

# South Munster Schools T&F Championship Best Performances (as of 2023)

(Times to one decimal place are hand times)

Senior Boys					Senior Girls						
100m	Conor Morey	PBC Cork	10.78	1.6	2019	100m	Phil Healy	Col. Na Toirbhirte Bandon	11.93	2013	
	Joe Gibson	Bandon Grammar School	10.4		2016		Derval O'Rourke	Christ King	11.9	2000	
200m	Conor Morey	PBC Cork	22.24	0.9	2018	200m	Lauren McCourt	Bandon Grammar	24.28	1.1	2021
	Paul O'Regan	Colaiste Christ Ri	21.5		1985	400m	Grainne Moynihan	St Mary's Macroom	57.30		2012
400m	Scott Gibson	Bandon Grammar School	49.45		2015	800m	Maeve O'Neill	MICC Dunmanway	2.07.47		2021
800m	Dean O'Croinin	Colaiste an Phiarsaigh	1.54.26		2012	1500m	Mairead Looney	St Als Cork	4.37.9		1987
1500m	Frank Conway	Intermediate Schl Kilorglin	3.55.1		1985	3000m	Sonia O'Sullivan	Cobh VS	9.39.8		1987
3000m	Paul Reilly	North Mon CBS Cork	8.33.0		1998	1500m St/Ch	Alannah Neff	Carrigaline CS	5.12.64		2018
5000m	John Murray	North Monastery	14.52.0		1991	100m Hurdles	Okwu Backari	Ashton	15.18		2023
2000m St/Ch	Frank Conway	Intermediate Sch Kilorglin	5.53.7		1985		Derval O'Rourke	Christ King	14.3		1999
110m Hurdles	Excel-Ezeonu, James	Midleton College	14.21	0.1	2021	400m Hurdles	Grainne Moynihan	St Mary's Macroom	62.19		2012
400m Hurdles	Patrick Maher	Davis College Mallow	56.10		2009	3000m Walk	Gillian O'Sullivan	Presentation Killarney	15.29.0		1994
	Aidan O'Regan	Colaiste Christ Ri	55.2		1987	High Jump	Ciara Kenneally	St Brigids Killarney	1.71		2019
3000m Walk	Robert Heffernan	North Monastery CBS Cork	12.39.0		1997	Long Jump	Terri Horgan	St Marys Mallow	5.80		1986
High Jump	David Cussen	Col an Spioraid Naoimh	2.10		2014	Pole Vault	Una Brice	Mount Mercy Cork	3.50		2022
Long Jump	Michael Hallahan	Colaiste Christ Ri	6.94		1993	Triple Jump	Jessica Sheehan	Kinsale C. S.	11.44		2013
Triple Jump	Colm Cronin	North Monastery	14.74		1974	Shot Putt	Fiona Maloney	St Marys Charleville	12.43		2010
Pole Vault	Conor Callinan	Colaiste Chroi Naofa	4.45		2022	Discus	Kayleigh Cronin	St Brigid's Killarney	38.92		2014
Shot Putt	Jonathan McSweeney	Douglas CS	14.30		1993	Javelin	Katie Moynihan	Gaelcholaiste Mhuire AG	39.96		2019
Discus	Pawel Hazler	Bishopstown CS	47.79		2007	Hammer	Nicola Tuthill	Col. Na Toirbhirte Bandon	59.73		2021
Javelin	Kevin Michael	Deerpark CBS	53.38		2017	Relay (4X100m)		Bruce College	53.16		2022
Hammer	Adam King	Colaiste na Sceilge	64.50		2015			St Aloysius Carrigtwohill	50.9		2001
Relay (4X100m)		Davis College Mallow	45.44		2014	Relay (4X300m)		Bandon Grammar	3.07.76		2018
		Bandon Grammar School	43.0		2016						
Relay (4X400m)		St Brendans Killarney	3.35.63		2022						
Intermediate Boys					Intermediate Girls						
