

Munster Schools Athletics



2016 Review

2016 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 11 individual international medals (3 gold, 2 silver & 6 bronze) 105 National medals (39 gold, 26 silver & 40 bronze) & 29 Tailteann medals (10 gold, 11 silver & 8 bronze). Some of the year's highlights are set out below:-

- **10** Munster athletes competed on the Irish Team for the Schools Combined Events International in Glasgow in December 2015 with **Damien Hickey, Davis College** winning individual silver in the Intermediate Boys competition, **Tony Odubote, Rice College, Ennis** taking bronze in the same competition & **Brian Lynch, Colaiste Spioraid Naoimh** winning bronze in the Junior Boys competition.
- **6** Munster athletes (**Diarmuid O'Connor (Junior Boys), Tony Odubote, Shane Monagle, Joseph & Darragh Minitier (Intermediate Boys) & Vickie Cusack, (Intermediate Girls)**) competed on the Irish team for the Schools International in AIT International Arena in December 2016 with **Tony Odubote, Rice College, Ennis** winning individual silver in the Intermediate Boys competition & **Diarmuid O'Connor, Colaiste Choilm, Ballincollig** finishing 4th just two points outside the medals.
- **Kevin Mulcaire, St. Flannan's Ennis** was the standout performer for Munster at the GloHealth Irish Schools Cross Country Championships in Sligo Racecourse on Saturday 5th March. **Mulcaire**, ran a superb race in the Senior Boys competition breaking away from the pack at the half way stage to win the title for a second successive year. There were super silver medal wins for **Megan Carr, Loreto Fermoy** in the Minor Girls race, **Ted Collins, Glenstal Abbey School** in the Minor Boys race & **Michael Troy, St. Augustine's College, Dungarvan** in the Junior Boys race with brilliant bronze medals for **Lucy O'Keeffe, St. Mary's Middleton** in the Minor Girls race, **Chris O'Reilly, Douglas Community College** in the Junior Boys race & **Claire Rafter, Ursuline Thurles** in the Intermediate Girls race. Podium finishes also went to **Lucy Holmes, Ard Scoil na nDeise (5th Junior Girls), Charlie O'Donovan, Col Christ Ri Corcaigh (6th Inter Boys) & Fiona Everard, MICC Dunmanway (5th Senior Girls).**
- 5 Munster athletes competed on the SIAB Schools Cross Country International Teams on Saturday 19th March in Scotland with bronze team medals for **Christopher O'Reilly, Douglas Community School & Michael Troy, St. Augustine's College (Junior Boys) & Claire Rafter, Ursuline Thurles (Inter Girls).**
- 8 new Munster Track & Field Records were set in Waterford RSC on Saturday 21st May - **Ciara Kennelly, St. Brigid's Killarney (Junior Girls High Jump); Ciara Sheehy, St. Mary's Charleville (Junior Girl's Shot); Megan Lenihan, Hazelwood College (Junior Girls Discus); Laura Nicholson, Bandon Grammer School (Intermediate Girls 1500 Meter Steeplechase); Emma Coffey, St. Angela's Cork (Intermediate Girls Pole Vault); Orlaith O'Brien, Yeats College (Senior Girls Javelin); Yuri Kanash, St. Augustine's Dungarvan (Senior Boys Pole Vault) & Mercy Mount Hawk Tralee (Junior Boys 4x100 Meter Relay)**
- At the GloHealth Irish Schools Track & Field Championships in Tullamore Stadium on Saturday 4th June, Munster athletes were in fine form winning 34 individual Schools titles, 21 silver medals & 35 bronze & 7 sets of Relay medals (4 gold, 1 silver & 2 bronze).
- Munster Schools also captured 4 out of the 8 Irish School Cups for top scoring schools in their age categories. It was a double win in the Minor section with **St. Flannan's Ennis** winning the Girl's title & **Mercy Mount Hawk Tralee** taking the Boys title. In the

Intermediate section, two Tipperary schools won the honours with the Girls' title taken by **Scoil Mhuire Carrick-On-Suir & Thurles CBS** taking the Boy's title.

