything out, my apologies.

All that remains is for me to wish you & yours a very happy, healthy, sporting & successful 2016.

Yours in Sport

Aisling Hoey

INDOOR COMBINED EVENTS

Records Smashed at Munster Combined Events



The participating numbers & the level of competition continued to rise sharply this year at the Munster Juvenile & Youth Combined Events Championships in Nenagh Indoor Stadium on Sunday 4th January. Despite the early start to the new athletics year, our athletes turned up in large numbers & demonstrated their huge potential for 2015 setting **8** new Combined Events Championship Best Performances (“CBP”) & **4** individual CBP’s. A Youth competition was held for the first time this year with **Clodhna Blake, St. John’s A.C. Clare & Daniel Ryan, Moycarkey Coolcree A.C.** both crowned the Munster Champions in this inaugural event. Ryan was in flying form running a very swift 8.12 in the 60mH & jumping 6.82m in the Long Jump to set two new individual Championship Best Performances in the U/18 category & also exceeding the European Youth Olympic standard of 6.80m in the Long Jump with his leap of 6.80m. His siblings were also in good form with his sister, **Anna** winning silver in the Girls U/14 competition & his younger brother, **Dillon** taking bronze in the Boys U/13 category. Other siblings in top form were the **Meredith sisters, Hollie & Sophie from St. Mary’s A.C. Limerick** who both won gold in the Girls U/14 & Girls U/15 competitions & the **Minter brothers, Darragh & Joseph from St. Mary’s A.C., Clare** who both took home bronze medals in the Boys U/15 & Youth Boys competitions.

Dooneen A.C. took gold & silver in the Girls U/11 competition with 1st for **Emer Conroy** in a new CBP of 677 points, silver for **Victoria Amiadamen** & bronze for **Eimear Galvin, St. Mary’s A.C. Limerick**. The Boys U/11 saw another new CBP set by **Alex Hennigan, Spa Muckcross A.C.** with his score of 675 with **Tom Halley, Tramore A.C.** in 2nd & **Sean Carmody, Belgooly A.C.** in 3rd. Alex also set a new individual CBP in the Long Jump with his leap of 4.07m. In the Girls U/12 competition, **Maeve O’Neill, Doheny A.C.** set another CBP of 1371 points with **Laura Frawley, St. Mary’s A.C. Limerick** in 2nd place & **Neasa Towey, Templemore A.C.** in 3rd. New Limerick Club, **Sunhill Harriers A.C.** produced a Munster Champion when **Geoffrey Joy O’Regan** won the Boys U/12 competition in a CBP of 1166 points with **Danny Kelly, Belgooly A.C.** in 2nd & **Jack Corcoran, Waterford A.C.** in 3rd. **Susan Nestor, St. Mary’s A.C. Clare** was the winner of the Girls U/13 with **Aoife O’Sullivan, Liscarroll A.C.** in 2nd & **Praise Owoeye, Ferrybank A.C.** in 3rd. **St. Mary’s A.C. Limerick** produced a winner in the Boys U/13 with gold for **Shane Fitzgerald**, silver for **Evan Hayes, Waterford A.C.** & bronze for **Dillon Ryan, Moycarkey Coolcree A.C.**

Hollie Meredith, St. Mary's A.C. Limerick won gold in the Girls U/14 with team-mate **Niamh Foley** in 3rd place & **Anna Ryan, Moycarkey Coolcree A.C.** in 2nd place. In the Boys U/14 competition, it was gold & silver for **Old Abbey A.C.** with **Daniel Hurley** in 1st with a new CBP of 2193 points, **Diarmuid O'Connor** in 2nd & **Joshua Egan, Nenagh Olympic A.C.** in 3rd. **Sophie Meredith, St. Mary's A.C. Limerick** topped the rankings in the Girls U/15 just 1 point short of Vicki Cusack's record of 2911 points with silver for **Bandon A.C.** athletes, **Aisling Cassidy** & bronze for **Ella Stack**. It was gold for **Joseph McEvoy, Nenagh Olympic A.C.** in the Boys U/15 with silver for **Brian Lynch, Old Abbey A.C.** & bronze for **Darragh Minitier, St. Mary's A.C. Clare**. **Vicki Cusack, Liscarroll A.C.** was the winner of the Girls U/16 competition in a new CBP of 2994 with **Bandon A.C.** athletes **Moira Barrett & Ciara McKeown** in 2nd & 3rd place. **Tony Odubote, Ennis Track A.C.** took gold in the Boys U/16 competition with **Jake Vermeer, Carrick-On-Suir A.C.** in 2nd & **James Murphy, Waterford A.C.** in 3rd. **Clíodhna Blake, St. John's A.C. Clare** won the Youth Girls competition with a new CBP of 2795 with **Kate Taylor, St. Cronan's A.C.** in 2nd & **Aoife O'Carroll, Tralee Harriers A.C.** in 3rd. **Daniel Ryan, Moycarkey Coolcree A.C.** took gold in the Youth Boys competition well ahead of the rest of the field finishing on 3660 points & a new CBP with **Cathal O'Brien, Ennis Track A.C.** in 2nd & **Joseph Minitier, St. Mary's A.C. Clare** in 3rd.

A total of **8** New Combined Events Records were set by the following athletes on the day:-

- **Emer Conroy, Dooneen A.C.** in the Girls U/11 competition with her score of 677 points to better the score of 551 set by Nessa Towey, Templemore A.C. in 2014.
- **Maeve O'Neill, Doheny A.C.** in the Girls U/12 competition with her score of 1371 to better the score of 1158 set by Hollie Meredith, St. Mary's A.C. Limerick in 2013.
- **Vicki Cusack, Liscarroll A.C.** in the Girls U/16 competition with her score of 2994 points to better the score of 2623 points set by Laura Cussen, Old Abbey set in 2013.
- **Clíodhna Blake, St. John's A.C., Clare** set a new record of 2795 in the Youth Girls competition.
- **Alex Hennigan, Spa Muckcross A.C.** in the Boys U/11 competition with his score of 753 to better the score of 610 points set by Danny Kelly, Belgooly A.C. in 2014.
- **Geoffrey Joy O'Regan, Sunhill Harriers A.C.** who scored 1166 points in the Boys U/12 competition to better the score of 1146 set by Eoghan Nash, Belgooly A.C. in 2014.
- **Daniel Hurley, Old Abbey A.C.** who scored 2193 points to better the score of 2141 points set by David Ryan, Moycarkey Coolcree A.C. in 2013.
- **Daniel Ryan, Moycarkey Coolcree A.C.** set a new record in the Youth Boys competition with his final score of 3660.

In addition to the new Combined Events records set above, **4** new individual Championship Best Performances were also set on the day:-

- **Alex Hennigan, Spa Muckcross A.C.** jumped 4.07m in the Boys U/11 competition to better the existing record of 4.04m set by Adam Turner, Belgooly A.C. in 2012.
- **Ciara Sheehy, Liscarroll A.C.** threw a massive distance of 13.02m in the Girls U/14 competition to break the 9 year old record of 12.49m set by Ailish Sheehan, Dooneen A.C. set in 2006.

- **Daniel Ryan, Moycarkey Coolcree A.C.** clocked 8.12 in the Youth Boys 60mH to break the existing U/18 record of 8.28 set by Jason Foley, Lios Tuathail A.C. in 2012.
- **Daniel Ryan** also jumped 6.82m in the Long Jump in the Youth Boys competition to break the existing record of 6.76m set by Eoin O'Carroll, Tralee Harriers A.C. in 2012

Munster Reign Supreme at National Combined Events



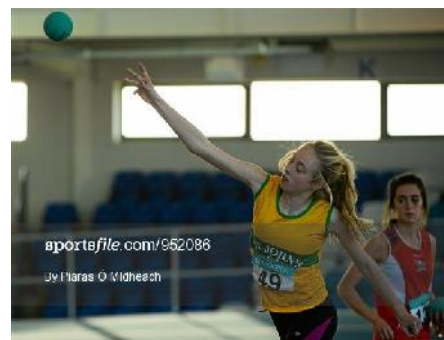
Munster athletes were out in force at the GloHealth National Combined Events Championships in AIT Arena, Athlone on Saturday 17th January 2015. A total of **31** Munster athletes took to the boards in Athlone taking home **14** medals in total (7 gold, 5 silver & 2 bronze), over double the number of medals won last year. Munster Clubs that were well represented on the day were **St. Mary's A.C. Limerick, Moycarkey Coolcree A.C., St. Mary's A.C. Clare, Ennis Track A.C., Nenagh Olympic A.C., St. John's A.C. Clare, Bandon A.C., Star of the Laune A.C., Old Abbey A.C., Liscarroll A.C., Moyne A.C., Midleton A.C., Belgoyle A.C. & St. Brendan's A.C.**

Sophie Meredith, St. Mary's A.C., Limerick & David & Daniel Ryan, Moycarkey Coolcree A.C. who all won National titles last year maintained their dominance by winning in their age groups again this year. Sophie not only won gold on the day but also set a new National record in the Girls U/15 competition with her final score of 3416 points breaking the existing record held by Vicki Cusack, Liscarroll A.C. Indeed it was a truly family affair for the Meredith & Ryan households who won 4 National titles between them on the day with **Hollie & Sophie** taking gold in the Girls U/14 & U/15 competition & **David & Daniel** winning gold in the Boys U/16 & Youth Boys competitions.

In the Boys U/14 competition, Munster athletes performed a clean sweep taking all 3 medals on offer with gold for **Daniel Hurley, Old Abbey A.C. (2535)**, silver for his team-mate, **Diarmuid O'Connor (2274)** & bronze for **Joshua Egan, Nenagh Olympic A.C. (1973)**. **Hollie Meredith, St. Mary's A.C. Limerick** was the eventual winner of the Girls U/14 competition holding off the silver medallist, Shauna Leydon, Mullingar Harriers A.C. by just 3 points with her final score of 2645 points. Her sister **Sophie** topped the rankings in the Girls U/15 competition taking gold & the National record with her final tally of 3416 points with **Fiona Doyle, Star of the Laune A.C.** in 2nd place on 2858 points following her blistering 800m run. In the Boys U/15 competition, Munster again dominated taking all 3 medals with a top of the podium finish for **Darragh Minter, St. Mary's A.C. Clare (2869)**, **Brian Lynch, Old Abbey A.C.** in 2nd place (2814) & **Joseph McEvoy, Nenagh Olympic A.C.** in 3rd (2772). In the Boys U/16 competition, **David Ryan, Moycarkey Coolcree A.C.** was a very

impressive winner taking gold with 3426 points, well clear of the silver medallist **Tony Odubote, Ennis Track A.C.** on 2985 points. David's brother **Daniel** had an emphatic win in the Youth Boys competition taking his place on the top of the podium with 3568 points, over 700 points clear of 2nd place. In the Junior Girls competition, **Grace McKenzie, Belgooly A.C.** won gold with an impressive tally of 3410 points with **Laoise Bennis, St. Mary's A.C. Limerick** in 2nd place on 2261 points.





Some Munster athletes who took part in the National Juvenile Combined Events Championships in AIT Arena on Saturday 17th January.

INDOOR CHAMPIONSHIPS

5 Munster Indoor Relay Records Set

The Munster Juvenile Indoor Relays took place on Saturday 7th February 2015 in Nenagh Indoor Stadium. Top Girls Club on the day was **Dooneen A.C.** who won 7 sets of medals in total (5 gold & 2 silver) & set 2 new Champion Best Performances (“CBP’s”) in the Girls U/10 (1.03.04) & Girls U/11 (59.96) races. **Nenagh Olympic A.C.** emerged as the top Boy’s Club winning 6 sets of medals (4 gold, 1 silver & 1 bronze) & setting 2 new CBP’s in the Boys U/12 (56.24) & Boys U/14 (1.01.15)

competitions. **Emerald A.C.** Girls U/17 4 x 200m Relay team were also in sparkling form taking gold & a new CPB of 1.46.89. Details of records set on the day are below:-

1. **Dooneen A.C.** Girls U/10 4 x 100m team ran 1.03.04 to better the existing record of 1.03.27 set by Leevale A.C. in 2013.
2. **Dooneen A.C.** Girls U/11 4 x 100m team ran 59.96 to take the existing record of 1.01.15 set by St. Mary's A.C. Limerick in 2012.
3. **Nenagh Olympic A.C.** Boys U/12 4 x 100m team ran 56.24 to smash the time of 58.48 set by Leevale A.C. in 2005.
4. **Nenagh Olympic A.C.** Boys U/14 4 x 200m team ran 1.52.20 to better the time of 1.53.1 set by Leevale in 2007.
5. **Emerald A.C.** Girls U/17 4 x 200m Relay team ran 1.46.89 to break the existing record of 1.47.56 set by Ferrybank A.C. in 2005.

Breakdown of medal winners:-

Boys

- Nenagh Olympic A.C. – 4 gold, 1 silver, 1 bronze
- Leevale A.C. – 2 gold, 1 silver, 1 bronze
- Dooneen A.C. – 1 gold 2 silver, 2 bronze
- Limerick A.C. – 1 gold, 1 silver, 1 bronze
- Templemore A.C. – 1 gold, 1 silver
- St. Mary's A.C. Limerick – 1 gold, 1 bronze
- Lios Tuathail A.C. – 1 gold
- Ennis Track – 1 silver
- Belgooly A.C. – 1 silver
- Bandon A.C. – 1 silver
- Ferrybank A.C. – 1 bronze

Girls

- Dooneen A.C. – 5 gold, 2 silver
- Emerald A.C. – 2 gold
- Carrick-On-Suir A.C. – 1 gold, 2 silver
- Nenagh Olympic A.C. – 1 gold, 2 silver
- Leevale A.C. – 1 gold, 2 bronze
- Limerick A.C. – 2 silver, 1 bronze
- St. Mary's A.C. Limerick – 1 silver, 1 bronze
- Bandon A.C. – 1 silver, 1 bronze
- Liscarroll A.C. – 2 bronze
- Ferrybank A.C. – 1 bronze
- Lios Tuathail – 1 bronze
- Templemore A.C. – 1 bronze

The Munster Juvenile Pole Vault Championships were also held on the same day. There were 18 entries in this new Indoor event which was introduced for U/15 to U/18 athletes following Congress 2014, with athletes from **West Waterford A.C. (8), Bandon A.C.(3), Abbey Striders A.C. (3), Nenagh Olympic A.C. (2), Emerald A.C.(1) & Moycarkey Coolcree A.C. (1)** taking part. Best vault of the day came from **Seamie Fennell, West Waterford A.C.** who cleared 4.00m in the Boys U/19 competition to set a new Munster record bettering the 1997 record of 3.80m held by Brian Deacy, BIAC. **David Ryan, Moycarkey Coolcree A.C.** took the title in the Boys U/16 competition clearing 2.80m with **Sam O'Neill, West Waterford A.C.** winning the Boys U/15 title with 2.20m. **Ellen Larkin, Emerald A.C.** won the Girls U/18 title with 2.70m with **Carla Hicks, Bandon A.C.** clearing 2.10m to win the Girls U/17. **Clodagh Walsh, Abbey Striders A.C.** won gold in the Girls U/16 with a height of 2.60m & **Aisling Cassidy, Bandon A.C.** won gold in the Girls U/15 with 2.25m. The strongest age group on the day was the U/16 Girls & Boys with 4 competitors in each competition. Silver medals went to **Ella Stack, Bandon A.C.** (Girls U/15), **Catriona Metcalfe, West Waterford A.C.** (Girls U/16), **Aoife Tierney, Nenagh Olympic A.C.** (Girls U/18), **Ben O'Donovan, Abbey Striders A.C.** (Boys U/16) & **Saran Malangalashthira, Abbey Striders A.C.** (Boys U/19). There were bronze medals for **Victoria O'Hara, West Waterford A.C.** (Girls U/15), **Aoife Lai, West Waterford A.C.** (Girls U/16) & **Craig Clune, West Waterford A.C.** (Boys U/16).

17 Record Breaking Performances by Munster Athletes

The Munster U/13 to U/19 Indoor Championships took place on Saturday 28th February & Sunday 1st March in Nenagh Indoor Stadium. An excellent sign of the talent amongst Munster athletes manifested itself in the amount of new Championship Best Performances that were set over a wide range of events – **17 records** tumbled (8 for the boys & 9 for the girls) & **2 were equalled** in a showcase of exciting finishes & tremendous performances. Records were set by the following athletes:-

1. **Ailbhe Doherty, Ennis Track A. C.** in the Girls U/13 600m (1:44.07)
2. **Megan Lenihan, North Cork A.C.** in the Girls U/13 Shot Putt (12.46m)
3. **Nathan Cremin, St. Mary's A.C. Limerick** in the Boys U/13 600m (1.41.82)
4. **Reece Ademola, Leevale A.C.** in the Boys U/13 Long Jump (4.98m)
5. **Jack Barnett, Templemore A.C.** in the Boys U/13 Shot Putt (11.31m)
6. **Niamh Foley, St. Mary's A.C. Limerick** in the Girls U/14 60m (8.03)=
7. **Robert Dillon, Middleton A.C.** in the Boys U/14 High Jump (1.62m)
8. **Miriam Daly, Carrick-On-Suir A.C.** in the Girls U/15 60mH (9.10)
9. **Sophie Meredith, St. Mary's A.C. Limerick** in the Girls U/15 High Jump (1.61m)
10. **Sophie Meredith, St. Mary's A.C. Limerick** in the Girls U/15 Long Jump (5.39m)
11. **Alex O'Neill, St. Cronan's A.C.** in the Girls U/16 800m (2.21.05)
12. **Tony Odubote, Ennis Track A.C.** in the Boys U/16 200m (23.75)=
13. **Gearoid McMahon Shannon A.C.** in the Boys U/16 1500m Walk (6.44.10)
14. **Ben Donovan, Abbey Striders A.C.** in the Boys U/16 High Jump (1.90m)
15. **Daniel Ryan, Moycarkey Coolcree A.C.** in the Boys U/17 60mH (8.24)
16. **Jamie Mitchell, Emerald A.C.** in the Boys U/17 200m (23.09)
17. **Phoebe Murphy, Ferrybank A.C.** in the Girls U/18 200m (25.37)
18. **Leanne Prout, Carrick-On-Suir A.C.** in the Girls U/19 400m (59.22)

19. **Fiona O'Shea, Dooneen A.C.** in the Girls U/19 Triple Jump (11.23).

The Munster U/9 to U/12 Indoor Championships took place on Saturday 7th & Sunday 8th March in Nenagh Indoor Stadium. There were lots of exciting performances with **8 new Championship Best Performances** ("CBP") being set & 2 equalled.

