

## Sensational Day of Schools Athletics



The Irish Life Health Irish Schools Track & Field Championships took place in Tullamore Stadium on Saturday 2<sup>nd</sup> June 2018. Munster athletes were in fine form winning **46** individual Schools titles, **37** silver medals & **30** bronze & **7** sets of Relay medals (4 gold, 1 silver & 2 bronze). Munster Schools won three schools cups on the day with the **Ursuline Waterford** winning the Junior Girls Cup, **St. Flannan's College Ennis** taking home the Intermediate Girls Cup and **Castletroy College** winning the Senior Girl's Cup. In the Minor competitions, both **Christ King Cork** and **Colaiste an Chroí Naofa** were 3<sup>rd</sup> in the Girls and Boys, **Colaiste Choilm Ballincollig** were 2<sup>nd</sup> in the Junior Girls, **Davis College Mallow** were 2<sup>nd</sup> in the Senior Girls and **Mercy Mount Hawk Tralee** were 3<sup>rd</sup> overall in the Intermediate Boys.

Other highlights of the day were the new Junior Shot Putt record set by **Callum Keating, Hazelwood College** with his massive throw of 15.10m. The Minor Girls from Munster scored a clean sweep of titles in all the individual events winning gold in the 100m (**Grace Rooney, St. Mary's Midleton**), the 800m (**Sarah Butler, Laurel Hill**), the Long Jump (**Michelle Ugwah, SMGS Blarney**), the 75mH (**Ella Scott, Christ the King**) & the Shot Putt (**Kotryna Pacerinskaite, Presentation Mitchelstown**). **Ciara Neville, Castletroy College** won treble gold in the Senior Girls 100m, 200m & 4 x 100m Relay running a World Junior "A" standards in the 100m (11.62) & 200m (23.79) & **Sophie Meredith, SMI Newcastlewest** jumped another European U/18 standard with her winning jump of 5.93m in the Senior Girls Long Jump. The **3 Ryan siblings, Jack, Dillon & Anna** representing **Thurles CBS & the Ursuline Thurles** made another bit of Irish Schools history when three of them won gold on the day in the Inter Boys Shot Putt, the Junior Boys Triple Jump and the Intermediate Girls Pole Vault joining the Naughton siblings from Nenagh with the most brothers & sisters who have all won Irish Schools titles. Both families have 5 siblings who have won titles, John, Mary, Brid, Patricia & Aoife Naughton and Daniel, David, Jack, Anna & Dillon Ryan and also top the Irish Schools rankings for brothers who have won Irish Schools titles with 4. Munster athletes scored a 1,2,3 in the Intermediate Boys Triple Jump with gold for **Wymin Sivakumar, Colaiste an Spioraid Naoimh**, silver for **Michael Tony, Colaiste Ide agus Josef** and bronze for **Adam Turner, Colaiste Chríost Rí** and in the Intermediate Girls Javelin with gold for **Katelyn Reid, Pobailscoil Chorca Dhuibhe**, silver for **Amy Whelan, Colaiste Mhuire Buttevant** & bronze for **Leanne Healy, Colaiste Muire Ennis**.



Munster had 1 Record breaking performances from its athletes: -

- **Callum Keating, Hazelwood College** threw 15.10m in the Shot Putt to smash the existing record of 13.73m held by Mark Collins, Bandon Grammer set in 2017.



Our double individual medal winners were: -

**Ciara Neville**, Castletroy College (gold in Senior Girls 100m & 200m), **Wymin Sivakumar**, Colaiste an Spioraid Naomh (gold Inter Triple Jump & silver in 100mH), **Dillon Ryan**, Thurles CBS (gold in Junior Triple Jump & silver in Pole Vault), **Geoffrey Joy O'Regan**, John the Baptist Hospital (gold in Junior Boys High Jump & silver in Long Jump), **Ciara Sheehy**, St. Mary's Charleville (gold in Inter Girls

