

Bandon Athletic Club Est. 1964

[Home Page](#)
[Results](#)
[Fixtures](#)
[Photographs](#)
[Committee](#)
[Membership Info](#)
[Links](#)
[Acknowledgements](#)

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Track & Field Results for 2009

All-Ireland Schools Combined Events, Santry 26th Sept 2009

Junior Boys	1st	Eric Stam		HIGH JUMP		HURDLES		SHOT		LONG JUMP		200m		800m		TOTAL
		Col Choilm, Ballincollig		1.72	560	12.6	618	10.19	497	5.9	565	25.3	561	2.27.1	357	3158

Munster Schools Combined Events, Waterford 17th Sept 2009

Junior Boys	1st	1st	Eric Stam Col Choilm Ballincollig 3103pts
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Munster 'B' Track & Field Championship, Ennis 30th Aug 2009

Girls U11	Long Jump	2nd	Kate Bernard 3.42m
Girls U11	60m	3rd	Kate Bernard
Girls U11	Long Jump	9th	Carla Hicks
Girls U11	Ball Throw	9th	Amy Crowley 19.10m
Girls U12	Shot Putt	2nd	Erin Kingston 6.91m
Girls U13	80m	4th	Lisa Lovell
Girls U13	Long Jump	3rd	Lisa Lovell 3.81m
Girls u14	Long Jump	2nd	Aoibheann Harte 3.99m
Girls U14	Shot Putt	1st	Fiona Duggan 8.91m
Boys U10	Ball Throw	4th	Cian Kingston 17.25m

7th International Meeting of Combined Events in Woerden, The Netherlands, 29/30 August 2009

Boys U16	Octathlon	2nd	Eric Stam (12.14 (+2.8) PB 100m; 5.74 (+2.5) Long Jump; 11.20 Shot Putt; 1.75 PB High Jump; 15.10 PB 100m Hurdles; 38.91 PB Discus; 39.40 Javelin; 3:09:30 PB 1,000m. Total 5532pts)
Boys U16	Octathlon	13th	Daire Walsh (12.29 (+2.2) PB 100m; 5.66 (+2.3) Long Jump; 10.53 PB Shot Putt; 1.55 High Jump; 15.71 100m Hurdles; 19.19 Discus; 36.08 PB Javelin; 3:12:57 PB 1,000m Total 4872)

Northern Ireland Masters Track & Field Championships, Mary Peter's Track, Belfast 29th Aug 2009

Women	1st	Shot Putt	Priscilla O'Sullivan 9.89m
Women	1st	3km Walk	Priscilla O'Sullivan 18:31:98
Women	1st	Hammer	Priscilla O'Sullivan 34.51m
Women	2nd	Discus	Priscilla O'Sullivan 26.16m
Women	1st	Long Jump	Priscilla O'Sullivan 3.29m
Women	1st	1,500m	Priscilla O'Sullivan 19.59m
Women	1st	Javelin	Priscilla O'Sullivan 6:14:57

All-Ireland Masters Track & Field Championship, Tullamore 16th Aug

Master Women	100m	2nd	Liz Coomey
Master Women	Discus	2nd	Liz Coomey 26.18m
Master Women	Long Jump	2nd	Liz Coomey 4.30m
Master Women	Hammer	1st	Liz Coomey 35.51m
Master Women	High Jump	1st	Liz Coomey 1.35m
Master Women	Walk	1st	Priscilla O'Sullivan
Master Women	Shot Put	2nd	Priscilla O'Sullivan 8.99m
Master Women	Discus	3rd	Priscilla O'Sullivan 23.83m
Master Women	Javelin	2nd	Priscilla O'Sullivan 18.32m
Master Women	Hammer	2nd	Priscilla O'Sullivan 34.72m

English Athletics National Track & Field Championships (AAA's), 7th/8th Aug Bedford, England

Girls U15	Shot Putt (3.25kg)	3rd	Laura McSweeney (11.77m)
Girls U15	Discus (1kg)	9th	Laura McSweeney (26.70m)
Boys U17	Shot Putt	13th	Patrick McSweeney (12.51m)

National League Track & Field Final, Santry 1st & 2nd Aug

Senior Women	Premier Division	5th	Bandon A.C
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AAI Senior Track & Field Championship, Santry 1st & 2nd Aug

Senior Men	Long Jump	4th	Timmy Harrington 7.06m
Senior Men	Triple Jump	4th	Timmy Harrington 14.07m
Senior Women	Javelin	4th	Rachel Roche 30.76m

Celtic Juvenile International, Carmarthen Wales 1st Aug

Boys U16	Javelin	3rd	Eric Stam (40.39m)
Girls U18	4*100m	1st	Athletics Ireland (incl Joan Healy)
Girls U18	100m	1st	Joan Healy

Munster Masters Track & Field Championship, Castleisland 26th July

Master Women	100m	1st	Liz Coomey
Master Women	High Jump	1st	Liz Coomey 1.35m
Master Women	Long Jump	1st	Liz Coomey 4.07m
Master Women	Hammer	1st	Liz Coomey 34.05m
Master Women	Shot Putt	1st	Marion Roche 7.00m
Master Women	Discus	1st	Marion Roche 17.20m
Master Women	Javelin	1st	Marion Roche 11.77m
Master Women	Shot Put	1st	Priscilla O'Sullivan 9.78m
Master Women	Discus	1st	Priscilla O'Sullivan 25.66m
Master Women	Javelin	1st	Priscilla O'Sullivan 18.44m
Master Women	Hammer	2nd	Priscilla O'Sullivan 32.46m

