

Munster Schools Athletics



2014 Review

AVIVA All-Ireland Schools Titles for Harrington & Mulcaire



Munster athletes competed well at the AVIVA All-Ireland Schools Cross Country Championships in Cork I.T. on Saturday 8th March 2014. There were gold medal wins for **Caomhe Harrington** (Colaiste Pobail Bheantraí /West Muskerry A.C.) in the Junior Girls race (having won the Minor Girls race last year) & **Kevin Mulcaire**, St. Flannan's Ennis/ Ennis Track A.C. in the Intermediate Boys race (his second successive year to win the title). **Darragh McElhinney**, Colaiste Pobail, Bheantraí/Bantry A.C. won silver in the Minor Boys race with **Fiona Everard**, Maria Immaculate CC, Dunmanway/Bandon A.C. winning bronze in the Intermediate Girls race.

Other athletes who performed very well were **Tamzin Muldowney**, St. Mary's Midleton/Midleton A.C., **Clare Rafter**, Ursuline Thurles & **Alex O'Neill**, Colaiste Mhuire, Ennis/St. Cronan's A.C. who were 3rd, 7th & 8th in the Minor Girls race; **Caoilfhionn O'Dea**, St. Joseph's, Spanish Point/Kilmurray/Ibrickane A.C. was 10th in the Minor Boys race; **Laura Nicholson**, Bandon Grammer School/Bandon A.C. was 7th in the Junior Girls race; **Daniel O'Sullivan**, St. Colman's CC Midleton was 10th in the Junior Boys race; **Aisling Kelly**, St. Joseph's, Spanish Point/St. John's A.C. & **Caomhe Harvey**, St. Joseph's, Kilkee/St. John's A.C. were 9th & 10th in the Intermediate Girls race; **Sean Collins**, St. Flannan's, Ennis/Ennis Track A.C. was 9th in the Intermediate Boys race; **Eileen Rafter**, Ursuline Thurles & **Niamh Cotter**, Colaiste Pobail, Bheantraí/Bantry A.C. were 5th & 6th in the Senior Girls race with **Darren Dunne**, St. Joseph's, Borrisoleigh/Nenagh Olympic A.C. in 10th place in the Senior Boys race.

In the team competitions, **St. Flannan's Ennis** won the Intermediate Boys competition with the **Ursuline Convent, Thurles** winning the Senior Girls title, **Bandon Grammer School** won silver in the Junior Girls competition & the **Ursuline Convent, Thurles** were 3rd in the Minor Girls competition

6 Munster athletes were selected to compete for Ireland at the SIAB Schools Cross Country International in Bolton, England on the Saturday 22nd March

Junior Girls

- Caoimhe Harrington, Colaiste Pobail, Bheantraí
- Laura Nicholson, Bandon Grammer School

Intermediate Girls

- Fiona Everard, Maria Immaculata CC, Dunmanway

Intermediate Boys

- Kevin Mulcaire St Flannan's College, Ennis, Co Clare
- Barry Keane, St. Declan's, Kilmacthomas
- Fearghal Curtin, Midleton CBS

Report Taken from AAI Website dated Saturday 8th March 2014.

“Siofra Cleirigh Buttner (Colaiste Iosagain) and Andrew Coscoran (St Mary's Drogheda) won the senior races on a thrilling day of cross country running at the Aviva All Ireland Schools Cross Country Championships in Cork CIT on Saturday, 8th of March.

For Cleirigh Buttner it was an historic sixth straight All Ireland Schools title as she romped to victory in a time of 10.34, her Colaiste Iosagain team mate Sarah Mhaolmhúire finished second in a time of 10.43 and Deirdre Healy (Dublin Institute) surprised many to finish third in a time of 10.52

Ursuline Thurles won the team title with a score of 49 points with Colaiste Iosagain 2nd on 53 points and Loreto Kilkenny 3rd (69)

Commenting afterwards Cleirigh Buttner said “I am delighted with that; it's never been done before (6 all Ireland titles) so I am really happy. Next for me is the Athletics Ireland warm weather training camp and then the build up to the World Juniors in Oregon.”

Coscoran and school mate Aaron Hanlon battled it out for the senior boy's title with the two athletes locked together for the majority of the 6,500m race. Coscoran continued to apply the pressure and won the senior title in a time of 21.58, three seconds ahead of Hanlon in second (22.01).

Commenting afterwards Corscoran said “I am really happy with that, I thought Aaron was going to pull away. I just dug in for as long as I could and managed to get the win. I am going to target the 1500m and maybe the 3k steeplechase on the track next.”

Track specialist David Harper (Rice College Westport) finished a fine third place in the individual race in a time of 22.35. He also had the added bonus of leading his school to the team title with a score of 84 points. St. Fintan’s Sutton finished second on 117 points and St. Malachy’s, Belfast third on 125 points.

Kevin Mulcaire (St Flannan’s, Ennis) dominated the Inter boy’s race with a gun to tape victory. Mulcaire, the defending champion raced out to an early lead and never looked back as he coasted to victory in a time of 17.33. There was a big battle for the minor positions with Shane Hughes (Colaiste Mhuire Mullingar) finishing second (17.50) just ahead of Barry Keane (St Declan’s) on the same time in third.

Mulcaire led St Flannan’s to the team title with a score of 66 points ahead of St. Aidan’s CBS second on 68 points and Rathmore GS third on 122 points.

Rhona Pierce (Skerries CC) and Clodagh O’Reilly (Loreto College, Cavan) were the early leaders in the girl’s intermediate race. Both athletes took turns at the front of the field until Pierce upped the intensity and pace over the last lap and won the title in a time of 14.04. O’Reilly finished second in a time of 14.14 with Fiona Everard (Maria Immaculata CC) third in a time of 14.20.

Skerries CC won the team title with a score of 40 points ahead of Dominican College, Wicklow on 60 points and Rathmore G.S third on 100 points.

