

DISTANCE RESULTS

GIRLS 300m				BOYS 300m			
Age	Pos.	ATHLETES NAME	CLUB	Age	Pos.	ATHLETES NAME	CLUB
U/10	1	Laura Ayres	St. Abbans	U/10	1	Darragh Duffy	Emo Rath
	2	Ciara Milton	St. Abbans		2	Adam Kelly	St. Abbans
	3	Muireann Thompson	Ballyfin		3	Cameron O'Callaghan	St. Michaels
GIRLS 600m				BOYS 600m			
Age	Pos.	ATHLETES NAME	CLUB	Age	Pos.	ATHLETES NAME	CLUB
U/12	1	Cara English	St. Abbans	U/12	1	Daniel Downey	Portlaoise
	2	Katie McLoughlin	Oughaval		2	Will Craig	St. Michaels
	3	Orla Carroll	Ballyfin		3	Shane Maher	St. Michaels
GIRLS 800m				BOYS 800m			
Age	Pos.	ATHLETES NAME	CLUB	Age	Pos.	ATHLETES NAME	CLUB
U/14	1	Rachel Ayres	St. Abbans	U/14	1	Evan English	St. Abbans
	2	Della McLoughlin	Oughaval		2	Jack Milton	St. Abbans
	3	Maya Brennan	St. Abbans		3	Sean O'Sullivan	St. Abbans
GIRLS 800m				BOYS 800m			
Age	Pos.	ATHLETES NAME	CLUB	Age	Pos.	ATHLETES NAME	CLUB
U/16	1	Faye McEvoy	Ballyroan Abbeyleix	U/16	1	Jack McMahon	Ballyroan Abbeyleix
	2	Abby Lalor	Ballyroan Abbeyleix		2	Adam Buggy	St. Abbans
	3	Seoige English	St. Abbans		3	Gavin Dempsey	Portlaoise

TURBO JAVELIN RESULTS

GIRLS					BOYS				
Age	Pos.	ATHLETES NAME	CLUB	DISTANCE	Age	Pos.	ATHLETES NAME	CLUB	DISTANCE
U/11	1	Saffron Adams	Portlaoise	12.00m	U/11	1	Daniel Downey	Portlaoise	16.54m
	2	Cara English	St. Abbans	11.78m		2	Darragh Duffy	Emo Rath	12.86m
	3	Ciara Milton	St. Abbans	10.40m		3	Luke Dunne	Oughaval	11.86m

JAVELIN RESULTS

GIRLS					BOYS				
Age	Pos.	ATHLETES NAME	CLUB	DISTANCE	Age	Pos.	ATHLETES NAME	CLUB	DISTANCE
U/13	1	Ellie Boland	Mountmellick	11.98m	U/13	1	Jack Doyle	St. Abbans	18.39m
	2	Jessica Murray	St. Abbans	11.73m		2	Jack Keenan	Ballyfin	8.70m
	3	Aisling Cawley	St. Abbans	10.82m		3	Harrison Marshall	Portlaoise	8.55m
U/15	1	Niamh Graham	St. Abbans	18.40m	U/15	1	Blake Kemmy	Oughaval	28.70m
	2	Faye McEvoy	Ballyroan Abbeyleix	17.30m		2	Luke Buggy	Oughaval	19.72m
	3	Kate Connolly	St. Michaels	14.57m		3	Ben O'Mara	St. Abbans	9.73m
U/17	1	Seoighe English	St. Abbans	20.19m	U/17	1	Ben Holden	Mountmellick	36.31m
	2					2	Anthony Idris	Portlaoise	24.69m
	3					3	Jack McMahon	Ballyroan Abbeyleix	19.46m

