

Woodie's DIY Track & Field  
Championships of Ireland  
6 - 7 August 2011

**Provisional Results**

Men's 100 m

Wind : -2.1

Place	Name	Club	Time
1	Jason Smyth	City of Derry	10.52
2	Steven Colvert	Crusaders A.C.	10.75
3	Dean Adams	Ballymena & Antrim A.C.	10.89
4	Christopher Russell	Ferrybank A.C.	10.97
5	Cian Aherne	Dooneen A.C.	11.21
6	Paul Whelan	Dublin Striders A.C.	11.22
7	Daniel Kavanagh	Clonliffe Harriers A.C.	11.27
8	David O'Shea	Dooneen A.C.	11.28
9	Jamie Davis	Raheny Shamrock A.C.	11.30
10	Robert Rath	Raheny Shamrock A.C.	11.33
1	Eoin Muldowney	Castlecomer A.C.	11.42
2	Deanna O'Byrne	Dundrum South Dublin A.C.	11.44
3	Keith Pike	Clonliffe Harriers A.C.	11.46
4	Ola Egbeyemi	St. L. O'Toole A.C.	11.57
5	Conall O'Callaghan	Spa Muckcross A.C.	11.61
6	Barry O'Donohue	Raheny Shamrock A.C.	11.62
	Colm Keogh	Ratoath A.C.	DNS
	Patrick O'Connor	Clonliffe Harriers A.C.	DNS
	Dylan Roche	St. Brendan's A.C.	DNS
	Darren O'Donovan	Leevale A.C.	DNS

Men's 200 m

Wind : +0.6

Place	Name	Club	Time
1	Paul Hession	Athenry A.C.	20.51
2	Steven Colvert	Crusaders A.C.	20.84
3	Brian Gregan	Clonliffe Harriers A.C.	21.09
4	Paul Whelan	Dublin Striders A.C.	21.72
5	Patrick O'Connor	Clonliffe Harriers A.C.	21.78
6	Jamie Davis	Raheny Shamrock A.C.	22.14
7	David O'Shea	Dooneen A.C.	22.25
8	Eoin Muldowney	Castlecomer A.C.	22.36

Men's 400 m

Place	Name	Club	Time
1	Brian Murphy	Crusaders A.C.	46.68
2	Dara Kervick	Carrick-On-Suir A.C.	48.16
3	Craig Lynch	Shercock A.C.	48.18
4	Nick Hogan	Dundrum South Dublin A.C.	48.39
5	Kieran Kelly	Raheny Shamrock A.C.	48.52
6	Billy Ryan	Ferrybank A.C.	49.01
7	Ciaran Mackey	Clonliffe Harriers A.C.	49.24
8	Paul Scanlon	Leevale A.C.	49.82

Men's 800 m

Place	Name	Club	Time
1	Mark English	Letterkenny A.C.	1.50.22
2	Brian Kelly	St. Abbans A.C.	1.50.83
3	Anthony Lieghio	Tallaght A.C.	1.50.88

4	David Mc Carthy	Le Cheile A.C.	1.51.00
5	Dean Cronin	Blarney/Inniscara A.C.	1.52.12
6	Tommy Carroll	North Sligo A.C.	1.52.20
7	Daniel Mooney	Letterkenny A.C.	1.52.28
8	Conor Healy	Clonliffe Harriers A.C.	1.53.04
9	Fintan Reilly	Dunleer A.C.	1.55.51
10	Darragh Greene	Dunleer A.C.	2.00.50

Men's 1500 m

Place	Name	Club	Time
1	Paul Robinson	St. Coca'S A.C.	3.50.41
2	John Coghlan	Metro/St. Brigid's A.C.	3.51.44
3	Rory Chesser	Ennis Track A.C.	3.52.62
4	Joe Warne	Doheny A.C.	3.52.69
5	Mark Hanrahan	Leevale A.C.	3.52.69
6	Conor Bradley	City of Derry	3.53.94
7	Eoin Pierce	Clonliffe Harriers A.C.	3.55.13
8	Tommy Carroll	North Sligo A.C.	3.55.54
9	Thomas Fitzpatrick	Tallaght A.C.	3.56.34
10	Sam Kelly	Fingallians A.C.	3.57.02
11	Gary O'Hanlon	Clonliffe Harriers A.C.	3.57.73
12	Mark Mc Donald	Clonliffe Harriers A.C.	4.00.59

