

Munster Schools Athletics



2017 Review

Munster Schools Athletics Association 2017 Review

2017 has been another hugely successful year for Munster Schools Athletics with our athletes excelling on national & international teams throughout the year in a wide range of events winning a total of 15 individual international medals (2 gold, 6 silver & 7 bronze) (up 4 from last year) 5 out of 8 of the Irish Schools Cups at the Irish Life Health T&F Championships, 41 Irish Schools titles over T&F and Cross Country (37 T&F, 2 XC & 2 CE) & 44 Tailteann medals (20 gold, 12 silver & 12 bronze) up from 29 last year together with the Boys Tailteann Trophy which was last won by Munster in 1991. Munster athletes also set 11 Munster T&F records and 7 Irish Schools records over the year.

Some of the year's highlights are set out below: -

- Munster had **4** representatives (**Brian Lynch & Darragh Minter (Inter Boys), Aisling Cassidy (Inter Girls) & Orla Coffey (Junior Girls)**) on the Irish team for the Schools Combined Events International in Glasgow in November 2017 with our best performance coming from **Brian Lynch, Colaiste of Spioraid Naomh** who placed 6th in the Intermediate Boys.
- **6** Munster athletes (**Diarmuid O'Connor (Junior Boys), Tony Odubote, Shane Monagle, Joseph & Darragh Minter (Intermediate Boys) & Vickie Cusack, (Intermediate Girls)**) competed on the Irish team for the Schools International in AIT International Arena in December 2016 with **Tony Odubote, Rice College, Ennis** winning individual silver in the Intermediate Boys competition & **Diarmuid O'Connor, Colaiste Choilm, Ballincollig** finishing 4th just two points outside the medals.
- **Darragh McElhinney, Colaiste Phobail Bheantraí & Aimee Hayde, St. Mary's Newport** were the standout performers for Munster at the Irish Life Health Irish Schools Cross Country Championships in Mallusk, Co. Antrim on Saturday 11th March. **McElhinney**, ran a superb race in the Inter Boys competition winning in 20:07. **Aimee Hayde, St. Mary's Newport** put in a super run in the Junior Girls race to take gold and the National title winning in 10.28. There were super silver medal wins for **Dylan Casey, St. Flannan's College, Ennis** in the Minor Boys race & **Laura Hayes, Loreto Fermoy** in the Intermediate Girls competition with a brilliant bronze medal for **Stephanie Cotter, Coachford College** in the Senior Girls race. Podium finishes also went to **Niamh Cunneen, St. Mary's Nenagh (5th Minor Girls), Dean Casey, St. Flannan's College, Ennis (4th Minor Boys), Paul Hartnett, Colaiste an Chraoibhin Fermoy (5th Junior Boys), Jake McCarthy, Pobail Scoil na Trionoide Youghal (6th Inter Boys), Avril Deegan, Presentation Thurles (4th Senior Girls), Claire Rafter, Ursuline Thurles (5th Senior Girls), Fiona Everard, MICC Dunmanway (6th Senior Girls), Charlie O'Donovan, Colaiste Chríost Rí Cork (4th Senior Boys) & Micheal Power, St. Augustine's Dungarvan (6th Senior Boys).**
- **7** Munster athletes competed on the SIAB Schools Cross Country International Teams on Saturday 19th March in Scotland with individual gold for **Darragh McElhinney, Colaiste Phobail Bheantraí** in the Intermediate race and silver team medals for **Darragh, Christopher O'Reilly, Douglas Community School, Thomas Connolly, Christian Brothers College Cork & Jake McCarthy, Pobailscoil na Trionoide, Youghal. Aimee Hayde, St. Mary's Newport** gave a great account of herself in her first international competition coming home as 1st Irish athlete in 5th place in a time of 15.39 in the Junior Girls race.

- The Irish Life Health Munster Schools Track & Field Championships took place on Saturday 20th May 2017 in Cork I.T. Among the athletes who shone on the day were our **8 record breakers** - **Emily Wall, Colaiste Choilm Ballincollig** (Minor Girls 75m Hurdles), **Ciara Sheehy, St. Mary's Charleville** (Junior Girl's Shot Putt), **Anna Ryan, Ursuline Thurles** (Junior Girls Pole Vault), **Tírna Ni Chathail, Pobalscoil na Trionoide** (Intermediate Girls Hammer), **Tara Ramasawmy, Presentation Waterford** (U/16 Girl's Mile), **Patrick Ambrose, SMI Newcastle West** (Minor Boys 75mH), **Mark Collins, Bandon Grammer** (Minor Boys Shot Putt) & **Mercy Mount Hawk Tralee** (Senior Girls 4x100 Meter Relay).
- At the Irish Life Health Irish Schools Track & Field Championships in Tullamore Stadium on Saturday 3rd June 2017, Munster athletes were in fine form winning 37 individual Schools titles, 40 silver medals & 33 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. Munster had 7 Record breaking Irish Schools performances from its athletes - **Sharlene Mawdsley, St. Mary's Newport** (Senior Girls 400m); **Ciara Neville, Castletroy College** (Senior Girls 100m), **Megan Lenihan, Hazelwood College** (Junior Girls Discus); **Anna Ryan, Ursuline Thurles** (Junior Girls Pole Vault), **Ciara Sheehy, St. Mary's Charleville** (Junior Girls Shot Putt), **Mark Collins, Bandon Grammer** (Minor Boys Shot Putt) & **Castletroy College** (Senior Girls 4 x 100m Relay).
- The **Ryan siblings** representing **Thurles CBS & the Ursuline Thurles** made Irish Schools history when all five of them lined out to compete at the Irish Life Health Irish Schools Track & Field Championships in June 2017 taking home 8 medals & one record between them (3 gold & 5 silver).
- At the Irish Life Health Tailteann Interprovincial Schools Championships on Saturday 24th June in Morton Stadium, Munster athletes came to the fore on both the track and in the field winning the Boys Tailteann trophy for the first time since 1991. Our girls won 20 individual medals (9 gold, 5 silver & 6 bronze) with our boys winning 24 individual medals (11 gold, 7 silver & 6 bronze) bringing Munster's medal haul to a fine figure of 44 (20 gold, 12 silver & 12 bronze). Other highlights of the day were **Alannah Neff, Carrigaline CS** setting a new record of 5.08.51 in the 1500m Steeplechase, **Aimee Hayde, St. Mary's Newport** winning the Jack Sweeney Perpetual Trophy for the Best 1500m, **Ben Donovan, Middleton College** winning the Harold Osborn Trophy for Best High Jumper after a jump off between **Ciaran Connolly, Colaiste Chiarain, Leixlip** which Ben won clearing a pb of 2.00m & **Ciara Sheehy, St. Mary's Charleville** who won the Fr. Lonergan Trophy for the Best Female performance of the Championships when she threw 14.75m in the Shot Putt to take gold.
- The SIAB Schools U/17 Track & Field International took place on home soil in Morton Stadium, Santry on Saturday 15th July 2017 with Munster athletes taking home 13 individual medals in total (1 gold, 5 silver & 7 bronze), almost double their medal tally from last year (7) and 6 Relay medals (1 gold & 5 bronze). There was a gold medal win for **Darragh McElhinney, Colaiste Phobail Bheantraí** in the 1500m when he ran 3.59.2. **David McInerney, Hamilton High School** also won gold in the 100m Non-Scoring race on the day with a time of 11.37. **Miriam Daly, Scoil Mhuire COS**, the Irish Girls' team Captain, took home silver in the 300mH in a time of 44.62 and was also part of the Irish Girls 4 x 300m that won bronze. Silver medals were also won by **Aimee Hayde, St. Mary's Newport** in the 1500m (4.33.99), **Megan Lenihan, Hazelwood College** in the Discus (40.22m), **Caitlin Kennedy, St. John the Baptist Hospital** in the High Jump (1.71m) and **Liam McDonagh,**

Thurles CBS in the 3km Walk (14.58.07). Bronze medals went to **Ailbhe Doherty, St. Flannan's College Ennis** in the 300m (40.31) and 4 x 300m; **Jo Keane, St. Flannan's College Ennis** in the 800m (2.12.19), **Ciara Kennelly, St. Brigid's Killarney** in the High Jump (1.67m), **Ciara Sheehy, St. Mary's Charleville** in the Shot Putt (14.76m), **Sophie Meredith, SMI Newcastlewest** in both the Long Jump (5.85m) and the Triple Jump (11.20m) and **Sean Mockler, Thurles CBS** in the Discus (50.13m).

