



BASKETBALL

South-East Leagues

In all 8 teams competed in South-East Leagues. They were Under-19 B, Under-19 C, Under-16 B, Under-16 C, 2nd year B, 2nd year Dev., First Year B, and First Year Dev. In December the Under-19 B were crowned South-East champions when they beat Loreto Clonmel in the final. The other teams finished mid table. The 2nd year B were unlucky to meet Cashel Community School in the early stages of the league, thus failing to make the South East final. They put up a great performance against Cashel who went on to win the All-Ireland title. Our First Year B team had a very unlucky season, with some games going to extra time, and losing matches by at most 2 points.

Basketball Cup

The Under 19's had a truly fine season in the All-Ireland Cup. They made it all the way to the All-Ireland semi-final. They had to beat St. Leo's, Carlow, St Joseph's, Rochfortbridge, Co. Westmeath and St Mary's, Naas, losing to St. Aloysius, Cork. A special word of thanks to Coach Byrne for all his work with this team.

Sarah O'Keeffe 3rd year represented our school on the Under-15 Inter-Regional team. Erica Walsh 4th year received an Irish Cap with the Under-17 Basketball team.



CROSS COUNTRY ATHLETICS

Thirty-seven students travelled to St Augustine's, Dungarvan on Thursday, 26th January to compete in the Waterford Schools Cross-Country Championship. There was a record entry from the school of four Minor teams, one Junior team and one Inter team. In the Minor race we had six students in the top seven finishers, Elanna Forristal, Gillian Walsh, Maeve Beglin, Ciara O'Brien, Catherine Murphy and Sarah Doheny. This outstanding success meant we also won the 1st and 2nd team prizes. The Junior team were narrowly beaten into fourth team place by three points. The highest placed in this race were Katrina Dennison, Kelly Molloy, and Ailbhe Byrne. The Inter Team came away easy winners of their Cup. Kitty Walsh came 4th running a very fine race, her sister Beth was close on her heels in 5th position and Tara Quinn crossed the line in the 7th spot. St. Angela's also won the Overall Cup.



Munster Schools

Nineteen athletes represented the school in the Munster Cross-Country Championships in Dungarvan on 11th February. We participated in every age category. The Minor team of Elanna Forristal, Maeve Beglin, Ciara O'Brien, Sarah Doheny, Treasa Doorley, Niamh Murray and Catherine Murphy got the day off to a great start. When Elanna, Maeve and Ciara finished in 2nd, 3rd and 4th place respectively the Minor Cup was on its way back to the Ursuline. The Junior team of Ailbhe Byrne, Katrina Dennison and Louise Keniry finished a very creditable fifth. The Intermediate team of Kitty Walsh, Beth Walsh, Grainne Quinn, Tara Quinn and Emily Whittle, based on Kitty's 5th, Beth's 6th and Grainne's 8th placings, saw the Ursuline on the winner's rostrum again. The Senior team made up of Aisling Walls, Zoe Power, Janine Cassidy and Linda Power came fourth in their race.

The 'Mary Ashe Overall Cup' was then decided on the achievement of all four teams, and St. Angela's won it for the first time.

All-Ireland Title for the Intermediate Team

The Intermediate Cross-Country team of Kitty Walsh, Beth Walsh, Grainne Quinn and Tara Quinn went on to win the All-Ireland Intermediate Cup in March. Super finishes by Kitty, Grainne and Beth in 12th, 13th and 14th place secured the All-Ireland title.

ORIENTEERING

Waterford Schools

This is a relatively new sport in Ireland and in St. Angela's. In February two first year teams, two Junior teams and one senior team, travelled to Portlaw Woods to compete in the Waterford Schools Orienteering competition. Our Senior team of Jessica Kennedy, Erica Walsh, Aisling Goff and Amelia Wallace, all Fourth Years, came second in the Senior Girls team competition. The Junior team of Laura Cox, Jovita Mullan, Catherine Murphy finished 1st, 2nd and 3rd individuals respectively and, along with their team-mate Eilis Watkins, they captured the team gold. Not only that, but the Junior B team took the team bronze. The girls on this team were Aisling Kenny, Rachel Furlong, Clodagh O'Neill and Rachel Keating. Finally our First Years, not to be outshone, were also on winning ways, when Emilia Wright, Niamh Murray, Megan O'Mahony and Kim Phelan took the Minor team bronze.

Munster Schools

Twenty-five students participated in the Munster Schools competition. In the Minor event the first four home for St. Angela's were Emilia Wright, Megan O'Keeffe, Alanna Keever and Tara Power and their collective times secured the second team placing.

