

CONNACHT REGIONAL ATHLETICS ACADEMY - GIRLS

First Name	Last Name	Club/School	Event
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Sprint/Long Hurdles

Aoife	Campbell	Roscommon AC	400mH
Aoibhe	Deeley	St Killians New Inn	80mH/200m
Niamh	Dunning	Ballinasloe AC	80mH
Alisha	Kerr	Roscommon CC	300mH
Ella	McDaid	Ursuline Sligo/L	300mH
Ciara	Mooney	Ursuline Sligo/L	400mH
Moya	O'Connell	Ballinrobe CS	80/300mH
Niamh	O'Neill	St Coleman's South Mayo AC	
Saoirse	Pierce	Craughwell AC	250mH
Aoife	Sheehy	Dunmore CS	400mH
Elizabeth	Tigue	CM Ballymote	80mH

Sprints

Lauren	Cadden	Ursuline Sligo	100/200m
Chloe	Casey	GCH	400/100mH/LJ
Roisin	Dalton	GCH	100m
Aisling	Finn	South Galway	100m
Kate	Hosey	St Attractas Tubbercurry	100m/LJ
Jennifer	Hughes	GCH	400m
Rachel	Hughes	GCH	200m/800m
Gospel	Idahor	Moyne CS	100/200/400m/TJ
Ellen	Kilcoyne	St Attractas Tubbercurry	100m
Laoise	McBrien	Ursuline Sligo	200/100m
Caoimhe	McDonagh	South Sligo AC	200/250mH/LJ
Alanna	McGuinness	Mohill CC	100/200m
Sarah	McPhillips	Longford AC	100m
Nicole	Moran	St Louis CS Kiltimagh	200m
Seren	O'Toole	Ballinrobe CS	100/200/400/400mH
Nicole	Quirke	GCH	100m/200m
Eimear	Rowe	Mercy Tuam	200/300m
Erin	Taheny	St Marys Ballysadare	200/300m
Yemi	Talabi	Moyne CS	100m/LJ

Throws

Molly	Ager	Ballinrobe CS	Shot Put
Freya	Bohan	Craughwell AC	Shot Put
Helena	Cala	Ballyhaunis CS	Javelin
Naimh	Carolan	North Leitrim AC	Discus
Maggie	Chambers	Westport AC	Shot Put
Ornaith	Coen	St Brigids Loughrea	Javelin
Anna	Donoghue	Caltra & District AC	Shot Put
Niamh	Fitzgerald	Mercy Roscommon	Shot Put
Aoife	Hernon	MSM Claremorris	HM/Shot
Caoimhe	Herviaux	Dunmore CS	Discus

Reece	Higgins	Mercy Roscommon	Discus
Eva	Kelly	St Brigids Loughrea	Javelin
Ciara	McHugh Murphy	MSM Claremorris	HM/Shot/javelin
Lauren	McNally	St Brigids Loughrea	Javelin
Aine	Mitchell	Clifden CS	Javelin
Aibidh	Ni Mhaille	SCC Cararoe	Shot Put
Ella	Rafferty	Tuam AC	Shot Put
Helen	Verachtart	North Leitrim AC	Discus

Jumps

Aoibhinn	Farrell	Mercy Woodford	TJ/HJ
Lena	Gacquin	Athlone CC	LJ
Caoimhe	Gannon	Aughagower AC	HJ
Leanagh	Gilligan	St Brigids Loughrea	LJ
Aoife	Kelly	Pres Athenry	TJ
Aine	Kelly	St Brigids Loughrea	TJ
Eilis	Keogh	Corrib AC	HJ
Louise	King	MSM Claremorris	HJ
Alisha	Larkin	St Raphaels Loughrea	LJ
Hazel	Lavin	SMP Swinford	HJ
Rebecca	Lynch	GCH	TJ
Isabelle	Moynihan	Tuam AC	HJ
Sophie	O'Brien	Colaiste Bhaile Chlair	HJ
Saoirse	Pierce	Craughwell AC	HJ
Aoife	Waldron	GCH	LJ
Eva	Whyte	Cal Oranmore	LJ

