

Munster Schools Athletics



2019 Review

Munster Schools Athletics Association 2019 Review

2019 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 5 individual international medals (1 silver & 4 bronze), Irish Schools titles over T&F, Cross Country & Combined Events & 32 Tailteann medals (8 gold, 12 silver & 12 bronze) together with the **Girls Tailteann Trophy**. Munster athletes also set 12 Munster T&F records & equalled one and 6 Irish School records & equalled one over the year.

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

- At the Irish Life Health Irish Schools Cross Country Championships in Clongowes Wood College, Clare, Co. Kildare in March, Munster athletes competed very well with top 3 finishes by **Shane Buckley, Cashel CS** who won gold in the Minor Boys & **Niamh O'Mahony, Presentation Tralee** in the Inter Girls race, **Dean Casey, St. Flannan's College Ennis** who won silver in the Inter Boys race, **Sean Lawton, Colaiste Pobail Bantry** in the Minor Boys race with silver also for **Avril Millerick, St. Mary's Midleton** in the Junior Girls race & **Lucy Holmes, Ard Scoil na nDeise** in the Senior Girls race with bronze for **Laura Nicholson, Bandon Grammar** in the Senior Girls race.
- The SIAB Schools Cross Country International was held in Wollaton Park, Nottingham on Saturday 24th March 2018. 9 Munster athletes were selected to compete for Ireland – **Inter Mixed Relay**, Emma Landers, Pobalscoil na Trionoide Youghal. **Junior Girls** Avril Millerick, St. Mary's Midleton, Alex Cashman, Pobalscoil na Trionoide, Neasa Ni Aine, Gaelcholaiste an Chlair. **Intermediate Girls** - Lucy O'Keeffe, St. Mary's Midleton. **Junior Boys** - Niall Murphy, St. Flannan's College Ennis, Tom Walshe, CBS Nenagh. **Intermediate Boys** - Dean Casey, St. Flannan's College Ennis, Dylan Casey, St. Flannan's College Ennis
- The Irish Life Health Munster Schools Track & Field Championships took place on Saturday 18th May 2019 in Cork I.T. Among the athletes who shone on the day were our 12 **record breakers** (and one record equalled) with the oldest records to fall dating back to 1985 & 2004: - **Conor Morey, PBC Cork** ran 10.55 in the Senior Boys 100m to better the record of 10.6 set by Michael Kelly, Borrisokane VS in 1985.
 1. **Colin Doyle, Colaiste an Spioraid Naoimh** ran 21.80 in the Senior Boys 200m to equal the record set by Darren O'Donovan, Colaiste an Spioraid Naoimh in 2001.
 2. **Darragh McElhinney Col Pobail Bantry** ran 3:49.42 in the Senior Boys 1500m to better the time of 3.50.54 set by Sean Tobin, High School, Clonmel in 2013.
 3. **Laura Nicholson, Bandon Grammar School** ran a record of 9:45.97 in the Senior Girls 3000m to smash the time of 10.05.57 set Rhona Pierce, St. Angela's Cork in 2015.
 4. **Mercy Mount Hawk** Senior Girls 4 x 300m team ran 2:54.69 to better their own record of 2.56.56 set in 2018.
 5. **Aimee Hayde, St Mary's SS Newport** ran 2:07.74 in the Inter Girls 800m to better her own record of 2.11.61 set in 2018.
 6. **Nicola Tuthill, Col na Toibhirte Bandon** threw 57.06 in the Inter Girls Hammer to smash the record of 50.34m set by Tirna Ni Chathail, Pobalscoil na Trionoide 2018.
 7. **Orla Coffey, St Angela's Cork** jumped 3.40 in the Inter Girls Pole Vault to better her sister, Emma's record of 3.20m set in 2016.
 8. **Ciara Sheehy, St. Mary's Charleville** threw 14.76m in the Inter Girls Shot Putt to better her own record of 14.35m set in 2018.

9. **Ailbhe O'Neil, St Marys Nenagh** ran 5:17.97 in the Girls U/16 Mile to better the time of 5.20.05 set by Una O'Brien, Waterpark College set in 2018.
 10. **Geoffrey Joy O'Regan, John the Baptist CS** jumped 1.90m in the Junior Boys High Jump to smash the mark of 1.76m set by Ben O'Donovan, Midleton College.
 11. **Ella Scott, Christ King Cork** ran 11.13 in the Junior Girls 75mH to smash the time of 11.48 set by Kalyn Sheehan, Ursuline Waterford in 2004.
 12. **Nicole Dinan, St Angela's Cork** ran 2:16.00 in the Minor Girls 800m to better the time of 2.17.88 set by Sarah Butler, Laurel Hill SS in 2018.
- 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.
 - It was a great day of athletics in Morton Stadium, Santry at the Irish Life Health Tailteann Interprovincial Schools Championships on Saturday 22nd June 2019. Munster athletes competed very well with the Girl's team finishing in 2nd place on 90 points behind Leinster (99.5 pts) and our Boys finishing 3rd with 81 pts behind Leinster in 1st (116 pts) & Ulster in 2nd place (92pts). Our girls won **19** individual medals (5 gold, 8 silver & 6 bronze) with our boys winning **13** individual medals (3 gold, 4 silver & 6 bronze) bringing Munster's medal haul to a fine figure of 32 (8 gold, 12 silver & 12 bronze). Highlights of the day were excellent performances from **Ciara Sheehy, St. Mary's Charleville** who won double gold in the Girls Hammer and Shot Putt, **Adam Turner, Colaiste Chriost Ri** who did the double in the Long Jump & Triple Jump, **Orla Coffey, St. Angela's College Cork** who set a new record of 3.50m in the Girl's Pole and our clean sweep of medals in the Girls Pole Vault (**Orla Coffey 1st, Una Brice, Mount Mercy Cork, 2nd & Jodie McGrath, St. Mary's Nenagh 3rd**) & the Girls High Jump (**Aoife O'Sullivan, St. Mary's Mallow 1st, Laura Frawley, St. Mary's Charleville 2nd & Katie Nolke, Ursuline Waterford 3rd**).

