

Junior & U23 Championships of Ireland, Tullamore  
8th July 2007

100 m - Junior Men

Wind : +1.1

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	289	Hynes, Michael	Raheny Shamrock A.C.	10.90		10.88
2	157	Russell, Christopher	Ferrybank A.C.	11.09		10.97
3	127	Duggan, Kevin	Mullingar Harriers A.C.	11.36		10.98
4	115	Phelan, Patrick	Tralee Harriers A.C.	11.30		11.27
5	465	O'Shea, David	Dooneen A.C.	11.23		11.27
6	269	O'Cathain, Ciaran	Roscommon A.C.	11.28		11.29
7	238	Quilligan, David	Leevale A.C.	11.48		11.42
	126	Mc Laughlin, Conor	Strabane Track Club	11.65		
	291	O'Donoghue, Barry	Raheny Shamrock A.C.	11.71		
	93	Moore, Daniel	Galway City Harriers A.C.	11.98		
	467	O'Loughlin, Ross	Menapians A.C.	12.08		

200 m - Junior Men

Wind : +0.4

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	289	Hynes, Michael	Raheny Shamrock A.C.	22.39		21.85
2	157	Russell, Christopher	Ferrybank A.C.	22.77		21.96
3	127	Duggan, Kevin	Mullingar Harriers A.C.	23.25		22.19
4	92	O'Reilly, Gerard	Shercock A.C.	23.03		22.48
5	115	Phelan, Patrick	Tralee Harriers A.C.	23.24		22.75
6	86	Lynch, Craig	Shercock A.C.	23.08		23.00
7	225	Mc Carron, Patrick	Glaslough Harriers A.C.	23.63		23.46
8	465	O'Shea, David	Dooneen A.C.	23.66		23.70
	476	Murnane, Christopher	Leevale A.C.	23.71		
	128	O'Doherty, Kevin	Strabane Track Club	23.71		
	270	O'Cathain, Lorcan	Roscommon A.C.	24.19		
	467	O'Loughlin, Ross	Menapians A.C.	24.89		

## 400 m - Junior Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	290	Davis, Jamie	Raheny Shamrock A.C.	51.21		49.88
2	158	Ryan, Billy	Ferrybank A.C.	51.95		50.15
3	342	O'Driscoll-Collins, Ciaran	Emerald A.C.	51.57		50.17
4	292	Kelly, Kieran	Raheny Shamrock A.C.	50.92		50.33
5	103	Quinn, Chris	Lagan Valley	51.85		51.54
6	244	Owens, Cathal	Leevale A.C.	51.08		51.64
7	136	Willimson, Josh	City of Lisburn	52.09		51.87
	286	Bolger, Sean	Tallaght A.C.	52.07		DNS
	145	Horgan, Finbar	Clonmel A.C.	52.13		
	331	Mc Daid, Ryan	Finn Valley A.C.	53.58		
	479	Kelly, Christopher	Donore Harriers A.C.	53.94		
	330	Connolly, Aiden	Finn Valley A.C.	55.49		
	107	Fagan, John	Kilkenny City Harriers A.C.	DNS		

## 800 m - Junior Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	155	Tuohy, Niall	Ferrybank A.C.			1.52.67
2	316	Leighio, Anthony	Tallaght A.C.			1.54.38
3	279	Varley, Adrian	Dundrum South Dublin A.C.			1.54.99
4	143	Treacy, Daniel William	Moynalvey A.C.			1.56.04
5	349	Mooney, Daniel	Letterkenny A.C.			1.56.94
6	148	Duggan, Ronan	Bandon A.C.			1.57.52
7	247	Healy, Denis	Finn Valley A.C.			1.57.83
8	141	Gourley, Andrew	Willowfield Harriers			1.58.16
9	220	Keogh, David	Lucan Harriers A.C.			2.03.12
10	91	O'Riordan, Graham	Ballincollig A.C.			2.06.77
11	463	Phelan, Ciaran Stephen	Aghaviller A.C.			2.08.45

## 1500 m - Junior Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	227	Coghlan, John	Metro/St. Brigid's A.C.			3.59.88
2	100	Markham, Brian	Ennis Track A.C.			4.00.96
3	336	Kelly, Sam	Fingallians A.C.			4.01.79
4	76	Carroll, Tommy	North Sligo A.C.			4.02.38
5	114	Gilbane, Adrian	Dundrum South Dublin A.C.			4.03.02
6	329	Ward, Ian	Finn Valley A.C.			4.03.91
7	483	Kerr, Shane	Armagh A.C.			4.04.04
8	317	Cotter, Tomas	Dunleer A.C.			4.04.71
9	462	Stenson, Lee	Mullingar Harriers A.C.			4.05.01
10	309	King, Dan	Milford A.C.			4.05.88
11	146	Lombard, Richard	Celtic A.C.			4.08.03
12	461	Flynn, Paul	Mullingar Harriers A.C.			4.20.59
13	221	Doyle, Simon	Lucan Harriers A.C.			4.25.44
14	90	O'Donovan, Barry	Ballincollig A.C.			4.26.97
15	82	Coffey, Shane	Togher A.C.			4.27.26