SHOT PUTT RESULTS									
GIRLS					BOYS				
Age	Pos.	ATHLETES NAME	CLUB	DISTANCE	Age	Pos.	ATHLETES NAME	CLUB	DISTANCE
U/12	1	Kaylah O'Mara	St. Abbans	4.73m	U/12	1	Jack Doyle	St. Abbans	7.63m
	2	Rachel Harnett	St. Abbans	4.26m		2	Brian Chinda	St. Michaels	6.78m
	3	Aoibheann O'Rourke	Ballyfin	4.07m		3	Stephen Byrne	St. Michaels	6.63m
U/14	1	Maya Brennan	St. Abbans	7.15m	U/14	1	Niall Carpenter	St. Abbans	8.68m
	2	Patience Chinda	St. Michaels	6.87m		2	Ben O'Mara	St. Abbans	7.65m
	3	Leah Smullen	Portlaoise	6.58m		3	Jack Milton	St. Abbans	5.61m
U/16	1	Niamh Graham	St. Abbans	7.92m	U/16	1	Odhran Dunphy	Rosenallis Kilcavan	7.59m
	2	Sarah Coyle	Mountmellick	7.10m		2	Matthew Buggy	Oughaval	7.08m
	3	Seoighe English	St. Abbans	7.06m		3	Luke Buggy	Oughaval	6.79m
DISCUS RESULTS									
GIRLS					BOYS				
Age	Pos.	ATHLETES NAME	CLUB	DISTANCE	Age	Pos.	ATHLETES NAME	CLUB	DISTANCE
U/15	1	Niamh Graham	St. Abbans	22.67m	U/15	1	Blake Kemmy	Oughaval	17.76m
	2	Faye McEvoy	Ballyroan Abbeyleix	17.22m		2	Luke Buggy	Oughaval	16.95m
	3	Audrey Byrne	St. Abbans	9.69m		3			
U/17	1				U/17	1	Ben Holden	Mountmellick	19.44m
	2					2			
	3					3			
U/19	1	Sarah Graham	St. Abbans	28.13m	U/19	1			
	2					2			
	3					3			

TRIPLE JUMP RESULTS

SENIOR LADIES					SENIOR MEN				
Age	Pos.	ATHLETES NAME	CLUB	DISTANCE	Age	Pos.	ATHLETES NAME	CLUB	DISTANCE
SNR	1	Sarah Graham	St. Abbans	10.01m	SNR	1	Eoin Keenan	Emo Rath	11.45m
	2	Laura Graham	St. Abbans	8.40m		2	Matthew Rossiter	St. Abbans	10.64m
	3	Katie Walsh	Portlaoise	7.95m		3			

HIGH JUMP RESULTS

SENIOR LADIES					SENIOR MEN				
Age	Pos.	ATHLETES NAME	CLUB	DISTANCE	Age	Pos.	ATHLETES NAME	CLUB	DISTANCE
SNR	1				SNR	1			
	2					2			
	3					3			

WEIGHT FOR DISTANCE RESULTS

SENIOR LADIES					SENIOR MEN				
Age	Pos.	ATHLETES NAME	CLUB	DISTANCE	Age	Pos.	ATHLETES NAME	CLUB	DISTANCE
SNR	1	Emma Daly	St. Abbans	5.74m	SNR	1	Seamus Fitzpatrick	Portlaoise	6.76m
	2	Seodhna Hoey	Portlaoise	5.57m		2	Bernard Graham	St. Abbans	5.77m
	3	Breda Daly	St. Abbans	3.95m		3	Keith Gilligan	St. Abbans	4.85m