- The SIAB Schools U/17 Track & Field International took place in Swansea University, Wales on Saturday 20th July 2019 with **19** Munster athletes taking part & bringing home **3** individual medals in total (1 silver & 2 bronze), and **3** Relay medals (3 silver). **Jack O'Connor, Ard Scoil Ris** also won silver in the 100m Non-Scoring race on the day with a time of 11.75. There was silver for **Orla Coffey, St. Angela's Cork** in the Girls Pole Vault with 3.56m with bronze for **Laura Frawley, St. Mary's Charleville** in the Girls High Jump (1.71m) & **Harry Nevin, Rochestown College** in the Boys 400mH (57.35). 4th places were recorded by **Lauren McCourt, Bandon Grammer** in the Girls 200m (25.69), **Matteo Mary, St. Declan's Kilmacthomas** in the Boys 1500m (4.05.49), **Adam Turner, Colaiste Christ Ri** (Boys Triple Jump 12.93m), **Laura Frawley** (Girls Long Jump 5.85m), **Megan Lenihan, Hazelwood College** (Girls Shot Putt 12.21m), **Nicola Tuthill, Colaiste na Toirbhirte Bandon** (Girls Hammer 55.76m) & **Conor Callinan, Colaiste an Chroi Naofa** (Boys Pole Vault 3.96m). 5th places went to **Azuolas Varnele, Colaiste Mhuire Co-Ed Thurles** (Boys Hammer 48.21m), **Adam Turner** (Boys Long Jump 6.34m), **Maeve O'Neill, MICC Dunmanway** (Girls 800m 2.14.03) & **Megan Lenihan** (Girls Discus 36.82). In 6th place was **Chisom Ugwuere, St. Flannan's College** (Girls 80mH 12.17), **Emily Wall, Colaiste Choilm Ballincollig** (Girls 300mH 45.57), **Leanne Healy, Colaiste Muire Ennis** (Girls Javelin 37.77m) & **Katie Nolke, Ursuline Waterford** (Girls High Jump 1.61m). **Mark Hanrahan, St. Flannan's College** (Boys 3km 9.10.19) & **Sean O'Riordan, Colaiste an Phiarsaigh** (Boys Discus 38.41m) were 7th with an 8th place finish for **Una Brice, Mount Mercy Cork** (Girls Pole Vault 2.91m). In the Relay competitions, **Lauren McCourt** won a silver medal with the Girls 4 x 100m Relay team while **Jack O'Connor, Ard Scoil Ris** also won silver with the Boys 4 x 400m Relay with **Emily Wall & Maeve O'Neill** placing 4th in the Girl's 4 x 400m Relay.
- **125 athletes** took part in the Munster Schools Combined Events Championships in Nenagh Indoor Stadium on Tuesday 22nd October.
- The Irish Life Health Irish Schools Combined Events Championships took place in AIT International Arena on Saturday 13th October 2018. Munster athletes won Munster athletes won **8** medals in total (4 gold & 4 silver) – Gold for **Hannah Falvey, Scoil Mhuire Gan Smal Blarney (Minor Girls) Laura Frawley, St. Mary's Charleville (Inter Girls) Emily O'Mahony, St. Augustine's College Dungarvan & Cillian Griffin, Mercy Mount Hawk (Senior Boys)** & silver for **John Cashman, PBC Cork (Minor Boys), Tom McCutcheon, St. Joseph's Borrisoleigh (Junior Boys), Stacey Komolafe, Bandon Grammer (Inter Girls) & James Ezeonu, Middleton College (Inter Boys).**
- Munster had **3** representatives on the Irish team for the Schools Combined Events International in Glasgow in November 2019 –**Laura Frawley, Stacey Komolafe & James Ezeonu.**
- At the SIAB Schools Combined Events International in the Emirates Arena, Glasgow, both **Laura Frawley, St. Mary's SS Charleville and James Ezeonu, Middleton College** won individual bronze medals in the Intermediate age group. The Irish Inter Girls team won bronze on the day with **Laura Frawley** the 1st scoring member & **Stacey Komolafe, Bandon Grammer** the 4th scoring member (14th overall) and the Irish Boys Inter Team winning gold with James Ezeonu the 2nd scoring member.

Irish Life Health Munster Schools Cross Country Championships 15th February 2019

The Irish Life Health Munster Schools Cross Country Championships took place in WIT Sports Campus, Carriganore, Co. Waterford on Friday 15th February 2019.

Louise O'Mahony, Colaiste Muire Ennis was the winner of the Minor Girls race with silver for **Nicole Dinan, St. Angela's Cork** & bronze for **Ava Fitzgerald, Colaiste an Chraoi Naofa**. **Colaiste Muire Ennis** won team gold with silver for **St. Angela's Cork** & bronze for **Colaiste an Chroi Naofa**. In the Minor Boys competition, the top three were **Sean Lawton, Colaiste Pobail Bantry, Shane Buckley, Cashel CS & Fionn Harrington, Colaiste Pobail Bantry**. Team honours went to **Midleton CBS, Colaiste Pobail Bantry and Cashel CS**.