- Munster had 6 Record breaking Irish Schools performances from its athletes - **Sharlene Mawdsley, St. Mary's Newport** (Senior Girls 100m & 200m); **Ailbhe Doherty St Flannan's Ennis** (Minor Girls 800m); **Megan Lenihan, Hazelwood College** (Junior Girls Discus); **Mervin Shalamba Mercy Mount Hawk Tralee** (Minor Boys 100m) & **Mercy Mount Hawk Tralee** (Minor Boys 4 x 100m Relay).
- At the GloHealth Tailteann Interprovincial Track & Field Games, Munster athletes took home **29** medals in total (10 gold, 11 silver & 8 bronze). For the second year in a row, **Gearoid McMahon, St. Caimin's Shannon** won the Roisin O'Callaghan Memorial Trophy for the Best Athlete in the Race Walking also winning the prestigious Fr. Lonergan Trophy for the "Best Male Athlete" of the day.
- The SIAB Schools U/17 Track & Field International took place in the Julie Rose Sports Stadium, Ashford, Kent on Saturday 16th July 2016 with Munster athletes taking home 7 individual medals in total (2 gold, 1 silver & 4 bronze). There was a gold medal win for **Miriam Daly, Scoil Mhuire Carrick-On-Suir** in the 300mH when she ran a new personal best of 42.42. She also won bronze in the 80mH with a time of 11.60 & brought the Irish Girls 4 x 300m team home to a bronze medal. Later in the day, Miriam was awarded the Sean Nyhan medal for the "Most Meritorious Performance from an Irish Female Athlete". Our other gold medal winner was **Darragh McElhinney, Colaiste Phobal Bheantraí** who ran a terrific 1500m race to claim gold in 4.07.15. Our silver medal winner was **Claire Rafter, Ursuline Thurles** who ran 4.35.87 in her 1500m race. Bronze medals were won by **Joseph McEvoy, St. Anne's Killaloe** in the High Jump with a personal best of 1.96m, **Miriam Daly**, Irish Boys Team Captain **Tony Odubote, Rice College Ennis** in the 400m in a time of 49.24 & Irish Girls Team Captain, **Sophie Meredith, SMI Newcastlewest** in the Long Jump with her jump of 5.68m. In the Relay competitions, **Miriam Daly** won bronze with the Irish Girls 4 x 300m Relay team & **Tony Odubote** won silver with the Irish Boys 4 x 400m Relay team.
- At the Irish Life Health Irish Schools Combined Events Championships held in AIT Athlone on Saturday 12th November, Munster athletes won 8 medals in total (4 gold, 2 silver & 2 bronze) – Gold for **Daniel Ryan, Thurles CBS, Clodhna Blake, St. Michael's Kilmihil, Sean Carolan, St. Mary's Newport & Tony Odubote, Rice College Ennis**. Silver medals for **Shane Monagle, Ard Scoil na Mara & Diarmuid O'Connor, Colaiste Choilm, Ballincollig** & bronze for **Vickie Cusack, Davis College Mallow & Joseph Minitier, Ennistymon CBS**. **Daniel Ryan** set a new record in the Senior Boys competition & won the Schools Combined Events title for the 5th year in a row (1st to 6th Year) making him one of the most successful Schools Multi-Eventers ever. He now holds the Junior, Intermediate & Senior Schools Combined Events records.

SUMMARY

Schools International Combined Events – 12th December 2015

Silver & Bronze Individual Medals for Munster Athletes



A strong Irish team of 16 athletes travelled to the Emirates Arena, Glasgow to represent their schools & country at the Schools International Combined Events Championships on Saturday 12th December. The team did very well bringing home a total of 4 individual medals (1 gold, 1 silver & 2 bronze) & 4 sets of team medals (2 silver & 2 bronze) with Kate O'Connor, St. Vincent's Dundalk breaking Katarina Johnson Thompson's 2007 record of 3769 points by 34 points.

Best Individual performances from our 10 Munster athletes came from **Damien Hickey, Davis College** who took silver in the Intermediate Boys competition on 3505 points, **Tony Odubote, Rice College, Ennis** who won bronze in the same competition finishing on 3394 points & **Brian Lynch, Colaiste Spioraid Naomh** who won bronze in the Junior Boys competition with 3192 points. All of our athletes returned with either individual or team medals which was a great achievement. In the Junior Girls competition, **Sophie Meredith, SMI Newcastle West** finished in 7th place on 3201 points & she also won a silver team medal with the Irish team. **Darragh Minter, Kilrush Community School** was 4th in the Junior Boys competition on 3141 points just 51 points behind bronze medallist, **Brian Lynch** with **Jake Vermeer, Comeragh College** in 8th place on 2937 points. All three boys won a bronze team medal with the Irish team. In the Inter Girls competition, our best Munster finisher was **Anne Corcoran, Ursuline Thurles** who finished in 5th place on 3422 points with **Kate Taylor, Colaiste Mhuire, Ennis** in 9th on 3307 points & **Vickie Cusack, Davis College** in 11th on 3221 points. All three girls won a bronze team medal with the Irish team. In the Intermediate Boys competition, there was silver for **Damien Hickey** & bronze for **Tony Odubote** with **Daniel Ryan, Thurles CBS** in 12th place. A special mention goes to Daniel who was very unfortunate on the day to pick up an injury. Having posted two big pbs in the Shot Putt (15.97m) & 200m (22.65), Daniel sustained an injury in the first round of the long jump & had to withdraw from the competition while leading by over 300 points & on course to break the Inter Boys record. We wish him a speedy recovery. With Daniel out, the Irish chances of taking the gold team medal faded & they finished an excellent 2nd behind the English, 10347 points to the Irish score of 10150 points.

