

**Munster Junior & Senior Indoor Championships
January 4th 2009, Nenagh**

pkelly@munsterathletics.com

R.Time = Reaction Time in seconds
Pressure = Pressure on Starting Blocks
n/a =not available

Junior Women 3K Walk

1	West Waterford	Kate Veale	14.24.74
2	St Brendans	Caoimhe Casey	18.48.04

Junior Women 60m Hurdles

			Time	R.Time	Pressure
1	Carrick on Suir	Aoife Bartley	10.25	0.222	79

Junior Women 60m

			Time	R.Time	Pressure	
1	Ferrybank	Niamh Whelan	7.84	0.163	121	
2	Leevale	Rebecca Corbett	8.26	0.289	73	
3	Marian	Louise Woods	8.34	0.229	132	
4	Nenagh	Chloe Fahy	8.40	0.178	122	
5	Tralee Harriers	Dearbhail Foley	8.44	0.188	90	
6	Leevale	April Philpott	8.81	0.288	81	
7	DMP Wexford	Eva Murphy	8.86	0.177	235	Guest
8	Carrick on Suir	Hannah Terhy	8.96	0.200	72	

Junior Women 200m

			Time	R.Time	Pressure
1	Marian	Louise Woods	27.36	0.225	105
2	Leevale	Rebecca Corbett	27.61	0.266	81
3	Bandon	Roisin Howard	27.95	0.215	40
4	Leevale	April Philpott	29.96	0.318	60

Junior Women 400m

			Heat	Time	R.Time	Pressure
1	BIAC	Emer O'Connell	1	60.81	0.195	71
2	Dooneen	Aoife Roisin Burke	1	62.65	n/a	n/a
3	Limerick	Erin Murphy	2	63.22	0.206	56
4	St Brendans	Ailbhe Courtney	2	65.20	n/a	n/a
5	Carrick on Suir	Yvonne Maher	1	67.70	0.233	69

Junior Women 800m

1	BIAC	Emer O'Connell	2.37.75
2	BIAC	Christine Neville	2.38.08
3	BIAC	Jessica Neville	2.38.18
4	Borrisokane	Cliona Ryan	2.42.69

Junior Women 1500m

1	Limerick	Fiona O Shea	5.12.17
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Junior Women 3000m

1	West Waterford	KateVeale	10.48.24	CBP
2	Riocht	Cita Cvim	11.38.63	
3	Limerick	Aoife McInerney	11.57.23	
4	St Brendans	Sharon O Mahony	12.35.03	

Junior Women 4x200m Relay

1	Carrick On Suir
2	St Brendans
3	Limerick

Junior Women Shot

1	Dooneen	Ailish Sheehan	10.99m
2	Dooneen	Fiona Moloney	10.77m

3	Ferrybank	Cara Kennedy	10.05m
4	Bandon	Roisin Howard	9.44m
5	BIAC	Niamh Murphy	9.10m
6	St Brendans	Emma Leen	7.70m

Junior Women Long Jump

1	Ferrybank	Nicola Power	5.28m
2	Bandon	Roisin Howard	5.00m
3	Nenagh	Chloe Fahy	4.85m
4	Carrick on Suir	Aoife Bartley	4.76m
5	Tralee Harriers	Sinead O'Connor	4.52m
6	Carrick on Suir	Hannah Trehy	4.20m

Junior Women Triple Jump

1	Carrick on Suir	Aoife Bartley	10.46m
2	Borrisokane	Lisa Kelly	10.18m
3	St Brendans	Ailbhe Courtney	10.14m
4	Tralee Harriers	Sinead O Connor	10.11m
5	St Brendans	Una Marley	8.79m

Junior Women High Jump

1	Nenagh	Chloe Fahy	1.58m
2	Bandon	Roisin Howard	1.55m
3	Borrisokane	Lisa Kelly	1.35m

Junior Women Pole Vault

1	Youghal	Nikita Savage	3.00m	CBP
2	St Brendans	Una Marley	2.00m	

Junior Men 5K Walk

1	FMV	Niall Prendeville	23.47.43
2	West Waterford	Joe Conway	26.56.94
3	Togher	Robert O' Neill	27.11.84
4	St Brendans	Conor Slattery	28.18.25

