

43 Schools Titles for Munster Athletes



The Irish Life Health Irish Schools Track & Field Championships took place in Tullamore Stadium on Saturday 1st June 2019. Munster athletes were in fine form winning **41** individual Schools titles, **32** silver medals & **34** bronze & **5** sets of Relay medals (2 gold, 2 silver & 1 bronze). Munster Schools won two schools cups on the day with **St. Mary's Charleville** winning best Intermediate Girls School and **CBS Thurles** winning the President's Shield for 2nd Senior Boys School.



Munster had **6** Record breaking performances and one equalled from its athletes: -

1. **Ella Scott, Christ King Cork** ran 10.86 in the Junior Girls 75mH to better the existing ET Record of 11.41 set by Kayln Sheehan, Ursuline Waterford in 2004.
2. **Jodie McGrath, St. Mary's Nenagh** vaulted 3.00m in the Junior Girls Pole Vault to better the Meet record of 2.92m set by Anna Ryan, Ursuline Thurles set in 2017.
3. **Geoffrey Joy O'Regan, John the Baptist CS** jumped 1.96m in the Junior Boys High Jump to better the Meet record of 1.90m set by Raymond McLoughlin, St. Mary's Boyle in 1976.
4. **Conor Callinan, Colaiste an Chroi Naofa** jumped 3.85m in the Junior Boys Pole Vault to better the Meet record of 3.70m set by Neil Young, R.B.A.I. in 1991.
5. **Mervyn Shalemba, Mercy Mount Hawk** equalled the ET Record of 10.92 held by Zac Irwin, Sligo GS in the Inter Boys 100m.
6. **Aimee Hayde, St. Mary's Newport** ran 2.09.80 in the Inter Girls 800m to better the existing Meet record of 2.10.27 set by Siofra Cleirigh Buttner, Col Iosagain set in 2012.
7. **Orla Coffey, St. Angela's Cork** jumped 3.61m in the Inter Girls Pole Vault to better the Meet record of 3.60m set by Ellie McCarthy, Belfast HS set in 2016.



Our double individual medal winners were:-

Okwu Backari, Ashton College (gold in Minor Girls 75mH & Long Jump); **Conor Callinan, Colaiste an Chroi Naofa** (gold in Junior Boyd 75mH & Pole Vault); **Tadhg Connolly, Abbey CC** (gold in Junior Boys Discus & 1500m); **Aimee Hayde, St. Mary's Newport** (gold in Inter Girls 800m & 1500m); **Mervyn Shalemba, Mercy Mount Hawk** (gold in Inter Boys 100m & 200m & 4 x 100m); **Sean Mockler, CBS Thurles** (gold in Senior Boys Hammer & Discus); **Ava Rochford, Rice College Ennis** (gold in Minor Girls Shot Putt & silver in Junior Girls High Jump); **Ella Jenks, Colaiste Mhuire Buttevant** (gold in Junior Girls 100m & silver in 200m); **Kotryna Pacerinskaite, Presentation Mitchelstown** (gold in Junior Girls Shot Putt & silver in Hammer); **Ciara Sheehy, St. Mary's Charleville** (gold in Inter Girls Hammer & silver in Shot Putt); **Aisling Cassidy, Bandon Grammer** (gold

in Senior Girls Triple Jump & bronze in Long Jump); **Jack Ryan, CBS Thurles** (gold in Senior Boys Shot Putt & bronze in Discus); **Victoria Amiadamen, Castletroy College** (silver in Minor Girls 100m & Long Jump); **Adam Turner, Colaiste Christ Ri** (silver in Inter Boys Long Jump & bronze in Triple Jump) & **Lily O’Riordan, St. Angela’s Cork** (bronze in Junior Girls 75mH & Javelin);