MD/LD/Steeple

Emma	Boyle	Pres Athenry	3000m
Bea	Drummond	Athlone CC	3000m
Arlene	Earls	St Brigids Loughrea	800m
Jessica	Gannon	Mercy Roscommon	1500m
Lisa	Gavin	Athlone CC	3000m
Roisin	Geaney	South Galway AC	800m
Katie	Gibbons	St Josephs Castlebar	1200mSC/1500/800m
Claire	Grady	St Louis CS Kiltimagh	Mile
Caoimhe	Kelleher	South Galway AC	800/1500m
Joanne	Loftus	J&M Gortnor Abbey	1500m
Rachel	Moran	J&M Gortnor Abbey	3000m
Ailbhe	Morgan	Sligo AC	CCU16
Ellie	O'Rourke	Carrick CS	CC U17
Meadbh	O'Shea	Castelbar AC	800m
Isabelle	Reddington	Tuam AC	800m
Lauren	Reynolds	Carrick CS	800m/mile
Lucy	Tuohy	Castlebar AC	CC U19

Walks

Eva	Delahunt	Ursuline Sligo
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Jane	Mitchell	St Marys Ballina
Ruth	Monahan	Mercy Sligo
Laura	Tunney	St Josephs Castlebar
Jayne	Walsh	Mercy Ballymahon

Combined Events

Niamh	O'Neill	St. Coleman's AC
Ellie	Cronin	Presentation College Athenry
Laura	Cunningham	Presentation College Athenry

CONNACHT REGIONAL ATHLETICS ACADEMY - BOYS

First Name	Last Name	Club/School	Event
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Sprint/Long Hurdles

Aaron	Bradshaw	North Leitrim AC	400mH/discus/TJ/00mSC
Hassan	Diarrassoubu	St Marys Galway	400mH
Eugene	Doherty	North Leitrim AC	400m H/hammer
Thabiso	Dube	St Marys Galway	400mH
Jack	Farrell	Pres Athenry	100mH
James	Furey	Craughwell AC	300mH
Diarmuid	Giblin	North Leitrim AC	300mH/TJ
Iarlaith	Golding	St Colmans South Mayo	110mH/400mH/HJ
Conor	Hoade	GCH	100/250mH/LJ
Dillon	Holland	Clifden CS	400mH
Darragh	Mitchell	North Leitrim AC	100/300mH/3km W/Hammer
Cian	O'Connell	Ballinrobe CS	100mH
Kallum	Tobin	St Marys Galway	400mH
Sam	Ukaga	Loughrea AC	110mH/LJ/TJ

Sprints

Niall	Breathnach	GCH	100m
Luke	Cassery	North Sligo AC	200/400m
Michael	Coen	Corran AC	100/200m
Lukle	Dahler	GCH	100/200m/LJ
Conor	Dempsey	Moy Valley AC	400m
Robert	Domhnaile	GCH	200/400m
Ben	Edeh	St Gerald's Castlebar	100/200m
Andrew	Egan	GCH	100/200m
Toyosi	Fagbo	Carrick AC	100/200m
Oisin	Foley	Unattached	200m
Shaun	Gilligan	GCH	100/200m
Calum	Healy	GCH	100/100/250mH
Eoghan	Jennings	GCH	400m/110mH/Discus/1500mSC
Richard	Kamsen	GCH	100m/TJ/lj
Aaron	Keane	Moate CS	100/200m
Oisin	Kearney	Carrick CS	400m
Colm	McBrien	Summerhill Sligo	400m
Ryan	McNeilis	Athenry AC	400m/400mH
Patrick	Nnadi	St Marys Galway	100m
Hamsley	Omokah	Merlin College	200m
Killian	Rawle	Longford AC	100m
Raphael	Salaja	Athlone CC	100m
Dylan	Traynor-Canavan	St Marys Galway	400m
Robert	Urquhart	GCH	200m
Adam	Walsh	South Sligo AC	200m