- The Munster Schools Combined Events Championships was back to its usual venue of Nenagh Indoor Stadium and took place on Wednesday 11th October. 132 athletes took part in total (36 Minor Boys, 16 Junior Boys, 18 Intermediate Boys, 9 Senior Boys, 24 Minor Girls, 17 Junior Girls, 10 Intermediate Girls & 2 Senior Girls). There were three new records on the day - **Vickie Cusack, Davis College** set a new record in the Senior Girls competition of 2914 points to better the record of 2622 points held by Grace McKenzie, Crosshaven, **Harry Nevin, Rochestown College** scored 2857 points in the Minor Boys competition to beat the record of 2103 points held by Reece Ademola, Douglas CS with **Eoin Kenny, DLS Waterford** scoring 2579 points in the Senior Boys category to break the existing record of 2467 points held by Paul White, Nenagh CBS.
- The Irish Life Health Irish Schools Combined Events Championships took place in AIT International Arena on Saturday 28th October 2017. A squad of 24 Munster athletes travelled to the venue for the competition as contestants from the four provinces battled it out for coveted Irish Schools titles & places on the Irish Junior & Intermediate International Schools Teams. Munster athletes won 8 medals in total (2 gold, 2 silver & 4 bronze) – Gold for **Vickie Cusack, Davis College Mallow (Senior Girls) & Harry Nevin, Rochestown College (Minor Boys)**, silver medals for **Ava Coyle, Kinsale Community School (Minor Girls) & Eoin Kenny, DLS Waterford (Senior Boys)** & bronze for **Katie Nolke, Ursuline Waterford (Minor Girls), Aisling Cassidy, Bandon Grammer (Inter Girls), Mark Carroll, Nenagh CBS (Minor Boys) & Brian Lynch, Colaiste an Spioraid Naoimh (Inter Boys)**.

Full report (42 pages) can be found at www.munsterschoolsathletics.org or www.munsterathletics.com.

Schools International Combined Events – 10th December 2016

Silver for Odubote



The Schools International Combined Events Championships took place for a historic first time on Irish soil in AIT International Arena on Saturday 10th December 2016. Moving from its usual venue of the Emirates Arena in Glasgow, the Irish Schools Athletics Association hosted the International in the year it celebrated its 100th year in existence. The Irish Team won two individual silver medals (**Anna McCauley**, Intermediate Girls & **Tony Odubote** Intermediate Boys) as well as two team silvers & one team bronze.



Munster had **6** representatives on the Irish team with four of them making up the entire Intermediate Boys Irish team. The star performance for Munster came from **Tony Odubote, Rice College Ennis** who won an individual silver medal in the Intermediate Boys competition. Tony scored a total of 3594 points (60mH 8.36, Shot Putt 10.88m, 200m 22.71, Long Jump 6.28m, 800m 2.03.94). **Shane Monagle, Ard Scoil na Mara** was next home finishing 9th overall, scoring a total of 3287 points with brothers, **Joseph & Darragh Minitier, Ennistymon CBS** making up the rest of the Irish team finishing in 10th & 13th places on 3223 & 3182 points. The four boys won a bronze medal in the team event with 10104.



In the Junior Boys competition, **Diarmuid O'Connor, Colaiste Choilm Ballincollig** had a great performance scoring a total of 3158 points & just missing out on a bronze medal by 2 points. He led the Irish team home to silver team medals behind England. **Vickie Cusack, Davis College Mallow** also competed well taking part in the Intermediate Girls competition to finish in 10th place overall on 3309 points winning a silver team medal with the Irish team.

Irish Life Health Munster Schools Cross Country Championships, 16th February 2017



The Irish Life Health Munster Schools Cross Country Championships took place in Tramore Valley Park, Cork City on Thursday 16th February 2017.

Sarah Hosey, Castletroy College was the winner of the Minor Girls race with silver for **Niamh Cunneen, St. Mary's Nenagh** & bronze for **Kate Redmond, Kinsale Community School**. **St. Mary's Nenagh** won team gold with silver for **Kilrush Community School** & bronze for **Kinsale Community School**. In the Minor Boys competition, **St. Flannan's Ennis** made it a 1, 2 & 3 with medals for **Dean and Dylan Casey** and **Luke Griffin**. Team honours went to **Thurles CBS, St. Flannan's Ennis & SMI Newcastlewest**.

In the Junior Girls competition, **Aimee Hayde, St. Mary's Newport** won gold with silver for **Una O'Brien, Waterpark College** & bronze for **Shannon Cotter, Coachford College**. **Rice College**

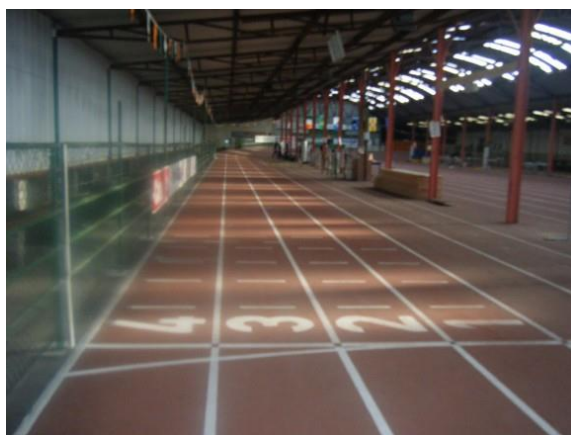
Ennis won team gold with silver for **St. Augustine's Dungarvan** & bronze for **Kilrush Community School**. **Paul Hartnett, Colaiste an Chraoibhin Fermoy** won the Junior Boys race with silver for **Matteo Mary, St. Declan's Kilmacthomas** & bronze for **Mark Hanrahan, St. Flannan's Ennis**. First 3 teams were **St. Flannan's Ennis, Ennistymon CBS** and **Mercy Mount Hawk Tralee**.

Laura Hayes, Loreto Fermoy, Tamzin Muldowney, St. Mary's Midleton & Shona O'Brien, Presentation Milltown were the top 3 winners of the Intermediate Girls race with **Colaiste Muire Ennis** taking the team title, silver for **Loreto Fermoy** & bronze for **Ursuline Waterford**. **Darragh McElhinney, Colaiste Pobail Bheantraí** won the Intermediate Boys title with silver for **Jake McCarthy, Pobalscoil na Tríonoide Youghal** & bronze for **Christopher O'Reilly, Douglas Community School**. There was team gold for **Christian Brothers College Cork** with silver for **St. Flannan's Ennis** & bronze for **Thurles CBS**.