Paddy Maher (Dunshaughlin CC) was a runaway winner of the junior boy’s title in a time of 12.24 ahead of James Maguire (St Benildus, Dublin) second in a time of 12.45 with Niall Harvey (Presentation Carlow) third in a time of 12.57.

There was a great three way battle between Caoimhe Harrington (Colaiste Pobail, Bheanntrai), Jodie McCann (Rathdown Glenageary) and Nicola Duffy (St Peter’s Dunboyne). Harrington proved the stronger as she won the title in a time of 10.44 with McCann second in a time of 10.47 and Duffy third in a time of 10.55.

Sarah Healy (Holy Child Killiney) won the minor girl’s race in a time of 7.48, which put her 21 seconds clear of Olivia Nelson (Strathearn School, Belfast) (8.09) and Tamzin Muldowney (St Mary’s Midleton) third in a time of 8.12

Sean Corry (Omagh Christian Brothers) won the minor boy’s race in a time of 9.39 with Darragh McElhinney (Colaiste Pobail, Bheanntrai) second in a time of 9.52 and Oisin Lyons (Calasancius College) third in a time of 10.03”

Gold For Harrington & Silver for Mulcaire



6 Munster athletes were selected for Ireland for the SIAB Schools Cross Country International on Saturday 22nd March 2014 in Bolton, England – **Caoimhe Harrington, Colaiste Pobail, Bheantraí & Laura Nicholson, Bandon Grammer School (Junior Girls); Fiona Everard, Maria Immaculata CC, Dunmanway (Inter Girls); Kevin Mulcaire St Flannan's College, Ennis, Co Clare, Barry Keane, St. Declan's, Kilmacthomas & Fearghal Curtin, Midleton CBS (Inter Boys)**

Caoimhe Harrington put in a terrific performance to lead the field home in the Junior Girls race winning individual gold & leading the Irish team to a bronze medal in the team competition which included **Laura Nicholson** who finished 25th overall.



Fiona Everard won a bronze team medal with the Irish team in the Intermediate competition coming home in 22nd place overall. **Kevin Mulcaire**, took silver in the Intermediate Boys race with a wonderful display of running & led his team home to a silver medal victory in the team competition which included fellow Munster men, **Fearghal Curtin**, who was 13th overall & **Barry Keane**, in 17th place.



See Extract from AAI Website dated Monday, 24th March below:-

“There were thrilling individual victories achieved by two young Irish athletes; Caoimhe Harrington (Colaiste Pobail, Bheantraí, Bantry) and Paddy Maher (Dunshaughlin Community College) at the SIAB International Schools Cross Country event in Bolton and there was silver and bronze medal success too by Kevin Mulcaire (St Flannan’s Ennis) and James Maguire (St Benildus, Dublin) in their respective Intermediate and Junior Boys events.

Caoimhe Harrington delivered a top drawer performance to win the Junior Girls race in a close finish with England’s Josie Czura who she just edged out approaching the finish line. Harrington also led the Irish Junior Women team to a third place finish behind England and Scotland.

This early victory by Caoimhe Harrington helped to inspire Paddy Maher to achieve victory in the Junior Boys event. Maher, who was running in his first international, raced into an early lead and was closely followed by his Irish schools team-mate James Maguire. However, it was Maher who had the faster turn of pace and he soon surged clear of England’s Matthew Willis and James Maguire and went on to finish strongly. The Irish Junior Boys team, led by Maher and Maguire, won the silver medals behind England. It was a day of special celebration for the Maher family as Paddy’s father, Tommy Maher is a former Irish Senior international cross-country runner who also finished third in the Dublin Marathon on two occasions.

The intermediate Girls race was a very convincing display by the English team with the first 8 individuals home all part of the English team. Ireland managed to hold off Wales to take Bronze in the Team results.

The final race of the day was the Intermediate Boys event and here Kevin Mulcaire from St Flannan's College in Ennis delivered another top-class performance to take the silver medal behind the winner, Ben Dijkstra of England. Mulcaire led the Irish team to silver medal success behind England and ahead of Scotland.”

Record Performances from Munster Athletes at Schools T & F

The AVIVA Irish Schools Track & Field Championships took place in Tullamore Stadium on Saturday 31st June 2014 in brilliant sunshine. Among the Munster athletes who impressed on the day were **Sam Healy, Carrigaline CS & Daniel Ryan, CBS Thurles** who both won Long Jump & Hurdles titles in the Senior & Inter Boys competitions & **Kevin Mulcaire, St. Flannan's College, Ennis** who won double gold in the Inter Boys 1500m & 3000m. Record breaking Munster athletes over the weekend were:-

- **Maria Carey, St. Mary's Newport** set a record in the Inter Girls Triple Jump with her leap of 11.93m to better the existing Meet Record of 11.73m set in 2008 by Caoimhe King, Bower Athlone.
- **Kevin Mulcaire, St. Flannan's College, Ennis** ran 8.33.92 in the Inter Boys 3000m to better the Meet Record of 8.36.3h set in 1978 by Brian O'Keeffe, Clogher Rd V.S.
- **Aaron Egan, High School, Clonmel** set a new record of 7.54.60 in the Inter Boys 2000 Meter Race Walk to beat the Meet Record of 8:00.5h set in 1990 by David Cullinane, Ferbane VS.
- **Bandon Grammer School** ran 43.69 in the Inter Boys 4 x 100m to break the Meet Record of 44.13 set in 2006 by RBAI.

Multiple Medal winners – **Kevin Mulcaire, St. Flannan's Ennis** (1st in Inter Boys 1500m & 3000m); **Daniel Ryan, Thurles CBS** (1st Inter Boys 100mH & Long Jump); **Sam Healy, Carrigaline CS** (1st Senior Boys 110mH & Long Jump); **Lauren Ryan, Crescent College Comp, Limerick** (1st Junior Girls 200m & 2nd in 100m); **Eoin O'Carroll, Mercy Mount Hawk Tralee** (1st Senior Boys Triple Jump & 2nd in Long Jump); **Ciara Neville, Castletroy College** (1st Junior Girls 100m & 3rd in 75mH); **Aoife Doyle, Intermediate School, Killorglin** (2nd Inter Girls Discus & 3rd in Hammer); **Kaleigh Cronin, St. Brigid's Killarney** (1st in Senior Girls Discus & 2nd in Shot Putt) & **Tony Odubote, Rice College, Ennis** (2nd in Junior Boys 200m & 3rd in 100m).





