

5 National Records for Munster Athletes

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. This event showcases the best of Irish athletic talent & is the culmination of an athlete's year's work. With ideal conditions for both days, 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 Coolcree 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 Coolcree A.C.** who won gold in the Girls U/17 Shot Putt (11.56m) & bronze in the Discus (28.70m); **Robert Dillon, Midleton 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). Congratulations to all our athletes who took part, especially to the medal winners. Many of these athletes still have more events to compete in on Sunday 21st July at Day 3 of these Championships & we wish them the very best of luck.

See Munster medal winners from Day 1 & 2 of the Championships below:-

Gold Medals

1. Niamh Foley, St. Mary's A.C. Limerick Girls U/12 60m (8.29)
2. Niamh Foley, St. Mary's A.C. Limerick Girls U/12 Long Jump (4.41m)
3. Holly Meredith, St. Mary's A.C. Limerick Girls U/12 Turbo Javelin (24.01m)
4. Holly Meredith, St. Mary's A.C. Limerick Girls U/12 Shot Putt (9.61m)
5. Daniel Hurley, Old Abbey A.C. Boys U/12 Long Jump (4.66m)
6. Conor Blake, St. John's A.C. Boys U/12 High Jump (1.48m)
7. Fiona Doyle, Star of the Laune A.C. Girls U/13 600m (1.40.16)
8. Miriam Daly, Carrick-On-Suir A.C. Girls U/13 60mH (9.58)
9. Tom Gallagher, Ferrybank A.C. Boys U/13 High Jump (1.50m)
10. Joseph McEvoy, Nenagh Olympic A.C. Boys U/13 High Jump (1.50m)
11. Patrick Purcell, Templemore A.C. Boys U/13 Shot Putt (11.96m)
12. Orla O'Reilly, Tralee Harriers A.C. Girls U/14 Long Jump (5.19m)
13. Tony Odobote, Ennis Track A.C. Boys U/14 75mH (11.58)
14. David Ryan, Moycarkey Coolcree A.C. Boys U/14 Long Jump (5.25m)
15. Sean Mockler, Moycarkey Coolcree A.C. Boys U/14 Hammer (36.02m)
16. Stephanie Cotter, West Muskerry A.C. Girls U/15 800m (2.20.58)
17. Orlaith O'Brien, Ferrybank A.C. Girls U/15 Shot Putt (11.33m)
18. Diarmuid Clancy, Abbey Striders A.C. Boys U/15 250mH (35.97)
19. Daniel Ryan, Moycarkey Coolcree A.C. Boys U/15 80mH (11.31)
20. Daniel Ryan, Moycarkey Coolcree A.C. Boys U/15 Discus (38.18m)
21. Shane Hartigan, Limerick A.C. Boys U/15 Triple Jump (10.78)
22. Phoebe Murphy, Clonmel A.C. Girls U/16 100m (12.32)
23. Aoife Doyle, Star of the Laune A.C. Girls U/16 Discus (31.39m)
24. Jack Murphy, Leevala A.C. Boys U/16 100m Hurdles (13.75)
25. Jack Murphy, Leevala A.C. Boys U/16 Long Jump (5.99m)
26. Jack Murphy, Leevala A.C. Boys U/16 High Jump (1.71m)
27. Niamh McNicol, Ferrybank A.C. Girls U/17 100m (12.47)
28. Louise Shanahan, Leevala A.C. Girls U/17 800m (2.17.99)
29. Kelly Ann Doyle, Carrick-On-Suir A.C. Girls U/17 100mH (14.61)
30. Kelly Ann Doyle, Carrick-On-Suir A.C. Girls U/17 300mH (44.08)
31. Ciara Mockler, Moycarkey Coolcree A.C. Girls U/17 Shot Putt (11.56m)
32. Jason Foley, Lios Tuathail A.C. Boys U/17 100mH (13.57)
33. Michael Quilligan, Nenagh Olympic A.C. Boys U/17 300mH (39.31)
34. Kevin Mulcaire, Ennis Track A.C. Boys U/17 3000m (8.59.02)
35. Darren Prout, Carrick-On-Suir A.C. Boys U/17 Triple Jump (13.33m)
36. Jamie Fennell, West Waterford A.C. Boys U/17 Pole Vault (3.80m)
37. Adam King, Iveragh A.C. Boys U/17 Hammer (62.07)
38. Muireann O'Shea, Marian A.C. Girls U/18 3000m (10.50.19)
39. Fiona Duggan, Bandon A.C. Girls U/18 Discus (32.89m)
40. Paul Murphy, Ferrybank A.C. Boys U/18 400m (49.10)
41. Laura McSweeney, Bandon A.C. Girls U/19 Shot Putt (12.06m)
42. Laura McSweeney, Bandon A.C. Girls U/19 Hammer (44.68m)
43. Hannah O'Sullivan, Gneeveguilla A.C. Girls U/19 Discus (42.45m)
44. Karl Fitzmaurice, Shannon A.C. Boys U/19 3km Steeplechase (10.44.01)
45. Jack Corbett, Thurles Crokes A.C. Boys U/19 3000m (9.07.62)