## 5000 m - Junior Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	295	Flynn, Darragh	Raheny Shamrock A.C.			15.16.98
2	339	Ryan, Simon	Drogheda & District A.C.			15.18.98
3	455	Mc Donald, Rory	Dunboyne A.C.			15.28.04
4	340	Cormack, Niall	Ballynonty A.C.			15.31.15
5	464	Rowan, Eoin	Sligo A.C.			15.51.30
6	326	Lupton, Harry	North Laois A.C.			16.35.79
7	288	O'Sullivan, Carl	Raheny Shamrock A.C.			16.42.72
8	460	Gilhooley, Seamus	Athenry A.C.			16.45.70

## 110 m Hurdles - Junior Men

Wind : +0.00

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	269	O'Cathain, Ciaran	Roscommon A.C.			15.60
2	151	O'Connor, Brendan	Beara A.C.			19.10

#### 400 m Hurdles - Junior Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	107	Fagan, John	Kilkenny City Harriers A.C.			56.37
2	159	Kennedy, Gavin	Ferrybank A.C.			59.29
3	160	Culleton, Brendan	Bree A.C.			59.63
4	161	Spratt Murphy, William	Bree A.C.			59.70

#### 3000 m Steeplechase - Junior Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	223	Scullion, Stephen	North Belfast Harriers			9.18.56
2	149	Ryan, Ciaran	Emerald A.C.			10.22.74
3	142	Butler, Colin	Kilkenny City Harriers A.C.			11.00.96
4	108	Hayes, Thomas	Moycarkey Coolcree A.C.			11.01.93

#### 5000 m Walk - Junior Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	81	Fitzpatrick, Paul	Shercock A.C.			22.20.27
2	78	Prendiville, Niall	Farranfore Maine Valley A.C.			25.15.68

#### High Jump - Junior Men

Place	No	Name	Club	1.60	1.65	1.70	1.75
1	150	Mc Manus, Kevin	St. Peter's A.C.	O	XO	O	XXX
2	271	Healy, Michael	Youghal A.C.	O	O	XXO	XXX

### Long Jump - Junior Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	89	Hannon, Eoin	Tullamore Harriers A.C.	7.14	7.35	7.43	7.43	7.42	7.36	7.43
				-1.3	-1.4	-0.3	-0.9	-0.4	-0.7	-0.9
2	137	Kennedy, Alan	Abbey AC	6.79	6.80	6.93	6.85	X	X	6.93
				+1.2	-0.1	+1.5	+1.7			+1.5
3	238	Quilligan, David	Leevale A.C.	6.30	6.37	X	6.17	6.45	6.05	6.45
				+0.5	+1.6		+1.7	+0.5	-0.3	+0.5
4	109	Smith, Paul	Shercock A.C.	6.15	6.32	6.36	6.28	X	5.99	6.36
				-0.7	-0.2	-1.2	+2.0		-1.5	-1.2
5	147	Harrington, Timothy	Bandon A.C.	6.20	6.22	6.11	6.19	X	5.86	6.22
				-0.3	+1.7	+0.4	-0.5		-1.5	+1.7
6	151	O'Connor, Brendan	Beara A.C.	5.97	5.70	X	-	-	-	5.97
				+0.6	+0.1					+0.6
7	140	Reilly, Brendan	Ballina A.C.	5.51	X	5.82	5.51	5.74	5.78	5.82
				-0.6		+1.0	+0.1	-0.5		+1.0

### Triple Jump - Junior Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	105	Kelly, Eoin	St. Abbans A.C.	14.17	14.35	X	X	14.15	14.24	14.35
2	490	Counihan, Niall	Dooneen A.C.	13.58	13.14	13.20	13.19	X	13.25	13.58
3	468	Egan, Francis	St. Abbans A.C.	12.77	13.11	12.82	12.94	X	X	13.11
4	128	O'Doherty, Kevin	Strabane Track Club	13.06	X	X	12.44	12.72	12.92	13.06
5	147	Harrington, Timothy	Bandon A.C.	13.03	12.85	12.67	12.80	11.84	12.38	13.03
6	144	Cronin, Ciaran	Dundrum South Dublin A.C.	11.50	11.55	11.47	11.62	11.96	X	11.96
7	140	Reilly, Brendan	Ballina A.C.	10.25	10.56	10.61	10.28	X	10.27	10.61

### Pole Vault - Junior Men

Place	No	Name	Club	2.80	3.00	3.20	3.40	3.60	3.80	4.00	4.20	4.40
1	112	Whyte, Richard	Brothers Pearse A.C.	-	-	-	-	O	XXO	O	XXO	X
2	88	Rogers, Ian	Clonliffe Harriers A.C.	-	-	-	-	-	O	X	XX	
3	273	Flanagan, James	Youghal A.C.	O	O	XXX						

### Shot Putt - Junior Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	285	Quirke, Colin	Crusaders A.C.	14.60	15.79	X	15.20	15.53	X	15.79
2	239	Hazler, Pavel	Leevale A.C.	13.44	13.34	X	12.91	12.70	X	13.44
3	79	Clifford, Daniel	Farranfore Maine Valley A.C.	X	11.42	11.94	11.25	11.56	12.08	12.08
4	152	Kennedy, Shane	Ferrybank A.C.	10.77	10.25	11.98	11.71	10.74	11.36	11.98
5	110	McGrath, Pius	Limerick A.C.	7.89	-	-	-	-	-	7.89

