

Woodie's DIY AAI Junior Indoor Championships
Nenagh, 16th January, 2010

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Junior Men's Weight for Distance										
Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	874	O'Cathain, Eanna	Galway City Harriers A.C.	7.31	7.34	7.95	7.85	8.15	8.30	8.30
2	920	Hanlon, Darragh	Tullamore Harriers A.C.	7.26	7.71	7.45	7.80	7.56	7.75	7.80
3	881	Doyle, Andrew	Mid Ulster A.C.	5.94	6.15	6.38	6.10	6.88	6.53	6.88

Junior Men's 60 m Hurdles						
Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	888	O'Halloran, Edmond	Leevale A.C.			8.34
2	931	Sabayo, Emmanuel	Dooneen A.C.			9.29

Junior Men's 60 m						
Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	814	Whelan, Paul	Dublin Striders A.C.	7.0		7.08
2	813	O'Connor, Patrick	Clonliffe Harriers A.C.	6.9		7.17
3	888	O'Halloran, Edmond	Leevale A.C.	7.2		7.23
4	876	Kavanagh, Mark	Dundrum South Dublin A.C.	7.1		7.24
5	882	O'Cathain, Lorcan	Roscommon A.C.	7.3		7.30
6	811	Crowe, Tim	Dooneen A.C.	7.1		7.34
7	922	Christie, Cian	Metro/St. Brigid's A.C.	7.3		7.36
8	868	Foley, Cian	Tralee Harriers A.C.	7.3		7.36
9	812	Sabayo, Emmanuel	Dooneen A.C.	7.3		7.61
	962	Costello, Patrick	Sli Cualann A.C.	7.5		
	875	Stafford, Tony	Bree A.C.	7.5		
	901	Meyler, Aaron	Menapians A.C.	7.5		
	964	Lynch, Patrick	Newport A.C.	7.6		
	953	Whelan, Paudie	Tralee Harriers A.C.	7.6		
	968	Burke, Christopher	Menapians A.C.	7.6		
	923	Roche, Stuart	Clonliffe Harriers A.C.	7.6		
	887	Killeen, David	Leevale A.C.	7.6		
	810	Jege, Nathan	Dooneen A.C.	7.6		
	815	Wilson, Conor	Menapians A.C.	7.6		
	935	Roche, Dylan	St. Brendan's A.C.	7.7		
	945	Kenny, Fersia	Sli Cualann A.C.	7.7		
	958	Maher, Craig	Menapians A.C.	7.7		
	804	Brennan, Donal	Ferrybank A.C.	7.8		
	879	Mc Geary, David	Kilkenny City Harriers A.C.	7.8		
	802	Stam, Eric	Bandon A.C.	7.8		

886	Kenny, Dara	Blarney/Inniscara A.C.	7.8
867	Godley, Michael	Tralee Harriers A.C.	7.8
967	Corbett, Mel	Nenagh	7.9
872	Kelly, Ronan	Galway City Harriers A.C.	DQ

Junior Men's 200 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	876	Kavanagh, Mark	Dundrum South Dublin A.C.	23.12		22.99
2	809	Kervick, Dara	Carrick-On-Suir A.C.	23.36		23.15
3	945	Kenny, Fersia	Sli Cualann A.C.	23.40		24.00
4	882	O'Cathain, Lorcan	Roscommon A.C.	22.87		28.36
1	923	Roche, Stuart	Clonliffe Harriers A.C.	24.28		24.04
2	901	Meyler, Aaron	Menapians A.C.	24.24		24.13
3	815	Wilson, Conon	Menapians A.C.	24.34		24.67
	887	Killeen, David	Leevale A.C.	23.88		DNS
	869	Whelan, Paudie	Tralee Harriers A.C.	24.58		
	872	Kelly, Ronan	Galway City Harriers A.C.	24.61		
	962	Costello, Patrick	Sli Cualann A.C.	24.61		
	935	Roche, Dylan	St. Brendan's A.C.	24.89		
	875	Stafford, Tony	Bree A.C.	25.08		
	804	Brennan, Donal	Ferrybank A.C.	25.11		
	886	Kenny, Dara	Blarney/Inniscara A.C.	25.18		
	910	Brophy, Denis	St. Abbans A.C.	26.25		

