



Cassery returns from States to capture U-19 double at Dangan

THE West Region Track & Field Championships were held in the Regional Sports Centre, Dangan at the weekend.

Kathryn Cassery of Castlegar A.C., home after graduating from Providence College in Rhode Island, had a fine winning double in the senior womens 1500m and 3000m events.

In the juvenile events Claire Rockall of Athenry A.C. took gold medals in 60m hurdles, 600m and long jump and also ran the anchor leg of her club winning 4x100m relay team.

Gemma Hynes, Galway City Harriers, won the under-15 girls 100m, 200m and long jump gold medals as well as leading the relay team home in first place.

Michelle Sands (Athenry A.C.) had a winning double in the girls under-15 800m and 1500m events with Fiona Hahnefeld (Portumna) taking the under-15 80m and 250m hurdle events.

Claire McNamara (Athenry A.C.) captured the girls under-16 80m and 250m hurdles and also took the silver in the high jump. Patricia McCarthy (Athenry) took the under-17 high jump with a very good jump of 1.58m and also won the javelin title as well as silver in the shot and 300m.

Elaine Harrington (GCH) had a fine winning double in the girls under-17 100m and 200m as well as leading home the winning GCH relay team.

David Kelly (Tuam) took the boys under-19 400m and 800m events while clubmate David Fleming captured the shot, javelin, discus and hammer for a remarkable four gold medals.

John Fleming (Tuam) took the boys under-17 shot, javelin and discus to round off a very satisfactory day for Tuam in the throwing events.

—Results—

Girls under-9. Ball Throw: 1, A McDermott, Calry; 2, Emma

Bewster, Athenry; 3, Linda Porter, Craughwell. 4x50m Relay: 1, Westport; 2, South Sligo; 3, Craughwell.

Girls under-10. Ball Throw: 1, Sally Maughan, Castlebar; 2, Laura McLoone, Loughree; 3, Sarah Helebert, Craughwell. Long Jump: 1, Linda Sammon, Westport; 2, Emma Carter, GCH; 3, Christine Carr, GCH. 60m: 1, Sandra Deery, Castlereas; 2, Sally Maughan, Castlebar; 3, Sarah Helebert, Craughwell. 4x50m Relay: 1, Castlebar; 2, GCH; 3, Athenry.

Girls under-11. Ball Throw: 1, Caitriona Foley, Athenry; 2, A. O'Donnell, Westport; 3, Rachel Shaw, Athenry. 4x50m Relay: 1, Craughwell; 2, Westport; 3, Roscommon.

Girls under-12. 60m: 1, N. O'Dowd, Carrick-on-Shannon; 2, Ann Murphy, Athenry; 3, S. Melvin, Ballina. 600m: 1, C. Gill, Ballina; 2, S. Farrell, Loughrea; 3, Julie Larkin, Portumna. Long Jump: 1, Carol McCarthy, Athenry; 2, J. Murlagh, Westport; 3, Emma Ougley, Portumna. High Jump: 1, Carol McCarthy, Athenry; joint 2, Laura Madden, GCH, Alice J. Healy, Craughwell and H. Keane, Roscommon. Ball Throw: 1, Emer Flatley, GCH; 2, J. Hughes, Westport; 3, Natalie Jordan, Athenry. 4x100m Relay: 1, Craughwell; 2, Portumna; 3, Athenry.

Girls under-13. 80m: 1, K. Sullivan, Castlebar; 2, E. Doyle, Westport; 3, Nicola O'Connell, Athenry. 600m: 1, Claire Rockall, Athenry; 2, Aoife Kilgallon, Calry; 3, Danielle Folan, Athenry. 60m Hurdles: 1, Claire Rockall, Athenry; 2, K. Sullivan, Castlebar; 3, C. McWeeny, Carrick-on-Shannon. Long Jump: 1, Claire Rockall, Athenry; 2, Sinead Cummins, GCH; 3, H. Callaghan, Border Ramblers. Shot Putt: 1, G. O'Boyle, Calry; 2, Jacqueline Caulfield, Athenry; 3, J. Williams, North Sligo. Ball Throw: 1, T. Gavin, Castlebar; 2, K. Sullivan, Castlebar; 3, Sinead Cummins, GCH. 4x100m Relay: 1, Athenry; 2, GCH; 3, Westport.

