

Munster Juvenile PRO Report –

Schools Combined Events

6 National Medals at AVIVA All Ireland Schools Combined Events

A strong Munster Squad of 13 athletes travelled to Morton Stadium, Santry to represent their schools & province at the AVIVA All-Ireland Schools Combined Events Championships on Saturday 29th September. In the Junior competitions, Munster were represented by Laura Cussen (Colaiste Choilm, Ballincollig), Vicki Cusack (Nagle Rice Sec. School), Ciardha Maher (St. Mary's Nenagh), Daniel Ryan (CBS Thurles), Jack Murphy (CBC), Scott Gibson (Bandon G.S.) & Tom Deasy (Carrigaline C.S.). At Intermediate level, Sam Healy, Carrigaline C.S. was our only competitor in the Boys competition while Grace McKenzie (Scoil Mhuire, Crosshaven) & Jayne Pennefather (Carrigaline C.S.) competed in the Intermediate Girls competition & in the Senior Boys category, Rob Nagle & Ryan Casey (Col. Christ Ri) & Solomon Adebisi (Patrician Academy, Mallow) took part. Out of those 13 athletes, 6 National medals were won (2 gold, 2 silver & 2 bronze) with 7 Munster athletes (4 girls & 3 boys) also qualifying for the Celtic Schools International competition in the Commonwealth Arena, Glasgow on Saturday 1st December.

In the Junior Girls competition, **Laura Cussen (Col Choilim, Ballincollig)** finished in third place with a score of **2,707 points**. She was followed closely by **Vicki Cusack (Nagle Rice Sec. School)** in 4th place on **2691 points**, a mere 16 points between both girls.

In the Intermediate Girls competition, **Grace McKenzie (Scoil Mhuire, Crosshaven)** placed second with a score of **2,969 points** with **Jayne Pennefather (Carrigaline CS)** finishing in 4th place on **2794 points**, just 100 points short of the Bronze medal.

In the Junior Boys competition, Munster scored a 1, 2 result with **Daniel Ryan (Thurles CBS)** emerging as the winner of the Junior Boys competition, with a winning score of **3,329 points** & **Jack Murphy (CBC)** winning Silver with a total score of **3,194 points**.

Sam Healy (Carrigaline C.S) won Gold in the Intermediate boy's event with a score of **3,752 points**. **Rob Nagle** (Col. Christ Ri) won Bronze in the Senior Boys category finishing on **2752 points**.

Other Munster athletes who performed very well but who were outside the medals & qualification for Scotland were:- **Ciardha Maher (St. Mary's Nenagh)** 9th in Junior Girls on **2412 points**; **Scott Gibson (Bandon GS)** 9th in Junior Boys on **2604 points**; **Tom Deasy (Carrigaline CS)** 12th in Junior Boys on **2306 points**; **Solomon Adebisi (Patrician Academy Mallow)** 5th in Senior Boys on **2420 points** & **Ryan Casey (Col. Christ Ri)** 8th in Senior Boys on **2144 points**.

See Full results at this link:- <http://www.athleticsireland.ie/content/?p=27983>

Also check out the Irish Schools Facebook page for all Schools information.

Munster's 7 representatives on the AVIVA Celtic Schools International Irish Team are:-

- Laura Cussen & Vicki Cusack (Junior Girls)
- Daniel Ryan & Jack Murphy (Junior Boys)
- Grace McKenzie & Jayne Pennefather (Intermediate Girls)
- Sam Healy (Intermediate Boys)

We wish all our athletes the very best of luck in Scotland on 1st December & hope they are successful in their endeavours on the day.

Munster Representatives at the AVIVA All Ireland Schools Combined Events Championships.



Back Row: L to R – Sam Healy, Solomon Adebisi, Rob Nagle, Ryan Casey, Jack Murphy & Daniel Ryan. Front Row: L to R: Vicki Cusack, Laura Cussen & Grace McKenzie (Missing from photo: Tom Deasy, Jayne Pennefather, Scott Gibson & Ciardha Maher).



Munster athletes who have all qualified for the Irish Junior team for the Celtic Schools International in Scotland in December.

