



Laos Senior Road Championship 2024 Results

Laos Men's Senior Results 8k 2024			
Place	Name	Club	Time
1	Jack Fenlon	St. Abban's A.C	27.45
2	Cian McDonald	Ballyroan, Abbeyleix & District A.C.	27.52
3	Barry McEvoy	Portlaoise A.C	28.17
4	Cian Kelly	St. Abban's A.C	28.24
5	Jack McMahan	Ballyroan, Abbeyleix & District A.C.	29.03
6	Brian Kelly	St. Abban's A.C	29.23
7	Eoghan Whelan	Ballyroan, Abbeyleix&District	30.02
8	Stephen Hunter	St. Abban's A.C	30.03
9	Derek Bracken	St Michaels A.C	30.35
10	Paul Williamson	Ballyfin A.C	31.48
11	Paul Burke	Ballyroan, Abbeyleix & District A.C.	31.52
12	Kristan Redmond	Oughaval A.C	32.22
13	Richard McLoughin	Oughaval A.C	32.32
14	Keith Coughlan	St Michaels A.C	32.36
15	Daniel McLoughin	Oughaval A.C	32.45
16	Tom Dunne	Ballyroan, Abbeyleix & District A.C.	32.57
17	Noel Burke	Ballyroan, Abbeyleix & District A.C.	33.05
18	Liam Buggy	Ballyfin A.C	33.21
19	Paddy McLoughin	Oughaval A.C	33.29
20	Brian Hogan	Oughaval A.C	33.33
21	Paul McDonagh	Portlaoise A.C	34.09
22	Cormac Deegan	Oughaval A.C	34.44
23	Joseph Fitzpatrick	Oughaval A.C	35.29
24	Patrick Marshall	Portlaoise A.C	35.49
25	Bernard Doyle	Portlaoise A.C	36.49
26	Aidan McGee	St Michaels A.C	36.54
27	Eric O'Connor	Portlaoise A.C	37.21
28	Doonal Heaugney	Portlaoise A.C	37.49
29	John Boland	Oughaval A.C	38.12
30	Tom O'Connell	Oughaval A.C	38.2
31	Tony Vaughan	St Michaels A.C	40.01
32	Barra O'Nullan	Oughaval A.C	41.19

Men's Team Results

Place	Club	Position	
1st	St. Abban's A.C	1,4,6,8	19
2nd	Ballyroan, Abbeyleix & District A.C	2,5,7,11	25
3rd	Oughaval A.C	12,13,15,19	49





Laos Senior Road Championship 2024 Results

Laos Ladies Senior Results 4k 2024			
Place	Name	Club	Time
1	Kate McDonald	Ballyroan, Abbeyleix & District A.C.	13.39
2	Kate Connolly	St Michaels A.C	14.13
3	Michelle Keenan	Ballyroan, Abbeyleix & District A.C.	14.25
4	Siobhan O'Loughlin	St Michaels A.C	14.56
5	Siobhan Burke	St. Abban's A.C	15.03
6	Paula Guinan	Oughaval A.C	15.06
7	Claire Phelan	St. Abban's A.C	16.06
8	Martina Dunne	Oughaval A.C	16.35
9	Oliva Sheeran	St Michaels A.C	16.48
10	Deirdre Miller	Oughaval A.C	17.31
11	Anna Duggan	Portlaoise A.C	17.43
12	Rachael Scully	Oughaval A.C	18.01
13	Hilary Treacy	Oughaval A.C	18.08
14	Catherine Stapleton	Oughaval A.C	18.18
15	Rebecca Marshall	Portlaoise A.C	18.27
16	Grace Meade	Portlaoise A.C	18.27
17	Amy Walsh	Portlaoise A.C	19.15
18	Caroline Cullen	St Michaels A.C	20.01
19	Aileen Doyle	St Michaels A.C	20.01

Ladies Team Results

Team	Club	Position	
1st	St Michaels A.C	2,4,9,18	33
2d	Oughaval A.C	6,8,10,12	36
3rd	Portlaoise A.C	11,15,16,17	59