

Munster Juvenile PRO Report

Munster Shows Strength at Nationals

The Woodie's DIY AAI Juvenile Track & Field Championships took place over 2 weekends in July (Saturday 14th, Sunday 15th, Saturday 28th & Sunday 29th) in Tullamore Stadium. Despite the heavy showers, there was a glittering of gold for Munster when the sun came out with our athletes featuring strongly in most events. Among the many great performances came 6 National Championship Bests from the following Munster athletes:-

1. Sophie Meredith (St. Marys (Limerick) A.C.) in the Girls U/12 Long Jump when she took the gold medal with a jump of 4.82m to break the existing record of 4.76m set by Ciara Dolan, Ferrybank A.C. in 2006.
2. Orla O'Brien (Ferrybank A.C.) threw the Javelin 34.36m to win the U/14 competition and improve on the record of 33.73m set by Jacqui Burns, Cookstown H.S. in 2010.
3. Adam King (Iveragh A.C.) threw 72.24m in the Boys U/16 Hammer to overtake the record of Fellan McGuigan, Finn Valley A.C. who threw 70.74m last year.
4. Kayleigh Cronin (Spa Muckcross A.C.) whose fourth round throw of 40.48m in the Girls U/17 Discus replaces the 38.32m record of Louise Healy, Fr. Murphy's A.C. set in 1995.
5. Laura McSweeney (Bandon A.C.) won the U/18 Shot by a big margin after throwing 13.67m in the third round. Her throw is a new record and is also considerably longer than the previous record of 13.05m thrown by Eva Massey, North Down A.C. in 1997.
6. Michael Carey (Clonmel A.C.) clocked 10.03.6 in the Boys U/19 3000m Steeplechase to better the 10:03.96 of Stephen Lawlor, St. Abban's A.C. set in 2010.

In the Boys Long Jump competitions, Munster won Gold in the Boys U/12, U/13, U/14, U/17, U/18 & U/19 Long Jumps when Adam Idah, Leevale A.C., David Ryan, Moycarkey Coolcree A.C., Daniel Ryan, Moycarkey Coolcree A.C., David Cussen, Old Abbey A.C., Eoin O'Carroll, Tralee Harriers A.C. & Shane Howard, Bandon A.C. all won National titles. Munster also took 3rd in Boys U/15 Long Jump (Shane Matthew O'Connell, Tralee Harriers A.C.), a strong testament to our Munster Long Jump Coaches. Munster athletes were also in top spots in the Boys High Jump competitions winning the U/12 (Tom Gallagher, Ferrybank A.C.), U/13 (Tommie Downes, Abbey Striders A.C.), U/15 (Jack Murphy, Leevale A.C.) & U/17 (David Cussen, Old Abbey A.C.) competitions & scoring Silver in the U/14 (Shane Hartigan, Limerick A.C.) & Bronze in the U/16 (Dylan O'Sullivan, Spa Muckcross A.C.), U/18 (Simon Archer, Templemore A.C.) & U/19 (Shane Howard, Bandon A.C.) competitions. Another good example of the great Coaching Workshops & High Jump Coaches that were available in Munster in 2011/2012.

To add to those great results, a clean sweep of National medals by Munster Clubs was witnessed in the following 6 events:-

- Boys U/12 Long Jump – 1st Adam Idah, Leevale A.C., 2nd Tom Gallagher, Ferrybank A.C. & 3rd Jack Ryan, Moycarkey Coolcree A.C.
- Boys U/12 High Jump – 1st Tom Gallagher, Ferrybank A.C., Joint 2nd John Forde, Middleton A.C. & Joseph McEvoy, Nenagh Olympic A.C.

- Girls U/16 250m Hurdles – 1st Jenna Bromell, Emerald A.C., 2nd Leanne Prout, Carrick-On-Suir A.C. & 3rd Kelly Ann Doyle, Carrick-On-Suir A.C.
- Girls U/17 Discus – 1st Kayleigh Cronin, Spa Muckcross, 2nd Alice Akers, Marian A.C. & 3rd Aideen Hallahan, Midleton A.C.
- Boys U/18 Long Jump – 1st Eoin O’Carroll, Tralee Harriers A.C., 2nd Dan Finnerty, Nenagh Olympic A.C. & 3rd Emmanuel Ogbanna, Tramore A.C.
- Girls U/19 200m – 1st Phil Healy, Bandon A.C., 2nd Grainne Moynihan, West Muskerry A.C. & 3rd Stephanie Carroll, Doneen A.C.

