

Bandon Athletic Club Est. 1964

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An Post Cork to Cobh 15 Mile Road Race 3rd October 2004 - Under B.H.A.A. Rules

10th Joe O'Sullivan Bandon Tyres (01:28:56) O/40
 18th Tom Laffan S.H.B. (01:31:39)

Community Games National Finals, Mosney 28th/29th 2004

Lisa Crowley 3rd Under 8 60m
 Lynda O'Donovan 3rd U14 Long Jump.

Tracton Open Sports, Minane Bridge GAA Grounds 15th Aug.

U7: 50m 3rd Diarmuid Healy
U8 Lisa Lovell 1st 80m and 1st in the 200m.
U9 Fintan O'Shaughnessy 1st 200m, 2nd 80m
U9 Kate Toner 3rd U10 Ball Throw
U9 Aideen Caulfield 3rd 80m, 3rd 200m
U9 Sinead Mulcahy 2nd 80m, 2nd 200m
U10 Robert O'Sullivan 1st U10 Ball Throw.
U10 Laura McSweeney 1st 100m sprint, 1st Ball Throw, 2nd 600m and 3rd U12 Shot
U11 Niamh Mulcahy 3rd 100m
U11 Phil Healy 1st 100m and 2nd 300m
U11 Lyn Bradfield 3rd 300m and 2nd U12 Shot
U12 Anna McCarthy 3rd 100m and 1st 600m
U12 Tracy Bradfield 1st Shot, 1st 100m and 1st U13 Long Jump
U12 Mark O'Sullivan 1st 600m, 1st 100m and 3rd Shot
U12 Patrick McSweeney 1st Shot, 3rd 100m
U13 Joan Healy 1st 100m and 1st 600m
U16 Sarah Bradfield 3rd 100m, 2nd U17 Shot
U17 Rachel Roche 1st Shot.
 Masters Women's 100m Ann McCarthy 1st
 Senior Women's 800m Ann McCarthy 1st
 Senior Men Paul Matthews 3rd

Relays, the U8 Girls team (Lisa Lovell, Rachel McCarthy) were 1st,
 U10 Girls team (Laura McSweeney, Katie Toner, Sinead Mulcahy, Aideen Caulfield) were 1st.
 Boys U10 (Fintan O'Shaughnessy, Robert O'Sullivan, Thomas McCarthy) were 1st.
 Girls U12 relay there was 2 team's two from Bandon, 1st place went to the team of Tracy Bradfield, Naoimi McCarthy, Anna McCarthy, Lyn Bradfield) and the team of Phil Healy, Niamh Mulcahy, Laura McSweeney

and Kate Toner were 3rd.

Boys U12 team of Patrick McSweeney, Fintan O'Shaughnessy, Thomas McCarthy, Mark O'Sullivan were 1st.

Girls U16 were 1st (Joan Healy, Tracy Bradfield, Sarah Bradfield, Anna McCarthy)

In the Senior women's relay Bandon were 1st (Anne McCarthy, Rachel Roche, Geraldine Lovell and Sarah Bradfield)

Liscarroll Open Sports. Liscarroll, 8th Aug.

U8 Lisa Lovell 1st 75m and 1st in the 110m.

U10 Robert O'Sullivan 1st U10 Ball Throw.

U10 Laura McSweeney 3rd 75m sprint and 4th Ball Throw.

U11 Toni Chatterton 4th U11 long jump.

U12 Mairead Crowley 2nd 100m.

U12 Mark Sugrue 2nd Shot

U13 Mark Sugrue 3rd Long Jump

U12 Mark O'Sullivan 1st 600m, 4th 100m.

U12 Patrick McSweeney 4th U12 Shot.

U13 Lorraine O'Brien 2nd 100m and 2nd 800m.

U14 Claire Crowley 2nd 100m.

In the mixed relays, the U11 team (Emma Lovell, Toni Chatterton, Robert O'Sullivan, David O'Brien) were 3rd, the U13 team (Lorraine O'Brien, Mairead Crowley, Mark O'Sullivan, Mark Sugrue) were 1st.

The Girls U12 relay team of Toni Chatterton, Niamh Mulcahy, Laura McSweeney and Naoimi McCarthy were 3rd.

The Boys U12 team of Patrick McSweeney, David O'Brien, Mark Sugrue, Mark O'Sullivan were 3rd.

