

# County Juvenile PRO Report 2013



By Aisling Hoey

County AGM, Thursday 9<sup>th</sup> January 2014  
Moyne Pavilion

## 2013 Juvenile PRO Report

***“Even the best fall down sometimes. But only the best get right back up”***

Looking back over a colourful, exciting & memorable year of athletics, Tipperary athletes have enjoyed great success with many taking their place on the Munster, National & International stage. Here are a few of my favourite memories:-

Plenty to smile about in 2013 & a promising insight into the future of Tipperary's athletics with 19 Tipperary athletes

- representing their Country on the International stage at the EYOF in Utrecht, the European U/23 Track & Field Championships in Tampere, Finland, the European Junior Track & Field Championships in Rieti, Italy, the European Cross Country Championships in Belgrade, Serbia, the SIAB Schools International Track & Field in Dublin, the SIAB Schools Combined Events International in Glasgow, the Celtic Track & Field Games in Wales, the SIAB Schools Cross Country International in Wales, the International Youth Cup in Nice, France, the 2013 Race Walking Cup in Slovakia & the Irish & British Junior & U/17 Mountain Running Championships. All these athletes represented their Country in 2013 - **Sean Tobin, Evan Lynch, Phoebe Murphy, Orlaith Moynihan, Aoife Laste, Anthony Tobin & Aaron Egan, Clonmel A.C., Darren Prout, Kelly Ann Doyle & Dara Kervick, Carrick-On-Suir A.C., Aoife Vaughan Witts, Borrisokane A.C. Maria Carey & Sharlene Mawdsley, Newport A.C., Ciara Cummins, Aoife Deering, Michael Quilligan, Killian Cullagh & Darren Dunne, Nenagh Olympic A.C. & Daniel Ryan, Moycarkey Coolcree A.C.)**
- EYOF Relay Gold for **Phoebe Murphy, Clonmel A.C.** with the Irish Girls team & a new Irish Youth Relay record & 9<sup>th</sup> place for **Sean Tobin** at the European Junior Cross Country Championships in Belgrade, Serbia & 4<sup>th</sup> place in the 1500m at the European Junior Track & Field Championships in Rieti, Italy.
- 8 National records in total set by Tipperary athletes in 2013 - **Daniel Ryan, Moycarkey Coolcree A.C.** in the AAI Boys U/15 60mH, Long Jump (Indoors), 80mH & All Ireland Schools Junior Boys Long Jump, **Miriam Daly, Carrick-On-Suir A.C.** in the AAI Girls U/13 60mH, **Sean Tobin, Clonmel A.C.** in the 800m at the All Ireland Schools, **Darren Prout, Carrick-On-Suir A.C.** in the Intermediate Boys All Ireland Schools Triple Jump & **Nenagh Olympic A.C. Girls U/14 4 x 200m Relay team.**
- Carrick-On-Suir A.C. named as top Hurdles Club for 2013 by Irish Hurdlers Blog.
- Our Combined Eventers are growing in strength each year - Gold medal wins at the National Juvenile Combined Events Championships (both Indoors & Outdoors) for **Daniel & David Ryan, Moycarkey Coolcree A.C.**, Bronze for **Jack Fallon, Moycarkey Coolcree A.C.** in the Boys U/14 National Indoor competition & Decathlon Bronze in the National Junior competition for **Dan Finnerty, Nenagh Olympic A.C.**
- 8 Munster Indoor records for Tipperary athletes - **Daniel Ryan, Moycarkey Coolcree A.C.** (Boys U/15 60m 60mH & LJ), **Miriam Daly, Carrick-On-Suir A.C.** (Girls U/13 60mH), **Evan Lynch, Clonmel A.C.** (Boys U/19 Walk), **Joseph McEvoy, Nenagh Olympic A.C.** (equalled Boys U/13 HJ record), **Templemore A.C. Girls U/9 4 x 100m Relay Team & Nenagh Olympic A.C. Boys U/10 4 x 100m Relay Team.**
- 5 Munster Outdoor Records for Tipperary athletes - **Ciara Cummins, Nenagh Olympic A.C.**(Girls U/17 S/C), **Evan Lynch, Clonmel A.C.**(Boys U/19 Walk), **Kelly Ann Doyle, Carrick-On-Suir A.C.** (Girls U/17 300mH), **Aoife Vaughan Witts, Borrisokane A.C.** (Girls U/17 Hammer) & **Daniel Ryan, Moycarkey Coolcree A.C.** (Boys U/15 80mH).
- 10 individual medals for Tipperary athletes at the Tailteann Games.
- 3 Celtic Games medals – gold for **Darren Prout** (TJ), silver for **Aoife Vaughan Witts** (Hammer) & bronze for **Kelly Ann Doyle** (100mH).

- 5 individual SIAB Schools Medals & 3 team medals won in 2013 – gold for **Maria Carey** (TJ), silver for **Michael Quilligan (400mH)**, silver for **Aaron Egan** (3km Walk), silver for **Daniel Ryan** (Combined Events) bronze for **Darren Prout** (TJ), bronze in 4 x 300m Relay for **Kelly Ann Doyle**, & 2 Irish team medals, both silver (**Daniel Ryan, & Michael Quilligan**, Combined Events).
- Primary School children all over the County turned up in huge numbers to participate in the County Primary Schools Cross Country Championships in Thurles Crokes on October 2<sup>nd</sup>. A record number of 90 County schools participated with 2,314 children running on the day.
- Another encouraging sign for Tipp athletics was that registration figures continue to rise with figures up 6% on 2012. In 2013 there were 24 Juniors & 1479 Juvenile athletes registered in the County.
- Clubs North & South of the County continue to work hard in promoting athletics in Tipperary. On 23<sup>rd</sup> October, Nenagh Olympic A.C. hosted a new initiative, an Indoor Competition for Primary School children in 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> Classes across North Tipperary. With over 500 children taking part, it was a showcase of what juvenile athletics should be about – great fun, smiles all round & an atmosphere full of excitement & enthusiasm. Clonmel A.C. & Carrick-On-Suir A.C. also hosted the South Tipperary Primary Schools & Post Primary Schools Cross Country competitions in October & November with hundreds of children from all over South Tipperary & beyond taking part. Nenagh Olympic A.C. also held Open Indoor competitions in their stadium in January & December where athletes from all over Ireland flocked to take part in a wide range of events. We are indebted to these Clubs for all their dedication & hard work & we are incredibly lucky to have such fine facilities on our doorstep, be it Indoor, Outdoor Track & Field or Cross Country.
- Another new Club, **Cappawhite A.C.** was welcomed into the County fold. We hope that they will enjoy great success & fulfilment in future years. This now brings to 20, the number of athletic clubs in Tipperary.

In addition to all the great achievements above, great success was experienced by Tipperary athletes at County, Munster & National level, especially in the Indoor & Outdoor Track & Field Seasons. Our total **NATIONAL** medal tally for 2013 is set out below:-

- Woodie's DIY AAI Juvenile Combined Events, Saturday 26<sup>th</sup> January – **3 medals** (2 gold & 1 bronze).
- Woodie's DIY AAI Juvenile "B" Cross Country Championships, Sunday 3<sup>rd</sup> February - **2 individual medals (6<sup>th</sup> & 12<sup>th</sup>)**.
- Woodie's DIY AAI Juvenile Indoor Championships, Saturday 23<sup>rd</sup> & Sunday 24<sup>th</sup> March - **24 individual medals (8 gold, 8 silver & 8 bronze)** over a wide range of events, **8 National titles & 2 new National Records**. On Sunday 6<sup>th</sup> April, Nenagh Olympic A.C. won **2 sets of medals** in the Inter- Club Relay competitions (**1 gold & 1 bronze**) & **set a new National record in the Girls U/14 4 x 200m Relay** with **Carrick-On-Suir A.C.** winning silver & bronze.
- Woodie's DIY AAI National Team Games, Saturday 29<sup>th</sup> June – **10 sets of medals (3 gold, 4 silver & 3 bronze)**.
- Woodie's DIY AAI Track & Field Championships, Saturday 6<sup>th</sup> July, Sunday 7<sup>th</sup> July, Saturday 21<sup>st</sup> July - **45 individual medals (18 gold, 16 silver & 11 bronze), 18 National titles & 2 National Records**. On Sunday 20<sup>th</sup> July, Tipp athletes won **1 set of gold medals, 2 sets of silver medals & 1 set of bronze medals** at the National Inter-County Relays. In the Inter-Club Relay competition, **Nenagh Olympic A.C.** won **3 sets of silver medals** with **Templemore A.C.** also winning silver.
- Woodie's DIY AAI Juvenile Combined Events Championships in Morton Stadium on Saturday 10<sup>th</sup> & Sunday 11<sup>th</sup> August - **3 medals (2 gold & 1 bronze) & 2 National titles**.

- Woodie's DIY AAI Juvenile Development Events, Sunday 11<sup>th</sup> August – **17 individual medals (5 gold, 7 silver & 5 bronze).**
- Woodie's DIY AAI Juvenile Even Age Cross Country Championships, Sunday 17<sup>th</sup> November - **1 individual medal (12<sup>th</sup> place) & 2 sets of Inter-Provincial medals with Munster (1 gold & 1 silver).**
- National Juvenile Uneven Age Cross Country Championships, Sunday 15<sup>th</sup> December - **4 individual medals, 1 bronze set of Inter-Club medals & 7 Inter-Provincial medals with Munster (3 gold, 4 silver & 1 bronze).**

I would like to extend my congratulations to **Emma Hennessy, Nenagh Olympic A.C.** (Best Overall Tipperary Female Indoor & Track & Field Athlete) , **Ciara Cummins, Nenagh Olympic A.C.** (Best Tipperary Juvenile Cross Country Athlete) & **Daniel Ryan, Moycarkey Coolcree A.C.** (Best Male Indoor & Track & Field athlete) who will all receive Munster Star Awards on Saturday 25<sup>th</sup> January 2014. All 3 athletes have enjoyed great success in 2013 & richly deserve these awards.

Thanks to all the County Newspapers for giving generous coverage to our sport of athletics & especially to **Noel Dundon of the Tipperary Star & Derry O' Donnell of the Tipp Tatler.** I would also like to say thanks to **Emby Walsh, Mary Doyle, Mary Costello, Edie Smyth, Owen Fanning, Billy Purcell & Niall O'Sullivan & my husband Jim Ryan** for all the help they have given me over the year. My special thanks to **Ray Deering, Nenagh Olympic A.C.** for all his photographic work (& his patience!) for juvenile athletes throughout the year & to **Owen Fanning & Ross Alexander** in relation to senior athletes.

Last but certainly not least, thanks to my ever suffering husband Jim (who has now thrown in the towel & joined me on the Board) & to my children, Daniel, David, Jack, Anna & Dillon who at this stage have gotten used to seeing me tapping away at the computer at all hours & on most days. I thank them for their patience & understanding & for all the joy & fun they have given me in 2013 both on & off the athletics track. (The road to success is always under construction so if I have left anything or anybody out, my apologies!!!!).

As my children move into teenage years, my time is definitely not my own. I now spend most of my time on the side of an athletics track, a basketball court or on my computer updating websites & due to these factors, I regret to say that this is my last County PRO Report as I am stepping down from my position. I have enjoyed reporting on Tipperary Athletics for the past 5 years & I hope my successor gets as much enjoyment out of covering our juvenile athletes as I did. I will still continue to take care of the Tipperary Athletics website & this report can also be found on the News page of the website at [www.tipperaryathletics.com](http://www.tipperaryathletics.com). As Ray, Owen & Ross cannot be omnipresent at all athletic meets, I would ask Clubs to send in their Club photos throughout the year to [info@tipperaryathletics.com](mailto:info@tipperaryathletics.com) & they will be posted up on our Photo Gallery. Thanks to all the Clubs who did so in 2013.

Finally, all that remains is for me to wish you & yours a very happy, healthy, sporting & successful 2014.

*Aisling*

## **2013 INDOOR COMPETITIONS**

The Munster Junior & U/23 Indoor Championships was held in Nenagh Indoor Stadium on Sunday 6<sup>th</sup> January. Tipperary athletes fared well in all sections of the Championships winning 5 gold, 8 silver & 12 bronze medals in individual competitions with Nenagh Olympic A.C. winning gold in the Junior Men's 4 x 200m Relay.

