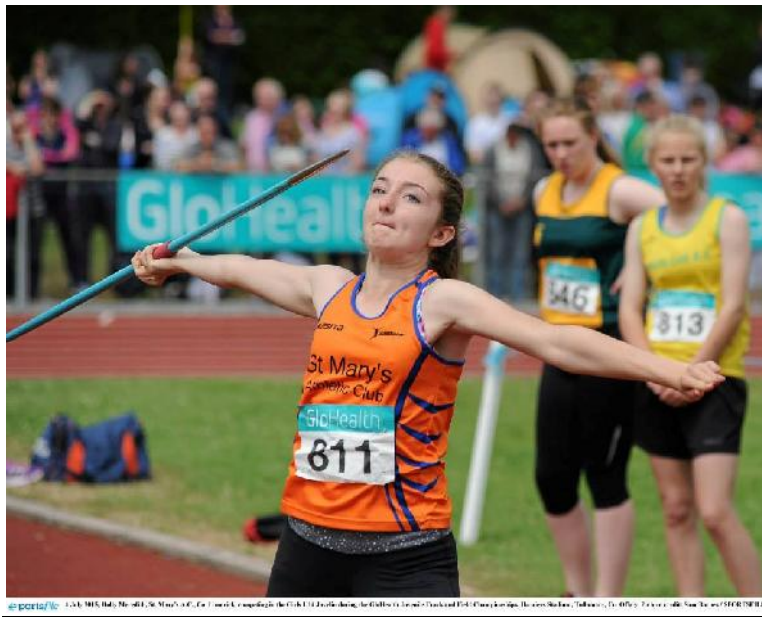


Good Showing from Munster Athletes on Day 1



Munster athletes showed good form at Day 1 of the GloHealth National Juvenile Track & Field Championships in Tullamore on Saturday 4th July. In a very mixed bag of weather conditions, Munster clinched 69 medals in total which included 25 gold & national titles, 23 silver & 21 bronze & 3 new National records & 1 equalled (1 track & 3 field) set by the athletes below:-

1. **Amy Whelan, Liscarroll A.C.** threw 31.90m in the Girls U/12 Turbo Javelin to better the 2014 record of 31.04m set by Aoibhinn McMahon, Blackrock A.C. Louth.
2. **David Ryan, Moycarkey Coolcree A.C.** jumped 6.62m in the Boys U/16 Long Jump to break the pre AAI Record of 6.61m set by Derek Fitzpatrick, Harolds Cross set in 1989 & the AAI record of 6.49m held by his older brother Daniel & set last year.
3. **Daniel Ryan, Moycarkey Coolcree A.C.** ran 14.13 in the Boys U/17 110mH to dip under the Irish Youth record of 14.18 set by Garbhann McKenna, Shercock A.C. in 2011. This was the first year for the 110mH at this age group.
4. **Sophie Meredith, St. Mary's A.C. Limerick** equalled the record of 1.67m in the Girls U/15 High Jump. The record is now held jointly with Cathriona Farrell, Craughwell A.C. which she set in 2006.

Summary below of athlete's performances from Day 1:-

U/12

Maeve O'Neill, Doheny A.C. showed good form in the Girls U/12 600m to win silver in a time of 1.44.29. In the Turbo Javelin, **Liscarroll A.C.** athletes **Amy Whelan & Helen Moynihan** took gold & silver with 31.90m & 24.25m with a new National record for Amy. **Queen Taminowo, Middleton A.C.** took gold in the High Jump finishing on 1.33m with **Lauren Sheils, Ferrybank A.C.** in 2nd on same height. **Laura Frawley, St. Mary's A.C. Limerick** won gold in the Long Jump with a leap of 4.49m. In the Boys competitions, **Diarmuid Healy, Middleton A.C.** won silver in the Boys U/12 600m in a time of 1.42.20. In the Long Jump, **Danny Kelly, Belgooly A.C.** took gold with a jump of 4.56m with bronze for **Oisín Pepper, Nenagh Olympic A.C.** on 4.43m.

