



EAST CORK ATHLETICS DIVISION
eastcorkathleticsdivision.com

**East Cork Athletics Division Junior, Senior and Masters Track & Field,
Tuesday July 23rd 2024, Colaiste an Chroi Naofa, Carraig na bhFear**

Sprints

100m - Junior Women

Pos	Forename	Surname	Club
1	Lucy	Lynch	Carraig na bhFear AC
2	Caoimhe	Gray-Walsh	Carraig na bhFear AC
3	Abigail	Geary	Carraig na bhFear AC

100m - Junior Men

Pos	Forename	Surname	Club
1	Ruaidhri	Boyle	Carraig na bhFear AC
2	Dylan	McCarthy	Carraig na bhFear AC
3	Timmy	Hawkins	Carraig na bhFear AC

100m - Senior Women

Pos	Forename	Surname	Club
1	Isobel	O'Meara	Carraig na bhFear AC
2	Dee	Duran	Midleton AC
3	Maria	Szyszka	Ballymore Cobh AC

100m - Senior Men

Pos	Forename	Surname	Club
1	John	Spelman	East Cork AC

100m - Master Women O35

Pos	Forename	Surname	Club
1	Orla	Gorman	Carraig na bhFear AC
2	Cora	Lynch	Carraig na bhFear AC
3	Eimear	O'Mullane	Midleton AC

100m - Master Men O35

Pos	Forename	Surname	Club
1	Christopher	McCarthy	Midleton AC
2	Kai	Graffe	Ballymore Cobh AC
3	Kieran	Harte	St. Catherines AC

100m - Master Women O45

Pos	Forename	Surname	Club
1	Jo-Anne	Cosgrove	Watergrasshill AC
2	Olwyn	Reidy	Fota Island Running Club
3	Seanna	Connolly	Carraig na bhFear AC

100m - Master Men O45

Pos	Forename	Surname	Club
1	Robert	Boyle	Carraig na bhFear AC
2	Steve	Palmer	Fota Island Running Club
3	Sean	Gorman	Carraig na bhFear AC



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300m - Junior Women

Pos	Forename	Surname	Club	Time
1	Lucy	Lynch	Carraig na bhFear AC	45.8
2	Sarah	O'Connell	St. Catherines AC	47.8
3	Caoimhe	Gray-Walsh	Carraig na bhFear AC	48.3
4	Abigail	Geary	Carraig na bhFear AC	49.6

300m - Junior Men

Pos	Forename	Surname	Club	Time
1	Ruaidhri	Boyle	Carraig na bhFear AC	37.7
2	Bobby	O'Riordan	Carraig na bhFear AC	38.3
3	Aidan	Maher	Carraig na bhFear AC	40.4
4	Luke	Mullins	Carraig na bhFear AC	42.1
5	Michael	Mullins	Carraig na bhFear AC	43.7
6	Timmy	Hawkins	Carraig na bhFear AC	43.8
7	Peter	Hawkins	Carraig na bhFear AC	45.8
8	Dylan	McCarthy	Carraig na bhFear AC	47.2

300m - Senior Women

Pos	Forename	Surname	Club	Time
1	Isobel	O'Meara	Carraig na bhFear AC	48.1
2	Jennifer	Hogan	Ballymore Cobh AC	55.2
3	Maria	Szyska	Ballymore Cobh AC	62.3

300m - Senior Men

Pos	Forename	Surname	Club	Time
1	Joseph	Daly	Carraig na bhFear AC	42.0
2	John	Spelman	East Cork AC	43.4

300m - Master Women O35

Pos	Forename	Surname	Club	Time
1	Cora	Lynch	Carraig na bhFear AC	59.3
2	Orla	Gorman	Carraig na bhFear AC	61.5
3	Natalie	O'Connell	Midleton AC	63.8
4	Anita	Casey	Carraig na bhFear AC	66.4

300m - Master Men O35

Pos	Forename	Surname	Club	Time
1	David	Barrett	Ballymore Cobh AC	45.0
2	Christopher	McCarthy	Midleton AC	49.5
3	Tom	O'Riordan	Watergrasshill AC	58.5

300m - Master Women O45

Pos	Forename	Surname	Club	Time
1	Jo-Anne	Cosgrove	Watergrasshill AC	58.0
2	Olwyn	Reidy	Fota Island Running Club	64.5

300m - Master Men O45

Pos	Forename	Surname	Club	Time
1	Diarmuid	Kiely	Carraig na bhFear AC	45.6
2	Sean	Gorman	Carraig na bhFear AC	47.0
3	Dan	Twohig	Midleton AC	48.9
4	Steve	Palmer	Fota Island Running Club	52.9
5	Richard	Hawkins	Carraig na bhFear AC	53.0
6	Robert	Boyle	Carraig na bhFear AC	55.6
7	Dan	Daly	Carraig na bhFear AC	57.9
8	Kieran	Harte	St. Catherines AC	60.7