Silver medals

1. Niamh Foley, St. Mary's A.C. Limerick Girls U/12 600m

2. Emily Linehan, Liscarroll A.C. Girls U/12 Turbo Javelin (22.33m)
3. Ciara Sheehy, Liscarroll A.C. Girls U/12 Shot Putt (8.48m)
4. Robert Dillon, Midleton A.C. Boys U/12 60m (8.49)
5. Ben Whelehan, Kilmurray/Ibrickane A.C. Boys U/12 600m (1.41.52)
6. Shane Cawley, Waterford A.C. Boys U/12 Shot Putt (10.07m)
7. Sophie Meredith, St. Mary's A.C. Limerick Girls U/13 80m (10.53)
8. Paul O'Shaughnessy, Dooneen A.C. Boys U/13 80m (10.49)
9. Tyreik Wright, Leevale A.C. Boys U/13 60mH (9.99)
10. Sean Carolan, Nenagh Olympic A.C. Boys U/13 Long Jump (4.77m)
11. Orla O'Reilly, Tralee Harriers A.C. Girls U/14 80m (10.65)
12. Vickie Cusack, Liscarroll A.C. Girls U/14 75mH (11.78)
13. Sinead Warren, Gneeveguilla A.C. Girls U/14 Discus (26.44m)
14. Meabh Daly, Carrig na bhFear A.C. Girls U/14 Javelin (29.75m)
15. Robert Creegan, Leevale A.C. Boys U/14 80m (10.04)
16. James Murphy, Waterford A.C. Boys U/14 High Jump (1.55m)
17. Tommie Downes, Abbey Striders A.C. Boys U/14 High Jump (1.55m)
18. Jack Hallahan, Midleton A.C. Boys U/14 Hammer (35.23m)
19. Lauren Ryan, Dooneen A.C. Girls U/15 100m (12.57)
20. Aoife Mahony, Lios Tuathail A.C. Girls U/15 800m (2.20.92)
21. Cleeva Motherway, Midleton A.C. Girls U/15 Discus (28.73m)
22. Eoin Looney, Kilmurray/Ibrickane A.C. Boys U/15 800m (2.06.66)
23. Victor Lovell, Bandon A.C. Boys U/15 Triple Jump (10.68m)
24. Aoife Tierney, Nenagh Olympic A.C. Girls U/16 Pole Vault (2.10m)
25. Emma Hennessy, Nenagh Olympic A.C. Girls U/16 Long Jump (5.15m)
26. Micheal Foley, Lios Tuathail A.C. Boys U/16 800m (2.02.65)
27. Fearghal Curtin, Youghal A.C. Boys U/16 3000m (9.32.02)
28. Andre Christie, Leevale A.C. Boys U/16 Hammer (47.40m)
29. Ciara Cummins, Nenagh Olympic A.C. Girls U/17 2km Steeplechase (7.29.69)
30. Ronan Barry, Marian A.C. Boys U/17 400m (52.61)
31. Darren Dunne, Nenagh Olympic A.C. Boys U/17 3000m (9.03.46)
32. Juris Kanass, West Waterford A.C. Boys U/17 Pole Vault (3.50m)
33. Niamh Cotter, Bantry A.C. Girls U/18 3000m (10.56.02)
34. Jayne Pennefather, Leevale A.C. Girls U/18 400mH (66.93)
35. Megan O'Connor, West Waterford A.C. Girls U/18 Pole Vault (2.60m)
36. Aideen Hallahan, Midleton A.C. Girls U/18 Shot Putt (11.08m)
37. Fiona Duggan, Bandon A.C. Girls U/18 Hammer (34.72m)
38. Liam Hennessy, Togher A.C. Boys U/18 800m (1.57.67)
39. Sam Healy, Leevale A.C. Boys U/18 110mH (14.69)
40. Brandan Arrey, Blarney Inniscara A.C. Boys U/18 400mH (56.48)
41. Mel O'Callaghan, Gneeveguilla A.C. Boys U/18 Pole Vault (3.70m)
42. Marie Heelan, Emerald A.C. Girls U/19 100m (12.42)
43. Rachel O'Shea, West Muskerry A.C. Girls U/19 800m (2.15.6H)
44. Kate Hickey, West Waterford A.C. Girls U/19 Discus (38.78m)
45. Eoin O'Carroll, Tralee Harriers A.C. Boys U/19 100m (11.18)
46. Paul White, Nenagh Olympic A.C. Boys U/19 400m (50.15)
47. Dan Finnerty, Nenagh Olympic A.C. Boys U/19 400mH (59.98)
48. Andrew McCarthy, Gneeveguilla A.C. Boys U/19 Discus (37.93m)

