

# Woodies National Track & Field League 2010

## Individual Results 13th June

### Antrim Forum

#### Premier Men

<b>110m Hurdles</b>				
Place	No.	Athlete	Club	Time
1	43	Tom Carey	City of Derry	14.62
2	48	B Reynolds	North Down	14.89
3	42	Ciarath O Cathain	Raheny Shamrocks	15.80
4	47	Conor Mc Crossan	Clonliffe Harriers	15.84

#### Premier Women

<b>100m Hurdles</b>				
Place	No.	Athlete	Club	Time
1	52	Amy Mc Neilly	North Down	15.27
2	53	B Mc Allister	Ballymena & Antrim	17.07
3	49	E Rose	City of Lisburn	17.20
	50	Louise Harvey	Tirchonaiill	DQ

<b>3000m Walk</b>				
Place	No.	Athlete	Club	Time
1	43	D Furey	City of Derry	22.13.07
2	46	Gary Park	Crusaders	24.19.65
3	48	Francis Marsh	North Down	27.17.19

<b>1500m Walk</b>				
Place	No.	Athlete	Club	Time
1	49	E Doherty	City of Lisburn	7.00.69
2	50	Marie Rooney	Tirchonaiill	8.26.92
3	51	Pamela Reynolds	Athletics Meath	10.44.33

<b>400m Hurdles</b>				
Place	No.	Athlete	Club	Time
1	43	Tom Carey	City of Derry	52.71
2	47	John Fagan	Clonliffe Harriers	53.03
3	48	B Mc Conville	North Down	58.12
4	42	P Kelly	Raheny Shamrocks	58.54
5	45	G Holden	Ballymena & Antrim	62.05

<b>400m Hurdles</b>				
Place	No.	Athlete	Club	Time
1	53	Christine Mc Mahon	Ballymena & Antrim	65.12
2	50	Louise Harvey	Tirchonaiill	68.24
3	49	L Monteith	City of Lisburn	69.97
4	52	Amy Mc Neilly	North Down	72.48
5	51	K Dunne	Athletics Meath	79.39

<b>4*100m Relay</b>				
Place	No.	Athlete	Club	Time
1	47		Clonliffe Harriers	42.72
2	42		Raheny Shamrocks	43.30
3	45		Ballymena & Antrim	43.84
4	48		North Down	43.87
5	44		Athletics Meath	44.51
6	46		Crusaders	N.T

<b>4*100m Relay</b>				
Place	No.	Athlete	Club	Time
1	53		Ballymena & Antrim	49.18
2	49		City of Lisburn	50.28
3	40		Lagan Valley	51.79
4	52		North Down	52.81
5	51		Athletics Meath	53.82
6	50		Tirchonaiill	53.98

<b>1500m</b>				
Place	No.	Athlete	Club	Time
1	42	P Kelly	Raheny Shamrocks	4.12.07
2	43	JP Williamson	City of Derry	4.12.42
3	45	Jarlath Falls	Ballymena & Antrim	4.14.03
4	47	Conor Mc Guinness	Clonliffe Harriers	4.15.85
5	48	G Willis	North Down	4.28.15

<b>1500m</b>				
Place	No.	Athlete	Club	Time
1	53	L Douglas	Ballymena & Antrim	5.10.93
2	49	L Monteith	City of Lisburn	5.15.47
3	51	Karen Crean	Athletics Meath	5.35.27
4	50	P Gallagher	Tirchonaiill	6.08.65
5	52	G Mc Anirn	North Down	6.31.48

<b>400m</b>				
<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Time</b>
	1	42 Ciaran Kelly	Raheny Shamrocks	49.01
	2	45 J Houston	Ballymena & Antrim	50.18
	3	47 C Mackey	Clonliffe Harriers	51.86
	4	48 A Mc Comb	North Down	52.55
	5	43 D Reid	City of Derry	53.04
	6	41 A Woods	City of Lisburn	54.15
	7	46 J Keegan	Crusaders	57.52

<b>400m</b>				
<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Time</b>
	1	53 Joanna Patterson	Ballymena & Antrim	56.1
	2	49 E Mc Ilveen	City of Lisburn	59.8
	3	51 Karen Crean	Athletics Meath	66.6
	4	52 N Steele	North Down	71.8
	5	40 J Mc Devitt	Lagan Valley	76.6
	6	50 B Morris	Tirchonail	84.6

<b>3000m Steeplechase</b>				
<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Time</b>
	1	42 M Kirwan	Raheny Shamrocks	9.50.39
	2	43 C Roberts	City of Derry	10.10.59
	3	44 Gerard Heery	Athletics Meath	10.18.20
	4	47 T Guilfoyle	Clonliffe Harriers	10.27.13
	5	45 G Stitt	Ballymena & Antrim	12.03.86

<b>200m</b>				
<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Time</b>
	1	46 Stephen Colvert	Crusaders	22.04
	2	45 J Houston	Ballymena & Antrim	22.57
	3	44 Neil Dunne	Athletics Meath	22.65
	4	42 Jamie Davis	Raheny Shamrocks	22.98
	5	43 M Mc Garvey	City of Derry	23.78
	6	48 K Elliott	North Down	24.18

<b>200m</b>				
<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Time</b>
	1	52 H Lewis	North Down	25.00
	2	49 L Mc Burney	City of Lisburn	25.70
	3	53 Hanna Todd	Ballymena & Antrim	27.10
	4	51 Sophie Kennedy	Athletics Meath	28.00
	5	40 L Frey	Lagan Valley	28.40
	6	50 Geraldine Stewart	Tirchonail	29.20

<b>800m</b>				
<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Time</b>
	1	48 N Robinson	North Down	1.58.01
	2	43 Patrick Hamilton	City of Derry	1.58.73
	3	47 Stephen Harkness	Clonliffe Harriers	1.58.90
	4	44 Dara Rennicks	Athletics Meath	1.59.88
	5	42 C O Sullivan	Raheny Shamrocks	2.00.82
	6	45 P Mc Cann	Ballymena & Antrim	2.04.55

<b>800m</b>				
<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Time</b>
	1	49 Rachel Gibson	City of Lisburn	2.20.41
	2	52 N Simpson	North Down	2.22.46
	3	51 Sharon Monaghan	Athletics Meath	2.31.10
	4	40 Lynsey Glover	Lagan Valley	3.01.98
	5	50 Jackie Harvey	Tirchonail	3.04.96

<b>5000m</b>				
<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Time</b>
	1	42 Mick Clohissy	Raheny Shamrocks	14.42.1
	2	43 Gregory Roberts	City of Derry	14:24.0
	3	47 L Cronin	Clonliffe Harriers	N T
	4	48 Francis Marsh	North Down	N T
	5	45 M Wray	Ballymena & Antrim	N T
	6	44 Gerard Heery	Athletics Meath	N T

<b>3000m</b>				
<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Time</b>
	1	51 Sharon Monaghan	Athletics Meath	11.07.9
	2	52 S Hambling	North Down	11.14.7
	3	50 Marie Rooney	Tirchonail	11.51.5
	4	53 C Murray	Ballymena & Antrim	12.03.4
	5	40 J Quinn	Lagan Valley	12.06.4

<b>100m</b>				
<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Time</b>
1	45	D Adams	Ballymena & Antrim	10.89
2	46	Stephen Colvert	Crusaders	10.94
3	47	P O Connor	Clonliffe Harriers	11.10
4	44	Joey Monaghan	Athletics Meath	11.31
5	42	Michael Hynes	Raheny Shamrocks	11.32
6	48	K Elliott	North Down	11.52
7	43	M Mc Garvey	City of Derry	11.54

<b>100m</b>				
<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Time</b>
1	53	Christine Mc Mahon	Ballymena & Antrim	12.30
2	49	Laua Whiteside	City of Lisburn	12.60
3	40	J Bell	Lagan Valley	12.98
4	52	S Semeroro	North Down	13.16
5	51	Cheryl Dolan	Athletics Meath	14.07
6	50	B Morris	Tirchonaiil	18.46

