

# Woodie's DIY National League Round 2

## Cork IT Athletics Stadium 14th July 2013

### Premier Men

#### 110m Hurdles (wind: +0.5m/s)

Place	Num	Athlete	Club	Time
1	102	Edmond O'Halloran	Leevale	15.57
2	103	Eoin Kelly	St Abbans	15.88
3	107	P J Galvin	Kerry Athletics	17.24
4	101	Damien Walsh	Menapians	18.86

#### 3000m Walk

Place	Num	Athlete	Club	Time
1	107	Niall Prendiville	Kerry Athletics	13.17.84
2	101	Barry Upton	Menapians	13.42.17
3	103	James Delaney	St Abbans	17.03.79

#### 400m Hurdles

Place	Num	Athlete	Club	Time
1	103	Paul Byrne	St Abbans	53.03
2	101	Barry Upton	Menapians	53.53
3	107	Eoghan Courtney	Kerry Athletics	61.28
4	102	Mattia Leoni	Leevale	65.05
5	104	D Kirwan	Raheny Shamrock	66.40
	Guest	Lashinda Demus	U.S.A.	54.62

#### 4X100m Relay

Place	Num	Athlete	Club	Time
1	102		Leevale	42.88
2	101		Menapians	45.08
3	103		St Abbans	45.56
4	108		Ferybank	46.07

#### 1500m

Place	Num	Athlete	Club	Time
1	110	Brian Maher	Kilkenny City Harriers	3.58.03
2	103	Cormac Kelly	St Abbans	4.00.42
3	104	A Foley	Raheny Shamrock	4.13.22
4	101	James Cloney	Menapians	4.14.37
5	102	Thomas Maunsell	Leevale	4.15.02
6	107	Arthur Fitzgerald	Kerry Athletics	4.19.03

#### 400m

Place	Num	Athlete	Club	Time
1	108	Niall Tuohy	Ferybank	48.31
2	102	Thomas Maunsell	Leevale	49.37
3	103	Eoghan Buggy	St Abbans	50.67
4	101	Connor Wilson	Menapians	52.07
5	110	David Rafter	Kilkenny City Harriers	57.14
6	107	Eoghan Courtney	Kerry Athletics	60.30
	104	Kieran Kelly	Raheny Shamrock	DQ

#### 3000m S/C

Place	Num	Athlete	Club	Time
1	110	Peter Lynch	Kilkenny City Harriers	10.53.07
2	104	D Foley	Raheny Shamrock	11.03.71
3	102	Ian O 'Sullivan	Leevale	11.41.79
4	101	Damien Walsh	Menapians	12.14.17

#### 200m (wind:-1.4 m/s)

Place	Num	Athlete	Club	Time
1	101	David Hynes	Menapians	21.97
2	110	Eoin Muldowney	Kilkenny City Harriers	22.79
3	104	Michael Hynes	Raheny Shamrock	22.88
4	108	Stephen Walsh	Ferybank	23.46
5	103	Barry Regan	St Abbans	23.64
6	107	Jason Foley	Kerry Athletics	23.92
7				

#### 800m

Place	Num	Athlete	Club	Time
1	103	Brian Kelly	St Abbans	1.58.31
2	104	K Kirwan	Raheny Shamrock	2.00.79
3	102	Thomas Maunsell	Leevale	2.03.98
4	108	Richard Lucas	Ferybank	2.09.48

### Premier Women

#### 100m Hurdles (wind: m/s )

Place	Num	Athlete	Club	Time
1	81	Kelly Proper	Ferrybank	14.64
2	80	Jane Pennyfather	Leevale	16.06
3	85	Roisin Howard	Bandon	16.69
4	86	Meave Sheehan	Raheny Shamrocks	18.04
5	84	Catrina Twomey	Kilkenny City Harriers	19.02
6	83	Orna Foley	Kerry Athletics	19.68
	Guest	MacKenzie Hill	U.S.A.	14.16

#### 1500m Walk

Place	Num	Athlete	Club	Time
1	84	Ruth Carey	Kilkenny City Harriers	10.50.65
2	85	Priscilla Osullivan	Bandon	9.09.65
	80	Lydia Oconnor	Leevale	DQ

#### 400m Hurdles

Place	Num	Athlete	Club	Time
1	80	Jessica Neville	Leevale	62.09
2	81	Megan Kiely	Ferrybank	63.18

#### 4X100m Relay

Place	Num	Athlete	Club	Time
1	84	Kilkenny City Harriers	Kilkenny City Harriers	47.18
2	80	Leevale	Leevale	48.49
3	81	Ferrybank	Ferrybank	49.43
4	86	Raheny Shamrocks	Raheny Shamrocks	52.45
5	83	Kerry Athletics	Kerry Athletics	52.49
6	85	Bandon	Bandon	56.79

#### 1500m

Place	Num	Athlete	Club	Time
1	80	Claire McSweeney	Leevale	4.28.56
2	86	Lorraine Manning	Raheny Shamrocks	4.42.84
3	84	Orna McPhillips	Kilkenny City Harriers	4.58.02
4	85	Carmel Crowley	Bandon	5.08.09

#### 400m

Place	Num	Athlete	Club	Time
1	84	Clíodhna Manning	Kilkenny City Harriers	56.00
2	85	Grainne Moynihan	Bandon	56.04
3	86	Iseult Odonnell	Raheny Shamrocks	58.46
4	81	Megan Kiely	Ferrybank	59.15
5	80	Christine Neville	Leevale	59.90
6	83	Amy Reidy	Kerry Athletics	65.71

#### 200m (wind:+1.4 m/s)

Place	Num	Athlete	Club	Time
1	81	Niamh Whelan	Ferrybank	24.25
2	85	Grainne Moynihan	Bandon	24.93
3	84	Joanne Cuddihy	Kilkenny City Harriers	25.37
4	80	Jessica Neville	Leevale	25.97
5	83	Siobhan Donegan	Kerry Athletics	27.30
6	86	Aisling Drumgoole	Raheny Shamrocks	27.51

#### 800m

Place	Num	Athlete	Club	Time
1	86	Iseult Odonnell	Raheny Shamrocks	2.16.08
2	80	Carol Finn	Leevale	2.16.36
3	84	Anna Sheehan	Kilkenny City Harriers	2.17.32

5	110 Ken Deevy	Kilkenny City Harriers	2.13.11
6	101 Lee Savage	Menapians	2.27.65

### 5000m

Place	Num	Athlete	Club	Time
1	102	James Grufferty	Leevale	15.11.56
2	104	Cillian O'Leary	Raheny Shamrock	15.12.96
3	108	Andrew Collick	Ferybank	15.18.82
4	110	Thomas Hayes	Kilkenny City Harriers	15.25.76
5	107	Arthur Fitzgerald	Kerry Athletics	16.06.47
6	103	Stephen Lawlor	St Abbans	16.33.21
7	101	Ciaran Bates	Menapians	19.57.39

### 3000m

Place	Num	Athlete	Club	Time
1	80	Michelle Finn	Leevale	10.08.69
2	86	Maria Osullivan	Raheny Shamrocks	10.16.03
3	83	Ann Marie Costello	Kerry Athletics	10.39.60
4	85	Carmel Crowley	Bandon	10.57.11
5	84	Orla McPhilips	Kilkenny City Harriers	11.40.64
6	81	Elaine Farrell	Ferrybank	13.48.64

### 100m (wind: +0.2 m/s)

Place	Num	Athlete	Club	Time
1	101	David Hynes	Menapians	10.57
2	102	David Killeen	Leevale	11.18
3	110	Eoin Muldowney	Kilkenny City Harriers	11.25
4	104	Michael Hynes	Raheny Shamrock	11.48
5	103	Barry Regan	St Abbans	11.50
6	108	Stephen Walsh	Ferybank	11.55
7	107	Jason Foley	Kerry Athletics	11.80

### 100m (wind: +1.5 m/s)

Place	Num	Athlete	Club	Time
1	80	Ailis McSweeney	Leevale	11.84
2	81	Niamh Whelan	Ferrybank	11.87
3	84	Louise Holmes	Kilkenny City Harriers	12.16
4	83	Amy Cronin	Kerry Athletics	13.25
5	86	Aisling Moore	Raheny Shamrocks	13.61

### 4X400m

Place	Num	Athlete	Club	Time
1		St Abbans	3.24.59	
2		Leevale	3.24.69	
3		Menapians	3.27.45	
4		Raheny	3.34.00	
5		Ferryback	3.34.42	
6		KCH	3.54.77	
7		Kerry Athletics	3.56.92	

