

# Munster Junior / Senior / Masters Indoors

Sunday January 8<sup>th</sup> 2012

Provisional results, complete results to follow, please email any corrections to [pkelly@munsterathletics.com](mailto:pkelly@munsterathletics.com)

## Junior Women 60m Hurdles

1	sarah lavin	Emerald AC	JW	8.87
2	Lilly Ann O Hora	Dooneen	JW	9.17
3	Clare Murphy	SLOT	JW	9.28
4	Jayne Pennyfather	Belgooly	JW	10.01

## Junior Men 60 m Hurdles

1	Jack Broderick	Limerick AC	JM	11.17
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## Senior Women 60m Hurdles

1	Leona Byrne	SLOT	SW	9.2
2	Sarah Finnegan	Craughwell	SW	10.61

## Senior Men 60m Hurdles

1	Edmund O'Halloran	Leevale	SM	9.11
2	David Courtney	Ennis Track	SM	11.48

60m

				Heat	Final
1	Phil Healy	Bandon	JW	7.88	7.80
2	Sarah Lavin	Emerald	JW	7.90	7.82
3	Marie Heelan	Emerald	JW	8.06	8.01
4	Lilly Ann O'Hora	Dooneen	JW	8.17	8.04
5	Katey Waterman	Leevale	JW	8.35	8.48
6	Caroline Hickey	Emerald	JW	8.66	8.75
7	Hannah Ryan	Tralee Harriers	JW	8.68	8.84
8	Lydia O'Connor	Leevale	JW	8.99	8.90
9	Stephanie Carroll	Dooneen	JW	8.08	9.52

1	Franchesca Reville	Menapians	SW	8.14	
2	Ewa Murphy	DMP AC	SW	8.48	
3	Sinead Mulcahy	Bandon	SW	8.72	

				Heat	Final
1	Greg O'Shea	Dooneen	JM	7.25	7.18
2	Eoin O'Carroll	Tralee Harriers	JM	7.29	7.21
3	Duncan Tsu	Bandon	JM	7.43	7.31
4	Tony Stafford	Menapians	JM	7.32	7.34
5	Conor Wilson	Menapians	JM	7.48	7.35
6	Darragh Crowe	Marian	JM	7.53	7.41
7	Oisin Fitzpatrick	Nenagh Olympic	JM	7.47	7.42
8	John Halley	Ferrybank	JM	7.43	7.43
9	Mark Boland	Marian	JM	7.48	7.48
10	Patrick Lynch	Newport	JM	7.55	
11	Ben Kiely	Ferrybank	JM	7.55	
12	Michael Deady	Ferrybank	JM	7.57	
13	Brendan Arrey	BIAC	JM	7.64	
14	Luke O'Keefe	St Brendans	JM	7.70	
15	Thomas Blake	Emerald	JM	7.70	
16	Gossi Magidi	Limerick	JM	7.71	
17	Roland Pika	Limerick	JM	7.73	
18	John O'Brien	Limerick	JM	7.84	
19	James Heffernan	Limerick	JM	7.84	
20	Conor Lynch	Newport	JM	8.06	
21	Luke Doherty	Limerick	JM	8.09	
22	Danny Ikeh	Limerick	JM	8.21	
23	Kieran Downes	Limerick	JM	8.28	
24	Jack Broderick	Limerick	JM	8.34	

				Heat	Final
1	David Killeen	Leevale	SM	7.32	7.19
2	Edmund O'Halloran	Leevale	SM	7.47	7.27
3	Dan Ahern	Leevale	SM	7.40	7.39
4	Darren O'Donovan	Leevale	SM	7.52	7.43
5	Colm Lynch	Iveragh	SM	7.51	7.49
6	Dylan Roche	St Brendans	SM	7.61	7.56
7	Brendan Leahy	Waterford	SM	7.57	7.58
8	Aaron Meyler	Menapians	SM	7.99	7.58
9	Adrian Jackman	Menapians	SM	7.41	DQ
10	Ronan Foley	Leevale	SM	8.20	

## Masters 60m Sprints

### Masters Women 60m

1	Antoinette O'Brien	Gneeveguilla	F35	9.1
1	Liz Coomey	Bandon AC	F40	9.06
2	Sheila O'Donoghue	Gneeveguilla	F40	9.23
3	Brid Stack	Gneeveguilla	F40	9.24
1	Mary Barrett	Loughrea AC	F50	9.98
2	Kathleen Hayes	Bandon A. C.	F50	11.51
1	Margaret Heffernan	Liscarroll	F55	11.61
1	Mary Barry	Carraig na bhFear	F65	12.44
2	Terri Gough	West Waterford	F65	13.19

### Masters Men 60m

1	Micheal Downey	West Waterford	M35	7.57
2	Breandán Dennehy	Rising Sun	M35	7.88
3	Donnacha Dennehy	Rising Sun	M35	7.9
1	Jeremiah McCarthy	Kenmare	M40	8.09
2	Pascal Halley	Waterford AC	M40	8.4
3	Trevor White	ST Cronan's A.C	M40	8.49
4	Patrick Mulcahy	Bandon AC	M40	8.44
1	Richard Mcarthur	ST Cronan's A.C	M45	7.84
2	Kieran Leahy	Waterford AC	M45	8.05
1	Con Sheehan	Carraig na bhFear	M50	7.91
2	Brendan Moran	West Waterford	M50	8.46
3	John Murphy	Liscarroll	M50	8.54
1	Liam Lyster	Crusaders AC	M55	8.56
2	james o'Hare	Limerick AC	M55	8.73
3	Tom McGrath	Templemore	M55	8.84
4	Harry Gijbels	West Muskerry A.C.	M55	9.27
1	Bernard O Neill	Clonmel	M60	8.93
2	Donal Swift	Blackrock A.C. (Dublin)	M60	10.19
3	Donal Crowley	Tralee Harriers	M60	10.66
1	Brendan Dennehy	Rising Sun	M65	8.59
2	Con O'Donovan	Rising Sun	M65	9.64
3	Jer O'Connell	Limerick Country Club	M65	11.57
1	Jimmy Shields	Limerick Country Club	M70	10.65

