

Munster Junior & U23 Indoor T&F
Nenagh, January 2nd/3rd 2016

Junior Men 60m Hurdles

1 Jack	Murphy	Leevale A.C.	MJ	8.64
2 Kevin	O'Leary	Liscarroll A.C.	MJ	9.29
3 Dean	Mulqueen	Derg A.C.	MJ	12.52

Junior Men 60m

1 Cormac	McCann	FERRYBANK A.C.	MJ	7.19
2 Tony	Odubote	Ennis Track A.C.	MJ	7.28
3 Shawn	Benson	Ennis Track A.C.	MJ	7.37
4 John	Hogan	Abbey Striders A.C.	MJ	7.44
5 Jack	Murphy	Leevale A.C.	MJ	7.46
6 Nikolia	O'Connor	Tralee Harriers A.C.	MJ	7.56
7 Dion	Ryan	Waterford A.C.	MJ	8.10
8 Paul	Sullivan	Waterford A.C.	MJ	8.23

Under 23 Men 60m

1 Shane	Howard	Bandon A.C.	M23	7.24 CBP
2 Simon	Archer	Templemore A.C.	M23	7.27
3 Oisin	Fitzpatrick	Nenagh Olympic A.C.	M23	7.40
4 David	Cussen	Old Abbey A.C.	M23	7.42
5 Mel	O'Callaghan	Gneeveguilla A.C.	M23	7.44
6 Dan	Finnerty	Nenagh Olympic A.C.	M23	7.60
7 Ciaran	Dee	Leevale A.C.	M23	7.67

Senior Men 60m

1 Koadi	Ogbene	Leevale A.C. GUEST	Snr M	7.25
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Junior Men 200m

1	Cormac	McCann	FERRYBANK A.C.	MJ	23.38	H2
2	John	Hogan	Abbey Striders A.C.	MJ	23.82	H1
3	David	O'Brien	Dooneen A.C.	MJ	23.85	H1
4	Dean	Mulqueen	Derg A.C.	MJ	24.33	H2
5	Ronan	Barry	Marian A.C.	MJ	24.92	H2
6	Dion	Marcus	Killarney Valley A.C.	MJ	25.44	H1
7	Mark	Carmody	An Brú A.C.	MJ	25.88	H2

Under 23 Men 200m

1	Simon	Archer	Templemore A.C.	M23	22.94	H1	CBP
2	William	Flynn	Shannon A.C.	M23	23.55	H2	
3	Jemil	Saidi	Ennis Track A.C.	M23	24.06	H1	
4	Mel	O'Callaghan	Gneeveguilla A.C.	M23	24.23	H2	
5	Dan	Finnerty	Nenagh Olympic A.C.	M23	24.61	H1	

Senior Men 200m

1	Koadi	Ogbene	Leevale A.C. GUEST	Snr M	23.42	
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Junior Men 400m

1	Diarmuid	Clancy	Abbey Striders A.C.	MJ	53.76	H1
2	Michael	Quilligan	Nenagh Olympic A.C.	MJ	53.85	H2
3	Micheál	O'Shea	An Ríocht A.C.	MJ	54.29	H2
4	David	O'Brien	Dooneen A.C.	MJ	55.09	H1
5	Ronan	Barry	Marian A.C.	MJ	56.52	H1

Under 23 Men 400m

1	Paul	White	Nenagh Olympic A.C.	M23	50.95	CBP
2	William	Flynn	Shannon A.C.	M23	51.87	
3	Ciaran	Dee	Leevale A.C.	M23	53.83	
4	Jemil	Saidi	Ennis Track A.C.	M23	54.61	

Under 23 Men 800m

1 Tom	Hennessy	Nenagh Olympic A.C.	M23	2.01.67
2 Jamie	Stuart	Derg A.C.	M23	2.15.03
3 John Paul	Breen	Gneeveguilla A.C.	M23	2.15.07

Junior Men 1500m

1 Aaron	Quigley	Derg A.C.	MJ	4.37.11
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Under 23 Men 1500m

1 Jamie	Stuart	Derg A.C.	M23	4.36.59
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Junior Men Shot

1 Kieran	Maher	Marian A.C.	MJ	10.90
2 Rossa	Foley	Farranfore Maine Valley A.C.	MJ	9.68
3 John	Hogan	Abbey Striders A.C.	MJ	9.62

Junior Men Wt. for Dist.

