

Team Ireland



Media Guide

World Junior Championships 2006
Beijing, China
15th – 20th August



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MEN

David McCarthy

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Jason Smyth

WOMEN

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Team Management

Team Manager

Bernie Alcorn



Team Coach

Jacqui Freyne



Team Physio

Angela O'Sullivan



Team Doctor

Bill Cuddihy



Team Physiologist

Giles Warrington

Team Logistics

Elaine Fitzgerald



TIMETABLE OF THE EVENT

Wednesday 16 August

09:00	100m	M	Decathlon
09:00	Javelin Throw	M	Qualifying Group A
09:30	Pole Vault	W	Qualifying Groups A &
09:40	3000m SC	M	1 st Round
10:00	Long Jump	M	Decathlon
10:25	400m Hurdles	M	1 st Round
10:25	Javelin Throw	M	Qualifying Group B
11:20	Shot Put	M	Decathlon
11:50	Hammer Throw	M	Qualifying Group A
13:15	Hammer Throw	M	Qualifying Group B
18:00	Hammer Throw	W	Final
18:05	High Jump	M	Decathlon
18:10	800m	M	Semi-Final
18:30	800m	W	Semi-Final
18:50	100m	W	Final
19:00	400m	M	Semi-Final
19:20	400m	W	Semi-Final
19:25	Long Jump	M	Final
19:40	100m	M	Final
19:50	Discus Throw	M	Final
19:55	400m Hurdles	W	Semi-Final
20:30	10,000m	M	Final
21:05	400m	M	Decathlon

Thursday 17 August

09:00	110m Hurdles	M	Decathlon
09:35	100m Hurdles	W	1 st Round
09:40	Pole Vault	M	Qualifying Groups A & B
09:50	Long Jump	W	Qualifying Groups A & B
10:00	Discus Throw	M	Decathlon Group A
10:10	3000m	W	1 st Round
10:50	200m	W	1 st Round
11:25	Discus Throw	M	Decathlon Group B
11:30	200m	M	1 st Round
16:00	Pole Vault	M	Decathlon Groups A & B
18:00	Javelin Throw	M	Decathlon Group A
18:05	200m	W	Semi-Final
18:10	High Jump	M	Final
18:25	200m	M	Semi-Final
18:45	400m Hurdles	W	Final
18:55	3000m SC	W	Final
19:10	Triple Jump	W	Final
19:15	400m	W	Final
19:15	Javelin Throw	M	Decathlon Group B
19:25	400m	M	Final
19:45	400m Hurdles	M	Semi-Final
20:15	1500m	M	Final
20:40	1500m	M	Decathlon Final

Friday 18 August

09:00	100m Hurdles	W	Heptathlon
09:05	Discus Throw	W	Qualifying Group A
09:30	Triple Jump	M	Qualifying Groups A & B
09:40	110m Hurdles	M	1 st Round
09:55	High Jump	W	Heptathlon
10:00	Shot Put	M	Qualifying Groups A & B
10:15	1500m	W	1 st Round
10:30	Discus Throw	W	Qualifying Group B
18:00	Pole Vault	W	Final
18:15	Shot Put	W	Heptathlon Groups A & B
18:25	100m Hurdles	W	Semi-Final
18:30	High Jump	W	Qualifying Groups A & B
18:45	800m	M	Final
18:55	800m	W	Final
19:05	200m	M	Final
19:15	200m	W	Final
19:30	Hammer Throw	M	Final
19:50	400m Hurdles	M	Final
20:15	100m Hurdles	W	Final
20:25	200m	W	Heptathlon

Saturday 19 August

09:00	Long Jump	W	Heptathlon Groups A & B
09:05	10,000m Race Walk	W	Final
10:10	10,000m Race Walk	M	Final
10:15	Javelin Throw	W	Heptathlon Group A
11:10	4 x 100m	W	1 st Round
11:30	Javelin Throw	W	Heptathlon Group B
11:45	4 x 100m	M	1 st Round
18:00	Javelin Throw	W	Final
18:05	Pole Vault	M	Final
18:10	110m Hurdles	M	Semi-Final
18:40	3000m	W	Final

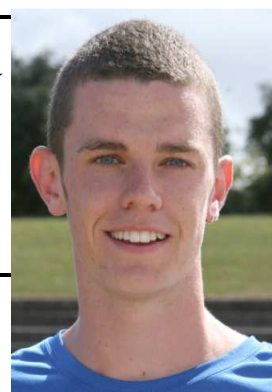
18:45	Long Jump	W	Final
19:10	3000m SC	M	Final
19:20	Shot Put	M	Final
19:40	4 x 400m	W	1 st Round
19:50	Javelin Throw	M	Final
20:20	800m	W	Heptathlon Final
20:35	4 x 400m	M	1 st Round

Sunday 20 August

18:00	High Jump	W	Final
18:10	110m Hurdles	M	Final
18:35	1500m	W	Final
18:40	Triple Jump	M	Final
18:45	Discus Throw	W	Final
19:05	5000m	M	Final
19:40	4 x 100m	W	Final
19:55	4 x 100m	M	Final
20:20	4 x 400m	W	Final
20:50	4 x 400m	M	Final

Athlete: David McCarthy

Event: 800m



Date of Birth: 03-08-1988

Club: West Waterford A.C.

