

8 New Records at Munster Championships

The Irish Life Health Munster Schools Track & Field Championships took place on Saturday 20th May 2017 in Cork I.T. Among the athletes who shone on the day were our **8 record breakers** with the oldest records to fall dating back to 1982 & 1988: -

- **Emily Wall, Colaiste Choilm Ballincollig** ran 11.91 in the Minor Girls 75m Hurdles to break the existing record of 12.64 set by Chisom Ugwera, St. Flannan's Ennis in 2016.
- **Ciara Sheehy, St. Mary's Charleville** threw the Junior Girl's Shot out to 14.58m to smash her own record of 13.04m set in 2016.
- **Anna Ryan, Ursuline Thurles** vaulted 2.90m in the Junior Girls Pole Vault to smash the record of 2.70m set in 2011 by Kayleigh Cronin, St. Brigid's, Killarney.
- **Tírna Ni Chathail, Pobalscoil na Trionoide** set a record of 48.63m in the Intermediate Girls Hammer to break the record of 48.32m set by Alice Akers, Scariff CC in 2013.
- **Tara Ramasawmy, Presentation Waterford** ran 5:30.09 in the U/16 Girl's Mile to better the time of 5:35.55 set by Shona O'Brien, Presentation Milltown in 2016.
- **Patrick Ambrose, SMI Newcastle West** ran 12.13 in the Minor Boys 75mH to break the record of 12.46 set by Jamie O'Brien, Mercy Mount Hawk in 2016.
- **Mark Collins, Bandon Grammer** threw 14.13 in the Minor Boys Shot Putt to break the record of 13.52m set by E. Carey, St. Michael's Listowel in 1982.
- **Mercy Mount Hawk Tralee Senior Girls 4x100 Meter Relay** ran 49.44 to break the record of 49.70 set by St. Mary's Nenagh in 1988.



Winners of Senior Girls 100m & 400m – Sharlene Mawdsley, St. Mary's Newport

Having already run 23.85m indoors for the 200m and attained the "A" standard for the European Junior Track & Field Championships, **Sharlene Mawdsley, St. Mary's Newport** continued her great form powering her way home to double Munster Schools titles in the Senior Girls 100m & 400m. **Ciara Sheehy, St. Mary's Charleville** attained another EYOF qualifying standard in the Shot Putt when she threw 14.53m in the Junior Girls Shot Putt.

Double gold medal winners were:-

- **Ailbhe Doherty, St. Flannan's** (double gold in Minor Girls 200m & 80m);
- **Chisom Ugweru, St. Flannan's** (double gold in Junior Girls 75mH & Triple Jump);
- **Megan Lenihan, Hazelwood College** (double gold in Junior Girls Discus & Javelin);

- **Ciara Sheehy, St. Mary's Charleville** (double gold in Junior Girls Shot Putt & Hammer);
- **Niamh Foley, SMI Newcastlewest** (double gold in Inter Girls 100m & 200m);
- **Miriam Daly, Scoil Mhuire COS** (double gold in the Inter Girls 80mH & 300mH);
- **Kate Taylor, Colaiste Muire Ennis** (double gold in Senior Girls Long Jump & 100mH);
- **Sharlene Mawdsley, St. Mary's Newport** (double gold in Senior Girls 100m & 400m);
- **Stephanie Cotter, Coachford College** (double gold in Senior Girls 800m & 1500m);
- **Angharad Loughnane, GS Luimnigh** (double gold in Senior Girls Shot Putt & Discus);
- **Sean Mockler, Thurles CBS** (double gold in Inter Boys Hammer & Discus);
- **Jamie Mitchell, Ard Scoil Rís** (double gold in Senior Boys 100m & 200m);
- **Daniel Ryan, Thurles CBS** (double gold in Senior Boys 100mH & Shot Putt).



