

Munster Schools Athletics



2018 Review

Munster Schools Athletics Association 2018 Review

2018 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 **6** individual international medals (4 silver & 2 bronze) **3 out of 8** of the Irish Schools Cups at the Irish Life Health T&F Championships, **51** Irish Schools titles over T&F and Cross Country (46 T&F, 1 XC & 4 CE) & **36** Tailteann medals (13 gold, 14 silver & 9 bronze) together with the **Girls Tailteann Trophy**. Munster athletes also set **12** Munster T&F records and **1** Irish School records over the year.

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

- At the Irish Life Health Irish Schools Cross Country Championships in Waterford in March, Munster athletes competed very well with top 3 finishes by **Dylan Casey, St. Flannan's College** who won gold in the Junior Boys with his twin brother, **Dean** close behind in the silver medal position. **Tommy Fennell, St. Augustine's College** took silver in the Minor Boys race with silver also for **Emma Landers, Pobalscoil na Trionoide** in the Junior Girls race & **Niamh O'Mahony, Presentation Tralee** in the Inter Girls race. In the team competitions, Munster schools took home 3 gold medals with wins for **St. Joseph's CBS Nenagh** in the Minor Boys, **St. Flannan's College, Ennis** in the Junior Boys & **Waterpark College** in the Senior Girls. **Pobalscoil na Trionoide** and **St. Mary's Nenagh** won silver in the Minor and Junior Girls categories with bronze for **Pobalscoil na Trionoide** in the Junior Girls competition.
- The SIAB Schools Cross Country International was held in Wollaton Park, Nottingham on Saturday 24th March 2018. **6** Munster athletes were selected to compete for Ireland – Junior Girls • **Emma Landers, Pobalscoil na Trionoide** • **Shauna McCarthy, PS Inbhear Sceine Kenmare Intermediate Girls** • **Niamh O'Mahony, Presentation Tralee** • **Tara Ramasawmy, Presentation Waterford Junior Boys** • **Luke Griffin, St. Flannan's College Ennis Intermediate Boys** • **Thomas Connolly, Christian Brothers College Cork**.
- The Irish Life Health Munster Schools Track & Field Championships took place on Saturday 19th May 2018 in Castleisland, Co. Kerry. Among the athletes who shone on the day were our **13** record breakers with the oldest records to fall dating back to 1997 & 2004: - **Sarah Butler, Laurel Hill Secondary School** (Minor Girls 800m) 2. **Ella Scott, Christ King Cork** (Minor Girls 75mH). 3. **Kotryna Pacerinskaite Pres Mitchelstown** (Minor Girls Shot Putt); 4. **Katelyn Reid, Pobalscoil Chorca Dhuibhne** (Junior Girls Javelin) 5. **Aimee Hayde, St Mary's Newport** (Inter Girls 800m) 6. **Ciara Sheehy, St. Mary's Charleville** (Inter Girls Shot Putt) 7. **Ciara Kennelly, St. Brigid's Killarney** (Inter Girls High Jump) 8. **Tírna Ni Chathail, Pobalscoil na Trionoide** (Inter Girls Hammer) 9. **Una O'Brien, Waterpark College** (Girls U/16 Mile) 10. **Conor Callinan, Colaiste an Chroi Naofa** (Minor Boys 75mH) 11. **Callum Keating, Hazelwood College** (Minor Boys Shot Putt) 12. **Mercy Mount Hawk Tralee** Senior Girls 4x300m Relay 13. **St. Flannan's College Ennis** Senior Boys 4 x 400m Relay.
- The Irish Life Health Irish Schools Track & Field Championships took place in Tullamore Stadium on Saturday 2nd 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. 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 Middleton**), 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" standard in the 100m (11.62) & 200m (23.79) & **Sophie Meredith, SMI Newcastle west** jumped another European U/18 standard with her winning jump of 5.93m in the Senior Girls Long Jump. 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 Chriost Ri** 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**.

- 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.
- It was a fantastic day of athletics in Morton Stadium, Santry at the Irish Life Health Tailteann Interprovincial Schools Championships on Saturday 23rd June. Munster athletes came to the fore on both the track and in the field winning the Girl's Tailteann trophy and were second in the Boys competition having won that trophy last year after an absence of 26 years. Our girls won **20** individual medals (9 gold, 6 silver & 5 bronze) with our boys winning **16** individual medals (4 gold, 8 silver & 4 bronze) bringing Munster's medal haul to a fine figure of **36** (13 gold, 14 silver & 9 bronze). To further add to our winnings the Munster Boys 4 x 100m relay team of **Cillian Griffin, Mervyn Shalemba, Marc Jones, Luke O'Carroll & Wymin Sivakumar** won gold with bronze for the Girls 4 x 100m team of **Lucy Sleeman, Emily De Bhal, Nikolka Stevankova, Chisom Ugweru & Lynn Vermeer**. In the 4 x 300m Relay, our girls' team of **Ailbhe Doherty, Lauren McCourt, Ciara Kennelly, Orla Coffey & Sophie Jackman** won silver with matching silver medals for our Boys 4 x 400m team of **Shane Aherne, Jake Bagge, Rory Prendeville, Andrew Collins & Basit Oyeibanji**. Other highlights of the day were excellent performances from **Ciara Sheehy, St. Mary's Charleville** who won the Fr. Lonergan Trophy for the Best Female performance of the Championships when she threw 14.70m in the Shot Putt to take gold also winning gold in the Hammer with a throw of 49.83m.
- The SIAB Schools U/17 Track & Field International took place in Grangemouth Stadium, Scotland on Saturday 21st July 2018 with **22** Munster athletes taking part & bringing home 4 individual medals in total (2 silver & 2 bronze), and 3 Relay medals (3 silver). **Ciara Sheehy, St. Mary's Charleville**, the Irish Girls' team Captain, took home silver in the Shot Putt with a throw of 14.84m with **Niamh O'Mahony, Presentation Tralee** also winning silver in the 3000m in a time of 9.52.27. Niamh also won the Sean Nyhan medal for the Best Irish Performance on the day. Bronze medals were won by **Megan Lenihan, Hazelwood College** in the Girls Discus (38.98m) & **Orla Coffey, St. Angela's Cork** in the Girls Pole Vault (3.11m). **Marc Jones, Colaiste Muire Cobh** also won gold in the 100m Non-Scoring race on the day with a time of 11.32.

- The Munster Schools Combined Events Championships took place in Nenagh Indoor Stadium on Wednesday 3rd October 2018. **104** athletes took part in total (20 Minor Boys, 18 Junior Boys, 16 Intermediate Boys, 7 Senior Boys, 24 Minor Girls, 10 Junior Girls, 9 Intermediate Girls). There were two new records on the day:- **Ava Rochford, Rice College Ennis** won the Minor Girls competition with 3041 points to better the existing record of 2694 points set by Laura Frawley, St. Mary's Charleville in 2016 & **Brian Lynch, Colaiste an Spioraid Naoimh** scored 2985 points in the Senior Boys competition to better the record of 2579 points set by Eoin Kenny, De La Salle Waterford in 2017.
- The Irish Life Health Irish Schools Combined Events Championships took place in AIT International Arena on Saturday 13th October 2018. Munster athletes won **8** medals in total (4 gold & 4 bronze) – Gold for **Ava Rochford, Rice College Ennis (Minor Girls), Laura Frawley, St. Mary's Charleville (Junior Girls) Harry Nevin, Rochestown College (Junior Boys) & Brian Lynch, Colaiste an Spioraid Naoimh (Senior Boys)** & bronze for **Okwu Backari, Ashton College Cork (Minor Girls), Conor Callinan, Colaiste an Chroi Naofa (Minor Boys), Katie Nolke, Ursuline Waterford (Junior Girls), & Wymin Sivakumar, Colaiste an Spioraid Naoimh (Inter Boys).**
- Munster had **6** representatives (up two from 2017) (**Laura Frawley, St. Mary's Charleville, Katie Nolke, Ursuline Waterford, Dillon Ryan, Thurles CBS, Harry Nevin, St. Francis College, Rochestown, Wymin Sivakumar, Colaiste an Spioraid Naoimh & Diarmuid O'Connor, Colaiste Choilm Ballincollig**) on the Irish team for the Schools Combined Events International in Glasgow in November 2018. Munster athletes, **Laura Frawley & Harry Nevin** were Ireland's only individual medal winners with both winning silver in the Junior competitions.