Celtic International Scotland, 7th/8th August 2004

Sarah Bradfield was 3rd in the U15 Discus (1kg) with a throw of 27.47m

Philip Burns was 3rd in the U15 Javelin (600g) with a throw of 39.27m

Munster V West Wales, Carmarthen, Wales Aug 2004

Under 15 Girls: 800m:3rd, Lyndia O'Donovan, Munster 02:33.3

Under 15 Girls: 75 m Hurdles:4th, Mairead Roche, Munster 16.3

Under 15 Girls: High Jump:3rd, Lyndia O'Donovan, Munster 1.40m

Under 15 Girls: Javelin:4th Mairead Roche, Munster

Under 15 Boys: 200m:2nd Chris Nash, Munster, 25.6

Under 17 Girls: Long Jump:1st, Michelle Hayes, Munster, 4.79m

Rising Sun Open Sports 2nd Aug 2004 CIT Track

Girls U8 Lisa Lovell 1st 80m

Boys U8 Eoin Sexton 3rd 80m

Girls U9 Claire Sexton 1st 80m, 1st Long Jump,

Girls U9 Keren Chatterton 2nd Long Jump

Girls U9 Katie Toner 3rd Long Jump

Boys U10 Jerry Crowley 2nd 100m, 2nd 600m

Boys U10 Robert O'Sullivan 1st Ball Throw

Girls U10 Laura McSweeney 2nd Ball Throw

Girls U11 Toni Chatterton 3rd Long Jump, Joint 3rd 100m

Girls U11 Phil Healy Joint 3rd 100m,

Boys U11 Ronan Sheehan 2nd 100m, 3rd 600m

Girls U12 Tracy Bradfield, 3rd 100m, 1st High Jump, 1st Shot

Girls U12 Mairead Crowley 2nd 100m
 Boys U12 Sipka O'Shaughnessy 1st 100m,
 Boys U12 Mark Sugrue 1st Shot, 3rd 100m,
 Boys U12 Mark O'Sullivan 2nd 600m
 Girls u13 Joan Healy 1st 100m
 Girls u13 Lorraine O'Brien 2nd 100m, 2nd 800m
 Boys U13 Pdraig Sheehan 3rd 100m, 3rd 800m
 Girls U14 Serena Cross 1st High Jump
 Girls U15 Lynda O'Donovan 3rd 100m, 1st 800m, 2nd Shot
 Girls U15 Claire Crowley 2nd 100
 Boys U15 Philip Burns 1st 100m
 Girls U16 Sarah Bradfield 1st Shot

Relays: Girls U9 (Keren Chatterton, Claire Sexton, Katie Toner, Lisa Lovell) 2nd,
 Boys U9 1st, Boys U11 (Gerry Crowley, Thomas McCarthy, Robert O'Sullivan, Ronan Sheehan) 3rd,
 Girls U11 (Laura McSweeney, Toni Chatterton, Phil Healy, Emma Lovell) 2nd,
 Boys U13 (Mark Sugrue, Mark O'Sullivan, Sipke O'Shaughnessy, Pdraig Sheehan) 2nd + 3rd,
 Girls U13 (Phil Healy, Joan Healy, Lorraine O'Brien, Mairead Crowley) 1st + (Laura McSweeney, Tracey Bradfield, Caroline Sugrue) 3rd.

All Ireland 'B' Championships. Tullamore 1st Aug 2004

Boys U12 Mark Sugrue, 1st Long Jump (3.98m), 1st Ball Throw (47m)
 Boys U12 Mark O'Sullivan 2nd 600m
 Girls U12 Mairead Crowley 1st 80m (11.5 sec)
 Girls U12 Tracy Bradfield 1st Long Jump (4.13)
 Girls U12 Caroline Sugrue 2nd Ball Throw
 Girls U13 Lorraine O'Brien 2nd 80m, 2nd 600m
 Girls U13 Joan Healy 1st 80m (11.0 sec)
 Girls U13 Tracy Bradfield 1st Shot (8.85)
 Boys U16 Michael Hurley 3rd 800m

Inter-County Juvenile Relays. Tullamore Aug 2004

Some of the Cork teams which won medals at the Inter-County relays in Tullamore on the 1st Aug and included members of Bandon Athletic Club.

1st Cork Boys Under 11– (included Mighty Okafor and Great Okafor)
 2nd Cork Boys Under 15– (included Chris Nash and Philip Burns)

All Ireland Track + Field Championship Tullamore. July 2004.

U17: Rachel Roche 1st Discus (29.78m), 2nd Shot (10.85m), 3rd Javelin. (28.40m)

U16: Sarah Bradfield 1st Discus (29.34m) 7th in the Javelin and 7th in the Shot.

U16: Michelle Hayes 9th in the Long Jump.

U15: Mairead Roche 6th Discus 7th Javelin.

U15 Claire Crowley qualified for the semi final in the 100m

U15: Philip Burns 1st Javelin 45.15m. 5th in the Long Jump and 7th in the Discus.