In the Senior Girls competition, there was gold for **Stephanie Cotter, Coachford College**, silver for **Avril Deegan, Presentation Thurles** & bronze for **Shauna Dolken, Scoil Phobail Bheara**. Team prizes went to **Presentation Thurles, Waterpark College** and **Ursuline Thurles**. **Fearghal Curtin, Midleton CBS** was the winner of the Senior Boys race with silver for **Charlie O'Donovan, Colaiste Chriost Ri** & bronze for **Eoghan Beary, Crescent Comprehensive**. Gold in the team competition went to **St. Flannan's Ennis**, with silver for **Colaiste Chriost Ri Cork** & bronze for **Waterpark College**.



Munster Schools Indoor Games, Tuesday 7th March 2017



Online entry was introduced for the first time this year for the Munster Schools Indoor Games in Nenagh Indoor Stadium on Tuesday 7th March. Like last year, huge numbers were the order of the day. With

the aim of introducing pupils to athletics for the first time, the competitions ran from Minor to Junior to Intermediate Boys & Girls competitions with an Open Boys & Girls High Jump. Relays proved very popular on the day with 29 schools taking part in the various age groups. Sixty-three Munster schools took part on the day with all counties well represented.

Irish Life Health Irish Schools Cross Country Championships, 11th March 2017

Irish Life Health Irish Schools Titles for McElhinney & Hayde



Darragh McElhinney, Colaiste Phobail Bheanntrai & Aimee Hayde, St. Mary's Newport were the standout performers for Munster at the Irish Life Health Irish Schools Cross Country Championships in Mallusk, Co. Antrim on Saturday 11th March. **McElhinney**, ran a superb race in the Inter Boys competition having a turn of pace up the back hill on the second lap that left his rivals in his wake. The sheer pace of the move was a remarkable sight as he built a 30m lead in less than ten seconds. From there the Bantry schoolboy extended his lead to win in 20:07. **Aimee Hayde, St. Mary's Newport** put in a super run in the Junior Girls race to take gold and the National title winning in 10.28, 9 seconds ahead of the silver medalist Amelia Kane, Strathearn, Belfast. There were super silver medal wins for **Dylan Casey, St. Flannan's College, Ennis** in the Minor Boys race & **Laura Hayes, Loreto Fermoy** in the Intermediate Girls competition with a brilliant bronze medal for **Stephanie Cotter, Coachford College** in the Senior Girls race.

Podium finishes also went to **Niamh Cunneen, St. Mary's Nenagh (5th Minor Girls)**, **Dean Casey, St. Flannan's College, Ennis (4th Minor Boys)**, **Paul Hartnett, Colaiste an Chraoibhin Fermoy (5th Junior Boys)**, **Jake McCarthy, Pobail Scoil na Trionoide Youghal (6th Inter Boys)**, **Avril Deegan, Presentation Thurles (4th Senior Girls)**, **Claire Rafter, Ursuline Thurles (5th Senior Girls)**, **Fiona Everard, MICC Dunmanway (6th Senior Girls)**, **Charlie O'Donovan, Colaiste Chriost Ri Cork (4th Senior Boys)** & **Micheal Power, St. Augustine's Dungarvan (6th Senior Boys)**.

Other Munster athletes who performed very well to finish in the top 12 were: -

- Sarah Hosey, Castletroy College 8th Minor Girls, Ailbhe O'Neill, St. Mary's Nenagh 10th Minor Girls, Ellen Cunneen, St. Mary's Nenagh 12th Minor Girls, Shannon Cotter, Coachford College 8th Junior Girls, Una O'Brien, Waterpark College 10th Junior Girls, Tommy Connolly, Christian

Brothers College 8th Inter Boys, Chris O'Reilly, Douglas Community School 9th Inter Boys, Shauna Dolken, Scoil Phobail Bheara 9th Senior Girls & Eoghan Beary, Crescent Comprehensive 12th Senior Boys



In the team competitions, Munster schools took home 1 gold (**St. Mary's Newport**) & 3 bronze (**Presentation Thurles & St. Flannan's College Ennis**). **St. Mary's Nenagh** took the title in the Minor Girls with 7th for Kilrush Community School. **St. Flannan's College Ennis** took bronze in the Minor Boys with 7th for **Thurles CBS** & 11th for **SMI Newcastlewest**. In the Junior Girls, **Rice College Ennis** were 5th, **St. Augustine's Dungarvan** were 7th & the **Loreto Fermoy** came home in 11th. In the Junior Boys, **St. Flannan's College Ennis** were 7th with **Mercy Mount Hawk Tralee** in 8th. In the Inter Girls competition, **Loreto Fermoy** were 4th, **Colaiste Muire Ennis** were 6th & the **Ursuline Waterford** finished 8th. In the Inter Boys competition, the **Christian Brother College Cork** finished 6th, **St. Flannan's Ennis** were 7th & **Thurles CBS** 9th. In the Senior Girls race, there was bronze for the **Presentation Thurles**, 4th place for **Waterpark College** & 5th place for the **Ursuline Thurles**. **St. Flannan's Ennis** were 3rd in the Senior Boys with **Colaiste Christ Ri Cork** in 6th & **Waterpark College** in 8th place.

SIAB Schools Cross Country International, 25th March 2017

Gold for McElhinney at SIAB XC



The SIAB Schools Cross Country International was held in Margram Park, Port Talbot, Wales on Saturday 25th March. **7** Munster athletes were selected to compete for Ireland –

Junior Girls

- Aimee Hayde, St. Mary's Newport
- Shannon Cotter, Coachford College

Intermediate Girls

- Laura Hayes, Loreto Fermoy

Intermediate Boys

- Darragh McElhinney, Colaiste Pobail, Bheantraí
- Christopher O'Reilly, Douglas Community School
- Thomas Connelly, Christian Brothers College Cork
- Jake McCarthy, Pobailscoil na Tríonoide, Youghal

Darragh McElhinney, Colaiste Pobail, Bheantraí had a magnificent victory in the Intermediate Boys race running 19.05 to take gold with 14 seconds to spare over English athlete, Lachlan Wellington. Next Munster athlete home was **Christopher O'Reilly, Douglas Community School** in 11th (20.18), **Thomas Connelly, Christian Brothers College Cork** in 16th (20.41) & **Jake McCarthy, Pobailscoil na Tríonoide, Youghal** in 31st place (22.05) with the Irish team finishing in silver medal position behind England. In the Intermediate Girls race, **Laura Hayes, Loreto Fermoy** was the first athlete home for Munster & second for Ireland in 15th place overall in a time of 17.38 with the Irish Girls team finishing 4th overall. In the Junior Girls race, **Aimee Hayde, St. Mary's Newport** gave a great account of herself in her first international competition coming home as 1st Irish athlete in 5th place in a time of 15.39 with **Shannon Cotter, Coachford College Cork** in 29th place in 17.38. The Irish Girls' team finished 4th overall.