Full report (43 pages) can be found at www.munsterschoolsathleics.org or www.munsterathletics.com.

Irish Life Health Munster Schools Cross Country Championships 23rd February 2018

The Irish Life Health Munster Schools Cross Country Championships took place in WIT Sports Campus, Carriganore, Co. Waterford on Friday 23rd February 2018.

Sarah Butler, Laurel Hill SS was the winner of the Minor Girls race with silver for **Aoibhinn Murphy, St. John the Baptist CS** & bronze for **Alex Cashman, Pobalscoil na Trionoide**. **Pobalscoil na Trionoide** won team gold with silver for **John the Baptist CS** & bronze for **Kilrush Community School**. In the Minor Boys competition, the top three were **Tommy Fennell, St. Augustine's College Dungarvan**, **Cian Hodgins, Nenagh CBS** & **Tadhg Connolly, Abbey CC**. Team honours went to **Nenagh CBS, St. Flannan's College Ennis** & **St. Augustine's College Dungarvan**.





In the Junior Girls competition, **Niamh Cuneen, St. Mary's Nenagh** won gold with silver for **Emma Landers, Pobalscoil na Trionoide** & bronze for **Shauna McCarthy, Killorglin CS**. It was another team win for **Pobalscoil na Trionoide** with silver for **Ard Scoil na nDeise** & bronze for **St. Mary's Nenagh**. There was a top 3 finish for **St. Flannan's Ennis** with gold & silver for twins, **Dean & Dylan Casey**, & bronze for **Luke Griffin**. First 3 teams were **St. Flannan's Ennis, De La Salle Waterford & Thurles CBS**.



Last year's winner of the Junior Girls race, **Aimee Hayde, St. Mary's Newport** captured gold in the Intermediate Girls race with silver for **Niamh O'Mahony, Presentation Tralee** & bronze for **Tara Ramasawamy, Presentation Waterford**. **Loreto Fermoy** took the team title, with silver for **Ard Scoil na nDeise** & bronze for **St. Augustine's College Dungarvan**. **Tommy Connolly, CBC Cork** won the Intermediate Boys title with silver for **Chris O'Reilly, Douglas CS** & bronze for **Ben Deasy, St. Flannan's College Ennis**. There was team gold for **St. Flannan's College Ennis** with silver for **Douglas Community School** & bronze for **Charleville CBS**.



In the Senior Girls competition, there was gold for **Laura Hayes, Loreto Fermoy** (last year's winner of the Inter title), silver for **Anna O'Connor, Waterpark College** & bronze for **Leah O'Neill, Colaiste Mhuire Ennis**. Team prizes went to **Waterpark College, Ursuline Waterford & the Presentation Thurles**. **Darragh McElhinney, Pobalscoil Bheantraí** was the winner of the Senior Boys race (to add to this Inter title last year) with silver for **Charlie O'Donovan, Colaiste Chriost Ri** (to add to his Senior silver in 2017) & bronze for **Frank O'Brien, Midleton CBS**. Gold in the team competition went to **Colaiste Chriost Ri**, with silver for **Midleton CBS** & bronze for **St. Flannan's College Ennis**.



Munster Schools Indoor Games, Tuesday 6th March 2018

Online entry continued to enhance the co-ordination and running of the Munster Schools Indoor Games in Nenagh Indoor Stadium on Tuesday 6th 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. Forty-four Munster schools took part on the day with all counties well represented by over 900 students.

Irish Life Health Irish Schools Cross Country Championships, 10th March 2018



The Irish Life Health Irish Schools Cross Country Championships took place on Saturday 10th March 2018 in the WIT Carriganore Sports Campus, Waterford. Munster athletes competed very well with top 3 finishes by **Dylan Casey, St. Flannan's College** who won gold in the Junior Boys with his twin brother, **Dean** close behind in the silver medal position. **Tommy Fennell, St. Augustine's College** took silver in the Minor Boys race with silver also for **Emma Landers, Pobalscoil na Trionoide** in the Junior Girls race & **Niamh O'Mahony, Presentation Tralee** in the Inter Girls race.

In the Minor Girls race, our top finishers were **Aisling Healy, St. Flannan's College** (6th) and **Avril Millerick, St. Mary's Midleton** (10th). **Tommy Fennell, St. Augustine's College** won silver in the Minor Boys race with 4th place for **Cian Hodgins, St. Joseph's CBS Nenagh**, 6th place for **Tadgh Connolly, Abbey Community College** and 9th for **Tom Walsh, St. Joseph's CBS Nenagh**. **Emma Landers, Pobalscoil na Trionoide** won silver in the Junior Girls race with an 8th place finish for **Shauna McCarthy, Kilorglin CS**, 9th for **Ellen Cunneen, St. Mary's Nenagh** and 12th for her twin sister, **Ellen**. Clare twins, **Dylan and Dean Casey, St. Flannan's College** scored a 1,2 in the Junior Boys race with 5th place for their team-mate, **Luke Griffin** which saw St. Flannan's take gold in the team event. In the Intermediate Girls race, there was silver medal for **Niamh O'Mahony, Presentation Tralee** with 9th place for **Tara Ramasawamy, Presentation Waterford** and 12th for **Rachel Hosey, Castletroy College**. **Tommy Connolly, CBC** was our best finisher in the Intermediate Boys race when he finished 7th. In the Senior Girl's race, **Laura Hayes, Loreto Fermoy** was 4th with **Sorcha Moloney, Presentation Thurles** in 8th place, **Alannah Neff, Carrigaline CS** in 10th & **Anna O'Connor, Waterpark College** in 11th. Our best finisher in the Senior Boys competition was **Charlie O'Donovan, Colaiste Christ Ri** in 6th place.



In the team competitions, Munster schools took home 3 gold medals with wins for **St. Joseph's CBS Nenagh** in the Minor Boys, **St. Flannan's College, Ennis** in the Junior Boys & **Waterpark College** in the Senior Girls. **Pobailscoil na Trionoide** and **St. Mary's Nenagh** won silver in the Minor and Junior Girls categories with bronze for **Pobailscoil na Trionoide** in the Junior Girls competition. **John the Baptist Community School** were 4th in the Minor Girls with **Colaiste Chriost Ri** occupying the same finish in the Senior Boys with 6th place finishes for **Ard Scoil na Deise** in the Junior & Intermediate Girls competitions and the **Presentation Thurles** in the Senior Girls. 7th place finishes went to **St. Flannan's College** in the Minor Boys, **De La Salle Waterford** in the Junior Boys, **Douglas Community School** in the Inter Boys, **Ursuline Thurles** in the Senior Girls & **Midleton CBS** in the Senior Boys. Both **St. Augustine's College** and the **Loreto Fermoy** scored 8th places in the Minor Boys and the Inter Girls. **Thurles CBS** were 9th in the Junior Boys with **St. Augustine's College** in the same place in the Inter Girls.