There were more medal celebrations when Munster Clubs won Gold & Silver in the 14 events below:-

- Girls U/12 High Jump – 1st Sophie O’Sullivan, Ballymore Cobh A.C. & 2nd Sophie Meredith, St. Marys (Limerick) A.C.
- Girls U/12 600m – 1st Fiona Doyle, Star of the Laune A.C. & 2nd Sophie Harrington, West Muskerry A.C.
- Boys U/12 60m – 1st Colin Doyle, Leevale A.C. & 2nd Paul O’Shaughnessy, Dooneen A.C.
- Girls U/14 1500m – 1st Stephanie Cotter, West Muskerry A.C. & 2nd Aisling Kelly, St. Johns, Clare.
- Girls U/16 High Jump – 1st Nessa Murphy, Ferrybank A.C. & 2nd Deirbhile Ryan, Nenagh Olympic A.C.
- Girls U/16 800m – 1st Louise Shanahan, Leevale A.C. & 2nd Aisling Quinn, Ferrybank A.C.
- Boys U/16 3000m Walk – 1st Aaron Egan, Clonmel A.C. & 2nd Anthony Tobin, Clonmel A.C.
- Boys U/16 Pole Vault – 1st Jamie Fennell, West Waterford A.C. & 2nd Ciaran O’Sullivan, Bandon A.C.
- Boys U/17 Long Jump – 1st David Cussen, Old Abbey A.C. & 2nd Sam Healy, Belgooly A.C.
- Boys U/17 High Jump – 1st David Cussen, Old Abbey A.C. & 2nd Sam Healy, Belgooly A.C.
- Girls U/18 Discus – 1st Hannah O’Sullivan, Gneeveguilla A.C. & 2nd Kate Hickey, West Waterford A.C.
- Girls U/19 Javelin – 1st Patricia Curtin, Youghal A.C. & 2nd Jenny Murphy Abbey Striders A.C. Jenny’s team-mate, Shane O’Neill also won a National medal in the same discipline when he recorded a Bronze medal win in the Boys U/17 Javelin throwing a personal best of 43.43m on the day.
- Girls U/19 Hammer – 1st Mairead O’Neill, Gneeveguilla A.C. & 2nd Ciara Scanlon, West Waterford A.C.
- Girls U/19 100m – 1st Phil Healy, Bandon A.C. & 2nd Grainne Moynihan, West Muskerry A.C.

Munster Silver & Bronze medal winners came in the following 14 events:-

- Girls U/13 600m – 2nd Alannah Deering, Nenagh Olympic A.C. & 3rd Tamzin Muldowney, Midleton A.C.
- Girls U/14 80m – 2nd Sarah Leahy, Spa Muckcross A.C. & 3rd Kate Bernard, Bandon A.C.
- Girls U/14 Shot Putt – 2nd Orlaith O’Brien, Ferrybank A.C. & 3rd Anne Corcoran, Ferrybank A.C.

- Girls U/16 Javelin – 2nd Lauren O’Mahoney, Youghal A.C. & 3rd Deribhile Ryan, Nenagh Olympic A.C.
- Girls U/17 1500m – 2nd Orlaith Moynihan, Clonmel A.C. & 3rd Niamh Cotter, Bantry A.C.
- Girls U/17 Shot Putt – 2nd Kayleigh Cronin, Spa Muckcross A.C. & 3rd Aideen Hallahan Midleton A.C.
- Boys U/17 100m Hurdles – 2nd David Cussen, Old Abbey A.C. & 3rd Sam Healy, Belgooly A.C.
- Boys U/17 Discus - 2nd Colin Kingston, Bandon A.C. & 3rd Eoin Hanrahan, Ennis Track A.C..
- Girls U/18 800m - 2nd Niamh Markham, Ennis Track A.C. & 3rd Rachel O’Shea, West Muskerry A.C.
- Girls U/18 Pole Vault – 2nd Katie O’Riordan, St. Brendans & 3rd Helena Murphy, Bandon A.C.
- Boys U/18 400m Hurdles – 2nd Eoghan Courtney, St. Brendans A.C. & 3rd Dan Finnerty, Nenagh Olympic A.C.
- Boys U/18 1500m - 2nd Kyle Larkin, Emerald A.C. & 3rd Colin O’Meara, Emerald A.C.
- Girls U/19 Shot Putt – 2nd Niamh Murphy, Blarney Inniscara A.C. & 3rd Lynn Bradfield, Bandon A.C.
- Boys U/19 Hammer – 2nd James Heffernan, Leevale A.C. & 3rd Sean Kelly, Templemore A.C.