SHOT PUTT RESULTS

JUNIOR LADIES					JUNIOR MEN				
Age	Pos.	ATHLETES NAME	CLUB	DISTANCE	Age	Pos.	ATHLETES NAME	CLUB	DISTANCE
JNR	1	Sarah Graham	St. Abbans	8.31m	JNR	1	Gerard Kelly	St. Abbans	9.97m
	2	Gillian Keenan	Emo Rath	8.01m		2	Matthew Rossiter	St. Abbans	9.78m
	3	Katie Walsh	Portlaoise	7.13m		3	Daniel Puslednik	Mountmellick	8.40m
SENIOR LADIES					SENIOR MEN				
Age	Pos.	ATHLETES NAME	CLUB	DISTANCE	Age	Pos.	ATHLETES NAME	CLUB	DISTANCE
SNR	1	Seodhna Hoey	Portlaoise	9.01m	SNR	1	Keith Gilligan	St. Abbans	10.50m
	2	Sarah Graham	St. Abbans	8.31m		2	Seamus Fitzpatrick	Portlaoise	10.48m
	3					3	John Hargroves	Portlaoise	10.05m
MASTER LADIES					MASTER MEN				
Age	Pos.	ATHLETES NAME	CLUB	DISTANCE	Age	Pos.	ATHLETES NAME	CLUB	DISTANCE
M.	1	Siobhan McCann	St. Michaels	4kg - 5.80m	M.	1	Seamus Fitzpatrick	Portlaoise	11.00m
	2	Bernie Bannon	St. Michaels	3kg - 7.39m		2	Bernard Graham	St. Abbans	9.35m
	3					3	Oisin Cawley	St. Abbans	8.12m

LONG JUMP RESULTS									
GIRLS					BOYS				
Age	Pos.	ATHLETES NAME	CLUB	DISTANCE	Age	Pos.	ATHLETES NAME	CLUB	DISTANCE
U/9	1	Laura Ayres	St. Abbans	3.01m	U/9	1	Johnny McGrath	St. Abbans	2.93m
	2	Aoife O'Sullivan	St. Abbans	2.53m		2	James O'Mara	St. Abbans	2.61m
	3	Aoife Hill	Portlaoise	2.51m		3	Jason Behan	Mountmellick	2.28m
U/11	1	Orla Carroll	Ballyfin	3.63m	U/11	1	Daniel Downey	Portlaoise	4.02m
	2	Cara English	St. Abbans	3.50m		2	Brian Chinda	St. Michaels	3.86m
	3	Elanna Kelly	St. Abbans	2.97m		3	Adam Kelly	St. Abbans	3.59m
U/13	1	Patience Chinda	St. Michaels	3.45m	U/13	1	Jack Murphy	Emo Rath	4.31m
	2	Diana Alastal	Portlaoise	3.44m		2	Stephen Byrne	St. Michaels	3.57m
	3	Ellie Boland	Mountmellick	3.34m		3	Jack Keenan	Ballyfin	3.51m
U/15	1	Chloe Keenan	Emo Rath	4.17m	U/15	1	Luke Buggy	Oughaval	4.30m
	2	Maya Brennan	St. Abbans	4.15m		2	Blake Kemmy	Oughaval	4.22m
	3	Katie Baldwin	St. Abbans	3.96m		3	Ruairi Jago	Oughaval	3.18m
U/17	1	Seoighe English	St. Abbans	4.14m	U/17	1	Anthony Idris	Portlaoise	5.23m
	2	Niamh McKittrick	Portlaoise	3.92m		2	Odhran Dunphy	Rosenallis Kilcavan	5.20m
	3	Abby Lalor	Ballyroan Abbeyleix	3.65m		3	Josh McDonald	St. Abbans	5.14m
TRIPLE JUMP RESULTS									
GIRLS					BOYS				
U/17	1				U/17	1	Anthony Idris	Portlaoise	11.47m
	2					2	Josh McDonald	St. Abbans	11.15m
	3					3	Gavin Dempsey	Portlaoise	8.90m

HIGH JUMP RESULTS

BOYS

Age	Pos.	ATHLETES NAME	CLUB	HEIGHT	Age	Pos.	ATHLETES NAME	CLUB	HEIGHT
U/12	1	Elaine Miller	Ballyroan Abbeyleix	1.18m	U/12	1	Kalem Buggy	St. Abbans	1.21m
	2	Cara English	St. Abbans	1.14m		2	Jack Doyle	St. Abbans	1.18m
	3	Kaylah O'Mara	St. Abbans	1.04m		3	Daniel Downey	Portlaoise	1.15m
U/14	1	Maya Brennan	St. Abbans	1.45m	U/14	1	Niall Carpenter	St. Abbans	1.30m
	2	Tara Ring	Portlaoise	1.35m		2	Evan English	St. Abbans	1.25m
	3	Temi Adebari	Portlaoise	1.30m		3	Jack Milton	St. Abbans	1.10m
U/16	1	Seoighe English	St. Abbans	1.48m	U/16	1	Anthony Idris	Portlaoise	1.60m
	2	Sarah Coyle	Mountmellick	1.33m		2	Matthew Buggy	Oughaval	1.50m
	3	Aoibheann McDonald	St. Abbans	1.25m		3	Eoin Cawley	St. Abbans	1.45m
U/18	1	Sarah Graham	St. Abbans	1.51m	U/18	1	TJ Burke	St. Abbans	1.55m
	2					2	Oisin Jago	Oughaval	1.35m
	3					3			