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Middle Distance

800m - Junior Women

Pos	Forename	Surname	Club	Time
1	Caoimhe	Gray-Walsh	Carraig na bhFear AC	2.40.2
2	Faye	O'Riordan	Carraig na bhFear AC	2.40.9
3	Laura	Moore	Carraig na bhFear AC	2.49.2

800m - Junior Men

Pos	Forename	Surname	Club	Time
1	Aidan	Maher	Carraig na bhFear AC	2.11.9
2	Timmy	Hawkins	Carraig na bhFear AC	2.21.1
3	Ruaidhri	Boyle	Carraig na bhFear AC	2.28.3
4	Peter	Hawkins	Carraig na bhFear AC	2.30.4
5	Brian	Hawkins	Carraig na bhFear AC	2.33.6

800m - Senior Women

Pos	Forename	Surname	Club	Time
1	Dee	Duran	Midleton AC	2.48.6
2	Jennifer	Hogan	Ballymore Cobh AC	3.04.2
3	Maria	Szyska	Ballymore Cobh AC	3.12.2

800m - Senior Men

Pos	Forename	Surname	Club	Time
1	John	Spelman	East Cork AC	2.09.2
2	Joseph	Daly	Carraig na bhFear AC	2.13.0
3	Tony	Forristal	East Cork AC	2.15.3

800m - Master Women O35

Pos	Forename	Surname	Club	Time
1	Eibhlin	Cleary	East Cork AC	3.28.0

800m - Master Men O35

Pos	Forename	Surname	Club	Time
1	James	McCarthy	East Cork AC	2.11.3
2	David	Barrett	Ballymore Cobh AC	2.12.2
3	Tadhg	Crowley	Carraig na bhFear AC	2.19.5
4	Rod	Scanlon	Midleton AC	2.20.5
5	Christopher	McCarthy	Midleton AC	2.35.9

800m - Master Women O45

Pos	Forename	Surname	Club	Time
1	Jo-Anne	Cosgrove	Watergrasshill AC	3.08.5

800m - Master Men O45

Pos	Forename	Surname	Club	Time
1	Oliver	Smiddy	East Cork AC	2.24.5
2	Diarmuid	Kiely	Carraig na bhFear AC	2.30.4
3	Shane	Meyler	Ballymore Cobh AC	2.31.2
4	Sean	Gorman	Carraig na bhFear AC	2.37.9
5	Richard	Hawkins	Carraig na bhFear AC	2.49.8
6	Robert	Boyle	Carraig na bhFear AC	3.03.2
7	Kieran	Harte	St. Catherines AC	3.05.3
8	Dan	Daly	Carraig na bhFear AC	3.18.6



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3000m - Junior Women

Pos	Forename	Surname	Club	Time
1	Faye	O'Riordan	Carraig na bhFear AC	12.00.9
2	Laura	Moore	Carraig na bhFear AC	12.51.3

3000m - Junior Men

Pos	Forename	Surname	Club	Time
1	Timmy	Hawkins	Carraig na bhFear AC	10.09.2
2	Rian	O'Luasa	Carraig na bhFear AC	10.38.8
3	Brian	Hawkins	Carraig na bhFear AC	10.58.0
4	Peter	Hawkins	Carraig na bhFear AC	11.16.0

3000m - Senior Women

Pos	Forename	Surname	Club	Time
1	Jennifer	Hogan	Ballymore Cobh AC	12.25.5
2	Dee	Duran	Midleton AC	12.27.8
3	Maria	Szyska	Ballymore Cobh AC	13.51.9

3000m - Senior Men

Pos	Forename	Surname	Club	Time
1	Tony	Forristal	East Cork AC	9.18.2
2	John	Spelman	East Cork AC	10.14.8
3	Joseph	Daly	Carraig na bhFear AC	11.12.1

3000m - Master Men O35

Pos	Forename	Surname	Club	Time
1	Nicky	O'Donoghue	East Cork AC	9.32.6
2	Tadhg	Crowley	Carraig na bhFear AC	10.21.4

3000m - Master Women O45

Pos	Forename	Surname	Club	Time
1	Jo-Anne	Cosgrove	Watergrasshill AC	13.40.6
2	Olwyn	Reidy	Fota Island Running Club	15.49.5

3000m - Master Men O45

Pos	Forename	Surname	Club	Time
1	Oliver	Smiddy	East Cork AC	11.13.1
2	Shane	Meyler	Ballymore Cobh AC	11.17.1
3	Diarmuid	Kiely	Carraig na bhFear AC	11.51.7
4	Sean	Gorman	Carraig na bhFear AC	11.52.0
5	Ger	O'Regan	Midleton AC	11.56.1
6	Richard	Hawkins	Carraig na bhFear AC	12.35.2
7	Tom	O'Riordan	Watergrasshill AC	13.09.9
8	Kieran	Harte	St. Catherines AC	13.32.2
9	Denis	McCarthy	East Cork AC	16.45.2