### 4X400m

Place	Num	Athlete	Club	Time
1	80		Leevale	4.01.96
2	81		Ferrybank	4.02.37
3	84		Kilkenny City Harriers	4.02.39
4	86		Raheny Shamrocks	4.15.08
5	83		Kerry Athletics	4.28.55

### Hammer

Place	Num	Athlete	Club	Distance
1	101	Ciaran Murphy	Menapians	39.49
2	107	Micheal Oneill	Kerry Athletics	38.29
3	102	James Heffernan	Leevale	35.49
4	108	Tom Boucher	Ferrybank	33.69
5	103	Brandon Fennelly	St Abbans	27.29

### Hammer

Place	Num	Athlete	Club	Distance
1	83	Mairead O'Neill	Kerry Athletics	47.77
2	85	Laura McSweeney	Bandon	44.61
3	88	Emma Daly	St Abbans	43.24
4	80	Megan Moynihan	Leevale	42.78
5	86	Uleke Kiernan	Raheny Shamrocks	40.06
6	81	Kate Hickley	Ferrybank	23.04
7	84	Nicola Barron	Kilkenny City Harriers	16.13

### Pole Vault

Place	Num	Athlete	Club	Height
1	104	Stuart Greene	Raheny Shamrock	4.50
2	107	Mel O'Callaghan	Kerry Athletics	3.30
3	103	Colin Byrne	St Abbans	3.10
4	102	Ryan Casey	Leevale	2.30

### Pole Vault

Place	Num	Athlete	Club	Height
1	86	Zoe Brown	Raheny Shamrocks	4.03
2	83	Dearbhail Foley	Kerry Athletics	2.00

### Long Jump

Place	Num	Athlete	Club	Distance
1	102	Sam Healy	Leevale	6.63
2	104	Stephen Gaffney	Raheny Shamrock	6.55
3	103	Eoin Kelly	St Abbans	6.50
4	101	Tony Stafford	Menapians	6.47
5	107	Jason Foley	Kerry Athletics	6.14
6	110	Cormac Everard	Kilkenny City Harriers	5.77
7	108	Stephen Murphy	Ferybank	5.58

### Long Jump

Place	Num	Athlete	Club	Distance
1	80	Jessica Sheehan	Leevale	5.18
2	84	Clíodhna Manning	Kilkenny City Harriers	4.95
3	86	Zoe Brown	Raheny Shamrocks	4.81
4	81	Siobhan Whelan	Ferrybank	4.72
5	85	Roisin Howard	Bandon	4.34
6	83	Sarah Cooper	Kerry Athletics	4.26

### Shot Putt

Place	Num	Athlete	Club	Distance
1	102	David Tierney	Leevale	13.38
2	107	Daniel Clifford	Kerry Athletics	11.54
3	101	John Moody	Menapians	10.67
4	103	Seamus Fitzpatrick	St Abbans	10.58
5	110	Brendan Hyland	Kilkenny City Harriers	10.58
6	108	Tom Boucher	Ferybank	9.55
7	104	Nick Martin	Raheny Shamrock	5.70

### Shot Putt

Place	Num	Athlete	Club	Distance
1	80	Niamh Murphy	Leevale	13.11
2	85	Laura McSweeney	Bandon	11.72
3	81	Kelly Proper	Ferrybank	10.09
4	83	Sheila Odonoghue	Kerry Athletics	9.98
5	84	Clíodhna Manning	Kilkenny City Harriers	7.63
6	86	Aisling Barnwell	Raheny Shamrocks	7.11

### High Jump

Place	Num	Athlete	Club	Height
1	108	Shane O'Dwyer	Ferybank	1.95
2	102	Sam Healy	Leevale	1.95
3	103	Paul Byrne	St Abbans	1.90
4	107	P J Galvin	Kerry Athletics	1.85
5	101	Michael Cullen	Menapians	1.70
6	104	M Hynes	Raheny Shamrock	1.70
7	110	Craig Byrne	Kilkenny City Harriers	1.65

### High Jump

Place	Num	Athlete	Club	Height
1	81	Sorcha Murphy	Ferrybank	1.65
2	84	Catriona Twomey	Kilkenny City Harriers	1.50
3	85	Roisin Howard	Bandon	1.45
4	86	Silbhe Murphy	Raheny Shamrocks	1.45
5	83	Annette Obriab	Kerry Athletics	1.40
6	80	Jane Pennyfather	Leevale	1.35

Place	Num	Athlete	Discus	Club	Distance
1	107	Daniel Clifford		Kerry Athletics	39.98
2	102	Brian Hayes		Leevale	25.48
3	101	Ciaran Murphy		Menapians	24.75
4	103	Brandon Fennelly		St Abbans	24.62
5	110	John Maye		Kilkenny City Harriers	16.12

Place	Num	Athlete	Discus	Club	Distance
1	83	Hannah O Sullivan		Kerry Athletics	36.86
2	80	Niamh Murphy		Leevale	35.85
3	81	Kate Hickey		Ferrybank	33.93
4	85	Fiona Duggan		Bandon	31.06
5	86	Uleke Kiernan		Raheny Shamrocks	25.60
6	84	Nicola Barron		Kilkenny City Harriers	18.65

Place	Num	Athlete	Triple Jump	Club	Distance
1	102	Denis Finnegan		Leevale	14.69
2	103	Eoin Kelly		St Abbans	14.26
3	108	Sean Archer		Ferrybank	13.27
4	104	S Gaffney		Raheny Shamrock	12.32
5	101	Patrick Shannon		Menapians	11.91
6	110	Cormac Everard		Kilkenny City Harriers	11.46

Place	Num	Athlete	Triple Jump	Club	Distance
1	80	Jessica Sheehan		Leevale	10.22
2	84	Joanne Cuddihy		Kilkenny City Harriers	10.18
3	81	Kate Hickey		Ferrybank	10.05
4	83	Sarah Cooper		Kerry Athletics	9.68
5	86	Meave Sheehan		Raheny Shamrocks	9.41

Place	Num	Athlete	Javelin	Club	Distance
1	107	Patsy O'Connor		Kerry Athletics	42.51
2	102	Paddy Moore		Leevale	41.15
3	101	Steve Smith		Menapians	40.19
4	110	Brendan Hyland		Kilkenny City Harriers	38.71
5	103	Liam Kelly		St Abbans	34.56
6	108	Pat Kennedy		Ferrybank	31.13
7	104	Stuart Greene		Raheny Shamrock	20.54

Place	Num	Athlete	Javelin	Club	Distance
1	83	Rita Casey		Kerry Athletics	32.92
2	81	Kelly Proper		Ferrybank	32.46
3	84	Catriona Twomey		Kilkenny City Harriers	24.49
4	85	Priscilla O Sullivan		Bandon	17.83
5	80	Andrea Bickerdike		Leevale	16.48
6	86	Aisling Barnwell		Raheny Shamrocks	12.86

Place	Num	Athlete	56 lb Weight	Club	Distance
1	102	David Tierney		Leevale	7.53
2	103	Seamus Fitzpatrick		St Abbans	7.38
3	107	Patsy O'Connor		Kerry Athletics	6.32
4	101	John Moody		Menapians	5.53
5	104	M Martin		Raheny Shamrock	2.76
6	110	John Maye		Kilkenny City Harriers	2.71

### Division 1 Men

Place	Num	Athlete	Club	Time	110m Hurdles (wind: =0.2 m/s)
1	54	Simon Taggart	Donore Harriers	15.81 A	
2	58	Shane Howard	Bandon AC	16.23 A	
3	56	Ger Cremin	An Ríocht AC	16.96 A	
4	60	Daniel Colbert	Youghal AC	16.97 A	

Place	Num	Athlete	Club	Time	110m Hurdles (wind: =0.3 m/s)
1	55	Jack Broderick	Limerick AC	19.34 B	
2	57	Keith King	Clare County	19.86 B	
3	59	Mark O'Connor	Wexford County	21.91 B	

Place	Num	Athlete	Club	Time	3000m Walk
1	61	Loughlin Campion	Dunboyne AC	15.46.68 B	
2	57	Fergal Conlon	Clare County	17.47.07 B	
3	55	Aidan Walsh	Limerick AC	DQ B	
1	62	Declan Murphy	St Finbarrs AC	22.32.67 A	
	54	Jim McNamara	Donore Harriers	DQ A	

