

2019 South Munster T&F Results

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Senior Boys						
100m	1	Conor Morey	PBC Cork	10.78	1.6	Rec
	2	Colin Doyle	Col an Spioraid Naomh	11.05		
	3	Ryan O'Leary	Col Chriost Ri	11.14		
200m	1	Colin Doyle	Col an Spioraid Naomh	22.68		
	2	Ryan O'Leary	Col Chriost Ri	22.71		
	3	Marc Jones	Col Muire Cobh	23.74		
400m	1	Shane Aherne	Rochestown College	51.25		
	2	Marc Jones	Col Muire Cobh	51.71		
	3	Gary Randles	PS Inbhearscein Kenmare	52.86		
800m	1	Joseph Daly	Davis College Mallow	2:06.5		
	2	Eoin Redmond	Kinsale CS	2:08.9		
	3	Jack O'Connor	Col Chriost Ri	2:10.4		
1500m	1	Gavin Kenny	Hamilton HS Bandon	4:28.01		
	2	Darragh McElhinney	Col Pobail Bantry	4:42.18		
	3	Joe Bosonnet	Carrigaline CS	4:44.85		
3000m	1	Naoise O'Flaitheartaigh	Hamilton HS Bandon	9:19.00		
	2	Nathan O'Leary	Bishopstown CS	9:19.92		
	3	Kieran Hand	Carrigaline CS	10:17.58		
2000m St/Ch	1	Frank O'Brien	Midleton CBS	6:35.07		
	2	Gavin Kenny	Hamilton HS Bandon	6:54.29		
	3	Darragh O'Leary	St Brendans Killarney	7:04.36		
110m Hurdles	1	Dylan Walls	St Peters Passage West	19.93		
	2	Loris Manzo	Carrigaline CS	22.87		
	3	Ryan Zigunov	Carrigaline CS	25.99		
400m Hurdles	1	Emmet Finnian	St Brendans Killarney	67.02		
	2	Mark Cooper	St Brendans Killarney	69.27		
	3	Loris Manzo	Carrigaline CS	70.85		
High Jump	1	Ben Donovan	Midleton College	1.95		
	2	Harold Ibarlin	North Monastery	1.60		
	3	Shane O'Sullivan	North Monastery	1.45		
Long Jump	1	Wymin Sivakumar	Col an Spioraid Naomh	6.61		
	2	Daniel Hurley	PBC Cork	6.20		
	3	Emmanuel Alamu	Midleton CBS	5.63		
Triple Jump	1	Wymin Sivakumar	Col an Spioraid Naomh	13.82		
	2	Ota Dede-Ubogu	Ashton	11.68		
	3	Yinka Olaseinde	Ashton	11.62		
Shot Putt	1	Padraig O'Callaghan	Col Chriost Ri	11.00		
	2	Gary Randles	PS Inbhearscein Kenmare	10.89		
	3	Phillip Halton	Kinsale CS	10.65		
Discus	1	Brian Lynch	Col an Spioraid Naomh	36.70		
	2	James Kirkby	Bandon Grammar School	32.87		
	3	Ryan Duggan	Col Chriost Ri	31.83		
Javelin	1	Phillip Halton	Kinsale CS	40.83		

	2	Dylan Chambers	St Brogans Bandon	35.16		
	3	Tristan Chambers	St Brogans Bandon	31.42		
Relay	1	PBC Cork		46.84		
4X100	2	Col Christ Ri		48.06		
	3	North Monastery		49.75		
Relay	1	St Brendans Killarney		03:48.53		
4X400	2	Col Christ Ri		03:58.68		
	3	Carrigaline CS		04:26.45		
Walk	1	Luke Murphy	Carrigaline CS			
	2	Sean Neville	Carrigaline CS			
Overall			Col an Spioraid Naomh			
Intermediate Boys						