In the Junior Girls competition, **Orna Moynihan, Colaiste Muire Ennis** won gold with silver for **Alex Cashman, Pobalscoil na Trionoide** & bronze for **Neasa Ni Ainfein Ennis CC/GCC**. **Pobalscoil na Trionoide** won gold with silver for **Ursuline Thurles** & bronze for **Ard Scoil na nDeise**. Top 3 in the Junior Boys race were **Tadh Connolly, Abbey CC, Niall Murphy, St. Flannan's College Ennis & Tommy Fennell, St. Augustine's College Dungarvan**. First 3 teams were **Nenagh CBS, St. Augustine's Dungarvan & Colaiste Pobail Bantry**.



Niamh O'Mahony, Presentation Tralee took gold in the Intermediate Girls race with silver for **Una O'Brien, Waterpark College** & bronze for **Emma Landers, Pobalscoil na Trionoide**. **Pobalscoil na Trionoide** took the team title with silver for **Colaiste Muire Ennis** & bronze for **Ard Scoil na nDeise**. **Dean Casey and Mark Hanrahan, St. Flannan's College Ennis** won gold & silver in the Intermediate Boys race with bronze for **Fionn Harrington, St. Brogan's Bandon**. There was team gold for **St. Flannan's College Ennis** with silver for **St. Brogan's Bandon** & bronze for **De La Salle Waterford**.





In the Senior Girls competition, there was gold for **Laura Nicholson, Bandon Grammar** with silver for **Aoife Allen, Mercy Waterford** & bronze for **Ruth Heery, Waterpark College**. Team prizes went to **St. Angela's Waterford, Pobalscoil Inbhear Sceine & Ard Scoil na nDeise**. **Tommy Connolly, CBC** was the winner of the Senior Boys race with silver for **Frank O'Brien, Midleton CBS** & bronze for **Oisin Spillane, Mercy Mount Hawk**. Gold in the team competition went to **Midleton CBS** with silver for **Ardscoil Ris** & bronze for **Colaiste Christ Ri**.



Munster Schools Indoor Games, Tuesday 5th March 2019



The Munster Schools Indoor Games was held in Nenagh Indoor Stadium on Tuesday 5th March. Record numbers entered the competition with 1255 entries received on the online entry system and more entries taken on the day. Senior events for 60m, Long Jump, High Jump & 600m were introduced for 2019 and they were extremely popular and highly competitive as were all the age groups on the day. Athletes were restricted to a maximum of two events plus a relay. With the aim of introducing pupils to athletics for the first time, the competitions ran from Minor to Junior to Intermediate to Senior Boys & Girls with an Open Boys & Girls High Jump (for Junior, Inter & Senior pupils). 97 Munster schools took part on the day with all counties well represented by over 1200 students. It was great to see some new schools joining us for 2019 - Boherbue Comprehensive School, St. Aidan's Community School, Nagle Community College, Cork, Tarbert CS, St. John Bosco Kildysart, Newtown School Waterford, North Monastery, Our Lady of Mercy Waterford & Scoil na Trionoide Naofa Doon.



Irish Life Health Irish Schools Cross Country Championships, 9th March 2019

Irish Life Health Irish Schools Titles for Buckley & O'Mahony



The Irish Life Health Irish Schools Cross Country Championships took place on Saturday 9th March 2019 in Clongowes Wood College, Clare, Co. Kildare. Munster athletes competed very well with top 3 finishes by **Shane Buckley, Cashel CS** who won gold in the Minor Boys & **Niamh O'Mahony, Presentation Tralee** in the Inter Girls race. **Dean Casey, St. Flannan's College Ennis** won silver in the Inter Boys race with his twin brother, **Dylan** close behind in 5th place. **Sean Lawton, Colaiste Pobail Bantry** took silver in the Minor Boys race with silver also for **Avril Millerick, St. Mary's Midleton** in the Junior Girls race & **Lucy Holmes, Ard Scoil na nDeise** in the Senior Girls race with bronze for **Laura Nicholson, Bandon Grammer** in the Senior Girls race.

In the Minor Girls race, our top finishers were **Nicole Dinan, St. Angela's Cork** (5th), **Louise O'Mahony, Colaiste Muire Ennis** (10th) & **Ava Fitzgerald, Colaiste an Chroi Naofa** (11th). **Colaiste Muire Ennis** finished 3rd on 48 points with 4th for **Colaiste an Chroi Naofa** (114) & 5th for **St. Angela's Cork** (117). **Shane Buckley, Cashel CS** took the title in the Minor Boys race with silver for **Sean Lawton, Colaiste Pobail Bantry**, 4th for **Fionn Harrington, Colaiste Pobail Bantry** & 7th place for **Gerard Dunne, Kilrush CS**. **Cashel CS** finished 7th (221) with **Midleton CBS** in 8th place (229).

Avril Millerick, St. Mary's Midleton won silver in the Junior Girls race with an 5th place finish for **Alex Cashman, Pobailscoil na Trionoide** & 7th for **Neasa Ni Ainefein, Ennis CC/GCC**. **Pobailscoil na Trionoide** were 6th (132), **Ard Scoil na nDeise** 8th (149) & **Ursuline Thurles** 9th (182). **Declan O'Meara, Colaiste an Phiarsaigh** was 7th in the Junior Boys race with 8th place for **Niall Murphy, St. Flannan's Ennis**, 10th for **Tom Walshe, Nenagh CBS** & 12th for **Callum McElhinney, Colaiste Pobail Bantry**. **St. Flannan's Ennis** won gold (102) with 4th for **Nenagh CBS** (136), 5th for **Colaiste Pobail Bantry** (143) & 7th for **St. Augustine's College** (175).