Hammer & silver in Shot Putt), **Sean Carolan, St. Mary's Newport** (gold in Inter Boys Discus & 2<sup>nd</sup> in Long Jump), **Ailbhe Doherty, St. Flannan's Ennis** (double silver in Inter Girls 200m & 300m), **Katie Nolke, Ursuline Waterford** (2<sup>nd</sup> Junior Girls High Jump & 3<sup>rd</sup> in Long Jump), **Harry Nevin, Rochestown College** (gold in Junior Boys 80mH & bronze in Long Jump), **Conor Callinan, Colaiste an Chroi Naofa** (1<sup>st</sup> Minor Boys 75mH & 3<sup>rd</sup> in Pole Vault), **Mark Collins, Bandon Grammer** (1<sup>st</sup> Junior Boys Shot Putt & 3<sup>rd</sup> in Discus), **Vickie Cusack, Davis College** (double silver in Senior Girls Long Jump & Shot Putt), **Sean Mockler, Thurles CBS** (2<sup>nd</sup> Senior Boys Hammer & 3<sup>rd</sup> in Discus), **Aisling Cassidy, Bandon Grammer** (double bronze in Senior Girls Triple Jump & 100mH).



Munster medal winners are below: -

### **Gold medals**

1. Grace Rooney, St. Mary's Midleton – Minor Girls 100m (12.31)

2. Sarah Butler, Laurel Hill – Minor Girls 800m (2.20.90)
3. Michelle Ugwah, SMGS Blarney – Minor Girls Long Jump (5.18m)
4. Ella Scott, Christ King Cork – Minor Girls 75mH (11.20)
5. Kotryna Pacerinskaite, Presentation Mitchelstown – Minor Girls Shot Putt (11.58m)
6. Conor Callinan, Colaiste an Chroi Naofa – Minor Boys 75mH (11.32)
7. Callum Keating, Hazelwood College – Minor Boys Shot Putt (15.10m) **REC**
8. Emily De Bhal, Colaiste Choilm Ballincollig – Junior Girls 100m (12.55)
9. Meabh O'Neill, MICC Dunmanway – Junior Girls 1500m (4.42.91)
10. Lucy Sleeman, Colaiste Choilm Ballincollig – Junior Girls 75mH (11.52)
11. Ursuline Waterford – 4 x 100m (51.00)
12. Ella Dillon, Villiers – Junior Girls High Jump (1.59m)
13. Roisin Power, St. Mary's Newport – Junior Girls Shot Putt (11.21m)
14. Katelyn Reid, Pobalscoil Chorca Dhuibhne – Junior Girls Javelin (38.69m)
15. Glory Wenegieme, Colaiste Muire Crosshaven – Junior Boys 200m (23.24)
16. Harry Nevin, Rochestown College – Junior Boys 80mH (11.34)
17. Ciaran O'Muirhile, Gaelcholaiste Mhuire AG Cork – Junior Boys 1200m Walk (5.58.06)
18. Dillon Ryan, Thurles CBS – Junior Boys Triple Jump (11.72m)
19. Mark Collins, Bandon Grammer – Junior Boys Shot Putt (12.59m)
20. Jack Cullen, Hamilton High School Bandon – Junior Boys Javelin (40.40m)
21. Geoffrey Joy O'Regan, John The Baptist Hospital – Junior Boys High Jump (1.83m)
22. Mark Carroll, Nenagh CBS – Junior Boys Long Jump (5.92m)
23. Anna Ryan, Ursuline Thurles – Inter Girls Pole Vault (3.30m)
24. Ciara Sheehy, St. Mary's Charleville – Inter Girls Hammer (50.36m)
25. Lucy O'Keefe, St. Mary's Midleton – Girls U/16 Mile (5.13.16)
26. Lucy Holmes, Ard Scoil na nDeise – Inter Girls 800m (2.13.33)
27. Niamh O'Mahony, Presentation Tralee – Inter Girls 3km (10.12.09)
28. Ciara Kennelly, St. Brigid's Killarney – Inter Girls High Jump (1.70m)
29. Katie Moynihan, Davis College – Inter Girls Javelin (43.98m)
30. Shane Aherne, Rochestown College – Inter Boys 400mH (56.72)
31. Jake Bagge, Ard Scoil na Mara – Inter Boys 800m (1.58.32)
32. Jake Costello, Comeragh College – Inter Boys Long Jump (6.59m)
33. Wymin Sivakamur, Colaiste Spioraid Naoimh – Inter Boys Triple Jump (13.51m)
34. Adam O'Dwyer, Thurles CBS – Inter Boys Pole Vault (3.70m)
35. Jack Ryan, Thurles CBS – Inter Boys Shot Putt (13.67m)
36. Sean Carolan, St. Mary's Newport – Inter Boys Discus (42.66m)
37. Miriam Daly, Scoil Mhuire, COS – Senior Girls 400Mh (1.01.40)
38. Alannah Neff, Carrigaline CS – Senior Girls 1500m S/C (5.05)
39. Sophie Meredith, SMI Newcastlewest – Senior Girls Long Jump (5.93m)
40. Ciara Neville, Castletroy College – Senior Girls 100m (11.62)
41. Ciara Neville, Castletroy College – Senior Girls 200m (23.79)
42. Jo Keane, St. Flannan's Ennis – Senior Girls 800m (2.09.19)
43. SORCHA Moloney, Presentation Thurles – Senior Girls 3km (10.22.19)
44. Orla O'Connor, Waterpark College – Senior Girls 3km Walk (13.36.64)
45. Charlie O'Donovan, Col Christ Ri – Senior Boys 1500m (3.55.97)
46. Gearoid McMahon, St. Caimin's Shannon – Senior Boys 3km Walk (13.36.56)



