

Sensational Day of Schools Athletics



The Irish Life Health Irish Schools Track & Field Championships took place in Tullamore Stadium on Saturday 3rd June 2017. Munster athletes were in fine form winning 37 individual Schools titles, 40 silver medals & 32 bronze & 10 sets of Relay medals (2 gold, 4 silver & 4 bronze). Munster Schools also captured 5 out of the 8 Irish School Cups for top scoring schools in their age categories. It was a double win in the Minor Girls & Junior Girls sections with **Colaiste Choilm Ballincollig** winning the Minor Girl's title & **St. Flannan's Ennis** taking the Junior Girl's title. In the Intermediate section, two Munster schools won the honours with the Girls' title taken by **SMI Newcastlewest & Thurles CBS** taking the Boy's title for the second year in a row and **Presentation Brothers Cork** in 2nd place. In the Senior Girls category, both **Castletroy College & Mercy Mount Hawk Tralee** tied for the cup. Other highlights of the day were **Ciara Neville, Castletroy College** running a record of 11.52 in the Senior Girls 100m and attaining a European Junior "A" standard, **Sharlene Mawdsley, St. Mary's Newport** running a record of 53.99 in the Senior Girls 400m to win gold & attain a European Junior "A" standard, **Joseph McEvoy, St. Anne's Killaloe** jumping 2m in the Inter Boys High Jump to win gold & attain an EYOF standard & **Miriam Daly, Scoil Mhuire COS** running 42.64 in the 300mH to run under the EYOF standard of 43.50. **Sophie Meredith, SMI Newcastlewest** was just 7cm off the EYOF standard jumping 5.73m for gold in the Inter Girls Long Jump & **Aoibheann O'Brien, Mercy Mount Hawk** just 6cm off the European Junior "B" standard in the Long Jump when she jumped 5.89m to win the Senior Girls competition. **Cathal Locke, Crescent Comprehensive** ran 53.79 in the Senior Boys 400mH to win gold, a time which was just outside the European "B" standard of 53.75. The **Ryan siblings** representing **Thurles CBS & the Ursuline Thurles** made Irish Schools history when all five of them lined out to compete on the day taking home 8 medals & one record between them (3 gold & 5 silver). Daniel won gold in the Senior Boys 110mH & silver in the Shot Putt, David won silver in the Inter Boys Long Jump & Relay, Jack won gold in the Inter Boys Shot Putt & silver in the Relay, Anna won gold in the Junior Girls Pole Vault setting a new Irish Schools record of 2.92m and silver in the Discus and youngest, Dillon was 4th in the Junior Boys Pole Vault & 7th in the Javelin.



Munster had 7 Record breaking performances from its athletes: -

- **Sharlene Mawdsley, St. Mary's Newport** set a new record in the Senior Girls 400m when she ran 53.99 to better the time of 54.3h set by Joanne Cuddihy, Loreto Kilkenny set in 2002.
- **Ciara Neville, Castletroy College** set a new record in the Senior Girls 100m to better the existing record of 11.83 set by Phil Healy, Col na Toirbhirte in 2013.
- **Megan Lenihan, Hazelwood College** set a new record in the Junior Girls Discus when she threw 43.79m to break her own record of 39.56m set in 2016.
- **Anna Ryan, Ursuline Thurles** vaulted 2.92m in the Junior Girls Pole Vault to better the 2011 record of 2.70 set by Kaleigh Cronin, St. Brigid's Killarney.
- **Ciara Sheehy, St. Mary's Charleville** threw 15.58m in the Junior Girls Shot Putt to better the 2006 record of 13.60m set by Claire Fitzgerald, Presentation Tralee.
- **Mark Collins, Bandon Grammer** threw the Shot Putt out to 13.73m in the Minor Boys competition to better the existing record of 13.61m set by Adam Sheridan, Rice College in 2016.
- **Castletroy College** took the Senior Girls 4 x 100m Relay title setting a new Schools record of 48.02 to better the existing record of 48.16 set by St. McDara's CC in 1998.