In the Intermediate Girls race, **Niamh O'Mahony, Presentation Tralee won gold** with 6th place for **Lucy O'Keeffe, St. Mary's Midleton**, 7th for **Ella Doherty, Colaiste Muire Ennis** & 11th place for **Emma Landers, Pobalscoil na Trionoide**. In the team competition, **Pobalscoil na Trionoide** were 3rd (102), **Colaiste Muire Ennis** were 7th (122) & **Ardscoil na nDeise** were 9th (139). Clare twins, **Dean & Dylan Casey, St. Flannan's College** scored a 2 & 5 in the Inter Boys race with 11th place for **Sean O'Donoghue, St. Declan's Kilmacthomas**. **St. Flannan's** won their second gold team medal (45) with 8th for **St. Brogan's College Bandon** (225) & 9th for **DLS Waterford** (248).

Lucy Holmes, Ardscoil na nDeise won silver in the Senior Girls race with bronze for Laura Nicholson, Bandon Grammer, 5th for Ruth Heery, Waterpark College, 8th for **Tara Ramasawamy, Presentation Waterford** & 9th for Tamzin Muldowney, St. Mary's Midleton. St. Angela's Waterford won gold in the team competition (53) with bronze for Ardscoil na nDeise (99) & 5th for Pobailscoil Inbhear Sceine (124). In the Senior Boys race, our top finishers were Frank O'Brien, Midleton CBS (14th) & Cian O'Brien, CBS Dungarvan (15th) with Midleton CBS 7th (227) & Colaiste Christ Ri 8th (288) in the team competition.



SIAB Schools Cross Country International, 23rd March 2019



The SIAB Schools Cross Country International was held in Santry Demesne on Saturday 23rd March 2019. 9 Munster athletes were selected to compete for Ireland –

Inter Mixed Relay

- Emma Landers, Pobalscoil na Trionoide Youghal

Junior Girls

- Avril Millerick, St. Mary's Midleton
- Alex Cashman, Pobalscoil na Trionoide
- Neasa Ni Ainefin, Gaelcholaiste an Chlair

Intermediate Girls

- Lucy O'Keeffe, St. Mary's Midleton

Junior Boys

- Niall Murphy, St. Flannan's College Ennis
- Tom Walshe, CBS Nenagh

Intermediate Boys

- Dean Casey, St. Flannan's College Ennis
- Dylan Casey, St. Flannan's College Ennis

Neasa Ni Ainefin was 21st, Alex Cashman 22nd & Avril Millerick 27th in the Girls Junior race with Ireland placing 4th. In the Junior Boys race, **Niall Murphy** was 21st with **Tom Walshe** in

29th and the Irish team finishing in 3rd place. Our Intermediate Girl, **Lucy O’Keeffe** finished in 17th place with the Irish Girls team finishing 3rd overall. In the Intermediate Boys race, **Dean & Dylan Casey** came home in 20th & 29th place overall with the Irish Boys team winning silver behind England.

Irish Life Health Munster Schools T&F Championships, 18th May 2019

12 New Records at Munster Championships

The Irish Life Health Munster Schools Track & Field Championships took place on Saturday 18th May 2019 in Cork I.T. Among the athletes who shone on the day were our **12 record breakers** (and one record equalled) with the oldest records to fall dating back to 1985 & 2004: -



1. **Conor Morey, PBC Cork** ran 10.55 in the Senior Boys 100m to better the record of 10.6 set by Michael Kelly, Borrisokane VS in 1985.
2. **Colin Doyle, Colaiste an Spioraid Naoimh** ran 21.80 in the Senior Boys 200m to equal the record set by Darren O’Donovan, Colaiste an Spioraid Naoimh in 2001.
3. **Darragh McElhinney Col Pobail Bantry** ran 3:49.42 in the Senior Boys 1500m to better the time of 3.50.54 set by Sean Tobin, High School, Clonmel in 2013.
4. **Laura Nicholson, Bandon Grammar School** ran a record of 9:45.97 in the Senior Girls 3000m to smash the time of 10.05.57 set Rhona Pierce, St. Angela’s Cork in 2015.
5. **Mercy Mount Hawk** Senior Girl’s 4 x 300m team ran 2:54.69 to better their own record of 2.56.56 set in 2018.
6. **Aimee Hayde, St Mary's SS Newport** ran 2:07.74 in the Inter Girls 800m to better her own record of 2.11.61 set in 2018.
7. **Nicola Tuthill, Col na Toibhirte Bandon** threw 57.06 in the Inter Girls Hammer to smash the record of 50.34m set by Tirna Ni Chathail, Pobalscoil na Trionoide 2018.
8. **Orla Coffey, St Angela’s Cork** jumped 3.40 in the Inter Girls Pole Vault to better her sister, Emma’s record of 3.20m set in 2016.
9. **Ciara Sheehy, St. Mary’s Charleville** threw 14.76m in the Inter Girls Shot Putt to better her own record of 14.35m set in 2018.

10. **Ailbhe O'Neil, St Marys Nenagh** ran 5:17.97 in the Girls U/16 Mile to better the time of 5.20.05 set by Una O'Brien, Waterpark College set in 2018.
11. **Geoffrey Joy O'Regan, John the Baptist CS** jumped 1.90m in the Junior Boys High Jump to smash the mark of 1.76m set by Ben O'Donovan, Midleton College.
12. **Ella Scott, Christ King Cork** ran 11.13 in the Junior Girls 75mH to smash the time of 11.48 set by Kalyn Sheehan, Ursuline Waterford in 2004.
13. **Nicole Dinan, St Angela's Cork** ran 2:16.00 in the Minor Girls 800m to better the time of 2.17.88 set by Sarah Butler, Laurel Hill SS in 2018.



