

National Titles & Records for Munster

It was a rollercoaster ride of emotions for Munster athletes at the National Juvenile Indoor Championships on Saturday 23rd & Sunday 24th March in AIT Arena. For some it was joy & elation as expectations were exceeded, personal bests were set & medals were won but for others, a whole season of preparation went up in a puff of smoke (literally) as the starter's gun fired & over 23 athletes were disqualified in the sprints on Day 1. For some, this was the end of their 2013 Indoor season & many went home broken hearted & disappointed. The spectators & parents suffered too on Saturday as was reflected in the whole atmosphere which was one of stunned disbelief as false start after false start was registered & the athletes were given their marching orders. Some blamed the super sensitive blocks, others the arena acoustics & others still Club coaches for not preparing their athletes adequately for block starts but whatever the reason, the real losers were the athletes themselves and we can only hope that they will return to our beloved sport full of zeal again soon.

Despite the ongoing theatrics, Munster athletes knuckled down & made the best of the situation winning 113 medals in total (39 gold, 38 silver & 36 bronze) with 63 medals won on the track (22 gold, 21 silver & 20 bronze) & 50 medals in field events (17 gold, 17 silver & 16 bronze). Outstanding performances came from **Daniel Ryan, Moycarkey Coolcroe A.C.** who won 3 National titles in the Boys U/15 60m, 60mH & Long Jump & set 2 new National records in the 60mH with his time of 8.5H & the Long Jump with his jump of 6.14m & **Sophie Meredith, St. Mary's A.C.** who also had a perfect score of 3 out of 3 in her events winning gold in the Girls U/13 60m, 60mH & Long Jump & setting a new National record in Long Jump with her jump of 5.18m. Other athletes who gave exceptional performances were **Niamh Foley, St. Mary's A.C.** who won gold medals in the Girls U/12 60m & Long Jump & silver in the 600m & she also set a new National record of 8.36 in the 60m sprint; **Tony Odobute, Ennis Track A.C.** who took the National titles in the Boys U/14 60m & 60mH & silver in the Long Jump; **David Cussen, Old Abbey A.C.** who took 2 National titles in the Boys U/18 Long Jump & High Jump & silver in the 60mH; **Tom Gallagher, Ferrybank A.C.** who won double National titles in the Boys U/13 Long Jump & High Jump; **Phoebe Murphy, Clonmel A.C.** who won double gold in the Girls U/16 60m & 200m; **Jack Murphy, Leevale A.C.** who won gold in the Boys U/16 Long Jump & silver in the 60mH & High Jump; **Daniel Hurley, Old Abbey A.C.** who took gold in the Boys U/12 60m & bronze in Long Jump & **Sam Healy, Belgooly A.C.** who won double silver in the Boys U/18 Long Jump & High Jump.

Munster athletes had the top 3 places in the Boys U/14 High Jump, Boys U/18 & U/19 Long Jumps, a 1 & 2 in Boys U/14 Long Jump, Boys U/18 High Jump, Girls & Boys U/13 High Jump & Girls U/12 Shot Putt; 2nd & 3rd places in Girls U/14 Shot Putt, Girls U/16 Shot Putt & the Boys U/16 High Jump & a 1 & 3 in Girls U/12 Long Jump, Boys U/12 High Jump, Boys U/13 Long Jump & Boys U/16 Shot Putt.

Munster Sprinters performed very well with 7 Munster athletes taking National titles & 1 National record - **Niamh Foley, St. Mary's A.C.** won the Girls U/12 60m in a new National Record of 8.36, **Daniel Hurley, Old Abbey A.C.** won gold in the Boys U/12 60m, **Sophie Meredith, St. Mary's A.C.** took gold in the Girls U/13 60m, **Paul O'Shaughnessy, Dooneen A.C.** won gold in the Boys U/13 60m, **Tony Odobute, Ennis Track A.C.** took gold in the Boys U/14 60m, **Daniel Ryan, Moycarkey Coolcree A.C.** won the National title in the Boys U/15 60m & **Phoebe Murphy, Clonmel A.C.** won her National title in the Girls U/16 60m. Our Hurdlers also did well when 4 of them took National titles – **Sophie Meredith, St. Mary's A.C.** Girls U/13 60mH, **Tony Odobute, Ennis Track A.C.**, Boys U/14 60mH, **Daniel Ryan, Moycarkey Coolcree A.C.** Boys U/15 60mH where he set a new National record of 8.5H & **Brendan Corrigan, Blarney Inniscara A.C.**, Boys U/19 60mH. In the Middle Distance events, Munster athletes scored 6 gold medals from **Alex O'Neill, St. Cronan's A.C.** Girls U/14 800m, **Conor O'Driscoll, Leevale A.C.** Boys U/15 800m, **Louise Shanahan, Leevale A.C.** Girls U/17 800m, **Rachel O'Shea, West Muskerry A.C.** Girls U/19 800m, **Niamh Markham, Ennis Track A.C.** Girls U/19 1500m & **Conor Walter, Leevale A.C.** Boys U/19 800m.