Junior Men's 400 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	889	Maher, Patrick	Leevale A.C.	50.81		50.65
2	811	Crowe, Tim	Dooneen A.C.	51.93		50.71
3	928	Mackey, Ciaran	Clonliffe Harriers A.C.	51.71		52.18
4	868	Foley, Cian	Tralee Harriers A.C.	52.63		53.26
	805	Barr, Thomas	Ferrybank A.C.	53.06		
	971	Okoye Agha, Richard	North Laois A.C.	53.59		
	880	Dowling, Joseph	Dundrum South Dublin A.C.	53.75		
	869	Whelan, Paudie	Tralee Harriers A.C.	53.84		
	803	Greene, James	Ferrybank A.C.	53.85		
	937	O'Keefe, Luke	St. Brendan's A.C.	54.57		
	891	Murnane, Christopher	Leevale A.C.	55.35		
	877	Lanigan, Michael	Kilkenny City Harriers A.C.	55.57		
	965	Murphy, Eoin	Newbridge A.C.	55.66		
	878	Boland, Ian	Kilkenny City Harriers A.C.	59.01		

Junior Men's 800 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	885	Cronin, Dean	Blarney/Inniscara A.C.			1.59.8H
2	873	Fallon, Keith	Galway City Harriers A.C.			2.01.4H
3	908	O'Sullivan, Michael	West Muskerry A.C.			2.03.7H
4	819	Hoy, Mark	St. Michaels A.C.			2.06.9H
5	905	O'hAirmhi, Peadar	Craughwell A.C.			2.13.2H
6	929	Shovlin, Conor	St. Killian's A.C.			2.19.8H
7	961	Bell, David	Castlebar A.C.			2.22.8H

Junior Men's 1500 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	950	Daly, Cathal	Sli Cualann A.C.			4.22.65
2	819	Hoy, Mark	St. Michaels A.C.			4.25.98
3	933	Healy, Barry	Claremorris A.C.			4.27.25
4	866	Maher, Colin	North Laois A.C.			4.34.88
5	816	Mc Cormack, Shawn	Gowran A.C.			4.45.65

Junior Men's 3000 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	929	Shovlin, Conor	St. Killian's A.C.			11.11.55

Junior Men's 3km Walk

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	932	Mc Manamon, Cian	Westport A.C.			13.15.8H
2	949	Treoner, James	Shercock A.C.			13.26.4H
3	921	Oliver, Oisín	Swinford A.C.			14.16.6H
4	818	O'Neill, Robert	Togher A.C.			16.05.5H

Junior Men's High Jump

Place	No	Name	Club	1.50	1.55	1.60	1.65	1.70	1.75	1.80	1.85
1	934	Galvin, PJ	St. Brendan's A.C.	-	-	O	O	O	O	XO	XXX
2	812	Sabayo, Emmanuel	Dooneen A.C.	O	-	O	-	O	XXO	XXO	XXX
3	805	Barr, Thomas	Ferrybank A.C.	-	-	-	O	O	O	XXX	
4	808	O'Dwyer, Shane	Carrick-On-Suir A.C.	-	-	O	O	O	XXX		
4	909	Daly, Conor	St. Abbans A.C.	-	-	O	O	O	XXX		
4	946	Allen, Luke	St. Coca's A.C.	O	O	O	O	O	XXX		
7	906	Keenan, Tomas	Craughwell A.C.	O	O	O	O	XO	XXX		
8	802	Stam, Eric	Bandon A.C.	O	-	-	O	XXX			
9	903	Rooney, Niall	Craughwell A.C.	O	O	XO	XO	XXX			