100m	Ryan O'Leary	Col Christ Ri	11.20	1.2	2018	100m	Gráinne Moynihan	St Mary's Macroom	12.12		2011
	Darren Coughlan	Hamilton HS Bandon	10.7		1999		Aishat Onilogo	St Marys Midleton	12.0		2016
200m	Colin Doyle	PBC Cork	22.53		2017		Orla McSweeney	St Aloysius Carrigtwohill	12.0		2002
	Darren O'Donovan	Colaiste an Spioraid Naoimh	22.0		2000		Lynda Symonds	Regina Mundi	12.0		1991
400m	Scott Gibson	Bandon Grammar School	49.80		2014		Catherine Burke	Presentation Bamdon	12.0		1981
800m	Senan O'Reilly	St Colmans Fermoy	1.58.77		2023	200m	Laura Murphy	St Angela's Cork	25.55		2014
1500m	Graham O'Dwyer	Patrician Academy Mallow	4.01.5		1995		Lynda Symonds	Regina Mundi	24.8		1991
3000m	Declan O'Callaghan	North Mon	9.02.9		1988	300m	Gráinne Moynihan	St Mary's Macroom	39.77		2011
1500m St/Ch	Tadhg O'Brien	Midleton CBS	4.33.0		1982		Nicole O'Regan	Christ King, Cork	38.6		2002
100m Hurdles	Sean Carmody	CBC Cork	14.03		2021	800m	Martina Hickey	Millstreet CS	2.15.2		1997
	Carlton Haddock	Colaiste Christ Ri	13.4		1989	1500m	Anita Philpott	Scoil Mhuie Kanturk	4.37.1		1986
400m Hurdles	Brandon Arrey	Davis College Mallow	56.58		2013	3000m	Sonia O'Sullivan	Cobh VS	10.08.0		1988
2000m Walk	Kieran Wolfe	Col Christ Ri	9.23.0		1992	1500m St/Ch	Caoimhe Flannery	Shibbereen CS	5.17.1		2023
High Jump	Ben Donovan	Midleton Colledge	1.95		2017	80m Hurdles	Emily Wall	Col Choilm	12.02		2019
Long Jump	Sam Healy	Carrigaline C.S.	6.54		2013		Aileen Hurley	Loreto, Fermoy	11.3		2011
Triple Jump	Wymin Sivakumar	Col an Spioraid Naomh	13.87		2018	300m Hurdles	Emily Wall	Col Choilm	47.02		2019
Pole Vault	Conor Callinan	Colaiste Chroi Naofa	4.20		2020		Christina Broderick	Kinsale CS	45.2		2004
Shot Putt	John Harte	St Colmans Fermoy	14.40		1975	2000m Walk	Gillian O'Sullivan	Presentation Killarney	10.19.2		1993
Discus	John Harte	St Colmans Fermoy	42.92		1975	High Jump	Ciara Kennelly	St Brigids, Killarney	1.68		2018
Javelin	Philip Burns	Bandon Grammar School	47.59		2006	Long Jump	Claire Ingerton	Christ King, Cork	5.71		1991
Hammer	Adam King	Col na Sceilge	63.37		2013	Triple Jump	Aisling Cassidy	Bandon Grammar School	10.88		2017
Relay		Bandon Grammar School	45.22		2014	Pole Vault	Orla Coffey	St Angelas Cork	3.45		2019
						Shot Putt	Ciara Sheehy	St Marys Charleville	14.80		2019
1 mile	Paul Hartnett	Col an Chraoibhin	4.37.29		2018	Discus	Kayleigh Cronin	St Brigids, Killarney	41.70		2012
(Under 16)						Javelin	Katie Moynihan	Davis College Mallow	43.54		2017
						Hammer	Mairead O'Neill	Colaiste Treasa Kanturk	44.43		2010
						Relay		Bandon Grammar School	52.18		2019
								Mount Mercy	51.3		1998
						1 mile	Niamh Cotter	Colaiste Pobail Bantry	5.31.4		2012
						(Under 16)					