Details of the CBP's set over the weekend are as follows:-

1. **Amy McCarthy, Nenagh Olympic A.C.** in the Girls U/9 Long Jump (3.22m) =
2. **Nicole Dinan, Leevale A.C.** in the Girls U/10 500m (1:41.39)
3. **Leagh Moloney, Limerick A.C.** in the Girls U/10 Long Jump (3.71m)
4. **Johnny Murphy, Lisscarroll A.C.** in the Boys U/10 500m (1:32.72)
5. **Sean Carmody, Belgooly A.C.** in the Boys U/11 60m (8.78)
6. **Jack O'Neill, St Cronan's A.C.** in the Boys U/11 600m (1:52.07)
7. **Sean Carmody, Belgooly A.C.** in the Boys U/11 Long Jump (4.07m)=
8. **Kelvin O'Carroll, Dooneen A.C.** in the Boys U/12 60m (8.42)
9. **Diarmuid Healy, Midleton A.C.** in the Boys U/12 600m (1:49.11)
10. **Danny Kelly, Belgooly A.C.** in the Boys U/12 High Jump (1.36m)

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 21st & Sunday 22nd 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 Lenihan, 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).**



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 3rd 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 2nd 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 3rd 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, Midleton 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, Midleton A.C. – Boys U/12 600m (1.44.92)
4. Praise Owoeye, 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. Cliodhna 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)

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 Coolcree 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 Minter, 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, Lisscarroll A.C. (2nd U/16 60mH & LJ, 3rd Shot Putt)
- Darragh Minter, 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)
- Cliodhna 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 Minter, 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 Coolcree 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 Miniter, 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)

OUTDOOR TRACK & FIELD

Dooneen A.C. Tops at Munster Juvenile Relays

The Munster Juvenile U/9 to U/19 Relay Championships were held in Lee's Road, Ennis, Co. Clare on Saturday 23rd May. **Dooneen A.C.** were tops on the day winning a total of 8 Munster titles, followed by **Emerald A.C.** with 4 titles, **Leevale A.C. & Bandon A.C.** on two titles each & 1 title each for **Midleton A.C., Belgooly A.C., St. Mary's A.C. Limerick, Ennis Track A.C., St. Mary's A.C. Clare & Templemore A.C.** There was an astonishing 8 new Championship Best Performances set on the day with pride of place going to **Emerald A.C.** who broke records in the Girls U/16, U/17 & U/18 4 x 100m competitions.

New Championship Best Performances were set by:-

- **Leevale A.C.** in the Girls U/10 4 x 100m when they ran 1.01.43 in their preliminary round to smash the existing record of 1.03.68 set by Riverstick/Kinsale A.C. in 2014. They also broke the record in the final with their run of 1.02.18.
- **Dooneen A.C.** in the Girls U/11 4 x 100m when they clocked a swift 57.98 in their heat to smash the time of 1.00.34 set by Gneeveguilla A.C. in 2007. They also broke the record in the final with their time of 58.56.
- **Midleton A.C.** in the Boys U/11 4 x 100m when they ran 58.19 to better the 2014 record of 58.69 set by Bandon A.C.
- **Belgooly A.C.** in the Boys U/12 4 x 100m when they ran 56.48 to improve on the 2005 record of 57.07 set by Tralee Harriers A.C.
- **Dooneen A.C.** in the Girls U/14 4 x 100m when they clocked 52.55 in their race to break the 2014 record of 52.99 set by Carrick-On-Suir A.C.
- **Emerald A.C.** in the Girls U/16 4 x 100m when they ran 50.25 to break the 2014 record of 50.62 held by their own Club.
- **Emerald A.C.** in the Girls U/17 4 x 100m when they clocked 49.45 to break the 2007 record of 51.43 held by Gneeveguilla A.C. by almost two seconds.
- **Emerald A.C.** in the Girls U/18 4 x 100m when they ran 50.53 to improve on a 15 year old record of 50.59 held by Leevale A.C. & set in 2000.

In the Girls U/9 race, there was gold for **Dooneen A.C.**, silver for **Lios Tuathail A.C.** & bronze for **Nenagh Olympic A.C.** In the Boys U/9 race, **Bandon A.C.** took gold with silver for **Midleton A.C.** & bronze for **Nenagh Olympic A.C.** **Leevale A.C.** won the title in the Girls U/10 race with **Belgooly A.C.** in 2nd & **Dooneen A.C.** in 3rd. **Bandon A.C.** took gold in the Boys U/10 competition with **Nenagh Olympic A.C.** in 2nd place & **Ennis Track A.C.** in 3rd.

Dooneen A.C., Riverstick/Kinsale A.C. & Templemore A.C. were the winners in the Girls U/11 race with **Midleton A.C., Ennis Track A.C. & Dooneen A.C.** occupying the first 3 places in the Boys U/11. **Leevale A.C., Lios Tuathail A.C. & Doheny A.C.** won the medals in the Girls U/12 with **Belgooly A.C. Dooneen A.C. & Nenagh Olympic A.C.** taking gold, silver & bronze in the Boys U/12.

In the Girls U/13 4 x 100m, **Dooneen A.C., Bandon A.C. & Marian A.C.** were the winners with **St. Mary's A.C. Limerick, Nenagh Olympic A.C. & Leevale A.C.** taking home the prizes in the Boys U/13. **Dooneen A.C., St. Mary's A.C. Limerick & Riverstick/Kinsale A.C.** won gold, silver & bronze in the Girls U/14 4 x 100m with **Ennis Track A.C., Dooneen A.C. & Gneeveguilla A.C.** winning in the Boys U/14.

Dooneen A.C. did the double in the Girls & Boys U/15 4 x 100m competition with **Nenagh Olympic A.C.** taking silver in the Boys U/15. The first three home in the Girls U/16 4 x 100m were **Emerald A.C., Nenagh Olympic A.C. & Dooneen A.C.** with **Templemore A.C.** taking gold in the Boys U/16. **Emerald A.C.** also won the Girls U/17 4 x 100m race with **Dooneen A.C.** in 2nd place. **St. Mary's A.C. Clare** were the winners of the Boys U/17 4 x 100m.

Emerald A.C. won the Girls U/18 4 x 100m with **Dooneen A.C.** taking the Boys U/17 title & **Emerald A.C.** in 2nd place. **Dooneen A.C.** took the title in the Boys U/19 4 x 100m with another win for **Emerald A.C.** in the Boys U/18 4 x 400m.

The first 3 teams in the U/9 to U/11 age groups will now go forward to compete at National level & will be entered by the Munster Juvenile Competition Secretary as part of the National Team Games. For the U/12 to U/19 ages groups, teams qualify from their County Championships & are entered by their County Secretary. We wish all our teams the very best of luck at National level.

The Munster U/9 to U/11 Team Games & the U/12 & U/13 Track & Field Championships were held in Cork I.T. on Saturday 6th & Sunday 7th June 2015. There were lots of exciting performances with **11 new Championship Best Performances** ("CBP") being set. **Reece Ademola, Leevale A.C.** was the top scoring athlete of the Championships winning 4 gold medals in the Boys U/13 60mH, 80m, Long Jump & High Jump & setting two new records in the High Jump & 60mH. Details of the CBP's set over the weekend are as follows:-

1. **Abby Moynihan, Liscarroll A.C.** threw 11.94m in the Girls U/9 Javelin to better the record of Grainne McMahon, Shannon A.C. of 9.13m set in 2014.
2. **Hannah Falvey, Belgooly A.C.** ran 9.27 in the Girls U/10 60m to break the existing record of 9.29 set by Niamh Foley, St. Mary's A.C. Limerick in 2011.
3. **Holly O'Boyle, Marian A.C.** ran 1.34.67 in the Girls U/10 500m to better the 2011 record of Helene Dee, Dooneen A.C. of 1.35.34.
4. **Sean Carmody, Belgooly A.C.** ran 8.69 in the Boys U/11 60m to take the record of 8.71 set by Kelvin O'Carroll, Dooneen A.C. in 2014.
5. **Joe Egan, Moycarkey Coolcrao A.C.** ran 1.49.27 in the Boys U/11 600m to better the 2006 record of 1.50.08 set by Brian Donovan, Emerald A.C.
6. **Eoghan Cassidy, Bandon A.C.** threw 26.54m in the Boys U/11 Turbo Javelin to better the record of 24.44 set by Diarmuid Healy, Midleton A.C. in 2014.
7. In the Girls U/12 600m, **Maeve O'Neill, Doheny A.C.** ran 1.44.87 to smash the long standing record of Francis O'Shea, North Cork A.C. of 1.46.18. set in 2001.
8. **Megan Lenihan, North Cork A.C.** threw the Girls U/13 Javelin out to 34.60m to smash another long standing record of 29.28 set by Ailish Sheehan, Dooneen A.C. in 2005.
9. In the Boys U/13 60mH, **Reece Ademola, Leevale A.C.** ran 9.77 to take the 2007 record of 9.90 set by Matthew Aherne Ford, Abbey Striders A.C.
10. **Reece Ademola, Leevale A.C.** jumped 1.61m in the Boys U/13 High Jump to break his own record of 1.60m set by him at the Munster Outdoor Combined Events Championships in April.
11. **Joe Ivory, Liscarroll A.C.** set a new record of 30.99m in the Boys U/13 Javelin to better the existing record of 30.40m held by Jaco Oosthuysen, Clonmel A.C. in 2005.

There were lots of great performances in every event with some athletes taking more than one medal in their age group. Details of some of the multiple medal winners are below:-

Petra Igwe, Ferrybank A.C. (1st Girls U/9 60m & 2nd in LJ); **Lucy O'Connor, Tralee Harriers A.C.** (1st Girls U/9 300m & 3rd in 60m); **Hannah Falvey, Belgooly A.C.** (1st Girls U/10 60m & LJ); **Eimear Conroy, Dooneen A.C.** (Girls U/11 60m & LJ); **Queen Taminowo, Midleton A.C.** (1st 60m, 3rd HJ), **Maeve O'Neill, Doheny A.C.** (1st Girls U/12 600m, 3rd in 60m & LJ); **Amy Whelan, Liscarroll A.C.** (1st Girls U/12 Turbo Javelin & 2nd in Shot Putt); **Laura Frawley, St. Mary's A.C. Limerick** (1st Girls U/12 Long Jump & Shot Putt); **Megan Lenihan, North Cork A.C.** (1st Girls U/13 Shot Putt & Javelin); **Praise Owwoeye, Ferrybank A.C.** (1st 80m & LJ), **Ailbhe Doherty, Ennis Track A.C.** (1st 600m & 2nd 80m),

Damilola Adesina, Marian A.C. (1st HJ, 3rd 80m); **Max Bailey, Skibbereen A.C.** (1st Boys U/9 60m & 3rd 300m); **Sean Fennell, St. Mary's A.C. Clare** (1st Boys U/9 LJ & 2nd 60m); **Robert Olden, Midleton A.C** (3rd Boys U/9 60m & LJ); **Theo De Souza, Leevale A.C.** (2nd Boys U/10 60m & 500m); **Shane Buckley, Dundrum A.C.** (3rd Boys U/10 Turbo Javelin & 500m); Sean Carmody, Belgooly A.C. (1st Boys U/11 60m & 3rd LJ); **Kyle Ettoh, Grange Fermoy A.C.** (2nd Boys U/11 60m & LJ); **Billy O'Riordan, Courceys A.C.** (2nd Boys U/12 60m & 3rd 600m); **Jack Cullen, Bandon A.C.** (1st Boys U/12 Shot Putt & 2nd Turbo Javelin); **Reece Ademola, Leevale A.C.** (1st Boys U/13 60mH, 80m, High Jump & Long Jump); **Hugh Collins, Leevale A.C.** (3rd Boys U/13 60mH & 80m) & **Shane Fitzgerald, St. Mary's A.C. Limerick** (2nd Boys U/13 Long Jump, 3rd in High Jump & Javelin).

In the Munster Team Games, Bandon A.C., Dooneen A.C. & Ennis Track were the 3 top Clubs. Details of Club winnings are below:-

- Bandon A.C. – 4 gold, 9 silver
- Dooneen A.C. – 2 gold, 2 silver, 4 bronze
- Ennis Track A.C. – 3 gold, 1 silver
- Leevale A.C. – 3 gold, 2 bronze
- Belgooly A.C. – 3 gold, 2 bronze
- Midleton A.C. – 2 gold, 2 bronze
- Carrick-On-Suir A.C. – 2 gold, 2 bronze
- Nenagh Olympic A.C. – 1 gold, 2 silver 1 bronze
- Templemore A.C. – 1 gold, 1 silver, 1 bronze
- Limerick A.C. – 1 gold, 1 silver, 1 bronze
- Liscarroll A.C. – 1 gold, 1 silver
- Tramore A.C. – 1 gold, 1 bronze
- Lios Tuathail A.C. – 1 gold
- Riverstick/Kinsale A.C. – 2 silver
- Moycarkey Coolcree A.C. – 1 silver, 1 bronze
- Youghal A.C. – 1 silver, 1 bronze
- An Ríocht A.C. – 1 silver
- Ferrybank A.C. – 1 silver
- Waterford A.C. – 2 bronze
- Clonmel A.C. – 1 bronze
- North Cork A.C. – 1 bronze
- Doheny A.C. – 1 bronze

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 13th & Sunday 14th 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 Coolcree 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, Liscarroll 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 Coolcrao 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 Coolcrao A.C.** set a new record in the Boys U/17 110mH with his time of 14.08 (new event).
20. **Daniel Ryan, Moycarkey Coolcrao 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 Coolcrao 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.

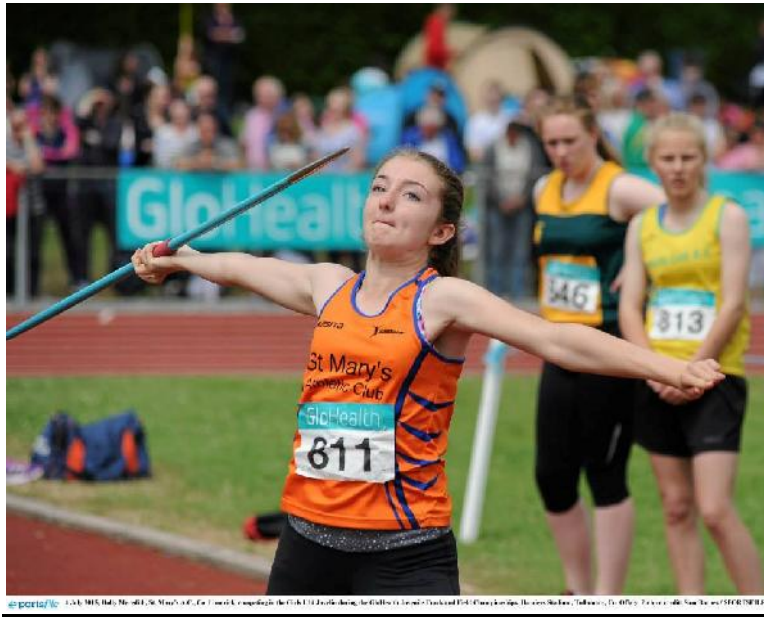


Top scoring athletes of the Championships were **Darragh Minitier, St. Mary's A.C. Clare & Joseph McEvoy, Nenagh Olympic A.C.** who won six medals each. **Minitier** picked up 3 gold in the Boys U/15 Long Jump, Shot Putt & Discus & silver in the 100m, 200m & 80mH while **McEvoy** won gold in the Boys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



Good Showing from Munster Athletes on Day 1



Munster athletes showed good form at Day 1 of the GloHealth National Juvenile Track & Field Championships in Tullamore on Saturday 4th July. In a very mixed bag of weather conditions, Munster clinched 69 medals in total which included 25 gold & national titles, 23 silver & 21 bronze & 3 new National records & 1 equalled (1 track & 3 field) set by the athletes below:-

1. **Amy Whelan, Liscarroll A.C.** threw 31.90m in the Girls U/12 Turbo Javelin to better the 2014 record of 31.04m set by Aoibhinn McMahon, Blackrock A.C. Louth.
2. **David Ryan, Moycarkey Coolcree A.C.** jumped 6.62m in the Boys U/16 Long Jump to break the pre AAI Record of 6.61m set by Derek Fitzpatrick, Harolds Cross set in 1989 & the AAI record of 6.49m held by his older brother Daniel & set last year.
3. **Daniel Ryan, Moycarkey Coolcree A.C.** ran 14.13 in the Boys U/17 110mH to dip under the Irish Youth record of 14.18 set by Garbhann McKenna, Shercock A.C. in 2011. This was the first year for the 110mH at this age group.
4. **Sophie Meredith, St. Mary's A.C. Limerick** equalled the record of 1.67m in the Girls U/15 High Jump. The record is now held jointly with Cathriona Farrell, Craughwell A.C. which she set in 2006.

Summary below of athlete's performances from Day 1:-

U/12

Maeve O'Neill, Doheny A.C. showed good form in the Girls U/12 600m to win silver in a time of 1.44.29. In the Turbo Javelin, **Liscarroll A.C.** athletes **Amy Whelan & Helen Moynihan** took gold & silver with 31.90m & 24.25m with a new National record for Amy. **Queen Taminowo, Middleton A.C.** took gold in the High Jump finishing on 1.33m with **Lauren Sheils, Ferrybank A.C.** in 2nd on same height. **Laura Frawley, St. Mary's A.C. Limerick** won gold in the Long Jump with a leap of 4.49m. In the Boys competitions, **Diarmuid Healy, Middleton A.C.** won silver in the Boys U/12 600m in a time of 1.42.20. In the Long Jump, **Danny Kelly, Belgooly A.C.** took gold with a jump of 4.56m with bronze for **Oisín Pepper, Nenagh Olympic A.C.** on 4.43m.

U/13

Hollie McCarthy, Liscarroll A.C. won bronze in the Girls U/13 60mH in a time of 10.09. **Ailbhe Doherty, Ennis Track A.C.** added to the gold medals when she won the 600m in a time of 1.41.79 with **Aimee Hayde, Newport A.C.** in 3rd place in 1.44.10. **Megan Lenihan, North Cork A.C.** took silver in the Shot Putt with a throw of 13.20m. **Hugh Collins, Leevale A.C.** took gold in the Boys U/13 60mH in a time of 9.65. **Nathan Cremin Sheehy, St. Mary's A.C. Limerick** took gold in the 600m in a time of 1.39.19 with **Diarmuid Fahy, Kilmurray/Ibrickane A.C.** in 3rd place on 1.40.86. **Reece Ademola, Leevale A.C.** took silver in the High Jump with a jump of 1.40m with **Johnny Deasy, Belgooly A.C.** in 3rd place on 1.35m.