All-Ireland Combined Events T&F, Tullamore, 26th July 2009

Boys U16	Pent	1st	Eric Stam (15.3; 1.69m; 6.25m; 1.72m; 2:23.0 total 4032 pts)
Boys U16	Pent	2nd	Daire Walsh (15.0; 1.63m; 5.85m; 9.89m; 2.16.4 total 3812pts)
Boys U14	Pent	9th	Colin Kingston (15.2; 1.42m 4.33m; 13.81m DNS total 2008pts)

European Youth Olympic Festival, Finland, 21st-24th July 2009

Girls	100m	4th	Joan Healy (11.90sec)
Girls	4*100m Relay	3rd	Ireland (Including Joan Healy)

Irish Throwers Club Dr O'Callaghan Championships, Banteer County Cork 25th July 2009

Women	4kg Hammer	1st	Priscilla O'Sullivan
Women	28lb Weight for Distance	1st	Priscilla O'Sullivan

All-Ireland Juvenile T&F Championships, Tullamore, 18th/19th July 2009

Boys U17	Shot Putt	2nd	Patrick McSweeney (13.48m)
Boys U16	Shot Putt	8th	Daire Harrington (8.73m)
Boys U16	Discus	13th	Daire Harrington (21.84m)
Boys U16	Triple Jump	6th	Shane Howard (10.72m)
Boys U16	4*100m	3rd	Bandon
Girls U15	Shot Putt	1st	Laura McSweeney (12.38m)
Girls U16	Discus	3rd	Lynn Bradfield (26.41m)
Girls U17	Shot Putt	2nd	Tracey Bradfield (10.69m)

Irish Schools International Track & Field Championships, ANTRIM 17th July 2009

Boys U17	Shot Putt	7th	Patrick McSweeney (13.95m)
Girls U17	Shot Putt	7th	Tracey Bradfield (9.86m)

All-Ireland Juvenile T&F Championships, Tullamore, 11th/12th July 2009

Boys U18	Javelin	2nd	David Reynolds (48.92m)
Boys U17	Hammer	4th	Patrick McSweeney (38.12m)
Boys U17	300m Hurdles	1st	Sipke O'Shaughessy
Boys U16	110m Hurdles	6th	Eric Stam
Boys U16	High Jump	2nd	Eric Stam (1.70m)
Boys U16	Javelin	2nd	Eric Stam (36.44m)
Boys U16	Pole Vault	4th	Shane Howard (2.60m)
Boys U16	High Jump	8th	Shane Howard (1.55m)
Boys U15	Javelin	6th	Robert O'Sullivan (34.54m)
Boys U14	Shot Putt	2nd	Colin Kingston (12.43m)
Boys U14	Hammer	1st	Colin Kingston (43.75m)
Girls U18	100m	1st	Joan Healy
Girls u17	Discus	3rd	Tracey Bradfield (29.99m)
Girls u16	Shot Putt	7th	Lyn Bradfield (9.05m)
Girls u16	100m	5th	Phil Healy
Girls u15	Discus	2nd	Laura McSweeney (34.08m)
Girls u15	Hammer	2nd	Laura McSweeney (35.37m)
Girls u14	Hammer	4th	Fiona Duggan (23.99m)
Girls u14	Discus	10th	Fiona Duggan (19.65m)
Girls u14	Shot Putt	8th	Fiona Duggan (9.23m)

Munster Combined Events Championships, C.I.T, 5th July 2009

Boys U14	Pent	2nd	Colin Kingston (14.7 499pts 441 406pts 140 512pts 13.08 733pts 156.13 618 Total 2768pts)
Boys U16	Pent	1st	Eric Stam (13.9 993pts 590 819pts 171 867pts 11.33 617pts 149.72 696pts Total 3992pts)

British Masters Athletics Federation Championships Birmingham 4th & 5th July 2009

Women	2nd	Shot Putt	Priscilla O'Sullivan 9.82m
Women	3rd	9kg Heavy Hammer	Priscilla O'Sullivan 12.06m
Women	2nd	3km Walk	Priscilla O'Sullivan 20:19:81

Women	3rd	Hammer	Priscilla O'Sullivan 30.72m
Women	5th	Discus	Priscilla O'Sullivan 25.35m

All-Ireland Junior & U23 T&F Championships , Tullamore, 29th June2009

Junior Men	Long Jump	1st	Timmy Harrington (7.06m)
Junior Men	Triple Jump	1st	Timmy Harrington (14.48m)
Junior Women	200m	1st	Joan Healy
Junior Women	200m	1st	Joan Healy
Junior Women	Shot Putt	3rd	Tracey Bradfield (9.90m)
Junior Women	Discus	3rd	Tracey Bradfield (31.33m)
Junior Women	High Jump	6th	Roisin Howard 1.55m
Junior Women	Shot Put	4th	Roisin Howard 9.59m
Junior Women	Long Jump	3rd	Roisin Howard 4.98m
Junior Women	Relay	1st	Joan Healy, Tracey Bradfield, Roisin Howard, Lynda O'Donova
U23 Women	Discus	3rd	Rachel Roche 29.21m
U23 Women	Javelin	3rd	Rachel Roche 33.49m

