

Munster Junior & U23 Indoor T&F
Nenagh, January 7/8 2017

60m Hurdles

1	Kevin	O'Leary	Liscarroll A.C.	Jnr Men	8.80
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60m

Heat 1

1	Lance Gabriel	Baylon	Waterford A.C.	Jnr Men	7.38	Q
2	David	O'Brien	Dooneen A.C.	Jnr Men	7.40	Q
3	Darragh	Minitier	St. Marys (Clare) A.C.	Jnr Men	7.46	Q
4	James	Murphy	Waterford A.C.	Jnr Men	7.66	q
5	Glodi	Swana	Limerick A.C.	Jnr Men	7.71	q
6	Oscar	Ottman	Newport A.C.	Jnr Men	7.73	

Heat 2

1	Jake	Vermeer	Carrick-on-Suir A.C.	Jnr Men	7.60	Q
2	Sean	Carolan	Nenagh Olympic A.C.	Jnr Men	7.70	Q
3	Eoin	Kenny	Waterford A.C.	Jnr Men	7.71	Q
4	Brian	Lynch	Old Abbey A.C.	Jnr Men	7.73	
5	Jack	Hickey	Moyne A.C.	Jnr Men	7.79	
6	Paul	Sullivan	Waterford A.C.	Jnr Men	7.95	
7	Dion	Marcus	An Riocht A.C.	Jnr Men	12.81	

Final

1	David	O'Brien	Dooneen A.C.	Jnr Men	7.38
2	Lance Gabriel	Baylon	Waterford A.C.	Jnr Men	7.40
3	Darragh	Minitier	St. Marys (Clare) A.C.	Jnr Men	7.46
4	Jake	Vermeer	Carrick-on-Suir A.C.	Jnr Men	7.58
5	Glodi	Swana	Limerick A.C.	Jnr Men	7.60
6	James	Murphy	Waterford A.C.	Jnr Men	7.65
7	Sean	Carolan	Nenagh Olympic A.C.	Jnr Men	7.75
8	Eoin	Kenny	Waterford A.C.	Jnr Men	7.80

60m

1	Eoin	O'Carroll	Tralee Harriers A.C.	U23 Men	7.24
2	Jack	Stapleton	Moyglass A.C.	U23 Men	7.49
3	David	Heffernan	Moyglass A.C.	U23 Men	7.51
4	Dean	Byrne	Dooneen A.C.	U23 Men	7.56
5	Mel	O'Callaghan	Gneeveguilla A.C.	U23 Men	7.64
6	Neesan	O'Brien Shea	Farranfore Maine Valley A.C.	U23 Men	8.13
7	Ciaran	O'Connor	Moyglass A.C.	U23 Men	8.49

1	Shane	Howard	Bandon A.C.	Guest	7.21
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200m

1	David	O'Brien	Dooneen A.C.	Jnr Men	23.92
2	Jack	Pender	Carrick-on-Suir A.C.	Jnr Men	24.18
3	Diarmuid	Clancy	Abbey Striders A.C.	Jnr Men	24.36
4	Eoin	Kenny	Waterford A.C.	Jnr Men	24.37
5	Glodi	Swana	Limerick A.C.	Jnr Men	24.76
5	Lance Gabriel	Baylon	Waterford A.C.	Jnr Men	24.76
7	James	Murphy	Waterford A.C.	Jnr Men	24.77
8	Jack	Hickey	Moyne A.C.	Jnr Men	25.05
9	Jake	Vermeer	Carrick-on-Suir A.C.	Jnr Men	25.06
10	Paul	Sullivan	Waterford A.C.	Jnr Men	26.64

1	Dean	Byrne	Dooneen A.C.	U23 Men	24.32
2	Jack	Stapleton	Moyglass A.C.	U23 Men	24.76
3	Mel	O'Callaghan	Gneeveguilla A.C.	U23 Men	25.39
4	Ciaran	O'Connor	Moyglass A.C.	U23 Men	29.13

