

**Munster AAI Indoor Championships**  
**Nenagh, January 6th 2013**  
**Sponsored by MMI**

*queries to [pkelly@munsterathletics.com](mailto:pkelly@munsterathletics.com), Guests in Yellow, New CBPs in Orange*

**Event 60m Hurdles**

Place	Name	Club	Category	Time
<b>Junior Women</b>				
1	Clodagh O Mahoney	Dooneen	JW	9.54
2	Orlan Furney	Gorey AC	JW	9.91
3	Jayne Pennefather	Belgooly	JW	9.96
4	Grace McKenzie	Belgooly	JW	14.70

**Junior Men**

1	Daniel Colbert	Midleton AC	JM	8.87
2	Brendan Corcoran	Blarney Inniscarra	JM	8.97
3	Oisin Fitzpatrick	Nenagh Olympic	JM	9.07
4	Sam Healy	Belgooly	JM	9.43
5	Jack Broderick	Limerick AC	JM	9.65

**U23 Men**

1	PJ Galvin	St. Brendan's A.C.	M23	9.47
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**Event 60m**

Place	Name	Club	Category	Time
<b>Junior Women</b>				
1	Marie Heelan	Emerald AC	JW	8.07
2	Annie Stafford	Menapians AC	JW	8.10
3	Clara Heinrich	Tralee Harriers	JW	8.28
4	Marie O'Halloran	Leevale	JW	8.35
5	Clodagh O Mahoney	Dooneen	JW	8.44
6	Ciara Nalty	Leevale	JW	8.60
7	Jayne Pennefather	Belgooly	JW	8.74
8	Jessica O'Connor	Marian	JW	9.18

**Under 23 Women**

1	Marie Heelan	Emerald AC	JW	8.03
2	Michelle Shanahan	Menapians AC	W23	8.78

**Senior Women**

1	Kelly Proper	Ferrybank	SW	7.69
2	Margeriet Groot	Menapians AC	SW	9.87

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**Event 60m**

<b>Place</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>Time</b>
<b>Masters Women</b>				
1	Elaine Cronin	Gneeveguilla A.C.	F35	9.29
1	Brid Stack	Gneeveguilla A.C.	F40	8.98
2	Annette O'Brien	Gneeveguilla A.C.	F40	9.01
3	Liz Coomey	Bandon AC	F40	9.61
1	Sheila O'Donoghue	Gneeveguilla A.C.	F45	9.36
2	Margaret Looby	Templemore	F45	9.51
1	Kathleen Hayes	Bandon AC	F50	12.19
1	Mary Whelan	Dublin Striders AC	F55	11.18
2	Margaret Heffernan	Liscarroll	F55	11.98
1	Mary Barry	Grange Fermoy AC	F65	12.17
2	Terri Gough	West Waterford A.C.	F65	13.01

**Junior Men**

**HEAT 1**

1	Cormac Lynch	Marian	JM	7.16
2	Eoin O'Carroll	Tralee Harriers	JM	7.28
3	Tony Stafford	Menapians AC	JM	7.32
4	Patrick Lynch	Newport	JM	7.43
5	Dan Finnerty	Nenagh Olympic	JM	7.52
6	Uche Ogbene	Leevale	JM	7.55
7	Scott Gibbons	Bandon A.C.	JM	7.61
8	Cormac Fahey	Carrick On Suir	JM	7.90
9	Jack Broderick	Limerick AC	JM	7.95

**HEAT 2**

1	Oisin Fitzpatrick	Nenagh Olympic	JM	7.40
2	Joey Henchy	Bandon A.C.	JM	7.53
3	Jack Morgan	Tralee Harriers	JM	7.54
4	Rob Nagle	Leevale	JM	7.62
5	William O'Connor	Riocht	JM	7.66
6	Mark Dowdall	Menapians AC	JM	7.72
7	Shaun Donohue	Menapians AC	JM	7.73
8	Mel O'Callaghan	Gneeveguilla A.C.	JM	7.78
9	Luke Doherty	Limerick AC	JM	8.01

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**Event 60m**

**Place Name Club Category Time**

**Junior Men**

**HEAT 3**

1	Paidi Carmody	Marian	JM	7.43
2	Darren Prout	Carrick On Suir	JM	7.47
3	Brandon Arrey	Blarney Inniscarra	JM	7.50
4	Michael Quilligan	Nenagh Olympic	JM	7.72
5	Danny Ikeh	Limerick AC	JM	7.78
6	<b>Mikey Cullen</b>	<b>Menapians AC</b>	<b>JM</b>	<b>7.87</b>
7	<b>Dale Murphy</b>	<b>Menapians AC</b>	<b>JM</b>	<b>7.91</b>
8	Conor Lynch	Newport	JM	7.95

**FINAL**

1	Eoin O'Carroll	Tralee Harriers	JM	7.20
2	<b>Tony Stafford</b>	<b>Menapians AC</b>	<b>JM</b>	<b>7.30</b>
3	Oisin Fitzpatrick	Nenagh Olympic	JM	7.33
4	Patrick Lynch	Newport	JM	7.36
5	Darren Prout	Carrick On Suir	JM	7.45
6	Paidi Carmody	Marian	JM	7.48
7	Joey Henchy	Bandon A.C.	JM	7.70
8	Cormac Lynch	Marian	JM	8.13

