

## Premier Men

### 110m Hurdles

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Time</i>
1		North Down	16.21
2	Tom Reynolds	Clonliffe Harriers	16.93
3	Denis Finnegan	Leevale	16.97
4	Liam Houlihan	West Waterford	19.01
5	Kevin Byrne	DSD	20.42
6	Gary Park	Crusaders	22.11

### 3000m Walk

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Time</i>
1	Joe Conway	West Waterford	14.26.51
2	D Lillefosse	Clonliffe Harriers	17.10.73
3	Chris Marringier	Leevale	17.13.98
4	Brian Barron	North Down	17.21.68

### 400m Hurdles

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Time</i>
1	J Lyons	Clonliffe Harriers	54.14
2	Patrick Maher	Leevale	54.81
3	Ian Neely	Ballymena & Antrim	55.90
4	Rob Walsh	Crusaders	59.84
5	James Budde	North Down	60.38
6	Shane Cowzer	DSD	63.85
7	Rory Moloney	West Waterford	69.91

### 4\*100m Relay

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Mark</i>
1		Ballymena & Antrim	42.65
2		Leevale	43.50
3		DSD	43.96
4		Clonliffe Harriers	44.92
5		North Down	45.46
6		West Waterford	50.75

### 1500m

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Time</i>
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## Premier Women

### 100m Hurdles

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Time</i>
1	Becky Mc Allister	Ballymena & Antrim	16.06
2	Avril Dillon	DSD	16.13
3	Katey Byrd	Leevale	16.18
4	Katie Hewitt	North Down	16.36
5	Nicola Power	Ferrybank	17.15
6	Debbie Porteous	City of Lisburn	17.40

### 1500m Walk

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Time</i>
1	Emma Doherty	City of Lisburn	7.14.98
2	Caroline Philpott	Leevale	9.53.05
3	Janine Munnis	North Down	9.54.97

### 400m Hurdles

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Time</i>
1	Christine Mc Mahon	Ballymena & Antrim	61.10
2	Katie Hewitt	North Down	66.98
3	Kate Humphries	Leevale	70.93
4	Lynsey Monteith	City of Lisburn	73.59
5	Nicki Cowzer	DSD	75.02
6	Melina Van Der Valk	Ferrybank	78.18

### 4\*100m Relay

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Mark</i>
1		Leevale	48.72
2		Ballymena & Antrim	50.43
3		DSD	50.86
4		Ferrybank	50.90
5		North Down	52.39
6		City of Lisburn	52.81

### 1500m

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Time</i>
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1	B Paine	Clonliffe Harriers	4.01.27
2	Sandis Brillitas	West Waterford	4.02.57
3	Robert Corbally	DSD	4.04.95
4	John Carlisle	North Down	4.07.84
5	James Grifferty	Leevale	4.10.60
6	Karl Fitzmaurice	Crusaders	4.10.79
7	Patrick Mc Cann	Ballymena & Antrim	4.27.86

1	Charlotte French O Car	DSD	4.37.72
2	Niamh Ryan	Ferrybank	4.49.56
3	Rachel Gibson	City of Lisburn	4.55.08

#### 400m

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Time</i>
1	Cathal Owens	Leevale	49.44
2	J Laffey	Clonliffe Harriers	49.77
3	Mark Patterson	North Down	49.93
4	Joe Dowling	DSD	50.81
5	Gary Coulter	Ballymena & Antrim	51.18
6	James Iddingham	West Waterford	51.32
7	John Keegan	Crusaders	53.89

#### 400m

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Time</i>
1	Louise Mc Ardle	Leevale	57.12
2	Sinead Denny	DSD	58.33
3	Kim Shaw	North Down	60.57
4	Maeve Keenan	Ballymena & Antrim	65.00
5	Beth Walsh	Ferrybank	65.70
6	Karyn Dummigan	City of Lisburn	67.60

#### 3000m Steeplechase

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Time</i>
1	Sandis Britilas	West Waterford	9.57.79
2	James Budde	North Down	10.14.25
3	Kian Jennings	DSD	10.16.98
4	Gary Park	Crusaders	10.51.09
5	K Brady	Clonliffe Harriers	11.36.86

#### 3000m

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Time</i>
1	Bryonny Treston	DSD	10.14.87
2	Maria Halley	Ferrybank	10.19.50
3	Rachel Pearson	City of Lisburn	11.16.30
4	Janine Munnis	North Down	18.22.54