Junior Men 60m Hurdles

			Final	R.Time	Pressure
1	Leevale	Edmond O'Halloran	8.46	0.21	194
2	Tralee Harriers	Maurice O Connor	9.14	0.19	140
3	Carrick on Suir	Keith Smith	9.17	n/a	n/a
4	Dooneen	Tim Crowe	9.19	0.22	141
5	Ferrybank	Thomas Barr	9.21	0.19	140
6	Limerick	Roland Pika	10.18	0.17	129
7	Nenagh	Mel Corbett	10.99	0.17	157

Junior Men 60m Final

			Heat	R.Time	Pressure	Semi	R.Time	Pressure	Final	R.Time	Pressure
1	Ferrybank	Christopher Russell	7.39	0.190	135	7.19	0.196	160	7.09	0.165	161
2	Dooneen	Nathan Jege	7.36	0.200	191	7.37	0.193	231	7.27	0.164	203
3	Leevale	David Quilligan	7.34	0.165	92	7.30	0.226	225	7.32	0.202	167
4	Templemore	Kenneth O'Dwyer	7.42	n/a	n/a	7.43	0.177	231	7.35	0.262	178
5	Leevale	Edmond O'Halloran	7.57	0.193	182	7.41	0.221	158	7.40	0.189	194
6	Spa Muckcross	Conal O'Callaghan	7.76	0.194	171	7.44	0.164	201	7.42	0.179	238
7	Tralee Harriers	Cian Foley	7.91	0.178	71	7.42	0.197	170	7.42	0.217	240
8	Sli Cualann	Patrick Costello	7.89	0.252	100	7.42	0.290	70	DNS	Guest	
	Marian	Mark Fitzgerald	7.90	0.244	48	7.64	0.173	215			
	Leevale	David Killeen	7.65	0.167	154	7.71	0.315	126			
	Menapians	Aran Meyler	8.08	0.210	182	7.74	0.232	98		Guest	
	Limerick	Fintan Walsh	7.82	0.171	72	7.78	0.194	117			
	Menapians	Conor Wilson	8.07	0.192	85	7.82	0.270	64		Guest	
	Menapians	Craig Maher	7.42	0.196	136	7.86	0.166	87		Guest	
	St Brendans	Ciaran Deane	7.67	0.171	110	7.90	0.170	86			
	Limerick	Roland Pika	7.85	0.182	231						

St Brendans	Luke O Keffe	7.78	0.319	227
Nenagh	Mel Corbett	7.68	0.192	143
Leevale	Patrick Maher	7.70	0.182	151
St Brendans	Jamie Green	7.70	0.187	193
Carrick on Suir	Keith Smith	7.74	0.190	180
Dooneen	Brendan Akamoum	7.86	0.201	231
Limerick	Kieran Downes	7.89	0.216	233
Ferrybank	Donal Brennan	7.89	0.226	80
St Brendans	Dylan Roche	7.93	0.190	58
Leevale	Gary Collins	8.01	0.335	158
Tralee Harriers	Michael Godley	8.03	0.192	141
Coolquill	Shane Prout	8.08	0.169	180
Leevale	Sam Lynch	8.20	0.373	58
St Brendans	Jack Regan-Kirwan	-	0.334	103
Dooneen	Ciaran Greenwood	-	0.184	192

Junior Men 200m

			Heat	R.Time	Pressure	Final	R.Time	Pressure
1	Ferrybank	Christopher Russell	23.04	0.242	103	22.88	0.261	86
2	Leevale	David Quilligan	23.28	0.279	137	22.90	0.212	129
3	Leevale	Chris Murnane	23.69	0.190	98	23.61	0.156	104
4	Carrick on Suir	Dara Kervick	23.73	0.319	153	23.60	0.176	137
	Leevale	Paul Stack	24.09	0.213	125			
	Leevale	David Killeen	24.47	0.217	73			
	Marian	Mark Fitzgerald	25.05	0.187	187			
	Dooneen	Thomas Ryan	25.11	0.200	115			
	Menapians	Conor Wilson	25.18	0.166	161	Guest		
	Coolquill	Shane Prout	25.83	0.198	42			
	Ferrybank	Stephen Murphy	25.83	0.170	113			
	Leevale	Sam Lynch	25.88	0.206	141			
	Ferrybank	Donal Brennan	25.98	0.280	44			
	Menapians	Craig Maher	26.18	0.325	90	Guest		
	Leevale	Gary Collins	27.50	0.206	141			