### ***Gold for Ryan at National Junior Championships***

Deirbhile Ryan, Nenagh Olympic A.C. won gold & a National Title in the Junior Women's Triple Jump at the Woodie's DIY AAI Junior & U/23 Indoor Championships in AIT Arena on Sunday 10<sup>th</sup> February. Ryan was Tipperary's only gold medal winner & she also placed 4<sup>th</sup> in the Shot Putt. Other Tipperary athletes who came to the fore on the day were Michael Carey, Clonmel A.C. who won Silver in the Junior Men's 1500m, Jack Corbett, Thurles Crokes A.C., 3<sup>rd</sup> in Junior Men's 1500m, Aaron Egan & Anthony Tobin, Clonmel A.C. 2<sup>nd</sup> & 3<sup>rd</sup> in Junior Men's 3km Walk, Aoife Mounsey, Borrisokane A.C. 3<sup>rd</sup> in Junior Women's Triple Jump & Aoife Bartley, Carrick-On-Suir A.C. 2<sup>nd</sup> in U/23 Women's Long Jump & Triple Jump.

The County U/13 to Junior Indoor Championships took place on Saturday 12<sup>th</sup> January in Nenagh Indoor Stadium. With 13 County Clubs represented, there was great excitement & energy in the stadium for the first real Indoor competition of 2013. Well done to Moyglass A.C. who took part in their first ever Indoor competition winning 5 medals in total (2 gold, 1 silver & 2 bronze). Spectators witnessed plenty of thrills, tight finishes & super competition on the day as the warm up for the Indoor Season got underway in earnest. Some magic moments came from Newport A.C.'s Maria Carey who won the Girls U/16 Long Jump with a jump of 5.12m, Moycarkey Coolcree A.C.'s Daniel Ryan who won the Boys U/15 Long Jump with a jump of 6.05m & the Shot Putt with a throw of 13.43m, Nenagh Olympic A.C.'s Joseph McEvoy who won the Boys U/13 High Jump on 1.43m & Templemore A.C.'s Simon Archer who won the Junior Men's High Jump on 1.85m. Some of the multiple medal winners on the day were:- Daniel Ryan, Moycarkey Coolcree A.C. (5 gold), David Ryan, Moycarkey Coolcree A.C. (4 gold & 1 bronze), Darren Prout, Carrick-on-Suir A.C. (3 gold), Miriam Daly, Carrick-On-Suir A.C. (3 gold), Lauren Moylan, Nenagh Olympic A.C. (3 gold), Jack Ryan, Moycarkey Coolcree A.C. (2 gold, 1 silver), Eimear Bartley, Carrick-On-Suir A.C. (2 gold), Jack Fallon, Moycarkey Coolcree A.C. (1 gold & 3 silver), Sean Glasheen, Tipperary Town A.C. (2 gold & 1 silver), Jack Dolan, Moyglass A.C. (1 gold, 1 silver, 2 bronze). The Ryan brothers, Daniel, David & Jack, Moycarkey Coolcree A.C. made it a unique treble when they all won gold in the 60m & the 60m Hurdles in their age groups. There was a clean sweep of medals for Nenagh Olympic A.C. in the Junior Men's Shot & Girls U/14 60m, Carrick-On-Suir A.C. in the Girls U/13 60m & Moycarkey Coolcree A.C. in the Boys U/14 Shot Putt. Top Clubs on the day were Carrick-On-Suir A.C. (20 gold, 16 silver, 13 bronze, 6 sets of relay medals (4 gold, 1 silver, 1 bronze)), Nenagh Olympic A.C. (16 gold, 18 silver 14 bronze, 8 sets of relay medals (4 gold, 2 silver, 2 bronze)), Moycarkey Coolcree A.C. (15 gold, 4 silver, 3 bronze, 1 set of relay medals (silver)) & Templemore A.C. (10 gold, 4 silver, 6 bronze, 2 sets of relay medals (2 silver)).

Nenagh Olympic A.C. hosted a very successful Open Indoor Competition for U9-U12 athletes on Saturday 19<sup>th</sup> January. The aim was to give younger children a run before the Munster Championships in early February & it certainly did that. The event was run similar to the County Indoors but athletes could run in both a sprint & a distance race on the day. Competition was very high with athletes from 23 Clubs all over Munster & beyond taking part. County Clubs well represented on the day were Nenagh Olympic A.C., Templemore A.C., Moycarkey Coolcree A.C., Moyglass A.C., Thurles Crokes A.C., Clonmel A.C. & Newport A.C. A special award for "Athlete of the Meet" was won by Holly Meredith, St. Mary's A.C., Limerick with the award for "Best Club of the Meet" going to Nenagh Olympic A.C.

### ***Ryan & Prout Excel At Munster Championships***

The Munster Juvenile U/14 to U/19 Indoor Championships took place in Nenagh Indoor Stadium on Saturday 23<sup>rd</sup> & Sunday 24<sup>th</sup> February. Tipperary athletes took home a huge haul of 72 medals (26 gold, 20 silver & 26 bronze). Daniel Ryan, Moycarkey Coolcree A.C. was Tipperary's top athlete over the weekend winning gold medals in all 5 of his events, 60m, 60m Hurdles, Long Jump, High Jump & Shot Putt & he also set 3 new Championship Best Performances in the 60m (7.49sec), 60m Hurdles (8.85sec) & Long Jump (6.35m). Darren Prout, Carrick-On-Suir A.C. also had an excellent competition winning 4 gold medals in the Boys U/17 60m, 60m Hurdles, 200m & Long Jump. Phoebe Murphy, Clonmel A.C. showed her strength when she took double Munster titles in the Girls U/16 60m & 200m while Evan Lynch, Clonmel A.C. broke Jamie Costin's 1995 record of 6.06.00 when he clocked 5.58.98 secs in the Boys U/19 1500m Walk. Deirbhile Ryan, Nenagh Olympic A.C.

won double Munster titles in the Girls U/17 High Jump & Shot Putt & bronze in the Long Jump. Dan Finnerty, Nenagh Olympic A.C. won double silver in the Boys U/19 60m Hurdles & Long Jump & double bronze in 200m & Shot Putt with his team-mate, Michael Quilligan winning double silver in the Boys U/17 200m & High Jump & bronze in the 60m Hurdles. Tom Hennessy, Nenagh Olympic A.C. won gold in the Boys U/19 800m & silver in the High Jump with Sean Glasheen, Tipperary Town A.C. winning double silver in the Boys U/16 Shot Putt & Long Jump. Tipperary Clubs, Clonmel A.C. & Templemore A.C. dominated Munster in the Walks competitions winning between them, 6 Munster titles in the Boys U/15, U/17 & U/19 & Girls U/14, U/16 & U/18 & also taking silver in the Girls U/18 & Boys U/17 competitions.

### ***Munster U/9 to U/12 Indoor Championships***

The Munster U/9 to U/13 Indoor Championships was held on Saturday 9th & Sunday 10th February in Nenagh Indoor Stadium. Tipperary athletes won 22 medals in total (7 gold, 5 silver & 10 bronze). Miriam Daly, Carrick-On-Suir A.C. set a new Munster record in the Girls U/13 60m Hurdles when she ran 10.2 while Joseph McEvoy, Nenagh Olympic A.C. equalled the Munster record of 1.45m in the Boys U/13 High Jump.

The Munster Schools Indoor Games were held in Nenagh Indoor Stadium on Tuesday 5<sup>th</sup> March. Tipperary athletes fared well winning 23 individual medals (10 gold, 5 silver & 8 bronze) & 2 sets of Relay medals (St. Mary's Newport & Ursuline Thurles). Top County athletes were Daniel Ryan, CBS Thurles who won 3 gold in the Junior Boys 60m, 60mH & LJ, Sharlene Mawdsley, St. Mary's Newport who won 2 gold in the Junior Girls 60m & 60m Hurdles, Emma Hennessy, St. Mary's Newport, gold in High Jump & bronze in Junior Girls Long Jump, Michael Quilligan, CBS Nenagh, silver in Inter-Boys LJ & bronze in 60mH & Jack Fallon, CBS Thurles, silver in Minor Boys 1200m & bronze in LJ.

At the Munster Juvenile Indoor Relays on Saturday 9<sup>th</sup> March, Tipperary came home with 13 sets of medals in total (8 gold, 2 silver & 3 bronze) with Nenagh Olympic A.C. showing their sheer class at this event winning 6 gold & Munster titles in the Boys U/9, U/10, U/12, U/18 & U/19 & Girls U/14, 1 silver in the Girls U/9 & 2 bronze in the Boys U/15 & Boys U/17. Their Boys U/10 4 x 100m relay team also set a new CBP of 1.02.13. Carrick-On-Suir A.C. also did well winning gold in the Girls U/18, silver in Girls U/17 & bronze in Girls U/13 while Templemore A.C. won gold & the Munster title in the Girls U/9 4 x 100m Relay setting a new CBP of 1.10.67.

### ***Ryan & Murphy Strike Gold***

Both Daniel Ryan, Moycarkey Coolcree A.C. & Phoebe Murphy, Clonmel A.C. gave a fine master class in sprinting at the National Juvenile Indoor Championships in AIT Arena on Saturday 23rd March. Ryan took the National title in the Boys U/15 in a time of 7.31, a new personal best & just short of the National Record of 7.2, while Murphy won the Girls U/16 National title crossing the line in a fine time of 7.88. Other Tipperary athletes who shone on Day 1 were Evan Lynch, Clonmel A.C. who won gold in the Boys U/19 1500m Walk, Aaron Egan & Anthony Tobin, Clonmel A.C., gold & silver in Boys U/17 1500m Walk, Sean Carolan, Nenagh Olympic A.C. (2nd Boys U/13 Shot Putt), Lauren Moylan, Nenagh Olympic A.C. (2nd Girls U/14 60m), Eva Rush, Templemore A.C. (2nd Girls U/14 1km Walk), Ciara Cummins, Nenagh Olympic A.C. (2nd Girls U/17 1500m), Dan Finnerty, Nenagh Olympic A.C. (2nd Boys U/19 LJ), Shane Burke, Moycarkey Coolcree A.C. (3rd Boys U/13 LJ), Emma Hennessy, Nenagh Olympic A.C. (3rd Girls U/16 LJ), Orlaith Moynihan, Clonmel A.C. (Girls U/18 1500m) & Sarah Ryan, Templemore A.C. (Girls U/18 1500m Walk).

It was another exciting day of competition on Day 2 at the National Juvenile Indoor Championships in AIT Arena on Sunday 24th March. Daniel Ryan, Moycarkey Coolcree A.C. continued his winning streak in the Boys U/15 competitions by taking gold in the 60m Hurdles with a new National Record of 8.5 & gold in the Long Jump setting his second National Record of the day of 6.14m. His brother, David also leapt to victory & a National title in the Boys U/14 Long Jump with a jump of 5.06m. Phoebe Murphy, Clonmel A.C. cruised to victory in the Girls U/16 200m adding another gold medal to the one she won on Saturday in the 60m with Sharlene Mawdsley, Newport A.C. putting in a fine performance to take the silver medal in the same event. Joseph McEvoy, Nenagh Olympic A.C. also won silver in the Boys U/13 High Jump clearing 1.40m. There were bronze medal wins for Lauren Moylan, Nenagh Olympic A.C. in the Girls U/13 60mH, Michael Quilligan, Nenagh



Olympic A.C. in the Boys U/17 60mH & Orla Winston, Clonmel A.C. in the Girls U/12 Long Jump with a jump of 4m.

### ***National Relay Record for Nenagh Girls***

The Woodie's DIY AAI Juvenile Indoor Relay Championships took place in AIT Arena, Athlone on Saturday 6<sup>th</sup> April. Nenagh Olympic A.C.'s Girls U/14 4 x 200m Relay team had a super run to claim gold & set a new National Record in their event. The girls set a new CBP when they won the girls U14 4X200m race in a time of 1:51.79, to better the 1:52.0 of Ferrybank in 2002. There were also National silver medals for Carrick-on-Suir A.C. in the Girls U/17 4 x 200m (1.47.67) & National Bronze for their Girls U/18 team (1.46.89) as well as National Bronze for the Nenagh Olympic A.C. Boys U/12 4 x 100m team (57.61). Nenagh Olympic A.C. Boys U/19 4 x 200m team were 4<sup>th</sup> (1.35.20) & their Boys U/18 4 x 200m team were 6<sup>th</sup> (1.39.42) & Carrick-On-Suir A.C. Girls U/13 4 x 100m Relay team were 5<sup>th</sup> (56.52). National competitions for the U/15 & U/16 Shot Putt were also held on the day. Sean Glasheen, Tipperary Town A.C. won Bronze in the Boys U/16 Shot Putt with a great throw of 13.73m while Jade Fahy, Nenagh Olympic A.C. just missed out on the medals when she placed 4<sup>th</sup> in the Girls U/16 Shot Putt with a throw of 10.35m.

