

ULSTER WINTER THROWS 2019

20/10/2019

Shot Putt

U14 Girls (2kg)			
Place	Name	Club	Distance
1	Ava Anderson	Tir Chonaill AC	11.11m
2	Emma McDaid	Olympian Youth & AC	10.26m
3	Caoimhe Gallen	Lifford Strabane AC	9.84m
4	Sheila Gallagher	Rosses AC	8.85m
5	Grace Gormley	Shercock AC	6.87m
U16 Girls (3kg)			
Place	Name	Club	Distance
1	Adrienne Gallen	Lifford Strabane AC	10.60m
2	Una O'Donnell	Lifford Strabane AC	10.30m
3	Aoife Giles	Cranford AC	10.18m
4	Amber Gallagher	Rosses AC	9.46m
5	Hannah White	Lifford Strabane AC	8.80m
6	Cora Burns	Lifford Strabane AC	7.29m
7	Orla Neily	Cranford AC	7.40m
8	Michaela McHugh	Olympian Youth & AC	6.17m
U18 Girls (3kg)			
1	Aine Bonner	Rosses AC	8.41m
Senior Women (4kg)			
1	Brigid McDyer	Finn Valley AC	9.88m
2	Lynsey Glover	Lagan Valley AC	7.23m
Masters Women (4kg)			
1	Belinda McGreal	Tuam AC	7.28m
2	Leonie Hegarty	Tuam AC	5.95m
U14 Boys (2.72kg)			
1	Andrew Jensen	Finn Valley AC	10.66m
2	Shay O'Halloran	Tir Chonaill AC	10.40m
3	Dean Leper	Finn Valley AC	9.77m
4	Charlie Gallagher	Finn Valley AC	7.51m
5	Daniel McHugh	Finn Valley AC	7.39m
U16 Boys (4kg)			
1	Liam Shaw	Athenry AC	14.33m
2	Casper Adamski	Tir Chonaill AC	11.69m
3	Alex Anderson	Tir Chonaill AC	9.99m
4	Calum Spain	AthleticsNI Unattached	9.39m
U18 Boys (5kg)			
1	Ross Henderson	Lifford & Strabane AC	10.41m
Senior Men (7.26kg)			

1	Daniel McCullagh	Ballymena & Antrim AC	7.38m
Masters Men (7.26kg)			
1	Trevor McGlynn	Omagh Harriers	9.60m
2	Justin Lane	Tuam AC	7.24m
3	Conal Burke	Tuam AC	6.82m
Masters Men (6kg)			
1	Damian Crawford	Lifford Strabane AC	11.71m
2	Robert Anderson	Tir Chonaill AC	8.09m

Discus

U14 Girls (0.75kg)			
Place	Name	Club	Distance
1	Ava Anderson	Tir Chonaill AC	22.13m
2	Caoimhe Gallen	Lifford Strabane AC	19.87m
3	Grace Gormley	Shercock AC	15.31m
U16 Girls (1kg)			
1	Adrienne Gallen	Lifford Strabane AC	26.59m
2	Aoife Giles	Cranford AC	26.05m
3	Hannah White	Lifford Strabane AC	18.42m
4	Una O'Donnell	Lifford Strabane AC	18.02m
5	Orla Neely	Cranford AC	13.86m
6	Cora Burns	Lifford Strabane AC	11.11m
Senior Women (2kg)			
1	Lynsey Glover	Lagan Valley AC	21.76m
Masters Women (2kg)			
1	Leonie Hegarty	Tuam AC	16.22m
2	Belinda McGreal	Tuam AC	14.17m
U16 Boys (1kg)			
1	Alex Anderson	Tir Chonaill AC	33.59m
2	Liam Shaw	Athenry AC	28.13m
3	Calum Spain	AthleticsNI Unattached	28.68m
U18 Boys (1kg)			
1	Ross Henderson	Lifford Strabane AC	34.70m
2	Euan Cuniffe	Boyne AC	31.57m
Masters Men (1.75kg)			
1	Trevor McGlynn	Omagh Harriers	28.39m
2	Conal Burke	Tuam AC	18.94m
3	Justin Lane	Tuam AC	16.48m
Masters Men (1.50kg)			
1	Paul Herron	City of Derry Spartans	36.73m
2	Damian Crawford	Lifford Strabane AC	34.47m
3	Robert Anderson	Tir Chonaill AC	28.16m
4	Jim Herron	City of Derry Spartans	24.45m

