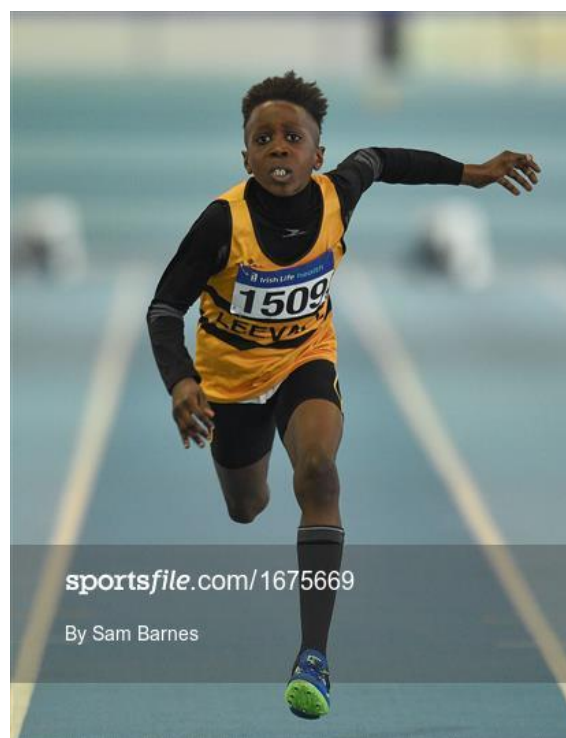


## 4 National Indoor Records for Munster Athletes

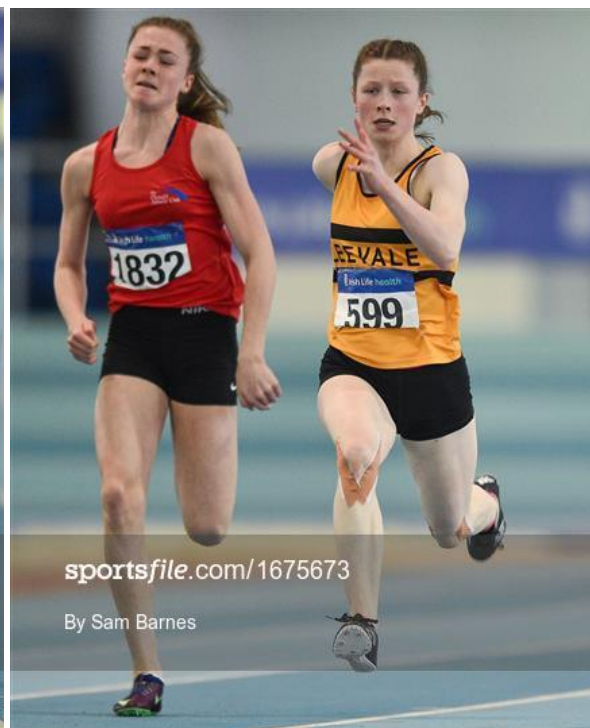
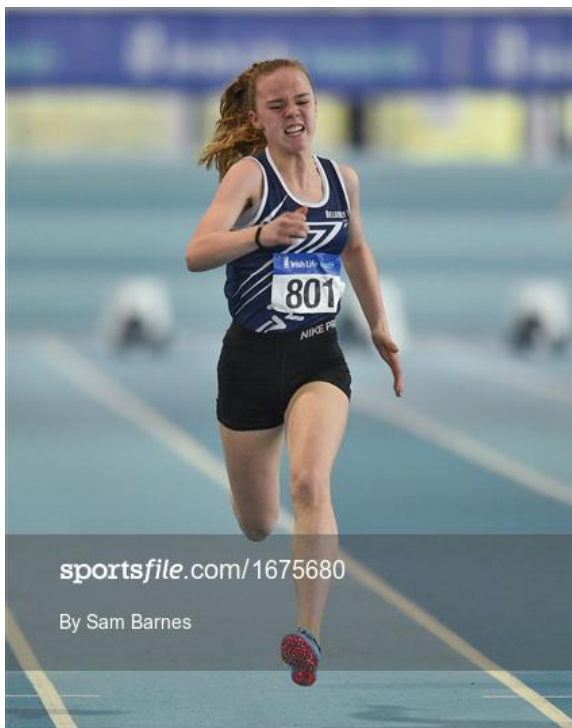


Munster had a successful Irish Life Health National Juvenile Indoor Championships in AIT Arena on Saturday 30<sup>th</sup> , Sunday 31<sup>st</sup> March & Saturday 6<sup>th</sup> April. In individual competitions, **46 gold, 49 silver & 35 bronze** medals were won in total over the three days with **4** new National records being set and 1 equalled by our athletes below:-



