

## Round 1 National Track & Field CIT Cork June 14th 2009

<b>MEN</b>		<b>Premier</b>	<b>Division 1</b>
		<b>5000m</b>	<b>5000m</b>
Guest		15.21.72	
	Tullamore	15.30.26	Limerick 14.42.00
	Meath	15.56.61	An Riocht 15.44.30
	West Waterford	15.59.03	Kerry 15.56.71
	Menapians	16.30.63	Ferrybank 16.37.16
	DSD	16.36.11	Togher/ Bandon 17.07.83
	Galway	17.08.77	Kilkenny 17.43.16
	Leevale	17.08.96	
Guest		17.14.38	
	St Abbans	17.16.87	
	<b>4 x 400m</b>		<b>4 x 400m</b>
	Menapians	3.22.31	Limerick 3.27.90
	Leevale	3.23.50	Kerry 3.31.91
	St Abbans	3.30.08	Ferrybank 3.37.42
	Meath	3.37.73	Togher/ Bandon 3.38.75
	DSD	3.38.73	Menapians 3.41.67
	Galway	3.40.64	Kilkenny City Harriers 3.47.80
	Tullamore	3.57.79	Clare 4.01.13
			An Riocht 4.13.67
	<b>800m</b>		<b>800m</b>
	St Abbans	1.57.64	Ferrybank 2.00.42
	Menapians	1.58.46	Togher/ Bandon 2.05.50
	Leevale	2.00.09	Clare 2.07.84
	DSD	2.00.26	Kerry 2.09.64
	Meath	2.02.23	Limerick 2.12.50
	Galway	2.04.00	Kilkenny City Harriers 2.15.34
Guest		2.04.25	An Riocht 2.25.35
Guest		2.06.65	Menapians 2.44.87
	West Waterford	2.23.14	
	Tullamore	2.25.35	
	<b>1500m</b>		<b>1500m</b>
	West Waterford	4.01.36	Ferrybank 4.06.03
Guest		4.02.29	Guest 4.06.74
Guest		4.03.51	Kerry 4.14.29
	Menapians	4.07.07	Clare 4.16.30
	DSD	4.11.83	Togher 4.21.06
	St Abbans	4.14.86	Limerick 4.21.95
	Leevale	4.15.76	Kilkenny City Harriers 4.22.45
Guest		4.17.06	An Riocht 4.27.65
	?	4.21.17	
	Tullamore	4.42.96	

<b>MEN</b>	<b>400m</b>		<b>400m</b>	
	Tullamore	49.77	Limerick	50.59
	St Abbans	50.64	Kerry	51.14
	Leevale	50.79	Togher/ Bandon	52.06
	Meath	50.79	Ferrybank	52.49
	Menapians	50.90	An Riocht	53.31
	Galway	52.96	Clare	55.60
	DSD	54.42	Kilkenny City Harriers	56.69
			Menapians	57.24
	<b>110m H</b>	<b>Wind 1.6</b>	<b>110mH</b>	<b>Wind 2.9</b>
Guest		14.42	Limerick	17.23
	St Abbans	15.72	Menapians	17.99
	West Waterford	18.46	Ferrybank	18.85
	Menapians	19.67	An Riocht	22.18
	DSD	21.09	Clare	22.39
	<b>100m</b>	<b>Wind 3.0</b>	<b>100m</b>	<b>Wind</b>
	Tullamore	11.21	Kilkenny City Harriers	11.25
	Meath	11.24	An Riocht	11.41
	Menapians	11.26	Kerry	11.42
	Leevale	11.40	Menapians	11.79
	St Abbans	11.41	Guest	11.97
	DSD	11.44	Ferrybank	12.14
	Galway	12.16	Clare	12.21
			Togher/ Bandon	13.07
	<b>200m</b>		<b>200m</b>	
	Meath	22.16	Kilkenny City Harriers	22.91
	Menapians	22.34	Guest	23.05
	Leevale	22.58	Togher/ Bandon	23.86
	DSD	22.85	Menapians	24.44
Guest		24.42	Clare	24.68
	Galway	24.93	Ferrybank	24.81
	Tullamore	25.04		
	<b>4 x 100m</b>		<b>4 x 100m</b>	
	Meath	43.81	Kerry	44.48
	Leevale	Disq	Limerick	45.18
	St Abbans	45.14	Menapians	46.37
	DSD	45.76	Ferrybank	46.81

