

Premier Men - Tallaght Stadium

110m Hurdles (wind: -1.0m/s)				
Place	Num	Athlete	Club	Time
1	41	Joe Halwax	Dundrum South Dublin	16.27
2	43	Rouls Olusa	Clonliffe Harriers	16.39
3	44	Eamonn Fahy	Donore Harriers	17.50
4	40	Patrick Galvan	Finn Valley A.C.	21.21

3000m Walk				
Place	Num	Athlete	Club	Time
1	45	Adam McInerney	Kildare County	14.22.48
2	40	Brian O'Donnell	Finn Valley A.C.	14.23.04
3	43	Greg Hossenney	Clonliffe Harriers	17.00.77
4	46	Simon Devenney	Raheny Shamrock	20.49.96

400m Hurdles				
Place	Num	Athlete	Club	Time
1	41	Joe Halwax	Dundrum South Dublin	55.67
2	46	Dylan Kirwan	Raheny Shamrock	60.83
3	44	Max Carey	Donore Harriers	61.62
4	40	Chris Kearns	Finn Valley A.C.	67.07
5	45	Simon Monroe	Kildare County	73.64

4X100m Relay				
Place	Num	Athlete	Club	Time
1	41		Dundrum South Dublin	43.48
2	43		Clonliffe Harriers	43.50
3	44		Donore Harriers	44.19
4	46		Raheny Shamrock	44.45
5	40		Finn Valley A.C.	46.17
6	45		Kildare County	46.35

1500m				
Place	Num	Athlete	Club	Time
1	46	Kieran Kelly	Raheny Shamrock	4.03.83
2	41	Patrick MacGabhann	Dundrum South Dublin	4.04.94
3	40	Oisin Gallen	Finn Valley A.C.	4.05.55
4	43	Adam O'Brien	Clonliffe Harriers	4.08.22
5	42	John Fenton	St. Abbans A.C.	4.17.95
6	44	Kevin Nolan	Donore Harriers	4.21.12

Premier Women- Tallaght A.C.

100m Hurdles (wind: -0.3m/s)				
Place	Num	Athlete	Club	Time
1	59	Niamh Gowing	Dundrum South Dublin	15.47
2	63	Lisa Aspel	Kildare County	15.85
3	60	Isabel Breslin	Finn Valley A.C.	21.22

1500m Walk				
Place	Num	Athlete	Club	Time
1	60	Sinead McConnell	Finn Valley A.C.	7.54.76

400m Hurdles				
Place	Num	Athlete	Club	Time
1	64	Nessa Millet	St. Abbans A.C.	61.51
2	59	Molly Hourihan	Dundrum South Dublin	66.36
3	62	Aoibhinn McGoldrick	Raheny Shamrock	70.33
4	61	Emma Kelly	Clonliffe Harriers	71.10
5	63	Danielle Oghuvbu	Kildare County	80.18
6	60	Isabel Breslin	Finn Valley A.C.	91.56

4X100m Relay				
Place	Num	Athlete	Club	Time
1	59		Dundrum South Dublin	50.10
2	63		Kildare County	50.96
3	62		Raheny Shamrock	51.27
4	61		Clonliffe Harriers	51.38
5	64		St. Abbans A.C.	52.61
6	60		Finn Valley A.C.	57.11

1500m				
Place	Num	Athlete	Club	Time
1	59	Meghan Ryan	Dundrum South Dublin	4.48.53
2	62	Lucy Barrett	Raheny Shamrock	4.58.93
3	61	Hannah Browne	Clonliffe Harriers	5.10.54
4	60	Leoni Mullen	Finn Valley A.C.	5.21.97
5	64	Kara Maher	St. Abbans A.C.	5.30.46