#### 200m

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Time</i>
1	Steve Colvert	Crusaders	21.95
2	John Houston	Ballymena & Antrim	22.36
3	P O Connor	Clonliffe Harriers	22.60
4	Kenny Elliott	North Down	22.79
5	Mark Kavanagh	DSD	23.06
6	Brendan Moran	West Waterford	23.63

#### 200m

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Time</i>
1	Jessica Zebo	Leevale	25.46
2	Kalyn sheehan	Ferrybank	25.57
3	Kim Shaw	North Down	26.68
4	Hannah Todd	Ballymena & Antrim	26.76
5	Laura Mc Burney	City of Lisburn	27.27
6	Avril Dillon	DSD	27.29

#### 800m

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Time</i>
1	Michael Dyer	North Down	1.55.82
2	James Leddingham	West Waterford	1.56.95
3	Neil Cowzer	DSD	1.59.02

#### 800m

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Time</i>
1	Claire Mc Sweeney	Leevale	2.21.25
2	Kitty Walsh	Ferrybank	2.23.54
3	Rachel Gibson	City of Lisburn	2.24.66

4 Karl Fahy	Crusaders	1.59.52
5 Shane Murray	Leevale	2.00.55
6 A Jenkinson	Clonliffe Harriers	2.05.41
7 Patrick Mc Cann	Ballymena & Antrim	2.06.75

4 Niamh Denny	DSD	2.31.32
5 Gemma Mc Anirn	North Down	2.53.48

### 5000m

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Time</i>
1	R Zakis	West Waterford	14.54.35
2	John Eves	DSD	15.21.67
3	Jarlath Falls	Ballymena & Antrim	15.23.32
4	M Mac Diarmada	Clonliffe Harriers	15.30.38
5	Francis Marsh	North Down	15.48.07
6	Thomas Maunsell	Leevale	16.13.69
7	Sean Curran	Crusaders	17.58.53

### 100m

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Time</i>
1	Steve Solvert	Crusaders	11.30
2	Dean Adams	Ballymena & Antrim	11.52
3	Kenny Elliott	North Down	11.69
4	David Quilligan	Leevale	11.74
5	C Coleman	Clonliffe Harriers	11.76
6	Mark Kavanagh	DSD	11.89
7	Brendan Moran	West Waterford	13.25

### 100m

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Time</i>
1	Kalyn Sheehan	Ferrybank	12.78
2	Ailis Mc Sweeney	Leevale	12.87
3	Anna Boyle	Ballymena & Antrim	12.95
4	Zita Murphy	DSD	13.24
5	Laura Mc Burney	City of Lisburn	13.61
6	Natalie Steel	North Down	14.02

### 4\*400m

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Time</i>
1		Leevale	3.25.39
2		North Down	3.26.42
3		Clonliffe Harriers	3.26.52
4		Ballymena & Antrim	3.27.42
5		DSD	3.33.39
6		Crusaders	3.57.10

### 4\*400m

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Time</i>
1		Leevale	3.58.99
2		Ballymena & Antrim	4.03.96
3		DSD	4.18.04
4		Ferrybank	4.21.38
5		North Down	4.28.10

### Hammer

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Distance</i>
1	Pawel Hazler	Leevale	54.32
2	M Hunt	Clonliffe Harriers	53.42
3	Lorcan Carpenter	Crusaders	48.86
4	Michael Morrisey	West Waterford	42.14
5	Chris Summers	North Down	32.22
6	Lorcan Kinsella	DSD	16.23

### Hammer

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Distance</i>
1	Cara Kennedy	Ferrybank	44.25
2	Melissa Freel	North Down	34.60
3	Rhiannon Rose	City of Lisburn	16.48
4	CJ Mc Donald	Ballymena & Antrim	9.79

**Pole Vault**

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Height</i>
1	D Donegan	Clonliffe Harriers	4.60
2	Lian Houlihan	West Waterford	3.80
3	Gillis Wanlin	Crusaders	2.80
4	Kevin Baker	DSD	2.80
5	David Killeen	Leevale	2.60

**Pole Vault**

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Height</i>
1	Lisa Houlihan	Ferrybank	2.80
2	Sarah Ryan	Leevale	2.60
3	Sylvia Rose	City of Lisburn	2.00

**Long Jump**

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Distance</i>
1	David Quilligan	Leevale	6.80
2	Caolan Flanagan	Ballymena & Antrim	6.62
3	Conor Sexton	DSD	6.22
4	Tom Reynolds	North Down	6.20
5	S Cuhhiskey	Clonliffe Harriers	6.11
6	Tomas Burke	Crusaders	5.72
7	Joe Conway	West Waterford	2.57