**Under 23 Men**

1	Kodi Ogbene`	Leevale	M23	7.32
2	PJ Galvin	St. Brendan's A.C.	M23	7.48
3	Roland Pika	Limerick AC	M23	7.50
4	Keith Smith	Ferrybank	M23	7.51
5	<b>Shane Farrell</b>	<b>Menapians AC</b>	<b>M23</b>	<b>7.53</b>
6	Michael Godley	Tralee Harriers	M23	7.79

**Senior Men**

1	<b>David Hynes</b>	<b>Menapians AC</b>	<b>SM</b>	<b>6.96</b>
2	<b>Dai Tobin</b>	<b>Trim AC</b>	<b>SM</b>	<b>7.38</b>
3	<b>John Walkin</b>	<b>Mayo AC</b>	<b>SM</b>	<b>7.91</b>
4	Ronan Foley	Leevale	SM	8.27
5	Leo Hogan	Marian	SM	8.34

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**Event 60m**

**Place Name Club Category Time**

**Masters Men**

1	Patrick Shannon	Menapians	M35	7.54
2	Brendan Leahy	Waterford AC	M35	7.60
3	Adrian McGinley	Templemore	M35	8.04
4	Donnacha Dennehy	Rising Sun A.C.	M35	8.04
5	Kenneth Lee	Templemore	M35	8.10
6	Breandán Dennehy	Rising Sun A.C.	M35	8.31
1	Mike O'Brien	Limerick AC	M40	7.87
2	John White	St Michaels (Laois)	M40	8.07
3	Paschall Halley	Waterford AC	M40	8.37
4	stephen Lappin	Dooneen	M40	8.38
5	Trevor O'Connell	An Ríocht	M40	8.89
1	Richard McArthur	St Cronans	M45	7.92
2	Neilus Daly	Tralee Harriers	M45	8.67
1	Con Sheehan	Carraig na bhFear	M50	7.93
2	Shane Sheridan	DSD	M50	8.21
3	Noel Galvin	West Muskerry	M50	8.78
4	John Murphy	Liscarroll	M50	8.81
1	Brendan Moran	West Waterford A.C.	M55	8.32
2	Liam Lyster	Crusaders	M55	8.53
3	Seamus Fox	Fanahan McSweeney	M55	9.53
1	Bernie O'Neill	Clonmel	M60	8.79
2	James O'Hare	Limerick AC	M60	10.11
3	John Rice	Grange Fermoy	M60	12.26
1	Brendan Dennehy	Rising Sun A.C.	M65	8.57
2	Jerry O'Connell	Limerick CC AC	M65	11.47
1	Conn Donovan	Rising Sun A.C.	M70	9.47
2	Jim O'Shea	FFMV	M70	9.69

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**Event 200m**

**Place Name Club Category Time**

**Junior Women**

1	Orla Furney	Gorey AC	JW	26.39
2	Clodagh O Mahoney	Dooneen	JW	26.95
3	Leanne Prout	Carrick On Suir	JW	27.22
4	Kelly Ann Doyle	Carrick On Suir	JW	27.42
5	Marie O'Halloran	Leevale	JW	27.78
6	Geraldine Power	Carrick On Suir	JW	28.39
7	Ciara Nalty	Leevale	JW	28.61

**Under 23 Women**

1	Chris Neville	Leevale	W23	27.13
2	Eimear Lynch	Newport	W23	27.54
3	Mgt/Mary Grace	Nenagh Olympic	W23	30.03

**Senior Women**

1	Lorraine Carr	East Cork AC	SW	28.81
2	Margeriet Groot	Menapians AC	SW	33.38
3	Andrea Grey-Ryan	St.Finbarr's A.C.	SW	35.31

**Masters Women**

1	MICHELLE TIMONEY REEVES	Ennis Track	F35	33.40
1	Brid Stack	Gneeveguilla A.C.	F40	31.17
2	HILDA O CONNOR	Ennis Track	F40	33.02
1	Cushla Murphy Hehir	Marian	F55	36.22
2	Carmel Mhic Dhomhnaill	West Limerick AC	F55	38.67
3	Mary Whelan	Dublin Striders AC	F55	41.39
1	Terri Gough	West Waterford A.C.	F65	48.33
2	Mary Barry	Grange Fermoy AC	F65	49.55

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**Event 200m**

<b>Place</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>Time</b>
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**Junior Men**