Some Munster Schools Medal Winners

Munster medal winners are below:-

Gold medals

1. Ciara Neville, Castletroy College – Junior Girls 100m (12.19)
2. Lauren Ryan, Crescent College Comp, Limerick – Junior Girls 200m (25.21)
3. Sophie Meredith, SMI, Newcastle West – Junior Girls Long Jump (5.48m)
4. Kate Taylor, Colaiste Mhuire, Ennis – Junior Girls Triple Jump (9.86m)
5. Kelly Ann Doyle, Scoil Mhuire Carrick-On-Suir – Inter Girls 300mH (43.27)
6. Megan Dunford, St. Augustine's College, Dungarvan – Inter Girls Pole Vault (2.75m)
7. Maria Carey, St. Mary's Newport – Inter Girls Triple Jump (11.93m) **CBP**
8. Orlaith O'Brien, Ursuline Waterford – Inter Girls Javelin (41.52m)
9. Jenna Bromell, Castletroy College – Senior Girls 400m (56.57)
10. Jessica Coyne (Crescent Comp College, Limerick) – Senior Girls 1500m S/C (5.02.62)
11. Neasa Murphy, Stella Maris, Tramore – Senior Girls High Jump (1.68m)
12. Megan O'Connor, St. Augustine's College, Dungarvan – Senior Girls Pole Vault (2.75m)
13. Kaleigh Cronin, St. Brigid's Killarney – Senior Girls Discus (42.60m)
14. Alice Akers, Scariff CC – Senior Girls Hammer (51.31m)
15. Jack Hallahan, St. Colman's CC, Midleton – Junior Boys Discus (44.77m)
16. Kevin Mulcaire, St Flannan's Ennis – Inter Boys 1500m (4:10.91)
17. Kevin Mulcaire St Flannan's Ennis – Inter Boys 3000m (8:33.92) **CBP**
18. Daniel Ryan, Thurles CBS – Inter Boys 100mH (13.55)
19. Daniel Ryan, Thurles CBS – Inter Boys Long Jump (6.58m)
20. Seán Collins, St Flannan's Ennis – Inter Boys 1500m S/C (4:29.40)
21. Yuri Kanash, St Augustine's College, Dungarvan Inter Boys Pole Vault (4.20m)
22. Tomas O'Neill, Scoil Mhuire Kanturk – Inter Boys Hammer (51.15m)
23. Aaron Egan, High School Clonmel – Inter Boys 2000m Walk (7:54.60) **CBP**
24. Sam Healy Carrigaline Community School - Senior Boys 110mH (14.26)
25. Brandon Arrey, Davis College Mallow – Senior Boys 400m (54.83)
26. Kyle Larkin, Ardscoil Rís Limerick – Senior Boys 2000m S/C (6:08.44)
27. Sam Healy, Carrigaline Community School – Senior Boys Long Jump (7.20m)
28. Eoin O'Carroll, Mercy Mount Hawk Tralee – Senior Boys Triple Jump (13.49m)
29. Evan Lynch, Colaiste Cluain Meala – Senior Boys 3000m Walk (12:37.92)

Silver medals

1. Lauren Ryan, Crescent College Comp, Limerick – Junior Girls 100m (12.30)
2. Aisling O'Connor, St. Augustine's College, Dungarvan – Junior Girls Pole Vault (2.40m)
3. Aoife Hurley, Loreto Fermoy – Junior Girls Javelin (35.28m)
4. Clodagh O'Mahony, Laurel Hill Colaiste Limerick – Inter Girls 80mH (11.75)
5. Ellen Larkin, Villiers, Limerick – Inter Girls Pole Vault (2.75m)
6. Erin Kingston, Bandon Grammer School – Inter Girls Shot Putt (11.41m)
7. Aoife Doyle, Intermediate School, Killorgin – Inter Girls Discus (33.09m)
8. Ashling Vaughan Witts, Borrisokane CC – Inter Girls Hammer (47.39m)
9. Niamh McNicol, Stella Maris, Tramore – Senior Girls 200m (24.4H)
10. Leanne Prout, Presentation Ballingarry – Senior Girls 400mH (62.94)
11. Ciara Cummins, Ursuline Thurles – Senior Girls 1500m S/C (5.12.37)
12. Kaleigh Cronin, St. Brigid's Killarney – Senior Girls Shot Putt (9.81m)

13. Hannah O'Sullivan, St. Marys Mallow – Senior Girls Discus (42.32m)
14. Lauren O'Mahoney, St. Mary's Midleton – Senior Girls Javelin (32.58m)
15. Tony Odubote, Rice College, Ennis – Junior Boys 200m (23.36)
16. Lucas O'Horgain, Colaiste Chriost Ri Corcaigh – Inter Boys 1500m (4:11.90)
17. Fearghal Curtin, Midleton CBS – Inter Boys 3000m (8:50.28)
18. Jack Murphy, CBC Cork – Inter Boys 100mH (13.76)
19. Tom Deasy, Carrigaline Community School – Inter Boys High Jump (1.75m)
20. Anthony Tobin High School Clonmel – Inter Boys 2000m Walk (8:50.22)
21. David Cussen, Colaiste an Spioraid Naoimh Co - Senior Boys High Jump (2.05m)
22. Eoin O'Carroll, Mercy Mount Hawk Tralee – Senior Boys Long Jump (6.94m)
23. Darren Prout, Presentation Ballingarry – Senior Boys Triple Jump (13.33m)
24. Colin Kingston, Bandon Grammar School – Senior Boys Discus (37.97m)
25. Bobby Smith, Bandon Grammar School – Senior Boys Javelin (49.03m)