### Discus - Junior Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	239	Hazler, Pavel	Leevale A.C.	X	49.74	X	46.88	49.60	50.10	50.10
2	285	Quirke, Colin	Crusaders A.C.	45.43	42.72	45.77	44.44	X	44.00	45.77
3	79	Clifford, Daniel	Farranfore Maine Valley A.C.	44.06	37.70	45.44	X	X	X	45.44
4	500	Mangan, Luke	Clonliffe Harriers A.C.	37.88	39.64	39.18	X	X	40.07	40.07

### Javelin - Junior Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	122	Mullen, Daniel	Strabane Track Club	54.45	50.45	53.62	54.48	54.81	55.43	55.43
2	120	Crawford, Aaron	Strabane Track Club	X	51.81	X	X	X	51.20	51.81
3	123	Mc Bride, Sean	Strabane Track Club	X	45.30	39.36	45.03	X	48.84	48.84
4	245	Burns, Phillip	Belgooly A.C.	46.68	47.43	-	-	-	-	47.43
5	85	Shine, David	Blarney/Inniscara A.C.	44.10	45.61	44.57	43.16	44.88	43.17	45.61
6	126	Mc Laughlin, Conor	Strabane Track Club	X	41.41	44.58	43.70	44.17	45.55	45.55
7	152	Kennedy, Shane	Ferrybank A.C.	38.56	41.00	38.33	27.43	38.14	39.36	41.00

### Hammer - Junior Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	239	Hazler, Pavel	Leevale A.C.	45.83	51.04	48.42	48.25	54.01	X	54.01
2	104	Kelly, Gerard	Castlebar A.C.	50.08	X	X	51.34	50.51	48.31	51.34
3	129	Barry, Cathal S	Crusaders A.C.	46.42	45.88	X	47.46	X	46.35	47.46
4	79	Clifford, Daniel	Farranfore Maine Valley A.C.	41.13	X	34.72	38.56	40.37	-	41.13
5	94	White, Shane	D.M.P. A.C.	31.32	34.12	X	X	X	34.10	34.12

## 35lb Distance - Junior Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	151	O'Connor, Brendan	Beara A.C.	5.03	4.62	5.15	4.59	5.45	5.47	5.47

## 100 m - Junior Women

Wind : -1.3

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	64	Foster, Amy	North Down A.C.	12.09		12.01
2	72	Whelan, Niamh	Ferrybank A.C.	12.15		12.23
3	488	Lawlor, Sandra	Celbridge A.C.	12.71		12.75
4	228	Kilduff, Sharon	Claremorris A.C.	12.63		12.88
5	233	Cross, Harriet	Leevale A.C.	12.73		12.90
6	67	Murphy, Hayley	Ferrybank A.C.	12.78		12.91
7	235	Mc Ardle, Louise	Leevale A.C.	12.76		13.03
8	48	Todd, Hannah	Ballymena & Antrim A.C.	12.70		13.03
	230	Melvin, Elizabeth	Crusaders A.C.	13.01		
	54	Kerr, Hilary	St. Peter's A.C.	13.11		
	71	Doherty, Brenda	Ferrybank A.C.	13.14		
	232	Crowley, Claire	Leevale A.C.	13.15		
	491	Gleeson, Margaret	Dooneen A.C.	13.29		
	12	Murphy, Eva	D.M.P. A.C.	13.49		

## 200 m - Junior Women

Wind : +0.0

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	64	Foster, Amy	North Down A.C.	25.10		24.03
2	72	Whelan, Niamh	Ferrybank A.C.	25.04		24.55
3	456	Hynes, Gemma	Galway City Harriers A.C.	25.10		24.61
4	328	Creaner, Steffi	Celtic A.C.	25.56		25.27
5	3	O'Connell, Emer	Blarney/Inniscara A.C.	26.66		26.67
6	235	Mc Ardle, Louise	Leevale A.C.	26.77		26.70
7	71	Doherty, Brenda	Ferrybank A.C.	27.51		27.57
	230	Melvin, Elizabeth	Crusaders A.C.	26.69		DNF
	491	Gleeson, Margaret	Dooneen A.C.	27.66		
	12	Murphy, Eva	D.M.P. A.C.	28.65		

## 400 m - Junior Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	66	Deevy, Mairead	Ferrybank A.C.			57.72
2	3	O'Connell, Emer	Blarney/Inniscara A.C.			58.12
3	47	Mc Callion, Ciara	Clonliffe Harriers A.C.			58.89
4	19	Kelly, Sinead	St. Abbans A.C.			58.91
5	33	Anglim, Roisin	Fingallians A.C.			58.95
6	204	Ryan, Cliona	Borrisokane A.C.			59.91
7	10	Harrington, Julie Ann	Galway City Harriers A.C.			61.18
8	231	Gayer, Emma	Leevale A.C.			69.06

## 800 m - Junior Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	20	Everard, Ciara	Kilkenny City Harriers A.C.			2.13.47
2	58	Mc Manus, Susan	Celtic A.C.			2.25.56
3	35	Cole, Avene	Newbridge A.C.			2.30.50

