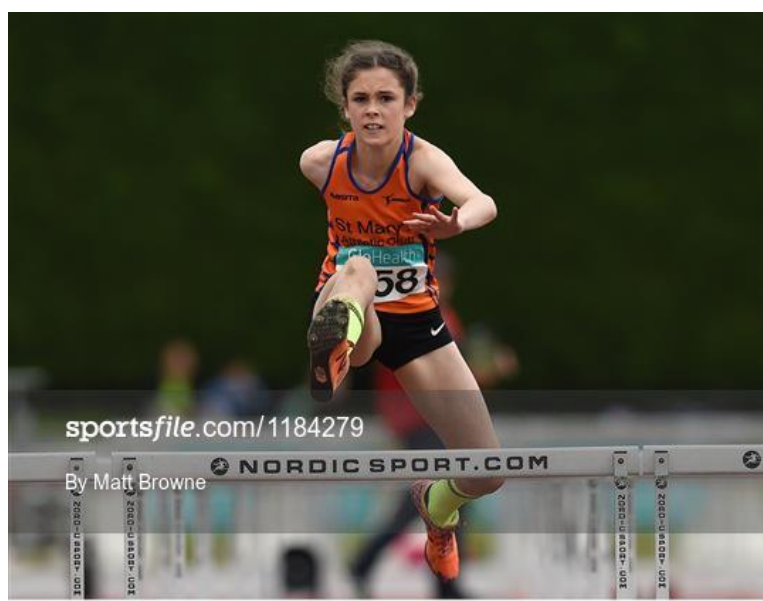
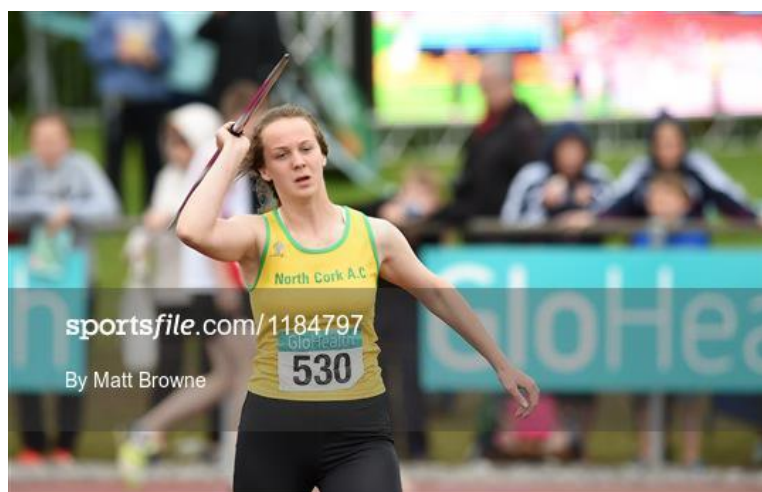


Strong Showing from Munster Athletes on Day 1



Munster athletes showed good form at Day 1 of the GloHealth National Juvenile Track & Field Championships in Tullamore on Sunday 10th July 2016 winning 68 medals in total which included 27 gold & national titles, 21 silver & 20 bronze & 4 new National records set by the athletes below:-

1. **Laura Frawley, St. Mary's A.C. Limerick** ran 9.52 in the Girls U/13 60mH to better the time of 9.58 set by Miriam Daly, Carrick-On-Suir A.C. in 2013.
2. **Sean Kavanagh, Midleton A.C.** jumped 1.56 in the Boys U/13 High Jump to break the 2014 record of 1.48m set by his team-mate Robert Dillon in 2014.
3. **Megan Lenihan, North Cork A.C.** threw 39.07m in the Girls U/14 Javelin to better the 2012 record held by Orlaith O'Brien, Ferrybank A.C. at 34.36m.
4. **Jack Murphy, Leevale A.C.** ran 15.09 in the Boys U/19 110mH to break the 2002 record of 15.19 set by Ian McDonald, Crusaders A.C.



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

U/12

Kate O'Regan, Riverstick/Kinsale A.C. won the Girls U/12 Long Jump with a best of 4.27m with a clean sweep for Munster athletes in the Boys U/12 Long Jump with gold for **Alex Hennigan, Killarney Valley A.C.** on countback (4.56m), silver for **Kyle Ettoh, Leevale A.C.** (4.56m) & bronze for **Sean Carmody, Belgooly A.C.** (4.48m). In the Girls U/12 Turbo Javelin, Munster dominated again with gold for **Selena O'Riordan, Midleton A.C.** (24.72m), silver for **Ava Rochford, Ennis Track A.C.** (22.80m) & bronze for **Kaley Cozens, Templemore A.C.** (22.37m). **Tara Hickey, Youghal A.C.** won joint bronze in the Girls U/12 High Jump with **Ava Rochford, Ennis Track A.C.** (1.25m).

U/13

Laura Frawley, St. Mary's A.C. Limerick won gold in the Girls U/13 60mH in a record time of 9.52 with bronze for **Ella Scott, Leevale A.C.** (9.81). **Harry Nevin, Leevale A.C.** also took gold in the Boys U/13 60mH in a time of 9.52 with bronze for **Sarah Hosey, Dooneen A.C.** in the Girls U/13 600m (1.40.78). **Sean Kavanagh, Midleton A.C.** won the Boys U/13 High Jump with a new National record of 1.56m with bronze for **Alex Reynolds, Nenagh Olympic A.C.** (1.53m) & there was gold for **Jack Cullen, Bandon A.C.** in the Boys U/13 Javelin with a throw of 34.27m & silver for **Donnacha Morrissey, Kilmurray/Ibrickane A.C.** (30.72m).