AVIVA Munster Schools Combined Events Report

The **Aviva Munster Schools Combined Events Championship** took place in the **Cork I.T.**, on Wednesday **19th of September**. The event brought together many of Munster's top young talent, as they aimed to capture a regional title. The event also acted as a qualifier for the **Aviva All Ireland Schools** on **Saturday 29th of September**.

Sam Healy (Carrigaline C.S.) was in dominant fashion in the **Inter Boys** competition as he stormed to victory. Healy recorded a time of 14.8 for the 100m hurdles, followed by a clearance of **1.85m** in the high jump. These two impressive performances contributed to a winning score for Healy of **3,547**. **Brendan Corrigan (Davis College Mallow)** produced a number of top performances over the 6 event programme, including a **14.4** winning effort in the 100m hurdles. Corrigan eventually finished in second place with a score of **3,273 points**, ahead of third place **Paul Murphy (St. Augustine's)** on 3,081.

The Junior Boys event turned out to be a duel between **Daniel Ryan (Thurles CBS)** and **Jack Murphy (CBC)**. Both athletes traded victories throughout the day in what

turned out to be one of the closest contests of the afternoon. Ryan managed to take victory with a score of **3,108**, which put him three points clear of Murphy on **3,105 points**.

Solomon Adebisi (Patrician College Mallow) won the Senior Boys title with a score of **2,625 points**.

Grace McKenzie (Scoil Mhuire Crosshaven) was the standout performer in the Inter Girls contest. McKenzie scored impressive victories in the **hurdles (12.3)** and **high jump (1.59m)** to seal victory. The final score amassed by McKenzie after all five events was **2,946**. **Jayne Pennefather (Carrigaline C.S.)** finished second with a score of 2,630, ahead of third place **Caoimhe Mc Grath (St. Augustine's Dungarvan)** in third.

The Junior Girls event had one of the biggest fields of the day, with 20 athletes competing. **Vicki Cusack (Nagle Rice Sec. School)** was consistent throughout the day's competition and claimed victory with a score of **2,622 points**. **Laura Cussen (Col. Choilm Ballincollig)** claimed the silver medal with a points total of 2,441, ahead of third place **Ciardha Maher (St. Marys Nenagh)** on **2,365**.

Report taken from AAI website, dated Friday 21st September 2012.

Link: <http://www.athleticsireland.ie/content/?p=27863>

In the Munster Schools 1st Year Competition, the results are below:-

1st Year Girls

1 Avril Braham Gaelcholaiste Mhuire Cork	2155pts
2 Sarah O'Keffe Davis College Mallow	2033pts
3 Leah Deasy Carrigaline C.S.	2017pts
4 Caoimhe Dwyer St. Augustine's Dungarvan	1999pts

1st Year Boys

1 Andrew Ryan Midleton College	1484pts
2 Adam Wilson Midleton CBS	1237pts
3 Greg Barrett Davis College Mallow	1148pts
4 Mike Devine St. Augustin's Dungarvan	942pts

At the AAI Juvenile Combined Events in Santry on Saturday, 4th August, Avril Braham & Leah Deasy finished 5th & 8th respectively in the U/14 Pentathlon.

COACHING NEWS

Munster Mutli Event Development Squad

There will be some development days for Munster Multi Event athletes taking place at Nenagh Olympic indoor stadium before Christmas. The dates are as follows:

- Saturday 6th October
- Saturday 3rd November
- Saturday 1st December

The timetable for Saturday 6th October is as follows:

- 11.30am Check in
- 12.00 Introduction and start of training
- 1.30 Lunch Break
- 2.00-3.30 Training

The training will be run by Munster Squad Coaches Denis Finnerty, Chris Regan and a number of other coaches. The sessions are open to all athletes u15+ in 2012 age groups and the cost per session is €5. To be part of the squad please e-mail Chris Regan at chrisregan@eircom.net.

All athletes are to bring a packed lunch, drinks, a notepad & pen on the day.

National Combined Events Squad

Upcoming National Combined Events Squad Days are Sunday 14th October from 10am to 3pm in Tullamore & Sunday 11th November from 12.30pm to 4pm in Morton Stadium Santry. See details of athletes selected for the National Squad [here](#).