Munster walkers came to the fore with **Gerald McMahon, Shannon A.C., Angharad Loughnane, Marian A.C., Aaron Egan, Clonmel A.C. & Evan Lynch A.C.** all taking gold in their events - Boys U/14, Girls U/15, Boys U/17 & Boys U/19 races with **Anthony Tobin, Clonmel A.C.** taking silver in the Boys U/17 Walk, **Eva Rush, Templemore A.C.** taking silver in the Girls U/14 competition & her Club-mate, **Sarah Ryan** placing 3rd in the Girls U/19 Walk.

For the Field Events, Munster showed strength in both the Long Jump & High Jump competitions winning 8 gold & setting 2 new National records in the Long Jump & 6 gold in the High Jump. There were gold medals in the Long Jump for **Niamh Foley, St. Mary's A.C.** (Girls U/12), **Sophie Meredith, St. Mary's A.C.** (Girls U/13) who also set a new CBP of 5.18m, **Tom Gallagher, Ferrybank A.C.** (Boys U/13), **David Ryan, Moycarkey Coolcree A.C.** (Boys U/14), **Daniel Ryan, Moycarkey Coolcree A.C.** who also set a new CBP of 6.14m (Boys U/15), **Jack Murphy, Leevale A.C.** (Boys U/16), **David Cussen, Old Abbey A.C.** (Boys U/18) & **Eoin O'Carroll, Tralee Harriers A.C.** (Boys U/19). Gold High Jump medals went to **Conor Blake, St. John's A.C.** (Boys U/12), **Laura Greene, St. John's A.C.** (Girls U/13), **Tom Gallagher, Ferrybank A.C.** (Boys U/13), **Padraig Nash, Belgooly A.C.** (Boys U/14), **David Cussen, Old Abbey A.C.** (Boys U/18) & **Aisling Croke, Dooneen A.C.** (Girls U/19). There were 3 Shot Putt golds for **Holly Meredith, St. Mary's A.C.** (Girls U/12), **James French, Bandon A.C.** (Boys U/16) & **Laura McSweeney, Bandon A.C.** (Girls U/19).

A breakdown of all medals won for Track & Field Events is below:-

Track Events

Gold medals – 22 in total

- **Niamh Foley, St. Mary's A.C.** – Girls U/12 60m (8.36)

- Daniel Hurley, Old Abbey A.C. – Boys U/12 60m (8.53)
- Sophie Meredith, St. Mary's A.C. – Girls U/13 60mH (9.86)
- Sophie Meredith, St. Mary's A.C. – Girls U/13 60m (8.27)
- Paul O'Shaughnessy, Dooneen A.C. – Boys U/13 60m (8.21)
- Tony Odobute, Ennis Track A.C. – Boys U/14 60mH (9.33)
- Tony Odobute, Ennis Track A.C. – Boys U/14 60m (7.68)
- Alex O'Neill, St. Cronan's A.C. – Girls U/14 800m (2.26.02)
- Gerald McMahon, Shannon A.C. – Boys U/14 1000m Walk (5.05.21)
- Angharad Loughnane, Marian A.C. – Girls U/15 1000m Walk (5.06.56)
- Daniel Ryan, Moycarkey Coolcree A.C. – Boys U/15 60mH (8.5H)
- Daniel Ryan, Moycarkey Coolcree A.C. – Boys U/15 60m (7.31)
- Conor O'Driscoll, Leevale A.C. – Boys U/15 800m (2.13.29)
- Phoebe Murphy, Clonmel A.C. – Girls U/16 60m (7.88)
- Phoebe Murphy, Clonmel A.C. – Girls U/16 200m (25.50)
- Louise Shanahan, Leevale A.C. – Girls U/17 800m (2.20.74)
- Aaron Egan, Clonmel A.C. – Boys U/17 1500m Walk (6.25.7H)
- Rachel O'Shea, West Muskerry A.C. – Girls U/19 800m (2.13.13)
- Niamh Markham, Ennis Track A.C. – Girls U/19 1500m (5.03.32)
- Brendan Corrigan, Blarney Inniscarra A.C. – Boys U/19 60mH (9.07)
- Evan Lynch, Clonmel A.C. – Boys U/19 1500m Walk (6.36.0H)
- Conor Walter, Leevale A.C. – Boys U/19 800m (1.57.32)