**Munster Athletics - 09/01/2011****Indoor Championships 2011****Nenagh****Results****Event 5 W17-19 200 Meter Dash Junior**

Name	Age Team	Finals
Section 1		
1 Murphy, Clare	W18 St Laurence Otoole	26.11
2 Sheehan, Jessica	W18 Leevale A C	26.63
3 Neville, Christine	W18 Leevale A C	26.96
-- Hickey, Caroline	W18 Emerald A C	DNF
Section 2		
1 Carroll, Stephanie	W18 Dooneen A C	26.03
2 heelan, Marie	W18 Emerald A C	27.27
3 Ryan, Hannah	W18 Tralee Harriers A C	30.53
-- O'Mara, Lynn	W18 Emerald A C	DNF
Section 3		
1 Healy, Phil	W18 Bandon A C	26.25
2 Waterman, Katey	W18 Leevale A C	28.02
3 O'Connor, Lydia	W18 Leevale A C	29.41
-- O'Brien, Emma	W18 Leevale A C	DNF
Section 4		
1 O'Hora, Lilly Ann	W18 Dooneen A C	26.41
2 Neville, Jessica	W18 Leevale A C	26.88
3 Grace, Mary Margaret	W18 Nenagh Olympic A C	30.37
-- Lanigan, Sarah	W18 Dooneen A C	DNF

**Event 5 W17-19 200 Meter Dash Junior**

Name	Age Team	Finals
Finals		
1 Carroll, Stephanie	W18 Dooneen A C	26.03
2 Murphy, Clare	W18 St Laurence Otoole	26.11
3 Healy, Phil	W18 Bandon A C	26.25
4 O'Hora, Lilly Ann	W18 Dooneen A C	26.41
5 Sheehan, Jessica	W18 Leevale A C	26.63
6 Neville, Jessica	W18 Leevale A C	26.88
7 Neville, Christine	W18 Leevale A C	26.96
8 heelan, Marie	W18 Emerald A C	27.27
9 Waterman, Katey	W18 Leevale A C	28.02
10 O'Connor, Lydia	W18 Leevale A C	29.41
11 Grace, Mary Margaret	W18 Nenagh Olympic A C	30.37
12 Ryan, Hannah	W18 Tralee Harriers A C	30.53
-- O'Mara, Lynn	W18 Emerald A C	DNF
-- Lanigan, Sarah	W18 Dooneen A C	DNF
-- O'Brien, Emma	W18 Leevale A C	DNF
-- Hickey, Caroline	W18 Emerald A C	DNF

**Munster Athletics - 09/01/2011****Indoor Championships 2011****Nenagh****Results****Event 6 M17-19 200 Meter Dash Junior**

Name	Age	Team	Finals
Section 1			
1 O'Halloran, Robert	M18	Leevale A C	24.64
2 Deady, Michael	M18	Ferrybank A C	25.71
-- Walsh, Daire	M18	Bandon A C	DNF
-- Downes, Kieran	M18	Limerick A C	DNF
Section 2			
1 Fitzgerald, Shane	M18	Emerald A C	24.22
2 Blake, Thomas	M18	Emerald A C	24.83
3 O'Brien, John	M18	Leevale A C	25.92
-- Corbett, Mel	M18	Nenagh Olympic A C	DNF
Section 3			
1 Lynch, Patrick	M18	Newport A C	24.15
-- Crowe, Darragh	M18	Marian A C	DNF
-- Kelly, James	M18	Liscarroll A C	DNF
-- Fitzpatrick, Oisin	M18	Nenagh Olympic A C	DNF
Section 4			
1 Kiely, Ben	M18	Ferrybank A C	24.11
2 Arrey, Brandon	M18	Blarney Inniscar	25.04
3 Lynch, Conor	M18	Newport A C	26.32
4 Magidi, Gossi	M18	Limerick A C	27.26
Section 5			
1 Lynch, Cormac	M18	Marian A C	23.80
2 Noctor, Keith	M18	St Laurence Otoole	24.61
-- Crotty, Evan	M18	Emerald A C	DNF
-- O'Sullivan, Denis	M18	Leevale A C	DNF
Section 6			
1 Adebessi, Solomon	M18	Blarney Inniscar	26.85
-- Stafford, Tony	M18	Menapians AC	DNF
-- Varley, Mark	M18	Dooneen A C	DNF
-- Doherty, Luke	M18	Limerick A C	DNF
Section 7			
1 Hegadus, Attila	M18	Borrisokane A C	28.66
-- Tsu, Duncan	M18	Bandon A C	DNF
-- McMahan, Dylan	M18	Limerick A C	DNF
-- O'Mahoney, Lughaidh	M18	West Waterford A C	DNF
Section 8			
1 Cosgrave, Billy	M18	Emerald A C	24.26
2 Scully, Owen	M18	St Laurence Otoole	24.28
-- Broderick, Jack	M18	Limerick A C	DNF
-- Bennis, Cathal	M18	Dooneen A C	DNF
Section 9			
1 Greene, James	M18	Ferrybank A C	23.52
2 Boland, Mark	M18	Marian A C	23.69
3 Halley, John	M18	Ferrybank A C	23.88
-- Simon, Samuel	M18	Ferrybank A C	DNF
Section 10			
1 Wilson, Conor	M18	Menapians AC	24.16
-- Pika, Roland	M18	Limerick A C	DNF
-- Bardas, Patryk	M18	Clonmel A C	DNF
-- O'Connor, William	M18	An Riocht A C	DNF
Section 11			
1 Ikeh, Danny	M18	Limerick A C	27.06