Tailteann Schools Inter Provincial T&F, Tullamore, 27th June2009

Boys U16	Javelin	6th	Eric Stam Colaiste Choilm (39.56m)
Boys U17	Shot Putt	2nd	Patrick McSweeney Hamilton High School (12.99m)
Girls U17	Shot Putt	2nd	Tracey Bradfield Bandon Grammar School (10.40m)
Girls U17	Discus	3rd	Tracey Bradfield Bandon Grammar School (30.96m)
Girls U17	100m	1st	Joan Healy Col. na Toirbhirte
Girls U17	4*100m	1st	Munster Schools (incl Joan Healy)

All-Ireland Juvenile Team Competition, Templemore, 28th June2009

Girls U11	60m	5th	Carla Hicks, Kate Bernard
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Munster Juvenile T&F Championships, Waterford, 20th/21st June2009

Boys U18	Javelin	1st	David Reynolds (49.86m)
Boys U17	Shot Putt	1st	Patrick McSweeney (13.48m)
Boys U17	Discus	3rd	Patrick McSweeney (32.67m)
Boys U17	Hammer	3rd	Patrick McSweeney (29.36m)
Boys U17	300m Hurdles	1st	Sipke O'Shaughessy
Boys U17	200m	2nd	Sipke O'Shaughessy
Boys U17	3000m	5th	Mark O'Sullivan
Boys U17	Discus	2nd	Mark Sugrue (33.65m)
Boys U17	Javelin	2nd	Mark Sugrue (39.69m)
Boys U16	4*100m	2nd	(Shane Howard,Ronan Sheehan,Mighty Okafor, Great Okafor, Eric Stam)

Boys U16	110m Hurdles	1st	Eric Stam
Boys U16	100m	4th	Eric Stam
Boys U16	High Jump	1st	Eric Stam 1.73m
Boys U16	Discus	2nd	Eric Stam 37.51m
Boys U16	Javelin	1st	Eric Stam 44.54m
Boys U16	Triple Jump	2nd	Shane Howard 11.35m
Boys U16	Long Jump	3rd	Shane Howard 5.37m
Boys U16	High Jump	3rd	Shane Howard 1.65m
Boys U16	250m Hurdles	6th	Shane Howard
Boys U16	200m	5th	Ronan Sheehan
Boys U16	Discus	4th	Daire Harrington 24.93m
Boys U16	Hammer	2nd	Daire Harrington 19.78m
Boys U16	Shot Putt	3rd	Daire Harrington 9.54m
Boys U15	Javelin	1st	Robert O'Sullivan 35.53m
Boys U15	100m	4th	Oisin Sedgewick
Boys U14	Shot Putt	1st	Colin Kingston (13.70m) C.B.P.
Boys U14	Hammer	1st	Colin Kingston (36.06m) C.B.P.
Boys U14	Long Jump	6th	Promise Okafor (4.63m)
Girls u17	Discus	2nd	Tracey Bradfield 30.56m
Girls u16	Discus	3rd	Lyn Bradfield (25.36m)
Girls u16	Shot Putt	4th	Lyn Bradfield (9.72m)
Girls u16	100m	4th	Phil Healy
Girls u16	200m	6th	Phil Healy
Girls u15	Shot Putt	1st	Laura McSweeney 12.65m C.B.P.
Girls u15	Discus	3rd	Laura McSweeney 29.63m
Girls u15	Hammer	1st	Laura McSweeney 32.57m
Girls u15	Javelin	5th	Laura McSweeney 21.87m
Girls u14	800m	5th	Aisling Everard
Girls u14	1500m	3rd	Aisling Everard
Girls u14	200m	7th	Sinead Mulcahy
Girls u14	Hammer	4th	Fiona Duggan (20.83m)
Girls u14	Discus	4th	Fiona Duggan (23.15m)
Girls u14	Shot Putt	4th	Fiona Duggan (9.72m)

Munster Juvenile T&F Championships, Templemore 6th/7th June 2009

Boys U12	Shot Put	6th	Fiacra Harrington
Girls U12	Shot Put	6th	Erin Kingston (6.88m)

Girls U11 Pairs	Long Jump	4th	Carla Hicks (3.15m), Kate Bernard (3.38m)
Girls U11 Pairs	60m	4th	Carla Hicks, Kate Bernard

Leinster Masters Track & Field Championships 7th June 2009

Women	1st	Shot Putt	Priscilla O'Sullivan 9.79m
Women	1st	35lb Weight for Distance	Priscilla O'Sullivan 4.79m
Women	1st	Javelin	Priscilla O'Sullivan 17.61m
Women	1st	Hammer	Priscilla O'Sullivan 28.06m
Women	1st	Discus	Priscilla O'Sullivan 23.77m

All-Irelands Schools T&F Championships, Tullamore 30th May 2009

Senior Boys	Long Jump	3rd	Timmy Harrington Kinsale C.S (6.74m)
Senior Boys	Triple Jump	1st	Timmy Harrington Kinsale C.S (14.09m)
Senior Boys	Discus	7th	Ivan O'Brien Bandon Grammar School (29.91m)
Senior Boys	Javelin	7th	David Reynolds Bandon Grammar School
Intermediate Boys	400m Hurdles	4th	Sipke O'Shaughnessy Hamilton High School
Intermediate Boys	Shot Put	4th	Patrick McSweeney Hamilton High School (13.15m)
Junior Boys	Javelin	2nd	Eric Stam Colaiste Choilm (42.99m)
Junior Boys	Long Jump	3rd	Eric Stam Colaiste Choilm (5.77m)
Junior Boys	Pole Vault	6th	Shane Howard Col an Chraoibhin Fermoy (2.50m)
Junior Boys	Hurdles	5th	Shane Howard Col an Chraoibhin Fermoy
Intermediate Girls	Discus	3rd	Tracey Bradfield Bandon Grammar School (34.37m)
Intermediate Girls	Shot	2nd	Tracey Bradfield Bandon Grammar School (10.69m)
Intermediate Girls	100m	1st	Joan Healy Col. na Toirbhirte
Intermediate Girls	200m	2nd	Joan Healy Col. na Toirbhirte
Junior Girls	Shot Put	1st	Laura McSweeney Col. na Toirbhirte (10.94m)
Junior Girls	Discus	2nd	Laura McSweeney Col. na Toirbhirte (31.00m)

