

# MERCY MOUNTHAWK

## Track and Field 2023



Track and Field Championships returned once again in 2023 and the black and amber of the Mercy Mounthawk athletic army jogged forth and showed their dominance.

At Kerry Colleges Mercy Mounthawk took both the boys' and girls' shields for the second year running. We had a huge medal haul on the day.

Ruby Crean	Gold in shot put
<b>Ryne Ybanez</b>	<b>Gold in long jump</b>
Kevin O'Shea	Gold 100m and shot put
<b>Amanda Duyile</b>	<b>Gold 100m and long jump</b>
Sean O'Neill	Gold 100m
<b>Niamh O'Shea</b>	<b>Gold shot put</b>
Tadhg Galvin	Gold 400m
<b>Lily May O'Gara</b>	<b>Gold 100m</b>
Lucy O'Connor	Silver 100m
<b>Cara Gannon</b>	<b>Gold 800m</b>
Bao Foley	Gold long jump
<b>Eoin Malik</b>	<b>Silver long jump</b>



As well as gold in the relay for our minor boys / junior girls / inter boys / inter girls. Well done, gang!



**The North Munster Schools' Championships** brought both days of athletics to the An Ríocht track, thus bringing North Munster schools to our backyard. Medal after medal started showing up on the score sheet with the highlight being the fact all of our relay teams - 9 in total, qualified for Munster schools Championships. **Minor Boys** - Dara Harty, Sean Sargent, Micheal Cotter, Kevin O'Shea. **Junior Girls** - Amanda Duyile, Síofra Murphy, Jessica Leen, Melanie Py. **Junior Boys** - Ike Echeme, Saad Abdalla, Victor Malakhov, Sean O'Neill. **Inter Girls** - Lucy O'Connor, Lily May O'Gara, Laurel Mason, Eve Broderick. **Inter Boys** - Kai Seino, Aaron Harty, Bao Foley, Greg Clifford. **Senior Girls** - Cara Gannon, Doireann O'Shea, Orlaith McKenna, Róisín Rahilly. **Senior Boys** - Mo Abdalla, Ryne Ybanez, Tadhg Galvin, Jack Barrett.

### INDIVIDUAL QUALIFIERS:

Ruby Crean - Shot put; Kevin O'Shea - Javelin and Discus; Niamh O'Shea - Shot and Discus; Áine O'Shea - Discus; Ryne Ybanez - Long Jump; Tadhg Galvin - 400; Conor McGibney - 1500; Dan O'Connor - 1500; Mo Abdalla - 800; Dara Harty - 75m Hurdles;

Aaron Harty - 100m Hurdles; Amanda Duyile - 75m Hurdles and 100m; Eoin Malik - Javelin and Long jump; Rachel Mulgrew - Long Jump; Lucy Mulgrew - Long jump and 80m Hurdles.

**The Munster Schools Track and Field championships** took place in Castleisland again on Saturday 21st May in favourable weather conditions. The athletes that travelled were eager to get out and perform. Though we had depleted numbers due to other weekend commitments, those that competed gave it their very best. 3 of our relay teams qualified for the All-Ireland. Minor boys (Gold), Junior boys (silver) and Inter boys (silver).

It was also a great day for the O'Shea family, as 3 of them qualified for the All-Ireland with Kevin winning the discus and getting a silver in javelin, Niamh O'Shea getting a bronze in the







discus and Áine O'Shea winning a bronze in the shot put and a silver in the discus.

A number of other students put in an excellent performance but were unlucky not to qualify for the All-Ireland. Tadhg Galvin narrowly missed out and finished with a bronze in the senior 400. Amanda Duyile was also unlucky to miss out, finishing with a bronze in the Junior 100. Dara Harty also finished 3rd in 75m hurdles and our intermediate girls team were also unlucky not to qualify, finishing 3rd.

**The Irish Life Health Irish Schools Track and Field Championships** returned to Tullamore Co. Offaly on Friday 2nd and Saturday 3rd June and it was a huge event for all, as only a handful had ever been to the venue before. They all took it in their stride. The weather was favourable and they competed with everything they had in their souls to give Mercy Mounthawk one medal.



This year the honour and All-Ireland medal went to 1st year discus thrower Kevin O'Shea (left). A National bronze medal at Junior level (while Kevin is still minor) was his reward for a fantastic 1st year at the Schools competitions.

Niamh O'Shea finished 6th in the inter discus while Aine O'Shea finished 7th in senior discus. Our minor boys relay finished 7th. Our junior boys 8th and our inter boys 5th.

A huge thanks must go to athletics coach Paul Griffin who worked tirelessly to help our athletes prepare for every competition. Well done to all who competed for the school throughout the track and field season. Blood, sweat and tears went into every performance this year and our athletes gave it their all putting in extra training, in the hopes of earning honours for their school. Your commitment and passion have not gone unnoticed and all the athletics coaches are more than proud of your achievements and are looking forward to next year's Multi events, Indoor and Outdoor seasons.

On June 24th next, Niamh O'Shea (right) has been selected to represent Munster Schools' throwing Discus, at the Irish Schools Track & Field "Tailteann" Interprovincial which will take place in SETU Carlow. We wish her the best of luck.

We also wish all of our athletes sitting exams this June the very best of luck and for those in 6th year that leave us and go forth in the next part of their lives and into adulthood, we wish you continued success in all you do.



## All-Ireland Relay teams



## WELL DONE TO OUR NORTH MUNSTER MEDAL WINNERS!

**GOLD** Kevin O'Shea - Javelin; Tadhg Galvin - 400m; Conor McGibney - 1500m; Doireann O'Shea - Javelin; Ryne Ybanez - Long Jump.

### SILVER/BRONZE

Seán O'Neill - 100m; Eoin Malik - Javelin; Amanda Duyile - 100m; Jack Barrett - 100m.

