

**2014 Laois County Track & Field Championships – Day 1**  
**St Abban's AC Sports Complex**  
**Friday May 9<sup>th</sup> 2014**

**Senior Women 100m**

1	Aoife Campion	Portlaoise
2	Siobhan McCann	St Michaels
3	Shauna Daly	St Abban's

**Senior Men 100m**

1	Conor Daly	St Abban's
2	Adam Coss	Mountmellick
3	Denis Brophy	St Abban's

**Girls U9 60m**

1	Cara Goode	Ballyfin
2	Katie Brennan	St Abban's
3	Maya Brennan	St Abban's

**Boys U9 60m**

1	Conor McMahon	Portlaoise
2	Evan English	St Abban's
3	Ciaran Quinn	Ballyfin

**Girls U11 80m**

1	Heather Murphy	St Michaels
2	Amy Brennan	St Abban's
3	Lucy Goode	Ballyfin

**Boys U11 80m**

1	John Ikpotokin	St Michaels
2	Paul Roberts	St Michaels
3	Darragh Kelay	St Abban's

**Girls U13 80m**

1	Sasha Kemmy	Oughaval
2	Helen Ikpotokin	St Michaels
3	Ella-Cydney Banjoko-Johnson	St Michaels

**Boys U13 80m**

1	Canice Whearty	Oughaval
2	David McDonald	St Abban's
3	John Hughes	Rosenallis/Kilcavan

**Girls U15 100m**

1	Elaine Daly	Portlaoise
2	Aoife Daly	Portlaoise
3	Daena Kealy	St Abban's

**Boys U15 100m**

1	Donal Hetherington	Emo-Rath
2	Adam Holden	Mountmellick
3	Tom Buggy	St Abban's

**Girls U17 100m**

1	Orla Mullally	St Michaels
2	Una Hetherington	Emo-Rath
3	Lauren Kealy	St Abban's

**Boys U17 100m**

1	Jack Fortune	Portlaoise
2	Jamie Pender	St Abban's
3	Adam Coss	Mountmellick

**Girls U19 100m**

1	Aoife Campion	St Abban's
2	Lucy O'Neill	St Abban's
3	Stephanie Bennett	Portlaoise

**Boys U19 100m**

1	Aaron Murphy	St Abban's
2	Darragh Nerney	Oughaval
3	Dylan Byrne-Gray	St Abban's

**Girls U10 300m**

1	Cara Goode	Ballyfin
2	Katie Brennan	St Abban's
3	Aoibhinn McDonald	St Abban's

**Boys U10 300m**

1	John Ikpotokin	St Michaels
2	Conor McMahon	Portlaoise
3	Blake Kemmy	Oughaval

**Girls U12 600m**

1	Ava O'Connor	Emo-Rath
2	Helen Ikpotokin	St Michaels
3	Ailbhe Ni Chuinn	Portlaoise

**Boys U12 600m**

1	Darragh Kealy	St Abban's
2	David Dooley	Rosenallis-Kilcavan
3	Conor O'Keeffe	St Michaels

**Girls U14 800m**

1	Cara Maher	St Abban's
2	Orla Davis	St Abban's
3	Rebecca Balfe	Emo-Rath

**Boys U14 800m**

1	Tom Buggy	St Abban's
2	David McDonald	St Abban's
3	Eddie Allen	Emo-Rath

**Girls U16 800m**

- |   |               |            |
|---|---------------|------------|
| 1 | Lauren Graham | St Abbans  |
| 2 | Meabh Meagher | St Abbans  |
| 3 | Aoife Daly    | Portlaoise |

**Girls U18 800m**

- |   |                 |                 |
|---|-----------------|-----------------|
| 1 | Avril Deegan    | Ballyroan A & D |
| 2 | Anna Healy      | Portlaoise      |
| 3 | Sophie Devereux | St Michaels     |

**Junior Women – 1 Mile**

- |   |               |                 |
|---|---------------|-----------------|
| 1 | Niamh Quinn   | Portlaoise      |
| 2 | Avril Deegan  | Ballyroan A & D |
| 3 | Aine McDonald | Ballyroan A & D |