Munster Juvenile Pole Vault Championships, C.I.T 24th May 2009

Boys U16	Pole Vault	4th	Shane Howard (2.60m)
Boys U16	Pole Vault	5th	Eric Stam (2.20m)

Cork County Juvenile 'B' Championships, C.I.T 24th May 2009

Boys U10	2*Long Jump	2nd	Cian Kingston, Jack Calnan
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Boys U10	2*300m	2nd	Cian Kingston, Jack Calnan
Boys U11	2*500m	2nd	Ronan Lucey, Conor Reynolds
Boys U11	2*100m	3rd	Ryan Blackmore, Ronan Lucey
Boys U11	2*Long Jump	1st	Ryan Blackmore, Cameron Blair
Boys U11	2*Shot Putt	1st	Conor Reynolds, Cameron Blair
Girls U9	2*Ball Throw	1st	Chloe Buckley, Grainne Mulcahy
Girls U9	2*100m	2nd	Ella Stack, Roisin O'Sullivan
Girls U9	2*Long Jump	3rd	Roisin O'Sullivan, Ella Stack
Girls U10	2*100m	1st	Angharat O'Shaughnessy, Leah Buckley
Girls U10	2*Long Jump	1st	Angharat O'Shaughnessy, Leah Buckley
Girls U11	2*500m	1st	Alison Murphy, Ava Stack
Girls U11	2*Long Jump	3rd	Aoibheann O'Sullivan, Kate Bernard
Girls U11	2*100m	2nd	Ava stack, Kate Bernard
Girls U12	2*700m	1st	Fiona Everard, Grainne Lucey
Girls U12	2*Long Jump	2nd	Fiona Everard, Mari Dineen
Girls U12	2*Shot Put	1st	Kerri Buckley, Grainne Lucey

Cork County Juvenile Pentathlon Championships, C.I.T 24th May 2009

Boys U14	Pentathlon	1st	Colin Kingston (16.2, 4.27m, 1.27m, 11.60,, 158.2, Total 2207pts)
Boys U14	Pentathlon	2nd	Fintan O'Shaughnessy (12.9, 4.28m Total 992pts)

Cork County Juvenile T&F Championships, C.I.T 17th May 2009

Boys U17	4*100m relay	1st	Mark Sugrue, Patrick McSweeney, Tadgh O'Donovan, Mark O'Sullivan
Boys U17	4*400m relay	1st	Mark Sugrue, Patrick McSweeney, Tadgh O'Donovan, Mark O'Sullivan
Boys U17	3000m	2nd	Mark O'Sullivan
Boys U17	High Jump	1st	Patrick McSweeney 1.55m
Boys U17	Javelin	2nd	Patrick McSweeney 28.09m
Boys U17	Javelin	1st	Mark Sugrue 36.39m
Boys U16	Shot Putt	1st	Eric Stam 10.37m
Boys U16	Triple Jump	1st	Eric Stam 11.46m
Boys U16	Discus	1st	Eric Stam 34.65m
Boys U16	Discus	3rd	Daire Harrington 21.62mm
Boys U16	Shot Putt	3rd	Daire Harrington 8.80m
Boys U16	100m	1st	Mighty Okafor

Boys U16	200m	1st	Mighty Okafor
Boys U16	200m	3rd	Great Okafor
Boys U16	100m	3rd	Great Okafor
Boys U15	Javelin	1st	Robert O'Sullivan 35.70m
Boys U14	Shot Putt	1st	Colin Kingston 13.11m
Boys U14	Discus	1st	Colin Kingston 29.67m
Boys U14	200m	2nd	Colin Kingston
Boys U13	Sprint Hurdles	3rd	Scott Gibson
Boys U13	Discus	3rd	Colm Minihane 16.76m
Boys U13	High Jump	3rd	Gavin Hicks 1.20m
Boys U12	Shot	1st	Fiacra Harrington 7.52m
Girls u17	4*100m Relay	1st	Tracey Bradfield Phil Healy Liz Prout Lynn Bradfield
Girls u17	Long Jump	3rd	Tracey Bradfield 4.53m
Girls u17	Shot	1st	Tracey Bradfield 10.92m
Girls u17	Discus	1st	Tracey Bradfield 25.09m
Girls u16	100m	2nd	Phil Healy
Girls u16	200m	2nd	Phil Healy
Girls u15	Shot Putt	1st	Laura McSweeney 11.22m
Girls u15	Discus	1st	Laura McSweeney 31.91m
Girls u15	Hammer	1st	Laura McSweeney 30.23m
Girls u14	800m	1st	Aisling Everard
Girls u14	200m	3rd	Sinead Mulcahy
Girls u14	Hammer	2nd	Fiona Duggan 21.00m
Girls u13	4*100m Relay	3rd	Sinead Caulfield, ?, ?, ?
Girls u13	700m	3rd	Sinead Caulfield
Girls u12	Discus	1st	Erin Kingston 13.95m
Girls u11	Long Jump	1st	Carla Hicks 3.67m