100m	1	Glory Wenegiene	Col Muire Crosshaven	11.51	-0.7	
	2	Sam Judd	St Colmans Midleton	11.74		
	3	Colin Murphy	Col Muire Crosshaven	12.03		
200m	1	Glory Wenegiene	Col Muire Crosshaven	23.24	-1.8	
	2	James Ezeonu-Excel	Midleton College	23.69		
	3	Sam Judd	St Colmans Midleton	23.69		
400m	1	Aaron Callanan	St Aidans CC	52.92		
	2	Shoige O'Sullivan	Intermediate Sc Killorglin	52.92		
	3	Darragh Breathnach	Gaelcholaiste Mhuire AG	58.21		
800m	1	Ruari Falvey	Bandon Grammar School	2:09.48		
	2	Charley Gaffney	Col Christ Ri	2:12.77		
	3	Sean O'Connell	CBC Cork	2:13.41		
1500m	1	Fionn Harrington	St Brogans Bandon	4:45.90		
	2	Ruari Falvey	Bandon Grammar School	4:53.56		
	3	Christopher Horgan	SMGS Blarney	5:08.19		
3000m	1	Luke Hever	Patrician Academy Mallow	9:55.46		
	2	Padraigh O'Ceallaigh	Col an Phiarsaigh	10:04.68		
	3	Ciaran McNamee	St Colmans Midleton	10:20.33		
1500m St/Ch	1	Fionn Harrington	St Brogans Bandon	4:46.13		
	2	Kasimir Von Klitzing	Bandon Grammar School	5:04.35		
	3	Michael O'Reilly	PS Inbhearscein Kenmare	5:20.45		
100m Hurdles	1	James Ezeonu-Excel	Midleton College	15.03	-0.7	
	2	Justin Equaibor	Bishopstown CS	16.25		
	3	Alan Kelleher	Col Pobail Bantry	19.39		
400m Hurdles	1	Harry Nevin	Rochestown College	60.26		
	2	Dean McCarthy	Nagle CC, Mahon	65.53		
	3	Alan Kelleher	Col Pobail Bantry	67.23		
High Jump	1	Dean McCarthy	Nagle CC, Mahon	1.60		
	2	Alan Kelleher	Col Pobail Bantry	1.50		
	3	Ciaran McCarthy	Hamilton HS Bandon	1.45		
Long Jump	1	Adam Turner	Col Christ Ri	6.53		
	2	Harry Nevin	Rochestown College	6.11		
	3	Danny Kelly	Carrigaline CS	5.81		
Triple Jump	1	Adam Turner	Col Christ Ri	13.13		

	2	Jack Cullen	Hamilton HS Bandon	11.06		
	3	Josh Kiti	North Monastery	10.81		
Shot Putt	1	Joseph Bamidele	Nagle CC, Mahon	11.22		
	2	Sean Riordan	Col an Phiarsaigh	10.78		
	3	Donal Ojlekhude	Nagle CC, Mahon	10.66		
Discus	1	Sean Riordan	Col an Phiarsaigh	34.56		
	2	Ricky Carroll	St Colmans Fermoy	31.63		
	3	Joseph Bamidele	Nagle CC, Mahon	27.96		
Javelin	1	Jack Cullen	Hamilton HS Bandon	42.63		
	2	Max Hallahan	Hamilton HS Bandon	41.53		
	3	Joe Ivory	Col Mhuire Buttevant	39.55		
Relay	1	Col Chriost Ri		48.61		
	2	Midleton College		50.01		
	3	CBC Cork		50.50		
Walk	1	Ciaran O'Muirthile	Gaelcholaiste Mhuire AG			
	2	Ryan Zigunov	Carrigaline CS			
	3					
Overall	1		Col Chriost Ri			
1 mile	1	Adam Kiely	CBC Cork	4.41.69		
Under 16	2	Flobater Fares	North Monastery	4.55.50		