Double gold medal winners were:-

- Okwu Backari, Ashton College (Minor Girls 75mH & Long Jump)
- Ava Rochford, Rice College Ennis (Minor Girls Shot Putt & Junior Girls High Jump)
- Ella Jenks, Colaiste Mhuire Buttevant (Junior Girls 100m & 200m);

- Tadhg Connolly, Abbey CC (Junior Boys 1500m & Discus);
- Conor Callinan, Colaiste an Chroi Naofa (Junior Boys 80mH & Pole Vault);
- Chisom Ugwuere, St. Flannan's College (Inter Girls 80mH & Triple Jump);
- Aimee Hayde, St. Mary's Newport (Inter Girls 800m & 1500m);
- Adam Turner, Colaiste Christ Ri (Inter Boys Long Jump & Triple Jump);
- Ricky Carroll, St. Colman's Fermoy (1st Inter Boys Hammer & Discus);
- Orla O'Reilly, Mercy Mount Hawk (Senior Girls 100m & 200m);
- Sean Mockler, CBS Thurles (Senior Boys Hammer & Discus);
- Joseph McEvoy, St. Anne's Killaloe (Senior Boys 110mH & High Jump);



Other multiple medal winners were: -

- Victoria Amiadamen, Castletroy College (gold in Minor Girls 100m & silver in LJ);
- Josh Boland, Crescent Comprehensive (gold in Minor Boys 75mH & 3rd in 100m);
- Max O'Reilly, Carrigaline CS (2nd in Minor Boys 75mH & Long Jump);
- Grace Rooney, St. Mary's Middleton (2nd in Junior Girls 100m & 200m)
- Ella Scott, Christ King Cork (gold in Junior Girls 75mH & 3rd in 100m);
- Lily O'Riordan, St. Angela's Cork (gold in Junior Girls Javelin & 2nd 75mH);
- Leah Parker, St. Aloysius Carrigtwohill (gold Junior Girls Hammer & 2nd Discus);
- Kotryna Pacerinskaite, Presentation Mitchelstown (gold in Junior Girls Shot Putt & silver in Hammer);
- Grace Fitzgerald, St. Anne's Tipp Town (gold in Junior Girls Triple Jump & 3rd in Long Jump);
- Darragh Looney, St. Brendan's Killarney (gold in Junior Boys Long Jump & 3rd in 100m);
- Laura Frawley, St. Mary's Charleville (gold in Inter Girls Long Jump & 2nd in 80mH);
- Katie Nolke, Ursuline Waterford (J2nd in Inter Girls High Jump & 3rd in Long Jump);
- Megan Lenihan, Hazelwood College (1st in Inter Girls Discus & 2nd in Shot Putt);
- Katelyn Reid, PS Chorca Dhuibhne (2nd Inter Girls Javelin & 3rd in Discus);
- Lucy Sleeman, Col Choilm Ballincollig (1st Inter Girls 100m & 3rd 80mH);
- Lauren McCourt, Bandon Grammer (1st Inter Girls 200m & 3rd 100m);
- Rebecca Falvey, Mercy Mount Hawk (2nd Inter Girls 200m & Long Jump);

- Avril Cashman, PS na Trionoide (1st Inter Girls 1500m S/C & 3rd 1500m);
- Meabh O'Neill, MICC Dunmanway (1st Inter Girls 300m & 2nd in 1500m);
- Sean Mullarkey, CBS Dungarvan (1st Inter Boys Shot Putt & 3rd in Discus);
- Eoin Buenaventura, St. Augustine's College (2nd Inter Boys Pole Vault & 3rd in High Jump);
- Noah McConway, St. Flannan's College (2nd Inter Boys Walk & 3rd in Hammer);
- Dean McCarthy, Nagle CC Mahon (1st Inter Boys High Jump & 2nd in 40mH);
- Sean Riordan, Col an Phiarsaigh (2nd Inter Boys Discus & Shot Putt);
- Fionn Harrington, St. Brogan's Bandon (1st Inter Boys 1500m S/C & 3rd in 1500m);
- Mervyn Shalemba, Mercy Mount Hawk (1st Inter Boys 100m & 2nd in 200m);
- Diro Lawal, Castletroy College (1st Inter Boys 200m & 1st in 100m);
- Glory Wenegieme, Colaiste Muire Crosshaven (3rd in Inter Boys 100m & 200m);
- Niamh Foley, SMI Newcastle west (2nd Senior Girls 100m & 200m);
- Roseann Fitzgerald, Gaelcholaiste Cheitinn (1st Senior Girls 400m & 3rd in 200m);
- Fiona Hennessy, Presentation Thurles (2nd Senior Girls Shot Putt & 3rd in Hammer);
- Shanice Benson, St. Flannan's College (1st Senior Girls Shot Putt & 3rd in Discus);
- Emily O'Mahony, St. Augustine's College (2nd Senior Girls Triple Jump & 3rd in Long Jump);
- Aisling Cassidy, Bandon Grammer (1st Senior Girls Triple Jump & 2nd in Long Jump);
- Luke O'Carroll, Mercy Mount Hawk (3rd Senior Boys Long Jump & Triple Jump);
- Sean Carolan, St. Mary's Newport (2nd Senior Boys Long Jump & Shot Putt);
- Darragh Minitier, CBS Ennistymon (1st Senior Boys Long Jump & 2nd in 110mH);
- Jack Ryan, CBS Thurles (1st Senior Boys Shot Putt & 2nd in Discus);
- Gavin Kenny, Hamilton High School (2nd Senior Boys S/C & 3rd in 3rd in 1500m);
- Colin Doyle, Colaiste an Spioraid Naomh (1st Senior Boys 200m & 2nd in 100m);
- Ryan O'Leary, Colaiste Christ Ri (2nd Senior Boys 200m & 3rd in 100m).