## 1500 m - Junior Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	283	Ffrench O'Carroll, Charlotte	Dundrum South Dublin A.C.			4.29.49
2	284	Ffrench O'Carroll, Rebecca	Dundrum South Dublin A.C.			4.31.85
3	341	Treston, Bryony	Dundrum South Dublin A.C.			4.50.04
4	57	Gebrezgi, Tekea	Celtic A.C.			4.50.75
5	267	Shaughnessy, Laura	Loughrea A.C.			5.07.27
6	305	O'Sullivan, Jennifer	Raheny Shamrock A.C.			5.09.19

## 5000 m - Junior Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	347	Huet, Suzanne	Dundrum South Dublin A.C.			16.52.67
2	156	Barry, Patricia	Ferrybank A.C.			17.48.47
3	311	Donovan, Suzanne	Aghaviller A.C.			19.26.60
4	480	Pollreis, Melissa	Sligo A.C.			20.00.99
5	52	Foskin, Leanne	St. Senans A.C.			20.41.55
	42	Forristal, Sally	St. Joseph'S A.C.			DNF

## 100 m Hurdles - Junior Women

Wind : +1.0

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	65	Murphy, Mairead	Ferrybank A.C.			14.5H
2	488	Lawlor, Sandra	Celbridge A.C.			15.3H
3	34	Finnegan, Sarah	Craughwell A.C.			19.1H

## 400 m Hurdles - Junior Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	68	Barr, Jessie	Ferrybank A.C.			61.21
2	69	Sheehan, Kalyn	Ferrybank A.C.			61.79
3	8	Gorman, Irene	Galway City Harriers A.C.			70.51
4	38	Armendariz, Laura	Bandon A.C.			71.68
5	1	Nolan, Rebecca	Galway City Harriers A.C.			73.20
6	34	Finnegan, Sarah	Craughwell A.C.			80.51

## 3000 m Walk - Junior Wome

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	15	Reynolds, Laura	Mohill A.C.			15.35..5
2	277	Prendiville, Sinead	Lios Tuathail A.C.			16.15.08
3	494	Prendiville, Aoibheann	Estuary A.C.			17.57.59
4	42	Forristal, Sally	St. Joseph'S A.C.			19.21.86

### High Jump - Junior Women

Place	No	Name	Club	1.40	1.45	1.50	1.55	1.60	1.65	1.70	1.75	1.80
1	13	Hughes, Pamela	Westport A.C.	-	-	-	-	-	XO	O	XO	XXX
2	24	Farrell, Maureen	Fr. Murphys A.C.	-	-	-	O	O	O	XXX		
3	25	Moggan, Grainne	Brothers Pearse A.C.	-	-	-	O	O	XXO	XXX		
4	50	Wilkinson, Claire	Ballymena & Antrim A.C.	-	-	-	O	O	XXX			
5	314	O'Rourke, Grace	Dundrum South Dublin A.C.	-	-	-	XO	XXO	XXX			
6	29	Nevin, Amanda	Borrisokane A.C.	O	O	XO	XO	XXX				
7	31	Kelly, Lisa	Borrisokane A.C.	O	O	XXX						

### Long Jump - Junior Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	39	Proper, Kelly	Ferrybank A.C.	5.92	X	X	6.02	X	X	6.02
		-0.4		+3.9			+3.9			
2	233	Cross, Harriet	Leevale A.C.	5.02	5.15	5.36	5.23	5.37	5.46	5.46
				+0.4	+1.8	+1.4	+0.4	+0.7	+1.5	+1.5
3	70	Donnelly, Sinead	Ferrybank A.C.	5.28	5.11	4.89	5.15	5.14	5.22	5.28
				+1.0	+0.3	-0.8	+1.4	+2.7	+0.9	+1.0
4	54	Kerr, Hilary	St. Peter's A.C.	5.02	X	4.85	X	5.18	5.12	5.18
				+0.4		****		-0.4	+0.3	-0.4
5	29	Nevin, Amanda	Borrisokane A.C.	4.89	4.90	4.94	X	4.97	4.98	4.98
				+0.3	-0.1	-1.2		-1.1	+1.7	+1.7
6	27	Mullen, Charlene	Strabane Track Club	4.63	4.78	X	-	-	-	4.78
				-0.9	-1.6					-1.6
7	486	Dunphy, Ashling	Aghaviller A.C.	X	4.67	X	4.40	4.48	4.50	4.67
				-0.2		-0.3	-1.4	+0.4	-0.2	
8	498	Hogan, Olivia	Borrisokane A.C.	4.31	4.51	4.52	4.51	4.51	4.62	4.62
				+0.4	+0.2	+1.8	+1.6	+0.4	+1.5	+1.5

