

2021 National Sprint Championships

25th September – Lough Rynn, Co. Leitrim

Organising Committee:

Starters: Neil Fleming, Deaglan O’Drisceoil, Harry Watkins

Finishers: Andy Bray, Joe O’Keeffe, Tom Egan, Gary Watkins

Race Results: Joe O’Keeffe, Neil Fleming, Andy Bray

Safety Coordinator: Gary Watkins

Acknowledgements:

The Organising Committee would like to thank the assistance of Longford Civil Defence and Leitrim County Council for their incredible support and assistance in running a safe and enjoyable competition.



RACE 1 200m K1 HEAT 1

POS	LANE	CLUB	NAME	TIME
1	1	SLCC	Andrew Boland	-
2	2	CPCC	Tim Harnedy	-
3	3	SLCC	David Pringle	-
4	4	CPCC	Robert Hetherington	-
5				
6				

- Race DNF due to obstruction on the course (rerun in final)

RACE 2 200m K1 HEAT 2

POS	LANE	CLUB	NAME	TIME
1	1	SLCC	Odhran McNally	00:38.3
2	2	CPCC	Alex O'Brien	00:40.7
3	3	CPCC	Val Pierce	00:40.9
4	4	BCC	Eugene Baban	00:42.8
5				
6				

RACE 3 200m K1 HEAT 3

POS	LANE	CLUB	NAME	TIME
1	4	CPCC	Rob Hetherington	00:41.8
2	3	PKC	Ryan Cotter	00:44.7
3	1	GKC	Patrick O'Leary	00:52.8
4				
5				
6				

RACE 4 200m K1 HEAT 4

POS	LANE	CLUB	NAME	TIME
1	3	SLCC	Éabha Ní Drisceoil	00:45.8
2	2	CPCC	Jennifer Burke	00:48.3
3	1	CPCC	Roisin Cahill	00:51.2
4				
5				
6				

RACE 5 200m K1 HEAT 5

POS	LANE	CLUB	NAME	TIME
1	2	SLCC	Ruari Bray	00:41.3
2	1	SLCC	Carl Harris	00:42.4
3	4	SLCC	Ben Smith	00:43.8
4	1	SLCC	Paul Donnellan	00:44.9
5				
6				

RACE 6 200m K1 HEAT 6

POS	LANE	CLUB	NAME	TIME
1	3	CPCC	Eavan O'Keefe	00:45.5
2	1	BCC	Lucian Baban	00:49.4
3	2	SLCC	Christian O'Sullivan	00:49.7
4	4	BCC	Drew Totten	DNF
5				
6				

RACE 7 200m K1 HEAT 7

POS	LANE	CLUB	NAME	TIME
1	1	SLCC	Ben Higgins	00:44.3
2	2	SLCC	Sean Durkan	00:47.7
3	3	SLCC	Jason O'Sullivan	00:51.5
4				
5				
6				

RACE 8 200m K1 HEAT 8

POS	LANE	CLUB	NAME	TIME
1	3	SLCC	Liam Boland	00:46.4
2	2	SLCC	Harry Power	00:50.2
3	1	SLCC	Luca Clancy	00:52.1
4				
5				
6				

RACE 9 200m K1 HEAT 9

POS	LANE	CLUB	NAME	TIME
1	1	SLCC	Daibhi Reynolds	00:49.2
2	4	SLCC	Brion Kellymor	01:09.3
3	2	SLCC	Ben Sexton	01:11.9
4	3	BCC	Nathan Harbison	01:16.4
5				
6				

RACE 10 200m K1 HEAT 10

POS	LANE	CLUB	NAME	TIME
1	4	SLCC	Sean Smith	00:58.0
2	3	SLCC	Conor Donnellan	00:51.0
3	2	SLCC	Sean Noud	00:55.0
4	1	SLCC	Dylan O'Sullivan	01:15.0
5				
6				

RACE 11 200m K1 HEAT 11

POS	LANE	CLUB	NAME	TIME
1	1	SLCC	Kate O'Halloran	00:53.0
2	2	SLCC	Orla Glennon	01:01.0
3	3	SLCC	Emma O'Halloran	01:09.0
4	4	SLCC	Aiden Boland	01:20.0
5				
6				

