

**SHOT PUTT RESULTS**

GIRLS					BOYS				
Age	Pos.	ATHLETES NAME	CLUB	Distance	Age	Pos.	ATHLETES NAME	CLUB	Distance
U/14	1	Leah Smullen	Portlaoise	7.12m	U/14	1	Niall Carpenter	St. Abbans	8.03m
	2	Patience Chinda	St. Michaels	6.83m		2	Keenan Hearn	Ballyroan Abbeyleix	5.87m
	3	Ellie Boland	Mountmellick	6.10m		3	Evan English	St. Abbans	5.80m
U/16	1	Sarah Coyle	Mountmellick	8.85m	U/16	1	Shane Buggy	St. Abbans	11.62m
	2	Niamh Graham	St. Abbans	6.75m		2	Anthony Idris	Portlaoise	9.60m
	3	Mya Adams	Portlaoise	6.28m		3	Cathal Keegan	St. Abbans	6.90m
U/18	1	Sarah Graham	St. Abbans	8.94m	U/18	1			
	2	Sarah Delaney	Ballyroan Abbeyleix	6.26m		2			
	3	Roisin Bland	Ballyfin	5.48m		3			

**JUNIOR SHOT PUTT RESULTS**

LADIES					MEN				
Jnr.	Pos.	ATHLETES NAME	CLUB	Distance	Jnr.	Pos.	ATHLETES NAME	CLUB	Distance
Jnr.	1	Gillian Keenan	Emo Rath	8.55m	Jnr.	1	Daniel Puslednik	Mountmellick	8.63m
	2	Sarah Graham	St. Abbans	7.97m		2	Wojciech Suchodolski	Mountmellick	8.54m
	3	Katie Walsh	Portlaoise	7.20m		3	Daniel Ayodeji	Mountmellick	8.05m

**LONG JUMP RESULTS**

GIRLS					BOYS				
Age	Pos.	ATHLETES NAME	CLUB	Distance	Age	Pos.	ATHLETES NAME	CLUB	Distance
U/10	1	Alanah Kelly	St. Abbans	2.91m	U/10	1	Adam Kelly	St. Abbans	3.09m
	2	Ciara Milton	St. Abbans	2.85m		2	Johnny McGrath	St. Abbans	2.68m
	3	Katie Harnett	St. Abbans	2.84m		3	Ryan Lanham	Ballyfin	2.35m
U/12	1	Cara English	St. Abbans	3.52m	U/12	1	Kalem Buggy	St. Abbans	3.63m
	2	Orla Carroll	Ballyfin	3.19m		2	Brian Chinda	St. Michaels	3.39m
	3	Emma Jane Cuddy	Portlaoise	3.09m		3	Jack Keenan	Ballyfin	3.33m
U/18	1	Sarah Graham	St. Abbans	4.37m	U/18	1	Jack Delaney	Portlaoise	2.80m
	2	Sarah Delaney	Ballyroan Abbeyleix	3.67m		2			
	3	Niamh McDonald	Ballyroan Abbeyleix	3.04m		3			

**HIGH JUMP RESULTS**

GIRLS					BOYS				
Age	Pos.	ATHLETES NAME	CLUB	HEIGHT	Age	Pos.	ATHLETES NAME	CLUB	HEIGHT
U/15	1	Sarah Coyle	Mountmellick	1.35m	U/15	1	Eoin Cawley	St. Abbans	1.35m
	2	Tara Ring	Portlaoise	1.30m		2	Luke Buggy	Oughaval	1.30m
	3	Emma Fitzpatrick	Ballyroan Abbeyleix	1.25m		3	Niall Carpenter	St. Abbans	1.25m

GIRLS					BOYS				
Age	Pos.	ATHLETES NAME	CLUB	HEIGHT	Age	Pos.	ATHLETES NAME	CLUB	HEIGHT
U/17	1				U/17	1	Matthew Buggy	Oughaval	1.50m
	2					2	Anthony Idris	Portlaoise	1.45m
	3					3	Oisin Jago	Oughaval	1.45m
U/19	1	Sarah Graham	St. Abbans	1.45m	U/19	1	Daniel Ayodeji	Mountmellick	1.55m
	2	Sarah Delaney	Ballyroan Abbeyleix	1.20m		2			
	3	Katie Walsh	Portlaoise	1.10m		3			

**60m HURDLES RESULTS**

GIRLS					BOYS				
Age	Pos.	ATHLETES NAME	CLUB	TIME	Age	Pos.	ATHLETES NAME	CLUB	TIME
<b>U/15</b> <b>2</b> <b>Heats</b>	1	Chloe Keenan	Emo Rath	9.96	<b>U/15</b>	1	Luke Buggy	Oughaval	10.92
	2	Mya Adams	Portlaoise	11.22		2	Darragh Carpenter	St. Abbans	11.86
	3	Leah Smullen	Portlaoise	11.44		3	Ben Toomey	Portlaoise	12.34
<b>U/17</b>	1	Roisin Bland	Ballyfin	15.20	<b>U/17</b>	1	Anthony Idris	Portlaoise	10.13
	2					2	Matthew Buggy	Oughaval	10.39
	3					3	Gavin Dempsey	Portlaoise	11.50