**Munster Athletics - 09/01/2011**  
**Indoor Championships 2011**  
**Nenagh**  
**Results**

**....Event 6 M17-19 200 Meter Dash Junior**

-- Stam, Eric	M18 Bandon A C	DNF
-- O'Shea, Greg	M18 Dooneen A C	DNF

**Event 6 M17-19 200 Meter Dash Junior**

Name	Age Team	Finals
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Finals

1 Greene, James	M18 Ferrybank A C	23.52
2 Boland, Mark	M18 Marian A C	23.69
3 Lynch, Cormac	M18 Marian A C	23.80
4 Halley, John	M18 Ferrybank A C	23.88
5 Kiely, Ben	M18 Ferrybank A C	24.11
6 Lynch, Patrick	M18 Newport A C	24.15
7 Wilson, Conor	M18 Menapians AC	24.16
8 Fitzgerald, Shane	M18 Emerald A C	24.22
9 Cosgrave, Billy	M18 Emerald A C	24.26
10 Scully, Owen	M18 St Laurence Otoole	24.28
11 Noctor, Keith	M18 St Laurence Otoole	24.61
12 O'Halloran, Robert	M18 Leevale A C	24.64
13 Blake, Thomas	M18 Emerald A C	24.83
14 Arrey, Brandon	M18 Blarney Inniscar	25.04
15 Deady, Michael	M18 Ferrybank A C	25.71
16 O'Brien, John	M18 Leevale A C	25.92
17 Lynch, Conor	M18 Newport A C	26.32
18 Adebessi, Solomon	M18 Blarney Inniscar	26.85
19 Ikeh, Danny	M18 Limerick A C	27.06
20 Magidi, Gossi	M18 Limerick A C	27.26
21 Hegadus, Attila	M18 Borrisokane A C	28.66
-- O'Connor, William	M18 An Riocht A C	DNF
-- Pika, Roland	M18 Limerick A C	DNF
-- O'Shea, Greg	M18 Dooneen A C	DNF
-- O'Sullivan, Denis	M18 Leevale A C	DNF
-- Broderick, Jack	M18 Limerick A C	DNF
-- Downes, Kieran	M18 Limerick A C	DNF
-- Kelly, James	M18 Liscarroll A C	DNF
-- McMahan, Dylan	M18 Limerick A C	DNF
-- Doherty, Luke	M18 Limerick A C	DNF
-- Simon, Samuel	M18 Ferrybank A C	DNF
-- Stafford, Tony	M18 Menapians AC	DNF
-- Crowe, Darragh	M18 Marian A C	DNF
-- Bardas, Patryk	M18 Clonmel A C	DNF
-- Walsh, Daire	M18 Bandon A C	DNF
-- Crotty, Evan	M18 Emerald A C	DNF
-- Stam, Eric	M18 Bandon A C	DNF
-- Varley, Mark	M18 Dooneen A C	DNF
-- O'Mahoney, Lughaidh	M18 West Waterford A C	DNF
-- Tsu, Duncan	M18 Bandon A C	DNF
-- Corbett, Mel	M18 Nenagh Olympic A C	DNF
-- Fitzpatrick, Oisin	M18 Nenagh Olympic A C	DNF
-- Bennis, Cathal	M18 Dooneen A C	DNF

**Munster Athletics - 09/01/2011****Indoor Championships 2011****Nenagh****Results****Event 33 M20-34 200 Meter Dash Senior**

Name	Age	Team	Finals
Section 1			
1 O'Donovan, Darren	M25	Leevale A C	24.13
2 Roche, Dylan	M25	St Brendans A C	24.85
-- Meyler, Aaron	M25	Menapians AC	DNF
-- O'Shea, Gerard	M25	Dooneen A C	DNF
Section 2			
1 Saunders, Patrick	M25	Crusaders AC	25.89
2 Keegan, John	M25	Crusaders AC	26.13
-- O'Sullivan, Thomas	M25	Leevale A C	DNF
-- McCabe, Ciarán	M25	An Ríocht A C	DNF
Section 3			
1 Jackman, Adrian	M25	Menapians AC	24.28
-- Cunningham, Robert	M25	Limerick A C	DNF
-- Hynes, David	M25	Menapians AC	DNF
-- Hogan, Leo	M25	Marian A C	DNF
Section 4			
1 Ahern, Dan	M25	Leevale A C	24.38
2 Leahy, Brendan	M25	Waterford A C	24.84
-- Lynch, Colm	M25	Iveragh A C	DNF
Section 5			
1 Killeen, David	M25	Leevale A C	23.33
2 Goggin, Jonathon	M25	Liscarroll A C	27.45

**Event 33 M20-34 200 Meter Dash Senior**

Name	Age	Team	Finals
Finals			
1 Killeen, David	M25	Leevale A C	23.33
2 O'Donovan, Darren	M25	Leevale A C	24.13
3 Jackman, Adrian	M25	Menapians AC	24.28
4 Ahern, Dan	M25	Leevale A C	24.38
5 Leahy, Brendan	M25	Waterford A C	24.84
6 Roche, Dylan	M25	St Brendans A C	24.85
7 Saunders, Patrick	M25	Crusaders AC	25.89
8 Keegan, John	M25	Crusaders AC	26.13
9 Goggin, Jonathon	M25	Liscarroll A C	27.45
-- O'Shea, Gerard	M25	Dooneen A C	DNF
-- Cunningham, Robert	M25	Limerick A C	DNF
-- McCabe, Ciarán	M25	An Ríocht A C	DNF
-- Lynch, Colm	M25	Iveragh A C	DNF
-- O'Sullivan, Thomas	M25	Leevale A C	DNF
-- Hogan, Leo	M25	Marian A C	DNF
-- Hynes, David	M25	Menapians AC	DNF
-- Meyler, Aaron	M25	Menapians AC	DNF