1 Rossa	Foley	Farranfore Maine Valley A.C.	MJ	6.11
2 Kieran	Maher	Marian A.C.	MJ	5.26

Junior Men High Jump

1 Ben	Donovan	Abbey Striders A.C.	MJ	1.95
2 Dion	Ryan	Waterford A.C.	MJ	1.90
3 Cian	O'Brien	Waterford A.C.	MJ	1.65

U23 Men High Jump

1 David	Cussen	Old Abbey A.C.	M23	2.00 =CBP
2 Simon	Archer	Templemore A.C.	M23	1.90

Junior Men Long Jump

				1	2	3	4	5	6	Best	
1	Dion	Ryan	Waterford A.C.	MJ	X	6.02	6.27	6.09	X	6.07	6.27
2	Nikolia	O'Connor	Tralee Harriers A.C.	MJ	X	5.94	6.03	5.92	5.88	5.96	6.03
3	John	Hogan	Abbey Striders A.C.	MJ	5.17	5.54	5.65	5.38	5.55	5.53	5.65
4	Cian	O'Brien	Waterford A.C.	MJ	4.66	5.15	5.19	5.38	5.02	5.39	5.39
5	Rossa	Foley	Farranfore Maine Valley A.C.	MJ	4.96	5.17	4.71	X	4.96	5.09	5.17
6	Paul	Sullivan	Waterford A.C.	MJ	4.55	4.20	4.73	4.42	4.62	X	4.73

U23 Men Long Jump

				1	2	3	4	5	6	Best		
1	Shane	Howard	Bandon A.C.	M23	X	7.10	X	7.13	6.92	X	7.13	CBP
2	David	Cussen	Old Abbey A.C.	M23	6.45	6.75	X	6.57	-	6.59	6.75	
3	Oisin	Fitzpatrick	Nenagh Olympic A.C.	M23	5.88	6.00	6.10	-	-	-	6.10	

Junior Women 60m Hurdles

1	Rebecca	O'Connell	Liscarroll A.C.	FJ	9.83	
2	Clíodhna	Blake	St. John's A.C.	FJ	10.45	

Junior Women 60m Heat 1

1	Molly	Scott	St. L. O'Toole A.C. GUEST	FJ	7.77 H1	Q
2	Aoife	O'Carroll	Tralee Harriers A.C.	FJ	8.35 H1	Q
3	Rachel	Bowler	Tralee Harriers A.C.	FJ	8.45 H1	Q
4	Niamh	Linehan	Liscarroll A.C.	FJ	8.54 H1	q
5	Niamh	Cullen	Lios Tuathail A.C.	FJ	8.69 H1	
6	Alex	Dowling	Lios Tuathail A.C.	FJ	8.74 H1	

Junior Women 60m Heat 2

1	Emily	Nolan	Carrick-on-Suir A.C.	FJ	8.07 H2	Q
2	Sarah	Leahy	Killarney Valley A.C.	FJ	8.17 H2	Q
3	Rebecca	O'Connell	Liscarroll A.C.	FJ	8.25 H2	Q
4	Aoibheann	O'Brien	Tralee Harriers A.C.	FJ	8.26 H2	q
5	Aoibheann	O'Connor	Liscarroll A.C.	FJ	8.55 H2	q
6	Maria	O'Neill	Lios Tuathail A.C.	FJ	9.01 H2	

Junior Women 60m Final

1	Molly	Scott	St. L. O'Toole A.C. GUEST	FJ	7.67	
2	Emily	Nolan	Carrick-on-Suir A.C.	FJ	8.08	Munster Champion
3	Aoife	O'Carroll	Tralee Harriers A.C.	FJ	8.29	
4	Rebecca	O'Connell	Liscarroll A.C.	FJ	8.30	
5	Sarah	Leahy	Killarney Valley A.C.	FJ	8.30	
6	Aoibheann	O'Brien	Tralee Harriers A.C.	FJ	8.54	
7	Niamh	Linehan	Liscarroll A.C.	FJ	8.57	
8	Rachel	Bowler	Tralee Harriers A.C.	FJ	8.61	

U23 Women 60m

1	Ann Marie	Francis	Lios Tuathail A.C.	F23	9.04	
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Junior Women 200m

1	Emily	Nolan	Carrick-on-Suir A.C.	FJ	27.35 H1
2	Sarah	Leahy	Killarney Valley A.C.	FJ	27.54 H1
3	Aoife	O'Carroll	Tralee Harriers A.C.	FJ	28.52 H1
4	Niamh	Cullen	Lios Tuathail A.C.	FJ	28.53 H2
5	Jessica	Strain	Midleton A.C.	FJ	29.23 H2
6	Clíodhna	Blake	St. John's A.C.	FJ	29.55 H2