[GloHealth Munster Schools Cross Country Championships, 11th February 2016](#)

The GloHealth Munster Schools Cross Country Championships took place in Tramore Valley Park, Cork City on Thursday 11th February 2016. **Grainne Egan, St. Mary's Mallow** was the winner of the Minor Girls race with silver for **Ellen Lynch, Colaiste na Trocaire, Rathkeale** & bronze for **Meghan Carr, Loreto Fermoy**. **Rice College Ennis** won team gold with silver for **Waterpark College** & bronze for **Kilrush CS**. **Ted Collins, Glenstal Abbey** took gold in the Minor Boys with silver for **Paul Hartnett, Colaiste an Chraoibhinn Fermoy** & bronze for **Mark Hanrahan, St. Flannan's Ennis**. Team honours went to **St. Augustine's Dungarvan, Colaiste Pobail Bheantraí & St. Flannan's Ennis**.

In the Junior Girls competition, **Lucy Holmes, Ard Scoil na Deise** won gold with silver for **Tara Ramasawmy, Presentation Waterford** & bronze for **Alyce O'Connor, Pobal Scoil Inbhearsceine Kenmare**. **Ard Scoil na Deise** won team gold with silver for **Pobal Scoil Inbhearsceine Kenmare** & bronze for **Ursuline Waterford**. **Chris O'Reilly Douglas Community School** won the Junior Boys with silver for **Jake Bagge, Ard Scoil na Mara** & bronze for **Finn Looney, St. Anne's Killaloe**. Gold in the team event went to **St. Augustine's Dungarvan** with silver for **Dungarvan CBS** & bronze for **Charleville CBS**.

Tazmin Muldowney, St. Mary's Midleton was the winner of the Intermediate Girls title with silver for **Claire Rafter, Ursuline Convent Thurles** & bronze for **Sasha Brent, Tarbert CS**. **Ursuline Convent Thurles** took the team title with silver for **Ursuline Convent Waterford** & bronze for **Colaiste Muire Ennis**. **Charle O'Donovan, Colaiste Christ Ri** won the Inter Boys gold with silver for **Darragh McElhinney, Colaiste Pobail Bheantraí** & bronze for **Donal Devane, St. Flannan's Ennis**. There was team gold for **St. Flannan's Ennis** with silver for **Colaiste Pobail Bheantraí** & bronze for **St. Joseph's Secondary School Tulla**.

In the Senior Girls competition, there was gold for **Fiona Everard, MICC Dunmanway**, silver for **Rhona Pierce, St. Angela's Cork** & bronze for **Aisling Kelly, Spanish Point**. Team prizes went to **Ursuline Convent Thurles, St. Augustine's Dungarvan & Ard Scoil an nDeise**. **Kevin Mulcaire, St. Flannan's Ennis** was the winner of the Senior Boys race with silver for **David Fox, CBC Cork** & bronze for **Fearghal Curtin, Midleton CBS**. Gold in the team competition went to **St. Flannan's Ennis**, with silver for **De La Salle Waterford** & bronze for **Colaiste Treasa Kanturk**.

[Munster Schools Indoor Games, 1st March 2016](#)

Huge numbers were the order of the day at the Munster Schools Indoor Games in Nenagh Indoor Stadium on Tuesday 1st March. Such was the popularity of the event this year that the organisers ran out of pre-printed numbers & had to resort to stickers & markers. With the aim of introducing pupils to athletics for the first time, the competitions ran from Minor to Junior to Intermediate Boys & Girls competitions with an Open Boys & Girls High Jump. Relays proved very popular on the day with an average of 20 teams in most age categories. Long Jump competitions were also very popular with around 50 athletes in the Minor Long Jumps, 30 on average in Junior age groups & 48 in the Intermediate Boys competition. Heats of Sprints & Middle Distance races were also run on the day along with Hurdles, Shot Putt & High Jump.

[GloHealth Irish Schools Cross Country Championships, 5th March 2016](#)

GloHealth Irish Schools Senior Title for Mulcaire



Kevin Mulcaire, St. Flannan's Ennis was the standout performer for Munster at the GloHealth Irish Schools Cross Country Championships in Sligo Racecourse on Saturday 5th March. **Mulcaire**, ran a superb race in the Senior Boys competition breaking away from the pack at the half way stage to win the title for a second successive year. There were super silver medal wins for **Megan Carr, Loreto Fermoy** in the Minor Girls race, **Ted Collins, Glenstal Abbey School** in the Minor Boys race & **Michael Troy, St. Augustine's College, Dungarvan** in the Junior Boys race with brilliant bronze medals for **Lucy O'Keeffe, St. Mary's Middleton** in the Minor Girls race, **Chris O'Reilly, Douglas Community College** in the Junior Boys race & **Claire Rafter, Ursuline Thurles** in the Intermediate Girls race. Podium finishes also went to **Lucy Holmes, Ard Scoil na nDeise** (5th Junior Girls), **Charlie O'Donovan, Col Christ Ri Corcaigh** (6th Inter Boys) & **Fiona Everard, MICC Dunmanway** (5th Senior Girls).