U/14

Niamh Foley, St. Mary's A.C. Limerick won silver in the closely contested Girls U/14 75mH in a time of 11.26 which dipped below the previous CBP of 11.30. **Rhona Randles, Kenmare A.C.** took bronze in the 800m with her time of 2.23.73. **Emily Linehan, North Cork A.C.** took gold in the Hammer with a throw of 31.98m. Munster recorded a clean sweep of the medals in the High Jump with **Holly Meredith, St. Mary's A.C. Limerick, Ciara Kenneally, Killarney Valley A.C. & Kylie Heinen, Ferrybank A.C.** all finishing on 1.53m. **Holly Meredith** came to the fore again in the Javelin to win her 2nd gold with a throw of 33.22m with **Ciara Sheehy, Liscarroll A.C.** close behind in 2nd place on 33.13m. **Wymin Sivakumar, Leevale A.C.** won bronze in the Boys U/14 75mH in a time of 11.91. Munster Champion & record holder, **Ricky Carroll, Fanahan McSweeney A.C.** won silver in the Hammer with a throw of 37.02m. There was silver & bronze for Munster athletes, **Gary Randles, Kenmare A.C. & Cathal Scanlon, Waterford A.C.** in the Javelin with throws of 37.09m & 36.80m.

U/15



[#gpcanfile](#) - July 2015 (second half of the action during the 1500m during the Galibothle Youth Track and Field Championships, Ennis Station, Falmace, Co. Wick). Picture credit: New Ireland SPORTS IRE

Miriam Daly, Carrick-On-Suir A.C. clocked 11.75 in the Girls U/15 80mH to win gold. **Sophie Meredith, St. Mary's A.C. Limerick** leaped to a height of 1.67m in the High Jump to equal the existing record. **Fiona Doyle, Star of the Laune A.C.** was 3rd in the 800m in a time of 2.24.03. There was silver & bronze for Munster athletes **Shauna Linehan, North Cork A.C. & Katie Costello, Borriskane A.C.** in the Hammer. **Joseph McEvoy, Nenagh Olympic A.C.** ran 12.43 in the Boys U/15 80mH to win silver. In the Boys U/15 Javelin, there was a second silver for him when he threw 45.69m with bronze for **Michael Hand, Old Abbey A.C.** with a throw of 37.91m. There was gold & silver for Munster athletes & team-mates, **Brian Naughton & Sean Carolan of Nenagh Olympic A.C.** in the Hammer with their throws of 49.11m & 45.16m.

U/16

Vicki Cusack, Liscarroll A.C. won bronze in the Girls U/16 80mH in a time of 12.09. **Tony Odubote, Ennis Track A.C. & David Ryan, Moycarkey Coolcree A.C.** battled all the way to the line in the Boys U/16 100mH with Tony just taking the victory on 13.34 & David in 2nd place in 13.45. **David** was the clear winner of the Boys U/16 Long Jump, leaping out to 6.62m & a new National record, almost a metre ahead of his nearest competition with **Adam Dooley, Templemore A.C.** in 3rd place on 5.75m. **Ben Donovan, Abbey Striders A.C.** recorded a win in the Boys U/16 High Jump with a leap of 1.86m. **Jack Hallahan, Middleton A.C.** took bronze in the Boys U/16 Discus.

U/17

Rachel Bowler, Tralee Harriers A.C. took silver in the Girls U/17 Long Jump with a leap of 5.51m. **Anne Corcoran, Ferrybank A.C. & Angharad Loughnane, Marian A.C.** took silver & bronze in the Shot Putt with throws of 12.34m & 11.82m respectively. **Angharad** also won silver in the Discus with a throw of 35.45m. **Aoife O'Mahoney, Lios Tuathail A.C.** won silver in the 800m in a time of 2.17.83. **Daniel Ryan, Moycarkey Coolcree A.C.** took double gold in the Boys U/17 110mH in a time of 14.13 & Long Jump with a leap of 6.60m with **Nikolia O'Connor, Tralee Harriers A.C.** in 3rd place with a jump of 5.96m. In the Boys U/17 2km Steeplechase, **Jamie Roche, Ennis Track A.C.** continued his good form taking gold in a time of 6.26.66. **Conor O'Driscoll, Leevale A.C.** also won gold in the 800m in a time of 1.58.29.

U/18

Aoife Hamilton, West Waterford A.C. won silver in the Girls U/18 2km Steeplechase in a time of 7.45.29 & **Grace Furlong, Waterford A.C.** took bronze in the Long Jump with a leap of 5.40m. In the Boys U/18 110mH, there was gold for **Jack Murphy, Leevale A.C.** in a time of 14.47 & bronze for **Kevin O'Leary, Liscarroll A.C.** with 16.02. **Tom Deasy, Belgooly A.C.** added to Munster gold when he won the Boys U/18 Long Jump with a jump of 6.18m. **Andrew Kennedy, Emerald A.C.** won bronze in the 3km Steeplechase in a time of 11.05.74. **Eoghan Flynn, West Waterford A.C.** threw the javelin out to 54.04m to win bronze.

U/19



In the Girls U/19 100mH, there was gold for **Clodagh O'Mahoney, Dooneen A.C.** & silver for **Leanne Prout, Carrick-On-Suir A.C.** **Louise Shanahan, Leevale A.C.** showed good form winning the 800m in a time of 2.15.13. In the Boys U/19 Long Jump, **Darren Prout, Carrick-On-Suir A.C.** took gold with a leap of 6.54m. **Sean Collins, Ennis Track A.C.** won silver in the 3km Steeplechase in a time of 9.51.01.

6 National Records for Munster Athletes

Munster athletes were in great form at Day 2 of the GloHealth National Juvenile Track & Field Championships in Tullamore on Saturday 11th July 2015. Munster clinched 77 medals in total which included 26 gold & national titles, 26 silver & 25 bronze & 5 new National records & one equalled set by the athletes below:-

- **Niamh Foley, St. Mary's A.C. Limerick** ran 10.12 in the Girls U/14 80m to better the existing record of 10.19 set by Patience Jumbo-Gula, St. Gerard's A.C. in 2014.
- **Megan Lenihan, North Cork A.C.** threw the Girls U/13 Javelin out to 35.82m to break the 2005 record of Ailish Sheehan, Dooneen A.C. of 29.65m.
- **Aisling Cassidy, Bandon A.C.** set a record in the Girls U/15 Pole Vault with her vault of 2.65m (new event).
- **Daniel Hurley, Old Abbey A.C.** equalled the National record of 5.79m set by Daniel Ryan, Moycarkey Coolcree A.C. in 2012.
- **Sophie Meredith, St. Mary's A.C. Limerick** set a new record of 5.85m in the Girls U/15 Long Jump to better the 5.54m set by Ciara Giles Doran, Ferrybank A.C. in 2009.
- **Jack Barnett, Templemore A.C.** launched the Boys U/12 Shot Putt out to 12.69m to break by just over a metre the 2011 record of 11.68m set by James Kelly, Finn Valley A.C.



U/12

Queen Taminowo, Midleton A.C. won gold in the 60m (8.41) with **Maeve O'Neill, Doheny A.C.** taking bronze (8.58). **Amy Whelan, Liscarroll A.C.** won bronze in the Girls U/12 Shot Putt with a throw of 9.12m. In the Boys U/12 Turbo Javelin, there was gold for **Diarmuid Healy, Midleton A.C.** with a throw of 30.03m with bronze for **Jack Cullen, Bandon A.C.** on 27.82m. Sean Kavanagh, Midleton A.C. was 1st in the Boys U/12 High Jump with a leap of 1.45m with **Geoffrey Joy O'Regan, Sunhill Harriers A.C.** taking bronze on 1.40m.

U/13

Praise Owwoeye, Ferrybank A.C. won gold in the Girls U/13 Long Jump with a jump of 5.08m & added silver to her winnings in the 80m sprint in a time of 10.38. **Damilola Adesina, Marian A.C.** won silver in the High Jump on 1.46m with **Susan Nestor, St. Mary's A.C. Clare** winning bronze on 1.43m. **Megan Lenihan, North Cork A.C.** won gold with a CBP in the Girls U/13 Javelin with a throw of 35.82m with bronze for **Katelyn Reid, An Ríocht A.C.** (29.74m). In the Boys Long Jump competition, Munster athletes came to the fore. **Reece Ademola, Leevale A.C.** won gold in the Long Jump with a leap of 5.15m with silver for **Shane Fitzgerald, St. Mary's A.C. Limerick** (4.65m) & bronze for **Evan Hayes, Waterford A.C.** with 4.55m. **Ademola** added to his winnings later in the day when he won the National title in the 80m sprint in a time of 10.37. **Conor Commene, Tralee Harriers A.C.** was 2nd in the same race in a time of 10.46. In the Shot Putt, **Jack Barnett, Templemore A.C.** won gold setting a new National record with a huge throw of 12.69m with silver for **Sean O'Riordan, Midleton A.C.** on 10.97m & bronze for **Mark Collins, Bandon A.C.** on 10.88m.

U/14

Niamh Foley, St. Mary's A.C. Limerick won gold & set a new Championship Best Performance in the 80m sprint in a time of 10.12 with **Nikolka Stevankova, Dooneen A.C.** taking the bronze medal in 10.48. In the 2km Walk, there was silver for **Siofra O'Dea, Kilmurray/Ibrickane A.C.** in a time of 11.14.52. **Emily Linehan, North Cork A.C.** won silver in the Girls U/14 Discus with a throw of 26.39m with **Sarah Jacobs, Waterford A.C.** taking bronze on 26.04m. **Daniel Hurley, Old Abbey A.C.** won gold & equalled the National Record of 5.79m in the Long Jump. There was a 1st & 2nd place for

Munster athletes in the Boys U/14 High Jump with gold for **Robert Dillon, Midleton A.C.** with a leap of 1.68m & silver for **Conor Blake, St. John's A.C.** with a jump of 1.55m. **Dillon** added to his winnings when he placed 3rd in the 80m sprint in a time of 9.80m. **Gary Randles, Kenmare A.C.** took silver in the Boys U/14 Shot Putt with a throw of 11.86m.



U/15

Niamh Moriarty, Dooneen A.C. took silver in the 100m in a time of 12.15 with **Emma Caulfield, Waterford A.C.** winning bronze in the Girls 2km Walk in a time of 10.34.60. There was gold for **Martha Quain, Carrig naBhfear A.C.** in the Girls U/15 Discus with a throw of 35.50m. There was also gold for **Aisling Cassidy, Bandon A.C.** in the Pole Vault with a vault of 2.65m & a new National record with silver for her team-mate **Ella Stack** on 2.25m & bronze for **Emma Coffey, Carrig na BhFear A.C.** also on 2.25m. There was gold for **Sophie Meredith, St. Mary's A.C. Limerick** in the Girls U/15 Long Jump with a new National record of 5.85m with **Lauren O'Leary, Emerald A.C.** winning bronze with 5.39m. **Meredith** also took bronze in the Shot Putt (11.48m).

Liam McDonagh, Moycarkey Coolcree A.C. clinched gold in the 2km Walk in a time of 10.58.39. In the Boys U/15 Long Jump, **Darragh Minter, St. Mary's A.C. Clare** won silver with a jump of 5.85m. **Minter** added to his winnings placing 3rd in the 100m in a time of 11.65 with **Conor Morey, Leevale A.C.** winning the National title in a time of 11.49.

U/16

Orla O'Connor, Waterford A.C. won silver in the 2km Walk in a time of 10.13.39. **Ciara McKeon, Bandon A.C.** won silver in the Girls U/16 Triple Jump with a jump of 9.91m with bronze for **Olivia Humphries, Dooneen A.C.** on 9.73m. **Aoife Hurley, Grange Fermoy A.C.** took silver in the Girls U/16 Javelin (32.90m) with bronze for **Vicki Cusack, Lisacroll A.C.** (30.47m). In the Girls U/16 Pole Vault, **Clodagh Walsh, Abbey Striders A.C.** won silver with a vault of 2.80m with bronze for **Emily Tierney, Nenagh Olympic A.C.** on 2.25m. Munster scored a 1, 2 & 3 in the Girls U/16 Hammer with gold for **Sinead Warren, Gneeveguilla A.C.** (39.66m), silver for **Aine Cotter, Fanahan McSweeney A.C.** (37.01m) & bronze for **Ciara Brannigan, Borrisokane A.C.** (31.31m). There was gold for **Gearoid McMahon, Shannon A.C.** in the 3km Walk in a time of swift time of 14.23.47 with **Darragh McElhinney, Bantry A.C.** taking gold in the U/16 3km in a time of 9.15.98. **Sean Mockler, Moycarkey Coolcree A.C.** threw the Boys U/16 Hammer out to 47.29m to win gold with **Padraig O'Callaghan, Leevale A.C.** winning silver with a throw of 46.71m.

U/17

Lauren Ryan, Dooneen A.C. won silver in the 100m in a swift time of 11.82 with **Kate Bernard, Bandon A.C.** in 3rd place in 12.29. There was silver for **Hannah Jacob, Waterford A.C.** in the Girls 3km Walk in a time of 16.58.82. **Molly Healy, Leevale A.C.** won silver in the Girls U/17 Pole Vault with a vault of 2.55m with **Jade O'Farrell Bond, Borrisokane A.C.** winning bronze in the Hammer (43.01m). **Daniel Ryan, Moycarkey Coolcree A.C.** won bronze in the 100m (11.16), **Jamie Mitchell, Emerald A.C.** took gold in the 400m in a time of 50.08 with **Michael Power, West Waterford A.C.** winning the National title in the 3km in a time of 9.02.13.



U/18

In the Girls Pole Vault, there was gold for **Ellen Larkin, Emerald A.C.** with 2.95m with silver for **Laura Cussen, Old Abbey A.C.** on 2.85m. **Aoife Doyle, Star of the Laune A.C.** took gold in the Discus with a throw of 34.48m. **Fearghal Curtin, Youghal A.C.** won silver in the 3km race in a time of 8.45.91. **Andre Christie, Leevale A.C.** won gold in the Boys U/18 Hammer with a throw of 54.15m.



U/19

Aoife Delargy, Nenagh Olympic A.C. won silver in the Girls 400m in a time of 59.15. In the Girls Discus, **Amy Linehan, North Cork A.C.** won bronze with a throw of 30.33m. **Anthony Tobin, Clonmel A.C.** took the title in the Boys 5km Walk finishing in 28.14.24 with **Sean Collins, Ennis Track A.C.**

winning bronze in the 3km race in a time of 8.50.81. **Dylan O'Sullivan, Killarney Valley A.C.** won silver in the Boys U/19 High Jump with a leap of 1.85m while **Michael Dineen, Carrick-On-Suir A.C.** won bronze in the Javelin with a throw of 44.87m.

National Records for Munster Athletes

Munster athletes continued their winning ways on Day 3 of the GloHealth National Juvenile Track & Field Championships in Tullamore on Sunday 12th July 2015 winning 63 medals in total (24 gold, 16 silver & 23 bronze). 6 National records were also set by the athletes below:-

- **Ciara Sheehy, Liscarroll A.C.** threw 14.10m in the Girls U/14 Shot Putt to beat the 2014 record of 14.07m set by Aoibhinn McMahon, Blackrock A.C. Louth.
- **Miriam Daly, Carrick-On-Suir A.C.** ran 34.90 to better the 2009 record of 34.98 set by Ciara Giles Doran, Ferrybank A.C.
- **Joseph McEvoy, Nenagh Olympic A.C.** jumped 1.82m in the Boys U/15 High Jump to better the jump of 1.81m set by Ben O'Donovan, Abbey Striders A.C. in 2014.
- **David Ryan, Moycarkey Coolcroo A.C.** ran 32.16 to beat the record of 32.90 set by Colin Nolan, Enniscorthy A.C. in 2010.
- **Orlaith O'Brien, Ferrybank A.C.** threw 44.23m in the Girls U/17 Javelin to better the 2014 record of 42.85m set by Michaela Walsh, Swinford A.C.
- **Lauren Ryan, Dooneen A.C.** ran 24.73 in the Girls U/17 200m to better the 2012 record of 24.88 set by Roisin Harrison, Emerald A.C.

U/14

Niamh Foley, St. Mary's A.C. Limerick ran 25.99 in the Girls 200m to win gold. **Ellen Lynch, Dooneen A.C.** ran 4.57.46 in the 1500m to win gold with **Grainne Egan, North Cork A.C.** 3rd with 4.59.92. **Ciara Sheehy, Liscarroll A.C.** set a new National Record of 14.10m in the Shot Putt. Munster recorded a 1 & 2 in the Boys 200m with silver for **Robert Twomey, Leevale A.C.** (24.81) & bronze for **Robert Dillon, Middleton A.C.** (24.86). In the Boys Discus, there was silver for **James Kirby, Bandon A.C.** (31.74m) & bronze for **Ricky Carroll, Fanahan McSweeney** with a throw of 29.82.



U/15

Miriam Daly, Carrick-On-Suir A.C. put in a super run in the Girls 250mH to win gold & set a new Championship Best Performance of 34.90. **Katie Moynihan, Liscarroll A.C.** won gold in the Javelin with a throw of 38.15m. **Niamh Moriarty, Dooneen A.C.** won bronze in the Girls 200m (25.72) with

Conor Morey, Leevale A.C. taking the gold medal in the Boys 200m in 23.87. **Joseph McEvoy, Nenagh Olympic A.C.** set a new Championship Best Performance of 1.82m in the High Jump with **Darragh Courtney, St. Brendan's A.C.** in 3rd place with a jump of 1.74m. **Jack Ryan, Moycarkey Coolcree A.C.** won gold in the Triple Jump (10.97m) & **Sean Carolan, Nenagh Olympic A.C.** was 2nd in the Discus with a throw of 34.78m. In the Boys Pole Vault competition, there was gold & bronze for **Sam O'Neill & Eoin Killigrew, West Waterford A.C.** with vaults of 2.60m & 2.20m. **Michael Shanahan, St. Mary's A.C. Limerick** won bronze in the Shot Putt with a throw of 13.27m.



U/16

Aoife Doyle, Carrick-On-Suir A.C. won gold in the Girls 250mH in a time of 36.47 with **Ciara McKeon, Bandon A.C.** 3rd in 37.46. **Vicki Cusack, Liscarroll A.C.** won bronze in the Girls Shot Putt with a throw of 10.66m. **David Ryan, Moycarkey Coolcree A.C.** set a new Championship Best Performance in the Boys 250mH when he ran 32.16. **Tony Odubote, Ennis Track A.C.** won bronze in the 200m in a time of 23.35. with **Katie Murphy, Ferrybank A.C.** winning silver in the Girls 200m in 25.72.



