

Munster Junior & Under 23 Indoor T&F 2015

January 4th, Nenagh Olympic Arena

sponsored by MMI Ireland, www.mmi.ie

Junior Women Long Jump

1	Aoibheann O' Brien	Tralee Harriers	4.96
2	Aoife O'Carroll	Tralee Harriers	4.72
3	Saidi Semirat	Ennis Track	4.48
4	Anna Walsh	Liscarroll	4.40
5	Hayley Fitzgearld	Belgooly AC	4.13
6	Aoife Mounsey	Borrisokane AC	4.10
7	Laoise Bennis	St Marys AC	4.00
8	Rachel Clancy	St John's AC	3.97
9	Ciara Lynch	Lios Tuathail	3.64

U23 Women Long Jump

1	Jessica Sheehan	Leevale	5.01
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Junior Men Long Jump

1	Sam Healy	Leevale	6.94
2	Darren Prout	Carrick on Suir	6.39
3	Stephen Uwatse	Dooneen	5.99
4	Nikolia O' Connor	Tralee Harriers	5.95

U23 Men Long Jump

1	Roland Pika	Limerick	6.15
2	PJ Galvin	Riocht Ac	5.83

Junior Women High Jump

1	Neasa Murphy	Ferrybank	1.63
2	Laoise Bennis	St Marys AC	1.50
3	Rachel Clancy	St John's AC	1.50
4	Molly Healy	Leevale	1.50
5	Jade O'Farrell Bond	Borrisokane Ac	1.40

U23 Women High Jump

1	Sorcha Murphy	Ferrybank	1.60
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Junior Men High Jump

1	Des Kelleher	Leevale	1.66
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U23 Men High Jump

1	PJ Galvin	Riocht Ac	1.85
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Junior Women Shot Putt

1	Aideen Hallahan	Midleton A.C	10.44
2	Deirbhile Ryan	Nenagh Olympic	9.58
3	Angharad Loughnane	Marian A.C.	9.05
4	Jade O'Farrell Bond	Borrisokane Ac	8.73
5	Rachel Clancy	St John's AC	7.11

U23 Women Shot Putt

1	Laura McSweeney	Bandon A.C.	11.51
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Junior Men Shot Putt			11.52
1	Gavin Hicks	Bandon A.C.	11.29
2	Seamus McMahon	Shannon	

U23 Men Shot Putt			12.27
1	Patrick McSweeney	Bandon A.C.	

Junior Women 60m Hurdles			
1	Ciara Neville	Emerald AC	9.15
2	Kellyann Doyle	Carrick On Suir	9.47
3	Leanne Prout	Carrick On Suir	9.51

Junior Men 60m Hurdles			
1	Sam Healy	Leevale	8.00
2	Jason Foley	Lios Tuathail	8.69
3	Stephen Uwatse	Dooneen	9.21

Junior Women 60m				
1	Ciara Neville	Emerald AC	7.78	heat 1
2	Lauren Ryan	Dooneen	7.84	heat 1
3	Aoife O'Carroll	Tralee Harriers	8.04	heat 2
4	Sarah Leahy	Spa Muckcross AC	8.09	heat 2
5	Rachael Moriarty	Lios Tuathail	8.12	heat 2
6	Aoibheann O' Brien	Tralee Harriers	8.18	heat 1
7	Emily Nolan	Carrick On Suir	8.21	heat 1
8	Laura Murphy	Leevale AC	8.28	heat 1
9	Chloe Tobin	Emerald AC	8.44	heat 2
10	Niamh Cullen	Lios Tuathail	8.61	heat 1
11	SEMIRAT SAIDI	Ennis Track	8.68	heat 1
12	Hayley Fitzgearld	Belgooly AC	9.02	heat 2
13	Maria O'Neill	lios Tuathail	9.06	heat 2

Junior Men 60m			
1	Sam Healy	Leevale	7.22
2	Paidi Carmody	Marian A.C.	7.36
3	luke Ring	Leevale	7.39
4	Jason Foley	Lios Tuathail	7.50
5	Owen Alfred	Dooneen	7.56
6	Johnny O Sullivan	lios Tuathail	7.60
7	mel O'Callaghan	Gneeveguila	7.60
8	Stephen Uwatse	Leevale	7.71
9	Sean O'Callaghan	Leevale	7.73
10	Lorcan McVeigh	Belgooly AC	8.35

U23 Men 60m			
1	Cormac Lynch	Marian A.C.	7.16
2	Kaodi Ogbene	Leevale AC	7.20
3	PATRICK LYNCH	NEWPORT	7.52

