

**RESULTS FROM JUNIOR / U 23 / SENIOR CHAMPIONSHIPS CIT CORK
ON MAY 03 2010**

Junior Women

100m Hurdles	1.	Megan Kiely	Ferrybank	16.18	
	2.	Lisa Houlihan	West Waterford	16.79	
	3.	Chloe Fahy	Nenagh	17.99	
400m Hurdles	1.	Megan Kiely	Ferrybank	63.53	
	2.	Hannah Trehy	Carrick on Suir		
100M	1.	Joan Healy	Bandon	12.28	
	2.	Sara Lavin	Emerald	12.46	
	3.	Nicola Power	Ferrybank	13.13	
	4.	Sinead O'Connor	Tralee Hrs	13.47	
	5.	Emma Dooley	Emerald	13.86	
	6.	Brid Brosnan	Ferrybank	14.00	
200M	1.	Joan Healy	Bandon	25.73	-1.7
	2.	Brid Brosnan	Ferrybank	28.08	
	3.	Margaret Mary Grace	Nenagh	28.47	
	4.	Emma Prendiville	Farranfore MV	28.78	
	5.	April Philpott	Leevale	29.71	
400M	1.	Jessica Neville	B I A C	59.06	
	2.	Cliona Ryan	Borrisokane	61.02	
	3.	Margaret Mary Grace	Nenagh	65.52	
1500M	1.	Shannen Ryan	Dooneen	5.02.85	
3000M	1.	Claire O'Brien	BIAC	11.48.56	
	2.	Brona Croke	Dooneen	12.10.50	
	3.	Cliona Doyle	Clonmel	12.34.09	
3000m Walk	1.	Emma Prendeville	Farranfore MV	14.35.39	CBP
	2.	Sara Kelly	Borrisokane	20.14.52	
High Jump	1.	Aisling Croke	Dooneen	1.65	
	2.	Claire Collins	West Waterford	1.60	
	3.	Megan Kiely	Ferrybank	1.55	
	4.	Chloe Fahy	Nenagh	1.45	
	5.	Leann Herlihy	West Waterford	1.45	
Pole Vault	1.	Nikita Savage	Youghal	3.30	CBP
	2.	Lisa Houlihan	West Waterford	2.90	
	3.	Una Marley	St. Brendans	2.10	

Long Jump	1.	Sally Rose Maughan	Guest Castlebar	5.63.	Wind+3.8	
	1.	Sinead O'Connor	Tralee Hrs	5.25		
	2.	Nicola Power	Ferrybank	5.10		
	3.	Chloe Fahy	Nenagh	5.04		
	4.	Suzanne Kelly	Kilnaboy	4.81		
Triple Jump	5.	Caroline Murnane	Leevale	4.78		
	1.	Sinead O'Connor	Tralee Hrs	11.40		
	2.	Brona Croke	Dooneen	9.38		
	Shot	1.	Laura McSweeney	Bandon	10.87	
		2.	Zoe Scanlon	West Waterford	10.46	
3.		Niamh Murphy	B I A C	10.45		
4.		Tracy Bradfield	Bandon	9.98		
5.		Alana Fratorolli	Limerick AC	9.81		
6.		Megan Moynihan	West Waterford	8.72		
7.		Lynn Bradfield	Bandon	8.51		
Discus	1.	Zoe Scanlon	West Waterford	36.66		
	2.	Jade Power	Ferrybank	31.03		
	3.	Kate Hickey	West Waterford	29.59		
	4.	Tracy Bradfield	Bandon	29.14		
	5.	Laura McSweeney	Bandon	28.16		
	6.	Lynn Bradfield	Bandon	26.45		
Javelin	1.	Ailish Sheehan	Dooneen	33.45		
	2.	Jenny Murphy	Abbey Striders	33.37		
	3.	Alana Fratorolli	Limerick AC	29.00		
Hammer	1.	Cara Kennedy	Ferrybank	41.49		
	2.	Mairead O'Neill	Gneeveguilla	35.55		
	3.	Megan Moynihan	West Muskerry	35.46		
	4.	Maria Flynn	Farranfore MV	34.81		
	5.	Niamh Murphy	B I A C	33.89		
	6.	Karen Flynn	Farranfore MV	33.22		
	7.	Sarah Kelly	Borrisokane	32.21		
	8.	Michelle Kenneally	West Waterford	23.80		