Place	Num	Athlete	Club	Time	400m Hurdles
1	60	Daniel Colbert	Youghal AC	59.71 A	
2	58	Jake Inglis	Bandon AC	60.44 A	
3	54	Rolus Osala	Donore Harriers	61.26 A	
4	56	Ger Cremin	An Ríocht AC	61.45 A	
1	55	Jack Broderick	Limerick AC	62.43 B	
2	59	Mark O'Connor	Wexford County	65.9 B	
3	61	Niall Cornyn	Dunboyne AC	76.23 B	

Place	Num	Athlete	Club	Time	4X100m Relay
1	54	Donore Harriers	Donore Harriers	44.41 A	
2	58	Bandon AC	Bandon AC	44.66 A	
3	56	An Ríocht AC	An Ríocht AC	44.84 A	
4	60	Youghal AC	Youghal AC	48.06 A	
5	62	St Finbarrs AC	St Finbarrs AC	59.58 A	
1	55	Limerick AC	Limerick AC	45.54 B	
2	59	Wexford County	Wexford County	46.27 B	
3	57	Clare County	Clare County	46.62 B	
4	61	Dunboyne AC	Dunboyne AC	51.51 B	

### Division 1 Women

Place	Num	Athlete	Club	Time	100m Hurdles (wind: +1.1 m/s )
1	49	Erin Murphy	Limerick AC	22.66	

Place	Num	Athlete	Club	Time	1500m Walk
1	46	Catherine Walsh	Wexford County	8.12.62	
2	47	Pam Power	Portlaoise	9.17.03	
3	51	Anne Gormley	Donore Harriers	9.24.34	
	49	Gwynne Ryan	Limerick AC	DQ	

Place	Num	Athlete	Club	Time	400m Hurdles
1	47	Anna Healy	Portlaoise	75.43	
2	49	Sarah Mangan	Limerick AC	78.43	

Place	Num	Athlete	Club	Time	4X100m Relay
1	46	Wexford County	Wexford County	52.01	
2	49	Limerick AC	Limerick AC	55.26	
3	48	Youghal	Youghal	57.26	
4	47	Portlaoise	Portlaoise	58.87	

1500m				
Place	Num	Athlete	Club	Time
1	60	James McCarthy	Youghal AC	3.57.66 A
2	56	Brendan O'Connor	An Ríocht AC	3.59.33 A
3	62	Denis Coughlan	St Finbarrs AC	4.01.09 A
4	58	Mark O'Sullivan	Bandon AC	4.06.94 A
5	54	Darragh Fitzgibbon	Donore Harriers	4.06.84 A
1	57	Kevin Chesser	Clare County	4.05.22 B
2	61	Loughlin Campion	Dunboyne AC	4.16.87 B
3	55	Vincent O'Brien	Limerick AC	4.25.95 B

1500m				
Place	Num	Athlete	Club	Time
1	51	Sinead Lambe	Donore Harriers	NT
2	48	Michelle Kenny	Youghal	NT
3	47	Ruth Hodgins	Portlaoise	NT
4	46	Patrice O'Gorman	Wexford County	NT

400m				
Place	Num	Athlete	Club	Time
1	56	William O'Connor	An Ríocht AC	51.61 A
2	54	David Campbell	Donore Harriers	52.03 A
3	62	Colin Condon	St Finbarrs AC	55.65 A
4	60	Jack Daly	Youghal AC	56.74 A
5	58	Eric Stam	Bandon AC	57.25 A
1	57	Darragh Lynch	Clare County	52.14 B
2	55	Mike O'Brien	Limerick AC	55.92 B
3	59	Shane Connick	Wexford County	55.93 B
4	61	Ahmed Abdi	Dunboyne AC	58.96 B

400m				
Place	Num	Athlete	Club	Time
1	47	Niamh Quinn	Portlaoise	62.91
2	48	Deirdre Cronin	Youghal	67.31
4	46	Catherina Corcoran	Wexford County	69.08
3	51	Sinead Lambe	Donore Harriers	68.29
5	49	Erin Murphy	Limerick AC	77.60

3000m S/C				
Place	Num	Athlete	Club	Time
1	58	Thomas McCarthy	Bandon AC	11.17.63 A
2	60	Mossie Cahill	Youghal AC	12.37.17 A
3	62	Stephen Geoghan	St Finbarrs AC	12.57.07 A
1	55	Michael Carmody	Limerick AC	10.01.98 B
2	57	Karl Fitzmaurice	Clare County	10.36.85 B

200m (wind:m/s)				
Place	Num	Athlete	Club	Time
1	47	Aoife Campion	Portlaoise	26.20
2	51	Linda Ngangtum	Donore Harriers	26.53
3	49	Maria Power	Limerick AC	27.04
4	46	Denise Wickham	Wexford County	29.16
5	48	Deirdre Cronin	Youghal	29.22

200m (wind:m/s)				
Place	Num	Athlete	Club	Time
1	54	Sean Lawlor	Donore Harriers	23.42 A
1	58	Joey Henchy	Bandon AC	23.71 A
1	56	Tomás Griffin	An Ríocht AC	24.97 A
1	62	Colin Condon	St Finbarrs AC	25.4 A
1	60	Philip Doherty	Youghal AC	26.42 A
1	57	Ronan Barry	Clare County	23.46 B
1	59	Ciarán Joyce	Wexford County	23.74 B
1	55	Roland Pika	Limerick AC	25.22 B
1	61	Caoilean O'Flaherty	Dunboyne AC	26.03 B

800m				
Place	Num	Athlete	Club	Time
1	54	Eric Keogh	Donore Harriers	1.58.44 A
2	58	Mark O'Sullivan	Bandon AC	2.01.78 A
3	60	Noel Curtin	Youghal AC	2.19.12 A
1	57	Kevin Chesser	Clare County	1.59.81 B
2	55	Aodhan MacDomhnaill	Limerick AC	2.03.23 B
3	61	Rory Kavanagh	Dunboyne AC	2.03.73 B
4	59	James Fortune	Wexford County	2.18.21 B

800m				
Place	Num	Athlete	Club	Time
1	46	Bronagh Furlong	Wexford County	2.17.22
2	47	Niamh Quinn	Portlaoise	2.26.30
3	51	Sorcha Nic Dhomhnaill	Donore Harriers	2.30.48
4	48	Michelle Kenny	Youghal	2.33.35
5	49	Sarah Mangan	Limerick AC	2.45.79

5000m				
Place	Num	Athlete	Club	Time
1	60	James McCarthy	Youghal AC	15.23.35 A
2	56	Donal O'Callahan	An Ríocht AC	16.35.33 A
3	54	John Downes	Donore Harriers	17.09.32 A
4	58	Tom Laffan	Bandon AC	17.46.90 A
5	62	David Butler	St Finbarrs AC	19.25.08 A
1	57	Brian Murphy	Clare County	16.52.14 B
2	61	Abdulia Mohamed	Dunboyne AC	17.07.66 B

3000m				
Place	Num	Athlete	Club	Time
1	48	Evelyn Cashman	Youghal	11.11.42
2	47	Paula Grant	Portlaoise	11.12.62
3	51	Florence Curley	Donore Harriers	11.14.07
4	46	Catherine Walsh	Wexford County	12.43.15
49				

100m (wind: -1.2 m/s FOR a, -1.5 m/s for B)				
Place	Num	Athlete	Club	Time
1	54	Eamon Fahey	Donore Harriers	11.01 A
2	58	Joey Henchy	Bandon AC	11.57 A
3	56	Mike Lynch	An Ríocht AC	11.83 A
4	60	Philip Doherty	Youghal AC	14.38 A
5	62	David Butler	St Finbarrs AC	16.81 A
1	57	Cormac Lynch	Clare County	11.06 B
2	55	Niall counihan	Limerick AC	11.48 B
3	59	Colin Nolan	Wexford County	11.84 B

100m (wind: m/s )				
Place	Num	Athlete	Club	Time
1	51	DNS	Donore Harriers	12.65
2	47	Aoife Campion	Portlaoise	12.93
3	49	Maria Power	Limerick AC	13.14
4	46	Denise Wickham	Wexford County	13.55
5	48	Nikita Savage	Youghal	14.00

4X400m				
Place	Num	Athlete	Club	Time
1	54	Donore Harriers	Donore Harriers	3.33.53 A
2	56	An Ríocht AC	An Ríocht AC	3.43.01 A
3	58	Bandon AC	Bandon AC	3.47.73 A
1	57	Clare County	Clare County	3.31.39 B
2	59	Wexford County	Wexford County	3.41.94 B
3	55	Limerick AC	Limerick AC	3.42.67 B