Irish Life Health Irish Schools T&F Championships, 20th May 2017

8 New Records at Munster Championships

The Irish Life Health Munster Schools Track & Field Championships took place on Saturday 20th May 2017 in Cork I.T. Among the athletes who shone on the day were our **8 record breakers** with the oldest records to fall dating back to 1982 & 1988: -

- **Emily Wall, Colaiste Choilm Ballincollig** ran 11.91 in the Minor Girls 75m Hurdles to break the existing record of 12.64 set by Chisom Ugwera, St. Flannan's Ennis in 2016.
- **Ciara Sheehy, St. Mary's Charleville** threw the Junior Girl's Shot out to 14.58m to smash her own record of 13.04m set in 2016.
- **Anna Ryan, Ursuline Thurles** vaulted 2.90m in the Junior Girls Pole Vault to smash the record of 2.70m set in 2011 by Kayleigh Cronin, St. Brigid's, Killarney.
- **Tírna Ni Chathail, Pobalscoil na Tríonoide** set a record of 48.63m in the Intermediate Girls Hammer to break the record of 48.32m set by Alice Akers, Scariff CC in 2013.
- **Tara Ramasawmy, Presentation Waterford** ran 5:30.09 in the U/16 Girl's Mile to better the time of 5.35.55 set by Shona O'Brien, Presentation Milltown in 2016.
- **Patrick Ambrose, SMI Newcastle West** ran 12.13 in the Minor Boys 75mH to break the record of 12.46 set by Jamie O'Brien, Mercy Mount Hawk in 2016.
- **Mark Collins, Bandon Grammer** threw 14.13 in the Minor Boys Shot Putt to break the record of 13.52m set by E. Carey, St. Michael's Listowel in 1982.
- **Mercy Mount Hawk Tralee Senior Girls 4x100 Meter Relay** ran 49.44 to break the record of 49.70 set by St. Mary's Nenagh in 1988.



Winners of Senior Girls 100m & 400m – Sharlene Mawdsley, St. Mary's Newport

Having already run 23.85m indoors for the 200m and attained the "A" standard for the European Junior Track & Field Championships, **Sharlene Mawdsley, St. Mary's Newport** continued her great form powering her way home to double Munster Schools titles in the Senior Girls 100m & 400m.

Ciara Sheehy, St. Mary's Charleville attained another EYOF qualifying standard in the Shot Putt when she threw 14.53m in the Junior Girls Shot Putt.

Double gold medal winners were: -

- **Ailbhe Doherty, St. Flannan's** (double gold in Minor Girls 200m & 80m);
- **Chisom Ugweru, St. Flannan's** (double gold in Junior Girls 75mH & Triple Jump);
- **Megan Lenihan, Hazelwood College** (double gold in Junior Girls Discus & Javelin);
- **Ciara Sheehy, St. Mary's Charleville** (double gold in Junior Girls Shot Putt & Hammer);
- **Niamh Foley, SMI Newcastlewest** (double gold in Inter Girls 100m & 200m);
- **Miriam Daly, Scoil Mhuire COS** (double gold in the Inter Girls 80mH & 300mH);
- **Kate Taylor, Colaiste Muire Ennis** (double gold in Senior Girls Long Jump & 100mH);
- **Sharlene Mawdsley, St. Mary's Newport** (double gold in Senior Girls 100m & 400m);
- **Stephanie Cotter, Coachford College** (double gold in Senior Girls 800m & 1500m);
- **Angharad Loughnane, GS Luimnigh** (double gold in Senior Girls Shot Putt & Discus);
- **Sean Mockler, Thurles CBS** (double gold in Inter Boys Hammer & Discus);

- **Jamie Mitchell, Ard Scoil Rís** (double gold in Senior Boys 100m & 200m);
- **Daniel Ryan, Thurles CBS** (double gold in Senior Boys 100mH & Shot Putt).



Daniel Ryan, Thurles CBS & Miriam Daly, Scoil Mhuire COS, both double gold medal winners



Jamie Mitchell, Ard Scoil Rís & Ailbhe Doherty, St. Flannan's both on their way to second gold medals of the day

Other multiple medal winners were: -

- **Emily Wall, Colaiste Choilm** (gold in Minor Girls 75mH (record) & silver in 100m);
- **Anna Ryan, Ursuline Thurles** (gold in the Junior Girls Pole Vault (record) & silver in the Discus);
- **Katie Nolke, Ursuline Waterford** (gold in the Minor Girls Long Jump and silver in Junior High Jump);
- **Katelyn Reid, PS Corca Dhuibhne** (gold in the Minor Girls Shot Putt & silver in the Junior Girls Javelin);
- **Nikolka Stevankova, Laurel Hill** (gold in Junior Girls 100m & silver in 200m);
- **Aisling Cassidy, Bandon Grammer** (1st Inter Girls Triple Jump & 2nd in 80mH);
- **Sophie Meredith, SMI Newcastlewest** (1st Inter Girls Long Jump & 2nd in Triple Jump);
- **Roseann Fitzgerald, CTI Clonmel** won gold in the Inter Girls 300m & silver in the 200m;
- **Claire Rafter, Ursuline Thurles** won gold in the Inter Girls 3km & silver in the 1500m;
- **Ciara Neville, Castletroy College** (gold in Senior Girls 100m & silver in 100mH);
- **Laura Cussen, Colaiste Choilm Ballincollig** (gold in Senior Girls Pole Vault & silver in High Jump); **Aisling Kelly, Kilrush CS** (gold in Senior Girls 3km & bronze in 1500m);
- **Hollie McCarthy, Buttevant** (double silver in Junior Girls 100m & 75mH);
- **Lauren O'Leary, Nagle Rice Doneraile** (double silver in Inter Girls 100m & Long Jump);
- **Rachel Stephens, GCPL** (double silver in Inter Girls Shot Putt & Discus);

- **Katie Murphy, Abbey CC** (double silver in the Senior Girls 100m & 200m);
- **Avril Deegan, Presentation Thurles** won double silver in the Senior Girls 3km & 1500m;
- **Oyinkan Adedaja, Colaiste Chiarain** (silver in Minor Girls 75mH & bronze in 100m);
- **Blessing Alamu, St. Mary's Midleton** (silver in Junior Girls Shot Putt & bronze in Long Jump);
- **Noelle Lenihan, Hazelwood College** (silver in Senior Girls Shot Putt & bronze in Discus);
- **Lauren O'Grady, Mercy Mount Hawk** (2nd in Senior Girls Discus & 3rd in Hammer);
- **Sophie Perrott, Buttevant** (double bronze in Junior Girls Shot Putt & Discus);
- **Susan O'Neill, Laurel Hill** (silver in Inter Girls 300m & bronze in 200m);
- **Emily Nolan, Scoil Mhuire COS** won double bronze in the Senior Girls 100m & 200m;
- **Sarah Jacob, Ursuline Waterford** won double bronze in the Inter Girls Discus & Shot Putt;
- **Sarah O'Keeffe, Davis College** (double bronze in Senior Girls 100mH & Shot Putt);
- **Emily O'Mahoney, St. Augustine's Dungarvan** (double bronze in the Inter Girls Long Jump & Triple Jump) & Vickie Cusack, Davis College (double bronze in Senior Girls 400mH & Javelin);
- **Glory Wenegieme, Crosshaven** (gold in Minor Boys 800m & 3rd in 100m);
- **Mervyn Shalemba, Mercy Mount Hawk Tralee** (gold in Junior Boys 100m & silver in 200m);
- **Diro Lawal, Castletroy College** (gold in Junior Boys 200m & silver in 100m);
- **Reece Ademola, Douglas CS** (gold Junior Boys High Jump & silver in Long Jump);
- **Ricky Carroll, St. Coleman's Midleton** (gold in Junior Boys Hammer & silver in Shot Putt);
- **Jack McEvoy, St. Anne's Killaloe** (gold in Junior Boys 80mH & silver in Javelin);
- **Shane Monagle, Ard Scoil na Mara** (gold in Senior Boys Long Jump & silver in 110mH);
- **Travis Coomey, Bandon Grammer** (gold in Senior Boys Hammer & silver in Discus);
- **Adam Turner, Colaiste Chriost Ri** (gold in Junior Boys Long Jump & bronze in 80mH);
- **Colin Doyle, PBC Cork** (gold in Inter Boys 200m & bronze in 100m);
- **Shaun Benson, St. Flannan's** (gold in Inter Boys 100m & bronze in 200m);
- **Darragh Minitier, Ennistymon CBS** (gold in Inter Boys 100mH & bronze in Long Jump);
- **James Murphy, Ard Scoil na Mara** (gold in Senior Boys Triple Jump & bronze in Long Jump);
- **Kevin Caulfield, St. Joseph's Tulla** (gold in Senior Boys Discus & bronze in Shot Putt);
- **Jack Corcoran, Waterpark College** (double silver in Minor Boys 75mH & Junior Triple Jump);
- **Sean Carolan, St. Mary's Newport** (double silver in Inter Boys Long Jump & Triple Jump);
- **Cian Kingston, Bandon Grammer** (double silver in Inter Boys Shot Putt & Discus);
- **John Forde, PBC Cork** (silver in Inter Boys 100mH & bronze in High Jump);
- **Conor Morey, PBC Cork** (double silver in Inter Boys 100m & 200m);
- **David O'Brien, St. Clements** (silver in Senior Boys 200m & bronze in 100m);
- **Sean McCarthy, JtB Hospital** (silver in Senior Boys 100m & bronze in 200m);
- **Caillum Hedderman JtB Hospital** (double bronze in Junior Boys 200m & 800m);
- **Jordan Kissane, Tralee CBS** (double bronze in Junior Boys Long Jump & High Jump);
- **Joshua Delaney, Nenagh College** (double bronze in Junior Boys Shot Putt & Discus);
- **Ciaran Nugent, Colaiste an Chraoibhin** (double bronze in Inter Boys 400m & 400mH);