U15: Chris Nash 4th 200m, 7th 100m.

U11: Great Okafar 2nd 80m sprint,

U13: Kelly Tobin 2nd Ball Throw 38.74m.

U13: Kelly Tobin 6th Javelin. 20.99

U9: Clare Sexton was competing in the U9 Awards Scheme (Sprint, Ball Throw and Long Jump) and won a Silver Award.

Relays:

Girls U9 Relay team, (Clare Sexton, Emer Cummins, Katie Toner, Aoibheann Harte, Fiona Duggan) were 3rd

Boys U11 Relay Team (Richard Walsh, Ronan Sheehan, Mighty Okafor, Great Okafor, Jerry Crowley) were 2nd.

SIAB Schools' Track & Field International 17th July 2004 Melbourne Park Stadium, Chelmsford

Discus 8th Sarah Bradfield 27.89m

Kit Kat Tailteann Interprovincial 2004

Shot Putt 4th R. Roche Pres Bandon 9.57m

Discus 2nd S. Bradfield Bandon GS 29.93

Javelin 6th R. Roche Pres Bandon 24.98

Munster 'B' Track and Field Championship, Waterford, 4th July 2004.

Rachel Desmond (U9, 1st Ball Throw),

Jerry Crowley (U10, 2nd 200m, 3rd Long Jump),

Kerry Desmond (U10 1st Ball Throw, 2nd Long Jump, 2nd 80m),

Robert O'Sullivan (U10 2nd Ball Throw)

Laura McSweeney (U10, 3rd 60m),

Joan Tyner (U10, 3rd Long Jump),

Toni Chatterton (U11, 2nd Long Jump),

Mighty Okafor (U11, 1st 80m),

Mark O'Sullivan (U12 3rd 600m),

Lorraine O'Brien (U13, 1st 600m, 2nd 80m, 3rd Shot),

Joan Healy (U13 1st 80m),

Padraig Sheehan (U13 2nd 80m).

Mixed relay competition.

U9 3rd. (Aisling Everard, Rachel Desmond, Brendan Whyte, Eoin O'Brien),

U10 2nd. (Laura McSweeney, Joan Tyner, Kerry Desmond, Jerry Crowley),

U11 1st. (Toni Chatterton, Phil Healy, Ronan Sheehan, Mighty Okafor)

U13 1st. (Joan Healy, Lorraine O'Brien, Padraig Sheehan, Mark O'Sullivan).

Munster Track and Field Championships U14-U19, CIT Track 26th/27th June.

Girls

U14 High Jump: 2. Serena Cross

U15 2000m Walk: 1. Mairead Roche

U15 High Jump: 3. Lynda O'Donovan

U15 Javelin: 2. Mairead Roche

U16 Long Jump: 1. Michelle Hayes.

U16 Discus: 3. Michelle Hayes

Boys

U15 200m: 2. Chris Nash.

U15 100m 3rd Chris Nash.

U15 Long Jump: 2. Philip Burns.

U15 Javelin: 1st Philip Burns.

Boys U15 Relay 1st (Chris Nash, Philip Burns, Colm Lehane, Brian Chelsius)

Boys U16 Relay 4th.

Cork County Juvenile 'B' Track & Field Championships, Sun June 20th, CIT Track

Girls U9 100m 1st Bandon, 200m 1st Bandon (Aishling Everard, Aoibheann Harte)

Boys U9 Ball Throw 3rd Bandon (Eoin O'Brien, Brendan Whyte)

Girls U10 100m 3rd Bandon, 300m 3rd Bandon (Laura McSweeney, Meg O'Sullivan)
 Boys U10 100m 3rd Bandon, 300m 2nd Bandon. (Thomas McCarthy, Conor Lynch)
 Girls U11 Long Jump 2nd Bandon (Phil Healy, Toni Chatterton)
 Boys U11 100m 1st Bandon (Richard Walsh, Ronan Sheehan)
 Boys U11 Long Jump 1st Bandon (Richard Walsh, Ronan Sheehan), 3rd Bandon (Eoin Ryan, Steven Whyte)
 Boys U11 Shot 1st Bandon (Eoin Ryan, Steven Whyte)
 Boys U11 500m 1st Bandon (Ciaran Everard, David O'Brien)
 Boys U12 Shot 2nd Bandon (Patrick McSweeney and Robert Dempsey)
 Girls U13 100m 1st Bandon, 700m 1st Bandon (Joan Healy, Ailis Crowley)

Cork County Juvenile Pentathlon Championships, CIT Track, June 20th **Under 15** 3rd. Mairead Roche

Cork County Junior Track & Field Championships, Friday June 18th, CIT Track

Shot: 2nd. Rachel Roche (Bandon) 9.67m
Javelin: 2nd. Sarah Bradfield (Bandon) 22.20m
Discus: 2nd. Rachel Roche (Bandon) 27.45m, 3. Sarah Bradfield (Bandon) 27.01m

Open Masters CIT Track 18th June, 2004

Ladies Masters. Liz McCarthy Coomey 1st shot and 1st 100m.