U 23 Women

400m Hurdles	1.	Jessica Barr	Ferrybank	60.95	CBP
	2.	Lisa Kelly	Borrisokane		
100M	1.	Niamh Whelan	Ferrybank	12.16	
	2.	Sophie Hiensch	Leevale	13.50	
	3.	Franchesca Revalle	Menapians	13.53	
	4.	Cheryl Stanly	Templemore	14.48	
200M	1.	Niamh Whelan	Ferrybank	25.24	- 3.2
	2.	Cheryl Stanly	Templemore	30.32	
400M	1.	Louise McArdle	Leevale	57.61	
	2.	Roisin Howard	Bandon	63.85	
800M	1.	Carol Finn	Duhallow	2.21.17	
1500M	1.	Sharon Rynne	Kilmurry lbk	5.21.70	
High Jump	1.	Roisin Howard	Bandon	1.50	
Pole Vault	1.	Sarah Ryan	Youghal	2.70	
Long Jump	1.	Lisa Kelly	Borrisokane	4.31	Wind +2.1
	2.	Aoife O'Malley	Bilboa	4.28	
Triple Jump	1.	Aoife O'Malley	Bilboa	8.83	
Shot	1.	Katie O'Shea	Farranfore MV	9.96	
	2.	Roisin Howard	Bandon	9.92	
	3.	Aoife O'Malley	Bilboa	9.23	
	4.	Rachel Roche	Bandon	8.96	
Discus	1.	Karen O'Connor	Tralee Hrs	29.53	
	2.	Eadaoin Ashe	West Waterford	29.06	
	3.	Rachel Roche	Bandon	28.37	
	4.	Roisin Howard	Bandon	25.59	
	5.	Katie O'Shea	Farranfore MV	25.33	
	6.	Aoife O'Malley	Bilboa	23.86	
Javelin	1.	Rachel Roche	Bandon	31.15	
	2.	Aoife O'Malley	Bilboa	30.31	
	3.	Katie O'Shea	Farranfore MV	20.29	

Hammer	1.	Katie O'Shea	Farranfore MV	40.17	
	2.	Maire McCarthy	B I A C	34.51	

Senior Women

200M	1.	Jessika Zebo	Ferry bank	25.24	-3.2
	2.	Angela Hogan	Borrisokane	28.52	

800M	1.	Martina O'Dwyer	Carrick on Suir	2.31.83	
	2.	Amanda Crotty	Youghal	2.49.95	

1500M	1.	Martina O'Dwyer	Carrick on Suir	4.56.86	
	2.	Sinead O'Connor	Leevale	4.57.86	
	3.	Ann Marie Costello	Gneeveguilla	5.08.64	

5000M	1.	Lizzie Lee	Leevale	17.47.23	
	2.	Emma Murphy	St. Finbarrs	18.49.47	
	3.	Jessika Von Hatten	Leevale	19.23.26	

High Jump	1.	Liz Coomey	Bandon	1.35	
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Shot	1.	Catriona Ryan	Templemore	10.61	
	2.	Priscilla O'Sullivan	Bandon	9.80	
	3.	Liz Coomey	Bandon	9.38	

Discus	1.	Rachel Akers	Marian	34.91	
	2.	Priscilla O'Sullivan	Borrisokane	27.61	
	3.	Amanda O'Farrell	Borrisokane	27.51	
	4.	Liz Coomey	Bandon	25.88	

Hammer	1.	Rachel Akers	Marian	51.29	CBP
	2.	Priscilla O'Sullivan	Bandon	34.95	
	3.	Liz Coomey	Bandon	34.01	

4 x 100m Relay	1.	Bandon	52.35	
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Junior men

110m Hurdles	1.	Edmond O'Halloran	Leevale	15.12	-2.37
	2.	Emmanuel Sobayo	Dooneen	16.67	

