

# **Sultan Akinwale and Ben Whelehan take gold at the Nenagh Indoor Arena.**

The Munster Juvenile Championships for U/9 to U/13's were held over two days both Saturday and Sunday at the Nenagh Indoor Arena and Clare athletes performed very well with Day one Shauna O Gorman Kilmihil taking a silver medal in the girls U/10's 300metres with day one all field events for the boys U/9's to U/13's and four Clare athletes taking bronze medals Noah Mc Conway St Cronans in the U/9's Long Jump, Shane Meehan Marian U/11's Long Jump, Tony Odubuto Ennis Track U/13's Long Jump, and Thomas Clancy St Johns bronze in the High Jump.

**Day Two** the Clare athletes set high standards when taking three Individual gold medals at Nenagh Sultan Akinwale Ennis Track was the star performer when taking double gold in the boys U/10's 60metres and 300metres.

Ben Whelehan Kilmurry Ibrickane/North Clare taking gold in the Boys U/11's 300metres and Shane Meehan Marian second.

The boys U/12's a silver medal to James Mc Guire Ennis Track in the 600metres, U/13's bronze medal Caoilfhionn O Dea Kilmurry Ibrickane/North Clare in the 600metres, and a silver medal to Tony Odubuto Ennis Track in the 60metres.

Emma Mc Mahon Marian winning a bronze medal in the girls U/10's Long Jump, and the final event of the evening the Girls U/13's High Jump Alex O Neill St Cronans taking a silver medal.

These Championships were run over two days and Clare Clubs had big representations in all Age Groups with the Girls on day one and the boys on day two St Johns, Ennis Track, Marian, Kilmihil, St. Cronans, Kilmurry Ibrickane/North Clare, and St Marys were well represented and the Clare athletes over two days took home three gold, four Silver and six bronze medals.

Day one and massive numbers in all events the first race on the track the girls U/11's 600metres and with over 90 athletes taking part and eleven heats and based on the eight fastest times to the final and Hannah Shannon Kilmurry Ibrickane/North Clare in heat one set a blistering pace for all her competitors and she produced a fine run to make it easy for herself and Daniela Svensson Kilmurry Ibrickane/North Clare also came through her heat in fine style and the final both girls starting well with Hannah Shannon settling in well with the leaders over the first of the three laps along with Daniela Svensson and in the final lap Hannah Shannon had moved into bronze medal position and over the final 50metres was outsprinted and had to settle for fourth with Daniela Svensson 5<sup>th</sup>.

The Girls U/10's 300metres four Clare girls making the final Susan Nestor St Marys winning her heat very comfortable along with Meadh O Malley Kilmurry Ibrickane/North Clare, Ruth Neylon Marian and Shauna O Gorman Kilmihil and Shauna O Gorman in the final had to work hard over the final 100metres to take a silver medal in (55 . 24secs) with Meadh O Malley 5<sup>th</sup> followed by Susan Nestor 6<sup>th</sup> and Ruth Neylon Marian 8<sup>th</sup>.

Day two in the girls U/10's Long Jump Emma Mc Mahon jumped very well to take a bronze medal with a leap of (3 . 27metres).

The girls U/9's 300metres Ciara Meehan Marian and Sarah O Looney Kilmurry Ibrickane/North Clare competing in these Munster Indoor Championships for the first time and they both came through these big fields to win there heats in fine style and in the final both performing at there very best Ciara Meehan finishing 4<sup>th</sup> with Sarah Looney 6<sup>th</sup>. and both girls in the 60metres dash Sarah Looney making the Semi Finals and Ciara Meehan making the final and finishing 6<sup>th</sup>. The Boys U/9's Long Jump was held on day one and Noah Mc Conway St Cronans taking a bronze medal after six great rounds of jumping with a leap of (2 . 97metres).

Day two the boys went into action with massive numbers once again for a very long day for all officials and the boys U/10's 60metres Sultan Akinwale Ennis Track came through his first round in fine style, again his semi final winning by a good margin and the Final taking the gold medal in (9 . 28secs) he also went onto the 300metres final and he demolished this big field after fifty metres to take his second gold medal of the day with a time of (51 . 55secs) .

The Boys U/11's 300metres Ben Whelehan Kilmurry Ibrickane/North the Munster U/10's Champion from Last year over 300metres showed a clean pair of heels to all in Munster in his heats and he went into the final with another Clare athlete Shane Meehan Marian and early lead was taken by Shane Meehan and going into the final lap the Marian athlete held the upper hand and rounding the last bend Ben Whelehan had to make a very big effort to take the gold medal in (1min . 57 . 33secs) with a massive performance from Shane Meehan to take the silver medal in (1min . 58 . 26secs) and Ben Whelehan also made it to the 60metres final and finished 5<sup>th</sup> . The Boys U/11's long Jump Shane Meehan Marian taking a bronze medal with a leap of (3 . 69metres).

