

9 National Indoor Records for Munster Athletes



Munster had a successful Irish Life Health National Juvenile Indoor Championships in AIT Arena on Saturday 25th, Sunday 26th March & Saturday 1st April. In individual competitions, **49 gold, 44 silver & 37 bronze** medals were won in total over the three days with **10** new National records being set by our athletes below:-

- **Kyle Ettoh, Leevale A.C.** – Boys U/13 Long Jump (5.11m)
- **Kyle Ettoh, Leevale A.C.** – Boys U/13 High Jump (1.65m)
- **Harry Nevin, Leevale A.C.** – Boys U/14 60mH (8.87)
- **Danny Kelly, Belgooly A.C.** – Boys U/14 Long Jump (5.83m)
- **Ailbhe Doherty, Ennis Track A.C.** – Girls U/15 800m (2.14.24)
- **Dillon Ryan, Moycarkey Coolcree A.C.** – Boys U/15 Pole Vault (2.71m)
- **Adam O'Dwyer, Moycarkey Coolcree A.C.** – Boys U/16 Pole Vault (3.25m)
- **Emma Coffey, Carraig na bhFear** – Girls U/17 Pole Vault (3.25m)
- **Gearoid McMahon, Shannon A.C.** – Boys U/18 1.5k Walk (6.11.90)
- **Daniel Ryan, Moycarkey Coolcree A.C.** – Boys U/19 60mH (8.16)



Among some of the stars that shone for Munster over the Championships were triple gold medal winners, **Reece Ademola, Leevale A.C.** (Boys U/15 60mH, Long Jump & High Jump) and **Daniel Ryan, Moycarkey Coolcroo A.C.** (Boys U/19 60mH, Long Jump & Shot Putt) who also set a National record of 8.16 in the 60mH.



Double gold medal winners were **Joseph McEvoy, Nenagh Olympic A.C.** (Boys U/17 60mH & High Jump) who also won bronze in the Long Jump; **Kyle Ettoh, Leevale A.C.** (Boys U/13 Long Jump & High Jump) who also set two new National records of 5.11m in the Long Jump & 1.65m in the High Jump; **Ava Rochford, Ennis Track A.C.** (Girls U/13 High Jump & Shot Putt) & **Ailbhe Doherty, Ennis Track A.C.** (Girls U/15 60m & 800m) who also set a new National record of 2.14.24 in the 800m. Other athletes who did very well over the three days of competition were **Darragh Minter, St. Mary's A.C. Clare**, 1st Boys U/17 Long Jump, 2nd Shot Putt & 60mH; **Niamh Foley, St. Mary's A.C. Limerick** who won gold in the Girls U/16 60mH, silver in the 200m & bronze in the 60m; **Hannah Falvey, Belgooly A.C.** won gold in the Girls U/12 60m & silver in the Long Jump; **Shane Monagle, Tramore A.C.** won gold in the Boys U/18 60mH & silver in the Long Jump; **Laura Frawley, St. Mary's A.C. Limerick** won gold in the Girls U/14 Long Jump & bronze in the 60mH; **Sophie Meredith, St. Mary's A.C. Limerick** won gold in the Girls U/17 Long Jump & bronze in the Shot Putt; **Wymin Sivakumar, Leevale A.C.** won gold in the Boys U/16 Long Jump & bronze in the 60mH; **Luke Brennan, Waterford A.C.** won gold in the Boys U/17 1500m & bronze in the 800m; **Glory Wenegieme, Belgooly A.C.** won double silver in the Boys U/14 800m & Long Jump & bronze in the 60m; **Rachel Bowler, Tralee Harriers A.C.** won double silver in the Girls U/19 Long Jump & Triple Jump; **Sean Carolan, Nenagh Olympic A.C.** who won silver in the Boys U/17 Long Jump & bronze in the Shot Putt & **James Murphy, Waterford A.C.** who won silver in the Boys U/18 Triple Jump & bronze in the Long Jump.

It was also a family affair for some of our Munster athletes with the **Ryan siblings from Moycarkey Coolcroo A.C.** taking home a big haul of 7 medals and two National records between them. Daniel won gold in the Boys U/19 60mH, Shot Putt & Long Jump a set a new National record of 8.16 in the 60mH, David won the Boys U/18 Long Jump, Jack won the Boys U/17 Shot Putt, Anna was 2nd in the Girls U/16 Pole Vault and Dillon won the Boys U/15 Pole Vault with a new National record of 2.71m.