Other Munster athletes who performed very well to finish in the top 12 were:-

- Grainne Egan, St. Mary's Mallow (7th Minor Girls)
- Paul Hartnett, Colaiste an Chraoibhin Fermoy (8th Minor Boys)
- Rhona Randles, Pobal Scoil Inbhearsceine, Kenmare (11th Junior Girls)
- Finn Looney, St. Anne's Killaloe (7th Junior Boys)
- Darragh McElhinney, Colaiste Pobail Bheantraí (9th Inter Boys)
- Donal Devane, St. Flannan's Ennis (11th Inter Boys)
- David Fox, CBC Cork (10th Senior Boys)

In the team competitions, **St. Flannan's Ennis** took Silver in the Senior Boys with a 4th place finish for **Ard Scoil na nDeise** in the Junior Girls team competition.

[SIAB Schools Cross Country International, 19th March 2016](#)



The SIAB Schools Cross Country International was held in Callendar Park, Falkirk, Scotland on Saturday 19th March. 5 Munster athletes were selected to compete for Ireland –

- **Junior Girls** - Lucy Holmes, Ard Scoil na nDeise, Dungarvan
- **Junior Boys** - Michael Troy, St. Augustine's College, Dungarvan & Christopher O'Reilly, Douglas Community School
- **Intermediate Girls** - Claire Rafter, Ursuline Thurles
- **Intermediate Boys** - Darragh McElhinney, Colaiste Pobail, Bheantraí

Lucy Holmes, Ard Scoil na nDeise finished in 27th place in the Junior Girls race & was the 5th scoring member of the Irish team who placed 4th. Christopher O'Reilly, Douglas Community School crossed the line in 6th place in the Junior Boys race followed by Michael Troy, St. Augustine's College, Dungarvan in 29th place with both winning bronze team medals for Ireland. In the Intermediate Girls race, Claire Rafter,

Ursuline Thurles was 27th winning a bronze team medal with the Irish Intermediate Girls team with Darragh McElhinney, Colaiste Pobail Bheantraí finishing in 22nd place in the Intermediate Boys race & the Irish team placing 4th overall.

[GloHealth Irish Schools T&F Championships, 21st May 2016](#)

Sun Shines on Munster Schools Athletes

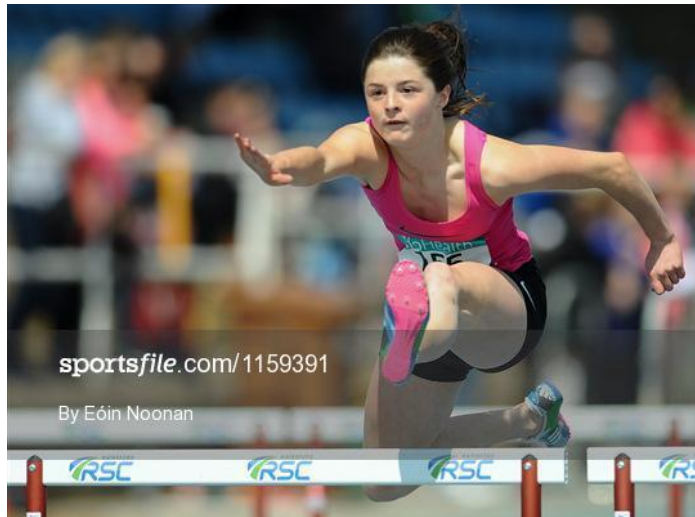
The GloHealth Munster Schools Track & Field Championships took place on Saturday 21st May in Waterford Regional Sports Centre. Amid sunshine & swirling winds, the spectators were treated to an array of exciting finishes & personal bests in lots of events. Having won both the Junior & Intermediate Boys Cups, **Thurles CBS** had the honour of winning the Overall Cup taking over the mantle from Bandon Grammer School who were the winners last year. Among the athletes who shone on the day were our **8 record breakers** with the oldest records to fall dating back to 1983 & 1980:-

- **Ciara Kennelly, St. Brigid's Killarney** jumped 1.65m in the Junior Girls High Jump to break the existing record of 1.64m set by Sophie Meredith, SMI Newcastlewest in 2015.
- **Ciara Sheehy, St. Mary's Charleville** threw the Junior Girl's Shot out to 13.04m to exceed the 2006 record of 12.97m set by Claire Fitzgerald, Presentation Tralee.
- **Megan Lenihan, Hazelwood College** had a massive throw of 42.97m in the Junior Girls Discus to smash the record of 37.87m set in 2011 by Kayleigh Cronin, St. Brigid's, Killarney.
- **Laura Nicholson, Bandon Grammer School** set a new record of 5.19.11 in the Intermediate Girls 1500 Meter Steeplechase to break the record of 5:25.42 set by Ciara Cummins, Ursuline Thurles in 2013.
- **Emma Coffey, St. Angela's Cork** vaulted a huge 3.20m in the Intermediate Girls Pole Vault to well exceed the mark of 2.70m & held jointly by Megan Dunford, St Augustines, 2014, Lisa Houlihan, St. Augustines, 2009 & Siobhan Brackett, St. Augustines, 2005.
- **Orlaith O'Brien, Yeats College** threw 43.19m in the Senior Girls Javelin to break the 1983 record of 41.16m held by Brenda Walsh FCJ, Laurel Hill.
- **Yuri Kanash, St. Augustine's Dungarvan** showed great form in the Senior Boys Pole Vault to finish on 4.25m a new Munster Schools record previously held at 4.21 by his school mate Seamie Fennell & set last year.
- **Mercy Mount Hawk Tralee** Junior Boys 4x100 Meter Relay ran 47.14 to break the record of 47.4h set by Tralee CBS in 1980.