	3	Ruairi Harrington	St Brogans Bandon	5.00.51		
Junior Boys						
100m	1	Timmy Wilk	Midleton CBS	12.31	1.3	
	2	Darragh Looney	St Brendans Killarney	12.54		
	3	Kyle Ettol	Col an Chraoibhin	12.55		
200m	1	Karl McCarthy	St Brendans Killarney	25.10	-1.8	
	2	Cian Dorgan	Ashton	25.78		
	3	Kyle Ettol	Col an Chraoibhin	25.93		
800m	1	Aodhan O'Neill	St Brendans Killarney	2:17.9		
	2	Oisin Whyte	Col Chriost Ri	2:19.3		
	3	Daniel Andrews	Col Pobail Bantry	2:20.1		
1500m	1	Cian Spillane	Pres Milltown	4:36.38		
	2	Cian O'Riordan	Carrigtwohill Community College	4:41.84		
	3	Oisin Whyte	Col Chriost Ri	4:44.83		
80m Hurdles	1	Conor Callinan	Col an Chroi Naofa	11.70	-1.6	Rec
	2	Sean Carmody	CBC Cork	12.99		
	3	Yasin Said	Col an Spioraid Naomh	14.32		
High Jump	1	Sean Kavanagh	St Colmans Midleton	1.80		Eq Re
	2	Cian Dorgan	Ashton	1.60		
	2	Barry Forde	Davis College Mallow	1.60		
Long Jump	1	Kyle Ettol	Col an Chraoibhin	5.26		
	2	Darragh Looney	St Brendans Killarney	5.11		
	3	Sean Carmody	CBC Cork	4.85		
Triple Jump	1	Favour Williams	St Peters Passage West	9.59		
	2	Karl McCarthy	St Brendans Killarney	9.16		
	3	Joel Ambrose	St Peters Passage West	9.15		
Pole Vault	1	Conor Callinan	Col an Chroi Naofa	3.75		Rec
	2	Alex Ademola	Col Chriost Ri	2.55		
Shot Putt	1	Mergan McLaughlin	Bandon Grammar School	10.10		
	2	Uzo Nwaeze	Midleton College	9.78		

	3	Cillian Cotter	Charleville CBS	8.70		
Discus	1	Szymon Wachowski	DLS Macroom	22.96		
	2	Dinny McLean	Carrigtwohill Community College	21.66		
	3	Cillian Cotter	Charleville CBS	20.08		
Javelin	1	George Alamu	Midleton CBS	30.45		
	2	Coen Crowley	St Brogans Bandon	25.52		
	3	Josh Wynman	Carrigaline CS	25.09		
Relay	1	St Brendans Killarney		51.84		
	2	St Peters Passage West		52.50		
	3	Ashton		53.84		
Walk	1	Timmy Hawkins	Rochestown College			
	2	David Maher	Col an Phiarsaigh			
	3	Alan Harrington	Carrigaline CS			
Overall	1		St Brendans Killarney			
Minor Boys						
100m	1	Bobby Cook	SMGS Blarney	12.39	-0.6	
	2	Cian Spillane	Carrigaline CS	12.59		
	3	Colin O'Dwyer	SMGS Blarney	12.77		
800m	1	Eoghan O'Connor	Rochestown College	2:20.39		
	2	Sean Lawton	Col Pobail Bantry	2:21.23		
	3	Fionn Harrington	Col Pobail Bantry	2:22.18		
75m Hurdles	1	Max O'Reilly	Carrigaline CS	12.30	-2.0	
	2	Aaron Gui	Carrigaline CS	12.50		
	3	Kennedy Plaku	Davis College Mallow	14.26		
Long Jump	1	Max O'Reilly	Carrigaline CS	5.25		
	2	Ethan Quarry	Kinsale CS	4.44		
	3	Rory O'Callaghan	Bandon Grammar School	4.42		