There was a great turnout of Clubs & athletes for the County U/9 to U/12 Indoor Championships in Nenagh Indoor Stadium on Sunday 10<sup>th</sup> March. Top 3 U/9 to U/19 Clubs were Nenagh Olympic A.C., Carrick-On-Suir A.C. & Moycarkey Coolcree A.C. Top 3 Junior Clubs were Nenagh Olympic A.C., Carrick-On-Suir A.C. & Newport A.C.

### ***Successful Start for North Tipperary Primary Schools Indoor Competition***

Nenagh Olympic A.C. hosted the inaugural North Tipperary Primary Schools Indoor Competition for 4th, 5th & 6th Class pupils in Nenagh Indoor Stadium on Wednesday 23rd October. With over 500 children from Primary Schools across North Tipperary taking part, it was a showcase of what juvenile athletics should be about – great fun, smiles all round & an atmosphere full of excitement & enthusiasm. All children got to partake in one track & one field event with events ranging from 60m sprint, 300m, 600m Long Jump & Shot Putt. The finale was a series of 4 x 100m Relays for all boys, all girls & mixed teams with most children taking home a medal on the day.

## **2013 INDOOR COMBINED EVENTS COMPETITIONS**

### ***National Titles for Ryan Brothers***

The Woodie's DIY AAI Juvenile Combined Events Championships took place in the newly built & magnificent surroundings of AIT Arena, Athlone on Saturday 26th January. Tipperary had 3 medal winners on the day with brothers, David & Daniel Ryan, Moycarkey Coolcree A.C. taking gold & National titles in the Boys U/14 & U/15 competitions & their team-mate, Jack Fallon winning bronze in the Boys U/14 competition.

The Munster Juvenile Indoor Combined Event Championships were held in Nenagh Indoor Stadium on Saturday 9<sup>th</sup> February. There were gold medal wins for Joseph McEvoy, Nenagh Olympic A.C. in the Boys U/13 competition (he also set a new CBP of 1.47m in the High Jump on the day) & for National Champions, David & Daniel Ryan, Moycarkey Coolcree A.C. in the Boys U/14 & Boys U/15 competitions. Jack Fallon, Moycarkey Coolcree A.C. won Silver in the Boys U/14 competition & Martin Kehoe, Carrick-On-Suir A.C. won Bronze in the same competition making it a 1, 2 & 3 for Tipperary.

## **2013 OUTDOOR COMBINED EVENTS COMPETITIONS**

### ***5 Munster Titles & 1 CBP for Tipp***

The County was strongly represented by 29 athletes from 5 County Clubs (Nenagh Olympic A.C., Moycarkey Coolcree A.C., Clonmel A.C., Moyne A.C. & Carrick-On-Suir A.C.) & recorded a win of 9 medals (5 gold, 1 silver & 3 bronze) at the Munster Juvenile Combined Events Championships in Cork I.T. on Sunday 28<sup>th</sup> April. Two County Clubs, Nenagh Olympic A.C. & Moycarkey Coolcree A.C. came to the fore with Nenagh winning 3 gold, 1 silver & 1 bronze & Moycarkey taking 2 gold & 2 bronze. Daniel Ryan, Moycarkey Coolcree A.C. also set a new Championship Best Performance in the Boys U/15 80m Hurdles when he ran 11.72 to break the existing

record of 11.85 set Michael Quilligan, Nenagh Olympic A.C. in 2011. There were gold medal wins for Emma Hennessy, Nenagh Olympic A.C. in the Girls U/16, Aaron Walsh, Nenagh Olympic A.C. in the Boys U/12, Sean Carolan, Nenagh Olympic A.C. in the Boys U/13, David Ryan, Moycarkey Coolcree A.C. in the Boys U/14 & Daniel Ryan, Moycarkey Coolcree A.C. in the Boys U/15. A Silver medal was won by Joseph McEvoy, Nenagh Olympic A.C. in the Boys U/13 & Bronze medals went to Lauren Moylan, Nenagh Olympic A.C. in the Girls U/14, Adam O'Dwyer, Moycarkey Coolcree A.C. in the Boys U/12 & Jack Fallon, Moycarkey Coolcree A.C. in the Boys U/14. Congratulations & well done to all. Aine Grace, Clonmel A.C., Niamh Ryan, Moyne A.C., Emma Doyle, Moyne A.C. & Martin Kehoe, Carrick-On-Suir A.C. were just outside the medals finishing 4<sup>th</sup> in Girls U/11, Girls U/13 & Girls U/15 & 5<sup>th</sup> in Boys U/14 competitions. Other athletes who competed very well but who were outside the medals were:- Aoibhin Foley, Robyn Flynn & Veerle Van Der Wal, Clonmel A.C. (Girls U/11); Ava Fennessy, Clonmel A.C., Rachel Butler & Ellen Moore, Moyne A.C., Anna Ryan, Moycarkey Coolcree A.C., Lucy Mulcahy, Nenagh Olympic A.C. (Girls U/12), Sadbh O'Mahony, Nenagh Olympic A.C. (Girls U/14); Dillon Ryan & Cillian McDonagh, Moycarkey Coolcree A.C. & Carlos Grace, Clonmel A.C. (Boys U/11); Jack McEvoy, Nenagh Olympic A.C. (Boys U/12); Shane Burke, Moycarkey Coolcree A.C. & Sean Burke, Moyne A.C. (Boys U/13) & Declan Ryan, Moycarkey Coolcree A.C.

#### ***Bronze for Finnerty in National Junior Decathlon***

Dan Finnerty, Nenagh Olympic A.C. won National bronze in the Junior Men's Decathlon at the National Combined Events Championships in Tullamore on Sunday 11th August. Dan finished the competition on 4790 points, his first decathlon ever having taken part in the 100m, Long Jump, High Jump, Shot Putt & 400m on Day 1 & the 110mH, Discus, Pole Vault, Javelin & 1500m on Day 2. Well done also to Tipperary's only other representative in the Junior competition, Aoife Mounsey, Borrisokane A.C. who was 4th in the Women's Heptathlon finishing on 1883 points.

#### ***Gold for Ryan Brothers at National Combined Events***

The National Juvenile Combined Events Championships were held in sunny Tullamore on Saturday 10th August. There were fantastic gold medal wins for David & Daniel Ryan, Moycarkey Coolcree A.C. who added the National Boys U/14 & U/15 Outdoor titles to their National Indoor titles won earlier this year in January. David was trailing the lead position by around 100 points going into the 800m where he ran a PB of 2.24 to take gold with over 150 points to spare from James Kelly, Finn Valley A.C. & Daniel had the biggest winning margin of the Championships, having just under 1000 points to spare over Jack Rudden Kelly, Donore Harriers A.C. in 2<sup>nd</sup> place. Their team-mate, Jack Fallon just missed out on a bronze medal in the Boys U/14 competition by 12 points when he finished on 2868 points while Martin Kehoe, Carrick-On-Suir A.C. placed 8th in the same competition finishing on 2479 points. Lauren Moylan, Nenagh Olympic A.C. placed 6th in the Girls U/14 competition with 2493 points & Jade O'Farrell Bond, Borrisokane A.C. finished 6th in Girls U/15 competition on 1825 points.

### **2013 OUTDOOR TRACK & FIELD COMPETITIONS**

#### ***Wins for Oosthuysen & Bartley at IUA A Championships***

Tipperary athletes, Jaco Oosthuysen, Clonmel A.C. & Aoife Bartley, Carrick-On-Suir A.C. were medal winners at the IUA A T & F Championships in Cork on 12th April. Jaco recorded a gold medal win in the Javelin while Aoife won silver in the Long Jump, bronze in the High Jump & 4th place in the Triple Jump.

#### ***Win for Vaughan Witts at Spring Throws Competition***

Well done to Aoife Vaughan Witts, Borrisokane A.C. who recorded a win in the Women's 3kg Hammer competition at the inaugural Athletics Ireland Spring Throws Competition in Athlone on Sunday 21st April. Aoife was also selected for the highly sought after 2013 'Pro Sport Europe' Throws Squad.

#### ***Munster Junior & U/23 T & F Championships***

These Championships took place in Cork I.T. on Sunday 28<sup>th</sup> April. Tipperary was represented by athletes from Nenagh Olympic A.C., Clonmel A.C., Borrisokane A.C., Newport A.C. & Thurles Crokes A.C. In total, the County won 22 individual medals (9 gold, 5 silver & 8 bronze) & 2 sets of gold medals won by Nenagh Olympic A.C. in the Junior Men's 4 x 100m & 4 x 400m Relays.



### ***County Juvenile U/12 to U/19 Track & Field Championships***

Day 1 & Day 2 of the County U/12 to U/19 Track & Field Championships took place in Templemore Track on Saturday 11<sup>th</sup> & Sunday 12<sup>th</sup> May. Top County Clubs over the weekend were Nenagh Olympic A.C. in 1<sup>st</sup> place on 122 points, Carrick-On-Suir A.C. in 2<sup>nd</sup> place on 117 points, 3<sup>rd</sup> Moycarkey Coolcroo A.C. on 37 points, 4<sup>th</sup> Templemore A.C. on 34 points, 5<sup>th</sup> Newport A.C. on 34 points & 6<sup>th</sup> Borrisokane A.C. on 30 points. In the sprint & middle distance competitions, the medals were generally divided over a range of Clubs while Carrick-On-Suir A.C. & Nenagh Olympic A.C. were very strong in the Hurdles competitions & Borrisokane A.C., Nenagh Olympic A.C., Carrick-On-Suir A.C. & Moycarkey Coolcroo A.C. came to the fore in the Throws Events (Discus, Hammer, Javelin, Shot Putt).

In the Hurdles competitions, Nenagh Olympic A.C. won gold, silver & bronze in the Boys U/12 & Carrick-On-Suir A.C. took the same medals in the Girls U/13. In the Boys U/14 Discus & Shot Putt, Moycarkey Coolcroo A.C. picked up the top 3 spots with Nenagh Olympic A.C. winning gold, silver & bronze in the Girls U/16 Discus & Shot Putt, the Boys U/19 Discus & Boys U/12 Turbo Javelin. In the Long Jump competitions, Carrick-On-Suir A.C. scored a 1, 2 & 3 in the Boys U/17 & Girls U/13 competitions with Templemore A.C. doing the same in the Boys U/19. In the Girls U/18 3000m Clonmel A.C. won gold, silver & bronze, Carrick-On-Suir A.C. won the top 3 places in the Boys U/17 Triple Jump & Nenagh Olympic A.C. had a 1, 2 & 3 in the Boys U/12 High Jump. In the Girls U/14 200m, Nenagh Olympic A.C. occupied the top 3 places with Carrick-On-Suir A.C. winning the same 3 places in the Girls U/15 100m. Full results for both days can be found at [www.tipperaryathletics.com](http://www.tipperaryathletics.com).

### ***County Juvenile U/9 to U/11 Track & Field Championships***

These Championships took place on Sunday 26<sup>th</sup> May in Templemore Track. Over 400 athletes from 12 different Clubs participated on the day. Full results at [www.tipperaryathletics.com](http://www.tipperaryathletics.com).

### ***14 Individual Munster medals for Tipp***

The Munster Juvenile U/12 & U/13 Track & Field Championships took place in Ennis, Co. Clare on Saturday 8<sup>th</sup> & Sunday 9<sup>th</sup> June. Over the weekend, Tipperary athletes won 14 individual medals (3 gold, 5 silver & 6 bronze) & 2 sets of bronze Relay medals, both won by Nenagh Olympic A.C. in the Boys U/12 & U/13 4 x 100m competitions. Tipperary also scored a 1, 2 & 3 in the Boys U/13 Shot Putt & Javelin competitions with Templemore A.C. winning medals in both the Girls & Boys U/13 Shot Putt.

