

Big wins for Clare athletes at Nenagh Indoor Arena

The Munster Senior, Junior, Masters Mens and Ladies Indoor Championships were held at the Nenagh Indoor Arena and Clare athletes gave outstanding performances when taking home 16 gold, 19 silver and 10 bronze and Marian A. C. winning the Munster Junior 4 x 200metres Relay.

The Senior Ladies four Clare athletes were in action and in the 800metres Grace Eade Ennis Track captured the Gold Medal and in the 1500metres three Clare athletes were in the final with Sharon Rynne Kilmurry Ibrickane/North Clare producing a very big performance to take the silver medal with Becky Coughlan Ennis Track a very good third and Noreen Mackey Kilmurry Ibrickane/North Clare 4th and in the 3000metres once again Sharon Rynne running over fifteen laps of the track captured another silver medal with Becky Coughlan taking the bronze medal and Noreen Mackey finishing 5th.

The Senior Mens 60metres Hurdles David Courtney Ennis Track took a silver medal with another Ennis Track athlete in the 800metres Micheal Keane and over four laps he produced a very strong finish to take the silver medal.

Keith King Kilmurry Ibrickane/North Clare competing in four events where he captured the gold medal in the High Jump with a leap of (1 .70metres) a double silver medal in Triple Jump and Pole Vault and a bronze medal in the Long Jump with a leap of (6 .26metres) and in the 56lbs for distance Michael O'Brien Tulla taking the gold medal with a throw of (6 .08metres). Eamon Cleary Shannon also brought home a silver medal in the Shot Putt.

The Junior Ladies 800metres Harriett Flynn Shannon went out hard from the start and maintained it for four laps to take the gold medal ahead of Emer Hillery Kilmurry Ibrickane/North Clare with Laura Power Ennis Track a very good fourth and in the 1500metres once again Harriett Flynn produced a fine piece of front running to take another Gold Medal with again Emer Hillery having to settle for the silver medal.

The Junior Mens 400metres William Flynn Shannon taking a silver medal in (53 .56secs) and fourth Ian Slobody Kilmihil and in the 200metres Mark Boland Marian and Cormac Lynch Marian taking the silver and bronze medals and both athletes teamed up for the 4 x 200metres finals along with Cian O'Brien and Darragh Crowe to take the Munster Junior Relay title in (1min .37 .11secs).

The Clare masters swept the boards in Nenagh with Aishling Power Ennis Track winning the O/40's 800metres, Cushla Murphy Hehir Marian took gold in the O/50's 200metres and silver in the 800metres.

The Masters Mens O/35's Brian Spring finishing fourth in the 60metres and he came away with a bronze medal in the 200metres and in the O/40's gold going to Trevor White St Cronans in the 1500metres and he also captured a bronze medal in the 60metres.

The Clare Masters O/45's Richard Mc Arthur St Cronans came away with two gold medals winning the 60metres, he followed that with a very big win in the 200metres and later on that afternoon a double silver medal in the High Jump and Long Jump and Tommy Greene St Johns also competing in the O/45's was the outstanding master taking three gold medal the High Jump (1 .45metres) Long Jump (5 .08metres) and the 35lbs for distance.

The Masters O/50's another Clare athlete had outstanding success Martin Fitzpatrick St Marys came away with double gold in the Shot Putt (10 .75metres) and he also captured the 35lbs for distance with a throw of (7 .27metres) the mens 3000metres Eugene Moynihan Marian out sprinted over the final 50metres and had to settle for the silver medal with Michael Quinlivan Tulla taking a silver medal in the 1500metres and bronze in the 800metres O/50's.

The Masters men O/55's James Sexton Kilmurry Ibrickane/North Clare had to be at his very best to capture a double silver medal in the 800m and 1500metres and finished off the day with a bronze medal in the 3000metres with a time of (11mins . 20secs) in the O/60's Tom Jones Ennis Track in the 28lbs for distance and over three rounds he came away with a silver medal with a throw of (8 . 06metres) and in the O/65's that man from Crusheen and Marian A. C. Gerry O Connell captured the gold medal with a throw of (7 . 98metres).