Double gold medal winners were **Sharlene Mawdsley, St. Mary's Newport** (Senior Girls 100m & 400m REC), **Miriam Daly, Scoil Mhuire COS** (Inter Girls 80mH & 300mH); **Niamh Foley, SMI Newcastlewest** (Inter Girls 100m & 200m); **Ciara Sheehy, St. Mary's Charleville** (double gold in Shot Putt REC & Hammer); **Mervyn Shalemba, Mercy Mount Hawk** (Junior Boys 100m & 200m & **Sean Mockler, Thurles CBS** (Inter Boys Discus & Hammer). Gold & silver medal winners were **Ailbhe Doherty, St. Flannan's** (gold in Junior Girls 800m & silver in 200m); **Anna Ryan, Ursuline Thurles** (gold in Junior Pole Vault REC & silver in Discus); **Megan Lenihan, Hazelwood College** (gold in Junior Girls Discus REC & silver in Javelin); **Sophie Meredith, SMI Newcastlewest** (gold in Inter Girls Long Jump & silver in Triple Jump); **Stephanie Cotter, Coachford College** (gold in Senior Girls 1500m & silver in 800m) & **Daniel Ryan, Thurles CBS** (gold in Senior Boys 110mH & silver in Shot Putt). Other double medal winners were: **Avril Deegan, Presentation Thurles** (gold in Senior Girls 3km & bronze in 1500m); **Conor Morey, PBC Cork** (silver in Inter Boys 100m & bronze in 200m); **Sean Carolan, St. Mary's A.C. Newport** (silver in Inter Boys Triple Jump & bronze in Long Jump); **Angharad Loughnane, GC Luimnigh** (silver in Senior Girls Discus & bronze in Shot Putt); **Joshua Delaney, Nenagh College** double bronze in Junior Boys Discus & Shot Putt & **Chisom Ugwuere, St. Flannan's** (double bronze in the Junior Girls 75mH & Triple Jump).





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Munster medal winners are below: -

Gold medals

1. Mark Carroll, Nenagh CBS – Minor Boys Long Jump (5.52m)
2. Mark Collins, Bandon Grammer – Minor Boys Shot Putt (13.73m) **REC**
3. Ailbhe Doherty, St. Flannan's – Junior Girls 800m (2.18.00)
4. Aimee Hayde, St. Mary's Newport – Junior Girls 1500m (4.37.42)
5. Aoife O'Sullivan, St. Mary's Mallow – Junior Girls High Jump (1.60m)
6. Anna Ryan, Ursuline Thurles – Junior Girls Pole Vault (2.92m) **REC**
7. Ciara Sheehy, St. Mary's Charleville – Junior Girls Shot Putt (15.58m) **REC**
8. Ciara Sheehy, St. Mary's Charleville – Junior Girls Hammer (49.59m)
9. Megan Lenihan, Hazelwood College – Junior Girls Discus (43.79m) **REC**
10. Mervin Shalamba, Mercy Mount Hawk Tralee – Junior Boys 100m (12.00)
11. Mervin Shalamba, Mercy Mount Hawk Tralee – Junior Boys 200m (23.29)
12. Adam O'Dwyer, Thurles CBS – Junior Boys Pole Vault (3.00m)
13. Niamh Foley, SMI Newcastlewest – Inter Girls 100m (12.22)
14. Niamh Foley, SMI Newcastlewest – Inter Girls 200m (25.16)
15. Alex O'Neill, Rice College Ennis – Inter Girls 800m (2.11.76)
16. Miriam Daly, Scoil Mhuire, COS – Inter Girls 80Mh (11.71)
17. Miriam Daly, Scoil Mhuire, COS – Inter Girls 300Mh (42.64)
18. Alannah Neff, Carrigaline CS – Inter Girls 1500m S/C (5.09.86)
19. Emma Coffey, St. Angela's Cork – Inter Girls Pole Vault (3.10m)
20. Sophie Meredith, SMI Newcastlewest – Inter Girls Long Jump (5.73m)
21. Darragh McElhinney, Col Phobail Bheantraí – Inter Boys 1500m (4.10.22)
22. Darragh Minitier, Ennistymon CBS – Inter Boys 100mH (13.93)
23. Jake Vermeer, Comeragh College – Inter Boys 400mH (56.24)
24. Joseph McEvoy, St. Anne's Killaloe – Inter Boys High Jump (2.00m)
25. Wymin Sivakamur, Colaiste Spioraid Naoimh – Inter Boys Triple Jump (12.90m)
26. Sean Mockler, Thurles CBS – Inter Boys Discus (50.14m)
27. Sean Mockler, Thurles CBS – Inter Boys Hammer (52.54m)
28. Ciara Neville, Castletroy College – Senior Girls 100m (11.52) **REC**
29. Sharlene Mawdsley, St. Mary's Newport – Senior Girls 200m (24.02)
30. Sharlene Mawdsley, St. Mary's Newport – Senior Girls 400m (53.99) **REC**
31. Stephanie Cotter, Coachford College – Senior Girls 1500m (4.31.98)
32. Avril Deegan, Presentation Thurles – Senior Girls 3km (10.15.10)
33. Aoibheann O'Brien, Mercy Mount Hawk – Senior Girls Long Jump (5.89m)
34. Orla O'Connor, Waterpark College – Senior Girls 3km Walk (13.56.77)
35. Daniel Ryan, Thurles CBS – Senior Boys 110mH (14.59)
36. Cathal Locke, Crescent Comprehensive – Senior Boys 400mH (53.79)
37. Charlie O'Donovan, Col Christ Ri – Senior Boys 1500m (4.04.53)
38. PBC Cork 4 x 100m Relay (44.26)
39. Castletroy College – Senior Girls 4 x 100m (48.02) **REC**



