Munster Juvenile PRO Report

The Munster U/9 to U/13 Indoor Championships were held in Nenagh Indoor Stadium on Saturday 9th & Sunday 10th February. It was a highly competitive & exciting 2 days with athletes setting 7 new Championship Best Performances ("CBP") & equalling one. The U/10 500m replaced the existing 300m race & it was **Sarah Hosey, Limerick A.C. & Jack Corcoran, Waterford A.C.** who won the first ever Munster titles & set the first records for this event. Sarah ran 1.42.07 for this event, over 2 seconds faster than the silver medallist, Kate Dunsworth, Lios Tuathail A.C. (1.44.15) with Jack clocking 1.39.49 to just snatch his title from Diarmuid Healy, Midleton A.C. by six hundredths of a second (1.39.55). Other athletes who set CBP's were:-

1. **Kelvin O'Carroll, Dooneen A.C.** in the Boys U/10 60m when he took the gold medal with a time of 9.12 to break the existing record of 9.28 set by Sultan Akinwale, Ennis Track A.C in 2012.
2. **Niamh Foley, St. Mary's A.C., Limerick** in the Girls U/12 60m when she won gold in a time of 8.65 to break the existing record of 8.70 set by Sarah Lavin, Emerald A.C. in 2005.
3. **Sophie Meredith, St. Mary's A.C., Limerick** in the Girls U/13 Long Jump when she took the gold medal with a jump of 4.90m to break the existing record of 4.786m set by Ciara Giles Doran, Ferrybank A.C. in 2007.
4. **Sophie Meredith, St. Mary's A.C., Limerick** in the Girls U/13 Shot Putt when she won the Munster title with a throw of 11.00m to break the existing record of 10.95m held by Vickie Cusack, Liscarroll A.C. set in 2012.
5. **Miriam Daly, Carrick-On-Suir A.C.** in the Girls U/13 60m Hurdles when she won gold in a time of 10.2 to break the existing record of 10.45 set by her Club-mate, Clodagh Fitzgerald in 2008.
6. **Joseph McEvoy, Nenagh Olympic A.C.** in the Boys U/13 High Jump when he won gold & equalled the existing record of 1.45m held by Sam Healy, Belgooly A.C. (2008) & Tommy Downes, Abbey Striders A.C. (2012).

There were lots of great performances in every event with some athletes taking more than one medal in their age group. Details of multiple medal winners are below:-

In the Boys U/9 competition, **Cathal Heffernan, Leevale A.C.** won gold in the Long Jump, silver in the 300m & bronze in the 60m "A" final. **Emer Conroy, Dooneen A.C.** won double gold in the Girls U/9 Long Jump & 60m "A" sprint & bronze in the 300m with **Casey Crous, Templemore A.C.** taking gold in the 300m & 60m "A" sprint. **Aoife O'Brien, Marian A.C.** won silver in the 300m & bronze in the 60m "A" sprint with **Siofra O'Brien, Midleton A.C.** winning silver in the Long Jump & bronze in the 60m "B" sprint.

Kelvin O' Carroll, Dooneen A.C. set a new CBP in the Boys U/10 60m "A" sprint when he clocked 9.12 & he also went on to win bronze in the 500m. **Jack Corcoran, Waterford A.C.** was another athlete who came to the fore in the Boys U/10 competition when he won gold in the 500m (& set the CBP for this event in its first year) & silver in both the Long Jump & 60m "A" sprint. **Danny Kelly, Belgooly A.C.** also did very well to win gold in the Long Jump & bronze in the 60m "A" sprint. In the Girls U/10 competition, **Caitlin Hennessy, Leevale A.C.** won gold in the Long Jump & bronze in the

60m "A" sprint. **Sarah Hosey, Limerick A.C.** won the 500m setting a new CBP for this event in its first year & she was also joint 3rd with Ella O'Shaughnessy, Nenagh Olympic A.C. in the 60m "B" sprint.

In the Boys U/11 competition, **Sultan Akinwale, Ennis Track A.C.** took gold in the 60m "A" sprint & bronze in the Long Jump with **Nathan Cremin, St. Mary's A.C.,** Limerick winning joint gold with Dillon Ryan, Moycarkey Coolcroo A.C. in the 60m "B" sprint & gold in the 600m.

Daniel Hurley, Old Abbey A.C. won double gold in the Boys U/12 Long Jump & 60m "A" sprint & bronze in the High Jump with **Dillon Robert, Midleton A.C.** winning silver in the 60m "A" sprint & High Jump. **Ben Whelan, Kilmurray/Ibrickane A.C.** won gold in the 600m & bronze in the 60m "A" sprint. **Niamh Foley, St. Mary's A.C.** Limerick set a new CPB in the 60m sprint & also won gold in the Long Jump & silver in the 600m. Her team-mate, **Holly Meredith, St. Mary' A.C.,** Limerick won gold in the Shot Putt, silver in the High Jump & Long Jump & bronze in the 60m sprint.

Tom Gallagher, Ferrybank A.C. won gold in the Boys U/13 Long Jump, silver in the High Jump & bronze in the 60m Hurdles, **Joseph McEvoy, Nenagh Olympic A.C.** won gold in the High Jump equalling the existing CBP of 1.45m & bronze in the Shot Putt; **Darragh Courtney, St. Brendan's A.C.** won gold in the 60m Hurdles & silver in the Shot Putt; **Jack Ryan, Moycarkey Coolcroo A.C.** won silver in both the 60m Hurdles & Long Jump & **Shane Burke, Moycarkey Coolcroo A.C.** won bronze in both the 60m sprint & Long Jump. **Sophie Meredith, St. Mary's A.C. Limerick** won gold in the High Jump, Long Jump & Shot Putt setting 2 new CBP's in the process in the Long Jump & Shot Putt & silver in the 60m & 60m Hurdles. **Lauren O'Leary, Liscarroll A.C.** won gold in the 60m & silver in the Long Jump with **Fiona Doyle, Star of the Laune A.C.** winning gold in the 600m & bronze in the 60m.

Congratulations & well done to the medal winners & to all who took part over the two days. Full results can be found at www.munsterathletics.com.