400m				
Place	Num	Athlete	Club	Time
1	42	Jamie Pender	St. Abbans A.C.	48.94
2	44	Zak Higgins	Donore Harriers	50.23
3	43	Mark McDonald	Clonliffe Harriers	50.58
4	41	James Holden	Dundrum South Dublin	50.91
5	45	John Fitzsimons	Kildare County	52.51
6	46	Jamie Sheridan	Raheny Shamrock	52.99
7	40	Conor Breslin	Finn Valley A.C.	53.69

400m				
Place	Num	Athlete	Club	Time
1	62	Ailsling Drumgoole	Raheny Shamrock	56.48
2	63	Ellie O'Toole	Kildare County	58.55
3	59	Katie Magee	Dundrum South Dublin	59.07
4	61	Leah Bergin	Clonliffe Harriers	62.86
5	64	Ailish Brennan	St. Abbans A.C.	64.69
6	60	Kathy Branigan	Finn Valley A.C.	76.63

400m GUEST				
Place	Num	Athlete	Club	Time
1	380	David Campbell	Donore Harriers	52.59
2	413	Jamil Saidi	Ennis TC	52.88
3	430	Ronan Bloomer	BAAC	54.08
4	429	Justin Bloomer	Mid Ulster	54.20
5	432	John O'Loughlin	Crusaders	56.36

3000m S/C				
Place	Num	Athlete	Club	Time
1	46	Freddy Sittuk	Raheny Shamrock	9.49.61
2	43	Eoin McCullagh	Clonliffe Harriers	10.14.71
3	42	James Griffen	St. Abbans A.C.	10.45.76
4	40	Shane Gallagher	Finn Valley A.C.	10.58.89

3000m				
Place	Num	Athlete	Club	Time
1	63	Rachel Smyth	Kildare County	10.07.39
2	59	Fiona Clinton	Dundrum South Dublin	10.13.45
3	62	Aisling Murtagh	Raheny Shamrock	10.49.76
4	60	Michelle Hunter	Finn Valley A.C.	11.40.21
5	61	Louise Carragher	Clonliffe Harriers	12.02.65
	129	Laura Brennan (G)	Raheny Shamrocks	11.12.53
	405	Karen Costello (G)	Dunleer	10.54.16
	434	Niamh Corry (G)	Raheny Shamrocks	10.23.96
	437			11.14.62

200m (wind: -0.6 m/s)				
Place	Num	Athlete	Club	Time
1	40	Simon Archer	Finn Valley A.C.	22.12
2	41	Mark Kavanagh	Dundrum South Dublin	22.19
3	42	Eoghan Buggy	St. Abbans A.C.	22.79
4	43	Dara Kervick	Clonliffe Harriers	22.33
5	44	Adam Halpin	Donore Harriers	24.01
6	45	John Grant	Kildare County	24.05
7	46	Sean O'Driscoll	Raheny Shamrock	22.69

200m (wind: -1.7 m/s)				
Place	Num	Athlete	Club	Time
1	59	Mollie O'Reilly	Dundrum South Dublin	24.71
2	62	Susie O'Flynn	Raheny Shamrock	25.47
3	64	Laura Graham	St. Abbans A.C.	25.94
4	61	Emma Kelly	Clonliffe Harriers	26.41
5	63	Ellie O'Toole	Kildare County	26.79
6	60	Kathy Branigan	Finn Valley A.C.	31.35

200m GUEST (wind: -2.5 m/s)				
Place	Num	Athlete	Club	Time
1	399	Conor Fox	Donore Harriers	24.48
2	384	Michael Hayes	Raheny Shamrocks	24.76
3	430	Ronan Bloomer	BBAC	25.05
4	429	Justin Bloomer	Mid Ulster	26.01
5	432	John O'Loughlin	Crusaders	26.78

200m GUEST (wind: m/s)				
Place	Num	Athlete	Club	Time
	433	Emmy Coffey	DSD	29.11

