

## Akers Wins Lar Byrne Trophy for “Athlete of Championships”

The GloHealth Irish Schools Track & Field Championships took place in Tullamore Stadium on Saturday 30<sup>th</sup> May. Munster athletes were in fine form winning 38 individual Schools titles, 36 silver medals & 31 bronze & 5 sets of Relay medals (2 gold, 2 silver & 1 bronze). Among the Munster athletes who impressed on the day were **Ciara Neville, Castletroy College** who won double gold in the Inter Girls 100m & 200m also setting a new record in the 100m with her blistering run of 11.64 & exceeding World Youth & EYOF standards & **Alice Akers, Scariff CC** who threw 56.20m in the Senior Girls Hammer to win gold & set a new Irish Schools record. Later in the day she was awarded the Lar Byrne Memorial Trophy for “Athlete of the Championships”. **Daniel Ryan, Thurles CBS** was another stand out performer jumping 7.10m in the Inter Boys Long Jump to equal Jonathon Kron’s 1989 School’s record & achieve the EYOF standard with him recording his second gold of the day in the Inter Boys 100mH with his run of 13.07, just off the Schools record of 12.97H held by Carlton Haddock. **Phoebe Murphy, Loreto Clonmel** was another athlete in top form doing the double in the Senior Girls 100m & 200m with **Sophie Meredith, SMI Newcastle West** winning double gold in the Junior Girls High Jump & Long Jump & setting a new Schools record of 5.67m in the Long Jump.



Munster had 4 Record breaking athletes over the weekend:-

- **Sophie Meredith, SMI Newcastle West** set a new Junior Girls record of 5.67m in the Long Jump to better the 5.58m jumped by Arlene Crossan, Loreto Letterkenny in 2013.
- **Ciara Neville, Castletroy College** set a new Inter Record in the Girls 100m with her blistering fast time of 11.64 to smash the previous meet record of 11.9H set in 1983 by Olive Burke, FCJ Laurel Hill & equalled by Niamh Whelan, Presentation Waterford in 2008.
- **Daniel Ryan, Thurles CBS** equalled the Inter Boys Long Jump record of 7.10m set by Jonathon Kron, Wesley College in 1989.
- **Alice Akers, Scariff CC** set a new record in the Senior Girls Hammer with her throw of 56.20m to better the 2011 record of 55.31m by Cara Kennedy, Waterford CFF



Multiple Medal winners for Munster were – **Sean Mockler, Thurles CBS** – 1<sup>st</sup> Junior Boys Hammer & Discus; **Ciara Neville, Castletroy College** – 1<sup>st</sup> in Intermediate Girls 100m & 200m; **Daniel Ryan, Thurles CBS** – 1<sup>st</sup> Inter Boys 100mH & Long Jump; **Phoebe Murphy, Loreto Clonmel** – 1<sup>st</sup> Senior Girls 100m & 200m; **Fiona Doyle, IS Killorglin** – 1<sup>st</sup> in Junior Girls 200m & 2<sup>nd</sup> in High Jump; **David Ryan, Thurles CBS** – 1<sup>st</sup> Junior Boys Long Jump & 2<sup>nd</sup> in 200m; **Kate Taylor, Colaiste Mhuire Ennis** – 1<sup>st</sup> Inter Girls Triple Jump & 2<sup>nd</sup> in Long Jump; **Miriam Daly, Scoil Mhuire, Carrick-On-Suir** – gold in Junior Girls 75mH & silver in 100m; **Sharlene Mawdsley, St. Mary's Newport** – 1<sup>st</sup> Inter Girls 300m & 3<sup>rd</sup> in 200m; **Scott Gibson, Bandon Grammer School** – 1<sup>st</sup> Senior Boys 400m & 3<sup>rd</sup> in 100m; **Roisin Harrison, Villiers Limerick** – 2<sup>nd</sup> Senior Girls 100m & 200m; **Jack Ryan, Thurles CBS** – 2<sup>nd</sup> Minor Boys Long Jump & 3<sup>rd</sup> Shot Putt; **Shauna Linehan, Colaiste Treasa** – silver in Junior Girls Shot Putt & bronze in Discus; **Shawn Benson, St. Flannan's Ennis** – 2<sup>nd</sup> in Junior Boys 100m & 3<sup>rd</sup> in 200m; **Lauren O'Leary, Nagle Rice, Doneraile** – bronze in Minor Girls 100m & Long Jump; **Chloe Tobin, Castletroy College** – double bronze in Inter Girls 80mH & 300mH;