Silver medals

1. Emily Wall, Colaiste Choilm Ballincollig – Minor Girls 75mH (11.59)
2. Kyle Dooley, Colaiste Phobal Ros Cre – Minor Boys 100m (12.12)
3. Castletroy College – Minor Girls 4 x 100m (52.88)
4. Nikolka Stevankova, Laurel Hill – Junior Girls 100m (12.55)
5. Ailbhe Doherty, St. Flannan's – Junior Girls 200m (24.95)
6. Sarah Lane, St. Anne's Killaloe – Junior Girls 800m (2.19.46)
7. Caitlin Kennedy, JtB Hospital – Junior Girls High Jump (1.60m)
8. Orla Coffey, St. Angela's Cork – Junior Girls Pole Vault (2.92m)
9. Anna Ryan, Ursuline Thurles – Junior Girls Discus (30.68m)
10. Megan Lenihan, Hazelwood College – Junior Girls Javelin (41.77m)
11. Siofra O'Dea, SJ Spanish Point – Junior Girls 1200m Walk (5.23.52)
12. Rory Prenderville, JtB Hospital – Junior Boys 800m (2.05.35)
13. Mark Hanrahan, St. Flannans – Junior Boys 1500m (4.23.58)
14. Reece Ademola, Douglas CS – Junior Boys High Jump (1.80m)
15. Ricky Carroll, St. Coleman's Midleton – Junior Boys Hammer (40.22m)
16. Shona O'Brien, Presentation Milltown – Inter Girls 1500m (4.47.25)
17. Ciara Kennelly, St. Brigid's Killarney – Inter Girls High Jump (1.60m)
18. Sophie Meredith, SMI Newcastlewest – Inter Girls Triple Jump (10.97m)
19. Martha Quain, Col an Chroi Naofa – Inter Girls Discus (31.91m)
20. Tirna Ni Chathail, PS na Trionoide – Inter Girls Hammer (48.74m)
21. Katie Moynihan, Davis College – Inter Girls Javelin (42.61m)
22. Conor Morey, PBC – Inter Boys 100m (11.07)
23. Colin Doyle, PBC – Inter Boys 200m (22.50)
24. Brian Lynch, CSN – Inter Boys 400mH (56.55)
25. Patrick Fitzgerald, St. Augustine's College Dungarvan – Inter Boys Pole Vault (3.00m)
26. David Ryan, Thurles CBS – Inter Boys Long Jump (6.64m)
27. Sean Carolan, St. Mary's Newport – Inter Boys Triple Jump (12.67m)

28. Liam McDonagh, Thurles CBS – Inter Boys 2km Walk (9.05.59)
29. Thurles CBS – Inter Boys 4 x 100m Relay (44.90)
30. Stephanie Cotter, Coachford College – Senior Girls 800m (2.15.72)
31. Aisling Kelly, Kilrush CS – Senior Girls 3km (10.20.06)
32. Kate Taylor, Colaiste Mhuire Ennis – Senior Girls 100mH (14.80)
33. Shona Dolken O'Shea, SP Bheara – Senior Girls 1500m S/C (5.23.13)
34. Cliodhna Blake, SM Kilmihil – Senior Girls High Jump (1.65m)
35. Laura Cussen, Colaiste Choilm Ballincollig – Senior Girls Pole Vault (3.00m)
36. Maebh Ni Dhalaigh, GC Mhuire AG – Senior Girls Javelin (31.49m)
37. Angharad Loughnane, GC Luimnigh – Senior Girls Discus (38.70m)
38. Daniel Ryan, Thurles CBS – Senior Boys Shot Putt (14.94m)
39. James Murphy, Ard Scoil na Mara – Senior Boys Long Jump (6.77m)
40. Travis Coomey, Bandon Grammer – Senior Boys Hammer (46.63m)
41. Tommy Connolly, CBC – U/16 Mile (4.31.53)
42. Fearghal Curtin, CBS Midleton – Senior Boys 5km (15.52.71)
43. Mercy Mount Hawk – Senior Girls 4 x 100m Relay (48.48)
44. Castletroy College – Senior Girls 4 x 300m (3.01.20)
45. Bandon Grammer – Senior Boys 4 x 100m Relay (43.61)