U/13

Hollie McCarthy, Liscarroll A.C. won bronze in the Girls U/13 60mH in a time of 10.09. **Ailbhe Doherty, Ennis Track A.C.** added to the gold medals when she won the 600m in a time of 1.41.79 with **Aimee Hayde, Newport A.C.** in 3rd place in 1.44.10. **Megan Lenihan, North Cork A.C.** took silver in the Shot Putt with a throw of 13.20m. **Hugh Collins, Leevale A.C.** took gold in the Boys U/13 60mH in a time of 9.65. **Nathan Cremin Sheehy, St. Mary's A.C. Limerick** took gold in the 600m in a time of 1.39.19 with **Diarmuid Fahy, Kilmurray/Ibrickane A.C.** in 3rd place on 1.40.86. **Reece Ademola, Leevale A.C.** took silver in the High Jump with a jump of 1.40m with **Johnny Deasy, Belgooly A.C.** in 3rd place on 1.35m.

U/14

Niamh Foley, St. Mary's A.C. Limerick won silver in the closely contested Girls U/14 75mH in a time of 11.26 which dipped below the previous CBP of 11.30. **Rhona Randles, Kenmare A.C.** took bronze in the 800m with her time of 2.23.73. **Emily Linehan, North Cork A.C.** took gold in the Hammer with a throw of 31.98m. Munster recorded a clean sweep of the medals in the High Jump with **Holly Meredith, St. Mary's A.C. Limerick, Ciara Kenneally, Killarney Valley A.C. & Kylie Heinen, Ferrybank A.C.** all finishing on 1.53m. **Holly Meredith** came to the fore again in the Javelin to win her 2nd gold with a throw of 33.22m with **Ciara Sheehy, Liscarroll A.C.** close behind in 2nd place on 33.13m. **Wymin Sivakumar, Leevale A.C.** won bronze in the Boys U/14 75mH in a time of 11.91. Munster Champion & record holder, **Ricky Carroll, Fanahan McSweeney A.C.** won silver in the Hammer with a throw of 37.02m. There was silver & bronze for Munster athletes, **Gary Randles, Kenmare A.C. & Cathal Scanlon, Waterford A.C.** in the Javelin with throws of 37.09m & 36.80m.

U/15



© picture/fide - 4 July 2015: Several sides of the action during the 1500m during the Galballyn Decade Track and Field Championships, Fanahan McSweeney, Co. Offaly. Picture credit: Sean O'Sullivan/SND/SIDE

Miriam Daly, Carrick-On-Suir A.C. clocked 11.75 in the Girls U/15 80mH to win gold. **Sophie Meredith, St. Mary's A.C. Limerick** leaped to a height of 1.67m in the High Jump to equal the existing record. **Fiona Doyle, Star of the Laune A.C.** was 3rd in the 800m in a time of 2.24.03. There was silver & bronze for Munster athletes **Shauna Linehan, North Cork A.C. & Katie Costello, Borrisokane A.C.** in the Hammer. **Joseph McEvoy, Nenagh Olympic A.C.** ran 12.43 in the Boys U/15 80mH to win silver. In the Boys U/15 Javelin, there was a second silver for him when he threw 45.69m with bronze for **Michael Hand, Old Abbey A.C.** with a throw of 37.91m. There was gold & silver for Munster athletes & team-mates, **Brian Naughton & Sean Carolan of Nenagh Olympic A.C.** in the Hammer with their throws of 49.11m & 45.16m.

U/16

Vicki Cusack, Liscarroll A.C. won bronze in the Girls U/16 80mH in a time of 12.09. **Tony Odubote, Ennis Track A.C. & David Ryan, Moycarkey Coolcree A.C.** battled all the way to the line in the Boys U/16 100mH with Tony just taking the victory on 13.34 & David in 2nd place in 13.45. **David** was the clear winner of the Boys U/16 Long Jump, leaping out to 6.62m & a new National record, almost a metre ahead of his nearest competition with **Adam Dooley, Templemore A.C.** in 3rd place on 5.75m. **Ben Donovan, Abbey Striders A.C.** recorded a win in the Boys U/16 High Jump with a leap of 1.86m. **Jack Hallahan, Midleton A.C.** took bronze in the Boys U/16 Discus.