## Triple Jump - Junior Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	48	Todd, Hannah	Ballymena & Antrim A.C.	9.83	10.36	10.47	10.44	10.09	9.99	10.47
				-1.0	-0.4	-0.1	+0.6	+0.0	+0.0	-0.1
2	70	Donnelly, Sinead	Ferrybank A.C.	X	9.41	X	9.32	9.63	X	9.63
				-0.6		+0.2	-0.1		-0.1	
3	486	Dunphy, Ashling	Aghaviller A.C.	8.61	8.96	9.18	9.32	9.38	9.57	9.57
				+0.0	+0.0	+0.3	+0.3	+0.3	+0.0	+0.0
4	28	Mc Elhinney, Rachel	Strabane Track Club	X	X	X	9.22	X	X	9.22
				+0.0			+0.0			
5	31	Kelly, Lisa	Borrisokane A.C.	9.14	8.73	8.42	8.87	8.79	8.76	9.14
				-0.2	+0.0	-0.1	+0.1	+0.8	-0.2	-0.2
6	30	Carroll, Jennifer	Borrisokane A.C.	9.13	X	-	-	-	-	9.13
				-0.3						-0.3
7	34	Finnegan, Sarah	Craughwell A.C.	8.30	8.25	8.23	8.44	8.07	8.16	8.44
				+0.0	+0.0	-0.5	+0.0	+0.8	+0.1	+0.0

## Shot Putt - Junior Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	36	Cogan, Laura	Newbridge A.C.	12.20	12.35	X	12.70	12.59	12.73	12.73
2	14	Hickey, Aoife	Kilkenny City Harriers A.C.	X	11.21	10.96	10.78	11.48	10.93	11.48
3	37	O'Shea, Katie	Farranfore Maine Valley A.C.	9.48	9.87	10.57	9.65	10.56	10.10	10.57
4	26	Hickey, Yvonne	Gowran A.C.	9.94	9.83	9.58	X	X	X	9.94
5	59	O'Malley, Aoife	Bilboa A.C.	8.29	8.63	8.90	8.69	9.11	8.90	9.11
6	45	Mc Loughlin, Sarah	Tralee Harriers A.C.	6.09	6.19	6.12	5.27	X	6.13	6.19

## Discus - Junior Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	44	Fitzgerald, Claire	Tralee Harriers A.C.	34.61	X	35.88	34.85	37.73	36.63	37.73
2	49	Conway, Philippa	Crusaders A.C.	29.51	34.04	36.48	33.38	34.65	36.82	36.82
3	237	Bradfield, Sarah	Leevale A.C.	30.46	33.84	31.54	29.22	33.00	34.36	34.36
4	17	Mc Guire, Rachel	Crusaders A.C.	X	32.12	X	X	31.28	32.47	32.47
5	46	O'Connor, Karen	Tralee Harriers A.C.	29.66	32.02	30.87	30.25	31.07	30.84	32.02
6	37	O'Shea, Katie	Farranfore Maine Valley A.C.	29.55	28.90	30.10	30.48	X	28.85	30.48
7	59	O'Malley, Aoife	Bilboa A.C.	25.85	20.67	25.95	25.26	25.97	24.81	25.97
8	26	Hickey, Yvonne	Gowran A.C.	25.39	24.72	X	X	X	25.92	25.92

### Javelin - Junior Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	22	Byrne, Denise	Clonliffe Harriers A.C.	28.18	34.71	36.52	29.88	35.87	37.55	37.55
2	44	Fitzgerald, Claire	Tralee Harriers A.C.	30.39	35.28	36.07	34.45	36.43	37.40	37.40
3	53	Mc Donald, Olivia	St. Peter's A.C.	34.03	33.73	32.65	33.34	32.65	32.18	34.03
4	59	O'Malley, Aoife	Bilboa A.C.	28.26	27.46	27.03	27.19	28.23	26.73	28.26
5	28	Mc Elhinney, Rachel	Strabane Track Club	23.60	25.22	27.31	X	24.42	27.63	27.63
6	51	Moore, Janet	St. Senans A.C.	22.53	22.49	24.35	23.07	23.20	23.98	24.35

### Hammer - Junior Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	37	O'Shea, Katie	Farranfore Maine Valley A.C.	45.63	-	45.00	46.20	-	-	46.20
2	14	Hickey, Aoife	Kilkenny City Harriers A.C.	41.96	42.98	41.97	42.24	-	40.19	42.98
3	11	Sutherland, Mary	D.M.P. A.C.	38.82	41.05	-	42.74	42.68	42.91	42.91
4	18	Cronin, Linda	Old Abbey A.C.	38.28	34.96	40.55	37.19	39.16	39.76	40.55
5	2	Mc Carthy, Maura	Blarney/Inniscara A.C.	-	35.70	27.32	-	36.25	33.91	36.25
6	492	Monaghan, Michelle	Fr. Murphys A.C.	-	-	30.31	-	34.21	34.39	34.39
7	30	Carroll, Jennifer	Borrisokane A.C.	32.60	30.05	30.53	31.97	-	-	32.60
8	32	Kelly, Eileen	Borrisokane A.C.	-	29.75	31.04	28.96	28.71	30.95	31.04
9	49	Conway, Philippa	Crusaders A.C.	29.79	28.28	-	-	-	-	29.79
10	484	Dolan, Lisa	Ferbane A.C.	25.55	26.14	-	-	-	-	26.14
11	45	Mc Loughlin, Sarah	Tralee Harriers A.C.	17.20	17.91	12.32	-	-	-	17.91