JUNIOR, SENIOR & MASTER 3000m TEAM RESULTS									
LADIES 3000m TEAM					MEN 3000m TEAM				
	Pos.	CLUB	ATHLETES NAMES			Pos.	CLUB	ATHLETES NAMES	
8 pts	1	Ballyroan Abbeyleix	Breda, Niahm, Siobhan		15 pts	1	St. Abbans	Liam, Dermot, TJ Burke	
21 pts	2	Portlaoise	Maria, Anna, Charlie		28 pts	2	St. Abbans	Colm, Dick, Paddy	
23 pts	3	St. Abbans	Caitlin, Margaret, Colette			3			
HAMMER RESULTS									
JUNIOR LADIES					JUNIOR MEN				
Age	Pos.	ATHLETES NAME	CLUB	DISTANCE	Age	Pos.	ATHLETES NAME	CLUB	DISTANCE
JNR	1	Eadoin Coady	St. Abbans	43.45m	JNR	1	Gerard Kelly	St. Abbans	44.30m
	2					2			
	3					3			
SENIOR LADIES					SENIOR MEN				
Age	Pos.	ATHLETES NAME	CLUB	DISTANCE	Age	Pos.	ATHLETES NAME	CLUB	DISTANCE
SNR	1	Seodhna Hoey	Portlaoise	40.83m	SNR	1	Joe Walsh	Portlaoise	13.80m
	2	Emma Daly	St. Abbans	39.14m		2			
	3					3			
DISCUS RESULTS									
SENIOR LADIES					SENIOR MEN				
Age	Pos.	ATHLETES NAME	CLUB	DISTANCE	Age	Pos.	ATHLETES NAME	CLUB	DISTANCE
SNR	1	Seodhna Hoey	Portlaoise	31.32m	SNR	1	Seamus Fitzpatrick	Portlaoise	28.70m
	2	Sarah Graham	St. Abbans	28.13m		2	Matthew Rossiter	St. Abbans	23.12m
	3					3	John Hargroves	Portlaoise	21.70m

JUNIOR, SENIOR & MASTER 3000m RESULTS							
JUNIOR LADIES				JUNIOR MEN			
	Pos.	ATHLETES NAME	CLUB		Pos.	ATHLETES NAME	CLUB
JNR	1	Niamh McDonald	Ballyroan Abbeyleix	JNR	1	Adam Holden	Mountmellick
	2	Sarah Delaney	Ballyroan Abbeyleix		2	TJ Burke	St. Abbans
	3	Inez Looney	Ballyfin		3		
SENIOR LADIES				SENIOR MEN			
	Pos.	ATHLETES NAME	CLUB		Pos.	ATHLETES NAME	CLUB
SNR	1	Breda McDonald	Ballyroan Abbeyleix	SNR	1	Adam Holden	Mountmellick
	2	Caitlin McDonald	St. Abbans		2	Tom Dunne	Ballyroan Abbeyleix
	3	Charlie Walsh	Portlaoise		3	Rory Morrissey	Mountmellick
MASTER LADIES O/35				MASTER MEN O/35			
	Pos.	ATHLETES NAME	CLUB		Pos.	ATHLETES NAME	CLUB
M.	1	Siobhan Burke	Ballyroan Abbeyleix	M.	1	Dermot Ayres	St. Abbans
	2	Maria Cuddy	Portlaoise		2	Colm Coyne	St. Abbans
MASTER LADIES O/45				MASTER MEN O/45			
	Pos.	ATHLETES NAME	CLUB		Pos.	ATHLETES NAME	CLUB
M.	1	Anna Duggan	Portlaoise	M.	1	Liam Byrne	St. Abbans
	2	Margaret Davis	St. Abbans		2	Paddy McLoughlin	Oughaval
					3	Aidan McGee	St. Michaels
MASTER LADIES O/55				MASTER MEN O/55			
	Pos.	ATHLETES NAME	CLUB		Pos.	ATHLETES NAME	CLUB
M.	1	Colette Brennan	St. Abbans	M.	1	Dick Mullins	St. Abbans
	2				2	Paddy Harding	St. Abbans