U/17

Chloe Tobin, Emerald A.C. won bronze in the 300mH with her run of 45.86. **Aisling Kelly, St. John's A.C.** won bronze in the 1500m in a time of 4.50.33 with **Charlie O'Donovan, Leevale A.C.** also winning bronze in his 1500m race in a time of 4.09.09. **Orlaith O'Brien, Ferrybank A.C.** launched her

javelin out to 44.23m to set a new Championship Best Performance with **Molly Healy, Leevale A.C.** winning bronze in the High Jump (1.55m). Both **Cathal Locke, Dooneen A.C. & Diarmuid Clancy, Abbey Striders A.C.** came to the fore in the 300mH winning gold & silver in times of 40.41 & 40.95. **Jamie Mitchell, Emerald A.C.** won bronze in the 200m in a time of 22.71 with **Lauren Ryan, Dooneen A.C.** running a Championship Best Performance of 24.73 in the Girls 200m to take gold. **Travis Coomey, Bandon A.C.** won bronze in the Hammer with a throw of 43.24m.



U/18

Clíodha Blake, St. John's A.C. Clare won gold in the High Jump (1.55m) with **Grace Furlong, Waterford A.C.** winning silver in the Triple Jump with a jump of 10.80m. **Aishling Vaughan Witts, Borrisokane A.C.** won gold in the Hammer with a throw of 51.63m while **Deirbhile Ryan, Nenagh Olympic A.C.** won silver in the Shot Putt with a throw of 10.69m. **Fearghal Curtin, Youghal A.C.** won gold in the 1500m in a time of 4.01.73. **Eoghan Flynn, West Waterford A.C.** took silver in the Discus with a throw of 39.95m. **Des Kelleher, Leevale A.C.** won bronze in the Pole Vault with a vault of 2.80m. **Tom Deasy, Belgooly A.C.** won gold in the High Jump with a clearance of 1.80m with silver for **Cian O'Brien, Leevale A.C.** at same height. **Deasy** also won bronze in the Triple Jump (12.04m).

U/19

Kelly Ann Doyle, Carrick-On-Suir A.C. recorded a victory in the 400mH in a time of 1.03.32 with silver for **Clodagh O'Mahoney, Dooneen A.C.** in 1.03.80 & bronze for **Leanne Prout, Carrick-On-Suir A.C.** in 1.04.65. Leanne's twin brother, **Darren** also recorded a gold medal win in the Boys 400mH in a time of 56.71 with **Daniel O'Mahoney, Leevale A.C.** 3rd in 58.17. **Darren Prout** added to his winnings later in the day when he won silver in the Triple Jump with a leap of 13.10m. **Aoife Vaughan Witts, Borrisokane A.C.** won gold in the Hammer with a throw of 50.18m with **Fiona O'Shea, Dooneen A.C.** taking gold in the Triple Jump with a leap of 10.49m. Munster recorded gold & silver in the Girls High Jump with gold for **Neasa Murphy, Ferrybank A.C.** (1.66m) & silver for **Deirbhile Ryan, Nenagh Olympic A.C.** (1.63m). In the Girls Javelin, Munster also won 2 medals with gold for **Lauren O'Mahoney, Youghal A.C.** with a throw of 30.73m & bronze for **Amy Linehan, North Cork A.C.** with 25.30m. **Joey Henchy, Bandon A.C.** won silver in the 200m in a time of 22.75. **Luke Horgan, Leevale A.C. & Sean Curran, West Waterford A.C.** took silver & bronze in the 1500m in times of 4.23.99 & 4.24.62. **Adam King, Iveragh A.C.** won silver in the Hammer with a throw of

59.98m. There was silver & bronze for Munster athletes **Jamie Fennell** (4.00m) & **Yuri Kanash** (3.80m) from **West Waterford A.C.** in the Pole Vault.



National B” Records for Munster

The GloHealth National Juvenile “B” Track & Field Championships were held in Tullamore Harriers Stadium on Saturday 18th July. Munster athletes were in fine form winning 38 individual medals in total (16 gold, 10 silver & 12 bronze) with **Emma Moore Kelly, Clonmel A.C.** setting a new Championship Best Performance of 12.86 in the Girls U/16 100m & **Martin Kehoe, Carrick-On-Suir A.C.** jumping out to 5.42m in the Boys U/16 Long Jump to set a new National record.



U/12

Neassa Towey, Templemore A.C. took silver in the Girls 60m in 8.98 with silver for **Jack Callanan, Bandon A.C.** in the Boys 60m in 8.69 & bronze for **James Sage, Nenagh Olympic**

A.C. in 8.71. In the Girls 600m, there was gold for **Maria Campbell, Dooneen A.C.** in 1.53.04 with silver for **Callum McCourt, Bandon A.C.** in the Boys 600m in a time of 1.48.63. There was gold for **Ross Corkery, Belgooly A.C.** in the Boys High Jump (1.20m) & **Henry Obiabor, Bandon A.C.** in the Shot Putt (8.39m) with a second bronze medal for **James Sage** in the Long Jump (3.83m). **Leah Parker, Midleton A.C. & Niamh O'Donovan, Bandon A.C.** won gold & silver in the Girls Shot Putt with throws of 6.92m & 6.21m.

U/13

Blessing Alamu, Midleton A.C. won gold in the Girls Shot Putt with a throw of 9.94m & silver in the Long Jump (4.17m). Munster also won gold & bronze in the same event with **Amy O'Donoghue & Julie Sheehy, Bandon A.C.** taking home medals with jumps of 4.23m & 4.02m. In the 600m, there was bronze for **Jane Buckley, Bandon A.C.** in 1.49.42. **Eoghan Nash, Belgooly A.C.** won gold in the Boys High Jump with a jump of 1.35m & silver in the Long Jump with a leap of 3.92m.

U/14

Orla Coffey, Carrig na BhFear A.C. won bronze in the Girls 800m (2.39.40) with gold for **Adam Ryan, Newport A.C.** (2.20.58) & silver for **Niall Desmond, Bandon A.C.** (2.24.30). There was gold for **Natasha O'Keeffe, Liscarroll A.C.** in the Girls Shot Putt with a throw of 9.89m with bronze for **Kerry Barrett, Youghal A.C.** in the High Jump (1.30m). **Donal Daly, Gneeveguilla A.C.** won bronze in the Boys Shot Putt with a throw of 7.13m with silver for **Tadhg O'Shaughnessy, Nenagh Olympic A.C.** in the Long Jump (4.35m).



U/15

Francis Cronin, Gneeveguilla A.C. took double gold in the 100m in a time of 12.68 & the 800m in a time of 2.19.76. **Elma Casey, Clonmel A.C.** won bronze in the Girls 800m in a time of 2.42.04. **Emmanuel Alamu, Midleton A.C.** won bronze in the Boys Long Jump (3.65m).

U/16

Munster scored a clean sweep in both the Girls & Boys 100m. There was gold for **Emma Moore Kelly, Clonmel A.C.** in a new Championship Best Performance of 12.86 with silver for **Niamh Linehan, Liscarroll A.C.** in 13.33 & bronze for **Roisin O'Callaghan, Midleton A.C.** in 13.53. Roisin also picked up silver in the Long Jump with a jump of 4.26m. **Daire McInerney, Bandon A.C.** ran a very swift 11.68 to take gold in the Boys 100m with silver for **Oscar Ottman, Newport A.C.** in 12.25 & bronze for **Farouk Sobayo, Ennis Track A.C.** in 12.49. **Alannah Neff, Leevale A.C.** won gold in the Girls 800m in a time of 2.26.24. **Martin Kehoe, Carrick-On-Suir A.C.** won double gold in the Long Jump & High Jump (1.60m) setting a new Championship Best Performance in the Long Jump of 5.42m.

The GloHealth National Juvenile Inter-Club Relay Championships also took place on Saturday 18th July in Tullamore Harriers Stadium with Munster Clubs taking home 7 gold, 7 silver & 7 bronze. Top scorers for the province were **Leevale A.C.** with 2 gold, 3 silver & 1 bronze with **Dooneen A.C.** in 2nd with 1 gold & 2 silver. **St. Mary's A.C. Limerick & Nenagh Olympic A.C.** won 1 gold & 1 bronze each, **Belgooly A.C. & Ennis Track A.C.** won 1 gold each, **Carrick-On-Suir A.C. & Templemore A.C.** had 1 silver & 1 bronze each with Midleton A.C. winning 2 bronze.



In the Girls U/12 4 x 100m there was a win for **Leevale A.C.** in 57.07 with **Belgooly A.C.** taking the title in the Boys U/12 4 x 100m in a time of 55.01 & **Nenagh Olympic A.C.** in 3rd place on 56.49.

Munster scored a clean sweep in the Boys U/13 competition with **St. Mary's A.C. Limerick** winning gold in 53.30 with **Templemore A.C.** in 2nd on 53.74 & **Midleton A.C.** taking bronze with 54.27. **Carrick-On-Suir A.C.** won bronze in the Girls U/13 4 x 100m with a time of 54.71.

In the Boys U/14 4 x 100m, there was gold for **Leevale A.C.** in 50.62 with silver for **Dooneen A.C.** in the Girls competition on 52.03 & bronze for **St. Mary's A.C. Limerick** in 52.17.

In the Girls U/15 4 x 100m, there was gold for **Dooneen A.C.** in 50.41 with silver for **Carrick-On-Suir A.C.** in 50.49. Ennis Track A.C. took the National title in the Boys U/16 4 x 100m in a time of 46.34 with Templemore A.C. taking bronze in 47.10. **Dooneen A.C.** took silver in the Girls competition running 50.85.

Midleton A.C. took bronze in the Girls U/17 4 x 400m in a time of 4.38.12. In the Boys U/18 4 x 100m there was bronze for **Leevale A.C.** & silver in the 4 x 400m in a time of 3.33.68.

In the Girls U/19 competition, **Leevale A.C.** won silver running 58.59 with **Nenagh Olympic A.C.** taking gold in the 4 x 400m Relay in 4.17.74 & silver for **Leevale A.C.** in 4.46.16.

All 6 Counties Well Represented at the "B" Championships

The Munster Juvenile Track & Field Season finished on a high with the Juvenile "B" Track & Field Championships in Lee's Road, Ennis Co. Clare on Saturday 25th July. Many thanks to Clare County Board for organising the great facilities & to all the Clubs who provided help on the day for without your assistance it would not be possible to run these Championships. These Championships were very well supported by Munster Clubs with all 6 counties represented. It was great to see some of our smaller & less featured Clubs coming to the fore with strong participation from Kilmallock A.C., Ballymore Cobh A.C., Finisk Valley A.C., Blarney Inniscarra A.C., Farranfore Maine Valley A.C., Skibbereen A.C., Tulla A.C., Moyne A.C., West Limerick A.C., Kilmihil A.C. & BMOH A.C. With 72 individual titles up for grabs, the medals were spread over a wide range of Clubs from all Munster counties.

In the Girls competition, out of 37 titles, 4 titles were won by **Dooneen A.C., Kilmihil A.C. & Midleton A.C.** & 3 titles were won by **Ennis Track A.C.** 2 titles each went to **Marian A.C., Templemore A.C., Carrick-On-Suir A.C., Nenagh Olympic A.C., St. John's A.C, Clare & An Ríocht A.C.** There was 1 title each for **Youghal A.C., Kenmare & District A.C., Clonmel A.C., Doheny A.C., Finisk Valley A.C., Farranfore Maine Valley A.C, St. Mary's A.C. Clare, Star of the Laune A.C., West Limerick A.C., St. Cronan's A.C.**

In the Boys competition, with 35 titles up for winning, **Ennis Track A.C., St. John's A.C. Clare, St. Cronan's A.C., An Ríocht A.C. & Lios Tuathail A.C.** all won 3 titles each. 2 titles each were won by **Marian A.C. & St. Mary's A.C. Clare.**

1 title each was won by **Bandon A.C., Newport A.C., Skibbereen A.C., Tralee Harriers A.C., Kilmallock A.C., Limerick A.C., Liscarroll A.C, Ballymore Cobh A.C., Blarney Inniscarra A.C., Kilmurray Ibrickane A.C., Clonmel A.C., Kilmihil A.C., Templemore A.C., West Limerick A.C., Nenagh Olympic A.C. & Finisk Valley A.C.**

16 Individual Gold Community Games Medals for Munster



The National Community Games Athletic Finals were held in AIT, Athlone on Saturday 22nd & Sunday 23rd August 2015. Munster athletes competed very well winning 64 medals in total (16 gold, 13 silver, 15 bronze & 20 Pewter) 1st place in the Boys U/16 7km Marathon team competition (Clare) & 16 sets of Relay medals (7 gold, 4 silver, 2 bronze & 3 pewter).

Laura Falvey, Kerry won bronze in the Girls U/8 60m with bronze for **Ava Marie Flavin, Waterford** in the Girls "B" competition. In the Boys U/8 60m "B" competition, there was silver for **Gavin Dillon, Kerry**. **Saoirse Dillon, Kerry** won gold in the Girls U/8 80m while in the Girls U/8 80m "B" competition, there was gold for **Amy Healy, Tipperary** & bronze for **Lucy Royayne, Waterford**. **Patrick Cagney, Limerick** took silver in the Boys U/8 80m with **Oran Gahan, Tipperary** winning gold in the "B" competition.

In the Boys U/10 60mH, there was a joint 4th place finish for **Brian O'Rourke, Tipperary/Roscrea A.C. & Josh Boland, Limerick** with silver for **Leagh Moloney, Limerick** & 4th place for **Sophie Dalybozhyk, Tipperary** in the Girls U/10 competition. **Aaron Malik, Kerry/St. Brendan's A.C.** won a pewter medal for 4th in the Boys U/14 80mH.



Samuel Olaoye, Clare/Ennis Track A.C. took gold in the Boys U/10 100m with 4th place for **Denis Matthews, Limerick**. **Roisin Rahilly, Kerry** won silver in the Girls U/10 100m with 4th place for **Angel**

Alfred, Limerick/Dooneen A.C. In the Girls U/12 100m, **Caoimhe Power, Tipperary/Carrick-On-Suir A.C.** won gold with silver for **Sally Dickson, Limerick** & bronze for **Damilola Adesina, Clare/Marian A.C.** In the Girls U/14 100m, there was silver for **Niamh Foley, Limerick/St. Mary's A.C.** with bronze for **Roseann Fitzgerald, Tipperary/Carrick-On-Suir A.C.** **Smith Omojoefodun, Limerick** was 4th in the Boys U/14 100m.

Tony Odubote, Clare/Ennis Track A.C. & **Ciara Neville, Limerick/Emerald A.C.** both took gold in the Boys & Girls U/16 100m with a 4th place finish for **Miriam Daly, Tipperary/Carrick-On-Suir A.C.** **David Ryan, Tipperary/Moycarkey Coolcree A.C.** won gold in the Boys U/16 200m with a 4th place finish for **Sean McCarthy, Limerick/Emerald A.C.** In the Girls U/16 200m, there was silver for **Rachel Moriarty, Kerry/Listowel A.C.** with bronze for **Niamh Moriarty, Limerick/Dooneen A.C.**

In the Middle Distance events, **Nathan Cremin, Limerick/St. Mary's A.C.** won gold in the Boys U/12 600m with silver for **Diarmuid Fahy, Clare.** **Cathal McKeogh, Clare** won bronze in the Boys U/14 800m with gold for **Ailbhe Doherty, Clare/Ennis Track A.C.** in the Girls U/14 800m. **Roisin Ambrose, Limerick** won a pewter medal for 4th in the Girls U/16 1500m. In the U/16 7km Marathon, **Clare** won the Boys team competition with an individual silver for **Donal Devane, Clare/Ennis Track A.C.** & a 4th place finish for **Emma Doyle, Limerick** in the Girls competition.



In the Field Events, Munster athletes scored strongly with **Katelyn Reid, Kerry/An Riocht A.C.** winning the Girls U/12 Ball Throw, **Amy Whelan, Cork/Liscarroll A.C.** in 3rd & **Naoimi O'Shaughnessy, Clare** in 4th place. **Patrick O'Neill, Limerick** also placed 4th in the Boys competition. In the Boys Discus, there was silver for **Sean Mockler, Tipperary/Moycarkey Coolcree A.C.** & 4th place for **Darragh Minitier, Clare/St. Marys A.C.** **Lauren O'Grady, Kerry** won bronze in the Girls U/16 Discus.

In the Girls U/16 High Jump, there was a win for **Sophie Meredith, Limerick/St. Mary's A.C.** with **Vicki Cusack, Cork/Liscarroll A.C.** in 4th place. The Boys U/16 Triple Jump saw **Joseph Minitier, Clare/St. Mary's A.C.** win gold with bronze for **Cory Kissane, Kerry/An Riocht A.C.** & 4th place for **Martin Kehoe, Tipperary/Carrick-On-Suir A.C.** In the Girls U/16 Triple Jump, the silver medal was won by **Rachel Bowler, Kerry/Tralee Harriers A.C.** with bronze for **Jade O'Farrell Bond, Tipperary/Borrisokane A.C.** In the Girls U/14 Javelin, there was gold for **Holly Meredith, Limerick/St. Mary's A.C.** with bronze for **Veerle Van De Wal, Tipperary/Clonmel A.C.** The Boys U/14 Javelin saw **Cathal Scanlon, Waterford/Waterford A.C.** win bronze with 4th place for **Blake Curran, Clare.** In the Girls U/14 Long Jump there was gold for **Chisom Ugweru, Clare/Ennis Track A.C.** with

bronze for **Anna Ryan, Tipperary/Moycarkey Coolcroo A.C.** Sean Quilter, **Kerry/Tralee Harriers A.C.** took silver in the Boys U/14 Long Jump with bronze for **Jake Costello, Tipperary/Carrick-On-Suir A.C.** & 4th place for **Ben Sheahan, Limerick. Gary Randles, Kerry/Kenmare & District A.C.** took bronze in the Boys U/14 Shot Putt.



In the Relay competitions, **Limerick** won gold in the Mixed U/10, U/13 & U/15 & the U/16 Girls 4 x 100m & silver in the Girls U/12 & U/14 4 x 100m. **Clare** won gold in the Girls U/12 & U/14 4 x 100m, silver in the Boys U/14 4 x 100m & 4th place in the Boys U/12 4 x 100m & Mixed U/16 4 x 200m. **Kerry** won gold in the Boys U/14 4 x 100m, bronze in the Mixed U/15 4 x 100m & 4th place in the Mixed U/13 4 x 100m. **Cork** won silver in the Girls U/16 4 x 100m with **Tipperary** winning bronze in the Boys U/16 4 x 100m.