<b>4*400m</b>				
<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Time</b>
1	42		Raheny Shamrocks	3.23.48
2	48		North Down	3.27.54
3	45		Ballymena & Antrim	3.29.75
4	47		Clonliffe Harriers	3.32.20
5	43		City of Derry	3.37.19
6	46		Crusaders	3.54.89

<b>4*400m</b>				
<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Time</b>
1	53		Ballymena & Antrim	4.00.27
2	49		City of Lisburn	4.00.89
3	52		North Down	4.15.55
4	51		Athletics Meath	4.39.23
5	40		Lagan Valley	4.47.97
6	50		Tirchonaiil	5.12.87

<b>Hammer</b>				
<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Distance</b>
1	47	M Hunt	Clonliffe Harriers	54.90
2	44	Mark Hanily	Athletics Meath	51.02
3	46	C Donnelly	Crusaders	43.02
4	48	K Elliott	North Down	20.01
5	43	J Herron	City of Derry	19.64
6	45	D Thom	Ballymena & Antrim	15.48

<b>Hammer</b>				
<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Distance</b>
1	40	Lynsey Glover	Lagan Valley	40.30
2	51	Karen Monaghan	Athletics Meath	33.76
3	49	K Wallace	City of Lisburn	29.00
4	52	M Free	North Down	19.16
5	50	B Morris	Tirchonaiil	15.60
6	53	M Keenan	Ballymena & Antrim	14.57

<b>Pole Vault</b>				
<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Height</b>
1	47	Ian Rogers	Clonliffe Harriers	4.60
2	48	B Mc Conville	North Down	4.50
3	46	Ruari O Brian	Crusaders	4.00

<b>Pole Vault</b>				
<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Height</b>
1	52	S Semeroro	North Down	3.05
1	53	Clare Wilkinson	Ballymena & Antrim	3.05

<b>Long Jump</b>				
<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Distance</b>
1	43	A Mc Mullan	City of Derry	7.02
2	44	Kourosh Foroughi	Athletics Meath	6.60
3	48	T Reynolds	North Down	6.41
4	45	M Taggart	Ballymena & Antrim	6.37
5	42	J Connolly	Raheny Shamrocks	6.15
6	47	A Amaegzinam	Clonliffe Harriers	6.14
7	41	M Mc Donald	City of Lisburn	5.03

<b>Long Jump</b>				
<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Distance</b>
1	50	Mary Mc Loone	Tirchonaiil	5.68
2	40	Mary Devlin	Lagan Valley	5.49
3	49	Linzi Herron	City of Lisburn	5.39
4	52	L Loughlin	North Down	5.01
5	53	R Healy	Ballymena & Antrim	4.92
6	51	K Dunne	Athletics Meath	4.69

<b>Discus</b>				
<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Distance</b>
	1	47 T Rajctys	Clonliffe Harriers	46.44
	2	44 Ger Nagle	Athletics Meath	43.39
	3	41 C Reynolds	City of Lisburn	41.82
	4	43 C Craig	City of Derry	32.65
	5	45 A Blackburn	Ballymena & Antrim	30.92
	6	46 Phil Conway	Crusaders	29.03
	7	48 P Glass	North Down	28.79
	8	42 J Connolly	Raheny Shamrocks	15.82

<b>Discus</b>				
<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Distance</b>
	1	53 J Holmes	Ballymena & Antrim	27.31
	2	49 C Greenwood	City of Lisburn	26.68
	3	40 Lynsey Glover	Lagan Valley	24.61
	4	52 B Wilson	North Down	24.39
	5	51 Karen Monaghan	Athletics Meath	23.91

<b>High Jump</b>				
<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Height</b>
	1	44 Kourosh Foroughi	Athletics Meath	1.95
	2	43 Simon Herron	City of Derry	1.95
	3	47 M Klinkosz	Clonliffe Harriers	1.90
	4	45 G Coulter	Ballymena & Antrim	1.85
	5	48 T Reynolds	North Down	1.70
	6	42 J Buckley	Raheny Shamrocks	1.60

<b>High Jump</b>				
<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Height</b>
	1	49 Linzi Herron	City of Lisburn	1.65
	2	53 Clare Wilkinson	Ballymena & Antrim	1.60
	3	52 J Murphy	North Down	1.50
	4	50 Louise Harvey	Tirchonail	1.40

<b>Shot Putt</b>				
<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Distance</b>
	1	47 Luke Mangan	Clonliffe Harriers	14.21
	2	44 Ger Nagle	Athletics Meath	13.07
	3	48 P Glass	North Down	12.06
	4	45 A Blackburn	Ballymena & Antrim	10.52
	5	43 R Moore	City of Derry	10.29
	6	42 M Davis	Raheny Shamrocks	8.16
	7	46 C Donnelly	Crusaders	7.92

<b>Shot Putt</b>				
<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Distance</b>
	1	50 Geraldine Stewart	Tirchonail	11.27
	2	53 J Holmes	Ballymena & Antrim	9.01
	3	40 L Frey	Lagan Valley	8.64
	4	52 S Semeroro	North Down	8.62
	5	51 Cheryl Dolan	Athletics Meath	8.44
	6	49 E Rose	City of Lisburn	8.41

<b>Javelin</b>				
<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Distance</b>
	1	47 Paul Marry	Clonliffe Harriers	50.62
	2	48 M Martin	North Down	50.45
	3	44 Barry Delaney	Athletics Meath	48.42
	4	43 C Craig	City of Derry	34.55
	5	42 J Buckley	Raheny Shamrocks	31.53
	6	45 F Mc Crystal	Ballymena & Antrim	30.23

<b>Javelin</b>				
<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Distance</b>
	1	50 Geraldine Stewart	Tirchonail	26.14
	2	53 B Mc Allister	Ballymena & Antrim	22.31
	3	52 B Wilson	North Down	20.01
	4	51 Moira Peppard	Athletics Meath	14.14
	5	49 Leigh Whiteside	City of Lisburn	9.52

<b>Triple Jump</b>				
<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Distance</b>
	1	43 Simon Herron	City of Derry	13.26
	2	45 M Taggert	Ballymena & Antrim	12.88
	3	47 M Matuzzo	Clonliffe Harriers	12.09
	4	42 M Davis	Raheny Shamrocks	11.55
	5	41 M Mc Donald	City of Lisburn	11.43
	6	46 P Sanders	Crusaders	11.26
	7	48 M Matthew	North Down	11.09

<b>Triple Jump</b>				
<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Distance</b>
	1	50 Mary Mc loone	Tirchonail	11.10
	2	53 Hanna Todd	Ballymena & Antrim	10.79
	3	52 L Loughlin	North Down	10.19
	4	49 M Johnston	City of Lisburn	10.15
	5	40 L Frey	Lagan Valley	10.08
	6	51 K Dunne	Athletics Meath	9.91

<b>56lb Weight for Distance</b>				
<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Distance</b>
	1	47 Thomas Rajktys	Clonliffe Harriers	7.62
	2	43 R Moore	City of Derry	5.93
	3	45 Nigel Carlisle	Ballymena & Antrim	5.08
	4	48 S Glass	North Down	5.06
	5	46 C Donnelly	Crusaders	5.03
	6	44 Mark Hanily	Athletics Meath	4.35
	7	42 D Bradshaw	Raheny Shamrocks	3.55

### **Division 1 Women**

<b>100m Hurdles</b>				
<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Time</b>
	1	55 Sandra Lawlor	Kildare County	14.62
	2	54 Shauna Furman	Clonliffe Harriers	15.48
	3	58 Zoe Campbell	Raheny Shamrocks	17.42
	4	57 Emma Gee	City of Derry	18.48

<b>1500m Walk</b>				
<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Time</b>
	1	55 Sarah Burke	Kildare County	8.33.71
	2	58 Chloe Doran	Raheny Shamrocks	10.39.86
	3	54 Kate Purcell	Clonliffe Harriers	11.45.34

