

South Munster Schools T&F Championship Best Performances (as of 2024)

(Times to one decimal place are hand times)

Senior Boys

100m	Conor Morey	PBC Cork	10.78	1.6	2019
	Joe Gibson	Bandon Grammar School	10.4		2016
200m	Conor Morey	PBC Cork	22.24	0.9	2018
	Paul O'Regan	Colaiste Christ Ri	21.5		1985
400m	Scott Gibson	Bandon Grammar School	49.45		2015
800m	Dean O'Croinin	Colaiste an Phiarsaigh	1.54.26		2012
1500m	Frank Conway	Intermediate Schl Kilorglin	3.55.1		1985
3000m	Paul Reilly	North Mon CBS Cork	8.33.0		1998
5000m	John Murray	North Monastery	14.52.0		1991
2000m St/Ch	Frank Conway	Intermediate Sch Kilorglin	5.53.7		1985
110m Hurdles	Excel-Ezeonu, James	Midleton College	14.21	0.1	2021
400m Hurdles	Patrick Maher	Davis College Mallow	56.10		2009
	Aidan O'Regan	Colaiste Christ Ri	55.2		1987
3000m Walk	Robert Heffernan	North Monastery CBS Cork	12.39.0		1997
High Jump	David Cussen	Col an Spioraid Naoimh	2.10		2014
Long Jump	Michael Hallahan	Colaiste Christ Ri	6.94		1993
Triple Jump	Colm Cronin	North Monastery	14.74		1974
Pole Vault	Conor Callinan	Colaiste Chroi Naofa	4.45		2022
Shot Putt	Jonathan McSweeney	Douglas CS	14.30		1993
Discus	Pawel Hazler	Bishopstown CS	47.79		2007
Javelin	Kevin Michael	Deerpark CBS	53.38		2017
Hammer	Adam King	Colaiste na Sceilge	64.50		2015
Relay (4X100m)		Davis College Mallow	45.44		2014
		Bandon Grammar School	43.0		2016
Relay (4X400m)		St Brendans Killarney	3.35.63		2022

Intermediate Boys

100m	Ryan O'Leary	Col Christ Ri	11.20	1.2	2018
	Darren Coughlan	Hamilton HS Bandon	10.7		1999
200m	Colin Doyle	PBC Cork	22.53		2017
	Darren O'Donovan	Colaiste an Spioraid Naoimh	22.0		2000
400m	Scott Gibson	Bandon Grammar School	49.80		2014
800m	Senan O'Reilly	St Colmans Fermoy	1.58.77		2023
1500m	Graham O'Dwyer	Patrician Academy Mallow	4.01.5		1995
3000m	Declan O'Callaghan	North Mon	9.02.9		1988
1500m St/Ch	Tadgh O'Brien	Midleton CBS	4.33.0		1982
100m Hurdles	Wojciech Fraczek	Midleton CBS	13.77	3.1	2024
	Carlton Haddock	Colaiste Christ Ri	13.4		1989
400m Hurdles	Brandon Arrey	Davis College Mallow	56.58		2013
2000m Walk	Kieran Wolfe	Col Christ Ri	9.23.0		1992
High Jump	Ben Donovan	Midleton College	1.95		2017
Long Jump	Ryan Onoh	Ashton	6.75		2024
Triple Jump	Wymyn Sivakumar	Col an Spioraid Naomh	13.87		2018
Pole Vault	Conor Callinan	Colaiste Chroi Naofa	4.20		2020
Shot Putt	John Harte	St Colmans Fermoy	14.40		1975
Discus	John Harte	St Colmans Fermoy	42.92		1975
Javelin	Philip Burns	Bandon Grammar School	47.59		2006
Hammer	Adam King	Col na Sceilge	63.37		2013
Relay		Bandon Grammar School	45.22		2014
1 mile (Under 16)	Paul Hartnett	Col an Chraoibhin	4.37.29		2018