**DISTANCE RESULTS**

GIRLS 350m					BOYS 350m				
Age	Pos.	ATHLETES NAME	CLUB	TIME	Age	Pos.	ATHLETES NAME	CLUB	TIME
<b>U/11</b> <b>2</b> <b>Heats</b>	1	Cara English	St. Abbans	1.01.08	<b>U/11</b>	1	Kalem Buggy	St. Abbans	59.63
	2	Ciara Milton	St. Abbans	1.04.18		2	Will Craig	St. Michaels	1.00.50
	3	Orla Carroll	Ballyfin	1.08.33		3	Cillian Hoey	St. Michaels	1.02.20
GIRLS 600m					BOYS 600m				
<b>U/13</b> <b>2</b> <b>Heats</b>	1	Rachel Ayres	St. Abbans	1.58.32	<b>U/13</b>	1	Keenan Hearn	Ballyroan Abbeyleix	1.59.33
	2	Evanna Ryle	Rosenallis Kilcavan	2.01.94		2	Eolann Maguire	Oughaval	2.01.89
	3	Jessica Murray	St. Abbans	2.04.26		3	Cillian Whearty	Oughaval	2.02.14

**60m SPRINT RESULTS**

GIRLS					BOYS				
Age	Pos.	ATHLETES NAME	CLUB	TIME	Age	Pos.	ATHLETES NAME	CLUB	TIME
<b>U/10</b> 3 Heats	1	Saffron Adams	Portlaoise	10.60	<b>U/10</b> 2 Heats	1	Adam Kelly	St. Abbans	9.52
	2	Laura Ayres	St. Abbans	10.69		2	Eoin Lynam	Ballyroan Abbeyleix	9.73
	3	Ciara Milton	St. Abbans	10.75		3	Darragh Duffy	Emo Rath	9.87
<b>U/12</b> Heats	1	Elaine Miller	Ballyroan Abbeyleix	9.09	<b>U/12</b> Heats	1	Cillian Hoey	St. Michaels	8.64
	2	Cara English	St. Abbans	9.21		2	Brian Chinda	St. Michaels	8.80
	3	Orla Carroll	Ballyfin	9.43		3	Tadhg Slattery	Oughaval	9.46
<b>U/14</b> 3 Heats	1	Temi Adebari	Portlaoise	8.52	<b>U/14</b> Heats	1	Evan English	St. Abbans	8.69
	2	Patience Chinda	St. Michaels	8.92		2	Keenan Hearn	Ballyroan Abbeyleix	8.89
	3	Ellie Boland	Mountmellick	9.06		3	Ben Toomey	Portlaoise	8.96
<b>U/16</b>	1	Sarah Coyle	Mountmellick	8.76	<b>U/16</b>	1	Matthew Buggy	Oughaval	8.14
	2	Niamh Bland	Ballyfin	9.04		2	Anthony Idris	Portlaoise	8.25
	3	Aoibhín McDonald	St. Abbans	9.17		3	Shane Buggy	St. Abbans	8.25

**200m SPRINT RESULTS**

GIRLS					BOYS				
Age	Pos.	ATHLETES NAME	CLUB	Time	Age	Pos.	ATHLETES NAME	CLUB	
<b>U/18</b>	1	Sarah Delaney	Ballyroan Abbeyleix	30.37	<b>U/18</b>	1	Jake Coss	Mountmellick	26.15
	2	Sarah Graham	St. Abbans	31.87		2	Oisin Jago	Oughaval	26.67
	3	Niamh McDonald	Ballyroan Abbeyleix	32.30		3	John Hughes	Rosenallis Kilcavan	27.10

**RELAY TEAM WINNERS**

GIRLS 4 x 100m				BOYS 4 x 100m			
Age	Pos.	CLUB		Age	Pos.	CLUB	
U/11	1	St. Abbans	1.12.04	U/11	1	St. Michaels	1.09.86
	2	Portlaoise	1.14.94		2	St. Abbans	1.13.87
	3	St. Abbans	1.17.86		3	Emo Rath	1.19.40
GIRLS 4 x 100m				BOYS 4 x 100m			
Age	Pos.	CLUB		Age	Pos.	CLUB	
U/13	1	St. Abbans	1.05.56	U/13	1	Oughaval	1.06.22
	2	Emo Rath	1.09.45	2	2	Portlaoise	1.06.22
Heats	3	Oughaval	1.09.75	Heats	3	St. Michaels	1.08.10
GIRLS 4 x 200m				BOYS 4 x 200m			
Age	Pos.	CLUB		Age	Pos.	CLUB	
U/15	1	St. Abbans	2.15.82	U/15	1	St. Abbans	2.03.78
	2	Portlaoise	2.18.45		2	St. Abbans	2.12.50
	3	Portlaoise	2.26.90	mix	3	Portlaoise(3) / St. Abbans (1)	2.25.70
GIRLS 4 x 200m				BOYS 4 x 200m			
Age	Pos.	CLUB		Age	Pos.	CLUB	
U/17	1	St. Abbans	2.09.56	U/17	1	St. Abbans	1.57.76
-	2	Ballyroan Abbeyleix	2.09.84	-	2	Portlaoise Mixed Team	2.04.44
U/19	3			U/19	3		

