

Brilliant Bronze for McElhinney @ European U20 T&F Championships



The European U/20 Track & Field Championships took place in Borås, Sweden from 18th to 21st July 2019. **8** athletes represented Munster on the Irish team – **Sophie O’Sullivan, Ballymore Cobh A.C. (800m), Jo Keane, Ennis Track A.C. (800m), Miriam Daly, Carrick-On-Suir A.C. (4 x 400m), Sean Mockler, Moycarkey Coolcree A.C. (Hammer), Darragh McElhinney, Bantry A.C. (5km), Conor Morey, Leevale A.C. (100m & 4 x 100m), David Ryan, Moycarkey Coolcree A.C. (4 x 400m) & Ryan O’Leary, Leevale A.C. (4 x 100m).**

Our only medal winner was **Darragh McElhinney** who won a brilliant bronze medal in the 5km. He took the lead with a kilometre to run and pushed the pace out front. He was passed with one lap to run but fought all the way to the finish to come home third in 14:06.05. The race was won by Spain’s Aaron Las Heras in 14:02.76. **Sophie O’Sullivan and Jo Keane** moved onto the 800m semi-finals after finishing 3rd in their respective heats. Sophie finished 8th in 2.11.53 with Jo also finishing 8th in the following race in 2.13.51 both just short of progressing to the final. **Conor Morey** bowed out after finishing seventh in his 100m semi-final in 10.71 while **Seán Mockler** threw 67.34m in hammer qualification to finished 18th between the two pools but didn’t advance to the final.



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In the men's 4x100m heats, the Irish quartet of **Conor Morey**, Aaron Sexton, Michael Farrelly and David Murphy finished a fine fourth in 40.67, just edged out of a place in the final and finishing ninth overall.

Day 3 in the 4x400m relays, the Irish teams produced outstanding performances to advance to the finals. The women's quartet of Simone Lalor, **Miriam Daly**, Laura Nally and Rachel McCann smashed the Irish U20 record by three seconds when clocking 3:41.28 in their heat to finish fourth, enough to advance to the final on time. The men's quartet of Ciaran Carthy, Adam Hughes, Jack Raftery and **David Ryan** qualified for the final after finishing third in their heat in 3:13.72. On the last day of the Championships, the Irish women's 4x400m team of Simone Lalor, **Miriam Daly**, Davicia Patterson and Rachel McCann had a magnificent run in the final to finish fifth, breaking the Irish U20 record with their time of 3:37.42. They were less than one third of a second off the bronze medal.

The Irish men's 4x400m team also acquitted themselves well in the final, the quartet of Ciaran Carthy, Adam Hughes, Jack Raftery and **David Ryan** finished sixth in 3:11.51, a season's best. Congrats to all our athletes, another step forward in their international careers.



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