Bronze medals

1. Ciara Neville, Castletroy College – Junior Girls 75mH (11.82)
2. Rachel Bowler, Mercy Mount Hawk, Tralee – Junior Girls Long Jump (5.22m)
3. Jade O'Farrell Bond, Borrisokane CC – Junior Girls Shot Putt (9.99m)
4. Orla O'Connor, Waterpark, Waterford – Junior Girls 1200m Walk (6.13.37)
5. Sharlene Mawdsley, St. Mary's Newport – Inter Girls 200m (25.36)
6. Aoife Mahony, Presentation SS, Listowel – Inter Girls 800m (2.20.51)
7. Chloe Tobin, Castletroy College – Inter Girls 80mH (12.08)
8. Laura Cussen, Colaiste Choilm, Ballincollig – Inter Girls Pole Vault (2.65m)
9. Sally Smith, Bandon Grammer School – Inter Girls Discus (30.38m)
10. Aoife Doyle, Intermediate School, Killorglin – Inter Girls Hammer (43.75m)
11. Laura Tobin, Loreto Clonmel – Senior Girls 3000m (10.34.32)
12. Grace McKenzie, Colaiste Mhuire, Crosshaven – Senior Girls High Jump (1.60m)
13. Fiona O'Shea, Laurel Hill Colaiste Limerick – Senior Girls Long Jump (5.36m)
14. Rita Casey, St. Brigid's Killarney – Senior Girls Javelin (30.14m)
15. Tony Odubote, Rice College Ennis – Junior Boys 100m (11.57)
16. Cathal O Donnabhain, Colaiste Chriost Ri, Corcaigh – Junior Boys 1500m (4.20.81)
17. Ben Donovan, Midleton College – Junior Boys High Jump (1.70m)
18. Michael Szarkowicz, Colaiste Chriost Ri Corcaigh – Junior Boys 1200m Walk (6:25.87)
19. James French, Bandon Grammar School – Inter Boys Shot Putt (14.22m)
20. Paul White Nenagh C.B.S. – Senior Boys 400m (49.18)
21. Patrick Crowther, St Augustines Dungarvan – Senior Boys Shot Putt (12.73m)
22. Eoin Hanrahan, St Flannan's College, Ennis – Senior Boys Discus (36.20m)

Relay Results

- Castletroy College – 1st Junior Girls 4 x 100m (51.47)
- Bandon Grammar School – 1st Inter Boys 4 x 100m (43.69) **CBP**
- Davis College Mallow – 1st Senior Boys 4 x 100m (43.47)

Rankings

1. Junior Girls – 3rd Castletroy College
2. Inter Girls – 2nd St. Mary's Newport
3. Senior Girls – 2nd Stella Maris Tramore
4. Inter Boys – 2nd St. Flannan's Ennis
5. Senior Boys – 2nd Davis College Mallow

Extract dated 2nd June 2014 from Athletics Ireland Website

“Harry Purcell (Castleknock College) was awarded the Lar Byrne Memorial Trophy for Athlete of the Championships after completing a unique 800m/400m double at the Aviva All Ireland Schools in Tullamore today.

Purcell won the Boy's 800m in 1.49.42 from Rob Tully of Gormanston in 1.49.95 with Danny Lawlor (Pres Carlow) third in 1.52.25 Both Purcell and Tully were inside the Irish Schools Record set by Sean Tobin last year of 1.50.65 and the B standard for the World Junior Track and Field Championships in Eugene, USA in July. Purcell went onto later to take the 400m title in 47.83. It was a close battle with Andrew Mellow of Bangor Academy who was second in 47.93. Paul White (Nenagh CBS) was third in 49.18.

Purcell said “I am over the moon I can't sum up my feelings. My big thanks to Eamonn Coghlan and John Shields (coaches) who always believed me. It wasn't easy, I didn't have it my own way in either the 400 or 800.”

In the Senior Girls 800m race favourite Aislinn Crossey (Scared Heart Newry) finished second behind Alannah Lally, after the student from Presentation Athenry put in a sprint finish with 100m to go. Lally's time of 2:08.28 was also inside the B standard for World Juniors.

Zak Irwin (Sligo Grammar) won the 100m in 10.73 and went on to do the double winning the 200m in 21.38 into a headwind of -1.3. Kieran Elliot was second in (Ballinrobe) 21.50, both athletes were inside the B World Junior standard. Keith Doherty (Drimnagh Castle) was third in 22.15.

Irwin said: “I went out as hard as I could to build up a stagger in the 200 meters. The head wind hit me, but I managed to work through it. It hasn't sunk in that I have done the double, I gave it everything I haven't ever been as nervous going to an All-Ireland schools.”

Niamh McNichol also did the sprint double winning the 100m in 12.24 and 200m in 24.4 (H). While Gina Akpe Mossies (SV Dundalk) completed the Intermediate sprint double winning the 100m in 12.01 and the 200m in 25.08.

Kevin Mulcaire (St. Flannan's Ennis) won the 3000m in 8.33.92 breaking the 36 year old record held by Darren Haddock. Mulcaire went onto to do the double winning the 1500m in 4.10.91. Siofra Cleirigh Buttner (Colaiste Iosagain) took her 15th schools title to win the Senior's 1500m in 4.25.23 inside the World Junior B standard for the second time in a week. The Senior Men's 1500m was won by Andrew Coscoran in 4:10.59.

Sam Healy (Carrigalin CS) won the long jump in 7.20m and went on to complete the double taking the 110m Hurdles title in 14.26.

Kate O'Connor (SV Dundalk) set a new schools record in the Junior Girl's Javelin with a throw of 40.77 improving on the throw of 36.94m set in 1985. She then went on to produce the most interesting doubles of the day winning the 800m in 2:21.08.

