

North Munster Track and Field Results 2023

Minor Boys 100m

1	Ruadhan Casey (St Flannans Ennis)	12.0
2	Jake O'Donoghue (St John Bosco Kildysart)	12.8
3	Stephen Reidy (Causeway Comprehensive)	12.9

Minor Boys 200m

1	Jack Ó Coileáin (Gaelcholáiste Chiarraí)	26.4
2	Alex Murphy (St Munchins Limerick)	27.7
3	James McDonagh (St Munchins Limerick)	28.5

Minor Boys 800m

1	Jack Ó Coileáin (Gaelcholáiste Chiarraí)	2.21.8
2	Seanie Connelan (St Josephs Spanish Pt)	2.30.7
3	Oisín Kennedy (St Marys Newport)	2.37.5

Minor Boys 1500m

1	Tony Devereaux (St John Bosco Kildysart)	5.48.6
2	Keelan O'Gorman (St Josephs Spanish Pt)	5.54.6
3	Cónal Clancy (St John Bosco Kildysart)	6.10.0

Minor Boys 75m Hurdles

1	Dara Harty (Mercy Mounthawk Tralee)	15.9
---	-------------------------------------	------

Minor Boys 4 x 100m Relay

1	Mount Hawk (Mercy Mounthawk Tralee)	58.2
2	St Munchins (St Munchins Limerick)	59.8
3	Ennis CC (Ennis CC / GC an Chláir)	62.0

Minor Boys Long Jump

1	Ruadhan Casey (St Flannans Ennis)	5.30
2	Jack Ó Coileáin (Gaelcholáiste Chiarraí)	4.80
3	Stephen Reidy (Causeway Comprehensive)	4.72

Minor Boys High Jump

1	Jamie Nolan (Castleisland CC)	1.35
2	Emmanuel Chukwuemeka (Ennis CC / GC an Chláir)	1.35
3	Marco Szczepaniak (PS Chorca Dhuibhne)	1.30

Minor Boys Shot

1	Tomás Ó Móráin (PS Chorca Dhuibhne)	7.08
2	Sam McGlynn (St Munchins Limerick)	6.42

Minor Boys Javelin

1	Kelan Casey (St John Bosco Kildysart)	11.82
2	Dylan Griffin (St John Bosco Kildysart)	11.34
3	Kris O'Callaghan (St John Bosco Kildysart)	11.14

Junior Boys 100m

1	Dylan O'Callaghan (St Michaels Listowel)	11.4
2	Sean O'Neill (Mercy Mounthawk Tralee)	11.8
3	Athol Harvey (St Marys Newport)	12.1

Junior Boys 200m

1	Dylan O'Callaghan (St Michaels Listowel)	23.4
2	Kieran Ó Catháin (PS Chorca Dhuibhne)	24.8
3	Scott Ryan (St Marys Newport)	25.3

Junior Boys 800m

1	Archie McNamara (St Annes CC Killaloe)	2.09.4
2	Eoin Soffe (Kilrush CS)	2.14.3
3	Fionn Cunningham (Gaelcholáiste Luimnigh)	2.18.9

Junior Boys 1500m

1	Conor McGibney (Mercy Mounthawk Tralee)	4.51.5
2	Daithi O'Leary (St Flannans Ennis)	4.54.1
3	Luke Farrell (St Flannans Ennis)	4.55.6

Junior Boys 80m Hurdles

1	Josh Devlin (St Marys Newport)	14.5
2	Sean O Dwyer (Castletroy College)	17.7
3	Roman O'Connell (Crescent Col Comp SJ)	18.8

Junior Boys 4 x 100m Relay

1	St Marys (St Marys Newport)	49.6
2	Mount Hawk (Mercy Mounthawk Tralee)	50.9
3	Crescent Comp (Crescent Col Comp SJ)	53.0

Junior Boys Long Jump

1	Josh Devlin (St Marys Newport)	5.36
2	Dylan Burton (St Munchins Limerick)	4.93
3	Aidan O'Connell (St Flannans Ennis)	4.91

Junior Boys Triple Jump

1	Callum Meyer (Crescent Col Comp SJ)	7.40
---	-------------------------------------	------

Junior Boys High Jump

1	Patrick Byrne O'Connell (Mary I Lisdoonvarna)	1.56
2	David King (St John Bosco Kildysart)	1.56
3	Emmanuel Onwudiwe (Ennis CC / GC an Chláir)	1.30