Cup Winners are listed below: -

	Senior Boys	(All)		Senior Girls	(All)
1st	CBS Thurles	16	1st	St Flannans	9
2nd	Mercy Mount Hawk	12	2nd	Mercy Mount Hawk	9
3rd	St Augustines	10	3rd	Bandon Grammar School	8
	Inter Boys	(All)		Inter Girls	(All)
1st	St Flannans	11	1st	Bandon Grammar School	12
2nd	Castletroy College	7	2nd	St Marys Charleville	10
3rd	St. Josephs Borriolsleigh	6	3rd	Col Choilm Ballincollig	8
	St Colmans Fermoy	6			
	Col Christ Ri	6			
	Nagle CC Mahon	6			
	Junior Boys	(All)		Junior Girls	
1st	St Brendans Killarney	12	1st	CBS Thurles	16
2nd	Abbey CC	9	2nd	Mercy Mount Hawk	12
3rd	Col an Chroi Naofa	6	3rd	St Augustines	10
	St Flannans	6			
	CBS Thurles	6			
	Minor Boys	(All)		Minor Girls	(All)
1st	Crescent College Comp SJ	7	1st	Regina Mundi	6
2nd	SMGS Blarney	4	2nd	Ashton	6
3rd	Carrigaline C.S	4	3rd	Castletroy College	5

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 Newcastle west – 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 Newcastle west) won the senior girls' long jump with 6.08m, Emma Coffey (St Angela's 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.

Success for Munster at Tailteann Interprovincial



It was a great day of athletics in Morton Stadium, Santry at the Irish Life Health Tailteann Interprovincial Schools Championships on Saturday 22nd June 2019. Munster athletes competed very well with the Girl's team finishing in 2nd place on 90 points behind Leinster (99.5 pts) and our Boys finishing 3rd with 81 pts behind Leinster in 1st (116 pts) & Ulster in 2nd place (92pts). Our girls won **19** individual medals (5 gold, 8 silver & 6 bronze) with our boys winning **13** individual medals (3 gold, 4 silver & 6 bronze) bringing Munster's medal haul to a fine figure of 32 (8 gold, 12 silver & 12 bronze). Highlights of the day were excellent performances from **Ciara Sheehy, St. Mary's Charleville** who won double gold in the Girls Hammer and Shot Putt, **Adam Turner, Colaiste Chriost Rì** who did the double in the Long Jump & Triple Jump, **Orla Coffey, St. Angela's College Cork** who set a new record of 3.50m in the Girl's Pole and our clean sweep of medals in the Girls Pole Vault (**Orla Coffey 1st, Una Brice, Mount Mercy Cork, 2nd & Jodie McGrath, St. Mary's Nenagh 3rd**) & the Girls High Jump (**Aoife O'Sullivan, St. Mary's Mallow 1st, Laura Frawley, St. Mary's Charleville 2nd & Katie Nolke, Ursuline Waterford 3rd**).

Our medal winners were:-

Gold

1. Emily Wall, Colaiste Choilm Ballincollig – 300mH (44.73)
2. Ciara Sheehy, St. Mary's Charleville – Shot Putt (15.54m)
3. Ciara Sheehy, St. Mary's Charleville – Hammer (57.66m)
4. Aoife O'Sullivan, St. Mary's Mallow – High Jump (1.75m)
5. Orla Coffey, St. Angela's Cork – Pole Vault (3.50m) **CBP**
6. Adam Turner, Colaiste Chriost Ri – Long Jump (6.66m)
7. Adam Turner, Colaiste Chriost Ri – Triple Jump (13.11m)
8. Conor Callinan, Colaiste an Chroi Naofa – Pole Vault (3.75m)

Silver

1. Harry Nevin, Rochestown College – 400mH (55.69)
2. Chisom Ugweru, St. Flannan's College Ennis – 80mH (11.86)
3. Maeve O'Neill, MICC Dunmanway – 800m (2.15.35)
4. Lauren McCourt, Bandon Grammer – 200m (24.97)

5. Sean Kavanagh, St. Colman's Fermoy – High Jump (1.80m)
6. Laura Frawley, St. Mary's Charleville – High Jump (1.70m)
7. Una Brice, Mount Mercy Cork – Pole Vault (2.90m)
8. Sean O'Riordan, Col an Phiarsaigh – Discus (35.98m)
9. Azuolas Varnele, Colaiste Mhuire Co-Ed Thurles – Hammer (49.70m)
10. Megan Lenihan, Hazelwood College – Discus (36.80m)
11. Nicola Tuthill, Colaiste na Toirbhirte Bandon – Hammer (51.50m)
12. Leanne Healy, Colaiste Muire Ennis – Javelin (42.75m)
13. Boys 4 x 400m Relay (3.34.39)
14. Girls 4 x 300m Relay (2.48.49)



