

## 7 Medals for Munster at SIAB Schools International



The SIAB Schools U/17 Track & Field International took place in the Julie Rose Sports Stadium, Ashford, Kent on Saturday 16<sup>th</sup> July 2016 with Munster athletes taking home 7 individual medals in total (2 gold, 1 silver & 4 bronze). There was a gold medal win for **Miriam Daly, Scoil Mhuire Carrick-On-Suir** in the 300mH when she ran a new personal best of 42.42. She also won bronze in the 80mH with a time of 11.60 & brought the Irish Girls 4 x 300m team home to a bronze medal. Later in the day, Miriam was awarded the Sean Nyhan medal for the “Most Meritorious Performance from an Irish Female Athlete”. Our other gold medal winner was **Darragh McElhinney, Colaiste Phobal Bheantraí** who ran a terrific 1500m race to claim gold in 4.07.15. Our silver medal winner was **Claire Rafter, Ursuline Thurles** who ran 4.35.87 in her 1500m race. Bronze medals were won by **Joseph McEvoy, St. Anne’s Killaloe** in the High Jump with a personal best of 1.96m, **Miriam Daly**, Irish Boys Team Captain **Tony Odubote, Rice College Ennis** in the 400m in a time of 49.24 & Irish Girls Team Captain, **Sophie Meredith, SMI Newcastlewest** in the Long Jump with her jump of 5.68m.





In the Relay competitions, **Miriam Daly** won bronze with the Irish Girls 4 x 300m Relay team & **Tony Odubote** won silver with the Irish Boys 4 x 400m Relay team.

Other athletes who competed very well for their school & country were:-

Laura Nicholson, Bandon Grammar (4<sup>th</sup> 1500m S/C 5.11.26), Ciara Sheehy, St. Mary's Charleville (4<sup>th</sup> Shot Putt 12.81m), Katie Moynihan, Davis College (4<sup>th</sup> Javelin 40.13m), Sean Mockler, Thurles CBS (4<sup>th</sup> Hammer 56m & 5<sup>th</sup> Discus 44.39m), Joseph Miniter, Ennistymon CBS (5<sup>th</sup> Long Jump 6.71m), Alex O'Neill, Rice College Ennis (6<sup>th</sup> 800m 2.17.51), Emma Coffey, St. Angela's Cork (6<sup>th</sup> Pole Vault 2.96m), Jade O'Farrell Bond, Borrisokane CC (7<sup>th</sup> Hammer 46.56m), Conor Devane, St. Flannan's Ennis (7<sup>th</sup> 1500m S/C 4.53.87), Shane Monagle, Ard Scoil na Mara (8<sup>th</sup> 100mH 14.20) & Brian Lynch, Colaiste an Spioraid Naomh (8<sup>th</sup> Long Jump 5.94m).

Ireland were 2<sup>nd</sup> overall on 340.5 points behind England on 519.50 points with the Irish Girls & Boys Teams also 2<sup>nd</sup> overall behind England. Congratulations & well done to all our athletes.



### **“Report from AAI Website dated 16<sup>th</sup> July 2016**

#### **Irish Schools team show true grit in Ashford**

The Irish schools' team showed true grit at the SIAB Schools' International Track & Field meeting in Ashford highlighted by Darragh McElhinney's exhilarating victory in the 1500m.

England took overall team victory with 519.5 points. Ireland were second with 340.5 points, Wales were third with 246 points and Scotland fourth with 230 points.

In the girls scoring England were on top with 266.5 points followed by Ireland on 180.5, Wales on 127 points and Scotland on 109 points. Miriam Daly was awarded the best Irish performance for the girls winning the 300m hurdles in 42.42, bronze in the 80m hurdles in 11.60 and bronze as part of the 4x300m relay in 2:44.50.

In the boys scoring, England topped the charts with 253 points, Ireland were second with 160 points, Scotland third with 121 points and Wales fourth with 119 points. James Kelly won best Irish performance for the boys with a victory in the shot put with 17.07m. It was Darragh McElhinney who sparkled most in the heat of the Julie Rose Stadium. He epitomised the spirit of the schools team in a sensational race. The pace was 2:24 at 800m followed by a 59 second lap to 1200m and then a 43 second last 300m. He went to front with 600m to go with four runners going at it over the last 50m but McElhinney prevailed in 4:07.15.