Shot Putt	1	Cian Feeney	Gaelcholaiste Mhuire AG	10.24		
	2	Praise Wenegieme	Col Muire Crosshaven	10.15		
	3	Joshua Scleiman	Ashton	9.98		
Relay	1	SMGS Blarney		52.39		
	2	Carrigaline CS		53.58		
	3	Bandon Grammar School		56.20		
Senior Girls						
100m	1	Mary Leahy	St Marys Midleton	13.47	0.1	
	2	Stephaine Bazuna	Glanmire Community College	14.67		
	3	Kate Edwards	Ashton	14.70		
200m	1	Mary Leahy	St Marys Midleton	27.37	1.5	
	2	Ciara Kenneally	St Brigids Killarney	27.48		
	3	Suzanne Uniacke	Mount Mercy	30.62		
400m	1	Fiona Doyle	Intermediate Sc Killorglin	1.03.72		
	2	Emily Sweeney	Skibbereen C.S	1.12.06		
	3	Alex Gillen	Carrigaline C.S	1.18.72		
800m	1	Blaithnaid Ní Dhálaigh	Gaelcholaiste Mhuire AG	2.43.89		
	2	Áine Kelleher	Davis College Mallow	2.52.53		
1500m	1	Alyce O'Connor	PS Inbhearscein Kenmare	4.52.38		
	2	Eleln Moran	Mount Mercy	5.07.59		
3000m	1	Laura Nicholson	Bandon Grammer School	10.35.93		
	2	Tamzin Muldowney	St Marys Midleton	11.16.01		
	3	Emily Whitaker	Ashton	12.01.95		
1500m St/Ch	1	Rhona Randles	PS Inbhearscein Kenmare	5.40.23		
	2	Aine Kelleher	Davis College Mallow	6.44.99		
	3	Leah Barbado	Col Daibheid	7.21.40		

100m Hurdles	1	Debbie Mwagwuagwu	Ashton	26.80		
400m Hurdles	1	Sophie Elliffe	Carrigaline CS	1.49.67		
	2	Hatie Lambkin	Carrigaline CS	1.56.36		
High Jump	1	Ciara Kenneally	St Brigids Killarney	1.71		Rec
	2	Fiona Doyle	Intermediate Sc Killorglin	1.60		
	3	Hannah Murphy	Regina Mundi Cork	1.55		
Long Jump	1	Aisling Cassidy	Bandon Grammar School	5.39		
	2	Lia Ní Bhriain	Col an Phiarsaigh	5.00		
	3	Rachel Lynch	Col Choilm	4.25		
Triple Jump	1	Maeve Herlihy	Ashton	8.34		
Pole Vault	1	Emma Coffey	St Angelas Cork	2.80		
Shot Putt	1	Teresa Fragolini	Col na Toibhirte Bandon	5.85		
	2	Eva O'Connell	Col na Toibhirte Bandon	5.03		
Discus	1	Martha Quain	Col an Chraoi Naofa	33.43		
	2	Lia Ní Bhriain	Col an Phiarsaigh	21.96		
	3	Abbey Fitzgerald	Col Muire Crosshaven	20.01		
Javelin	1	Katie Moynihan	Gaelcholaiste Mhuire AG	39.96		Rec
	2	Meabh Daly	Gaelcholaiste Mhuire AG	29.81		
	3	Abby Fitzgerald	Col Muire Crosshaven	24.28		
Relay	1		Mount Mercy	54.60		
4X100	2		St Aloysius Carrigtwohill	59.15		
	3		Carrigaline C.S	1.00.71		
Relay	1		Mount Mercy	3.27.08		
4X300	2		Carrigaline C.S	4.12.95		
	3		Carrigaline C.S	4.14.12		
Walk	1	Sarah Constant	St Vincents	7.09		
	2	Ella Fannell	Carrigaline C.S	9.11		
	3	Sophie Elliffe	Carrigaline C.S	9.19		
Intermediate Girls						
100m	1	Lucy Sleeman	Col Choilm	12.65	0.9	