- **Ryan Onoh, Leevale A.C.** jumped 4.75m in the Boys U/12 Long Jump to smash the 4.57m record held by Joseph Dolan, Na Fianna (2000) & Stephen Black, Cranford A.C. (2013).
- **Ryan Onoh, Leevale A.C.** jumped 1.40m in the Boys U/12 High Jump to equal the record held by Jack Murphy, Leevale A.C. set in 2009.
- **John Cashman, Leevale A.C.** ran 8.82 in the Boys U/14 60mH to break the record of 8.87 set by Harry Nevin, Leevale A.C. in 2018.
- **Ava Rochford, Ennis Track A.C.** jumped 2.60m in the Girls U/15 Pole Vault to better the record of 2.50m set by Anna Ryan, Moycarkey Coolcree A.C. in 2016.
- **Una Brice, Leevale A.C.** jumped 3.00m in the Girls U/16 Pole Vault to smash the record of 2.80m set by Katie Richie, Ballymena & Antrim A.C. (2015) & Emma Coffey, Carraig na BhFear A.C. (2016).

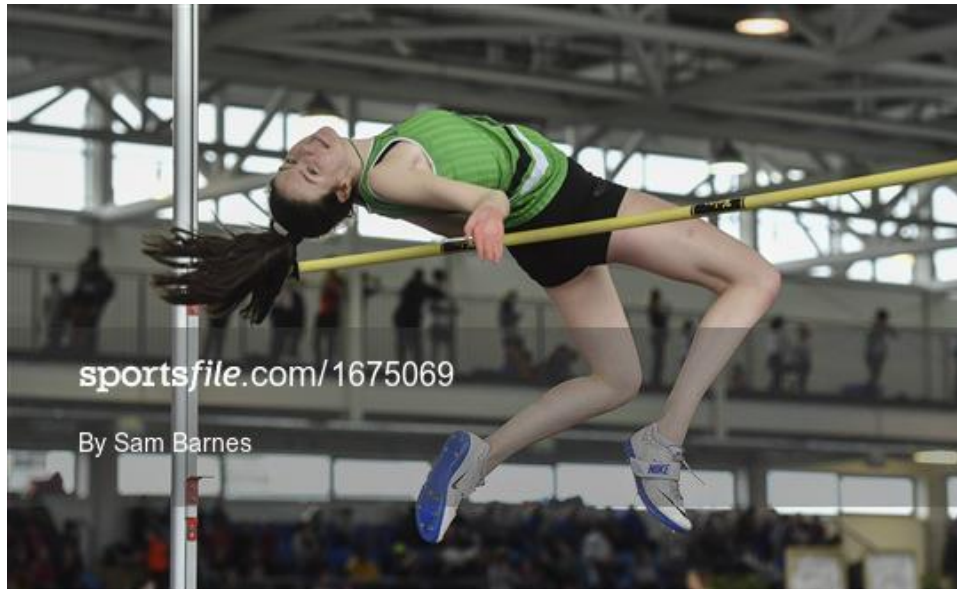
## Results



## There were gold medals for:-

1. Tally Collins, Lios Tuathail A.C. – Girls U/12 Long Jump (4.13m)
2. Ryan Onoh, Leevale A.C. – Boys U/12 High Jump (1.40) =CBP
3. Ryan Onoh, Leevale A.C. – Boys U/12 Long Jump (4.75) CBP
4. Natalia Golka, Leevale A.C. – Girls U/13 60mH (9.80)
5. Marc O'Brien, Dooneen A.C. – Boys U/13 60m (7.97)
6. Stuart Tobin, Limerick A.C. – Boys U/13 60mH (9.38)
7. Hannah Falvey, Belgooly A.C. – Girls U/14 60m (7.98)
8. Okwu Backari, Leevale A.C. – Girls U/14 60mH (9.12)
9. Okwu Backari, Leevale A.C. – Girls U/14 Long Jump (5.07m)
10. Odhrna Hurley, Carraig na BhFear A.C. – Girls U/14 1km Walk (5.09.71)

