



Laois Secondary Schools Cross Country Championships
20th January 2016
Venue: O' Dempsey's GAA Park, Killenard

Laois Secondary School Cross Country

MINOR GIRLS 1000m

		TEAM SCORES								
Pos.	ATHLETES NAME	SCHOOL	TIME	1	2	3	4	WINNING SCHOOL	POINTS	PLACE
1	Niamh McDonald	Heywood Community School						SCOIL CHRÍOST RÍ	22	1st
2	Sarah Delaney	Heywood Community School					Emma McCann			
3	Dearbhail Cuddy	Mountrath Community School					Munirat Shobowale			
4	Emma McCann	Scoil Chríost Rí					Aoibha O'Brien			
5	Munirat Shobowale	Scoil Chríost Rí					Sheena Moore			
6	Aoibha O'Brien	Scoil Chríost Rí					HEYWOOD			
7	Sheena Moore	Scoil Chríost Rí						Niamh McDonald		
8	Sinéad McEvoy	Heywood Community School					Sarah Delaney			
9	Emma Doyle	Coláiste Iosagáin					Sinéad McEvoy			
10	Showna Lindsay	Coláiste Iosagáin					Sophie Mulhall			
11	Corey Fox	Mountmellick Community School					MOUNTRATH			
12	Sophie Mulhall	Heywood Community School						Dearbhail Cuddy		
13	Ciara Phelan	Mountrath Community School						Ciara Phelan		
14	Niamh Robertson	Mountrath Community School					Niamh Robertson			
15	Deborah Illori	Coláiste Iosagáin					Freda Byrne			
16	Evelina Detnovska	Portlaoise College								
17	Rose Lennard	Heywood Community School								
18	Caitlin Dunne	Clonaslee College								
19	Akira Okonkwo	Portlaoise College								
20	Freda Byrne	Mountrath Community School								
21	Nikasha Oke	Scoil Chríost Rí								
22	Sarah Sheehy	Scoil Chríost Rí								
23	Larissa Wesley	Clonaslee College								
24	Mary Flynn	Clonaslee College								
25	Emma Roche	Scoil Chríost Rí								
26	Jessie Hyland	Scoil Chríost Rí								

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Pos.	ATHLETES NAME	SCHOOL	TIME	TEAM SCORES				POINTS	PLACE
				1	2	3	4		
1	T.J. Burke	Knockbeg College		15				15	1st
2	Owen Fitzpatrick	Heywood Community School							
3	Shane Buggy	Knockbeg College							
4	Jack Fennelly	Knockbeg College							
5	Eoin Higgins	Coláiste Iosagáin							
6	Oisín Jago	Mountrath Community School							
7	Jack Dore	Knockbeg College							
8	Orrie Doran	Knockbeg College							
9	Fionn Bergin	Knockbeg College							
10	Noah Quilan	Mountrath Community School							
11	Oisín Byrne	Knockbeg College							
12	Mathew Bennett	Mountrath Community School							
13	Adam Doyle	Knockbeg College							
14	Reuben Murray	Mountrath Community School							
15	Adam Fennelly	Knockbeg College							
16	Corey O'Connor	Mountrath Community School							
17	David Aderogba	Mountmellick Community School							
18	P.J. Ward	Coláiste Iosagáin							
19	Samuel Emanuel	St. Mary's C.B.S.							
20	Lee Dowling	Knockbeg College							
21	Michael Hosey	Knockbeg College							
22	Gearoid Dempsey	St. Mary's C.B.S.							
23	Emanuel Abebe	St. Mary's C.B.S.							
24	John Farrell	Knockbeg College							



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MINOR BOYS 1000m CONTINUED

Pos.	ATHLETES NAME	SCHOOL	TIME	TEAM SCORES				POINTS	PLACE
				1	2	3	4		
25	Charles Agha	St. Mary's C.B.S.							
26	Daniel Shaerain	Heywood Community School							
27	Shaun Geothegan	Knockbeg College							
28	Tiernan Cahill	St. Mary's C.B.S.							
29	Harry Fennelly	Knockbeg College							
30	Séan O'Connor	Mountrath Community School							
31	Tommy Fitzharris	Knockbeg College							
32	Alan Deering	Portlaoise College							
33	Jimmy Hegarty	Mountrath Community School							
34	Johnathon Murray	Mountrath Community School							
35	Tom Condon	Clonaslee College							
36	Oisín Kelly	Clonaslee College							
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JUNIOR GIRLS 1000m

