

RELAY TEAM RESULTS 4 X 100m

GIRLS			BOYS		
Age	Pos.	CLUB	Age	Pos.	CLUB
U/10	1	St. Abban's	U/10	1	St. Abban's
	2	Mountmellick		2	Portlaoise / Mountmellick (mixed club team)
	3	St. Abban's		3	St. Abban's (mixed 1 girl)
U/12	1	Mountmellick	U/12	1	St. Abban's
	2	Portlaoise		2	Portlaoise
	3	St. Abban's		3	Oughaval
U/14	1	Mountmellick	U/14	1	St. Abban's
	2	St. Abban's		2	Rosenallis Kilcavan
	3	Portlaoise		3	St. Abban's
U/16	1	Ballyroan Abbeyleix	U/16	1	Rosenallis Kilcavan
18/19	1	Emo Rath / Portlaoise (mixed club team)	18/19	1	Mountmellick
	2				
	3				

100m SPRINT RESULTS

GIRLS				BOYS			
Age	Pos.	ATHLETES NAME	CLUB	Age	Pos.	ATHLETES NAME	CLUB
U/17	1	Sarah Mc Mahon	Ballyroan Abbeyleix	U/17	1	Matthew Mc Donald	Mountmellick
	2	Katie Walsh	Portlaoise		2	Malik Shobowale	Mountmellick
	3	Sarah Graham	St. Abbans				
U/19	1	Elaine Daly	Emo Rath	U/19	1	Lee Mullen	Emo Rath
	2	Aoife Daly	Emo Rath		2	Niall Bracken	Mountmellick
					3	Eoin Keenan	Emo Rath

DISTANCE RESULTS

GIRLS 300m				BOYS 300m			
Age	Pos.	ATHLETES NAME	CLUB	Age	Pos.	ATHLETES NAME	CLUB
U/10	1	Cara English	St. Abbans	U/10	1	Daniel Downey	Portlaoise
	2	Jane Hyland	Rosenallis Kilcavan		2	Harry Browne	Oughaval
	3	Ciara Milton	St. Abbans		3	Daragh Brady	Portlaoise
	3	Emma Malone	St. Abbans				
GIRLS 600m				BOYS 600m			
Age	Pos.	ATHLETES NAME	CLUB	Age	Pos.	ATHLETES NAME	CLUB
U/12	1	Ciara Malone	St. Abbans	U/12	1	Niall Lalor	Rosenallis Kilcavan
	2	Chelsea Lee	Mountmellick		2	Jack Milton	St. Abbans
	3	Evanna Ryle	Rosenallis Kilcavan		3	Riley Stone	Ballyfin

DISTANCE RESULTS

GIRLS 800m

Age	Pos.	ATHLETES NAME	CLUB
U/14	1	Seoighe English	St. Abbans
	2	Faye Mc Evoy	Ballyroan Abbeyleix
	3	Amy Hyland	Rosenallis Kilcavan

BOYS 800m

Age	Pos.	ATHLETES NAME	CLUB
U/14	1	Jack Fenlon	St. Abbans
	2	Eoin Cawley	St. Abbans
	3	Adam Buggy	St. Abbans

GIRLS 800m

Age	Pos.	ATHLETES NAME	CLUB
U/16	1	Niamh Mc Donald	Ballyroan Abbeyleix
	2	Grainne Lalor	Rosenallis Kilcavan
	3	Dearbhail Cuddy	Ballyfin

BOYS 800m

Age	Pos.	ATHLETES NAME	CLUB
U/16	1	Ronan Hyland	Rosenallis Kilcavan
	2	Oisin Jago	Oughaval
	3	William Conroy	Portlaoise

LONG JUMP RESULTS

GIRLS

Age	Pos.	ATHLETES NAME	CLUB	DISTANCE
U/17	1	Sarah Graham	St. Abbans	4.05
	2	Chloe Quirke	Mountmellick	3.62
	3	Katelyn Dunne	Mountmellick	3.49

BOYS

Age	Pos.	ATHLETES NAME	CLUB	DISTANCE
U/17	1	Curtis Lee	Mountmellick	4.89
	2	William Conroy	Portlaoise	4.63
	3	TJ Burke	St. Abbans	4.35

DISCUS RESULTS

GIRLS					BOYS				
Age	Pos.	ATHLETES NAME	CLUB	DISTANCE	Age	Pos.	ATHLETES NAME	CLUB	DISTANCE
U/15	1	Doyin Shobowale	Mountmellick	16.22	U/15				
	2	Ebony Onalimi	Mountmellick	13.41					
	3	Ita Conroy	Mountmellick	11.64					
U/17	1	Sarah Graham	St. Abbans	28.06	U/17	1	Ivan Jones	St. Abbans	23.08
	2	Rebecca Fahy	St. Abbans	23.82		2	Coady Tunstead	St. Abbans	21.22
	3	Katie Walsh	Portlaoise	18.78		3	William Kelly	St. Abbans	18.81
U/19	1	Nicole K. Dowling	St. Abbans	30.07	U/19				
	2	Gillian Keenan	Emo Rath	17.35					