**200m**

1	Antoinette Furlong	DMP	SW	27.19
2	Angela Hogan	Borrisokane	SW	27.30
3	Andrea Bickerdyke	Leevale	SW	28.07
4	Sinead Mulcahy	Bandon	SW	28.69
5	Nikita Savage	Youghal	SW	29.04
6	Margaret Groot	Menapians	SW	32.28
7	Vivienne Hegadus	Borrisokane	SW	35.12
1	Patricia Butler	Nenagh Olympic	F35	30.2
2	Antoinette O'Brien	Gneeveguilla	F35	31.4
1	Brid Stack	Gneeveguilla	F40	30.80
2	Aisling Power	Ennis Track	F40	31.00
3	Sheila O'Donoghue	Gneeveguilla	F40	34.10
1	Cushla Murphy Hehir	Marian A.C.	F50	34.9
1	Carmel MacDomhnaill	west limerick	F55	38.5
1	Terri Gough	West Waterford	F65	46.6
2	Mary Barry	Carraig na bhFear	F65	49.8
1	Micheal Downey	West Waterford	M35	25.00
2	Donnacha Dennehy	Rising Sun	M35	25.90
3	John Deely	Loughrea AC	M35	27.10
4	Brian Spring	Ennis Track	M35	27.20
1	Pascal Halley	Waterford AC	M40	27.43
2	Jeremiah McCarthy	Kenmare	M40	27.54
3	Paddy Ryan	Templemore	M40	29.29
1	Richard Mcarthur	ST Cronan's A.C	M45	25.55
2	Kieran Leahy	Waterford AC	M45	26.39
3	Kevin Finn	Nenagh Olympic	M45	26.43
4	Patrick Mulcahy	Bandon	M45	28.34
1	John Murphy	Liscarroll	M50	28.22
2	Stephen Murphy	Rising Sun	M50	33.99
1	Liam Lyster	Crusaders	M55	29.27
2	james o'Hare	Limerick AC	M55	29.46
3	Tom McGrath	Templemore	M55	29.49
4	pat maloney	west limerick	M55	31.37
5	Harry Gijbels	West Muskerry A.C.	M55	35.49
1	Bernard O'Neill	Clonmel	M60	31.82
2	Donal Swift	Blackrock	M60	35.42
1	Brendan Dennehy	Rising Sun	M65	30.08
2	Con O'Donovan	Rising Sun	M65	33.77
3	Willie O'Mahony	Youghal	M65	36.79
4	Jer O'Connell	Limerick Country Club	M65	40.09



**400m**

1	Jessica Neville	Leevale	JW	59.26
2	Megan Kiely	Ferrybank	JW	59.49
3	Stephanie Carroll	Dooneen	JW	60.14
4	Christine Neville	Leevale	JW	60.44
5	Mary Margaret Grace	Nenagh	JW	68.99
1	Ailbhe Courtney	St Brendans	SW	60.58
2	Andrea Bickerdyke	Leevale	SW	62.27
3	Angela Hogan	Borrisokane	SW	63.93
4	Aoife Mounsey	Borrisokane	SW	1.21.64
1	James Greene	Ferrybank	JM	51.42
2	William Flynn	Shannon	JM	53.56
3	Billy Cosgrave	Emerald	JM	54.47
4	Luke O'Keeffe	St Brendans	JM	54.69
5	Ian Slobody	Kilmihil	JM	54.81
6	Daire Walsh	Bandon	JM	55.00
7	Evan Crotty	Bandon	JM	55.11
8	Robert O'Halloran	Leevale	JM	55.29
9	Tom Hennessy	Nenagh Olympic	JM	55.51
10	Paul White	Nenagh Olympic	JM	56.54
11	Cathal Bennis	Dooneen	JM	57.12
12	Patryk Bardas	Clonmel	JM	57.53
13	Eoghan Courtney	St Brendans	JM	57.68
14	Soloman Adebessi	BIAC	JM	57.82
15	Danny Ikeh	Limerick	JM	65.47

**Munster Athletics - 09/01/2011**  
**Indoor Championships 2011**  
**Nenagh**  
**Results**

**Event 35 M20-34 400 Meter Dash Senior**

Name	Age Team	Finals
Section 1		
-- Cunningham, Robert	M25 Limerick A C	DNF
-- Courtney, Ailbhe	M25 St Brendans A C	DNF
-- Lynch, Colm	M25 Iveragh A C	DNF
-- McCabe, Ciarán	M25 An Riocht A C	DNF
Section 2		
1 O'Donnell, Ger	M25 Carrick On Shannon	51.70
2 Dunne, Garrett	M25 Crusaders AC	55.30
-- O'Sullivan, Thomas	M25 Leevale A C	DNF
Section 3		
1 Breen, Pat	M25 Waterford A C	56.70
2 Keegan, John	M25 Crusaders AC	57.00
3 Heffernan, Andrew	M25 Ferrybank A C	57.50