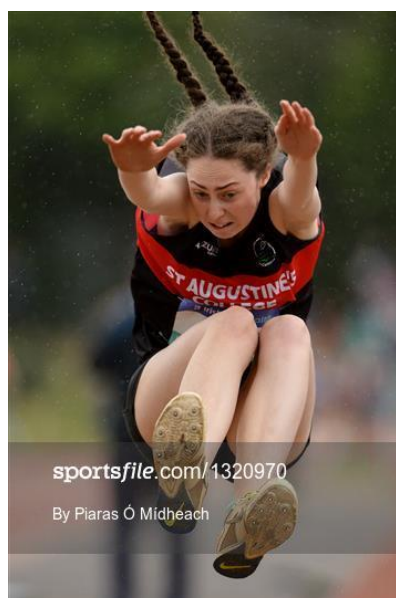


Emily Wall, Colaiste Choilm, Glory Wenegieme, Crosshaven & Jack Corcoran, Waterpark College, all double medal winners

Sibling wins came to the fore again this year with sisters **Emma & Orla Coffey, St. Angela's Cork** winning two Pole Vault medals between them with elder sister Emma leading the way with a gold medal win in the Intermediate Girls competition & younger sibling, Orla winning silver in the Junior Girls. Sisters **Sophie & Hollie Meredith, SMI Newcastlewest** took home 3 medals between them with both winning silver in the Junior & Inter Triple Jump and Sophie winning the Inter Long Jump; **Sisters Megan & Noelle Lenihan, Hazelwood College** were in top form on the day with older sister Noelle winning silver & bronze in the Senior Girls Shot Putt & Discus & younger sister Megan winning gold in the Junior Girls Discus & Javelin. Brothers, **Darragh & Joseph Minitier, Ennistymon CBS** also took home three medals with gold for Darragh in the Intermediate Boys 100mH & bronze in the Long Jump & silver for Joseph in the Senior Boys Long Jump. Perhaps the most impressive sibling tally of the day went to the **Ryan family** who took home 9 medals in total & 1 record with double gold for **Daniel** in the Senior Boys 110mH & Shot Putt, gold for **David** in the Intermediate Long Jump & silver in the Relay, gold for **Jack** in the Inter Boys Shot Putt & silver in Relay, silver for **Dillon** in the Junior Pole Vault (**all Thurles CBS**) & gold & silver for **Anna (Ursuline Thurles)** in the Junior Girls Pole Vault & the Discus. It was a fantastic day of athletics & well done to the Munster Schools Athletics Association & all their wonderful volunteers for running the competition so well. Big congratulations to all the athletes who took part & we wish the very best of luck to all our qualifiers who will compete at the Irish Schools Track & Field Championships on Saturday 3rd June. Good luck also to all our athletes who will be sitting State Exams in the next few weeks. We hope all goes well for them.



The Ryan siblings, Daniel, Jack, Anna, Dillon & David who won 9 medals between them.



Cup Winners & School Rankings are listed below: -

Women - Minor - Team Rankings - 6 Events Scored

- 1) Our Ladys Templemore 5
- 1) Castletroy College 5
- 1) Col Choilm Ballincollig 5

Women - Junior - Team Rankings - 15 Events Scored

- 1) St Flannan's 14
- 2) Col Mhuire Buttevant 7
- 2) Bandon Grammar School 7

Women - Intermediate - Team Rankings - 19 Events Scored

- 1) SMI Newcastle West 14
- 2) Sc Mhuire Carrick 8
- 2) Bandon Grammar School 8

Women - Senior - Team Rankings - 19 Events Scored

- 1) Mercy Mount Hawk 13
- 2) Castletroy College 12
- 3) Col Choilm Ballincollig 8

Men - Minor - Team Rankings - 6 Events Scored

- 1) SMI Newcastle West 4
- 1) Col Muire Crosshaven 4
- 3) Coláiste Chiarain 3
- 3) Bandon Grammar School 3
- 3) St Joseph's Borrisoleigh 3
- 3) St Flannan's 3 Munster
- 3) Nenagh CBS 3
- 3) Col Phobal Ros Cré 3

Men - Junior - Team Rankings - 15 Events Scored

- 1) Mercy Mount Hawk 8
- 2) Bandon Grammar School 7
- 2) Col Chríost Rí 7

Men - Intermediate - Team Rankings - 19 Events Scored

- 1) Thurles CBS 19
- 2) PBC Cork 16.50
- 3) St Flannan's 8

Men - Senior - Team Rankings - 19 Events Scored

- 1) Bandon Grammar School 12
- 2) Ardscoil na Mara 11
- 3) St Declan's 7

Irish Life Health Irish Schools T&F Championships, 3rd June 2017

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 & 33 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).