**Senior Women – 1 Mile**

- |   |                 |             |
|---|-----------------|-------------|
| 1 | Colette English | St Abbans   |
| 2 | Pippa Hackett   | St Michaels |
| 3 | Maire Griffith  | St Abbans   |

**Girls U10 4x100m relay**

- |   |                     |
|---|---------------------|
| 1 | St Abbans           |
| 2 | Rosenallis-Kilcavan |
| 3 | Portlaoise          |

**Girls U12 4x100m relay**

- |   |            |
|---|------------|
| 1 | St Michael |
| 2 | St Abbans  |
| 3 | Portlaoise |

**Girls U14 4x100m relay**

- |   |           |
|---|-----------|
| 1 | St Abbans |
| 2 | Oughaval  |
| 3 | Emo-Rath  |

**Girls U16 4x400m relay**

- |   |            |
|---|------------|
| 1 | St Abbans  |
| 2 | Portlaoise |
| 3 | Emo-Rath   |

**Girls U18 4x400m relay**

- |   |               |
|---|---------------|
| 1 | St Abbans AC  |
| 2 | Portlaoise AC |
| 3 |               |

**Senior Women 4x100m relay**

- |   |                 |
|---|-----------------|
| 1 | St Abbans AC    |
| 2 | St Michaels AC  |
| 3 | Ballyroan A & D |

**Boys U16 800m**

- |   |               |                 |
|---|---------------|-----------------|
| 1 | Cian Kelly    | St Abbans       |
| 2 | Oisin Ryan    | St Abbans       |
| 3 | Cian McDonald | Ballyroan A & D |

**Boys U18 800m**

- |   |                |                     |
|---|----------------|---------------------|
| 1 | Cathal Grennan | Rosenallis-Kilcavan |
| 2 | Fionn Meagher  | St Abbans           |
| 3 | Adam Coss      | Mountmellick        |

**Junior Men – 1 Mile**

- |   |              |           |
|---|--------------|-----------|
| 1 | James Moore  | St Abbans |
| 2 | James Tyrell | St Abbans |
| 3 | Aaron Murphy | St Abbans |

**Senior Men – 1 Mile**

- |   |                 |                 |
|---|-----------------|-----------------|
| 1 | John Fenlon     | St Michaels     |
| 2 | Owen Connolly   | St Michaels     |
| 3 | Martin McDonald | Ballyroan A & D |

**Boys U10 4x100m relay**

- |   |                     |
|---|---------------------|
| 1 | Rosenallis-Kilcavan |
| 2 |                     |
| 3 |                     |

**Boys U12 4x100m relay**

- |   |                     |
|---|---------------------|
| 1 | Rosenallis-Kilcavan |
| 2 | St Abbans           |
| 3 | Ballyfin            |

**Boys U14 4x100m relay**

- |   |           |
|---|-----------|
| 1 | St Abbans |
| 2 | Oughaval  |
| 3 | Emo-Rath  |

**Boys U16 4x400m relay**

- |   |           |
|---|-----------|
| 1 | St Abbans |
| 2 | Oughaval  |
| 3 |           |

**Boys U18 4x400m relay**

- |   |  |
|---|--|
| 1 |  |
| 2 |  |
| 3 |  |

**Senior Men 4x100m relay**

- |   |                |
|---|----------------|
| 1 | St Abbans AC   |
| 2 | St Abbans AC   |
| 3 | St Michaels AC |