**Event 35 M20-34 400 Meter Dash Senior**

Name	Age Team	Finals
Finals		
1 O'Donnell, Ger	M25 Carrick On Shannon	51.70
2 Dunne, Garrett	M25 Crusaders AC	55.30
3 Breen, Pat	M25 Waterford A C	56.70
4 Keegan, John	M25 Crusaders AC	57.00
5 Heffernan, Andrew	M25 Ferrybank A C	57.50
-- O'Sullivan, Thomas	M25 Leevale A C	DNF
-- Cunningham, Robert	M25 Limerick A C	DNF
-- Lynch, Colm	M25 Iveragh A C	DNF
-- McCabe, Ciarán	M25 An Riocht A C	DNF
-- Courtney, Ailbhe	M25 St Brendans A C	DNF

**800m**

1	Harriet Flynn	Shannon	JW	2.27.62
2	Lucy O'Brien	West Waterford	JW	2.32.76
3	Emer Hillery	Kibk/NC	JW	2.34.61
4	Laura Power	Ennis Track	JW	2.41.55
5	Gemma Crowley	North Cork AC	JW	2.52.96
1	Grace Eade	Ennis Track	SW	2.37.46
1	Aisling Power	Ennis Track	F40	2.40.79
1	Mary Sweeney	St. Finbarr's A.C.	F50	2.46.50
2	Cushla Murphy Hehir	Marian A.C.	F50	2.55.61
3	Mary Murphy	St. Finbarr's A.C.	F50	3.23.22
1	carmel MacDomhnaill	west limerick	F55	3.14.60
2	Marion Lyons	St. Finbarr's A.C.	F55	3.32.11
1	Judith Roche	Loughrea AC	F60	3.20.36
1	Terri Gough	West Waterford	F65	4.07.68
1	Dean Cronin	BIAC	JM	1.58.97
2	Philip Crowley	Leevale	JM	2.07.75
3	Tim Keane	North Cork AC	JM	2.10.14
4	Cian O'Brien	Marian A.C.	JM	2.10.94
5	Daniel Quigley	BIAC	JM	2.16.16
6	Shane O'Rahilly	North Cork AC	JM	2.17.62
7	Robert Purcell	Gneeveguilla	JM	2.18.28
1	Aiden Mullins	Bantry	SM	2.04.16
2	Micheal Keane	Ennis Track	SM	2.05.64
3	Michael Coleman	Dundrum AC	SM	2.10.13
4	Eric Curran	Leevale	SM	2.13.45
5	Tola Alade Adare	Limerick AC	SM	2.18.49
1	Johnny Doran	Templemore	M35	2.12.69
2	Des Feeney	West Waterford	M35	2.12.77
3	Frank Quinlan	Waterford AC	M35	2.12.87
4	George McCarthy	FFMV	M35	2.20.23
5	John Conroy	Ennis Track	M35	2.21.81
6	Brian Spring	Ennis Track	M35	2.33.57
1	David Grange	Raheny Shamrocks	M40	2.17.13
2	Pascal Halley	Waterford AC	M40	2.29.16
1	Harry O'Brien	West Waterford	M45	2.15.15
2	Kevin Finn	Nenagh Olympic	M45	2.20.20
3	Patrick O'Brien	Skibbreen	M45	2.44.58
1	pakie o riordan	west limerick	M50	2.31.37
2	Mike Quinlivan	Tulla AC	M50	2.37.32
3	Tony O'Brien	St. Finbarr's A.C.	M50	3.02.58
1	pat maloney	west limerick	M55	2.32.52
2	james Sexton	Kibk/NC	M55	2.35.04
1	Eddie Cahalane	Coolquill	M60	2.57.89
2	Pady Shelly	Ballynonty	M60	3.01.32

3	Donal Swift	Blackrock	M60	3.24.8
1	Willie O'Mahony	Youghal A.C	M65	3.20.3
2	Mike Browne	Gneeveguilla	M65	3.23.7
1	Flor O'Leary	St. Finbarr's A.C.	M75	3.17.2
<b>1500m</b>				
1	Harriet Flynn	Shannon	JW	5.20.93
2	Emer Hillery	Klbk/NC	JW	6.06.01
1	Eimear O'Brien	Sligo	SW	5.04.98
2	Maria McCarthy	FFMV	SW	5.05.09
3	Sharon Rynne	Klbk/NC	SW	5.21.90
4	Becky Coughlan	Ennis Track	SW	5.27.28
5	Amanda Crotty	Youghal A.C	SW	5.38.43
6	Noreen Mackey	Klbk/NC	SW	5.40.86
7	Lorna Davey-Fitzgerald	Mallow AC	SW	5.50.95
1	Mary Sweeney	St. Finbarr's A.C.	F50	5.28.23
2	Mary Murphy	St. Finbarr's A.C.	F50	6.43.91
1	carmel MacDomhnaill	west limerick	F55	6.15.48
2	Marion Lyons	St. Finbarr's A.C.	F55	6.59.14
1	Dean Cronin	B.I.A.C	JM	4.21.79
2	Michael Carey	Clonmel	JM	4.22.00
3	David Kavanagh	Tralee Harriers	JM	4.23.17
4	Jack O'Sullivan	FFMV	JM	4.23.63
5	Shaun Hennessy	Leevale	JM	4.24.60
6	Billy Murphy	Togher	JM	4.26.64
7	Liam Hennessy	Togher	JM	4.28.70
8	Conor McCarthy	Ferrybank	JM	4.33.37
9	Chris Mintern	Leevale	JM	4.37.35
10	TJ Hogan	Leevale	JM	
1	Peter Hanrahan	Togher	SM	4.05.58
2	Michael Carmody	Limerick AC	SM	4.06.45
3	Gavin Downey	Ferrybank	SM	4.21.57
4	Mike Yelverton	Newport	SM	4.24.64
5	Arthur Fitzgerald	FFMV	SM	4.26.84
6	James Cloney	St. Killian's AC	SM	4.30.40
7	James Maher	Templemore	SM	3.40.62
8	Conor Tierney	East Cork AC	SM	4.44.27
9	Garret Dunne	Crusaders AC	SM	5.02.51
10	Tola Alade Adare	Limerick AC	SM	5.03.17
1	Frank Quinlan	Waterford AC	M35	4.33.41
2	George McCarthy	FFMV	M35	4.42.70
3	Des Feeney	West Waterford	M35	4.48.20
4	Aidan Hogan	Rising Sun	M35	5.05.81
1	David Grange	Raheny Shamrocks	M40	4.51.64
2	Trevor White	ST Cronan's A.C	M40	5.05.13
3	James Burke	Bilboa AC	M40	5.25.00
1	Mike Cunnigham	Bilboa AC	M45	4.37.90
1	Mike Quinlivan	Tulla AC	M50	5.16.86