RELAY TEAM RESULTS 4 X 100m

GIRLS			BOYS		
Age	Pos.	CLUB	Age	Pos.	CLUB
U/10	1	St. Abbans	U/10	1	St. Abbans
	2	St. Abbans		2	Mixed Team
	3	St. Abbans		3	Mixed Team
U/12	1	Ballyfin	U/12	1	St. Michaels
	2	St. Abbans		2	St. Michaels
	3	St. Abbans		3	St. Abbans
U/14	1	St. Abbans	U/14	1	St. Abbans
	2	Portlaoise		2	St. Abbans
	3	Oughaval		3	Mixed Team
U/16	1	St. Abbans	U/16	1	Oughaval
	2	Ballyroan Abbeyleix		2	Mixed Team - Oughaval/Portlaoise
	3	Portlaoise		3	
18/19	1	Mixed Team - 2 Ballyroan Abbyleix / 2 Portlaoise	18/19	1	Mixed Team - 2 Emo Rath / 1 St. Abbans / Oughaval
	2			2	
	3			3	

JAVELIN RESULTS									
JUNIOR LADIES					JUNIOR MEN				
Age	Pos.	ATHLETES NAME	CLUB	DISTANCE	Age	Pos.	ATHLETES NAME	CLUB	DISTANCE
JNR	1	Sarah Graham	St. Abbans	27.58m	JNR	1	Wojciech Suchodolski	Mountmellick	43.53m
	2	Sarah Delaney	Ballyroan Abbeyleix	15.94m		2	Matthew Rossiter	St. Abbans	43.00m
	3	Niahm McDonald	Ballyroan Abbeyleix	13.27m		3	Ben Holden	Mountmellick	32.54m
SENIOR LADIES					SENIOR MEN				
Age	Pos.	ATHLETES NAME	CLUB	DISTANCE	Age	Pos.	ATHLETES NAME	CLUB	DISTANCE
SNR	1	Emma Daly	St. Abbans	29.74m	SNR	1	Wojciech Suchodolski	Mountmellick	40.83m
	2	Sarah Graham	St. Abbans	25.67m		2	Matthew Rossiter	St. Abbans	40.37m
	3	Katie Walsh	Portlaoise	16.11m		3	Keith Gilligan	St. Abbans	32.64m
LONG JUMP RESULTS									
SENIOR LADIES					SENIOR MEN				
Age	Pos.	ATHLETES NAME	CLUB	DISTANCE	Age	Pos.	ATHLETES NAME	CLUB	DISTANCE
SNR	1	Sarah Graham	St. Abbans	4.57m	SNR	1	Eoin Keenan	Emo Rath	6.62m
	2	Sarah Delaney	Ballyroan Abbeyleix	3.80m		2	Matthew Rossiter	St. Abbans	5.42m
	3	Katie Walsh	Portlaoise	3.65m		3	Shane Bowe	Ballyroan Abbeyleix	4.84m
MASTER LADIES					MASTER MEN				
Age	Pos.	ATHLETES NAME	CLUB	DISTANCE	Age	Pos.	ATHLETES NAME	CLUB	DISTANCE
M.	1	Siobhan McCann	St. Michaels	3.82m	M.	1	Fergus Dunphy	Rosenallis Kilcavan	4.20m
	2	Bernie Bannon	St. Michaels	3.27m		2	Sean Delaney	St. Abbans	3.73m
	3					3	John Hargroves	Portlaoise	3.42m