**Long Jump**

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Distance</i>
1	Imelda Morrison	Leevale	5.56
2	Nicola Power	Ferrybank	5.40
3	Hannah Todd	Ballymena & Antrim	5.25
4	Linzi Herron	City of Lisburn	5.22
5	Katie Dixon	North Down	4.94
6	Grainne Moggan	DSD	4.61

**Discus**

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Distance</i>
1	Pawel Hawler	Leevale	47.73
2	Jeremy Harper	North Down	45.46
3	T Raypus	Clonliffe Harriers	41.30
4	Phil Conway	Crusaders	27.83
5	Leslie Leung	Ballymena & Antrim	27.72
6	Brian Mc Dermott	DSD	27.32
7	Kenneth Power	West Waterford	26.91

**Discus**

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Distance</i>
1	Zoe Scanlon	Ferrybank	37.32
2	Kathy Heatherington	North Down	29.23
3	Samantha Leetch	Ballymena & Antrim	20.53
4	Katey Byrd	Leevale	19.77
5	Marietta Mergenthaler	DSD	19.48

**High Jump**

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Height</i>
1	M Klinzow	Clonliffe Harriers	1.85
2	Gary Coulter	Ballymena & Antrim	1.80
3	Liam Houlihan	West Waterford	1.75
4	Tom Reynolds	North Down	1.75
5	Dan Fernee	Crusaders	1.65
6	Kevin Byrne	DSD	1.55

**High Jump**

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Height</i>
1	Deirdre Ryan	DSD	1.70
2	Claire Wilkinson	Ballymena & Antrim	1.65
3	Linzi Herron	City of Lisburn	1.65
4	Paula Mc Carthy	Leevale	1.60
5	Keri Craig	North Down	1.50

**Shot Putt**

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Distance</i>
1	L Mangan	Clonliffe Harriers	13.49

**Shot Putt**

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Distance</i>
1	Cara Kennedy	Ferrybank	9.13

2	Jeremy Harper	North Down	12.59
3	Michael Morrissey	West Waterford	11.40
4	Joe Nagle	Leevale	9.95
5	Phil Conway	Crusaders	9.94
6	Leslie Leung	Ballymena & Antrim	9.30
7	Kevin Byrne	DSD	7.66

2	Grainne Moggan	DSD	8.72
3	Samantha Leetch	Ballymena & Antrim	8.71
4	Gemma Mc Anirn	North Down	8.43
5	Rhiannon Rose	City of Lisburn	6.79
6	Caroline Philpott	Leevale	6.68

### Javelin

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Distance</i>
1	D Delaney	Clonliffe Harriers	49.35
2	Brian Mc Dermott	DSD	46.47
3	Kenneth Power	West Waterford	40.26
4	Sean Mc Mahon	Ballymena & Antrim	39.73
5	James Budde	North Down	36.41
6	Gillis Wanlin	Crusaders	31.82
7	Joe Nagle	Leevale	13.21

### Javelin

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Distance</i>
1	Paula Mc Carthy	Leevale	32.79
2	Sarah Newell	North Down	29.93
3	Zoe Scanlon	Ferrybank	28.73
4	Mankuba Moleba	DSD	24.83
5	Becky Mc Allister	Ballymena & Antrim	23.50
6	Sylvia Rose	City of Lisburn	23.38

### Triple Jump

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Distance</i>
1	Denis Finnegan	Leevale	14.30
2	M Matuzzi	Clonliffe Harriers	12.90
3	Ciaran Cronin	DSD	12.44
4	Caolan Flanagan	Ballymena & Antrim	12.30
5	Pete Glass	North Down	12.00
6	Dan Fernee	Crusaders	11.00
7	Rory Moloney	West Waterford	8.70

### Triple Jump

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Distance</i>
1	Hannah Todd	Ballymena & Antrim	11.11
2	Katie Dixon	North Down	10.67
3	Debbie Porteous	City of Lisburn	10.58
4	Katie Byrd	Leevale	10.50
5	Nicola Power	Ferrybank	10.35
6	Rachel Reddy	DSD	10.18

### 56lb Weight for Distance

<i>Place</i>	<i>Athlete</i>	<i>Club</i>	<i>Distance</i>
1	T Raypus	Clonliffe Harriers	6.97
2	Dave Tiernan	Leevale	6.13
3	Lorcan Carpenter	Crusaders	5.76
4	Sean Mc Mahon	Ballymena & Antrim	5.44
5	Chris Summers	North Down	5.18
6	Lorcan Kinsella	DSD	4.33