All Ireland Master Women Pentathlon 13th June 2004

1st. Liz Coomey with a total of 1716 points. The events were 100mH, High Jump, Shot, Long Jump and 800m.

Munster Track and Field Championship, Castleisland, Co.Kerry 12th/13th June 2004

Girls U9 200m 3rd Claire Sexton, 4th Emer Cummins
 Girls U9 Relay 1st Bandon (Claire Sexton, Emer Cummins, Kate Toner, Aoibheann Harte)
 Boys U9 80m 2nd Promise Okafor
 Boys U9 Relay 5th Bandon (Promise Okafor, Fintan O'Shaughnessy, Brendan Whyte, Eoin O'Brien)
 Girls U10 Relay 8th Bandon (Laura McSweeney, Joan Tyner, Emily Keane, Claire Sexton)
 Boys U10 60m 8th Jerry Crowley
 Boys U10 Ball Throw, Kerry Desmond, Robert O'Sullivan both finished in top 8
 Boys U11 80m 1st Great Okafor, 5th Mighty Okafor
 Boys U11 Relay 2nd Bandon (Mighty Okafor, Great Okafor, Richard Walsh, Ronan Sheehan)
 Girls U12 Shot 1st Tracy Bradfield
 Boys U12 Shot 2nd Mark Sugrue
 Boys U12 600m 5th Sipke O'Shaughnessy
 Girls U13 Ball Throw 3rd Kelly Tobin
 Girls U13 600m 6th Lorraine O'Brien
 Girls U13 Relay 4th Bandon (Lorraine O'Brien, Joan Healy, Adrienne O'Driscoll, Tracy Bradfield)

West Cork Track and Field Championship, Bandon Athletic Pitch 5th June 2004

Girls U8: 60m Mary McSweeney 3rd
Girls U10: 80m Claire Sexton 2nd, Laura McSweeney 3rd
Girls U10: 300m Claire Sexton 2nd
Girls U10: Ball Throw Joan Tyner 1st
Boys U10: 80m Promise Okafor 1st, Jerry Crowley 2nd, Fintan O'Shaughnessy 3rd.
Boys U10: 300m Jerry Crowley 1st, Robert O'Sullivan 2nd

Boys U12: 100m Great Okafor 1st, Mighty Okafor 2nd, Ronan Sheehan 3rd

Boys U12: 600m Sipka O'Shaughnessy 2nd, Mark O'Sullivan 3rd

Girls U14: 600m Lorraine O'Brien 3rd

Girls U14: Long Jump Adrienne O'Driscoll 3rd

Boys U15: 100m Brian Chelius 2nd

Girls U16: 100m Lynda O'Donovan 1st, Michelle Hayes 2nd, Mairead Roche 3rd

Girls U16: 800m Lynda O'Donovan 1st, Mairead Roche 2nd, Michelle Hayes 3rd

Girls U16: Shot Mairead Roche 1st, Michelle Hayes 2nd

Boys U16: 1500m John Hurley 1st, Michael Hurley 2nd

Masters Women 200m: Liz Coomey 1st

Senior Womens 200m: Niamh Ryan 1st.

Relays:

Girls U10: 1st Bandon A, 3rd Bandon B:

Boys U10: 1st Bandon A, 2nd Bandon B, 3rd Bandon C

Girls U12: 3rd Bandon

Boys U12: 1st Bandon A, 3rd Bandon B

Girls U14: 2nd Bandon

Girls U16: 1st Bandon

Boys U16: 1st Bandon

All-Ireland Schools Competition, Tullamore 5th June 2004

Junior Boys

200m 6th C Nash Bandon GS 25.77

Javelin 1st P Burns Bandon GS 41.88

Intermediate Girls

Discus 3rd R Roche Pres Bandon 27.54

Shot Putt 4th R Roche Pres Bandon 9.19m

Junior

Shot Putt 3rd S. Bradfield Bandon GS 10.63m

Discus 1st S. Bradfield Bandon GS 33.57m

Munster Masters Track + Field Championships , Castleisland, Co. Kerry, 30th May

Womens Over 35

100m, Liz Coomey 1st

200m, Liz Coomey 1st

Hammer, Liz Coomey 1st

Shot 2nd Liz Coomey

3,000m Carmel McCarthy 1st

800m Carmel McCarthy 2nd

Courseys AC Open Sports, Ballinspittle, 30th May

Laura McSweeney (3rd 60m U10)