<b>Long Jump Results</b>	
<b>U/10 Girls Long Jump:</b> 1. Katie Brennan (St Abbans) 3.11m 2. Niamh Bland (Ballyfin) 2.93m 3. Maya Brennan (St Abbans) 2.90m	<b>U/10 Boys Long Jump:</b> 1. Blake Kemmy (Oughaval) 3.10m 2. Adam Buggy (St Abbans) 2.92m 3. Conor Whearty (Oughaval) 2.91m
<b>U/12 Girls Long Jump:</b> 1. Ava Lawlor (Mountmellick) 3.42m 2. Amy Brennan (St Abbans) 3.21m 3. Emma Mc Cann (Mountmellick) 3.13m	<b>U/12 Boys Long Jump:</b> 1. Gearoid Dempsey (Mountmellick) 3.61m 2. Mathew Buggy (Oughaval) 3.43m 3. David Dooley (Rosenallis/Kilcavan) 3.39m
<b>U/14 Girls Long Jump:</b> 1. Ruby Millett (St Abbans) 4.62m 2. Rebecca Balfe (Emo Rath) 3.88m 3. Orla Davis (St Abbans) 3.55m	<b>U/14 Boys Long Jump:</b> 1. Canice Whearty (Oughaval) 2. Tom Buggy (St Abbans) 3. Eddie Allen (Emo Rath)
<b>U/16 Girls Long Jump:</b> 1. Daena Kealy (St Abbans) 4.19m 2. Aoife Healy (Portlaoise) 3.74m 3. Dervla Scully (Oughaval) 3.69m	<b>U/16 Boys Long Jump:</b>
<b>High Jump Results</b>	
<b>U/14 Girls High Jump:</b> 1. Orla Davis (St Abbans) 1.33m 2. Cara Meagher (St Abbans) 1.30m 3. Kate Mc Donald (Oughaval) 1.20m	<b>U/14 Boys High Jump:</b> 1. Tom Buggy (St Abbans) 1.22m 2. Canice Whearty (Oughaval) 1.19m 3. TJ Blake (St Abbans) 1.16m
<b>U/16 Girls High Jump:</b> 1. Daena Kealy (St Abbans) 1.30m 2. Dervla Scully (Oughaval) 1.10m	<b>U/16 Boys High Jump:</b> 1. Oisin Ryan (St Abbans) 1.25m 2. Elliott Scully (Oughaval) 1.15m
<b>Senior Women High Jump:</b> 1. Louise O'Neill (St Abbans) 1.25m 2. Siobhan McCann (St Michaels) 1.20m	<b>Senior Men High Jump:</b> 1. Owen Kelly (St Abbans) 1.75m 2. Kevin Wilson (St Abbans) 1.70m 3. Connor Daly (St Abbans) 1.70m
<b>Shot Putt Results</b>	
<b>U/15 Girls Shot Putt:</b> 1. Elaine Daly (Portlaoise) 9.70m 2. Gillian Keenan (Emo Rath) 8.13m 3. Davina Healy (St Abbans) 6.96m	<b>U/15 Boys Shot Putt:</b> 1. Cian Kelly (St Abbans) 10.70m 2. Gearoid Kelly (St Abbans) 7.13m 3. Cian Mc Donald (Ballyroan A & D) 6.70m
<b>U/17 Girls Shot Putt:</b> 1. Seodhna Hoey (Portlaoise) 11.69m 2. Nicole Keogh Dowling (St Abbans) 10.88m 3. Niamh Moore (St Abbans) 6.56m	<b>U/17 Boys Shot Putt:</b> 1. Adam Coss (Mountmellick) 7.24m 2. Cathal Grennan (Rosenallis/Kilcavan) 6.78m 3. Jordan Murray (Rosenallis/Kilcavan) 6.34m
<b>Senior Men Shot Putt:</b> 1. Seamus Fitzpatrick (Portlaoise AC) 11.33m 2. Eoin Kelly (St Abbans AC) 10.33m 3. Michael Farrell (St Abbans AC) 8.90m	<b>Senior Women Shot Putt:</b> 1. Shauna Healy (St Abbans AC) 9.79m 2. Emma Daly (St Abbans AC) 9.32m 3. Sarah Buggy (St Abbans AC) 7.86m

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Club	Track medals				Track Total	Field Medals				Total
	Gold	Silver	Bronze	Track Total		Gold	Silver	Bronze	Field Total	
St Abbans	19	16	11	46	10	6	7	23	69	
St Michaels	6	7	4	17		1		1	18	
Portlaoise	4	5	5	14	3	1		4	18	
Oughaval	2	4	1	7	1	5	3	9	16	
Emo-Rath	2	1	4	7		2		2	9	
Rosenallis-Kilcavan	3	2	1	6		1	2	3	9	
Mountmellick		2	2	4	3		1	4	8	
Ballyroan A & D	1	1	4	6			1	1	7	
Ballyfin	2		3	5		1		1	6	