Bronze Medals

1. Sally Dixon, Crescent Comprehensive – Minor Girls 100m (12.86)
2. Oyinkan Adedeja, Colaiste Chiarain – Minor Girls 75mH (11.82)
3. Our Lady's Templemore – Minor Girls 4 x 100m Relay (53.05)
4. Patrick Ambrose, SMI Newcastlewest – Minor Boys 75mH (12.25)
5. Sean O'Mahony, SM Listowel – Minor Boys Long Jump (5.33m)
6. Chisom Ugwuere, St. Flannans – Junior Girls Triple Jump (9.92m)
7. Chisom Ugwuere, St. Flannans – Junior Girls 75mH (11.94)
8. Alannah Kelly, St. Augustine's College Dungarvan – Junior Girls Pole Vault (2.50m)
9. Nicola Tuthill, Col na Toirbhirte Bandon – Junior Girls Hammer (40.90m)
10. Katelyn Reid, PS Corca Dhuirbhne – Junior Girls Javelin (38.36m)
11. Bandon Grammer – Junior Girls 4 x 100m Relay (51.47)
12. Diro Lawal, Castletroy College – Junior Boys 200m (24.06)
13. Adam Turner, Col Christ Ri – Junior Boys Long Jump (5.76m)
14. Joshua Delaney, Nenagh College – Junior Boys Discus (38.38m)
15. Joshua Delaney, Nenagh College – Junior Boys Shot Putt (11.81m)

16. Noah McConway, St. Flannans – Junior Boys 1200m Walk (6.14.20)
17. Laura Hayes, Loreto Fermoy – Inter Girls 3km (10.24.81)
18. Aisling Cassidy Bandon Grammer – Inter Girls Triple Jump (10.75m)
19. Shaun Benson, St. Flannans – Inter Boys 100m (11.27)
20. Conor Morey, PBC – Inter Boys 200m (22.54)
21. Jack Pender, High School Clonmel – Inter Boys 400m (51.07)
22. Sean Carolan, St. Mary's Newport – Inter Boys Long Jump (6.48m)
23. Cian Kingston, Bandon Grammer – Inter Boys Discus (38.22)
24. Pdraig O'Callaghan, Col Christ Ri – Inter Boys Hammer (52.42m)
25. Avril Deegan, Presentation Thurles – Senior Girls 1500m (4.41.02)
26. Ella Nicholson, Bandon Grammer – Senior Girls Long Jump (5.59m)
27. Jade O'Farrell Bond, Borriskane CC – Senior Girls Hammer (40.15m)
28. Vicky Cusack, Davis College – Senior Girls Javelin (31.24m)
29. Anna O'Connor, Waterpark College – Senior Girls 3km Walk (16.08.82)
30. Angharad Loughnane, GC Luimnigh – Senior Girls Shot Putt (11.23m)
31. Lauren O'Grady, Mercy Mount Hawk – Senior Girls Discus (35.35m)
32. Bandon Grammer – Senior Girls 4 x 300m Relay (3.02.28)
33. Matthew Murnane, CBC – Senior Boys 800m (1.57.33)
34. Micheal Power, St. Augustine's College Dungarvan – Senior Boys 5km (16.02.00)
35. Shane Monagle, Ard Scoil na Mara – Senior Boys 110mH (15.05)
36. St. Declan's Kilmacthomas – Senior Boys 4 x 400m Relay (43.61)



Relay Results

1. Our Lady's Templemore Minor Girls 4 x 100m Relay – 3rd (53.05)
2. Bandon Grammer School Junior Girls 4 x 100m Relay – 3rd (51.47)
3. Castletroy College Senior Girls 4 x 100m Relay – 1st (48.02) **REC**
4. Mercy Mount Hawk Tralee Senior Girls 4 x 100m Relay – 2nd (48.48)
5. Castletroy College Senior Girls 4 x 300m Relay – 2nd (3.01.20)
6. Bandon Grammer Senior Girls 4 x 300m Relay – 3rd (3.02.38)
7. PBC Cork Intermediate Boys 4 x 100m Relay – 1st (44.26)
8. Thurles CBS Intermediate Boys 4 x 100m Relay – 2nd (44.90)
9. Bandon Grammer Senior Boys 4 x 100m Relay – 2nd (43.61)