<b>400m Hurdles</b>				
<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Time</b>
	1	54 Sarah Woods	Clonliffe Harriers	68.78
	2	55 Cera Nolan	Kildare County	77.01
	3	57 Emma Gee	City of Derry	77.53

**4\*100m Relay**

<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Mark</b>
	1	54	Clonliffe Harriers	50.79
	2	58	Raheny Shamrocks	51.99
	3	57	City of Derry	52.54
	4	55	Kildare County	DQ

**1500m**

<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Time</b>
	1	58 Lorraine Manning	Raheny Shamrocks	4.47.66
	2	54 Eleanor Alexander	Clonliffe Harriers	4.50.05
	3	57 Amy Mc Daid	City of Derry	5.15.47
	4	55 Rachael Smyth	Kildare County	5.48.85

**400m**

<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Time</b>
	1	58 Susan Scallon	Raheny Shamrocks	58.80
	2	54 Ciara Mc Callion	Clonliffe Harriers	59.13
	3	55 Aislinn Hurley	Kildare County	64.51
	4	57 Rebecca Mc Laughlin	City of Derry	67.23

**200m**

<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Time</b>
	1	54 Leah Moore	Clonliffe Harriers	24.40
	2	55 Sophie Ellis	Kildare County	25.50
	3	57 Anna Barr	City of Derry	25.80
	4	58 Susan Giblin	Raheny Shamrocks	27.80

**800m**

<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Time</b>
	1	58 Siobhan Eviston	Raheny Shamrocks	2.12.76
	2	54 Eleanor Alexander	Clonliffe Harriers	2.20.45
	3	57 Hannah Mc Gowan	City of Derry	2.29.72
	4	55 Rachael Smyth	Kildare County	2.36.89

**3000m**

<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Time</b>
	1	58 Patrycja Wlodarczyk	Raheny Shamrocks	10.21.3
	2	54 Ailish Mc Dermott	Clonliffe Harriers	10.40.4
	3	57 Jackie Mc Ginley	City of Derry	11.26.6
	4	55 Chloe Abbott	Kildare County	12.13.1

**100m**

<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Time</b>
	1	54 Leah Moore	Clonliffe Harriers	12.11
	2	55 Sophie Ellis	Kildare County	12.75
	3	57 Anna Barr	City of Derry	12.79
	4	58 Aisling Drumgoole	Raheny Shamrocks	12.91

**4\*400m**

<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Time</b>
	1	58	Raheny Shamrocks	4.02.40
	2	54	Clonliffe Harriers	4.10.58
	3	57	City of Derry	4.27.88

**Hammer**

<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Distance</b>
	1	57 Maggie Donnelly	City of Derry	47.79
	2	55 Pauline Kenny	Kildare County	22.16
	3	58 Anne Buckley	Raheny Shamrocks	14.27

**Pole Vault**

<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Height</b>
58	Zoe Campbell	Raheny Shamrocks	3.20

**Long Jump**

<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Distance</b>
	1	55 Sandra Lawlor	Kildare County	5.26
	2	57 Janelle Mc Gurk	City of Derry	4.82
	3	54 Snezana Bechtina	Clonliffe Harriers	4.67
	4	58 Susan Scallon	Raheny Shamrocks	4.33

**Discus**

<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Distance</b>
	1	57 Maggie Donnelly	City of Derry	24.31
	2	55 Pauline Kenny	Kildare County	23.05
	3	58 Molly Giblin	Raheny Shamrocks	12.50
	4	54 Kate Purcell	Clonliffe Harriers	9.07

**High Jump**

<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Height</b>
	1	54 Agena Lidova	Clonliffe Harriers	1.65
	2	58 Victoria Dwyer	Raheny Shamrocks	1.60
	3	57 Janelle Mc Gurk	City of Derry	1.50
	4	55 Rachael Smyth	Kildare County	1.25

<b>Shot Putt</b>				
<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Distance</b>
	1	54 Agena Lidova	Clonliffe Harriers	9.03
	2	58 Helen Buckley	Raheny Shamrocks	8.72
	3	57 Danae Herron	City of Derry	7.20
	4	55 Cera Nolan	Kildare County	6.43

<b>Javelin</b>				
<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Distance</b>
	1	58 Helen Buckley	Raheny Shamrocks	26.99
	2	57 Kelly Simpson	City of Derry	26.30
	3	54 Snezana Bechtina	Clonliffe Harriers	13.87
	4	55 Cera Nolan	Kildare County	12.91

<b>Triple Jump</b>				
<b>Place</b>	<b>No.</b>	<b>Athlete</b>	<b>Club</b>	<b>Distance</b>
	1	57 Anna Barr	City of Derry	10.72
	2	54 Orna Mc Ginley	Clonliffe Harriers	9.93
	3	58 Chloe Doran	Raheny Shamrocks	8.95

## Tullamore

### Division 1 Men (Pool B)

<b>110m Hurdles (wind: -0.10)</b>				
<b>Place</b>	<b>Num</b>	<b>Athlete</b>	<b>Club</b>	<b>Time</b>
	1	84 Ger Cremin	An Riocht	17.84
	2	82 Liam Houlihan	Ferrybank	18.63
	3	83 William Finnegan	Craughwell	19.14
	4	79 Kevin McGlynn	Sligo County	22.51

<b>3000m Walk</b>				
<b>Place</b>	<b>Num</b>	<b>Athlete</b>	<b>Club</b>	<b>Time</b>
	1	79 Martin Conroy	Sligo County	15.57.24
	2	81 Tony Gartland	Sli Cualann	16.42.92
		83 Marty Davis	Craughwell	DQ

<b>400m Hurdles</b>				
<b>Place</b>	<b>Num</b>	<b>Athlete</b>	<b>Club</b>	<b>Time</b>
	1	82 Ben Kiely	Ferrybank	60.77
	2	84 Ger Cremin	An Riocht	65.48
	3	81 Cian Ward	Sli Cualann	69.07
	4	83 Johnny Lane	Craughwell	71.00
	5	79 David Heath	Sligo County	73.34

### Division 1 Women (Pool B)

<b>100m Hurdles (wind: -0.4)</b>				
<b>Place</b>	<b>Num</b>	<b>Athlete</b>	<b>Club</b>	<b>Time</b>
	1	92 Lisa Houlihan	West Waterf	16.39
	2	90 Laura Boylan	Sli Cualann	17.31
	3	91 Sinead Moloney	Wexford Coi	18.54

<b>1500m Walk</b>				
<b>Place</b>	<b>Num</b>	<b>Athlete</b>	<b>Club</b>	<b>Time</b>
	1	92 Triona Wall	West Waterf	9.00.43

<b>400m Hurdles</b>				
<b>Place</b>	<b>Num</b>	<b>Athlete</b>	<b>Club</b>	<b>Time</b>
	1	90 Laura Boylan	Sli Cualann	74.28
	2	91 Catriona Corcoran	Wexford Coi	75.76
	3	92 Claire Morrissey	West Waterf	78.94



**4X100m Relay**

Place	Num	Athlete	Club	Time
	1	80	Limerick County	44.13
	2	84	An Ríocht	44.78
	3	82	Ferrybank	45.72
	4	79	Sligo County	47.24
	5	83	Craughwell	48.33
	6	81	Sli Cualann	48.86

**4X100m Relay**

Place	Num	Athlete	Club	Time
	1	93	Limerick Coi	50.12
	2	91	Wexford Coi	51.06
	3	90	Sli Cualann	53.36
	4	92	West Waterf	54.45
	5	94	Tallaght	59.20

**1500m**

Place	Athlete	Club	Time
	82 Kevin Cooper	Ferrybank	4.02.88
	81 Michael Dowling	Sli Cualann	4.03.36
	79 Tommy Casey	Sligo County	4.05.78
	80 Laberta Debela	Limerick County	4.07.47
	1219 Keith Fallon (G)	GCH	4.15.31
	83 Mark Davis	Craughwell	4.28.43
	615 Brian Murphy (G)	Ennis TC	4.39.37
	1221 Eddie Costello (G)	GCH	4.33.03
	84 Donal O'Callaghan	An Ríocht	4.44.80