SIAB Schools Cross Country International, 25th March 2017



The SIAB Schools Cross Country International was held in Wollaton Park, Nottingham on Saturday 24th March 2018. 6 Munster athletes were selected to compete for Ireland –

Junior Girls

- Emma Landers, Pobalscoil na Trionoide Youghal
- Shauna McCarthy, PS Inbhear Sceine Kenmare

Intermediate Girls

- Niamh O'Mahony, Presentation Tralee
- Tara Ramasawmy, Presentation Waterford

Junior Boys

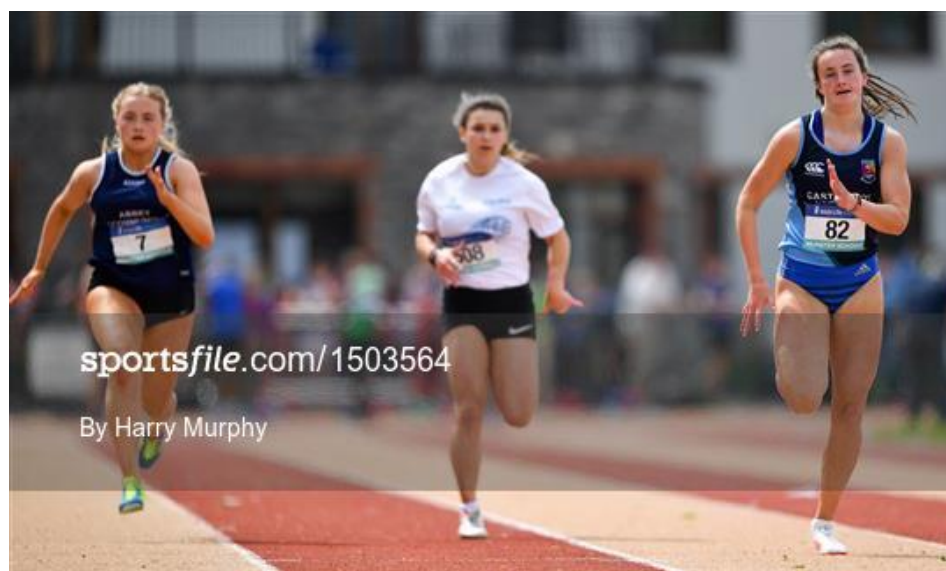
- Luke Griffin, St. Flannan's College Ennis

Intermediate Boys

- Thomas Connolly, Christian Brothers College Cork

Emma Landers finished 14th overall in the Girls Junior race in 15.31 and was 3rd home for Ireland with **Shauna McCarthy** 23rd in 16.01. The Irish Girls team finished in 3rd place behind England and Scotland. In the Junior Boys race, **Luke Griffin** was 30th overall in 17.39 with the Irish team finishing in 4th place. Our Intermediate Girls, **Niamh O'Mahony** and **Tara Ramasawmy** finished in 12th & 28th place with Niamh being the first Irish athlete across the line in 17.53 and Tara in 19.24. The Irish Girls team finished 3rd overall behind England and Scotland. In the Intermediate Boys race, **Tommy Connolly** came home in 10th place overall and first across the line for Ireland in 20.41 with the Irish Boys team winning silver behind England.

Irish Life Health Munster Schools T&F Championships, 19th May 2018



The Irish Life Health Munster Schools Track & Field Championships took place on Saturday 19th May 2018 in Castleisland, Co. Kerry. Among the athletes who shone on the day were our **13 record breakers** with the oldest records to fall dating back to 1997 & 2004: -

1. **Sarah Butler, Laurel Hill Secondary School** ran 02:17.88 in the Minor Girls 800m to better the long-standing record of 2:19.12 set by Frances O'Shea, St. Mary's Charleville in 2004.
2. **Ella Scott, Christ King Cork** ran 11.57 in the Minor Girls 75mH to break the existing record of 11.91 held by Emily Wall, Colaiste Choilm Ballincollig set in 2017.
3. **Kotryna Pacerinskaite Pres Mitchelstown** threw 11.18m in the Minor Girls Shot Putt to break the 2012 record of 11.16m set by Erin Kingston, Bandon Grammer.
4. **Katelyn Reid, Pobalscoil Chorca Dhuibhne** threw 39.91m in the Junior Girl's Javelin to break the 2013 record of 39.70m set by Orlaith O'Brien, Ursuline Waterford.
5. **Aimee Hayde, St Mary's Newport** ran 02:11.61 in the Intermediate Girl's 800m to better the 21 year old record of 2:12.8 set by Emer O'Shea, St. Mary's Charleville in 1997.
6. **Ciara Sheehy, St. Mary's Charleville** threw the Intermediate Girl's Shot out to 14.35m to better to smash the existing record of 12.43m set by Erin Kingston, Bandon Grammer School in 2014.

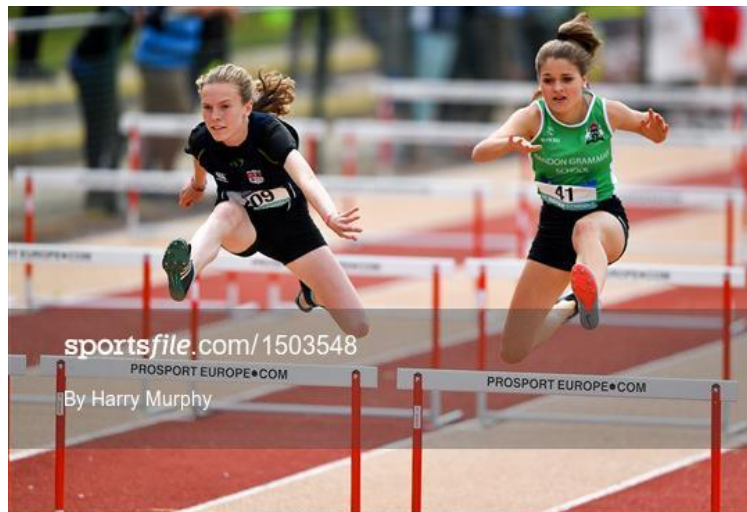
7. **Ciara Kennelly, St. Brigid's Killarney** jumped 1.75m in the Intermediate Girl's High Jump to better the record of 1.70m set by Aisling Croke, Crescent Comprehensive College in 2010.
8. **Tírna Ni Chathail, Pobalscoil na Trionoide** set a record of 50.34m in the Intermediate Girl's Hammer to better her own record of 48.63m set in 2017.
9. **Una O'Brien, Waterpark College** ran 5.20.05 to better the record of 5.30.09 set by Tara Ramasawmy, Presentation Waterford in 2017.
10. **Conor Callinan, Colaiste an Chroi Naofa** ran 11.61 in the Minor Boys 75mH to break the record of 12.13 set by Patrick Ambrose, SMI Newcastle West in 2017.
11. **Callum Keating, Hazelwood College** threw 14.96m in the Minor Boys Shot Putt to break the record of 14.13m set by Mark Collins, Bandon Grammer in 2017.
12. **Mercy Mount Hawk Tralee Senior Girls 4x300m Relay** ran 2.56.56 to break the record of 2.59.22 set by Castletroy College in 2017.
13. **St. Flannan's College Ennis Senior Boys 4 x 400m Relay** ran 03:36.12 to set a new record breaking the existing record of 3.36.76 set by St. Declan's Kilmacthomas in 2017