Winners of Senior Boys Pole Vault in which Yuri Kanash (centre) set a new Munster Schools record of 4.25m.

Having recently posted a World Junior "A" 200m standard on the same track, **Sharlene Mawdsley, St. Mary's Newport** continued her great form powering her way home to double Munster Schools titles in the Senior Girls 100m & 200m.



There were lots of double medal winners on the day with great performances from double gold medal winners as follows:- **Lauren O'Leary, Nagle Rice Doneraile** took double gold in the Junior Girls 100m & Long Jump; **Ciara Neville, Castletroy College** took the double in the Intermediate Girls 100m & 200m; **Sophie Meredith, SMI Newcastlewest** won double gold in the Intermediate Girls Long Jump & High Jump; **Kate Taylor, Colaiste Mhuire Ennis** scored double gold in the Intermediate Girls 80mH & Triple Jump; **Noelle Lenihan, Hazelwood College** won both the Intermediate Girls Shot Putt & Discus; **Avril Deegan, Presentation Thurles** won both the Senior Girls 1500m & 3000m; **Ricky Carroll, St. Colman's Fermoy** won the Minor Boys Shot Putt & the Junior Boys Hammer; **Jack Ryan, Thurles CBS** took double gold in the Junior Boys 100m & Triple Jump; **Tony Odubote, Rice College Ennis** took Munster titles in both the Intermediate Boys 100m & 400m; **Sean Mockler, Thurles CBS** won both the Intermediate Boys Discus & Hammer; **Joseph Minter, Ennistymon CBS** won the Intermediate Boys Triple Jump & Long Jump & **Eoghan Flynn, Dungarvan CBS** won both the Senior Boys Discus & Javelin.

[GloHealth Irish Schools T&F Championships](#)



The GloHealth Irish Schools Track & Field Championships took place in Tullamore Stadium on Saturday 4th June. Munster athletes were in fine form winning 34 individual Schools titles, 21 silver medals & 35 bronze & 7 sets of Relay medals (4 gold, 1 silver & 2 bronze). It was girl power all the way for Munster with our 4 double gold medal winners all being female. **Sharlene Mawdsley, St. Mary's Newport** took double School titles in the Senior Girls 100m & 200m with stunning performances & ran herself into the record books breaking Phil Healy's 2013 times of 11.83 & 23.98. **Ciara Neville, Castletroy College** powered her way home to very convincing victories in the

Intermediate Girls 100m & 200m, **Miriam Daly, Scoil Mhuire Carrick-On-Suir** did a spectacular Hurdles double winning both the Intermediate Girls 80mH & 300mH with **Megan Lenihan, Hazelwood College** throwing magnificently to take gold medals in both the Junior Girls Javelin & Discus & breaking a 1975 Discus record of 38.28m which she exceeded by over a metre with her throw of 39.56m. Munster Schools also captured 4 out of the 8 Irish School Cups for top scoring schools in their age categories. It was a double win in the Minor section with **St. Flannan's Ennis** winning the Girl's title & **Mercy Mount Hawk Tralee** taking the Boys title. In the Intermediate section, two Tipperary schools won the honours with the Girls' title taken by **Scoil Mhuire Carrick-On-Suir & Thurles CBS** taking the Boy's title. In the Junior Girls category, **Coláiste Treasa Kanturk & St. Augustine's Dungarvan** were 2nd & 3rd with **Thurles CBS** taking 2nd place in the Junior Boys & **Bandon Grammer School** finishing 2nd overall in the Senior Boys competition.



Munster had 6 Record breaking performances from its athletes:-

- **Sharlene Mawdsley, St. Mary's Newport** set two new records in the Senior Girls 100m & 200m. She ran 11.80 in the 100m to better the time of 11.83 set by Phil Healy, CNT Bandon. Later in the day she ran 23.62 in the 200m to break the 23.98 run by Phil Healy in 2013.
- **Ailbhe Doherty St Flannan's Ennis** ran 2:18.18 in the Minor Girls 800m to break the 2015 record of 2:24.83 set by Murphy Miller, Strathearn.
- **Megan Lenihan, Hazelwood College** set a new record in the Junior Girls Discus when she threw 39.56m to break the 1975 record of 38.28m set by Marita Walton, Loreto Kilkenny.
- **Mervin Shalamba Mercy Mount Hawk Tralee** ran 11.44 in the Minor Boys 100m to break the 2015 record of 11.65 held by Josh Pyper, Pres Bray.
- **Mercy Mount Hawk Tralee** took the Minor Boys 4 x 100m Relay title setting a new Schools record of 48.14 to better the existing record of 50.01 set by St. Michael's College, Dublin in 2015.