**1500m**

Place	Num	Athlete	Club	Time
	1	92 Norma Wall	West Waterf	5.17.52
	2	94 Roisin O'Hanlon	Tallaght	5.34.23

**400m**

Place	Num	Athlete	Club	Time
	1	79 Ciaran Collins	Sligo County	50.55
	2	80 Zoltan Gyomber	Limerick County	50.82
	3	84 Ciaran McCabe	An Ríocht	51.38
	4	82 James Greene	Ferrybank	51.77
	5	81 Richard Owens	Sli Cualann	55.90
	6	83 Johnny Lane	Craughwell	62.88

**400m**

Place	Num	Athlete	Club	Time
	1	93 Amy O'Donoghue	Limerick Coi	60.15
	2	94 Katie Fitzpatrick	Tallaght	70.13
	3	92 Leanne Heriliihy	West Waterf	70.70
	4	91 Eva Murphy	Wexford Coi	73.50

**3000m S/C**

Place	Athlete	Club	Time
	79 Martin Conroy	Sligo County	9.56.24
	83 Peter O'Sullivan	Craughwell	10.40.61
	82 Gavin Downey	Ferrybank	10.41.91

**3000m**

Place	Athlete	Club	Time
	92 Norma Wall	West Waterf	11.12.64
	90 Una Britton	Sli Cualann	11.15.15
	94 Sharon Tighe	Tallaght	11.36.67

**200m (wind: -4.1)**

Place	Num	Athlete	Club	Time
	1	82 Chris Russell	Ferrybank	23.05
	2	80 Cian Aherne	Limerick County	23.36
	3	81 Ferdia Kenny	Sli Cualann	23.93
	4	79 Gary Hynes	Sligo County	25.20
	5	84 Tomas Griffin	An Ríocht	25.65
	6	83 Niall Higgins	Craughwell	26.12

**200m (wind: -2.6)**

Place	Num	Athlete	Club	Time
	1	93 Sarah Lavin	Limerick Coi	25.44
	2	91 Antoinette Stafford	Wexford Coi	25.85
	3	90 Ciara Stuart	Sli Cualann	28.52
	4	94 Katie Fitzpatrick	Tallaght	29.09
		625 Rianne McHugh (G)	Sligo	29.60
	5	92 Leanne Heriliihy	West Waterf	30.88

**800m**

Place	Num	Athlete	Club	Time
	1	80 Liam Reale	Limerick County	1.53.78
	2	82 Niall Tuohy	Ferrybank	1.55.63
	3	79 Dermot McDermott	Sligo County	1.56.35
	4	81 Richard Owens	Sli Cualann	2.05.19
	5	83 Tom Nolan	Craughwell	2.17.96
	6	84	An Riocht	2.22.49

**800m**

Place	Num	Athlete	Club	Time
	1	93 Amy O'Donoghue	Limerick Coi	2.18.67
	2	90 Aisling McGee	Sli Cualann	2.26.27
	3	91	Wexford Coi	2.43.64

**5000m**

Place	Num	Athlete	Club	Time
	1	80 Patrick McCartan	Limerick County	15.41.94
	2	79 Martin Conroy	Sligo County	15.48.49
	3	82 Graham Power	Ferrybank	16.20.49
	4	81 Richard Hourihan	Sli Cualann	17.54.60

**100m (wind: -1.3)**

Place	Num	Athlete	Club	Time
	1	82 Chris Russell	Ferrybank	11.04
	2	80 David O'Shea	Limerick County	11.15
	3	84 Tomas Griffin	An Riocht	12.44
	4	81 Cormac Hanlon	Sli Cualann	12.47
	5	83 Niall Higgins	Craughwell	12.55

**100m (wind: -1.3)**

Place	Num	Athlete	Club	Time
	1	93 Sarah Lavin	Limerick Coi	12.65
	2	92 Claire Morrissey	West Waterf	13.65
	3	90 Ciara Stuart	Sli Cualann	13.72
	4	91 Denise Wickham	Wexford Coi	13.83
	5	94 Rebecca Game	Tallaght	15.59

**4X400m**

Place	Num	Athlete	Club	Time
	1	82	Ferrybank	3.27.49
	2	80	Limerick County	3.29.74
	3	79	Sligo County	3.37.35
	4	81	Sli Cualann	3.58.04
	5	83	Craughwell	3.59.33

**4X400m**

Place	Num	Athlete	Club	Time
	1	91	Wexford Coi	4.52.00

**Hammer**

Place	Num	Athlete	Club	Distance
	1	79 Stephen Reynolds	Sligo County	32.57
	2	82 Tom Bouhier	Ferrybank	29.66
	3	80 David Frattardi	Limerick County	22.60
	4	81 Jack Cummins	Sli Cualann	22.01
	5	83 Brian Mcgee	Craughwell	15.09

**Hammer**

Place	Num	Athlete	Club	Distance
	1	91 Mary Sutherland	Wexford Coi	47.47
	2	92 Michelle Kennelly	West Waterf	34.91
	3	93 Alana Frattardli	Limerick Coi	17.60

**Pole Vault**

Place	Num	Athlete	Club	Height
	1	82 Liam Houlihan	Ferrybank	3.60

**Pole Vault**

Place	Num	Athlete	Club	Height
	1	92 Lisa Houlihan	West Waterf	2.90
	2	90 Caoimhe Basquille	Sli Cualann	1.90

**Long Jump**

Place	Num	Athlete	Club	Distance
	1	80 Nathan Jege	Limerick County	6.23
	2	81 Ferdia Kenny	Sli Cualann	6.03
	3	83 William Finnegan	Craughwell	5.97
	4	79 Aaron Murtagh	Sligo County	5.86
	5	84 Thomas Griffen	An Riocht	5.29
	6	82 Ben Kiely	Ferrybank	5.18

**Long Jump**

Place	Num	Athlete	Club	Distance
	1	91 Antoinette Stafford	Wexford Coi	5.52
	2	92 Claire Morrissey	West Waterf	4.70
	3	93 Sarah Lavin	Limerick Coi	4.51
	4	90 Ellie Hartnett	Sli Cualann	4.45
	5	94 Rebecca Game	Tallaght	3.77

**Shot Putt**

Place	Num	Athlete	Club	Distance
	1	81 David Sweeney	Sli Cualann	10.71
	2	82 Tom Bouchier	Ferrybank	10.1
	3	83 Eamon Watters	Craughwell	9.72
	4	80 David Frattardi	Limerick County	9.69
	5	79 Stephen Reynolds	Sligo County	7.83

**Shot Putt**

Place	Num	Athlete	Club	Distance
	1	92 Zoe Scanlon	West Waterf	10.06
	2	91 Clara McGuinness	Wexford Coi	9.82
	3	93 Alana Frattardi	Limerick Coi	8.90
	4	94 Lynsey Healy	Tallaght	8.24
	5	90 Ciara Stuart	Sli Cualann	6.53

**High Jump**

Place	Num	Athlete	Club	Height
	1	81 Lorcan Murphy	Sli Cualann	1.75
	2	83 Thomas Keenan	Craughwell	1.70
	3	82 Liam Houlihan	Ferrybank	1.65

**High Jump**

Place	Num	Athlete	Club	Height
	1	92 Claire Collins	West Waterf	1.55
	2	90 Caoimhe Basquille	Sli Cualann	1.50
	3	91 Catriona Corcoran	Wexford Coi	1.45

**Discus**

Place	Num	Athlete	Club	Distance
	1	81 Dave Sweeney	Sli Cualann	35.55
	2	80 John Sheehan	Limerick County	31.40
	3	82 Shane Kennedy	Ferrybank	27.47
	4	83 Eamon Watters	Craughwell	21.24
	5	84 Ger Cremin	An Riocht	18.13