Double gold medal winners were:-

- **Geoffrey Joy O'Regan, John the Baptist Hospital** (Minor Boys Long Jump & Junior Boys High Jump);
- **Maeve O'Neill, Dunmanway CS** (Junior Girls 200m & 1500m);
- **Lucy Sleeman, Colaiste Choilm Ballincollig** (Junior Girls 75mH & 100m);
- **Glory Wenegieme, Crosshaven** (Junior Boys 100m & 200m);
- **Dillon Ryan, Thurles CBS** (Junior Boys Triple Jump & Pole Vault);
- **Orla Coffey, St. Angela's Cork** (Inter Girls Pole Vault & 300mH);
- **Emily O'Mahony, St. Augustine's Dungarvan** (Inter Girls Long Jump & Triple Jump);
- **Ciara Kennelly, St. Brigid's Killarney** (Inter Girls High Jump & 300m);
- **Aimee Hayde, St. Mary's Newport** (Inter Girls 800m & 1500m);
- **Wymin Sivakumar, Colaiste an Spioraid Naoimh** (Inter Boys 100mH & Triple Jump);
- **Jake Bagge, Ardscoil na Mara** (Inter Boys 400m & 800m);
- **Gavin Kenny, Hamilton HS** (Inter Boys 1500m & Steeplechase);
- **Jo Keane, St. Flannan's Ennis** (Senior Girls 400m & 800m);
- **Alannah Neff, Carrigaline CS** (Senior Girls 1500m & 2km S/C);

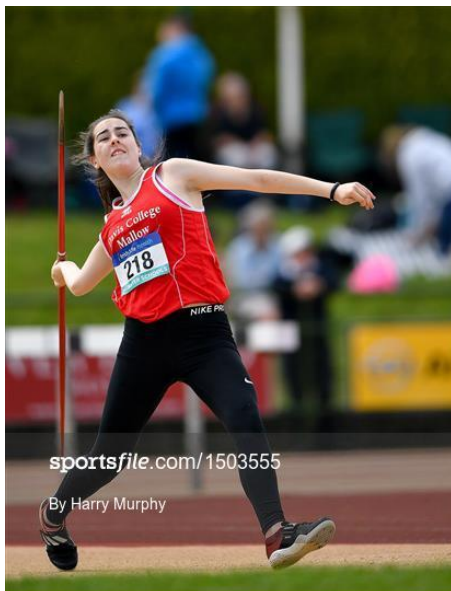
- **Ciara Neville, Castletroy College** (Senior Girls 100m & 200m);
- **Joseph McEvoy, St. Anne's Killaloe** (Senior Boys Javelin & High Jump);
- **Sean Mockler, Thurles CBS** (Senior Boys Hammer & Discus).

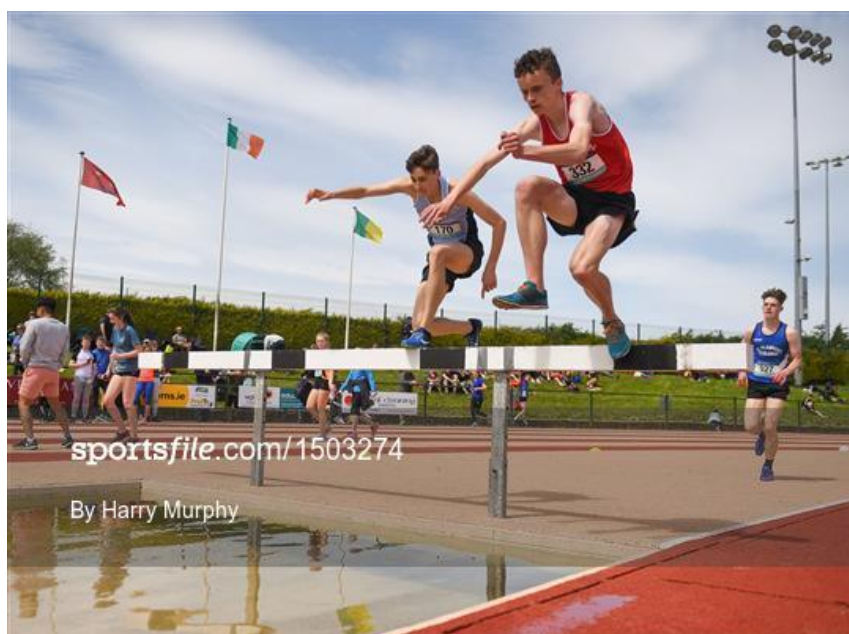


Other multiple medal winners were: -

- **Ella Scott, Christ King Cork** (gold in Minor Girls 75mH & silver in 100m);
- **Jodie McGrath, St. Mary's Nenagh** (silver in Minor Girls Pole Vault & bronze in 75mH);
- **Maria Campbell, Crescent College Comprehensive** (2nd Minor Girls 75mH & 3rd in 800m);
- **Kotryna Pacerinskaite, Presentation Mitchelstown** (1st Minor Shot Putt & 2nd Junior Hammer);
- **Conor Callinan, Colaiste an Chroi Naofa** (gold in Minor Boys 75mH & silver in Junior Pole Vault);
- **Anna Ryan, Ursuline Thurles** (silver in the Inter Girls Pole Vault & bronze in the Shot Putt);
- **Katie Nolke, Ursuline Waterford** (gold in the Junior Girls High Jump and silver in Long Jump);
- **Leah Parker, St Aloysius Carrigtwohill** (gold in Junior Girls Discus & silver in Hammer);
- **Kirby Ann Ryan, Mercy Mount Hawk** (gold in Junior Girls Shot Putt & bronze in Discus);
- **Aisling Cassidy, Bandon Grammer** (1st Senior Girls Triple Jump & 2nd in 100mH);
- **Roseann Fitzgerald, CTI Clonmel** (double bronze in Inter Girls 200m & 300m);
- **Katie Murphy, Abbey CC** (double silver in the Senior Girls 100m & 200m);
- **Blessing Alamu, St. Mary's Midleton** (double silver in Inter Girls Discus & Shot Putt);
- **Megan Lenihan, Hazelwood College** (gold in Inter Girls Discus & silver in Javelin);
- **Lucy Holmes, Ard Scoil na nDeise** (silver in Inter Girls 800m & bronze in 1500m);
- **Shauna Ryan, Crescent College Comprehensive** (2nd Inter Girls Long Jump & 3rd Triple Jump);
- **Ciara Sheehy, St. Mary's Charleville** (1st Inter Girls Shot Putt & 2nd in Hammer);
- **Chisom Ugwuere, St. Flannan's Ennis** (1st Inter Girls 80mH & 2nd in Triple Jump);
- **Ailbhe Doherty, St. Flannan's Ennis** (double silver in Inter Girls 200m & 300m);
- **Vickie Cusack, Davis College** (2nd Senior Girls Shot Putt & 3rd Long Jump);
- **Rachel Bowler, Mercy Mount Hawk** (2nd Senior Girls Long Jump & 3rd in Triple Jump);
- **Fiona Doyle, Intermediate SC Killorglin** (1st Senior Girls High Jump & 3rd in 400m);
- **Fiona Hennessy, Presentation Thurles** (1st Senior Girls Shot Putt & 3rd in Hammer);
- **Katie Walsh, St. Angela's Cork** (2nd Senior Girls 400mH & 3rd in 100mH);
- **Sarah Leahy, St. Brigid's Killarney** (double bronze in Senior Girls 100m & 200m);
- **Sorcha Moloney, Presentation Thurles** (1st Senior Girls 3km & 2nd in 1500m);
- **Alex O'Neill, Rice College Ennis** (double silver in Senior Girls 400m & 800m);