U/17

Rachel Bowler, Tralee Harriers A.C. took silver in the Girls U/17 Long Jump with a leap of 5.51m. **Anne Corcoran, Ferrybank A.C. & Angharad Loughnane, Marian A.C.** took silver & bronze in the Shot Putt with throws of 12.34m & 11.82m respectively. **Angharad** also won silver in the Discus with a throw of 35.45m. **Aoife O'Mahoney, Lios Tuathail A.C.** won silver in the 800m in a time of 2.17.83. **Daniel Ryan, Moycarkey Coolcree A.C.** took double gold in the Boys U/17 110mH in a time of 14.13 & Long Jump with a leap of 6.60m with **Nikolia O'Connor, Tralee Harriers A.C.** in 3rd place with a jump of 5.96m. In the Boys U/17 2km Steeplechase, **Jamie Roche, Ennis Track A.C.** continued his good form taking gold in a time of 6.26.66. **Conor O'Driscoll, Leevale A.C.** also won gold in the 800m in a time of 1.58.29.

U/18

Aoife Hamilton, West Waterford A.C. won silver in the Girls U/18 2km Steeplechase in a time of 7.45.29 & **Grace Furlong, Waterford A.C.** took bronze in the Long Jump with a leap of 5.40m. In the Boys U/18 110mH, there was gold for **Jack Murphy, Leevale A.C.** in a time of 14.47 & bronze for **Kevin O'Leary, Liscarroll A.C.** with 16.02. **Tom Deasy, Belgooly A.C.** added to Munster gold when he won the Boys U/18 Long Jump with a jump of 6.18m. **Andrew Kennedy, Emerald A.C.** won bronze in the 3km Steeplechase in a time of 11.05.74. **Eoghan Flynn, West Waterford A.C.** threw the javelin out to 54.04m to win bronze.

U/19



In the Girls U/19 100mH, there was gold for **Clodagh O'Mahoney, Dooneen A.C.** & silver for **Leanne Prout, Carrick-On-Suir A.C.** **Louise Shanahan, Leevale A.C.** showed good form winning the 800m in a time of 2.15.13. In the Boys U/19 Long Jump, **Darren Prout, Carrick-On-Suir A.C.** took gold with a leap of 6.54m. **Sean Collins, Ennis Track A.C.** won silver in the 3km Steeplechase in a time of 9.51.01.

Full Results can be found at www.munsterathletics.com

Extract from AAI Website dated 5th July 2015

High Quality Competition on Day 1 of Juvenile Champs

Day one of the GloHealth Juvenile Championships took place in Tullamore on Saturday, 4th of July. Over 800 young athletes contested the national finals with a number of eye catching performances coming in the field and on the track.

[Full Results](#)

Walsh Sets New CBP

Michaela Walsh (Swinford AC) was in tremendous form in the shot putt as she set a new championship best performance (CBP) of 16.43m. Sommer Lecky (Finn Valley AC) was on the double in Tullamore as she set a new CBP of 1.72m in the U16 high jump and also won the long jump with a leap of 5.83m. Elizabeth Morland (Cushinstown AC) also won two national titles with a 13.76 clocking in the 100m hurdles and 5.91m in the long jump.

Hurdle Victory for Scott

Molly Scott (St Laurence O'Toole AC) dominated the U17 girl's 100m hurdles setting a new CBP of 14.06 seconds. There was a good win for Tony Odubote (Ennis Track Club AC) in the U16 100m hurdles as he took the title in 13.34. Daniel Ryan (Moycarkey Coolcree AC) a clear winner of the U17 title in a time of 14.13 seconds. Ryan added the long jump title later in the programme with a winning leap of 6.60m.

Exciting 800m Races

Chinie Izuchukwu of host club Tullamore Harriers and Roland Surlis (Annalee AC) went head to head in the U19 800m with Roland just getting the better of the Tullamore athlete taking the win in a time of 1.57.28. Amy Hamill (Glaslough Harriers AC) won the 800m title in 2.17.08 as Louise Shanahan (Leevale AC) signed off her juvenile career with a win in the U19 800m in a time of 2.15.13

Brian Flanagan (Clonliffe Harriers AC) and Alison Armstrong (Celtic DCH) won the U19 3,000m steeplechase titles in times of 9.40.11 and 11.35.64 respectively.