Javelin

U14 Girls (400g)			
Place	Name	Club	Distance
1	Caoimhe Gallen	Lifford Strabane AC	22.89m
2	Emma McDaid	Olympian Youth & AC	14.98m
3	Ellen O'Donnell	Olympian Youth & AC	14.98m
4	Orla Faul	Olympian Youth & AC	14.52m
5	Aine Carlin	Olympian Youth & AC	10.52m
U16 Girls (500g)			
1	Michaela McHugh	Olympian Youth & AC	10.81m
U18 Girls (500g)			
1	Katie McCullagh	Ballymena & Antrim AC	34.25m
2	Laura Faul	Olympian Youth & AC	19.97m
3	Rachel Carlin	Olympian Youth & AC	14.97m
U14 Girls (400g)			
1	Blaine Lynch	Finn Valley AC	52.32m
2	Dean Leper	Finn Valley AC	30.83m
3	Charlie Gallagher	Finn Valley AC	29.24m
4	Luke Ward	Tir Chonaill AC	22.69m
5	Eoin O'Donnell	Olympian Youth & AC	17.84m
U16 Girls (600g)			
1	Alex Anderson	Tir Chonaill AC	18.51m
U18 Girls (700g)			
1	Euan Cuniffe	Boyne AC	50.05m
2	Adam Barnes	Tir Chonaill AC	??
Senior Men (800g)			
1	Daniel McCullagh	Ballymena & Antrim AC	39.34m
Masters Men (800g)			
1	Martin O'Donnell	Olympian Youth & AC	26.70m
2	Conal Burke	Tuam AC	24.77m
3	Justin Lane	Tuam AC	16.14m
Masters Men (700g)			
1	Damian Crawford	Lifford Strabane AC	46.88m
2	Robert Anderson	Tir Chonaill Ac	20.55m
Masters Men (700g)			
1	Frank Stewart	Olympian & Youth AC	??

Hammer

U14 Girls (2.5kg)			
Place	Name	Club	Distance
1	Caoimhe Gallen	Lifford Strabane AC	30.89m
2	Muireann McBride	Lifford Strabane AC	29.44m

3	Ava Anderson	Tir Chonaill AC	22.13m
U16 Girls (3kg)			
1	Kayley Cozens	Templemore AC	33.22m
2	Una O'Donnell	Lifford Strabane AC	32.27m
3	Cora Burns	Lifford Strabane AC	25.99m
Senior Women (4kg)			
1	Adrienne Gallen	Lifford Strabane AC	41.75m (Donegal Record)
2	Lynsey Glover	Lagan Valley AC	38.62m
U14 Boys (2.5kg)			
1	Luke Ward	Tir Chonaill AC	21.54m
U16 Boys (4kg)			
1	Alex Anderson	Tir Chonaill AC	42.28m
2	Michael McGonagle	Finn Valley AC	33.98m
3	Patrick Sweeney	Lifford Strabane AC	31.10m
4	Emmet O'Neill	Templemore AC	29.79m
U18 Boys (5kg)			
1	Jude McCrossan	Lifford Strabane AC	42.93m
U20 Men (6kg)			
1	Brian Naughton	Nenagh Olympic AC	40.06m
Masters Men (7.26kg)			
1	John Dwyer	Templemore AC	47.32m
2	Justin Lane	Tuam AC	18.41m
3	Conal Burke	Tuam AC	12.92m
Masters Men (6kg)			
1	Damian Crawford	Lifford Strabane AC	31.80m
2	Robert Anderson	Tir Chonaill AC	25.60m
Masters Men (4kg)			
1	Joe Joyce	Rosses AC	19.13m

Weight For Distance 28 (Lbs)

Place	Name	Club	Distance
1	Lynsey Glover	Lagan Valley AC	5.57m
2	Brigid McDyer	Finn Valley AC	5.06m
3	Leonie Hegarty	Tuam AC	4.97m
4	Belinda McGreal	Tuam AC	4.58m

Weight For distance (35 Lbs)

Place	Name	Club	Distance
1	Robert Anderson	Tir Chonaill AC	7.30m
2	Justin Lane	Tuam AC	4.74m
3	Conal Burke	Tuam AC	3.35m

Short Hammer (25 Lbs)

Place	Name	Club	Distance
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1	Damian Crawford	Lifford Strabane AC	11.49m
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