RACE 12 200m K1 FINAL 1

POS	LANE	CLUB	NAME	TIME
1	2	SLCC	Odhran McNally	00:39.6
2	1	SLCC	Ruairi Bray	00:41.0
3	3	CPCC	Alex O'Brien	00:42.1
4	4	CPCC	Val Pierce	00:42.2
5				
6				

RACE 13 200m K1 FINAL 2

POS	LANE	CLUB	NAME	TIME
1	2	CPCC	Rob Hetherington	00:39.8
2	1	BCC	Eugene Baban	00:41.7
3	4	SLCC	Carl Harris	00:42.4
4	3	BCC	Drew Totten	00:42.5
5				
6				

RACE 14 200m K1 FINAL 3

POS	LANE	CLUB	NAME	TIME
1	2	CPCCC	Eavan O'Keefe	00:40.9
2	3	SLCC	Ben Smith	00:42.8
3	4	PKC	Ryan Cotter	00:42.9
4	1	SLCC	Paul Donnellan	00:45.2
5				
6				

RACE 15 200m K1 FINAL 4

POS	LANE	CLUB	NAME	TIME
1	3	SLCC	Liam Boland	00:44.7
2	4	SLCC	Sean Durkan	00:47.2
3	2	SLCC	Éabha Ní Drisceoil	00:47.4
4	1	CPCC	Jennifer Burke	00:49.5
5				
6				

RACE 16 200m K1 FINAL 5

POS	LANE	CLUB	NAME	TIME
1	3	BCC	Lucian Baban	00:46.1
2	4	SLCC	Christian O'Sullivan	00:46.3
3	1	SLCC	Harry Power	00:48.2
4	2	SLCC	Daibhi Reynolds	00:50.1
5				
6				

RACE 17 200m K1 FINAL 6

POS	LANE	CLUB	NAME	TIME
1	4	SLCC	Jason O'Sullivan	00:52.1
2	3	CPCC	Roisin Cahill	00:52.7
3	1	SLCC	Luca Clancy	00:53.2
4	2		Conor Donnellan	01:03.0
5				
6				

RACE 18 200m K1 FINAL 7

POS	LANE	CLUB	NAME	TIME
1	4	SLCC	Ben Higgins	00:45.5
2	2	GKC	Patrick O'Leary	00:52.0
3	3	SLCC	Kate O'Halloran	00:54.8
4	1	SLCC	Sean Noud	00:55.1
5				
6				

RACE 19 200m K1 FINAL 8

POS	LANE	CLUB	NAME	TIME
1	2	SLCC	Sean Smith	00:58.4
2	4	SLCC	Emma O'Halloran	01:09.1
3	3	SLCC	Orla Glennon	01:10.5
4	1	SLCC	Brian Kellymor	01:15.0
5				
6				

RACE 20 200m K1 FINAL 9

POS	LANE	CLUB	NAME	TIME
1	3	SLCC	Dylan O'Sullivan	00:51
2	4	BCC	Nathan Harbison	00:55.0
3	2	SLCC	Ben Sexton	00:58.0
4	1	SLCC	Aiden Boland	01:11.0
5				
6				

RACE 21 200m K1 FINAL 10

POS	LANE	CLUB	NAME	TIME
1	2	SLCC	Andrew Boland	00:44.0
2	1	SLCC	Eddie Martin	00:45.5
3	4	SLCC	Dave Pringle	00:47.0
4	3	CPCC	Tim Harnedy	01:06.0
5				
6				

RACE 22 500m K1 HEAT 1

POS	LANE	CLUB	NAME	TIME
1	1	CPCC	Alex O'Brien	01:49.6
2	3	BCC	Eugene Baban	01:57.0
3	4	SLCC	Eddie Martin	01:57.3
4	5	CPCC	Tim Harnedy	02:33.1
5				
6				

RACE 23 500m K1 HEAT 2

POS	LANE	CLUB	NAME	TIME
1	1	SLCC	Odhran McNally	01:48.0
2	2	CPCC	David Buggy	01:52.0
3	4	PKC	Ryan Cotter	01:53.3
4	3	SLCC	Andrew Boland	02:10.8
5				
6				