**Discus**

Place	Num	Athlete	Club	Distance
	1	91 Emma Owens	Wexford Coi	32.34
	2	92 Eadaoin Ashe	West Waterf	30.73
	3	93 Aoife O'Malley	Limerick Coi	24.38
	4	90 Niamh Kearney	Sli Cualann	18.34
	5	94 Lynsey Healy	Tallaght	16.22

**Triple Jump**

Place	Num	Athlete	Club	Distance
	1	79 Aaron Murtagh	Sligo County	12.92
	2	83 William Finnegan	Craughwell	12.15
	3	82 Sean Archer	Ferrybank	11.59
	4	81 Cormac Hanlon	Sli Cualann	11.37
	5	80 Stephen Howard	Limerick County	10.72

**Triple Jump**

Place	Num	Athlete	Club	Distance
	1	92 Lisa Houlihan	West Waterf	10.38
	2	91 Denise Wickham	Wexford Coi	9.34
	3	90 Laura Boylan	Sli Cualann	NJ

**Javelin**

Place	Num	Athlete	Club	Distance
	1	81 David Kelly	Sli Cualann	56.25
	2	82 Shane Kennedy	Ferrybank	44.63
	3	79 Connell Bowl	Sligo County	41.92
	4	80 John Sheehan	Limerick County	36.86
	5	83 Niall Higgins	Craughwell	17.60

**Javelin**

Place	Num	Athlete	Club	Distance
	1	93 Alise Sheehan	Limerick Coi	32.26
	2	92 Zoe Scanlon	West Waterf	30.35
	3	91 Clara McGuinness	Wexford Coi	22.98
	4	94 Paula Murray	Tallaght	19.16
	5	90 Niamh Kearney	Sli Cualann	15.44

**56 lb Weight**

Place	Num	Athlete	Club	Distance
	1	84 Anthony Greaney	An Riocht	6.46
	2	82 Pat Kennedy	Ferrybank	4.55
	3	79 David Heath	Sligo County	3.74
	4	83 Brian McGee	Craughwell	3.62

**Division 1 Men (Pool A)****110m Hurdles (wind: -0.4)**

Place	Num	Athlete	Club	Time
	1	74 Austin Lee	KCH	19.03
	2	78 Owen Bradley	Olympian	19.09
	3	76 Patrick Curran	Tallaght	19.81

**Division 1 Women (Pool A)****100m Hurdles (wind: -1.1)**

Place	Num	Athlete	Club	Time
	1	86 Sarah Finnegan	Galway Cou	18.23
	2	87 Jacinta Power	Waterford	

**3000m Walk**

Place	Num	Athlete	Club	Time
	1	76 Eoin Dunne	Tallaght	21.37.04
	2	75 Derek Grant	Waterford	22.28.82
		78 Owen Bradley	Olympian	DQ

**1500m Walk**

Place	Num	Athlete	Club	Time
	1	86 Maeve Curley	Galway Cou	6.54.33
	2	88 Georgina Tuohy	Tullamore H	7.40.48
		87 Deirdre Chapman	Waterford	DQ
		1225 Rachel Conlon (G)	Trim	7.48.93
			Guest	8.39.20

**400m Hurdles**

Place	Num	Athlete	Club	Time
	1	78 Patrick O'Donnell	Olympian	63.18
	2	76 Patrick Curran	Tallaght	64.13
	3	75 Tom O'Brien	Waterford	66.81

**400m Hurdles**

Place	Num	Athlete	Club	Time
	1	85 Nicola Hayes	Menapians	76.03
	2	87 Jacinta Power	Waterford	93.43
	3	86 Mary Barrett	Galway Cou	93.72

**4X100m Relay**

Place	Num	Athlete	Club	Time
	1	74	KCH	43.97
	2	73	GCH	45.86
	3	76	Tallaght	46.20
	4	77	Clare County	47.74
	5	75	Waterford	49.57
	6	78	Olympian	51.16

**4X100m Relay**

Place	Num	Athlete	Club	Time
	1	86	Galway Cou	55.51
	2	88	Tullamore H	55.74
	3	85	Menapians	57.19
	4	87	Waterford	61.74

**1500m**

Place	Num	Athlete	Club	Time
	1	73 Gary Thornton	GCH	4.01.7
	2	77 Brian McGinley	Clare County	4.07.5
	3	76 Brian Connolly	Tallaght	4.14.1
	4	74 Toss Hayes	KCH	4.17.6
	5	78 Shaun Deery	Olympian	4.57.0
	6	75 Richard Lucas	Waterford	4.57.0

**1500m**

Place	Num	Athlete	Club	Time
	1	86 Laura Sur	Galway Cou	4.42.60
		1985 Michelle Finn (G)	Duhallow	4.50.41
		623 Anna Redden (G)	Sligo	5.07.56
	2	88 Maura Triona Keane	Tullamore H	5.16.61
	3	87 Siobhan Heylin	Waterford	5.54.99
	4	85 Catherine O'Connor	Menapians	6.16.51

**400m**

Place	Num	Athlete	Club	Time
	1	73 Ronan Kelly	GCH	52.10
	2	77 Darragh Lynch	Clare County	52.10
	3	76 Sean Bolger	Tallaght	52.25
	4	74 Michael Lanigan	KCH	55.57
	5	78 Martin Dunlop	Olympian	58.79
	6	75 Isaac Lineen	Waterford	61.49

**400m**

Place	Num	Athlete	Club	Time
	1	88 Niamh McNamara	Tullamore H	64.74
		625 Rianne McHugh (G)	Sligo	65.68
	2	87 Caroline Farrelly	Waterford	69.70
	3	86 Maeve Curley	Galway Cou	74.01
	4	85 Emma O'Neill	Menapians	76.24

**3000m S/C**

Place	Num	Athlete	Club	Time
	1	74 Jonathan Fitzpatrick	KCH	10.03.49
	2	77 Fergal Smithwick	Clare County	10.07.30
	3	76 Luke Coleman	Tallaght	11.07.20
	4	73 Malcolm McEvilly	GCH	11.40.05

**3000m**

Place	Num	Athlete	Club	Time
	1	88 Elizabeth Cuskelly	Tullamore H	10.35.56
	2	87 Diane Behan	Waterford	11.22.09
	3	85 Zara Murphy	Menapians	11.33.98

**200m (wind: -2.1)**

Place	Num	Athlete	Club	Time
	1	74 Eoin Muldowney	KCH	23.00
	2	76 Eddie Healy	Tallaght	23.44
	3	75 Brendan Leahy	Waterford	23.65
	4	73 Ben Cooney	GCH	23.90
	5	77 Mark Boland	Clare County	24.08
	6	78 Martin Dunlop	Olympian	25.52

**200m (wind: -1.5)**

Place	Num	Athlete	Club	Time
	1	85 Francesca Reville	Menapians	27.27
	2	88 Lauren Dunne	Tullamore H	27.96
	3	86 Tara Hession	Galway Cou	29.00
	4	87 Caroline Farrelly	Waterford	30.19

**200m (wind: -4.3)**

Place	Num	Athlete	Club	Time
	1	619 Philip Smith (G)	DSD	23.81
	2	618 Kevin Lynch (G)	DSD	24.18
	3	1211 Ross O'Loughlin (G)	Menapians	24.83
	4	83		25.40
	5	1986 Sean O'Brion (G)	Donore Hrs	26.21

**800m**

Place	Num	Athlete	Club	Time
	1	73 Joe O'Donnell	GCH	2.01.92
	2	74 Ian Boland	KCH	2.08.60
	3	77 Eamon Chesser	Clare County	2.10.69
	4	76 Anthony Leigho	Tallaght	2.13.52
	5	75 Keith Egan	Waterford	2.21.56
	6	78 Shaun Deery	Olympian	2.24.99

**800m**

Place	Num	Athlete	Club	Time
	1	86 Julianne Harrington	Galway Cou	2.23.31
	2	88 Pauline Curley	Tullamore H	2.25.56
	3	87 Niamh Tebay	Waterford	2.49.15
	4	85 Catherine O'Connor	Menapians	3.16.81