Junior Boys Shot

1	Kieran Ó Catháin (PS Chorca Dhuibhne)	14.88 NR
2	Rian Walsh (Tralee CBS)	11.45
3	Aaron Crean (Tralee CBS)	10.84

Junior Boys Discus

1	Kevin O'Shea (Mercy Mounthawk Tralee)	28.30
2	Padraig O Sullivan (Castleisland CC)	16.50

Junior Boys Javelin

1	Kevin O'Shea (Mercy Mounthawk Tralee)	32.46
2	Callum Hier (St Marys Newport)	17.73
3	Conor Kiely (St Marys Newport)	15.56

Inter Boys 100m

1	Diarmuid Ó Ciardhúbháin (PS Chorca Dhuibhne)	11.2
2	David Lane (Castleisland CC)	11.3
3	Josh Conway (Salesian Col Pallaskenry)	11.4

Inter Boys 200m

1	Luke Calitz (St Munchins Limerick)	22.5
2	Sizo Thini (St Clements Limerick)	23.2
3	David Lane (Castleisland CC)	23.7

Inter Boys 400m

1	Aidan Considine (St Josephs Spanish Pt)	53.9
2	Luke Calitz (St Munchins Limerick)	55.3
3	Tadhg Healy (Tralee CBS)	56.0

Inter Boys 800m

1	Ross O'Carroll (Mungret CC Limerick)	2.07.8
2	Fionnan Ryan (Tralee CBS)	2.09.6
3	Ben O' Halloran (Rice College Ennis)	2.10.7

Inter Boys 1500m

1	Peter Farrell (St Flannans Ennis)	4.25.5
2	Roger Gomez (St Josephs Spanish Pt)	4.30.9
3	Ross O'Carroll (Mungret CC Limerick)	4.34.9

Inter Boys 3000m

1	Simon Farrell (St Flannans Ennis)	9.19.6
2	Aaron Angland (Hazelwood Col Dromcollogher)	9.37.8
3	Alan McCutcheon (Crescent Col Comp SJ)	9.41.3

Inter Boys 100m Hurdles

1	Stuart Tobin (Castletroy College)	13.9
2	Aaron Harty (Mercy Mounthawk Tralee)	19.7

Inter Boys 400m Hurdles

1	Olly Tierney (Gaelcholáiste Luimnigh)	66.6
---	---------------------------------------	------

Inter Boys 1500m Steeplechase

1	Peter Farrell (St Flannans Ennis)	5.00.4
2	Alan McCutcheon (Crescent Col Comp SJ)	5.07.5

U16 Boys Mile

1	Simon Farrell (St Flannans Ennis)	4.42.5 NR
2	Jack Dilleen (St Flannans Ennis)	5.35.2

North Munster Track and Field Results 2023

Inter Boys 4 x 100m Relay

1	Mount Hawk (Mercy Mounthawk Tralee)	47.3
2	Ennis CC (Ennis CC / GC an Chláir)	47.9
3	St Munchins (St Munchins Limerick)	48.8.

Inter Boys Long Jump

1	Promise Jolaosho (Ennis CC / GC an Chláir)	5.89
2	Nadal McHugh (Tralee CBS)	5.58
3	Eoin Malik (Mercy Mounthawk Tralee)	5.30

Inter Boys Triple Jump

1	Promise Jolaosho (Ennis CC / GC an Chláir)	11.64
2	Silvester Onwudiwe (Ennis CC / GC an Chláir)	11.51
3	Felix Satchivi (St Flannans Ennis)	9.23

Inter Boys High Jump

1	Darragh Ball (St Flannans Ennis)	1.80
2	Bao Foley (Mercy Mounthawk Tralee)	1.50

Inter Boys Shot

1	Matthew O'Rourke-Massey (Salesian Col Pallask)	9.96
2	Conor Crean (Tralee CBS)	9.82
3	Fionn Griffin (St Marys Newport)	9.65

Inter Boys Discus

1	Cillian McMahon (St Michaels Listowel)	26.67
---	--	-------

Inter Boys Javelin

1	James Rochford (Rice College Ennis)	37.26
2	Eoin Malik (Mercy Mounthawk Tralee)	34.95
3	Conor Crean (Tralee CBS)	32.85

Senior Boys 100m

1	Rex Nyamakazi (Castletroy College)	10.9
2	Rafael Okafor (Crescent Col Comp SJ)	11.1
3	Jack Barrett (Mercy Mounthawk Tralee)	11.3