1	Robert	Bennett	Templemore A.C.	Guest	22.69
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400m

1	Diarmuid	Clancy	Abbey Striders A.C.	Jnr Men	52.58
2	Jack	Pender	Carrick-on-Suir A.C.	Jnr Men	53.10
3	Brian	Lynch	Old Abbey A.C.	Jnr Men	54.60
4	David	O'Brien	Dooneen A.C.	Jnr Men	55.24
5	Ciaran	Nugent	Carraig-Na-Bhfear A.C.	Jnr Men	56.06
6	Martin	Kehoe	Carrick-on-Suir A.C.	Jnr Men	56.53
7	Donnacha	Connolly	Dooneen A.C.	Jnr Men	61.61
8	Oscar	Ottman	Newport A.C.	Jnr Men	61.62

1	Paul	White	Nenagh Olympic A.C.	U23 Men	50.50	CBP
2	Michael	Quilligan	Nenagh Olympic A.C.	U23 Men	51.81	
3	Dan	Finnerty	Nenagh Olympic A.C.	U23 Men	53.61	
4	Micheál	Ó'Sé	An Ríocht A.C.	U23 Men	53.79	
5	Mark	Carmody	An Bru A.C.	U23 Men	54.64	
6	Liam	Finn	Nenagh Olympic A.C.	U23 Men	55.81	

800m

1	Seamus	Rainsford	Cork Varsity A.C.	Jnr Men	2.16.42
2	Naoise	O'O Flaitheartaigh	Bandon A.C.	Jnr Men	2.17.31
3	Donnacha	Connolly	Dooneen A.C.	Jnr Men	2.25.86
1	TJ	Hogan	Leevale A.C.	U23 Men	2.08.14
2	Stephen	Holland	Bantry a.c.	U23 Men	2.09.68

1500m

1	Cathal	Fitzgibbon	Tralee Harriers A.C.	Jnr Men	4.36.85
2	Naoise	O'O Flaitheartaigh	Bandon A.C.	Jnr Men	4.46.19
1	John	Neville	Leevale A.C.	U23 Men	4.34.15
2	Aaron	Quigley	Derg A.C.	U23 Men	4.35.55

4x200m Relay

1	Waterford A.C.	Jnr Men	1.39.65
2	Carrick On Suir A.C.	Jnr Men	1.40.33
1	Nenagh Olympic A.C.	U23 Men	1.36.99 CBP

Shot

				1	2	3	4	5	6	Best	
1	Darragh	Minitier	St. Marys (Clare) A.C.	Jnr Men	11.30	11.52	11.48	11.94	11.50	10.74	11.94
2	Sean	Carolan	Nenagh Olympic A.C.	Jnr Men	10.26	10.29	10.63	10.83	X	11.00	11.00
1	Seamus	McMahon	Shannon A.C.	U23 Men	x	11.02	11.73	x	10.73	10.33	11.73
2	Mark	Tierney	Nenagh Olympic A.C.	U23 Men	9.13	x	9.27	8.89	8.60	9.36	9.36
3	Rossa	Foley	Farranfore Maine Valley A.C.	U23 Men	9.18	8.98	9.30	9.24	8.44	x	9.30

Weight for Distance 35 lb

				1	2	3	4	5	6	Best	
1	Sean	Carolan	Nenagh Olympic A.C.	Jnr Men	5.36	5.52	5.86	5.66	5.76	5.60	5.86
1	Seamus	McMahon	Shannon A.C.	U23 Men	8.45	x	8.35	7.97	8.38	8.01	8.45 CBP
2	Mark	Tierney	Nenagh Olympic A.C.	U23 Men	7.85	8.14	7.81	8.15	7.95	7.76	8.15
3	Rossa	Foley	Farranfore Maine Valley A.C.	U23 Men	6.85	6.87	7.00	6.77	6.74	6.96	7.00

Long Jump

					1	2	3	4	5	6	Best
1	James	Murphy	Waterford A.C.	Jnr Men	6.48	6.26	x	6.26	x	x	6.48
2	Dion	Ryan	Waterford A.C.	Jnr Men	4.67	5.89	6.05	5.91	x	5.97	6.05
3	Sean	Carolan	Nenagh Olympic A.C.	Jnr Men	x	5.99	3.30	x	x	x	5.99
4	Brian	Lynch	Old Abbey A.C.	Jnr Men	5.95	5.93	5.77	5.64	5.75	3.44	5.95
5	Eoin	Kenny	Waterford A.C.	Jnr Men	5.75	x	5.64	5.77	5.58	5.60	5.77
6	Jake	Costello	Carrick-on-Suir A.C.	Jnr Men	5.34	x	5.65	5.65	x	5.58	5.65
7	Lance Gabriel	Baylon	Waterford A.C.	Jnr Men	4.93	4.98	5.04	4.75	4.92	5.03	5.04
8	Darragh	Minitier	St. Marys (Clare) A.C.	Jnr Men	x	x	x				
1	Eoin	O'Carroll	Tralee Harriers A.C.	U23 Men	6.70	6.69	6.68	x	x	x	6.70
2	Rossa	Foley	Farranfore Maine Valley A.C.	U23 Men	5.11	5.34	5.36	5.14	4.91	5.36	5.36
1	Shane	Howard	Bandon A.C.	Guest	x	x	7.03	5.57	x	x	7.03