Junior Women 200m				
1	Ciara Neville	Emerald AC	25.50	heat 2

2	Leanne Prout	Carrick On Suir	26.39	heat 1
3	Lauren Ryan	Dooneen	26.76	heat 1
4	Rachael Moriarty	Lios Tuathail	27.13	heat 4
5	Chloe Tobin	Emerald AC	27.89	heat 1
6	Laura Murphy	Leevale	28.13	heat 3
7	Emily Nolan	Carrick On Suir	28.24	heat 4
8	Niamh Cullen	Lios Tuathail	28.53	heat 2
9	Grainne Kavanagh	Waterford AC	29.82	heat 3
10	Aoife Mounsey	Borrisokane Ac	30.69	heat 2
11	Hayley Fitzgearld	Belgooly AC	30.73	heat 4
12	Maria O'Neill	Lios Tuathail	31.41	heat 3

Junior Men 200m

1	Jason Foley	Lios Tuathail	23.93	heat 1
2	Johnny O Sullivan	lios Tuathail	24.01	heat 2
3	Paidi Carmody	Marian A.C.	24.21	heat 1
4	Darren Prout	Carrick On Suir	24.36	heat 3
5	Owen Alfred	Dooneen	24.61	heat 2
6	Luke Ring	Leevale	24.63	heat 2
7	Stephen Uwatse	Dooneen	25.04	heat 3
8	David O'Brien	Dooneen	25.16	heat 1
9	mel O'Callaghan	Gneeveguila	25.81	heat 4
10	Nikolia O' Connor	Tralee Harriers	26.07	heat 3
11	Lorcan McVeigh	Belgooly AC	27.97	heat 4

U23 Men 200m

1	Paul White	Nenagh Olympic	23.33
2	Kaodi Ogbene	Leevale AC	23.77
3	PATRICK LYNCH	NEWPORT	24.80

Junior Women 400m

1	Louise Shanahan	Leevale	57.81 CBP	heat 2
2	Leanne Prout	Carrick On Suir	59.48	heat 2
3	Aoife Delargy	Nenagh Olympic	59.89	heat 2
4	Kellyyann Doyle	Carrick On Suir	1.00.80	heat 1
5	Kila Curran	Dooneen	1.09.48	heat 1
6	Grainne Kavanagh	Waterford AC	1.10.97	heat 1

Junior Men 400m

1	Jamie Mitchell	Emerald AC	52.46	heat 2
2	Michael Quilligan	Nenagh Olympic	52.51	heat 1
3	Sean O'Callaghan	Leevale	54.01	heat 1
4	Jack Murphy	Leevale	54.11	heat 2
5	Micheal Foley	Lios Tuathail	54.37	heat 3
6	Daniel O'Mahony	Leevale	55.34	heat 3
7	Paul Costelloe	Emerald A.C	55.79	heat 3
8	Micheál O'Shea	Farranfore Maine Valley	56.25	heat 3
9	David O'Brien	Dooneen	56.80	heat 1
10	Liam Finn	Nenagh Olympic	58.66	heat 2

U23 Men 400m

1	Paul White	Nenagh Olympic	52.30
2	william o connor	Riocht	52.74
3	William Flynn	Shannon	54.09

Junior Women 800m

1	Louise Shanahan	Leevale	2.19.23
2	Aoife Omahoney	Lios Tuathail	2.28.11
3	Muireann McKenna	Lios Tuathail	2.35.31
4	Sinead Roche	Dooneen	2.44.01
5	Lucy McGrath	Lios Tuathail	2.44.07

U23 Women 800m

1	Harriet Flynn	Shannon	2.36.36
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Junior Men 800m

1	Luke Devine	North Cork AC	2.09.61
2	Robert Kennedy	Templemore	2.16.51
3	Mark Buckley	North Cork AC	2.19.48
4	Adrien Cappellino	Lios Tuathail	2.27.78
5	Gerard O'Donnell	Liscarroll	2.38.84

U23 Men 800m

1	Tom Hennessy	Nenagh Olympic	2.04.70
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Junior Women 1500m

1	Maeve Ahern	Leevale	4.48.49 CBP
2	Aoife O Mahoney	Lios Tuathail	5.05.51
3	Aoife Deering	Nenagh Olympic	5.05.74
4	Muireann McKenna	Lios Tuathail	5.28.32
5	Lucy McGrath	Lios Tuathail	5.48.70

U23 Women 1500m

1	Grace Lynch	Iveragh	4.53.54
2	Harriet Flynn	Shannon	5.10.48

Junior Men 1500m

1	Robert Kennedy	Templemore	5.07.43
2	Gerard O'Donnell	Liscarroll	5.34.71

U23 Men 1500m

1	Shane O'Rahilly	North Cork AC	4.28.99
2	Damien Murphy	West Waterford	4.29.03