Top medal winner for the County was Sean Carolan, Nenagh Olympic A.C. who won gold in the Boys U/13 Javelin (25.79m) & Shot Putt (10.88m) & silver in the Long Jump (4.58m) followed closely by his team-mate, Joseph McEvoy who won gold in the Boys U/13 High Jump (1.46m) & silver in the Shot Putt (10.46m) & Javelin (23.17m) with Miriam Daly, Carrick-On-Suir A.C. winning double bronze in the Girls U/13 60m Hurdles (10.5) & Long Jump (4.25m). Fiona Hennessy, Templemore A.C. was 2<sup>nd</sup> in Girls U/13 Shot Putt (9.89m) & Patrick Purcell, Templemore A.C. took bronze in the Boys U/13 Shot Putt with a throw of 10.15m. Sean Burke, Moyne A.C. won bronze in the Boys U/13 Javelin with a throw of 22.85m while Aaron Walsh, Nenagh Olympic A.C. was 2<sup>nd</sup> in Boys U/12 Turbo Javelin (22.55m) Ted Collins, Nenagh Olympic A.C. was 3<sup>rd</sup> in Boys U/12 600m (1.48.3) & Hannah Finnerty, Nenagh Olympic A.C. won bronze in Girls U/13 Javelin with a throw of 19.66m.

### ***5 Munster Records for Tipp Athletes***

Templemore was the venue for the Munster U/14 to U/19 Track & Field Championships on Saturday 15<sup>th</sup> & Sunday 16<sup>th</sup> June. Even in the inclement weather, Tipperary athletes were in fine form on home ground taking home a nice haul of 103 individual medals which included 32 Munster titles, 38 silver & 33 bronze. There were also 5 record breaking performances from the following athletes:-

- Daniel Ryan, Moycarkey Coolcroo A.C. ran 11.47sec in the Boys U/15 80m Hurdles to break the existing record of 11.50sec which has stood since 1985 & was set by the Darren Haddock, Togher A.C.
- Kelly Ann Doyle, Carrick-On-Suir A.C. ran below 45.40sec in the Girls U/17 300mH to break the 1994 record of 45.50 sec. held by L. Hegarty, Middleton A.C.
- Ciara Cummins, Nenagh Olympic A.C. shaved almost a minute off the 2011 Girls U/17 2000m Steeplechase record set by Autum Coady, Ferrybank A.C. when she ran 7.56.3secs.

- Aoife Vaughan Witts, Borrisokane A.C. won gold with her throw of 56.76m in the Girls U/17 Hammer & smashed the 2010 record of 44.66m by over 8m which was set by Mairead O'Neill, Gneeveguilla A.C.
- Evan Lynch, Clonmel A.C. won gold in the Boys U/19 5km Walk clocking 21.36.3 & breaking Jamie Costin's 1995 record of 22.40.20mins.

### ***13 Munster Team Medals for Tipp***

The Munster Juvenile U/9 to U/11 Team Games took place in Lee's Road, Ennis on Saturday 8<sup>th</sup> & Sunday 9<sup>th</sup> June. Tipperary had 13 team medallists (3 gold, 5 silver & 5 bronze) & 5 Relay teams that medalled (2 gold, 2 silver & 1 bronze) at these Championships. Winning Clubs were Nenagh Olympic A.C., Templemore A.C., Clonmel A.C. & Carrick-On-Suir AC. In the Girls U/9 competition, Templemore A.C. won gold in the 60m, 300m & Relay & silver in the Long Jump while in the Boys U/9 there was silver for Nenagh Olympic A.C. in the 60m, silver for Clonmel A.C. in the Long Jump & silver for Nenagh Olympic A.C. in the Relay. In the Girls U/10, there was bronze for Nenagh Olympic A.C. in the Long Jump with Nenagh Olympic A.C. winning all the County's medals in the Boys U/10 competition – gold in the 60m, Turbo Javelin & Relay, silver in the Long Jump & bronze in the 500m. In the Girls U/11 competition, Carrick-On-Suir A.C. won bronze in the Long Jump with Clonmel A.C. winning the same in the Turbo Javelin & both Clubs medalling in the Relay, Clonmel took silver & Carrick-On-Suir A.C. bronze. Our sole medal winners in the Boys U/11 were Templemore A.C. who took bronze in the 600m.

### ***County Juvenile "B" Champs***

The County Juvenile "B" Track & Field Championships took place on Saturday 22<sup>nd</sup> June in Templemore Track. There was 8 individual titles for Carrick-On-Suir A.C., 7 each for Thurles Crokes A.C. & Clonmel A.C., 6 each for Newport A.C. & Templemore A.C., 3 each for Moycarkey Coolcree A.C., Nenagh Olympic A.C. & Dundrum A.C., 2 for Tipperary Town A.C. & 1 for Moyglass A.C.

### ***8 National Medals for Tipp Juniors & U/23's***

The National Junior & U/23 Track & Field Championships took place in Tullamore on Sunday 30<sup>th</sup> June. Tipperary athletes took home 4 individual Junior medals (2 gold, 1 silver & 1 bronze) & 4 U/23 individual medals (2 gold, 1 silver & 1 bronze).

### ***National Success for Templemore A.C. & Nenagh Olympic A.C.***

The Woodie's DIY AAI Juvenile Team Games took place in Finn Valley, Co. Donegal on Saturday 29<sup>th</sup> June. Tipperary was strongly represented by Templemore A.C. & Nenagh Olympic A.C. who brought home a huge haul of medals between them. Templemore A.C. girls won gold in the U/9 4 x 100m & silver in the U/9 60m, 300m & Long Jump. Nenagh Olympic A.C. boys won gold in the U/9 & U/10 4 x 100m Relays, silver in the U/10 Turbo Javelin & bronze in the U/9 60m, U/10 60m & U/10 Long Jump.

### ***National Records for Daly & Ryan***

The first weekend of the Woodie's DIY AAI Juvenile Track & Field Championships took place in Tullamore Harriers Stadium on Saturday 6<sup>th</sup> & Sunday 7<sup>th</sup> July. There were two record breaking performances from Tipperary athletes which both came on the first day & in the hurdles with Miriam Daly, Carrick on Suir A.C. clocking 9.58 when winning the Girls U13 60m hurdles to better the 2012 record of 9.63 set by Ciara Deely, Kilkenny City Harriers A.C. The second record was set by Daniel Ryan, Moycarkey Coolcree A.C. in the Boys U/15 80m Hurdles when Carlton Haddock's (Togher A.C.) 1987 record of 11.50 was well beaten twice by him when he ran 11.44 in his heat & 11.31 in his final to win gold. Daniel also went on to win gold in the U/15 Discus with his brother David winning the National Boys U/14 Long Jump title. Sister & brother, Ciara & Sean Mockler, Moycarkey Coolcree A.C. won 3 medals between them in the Throwing events with Ciara taking gold in the Girls U/17 Shot Putt & bronze in the Discus & Sean winning gold in the Boys U/14 Hammer. Twins, Leanne & Darren Prout, Carrick-On-Suir A.C. won 2 medals each with Leanne winning double bronze in the Girls U/17 100m Hurdles & 300m Hurdles & Darren winning gold in the Boys U/17 Triple Jump & bronze in the 100m Hurdles. Kelly Ann Doyle, Carrick-On-Suir A.C. took double gold in the Girls U/17 100m Hurdles (14.61)

& 300m Hurdles (44.08). Other gold medal winners for Tipperary were Patrick Purcell, Templemore A.C. (Boys U/13 Shot Putt), Joseph McEvoy, Nenagh Olympic A.C. (Boys U/13 High Jump), Phoebe Murphy, Clonmel A.C. (Girls U/16 100m), Michael Quilligan, Nenagh Olympic A.C. (Boys U/17 300m Hurdles) & Jack Corbett, Thurles Crokes A.C. (Boys U/19 3000m). 32 medals in total were won by Tipperary athletes including 14 National titles & gold medals, 9 silver & 9 bronze with our athletes showing great diversity by winning medals in all athletics disciplines – hurdles, sprints, middle distance, steeplechase, long jump, high jump, triple jump, pole vault, shot putt, hammer, discus & turbo javelin.

### ***Carrick is Champion Hurdle Club for 2013***

Carrick-On-Suir A.C. had great Hurdles success at the National Juvenile Track & Field Championships in Tullamore on Saturday 6th & Sunday 7th July. Top Carrick hurdlers were Kelly Ann Doyle who won both the Girls U/17 100mH & 300mH, Miriam Daly who won the National title in the Girls U/13 60mH & set a new National record of 9.58, Leanne Prout who won bronze in both the 100mH & 300mH & Darren Prout who took bronze in the Boys U/17 100mH.

### ***Wins for Tipperary at National Relays***

Tipperary teams were well represented at the National Inter-Club & Inter-County Relays in Tullamore on Saturday 20th July. There were National silver Inter-Club medals for Nenagh Olympic A.C. in the Girls U/14 4 x 100m, Boys U/19 4 x 100m & Boys U/19 4 x 400m & silver for Templemore A.C. in Boys U/17 4 x 400m. In the Inter-County Relays, Tipperary won gold in the Boys U/19, silver in the Girls U/13 & U/17 & bronze in the Boys U/15. The Girls U/15 team finished 4th & the Boys U/13 team were 6th.

### ***Woodie's DIY AAI Juvenile T&F Championships***

Day 4 of these Championships took place on Sunday 21st July in Tullamore Harriers Stadium. There were gold medals & national titles for Daniel Ryan, Moycarkey Coolcree A.C. (Boys U/15 200m), Phoebe Murphy, Clonmel A.C. (Girls U/16 200m), Aoife Vaughan Witts, Borrisokane A.C. (Girls U/17 Hammer) & Aaron Egan, Clonmel A.C. (Boys U/17 3km Walk); silver medals for Lauren Moylan, Nenagh Olympic A.C. (Girls U/14 200m), Eva Rush, Templemore A.C. (Girls 2km Walk), Sharlene Mawdsley, Newport A.C. (Girls U/16 200m), Sean Glasheen, Tipperary Town A.C. (Boys U/16 Shot Putt), Anthony Tobin, Clonmel A.C. (Boys U/17 3km Walk), Tom Hennessy, Nenagh Olympic A.C. (Boys U/19 HJ), Simon Archer, Templemore A.C. (Boys U/18 HJ) & bronze medals for Caroline Morgan, Nenagh Olympic A.C. (Girls U/19 Javelin) & Micheala Crosbie, Clonmel A.C. (Girls U/18 3km Walk).

### ***17 Medals at National Juvenile Development Events***

These Championships were held on Sunday 11th August in Tullamore. Well done to County Clubs, Templemore A.C., Newport A.C., Moycarkey Coolcree A.C., Carrick-On-Suir A.C., Nenagh Olympic A.C. & Moyne A.C. who all had athletes to represent the County. 17 medals were won in total, 5 gold, 7 silver & 5 bronze. Tipperary Results are below:-

#### **Under 12**

Joshua Egan, Nenagh Olympic A.C. – 1<sup>st</sup> in 60m & 3<sup>rd</sup> in Long Jump

Anna Ryan, Moycarkey Coolcree A.C. – 2<sup>nd</sup> in Shot Putt & 3<sup>rd</sup> in Long Jump

#### **Under 13**

Niamh Ryan, Moyne A.C. – 2<sup>nd</sup> Long Jump & 3<sup>rd</sup> in 600m

Kate Herke, Templemore A.C. – 10<sup>th</sup> 600m

Jack Ryan, Moycarkey Coolcree A.C. – 2<sup>nd</sup> in Shot Putt

Sean Burke, Moyne A.C. – Boys U/13 LJ 4<sup>th</sup> & 10<sup>th</sup> in 600m.