800m				
Place	Num	Athlete	Club	Time
1	40	Mark Hoy	Finn Valley A.C.	1.56.67
2	41	Aengus Meldon	Dundrum South Dublin	1.57.84
3	44	Louis O'Loughlin	Donore Harriers	1.58.46
4	45	Mark Glynn	Kildare County	1.58.79
5	46	Dan Scully	Raheny Shamrock	1.58.80
6	42	Cian Kelly	St. Abbans A.C.	1.59.22
7	43	Shaun Connaghan	Clonliffe Harriers	2.02.20

800m				
Place	Num	Athlete	Club	Time
1	62	Susie O'Flynn	Raheny Shamrock	2.20.86
2	63	Lauren Tinkler	Kildare County	2.22.34
3	61	Emer Treacy	Clonliffe Harriers	2.23.52
4	59	Abbie Daly	Dundrum South Dublin	2.25.27
5	64	Maeve Maher	St. Abbans A.C.	2.28.24
6	60	Aoife McGrath	Finn Valley A.C.	2.41.17

800m - GUEST				
Place	Num	Athlete	Club	Time
	180	Robert Hewston	Kildare	2.13.24

800m - GUEST				
Place	Num	Athlete	Club	Time
	348	Aoife Ni Bhrion	Celtic DCH	
	422	Triona Nic Dhonaill	Raheny Shamrocks	
	431	Caoimhe Flynn	Raheny Shamrocks	
	435	Abbie Taylor	DSD	

5000m				
Place	Num	Athlete	Club	Time
1	46	Eoin Strutt	Raheny Shamrock	14.58.15
2	41	Robert Corbally	Dundrum South Dublin	14.58.83
3	43	Liam Roarty	Clonliffe Harriers	15.55.15
4	40	Mark McPaul	Finn Valley A.C.	16.06.05
5	45	Dave O'Connor	Kildare County	16.09.18
6	44	Mark Dooley	Donore Harriers	16.09.72
7	42	Stephen Hunter	St. Abbans A.C.	16.48.75

100m (wind: -0.4 m/s)				
Place	Num	Athlete	Club	Time
1	43	Leo Morgan	Clonliffe Harriers	10.98
2	41	Mark Kavanagh	Dundrum South Dublin	11.28
3	42	Eoghan Buggy	St. Abbans A.C.	11.40
4	46	Sean Dowling	Raheny Shamrock	11.56
5	40	Martin Mellon	Finn Valley A.C.	11.94
6	45	Stephen Oyinolla	Kildare County	12.01

100m (wind: -0.7 m/s)				
Place	Num	Athlete	Club	Time
1	64	Daena Kealy	St. Abbans A.C.	12.73
2	62	Orla Comerford	Raheny Shamrock	12.79
3	59	Niamh Gowing	Dundrum South Dublin	12.82
4	63	Vivian Fleischer	Kildare County	13.06
5	61	Rebecca Fitzsimons	Clonliffe Harriers	13.26
6	60	Lee Walsh	Finn Valley A.C.	14.26

265

14.11

100m Guest (wind: m/s)				
Place	Num	Athlete	Club	Time
	378	Liam Sheehan	Raheny Shamrocks	
	429	Justin Bloomer	Mid-Ulster	
	430	Ronan Bloomer	BAAC	

4X400m				
Place	Num	Athlete	Club	Time
1	41		Dundrum South Dublin	3.25.88
2	43		Clonliffe Harriers	3.27.47
3	46		Raheny Shamrock	3.28.62
4	42		St. Abbans A.C.	3.31.88
5	40		Finn Valley A.C.	3.32.29
6	45		Kildare County	3.38.95
7	44		Donore Harriers	3.46.54

4X400m				
Place	Num	Athlete	Club	Time
1	59		Dundrum South Dublin	4.02.69
2	62		Raheny Shamrock	4.03.66
3	61		Clonliffe Harriers	4.06.86
4	63		Kildare County	4.07.98
5	64		St. Abbans A.C.	4.18.58
6	60		Finn Valley A.C.	5.09.92