OUTDOOR COMBINED EVENTS

Munster Juvenile & Youth Combined Events Championships

The Munster Juvenile Combined Events Championships were held in Cork I.T. on Sunday 26th April 2015 with competition for U/11 to Youth (U/17 & U/18) age groups. All 6 Munster counties were represented with 45 boys & 76 girls taking part with the biggest entries in the Girls U/11 (21 entries) & U/12 (17 entries) & U/13 (16 entries) age categories. With 14 Munster titles up for decision on the day, **Moycarkey Coolcroo A.C.** topped the overall list with 3 gold medal wins followed by **St. Mary's A.C. Clare & St. Mary's A.C. Limerick** with two wins each. **Bandon A.C., Waterford A.C., Leevale A.C., Old Abbey A.C., Youghal A.C., Liscarroll A.C. & St. John's A.C. Clare** all had one win each.

Reigning Munster Combined Events Indoor Champions, **Clodha Blake, St. John's A.C. Clare, Vicki Cusack, Liscarroll A.C., Sophie & Hollie Meredith, St. Mary's A.C. Limerick, Daniel Hurley, Old Abbey A.C. & Daniel Ryan, Moycarkey Coolcree A.C.** all continued great form adding Munster Outdoor titles to their list of winnings for 2015.

3 Championship Best Performances were also recorded on the day by the following athletes:-

- **Reece Ademola, Leevale A.C.** jumped 1.60m in the Boys U/13 High Jump to better the 1.52m record held jointly by Sam Healy, Leevale A.C. & David Cussen, Old Abbey A.C. & set in 2008.
- **Darragh Minter, St. Mary's A.C. Clare** threw the Boys U/15 3kg Shot Putt out to 15.76m to create a new 3kg record.
- **Daniel Ryan, Moycarkey Coolcree A.C.** set a new record in the Boys U/18 110mH when he ran 14.52 to smash the existing record of 15.49 set by Clarence Kennedy, St. Brendan's A.C. in 2010.

Grace Rooney, Youghal A.C. won the Girls U/11 competition (816 points) with **Eimear Galvin, St. Mary's A.C.** in 2nd place (754) & **Ava Rochford, Ennis Track A.C.** in 3rd place (722). **Laura Frawley, St. Mary's A.C. Limerick** took the title in the Girls U/12 (2106) with **Queen Taminowo, Midleton A.C.** in 2nd place (1923) & **Helen Moynihan, Liscarroll A.C.** in 3rd place (1899). **Susan Nestor, St. Mary's A.C., Clare** took the Munster title in the Girls U/13 (1573) with **Damilola Adesino, Marian A.C.** in 2nd place (1446) & **Aoife O'Sullivan, Liscarroll A.C.** in 3rd place (1423). **Anna Ryan, Moycarkey Coolcree A.C.** was the winner of the Girls U/14 competition (2550) with **Holly Meredith, St. Mary's A.C. Limerick** in 2nd place (2513) & team-mate **Niamh Foley** in 3rd place (2507). There was a win in the Girls U/15 competition for **Sophie Meredith, St. Mary's A.C. Limerick** (3167) with **Fiona Doyle, Star of the Laune A.C.** in 2nd place (3084) & **Aisling Cassidy, Bandon A.C.** in 3rd place (2234).

Liscarroll A.C. won two medals in the Girls U/16 competition with **Vickie Cusack, Liscarroll A.C.** taking gold (3192), & **Aoibhin O'Connor** bronze (2284). **Ciara McKeon, Bandon A.C.** was in 2nd place (2491). There were also double medals for St. John's A.C. Clare with **Clodha Blake** winning the Youth Girls competition (2695) & team-mate **Tara Brady** in 3rd (1959). **Avril Braham, Carraig na BhFear A.C.** won the silver medal (2220).

In the Boys U/11 competition, there was gold for **Eoghan Cassidy, Bandon A.C.** (945), silver for **Sean Tarrant, Liscarroll A.C.** (886) & bronze for **George Alamu, Midleton A.C.** (878). **Jack Corcoran, Waterford A.C.** won the Boys U/12 (1406) with **Callum McCourt, Bandon A.C.** in 2nd (1382) & **Danny Kelly, Belgooly A.C.** in 3rd place (1370). **Reece Ademola, Leevale A.C.** took gold (1756) in the Boys U/13 competition with **Shane Fitzgerald, St. Mary's A.C. Limerick** in 2nd place (1628) & **Evan Hayes, Waterford A.C.** in 3rd (1562).

Daniel Hurley, Old Abbey A.C. took the title in the Boys U/14 competition (2424) with **Diarmuid O'Connor, Old Abbey A.C.** in 2nd place (1987) & bronze for **Tommie Connolly, Leevale A.C.** (1821). There was gold for **Darragh Minter, St. Mary's A.C. Clare** (3085) in the Boys U/15 competition with **Joseph McEvoy, Nenagh Olympic A.C.** winning silver (2752) & bronze for **Brian Lynch, Old Abbey A.C.** (2509). **David Ryan, Moycarkey Coolcree A.C.** was the winner of the Boys U/16 competition finishing on 3210 points with **Alan O'Donovan, Riverstick Kinsale A.C.** in 2nd place (2545) & **Martin**

Kehoe, Carrick-On-Suir A.C. in 3rd place (2431). **Daniel Ryan, Moycarkey Coolcree A.C.** was the clear winner of the Youth competition (3183) with **Joseph Minter, St. Mary's A.C. Clare** in 2nd place (1864).

National Records for Ryan & Meredith



Munster athletes competed very well at the GloHealth National Combined Events Championships in Tullamore Harriers Stadium on Saturday 27th June. There were 10 wins in total by our athletes, 4 gold, 4 silver & 2 bronze & 2 National records set. Our top athletes on the day were **Sophie Meredith, St. Mary's A.C. Limerick** who took gold in the Girls U/15 competition setting a new Championship Best Performance of 3462 points to better Elizabeth Morland's 2013 record of 3436 points with **David Ryan, Moycarkey Coolcree A.C.** putting in an impressive performance in the Boys U/16 competition winning on 3697 points to better his older brother Daniel's record of 3608 points set last year. Both athletes are now the current National Indoor & Outdoor Champions in their age groups. Other gold medal winners were **Joseph McEvoy, Nenagh Olympic A.C.** in the Boys U/15 who (3146 points) who moved up 2 places from the National Indoors when he won bronze & **Daniel Hurley, Old Abbey A.C.** in the Boys U/14 (2610 points) who is now the current Indoor & Outdoor Champion.

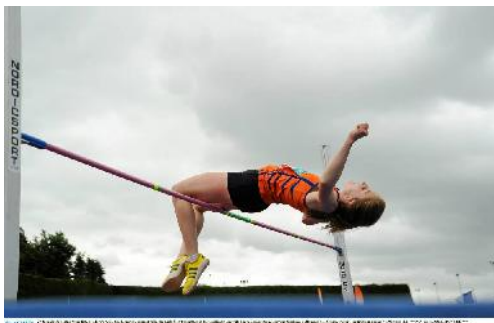
In the closely contested Girls U/14 competition with only 30 points between the top 4, there was a bronze medal for **Anna Ryan, Moycarkey Coolcree A.C.** (2749 points) which improved on her 6th place finish at the National Indoors. **Holly Meredith, St. Mary's A.C. Limerick** was 4th (2743 points) & team-mates **Niamh Foley** was 6th (2462 points) & **Alannah Keays** 9th (1920 points).

In the Boys U/14 competition, **Daniel Hurley, Old Abbey A.C.** won gold on 2610 points with his team-mate, **Diarmuid O'Connor** winning silver on 2490 points to add to his National silver Indoor medal. **Joshua Egan, Nenagh Olympic A.C.** won bronze on 2476 points to add to his National bronze medal won Indoors, **Tommie Connolly, Leevale A.C.** was 4th on 2228 points with **Jack McEvoy, Nenagh Olympic A.C.** 8th on 1762 points.

Sophie Meredith, St. Mary's A.C. Limerick was the standout performer in the Girls U/15 competition winning gold, setting a new pb of 1.68m in the High Jump & setting a new Championship Best Performance of 3462 points. **Fiona Doyle, Star of the Laune A.C.** took silver on 2871 points to add to her National silver Indoor medal with **Aisling Cassidy, Bandon A.C.** in 4th place on 2735 points.

In the Boys U/15 competition, Munster athletes took gold & silver with a win for **Joseph McEvoy, Nenagh Olympic A.C.** on 3146 points to add to his National bronze Indoor medal & silver for **Darragh Minter, St. Mary's A.C. Clare** on 3125 points to add to his National Indoor title. **Brian Lynch, Old Abbey A.C.** was 4th on 2914 points, **Jack Ryan, Moycarkey Coolcree A.C.** was 6th on 2489 points, **Brian Naughton, Nenagh Olympic A.C.** was 7th on 2357 points with **John Forde, Leevale A.C.** 8th on 2345 points.

In the Girls U/16 event, there was a silver medal for **Vicki Cusack, Liscarroll A.C.** who finished on 3178 points with a 5th place finish for **Ciara McKeon, Bandon A.C.** (2597 points) & 6th place for **Aoibhin O'Connor, Liscarroll A.C.** on 2341 points who moved up 3 places from her 9th place finish at the National Indoors. **David Ryan, Moycarkey Coolcree A.C.** was Munster's only representative in the Boys U/16 competition & he put in an excellent performance winning gold & setting a new National record of 3697 points.



SCHOOLS COMPETITIONS

Akers Wins Lar Byrne Trophy for "Athlete of Championships"

The GloHealth Irish Schools Track & Field Championships took place in Tullamore Stadium on Saturday 30th May. Munster athletes were in fine form winning 38 individual Schools titles, 36 silver medals & 31 bronze & 5 sets of Relay medals (2 gold, 2 silver & 1 bronze). Among the Munster athletes who impressed on the day were **Ciara Neville, Castletroy College** who won double gold in the Inter Girls 100m & 200m also setting a new record in the 100m with her blistering run of 11.64 & exceeding World Youth & EYOF standards & **Alice Akers, Scariff CC** who threw 56.20m in the Senior Girls Hammer to win gold & set a new Irish Schools record. Later in the day she was awarded the Lar Byrne Memorial Trophy for "Athlete of the Championships". **Daniel Ryan, Thurles CBS** was another stand out performer jumping 7.10m in the Inter Boys Long Jump to equal Jonathon Kron's 1989 School's record & achieve the EYOF standard with him recording his second gold of the day in the Inter Boys 100mH with his run of 13.07, just off the Schools record of 12.97H held by Carlton Haddock. **Phoebe Murphy, Loreto Clonmel** was another athlete in top form doing the double in the Senior Girls 100m & 200m with **Sophie Meredith, SMI Newcastle West** winning double gold in the Junior Girls High Jump & Long Jump & setting a new Schools record of 5.67m in the Long Jump.



Munster had 4 Record breaking athletes over the weekend:-

- **Sophie Meredith, SMI Newcastle West** set a new Junior Girls record of 5.67m in the Long Jump to better the 5.58m jumped by Arlene Crossan, Loreto Letterkenny in 2013.
- **Ciara Neville, Castletroy College** set a new Inter Record in the Girls 100m with her blistering fast time of 11.64 to smash the previous meet record of 11.9H set in 1983 by Olive Burke, FCJ Laurel Hill & equalled by Niamh Whelan, Presentation Waterford in 2008.
- **Daniel Ryan, Thurles CBS** equalled the Inter Boys Long Jump record of 7.10m set by Jonathon Kron, Wesley College in 1989.
- **Alice Akers, Scarrif CC** set a new record in the Senior Girls Hammer with her throw of 56.20m to better the 2011 record of 55.31m by Cara Kennedy, Waterford CFF



Multiple Medal winners for Munster were – **Sean Mockler, Thurles CBS** – 1st Junior Boys Hammer & Discus; **Ciara Neville, Castletroy College** – 1st in Intermediate Girls 100m & 200m; **Daniel Ryan, Thurles CBS** – 1st Inter Boys 100mH & Long Jump; **Phoebe Murphy, Loreto Clonmel** – 1st Senior Girls 100m & 200m; **Fiona Doyle, IS Killorglin** – 1st in Junior Girls 200m & 2nd in High Jump; **David Ryan, Thurles CBS** – 1st Junior Boys Long Jump & 2nd in 200m; **Kate Taylor, Colaiste Mhuire Ennis** – 1st Inter Girls Triple Jump & 2nd in Long Jump; **Miriam Daly, Scoil Mhuire, Carrick-On-Suir** – gold in Junior Girls 75mH & silver in 100m; **Sharlene Mawdsley, St. Mary's Newport** – 1st Inter Girls 300m & 3rd in 200m; **Scott Gibson, Bandon Grammer School** – 1st Senior Boys 400m & 3rd in 100m; **Roisin Harrison, Villiers Limerick** – 2nd Senior Girls 100m & 200m; **Jack Ryan, Thurles CBS** – 2nd Minor Boys Long Jump & 3rd Shot Putt; **Shauna Linehan, Colaiste Treasa** – silver in Junior Girls Shot Putt & bronze in Discus; **Shawn Benson, St. Flannan's Ennis** – 2nd in Junior Boys 100m & 3rd in 200m; **Lauren O'Leary, Nagle Rice, Doneraile** – bronze in Minor Girls 100m & Long Jump; **Chloe Tobin, Castletroy College** – double bronze in Inter Girls 80mH & 300mH;

Munster scored a 1, 2 & 3 in the Junior Boys Long Jump (**David Ryan, Thurles CBS 1st, Brian Lynch, Spioraid Naoimh, 2nd & Adam Dooley, Colaiste Pobal Ros Cre in 3rd**) & the Junior Boys Hammer (1st **Sean Mockler, Thurles CBS, 2nd Brian Naughton, Nenagh College & 3rd Pdraig O'Callaghan, Col Christ Ri**). There was a clean sweep for Munster athletes in the Senior Boys Hammer with gold for **Adam King Col na Sceilige**, silver for **Tomas O'Neill SM Kanturk** & bronze for **Andre Christie Spioraid Naoimh**. Munster had gold & silver in the Senior Girls 100m & 200m with **Phoebe Murphy, Loreto Clonmel & Roisin Harrison, Villiers Limerick** winning on the double. There was also gold & silver in the Senior Boys Pole Vault with **Seamie Fennell & Juri Kanash, St. Augustine's College** finishing 1st & 2nd. There was a 2 & 3 in the Minor Girls 100m with **Niamh Foley, SMI Newcastle West & Lauren O'Leary, Nagle Rice, Doneraile** both winning medals. **Sophie Meredith, SMI Newcastle West & Fiona Doyle, IS Killorglin** battled it out in the Junior Girls High Jump with both ending on 1.60m & Sophie snatching victory on countback. There was silver & bronze in the Junior Girls Javelin with wins for **Katie Moynihan Davis College & Anna Leary Loreto Fermoy**. Munster scored a 1 & 3 in the Inter Girls 100m with a win for **Ciara Neville Castletroy College (11.64R)** & 3rd place for **Lauren Ryan Crescent C.C.**



Thurles CBS Athletes – Top Junior Boys School & Top Medal Winners Overall



Munster medal winners are below:-

Gold medals

1. Sean Quilter Tralee CBS – Minor Boys Long Jump (5.18m)
2. Miriam Daly, Scoil Mhuire Carrick-On-Suir (11.59)
3. Fiona Doyle, IS Killorglin – Junior Girls 200m (25.23)
4. Alex O'Neill, Rice College, Ennis – Junior Girls 800m (2.19.57)
5. Sophie Meredith, SMI Newcastle West – Junior Girls High Jump (1.60m)
6. Sophie Meredith, SMI Newcastle West – Junior Girls Long Jump (5.67m) **REC**
7. Aisling Cassidy, Bandon A.C. – Junior Girls Pole Vault (2.65m)
8. Darragh McElhinney Colaiste Phobal Beantraí – Junior Boys 1500m (4.18.76)
9. Liam McDonagh Thurles CBS – Junior Boys 1200m Walk (6:07.05)
10. Dean Mulqueen St Annes Killaloe - Junior Boys 80mH (11.60)
11. Ben O'Donovan Midleton College – Junior Boys High Jump (1.85m)
12. David Ryan Thurles CBS – Junior Boys Long Jump (6.34m)
13. Sean Mockler Thurles CBS – Junior Boys Discus (42.23m)
14. Sean Mockler Thurles CBS – Junior Boys Hammer (47.80m)
15. Ciara Neville, Castletroy College – Inter Girls 100m (11.64) **REC**
16. Ciara Neville, Castletroy College – Inter Girls 200m (23.99)
17. Sharlene Mawdsley, St. Mary's Newport – Inter Girls 300m (39.91)
18. Kate Taylor Col Mhuire Ennis – Inter Girls Triple Jump (11.21m)
19. Orlaith O'Brien Ursuline Waterford – Inter Girls Javelin (43.29m)
20. Daniel Ryan Thurles CBS – Inter Boys 100mH (13.07)
21. Gearoid McMahon St Caimin's Shannon – Inter Boys 2000m Walk (9.03.42)

22. Daniel Ryan Thurles CBS – Inter Boys Long Jump (7.10m) =**REC**
23. James French Bandon Grammer School – Inter Boys Shot Putt (14.90m)
24. Phoebe Murphy Loreto Clonmel – Senior Girls 100m (11.72)
25. Phoebe Murphy Loreto Clonmel – Senior Girls 200m (24.21)
26. Jenna Bromell Castletroy College – Senior Girls 400m (57.06)
27. Louise Shanahan Bruce College Cork – Senior Girls 800m (2.13.52)
28. Kelly-Anne Doyle Scoil Mhuire, Carrick-On-Suir – Senior Girls 400mH (62.40)
29. Laura Cussen Col Choilm B'col – Senior Girls Pole Vault (3.15m)
30. Deirbhle Ní Riain GC Luimnigh – Senior Girls Shot Putt (11.29m)
31. Kayleigh Cronin St Brigids – Senior Girls Discus (42.93m)
32. Alice Akers Scariff CC – Senior Girls Hammer (56.20m) **REC**
33. Scott Gibson Bandon Grammer School – Senior Boys 400m (49.41)
34. Kevin Mulcaire St Flannan's Ennis – Senior Boys 5000m (1451.97)
35. David Cussen Spioraid Naoimh – Senior Boys High Jump (2.05m)
36. Seamie Fennell St Augustines – Senior Boys Pole Vault (4.20m)
37. Adam King Col na Sceilige – Senior Boys Hammer (56.95m)
38. Aaron Egan HS Clonmel – Senior Boys 3000m Walk (12.39.87)