The **Coffey sisters, Orla & Emma from Carraig na BhFear A.C.** also had a good weekend with younger sister Orla winning the Girls U/16 Pole Vault and Emma taking the Girls U/17 Pole Vault title with a new National record of 3.25m. The Meredith sisters Holly & Sophie also took home National medals with Sophie winning the Girls U/17 Long Jump & placing 3rd in the Shot Putt & younger sister Holly winning silver in the Girls U/16 High Jump.



Results

There were gold medals for:-

- **Hannah Falvey, Belgooly A.C.** – Girls U/12 60m (8.43)
- **Ceola Bergin, Templemore A.C.** – Girls U/12 Shot Putt (9.15m)
- **Jayden Carmody, Dooneen A.C.** – Boys U/12 60m (8.36)
- **Paddy Nagle, St. Cronan's A.C.** – Boys U/12 High Jump (1.31m)
- **Kyle Ettoh, Leevale A.C.** – Boys U/13 Long Jump (5.11m) **CBP**
- **Kyle Ettoh, Leevale A.C.** – Boys U/13 High Jump (1.65m) **CBP**
- **Ava Rochford, Ennis Track A.C.** – Girls U/13 High Jump (1.49m)
- **Ava Rochford, Ennis Track A.C.** – Girls U/13 Shot Putt (10.35m)
- **Lucy May Sleeman, Leevale A.C.** – Girls U/14 60mH (9.27)
- **Laura Frawley, St. Mary's A.C. Limerick** – Girls U/14 Long Jump (4.88m)

- **Katie Nolke, Ferrybank A.C.** – Girls U/14 High Jump (1.57m)
- **Harry Nevin, Leevale A.C.** – Boys U/14 60mH (8.87) **CBP**
- **Cian Spillane, Farranfore Maine Valley A.C.** – Boys U/14 800m (2.16.93)
- **Noah McConway, St. Cronan's A.C.** – Boys U/14 1k Walk (5.24.03)
- **Danny Kelly, Belgooly A.C.** – Boys U/14 Long Jump (5.83m) **CBP**
- **Geoffrey Joy O'Regan, Sunhill Harriers** – Boys U/14 High Jump (1.64m)
- **Reece Ademola, Leevale A.C.** – Boys U/15 60mH (9.11)
- **Reece Ademola, Leevale A.C.** – Boys U/15 Long Jump (5.95m)
- **Reece Ademola, Leevale A.C.** – Boys U/15 High Jump (1.71m)
- **Dillon Ryan, Moycarkey Coolcree A.C.** – Boys U/15 Pole Vault (2.71) **CBP**
- **Ailbhe Doherty, Ennis Track A.C.** – Girls U/15 60m (7.75)
- **Ailbhe Doherty, Ennis Track A.C.** – Girls U/15 800m (2.14.24) **CBP**
- **Aoife O'Sullivan, Liscarroll A.C.** – Girls U/15 High Jump (1.58m)
- **Niamh Foley, St. Mary's A.C. Limerick** – Girls U/16 60mH (8.93)
- **Orla Coffey, Carraig na BhFear A.C.** – Girls U/16 Pole Vault (2.75m)
- **Kylie Heinan, Ferrybank A.C.** – Girls U/16 High Jump (1.64m)
- **Daire O'Sullivan, Carraig na BhFear A.C.** – Boys U/16 1500m (4.23.78)
- **Wymin Sivakumar, Leevale A.C.** – Boys U/16 Long Jump (5.99m)
- **Shane Cawley, Waterford A.C.** – Boys U/16 Shot Putt (14.28m)
- **Adam O'Dwyer, Moycarkey Coolcree A.C.** – Boys U/16 Pole Vault (3.25m) **CBP**
- **Sophie Meredith, St. Mary's A.C. Limerick** – Girls U/17 Long Jump (5.61m)
- **Emma Coffey, Carraig na BhFear** – Girls U/17 Pole Vault (3.25m) **CPB**
- **Joseph McEvoy, Nenagh Olympic A.C.** – Boys U/17 60mH (8.38)
- **Joseph McEvoy, Nenagh Olympic A.C.** – Boys U/17 High Jump (1.94m)
- **Gabriel Kehinde, Ennis Track A.C.** – Boys U/17 60m (7.13)
- **Luke Brennan, Waterford A.C.** – Boys U/17 1500m (4.17.06)
- **Liam McDonagh, Moycarkey Coolcree** – Boys U/17 1.5k Walk (6.50.83)
- **Jack Ryan, Moycarkey Coolcree A.C.** – Boys U/17 Shot Putt (13.85m)
- **Darragh Minter, St. Mary's A.C. Clare** – Boys U/17 Long Jump (6.54m)
- **Orla O'Connor, Waterford A.C.** – Girls U/18 1.5k Walk (7.10.31)
- **Jo Keane, Ennis Track A.C.** – Girls U/18 800m (2.22.07)
- **Ciara Hickey, Blarney/Inniscara A.C.** – Girls U/18 Pole Vault (3.00m)
- **Shane Monagle, Tramore A.C.** – Boys U/18 60mH (8.10)
- **David Ryan, Moycarkey Coolcree A.C.** – Boys U/18 Long Jump (6.59m)
- **Gearoid McMahon, Shannon A.C.** – Boys U/18 1.5k Walk (6.11.90) **CBP**
- **Rebecca Kearney, Carraig na BhFear** – Girls U/19 1.5k Walk (8.38.13)
- **Daniel Ryan, Moycarkey Coolcree A.C.** – Boys U/19 60mH (8.16) **CBP**
- **Daniel Ryan, Moycarkey Coolcree A.C.** – Boys U/19 Shot Putt (15.34m)
- **Daniel Ryan, Moycarkey Coolcree A.C.** – Boys U/19 Long Jump (6.75m)