Other multiple medal winners for Munster were – **Lauren O'Leary, Rice Nagle Doneraile** (1st Junior Long Jump & 2nd 100m), **Sean Carolan, St. Mary's Newport** (1st Junior Long Jump & 2nd in Javelin), **Ailbhe Doherty, St. Flannan's Ennis** (1st Minor 800m & 3rd 100m), **Chisom Ugwuere, St. Flannan's Ennis** (1st Minor 75mH & 3rd Long Jump), **Kate Taylor, Colaiste Mhuire Ennis** (1st Intermediate Triple Jump & 3rd 80mH), **Tony Odubote, Rice College Ennis** (1st Intermediate 400m & 3rd in 100m), **Niamh Foley, SMI Newcastlewest** (2nd Junior Girls 75mH & 3rd 100m), **Emily O'Mahony, St. Augustine's** (2nd Junior Triple Jump & 3rd in Long Jump) & **Vickie Cusack, Davis College** (2nd Intermediate Shot Putt & 3rd in Javelin).

[GloHealth Tailteann Interprovincial T&F Championships, 25th June 2016](#)

Tailteann Trophies for McMahon



The GloHealth Tailteann Interprovincial Track & Field Championships took place on Saturday 25th June 2016 in Morton Stadium, Santry. Munster athletes took home 29 medals in total (10 gold, 11 silver & 8 bronze). Star athlete for Munster was **Gearoid McMahon, St. Caimin's Shannon** who **not only** won the Roisin O'Callaghan Memorial Trophy for the Best Athlete in the Race Walking event for the second year in a row in a new personal best time of 13.47.25 but he was also awarded the Fr. Lonergan Trophy for the Best Boy Athlete competing at the Championships.



Other athletes who put in top class performances on the day were **Miriam Daly, Scoil Mhuire Carrick-On-Suir** who did the double in the Girls 80mH & 300mH, **Orla O'Connor, Waterpark College** who won the Girls 3km Walk in 14.34.68, **Joseph Minitier, Ennistymon CBS** who won the Long Jump with 6.60m & bronze in the Triple Jump, **Ciara Sheehy, St. Mary's Charleville** who threw the Shot Putt out to 12.65m, **Sean Mockler, Thurles CBS** who won the Boys Hammer with a throw of 53.71m & bronze in the Discus, **Tony Odubote, Rice College Ennis** who won the Boys 400m in a time of 50.32, **Claire Rafter, Ursuline Thurles** who won the Girls 1500m in 4.44.85 & **Darragh McElhinney, Colaiste Pobal Bheantraí** who won gold in the Boys 1500m in a time of 4.09.99. Silver medals were won by **Jade O'Farrell Bond, Borrisokane CC** (Hammer

47.15m), **Joseph McEvoy, St. Anne's Killaloe** (High Jump 1.95m), **Jake Vermeer, Comeragh College** (400mH 1.00.19), **Sophie Meredith, SMI Newcastlewest** (Long Jump 5.52m), **Brian Lynch, Colaiste an Spioraid Naomh** (Long Jump 6.36m), **Katie Moynihan, Davis College** (Javelin 38.74m), **Emma Coffey, St. Angela's Cork** (Pole Vault 3.20m), **Alex O'Neill, Rice College Ennis** (800m 2.16.99), **Laura Nicholson, Bandon Grammer** (1500m S/C 5.18.52), **Conor Devane, St. Flannan's Ennis** (1500m S/C 4.37.61) & **Shane Monagle, Ard Scoil na Mara** (100mH 13.89). Bronze medals went to **Sean Mockler, Thurles CBS** (Discus 40.52m), **Ben Donovan, Middleton College** (High Jump 1.90m), **Gary Cronin, St. Brendan's Killarney** (400mH 1.00.34), **Sean Carolan, St. Mary's Newport** (Long Jump 6.33m), **Noelle Lenihan, Hazelwood College** (Discus 32.38m), **Joseph Minitier, Ennistymon CBS** (Triple Jump 12.90m), **Aaron Donnelly, Abbey CC** (1500m S/C 4.44.75) & **Katie Murphy, Abbey CC** (200m 25.09).

In the Relay competitions, the Munster teams were 2nd in the Girls 4 x 100 with 3rd place finishes in the Boys 4 x 100m, Girls 4 x 400m & Boys 4 x 400m.