1	Paul Murphy	Ferrybank	JM	23.73
2	Evan Crotty	Emerald	JM	23.78
3	Billy Cosgrave	Emerald	JM	24.18
4	Patrick Lynch	Newport	JM	24.33
5	Rob Nagle	Leevale	JM	24.42
6	Uche Ogbene	Leevale	JM	24.76
7	Joey Henchy	Bandon A.C.	JM	24.93
8	William Mc Auliffe	Blarney Inniscarra	JM	24.93
9	Shaun Donohue	Menapians AC	JM	25.01
10	Mel O'Callaghan	Gneeveguilla A.C.	JM	25.62
11	Scott Gibbons	Bandon A.C.	JM	25.63
12	Danny Ikeh	Limerick AC	JM	25.95
13	Mark Dowdall	Menapians AC	JM	26.16
14	Conor Lynch	Newport	JM	26.17
15	Dale Murphy	Menapians AC	JM	26.43

**Under 23 Men**

1	Shane O'Dwyer	Ferrybank	M23	23.74
2	Kodi Ogbene`	Leevale	M23	24.44
3	Shane Farrell	Menapians AC	M23	24.93

**Senior Men**

1	Niall Heffernan	Leevale	SM	24.71
2	John Walkin	Mayo AC	SM	25.99
3	Leo Hogan	Marian	SM	26.85
4	Ronan Foley	Leevale	SM	27.36

**Masters Men**

1	Brendan Leahy	Waterford AC	M35	25.26
2	Ricky O'Brien	Templemore	M35	26.14
3	Adrian McGinley	Templemore	M35	26.55
4	Donnacha Dennehy	Rising Sun A.C.	M35	26.58
1	Mike O'Brien	Limerick AC	M40	25.87
2	stephen Lappin	Dooneen	M40	26.80
3	Paschall Halley	Waterford AC	M40	27.21
4	Kevin Shaloo	St Johns	M40	27.76
5	Trevor O'Connell	An Riocht	M40	29.12
6	Mark Burke	Moyglass	M40	30.63

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**Event 200m**

<b>Place</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>Time</b>
<b>Masters Men</b>				
1	Richard McArthur	St Cronans	M45	25.8 H
2	Neilus Daly	Tralee Harriers	M45	28.2 H
1	Shane Sheridan	DSD	M50	27.24
2	John Murphy	Liscarroll	M50	29.53
3	stephen Murphy	Rising Sun A.C.	M50	34.08
1	Brendan Moran	West Waterford A.C.	M55	27.95
2	Liam Lyster	Crusaders	M55	28.70
3	Tom McGrath	Templemore	M55	29.50
4	Seamus Fox	Fanahan McSweeney	M55	34.09
1	Bernie O'Neill	Clonmel	M60	32.11
1	Brendan Dennehy	Rising Sun A.C.	M65	29.77
2	Jerry O'Connell	Limerick CC AC	M65	38.94
3	Willie O'Mahony	Youghal AC	M65	39.52
1	Conn Donovan	Rising Sun A.C.	M70	34.20
2	Mike Browne	Gneeveguilla A.C.	M70	43.02

**Event 400m**

<b>Place</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>Time</b>
<b>Junior Women</b>				
1	Jenna Bromell	Emerald	JW	59.37
2	Kelly Ann Doyle	Carrick On Suir	JW	59.71
3	Louise Shanahan	Leevale	JW	60.94
4	Roisin Cleary	Clonmel	JW	61.58
5	Katie Waterman	Leevale	JW	62.79
6	Leanne Prout	Carrick On Suir	JW	63.03
7	Sarah Lanigan	Dooneen	JW	63.44
8	Emer Hillery	Kilmurry Ibk/North Clare	JW	66.01
9	Megan O'Brien	Clonmel	JW	69.49
10	Annemarie O'Connor	West Muskerry A.C.	JW	72.40

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**Event 400m**

<b>Place</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>Time</b>
<b>Under 23 Women</b>				
1	Chris Neville	Leevale	W23	60.53
2	Eimear Lynch	Newport	W23	63.01
3	Mgt/Mary Grace	Nenagh Olympic	W23	68.62

**Senior Women**

1	Lorranine Carr	East Cork	SW	69.52
2	Andrea Grey-Ryan	St Finbarrs	SW	80.76

**Junior Men**

1	Billy Cosgrave	Emerald	JM	52.25
2	Evan Crotty	Emerald	JM	52.46
3	Daniel Colbert	Midleton AC	JM	52.50
4	Jack Donovan	Nenagh Olympic	JM	52.64
5	Paul Murphy	Ferrybank	JM	52.80
6	Brandon Arrey	Blarney Inniscarra	JM	52.81
7	Michael Quilligan	Nenagh Olympic	JM	53.50
8	Paul White	Nenagh Olympic	JM	53.94
9	Art O'Connor	Emerald	JM	54.61

**Under 23 Men**

1	Adam Bluett	Marian	M23	64.68
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**Senior Men**

1	Barry Upton	Menapians AC	SM	51.96
2	Danny Allen	Leevale	SM	53.87
3	Damian Walsh	Menapians AC	SM	58.62

**Event 800m**

<b>Place</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>Time</b>
<b>Junior Women</b>				
1	Aoife Deering	Nenagh Olympic	JW	2.33.21
2	Siobhan Nestor	Kilmurry Ibk/North Clare	JW	2.34.48
3	Muireann O Shea	Marian	JW	2.34.82
4	Emer Hillery	Kilmurry Ibk/North Clare	JW	2.52.11
5	Annemarie O'Connor	West Muskerry A.C.	JW	3.01.24