Results:

Junior Ladies

800m.

- 1 Harriett Flynn Shannon
- 3 Emer Hillery Kilmurry Ibrickane/North Clare
- 4 Laura Power Ennis Track

1500m

- 1 Harriett Flynn Shannon
- 2 Emer Hillery Kilmurry Ibrickane/North Clare

3000m Walk.

- 2 Claudia Loughnane Marian

Senior Ladies

800m.

- 1 Grace Eade Ennis Track

1500m.

- 2 Sharon Rynne Kilmurry Ibrickane/North Clare
- 3 Becky Coughlan Ennis Track
- 4 Noreen Mackey Kilmurry Ibrickane/North Clare

3000m.

- 2 Sharon Rynne Kilmurry Ibrickane/North Clare
- 3 Becky Coughlan Ennis Track
- 5 Noreen Mackey Kilmurry Ibrickane/North Clare

Masters Ladies

O/40's

800m

- 1 Aishling Power Ennis Track

O/50's

200m.

- 1 Cushla Murphy Hehir Marian

800m.

- 2 Cushla Murphy Hehir Marian

Senior Men

60m Hurdles

- 2 David Courtney Ennis Track

800m.

- 2 Micheal Keane Ennis Track

Shot Putt.

- 2 Eamon Cleary Shannon

Long Jump.

- 3 Keith KingKilmurry Ibrickane/North Clare (6 . 26m)

High Jump.

- 1 Keith KingKilmurry Ibrickane/North Clare (1 . 70m)

Triple Jump.

- 2 Keith KingKilmurry Ibrickane/North Clare (10 . 25m)

Pole Vault

- 2 Keith KingKilmurry Ibrickane/North Clare

56lbs for Distance

1 Michael O Brien Tulla (6 . 08m)

Junior Men

200m

2 Mark Boland Marian

3 Cormac Lynch Marian

400m

2 William Flynn Shannon (53 . 56secs)

4 Ian Slobody Kilmihil (54 . 81secs)

800m

4 Cian O Brien Marian

4 x 200metres Relay.

1 Marian (Darragh Crowe, Cian O Brien, Cormac Lynch, Mark Boland) =
(1min . 37 . 11secs)

Masters Men

O/35's

60m

4 Brian Spring Ennis Track

200m.

3 Brian Spring Ennis Track

O/40's

60m

3 Trevor White St Cronans (8 . 49secs)

1500m.

1 Trevor White St Cronans

O/45's

60m.

1 Richard Mc Arthur St Cronans (7 . 84secs)

200m.

1 Richard Mc Arthur St Cronans (25 . 55secs)

35lbs for Distance.

1 Tommy Greene St Johns

Long Jump

1 Tommy Greene St Johns (5 . 08m)

2 Richard Mc Arthur St Cronans (4 . 99m)

High Jump

1 Tommy Greene St Johns (1 . 45m)

2 Richard Mc Arthur St Cronans (1 . 40m)

O/50's

Shot Putt

1 Martin Fitzpatrick St Marys (10 . 75metres)

35lbs for Distance

1 Martin Fitzpatrick St Marys (7 . 27metres)

800m

3 Michael Quinlivan Tulla

1500m

2 Michael Quinlivan Tulla

3000m

2 Eugene Moynihan Marian

O/55's

800m

2 James Sexton Kilmurry Ibrickane/North Clare (2mins . 32 secs)

1500m

2 James Sexton Kilmurry Ibrickane/North Clare (5mins . 10secs)

3000m

1 James Sexton Kilmurry Ibrickane/North Clare(11mins . 20secs)

O/60's

28lbs for distance

2 Tom Jones Ennis Track (8 . 06m)

O/65's

28lbs for Distance

1 Gerry O Connell Marian (7 . 98m)