- 47. Darragh Minter, Ennistymon CBS – Senior Boys Long Jump (6.71m)
- 48. PBC Cork 4 x 100m Relay (44.14)
- 49. Castletroy College – Senior Girls 4 x 100m (48.66)



### **Silver medals**

- 1. Paula Igwe, Ursuline Waterford – Junior Girls 75mH (11.56)
- 2. Geoffrey Joy O'Regan, John The Baptist Hospital – Minor Boys Long Jump (5.12m)
- 3. Laura Frawley, St. Mary's Charleville – Junior Girls Long Jump (5.45m)
- 4. Katie Nolke, Ursuline Waterford – Junior Girls High Jump (1.59m)
- 5. Una Brice, Mercy Mount Cork – Junior Girls Pole Vault (2.70m)
- 6. Amy Whelan, Colaiste Mhuire Buttevant – Junior Girls Javelin (37.25m)
- 7. Nicola Tuthill, Colaiste na Toirbhirte Bandon – Junior Girls Hammer (48.40m)
- 8. James Sage, St. Joseph's Borrisoleigh – Junior Boys 80mH (11.66)
- 9. Noah McConway, St. Flannan's College Ennis – Junior Boys 1200m Walk (6.20.66)
- 10. Dillon Ryan, Thurles CBS – Junior Boys Pole Vault (3.10m)
- 11. Una O'Brien, Waterpark College – Girls U/16 Mile (5.14.34)
- 12. Paul Hartnett, Colaiste an Chraoibhinn Fermoy – Boys U/16 Mile (4.28.71)
- 13. Ailbhe Doherty, St. Flannan's College Ennis – Inter Girls 200m (25.04)
- 14. Ailbhe Doherty, St. Flannan's College Ennis – Inter Girls 300m (40.38)
- 15. Aoife O'Sullivan, St. Mary's Mallow – Inter Girls High Jump (1.65m)
- 16. Chisom Ugweru, St. Flannan's College Ennis – Inter Girls Triple Jump (10.89m)
- 17. Orla Coffey, St. Angela's Cork – Inter Girls Pole Vault (3.30m)
- 18. Ciara Sheehy, St. Mary's Charleville – Inter Girls Shot Putt (14.64m)
- 19. Tirna Cahill, Pobalscoil na Trionoide – Inter Girls Hammer (49.09m)
- 20. Alyce O'Connor, PS Inbhear Sceine Kenmare – Inter Girls 1500m (4.42.72)

