



Munster Athletics Juvenile PRO Report 2016



Munster Convention, Saturday 28th January 2016

Listowel Arms Hotel, Listowel, Co. Kerry

Munster Juvenile PRO Report 2016

“You must expect great things from Yourself before you can do them”

2016 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 highlights & our best results are below -

- The inaugural European Youth Track & Field Championships took place in Tbilisi, Georgia from 14th to 17th July 2016. **8** athletes represented Munster on the Irish team & although no medals were won by our Munster group on this occasion, lots of valuable experience was gained on the international stage with some of our athletes posting personal bests in their events. With competition at its highest level, **Ciara Neville, Emerald A.C.** ran very well placing 2nd in her 100m Heat (12.03) to reach the Semi-Final where she finished 6th in a time of 12.02 which unfortunately was not fast enough to qualify for the final. Her team-mate **Jamie Mitchell** ran 49.41 in the 400m to place 4th in his heat & was unfortunate to be just outside the qualifying times for the Final. **Cathal Locke, Dooneen A.C.** was running very well in the 400mH & on target to easily qualify for the Final but he clipped the 3rd last hurdle to fall heavily & put himself out of the race. **Charlie O'Donovan, Leevale A.C.** gave a good account of himself in the 1500m placing 4th in his heat in a time of 4.00.17 to gain an automatic qualifying spot in the Final. He finished 8th overall in a time of 4.03.90 in the final. In the 5000m Walk, **Orla O'Connor, Waterford A.C.** put in a good performance to place 10th overall in 24.57.33 with a 20th place finish for **Gearoid McMahon, Shannon A.C.** in the 10,000m Walk in the searing heat of 40 degrees. **Michael Power, West Waterford A.C.** lined up for the straight final in the 3km & did himself justice by finishing 14th in 8.49.00. **Daniel Ryan, Moycarkey Coolcroo A.C.** competed in the Decathlon in the searing heat of 40 degrees over the final two days. He finished in 11th place posting a new pb of 6,752 points with individual pbs in the 100m, 400m, 1500m & Discus.
- The 2016 Celtic Games International, was held in Swansea, Wales on Saturday 6th August 2016. Hosted by Welsh Athletics, the Irish team won six of the seven trophies on offer: U16 Girls, U18 Girls, U18 Boys, Overall Boys, Overall Girls and Overall Team. There were 11 new Games records set including two by Irish athletes. These came in the U18 Girls 4x400m where the quartet of Katie Magee (DSD), Niamh Malone (Monaghan Phoenix), **Alex O'Neill (St Cronan's AC)** and Davicia Patterson (Beechmount Harriers) set a new standard of 3.50.66 and **Miriam Daly (Carrick-on-Suir AC)** in the U16 Girls 80m Hurdles with a 11.97 clocking into a -2.8m/s wind to exceed the previous electronic timed record of 12.12. **11** Munster athletes in total were part of the Irish team on the day. In the U/16 competitions, in addition to **Miriam Daly's** standout performance in the 80mH, **Katie Moynihan, Liscarroll A.C.** threw the Girls U/16 Javelin out to 38.67m to place 4th, **Conor Morey, Leevale A.C.** was 2nd in the Boys U/16 200m in a time of 23.54 with **Darragh Minitier, St. Mary's A.C. Clare** 3rd in the Boys U/16 100mH (14.11). In the U/18 competitions, **Jamie Mitchell, Emerald A.C.** was 2nd in the Boys U/18 400m (49.07), **Diarmuid Clancy, Abbey Striders A.C.** was 2nd in the Boys U/18 400mH (55.10), **Laura Nicholson, Bandon A.C.** was 2nd in the Girls U/18 S/C (5.17.42), **Rachel Bowler, Tralee Harriers A.C.** was 3rd in the Girls U/18 Long Jump (5.53m), **Angharad Loughnane, Marian A.C.** was 3rd in the Girls U/18 Shot Putt (11.79m) & **Aoife Mahony, Lios Tuathail A.C.** was 3rd in the Girls U/18 800m (2.20.34). **Alex O'Neill, St. Cronan's A.C.** was part of the Irish Girls U/18 4 x 400m Relay team that won & set a new Celtic Record of 3.50.66.

- 3 Munster athletes competed on the Irish team for the Celtic Cross Country International in Edinburgh on the 9th January 2016. **Darragh McElhinney, Bantry A.C.** was 1st home for the Irish team in 21.14 finishing 34th overall in the U/17 & U/20 race & was 3rd in the U/17 race with **Damien Madigan, North Cork A.C.** in 49th place overall & 2nd home for Ireland in a time of 21.53. **Donal Devane, Ennis Track A.C.** was 55th overall & 4th home for Ireland crossing the line in 21.58. The Irish U/17 & U/20 Men's team finished in 1st place with the Women's team in 2nd.

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

- At the National Indoor Championships in March a total of **131** individual medals were won by Munster (**45 gold, 52 silver & 34 bronze**) with **9 National records also set & one equalled**.
- A total of **212** individual medals were won by Munster athletes at the National Juvenile T&F Championships in July. This comprised **73 gold medals, 72 silver medals 67 bronze medals & 12 new National records**.
- Juvenile Combined Events continues to be a strength in Munster with the province 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 2016 & had **7 wins in total (3 gold, 3 silver & 1 bronze)** at the National Outdoor Combined Events in July.
- At the National Juvenile Even Age Cross Country Championships, Munster athletes won **31** individual medals in total with fantastic races from our two athletes who won gold & National titles on the day – **Aimee Hayde, Newport A.C.** Girls U/14 & **Darragh McElhinney, Bantry A.C.** Boys U/18. Other athletes who produced great performances & scored podium finishes were **Lucy Holmes, West Waterford A.C.**, silver in Girls U/16 race, **Charlie O'Donovan, Leevale A.C.**, silver in the Boys U/18 **Christopher O'Reilly, Togher A.C.**, bronze in Boys U/16 race & **Stephanie Cotter, West Muskerry A.C.**, bronze in Girls U/18.
- The GloHealth National Juvenile Uneven Age Cross Country Championships took place in Dundalk I.T. Grounds on Sunday 11th December 2016. There were brilliant gold medal wins for **Lucy Holmes, West Waterford A.C.** in the Girls U/15 & **Stephanie Cotter, West Muskerry A.C.** in the Girls U/19 race. Munster also had silver medal winners in **Amy McCarthy, Bandon A.C.** (Girls U/11) & **Tommie Connolly, Leevale A.C.** in the Boys U/15 race. Bronze medal wins came for **Emma Landers, Youghal A.C.** (Girls U/13), **Cian Spillane, Farranfore Maine Valley A.C.** (Boys U/13), **Aimee Hayde, Newport A.C.** (Girls U/15) & **Damien Madigan, North Cork A.C.** (Boys U/17) with **33** individual medals in total won by Munster athletes.
- At the National Juvenile Team Games, **15** sets of team medals were won by Munster Girls teams (**6 gold, 6 silver & 3 bronze**) while the Munster Boys picked up **13** sets of medals (**4 gold, 4 silver & 5 bronze**). In addition to this, Munster Clubs also took home **11** sets of Relay medals (5 gold, 2 silver & 4 bronze).
- In 2016, Munster athletes continued to participate in great numbers at the National Juvenile "B" Track & Field Championships in Tullamore in July winning **55 individual medals** in total (**24 gold, 17 silver & 14 bronze**) up from 38 medals in 2015 while **23** sets of medals (10 gold, 7 silver & 6 bronze) were won by Munster Clubs in the Inter-Club Relay Championships.
- At National Juvenile "B" Cross Country Championships in Dundalk I.T., Co. Louth on Sunday 24th January 2016, **Caoimhe Harvey, St. John's A.C. Clare** won the national title in the Girls U/17 race. Silver medals were won by **Joseph Buttimer, Bandon A.C.** in the Boys U/11, **Niamh Quinn, Bandon A.C.** in the Girls U/11, **Saoirse Crowe, St. Mary's A.C. Clare** (Girls

U/13) & **Leah O'Neill St. Cronans A.C.** (Girls U/15). Individual Bronze medals were won by **Orla Ryan, Dundrum A.C.** (Girls U/11), **Jack Hickey, Moyne A.C.** (Boys U/15) & **Caoimhe Carmody Marian A.C. (Girls U/17)** with **28** individual medals overall for Munster athletes.

- Our well attended Munster Championships also showed the very high level of talent that we possess with **37 new Championship Best Performances** (up from 28 in 2015) set at our Outdoor T&F Championships together with **4** new Pentathlon records. A further **3** new Indoor Combined Events records were set along with **22** new Indoor records & **5** new Indoor Relay records.

Schools Report

11 individual international medals (3 gold, 2 silver & 6 bronze) 105 National medals (39 gold, 26 silver & 40 bronze) & 29 Tailteann medals (10 gold, 11 silver & 8 bronze) were won by Munster athletes last year. Some of the year's highlights are set out below:-

- **6** Munster athletes (**Diarmuid O'Connor (Junior Boys), Tony Odubote, Shane Monagle, Joseph & Darragh Minter (Intermediate Boys) & Vickie Cusack, (Intermediate Girls)** competed on the Irish team for the Schools International in AIT International Arena in December 2016 with **Tony Odubote, Rice College, Ennis** winning individual silver in the Intermediate Boys competition & **Diarmuid O'Connor, Colaiste Choilm, Ballincollig** finishing 4th just two points outside the medals.
- **Kevin Mulcaire, St. Flannan's Ennis** was the standout performer for Munster at the GloHealth Irish Schools Cross Country Championships in Sligo Racecourse on Saturday 5th March. **Mulcaire**, ran a superb race in the Senior Boys competition breaking away from the pack at the half way stage to win the title for a second successive year. There were super silver medal wins for **Megan Carr, Loreto Fermoy** in the Minor Girls race, **Ted Collins, Glenstal Abbey School** in the Minor Boys race & **Michael Troy, St. Augustine's College, Dungarvan** in the Junior Boys race with brilliant bronze medals for **Lucy O'Keeffe, St. Mary's Midleton** in the Minor Girls race, **Chris O'Reilly, Douglas Community College** in the Junior Boys race & **Claire Rafter, Ursuline Thurles** in the Intermediate Girls race. Podium finishes also went to **Lucy Holmes, Ard Scoil na nDeise** (5th Junior Girls), **Charlie O'Donovan, Col Christ Ri Corcaigh** (6th Inter Boys) & **Fiona Everard, MICC Dunmanway** (5th Senior Girls).
- **5** Munster athletes competed on the SIAB Schools Cross Country International Teams on Saturday 19th March in Scotland with bronze team medals for **Christopher O'Reilly, Douglas Community School & Michael Troy, St. Augustine's College** (Junior Boys) & **Claire Rafter, Ursuline Thurles** (Inter Girls).
- **8** new Munster Track & Field Records were set in Waterford RSC on Saturday 21st May - **Ciara Kennelly, St. Brigid's Killarney** (Junior Girls High Jump); **Ciara Sheehy, St. Mary's Charleville** (Junior Girl's Shot); **Megan Lenihan, Hazelwood College** (Junior Girls Discus); **Laura Nicholson, Bandon Grammer School** (Intermediate Girls 1500 Meter Steeplechase); **Emma Coffey, St. Angela's Cork** (Intermediate Girls Pole Vault); **Orlaith O'Brien, Yeats College** (Senior Girls Javelin); **Yuri Kanash, St. Augustine's Dungarvan** (Senior Boys Pole Vault) & **Mercy Mount Hawk Tralee** (Junior Boys 4x100 Meter Relay)
- At the GloHealth Irish Schools Track & Field Championships in Tullamore Stadium on Saturday 4th June, Munster athletes were in fine form winning 34 individual Schools titles, 21 silver medals & 35 bronze & 7 sets of Relay medals (4 gold, 1 silver & 2 bronze).