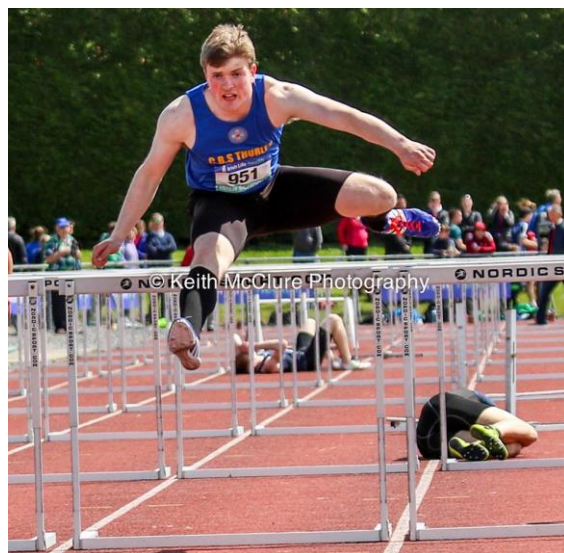


Munster medal winners are below: -

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 800m (11.71)
17. Miriam Daly, Scoil Mhuire, COS – Inter Girls 300m (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 Bheanntai – Inter Boys 1500m (4.10.22)
22. Darragh Minter, 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 Chriost 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 Chriost Ri – Inter Boys Hammer (52.42m)
25. Aleksander Wagner, St. Augustine's College Dungarvan – Inter Boys Triple Jump (12.17m)
26. Avril Deegan, Presentation Thurles – Senior Girls 1500m (4.41.02)
27. Ella Nicholson, Bandon Grammer – Senior Girls Long Jump (5.59m)
28. Jade O'Farrell Bond, Borrisokane CC – Senior Girls Hammer (40.15m)
29. Vicky Cusack, Davis College – Senior Girls Javelin (31.24m)
30. Anna O'Connor, Waterpark College – Senior Girls 3km Walk (16.08.82)
31. Angharad Loughnane, GC Luimnigh – Senior Girls Shot Putt (11.23m)
32. Lauren O'Grady, Mercy Mount Hawk – Senior Girls Discus (35.35m)
33. Bandon Grammer – Senior Girls 4 x 300m Relay (3.02.28)
34. Matthew Murnane, CBC – Senior Boys 800m (1.57.33)
35. Micheal Power, St. Augustine's College Dungarvan – Senior Boys 5km (16.02.00)
36. Shane Monagle, Ard Scoil na Mara – Senior Boys 110mH (15.05)
37. 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)

GloHealth Tailteann Interprovincial T&F Championships, 24th June 2017

Munster Schools Excel at Tailteann Interprovincial



It was a fantastic day of athletics in Morton Stadium, Santry at the Irish Life Health Tailteann Interprovincial Schools Championships on Saturday 24th June. Munster athletes came to the fore on both the track and in the field winning the Boys Tailteann trophy for the first time since 1991. Our girls won 20 individual medals (9 gold, 5 silver & 6 bronze) with our boys winning 24 individual medals (11 gold, 7 silver & 6 bronze) bringing Munster's medal haul to a fine figure of 44 (20 gold, 12 silver & 12 bronze). To further add to our winnings the Munster Girls 4 x 400m relay team of **Ailbhe Doherty, Ellie Rochford, Roseann Fitzgerald & Miriam Daly** won gold with bronze for their 4 x 100m team of **Ailbhe Doherty, Sophie Meredith, Aisling Cassidy & Niamh Foley** with our Boys winning the 4 x 100m (**Conor Morey, Colin Doyle, David McInerney & Darragh Minter**) & taking bronze in the 4 x 400m (**Andrew Collins, Jack Hickey, Jake Vermeer & Brian Lynch**). Other highlights of the day were **Alannah Neff, Carrigaline CS** setting a new record of 5.08.51 in the 1500m Steeplechase, **Aimee Hayde, St. Mary's Newport** winning the Jack Sweeney Perpetual Trophy for the Best 1500m, **Ben Donovan, Midleton College** winning the Harold Osborn Trophy for Best High Jumper after a jump off between Ciaran Connolly, Colaiste Chiarain, Leixlip which Ben won clearing a pb of 2.00m & **Ciara Sheehy, St. Mary's Charleville** who won the Fr. Lonergan Trophy for the Best Female performance of the Championships when she threw 14.75m in the Shot Putt to take gold.



Ben Donovan, Midleton College, winner of Boys High Jump & the Harold Osborn High Jump Trophy



Alannah Neff, Carrigaline CS on her way to winning the Girls 1500m Steeplechase in a record time
Double gold medal winners were **Sean Mockler, Thurles CBS** (Discus & Hammer) & **Colin Doyle, Presentation Brothers Cork** (100m & 200m). Other multiple medal winners were **Sean Carolan, St. Mary's Newport** (1st Long Jump, 2nd Triple Jump, 3rd Javelin), **Sophie Meredith, SMI Newcastlewest** (1st Triple Jump & 2nd Long Jump), **Ciara Sheehy, St. Mary's Charleville** (1st Shot Putt, 3rd Hammer), **Miriam Daly, Scoil Mhuire COS** (1st 300mH, 3rd 80mH), **Darragh Minter, Ennistymon CBS** (1st

100mH, 3rd Long Jump), **Conor Morey, Presentation Brothers Cork** (2nd 100m & 200m) & **Cian Kingston, Bandon Grammer** (3rd in Discus & Shot Putt).



Our medal winners were: -

Gold

1. Ailbhe Doherty, St. Flannan's College Ennis – Girls 300m (39.50)
2. Jo Keane, St. Flannan's College Ennis – Girls 800m (2.15.26)
3. Aimee Hayde, St. Mary's Newport – Girls 1500m (4.42.54)
4. Miriam Daly, Scoil Mhuire COS – Girls 300mH (43.96)
5. Alannah Neff, Carrigaline CS – Girls 1500m S/C (5.08.51)
6. Caitlin Kennedy, St. John the Baptist Hospital – Girls High Jump (1.71m)
7. Emma Coffey, St. Angela's Cork – Girls Pole Vault (3.20m)
8. Sophie Meredith, SMI Newcastlewest – Girls Triple Jump (11.11m)
9. Ciara Sheehy, St. Mary's Charleville – Girls Shot Putt (14.75m)
10. Colin Doyle, PBC Cork – Boys 100m (11.12)
11. Colin Doyle PBC Cork – Boys 200m (22.65)
12. Darragh Minter, Ennistymon CBS – Boys 100mH (13.87)
13. Jake Vermeer, Comeragh College – Boys 400mH (56.28)
14. Ben Donovan, Middleton College – Boys High Jump (1.95m)
15. Adam O'Dwyer, Thurles CBS – Boys Pole Vault (3.60m)
16. Sean Carolan, St. Mary's Newport – Boys Long Jump (6.45m)
17. Wymin Sivakumar, Colaiste Spioraid Naoimh – Boys Triple Jump (12.93m)

18. Jack Ryan, Thurles CBS – Boys Shot Putt (14.54m)
19. Sean Mockler, Thurles CBS – Boys Hammer (59.66m)
20. Sean Mockler, Thurles CBS – Boys Discus (48.09m)
21. Munster Girls 4 x 400m Relay
22. Munster Boys 4 x 100m Relay



Colin Doyle, PBC Cork, double gold medal winner in 100m & 200m

Silver

1. Shona O'Brien, Presentation Milltown – Girls 1500m (4.45.86)
2. Sophie Meredith, SMI Newcastlewest – Girls Long Jump (5.78m)
3. Aisling Cassidy, Bandon Grammer – Girls Triple Jump (11.05m)
4. Megan Lenihan, Hazelwood College – Girls Discus (35.35m)
5. Tirna Ní Chathail, Pobailscoil na Tríonoide – Girls Hammer (49.64m)
6. Conor Morey, PBC Cork – Boys 100m (11.16)
7. Conor Morey, PBC Cork – Boys 200m (22.71)
8. Tommy Connolly, CBC – Boys 1500m (4.08.01)
9. Joseph McEvoy, St. Anne's Killaloe – Boys 100mH (13.90)
10. Patrick Fitzgerald, St. Augustine's Dungarvan – Boys Pole Vault (3.40m)
11. Sean Carolan, St. Mary's Newport – Boys Triple Jump (12.57m)
12. Liam Mc Donagh, Thurles CBS – Boys 3km Walk (15.17.09)