4X400m				
Place	Num	Athlete	Club	Time
1	47	Portlaoise	Portlaoise	4.28.96
2	49	Limerick AC	Limerick AC	4.39.78
3	48	Youghal	Youghal	4.48.06

4 61 Dunboyne AC Dunboyne AC 4.05.30 B

Hammer				
Place	Num	Athlete	Club	Distance
1	58	Patrick McSweeney	Bandon AC	43.98 A
2	56	Andrew McCarthy	An Riocht AC	30.79 A
3	60	Mossie Cahill	Youghal AC	24 A
4	62	Ian Morrison	Donore Harriers	9.89 A
		DNS	St Finbarrs AC	DNS A
1	54	Padraig Whyte	Dunboyne AC	60.33 B
2	59	Tom Furlong	Wexford County	56.53 B
3	55	Dave Fraterolli	Limerick AC	22.22 B

Hammer				
Place	Num	Athlete	Club	Distance
1	46	Christine Furlong	Wexford County	39.86
2	47	Aisling Stack	Portlaoise	31.84
3	49	Eda Kiely	Limerick AC	19.44
4	51	Anne Gormley	Donore Harriers	15.77
5	48	Sarah O'Sullivan	Youghal	13.47

Pole Vault				
Place	Num	Athlete	Club	Height
1	58	Shane Howard	Bandon AC	3.10 A
1	61	Keith Doherty	Dunboyne AC	3.90 B
2	59	Padraig O'Driscoll	Wexford County	2.70 B
3	57	David Courtney	Clare County	2.30 B
4	55	PJ O'Rourke	Limerick AC	2.10 B

Pole Vault				
Place	Num	Athlete	Club	Height
1	48	Nikita Savage	Youghal	2.20
2	49	Leigh Murphy	Limerick AC	1.80

Long Jump				
Place	Num	Athlete	Club	Distance
1	54	Eamon Fahey	Donore Harriers	6.98 A
2	58	Promise Okafor	Bandon AC	6.35 A
3	56	Mike Lynch	An Riocht AC	5.82 A
4	60	Declan O'Mahony	Youghal AC	4.58 A
		DNS	St Finbarrs AC	DNS A
1	55	Roland Pika	Limerick AC	6.13 B
2	59	Colin Nolan	Wexford County	6.12 B
3	61	Keith Doherty	Dunboyne AC	5.97 B
4	57	sam Boyle	Clare County	5.66 B

Long Jump				
Place	Num	Athlete	Club	Distance
1	48	Deirdre Cronin	Youghal	4.60
2	47	Niamh Quinn	Portlaoise	4.40
3	46	Catherine Corcoran	Wexford County	4.36
4	49	Erin Murphy	Limerick AC	4.15
5	51	Alishe Keating	Donore Harriers	3.68

Shot Putt				
Place	Num	Athlete	Club	Distance
1	58	Patrick McSweeney	Bandon AC	11.5 A
2	60	Jvolt Peylie	Youghal AC	9.4 A
3	56	Jim Galvin	An Riocht AC	8.86 A
4	54	Seamus Osala	Donore Harriers	8.71 A
5	62	declan Murphy	St Finbarrs AC	4.92 A
1	59	Marco Pons	Wexford County	12.25 B
2	61	Padraig Whyte	Dunboyne AC	11.98 B
3	57	Eamonn Cleary	Clare County	10.04 B
4	55	Dave Fraterolli	Limerick AC	9.78 B

Shot Putt				
Place	Num	Athlete	Club	Distance
1	49	Alana Frateroli	Limerick AC	11.70
2	46	Emma Owens	Wexford County	8.60
3	47	Rosie Stack	Portlaoise	6.85
4	51	Alishe Keating	Donore Harriers	5.39
5	48	Geraldine curtin	Youghal	4.31

High Jump				
Place	Num	Athlete	Club	Height
1	58	Shane Howard	Bandon AC	1.90 A
2	54	Cathal O'Brien	Donore Harriers	1.85 A
3	60	Michael Healy	Youghal AC	1.80 A
4	56	Ger Cremin	An Riocht AC	1.50 A
1	59	Colin Nolan	Wexford County	1.75 B
2	55	Roland Pika	Limerick AC	1.70 B
3	61	Dara Costigan	Dunboyne AC	1.70 B
4	57	Keith King	Clare County	1.65 B

High Jump				
Place	Num	Athlete	Club	Height
1	46	Catherine Corcoran	Wexford County	1.45
2	47	Anna Healy	Portlaoise	1.45
2	48	Nikita Savage	Youghal	1.45
4	49	Gwynne Ryan	Limerick AC	1.20

Discus				
Place	Num	Athlete	Club	Distance
1	60	Barry Healy	Youghal AC	41.96 A
2	56	Andrew McCarthy	An Riocht AC	33.36 A
3	54	Simon Taggart	Donore Harriers	28.66 A
4	58	Eric Stam	Bandon AC	28.24 A
1	59	Marco Pons	Wexford County	48.39 B
2	61	Michael Hanlon	Dunboyne AC	36.13 B
3	57	Eamonn Cleary	Clare County	29.96 B
4	55	Pius McGrath	Limerick AC	26.06 B
		DNS	St Finbarrs AC	

Discus				
Place	Num	Athlete	Club	Distance
1	46	Emma Owens	Wexford County	32.04
2	49	alana Frateroli	Limerick AC	26.66
3	47	Aisling Stack	Portlaoise	18.03
4	48	Sarah O'Sullivan	Youghal	16.97
		DNS	Donore Harriers	

Triple Jump				
Place	Num	Athlete	Club	Distance
1	54	Rolus Osala	Donore Harriers	11.86 A
2	58	Promise Okafor	Bandon AC	11.65 A
3	60	Jack Daly	Youghal AC	11.29 A
1	55	Niall Counihan	Limerick AC	13.16 B
2	59	Ciarán Joyce	Wexford County	12.33 B

Triple Jump				
Place	Num	Athlete	Club	Distance
		46 Eimear Gilhooly	Wexford County	10.74
		51 Linda Ngangtum	Donore Harriers	9.89
		48 Patricia Curtin	Youghal	9.12
		49 Leigh Murphy	Limerick AC	9.10
		47 Anna Healy	Portlaoise	8.90

Javelin				
Place	Num	Athlete	Club	Distance
1	54	Jacko Oosternhausen	Donore Harriers	51.14 A
2	58	Bobby Smith	Bandon AC	47.15 A
3	60	Michael Healy	Youghal AC	39.33 A
4	56	Jim Galvin	An Riocht AC	34.13 A

Javelin				
Place	Num	Athlete	Club	Distance
1	48	Patricia Curtin	Youghal	36.69
2	46	Niamh Rochford	Wexford County	27.16
3	47	Aine Fitzpatrick	Portlaoise	26.66
4	49	Eda Kiely	Limerick AC	15.07

5	62	Stephen Geoghan	St Finbarrs AC	4.52	A
1	61	Denis Delaney	Dunboyne AC	45.09	B
2	55	Pius McGrath	Limerick AC	32.99	B
3	57	Keith King	Clare County	28.82	B
4	59	Shane Connick	Wexford County	27.52	B

5      51 Alishe Keating      Donore Harriers      10.44

**56 lb Weight**

<b>Place</b>	<b>Num</b>	<b>Athlete</b>	<b>Club</b>	<b>Distance</b>	
1	60	Barry Healy	Youghal AC	6.82	A
2	61	Denis Delaney	Dunboyne AC	5.35	A
3	58	Finbarr Harrington	Bandon AC	4.15	A
4	56	Anthony Grealley	An Ríocht AC	3.64	A
1	59	Tom Furlong	Wexford County	6.09	B
2	55	Barry Kiely	Limerick AC	4.84	B
3	57	Jim smith	Clare County	4.84	B
4	54	Tony Jenkins	Donore Harriers	2.31	B
	62	DNS	St Finbarrs AC		

# Woodie's DIY National League

Sligo 14th July 2013

## Division 1 Men

## Division 1 Women

110m Hurdles (wind: + 1.8 m/s)				
Place	Num	Athlete	Club	Time
	73	Mark Rodgers	Athletics Louth	17.39 Pool A
	72	Kevin Mc Glynn	Sligo County	21.58 Pool A
	78	Brian Quigg	Tir Chonaill	19.44 Pool B