#### **Under 14**

Roisin Daly, Moyne A.C. – 1<sup>st</sup> in Long Jump

Emily Tierney, Nenagh Olympic A.C. – 5<sup>th</sup> in High Jump & 6<sup>th</sup> in Long Jump

Martin Kehoe, Carrick-On-Suir A.C. – 1<sup>st</sup> in Long Jump & 2<sup>nd</sup> in High Jump

Jack Pender, Carrick-On-Suir A.C. – 1<sup>st</sup> in High Jump

Peter Keyes, Templemore A.C. – 2<sup>nd</sup> 800m

Oscar Ottoman, Newport A.C. – 3<sup>rd</sup> 100m

### **Under 16**

Robert Kennedy, Templemore A.C. – 1<sup>st</sup> 800m

Patrick Harding, Templemore A.C. – 2<sup>nd</sup> in High Jump & Long Jump

Luke Herke, Templemore A.C. – 3<sup>rd</sup> 800m

## **2013 CROSS COUNTRY SEASON**

### ***Juvenile Cross Country Relays***

The Munster Juvenile Cross Country Relays took place in Limerick Racecourse on Sunday 13<sup>th</sup> January. The County had 6 teams competing on the day with silver medal wins for the Boys U/12 team (Eoin Purcell, Aaron Fogarty & Patrick Stakelum, Thurles Crokes A.C., Jack Hickey, Moyne A.C. & Michael O'Brien, Newport A.C.) & the Boys U/14 team (Michael Purcell & Fred Crowley, Thurles Crokes A.C., Jack Dolan, Moyglass A.C., P.J. Corcoran, Tipperary Town A.C. & Gerry Hayes, Dundrum A.C.).

### ***Munster Schools Cross Country Championships***

These Championships took place in Carriganore, WIT on Thursday 7<sup>th</sup> February 2013. Winners on the day were :- Presentation, Thurles won bronze in the Minor Girls race with their team of Roisin Daly (6<sup>th</sup>), Anna Gavin (17<sup>th</sup>) & Muireann O'Connell (27<sup>th</sup>). In the Junior Girls race, Elaine Yelverton, St. Mary's Newport & Avril Deegan, Presentation Thurles were both in the top 10 in 8<sup>th</sup> & 10<sup>th</sup> place respectively. Ursuline Thurles were 6<sup>th</sup> overall with their team of Susie Osbourne (23<sup>rd</sup>), Emma Doyle (35<sup>th</sup>) & Dervla Lynch (41<sup>st</sup>). In the Intermediate Girls race, Eileen Wrafter, Ursuline Thurles was 2<sup>nd</sup> overall with Ciara Cummins, Ursuline Thurles in 4<sup>th</sup> place & Orlaith Moynihan, Loreto Clonmel in 7<sup>th</sup> place. Ursuline Thurles took gold with their team of Eileen Rafter (2<sup>nd</sup>), Ciara Cummins (4<sup>th</sup>) & Emer Loughman (15<sup>th</sup>). In the Intermediate Boys race, Killian Cullagh, Nenagh Vocational School was 4<sup>th</sup> overall with Darren Dunne, St. Joseph's Borrisoleigh in 5<sup>th</sup> place. In the Senior Girls race, Laura Tobin & Aoife Laste, Loreto Clonmel finished in 4<sup>th</sup> & 5<sup>th</sup> place overall with the Loreto Clonmel winning gold in the team competition with their team of Laura Tobin, Aoife Laste & Megan O'Brien (11<sup>th</sup>). Sean Tobin, High School Clonmel was the winner of the Senior Boys race with Michael Carey in 3<sup>rd</sup> place. High School Clonmel took gold in the team competition with their team of Sean Tobin, Michael Carey, Evan Egan (13<sup>th</sup>) & Shane Moloney (25<sup>th</sup>).

### ***National Junior Title for Tobin***

Sean Tobin, Clonmel A.C. took the National title in the Junior Boys race at the Woodie's DIY AAI Junior Cross Country Championships in Charleville Estate, Tullamore on Sunday 24<sup>th</sup> February. Sean put in a fine performance to win gold 8 seconds clear of the silver medallist, Hugh Armstrong, Ballina A.C.

### ***Magnificent Win for Tobin at AVIVA Schools***

The AVIVA All-Ireland Schools Cross Country Championships were held in the University of Ulster, Jordanstown on Saturday 9<sup>th</sup> March. Sean Tobin, High School Clonmel put in a terrific performance to win gold in the Senior Boys race in a time of 22.42, 15 seconds ahead of the silver medallist, Hugh Armstrong. The High School Clonmel finished 2<sup>nd</sup> overall in the team competition with Michael Carey in 10<sup>th</sup> place, Evan Egan in 31<sup>st</sup> & Shane Moloney in 50<sup>th</sup> place. Killian Cullagh & Darren Dunne placed individual 8<sup>th</sup> & 9<sup>th</sup> in the Inter-Boys race, both qualifying for the Irish team for the AVIVA SIAB Cross Country International in Wales on Saturday 23<sup>rd</sup> March. The Loreto, Clonmel were 3<sup>rd</sup> in the Senior Girls race, the Ursuline, Thurles were 4<sup>th</sup> in the Inter-Girls race with the Presentation, Thurles 5<sup>th</sup> in the Minor Girls race.

### ***Dunne & Cullagh Represent Ireland***

Darren Dunne (St. Joseph's Borrisoleigh) & Killian Cullagh (Nenagh Vocational School), Nenagh Olympic A.C. both competed on the Intermediate Boys Irish team at the SIAB Schools Cross Country International in Dinefwr Park, Llandeilo, Wales on Saturday 23<sup>rd</sup> March. Darren finished 17<sup>th</sup> overall in 20.46 while Killian was 31<sup>st</sup> in 22.22. The Irish team finished 4<sup>th</sup> overall on the day on 98 points behind Scotland in 3<sup>rd</sup> place on 82 points, Wales in 2<sup>nd</sup> place on 80 points & England in 1<sup>st</sup> place on 46 points.

### ***Terrific Turnout at Primary Schools XC***

The Primary Schools Cross Country Championships on Wednesday 2<sup>nd</sup> October was the official start of County Tipperary's Cross Country season which was launched in style in the magnificent grounds of Thurles Crokes A.C.

on the Nenagh Road, Thurles. Having started out early morning with torrential rainfall, the clouds parted & the sun shone for all races. Because of the huge numbers participating last year, the Championships was split into 2 sections with races for the Major, Large & Extra Small schools taking place from 10.30am & a 12 noon start for the Small & Medium schools. This worked very well for athletes, schools & spectators alike & ensured a very smooth running of the Championships. A record number of 90 schools took part in 30 different races with a total of 2,314 children participating. Biggest single races of the day were 3<sup>rd</sup> & 4<sup>th</sup> Class Boys Major (117), 5<sup>th</sup> & 6<sup>th</sup> Class Boys Major (111), 3<sup>rd</sup> & 4<sup>th</sup> Class Girls Medium (104) & 3<sup>rd</sup> & 4<sup>th</sup> Class Boys Medium (107). Following on from the large numbers who took part last year in the Large & Small Schools categories, these categories were all split into 2 separate races averaging around 140 children in each category.

### ***South Tipperary Athletic Titles for Scoil Ruain, Loreto Convent and Comeragh College***

The South Tipperary Post Primary Schools Cross Country competition took place in ideal conditions on Wednesday 20<sup>th</sup> November in the Marfield GAA Complex, Clonmel. This event was promoted by Carrick on Suir and Clonmel athletic Clubs. Both Clubs are grateful to Marfield GAA for the use of their fine facilities. Competition was very keen in all 8 races and many of these athletes will now go on to represent their Schools at the upcoming County Post Primary Schools Cross Country Championships which will take place in Thurles Crokes Complex on Wednesday 4<sup>th</sup> December starting at 11am. The Loreto Convent Clonmel won the Best Girls School competition while Comeragh College Carrick on Suir were winners of the Best Boys School Shield. Scoil Ruain were impressive winners of the Best Community Post Primary School award.

### ***County Secondary Schools Cross Country***

The County Tipperary Secondary Schools Cross Country Championships took place in Thurles Crokes Complex on Wednesday 4<sup>th</sup> December. In the Best Overall Girls School competition the Ursuline Convent Thurles narrowly beat their near neighbours the Presentation Convent Thurles while the Cistercian College, Roscrea captured the Best Boys Schools competition for the first time. In the Co Ed Schools Scoil Ruain Killenaule were crowned County Champions.

### ***County Cross Country Season 2013***

The County Juvenile Even Age & Novice Cross Country Championships took place in Moyne on Sunday 6<sup>th</sup> October. In the Girls competitions, there was 1 team title each for Moyne A.C., Newport A.C., Clonmel A.C., Dundrum A.C. & Nenagh Olympic A.C. 2 individual titles went to Nenagh Olympic A.C. (Alannah Deering in Girls U/14 & Ciara Cummins in Girls U/18) & 1 each to Templemore A.C. (Nessa Towey, Girls U/10), Newport A.C. (Emma Coleman, Girls U/12) & Dundrum A.C. (Jean Kelly, Girls U/16). In the Boys competitions, Nenagh Olympic A.C. came to the fore winning 3 team titles in the Boys U/10, 12 & 18 & 3 individual titles in the Boys U/10 (Alex Reynolds), U/12 (Ted Collins) & U/18 (Darren Dunne). Thurles Crokes A.C. won 1 team title in the Boys U/14 & Moyne A.C. in the Boys U/16. There were also individual wins for Moycarkey Coolcree A.C. in the Boys U/14 race (Jack Fallon) & Moyglass A.C. in the Boys U/16 (Jack Dolan). It was great to see the number of athletes up in the U/18 races with 10 girls & 8 boys taking part & to see Fethard A.C. Girls U/18 team winning silver on the day.

The County Juvenile Uneven Age Cross Country Championships took place in Clonmel on Sunday 20<sup>th</sup> October. In the individual competition, there were 3 titles for Nenagh Olympic A.C. & Newport A.C. & 1 each for Moycarkey Coolcree A.C., Moyne A.C., Moyglass A.C., Mooreabbey Milers A.C. & Clonmel A.C. For the boys, there were individual County titles for Joe Egan, Moycarkey Coolcree A.C. in the Boys U/9, Alex Reynolds, Nenagh Olympic A.C., Boys U/11, Jack Hickey, Moyne A.C. in Boys U/13, Jack Dolan, Moyglass A.C. in Boys U/15 & Darren Dunne, Nenagh Olympic A.C. in Boys U/17. In the Boys team competition, Nenagh Olympic A.C. won 3 titles in the Boys U/9, 11 & 17 with Moycarkey Coolcree A.C. & Moyne A.C. winning 1 each. In the Girls competition, there was individual gold & County titles for Leah Quane, Mooreabbey Milers A.C. in Girls U/9, Aimee Hayde, Newport A.C. in Girls U/11, Emma Coleman, Newport A.C. in Girls U/13, Emma Fagan, Newport A.C. in Girls U/15, Ciara Cummins, Nenagh Olympic A.C. in Girls U/17 & Megan O'Brien, Clonmel A.C. in Girls U/19. In the Girls team competition, Clonmel A.C. won 3 titles in the Girls U/11, 13 & 19 with Newport A.C. & Templemore A.C. winning 1 each.

### ***Big Turnout for County Relays***

The County Juvenile Relay Cross Country Championships took place in Thurles Crokes Complex on Sunday 3<sup>rd</sup> November. Great numbers of athletes turned out for the competition which saw 16 teams in the Boys U/10, 12

in the Girls U/10, 10 in the Boys U/12, 11 in the Girls U/12, 6 in the Boys U/14, 4 in the Girls U/14 & 5 teams in the Mixed U/16 competition.

In the Girls competition, there were wins for Templemore A.C. in the Girls U/10 with Moyne A.C. in 2<sup>nd</sup> place & Nenagh Olympic A.C. in 3<sup>rd</sup>. Clonmel A.C. took the title in the Girls U/12 with Moyne A.C. in 2<sup>nd</sup> place & Newport A.C. in 3<sup>rd</sup>. In the Girls U/14 race, Nenagh Olympic A.C. took gold with Templemore A.C. in 2<sup>nd</sup> place & Moyne 3<sup>rd</sup>. In the Boys competition, Nenagh Olympic A.C. won gold & silver in the Boys U/10 with Moyne A.C. in 3<sup>rd</sup> place. Nenagh Olympic A.C. clinched gold again in the Boys U/12 with Templemore A.C. in 2<sup>nd</sup> place & Dundrum A.C. in 3<sup>rd</sup>. Thurles Crokes A.C. won the U/14 title with Carrick-On-Suir A.C. in 2<sup>nd</sup> place & Moycarkey Coolcree A.C. in 3<sup>rd</sup>. In the Mixed U/16 competition, it was gold for Tipperary Town A.C. with silver for Nenagh Olympic A.C. & bronze for Moyne A.C.