Hammer				
Place	Num	Athlete	Club	Distance
1	43	Simon Galligan	Clonliffe Harriers	55.80
2	42	Brandon Fennelly	St. Abbans A.C.	39.45
3	44	Iain Darroch	Donore Harriers	29.38
4	40	Gavin McLaughlin	Finn Valley A.C.	26.89
5	41	Andy Thompson	Dundrum South Dublin	21.85
6	45	Michael Kenny	Kildare County	17.18

Hammer				
Place	Num	Athlete	Club	Distance
1	61	Caoimhe Morris	Clonliffe Harriers	42.20
2	62	Mieke Kiernan	Raheny Shamrock	39.72
3	64	Emma Daly	St. Abbans A.C.	38.81
4	60	Jade Leeper	Finn Valley A.C.	23.23
5	59	Anita White	Dundrum South Dublin	22.44
6	63	Pauline Kenny	Kildare County	19.78

Pole Vault				
Place	Num	Athlete	Club	Height
1	43	David Donnegan	Clonliffe Harriers	4.20
2	46	Conor Birmingham	Raheny Shamrock	4.10
3	42	Conor Daly	St. Abbans A.C.	3.80
4	44	Max Carey	Donore Harriers	3.40
5	45	Tadhg Murtagh	Kildare County	3.40
6	41	Kevin Byrne	Dundrum South Dublin	2.80

Pole Vault				
Place	Num	Athlete	Club	Height
1	63	Ruth Laraige	Kildare County	3.20

Long Jump				
Place	Num	Athlete	Club	Distance
1	46	Colm Bourke	Raheny Shamrock	7.11
2	43	Keith Marks	Clonliffe Harriers	7.06
3	40	Ian Brennan	Finn Valley A.C.	6.52
4	44	Kolade Abiodun	Donore Harriers	6.22
5	45	Eddie T	Kildare County	5.42
6	41	Paul O'Callaghan	Dundrum South Dublin	4.21
7	42	Barry Pender	St. Abbans A.C.	3.81

Long Jump				
Place	Num	Athlete	Club	Distance
1	63	Vivian Fleischer	Kildare County	5.46
2	64	Ruby Millet	St. Abbans A.C.	5.45
3	59	Molly Hourihan	Dundrum South Dublin	4.94
4	62	Kim O'Hare	Raheny Shamrock	4.63
5	60	Lee Walsh	Finn Valley A.C.	4.24
6	61	Raffa Diamond Ebbs	Clonliffe Harriers	4.04

Shot Putt				
Place	Num	Athlete	Club	Distance
1	40	John Kelly	Finn Valley A.C.	16.70
2	43	Luke Mangan	Clonliffe Harriers	14.24
3	44	Niall Allen	Donore Harriers	11.28
4	45	Graham Dean	Kildare County	10.56
5	41	Andy Thompson	Dundrum South Dublin	10.48
6	42	Bernard Graham	St. Abbans A.C.	9.41
7	46	Mick Hynes	Raheny Shamrock	8.65

Shot Putt				
Place	Num	Athlete	Club	Distance
1	64	Nicole Kehoe Dowling	St. Abbans A.C.	11.11
2	60	Bridget McDyer	Finn Valley A.C.	9.91
3	59	Anita White	Dundrum South Dublin	9.41
4	63	Laura Quigley	Kildare County	8.96
5	62	Maeve Sheehan-Ryan	Raheny Shamrock	7.74
6	61	Denise Byrne	Clonliffe Harriers	7.51
		Lydnsey Glover (G)	Lagan Valley	8.42

High Jump				
Place	Num	Athlete	Club	Height
1	42	Barry Pender	St. Abbans A.C.	2.10
2	43	Keith Marks	Clonliffe Harriers	1.90
3	44	Eamonn Fahy	Donore Harriers	1.85
4	45	Ciaran Connolly	Kildare County	1.80
5	46	Kevin Byrne	Raheny Shamrock	1.75
6	40	Patrick Galvan	Finn Valley A.C.	1.60
7	41	Kevin Byrne	Dundrum South Dublin	1.50