### 100 m - U.23 Men

Wind : +1.0

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	250	Duff, Derek	Leevale A.C.	11.05	-	11.00
2	184	Hynes, David	Menapians A.C.	11.06	-	11.06
3	473	Kavanagh, Daniel	Clonliffe Harriers A.C.	11.10	-	11.15
4	323	Hogan, Nick	Dundrum South Dublin A.C.	11.19	-	11.17
5	472	Laffey, John	Clonliffe Harriers A.C.	11.17	-	11.34
6	278	Mc Cabe, Ciaran	Riocht A.C.	11.28	-	11.56
7	470	Jackman, Adrian	Menapians A.C.	11.68	-	11.96
8	348	Crowley, John	Roundwood & District A.C.	11.36	-	15.78
	471	Mc Gahey, Garard	Lourdes A.C.	11.76	-	-
	287	Purcell, Gerard	Tallaght A.C.	12.13	-	-
	487	Toomey, Gregor	Galway City Harriers A.C.	12.19	-	-

## 200 m - U.23 Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	250	Duff, Derek	Leevale A.C.			22.15
2	323	Hogan, Nick	Dundrum South Dublin A.C.			22.35
3	472	Laffey, John	Clonliffe Harriers A.C.			22.44
4	312	Upton, Barry	Menapians A.C.			22.85
5	178	Joyce, Eoin	Togher A.C.			23.26
6	471	Mc Gahey, Garard	Lourdes A.C.			24.46
7	287	Purcell, Gerard	Tallaght A.C.			25.00
1	457	Kedney, Rory	Menapians A.C.			23.66

## 400 m - U.23 Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	325	Taggart, Simon	Donore Harriers A.C.			49.55
2	177	O'Brien, Liam	Togher A.C.			49.88
3	181	Ware, Kieran	Togher A.C.			49.91
4	195	Everard, Eoin	Kilkenny City Harriers A.C.			49.96
5	249	O'Leary, Greg	Leevale A.C.			50.19
6	477	Toolan, Adrian	Dunshaughlin A.C.			50.32
7	278	Mc Cabe, Ciaran	Riocht A.C.			51.32
1	459	Ledingham, James	Army			51.46
2	458	Kennedy, Michael	Army			51.69
3	457	Kedney, Rory	Army			52.23

## 800 m - U.23 Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	191	Mc Cloy, Kevin	Shercock A.C.			1.55.61
2	343	Warne, Joe	Doheny A.C.			1.55.78
3	166	Healy, Conor	Clonliffe Harriers A.C.			1.56.39
4	175	Tivy, Ian	Togher A.C.			1.58.07
5	485	Connick, Andrew	Slaney Olympic A.C.			1.58.90
6	274	Hughes, William	Thurles Crokes A.C.			1.59.89
7	489	Barrett, Ian	Dundrum South Dublin A.C.			2.00.39
8	324	Harkness, Stephen	Clonliffe Harriers A.C.			2.01.24
9	300	King, Eoin	Raheny Shamrock A.C.			2.01.42
10	192	Keane, Michael	Ennis Track A.C.			2.02.31
11	478	O'Sullivan, Michael	Metro/St. Brigid's A.C.			2.08.18

## 1500 m - U.23 Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	252	Hanrahan, Mark	Leevale A.C.			3.49.11
2	280	Pollock, Paul	Abbey A.C.			3.52.62
3	301	Kirwan, Mark	Raheny Shamrock A.C.			3.53.90
4	297	Moriarty, Kevin	Raheny Shamrock A.C.			3.54.20
5	168	Dennehy, Cathal	Emerald A.C.			3.54.70
6	189	Chesser, Rory	Ennis Track A.C.			3.55.64
7	296	O'Sullivan, Gavin	Raheny Shamrock A.C.			3.56.13
8	183	Fahy, Jason	Unattached			3.58.51
9	299	Yeates, Richard	Raheny Shamrock A.C.			4.00.36
10	264	Humphreys, Donagh	Star of the Sea A.C.			4.11.17
11	399	Lawler, Kevin	St. L. O'Toole A.C.			4.12.61
12	174	Fennell, Peter	Togher A.C.			4.13.53
13	493	Monaghan, Declan	Fr. Murphys A.C.			4.22.00
14	485	Connick, Andrew	Slaney Olympic A.C.			4.24.52

## 5000 m - U.23 Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	400	Ledwith, Andrew	Fr. Murphys A.C.			14.41.59
2	298	Clohisey, Michael	Raheny Shamrock A.C.			14.42.28
3	172	Sheehan, Niall	Gowran A.C.			14.54.70
4	315	O'Hehir, Sean	Rathfarnham W.S.A.F. A.C.			15.20.17
5	320	Mc Diarmada, Michael	Clonliffe Harriers A.C.			15.27.11
6	265	Hoey, Mark	Star of the Sea A.C.			15.40.34
7	275	Bracken, Christopher	Thurles Crokes A.C.			15.47.79
8	163	O'Rourke, Neil	St. L. O'Toole A.C.			16.09.59
9	281	Agnew, Andrew	Abbey A.C.			16.10.77
10	167	Power, Graham	Ferrybank A.C.			17.20.61