- Munster Schools also captured 4 out of the 8 Irish School Cups for top scoring schools in their age categories. It was a double win in the Minor section with **St. Flannan's Ennis** winning the Girl's title & **Mercy Mount Hawk Tralee** taking the Boys title. In the Intermediate section, two Tipperary schools won the honours with the Girls' title taken by **Scoil Mhuire Carrick-On-Suir & Thurles CBS** taking the Boy's title.
- Munster had 6 Record breaking Irish Schools performances from its athletes - **Sharlene Mawdsley, St. Mary's Newport** (Senior Girls 100m & 200m); **Ailbhe Doherty St Flannan's Ennis** (Minor Girls 800m); **Megan Lenihan, Hazelwood College** (Junior Girls Discus); **Mervin Shalamba Mercy Mount Hawk Tralee** (Minor Boys 100m) & **Mercy Mount Hawk Tralee** (Minor Boys 4 x 100m Relay).
- At the GloHealth Tailteann Interprovincial Track & Field Games, Munster athletes took home **29** medals in total (10 gold, 11 silver & 8 bronze). For the second year in a row, **Gearoid McMahon, St. Caimin's Shannon** won the Roisin O'Callaghan Memorial Trophy for the Best Athlete in the Race Walking also winning the prestigious Fr. Lonergan Trophy for the "Best Male Athlete" of the day.
- The SIAB Schools U/17 Track & Field International took place in the Julie Rose Sports Stadium, Ashford, Kent on Saturday 16th July 2016 with Munster athletes taking home 7 individual medals in total (2 gold, 1 silver & 4 bronze). There was a gold medal win for **Miriam Daly, Scoil Mhuire Carrick-On-Suir** in the 300mH when she ran a new personal best of 42.42. She also won bronze in the 80mH with a time of 11.60 & brought the Irish Girls 4 x 300m team home to a bronze medal. Later in the day, Miriam was awarded the Sean Nyhan medal for the "Most Meritorious Performance from an Irish Female Athlete". Our other gold medal winner was **Darragh McElhinney, Colaiste Phobal Bheantraí** who ran a terrific 1500m race to claim gold in 4.07.15. Our silver medal winner was **Claire Rafter, Ursuline Thurles** who ran 4.35.87 in her 1500m race. Bronze medals were won by **Joseph McEvoy, St. Anne's Killaloe** in the High Jump with a personal best of 1.96m, **Miriam Daly**, Irish Boys Team Captain **Tony Odubote, Rice College Ennis** in the 400m in a time of 49.24 & Irish Girls Team Captain, **Sophie Meredith, SMI Newcastlewest** in the Long Jump with her jump of 5.68m. In the Relay competitions, **Miriam Daly** won bronze with the Irish Girls 4 x 300m Relay team & **Tony Odubote** won silver with the Irish Boys 4 x 400m Relay team.
- At the Irish Life Health Irish Schools Combined Events Championships held in AIT Athlone on Saturday 12th November, Munster athletes won 8 medals in total (4 gold, 2 silver & 2 bronze) – Gold for **Daniel Ryan, Thurles CBS, Clodhna Blake, St. Michael's Kilmihil, Sean Carolan, St. Mary's Newport & Tony Odubote, Rice College Ennis**. Silver medals for **Shane Monagle, Ard Scoil na Mara & Diarmuid O'Connor, Colaiste Choilm, Ballincollig** & bronze for **Vickie Cusack, Davis College Mallow & Joseph Minitier, Ennistymon CBS**. **Daniel Ryan** set a new record in the Senior Boys competition & won the Schools Combined Events title for the 5th year in a row (1st to 6th Year) making him one of the most successful Schools Multi-Eventers ever. He now holds the Junior, Intermediate & Senior Schools Combined Events records.
- Pole Vault continues to grow from strength to strength in the Munster region thanks to the sterling work of our current coaches, Eamon Flanagan, Brother Patrick Lennon & Liam Tierney who are putting in huge effort & commitment every week in this area. This is evident in the amount of National titles won & records broken by Munster athletes. **6** new

Munster Indoor records & 3 Outdoor records were set at our Championships with our athletes setting another 3 National Indoor & 3 National Outdoor records as well last year. An Indoor & Outdoor Pole Vault competition was added in to the Munster programme of events last 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 & 2017.

- Munster Athletics Online Entry system for all competitions went cheque free which greatly helped with the timely processing of entries. General feedback seems to be that all is working well & substantially reducing the work load for Club Secretaries, our Munster Treasurer & Competition Secretaries.
- Athletics figures are down in some Munster counties, particularly Clare, Kerry & Limerick as can be seen from the figures below:-

AAI Membership comparison from 2015 to 2016 –

County	Membership (end 2016)	(end 2015)	% Increase from 2015
Clare	1727	1812	-5%
Cork	7822	6936	13%
Kerry	1663	1770	-6%
Limerick	1761	1905	-8%
Tipperary	2435	2360	3%
Waterford	1560	1531	2%

I would like to extend my congratulations to all our 2016 Munster Star Award Winners. I hope they & their families enjoyed their well-deserved night in the Clonmel Park Hotel on the 11th February. They are the stars of the future & I look forward to following their progress in 2017.

Good luck to any of our athletes who are chasing standards for the IAAF World Youth Championships in Kenya & the European Junior Track & Field Championships in Grosseto, Italy. The road to qualification will be paved with highs & lows so remember that “Adversity causes some people to break; others to break records”.

If any Clubs would like their events promoted throughout the year, please send the details to. 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 2016 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 2017.

Yours in Sport

Aisling Hoey

Munster Juvenile PRO Report 2016 – A Calendar Year

3 New Records Set at Munster Indoor Combined Events



The Munster U/11 to Youth Indoor Combined Events Championships were held on Saturday 2nd & Sunday 3rd January 2016 in Nenagh Indoor Stadium. A total of 3 new Championship Best Performances were set on the day by the following athletes:-

- **Ceola Bergin, Templemore A.C.** in the Girls U/11 competition with her score of 794 points to better the score of 677 set by Emer Conroy, Dooneen A.C. in 2015.
- **Johnny Murphy, Liscarroll A.C.** in the Boys U/11 competition with his score of 861 to better the mark of 753 points set by Alex Hennigan, Spa Muckcross A.C. in 2015.
- **Vickie Cusack, Liscarroll A.C.** in the Youth Girls competition with her score of 2831 points to better the score of 2795 points set by Clodhna Blake, St. John's A.C. Clare in 2015.

Bronze for McElhinney at Celtic XC



The Celtic Cross Country International took place in Edinburgh, Scotland, on Saturday 9th January 2016. Munster's 3 representatives in the U/17 age categories on the day were:-

U/17 Irish Team

- Darragh McElhinney, Bantry A.C.
- Donal Devane, Ennis Track A.C.

U/17 Development

- Damien Madigan, North Cork A.C.

Darragh McElhinney, Bantry A.C. was 1st home for the Irish team in 21.14 finishing 34th overall in the U/17 & U/20 race & was 3rd in the U/17 race with **Damien Madigan, North Cork A.C.** in 49th place overall & 2nd home for Ireland in a time of 21.53. **Donal Devane, Ennis Track A.C.** was 55th overall & 4th home for Ireland crossing the line in 21.58. The Irish U/17 & U/20 Men's team finished in 1st place with the Women's team in 2nd.

Top Scores for Munster at National Combined Events



Munster athletes were out in force at the GloHealth National Combined Events Championships in AIT Arena, Athlone on Saturday 23rd January 2016 taking home **15** medals in total (5 gold, 6 silver & 4 bronze). In the Boys U/14 competition, Munster athletes performed a clean sweep taking all 3 medals on offer with gold & a new National Record for **Reece Ademola, Leevale A.C. (2542)** who jumped 1.69m in the High Jump, silver for **Shane Fitzgerald, St. Mary's A.C. Limerick (2280)** & bronze for his team-mate, **Ciaran O'Sullivan (2139)**. **Seán O'Riordan, Midleton A.C.** was 4th with 1943 points.

Susan Nestor, St. Mary's A.C. Clare was 1st in the Girls U/14 competition with a score of 2970 points. In the Boys U/15 competition, Munster again dominated taking all 3 medals with a top of the podium finish for **Daniel Hurley, Old Abbey A.C. (2552)**, just 6 points ahead of team-mate, **Diarmuid O'Connor** with 2546 points. **Tommie Connelly, Leevale A.C.** was 3rd on 2424 points with **Joshua Egan, Nenagh Olympic A.C.** in 4th place with 2376 points. **Holly Meredith, St. Mary's A.C. Limerick** was the winner of the Girls U/15 competition taking gold with 2912 points with **Orla Winston, Clonmel A.C.** winning silver with 2823 points.

In the Boys U/16 competition, Munster again scored a clean sweep on the podium with gold for **Joseph McEvoy, Nenagh Olympic A.C. (3441)** & a High Jump of 1.89m, silver for **Brian Lynch, Old Abbey A.C. (3396)**, bronze for **Darragh Minitier, St. Mary's A.C. Clare (3367)** & 4th place for **Sean**

Carolan, Nenagh Olympic A.C. (3143). In the Girls U/16 competition, **Aisling Cassidy, Bandon A.C.** took silver on 2993 points, just 9 points short of the gold medal position with bronze for **Emily O'Mahony, Waterford A.C.** on 2261 points. In the Youth Men's competition, there was gold for **Joseph Minter, St. Mary's A.C. Clare (2989).** In the Youth Girls competition, there was silver for **Anne Corcoran, Ferrybank A.C. (3444),** bronze for **Kate Taylor, St. Cronan's A.C. (3325)** & 4th place for **Ciara McKeon, Bandon A.C. (2824).**

5 Munster Indoor Relay Records Set



The Munster Juvenile Indoor Relays took place on Sunday 24th January 2016 in Nenagh Indoor Stadium. Top Club on the day was **Dooneen A.C.** who won 16 sets of medals in total (9 gold & 5 silver & 2 bronze) & set 1 new Champion Best Performances ("CBP's") in the Girls U/12 (57.49) with **Leevale A.C** next with 9 sets of medals (2 gold, 2 silver & 4 bronze) & **Templemore A.C.** in 3rd place with 7 sets of medals (2 gold, 2 silver & 3 bronze). Details of records set on the day are below:-

1. **Derg A.C.** Boys U/9 4 x 100m team ran 1.09.05 to better the existing record of 1.09.36 set by Nenagh Olympic A.C. in 2009.
2. **Dooneen A.C.** Girls U/12 4 x 100m team ran 57.49 to take the existing record of 57.95 set by St. Mary's A.C. Limerick in 2013.
3. **Nenagh Olympic A.C.** Boys U/13 4 x 100m team ran 54.87 to smash the time of 56.24 set by their own Club in 2015.
4. **St. Mary's A.C. Limerick** Boys U/14 4 x 200m team ran 1.52.03 to better the time of 1.52.20 set by Nenagh Olympic A.C. in 2015.
5. **Carrick-On-Suir A.C.** Girls U/17 4 x 200m Relay team ran 1.46.11 to break the existing record of 1.46.89 set by Emerald A.C. in 2015.

6 New Munster Pole Vault Records Set



The Munster Juvenile Pole Vault Championships were held with the Munster Juvenile Indoor Relays on Sunday 24th January. There were 23 entries (up 5 from last year) with athletes from **West Waterford A.C. (8), Bandon A.C.(1), Abbey Striders A.C. (1), Old Abbey A.C. (1), St. John's A.C. Clare (1), Nenagh Olympic A.C. (3), Emerald A.C.(1), Leevale A.C. (2), Carraig na BhFear A.C. (2) & Moycarkey Coolcree A.C. (3)** taking part. 6 new Championship Best Performances were set. Best vault of the day came from **Adam O'Dwyer, Moycarkey Coolcree A.C.** who cleared 3.20m in the Boys U/15 competition to set a new Munster record smashing the 2015 record of 2.20m held by Sam O'Neill, West Waterford. **Ryan MacCraith, West Waterford A.C.** was 2nd (2.40m) with **Daniel Greene, St. John's A.C.** 3rd (1.95m). In a closely contested competition, with the first 3 athletes all clearing 2.70m, **West Waterford A.C.** swept the boards in the Boys U/16 competition. **Patrick Fitzgerald**, took the title on countback with **Sam O'Neill** in 2nd & **Eoin Killigrew** in 3rd. **Sean Carolan, Nenagh Olympic A.C.** was 4th (2.40m). **Diarmuid Harty, West Waterford A.C.** won the Boys U/17 title on countback with 2.90m setting a new CPB jointly with team-mate **Craig Cloona** who won the silver medal. **Declan Ryan, Moycarkey Coolcree A.C.** won gold in the Boys U/18 competition with 2.80m, also a new CBP.

National "B" Gold for Harvey

The National Juvenile "B" Cross Country Championships took place in Dundalk I.T., Co. Louth on Sunday 24th January 2016. **Caoimhe Harvey, St. John's A.C. Clare** was our only national title winner taking gold in the Girls U/17 race. Silver medals were won by **Joseph Buttimer, Bandon A.C.** in the Boys U/11, **Niamh Quinn, Bandon A.C.** in the Girls U/11, **Saoirse Crowe, St. Mary's A.C. Clare** (Girls U/13) & **Leah O'Neill St. Cronans A.C.** (Girls U/15). Individual Bronze medals were won by **Orla Ryan, Dundrum A.C.** (Girls U/11), **Jack Hickey, Moyne A.C.** (Boys U/15) & **Caoimhe Carmody Marian A.C. (Girls U/17)** with 28 individual medals overall for Munster athletes.

Clare topped the Inter-County competition for Munster winning 4 National titles & 1 silver with **Cork** winning 1 gold & 3 bronze & **Tipperary** 1 silver & 1 bronze. Clare & Cork Clubs were also to the fore in the Inter-Clubs competition with gold for **Kilmurray/Ibrickane A.C.** in the Girls U/17, gold for **St. Cronan's A.C.** in Girls U/15, silver for **St. Mary's A.C. Clare** in Girls U/13, **Tulla A.C. & Fergus A.C.** with

a bronze each in Boys U/17 & Boys U/13, 2 gold & 1 silver for **Bandon A.C.** in Boys U/11, Boys U/15 & Girls U/11 & gold & bronze for **Carraig Na BhFear A.C.** in Girls U/11 & U/15.

Cork Tops at Munster Juvenile Cross Country Relays

At the Munster Juvenile Cross Country Relay Championships in Enniskeane, Co. Cork on Sunday 7th February 2016, **Cork** took over the mantle from top scorers Tipperary in 2015, to take home **6** sets of medals in total, 3 gold in the Girls & Boys U/10 & Girls U/14 & 1 silver in the Girls U/12 & 2 bronze in the Boys U/12 & Boys U/14. Next best county was **Clare** with **5** sets of medals (gold in the Boys U/12, silver in the Boys U/14 & 3 bronze in the Girls U/10, U/12 & U/14. **Limerick** placed 3rd with **3** sets of medals (gold in Girls U/12, silver in Girls U/10 & bronze in the Boys U/10. **Waterford** placed 4th with **2** sets of medals (gold in the Boys U/14 & silver in the Boys U/10. Tipperary were 5th best with double silver in the Boys U/12 & Girls U/14.