Munster Schools T&F Championships, U.L. 16th May 2009

Senior Boys	Long Jump	2nd	Timmy Harrington Kinsale C.S (6.55m)
Senior Boys	Triple Jump	1st	Timmy Harrington Kinsale C.S (13.00m)
Senior Boys	Discus	1st	Ivan O'Brien Bandon Grammar School (33.14m)
Senior Boys	Javelin	3rd	David Reynolds Bandon Grammar School (42.33m)
Intermediate Boys	400m Hurdles	2nd	Sipke O'Shaughnessy Hamilton High School
Intermediate Boys	Shot Put	2nd	Patrick McSweeney Hamilton High School (12.45m)
Junior Boys	Discus	3rd	Eric Stam Colaiste Choilm (33.66m)

Junior Boys	Javelin	1st	Eric Stam Colaiste Choilm
Junior Boys	Pole Vault	3rd	Shane Howard Col an Chraoibhin Fermoy (2.40m)
Junior Boys	Hurdles	2nd	Shane Howard Col an Chraoibhin Fermoy
Junior Boys	Long Jump	1st	Eric Stam Colaiste Choilm (5.76m)
Minor Boys	Shot Put	1st	Colin Kingston Bandon Grammar School (12.18m)
Minor Boys	Long Jump	1st	Fintan O'Shaughnessy Bandon Grammar School (4.86m)
Intermediate Girls	Discus	3rd	Tracey Bradfield Bandon Grammar School (29.05m)
Intermediate Girls	Shot	3rd	Tracey Bradfield Bandon Grammar School (10.29m)
Intermediate Girls	100m	1st	Joan Healy Col. na Toirbhirte
Intermediate Girls	200m	2nd	Joan Healy Col. na Toirbhirte
Junior Girls	Shot Put	1st	Laura McSweeney Col. na Toirbhirte (11.35m)
Junior Girls	Discus	3rd	Laura McSweeney Col. na Toirbhirte (30.37m)
Junior Girls	Javelin	2nd	Laura McSweeney Col. na Toirbhirte (22.00m)

County Junior, Senior and Masters T&F Championships, Cork IT 10th May 2009

Senior Women	Weight for Distance	1st	Priscilla O'Sullivan 4.53m
Masters Women O40	Weight for Distance	1st	Priscilla O'Sullivan 4.53m
Masters Women O40	Shot Putt	1st	Priscilla O'Sullivan 9.45m
Senior Women	Shot Putt	1st	Priscilla O'Sullivan 9.45m
Masters Women O40	Shot Putt	2nd	Liz Coomey 9.35m
Junior Women	Shot Putt	1st	Tracey Bradfield 10.59m
Masters Women O45	Shot Putt	1st	Kate Coveney 6.07mm
Masters Women O55	Shot Putt	1st	Marion Roche 7.04m
Masters Women O40	High Jump	1st	Liz Coomey 1.40m
Junior Men	Long Jump	1st	Tim Harrington 6.51m
Junior Women	Long Jump	1st	Phil Healy 4.65m
Masters Women O40	Long Jump	1st	Liz Coomey 3.90m
Masters Women O40	Long Jump	3rd	Priscilla O'Sullivan 3.44m
Senior Women	Hammer	2nd	Priscilla O'Sullivan 34.18m
Senior Women	Hammer	3rd	Liz Coomey 28.35m

Masters Women O40	Hammer	2nd	Liz Coomey 28.35m
Masters Women O40	Hammer	1st	Priscilla O'Sullivan 34.18m
Masters Men O50	Discus	1st	George Bradfield 21.15m
Junior Women	Discus	1st	Tracey Bradfield 31.58m
Junior Women	Discus	2nd	Lynn Bradfield 25.40m
Senior Women	Discus	2nd	Liz Coomey 25.71m
Senior Women	Discus	3rd	Priscilla O'Sullivan 23.81m
Masters Women O40	Discus	2nd	Liz Coomey 25.71m
Masters Women O40	Discus	3rd	Priscilla O'Sullivan 23.81m
Masters Women O55	Discus	1st	Marion Roche 15.06m
Masters Women O55	Javelin	1st	Marion Roche 12.73m
Masters Women O40	100m	1st	Liz Coomey
Masters Women O40	100m	2nd	Priscilla O'Sullivan
Junior Men	100m	1st	Tim Harrington
Senior Men	100m	3rd	Billy Henchy
Masters Men O40	100m	1st	Pat Mulcahy
Junior Women	200m	1st	Phil Healy
Masters Women O45	200m	1st	Kate Coveney
Masters Women O40	400m	1st	Priscilla O'Sullivan
Masters Women O45	400m	1st	Kate Coveney
Junior Men	400m Hurdles	1st	Sipke O'Shaughnessy
Senior Women	1500m	2nd	Carmel Crowley
Senior Women	1500m	4th	Priscilla O'Sullivan
Senior Women	1500m	5th	Kate Coveney
masters Women O40	1500m	1st	Carmel Crowley
Masters Women O45	1500m	1st	Kate Coveney
Masters Women O40	1500m	2nd	Priscilla O'Sullivan

