

# Munster Jnr & Snr Indoors 2011

## Nenagh Indoor Arena, Jan 9th 2011

JW - Junior Women, SW - Senior Women

JM - Junior Men, SM - Senior Men



### Womens 60m Hurdles

<i>place</i>	<i>name</i>	<i>club</i>	<i>category</i>	<i>time</i>
1	Megan Kiely	Ferrybank	JW	9.63
2	LISA HOULIHAN	West Waterford	JW	9.76
3	HANNAH TREHY	Carrick on Suir	JW	10.76
1	Roisin Howard	Bandon	SW	11.07

### Womens 60 m

<i>place</i>	<i>name</i>	<i>club</i>	<i>category</i>	<i>distance</i>	
1	Lilly Ann O'Hora	Dooneen	JW	8.10	<i>Heat</i>
2	Ann O'Shea	Ferrybank	JW	8.15	<i>Heat</i>
3	Laura Nevin	Dooneen	JW	8.16	<i>Heat</i>
4	Louise Woods	Marian	JW	8.40	<i>Heat</i>
5	Emma O'Gorman	Menapians	JW	8.60	<i>Heat</i>
1	Stephanie Carroll	Dooneen	JW	8.28	<i>Heat</i>
2	Louise O'Connor	Tralee Harriers	JW	8.34	<i>Heat</i>
3	Elaine Courtney	Spa Muckcross	JW	8.47	<i>Heat</i>
4	Darragh McDonnell	Estuary	JW	8.56	<i>Heat</i>
5	Anna Rogers	Ferrybank	JW	8.78	<i>Heat</i>
1	Ann O'Shea	Ferrybank	JW	8.07	<i>Final</i>
2	Stephanie Carroll	Dooneen	JW	8.07	<i>Final</i>
3	Lilly Ann O'Hora	Dooneen	JW	8.12	<i>Final</i>
4	Laura Nevin	Dooneen	JW	8.14	<i>Final</i>
5	Louise O'Connor	Tralee Harriers	JW	8.35	<i>Final</i>
6	Louise Woods	Marian	JW	8.62	<i>Final</i>
1	Phil Healy	Bandon	SW	8.19	<i>Final</i>
2	Aoife O Malley	Bilboa	SW	9.52	<i>Final</i>

**Womens 200 m**

<i>place</i>	<i>name</i>	<i>club</i>	<i>category</i>	<i>time</i>	<i>race</i>
1	Stephanie Carroll	Dooneen	JW	26.72	1
2	Chrsitine Neville	Leevale	JW	26.96	1
3	Laura Nevin	Dooneen	JW	27.00	4
4	Jessica Sheehan	Riverstick Kinsale	JW	27.02	4
5	Jessica Neville	Leevale	JW	27.20	3
6	Louise O'Connor	Tralee Harriers	JW	27.49	2
7	Eimear Lynch	Newport	JW	27.61	2
8	Elaine Courtney	Spa Muckcross	JW	27.94	2
9	Louise Woods	Marian	JW	28.21	4
10	Melina Van Der Valk	Ferrybank	JW	28.33	3
11	Emma O'Gorman	Menapians	JW	28.95	2
12	Brid Brosnan	Ferrybank	JW	29.29	1
13	Margaret Mary Grace	Nenagh Olympic	JW	29.79	3
14	Darragh McDonnell	Estuary	JW	29.91	3
15	Lydia O'Connor	Leevale	JW	29.97	1
1	Phil Healy	Bandon	SW	26.96	4

**Womens 400 m**

<i>place</i>	<i>name</i>	<i>club</i>	<i>category</i>	<i>time</i>	<i>race</i>
1	Megan Kiely	Ferrybank	JW	60.77	1
2	Ailbhe Courtney	St Brendans	JW	62.82	2
3	Eimear Lynch	Newport	JW	62.96	1
4	April Flynn	Ferrybank	JW	63.74	2
5	John Power	Ferrybank	JM	65.55	2
6	Margaret Mary Grace	Nenagh Olympic	JW	67.62	1
7	Hanna ryan	Tralee Harriers	JW	71.83	1
8	HANNAH TREHY	Carrick on Suir	JW	72.16	2