- **Ben Connolly, CBS Nenagh** (2nd Minor Long Jump & 3rd Junior Javelin);
- **Noah McConway, St. Flannan's Ennis** (double silver in Junior Boys Walk & Shot Putt);
- **Harry Nevin, Rochestown College** (gold in Junior Boys 80mH & bronze in Long Jump);
- **Azuolas Varnili, Colaiste Mhuire Co-Ed Thurles** (1st Junior Shot Putt & 2nd in Hammer);
- **Cathal Scanlon, St. Declan's Kilmacthomas** (gold in Inter Boys Javelin & bronze in High Jump);
- **Sean Carolan, St. Mary's Newport** (gold in Inter Boys Discus & bronze in Long Jump);
- **Aaron Malik, Mercy Mount Hawk** (double silver in Inter Boys Discus & 400mH);
- **Ryan O'Leary, Colaiste Chriost Ri** (double silver in Inter Boys 100m & 200m);
- **Marc Jones, Colaiste Muire Cobh** (double bronze in Inter Boys 100m & 200m);
- **Rory Prendeville, John the Baptist Hospital** (2nd Inter Boys 400m & 3rd in 800m);
- **Jack Ryan, Thurles CBS** (silver in Inter Boys Shot Putt & bronze in Discus);
- **Adam Dooley, Pobalscoil Ros Cre** (1st Senior Boys Triple Jump & 3rd in Long Jump);
- **Dovydas Baltonis, Mercy Mount Hawk** (2nd Senior Boys Shot Putt & 3rd in Hammer);
- **Padraig O'Callaghan, CBC Cork** (1st in Senior Boys Shot Putt & 2nd in Hammer);
- **Conor Ryan, Our Lady's Templemore** (1st Senior Boys 800m & 3rd 1500m);
- **Shawn Benson, St. Flannan's Ennis** (1st Senior Boys 100m & 3rd 200m);
- **Conor Morey, PBC Cork** (1st Senior Boys 200m & 2nd 100m);
- **Ciaran Nugent, Colaiste an Chraoibhin** (1st Senior Boys 400mH & 3rd 400m);





Cup Winners are listed below: -

Women - Minor - Team Rankings - 6 Events Scored

1) Christ King Cork

Women - Junior - Team Rankings - 15 Events Scored

1) Ursuline Waterford

Women - Intermediate - Team Rankings - 19 Events Scored

1) St. Flannan's College

Women - Senior - Team Rankings - 19 Events Scored

1) Presentation Thurles

Men - Minor - Team Rankings - 6 Events Scored

1) Midleton CBS

Men - Junior - Team Rankings - 15 Events Scored

1) Tie – St. Joseph's Borrisoleigh & St. Flannan's College

Men - Intermediate - Team Rankings - 19 Events Scored

1) Mercy Mount Hawk

Men - Senior - Team Rankings - 19 Events Scored

1) Colaiste Chriost Ri

Neville on the treble in Munster

POSTED: May 21 2018

Neville repeats treble at Munster schools

Ciara Neville (Castletroy College) repeated her treble winning performances at an action-packed Irish Life Health Munster Track and Field Championships in Castleisland.

Neville sealed another senior 100m and 200m double in 11.83 and 24.39 respectively. She went on to win the 4x100m relay with Castletroy College in 49.9 seconds.

The senior 3,000m walks saw Orla O'Connor (Waterpark College) win in 13:43.63 and Gearoid McMahon (St Caimin's) take gold in 13:33.57.

The senior girls' 400m Hurdles was won by Miriam Daly (Scoil Mhuire Carrick) in a stellar 62.18.

Jo Keane (St Flannan's College) kept up her winning ways with a 400m/800m double with respective times of 58.60 and 2:25.93.

Aimee ;Hayde (St Mary's Newport) starred in the middle distance with an intermediate double winning the 800m in a swift 2:11.61 and the 1500m in 4:46.97.

Charlie O'Donovan (Col Chríost Rí) broke Darragh McElhinney (Col Pobail Bantry) in the last 200m to win the senior boys' 1500m in 4:05.09 to 4:11.26.

Sean Mockler (CBS Thurles) impressed in the senior boys' hammer with 61.88m.

Ciara Sheehy (St Mary's Charleville) finished second in the intermediate hammer with 49.66m behind Tirna Ni-Chathail (Pobalscoil na Tríonoide) with 50.34m but bounced back to win the shot put with 14.35m.

Joseph McEvoy (St Anne's CC Killaloe) completed an interesting double winning the senior javelin with 44.80m and the high jump with 1.90m.

The inter boys' triple jump was an excellent competition with 13.50m just enough for Wymin Sivakumar (Col an Spioraid Naomh) who also won the 100m hurdles in 13.88.

Ciara Kennelly (St Brigids Killarney) was in top form edging the inter girls' 300m in 41.67 just ahead of Ailbhe Doherty (St Flannan's) in 41.68. Kennelly cleared an impressive 1.75m to win the high jump which was also a European U18 standard.

Irish Life Health Irish Schools T&F Championships, 2nd June 2018
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The Irish Life Health Irish Schools Track & Field Championships took place in Tullamore Stadium on Saturday 2nd 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 Chroi Naofa** were 3rd in the Girls and Boys, **Colaiste Choilm Ballincollig** were 2nd in the Junior Girls, **Davis College Mallow** were 2nd in the Senior Girls and **Mercy Mount Hawk Tralee** were 3rd 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" standard in the 100m (11.62) & 200m (23.79) & **Sophie Meredith, SMI Newcastle west** 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, Pobaiscoil 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 & 2nd in Long Jump), **Ailbhe Doherty**, St. Flannan's Ennis (double silver in Inter Girls 200m & 300m), **Katie Nolke**, Ursuline Waterford (2nd Junior Girls High Jump & 3rd in Long Jump), **Harry Nevin**, Rochestown College (gold in Junior Boys 80mH & bronze in Long Jump), **Conor Callinan**, Colaiste an Chroi Naofa (1st Minor Boys 75mH & 3rd in Pole Vault), **Mark Collins**, Bandon Grammer (1st Junior Boys Shot Putt & 3rd in Discus), **Vickie Cusack**, Davis College (double silver in Senior Girls Long Jump & Shot Putt), **Sean Mockler**, Thurles CBS (2nd Senior Boys Hammer & 3rd 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. Maebh 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)

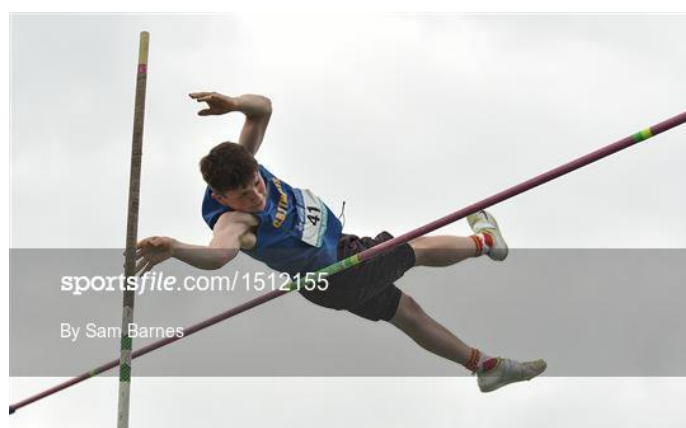
29. Katie Moynihan, Davis College – Inter Girls Javelin (43.98m)
30. Shane Aherne, Rochestown College – Inter Boys 400mH (56.72)
31. Jake Bagge, Ard Scoil na Mara – Inter Boys 800m (1.58.32)
32. Jake Costello, Comeragh College – Inter Boys Long Jump (6.59m)
33. Wymin Sivakamur, Colaiste Spioraid Naoimh – 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 Newcastle west – 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 Minitier, 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 Bheanntai – Senior Boys 1500m (3.57.03)
33. Shane Monagle, Ard Scoil na Mara – Senior Boys 110mH (14.47)
34. Frank O'Brien, Middleton 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 Middleton – 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 – 1st Junior Girls 4 x 100m (51.00)
2. St. Flannan's College Ennis – 2nd Inter Girls 4 x 100m (50.33)
3. Mercy Mount Hawk Tralee – 1st Inter Boys 4 x 100m (43.19)
4. Castletroy College – 1st Senior Girls 4 x 100m (48.66)
5. Mercy Mount Hawk Tralee – 3rd 4 x 300m (2.58.52)
6. PBC Cork – 1st Senior Boys 4 x 100m (44.14)
7. Colaiste Chriost Ri – 3rd Senior Boys 4 x 100m (44.63)