In the Intermediate girls hammer Katelyn Furlong threw 47.61 to set a new Irish Schools record. Maria Carey (St.Mary's Newport) won the Intermediate Girls Triple Jump in 11.93 to break Caomhie King's record of 11.73m.

In one of the first events on the track Aaron Egan (High Schools Clonmel) broke the 8 minute record held since 2004 to win the 2k Walk in 7:54.60.

To finish off a day of records Loreto Kilkenny won the Senior Girls 4x100m in 47.61 to improve on St.McDara's time of 48.16 set in 1996."

Tailteann Records for Munster Athletes

The AVIVA Tailteann Schools' Interprovincial Track & Field Championships took place in Morton Stadium on Saturday 21st June. Munster athletes took home 20 medals in total (10 gold, 5 silver & 5 bronze) & placed 3rd in both the Boys 4 x 100m & 400m Relays. There were also two new Championship Best Performances set by the athletes below:-

1. **Maria Carey, St. Mary's Newport** leaped out to 11.65 in the Girls Triple Jump to better the existing 2010 record of 11.20m set by Rachel Healy, Alexandra College.
2. **Orlaith O'Brien, Ursuline Waterford** launched the Javelin out to 43.12m to better the 1986 record of 42.16m set by Alison Moffit, Glenlola College.

Our double Medal Winners on the day were **Erin Kingston, Bandon Grammer School** (2nd Shot Putt & 3rd in Discus) & **Daniel Ryan, Thurles CBS** (2nd Long Jump & 3rd 100mH). Munster athletes also recorded a 1 & 2 in Girls Pole Vault (**Ellen Larkin & Megan Dunford**), 1 & 3 in Girls Triple Jump (**Maria Carey & Kate Taylor**), a 1 & 3 in Girls Discus (**Aoife Doyle & Erin Kingston**).

Gold Medals

1. Sharlene Mawdsley, St. Mary's Newport – Girls 200m (24.37)
2. Ellen Larkin, Villiers – Girls Pole Vault (2.85m)
3. Maria Carey, St. Mary's Newport – Girls Triple Jump (11.65) **CBP**
4. Aoife Doyle, IS Killorglin – Girls Discus (33.50m)
5. Orlaith O'Brien, Ursuline Waterford – Girls Javelin (43.12m) **CBP**
6. Lucas, O'Horgain Col Christ Ri – Boys 1500m (4:09.74)
7. Kevin, Mulcaire St. Flannan's Ennis – Boys 3000m (8:49.88)
8. Jack, Murphy CBC Cork – Boys 100mH (13.57)
9. Sean, Collins St. Flannan's Ennis – Boys 1500m S/C (4:36.33)
10. Yuri Kanash, St. Augustine's College, Dungarvan – Boys Pole Vault (4.10m)

Silver Medals

1. Clodagh O'Mahoney, Laurel Hill Colaiste, Limerick – Girls 80mH (11.59)
2. Megan Dunford, St. Augustine's College, Dungarvan – Girls Pole Vault (2.75m)
3. Daniel Ryan, Thurles CBS – Boys Long Jump (6.25m)
4. James French, Bandon Grammer School – Boys Shot Putt (14.95m)
5. Andre Christie Spioraid Naoimh – Boys Hammer (54.96m)

Bronze Medals

1. Sophie Meredith, SMI, Newcastle West - Girls Long Jump (5.52m)
2. Kate Taylor, Colaiste Mhuire – Girls Triple Jump (10.73m)
3. Erin Kingston, Bandon Grammer School – Girls Shot Putt (11.76m)
4. Erin Kingston, Bandon Grammer School – Girls Discus (31.52m)
5. Daniel, Ryan Thurles C.B.S – Boys 100mH (13.84)

Relays

4th Girls 4 x 100m (48.71) - Phoebe Murphy Loreto Clonmel, Sharlene Mawdsley St Mary's Newport, Lauren Ryan Crescent College Comp SJ, Ciara Neville Castletroy College.

4th Girls 4 x 300m (3.00.32) - Kila Curran Crescent College Comp SJ, Aisling Moran Carrigaline C.S., Aoife O'Mahony Presentation SS Listowel, Caoimhe Dwyer St Augustines Dungarvan.

3rd 4 x 100m (43.92) - Joey Henchy Bandon Grammar School, Maliq Adekuna Coláiste Mhicil CBS Sexton St., Luke Ring Ballincollig C.S. & Daniel Ryan Thurles C.B.S.

3rd Boys 4 x 400m (3.42.21) - Laju Uwatse Salesian Secondary College, David O'Brien St Clements, Cathal Locke Crescent College Comp SJ, Matthew Murnane Christian Brothers Col. Cork

7 Medals for Munster at SIAB Schools International

The SIAB Schools U/17 Track & Field International took place in the Cardiff International Sports Stadium, Wales on Saturday 19th July 2014 with Munster athletes winning 7

individual medals in total (3 gold, 3 silver & 1 bronze). There were gold medal wins for **Kevin Mulcaire, St. Flannan's College/Ennis Track A.C.** in the Boys 3000m (8.36.76), **Jack Murphy, Christian Brothers Cork/Leevale A.C.** in the Boys 100mH (13.55) & **Aaron Egan, Clonmel High School/Clonmel A.C.** in the Boys 3000m Walk (12.59.52).

Silver medal were won by **Maria Carey, St. Mary's Newport/Newport A.C.** in the Girls Triple Jump (12.10m), **Orlaith O'Brien, Ursuline Waterford/Ferrybank A.C.** in the Girls Javelin (45.10m) & **Yuri Kanash, St. Augustine's College, Dungarvan/West Waterford A.C.** in the Boys Pole Vault (4.03m). **Daniel Ryan, Thurles CBS/Moycarkey Coolcree A.C.** won bronze in the Boys Long Jump (6.77m).

In the Relay competitions, **Sharlene Mawdsley, St. Mary's Newport/Newport A.C.** won silver with the Irish Girls 4 x 100m Relay team.