**Womens 800 m**

<i>place</i>	<i>name</i>	<i>club</i>	<i>category</i>	<i>time</i>
1	Harriet Flynn	Shannon	JW	2.23.24
2	Lydia O'Connor	Leevale	JW	2.58.66
1	Eilis Kelly	Raheny Shamrocks	SW	2.36.01

**Womens 1500 m**

<i>place</i>	<i>name</i>	<i>club</i>	<i>category</i>	<i>time</i>
1	Harriet Flynn	Shannon	JW	4.53.23
2	Cliona Doyle	Clonmel	JW	5.10.50
1	Laura Crowe	Riocht	SW	4.39.60
2	Michelle Finn	Leevale	SW	4.47.02
3	Sally McCarthy	UCC	SW	5.07.32
4	Alvy Carragher	Nenagh Olympic	SW	5.07.35

**Womens 3000m**

<i>place</i>	<i>name</i>	<i>club</i>	<i>category</i>	<i>time</i>
1	Michelle Finn	Leevale		10.22.52
2	Alvy Carragher	Nenagh Olympic	SW	10.45.15
3	Martina O'Dwyer	Carrick on Suir	SW	10.49.38
4	Jessica Von Hatten	Leevale	SW	10.27.64
5	Maire Heffernan	Liscarroll	SW	11.58.92

**Womens 3K Walk**

<i>place</i>	<i>name</i>	<i>club</i>	<i>category</i>	<i>time</i>
1	KATE VEALE	West Waterford	JW	13.10.86
2	Marie Costello	Borrisokane	JW	18.00.13
1	Miriam Hamilton	KIBK N.Cl.	SW	17.37.76

**Womens Relay****Junior**

1	Dooneen	1.49.2	H
2	Ferrybank	1.51.4	H
3	Leevale	1.52.6	H

**Senior**

1	Tralee Harriers	1.55.3	H
2	St Brendans	2.00.0	H

**Womens Shot**

<i>place</i>	<i>name</i>	<i>club</i>	<i>category</i>	<i>distance</i>
1	Niamh Murphy	BIAC	JW	11.08m
2	Laura McSweeney	Bandon	JW	10.76m
1	Roisin Howard	Bandon	SW	9.89m
2	Aoife O'Malley	Bilboa	SW	8.94m
3	Siobhan Heffernan	Liscarroll	SW	7.41m

**Womens Long Jump**

<i>place</i>	<i>name</i>	<i>club</i>	<i>category</i>	<i>distance</i>
1	AOIFE BARTLEY	Carrick on Suir	JW	5.04m
2	Darragh McDonnell	Estuary	JW	4.62m
3	Suzanne Kelly	Kilnaboy	JW	4.59m
4	Laura Lynch	Tralee Harriers	JW	4.59m
1	Sinead O'Connor	Tralee Harriers	SW	5.34m
2	Phil Healy	Bandon	SW	4.67m
3	Roisin Howard	Bandon	SW	4.27m
4	Siobhan Heffernan	Liscarroll	SW	4.14m

**Womens Triple Jump**

<i>place</i>	<i>name</i>	<i>club</i>	<i>category</i>	<i>distance</i>
1	Jessica Sheehan	Riverstick Kinsale	JW	10.68m
2	AOIFE BARTLEY	Carrick on Suir	JW	10.63m
3	Laura Lynch	Tralee Harriers	JW	9.51m
1	Sinead O'Connor	Tralee Harriers	SW	10.80m
2	Nicola Power	Ferrybank	SW	10.51m
3	Amy Phelan	St Brendans	SW	9.61m
4	Aoife O Malley	Bilboa	SW	8.73m

**Womens High Jump**

<i>place</i>	<i>name</i>	<i>club</i>	<i>category</i>	<i>Height</i>
1	Aisling Croke	Dooneen	JW	1.73m
2	CLAIRE COLLINS	West Waterford	JW	1.67m
3	Sorcha Murphy	Ferrybank	JW	1.50m
1	Amy Phelan	St Brendans	SW	1.45m
2	Siobhan Heffernan	Liscarroll	SW	1.30m