The U/12's 600metres and this event had five first round heats and over sixty athletes with the eight fastest times and James Mc Guire Ennis Track went into this final on the back of a great win and over three laps in the final he produced a very big last lap to capture the silver medal in (1min . 55 . 84secs)

The Boys U/13's long Jump and over six rounds Tony Odubuto coming from 5<sup>th</sup> position to take the bronze medal with a leap of (4 . 35metres) and in the High Jump Thomas Clancy St Johns making the final eight in the final and he finished with a Bronze medal with a leap of (1 . 30metres) and the U/13's 60metres Tony Odubuto and Farouk Sobayo both Ennis Track made it through to the finals and Tony Odubuto taking the silver medal in (8 . 23secs) with Farouk Sobayo 7<sup>th</sup> in (8 . 86secs).

The 600metres boys U/13's a very big representation of Clare Athletes from St Johns, Ennis Track, Kilmurry Ibrickane/North Clare with Caoilfhionn O Dea and Cian Shannon both Kilmurry Ibrickane/North Clare making it through to the finals and Jack Fallon Moycarkey Coolcree was the big winner when taking the gold medal in (1min . 45 . 04secs) and Caoilfhionn O Dea having to produce a very big last lap to take the bronze medal in (1min . 48 . 30secs) with Cian Shannon 7<sup>th</sup> in (1min . 52 . 14secs).

The curtain was brought down on day two with a New Munster Indoor Record in the Girls U/13's High Jump Alex O Neill St Cronans, Vicky Cusack Liscarroll the final two athletes left standing after 25 going to the start both clearing (1 . 41metres) with the record at (1 . 43metres) both athletes decided to go for the record and attempt (1 . 44metres) and Vicky Cusack Cleared the Bar with Alex O Neill giving her all and over three attempts she had to settle for the Silver Medal and (1 . 41metres) with Vicky Cusack going further (1 . 46m) and Clearing and Again going (1 . 48m) and again clearing her final attempt (1 . 50metres) but this time it all came to an end with three attempts and this twelve year old athlete from Liscarroll Co Cork taking the gold in (1 . 48metres) and New Munster Indoor Record.

## **Results.**

### **Girls**

#### **U/9's**

##### **300m.**

- 4      Ciara Meehan Marian (58 . 95secs)
- 6      Sarah Looney Kilmurry Ibrickane/North Clare (61 . 75secs)

#### **U/10'S**

##### **60m**

- 7      Niamh Conlon Kilmihil (9 . 60secs)

##### **300m**

- 2      Shauna O Gorman Kilmihil (55 . 24secs)
- 5      Meadh O Malley Kilmurry Ibrickane/North Clare (56 . 81secs)
- 6      Susan Nestor St Marys (58 . 63secs)
- 8      Ruth Neylon Marian (59 . 73secs)

**Long Jump.**

3 Emma O Donoghue Marian (3 . 27m)

**U/11's.****600m.**

4 Hannah Shannon Kilmurry Ibrickane/North Clare (2mins . 08 . 62secs)

5 Daniela Svensson Kilmurry Ibrickane/North Clare (2mins . 09 . 74secs)

**U/13s.****High Jump.**

1 Vicky Cusack Liscarroll (1 . 48m) Munster Record

2 Alex O Neill St Cronans (1 . 41m)

**Long Jump.**

1 Vicky Cusack Liscarroll (4 . 57m)

5 Alex O Neill St Cronans (4 . 19m)

**Boys.****U/9's****300m.**

4 Noah Mc Conway St Cronans (59 . 74secs)

**Long Jump.**

3 Noah Mc Conway St Cronans (2 . 97metres)

**U/10's****60metres.**

1 Sultan Akinwale Ennis Track (9 . 28secs)

**300m.**

1 Sultan Akinwale Ennis Track (51 . 55secs)

2 John Conneally St Cronans (55 . 85secs)

**U/11's****60m.**

5 Ben Whelehan Kilmurry Ibrickane/North Clare (9 . 38secs)

**600m.**

1 Ben Whelehan Kilmurry Ibrickane/North Clare (1min . 57 . 33secs)

2 Shane Meehan Marian (1min . 58 . 26secs)

**Long Jump.**

3 Shane Meehan Marian (3 . 68metres)

**U/12's****600m.**

2 James Mc Guire Ennis Track (1min . 55. 84secs)

**U/13's****60m.**

2 Tony Odubuto Ennis Track (8 . 23secs)

6 Farouk Sobayo Ennis Track 98 . 86secs)

**600m.**

3 Caoilfhionn O Dea Kilmurry Ibrickane/North Clare (1min . 48 . 30secs)

7 Cian Shannon Kilmurry Ibrickane/North Clare (1min . 52 . 14secs)

**Long Jump.**

3 Tony Odubuto Ennis Track (4 . 35metres)

**High Jump.**

3 Thomas Clancy St Johns (1 . 30metres)