11. John Cashman, Leevale A.C. – Boys U/14 60m (7.56)
- 12. John Cashman, Leevale A.C. – Boys U/14 60mH (8.82) CBP**
13. Shane Buckley, Dundrum A.C. – Boys U/14 800m (2.15.86)
14. Grace Rooney, Youghal A.C. – Girls U/15 60m (7.84)
15. Ava Rochford, Ennis Track A.C. – Girls U/15 High Jump (1.63m)
16. Ava Rochford, Ennis Track A.C. – Girls U/15 Pole Vault (2.60m) **CBP**
17. Kotryna Pacerinskaite, Fanahan McSweeney A.C. – Girls U/15 Shot Putt (13.07m)
18. Timmy Wilk, Ballymore Cobh A.C. – Boys U/15 60m (7.47)
19. Joshua Fitzgerald, Leevale A.C. – Boys U/15 Pole Vault (2.45m)
20. Ella Scott, Leevale A.C. – Girls U/16 60m (7.75)
21. Laura Frawley, St. Mary's A.C. LK – Girls U/16 Long Jump (5.53m)
22. Laura Frawley, St. Mary's A.C. LK – Girls U/16 High Jump (1.70m)
23. Una Brice, Leevale A.C. – Girls U/16 Pole Vault (3.00m) **CBP**
24. Kirby Anne Ryan, Tralee Harriers A.C. – Girls U/16 Shot Putt (12.10m)
25. Colin Murphy, Leevale A.C. – Boys U/16 60mH (8.43)
26. Glory Wenegieme, Belgooly A.C. – Boys U/16 200m (22.98)
27. Daniel Farrell, Waterford A.C. – Boys U/16 1km Walk (7.17.80)
28. Danny Kelly, Belgooly A.C. – Boys U/16 Long Jump (5.88m)
29. Geoffrey Joy O'Regan, Sunhill Harriers A.C. – Boys U/16 High Jump (1.86m)
30. Callum Keating, North Cork A.C. – Boys U/16 Shot Putt (15.29m)
31. Aoife O'Sullivan, Liscarroll A.C. – Girls U/17 High Jump (1.70m)
32. Sara Zia Buckley, Leevale A.C. – Girls U/17 Pole Vault (2.70m)
33. Jordan Kissane, Tralee Harriers A.C. – Boys U/17 200m (22.58)
34. Niamh Foley, St. Mary's A.C. Lk – Girls U/18 60mH (8.81)
35. Ciara Kennelly, Killarney Valley A.C. – Girls U/18 High Jump (1.69m)
36. Orla Coffey, Carraig na BhFear A.C. – Girls U/18 Pole Vault (3.20m)
37. Ciara Sheehy, Emerald A.C. – Girls U/18 Shot Putt (14.58m)
38. Wymin Sivakumar, Leevale A.C. – Boys U/18 Triple Jump (13.31m)
39. Adam O'Dwyer, Moycarkey Coolcree A.C. – Boys U/18 Pole Vault (3.80m)
40. Adam Turner, Belgooly A.C. – Boys U/18 Long Jump (6.34m)
41. Aisling Cassidy, Leevale A.C. – Girls U/19 Triple Jump (11.57m)
42. Conor Morey, Leevale A.C. – Boys U/19 60m (6.84)
43. Conor Morey, Leevale A.C. – Boys U/19 200m (21.87)
44. Joseph McEvoy, Nenagh Olympic A.C. – Boys U/19 60mH (8.46)
45. Patrick Fitzgerald, West Waterford A.C. – Boys U/19 Pole Vault (3.95m)
46. Jack Ryan, Moycarkey Coolcree A.C. – Boys U/19 Shot Putt (14.10m)



