

**Munster Athletics - 31/07/2016**  
**Senior Track & Field Championships 2016**  
**RSC, Waterford**  
**Results - Senior T & F**

**Event 3 Women 400 Meter Hurdles 2'9" Senior**

Munster CBP: M 50.00 BARBARA JOHNSON, North Cork  
 Name Age Team Finals

Finals

1 785 Vickie Cusack 17 Liscarroll A C 1:10.63

**Event 4 Men 400 Meter Hurdles 3'0" Senior**

Name Age Team Finals

1 701 Conor Gaffney 17 Menapians A.C. Guest 57.92

2 788 Diarmuid Clancy 17 Abbey Striders A C 58.53

3 734 Aidan Hogan 17 Rising Sun A C 1:22.50

**Event 5 Women 100 Meter Dash Senior**  
**Top 8 Advance by Time**

Munster CBP: M 12.11 2003 AILLIS MCSWEENEY, Leevale  
 Name Age Team Prelims Wind

Preliminaries

1 758 Jane Shovlin 17 Menapians A.C. Guest 13.34q +0.0

2 976 Niamh Lenihan 17 Liscarroll A C 16.69q +0.0

**Event 6 Men 100 Meter Dash Senior**  
**8 Advance: Top 2 Each Heat plus Next 2 Best Times**

Munster CBP: M 10.77 2001 TOM COMYNS, Limerick AC  
 Name Age Team Prelims Wind H#

1 791 Raymond Walsh 17 Abbey Striders A C 11.02Q -0.9 3  
 2 724 Robert Bennett 17 Templemore A C 11.26Q -0.8 2  
 3 768 Paul White 17 Nenagh Olympic A C 11.53Q 1.8 1  
 4 720 Koadichinma Ogbene 17 Leevale A C 11.07Q -0.9 3  
 5 774 Joey Henchy 17 Bandon A C 11.40Q -0.8 2  
 6 698 Patrick Lynch Newport A C 11.58Q 1.8 1  
 7 798 Mikey Cullen 17 Menapians A.C. Guest 11.44q -0.9 3  
 8 742 Evan Crotty 17 Emerald A C 11.59q 1.8 1  
 9 729 Ciaran Maher 17 Menapians A.C. Guest 11.63 1.8 1  
 10 735 Dean Mulqueen 17 Derg A.C. 11.71 -0.8 2  
 11 718 John Corr 17 Leevale A C 11.76 -0.8 2  
 12 721 Neil Heffernan 17 Leevale A C 11.84 -0.9 3  
 13 797 Aaron Smith 17 Menapians A.C. Guest 12.08 1.8 1  
 14 780 David Heffernan 17 Moyglass A.C. 12.13 -0.8 2  
 15 795 Paul Mulchrone 17 Leevale A C 12.14 1.8 1  
 16 700 Aidrian Jackman Menapians A.C. Guest 12.27 -0.9 3  
 17 690 Dara O'Carroll 17 Tralee Harriers A C 12.28 -0.8 2  
 18 800 Stephen Hogan 17 Ennis Track A C 12.50 -0.9 3  
 19 736 David Casey 17 Derg A.C. 13.05 -0.9 3

**Munster Athletics - 31/07/2016**  
**Senior Track & Field Championships 2016**  
**RSC, Waterford**  
**Results - Senior T & F**

**Event 6 Men 100 Meter Dash Senior**

Munster CBP: M 10.77 2001 TOM COMYNS, Limerick AC  
 Name Age Team Finals Wind

Finals

1	791	Raymond Walsh	17	Abbey Striders A C	11.02	-1.1
2	720	Koadichinma Ogbene	17	Leevale A C	11.11	-1.1
3	724	Robert Bennett	17	Templemore A C	11.29	-1.1
4	774	Joey Henchy	17	Bandon A C	11.49	-1.1
5	768	Paul White	17	Nenagh Olympic A C	11.57	-1.1
6	698	Patrick Lynch		Newport A C	11.60	-1.1
7	798	Mikey Cullen	17	Menapians A.C. Guest	11.64	-1.1
8	742	Evan Crotty	17	Emerald A C	11.68	-1.1

**Event 8 Men 200 Meter Dash Senior**

Munster CBP: M 21.48 2000 GARY RYAN, Nenagh Olympic  
 Name Age Team Prelims Wind H#