100m Hurdles (wind: 1.0 m/s)				
Place	Num	Athlete	Club	Time
	63	Aisling Watters	Meath Athletics	15.84
	65	Annabelle Morris	Athletics Louth	16.04
	68	Louise Mulvanney	Sligo County	18.45
	67	Sarah Hanna Ward	Olympian Youth	19.08

3000m Walk				
Place	Num	Athlete	Club	Time
	74	Tom Gartland	Sli Cualann	16.57.05 Pool A
	72	Kevin Mc Glynn	Sligo County	21.51.33 Pool A
	77	Nathan Murphy	Kildare County	15.56.90 Pool B
	78	Richard Mc Carthy	Tir Chonaill	20.55.14 Pool B
	75	Sean Perry	Olympian Youth	25.50.22 Pool B

1500m Walk				
Place	Num	Athlete	Club	Time
	68	Rachel Conlon	Sligo County	8.17.91
	66	Liz Cuskelly	Tullamore Harriers	9.20.83

400m Hurdles				
Place	Num	Athlete	Club	Time
	73	Mark Rodgers	Athletics Louth	59.27 Pool A
	72	Dermot Mc Dermott	Sligo County	59.37 Pool A
	74	Graham Phillips	Sli Cualann	71.35 Pool A
	77	David Mc Carthy	Kildare	58.68 Pool B
	75	Patrick O' Donnell	Olympian Youth	66.00 Pool B
	78	Chris Doherty	Tir Chonaill	69.12 Pool B

400m Hurdles				
Place	Num	Athlete	Club	Time
	65	Annabelle Morris	Athletics Louth	69.13
	63	Laura Heneghan	Meath Athletics	74.04
	68	Louise Mulranney	Sligo County	75.35
	67	Olivia Webb	Olympian Youth	76.07
	66	Nadine Donegan	Tullamore Harriers	76.43

4X100m Relay				
Place	Num	Athlete	Club	Time
	72		Sligo	45.53 Pool A
	73		Athletics Louth	47.47 Pool A
	77		Kildare	44.92 Pool B
	75		Olympian Youth	46.52 Pool B
	78		Tir Chonaill	47.88 Pool B
	74		Sli Cualann	DNF

4X100m Relay				
Place	Num	Athlete	Club	Time
	68		Sligo County	53.43
	63		Meath Athletics	54.34
	67		Olympian Youth	54.75
	69		Sli Cualann	56.19
	65		Athletics Louth	60.11
	66		Tullamore Harriers	60.37

1500m				
Place	Num	Athlete	Club	Time
	73	Shane Walsh	Athletics Louth	4.08.36 Pool A
	74	Johnny Phillips	Sli Culann	4.10.90 Pool A
	72	Thomas Mc Dermott	Sligo County	4.13.28 Pool A
	77	Kevin Kelly	Kildare County	4.12.71 Pool B
	75	Adrian Boyle	Olympian Youth	4.18.20 Pool B

1500m				
Place	Num	Athlete	Club	Time
	68	Eimer O' Brien	Sligo County	4.41.36
	69	Ellie Hartnett	Sli Cualann	4.58.66
	63	Bridgie Clarke	Meath Athletics	5.07.18
	66	Michelle Mullaney	Tullamore Harriers	5.19.76

400m				
Place	Num	Athlete	Club	Time
	73	Fintan Reilly	Athletics Louth	52.47 Pool A
	74	Eoin Taggart	Sli Cualann	54.93 Pool A
	72	Jack Tiugon	Sligo County	55.45 Pool A
	77	David Mc Carthy	Kildare	50.84 Pool B
	75	John Coyle	Olympian Youth	51.48 Pool B
	78	Mark Mc Brearty	Tir Chonaill	54.74 Pool B
	Guest	Sean Deery	Olympian Youth	60.02

400m				
Place	Num	Athlete	Club	Time
	63	Karen Dunne	Meath Athletics	59.72
	65	Rebecca Carr	Athletics Louth	61.26
	69	Claire Earls	Sli Cualann	62.26
	67	Olivia Webb	Olympian Youth	69.24
	66	Michelle Mullaney	Tullamore Harriers	76.55

3000m S/C				
Place	Num	Athlete	Club	Time
	72		Sligo County	10.15.56 Pool A
	74	Padraig Lennon	Sli Cualann	10.38.07 Pool A
	73	David Walsh	Athletics Louth	11.32.48 Pool A
	77	Martin Horan	Kildare	11.00.56 Pool B

200m (wind:1.6m/s)				
Place	Num	Athlete	Club	Time
	72	Odran Gildea	Sligo County	22.98 Pool A
	74	Ferdia Kenny	Sli Cualann	23.10 Pool A
	73	Samuel Fasan	Athletics Louth	23.81 Pool A
	Guest	Mark Mc Garvey	City of Derry	22.71
	Guest	Jack Mc Closhey	City of Dderry	23.21
	Guest	Conor Bracken Price	Naas	23.41
	Guest	Conor Duggan	Craughwell	23.64

200m (wind:2.3 m/s)				
Place	Num	Athlete	Club	Time
	63	Sinead O' Kane	Meath Athletics	29.44
	65	Sheriff Adegoke	Athletics Louth	27.27
	66	Michelle Keegan	Tullamore Harriers	30.20
	67	Christine Logue	Olympian Youth	26.26
	68	Stacey Kerr	Sligo County	26.15
	69	Isobel O' Grady	Sli Cualann	32.99
	Guest	Aisling O Hare	Na Fianna	27.87

200m (wind:2.5m/s)				
Place	Num	Athlete	Club	Time
	75	John Coyle	Olympian Youth	22.77 Pool B
	77	Radik Tybez	Kildare County	24.36 Pool B
	78	Jack Behan	Tir Chonaill	25.44 Pool B
	Guest	Shane Cheshire	Dunleer	25.35

800m				
Place	Num	Athlete	Club	Time
	73	Darragh Greene	Athletics Louth	1.58.71 Pool A
	72	James Mc Geough	Sligo County	2.00.34 Pool A
	74	Tim Grummell	Sli Cualann	2.01.95 Pool A

800m				
Place	Num	Athlete	Club	Time
	69	Claire Earls	Sli Cualann	2.25.38
	66	Nadine Donegan	Tullamore Harriers	2.32.81
	65	Geraldine Finnegan	Athletics Louth	2.32.95

		75 Adrian Boyle	Olympian Youth	2.06.52	Pool B			63 Alison Daly	Meath Athletics	2.36.14
		77 Conon Murphy	Kildare County	2.12.47	Pool B			68 Claire Conlon	Sligo County	2.38.08
		78 Richard Mc Carthy	Tir Chonaill	2.43.60	Pool B	Guest		Sorcha Fallon	Sligo	2.28.31
Guest		Gary Campbell	Dunleer	2.00.14		Guest		Caelain Mc Gonogile	Sligo	2.31.12
Guest		Conor O Rourke		2.05.55						
Guest		Dylan Carty	Sligo	2.07.35						

**5000m**

Place	Num	Athlete	Club	Time
	72	Tommy Casey	Sligo County	15.25.72
	74	Dylan Grimes Larkin	Sli Cualann	18.39.39

**3000m**

Place	Num	Athlete	Club	Time
	68	Eimer O' Brien	Sligo County	10.25.52
	69	Tara Jameson	Sli Cualann	10.31.77
	66	Nicole Cuskelly	Tullamore Harriers	11.28.50
	63	Ciara Rooney	Meath Athletics	11.28.65
	65	Maureen Harbison	Athletics Louth	11.42.78

**100m (wind: m/s)**

Place	Num	Athlete	Club	Time
	72	Odhran Gildea	Sligo County	11.20
	74	Ferdia Kenny	Sli Cualann	11.34
	73	Sheriff Adekoge	Athletics Louth	11.77
	77	Radik Tybcz	Kildare County	11.66
	75	John Coyle	Olympian Youth	12.09
	78	Jack Behan	Tir Chonaill	12.17

**100m (wind: 1.3 m/s)**

Place	Num	Athlete	Club	Time
	68	Ania Bednorz	Sligo County	12.84
	63	Aisling Watters	Meath Athletics	12.95
	67	Christine Logue	Olympian Youth	13.15
	69	Laura Kavanagh	Sli Cualann	13.62
	66	Michelle Keegan	Tullamore Harriers	14.30
	65	Amy Smyth	Athletics Louth	15.41

**100m Guest (wind: m/s)**

Place	Num	Athlete	Club	Time
			Athletics Louth	
			Olympian Youth	
			Tir Chonaill	
			Sligo	
			Kildare	
			Sli Cualann	