Munster athletes recorded a Gold & Bronze in each of the 12 events below:-

- Girls U/12 60m – 1st Sophie Meredith, St. Marys, Limerick A.C. & 3rd Lauren O’Leary, Liscarroll A.C.
- Girls U/12 Long Jump – 1st Sophie Meredith, St. Marys, Limerick A.C. & 3rd Lauren O’Leary, Liscarroll A.C.
- Boys U/13 80m – 1st Robert Creegan, Leevale A.C. & 3rd Tony Odubote, Ennis Track A.C.
- Boys U/14 80m - 1st Daniel Ryan, Moycarkey Coolcroe A.C. & 3rd Stanley Ikeh, Limerick A.C.
- Girls U/15 200m – 1st Phoebe Murphy, Clonmel A.C. & 3rd Amy White, Nenagh Olympic A.C.
- Boys U/15 Hammer – 1st Josh Rockett, West Waterford A.C. & 3rd Andrew Christie, Leevale A.C.
- Girls U/17 Javelin - 1st Rita Casey Gneeveguilla A.C. & 3rd Emily Walsh, Carrick-On-Suir A.C.
- Girls U/18 Shot Putt – 1st Laura Mc Sweeney, Bandon A.C. & 3rd Katie Boyd, Tralee Harriers A.C.
- Boys U/18 100m - 1st Greg O Shea, Doneen A.C. & 3rd Eoin O’Carroll, Tralee Harriers A.C.
- Boys U/18 Triple Jump – 1st Eoin O’Carroll, Tralee Harriers A.C. & 3rd Emmanuel Ogbonna, Tramore A.C.
- Girls U/19 400m - 1st Grainne Moynihan, West Muskerry A.C. & 3rd Stephanie Carroll, Ballincollig A.C..
- Boys U/19 Long Jump - 1st Shane Howard, Bandon A.C. & 3rd Oisín Fitzpatrick, Nenagh Olympic A.C.

There were many notable performances among our athletes which showcased the great emerging talent Munster currently has. Many athletes won more than one medal & these included Sophie Meredith, St. Mary’s (Limerick A.C.) Gold in Girls U/12 60m & Long Jump (National Record) & Silver in High Jump; Daniel Ryan, Moycarkey Coolcroe A.C. Gold in the Boys U/14 80m & Long Jump & Silver in the Shot Putt; David Cussen, Old Abbey A.C. Gold in the Boys U/17 High Jump & Long Jump & Silver in 100m Hurdles; Eoin O’Carroll, Tralee Harriers A.C. Gold in Boys U/18 Long Jump & Triple

Jump & Bronze in 100m; Phoebe Murphy, Clonmel A.C. Gold in the Girls U/15 100m & 200m; Roisin Harrison, Emerald A.C. Gold in the Girls U/17 100m & 200m; Laura McSweeney, Bandon A.C. Gold in the Girls U/18 Hammer & Shot Putt (National Record); Grainne Moynihan, West Muskerri A.C. Gold in Girls U/19 400m & Silver in the 100m & 200m; Deirbhile Ryan, Nenagh Olympic A.C. Gold in the Girls U/16 Shot Putt, Silver in the High Jump & Bronze in the Javelin; Niamh Markham, Ennis Track A.C. Gold in Girls U/18 1500m, Silver in 800m & Bronze in 400m; Tom Gallagher, Ferrybank A.C. Gold in Boys U/12 High Jump & Silver in the Long Jump; Rita Casey, Gneeveguilla, Gold in Girls U/17 Javelin & 2nd in Hammer; Kayleigh Cronin, Spa Muckcross A.C., Gold in Girls U/17 Discus & Silver in Shot Putt; Aisling Quinn, Ferrybank A.C., Gold in Girls U/16 1500m & Silver in the 800m; Jennifer Hennessy, Youghal A.C. Gold in the Girls U/15 800m & Bronze in the 1500m; Jack Murphy, Leevale A.C. Gold in Boys U/15 High Jump & Bronze in 80m Hurdles; Kate Bernard, Bandon A.C. Gold in the Girls U/14 200m & Bronze in the 80m; Vickie Cusack, Liscarroll A.C. Silver in the Girls U/13 60m Hurdles, Long Jump & High Jump; Sam Healy, Belgooly A.C. Silver in the Boys U/17 100m Hurdles, High Jump & Long Jump; Jessica Sheehan, Leevale A.C. Silver in Girls U/19 Long Jump & Triple Jump; Niamh Murphy, Blarney Inniscarra A.C. Silver in Girls U/19 Shot Putt & Discus; Laura Cussen, Old Abbey A.C., Silver in Girls U/15 Long Jump & High Jump; Daniel Colbert, Midleton A.C. Silver in Boys U/19 400m Hurdles & Bronze in 110m Hurdles; Cormac Lynch, Marian A.C. Silver in Boys U/19 100m & Bronze in 200m; Lauren O'Leary, Liscarroll A.C. Bronze in the Girls U/12 60m & Long Jump.