Jerry Crowley (2nd 60m U10)

Robert O'Sullivan (3rd Ball Throw U10)

Mairead Crowley (2nd 80m U12)

Tracy Bradfield (3rd 80m U12)

Mark Sugrue (U12 2nd 80m, 1st Ball Throw, 1st Shot)

Sipka O'Shaughnessy (U12 3rd 80m)
 Tadgh O'Donovan (U12 3rd Shot)
 Patrick McSweeney (U12 4th Ball Throw, 4th Shot)
 Lorraine O'Brien (U13: 2nd 80m, 2nd Ball Throw, U14 3rd 400m)
 Serena Cross (U14 2nd 100m)
 Lynda O'Donovan (U15: 1st 100m, 2nd Long Jump, 1st 800m)
 Claire Crowley (U15 2nd 100m)
 Mairead Roche (U15: 3rd 100m, 3rd 800m, 1st Shot)
 Sarah Bradfield (U17 1st Shot)
 Rachel Roche (U17 2nd Shot)
 Michelle O'Donovan (2nd Tiny Tots)

There was also a large number of relay successes for Bandon teams. Boys U10 1st, Girls U11 2nd, Boys U11 2nd, Girls U12 1st, Boys U12 1st, Girls U13 1st, Boys U13 2nd, Girls U14 1st, Boys U14 3rd.

Cork County Senior Track + Field Championships, C.I.T Track 23rd May 2004

Senior Women

100m: 3rd. Liz McCarthy Coomey (Bandon) 14.23.
 Long Jump: 1st. Siobhan O'Donovan (Bandon) 3.32m.
 High Jump: 3rd. Siobhan O'Donovan (Bandon) 1.00m.
 Shot: 2nd. Liz McCarthy Coomey (Bandon) 8.09m,
 Javelin: 2nd. Siobhan O'Donovan (Bandon) 11.47m.

Cork County Master Championships. CIT Track 16th May 2004

Women's O35. Liz Coomey. 100m, 1st. 200m, 1st. 400m, 1st. Shot, 1st. Discus, 1st. Hammer, 1st.

Riverstick/Kinsale A.C. Riverstick G.A.A Open Sports, 3rd May 2004

Girls U9 Kate Toner 2nd 80m, 3rd 200m
 Boys U9 Promise Okafar 1st 80m
 Girls U10 Laura McSweeney 3rd 100m
 Boys U11 Great Okafar 1st 100m
 Boys U11 Mighty Okafar 3rd 100m
 Girls U12 Mairead Crowley 1st 100m
 Boys U12 Sipka O'Shaughnessy 3rd 100m, 2nd 600m
 Boys U12 Mark Sugrue 1st 100m, 2nd Shot
 Girls U12 Tracey Bradfield 1st Shot
 Girls U13 Lorraine O'Brien 3rd 100m, 2nd 600m
 Girls U14 Serena Cross 2nd 100m, 3rd 200m
 Girls U15 Clare Crowley 1st 100m, 1st 200m
 Girls U15 Lynda O'Donovan 2nd 100m, 2nd 200m
 Girls U16 Michelle Hayes 3rd 100m, 3rd 200m
 Girls U16 Sarah Bradfield 2nd 100m
 Boys U16 Ronan Duggan 1st 100m, 3rd 800
 Boys U16 Michael Hurley 1st 800m
 Boys U16 John Hurley 3rd 100m, 2nd 800m
 Senior Women Liz Coomey 1st 100m

Cork County Track and Field Championship CIT Track, 2nd + 9th May 2004.

