

Munster Juvenile PRO Summary – Summer 2013

AAI Competitions

AAI Juvenile Combined Events Championships - Tullamore Harriers Stadium, Saturday 10th August 2013. Three Munster athletes added National Outdoor titles to the National Indoor golds they won earlier this year in AIT Arena - **Vickie Cusack, Liscarroll A.C.** took the National title in the Girls U/14 Pentathlon winning on 2956 points; **David Ryan, Moycarkey Coolcroe A.C.** took gold in the Boys U/14 Pentathlon winning on 3222 points with his brother, **Daniel Ryan**, taking gold in the Boys U/15 Pentathlon on 4422 points, almost 1000m points clear of 2nd place with **Diarmuid Clancy, Abbey Striders A.C.** winning the bronze medal on 3354 points. **Avril Braham, Carrig na bhFear A.C.** was 3rd in the Girls U/15 Pentathlon finishing on 2621 points & **Tom Deasy, Belgooly A.C.** took bronze in the Boys U/16 Pentathlon finishing on 2924 points.

Day 4 AAI T & F Championships - 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 Coolcroe A.C.** Boys U/15 80mH & **Paul Murphy, Ferrybank A.C.** Boys U/18 400m. Over the 3 days of the National Track & Field Championships, only 2 Munster athletes won a hat trick of medals, a maximum of 3 gold medals in their events. Both **Daniel Ryan, Moycarkey Coolcroe A.C.** & **Jack Murphy, Leevale A.C.** showed their multi-eventing talents with Daniel winning gold in the Boys U/15 80mH, 200m & Discus & Jack scoring 3 gold medals in the Boys U/16 High Jump, Long Jump & 100m Hurdles.

AAI Inter Clubs & Inter-County Relays - The Woodie's DIY AAI Juvenile Inter-Club & Inter-County Relays were held on Day 3 of the National Championships, Saturday 20th July 2013 in Tullamore Harriers Stadium. Munster teams won a total of 21 sets of medals (9 gold, 5 silver & 7 bronze). **Dooneen A.C.** had an outstanding day setting two new Championship Best Performances ("CBP") in the Girls U/12 & Girls U/13 4 x 100m competitions. **Leevale A.C.** also had great performances in the Boys U/12, U/13, U/14 & U/16 4 x 100m & Girls U/17 4 x 100m & 4 x 400m races to win National titles in all 6 events. In the National Inter-County Relays, **Tipperary** was Munster's only representative & they competed strongly winning gold in the Boys U/19, silver in the Girls U/13 & U/17 & bronze in the Boys U/15.

Day 1 AAI T & F Championships - Munster athletes were in sparkling form at the first weekend of the Woodie's DIY AAI Juvenile Track & Field Championships in Tullamore on Saturday 6th & Sunday 7th July. Munster clinched 127 medals in total which included 45 gold & national titles, 48 silver & 34 bronze & 5 new National records set by the athletes below:-

1. **Niamh Foley, St. Mary's Limerick A.C.** won the Girls U/12 60m in a time of 8.29 to better the 2010 record of 8.36 held by Gina Moses, Blackrock A.C. & she also went on to win the Long Jump with a jump of 4.41m & was 2nd in the 600m.
2. **Conor Blake, St. John's A.C.**, Clare added 1cm to Peter Denver's 1981 Boys U/12 High Jump record with his clearance of 1.48m.
3. **Miriam Daly, Carrick on Suir A.C.** clocked 9.58 when winning the U13 60m hurdles to better the 2012 record of 9.63 held by Ciara Deely, Kilkenny City Harriers A.C.
4. In the Boys U/15 80m Hurdles, Carlton Haddock's (Togher A.C.) 1987 record of 11.5 was well beaten when **Daniel Ryan, Moycarkey Coolcroe A.C.** won the U15 80m hurdles in a time of 11.31 & he also went on to win the National Discus title with his throw of 38.18m. His brother, David also won the National title in the Boys U/14 Long Jump with his jump of 5.25m.
5. **Paul Murphy, Ferrybank A.C.** was a clear winner of the Boys U18 400m in a time of 49.10 to better the record of 49.35 set by David Kearns, Lusk A.C. in 1994.