Munster medal winners are below: -

Gold medals

1. Okwu Backari, Ashton College – Minor Girls 75mH (11.32)
2. Okwu Backari, Ashton College – Minor Girls Long Jump (5.20m)
3. Ava Rochford, Rice College Ennis – Minor Girls Shot Putt (11.42m)
4. Yeshuah O’Brien, St. Anne’s Killaloe – Minor Boys Long Jump (5.36m)
5. Michelle Ugwah, SMGS Blarney – Junior Girls Long Jump (5.48m)

6. Ella Jenks, Colaiste Mhuire Buttevant – Junior Girls 100m (12.42)
7. Ella Scott, Christ King Cork – Junior Girls 75mH (10.86) **ET REC**
8. Kotryna Pacerinskaite, Presentation Mitchelstown - Junior Girls Shot Putt (13.38m)
9. Sophie Crowley, Newtown School – Junior Girls High Jump (1.64m)
10. Jodie McGrath, St. Mary's Nenagh – Junior Girls Pole Vault (3.00m) **MEET REC**
11. Geoffrey Joy O'Regan, John the Baptist Hospital – Junior Boys High Jump (1.96m) **MEET REC**
12. Conor Callinan, Colaiste an Chroi Naofa – Junior Boys 75mH (11.35)
13. Conor Callinan, Colaiste an Chroi Naofa – Junior Boys Pole Vault (3.85m) **MEET REC**
14. Callum Keating, Hazelwood College – Junior Boys Shot Putt (15.61m)
15. Sam O'Sullivan, Rockwell College – Junior Boys 1200m Walk (5.44.61)
16. Tadgh Connolly, Abbey CC – Junior Boys Discus (43.72m)
17. Tadgh Connolly, Abbey CC – Junior Boys 1500m (4.19.13)
18. Mervyn Shalemba, Mercy Mount Hawk – Inter Boys 100m (10.92) **= ET REC**
19. Mervyn Shalemba, Mercy Mount Hawk – Inter Boys 200m (22.08)
20. Matteo Mary, St. Declan's Kilmacthomas – Inter Boys 1500m (4.05.29)
21. Adam O'Dwyer, Thurles CBS – Inter Boys Pole Vault (3.80m)
22. Dillon Ryan, Thurles CBS – Inter Boys Triple Jump (13.43m)
23. Aimee Hayde, St. Mary's Newport – Inter Girls 800m (2.09.80) **MEET REC**
24. Aimee Hayde, St. Mary's Newport – Inter Girls 1500m (4.37.31)
25. Ciara Sheehy, St. Mary's Charleville – Inter Girls Hammer (57.04m)
26. Megan Lenihan, Hazelwood College – Inter Girls Discus (34.75m)
27. Aoife O'Sullivan, St. Mary's Mallow – Inter Girls High Jump (1.65m)
28. Laura Frawley, St. Mary's Charleville – Inter Girls Long Jump (5.87m)
29. Orla Coffey, St. Angela's Cork – Inter Girls Pole Vault (3.61m) **MEET REC**
30. Ailbhe O'Neill, St. Mary's Nenagh – Girls U/16 Mile (5.20.53)
31. Niamh O'Mahony, Presentation Tralee – Inter Girls 3km (10.14.98)
32. Ciara Kennelly, St. Brigid's Killarney – Senior Girls High Jump (1.65m)
33. Jack Ryan, Thurles CBS – Senior Boys Shot Putt (14.41m)
34. Sophie Meredith, SMI Newcastlewest – Senior Girls Long Jump (6.08m)
35. Aisling Cassidy, Bandon Grammer – Senior Girls Triple Jump (11.41m)
36. Jo Keane, St. Flannan's Ennis – Senior Girls 800m (2.09.88)
37. Darragh McElhinney, Colaiste Phobal Bantry – Senior Boys 1500m (3.52.38)
38. Frank O'Brien, Midleton CBS – Senior Boys 2km Steeplechase (6.01.69)
39. Sean Mockler, CBS Thurles – Senior Boys Hammer (66.48m)
40. Sean Mockler, CBS Thurles – Senior Boys Discus (45.25m)
41. Luke O'Carroll, Mercy Mount Hawk – Senior Boys Long Jump (7.27m)