2	Stephen Murphy	Rising Sun	M50	6.01.25
1	Matt Ale5ander	Coolquill	M55	5.11.42
2	james Se5ton	Kibk/NC	M55	5.21.67
1	Eddie Cahalane	Coolquill	M60	6.03.19
2	paddy shelley	Ballynonty AC	M60	6.28.72
1	Mike Browne	Gneeveguilla	M65	7.16.12

### Women 3000m

1	Eimear O'Brien	Sligo	SW	10.17.52
2	Maria McCarthy	FFMV	SW	10.38.95
3	Sharon Rynne	Kibk/NC	SW	11.14.55
4	Becky Coughlan	Ennis Track	SW	11.33.12
5	Maire Heffernan	Liscarroll	SW	11.42.14
6	Noreen Mackey	Kibk/NC	SW	11.42.26
7	Lorna Davey-Fitzgerald	Mallow AC	SW	12.56.52
1	Martina O'Dwyer	Carrick on Suir	F35	10.30.90
1	Diane Behan	Waterford AC	F40	11.48.19
2	patricia mcNamara	west limerick	F40	14.10.03
1	Mary Sweeney	St. Finbarr's A.C.	F50	11.30.19
2	Mary Murphy	St. Finbarr's A.C.	F50	14.10.82
1	Marion Lyons	St. Finbarr's A.C.	F55	14.56.8
1	bernie barron	west limerick	F60	14.39.55

### Men 3000m

1	James McCarthy	East Cork AC	SM	8.40.16
2	Michael Carmody	Limerick AC	SW	8.40.92
3	Sean McGrath	East Cork AC	SM	8.50.96
4	Eric Curran	Leevale AC	SM	8.54.05
5	Arthur Fitzgerald	FFMV	SM	9.27.59
6	Alan Danagher	Ferrybank	SM	9.37.73
7	Ross Alexander	Coolquill	SM	9.38.19
8	Frank O'Carroll	East Cork AC	SM	9.38.97
9	Patrick Roche	Carrick on Suir	SM	9.53.44
10	Tommy Falconer	Carrick on Suir	SM	10.00.27
11	John Kelly	Bilboa AC	SM	11.05.58
1	Dzintars Klava	West Waterford	M35	9.16.68
2	Frank Quinlan	Waterford AC	M35	9.39.14
3	George McCarthy	FFMV	M35	10.13.67
4	Aidan Hogan	Rising Sun	M35	10.16.17
1	Robert Purcell	Gneeveguilla	M40	9.48.31
2	James Burke	Bilboa AC	M40	12.08.62
3	Richard white	ST Cronan's A.C	m40	10.48.66
1	Mike Cunningham	Bilboa AC	M45	10.04.26
2	James Ryan	Dundrum AC	M45	10.17.28
3	Patrick O'Brien	Skibbreen	M45	11.06.14
4	Denis McCarthy	East Cork AC	M45	11.17.48
5	neilie hall	Ballynonty AC	M45	

1	Michael Moore	Dundrum AC	M50	10.21.18
2	Eugene Moynihan	Marian A.C.	M50	10.27.03
3	Stephen Murphy	Rising Sun	M50	11.59.15
4	Tony O'Brien	St. Finbarr's A.C.	M50	12.12.14
1	Joe Gough	West Waterford	M55	10.19.14
2	Matt Alexander	Coolquill	M55	11.20.79
3	james Sexton	Kibk/NC	M55	11.21.13
1	Paddy Shelly	Ballynonty	M60	13.04.96
1	Willie O'Mahony	Youghal A.C	M65	14.36.38
2	Mike Browne	Gneeveguilla	M65	14.27.61
3	Sarah Ryan	Templemore	JW	18.35.61
1	Marie Costello	Borrisokane	SW	17.37.79
1	Evan Lynch	Clonmel	JM	22.29.88
2	Luke Hickey	Leevale	JM	22.40.88
3	Aaron Egan	Clonmel	JM	24.57.59
4	Robert O'Neill	Togher	JM	25.57.91
5	Anthony Tobin	Clonmel	JM	26.51.34
6	Ciaran Dee	West Waterford	JM	28.59.13
1	Niall Prenderville	Farranfore M/V	SM	23.36.55
2	neilie hall	Ballynonty AC	SM	32.05.01