100M	1.	David Killeen	Leevale	11.83	
	2.	Cian Foley	Tralee Hrs	12.06	

	3.	Conal O'Callaghan	Spa Muckcross	12.07	
	4.	Donal Brennan	Ferrybank	12.44	
200M	1.	Patrick Maher	Leevale	22.79	-2.1
	2.	David Killeen	Leevale	22.81	
	3.	Cian Foley	Tralee Hrs	22.99	
	4.	Edmond O'Halloran	Leevale	23.56	
	5.	Donal Brennan	Ferrybank	24.11	
	6.	Shane Fitzgerald	Limerick AC	24.37	
	7.	Darra Kenny	B I A C	25.16	
	8.	Spike Shaughnessy	Bandon	25.27	
400M	1.	James Greene	Ferrybank	51.60	
	2.	Paudi Whelan	Tralee Harriers	52.22	
	3.	Shane Fitzgerald	Emerald	53.49	
800M	1.	Dean Cronin	B I A C	1.57.69	
	2.	Eamon Chesser	Ennis Track	2.00.94	
	3.	Brian Looram	Clonmel	2.15.46	
	4.	James Kelly	Liscarroll	2.30.08	
1500M	1.	Sean Tobin	Clonmel	4.07.05	
	2.	Peter Hanrahan	Togher	4.09.15	
	3.	Ryan Creech	Leevale	4.11.28	
	4.	Michael O'Sullivan	West Muskerry	4.11.58	
	5.	Darragh Lynch	Ennis Track	4.14.24	
	6.	Keron Chesser	Ennis Track	4.20.82	
	7.	Declan Power	West Waterford	4.24.52	
	8.	Conor McCarthy	Ferrybank	4.35.45	
3000M	1.	Aidan Kearney	Ennis Track	9.00.32	
	2.	Shane Maher	U. C. C.	9.32.08	
Steeplechase	1.	Danny Mullins	Bantry	6.38.9	
	2.	Michael Carey	Clonmel	7.40.3	
	3.	Reece Maher	Clonmel	7.32.9	
5000m Walk	1.	Robert O'Neill	Togher	24.26.58	CBP
	2.	Evan Lynch	Clonmel	24.28.91	
	3.	Luke Hickey	Leevale	26.49.53	
High Jump	1.	Shane Dwyer	Carrick on Suir	1.85	
	2.	P. J. Galvin	St. Brendans	1.80	
	3.	Emmanuel Sobayo	Dooneen	1.75	
	4.	Shayne O'Brien	Clonmel	1.50	

Pole Vault	1.	Thomas Houlihan	West Waterford	4.20	CBP
	2.	Jonathon Foley	Farranfore MV	3.50	
	3.	Lee Curley	Youghal	2.70	
Long Jump	1.	Shane Prout	Individual Tipp	6.38.	Wind + 2.0 + 3.6
	2.	Conal O'Callaghan	Spa Muckcross	6.21	
	3.	Shane Dwyer	Carrick on Suir	6.12	
	4.	Stephen Murphy	Ferrybank	6.05	
	5.	Keith Smith	Carrick on Suir	5.93	
	6.	Michael Godley	Tralee Hrs	5.59	
	7.	Brian Loram	Clonmel	5.16	
	8.	Shayne O'Brien	Clonmel	4.59	
Triple Jump	1.	Shane Prout	Individual Tipp	12.36	
	2.	Michael Godley	Tralee Hrs	11.35	
	3.	Brendan Barry	West Waterford	10.81	
	4.	James Kelly	Liscarroll	10.73	
Shot	1.	Diarmuid Hickey	Riverstick/Kinsale	13.21	
	2.	Patrick McSweeney	Bandon	11.85	
	3.	Shane McAuliffe	Gneeveguilla	11.44	
	4.	Jason Mullins	Clonmel	10.53	
	5.	Micheal O'Neill	Gneeveguilla	9.37	
Discus	1.	Shane McAuliffe	Gneeveguilla	32.53	
	2.	Diarmuid Hickey	Riverstick/Kinsale	31.00	
	3.	Micheal O'Neill	Gneeveguilla	30.18	
	4.	Jason Mullins	Clonmel	28.78	
	5.	Patrick McSweeney	Bandon	27.27	
Javelin	1.	Jaco Oosthuysen	Clonmel	53.65	CBP
	2.	Anton Kateyev	Dooneen	51.47	
	3.	David Reynolds	Bandon	44.98	
	4.	Tom Doyle	Clonmel	41.86	
	5.	Diarmuid Hickey	Riverstick/Kinsale	34.82	
	6.	Sean Tobin	Clonmel	30.10	
	7.	James Kelly	Liscarroll	25.34	
Hammer	1.	Shane Hand	Farranfore MV	44.05	
	2.	Micheal O'Neill	Gneeveguilla	41.83	
	3.	Tom Doyle	Clonmel	35.08	
	4.	Patrick McSweeney	Bandon	33.97	
28 WF (Distance)	1.	Patrick McSweeney	Bandon	6.94	