Other athletes who competed very well were:-

- Clodagh O'Mahoney (Laurel Hill School/Dooneen A.C.) 4th in Girls 80mH (11.78)
- Sharlene Mawdsley (St. Mary's Newport/Newport A.C.) = 4th in Girls 200m (25.15)
- Fearghal Curtin (Midleton CBS/Youghal A.C.) 4th Boys 3000m (9.00.49)
- Sean Collins (St. Flannan's College/Ennis Track A.C.) 4th Boys 1500m Steeplechase (4.33.87)
- Peter Lynch (St. Flannan's College) 5th Boys 1500m Steeplechase (4.35.36)
- Luke Horgan (Colaiste Christ Ri/Leevale A.C.) 5th in Boy's 800m (3.58.91)
- Andre Christie (Colaiste an Spioraid Naoimh, Bishopstown/Leevale A.C.) 5th Boys Hammer (52.31m)
- Aoife Doyle (Intermediate College, Killorglin, Kerry/Star of the Laune A.C.) 5th Girls Discus (35.04m)
- James French (Bandon Grammar School/Bandon A.C.) 6th Boys Shot Putt (15.26m)
- Megan Dunford (St. Augustines/West Waterford A.C.) 6th in Girl's Pole Vault (2.83m)
- Ellen Larkin (Villiers School Limerick/Emerald A.C.) 8th in Girl's Pole Vault (2.63m)

Ireland were 2nd overall on 359 points behind England on 494 points with the Irish Girls & Boys Teams also 2nd overall behind England.

“Report from AAI Website dated Monday 21st July 2013”

Success for Irish Schools at 2014 SIAB

At the 2014 SIAB Schools International Track and Field Championship the team won eleven gold, ten silver and eight bronze, one of the best performances ever by an Irish team in this competition.

Results: <http://46.22.133.116/downloads/other/SIAB - Cardiff - Schools 2014 .pdf>

Middle/Long Distance

Kevin Mulcaire's run in the Intermediate 3000m was probably the stand out performance by an Irish endurance athlete. Kevin took the lead from the gun and stretched out the field. With 1km to go he took his foot off the gas and let the English athlete Stephen Ferroni take pole position. Still Kevin was on his shoulder and waited patiently until 450m to go when he attacked. His surge took him away from Ferroni and was able to celebrate his victory in comfort as he came down the finishing straight.

In the girls 800m Carla Sweeney acquitted herself well to take a brilliant bronze medal. Only three seconds separated the first three and Carla was only pipped for the silver medal in the final ten metres. In the 1500m, Carla's schoolmate Nadia Power also won after a brave performance. She went with the breakneck speed set by Rosie Johnson of England. Although Nadia came off the pace after the first kilometre she fought all the way to the line which she reached in 4.34. In the first year of the Girls 1500m steeplechase young Alison Armstrong acquitted herself very well. She was part of a breakaway group of three from the start and was still challenging for gold when the bell was rung for the final lap. Although Emily Griffin of Wales pulled clear, Alison was able to sprint strongly in the last 150m to win a silver medal.

Hurdles

Jack Murphy in the 100m Hurdles ran 13.55 for a great victory. His time had him well clear of the England duo that finished in second and third.

In the 300m Hurdles Amaris Borel produced a brilliant victory. Despite having to run in lane one she was aggressive from the start and it was soon clear that she was going to win well. In the sprint hurdles Molly Scott added another medal to Ireland's tally with silver. Her time of 11.62 a great run into a strong wind.

Sprints

Brian Masterson from Blackrock rose to the challenge by running a massive new pb in the 400m. He was aggressive from the start and despite two English athletes running 48 seconds, Brian showed them a clean pair of heels running 48.58.

Brian's golden performance was matched in the Girls 100m by Megan Mars who ran 12.01 to win. She had been in the lead from the gun and ran her great time despite running into a -1.3 wind.

Jumps

With a jump of exactly 2 metres Keith Marks set himself clear of the competition in the High Jump. This medal won early on Saturday seems to have encouraged great success in all the jumps events. Yuri Kanash from Waterford also won a silver medal. He came 2nd in the Pole Vault after clearing a height of 4.02m. Tullamore athlete Jordan Hoang jumped a 31cm pb in the triple jump to win a brilliant bronze medal. All the more significant when you consider he is under age for this competition again next year. The long jump also saw success for Ireland with Daniel Ryan's jump of 6.77m securing the bronze medal.

In the Girls Long Jump Elizabeth Morland set a high standard for the other Irish athletes with a fine win. Her jump of 5.87m put her 8cm clear of England's Simi Fajemisin. In the Girls High Jump Sommer Lecky jumped well to take the bronze medal. Her jump of 1.64m put her within 5cm of gold medallist, Abby Ward of England. Ireland also had a medal winner in the triple jump. Young Maria Carey showed great poise to win a silver medal with a jump of 12.10m

Race Walks

Aaron Egan and Andrew Bell had a great day in the 3000m walk to win the gold and silver medals respectively. Egan's time of 12.59 a great performance in very hot conditions. A third medal in the walks went to Niamh O'Connor who in the girl's race was very competitive. She came second after pressuring England's Sophie Lewis-Ward all the way to the line.

Throws

Eoin Sheridan and Andrew Barkley had a great result in the discus with Eoin breaking the record in winning the competition with a throw of 55.43m. Barkley threw over 50 metres as well and got the bronze medal. Jack Magee added to the haul with a bronze in the Javelin.

Michaela Walsh led the way for the girls with two wins in throwing events. First up for Michaela was the hammer. With a throw of 58.29m she was way ahead of the

competition with the two English girls both throwing 54 metres. Michaela's throw was also a massive new championship best performance. Her throw of 15.08m in the shot putt was over a metre ahead of the other competitors and almost 30cm over the previous championship best performance. Two fine wins for a promising young talent. Orlaith O'Brien managed to throw out the javelin to over 45 metre and in the process secured a silver medal.