Pos.	ATHLETES NAME	SCHOOL	TEAM SCORES				POINTS	PLACE
			TIME	1	2	3		
1	Jessica Brennan	Heywood Community School						
2	Holly Bowe	St. Fergal's College						
3	Rebecca Balfe	Mountrath Community School						
4	Sarah McMahon	Heywood Community School						
5	Isobel Churchose	Heywood Community School						
6	Katie Walsh	Scoil Chríost Rí						
7	Leah McKenna	Coláiste Iosagáin						
8	Lauren Barry	Coláiste Iosagáin						
9	Annie Digan	Clonaslee College						
10	Niamh Horan	Clonaslee College						
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JUNIOR BOYS 2000m

Pos.	ATHLETES NAME	SCHOOL	TIME				TEAM SCORES				POINTS	PLACE	
			1	2	3	4	WINNING SCHOOL						
1	Eddie Allen	Mountrath Community School											
2	Curtis Lee	Mountmellick Community School											
3	Josh Lacey	Knockbeg College										30	1st
4	Cormac O'Brien	Knockbeg College											
5	Patrick McInery	Mountrath Community School											
6	Mathew McDonald	Mountmellick Community School											
7	Oisín Murray	Clonaslee College											
8	Ciaran Fitzgerald	Clonaslee College											
9	David McDonald	Knockbeg College											
10	Darragh Corcoran	St. Mary's C.B.S.											
11	Devlin McLoughlin	Coláiste Iosagáin											
12	Oj Adesiyen	St. Mary's C.B.S.											
13	Emmanuel Illori	Coláiste Iosagáin											
14	Leeson Hughes	Knockbeg College											
15	Kevin Oqusa	St. Mary's C.B.S.											
16	Fionn McWeey	Mountrath Community School											
16	Ceilium Coughlan	Coláiste Iosagáin											
17	Mike Cunningham	Coláiste Iosagáin											
18	Tom Cranny	St. Mary's C.B.S.											
19	Romio Ncube	Mountmellick Community School											
20	Oly Solanke	Coláiste Iosagáin											
21	Ben Slevin	Coláiste Iosagáin											
22	Eoin Conroy	Clonaslee College											
23	Hugh Nevin	Mountrath Community School											

JUNIOR BOYS 2000m CONTINUED

Pos.	ATHLETES NAME	SCHOOL	TIME	TEAM SCORES				POINTS	PLACE
				1	2	3	4		
24	Conor Sharpe	Coláiste Iosagáin							
25	Peter Dunne	Mountmellick Community School							
26	James Haverlin	Coláiste Iosagáin							
27	Conor Sharpe	Coláiste Iosagáin							
28	Cian Mills	Mountrath Community School							
29	Killian Cuddy	Mountrath Community School							
30	Dima Smotkin	Portlaoise College							
31	Denis Nevin	Mountrath Community School							
32	Adam Boyhan	Mountrath Community School							
33	Dean Dowling	Mountrath Community School							
34	Shuja Rashwed	Portlaoise College							

INTERMEDIATE GIRLS 2000m

Pos.	ATHLETES NAME	SCHOOL	TIME				TEAM SCORES				POINTS	PLACE		
			1	2	3	4	WINNING SCHOOL							
1	Amy Walsh	Scoil Chríost Rí												
2	Charlie Walsh	Scoil Chríost Rí												
3	Mary Hyland	Clonaslee College									15		1st	
4	Kiahara Dempsey	Scoil Chríost Rí												
5	Wendy Obulor	Heywood Community School												
6	Jessica O'Brien	Mountrath Community School												
7	Emma Lawlor	Clonaslee College												
8	Vicky Mangale	Scoil Chríost Rí												
9	Breda Lowry	St. Fergal's College												
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Laois Athletics
Live To Run