Munster scored a 1, 2 & 3 in the Junior Boys Long Jump (**David Ryan, Thurles CBS** 1<sup>st</sup>, **Brian Lynch, Spioraid Naoimh**, 2<sup>nd</sup> & **Adam Dooley, Colaiste Pobal Ros Cre** in 3<sup>rd</sup>) & the Junior Boys Hammer (1<sup>st</sup> **Sean Mockler, Thurles CBS**, 2<sup>nd</sup> **Brian Naughton, Nenagh College** & 3<sup>rd</sup> **Padraig O'Callaghan, Col Christ Ri**). There was a clean sweep for Munster athletes in the Senior Boys Hammer with gold for **Adam King Col na Sceilige**, silver for **Tomas O'Neill SM Kanturk** & bronze for **Andre Christie Spioraid Naoimh**. Munster had gold & silver in the Senior Girls 100m & 200m with **Phoebe Murphy, Loreto Clonmel & Roisin Harrison, Villiers Limerick** winning on the double. There was also gold & silver in the Senior Boys Pole Vault with **Seamie Fennell & Juri Kanash, St. Augustine's College** finishing 1<sup>st</sup> & 2<sup>nd</sup>. There was a 2 & 3 in the Minor Girls 100m with **Niamh Foley, SMI Newcastle West & Lauren O'Leary, Nagle Rice, Doneraile** both winning medals. **Sophie Meredith, SMI Newcastle West & Fiona Doyle, IS Killorglin** battled it out in the Junior Girls High Jump with both ending on 1.60m & Sophie snatching victory on countback. There was silver & bronze in the Junior Girls Javelin with wins for **Katie Moynihan Davis College & Anna Leary Loreto Fermoy**. Munster scored a 1 & 3 in the Inter Girls 100m with a win for **Ciara Neville Castletroy College** (11.64R) & 3<sup>rd</sup> place for **Lauren Ryan Crescent C.C.**



Thurles CBS Athletes – Top Junior Boys School & Top Medal Winners Overall



Munster medal winners are below:-

**Gold medals**

1. Sean Quilter Tralee CBS – Minor Boys Long Jump (5.18m)
2. Miriam Daly, Scoil Mhuire Carrick-On-Suir (11.59)
3. Fiona Doyle, IS Killorglin – Junior Girls 200m (25.23)
4. Alex O'Neill, Rice College, Ennis – Junior Girls 800m (2.19.57)
5. Sophie Meredith, SMI Newcastle West – Junior Girls High Jump (1.60m)
6. Sophie Meredith, SMI Newcastle West – Junior Girls Long Jump (5.67m) **REC**
7. Aisling Cassidy, Bandon A.C. – Junior Girls Pole Vault (2.65m)
8. Darragh McElhinney Colaiste Phobal Beantraí – Junior Boys 1500m (4.18.76)
9. Liam McDonagh Thurles CBS – Junior Boys 1200m Walk (6:07.05)
10. Dean Mulqueen St Annes Killaloe - Junior Boys 80mH (11.60)
11. Ben O'Donovan Midleton College – Junior Boys High Jump (1.85m)
12. David Ryan Thurles CBS – Junior Boys Long Jump (6.34m)
13. Sean Mockler Thurles CBS – Junior Boys Discus (42.23m)
14. Sean Mockler Thurles CBS – Junior Boys Hammer (47.80m)
15. Ciara Neville, Castletroy College – Inter Girls 100m (11.64) **REC**
16. Ciara Neville, Castletroy College – Inter Girls 200m (23.99)
17. Sharlene Mawdsley, St. Mary's Newport – Inter Girls 300m (39.91)
18. Kate Taylor Col Mhuire Ennis – Inter Girls Triple Jump (11.21m)
19. Orlaith O'Brien Ursuline Waterford – Inter Girls Javelin (43.29m)
20. Daniel Ryan Thurles CBS – Inter Boys 100mH (13.07)
21. Gearoid McMahon St Caimin's Shannon – Inter Boys 2000m Walk (9.03.42)
22. Daniel Ryan Thurles CBS – Inter Boys Long Jump (7.10m) **=REC**
23. James French Bandon Grammer School – Inter Boys Shot Putt (14.90m)
24. Phoebe Murphy Loreto Clonmel – Senior Girls 100m (11.72)
25. Phoebe Murphy Loreto Clonmel – Senior Girls 200m (24.21)
26. Jenna Bromell Castletroy College – Senior Girls 400m (57.06)
27. Louise Shanahan Bruce College Cork – Senior Girls 800m (2.13.52)
28. Kelly-Anne Doyle Scoil Mhuire, Carrick-On-Suir – Senior Girls 400mH (62.40)
29. Laura Cussen Col Choilm B'col – Senior Girls Pole Vault (3.15m)
30. Deirbhle Ní Riain GC Luimnigh – Senior Girls Shot Putt (11.29m)
31. Kayleigh Cronin St Brigids – Senior Girls Discus (42.93m)
32. Alice Akers Scariff CC – Senior Girls Hammer (56.20m) **REC**
33. Scott Gibson Bandon Grammer School – Senior Boys 400m (49.41)
34. Kevin Mulcaire St Flannan's Ennis – Senior Boys 5000m (1451.97)
35. David Cussen Spioraid Naoimh – Senior Boys High Jump (2.05m)
36. Seamie Fennell St Augustines – Senior Boys Pole Vault (4.20m)
37. Adam King Col na Sceilige – Senior Boys Hammer (56.95m)
38. Aaron Egan HS Clonmel – Senior Boys 3000m Walk (12.39.87)

