

Premier Men**110m Hurdles (wind:-3.0 m/s)**

	Athlete	Club	Time
1	Owen Kelly	St Abbans	16.34
2	David Mc Carthy	Kildare	17.09
3	Josh Essuman	Tallaght AC	17.34
4	Pj Galvin	Kerry	17.43
5	Damien Walsh	Menapians	18.68
6	Sean Whittke	Ferrybank AC	20.14

3000m Walk

	Athlete	Club	Time
1	Luke Hickey	Leevale AC	11.44.03
2	Nathan Murphy	Kildare	11.48.99
3		St Abbans AC	16.32.80
4	David Pervival	Menapians	23.02.56
5	Tony Lyons	Tallaght AC	24.08.97

400m Hurdles

	Athlete	Club	Time
1	Paul Byrne	ST Abbans	52.66
2	Barry Upton	Menapians	54.20
3	David Mc Carthy	Kildare	54.87
4	Ooghan Courtney	Kerry	57.04
5	Feidhlim Keyy	Raheny Shamrocks AC	59.32
6	Simon Esuman	Tallaght	61.35
7	Youn Froger	Leevale AC	66.41
Guest	Damien Walsh	Menapians	60.54

4X100m Relay

	Athlete	Club	Time
1		Leevale AC	43.52
2		Tallaght	43.67
3		Menapians	44.04
4		Kildare	44.69
5		ST Abbans	44.71
6		Kerry	50.10
		Raheny Shamrocks AC	DNF

1500m

	Athlete	Club	Time
1	Brian Kelly	ST Abbans	4.05.87

Premier Women**100m Hurdles (wind:-5.7 m/s)**

	Athlete	Club	Time
1	Jayne Pennefather	Leevale AC	17.25
2	Maeve Sheehan	Raheny Shamrocks AC	17.90
3	Roisin Howard	Bandon AC	19.42
4	Orla Foley	Kerry Athletics	21.11

1500m Walk

	Athlete	Club	Time
1	Sinead Burke	Kildare Athletics	7.07.69
2	Catherine Walsh	Wexford Athletics	7.49.91
3	Dearbhail Ivin	Ferrybank AC	14.59.54

400m H

	Athlete	Club	Time
1	Jess Neville	Leevale AC	65.09
2	Chloe Whelan	Wexford Athletics	71.02

4 x 100m Relay

	Athlete	Club	Time
1		Ferrybank AC	48.88
2		Leevale AC	50.45
3		Kerry Athletics	51.51
4		Raheny Shamrocks AC	51.63
5		Kildare Athletics	51.93
6		Wexford Athletics	52.84

1500m

	Athlete	Club	Time
1	Fiona Kehoe	Wexford Athletics	4.44.74

2	Mustaffa	Nazier	Tallaght	4.10.43	2	Carol	Finn	Leevale AC	4.50.16
3	Darragh	Browne	Kerry	4.24.01	3	Maria	O'Sullivan	Raheny Shamrocks ACSh	4.51.19
4	Donal	Foley	Raheny Shamrocks AC	4.29.33	4	Orla	Queally	Ferrybank AC	5.13.62
5	Dave	Comber	Leevale AC	4.32.00	5	Fiona	Everard	Bandon AC	5.18.66
6	Sean	Hopkins	Menapians	4.37.47	6	Ruth	Murphy	Kildare Athletics	5.21.16
Guest			St Abbans AC	4.25.75					

400m
Athlete Club Time

1	Paul	Murphy	Ferrybank	47.88
2	Kieran	Kelly	Raheny Shamrocks AC	49.77
3	Thomas	O Sullivan	Leevale AC	50.11
4	Conor	Wilson	Menapians	50.47
5	Sean	Mc Cabe	Tallaght	50.80
6	Danny	Lawler	ST Abbans	51.47
7	Kevin	Migge	Kildare	51.58
8	Johny	O Sullivan	Kerry	56.67

3000m S/C
Athlete Club Time

1	James	Griffin	St. Abbans	10.30.24
2	Luke	Coleman	Tallaght	10.38.54
3	Aston	Farrell	Kildare	11.05.94
4	Damien	Walsh	Menapians	12.06.66