U/14

Reece Ademola, Leevale A.C. took gold in the Boys U/14 75mH in a time of 11.55 with silver for **Hollie McCarthy, Liscarroll A.C.** in the Girls U/14 75mH (11.82). There was also gold & silver for Munster in the Girls U/14 800m with a win for **Ailbhe Doherty, Ennis Track A.C. (2.19.13)** & silver for **Aimee Hayde, Newport A.C. (2.19.76)**. **Megan Lenihan, North Cork A.C.** won gold in the Girls U/14 Javelin with a new National record of 39.07m with bronze for **Katelyn Reid, An Riocht A.C.** (35.88m) who also won silver in the Hammer with a throw of 29.31m. **Aoife O'Sullivan, Liscarroll A.C.** won silver in the Girls U/14 High Jump (1.50m) with bronze for her Club-mate **Joe Ivory** in the Boys U/14 Javelin (36.00m) & bronze for **Josh Delaney, Nenagh Olympic A.C.** in the Hammer (38.73m).



U/15

Munster athletes performed the double in the 80mH with gold for **Niamh Foley, St. Mary's A.C. Limerick (11.97)** & **Daniel Hurley, Leevale A.C. (11.68)** & gold also for **Tommy Connolly, Leevale A.C.** in the Boys U/15 800m (2.11.74). **Ciara Sheehy, Liscarroll A.C.** won silver in the Girls U/15 Hammer with a throw of 38.83m with gold & silver for **Holly Meredith, St. Mary's A.C. Limerick** & **Kylie Heinen, Ferrybank A.C.** in the Girls U/15 High Jump (1.55m & 1.50m). **Cathal Scanlon, Waterford A.C.** won silver in the Boys U/15 Javelin (42.10m).

U/16

Miriam Daly, Carrick-On-Suir A.C. won gold in the Girls U/16 80mH in a time of 11.48 with gold & silver for **Darragh Minitier, St. Mary's A.C. Clare** & **Joseph McEvoy, Nenagh Olympic A.C.** in the Boys U/16 100mH (13.55 & 13.64). **McEvoy** also won silver in the Boys U/16 High Jump (1.81m) & gold in the Boys U/16 Long Jump with 6.36m with silver for **Brian Lynch, Old Abbey A.C. (6.12m)**. In the Boys U/16 Discus, **Darragh Minitier** won his 2nd gold medal with a throw of 43.77m with bronze for **Sean Carolan, Nenagh Olympic A.C. (42.97m)**. In the Girls U/16 Discus, it was silver for **Martha Quain, Carraig na BhFear A.C. (33.42m)** & bronze for **Shauna Linehan, North Cork A.C. (26.53m)**. **Sophie Meredith, St. Mary's A.C. Limerick** won silver in the Girls U/16 Long Jump with a leap of 5.59m with silver for **Elizabeth Stack, Killarney Valley A.C.** in the Girls U/16 High Jump (1.50m).

U/17

There was a Munster double in the Long Jump competitions with gold for **Aoibhinn O'Connor, Bandon A.C. (5.19m)** & **James Murphy, Waterford A.C. (6.48m)**. **Sean Mockler, Moycarkey Coolcree A.C.** won gold in the Boys U/17 Discus (39.35m) with silver for **Shane Monagle, Tramore A.C.** in the 110mH (15.02). **Lauren O'Grady, St. Brendan's A.C.** won bronze in the Girls U/17 Discus (30.53m) with **Vickie Cusack, Liscarroll A.C.** also winning bronze in the Shot Putt (10.40m). **Alex O'Neill, St. Cronan's A.C.** won silver in the 800m (2.24.01) with gold for **Laura Nicholson, Bandon A.C.** in the 2km Steeplechase (7.47.69) & silver for **Alannah Neff, Leevale A.C. (8.00.16)**.



U/18

Aoife O'Mahony, Lios Tuathail A.C. won gold in the Girls U/18 800m (2.15.30) with gold for **Rachel Bowler, Tralee Harriers A.C.** in the Girls U/18 Long Jump (5.46m) & **Angharad Loughnane, Marian A.C.** in the Shot Putt (12.52m) & bronze for **Noelle Lenihan, North Cork A.C.** (10.60m). **Anna Courtney, Marian A.C.** won silver in the 100mH (16.31) with silver for **Joseph Minter, St. Mary's A.C. Clare** in the Boys Long Jump (6.59m) & bronze for **Nikolia O'Connor, Tralee Harriers A.C.** (6.32m).

U/19

Jack Murphy, Leevale A.C. won gold in the Boys U/19 110mH with a new National record of 15.09 with silver for **Kevin O'Leary, Liscarroll A.C.** (15.78). **Clíodhna Blake, St. John's A.C.** won bronze in the Girls U/19 100mH (16.17). **Aoibheann O'Brien, Tralee Harriers A.C.** won gold in the Girls U/19 Long Jump (5.66m) with bronze for **Rory Casey, Togher A.C.** in the Boys U/19 800m (1.56.95).

Full Results can be found at www.munsterathletics.com