RACE 24 500m K1 HEAT 3

POS	LANE	CLUB	NAME	TIME
1	2	CPCC	Jennifer Burke	02:06.5
2	1	SLCC	Éabha Ní Drisceoil	02:07.0
3	3	CPCC	Roisin Cahill	02:13.8
4				
5				
6				

RACE 25 500m K1 HEAT 4

POS	LANE	CLUB	NAME	TIME
1	1	CPCC	Ben Smith	01:53.8
2	2	SLCC	Carl Harris	01:54.5
3	3	SLCC	Eavan O'Keefe	01:50.3
4	4	SLCC	Ruari Bray	01:55.4
5				
6				

RACE 26 500m K1 HEAT 5

POS	LANE	CLUB	NAME	TIME
1	4	SLCC	Paul Donnellan	01:57.9
2	1	BCC	Drew Totten	02:00.7
3	2	SLCC	Christian O'Sullivan	02:06.1
4	3	BCC	Lucian Baban	02:06.1
5				
6				

RACE 27 500m K1 HEAT 6

POS	LANE	CLUB	NAME	TIME
1	2	SLCC	Liam Boland	02:05.4
2	1	SLCC	Luca Clancy	02:18.7
3	3	SLCC	Jason O'Sullivan	02:24.3
4				
5				
6				

RACE 28 500m K1 HEAT 7

POS	LANE	CLUB	NAME	TIME
1	3	SLCC	Ben Higgins	02:01.0
2	1	SLCC	Sean Durkan	02:04.6
3	2	SLCC	Harry Power	02:19.0
4				
5				
6				

RACE 29 500m K1 HEAT 8

POS	LANE	CLUB	NAME	TIME
1	3	SLCC	Sean Noud	02:28.0
2	5	SLCC	Sean Smith	02:28.0
3	1	SLCC	Brion Kellymor	03:05.7
4	2	SLCC	Dylan O'Sullivan	03:22.0
5				
6				

RACE 30 500m K1 HEAT 9

POS	LANE	CLUB	NAME	TIME
1	1	SLCC	Conor Donnellan	02:14.0
2	3	SLCC	Daibhi Reynolds	02:16.0
3	4	SLCC	Ben Sexton	03:13.0
4				
5				
6				

RACE 31 500m K1 HEAT 10

POS	LANE	CLUB	NAME	TIME
1	1	SLCC	Kate O'Halloran	02:25.5
2	2	SLCC	Orla Glennon	03:04.0
3	3	SLCC	Emma O'Halloran	03:05.0
4				
5				
6				

RACE 32 500m K1 FINAL 1

POS	LANE	CLUB	NAME	TIME
1	3	SLCC	Odhran McNally	01:48.9
2	2	CPCC	Alex O'Brien	01:50.4
3	4	CPCC	Eavan O'Keefe	01:52.8
4	1	CPCC	David Buggy	01:53.0
5	5	CKC	Ryan Cotter	01:55.1
6				

RACE 33 500m K1 FINAL 2

POS	LANE	CLUB	NAME	TIME
1	3	SLCC	Ben Smith	01:54.6
2	2	SLCC	Carl Harris	01:55.6
3	1	BKC	Eugene Baban	01:58.3
4	5	SLCC	Eddie Martin	02:01.1
5	4	SLCC	Ruari Bray	02:03.0
6				

RACE 34 500m K1 FINAL 3

POS	LANE	CLUB	NAME	TIME
1	3	SLCC	Paul Donnellan	01:58.3
2	2	BKC	Drew Totten	01:59.6
3	4	SLCC	Ben Higgins	02:00.7
4	5	SLCC	Liam Boland	02:02.1
5	1		Sean Durkan	02:05.1
6				

RACE 35 500m K1 FINAL 4

POS	LANE	CLUB	NAME	TIME
1	2	BKC	Lucian Baban	02:04.7
2	5	SLCC	Andrew Boland	02:06.2
3	4	CPCC	Jennifer Burke	02:06.4
4	1	SLCC	Éabha Ní Drisceoil	02:15.3
5				
6				