Men's 5000 m

Place	Name	Club	Time
1	Alistair Cragg	Clonliffe Harriers A.C.	13.48.03
2	Mark Kenneally	Clonliffe Harriers A.C.	13.59.29
3	David Rooney	Raheny Shamrock A.C.	14.04.74
4	Michael Mulhare	North Laois A.C.	14.13.16
5	Sean Connolly	Tallaght A.C.	14.21.63
6	Paul Pollock	Annadale Striders A.C.	14.40.09
7	Breandan O'Neill	Dundrum South Dublin A.C.	14.40.09
8	Eddie Mc Ginley	Annadale Striders A.C.	14.40.60
9	Paddy Brennan	Letterkenny A.C.	14.45.21
10	Andrew Agnew	Annadale Striders A.C.	14.50.19
11	Niall Sheehan	Gowran A.C.	15.00.28
12	Robert Corbally	Dundrum South Dublin A.C.	15.05.47
13	Mark Hoey	Star of the Sea A.C.	15.08.53
14	David Morwood	Annadale Striders A.C.	15.09.29
15	Ian Conroy	Raheny Shamrock A.C.	15.12.60
16	Thomas Maunsell	Leevale A.C.	15.13.31
17	Aaron Doherty	Inishowen A.C.	15.27.00
18	Pauric Mc Kinney	Letterkenny A.C.	15.28.59
19	Conor Mc Guinness	Clonliffe Harriers A.C.	15.33.64
20	Vincent O'Sullivan	Sli Cualann A.C.	15.36.01
21	Donal Foley	Raheny Shamrock A.C.	15.38.52
22	Andrew Connick	Ferrybank A.C.	15.46.06
23	Alan Kelly	Galway City Harriers A.C.	16.19.37
24	Brian Murphy	Ennis Track A.C.	16.21.86
25	Paul Duffy	Sportsworld A.C.	16.25.91
	Rory Mc Donnell	Dunboyne A.C.	DNF
	Ryan Mc Dermott	Dromore A.C.	DNF
	Brian Farrell	Sli Cualann A.C.	DNF
	Lee Kiernan	Crusaders A.C.	DNF

Men's 10,000 m

Place	Name	Club	Time
1	Mark Kenneally	Clonliffe Harriers A.C.	28.58.39

2	Gary Thornton	Galway City Harriers A.C.	29.39.53
3	Sean Hehir	Rathfarnham W.S.A.F. A.C.	30.16.02
4	Barry Minnock	Rathfarnham W.S.A.F. A.C.	30.35.65
5	Alan O'Shea	Bantry A.C.	30.55.23
6	Greg Roberts	City of Derry	30.55.75
7	Mark Ryan	Rathfarnham W.S.A.F. A.C.	31.31.24
8	Declan Reed	City of Derry	31.32.25
9	Liam Brady	Tullamore Harriers A.C.	31.36.10
10	Thomas Evans	Gowran A.C.	31.50.17
11	Brendan Murphy	City of Derry	31.55.10
12	Michael Mac Diarmada	Clonliffe Harriers A.C.	32.06.27
13	Mick Clohissey	Raheny Shamrock A.C.	32.35.66
14	Phil Kilgannon	Sportsworld A.C.	32.53.13
15	Patrick Cassidy	Glaslough Harriers A.C.	33.02.21
16	Graham Power	Ferrybank A.C.	33.10.27
17	Declan Power	Clonliffe Harriers A.C.	33.28.33
18	Paul Flemming	Rathfarnham W.S.A.F. A.C.	33.28.33
19	Tim Twomey	Leevale A.C.	33.34.26
20	Chris Harrington	Leevale A.C.	34.02.44
21	Kevin Donagher	Rathfarnham W.S.A.F. A.C.	35.28.30
22	George Boyle	Leevale A.C.	37.33.11
23	Dave Comber	Leevale A.C.	38.24.25
	Martin Fagan	Mullingar Harriers A.C.	DNF