Schools Rankings

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

Irish Life Health Tailteann Interprovincial T&F Championships, 23rd June 2018



It was a fantastic day of athletics in Morton Stadium, Santry at the Irish Life Health Tailteann Interprovincial Schools Championships on Saturday 23rd June. Munster athletes came to the fore on both the track and in the field winning the Girl's Tailteann trophy and were second in the Boys competition having won that trophy last year after an absence of 26 years. Our girls won 20 individual medals (9 gold, 6 silver & 5 bronze) with our boys winning 16 individual medals (4 gold, 8 silver & 4 bronze) bringing Munster's medal haul to a fine figure of 36 (13 gold, 14 silver & 9 bronze). To further add to our winnings the Munster Boys 4 x 100m relay team of **Cillian Griffin, Mervyn Shalemba, Marc Jones, Luke O'Carroll & Wymin Sivakumar** won gold with bronze for the Girls 4 x 100m team of **Lucy Sleeman, Emily De Bhal, Nikolka Stevankova, Chisom Ugweru & Lynn Vermeer**. In the 4 x 300m Relay, our girls' team of **Ailbhe Doherty, Lauren McCourt, Ciara Kennelly, Orla**

Coffey & Sophie Jackman won silver with matching silver medals for our Boys 4 x 400m team of **Shane Aherne, Jake Bagge, Rory Prendeville, Andrew Collins & Basit Oyeibanji**. Other highlights of the day were excellent performances from **Ciara Sheehy, St. Mary's Charleville** who won the Fr. Lonergan Trophy for the Best Female performance of the Championships when she threw 14.70m in the Shot Putt to take gold also winning gold in the Hammer with a throw of 49.83m.



Anna Ryan & Orla Coffey, 1st & 2nd in the Girls Pole Vault

Our only individual double gold medal winner on the day was **Ciara Sheehy, St. Mary's Charleville** who took the titles in the Girl's Hammer (49.83m) and Shot Putt (14.70m). Other individual double medal winners were **Emily O'Mahony, St. Augustine's Dungarvan** who won gold in the Triple Jump (11.17m) & silver in the Long Jump (5.45m) & **Wymin Sivakumar, Colaiste an Spioraid Naomh** who won gold in the Triple Jump (13.30m) & silver in the 100mH. Munster Girls scored a 1, 2 & 3 in the High Jump with medals for **Aoife O'Sullivan, St. Mary's Mallow, Ciara Kennelly, St. Brigid's Killarney & Kylie Heinen, St. Declan's Kilmacthomas**; a 1 & 2 in the Girls Pole Vault with gold for **Anna Ryan, Ursuline Thurles** & silver for **Orla Coffey, St. Angela's Cork**; a 1 & 2 in the Girls Hammer with gold for **Ciara Sheehy** & silver for **Tirna Cahill, Pobalscoil an Trionoide Youghal**; a 1 & 2 in the Girls Triple Jump with gold for **Emily O'Mahony** & silver for **Chisom Ugweru, St. Flannan's College Ennis**; 1 & 2 in the Boys Long Jump with gold for **Daniel Hurley, PBC Cork** & silver for **Luke O'Carroll, Mercy Mount Hawk Tralee**; 2nd & 3rd in the Boys 800m with silver for **Jake Bagge, Ard Scoil na Mara** & bronze for **Rory Prendeville, St. John the Baptist Hospital** and a 2nd & 3rd in the Boys 100m for **Cillian Griffin, Mercy Mount Hawk Tralee & Marc Jones, Colaiste Muire Cobh**.



Jake Bagge & Rory Prendeville, 2nd & 3rd in the Boys 800m

Our medal winners were:-

Gold

1. Shane Aherne, Rochestown College – 400mH (55.75)
2. Lucy Holmes, Ard Scoil na nDeise – 800m (2.14.99)
3. Niamh O'Mahony, Presentation Tralee – 3000m (9.59.30)
4. Mervyn Shalemba, Mercy Mount Hawk Tralee – 200m (22.49)
5. Maeve O'Neill, MICC Dunmanway – 1500m (4.37.9)
6. Anna Ryan, Ursuline Thurles – Pole Vault (3.20m)
7. Ciara Sheehy, St. Mary's Charleville – Shot Putt (14.70m)
8. Ciara Sheehy, St. Mary's Charleville – Hammer (49.83m)
9. Emily O'Mahony, St. Augustine's Dungarvan – Triple Jump (11.17m)
10. Daniel Hurley, PBC Cork – Long Jump (6.38m)
11. Aoife O'Sullivan, St. Mary's Mallow – High Jump (1.73m)
12. Megan Lenihan, Hazelwood College – Discus (36.10m)
13. Wymin Sivakumar, Colaiste an Spioraid Naomh – Triple Jump (13.30m)
14. Boys 4 x 100m Relay (42.96).



Gold medallist, Shane Aherne 400mH



Gold medallist, Maeve O'Neill 1500m



Gold medallist, Lucy Holmes 800m



Gold medallist, Niamh O'Mahony 3000m

Silver

1. Jake Bagge, Ard Scoil na Mara – 800m (1.58.14)
2. Cillian Griffin, Mercy Mount Hawk Tralee – 100m (11.23)
3. Wymin Sivakumar, Colaiste an Spioraid Naomh – 100mH
4. Tommy Connolly, CBC Cork – 1500m (4.05.5)
5. Adam O'Dwyer, CBS Thurles – Pole Vault (3.50m)
6. Orla Coffey, St. Angela's Cork – Pole Vault (3.20m)
7. Tirna Cahill, Pobalscoil na Trionoide – Hammer (49.19m)
8. James Kirkby, Bandon Grammer – Discus (35.46m)
9. Emily O'Mahony, St. Augustine's Dungarvan – Long Jump (5.45m)
10. Luke O'Carroll, Mercy Mount Hawk Tralee – Long Jump (6.35m)

11. Ciara Kennelly, St. Brigid's Killarney – High Jump (1.60m)
12. Katie Moynihan, Davis College – Javelin (42.89m)
13. Chisom Ugweru, St. Flannan's College Ennis – Triple Jump (11.03m)
14. Dawid Siegel, Tralee CBS – Shot Putt (13.29m)
15. Girls 4 x 300m Relay (2.49.3)
16. Boys 4 x 400m Relay (3.37.9)



Cillian Griffin & Marc Jones, 2nd & 3rd in 100m

Bronze

1. Emily De Bhal, Colaiste Choilm Ballincollig – 300mH (46.39)
2. Siofra O'Dea, St. Joseph's Spanish Point – 3km Walk (15.38)
3. Ciaran O'Muirhile, Gaelcholaiste Mhuire AG – 3km Walk (16.20.8)
4. Rory Prendeville, St. John the Baptist Hospital – 800m (1.58.48)
5. Marc Jones, Colaiste Muire Cobh – 100m (11.31)
6. Gavin Kenny, Hamilton High School Bandon – 1500m Steeplechase (4.42.3)
7. Ailbhe Doherty, St. Flannan's College Ennis – 300m (40.77)
8. Lauren McCourt, Bandon Grammer – 200m (25.97)
9. Kylie Heinen, St. Declan's Kilmacthomas – High Jump (1.60m)
10. Girls 4 x 100m Relay (49.44)



Bronze medallist, Siofra O'Dea in the Girls 3km Walk



Bronze medallist, Ciaran O'Muirhile in the Boys 3km Walk



Bronze medallist, Ailbhe Doherty 300m



Cillian Griffin brings the Munster Boys 4 x 100m Relay home to gold

SIAB Schools T&F International, 21st July 2018



The SIAB Schools U/17 Track & Field International took place in Grangemouth Stadium, Scotland on Saturday 21st July 2018 with 22 Munster athletes taking part & bringing home 4 individual medals in total (2 silver & 2 bronze), and 3 Relay medals (3 silver). **Marc Jones, Colaiste Muire Cobh** also won gold in the 100m Non-Scoring race on the day with a time of 11.32.