• **Silver medals**

1. Niamh Foley, SMI Newcastle West – Minor Girls 100m (12.50)
1. Jack Ryan Thurles CBS – Minor Boys Long Jump (5.10m)

2. Sean Carolan St Mary's Newport – Minor Boys Shot Putt (12.48m)
3. Miriam Daly, Scoil Mhuire, Carrick-On-Suir – Junior Girls 100m (12.42)
4. Fiona Doyle, IS Killorglin – Junior Girls High Jump (1.60m)
5. Shauna Linehan Colaiste Treasa – Junior Girls Shot Putt (11.27m)
6. Katie Moynihan Davis College – Junior Girls Javelin (35.00m)
7. Jake Vermeer Comeragh College – Junior Boys 80mH (11.79)
8. Shawn Benson St Flannan's Ennis – Junior Boys 100m (11.46)
9. David Ryan Thurles CBS – Junior Boys 200m (23.18)
10. Brian Lynch Spioraid Naoimh – Junior Boys Long Jump (5.82m)
11. Darragh Minitier Kilrush CS – Junior Boys Shot Putt (12.88m)
12. Brian Naughton Nenagh College - Junior Boys Hammer (43.41m)
13. Sharlene Mawdsley, St. Mary's Newport – Inter Girls 200m (24.26)
14. Caoimhe Harrington Colaiste Phobal Beantraí – Inter Girls 3000m (10.39.13)
15. Laura Nicholson Bandon Grammer School – Inter Girls 1500m S/C (5.22.01)
16. Clodagh Walsh, Davis College – Inter Girls Pole Vault (2.75m)
17. Kate Taylor Col Mhuire Ennis – Inter Girls Long Jump (5.54m)
18. Aoife Doyle IS Killorglin – Inter Girls Discus (33.80m)
19. Tony Odubote Rice College Ennis – Inter Boys 100m (11.22)
20. Jamie Mitchell Ardscoil Rís Lim – Inter Boys 400m (51.52)
21. amie Roche St Flannan's Ennis – Inter Boys 1500m S/C (4.39.39)
22. Conor O'Driscoll Carrigaline CS – Inter Boys 800m (1.59.36)
23. Fearghal Curtin Midleton CBS – Inter Boys 3000m (8.56.18)
24. Eoghan Flynn Dungarvan CBS – Inter Boys Discus (40.05m)
25. Roisin Harrison Villiers Limerick – Senior Girls 100m (11.97)
26. Roisin Harrison Villiers Limerick – Senior Girls 200m (24.34)
27. Clodagh O'Mahoney Laurel Hill – Senior Girls 100mH (14.46)
28. Ellen Larkin Villiers Limerick – Senior Girls Pole Vault (2.90m)
29. Aoife Vaughan-Witts Borrisokane CC – Senior Girls Hammer (49.52m)
30. Daniel O'Mahony Rochestown College – Senior Boys 400m (57.77)
31. Sean Collins St Flannan's Ennis – Senior Boys 2000m S/C (6.14.41)
32. Yuri Kanash St Augustines – Senior Boys Pole Vault (4.00m)
33. Tomas O'Neill SM Kanturk – Senior Boys Hammer (50.38m)
34. Anthony Tobin HS Clonmel – Senior Boys 3000m Walk (13.28.00)
35. Charlie O'Donovan Col Christ Ri – U/16 Mile (4.33.14)