**4X400m**

Place	Num	Athlete	Club	Time
	73		Athletics Louth	3.34.68
	72		Sligo County	3.37.22
	74		Sli Cualann	3.48.14
	77		Kildare County	3.40.95
	75		Olympian Youth	3.45.74
	78		Tir Chonaill	3.53.26

**4X400m**

Place	Num	Athlete	Club	Time
	68		Sligo County	4.22.76
	65		Athletics Louth	4.27.18
	63		Meath Athletics	4.29.99
	69		Sli Cualann	4.35.75
	66		Tullamore Harriers	4.49.73
	67		Olympian Youth	5.21.62

**Hammer**

Place	Num	Athlete	Club	Distance
	73	Tom Mc Grane	Athletics Louth	17.63
	74	Graham Phillips	Sli Cualann	10.57
	75	Patrick O' Donnell	Olympian Youth	23.56
	78	Paul O' Gara	Tir Chonaill	21.45
	77	Michael Kelly	Kildare County	19.95
Guest		Brendan Staunton	Galway City Harriers	28.32

**Hammer**

Place	Num	Athlete	Club	Distance
	66	Laura Dolan	Tullamore Harriers	34.17
	67	Bronagh Doherty	Olympian Youth	22.41
	65	Emily Rogers	Athletics Louth	16.20
	69	Rachel Bolger	Sli Cualann	15.52
Guest		Jean Daly	Na Fianna	14.76

**Pole Vault**

Place	Num	Athlete	Club	Height
	72	John Mc Dermott	Sligo County	2.20
	74	Eamonn Wheelan	Sli Cualann	2.00
	78	Chris Doherty	Tir Chonaill	3.80
Guest		Ian Rogers	Clonliffe Harriers	4.20

**Pole Vault**

Place	Num	Athlete	Club	Height
	65	Geraldine Finnegan	Athletics Louth	2.00
Guest		Claire Wilkinson	Ballymena & Antrim	3.81

**Long Jump**

Place	Num	Athlete	Club	Distance
	72	Colm Burke	Sligo County	6.88
	74	Ferdia Kenny	Sli Cualann	5.78
	73	Samual Fasan	Athletics Louth	5.75
	77	Ikenna Ezeubo	Kildare County	5.70
	78	Aidan Gillespie	Tir Chonaill	5.52
	75	Vinney Pyper	Olympian Youth	3.44

**Long Jump**

Place	Num	Athlete	Club	Distance
	68	Ania Bednorz	Sligo County	5.14
	65	Rebecca Carr	Athletics Louth	4.94
	66	Michelle Keegan	Tullamore Harriers	4.19
	63	Karen Blanney	Meath Athletics	4.15
	67	Sahah Hanna Ward	Olympian Youth	3.71
	69	Rebecca Kerr	Sli Cualann	3.49

**Shot Putt**

Place	Num	Athlete	Club	Distance
	74	Daniel Hatton	Sli Cualann	10.72
	73	Jonathon Mc Cabe	Athletics Louth	8.35
	77	Mick Kenny	Kildare County	10.12
	78	Aidan Gillespie	Tir Chonaill	9.47
	75	Martin O' Donnell	Olympian Youth	7.95

**Shot Putt**

Place	Num	Athlete	Club	Distance
	65	Geraldine Finnegan	Athletics Louth	9.69
	66	Kelly Cunningham	Tullamore Harriers	8.04
	63	Jane Daly	Meath Athletics	6.71
	67	Michelle O' Donnell	Olympian Youth	6.70
	68	Claire Conlon	Sligo County	5.39
	69	Isobel O' Grady	Sli Cualann	4.69



**High Jump**

Place	Num	Athlete	Club	Height
	73	Mark Rogers	Athletics Louth	1.85 Pool A
	74	Eamonn Whelan	Sli Cualann	1.60 Pool A
	72	Kevin Mc Glynn	Sligo County	1.30 Pool A
	78	Barry Quigg	Tir Chonaill	1.85 Pool B
	77	Neil Halsted	Kildare County	1.65 Pool B
Guest		Caolan Callaghan	Tir Chonaill	1.70
Guest		Jonathon Dunne	Sli Cualann	1.55

**High Jump**

Place	Num	Athlete	Club	Height
	63	Karen Dunne	Meath Athletics	1.45
	65	Emilly Rogers	Athletics Louth	1.60
Guest		Mary Barrett	Loughrea	1.30

**Discus**

Place	Num	Athlete	Club	Distance
	74	Ronan Kearney	Sli Cualann	28.18 Pool A
	73	Tom Mc Grane	Athletics Louth	19.25 Pool A
	72	Dermot Mc Dermott	Sligo County	13.96 Pool A
	77	Michael Kenny	Kildare County	30.93 Pool B
	75	Leo Barlow	Olympian Youth	25.12 Pool B
	78	Sean Lorenzenko	Tir Chonaill	17.67 Pool B

**Discus**

Place	Num	Athlete	Club	Distance
	66	Kelly Cunningham	Tullamore Harriers	26.15
	69	Laura Kavanagh	Sli Cualann	25.43
	63	Grainne Miggan	Meath Athletics	17.35
	67	Bronagh Doherty	Olympian Youth	16.90
	68	Zola Flynn	Sligo County	10.03
Guest		Jade Leeper		28.94

**Triple Jump**

Place	Num	Athlete	Club	Distance
	78	Conal Mahon	Tir Chonaill	12.55 Pool A
	72	Colm Burke	Sligo County	11.44 Pool A
	74	Jonathon Dunne	Sli Cualann	9.42 Pool A
	77	David Mc Carthy	Kildare County	12.27 Pool B
	75	Patrick O' Donnell	Olympian Youth	10.12 Pool B

**Triple Jump**

Place	Num	Athlete	Club	Distance
	68	Ania Bednorz	Sligo County	10.91
	63	Karen Blaney	Meath Athletics	9.88
	67	Sahah Hanna Ward	Olympian Youth	9.05
	69	Laura Kavanagh	Sli Cualann	8.80

**Javelin**

Place	Num	Athlete	Club	Distance
	73	Rory Kirwin	Athletics Louth	45.92 Pool A
	74	John Dunne	Sli Cualann	21.15 Pool A
	75	Lee Barlow	Olympian Youth	41.93 Pool B
	77	Michael Jordan	Kildare County	39.02 Pool B
	78	Sean Lorenzenko	Tir Chonaill	25.83 Pool B
Guest		Martin Doherty	Lifford	36.57

**Javelin**

Place	Num	Athlete	Club	Distance
	63	Jane Daly	Meath Athletics	15.15
	65	Niamh Connaughton	Athletics Louth	18.94
	66	Laura Dolan	Tullamore Harriers	30.32
	67	Michelle O' Donnell	Olympian Youth	25.76
	68	Chantel Foley	Sligo County	27.85
	69	Rachael Bolger	Sli Cualann	30.22
Guest		Geraldine Finnegan	Dunleer	28.76

**56 lb Weight**

Place	Num	Athlete	Club	Distance
	73	Jonathon Mc Cabe	Athletics Louth	4.03 Pool A
	74	Ronan Karney	Sli Cualann	4.47 Pool A
	78		Tir Chonaill	4.68 Pool B
	77	Mick Kenny	Kildare County	4.12 Pool B
	75	Martin O' Donnell	Olympian Youth	4.10 Pool B
Guest		Brendan Staunton	Galway City Harriers	4.51

**Premier Men****110m Hurdles (wind: 0.7 m/s)**

Place	Number	Athlete	Club	Time
	112	Callum Hunter	North Down	16.64
	117	Simon Callaghan	Galway City Harriers	18.51
	118	Patrick Curran	Tallaght	18.78
	111	R Wheatley	Clonliffe Harriers	18.87
	116	Kevin Byrne	DSD	20.42
	113	Garret Dunne	Crusaders	20.78
	114	Paul Kilmartin	Tullamore Harriers	NO TIME

**Premier Women****100m Hurdles (wind: 0.7 m/s)**

Place	Number	Athlete	Club	Time
	89	Sandra Lawler	Kildare County	14.05
	97	Kate Mc Gowan	Tir Chonaill	15.43
	94	Sarah Doyle	Clonliffe Harriers	16.76
	95	Sarah Finnegan	Galway County	17.50
	100	Dawn Kelly	DSD	18.06
	99	Naomi Morgan	City of Derry	19.37

**3000m Walk**

Place	Number	Athlete	Club	Time
	111	R Cleary	Clonliffe Harriers	13.57.03
	117	Peter Mannion	Galway City Harriers	16.04.56
	113	Patrick Saunders	Crusaders	22.03.08
	114	Michael Carroll	Tullamore Harriers	24.48.38