10. St. Declan's Kilmacthomas Senior Boys 4 x 400m Relay – 3rd (3.32.36)



Schools Rankings

1. Minor Girls – 1st Colaiste Choilm Ballincollig (1)2
2. Junior Girls – 1st St. Flannan's Ennis (32), 3rd Colaiste Mhuire Buttevant (19)
3. Junior Boys – 2nd Mercy Mount Hawk (23)
4. Inter Girls – 1st SMI Newcastlewest (39)
5. Inter Boys – 1st Thurles CBS (51), 2nd PBC Cork (37)
6. Senior Girls – 1st Castletroy College (29) & Mercy Mount Hawk (29)

Full Results at www.munsterschoolsathletics.org

Extract dated 4th June 2017 from Athletics Ireland Website

Plethora of records fall at sensational Schools Championships

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Irish Life Health Championships live up to billing

The Irish Life Health All Ireland Schools Track and Field Championships lived up to its billing as a plethora of records were broken in Tullamore.

Mayo thrower Michaela Walsh (SM&P Swinford) was the standout performer. The Swinford student smashed her own Irish junior record when throwing 62.79m in the senior girls' hammer, moving her to second on the European rankings this year. She came back to win the shot put with another Irish junior record of 15.48m.

Ciara Neville (Castletroy College) also won on the double, winning the senior girls' 100m in a record of 11.52 and anchoring her school to victory in the 4x100m relay in a record of 48.02. Her performances also helped Castletroy to the senior girls' team title.

Newport's Sharlene Mawdsley also had eye catching performances winning the senior girls' 200m in 24.02 and then returning to smash the record in the 400m, clocking 53.99. Aaron Sexton of **Bangor Grammar powered his way to a sprint double in the intermediate boys'** category, setting records over both 100m in 10.72 and 200m in 21.43.

The sprinters were in sparkling form **and Mark Smyth (St Fintan's HS) won the senior 100m and 200m double** with Rhasidat Adeleke completing the same double in the junior girls.

Early doors Sommer Lecky (Strabane Academy) broke the long-**standing senior girls' high jump** record with 1.81m eclipsing the 1985 mark by Ursula Fay. Niamh Malone (Castleblaney) took a strong **win in the senior girls' 400m hurdles in 61.79** from Arlene Crossan (Loreto Letterkenny). Joseph McEvoy (St Anne's CC) was another high jumper to **catch the eye clearing 2 metres to win gold in the intermediate boys' and just missed out on the 2.01m record.**

The Ryan family made history on the day with five siblings competing on the same day **winning a total of 8 medals. Anna Ryan (Ursuline Thurles) won the junior girls' pole vault with a record of 2.92 beating Orla Coffey (St Angela's Cork) on countback.** Eldest Daniel (CBS Thurles) won the senior 110m hurdles and finished second in the shot put. David won double **silver in the intermediate boys' long jump and in the 4x100 relay for CBS Thurles helping the school to the intermediate boys' team title.** His brother Jack also played a key role winning **the intermediate shot put. Youngest Dillon was fourth in the junior boys' pole vault.**

In the minor girls' 800m Sadhbh Mohan (Mt Sackville) had to run a new record of 2:17.14 to beat Victoria Lightbody (Wallace HS Lisburn) 2:18.11 who was also under the old record. In the junior girls' 1200m walk the first three girls were all under the previous record. Emily McHugh (St Mary's Naas) was first across the line in 5:19.35 followed by Siofra O'Dea (SJ Spanish Point) in 5:23.52 and Jennifer Fidgeon (Loreto Mullingar) in 5:24.60.

Jordan Hoang won the senior boys' triple jump in a record of 14.84m. The Under 16 Boys Mile was arguably the race of the day with Aaron Cullen (Portmarnock CS) edging Tommy Connolly (CBS Cork) in 4:31.49 to 4:31.53.

Team wise St Mary's Galway became the first school from Connacht since the early 1970s to win the overall senior boys' College of Science Trophy with 49 points – clearly ahead of Belvedere College on 30.