Junior Boys					Junior Girls						
100m	Gabriel Ebo	Midleton CBS	11.84		2023	100m	Ella Scott	Christ King Cork	12.49	1.7	2019
	Marc Jones	Col Muire Cobh	11.2		2016		Lauren O'Leary	Nagle Rice Doneraile	12.1		2016
	Colin O'Dwyer	SMGS Blarney	11.2		2020	200m	Grainne Moynihan	St Marys Macroom	25.70		2009
200m	Conor Morey	PBC Cork	24.51		2015		Sharon Kelly	Mount Mercy Cork	25.3		1998
	Diarmaid McCarthy	CBC Cork	23.3		1995		Fiona Doyle	Intermediate Sch Killorglin	25.3		2015
	Alan McCarthy	Midleton CBS	23.3		1986	800m	Paula Sheehan	SMGS Blarney	2.16.6		1996
800m	Graham O'Dwyer	Patrician Academy Mallow	2.04.0		1993	1500m	Paula Sheehan	SMGS Blarney	4.43.4		1996
1500m	Shane O'Shaugnessy	Mayfield CS	4.21.7		1996	75m Hurdles	Ella Scott	Christ King Cork	11.36		2019
80m Hurdles	Conor Callinan	Col an Chroi Naofa	11.70	-1.6	2019	1200m Walk	Gillian O'Sullivan	Presentation Killarney	6.14.0		1991
	Carlton Haddock	Colaiste Christ Ri	11.0		1988	High Jump	Ciara Kennelly	St Brigits Killarney	1.65		2016
1200m Walk	Kieran Wolfe	Colaiste Christ Ri	5.58.9		1989	Long Jump	Claire Ingerton	St Patricks Cork	5.50		1989
High Jump	Reece Ademola	Douglas CS	1.80		2017	Triple Jump	Paula McCarthy	Bantry CC	9.75		2003
Long Jump	Eoin Verling	Hamilton HS	6.22		1989	Pole Vault	Olive Burger	Mount Mercy Cork	2.75		2017
Triple Jump	Gerard McLoughlin	Cobh VS	12.55		1974	Shot Putt	Ciara Sheehy	St Marys Charleville	14.61		2023
Pole Vault	Conor Callinan	Col an Chroi Naofa	3.75		2019	Discus	Kayleigh Cronin	St Brigids Killarney	37.85		2011
Shot Putt	James French	Bandon Grammar School	15.19		2013	Javelin	Katie Moynihan	Davis College Mallow	37.87		2016
Discus	Tom Crotty	CBC Cork	43.28		1975	Hammer	Nicola Tuthill	Colaiste na Toibhirte Bandon	44.35		2018
Javelin	M. O'Donnchu	North Monastery	42.87		1975	Relay		Christ King	54.24		2018
Hammer	Andrew Kenneally	Coachford College	45.70		2003			St Marys Mallow	52.7		1995
Relay		Midleton CBS	48.23		2023						
Minor Boys					Minor Girls						
100m	Eili Kadi	Carrigaine CS	12.27		2011	100m	Alison Scully	Mount Mercy Cork	12.70		2023
	Kenneth Horgan	Midleton CBS	11.6		1982		Lauren O'Leary	Nagle Rice Doneraile	12.0		2015
800m	Denis Murphy	Mayfield CS	2.07.2		1993	800m	Freya Bateman	Mount Mercy Cork	2.14.72		2023
75m Hurdles	Conor Callinan	Col an Chroi Naofa	12.00	0.5	2018	75m Hurdles	Giselle Ahern	Carrigaline CS	11.84		2023
Long Jump	Tito Duarte	DLS Macroom	5.85		1989	Long Jump	Aine Frawley	St Marys Charleville	5.21		2023
Shot Putt	Mark Collins	Bandon Grammar School	14.31		2017	Shot Putt	Sinead Warren	Pobail Scil Sliabh Luachra	10.95		2013
Relay		Bandon Grammar School	51.35		2022	Relay		Mount Mercy Cork	52.28		2023
		Colaiste Christ Ri	50.9		2017						