**5000m**

Place	Num	Athlete	Club	Time
	1	76 Thomas Fitzpatrick	Tallaght	15.03.62
	2	77 Mike Maher	Clare County	16.00.14
	3	75 Frank Quinlan	Waterford	16.59.32
	4	73 Derek Murray	GCH	17.01.16
		736 Sean McGrath (G)	East Cork	15.12.06
				15.55.20

**100m (wind: -1.8)**

Place	Num	Athlete	Club	Time
	1	74 Jonathan Holmes	KCH	10.96
	2	75 Brendan Leahy	Waterford	11.73
	3	73 Ronan Dobey	GCH	12.11
	4	77 Mark Boland	Clare County	12.24
	5	76 Sean Morris	Tallaght	12.30
	6	78 Brendan Quinn	Olympian	14.15

**100m (wind: -4.4)**

Place	Num	Athlete	Club	Time
	1	86 Tara Hession	Galway Cou	13.33
	2	85 Francesca Reville	Menapians	13.52
	3	88 Lauren Dunne	Tullamore H	13.57
	4	87 Louise Brent	Waterford	17.01

**100m**

Place	Num	Athlete	Club	Time
	1	80		11.29
	2	620 Mark Kavanagh (G)	DSD	11.45
	3	1226 Daena O'Byrne (G)	DSD	11.51
	4	65		11.85
	5			12.02
	6	79		12.25
	7			14.59

**4X400m**

Place	Num	Athlete	Club	Time
	1	76	Tallaght	3.32.60
	2	73	GCH	3.38.50
	3	77	Clare County	3.41.98
	4	74	KCH	3.45.97
	5	75	Waterford	3.56.70
	6	78	Olympian	4.00.31

**4X400m**

Place	Num	Athlete	Club	Time
	1	86	Galway Cou	4.25.81
	2	88	Tullamore H	4.40.15
	3	87	Waterford	4.57.15
	4	85	Menapians	5.10.71

**Hammer**

Place	Num	Athlete	Club	Distance
	1	78 Brendan Quinn	Olympian	19.88
	2	76 Alan Casey	Tallaght	17.04
	3	75 Brian Swaby	Waterford	16.00
		Lee Barlow (G)	Olympian	23.86

**Hammer**

Place	Num	Athlete	Club	Distance
	1	88 Lisa Dolan	Tullamore H	30.66
	2	86 Nicola Monahan	Galway Cou	18.44
	3	87 Diana Behan	Waterford	9.05

**Pole Vault**

Place	Num	Athlete	Club	Height
	1	75 Laurence Houlihan	Waterford	3.60
	2	74 Cormac Everard	KCH	2.20
		Martin Houlihan (G)	West Waterford	3.20

**Pole Vault**

Place	Num	Athlete	Club	Height
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**Long Jump**

Place	Num	Athlete	Club	Distance
	1	73 Simon Cavanaugh	GCH	5.94
	2	76 Edward Healy	Tallaght	5.80
	3	77 Lumsa Bahmari	Clare County	5.77
	4	75 Samuel Smith	Waterford	5.53
	5	78 Patrick O'Donnell	Olympian	5.32
	6	74 Cormac Everard	KCH	4.87

**Long Jump**

Place	Num	Athlete	Club	Distance
	1	85 Francesca Reveille	Menapians	4.91
	2	88 Emer Brennan	Tullamore H	4.30
	3	86 Cairtiona Murphy	Galway Cou	4.28
	4	87 Diane Behan	Waterford	2.92

**Shot Putt**

Place	Num	Athlete	Club	Distance
	1	73 Sean Breathnach	GCH	15.89
	2	76 John Deever	Tallaght	10.12
	3	78 Lee Barlow	Olympian	9.82
	4	74 Austin Lee	KCH	8.41
	6	75 Tom O'Brien	Waterford	7.62
		1223 Brendan Quinn (G)	Olympian	9.08
		73 Eanna O'Cahain (G)	GCH	10.23

**Shot Putt**

Place	Num	Athlete	Club	Distance
	1	86 Mary Barrett	Galway Cou	8.70
	2	87 Louise Brent	Waterford	8.33
	3	88 Kelly Cunningham	Tullamore H	7.68
	4	85 Kate Wilson	Menapians	6.13

**High Jump**

Place	Num	Athlete	Club	Height
	1	77 Keith King	Clare County	1.70
	2	75 Laurence Houlihan	Waterford	1.65
	3	76 Alan Casey	Tallaght	1.65
	4	74 Michael Lanigan	KCH	1.55
		78 Owen Bradley	Olympian	NH

**High Jump**

Place	Num	Athlete	Club	Height
	1	86 Sinead Tuohy	Galway Cou	1.35
	2	87 Jacinta Power	Waterford	1.10

**Discus**

Place	Num	Athlete	Club	Distance
	1	73 Eanna O'Cathain	GCH	35.08
	2	78 Brendan Quinn	Olympian	26.63
	3	75 Pat Breen	Waterford	25.98
	4	76 Sean Morris	Tallaght	21.29
	5	77 Keith King	Clare County	20.96
	6	74 Austin Lee	KCH	19.00

**Discus**

Place	Num	Athlete	Club	Distance
	1	88 Kelly Cunningham	Tullamore H	25.99
	2	85 Nicola Hayes	Menapians	19.70
	3	86 Melissa Barrett	Galway Cou	19.29
	4	87 Deirdre Chapman	Waterford	13.86

**Triple Jump**

Place	Num	Athlete	Club	Distance
	1	73 Kevin Dooley	GCH	11.97
	2	74 David McGeary	KCH	11.81
	3	78 Martin Dunlop	Olympian	10.97
	4	76 Ed Healy	Tallaght	10.88
	5	75 Tom O'Brien	Waterford	10.86

**Triple Jump**

Place	Num	Athlete	Club	Distance
	1	86 Sarah Finnegan	Galway Cou	10.11
	2	85 Nicola Hayes	Menapians	9.34
	3	88 Emer Brennan	Tullamore H	9.16
	4	87 Louise Brent	Waterford	7.96

**Javelin**

Place	Num	Athlete	Club	Distance
	1	77 Lunya Burman	Clare County	48.97
	2	78 Lee Barlow	Olympian	39.03
	3	73 Eanna O'Cathain	GCH	38.10
	4	76 Sean Morris	Tallaght	33.47
	5	74 David McGeary	KCH	32.49
	6	75 Pat Behan	Waterford	27.80

**Javelin**

Place	Num	Athlete	Club	Distance
	1	86 Mary Barrett	Galway Cou	22.66
	2	88 Lisa Dolan	Tullamore H	16.99
	3	85 Lucy Grennell	Menapians	14.58
	4	87 Deirdre Chapman	Waterford	11.08

**56 lb Weight**

Place	Num	Athlete	Club	Distance
	1	73 Sean Breathnach	GCH	7.97
	2	76 John Dever	Tallaght	6.38
	3	78 Patrick O'Donnell	Olympian	3.67
	4	75 Brian Swaby	Waterford	3.63

**Premier Men****110m Hurdles (wind: -1.9)**

Place	Num	Athlete	Club	Time
	1	66 Eoin Kelly	St Abbans	15.99
	2	59 Adrian Jackman	Menapians	17.88
	3	61 Ben Dennessen	Kerry Athletics	18.36
	4	65 Kevin Byrne	DSD	22.32

**Premier Women****100m Hurdles (wind: -0.9)**

Place	Num	Athlete	Club	Time
	1	67 Megan Kiely	Ferrybank	15.67
	2	69 Sophie Heinsich	Leevale	16.04
	3	72 Ailbhe Courtney	Kerry Athlet	16.90
	4	71 Avril Dillon	DSD	17.24



**3000m Walk**

Place	Num	Athlete	Club	Time
	1	64 James Treanor	Shercock	12.56.04
	2	59 Jimmy McDonald	Menapians	13.12.85
	3	65 Jerome Caprice	DSD	13.16.66
	4	62 Larry Rigney	Tullamore Hrs	21.29.30