Girls under-14. 80m: 1, C. Hanley, Roscommon; 2, Aoife Bannon, Athenry; 3, C. O'Sullivan, Roscommon. 800m: 1, Pamela Hughes, Westport; 2, Julieann Harrington, GCH; 3, Elaine Tuohy, Athenry. 1500m: 1, M. McCawley, North Leitrim; 2, Lorraine Grady, Athenry; 3, A. Brady, Longford. 75m Hurdles: 1, Aileen Ruane, Sligo; 2, Julieann Harrington, GCH; 3, Y.

Creighton, Roscommon. High Jump: 1, Pamela Hughes, Westport; 2, T. O'Dowd, Carrick-on-Shannon; 3, Sinead Diskin, GCH. Shot Putt: 1, N. Kenny, Westport; 2, Aoife Bannon, Athenry; 3, K. Maye, South Sligo. Discus: 1, N. Kenny, Westport; 2, N. Glynn, Loughrea; 3, K. Maye, South Sligo. 4x100m Relay: 1, GCH; 2, Athenry; 3, Westport.

Girls under-15. 100m: 1, Gemma Hynes, GCH; 2, E. Healy, Ballina; 3, M. Dolan, Roscommon. 200m: 1, Gemma Hynes; 2, E. Healy; 3, Katie Lydon, GCH. 800m: 1, Michelle Sands, Athenry; 2, E. Farrell, Loughree; 3, L. Lindsay, Ballina. 1500m: 1, Michelle Sands; 2, A. O'Donnell, Ballina; 3, Paula Kenny, Ballinasloe. 250m Hurdles: 1, Fiona Hahnefeld, Portumna; 2, Paula Kenny, Ballinasloe; 3, Sarah Finnegan, Craughwell. 80m Hurdles: 1, Fiona Hahnefeld; 2, N. Kelly, Westport; 3, Sarah Finnegan, Craughwell. Long Jump: 1, Gemma Hynes, GCH; 2, K. Maloney, Sligo; 3, Fiona Hahnefeld, Portumna. High Jump: 1, Clara Smyth, Ballinasloe; 2, C. Grimes, Carrick-on-Shannon; 3, Jennifer Barrett, Loughrea. Discus: 1, Katie Lydon, GCH; 2, Rachel Glynn, Loughrea; 3, E. Higgins, Roscommon. Shot Putt: 1, A. Nolan, Castlebar; 2, Rachel Glynn, Loughrea; 3, Katie Lydon, GCH. 4x100m Relay: 1, GCH; 2, Ballina; 3, Westport.

Girls under-16. 100m: 1, Ailbhe Darcy, Loughrea; 2, Aisling Dolan, North Roscommon; 3, O. Creighton, Roscommon. 200m: 1, Aisling Dolan; 2, Ailbhe Darcy; 3, Rachel Flynn, Carrick-on-Shannon. 800m: 1, Michelle Naughton, Border Ramblers; 2, C. Gormley, Roscommon; 3, Emma Regan, GCH. 80m Hurdles: 1, Claire McNamara, Athenry; 2, Aisling Dolan; 3, O. Tiernan, Carrick-on-Shannon. 250m Hurdles: 1, Claire McNamara; 2, O. Tiernan; 3, Aoife Cummins, GCH. High Jump: 1, Aedeon McLoughlin, Carrick-on-Shannon; 2, Claire McNamara, Athenry; 3, C. Quinn, Ballinamore. Long Jump: 1, Aedeon McLoughlin; 2, Aoife Cummins, GCH; 3, Emma Regan, GCH. 4x100m Relay: 1, GCH; 2, Carrick-on-Shannon; 3, Roscommon.

Girls under-17. 100m: 1, Elaine Harrington, GCH; 2, Lisa McTigue, GCH; 3, Michelle Campbell, GCH. 200m: 1, Elaine Harrington; 2, Lisa McTigue; 3, E. Quinn, Ballinamore. 300m: 1, E. Quinn; 2, Patricia McCarthy, Athenry; 3, Hannah

Delaney, GCH. 800m: 1, Caroline Kelly, Portumna; 2, Roseann Rattery, Loughrea; 3, Laura Curley, GCH. 1500m: 1, Caroline Kelly; 2, Roseann Rattery; 3, E. O'Brien, Sligo. 3000m: 1, Aine O'Connell, Ballinasloe. High Jump: 1, Patricia McCarthy, Athenry; 2, Michelle Heneghan, Claremorris. Long Jump: 1, H. Jordan, Claremorris; 2, Siobhan Murphy, GCH; 3, L. Maloney, Sligo. Javelin: 1, Patricia McCarthy, Athenry. Shot Putt: 1, Patricia McCarthy; 2, S. Corbett, St. Ronans. 4x100m Relay: 1, GCH; 2, Sligo; 3, Claremorris.