Relays

The four relay races rounded off the day and Irish times were rewarded with medals in all four events. In the Boys 4 by 100m the team ran England right to the finishing line and should be very happy with their 42.19 second time. The lads running in the 4 by 400m relay should be very happy with their bronze medals. They ran 3 minutes 23 seconds and were only one second off the silver.

Having had good success in the individual events it was no surprise that the Girls 4 x100m team were in contention for the win. They all gave their best and were less than one tenth of a second off the English team which won. Still silver medals were a great return. The girls 4 by 300m relay team also ran England close and in a frantic sprint to the line only lost out by .24 of a second."



Gold medal winners – Jack Murphy (100mH), Aaron Egan (3km Walk) & Kevin Mulcaire (3km)



Silver medal winners – Orlaith O’Brien (Javelin), Yuri Kanash (Pole Vault), Maria Carey (Triple Jump) & Sharlene Mawdsley (4 x 100m Relay)



Bronze medal winner, Daniel Ryan (Long Jump)



All Ireland Schools Combined Events

5 National Medals at AVIVA All Ireland Schools Combined Events



A strong Munster Squad of 18 athletes travelled to the AIT International Arena, Athlone to represent their schools & province at the GloHealth All-Ireland Schools Combined Events Championships on Saturday 15th November 2014. It was a day of exciting & intense competition as athletes from the four provinces battled it out for the coveted places on the Irish Junior & Intermediate Schools Teams. In the Junior competitions, Munster were represented by **Sophie Meredith (SMI Newcastlewest), Vicki Cusack (Davis College, Mallow), Fiona Doyle (ISK, Killorglin), Ciara McKeon (Col na Toirhirte, Bandon), David Ryan (CBS Thurles), Joseph Minitier (Kilrush CS), James Murphy (Ardcoil na Mara) & Declan Ryan (CBS Thurles)**. At Intermediate level, our competitors were **Clodhna Blake (St. Michaels, Kilmihil), Laoise Bennis (Hazelwood College), Jodi Cusack (Davis College, Mallow), Daniel Ryan (CBS Thurles), Damien Hickey (Davis College, Mallow), Laju Uwatse (Salesian College, Limerick) & Tom Deasy (Carrigaline C.S.)**. Our representatives in the Senior category were **Grace McKenzie (Colaiste Muire, Crosshaven), John Hogan (Davis College, Mallow) & Shaun O'Brien (SMGS Blarney)**. Out of those 18 athletes, 5 National medals were won (2 gold, 2 silver & 1 bronze) with 4 Munster athletes (2 girls & 2 boys) also qualifying for the SIAB Schools International competition in the Emirates Arena, Glasgow on Saturday 13th December 2014.

In the Junior Girls competition, **Sophie Meredith** finished in second place with a score of **3546 points** with **Vicki Cusack** in 3th place on **3351 points**. Both girls battled all day with Kate O'Connor, St. Vincent's Dundalk with O'Connor emerging as the winner following a very strong 800m run.

In the Intermediate Girls competition, **Clodhna Blake** placed 6th with a score of **2,668 points** with **Laoise Bennis** finishing in 8th place on **2647 points** & **Jodi Cusack** in 10th place on **1835 points**.

Grace McKenzie was Munster's only representative in the Senior Girls competition & she did very well winning gold with a total score of **3329 points**.

In the Junior Boys category, the competition was particularly tight with only 118 points separating the first 6 finishers. **David Ryan** emerged with a silver medal running himself from 7th to 2nd place with his 800m run of 1.13.74, a new pb for him. His score was **2840 points**, just 23 points off the gold medal. **Joseph Minitier** finished in 8th place on **2644 points** with **James Murphy** 10th on **2378 points** & **Declan Ryan** in 12th place on **2338 points**.

Daniel Ryan was very strong in the Intermediate Boys competition, battling it out with athletes two years older than himself for the top spots. He kept his composure throughout taking gold with a winning score of **3500 points**. **Damien Hickey** placed 9th with a score of **2915** with **Laju Uwatse** in 11th place on **2753 points** & **Tom Deasy** 12th on **2617 points**.

John Hogan & Shaun O'Brien were Munster's representatives in the Senior Boys category & they competed well to finish in 6th & 7th place with **2242 & 1863 points**. Congratulations & well done to all our athletes who represented their schools so well on the day.

See Full results at this link:-

[http://munsterathletics.com/results/2014/GloHealth_All_Ireland_Combined_2014 - Results .pdf](http://munsterathletics.com/results/2014/GloHealth_All_Ireland_Combined_2014_-_Results_.pdf)

Photos from the event are also available to view at this link

<https://alangolden.exposure.co/all-ireland-schools-athletics#view:7joxpjph5veo5jeviotv6ioxcajbjkanva88>

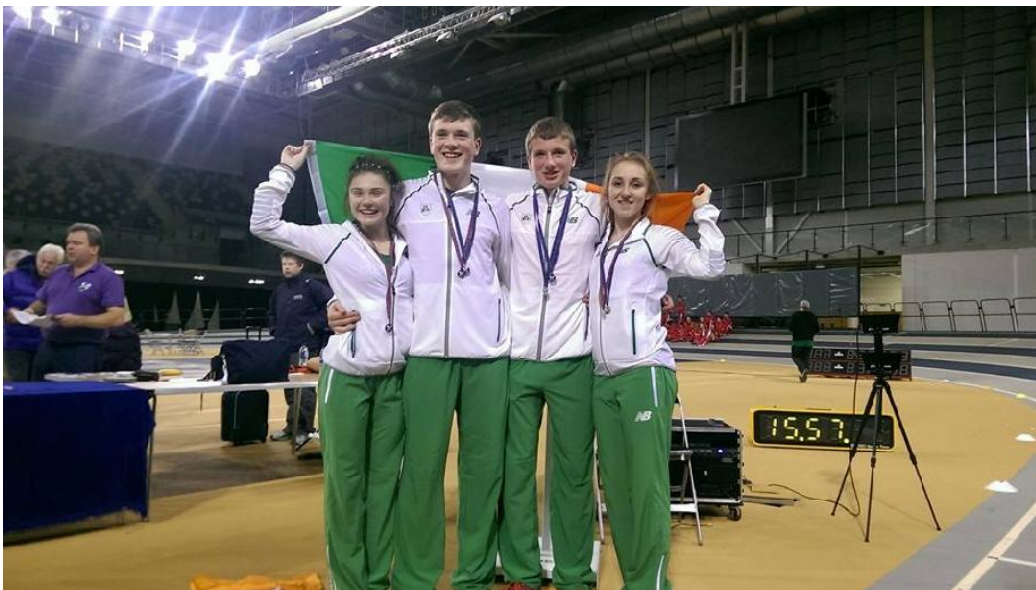
(For further enquiries, contact Alan Golden on FB or at the link [here](#)):-