**1500m Walk**

Place	Num	Athlete	Club	Time
	1	70 Marie Costello	Borrisokane	9.00.13
	2	71 Mary McCarthy	DSD	9.32.29
	3	69 Caroline Philpott	Leevale	10.27.00
	4	67 Sally Murphy	Ferrybank	10.57.96
		68 Shiela Loudren	KCH	DQ

**400m Hurdles**

Place	Num	Athlete	Club	Time
	1	64 James Ruxton	Shercock	53.19
		614 Tim Crowe (G)	Dooneen	53.34
	2	65 Jonathan Miller	DSD	53.73
	3	66 Paul Byrne	St Abbans	54.08
	4	59 Barry Upton	Menapians	55.40
	5	62 Stephen Kelly	Tullamore Hrs	59.90
	6	61 Stewart Nolan	Kerry Athletics	62.69

**400m Hurdles**

Place	Num	Athlete	Club	Time
	1	67 Megan Kiely	Ferrybank	63.09
	2	68 Catriona Cuddihy	KCH	66.62
	3	72 Ailbhe Courtney	Kerry Athlet	67.99
	4	69 Katey Byrd	Leevale	70.88
	5	70 Lisa Kelly	Borrisokane	73.89
	6	71 Eimear Bennett	DSD	74.60

**4X100m Relay**

Place	Num	Athlete	Club	Time
	1	65	DSD	42.52
	2	63	Leevale	43.36
	3	59	Menapians	43.99
	4	64	Shercock	44.51
	5	62	Tullamore Hrs	44.63
	6	61	Kerry Athletics	44.84
	7	66	St Abbans	46.17
	8	60	Donore Hrs	48.46

**4X100m Relay**

Place	Num	Athlete	Club	Time
	1	67	Ferrybank	50.42
	2	68	KCH	50.57
	3	69	Leevale	50.86
	4	72	Kerry Athlet	51.31
	5	71	DSD	51.58
	6	70	Borrisokane	53.86

**1500m**

Place	Num	Athlete	Club	Time
	1	66 Stephen Attride	St Abbans	4.01.94
	2	59 Andrew Connick	Menapians	4.03.04
	3	60 Mark Dooley	Donore Hrs	4.07.76
	4	65 Neil Cowzer	DSD	4.15.24
	5	63 Thomas Maunsell	Leevale	4.24.46
	6	62 Cormac Troy	Tullamore Hrs	4.25.42
	7	64 Paul Smith	Shercock	6.10.79

**1500m**

Place	Num	Athlete	Club	Time
	1	69 Liz Lee	Leevale	4.39.61
	2	71 Bryony Treston	DSD	4.44.38
	3	70 Siobhan O'Doherty	Borrisokane	4.46.31
	4	72 Mary Fitzgearld	Kerry Athlet	5.05.88
	5	68 Niamh Tuohy	KCH	5.24.92

**400m**

Place	Athlete	Club	Time
1	62 Ferghus Hannon	Tullamore Hrs	48.70
2	65 Joseph Dowling	DSD	49.84
3	64 James Ruxton	Shercock	50.30
4	61 Cian Foley	Kerry Athletics	50.65
5	63 Darren O'Donovan	Leevale	51.48
6	59 Ruadhairi Kedney	Menapians	52.38
7	60 Chris Kelly	Donore Hrs	54.68

**400m**

Place	Num	Athlete	Club	Time
1	69	Louise McArdle	Leevale	57.98
2	70	Cliona Ryan	Borrisokane	61.50
3	71	Laura Hannigan	DSD	62.96
4	67	Melina van der Valk	Ferrybank	64.34
5	68	Louise Holmes	KCH	67.82
6	72	Katie Rogers	Kerry Athlet	69.62

**3000m S/C**

Place	Athlete	Club	Time
	J. McCarthy (G)		9.40.02
1	65 Robert Corbally	DSD	9.48.80
2	62 Liam Brady	Tullamore Hrs	9.56.26
3	66 Stephen Lawlor	St Abbans	10.07.18
4	63 Stephan Walters	Leevale	11.59.23

**3000m**

Place	Athlete	Club	Time
1	71 Linda Byrne	DSD	9.50.21
2	69 Liz Lee	Leevale	10.10.11
3	70 Siobhan O'Doherty	Borrisokane	10.21.62
4	72 Anna Maria Costello	Kerry Athlet	11.16.93
5	68 Laura Haverty	KCH	12.08.09
6	67 Grainne Brennan	Ferrybank	13.02.17

**200m (wind: -2.0)**

Place	Num	Athlete	Club	Time
1	65	Mark Kavanagh	DSD	22.50
2	59	David Hynes	Menapians	22.63
3	64	Craig Lynch	Shercock	22.79
4	63	David Quilligan	Leevale	22.86
5	62	Alan Whelan	Tullamore Hrs	23.08
6	61	Colm Lynch	Kerry Athletics	23.41
7	66	Paul Byrne	St Abbans	23.97
8	60	Paul Rooney	Donore Hrs	27.50

**200m (wind: -3.7)**

Place	Num	Athlete	Club	Time
1	68	Catriona Cuddihy	KCH	26.03
2	71	Zita Murphy	DSD	26.60
3	69	Sophie Heinsch	Leevale	27.31
4	67	April Flynn	Ferrybank	27.35
5	72	Dearbhail Folry	Kerry Athlet	27.94
6	70	Lorraine Healy	Borrisokane	29.60

**800m**

Place	Num	Athlete	Club	Time
1	60	Eric Keogh	Donore Hrs	1.58.77
2	66	Stephen Attridge	St Abbans	1.59.35
3	65	Fionn Clerigh Buttner	DSD	2.03.35
4	62	Catch Grennan	Tullamore Hrs	2.04.88
5	61	David Hogan	Kerry Athletics	2.12.36
6	59	Damien Walsh	Menapians	2.20.02
7	63	Richard O'Sullivan	Leevale	2.23.86
8	64	James Treanor	Shercock	2.23.92

**800m**

Place	Num	Athlete	Club	Time
1	71	Sinead Denny	DSD	2.18.44
	613	Carol Finn (G)	Duhallow	2.19.99
2	67	Kitty Walsh	Ferrybank	2.26.58
3	69	Aisling Gould	Leevale	2.32.66
4	68	Sarah Nolan	KCH	2.35.28
5	72	Katie Rogers	Kerry Athlet	2.39.43

**5000m**

Place	Num	Athlete	Club	Time
	1	65 Brendan O'Neill	DSD	14.45.52
	2	64 Noel Carroll	Shercock	15.12.85
	3	61 Cian Murphy	Kerry Athletics	15.24.76
	4	63 Barry Donovan	Leevale	16.10.56
	5	62 Eddie Garry	Tullamore Hrs	17.10.14
	6	66 James Nolan	St Abbans	18.12.41
	7	59 Fredric Bourdin	Menapians	18.42.44

**100m (wind: -1.9)**

Place	Num	Athlete	Club	Time
	1	65 Patrick Phelan	DSD	11.01
	2	62 Eoin Hannon	Tullamore Hrs	11.12
	3	59 David Hynes	Menapians	11.21
	4	63 David Killeen	Leevale	11.38
	5	61 Conal O'Callaghan	Kerry Athletics	11.46
	6	64 Craig Lynch	Shercock	11.63

**100m (wind: -1.4)**

Place	Num	Athlete	Club	Time
	1	68 Louise Holmes	KCH	12.72
	2	71 Zita Murphy	DSD	12.94
	3	67 Nicola Power	Ferrybank	13.03
	4	72 Sinead O'Connor	Kerry Athlet	13.12
	5	69 Louise McArdle	Leevale	13.13
	6	70 Lorraine Healy	Borrisokane	13.80