200m (wind:-2.0m/s)
Athlete Club Time

1	David	Hynes	Menapians	22.19
2	Mick	Hynes	Raheny Shamrocks AC	23.36
3	Sean	Morris	Tallaght	23.49
4	Thomas	O'Sullivan	Leevale AC	23.66
5	Barry	rEGAN	ST Abbans	23.87

800m
Athlete Club Time

1	Brian	Kelly	St Abbans	1.53.61
2	Kevin	Lkelly	Kildare	1.54.52
3	Feidhlim	Kelly	Raheny Shamrocks AC	1.58.62
4	Mustafa	Nasir	Tallaght	2.01.78
5	Kevin	Lynch	Kerry	2.03.54
6	Richard	Lucas	Ferrybank AC	2.03.85

400m
Athlete Club Time

1	Louise	Shanahan	Leevale AC	57.08
2	Niamh	McNichol	Ferrybank AC	57.74
3	Brona	Furlong	Wexford Athletics	58.34
4	Aisling	Drumgoole	Raheny Shamrocks ACSh	60.37
5	Niamh	Field	Kildare Athletics	62.04
6	Clara	Heinrich	Kerry Athletics	82.14
Guest	Eimear	Lynch	Newport AC	63.12
	Marg Mary	Grace	Nenagh AC	69.14

Athlete Club Time

1	Phil	Healy	Bandon AC	24.40
2	Niamh	Whelan	Ferrybank AC	24.52
3	Shona	Lowe	Leevale AC	26.02
4	Siobhan	Donegan	Kerry Athletics	27.53
5	Niamh	Field	Kildare Athletics	28.11
6	Aisling	Moore	Raheny Shamrocks AC	28.90

800m
Athlete Club Time

1	Clare	McSweeney	Leevale AC	2.13.09
2	Brona	Furlong	Wexford Athletics	2.20.98
3	Maria	McCarthy	Kerry Athletics	2.28.50
4	Orla	Queally	Ferrybank AC	2.31.27
5	Aislinn	Hurley	Kildare Athletics	2.32.64
6			Raheny Shamrocks AC	3.14.66

7	Philip	Crowley	Leevale AC	2.08.68
8	Conor	Gaffney	Menapians	2.09.42

5000m				
	Athlete	Club	Time	
1	Tomas	Fitzpatrick	Tallaght	14.43.96
2	James	Grufferty	Leevale AC	15.03.99
3	Martin	Horan	Kildare	16.40.79
4	Donal	Foley	Raheny Shamrocks AC	17.02.40
5	Brian	Gallagher	Ferrybank AC	17.08.15
6	Lee	Savage	Menapians	17.52.56
7	James	Nolan	ST Abbans	17.58.63

3000m				
	Athlete	Club	Time	
1	Maria	O'Sullivan	Raheny Shamrocks AC	9.51.81
2	Sinead	O'Connor	Leevale AC	10.12.51
3	Maria	McCarthy	Kerry Athletics	10.20.29
4	Ruth	Murphy	Kildare Athletics	11.52.01
5	Catherine	Walsh	Wexford Athletics	12.08.08

100m (wind: -2.6 m/s)				
	Athlete	Club	Time	
1	David	Hynes	Menapians	11.10
3	Keith	Doherty	Tallaght	11.21
4	David	Quilligan	Leevale AC	11.43
6	Barry	Regan	ST Abbans	11.74
8	Mick	Hynes	Raheny Shamrocks AC	11.85
5	Jason	Foley	Kerry	11.87
7	Ikensa Sean	Ezeugo Whittle	Kildare Ferrybank AC	11.99

100m (wind: -2.7 m/s)				
	Athlete	Club	Time	
1	Phil	Healy	Bandon AC	12.11
2	Niamh	Whelan	Ferrybank AC	12.32
3	Shona	Low	Leevale AC	12.76
4	Chloe	Whelan	Wexford Athletics	13.24
5	Aoife	O'Carroll	Kerry Athletics	13.28
6	Aine	O'Connor	Kildare Athletics	13.35
7	Aisling	Moore	Raheny Shamrocks AC	14.02