Bronze

1. Miriam Daly, Scoil Mhuire COS – Girls 80mH (11.77)
2. Aisling Lowe, Ursuline Waterford – Girls 1500m S/C (5.44.92)
3. Ciara Kennelly, St. Brigid's Killarney – Girls High Jump (1.68m)
4. Martha Quain, Col Chroi Naofa Carrignavar– Girls Discus (31.27m)
5. Ciara Sheehy, St. Mary's Charleville – Girls Hammer (46.43m)
6. Siofra O'Dea, SJ Spanish Point – Girls 3km Walk (15.56.15)
7. Brian Lynch, Colaiste an Spioraid Naoimh – Boys 400mH (56.59)
8. Darragh Minitier, Ennistymon CBS – Boys Long Jump (6.42m)
9. Cian Kingston, Bandon Grammer – Boys Shot Putt (13.40m)
10. Cian Kingston, Bandon Grammer – Boys Discus (39.52m)
11. Pdraig O'Callaghan, Christian Brothers Cork – Boys Hammer (51.32m)
12. Sean Carolan, St. Mary's Newport – Boys Javelin (47.28m)
13. Munster Girls 4 x 100m Relay
14. Munster Boys 4 x 400m Relay



SIAB Schools T&F International, 15^h July 2017

19 Medals for Munster at SIAB Schools International



The SIAB Schools U/17 Track & Field International took place on home soil in Morton Stadium, Santry on Saturday 15th July 2017 with Munster athletes taking home 13 individual medals in total (1 gold, 5 silver & 7 bronze), almost double their medal tally from last year (7) and 6 Relay medals (1 gold & 5 bronze). There was a gold medal win for **Darragh McElhinney, Colaiste Phobail Bheanntrai** in the 1500m when he ran 3.59.2. **David McNerney, Hamilton High School** also won gold in the 100m Non-Scoring race on the day with a time of 11.37.

Miriam Daly, Scoil Mhuire COS, the Irish Girls' team Captain, took home silver in the 300mH in a time of 44.62 and was also part of the Irish Girls 4 x 300m that won bronze. Silver medals were also won by **Aimee Hayde, St. Mary's Newport** in the 1500m (4.33.99), **Megan Lenihan, Hazelwood College** in the Discus (40.22m), **Caitlin Kennedy, St. John the Baptist Hospital** in the High Jump (1.71m) and **Liam McDonagh, Thurles CBS** in the 3km Walk (14.58.07). Bronze medals went to **Ailbhe Doherty, St. Flannan's College Ennis** in the 300m (40.31) and 4 x 300m; **Jo Keane, St. Flannan's College Ennis** in the 800m (2.12.19), **Ciara Kennelly, St. Brigid's Killarney** in the High Jump (1.67m), **Ciara Sheehy, St. Mary's Charleville** in the Shot Putt (14.76m), **Sophie Meredith, SMI Newcastlewest** in both the Long Jump (5.85m) and the Triple Jump (11.20m) and **Sean Mockler, Thurles CBS** in the Discus (50.13m). Several of our Munster team were also Junior athletes (Ailbhe Doherty, Caitlin Kennedy, Megan Lenihan, Aimee Hayde, Ciara Sheehy & Adam O'Dwyer) with a few years left yet to compete in this competition so the future is bright for Munster. Some schools also had multiple athletes competing at these Championships with **Thurles CBS** numbering 4 (Jack Ryan, Sean Mockler, Liam McDonagh and Adam O'Dwyer), **St. Flannan's College Ennis 2** (Ailbhe Doherty & Jo Keane), **PBC Cork 2** (Conor Morey & Colin Doyle), **SMI Newcastlewest 2** (Sophie Meredith & Niamh Foley) & **St. Mary's Newport** (Aimee Hayde & Sean Carolan). 5 of our athletes were just outside the medals with 4th places recorded by **Niamh Foley, SMI Newcastlewest** (200m 25.27), **Emma Coffey, St. Angela's Cork** (Pole Vault 3.31m), **Jack Ryan, Thurles CBS** (Shot Putt 14.24m), **Ben Donovan, Middleton College** (High Jump 1.90m) & **Colin Doyle, PBC Cork** (100m 11.29 and 200m 22.68).





In the Relay competitions, **Miriam Daly and Ailbhe Doherty** won bronze with the Irish Girls 4 x 300m Relay team (2.43.77), **Niamh Foley, SMI Newcastlewest** won gold with the Irish Girls 4 x 100m relay team (45.63) & **Conor Morey, Colin Doyle and Dave McNerney, Hamilton High School** won bronze with the Irish Boys 4 x 100m Relay team.

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

Conor Morey, PBC Cork (5th 100m 11.37 and 200m 23.09), Sean Carolan, St. Mary's Newport (5th Long Jump 6.79m), Darragh Miniter, Ennistymon CBS (5th 110mH), Shona O'Brien, Presentation Milltown (6th 1500m 4.4853), Alannah Neff, Carrigaline CS (6th 1500m S/C 5.22.35), Tirna Cahill, Pobalscoil na Tríonoide (6th Hammer 48.15m), Wymin Sivakumar, Colaiste Spioraid Naomh (6th Triple Jump 13.39m), Tommy Connolly CBC Cork (6th 1500m 4.09.42), Aisling Cassidy, Bandon Grammer (7th Triple Jump 10.66m), Adam O'Dwyer, Thurles CBS (7th Pole Vault 3.41m), Alex O'Neill, Rice College Ennis (8th 800m 2.17.37), Patrick Fitzgerald, St. Augustine's Dungarvan (8th Pole Vault 3.11m) Jake Vermeer, Comeragh College (8th 400mH 60.74) & Sean Mockler, Thurles CBS (8th Hammer).





In the Girls competition, Ireland scored 203 points to finish 2nd behind England (254) with Wales in 3rd (118) and Scotland 4th (105) while in the Boys competition, Ireland were 2nd overall on 163 points behind England on 258 points with Wales 3rd on 163 points and Scotland in 4th place on 124 points. Congratulations & well done to all our athletes.

Munster Schools Combined Events Championships – 11th October 2017

The Munster Schools Combined Events Championships was back to its usual venue of Nenagh Indoor Stadium and took place on Wednesday 11th October. 132 athletes took part in total (36 Minor Boys, 16 Junior Boys, 18 Intermediate Boys, 9 Senior Boys, 24 Minor Girls, 17 Junior Girls, 10 Intermediate Girls & 2 Senior Girls). There were three new records on the day - Vickie Cusack, Davis College set a new record in the Senior Girls competition of 2914 points to better the record of 2622 points held by Grace McKenzie, Crosshaven, Harry Nevin, Rochestown College scored 2857 points in the Minor Boys competition to beat the record of 2103 points held by Reece Ademola, Douglas CS with Eoin Kenny, DLS Waterford scoring 2579 points in the Senior Boys category to break the existing record of 2467 points

held by Paul White, Nenagh CBS. The top 4 in each age category will go forward to the Irish Schools Combined Events Championships in AIT Arena on Saturday 28th October. Many thanks to all the schools who took part and to all our officials who helped on the day, your assistance and support is very much appreciated.



Harry Nevin, Rochestown College was the winner of the Minor Boys competition finishing on a record breaking score of 2857 points with Mark Carroll, Nenagh CBS in 2nd place on 2372 points, Armand Schoeman, Colaiste Mhuire Co-Ed Thurles in 3rd place on 2371 points & Jack Cullen, Hamilton High School in 4th with 2191 points.



Caillum Hedderman, John the Baptist was the winner of the Junior Boys competition with 2050 points, Joseph Cunningham, Nenagh CBS was 2nd 2014 points, Sam Dunning, Colaiste an Chraoibhin was 3rd with 1869 points with a 4th place finish for Michael O'Connor, SMI Newcastlewest on 1691 points.



The Intermediate Boys competition saw Brian Lynch, Colaiste an Spioraid Naomh winning the title with a score of 2905 points with his team-mate Wymin Sivakumar taking silver on 2864 points. Cillian Griffin, Mercy Mount Hawk was 3rd with 2836 points with his team-mate Darragh Courtney in 4th place with 2609 points.