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**Event 800m**

<b>Place</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>Time</b>
<b>Senior Women</b>				
1	ZELMA POWER	Ennis Track	SW	2.49.29
2	Andrea Grey-Ryan	St Finbarrs	SW	3.13.89

**Masters Women**

1	Margaret Danagher	Templemore	F35	2.27.72
1	Anna O Neill	Doheny A.C.	F40	2.44.62
2	HILDA O CONNOR	Ennis Track	F40	2.51.18
1	Rita Kierce	St Marys	F50	2.47.49
1	Cushla Murphy Hehir	Marian	F55	2.52.76
1	Terri Gough	West Waterford A.C.	F65	4.11.10

**Junior Men**

1	Tom Hennessy	Nenagh Olympic	JM	2.01.84
2	Conor Walter	Leevale	JM	2.02.32
3	Cathal Finucane	Emerald AC	JM	2.04.78
4	Solomon Adebisi	Blarney Inniscarra	JM	2.08.34
5	Stephen Holland	Bantry	JM	2.09.51
6	Garry O`Sullivan	West Muskerry A.C.	JM	2.10.03
7	TJ Hogan	Leevale	JM	2.16.26
8	Daniel Quigley	Blarney Inniscarra	JM	

**Under 23 Men**

1	Rory O'Connor	North Cork AC	M23	2.04.31
2	Dean Cronin	Blarney Inniscarra	M23	2.05.41
3	Patrick Hughes	Thurles Crokes	M23	2.08.48
4	Shane O'Rahilly	North Cork AC	M23	2.09.33

**Senior Men**

1	William Maunsell	Clonmel	SM	2.01.02
2	Aidan Mullins	Bantry	SM	2.07.07
3	Alan Bloomer	Waterford AC	SM	2.16.13
4	Tommy Falconer	Carrick On Suir	SM	2.18.55

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**Event 800m**

<b>Place</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>Time</b>
<b>Masters Men</b>				
1	Des Feeney	West Waterford	M35	2.08.48
2	Johnny Doran	Templemore	M35	2.12.93
3	Kevin Lynch	Lios Tuathail	M35	2.14.45
4	Tim O'Connor	Riocht	M35	2.18.11
5	Julio Cesear F Castro	Kilmurry Ibk/North Clare	M35	2.23.81
6	John Kelly	Bilboa	M35	2.30.20
1	Ray McInerney	Limerick AC	M40	2.22.73
2	Kevin Shalloo	St Johns	M40	2.23.50
3	Artur Nowak	St. Brendan's A.C.	M40	2.35.28
4	Willie Costello	An Riocht	M40	2.52.31
1	Dave Beary	Limerick AC	M45	2.21.68
2	PAT HOGAN	Ennis Track	M45	2.26.84
3	Neilus Daly	Tralee Harriers	M45	2.31.44
4	Johnny Daly	North Cork	M45	
1	stephen Murphy	Rising Sun A.C.	M50	2.55.57
1	Eugene Moynihan	Marian	M55	2.32.88
2	Michael Quinlivan	Tulla	M55	2.40.70
3	James Sexton	Kilmurry Ibk/North Clare	M55	2.42.95
1	Donal Crowley	Tralee Harriers	M60	3.21.77
1	Eddie Cahalane	coolquill AC	M65	3.07.51
2	Willie O'Mahony	Youghal AC	M65	3.36.07
3	Jerry O'Connell	Limerick CC AC	M65	3.50.78
1	Mike Browne	Gneeveguilla A.C.	M70	3.43.84

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**Event 1500m**

<b>Place</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>Time</b>
<b>Junior Women</b>				
1	Louise Shanahan	Leevale	JW	5.11.65
2	Brona Croke	Dooneen	JW	5.13.64
3	Karen Twomey	Leevale	JW	5.22.03
4	Muireann O Shea	Marian	JW	5.29.40
5	Laura Tobin	Clonmel	JW	5.30.34
6	Emer Hillery	Kilmurry Ibk/North Clare	JW	5.59.29
7	Siobhan Nestor	Kilmurry Ibk/North Clare	JW	6.07.72

**Senior Women**

1	Laura Crowe	Riocht	SW	4.25.96
2	Marie McCarthy	FFMV	SW	4.58.16
3	Martina O'Dwyer	Carrick on Suir	SW	4.59.69
4	CUSHLA BRID HEHIR	Ennis Track	SW	5.00.41
5	BECKY COUGHLAN	Ennis Track	SW	5.15.36
6	Maire Heffernan	Liscarroll	SW	5.23.38
7	Amanda Crotty	Youghal AC	SW	5.30.73

**Masters Women**

1	Margaret Danagher	Templemore	F35	4.57.55
2	MICHELLE TIMONEY REEVES	Ennis Track	F35	5.27.65
1	Anna O Neill	Doheny A.C.	F40	5.19.95
2	Diane Behan	Waterford AC	F40	
3	Patricia McNamara	West Limerick AC	F40	
1	Carmel Mhic Dhomhnaill	West Limerick AC	F55	
1	Terri Gough	West Waterford A.C.	F65	