High Jump

1	Dion	Ryan	Waterford A.C.	Jnr Men	2.02
2	Ben	Donovan	Abbey Striders A.C.	Jnr Men	1.90

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1	Denise	O'Connor	Tramore A.C.	Jnr Women	10.45
2	Sarah	O'Keefe	Liscarroll A.C.	Jnr Women	12.39
1	Deirbhile	Ryan	Nenagh Olympic A.C.	U23 Women	10.22
2	Laoise	Bennis	St. Marys (Limerick) A.C.	U23 Women	10.70

60m

Heat 1

1	Orla	O'Reilly	Tralee Harriers A.C.	Jnr Women	8.12	Q
2	Niamh	Moriarty	Dooneen A.C.	Jnr Women	8.29	Q
3	Lorna	Monahan	Ferrybank A.C.	Jnr Women	8.50	Q
4	Aisling	Cassidy	Bandon A.C.	Jnr Women	8.57	q
5	Sarah	O'Keefe	Liscarroll A.C.	Jnr Women	8.92	

Heat 2

1	Aoibheann	O'Brien	Tralee Harriers A.C.	Jnr Women	7.94	Q
2	Lauren	Ryan	Dooneen A.C.	Jnr Women	7.95	Q
3	Katie	Murphy	Ferrybank A.C.	Jnr Women	8.11	Q
4	Lauren	O'Leary	Emerald A.C.	Jnr Women	8.14	q
5	Denise	O'Connor	Tramore A.C.	Jnr Women	8.54	q

Final

1	Lauren	Ryan	Dooneen A.C.	Jnr Women	7.98
2	Aoibheann	O'Brien	Tralee Harriers A.C.	Jnr Women	8.07
3	Lauren	O'Leary	Emerald A.C.	Jnr Women	8.08
4	Katie	Murphy	Ferrybank A.C.	Jnr Women	8.12
5	Orla	O'Reilly	Tralee Harriers A.C.	Jnr Women	8.17
6	Niamh	Moriarty	Dooneen A.C.	Jnr Women	8.30
7	Lorna	Monahan	Ferrybank A.C.	Jnr Women	8.50
8	Aisling	Cassidy	Bandon A.C.	Jnr Women	8.58
9	Denise	O'Connor	Tramore A.C.	Jnr Women	8.65

60m

1	Amy	Cronin	Gneeveguilla A.C.	U23 Women	8.44
2	Hayley	Fitzgerald	Leevale A.C.	U23 Women	8.79

200m

1	Miriam	Daly	Carrick-on-Suir A.C.	Jnr Women	26.55
2	Katie	Murphy	Ferrybank A.C.	Jnr Women	26.75
3	Roseann	Fitzgerald	Carrick-on-Suir A.C.	Jnr Women	26.97
4	Lauren	Ryan	Dooneen A.C.	Jnr Women	27.17
5	Niamh	Moriarty	Dooneen A.C.	Jnr Women	27.59
6	Lorna	Monahan	Ferrybank A.C.	Jnr Women	27.60
7	Aoife	O'Carroll	Tralee Harriers A.C.	Jnr Women	27.97
8	Aisling	Cassidy	Bandon A.C.	Jnr Women	28.39
9	Rachel	Bowler	Tralee Harriers A.C.	Jnr Women	28.75
10	Jessica	Strain	Midleton A.C.	Jnr Women	29.21
11	Sarah	O'Keefe	Liscarroll A.C.	Jnr Women	31.22