- **Silver medals**

1. Niamh Foley, SMI Newcastle West – Minor Girls 100m (12.50)
1. Jack Ryan Thurles CBS – Minor Boys Long Jump (5.10m)
2. Sean Carolan St Mary's Newport – Minor Boys Shot Putt (12.48m)
3. Miriam Daly, Scoil Mhuire, Carrick-On-Suir – Junior Girls 100m (12.42)
4. Fiona Doyle, IS Killorglin – Junior Girls High Jump (1.60m)
5. Shauna Linehan Colaiste Treasa – Junior Girls Shot Putt (11.27m)
6. Katie Moynihan Davis College – Junior Girls Javelin (35.00m)
7. Jake Vermeer Comeragh College – Junior Boys 80mH (11.79)
8. Shawn Benson St Flannan's Ennis – Junior Boys 100m (11.46)
9. David Ryan Thurles CBS – Junior Boys 200m (23.18)
10. Brian Lynch Spioraid Naoimh – Junior Boys Long Jump (5.82m)
11. Darragh Minitier Kilrush CS – Junior Boys Shot Putt (12.88m)
12. Brian Naughton Nenagh College - Junior Boys Hammer (43.41m)
13. Sharlene Mawdsley, St. Mary's Newport – Inter Girls 200m (24.26)
14. Caoimhe Harrington Colaiste Phobal Beantraí – Inter Girls 3000m (10.39.13)
15. Laura Nicholson Bandon Grammer School – Inter Girls 1500m S/C (5.22.01)
16. Clodagh Walsh, Davis College – Inter Girls Pole Vault (2.75m)
17. Kate Taylor Col Mhuire Ennis – Inter Girls Long Jump (5.54m)
18. Aoife Doyle IS Killorglin – Inter Girls Discus (33.80m)
19. Tony Odubote Rice College Ennis – Inter Boys 100m (11.22)
20. Jamie Mitchell Ardscoil Rís Lim – Inter Boys 400m (51.52)
21. Jamie Roche St Flannan's Ennis – Inter Boys 1500m S/C (4.39.39)
22. Conor O'Driscoll Carrigaline CS – Inter Boys 800m (1.59.36)
23. Fearghal Curtin Middleton CBS – Inter Boys 3000m (8.56.18)

24. Eoghan Flynn Dungarvan CBS – Inter Boys Discus (40.05m)
25. Roisin Harrison Villiers Limerick – Senior Girls 100m (11.97)
26. Roisin Harrison Villiers Limerick – Senior Girls 200m (24.34)
27. Clodagh O'Mahoney Laurel Hill – Senior Girls 100mH (14.46)
28. Ellen Larkin Villiers Limerick – Senior Girls Pole Vault (2.90m)
29. Aoife Vaughan-Witts Borrisokane CC – Senior Girls Hammer (49.52m)
30. Daniel O'Mahony Rochestown College – Senior Boys 400m (57.77)
31. Sean Collins St Flannan's Ennis – Senior Boys 2000m S/C (6.14.41)
32. Yuri Kanash St Augustines – Senior Boys Pole Vault (4.00m)
33. Tomas O'Neill SM Kanturk – Senior Boys Hammer (50.38m)
34. Anthony Tobin HS Clonmel – Senior Boys 3000m Walk (13.28.00)
35. Charlie O'Donovan Col Christ Ri – U/16 Mile (4.33.14)

Bronze Medals

1. Lauren O'Leary, Nagle Rice, Doneraile – Minor Girls 100m (12.58)
2. Lauren O'Leary, Nagle Rice Doneraile – Minor Girls Long Jump (5.22m)
3. Katelyn Coffey, Gael Cholaiste Mhuire AG – Minor Girls 800m (2.27.27)
4. Jack Ryan Thurles CBS – Minor Boys Shot Putt (12.20m)
5. Claire Rafter Ursuline Thurles – Junior Girls 1500m (4.46.02)
6. Rachel Stephens GC Phort Lairge – Junior Girls Discus (27.96m)
7. Shauna Linehan Colaiste Treasa – Junior Girls Hammer (35.87m)
8. Anna Leary Loreto Fermoy – Junior Girls Javelin (32.19m)
9. Shawn Benson St Flannan's Ennis – Junior Boys 200m (23.56)
10. Craig Cloona St Augustines – Junior Boys Pole Vault (2.90m)
11. Adam Dooley Col Phobal Ros Cré – Junior Boys Long Jump (5.81m)
12. Cian Kingston Bandon GS – Junior Boys Discus (37.72m)
13. Pdraig O'Callaghan Col Christ Ri - Junior Boys Hammer (41.74m)
14. Joe McEvoy St Annes Killaloe – Junior Boys Discus (38.53m)
15. Aoife Mahony Pres Listowel – Inter Girls 800m (2.23.93)
16. Chloe Tobin Castletroy College – Inter Girls 80mH (11.59 3.8)
17. Chloe Tobin Castletroy College – Inter Girls 300mH (45.60)
18. Aoife Hurley Loreto Fermoy – Inter Girls Javelin (34.69m)
19. Sarah Hayes, Mount St. Michael Rosscarbery – Inter Girls Shot Putt (11.45m)
20. Orla O'Connor Waterpark College – Inter Girls 2000m Walk (10.03.48)
21. Cathal Locke Crescent C.C. – Inter Boys 400mH (57.63)
22. David Kenny St Brendans – Inter Boys 2000m Walk (9.54.98)
23. Travis Coomey Bandon Grammer School – Inter Boys Hammer (47.72m)
24. Ciara Cummins Ursuline Thurles – Senior Girls 1500m S/C (5.20.60)
25. Megan Dunford St Augustines – Senior Girls Pole Vault (2.60m)
26. Fiona O'Shea Laurel Hill – Senior Girls Triple Jump (10.91m)
27. Lauren O'Mahony St Marys Midleton – Senior Girls Javelin (32.25m)
28. Scott Gibson Bandon Grammer School – Senior Boys 100m (10.76)
29. Sean Curran Dungarvan CBS – Senior Boys 1500m (406.39)
30. Andre Christie Spioraid Naoimh – Senior Boys Hammer (48.97m)
31. Bobby Smith Bandon Grammer School – Senior Boys Javelin (51.94m)

Relay Results

- Bandon Grammer School – 2nd Minor Girls 4 x 100m (53.93)
- Bandon Grammar School – 3rd Junior Girls 4 x 100m (53.01)
- Castletroy College – 1st Inter Girls 4 x 100m (50.17)
- Scoil Mhuire Carrick on Suir – 2nd Inter Girls 4 x 100m (50.63)
- Bandon Grammar School – 1st Senior Boys 4 x 100m (43.20)

Schools Rankings

1. Minor Boys – 3rd Thurles CBS
2. Junior Girls – 1st Bandon Grammer
3. Junior Girls – 3rd SMI Newcastle West
4. Junior Boys – 1st Thurles CBS
5. Junior Boys – 3rd St. Anne's Killaloe
6. Inter Girls – 1st Castletroy College
7. Inter Girls – 2nd Ursuline Thurles
8. Inter Boys – 2nd Bandon Grammer
9. Senior Boys – 2nd Bandon Grammer
10. U/16 Boys – Colaiste Christ Ri

Tailteann Trophies for McMahon & Ryan



The GloHealth Tailteann Interprovincial Track & Field Championships took place on Friday 19th June in Morton Stadium, Santry. Munster athletes took home 24 medals in total (8 gold, 7 silver & 9 bronze). It was a day of mixed fortunes for our athletes but some of the highlights on the day were **Gearoid McMahon, St. Caimin's Shannon** winning the Roisin O'Callaghan Memorial Trophy for the Best Athlete in the Race Walking event in a new personal best time of 14.06.17, over 68 seconds clear of 2nd place & **David Ryan, Thurles CBS** winning the Michael Farnan Memorial Trophy for the Best Long Jump Athlete. Ryan, a junior athlete, jumped out to a new personal best of 6.77m to win

gold to add to his Junior Schools title. His older brother **Daniel** won silver in the same event, just 5cm behind him with his jump of 6.72m.

Other athletes who put in top class performances on the day were **Ciara Neville, Castletroy College** who did the double in the Girls 100m & 200m setting two new records of 11.4h & 24.1h & **Orlaith O'Brien, Ursuline Waterford** who threw the javelin out to a new Tailteann record of 45.67m. **Alex O'Neill, Rice College Ennis** took gold in the Girls 800m race in a time of 2.15.54 with gold for **Cathal Locke, Crescent Community College** in the Boys 400mH race in a time of 56.71 & **Diarmuid Clancy, Meanscoil San Nicolas** in 2nd place in 57.44. **James French, Bandon Grammer** reigned supreme in the Boys Shot Putt winning gold with a throw of 14.75m. There were silver medals for **Clodagh Walsh, Davis College** in the Girls Pole Vault (2.75m), **Angharad Loughnane, Gael Cholaiste Luimnigh** in the Girls Discus (33.21m), **Jamie Mitchell, Ard Scoil Rís** in the Boys 400m (50.24), **Conor O'Driscoll, Carrigaline CS** in the Boys 800m (1.57.14) & **Jamie Roche, St. Flannan's Ennis** in the Boys 1500m Steeplechase (4.37.30). Bronze medals were won by **Claire Rafter, Ursuline Thurles** in the Girls 1500m (4.39.68), **Lauren Ryan, Crescent Community College** in the Girls 80mH (11.6h), **Chloe Tobin, Castletroy College** in the Girls 300mH (44.48), **Sophie Meredith, SMI NewcastleWest** in the Girls Long Jump (5.48m), **Kate Taylor, Colaiste Mhuire Ennis** in the Girls Triple Jump (10.81m), **Ann Corcoran, Ursuline Waterford** in the Girls Shot Putt (12.06m), **Kathleen Heery, Ursuline Waterford** in the Girls Discus (29.75m), **Orla O'Connor, Waterpark College** in the Girls 3km Walk (15.31.57) & **Tony Odubote, Rice College Ennis** in the Boys 100m (11.31). In the Relay competitions, the Munster teams were 2nd in the Girls 4 x 100 & Boys 4 x 400m with 4th place finishes in the Girls 4 x 400m & Boys 4 x 100m. Top Girls School overall was Castletroy College with the Ursuline Waterford in 2nd place. Thurles CBS finished in 2nd place overall for the Boys Schools with the Munster teams finishing 3rd overall behind Leinster & Ulster.

8 National Medals for Munster at GloHealth Irish Schools Combined Events



The AIT International Arena, Athlone was the venue for the GloHealth Irish Schools Combined Events Championships on Saturday 7th November. A strong Munster Squad of 21 athletes travelled to the venue which produced an exciting & intense competition as athletes from the four provinces battled it out for the coveted places on the Irish Junior & Intermediate Schools Teams. In the Junior competitions, Munster were represented by **Sophie & Holly Meredith (SMI Newcastlewest), Aisling Cassidy (Bandon Grammer School), Ciara McKeon (Colaiste na Toirbhirte, Bandon), Brian Lynch, (Colaiste Spioraid Naomh), Darragh Minitier (Kilrush CS), Jake Vermeer (Comeragh College), Sean Mockler (CBS Thurles) & Joseph McEvoy (St. Anne's Killaloe)**. At Intermediate level, our competitors were **Ann Corcoran (Ursuline Waterford), Vicki Cusack (Davis College, Mallow), Kate Taylor (Colaiste Muire Ennis), Daniel Ryan (CBS Thurles), Damien Hickey (Davis College, Mallow), Tony Odubote & Cathal O'Brien (Rice College Ennis) & Joseph Minitier (Ennistymon CBC)**. Our representatives in the Senior category were **Laoise Bennis, Hazelwood College, John Hogan & Saran Mangalasithira (Davis College, Mallow) & Jason McGrath, Glanmire CC**. Out of those 21 athletes, 8 National medals were won (3 gold, 4 silver & 1 bronze) with 10 Munster athletes (4 girls & 6 boys) also qualifying for the SIAB Schools International competition in the Emirates Arena, Glasgow on Saturday 12th December 2015.

In the Junior Girls competition, **Sophie Meredith** finished in third place with a score of **3315 points with Aisling Cassidy in 6th place on 3083 points, Ciara McKeon in 7th on 2862 points & Holly Meredith in 10th on 2540 points.**

In the Intermediate Girls competition, the gold medal went to **Anne Corcoran** in a particularly tight finish with only 15 points separating gold & silver. The silver medal was won by **Vicki Cusack** who finished with 3485 points with **Kate Taylor** taking 4th place on 3303 points.

Laoise Bennis was Munster's only representative in the Senior Girls competition & she did very well winning silver with a total score of 2067 points.

In the Junior Boys category, **Brian Lynch** put in a terrific & well balanced performance to take gold with 3154 points with another good performance from **Darragh Minitier** in 2nd place on 3010 points & **Jake Vermeer** in 4th place on 2952 points. **Sean Mockler** was 5th on 2835 points **with Joseph McEvoy** in 6th on 2624 points.

Daniel Ryan put in a strong & confident performance in the Intermediate Boys competition, taking gold & a new Irish Schools Record with a winning score of 3785 points, up 285 points on his score last year. **Damien Hickey** placed 2nd with a score of 3298 points with **Tony Odubote** 4th on 3196 points. **Cathal O'Brien & Joseph Minitier** were 6th & 7th with 3011 points & 2923 points.

Saran Mangalasithira, John Hogan & Jason McGrath were Munster's representatives in the Senior Boys category & they competed well to finish in 4th, 5th & 9th place with 2460, 2444 & 1863 points. Congratulations & well done to all our athletes who represented their schools so well on the day.

Munster's 10 representatives on the SIAB Schools International Irish Team for 2015 were:-

- Sophie Meredith (Junior Girls)
- Brian Lynch, Darragh Minitier & Jake Vermeer (Junior Boys)
- Anne Corcoran, Vicki Cusack & Kate Taylor (Intermediate Girls)
- Daniel Ryan, Damien Hickey & Tony Odubote (Intermediate Boys)

INTERNATIONAL COMPETITIONS

European Youth Olympic Festival (EYOF)



The European Youth Olympic Festival took place in Tbilisi, Georgia from July 26th to August 1st 2015. **Ciara Neville, Emerald A.C.** put in a brilliant performance to win gold in the Girls 100m. She raced to glory in a time of 12.01 seconds in the final ahead of Poland's Klaudia Adamek (12.16) and Norway's Ingvild Meinseth (12.17). A few days earlier, Neville won her heat and semi-final in 11.90 and 11.92 respectively. The 15-year-old was the fastest going into the final and lived up to her favourite tag in style by winning European gold.



The Irish Girls 4 x 100m Relay team which included Munster athletes **Ciara Neville & Lauren Ryan, Dooneen** ran very well to make it to the Final. They qualified as the fastest team in 45.96 but disaster struck in the Final when Akpe Moses pulled a hamstring with the team unable to finish.



Daniel Ryan, Moycarkey Coolcree A.C. jumped a best of 6.84m in the last round of the long jump to finish an agonising fourth with **Jamie Mitchell, Emerald A.C.** producing a personal best performance in the 400m of 48.79 to finish 4th. **Orlaith O'Brien, Ferrybank A.C.** had to deal with difficult conditions in the javelin qualifying rounds and crosswinds led to her marks being outside the sector so she was unable to qualify for the Javelin Final.



The Irish EYOF Team for 2015

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 Nicolas/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.

2nd Place for Irish Celtic Team



Irish Celtic Track & Field International Teams 2015

The 2015 Celtic Games International, now in its 40th year, was held in Grangemouth, Scotland on Saturday 1st August 2015. Hosted by Scottish Athletics, Scotland won the overall match with 170 points from Ireland on 156 and Wales on 147. There were category wins for Scotland in three of the four sections – at U18 Boys, U18 Girls and U16 Boys. Ireland won the U16 Girls, with Scotland second. 9 individual medals in total (3 gold, 3 silver & 3 bronze) were won by the Munster athletes who competed on the day.

Miriam Daly, Carrick-On-Suir A.C. was 3rd in the Girls U/16 80mH in a time of 11.75, **Tony Odubote, Ennis Track A.C.** was 2nd in the Boys U/16 100mH in a new pb of 13.36 with **David Ryan, Moycarkey Coolcree A.C.** jumping out to a new personal best of 6.88m in the Boys U/16 Long Jump to take 2nd place.



In the U/18 competitions, **Ellen Larkin, Emerald A.C.** won the Pole Vault with a vault of 3.05m, a new pb for her, **Jack Murphy, Leevale A.C.** took victory in the 110mH with a time of 14.45 with **Fearghal Curtin, Youghal A.C.** placing 1st in the 1500m in a time of 4.01.61.

Andre Christie, Leevale A.C. was 2nd in the Hammer throwing a new personal best of 60.96m with **Aishling Vaughan Witts, Borrisokane A.C.** finishing 3rd in the Girls Hammer with a throw of 49.65m & **Tom Deasy, Belgooly A.C.** finishing 3rd in the Long Jump with a jump of 6.10m.



There was mixed fortunes for Ireland in the relay competitions. **Tony Odubote** was a member of the Mixed U/16 team who stormed home to victory only to be disqualified for changing the baton outside one of the zones. **Kate Bernard, Bandon A.C.** was part of the Girls U/18 4 x 100m team who did not finish due to a hamstring injury suffered by the 1st leg runner. **Jack Murphy** fared better with the Boys U/18 4 x 100m Relay team who finished 3rd.

Irish Team (Munster)

- Miriam Daly, Carrick-On-Suir A.C. – Girls U/16 80mH
- Tony Odubote, Ennis Track A.C. – Boys U/16 100mH
- David Ryan, Moycarkey Coolcree A.C. – Boys U/16 Long Jump
- Ellen Larkin, Emerald A.C. – Girls U/18 Pole Vault
- Kate Bernard, Bandon A.C. – Girls U/18 4 x 100m
- Aishling Vaughan Witts, Borrisokane A.C. – Girls U/18 Hammer
- Jack Murphy, Leevale A.C. – Boys U/18 110mH
- Fearghal Curtin, Youghal A.C. – Boys U/18 1500m
- Andre Christie, Leevale A.C. – Boys U/18 Hammer
- Tom Deasy, Belgooly A.C. – Boys U/18 Long Jump

Silver & Bronze Individual Medals for Munster Athletes



A strong Irish team of 16 athletes travelled to the Emirates Arena, Glasgow to represent their schools & country at the Schools International Combined Events Championships on Saturday 12th December. The team did very well bringing home a total of 4 individual medals (1 gold, 1 silver & 2 bronze) & 4 sets of team medals (2 silver & 2 bronze) with Kate O'Connor, St. Vincent's Dundalk breaking Katarina Johnson Thompson's 2007 record of 3769 points by 34 points.