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**Event 1500m**

<b>Place</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>Time</b>
<b>Junior Men</b>				
1	Sean Tobin	Clonmel	JM	4.03.18
2	Michael Carey	Clonmel	JM	4.09.85
3	David Kavanagh	Tralee Harriers	JM	4.11.54
4	Liam Hennessy	Togher	JM	4.15.50
5	Jack Corbett	Thurles Crokes	JM	4.16.96
6	Ian Hartnett	Togher	JM	4.18.01
7	Karl Fitzmaurice	Shannon AC	JM	4.24.27
8	STEPHEN ROONEY	ENNIS TRACK	JM	4.24.87
9	Billy Mulcahy	Leevale	JM	4.42.00
10	Brandon Malone	Leevale	JM	4.54.16
11	Richard Lucas	Ferrybank	JM	4.59.78
<b>Under 23 Men</b>				
1	DARRAGH LYNCH	Ennis Track	M23	4.06.74
2	Peter Hanrahan	Togher	M23	4.07.12
3	Mark O'Sullivan	Bandon A.C.	M23	4.08.76
4	Conor McCarthy	Ferrybank	M23	4.27.18
<b>Senior Men</b>				
1	William Hughes	Thurles Crokes	SM	4.10.50
2	Ronan Duggan	Bandon A.C.	SM	4.16.43
3	Tony Kelleher	Togher	SM	4.18.29
<b>Masters Men</b>				
1	Vincent O'Brien	Limerick AC	M35	4.35.00
2	Julio Cesear F Castro	Kilmurry Ibk/North Clare	M35	4.36.25
3	Denis Shanahan	Thurles Crokes	M35	4.38.56
4	Damien McDonnell	Moyne	M35	5.35.38
1	George McCarthy	FFMV	M40	4.39.42
2	John White	St Michaels (Laois)	M40	5.02.64
3	Kevin Shalloo	St Johns	M40	5.08.15
4	Ray McInerney	Limerick AC	M40	5.26.76
5	James Bourke	Bilboa	M40	

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**Event 1500m**

<b>Place</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>Time</b>
<b>Masters Men</b>				
1	Harry O'Brien	West Waterford A.C.	M45	4.32.88
2	Joe Whelan	Clonmel	M45	4.51.71
3	Dave Beary	Limerick AC	M45	4.48.29
4	Mike Cunningham	Bilboa	M45	4.56.09
5	Breadan Aspel	Waterford AC	M45	5.08.16
1	Michael Moore	Dundrum A.C.	M50	5.03.47
2	stephen Murphy	Rising Sun A.C.	M50	
1	Joe Gough	West Waterford A.C.	M55	4.57.09
2	James Sexton	Kilmurry Ibk/North Clare	M55	5.34.07
1	Donal Crowley	Tralee Harriers	M60	7.08.18
1	Eddie Cahalane	coolquill AC	M65	
2	Willie O'Mahony	Youghal AC	M65	7.21.77
3	Jerry O'Connell	Limerick CC AC	M65	7.57.91
1	Mike Browne	Gneeveguilla A.C.	M70	7.39.25

**Event 3000m**

<b>Place</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>Time</b>
<b>Senior Women</b>				
1	Marie McCarthy	FFMV	SW	10.49.95
2	Sinead O'Connor	Leevale	SW	10.54.18
3	Anna Marie Costello	Gneeveguilla A.C.	SW	11.02.27
4	CUSHLA BRID HEHIR	Ennis Track	SW	11.18.04
5	BECKY COUGHLAN	Ennis Track	SW	11.26.57
6	Noreen Mackey	Kilmurry Ibk/North Clare	SW	11.27.80
7	Dymphna O Dwyer	Kilmurry Ibk/North Clare	SW	11.39.04

**Over 35 Women**

1	MICHELLE TIMONEY REEVES	Ennis Track	F35	
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**Over 40 Women**

1	Anna O'Neill	Doheny A.C.	F40	
2	Diane Behan	Waterford AC	F40	
3	Patricia McNamara	West Limerick AC	F40	

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**Event 3000m**

<b>Place</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>Time</b>
<b>Under 23 Men</b>				
1	Damien Landers	St John's	M23	NT
2	Jake O'Regan	St John's	M23	NT
3	Eric Curran	Leevale	M23	9.17 H