**Womens Pole Vault**

<i>place</i>	<i>name</i>	<i>club</i>	<i>category</i>	<i>Height</i>	
1	Nikita Savage	Youghal	JW	3.20m	=CBP
2	LISA HOULIHAN	West Waterford	JW	2.60m	
3	Una Marley	St Brendans	JW	2.40m	
4	LEANNE HERLIHY	West Waterford	JW	2.40m	
5	Katie O Riordan	St Brendans	JW	2.20m	
6	Helena Murphy	Bandon	JW	2.00m	
1	Amy Phelan	St Brendans	SW	2.40m	

# Munster Jnr & Snr Indoors 2011

## Nenagh Indoor Arena, Jan 9th 2011

JM - Junior Men, SM - Senior Men



### Mens 60m Hurdles

<i>place</i>	<i>name</i>	<i>club</i>	<i>category</i>	<i>time</i>
1	Edmond O'Halloran	Leevale	JM	8.73
2	Ben Dennesen	St Brendans	JM	9.92
1	Emmanuel Sabayo	Dooneen	SM	9.24
2	Ger Cremin	Riocht	SM	9.26

### Mens 60m

<i>place</i>	<i>name</i>	<i>club</i>	<i>category</i>	<i>time</i>	
60m					
1	Dylan Roche	St Brendans	JM	7.42	<b>Heat</b>
2	John Halley	Ferrybank	JM	7.4	<b>Heat</b>
3	Jaco Oosthuyzen	Clonmel	JM	7.59	<b>Heat</b>
4	Kieran Downes	Limerick	JM	7.99	<b>Heat</b>
5	John O'Brien	Leevale	JM	8.04	<b>Heat</b>
6	Ryan Casey	Leevale	JM	8.08	<b>Heat</b>
1	David Killeen	Leevale	JM	7.47	<b>Heat</b>
2	Eoghan Courtney	St Brendans	JM	7.68	<b>Heat</b>
3	PATRICK LYNCH	Newport	JM	7.7	<b>Heat</b>
4	Rafa Zipagan	Limerick	JM	7.8	<b>Heat</b>
5	Michael Deady	Ferrybank	JM	7.84	<b>Heat</b>
6	Robert Nagle	Leevale	JM	8.1	<b>Heat</b>
7	James Kelly	Liscarroll	JM	8.53	<b>Heat</b>
1	Eoin O'Carroll	Tralee Harriers	JM	7.36	<b>Heat</b>
2	Greg O Shea	Dooneen	JM	7.37	<b>Heat</b>
3	Edmond O'Halloran	Leevale	JM	7.54	<b>Heat</b>
4	Dennis O'Sullivan	Leevale	JM	7.58	<b>Heat</b>
5	Mark Boland	Marian	JM	7.69	<b>Heat</b>
6	Stephen Power	Limerick	JM	7.79	<b>Heat</b>
1	Patrick Maher	Leevale	JM	7.35	<b>Heat</b>
2	Edward O Carroll	St Brendans	JM	7.67	<b>Heat</b>
3	Roland Pika	Limerick	JM	7.69	<b>Heat</b>
4	Michael Godley	Tralee Harriers	JM	7.79	<b>Heat</b>
5		770		7.9	<b>Heat</b>
6	LUDAIGH O MAHONEY	West Waterford	JM	8.02	<b>Heat</b>