Lauren McCourt, Bandon Grammer, 2nd in Girls 200m



Chisom Ugwuere, St. Flannan's Ennis, 2nd in the Girl's 80mH

Bronze

1. Matteo Mary, St. Declan's Kilmacthomas – 1500m (4.05.17)
2. Mark Hanrahan, St. Flannan's Ennis – 3000m (9.00.94)
3. Ted Collins, Glenstal Abbey School – 800m (2.00.07)
4. Jack O'Connor, Ard Scoil Ris – 400m (51.30)
5. Stacey Komolafe, Bandon Grammer – 300m (41.22)
6. Eoin Buenaventura, St. Augustine's College – Pole Vault (3.00m)
7. Dillon Ryan, CBS Thurles – Triple Jump (12.93m)
8. Katie Nolke, Ursuline Waterford – High Jump (1.60m)
9. Laura Frawley, St. Mary's Charleville – Long Jump (5.55m)
10. Jodie McGrath, St. Mary's Nenagh – Pole Vault (2.90m)

11. Chisom Ugwuere, St. Flannan's Ennis – Triple Jump (11.03m)
12. Katelyn Reid, Pobalscoil Chorca Dhuibhne – Javelin (35.46m)
13. Boys 4 x 100m Relay (44.26)
14. Girls 4 x 100m Relay (48.87)



Bronze medallist, Chisom Ugwuere in the Girl's Triple Jump



Holly Umeh, Christ King Cork competing in the Girls Shot Putt



James Ezeonu, Midleton College competing in the Boys 200m where he finished in 4th place

SIAB Schools T&F International, 20th July 2019

Medals for Munster at SIAB Schools International

The SIAB Schools U/17 Track & Field International took place in Swansea University, Wales on Saturday 20th July 2019 with **19** Munster athletes taking part & bringing home **3** individual medals in total (1 silver & 2 bronze), and **3** Relay medals (3 silver). **Jack O'Connor, Ard Scoil Ris** also won silver in the 100m Non-Scoring race on the day with a time of 11.75.

There was silver for **Orla Coffey, St. Angela's Cork** in the Girls Pole Vault with 3.56m with bronze for **Laura Frawley, St. Mary's Charleville** in the Girls High Jump (1.71m) & **Harry Nevin, Rochestown College** in the Boys 400mH (57.35). 4th places were recorded by **Lauren McCourt, Bandon Grammer** in the Girls 200m (25.69), **Matteo Mary, St. Declan's Kilmacthomas** in the Boys 1500m (4.05.49), **Adam Turner, Colaiste Christ Ri** (Boys Triple Jump 12.93m), **Laura Frawley** (Girls Long Jump 5.85m), **Megan Lenihan, Hazelwood College** (Girls Shot Putt 12.21m), **Nicola Tuthill, Colaiste na Toirbhirte Bandon** (Girls Hammer 55.76m) & **Conor Callinan, Colaiste an Chroi Naofa** (Boys Pole Vault 3.96m). 5th places went to **Azuolas Varnele, Colaiste Mhuire Co-Ed Thurles** (Boys Hammer 48.21m), **Adam Turner** (Boys Long Jump 6.34m), **Maeve O'Neill, MICC Dunmanway** (Girls 800m 2.14.03) & **Megan Lenihan** (Girls Discus 36.82). In 6th place was **Chisom Ugwuere, St. Flannan's College** (Girls 80mH 12.17), **Emily Wall, Colaiste Choilm Ballincollig** (Girls 300mH 45.57), **Leanne Healy, Colaiste Muire Ennis** (Girls Javelin 37.77m) & **Katie Nolke, Ursuline Waterford** (Girls High Jump 1.61m). **Mark Hanrahan, St. Flannan's College** (Boys 3km 9.10.19) & **Sean O'Riordan, Colaiste an Phiarsaigh** (Boys Discus 38.41m) were 7th with an 8th place finish for **Una Brice, Mount Mercy Cork** (Girls Pole Vault 2.91m).

In the Relay competitions, **Lauren McCourt** won a silver medal with the Girls 4 x 100m Relay team while **Jack O'Connor, Ard Scoil Ris** also won silver with the Boys 4 x 400m Relay with **Emily Wall & Maeve O'Neill** placing 4th in the Girl's 4 x 400m Relay.

Munster Schools Combined Events Championships – 22nd October 2019

The Munster Schools Combined Events Championships took place in Nenagh Indoor Stadium on Tuesday 22nd November 2019. **125** athletes took part in total (24 Minor Boys, 20 Junior Boys, 20 Intermediate Boys, 8 Senior Boys, 33 Minor Girls, 7 Junior Girls, 8 Intermediate Girls, 5 Senior Girls). In the Minor Boys competition, there was a win for **John Cashman, Presentation Brothers College Cork** with 2379 points, **Yeshuah O'Brien, St. Anne's Killaloe** was 2nd with 2290 points, **Max O'Reilly Carrigaline CS** was 3rd with 1809 points & **Burnley Arrey Davis College Mallow** was 4th with 1741 points.

In the Junior Boys competition, **Conor Callinan Colaiste an Chroi Naofa** was the winner with 2598 points, **Tom McCutcheon St. Joseph's Borrissoleigh** was 2nd with 2497 points with bronze for **Sean Carmody CBC Cork** (2340 points) and 4th place for **Cian Lynch St. Brendan's College Killarney** with 2084 points.

James Ezeonu Middleton College was the winner of the Inter Boys finishing on 2889 points with silver for **Jordan Kissane CBS The Green Tralee** (2673 points). **James Sage St. Joseph's Borrissoleigh** was 3rd with 2648 points and **Armand Schoeman Colaiste Mhuire Co-Ed Thurles** was 4th with 2568 points.

Cillian Griffin Mercy Mount Hawk took the Senior Boys title with 2843 points, **Ciaran Buenaventura St. Augustine's College** was 2nd with 2495 points with bronze for **Aaron Malik Mercy Mount Hawk** (2262 points) and 4th place for **Tristan Chambers St. Brogan's College** (2235 points).