RACE 36 500m K1 FINAL 5

POS	LANE	CLUB	NAME	TIME
1	3	CPCC	Roisin Cahill	02:13.2
2	2	SLCC	Conor Donnellan	02:16.6
3	4	SLCC	Daibhi Reynolds	02:16.8
4	1	SLCC	Luca Clancy	02:22.6
5				
6				

RACE 37 500m K1 FINAL 6

POS	LANE	CLUB	NAME	TIME
1	4	SLCC	Sean Noud	02:27.9
2	2	SLCC	Kate O'Halloran	02:27.9
3	1	SLCC	Sean Smith	02:32.9
4	5	CPCC	Tim Harnedy	02:38.0
5				
6				

RACE 38 500m K1 FINAL 7

POS	LANE	CLUB	NAME	TIME
1	4	SLCC	Brion Kellymor	03:03.7
2	2	SLCC	Emma O'Halloran	03:12.7
3	3	SLCC	Orla Glennon	03:16.0
4	1	SLCC	Ben Sexton	03:22.6
5				
6				

RACE 39 500m K2 FINAL 1

POS	LANE	CLUB	NAME	TIME
1	3	CPCC	O'Keefe / O'Brien	01:39.0
2	1	CPCC	Buggy / McCartney	01:41.0
3	4	CPCC	Hetherington / Pierce	01:54.0
4	2	SLCC	Boland / Martin	01:55.0
5				
6				

RACE 40 500m K3 FINAL 2

POS	LANE	CLUB	NAME	TIME
1	1	SLCC	Bray / Smith	01:45.8
2	2	SLCC	Higgins / Boland	01:56.0
3				
4				
5				
6				

RACE 41 1000m K1 FINAL 1

POS	LANE	CLUB	NAME	TIME
1	1	SLCC	Ronan Foley	03:42.6
2	4	PKC	Ryan Cotter	03:59.9
3	5	SLCC	Jason Briody	04:10.1
4	3	SLCC	Eddie Martin	04:29.8
5				
6				

RACE 42 1000m K1 FINAL 2

POS	LANE	CLUB	NAME	TIME
1	2	CPCC	Eavan O'Keefe	03:59.9
2	3	SLCC	Ben Smith	04:04.9
3	4	SLCC	Paul Donnellan	04:05.9
4	1	SLCC	Carl Harris	04:06.1
5	5	CPCC	Tim Harnedy	05:09.1
6				

RACE 43 1000m K1 FINAL 3

POS	LANE	CLUB	NAME	TIME
1	2	SLCC	Ben Higgins	04:14.2
2	4	SLCC	Liam Boland	04:18.9
3	3	SLCC	Sean Durkan	04:31.8
4	1	SLCC	Sean Smith	05:22.2
5				
6				

RACE 44 1000m K1 FINAL 4

POS	LANE	CLUB	NAME	TIME
1	2	SLCC	Conor Donnellan	04:46.0
2	6	SLCC	Daibhi Reynolds	04:59.0
3	5	SLCC	Sean Noud	05:02.0
4				
5				
6				

RACE 45 1000m K1 FINAL 5

POS	LANE	CLUB	NAME	TIME
1	2	CPCC	Jennifer Burke	04:23.0
2	1	CPCC	Roisin Cahill	04:45.0
3	4	SLCC	Kate O'Halloran	05:06.0
4	5	SLCC	Orla Glennon	06:41.0
5	6	SLCC	Emma O'Halloran	06:49.0
6				

200m Heat Times (ranked)

Name	Time
Odhran McNally	00:38.3
Alex O'Brien	00:40.7
Val Pierce	00:40.9
Ruary Bray	00:41.3
Rob Hetherington	00:41.8
Carl Harris	00:42.4
Gino Baban	00:42.8
Ben Smith	00:43.8
Ben Higgins	00:44.3
Ryan Cotter	00:44.7
Paul Donnellan	00:44.9
Eavan O'Keefe	00:45.5 *
Éabha Ní Drisceoil	00:45.8
Liam Boland	00:46.4
Sean Durkan	00:47.7
Jennifer Burke	00:48.3
Daibhi Reynolds	00:49.2
Lucian Baban	00:49.4 *
Christian O'Sullivan	00:49.7 *
Harry Power	00:50.2
Conor Donnellan	00:51.0
Roisin Cahill	00:51.2
Jason O'Sullivan	00:51.5
Luca Clancy	00:52.1
Patrick O'Leary	00:52.8
Kate O'Halloran	00:53.0
Sean Noud	00:55.0
Sean Smith	00:58.0
Orla Glennon	01:01.0
Emma O'Halloran	01:09.0
Brian Kellymor	01:09.3
Ben Sexton	01:11.9
Dylan O'Sullivan	01:15.0
Nathan Harbison	01:16.4
Aiden Boland	01:20.0