1	Patrick Maher	Leevale	JM	7.21	<b>Final</b>
2	Eoin O'Carroll	Tralee Harriers	JM	7.32	<b>Final</b>
3	Dylan Roche	St Brendans	JM	7.35	<b>Final</b>
4	Greg O Shea	Dooneen	JM	7.38	<b>Final</b>
5	John Halley	Ferrybank	JM	7.41	<b>Final</b>
6	David Killeen	Leevale	JM	7.49	<b>Final</b>
1	Edmond O'Halloran	Leevale	JM	7.49	<b>B Final</b>
2	Jaco Oosthuyzen	Clonmel	JM	7.63	<b>B Final</b>
3	Edward O Carroll	St Brendans	JM	7.64	<b>B Final</b>
4	Mark Boland	Marian	JM	7.64	<b>B Final</b>
5	Eoghan Courtney	St Brendans	JM	7.66	<b>B Final</b>
6	Dennis O'Sullivan	Leevale	JM	7.73	<b>B Final</b>
7	Roland Pika	Limerick	JM	7.87	<b>B Final</b>
1	Darren O'Donovan	Leevale	SM	7.39	<b>Heat</b>
2	Zoltan Gyomber	Dooneen	SM	7.48	<b>Heat</b>
3	Colm Lynch	Iveragh	SM	7.54	<b>Heat</b>
4	Ger Cremin	Riocht	SM	7.6	<b>Heat</b>
1	David Quilligan	Leevale	SM	7.34	<b>Heat</b>
2	Timmy Harrington	Bandon	SM	7.45	<b>Heat</b>
3	Emmanuel Sabayo	Dooneen	SM	7.55	<b>Heat</b>
4	Michael Hynes	Raheny Shamrocks	SM	7.63	<b>Heat</b>
5	Derek Zulu	Fethard	SM	7.9	<b>Heat</b>
6	Robert Cunningham	Limerick	SM	8.24	<b>Heat</b>
1	Breadan Leahy	Waterford	SM	7.53	<b>Heat</b>
2	Keith Smith	Carrick On Suir	SM	7.57	<b>Heat</b>
3	Ciaran McCabe	Riocht	SM	7.64	<b>Heat</b>
4	Jason Lynch	Riocht	SM	7.81	<b>Heat</b>
5	Mike O'Brien	Limerick	SM	8.06	<b>Heat</b>
6	Brendan Dennehy	Rising Sun	SM	8.71	<b>Heat</b>
1	David Quilligan	Leevale	SM	7.2	<b>Final</b>
2	Darren O'Donovan	Leevale	SM	7.33	<b>Final</b>
3	Breadan Leahy	Waterford	SM	7.44	<b>Final</b>
4	Timmy Harrington	Bandon	SM	7.48	<b>Final</b>
5	Zoltan Gyomber	Dooneen	SM	7.52	<b>Final</b>
6	Colm Lynch	Iveragh	SM	7.53	<b>Final</b>

### Mens 400m

<i>place</i>	<i>name</i>	<i>club</i>	<i>category</i>	<i>time</i>	<i>race</i>
1	James Greene	Ferrybank	JM	52.56	2
2	Ben Kiely	Ferrybank	JM	52.76	1
3	Luke O Keeffe	St Brendans	JM	52.88	1
4	Shane Fitzgerald	Emerald	JM	54.7	2
5	John Power	Ferrybank	JM	56.26	1
6	Daire Walsh	Bandon	JM	56.69	3
7	Isaac Lineen	Ferrybank	JM	57.26	2
8	Roland Pika	Limerick	JM	60.84	1
9	DAMIEN MURPHY	West Waterford	JM	62.86	2
1	Ciaran Collins	UCC	SM	51.39	
2	Kevin Finn	Nenagh Olympic	SM	60.21	

**Mens 800m**

<i>place</i>	<i>name</i>	<i>club</i>	<i>category</i>	<i>time</i>
1	Dean Cronin	BIAC	JM	2.00.99
2	Darragh Lynch	Ennis Track	JM	2.04.59
3	David Hogan	St Brendans	JM	2.11.99
4	David Kavangh	Tralee Harriers	JM	2.14.21
5	Cian O'Brien	Marian	JM	2.15.25
6	Diarmuid Brennan	Ferrybank	JM	2.17.45
7	James Kelly	Liscarroll	JM	2.25.27
8	Tola Alade Adare	Limerick	JM	2.26.01
1	Aiden Mullins	Bantry	SM	2.04.65
2	Tim O Connor	Riocht	SM	2.12.63
3	Arthur Fitzgerald	FMV	SM	2.16.10