21. St. Flannan's College Ennis – 4 x 100m (50.33)
22. Ben Deasy, St. Flannan's College Ennis – Inter Boys 800m (1.58.64)
23. Wymin Sivakumar, Colaiste an Spioraid Naomh – Inter Boys 100mH (13.64)
24. Gavin Kenny, Hamilton High School Bandon – Inter Boys 1500m S.C (4.39.82)
25. Sean Carolan, St. Mary's Newport – Inter Boys Long Jump (6.53m)
26. Michael Tony, Colaiste Ide agus Josef – Inter Boys Triple Jump (12.91m)
27. Dawid Siegel, Tralee CBS – Inter Boys Shot Putt (13.29m)
28. Meabh Ni Dhalaigh, Gaelcholaiste Mhuire AG Cork – Senior Girls Javelin (34.90m)
29. Vickie Cusack, Davis College Mallow – Senior Girls Long Jump (5.29m)
30. Vickie Cusack, Davis College Mallow – Senior Girls Shot Putt (10.17m)
31. Emma Coffey, St. Angela's Cork – Senior Girls Pole Vault (3.15m)
32. Darragh McElhinney, Colaiste Phobal Bheanntrai – Senior Boys 1500m (3.57.03)
33. Shane Monagle, Ard Scoil na Mara – Senior Boys 110mH (14.47)
34. Frank O'Brien, Midleton CBS – Senior Boys 2km S.C (6.14.64)
35. Diarmuid Harty, St. Augustine's College Dungarvan – Senior Boys Pole Vault (3.40m)
36. Sam O'Neill, St. Augustine's College Dungarvan – Senior Boys Pole Vault (3.40m)
37. Joseph McEvoy, St. Anne's Killaloe – Senior Boys Javelin (43.73m)
38. Sean Mockler, Thurles CBS – Senior Boys Hammer (62.17m)



### **Bronze Medals**

1. Ailbhe O'Neill, St. Mary's Nenagh – Junior Girls 800m (2.18.54)
2. Katie Nolke, Ursuline Waterford – Junior Girls Long Jump (5.44m)
3. Leanne Healy, Colaiste Muire Ennis – Junior Girls Javelin (33.88m)
4. Matteo Mary, St. Declan's Kilmacthomas – Boys U/16 Mile (4.34.11)
5. Kyle Dooley, Colaiste Phobal Ros Cre – Junior Boys 200m (23.69)
6. Harry Nevin, Rochestown College – Junior Boys Long Jump (5.86m)
7. Max Hallahan, Hamilton High School – Junior Boys Javelin (38.74m)
8. Sean Kavanagh, St. Coleman's CC Midleton – Junior Boys High Jump (1.70m)