Girls U9 Claire Sexton 1st 60m, 2nd Long Jump, 1st 200m
Girls U9 Emer Cummins 1st Long Jump, 2nd 200m
Girls U9 Katie O'Driscoll 2nd Ball Throw
Girls U9 Rachel Desmond 3rd Ball Throw
Boys U9 Promise Okafor 1st 60m, 1st 200m
Boys U9 Fintan O'Shaughnessy 2nd Long Jump
Boys U10 Jerry Crowley 2nd 60m, 2nd 300m
Boys U10 Robert O'Sullivan 3rd Ball Throw
Boys U10 Kerry Desmond 3rd Long Jump
Girls U11 Lyn Bradfield 1st Shot
Girls U11 Kellie Fitzgerald 3rd Shot
Boys U11 Mighty Okafor 1st 60m
Girls U12 Tracy Bradfield 1st Discus 17.87m
Girls U12 Mairead Crowley 2nd Sprint
Girls U12 Caroline Sugrue 2nd Ball Throw
Boys U12 Mark Sugrue 2nd Long Jump, 1st High Jump, 3rd Ball Throw, 3rd Shot
Boys U12 Tim Cummins 1st Hurdles, 3rd High Jump, 3rd Long Jump.
Boys U12 Sipka O'Shaughnessy 2nd 700m
Boys U12 Tadgh O'Donovan 2nd Discus.
Boys U12 Mark O'Sullivan 3rd 700m
Girls U13 Kelly Tobin 1st Discus, 1st Shot
Girls U13 Leah Desmond 2nd Discus, 2nd Javelin
Girls U13 Lorraine O'Brien 2nd 80m
Girls U13 Adrienne O'Driscoll 3rd 80m
Girls U13 Joanne O'Regan 3rd Shot
Girls U14 Serena Cross 1st High Jump
Girls U15 Mairead Roche 3rd Javelin, 1st Walk, 2nd Shot
Girls U15 Claire Crowley 2nd 800m, 3rd 200m, 2nd Long Jump
Girls U15 Sile Johnson 3rd Hurdles,
Boys U15 Philip Burns 1st Long Jump, 1st shot, 2nd discus, 1st Javelin,
Boys U15 Colm Lehane 3rd 100m, 2nd shot, 3rd Hurdles
Boys U15 Chris Nash 1st 200m
Boys U15 Brian Chelsius 2nd 200m
Boys U16 Michael Hurley 1st Walk, 3rd 3,000m
Boys U16 John Hurley 3rd 1500m, 2nd 3,000m.
Boys U16 Ronan Duggan 1st 3,000m
Boys U16 Chris Spearman 2nd Long Jump
Girls U16 Sarah Bradfield 1st shot, 1st discus, 1st Javelin
Girls U16 Michelle Hayes 2nd Long Jump, 3rd shot, 2nd Discus, 2nd High Jump
Girls U17 Rachel Roche 2nd javelin, 1st Shot, 1st Discus
Boys U17 Billy Henchy 3rd 400m, 3rd Long Jump, 3rd 100m, 1st 200m

There was also a number of relay successes for Bandon over the two days, Girls u9 took 2nd and 3rd, Boys u9 were 2nd, Girls U10 were 3rd, Boys U10 were 1st, Boys U11 were 1st Girls u12 were 2nd, Boys U12 were 1st, Girls U14 were 3rd, Girls u15 were 3rd, Boys u15 were 2nd, Boys U16 were 2nd, the Girls U16 were 3rd

and the boys u17 were also 3rd

County Medal Winning Relay Teams

Girls U9 (A) (Claire Sexton, Emer Cummins, Kate Toner, Aoibheann Harte)

Girls U9 (B) (Fiona Duggan, Katie O'Driscoll, ?,?)

Boys U9 (Promise Okafar, Fintan O'Shaughnessy, Eoin O'Brien, Brendan Whtye)

Girls U10 (Laura McSweeney, Clare Sexton, Emily Keane, Meg O'Sullivan)

Boys U10 (Gerry Crowley, Thomas McCarthy, Robert O'Sullivan, Conor Lynch)

Boys U11 (Mighty Okafar, Great Okafar, Ronan Sheehan, Richard Walsh)

Girls U12 (Mairead Crowley, Tracy Bradfield, Anna McCarthy, Naoimi McCarthy)

Boys U12 Mark Sugrue, Mark O'Sullivan, Tim Cummins, Sipka O'Shaghnessy)

Girls U14 (Lorraine O'Brien, Adrienne O'Driscoll, Michelle O'Mahoney, Serena Cross)

Girls U15 (Clare Crowley, Mairead Roche, Sile Johnson, ?)

Boys U15 (Chris Nash, Philip Burns, Colm Lehane, Brian Chelsius)

Girls U16 (Sarah Bradfield, Michelle Hayes, ?, ?)

Boys U16 (Chris Spearman, Chris Nash, Philip Burns, ?)

Boys U17 (Billy Henchy, Chris Spearman, ?, ?)

West Cork Track and Field Championship, CIT Track 25th April 2004

Girls U9 60m Clare Sexton 1st

Boys U9 60m Promise Okafar 1st and Fintan O'Shaughnessy 2nd

Girls U9 Ball Throw Rachel Desmond was 2nd and Emer Cummins was 3rd.

Boys U11 60m sprint Great Okafar was 1st, Mighty Okafar in 2nd place and Ronan Sheehan in 3rd place.

Boys U11 Long Jump Mighty Okafar was 1st and Ronan Sheehan was 3rd. I

Boys U11 600m David O'Brien was 2nd and Kieran Everard was 3rd.

Girls U11 Long Jump Lynn Bradfield was 2nd.