**Mens 200m**

<i>place</i>	<i>name</i>	<i>club</i>	<i>category</i>	<i>time</i>	<i>race</i>
1	John Halley	Ferrybank	JM	23.72	2
2	Dylan Roche	St Brendans	JM	24.01	1
3	Eoghan Courtney	St Brendans	JM	24.34	3
4	Mark Boland	Marian	JM	24.39	3
5	PATRICK LYNCH	Newport	JM	24.48	4
6	Dennis O'Sullivan	Leevale	JM	25.09	3
7	Isaac Lineen	Ferrybank	JM	25.11	4
8	Jaco Oosthyusen	Clonmel	JM	25.15	1
9	John Power	Ferrybank	JM	25.21	1
10		770		25.35	1
11	Michael Deady	Ferrybank	JM	25.98	3
12	LUDAIGH O MAHONEY	West Waterford	JM	26.09	4
13	Mark O Connell	Bandon	JM	26.48	2
14	James Kelly	Liscarroll	JM	27.4	2
15	Joseph Wainaina	Ferrybank	JM	29.35	4
1	Zoltan Gyomber	Dooneen	SM	23.61	1
2	Breadan Leahy	Waterford	SM	24.64	2
3	Jason Lynch	Riocht	SM	26.28	2
4	Jonathan Goggin	Liscarroll	SM	27.07	1
5	Robert Cunningham	Limerick	SM	27.38	1
6	Ronan Foley	Togher	SM	29.96	2

**Mens 1500m**

<i>place</i>	<i>name</i>	<i>club</i>	<i>category</i>	<i>time</i>
1	Michael O`Sullivan	West Muskerry	JM	4.21.64
2	Jack O'Sullivan	FMV	JM	4.30.11
3	Conor McCarthy	Ferrybank	JM	4.40.82
4	DAMIEN MURPHY	West Waterford	JM	4.46.99
5	Stephen Walsh	St Brendans	JM	4.48.09
6	Solomon Adabesi	BIAC	JM	4.50.62
7	David Kavangh	Tralee Harriers	JM	4.50.90
8	Dylan Carey	St Brendans	JM	5.28.00
1	Mark Hanrahan	Leevale	SM	3.58.90
2	Ronan Duggan	Bandon	SM	4.08.83
3	Keith Maher	Templemore	SM	4.45.01

**Mens 3000m**

<i>place</i>	<i>name</i>	<i>club</i>	<i>category</i>	<i>time</i>	
1	Patrick McCartan	West Limerick	SM	8.23.46	
2	Mareks Floroseks	Guest	SM	8.23.63	
3	Jason Fahy	Olympic Harriers	SM	8.34.74	
4	Liam Markham	Ennis Track	SM	8.35.33	
5	James McCarthy	East Cork	SM	8.38.90	
6	Sean McGrath	East Cork	SM	8.38.77	
7	Brian McGinley	Ennis Track	SM	8.51.72	
8	Michael Herlihy	North Cork	SM	9.03.4	H
9	Brian Murphy	Ennis Track	SM	9.16.9	H
10	James Grufferty	Leevale	SM	9.21.2	H
11	Brian Swaby	Waterford	SM	9.28.6	H
12	Arthur Fitzgerald	FMV	SM	9.47.8	H
13	William Hughes	CIT	SM	9.51.4	H
14	Tony Fogarty	Thurles Crokes	SM	9.57.4	H
15	Shane Mullaney	Thurles Crokes	SM	10.06.8	H
16	Diarmuid O Sullivan	North Cork	SM	10.53.3	H
17	Declan Doherty	Thurles Crokes	SM	10.53.8	H

**Mens 5K Walk**

<i>place</i>	<i>name</i>	<i>club</i>	<i>category</i>	<i>time</i>	
1	P Murphy	Castleisland	SM	24.29	
2	Bobby King	St Cocas	SM	25.43	
3	Sean McMullins	Mullingar Harriers	SM	28.17	
1	Evan Lynch	Clonmel	JM	24.37.48	

