

14 National Titles for Munster Athletes on Day 3



Munster athletes continued their winning ways on Day 3 of the GloHealth National Juvenile Track & Field Championships in Tullamore on Sunday 24th July 2016 winning 62 medals in total (14 gold, 25 silver & 23 bronze). 2 National records were also set by the athletes below:-

- **Adam O'Dwyer, Moycarkey Coolcree A.C.** vaulted 3.40m in the Boys U/15 Pole Vault to better the existing record of 3.30m set by Jason Harvey, Campbell College in 2005.
- **Niamh Foley, St. Mary's A.C. Limerick** ran 25.18 in the Girls U/15 200m to better the 2015 record of 25.33 set by Patience Jumbo-Gula, St. Gerard's A.C. Dundalk.

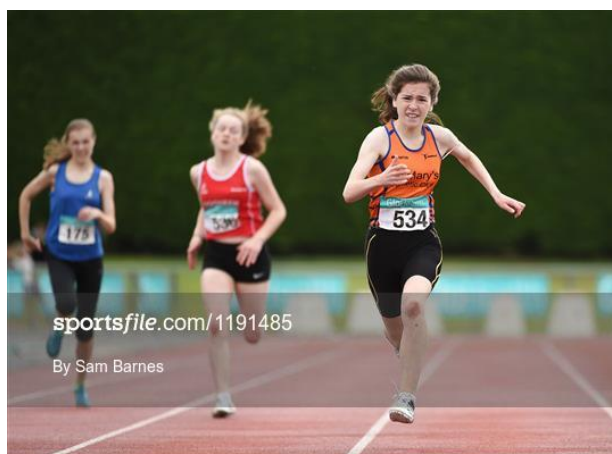
U/14

Jack Barnett, Templemore A.C. threw 34.72m in the Boys U/14 Discus to win gold with silver for **Ozdeniz Koyum, Kenmare A.C.** (33.68m) & bronze for **Sean O'Riordan, Midleton A.C.** (32.71m). **Aimee Hayde, Newport A.C.** won gold in the Girls U/14 1500m (4.48.44) with bronze for **Mallaidh O'Neill, Skibbereen A.C.** (5.07.57). **Mark Hanrahan, Ennis Track A.C.** took silver in the Boys U/14 1500m (4.35.76) with gold for **Ailbhe Doherty, Ennis Track A.C.** in the Girls U/14 200m (25.52) & silver for **Hollie McCarthy, Liscarroll A.C.** (26.00). In the Boys U/14 200m there was gold for **Conor Commene, Tralee Harriers A.C.** (24.70) & bronze for **David Joseph, Midleton A.C.** (25.93). **Megan Lenihan, North Cork A.C.** won bronze in the Girls U/14 Shot Putt (13.89m).

U/15

There was silver for **Robert Twomey, Leevale A.C.** in the Boys U/15 200m (24.03) with bronze for **Dior Lawal, Dooneen A.C.** (24.16). **Niamh Foley, St. Mary's A.C. Limerick** won gold in the Girls U/15 200m in a new Championship Best Performance of 25.18 with bronze for **Nikolka Stevankova, Dooneen A.C.** (25.91). **Foley** also won silver in the Girls U/15 250mH (36.41) with gold for **Tommie Connolly, Leevale A.C.** in the Boys U/15 1500m (4.25.19) & bronze for **Grainne Egan, North Cork A.C.** in the Girls U/15 1500m (4.58.99). In the Boys U/15 Triple Jump, **Wymin Sivakumar, Leevale A.C.** won gold (12.03m) with silver for **Tristan Chambers, Bandon A.C.** (11.09m) & bronze for **Ricky Carroll, Fanahan McSweeney A.C.** in the Boys U/15 Discus (32.50m). In the Girls U/15 Javelin, **Emily Linehan, North Cork A.C.** won silver (31.05m) with bronze for **Niamh Sugrue, Bandon A.C.** (30.90m) & bronze for **Shane Cawley, Waterford A.C.** in the Boys U/15 Shot Putt (12.90m). **Adam O'Dwyer,**

Moycarkey Coolcree A.C. won gold in the Boys U/15 Pole Vault in a new Championship Best Performance of 3.40m with silver for **Ryan McCraith, West Waterford A.C.** (2.40m).



U/16

In the Boys U/16 200m, there was gold for **Conor Morey, Leevale A.C.** in a time of 23.43 with silver for **Darragh Miniter, St. Mary's A.C. Clare.** **Miriam Daly, Carrick-On-Suir A.C.** took gold in the Girls U/16 250mH (35.46) with silver for **Diarmuid O'Connor, Bandon A.C.** (35.73) & bronze for **Cillian Griffin, Tralee Harriers A.C.** (36.03) in the Boys U/16 250mH. **Sean Carolan, Nenagh Olympic A.C.** won silver in the Boys U/16 Javelin with a throw of 47.99m with silver for **Patrick Fitzgerald, West Waterford A.C.** in the Boys U/16 Pole Vault (3.00m).