Silver medals – 21 in total

- Helene Dee, Dooneen A.C. – Girls U/12 60m (8.74)
- Niamh Foley, St. Mary's A.C. – Girls U/12 600m (1.51.55)
- Fiona Doyle, Star of the Laune A.C. – Girls U/13 600m (1.44.92)
- Colin Doyle, Leevale A.C. – Boys U/13 60m (8.31)
- Vickie Cusack, Liscarroll A.C. – Girls U/14 60mH (9.59)
- Lauren Moylan, Nenagh Olympic A.C. – Girls U/14 60m (8.26)
- Eva Rush, Templemore A.C. – Girls U/14 1000m Walk (5.25.33)
- Sharlene Mawdsley, Newport A.C. – Girls U/16 200m (26.27)
- Jack Murphy, Leevale A.C. – Boys U/16 60mH (8.79)
- Luke Ring, Leevale A.C. – Boys U/16 60m (7.41)
- Luke Ring, Leevale A.C. – Boys U/16 200m (24.02)
- Michael Foley, Lios Tuathail A.C. – Boys U/16 800m (2.03.87)
- Ciara Cummins, Nenagh Olympic A.C. – Girls U/17 1500m (5.01.88)
- Anthony Tobin, Clonmel A.C. – Boys U/17 1500m Walk (6.54.5H)
- David Cussen, Old Abbey A.C. – Boys U/18 60mH (8.39)
- Marie Heelan, Emerald A.C. – Girls U/19 60m (7.71)

- Katie Waterman, Leevale A.C. – Girls U/19 200m (25.77)
- Niamh Markham, Ennis Track A.C. – Girls U/19 800m (2.13.42)
- Rachel O'Shea, West Muskerry A.C. – Girls U/19 1500m (5.03.79)
- Eoin O'Carroll, Tralee Harriers A.C. – Boys U/19 200m (22.17)
- Evan Crotty, Emerald A.C. – Boys U/19 400m (50.78)

Bronze medals – 20 in total

- Niamh Conlon, Kilmihi A.C. – Girls U/12 60m (8.80)
- Ellen Lynch, Dooneen A.C. – Girls U/12 600m (1.52.07)
- Ben Whelehan, Kilmurray/Ibrickane A.C. – Boys U/12 600m (1.45.77)
- Lauren Moylan, Nenagh Olympic A.C. – Girls U/14 60mH (9.60)
- Orla O'Reilly, Tralee Harriers A.C. – Girls U/14 60m (8.31)
- Robert Creegan, Leevale A.C. – Boys U/14 60m (7.73)
- Darragh Lowth, St. Brendan's A.C. – Boys U/14 800m (2.19.51)
- Rachael Moriarty, Lios Tuathail A.C. – Girls U/15 60m (8.08)
- Michael Quilligan, Nenagh Olympic A.C. – Boys U/17 60mH (8.82)
- Stephen Walsh, Ferrybank A.C. – Boys U/17 200m (23.23)
- Tholm Reddy, West Waterford A.C. – Boys U/17 800m (2.04.04)
- Jayne Pennefather, Belgooly A.C. – Girls U/18 60m Hurdles (9.33)
- Orlaith Moynihan, Clonmel A.C. – Girls U/18 1500m (5.00.14)
- Sarah Ryan, Templemore A.C. – Girls U/18 1500m Walk (8.47.17)
- Paul Murphy, Ferrybank A.C. – Boys /18 200m (22.6H)
- Paul Murphy, Ferrybank A.C. – Boys U/18 400m (51.17)
- Brona Croke, Dooneen A.C. – Girls U/19 1500m (5.08.87)
- Evan Crotty, Emerald A.C. – Boys U/19 60m (7.1H)
- Evan Crotty, Emerald A.C. – Boys U/19 200m (22.93)
- Kyle Larkin, Emerald A.C. – Boys U/19 1500m (4.08.33)