**Mens Relay****Junior**

1	St Brendans	1.37.2	CBP
2	Ferrybank	1.37.4	
3	Dooneen	1.43.2	
4	Limerick	1.43.4	
5	Ferrybank	1.46.4	

**Senior**

1	St Brendans	1.56.4
2	St Brendans	1.59.5

**Mens Shot**

<i>place</i>	<i>name</i>	<i>club</i>	<i>category</i>	<i>distance</i>
1	Diarmuid Hickey	Riverstick Kinsale	JM	13.71m
2	Patrick McSweeney	Bandon	JM	12.60m
3	Peter O Brien	St Brendans	JM	10.52m
4	Jaco Oosthuyzen	Clonmel	JM	10.50m
5	Erik Feitshans	St Brendans	JM	8.54m
6	Stephen Power	Limerick	JM	8.31m
7	Gussi Mangidi	Limerick	JM	7.15m
1	Kieron Stout	Celbridge	SM	13.38m
2	Daniel Clifford	FMV	SM	13.04m
3	Patsy O'Connor	Tralee Harriers	SM	12.78m
4	James Nagle	FMV	SM	11.98m
5	Tom Boucher	Ferrybank	SM	10.67m
6	Dave Fratorolli	Limerick	SM	10.06m



**Mens Weight for Distance**

<i>place</i>	<i>name</i>	<i>club</i>	<i>category</i>	<i>distance</i>
1	Peter O'Brien	St Brendans	JM	7.59m
2	Patrick McSweeney	Bandon	JM	7.35m
3	Erik Feitshans	St Brendans	JM	5.61m
1	James Nagle	FMV	SM	7.02m
2	Patsy O'Connor	Tralee Harriers	SM	6.75m
3	Tom Boucher	Ferrybank	SM	6.18m
4	Micheál Dennehy	Rising Sun	SM	5.32m

**Mens Long Jump**

<i>place</i>	<i>name</i>	<i>club</i>	<i>category</i>	<i>distance</i>
1	Eoin O'Carroll	Tralee Harriers	JM	6.67m
2	SHANE ODWYER	Carrick on Suir	JM	6.66m
3	Stephen Murphy	Ferrybank	JM	6.02m
4	Michael Godley	Tralee Harriers	JM	5.93m
5	Roland Pika	Limerick	JM	5.90m
6	SHANE PROUT	Carrick on Suir	JM	5.87m
7	Robert Nagle	Leevale	JM	5.56m
8	James Kelly	Liscarroll	JM	4.36m
1	David Quilligan	Leevale	SM	7.18m
2	Timmy Harrington	Bandon	SM	6.82m
3	Keith Smith	Carrick on Suir	SM	6.35m
4	Breandán Dennehy	Rising Sun	SM	5.91m
5	Keith King	KIBK N.Cl.	SM	5.65m
6	Brendan Dennehy	Rising Sun	SM	4.69m

**Mens Triple Jump**

<i>place</i>	<i>name</i>	<i>club</i>	<i>category</i>	<i>distance</i>
1	SHANE PROUT	Carrick on Suir	JM	12.86m
2	Sean Archer	Ferrybank	JM	12.67m
3	Michael Godley	Tralee Harriers	JM	12.56m
4	Ryan Casey	Leevale	JM	12.29m
5	Diarmuid Hickey	Riverstick Kinsale	JM	12.03m
1	Denis Finnegan	Leevale	SM	14.40m
2	Keith King	KIBK N.Cl.	SM	11.17m
3	Michael Grimes	St Brendans	SM	10.80m
4	Steven O'Riordan	Templemore	SM	9.74m

**Mens High Jump**

<i>place</i>	<i>name</i>	<i>club</i>	<i>category</i>	<i>height</i>
1	PJ Galvin	St Brendans	JM	1.80m
2	Shane O'Dwyer	Carrick on Suir	JM	1.75m
3	James Kelly	Liscarroll	JM	1.40m
1	Keith King	KIBK N.Cl.	SM	1.75m
2	Emmanuel Sabayo	Dooneen	SM	1.70m
3	Brendan Dennehy	Rising Sun	SM	1.45m

**Mens Pole Vault**

<i>place</i>	<i>name</i>	<i>club</i>	<i>category</i>	<i>height</i>
1	Thomas Houlihan	West Waterford	JM	4.40m
2	Jonathon Foley	FMV	JM	3.80m
3	Lee Curley	Youghal	JM	2.80m
4	David Hogan	St Brendans	JM	2.60m
1	Ian Rogers	Clonliffe Harriers	SM	4.40m
2	David Courtney	Ennis Track	SM	2.40m
3	Michael Grimes	St Brendans	SM	2.20m
4	Eogan O'Sullivan	St Brendans	SM	2.20m