

## 2016 LEINSTER TRACK and FIELD 14 to 19 CHAMPIONSHIPS

### DAY 1

**Sophie Jackman 5th u15 80m hurdles.** A great run from Sophie in her first year of competition. Sophie goes in the longer hurdles tomorrow.

**Susan Murphy 9th shot putt u14.** In this event the reigning national champion broke the record three times doing a whopping 14.33 throw. Susan also competed in the javelin and while she did not make the last 8 she did very well and is ready to make her mark on the field for next year. Confidence building and experience of competition at this level in your first year is very important.

**Thomas Sheridan was joint first in the U17 high jump.** In an event where 5 athletes were in contention for the top spots. This brings pressure but more adrenaline upon an athlete. Thomas has been a constant in the high jump scene since u12. Though his highest national achievement to date has been the u14 silver at race walking. Well done Thomas.

**Tara Ramasamwy 2<sup>nd</sup> u/15 1500m.** She ran an amazing race to slowly work her way through the field. Her first ever Leinster track and field medal.

**Josh Fenton** made his debut in the **u14 boys 1,500m** and gave it his best shot in the ever warming day here in Tullamore. While he may not have medalled of this occasion, he is one to keep an eye on for the future.

**Aoife Allen** fresh from warm weather training in Italy, finished **8th in the girls u16 1,500m**. And is now ready to dive into her next competition with warm weather in toe. Well done everyone.

### DAY 2

**250m hurdles u15 Sophie Jackman** qualified for the final. What a race in the final. In the pouring rain she ploughed ahead passing her opponents to finish **6th** and so close to 4th.

**Boys u/14 800m....Josh Fenton** missed out on qualifying by half a second. we will hear alot about Josh in the next year or so. Being **13th** in the whole of Leinster for this age group is still a good achievement. Lots of potential here and he is making the transition to the older age groups nicely.

**Tara "the flyer" Ramasamwy** was 3rd in her heat and will do the final later in the day. Three long races in two days is intense and any athlete who goes through that, deserves applause, medal or no medal. **Tara finished 5th in the final of the 800m**. Though through the sheets of rain it was hard to make anyone out! She can now have a great rest on the way home.

**Clodagh Monahan finished 7th in her heat in the Girls u/14 800m.** An athlete who has really emerged on the middle distance scene and done incredibly well this year. One to watch for the future. So more to come on this. Remember all these athletes raced hard yesterday and it tough running two long races back to back.

**Niall Vogelaar was 3rd in the U14 shot putt.** This is Niall's first Leinster championships and first Leinster medal. Well done. Putting today in perspective, Niall has improved 3 meters since March this year. Just shows what a bit of training can do.

Jonathan Crowley was 4th in what could only be described as a mini monsoon here in Tullamore. The blinding rain lashed in sheets as the athletes waded their way around the track. Jonathan is in the middle of leaving cert too and keeping this in mind doing a PB in the rain, mid leaving cert is a big achievement.

**Gold for Aaron Donnelly in the Boys u/17 Steeplechase.** Aaron is new to this event and on the back of his excellent middle distance and cross country running he is well equipped to do well at it too. The rain is beyond monsoon level here now in Tullamore - with the track flooding and conditions becoming unbearable for the athletes. Making the steeplechase water jump seem less of an obstacle than it should be. Well done Aaron we look forward to seeing you in the All Irelands.