

Munster MD Performance Squad 2015/2016

Boys		Club	Girls		Club
Barry	Keane	Waterford	Aisling	Quinn	Ferrybank
Charlie	O Donovan	Leevale	Aisling	Kelly	St Johns Clare
Conor	Devane	Ennis Track	Aisling	Roche	Emerald
Conor	Ryan	Templemore	Alex	O Neill	St Cronans
Conor	O Driscoll	Leevale	Allanah	Deering	Nenagh Olympic
Damian	Madigan	North Cork	Aoife	Mahony	Lios Tuathail
Daragh	Browne	Lios Tuathail	Aoife	Deering	Nenagh
Darragh	McLhinney	Bantry	Aoife	Hamilton	West Waterford
Darren	Dunne	Nenagh	Aoife	Laste	Clonmel
David	Fox	Leevale	Caoimhe	Harrington	Bantry
David	Atkinson	Carrig Na Bhfear	Caoimhe	Harvey	St Johns Clare
Donal	Devane	Ennis Track	Carina	Crowley	Bandon
Eoin	Looney	Kilmurry	Ciara	Cummins	Nenagh
Evan	Byrne	Togher	Emer	Hanrahan	Ennis Track
Feargal	Curtin	Youghal	Emma	Fagan	Newport
Francis	Cronin	Gneeveguilla	Fiona	Doyle	Star of the Laune
Fred	Crowley	Thurles Crokes	Jennifer	Cotter	West Muskerry
Garry	O Sullivan	West Muskerry	Karen	Twomey	Leevale
Jamie	Roche	Ennis Track	Laura	Nicholson	Bandon
Kevin	Mulcaire	Ennis Track	Louise	Shanahan	Leevale
Liam	Hennessy	Togher	Maeve	Ahern	Leevale
Liam	Cotter	Bantry	Orla	Moynihan	Clonmel
Luke	Horgan	Leevale	Orla	Queally	Ferrybank
Matthew	Murnane	Leevale	Rhona	Pierce	Skerries/Leevale
Michael	Power	West Waterford	Stephanie	Cotter	West Muskerry
Patrick	Chesser	Ennis Track	Ursula	Bluett	North Cork
Ruairi	Casey	Togher			
Sean	Curran	West Waterford			
Sean	Collins	Ennis Track			

Leinster MD Performance Squad 2015/2016

Boys		Club	Girls	
Aaron	Mangan	Edenderry	Abigail	Taylor
Aaron	Donnelly	St Senans	Ailbhe	Flynn
Adam	Fitzpatrick	KCH	Aisling	King
Adam	O'Brien	Clonliffe	Alanna	Bate
Alan	Monaghan	Bohermeen	Alison	Armstrong
Alex	Hunter	Ratoath	Amy	O'Brien
Andrew	Coscoran	Star of the Sea	Amy Rose	Farrell
Bobby	Crowley	SLOT	Annie	O'Connor
Brian	Flanagan	Clonliffe	Aoibhe	Richardson
Cathal	Doyle	Clonliffe	Aoife	Colleran
Chinnie	Izichukwu	Tullamore	Avril	Deegan
Cian	Kelly	St Abbans	Carla	Sweeney
Cillian	Kirwan	Raheny	Claire	Fagan
Conal	Hayes	Le Cheile	Claire	Rafter
Cormac	Dalton	Mullingar	Cliona	Murphy
Craig	Giles	Portmarnock CS	Cliona	Carthy
Cristian	McKenna	DSD	Deirdre	Healy
Enda	Cloake	Menapians	Eimear	Fitzpatrick
Fergus	McCormack	Raheny	Ella	Fennelly
Gary	Campbell	Dunleer	Ellen	Crean
Harry	Purcell	Trim	Emma	O'Brien
Jack	O'Leary	Mullingar	Hannah	Blake
Jack	Moran	Mullingar	Hope	Saunders
Jack	Tyas	Mullingar	Isabel	Carron
Jack	McCullough	Dunleer	Jodie	McCann
James	McGuire	DSD	Kate	Nurse
Jamie	Battle	Mullingar	Katherine	O'Connor
Jamie	Wall	SLOT	Laura	Ward
Joeseeph	Lyons	Tallaght	Laura	Whitelaw
John	Fitzimmons	Kildare	Lauren	Dermody
Kevin	McGrath	Bohermeen	Louise	Stack
Liam	Fitzpatrick	DSD	Molly	Brown
Luke	McCann	DSD	Nadia	Power
Mark	Milner	Tullamore	Niamh	Carey
Matthew	Molloy	Killina SS	Niamh	Corry
Mustafa	Nasir	Tallaght	Rachel	Brown
Niall	Harvey	SLOT	Rose	Finnegan
Oisin	O'Gibne	Boyne	Roseanne	McCullough
Paddy	Maher	Dunshaughlin	Ruth	O'Hara
Paddy	Shaw	Mullingar	Sarah	Fitzpatrick
Patrick	McGabhann	DSD	Sarah	Clarke
Peter	Lynch	KCH	Sarah	Healy
Philip	Marron	Ratoath	Siobhan	Delaney
Pierre	Murchan	Celtic DCH	Siobhra	O'Flaherty
Richard	Keogh	Rathfarnham WSAF	Sophie	Murphy
Rory	Lodge	KCH	Susan	Glennon
Sadiq	Nasir	Tallaght		
Shane	Hughes	Mullingar		
Tom	O'Keeffe	St Kierans Kilkenny		