4X400m				
	Athlete	Club	Time	
6		ST Abbans	3.23.29	
7		Kildare	3.25.68	1
1		Menapians	3.26.24	2
8		Raheny Shamrocks AC	3.27.08	3
4		Leevale AC	3.30.62	4
3		Tallaght	3.31.60	5
5		Kerry	3.44.05	6

4 x 400m				
	Athlete	Club	Time	
		Leevale AC	3.56.24	
		Ferrybank AC	4.14.81	
		Wexford Athletics	4.17.61	
		Kildare Athletics	4.17.62	
		Kerry Athletics	4.19.76	
		Raheny Shamrocks AC	4.24.24	

Hammer				
	Athlete	Club	Distance	
1	James	Heffernan	Leevale AC	33.60
2	Daniel	Clifford	Kerry	33.25
3	John	Devers	Tallaght	24.79
4	Aiden	Kelly	ST Abbans	21.67
5	Mick	Kenny	Kildare	17.08
6	Jimmy	O'Neill	Menapians	11.04

Hammer				
	Athlete	Club	Distance	
1	Cara	Kennedy	Ferrybank AC	52.30
2	Christina	Furlong	Wexford Athletics	41.95
3	Laura	McSweeney	Bandon AC	40.75
4	M	Kiernan	Raheny Shamrocks AC	39.42
5	Pauline	Kenny	Kildare Athletics	18.32

Pole Vault				
	Athlete	Club	Height	
1	Conor	Daly	St Abbans AC	3.00
2	Patrick	Curran	Tallaght AC	2.80
3	Simon	Monroe	Kildare County	2.20

Pole Vault				
	Athlete	Club	Height	
1	Zoe	Browne	Raheny Shamrocks AC	4.00
Guest	Clare	Wilkinson	Ballymena & Antrim AC	3.60

Long Jump				
	Athlete	Club	Distance	
1	David	Quilligan	Leevale AC AC	7.10
2	Owen	Kelly	St Abbans AC	6.80
3	Tony	Stafford	Menapians AC	6.50
4	Sean	Archer	Ferrybank AC AC	6.10
5	Keith	Doherty	Tallaght AC	6.07
6	Ikensa	Ezeugo	Kildare Athletics	6.00
7	Ian	Graham	Raheny Shamrocks ACSha	5.95
8	David	O'Neill	Kerry Athletics	5.72
Guest	Keith	Smith		6.49

Long Jump				
	Athlete	Club	Distance	
1	Kelly	Proper	Ferrybank AC	6.03
2	Antoinette	Stafford	Wexford Athletics	5.53
3	Roisin	Howard	Bandon AC	5.28
4	Emer	McCabe	Kildare Athletics	5.20
5	Jess	Sheehan	Leevale AC	5.10
6	Aoife	O'Farrell	Kerry Athletics	4.73
7	Maeve	Sheehan	Raheny Shamrocks AC	3.62

Shot Putt				
	Athlete	Club	Distance	
1	Ciaran	Stout	Kildare	12.00
2	Alan	O'Connor	Kerry	11.79
3	Michael	Gassowski	Tallaght	11.09
4	Brian	Hayes	Leevale AC	10.16
5	Willie	Reilly	St Abbans	9.45
6	Pat	Kennedy	Ferrybank AC	8.24
7	Mick	Hynes	Raheny	7.62
8	Barry	Upton	Menapians	7.05

Shot Put				
	Athlete	Club	Distance	
1	Laura	McSweeney	Bandon AC	11.12
2	Cara	Kennedy	Ferrybank AC	10.10
3	Zoe	Browne	Raheny Shamrocks AC	9.61
4	Niamh	Rochford	Wexford Athletics	9.60
5	Siobhan	Brady	Kildare Athletics	7.29
6	Lorraine	Carr	Leevale AC	7.14
7	Orna	Foley	Kerry Athletics	6.41