**1500m Walk**

Place	Number	Athlete	Club	Time
	89	Sinead Burke	Kildare County	7.49.73
	95	Meave Connolly	Galway County	7.52.11
	97	Ciara Crawford	Tir Chonaill	9.40.20
	94	Snezana Betina	Clonliffe Harriers	10.33.53

**400m Hurdles**

Place	Number	Athlete	Club	Time
	112	Kenny Elliott	North Down	59.08
	116	Joe Hanwax	DSD	60.26
	113	Garrett Dunne	Crusaders	62.08
	111	R Wheatley	Clonliffe Harriers	62.81
	114	Paddy Heffernan	Tullamore Harriers	62.92
	117	Sonito Orajoba	Galway City Harriers	63.20
	118	Artjom Kutjavin	Tallaght	66.61

**400m Hurdles**

Place	Number	Athlete	Club	Time
	99	Naomi Morgan	City of Derry	65.08
	97	Kelly Mc Gory	Tir Chonaill	65.40
	100	Jade Leaky	DSD	67.10
	98	Sarah Connolly	North Down	69.40
	94	Sarah Doyle	Clonliffe Harriers	69.98
	95	Rachelle Finnegan	Galway County	72.38
	89	Eimear Mc Cabe	Kildare County	72.80

**4X100m Relay**

Place	Number	Athlete	Club	Time
	111		Clonliffe Harriers	42.12

**4X100m Relay**

Place	Number	Athlete	Club	Time
	100		DSD	48.65

112	North Down	43.05	94	Clonliffe Harriers	48.71
113	Crusaders	44.05	97	Tir Chonaill	49.17
116	DSD	44.14	99	City of Derry	50.10
117	Galway City Harriers	44.91	89	Kildare County	50.10
118	Tallaght	44.93	95	Galway County	52.87
115	Meath Athletics	45.76	98	North Down	53.84
114	Tullamore Harriers	48.59			

### 1500m

Place	Number	Athlete	Club	Time
	113	Ray Hynes	Crusaders	3.58.12
	116	Joe Sweeney	DSD	4.02.00
	117	Peter O' Sullivan	Galway City Harriers	4.08.66
	111	Noinia Bonzine	Clonliffe Harriers	4.13.45
	114	Catch Grennan	Tullamore Harriers	4.25.44
	118	Sean Mc Cabe	Tallaght	4.38.31
	115	Robert Caffrey	Meath Athletics	4.41.27

### 1500m

Place	Number	Athlete	Club	Time
	97	Annmarie Mc Glynn	Tir Chonaill	4.37.00
	89	Rachael Smith	Kildare County	4.38.78
	99	Emmy Mc Daid	City of Derry	5.07.10
	95	Caroline Whiniskey	Galway County	5.13.59
	98	Katie Moore	North Down	5.22.21
	94	Emma Kelly	Clonliffe Harriers	5.54.78

### 400m

Place	Number	Athlete	Club	Time
	112	Adam Mc Comb	North Down	48.87
	116	Joe Dowling	DSD	49.05
	115	Harry Purcell	Meath Athletics	49.26
	117	Evan Mc Guire	Galway City Harriers	50.84
	118	Sean Bolger	Tallaght	51.86
	113	Paul Breslin	Crusaders	53.06
	111	B Tobin	Clonliffe Harriers	57.07

### 400m

Place	Number	Athlete	Club	Time
	100	Jennifer Kerry	DSD	54.68
	94	Ciara Mc Callion	Clonliffe Harriers	56.08
	99	Tamara Boyle	City of Derry	59.75
	89	Niamh Field	Kildare County	60.00
	95	Elizabeth Maher	Galway County	61.95
	98	Chole Johnston	North Down	62.68
	97	Alouise Harvey	Tir Chonaill	66.00

### 3000m S/C

Place	Number	Athlete	Club	Time
	116	Rob Corbally	DSD	9.51.43
	113	Gary Park	Crusaders	11.22.01
	111	J Bradey Ward	Clonliffe Harriers	11.31.17
	114	Richie Faulkner	Tullamore Harriers	12.20.61

### 200m (wind:1.1 m/s)

Place	Number	Athlete	Club	Time
	112	Curtis Woods	North Down	20.07
	113	Eoin Mulhall	Crusaders	22.17
	111	Paul Whelan	Clonliffe Harriers	22.21
	116	Mark Kavanagh	DSD	22.91
	115	Oisín Foley	Meath Athletics	23.08
	118	Farley Sanni	Tallaght	23.84
	117	Ben Cooney	Galway City Harriers	23.87
	114	Paddy Herrernan	Tullamore Harriers	24.57

### 200m (wind: 3.4 m/s)

Place	Number	Athlete	Club	Time
	94	Sophie Ellis	Clonliffe Harriers	25.24
	95	Sinead Tracey	Galway County	25.45
	97	Kelly Mc Grory	Tir Chonaill	25.74
	100	Katie Berney	DSD	25.84
	89	Ciara Gallagan	Kildare County	26.18
	99	Jenny O' Brien	City of Derry	26.61

### 800m

Place	Number	Athlete	Club	Time
	115	Robert Tully	Meath Athletics	1.58.81
	113	Kevin Woods	Crusaders	1.59.70
	117	Conor O' Rourke	Galway City Harriers	2.01.34
	118	Uahanna Uwechue	Tallaght	2.01.38
	111	B Hill	Clonliffe Harriers	2.02.10
	112	Adam Mc Comb	North Down	2.02.67
	116	Aengus Mc Heldon	DSD	2.03.05
	114	Dave Murray	Tullamore Harriers	2.23.93

### 800m

Place	Number	Athlete	Club	Time
	97	Annmarie Mc Glynn	Tir Chonaill	2.13.20
	100	Sinead Denny	DSD	2.13.64
	99	Amy Jackson	City of Derry	2.17.78
	95	Maeve Brannigan	Galway County	2.19.15
	89	Rachael Smith	Kildare County	2.20.54
	94	Laura Tuite	Clonliffe Harriers	2.25.15

### 5000m

Place	Number	Athlete	Club	Time
	114	Catch Grennan	Tullamore Harriers	15.02.58
	111	E Sunkiss	Clonliffe Harriers	15.03.27
	115	Robert Caffrey	Meath Athletics	15.12.66
	117	Peter O' Sullivan	Galway City Harriers	15.44.48
	113	Ray Hynes	Crusaders	16.13.09
	116	Joe Sweeney	DSD	16.20.85
Guest		Roger Barrett	Balina	15.08.81

### 3000m

Place	Number	Athlete	Club	Time
	100	Megan Ryan	DSD	10.47.95
	89	Susan Quinn	Kildare County	11.09.63
	97	Karen Crossan	Tir Chonaill	11.18.55
	99	Amy Mc Daid	City of Derry	11.42.64
	94	Gretta	Clonliffe Harriers	12.42.48

### 100m (wind: 2.6 m/s)

Place	Number	Athlete	Club	Time
	113	Adam Mc Mullin	Crusaders	10.87
	111	Keith Pike	Clonliffe Harriers	10.90
	118	Eoin Doherty	Tallaght	11.21
	116	Mark Kavanagh	DSD	11.23
	112	Kenny Elliott	North Down	11.24
	114	Rory Martin	Tullamore Harriers	11.40
	117	James Mitchel	Galway City Harriers	11.42
	115	Abraham Zanidan	Meath Athletics	11.50

### 100m (wind: m/s )

Place	Number	Athlete	Club	Time
	94	Sophie Ellis	Clonliffe Harriers	12.32
	100	Katie Berney	DSD	12.70
	97	Another	Tir Chonaill	12.78
	99	Ciara Armstrong	City of Derry	12.94
	89	Vivan Fleisher	Kildare County	13.04
	95	Rosin Dobey	Galway County	13.48

### 100m Guest (wind: 1.4 m/s)

Place	Number	Athlete	Club	Time
		Mark Mc Garvey	City of Derry	11.20
		Israel Ibanev	Clonliffe Harriers	11.35
		Stuart Roche	Clonliffe Harriers	11.60
		Conor Duggan	Craughwell	11.62
		Daniel Doran		11.79
		Anthony Fasole	Celbridge	11.83
		Vinny Pyper	Olympian Youth	12.52
		Ross Crystal	Sligo County	12.79