The County Juvenile "B" Cross Country Championships took place on Sunday 24th November in the Middlepiece, Turnpike, Two Mile Borris. There were individual wins for Shinead Blackburn, Mooreabbey Milers A.C. (Girls U/9), Victoria Lupton, Moyne A.C. (Girls U/11), Alison Connolly, Moyglass A.C. (Girls U/13), Eimear Ryan, Moycarkey Coolcree A.C. (Girls U/15), Jimmy Moloney, Thurles Crokes A.C. (Boys U/9), Carlos Grace Clonmel A.C. (Boys U/11), Callum O'Meara, Carrick-On-Suir A.C. (Boys U/13) & John O'Dwyer, Carrick-On-Suir A.C. (Boys U/15). In the team competitions Thurles Crokes A.C. won 2 titles with Dundrum A.C., Moyglass A.C., Moyne A.C. & Newport A.C. all winning 1 title each.

### ***Medals for Tipp at Munster Juvenile Cross Country***

The Munster Juvenile Even Age Cross Country Championships took place in Limerick Racecourse on Sunday 27<sup>th</sup> October. The County was well represented by eleven Clubs on the day. There were individual medal wins for Joe Egan (10<sup>th</sup>), Moycarkey Coolcree A.C. & Philip Hayes (11<sup>th</sup>), Moyne A.C. in the Boys U/10, Aimee Hayde (9<sup>th</sup>), Newport A.C. in the Girls U/12, Ted Collins (6<sup>th</sup>), Nenagh Olympic A.C. in the Boys U/12, Alannah Deering (6<sup>th</sup>), Nenagh Olympic A.C., Emma Fagan (8<sup>th</sup>), Newport A.C. & Roisin Daly (11<sup>th</sup>), Moyne A.C. in the Girls U/14, Jack Fallon (9<sup>th</sup>), Moycarkey Coolcree A.C. & Fred Crowley (10<sup>th</sup>), Thurles Crokes A.C. in Boys U/14, Laura Tobin (3<sup>rd</sup>), Clonmel A.C., Ciara Cummins (5<sup>th</sup>), Nenagh Olympic A.C., Orlaith Moynihan (6<sup>th</sup>), Clonmel A.C., Aoife Deering (9<sup>th</sup>), Nenagh Olympic A.C. & Aoife Laste (11<sup>th</sup>) Clonmel A.C. in the Girls U/18 & Darren Dunne (2<sup>nd</sup>) & Killian Cullagh (8<sup>th</sup>), Nenagh Olympic A.C. in Boys U/18. Clonmel A.C. won the County's only medal in the Inter-Club competition when they clinched gold in the Girls U/18 competition with Tipperary winning 7 sets of medals in the Inter-County competition (gold in Girls U/18 & bronze in the Boys U/10, Girls U/12, Boys U/12, Girls U/14, Boys U/14 & Boys U/18).

The Munster Juvenile Uneven Age & Intermediate Cross Country Championships took place in Castlelyons, Co. Cork on Sunday 10<sup>th</sup> November. Tipperary athletes fared well winning 1 Munster title (Boys U/9), 14 individual medals, 2 sets of Inter-Club medals both won by Nenagh Olympic A.C. in the Boys U/9 (gold) & U/17 (silver) & 4 sets of Inter-County team medals (1 silver & 3 bronze).

In the Boys U/9 race there was gold for Joe Egan, Moycarkey Coolcree A.C. with Cian Hodgins, Nenagh Olympic A.C. in 6<sup>th</sup>, his team-mate, Tom Walsh in 7<sup>th</sup> & Aaron Coleman, Newport A.C. in 10<sup>th</sup> place. Nenagh Olympic A.C. took the Munster title in the Inter-Club competition on 65 points (Cian Hodgins, Tom Walsh, Zac Egan & Filip McIntyre) with Tipperary placing 2<sup>nd</sup> in the Inter-County competition on 52 points (Joe, Cian, Tom, Aaron, Aaron McLaughlin & Jake Bowe, Moyne A.C.). Aimee Hayden, Newport A.C. won an individual medal in the Girls U/11 race when she placed 4<sup>th</sup> & Tipperary took bronze in the Inter-County competition (Aimee, Aoibhin Foley, Clonmel A.C., Kate Burke, Moyglass A.C., Rachel Leonard, Templemore A.C., Aoibheann Slattery, Nenagh Olympic A.C. & Emma Gleeson, Moyne A.C.). In the Boys U/11 race, Tipperary won a bronze Inter-County medal (Stephen Ferncombe, Dundrum A.C., Rory Grace, Nenagh Olympic A.C., Ben O'Sullivan, Newport A.C., Alex Reynolds, Nenagh Olympic A.C., Cillian McDonagh, Moycarkey Coolcree A.C. & Jack Nevin, Templemore A.C.). In the Girls U/13 competition, Emma Coleman, Newport A.C. won an individual medal when she finished 5<sup>th</sup> overall. There were individual medals for both Joshua O'Dwyer, Dundrum A.C. & Jack Hickey, Moyne A.C. when they finished in 5<sup>th</sup> & 9<sup>th</sup> place overall in the Boys U/13 race. Ciara Cummins, Nenagh Olympic A.C. finished in 6<sup>th</sup> place in the Girls U/17 race with her team-mates, Cillian Cullagh & Darren Dunne finishing in 4<sup>th</sup> & 10<sup>th</sup> place in the Boys U/17 race. Nenagh Olympic A.C. also won silver in the Boys U/17 Inter-Club competition (Cillian, Darren, Niall McIntyre & Richie O'Donoghue) with Tipperary taking bronze in the Inter-County competition (Killian, Darren, Niall, Richie, Anthony Tobin, Clonmel A.C. & Cormac Dunne, Nenagh



Olympic A.C.). In the Girls U/19 competition, Maedbh Moynihan, Clonmel A.C. was 5<sup>th</sup> with Cora Doyle, Moyne A.C. in 7<sup>th</sup> place. Tom Hennessy, Nenagh Olympic A.C. won silver in the Boys U/19 race.

The Munster Juvenile "B" & Masters Cross Country Championships took place in Beaufort, Co. Kerry on Sunday 1<sup>st</sup> December. Well done to all our athletes who took part & especially the medal winners. There were wins for Lily Grace, Clonmel A.C. (3<sup>rd</sup>), Louise Hickey, (7<sup>th</sup>), Helen Cleere (8<sup>th</sup>) & Tara Gleeson, Moyne A.C. (12<sup>th</sup>) in the Girls U/9; Niamh Ryan, Moyne A.C. (10<sup>th</sup> in Girls U/13); Elaine Yelverton, Newport A.C. who won the Girls U/15 race with Ciara O'Neill, Clonmel A.C. in 3<sup>rd</sup> place; Ben O'Dwyer, Moycarkey Coolcree A.C. who was 12<sup>th</sup> in the Boys U/15 race & Harry Hogan & Eoin Troy, Moyne A.C. who were 7<sup>th</sup> & 9<sup>th</sup> in the Boys U/17 race.

### ***National Medals for Tipp Athletes***

The National Juvenile Even Age Cross Country Championships took place in Santry Demesne, Dublin on Sunday 17<sup>th</sup> November. Laura Tobin, Clonmel A.C. had a great run to finish 12<sup>th</sup> in the Girls U/18 race winning an individual medal. There was a gold Inter-Provincial medal for Jack Fallon, Moycarkey Coolcree A.C. in the Boys U/14 race where he finished an excellent 16<sup>th</sup> place, first home for Tipperary & 5<sup>th</sup> scoring member of the Munster team. Ted Collins, Nenagh Olympic A.C. also won a silver Inter-Provincial medal with the Munster team as the 6<sup>th</sup> scoring member when he finished a great 21<sup>st</sup> place overall & first home for Tipperary.

The National Juvenile Uneven Age Cross Country Championships took place in Waterford I.T. Campus on Sunday 15<sup>th</sup> December. Tipperary athletes won 4 individual medals, 7 Inter-Regional medals & 1 set of Inter-Club medals. Our individual medal winners were Aimee Hayde, Newport A.C. (5<sup>th</sup> U/11), Tom Hennessy, Nenagh Olympic A.C. (8<sup>th</sup> U/19), Joshua O'Dwyer, Dundrum A.C. (11<sup>th</sup> U/13) & Laura Tobin, Clonmel A.C. (11<sup>th</sup> U/19). There were also gold Inter-Regional team medals with Munster for Aimee Hayde (U/11 3<sup>rd</sup> scoring member), Joshua O'Dwyer (U/13 3<sup>rd</sup> scoring member) & Darren Dunne, Nenagh Olympic A.C. (18<sup>th</sup> U/17 & 6<sup>th</sup> scoring member); a silver Inter-Regional medal for Tom Hennessy who was first home for Munster in the Boys U/19 race & bronze team medals for Ciara Cummins, Nenagh Olympic A.C. (21<sup>st</sup> U/17 & 4<sup>th</sup> scoring member) & for Clonmel A.C. athletes, Laura Tobin (U/19 3<sup>rd</sup> scoring member), Orlaith Moynihan (20<sup>th</sup> U/19 & 5<sup>th</sup> scoring member) & Aoife Laste (23<sup>rd</sup> U/19 & 6<sup>th</sup> scoring member). Clonmel A.C. also won a bronze Inter-Club medal in the Girls U/19 competition with their team of Laura Tobin, Orlaith Moynihan & Aoife Laste. Nenagh Olympic A.C. were 4<sup>th</sup> in the Inter-Club competition with their team of Darren Dunne, Killian Cullagh (34<sup>th</sup>), Richard O'Donoghue (50<sup>th</sup>) & Niall McIntyre (65<sup>th</sup>). The Tipperary Girls U/11 team finished 11<sup>th</sup> overall, the Boys U/11 team finished in 12<sup>th</sup> place with the Boys U/17 team 5<sup>th</sup> overall.

### ***Tobin 9<sup>th</sup> at European Cross Country***

Sean Tobin, Clonmel A.C. was first home for Ireland in 9<sup>th</sup> position in the Junior Men's race at the European Cross Country Championships in Belgrade, Serbia on December 8<sup>th</sup>. Sean gave a brilliant account of himself on the day posting a top 10 finish among the best cross country runners in Europe with the Irish Junior Men's team finishing in 9<sup>th</sup> place overall.

## **2013 SCHOOLS TRACK & FIELD COMPETITIONS**

### ***21 Munster Schools Titles for Tipp Athletes***

The AVIVA Munster Schools T & F Championships took place on Saturday 18<sup>th</sup> May in Cork I.T. Tipperary athletes displayed great form taking home 56 individual medals in total (21 gold, 13 silver & 22 bronze). Scoil Mhuire Carrick-On-Suir also won gold in the Minor Girls Relay with St. Mary's Newport taking the title in the Junior Girls Relay. Top athlete over the weekend was Sean Tobin, High School Clonmel/Clonmel A.C. who won the Senior Boys 800m & 1500m setting two new schools records for good measure. Sean achieved a new PB of 1:50.23 when he won the 800m. His time was a new Munster schools record, replacing the 1:50.8 of Liam Reale in 2001 & later in the afternoon he followed up with another gun to tape win in the 1,500m and his time of 3:50.54 improved on the record of Mark Carroll, whose time of 3:52.5 was set in 1990.

There were also double Munster Schools titles for Sharlene Mawdsley, St. Mary's Newport/Newport A.C. (Junior 100m & 200m), Maria Carey, St. Mary's Newport/Newport A.C. (Junior Girls TJ & LJ), Daniel Ryan, Thurles CBS/Moycarkey Coolcree A.C. (Junior 80mH & LJ) & Kelly Ann Doyle, Scoil Mhuire Carrick/Carrick-On-Suir A.C. (Inter 80mH & 300mH).