High Jump				
	Athlete	Club	Height	
1	Sam	Healy	Leevale AC	1.90
2	PJ	Galvin	Kerry	1.85
3	Paul	Byrne	St Abbans	1.70
4	Sean	Whittle	Ferrybank AC AC	1.70
5	Olumide	Lawal	Tallaght	1.65
6	Mickey	Cullen	Menapians AC	1.65
7	Ian	Graham	Rahenty Shamrocks	1.65
8	Ikensa	Ezeugo	Kildare	1.55

High Jump				
	Athlete	Club	Height	
1	Neasa	Murphy	Ferrybank AC	1.60
2	Roisin	Howard	Bandon AC	1.55
3	Helen	Buckley	Raheny Shamrocks AC	1.55
4	Caitriona	Corcoran	Wexford Athletics	1.45
5	Laura	Quigley	Kildare Athletics	1.40
6	Clara	Heinrich	Kerry Athletics	1.30
7	Lorraine	Carr	Leevale AC	1.30

Discus				
	Athlete	Club	Distance	
1	Daniel	Clifford	Kerry Athletics	40.01
2	Ciaran	Stout	Kildare Athletics	35.80
3	Shane	Kennedy	Ferryybank AC	30.70
4	Brian	Hayes	Leevale AC AC	30.50

Discus				
	Athlete	Club	Distance	
1	Emma	Owens	Wexford Athletics	34.46
2	Erin	Kingston	Bandon AC	29.95
3	Sarah	Bradfield	Leevale AC	28.63
4	Mieke	Kiernan	Raheny Shamrocks AC	26.48

5	Aiden	Kelly	St Abbans AC	25.50
6	Michael	Deedy	Menapians AC	14.15

5	Siobhan	Brady	Kildare Athletics	19.40
6	Orna	Foley	Kerry Athletics	12.93

Triple Jump

	Athlete	Club	Distance	
1	Eoin	Kelly	St Abbans	14.14
2	Sean	Archer	Ferrybank AC	13.71
3	Feidhlim	Kelly	Raheny	11.88
4	Sean	Mc Cabe	Tallaght	11.73
5	Youn	Frogger	Leevale AC	11.68
6	Mickey	Cullen	Menapians	11.60
7	David	O Neill	Kerry	11.49

Triple Jump

	Athlete	Club	Distance	
1	Emer	McCabe	Kildare Athletics	10.50
2	Siobhan	Whelan	Ferrybank AC	10.39
3	Jess	Sheehan	Leevale AC	10.35
4	Maeve	Sheehan	Raheny Shamrocks AC	9.95
5	Emer	Gilhooley	Wexford Athletics	9.77
6	Aoife	O'Carroll	Kerry Athletics	9.63
Guest	Niamh	Giles Doran	Ferrybank AC	9.89

Javelin

	Athlete	Club	Distance	
1	Paddy	Moore	Leevale AC	42.58
2	Shane	Kennedy	Ferrybank AC	39.05
3	Michael	Jordan	Kildare	38.73
4	Keith	Smith	Menapians AC	36.77
5	Sean	Morris	Tallaght	33.93
6	Aaron	Murphy	St Abbans	32.69
7	PJ	Galvin	Kerry	21.99
8	Conor	Walsh	Raheny	8.56

Javelin

	Athlete	Club	Distance	
1	Rachel	Roche	Bandon AC	31.37
2	Helen	Buckley	Raheny Shamrocks AC	30.35
3	Kelly	Proper	Ferrybank AC	28.63
4	Niamh	Rochford	Wexford Athletics	25.45
5	Laura	Quigley	Kildare Athletics	21.19
6	Clara	Heinrich	Kerry Athletics	18.09

56 lb Weight

	Athlete	Club	Distance	
1	William	Kelly	St Abbans	5.94
2	John	Devers	Tallaght	5.81
3	Sean	Purcell	Kerry	5.37
4	David	Hynes	Menapians	4.94
5	Paul	Stack	Leevale AC	4.65
6	Pat	Kennedy	Ferrybank AC	4.41
7	Mick	Kenny	Kildare	3.81
8	Michael	Hynes	Raheny Shamrocks	3.65