GloHealth Irish Schools Senior Title for Mulcaire



Kevin Mulcaire, St. Flannan's Ennis was the standout performer for Munster at the GloHealth Irish Schools Cross Country Championships in Sligo Racecourse on Saturday 5th March. **Mulcaire**, ran a superb race in the Senior Boys competition breaking away from the pack at the half way stage to win the title for a second successive year. There were super silver medal wins for **Megan Carr, Loreto Fermoy** in the Minor Girls race, **Ted Collins, Glenstal Abbey School** in the Minor Boys race & **Michael Troy, St. Augustine's College, Dungarvan** in the Junior Boys race with brilliant bronze medals for **Lucy O'Keeffe, St. Mary's Midleton** in the Minor Girls race, **Chris O'Reilly, Douglas Community College** in the Junior Boys race & **Claire Rafter, Ursuline Thurles** in the Intermediate Girls race. Podium finishes also went to **Lucy Holmes, Ard Scoil na nDeise** (5th Junior Girls), **Charlie O'Donovan, Col Christ Ri Corcaigh** (6th Inter Boys) & **Fiona Everard, MICC Dunmanway** (5th Senior Girls).

Other Munster athletes who performed very well to finish in the top 12 were:-

- Grainne Egan, St. Mary's Mallow (7th Minor Girls)
- Paul Hartnett, Colaiste an Chraoibhin Fermoy (8th Minor Boys)
- Rhona Randles, Pobal Scoil Inbhearsceine, Kenmare (11th Junior Girls)
- Finn Looney, St. Anne's Killaloe (7th Junior Boys)
- Darragh McElhinney, Colaiste Pobail Bheantraí (9th Inter Boys)
- Donal Devane, St. Flannan's Ennis (11th Inter Boys)

- David Fox, CBC Cork (10th Senior Boys)

In the team competitions, **St. Flannan's Ennis** took Silver in the Senior Boys with a 4th place finish for **Ard Scoil na nDeise** in the Junior Girls team competition.

Munster U/9 to U/12 Indoor Champs

The Munster U/9 to U/12 Indoor Championships took place in Nenagh Indoor Stadium on Saturday 13th & Sunday 14th February 2016. Record breaking performers over the Championships were **Orla O'Shaughnessy, Dooneen A.C.** who ran 1.41.28 in the heats of the Girls U/10 500m to break the 2015 record of 1.41.39 set by Nicole Binan, Leevale A.C. & **Kyle Ettoh, Grange Fermoy A.C.** who jumped 4.53m in the Boys U/12 Long Jump to beat the 2007 record of 4.42m set by Fintan O'Shaughnessy, Bandon A.C.

14 New Records Set at Munster Indoor Champs



The Munster U/13 to U/19 Indoor Championships took place on Saturday 20th & Sunday 21st February 2016 in Nenagh Indoor Stadium. **14** new Championship Best Performances were set over the weekend (7 for the boys & 7 for the girls). Details of the record breakers are below:-

- **Sarah Hosey, Dooneen A.C.** ran 1.43.25 in the Girls U/13 600m to break the 2015 record of 1.44.07 2015 set by Ailbhe Doherty, Ennis Track A.C.
- **Geoffrey Joy O'Regan, Sunhill Harriers A.C.** jumped 1.54m in the Boys U/13 High Jump to break the existing record of 1.47m set by Joseph McEvoy Nenagh Olympic A.C. in 2013.
- **Aimee Hayde, Newport A.C.** ran 2.23.10 in the Girls U/14 800m to break the time of 2.23.43 of Jenna Bromell Emerald set in 2010.
- **Reece Ademola, Leevale A.C.** jumped 5.57m in the Boys U/14 Long Jump to better the existing record of 5.38m set by Daniel Ryan, Moycarkey Coolcroo A.C. in 2012.
- **Megan Lenihan, North Cork A.C.** threw the Shot Putt out to 14.41m in the Girls U.14 competition to smash the mark of 13.02m set by Ciara Sheehy, Liscarroll A.C. in 2015.
- **Conor Commene, Tralee Harriers A.C.** ran 7.72 in the Boys U/14 60m to better the record of 7.73 set by Conor Morey Leevale in 2014.
- **Ciara Kennelly, Killarney Valley A.C.** jumped 1.65m in the Girls U/15 High Jump to better the record of 1.62m set by Sophie Meredith, St. Mary's A.C. Limerick in 2015.

- **Ciara Sheehy, Liscarroll A.C.** threw 13.10m in the Girls U/15 Shot Putt to smash the record of 11.72m set by Ailish Sheehan, Dooneen A.C. in 2007.
- **Lauren O'Leary, Emerald A.C.** jumped 5.49m in the Girls U/16 Long Jump to better the mark of 5.32m set by Mairead Murphy, Ferrybank A.C. on 2004.
- **Joseph McEvoy, Nenagh Olympic A.C.** jumped 1.91m in the Boys U/16 High Jump to break the existing record of 1.90m set by Ben Donovan, Abbey Striders A.C. in 2015.
- **Tony Odubote, Ennis Track A.C.** ran 7.16 in the Boys U/17 60m to better the record of 7.25 set by Nathan Jege, Dooneen A.C. in 2008.
- **Tony Odubote, Ennis Track A.C.** ran 22.86 in the Boys U/17 200m to break the record of 23.09 set by Jamie Mitchel, Emerald A.C. in 2015.
- **Anne Corcoran, Ferrybank A.C.** threw 12.52m in the Girls U/18 Shot Putt to better the mark of 12.49m set by Deirbhile Ryan, Nenagh Olympic A.C. in 2014.
- **Jamie Mitchell, Emerald A.C.** ran 50.89 in the Boys U/18 400m to better the existing record of 51.59 set by Patrick Maher, Leevale A.C. in 2009.

9 National Records for Munster Athletes



Munster had a successful GloHealth National Juvenile Indoor Championships in AIT Arena on Saturday 12th, Sunday 13th & Saturday 19th March. In individual competitions, **45 gold, 52 silver & 34 bronze** medals were won in total over the three days with **8** new National records being set by our athletes below & 1 equalled:-

1. **Jessica Lyne, Leevale A.C.** Girls U/12 High Jump (1.36m)
2. **Conor Commane, Tralee Harriers A.C.** Boys U/14 Long Jump (5.68m)
3. **Niamh Foley, St. Mary's A.C. Limerick** Girls U/15 60mH (8.98)
4. **Ciara Kennelly, Killarney Valley A.C.** Girls U/15 High Jump (1.66m)
5. **Anna Ryan, Moycarkey Coolcree A.C.** Girls U/15 Pole Vault(2.50m)
6. **Ciara Sheehy, Liscarroll A.C.** Girls U/15 Shot Putt (13.59m)
7. **Adam O'Dwyer, Moycarkey Coolcree A.C.** Boys U/15 Pole Vault (2.70m)
8. **Emma Coffey, Carraig na BhFear A.C.** Girls U/16 Pole Vault (2.80m) =
9. **Gearoid McMahon, Shannon A.C.** Boys U/18 Walk (6.07.00)

In the Relay competitions on Saturday 19th March, Munster Clubs won **16 sets of medals (7 gold, 6 silver & 3 bronze)**. A Championship Best Performance was recorded by the **Carrick-On-Suir A.C.** Girls U/17 4 x 200m team with a time of 1.43.08 & the Club later went on to win the Girls U/16 4 x 200m Relay. **Templemore A.C.** were victorious in the Boys U/14 & U/17 Relays with gold for **Midleton A.C.** in the Boys U/12 4 x 100m & **Riverstick/Kinsale A.C.** in the Girls U/12 4 x 100m. **Leevale A.C.** won gold in the Girls U/13 competition with silver for their Boys U/15 team with **Dooneen A.C.** winning a total of 6 sets of medals, silver in the Girls U/12, Boys U/12, Girls U/16 & Boys U/16 & bronze in the Girls U/13, Girls U/15. **St. Mary's A.C. Limerick & Nenagh Olympic A.C.** picked up silver medals in the Boys U14 & Boys U/13 competitions.

SIAB Schools XC International 2016



The SIAB Schools Cross Country International was held in Callendar Park, Falkirk, Scotland on Saturday 19th March. **5** Munster athletes were selected to compete for Ireland –

- **Junior Girls** - Lucy Holmes, Ard Scoil na nDeise, Dungarvan
- **Junior Boys** - Michael Troy, St. Augustine's College, Dungarvan & Christopher O'Reilly, Douglas Community School
- **Intermediate Girls** - Claire Rafter, Ursuline Thurles
- **Intermediate Boys** - Darragh McElhinney, Colaiste Pobail, Bheantraí

Lucy Holmes, Ard Scoil na nDeise finished in 27th place in the Junior Girls race & was the 5th scoring member of the Irish team who placed 4th. **Christopher O'Reilly, Douglas Community School** crossed the line in 6th place in the Junior Boys race followed by **Michael Troy, St. Augustine's College, Dungarvan** in 29th place with both winning bronze team medals for Ireland. In the Intermediate Girls race, **Claire Rafter, Ursuline Thurles** was 27th winning a bronze team medal with the Irish Intermediate Girls team with **Darragh McElhinney, Colaiste Pobail Bheantraí** finishing in 22nd place in the Intermediate Boys race & the Irish team placing 4th overall.

Munster Juvenile & Youth Combined Events Championships

The Munster Juvenile & Youth Combined Events Championships were held in Templemore Track on Monday 2nd May 2016 with competition for U/11 to Youth (U/17 & U/18) age groups. **5**

Championship Best Performances (1 individual & 4 Pentathlon) were recorded on the day by the following athletes:-

- **Hannah Falvey, Belgooly A.C.** ran a very swift 8.82 in the Girls U/11 60m to break the time of 8.92 set by Brenda Doherty, K.C.K. A.C. in 2000.
- **Maia McCourt, Bandon A.C.** won the Girls U/11 competition scoring a new CBP of 873 points to exceed the score of 816 points set by Grace Rooney, Youghal A.C. in 2015.
- **George Alamu, Midleton A.C.** scored 1445 points in the Boys U/12 competition to beat the score of 1431 set by his team-mate Sean Kavanagh in 2015.
- **Laura Frawley, St. Mary's A.C. Limerick** scored a total of 1692 points in the Girls U/13 competition to exceed the score of 1517 points set by Susan Nestor, St. Mary's A.C. Clare in 2015.
- **Anne Corcoran, Ferrybank A.C.** set a new record in the Youth Girls Pentathlon with her final score of 3096 to beat the score of 2795 points set by Clodha Blake, St. John's A.C. Clare set in 2015.

Sun Shines on Munster Schools Athletes

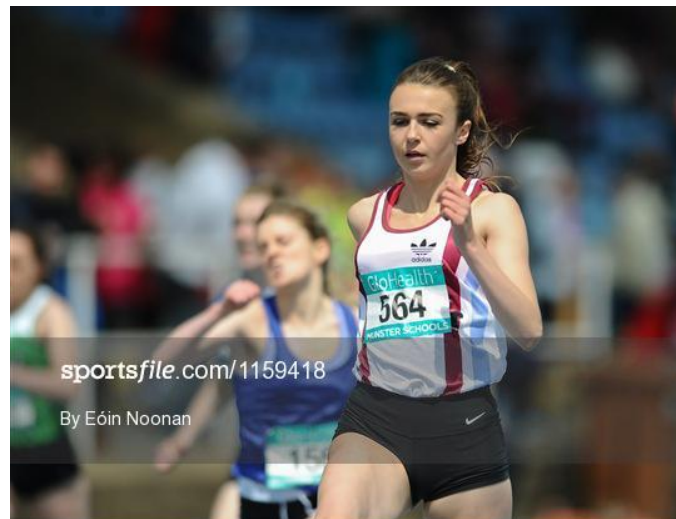
The GloHealth Munster Schools Track & Field Championships took place on Saturday 21st May in Waterford Regional Sports Centre. Amid sunshine & swirling winds, the spectators were treated to an array of exciting finishes & personal bests in lots of events. Having won both the Junior & Intermediate Boys Cups, **Thurles CBS** had the honour of winning the Overall Cup taking over the mantle from Bandon Grammer School who were the winners last year. Among the athletes who shone on the day were our **8 record breakers** with the oldest records to fall dating back to 1983 & 1980:-

- **Ciara Kennelly, St. Brigid's Killarney** jumped 1.65m in the Junior Girls High Jump to break the existing record of 1.64m set by Sophie Meredith, SMI Newcastlewest in 2015.
- **Ciara Sheehy, St. Mary's Charleville** threw the Junior Girl's Shot out to 13.04m to exceed the 2006 record of 12.97m set by Claire Fitzgerald, Presentation Tralee.
- **Megan Lenihan, Hazelwood College** had a massive throw of 42.97m in the Junior Girls Discus to smash the record of 37.87m set in 2011 by Kayleigh Cronin, St. Brigid's, Killarney.
- **Laura Nicholson, Bandon Grammer School** set a new record of 5.19.11 in the Intermediate Girls 1500 Meter Steeplechase to break the record of 5:25.42 set by Ciara Cummins, Ursuline Thurles in 2013.
- **Emma Coffey, St. Angela's Cork** vaulted a huge 3.20m in the Intermediate Girls Pole Vault to well exceed the mark of 2.70m & held jointly by Megan Dunford, St Augustines, 2014, Lisa Houlihan, St. Augustines, 2009 & Siobhan Brackett, St. Augustines, 2005.
- **Orlaith O'Brien, Yeats College** threw 43.19m in the Senior Girls Javelin to break the 1983 record of 41.16m held by Brenda Walsh FCJ, Laurel Hill.
- **Yuri Kanash, St. Augustine's Dungarvan** showed great form in the Senior Boys Pole Vault to finish on 4.25m a new Munster Schools record previously held at 4.21 by his school mate Seamie Fennell & set last year.
- **Mercy Mount Hawk Tralee** Junior Boys 4x100 Meter Relay ran 47.14 to break the record of 47.4h set by Tralee CBS in 1980.