U 23 Men

400m Hurdles	1.	Alan Corcoran	Ferrybank	54.28	
100M	1.	David O'Shea	Dooneen	11.09	
	2.	Christopher Russell	Ferrybank	11.18	
	3.	Niall Counihan	Dooneen	11.68	
400M	1.	Patrick O'Reilly	St. Marys LK	55.47	
800M	1.	Finbar Horgan	Clonmel	2.02.15	
	2.	Eoin Casey	Midleton	2.03.68	
	3.	Kyle Peterson	U. C. C.	2.03.72	
	4.	Michael Coleman	Dundrum	2.05.21	
	5.	John Collins	Skibbereen	2.16.38	
1500M	1.	Patrick Flynn	Ferrybank	4.05.87	
	2.	Ronan Duggan	Bandon	4.06.57	
	2.	Keith Maher	Thurles Crokes	4.07.69	
	3.	Patrick Hogan	Ferrybank	4.15.47	
	4.	Kyle Peterson	U. C. C	4.16.16	
	5.	James Maher	Templemore	4.29.52	
	6.	Denis Metcalfe	Leevale	4.44.82	
	7.	Alex Kelly		4.56.92	
3000M	1.	James O'Driscoll	Skibereen	9.13.40	
	2.	Darren O'Donovan	Leevale	9.13.46	
	3.	Patrick Hogan	Ferrybank	9.22.97	
Steeplechase	1.	Stephen Walter	Leevale	7.44.6	
5 K Walk	1.	Niall Prendeville	Farranfore MV	23.47.40	CBP
High Jump	1.	Martin Davis	St. Marys LK	1.50	
Pole Vault	1.	Mark Bannon	West Waterford	3.60	
Long Jump	1.	David Quilligan	Leevale	6.77	Wind +1.9
	2.	Niall Counihan	Dooneen	6.31	+2.0
Triple Jump	1.	Niall Counihan	Dooneen	12.67	
Shot	1.	Daniel Clifford	Farranfore MV	13.54	

	2.	Dave Tierney	Leevale	12.37
Discus	1.	Daniel Clifford	Farranfore MV	44.75
Hammer	1.	Daniel Clifford	Farranfore M.V.	40.61
35 WF (Distance)	1.	Dave Tierney	Leevale	10.66 CBP
4 x 100m Relay	1.	St. Marys LK	49.11	
4 x 400m Relay	1.	St. Marys LK		

Senior men

110m Hurdles	1.	Ger Cremin	An Riocht	18.01
	2.	Adrian Jackman Guest	Menapians	18.15
	3.	Joe Barry	Templemore	18.23
400m Hurdles	1.	Jeremy Lyons Guest	Raheny Shamrock	53.87 CBP
	2.	Tim Crowe	Dooneen	53.96
	3.	Barry Upton Guest	Menapians	54.60
	4.	Stephen Kelly Guest	Tullamore Hrs	57.13
100M	1.	David Hynes Guest	Menapians	11.14
	2.	Cian Aherne	Dooneen	11.67
	3.	Simon Hogan	Dooneen	11.92
200M	1.	Christopher Russell	Ferrybank	22.36
	2.	David Hynes Guest	Menapians	22.79
	3.	Barry Upton Guest	Menapians	23.02
	4.	Zoltan Gyomber	Dooneen	23.11
	5.	Liam O'Brien	Togher	24.19
400M	1.	Zoltan Gyomber	Dooneen	51.41
	2.	Michael Pat O'Regan	CIT Athletics	54.57
	3.	Ross Kelly	Belgooly	56.94
800M	1.	Denis Coughlan	St. Finbarrs	2.00.97
	2.	William Hughes	CIT Athletics	2.01.39
	3.	Ian Tivy	Togher	2.01.89
	4.	Tony Kelleher	Togher	2.02.37
	5.	Michael Keane	Ennis Track	2.04.20