**Masters Men**

1	Julio Cesear F Castro	Kilmurry Ibk/North Clare	M35	9.46.38
2	Patrick Roche	Carrick on Suir	M35	9.46.74
3	Kevin Lynch	Lios Tuathail	M35	
4	John Kelly	Bilboa	M35	
5	Aidan Hogan	Rising Sun A.C.	M35	
1	George McCarthy	FFMV	M40	9.55.66
2	Kenny Curran	Ballynonty	M40	10.01.54
3	FERGAL McGRATH	Ennis Track	M40	
4	James Bourke	Bilboa	M40	
1	Robert Purcell	Gneeveguilla A.C.	M45	9.45.83
2	Mike Cunningham	Bilboa	M45	10.11.32
3	James Ryan	Dundrum A.C.	M45	
4	Breadan Aspel	Waterford AC	M45	
5	Johnny Daly	North Cork AC	M45	
1	Michael Moore	Dundrum A.C.	M50	10.41.35
2	Denis McCarthy	East Cork	M50	10.47.62
3	stephen Murphy	Rising Sun A.C.	M50	12.17.07
1	Eugene Moynihan	Marian	M55	10.45.90
2	James Sexton	Kilmurry Ibk/North Clare	M55	11.44.92
1	Willie O'Mahony	Youghal AC	M65	15.30.27
1	Mike Browne	Gneeveguilla A.C.	M70	16.02.64

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**Event WALK**

<b>Place</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>Time</b>
<b>Junior Women</b>				
<b>3K</b>				
1	Claudia Loughnane	Marian	JW	17.14.19
2	Jodie Cusack	Liscarroll	JW	18.41.41
3	Sarah Ryan	Templemore	JW	18.45.00

<b>Senior Women</b>				
<b>3K</b>				
1	Linda Hayes	Templemore	SW	21.46.70

<b>Junior Men</b>				
<b>5K</b>				
1	Luke Hickey	Leevale	JM	21.28.56
2	Evan Lynch	Clonmel	JM	21.44.61
3	Aaron Egan	Clonmel	JM	26.12.94
4	Nicholas Dunphy	K.C.H.	JM	31.36.72
5	Anthony Tobin	Clonmel	JM	DNF

<b>Senior Men</b>				
<b>5K</b>				
1	Robert Heffernan	Togher	SM	19.13.82
2	Brendan Boyce	Letterkenny	SM	19.39.11
3	Cian McManamon	Westport	SM	20.18.96
4	Sean McMullin	Mullingar Harriers	SM	32.33.11

**Relays 4x200m**

<b>Junior Women</b>				
1	Leevale			1.51.06

<b>Masters Women</b>				
1	Gneeveguilla			2.06.91
2	Ennis Track			2.09.96

<b>Junior Men</b>				
1	Nenagh			1.35.57
2	BIAC			1.40.03
3	Leevale			1.49.73

<b>Senior Men</b>				
1	Limerick AC			1.41.99
2	Menapians			1.42.34

<b>Masters Men</b>				
1	Templemore			1.44.24
2	Rising Sun AC			2.02.48

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**Event High Jump**

**Place Name Club Category Height**

**Junior Women**

1	Sorcha Murphy	Ferrybank	JW	1.66
2	Neasa Murphy	Ferrybank	JW	1.63
3	Rachel Clancy	St. Johns	JW	1.45

**Under 23 Women**

1	Claire Collins	West Waterford	W23	1.55
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**Masters Women**

1	Antoinette O'Brien	Gneeveguilla AC	F40	1.45
2	Liz Coomey	Bandon AC	F40	1.30
1	Kathleen Hayes	Bandon AC	F50	0.80

**Junior Men**

1	David Cussen	Old Abbey	JM	2.02
2	Sam Healy	Belgooly	JM	1.90
3	simon archer	Templemore	JM	1.80
4	Sean Whittle	Ferrybank	JM	1.75
5	William Mc Auliffe	Blarney Inniscarra	JM	1.70

**Under 23 Men**

1	Shane O'Dwyer	Ferrybank	M23	2.00
2	PJ Galvin	St. Brendan's A.C.	M23	1.95

**Senior Men**

1	Ian Crowley	FFMV	SM	1.75
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**Masters Men**

1	Breandán Dennehy	Rising Sun A.C.	M35	1.50
2	Aidan Hogan	Rising Sun A.C.	M35	1.40
1	Paschall Halley	Waterford AC	M40	1.50
2	Artur Nowak	St. Brendan's A.C.	M40	1.50
3	Micheál Dennehy	Rising Sun A.C.	M40	1.40
1	Tommy Greene	St. Johns	M45	1.55
2	John Lyons	Newport	M45	1.45
3	Richard McArthur	St Cronans	M45	1.40



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**Event High Jump**

<b>Place</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>Height</b>
<b>Masters Men</b>				
1	John Murphy	Liscarroll	M50	1.59
2	Larry O'Grady	Bilboa	M50	1.40
1	Tom McGrath	Templemore	M55	1.25
2	Seamus Fox	Fanahan McSweeney	M55	1.20
1	Donal Crowley	Tralee Harriers	M60	1.10
2	John Rice	Grange Fermoy	M60	1.00
1	Brendan Dennehy	Rising Sun A.C.	M65	1.35
1	Jim O'Shea	FFMV	M70	1.30