Winners of Senior Boys Pole Vault in which Yuri Kanash (centre) set a new Munster Schools record of 4.25m.

Having recently posted a World Junior “A” 200m standard on the same track, **Sharlene Mawdsley, St. Mary’s Newport** continued her great form powering her way home to double Munster Schools titles in the Senior Girls 100m & 200m.



There were lots of double medal winners on the day with great performances from double gold medal winners as follows:- **Lauren O’Leary, Nagle Rice Doneraile** took double gold in the Junior Girls 100m & Long Jump; **Ciara Neville, Castletroy College** took the double in the Intermediate Girls 100m & 200m; **Sophie Meredith, SMI Newcastlewest** won double gold in the Intermediate Girls Long Jump & High Jump; **Kate Taylor, Colaiste Mhuire Ennis** scored double gold in the Intermediate Girls 80mH & Triple Jump; **Noelle Lenihan, Hazelwood College** won both the Intermediate Girls Shot Putt & Discus; **Avril Deegan, Presentation Thurles** won both the Senior Girls 1500m & 3000m; **Ricky Carroll, St. Colman’s Fermoy** won the Minor Boys Shot Putt & the Junior Boys Hammer; **Jack Ryan, Thurles CBS** took double gold in the Junior Boys 100m & Triple Jump; **Tony Odubote, Rice College Ennis** took Munster titles in both the Intermediate Boys 100m & 400m; **Sean Mockler, Thurles CBS** won both the Intermediate Boys Discus & Hammer; **Joseph Minter, Ennistymon CBS** won the Intermediate Boys Triple Jump & Long Jump & **Eoghan Flynn, Dungarvan CBS** won both the Senior Boys Discus & Javelin.

GloHealth Irish Schools T&F Championships



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



Munster had 6 Record breaking performances from its athletes:-

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

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

Munster U/9 to U/13 T&F Championships



The Munster U/9 to U/11 Team Games & the U/12 & U/13 Track & Field Championships were held in lee's Road, Ennis, Co. Clare on Saturday 28th & Sunday 29th May 2016. There were lots of exciting performances with **13 new Championship Best Performances** ("CBP") being set. Oldest record to fall

was a 1978 record of 1.42m held by Kieran Mills, Mallow A.C. in the Boys U/12 High Jump which was broken by Kyle Ettoh, Leevale A.C. by 5cm.

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

1. **Daniela Puspurs, Leevale A.C.** threw 15.13m in the Girls U/9 Turbo Javelin to smash the record of 11.94m set by **Abby Moynihan, Liscarroll A.C.** in 2015.
2. **Abbey Moynihan, Liscarroll A.C.** set a new record of 15.89m in the Girls U/10 Turbo Javelin to better the 2014 mark of 14.64 set by Kaley Cozens, Templemore A.C.
3. **Jessica Lyne, Leevale A.C.** jumped 1.42m in the Girls U/12 High Jump to exceed the record of 1.41m set by Sophie Meredith, St. Mary's A.C. Limerick in 2012.
4. **Maeve O'Neill, Doheny A.C.** ran 1.41.10 in the Girls U/13 600m to break the 2009 record of 1.41.89 held by Jenna Bromell, Emerald A.C.
5. **Oscar Naughton, Leevale A.C.** threw a massive 19.11m in the Boys U/9 Turbo Javelin to smash the record of 16.55m set by Andrew Scanlon, Waterford A.C. in 2014.
6. **John Murphy, Liscarroll A.C.** ran 1.45.46 in the Boys U/11 600m to smash the record of 1.49.27 set by Joe Egan, Moycarkey Coolcree A.C. in 2015.
7. **Samuel Bailey, Doheny's A.C.** threw 26.97m in the Boys U/11 Turbo Javelin to better the 26.54m throw of Eoghan Cassidy, Bandon A.C. in 2015.
8. **Kyle Ettoh, Leevale A.C.** set a new huge new record of 1.47m in the Boys U/12 High Jump to break the 1978 record of 1.42m set by Kieran Mills, Mallow A.C.
9. **Eoghan Cassidy, Bandon A.C.** threw 29.45m in the Boys U/12 Turbo Javelin to better the throw of 27.30m by his team-mate Max Hallahan in 2014.
10. **Jack Cullen, Bandon A.C.** threw 36.77m in the Boys U/13 Javelin to smash the record of 30.99 set by Joe Ivory, Liscarroll A.C. in 2015.
11. **Danny Kelly, Belgooly A.C.** jumped 4.97m to break the 2011 record of 4.94m set by Daniel Ryan, Moycarkey Coolcree A.C.
12. **Dooneen A.C.** Boys U/11 4 x 100m Relay team ran 57.84 to break the record of 58.19 set by Midleton A.C. in 2015.
13. **Belgooly A.C.** Boys U/13 4 x 100m Relay team ran 52.77 to better the 2014 record of 53.75 set by Leevale A.C. in 2014.

23 Records at Munster T&F Champs

The Munster U/14 to U/19 Track & Field Championships were held in Cork I.T. on Saturday 18th & Sunday 19th June. The level of competition was very high with **23** new Championship Best Performances set over the two days by the following athletes.

- **Joe Ivory, Liscarroll A.C.** threw 38.94m in the Boys U/14 Javelin to better the 1995 record of G. Walsh, De La Salle of 36.86m.
- **Conor Commene, Tralee Harriers A.C.** ran 24.82 in the Boys U/14 200m to better the 2008 record of 25.54 set by Greg O'Shea, Dooneen A.C.
- **Tony Odubote, Ennis Track A.C.** ran 11.30 in the Boys U/17 100m to better the 2015 record of 11.37 set by Daniel Ryan, Moycarkey Coolcree A.C.
- **Kevin Michael Jelenak, Togher A.C.** threw a massive 55.46m in the Boys U/17 Javelin to smash the 1984 record of 51.14m set by Barry Walsh, Dooneen A.C.

- **David Kenny, Farranfore Maine Valley A.C.** set a new record in the Boys U/18 3km Walk of 14.32.18.
- **Eoghan Flynn, Waterford A.C.** threw 54.05m in the Boys U/19 Javelin to smash the 2011 record of 50.03m set by Jaco Oosthuysen, Clonmel A.C.
- **Leevale A.C.** Boys U/15 4 x 100m Relay team ran 48.40 to better the 2014 record of 49.38 by their own Club.
- **Emerald A.C.** Boys U/19 4 x 100m Relay team ran 45.00 to beat the 2014 record of 45.40 set by Abbey Striders A.C.
- **Ailbhe Doherty, Ennis Track A.C.** ran 2.19.68 in the Girls U/14 800m to better the 1994 record of 2.21.0 set by Emer O'Shea, St. Michaels.
- **Megan Lenihan, North Cork A.C.** threw 35.60m in the Girls U/14 Discus to smash the existing 1998 record of 33.05m set by Rachel Akers, East Clare.
- **Megan Lenihan, North Cork A.C.** threw 39.83m in the Girls U/14 Javelin to beat by over 8 metres the 2015 record of 31.71m set by Holly Meredith, St. Mary's Limerick.
- **Megan Lenihan, North Cork A.C.** threw 13.87m in the Girls U/14 Shot Putt to better the existing record of 13.02m set by Ciara Sheehy, Lisscarroll A.C. in 2015.
- **Ciara Sheehy, Lisscarroll A.C.** threw 13.20m in the Girls U/15 Shot Putt to beat the 2009 mark of 12.65m set by Laura McSweeney, Bandon A.C.
- **Miriam Daly, Carrick-On-Suir A.C.** ran 11.70 in the Girls U/16 80m Hurdles to better the time of 11.96 set by Sarah Lavin, Emerald in 2009.
- **Emily O'Mahony, Waterford A.C.** set a new record of 10.36m in the Girls U/16 Triple Jump.
- **Emma Coffey, Carraig na BhFear A.C.** vaulted 3.00m in the Girls U/16 Pole Vault to better the 2011 record of 2.60m set by Kayleigh Cronin, West Muskerry.
- **Laura Nicholson, Bandon A.C.** ran 7.22.58 in the Girls U/17 2km Steeplechase to better the time of 7.49.99 set by Aoife Hamilton, West Waterford A.C. in 2014.
- **Orla O'Connor, Waterford A.C.** set a new record of 14.59.88 in the Girls U/17 3km Walk.
- **Clodagh Walsh, Abbey Striders A.C.** set a new record of 2.80m in the Girls U/17 Pole Vault to better the mark of 2.73m set by Claire O'Sullivan, KCK in 2001.
- **Anne Corcoran, Ferrybank A.C.** ran 56.77 in the Girls U/18 400m to better the existing record of 56.92 set by E. Nicholson, Leevale A.C. in 1987.
- **Orlaith O'Brien, Waterford A.C.** threw 44.48m in the Girls U/18 Javelin to smash the 1990 record of 39.06m set by J. Hanrahan, Corbally.
- **Laura Cussen, Old Abbey A.C.** vaulted 3.10m in the Girls U/19 Pole Vault to better the 2014 record of 2.91m set by Megan O'Connor, West Waterford A.C.
- **Carrick-On-Suir A.C. Girls U/16 4 x 100m** relay team ran 50.35 to better the existing record of 50.62 set by Emerald in 2014.

Tailteann Trophies for McMahon



The GloHealth Tailteann Interprovincial Track & Field Championships took place on Saturday 25th June 2016 in Morton Stadium, Santry. Munster athletes took home 29 medals in total (10 gold, 11 silver & 8 bronze). Star athlete for Munster was **Gearoid McMahon, St. Caimin's Shannon** **who not only** won the Roisin O'Callaghan Memorial Trophy for the Best Athlete in the Race Walking event for the second year in a row in a new personal best time of 13.47.25 but he was also awarded the Fr. Lonergan Trophy for the Best Boy Athlete competing at the Championships.



Other athletes who put in top class performances on the day were **Miriam Daly, Scoil Mhuire Carrick-On-Suir** who did the double in the Girls 80mH & 300mH, **Orla O'Connor, Waterpark College** who won the Girls 3km Walk in 14.34.68, **Joseph Minter, Ennistymon CBS** who won the Long Jump with 6.60m & bronze in the Triple Jump, **Ciara Sheehy, St. Mary's Charleville** who

threw the Shot Putt out to 12.65m, **Sean Mockler, Thurles CBS** who won the Boys Hammer with a throw of 53.71m & bronze in the Discus, **Tony Odubote, Rice College Ennis** who won the Boys 400m in a time of 50.32, **Claire Rafter, Ursuline Thurles** who won the Girls 1500m in 4.44.85 & **Darragh McElhinney, Colaiste Pobal Bheantraí** who won gold in the Boys 1500m in a time of 4.09.99. Silver medals were won by **Jade O'Farrell Bond, Borrisokane CC** (Hammer 47.15m), **Joseph McEvoy, St. Anne's Killaloe** (High Jump 1.95m), **Jake Vermeer, Comeragh College** (400mH 1.00.19), **Sophie Meredith, SMI Newcastlewest** (Long Jump 5.52m), **Brian Lynch, Colaiste an Spioraid Naomh** (Long Jump 6.36m), **Katie Moynihan, Davis College** (Javelin 38.74m), **Emma Coffey, St. Angela's Cork** (Pole Vault 3.20m), **Alex O'Neill, Rice College Ennis** (800m 2.16.99), **Laura Nicholson, Bandon Grammer** (1500m S/C 5.18.52), **Conor Devane, St. Flannan's Ennis** (1500m S/C 4.37.61) & **Shane Monagle, Ard Scoil na Mara** (100mH 13.89). Bronze medals went to **Sean Mockler, Thurles CBS** (Discus 40.52m), **Ben Donovan, Midleton College** (High Jump 1.90m), **Gary Cronin, St. Brendan's Killarney** (400mH 1.00.34), **Sean Carolan, St. Mary's Newport** (Long Jump 6.33m), **Noelle Lenihan, Hazelwood College** (Discus 32.38m), **Joseph Minitier, Ennistymon CBS** (Triple Jump 12.90m), **Aaron Donnelly, Abbey CC** (1500m S/C 4.44.75) & **Katie Murphy, Abbey CC** (200m 25.09).

In the Relay competitions, the Munster teams were 2nd in the Girls 4 x 100 with 3rd place finishes in the Boys 4 x 100m, Girls 4 x 400m & Boys 4 x 400m.

National Combined Events Titles for Ademola, Fennessy & McEvoy



Munster athletes competed very well at the GloHealth National Combined Events Championships in Tullamore Harriers Stadium on Sunday 3rd July. There were 7 wins in total by our athletes, 3 gold, 3 silver & 1 bronze. Our top athletes on the day were **Reece Ademola, Leevale A.C.** who took gold in the Boys U/14 competition with a score of 2498 points, **Ava Fennessy, Clonmel A.C.** who won gold in the Girls U/15 competition with 2820 points & **Joseph McEvoy, Nenagh Olympic A.C.** who took the Boys U/16 title with 3647 points. Silver medal winners were **Susan Nestor, St. Mary's A.C. Clare** in the Girls U/14 competition (2713 points), **Anna Ryan, Moycarkey Coolcree A.C.** in the Girls U/15 (2645 points) & **Diarmuid O'Connor, Bandon A.C.** in the Boys U/15 (2929 points). **Emily O'Mahony, Waterford A.C.** won bronze in the Girls U/16 competition scoring 2597 points.