Best Individual performances from our 10 Munster athletes came from **Damien Hickey, Davis College** who took silver in the Intermediate Boys competition on 3505 points, **Tony Odubote, Rice College, Ennis** who won bronze in the same competition finishing on 3394 points & **Brian Lynch, Colaiste Spioraid Naoimh** who won bronze in the Junior Boys competition with 3192 points. All of our athletes returned with either individual or team medals which was a great achievement. In the Junior Girls competition, **Sophie Meredith, SMI Newcastle West** finished in 7th place on 3201 points & she also won a silver team medal with the Irish team. **Darragh Minitier, Kilrush Community School** was 4th in the Junior Boys competition on 3141 points just 51 points behind bronze medallist, **Brian Lynch** with **Jake Vermeer, Comeragh College** in 8th place on 2937 points. All three boys won a bronze team medal with the Irish team. In the Inter Girls competition, our best Munster finisher was **Anne Corcoran, Ursuline Thurles** who finished in 5th place on 3422 points with **Kate Taylor, Colaiste Mhuire, Ennis** in 9th on 3307 points & **Vickie Cusack, Davis College** in 11th on 3221 points. All three girls won a bronze team medal with the Irish team. In the Intermediate Boys competition, there was silver for **Damien Hickey** & bronze for **Tony Odubote** with **Daniel Ryan, Thurles CBS** in 12th place. A special mention goes to Daniel who was very unfortunate on the day to pick up an injury. Having posted two big pbs in the Shot Putt (15.97m) & 200m (22.65), Daniel sustained an injury in the first round of the long jump & had to withdraw from the competition while leading by over 300 points & on course to break the Inter Boys record. We wish him a speedy recovery. With Daniel out, the Irish chances of taking the gold team medal faded & they finished an excellent 2nd behind the English,

10347 points to the Irish score of 10150 points. A big congratulations to our ten Munster athletes & to all the Irish team on their performances & results.

CROSS COUNTRY

Tipperary Tops at Munster Juvenile Cross Country Relays



At the Munster Juvenile Cross Country Relay Championships in Carriganore, WIT, Co. Waterford on Sunday 11th January, **Tipperary** took over the mantle from top scorers Clare in 2014, to take home **6** sets of medals in total, 3 gold in the Girls & Boys U/12 & Boys U/14 & 3 silver in the Girls & Boys U/10 & Girls U/14. Next best county was **Clare** with **5** sets of medals (gold in the Boys U/10 & Girls U/14, 2 silver in the Girls & Boys U/12 & bronze in the Boys U/10). **Kerry** placed 3rd with **3** sets of medals (gold in Girls U/10 & bronze in the Girls U/12 & Boys U/14). **Waterford** placed 4th with **4** sets of medals (silver in the Boys U/14 & bronze in the Boys U/10 & U/12 & Girls U/14).

National "B" Gold for Harvey, Meaney & O'Sullivan



The National Juvenile "B" Cross Country Championships took place in the Palace Grounds, Tuam, Co. Galway on Sunday 8th February 2015. National titles went to **Connor Meaney, Fergus A.C.** in the

Boys U/11 race, **Daire O'Sullivan, Carraig-Na-Bhfear A.C.** in the Boys U/13 race & **Caoimhe Harvey, St. John's A.C.** in the Girls U/15 competition. Individual Bronze medals were won by **Ciara Meehan, Marian A.C.** (Girls U/11), **Barry Conway, Fergus A.C.** (Boys U/11) & **Ben Whelehan, Kilmurray/Ibrickane A.C.** in the Boys U/13 competition with 34 individual medals overall for Munster athletes. **Clare** topped the Inter-County competition for Munster winning 5 National titles in the Girls U/11, Boys U/11, Boys U/13, Girls U/15 & Boys U/15 & silver in the Girls U/13. **Cork** won gold in the Girls U/13 & **Tipperary** silver in the Boys U/11 competition. Clare Clubs were also to the fore in the Inter-Clubs competition with gold for **Marian A.C.** in Girls U/11 & bronze in Girls U/15, gold for **Fergus A.C.** in Boys U/11, gold for **Kilmurray/Ibrickane A.C.** in Boys U/13 & bronze in Girls U/13 & bronze for **Tulla A.C.** in Boys U/13. **Moyne A.C.** won double silver in the Girls U/13 & Boys U/17 competitions & bronze in Boys U/11 race with gold for **West Muskerry A.C.** in Girls U/13 race.

Top 12 finishers & medal winners for Munster in the Girls U/11 race were **Ciara Meehan, Marian A.C.** (3rd), **Laura Purcell, Moycarkey Coolcree A.C.** (4th), **Kathy O'Farrell, Tulla A.C.** (5th), **Sauna McCarthy, Farranfore Maine Valley A.C.** (6th), **Ellen Carey, Kilmurray/Ibrickane A.C.** (7th), **Labhaoise O'Donnell, Tulla A.C.** (11th) & **Saoirse Crowe, St. Mary's A.C. Clare** (12th). **Marian A.C.** won gold in the Inter-Club competition with **Clare** winning the Inter-County title & **Tipperary** in 4th place.

There were 6 Munster athletes in the top 12 in the Boys U/11 race with **Connor Meaney, Fergus A.C.** taking the National title, his team-mate **Barry Conway** not far behind in 3rd place, **Ciaran Birmingham, St. Mary's A.C. Clare** in 7th, **Ian Griffin, Fergus A.C.** in 8th, **Jack O'Neill, St. Cronan's A.C.** in 9th & **Cian Neylon, Marian A.C.** in 10th. **Fergus A.C.** won gold in the Inter-Club competition with **Moyne A.C.** in 3rd place. In the Inter-County competition, there was gold for **Clare** & silver for **Tipperary**.

4 Munster athletes made the top 12 in the Girls U/13 race with 6th for **Rachel Butler, Moyne A.C.**, 9th for **Sarah O'Neill, West Muskerry A.C.**, 10th for **Annie Maher, West Muskerry A.C.** & 11th for **Eva Lankford, Grange/Fermoy A.C.** There was a clean sweep for Munster in the Inter-Club competition with gold for **West Muskerry A.C.**, silver for **Moyne A.C.** & bronze for **Kilmurray/Ibrickane A.C.** with gold for **Cork** & silver for **Clare** in the Inter-County competition.

7 out of the 12 places in the Boys U/13 race were filled by Munster athletes. The National title went to **Daire O'Sullivan, Carraig-Na-Bhfear A.C.**, bronze for **Ben Whelehan, Kilmurray/Ibrickane A.C.**, 4th for **Gary Randles, Kenmare A.C.**, 5th for **Adam Ryan, Newport A.C.**, 8th for **Dylan McLaughlin, Moyne A.C.**, 9th for **Kevin Barry, St. Catherine's A.C. Cork** & 12th for **Cathal Fitzgerald, Carraig-Na-Bhfear A.C. Kilmurray/Ibrickane A.C.** took gold in the Inter-Club competition with bronze for **Tulla A.C.** & gold for **Clare** in the Inter-County competition.

There were 3 top 12 finishers for Munster in the Girls U/15 competition with **Elma Casey, Clonmel A.C.** in 9th, **Caoimhe Hogan, Kilmurray/Ibrickane A.C.** in 11th & her team-mate **Jo Keane** in 12th. **Marian A.C.** were 3rd in the Inter-Club competition with **Clare** winning the National Inter-County title.

In the Boys U/15 race, Munster had 4 athletes in the top 12 with **Garry Twomey, Kilmurray/Ibrickane A.C.** in 7th, **Luke Callinan, St. Mary's A.C. Clare** in 8th, **Simon Upton, Youghal A.C.** in 11th & **Chris Maher, West Muskerry A.C.** in 12th. **Clare** won the Inter-County title.

Caoimhe Harvey, St. John's A.C. clinched the National title in the Girls U/17 race with **Elaine Shannon, Kilmurray/Ibrickane A.C.** in 4th place. Our only top 12 finisher in the Boys U/17 race was **Jack Moore, Moyne A.C.** who was 7th overall with his Club winning silver in the Inter-Club competition.

Cork Dominates at Munster Juvenile Even Age Cross Country

The official start of the 2015 Munster Cross Country Season got underway in WIT Sports Campus, Carriganore, Co. Waterford on Sunday 25th October 2015. Our thanks to Waterford County Board & all the Waterford Clubs for the provision of the excellent facilities & to all who assisted on the day.

In the individual competitions, **Cork** was strong winning 5 out of 10 titles with **Clare & Limerick** next on 2 titles each & **Tipperary** with 1. **Cork** also won 8 Inter-County titles with 1 each for **Clare (Boys U/12)** & **Waterford (Girls U/18)**.

In the Inter-Club competition **West Waterford A.C., Ennis Track A.C. & Leevale A.C.** all won two titles each with one title each for **Ferrybank A.C., Bandon A.C., Youghal A.C. & Middleton A.C.**

Breakdown of Club winnings is below:-

- Ennis Track A.C. – 2 gold, 2 bronze
- Leevale A.C. – 2 gold
- West Waterford A.C. – 2 gold
- Youghal A.C. – 1 gold, 2 silver
- Bandon A.C. – 1 gold, 1 silver & 2 bronze
- Ferrybank A.C. – 1 gold
- Middleton A.C. – 1 gold
- St. Cronan's A.C. – 2 silver
- Dooneen A.C. – 1 silver
- Kilmurray/Ibrickane A.C. – 1 silver
- St. Catherine's (Cork) A.C. – 1 silver
- Waterford A.C. – 2 bronze
- Kilmihil A.C. – 1 bronze
- North Cork A.C. – 1 bronze

Top 3 in the Girls U/10 race were **Nicole Dinan Leevale A.C., Ava Fitzgerald Carraig-Na-Bhfear A.C. & Amy McCarthy Bandon A.C.** with **Leevale A.C., Youghal A.C. & Bandon A.C.** winning the top 3 team titles. In the Boys U/10 race, gold went to **Ryan McCarthy Riverstick/Kinsale A.C.** with silver for **Roman Borkowski-Hogan North Cork A.C.** & bronze for **Nathan MacKey Waterford A.C.** Top 3 team prizes went to **Bandon A.C.** who were the clear winners on 71 points, **St. Cronan's A.C.** on 112 points & **North Cork A.C.** on 123 points.

The Girls U/12 title went to Limerick athlete, **Sarah Hosey Dooneen A.C.** with silver for **Neasa Ni Ainifein Ennis Track A.C.** & bronze for **Kate Redmond Riverstick/Kinsale A.C.** Team prizes were won by **Youghal A.C., Dooneen A.C. & Ennis Track A.C.** **Niall Murphy St. Cronans A.C.** took gold in the Boys U/12 race with **Cian Spillane Farranfore Maine Valley A.C.** in 2nd place & **Diarmuid Healy Middleton A.C.** in 3rd. Team credits went to **Middleton A.C., St. Cronin's A.C. & Ennis Track A.C.**

Last year's winner of the U/12 Munster title, **Aimee Hayde Newport A.C.** added the U/14 title to her collection with **Meghan Carr St. Catherine's (Cork) A.C.** in 2nd & **Jane Buckley Bandon A.C.** in 3rd place. **West Waterford A.C.** won gold in the team event with **Bandon A.C.** in 2nd place just one point ahead of **Kilmihil A.C.** in 3rd. In the Boys U/14 race there was gold for **Daire O'Sullivan Carraig-Na-Bhfear A.C.** silver for **Eoin Redmond Riverstick/Kinsale A.C.** & bronze for **Ben Whelehan Kilmurray/Ibrickane A.C.** with team honours for **Leevale A.C., Kilmurray/Ibrickane A.C. & Bandon A.C.**

The Girls U/16 race produced a win for **Tamzin Muldowney Midleton A.C.** with silver for **Laura Hayes St. Catherine's (Cork) A.C.** & bronze for **Emma McMahon St. Marys (Clare) A.C. Ferrybank A.C., St. Catherine's (Cork) A.C. & Waterford A.C.** were the top 3 winners in the team competition. In the Boys U/16 race, it was gold again for **Darragh McElhinney, Bantry A.C.** who won this race last year with silver for **Donal Devane Ennis Track A.C.** & bronze for **Damien Madigan North Cork A.C.** with team honours going to **Ennis Track A.C., Youghal A.C. & Waterford A.C.**

Winners in the Girls U/18 race were gold for **Aisling Kelly St. John's A.C.**, silver for **Fiona Everard Bandon A.C.** & bronze for **Aoife Hamilton West Waterford A.C.** Team winners were **West Waterford A.C. Eoghan Beary Dooneen A.C.** won the Boys U/18 race with silver for **Charlie O'Donovan Leevale A.C.** & bronze for **Rory Casey Togher A.C. Ennis Track A.C.** won the team title.

Good Turnout at Munster Juvenile Uneven Age Championships

The Munster Juvenile Uneven Age Cross Country Championships took place in Beaufort, Co. Kerry on Sunday 8th November. Our thanks to Star of the Laune A.C. for the provision of the excellent facilities, to Kerry County Board & to all who assisted on the day. In the individual competitions, both **Clare & Cork** were strong with **Clare** just edging ahead with 5 titles from **Cork** on 4. **Tipperary** won two titles & **Waterford** 1. **Cork** totally dominated in the Inter-County competition taking home 10 out of 12 titles with Clare winning the remaining 2 in the Boys U/9 & U/13 races. Numbers were high in most races on the day with over 120 competitors in both the Girls & Boys U/11 races.

In the individual competitions there was gold for Clare athletes, **Aoife Lillis, Kilmihil A.C.** in the Girls U/9 race, **Ben O'Halloran, Ennis Track A.C.** in the Boys U/9 race, **Jack O'Neill, St. Cronan's A.C.** in the Boys U/11, **Niall Murphy, St. Cronan's A.C.** in the Boys U/13 & **Aisling Kelly, St. John's A.C.** Clare in the Girls U/17. Cork's four Munster Champions on the day were **Amy McCarthy, Bandon A.C.** in the Girls U/11 race, **Grainne Egan, North Cork A.C.** in the Girls U/15, **Darragh McElhinney, Bantry A.C.** in the Boys U/17 & **David Fox, Leevale A.C.** in the Boys U/19 race. Tipperary's two winners were **Aimee Hayde, Newport A.C.** in the Girls U/13 & **Ciara Cummins, Nenagh Olympic A.C.** in the Girls U/19 while Waterford's winner was **Jake Bagg, Ferrybank A.C.** in the Boys U/15 race.

Top 3 in the Girls U/9 race were **Aoife Lillis Kilmihil A.C., Sarah Abullo, Waterford A.C. & Lucy Lynch Carraig-Na-Bhfear A.C.** with **St. Mary's A.C. Clare, Moycarkey Coolcree A.C. & Bandon A.C.** winning the top 3 team titles. In the Boys U/9 race, gold went to **Ben O'Halloran, Ennis Track A.C.**, silver to **Max Bailey, Skibbereen A.C.** & bronze to **Sean Fennell, St. Mary's A.C. Clare.** Top 3 team prizes went to **St. Cronan's A.C., Ennis Track A.C. & Kenmare A.C.**

The Girls U/11 title went to Cork athlete, **Amy McCarthy, Bandon A.C.** with **Avril Millerick, Youghal A.C.** in 2nd place & **Caoimhe Cahill, St. Cronan's A.C.** in 3rd place. Team prizes were won by **Youghal**

A.C., Ennis Track A.C. & St. Cronan's A.C. Jack O'Neill, St. Cronan's A.C. took gold in the Boys U/11 race with **Joe Egan, Moycarkey Coolcree A.C.** in 2nd place & **Conor Frawley, North Cork A.C.** in 3rd place. Team credits went to **West Muskerry A.C., St. Cronan's A.C. & Nenagh Olympic A.C.**

Last year's winner of the U/13 title, Aimee Hayde, Newport A.C. retained her title again this year with **Sarah Morrison, St. Nicholas A.C.** in 2nd place, same as last year & **Jane Buckley, Bandon A.C.** in 3rd place. **Ennis Track A.C.** won gold in the team event with **Youghal A.C.** in 2nd place & **Bandon A.C.** in 3rd. In the Boys U/13 race there was gold for **Niall Murphy, St. Cronan's A.C.**, silver for **John O'Flynn, North Cork A.C.** & bronze for **Oisín O'Riordan, West Waterford A.C.** with team honours for **Ennis Track A.C., St. Cronan's A.C. & Thurles Crokes A.C.**

In the Girls U/15 race there was gold for **Grainne Egan, North Cork A.C.**, silver for **Rhona Randles, Kenmare A.C.** & bronze for **Lucy Flanagan, Kilmurray/Ibrickane A.C. Kenmare A.C., West Waterford A.C. & West Muskerry A.C.** were the top 3 winners in the team competition. In the Boys U/15 race, it was gold for **Jake Bagge, Ferrybank A.C.** with silver & bronze for **Jack O'Shea, Midleton A.C. & Christopher O'Reilly, Togher A.C.** with team honours going to **Ferrybank A.C., Ennis Track A.C. & West Muskerry A.C.**

Bronze medal winner last year, **Aisling Kelly, St. John's A.C. Clare** won the title in the Girls U/17 race with **Sarah Corbett, North Cork A.C.** in 2nd place & **Tamzin Muldowney, Midleton A.C.** in 3rd place. Team winners were **West Waterford A.C., & Ferrybank A.C.** **Darragh McElhinney, Bantry A.C.** took the Boys U/17 title with **Charlie O'Donovan, Leevale A.C.** in 2nd place & **David McGlynn, Waterford A.C.** in 3rd place. Team prizes went to **Ennis Track A.C., Waterford A.C. & Leevale A.C.**

In the Girls U/19 competition, there was a gold medal win for **Ciara Cummins, Nenagh Olympic A.C.** with **Orla Queally, Ferrybank A.C.** in 2nd & **Aoife Hamilton, West Waterford A.C.** in 3rd place. **Togher A.C.** won the Inter Club gold. Silver medal winner last year, **David Fox, Leevale A.C.** was the winner of the Boys U/19 Munster title with **Patrick Hayes, Emerald A.C.** in 2nd place & **Jack Curtin, Emerald A.C.** in 3rd place. Team honours went to **Leevale A.C.**



The Munster Juvenile "B" Cross Country Championships took place in Cappawhite, Co. Tipperary on Sunday 29th November 2015. Many thanks to Cappawhite A.C. & to the Tipperary County Board for

organising the course & facilities & to all the Clubs who provided help on the day for without your assistance it would not be possible to run these Championships.

In the individual competitions, **Cork** were tops with 4 gold, 5 silver & 3 bronze with **Tipperary** next best with 3 gold, 1 silver & 2 bronze. **Clare** recorded 2 gold, 1 silver & 2 bronze with **Waterford** on 1 gold & 2 bronze & **Kerry** on 3 silver.

In the Inter-County competition, **Cork** were the winners with 5 gold, 1 silver & 1 bronze with **Clare** close behind on 3 gold & 5 silver, **Tipperary** in 3rd place with 3 gold, 2 silver & 2 bronze followed by **Waterford** with 3 bronze & **Kerry** with 1 bronze.

The Girls U/9 race was won by **Lisa Nicholas, Tulla A.C.** with **Ava O'Dwyer, Thurles Crokes A.C.** in 2nd place & **Abigail O'Regan, Liscarroll A.C.** in 3rd place. **K.C.K. A.C. & West Muskerry A.C.** were in 1st & 2nd in the Inter-Club competition with **Tipperary, Clare & Cork** winning gold, silver & bronze in the Inter-County competition.