* Timing error in RACE 6.

200m Final Times (Ranked)

Name	Time
Odhran McNally	00:39.6
Rob Hetherington	00:39.8
Eavan O'Keefe	00:40.9
Ruairi Bray	00:41.0
Eugene Baban	00:41.7
Alex O'Brien	00:42.1
Val Pierce	00:42.2
Carl Harris	00:42.4
Drew Totten	00:42.5
Ben Smith	00:42.8
Ryan Cotter	00:42.9
Andrew Boland	00:44.0
Liam Boland	00:44.7
Paul Donnellan	00:45.2
Ben Higgins	00:45.5
Eddie Martin	00:45.5
Lucian Baban	00:46.1
Christian O'Sullivan	00:46.3
Dave Pringle	00:47.0
Sean Durkan	00:47.2
Éabha Ní Drisceoil	00:47.4
Harry Power	00:48.2
Jennifer Burke	00:49.5
Daibhi Reynolds	00:50.1
Dylan O'Sullivan	00:51.0
Patrick O'Leary	00:52.0
Jason O'Sullivan	00:52.1
Roisin Cahill	00:52.7
Luca Clancy	00:53.2
Kate O'Halloran	00:54.8
Nathan Harbison	00:55.0
Sean Noud	00:55.1
Ben Sexton	00:58.0
Sean Smith	00:58.4
Conor Donnellan	01:03.0
Tim Harnedy	01:06.0
Emma O'Halloran	01:09.1
Orla Glennon	01:10.5
Aiden Boland	01:11.0
Brian Kellymor	01:15.0

500m heat times (ranked)

Name	Time
Odhran McNally	01:48.0
Alex O'Brien	01:49.6
Eavan O'Keefe	01:50.3
David Buggy	01:52.0
Ryan Cotter	01:53.3
Ben Smith	01:53.8
Carl Harris	01:54.5
Ruari Bray	01:55.4
Eugene Baban	01:57.0
Eddie Martin	01:57.3
Paul Donnellan	01:57.9
Drew Totten	02:00.7
Ben Higgins	02:01.0
Sean Durkan	02:04.6
Liam Boland	02:05.4
Christian O'Sullivan	02:06.1
Lucian Baban	02:06.1
Jennifer Burke	02:06.5
Éabha Ní Drisceoil	02:07.0
Andrew Boland	02:10.8
Roisin Cahill	02:13.8
Conor Donnellan	02:14.0
Daibhi Reynolds	02:16.0
Luca Clancy	02:18.7
Harry Power	02:19.0
Jason O'Sullivan	02:24.3
Kate O'Halloran	02:25.5
Sean Noud	02:28.0
Sean Smith	02:28.0
Tim Harnedy	02:33.1
Orla Glennon	03:04.0
Emma O'Halloran	03:05.0
Brion Kellymor	03:05.7
Ben Sexton	03:13.0
Dylan O'Sullivan	03:22.0

500m final times (ranked)

