

### Superb Silver for Irish Women's 4 x 100m Team



The World U/20 T&F Championships took place in Tampere, Finland from 10<sup>th</sup> to 15<sup>th</sup> July 2018. 5 athletes were selected to represent Munster on the Irish team with **Ciara Neville, Emerald A.C.** winning a silver medal as part of the Irish Women's 4 x 100m Relay team. The Munster team selected was **Ciara Neville, Emerald A.C. (100m, 200m & 4 x 100m), Conor Morey, Leevale A.C. (4 x 100m), Darragh McElhinney, Bantry A.C. (5km), Jo Keane, Ennis Track A.C. (800m) & Orla O'Connor, Waterford A.C. (10km Walk).**

**Ciara Neville, Emerald A.C.** competed in the 100m and 200m as well as the 4 x 100m relay final. In the 100m, she gave an excellent account of herself running her 2<sup>nd</sup> fastest time ever of 11.54 to finish 2<sup>nd</sup> in her heat. In the semi-final, she finished 5<sup>th</sup> in a time of 11.70 to leave her with an overall ranking of 16<sup>th</sup> on the world stage. She was also 4<sup>th</sup> in her 200m heat in a time of 24.01 and 8<sup>th</sup> in her semi-final in 24.68. **Jo Keane, Ennis Track A.C.** ran 2.09.59 in her 800m heat to progress to the semi-final where she ran a pb of 2.06.91 to finish 5<sup>th</sup>, just outside qualifying for the final. **Conor Morey, Leevale A.C.** competed in the Men's 4 x 100m Relay where the Irish team finished 3<sup>rd</sup> in their heat and 11<sup>th</sup> overall in 40.51. **Darragh McElhinney, Bantry A.C.** finished 18<sup>th</sup> in the 5km in a time of 14.53.63 with **Orla O'Connor, Waterford A.C.** finishing 14<sup>th</sup> in the 10km Walk in a time of 47.55.40, a new Irish U/20 record. Our best result was the superb silver medal won by the Irish Women's 4 x 100m relay team. The Irish women's 4x100m relay team made history by winning silver medals in a new national U20 record of 43.90 seconds. The quartet of Molly Scott (SLOT), Gina Akpe-Moses (Blackrock-Louth), **Ciara Neville (Emerald)** and Patience Jumbo-Gula (St Gerard's

Dundalk) struck silver narrowly behind the Germans who ran 43.82 with Great Britain and Northern Ireland third in 44.05. Rhasidat Adeleke (Tallaght) had a hamstring injury which prevented her from making the final, but it was superlative performance nonetheless. Scott, Akpe-Moses and **Neville** have been on countless relay teams together down through the years and reaped their rewards on the grandest stage.



*Irish Women's 4 x 100m Relay Team who won World Silver*