

**Results****60m Sprint Results****U/10 Boys 60m:**

1. John Ikpotkin (ST Michaels AC)8.40sec
2. Conor Mc Mahon (Portlaoise AC)9.44sec
3. Jim Tyrell (BallyFin AC)

**U/10 Girls 60m:**

1. Cloe Keenan (Emo Rath AC)
2. Cora Goode(BallyFin AC)
3. Aerin Ryle (Rosenallis)

**U/12 Boys 60m:**

1. John Hughes (Rosenallis AC)8.91sec
2. James Wheelor (BallyFin AC)9.07sec
3. Rioghan Murphy (St Michaels) 9.26sec

**U/12 Girls 60m:**

1. Helen Ikpotkin (ST Michaels AC) 9.01sec
2. Ava Lawlor (Mountmellick AC)9.32
3. Grainne Lalor (Rosenallis AC)

**U/14 Boys 60m:**

1. Canice Whearty (Oughaval AC) 7.97sec
2. Adam Dunne (Ballyroan Abbeyleix and District AC)8.16
3. David Mc Donald (St AbbansAC)

**U/14 Girls 60m:**

1. Ruby Millett (St Abbans) 8.44sec
2. Sophie Fortune (Portlaoise AC)8.45sec
3. Jenna Joha (ST Michaels AC)8.79

**U/16 Boys 60m:**

1. Jack fortune (Portlaoise AC)7.22sec
2. Lee Mullen (Mountmellick AC)7.87sec
3. Donal Hetherington (Emo RathAC)7.98sec

**U/16 Girls 60m:**

1. Orla Mullally (St Michaels)
2. Elaine Daly (Portlaoise AC)
3. Aoife Daly (Portlaoise AC)

**U/18 Boys 60m:**

1. Adam Coss (Mountmellick AC)7.64sec
2. Fergal Scully (Oughaval AC)8.23sec
3. Cathal Grennan (Rosenallis AC)

**U/18 Girls 60m:**

1. Avril Deegan (Ballyroan Abbeyleix and District AC) 8.98sec
2. Stephanie Bennet (PortlaoiseAC)9.7sec
3. Aine Mc Donald (Ballyroan Abbeyleix and District AC)10.07sec

**Senior Ladies 60m:**

1. Siobhan Mc Cann (St Michaels)8.84sec
2. Carol Hughes (Rosenallis AC)9.09sec
3. Philomena Dempsey (Mountmellick AC)9.11sec

**Senior Mens 60m:**

1. Adam Coss (Mountmellick AC)7.66sec
2. Luckaz Bernaz (St Michaels AC)8.09sec
3. Cyril Cuddy( Portlaoise AC)8.12sec

**60m Hurdles Results****60mh U/15 Girls:**

1. Gillian Keenan (Emo Rath AC)10.7sec
2. Sacha Kenny (Oughaval AC) 11.11sec
3. Kiara Dempsey (Mountmellick AC)11.2sec

**60mh U/15 Boys:**

1. Lee Mullen (Mountmellick AC)10.25sec
2. Ewan Brennan (Ballyroan Abbeyleix and District AC)10.31sec
3. Jim Tyrell (Ballyfin AC) 11.36sec

**60mh U/17 Girls:**

1. Ruby Millett (St Abbans)12.09sec
2. Jennifer Connaughton (Oughaval AC)12.67sec

**60mh U/17 Boys:**

1. Adam Coss (Mountmellick AC)10.43sec
2. Fergal Scully (Oughaval AC)10.44sec
3. Cathal Grennan (Rosenallis AC) 11.09sec

**Distance Winners****U/11 Girls 350m:**

1. Heather Murphy (St Michaels AC)1:01.61min
2. Lucy Goode (Ballyfin)
3. Georgia Mc Garry (Emo Rath AC)

**U/11 Boys 350m:**

1. John Ikpotkin (ST Michaels AC)54.72sec
2. Paul Roberts (St Michaels AC)1:04.62mins
3. Conor McMahon( Portlaoise AC)1:08.64min

**U/13 Girls 600m:**

1. Jessica Brennan (Ballyroan Abbeyleix and District AC)2:00.78min
2. Aibhe Quinn (Portlaoise AC)2:01.64min
3. Ava O'Connor (Emo Rath AC)2:06.61min

**U/13 Boys 600m:**

1. David Mc Donald (St Abbans AC)1:53.97min
2. Canice Whearty (Oughaval)1:58.61min
3. Jack Fennelly (Oughaval)1:58.97min

**U/15 Girls 800m:**

1. Elaine Daly (Portlaoise AC)2:48.28min
2. Aoife Daly (Portlaoise AC)2:48.7min
3. Rebecca Balfe (Emo Rath AC)2:50.39min

**U/15 Boys 800m:**

1. Adam Holden (Mountmellick AC)2:38.34min
2. Thomas Martin (Portlaoise AC)2:41.26min
3. Eddie Allen (Emo Rath AC) 2:44.64min