Preliminaries

1	791	Raymond Walsh	17	Abbey Striders A C	22.88q	-3.1	2
2	724	Robert Bennett	17	Templemore A C	23.08q	-3.1	2
3	720	Koadichinma Ogbene	17	Leevale A C	23.15q	-3.1	2
4	768	Paul White	17	Nenagh Olympic A C	23.45q	-3.1	2
5	742	Evan Crotty	17	Emerald A C	23.66q	-3.8	3
6	777	William Flynn	17	Shannon A C	23.68q	-3.8	3
7	698	Patrick Lynch		Newport A C	24.09q	-3.8	3
8	729	Ciaran Maher	17	Menapians A.C. Guest	24.22q	-3.2	1
9	692	William O'Connor	17	An Riocht A C	24.38	-3.1	2
10	735	Dean Mulqueen	17	Derg A.C.	24.47	-3.8	3
11	718	John Corr	17	Leevale A C	25.03	-3.1	2
12	700	Aidrian Jackman		Menapians A.C. Guest	25.69	-3.2	1
13	795	Paul Mulchrone	17	Leevale A C	25.90	-3.2	1
14	800	Stephen Hogan	17	Ennis Track A C	26.57	-3.8	3
15	751	Paul O'Sullivan	17	Waterford A C	26.69	-3.1	2
16	736	David Casey	17	Derg A.C.	27.75	-3.2	1

**Event 9 Women 400 Meter Dash Senior**

Munster CBP: M 55.99 2014 JENNA BROMELL, Emerald  
 Name Age Team Finals

Finals

1	773	Phil Healy	17	Bandon A C	53.79M
2	708	Ruth Bowe	17	Menapians A.C. Guest	1:06.18
3	784	Jodie Cusack	17	Liscarroll A C	1:14.25

**Event 10 Men 400 Meter Dash Senior**

Munster CBP: M 43.39 2004 PADDY O'GORMAN, Leevale  
 Name Age Team Finals

1	711	Niall Tuohy	17	Ferrybank A C	48.82	1
2	777	William Flynn	17	Shannon A C	50.45	1

**Munster Athletics - 31/07/2016**  
**Senior Track & Field Championships 2016**  
**RSC, Waterford**  
**Results - Senior T & F**

**....Event 10 Men 400 Meter Dash Senior**

3	692 William O'Connor	17	An Riocht A C	51.51	1
4	788 Diarmuid Clancy	17	Abbey Striders A C	51.92	2
5	701 Conor Gaffney	17	Menapians A.C. Guest	51.95	2
6	762 Shaun Donohue	17	Menapians A.C. Guest	51.99	1
7	690 Dara O'Carroll	17	Tralee Harriers A C	53.30	2
8	798 Mikey Cullen	17	Menapians A.C. Guest	53.53	1
9	772 Mkar Carmody	17	An Bru A.C.	54.60	2
10	741 Gary Matthews	17	An Riocht A C	54.99	2
11	700 Aidrian Jackman		Menapians A.C. Guest	58.72	2

**Event 11 Women 800 Meter Run Senior**

Munster CBP: M 2:07.08 1985 VALARIE VAUGHAN, Blarney In					
Name	Age	Team		Finals	
1	760 Rianne McHugh	17	Sligo A.C. Guest	2:25.01	
2	744 Gwyneth Blair	17	Waterford A C	2:35.44	

**Event 14 Men 1500 Meter Run Senior**

Munster CBP: M 3:49.60 1992 GARRETH BARRY, North Cork					
Name	Age	Team		Finals	
1	754 Karl Fitzmaurice	17	Ennis Track A C	4:14.67	
2	696 Conor O'Mahony	17	An Riocht A C	4:23.70	
3	763 David Butler	17	St Finbarrs A C	5:10.35	

**Event 15 Women 3000 Meter Run Senior**

Munster 5K CBP: M 15:38.32 1999 LOUISE CAVANAGH, UCC					
Name	Age	Team		Finals	
1	766 Jenny O'Loughlin	17	Waterford A C	12:12.92M	

**Event 16 Men 5000 Meter Run Senior**

Munster CBP: M 14:10.50 1994 DONNACHA O'MAHONY, East Co					
Name	Age	Team		Finals	
1	719 Eric Curran	17	Leevale A C	15:52.00	
2	754 Karl Fitzmaurice	17	Ennis Track A C	15:53.56	
3	717 Sean McGrath	17	East Cork A C	15:57.44	
4	726 Tony Fogarty	17	Templemore A C	16:30.11	
5	702 Ruairi O'Donnell	17	Ferrybank A C	16:46.49	
6	737 Aaron Quigley	17	Derg A.C.	17:47.64	
7	738 Enda Joyce	17	Derg A.C.	18:48.44	
8	763 David Butler	17	St Finbarrs A C	18:52.55	

**Event 20 Men 2000 Meter Steeplechase 3'0" Senior**

Munster CBP: M 8:54.80 1996 JOHN MURRAY, North Cork					
Name	Age	Team		Finals	
1	734 Aidan Hogan	17	Rising Sun A C	7:46.60	

**Relays**

**4x100m Men**

1.	Templemore A.C.	47.22
2.	Derg A.C.	52.41

**4x100m Women**

1.	Liscarroll	55.18
----	------------	-------