National Juvenile Team Games



The GloHealth National Juvenile Games were held in Tullamore Harriers Stadium on Sunday 3rd of July with the GloHealth U/14 to U/16 Combined Events Championships. There were 15 sets of team medals won by Munster Girls teams (6 gold, 6 silver & 3 bronze) while the Munster Boys picked up 13 sets of medals (4 gold, 4 silver & 5 bronze). In addition to this, Munster Clubs also took home 11 sets of Relay medals (5 gold, 2 silver & 4 bronze).

Midleton A.C. duo Roisin McManus & Meabh Corkery won double gold in the Girls U/9 60m & 300m. There was a 1, 2 & 3 for Munster Clubs in the Girls U/11 60m with gold for **Bandon A.C. athletes Amy McCarthy & Laura Sheehy**, silver for **Dooneen A.C duo Angel Alfred & Leigh Moloney** & bronze for **Hannah Falvey & Abbie Dorney from Belgooly A.C. Dooneen A.C.** struck gold again in the Girls U/10 500m with their pairing of **Orla O'Shaughnessy & Mai McKenna** while in the U/11 600m, there was silver for **Ava Fitzgerald & Leah Dunne, Carraig na BhFear A.C.** Munster also scored gold & silver in the Girls U/11 Long Jump with **Dooneen A.C. pair Leigh Moloney & Yanna Leahy** finishing 1st & silver for **Hannah Falvey & Abbie Dorney, Belgooly A.C.** In the Turbo Javelin competitions, Munster also came to the fore with gold, silver & bronze in the U/9 competition – **Kate Nevin & Rebecca Kavanagh, Templemore A.C. (1st), Daniela Puspurs & Ella Dinan, Leevale A.C. (2nd) & Kate Collins & Clodagh Barry, Bandon A.C. (3rd).** An **Riocht A.C.** pairing of **Robyn Cahill & Stephanie Reid** won silver in the U/10 competition with silver for **Moycarkey Coolcroo A.C. twins Caitlin & Ciara Shelly** & bronze for **Ceola Bergin & Emily Davidson, Templemore A.C.** in the Girls U/11 competition.

In the Boys U/9 competitions, there was gold & silver for Munster in the 60m competition with **Derg A.C. duo of Archie McNamara & Tadhg McKeogh** placing 1st & **Cian Power & Daniel Murphy, Leevale A.C.** placing 2nd. In the U/9 300m, **Riverstick/Kinsale A.C.** won gold with **Ollie Buckley & Cathal Walsh** with silver for **Derg A.C. duo of Matt Leyden & Archie McNamara.** In the U/9 Long

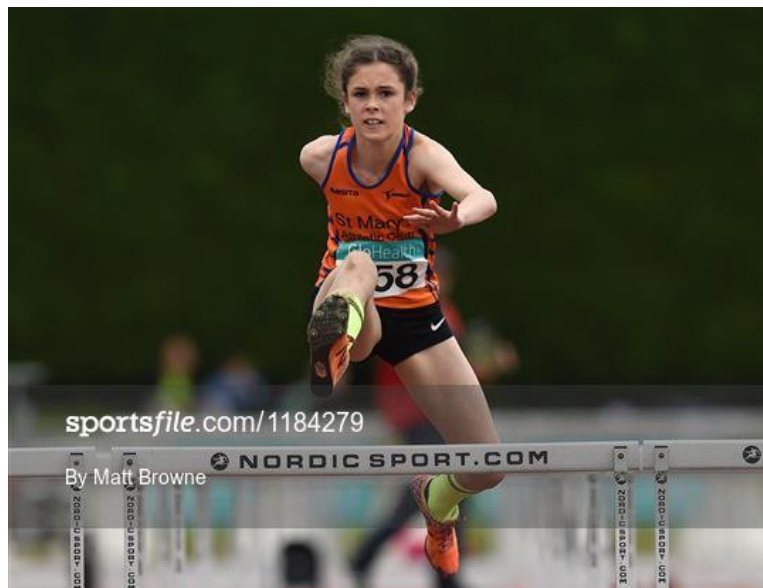
Jump **Ruairi Walsh & Michael Ryan, Nenagh Olympic A.C.** won bronze with bronze also for **Oscar Naughton & Uzo Backari, Leevale A.C.** in the Turbo Javelin. There was silver for **Midleton A.C.** athletes **Lewis Holland & Odhran O'Sullivan** in the Boys U/10 500m & bronze for **Midleton A.C.** in the Long Jump with the pairing of **Robert Olden & Peter Barrett**. In the Boys U/11 60m, there was gold for **Jayden Carmody & Denis Matthews, Dooneen A.C.** with silver for **Daithi Smith & Killian Power, Carrick-On-Suir A.C. Doheny A.C.** athletes **Keith McCarthy & Samuel Bailey** were 3rd in the U/11 600m while in the Long Jump, there was gold for **Carrick-On-Suir A.C.** pair of **Callum Costello & Killian Power** & bronze for **Theo De Souza & Sam O'Sullivan, Carraig na BhFear A.C.**

In the Relay competitions, Munster took home 11 sets of medals in total (5 gold, 2 silver & 4 bronze). In the U/9 Boys 4 x 100m, Munster had a clean sweep with gold for **Derg A.C.**, silver for **Bandon A.C.** & bronze for **Leevale A.C. Dooneen A.C.** took gold in the Girls U/10 4 x 100m with gold for **Midleton A.C.** & silver for **Lios Tuathail A.C.** in the Boys U/10 4 x 100m. There was another clean sweep for Munster Clubs in the Girls U/11 4 x 100m with gold for **Dooneen A.C.**, silver for **Leevale A.C.** & bronze for **Bandon A.C. Dooneen A.C.** also took gold in the Boys U/11 4 x 100m with bronze for **Carrick-On-Suir A.C.**

24 National "B" Titles for Munster

The GloHealth National Juvenile "B" Track & Field Championships & the U/12 to U/19 Inter Club Relay Championships were held in Tullamore Harriers Stadium on Saturday 9th July. Munster athletes were in fine form winning 55 individual medals in total (24 gold, 17 silver & 14 bronze) in the "B" Championships while 23 sets of medals (10 gold, 7 silver & 6 bronze) were won by Munster Clubs in the Inter-Club Relay Championships.

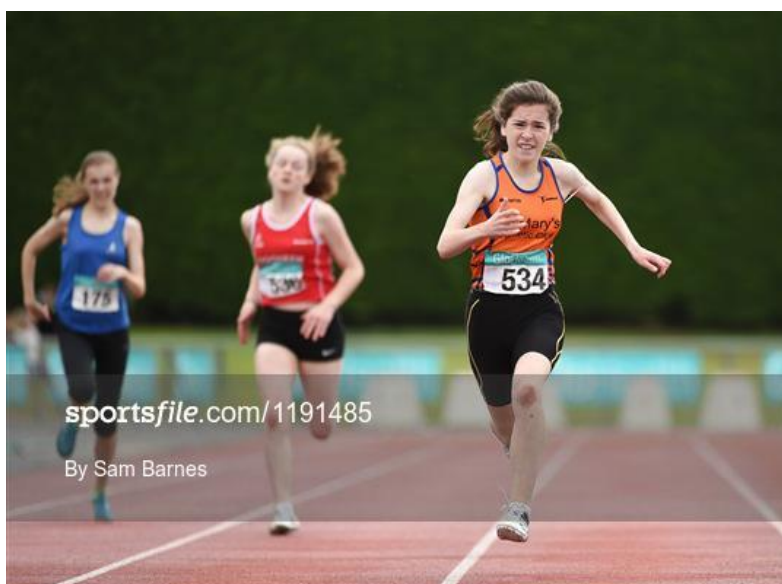
Strong Showing from Munster Athletes on Day 1



Munster athletes showed good form at Day 1 of the GloHealth National Juvenile Track & Field Championships in Tullamore on Sunday 10th July 2016 winning 68 medals in total which included 27 gold & national titles, 21 silver & 20 bronze & 4 new National records set by the athletes below:-

1. **Laura Frawley, St. Mary's A.C. Limerick** ran 9.52 in the Girls U/13 60mH to better the time of 9.58 set by Miriam Daly, Carrick-On-Suir A.C. in 2013.
2. **Sean Kavanagh, Midleton A.C.** jumped 1.56 in the Boys U/13 High Jump to break the 2014 record of 1.48m set by his team-mate Robert Dillon in 2014.
3. **Megan Lenihan, North Cork A.C.** threw 39.07m in the Girls U/14 Javelin to better the 2012 record held by Orlaith O'Brien, Ferrybank A.C. at 34.36m.
4. **Jack Murphy, Leevale A.C.** ran 15.09 in the Boys U/19 110mH to break the 2002 record of 15.19 set by Ian McDonald, Crusaders A.C.

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 23rd July 2016. Munster clinched 82 medals in total which included 32 gold & national titles, 26 silver & 24 bronze & 6 new National records set by the athletes below:-

- **Kyle Ettoh, Leevale A.C.** jumped 1.53m in the Boys U/12 High Jump to better the 2013 record of 1.48m set by Conor Blake, St. John's A.C.
- **Megan Lenihan, North Cork A.C.** threw 39.36m in the Girls U/14 Discus to smash the 2011 record of 32.81m set by Sally Smith, Bandon A.C.
- **Ciara Sheehy, Liscarroll A.C.** threw 13.93m in the Girls U/15 Shot Putt to break the 2012 record of 13.87m set by Michaela Walsh, Swinford A.C.
- **Emma Coffey, Carraig na BhFear A.C.** set a new record in the Girls U/16 Pole Vault when she vaulted 3.15m to break the existing record of 2.90m set by Kate Richie, Ballymena & Antrim A.C. in 2015.
- **Clodagh Walsh, Abbey Striders A.C.** vaulted 3.00m in the Girls U/17 Pole Vault to better the existing record of 2.86m set by Laura Cussen, Old Abbey A.C. in 2014.
- **Gearoid McMahon, Shannon A.C.** clocked 13.40.24 in the Boys U/17 3km Walk to better the time of 14.01.47 set by Paul Murphy, Dooneen A.C. in 2004.

14 National Titles for Munster Athletes on Day 3



Munster athletes continued their winning ways on Day 3 of the GloHealth National Juvenile Track & Field Championships in Tullamore on Sunday 24th July 2016 winning 62 medals in total (14 gold, 25 silver & 23 bronze). 2 National records were also set by the athletes below:-

- **Adam O'Dwyer, Moycarkey Coolcroe A.C.** vaulted 3.40m in the Boys U/15 Pole Vault to better the existing record of 3.30m set by Jason Harvey, Campbell College in 2005.
- **Niamh Foley, St. Mary's A.C. Limerick** ran 25.18 in the Girls U/15 200m to better the 2015 record of 25.33 set by Patience Jumbo-Gula, St. Gerard's A.C. Dundalk.

7 Medals for Munster at SIAB Schools International



The SIAB Schools U/17 Track & Field International took place in the Julie Rose Sports Stadium, Ashford, Kent on Saturday 16th July 2016 with Munster athletes taking home 7 individual medals in total (2 gold, 1 silver & 4 bronze). There was a gold medal win for **Miriam Daly, Scoil Mhuire Carrick-On-Suir** in the 300mH when she ran a new personal best of 42.42. She also won bronze in the 80mH with a time of 11.60 & brought the Irish Girls 4 x 300m team home to a bronze medal. Later in the day, Miriam was awarded the Sean Nyhan medal for the "Most Meritorious Performance from an Irish Female Athlete". Our other gold medal winner was **Darragh McElhinney, Colaiste Phobal**

Bheantraí who ran a terrific 1500m race to claim gold in 4.07.15. Our silver medal winner was **Claire Rafter, Ursuline Thurles** who ran 4.35.87 in her 1500m race. Bronze medals were won by **Joseph McEvoy, St. Anne's Killaloe** in the High Jump with a personal best of 1.96m, **Miriam Daly**, Irish Boys Team Captain **Tony Odubote, Rice College Ennis** in the 400m in a time of 49.24 & Irish Girls Team Captain, **Sophie Meredith, SMI Newcastlewest** in the Long Jump with her jump of 5.68m.

In the Relay competitions, **Miriam Daly** won bronze with the Irish Girls 4 x 300m Relay team & **Tony Odubote** won silver with the Irish Boys 4 x 400m Relay team.

European Youth T&F Championships 2016



The inaugural European Youth Track & Field Championships took place in Tbilisi, Georgia from 14th to 17th July 2016. **8** athletes represented Munster on the Irish team & although no medals were won by our Munster group on this occasion, lots of valuable experience was gained on the international stage with some of our athletes posting personal bests in their events. With competition at its highest level, **Ciara Neville, Emerald A.C.** ran very well placing 2nd in her 100m Heat (12.03) to reach the Semi-Final where she finished 6th in a time of 12.02 which unfortunately was not fast enough to qualify for the final. Her team-mate **Jamie Mitchell** ran 49.41 in the 400m to place 4th in his heat & was unfortunate to be just outside the qualifying times for the Final. **Cathal Locke, Dooneen A.C.** was running very well in the 400mH & on target to easily qualify for the Final but he clipped the 3rd last hurdle to fall heavily & put himself out of the race. **Charlie O'Donovan, Leevale A.C.** gave a good account of himself in the 1500m placing 4th in his heat in a time of 4.00.17 to gain an automatic qualifying spot in the Final. He finished 8th overall in a time of 4.03.90 in the final. In the 5000m Walk, **Orla O'Connor, Waterford A.C.** put in a good performance to place 10th overall in 24.57.33 with a 20th place finish for **Gearoid McMahon, Shannon A.C.** in the 10,000m Walk in the searing heat of 40 degrees. **Michael Power, West Waterford A.C.** lined up for the straight final in the 3km & did himself justice by finishing 14th in 8.49.00. **Daniel Ryan, Moycarkey Coolcree A.C.** competed in the Decathlon in the searing heat of 40 degrees over the final two days. He finished in 11th place posting a new pb of 6,752 points with individual pbs in the 100m, 400m, 1500m & Discus.

