

**East Cork Athletics Division Junior, Senior and Masters Track & Field,
Tuesday 20th June 2023, Carraig na bhFear**

Sprints

100m

Event	Cat	Pos	Forename	Surname	Club
Event 100m	Junior Women	1	Rebecca	Akinkoulie	Carraig na bhFear AC
		2	Caoimhe	Geoghegan	Carraig na bhFear AC
		3	Leah	Dunne	Carraig na bhFear AC
Event 100m	Junior Men	1	Bobby	O'Riordan	Carraig na bhFear AC
		2	Luke	Mullins	Carraig na bhFear AC
		3	Michael	Mullins	Carraig na bhFear AC
Event 100m	Senior Women	1	Emma	Akinkoulie	Carraig na bhFear AC
		2	Orla	Coffey	Carraig na bhFear AC
		3	Emily	O'Meara	Carraig na bhFear AC
Event 100m	Senior Men	1	Ciaran	Nugent	Carraig na bhFear AC
		2	Victor	Baraza	Carraig na bhFear AC
		3	Joe	Daly	Carraig na bhFear AC
Event 100m	Cat Master Women O35	1	Suzanne	Alcock	Ballymore Cobh AC
		2	Eileen	O'Riordan	Carraig na bhFear AC
		3	Jenny	Costa	Ballymore Cobh AC
Event 100m	Cat Master Men O35	1	Robert	Pender	Ballymore Cobh AC
		2	Andrew	Hogan	Ballymore Cobh AC
		3	Peter	Howie	Ballymore Cobh AC
Event 100m	Cat Master Women O45	1	Olwyn	Post	Fota Island Running Club
		2	Mary	O'Brien Williams	Ballymore Cobh AC
Event 100m	Cat Master Men O45	1	Dan	Twohig	Midleton AC
		2	Peter	Quinn	Ballymore Cobh AC
		3	Kieran	Harte	St. Catherines AC

300m

Event	Cat	Pos	Forename	Surname	Club	Time
Event 300m	Junior Women	1	Rebecca	Akinkoulie	Carraig na bhFear AC	46.7
		2	Caoimhe	Geoghegan	Carraig na bhFear AC	49.1
		3	Abbie	Akinkoulie	Carraig na bhFear AC	49.5
		4	Carol	Halpin Hurley	Carraig na bhFear AC	52.4
		5	Orlaith	Merritt	Carraig na bhFear AC	61.7
Event 300m	Junior Men	1	Bobby	O'Riordan	Carraig na bhFear AC	40.4
		2	Cathal	Whooley	Carraig na bhFear AC	41.2
		3	Luke	Mullins	Carraig na bhFear AC	43.8
		4	Michael	Mullins	Carraig na bhFear AC	48.0
Event 300m	Senior Women	1	Orla	Coffey	Carraig na bhFear AC	-
		2	Emma	Akinkoulie	Carraig na bhFear AC	-
		3	Jennifer	Hogan	Ballymore Cobh AC	-
		4	Vincentia	De Barra	Ballymore Cobh AC	-
		5	Sinead	De Barra	Ballymore Cobh AC	-
Event 300m	Senior Men	1	Ruaidhri	Boyle	Carraig na bhFear AC	37.5
		2	Ciaran	Nugent	Carraig na bhFear AC	38.6
		3	Victor	Baraza	Carraig na bhFear AC	41.3
		4	Joe	Daly	Carraig na bhFear AC	44.8
		5	Conor	Kelly	Carraig na bhFear AC	45.1

