

Record Breaking Summer for Munster Athletes

Munster athletes continued their winning streak at the Woodie's DIY AAI Juvenile Track & Field Championships in Tullamore Harriers Stadium on Sunday 21st July 2013. A total of 56 medals were won which included 24 gold & national titles, 16 silver & 16 bronze. Two Munster athletes were in record breaking form, **Sophie Meredith (St. Mary's Limerick)** who won the Girls U13 Long Jump with 5.25m to better Ciara Giles Doran's record of 4.92m set in 2007 & **Jack Hallahan (Midleton A.C.)** who won the U14 discus with 49.02m to smash the existing record of 38.67m set by Kevin Downey (Fanahan McSweeney A.C.) in 2000. Another athlete in great form was **David Cussen (Old Abbey A.C.)**, ninth in the high jump at the World Youth championships, who won the U18 high jump with a clearance of 2.10m, to equal his best. A total of 183 individual medals were won over the 3 days of these Championships (69 gold, 64 silver & 50 bronze) & 7 new National records were set (**Niamh Foley, St. Mary's A.C.** Girls U/12 60m, **Conor Blake, St. John's A.C.** Boys U/12 High Jump, **Miriam Daly, Carrick-On-Suir A.C.** Girls U/13 60mH; **Sophie Meredith, St. Mary's A.C. Limerick Girls U/13 Long Jump**; **Jack Hallahan, Midleton A.C.** Boys U/14 Discus; **Daniel Ryan, Moycarkey Coolcree A.C.** Boys U/15 80mH & **Paul Murphy, Ferrybank A.C.** Boys U/18 400m).

AMONGST the athletes who excelled over these Championships were:-

Daniel Ryan, Moycarkey Coolcree A.C. & Jack Murphy, Leevale A.C. who both showed their multi-eventing talents when they won 3 titles & gold medals in their events, a maximum of 3 out of 3 which is a fantastic result. Daniel won gold in the Boys U/15 80mH, 200m & Discus while Jack won his 3 gold medals in the Boys U/16 High Jump, Long Jump & 100m Hurdles. **Niamh Foley, St. Mary's A.C. Limerick** won double gold in the Girls U/12 60m & Long Jump & silver in the 600m; **Eoin O'Carroll, Tralee Harriers A.C.** won double gold in the Boys U/19 200m & Long Jump & silver in the 100m; **Laura McSweeney, Bandon A.C.** won double gold in the Girls U/19 Shot Putt & Hammer & bronze in the Discus; **Holly Meredith, St. Mary's A.C.** who won double gold in the Girls U/12 Turbo Javelin & Shot Putt; **Tony Odobote, Ennis Track A.C.** did the double in the Boys U/14 75mH & 200m; **Stephanie Cotter, West Muskerrey A.C.** did the double in the Girls U/15 800m & 1500m; **Orlaith O'Brien, Ferrybank A.C.** took double titles in the Girls U/15 Javelin & Shot Putt; **Phoebe Murphy, Clonmel A.C.** took double titles in the Girls U/16 100m & 200m; **Niamh McNicol, Ferrybank A.C.** performed a double in the Girls U/17 100m & 200m; **Louise Shanahan, Leevale A.C.** took double gold in the Girls U/17 800m & 1500m; **Kelly Ann Doyle, Carrick-On-Suir A.C.** won double gold in the Girls U/17 100mH & 300mH; **Kevin Mulcaire, Ennis Track A.C.** did the double in the Boys U/17 1500m & 3000m; **Paul Murphy, Ferrybank A.C.** took double gold in the Boys U/18 200m & 400m; **Sam Healy, Leevale A.C.** won gold in the Boys U/18 Long Jump & silver in the 110mH & High Jump; **Orla O'Reilly, Tralee Harriers A.C.** won gold in the Girls U/14 Long Jump & silver in the 80m; **Muireann O'Shea, Marian A.C.** took gold in the Girls U/18 3000m & silver in the 1500m; **David Cussen, Old Abbey A.C.** won gold in the Boys U/18 High Jump & silver in the Long Jump; **Sophie Meredith, St. Mary's A.C.** added gold to her silver & bronze medals won on weekend 1 in the Girls U/13 80m & 60mH; **Jack Hallahan, Midleton A.C.** won gold in the Boys U/14 Discus & silver in the Hammer; **Fiona Duggan, Bandon A.C.** won gold in the Girls U/18 Discus & silver in the Hammer; **Aoife Doyle, Star of the Laune A.C.** took gold in the Girls U/16 Discus & bronze in the Hammer; **Ciara**