Other double medal winners were:- Emma Hennessy, St. Mary's Newport/Nenagh Olympic A.C. gold in Junior High Jump & silver in Triple Jump; Phoebe Murphy, Loreto Convent, Clonmel/Clonmel A.C., gold in Inter 100m & bronze in 200m; Ciara Cummins, Ursuline Convent, Thurles/Nenagh Olympic A.C. gold in Inter 1500m Steeplechase & bronze in 1500m; Megan O'Brien, Loreto Convent Clonmel/Clonmel A.C. gold in Senior 400m Hurdles & bronze in 800m; Darren Prout, Presentation Ballingarry/Carrick-On-Suir A.C. gold in Inter Triple Jump & bronze in 100m Hurdles; Dan Finnerty St. Anne's Killaloe/Nenagh Olympic A.C. gold in Senior Javelin & bronze in 400m Hurdles; Jade Fahy, Nenagh Vocational School/Nenagh Olympic A.C. double silver in the Junior Javelin & Discus; Leanne Prout, Presentation Ballingarry/Carrick-On-Suir A.C. silver in Inter 80m Hurdles & bronze in 300m Hurdles; Michael Quilligan, Nenagh CBS/Nenagh Olympic A.C. silver in Inter 400m Hurdles & bronze in 400m; Aoife Vaughan Witts, Borrisokane Community College/Borrisokane A.C. silver in Inter Hammer & bronze in Discus; Caroline Morgan, St. Marys Nenagh/Nenagh Olympic A.C. double bronze in the Senior Hammer & Javelin; Tom Hennessy, St. Mary's Newport/Nenagh Olympic A.C., double bronze in Senior Boys 400m & 800m.

Other medal winners were:-Jack Dolan, Thurles CBS/Moyglass A.C. 1<sup>st</sup> Minor 800m; Aishling Vaughan Witts, Borrisokane Community College/Borrisokane A.C. gold in Junior Hammer; Eileen Rafter, Ursuline Thurles/Tullamore Harriers A.C. 1<sup>st</sup> in Inter 1500m; Aoife Deering, St. Marys Nenagh/Nenagh Olympic A.C. 1<sup>st</sup> in Inter Mile race; Aaron Egan, High School Clonmel/Clonmel A.C. 1<sup>st</sup> Inter 2000m Walk; Aoife Delargy, Ursuline Thurles/Tempemore A.C. 2<sup>nd</sup> in Inter 800m; Ciara Mockler, Presentation Convent Thurles/Moycarkey Coolcree A.C. 2<sup>nd</sup> Inter Shot Putt; Sarah Ryan, St. Josephs Borrisoleigh/Tempemore A.C. 2<sup>nd</sup> Inter 2000m Walk; Darren Dunne, Nenagh CBS/Nenagh Olympic A.C. 2<sup>nd</sup> Inter 3000m; Anthony Tobin, High School Clonmel/Clonmel A.C. 2<sup>nd</sup> Inter 2000m Walk; Clodagh Fitzgerald, Scoil Mhuire Carrick/Carrick-On-Suir A.C. 2<sup>nd</sup> Senior 100m Hurdles; Michael Carey, High School Clonmel/Clonmel A.C. 2<sup>nd</sup> Senior 2000m Steeplechase; Chloe Lynch, Gaelcholaiste Cheitinn, Clonmel/Clonmel A.C. 3<sup>rd</sup> in the Junior 1200m Walk; Aoife Tierney, St. Marys Nenagh/Nenagh Olympic A.C. 3<sup>rd</sup> Inter Pole Vault; Orlaith Moynihan, Loreto Convent Clonmel/Clonmel A.C. 3<sup>rd</sup> in Inter 3000m; Alix O'Dwyer, Loreto Convent Clonmel/Clonmel A.C. 3<sup>rd</sup> in Inter 2000m Walk; Kieren Hennessy, Thurles CBS/Moycarkey Coolcree A.C. 3<sup>rd</sup> Inter 1500m Steeplechase; Sean Glasheen, St. Ailbhe/Tipperary Town A.C. 3<sup>rd</sup> in Inter Shot Putt; Roisin Cleary, Presentation Convent Clonmel/Clonmel A.C. 3<sup>rd</sup> in Senior 400m; Susan Kennedy, Presentation Convent Thurles, 3<sup>rd</sup> Senior Triple Jump; Patrick Lynch, St. Marys Newport/Newport A.C. 3<sup>rd</sup> Senior 100m; Lukaz Dudek, Our Ladys Tempemore/Tempemore A.C. 3<sup>rd</sup> Senior Long Jump. Congratulations to them all.

### ***Record Performances from Tobin, Prout & Ryan at Schools T & F***

The AVIVA Irish Schools Track & Field Championships took place in Tullamore Stadium on Saturday 1<sup>st</sup> June. This blue ribbon event is the highlight of the School's athletic year & brings together the top athletes in the country for 1 day of intense & exciting competition. This year, the talent & competition present was extraordinary with no less than 12 long standing schools records broken with "Athlete of the Meet" going to the highly talented Marcus Lawlor, CBS Carlow who produced 2 spellbinding performances in the Senior Boys 100m & 200m & also anchored his Senior Boys CBS Carlow Relay team home to victory. Among this amazingly talented group, 15 Tipperary athletes from Clubs across the County came to the fore on the day but 3 in particular excelled with outstanding performances, all breaking records from the 1980's in the process.

Our youngest record breaker was **Daniel Ryan, Thurles CBS/ Moycarkey Coolcree A.C.** who had the distinction of breaking the first record of the day around 15 minutes into the start of the meet in the Junior Boys Long Jump with his huge 2<sup>nd</sup> round jump of 6.67m. Daniel added 44 cm onto his previous best jump of 6.23m at the Munster Schools a few weeks back & broke the existing 1987 record of 6.63m held by Jonathon Kron, Wesley College. Later in the day, he also went on to win gold in the Junior Boys 80m Hurdles in a time of 11.50 to improve on his previous best time of 11.56 set in the Munster Schools. Just as Daniel finished his Long Jump,

another Tipperary jumper, **Darren Prout, Presentation Ballingarry/Carrick-On-Suir A.C.** took to the runway in the Intermediate Boys Triple Jump. Having won the same competition in the Intermediate Boys & the Tailteann Games last year, there was a certain air of expectation on the day & Darren certainly didn't disappoint. In his spectacular 2<sup>nd</sup> round jump of 14.04m, Darren broke the existing 1981 record of 13.97m held by John Stapleton, Gormanston College, claimed his gold medal & recorded a personal best on his Munster Schools jump a few weeks back of 13.59m. Our 3<sup>rd</sup> outstanding athlete was **Sean Tobin, High School Clonmel/Clonmel A.C.** who took to the track later in the afternoon decimating the fields in both the Senior Boys 800m & 1500m & coasting home to victory in 1.50.65 in the 800m to break the 1982 record of 1.51.1 set by Sean O' Neill, St. Louis, Ballymena. Sean has already obtained the "B" standard for the European Juniors in both the 800m & 1500m. Other excellent performances by our athletes were **Maria Carey, St. Mary's Newport/Newport A.C.** who won gold in the Junior Girls Triple Jump with her jump of 10.48m, a personal best of 14cm on her 10.34m in the Munster Schools jump & she also won silver in the Long Jump with a personal best jump of 5.50m, an improvement of 25cm on her Munster Schools jump. **Sharlene Mawdsley, St. Mary's Newport/Newport A.C.** put in 2 terrific performances in the Junior Girls 200m to take gold & bronze in the highly contested 100m sprint. **Ciara Cummins, Ursuline, Thurles/Nenagh Olympic A.C.** produced a confident run from the front & was the clear winner in the Intermediate Girls 1500m Steeplechase in 5.22.99, posting a time that was almost 3 seconds faster than her Munster Schools time of 5.25.42. **Aaron Egan, High School, Clonmel/Clonmel A.C.** won gold when he took the Intermediate Boys 2000m Walk by the scruff of the neck & produced a gun to tape victory in a time of 9.00.85 while his team-mate, **Anthony Tobin** battled it out with Joe Mooney, Good Counsel School for his silver medal finishing in 9.13.89, knocking almost 5 seconds off his Munster Schools time of 9.18.83. **Michael Quilligan, CBS Nenagh/Nenagh Olympic A.C.** won silver in the Intermediate Boys 400m Hurdles in a time of 59.15 while **Michael Carey, High School, Clonmel/Clonmel A.C.** won silver in the Senior Boys 2000m Steeplechase in a time of 5.58.97 slicing just under 8 seconds off his Munster Schools time of 6.06.74. **Kelly Ann Doyle, Scoil Mhuire, Carrick/Carrick-On-Suir A.C.** produced a great courageous run from lane 8 in the Intermediate Girls 300m Hurdles of 44.00 & was unlucky to be just pipped on the line for gold by Kelly McGrory, Abbey Vocational, Donegal. Kelly Ann has already achieved the EYOF guideline standard for the 300mH at the Munster Schools in Cork I.T. on Saturday 18<sup>th</sup> May. Nenagh Olympic A.C. athletes, **Darren Dunne (CBS Nenagh) & Aoife Deering (St. Mary's Nenagh)** both produced great middle distance runs with Darren winning silver in the Intermediate Boys 3000m in a time of 8.53.40 to take almost 6 seconds off his Munster Schools run of 8.59.32 while Aoife clocked 5.18.72, over 11 seconds faster than her run of 5.29.16 in the Munster Schools. **Aoife Vaughan Witts, Borrisokane CC/Borrisokane A.C.** won silver in the Intermediate Girls Hammer with her throw of 43.39m while **Emma Hennessy, St. Mary's Newport/Nenagh Olympic A.C.** won bronze in the Junior Girls Triple Jump with a leap of 9.80m & she also finished 4<sup>th</sup> in the High Jump on 1.55m just missing out on a medal on countback.

Two more Tipperary highlights came from the **St. Mary's Newport team of Maria Carey, Sharlene Mawdsley, Emma Hennessy & Siofra Keane** who put in a fine performance in the Junior Girls 4 x 100m Relay to take gold in a time of 51.42. Watching the girls was poetry in motion as they sped to victory ahead of Munster rivals, Castletroy College, Limerick. The **High School Clonmel** ended the day with distinction finishing as the 3<sup>rd</sup> best School in the Country on 23 points with **Sean Tobin** contributing 18 of those points for his brilliant performances in the Senior Boys 800m & 1500m & **Michael Carey, Aaron Egan & Anthony Tobin** also proudly representing their school & winning medals in the 2000m Senior Steeplechase & Intermediate Walks.

#### ***Tailteann Inter-Provincial T & F Games 2013***

Tipperary athletes performed very strongly on the Munster Schools team at the Tailteann Games in Tullamore on Saturday 29<sup>th</sup> June winning 10 individual medals (4 gold, 4 silver & 2 bronze) & 8 Relay medals. There was gold & bronze for Kelly Ann Doyle & Leanne Prout in the 300mH, gold for Darren Prout in the Triple Jump, gold for Darren Dunne in the 3000m, gold for Aaron Egan in the 3000m Walk, silver for Anthony Tobin in the 3000m Walk, silver for Maria Carey in the Triple Jump, silver for Michael Quilligan in the 400mH, silver for

Aoife Vaughan Witts in the Hammer, bronze for Daniel Ryan in the Long Jump, bronze for Phoebe Murphy, Maria Carey & Leanne Prout in the Girls 4 x 100m Relay, silver for Kelly Ann Doyle & Leanne Prout in the Girls 4 x 300m Relay, bronze for Daniel Ryan & Darren Prout in the Boys 4 x 100m Relay & bronze for Michael Quilligan in the Boys 4 x 400m Relay. Well done to all our Tipperary athletes.

### ***Gold for Carey at AVIVA SIAB Schools International***

This competition took place on Saturday 20th July in Santry. Well done to our 9 Tipperary athletes who took part for Ireland & their schools - Maria Carey (gold in Girls Triple Jump), Sharlene Mawdsley (6th Girls 200m), Kelly Ann Doyle (4th 300mH & 3rd in 4 x 300m Relay), Aoife Vaughan Witts (4th in Girls Hammer), Darren Dunne (7th in Boys 3000m), Michael Quilligan (2nd in Boys 400mH), Darren Prout (3rd Boys Triple Jump), Anthony Tobin (4th in Boys 3000m Walk) & Aaron Egan (2nd in Boys 3000m Walk).