Field Events

Gold medals – 17 in total

- Niamh Foley, St. Mary's A.C. – Girls U/12 Long Jump (4.36m)
- Holly Meredith, St. Mary's A.C. – Girls U/12 Shot Putt (8.85m)
- Conor Blake, St. John's A.C. – Boys U/12 High Jump (1.35m)
- Sophie Meredith, St. Mary's A.C. – Girls U/13 Long Jump (5.18m) **CBP**
- Laura Greene, St. John's A.C. – Girls U/13 High Jump (1.43m)
- Tom Gallagher, Ferrybank A.C. – Boys U/13 Long Jump (4.61m)
- Tom Gallagher, Ferrybank A.C. – Boys U/13 High Jump (1.40m)
- David Ryan, Moycarkey Coolcree A.C. – Boys U/14 Long Jump (5.06m)

- Padraig Nash, Belgooly A.C. – Boys U/14 High Jump (1.58m)
- Daniel Ryan, Moycarkey Coolcree A.C. – Boys U/15 Long Jump (6.14m) **CBP**
- Jack Murphy, Leevale A.C. – Boys U/16 Long Jump (6.01m)
- James French, Bandon A.C. – Boys U/16 Shot Putt (14.20m)
- David Cussen, Old Abbey A.C. – Boys U/18 Long Jump (6.60m)
- David Cussen, Old Abbey A.C. – Boys U/18 High Jump (2.00m)
- Aisling Croke, Dooneen A.C. – Girls U/19 High Jump (1.60m)
- Laura McSweeney, Bandon A.C. – Girls U/19 Shot Putt (11.88m)
- Eoin O'Carroll, Tralee Harriers A.C. – Boys U/19 Long Jump (6.56m)

Silver medals – 17 in total

- Holly Meredith, St. Mary's A.C. – Girls U/12 High Jump (1.33m)
- Ciara Sheehy, Liscarroll A.C. – Girls U/12 Shot Putt (8.72)
- Erica Deasy, Belgooly A.C. – Girls U/13 High Jump (1.40m)
- Joseph McEvoy, Nenagh Olympic A.C. – Boys U/13 High Jump (1.40m)
- Sean Carolan, Nenagh Olympic A.C. – Boys U/13 Shot Putt (11.12m)
- Sinead Warren, Gneevguilla A.C. – Girls U/14 Shot Putt
- Tony Odobute, Ennis Track A.C. – Boys U/14 Long Jump (4.88m)
- Tommie Downes, Abbey Striders A.C. – Boys U/14 High Jump (1.55m)
- Ben Donovan, Abbey Striders A.C. – Boys U/14 High Jump (1.55m)
- Jack Murphy, Leevale A.C. – Boys U/16 High Jump (1.70m)
- Erin Kingston, Bandon A.C. – Girls U/16 Shot Putt (11.30m)
- Neasa Murphy, Ferrybank A.C. – Girls U/17 High Jump (1.70m)
- Aideen Hallanan, Midleton A.C. – Girls U/18 Shot Putt (11.35m)
- Sam Healy, Belgooly A.C. – Boys U/18 Long Jump (6.60m)
- Sam Healy, Belgooly A.C. – Boys U/18 High Jump (1.90m)
- Dan Finnerty, Nenagh Olympic A.C. – Boys U/19 Long Jump (6.09m)
- Emmanuel Ogbonna, Tramore A.C. – Boys U/19 Triple Jump (12.61)