Junior Men 400m

			Heat	Time	R.Time	Pressure
1	Ferrybank	Thomas Barr	1	52.52	0.241	195
2	Leevale	Cathal Ownes	2	52.83	0.194	122
3	Leevale	Patrick Maher	1	53.25	0.385	187
4	Leevale	Shane Murray	2	54.52	0.223	95
5	Marian	Mark Fitzgerald	1	56.13	0.248	159
6	St Brendans	Luke O Keffe	2	56.26	0.241	195
7	St Brendans	Luke Evans	2	60.50	0.276	43
8	Limerick	Robert Cunningham	1	61.90	0.265	32

Junior Men 800m

1	Thurles Crokes	Keith Maher	2.01.26
2	BIAC	Dean Cronin	2.01.56
3	St Brendans	Adrian Buckley	2.43.22
4	St Brendans	Dylan Carey	2.49.31

Junior Men 1500m

1	Dooneen	Cathal O Connor	4.09.03
2	Thurles Crokes	Keith Maher	4.27.7
3	West Muskerry	Michael O'Sullivan	4.28.1
4	Templemore	James Maher	5.40.2
5	St Brendans	PJ Galvin	5.41.3

Junior Men 3000m

1	Ennis Track	Liam Markham	9.02.75
2	Emerald	Michael Carmody	9.02.76
3	Thurles Crokes	Christy O'Brien	9.26.94
4	Thurles Crokes	Vincent Molumby	9.30.88
5	West Waterford	Declan Power	9.45.22
6	Marian	Fergal Smithwick	10.23.32
7	Dooneen	Shane Lynch	10.31.57

Junior Men 4x200m Relay

1	Leevale A	1.36.5
2	Leevale B	1.40.3
3	Dooneen A	1.40.8

Junior Men Shot

1	FMV	Daniel Clifford	14.02m	
2	GCH	Eanna O Cathain	13.52m	Guest
3	Dooneen	Emmanuel Sabayo	9.58m	
4	Leevale	Gary Collins	9.40m	
5	Limerick	Fintan Walsh	9.04m	
6	Dooneen	Kevin Lynch	8.18m	

Junior Men 28lb for Distance

1	GCH	Eanna O Cathain	8.05m	Guest
2	Dooneen	Kevin Lynch	5.75m	
3	Templemore	Kenneth Dywer	5.64m	
4	St Brendans	Stewart Nolan	4.91m	

Junior Men Long Jump

1	Dooneen	Nathan Jege	6.39m
2	Limerick	Roland Pika	5.81m
3	Dooneen	Emmanuel Sabayo	5.74m
4	Carrick on Suir	Keith Smith	5.74m
5	Carrick on Suir	Shane O'Dwyer	5.66m
6	Tralee Harriers	Michael Godley	5.30m
7	Limerick	Fintan Walsh	4.68m

Junior Men Triple Jump

1	Coolquill	Shane Prout	12.62m
2	Tralee Harriers	Michael Godley	11.44m
3	St Brendans	Jamie Green	10.99m
4	Templemore	Stephen O'Riordan	10.78m
5	St Brendans	Jack Regan-Kirwan	10.04m
6	St Brendans	Dylan Roche	9.92m

Junior Men Pole Vault

1	FMV	Jonathon Foley	3.20m
2	St Brendans	Jamie Green	2.60m

Junior Men High Jump

1	Ferrybank	Andrew Heffernan	1.85m
2	Carrick on Suir	Shane O'Dwyer	1.75m
3	Tralee Harriers	Andrew Kearney	1.70m
4	St Brendans	Stewart Nolan	1.65m
5	St Brendans	PJ Galvin	1.60m
6	St Brendans	Ciaran Deane	1.40m

Senior Women 60 m Hurdles

			Time	R.Time	Pressure
1	Spa Fenit Barrow	Emily Brick	11.68	0.341	71

Senior Women 60m

			Time	R.Time	Pressure
1	Spa Fenit Barrow	Emily Brick	8.99	n/a	n/a

Senior Women 200m

			Time	R.Time	Pressure	
1	DMP Wexford	Antoinette Stafford	26.56	0.278	205	Guest

Senior Women 400m

			Time	R.Time	Pressure
1	Belgooly	Christina Broderick	61.25	0.233	69
2	Leevale	Katey Byrd	65.72	0.181	44