#### Men's 110 m Hurdles

Wind : -1.6

Place	Name	Club	Time
1	Ben Reynolds	North Down A.C.	14.05
2	Ian Mc Donald	Crusaders A.C.	14.28
3	Simon Taggart	Donore Harriers A.C.	14.44
4	Matt Field	Clonliffe Harriers A.C.	14.83
5	Ciaran O'Cathain	Raheny Shamrock A.C.	14.95
6	Luke Reynolds	North Down A.C.	15.28
7	Edmond O'Halloran	Leevale A.C.	15.60
8	Adrian Jackman	Menapians A.C.	17.72

#### Men's 400 m Hurdles

Place	Name	Club	Time
1	Thomas Barr	Ferrybank A.C.	50.06
2	Jason Harvey	University of Ulster A.C.	50.65
3	Timothy Crowe	Dooneen A.C.	51.38
4	Paul Byrne	St. Abbans A.C.	51.41
5	Brendan Murphy	City of Lisburn	53.05
6	James Ruxton	Shercock A.C.	53.12
7	Gerard O'Donnell	Carrick-On-Shannon A.C.	53.39
8	Brian Liddy	Galway City Harriers A.C.	56.96

#### Men's 3000 m Steeplechase

Place	Name	Club	Time
1	Tomas Cotter	Dunleer A.C.	9.00.90
2	Mark Kirwan	Raheny Shamrock A.C.	9.07.89
3	Ciaran Doherty	Letterkenny A.C.	9.12.57
4	Emmet Jennings	Dundrum South Dublin A.C.	9.02.98
5	Jayne Rossiter	Clonliffe Harriers A.C.	9.37.75
6	Brian Mc Ginley	Ennis Track A.C.	9.43.28
	Paul Ruprecht	Leevale A.C.	DNF
	David Flynn	Clonliffe Harriers A.C.	DNF

## Men's 10,000 m Walk

Place	Name	Club	Time
1	Robert Heffernan	Togher A.C.	40.12.64
2	Colin Griffin	Ballinamore A.C.	41.22.28
3	Tom Bosworth	West Waterford A.C.	42.07.11
4	Brendan Boyce	Letterkenny A.C.	43.49.11
5	Cian Mc Manamon	Westport A.C.	43.57.14
6	James Treanor	Shercock A.C.	46.48.14
7	David Kidd	St. L. O'Toole A.C.	47.44.02
8	Timothy Healy	Togher A.C.	49.33.77
9	Michael Moran	Claremorris A.C.	50.20.31
10	Robert O'Neill	Togher A.C.	54.57.88
	Luke Hickey	Leevale A.C.	DNF
	Micheal Doyle	Tara A.C.	DQ

## Men's High Jump

Place	Name	Club	Hgt (m)
1	Simon Phelan	Newenham & Essex	2.05
2	Barry Pender	St. Abbans A.C.	2.00
3	Marcin Klinkosz	Clonliffe Harriers A.C.	1.90
4	Michael Bowler	Caim A.C.	1.90
5	Andrew Heney	Clonliffe Harriers A.C.	1.85
6	Barry Quigg	Sliabh Liag A.C.	1.80

## Men's Long Jump

Place	Name	Club	Dist (m)
1	Adam Mc Mullen	University of Ulster A.C.	7.26
2	David Quilligan	Leevale A.C.	7.07
3	Eamonn Fahey	Donore Harriers A.C.	7.02
4	Denis Finnegan	Leevale A.C.	6.79
5	Ciaran Dolan	St. Michael's Enniskillen	6.68
6	Tony Stafford	Menapians A.C.	6.63
7	Richard Tsang	Shercock A.C.	6.46
8	Colm Bourke	Sligo A.C.	6.07