### Long Jump

1	Jessica Sheehan	Leevale	JW	5.04
2	Sinead O'Connor	Tralee harriers	JW	4.87
3	Jayne Pennyfather	Belgooly	JW	4.85
4	Grace McKenzie	Belgooly	JW	4.80
5	Laura Lynch	Tralee harriers	JW	4.40
6	Coleen Nevin	Borrisokane	JW	4.29
1	Kelly Proper	Ferrybank	SW	5.85
2	Antoinette Stafford	DMP	SW	5.81
3	Leona Byrne	SLOT	SW	5.68
4	Amanda Nevin	Borrisokane	SW	5.26
5	Siobhan Heffernan	Liscarroll	SW	4.21
6	Vivienne Jegadus	Borrisokane	SW	3.89
7	Aoife O'Malley	Bilboa	SW	3.63
1	Tony Stafford	Menapians AC	JM	6.76
2	Eric Stam	Bandon AC	JM	6.44
3	Eoin O'Carroll	Tralee Harriers AC	JM	6.33
4	sam healy	Belgooly	JM	6.30
5	Roland Pika	Limerick	JM	6.21
6	Michael Godley	Tralee Harriers AC	JM	6.18
7	Paul White	Nenagh Olympic	JM	6.08
8	Dan Finnerty	Nenagh Olympic	JM	5.19
1	David Quilligan	Leevale	SM	6.96
2	Keith Smith	Individual	SM	6.38
3	Keith King	Kibk/NC	SM	6.22
1	Antoinette O'Brien	Gneeveguilla	F35	3.92

1	Liz Coomey	Bandon	F40	4.00
2	Sheila O'Donoghue	Gneeveguilla	F40	4.00
1	Kathleen Hayes	Bandon	F50	2.85
1	Mary Barry	Carraig na bhFear	F65	2.14
1	Breandan Dennehy	Rising Sun	M35	5.31
2	Michael Downey	West Waterford	M35	5.08
3	Micheal Dennehy	Rising Sun	M35	4.55
4	John Deely	Loughrea	M35	4.08
1	Pascal Halley	West Waterford	M40	4.87
2	Artur Novak	St Brendans	M40	4.00
1	Tommy Greene	St Johns	M45	5.03
2	Richard McAthur	St Cronans	M45	4.99
3	Bob Bailey	Loughrea	M45	4.45
4	Noel Galvin	West Muskerry	M45	4.00
5	Neilie Hall	Ballynonty	M45	3.99
1	Con Sheehan	Carraig na bhFear	M50	5.08
2	John Murphy	Liscarroll	M50	4.70
3	James O'Keeffe	Liscarroll	M50	3.21
1	Tom McGrath	Templemore	M55	4.15
2	Seamus Fox	FMS	M55	2.51
1	Bernard O'Neill	Clonmel	M60	3.79
2	Donal Crowley	Tralee Harriers	M60	2.21
1	Brendan Dennehy	Rising Sun	M65	4.23
2	Con O'Donovan	Rising Sun	M65	3.43
1	Mcheal O'Beirne	Dundrum	M75	1.35

### Triple Jump

1	Sinead o'Connor	Tralee harriers	JW	10.81
2	Laura Lynch	Tralee harriers	JW	9.90
3	Coleen Nevin	Borrisokane	JW	9.22
4	Rachel Dillon	Borrisokane	JW	8.00
1	Sarah Finnegan	Craughwell	SW	9.79
2	Aoife O'Malley	Bilboa	SW	8.82
3	Aoife Mounsey	Borrisokane	SW	8.73
1	Sean Archer	Ferrybank	JM	13.55
2	Ryan Casey	Leevale	JM	12.43
3	Emmanuel Ogbonna	Tramore	JM	12.10
1	Denis Finnegan	Leevale	SM	14.86
2	Keith King	Kibk/NC	SM	10.42

### Shot Putt

1	Niamh Murphy	B.I.A.C	JW	11.80
2	Laura McSweeney	Bandon AC	JW	10.87
3	Kate Boyd	Tralee harriers	JW	9.20

4	Grace McKenzie	Belgooly	JW	8.35
5	Michelle Buckley	Liscarroll	JW	6.30
1	Alana Fratorolli	Limerick AC	SW	10.30
2	Aoife O Malley	Bilboa AC	SW	8.38
3	Siobhan Heffernan	Liscarroll	SW	7.53
4	Maire Heffernan	Liscarroll	SW	666.00
1	Sheila O'Donoghue	Gneeveguilla	F40	10.54
2	Liz Coomey	Bandon	F40	8.59
1	Mary Barrett	Loughrea AC	F50	9.81
2	Kathleen Hayes	Bandon AC	F50	6.94
1	Margaret Heffernan	Liscarroll	F55	5.13
2	Esther Fitzpatrick	Liscarroll	F55	4.67
1	Judith Roche	Loughrea AC	F60	5.19
1	Patrick McSweeney	Bandon AC	JM	13.28
2	Eric Stam	Bandon AC	JM	11.98
3	Peter O' Brien	St. Brendan's ac	JM	11.38
4	Ronan Rookea	Bandon AC	JM	9.99
5	James Heffernan	Leevale	JM	9.34
1	Daniel Clifford	FFMV	SM	13.58
2	Eamonn Cleary	Shannon	SM	10.56
3	Pius McGrath	Limerick AC	SM	9.82
1	Brian Hayes	Leevale	M35	9.82
2	Aidan Hogan	Rising Sun	M35	7.96
1	Joe Nagle	Leevale	M40	10.13
2	Artur Nowak	St. Brendan's ac	M40	8.21
1	Tommy Greene	St. Johns A.C	M45	10.73
2	Dave Fratorolli	Limerick AC	M45	10.12
3	Tom Galvin	North Cork AC	M45	9.62
4	David Courtney	Ennis Track	M45	9.04
5	Patrick O'Brien	Skibbereen	M45	8.87
1	Martin Fitzpatrick	St Marys CI	M50	10.70
2	Paudie Cronin	Doheny A.C	M50	10.20
3	Larry O'Grady	Bilboa AC	M50	9.51
4	Frank Stam	Bandon	M50	9.11
5	James O'Keeffe	Liscarroll	M50	7.90
1	Patsy O Connor	Tralee Harriers	M55	13.04
2	Liam Lyster	Crusaders AC	M55	9.45
3	James O'Hare	Limerick	M55	9.00
1	JOHN RICE	GRANGE FERMOY AC	M60	8.80
2	Berard O'Neill	Clonmel	M60	8.34
1	Tim Fitzpatrick	Liscarroll	M65	8.41
2	Con O'Donovan	Rising Sun	M65	7.41
1	Joe Hogan	Rising Sun	M70	7.50