Bronze Medals

1. Helene Dee, Dooneen A.C. Girls U/12 60m (8.67)

2. Aaron Walsh, Nenagh Olympic A.C. Boys U/12 Turbo Javelin (23.34m)
3. Aishat Olatunji, Midleton A.C. Girls U/13 80m (10.68)
4. Erica Deasy, Belgooly A.C. Girls U/13 High Jump (1.35m)
5. Shona O'Brien, Spa Muckcross A.C. Girls U/14 800m (2.19.46)
6. Sophie Meredith, St. Mary's A.C. Limerick Girls U/13 60mH (9.79)
7. Vickie Cusack, Liscarroll A.C. Girls U/14 Long Jump (4.92m)
8. Aoife Hurley, Grange Fermoy A.C. Girls U/14 Javelin (28.05m)
9. Shane Monagle, Tramore A.C. Boys U/14 75mH (12.12)
10. James Murphy, Waterford A.C. Boys U/14 Long Jump (5.04m)
11. Kate Bernard, Bandon A.C. Girls U/15 100m (12.79)
12. Chole Tobin, Emerald A.C. Girls U/15 250mH (37.07)
13. Molly Healy, Leevale A.C. Girls U/15 High Jump (1.50m)
14. Angharad Loughnane, Marian A.C. Girls U/15 Discus (28.00m)
15. Jade O'Farrell Bond, Borrisokane A.C. Girls U/15 Hammer (32.16m)
16. Ciaran O'Maoileoin, An Ghaelacht A.C. Boys U/15 Discus (32.23m)
17. Sally Smith, Bandon A.C. Girls U/16 Discus (27.45m)
18. Leanne Prout, Carrick-On-Suir A.C. Girls U/17 100mH (15.54)
19. Leanne Prout, Carrick-On-Suir A.C. Girls U/17 300mH (46.00)
20. Ciara Mockler, Moycarkey Coolcree A.C. Girls U/17 Discus (28.70m)
21. Darren Prout, Carrick-On-Suir A.C. Boys U/17 100mH (13.95)
22. Killian Cullagh, Nenagh Olympic A.C. Boys U/17 2km Steeplechase (6.44.91)
23. Dylan O'Sullivan, Spa Muckcross A.C. Boys U/17 High Jump (1.88m)
24. Aoife Mounsey, Borrisokane A.C. Girls U/18 Hammer (34.38m)
25. David O'Neill, Lios Tuathail. A.C. Boys U/18 Triple Jump (11.71m)
26. Colin Kingston, Bandon A.C. Boys U/18 Shot Putt (12.93m)
27. Bobby Smith, Bandon A.C. Boys U/18 Javelin (51.29m)
28. Dawn Perrott, North Cork A.C. Girls U/19 Shot Putt (9.80m)
29. Laura McSweeney, Bandon A.C. Girls U/19 Discus (32.32)
30. Caroline Morgan, Nenagh Olympic A.C. Girls U/19 Hammer (37.84m)
31. Billy Cosgrave, Emerald A.C. Boys U/19 400m (50.44)
32. Eoghan Courtney, St. Brendan's A.C. Boys U/19 400mH (61.42)
33. Michael Grimes, St. Brendan's A.C. Boys U/19 Triple Jump (11.91m)
34. Andrew McCarthy, Gneeveguilla A.C. Boys U/19 Shot Putt (11.51m)

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

Extract from AAI Website dated Saturday 6th July 2013

“Weather conditions at Tullamore Harriers stadium today were almost perfect for the first day of the Woodie's DIY Juvenile championships. And the weather certainly brought out the best in athletes as records took a hammering.