Silver medals went to:-

1. **Hannah Falvey, Belgooly A.C.** – Girls U/12 Long Jump (4.31m)
2. **John Cashman, Leevale A.C.** – Boys U/12 60m (8.41)
3. **Killian Power, Carrick-On-Suir A.C.** – Boys U/12 Long Jump (4.30m)
4. **John Murphy, Liscarroll A.C.** – Boys U/12 High Jump (1.31m)
5. **Ronan Walsh, Shannon A.C.** – Boys U/13 600m (1.39.70)
6. **Joel Joseph, Midleton A.C.** – Boys U/13 Long Jump (4.74m)
7. **Timmy Wilk, Ballymore Cobh A.C.** – Boys U/13 High Jump (1.45m)
8. **Kate O'Regan, Riverstick Kinsale A.C.** – Girls U/13 60mH (10.07)
9. **Ella Scott, Leevale A.C.** – Girls U/14 60mH (9.28)
10. **Maeve O'Neill, Doheny A.C.** – Girls U/14 800m (2.18.46)
11. **Glory Wenegieme, Belgooly A.C.** – Boys U/14 800m (2.17.54)
12. **Glory Wenegieme, Belgooly A.C.** – Boys U/14 Long Jump (4.95m)
13. **Sean Kavanagh, Midleton A.C.** – Boys U/14 High Jump (1.55m)
14. **Hollie McCarthy, Liscarroll A.C.** – Girls U/15 60m (8.01)
15. **Katie Killagrew, West Waterford A.C.** – Girls U/15 Pole Vault (2.20m)
16. **Aimee Hayde, Newport A.C.** – Girls U/15 800m (2.16.02)
17. **Ava Coyle, Riverstick Kinsale A.C.** – Girls U/15 Long Jump (5.10m)
18. **Ciaran Hurley, Carraig na BhFear A.C.** – Boys U/15 1k Walk (5.25.97)
19. **Hugh Collins, Leevale A.C.** – Boys U/15 Long Jump (5.30m)
20. **Ciaran O'Sullivan, St. Mary's A.C. Limerick** – Boys U/15 High Jump (1.68m)
21. **Nikolka Stevankova, Dooneen A.C.** – Girls U/16 60m (7.66)
22. **Niamh Foley, St. Mary's A.C. Limerick** – Girls U/16 200m (25.42)
23. **Ava Fennessy, Clonmel A.C.** – Girls U/16 800m (2.19.84)
24. **Siofra O'Dea, Kilmurray/Ibrickane A.C.** – Girls U/16 1.5k Walk (6.46.58)
25. **Anna Ryan, Moycarkey Coolcree A.C.** – Girls U/16 Pole Vault (2.75m)
26. **Holly Meredith, St. Mary's A.C. Limerick** – Girls U/16 High Jump (1.64m)
27. **Ciara Sheehy, Liscarroll A.C.** – Girls U/16 Shot Putt (13.90m)
28. **Daniel Hurley, Leevale A.C.** – Boys U/16 60m (7.40)
29. **Colin Doyle, Leevale A.C.** – Boys U/17 60m (7.16)
30. **Ryan O'Leary, Leevale A.C.** – Boys U/17 200m (22.88)
31. **Darragh Minter, St. Mary's A.C. Clare** – Boys U/17 60mH (8.44)
32. **Darragh Minter, St. Mary's A.C. Clare** – Boys U/17 Shot Putt (13.66m)