Tullamore	46.56
Galway	47.07

Kilkenny City Harriers	47.26
Togher/ Bandon	48.00
Clare	48.04
An Riocht	50.65

**MEN**

**3000m Steeplechase**

Meath	9.57.6
DSD	10.12.9
Galway	10.33.9
West Waterford	10.39.7
Tullamore	12.02.5
Leevale	12.57.3

**3000m Walk**

West Waterford	11.58.90
Menapians	12.46.73
Tullamore	18.46.61

**35lb**

Meath	6.24
Leevale	5.61
DSD	3.42
Tullamore	5.83
Menapians	3.01

**High Jump**

Menapians	1.55
Meath	1.60
Galway	1.60
DSD	1.65
West Waterford	1.75
Tullamore	1.80
St. Abbans	1.85

**Triple Jump**

DSD	11.91
Meath	10.90
West Waterford	12.02
Menapians	13.33
Leevale	13.87
St. Abbans	14.75

**Shot Putt**

**3000m Steeplechase**

Clare	9.58.6
An Riocht	9.59.9
Ferrybank	10.21.5
Toher/ Bandon	10.49.9
Kilkenny City Harriers	13.12.6

**300m Walk**

Kerry	13.19.83
Togher/ Bandon	15.25.20
Limerick	17.37.45

**35lb**

An Riocht	3.47
Ferrybank	3.57
Bandon	4.96
KCH	6.29
Kerry	6.88

**High Jump**

Menapians	1.60
Bandon	1.50
Limerick	1.60
Kerry	1.70
KCH	1.75
Ferrybank	1.75

**Triple Jump**

KCH	10.49
Ferrybank	11.26
An Riocht	11.45
Kerry	11.51
Limerick	12.01
Clare	12.19
Bandon	13.16

**Shot Putt**

Guest 15.00.98

Galway	7.24
DSD	8.10
Menapians	8.28
Leevale	10.10
Tullamore	11.47
Meath	12.52

**Javelin**

Leevale	19.08
DSD	25.58
Menapians	26.20
Galway	26.41
West Waterford	27.16
St. Abbans	28.80
Meath	41.32
Tullamore	43.58

**Hammer**

Tullamore	18.43
Galway	19.80
St. Abbans	39.62
Leevale	54.58
Meath	54.76

**Discus**

DSD	20.15
Tullamore	30.33
St. Abbans	32.33
Meath	40.98
Leevale	42.62

**Pole Vault**

Tullamore	3.00
St. Abbans	3.00
West Waterford	3.40

**Long Jump**

Tullamore	4.99
DSD	5.18
Meath	5.64
CCH	6.10
Menapains	6.31
St. Abbans	6.42
Leevale	6.57

Ferrybank	8.77
An Riocht	7.08
Bandon	7.54
Menapians	8.64
Limerick	8.77
Kerry	12.63

**Javelin**

Menapians	20.67
Limerick	32.28
Kerry	33.03
Bandon	38.40
Ferrbank	39.82
Clare	41.90
Kilkenny	50.64

**Hammer**

Bandon	41.60
Ferrybank	19.58
Kerry	51.42

**Discus**

Bandon	17.00
Clare	18.00
Menapians	19.80
Limerick	25.53
Ferrybank	29.27
Kerry	44.44

**Pole Vault**

An Riocht	2.60
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**Long Jump**

KCH	5.18
Clare	5.25
Ferrybank	5.57
Kerry	5.62
An Riocht	5.87
Menapians	5.91
Limerick	6.02
Bandon	6.62

