

Leinster MD Performance Squad 2015/2016

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

Tom	O Keefe	St Kierans Kilkenny
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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	Tamzin	Muldowney	Midleton
Sean	Curran	West Waterford	Kaithlyn	Coffey	Leevale
Sean	Collins	Ennis Track			

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 Josephs Foxford
Cian	Mcalister	Westport	Aoife	O Brien	Westport
Cian	McBride	North Sligo	Aoife	Morris	St Marys Ballysadare
Cillian	Heaney	Westport	Caelinn	McGonagle	Sligo
Cian	McPhillips	Longford	Caron	Ryan	Craughwell
Conor	Reid	Swinford	Dearbhaile	Walshe	Craughwell
Damien	O Boyle	Craughwell	Eadaoin	Langan	Galway City Harriers
Darragh	Kelly	North Sligo	Grace	Cahill	Pres Athenry
Eoghan	McLaughlin	Westport	Grainne	McDaid	Craughwell
Ethan	Llyod	Westport	Katie	Gibbons	Castlebar

Finley	Daly	Abbey CC Boyle	Laoise	Geraghty	Galway City Harriers
Jack	Cawley	Sligo	Maebh	Brannigan	Galway City Harriers
Jamie	Fallon	Craughwell	Maeve	Gallagher	Swinford
Joe	Tanian	Galway City Harriers	Maeve	Dervin	Roscommon
Keelan	Kilrehill	Ballina	Niamh	O Reilly	Moate CS
Luke	Dawson	Westport	Saoirse	O Brien	Westport
Odhran	Doherty	Glenamaddy CS	Sarah	Gilhooley	Athenry
Oisín	Lyons	Craughwell	Sarah	McDonell	Galway City Harriers
Sean	O Hanlon	Westport	Shannen	Lee	Athenry
Shane	Bracken	Swinford	Sorcha	Mcalister	Westport
Tadhg	McGinty	Swinford			
Thomas	Devaney	St Gerald's Castlebar			
William	Hynes	Swinford			
William	Crowe	North Sligo			

Ulster/NI MD Performance Squad 2015/2016

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

Roland	Surlis	Annalee			
Ruarcán	O Gibne	Colaitse Lu Dundalk			
Ryan	Sharkey	Lagan Valley			
Sean	Corry	Omagh Harriers			
Sean	Cosgrave	Shercock			