## 110 m Hurdles - U.23 Men

Wind : -2.5

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	169	Finnegan, Denis	U.C.C. A.C.			16.86
2	470	Jackman, Adrian	Menapians A.C.			18.34
3	475	Boardman, Brian	City of Lisburn A.C.			19.09
4	185	Walsh, Damien	St. Senans A.C.			19.54

400 m Hurdles - U.23 Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	312	Upton, Barry	Menapians A.C.			55.37
2	474	Mc Avoy, Robert	Lisburn A.C.			56.24
3	185	Walsh, Damien	St. Senans A.C.			62.96

3000 m Steeplechase - U.23 Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	165	Murphy, Andrew	St. L. O'Toole A.C.			10.11.35

5000 m Walk - U.23 Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	469	Muldoon, Peter	Shercock A.C.			23.34.35
2	180	Dineen, Mark	Togher A.C.			25.51.11
3	179	Healy, Timothy	Togher A.C.			26.43.59

High Jump - U.23 Men

Place	No	Name	Club	1.95	2.05
1	255	Crowley, Christopher	Belgooly A.C.	XO	XXX

Long Jump - U.23 Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	255	Crowley, Christopher	Belgooly A.C.	6.86 -0.5	X	X	X	X	X	6.86 -0.5
2	169	Finnegan, Denis	U.C.C. A.C.	6.71 +0.6	6.56 -0.3	X	X	6.39 -0.6	6.37 +0.1	6.71 +0.6
3	188	Finnegan, William	Craughwell A.C.	X -0.2	X	6.08 +2.7	X	5.82 -0.2	X	6.08
4	185	Walsh, Damien	St. Senans A.C.	5.42 +0.3	4.87 +0.4	5.19 +2.0	5.41 -0.7	5.29 -0.8	5.27 -0.9	5.42 +0.3

### Triple Jump - U.23 Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	169	Finnegan, Denis	U.C.C. A.C.	14.38	14.20	13.45	13.91	13.96	13.96	14.38
				-0.3	+0.0	-0.2	-0.3	-0.9	+0.5	-0.3
2	188	Finnegan, William	Craughwell A.C.	12.76	13.02	12.93	X	13.03	12.72	13.03
				-1.1	-0.1	-0.4		-1.0	+0.6	-1.0

### Pole Vault - U.23 Men

Place	No	Name	Club	2.60	2.80	3.00	3.20
1	182	Alexander, Brendan	Finn Valley A.C.	O	-	-	XXX

### Shot Putt - U.23 Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	187	Harper, Jeremy	North Down AC	12.39	11.68	X	X	11.78	12.38	12.39
2	162	Collins, Justin	North Westmeath A.C.	11.60	11.23	X	11.35	12.11	11.21	12.11
3	173	Fitzpatrick, Hugh	Shercock A.C.	10.82	11.37	10.76	11.16	10.88	X	11.37
4	170	O'Connor, Alan	Tralee Harriers A.C.	10.90	10.20	10.44	10.83	10.96	10.20	10.96
5	254	O'Sullivan, Noel	Na Fianna A.C.	8.35	8.94	8.65	8.45	8.73	8.47	8.94

### Discus - U.23 Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	187	Harper, Jeremy	North Down AC	43.42	44.26	47.72	X	47.30	43.98	47.72
2	162	Collins, Justin	North Westmeath A.C.	33.40	38.18	36.75	38.48	40.88	X	40.88
3	190	Byrne, Eamonn	Clonliffe Harriers A.C.	34.06	X	35.43	33.30	36.98	36.82	36.98
4	170	O'Connor, Alan	Tralee Harriers A.C.	33.73	X	31.77	35.25	35.12	36.61	36.61
5	254	O'Sullivan, Noel	Na Fianna A.C.	22.75	X	X	21.39	22.05	X	22.75

### Javelin - U.23 Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	87	Marry, Paul	Dunleer A.C.	54.07	52.65	55.80	54.07	54.70	53.53	55.80

### Hammer - U.23 Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	499	White, Padraig	U.C.D. A.C.	59.05	X	60.90	60.52	X	58.30	60.90
2	190	Byrne, Eamonn	Clonliffe Harriers A.C.	41.77	39.55	44.25	41.73	46.11	46.17	46.17
3	173	Fitzpatrick, Hugh	Shercock A.C.	38.11	40.53	41.79	X	39.14	39.23	41.79
4	254	O'Sullivan, Noel	Na Fianna A.C.	29.12	31.69	31.77	X	X	X	31.77

## 35lb Distance - U.23 Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	187	Harper, Jeremy	North Down AC	8.98	9.47	9.45	9.71	9.79	9.77	9.79
2	170	O'Connor, Alan	Tralee Harriers A.C.	7.64	8.28	8.40	8.73	8.97	8.66	8.97
3	173	Fitzpatrick, Hugh	Shercock A.C.	8.30	8.42	X	X	X	8.22	8.42

## 100 m - U.23 Women

Wind : +2.2

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	197	Kiernan, Louise	Fingallians A.C.			11.78
2	313	Brady, Claire	Celbridge A.C.			11.96
3	256	Byrd, Katey	Leevale A.C.			13.03
4	216	Quinn, Jennifer	Lagan Valley			13.11