	2	Lauren McCourt	Bandon Grammar School	12.90		
	3	Ava Cashmen	Christ King Cork	12.94		
200m	1	Lauren McCourt	Bandon Grammar School	26.40	1.1	
	2	Ella Hurley	Ursuline Blackrock	27.05		
	3	Eva Cashman	Christ King Cork	27.12		
300m	1	Meabh O'Neill	MICC Dunmanway	42.05		
	2	Stacey Komolak	Bandon Grammar School	42.28		
	3	Meghan Carr	Loreto Fermoy	45.59		
800m	1	Sarah Morrisson	Loreto Fermoy	2.21.77		
	2	Deirdre Kelly	Col na Sceilge	2.28.45		
	3	Patrice Holmes	Col Choilm	2.29.15		
1500m	1	Maeve O'Neill	MICC Dunmanway	5.04.26		
	2	Sarah Morrisson	Loreto Fermoy	5.08.54		
	3	Patrice Holmes	Col Choilm	5.21.28		
3000m	1	Lucy O'Keeffe	St Marys Midleton	10.57.43		
	2	Shauna McCarthy	Killorglin CC	11.07.94		
	3	Aoibhinn Lawton	Scoil Mhuire Ballingeary	11.36.28		
1500m St/Ch	1	Aniela Borkowska-Hogan	St Marys Mallow	6.15.61		
	2	Caoimhe Cotter	Scoil Mhuire Ballingeary	6.45.40		
80m Hurdles	1	Emily Wall	Col Choilm	12.02		
	2	Laura Frawley	St Marys Charleville	12.40		
	3	Lucy Sleeman	Col Choilm	12.77		
300m Hurdles	1	Emily Wall	Col Choilm	47.02		
	2	Stacey Komolak	Bandon Grammar School	48.86		

	3	Meghan Carr	Loreto Fermoy	49.16	
High Jump	1	Aoife O'Sullivan	St Marys Mallow	1.60	
Long Jump	1	Laura Frawley	St Marys Charleville	5.32	
	2	Aoibhe Doherty	St Brigids Killarney	4.13	
	3	Ria Murphy	Nagle Rice Doneraile	3.69	
Triple Jump	1	Orla Onoh	Ashton	10.65	
	2	Jemma Looney	Carrigaline CS	0.00	
Pole Vault	1	Orla Coffey	St Angelas Cork	3.45	Rec
	2	Una Brice	Mount Mercy Cork	2.85	
	3	Sara Zia Buckley	Ballincollig CS	2.55	
Shot Putt	1	Ciara Sheehy	St Marys Charleville	14.80	Rec
	2	Holly Umeh	Christ King Cork	12.92	
	3	Blessing Alamu	St Marys Midleton	11.84	
Discus	1	Blessing Alamu	St Marys Midleton	29.29	
	2	Abby Littlejohn	PS Inbhearsceine Kenmare	22.74	
	3	Siofra Foley	St Brigids Killarney	21.98	
Javelin	1	Amy Whelan	Col Mhuire Buttevant	32.19	
	2	Helen Moinihan	Gaelcholaiste Mhuire AG	29.40	
	3	Abby Littlejohn	PS Inbhearsceine Kenmare	26.35	
Relay	1		Bandon Grammer	52.18	
	2		Col Choilm	52.42	
	3		Christ King Cork	53.67	
Walk	1	Ava De Faoite	PS Inbhearscein Kenmare	6.40	
	2	Aoife O'Reilly	PS Inbhearscein Kenmare	6.47	
	3	Natalia Guerrero	Bandon Grammer	7.20	
1 mile	1	Holly Carroll	SMGS Blarney	5.43.74	
Under 16	2	Ella McCarthy	PS Beantraí	7.22.58	
	3	Megan Holland	PS Beantraí	7.28.71	
Junior Girls					
100m	1	Ella Scott	Christ King Cork	12.49	1.7
	2	Ella Jenks	Col Mhuire Buttevant	12.54	