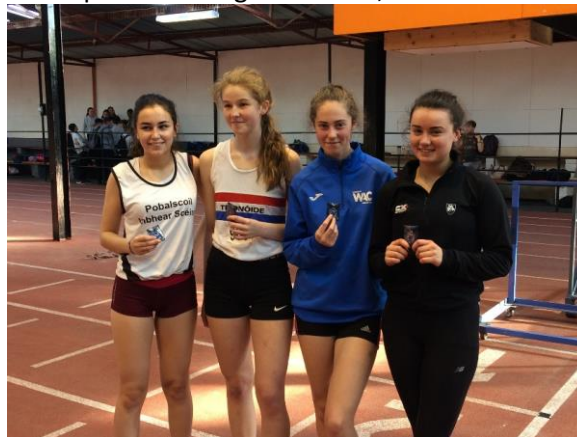
In the Senior Boys competition, Eoin Kenny, DLS Waterford won gold with a record breaking score of 2579 points with James Murphy Ardscoil na Mara in 2nd on 2046 points and Ethan Knipe Hazelwood College in 3rd place on 1716 points.



Laura Frawley, St. Mary's Secondary School Charleville took the Minor Girls title for the second year with 2690 points with silver for Emily de Bhal, Colaiste Choilm Ballincollig (2631 points). Katie Nolke, Ursuline Waterford was 3rd with 2520 points with Ava Coyle, Kinsale Community School 4th on 2365 points.



In the Junior Girls competition, Orla Coffey, St. Angela's Cork took gold with 2745 points, Amy O'Donoghue, Colaiste na Toirbhirte was 2nd with 2557 points with bronze for Lynn Vermeer, Scoil Mhuire COS (2448 points) & 4th place for Megan Lenihan, Hazelwood College (1911 points).



Aisling Cassidy, Bandon Grammer took gold in the Intermediate Girls with 3064 points, Emily O'Mahony, St. Augustine's College won silver with 3031 points with bronze for Kerry Barrett Pobalscoil na Tríonóide (2438 points) & 4th place for Christine McCarthy Pobalscoil Inbhear Sceine (1907 points).



Vickie Cusack, Davis College won the Senior Girls competition with a record breaking score of 2914 points with silver for Sarah O'Keefe on 1919 points.

Irish Life Health Irish Schools Combined Events Championships – 28th October 2017

The Irish Life Health Irish Schools Combined Events Championships took place in AIT International Arena on Saturday 28th October 2017. A squad of 24 Munster athletes travelled to the venue for the competition as contestants from the four provinces battled it out for coveted Irish Schools titles & places on the Irish Junior & Intermediate International Schools Teams. Munster athletes won 8 medals in total (2 gold, 2 silver & 4 bronze) – Gold for **Vickie Cusack, Davis College Mallow (Senior Girls)** & **Harry Nevin, Rochestown College (Minor Boys)**, silver medals for **Ava Coyle, Kinsale Community School (Minor Girls)** & **Eoin Kenny, DLS Waterford (Senior Boys)** & bronze for **Katie Nolke, Ursuline Waterford (Minor Girls)**, **Aisling Cassidy, Bandon Grammer (Inter Girls)**, **Mark Carroll, Nenagh CBS (Minor Boys)** & **Brian Lynch, Colaiste an Spioraid Naoimh (Inter Boys)**.

4 Munster athletes also made the Irish Schools International teams – **Orla Coffey, St. Angela's Cork (Junior Girls)**, **Brian Lynch, Colaiste an Spioraid Naoimh & Darragh Minter, Ennistymon CBS (Inter Boys)** & **Aisling Cassidy, Bandon Grammer (Inter Girls)**.

In the Minor Girls competition, **Ava Coyle, Kinsale Community School** was our top finisher in 2nd place with 2898 points, close behind Ava in 3rd place with 2823 points was **Katie Nolke, Ursuline Waterford** with **Emily de Bhal, Colaiste Choilm Ballincollig** in 5th place (2766 points) & **Laura Frawley, St. Mary's Charleville** in 6th place on 2750 points.



Harry Nevin, Rochestown College won gold in very convincing style in the Minor Boys competition with 3148 points with bronze for **Mark Carroll, Nenagh CBS** on 2470 points and **Jack Cullen, Hamilton High School** in 12th place on 1902 points.



In the Junior Girls competition, **Orla Coffey, St. Angela's College Cork** finished in 4th place with a score of **2886 points** with **Amy O'Donoghue, Colaiste na Toirbhirte Bandon** in 9th place on 2481 points.

In the Junior Boys category, Munster athletes were 9th, 10th, 11th & 12th with **Caillum Hedderman John the Baptist C.S, Hospital** on 2395 points, **Sam Dunning Coláiste an Chraoibhin Fermoy** on 2076 points, **Michael O'Connor SMI Newcastle West** on 1909 points and **Joseph Cunningham Nenagh CBS** on 1843 points.

In the Intermediate Girls competition, our top finisher was **Aisling Cassidy, Bandon Grammer** who finished 3rd with **3185 points** while **Emily O'Mahony, St. Augustine's College Dungarvan** was 5th with 2993 points & **Kerry Barrett, Pobalscoil na Trionoide, Youghal** in 8th place on 2629 points.

In the Intermediate Boys competition, **Brian Lynch Coláiste an Spioraid Naoimh Bishopstown** was 3rd on 3342 points with 4th place for **Darragh Minter Ennistymon CBS** on 3290 points, 6th place for **Wymin Sivakumar Coláiste an Spioraid Naoimh Bishopstown** on 3116 points and 9th place for **Cillian Griffin Mercy Mount Hawk Tralee** on 2929 points.



Vickie Cusack, Davis College Mallow took gold in the Senior Girls competition with 2814 points with fellow student, **Sarah O'Keeffe** placing 4th with 2343 points.



Eoin Kenny, DLS Waterford won silver in the Senior Boys competition scoring 2965 points with **James Murphy, Ard Scoil na Mara** in 7th place on **2328 points**. Congratulations & well done to all our athletes who represented their schools so well on the day.



We wish our 4 athletes the very best of luck in the Emirates Arena, Glasgow on Friday 10th November & hope they are successful in their endeavours on the day.

Schools International Combined Events – Saturday 10th November 2017



The Schools International Combined Events Championships took place a month earlier than usual on Friday 10th November in the Emirates Arena, Glasgow. The Irish Team won one individual bronze medal (**Iarlaith Golding, St. Colman's Claremorris, Junior Boys**) as well as a gold team medal in the Junior Boys, silver in the Intermediate Girls & bronze in the Junior Girls & Intermediate Boys.



Munster had **4** representatives on the Irish team with our best performance coming from **Brian Lynch, Colaiste of Spioraid Naomh** who placed 6th in the Intermediate Boys competition on 3396 points, and second best of the Irish. The Intermediate Boys team won bronze on 10202 points. **Darragh Minitier, Ennistymon CBS** also competed in the Intermediate Boys competition but suffered an injury going into the 800m which left him unable to complete his Pentathlon. He finished in 16th place on 2866 points. In the Intermediate Girls competition, **Aisling Cassidy, Bandon Grammer** finished in 12th place overall and third best of the Irish with a score of 3148 points. She also won a silver medal with the Irish Inter Girls team. **Orla Coffey, St. Angela's Cork** made her international debut in the Junior Girls competition finishing in 12th place overall with a personal best score of 2988 points. She was third best for the Irish Junior Girls on the day and won a bronze medal with the Irish Junior team.