Celtic Games 2016



The 2016 Celtic Games International, was held in Swansea, Wales on Saturday 6th August 2016. Hosted by Welsh Athletics, the Irish team won six of the seven trophies on offer: U16 Girls, U18 Girls, U18 Boys, Overall Boys, Overall Girls and Overall Team. There were 11 new Games records set including two by Irish athletes. These came in the U18 Girls 4x400m where the quartet of Katie Magee (DSD), Niamh Malone (Monaghan Phoenix), **Alex O'Neill (St Cronan's AC)** and Davicia Patterson (Beechmount Harriers) set a new standard of 3.50.66 and **Miriam Daly (Carrick-on-Suir AC)** in the U16 Girls 80m Hurdles with a 11.97 clocking into a -2.8m/s wind to exceed the previous electronic timed record of 12.12. **11** Munster athletes in total were part of the Irish team on the day.

In the U/16 competitions, in addition to **Miriam Daly's** standout performance in the 80mH, **Katie Moynihan, Liscarroll A.C.** threw the Girls U/16 Javelin out to 38.67m to place 4th, **Conor Morey, Leevale A.C.** was 2nd in the Boys U/16 200m in a time of 23.54 with **Darragh Minter, St. Mary's A.C. Clare** 3rd in the Boys U/16 100mH (14.11).

In the U/18 competitions, **Jamie Mitchell, Emerald A.C.** was 2nd in the Boys U/18 400m (49.07), **Diarmuid Clancy, Abbey Striders A.C.** was 2nd in the Boys U/18 400mH (55.10), **Laura Nicholson, Bandon A.C.** was 2nd in the Girls U/18 S/C (5.17.42), **Rachel Bowler, Tralee Harriers A.C.** was 3rd in the Girls U/18 Long Jump (5.53m), **Anghard Loughnane, Marian A.C.** was 3rd in the Girls U/18 Shot Putt (11.79m) & **Aoife Mahony, Lios Tuathail A.C.** was 3rd in the Girls U/18 800m (2.20.34). **Alex O'Neill, St. Cronan's A.C.** was part of the Irish Girls U/18 4 x 400m Relay team that won & set a new Celtic Record of 3.50.66.



The National Community Games Athletic Finals were held in AIT, Athlone on Friday 19th, Saturday 20th & Sunday 21st August 2016. Munster athletes competed very well winning **63 medals** in total (18 gold, 21 silver, 8 bronze & 16 Pewter) 1st place in the Boys U/16 7km Marathon team competition (**Clare**), 4th place in the Girl's competition (**Limerick**) & **16** sets of Relay medals (6 gold, 5 silver, 3 bronze & 2 pewter). In the Mixed U/13 Cross Country race, **Clare** won gold with 4th place Pewter medals for **Limerick**. In the Mixed Distance Girls U/12 Relay, **Limerick** won gold with silver for **Clare** & 4th place for **Kerry**. In the Mixed Distance Boys U/12 Relay, **Kerry** won gold with bronze for **Limerick**. **Clare** won gold in the Mixed Distance Girls U/14 Relay with silver for **Cork** while the Boys U/14 relay saw **Clare** win silver & **Cork** take bronze.

Munster Schools Combined Events Championships 2016

Due to the closure of Nenagh Indoor Stadium for renovations, the Munster Schools Combined Events Championships this year was switched to an outdoor event in Cork I.T. on Wednesday 5th October with summery conditions prevailing. 128 athletes took part in total (37 Minor Boys, 26 Junior Boys, 22 Intermediate Boys, 3 Senior Boys, 24 Minor Girls, 7 Junior Girls, 7 Intermediate Girls & 2 Senior Girls). This was the first year that a Minor competition for both Boys & Girls was introduced to replace the 1st Year competitions. The top 4 in each age category will go forward to the Irish Schools Combined Events Championships in AIT Arena on Saturday 12th November.

Reece Ademola, Douglas Community School was the winner of the inaugural Minor Boys competition finishing on 2103 points with **Jamie O'Brien, Mercy Mount Hawk Tralee** in 2nd place on 2001 points, **Hugh Collins, Rochestown College** in 3rd place on 1816 points & **Cailum Hedderman, St. John the Baptist School Limerick** 4th with 1810 points. **Wymin Sivakumar, Colaiste an Spioraid Naoimh Cork** was the winner of the Junior Boys competition with 2579 point, **Diarmuid O'Connor, Colaiste Choilm Ballincollig** was 2nd just over 30 points behind with 2547 points, **Sean Carolan, St. Mary's Nenagh** was 3rd with 2414 points with a 4th place finish for **Cillian Griffin, Mercy Mount Hawk Tralee** on 2360 points. The Intermediate Boys competition was a very tight affair with the top 3 places going to North Munster athletes, **Tony Odubote, Rice College Ennis** was the winner on 3211 points with brothers **Joseph & Darragh Minter, Ennistymon CBS** in 2nd & 3rd place on 2957 points & 2941 points & **Shane Monagle, Ard Scoil na Mara** in 4th place on 2925 points. In the Senior Boys competition, **Cian Talbot, Mercy Mount Hawk** was the winner with 1393 points.

Laura Frawley, St. Mary's Secondary School Charleville took the inaugural title in the Minor Girls competition with 2694 points with silver for **Ava Coyle, Kinsale Community School** (2536 points), bronze for **Aoife O'Sullivan, St. Mary's Secondary School Mallow** (2387 points) & 4th place for **Orla Coffey, St. Angel's Cork** (2293 points). It was a 1 & 2 for Tipperary **Loreto Clonmel** students **Orla Winston & Ava Fennessy** in the Junior Girls competition with Orla scoring 2765 points to Ava's 2737 points. Bronze went to **Emily O'Mahoney, St. Augustine's College Dungarvan** & 4th place to **Holly Meredith, SMI Newcastlewest** (2565 points). **Vickie Cusack, Davis College Mallow** won the Intermediate Girls title with 3122 points with silver for **Aoibhinn O'Connor, Colaiste Choilm Ballincollig** (2596 points), bronze for **Olivia Humphreys, Crescent Comprehensive** (2384 points) & 4th place for **Diane Nagle, Mercy Mount Hawk Tralee** (2106 points). **Clíodhna Blake, St. Michael's Kilmihil** won the Senior Girls title with 2416 points with silver for **Beth Fitzpatrick, Loreto Clonmel** on 1379 points.

Big Numbers at Munster Juvenile Even Age XC Championships

Huge participation was the order of the day for our juvenile athletes at the Munster Juvenile Even Age Cross Country Championships in Ballinahina, Carraig na BhFear A.C. on Sunday 23rd October 2016. Participation numbers - Girls U/10 - 134, Boys U/10 - 157, Girls U/12 - 143, Boys U/12 - 147, Girls U/14 - 76, Boys U/14 - 77, Girls U/16 - 71, Boys U/16 - 55, Girls U/18 - 45, Boys U/18 - 40.

Our thanks to Carraig na BhFear A.C. who did an excellent job in hosting the event, to the Cork County Board & to all who assisted on the day. In the individual competitions, there was a break in dominance from Cork with **Clare, Tipperary & Cork** all winning 3 titles each & **Limerick** winning 1.

In the Inter-Club competition **West Waterford A.C.** won 3 titles, with 2 titles each for **Ennis Track A.C. & Youghal A.C.** & 1 title each for **Dooneen A.C., North Cork A.C., Waterford A.C.**

Breakdown of Club winnings is below:-

- West Waterford A.C. – 3 gold, 1 bronze
- Ennis Track A.C. – 2 gold, 4 silver
- Youghal A.C. – 2 gold
- North Cork A.C. – 1 gold
- Waterford A.C. – 1 gold
- Dooneen A.C. – 1 gold
- St. Cronan's A.C. – 2 silver
- St. Mary's Clare A.C. – 1 silver, 1 bronze
- West Muskerry A.C. – 1 silver, 1 bronze
- Ferrybank A.C. – 1 silver
- Kenmare A.C. – 1 silver
- Carraig na BhFear A.C. – 2 bronze
- Leevale A.C. – 1 bronze
- Thurles Crokes A.C. – 1 bronze
- Moyne A.C. – 1 bronze
- St. Catherine's A.C. Cork – 1 bronze

Top 3 in the Girls U/10 race were **Orla O'Shaughnessy Dooneen A.C., Sophie Coughlan Moycarkey Coolcree A.C. & Lucy Lynch Carraig-Na-Bhfear A.C. Dooneen A.C., St. Mary's A.C. Clare & Bandon A.C.** were the top 3 Clubs with **Cork, Clare & Limerick** taking the honours in the Inter-County competition. In the Boys U/10 race, first home was **Ben O'Halloran Ennis Track A.C.** with **Odhrán O'Sullivan Midleton A.C.** in 2nd place & **Zak O'Sullivan, Tramore A.C.** in 3rd. **Ennis Track A.C.** won the team event with **St. Cronans A.C.** in 2nd place & **West Waterford A.C.** in 3rd. Clare, Cork & Waterford were the top 3 in the Inter-County competition.

The Girls U/12 title went to Tipperary athlete, **Leah Quane Mooreabbey Milers A.C.** with silver for **Amy McCarthy Bandon A.C.** & bronze for **Avril Millerick Youghal A.C. Youghal A.C., Ennis Track A.C. & Carraig-Na-Bhfear A.C.** were the top 3 Clubs with gold for **Cork**, silver for **Clare** & bronze for **Tipperary** in the Inter-County competition. Tipperary made it a 1 & 2 with **Joe Egan Moycarkey Coolcree A.C.** crowned Munster Champion, silver for **Cian Hodgins Nenagh Olympic A.C.** & bronze for **Cian Neylon Marian A.C. North Cork A.C.** won gold with silver for **West Muskerry A.C.** & bronze for **Moyne A.C. Tipperary, Cork & Clare** were the top 3 in the Inter-County competition.

Aimee Hayde Newport A.C. added another Munster title to her collection when she won the Girls U/14 race with silver for **Sarah Morrison St. Nicholas A.C.** & bronze for **Neasa Ni Ainifein Ennis Track A.C. Youghal A.C.** won gold with silver for **Ennis Track A.C.** & bronze for **St. Marys (Clare) A.C. Cork, Clare & Tipperary** were the winners in the Inter-County category. In the Boys U/14 race, there was gold for **Mark Hanrahan Ennis Track A.C.** with silver for **Dean Casey Ennis Track A.C.** & bronze for **Oisín O'Riordan West Waterford A.C. Ennis Track A.C., St. Cronans A.C. & Thurles Crokes A.C.** won gold, silver & bronze with **Clare, Cork & Waterford** the top 3 Counties.

Top 3 in the Girls U/16 race were **Emily Cahill St. Cronans A.C., Una O'Brien Tramore A.C. & Leah O'Neill Ennis Track A.C.** Club winners were **West Waterford A.C., Kenmare A.C. & Waterford A.C.** with **Clare, Waterford & Cork** the top 3 Counties. In the Boys U/16 race, Cork dominated with a win for **Jake McCarthy Youghal A.C.** with silver for **Tommie Connolly Leevale A.C.** & bronze for **Christopher O'Reilly Togher A.C. West Waterford A.C., Ennis Track A.C. & West Muskerry A.C.** were the top 3 Clubs with **Waterford, Cork & Clare** winning County honours.

Stephanie Cotter West Muskerry A.C., Aisling Kelly St. John's A.C. & Laura Hayes St. Catherines (Cork) A.C. were the first 3 home in the Girls U/18 race. **West Waterford A.C., Ferrybank A.C. & St. Catherines (Cork) A.C.** were the Club winners with **Cork & Waterford** winning gold & silver in the Inter-County competition. In the Boys U/18 race, the winners were **Charlie O'Donovan Leevale A.C. Cork, Michael Power West Waterford A.C. & David McGlynn Waterford A.C.** Club winners were **Waterford A.C., Ennis Track A.C. & Leevale A.C.** with **Waterford, Cork & Clare** winning the Inter-County competition.

Five in a Row for Ryan



The Irish Life Health Irish Schools Combined Events Championships took place in AIT International Arena on Saturday 12th November 2016. A squad of 22 Munster athletes travelled to the venue for the competition as contestants from the four provinces battled it out for coveted Irish Schools titles & places on the Irish Junior & Intermediate International Schools Teams. A Minor competition was introduced for the very first time this year & it proved a very popular addition to the programme. Munster athletes won 8 medals in total (4 gold, 2 silver & 2 bronze) – Gold for Daniel Ryan, Thurles CBS, Clíodhna Blake, St. Michael’s Kilmihil, Sean Carolan, St. Mary’s Newport & Tony Odubote, Rice College Ennis. Silver medals for Shane Monagle, Ard Scoil na Mara & Diarmuid O’Connor, Colaiste Choilm, Ballincollig & bronze for Vickie Cusack, Davis College Mallow & Joseph Minitier, Ennistymon CBS.

6 Munster athletes also made the Irish Schools International teams - Diarmuid O’Connor (Junior Boys), Tony Odubote, Shane Monagle, Joseph & Darragh Minitier (Intermediate Boys) & Vickie Cusack, (Intermediate Girls).