Name	Time
Odhran McNally	01:48.9
Alex O'Brien	01:50.4
Eavan O'Keefe	01:52.8
David Buggy	01:53.0
Ben Smith	01:54.6
Ryan Cotter	01:55.1
Carl Harris	01:55.6
Paul Donnellan	01:58.3
Eugene Baban	01:58.3
Drew Totten	01:59.6
Ben Higgins	02:00.7
Eddie Martin	02:01.1
Liam Boland	02:02.1
Ruari Bray	02:03.0
Lucian Baban	02:04.7
Sean Durkan	02:05.1
Andrew Boland	02:06.2
Jennifer Burke	02:06.4
Roisin Cahill	02:13.2
Éabha Ní Drisceoil	02:15.3
Conor Donnellan	02:16.6
Daibhi Reynolds	02:16.8
Luca Clancy	02:22.6
Sean Noud	02:27.9
Kate O'Halloran	02:27.9
Sean Smith	02:32.9
Tim Harnedy	02:38.0
Brion Kellymor	03:03.7
Emma O'Halloran	03:12.7
Orla Glennon	03:16.0
Ben Sexton	03:22.6

K1 1000m Final Times (ranked)

Name	Time
Ronan Foley	03:42.6
Ryan Cotter	03:59.9
Eavan O'Keefe	03:59.9
Ben Smith	04:04.9
Paul Donnellan	04:05.9
Carl Harris	04:06.1
Jason Briody	04:10.1
Ben Higgins	04:14.2
Eddie Martin	04:16.8
Liam Boland	04:18.9
Jennifer Burke	04:23.0
Andrew Boland	04:29.8
Sean Durkan	04:31.8
Roisin Cahill	04:45.0
Conor Donnellan	04:46.0
Daibhi Reynolds	04:59.0
Sean Noud	05:02.0
Kate O'Halloran	05:06.0
Tim Harnedy	05:09.1
Sean Smith	05:22.2
Orla Glennon	06:41.0
Emma O'Halloran	06:49.0

NATIONAL CHAMPIONSHIPS PODIUM (200m)

	Gold	Silver	Bronze
MEN 200m			
Masters	Val Pierce	Eugene Baban	Andrew Boland
Senior	Odhran McNally	Ryan Cotter	
U23	Alex O'Brien	Rob Hetherington	
U18	Ruairi Bray * Eavan O'Keeffe *	Carl Harris	Ben Smith
U16	Liam Boland * Ben Higgins *	Sean Durkan	James O'Sullivan
U14	Daibhi Reynolds	Conor Donnellan	Ben Sexton
U12	Sean Noud	Sean Smith	Aidan Boland
WOMEN 200m			
Senior	Jenny Burke		
U23	Roisin Cahill		
U18	Éabha Ní Drisceoil		
U16	Kate O'Halloran	Orla Glennon	
U14	Emma O'Halloran		

* Error in timing for RACE 6 resulted in 2 x U18 200m gold medals being awarded.

* Error in lane draw calculation for FINAL 7 resulted in 2 x U16 200m gold medals being awarded.

NATIONAL CHAMPIONSHIPS PODIUM (500m)

	Gold	Silver	Bronze
MEN 500m			
Masters	Eugene Baban	Eddie Martin	Andrew Boland
Senior	Odhran McNally	David Buggy	Ryan Cotter
U23	Alex O'Brien	-	-
U18	Eavan O'Keeffe	Ben Smith	Carl Harris
U16	Ben Higgins	Liam Boland	Sean Durkan
U14	Conor Donnellan	Daibhi Reynolds	Sean Noud
WOMEN 500m			
Senior	Jenny Burke		
U23	Roisin Cahill		
U18	Éabha Ní Drisceoil		
U16	Kate O'Halloran	Orla Glennon	
U14	Emma O'Halloran		
U14	Emma O'Halloran		
K2 500m			
Senior Men	O'Keeffe / O'Brien	Buggy / McCartney	Pierce / Hetherington
Junior Men	Bray / Smith	Higgins / Boland	

NATIONAL CHAMPIONSHIPS PODIUM (1000m)

	Gold	Silver	Bronze
MEN 1000m			
Masters	Jason Briody	Eddie Martin	Andrew Boland
Senior	Ronan Foley	Ryan Cotter	
U23	-	-	-
U18	Eavan O'Keeffe	Ben Smith	Paul Donnellan
U16	Ben Higgins	Liam Boland	Sean Durkan
U14	Conor Donnellan	Daibhi Reynolds	Sean Noud
WOMEN 1000m			
Senior	Jenny Burke		
U23	Roisin Cahill		
U18			
U16	Kate O'Halloran	Orla Glennon	
U14	Emma O'Halloran		