## Men's Triple Jump

Place	Name	Club	Dist (m)
1	Eoin Kelly	St. Abbans A.C.	14.58
2	Denis Finnegan	Leevale A.C.	14.49
3	Alan Kennedy	North Down A.C.	14.16
4	Conor Daly	St. Abbans A.C.	13.03

## Men's Pole Vault

Place	Name	Club	Hgt (m)
1	David Donegan	Clonliffe Harriers A.C.	4.70
2	Ruairi O'Briain	Crusaders A.C.	4.70
3	Ian Rogers	Clonliffe Harriers A.C.	4.55
4	Thomas Houlihan	West Waterford A.C.	4.40
5	Stuart Greene	Raheny Shamrock A.C.	4.20
6	Mihai Panpea	Raheny Shamrock A.C.	3.80

## Men's Shot Putt

Place	Name	Club	Dist (m)
1	Sean Breathnach	Galway City Harriers A.C.	16.24
2	Tomas Rauktys	Clonliffe Harriers A.C.	16.11
3	Francis Abbey	Myshallag	14.66
4	Andrew Doyle	Mid-Ulster A.C.	14.36
5	Michal Gassowski	Tallaght A.C.	13.80

6	Daniel Clifford	Farranfore Maine Valley A.C.	13.53
7	Kieron Stout	Celbridge A.C.	13.50
8	David Tierney	Leevale A.C.	12.77
9	Alan O'Connor	Tralee Harriers A.C.	12.68
10	Eoin Moylan	Crusaders A.C.	11.81
11	Matthew Doyle	Mid-Ulster A.C.	11.16
12	Cormac Ryan	Paralympics Ireland	9.97

#### Men's Discus

Place	Name	Club	Dist (m)
1	Tomas Ruktys	Clonliffe Harriers A.C.	52.06
2	Conor Mc Cullough	Crusaders A.C.	48.68
3	John Menton	Donore Harriers A.C.	48.42
4	Sean Breathnach	Galway City Harriers A.C.	46.46
5	Daniel Clifford	Farranfore Maine Valley A.C.	46.19
6	Eoin Moylan	Crusaders A.C.	37.10
7	Sam Gaine	Crusaders A.C.	35.05
8	Cormac Ryan	Paralympics	33.33

#### Men's Javelin

Place	Name	Club	Dist (m)
1	Aaron Crawford	Strabane Track Club	63.27
2	Paul Marry	Clonliffe Harriers A.C.	56.43
3	Rory Gunning	Fr. Murphys A.C.	55.99
4	Marcin Klinkosz	Clonliffe Harriers A.C.	54.10
5	Martin Matthews	North Down A.C.	52.31
6	David Kelly	Kilcoole A.C.	52.24
7	Sean Mc Bride	Strabane Track Club	50.51
8	Damian Crawford	Strabane Track Club	49.42
9	Shane Aston	Trim A.C.	46.54
10	Keith Smith	Carrick-on-Suir A.C.	41.81
11	Tony Barnett	Tralee Harriers A.C.	41.19
12	Philippe Barnett	Tralee Harriers A.C.	36.98

#### Men's Hammer

Place	Name	Club	Dist (m)
1	Conor Mc Cullough	Crusaders A.C.	72.67
2	Padraig White	Dunboyne A.C.	61.73
3	James Mc Cabe	Dunboyne A.C.	59.05
4	Killian Barry	Crusaders A.C.	55.77
5	Thomas Furlong	D.M.P. A.C.	55.08
6	Andrew Doyle	Mid-Ulster A.C.	53.99
7	Martin Hunt	Clonliffe Harriers A.C.	51.03
8	Caimin Dunne	Dunboyne A.C.	44.21
9	Andrew Kidd	Dundrum South Dublin A.C.	24.30

#### Men's 56lb Distance

Place	Name	Club	Dist (m)
1	Tomas Ruktys	Clonliffe Harriers A.C.	8.40
2	John Menton	Donore Harriers A.C.	7.92
3	David Tierney	Leevale A.C.	7.91
4	Sean Breathnach	Galway City Harriers A.C.	7.78
5	Seamus Fitzpatrick	North Laois A.C.	7.62
6	Oisin Hoey	St. Michael's AC	6.69
7	Eugene Mc Tighe	Castlebar A.C.	6.56