Without doubt, Daniel Ryan, Thurles CBS was star of the show winning the Senior Boys competition with a record breaking 3725 points making it 5 in a row for the Tipperary athlete having been twice Junior, twice Intermediate & now Senior Boys Champion. He currently holds the Junior, Intermediate & Senior Boys Irish Schools Combined Events records & having won this competition every year from 1st year to 6th, it makes him the most decorated Irish Schools Combined Events athlete ever.

In the Minor Girls competition, Ava Coyle, Kinsale Community School was our top finisher in 5th place with 2684 points, close behind Ava in 6th place with 2671 points was Laura Frawley, St. Mary’s Secondary School, Charleville with Orla Coffey, St. Angela’s College Cork in 9th place (2493 points).

Reece Ademola, Douglas Community School finished in 8th place in the Minor Boys competition scoring 2301 points, Cailum Hedderman, St. John the Baptist Limerick was 12th (2132 points) with Hugh Collins, Rochestown College unable to finish the competition having to pull out after the first event due to injury.

In the Junior Girls competition, Emily O’Mahony, St. Augustine’s College Dungarvan finished in 6th place with a score of 2951 points with Holly Meredith, SMI Newcastle West in 7th place on 2944 points. Loreto Convent Clonmel duo, Ava Fennessy & Orla Winston were 10th & 15th with 2838 points & 2116 points respectively.

In the Junior Boys category, Sean Carolan, St. Mary's Newport competed very well to win gold & the National Junior Boys title finishing with 3153 points. Diarmuid O'Connor, Colaiste Choilm Ballincollig put in a terrific performance to take silver with 2889 points with Cillian Griffin, Mercy Mount Hawk Tralee in 14th place on 2212 points.



In the Intermediate Girls competition, our top finisher was Vickie Cusack, Davis College Mallow who finished 3rd with 3378 points while Aoibhinn O'Connor, Colaiste Choilm, Ballincollig was 8th with 2903 points & Diane Nagle, Mercy Mount Hawk, Tralee 11th place on 1954 points.

The most competitive category on the day was the Intermediate Boys competition which saw Munster take a clean sweep with the top 4 places. Positions for the top of the podium changed several times on the day with Tony Odubote, Rice College Ennis finally taking the title with 3396 points. Shane Monagle, Ard Scoil na Mara Tramore upgraded his 4th place finish at the Munster Schools Championships to a silver medal scoring 3279 points with brothers Joseph & Darragh Minitier, Ennistymon CBS taking 3rd & 4th spots with 3237 points & 3195 points.



Clíodhna Blake, St. Michael's Community College, Kilmihil was Munster's only representative in the Senior Girls competition & she had an excellent competition winning gold with a total score of 2929 points.



Daniel Ryan, Thurles CBS was Munster's only representative in the Senior Boys competition & he put in a strong & confident performance to win gold & set a new Irish Schools Record with a winning score of 3725 points.

Cork Tops at Juvenile Uneven Age

The Munster Juvenile Uneven Age Cross Country Championships took place in Limerick Racecourse on Sunday 13th November 2016. Our thanks to the Limerick Clubs & Limerick County Board for the provision of the excellent facilities & to all who assisted on the day. In the individual competitions,

Cork scored 7 wins with two each for both **Clare & Tipperary** & one for **Kerry**. In the Inter-County competition, **Cork** won 8 gold, 3 silver & 1 bronze, **Clare** won 2 gold & 8 silver, **Waterford** won 2 gold, 1 silver & 5 bronze, **Tipperary** took home 3 bronze medals with **Limerick** winning one.

In the individual competitions, there was gold for Cork athletes, **Faye O'Riordan Carraig-Na-Bhfear A.C. (GU9)**, **Amy McCarthy, Bandon A.C. (GU11)**, **Emma Landers Youghal A.C. (GU13)**, **Tommie Connolly Leevale A.C. (BU15)**, **Darragh McElhinney Bantry A.C. (BU17)** **Stephanie Cotter West Muskerry A.C. (GU19)** & **Charlie O'Donovan Leevale A.C. (BU19)**. Clare's winners were **Archie McNamara Derg A.C. (BU9)** & **Alex O'Neill, St. Cronan's A.C. (GU17)**. Tipperary's winners were **Shane Buckley Dundrum A.C. (BU11)** & **Aimee Hayde, Newport A.C. (GU15)** with **Cian Spillane Farranfore Maine Valley A.C.** taking home a title for Kerry in the Boys U/13 race.

Club Winnings are below: -

- Ennis Track A.C. – 4 gold, 2 silver, 1 bronze
- West Waterford A.C. – 2 gold, 2 silver & 1 bronze
- Bandon A.C. – 2 gold & 2 bronze
- Youghal A.C. – 1 gold & 1 bronze
- Derg A.C. – 1 gold
- Middleton A.C. – 1 gold
- North Cork A.C. – 1 gold
- Leevale A.C. – 3 silver
- Limerick A.C. – 1 silver
- St. Catherine's A.C. – 1 silver
- Waterford A.C. – 1 silver
- St. Cronan's A.C. – 1 bronze
- Dooneen A.C. – 1 bronze
- Kilmihil A.C. – 1 bronze
- Ferrybank A.C. – 1 bronze
- St. Mary's A.C. Clare – 1 bronze

Top 3 in the Girls U/9 race were **Faye O'Riordan Carraig-Na-Bhfear A.C.**, **Lauren Finnegan Liscarroll A.C. & Maeve Purtill Dooneen A.C.** with **North Cork A.C.**, **Limerick A.C. & Bandon A.C.** winning Inter-Club medals. **Cork, Waterford & Tipperary** were at the top in the Inter-County competition. In the Boys U/9 race, there was gold for **Archie McNamara Derg A.C.**, silver for **Fionn Phelan Ferrybank A.C.** & bronze for **Brian Wallace St. Marys (Clare) A.C. Derg A.C., Leevale A.C. & St. Marys (Clare) A.C.** were the top 3 in the Inter-Club competition with Cork, Clare & Tipperary top 3 in the Inter-County competition.

Last year's winner of the Girls U/11 title, **Amy McCarthy, Bandon A.C.** won gold again this year with silver for **Sorcha Kilgannon Youghal A.C.** & bronze for **Nicole Dinan Leevale A.C.** Team prizes were won by **Bandon A.C., Leevale A.C. & Ennis Track A.C.** with **Cork, Clare & Limerick** taking top 3 counties. **Shane Buckley Dundrum A.C., John Murphy Liscarroll A.C. & David Gaffney West Waterford A.C.** were the first 3 home in the Boys U/11 race with team honours for **Bandon A.C., West Waterford A.C. & St. Cronans A.C.** **Cork, Clare & Waterford** scored in the top 3 for Inter-County.

Emma Landers Youghal A.C., Kate Redmond Leevale A.C. & Neasa Ni Ainifein Ennis Track A.C. were to top 3 winners in the Girls U/13 race **with Youghal A.C., West Waterford A.C. & Dooneen A.C.** the top 3 Clubs. **Cian Spillane Farranfore Maine Valley A.C., Tommy Fennell West Waterford A.C. & Niall Murphy St. Cronans A.C.** were the first 3 home in the Boys U/13 race. **Midleton A.C., Ennis Track A.C. & Bandon A.C.** were to top 3 Clubs in the Inter-Club competition with **Clare, Cork & Tipperary** placing in the top 3 in the Inter-County competition.

In the Girls U/15 race there was gold for Munster U/14 Champion, **Aimee Hayde, Newport A.C.** with silver for **Sarah Morrison St. Nicholas A.C.** (to add to her Munster U/14 Silver medal) & bronze for **Shannon Cotter West Muskerry A.C.** West Waterford A.C., Ennis Track A.C. & Kilmihil A.C. were top Clubs with **Cork, Clare & Waterford** the top Counties. In the Boys U/15 race, it was gold for **Tommie Connolly Leevale A.C.**, silver for **Paul Hartnett Midleton A.C.** & bronze for **Conor Mullany, West Waterford A.C.** with team honours going to **Ennis Track A.C., Leevale A.C. & West Waterford A.C.** **Cork, Clare & Waterford** were top 3 Counties.

Alex O'Neill St. Cronans A.C., Laura Hayes St. Catherine's A.C. & Emily Cahill St. Cronans A.C. were the top 3 in the Girls U/17 race with **Ennis Track A.C., St. Catherine's A.C. & Ferrybank A.C.** coming out tops in the Clubs competition. Last year's winner of the Boys U/17 Munster title, **Darragh McElhinney Bantry A.C.** took gold again this year with **Damien Madigan North Cork A.C.** in 2nd place & **Donal Devane Ennis Track A.C.** in 3rd. **Ennis Track A.C., Waterford A.C. & Youghal A.C.** were to top 3 Clubs with **Waterford, Clare & Cork** the top 3 Counties.

In the Girls U/19 competition, there was a gold medal win for **Stephanie Cotter West Muskerry A.C.** with silver for **Shauna Doellken Kenmare A.C.** & bronze for **Ellen McCarthy Skibbereen A.C.** **West Waterford A.C.** won gold in the Inter-Club competition with **Waterford** taking gold in the Inter-County competition. **Charlie O'Donovan Leevale A.C.** was the winner of the Boys U/19 race with silver for **Rory Casey Togher A.C.** & bronze for **John Muckian Bandon A.C.** **Ennis Track A.C.** won gold in the Inter-Club competition with gold for **Cork** & silver for **Clare** in the Inter-County competition.

Dooneen Tops at Munster Juvenile Inter-Clubs Cross Country Relays

At the first ever Munster Juvenile Inter-Club Cross Country Relay Championships in Dungarvan on Sunday 20th November 2016, **Dooneen A.C.** came out tops with 3 gold medal wins in the Girls U/10, U/12 & U/14 age groups. **St. Cronan's A.C.** won gold in the Boys U/10 & Girls U/16 & silver in the Girls U/12. **Midleton A.C.** won gold in the Boys U/16 & Boys U/10 with **Templemore A.C.** taking gold in the Boys U/14 & bronze in the Girls U/12. **West Waterford A.C.** won silver in the Girls & Boys U/16 & bronze in the Boys U/10 & **Bandon A.C.** won silver in the Girls U/14 & bronze in the Girls U/16 with **Fergus A.C.** taking silver in the Boys U/12 & bronze in the Boys U/14. **Nenagh Olympic A.C.** won gold in the Boys U/12, **Moycarkey Coolcra A.C.** took silver in the Girls U/10, **Belgooly A.C.** silver in the Boys U/14 with bronze medals for **Ferrybank A.C.** (Girls U/10), **Tramore A.C.** (Boys U/12), **Iveragh A.C.** (Girls U/14) & **Moyne A.C.** (Boys U/16).

National Titles for Hayde & McElhinney



The GloHealth AAI Juvenile Even Age Cross Country Championships took place in the National Sports Campus, Abbotstown, Dublin on Sunday 27th November 2016. Munster athletes won 31 individual medals in total with fantastic races from our two athletes who won gold & National titles on the day – **Aimee Hayde, Newport A.C.** Girls U/14 & **Darragh McElhinney, Bantry A.C.** Boys U/18. Other athletes who produced great performances & scored podium finishes were **Lucy Holmes, West Waterford A.C.**, silver in Girls U/16 race, **Charlie O'Donovan, Leevale A.C.**, silver in the Boys U/18 **Christopher O'Reilly, Togher A.C.**, bronze in Boys U/16 race & **Stephanie Cotter, West Muskerry A.C.**, bronze in Girls U/18.

In the Inter-Club competition, there were National medals for **Youghal A.C.** (1st Girls U/12), **Ennis Track A.C.** (1st Boys U/14 & Boys U/18) & **West Waterford A.C.** (3rd Boys U/16).

In the Inter-County competition, our top counties were **Cork** (1st Girls U/12, Girls U/14, Boys U/18 & 3rd Girls U/18), **Tipperary** (1st Boys U/12), **Clare** (1st Boys U/14) & **Waterford** (3rd Boys U/16 & Boys U/18).

In the Inter-Regional competition, **Munster** won 8 sets of medals in total - 4 gold (Girls U/12, Boys U/16, Girls U/18 & Boys U/18), 1 silver (Girls U/14) & 3 bronze (Boys U/12 & Boys U/14, Girls U/16) up substantially on the 6 sets of medals won in 2015.

In the Girls U/12 race, Munster had 7 athletes in the top 10. **Leah Quane Mooreabbey Milers A.C.** was 4th home with a 5th place finish for **Kate Ferncombe Dundrum A.C.**, 6th for **Avril Millerick Youghal A.C.**, 7th for **Amy McCarthy Bandon A.C.**, 9th for **Ally Cunningham West Waterford A.C.**, 10th for **Ellen Carey Kilmurray/Ibrick/N.Clare A.C.** & 12th for **Caoimhe Prendergast West Waterford A.C.** **Youghal A.C.** topped the Inter-Club competition with 109 points with **Cork** winning the Inter-County title on 94 points & **Munster** top province on 48 points. In the Boys U/12 competition, Tipperary athletes **Cian Hodgins, Nenagh Olympic A.C.** & **Joe Egan, Moycarkey Coolcroo A.C.** led the province home in 7th & 8th places with **Tipperary** winning the Inter-County competition on 160 points & **Munster** 3rd with 111 points in the Inter-Provincial competition.