Daniel Ryan, Thurles CBS & Miriam Daly, Scoil Mhuire COS, both double gold medal winners



Jamie Mitchell, Ard Scoil Rís & Ailbhe Doherty, St. Flannan's both on their way to second gold medals of the day

Other multiple medal winners were: -

- **Emily Wall, Colaiste Choilm** (gold in Minor Girls 75mH (record) & silver in 100m);
- **Anna Ryan, Ursuline Thurles** (gold in the Junior Girls Pole Vault (record) & silver in the Discus);
- **Katie Nolke, Ursuline Waterford** (gold in the Minor Girls Long Jump and silver in Junior High Jump);
- **Katelyn Reid, PS Corca Dhuibhne** (gold in the Minor Girls Shot Putt & silver in the Junior Girls Javelin);

- **Nikolka Stevankova, Laurel Hill** (gold in Junior Girls 100m & silver in 200m);
- **Aisling Cassidy, Bandon Grammer** (1st Inter Girls Triple Jump & 2nd in 80mH);
- **Sophie Meredith, SMI Newcastlewest** (1st Inter Girls Long Jump & 2nd in Triple Jump);
- **Roseann Fitzgerald, CTI Clonmel** won gold in the Inter Girls 300m & silver in the 200m;
- **Claire Rafter, Ursuline Thurles** won gold in the Inter Girls 3km & silver in the 1500m;
- **Ciara Neville, Castletroy College** (gold in Senior Girls 100m & silver in 100mH);
- **Laura Cussen, Colaiste Choilm Ballincollig** (gold in Senior Girls Pole Vault & silver in High Jump); **Aisling Kelly, Kilrush CS** (gold in Senior Girls 3km & bronze in 1500m);
- **Hollie McCarthy, Buttevant** (double silver in Junior Girls 100m & 75mH);
- **Lauren O'Leary, Nagle Rice Doneraile** (double silver in Inter Girls 100m & Long Jump);
- **Rachel Stephens, GCPL** (double silver in Inter Girls Shot Putt & Discus);
- **Katie Murphy, Abbey CC** (double silver in the Senior Girls 100m & 200m);
- **Avril Deegan, Presentation Thurles** won double silver in the Senior Girls 3km & 1500m;
- **Oyinkan Adedeja, Colaiste Chiarain** (silver in Minor Girls 75mH & bronze in 100m);
- **Blessing Alamu, St. Mary's Middleton** (silver in Junior Girls Shot Putt & bronze in Long Jump);
- **Noelle Lenihan, Hazelwood College** (silver in Senior Girls Shot Putt & bronze in Discus);
- **Lauren O'Grady, Mercy Mount Hawk** (2nd in Senior Girls Discus & 3rd in Hammer);
- **Sophie Perrott, Buttevant** (double bronze in Junior Girls Shot Putt & Discus);
- **Susan O'Neill, Laurel Hill** (silver in Inter Girls 300m & bronze in 200m);
- **Emily Nolan, Scoil Mhuire COS** won double bronze in the Senior Girls 100m & 200m;
- **Sarah Jacob, Ursuline Waterford** won double bronze in the Inter Girls Discus & Shot Putt;
- **Sarah O'Keeffe, Davis College** (double bronze in Senior Girls 100mH & Shot Putt);
- **Emily O'Mahoney, St. Augustine's Dungarvan** (double bronze in the Inter Girls Long Jump & Triple Jump) & **Vickie Cusack, Davis College** (double bronze in Senior Girls 400mH & Javelin);
- **Glory Wenegieme, Crosshaven** (gold in Minor Boys 800m & 3rd in 100m);
- **Mervyn Shalemba, Mercy Mount Hawk Tralee** (gold in Junior Boys 100m & silver in 200m);
- **Diro Lawal, Castletroy College** (gold in Junior Boys 200m & silver in 100m);
- **Reece Ademola, Douglas CS** (gold Junior Boys High Jump & silver in Long Jump);
- **Ricky Carroll, St. Coleman's Middleton** (gold in Junior Boys Hammer & silver in Shot Putt);
- **Jack McEvoy, St. Anne's Killaloe** (gold in Junior Boys 80mH & silver in Javelin);
- **Shane Monagle, Ard Scoil na Mara** (gold in Senior Boys Long Jump & silver in 110mH);
- **Travis Coomey, Bandon Grammer** (gold in Senior Boys Hammer & silver in Discus);
- **Adam Turner, Colaiste Christ Ri** (gold in Junior Boys Long Jump & bronze in 80mH);
- **Colin Doyle, PBC Cork** (gold in Inter Boys 200m & bronze in 100m);
- **Shaun Benson, St. Flannan's** (gold in Inter Boys 100m & bronze in 200m);
- **Darragh Miniter, Ennistymon CBS** (gold in Inter Boys 100mH & bronze in Long Jump);
- **James Murphy, Ard Scoil na Mara** (gold in Senior Boys Triple Jump & bronze in Long Jump);
- **Kevin Caulfield, St. Joseph's Tulla** (gold in Senior Boys Discus & bronze in Shot Putt);
- **Jack Corcoran, Waterpark College** (double silver in Minor Boys 75mH & Junior Triple Jump);
- **Sean Carolan, St. Mary's Newport** (double silver in Inter Boys Long Jump & Triple Jump);
- **Cian Kingston, Bandon Grammer** (double silver in Inter Boys Shot Putt & Discus);
- **John Forde, PBC Cork** (silver in Inter Boys 100mH & bronze in High Jump);
- **Conor Morey, PBC Cork** (double silver in Inter Boys 100m & 200m);
- **David O'Brien, St. Clements** (silver in Senior Boys 200m & bronze in 100m);
- **Sean McCarthy, JtB Hospital** (silver in Senior Boys 100m & bronze in 200m);
- **Caillum Hedderman JtB Hospital** (double bronze in Junior Boys 200m & 800m);