Senior Boys 200m

1	Darragh Murphy (Castletroy College)	21.8
2	Lamine Diarrassouba (Castletroy College)	22.5
3	Brendan O'Leary (Tarbert Comprehensive)	22.7

Senior Boys 400m

1	Tadhg Galvin (Mercy Mounthawk Tralee)	52.3
2	Brendan O'Leary (Tarbert Comprehensive)	54.1
3	Lucas Buckley (St Munchins Limerick)	55.0

Senior Boys 800m

1	Cian O'Boyle (St Flannans Ennis)	2.02.7
2	Mohammed Abdalla (Mercy Mounthawk Tralee)	2.12.3
3	Lucas Buckley (St Munchins Limerick)	2.13.3

Senior Boys 1500m

1	Cian O'Boyle (St Flannans Ennis)	4.23.1
2	Cormac Ryan (St Marys Newport)	5.40.4

Senior Boys 400m Hurdles

1	Alan Gladysz (Col Mhicil CBS Limerick)	69.0
---	--	------

Senior Boys 4 x 100m Relay

1	Castletroy College (Castletroy College)	44.0 NR
2	Crescent Comp (Crescent Col Comp SJ)	44.9
3	Mount Hawk (Mercy Mounthawk Tralee)	46.2

Senior Boys Long Jump

1	Ryne Ibanez (Mercy Mounthawk Tralee)	5.81
2	Aaron O'Connor (Castletroy College)	5.75
3	Danny Williamson (St Munchins Limerick)	5.68

Senior Boys Triple Jump

1	Aaron O'Connor (Castletroy College)	12.32
2	Matthew Conway (St Flannans Ennis)	11.04

Senior Boys High Jump

1	Conor Donegan (Causeway Comprehensive)	1.75
2	Oisín Pepper (St Munchins Limerick)	1.70
3	Liam Walsh (Tarbert Comprehensive)	1.40

Senior Boys Shot

1	Callum Keating (Hazelwood Col Dromcollogher)	15.92
2	Oisín Minogue (St Munchins Limerick)	9.92
3	Samuel Ferguson (Ennis CC / GC an Chláir)	8.97

Senior Boys Javelin

1	Oisín Minogue (St Munchins Limerick)	32.00
2	Liam Walsh (Tarbert Comprehensive)	25.69
3	Tenison Ogunseri (Ennis CC / GC an Chláir)	22.46

Minor Girls 100m

1	Destiny Lawal (Castletroy College)	11.9 CBP
2	Rebecca Reid (St Flannans Ennis)	12.4
3	Maddie O'Riordan (Tarbert Comprehensive)	12.7

Minor Girls 200m

1	Emer Purtill (Mungret CC Limerick)	27.2
2	Rebecca Reid (St Flannans Ennis)	28.1
3	Caoimhe McNamara (Col Muire Ennis)	28.7

Minor Girls 800m

1	Caoimhe McNamara (Col Muire Ennis)	2.28.7
2	Caoimhe Neylon (St Flannans Ennis)	2.29.8
3	Ella Grace Osborne (Laurel Hill Coláiste FCJ)	2.30.1

Minor Girls 1500m

1	Emma Haugh (St Flannans Ennis)	5.03.9
2	Siobhan Healy (Col Muire Ennis)	5.28.1
3	Ciara Kerins (Castleisland CC)	6.00.0

Minor Girls 75m Hurdles

1	Megan O'Shea (Crescent Col Comp SJ)	12.0
2	Maddie O'Riordan (Tarbert Comprehensive)	13.5
3	Holly Sheerin (Col Muire Ennis)	14.3

Minor Girls 4 x 100m Relay

1	Mungret CC (Mungret CC Limerick)	62.0
2	St Flannans (St Flannans Ennis)	63.2
3	Colaiste Muire (Col Muire Ennis)	65.2

Minor Girls Long Jump

1	Katie Griffin (Castleisland CC)	4.15
2	Ruby O'Connell (Castleisland CC)	4.15
3	Holly Sheerin (Col Muire Ennis)	4.10

Minor Girls High Jump

1	Emer Purtill (Mungret CC Limerick)	1.52 NR
2	Isabelle Hayde (St Marys Newport)	1.43
3	Zoe Quinn (St Josephs Tulla)	1.40

Minor Girls Shot

1	Emer Purtill (Mungret CC Limerick)	12.18 NR
2	Cait McCarthy (Col Muire Ennis)	8.04
3	Emma Murphy (Laurel Hill Secondary FCJ)	6.30