U23 Women 200m

1	Ann Marie	Francis	Lios Tuathail A.C.	F23	30.29
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Junior Women 400m

1	Aoibheann	O'Connor	Liscarroll A.C.	FJ	1.04.94
2	Anna	Burke	Emerald A.C.	FJ	1.05.34
3	Jessica	Strain	Midleton A.C.	FJ	1.09.16

Junior Women 800m

1	Aoife	Delargey	Nenagh Olympic A.C.	FJ	2.23.04
2	Aoife	O'Mahoney	Lios Tuathail A.C.	FJ	2.26.91

Junior Women 1500m

1	Aoife	O'Mahoney	Lios Tuathail A.C.	FJ	5.04.20
2	Tamzin	Muldowney	Midleton A.C.	FJ	5.07.72
3	Allanah	Deering	Nenagh Olympic A.C.	FJ	5.17.16
4	Alannah	Neff	Leevale A.C.	FJ	5.22.64

Junior Women Long Jump

					1	2	3	4	5	6	Best
1	Rachel	Bowler	Tralee Harriers A.C.	FJ	5.19	5.07	4.96	5.05	5.10	5.14	5.19
2	Aoibheann	O'Connor	Liscarroll A.C.	FJ	X	5.03	5.12	4.78	X	5.07	5.12
3	Grace	Furlong	Waterford A.C.	FJ	4.60	4.80	4.88	5.11	4.88	4.94	5.11
4	Aoibheann	O'Brien	Tralee Harriers A.C.	FJ	4.97	4.87	4.84	4.95	4.98	4.87	4.98
5	Sarah	O'Keeffe	Liscarroll A.C.	FJ	4.25	4.33	X	4.28	4.57	4.57	4.57
6	Alex	Dowling	Lios Tuathail A.C.	FJ	3.46	X	4.14	4.06	4.26	1.04	4.26
7	Marie	O'Neill	Lios Tuathail A.C.	FJ	3.49	3.80	3.71	3.99	3.89	3.91	3.99
8	Rachel	Clancy	St. John's A.C.	FJ	3.92	3.77	3.80	-	-	-	3.92

Junior Women High Jump

1	Vickie	Cusack	Liscarroll A.C.	FJ	1.60
2	Molly	Healy	Leevale A.C.	FJ	1.50
3	Rachel	Clancy	St. John's A.C.	FJ	1.50
4	Christine	McCarthy	Kenmare A.C.	FJ	1.50
5	Emily	Tierney	Nenagh Olympic A.C.	FJ	1.45

U23 Women High Jump

1	Sorcha	Murphy	Ferrybank A.C.	U23	1.65 CBP
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Junior Women Shot

					1	2	3	4	5	6	Best
1	Deirbhile	Ryan	Nenagh Olympic A.C.	FJ	10.89	11.16	10.73	10.79	11.12	11.10	11.16
2	Angharad	Loughnane	Marian A.C.	FJ	9.50	9.10	9.03	8.92	9.64	9.23	9.64
3	Sarah	O'Keeffe	Liscarroll A.C.	FJ	6.63	7.34	7.16	7.67	6.55	7.62	7.67
4	Rachel	Clancy	St. John's A.C.	FJ	6.76	6.49	6.74	X	7.03	6.73	7.03

Junior Women 4 x 200m

1	Liscarroll A.C.	1.53.0H
2	Nenagh Olympic A.C.	1.57.9H
3	Lios Tuathail A.C.	1.58.7H

Munster Junior / Senior / Masters Indoor Walks
Nenagh, January 3rd, 2016

Junior Women 3K Walk

1	Orla	O'Connor	Waterford A.C.	16.00.31
2	Anna	O'Connor	Waterford A.C.	
3	Hannah	Jacob	Waterford A.C.	
4	Jodie	Cusack	Liscarroll A.C.	17.51.1H
5	Angharad	Loughnane	Marian A.C.	18.19.8H

Masters Women 3K Walk

1	Brid	Lawlor	St. Joseph's A.C. Kilkenny GUEST	20.23.6H
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Junior Men 5K Walk

1	Anthony	Tobin	Clonmel A.C.	24.21.41
2	Gearóid	McMahon	Shannon A.C.	24.31.0H

Senior Men 5K Walk

1	Robert	Heffernan	Togher A.C.	19.47.04
2	Alex	Wright	Leevale A.C.	19.51.26

Masters Men 3K Walk

1	Patrick	Murphy	Castleisland A.C.	14.52.43
2	Ross	Alexander	Coolquill A.C.	15.36.19
3	John	White	St. Michael's AC GUEST	16.09.91
4	John Joe	Lawlor	St. Joseph's A.C. Kilkenny GUEST	16.31.01
5	Sean	McMullin	Mullingar Harriers A.C. GUEST	16.52.95