[SIAB Schools T&F International, 18th July 2015](#)

7 Medals for Munster at SIAB Schools International



The SIAB Schools U/17 Track & Field International took place in the Julie Rose Sports Stadium, Ashford, Kent on Saturday 16th July 2016 with Munster athletes taking home 7 individual medals in total (2 gold, 1 silver & 4 bronze). There was a gold medal win for **Miriam Daly, Scoil Mhuire Carrick-On-Suir** in the 300mH when she ran a new personal best of 42.42. She also won bronze in the 80mH with a time of 11.60 & brought the Irish Girls 4 x 300m team home to a bronze medal. Later in the day, Miriam was awarded the Sean Nyhan medal for the "Most Meritorious Performance from an Irish Female Athlete". Our other gold medal winner was **Darragh McElhinney, Colaiste Phobal Bheantraí** who ran a terrific 1500m race to claim gold in 4.07.15. Our silver medal winner was **Claire Rafter, Ursuline Thurles** who ran 4.35.87 in her 1500m race. Bronze medals were won by **Joseph McEvoy, St. Anne's Killaloe** in the High Jump with a personal best of 1.96m, **Miriam Daly**, Irish Boys Team Captain **Tony Odubote, Rice College Ennis** in the 400m in a time of 49.24 & Irish Girls Team Captain, **Sophie Meredith, SMI Newcastlewest** in the Long Jump with her jump of 5.68m.

In the Relay competitions, **Miriam Daly** won bronze with the Irish Girls 4 x 300m Relay team & **Tony Odubote** won silver with the Irish Boys 4 x 400m Relay team.

[Munster Schools Combined Events Championships – 5th October 2016](#)

Due to the closure of Nenagh Indoor Stadium for renovations, the Munster Schools Combined Events Championships this year was switched to an outdoor event in Cork I.T. on Wednesday 5th October with summery conditions prevailing. 128 athletes took part in total (37 Minor Boys, 26 Junior Boys, 22 Intermediate Boys, 3 Senior Boys, 24 Minor Girls, 7 Junior Girls, 7 Intermediate Girls & 2 Senior Girls). This was the first year that a Minor competition for both Boys & Girls was introduced to replace

the 1st Year competitions. The top 4 in each age category will go forward to the Irish Schools Combined Events Championships in AIT Arena on Saturday 12th November.

Reece Ademola, Douglas Community School was the winner of the inaugural Minor Boys competition finishing on 2103 points with **Jamie O'Brien, Mercy Mount Hawk Tralee** in 2nd place on 2001 points, **Hugh Collins, Rochestown College** in 3rd place on 1816 points & **Cailum Hedderman, St. John the Baptist School Limerick** 4th with 1810 points. **Wymyn Sivakumar, Colaiste an Spioraid Naoimh Cork** was the winner of the Junior Boys competition with 2579 point, **Diarmuid O'Connor, Colaiste Choilm Ballincollig** was 2nd just over 30 points behind with 2547 points, **Sean Carolan, St. Mary's Nenagh** was 3rd with 2414 points with a 4th place finish for **Cillian Griffin, Mercy Mount Hawk Tralee** on 2360 points. The Intermediate Boys competition was a very tight affair with the top 3 places going to North Munster athletes, **Tony Odubote, Rice College Ennis** was the winner on 3211 points with brothers **Joseph & Darragh Minter, Ennistymon CBS** in 2nd & 3rd place on 2957 points & 2941 points & **Shane Monagle, Ard Scoil na Mara** in 4th place on 2925 points. In the Senior Boys competition, **Cian Talbot, Mercy Mount Hawk** was the winner with 1393 points. **Laura Frawley, St. Mary's Secondary School Charleville** took the inaugural title in the Minor Girls competition with 2694 points with silver for **Ava Coyle, Kinsale Community School** (2536 points), bronze for **Aoife O'Sullivan, St. Mary's Secondary School Mallow** (2387 points) & 4th place for **Orla Coffey, St. Angel's Cork** (2293 points). It was a 1 & 2 for Tipperary **Loreto Clonmel** students **Orla Winston & Ava Fennessy** in the Junior Girls competition with Orla scoring 2765 points to Ava's 2737 points. Bronze went to **Emily O'Mahoney, St. Augustine's College Dungarvan** & 4th place to **Holly Meredith, SMI Newcastlewest** (2565 points). **Vickie Cusack, Davis College Mallow** won the Intermediate Girls title with 3122 points with silver for **Aoibhinn O'Connor, Colaiste Choilm Ballincollig** (2596 points), bronze for **Olivia Humphreys, Crescent Comprehensive** (2384 points) & 4th place for **Diane Nagle, Mercy Mount Hawk Tralee** (2106 points). **Clíodhna Blake, St. Michael's Kilmihil** won the Senior Girls title with 2416 points with silver for **Beth Fitzpatrick, Loreto Clonmel** on 1379 points.

[Irish Life Health Irish Schools Combined Events Championships – 12th November 2016](#)

Five in a Row for Ryan



The Irish Life Health Irish Schools Combined Events Championships took place in AIT International Arena on Saturday 12th November 2016. 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. A Minor competition was introduced for the very first time this year & it proved a very popular addition to the programme.

Munster athletes won 8 medals in total (4 gold, 2 silver & 2 bronze) – Gold for **Daniel Ryan, Thurles CBS, Cliodhna Blake, St. Michael's Kilmihil, Sean Carolan, St. Mary's Newport & Tony Odubote, Rice College Ennis**. Silver medals for **Shane Monagle, Ard Scoil na Mara & Diarmuid O'Connor, Colaiste Choilm, Ballincollig** & bronze for **Vickie Cusack, Davis College Mallow & Joseph Minter, Ennistymon CBS**.