	3	Grace Rooney	St Marys Midleton	12.78	
200m	1	Ella Jenks	Col Mhuire Buttevant	26.5	0.7
	2	Grace Rooney	St Marys Midleton	27.9	
	3	Ciara O'Mahony	Regina Mundi Cork	28.1	
800m	1	Lydia Walsh	Glanmire Community College	2.33.70	
	2	Nicole Buckley	Kinsale CS	2.39.81	
	3	Ellen Collins	Scoil Mhuire Ballingearry	2.41.65	
1500m	1	Avril Millerick	St Marys Midleton	5.03.53	
	2	Hannah Arrigan	Mount Mercy	5.10.48	
	3	Saoirse Tomkins	Boherbue CS	5.21.78	
75m Hurdles	1	Ella Scott	Christ King Cork	11.36	
	2	Lily O'Riordan	St Angelas Cork	12.17	
	3	Niamh McCarthy	Sacred Heart Clonakilty	13.19	
High Jump	1	Jessica Lyne	Mount Mercy	1.40	
	2	Niamh McCarthy	Sacred Heart Clonakilty	1.40	
	3	Aishling Curtin	Midleton College	1.35	
Long Jump	1	Katie O'Regan	Kinsale CS	4.98	
	2	Michelle Ugwah	SMGS Blarney	4.85	
	3	Ciara O'Mahony	Regina Mundi Cork	4.63	
Triple Jump	1	Emily Jane O'Mahony	Bandon Grammar School	8.24	
	2	Aimee Sheeran	Carrigaline CS	7.86	
	3	Sophie Marry	Bandon Grammar School	7.76	
Pole Vault	1	Eabha Crowley	Sacred Heart Clonakilty	2.10	

Shot Putt	1	Katryna Pacerinskaite	Pres Mitchelstown	13.06		
	2	Brenda Onoh	Ashton	10.27		
	3	Uche Backari	Ashton	9.56		
Discus	1	Leah Parker	St Aloysius Carrigtwohill	28.65		
	2	Uche Backari	Ashton	21.80		
	3	Emily Jane O'Mahony	Bandon Grammar School	20.26		
Javelin	1	Lucy O'Riordan	St Angelas Cork	31.58		
	2	Selena O'Riordan	Col an Phiarsaigh	29.64		
	3	Jessica Lyne	Mount Mercy Cork	29.04		
Relay	1		Kinsale CS	56.18		
	2		Sacred Heart Clonakilty	56.21		
	3		Loreto Fermoy	56.82		
Walk	1	Odhwa Hurley	Gaelcholaiste Mhuire AG	6.24		
	2	Jess Murphy	St Angelas Cork	7.20		
	3	Mary Oeundawwo	St Aloysius Carrigtwohill	7.42		
Minor Girls						
100m	1	Sophie De Courcy	Regina Mundi Cork	13.29	0.7	
	2	Mellisa Ahern	Pres Killarney	13.45		
	3	Chloe McGrath	Regina Mundi Cork	13.88		
800m	1	Nicole Dinan	St Angelas Cork	2.22.06		
	2	Maire Hynes-McLaughlin	Col an Phiarsaigh	2.24.30		
	3	Aine Power	St Angelas Cork	2.29.20		
Long Jump	1	Okwu Backar	Ashton	4.60		
	2	Orla O'Sullivan	Regina Mundi Cork	4.36		
	3	Lucie Healy	Regina Mundi Cork	4.04		
Shot Putt	1	Kate Jean Baptiste	Pres Ballyphehane	7.95		
	2	Ella Chamber	St Brogans Bandon	7.91		
	3	Ciardha McCarthy	Sacred Heart Clonakilty	6.36		
Relay	1		Regina Mundi Cork	55.38		
	2		St Angelas Cork	58.71		
	3		St Aloysius Carrigtwohill	1.02.19		
75m Hurdles	1	Okwu Backar	Ashton	12.0		
	2	Orla O'Sullivan	Regina Mundi Cork	12.5		
	3	Chloe McGrath	Regina Mundi Cork	12.8		