- **Jordan Kissane, Tralee CBS** (double bronze in Junior Boys Long Jump & High Jump);
- **Joshua Delaney, Nenagh College** (double bronze in Junior Boys Shot Putt & Discus);
- **Ciaran Nugent, Colaiste an Chraoibhin** (double bronze in Inter Boys 400m & 400mH);

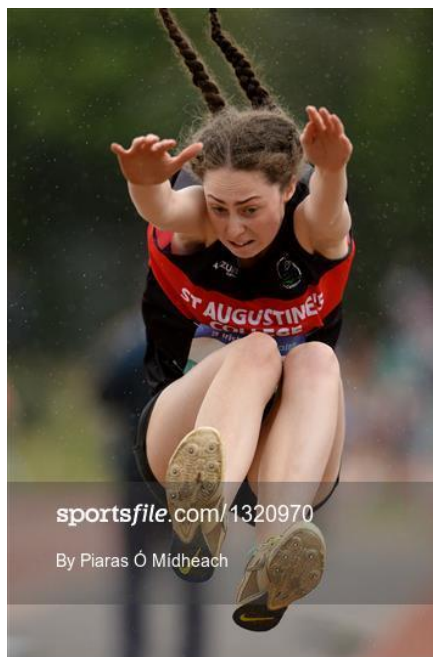


Emily Wall, Colaiste Choilm, Glory Wenegieme, Crosshaven & Jack Corcoran, Waterpark College, all double medal winners