There were many notable performances from Munster athletes but one which stood out was **Laura Mc Sweeney's (Bandon A.C.)** win in the Girls U/19 Shot Putt which completed her clean sweep of titles, having won the shot in her age group every year from U12 to U19 & she also won gold in the Hammer (44.68m) & bronze in the Discus (32.32m). Other athletes who won

multiple medals were:- **Jack Murphy, Leevale A.C.** who took 3 gold medals in the Boys U/16 High Jump (1.71m), Long Jump (5.99m) & 100m Hurdles (13.75); **Orla O'Reilly, Tralee Harriers** who won gold in the Girls U/14 Long Jump (5.19m) & silver in the 80m; **Ciara Mockler, Moycarkey Coolcrao A.C.** who won gold in the Girls U/17 Shot Putt (11.56m) & bronze in the Discus (28.70m); **Robert Dillon, Middleton A.C.** who won double silver in the Boys U/12 High Jump (1.43m) & 60m (8.49); **Vickie Cusack, Liscarroll A.C.** who won silver in the Girls U/14 75m Hurdles (11.78) & bronze in the Long Jump (4.92m); **Sophie Meredith, St. Mary's Limerick A.C.** who won silver in the Girls U/13 80m (10.53) & bronze in the 60m Hurdles (9.79), her sister **Holly** who won double gold in the Girls U/12 Turbo Javelin (24.01) & Shot Putt (9.61m); **James Murphy, Waterford A.C.** who won silver in the Boys U/14 High Jump (1.55m) & bronze in the Long Jump (5.04m); **Kelly Ann Doyle, Carrick-On-Suir A.C.** who won double gold in the Girls U/17 100m Hurdles (14.61) & 300m Hurdles (44.08), **Leanne Prout, Carrick-On-Suir A.C.** who won double bronze in the same events (15.54 & 46.00) & Leanne's brother, **Darren** who won gold in the Boys U/17 Triple Jump (13.33m) & bronze in the 110m Hurdles (13.95).

AAI Juvenile Team Games - Finn Valley, Co. Donegal, Saturday 29th June. With 24 titles up for decision, Munster athletes had a terrific day winning over half those titles & taking home a huge haul of 33 sets of team medals (14 gold, 11 silver & 8 bronze). The Munster Girls won 17 sets of medals while the Munster Boys picked up 16 sets of medals. Munster also recorded a 1, 2 & 3 in the Girls U 10 60m & Boys U/10 Turbo Javelin.

International Competitions

Celtic Games - 14 Munster athletes lined out to compete for Ireland at the 2013 Celtic Games in Colwyn Bay, Wales on Saturday 3rd August winning 12 individual medals in total (6 gold, 3 silver & 3 bronze). There were gold medal wins for **Adam King, Iveragh A.C.** in the Men's U/18 Hammer when he threw 69.26m to set a new Celtic record to better Dempsey Mc Guigan's 2010 record of 67.93m; **Darren Prout, Carrick-On-Suir A.C.** in the Men's U/18 Triple Jump with a jump of 13.33m; **David Cussen, Old Abbey A.C.** in the Men's U/18 High Jump with a leap of 2.10m; **Sam Healy, Leevale A.C.** in the Men's U/18 Long Jump with a jump of 6.81m; **Louise Shanahan, Leevale A.C.** in the U/18 Women's 800m in a time of 2.13.34 & **Aoife Doyle, Star of the Laune A.C.** in the Girls U/16 Discus with a throw of 35.02m. **Jack Murphy, Leevale A.C.** took silver in the Boys U/16 100mH in 13.77sec just behind Harry Hillman, Wales in a record breaking time (13.65) with 2nd place finishes for **Aoife Vaughan Witts, Borrisokane A.C.** in the U/18 Women's Hammer with a throw of 45.97m & **Paul Murphy, Ferrybank A.C.** in the U/18 Men's 400m in 48.50. **Kelly Ann Doyle, Carrick On-Suir A.C.** was 3rd in the Women's U/18 100m Hurdles despite suffering a heavy fall at the 3rd flight, **Niamh McNicol, Ferrybank A.C.** won bronze in the U/18 Women's 100m in 12.32 & **Jamie Fennell, West Waterford A.C.** was 3rd in the U/18 Men's Pole Vault with a vault of 3.41m. **Rita Casey, Gneeveguilla A.C.** was 4th in the U/18 Women's Javelin with a throw of 33.63m & **Phoebe Murphy, Clonmel A.C.** was 4th in the Girls U/16 200m in 25.74.