Girls under-18. 800m: 1, Emer Geraghty, GCH; 2, Zola Flynn, Calry; 3, M. Farrell, Roscommon. Shot Putt: 1, Sharon Haveron, Westport; 2, A. Creighton, Castlereas; 3, Fiona Morgan, Ballinasloe. Javelin: 1, Fiona Morgan; 2, O. Mongan, Corran; 3, M. Kelly, Roscommon. Triple Jump: 1, Orla Ni Mhuircheartaigh, GCH. 4x100m Relay: 1, GCH; 2, Ballinasloe. Shot Putt: 1, Eva Bolton, Ballina; 2, Kiara Barrett, Loughrea; 3, G. Coakley, Border Ramblers. Discus: 1, Kiara Barrett; 2, G. Coakley. Javelin: 1, Kiara Barrett.

Senior Women. 1500m: 1, Kathryn Cassery, Castlebar; 2, Josephine Macken, Mayo A.C. 3000m: 1, Kathryn Cassery; 2, Ann Lennon, Mayo A.C.; 3, Josephine Macken. 400m: 1, Regina Murphy, GCH. 800m: 1, Regina Murphy. Discus: 1, Mary Barrett, Loughrea. Shot Putt: 1, Mary Barrett. Javelin: 1, Mary Barrett. Long Jump: 1, Mary Duffy.

Boys under-9. 4x50m Relay: 1, South Sligo; 2, Westport; 3, Craughwell.

Boys under-10. 60m: 1, S. Callaghan, Border Ramblers; 2, Luke Ward, Ballinasloe; 3, John Kerse, Craughwell. 4x50m Relay: 1, Ballinasloe; 2, Border Ramblers; 3, Westport.

Boys under-11. 60m: 1, Liam Finerty, Athenry; 2, Alan Campbell, GCH; 3, Stephen Folan, Athenry. Long Jump: 1, Dale Conlon, GCH; 2, Alan Campbell, GCH; 3, Mark Loughnane, Loughrea. 4x50m Relay: 1, GCH; 2, Athenry; 3, Carrick-on-Shannon.

Boys under-12. 600m: 1, Conor Costello, GCH; 2, D. Gavin, Castlebar; 3, C. Charlton, Claremorris. Ball Throw: 1, Christopher Lally, Athenry; 2, R. Dollard, Castlebar; 3, C. Southgate, Westport. High Jump: 1, D. Gavin, Castlebar; 2, Conor Costello, GCH.

4x100m Relay: 1, Castlebar; 2, GCH; 3, Athenry.

Boys under-13. 80m: 1, Conor Callaghy, Portumna; 2, A. Cawley, Ballina; 3, Bernard Burke, Loughrea. 600m: 1, D. Joyce, Castlebar; 2, Fergal Ellis, Ballinamore; 3, John Warde, Ballinasloe. 60m Hurdles: 1, David Hanney, Portumna; 2, C. Walsh, Ballina; 3, Colm Flynn, Portumna. Ball Throw: 1, J. Kennedy, Westport; 2, M. Tovey, Castlebar; 3, Emmett Shaw, Athenry. Shot Putt: 1, G. Kelly, Castlebar; 2, J. Kennedy, Westport; 3, Niall Quinn, Portumna. Javelin: 1, G. Kelly, Castlebar; 2, Niall Quinn, Portumna; 3, Emmett Shaw, Athenry. 4x100m Relay: 1, Portumna; 2, Ballina; 3, GCH.

Boys under-14. 800m: 1, S. Brady, Ballina; 2, S. Burke, Border Ramblers; 3, Damien Larkin, Portumna. 1500m: 1, E. Rowan, Sligo; 2, Kevin Conneely, Athenry. High Jump: 1, Danny Moore, GCH. 4x100m Relay: 1, GCH.

Boys under-15. 800m: 1, K. Barrett, Ballina; 2, Daniel Loughnane, Loughrea; 3, M. Jennings, Ballina. 1500m: 1, T. McBride, North Sligo; 2, Adrian Kelly, Athenry; 3, S. Kelly, Ballinasloe. 80m Hurdles: 1, G. O'Donnell, Carrick-on-Shannon; 2, D. Torsney, Calry; 3, David Neary, Athenry. Long Jump: 1, D. Torsney; 2, S. Brennan, GCH; 3, R. Gavin, Castlebar. High Jump: 1, J. Feely, Carrick-on-Shannon; 2, Daniel Loughnane, Loughrea; 3, G. O'Donnell, Carrick-on-Shannon. Shot Putt: 1, David Campbell, Portumna; 2, K. Barrett, Ballina; 3, Paul Kelly, Portumna. Javelin: 1, R. Gavin, Castlebar; 2, Adrian Kelly, Athenry; 3, B. Duffy, Castlebar.