1	Ed Mulcahy	FFMV	M75	7.90
2	Micheal O'Beirne	Dundrum AC	M75	5.56

### Weight For Distance

1	Peter O' Brien	St Brendans AC	JM	8.22
2	Patrick McSweeney	Bandon AC	JM	8.00
3	Duncan Tsu	Bandon AC	JM	7.29
4	Eric Stam	Bandon AC	JM	6.20
5	Daire Walsh	Bandon AC	JM	5.42

1	Michael O'Brien	Tulla AC	SM	6.56
2	puis mc grath	Limerick AC	SM	5.23

1	Brian Hayes	Leevale	M35	5.52
2	Micheal Dennehy	Rising Sun	M35	5.35
3	Aidan Hogan	Rising Sun	M35	4.10

1	Joe Nagle	Leevale	M40	5.16
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1	Tommy Greene	St Johns	M45	5.71
2	Tom Galvin	North Cork	M45	4.99

1	Martin Fitzpatrick	St Marks Cl	M50	7.27
2	Frank Stam	Bandon AC	M50	6.40
3	James O'Keeffe	Liscarroll	M50	5.90
4	Tony O'Brien	St Finbarrs	M50	5.15

1	Patsy O Connor	Tralee Harriers	M55	8.45
2	Albert Doyle	Clonmel	M55	5.70

1	JOHN RICE	Grenge Fermoy	M60	8.65
2	Tom Jones	Ennis Track	M60	8.06

1	Gerry O'Connell	Marian A.C.	M65	7.98
2	Batt McHugh	East Cork AC	M65	7.57
3	Tim Fitzpatrick	Liscarroll	M65	7.03

1	Joe Hogan	Rising Sun	M70	6.06
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1	Michael O'Beirne	Dundrum AC	M75	4.65
2	Ed Mulcahy	Farranfore M/V	M75	7.35

### Pole Vault

1	Una Marley	St Brendans	JW	2.40m
2	Katie O'Riordan	St Brendans	JW	2.40m

1	Nikita Savage	Youghal	SW	2.20m
2	Lisa Kelly	Borrisokane	SW	2.00m

1	Mel O'Callaghan	Gneeveguilla	JM	3.20m
2	Lee Curley	Youghal	JM	3.20m

1	David Hogan	St Brendans	SM	3.00m
2	Kevin Byrne	DSD	SM	2.80m
3	Keith King	Kibk/NC	SM	2.40m

### High Jump

1	Sorcha Murphy	Ferrybank	JW	1.60m
2	Grace McKenzie	Belgooly	JW	1.50m
1	Sarah Collins	West Waterford	SW	1.65m
2	Sarah Finegan	Craughwell	SW	1.45m
3	Amanda Nevin	Borrisokane	SW	1.40m
4	Siobhan Heffernan	Liscarroll	SW	1.30m
1	Antoinette O'Brien	Gneeveguilla	F35	1.30m
1	Liz Coomey	Bandon	F40	1.15m
1	Sam Healy	Belgooly	JM	1.90m
2	Roland Pika	Limerick	JM	1.85m
1	Kourosh Foroughi	Star of the Sea	SM	2.10m
2	Keith King	Kibk/NC	SM	1.70m
3	Stephen O'Riordan	Templemore	SM	1.50m
1	Breandan Dennehy	Rising Sun	M35	1.60m
2	Donnacha Dennehy	Rising Sun	M35	1.55m
3	Micheal Dennehy	Rising Sun	M35	1.40m
4	Aidan Hogan	Rising Sun	M35	1.35m
4	John Deely	Loughrea	M35	1.35m
1	Artur Novak	St Brendans	M40	1.55m
1	Kevin Byrne	DSD	M40	1.55m
3	Pascal Halley	Waterford	M40	1.45m
1	Tommy Greene	St Johns	M45	1.50m
2	Richard McArthur	St Cronans	M45	1.40m
3	Bob Bailey	Loughrea	M45	1.40m
4	Neilie Hall	Ballynonty	M45	1.25m
1	John Murphy	Liscarroll	M50	1.60m
2	Richard Butler	Ballynonty	M50	1.40m
3	Larry O'Grady	Bilboa	M50	1.40m
1	Tom McGrath	Templemore	M55	1.30m
2	Harry Gijbels	West Muskerry	M55	1.30m
3	Seamus Fox	FMS	M55	1.25m
1	John Rice	Grange Fermoy	M60	1.10m
2	Donal Crowley	Tralee Harriers	M60	1.05m
1	Brendan Dennehy	Rising Sun	M65	1.40m

#### 4x200m Relays

##### Junior Men

1	Marian	1.37.11
2	Emerald	1.37.78
3	Nenagh	1.38.12
4	BIAC	1.43.17
5	Limerick	1.44.80
6	Leevale	1.47.80

##### Junior Women

1	Leevale	1.47.52
2	Emerald	1.49.91

##### Senior Women

1	Borrisokane	1.57.5
2	Leevale	2.07.2
3	Borrisokane	2.10.3

**Senior Men**

1	Leevale	1.36.7
2	St Brendans AC	1.38.5
3	St Marys Lk AC	1.40.4
4	Limerick	1.47.4

**Masters Men**

1	Rising Sun	1.55.4
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**Masters Women**

1	Nenagh Olympic	2.13.9
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