In the Relay competitions, **Niamh Mc Nicol** was part of the U/18 Women's Irish 4 x 100m Relay team who won gold, **Phoebe Murphy** won silver with the Irish Mixed U/16 Relay, **Louise Shanahan** was on the winning U/18 Women 4 x 400m Relay team & **Paul Murphy** was on the U/18 Men's 4 x 400m Relay team who won silver. Ireland finished 2nd overall on 162 points, just 1 point behind Scotland with the Irish U/18 Men's Team winning their competition (Munster athletes were Sam Healy, David Cussen, Adam King, Darren Prout, Paul Murphy & Jamie Fennell), silver for the Irish U/16 Girls (Phoebe Murphy & Aoife Doyle) & U/18 Women (Kelly Ann Doyle, Niamh McNicol, Louise Shanahan, Aoife Vaughan Witts & Rita Casey) & 3rd place for the Irish U/16 Boys (Jack Murphy).

SIAB Schools International - Morton Stadium, Saturday 20th July. Munster athletes won 8 individual medals in total. There were gold medal wins for **Sam Healy (Carrigaline CS/Leevale A.C.)** in the Boy's Long Jump with a leap of 7.01m (Sam was also 4th in the Boys 100mH), **Adam King (Iveragh A.C./ Colaiste na Sceilige Cahirciveen)** in the Boy's Hammer with a throw of 65.01m & **Maria Carey (St. Marys Newport/Newport A.C.)** in the Girl's Triple Jump with a jump of 11.48m.

Silver medal were won by **Aaron Egan (High School Clonmel/Clonmel A.C.)**, in the Boy's 3000m Walk (13.12.16), **Jason Foley (Tarbert CS/Lios Tuathail A.C.)** in the Boy's 100mH (13.68), & **Michael Quilligan (Nenagh CBS/Nenagh Olympic A.C.)** in the Boy's 400mH (56.06). Both **Darren Prout (Presentation Ballingarry/Carrick-On-Suir A.C.)** & **Alice Akers (Scariff CC/Marian A.C.)** won bronze medals in their events with Darren jumping 13.52m in the Boy's Triple Jump & Alice who was Irish Team Captain for the Girls, throwing 46.28m in the Girl's Hammer. **Kelly Ann Doyle (Scoil Mhuire COS/Carrick-On-Suir A.C.)** also won bronze with the Irish Girls 4 x 300m Relay & was 4th in the Girl's 300mH (44.02) while **Jason Foley** won bronze with the Irish Boys 4 x 100m Relay.

European Youth Olympic Festival - Utrecht, Netherlands from Sunday 14th to Friday 19th July. **Louise Shanahan, Leevale A.C.** put in a brilliant performance to win gold in the Girls 800m. She qualified automatically for her final when she finished 3rd in her heat in a time of 2.10.88 & lined up for the final as the 5th fastest in the field. She won the title in a time of 2.08.75 ahead of Lotte Scheldeman from Belgium who was 2nd in 2.09.15.

The Irish Girls 4 x 100m Relay team which included Munster athletes **Phoebe Murphy, Clonmel A.C. & Niamh McNicol, Ferrybank A.C.** also won European gold in 46.55 ahead of Ukraine & Belgium. Both Phoebe & Niamh made history at the EYOF with team-mates Laura Ann Costello & Roseanna McGuckian by breaking the Irish Youth record in the Semi-Final. The Irish girls tore around the track in their semi-final, winning their race and qualifying automatically for the final. Not only were they the fastest team to progress by almost half a second, but, their 46.22 seconds recording was a new Irish Youth Record breaking the old mark of 46.36 seconds set in 2009.

Adam King, Iveragh A.C. finished an impressive 6th place in the Boys Hammer Final when he threw 66.23m in the 3rd round of competition & **Jenna Bromell (Emerald A.C.)** finished a very respectable 8th place in a highly competitive field in the Girls 400m. Jenna finished 3rd in her heat to book herself a fastest loser spot in the final with her time of 57.13. **Phoebe Murphy (Clonmel A.C.)** finished an admirable 8th place in the Girls 100m Final having made it through the semi-finals as a fastest loser. Previously, she had finished 2nd in her heat in 12.24 seconds going into the semi-final as the third fastest in her race. **Kevin Mulcaire (Ennis Track Club A.C.)** finished 12th in his 3000m Final in a time of 8.58.00 lying 7th in the field prior to the final.