Mockler, Moycarkey Coolcree A.C. took gold in the Girls U/17 Shot Putt & bronze in the Discus; **Darren Prout, Carrick-On-Suir A.C.** won gold in the Boys U/17 Triple Jump & bronze in the 110m Hurdles; **Robert Dillon, Midleton A.C.** won double silver in the Boys U/12 High Jump & 60m; **Lauren Ryan, Dooneen A.C.** won silver in the Girls U/15 200m to add to her silver in the 100m ; **Fearghal Curtin, Youghal A.C.** won double silver in the Boys U/16 1500m & 3000m; **Rachel O'Shea, West Muskerry A.C.** won double silver in the Girls U/19 800m & 1500m; **Vickie Cusack, Liscarroll A.C.** won silver in the Girls U/14 75m Hurdles & bronze in the Long Jump; **James Murphy, Waterford A.C.** won silver in the Boys U/14 High Jump & bronze in the Long Jump; **Jody Cusack, Liscarroll A.C.** won silver in the Girls U/17 Javelin & bronze in the 3km Walk; **Niamh Cotter, Bantry A.C.** took silver in the Girls U/18 3000m & bronze in the 1500m; **Liam Hennessy, Togher A.C.** won silver in the Boys U/18 800m & bronze in the 1500m; **Angharad Loughnane, Marian A.C.** took double bronze medals in the Girls U/15 2km Walk & Discus; **Leanne Prout, Carrick-On-Suir A.C.** won double bronze in the Girls U/17 100mH & 300mH & **Andrew McCarthy, Gneeveguilla A.C.** took silver in Boys U/19 Discus & bronze in Shot Putt.

Congratulations to all our athletes who took part, especially all the medal winners. A fantastic end to a wonderful Track & Field Season. We have a talented group of athletes coming up & look forward to an even better 2014. Full Results can be found at www.munsterathletics.com.

See Munster medal winners from Day 4 of the Championships below:-

Gold Medals

1. Sophie Meredith, St. Mary's A.C. Girls U/13 Long Jump (5.25m)
2. Sophie Lynch, Lios Tuathail A.C. Girls U/14 200m (27.05)
3. Alex O'Neill, St. Cronan's A.C. Girls U/14 1500m (4.57.5)
4. Stephanie Cotter, West Muskerry A.C. Girls U/15 1500m (5.03.61)
5. Orlaith O'Brien, Ferrybank A.C. Girls U/15 Javelin (36.25m)
6. Phoebe Murphy, Clonmel A.C. Girls U/16 200m (25.38)
7. Niamh McNicol, Ferrybank A.C. Girls U/17 200m (25.52)
8. Louise Shanahan, Leevale A.C. Girls U/17 1500m (4.51.79)
9. Nessa Murphy, Ferrybank A.C. Girls U/17 High Jump (1.70m)
10. Rita Casey, Gneeveguilla A.C. Girls U/18 Javelin (34.70m)
11. Tony Odobote, Ennis Track A.C. Boys U/14 200m (25.44)
12. Gearoid McMahon, Shannon A.C. Boys U/14 2km Walk (10.48.96)
13. Jack Hallahan, Midleton A.C. Boys U/14 Discus (49.02m)
14. Daniel Ryan, Moycarkey Coolcree A.C. Boys U/15 200m (24.02)
15. David Kenny, Farranfore Maine Valley A.C. Boys U/15 2km Walk (10.29.87)
16. Colin Deane, Bandon A.C. Boys U/15 Shot Putt (13.08m)
17. James Sheehan, Carrig na bhFear A.C., Boys U/16 Discus (42.50m)
18. Kevin Mulcaire, Ennis Track A.C. Boys U/17 1500m (4.09.74)
19. Aaron Egan, Clonmel A.C. Boys U/17 3km Walk (14.23.49)
20. Paul Murphy, Ferrybank A.C. Boys U/18 200m (22.45)
21. David Cussen, Old Abbey A.C. Boys U/18 High Jump (2.10m)
22. Sam Healy, Leevale A.C. Boys U/18 Long Jump (6.87m)

23. Eoin O'Carroll, Tralee Harriers A.C. Boys U/19 200m (22.78)
24. Eoin O'Carroll, Tralee Harriers A.C. Boys U/19 Long Jump (6.73m)