Masters Women O40	3000m	1st	Carmel Crowley
Senior Women	3000m	2nd	Carmel Crowley

South Munster Schools T&F Championships, C.I.T. 2nd & 9th May 2009

Senior Boys	Long Jump	1st	Timmy Harrington Kinsale C.S (6.37m)
Senior Boys	Triple Jump	1st	Timmy Harrington Kinsale C.S (11.73m)
Senior Boys	100m	1st	Timmy Harrington Kinsale C.S
Senior Boys	Discus	2nd	Ivan O'Brien Bandon Grammar School (30.36m)
Senior Boys	Discus	3rd	Conor Pullin Bandon Grammar School (30.11m)
Senior Boys	Shot Put	3rd	Ivan O'Brien Bandon Grammar School (7.80m)
Senior Boys	Shot Put	2nd	Conor Pullin Bandon Grammar School (9.36m)
Intermediate Boys	Javelin	2nd	Daire Walsh Colaiste an Phiarsaigh (33.59m)
Intermediate Boys	Long Jump	2nd	Daire Walsh Colaiste an Phiarsaigh (5.36m)
Intermediate Boys	400m Hurdles	1st	Sipke O'Shaughnessy Hamilton High School
Intermediate Boys	High Jump	1st	Daire Walsh Colaiste an Phiarsaigh (1.65m)
Intermediate Boys	High Jump	3rd	Patrick McSweeney Hamilton High School (1.60m)
Intermediate Boys	Shot Put	2nd	Patrick McSweeney Hamilton High School (12.55m)
Intermediate Boys	Discus	3rd	Patrick McSweeney Hamilton High School (29.77m)
Intermediate Boys	Hammer	3rd	Patrick McSweeney Hamilton High School (31.07m)
Intermediate Boys	Relay	2nd	Hamilton High School (Sipke O'Shaughnessy, Patrick McSweeney, Ronan Sheehan, Pdraig Sheehan)
Junior Boys	80m Hurdles	1st	Shane Howard Col an Chraoibhin Fermoy
Junior Boys	Discus	1st	Eric Stam Colaiste Choilm (35.14m)
Junior Boys	Discus	3rd	Colin Kingston Bandon Grammar School (26.50m)
Junior Boys	Hammer	1st	Eric Stam Colaiste Choilm (37.49m)
Junior Boys	Hammer	2nd	Colin Kingston Bandon Grammar School (23.35m)
Junior Boys	Javelin	1st	Eric Stam Colaiste Choilm (39.28m)
Junior Boys	High Jump	1st	Eric Stam Colaiste Choilm (1.65m)
Junior Boys	Pole Vault	2nd	Eric Stam Colaiste Choilm (2.50m)
Junior Boys	Pole Vault	3rd	Shane Howard Col an Chraoibhin Fermoy (2.30m)
Junior Boys	200m	2nd	Oisin Sedgewick Bandon Grammar School
Junior Boys	Long Jump	1st	Eric Stam Colaiste Choilm (5.53m)
Junior Boys	Long Jump	2nd	Shane Howard Col an Chraoibhin Fermoy (5.43m)

Junior Boys	Relay	2nd	Bandon Grammar School (Oisin Sedgewick, Colin Kingston, Mighty Okafor, Great Okafor)
Minor Boys	Shot Put	1st	Colin Kingston Bandon Grammar School (12.20m)
Minor Boys	100m	1st	Oisin Sedgewick Bandon Grammar School
Minor Boys	100m	3rd	Colin Kingston Bandon Grammar School
Minor Boys	Long Jump	1st	Fintan O'Shaughnessy Bandon Grammar School (4.54m)
Minor Boys	Long Jump	2nd	Colin Kingston Bandon Grammar School (4.24m)
Intermediate Girls	Discus	1st	Tracey Bradfield Bandon Grammar School (30.39m)
Intermediate Girls	Discus	3rd	Lyn Bradfield Bandon Grammar School (22.44m)
Intermediate Girls	Shot	2nd	Tracey Bradfield Bandon Grammar School (10.58m)
Intermediate Girls	Javelin	2nd	Lyn Bradfield Bandon Grammar School (14.77m)
Intermediate Girls	100m	1st	Joan Healy Col. na Toirbhirte
Intermediate Girls	200m	1st	Joan Healy Col. na Toirbhirte
Junior Girls	Shot Put	1st	Laura McSweeney Col. na Toirbhirte (10.72m)
Junior Girls	Discus	1st	Laura McSweeney Col. na Toirbhirte (29.87m)
Junior Girls	Javelin	2nd	Laura McSweeney Col. na Toirbhirte (23.40m)
Junior Girls	Hammer	2nd	Laura McSweeney Col. na Toirbhirte (25.38m)
Junior Girls	Hammer	3rd	Fiona Duggan Col. na Toirbhirte (19.42m)
Junior Girls	Pole Vault	1st	Helena Murphy Col. na Toirbhirte (1.70m)
Junior Girls	Long Jump	1st	Phil Healy Col. na Toirbhirte (4.60m)
Junior Girls	High Jump	3rd	Helena Murphy Col. na Toirbhirte (1.15m)
Junior Girls	Javelin	3rd	Niamh Mulcahy C.Na T. (16.80m)
Junior Girls	Overall Trophy	1st	Col. na Toirbhirte
Minor Girls	Long Jump	1st	Aoibheann Harte Col na Toirbhirte Bandon (4.12m)
Minor Girls	Shot Putt	3rd	Fiona Duggan Col na Toirbhirte Bandon (7.64m)