Boys under-16. 100m: 1, F. Lundy, Calry; 2, James Tully, Portumna; 3, Conor Costello, Roscommon. 200m: 1, F. Lundy; 2, James Tully; 3, Conor Costello. Shot Putt: 1, D. Gildea, Calry; 2, Paul Loughnane, Loughrea; 3, P. Henry, Roscommon. Long Jump: 1, James Tully, Portumna. 1500m: 1, Jonathan Casey, Ballinasloe. 4x100m Relay: 1, Portumna; 2, Sligo; 3, Castlebar. 800m: 1, Cormac McDonnell, Ballinasloe; 2, C. Fitzgerald, Westport; 3, R. Byrne, Sligo.

Boys under-17. 100m: 1, C. McNamara, Westport; 2, Patrick O'Malley, GCH; 3, C. Grey, Roscommon. 400m: 1, C. McNamara; 2, Philip Reilly, Loughrea; 3, Diarmuid Diviney, GCH. 1500m: 1, Gary McMorrow,

North Sligo; 2, Joseph O'Donnell, GCH; 3, Bobby Mulvey, Carrick-on-Shannon. 800m: 1, Diarmuid Diviney, GCH; 2, M. Carroll, North Sligo. 100m Hurdles: 1, Brian Flatley, Claremorris; 2, William Finnegan, Craughwell. 300m Hurdles: 1, Jason McGee, GCH; 2, William Finnegan, Craughwell. High Jump: 1, Jason McGee; 2, Brian Flatley, Claremorris; 3, Patrick Moran, Claremorris. Hammer: 1, William Finnegan, Craughwell. Triple Jump: 1, William Finnegan. Long Jump: 1, Philip Reilly, Loughrea; 2, C. McNamara, Westport; 3, Brian Flatley, Claremorris. Shot Putt: 1, J. Fleming, Tuam; 2, C. Grey, Roscommon. Javelin: 1, J. Fleming; 2, A. Warrington, Claremorris. Discus: 1, J. Fleming. 4x100m Relay: 1, GCH; 2, Claremorris.

Boys under-18. 100m: 1, J. Gilmartin, Calry; 2, Martin Neary, Athenry; 3, D. Hall, Castlebar. 200m: 1, J. Gilmartin; 2, Martin Neary; 3, D. Hickey, Sligo. 400m: 1, Gary O'Kane, GCH. 800m: 1, Gary O'Kane. 2000m S.C.: 1, Joseph McDonnell, Ballinasloe. Discus: 1, M. Brady, Loughree; 2, Michael O Suilleabhain, GCH; 3, R. O'Gara, Roscommon. Shot Putt: 1, Michael O Suilleabhain; 2, M. Brady; 3, J. Gilmartin, Calry. Javelin: 1, R. O'Gara; 2, Brian Curley, GCH; 3, M. Brady.

Boys under-19. 400m: 1, David Kelly, Tuam; 2, B. Roach, Castlebar. 800m: 1, David Kelly, Tuam. 1500m: 1, Francis Larkin, Portumna. 2000m S.C.: 1, Barry Johnson, Ballinasloe. 400m Hurdles: 1, Gearoid Mitchell, Ballinasloe. 100m Hurdles: 1, Tony O'Hare, Portumna; 2, Alan Kelly, Roscommon. Javelin: 1, David Fleming, Tuam; 2, Gearoid Mitchell, Ballinasloe. Discus: 1, David Fleming. Shot Putt: 1, David Fleming; 2, Ronan Broderick, Ballinasloe. Hammer: 1, David Fleming.

Senior Men. 800m: 1, J. Keenehan, Carrick-on-Shannon; 2, Robert Glynn, GCH; 3, Eamon Hornibrook, GCH. 3000m: 1, A. Devaney, Mayo A.C.; 2, N. Higgins, Sligo; 3, Pat Sherry, GCH. Hammer: 1, Tom Finnegan, Craughwell; 2, R. Kennan, Westport; 3, P. Kelly, Castlebar. Shot Putt: 1, Kieran Coy, Ballinasloe; 2, A. Torsney, Calry; 3, Tom Finnegan, Craughwell. 400m: 1, Robert Glynn, GCH; 2, M. Mulkeen, Mayo A.C. 200m: 1, J. Walkin, Mayo A.C.; 2, Robert Glynn, GCH.