Junior Men's Long Jump

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	970	Dolan, Michael	St. Michael's Enniskillen	5.96	6.32	6.41	6.55	6.35	6.62	6.62
2	810	Jege, Nathan	Dooneen A.C.	6.21	6.21	6.44	6.08	6.23	6.58	6.58
3	801	Harrington, Timmy	Bandon A.C.	-	-	6.34	5.99	6.37	6.57	6.57
4	922	Christie, Cian	Metro/St. Brigid's A.C.	6.09	4.45	5.58	-	-	5.84	6.09
5	948	Callaghan, Simon	Galway City Harriers A.C.	5.75	5.79	5.73	-	-	6.00	6.00
6	954	Prout, Shane	Coolquill A.C.	5.93	-	5.89	-	5.76	-	5.93
7	806	Murphy, Stephen	Ferrybank A.C.	-	5.84	5.82	-	5.31	-	5.84
8	812	Sabayo, Emmanuel	Dooneen A.C.	5.40	5.43	5.83	5.38	5.00	5.35	5.83
9	875	Stafford, Tony	Bree A.C.	5.79	5.75	5.71				5.79
10	958	Maher, Craig	Menapians A.C.	5.59	5.41	5.52				5.59
11	867	Godley, Michael	Tralee Harriers A.C.	5.29	5.40	-				5.40
12	879	Mc Geary, David	Kilkenny City Harriers A.C.	5.35	5.32	5.21				5.35
13	904	Farrell, David	Craughwell A.C.	4.69	-	5.16				5.16
14	910	Brophy, Denis	St. Abbans A.C.	5.08	5.12	5.07				5.12

Junior Men's Triple Jump

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	902	Egan, Francis	St. Abbans A.C.	13.55	13.37	13.46	X	-	X	13.55
2	954	Prout, Shane	Coolquill A.C.	12.13	12.29	X	X	12.03	X	12.29
3	909	Daly, Conor	St. Abbans A.C.	11.36	11.90	11.87	12.00	X	11.99	12.00
4	867	Godley, Michael	Tralee Harriers A.C.	X	X	11.14	11.42	11.38	11.30	11.42
5	903	Rooney, Niall	Craughwell A.C.	10.81	11.06	11.07	10.24	11.18	11.00	11.18

Junior Men's Shot Putt

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	881	Doyle, Andrew	Mid Ulster A.C.	12.51	13.48	13.95	13.85	X	13.50	13.95
2	874	O'Cathain, Eanna	Galway City Harriers A.C.	12.86	13.33	13.11	12.67	X	X	13.33
3	920	Hanlon, Darragh	Tullamore Harriers A.C.	12.17	12.92	12.80	11.18	X	12.06	12.92
4	963	Ruibys, Laimonas	Westport A.C.	10.79	11.72	12.42	X	11.71	12.55	12.55
5	871	Walsh, Peter	Kilkenny City Harriers A.C.	11.62	12.32	11.05	11.90	X	10.91	12.32

Junior Women's 60 m Hurdles

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	898	Mc Manus, Catherine	Celtic DCH A.C.			9.33
2	924	Furman, Shauna	Clonliffe Harriers A.C.			9.55
3	826	Kiely, Megan	Ferrybank A.C.			10.01
4	944	Boylan, Laura	Sli Cualann A.C.			10.02
5	824	Finnegan, Rachel	Craughwell A.C.			10.09
6	829	Brosnan, Brid	Ferrybank A.C.			10.31
7	943	Basquille, Caoimhe	Sli Cualann A.C.			11.28

Junior Women's 60 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	822	Healy, Joan	Bandon A.C.	7.7		7.76
2	925	Fitzpatrick, Eilish	Gneeveguilla A.C.	8.0		7.79
3	898	Mc Manus, Catherine	Celtic DCH A.C.	7.8		8.02
4	846	Murray, Sarah	Fingallians A.C.	8.0		8.14
5	837	Dickinson, Jane	Dooneen A.C.	8.3		8.15
6	851	Langton, Laura	Kilkenny City Harriers A.C.	8.3		8.32
7	919	Mc Guirk, Leona	Galway City Harriers A.C.	8.3		8.36
8	838	O'Hora, Lilly Ann	Dooneen A.C.	8.3		8.38
	957	Malley, Isabel	Greystones & District A.C.	8.5		
	861	Lynch, Eimear	Newport A.C.	8.5		
	943	Basquille, Caoimhe	Sli Cualann A.C.	8.6		
	892	Philpott, April	Leevale A.C.	8.8		
	956	Nicholas, Michelle	Dooneen A.C.	9.0		