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Event	Cat	Pos	Forename	Surname	Club	Time
Event 300m	Master Women O35	1	Suzanne	Alcock	Ballymore Cobh AC	54.9
		2	Eileen	O'Riordan	Carraig na bhFear AC	55.9
		3	Siobhan	Walsh	Carraig na bhFear AC	58.7
		4	Jenny	Costa	Ballymore Cobh AC	62.3
Event 300m	Master Women O45	1	Barbara	Doherty	Ballymore Cobh AC	63.6
		2	Olwyn	Post	Fota Island Running Club	66.2
		3	Mary	O'Brien Williams	Ballymore Cobh AC	70.9
Event 300m	Master Men O35	1	David	Barrett	Ballymore Cobh AC	42.1
		2	Peter	Howie	Ballymore Cobh AC	43.6
		3	Stephen	O'Brien	East Cork AC	44.7
		4	Robert	Pender	Ballymore Cobh AC	46.3
		5	Christian	Waligora	Ballymore Cobh AC	47.7
		6	Andrew	Hogan	Ballymore Cobh AC	47.8
		7	Tadhg	Crowley	Carraig na bhFear AC	47.9
Event 300m	Master Men O45	1	Eric	Johansson	Ballymore Cobh AC	53.2
		2	Dan	Twohig	Midleton AC	54.0
		3	Kieran	Harte	St. Catherines AC	58.7
		4	Peter	Quinn	Ballymore Cobh AC	59.3
Middle Distance						
1500m						
Event 1500m	Cat Junior Women	Pos	Forename	Surname	Club	Time
		1	Orlaith	Merritt	Carraig na bhFear AC	6.11.8
Event 1500m	Cat Junior Men	Pos	Forename	Surname	Club	Time
		1	Michael	Mullins	Carraig na bhFear AC	5.34.6
Event 1500m	Cat Senior Women	Pos	Forename	Surname	Club	Time
		1	Jennifer	Hogan	Ballymore Cobh AC	5.55.7
		2	Vincentia	De Barra	Ballymore Cobh AC	6.12.6
		3	Sinead	De Barra	Ballymore Cobh AC	6.42.9
Event 1500m	Cat Senior Men	Pos	Forename	Surname	Club	Time
		1	Tony	Forristal	East Cork AC	4.28.5
		2	Joe	Daly	Carraig na bhFear AC	4.45.9
		3	Conor	Kelly	Carraig na bhFear AC	5.03.0
Event 1500m	Cat Master Women O35	Pos	Forename	Surname	Club	Time
		1	Suzanne	Alcock	Ballymore Cobh AC	5.45.5
		2	Siobhan	Walsh	Carraig na bhFear AC	5.48.9
		3	Eileen	O'Riordan	Carraig na bhFear AC	5.58.5
		4	Jenny	Costa	Ballymore Cobh AC	6.18.2
Event 1500m	Cat Master Women O45	Pos	Forename	Surname	Club	Time
		1	Helen	Roche	Carraig na bhFear AC	6.56.3
		2	Barbara	Doherty	Ballymore Cobh AC	6.58.0
		3	Mary	O'Brien Williams	Ballymore Cobh AC	7.49.5
Event 1500m	Cat Master Men O35	Pos	Forename	Surname	Club	Time
		1	James	McCarthy	East Cork AC	4.25.4
		2	David	Barrett	Ballymore Cobh AC	4.30.2
		3	Stephen	O'Brien	East Cork AC	4.37.4
		4	Peter	Howie	Ballymore Cobh AC	4.42.4
		5	Tadhg	Crowley	Carraig na bhFear AC	5.02.4
Event 1500m	Cat Master Men O45	Pos	Forename	Surname	Club	Time
		1	Oliver	Smiddy	East Cork AC	5.00.0
		2	Shane	Meyler	Ballymore Cobh AC	5.10.7
		3	Sean	Gorman	Carraig na bhFear AC	5.17.7
		4	Christian	Waligora	Ballymore Cobh AC	5.31.3
		5	Ger	O'Regan	Midleton AC	5.43.3
		6	Kieran	Harte	St. Catherines AC	5.57.1
		7	Bob	Anglin	Ballymore Cobh AC	6.00.8
		8	Eric	Johansson	Ballymore Cobh AC	6.13.1
		9	Peter	Quinn	Ballymore Cobh AC	6.24.2

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3000m

Event	Cat	Pos	Forename	Surname	Club	Time
3000m	Junior Men	1	Aidan	Maher	Carraig na bhFear AC	9.20.3
		2	David	Maher	Carraig na bhFear AC	9.35.3

Event	Cat	Pos	Forename	Surname	Club	Time
3000m	Senior Women	1	Annalise	Hutch	East Cork AC	11.55.7
		2	Jennifer	Hogan	Ballymore Cobh AC	13.05.8
		3	Sinead	De Barra	Ballymore Cobh AC	14.13.6
		3	Vincentia	De Barra	Ballymore Cobh AC	14.13.6

Event	Cat	Pos	Forename	Surname	Club	Time
3000m	Senior Men	1	Tony	Forristal	East Cork AC	9.25.0
		2	Nicky	O'Donoghue	East Cork AC	9.37.0
		3	Joe	Daly	Carraig na bhFear AC	11.10.3
		4	Julius	Mickunas	Ballymore Cobh AC	12.48.5

Event	Cat	Pos	Forename	Surname	Club	Time
3000m	Master Women O35	1	Suzanne	Alcock	Ballymore Cobh AC	12.51.8
		2	Siobhan	Walsh	Carraig na bhFear AC	13.13.3

Event	Cat	Pos	Forename	Surname	Club	Time
3000m	Master Women O45	1	Shane	Meyler	Ballymore Cobh AC	11.31.8
		2	Kieran	Harte	Ballymore Cobh AC	13.15.0
		3	Denis	McCarthy	East Cork AC	17.19.4

Event	Cat	Pos	Forename	Surname	Club	Time
3000m	Master Men O35	1	James	McCarthy	East Cork AC	9.21.2
		2	Jonathon	Finn	East Cork AC	10.52.2
		3	Tadhg	Crowley	Carraig na bhFear AC	11.00.8
		4	Robert	Pender	Ballymore Cobh AC	12.19.3

Mixed Relay

Event	Cat	Pos	Club	Time
4 x 300m Mixed Relay	Senior	1	Carraig na bhFear AC	2.55.2
		2	Carraig na bhFear AC	3.06.9
		3	Carraig na bhFear AC	3.07.4
		4	Carraig na bhFear AC	3.07.7

Event	Cat	Pos	Club	Time
4 x 300m Mixed Relay	Masters	1	Ballymore Cobh AC	3.12.5
		2	Ballymore Cobh AC	3.37.4
		3	Carraig na bhFear AC	3.47.4
		4	Ballymore Cobh AC	3.55.0