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INTERMEDIATE BOYS 3000m

		TEAM SCORES								
Pos.	ATHLETES NAME	SCHOOL	TIME	1	2	3	4	WINNING SCHOOL	POINTS	PLACE
1	Chris Whittle	Coláiste Iosagáin						KNOCKBEG		
2	Cian McDonald	Heywood Community School						Cialann Mulhall		
3	Cialann Mulhall	Knockbeg College						Finbar Kavanagh	24	1st
4	Adam Holden	St. Mary's C.B.S.						Jack Lacey		
5	Finbar Kavanagh	Knockbeg College						Vincent Hendricken		
6	Liam Senior	Clonasee College						CLONASLEE		
7	Jack Lacey	Knockbeg College						Liam Senior		
8	Séan Sheridan	St. Mary's C.B.S.						Ryan Kilroy	49	2nd
9	Vincent Hendricken	Knockbeg College						Shane Farrell		
10	Patrick Mulligan	Heywood Community School						Colin Grennan		
11	Ryan Kilroy	Clonasee College						ST. MARY'S C.B.S		
12	Emmanuel Phillips	Portlaoise College						Adam Holden		
13	Shane Farrell	Clonasee College						Séan Sheridan		
14	Oisín Fitzpatrick	Heywood Community School						Aaron Flannagan	46	3rd
15	Colin Grennan	Mountmellick Community School						Eoin Keenan		
16	Aaron Flannagan	St. Mary's C.B.S.						2nd		
17	Creig Fitzgerald	Knockbeg College						ST. MARY'S CBS 46 PTS		
18	Eoin Keenan	St. Mary's C.B.S.						3rd		
19	Donnagh McCallaly	Clonasee College						HEYWOOD 48PTS		
20	Rossa O'Duffy	Clonasee College								
21	Robert Stephenson	Clonasee College								
22	Adam O'Shaughnessy	Heywood Community School								
23	Gerard Kelly	Knockbeg College								
24	Eamon Glennon	Heywood Community School								



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INTERMEDIATE BOYS 3000m CONTINUED

Pos.	ATHLETES NAME	SCHOOL	TIME	TEAM SCORES				POINTS	PLACE
				1	2	3	4		
25	Ryan Coss	Mountrath Community School							
26	Darragh Ward	Mountrath Community School							
27	Victor Famokunwa	Mountrath Community School							
28	Nathan Aderoya	Mountrath Community School							
29	Jordan Murphy	Coláiste Iosagáin							
30	Paul Ryan	Heywood Community School							
31	George Blue	Mountmellick Community School							
32	Robbie O'Rourke	Mountrath Community School							
33	Tas McCabe	Heywood Community School							
34	Graham Devitt	Heywood Community School							
35	Lee Conroy	Cionaslee College							
36	Colin Bergin	Mountrath Community School							
37	Karl Deans	Mountmellick Community School							
38	Séan Condon	Cionaslee College							
39	Billy Friel	Cionaslee College							
40	Jack Farrell	Cionaslee College							
41	Finn Devine	Mountmellick Community School							
42	P.J. Moore	Heywood Community School							
43	Raphael Mapwata	Portlaoise College							
44	Gearóid Bowe	Mountrath Community School							



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SENIOR GIRLS 2000m

Pos.	ATHLETES NAME	SCHOOL	TEAM SCORES				POINTS	PLACE	
			TIME	1	2	3			4
1	Louise Stack	Mountrath Community School							
2	Aiobheann Lawlor	Clonaslee College							
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SENIOR BOYS 3000m

Pos.	ATHLETES NAME	SCHOOL	TIME				TEAM SCORES				POINTS	PLACE	
			1	2	3	4	WINNING SCHOOL						
1	Jamie Wall	Knockbeg College											
2	Oran O'Flaherty	Knockbeg College											
3	Luke Herke	St. Fergal's College									39	1st	
4	Domhnall O'Farrell	Mountrath Community School											
5	Declan Foyle	Heywood Community School											
6	Fiachra C. Fennell	Clonaslee College											
7	Séan Downey	Heywood Community School											
8	David McCabe	St. Mary's C.B.S											
9	Aidan Corey	Mountrath Community School											
10	Jack Conroy	Clonaslee College											
11	Patrick Hyland	Clonaslee College											
12	William Wren	Clonaslee College											
13	Jack Core	Mountrath Community School											
14	Craig Saunders	St. Fergal's College											
15	Simon Geoghan	Portlaoise College											
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