9. Mark Collins, Bandon Grammer – Junior Boys Discus (35.84m)
10. Conor Callinan, Colaiste an Chroi Naofa – Junior Boys Pole Vault (2.60m)
11. Lauren McCourt, Bandon Grammer – Inter Girls 200m (25.38)
12. Claire Caulfield, Ursuline Waterford – Junior Girls 2km Walk (9.48.21)
13. Megan Lenihan, Hazelwood College – Inter Girls Javelin (40.12m)
14. Cillian Griffin, Mercy Mount Hawk Tralee – Inter Boys 100m (10.99)
15. Mervyn Shalemba, Mercy Mount Hawk Tralee – Inter Boys 200m (22.40)
16. Rory Prendeville, John The Baptist Hospital – Inter Boys 800m (2.00.45)
17. Adam Turner, Colaiste Chriost Ri – Inter Boys Triple Jump (12.81m)
18. Alex O'Neill, Rice College Ennis – Senior Girls 800m (2.10.52)
19. Aisling Cassidy, Bandon Grammer – Senior Girls 100mH (15.63)
20. Aisling Cassidy, Bandon Grammer – Senior Girls Triple Jump (10.70m)
21. Clodagh Walsh, Davis College Mallow – Senior Girls Pole Vault (3.15m)
22. Fiona Hennessy, Presentation Thurles – Senior Girls Shot Putt (9.72m)
23. Katie Walsh, St. Angela's Cork – Senior Girls 400mH (1.04.58)
24. Ruth Heery, Waterpark College – Senior Girls 3km Walk (15.15.98)
25. Martha Quain, Colaiste an Chroi Naofa – Senior Girls Discus (33.67m)
26. Fiona Doyle, Inter School Killorglin – Senior Girls High Jump (1.60m)
27. Mercy Mount Hawk Tralee – Senior Girls 4 x 300m Relay (2.58.52)
28. James Murphy, Ard Scoil na Mara – Senior Boys Long Jump (6.59m)
29. Darragh Courtney, Mercy Mount Hawk – Senior Boys High Jump (1.90m)
30. Sean Mockler, Thurles CBS – Senior Boys Discus (41.51m)
31. Pdraig O'Callaghan, Colaiste Chriost Ri – Senior Boys Hammer (53.49m)
32. Colaiste Chriost Ri – Senior Boys 4 x 100m Relay (44.63)



### **Relay Results**

1. Ursuline Waterford – 1<sup>st</sup> Junior Girls 4 x 100m (51.00)
2. St. Flannan's College Ennis – 2<sup>nd</sup> Inter Girls 4 x 100m (50.33)
3. Mercy Mount Hawk Tralee – 1<sup>st</sup> Inter Boys 4 x 100m (43.19)
4. Castletroy College – 1<sup>st</sup> Senior Girls 4 x 100m (48.66)
5. Mercy Mount Hawk Tralee – 3<sup>rd</sup> 4 x 300m (2.58.52)
6. PBC Cork – 1<sup>st</sup> Senior Boys 4 x 100m (44.14)

## 7. Colaiste Chriost Ri – 3<sup>rd</sup> Senior Boys 4 x 100m (44.63)

### **Schools Rankings**

- Minor Girls – 3<sup>rd</sup> Christ King Cork
- Minor Boys – 3<sup>rd</sup> Colaiste an Chroi Naofa
- Junior Girls – 1<sup>st</sup> Ursuline Waterford, 2<sup>nd</sup> Colaiste Choilm Ballincollig
- Inter Girls – 1<sup>st</sup> St. Flannan's College Ennis
- Inter Boys – 3<sup>rd</sup> Mercy Mount Hawk Tralee
- Senior Girls – 1<sup>st</sup> Castletroy College, 2<sup>nd</sup> Davis College Mallow

Full Results at [www.munsterschoolsathletics.org](http://www.munsterschoolsathletics.org)

### **Extract from AAI website**

#### **Stars align at stunning schools' champs**

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#### **Stars align at stunning schools' champs**

It was a scintillating edition of the Irish Life Health All Ireland Schools Track and Field Championships where Sarah Healy (Holy Child Killiney) and Aaron Sexton (Bangor Grammar) were crowned the athletes of the meet in Tullamore today (June 2nd).

There was a host of top-class performances throughout the action-packed day of 122 events. Sarah Healy earned the female athlete of the meet with her record-breaking senior girls' 1500m run of 4:18.32. Healy was in splendid isolation and eclipsed Ciara Mageean's record of 4:19.00 with front-running display. For full results click [HERE](#).

Aaron Sexton completed the senior boys' 100m and 200m double with brilliant times of 10.52, a championship best performance (CBP) and 21.12. It was far from an exhibition though with David McDonald (Wexford CBS) second in both races – finishing on the same time in the 100m (that put both athletes 14th on the all-time list) and running 21.26 in the 200m. Further context is that the Irish national record was 10.58 in 1996.