Munster's 4 representatives on the SIAB Schools International Irish Team for 2014 were:-

- Sophie Meredith & Vicki Cusack (Junior Girls)
- David Ryan (Junior Boys)
- Daniel Ryan (Intermediate Boys)

SIAB Schools International Combined Events

Gold & Silver Individual Medals for Munster Athletes



A very strong Irish team of 16 athletes travelled to the Emirates Arena, Glasgow to represent their schools & country at the SIAB Schools International Combined Events Championships on Saturday 13th December 2014. It was an historic day for the Schools International athletes who brought home the largest medal haul ever in this event, 2 gold, 2 silver & 1 bronze in the individual competition, 1 gold & 3 silver in the team competition & a new record of 4,045 points in the Intermediate Girls set by Elizabeth Morland.

Best Individual performance from our 4 Munster athletes came from **Daniel Ryan, Thurles CBS** who took the gold medal in the Intermediate Boys competition a year out of his age with just 5 points to spare posting a new pb of 3645 points, an improvement of 145 points

from the All Ireland Schools Championships in November. Daniel led the competition from the second event & managed to hold off the tremendous pressure from the leading English athletes setting 3 new pbs on the day in the 60mH (8.28), Shot Putt (14.12m) & 200m (23.00). His brother **David** continued the charge of the Irish when he finished an excellent 2nd place in the Junior Boys competition which was a very close affair with just 55 points separating the top 4 in the competition. Lying in 3rd place after 4 events, just 1 point away from the silver medal & 57 points from gold, David gave it his all in the 800m running a new pb of 2.12.67 which moved him up to 2nd, 27 points away from gold. He posted a new pb of 3234 points setting 4 new pbs on the day in the 60mH (9.01), Long Jump (6.14m), Shot Putt (12.72m) & 800m & improved his overall score by a massive 394 points from the All Ireland Schools Championships in November. **Sophie Meredith, SMI Newcastle West** also won a brilliant silver medal in the Junior Girls competition a year out of her age. She finished the competition on 3437 points behind Scotland's Holly McArthur & set a new pb in the 800m of 2.31.18 & was just 1cm off her pb in the High Jump at 1.62m. **Vicki Cusack, Davis College, Mallow** finished in 8th place overall in the Junior Girls competition having given good solid performances in all her events & posting an overall total of 3238 points. Best team performance on the day for the Irish team was the gold medal win by the Irish Junior Girls team of **Sophie Meredith, Vicki Cusack, Kate O'Connor & Bronagh Walsh**. This was another historic win as Ireland have never taken gold before in this competition, final score was 10062 points for Ireland & 9322 points for England. The Irish Junior Boys team of **David Ryan, Aaron Sexton, David Murphy & Thomas Mullen** won silver behind the English with the Irish Intermediate Boys team of **Daniel Ryan, Shane Joyce, Keith Marks & Ryan Murray** also winning silver behind England.

See Full results at this link:-

http://www.ssaa.co.uk/SSAA/documents/results/2014/Schools%20International%20Pent%202014_results.pdf

AAI Website Report from Schools International Combined Events

Irish Schools Compete International Pentathlon Glasgow

POSTED: December 15 2014

“Irish Schools enjoyed their best day ever at the annual Schools Pentathlon at the Emirates Arena in Glasgow on Saturday . All four teams pushed the usually dominant English all the way for the top of the podium and when all the points were toted the Junior Girls

prevailed to take a historic team gold at this age for the first time in the history of this competition with all the others teams taking silver.



History was also created individually with Elizabeth Morland, from Dunshaughlin Community School winning the Inter Girls and in doing so crashed through the 4000 point barrier. This surpassed her record from the previous year by more than 300 points. The points were gathered by an opening p.b. of 12.33m shot, 8.92s 60m hurdles which by her own high standards she was not happy with. She followed this by long jumping 5.68m and going very close 1.77m in the high jump before settling for 1.74m and draining every last ounce of energy she could to run 1.23.35 in the 800m to get over the magical 4000 point mark. The Inter team had to give way to England who produced an all- time best team total of 10,885 for three athletes.

A second individual gold followed in the Inter boys with Daniel Ryan Thurles CBS just holding off two English athletes to take gold by a narrow five points. Daniel can compete at this age group again next year where he will have his eye on the record points for this competition. Daniel's younger brother David took silver in the Junior

Boys. The two boys brilliantly led their teams pushing the English all the way before taking team silvers.

The other Irish athletes to take individual medals were Sophie Meredith Scoil Mhuire Newcastlewest and Kate O'Connor St. Vincent's Dundalk, silver and bronze in the Junior Girls with the team gold secured by Bronagh Walsh St Leo's Carlow who was fifth. Sophie and Kate are young enough to try and retain this title next year."





Joy for all, the best Irish Performance ever!



Gold for Daniel Ryan, Intermediate Boys & Silver for Sophie Meredith, Junior Girls



Silver for David Ryan, Junior Boys



Gold & Silver Individual Medals for brothers, Daniel & David Ryan



Gold for Irish Junior Girls Team



Team Silver for Irish Intermediate Boys



Irish Junior Boys Team who won silver



Irish Junior Boys Team



Irish Junior Girls Team