33. **Patrick Fitzgerald, West Waterford A.C.** – Boys U/17 Pole Vault (3.00m)
34. **Sean Carolan, Nenagh Olympic A.C.** – Boys U/17 Long Jump (6.26m)
35. **Shona O'Brien, Gneeveguilla A.C.** – Girls U/18 1500m (4.52.65)
36. **Sean Mockler, Moycarkey Coolcree A.C.** – Boys U/18 Shot Putt (13.85m)
37. **James Murphy, Waterford A.C.** – Boys U/18 Triple Jump (12.73m)
38. **Shane Monagle, Tramore A.C.** – Boys U/18 Long Jump (6.59m)
39. **Aisling Kelly, St. John's A.C.** – Girls U/19 1500m (4.49.68)
40. **Angharad Loughnane, Marian A.C.** – Girls U/19 Shot Putt (11.58m)
41. **Katie Walsh, Carraig na BhFear A.C.** – Girls U/19 High Jump (1.60m)
42. **Rachel Bowler, Tralee Harriers A.C.** – Girls U/19 Triple Jump (10.59m)
43. **Rachel Bowler, Tralee Harriers A.C.** – Girls U/19 Long Jump (5.02m)
44. **Dion Ryan, Waterford A.C.** – Boys U/19 High Jump (1.90m)



Bronze medals were won by:-

1. **Denis Matthews, Dooneen A.C.** – Boys U/12 60m (8.51)
2. **John Murphy, Liscarroll A.C.** – Boys U/12 600m (1.42.43)
3. **Grace Rooney, Youghal A.C.**- Girls U/13 60m (8.24)
4. **Jessica Lyne, Leevale A.C.** – Girls U/13 60mH (10.32)
5. **Kotryna Pacewisakeme, Fanahan McSweeney A.C.** – Girls U/13 Shot Putt (9.12m)
6. **Sean Carmody, Belgooly A.C.** – Boys U/13 60m (8.31)
7. **Laura Frawley, St. Mary's A.C. Limerick** – Girls U/14 60mH (9.36)
8. **Maeve O'Connor, Waterford A.C.** – Girls U/14 1k Walk (5.48.04)
9. **Glory Wenegieme, Belgooly A.C.** – Boys U/14 60m (7.86)
10. **Armand Schoeman, Templemore A.C.** – Boys U/15 60mH (9.33)
11. **Armand Schoeman, Templemore A.C.** – Boys U/15 60m (7.75)
12. **Claire Caulfield, Waterford A.C.** – Girls U/15 1k Walk (5.02.21)
13. **Megan Lenihan, North Cork A.C.** – Girls U/15 Shot Putt (12.36m)
14. **Niamh Foley, St. Mary's A.C. Limerick** – Girls U/16 60m (7.74)
15. **Lia Farley, Riverstick Kinsale A.C.** – Girls U/16 Long Jump (5.10m)
16. **Wymin Sivakumar, Leevale A.C.**- Boys U/16 60mH (8.51)
17. **Robert Twomey, Leevale A.C.** – Boys U/16 200m (23.84)
18. **Ryan McCraith, West Waterford A.C.** – Boys U/16 Pole Vault (2.60m)
19. **Gary Randles, Kenmare A.C.** – Boys U/16 Shot Putt (12.54m)