Minor Girls Javelin

1	Ciara Kerins (Castleisland CC)	17.53
2	Siofra Minogue (St Annes CC Killaloe)	12.55

Junior Girls 100m

1	Juliana Gee (Col Muire Ennis)	12.3
2	Megan Love (Castletroy College)	12.6
3	Amanda Duyile (Mercy Mounthawk Tralee)	12.8

Junior Girls 200m

1	Leah Berry (St Marys Newport)	26.4
2	Grace Mainoo (Castletroy College)	27.0
3	Niamh Hynes (Mungret CC Limerick)	27.3

North Munster Track and Field Results 2023

Junior Girls 800m

1	Sophie Maher (St Flannans Ennis)	2.23.4
2	Sibéal Ní Shéaghda (PS Chorca Dhuibhne)	2.27.0
3	Leah Berry (St Marys Newport)	2.27.6

Junior Girls 1500m

1	Faye Mannion (Col Muire Ennis)	4.50.3
2	Abby Stephenson (Pres Tralee)	5.24.1
3	Sarah Crowe (Col Muire Ennis)	5.36.3

Junior Girls 75m Hurdles

1	Maebh Kelly (Col Muire Ennis)	12.2
2	Amanda Duyile (Mercy Mounthawk Tralee)	12.9
3	Cara Lawlor (St Flannans Ennis)	14.0

Junior Girls 4 x 100m Relay

1	Colaiste Muire (Col Muire Ennis)	54.2
2	Castletroy College (Castletroy College)	54.4
3	Mount Hawk (Mercy Mounthawk Tralee)	55.9

Junior Girls Long Jump

1	Kayla Connellan (St Flannans Ennis)	4.70
2	Juliana Gee (Col Muire Ennis)	4.70
3	Maebh Kelly (Col Muire Ennis)	4.52

Junior Girls Triple Jump

1	Sarah O'Callaghan (St Annes CC Killaloe)	9.17
---	--	------

Junior Girls High Jump

1	Isabel Maher (St Josephs Tulla)	1.45
2	Linda McGuire (Col Muire Ennis)	1.30
3	Ríona Ní Chuinn (PS Chorca Dhuibhne)	1.30

Junior Girls Shot

1	Ruby Crean (Mercy Mounthawk Tralee)	9.15
2	Luka Deimontaite (PS Chorca Dhuibhne)	6.64
3	Lauren Keane (Pres Listowel)	6.39

Junior Girls Javelin

1	Emer Purtill (Mungret CC Limerick)	35.13
2	Rubi Walker (St Marys Newport)	16.20
3	Caoimhe Lynch (Pres Listowel)	12.74

Inter Girls 100m

1	Saoirse Dillon (Pres Listowel)	12.0
2	Mirabel Emenike (St Flannans Ennis)	12.3
3	Róise Gavin (Gaelcholáiste Luimnigh)	12.7

Inter Girls 200m

1	Saoirse Dillon (Pres Listowel)	24.8
2	Orla O Shaughnessy (Salesian Col Pallaskerry)	25.2
3	Sophie Walker (St Marys Newport)	25.5

Inter Girls 300m

1	Emma Neylon (Tarbert Comprehensive)	45.2
2	Ava Palmer (St Marys Newport)	46.6
3	Kelly Enright (Tarbert Comprehensive)	46.9

Inter Girls 800m

1	Gemma Galvin (St Michaels Kilmihil)	2.17.2
2	Lucy Shannon (Col Muire Ennis)	2.21.5
3	Mollie O'Riordan (Tarbert Comprehensive)	2.24.2

Inter Girls 1500m

1	Gemma Galvin (St Michaels Kilmihil)	5.02.7
2	Sandra Vadell Farrus (St Flannans Ennis)	5.08.9
3	Méabh Ní Chonchúir (Gaelcholáiste Chiarraí)	5.13.5

Inter Girls 3000m

1	Cara Leahy (Pres Listowel)	11.28.7
2	Nicole Keane (Col Muire Ennis)	11.57.9

Inter Girls 80m Hurdles

1	Lucy Mulgrew (Mercy Mounthawk Tralee)	13.4
2	Ellen Flynn (St Caimins CS Shannon)	15.8

Inter Girls 300m Hurdles

1	Caoimhe Byrne O'Connell (Mary I Lisdoonvarna)	44.2 NR
2	Mollie O'Riordan (Tarbert Comprehensive)	
3	Shannon Nyambi (Castletroy College)	