U/17

Katie Murphy, Ferrybank A.C. won silver in the Girls U/17 200m (25.37) with silver also for **Tony Odubote, Ennis Track A.C.** in the Boys U/17 200m (23.62). **Vickie Cusack, Liscarroll A.C.** won bronze in the Girls U/17 300mH (46.65) with silver for **Shawn Benson, Ennis Track A.C.** in the Boys U/17 300mH (40.73). **Anna Leamy, Grange Fermoy A.C.** won silver in the Girls U/17 Javelin (31.97m) with another bronze for **Vickie Cusack, Liscarroll A.C.** (30.24m). **Sean Mockler, Moycarkey Coolcree A.C.**

won gold in the Boys U/17 Hammer (56.04m) with bronze for **Padraig O'Callaghan, Leevale A.C.** (49.83m). **Diarmuid Harty, West Waterford A.C.** won bronze in the Boys U/17 Pole Vault (3.40m) with gold for **Darragh McElhinney, Bantry A.C.** in the Boys U/17 1500m (4.03.32), silver for **Shona O'Brien, Gneeveguilla A.C.** in the Girls U/17 1500m (4.47.54) & bronze for **Hannah Murphy, Leevale A.C.** in the Girls U/17 High Jump (1.55m).

U/18

Jamie Mitchell, Emerald A.C. won silver in the Boys U/18 200m (22.34) with gold for **Diarmuid Clancy, Abbey Striders A.C.** in the Boys U/18 400mH (57.65) & bronze for **Jessica Strain, Midleton A.C.** in the Girls U/18 400mH (1.09.34). **Michael Power, West Waterford A.C.** won bronze in the Boys U/18 1500m (4.06.99) with silver for **Orlaith O'Brien, Waterford A.C.** in the Girls U/18 Javelin (41.27m) & silver for **Joseph Minitier, St. Mary's A.C. Clare** (13.21m). **Dion Ryan, Waterford A.C.** won silver in the Boys U/18 High Jump (1.95m) with silver for **Rachel Bowler, Tralee Harriers A.C.** in the Girls U/18 Triple Jump (10.72m). **Jade O'Farrell Bond, Borrisokane A.C.** won bronze in the Girls U/18 Hammer (45.15m) with bronze for **Kate Walsh, Carraig na BhFear A.C.** in the Girls U/18 High Jump (1.50m).



U/19

Denise O'Connor, Tramore A.C. won bronze in the Girls U/19 400mH (1.07.41) with silver for **Cliodhna Blake, St. John's A.C.** in the Girls U/19 High Jump (1.58m) & gold for **Grace Furlong, Waterford A.C.** in the Girls U/19 Triple Jump (11.41m). There was silver for **Josh Rockett, West Waterford A.C.** in the Boys U/19 Hammer (47.74m) with bronze for **Andre Christie, Leevale A.C.** (47.41m). **James Sheehan, Carraig na BhFear A.C.** won silver in the Boys U/19 Discus (35.58m).

O'Donnell does the double on GloHealth National Juveniles day 3

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O'Donnell does the double on day 3

Christopher O'Donnell (North Sligo) completed a successful weekend by winning the U19 boys 200m in a championships best performance of 21.59 seconds on day 3 of the GloHealth National Juvenile Championships in Tullamore (July 24).

O'Donnell won the U19 400m yesterday (July 23) in 49.49 and was ecstatic to add the 200m crown in record time. You can view today's results [HERE](#) and see yesterday's report [HERE](#)

There were further championship best performances today by a number of Ireland's brightest young athletes.

Grace Casey (Eire Og Corra Choill) won the U18 girls javelin (500g) with a best of 46.57m; Aoibhinn McMahon (Blackrock AC Louth) won the U14 girls shot put (2kg) with 15.16m; Adam O'Dwyer (Moycarkey Coolcroe A.C.) vaulted to a new best in the U15 boys pole vault with 3.40m.

Lauren O'Keeffe (Donore Harriers) got the 3kg hammer in the U18 girls out to 57.20m; Sommer Lecky's golden summer continued with a leap of 1.74m in the U17 girls high jump; Tony O'Connor (Naas) ran best of 38.86 in the U17 boys 300m hurdles and Adam Sheridan (Westport) rounded out the championship best spree with 14.76m in the U15 boys 3.25kg shot put.

In the 1500m races, Abigail Taylor (DSD) took a fine win in the U17 girls 1500m in 4:45.33 ahead of Shona O'Brien (Gneeveguilla) in 4:47.54 and Amy Rose Farrell (Blackrock) in 4:48.75. Aimee Hayde (Newport) impressed in the U14 girls to win in 4:48.44.

Louis O'Loughlin (Donore Harriers) continued his unbeaten championship season with victory in the U16 boys 1500m in 4:13.74. Darragh McElhinney (Bantry) won the U17 boys 1500m in 4:03.22 while Robert Crowley (SLOT) was the fastest metric miler with 4:02.07 to win the U18 boys 1500m.

Emma O'Brien (Inbhear Dee/Sli Cualann) bounced back from the European Youth Championships to win the U18 girls 1500m in 4:37.07.

With so many notable performances, doubles and multiple medallists, it proved to be a fruitful weekend. Some of those who shone to strike gold were Ciara Deely (Kilkenny City Harriers) in the U17 girls 300m hurdles with 44.48, Darragh Gaffney (North Westmeath) in the U18 boys' discus (1.5kg) with 47.56m and Ryan Carthy Walsh (Adamstown) in the U18 boys' high jump with 2.04m.

Aaron Sexton (North Down) also rounded out a speedy season with a championship best in the U17 boys 200m with 21.65 seconds. Lauren Roy (Ballymena & Antrim) completed the sprint double winning the U17 girls 200m in 24.98.