Club
DSD
Inbhear Dee
DSD
Mullingar
Celtic DCH
Inbhear Dee
Blackrock
KCH
KCH
DSD
Abbeyleix Ballyroan
Rathfarnham
Mullingar
Tullamore
Celtic DCH
Celtic DCH
Ratoath
DSD
DSD
Le Cheile AC
Inbhear Dee
Inbhear Dee
Clonliffe
Skerries
DSD
Sun Croft
St Gerards
SLOT
Mullingar
Castlecomer
Portlaoise
MSB
Templeogue
DSD
Raheny Shamrock
Greystones & District
Bohermeen
DSD
Naas
DSD
Na Fianna
Blackrock
Naas
SLOT
DSD
Mullingar

Connaught MD Performance Squad 2015/2016

Boys		Club	Girls		Club
Aaron	Brennan	Galway City Harriers	Aibhe	Morgan	Ursuline Sligo
Aaron	Doherty	Westport	Aisling	Joyce	Claremorris
Adam	Philips	Swinford	Alanna	Lally	Galway City Harriers
Cathal	Curry	Claremorris	Anna	Yeats	St Joesephs Foxford
Cian	Mcalister	Westport	Aoife	O Brien	Westport
Cian	McBride	North Sligo	Aoife	Morris	St Marys Ballysadare
Cillian	Heaney	Westport	Caelinn	McGonagle	Sligo
Conor	Reid	Swinford	Caron	Ryan	Craughwell
Damien	O Boyle	Craughwell	Dearbhaile	Walshe	Craughwell
Darragh	Kelly	North Sligo	Eadaoin	Langan	Galway City Harriers
Eoghan	McLaughlin	Westport	Grace	Cahill	Pres Athenry
Ethan	Llyod	Westport	Grainne	McDaid	Craughwell
Finley	Daly	Abbey CC Boyle	Katie	Gibbons	Castlebar
Jack	Cawley	Sligo	Laoise	Geraghty	Galway City Harriers
Jamie	Fallon	Craughwell	Maebh	Brannigan	Galway City Harriers
Joe	Tanian	Galway City Harriers	Maeve	Gallagher	Swinford
Keelan	Kilrehill	Ballina	Maeve	Dervin	Rossccommon
Luke	Dawson	Westport	Niamh	O Reilly	Moate CS
Odhran	Doherty	Glenamaddy CS	Saoirse	O Brien	Westport
Sean	O Hanlon	Westport	Sarah	Gilhooley	Athenry
Shane	Bracken	Swinford	Sarah	McDonell	Galway City Harriers
Tadgh	McGinty	Swinford	Shannen	Lee	Athenry
Thomas	Devaney	St Gerald's Castlebar	Sorcha	Mcalister	Westport
William	Hynes	Swinford			
William	Crowe	North Sligo			

Ulster/NI MD Performance Squad 2015/2016

Boys		Club	Girls	
Aaron	McGlynn	Finn Valley	Emily	McGill
Alan	McGinley	R&P Raphoe	Clodagh	O Reilly
Alex	Boyd	Regent House, Newtownards	Emma	Hutchinson
Callum	Dalzell	Belfast RA	Rebecca	Nixon
Callum	Crawford	Lagan Valley	Rebecca	Duffy
Calum	Morris	City of Lisburn	Olivia	Nelson
Cathaoir	Donnelly	Omagh Christian Brothers	Kate	Gourley
Christy	Conlon	Beechmount Harriers	Aine	McKinney
Conal	McCambridge	North Belfast Harriers	Laura	Gardiner
Conor	Maguire	Beech Hill Monaghan	Aoife	McGrath
Cormac	O Rourke	St Malachys	Amy	Hamill
Craig	McMeechan	North Down	Jessica	Scott
Donal	Farren	Letterkenny	Emer	McGee
Eoin	McCann	St Malachys	Emma	Laverty
Eoin	Byrne	St Colmans Newry	Jane	Matthews
Fintan	Stewart	City of Derry Spartans	Karen	Gallagher
Jake	Harbison	City of Lisburn	Madison	Bowyer
James	Edgar	Friends School Lisburn	Grace	Carson
James	Smyth	St Malachys	Niamh	Malone
Jonny	Whan	City of Lisburn	Enya	Haigney
Lee	McCallion	Magh Ene College Bundoran	Niamh	Heany
Matthew	Murnaghan	Drumragh Intergrated	Edel	Monaghan
Michael	Melarkey	City of Derry Spartans	Eilish	Flanagan
Oisin	Gallen	Finn Valley	Roisin	Flanagan
Oisin	O Callaghan	Newry	Toni	Moore
Paddy	Robb	St Malachys	Aideen	Casey
Pat	Loughery	Inishowen	Jane	Duffy
Patrick	McNiff	Banbridge	Abigail	McBroom
Paul	Peppard	Monaghan Phoenix	Niamh	Carr
Peter	Gibbons	Letterkenny	Aoife	Mcsheffrey
Peter	Murray	St Colmans Newry	Kate	Mulholland
Roland	Surlis	Annalee		
Ruarcan	O Gibne	Colaitse Lu Dundalk		
Ryan	Sharkey	Lagan Valley		
Sean	Corry	Omagh Harriers		
Sean	Cosgrave	Shercock		

Club
Abbey VS Donegal
Annalee
Ballymena & Antrim
Banbridge Academy
Beechmount Harriers
City of Lisburn
City of Lisburn
Dominican Portstewart
East Down
Finn Valey
Glaslough Harriers
Lagan College Belfast
Lagan Valley
Lagan Valley
Lagan Valley
Lifford AC
Methodist College
Mid Ulster
Monaghan Phoenix
Omagh Harriers
Omagh Harriers
Omagh Harriers
Omagh Harriers
Omagh Harriers
Omagh Harriers
Omagh Harriers
Shercock
Springwell Running Club
Springwell Running Club
Springwell Running Club
St Michaels Lurgan