### **Bronze Medals**

1. Lauren O'Leary, Nagle Rice, Doneraile – Minor Girls 100m (12.58)
2. Lauren O'Leary, Nagle Rice Doneraile – Minor Girls Long Jump (5.22m)
3. Katelyn Coffey, Gael Cholaiste Mhuire AG – Minor Girls 800m (2.27.27)
4. Jack Ryan Thurles CBS – Minor Boys Shot Putt (12.20m)
5. Claire Rafter Ursuline Thurles – Junior Girls 1500m (4.46.02)
6. Rachel Stephens GC Phort Lairge – Junior Girls Discus (27.96m)
7. Shauna Linehan Colaiste Treasa – Junior Girls Hammer (35.87m)
8. Anna Leary Loreto Fermoy – Junior Girls Javelin (32.19m)
9. Shawn Benson St Flannan's Ennis – Junior Boys 200m (23.56)

10. Craig Cloona St Augustines – Junior Boys Pole Vault (2.90m)
11. Adam Dooley Col Phobal Ros Cré – Junior Boys Long Jump (5.81m)
12. Cian Kingston Bandon GS – Junior Boys Discus (37.72m)
13. Pdraig O'Callaghan Col Christ Ri - Junior Boys Hammer (41.74m)
14. Joe McEvoy St Annes Killaloe – Junior Boys Discus (38.53m)
15. Aoife Mahony Pres Listowel – Inter Girls 800m (2.23.93)
16. Chloe Tobin Castletroy College – Inter Girls 80mH (11.59 3.8)
17. Chloe Tobin Castletroy College – Inter Girls 300mH (45.60)
18. Aoife Hurley Loreto Fermoy – Inter Girls Javelin (34.69m)
19. Sarah Hayes, Mount St. Michael Rosscarbery – Inter Girls Shot Putt (11.45m)
20. Orla O'Connor Waterpark College – Inter Girls 2000m Walk (10.03.48)
21. Cathal Locke Crescent C.C. – Inter Boys 400mH (57.63)
22. David Kenny St Brendans – Inter Boys 2000m Walk (9.54.98)
23. Travis Coomey Bandon Grammer School – Inter Boys Hammer (47.72m)
24. Ciara Cummins Ursuline Thurles – Senior Girls 1500m S/C (5.20.60)
25. Megan Dunford St Augustines – Senior Girls Pole Vault (2.60m)
26. Fiona O'Shea Laurel Hill – Senior Girls Triple Jump (10.91m)
27. Lauren O'Mahony St Marys Midleton – Senior Girls Javelin (32.25m)
28. Scott Gibson Bandon Grammer School – Senior Boys 100m (10.76)
29. Sean Curran Dungarvan CBS – Senior Boys 1500m (406.39)
30. Andre Christie Spioraid Naoimh – Senior Boys Hammer (48.97m)
31. Bobby Smith Bandon Grammer School – Senior Boys Javelin (51.94m)

### **Relay Results**

- Bandon Grammer School – 2<sup>nd</sup> Minor Girls 4 x 100m (53.93)
- Bandon Grammar School – 3<sup>rd</sup> Junior Girls 4 x 100m (53.01)
- Castletroy College – 1<sup>st</sup> Inter Girls 4 x 100m (50.17)
- Scoil Mhuire Carrick on Suir – 2<sup>nd</sup> Inter Girls 4 x 100m (50.63)
- Bandon Grammar School – 1<sup>st</sup> Senior Boys 4 x 100m (43.20)

### **Schools Rankings**

1. Minor Boys – 3<sup>rd</sup> Thurles CBS
2. Junior Girls – 1<sup>st</sup> Bandon Grammer
3. Junior Girls – 3<sup>rd</sup> SMI Newcastle West
4. Junior Boys – 1<sup>st</sup> Thurles CBS
5. Junior Boys – 3<sup>rd</sup> St. Anne's Killaloe
6. Inter Girls – 1<sup>st</sup> Castletroy College
7. Inter Girls – 2<sup>nd</sup> Ursuline Thurles
8. Inter Boys – 2<sup>nd</sup> Bandon Grammer
9. Senior Boys – 2<sup>nd</sup> Bandon Grammer
10. U/16 Boys – Colaiste Christ Ri

Full Results at [www.munsterathletics.com](http://www.munsterathletics.com).

**Extract dated 30<sup>th</sup> May 2015 from Athletics Ireland Website**

## **Euro Junior QT for Irwin & Neville at GloHealth Schools Champs**

Zak Irwin (Kylemore Grammer) and Ciara Neville (Castletroy College) both achieved European Junior Standards at the GloHealth All Ireland Schools Track and Field Championships in Tullamore on Saturday, 30th of May. A high quality day of competition unfolded with over a 1,000 young athletes from 366 schools taking part at the prestigious championships.