Silver medals

1. Victoria Amiadamen, Castletroy College – Minor Girls 100m (12.77)
2. Victoria Amiadamen, Castletroy College – Minor Girls Long Jump (5.12m)
3. Nicole Dinan, St. Angela's Cork – Minor Girls 800m (2.15.43)
4. Dennis Dickson, Crescent College Comp – Minor Boys 100m (12.10)
5. Josh Boland, Crescent College Comp – Minor Boys 75mH (11.28)
6. Dara Kennedy, St. Mary's Newport – Minor Boys 800m (2.08.89)
7. Grace Rooney, St. Mary's Midleton – Junior Girls 100m (12.43)
8. Ella Jenks, Colaiste Mhuire Buttevant – Junior Girls 200m (25.51)
9. Leah Parker, St. Aloysius Carrigtwohill – Junior Girls Discus (30.32m)
10. Kotryna Pacerinskaite, Presentation Mitchelstown – Junior Girls Hammer (45.54m)
11. Ava Rochford, Rice College Ennis – Junior Girls High Jump (1.61m)
12. John O'Connor, St. Patrick's Castlesland – Junior Boys 200m (23.79)
13. Sean Kavanagh, St. Colman's Midleton – Junior Boys High Jump (1.83m)
14. Kyle Ettoh, Colaiste an Chraoibhinn – Junior Boys Long Jump (5.84m)

15. Fionn Harrington, St. Brogan's Bandon – Inter Boys Steeplechase (4.40.76)
16. Callum Hurley, Ardscoil na Mara – Inter Boys 800m (1.57.96)
17. Adam Turner, Colaiste Chriost Ri – Inter Boys Long Jump (6.72m)
18. Chisom Ugwuere, St. Flannan's Ennis – Inter Girls 80mH (11.72)
19. Nicola Tuthill, Colaiste na Toirbhirte Bandon – Inter Girls Hammer (55.56m)
20. Caitlin Kennedy, John the Baptist Hospital – Inter Girls High Jump (1.60m)
21. Leanne Healy, Colaiste Muire Ennis – Inter Girls Javelin (39.99)
22. Anna Ryan, Ursuline Thurles – Inter Girls Pole Vault (3.20m)
23. Ciara Sheehy, St. Mary's Charleville – Inter Girls Shot Putt (14.92m)
24. Holly Carroll, SMGS Blarney – Girls U/16 Mile (5.22.30)
25. Miriam Daly, Scoil Mhuire Carrick – Senior Girls 400mH (1.01.89)
26. Lucy Holmes, Ard Scoil na nDeise – Senior Girls 800m (2.13.21)
27. Katie Moynihan, Gaelcholaiste AG – Senior Girls Javelin (42.39m)
28. Conor Morey, PBC Cork – Senior Boys 100m (10.59)
29. Jake Vermeer, Comeragh College – Senior Boys 400mH (56.93)
30. Pdraig O'Callaghan, Colaiste Chriost Ri – Senior Boys Hammer (52.75m)
31. Cathal Scanlon, St. Declan's Kilmacthomas – Senior Boys Javelin (49.59m)
32. Wymin Sivakumar, Colaiste an Spioraid Naoimh – Senior Boys Triple Jump (13.72m)