## 200 m - U.23 Women

Wind : -1.9

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	318	Crowe, Mandy	Dublin City Harriers A.C.			25.24
2	219	Moggan, Rioghna	Brothers Pearse A.C.			26.78
3	216	Quinn, Jennifer	Lagan Valley			27.35
	313	Brady, Claire	Celbridge A.C.			DNF

## 400 m - U.23 Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	218	Mc Glynn, Clare	Templeogue A.C.	59.13		57.30
2	258	Broderick, Christina	Belgooly A.C.	59.74		57.79
3	466	Whiteside, Leigh	Abbey A.C.	59.01		58.27
4	213	Mc Ilveen, Erin	Lisburn AC	59.26		58.92
5	282	Crowe, Laura	Riocht A.C.	59.46		58.99
6	481	Cardiff, Elaine	Kilmore A.C.	59.39		59.05
7	346	O'Driscoll-Collins, Ailbhe	Dooneen A.C.	59.91		60.49
	208	O'Brien, Aisling	Dublin City Harriers A.C.	60.51		
	212	Doyle, Ann	Gowran A.C.	65.47		

## 800 m - U.23 Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	308	Freel, Lyndsey	Dromore A.C.			2.12.38
2	344	Byrne, Linda	Dundrum South Dublin A.C.			2.12.69
3	201	Monteith, Lyndsey	City of Lisburn			2.15.68
4	198	Russell, Cora	Dunleer A.C.			2.15.72
5	210	Treacy, Fodhla	Dublin City Harriers A.C.			2.17.64
6	345	Diskin, Ellen	Raheny Shamrock A.C.			2.23.30
7	212	Doyle, Ann	Gowran A.C.			2.35.19

## 1500 m - U.23 Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	327	Gebrezgi, Azmera	Dublin City Harriers A.C.			4.42.64

## 5000 m - U.23 Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	207	Ni Mhuirheartaigh, Orla	Galway City Harriers A.C.			17.56.84
2	276	O'Brien, Eimear	Sligo A.C.			18.05.54
3	302	Mc Greevy, Fiona	Raheny Shamrock A.C.			18.07.28
4	303	Hooper, Catriona	Raheny Shamrock A.C.			19.01.66

## 100 m Hurdles - U.23 Women

Wind : +1.0

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	205	Byrne, Leona	St. L. O'Toole A.C.			15.3H
2	256	Byrd, Katey	Leevale A.C.			15.6H

## 400 m Hurdles - U.23 Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	321	Furlong, Brona	Slaney Olympic A.C.			61.76

3000 m Walk - U.23 Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	322	Loughnane, Ann	Craughwell A.C.			14.30.20
2	199	Mc Mahon, Catriona	St. Marys A.C.			15.11.84

High Jump - U.23 Women

Place	No	Name	Club	1.50	1.55	1.60	1.65	1.70	1.75	1.80	1.83
1	214	Heveran, Sharon	Westport A.C.	-	-	-	-	O	O	O	XXX
2	495	Mc Namara, Claire	Athenry A.C.	O	O	XO	XO	XXX			

Long Jump - U.23 Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	205	Byrne, Leona	St. L. O'Toole A.C.	X +1.1	5.52	X +1.9	5.57	X +1.1	5.67 +1.1	5.67
2	202	O'Farrell, Amanda	Borrisokane A.C.	4.79 -0.7	5.05 +1.3	4.80 +1.2	4.95 +0.0	4.92 +3.1	X	5.05 +1.3
3	215	Reilly, Sarah	Ballina A.C.	3.89 +0.2	4.25 +2.2	4.14 +1.4	4.19 +1.8	4.09 +1.9	4.03 +2.6	4.25 +2.2

Triple Jump - U.23 Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	202	O'Farrell, Amanda	Borrisokane A.C.	10.02 -0.9	X	10.12 +0.0	X	X	10.23 +0.3	10.23 +0.3
2	216	Quinn, Jennifer	Lagan Valley	X +0.0	9.73 +0.1	9.67 +0.0	9.82 -0.2	10.03 -0.1	9.52 -0.2	10.03
3	258	Broderick, Christina	Belgooly A.C.	9.35 -0.8	9.53 -0.3	9.83 -0.1	9.65 -0.1	-	9.77 -0.9	9.83 -0.1
4	215	Reilly, Sarah	Ballina A.C.	8.62 -0.3	8.55 +0.0	X	8.09 +0.2	8.18 -0.1	8.07 +0.7	8.62 -0.3

Shot Putt - U.23 Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	217	Ryan, Catriona	Templemore A.C.	9.54	10.60	10.18	9.71	9.60	9.93	10.60

Discus - U.23 Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	211	Akers, Rachel	Marian A.C.	33.84	33.20	33.07	33.39	37.40	36.52	37.40
2	206	Healy, Karen	Fr. Murphys A.C.	32.60	32.18	33.78	31.51	34.37	X	34.37

Javelin - U.23 Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	496	Collins, Claire	Tullamore Harriers A.C.	25.09	24.53	X	23.65	28.17	27.27	28.17

Hammer - U.23 Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	211	Akers, Rachel	Marian A.C.	55.86	55.13	55.56	56.50	55.33	54.42	56.50
2	206	Healy, Karen	Fr. Murphys A.C.	41.78	45.45	44.64	44.39	X	42.60	45.45