High Jump				
Place	Num	Athlete	Club	Height
1	64	Daena Kealy	St. Abbans A.C.	1.65
2	62	Helen Buckley	Raheny Shamrock	1.45
3	63	Laura Quigley	Kildare County	1.45
4	59	Tai Daly	Dundrum South Dublin	1.4
5	61	Diane Markina	Clonliffe Harriers	1.40
6	60	Kathy Branigan	Finn Valley A.C.	1.15

Discus				
Place	Num	Athlete	Club	Distance
	40	Gavin McLaughlin	Finn Valley A.C.	37.90
	43	Rouls Olusa	Clonliffe Harriers	37.41
	45	Michael Kenny Jr	Kildare County	35.07
	41	Brian McDermott	Dundrum South Dublin	24.95
	42	Aidan Kelly	St. Abbans A.C.	24.24
	44	Niall Allen	Donore Harriers	21.92
	46	Liam Sheahan	Raheny Shamrock	21.54

Discus				
Place	Num	Athlete	Club	Distance
	59	Rose Alice Murphy	Dundrum South Dublin	26.82
	60	Jade Leeper	Finn Valley A.C.	34.55
	61	Caoimhe Morris	Clonliffe Harriers	
	62	Mieke Kiernan	Raheny Shamrock	23.23
	63	Michelle O'Dea	Kildare County	27.68
	64	Nicole Kehoe Dowling	St. Abbans A.C.	31.58

Triple Jump				
Place	Num	Athlete	Club	Distance
1	43	Andri Mahin	Clonliffe Harriers	13.41
2	44	Eamonn Fahy	Donore Harriers	13.34
3	40	Ian Brennan	Finn Valley A.C.	13.24
4	46	Matt Cotter	Raheny Shamrock	12.84
5	42	Conor Daly	St. Abbans A.C.	12.48
6	45	Tadhg Murtagh	Kildare County	11.34

Triple Jump				
Place	Num	Athlete	Club	Distance
1	63	Fiona Hill	Kildare County	11.00
2	62	Kim O'Hare	Raheny Shamrock	10.49
3	60	Kathy Branigan	Finn Valley A.C.	9.14
4	64	Laura Graham	St. Abbans A.C.	9.11
5	59	Tai Daly	Dundrum South Dublin	9.03

Javelin				
Place	Num	Athlete	Club	Distance
	43	Rory Gunning	Clonliffe Harriers	56.23
	40	Dylan Kearns	Finn Valley A.C.	50.29
	41	Brian McDermott	Dundrum South Dublin	42.85
	44	Niall Allen	Donore Harriers	40.18
	45	Mark Freeman	Kildare County	40.12
	42	John Territt	St. Abbans A.C.	34.92
	46	Simon Devenney	Raheny Shamrock	18.15

Javelin				
Place	Num	Athlete	Club	Distance
1	61	Denise Byrne	Clonliffe Harriers	35.93
2	59	Emma Coffey	Dundrum South Dublin	34.20
3	63	Nicki O'Neill	Kildare County	34.18
4	62	Helen Buckley	Raheny Shamrock	28.50
5	64	Emma Daly	St. Abbans A.C.	28.34
6	60	Bridget McDyer	Finn Valley A.C.	17.32

56 lb Weight				
Place	Num	Athlete	Club	Distance
1	44	Jacko Oostenhaven	Donore Harriers	6.65
2	45	Michael Kenny Jr	Kildare County	6.42
3	40	John Kelly	Finn Valley A.C.	5.51
4	43	Marcin Klinzoxi	Clonliffe Harriers	5.49
5	42	Bernard Graham	St. Abbans A.C.	5.39
6	46	Mick Hynes	Raheny Shamrock	5.10
7	41	Joe Halwax	Dundrum South Dublin	3.03