5 Munster athletes made the top 12 in the Girls U/14 competition with gold for **Aimee Hayde, Newport A.C.**, 4th place for **Neasa Ni Ainifein Ennis Track A.C.**, 7th for **Sarah Morrison St. Nicholas A.C.**, 8th for **Shannon Cotter West Muskerry A.C.** & 12th place for **Laura Quinlivan Kilmihil A.C. Cork** won the Inter-County competition with 102 points with silver for **Munster** on 47 points in the Inter-Provincial competition. Top 3 home for Munster in the Boys U/14 race were **Oisín O'Riordan West Waterford A.C.** (10th), **Tommy Fennell West Waterford A.C.** (11th) & **Mark Hanrahan Ennis Track A.C.** (12th). **Ennis Track A.C.** won the Inter-Club competition on 94 points, **Clare** took the Inter-County title on 162 points & **Munster** placed 3rd with 111 points.



Lucy Holmes, West Waterford A.C. was 2nd home in the Girls U/16 race with a 10th place finish for **Emily Cahill, St. Cronan's A.C.** with **Munster** 3rd on 95 points. In the Boys U/16 race, **Christopher O'Reilly, Togher A.C.** was 3rd with **Tommie Connolly Leevale A.C.** in 6th, **Cian O'Riordan West Waterford A.C.** in 10th place & **Jake McCarthy Youghal A.C.** in 11th. **West Waterford A.C.** were 3rd in the Inter-Club competition with 162 points, **Waterford County** were 3rd with 197 points & **Munster** topped the Inter-Provincial competition with 64 points.



3 Munster athletes made it into the top 12 in the Girls U/18 race, first home was **Stephanie Cotter West Muskerry A.C.** in 3rd place with **Aisling Kelly St. John's A.C.** in 7th & **Shauna Doellken Kenmare A.C.** in 11th. **Cork** were 3rd in the Inter-County competition with **Munster** topping the Inter-Provincial competition. In the Boys U/18 race, there was a win for **Darragh McElhinney Bantry A.C.** with **Charlie O'Donovan Leevale A.C.** in 2nd place, **David McGlynn Waterford A.C.** in 4th, **Michael Power West Waterford A.C.** in 6th & **Patrick O'Rourke Ennis Track A.C.** in 12th place. **Ennis Track A.C.** won the Inter-Club competition on 80 points with **Cork** 1st & **Waterford** 3rd in the Inter-County competition & **Munster** winning the Inter-Provincial competition on 55 points.



Congratulations to all our athletes who took part & especially to the medal winners.

Cork & Clare Tops at Juvenile "B" Champs

The Munster Juvenile "B" Cross Country Championships took place in Clarecastle, Co. Clare on Sunday 4th December 2016. Many thanks to the Clare Clubs & the Clare County Board for organising the course & facilities & to all who provided help on the day for without your assistance it would not be possible to run these Championships.

In the individual competitions, **Cork** won the most titles with 4, **Kerry & Clare** won 2 each with **Tipperary & Limerick** winning one apiece. In the Inter-County competition, **Clare** came out on top with 6 titles with 3 for **Cork** & 1 for **Tipperary**.

Rachel O'Flynn Grange/Fermoy A.C. won the Girls U/9 race with silver for **Heather McCarthy Doheny A.C.** & bronze for **Clara Keogh St. John's A.C. Tulla A.C.** won the Inter Club competition with **Dundrum A.C.** in 2nd place & **Kilmurray/Ibrickane A.C.** in 3rd place. **Cork** won the Inter-County competition with **Clare** in 2nd place & **Tipperary** 3rd. In the Boys U/9 race, there was gold for **Robbie Guest Kenmare A.C.**, silver for **Shane Cotter Fergus A.C.** & bronze for **Shane Hallihan St. Nicholas A.C. St. Cronans A.C.** won the Inter-Club competition with **K.C.K. A.C.** in 2nd & **Kilmurray/Ibrickane A.C.** in 3rd. **Clare, Cork & Waterford** were the winners of the Inter-County competition.

Polly Mai Donnellan Tulla A.C., Abigail O'Regan Carrick-on-Suir A.C. & Grainne McMahon Shannon A.C. were the first 3 home in the Girls U/11 race. **Marian A.C.** won gold, **West Muskerry A.C.** silver & **Tulla A.C.** bronze in the Inter-Club competition with **Clare** winning the Inter-County competition from **Cork** in 2nd & **Tipperary** in 3rd. **Cork** won gold in the Boys U/11 with **Shane Collins Bantry A.C.** in 1st place, **Colm McMahon St. John's A.C.** in 2nd & **Daniel McNamara St. John's A.C.** winning the bronze medal. **Kilmurray/Ibrickane A.C.** won gold in the Inter-Club competition with **St. Cronan's A.C. & Ennis Track A.C.** in 2nd & 3rd place. **Clare** won the Inter-County competition with **Cork** in 2nd place & **Kerry** in 3rd.

Ellen Murphy North Cork A.C., Ciara Walsh Middleton A.C. & Niamh McCarthy Doheny A.C. were the first 3 home in the Girls U/13 race with **Carraig na BhFear A.C., Bandon A.C. & Marian A.C.** winning

the top spots in the Inter-Club competition. **Cork, Clare & Tipperary** were 1st, 2nd & 3rd in the Inter-County competition. **Ciaran Bermingham St. Marys (Clare) A.C., Darragh O'Sullivan Dooneen A.C. & Connor Meaney Fergus A.C.** were the first 3 home in the Boys U/13 race. **Fergus A.C.** won the Inter-Club competition with **K.C.K. A.C.** in 2nd place & **Kilmurray/Ibrickane A.C.** in 3rd place. **Clare, Cork & Limerick** were 1st, 2nd & 3rd in the Inter-County competition.

Nicola Tuthill Bandon A.C., Kerry Eager Star of the Laune A.C. Kerry & Aifric Walsh Newport A.C. were the top 3 finishers in the Girls U/15 race. **K.C.K A.C.** won the Inter-Club competition with **Marian 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. **Fintan O'Sullivan Dooneen A.C., Jack O'Neill North Cork A.C. & Fintan Caulfield Tulla A.C.** won the prizes in Boys U/15 race with **Clare & Cork** winning the Inter-County competition.

Top 3 in the Girls U/17 race were **Aoife Mitchell Middleton A.C., Aine Keane & Grainne Lynch Kilmurray/Ibrickane A.C. Kilmurray/Ibrickane A.C. & K.C.K A.C.** were the top 2 Clubs in the Inter-Club competition with **Cork** winning the Inter-County competition. In the Boys U/17 race, there was gold for **T.j Quigley Clonmel A.C.**, silver for **Thomas O'Brien Newport A.C.** & bronze for **Joseph Daly Carraig-Na-Bhfear A.C. Kilmurray/Ibrickane A.C.** won the Inter-Club competition with **Tipperary & Clare** the top 2 Counties.

National Gold for Holmes & Cotter



The GloHealth National Juvenile Uneven Age Cross Country Championships took place in Dundalk I.T. Grounds on Sunday 11th December 2016. There were brilliant gold medal wins for **Lucy Holmes, West Waterford A.C.** in the Girls U/15 & **Stephanie Cotter, West Muskerry A.C.** in the Girls U/19 race. Munster also had silver medal winners in **Amy McCarthy, Bandon A.C. (Girls U/11) & Tommie Connolly, Leevale A.C.** in the Boys U/15 race. Bronze medal wins came for **Emma Landers, Youghal A.C. (Girls U/13), Cian Spillane, Farranfore Maine Valley A.C. (Boys U/13), Aimee Hayde, Newport A.C. (Girls U/15) & Damien Madigan, North Cork A.C. (Boys U/17)** with 33 individual medals in total won by Munster athletes.

In the Inter-Club competition, there were National medals for **Youghal A.C.** (1st Girls U/13), **West Waterford A.C.** (1st Girls U/15), **St. Cronan's A.C.** (3rd Boys U/11) & **Ennis Track A.C.** (3rd Boys U/15 & Boys U/19).

In the Inter-County competition **Cork, Clare & Waterford** all won medals on the day. **Cork** won gold in Girls U/11, U/13 & U/15 & bronze in Boys U/15, Clare won gold in Boys U/13 & Girls U/17 with **Waterford** winning bronze in the Girls U/19.

In the Inter-Regional competition, **Munster** won 8 sets of medals: gold in Boys U/13, Girls U/15, Girls U/17 & Boys U/17, silver in the Girls U/13 & Girls U/19 & bronze in the Girls U/11 & Boys U/15.

In the Girls U/11 race, Munster had 3 athletes in the top 12 – **Amy McCarthy Bandon A.C.** won silver, Ava **Fitzgerald Carraig-Na-Bhfear A.C.** was 9th & **Sorcha Kilgannon Youghal A.C.** 10th. **Cork** won the Inter-County competition with **Munster** 3rd. In the Boys U/11 race, 2 Munster athletes made the top 12 – **John Murphy Liscarroll A.C.** was 6th with **Shane Buckley Dundrum A.C.** in 7th place. **St Cronan's A.C.** were 3rd in the Inter-Club competition with 4th place for **Cork & Munster**.

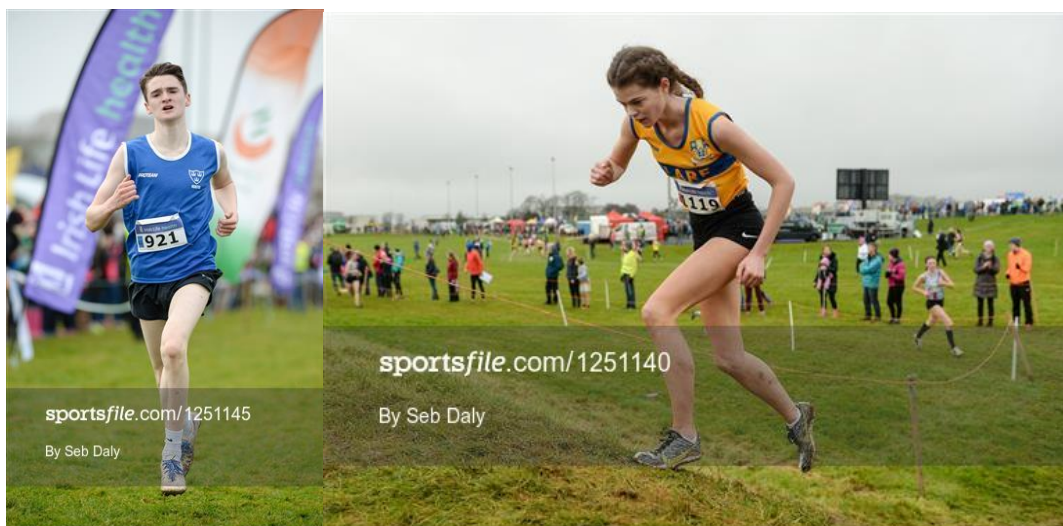
In the Girls U/13 race, 4 athletes made it into the top 12 – **Emma Landers Youghal A.C.** 3rd, **Neasa Ni Ainefein Ennis Track A.C.** 6th, **Maeve O'Neill Doheny A.C.** 10th & **Sarah Butler Dooneen A.C.** 11th. **Youghal A.C.** won the Inter-Club competition, **Cork** took the Inter-County title with **Munster** in 2nd place in the Inter-Provincial competition. In the Boys U/13 race, there were top 12 finishes for **Cian Spillane Farranfore Maine Valley A.C.** 3rd, **Aidan Burke Waterford A.C.** 6th, **Tommy Fennell West Waterford A.C.** 8th, **Colin Ryan Ennis Track A.C.** 9th & **Cian O'Boyle Marian A.C.** 10th. **Clare** won the Inter-County title with **Munster** winning gold in the Inter-Provincial competition.



In the Girls U/15 race, Munster had no individual winners last year but certainly made up for it in 2016. **Lucy Holmes West Waterford A.C.** scored a brilliant victory when she came home in 1st place with the National U/14 Champion, **Aimee Hayde, Newport A.C.** in 3rd place, **Shannon Cotter West Muskerry A.C.** in 8th place & **Una O'Brien Tramore A.C.** in 10th place. **West Waterford A.C.** took gold in the Inter-Club competition, **Cork** won the Inter-County & **Munster** topped the Inter-Provincial competition.



In the Boys U/15 race, there were 2 athletes in the top 12 –**Tommie Connolly Leevale A.C.** 2nd & **Daire O'Sullivan Carraig-Na-Bhfear A.C.** 9th. **Ennis Track A.C.** were 3rd as well as **Cork** with **Munster** placing 3rd as well.



In the Girls U/17 race there was individual medals for **Alex O'Neill St. Cronans A.C.** 4th, **Laura Nicholson Bandon A.C.** 6th & **Shona O'Brien Gneeveguilla A.C.** 12th. **Clare** won the Inter-County title with **Munster** also taking gold in the Inter-Provincial competition. In the Boys U/17 race, there were medals for **Damien Madigan North Cork A.C.** 3rd, **Jake McCarthy Youghal A.C.** 6th & **Conor Devane Ennis Track A.C.** 11th. **Munster** won gold in the Inter-Provincial competition.

Stephanie Cotter, West Muskerry A.C. took gold & the National title in the Girls U/19 competition with a brilliant display of running with individual medals for **Aisling Kelly St. John's A.C.** 4th, **Fiona Everard Bandon A.C.** 5th, **Shauna Doellken Kenmare A.C.** 8th & **Ellen McCarthy Skibbereen A.C.** 10th. **Waterford** won bronze in the Inter-County competition with **Munster** winning silver. In the Boys U/19 race, there was individual medals for **Michael Power West Waterford A.C.** 5th & **David McGlynn Waterford A.C.** 8th. **Ennis Track A.C.** were 3rd in the Inter-Club competition.