Girls U13 80m sprint Lorraine O'Brien was 2nd followed by Mairead Crowley in 3rd Place.

Girls U13 800m Lorraine O'Brien was 2nd and Joanne O'Regan was 3rd.

Girls U13 1st was Tracy Bradfield 2nd Lorraine O'Brien and Leah Desmond was 3rd.

Boys U13 Mark Sugrue was 2nd in the Shot.

Girls U15 100m Clare Crowley was 1st.

Girls U15 Lynda O'Donovan was 1st in the 400m,

Girls U15 Lynda O'Donovan 3rd in the 1200m

Girls U15 High Jump Lynda O'Donovan 2nd and Serena Cross was 3rd

Boys U15 100m Philip Burns was 1st and Brian Chelsius was 3rd

Boys U15 High Jump Philip Burns was 1st

Boys U15 400m Philip Burns was 1st and Brian Chelsius was 2nd

Boys U15 John Hurley was 1st, John Hurley was 2nd and Brian Chelsius 3rd

Girls U17 100m Sarah Bradfield was 2nd and Michelle Hayes was 3rd

Girls U17 Shot Sarah Bradfield 1st and Michelle Hayes was 2nd

Girls U17 1500m Rachel Roche was 3rd

Boys U17 Shot Michael Hurley was 3rd

Boys U17 1500m Michael Hurley 2nd in the 1500m and his brother, John was 3rd.

Masters women 100m Liz Coomey was 1st in the 100m sprint

Masters women Shot Liz Coomey was 2nd

Masters women 400m Liz Coomey was 1st, Colette Tuthill 2nd

Masters women 1200m Colette Tuthill 1st

56lb mens distance Martin Everard was 1st, John O'Donovan was 2nd and Donal Hurley was 3rd.

Mens Masters 100m sprint John O'Donovan was 2nd.

Relay Results

Girls U9 Bandon were 1st and 3rd.

Boys U9 1st.

Boys U11 Bandon were first and second,

Girls U13 Bandon were first and second.

Girls U15 Bandon were 2nd and 3rd.

Senior Women's Relay team were 1st

Boys U17 Relay teams were first

Senior Men's relay team were third.

Leevale Open Sports, C.I.T. 18th April, 2004

Boys U15:

100m. 1 P Burns (Bandon); 2 C Nash (Bandon)

800m. 3 C Nash.

High Jump. 3 P Burns (Bandon).

Boys U16: Long Jump. 2 P Burns (Bandon)

Boys U11:

80m 2 G Okfar (Bandon); 3 M Okfar (Do).

Relay. 3 Bandon.

Ball throw. 2 O Ryan (Bandon); 3 M Okfar.

Boys U10: Relay 2nd Bandon

Boys U9 60m 2nd P Okfar (Bandon);

Girls U16: Shot. 2 S Bradfield (Bandon);

Girls U15: High Jump. 2 S Cross (Bandon);

Girls U13:

Relay. 1 Bandon;

Long Jump.2 T Bradfield (Bandon);

Girls U12: 80m. 1 M Crowley (Bandon);

Girls U9:

60m. 1 C Sexton (Bandon);

Relay. 1 Bandon;

All-Ireland Indoor Championship, Nenagh.

Boys U15: Philip Burns 1st in Long Jump (5.41), 6th in High Jump.

Girls U14: Serena Cross 6th in High Jump.

Girls U15: Sarah Bradfield 5th in Shot.

Girls U16: Rachel Roche 4th in shot.

Munster Schools Mountain Running Championships.

1st St.Brogan's Vocational College Bandon (featuring 4 Bandon AC Members, John Hurley, Michael Hurley,

Ronan Duggan, Pat Hartnet)

Munster `B` Indoor team Competition, Nenagh

Girls U12 Shot: Tracy Bradfield and Lynn Bradfield 1st team

Girls U12 sprint: Tracy Bradfield and Mairead Crowley 3rd team.

Ballycotton `10` Road Race 7th March.

30th Individual and 4th in Men's O40: Joe O'Sullivan

West Cork Road Races, Dunmanway 7th March.

Girls U9: 1st Claire Sexton, 2nd Kate Toner, 3rd Aisling Everard, 5th Imelda Fitzgerald, 6th Aoibheann Harte, 7th Fiona Duggan 8th Katlyn Cross.