Coach: Malcolm McCausland

Place of Birth: Clonmel, Co. Tipperary

Ht: 6ft

Wt: 68kg

Current Status: Student at St. Augustine's College
Dungarvan

Career Highlights: Medalist European Youth Olympic
Festival 2005

PB's	800m	1.49.93
	1500m	3.48.24

Progression	800m	1500m
2006	1.49.93	3.48.24i
2005	1.51.22	3.56.75

International Record

2006 1st Irish schools cross country
 2nd National senior indoor Championships
 1st 1500m Cardiff International indoors

2005 2nd 800m EYOF
 1st 800m and 1st 400m Irish schools
 2nd 800m Mannheim International

2006 Form

David opened the 2006 season with an impressive indoor performance over 1500m only marginally missing out on the World Junior Standard. In the outdoor season he won the Irish Schools and ran a personal best and the World Qualification at the International meeting in Mannheim.

- 1st Irish Schools Cross Country
- 2nd National Senior Championships indoor 1500m
- 1st Irish schools track 800m

800m

1.52	1 st	Cork	May 20
1:52.88	1 st	Tullamore	June 03
1.49.93PB		Mannheim	Jul 08
1.53.22	3	Dublin Int	Jul 29

1500m

3.48.24PBi	2	Belfast	Feb 19
3.50.82	13	Watford	Jun 10
3.48.46PB	14	Cork	Jul 01
3.48.60	3	Mannheim	Jul 7

Athlete: Chris Quinn

Event: 400mH



Date of Birth: 11-11-1988

Club: Lagan Valley

Coach: John Glover

Ht: 6 ft 1

Wt: 78 kg

Current Status Student at Methodist College Belfast

Career Highlights Irish Schools Champion 2005, 2006
Ulster Schools record Holder
Irish Schools Rugby International

PB's	400mH	53.23
	200m	22.78

Progression	400mH	200m
2006	53.23	22.78
2005	54.70	23.9
2004	57.6	24.2

Records

Ulster schools record holder 400mH

International Record

2006 Irish schools champion (400mH)

2005 Irish Schools Champion (400mH)
Schools Interprovincial champion 400mH
Schools International 4th

2004 Schools International 5th

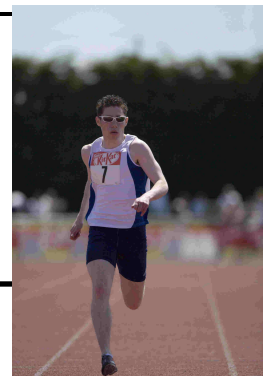
2006 Form

Christopher has shown excellent form to Qualify for the World Junior Championships. He won the Irish Schools and the Irish Juniors. He competed very well in the international meeting in Gothenburg to gain the qualification standard for the World Junior Championships.

- Irish Schools championships 400H 1st 53.65
- N.I Senior Championships 400H 3rd 54.77
- Irish Junior Championships 400H 1st 53.64
- Gothenburg International 400H 53.23 WJQ

Athlete: Jason Smyth

Event: 100m/200m



Date of Birth:	04-07-1987
Club:	City of Derry
Coach:	Stephen Maguire
Place of Birth	Londonderry Northern Ireland
Ht	5ft 10'
Wt	10.6 stone
Current Status	Student at Limauady Grammar School
Career Highlights	World Paralympic Champion 100m & 200m 2005

PB's	100m	10.61=NJR
	200m	21.77
	60m	6.94NJR

Progression	100m	200m
2006	10.61	21.77
2005	10.85	21.77
2004	10.95	21.91

Major Championship Record

2005 World Paralympic Champion 100 and 200m

2004 Commonwealth Youth Championships

2006 Form

Jason equaled the Irish Junior 100m record in Mannheim in July after a series of unlucky and windy performances. He finished second in the National Senior Championships and won the Irish Schools.

60m

6.95 4th NC Belfast Feb 18

100m

10.64w	1		Antrim	May 20
10.56w	3	NIC	Belfast	Jun 10
10.88	1	NJC	Tullamore	Jul 02
10.61PB	6	DLV	Mannheim	Jul 07
10.94	2	NC	Santry	Jul 23

200m

22.04SB 5 Dublin Jul 29

Athlete: Amy Foster

Event: 100m/200m



Date of Birth: 02-10-1988

Club: North Down A.C.