SENIOR 200m SPRINT RESULTS									
SENIOR WOMEN					SENIOR MEN				
	Pos.	ATHLETES NAME	CLUB		Pos.	ATHLETES NAME	CLUB		
	1	Elaine Daly	Emo Rath		1	Niall Bracken	Mountmellick		
	2	Aoife Daly	Emo Rath		2	Matthew Mc Donald	Mountmellick		
	3	Katie Walsh	Portlaoise		3	David Mc Donald	St. Abbans		
SENIOR HIGH JUMP RESULTS									
NO EVENT					SENIOR MEN				
	Pos.	ATHLETES NAME	CLUB	HEIGHT		Pos.	ATHLETES NAME	CLUB	HEIGHT
	1					1	Criag Coffey	St. Abbans	1.60
	2					2	Colm Burke	St. Abbans	1.25
	3					3	Noel Burke	Ballyroan Abbeyleix	1.15
SENIOR LONG JUMP RESULTS									
SENIOR WOMEN					SENIOR MEN				
	Pos.	ATHLETES NAME	CLUB	DISTANCE		Pos.	ATHLETES NAME	CLUB	DISTANCE
	1	Aoife Daly	Emo Rath	3.17		1	Eoin Keenan	Emo Rath	5.61
	2	Elaine Daly	Emo Rath	2.75		2	Niall Bracken	Mountmellick	5.18
	3	Gillian Keenan	Emo Rath	2.69		3	Carl Deans	Mountmellick	4.96
SENIOR TRIPLE JUMP RESULTS									
SENIOR WOMEN					SENIOR MEN				
	Pos.	ATHLETES NAME	CLUB	DISTANCE		Pos.	ATHLETES NAME	CLUB	DISTANCE
	1	Laura Graham	St. Abbans	8.41		1	Lee Mullen	Emo Rath	9.02
	2	Aoife Daly	Emo Rath	7.71					
	3	Elaine Daly	Emo Rath						

SHOT PUTT RESULTS

GIRLS					BOYS				
Age	Pos.	ATHLETES NAME	CLUB	DISTANCE	Age	Pos.	ATHLETES NAME	CLUB	DISTANCE
U/12	1	Amy Handcock	St. Abbans	5.25	U/12	1	Ross Adams	Portlaoise	5.84
	2	Torrie Lee	Mountmellick	5.05		2	Adam Connolly	Mountmellick	5.47
	3	Ellie Boland	Mountmellick	5.01 / 5.60		2	Theo Adams	Portlaoise	4.75
Tie Break distance recorded in red									
U/14	1	Amy Brennan	St. Abbans	8.81	U/14	1	Jamie Conway	St. Abbans	6.92
	2	Sarah Coyle	Mountmellick	7.55		2	Aaron Foley	Oughaval	6.45
	3	Niamh Graham	St. Abbans	6.97		3	David Coss	Mountmellick	6.34
U/16	1	Sarah Graham	St. Abbans	8.04	U/16	1	Ivan Jones	St. Abbans	9.97
	2	Doyin Shobowale	Mountmellick	7.39		2	William Kelly	St. Abbans	8.27
	3	Rebecca Fahy	St. Abbans	7.31					

JAVELIN RESULTS

GIRLS					BOYS				
Age	Pos.	ATHLETES NAME	CLUB	DISTANCE	Age	Pos.	ATHLETES NAME	CLUB	DISTANCE
U/17	1	Sarah Graham	St. Abbans	22.00	U/17	1	Coady Tunstead	St. Abbans	27.00
	2	Katie Walsh	Portlaoise	15.00		2	Ivan Jones	St. Abbans	25.95
	3	Chloe Quirke	Mountmellick	13.00		3	Matthew Mc Donald	Mountmellick	18.20
JNR.					JNR.	1	Coady Tunstead	St. Abbans	27.05
						2	Adam Holden	Mountmellick	19.65
						3	Curtis Lee	Mountmellick	18.15

TRIPLE JUMP RESULTS

GIRLS					BOYS				
U/17	1	Sarah Graham	St. Abbans	8.75	U/17				
	2	Katie Walsh	Portlaoise	7.49					
	3	Chloe Quirke	Mountmellick	7.42					

HIGH JUMP RESULTS

BOYS									
Age	Pos.	ATHLETES NAME	CLUB	HEIGHT	Age	Pos.	ATHLETES NAME	CLUB	HEIGHT
U/12	1	Ollie Mc Cawley	Portlaoise	1.00	U/14	1	Evan Dowling	St. Abbans	1.33
	2	Jack Milton	St. Abbans	1.00		2	Eoin Cawley	St. Abbans	1.30
	3	Ross Adams	Portlaoise	0.93		3	Conor Brady	Portlaoise	1.13
	3	Eoin Mc Grath	Portlaoise	0.93					
U/16	1	TJ Burke	St. Abbans	1.25	U/18	1	Eoin Keenan	Emo Rath	1.65
	2	Malik Shobowale	Mountmellick	1.25		2	Lee Mullen	Emo Rath	1.15
	3	Jack Delaney	Portlaoise	1.25					