Marc Jones on his way to winning the Non-Scoring 100m race

Ciara Sheehy, St. Mary's Charleville, the Irish Girls' team Captain, took home silver in the Shot Putt with a throw of 14.84m and also placed 4th in the Hammer with a pb of 54.71m with **Niamh O'Mahony, Presentation Tralee** also winning silver in the 3000m in a time of 9.52.27. Niamh also won the Sean Nyhan medal for the Best Irish Performance on the day. Bronze medals were won by **Megan Lenihan, Hazelwood College** in the Girls Discus (38.98m) & **Orla Coffey, St. Angela's Cork** in the Girls Pole Vault (3.11m). 4th place finishes were recorded by **Ciara Kennelly, St. Brigid's Killarney** in the Girls High Jump (1.67m), **Anna Ryan, Ursuline Thurles** in the Girls Pole Vault (3.11m), **Chisom Ugwuere, St. Flannan's Ennis** in the Girls Triple Jump (11.06m), **Ciara Sheehy, St. Mary's Charleville** in the Girls Hammer (54.71m), **Cillian Griffin, Mercy Mount Hawk** in the Boys 100m (11.15), **Wymin Sivakumar, Colaiste an Spioraid Naomh** in the 100mH (13.53) & the Triple Jump (14.14m), **Shane Aherne, Rochestown College** in the 400mH (57.00) & **Luke O'Carroll, Mercy Mount Hawk** in the

Long Jump (6.85m). 5th place finishes went to **Aoife O'Sullivan, St. Mary's Mallow** in the Girls High Jump (1.64m), **Daniel Hurley, PBC Cork** in the Boy's Long Jump (6.85m), **Tirna Cahill, Pobalscoil na Trionoide Youghal** in the Girl's Hammer (48.73m) & **Emily O'Mahony, St. Augustine's Dungarvan** in the Triple Jump (10.94m) with a 6th place finish for **Tommy Connolly, CBC Cork** in the 1500m (4.15.14). 7th place finishes were recorded by **Ailbhe Doherty, St. Flannan's Ennis** in the 200m (26.41), **Lucy Holmes, Ard Scoil na nDeise** in the 800m (2.15.87), **Marc Jones, Colaiste Muire Cobh** in the 200m (23.14) & **Jake Bagge, Ard Scoil na Mara** in the 800m (1.58.55) with 8th place finishes for **Maeve O'Neill, MICC Dunmanway** in the 1500m (4.49.12) & **Adam O'Dwyer, Thurles CBS** in the Pole Vault (3.61m).



Cillian Griffin in the Boys 100m race



Cillian Griffin, Mercy Mount Hawk (4) in action in the 4 x 100m Relay



Shane Aherne, Rochestown College in the 4 x 400m Relay

In the Relay competitions, **Marc Jones, Colaiste Muire Cobh & Cillian Griffin, Mercy Mount Hawk** both won silver with the Irish Boys 4 x 100m Relay team with **Shane Aherne, Rochestown College** also winning silver with the Irish Boys 4 x 400m Relay team.

In the Girls competition, Ireland scored 152 points to finish 2nd behind England (253) with Scotland in 3rd (136) and Wales 4th (106) while in the Boys competition, Ireland were 2nd overall on 174 points behind England on 258 points with Scotland 3rd on 119 points and Wales in 4th place on 95 points. Congratulations & well done to all our athletes.

Munster Schools Combined Events Championships – 3rd October 2018

The Munster Schools Combined Events Championships took place in Nenagh Indoor Stadium on Wednesday 3rd October. **104** athletes took part in total (20 Minor Boys, 18 Junior Boys, 16 Intermediate Boys, 7 Senior Boys, 24 Minor Girls, 10 Junior Girls, 9 Intermediate Girls).

There were two new records on the day:-

1. **Ava Rochford, Rice College Ennis** won the Minor Girls competition with 3041 points to better the existing record of 2694 points set by Laura Frawley, St. Mary's Charleville in 2016.
2. **Brian Lynch, Colaiste an Spioraid Naoimh** scored 2985 points in the Senior Boys competition to better the record of 2579 points set by Eoin Kenny, De La Salle Waterford in 2017.

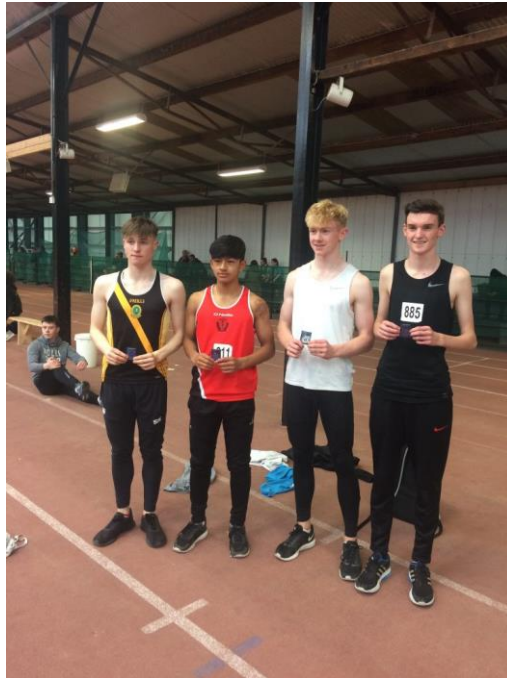
Conor Callinan, Colaiste an Chroi Naofa, Carrig na BhFear was the winner of the Minor Boys competition finishing on 2230 points with **Kyle Ettoh** in 2nd place on 1935 points, **Joel Joseph, Midleton CBS** in 3rd place on 1828 points & **Tom McCutcheon, St. Joseph's Borrisoleigh** in 4th with 1765 points.



Harry Nevin, Rochestown College was the winner of the Junior Boys competition with 2940 points, **Dillon Ryan, Thurles CBS** was 2nd with 2534 points, **Darragh O'Neill, Ardscoil na Mara** was 3rd with 2423 points with a 4th place finish for **Colin Murphy, Colaiste Muire Crosshaven** on 2361 points.



In the Intermediate Boys competition, **Diarmuid O'Connor, Colaiste Choilm Ballincollig** was the winner on 3255 points with **Wymin Sivakumar, Colaiste an Spioraid Naoimh** in 2nd on 3052 points, **Cillian Griffin, Mercy Mount Hawk** in 3rd with 2846 points & **Tristan Chambers, St. Brogan's College Bandon** in 4th place on 2605 points.



In the Senior Boys competition, **Brian Lynch, Colaiste an Spioraid Naoimh** was the winner with a new record of 2985 points, with **Darragh Courtney, Mercy Mount Hawk** in 2nd place (2362 points), **Brian Naughton, Glenstal Abbey** in 3rd (1779 points) & **Jack O'Donoghue, Carrigaline CS** in 4th place (1161 points).



Ava Rochford, Rice College Ennis won gold in the Minor Girls competition in a new Championship Best Performance of 3041 points with **Okwu Backari, Ashton College** in 2nd (2563 points) and **Sacred Heart Clonakilty** students, **Eabha Crowley** and **Niamh McCarthy** in 3rd & 4th places with 2495 and 2420 points.



