<u>Numbers Up at Munster Combined Events Championships</u>

There was very strong support for the Munster Juvenile Combined Events Championships in Cork I.T. on Sunday 28th April with a total of 147 athletes taking part from U/11 to Youth age groups. All 6 Munster counties were represented with 78 boys & 69 girls from 25 different clubs competing. The largest number of competitors was in the Boys U/11 (21), Girls U/12 (23), Boys U/12 (16), Boys U/13 (15) & Boys U/14 (15) categories. With 13 Munster titles up for decision on the day (there were no Youth Boys competing), **Liscarroll A.C.** & **St. Mary's A.C., Limerick** won two titles each & **Nenagh Olympic A.C.** & **Carrig naBhfear A.C**. won 1 each in the Girls competition. In the Boys competition, there were two titles each for **Nenagh Olympic A.C.** & **Moycarkey Coolcroo A.C.** with **Bandon A.C.** & **Belgooly A.C**. winning 1 each. Thanks to Chris O'Regan for co-ordinating all the officials for the day & to everyone who volunteered to help, for without you all, we could not run these Championships.

The level of competition was high on the day with reigning Munster & National Indoor Combined Events Champions, **Vickie Cusack, Liscarroll A.C.** (Girls U/14), **David Ryan, Moycarkey Coolcroo A.C.** (Boys U/14) & **Daniel Ryan, Moycarkey Coolcroo A.C.** (Boys U/15) showing good form & adding Munster Outdoor titles to their repertoires. Other Munster & National Indoor medal winners, **Padraig Nash Belgooly A.C.** & **Jack Fallon, Moycarkey Coolcroo A.C.** won Silver & Bronze in the Boys U/14 competition & **Jayne Pennefather** (Individual) who was 4th in the National Youth Pentathlon took Munster gold in the Youth Girls competition.

3 Championship Best Performances & 1 equalled CBP were also recorded on the day by the following athletes:-

- **Niamh Foley, St. Mary's A.C.** ran 8.63 in the Girls U/12 60m to break the existing record of 8.71 set by Lauren O'Leary, Liscarroll A.C. in 2012.
- **Sophie Meredith, St. Mary's A.C.** jumped 4.91m in the Girls U/13 Long Jump to break the existing record of 4.87m set by Mairead O' Sullivan, West Muskerry A.C. in 1996.
- **Daniel Ryan, Moycarkey Coolcroo A.C.** ran 11.72 in the Boys U/15 80m Hurdles to break the existing record of 11.85 set by Michael Quilligan, Nenagh Olympic A.C. in 2011.
- **Sophie Meredith, St. Mary's A.C.** jumped 1.45m in the Girls U/13 High Jump to equal the existing record of 1.45m set by Vickie Cusack, Liscarroll A.C. in 2012.

Holly McCarthy, Liscarroll A.C. won the Girls U/11 competition (791 points) with **Praise Owoeye, Ferrybank A.C.** in 2nd place (778) & **Susan Nestor, St. Mary's A.C.,** Clare in 3rd place (747). **Holly Meredith, St. Mary's A.C.,** Limerick took the title in the Girls U/12 (1791) with her team-mate **Alannah Keyes, St. Mary's A.C.** in 2nd place (1524) & **Ciara Kenneally, Gneeveguilla A.C.** in 3rd place (1488). St. Mary's A.C., Limerick took their 2nd Munster title in the Girls U/13 with Holly's sister **Sophie Meredith** winning gold (1344), **Aisling Cassidy, Bandon A.C.** silver (965) & **Aishat Olatunji, Midleton A.C.** winning bronze (883). **Vickie Cusack, Liscarroll A.C.** won the Girls U/14 title (2925), **Moira Barrett, Bandon A.C.** was in 2nd place (2403) & **Lauren Moylan, Nenagh Olympic A.C.** just 2 points behind in 3rd place (2401). In the Girls U/15 competition, there was gold for **Avril Braham, Carrig na Bhfear A.C.** (2763), silver for **Sinead O'Regan, Ferrybank A.C.** (2592) & bronze for **Tara Bradley, St. John's A.C.** (2522). **Emma Hennessy, Nenagh Olympic A.C.** took the title in the Girls U/16 (3118) with **Cliodha Blake, St. John's A.C.** in 2nd place (2738) & **Kelly Devine, St. Mary's A.C.,** Limerick in 3rd place (2337). **Jayne Pennefather** (Individual) won the Youth Girls competition with

2559 points with **Jessica O'Connor, Marian A.C.** in 2nd place (2081) & **Lauren Kenneally, Gneeveguilla A.C.** in 3rd place (1678).

In the Boys U/11 competition, there was gold for **Mark Collin, Bandon A.C.** (830), silver for **Mel Deasy, Old Abbey A.C.** (790) & bronze for **Shane Fitzgerald, St. Mary's A.C., Limerick** (787). **Aaron Walsh, Nenagh Olympic A.C.** won the Boys U/12 (1769) with **Conor Blake, St. John's A.C.** in 2nd (1577) & **Adam O'Dwyer, Moycarkey Coolcroo A.C.** in 3rd place (1555). **Sean Carolan, Nenagh Olympic A.C.** took the title in the Boys U/13 competition (1245) with his team-mate **Joseph McEvoy in 2nd place** (1187) & **Tom Gallagher, Ferrybank A.C.** in 3rd place (1179). There was gold for **David Ryan, Moycarkey Coolcroo A.C.** in the Boys U/14 competition (2049), silver for **Padraig Nash, Belgooly A.C.** (1887) & bronze for **Jack Fallon, Moycarkey Coolcroo A.C.** (1601). **Daniel Ryan, Moycarkey Coolcroo A.C.** was the clear winner of the Boys U/15 competition (3424) with **Sean Broderick, Youghal A.C.** in 2nd place (2770) & **Diarmuid Clancy, Abbey Striders A.C.** in 3rd place (2666). In the Boys U/16 competition, **Tom Deasy, Belgooly A.C.** took gold (2214) with **Caolan O'Brien, Midleton A.C.** in 2nd place (1541) & **Conor Sexton, Abbey Striders A.C.** in 3rd place (1319). Congratulations to all who took part & in particular to the medal winners. The National Combined Events Championships will take place on Saturday 10th & Sunday 11th August 2013.

Full results can be found at www.munsterathletics.com.