20. **Lauren O'Leary, Emerald A.C.** – Girls U/17 Long Jump (7.82)
21. **Sophie Meredith, St. Mary's A.C. Limerick** – Girls U/17 Shot Putt (11.42m)
22. **Paul O'Shaughnessy, Dooneen A.C.** – Boys U/17 60m (7.27)
23. **Sean Carolan, Nenagh Olympic A.C.** – Boys U/17 Shot Putt (13.27m)
24. **Sam O'Neill, West Waterford A.C.** – Boys U/17 Pole Vault (3.00m)
25. **Joseph McEvoy, Nenagh Olympic A.C.** – Boys U/17 Long Jump (6.17m)
26. **Conor Morey, Leevale A.C.** – Boys U/17 200m (22.96)
27. **Luke Brennan, Waterford A.C.** – Boys U/17 800m (2.00.52)
28. **Dave McInerney, Bandon A.C.** – Boys U/18 60m (7.18)
29. **Ben Donovan, Abbey Striders A.C.** - Boys U/18 High Jump (1.85m)
30. **Katie Murphy, Ferrybank A.C.** – Girls U/18 60m (7.89)
31. **Anna O'Connor, Waterford A.C.** – Girls U/18 1.5k Walk (7.37.22)
32. **Clodagh Walsh, Abbey Striders A.C.** – Girls U/18 Pole Vault (2.75m)
33. **Lorna Monahan, Ferrybank A.C.** – Girls U/18 Triple Jump (10.21m)
34. **Eoin Kenny, Waterford A.C.** – Boys U/18 200m (23.10)
35. **James Murphy, Waterford A.C.** – Boys U/18 Long Jump (6.09m)
36. **Emily Nolan, Ferrybank A.C.** – Girls U/19 200m (25.66)
37. **Diarmuid Clancy, Abbey Striders A.C.** – Boys U/19 400m (50.74)



In the Relay competitions on Saturday 25th March, Munster Clubs won **23 sets of medals (11 gold, 8 silver & 4 bronze)** with over half the medals won by two Clubs, Dooneen A.C. (4 gold, 2 silver & 2 bronze) & Leevale A.C. (3 gold, & 2 silver). Details of medal winners below:-

Girls U/12 4 x 100m

- 1st Dooneen A.C. (57.78)
- 2nd Leevale A.C. (57.82)



Boys U/12 4 x 100m

- 1st Dooneen A.C. (54.78)
- 3rd Carrick-On-Suir A.C. (56.61)



Girls U/13 4 x 100m

- 1st Riverstick Kinsale A.C. (55.39)

Boys U/13 4 x 100m

- 1st Dooneen A.C. (53.63)
- 2nd Midleton A.C. (53.67)

Girls U/14 4 x 200m

- 1st Dooneen A.C. (1.52.33)
- 2nd Leevale A.C. (1.52.40)

Boys U/14 4 x 200m

- 2nd Belgooly A.C. (1.48.07)

- 3rd Nenagh Olympic A.C. (1.48.76)

Girls U/15 4 x 200m

- 3rd Dooneen A.C. (1.50.79)

Boys U/15 4 x 200m

- 1st Templemore A.C. (1.42.36)
- 2nd Dooneen A.C. (1.45.56)

Girls U/16 4 x 200m

- 3rd Dooneen A.C. (1.48.80)

Boys U/16 4 x 200m

- 1st Leevale A.C. (95.21)

Girls U/17 4 x 200m

- 2nd Dooneen A.C. (1.48.17)

Boys U/17 4 x 200m

- 1st Leevale A.C. (1.33.43)

Girls U/18 4 x 200m

- 1st Carrick-On-Suir A.C. (1.44.97)
- 2nd Emerald A.C. (1.45.05)

Boys U/18 4 x 200m

- 1st Leevale A.C. (1.33.40)

Girls U/19 4 x 200m

- 1st Emerald A.C. (1.43.86)
- 2nd Ferrybank A.C. (1.43.94)

Congratulations & well done to all our athletes. Full results at www.munsterathletics.com.