The finishing positions of Laura Cox 3rd, Jovita Mullen 4th, Eilis Watkins 6th and Katrina Dennison 7th secured the gold team medal for the Junior team event. The Fourth Year team, although running a great race, were out of the medals.

All-Ireland Schools

The All-Ireland schools was held in Doneraile Forest Park in April, and twenty-nine students travelled. It was a beautiful day and the course was fast which suited our girls. The Minor and Junior teams were again in the medals. The First Year team, having benefited from the map reading training, won silver. They were Dearbhla Coll, Treasa Doorley, Tara Power and Elanna Forristal. The Junior year team that captured the

Munster title won bronze in the All-Irelands.

TRACK & FIELD ATHLETICS

Waterford Schools Championships

The schools athletic season got off to a great start in April with 19 students from the school competing in the Waterford schools. Results: In the Minor grade, gold medals were won by Elanna Forristal in 800m and High-Jump, Sarah Doheny 1500m. A silver medal was won by Maeve Beglin in 800m. Our two Minor relay teams ran great races the A team taking the gold and the B team the bronze. At Junior level Aisling Farrell picked up a silver in the Shot, while Hayleigh Sheahan won silver in the Discus.



For the Waterford Schools Competition the Inter and Senior levels are combined and all our participants at this level won a medal of some colour. Gold medal winners were

Mary O'Connor 800m, and Hayley Murphy triple-jump. Mary also won silver in the 1500m. Bronze medal winners were Tara Quinn 800m, Hayley Murphy 100m and Sinead Donnelly in the long jump. The Inter relay team of Hayley Murphy, Kalyn Sheehan, Mary O'Connor and Sinead Donnelly ran 52.66 seconds to capture another gold.

East-Munster Schools Championships

In May, 30 students competed in the East Munster championships.

Minor Results

Elanna Forristal took gold in the 800m in a time of 2.41.59 followed closely by Gillian Walsh in second place. Gillian and Elanna teamed up with Catherine Murphy and Maeve Beglin to win the relay in a record time of 52.24 secs. These performances secured the Minor Overall Cup.

Junior Results

A few of the Minors moved up an age group to compete in some Junior events and Maeve Beglin was on the winner's rostrum again with a silver in the Junior Triple Jump. Emma O'Keeffe ran a fine 200m to finish in the bronze position.

Inter Results

In this age category the Ursuline girls proved very strong. Gold medals were won by Kalyn Sheehan in 300m, 80m hurdles and 300m hurdles, Mary O'Connor in 800m, Jessie Barr in high-jump and triple-jump and Sinead Donnelly in the long jump. Jessie also picked up silver in the 300m Hurdles. Grainne Quinn

won silver in the 800m followed by Beth Walsh in 3rd spot. Also picking up bronze medals were Kitty Walsh in the 1500m and Tara Quinn in the 3000m. At the end of the day the Inter relay team of Kalyn Sheehan, Jessie Barr, Mary O'Connor and Grainne Quinn won the relay in a time of 54.55 secs. The Inter team, on truly super performances, won their Overall Cup.

Senior Results

Only 3 seniors travelled to Kilkenny and all three came home with medals. Holly Kavanagh won gold in Shot and bronze in the Discus. Lianne Colgan took silver behind Holly in Shot while Aisling Walls was beaten into second place by 1 second in the 800m.

Munster Schools Championships

Our athletes had a great day at the Munsters in Cork on May 20th. Inter Results. Kalyn Sheehan 1st in both 300m hurdles and 80m hurdles and 2nd in 300m. Jessie Barr 1st in triple jump, and 2nd in 300m hurdles. Mary O'Connor 1st in 800m. Beth Walsh 2nd in 800m. Kitty Walsh 2nd in 1500m. Sinead Donnelly 3rd in both long jump and triple jump.

Then to end the day on a high, Sinead Donnelly, Jessie Barr, Beth Walsh and Kalyn Sheehan teamed up to win the relay.

Senior Results

Hayley Murphy took gold in the triple jump and silver in the long jump.

All-Ireland School Championships 3rd June 2006

Inter Results: Kalyn Sheehan, 1st in 80m hurdles and 300m hurdles. Mary O'Connor, 1st in 800m. Jessie Barr, 1st in triple jump and 2nd in 300m hurdles. Kitty Walsh, 3rd in 1500m. Beth Walsh just outside the medals in 4th place in the 800m. The relay team of Grainne Quinn, Jessie Barr, Beth Walsh and Kalyn Sheehan took the gold in the relay for the second consecutive year ***Based on all these results, our Inter team won the All-Ireland Intermediate Overall Cup for the 2nd year in a row in a remarkable achievement WELL DONE TO ALL THE GIRLS INVOLVED.***

Senior Result: Hayley Murphy won bronze in the long jump and high jump



Individual Achievements:

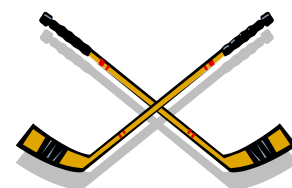
Well done to Mary O'Connor, Jessie Barr and Kalyn Sheehan who were picked on the Irish Schools Track and Field team last July.