**Event Triple Jump**

<b>Place</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>Distance</b>
<b>Junior Women</b>				
1	Jess Sheehan	Leevale	JW	10.72
2	Deirbhile Ryan	Nenagh Olympic	JW	10.61
3	Coleen Nevin	Borrisokane	JW	9.16
4	Aoife Mounsey	Borrisokane	JW	8.98
<b>U23 Women</b>				
1	Aoife Bartley	Carrick On Suir	W23	10.05
2	Leigh Murphy	Limerick AC	W23	9.47
3	Rebecca Perrott	North Cork AC	W23	8.79
<b>Senior Women</b>				
1	Aoife O' Malley	Bilboa A.C.	SW	8.35

**Junior Men**

1	Emmanuel Ogbonna	Tramore AC	JM	12.65
2	Oisin Fitzpatrick	Nenagh Olympic	JM	12.26
3	Darren Prout	Carrick On Suir	JM	12.09

**Under 23 Men**

1	Sean Archer	Ferrybank	M23	13.40
2	Michael Godley	Tralee Harriers	M23	12.35

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**Event Triple Jump**

**Place Name Club Category Distance**

**Senior Men**

1	Denis Finnegan	Leevale	SM	14.55
2	Danny Meany	Templemore	SM	11.35

**Event Long Jump**

**Place Name Club Category Distance**

**Junior women**

1	Annie Stafford	Menapians AC	JW	5.33
2	Jess Sheehan	Leevale	JW	5.15
3	Marie Heelan	Emerald AC	JW	5.03
4	Fiona O Shea	Dooneen	JW	5.00
5	Deirbhile Ryan	Nenagh Olympic	JW	4.64
6	Coleen Nevin	Borrisokane	JW	4.19
7	Rachel Clancy	St. Johns	JW	4.09
8	Jessica O'Connor	Marian	JW	4.05

**Under 23 Women**

1	Amanda Nevin	Borrisokane	W23	5.20
2	Rebecca Perrott	North Cork AC	W23	4.54

**Senior Women**

1	Andrea Bickerdike	Leevale	SW	4.95
2	Aoife O' Malley	Bilboa A.C.	SW	3.89

**Masters Women**

1	Elaine Cronin	Gneeveguilla A.C.	F35	3.97
1	Liz Coomey	Bandon AC	F40	3.69
1	Sheila O'Donoghue	Gneeveguilla A.C.	F45	3.81
1	Kathleen Hayes	Bandon AC	F50	2.63
1	Mary Barry	Grange Fermoy AC	F65	2.06

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<b>Event</b>	<b>Long Jump</b>			
<b>Place</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>Distance</b>
<b>Junior Men</b>				
1	Tony Stafford	Menapians AC	JM	6.77
2	Eoin O'Carroll	Tralee Harriers	JM	6.74
3	David Cussen	Old Abbey	JM	6.46
4	Oisin Fitzpatrick	Nenagh Olympic	JM	6.29
5	Shane Howard	Bandon A.C.	JM	6.27
6	Sam Healy	Belgooly	JM	6.24
7	Dan Finnerty	Nenagh Olympic	JM	6.03
8	Mikey Cullen	Menapians AC	JM	5.75
<b>Under 23 Men</b>				
1	Keith Smith	Ferrybank	M23	6.39
2	Roland Pika	Limerick AC	M23	6.28
3	Michael Godley	Tralee Harriers	M23	6.01
<b>Senior Men</b>				
1	Danny Meany	Templemore	SM	5.66
<b>Masters Men</b>				
1	Breandán Dennehy	Rising Sun A.C.	M35	5.28
2	Donnacha Dennehy	Rising Sun A.C.	M35	5.02
3	Aidan Hogan	Rising Sun A.C.	M35	3.94
1	stephen Lappin	Dooneen	M40	5.24
2	Paschall Halley	Waterford AC	M40	4.78
3	Micheál Dennehy	Rising Sun A.C.	M40	4.74
4	Artur Nowak	St. Brendan's A.C.	M40	4.43
1	Tommy Greene	St. Johns	M45	5.05
1	Larry O'Grady	Bilboa	M50	4.23
2	John Murphy	Liscarroll	M50	4.12
3	Noel Galvin	West Muskerry A.C.	M50	4.11
4	James O'Keefe	Liscarroll	M50	3.03
1	Seamus Fox	Fanahan McSweeney	M55	4.00
2	Tom McGrath	Templemore	M55	4.11
1	Donal Crowley	Tralee Harriers	M60	2.63
2	Bernie O'Neill	Clonmel	M60	3.99

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**Event Long Jump**

**Place Name Club Category Distance**

**Masters Men**

1	Brendan Dennehy	Rising Sun A.C.	M65	4.26
1	Conn Donovan	Rising Sun A.C.	M70	3.89
2	Jim O'Shea	FFMV	M70	3.76
1	Micheal O'Beirne	Dundrum A.C.	M80	0.68

**Event Shot**

**Place Name Club Category Distance**

**Junior Women**

1	niamh murphy	Blarney Inniscarra	JW	12.43
2	Laura McSweeney	Bandon A.C.	JW	11.66
3	Deirbhile Ryan	Nenagh Olympic	JW	10.11
4	Rachel Clancy	St. Johns	JW	7.75
5	Aoife Vaughan Witts	Borrisokane	JW	7.14