In the U18 girls shot Fiona Tuite (Fingallians AC) simply demolished the 1997 record of Eva Massey when she threw 13.77m in the fourth round to improve on Massey's 13.05m. She was also over the record in the last round with 13.16m.

*Correction: Laura McSweeney held the record with a throw of 13.67m last year.

Carlton Haddock's 1987 record of 11.5 was well beaten when Daniel Ryan (Moycarkey Coolcree AC) won the U15 80m hurdles in a time of 11.31.

Garbhan McKenna (Shercock AC) pulled away from Sam Healy (Leevale AC) towards the end of the U18 110m hurdles to win in a time of 14.36 to Healy's 14.69, with both inside Peter Shallow's 2003 14.71 record.

Michaela Walsh (Swinford AC) won the U16 javelin with a throw of 36.42 to improve on the 35.98m record of Georgina Brown from 2005.

Miriam Daly (Carrick on Suir AC) clocked 9.58 when winning the U13 60m hurdles to better the 9.63 of Ciara Deely from 2012.

Alison Armstrong (Celtic AC) won the U17 2,000m steeplechase in 7:23.15 to better the record of Siobhan McGinley who clocked 7:31.37 in 2012.

And McGinley's 2011 record of 7:38.31 was beaten when Cliona Carthy (Celtic AC) won the U18 2,000m steeplechase in a time of 7:24.75.

Patience Jumbo-Gu (St. Gerard's AC) clocked 10.17 to win the U13 80m and improve on the 10.63 of Phoebe Murphy in 2010.

The U12 girls 60m was won by Niamh Foley (St. Mary's Limerick AC) in a time of 8.29 to better Gina Moses 8.36 in 2010.

David McDonald (Menapians AC) won the U15 long jump with 6.22m to better the record jointly held by Timmy Harrington in 2005 and Derek Fitzgerald in 1998 of 6.18m."

Extract from AAI Website dated Sunday 7th July, Day 2

"Day 2 of the Woodie's DIY Juvenile track and field championships at the Tullamore Harriers Stadium continued with another huge attack on the record book. The sun took a while to arrive, leaving very warm and humid conditions.

Elizabeth Morland (Cushinstown AC) achieved a big new PB when she won the U16 long jump with a jump of 5.86m, breaking Sarah McCarthy's 2010 record of 5.67m.

Evan McGuire (Galway City Harriers) won the U19 400m hurdles in a new record time of 54.45 to better the 54.85 of Barry Upton in 2004.

Paul Murphy (Ferrybank AC) was a clear winner of the U18 400m in a time of 49.10 to better the 49.35 of David Kearns in 1994.

There was yet another record for the talented Kelly family (Finn Valley AC) when James won the U14 shot with a throw of 15.52m to better older brother John's 15.12m from 2009.

The boys U14 javelin was a thrilling competition with James Kelly (Finn Valley AC) taking the lead in the first round, only to be overtaken by Jack McWey (Newbridge AC) in Round 2.

Kelly was back in front in the third round, but McWey fought back well to claim the winning throw of 43.49m in the final round, just 23cm clear of Kelly. Michael Gallagher held the record of 39.64m since 2009.

Conor Blake (St. John's AC) added 1cm to Peter Denver's 1981 record when he won the U12 high jump with a clearance of 1.48m.

Aislinn Crossey (Newry AC) was an impressive winner of the U19 800m in a time of 2:07.7, well inside the 2:09.98 of Eilish Gallagher in 1994.

Harry Purcell (Trim AC) was an impressive winner of the U18 800m in a time of 1:53.18, a fraction outside the record of John O'Reilly who clocked 1:53.01 in 1992.

Having won the girls U19 shot, Laura McSweeney (Bandon AC) was completing a clean sweep of titles, having won the shot in her age group every year from U12 to U19".