The depth in the sprints was excellent throughout the age groups but particularly highlighted in the senior boys' 100m. Conor Morey's (PBC Cork) time of 10.74 was only good enough for 6th place. He had to wait until almost the close of play to combine with his PBC classmates to strike gold in the 4x100m relay with 44.14.



Ciara Neville (Castletroy College) can count herself relatively unlucky to miss out on athlete of the meet having repeated her 100m, 200m and 4x100m relay treble from last year in the senior girls' age group which also helped Castletroy to the senior girls' team title. Neville clocked 11.62 in the 100m, 23.79 in the 200m and combined with her teammates to anchor them home in 48.66 in the relay.

St Malachy's Belfast had a host of fine performances to win the senior boys' College of Science trophy for the first time in their history.

Rhasidat Adeleke (Pres Terenure) bagged double gold in the intermediate girls' 100m in 11.68 and the 200m in 24.05.

Nelvin Appiah (Moyne CS Longford) soared to new heights in the intermediate boys' high jump with a CBP of 2.02m. He wasn't the only Moyne CS Longford schoolboy making headlines as Cian McPhillips had a classy performance to win the intermediate boys' 1500m in 4:09.93 – he cruised the last lap in a swift 55 seconds.

The middle distance race of the day saw Charlie O'Donovan (Col Christ Ri) claw back Darragh McElhinney (Col Pobail Bantry) in the last 20m. O'Donovan took the win in 3:55.97 to McElhinney's 3:57.03 with Brian Maguire (St Benildus) third in 4:04.27. After a slow first 300m, McElhinney sprang to the front splitting the pack with only O'Donovan able to follow the searing increase of pace.

The tactic nearly paid off but O'Donovan just had the will, and the skill, to defend his 1500m crown.

Alex Clarkin (Castleknock CC) won the senior boys' 110m hurdles with a clean race hurdling to 14.25 ahead of Shane Monagle (Ard Scoil na Mara Tramore) in 14.47 and Valentinos Goularas (Marino College) in 14.48.

Davicia Patterson (Hunterhouse) continued her fine form to set a new CBP in the senior girls' 400m running 53.90. And she needed it to fend off Ciara Deely (Loreto Kilkenny) who was second in 54.33.

Jack Mitchell (Pres Carlow) completed the ultimate lactic treble winning the senior boys' 400m hurdles in 54.71, the 400m in 49.23 and anchoring Presentation Carlow in the last event of the day in the 4x400m relay to a new record of 3:27.03.

Niamh Fogarty (St Joseph's Rochfortbridge) won the senior girls' discus in 45.88m. Sommer Lecky (Strabane Academy) rose highest in the senior girls' high jump with 1.79m while Sophie Meredith

(SMI Newcastle West) won the senior girls' long jump with 5.93m. Kate Hosey (St Attracta's Tubbercurry) won the junior girls' long jump with a CBP of 5.72m.

Casey Mulvey (St Clare's Ballyjamesduff) won the intermediate girls' shot put with 15.93m and the discus with 35.38m

Brendan O'Donnell (St Eunan's Letterkenny) was one the early winners on the day taking gold in the senior boys' hammer with 65.64m while James Kelly (Royal & Prior Raphoe) won the senior shot put with a best of 16.88m.

Ryan Carthy Walsh (Good Counsel New Ross) had a good clearance of 2.05m to win the senior boys' high jump.

Wymin Sivakumar (Col an Spioraid Naomh) won the intermediate boys' triple jump with a best of 13.51m and then won silver in the 100m hurdles in 13.64 behind Iarlaith Golding's (St Coleman's Claremorris) winning run of 13.38.

Ciara Kennelly (St Brigid's Killarney) won the intermediate girls' high jump with 1.70m while Ella Scott (Christ King Cork) won a trophy for best hurdler winning the minor girls' 75m hurdles in a record of 11.20 seconds.