Boys U9: 10th Fiarchra Harrington

Girls U10: 3rd Aoife Lucey, 7th Laura McSweeney 8th Anna O'Driscoll

Boys U10: 1st Jerry Crowley, 2nd Thomas McCarthy, 4th Robert O'Sullivan

Girls U12: 2nd Caroline Sugrue, 3rd Kellie Fitzgerald

Boys U12: 1st Mark O'Sullivan, 5th Mark Sugrue, 6th Sipka O'Shaughnessy, 8th Ciaran Everard, 12th John Lucey, 16th, Tadhg O'Donovan 17th Patrick McSweeney

Girls U14: 3rd Serena Cross

Boys U14: 2nd Barry O'Driscoll

Girls U16: 1st Lynda O'Donovan

Boys U16: 1st Michael Hurley, 2nd John Hurley

Senior men: 3rd Paul Matthews

Munster Juvenile Indoor Championships, Nenagh. February

U12 Boys Mark Sugrue 3rd High Jump 1.20m.

U14 Girls Serena Cross 2nd High Jump 1.34m

U15 Girls Mairead Roche 4th 1,200m, 5th Shot

U15 Boys Philip Burns 2nd High Jump, 3rd Long Jump 5.02m. Pentathlon 3rd 2908pts.

U15 Boys Brian Chellus 5th 800m

U16 Girls Sarah Bradfield 4th Shot

U17 Girls Rachel Roche 1st Shot 9.71m,

National Intermediate Cross Country Championships, Dungarvan Feb 8th

Intermediate Ladies Carmel Crowley (11th) **Inter-County:** Cork 3rd

Master Indoor Championships of Ireland Nenagh, 31st January 2004

1500m 1st Carmel Crowley

3000m 1st Carmel Crowley

800m 3rd Carmel Crowley

Shot Put 2nd Liz Coomey

Long Jump 3rd Liz Coomey

200m 3rd Liz Coomey

60m 3rd Liz Coomey

All Ireland Inter County Cross Country Relay, Athlone, Co. Westmeath 25th Jan 2004

Girls U14: 1st Cork (Lynda O'Donovan)

All Ireland `B` Cross Country Championships, Athlone, Co Westmeath 25th Jan 2004

Girls U11: Caroline Sugrue 47th (6th Cork Athlete - Silver inter-County medal)

Boys U11: Mark O'Sullivan (6th), Mark Sugrue (15th), (Both Mark's won Gold inter-county medals)
Sipka O'Shaughnessy (55th) Ciaran Everard (59th) **Inter-Club** 2nd Bandon

Girls U13: Ailis Crowley (27th individual and 6th Cork Athlete - gold inter-county medal) Serena Cross (30th), Joanne O'Regan (37th), Mary Ann Hawkes (51st), Leah Desmond (86th), Lorraine O'Brien (90th) **Inter-Club** 6th Bandon

Girls U15: Ann O'Donovan (31st) Mairead Roche (34th), both of these won inter-county medals. Michelle Hayes (44th) Eilish Butler 59th. **Inter-Club** 6th Bandon

Boys U15: Michael Hurley(8th), John Hurley (9th), (the twins both won gold inter-county medals). Brian Chelsius (27th), Ronan Duggan (37th), Diarmuid Murphy (43th), A Coleman (64th), Colm Lehane (69) **Inter-Club** 2nd Bandon

Boys U17 Pat Hartnett (18th) (Pat won inter-county medal)

Munster Senior Cross Country Championships, Carrignavar, Sunday January 18th

Senior Women: 6th Carmel Crowley

West Cork League Cross Country, Skibbereen 11th Jan

Girls U8 1st Katie O'Driscoll, 2nd Imelda Fitzgerald, 3rd Fiona Duggan, 4th Rachel McCarthy

Boys U8 3rd Eoin O'Brien

Girls U10 3rd Kellie Fitzgerald, 4th Laura McSweeney, 5th Anna O'Driscoll

Boys U10 1st David O'Brien, 3rd Robert O'Sullivan, 5th Thomas McCarthy

Girls U12 2nd Caroline Sugrue

Boys U12 2nd Mark Sugrue, 5th Mark O'Sullivan, 16th Tadgh O'Donovan, 18th Patrick McSweeney

Girls U14 1st Lynda O'Donovan

Boys U14 1st Brian Chelius

Boys U16 1st John Hurley, 2nd Michael Hurley, 4th Ronan Duggan

Munster Indoor Masters 3rd Jan 2004.

F35. Carmel Crowley 1st 1500m, 1st 3000m

F35. Liz Coomey 1st 60m

Bandon `400` 5 Mile Road Race on New Years Day 2004.

| | | |
|-----|-------------------|-----------------|
| 1st | O'SHEA, Alan | Bantry AC |
| 2nd | O'CONNELL, Cathal | St. Finbarrs AC |
| 3rd | O'LEARY, Derek | St. Finbarrs AC |

4th MAUNSELL, Thomas Leevale AC
5th LEHANE, Mark Bandon AC

15th (1st Lady) CROWLEY, Carmel Bandon AC
([For complete results click here](#))