

## Irish Health National Senior Track and Field Championships 2022. Tipperary Round Up

Last weekend saw the likes of McElhinney, Adeleke, Olatunde, Barr and Becker dominate the track along with top shelf performances from Cussen, Millet and Sheridan in the field so much so it will take some time to digest the events that took place at Morton Stadium throughout the weekend. In thick of it all, were a number of Tipperary Athletes who acquitted themselves exceptionally well in what was described as testing ever changing weather conditions all weekend. This severed any hope of PB's but added an extra ingredient to the already flavoursome cake of competition, determination, conviction, tactics and spirit of all competition.

A personal highlight from a Tipperary perspective was the all merciful roar that echoed across the way over at the Long Jump pit. Of course it was Daniel Ryan of Moycarkey Coolcree AC throwing his arms up in the air to excitement of the crowd assembled at pit. It was a big effort and he was right, Daniel landed a lifetime best of 7.24m in the 3<sup>rd</sup> round of the men's long jump final. This secured his 3<sup>rd</sup> place finish and a senior bronze medal. Daniel's younger brother Dillon was also in men's long jump final and finished in 7<sup>th</sup> place with a best jump of 7.00m in the 3<sup>rd</sup> round also. The brother's joined forces to come away with the silver in the team event of the competition. David Ryan, (Daniel and Dillon's brother) was also in action on track on Saturday where he contested in the heats of the 400m, placing third in his heat in 48.81 and just missed out making the final. Congratulations to the Ryan brothers!

It wasn't the only success the club had, poster boy in Irish throwing circles, Sean Mockler was loving the damp conditions he sorely missed over in stateside, won his first National Senior title in the Hammer Throw – 65.33 in the 6<sup>th</sup> round that secured the victory. He also won the u23 title in the weight for height later on in the day, welcome home Sean!

Nenagh Olympic were well represented as per custom where success came the way of Joseph McEvoy on Sunday afternoon in the men's high jump final with a clearance of 1.85 to the bronze position. Joseph had a busy weekend where he contested in the 110m hurdles, pole vault and long jump. Also in action for Nenagh was the men's 4x100m relay team who finished 5<sup>th</sup> on Saturday and on Sunday the men's 4x400m team romped home in 3<sup>rd</sup> place in the final event of the programme.

Grace Fitzgerald from Tipperary Town AC performed particularly well on Saturday where she also came away with the bronze in the triple jump – 11.40m both in the 5<sup>th</sup> and 6<sup>th</sup> round! Grace competed with her sister Lucy who also had an exceptional performance finishing 6<sup>th</sup> with 10.71m and both girls won the team event! Congratulations to them!!

The following athlete's competed throughout the weekend and their individual results are as follows:

- Katie Bergin - Moyne AC – 200m, 100m ( 200m final – 7<sup>th</sup> place 26.12) (100m – semi-final 12.78)
- Ber Spillane - Moyne AC – 200m (heat 6<sup>th</sup> place 30.63)
- Sharon Cantwell - Moyne – 1500m (heat – 14<sup>th</sup> 5.04)
- Miriam Daly – Carrick on Suir (400m heat – 3<sup>rd</sup> 57.44)
- Dymphna Ryan – Dundrum (1500m – heat 11<sup>th</sup> – 4.45)
- Kevin Moore – Dundrum (5,000m – A – 14:50)
- William Hughes – Thurles Crokes (5,000m – 16.05)

- Robert Kennedy – Templemore AC (800m heat, 2.04)
- John Dwyer – Templemore AC – (Hammer 4<sup>th</sup> 52.55, Shot 5<sup>th</sup> 12.68, Weight for Height – bronze 4.40, discus 5<sup>th</sup>, 40.40, Javelin, 14<sup>th</sup> – 33.73, weight for distance, 4<sup>th</sup> 7.52).
- Mark O’ Brien – Templemore AC ( Hammer, 9<sup>th</sup> – 33.40)
- Fiona Hennessy - Templemore AC – (Shot, 10<sup>th</sup> 8.84)
- Kaley Cozen – Templemore AC (Hammer, 10<sup>th</sup>, 34.18)
- Liam Meade – Templemore AC (200m heat – 24.32, 100m heat 12.18)
- Jack Hickey – Nenagh Olympic – (200m heat – 23.54, 4x100 5<sup>th</sup> and 4x400 3<sup>rd</sup>)
- Alex Ryan – Nenagh Olympic – (200m heat 23.54, 4x100m, 100m, heat, 12.40)
- Padraic Hassett – Nenagh Olympic (200m final 6<sup>th</sup> – 22.89, 4x100m, 100m heat 11.78)
- Tom McCutcheon – Nenagh Olympic (400m, heat, 52.29)
- Paul White – Nenagh Olympic (400m, heat - 49.39)
- James Tanner – Nenagh Olympic (1500m heat – 4.07)
- Ava Rochford (5<sup>th</sup>, 1.70m), Ellen O’ Dwyer (9<sup>th</sup>, 1.55m), Grace Brennan (11<sup>th</sup>, 1.45m) High Jump, Nenagh Olympic – team gold.
- Jodie McGrath – Nenagh Olympic (Pole Vault, 4<sup>th</sup>, 2.95m)
- Michael Lynch – Nenagh Olympic (Hammer – 10<sup>th</sup>, 33.00. Shot, 8<sup>th</sup>, 11.24)
- Mark Tierney – Nenagh Olympic (Shot, 9<sup>th</sup>, 9.85, discus, 9<sup>th</sup>, 35.33m) (Champion pairs in discus and sliver in shot)
- Nenagh Olympic A.C., Padraic HASSETT, Paul White, Jack HICKEY, Tom MC CUTCHEON. 4x400m 3<sup>rd</sup> 3:22.78
- Joe Minitier – Nenagh Olympic (Javelin 13<sup>th</sup>, 34.47m, Long Jump – 8<sup>th</sup>, 6.97)
- Darragh Minitier – Nenagh Olympic (Shot 6<sup>th</sup>, 11.82m, discus 8<sup>th</sup>, 36.83m) (Champion pairs in discus and sliver in shot)
- Ben Connolly – Nenagh Olympic (Pole Vault, 7<sup>th</sup>, 3.50m)
- Sean Carolan – Nenagh Olympic (High Jump 6<sup>th</sup>, 1.75, Discus 7<sup>th</sup>, 39.43)

Full list of results can be found on [live.athleticsireland.ie](http://live.athleticsireland.ie)

We look ahead to more athletics entertainment in the u23, Masters, and National League championships in the coming weeks. Thanks to the athlete’s coaches, supporters and officials along with Athletics Ireland for their tremendous work and promotion on a very successful weekend of Irish Athletics as we celebrated its 150<sup>th</sup> year anniversary.