Junior Boys

100m	Gabriel Ebo	Midleton CBS	11.84		2023
	Marc Jones	Col Muire Cobh	11.2		2016
	Colin O'Dwyer	SMGS Blarney	11.2		2020
200m	Conor Morey	PBC Cork	24.51		2015
	Diarmaid McCarthy	CBC Cork	23.3		1995
	Alan McCarthy	Midleton CBS	23.3		1986
800m	Graham O'Dwyer	Patrician Academy Mallow	2.04.0		1993
1500m	Matthew Mahony	Midleton CBS	4.20.06		2024
80m Hurdles	Conor Callinan	Col an Chroi Naofa	11.70	-1.6	2019
	Carlton Haddock	Colaiste Christ Ri	11.0		1988
1200m Walk	Kieran Wolfe	Colaiste Christ Ri	5.58.9		1989
High Jump	Reece Ademola	Douglas CS	1.80		2017
Long Jump	Eoin Verling	Hamilton HS	6.22		1989
Triple Jump	Gerard McLoughlin	Cobh VS	12.55		1974
Pole Vault	Conor Callinan	Col an Chroi Naofa	3.75		2019
Shot Putt	James French	Bandon Grammar School	15.19		2013
Discus	Tom Crotty	CBC Cork	43.28		1975
Javelin	M. O'Donnchu	North Monastery	42.87		1975
Hammer	Andrew Kenneally	Coachford College	45.70		2003
Relay		Midleton CBS	48.23		2023

Minor Boys

100m	Ryan Vickers	St Brendans Killarney	12.15	2.0	2024
	Kenneth Horgan	Midleton CBS	11.6		1982
800m	Denis Murphy	Mayfield CS	2.07.2		1993
75m Hurdles	Rahman Amusa	Bishopstown	11.59		2024
High Jump	Oisin Saunders	Davis College	1.20		2024
Long Jump	Tito Duarte	DLS Macroom	5.85		1989
Shot Putt	Mark Collins	Bandon Grammar School	14.31		2017
Relay		Bandon Grammar School	51.35		2022
		Colaiste Christ Ri	50.9		2017

Senior Girls

100m	Phil Healy	Col. Na Toirbhirte Bandon	11.93		2013
	Derval O'Rourke	Christ King	11.9		2000
200m	Lauren McCourt	Bandon Grammar	24.28	1.1	2021
400m	Grainne Moynihan	St Mary's Macroom	57.30		2012
800m	Maeve O'Neill	MICC Dunmanway	2.07.47		2021
1500m	Mairead Looney	St Als Cork	4.37.9		1987
3000m	Sonia O'Sullivan	Cobh VS	9.39.8		1987
1500m St/Ch	Alannah Neff	Carrigaline CS	5.12.64		2018
100m Hurdles	Okwu Backari	Ashton	14.48		2024
	Derval O'Rourke	Christ King	14.3		1999
400m Hurdles	Grainne Moynihan	St Mary's Macroom	62.19		2012
3000m Walk	Gillian O'Sullivan	Presentation Killarney	15.29.0		1994
High Jump	Ciara Kenneally	St Brigids Killarney	1.71		2019
Long Jump	Terri Horgan	St Marys Mallow	5.80		1986
Pole Vault	Una Brice	Mount Mercy Cork	3.50		2022
Triple Jump	Jessica Sheehan	Kinsale C. S.	11.44		2013
Shot Putt	Fiona Maloney	St Marys Charleville	12.43		2010
Discus	Kayleigh Cronin	St Brigid's Killarney	38.92		2014
Javelin	Katie Moynihan	Gaelcholaiste Mhuire AG	39.96		2019
Hammer	Nicola Tuthill	Col. Na Toirbhirte Bandon	59.73		2021
Relay (4X100m)		Bruce College	53.16		2022
		St Aloysius Carrigtwohill	50.9		2001
Relay (4X300m)		Bandon Grammar	3.07.76		2018