Kalyn Sheehan won gold in the Under-17 International Combined Events in Crystal Palace in January.

HOCKEY

Eight Hockey Teams took part in various South-East League & Cup Competitions.

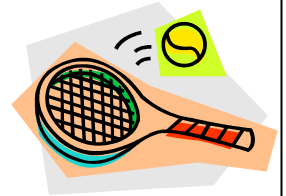
- ☉ The "Senior A" Team had mixed fortunes in their league, finishing middle of the table. Most memorable performances were a 3-1 victory over St. Leo's and a closely contested defeat at Kilkenny College. The team also qualified for the cup semi-final, eventually losing to their Kilkenny rivals.
- ☉ Defending champions "Inter A" Hockey team made it to the Cup final yet again. They achieved this after an exciting semi-final replay beating St. Leo's and Kilkenny College on the way. They were unlucky to lose 2-1 but only after a massive & sustained effort.
- ☉ The Ursuline Junior A squad, in terms of commitment and positive attitude, were bettered by no one. Though beaten by Kilkenny College and Loreto Wexford, they bounced back with terrific displays against Loreto, Kilkenny and St. Leo's, culminating in a marvellous 7-6 victory over Loreto, Clonmel.
- ☉ The Minor A Team have also had a good season, finishing in the top half of the league table. In all their games, Ursuline have been a match for their opponents. With continued commitment, and a little luck, they could have an even better season next year.
- ☉ Our Minor B Squad were unlucky not to make the final of the league having played well all season, losing out by one point. The Minor B's got some measure of compensation when they won the recent one-day tournament in Kilkenny.



- ☉ The First Year A Squad have had a very good season. This meant Ursuline finished 3rd in the league,
 - ☉ missing the league final by just one point.
 - ☉ The end of the season saw our First Year B Team finish mid-table in the league, with a share of wins, draws and losses. The squad has improved steadily throughout the season, with their finest game being their most recent with a terrific display against Kilkenny College.
 - ☉ Congratulations to Laura Dwyer who was selected for the South-East U-16 Hockey Team and who played so well in the Inter Provincials in Kilkenny
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- ☉ Thanks to everyone for their efforts throughout the season.

TENNIS

Two teams from the school competed in Munster Competitions this year. The Under-16 team of Eimear Kelly, Ciara McCarthy, Maria O'Brien, Lucy Stoneman and had a fantastic victory over Ursuline Thurles at Rushbrooke Tennis Club, Cobh on Thursday May 18th to win the Under-16 Munster Schools Shield. The Waterford girls really out shone their opponents, to defend their title, winning both the singles and the doubles in straight sets.



The Under-19 team of Sally Keller, Sinead Stoneman, Fiona Cummins and Alice Stoneman who won the Munster Shield last year had very tough competition in this years cup. They came up against Rockwell College in the second round who just proved too good in very closely contested matches.

SOCCER

This was another great year for the school soccer teams. The weather conspired against us for many matches and we had to avail of the Waterpark Astroturf pitch on several occasions to get through the fixtures.



The U18 team competed well in both the South East league and the Munster Cup.

The U15 South East league semi final was decided by a rain-soaked penalty shoot-out and, unfortunately, fate and the posts intervened to keep our team out of the final.

The success of this year was undoubtedly the U14 team who won the School FAI Munster title. In a campaign that included beating last year's All-Ireland champions, they played some stylish and courageous football to claim this title. They were beaten by one goal in the All-Ireland semi finals by the eventual 5-0 champions, Westport, but we can expect great things from them in the future.

We hope that next year sees the further development of soccer in the school.

**THANK YOU TO ALL THE STUDENTS WHO
PARTICIPATED AND PARENTS WHO FERRIED AND
CONTRIBUTED IN ANYWAY. A SPECIAL WORD OF
THANKS TO ALL THE TEACHERS WHO HELPED TO
CO-ORDINATE THE ACTIVITIES, WITHOUT WHOSE
HELP AND MOTIVATION THESE ACTIVITIES WOULD
NOT HAPPEN**