Coach: David Reid

Place of Birth: Newtownards, Northern Ireland

Ht: 163cm

Wt: 53kg

Current Status: A level student at Glenlola Collegiate School, Bangor

Career Highlights EYOF silver medalist

PB's	100m	11.93
	200m	24.25

Progression	100m	200m
2006	11.93	24.32
2005	11.93	24.25
2004	12.33	25.44

Records

Irish Schools Intermediate 200m record holder

Major Championship Record

2005 EYOF Silver Medalist
European Junior Championships Q

International/ National Record

2006	See below
2005	Celtic Games 100m & 200m champion Schools International 100m champion & 200m silver Scottish indoor 200m champion U17 AAA U17 indoor 200m silver AAA Outdoor U17 100m silver & 200m Bronze Irish Schools Intermediate 100m & 200m champion Irish U18 indoor bronze 200m N.I and Ulster senior 100m & 200m silver
2004	Irish schools 200m 2 nd & 100m 3 rd Interprovincial 100m & 200m 2 nd N.I and Ulster U17 100m & 200m champion Celtic Games 100m & 200m 3 rd
2003	N.I & Ulster U16 100m & 200m champion Irish schools 4 th (junior) Celtic Games 100m 4 th

2006 Form

Amy won the Irish Schools Championships and the Irish Junior 100m title. Her WJQ qualification was achieved in 2005, however she came agonizingly close in Mannheim and at the Irish Junior Championships.

- Irish schools Senior 100m & 200m Champion
- Irish junior 100m champion
- N.I Championship 100m 2nd
- N.I Championships 200M 1st

100m

11.97 (11.75w)	4		Bedford	May 29
11.69w	2	NIC	Belfast	Jun 10
11.96w	4		Namuur	Jun 29
11.93SB	1	NJC	Tullamore	Jul 02
11.93	1B	DLV	Mannheim	Jul 07
12.08	3	NC	Dublin	Jul 23

200m

24.50	6		NAmuur	Jun 29
24.43	2	NJC	Tullamore	Jul 02
24.32SB	3	DLV	Mannheim	Jul 08

Athlete: Kelly Proper

Event: Long Jump



Date of Birth 01-05-1988

Club Ferrybank A.C.

Coach Brid Golden

Place of Birth London

Ht 5ft 6'

Wt 9 ½ stone

Current Status Student at St. Pauls Community College, Waterford

Career Highlights EYOF Finalist

World Youth Championships Q

PB's Long Jump 6.19 NJIR, NIR

6.14 NJR

6.32 w

200m 25.19

60mH 8.99

Progression	LJ	200m	60mH
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2006	6.32w	25.19	8.99
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6.19

2005	6.10	25.69	9.50
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2004	5.61	26.98	10.13
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Major Championship Record

2006	AAA's combined events Gold national indoor 3 gold National senior gold Wales Gold national Senior national Junior 3 gold
2005	National indoor and outdoor- 8gold National senior record EYOD 6 th final National juniors- 3 gold Qualifier of world's youths and junior Europeans
2004	National indoor and outdoor- 8 gold

2006 Form

Kelly won the National Senior Championships achieving an impressive wind assisted performance of 6.32w. She has broken the national junior record both indoor and outdoor and the national senior indoor record.

LJ Indoor

6.02	2	Cardiff	Feb 5
6.19NR, NJR, PB		NC Belfast	Feb 18
5.84		AAA Birmingham	Jun 3

LJ Outdoor

6.08	1	NSC Tullamore	Jun 03
5.78	7	EC Prague	Jun 18
5.90	6	Cork	Jul 1
6.08	1	NJC Tullamore	Jul 2
6.14PB	1	Tullamore	Jul 9
6.32w	1	NC Dublin	Jul 23
6.11w	1	Dublin	Jul 29

Athlete: Kalyn Sheehan

Event: 400mH



Date of Birth 20-11-1989

Club Ferrybank A.C.

Coach Brid and Alan Golden

Place of Birth Waterford

Ht 5ft 7'

Wt 65kg

Current Status Going into 5th year in St. Angela's Ursuline Convent Waterford

Career Highlights Finalist EYOF 400H 2005

PB's

400mH	60.17
100mH	14.4
300m	39.9
300H	42.07

Progression 400mH

2006 60.17

2005 62.5

International Record

2006 1st AAA combined events U17 indoor

2005 6th final of EYOF 400mH

1st 200m and 300mH All Irelands

- 2004 1st AAA combined events U15 outdoor
 1st 200m and 80mH and Long Jump All Irelands
 2nd AAA 75mH U15 outdoor
- 2003 1st AAA combined events U15 outdoor
 2nd AAA 75mH and Long Jump outdoor
 1st Long Jump and 75mH All Irelands

2006 Form

Kalyn made a huge breakthrough in 2006 to qualify for the World Junior Championships. She won the national senior 400mH title beating teammate Jessie Barr. She also won an Irish Schools double in hurdles. An exciting talent.

- Munster Junior Champion 400m hurdles
- Double Champion at Irish Schools, 300mH 80mH
- Mannheim international 400mH 61.3
- Captain for schools international Scotland - 3rd in 300mH and 80mH
- National Senior Championships 1st 400mH 60.49
- National Junior Championships 1st 400mH

400H

60.17PB	1	MC	Castleisland	Jun 25
60.70	1	NJC	Tullamore	Jul 2
61.35	5h	DLV	Mannheim	Jul 8
60.50	1	NC	Santry	Jul 23