Munster Junior, Senior & U23 T&F Championships, C.I.T, 4th May 2009

Junior Men	Long Jump	1st	Timmy Harrington (6.66m)
Junior Men	100m	3rd	Timmy Harrington
Junior Women	200m	2nd	Joan Healy
Junior Women	100m	3rd	Joan Healy
Junior Women	Discus	3rd	Tracey Bradfield (31.73m)
Junior Women	High Jump	1st	Roisin Howard (1.50m)
Junior Women	Long Jump	3rd	Roisin Howard (5.07m)

Junior Women	Shot	6th	Roisin Howard (9.78m)
Junior Women	Shot	4th	Tracey Bradfield (10.35m)
Junior Women	Relay	1st	Bandon (Joan Healy, Tracey Bradfield, Roisin Howard)
U23 Women	Discus	2nd	Rachel Roche (28.42m)
U23 Women	Javelin	1st	Rachel Roche (33.81m)
Senior Women	Hammer	2nd	Liz Coomey (31.97m)
Senior Women	Shot	2nd	Liz Coomey (9.05m)
Senior Women	Discus	2nd	Liz Coomey (27.22m)

Cork County Juvenile Track & Field Championships 3rd May C.I.T

Girls U12	Shot Put	2nd	Erin Kingston (7.05m)
Girls u14	1,500m	1st	Aislin Everard
Girls U14	Long Jump	2nd	Aoibheann Harte (4.07m)
Girls U14	Discus	3rd	Fiona Duggan (16.40m)
Girls U14	Shot Put	3rd	Fiona Duggan (8.50m)
Girls U15	Javelin	1st	Laura McSweeney (24.55m)
Girls u15	Javelin	2nd	Helena Murphy (12.24m)
Girls U16	Discus	1st	Lynn Bradfield (23.90m)
Girls U16	Discus	3rd	Niamh Mulcahy (17.34m)
Girls U16	Shot Put	2nd	Lynn Bradfield (9.32m)
Girls U16	Long Jump	2nd	Phil Healy (4.87m)
Girls U18	1,500m	2nd	Ailis Crowley
Girls U16	Relay	3rd	Phil Healy, Niamh Mulcahy, Lynn Bradfield, Laura McSweeney, Helena Murphy (sub)
Boys U10	300m	3rd	Conor Callnan
Boys U11	Shot Put	1st	Travis Coomey (6.87m)
Boys U11	Shot Put	2nd	Jason Bradfield (5.43m)
Boys U11	Ball Throw	3rd	Victor Lovell (30.43m)
Boys U12	Long Jump	3rd	Matthew Draper (3.82m)
Boys U13	Hammer	3rd	Colm Minihane (16.90m)
Boys U13	Shot Put	3rd	Gavin Hicks (7.46m)
Boys U13	80m	3rd	Joey Henchy
Boys U14	High Jump	3rd	Fintan O'Shaughnessy (1.45m)
Boys U14	Javelin	3rd	Colin Kingston (19.02m)
Boys U14	Hammer	1st	Colin Kingston (29.10m)
Boys U15	100m	2nd	Oisin Sedgewick

Boys U16	80m Hurdles	1st	Eric Stam
Boys U16	Javelin	1st	Eric Stam (39.08m)
Boys U16	Pole Vault	1st	Eric Stam (2.20m)
Boys U16	Pole Vault	2rd	Shane Howard (2.00m)
Boys U16	Hammer	1st	Daire Harrington (17.06m)
Boys U16	250m Hurdles	1st	Shane Howard
Boys U17	Shot Put	1st	Patrick McSweeney (11.44m)
Boys U17	Hammer	1st	Patrick McSweeney (26.62m)
Boys U17	Discus	1st	Patrick McSweeney (29.53m)
Boys U17	Hammer	2nd	Tadgh O'Donovan (19.83m)
Boys U17	300m Hurdles	1st	Sipke O'Shaughnessy
Boys U17	100m	2nd	Sipke O'Shaughnessy
Boys U17	SteepleChase	3rd	Mark O'Sullivan
Boys U16	Relay	1st	Eric Stam, Shane Howard, Mighty Okafor, Great Okafor, Daire Harrington (sub)

All-Ireland Indoor Championships, Magherafelt, Co.Derry, 4th April 2009

Boys U17	Shot Putt	3rd	Patrick McSweeney (11.73m)
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All-Ireland Indoor Championships, Nenagh, 28th/29th March 2009

Girls U15	Shot Putt	1st	Laura McSweeney (11.87m)
Girls U18	60m	1st	Joan Healy
Boys U14	High Jump	4th	Fintan O'Shaughnessy (1.45m)
Boys U14	Long Jump	2nd	Fintan O'Shaughnessy (4.82m)
Boys U14	60m	Heats	Colin Kingston
Boys U14	Shot Putt	2nd	Colin Kingston (13.23m)
Boys U16	60m	8th	Ronan Sheehan
Boys U16	Hurdles	1st	Eric Stam
Boys U16	Long Jump	1st	Eric Stam (5.93m)
Boys U16	High Jump	2nd	Eric Stam (1.65m)
Boys U16	Shot Putt	9th	Daire Harrington (8.92m)

England Athletics (AAA's) Indoor Combined Events Championships, Sheffield, 8th March

U15 Boys	2nd	Eric Stam 2,676 points (PB) 60H: 9.40, Long Jump: 5.75 (PB), High Jump: 1.71 (PB), Shot Putt: 11.15, 800: 2:25.61 (PB)
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British Masters Athletics Federation Throws Championships Lee Valley 7th March 2009