Intermediate Girls

100m	Gráinne Moynihan	St Mary's Macroom	12.12		2011
	Aishat Onilogo	St Marys Midleton	12.0		2016
	Orla McSweeney	St Aloysius Carrigtwohill	12.0		2002
	Lynda Symonds	Regina Mundi	12.0		1991
	Catherine Burke	Presentation Bamdon	12.0		1981
200m	Elena O'Sullivan	Regina Mundi Cork	25.37		2024
	Lynda Symonds	Regina Mundi	24.8		1991
300m	Gráinne Moynihan	St Mary's Macroom	39.77		2011
	Nicole O'Regan	Christ King, Cork	38.6		2002
800m	Martina Hickey	Millstreet CS	2.15.2		1997
1500m	Anita Philpott	Scoil Mhuie Kanturk	4.37.1		1986
3000m	Sonia O'Sullivan	Cobh VS	10.08.0		1988
1500m St/Ch	Caoimhe Flannery	Shibbreen CS	5.17.1		2023
80m Hurdles	Emily Wall	Col Choilm	12.02		2019
	Aileen Hurley	Loreto, Fermoy	11.3		2011
300m Hurdles	Emily Wall	Col Choilm	47.02		2019
	Christina Broderick	Kinsale CS	45.2		2004
2000m Walk	Gillian O'Sullivan	Presentation Killarney	10.19.2		1993
High Jump	Ciara Kennelly	St Brigids, Killarney	1.68		2018
Long Jump	Tiffany Nwaedozie	Christ King Cork	5.77		2024
Triple Jump	Aisling Cassidy	Bandon Grammar School	10.88		2017
Pole Vault	Orla Coffey	St Angelas Cork	3.45		2019
Shot Putt	Ciara Sheehy	St Marys Charleville	14.80		2019
Discus	Kayleigh Cronin	St Brigids, Killarney	41.70		2012
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 (Under 16)	Rachel O'Flynn	Loreto Fermoy	05:29.20		2024

Junior Girls

100m	Alison Scully	Mount Mercy Cork	12.35	0.0	2024
	Lauren O'Leary	Nagle Rice Doneraile	12.1		2016
200m	Alison Scully	Mount Mercy Cork	25.60		2024
	Sharon Kelly	Mount Mercy Cork	25.3		1998
	Fiona Doyle	Intermediate Sch Killorglin	25.3		2015
800m	Paula Sheehan	SMGS Blarney	2.16.6		1996
	Freya Bateman	Mount Mercy Cork	2.16.60		2024
1500m	Paula Sheehan	SMGS Blarney	4.43.4		1996
75m Hurdles	Ella Scott	Christ King Cork	11.36		2019
1200m Walk	Gillian O'Sullivan	Presentation Killarney	6.14.0		1991
High Jump	Ciara Kennelly	St Brigits Killarney	1.65		2016
Long Jump	Claire Ingerton	St Patricks Cork	5.50		1989
Triple Jump	Paula McCarthy	Bantry CC	9.75		2003
Pole Vault	Oliver Burger	Mount Mercy Cork	2.75		2017
Shot Putt	Ciara Sheehy	St Marys Charleville	14.61		2023
Discus	Kayleigh Cronin	St Brigids Killarney	37.85		2011
Javelin	Katie Moynihan	Davis College Mallow	37.87		2016
Hammer	Nicola Tuthill	Colaiste na Toibhirte Bandon	44.35		2018
Relay		Christ King	54.24		2018
		St Marys Mallow	52.7		1995

Minor Girls

100m	Alison Scully	Mount Mercy Cork	12.70		2023
	Lauren O'Leary	Nagle Rice Doneraile	12.0		2015
800m	Freya Bateman	Mount Mercy Cork	2.14.72		2023
75m Hurdles	Giselle Ahern	Carrigaline CS	11.84		2023
High Jump	Nell O'Connell	St Angelas Cork	1.40		2024
Long Jump	Aine Frawley	St Marys Charleville	5.21		2023
Shot Putt	Faye Osborn	Colaiste Muire Crosshaven	11.03		2024
Relay		Mount Mercy Cork	52.28		2023