1	Amy	Cronin	Gneeveguilla A.C.	U23 Women	28.92
2	Deirbhile	Ryan	Nenagh Olympic A.C.	U23 Women	30.90

400m

1	Miriam	Daly	Carrick-on-Suir A.C.	Jnr Women	59.21
2	Susan	O'Neill	Dooneen A.C.	Jnr Women	60.70
3	Sadbh	O'Mahoney	Nenagh Olympic A.C.	Jnr Women	62.13
4	Aoibhinn	O'Connor	Bandon A.C.	Jnr Women	62.98
5	Aoife	O'Carroll	Tralee Harriers A.C.	Jnr Women	64.61
6	Emily	Nolan	Ferrybank A.C.	Jnr Women	65.28
7	Denise	O'Connor	Tramore A.C.	Jnr Women	65.42
8	Jessica	Strain	Midleton A.C.	Jnr Women	67.81
9	Sarah	O'Keefe	Liscarroll A.C.	Jnr Women	76.31

1	Rachael	O'Shea	West Muskerry A.C.	U23 Women	63.42
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800m

1	Tess	McLoughlin	Dooneen A.C.	Jnr Women	3.00.29
1	Aoife	Cummins	Nenagh Olympic A.C.	U23 Women	2.34.27

1500m

1	Tess	McLoughlin	Dooneen A.C.	Jnr Women	6.36.98
1	Ciara	Cummins	Nenagh Olympic A.C.	U23 Women	5.12.66

4 x 200m Relay

1			Carrick on Suir A.C.	Jnr Women	1.50.65
2			Tralee Harriers A.C.	Jnr Women	1.52.15
3			Nenagh Olympic A.C.	Jnr Women	1.54.52

Shot

					1	2	3	4	5	6	Best
1	Sophie	Merridith	St. Marys (Limerick) A.C.	Jnr Women	8.33	8.45	7.36	8.95	8.3	8.81	8.95
2	Sarah	O'Keeffe	Liscarroll A.C.	Jnr Women	7.71	6.21	7.87	7.8	8.06	7.34	8.06
3	Lauren	McConway	St. Cronans A.C.	Jnr Women	5.12	5.41	5.74	5.7	5.01	5.85	5.85
1	Deirbhile	Ryan	Nenagh Olympic A.C.	U23 Women	10.31	9.92	10.38	10.25	9.78	3.96	10.38
2	Laoise	Bennis	St. Marys (Limerick) A.C.	U23 Women	5.44	5.7	5.08	5.01	x	5.14	5.71
1	Hayley	Fitzsimons	Waterford A.C.	3 Kg	5.57	5.68	5.28	5.47	5.62	5.72	5.72
2	Sinead	Keon	Loughrea A.C.	3Kg	3.96	4.23	4.32	4.48	4.13	4.36	4.18

Long Jump

					1	2	3	4	5	6	Best
1	Sophie	Meredith	St. Marys (Limerick) A.C.	Jnr Women	5.04	5.33	5.43	5.03	5.33	x	5.43
2	Aoibheann	O'Brien	Tralee Harriers A.C.	Jnr Women	x	x	5.16	x	5.34	5.35	5.35
3	Lauren	O'Leary	Emerald A.C.	Jnr Women	4.84	5.06	5.09	4.94	5.08	5.11	5.11
4	Aoibhinn	O'Connor	Bandon A.C.	Jnr Women	x	x	5.06	x	4.8	x	5.06
5	Rachel	Bowler	Tralee Harriers A.C.	Jnr Women	4.97	x	4.76	4.86	4.84	4.82	4.97
6	Elinor	Dennison	Kenmare A.C.	Jnr Women	4.69	x	4.79	x	4.79	4.86	4.86
7	Denise	O'Connor	Tramore A.C.	Jnr Women	4.49	x	4.7	4.84	4.73	x	4.84
8	Katie	Murphy	Ferrybank A.C.	Jnr Women	x	4.59	4.72	x	x	4.82	4.82
9	Sarah	O'Keeffe	Liscarroll A.C.	Jnr Women	4.11	4.27	4.27	4.18	x	4.12	4.27

High Jump

1	Katie	Walsh	Carraig-Na-Bhfear A.C.	Jnr Women	1.55m
2	Christine	McCarthy	Kenmare A.C.	Jnr Women	1.50m
1	Deirbhile	Ryan	Nenagh Olympic A.C.	U23 Women	1.60m
2	Laoise	Bennis	St. Marys (Limerick) A.C.	U23 Women	1.50m