

3 National Combined Events Titles for Munster

The Woodie's DIY AAI Juvenile Combined Events Championships took place in Tullamore Harriers Stadium on 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.

Other athletes who were outside the medals but who performed very well were:-

- Moira Barrett, Bandon A.C. 4th Girls U/14 Pentathlon (2545)
- Jack Fallon, Moycarkey Coolcroe A.C. 4th Boys U/14 Pentathlon (2868)
- Clodha Blake, St. John's A.C. 4th Girls U/16 Pentathlon (2483)
- Lauren Moylan, Nenagh Olympic A.C. 6th Girls U/14 Pentathlon (2493)
- Jade O'Farrell Bond, Borrisokane A.C. 6th Girls U/15 Pentathlon (1825)
- Ciara McKeon, Bandon A.C. 8th Girls U/14 Pentathlon (1992)
- Martin Kehoe, Carrick-On-Suir A.C. 8th Boys U/14 Pentathlon (2479)

Congratulations & well done to them all.

AAI Report dated 10th August 2013 taken from AAI website

"The Woodie's DIY Combined Events championships were held in almost perfect conditions at Tullamore Harriers Stadium today, and will continue tomorrow starting at 10am.

Many of the events were completed today and they produced some exciting competition. One of the closest events was the girls U15 competition where Shannon Sheehy (Cushinstown AC) held a seven point lead going into the final event, the 800m. However, a determined effort by Arlene Crossan (Letterkenny AC) saw her win the race and her winning margin was enough to put her in the lead and give her outright victory with 45 points to spare.

Biggest winning margin of the day was that of Daniel Ryan (Moycarkey Coolcroe AC) who had almost 1,000 points to spare when winning the U15 event. He jumped 6.46m in the long jump and 1.75m in the high jump, as well as a throw of 14.68m in the shot for an impressive total. Results below.

[Juvenile](#)

Winners of Boys U/15 Pentathlon - 1st Daniel Ryan & 3rd Diarmuid Clancy



Winners of Boys U/16 Pentathlon – 3rd Tom Deasy, Belgooly A.C.



Winners of Girls U/15 Pentathlon – 3rd Avril Braham, Carrig na bhFear A.C.



Winners of Boys U/14 Pentathlon – 1st David Ryan, Moycarkey Coolcree A.C.



Winners of Girls U/14 Pentathlon – 1st Vickie Cusack, Liscarroll A.C.