#### Men's 56lb Height

Place	Name	Club	Hgt (m)
-------	------	------	---------

1	Seamus Fitzpatrick	North Laois A.C.	4.40
2	John Menton	Donore Harriers A.C.	4.40
3	Sean Breathnach	Galway City Harriers A.C.	4.20
4	David Tierney	Leevale A.C.	4.20
5	Oisin Hoey	St. Michael's AC	3.80
6	Eugene Mc Tighe	Castlebar A.C.	3.20

#### Junior Men's 3000 m

Place	Name	Club	Time
1	Kevin Dooney	Raheny Shamrock A.C.	8.42.21
2	Stephen Kerr	Armagh A.C.	8.46.79
3	David Harper	Westport A.C.	8.53.30
4	J.P. Williamson	City of Derry	8.54.87
5	Luke Forde	Dunboyne A.C.	9.08.38
6	James Egan	Dundrum South Dublin A.C.	9.13.93
7	Conor Burke	Celbridge A.C.	9.22.99
8	Timmy Moriarty	Raheny Shamrock A.C.	9.43.91

#### 35lb Height - Junior Men

Place	Name	Club	Hgt (m)
1	Patrick Mc Sweeney	Bandon A.C.	4.50
2	Sam Gaine	Crusaders A.C.	3.60
3	Michael Kenny	Kildare A.C.	3.60

#### Women's 100 m

Wind : +1.2

Place	Name	Club	Time
1	Amy Foster	City of Lisburn	11.69
2	Niamh Whelan	Ferrybank A.C.	11.76
3	Joan Healy	Bandon A.C.	11.92
4	Catherine Mc Manus	Celtic DCH A.C.	12.01
5	Aoife Mac Neill	Dundrum South Dublin A.C.	12.04
6	Phil Healy	Bandon A.C.	12.28
7	Sarah Murray	Fingallians A.C.	12.36
8	Shauna Cannon	Brothers Pearse A.C.	12.38
9	Chloe Boomer	Lagan Valley A.C.	12.56

#### Women's 200 m

Wind : +0.6

Place	Name	Club	Time
1	Amy Foster	City of Lisburn	23.74
2	Niamh Whelan	Ferrybank A.C.	24.02
3	Steffi Creaner	Celtic DCH A.C.	24.40
4	Aoife Mac Neill	Dundrum South Dublin A.C.	24.68
5	Hannah Lewis	North Down A.C.	24.89
6	Joanna Mills	Ballymena & Antrim A.C.	24.96
7	Grainne Moynihan	West Muskerry A.C.	25.02
8	Shauna Cannon	Brothers Pearse A.C.	25.18

#### Women's 400 m

Place	Name	Club	Time
1	Joanne Cuddihy	Kilkenny City Harriers A.C.	52.15
2	Marian Andrews-Heffe	Togher A.C.	53.10
3	Michelle Carey	Dublin Striders A.C.	53.92
4	Claire Bergin	Dundrum South Dublin A.C.	53.93
5	Ciara Mc Callion	Clonliffe Harriers A.C.	55.41
6	Louise Mc Ardle	Leevale A.C.	56.95
7	Jo Patterson	Ballymena & Antrim A.C.	57.42

8 Kate O'Halloran Templeogue A.C. 57.63

Women's 800 m

Place	Name	Club	Time
1	Siobhan Eviston	Raheny Shamrock A.C.	2.06.69
2	Ciara Mageean	City of Lisburn	2.06.85
3	Laura Crowe	Riocht A.C.	2.07.93
4	Ciara Everard	U.C.D. A.C.	2.10.82
5	Clare Mc Sweeney	Leevale A.C.	2.11.50
6	Sinead Denny	Dundrum South Dublin A.C.	2.11.81
7	Fiona Kehoe	Kilmore A.C.	2.12.08
8	Niamh Kearney	Sli Cualann A.C.	2.14.00
9	Aislinn Crossey	Newry A.C.	2.16.76
	Annette Quaid	Leevale A.C.	DQ

