

Record Breaking Performances by Munster Athletes

The Munster U/14 to U/19 Indoor Championships took place on Saturday 1st & Sunday 2nd March in Nenagh Indoor Stadium. For a second year in a row, an excellent sign of the talent amongst Munster athletes manifested itself in the amount of new Championship Best Performances that were set over a wide range of events – 19 records tumbled (13 for the boys & 6 for the girls), up 8 from last year & 1 was equalled in a showcase of exciting finishes & tremendous performances.

The oldest record of the Championships to fall was David Murphy's (St. Pauls A.C.) record of 13.32m set in 1994 in the Boys U/18 Triple Jump which was broken by **Darren Prout, Carrick-On-Suir A.C.** when he jumped 13.37m. The next oldest was Shane Cullinane's (Nenagh Olympic A.C.) 2002 record of 8.37 in the Boys U/18 60mH which was broken by **Jason Foley, Lios Tuathail A.C.** when he clocked 8.28. Next on the list was Peter Shallow's (Tralee Harriers A.C) 2004 record of 8.49m in the Boys U/19 60mH which was broken by **Sam Healy, Leevale A.C.** with his time of 8.39 (Sam also broke the Boys U/19 Long Jump record of 6.92m set by Eoin O'Carroll, Tralee Harriers A.C. in 2013 with his leap of 7.00m) & the 2005 record of 7.00.66 in the Boys U/18 1500m Walk which was held by Paul Murphy, Dooneen A.C. & which was smashed by just under 45 seconds by **Aaron Egan, Clonmel A.C.** with his winning time of 6.14.70.

Other impressive records were set by **Daniel Ryan, Moycarkey Coolcree A.C.** who set 3 new CBP's in the Boys U/16 Long Jump (6.59m) breaking his own record of 6.54m set earlier this year at the Munster Combined Events Championships, the 60m (7.37) to take Eoin O'Carroll's 2010 record of 7.43 & the 60mH (8.45) to break his own record of 8.51 set earlier this year, again at the Munster Combined Events Championships; **Conor Morey, Leevale A.C.** who ran 7.73 to break his Club-mate, Robert Cregan's 2013 record of 7.88; **Robert Cregan, Leevale A.C.** in the Boys U/15 60m with his time of 7.46 to break Daniel Ryan's (Moycarkey Coolcree A.C.) record of 7.49; **David Cussen, Old Abbey A.C.** who broke the existing record of 1.94m set by Shane O'Dwyer, Ferrybank A.C. in 2011 by 10cm with his jump of 2.04m; **Ben O'Donovan, Abbey Striders A.C.** who set a new record of 1.77m in the Boys U/15 High Jump to beat Jack Murphy's (Leevale A.C.) 2012 record of 1.72m; **Miriam Daly, Carrick-On-Suir A.C.** who ran a very swift 9.20 in the Girls U/14 60mH to break Sophie Meredith's (St. Mary's A.C.) record of 9.67 set earlier this year at the Munster Juvenile Combined Events Championships; **Sophie Meredith, St. Mary's A.C.** set 2 new records in the Girls U/15 Long Jump with her jump of 5.09m to break Orla O'Reilly's (Tralee Harriers A.C.) record of 5.00m set last year & the High Jump where she broke Brona Croke's (Dooneen A.C.) 2008 record of 1.52m (equalled by Vickie Cusack in 2013) when she leaped to a new height of 1.56m; **Phoebe Murphy, Clonmel A.C.** broke Joan Healy's (Bandon A.C.) 2008 record of 7.79 in the Girls U/17 60m when she ran 7.78 in her heat; **Gearoid McMahon, Shannon A.C.** had a very good birthday present, breaking the existing 2011 record of 5.01.91 by Anthony Tobin, Clonmel A.C. in the Boys U/15 1000m Walk by over 9 seconds with his time of 4.52.14. Shot Putters, **Erin Kingston, Bandon A.C. & Deirbhile Ryan, Nenagh Olympic A.C.** were in winning form with Erin setting a record in the Girls U/17 Shot Putt of 12.20m & Deirbhile throwing 12.49m in the Girls U/18 Shot Putt. 1 record was also equalled over the weekend by **Darragh Courtney, St. Brendan's A.C.** who equalled the existing record of 1.61m currently held by Sam Healy, Leevale A.C. in the Boys U/14 High Jump.

Some of Munster's finest athletes who shone over the weekend were **Daniel Ryan, Moycarkey Coolcree A.C.** who won 5 Munster titles in the Boys U/16 60m, 60m Hurdles, Long Jump, High Jump & Shot Putt & set 3 new records in the 60m, 60m Hurdles & Long Jump; **Darren Prout, Carrick-On-Suir A.C.** who won 4 gold in the Boys U/18 60m, 200m, Long Jump & Triple Jump & silver in the 60m Hurdles setting a new record in the Triple Jump; **Vickie Cusack, Liscarroll A.C.** who won 4 Munster titles in the Girls U/15 60m Hurdles, High Jump, Long Jump & Shot Putt & silver in the 60m; **Sophie Meredith, St. Mary's A.C.** who won gold in the Girls U/14 Long Jump, High Jump & Shot Putt, silver in the 60m Hurdles & bronze in the 60m setting 2 new records in the High Jump & Long Jump; **Sam Healy, Leevale A.C.** who won gold in the Boys U/18 60m Hurdles, Long Jump & Shot Putt & silver in the High Jump setting 2 new records in the 60m Hurdles & Long Jump; **David Ryan, Moycarkey Coolcree A.C.** who won 3 gold in the Boys U/15 60m Hurdles, Long Jump & Shot Putt & silver in the High Jump; **Louise Shanahan, Leevale A.C.** who won 3 gold in the Girls U/17 400m, 800m & 1500m; **Jayne Pennefather, Leevale A.C.** who won 3 gold in the Girls U/19 60m Hurdles, 60m & 200m; **David Cussen, Old Abbey A.C.** who won the Munster title in the Boys U/19 High Jump setting a new record & silver in the 60m Hurdles & Long Jump, **Lauren Ryan, Dooneen A.C.** who won gold in the Girls U/16 60m & 200m & bronze in the 60mH; **Ciara Neville, Emerald A.C.** who won gold in the Girls U/16 60m & double silver in the 60m & 200m, **Junior Echeruwe, Limerick A.C.** who won gold in the Boys U/16 200m & double silver in the 60mH & 60m, **Tom Gallagher, Ferrybank A.C.** who won gold in the Boys U/14 Long Jump & double bronze in the 60mH & High Jump, **Jack Murphy, Leevale A.C.** who won gold in the Boys U/17 60mH & double bronze in the 60m & 200m, **Kelly Ann Doyle, Carrick-On-Suir A.C.** who won gold & silver in the Girls U/18 60m & 400m & her Club-mate **Leanne Prout** who took gold in the Girls U/18 200m, silver in the 60m & bronze in the 60mH & **Tony Odubote, Ennis Track A.C.** who won silver in the Boys U/15 60m, 60m Hurdles & Long Jump.

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

Munster athletes are on track for a successful National Championships in AIT Arena, Athlone on Saturday 22nd & Sunday 23rd March & we wish them all the very best of luck.



