

Athletic Association of Ireland

**Woodie's Indoor Relay Championships of Ireland
23rd January 2010**

Women's 60 Shuttle Hurdles

PLACE	NO.	NAME	CLUB	Time / Dist
1	856		Ferrybank A.C.	19.90

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Men's 60 Shuttle Hurdles

PLACE	NO.	NAME	CLUB	Time / Dist
1	843		Drogheda & District A.C.	20.80

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Women's 4 x 200m				
PLACE	NO.	NAME	CLUB	Time / Dist
1	856		Ferrybank A.C.	1.50.4H
2	857		Bandon A.C.	1.50.8H
3	881		Raheny Shamrock A.C	1.51.5H
4	869		Brothers Pearse A.C.	1.55.4H

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Men's 4 x 200m				
PLACE	NO.	NAME	CLUB	Time / Dist
1	884		Leevale A.C.	1.33.9H
2	865		Menapians A.C. B	1.35.0H
3	865		Menapians A.C. A	1.42.9H
			Raheny Shamrock A.C.	DNF

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Women's 4 x 400m

PLACE	NO.	NAME	CLUB	TIME
1	882		Raheny Shamock A.C.	4.12.16
2	856		Ferrybank A.C.	4.17.50
3	854		St. Brendan's A.C.	4.37.08

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Men's 4 x 400m				
PLACE	NO.	NAME	CLUB	TIME
1	864		Tullamore Harriers A.C.	3.26.49
2	885		Leevale A.C.	3.27.58
3	878		Metro St. Brigids	3.43.91
4	842		St. Brendan's A.C.	3.51.90

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Men's 3 x 800m				
PLACE	NO.	NAME	CLUB	Time / Dist
1	845		Galway City Harriers A.C.	6.27.7H
2	872		Limerick County A.C.	6.36.4H
3	846		Liffey Valley A.C.	6.37.2H
4	895		Tallaght A.C.	6.44.6H
5	880		Raheny Shamrock A.C.	6.46.9H

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3 x 1000m Walk Inter County				
PLACE	NO.	NAME	CLUB	Time / Dist
1	846		Kildare	15.92.2H

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Men's 56lbs x 2				
PLACE	NO.	NAME	CLUB	Time / Dist
1	845		Galway City Harriers A.C.	13.74
2	861		North Laois A.C.	13.31
3			Fr. Murphy A.C.	12.98
4	851		Brow Rangers A.C.	12.86
5	852		Leevale A.C.	11.90
6			Ferrybank A.C.	10.68
7			Brow Rangers A.C. B	10.67
8	848		Rising Sun A.C.	10.35

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Women's High Jump x 2

PLACE	NO.	NAME	CLUB	Time / Dist
1	856		Ferrybank A.C.	3.11
2	857		Bandon A.C.	2.81
3	854		St Brendans	2.54

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Men's High Jump x 2

PLACE	NO.	NAME	CLUB	Time / Dist
4	844		Craughwell A.C.	3.16
1	849		St. Abbans A.C.	4.00
2	842		St. Brendan's A.C.	3.37
3	844		Craughwell A.C. B	3.25
5	863		Templemore A.C.	3.10

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Women's Long Jump x 2

PLACE	NO.	NAME	CLUB	Time / Dist
1	856		Ferrybank A.C.	9.85
2	855		Craughwell A.C.	9.14
3	855		Craughwell A.C. B	8.65
4	857		Bandon A.C.	8.56
5	854		St. Brendan's A.C.	8.50

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Men's Long Jump x 2

PLACE	NO.	NAME	CLUB	Time / Dist
1	849		St. Abbans A.C.	12.52
2	884		Leevale A.C.	12.49
3	865		Menapians A.C.	11.04
4	863		Templemore A.C.	10.74
5	123		Craughwell A.C. B	10.72
6	844		Craughwell A.C.	10.55
7	848		Rising Sun A.C.	9.79

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Women's Triple Jump x 2

PLACE	NO.	NAME	CLUB	Time / Dist
1	856		Ferrybank A.C.	18.42
2	855		Craughwell A.C.	17.83
3	854		St. Brendan's A.C.	17.73

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Men's Triple Jump x 2

PLACE	NO.	NAME	CLUB	Time / Dist
	849		St. Abbans A.C.	
	842		St. Brendan's A.C.	
	863		Templemore A.C.	

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Women's Shot x 2				
PLACE	NO.	NAME	CLUB	Time / Dist
1	857		Bandon A.C.	18.61
2	859		St. Abbans A.C.	18.52
3	856		Ferrybank A.C.	18.25

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Men's Shot x 2				
PLACE	NO.	NAME	CLUB	Time / Dist
1	845		Galway City Harriers A.C.	28.11
2	850		Farranfore Maine Valley	26.07
3	851		Brow Rangers A.C.	22.87
4	853		Ferrybank A.C	22.09
5	852		Leevale A.C.	19.92
6	848		Rising Sun A.C.	18.25

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Men's 56lbs Senior Championship

PLACE	NO.	NAME	CLUB	Time / Dist
1	861	Fitzpatrick, Seamus	North Laois A.C.	7.77
2	845	Breathnach, Sean	Galway City Harriers A.C.	7.74
3		Nagle, James	Farranfore Maine	6.99
4	851	Maher, Sean	Brow Rangers A.C.	6.97
5	852	Tierney, Dave	Leevale A.C.	6.83
6		Hanily, Mark	Fr. Murphy A.C.	6.68
7		Hoey, Oisin	St. Michael	6.62
8		Hanily, Paddy	Fr. Murphy A.C.	6.30
9		Kelly, John	Brow Rangers A.C. B	6.00

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3000m Team Race (3 to score)				
Place	No.	Club	Time	
1	892	Liam Reale	Limerick A.C.	8.24.34
2	898	Tomas Fitzpatrick	Tallaght A.C.	8.27.48
3	870	Martin Conroy	Sligo	8.35.45
4	889	Simon Ryan	Raheny Shamrock	8.43.2
5	894	Lebeta Bekela	Limerick A.C.	8.49.4
6	893	Colm Turner	Limerick A.C.	9.03.5
7	61	Peadar O'Hairthmi	Craughwell A.C.	9.10.8
8	847	Alan Kelly	St. Ronan's A.C.	9.13.3
9	600	Paul Balfe	Liffey Valley A.C.	9.14.0
10	899	Sean Dowling	Liffey Valley A.C.	9.19.6
11	900	Andy Nason	Liffey Valley A.C.	9.29.1
12	890	Carl O'Sullivan	Raheny Shamrock	9.31.1
13	891	Ian Walsh	Raheny Shamrock	10.17.6
14	886	Dan Mc Mullan	St. Ronan's A.C.	11.14.1
15	887	Kian Masters	St. Ronan's A.C.	11.57.0
16	888	Sean Donlon	St. Ronan's A.C.	12.12.6
Team Result				
1		Limerick A.C.	1, 5, 6	12
2		Raheny Shamrock	4, 12,13	29
3		Liffey Valley A.C.	9, 10,11	30
4		St. Ronan's A.C.	8,14,15	37