Bronze medals – 16 in total

- Orla Winston, Clonmel A.C. – Girls U/12 Long Jump (4.00m)
- Daniel Hurley, Old Abbey A.C. – Boys U/12 Long Jump (4.37m)
- Shane Burke, Moycarkey Coolcree A.C. – Boys U/13 Long Jump (4.31m)
- Orla O'Reilly, Tralee Harriers A.C. – Girls U/14 Long Jump (4.72m)
- Vickie Cusack, Liscarroll A.C. – Girls U/14 Shot Putt (11.13m)
- Eoin Hallanan, Midleton A.C. – Boys U/14 Shot Putt (12.24m)
- Angharad Loughnane, Marian A.C. – Girls U/15 Shot Putt (10.98m)
- Emma Hennessy, Nenagh Olympic A.C. – Girls U/16 Long Jump (5.14m)

- Aoife Doyle, Star of the Laune A.C. – Girls U/16 Shot Putt (10.47m)
- Tom Deasy, Belgooly A.C. – Boys U/16 High Jump (1.65m)
- Sean Glasheen, Tipperary Town A.C. – Boys U/16 Shot Putt (13.73m)
- Kellie Meade, Ferrybank A.C. – Girls U/18 High Jump (1.55m)
- Siobhan Whelan, Ferrybank A.C. – Girls U/18 Triple Jump (10.34m)
- Fintain O' Shaughnessy, Bandon A.C. – Boys U/18 Long Jump (6.50m)
- Dylan O'Sullivan, Spa Muckcross A.C. – Boys U/18 High Jump (1.81m)
- Emmanuel Ogbonna, Tramore A.C. – Boys U/19 Long Jump (5.80m)

Congratulations & well done to them all. Full results can be found at www.munsterathletics.com.

National Relays

The Woodie's DIY AAI Juvenile Indoor Relay Championships took place on Saturday 6th April in AIT, Athlone. Munster teams won 16 sets of medals in total (6 gold, 4 silver & 6 bronze). Limerick won 2 gold (St. Mary's A.C. & Dooneen A.C.), 3 silver (Emerald A.C. (2) & Dooneen A.C.) & 3 bronze (Dooneen A.C., Limerick A.C. & St. Mary's A.C.), Cork won 3 gold (Leevale A.C.) & 1 bronze (Midleton A.C.) while Tipperary won 1 gold (Nenagh Olympic A.C.), 1 silver (Carrick-On-Suir A.C.) & 2 bronze (Nenagh Olympic A.C. & Carrick-On-Suir A.C.). Highlights of the day were **Leevale A.C.**'s 3 National titles & **Nenagh Olympic A.C.** setting a new National Record in the Girls U/14 4 x 200m Relay.

Dooneen A.C. took gold in the Girls U/12 4 x 100m Relay in a time of 56.43 with **Nenagh Olympic A.C.** taking bronze in the Boys U/12 (57.61). There was gold, silver & bronze for Munster in the Boys U/13 4 x 100m Relay when **Leevale A.C.** took 1st place in 53.67 with **Dooneen A.C.** in 2nd place (53.83) & **Midleton A.C.** in 3rd place (54.94). The Girls U/13 4 x 100m Relay produced another gold for **Leevale A.C.** (54.17) & bronze for **St. Mary's A.C.** (55.39). **Nenagh Olympic A.C.** took gold in the Girls U/14 4 x 200m setting a new National record of 1.51.79 to better the 1:52.0 of Ferrybank set in 2002. In the Girls U/15 4 x 200m Relay, **Emerald A.C.** took silver in a time of 1.49.92 with **Dooneen A.C.** taking bronze (1.53.10) while **Limerick A.C.** took bronze in the Boys U/15 4 x 200m Relay in a time of 1.44.89. **St. Mary's A.C.** also took gold in the Girls U/16 4 x 200m in a time of 1.49.56. **Leevale A.C.** took their 3rd National title in the Boys U/16 4 x 100m Relay in a time of 1.39.33. In the Girls U/17 4 x 200m Relay, **Carrick-On-Suir A.C.** took silver in a time of 1.47.67 with their Girls U/18 4 x 200m Relay team winning bronze (1.46.89). In the Boys U/19 4 x 200m Relay, **Emerald A.C.** won silver in a time of 1.32.65. Well done to everyone.