#### **Silver medals went to:-**

1. Daniela Puspure, Leevale A.C. – Girls U/12 Shot Putt (8.67m)
2. Ryan Onoh, Leevale A.C. – Boys U/12 60m (8.31)
3. Finn Duignan, St. Cronan's A.C. – Boys U/12 600m (1.45.49)
4. Jayden Umeh, Leevale A.C. – Boys U/12 Long Jump (4.45m)
5. Odhran O'Sullivan, Midleton A.C. – Boys U/13 600m (1.40.58)
6. Sean Fennell, St. Mary's A.C. Clare – Boys U/13 Long Jump (4.66m)
7. Sean Fennell, St. Mary's A.C. Clare – Boys U/13 High Jump (1.50m)
8. Okwu Backari, Leevale A.C. – Girls U/14 60m (8.10)
9. Hannah Falvey, Belgooly A.C. – Girls U/14 Long Jump (5.01m)
10. Maeve Fleming, Leevale A.C. – Girls U/14 High Jump (1.54m)
11. Briana Onoh, Leevale A.C. – Girls U/14 Shot Putt (11.49m)
12. Denis Matthews, Dooneen A.C. – Boys U/14 60m (7.66)
13. Josh Boland, Dooneen A.C. – Boys U/14 60mH (9.10)
14. John Murphy, Liscarroll A.C. – Boys U/14 High Jump (1.55m)
15. Corey Scanlon, Finisk Valley A.C. – Boys U/14 Shot Putt (12.52m)
16. Ella Jenks, Leevale A.C. – Girls U/15 60m (7.87)
17. Ava Rochford, Ennis Track A.C. – Girls U/15 60mH (9.37)
18. Ellen O'Dwyer, Nenagh Olympic A.C. – Girls U/15 High Jump (1.55m)
19. Ronan O'Dwyer, Moycarkey Coolcree A.C. – Boys U/15 Pole Vault (2.45m)
20. Lucy-May Sleeman, Leevale A.C. – Girls U/16 60m (7.88)
21. Laura Frawley, St. Mary's A.C. LK – Girls U/16 60mH (8.99)
22. Maeve O'Connor, Waterford A.C. – Girls U/16 1.5km Walk (7.28.28)
23. Jodie McGrath, Nenagh Olympic A.C. – Girls U/16 Pole Vault (2.90m)
24. Michelle Ugwah, Carraig na BhFear A.C. – Girls U/16 Long Jump (5.21m)
25. Sophie Crowley, Waterford A.C. – Girls U/16 High Jump (1.67m)
26. Efe Opuoro, Ennis Track A.C. – Boys U/16 60m (7.22)
27. Noah McConway, St. Cronan's A.C. – Boys U/16 1.5km Walk (8.02.58)



28. Conor Callinan, Leevale A.C. – Boys U/16 Pole Vault (3.20m)
29. Ella Dillon, Dooneen A.C. – Girls U/17 High Jump (1.55m)
30. Ciaran Hurley, Carraig na BhFear A.C. – Boys U/17 1.5km Walk (7.11.49)
31. Mark Hanrahan, Ennis Track A.C. – Boys U/17 1500m (4.08.63)
32. Mark Carroll, Templemore A.C. – Boys U/17 Long Jump (5.89m)
33. Kylie Heinan, Ferrybank A.C. – Girls U/18 High Jump (1.66m)
34. Anna Ryan, Moycarkey Coolcree A.C. – Girls U/18 Pole Vault (3.10m)
35. Chisom Ugwuere, Ennis Track A.C. – Girls U/18 Triple Jump (10.54m)
36. Dior Lawal, Dooneen A.C. – Boys U/18 60m (6.96)
37. Cillian Griffin, Tralee Harriers A.C. – Boys U/18 200m (22.61)
38. Cillian Griffin, Tralee Harriers A.C. – Boys U/18 Long Jump (6.27m)
39. Adam Turner, Belgooly A.C. – Boys U/18 Triple Jump (13.25m)
40. Alyce O'Connor, Kenmare A.C. – Girls U/19 1500m (4.46.54)
41. Emma Coffey, Carraig na BhFear A.C. – Girls U/19 Pole Vault (3.00m)
42. Emily O'Mahony, Waterford A.C. – Girls U/19 Triple Jump (11.28m)
43. Aaron Malik, St. Brendan's A.C. Killarney – Boys U/19 60mH (9.29)
44. Jake Bagge, Ferrybank A.C. – Boys U/19 1500m (4.07.34)
45. Ben Deasy, Ennis Track A.C. – Boys U/19 400m (52.00)
46. Jake Bagge, Ferrybank A.C. – Boys U/19 800m (1.53.61)
47. Sam O'Neill, West Waterford A.C. – Boys U/19 Pole Vault (3.80m)
48. Joseph McEvoy, Nenagh Olympic A.C. – Boys U/19 High Jump (1.95m)
49. Luke O'Carroll, Tralee Harriers A.C. – Boys U/19 Long Jump (6.50m)



**Bronze medals were won by:-**

1. Evan Crimmins, Ennis Track A.C. – Boys U/12 Long Jump (4.29m)
2. Fatimo Amusa, Leevale A.C. – Girls U/14 60m (8.14)
3. Lucy Lynch, Carraig na BhFear A.C. – Girls U/13 High Jump (1.45m)
4. Orla O'Shaughnessy, Dooneen A.C. – Girls U/13 Long Jump (4.40m)
5. Ceola Bergin, Templemore A.C. - Girls U/14 Shot Putt (11.45m)