6 Munster athletes also made the Irish Schools International teams - **Diarmuid O'Connor (Junior Boys), Tony Odubote, Shane Monagle, Joseph & Darragh Minter (Intermediate Boys) & Vickie Cusack, (Intermediate Girls)**.

Without doubt, **Daniel Ryan, Thurles CBS** was star of the show winning the Senior Boys competition with a record breaking 3725 points making it 5 in a row for the Tipperary athlete having been twice Junior, twice Intermediate & now Senior Boys Champion. He currently holds the Junior, Intermediate & Senior Boys Irish Schools Combined Events records & having won this competition every year from 1st year to 6th, it makes him the most decorated Irish Schools Combined Events athlete ever.

In the Minor Girls competition, **Ava Coyle, Kinsale Community School** was our top finisher in 5th place with 2684 points, close behind Ava in 6th place with 2671 points was **Laura Frawley, St. Mary's Secondary School, Charleville** with **Orla Coffey, St. Angela's College Cork** in 9th place (2493 points). **Reece Ademola, Douglas Community School** finished in 8th place in the Minor Boys competition scoring 2301 points, **Cailum Hedderman, St. John the Baptist Limerick** was 12th (2132 points) with **Hugh Collins, Rochestown College** unable to finish the competition having to pull out after the first event due to injury.

In the Junior Girls competition, **Emily O'Mahony, St. Augustine's College Dungarvan** finished in 6th place with a score of **2951 points** with **Holly Meredith, SMI Newcastle West** in 7th place on 2944 points. **Loreto Convent Clonmel** duo, **Ava Fennessy & Orla Winston** were 10th & 15th with 2838 points & 2116 points respectively. In the Junior Boys category, **Sean Carolan, St. Mary's Newport** competed very well to win gold & the National Junior Boys title finishing with 3153 points. **Diarmuid O'Connor, Colaiste Choilm Ballincollig** put in a terrific performance to take silver with **2889 points** with **Cillian Griffin, Mercy Mount Hawk Tralee** in 14th place on 2212 points.



In the Intermediate Girls competition, our top finisher was **Vickie Cusack, Davis College Mallow** who finished 3rd with **3378 points** while **Aoibhinn O'Connor, Colaiste Choilm, Ballincollig** was 8th with 2903 points & **Diane Nagle, Mercy Mount Hawk, Tralee** 11th place on 1954 points.

The most competitive category on the day was the Intermediate Boys competition which saw Munster take a clean sweep with the top 4 places. Positions for the top of the podium changed several times on the day with **Tony Odubote, Rice College Ennis** finally taking the title with 3396 points. **Shane Monagle, Ard Scoil na Mara Tramore** upgraded his 4th place finish at the Munster Schools Championships to a silver medal scoring 3279 points with brothers **Joseph & Darragh Miniter, Ennistymon CBS** taking 3rd & 4th spots with 3237 points & 3195 points.



Clíodhna Blake, St. Michael's Community College, Kilmihil was Munster's only representative in the Senior Girls competition & she had an excellent competition winning gold with a total score of **2929 points**.



Daniel Ryan, Thurles CBS was Munster's only representative in the Senior Boys competition & he put in a strong & confident performance to win gold & set a new Irish Schools Record with a winning score of **3725 points**.

[Schools International Combined Events – Saturday 10th December 2016](#)

Silver for Odubote



The Schools International Combined Events Championships took place for a historic first time on Irish soil in AIT International Arena on Saturday 10th December 2016. Moving from its usual venue of the Emirates Arena in Glasgow, the Irish Schools Athletics Association hosted the International in the year it celebrated its 100th year in existence. The Irish Team won two individual silver medals (**Anna McCauley**, Intermediate Girls & **Tony Odubote** Intermediate Boys) as well as two team silvers & one team bronze.



Munster had **6** representatives on the Irish team with four of them making up the entire Intermediate Boys Irish team. The star performance for Munster came from **Tony Odubote, Rice College Ennis** who won an individual silver medal in the Intermediate Boys competition. Tony scored a total of 3594 points (60mH 8.36, Shot Putt 10.88m, 200m 22.71, Long Jump 6.28m, 800m 2.03.94). **Shane Monagle, Ard Scoil na Mara** was next home finishing 9th overall, scoring a total of 3287 points with brothers, **Joseph & Darragh Minter, Ennistymon CBS** making up the rest of the Irish team finishing in 10th & 13th places on 3223 & 3182 points. The four boys won a bronze medal in the team event with 10104.



In the Junior Boys competition, **Diarmuid O'Connor, Colaiste Choilm Ballincollig** had a great performance scoring a total of 3158 points & just missing out on a bronze medal by 2 points. He led the Irish team home to silver team medals behind England. **Vickie Cusack, Davis College Mallow** also competed well taking part in the Intermediate Girls competition to finish in 10th place overall on 3309 points winning a silver team medal with the Irish team.



AAI Report & Results can be found here - <http://www.athleticsireland.ie/news/silver-lining-for-ireland-at-schools-combined-events>.