Women	1st	Shot Putt	Priscilla O'Sullivan 9.68m
Women	2nd	9kg Heavy Hammer	Priscilla O'Sullivan 9.66m
Women	2nd	Hammer	Priscilla O'Sullivan 24.38m

Celtic Indoor Cup, Cardiff 23rd Feb 2009

Junior Men	6th	Timmy Harrington (6.64m)
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Munster Combined Events Championships, Nenagh, 22nd Feb 2009

Boys U14	2nd	Fintan O'Shaughnessy
Boys U14	3rd	Colin Kingston
Boys U13	8th	Gavin Hicks

Munster Juvenile Indoor Championships, Nenagh, 22nd/23rd Feb 2009

Girls U12	Shot Putt	4th	Erin Kingston (6.28m)
Girls U12	Long Jump	8th	Carla Hicks (3.39m)

Irish Universities Indoor Championships, Nenagh, 14th Feb 2009

Men	800m	4th	Ronan Duggan
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Irish Senior Indoor Championships, Nenagh, 7th Feb 2009

Senior Men	800m	8th	Ronan Duggan
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Munster Masters Indoor Championships, Nenagh, 8th Feb 2009

F40	60m	1st	Liz Coomey
F40	60m	4th	Geraldine Lovell
M40	60m	2nd	Pat Mulcahy
F40	200m	2nd	Geraldine Lovell
M40	200m	4th	Pat Mulcahy
M40	1500m	1st	Tom Laffan
M40	3000m	2nd	Tom Laffan
F40	Long Jump	1st	Liz Coomey (4.39m)
F40	Shot Putt	2nd	Priscilla O'Sullivan (9.37m)
M40	Shot Putt	3rd	Paul Kingston (8.71m)
M50	Shot Putt	3rd	Frank Stam (9.90m)
F40	High Jump	1st	Liz Coomey (1.37m)
M35	56lb Distance	3rd	Martin Lovell (4.31m)

Munster Indoor Championships, Nenagh, 7th/8th Feb 2009

Girls u14	High Jump	6th	Mary Theresa Murphy (1.25m)
Girls U15	Shot Putt	1st	Laura McSweeney (11.32m)
Girls U16	60m	5th	Phil Healy
Girls U16	High Jump	6th	Phil Healy (1.20m)
Girls U16	Long Jump	6th	Phil Healy (4.54m)
Girls U17	Shot Putt	2nd	Tracey Bradfield (11.44m)
Girls U16	Shot Putt	4th	Lynn Bradfield (9.72m)
Boys U12	Shot Putt	6th	Gavin Hicks (6.24m)
Boys U14	60m	1st	Colin Kingston
Boys U14	High Jump	2nd	Fintan O'Shaughnessy (1.45m)
Boys U14	Long Jump	1st	Fintan O'Shaughnessy (4.59m)
Boys U14	Hurdles	2nd	Fintan O'Shaughnessy
Boys U14	Long Jump	7th	Colin Kingston (4.19m)
Boys U14	Shot Putt	1st	Colin Kingston (13.28m)
Boys U15	60m	5th	Oisin Sedgewick
Boys U16	60m	2nd	Ronan Sheehan
Boys U16	Hurdles	1st	Eric Stam
Boys U16	Long Jump	1st	Eric Stam (5.52m)
Boys U16	High Jump	1st	Eric Stam (1.55m)
Boys U16	200m	3rd	Eric Stam
Boys U16	Shot Putt	3rd	Eric Stam (9.71m)
Boys U16	Shot Putt	4th	Daire Harrington (9.11m)
Boys U17	Shot Putt	1st	Patrick McSweeney (12.45m)
Boys U17	High Jump	6th	Patrick McSweeney (1.50m)

All-Ireland Junior Championships, Nenagh, 24th Jan 2009

Junior Men	Long Jump	1st	Timmy Harrington (6.77m)
Junior Women	200m	2nd	Joan Healy
Junior Women	60m	2nd	Joan Healy
Junior Women	Shot	3rd	Tracey Bradfield (10.85m)

All-Ireland Juvenile Combined Events Championships, Nenagh, 18th Jan 2009

Boys U14	Pent	5th	Fintan O'Shaughnessy
Boys U14	Pent	6th	Colin Kingston
Boys U16	Pent	DNF	Eric Stam
Boys U16	Pent	16th	Phil Healy

All-Ireland Masters Championships, Nenagh, 11th Jan 2009

W35	60m	2nd	Liz Coomey
W35	High Jump	2nd	Liz Coomey
W35	Long Jump	2nd	Liz Coomey
W35	200m	1st	Liz Coomey
W35	Shot	2nd	Liz Coomey
W40	Shot	4th	Priscilla O'Sullivan
M35	60m	4th	Pat Mulcahy
M35	200m	3rd	Pat Mulcahy

Munster Combined Events Championships, Nenagh, 10th Jan 2009

Senior	Pent	2nd	Roisin Howard
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Munster Junior & Senior Championships, Nenagh, 4th Jan 2009

Junior	200m	3rd	Roisin Howard
Junior	High Jump	2nd	Roisin Howard
Junior	Long Jump	2nd	Roisin Howard
Junior	Shot	4th	Roisin Howard
Senior	Shot	4th	Priscilla O'Sullivan
Senior Men	1500	2nd	Ronan Duggan