Senior Women 800m

1	Riocht	Laura Crowe	2.14.02
2	Belgooly	Dawn Kelly	2.22.90
3	Ennis Track	Deirdre Troy	2.24.50
4	Leevale	Andrea Bickerdyke	2.27.45
5	Duhallow	Carol Finn	2.34.28
6	Leevale	Aisling Gould	2.58.48

Senior Women 1500m

1	Leevale	Andrea Bickerdyke	5.27.45
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Senior Women 3000m

1	Duhallow	Michelle Finn	10.44.75
2	Leevale	Jessica Von Hatten	10.52.68
3	Nenagh	Alvy Carragher	11.13.56

Senior Women 4x200m Relay

1	Leevale		
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Senior Women Shot

1	Templemore	Caitriona Ryan	10.81m
2	Gneevguilla	Sheila O'Donoghue	9.45m
3	Bilboa	Aoife O'Malley	9.14m
4	Bandon	Priscilla O'Sullivan	8.58m

Senior Women Long Jump

1	DMP Wexford	Antoinette Stafford	5.56m	Guest
2	Spa Fenit	Emily Brick	4.39m	
3	Bilboa	Aoife O'Malley	4.19m	

Senior Women Triple Jump

1	Spa Fenit Barrow	Emily Brick	9.09m
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Senior Women Pole Vault

1	Youghal	Sarah Ryan	2.60m
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Senior Men 5K walk

1	Togher	Tim Healy	24.28.22	
2	Mullingar Harriers	Sean McMullan	28.01.39	Guest

Senior Men 60m Hurdles

			Time	R.Time	Pressure	
1	Letterkenny	Kevin Grant	9.99	0.234	106	Guest
2	Rising Sun	Breandán Dennehy	10.04	0.163	203	

Senior Men 60 M

			Heat	R.Time	Pressure	Semi	R.Time	Pressure	Final	R.Time	Pressure	
1	Riocht	Jer O'Donoghue	6.97	0.161	241	6.94	0.168	233	6.91	0.168	231	
2	Leevale	Derek Duff	7.13	0.171	76	7.08	0.122	129	7.14	0.114	173	
3	Leevale	Carl McNamara	7.24	0.120	234	7.27	0.125	230	7.26	0.128	208	
4	Menapians	Barry Upton	7.38	0.172	168	7.36	0.172	187	7.29	0.163	167	Guest
5	Crusaders	Antoine Burke	7.44	0.219	240	7.39	0.191	240	7.35	0.165	240	Guest
6	Dooneen	Zoltan Gyomber	7.41	0.210	237	7.37	0.230	237	7.41	0.202	240	
7	Leevale	John Corr	7.63	n/a	n/a	7.49	0.160	236	7.49	0.170	154	
	Riocht	Ciaran McCabe	7.41	0.216	140	7.37	0.208	121	DNF	0.204	109	
	Menapians	Kevin Cogley	7.23	0.184	241	7.10	0.151	235	DNS	Guest		
	UCC	Denis Finnegan	7.59	0.142	120	7.36	0.172	187				
	Iveragh	Colm Lynch	7.55	0.165	240	7.50	0.171	218				
	Tralee Harriers	David Boyd	7.54	0.180	192	7.51	0.158	202				
	Dooneen	Simon Hogan	7.71	0.227	118							
	Tullamore Harriers	Ray Delaney	8.07	0.250	240							Guest

Rising Sun	Brendan Dennehy	8.71	0.223	112
Limerick	Ger Cunningham	8.14	0.211	113
Togher	Ronan Foley	8.18	0.197	206
Riocht	Tomas Griffin	7.71	0.198	240
Leevale	Yuri Kasamov	DNF	0.180	138

Senior Men 200m			Heat	R.Time	Pressure	Final	R.Time	Pressure
1	Dooneen	Zoltan Gymer	23.17	0.240	151	23.1	0.196	100
2	Iveragh	Colm Lynch	23.52	0.181	101	23.7	0.238	142
	Menapians	Barry Upton	23.69	0.225	128	DNF		
	Leevale	Carl McNamara	23.73	0.192	151	DNF		
	Riocht	Ciaran McCabe	24.03	n/a	n/a			
	Tralee Harriers	David Boyd	24.69	0.190	140			
	Dooneen	Simon Hogan	25.22	0.279	65			
	Leevale	JohnCorr	25.53	n/a	n/a			
	Limerick	Ger Cunningham	26.12	n/a	n/a			
	Nenagh	Kevin Finn	26.14	n/a	n/a			
	Tullamore Harriers	Ray Delaney	26.29	0.278	92	Guest		
	Togher	Ronan Foley	27.35	0.233	111			