Laura Frawley, St. Mary's Secondary School Charleville won gold in the Junior Girls competition finishing on 3344 points with **Emily Wall, Colaiste Choilm Ballincollig** in 2nd with 2878 points. Bronze went to **Ava Coyle, Kinsale Community School (2778 points)** & 4th place to **Katie Nolke, St. Angela's Ursuline Secondary School Waterford (2693 points)**.



Chisom Ugwuere, St. Flannan's College Ennis won the Intermediate Girls title with 3040 points with silver for **Emily O'Mahony, St. Augustine's College Dungarvan (2837 points)**, bronze for **Orla Coffey, St. Angela's College Cork (2722 points)** & 4th place for **Laura Hayes, Borrisokane Community College (2129 points)**.



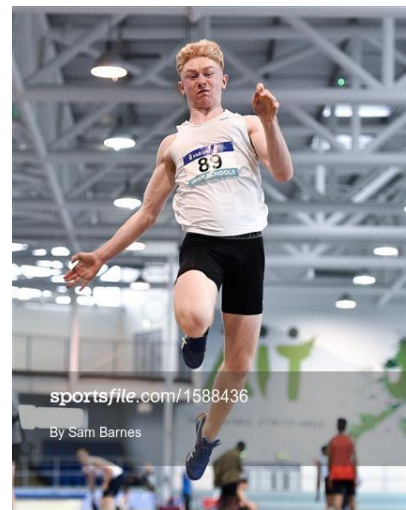
**Irish Life Health Irish Schools Combined Events Championships
13th October 2018**



The Irish Life Health Irish Schools Combined Events Championships took place in AIT International Arena on Saturday 13th October 2018. A squad of 21 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 (4 gold & 4 bronze) – Gold for **Ava Rochford, Rice College Ennis (Minor Girls), Laura**

Frawley, St. Mary's Charleville (Junior Girls) Harry Nevin, Rochestown College (Junior Boys) & Brian Lynch, Colaiste an Spioraid Naoimh (Senior Boys) & bronze for Okwu Backari, Ashton College Cork (Minor Girls), Conor Callinan, Colaiste an Chroi Naofa (Minor Boys), Katie Nolke, Ursuline Waterford (Junior Girls), & Wymin Sivakumar, Colaiste an Spioraid Naoimh (Inter Boys).

6 Munster athletes also made the Irish Schools International teams (an increase on 4 in 2017) – **Laura Frawley, Katie Nolke, Harry Nevin, Dillon Ryan, Thurles CBS (4th Junior Boys), Wymin Sivakumar & Diarmuid O'Connor, Colaiste Choilm, Ballincollig (4th Inter Boys).**





In the Minor Girls competition, **Ava Rochford, Rice College Ennis** was our top finisher in gold medal position with 3141 points, with **Okwu Backari, Ashton College Cork** in 3rd place (2730 points) with **Sacred Heart Clonakilty** students **Niamh McCarthy & Eabha Crowley** in 10th & 11th position (2453 & 2425 points).



Conor Callinan, Colaiste an Chroi Naofa finished 3rd in the Minor Boys competition with 2544 points, with **Joel Joseph, Midleton CBS** in 7th (2126 points), **Tom McCutcheon, St. Joseph's Borrisoleigh** very close behind in 8th (2123 points) & **Kyle Ettou, Colaiste an Chraoibhinn Fermoy** in 10th place (1992 points).



In the Junior Girls competition, **Laura Frawley, St. Mary's Charleville** won gold with 3295 points with **Katie Nolke, Ursuline Waterford** in 3rd place on 3107 points, **Emily Wall, Colaiste Choilm Ballincollig** in 5th (3027 points) & **Ava Coyle, Kinsale CS** in 6th with 3006 points.



In the Junior Boys category, **Harry Nevin, St. Francis College, Rochestown** was the clear winner on **3205** points with **Dillon Ryan, Thurles CBS** in 4th place (2812 points), **Darragh O'Neill, Ardscoil na Mara** in 8th (2595 points) & **Colin Murphy, Colaiste Muire Crosshaven** in 11th place (2262 points).



In the Intermediate Girls competition, our top finisher was **Chisom Ugwuere, St Flannan's College Ennis** who finished 6th with 3059 points, **Emily O'Mahony, St. Augustine's College Dungarvan** was 8th with 2904 points, **Orla Coffey, St. Angela's College Cork** was 9th with 2829 & **Laura Hayes, Borrisokane Community College** was 13th place with 1601 points.

In the Intermediate Boys competition, **Wymin Sivakumar, Coláiste an Spioraid Naoimh Bishopstown** was 3rd on 3477 points with 4th place for **Diarmuid O'Connor, Colaiste Choilm, Ballincollig** on 3440 points & 9th place for **Tristan Chambers, St. Brogan's College Bandon** on 2787 points.



Brian Lynch, Colaiste an Spioraid Naoimh won gold in the Senior Boys competition scoring 3428 points with Brian Naughton, Glenstal Abbey in 6th place.



Congratulations & well done to all our athletes who represented their schools so well on the day. Our thanks to Munster Multi-Event coaches, John Naughton and Frank Stam who greatly supported our Schools Combined Events Championships this year. They have carried out great work with their athletes with five medal winners and three athletes on the International team between them.

Schools International Combined Events – Saturday 3rd November 2018



The Schools International Combined Events Championships took place on Saturday 3rd November 2018 in the Emirates Arena, Glasgow. The Irish Team won two individual silver medals (both won by Munster athletes) as well as silver team medals in the U16 Boys and Over 16 Girls & bronze team medals in the U16 Girls and Over 16 Boys.



Munster had 6 representatives on the Irish team with our best performances coming from **Laura Frawley, St. Mary's SC Charleville** who won individual silver in the U16 Girls competition finishing on 3328 points and **Harry Nevin, St. Francis' College Rochestown** who also won individual silver in the U16 Boys competition with 3294 points.

Laura Frawley led the Irish U16 Girls' team to a bronze medal finish with **Katie Nolke, Ursuline Waterford** in 10th place (3066 points) and 2nd scorer for the Irish team which finished on 9418 points behind Scotland in 2nd (9456 points) & England in gold medal position (9761 points).

Harry Nevin led the Irish U16 Boys' team to silver ably assisted by **Dillon Ryan, Thurles CBS** who was 8th with 2930 points making them 1st and 3rd scorers for the Irish team. Their final score was 9169 points behind England (9616 points) with Wales in 3rd place on 9145 points).

The Over 16 Boys team won bronze on 10229 points. Munster's best finisher and Ireland's top scorer was **Wymin Sivakumar, Colaiste an Spioraid Naoimh** who finished 6th with 3429 points with **Diarmuid O'Connor, Colaiste Choilm Ballincollig** in 15th place on 2181 points having suffered two disqualifications in the 200m and 800m for lane infringements. Scotland won the team competition with 10546 points with England 2nd on 10280 points.



Irish U16 Boys Team



Irish Over 16 Boys' Team



Irish U16 Girls' Team

Irish team combine to win medals aplenty

POSTED: November 02 2018

Irish team combine to win medals aplenty

The Irish schools' combined events team put in a strong showing at the Combined Events international in Glasgow on Saturday (November 3rd).

The junior girls' team put in solid performances to take bronze in the team standings. Laura Frawley (St. Mary's S.S. Charleville) took individual silver with 3,328 points.

The Irish team went one better in the intermediate girls' standings winning silver with Chloe Casey (Saint Raphael's College, Loughrea) fourth individually scoring 3598 points.

In the boys, Ireland won team silver in the junior category with Harry Nevin (St. Francis College, Rochestown) also winning silver with 3294 points.

It was topped off with intermediate team bronze headed by Wymin Sivakumar (Colaiste an Spioraid Naoimh Bishopstown) scoring 3429 points in sixth.