**DISTANCE RESULTS**

GIRLS 800m					BOYS 800m				
Age	Pos.	ATHLETES NAME	CLUB	TIME	Age	Pos.	ATHLETES NAME	CLUB	TIME
U/15	1	Faye McEvoy	Ballyroan Abbeyleix	2.37.80	U/15	1	Jack Fenlon	St. Abbans	2.25.63
	2	Audrey Byrne	St. Abbans	2.46.57		2	Adam Buggy	St. Abbans	2.27.93
	3	Michelle Conroy	Mountmellick	2.48.05		3	Lee Murray	St. Abbans	2.30.83
GIRLS 800m					BOYS 800m				
Age	Pos.	ATHLETES NAME	CLUB	TIME	Age	Pos.	ATHLETES NAME	CLUB	TIME
U/17	1	Niamh McDonald	Ballyroan Abbeyleix	2.53.77	U/17	1	William Fox	St. Abbans	2.20.96
	2	Aoife Kettle	St. Abbans	3.17.30		2	Oisin Jago	Oughaval	2.21.44
	3	Roisin Bland	Ballyfin			3	Matthew Buggy	Oughaval	2.33.30
GIRLS 800m					BOYS 800m				
Age	Pos.	ATHLETES NAME	CLUB	TIME	Age	Pos.	ATHLETES NAME	CLUB	TIME
U/19	1	Orla Davies	St. Abbans	2.57.28	U/19	1	Cathal Connaughton	Oughaval	3.08.06
	2	Sarah Delaney	Ballyroan Abbeyleix	3.04.21		2			
	3	Emily O'Neill	Emo Rath	3.06.92		3			

**SENIOR RESULTS**

LADIES SHOT PUTT					MENS SHOT PUTT				
Pos.	ATHLETES NAME	CLUB	DISTANCE		Pos.	ATHLETES NAME	CLUB	DISTANCE	
1	Nicole Kehoe Dowling	St. Abbans	10.55m		1	Seamus Fitzpatrick	Portlaoise	10.04m	
2	Gillian Keenan	Emo Rath	8.07m		2	Chris Hill	Portlaoise	8.57m	
3	Sarah Graham	St. Abbans	7.70m		3	Daniel Puslednik	Mountmellick	8.23m	
4	Katie Walsh	Portlaoise	7.40m		4	Wojciech Suchdolski	Mountmellick	8.18m	
LADIES LONG JUMP					MENS LONG JUMP				
Pos.	ATHLETES NAME	CLUB	DISTANCE		Pos.	ATHLETES NAME	CLUB	DISTANCE	
1	Katie Walsh	Portlaoise	3.51m		1	Eoin Keenan	Emo Rath	5.62m	
2	Gillian Keenan	Emo Rath	3.37m		2	Daneil Ayodeji	Mountmellick	5.25m	
3	Amy Walsh	Portlaoise	2.92m		3	Shane Bowe	Ballyroan Abbeyleix	5.18m	
4	Katelyn Dunne	Emo Rath	2.15m		4	David Murray	Mountmellick	4.47m	

SENIOR RESULTS									
LADIES 200m SPRINTS					MENS 200m SPRINTS				
	Pos.	ATHLETES NAME	CLUB	TIME		Pos.	ATHLETES NAME	CLUB	TIME
	1	Gillian Keenan	Emo Rath	28.26		1	Daniel Ayodeji	Mountmellick	25.07
	2	Katie Walsh	Portlaoise	31.06		2	Lee Mullen	Emo Rath	27.69
	3	Katelyn Dunne	Emo Rath	32.32		3	Jake Coss	Mountmellick	27.86
						1	David Murray	Mountmellick	28.85
MASTER LADIES 1000m					MASTER MEN 1000m				
O/35	1				O/35	1	John Kirwan	Ballyroan Abbeyleix	3.08.29
	2					2	Anthony McDonald	St. Abbans	3.23.16
	3					3	Chris Hill	Portlaoise	3.41.56
MASTER LADIES 1000m					MASTER MEN 1000m				
O/45	1				O/45	1	Liam Byrne	St. Abbans	3.02.31
	2					2	Ciaran Keenan	Ballyfin	3.13.50
	3					3			
LADIES 1500m					MENS 1500m				
	Pos.	ATHLETES NAME	CLUB	TIME		Pos.	ATHLETES NAME	CLUB	TIME
	1	Kate McDonald	Ballyroan Abbeyleix	5.19		1	Brian Kelly	St. Abbans	4.09
	2	Sinead Kelly	St. Abbans	5.31		2	Adam Holden	Mountmellick	4.11
	3	Maria Cuddy	Portlaoise	5.44		3	Cathal Connaughton	Oughaval	4.21
	4	Amy Walsh	Portlaoise	6.16		4	Willie Kelly	St. Abbans	4.22