Junior Women's 200 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	899	Creaner, Stephanie	Celtic DCH A.C.	25.63		25.16
2	822	Healy, Joan	Bandon A.C.	26.09		26.51
3	837	Dickinson, Jane	Dooneen A.C.	27.07		27.63
	857	Mc Guire, Leona	Galway City Harriers A.C.	27.10		DNS
1	851	Langton, Laura	Kilkenny City Harriers A.C.	27.14		27.13
2	827	Flynn, April	Ferrybank A.C.	27.35		27.52
	838	O'Hora, Lilly Ann	Dooneen A.C.	27.67		DNS
	846	Murray, Sarah	Fingallians A.C.	27.21		DNS
	821	Healy, Phil	Bandon A.C.	27.90		
	919	Mc Gurk, Janelle	Mid-Ulster A.C.	28.10		
	830	Van Der Valk, Melina	Ferrybank A.C.	28.90		
	930	Nicholas, Michelle	Dooneen A.C.	29.16		
	858	Flanagan, Amy	Bree A.C.	29.26		
	892	Philpott, April	Leevale A.C.	29.64		
	843	Kelly, Suzanne	Kilnaboy A.C.	30.81		
	861	Lynch, Eimear	Newport A.C.	DNS		
	847	O'Gorman, Emma	Menapians A.C.	DNS		

Junior Women's 400 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	842	Mooney, Claire	Naas A.C.	57.93		57.02
2	969	Woods, Louise	Marian A.C.	60.77		60.51
3	861	Lynch, Eimear	Newport A.C.	63.67		61.45
4	826	Kiely, Megan	Ferrybank A.C.	61.16		61.46
	852	Lanigan, Mary Kate	Kilkenny City Harriers A.C.	61.12		
	894	Neville, Jessica	Blarney/Inniscara A.C.	61.73		
	895	Neville, Christine	Blarney/Inniscara A.C.	62.59		
	911	Millet, Nessa	St. Abbans A.C.	64.12		
	836	Trehy, Hannah	Carrick-on-Suir A.C.	66.16		
	830	Van Der Valk, Melina	Ferrybank A.C.	67.27		
	847	O'Gorman, Emma	Menapians A.C.	70.14		
	859	Corcoran, Catriona	Bree A.C.	72.39		

Junior Women's 800 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	951	Earls, Claire	Sli Cualann A.C.			2.18.94
2	941	Hartnett, Ellie	Sli Cualann A.C.			2.20.21
3	918	Brennan, Ailish	St. Abbans A.C.			2.19.51
4	940	Kearney, Niamh	Sli Cualann A.C.			2.29.30
5	942	Mc Gee, Aisling	Sli Cualann A.C.			2.34.38
6	860	Berkery, Sarah	Newport A.C.			2.44.90

Junior Women's 1500 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	952	Jameson, Tara	Sli Cualann A.C.			5.00.2H
2	893	Reddin, Anna	Sligo A.C.			5.07.4H
3	973	Mc Ginley, Siobhan	Celtic A.C.			5.09.4H
4	897	Cronin, Sinead	Celtic DCH A.C.			5.17.1H

Junior Women's 3000 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	839	Ryan, Shannon	Dooneen A.C.			11.22.9H

Junior Women's 3 km Walk

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	848	Veale, Kate	West Waterford A.C.			15.17.6H
2	834	Prendiville, Emma	Farranfore Maine Valley A.C.			15.24.0H
3	900	Doherty, Emma	North Belfast Harriers			15.27.6H
4	865	Dennehy, Fiona	St. Senans A.C.			15.29.7H
5	862	Curley, Maeve	Craughwell A.C.			15.33.8H