Schools Competitions

AVIVA Tailteann Schools Interprovincial Games - Tullamore Harriers Stadium, Saturday 29th June. Munster athletes were strong in both track & field events taking home 29 individual medals in total (11 gold, 10 silver & 8 bronze) & 4 sets of Relay medals (1 silver & 3 bronze). The Munster Girls finished 3rd overall winning 14 medals (4 gold, 6 silver & 4 bronze) while the Munster Boys finished 2nd overall with 15 medals (7 gold, 4 silver & 4 bronze). Star athlete for Munster was **Sam Healy (Carrigaline CS/Leevale A.C.)** who won double gold with a great run in the 100m Hurdles (13.05) & a big personal best in the Long Jump of 7.06m, just 10cm short of Jonathon Kron's 1989 record of 7.16m. **Daniel Ryan (Thurles CBS/Moycarkey Coolcree A.C.)** also medalled in the Long Jump winning bronze with a jump of 6.29m, a good performance considering his tender 14 years. **Niamh McNicol (Stella Maris/Ferrybank A.C.)** put in two solid performances winning silver in the 200m (25.16) & bronze in the 100m (12.43) just ahead of **Phoebe Murphy (Loreto Clonmel/Clonmel A.C.)** in 12.44. **Ronan Barry (St. Flannan's Ennis)** won bronze in the Boys 400m (52.11) with **Michael Quilligan (Nenagh CBS/Nenagh Olympic A.C.)** winning silver in the Boys 400m Hurdles in a time of 57.54. **Kelly Ann Doyle (Scoil Mhuire Carrick/Carrick-On-Suir A.C.)** reversed the positions from the Schools All-Ireland on 1st June when she was the convincing winner of the 300m Hurdles in 44.35 with Kelly McGrory in 2nd place & **Leanne Prout (Presentation Ballingarry/Carrick-On-Suir A.C.)** in 3rd place (46.18). Leanne's brother, **Darren (Presentation Ballingarry/Carrick-On-Suir A.C.)** won gold in the Boys Triple Jump (13.50m) with **Maria Carey (St. Mary's Newport)** 2nd in the Girls Triple Jump with a jump of 10.90m, just centimetres off the gold medal. In the High Jump competitions there were medals for **Nessa Murphy (Stella Maris/ Ferrybank A.C.)** silver in High Jump at 1.60m & **Dylan O'Sullivan (St. Brendans/Spa Muckcross A.C.)** taking bronze in the highly contested Boys High Jump with a jump of 1.85m. St. Augustine's showed its strength in the Pole Vault competitions taking home four medals in total - 1st & 3rd in the Girls competition with **Megan O'Connor (West Waterford A.C.)** clearing 2.70m & **Catherine Haheys** clearing 2.30m. **Seamie Fennell & Juris Kanass (West Waterford A.C.)** also won gold & silver in the Boys Pole Vault at heights of 3.60m & 3.50m.

Success in the Field Events continued with **Kaleigh Cronin (St. Brigids/Spa Muckcross A.C.)** winning gold in the Girls Discus with a throw of 40.06m, **Alice Akers (Scariff CC/Marian A.C.)** winning gold in the Hammer (47.30m) & **Aoife Vaughan Witts (Borrisokane CS/Borrisokane A.C.)** taking silver with a throw of 44.26m. **Adam King (Colaiste na Sceilige/Iveragh A.C.)** won gold in the Boys Hammer with a massive throw of 66.98m, less than 1m short of Declan Hegarty's 1977 throw of 67.94. There was also 2nd & 3rd for Munster in the Girls Javelin with **Orlaith O'Brien (Ursuline Waterford/Ferrybank A.C.)** throwing 33.19m & **Lauren O'Mahony (St. Mary's Middleton/Youghal A.C.)** taking bronze with a throw of 30.63m.