U16 Girls Mile

1	Cara Leahy (Pres Listowel)	6.07.2
2	Ivana O'Carroll (Mungret CC Limerick)	6.29.0

Inter Girls 4 x 100m Relay

1	Mount Hawk (Mercy Mounthawk Tralee)	52.5
2	St Marys (St Marys Newport)	52.7
3	Laurel Hill (Laurel Hill Secondary FCJ)	55.1

Inter Girls Long Jump

1	Leagh Moloney (Gaelcholáiste Luimnigh)	5.25
2	Meabh Purtill (Mungret CC Limerick)	5.06
3	Hannah Griffin (Castleisland CC)	4.55

Inter Girls Triple Jump

1	Leagh Moloney (Gaelcholáiste Luimnigh)	11.07
2	Sophie Walker (St Marys Newport)	10.82
3	Clodagh Donoghue (St Marys Newport)	10.21

Inter Girls High Jump

1	Clodagh Donoghue (St Marys Newport)	1.55
2	Hannah Griffin (Castleisland CC)	1.45
3	Lisa Nicholas (St Josephs Tulla)	1.40

Inter Girls Shot

1	Clara Minter (Kilrush CS)	11.49
2	Aoibhinn Harte (CII Abbeyfeale)	9.46
3	Eimear Ryan (Salesian Col Pallaskerry)	9.29

Inter Girls Discus

1	Niamh O'Shea (Mercy Mounthawk Tralee)	27.48
2	Aoibhinn Harte (CII Abbeyfeale)	23.16

Inter Girls Javelin

1	Clara Minter (Kilrush CS)	29.22
2	Eimear Ryan (Salesian Col Pallaskerry)	27.90
3	Grace Harte (Pres Listowel)	9.04

Senior Girls 100m

1	Debbie Lawal (Castletroy College)	11.7
2	Megan Lynch (Tarbert Comprehensive)	11.8
3	Nicole Walker (Pres Tralee)	11.9

Senior Girls 200m

1	Nicole Walker (Pres Tralee)	25.6
2	Muireann McElligott (Pres Listowel)	27.9
3	Angel Alfred (Laurel Hill Secondary FCJ)	28.3

Senior Girls 400m

1	Rachel Neylon (Tarbert Comprehensive)	76.9
2	Elitza O'Connor (St Annes CC Killaloe)	77.4
3	Alana Mckeogh (St Annes CC Killaloe)	78.6

Senior Girls 800m

1	Holly O'Boyle (St Flannans Ennis)	2.17.8
2	Ellen Mannion (Col Muire Ennis)	2.24.5
3	Ella Murphy (CII Abbeyfeale)	2.26.6

Senior Girls 1500m

1	Holly O'Boyle (St Flannans Ennis)	5.13.3
2	Grace Rynne (Col Muire Ennis)	5.35.8

Senior Girls 3000m

1	Louise O'Mahony (Col Muire Ennis)	9.52.7 NR
2	Michelle Healy (Col Muire Ennis)	11.06.3

Senior Girls 400m Hurdles

1	Eimear Galvin (Hazelwood Col Dromcollogher)	73.3
---	---	------

Senior Girls 1500m Steeplechase

1	Sarah Butler (Laurel Hill Secondary FCJ)	5.45.5 NR
---	--	-----------

North Munster Track and Field Results 2023

Senior Girls 4 x 100m Relay

1	Laurel Hill (Laurel Hill Secondary FCJ)	55.0
2	Mount Hawk (Mercy Mounthawk Tralee)	55.2

Senior Girls 4 x 300m Relay

1	Laurel Hill Secondary FCJ (Laurel Hill Secondary)	3.03.4
---	---	--------

Senior Girls Long Jump

1	Rachel Mulgrew (Mercy Mounthawk Tralee)	4.54
---	---	------

Senior Girls High Jump

1	Ava Rochford (Rice College Ennis)	1.75
---	-----------------------------------	------

Senior Girls Shot

1	Angel Alfred (Laurel Hill Secondary FCJ)	8.89
2	Áine O'Shea (Mercy Mounthawk Tralee)	7.79

Senior Girls Discus

1	Áine O'Shea (Mercy Mounthawk Tralee)	27.50
---	--------------------------------------	-------

Senior Girls Javelin

1	Doireann O'Shea (Mercy Mounthawk Tralee)	25.21
---	--	-------