Junior Women's High Jump

Place	No	Name	Club	1.40	1.45	1.50	1.55	1.60	1.65	1.70	1.75
1	912	Farrell, Cathriona	Craughwell A.C.	-	-	-	-	O	O	O	XXX
2	852	Lanigan, Mary Kate	Kilkenny City Harriers A.C.	-	-	-	O	XO	O	XX-	
3	943	Basquille, Caoimhe	Sli Cualann A.C.	-	-	-	O	XXX			
3	828	Murphy, Sorcha	Ferrybank A.C.	O	O	O	O	XXX			
5	854	Rogers, Emily	St. Peter's A.C.	-	O	O	XO	XXX			
6	859	Corcoran, Catriona	Bree A.C.	O	XXO	XXO	XXX				

Junior Women's Long Jump

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	833	Power, Nicola	Ferrybank A.C.	X	5.45	4.99	5.29	X	5.41	5.45
2	835	Bartley, Aoife	Carrick-On-Suir A.C.	X	X	4.73	4.73	X	4.91	4.91
3	919	Mc Gurk, Janelle	Mid-Ulster A.C.	4.44	4.45	4.55	4.61	4.90	4.60	4.90
4	821	Healy, Phil	Bandon A.C.	4.18	4.51	4.63	4.33	4.56	4.83	4.83
5	863	O'Connor, Sinead	Tralee Harriers A.C.	4.65	4.70	4.71	4.81	4.71	4.73	4.81
6	913	Mc Donnell, Ashley	Craughwell A.C.	4.63	4.55	4.56	4.50	4.73	4.69	4.73
7	864	Hill, Fiona	Newbridge A.C.	4.70	4.62	4.56	4.49	4.43	4.52	4.70
8	858	Flanagan, Amy	Bree A.C.	4.56	X	4.41	4.47	X	X	4.56
9	859	Corcoran, Catriona	Bree A.C.	4.27	4.46	4.42				4.46
10	843	Kelly, Suzanne	Kilnaboy A.C.	4.32	4.29	4.36				4.36
11	914	Kenny, Deborah	Craughwell A.C.	4.32	4.24	3.98				4.32

Junior Women's Triple Jump

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	825	King, Caoimhe	Westport A.C.	X	11.30	X	11.64	11.47	X	11.64
2	915	Buggy, Saragh	St. Abbans A.C.	10.89	10.70	X	X	10.38	10.03	10.89
3	863	O'Connor, Sinead	Tralee Harriers A.C.	10.01	10.32	10.11	9.79	10.48	10.40	10.48
4	911	Millet, Nessa	St. Abbans A.C.	9.14	9.98	10.30	9.79	9.89	10.21	10.30
5	835	Bartley, Aoife	Carrick-On-Suir A.C.	9.82	10.18	X	X	9.95	X	10.18
6	864	Hill, Fiona	Newbridge A.C.	9.57	9.50	9.90	9.45	9.69	9.88	9.90
7	824	Finnegan, Rachel	Craughwell A.C.	9.17	9.42	8.91	4.17	-	-	9.42

Junior Women's Shot Putt

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	840	Moloney, Fiona	Dooneen A.C.	11.51	11.87	12.06	11.71	11.75	12.03	12.06
2	831	Kennedy, Cara	Ferrybank A.C.	8.97	8.87	9.50	X	9.91	10.50	10.50
3	927	Fratorolli, Alanna	Limerick A.C.	9.94	9.88	9.55	9.37	X	8.81	9.94
4	855	Rogers, Frances	St. Peter's A.C.	9.65	9.78	9.39	9.49	9.93	9.93	9.93
5	916	Daly, Shauna	St. Abbans A.C.	9.66	9.67	9.45	9.87	9.68	9.52	9.87
6	823	Bradfield, Tracey	Bandon A.C.	9.06	8.75	8.96	9.36	9.43	8.83	9.43
7	845	Parkinson, Sophie	Gowran A.C.	8.96	X	8.58	8.53	8.13	8.56	8.96
8	917	Daly, Emma	St. Abbans A.C.	7.85	8.95	8.84	8.40	8.56	8.88	8.95
9	832	Power, Jade	Ferrybank A.C.	8.56	8.47	8.59	8.60	8.55	X	8.60