**4X400m**

Place	Number	Athlete	Club	Time
	115		Meath Athletics	3.30.08
	116		DSD	3.32.26
	118		Tallaght	3.35.33
	113		Crusaders	3.42.96
	111		Clonliffe Harriers	3.52.89

**4X400m**

Place	Number	Athlete	Club	Time
	100		DSD	3.47.24
	94		Clonliffe Harriers	3.58.85
	89		Kildare County	4.04.96
	99		City of Derry	4.06.98
	97		Tir Chonaill	4.15.96
	95		Galway County	4.16.52
	98		North Down	4.25.95

**Hammer**

Place	Number	Athlete	Club	Distance
	113	James Kelly	Crusaders	34.13
	117	Tommy Farragher	Galway City Harriers	33.70
	112	Paddy Mc Grattan	North Down	24.13
	116	Andrew Kidd	DSD	22.49
	114	Jim Dolan	Tullamore Harriers	20.12
	111	B Tobin	Clonliffe Harriers	15.31

**Hammer**

Place	Number	Athlete	Club	Distance
	94	Caoimhe Morris	Clonliffe Harriers	37.85
	100	Lucy Moore	DSD	23.34
	89	Pauline Kenny	Kildare County	21.97
	95	Mary Barrett	Galway County	16.33
	99	Claire Doherty	City of Derry	15.84

**Pole Vault**

Place	Number	Athlete	Club	Height
	111	David Donegan	Clonliffe Harriers	4.00
	116	Kevin Byrne	DSD	2.80
	118	Patrick Curran	Tallaght	2.80

**Pole Vault**

Place	Number	Athlete	Club	Height
	97	Katie Hoad	Tir Chonaill	2.20
	94	Snezana Bechlina	Clonliffe Harriers	1.80

**Long Jump**

Place	Number	Athlete	Club	Distance
	112	Alan Kennedy	North Down	6.31
	113	Eoin Mulhall	Crusaders	5.96
	111	D Doran	Clonliffe Harriers	5.87
	118	Artjom Kutjavin	Tallaght	5.54
	117	Simon Callaghan	Galway City Harriers	5.54
	116	Killian Whyte	DSD	5.54
	115	Niall Flanagan	Meath Athletics	5.49
	114	Rory Martin	Tullamore Harriers	5.04

**Long Jump**

Place	Number	Athlete	Club	Distance
	97	Mary Mc Loone	Tir Chonaill	5.58
	94	Megan Comber	Clonliffe Harriers	5.08
	99	Mary Devlin	City of Derry	5.02
	95	Sinead Treacy	Galway County	4.93
	89	Eileen Woods	Kildare County	4.86
	100	Grainne Moggan	DSD	4.86
	98	Sarah Connolly	North Down	4.47
	Guest	Michelle O Dea	Kildare	4.64

**Shot Putt**

Place	Number	Athlete	Club	Distance
	117	Sean Breatnach	Galway City Harriers	15.58
	113	Davy Lawlor	Crusaders	11.64
	114	James Mulligan	Tullamore Harriers	11.49
	111	M Klinzow	Clonliffe Harriers	11.17
	118	Patrick Curran	Tallaght	9.86
	116	Andrew Kidd	DSD	8.18
	112	Curtis Woods	North Down	7.14
	115	Robert Caffrey	Meath Athletics	5.23
	Guest	James Kelly	Crusaders	10.63
	Guest	Brendan Staunton	Galway City Harriers	9.69
	Guest	Mark Doherty	Lifford	9.91

**Shot Putt**

Place	Number	Athlete	Club	Distance
	98	Kathy Hetherington	North Down	9.86
	89	Kathryn Weir	Kildare County	9.48
	95	Mary Barrett	Galway County	9.01
	100	Lucy Moore	DSD	7.71
	99	Naomi Morgan	City of Derry	7.62
	97	Kate Mc Gowan	Tir Chonaill	6.99
	94	Nadine Lattimore	Clonliffe Harriers	6.85

**High Jump**

Place	Number	Athlete	Club	Height
	111	A Heaney	Clonliffe Harriers	
	112	Callum Hunter	North Down	
	113	Adam Mc Mullan	Crusaders	
	114	Paddy Herrernan	Tullamore Harriers	
	115	Jamie Murtagh	Meath Athletics	
	116	Kevin Byrne	DSD	
	117	Igor Muntean	Galway City Harriers	
	118	Killian Morris	Tallaght	

**High Jump**

Place	Number	Athlete	Club	Height
	98	Sarah Connolly	North Down	1.55
	100	Grainne Moggan	DSD	1.55
	97	Kelly Mc Grory	Tir Chonaill	1.50
	99	Emmay Mc Cay	City of Derry	1.50
	89	Vivien Fleischer	Kildare County	1.45
	95	Sarah Finnegan	Galway County	1.40

**Discus**

Place	Number	Athlete	Club	Distance
	117	Mike Connolly	Galway City Harriers	39.64
	114	Tom Rafferty	Tullamore Harriers	31.66
	111	M Klinzon	Clonliffe Harriers	30.43
	118	Sean Morris	Tallaght	29.61
	113	James Kelly	Crusaders	29.51
	112	Kenny Elliott	North Down	25.23
	116	Brian Mc Dermott	DSD	24.98
	115	Tom Clinton	Meath Athletics	17.90
	Guest	Brendan Staunton	Galway City Harriers	29.79
	Guest	Sean Breathnach	Galway City Harriers	42.37
	Guest	Kevin Byrne	DSD	23.39

**Discus**

Place	Number	Athlete	Club	Distance
	98	Kathy Hetherington	North Down	37.64
	94	Caoimhe Morris	Clonliffe Harriers	31.72
	89	Kathryn Weir	Kildare County	27.47
	95	Melissa Barrett	Galway County	26.28
	100	Rose Alice Murphy	DSD	25.92
	99	Tamara Boyle	City of Derry	14.96
	97	Brenda Morris	Tir Chonaill	13.92

**Triple Jump**

Place	Number	Athlete	Club	Distance
	112	Callum Hunter	North Down	12.67
	111	T Dorina	Clonliffe Harriers	11.89
	116	Killian Whyte	DSD	11.61
	113	Patrick Saunders	Crusaders	11.30
	118	Killian Morris	Tallaght	11.25
	117	Simon Callaghan	Galway City Harriers	11.20
	114	Paul Kilmartin	Tullamore Harriers	7.55

**Triple Jump**

Place	Number	Athlete	Club	Distance
	97	Mary Mc Loone	Tir Chonaill	11.93
	99	Mary Devlin	City of Derry	10.96
	89	Eimear Mc Cabe	Kildare County	10.51
	95	Sarah Finnegan	Galway County	10.01
	94	Snezana Betina	Clonliffe Harriers	8.97
	98	Eileana Hull	North Down	8.73
	100	Dawn Kelly	DSD	8.72
	Guest	Claire Doherty	City of Derry	10.82
	Guest	Caoimhe King		12.29

**Javelin**

Place	Number	Athlete	Club	Distance
-------	--------	---------	------	----------

**Javelin**

Place	Number	Athlete	Club	Distance
-------	--------	---------	------	----------

115	Rory Gunning	Meath Athletics	56.86
116	Brian Mc Dermott	DSD	45.95
114	Tom Rafferty	Tullamore Harriers	44.73
117	Oskars Becs	Galway City Harriers	44.47
112	Niall Mc Grattan	North Down	42.30
111	S Bailey	Clonliffe Harriers	40.15
118	Sean Morris	Tallaght	37.72
113	Paul Breslin	Crusaders	19.22

100	Anita Fitzgibbons	DSD	44.13
94	Denise Byrne	Clonliffe Harriers	33.87
95	Melissa Barrett	Galway County	28.72
98	Elleana Hull	North Down	28.45
89	Elaine Corrigan	Kildare County	27.00
99	Danea Herron	City of Derry	22.89
97	Katie Hoad	Tir Chonaill	16.46

Guest	Martin Klinkot	Clonliffe Harriers	41.11
Guest	Brendan Staunton	Galway City Harriers	30.48

**56 lb Weight**

<b>Place</b>	<b>Number</b>	<b>Athlete</b>	<b>Club</b>	<b>Distance</b>
	117	Sean Breathnach	Galway City Harriers	7.59
	114	James Mulligan	Tullamore Harriers	6.29
	112	Paddy Mc Grattan	North Down	5.04
	115	Tom Clinton	Meath Athletics	4.05
	113	Garett Dunne	Crusaders	3.99
	111	B Tobin	Clonliffe Harriers	3.53
Guest		Galway City Harriers		5.39