### ***Munster Schools Combined Events Championships***

These Championships were held on Wednesday 16th October in Nenagh Indoor Stadium. There was a good turnout from Tipperary athletes with gold medals won by Daniel Ryan, CBS Thurles in the Junior Boys competition & Paul White, CBS Nenagh in the Senior Boys competition. There were silver medal wins for Martin Kehoe, Presentation Ballingarry in the First Year Boys competition, Michael Quilligan, CBS Nenagh in the Intermediate Boys competition & Liam Finn, CBS Nenagh in the Senior Boys competition.

### ***All Ireland Schools Title for Ryan***

Daniel Ryan, CBS Thurles/Moycarkey Coolcree A.C. won gold in the Junior Boys competition at the All Ireland Schools Combined Events in AIT International Arena on Saturday 16th November, his second successive title in this event. Paul White, CBS Nenagh/Nenagh Olympic A.C. won bronze in the Senior Boys competition & Michael Quilligan, CBS Nenagh/Nenagh Olympic A.C. finished in 5th place in the Inter Boys competition. Lauren Moylan, Nenagh College/Nenagh Olympic A.C. also performed well in the Junior Girls competition to finish in 9<sup>th</sup> place. Daniel & Michael will now represent Ireland on the Junior & Inter Boys teams at the Schools Combined Events International in the Emirates Arena, Glasgow on Saturday 14th December.

### **2013 INTERNATIONAL COMPETITIONS**

Darren Dunne (St. Joseph's Borrisoleigh) & Killian Cullagh (Nenagh Vocational School), Nenagh Olympic A.C. both competed on the Intermediate Boys Irish team at the SIAB Schools Cross Country International in Dinefwr Park, Llandeilo, Wales on Saturday 23<sup>rd</sup> March. Darren finished 17<sup>th</sup> overall in 20.46 while Killian was 31<sup>st</sup> in 22.22. The Irish team finished 4<sup>th</sup> overall on the day on 98 points behind Scotland in 3<sup>rd</sup> place on 82 points, Wales in 2<sup>nd</sup> place on 80 points & England in 1<sup>st</sup> place on 46 points.

Well done to Evan Lynch, Clonmel A.C. who was selected for the Irish team & competed in the Junior Men's 10km Walk at the 2013 European Race Walking Cup in Slovakia on Sunday 19th May. Evan started off very well but unfortunately the soaring temperatures (in the 30's) in the famous Spa town of Dudince saw Evan struggle & fail to finish. However, it was a valuable experience for the young man, a great achievement to reach such a high level & more great things to come from him in the future.

### ***Murphy, Doyle & Tobin Obtain European Standards***

Phoebe Murphy, Clonmel A.C. (200m) & Kelly Ann Doyle, Carrick-On-Suir A.C. (300mH) both achieved their EYOF guideline standards at the Munster Schools Track & Field Championships in Cork I.T. on Saturday 18th May. Sean Tobin, Clonmel A.C. has also obtained the "B" standard for the European Juniors in both the 800m & 1500m. Well done to all three.

### ***3 Clonmel Athletes on Irish International Teams***

Sean Tobin, Clonmel A.C. was selected to compete for Ireland in the 800m & 1500m in Rieti, Italy at the European Junior Championships from the 18th to the 21st July having achieved the "B" Standard in both events. He coasted into the 1500m Final at the European Junior Championships in Rieti winning his heat in a time of 3.50.31 & performed to the highest standards in the 1500m final finishing an excellent 4th place in a top class field in a PB of 3.45.73.

Orlaith Moynihan, Clonmel A.C. was selected to compete for Ireland at the International Youth Cup in Nice, France on 7th July.

Phoebe Murphy, Clonmel A.C. was selected to compete for Ireland in the 100m at the European Youth Olympic Festival in Utrecht, Netherlands in July. Phoebe obtained the European Youth Qualifying standard in both the 100m & 200m earlier this year. Phoebe was 2<sup>nd</sup> in her heat & came through her 100m semi-final to progress to the final where she placed 8th overall. She was also an integral part of the Irish Girls 4 x 100m Relay team who created a little bit of history when they ran 46.22 in their semi-final to break the Irish Youth record of 46.36 at the EYOF in Utrecht. The Irish girls (Phoebe, Niamh McNicol, Laura Ann Costello & Roseanna McGuckian) were the fastest going into the final & won gold in the final.

#### ***Kervick Finishes 5th in European 400m Heat***

Dara Kervick, Carrick-On-Suir A.C. finished in 5th place in the 400m at the European U/23 Championships in Tampere, Finland in a time of 47.44. Kervick made a very aggressive start to the race and was running strongly down the back straight. He came strong again coming around the top bend and battled all the way to the line to finish in fifth place. The time was just outside his personal best set earlier in the season of 47.28 and the experience will surely stand to him as he goes forward in his career. Dara was also part of the Irish Men's 4 x 400m Relay team who were drawn in the second heat of the 4x400m relay and after seeing the first heat being won in outside 3.09, hopes were high for qualification for the final. The team was made up of Dara, Jason Harvey (Crusaders AC), Richard Morrissey (Crusaders AC) and Mark English (UCD AC). Kervick got the team off to a positive start and was backed up by strong legs by Harvey and Morrissey. English took the baton with all six teams still in contention; English ran a very strong last leg to bring the team home in a time of **3.07.71**. The time was quicker than all the teams in the first heat however with five countries quicker than the Irish team; they would not progress to the final.

#### ***Morton Games***

Jack Corbett, Thurles Crokes A.C. was 3rd in the Men's 800m D race & his club-mate, William Hughes was 2nd in the Men's 800m C race at the Morton Games in Santry in July.

#### ***Celtic Gold for Prout***

Welsh Athletics were the hosts of the 2013 Celtic Games, an annual competition for the top under 16 and under 18 athletes from Ireland, Scotland & Wales. The Irish team of 49 athletes travelled to Colwyn Bay all having been selected from this year's National Championships. Congratulations to our 4 Tipperary athletes who competed for the Irish Team under the watchful eye of Emby Walsh, Carrick-On-Suir A.C. who travelled with the Irish team in a coaching capacity. Darren Prout, Carrick-On-Suir A.C. won the Boys U/18 Triple Jump with a leap of 13.33m, Aoife Vaughan Witts, Borrisokane A.C. won silver with a PB in the Girls U/18 Hammer with her throw of 44.97m, Phoebe Murphy, Clonmel A.C. was 4th in the Girls U/16 200m & Kelly Ann Doyle, Carrick-On-Suir A.C. was 3rd in the Girls U/18 100mH despite having suffered a heavy fall at the 4<sup>th</sup> hurdle while leading the race. In obvious discomfort, she picked herself up & finished the race to gain precious points for the Irish team, a fine display of true team spirit. In the overall results, the U 18 Irish Men's team took the trophy but despite having 7 gold medal wins the U 18 Irish Ladies team was pipped by 2 points by the Scottish team. In the U/16 competition, the Irish girls finished in 2<sup>nd</sup> place behind Wales & the Irish boys were 3<sup>rd</sup>.

#### ***3 Tipp Athletes Selected for Ireland***

Ciara Cummins & Aoife Deering, Nenagh Olympic A.C. & Aoife Laste, Clonmel A.C. were selected to compete for Ireland at the Irish & British Junior & U/17 Mountain Running Championships. Ciara & Aoife were part of the Irish Girls U/17 team while Aoife was on the Irish Junior Women's team.

#### ***Tobin 9<sup>th</sup> at European Cross Country***

Sean Tobin, Clonmel A.C. was first home for Ireland in 9<sup>th</sup> position in the Junior Men's race at the European Cross Country Championships in Belgrade, Serbia on December 8th. Sean gave a brilliant account of himself on the day posting a top 10 finish among the best cross country runners in Europe with the Irish Junior Men's team finishing in 9<sup>th</sup> place overall.

### ***Schools International Individual Silver for Ryan***

Two County athletes, Daniel Ryan, Moycarkey Coolcree A.C./Thurles CBS & Michael Quilligan, Nenagh Olympic A.C./Nenagh CBS both represented Ireland & their schools on Saturday 14<sup>th</sup> December in the Emirates Arena, Glasgow at the SIAB Schools International Combined Events Championships. Daniel Ryan, Thurles CBS was in great form winning individual silver in the Junior Boys competition & he also led the Irish Junior Boys team to a silver medal finish behind England. Michael Quilligan, Nenagh CBS also had a good competition finishing 9<sup>th</sup> overall & third best of the Irish with his team finishing in 2<sup>nd</sup> place.

### **2013 COMMUNITY GAMES FINALS**

#### ***National Community Games Cross Country Relays***

Well done to all our athletes who took part in the National Community Games Finals Cross Country Relays on Saturday 25<sup>th</sup> & Sunday 26<sup>th</sup> May. Although no medals were won, the Tipperary Girls U/12 & U/14 & Boys U/12 teams all progressed to the finals with the Girls U/14 finishing in 6<sup>th</sup> place overall & the Boys U/12 team finishing 5<sup>th</sup> overall. The Boys U/14 team also ran well & just missed out on a place in the finals.

#### ***12 Community Games National Medals for Tipp***

The National Community Games Athletics Finals took place on Saturday 17<sup>th</sup> & Sunday 18<sup>th</sup> August in Athlone. Tipperary athletes put in some excellent performances to win 4 gold, 3 silver, 2 bronze & 3 pewter medals. Top athletes were Maria Carey (Newport A.C.), Kyle Shelly & brothers, David & Daniel Ryan (Moycarkey Coolcree A.C.) who all won gold medals in their events, ending their spectacular year of athletics on a high. Maria was the inaugural winner of the Girls U/16 Triple with a season's PB, Kyle continued on Tipperary's great tradition of wins in the Boys U/12 Long Jump while David took the National title in the Boys U/14 Long Jump with a season's PB of 5.34m & Daniel took gold, a year out of his age in the highly contested Boys U/16 100m.

National Community Games Silver medals were won by Emma Hennessy (Nenagh Olympic A.C.) in the Girls U/16 High Jump with a season's PB, Caoimhe Power (Carrick-On-Suir A.C.) in the Girls U/10 100m & Aolib Hassen (Roscrea) in Boys U/12 100m. Emily Nolan (Carrick-On-Suir A.C.) won bronze in the Girls U/14 100m & Aaron Egan, Anthony Tobin (St. Peter's & St. Paul's) & Kieren Hennessy (Moycarkey Borris) won team bronze in the Boys U/16 7km Marathon. Pewter medals for 4<sup>th</sup> place were won by Sharlene Mawdsley (Newport A.C.) in Girls U/16 100m, Lauren Moylan (Nenagh Olympic A.C.) in Girls U/14 80mH & Caoimhe Perdue (Cashel) in Girls U/14 Long Jump.

### **AWARDS**

#### ***Munster Star Awards Banquet 2013***

The following Juvenile/Junior athletes/Clubs all received Munster Star Awards for 2012 in the Rathkeale House Hotel, Limerick on Saturday 26<sup>th</sup> January:-

1. Deirbhile Ryan, Nenagh Olympic A.C. - Tipperary Juvenile Indoor
2. Michael Quilligan, Nenagh Olympic A.C. - Tipperary Juvenile Indoor
3. Amanda Nevin, Borrisokane A.C. - U/23 Women's Indoor
4. Nenagh Olympic A.C. - Best Overall Munster Juvenile Indoor Club

#### ***Annerville Honours for Breeda & Sean***

Our County President, Mrs. Breeda Christie, Tipperary Town A.C. & Sean Tobin, Clonmel A.C. were both honoured with Annerville Sports Awards in Clonmel on Saturday 26<sup>th</sup> January.

#### **National Star Awards**

Deirbhile Ryan, Nenagh Olympic A.C. received a National All-Star Award from the AAI on Saturday 16<sup>th</sup> February in the Tullamore Court Hotel. Deirbhile was also been the recipient of a Munster Star Award at the end of January for Best Female T & F Athlete in Tipperary.

#### ***Munster Star Awards 2014***

Emma Hennessy & Ciara Cummins, Nenagh Olympic A.C. & Daniel Ryan, Moycarkey Coolcree A.C. will all receive Munster Star Awards for their outstanding athletic performances during 2013. Emma will receive "Best



Tipperary Female Indoor & Track & Field Athlete”, Daniel will receive “Best Tipperary Male Indoor & Track & Field Athlete” & Ciara will be presented with the “Tipperary Juvenile Cross Country” Award. The Munster Star Awards Banquet takes place in The Tower Hotel, Waterford on Saturday 25<sup>th</sup> January 2014.