Hannah Falvey, Scoil Mhuire Gan Smal Blarney won gold in the Minor Girls competition with a score of 2790 points with **Leagh Moloney, Gaelcholaiste Luimnigh** in 2nd place (2668 points), **Okwu Backari, Ashton College** in 3rd (2662 points) and **Fatima Amusa, Bishopstown CS** in 4th place (2365 points).

Ellen O'Dwyer St. Mary's SS Nenagh won the Junior Girls competition with 2397 points with **Kate Naughton Scoil Mhuire Cork** in 2nd with 2091 points, **Lisa Mooney Borrisokane CC** in 3rd with 2044 & **Aimee Sheeran Carrigaline CS** in 4th with 1579 points.

Laura Frawley, St. Mary's Secondary School Charleville won gold in the Intermediate Girls competition finishing on 3224 points with **Stacey Komolafe, Bandon Grammer** in 2nd with 3008 points, **Emily Wall, Colaiste Choilm Ballincollig** in 3rd with 2716 points and **Rebecca Falvey, Mercy Mount Hawk** in 4th with 2564 points.

Emily O'Mahony, St. Augustine's College, Dungarvan won the Senior Girls title with 2912 points with silver for **Cailin Napier, Presentation Clonmel** (2088 points) & 3rd & 4th places for **Weronike Tatar & Sophie Elliffe Carrigaline CS**.

Irish Life Health Irish Schools Combined Events Championships 9th November 2019

The Irish Life Health Irish Schools Combined Events Championships took place in AIT International Arena on Saturday 9th November 2019. A squad of **22** 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 silver) – Gold for **Hannah Falvey, Scoil Mhuire Gan Smal Blarney (Minor Girls)** **Laura Frawley, St. Mary's Charleville (Inter Girls)** **Emily O'Mahony, St. Augustine's College Dungarvan & Cillian Griffin, Mercy Mount Hawk (Senior Boys)** & silver for **John Cashman, PBC Cork (Minor Boys)**, **Tom McCutcheon, St. Joseph's Borrisoleigh (Junior Boys)**, **Stacey Komolafe, Bandon Grammer (Inter Girls)** & **James Ezeonu, Midleton College (Inter Boys)**.

3 Munster athletes also made the Irish Schools International teams – **Laura Frawley, Stacey Komolafe & James Ezeonu**.

In the Minor Girls competition, **Hannah Falvey** was our top finisher in gold medal position with 3157 points, with **Okwu Backari, Ashton College Cork** in 4th place (2847 points), **Leagh Moloney, Gaelcholaiste Luimnigh** in 5th (2756 points) & **Fatima Amusa, Bishopstown CS** in 11th (2047 points)

John Cashman finished 2nd in the Minor Boys competition with 2893 points, with **Burnley Arrey, Davis College Mallow** in 11th place (1779 points).

In the Junior Girls competition, **Ellen O'Dwyer, St. Mary's SS Nenagh** was 9th (2290 points) **Lisa Mooney, Borrisokane CC** was 11th (2062 points) & **Aimee Sheeran, Carrigaline CS** 12th (1955 points).

In the Junior Boys category, **Tom McCutcheon** was 2nd (2772 points), **Conor Callinan, Colaiste an Chroi Naofa** was 5th (2653 points) with **Sean Carmody, CBC** in 9th with 2386 points.

In the Intermediate Girls competition, our top finisher was **Laura Frawley** who won the title with 3246 points followed closely by **Stacey Komolafe** in 2nd with 3213 points with **Emily De Bhal, Colaiste Choilm Ballincollig** in 6th place (2859 points).

In the Intermediate Boys competition, **James Ezeonu, Midleton College** won silver (3286 points) with **James Sage, St. Joseph's Borrisoleigh** in 8th place (2834 points).

Emily O'Mahony took the Senior Girls title (2810 points) with **Cailin Napier, Presentation SS Clonmel** in 4th place (2244 points).

Cillian Griffin won gold in the Senior Boys competition scoring 3197 points with **Ciaran Buenaventura, St. Augustine's College Dungarvan** in 4th place (2596 points) and **Tristan Chambers, St. Brogan's College Bandon** in 6th place (2374 points).

SIAB Schools International Combined Events
Saturday 30th November in the Emirates Arena, Glasgow

Individual Bronze for Frawley & Ezeonu



The Schools International Combined Events Championships took place on Saturday 30th November 2019 in the Emirates Arena, Glasgow. The Irish Team won 4 individual medals (1 gold, 1 silver & 2 bronze as well as gold team medals in the Over 16 Boys, silver in the U/16 Boys and bronze in the U/16 & Over 16 Girls.

Munster had **3** representatives on the Irish team with our best performances coming from **Laura Frawley, St. Mary's SS Charleville** who won individual bronze in the Over 16 Girls competition finishing on 3371 points and **James Ezeonu, Midleton College** who also won individual bronze in the Over 16 Boys competition with 3516 points.

Laura Frawley led the Irish Over Girl's team to a bronze medal finish with **Stacey Komolafe**, **Bandon Grammer** in 14th place (2907 points) and 4th scorer for the Irish team which finished on 9781 points behind Scotland in 2nd (9910 points) & England in gold medal position (10,391 points).

James Ezeonu helped lead the Irish Over 16 Boys' team to gold as 2nd scorer for the Irish team. Their final score was 10,497 points with 2nd place for England (10,399 points) & Scotland in 3rd place on 9959 points).



Irish Over 16 Boy's Team