Bronze Medals

1. Marie Hynes-McLaughlin, Colaiste an Phiarsaigh – Minor Girls 800m (2.19.01)
2. Bobby Cook, SMGS Blarney – Minor Boys 100m (12.18)
3. Max O'Reilly, Carrigaline CS – Minor Boys 75mH (11.81)
4. Lily O'Riordan, St. Angela's Cork – Junior Girls 75mH (11.89)
5. Lily O'Riordan, St. Angela's Cork – Junior Girls Javelin (33.18m)
6. Eabha Crowley, Sacred Heart Clonakilty – Junior Girls Pole Vault (2.30m)
7. Sarah Butler, Laurel Hill – Junior Girls 800m (2.21.53)
8. Nikita McGrath, Borrisokane CS – Junior Girls Hammer (44.89m)
9. Ben Connolly, CBS Nenagh – Junior Boys Pole Vault (3.00m)
10. Pdraig McCarthy, St. Michael's Listowel – Junior Boys Shot Putt (12.59m)

11. Armand Schoeman, Colaiste Mhuire Co-Ed Thurles – Inter Boys 100mH (14.20)
12. Ciaran O’Muirhile, Gaelcholaiste Mhuire AG Cork – Inter Boys 2k Walk (9.46.97)
13. Jack O’Connor, Ard Scoil Ris – Inter Boys 400m (51.24)
14. Sean Riordan, Colaiste an Phiarsaigh – Inter Boys Discus (35.24m)
15. Diro Lawal, Castletroy College – Inter Boys 200m (22.13)
16. Azuolas Varnele, Colaiste Mhuire Co-Ed Thurles – Inter Boys Hammer (42.39m)
17. Lauren McCourt, Bandon Grammer – Inter Girls 200m (25.16)
18. Lorna O’Shea, Scoil Mhuire Carrick – Inter Girls 300mH (45.76)
19. Blessing Alamu, St. Mary’s Midleton – Inter Girls Discus (31.78m)
20. Katie Nolke, Ursuline Waterford – Inter Girls High Jump (1.55m)
21. Adam Turner, Colaiste Christ Ri – Inter Boys Triple Jump (13.20m)
22. Una Brice, Mount Mercy Cork – Inter Girls Pole Vault (3.10m)
23. Adam Kiely, CBC Cork – Boys U/16 Mile (4.39.27)
24. Alyce O’Connor, PS Inbhearsceine Kenmare – Senior Girls 1500m (4.48.79)
25. Rhona Randles, PS Inbhearsceine Kenmare – Senior Girls 1500m S/C (5.27.59)
26. Orla O’Reilly, Mercy Mount Hawk – Senior Girls 200m (25.12)
27. Leanne Cronin, Brookfield College – Senior Girls Hammer (33.15m)
28. Aisling Cassidy, Bandon Grammer – Senior Girls Long Jump (5.52m)
29. Martha Quain, Colaiste an Chroi Naofa – Senior Girls Discus (35.24m)
30. Gavin Kenny, Hamilton High School – Senior Boys 2k S/C (6.19.87)
31. Ryan O’Leary, Colaiste Christ Ri – Senior Boys 200m (21.90)
32. Jack Ryan, CBS Thurles – Senior Boys Discus (41.97m)
33. Joseph McEvoy, St. Anne’s Killaloe – Senior Boys High Jump (1.95m)
34. Sean Carolan, St. Mary’s Newport – Senior Boys Shot Putt (14.14m)



Relay Results

- 1st - Mercy Mount Hawk Senior Boys 4 x 100m Relay (43.19)
- 1st - Crescent College Comprehensive – Minor Boys 4 x 100m (49.07)
- 2nd - Castletroy College – Inter Boys 4 x 100m (45.24)
- 2nd - Bandon Grammer Inter Girls 4 x 100m (50.50)
- 3rd - PBC Cork – Senior Boys 4 x 100m Relay (43.62)

Schools Rankings

Minor Girls

2nd Ashton College 18 points

3rd Castletroy College 14 points

Minor Boys

2nd Crescent College Comp 23 points

Junior Boys

2nd – Abbey CC 22 points

Intermediate Girls

1st – St. Mary's Charleville

Senior Boys

2nd CBS Thurles 38 points

Extract from AAI website

Super Sexton stars at schools' championships

POSTED: June 01 2019

Super Sexton stars at schools' championships

Aaron Sexton (Bangor GS) produced record-breaking performances to star at a high-class Irish Life Health All Ireland Schools' Track and Field Championships today (June 1st).