**U/17 Girls 800m:**

1. Avril Deegan (Ballyroan Abbeyleix and District AC) 2:27.69min
2. Amy Walsh (Portlaoise AC)
3. Sophie Devereaux (St Michaels AC)

**U/17 Boys 800m:**

1. Cathal Mc Donald (Ballyroan Abbeyleix and District AC)2:31.82min
2. Adam Coss (Mountmellick AC)2:34.98min
3. Mark Mc Donald (Oughaval AC)

**U/19 Girls 800m:**

1. Aine Mc Donald (Ballyroan Abbeyleix and District AC)

**U/19 Boys 800m:**

1. Darragh Nerney (Oughaval AC)2:24.19min

**Senior Men 1500m:**

- 1 Colin Maher (BallyFin AC)4:13.77min
2. John Fenlon (St Michaels AC)4:18.10min
3. Stephan Hunter (St Michaels AC)

**Senior Ladies 1500m:**

1. Avril Deegan (Ballyroan Abbeyleix and District AC) 5:19.57min
2. Kate Mc Donald (Ballyroan Abbeyleix and District AC) 5:29.16min
3. Pippa Hackett (St Michaels AC) 5:32.8min

**Long Jump Results****U/12 Girls Long Jump:**

1. Ava Lawlor (Mountmellick AC)3.8m
2. Sarah Malone (Mountmellick AC)3.06m
3. Emma Mc Cann (Mountmellick AC)3.01m

**U/12 Boys Long Jump:**

Gearoid Dempsey (Mountmellick AC)3.77m  
David Dooley (Rosenallis AC) 3.67m  
Jack Fennelly (Oughaval AC) 3.21m

**U/17 Boys Long Jump:**

1. Jack Fortune (Portlaoise AC)5.48
2. Adam Coss (Mountmellick AC)5.28m
3. Thomas Martin (Portlaoise AC)4.87m

**Senior Ladies Long Jump:**

Siobhan Mc Cann (St Michaels)3.86m  
Philamena Dempsey (Mountmellick AC)3.67m  
Ger Goode (Ballyfin AC) 2.67m

**High Jump Results****U/15 Girls High Jump:**

1. Laura Stapleton (Oughaval AC)1.48m
2. Gillian Keenan (Emo Rath AC)1.38m
3. Ruby Millett (St Abbans AC)1.38m

**U/15 Boys High Jump:**

1. Eoin Keenan (Emo Rath AC)1.52m
2. Jim Tyrell (BallyfinAC)1.2m
3. Joshua Brennan (Ballyroan Abbeyleix and District AC)1.15m

**U/17 Girls High Jump:**

1. Jennifer Connaughton (Oughaval AC)1.15m

**U/17 Boys High Jump:**

- 1Fergal Scully (Oughaval AC)1.6m
2. Adam Coss (Mountmellick AC)1.4m
3. Nathan Dunne (Ballyroan Abbeyleix and District AC)1.25m

**Shot Putt Winners****U/14 Girls Shot Putt:**

1. Ruby Millett (St Abbans)8.64m
2. Emily Gleeson (Emo Rath AC)6.38m
3. Phoebe Makim (Ballyfin AC)5.84m

**U/14 Boys Shot Putt:**

1. Tom Buggy (St Abbans)9.93m
2. Joshua Brennan (Ballyroan Abbeyleix and District AC)7.74m
3. Colin Bland (Ballyfin AC)5.07m

**U/16 Girls Shot Putt:**

1. Nicole Keogh Dowling (St Abbans AC)70.7m
2. Elaine Daly (Portlaoise AC )8.45m
3. Eimer Healy (portlaoise AC)8.38m

**U/16Boys Shot Putt:**

1. Eoin Keenan (Emo Rath AC)10.22m
2. Ewan Brennan(Ballyroan Abbeyleix and District AC)8.45m
3. Nathan Dunne (Ballyroan Abbeyleix and District AC)8.38m

**Senior Men Shot Putt:**

1. Sheamus fitzpatrick (Portlaoise AC)12.6m
2. John Territ (Ballyroan Abbeyleix and District AC)9.95
3. Liam Doran (Mountmellick AC)9.09m

**Relay Winners****U/11 Girls 4x100m:**

1. Ballyfin 'A'
2. Ballyfin 'B'
3. Mountmellick AC

**U/11 Boys 4x100m:**

1. St Michaels AC
2. Rosenallis AC
3. Ballyfin AC

**U/13 Girls 4x100m:**

1. St Michaels AC
2. Emo Rath AC
3. Mountmellick AC

**U/13 Boys 4x100m:**

1. Rosenallis AC
2. Oughaval AC
3. Ballyfin AC

**U/15 Girls 4x200m:**

1. Portlaoise AC
2. Emo Rath AC
3. oughaval AC

**U/15 Boys 4x200m:**

1. Emo Rath AC
2. Ballyfin AC

**U/17-19 Girls 4x200m:**

1. Oughaval AC
2. Portlaoise AC

**U/17-19Boys 4x200m:**

1. Oughaval AC