### **European Junior Qualifying Standards**

Irwin blasted from the blocks in the senior boy's 100m to take the win in a time of 10.60 seconds which was comfortable inside the required standard for the European Junior Championships (10.65). Later in the 200m event Sean Lawlor (Kylemore College) got the better of Irwin to win the senior title in a time of 21.51 seconds.

Another athlete scorching down the track was Neville as she claimed a classy sprint double in the 100m and 200m (23.99 W +2.6) events. Her time in the 100m of 11.64 seconds is inside the required standard for the European juniors (11.75). Other athletes impressing in the sprint events included Phoebe Murphy (Loreto Clonmel) in the senior girls as she won the 100m title in a time of 11.72 (W +3.2) and the 200m in a time of 24.21 (W + 2.6).

At junior level Aaron Sexton (Bangor Grammer) was in superb form winning the 100m (11.06) and the 200m in a time of 22.47, the 200m time was a new championship best performance.

### **Walsh Outstanding in the Throws**

Michaela Walsh (SM & P Swinford) was in outstanding form in the throws event as she easily won the shot putt and hammer titles. Walsh achieved a particularly eye catching performance in the hammer event throwing a massive distance of 63.76m to set a new championship best performance.

In the junior girl's hammer event Jade Williams (Bailieborough CS) dominated proceedings setting a new CBP of 54m. Alice Akers (Scariff CC) did likewise in the senior girl's hammer launching it out to 56.20m. Kate O'Connor (SV Dundalk) was a class apart in the junior girl's javelin as she set a new CBP of 43.77m. Eoin Sheridan (St Finians) won the senior boy's discus event with a 50.62m throw as Anu Awonusi (Kilkenny College) dominated the senior boy's shot putt with a throw of 17.11m.

### **Mulcaire Eases to Victory**

Irish junior record holder Kevin Mulcaire (St Flannans Ennis) eased to victory in the senior boy's 5,000m event in a time of 14.52. Mulcaire wound up the pace after a slow opening first kilometre to easily claim the Irish schools title. Nadia Power (St Mac Dara's) and Andrew Corscoran (St Mary's Drogheda) won the senior 1500m titles in respective times of 4.50.74 and 4.01.53.

Hope Saunders (Mount Temple) dipped under ten minutes in the senior girl's 3,000m to win the title in a time of 9.56.88. Jack O'Leary (Clongowes Wood College) won the 2,000m steeplechase in a time of 6.03.67. James Edgar (Friends School) produced a strong final 400m to win the inter boy's 3,000m title in a time of 8.55.18. Kevin McGrath (St Pats Navan) was a class apart in the inter boy's 800m as he coasted to victory in a time of 1.57.22.

There was new CBP's set in the U16 mile events with Laura Ward (Presentation Carlow) winning the girl's event in a time of 5.15.12 and Rory Lodge (St Kieran's) the boy's title in a time of 4.31.74. Eimear Fitzpatrick (Our Lady's Terenure) was another of those in record breaking form as she set a new championship best in the 1500m steeplechase with a time of 5.09.33

### **Hurdles**

Irish junior record holder Matthew Behan (CUS) dominated the senior boy's 110m hurdles event claiming the title in a time of 13.90, but unfortunately the wind reading was slightly over the allowable limit (+2.6). Molly Scott (Scoil Chonglais) excelled in the intermediate 80m hurdles event winning the title in a time of 11.08. Simon Essuman (Templeogue College) was the standout performer in the long hurdles winning the intermediate boy's 400m hurdles title in a time of 54.97.



## **Morland on the Double**

The multi-talented Elizabeth Morland (Dunshaughlin AC) collected two Irish schools titles in the senior girl's high jump and long jump competitions. The combined event athlete won the high jump with a clearance of 1.65 and the long jump with a distance of 5.88m. Sophie Meredith (Newcastle West) set a new CBP of 5.67m in the junior girl's long jump competition, equally impressive was Keith Marks (Ashbourne CS) in the senior boy's long jump as he won the title with a distance of 7.21m.

David Cussen (Spioraid Naoimh) cleared an impressive 2.05m in the high jump to win the senior title. Sommer Lecky (Strabane Academy) won the inter girl's high jump title with a 1.72m clearance. Jana Joha (Col Iosagain) set a new CBP of 10.61m in the junior girl's triple jump.