In the Boys 3000m Walk, Munster dominated with **Aaron Egan & Anthony Tobin (High School, Clonmel/Clonmel A.C.)** winning gold & silver in times of 13.33.41 & 14.32.44 respectively & **David Kenny (St. Brendan's/Farranfore Maine Valley A.C.)** giving a good account of himself in 4th place in a time of 15.30.17. **Louise Shanahan (Scoil Mhuire Cork/Leevale A.C.)** almost clinched the gold from Alanna Lally in the Girls 800m in a time of 2.13.58 with **Lucas O'hArgain (Colaiste Christ Ri/Leevale A.C.)** winning silver in the 1500m (4.11.09) In the Boys 3000m **Darren Dunne (Nenagh CBS/Nenagh Olympic A.C.)** won gold in a time of 9.01.30 with **Fearghal Curtin (Middleton CBS/Youghal A.C.)** taking bronze in a time of 9.31.18.

In the Girls Relay competition, Munster came 3rd in the 4 x 100m Relay (**Phoebe Murphy, Niamh McNicol, Maria Carey & Leanne Prout**) & 2nd in the 4 x 300m (**Kelly Ann Doyle, Leanne Prout, Niamh McNicol & Louise Shanahan**). Munster also took bronze medals in both the Boys 4 x 100m (**Daniel Ryan, Darren Prout, Mark Varley & Sam Healy**) & 4 x 400m relays.

AVIVA Irish Schools Track & Field Championships - Tullamore Stadium, Saturday 1st June. Munster athletes from Clubs across the region came to the fore on the day winning 41 gold, 30 silver & 24 bronze & a number excelled with outstanding performances, all breaking records from the 1980's & 1990's.

Phil Healy, Colaiste na Toirbhirte/Bandon A.C. was on fire in the Senior Girls 100m & 200m setting two new schools records with her times of 11.83 & 23.98. She replaced the existing 1998 record of 11.91 for the Senior Girls 100m held by Emily Maher, St. Brigid's Callan & the current 1998 record of 24.06 held by Ciara Sheehy, St. MacDara's CC for the Senior Girl's 200m. **Sean Tobin, Clonmel High School/Clonmel A.C.** demolished the field in both the Senior Boys 800m & 1500m winning the 800m in a time of 1.50.65 to replace Sean O'Neill's (St. Louis, Ballymena) schools record of 1.51.1 set in 1982. **Darren Prout, Presentation Ballingarry/Carrick-On-Suir A.C.** had a terrific 2nd round jump in the Intermediate Boys Triple Jump to register 14.04m which won him the gold medal & a new record. He replaced the existing 1981 record of 13.97m held by John Stapleton, Gormanston College.

Our youngest record breaker was **Daniel Ryan, Thurles CBS/ Moycarkey Coolcree A.C.** who had the distinction of breaking the first record of the day around 15 minutes into the start of the meet in the Junior Boys Long Jump with his 2nd round jump of 6.67m. He broke the existing 1987 record of 6.63m held by Jonathon Kron, Wesley College & he also went on to win gold in the Junior Boys 80m Hurdles in a time of 11.50. Double gold medal winners for Munster were **Phil Healy, Sean Tobin, Daniel Ryan & Brandon Array, Davis College** in the Intermediate Boys 400m & 400mH.

12 double medal winners for Munster were:-

Sam Healy, Carrigaline CS (1st Intermediate Boys Long Jump & 2nd in 100mH), **Maria Carey, St. Mary's Newport** (1st in Junior Girls Triple Jump & silver in Long Jump), **Alice Akers, Scariff CC** (1st Intermediate Girls Hammer & 2nd in Discus), **Laura McSweeney, Colaiste na Toirbhirte** (1st Senior Girls Hammer & 2nd in Hammer), **Jessica Sheehan, Kinsale CS** (1st Senior Girls Long Jump & 2nd in Triple Jump), **Sharlene Mawdsley, St. Mary's Newport** (1st in Junior Girls 200m & 3rd in 100m), **Aoife Doyle, IS Killorglin** (1st Junior Girls Discus & 3rd in Hammer), **Kayleigh Cronin, St. Brigids** (1st Intermediate Girls Discus & 3rd in Shot Putt), **Grainne Moynihan, St. Mary's Macroom** (1st Senior Girls 400m & 3rd in 100m), **Jessica Coyne, Crescent CC** (1st Senior Girls 1500m & 3rd in 800m), **David Cussen, CSN Cork** (2nd in both the Senior Boys High Jump & Long Jump) & **Ray Walsh, Davis College** (2nd in both the Intermediate Boys 100m & 200m).