Throws

Daniel	Bosquette	Carrick AC	Javelin
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Emmanuel	Chidumara	Colaiste Einde	Shot Put
Stephen	Coughlan	Loughrea AC	Shot/Discus/Javelin
Sean	Cusack	Lake District AC	Javelin
Conor	Cusack	Lake District AC	Javelin
Liam	Diggins	Castlerea CS	Javelin
Colm	Downes	St Marys Galway	Hammer
Cormac	Fahey	North Leitrim AC	Shot/Discus/Hammer/Javelin
John	Fallon	North Leitrim AC	Hammer
Aaron	Healy	GCH	
James	Kebana	St Marys Galway	Hammer
Nathan	Kelly	Caltra AC	Shot/Hammer
Luke	Kinnucane	Galway CC	Javelin
Ricardis	Lingaitis	St Marys Galway	Hammer
Cooney	Lochlan	South Galway AC	Javelin
Niall	Moran	SM Strokestown	Shot Put
Sean	Murphy	J&M Gortnor Abbey	Hammer
Cyrus	Palmer Agbonta	St Marys Galway	Javelin
Rykelmy	Rodrigues	St Marys Galway	Javelin
Harry	Sheridan	Westport AC	Shot/Discus/Javelin
Adam	Sheridan	Westport AC	Shot/Discus
Ignas	Simanavcius	St Marys Galway	Shot Put
Lucas	Thornton	South Sligo AC	Javelin
Daniel	Ukaga	Loughrea AC	
Artemiy	Vershinin	St Marys Galway	Hammer

Jumps

Nelvin	Appiah	Longford AC
Luke	Burke	Pres Athenry
Oisin	Carolan	North Leitrim AC
Nathan	Cassidy	North Leitrim AC
James	Furey	Craughwell AC
Ryan	Gallagher	Craughwell AC
Thomas	Gannon	Aughagower AC
Jack	Hession	Tuam AC
Shaun	Hough	Corran AC
Dieter	Jaegar	Castlebar AC
Eoghan	Jennings	GCH
Oisin	Keane	GCH
Gerry	Keary	Craughwell AC
Jack	Keenehan	Carrick AC
David	King	Athlone CC
Albert	Madume	Loughrea AC
Adrian	Mamali	St Marys Galway
William	McDonnell	GCH
Asad	Munir	St Attractas Tubbercurry
Ryan	O'Connor	Tuam AC
Kamsi	Okpegbuo	Galway CC
Brendan	Pacey	Castlerea CS

Lukas	Schukat	Craughwell AC
Anton	Tairov	St Brigids Loughrea
Conor	Trehy	Pres Athenry

MD/LD

Luke	Burke	Craughwell AC	800m
Brendan	Collins	Moy Valley AC	1500m
Conor	Dempsey	Moy Valley AC	800/1500m
Ross	Doherty	Sligo AC	1500m/CC
Sean	Doherty	Westport AC	800m
Eugene	Doherty	North Leitrim AC	800m/1500m
James	Donlon	Summerhill Sligo	800m
Eoin	Farrell	Carrick CS	800m
Jack	Gallagher	Longford AC	1500m/CC
Rory	Gallagher	Swinford AC	1500m
Michael	Gilmartin	Summerhill Sligo	800m
Liam	Healy	Dunmore CS	800m
David	Hillary	HRC Mountbellew	800m
Micheal	Holmes	Moy Valley AV	U17CC/3000m
Ciaran	Kavanagh	Summerhill Sligo	U17CC
Eoin	Killeen	GCH	U19/CC/5000m
Philip	King	Moate CS	U19/CC
Joe	Meares	South Galway AC	3000m
Shane	Moran	Swinford AC	
Sean	Noonan	Craughwell AC	BU16CC
Fionn	O'Brien	Carrick AC	1500mSC/800m
Tadhg	Staunton	Swingford AC	3000mSC
Darragh	Williams	Sligo AC	1500mSC/1500m
Daniel	Winters	Moy Valley AC	

Walks

Aaron	Bennett	Balla Secondary School
Oisin	Lane	Mercy Ballymahon
Darragh	Mitchell	St Clares Manorhamilton
Jake	O'Brien	St Gerald's Castlebar
Ryan	Roberts	Sligo AC
Luke	Stephens	Roscommon AC

Combined Events

Luke	Evans	St Raphaels Loughrea
Ciaran	Harris	St Raphaels Loughrea