There was also great joy for many Munster families who had various siblings competing over the 4 days. Brothers, Daniel, David & Jack Ryan, Moycarkey Coolcree A.C. jumped into the results when they took home individual medals in the Boys U/12 (Bronze), U/13 (Gold) & U/14 (Gold) Long Jumps with Daniel also winning Gold in the Boys U/14 80m & Silver in the Shot Putt. Successful sisters were Hammer Throwing duo, Aishling & Aoife Vaughan Witts, Borrisokane A.C. when Aishling won Silver in the U/15 Hammer & Aoife took Gold in U/16 competition. Shauna & Amy Linehan, Liscarroll A.C. both took home medals with Shauna winning Bronze in the Girls U/12 Ball Throw & Amy winning Silver in the Girls U/16 Discus. Nessa & SORCHA Murphy, Ferrybank A.C. both won Gold in the Girls U/16 & U/19 High Jump. Dynamic brother & sister combinations were David & Laura Cussen, Old Abbey A.C. who took home 5 medals between them with Laura winning Silver in the Girls U/15 Long Jump & High Jump & David winning Gold in the Boys U/17 High Jump & Long Jump & Silver in the 100m Hurdles. Ferghal & Patricia Curtin, Youghal A.C. also did very well with Ferghal winning Silver in the Boys U/15 1500m & Patricia taking home Gold in the Girls U/19 Javelin.

Other families who represented Munster very well were Sam & Molly Healy, Belgooly A.C., Sean & Ciara Mockler, Moycarkey Coolcree A.C., Cian, Colin & Erin Kingston, Bandon A.C., Jack & Aideen Hallahan, Midleton A.C., Conor & Niamh Giles Doran, Ferrybank A.C. & Chloe & Evan Lynch, Clonmel A.C.

In the National Inter-County & Club Relays in Tullamore on Sunday 29th July, Munster had a strong presence in both competitions. In the Boys competitions, Munster Clubs won 14 sets of medals (4 gold, 5 silver & 5 bronze), the only age group where Munster clubs were not on the podium was U/16. Munster captured 1st & 2nd in the Boys U/12 4 x 100m Relay when Leevale A.C. & Midleton A.C. took Gold & Silver. In the Boys U/13 4 x 100m Relay, Munster again occupied the top 2 spots with Gneeveguilla A.C. winning Gold & Abbey Striders A.C. winning Silver in a very tight finish on the line. Midleton A.C. won Bronze in Boys U/14 4 x 100m Relay while Leevale A.C. took Silver in the Boys U/15 4 x 100m Relay. Ferrybank A.C. won Bronze in the Boys U/17 4 x 100m Relay with

Emerald A.C. winning Gold in the Boys U/18 4 x 100m Relay & Nenagh Olympic A.C. picking up Bronze. In the Boys U/19 4 x 100m Relay, Nenagh Olympic A.C. won Bronze. In the 4 x 400m Relays, Munster were up on the podium again when Emerald A.C., Nenagh Olympic A.C. & Tralee Harriers A.C. recorded a 1,2,3 in the Boys U/18 & Nenagh Olympic A.C. won Silver in the U/19 competition.

In the Girls Inter-Club competitions, Munster clubs won a total of 11 sets of medals (2 gold, 5 silver & 4 bronze) in all age groups except for U/19. Liscarroll A.C. set a new CBP in the Girls U/13 when they won Gold in a time of 54.65 with Nenagh Olympic A.C. in 2nd place. Munster Clubs, Nenagh Olympic A.C., Leevale A.C. & Emerald A.C. recorded a 1,2,3 in the Girls U/15 4 x 100m Relay. There were Silver medals for Leevale A.C. in the Girls U/12 4 x 100m Relay, Lios Tuathail A.C. in the Girls U/14 4 x 100m Relay & Bronze for Bandon A.C., Bronze for Leevale A.C. & Ferrybank A.C. in the Girls U/16 & U/17 4 x 100m Relay & Silver for Ferrybank A.C. in the Girls U/19 4 x 100m Relay.

In the Inter-County competition, Tipperary did very well sharing top National spot with Dublin when both Counties won 3 National titles each. Tipperary took both the Girls & Boys U/13 titles & the Girls U/15 & also won Bronze in the Boys U/15, U/17 & U/19. Kerry also did well winning Silver in the Girls U/13.