Silver medals

1. Lauren Moylan, Nenagh Olympic A.C. Girls U/14 200m (27.29)
2. Eva Rush, Templemore A.C. Girls U/14 2km Walk (11.2.18)
3. Lauren Ryan, Dooneen A.C. Girls U/15 200m (26.03)
4. Sharlene Mawdsley, Newport A.C. Girls U/16 200m (25.78)
5. Erin Kingston, Bandon A.C. Girls U/16 Shot Putt (11.83m)
6. Jodie Cusack, Liscarroll A.C. Girls U/17 Javelin (26.01m)
7. Muireann O'Shea, Marian A.C. Girls U/18 1500m (4.54.90)
8. Rachel O'Shea, West Muskerry A.C. Girls U/19 1500m (5.03.89)
9. Fearghal Curtin, Youghal A.C. Boys U/16 1500m (4.16.19)
10. Sean Glasheen, Tipperary Town A.C. Boys U/16 Shot Putt (13.93m)
11. Anthony Tobin, Clonmel A.C. Boys U/17 3km Walk (14.34.83)
12. Sam Healy, Leevale A.C. Boys U/18 High Jump (1.90m)
13. David Cussen, Old Abbey A.C. Boys U/18 Long Jump (6.83m)
14. Eoin Hanrahan, Ennis Track A.C. Boys U/18 Discus (41.19m)
15. Brendan O'Connor, An Riocht A.C. Boys U/19 1500m (4.02.63)
16. Simon Archer, Templemore A.C. Boys U/19 High Jump (1.95m)

Bronze Medals

1. Angharad Loughnane, Marian A.C. Girls U/15 2km Walk (11.27.09)
2. Fiona Everard, Bandon A.C. Girls U/16 1500m (4.58.80)
3. Sarah Hayes, Skibbereen A.C. Girls U/16 Shot Putt (11.37m)
4. Aoife Doyle, Star of the Laune A.C. Girls U/16 Hammer (38.19)
5. Jodie Cusack, Liscarroll A.C. Girls U/17 3km Walk (18.31.43)
6. Rachel Clancy, St. John's A.C. Girls U/17 High Jump (1.50m)
7. Niamh Cotter, Bantry A.C. Girls U/18 1500m (4.57.05)
8. Michaela Crosbie, Clonmel A.C. Girls U/18 3km Walk (18.15.32)
9. Caroline Morgan, Nenagh Olympic A.C. Girls U/19 Javelin (27.65m)
10. Robert Campbell, Farranfore Maine Valley A.C. Boys U/15 Hammer (35.71m)
11. Mark Bromell, Emerald A.C. Boys U/16 Shot Putt (13.10m)
12. Joey Henchy, Bandon A.C. Boys U/17 200m (23.29)
13. Benny Healy, Fanahan McSweeney A.C. Boys U/17 Shot Putt (12.25m)
14. Liam Hennessy, Togher A.C. Boys U/18 1500m (4.07.30)
15. Promise Okafor, Bandon A.C. Boys U/18 Long Jump (6.23m)
16. Tom Hennessy, Nenagh Olympic A.C. Boys U/19 High Jump (1.75m)

Extract from AAI Report dated 21st July 2013 from Athletics Ireland Website

"The fourth day of the Woodie's DIY juvenile track and field championships at the magnificent Tullamore Harriers stadium brought to a close a superb weekend of athletics.

The sun stayed hidden for most of the day, much to the delight of most people, but the weather was still good enough to produce some marvellous competition in all age groups.

For many of those competing in the U19 age group, today marks their final time competing in juvenile competition with a big move up the ranks next year.

Louise Shanahan (Leevale AC), who won a magnificent gold medal in the 800m at the European Youth Olympics on Friday, was back in action in the U17 1,500m. She patiently bided her time until going for home with 150m to go and then cruised to a comfortable victory in a time of 4:51.79.

Nadia Power (Templeogue AC) had recorded the fastest 1,500m time of the day when she won the U16 race by a big margin in a time of 4:42.03.

Fastest 1,500m in the boys races came from Robert Tully (Star of the Sea AC) who won in a time of 4:01.55, just faster than club mate Andrew Coscoran who won the U18 race in 4:02.86.

Jamie Murtagh (St. Andrew's AC) won the U19 high jump with a clearance of 2.07m, and that improved on the 2.06m of Mark Crowley in 2001.

David Cussen (Old Abbey AC), ninth in the high jump at the World Youth championships, won the U18 high jump with a clearance of 2.10m, to equal his best.

Sophie Meredith (St. Mary's Limerick) won the U13 long jump with 5.25m to improve on the 4.92m of Ciara Giles Doran in 2007.

Michaela Walsh (Swinford AC) set a new record in the U16 shot of 13.48m to improve on the 13.29m of Michelle Kirwan in 1984. She also won the hammer with 47.51m.

Jack Hallahan (Midleton AC) won the U14 discus with 49.02m to better the 38.67m of Kevin Downey in 2000.

Cork athletes filled the first four places in the U18 long jump with victory going to Sam Healy (Leevale AC) with a jump of 6.87m to make it a good weekend for him after winning the Aviva school international yesterday."