Women's 1500m

Place	Name	Club	Time
1	Ciara Mageean	City of Lisburn	4.16.36
2	Stephanie Reilly	Sli Cualann A.C.	4.16.43
3	Fionnualla Britton	Kilcoole A.C.	4.18.03
4	Orla Drumm	U.C.C. A.C.	4.18.37
5	Sara Louise Treacy	Moynalvey A.C.	4.23.43
6	Claire Tarplee	Solihull & Smallheath	4.33.01
7	Emma Mitchell	Banbridge A.C.	4.34.64
8	Lauren Scott	North Down A.C.	4.36.72
9	Kate O'Neill	Metro/St. Brigid's A.C.	4.38.20
10	Una Britton	Kilcoole A.C.	4.41.69
11	Niamh Roe	Eagle A.C.	4.46.21
12	Ellie Hartnett	Sli Cualann A.C.	4.46.87
13	Amanda Crotty	Paralympics	5.17.45
	Becky Woods	Clonliffe Harriers A.C.	DNF
	Eleanor Alexander	Clonliffe Harriers A.C.	DNF

Women's 5000 m

Place	Name	Club	Time
1	Lizzie Lee	Leevale A.C.	17.25.10
2	Aoife Brady	Sportsworld A.C.	17.31.76
3	Teresa Mc Gloin	Finn Valley A.C.	17.46.03
4	Ailish Malone	Clonliffe Harriers A.C.	17.57.82
5	Loisse Reilly	Clonliffe Harriers A.C.	18.14.78

Women's 100 m Hurdles

Wind : -0.7

Place	Name	Club	Time
1	Derval O'Rourke	Leevale A.C.	13.24
2	Lily Ann O'Hora	Dooneen A.C.	15.06
3	Lisa Houlihan	West Waterford A.C.	15.89
4	Rebecca Mc Allister	Ballymena & Antrim A.C.	17.01
	Katey Byrd	Leevale A.C.	DNS

Women's 400 m Hurdles

Place	Name	Club	Time
1	Jessie Barr	Ferrybank A.C.	57.38
2	Justine Kinney	Loughborough University	58.11
3	Emma Peters	Dundrum South Dublin A.C.	59.67
4	Clare Murphy	St. L. O'Toole A.C.	61.81
5	Nessa Millet	St. Abbans A.C.	63.76
6	Orla Furney	Gorey A.C.	64.82

7	Sarah Woods	Clonliffe Harriers A.C.	64.99
Women's 3000 m Steeplechase			
Place	Name	Club	Time
1	Kerry Harty	Newcastle A.C.	10.23.29
2	Elizabeth Egan	Bree A.C.	11.02.39
3	Michelle Finn	Leevale A.C.	11.09.01
4	Fiona Clinton	Dundrum South Dublin A.C.	11.34.93
Women's 5000 m Walk			
Place	Name	Club	Time
1	Kate Veale	West Waterford A.C.	21.30.18
2	Laura Reynolds	Mohill A.C.	23.22.53
Women's High Jump			
Place	Name	Club	Hgt (m)
1	Deirdre Ryan	Dundrum South Dublin A.C.	1.90
2	Pamela Hughes	Westport A.C.	1.75
3	Rosemary Daniels	Na Fianna A.C.	1.70
4	Leona Byrne	St. L. O'Toole A.C.	1.65
5	Emily Rogers	St. Peter's A.C.	1.60
6	Claire Collins	West Waterford A.C.	1.60
7	Sorcha Murphy	Ferrybank A.C.	1.60
7	Helen Buckley	Raheny Shamrock A.C.	1.60
9	Anna Mc Ilmoyle	City of Lisburn	1.55
Women's Long Jump			
Place	Name	Club	Dist (m)
1	Mary Mc Loone	Tír Chonaill A.C.	5.82
2	Imelda Morrison	Leevale A.C.	5.76
3	Leona Byrne	St. L. O'Toole A.C.	5.66
4	Mary Devlin	City of Derry	5.64
5	Karyn Dumigan	City of Lisburn	5.03
6	Helen Buckley	Raheny Shamrock A.C.	4.67
Women's Triple Jump			
Place	Name	Club	Dist (m)
1	Mary Mc Loone	Tír Chonaill A.C.	12.14
2	Saragh Buggy	St. Abbans A.C.	11.70
3	Mary Devlin	City of Derry	11.50
4	Jamie Herron	City of Derry	10.39
5	Sarah Finnegan	Craughwell A.C.	9.93
Women's Shot Putt			
Place	Name	Club	Dist (m)
1	Claire Fitzgerald	Tralee Harriers A.C.	14.27
2	Fiona Moloney	Dooneen A.C.	12.08
3	Deirdre Murphy	Leevale A.C.	12.02
4	Laura Mc Sweeney	Bandon A.C.	11.72
5	Niamh Murphy	Blarney/Inniscara A.C.	11.58
6	Shauna Daly	St. Abbans A.C.	11.16
7	Caitriona Ryan	Templemore A.C.	10.22
8	Lynn Bradfield	Bandon A.C.	9.14
9	Nadine Lattimore	Paralympics	7.68
10	Michelle Pilkington	Dunboync A.C.	7.27
Women's Discus			
Place	Name	Club	Dist (m)