	6.	Julien Pastel	CIT Athletics	
1500M	1.	James McCarthy	East Cork	4.05.78
	2.	Thomas Maunsel	Leevale	4.11.84
	3.	James Grufferty	Leevale	4.17.09
	4.	Michael Keane	Ennis Track	4.19.20
	5.	Denis Shanahan	Thurles Crokes	4.30.24
	6.	Tommy Falconer	Carrick on Suir	4.42.76
5000M	1.	Sean McGrath	East Cork	15.12.97
	2.	Des Casey	Millstreet	15.17.75
	3.	Michael Maher	Ennis Track	15.36.47
	4.	Brian McGinley	Ennis Track	15.42.64
	5.	Ed Murphy	Gneeveguilla	16.04.41
	6.	Shane Mullaney	Thurles Crokes	16.04.41
	7.	Frank O'Carroll	Ennis Track	16.17.76
	8.	Donal Coakley	Togher	16.23.93
	9.	Chris Harrington	Leevale	16.35.37
	10.	Brian Murphy	Ennis Track	16.47.31
	11.	Denis McCarthy	East Cork	17.08.30
	12.	Dave McEvoy	Leevale	19.11.33
Steeplechase	1.	Manuel Barros	CIT Athletics	7.1.7
10 K Walk	1.	Pat Murphy	Castleisland	46.26.08
	2.	Tony Gatland	Guest	58.49.2
	3.	Sean McMullin	Mullingar Hrs	59.45.0
High Jump	1.	Keith King	Kilmurry IBK	1.85
Long Jump	1.	Keith King	Kilmurry IBK	6.01 Wind +2.8
	2.	Derek Zulu	Fethard	5.96
Triple Jump	1.	Dennis Finnegan	U. C. C	13.97
	2.	Keith King	Kilmurry IBK	11.33
Shot	1.	James Nagle	Farranfore MV	10.81
	2.	Gearoid Kelly	Ballincollig	10.49
	3.	Tom Bouchier	Ferrybank	10.08
	4.	Dave Fratorolli	Limerick AC	10.06
	5.	David Sheehan	Liscarroll	10.05

	6.	Brian Hayes	Leevale	9.39
Discus	1.	Gearoid Kelly	Ballincollig	29.52
	2.	Tom Bouchier	Ferrybank	25.76
	3.	Keith King	Kilmurry IBK	24.80
	4.	David Sheehan	Liscarroll	21.16
Javelin	1.	David Courtney	Ennis Track	42.72
	2.	Patsy O'Connor	Tralee Hrs	41.27
	3.	Keith King	Kilmurry IBK	38.12
	4.	Tadhg Fitzpatrick	Liscarroll	36.65
	5.	Brian Hayes	Leevale	35.14
	6.	Nicholas Raicevic	Youghal	34.42
	7.	Jove Lachman-Curl	CIT Athletics	33.74
	8.	Tom Bouchier	Ferrybank	28.60
	9.	Chris Richards	Clonmel	25.20
Hammer	1.	James Nagle	Farranfore MV	47.85
	2.	Gearoid Kelly	Ballincollig	30.67
	3.	Tom Boucheir	Ferrybank	26.60
	1.	Mark Hanley Guest	Fr. Murphys	51.29
56 W.F	1.	Richard Pilkington	Kilmurry IBK	6.39
	2.	Gearoid Kelly	Ballincollig	6.39
	3.	Michael O'Brien	Tulla	6.24
	4.	Tom Bouchier	Ferrybank	6.17
	5.	John Rice	Grange Fermoy	5.40
	6.	David Sheehan	Liscarroll	4.19