**4X400m**

Place	Num	Athlete	Club	Time
	1	65	DSD	3.25.70
	2	63	Leevale	3.27.86
	3	59	Menapians	3.28.84
	4	61	Kerry Athletics	3.30.65
	5	62	Tullamore Hrs	3.31.21
	6	60	Donore Hrs	3.39.54
	7	66	St Abbans	3.43.85

**4X400m**

Place	Num	Athlete	Club	Time
	1	71	DSD	4.08.99
	2	72	Kerry Athlet	4.11.75
	3	67	Ferrybank	4.13.50
	4	68	KCH	4.15.24
	5	69	Leevale	4.15.91
	6	70	Borrisokane	

**Hammer**

Place	Num	Athlete	Club	Distance
	1	61 James Nagle	Kerry Athletics	48.90
	2	62 Darragh Hanlon	Tullamore Hrs	40.96
	3	64 Hugh Fitzpatrick	Shercock	37.72
	4	66 Aidan Kelly	St Abbans	34.16
	5	59 Ger Donovan	Menapians	26.93
	6	63 Paul Stack	Leevale	13.36

**Hammer**

Place	Num	Athlete	Club	Distance
	1	67 Cara Kennedy	Ferrybank	44.99
	2	72 Mairead O'Neill	Kerry Athlet	40.99
	3	70 Sarah Kelly	Borrisokane	33.09
	4	71 Lisa Wynne	DSD	30.07
	5	69 Caroline Philpott	Leevale	13.40
		626 Priscilla O'Sullivan (G)	Bandon	35.15

**Pole Vault**

Place	Num	Athlete	Club	Height
	1	62 Stephen Kelly	Tullamore Hrs	3.20
	2	61 David Hogan	Kerry Athletics	3.00
	3	66 Paul Byrne	St Abbans	2.60
	4	63 David Killeen	Leevale	2.60
	5	64 Richard Tsang	Shercock	2.60
	6	65 Kevin Byrne	DSD	2.20

**Pole Vault**

Place	Num	Athlete	Club	Height
	1	69 Sarah Ryan	Leevale	2.90
	2	70 Lisa Kelly	Borrisokane	2.10
	3	72 Dearbhail Foley	Kerry Athlet	1.70
	4	71 Avril Dillon	DSD	1.50

**Long Jump**

Place	Num	Athlete	Club	Distance
	1	63 David Quilligan	Leevale	6.70
	2	66 Eoin Kelly	St Abbans	6.39
	3	64 Paul Smith	Shercock	6.39
	4	61 Conal O'Callaghan	Kerry Athletics	6.21
	5	59 Tony Stafford	Menapians	5.93
	6	60 Louis Fitzgearld	Donore Hrs	5.78
	7	65 Conor Sexton	DSD	5.67
	8	62 Larry O'Reilly	Tullamore Hrs	5.63

**Long Jump**

Place	Num	Athlete	Club	Distance
	1	67 Nicola Power	Ferrybank	5.71
	2	72 Sinead O'Connor	Kerry Athlet	5.15
	3	68 Lorraine O'Shea	KCH	5.01
	4	69 Caroline Murphy	Leevale	4.72
	5	70 Chloe Fahy	Borrisokane	4.67
	6	71 Avril Dillon	DSD	2.79

**Shot Putt**

Place	Num	Athlete	Club	Distance
	1	61 Daniel Clifford	Kerry Athletics	13.22
	2	59 David Coleman	Menapians	12.49
	3	66 Seamus Fitzpatrick	St Abbans	11.38
	4	64 Matthew O'Reilly	Shercock	10.97
	5	63 Joseph Nagle	Leevale	9.56
	6	62 Jim Dolan	Tullamore Hrs	8.06
	7	65 Kevin Byrne	DSD	7.32

**Shot Putt**

Place	Num	Athlete	Club	Distance
	1	67 Cara Kennedy	Ferrybank	10.47
	2	72 Shiela O'Donoghue	Kerry Athlet	10.31
	3	69 Roisin Howard	Leevale	8.85
	4	68 Caitriona Cuddihy	KCH	8.28
	5	70 Sarah Kelly	Borrisokane	7.79
	6	71 Lucy Moore	DSD	7.44
		626 Priscilla O'Sullivan (G)	Bandon	9.19

**High Jump**

Place	Num	Athlete	Club	Height
	1	65 Themba Neoala	DSD	1.75
	2	66 Conor Daly	St Abbans	1.75
	3	62 Ray Lennon	Tullamore Hrs	1.70
	4	61 PJ Galvin	Kerry Athletics	1.70
	5	60 Louis Fitzgearld	Donore Hrs	1.65
	6	59 Simon Mernagh	Menapians	1.60
	7	64 James Ruxton	Shercock	1.60
	8	63 Ryan Casey	Leevale	1.45

**High Jump**

Place	Num	Athlete	Club	Height
	1	67 SORCHA MURPHY	Ferrybank	1.55
	2	70 Chloe Fahy	Borrisokane	1.40
	3	72 Ailbhe Courtney	Kerry Athlet	1.35
	4	68 Niamh Tuphy	KCH	1.20

**Discus**

Place	Num	Athlete	Club	Distance
	1	61 Daniel Clifford	Kerry Athletics	44.65
	2	62 Darragh Hanlon	Tullamore Hrs	39.85
	3	60 Aidan Fogerty	Donore Hrs	33.10
	4	66 Aidan Kelly	St Abbans	31.73
	5	64 Matthew O'Reilly	Shercock	31.53
	6	63 Brian Hayes	Leevale	26.03

**Discus**

Place	Num	Athlete	Club	Distance
	1	67 Jade Power	Ferrybank	33.00
	2	72 Karen O'Connor	Kerry Athlet	28.53
	3	70 Amanda O'Farrell	Borrisokane	26.83
	4	68 Nicola Barron	KCH	22.03
	5	69 Roisin Howard	Leevale	21.61
	6	71 Lisa Wynne	DSD	13.13

**Triple Jump**

Place	Num	Athlete	Club	Distance
	1	66 Eoin Kelly	St Abbans	14.29
	2	63 Dennis Finnegan	Leevale	14.02
	3	59 Patrick Shannon	Menapians	13.24
	4	65 Cilan Cronin	DSD	12.51
	5	64 Rchard Tsang	Shercock	12.23
	6	61 Michael Godley	Kerry Athletics	11.54

**Triple Jump**

Place	Num	Athlete	Club	Distance
	1	67 Nicola Power	Ferrybank	10.92
	2	72 Sinead O'Connor	Kerry Athlet	10.65
	3	70 Lisa Kelly	Borrisokane	10.11
	4	69 Katie Byrd	Leevale	9.86
	5	71 Lucy Moore	DSD	7.71

**Javelin**

Place	Num	Athlete	Club	Distance
	1	64 Albinas Kiltinavicius	Shercock	46.70
	2	62 Tom Rafferty	Tullamore Hrs	43.40
	3	61 Phillip Barnett	Kerry Athletics	40.45
	4	63 Brian Hayes	Leevale	33.33
	5	59 Fredric Bourdin	Menapians	30.45
	6	66 Barry Pender	St Abbans	28.71
	7	65 Neil Cowzer	DSD	24.23

**Javelin**

Place	Num	Athlete	Club	Distance
	1	71 Anita White	DSD	37.70
	2	68 Galia Stanley	KCH	27.10
	3	70 Amanda O'Farrell	Borrisokane	25.30
	4	69 Susan Ryan	Leevale	23.79
	6	72 Shiela O'Donoghue	Kerry Athlet	18.10
	8	67 Brid Golden	Ferrybank	22.77

**56 lb Weight**

Place	Num	Athlete	Club	Distance
	1	66 Seamus Fitzpatrick	St Abbans	7.79
	2	59 Ger Donovan	Menapians	5.80
	3	62 Tom Rafferty	Tullamore Hrs	5.71
	4	64 Hugh Fitzpatrick	Shercock	5.59
	5	63 Joseph Nagle	Leevale	4.99
	6	61 Shane Delaney	Kerry Athletics	4.22
	7	65 Peter Byrne	DSD	3.49