1	Claire Fitzgerald	Tralee Harriers A.C.	50.07
2	Deirdre Murphy	Leevale A.C.	42.49
3	Zoe Scanlon	West Waterford A.C.	36.56
4	Philippa Conway	Crusaders A.C.	35.48
5	Iwona Ostrowska	Sli Cualann A.C.	33.80
6	Kate Hickey	West Waterford A.C.	33.17
7	Caoimhe Morris	Fingallians A.C.	30.01
8	Niamh Mooney	Ferrybank A.C.	29.46
9	Priscilla O'Sullivan	Bandon A.C.	26.75
10	Michelle Pilkington	Dunboyne A.C.	21.28
11	Caitlin Ketelaar	City of Derry	19.71
12	Nadine Lattimore	Paralympics	18.67

#### Women's Javelin

Place	Name	Club	Dist (m)
1	Anita Fitzgibbon	Dundrum South Dublin A.C.	47.09
2	Claire Fitzgerald	Tralee Harriers A.C.	40.96
3	Olivia Mc Donald	St. Peter'S A.C.	38.47
4	Jenny Murphy	Abbey Striders A.C.	38.08
5	Denise Byrne	Clonliffe Harriers A.C.	37.04
6	Lauren Stead	Strabane Track Club	36.77
7	Emma Daly	St. Abbans A.C.	30.84
8	Caitlin Ketelaar	City of Derry	27.60

#### Women's Hammer

Place	Name	Club	Dist (m)
1	Cara Kennedy	Ferrybank A.C.	57.62
2	Charlotte O'Farrell	D.M.P. A.C.	46.07
3	Christina Furlong	D.M.P. A.C.	44.48
4	Linda Cronin	Old Abbey A.C.	42.63
5	Megan Moynihan	West Muskerry A.C.	42.29
6	Grainne Miggan	Fr. Murphy A.C.	41.00
7	Priscilla O'Sullivan	Bandon A.C.	38.84
8	Caoimhe Morris	Fingallians A.C.	33.26
9	Becky Wall	Raheny Shamrock A.C.	31.56
10	Michelle Pilkington	Dunboyne A.C.	31.51
11	Margaret O'hGogartai	Crusaders A.C.	14.13

#### Women's Pole Vault

Place	Name	Club	Hgt (m)
1	Tori Pena	Finn Valley A.C.	4.20
2	Claire Wilkinson	Ballymena & Antrim A.C.	3.80
3	Zoe Brown	Raheny Shamrock A.C.	3.60
4	Lisa Houlihan	West Waterford A.C.	3.00
4	Nikita Savage	Youghal A.C.	3.00
6	Sarah Ryan	Leevale A.C.	3.00
7	lucy Dugan	Ballymena & Antrim A.C.	2.80