Sibling wins came to the fore again this year with sisters **Emma & Orla Coffey, St. Angela's Cork** winning two Pole Vault medals between them with elder sister Emma leading the way with a gold medal win in the Intermediate Girls competition & younger sibling, Orla winning silver in the Junior Girls. Sisters **Sophie & Hollie Meredith, SMI Newcastlewest** took home 3 medals between them with both winning silver in the Junior & Inter Triple Jump and Sophie winning the Inter Long Jump; **Sisters Megan & Noelle Lenihan, Hazelwood College** were in top form on the day with older sister Noelle winning silver & bronze in the Senior Girls Shot Putt & Discus & younger sister Megan winning gold in the Junior Girls Discus & Javelin. Brothers, **Darragh & Joseph Minitier, Ennistymon CBS** also took home three medals with gold for Darragh in the Intermediate Boys 100mH & bronze in the Long Jump & silver for Joseph in the Senior Boys Long Jump. Perhaps the most impressive sibling tally of the day went to the **Ryan family** who took home 9 medals in total & 1 record with double gold for **Daniel** in the Senior Boys 110mH & Shot Putt, gold for **David** in the Intermediate Long Jump & silver in the Relay, gold for **Jack** in the Inter Boys Shot Putt & silver in Relay, silver for **Dillon** in the Junior Pole Vault (**all Thurles CBS**) & gold & silver for **Anna (Ursuline Thurles)** in the Junior Girls Pole Vault & the Discus. It was a fantastic day of athletics & well done to the Munster Schools Athletics Association & all their wonderful volunteers for running the competition so well. A big congratulations to all the athletes who took part & we wish the very best of luck to all our qualifiers who will compete at the Irish Schools Track & Field Championships on Saturday 3rd June. Good luck also to all our athletes who will be sitting State Exams in the next few weeks. We hope all goes well for them.

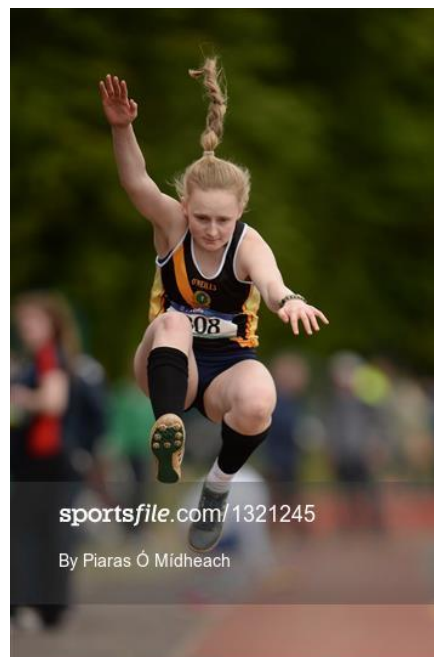


The Ryan siblings, Daniel, Jack, Anna, Dillon & David who won 9 medals between them.



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By Piaras Ó Midheach



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By Piaras Ó Midheach

Cup Winners & School Rankings are listed below: -

Women - Minor - Team Rankings - 6 Events Scored

- 1) Our Ladys Templemore 5
- 1) Castletroy College 5
- 1) Col Choilm Ballincollog 5

Women - Junior - Team Rankings - 15 Events Scored

- 1) St Flannan's 14
- 2) Col Mhuire Buttevant 7

2) Bandon Grammar School 7

Women - Intermediate - Team Rankings - 19 Events Scored

1) SMI Newcastle West 14

2) Sc Mhuire Carrick 8

2) Bandon Grammar School 8

Women - Senior - Team Rankings - 19 Events Scored

1) Mercy Mount Hawk 13

2) Castletroy College 12

3) Col Choilm Ballincollig 8

Men - Minor - Team Rankings - 6 Events Scored

1) SMI Newcastle West 4

1) Col Muire Crosshaven 4

3) Coláiste Chiarain 3

3) Bandon Grammar School 3

3) St Joseph's Borrisoleigh 3

3) St Flannan's 3 Munster

3) Nenagh CBS 3

3) Col Phobal Ros Cré 3

Men - Junior - Team Rankings - 15 Events Scored

1) Mercy Mount Hawk 8

2) Bandon Grammar School 7

2) Col Chriost Ri 7

Men - Intermediate - Team Rankings - 19 Events Scored

1) Thurles CBS 19

2) PBC Cork 16.50

3) St Flannan's 8

Men - Senior - Team Rankings - 19 Events Scored

1) Bandon Grammar School 12

2) Ardscoil na Mara 11

3) St Declan's 7

Full results & photos can be found at www.munsterschoolsathletics.org.