SENIOR 100m SPRINT RESULTS							
SENIOR LADIES				SENIOR MEN			
	Pos.	ATHLETES NAME	CLUB		Pos.	ATHLETES NAME	CLUB
SNR	1	Gillian Keenan	Emo Rath	SNR	1	Shane Bowe	Ballyroan Abbeyleix
	2	Katie Walsh	Portlaoise		2	Tom Dunne	Ballyroan Abbeyleix
	3	Sarah Delaney	Ballyroan Abbeyleix		3		
MASTER 100m SPRINT RESULTS							
MASTER LADIES				MASTER MEN			
	Pos.	ATHLETES NAME	CLUB		Pos.	ATHLETES NAME	CLUB
M.	1	Siobhan McCann	St. Michaels	M.	1	Fergus Dunphy	Rosenallis Kilcavan
	2	Bernie Bannon	St. Michaels		2	Sean Delaney	St. Abbans
	3	Anna Duggan	Portlaoise		3		
SENIOR 400m RESULTS							
SENIOR LADIES				SENIOR MEN			
	Pos.	ATHLETES NAME	CLUB		Pos.	ATHLETES NAME	CLUB
SNR	1	Orla Davies	St. Abbans	SNR	1	Shane Bowe	Ballyroan Abbeyleix
	2	Katie Walsh	Portlaoise		2	Cathal Connaughton	Oughaval
	3	Laura Graham	St. Abbans		3	Tom Dunne	Ballyroan Abbeyleix
JUNIOR 800m RESULTS							
JUNIOR WOMEN				JUNIOR MEN			
	Pos.	ATHLETES NAME	CLUB		Pos.	ATHLETES NAME	CLUB
JNR	1	Cara Maher	St. Abbans	JNR	1	Adam Holden	Mountmellick
	2	Niamh McDonald	Ballyroan Abbeyleix		2	Shane Bowe	Ballyroan Abbeyleix
	3	Sarah Delaney	Ballyroan Abbeyleix		3	Oisin Jago	Oughaval

100m SPRINT RESULTS

GIRLS				BOYS			
Age	Pos.	ATHLETES NAME	CLUB	Age	Pos.	ATHLETES NAME	CLUB
U/9	1	Laura Ayres	St. Abbans	U/9	1	James O'Moore	St. Abbans
	2	Brook Wrafter	St. Michaels		2	Johnny McGrath	St. Abbans
	3	Julia Carroll	Ballyfin		3	Cameron O'Callaghan	St. Michaels
U/11	1	Cara English	St. Abbans	U/11	1	Cillian Hoey	St. Michaels
	2	Orla Carroll	Ballyfin		2	Brian Chinda	St. Michaels
	3	Ciara Milton	St. Abbans		3	Daniel Downey	Portlaoise
U/13	1	Patience Chinda	St. Michaels	U/13	1	Jack Murphy	Emo Rath
	2	Ellie Boland	Mountmellick		2	Shane Maher	St. Michaels
	3	Ella Dunne	Oughaval		3	John Delaney	St. Abbans
U/15	1	Chloe Keenan	Emo Rath	U/15	1	Evan English	St. Abbans
	2	Temi Adebari	Portlaoise		2	Ruairi Jago	Oughaval
	3	Aoibhin McDonald	St. Abbans		3	Keenan Hearn	Ballyroan Abbeyleix
U/17	1	Seogie English	St. Abbans	U/17	1	Josh McDonald	St. Abbans
	2	Abby Lalor	Ballyroan Abbeyleix		2	Jake Coss	Mountmellick
	3	Niamh McDonald	Ballyroan Abbeyleix		3	Odhran Dunphy	Rosenallis Kilcavan
U/19	1	Katie Walsh	Portlaoise	U/19	1		
	2	Sarah Graham	St. Abbans		2		
	3	Inez Looney	Ballyfin		3		