Sexton sealed a sizzling double in the senior boys' 100m and 200m in new record times of 10.43 (+1.9) and 20.69 (+1.4). This capped a stunning schools' career for Sexton who now heads the European U20 rankings for the 200m. The Ulster schoolboy will compete at the European U20 Athletics Championships in Boras, Sweden before playing professional rugby with Ulster.

The 122 event programme (full results [HERE](#)) produced a host of stunning performances with Sarah Healy (Holy Child Killiney) signing

off her schools' career to win the senior girls' 3,000m in a new championship record of 9:24.52.

The walks got the track programme underway with Oisín Lane (Mercy Ballymahon) winning the senior boys' 3,000m race walk in 12:35.82.

Tony O'Connor (Naas CBS) more than made an impression in the senior boys' 400m hurdles winning in 53.02.

Deirdre Murray (St Joseph's Rochfortbridge) set a championship record in the senior girls' 400m hurdles of 60.03 – agonisingly close to a sub 60 second clocking.

Rhasidat Adeleke (Pres Terenure) headlined the intermediate girls' 100m and 200m winning gold in respective times of 11.69 and 24.29.

The senior girls' 100m saw Patience Jumbo-Gula (St Vincent's Dundalk) win in 11.81 with Lauren Cadden (Ursuline Sligo) settling for silver in 11.99. Cadden came back to win the 200m in 24.10 and anchored Ursuline Sligo to 4x300m relay gold in a new record of 2:50.85.

Mervyn Shalemba (Mercy Mount Hawk) won the intermediate boys' 100m in 10.92 and the 200m in 22.08 and stepped up to help Mercy Mount Hawk win the senior boys' 4x100m relay in 43.19.

Cian McPhillips (Moate CS) and Louis O'Loughlin (Moyle Park) had a great in the senior boys' 800m with O'Loughlin coming through for gold in 1:52.47. McPhillips ran out of legs in the last 20m 1:53.41

Aimee Hayde (St Mary's SS Newport) produced a brave run to win the intermediate girls' 800m in a new record of 2:09.80 and went on to win the 1500m in 4:37.31.

There were many intriguing doubles including Finn O'Neill (Limavady) winning the minor boys' 800m and 75m hurdles in new championship records of 2:05.32 and 11.19 seconds. Tadgh Connolly (Abbey CC)

topped that with a rare junior boys' double in the discus with 43.72m and the 1500m in 4:19.13.

Darragh McElhinney (Col Pobal Bantraí) was a consummate winner of the senior boys' 1500m in 3:52.38 while Efrem Gidey (Le Cheile Tyrellstown) ran away from the field to win the senior boys' 5,000m in 14:45.35.

Davicia Patterson (Hunterhouse) took a classy victory in the senior girls' 400m in a new championship best of 53.35.

Multi-eventer Kate O'Connor (St Vincent's Dundalk) won the senior girls' high jump with 1.65m and the javelin in a new record of 48.17m.

Adrienne Gallen (St Columba's Stranorlar) won the junior girls' hammer in a new record of 57.24m.

Sophie Meredith (SMI Newcastelwest) won the senior girls' long jump with 6.08m, Emma Coffey (St Angelas Cork) in the intermediate girls' pole vault in a new championship best of 3.61m and Nelvin Appiah (Moate CS) in the senior boys' high jump 2.10m. Luke O'Carroll (Mercy Mount Hawk) 7.26m .

Matthew Keenan Callinan (GC Ceatharlach) 4.52m record senior boys' pole vault. Conor Callinan (Col an Chraoi Naofa) broke Neil Young's (RBAI) intermediate boys' pole vault record which had stood since 1991 to win gold in 3.85m.