**Under 23 Women**

1	Alana Fratorolli	Limerick AC	W23	11.13
2	Rebecca Perrott	North Cork AC	W23	7.48

**Senior Women**

1	Aoife O' Malley	Bilboa A.C.	SW	8.48
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**Masters Women**

1	Elaine Cronin	Gneeveguilla A.C.	F35	5.97
1	Annette O'Brien	Gneeveguilla A.C.	F40	8.61
2	Liz Coomey	Bandon AC	F40	8.42
3	Eileen O'Riordan	Gneeveguilla A.C.	F40	7.56
1	Sheila O'Donoghue	Gneeveguilla A.C.	F45	10.18
1	Kathleen Hayes	Bandon AC	F50	6.32
1	Margaret Heffernan	Liscarroll	F55	4.64
1	Mary Barry	Grange Fermoy AC	F65	4.65

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**Event SHOT**

**Place Name Club Category Distance**

**Junior Men**

1	Peter O' Brien	St. Brendan's A.C.	JM	11.57
2	Mark Tierney	Nenagh Olympic	JM	9.54
3	Luke Doherty	Limerick AC	JM	9.10

**Under 23 Men**

1	Patrick McSweeney	Bandon AC	M23	12.35
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**Senior Men**

1	Tom Boucher	Ferrybank	SM	10.13
2	Eamonn Cleary	Shannon	SM	10.02
3	Damian O'Brien	Ferrybank	SM	8.60

**Masters Men**

1	Aidan Hogan	Rising Sun A.C.	M35	7.48
2	Raymond O'Dwyer	Ferrybank	M35	9.92

1	<b>Joe Kelly</b>	<b>Brow Rangers AC</b>	<b>M40</b>	<b>10.78</b>
2	Artur Nowak	St. Brendan's A.C.	M40	8.47

1	Dave Fratorolli	Limerick AC	M45	10.58
2	Tommy Greene	St. Johns	M45	10.21
3	Tom Galvin	North Cork AC	M45	10.17

1	Martin Fitzpatrick	St Marys	M50	9.82
2	Larry O'Grady	Bilboa	M50	9.11
3	James O'Keeffe	Liscarroll	M50	7.36

1	Patsy O Connor	Tralee Harriers	M55	13.26
2	Paudie Cronin	Doheny AC	M55	10.12
3	Tom McGrath	Templemore	M55	7.65

1	<b>Murty Kelly</b>	<b>Brow Rangers AC</b>	<b>M60</b>	<b>9.47</b>
2	James O'Hare	Limerick AC	M60	9.24
3	John Rice	Grange Fermoy	M60	8.10
4	Bernie O'Neill	Clonmel	M60	7.85
5	Albert Doyle	Clonmel	M60	7.53

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**Event SHOT**

<b>Place</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>Distance</b>
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**Masters Men**

1	Conn Donovan	Rising Sun A.C.	M70	8.44
2	Joe Hogan	Rising Sun A.C.	M70	7.28
1	Eddie Mulcahy	FFMV	M75	7.63
1	Michael Hayes	St Marys	M80	6.72
2	Micheal O'Beirne	Dundrum A.C.	M80	4.96

**Event Weight for Distance**

<b>Place</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>Distance</b>
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**Junior Men**

1	Peter O' Brien	St. Brendan's A.C.	JM	7.64
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**Under 23 Men**

1	Patrick McSweeney	Bandon A.C.	M23	8.14
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**Senior Men**

1	Tom Boucher	Ferrybank	SM	5.74
2	Damian O'Brien	Ferrybank	SM	5.45

**Masters Men**

1	Raymond O'Dwyer	Ferrybank	M35	5.97
2	Breandán Dennehy	Rising Sun A.C.	M35	5.48
3	Aidan Hogan	Rising Sun A.C.	M35	4.18

1	Joe Kelly	Brow Rangers AC	M40	5.42
2	Micheál Dennehy	Rising Sun A.C.	M40	5.12

1	Tommy Greene	St. Johns	M45	5.67
2	Tom Galvin	North Cork AC	M45	4.68

1	Martin Fitzpatrick	St Marys	M50	6.91
2	James O'Keeffe	Liscarroll	M50	5.80
3	Larry O'Grady	Bilboa	M50	6.00

1	Patsy O Connor	Tralee Harriers	M55	9.08
2	Paudie Cronin	Doheny AC	M55	4.08

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**Event Weight for Distance**

**Place Name Club Category Distance**

**Masters Men**

1	John Rice	Grange Fermoy	M60	8.86
2	Albert Doyle	Clonmel	M60	6.07
3	<b>Murty Kelly</b>	<b>Brow Rangers AC</b>	<b>M60</b>	<b>5.89</b>
1	Gerry O'Connell	Marian	M70	7.88
2	Joe Hogan	Rising Sun A.C.	M70	5.95
1	Eddie Mulcahy	FFMV	M75	7.35
1	Micheal O'Beirne	Dundrum A.C.	M80	4.17