Senior Men 400m			Heat	Time	R.Time	Pressure	
1	Crusaders	Antoine Burke	1	51.03	0.189	235	Guest
2	Togher	Liam O' Brien	2	54.49	0.303	180	
3	Crusaders	Tomas Burke	1	55.89	0.276	156	Guest
4	Nenagh	Kevin Finn	2	58.51	0.283	192	
5	Menapians	Damian Walsh	2	59.1	0.283	94	Guest
6	Tullamore Harriers	Paul Kilmartin	1	60.55	0.334	180	Guest

800m

Senior Men

1	UCC	Ciaran Collins	1.58.59
2	Tralee Harriers	Dara O Carroll	2.07.05
3	Togher	Kieran Cunningham	2.08.64
4	Bantry	Aidan Mullins	2.08.87
5	Limerick	Pius McGrath	2.13.66
6	Eagle	Dave Muldowney	2.14.71

Senior Men 1500m

1	Leevale	Mark Hanrahan	3.56.45	CBP
2	Sligo	Dermot McDermott	4.15.04	Guest
3	Bandon	Ronan Duggan	4.18.95	
4	Waterford	Brian Swaby	4.27.74	
5	Marian	Brian Murphy	4.32.21	
6	Eagle	Dave Muldowney	4.37.88	

Senior Men 3000m*

1	West Limerick	Pat McCartan	8.35.5	
2	Sligo	Martin Conroy	8.36.0	Guest
3	Ennis Track	Brian Markham	8.40.0	
4	East Cork	James McCarthy	8.50.0	
5	East Cork	Sean McGrath	8.52.0	
6	Leevale	Jame Grufferty	-	
7	Leevale	George Boyle	-	
8	Marian	Brian Murphy	-	
9	Ennis Track	Brian McGinley	-	
10	Thurles Crokes	Shane Mullaney	-	
11	Leevale	Chris Harrington	-	

(*Anybody with handtimes for this event please email pkelly@munsterathletics.com)

Senior Men 4x200m Relay

1	Tralee Harriers
2	Limerick

Senior Men Shot

1	GCH	Sean Breatnach	15.94m	Guest
2	Tralee Harriers	Patsy O Connor	12.45m	
3	Celbridge	Kieron Stout	12.44m	Guest
4	Tralee Harriers	Alan O'Connor	12.35m	
5	FMV	James Nagle	11.30m	
6	Templemore	Tadhg Dwyer	10.71m	
7	Letterkenny	Kevin Grant	10.00m	Guest
8	GCH	Cliff Jennings	9.97m	Guest
9	Liscarroll	David Sheahan	9.77m	
10	BIAC	Eoin Murphy	9.40m	
11	Limerick	Pius McGrath	9.35m	
12	Rising Sun	Breandán Dennehy	8.72m	

Senior 56lb for Distance

1	GCH	Sean Breatnach	7.45m	Guest
2	FMV	James Nagle	6.84m	
3	Tralee Harriers	Patsy O Connor	6.53m	
4	Tralee Harriers	Alan O'Connor	6.41m	
5	Templemore	Tadhg Dwyer	6.56m	
6	KibNC	Richard Pilkington	5.77m	
7	Celbridge	Kieron Stout	5.39m	Guest
8	GCH	Cliff Jennings	3.89m	Guest

Senior Men Long Jump

1	Mullingar	Brendan Marshall	6.73m	Guest
2	UCC	Denis Finnegan	6.53m	
3	Rising Sun	Breandán Dennehy	5.73m	
4	Riocht	Tomas Griffin	5.67m	
5	Rising Sun	Brendan Dennehy	4.72m	

Senior Men Triple Jump

1	UCC	Denis Finnegan	14.16m
2	Dooneen	Niall Counihan	13.48m
3	KibNC	Keith King	11.40m

Senior Men Pole Vault

1	Letterkenny	Kevin Grant	3.40m	Guest
2	FMV	Ian Crowley	3.20m	