6. Jayden Carmody, Dooneen A.C. – Boys U/14 60m (7.84)
7. Ben Walsh, Youghal A.C. – Boys U/14 Shot Putt (12.10m)
8. Grace Rooney, Youghal A.C. – Girls U/15 60mH (9.37)
9. Sean Carmody, Leevale A.C. – Boys U/15 60mH (9.27)
10. Sam O’Sullivan, Clonmel A.C. – Boys U/15 1km Walk (5.16.45)
11. Timmy Wilk, Ballymore Cobh A.C. – Boys U/15 Long Jump (5.34m)
12. Ella Scott, Leevale A.C. – Girls U/16 60mH (9.05)
13. Sarah Butler, Dooneen A.C. – Girls U/16 800m (2.17.96)
14. Katie Nolke, Ferrybank A.C. – Girls U/16 Long Jump (5.09m)
15. Katie Nolke, Ferrybank A.C. – Girls U/16 High Jump (1.64m)
16. Ciara Neff, Leevale A.C. – Girls U/16 Pole Vault (2.20m)
17. Conor Callinan, Leevale A.C. – Boys U/16 60mH (8.49)
18. Noah McConway, St. Cronan’s A.C. – Boys U/16 High Jump (1.80m)
19. Ben Connolly, Nenagh Olympic A.C. – Boys U/16 Pole Vault (3.20m)
20. Emily Wall, Leevale A.C. – Girls U/17 60mH (9.02)
21. James Ezeonu, Leevale A.C. – Boys U/17 60mH (8.75)
22. Samuel Judd, Midleton A.C. – Boys U/17 200m (23.76)
23. Jack Barnett, Templemore A.C. – Boys U/17 Shot Putt (11.96m)
24. Cillian Griffin, Tralee Harriers A.C. – Boys U/18 60m (7.02)
25. Jack McGrath, Leevale A.C. – Boys U/18 60mH (8.90)
26. Ryan McCraith, West Waterford A.C. – Boys U/18 Pole Vault (3.00m)
27. Daniel Greene, St. John’s A.C. Clare - Boys U/18 High Jump (1.80m)
28. Wymin Sivakumar, Leevale A.C. – Boys U/18 Long Jump (6.23m)
29. Emily O’Mahony, Waterford A.C. – Girls U/19 60mH (9.64)
30. Miriam Daly, Carrick-On-Suir A.C. – Girls U/19 400m (56.49)
31. Laura Greene, St. John’s A.C. Clare – Girls U/19 High Jump (1.35m)
32. Ryan O’Leary, Leevale A.C. – Boys U/19 60m (7.04)
33. Ryan O’Leary, Leevale A.C. – Boys U/19 200m (22.61)
34. Sean Carolan, Nenagh Olympic A.C. – Boys U/19 Long Jump (6.44m)
35. Ryan Duggan, Leevale A.C. – Boys U/19 Shot Putt (11.13m)



In the Relay competitions on Saturday 6<sup>th</sup> April, Munster Clubs won **14 sets of medals (7 gold, 2 silver & 5 bronze)**. **3** new CBP’s were set by Dooneen A.C. in the Girls U/13 & Boys U/14 and Leevale A.C. in the Boys U/12. Details of medal winners below:-

### Girls U/12 4 x 200m

- 3<sup>rd</sup> Dooneen A.C. (2.02.38)

### Boys U/12 4 x 200m

- 1<sup>st</sup> Leevale A.C. (1.54.79) **(CBP – New event)**
- 3<sup>rd</sup> Templemore A.C. (2.00.09)

### Girls U/13 4 x 200m

- 1<sup>st</sup> Dooneen A.C. (1.53.07) **CBP**

### Boys U/13 4 x 200m

- 3<sup>rd</sup> Templemore A.C. (1.55.24)

### Girls U/14 4 x 200m

- 1<sup>st</sup> Dooneen A.C. (1.49.65)
- 2<sup>nd</sup> Dooneen A.C. (1.50.96)
- 3<sup>rd</sup> Belgooly A.C. (1.52.39)

### Boys U/14 4 x 200m

- 1<sup>st</sup> Dooneen A.C. (1.42.86) **CBP**

### Girls U/15 4 x 200m

- 1<sup>st</sup> Dooneen A.C. (1.46.97)



### **Boys U/16 4 x 200m**

- 2<sup>nd</sup> Nenagh Olympic A.C. (1.38.64)
- 3<sup>rd</sup> Leevale A.C. (1.39.60)

### **Girls U/16 4 x 200m**

- 1<sup>st</sup> Dooneen A.C. (1.45.75)

### **Boys U/19 4 x 200m**

- 1<sup>st</sup> Leevale A.C. (1.32.73)



Congratulations & well done to all our athletes. Full results at [www.munsterathletics.com](http://www.munsterathletics.com).