<b>WOMEN</b>		<b>Premier</b>		<b>Division</b>	
		<b>4 x 400m</b>		<b>4 x 400m</b>	
		Leevale	4.02.99	St Abbans	4.09.00
		Bandon Composite	4.08.63	Kilkenny City Harriers	4.12.57
		DSD	4.15.78	Kerry	4.14.14
		Borrisokane	4.21.95	Kildare	4.36.97
		Meath	4.23.26	Galway	4.39.24
				Tullmaore	4.51.06
		<b>800m</b>		<b>800m</b>	
Guest			2.20.40		
Guest			2.20.79		
		Bandon Composite	2.24.96	St Abbans	2.25.46
		DSD	2.26.95	Kildare	2.28.08
		Meath	2.27.86	Guest	2.38.31
		Borrisokane	2.29.52	Galway	2.51.61
		Ferrybank	2.35.37	Tullamore	3.00.91
		Leevale	2.36.67		
		<b>1500m</b>		<b>1500m</b>	
		Borrisokane	4.50.23	St Abbans	4.40.99
		DSD	4.53.46	Guest	4.50.44
		Ferrybank	5.01.70	Kerry	4.54.94
		Bandon Composite	5.01.74	Tullamore	4.56.86
		Leevale	5.04.18	Guest	5.11.55
		Meath	5.04.86	Kilkenny City Harriers	5.25.32
				Kildare	5.34.59
		<b>400m</b>		<b>400m</b>	
		Leevale	56.30	St Abbans	59.05
		Ferrybank	57.22	Kilkenny City Harriers	59.34
		Borrisokane	60.19	Guest	61.61
		DSD	62.91	Kildare	61.97
		Meath	64.72	Galway	73.57
				Tullamore	78.76
		<b>100m H</b>	<b>Wind 3.7</b>	<b>100m H</b>	<b>Wind 1.5</b>
		Bandon Composite	15.94	Kildare	16.84
		Borrisokane	16.49	Galway	17.34
		Ferrybank	16.58	Kerry	17.80
		Meath	16.63	Tullamore	18.11
		Leevale	16.90	St Abbans	19.97
		DSD	16.97		
		<b>100m</b>	<b>Wind 4.4</b>	<b>100m</b>	<b>Wind 2.6</b>
		Bandon Composite	11.89	Kerry	12.33



Ferrybank	10.69
Borrisokane	10.7

### Shot Putt

Leevale	6.27
DSD	7.75
Meath	8.84
Borrisokane	9.91
Ferrybank	9.98
Bandon	10.4

### Javelin

DSD	18.17
Meath	28.26
Ferrybank	29.75
Bandon	31.35
Leevale	33.41

### Pole Vault

Bandon	1.9
Leevale	2.3
Borrisokane	2.5
Ferrybank	2.7

### High Jump

Kelly Proper	1.65
Bandon	1.5
Borrisokane	1.45
Leevale	1.60
DSD	1.6

### Long Jump

Leevale	4.78
DSD	3.53
Bandon	4.96
Meath	4.96
Borrisokane	4.98
Ferrybank	5.4

### Discus

DSD	18.06
Leevale	19.43
Meath	22.98
Borrisokane	29.7
Bandon	30.52

Kerry	10.6
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### Shot Putt

Kildare	6.36
Galway	7.21
Tullamore	7.56
Kilkenny	9.4
Kerry	9.96
St. Abbans	10.19

### Javelin

Galway	9.84
Kilkenny	15.62
Tullamore	20.97
Kildare	26.48
Kerry	35.2

### Pole Vault

Kerry	2.3
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### High Jump

St. Abbans	1.25
Tullamore	1.4
Kildare	1.45
Galway	1.5
Kerry	1.5
KCH	1.7

### Long Jump

Galway	4.41
St. Abbans	4.5
Tullamore	4.58
Kilkenny	4.69
Kildare	4.88
Kerry	4.93

### Discus

Kerry	37.68
KCH	26.08
Galway	17.78
Kildare	20.01
St. Abbans	26

Ferrybank 33.63

**Hammer**

Borrisokane 31.99

DSD 32.2

Bandon 34.7

Meath 34.86

Ferrybank 35.99

Tullamore 26.05

**Hammer**

Galway 14.87

St. Abbans 31.87

Tullamore 31.93

Kerry 42.33

Kilkenny 48.28