In the Boys U/9 race, there was gold for **Zak O'Sullivan, Tramore A.C.**, silver for **Eoin O'Callaghan, Bandon A.C.** & bronze for **Killian Whelan, Clonmel A.C.** **Cork, Tipperary & Waterford** won gold, silver & bronze in the Inter County competition while **Bandon A.C.** won the Inter-Club title with **Doneen A.C.** in 2nd place.

Issy McSweeney, Blarney/Inniscara A.C., Nicole Buckley, Riverstick/Kinsale A.C. & Chloe Carroll, Templemore A.C. were the first 3 home in the Girls U/11 race. **Bandon A.C.** won gold, **Carrig Na BhFear A.C.** silver & **Riverstick/Kinsale A.C.** bronze in the Inter-Club competition with **Cork** winning the Inter-County competition from **Clare** in 2nd & **Tipperary** in 3rd.

Tipperary won gold in the Boys U/11 with **Dara Kennedy, Newport A.C.** in 1st place & **Ted O'Gorman, Gneeveguilla A.C.** in 2nd place. & **Tom Halley, Waterford A.C.** winning the bronze medal. **Bandon A.C.** won gold in the Inter-Club competition with **K.C.K. A.C. & Kenmare A.C.** in 2nd & 3rd place. **Clare** won the Inter-County competition with **Tipperary** in 2nd place & **Kerry** in 3rd.

Rebecca Harrington, Bantry A.C., Maeve Daly, Iveragh A.C. & Helene Marie Vahi, Midleton A.C. were the first 3 home in the Girls U/13 race with **Marian A.C., West Muskerry A.C. & St. Mary's A.C.** **Clare** winning the top spots in the Inter-Club competition. **Cork, Clare & Waterford** were 1st, 2nd & 3rd in the Inter-County competition.

Pearce Mooney, Tulla A.C. won gold in the Boys U/13 race with **Patrick Galvin, Star of the Laune A.C.** in 2nd & **Tommy Fennell, West Waterford A.C.** in 3rd. **Fergus A.C.** won the Inter-Club competition with **Dooneen A.C.** in 2nd place & **Tulla A.C.** in 3rd place. **Clare, Cork & Tipperary** were 1st, 2nd & 3rd in the Inter-County competition.

Caoimhe Carey, Midleton A.C. took gold in the Girls U/15 race with **Lesley Cashman, Youghal A.C.** in 2nd place & **Rachel Hartigan, Marian A.C.** in 3rd. **Carrig Na BhFear A.C.** won the Inter-Club competition with **K.C.K. A.C.** in 2nd place & **St. Mary's A.C. Clare** in 3rd place. **Cork, Clare & Waterford** were 1st, 2nd & 3rd in the Inter-County competition.

Joseph Daly, Carrig Na BhFear A.C. won gold in the Boys U/15 race with **Richard Morrison, St. Nicholas A.C.** in 2nd place & **Frank O'Brien, Midleton A.C.** in 3rd place. **Carrig Na BhFear A.C.** won gold in the Inter-Club competition with **Tulla A.C.** in 2nd place & **St. Cronan's A.C.** in 3rd. **Cork & Clare** were 1st & 2nd in the Inter-County competition.

Top 3 in the Girls U/17 race were **Alannah Deering, Nenagh Olympic A.C.** in 1st, **Deirbhile Browne, St. Mary's A.C. Clare** in 2nd & **Jo Keane, Kilmurray/Ibrickane A.C.** in 3rd. **K.C.K A.C.** won the Inter-Club title.

In the Boys U/17 race, there was gold for **Conor Ryan, Templemore A.C.**, silver for **John Muckian, Bandon A.C.** & bronze for **Sean Cahill, Tulla A.C. Kilmurray/Ibrickane A.C.** won the Inter-Club title with **Tipperary & Clare** winning gold & silver in the Inter-County competition.

National Titles for for Healy, McElhinney & Redmond



The GloHealth AAI Juvenile Even Age Cross Country Championships took place in Santry Demesne, Dublin on Sunday 22nd November 2015. Munster athletes won 22 individual medals in total with fantastic races from our three athletes who won gold & National titles on the day - **Diarmuid Healy, Middleton A.C. Boys U/12, Eoin Redmond, Riverstick/Kinsale A.C. Boys U/14 & Darragh McElhinney, Bantry A.C. Boys U/16.** Other athletes who produced great performances & scored podium finishes were **Aimee Hayde, Newport A.C.**, silver in Girls U/14 race, **Sarah Morrison, St. Nicholas A.C.** bronze in Girls U/14, **Niall Murphy, St. Cronan's A.C.** bronze in Boys U/12 & **Daire O'Sullivan, Carraig na BhFear A.C.** bronze in Boys U/14.

In the Inter-Club competition, there were National medals for **Youghal A.C.** (2nd Girls U/12), **Dooneen A.C.** (3rd Girls U/12), **Ennis Track A.C.** (3rd Boys U/16) & **West Waterford A.C.** (3rd Girls U/18).

In the Inter-County competition, our top three counties were Cork, Clare & Waterford. **Cork** won 6 sets of medals (1st Girls U/12, 1st Girls U/14, 1st Boys U/12, 1st Boys U/14, 1st Boys U/16 & 3rd Girls U/16), **Clare** won 2 sets (2nd Boys U/12, 2nd Girls U/14) with **Waterford** winning bronze in the Girls U/18.

In the Inter-Regional competition, **Munster** won 6 sets of medals in total - 1 gold (Girls U/14), 4 silver (Girls U/12, Boys U/14, Boys U/16 & Girls U/18) & 1 bronze (Boys U/12).

In the Girls U/12 race, there was a 4th place finish for **Sarah Hosey, Dooneen A.C.**, 8th for **Kate Redmond, Riverstick/Kinsale A.C.**, 10th for **Aniela Borkowski-Hogan, North Cork A.C.** & 12th for **Neasa Ni Ainifein, Ennis Track A.C.** In the Inter-Club competition, **Youghal A.C.** won silver with bronze for **Dooneen A.C.** **Cork** won gold in the Inter-County competition with silver for **Munster** in

the Inter-Provincial competition. **Diarmuid Healy, Midleton A.C.** ran a great race to take the National Boys U/12 title with **Niall Murphy, St. Cronan's A.C.** close behind in 3rd place & **Callum McCourt, Bandon A.C.** in 11th place. **Cork** took gold & **Clare** silver in the Inter-County competition with bronze for **Munster**.

4 Munster athletes made the top 12 in the Girls U/14 competition with silver for **Aimee Hayde, Newport A.C.**, bronze for **Sarah Morrison, St. Nicholas A.C.**, **Meghan Carr, St. Catherine's A.C.** **Cork** in 6th & **Jane Buckley, Bandon A.C.** in 8th place. **Cork & Clare** were 1st & 2nd in the Inter-County competition & there was gold for **Munster** in the Inter-Provincial competition. In the Boys U/14, **Eoin Redmond, Riverstick/Kinsale A.C.** produced a great run to win the National title with **Daire O'Sullivan, Carraig naBhfear A.C.** in 3rd place. **Cork** won the Inter-County title with **Munster** taking silver in the Inter-Provincial.

In the Girls U/16 competition, **Cork** won bronze in the Inter-County competition with Munster placing 4th. **Darragh McElhinney, Bantry A.C.** put in a very impressive performance to take the National title in the Boys U/16 race with top 12 finishes also for **Donal Devane, Ennis Track A.C.**, **Damien Madigan, North Cork A.C. & Jake McCarthy, Youghal A.C.** **Ennis Track A.C.** took bronze in the Inter-Club competition with gold for **Cork** in the Inter-County & silver for **Munster** in the Inter-Provincial competition.

In the Girls U/18 race, there were individual medal wins for **Aisling Kelly A.C.** who placed 4th, **Fiona Everard, Bandon A.C.** 5th, **Sarah Corbett, North Cork A.C.** 10th & **Aoife Hamilton, West Waterford A.C.** in 12th place. **West Waterford A.C.** took bronze in the Inter-Club competition with **Waterford** winning bronze in the Inter-County & **Munster** taking home silver in the Inter Provincial competition. In the Boys U/18 race, **Charlie O'Donovan, Leevale A.C.** came home in 6th place with **Munster** finishing 4th in the Inter-Provincial competition.



Top 12 finishers in Boys U/14



Top 3 finishers in Girls U/14



Top 3 in Boys U/12 race

National Gold for Hayde



The GloHealth National Juvenile Uneven Age Cross Country Championships took place in St. Augustine's College, Dungarvan, Co. Waterford on Sunday 6th December 2015. Munster had 4 athletes with a top 4 finish & won 20 individual medals in total. There was a magnificent gold medal win by **Aimee Hayde, Newport A.C.** (Girls U/13) who moved up one place from her silver medal in the same race last year, a brilliant bronze for **Sarah Morrison, St. Nicholas A.C.** (Girls U/13), & great

4th place finishes from **Meghan Carr, St. Catherine's A.C. Cork** (who moved up from a 12th place finish in the same race last year) & **Michael Power, West Waterford A.C. (Boys U/17)**.

In the Inter-Club competition, there were National medals for **Youghal A.C.** (2nd Girls U/11) & **Ennis Track A.C.** (2nd, Boys U/13 & 3rd Boys U/11). In the Inter-County competition both **Cork & Clare** won medals on the day. **Cork** won 3 gold (Girls & Boys U/11 & U/13 Boys), 1 silver (Boys U/15) & 3 bronze (Girls U/15 & Girls & Boys U/17) with **Clare** winning 2 silver in the Boys U/11 & U/13 competitions.

In the Inter-Regional competition, **Munster** won 6 sets of medals: 5 silver in the Girls & Boys U/11, Girls & Boys U/13 & Boys U/15 & bronze in the Boys U/17.

In the Girls U/11 race, Munster had 3 athletes in the top 12 –**Avril Millerick Youghal A.C., 5th Caoimhe Prendergast West Waterford A.C., 6th & Sorcha Kilgannon Youghal A.C., 7th**. **Youghal A.C.** won silver in the Inter-Club competition with **Ennis Track A.C.** in 4th place. **Cork** took gold in the Inter-County competition with **Clare** in 4th place & **Munster** won silver in the Inter-Provincial competition with a scoring team of **Avril, Caoimhe, Ali Cunningham West Waterford A.C. 15th, Ava Fitzgerald Carraig-Na-Bhfear A.C. 16th, Amy McCarthy Bandon A.C. 17th & Ellen Carey, Kilmurray/Ibrick/N.Clare A.C., 20th**.

In the Boys U/11 race, 4 Munster athletes made the top 12 – **Joe Egan, Moycarkey Coolcree A.C. 5th, Conor Frawley, North Cork A.C. 7th, Cian Hodgins, Nenagh Olympic A.C. 9th & Jack O'Neill, St. Cronan's A.C., 10th**. **Cork** won Inter-County gold with silver for **Clare** & 4th place for **Tipperary, Ennis Track A.C.** won bronze in the Inter-Club competition with **Munster** also winning silver in the Inter-Provincial competition with **Joe, Conor, Cian, Jack, Thomas McGuire Ennis Track A.C., 14th & Eoin Quirke Midleton A.C., 19th**.



In the Girls U/13 race, **Aimee Hayde, Newport A.C.** the National Silver medallist in 2014 went one better to take gold with **Sarah Morrison, St. Nicholas A.C.** in 3rd place (same finish as 2014). There were also individual National medals for **Meghan Carr, St. Catherine's A.C., Cork (4th who improved on her 12th place finish in the same race last year) & Shannon Cotter, West Muskerry A.C., 11th**. In the Inter-County competition, **Cork** won gold with **Munster** winning silver in the Inter-Provincial competition with a scoring team of **Aimee, Sarah, Meghan, Shannon, Jane Buckley, Bandon A.C., 16th & Neasa Niainifein Ennis Track A.C., 21st**.

In the Boys U/13 race, there were top 12 finishes for **Ciaran McNamee Youghal A.C., 5th**, **Darragh Stakelum Thurles Crokes A.C., 7th** & **Oisin O'Riordan West Waterford A.C., 12th**. Ennis Track A.C. won Inter-Club silver with **Clare** winning Inter-County silver. **Munster** also picked up a silver medal in the Inter-Provincial competition with a scoring team of **Ciaran, Darragh, Oisin, Dean Casey Ennis Track A.C., 18th**, **Diarmuid Healy Midleton A.C. Midleton A.C., 19th** & **Mark Hanrahan, Ennis Track A.C., 27th**.

In the Girls U/15 race, there were no Munster individual winners but **Cork** won bronze in the Inter-County competition with a 4th place finish for **Munster** in the Inter-Provincial competition.

In the Boys U/15 race, there were 2 athletes in the top 12 –**Jack O'Shea Midleton A.C., 6th** & **Jake McCarthy Youghal A.C., 7th**. **Cork** won silver in the Inter-County competition with **Munster** taking silver in the Inter-Provincial competition with a scoring team of **Jack, Jake, Christopher O'Reilly Togher A.C., 13th**, **Jake Bagge Ferrybank A.C., 16th**, **Daire O'Sullivan Carraig-Na-Bhfear A.C., 19th** & **Ben Deasy Ennis Track A.C., 20th**.

In the Girls U/17 race, **Aisling Kelly, St. John's A.C.** was 10th. **Cork** won bronze in the Inter-County competition & **Munster** placed 4th in the Inter-Provincial competition. In the Boys U/17 race, there were individual medals for **Michael Power, West Waterford A.C., 4th**, **David McGlynn Waterford A.C. 6th** & **Charlie O'Donovan Leevale A.C., 8th**. **Cork** won bronze in the Inter-County competition with **Munster** taking bronze in the Inter-Provincial competition with a scoring team of **Michael, David, Charlie, Darragh McElhinney Bantry A.C., 14th**, **Donal Devane, Ennis Track A.C., 19th** & **Liam Cotter, Bantry A.C., 40th**.

International Competitions

12 Munster Athletes on Celtic U/17 & U/20 Teams





The Celtic Cross Country International took place in CowPark, Dunboyne, Co. Meath on Sunday 18th January 2015. Munster's 12 representatives in the U/17 & U/20 age categories on the day were:-

U/17

- Darragh McElhinney, Bantry A.C. – 5th
- Caoimhe Harrington, Bantry A.C. – 4th

U/17 Development

- Michael Power, West Waterford A.C. – 14th
- Charlie O'Donovan, Leevale A.C. – 15th
- Eoin Looney, Kilmurray/Ibrickane A.C. – 18th
- Aisling Kelly, St. John's A.C., Clare – 12th

U/20

- Ciara Cummins, Nenagh Olympic A.C. – 7th
- Laura Tobin, Clonmel A.C. – 8th
- Maeve Aherne, Leevale A.C. – 14th

U/20 Development

- Sean Curran, West Waterford A.C. – 13th
- Barry Keane, Waterford A.C. – 14th
- Aoife Laste, Clonmel A.C. – 16th

In the Girls U/17 & U/20 Combined race, **Caoimhe Harrington, Bantry A.C.** was the first Irish athlete home in 8th place & 4th in the U/17 race with **Aisling Kelly, St. John's A.C. Clare** 19th overall & 12th U/17. **Ciara Cummins Nenagh Olympic A.C.** was 18th home in the combined race & 7th in the U/20 race with **Laura Tobin, Clonmel A.C.** in 20th & 8th U/20, **Maeve Aherne, Leevale A.C.** 33rd overall & 14th U/20 with Aoife Laste, Clonmel A.C. 36th & 16th U/20.

Darragh McElhinney, Bantry A.C. finished 16th overall in the U/17 & U/20 race & was 5th in the U/17 race with **Michael Power, West Waterford A.C.** 30th & 14th U/17, **Charlie O'Donovan, Leevale A.C.** in 31st & 15th in U/17 race with **Eoin Looney, Kilmurray/Ibrickane A.C.** in 34th overall & an 18th place

finish in the U/17 race. **Sean Curran, West Waterford A.C.** was 21st overall & 13th U/20 with **Barry Keane, Waterford A.C.** in 22nd & 14th U/20.

The Irish U/17 & U/20 Women's & Men's teams all finished in 2nd place, the Irish U/17 Development teams were 5th with the Irish U/20 Development teams in 4th place.

SIAB Gold For McElhinney



7 Munster athletes were selected for Ireland for the SIAB Schools Cross Country International on Saturday 21st March in Santry Demesne, Dublin –

Junior Girls

- Jennifer Cotter, Coachford College

Junior Boys

- Darragh McElhinney, Colaiste Pobail Bheantraí
- Fred Crowley, Thurles CBS

Intermediate Girls

- Avril Deegan, Presentation Thurles
- Caoimhe Harrington, Colaiste Pobail Bheantraí
- Aisling Kelly, St. Joseph's, Spanish Point

Intermediate Boys

- Michael Power, St. Augustine's College, Dungarvan

Darragh McElhinney, Bantry A.C. had a stunning performance to lead the field home in the Junior Boys race winning individual gold & leading the Irish team to a silver medal in the team competition which included his fellow Munster athlete, **Fred Crowley, Thurles CBS** who finished 18th overall.



© sportsfile 11 March 2015, The Irish Junior Boys (Juniors) team, 5000m Cross-Country, Seary Heights, Dublin, Picture credit: Photos © Hillhouse / SPIN 2015

In the Junior Girls race, **Jennifer Cotter** acquitted herself well to finish 27th in the Junior Girls race & win a bronze medal with the Irish team.



© sportsfile 11 March 2015, The Irish Junior Girls (Juniors) team, 5000m Cross-Country, Seary Heights, Dublin, Picture credit: Photos © Hillhouse / SPIN 2015

Caoimhe Harrington (11th), **Aisling Kelly (22nd)** & **Avril Deegan (27th)** won a bronze team medal with the Irish team in the Intermediate competition. Harrington won gold last year in Bolton in the Junior Girls race & had an excellent race to finish 11th & still be the age to race this distance again in 2016.



© SPORTS ILLUSTRATED 27 March 2015. The Ireland Intermediate Girls' 4x100m Relay team, including (clockwise from top left) Kelly, Moriarty, Deegan, O'Mahony, Morphy, O'Connell, O'Connell. Photo © Michael O'Keefe/ISI

Michael Power, St. Augustine's College, Dungarvan ran the Intermediate Boys race to finish 23rd & win a silver team medal with the Irish team. Congratulations & well done to all 7 athletes.



© SPORTS ILLUSTRATED 27 March 2015. The Ireland Intermediate Boys' 4x100m team, including (clockwise from top left) Mohan, Dalton, Edgar, O'Connell, Maher, Power, O'Connell. Photo © Michael O'Keefe/ISI