IRISH INDOOR ATHLETICS CHAMPIONS 1988-2015

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Venues: 1988-2002 Nenagh, 2003-04 Belfast, 2005 Nenagh, 2006-12 Belfast, 2013- Athlone

Most Prolific Champions:

19	Kelly Proper	60m, 200m, Long Jump, Pentathlon
15	Robert Heffernan	5000m Walk
13	Ciara Sheehy	60m, 200m
11	Derval O'Rourke	60m Hurdles
11	Sharon Foley	High Jump, Triple Jump, Pentathlon
10	John Hallissey	Pole Vault, Heptathlon
10	Brid Hallissey	60m Hurdles, Shot Put, Pentathlon
10	Mary McLoone	Long Jump, Triple Jump
10	David Donegan	Pole Vault
9	Freda Davoren	800m, 1500m
8	Terri Horgan	60m, 200m, Long Jump
8	Daragh O'Farrell	Long Jump, Heptathlon
8	Seamus Fitzpatrick	56ibs Weight for Distance
7	Gary Ryan	200m
7	Gillian O'Sullivan	3000m Walk
7	T.J Kearns	60m, 60m Hurdles
6	James Nolan	800m, 1500m
6	Eva Massey	Shot Put

MEN	60 Metres		200 Metres		400 Metres	
1988	Aidan McGrath	7.25	-	-	-	-
1989	Pat Flanagan	7.15	-	-	-	-
1990	Darren Haddock	6.9	-	-	-	-
1991	T.J. Kearns	6.98	Liam Brennan	22.81	Brendan Murphy	48.90
1992	Neil Ryan	7.07	Peter Sinclair	22.57	Frankie Higgins	50.29
1993	Jeff Pamplin	7.03	Jeff Pamplin	22.50	Stephen Newman	49.44
1994	Jeff Pamplin	7.07	Gary Ryan	22.26	Stephen Newman	49.17
1995	Sean McAteer	7.00	Peter Lyons	22.12	Brian Crossman	48.78
1996	John McAdorey	6.94	Gary Ryan	22.00	Tom McGuirk	48.90
1997	Tom Comyns	7.04	Gary Ryan	21.65	Brian Liddy	49.30
1998	Neil Ryan	6.96	Gary Ryan	21.54	Stephen Fleming	49.46
1999	Donal McCarthy	6.88	Kevin Cogley	22.03	James McIlroy	49.72
2000	Donal McCarthy	6.84	Tom Comyns	21.70	Paul Opperman	48.93
2001	John McAdorey	6.94	Paul Opperman	22.07	Robert Daly	48.80
2002	Jer O'Donoghue	6.93	Gary Ryan	21.88	David McCarthy	47.70
2003	Mark Howard	6.82	Gary Ryan	21.21	David McCarthy	47.08
2004	Paul Brizzel	6.75	Paul Hession	21.6	David McCarthy	47.70
2005	Jer O'Donoghue	6.76	Gary Ryan	21.89	David McCarthy	48.39
2006	Paul Brizzel	6.83	David Gillick	21.45	David McCarthy	47.43
2007	**Paul Hession**	**6.63**	Daniel Hynes	22.30	Paul McKee	47.56
2008	Derek Duff	6.99	Christopher Russell	22.23	Nick Hogan	48.36
2009	Paul Hession	6.71	Christopher Russell	21.93	Nick Hogan	48.77

2010	Paul Hession	6.75	Daragh Graham	21.87	Nick Hogan	48.59
2011	Dean Adams	6.85	Timothy Crowe	22.14	Brian Gregan	47.01
2012	Seye Ogunlewe	6.79	Marcus Lawler	21.86	Eoin Mulhall	48.40
2013	Keith Pike	6.92	Brian Gregan	21.33	Jason Harvey	47.94
2014	David Hynes	6.85	Marcus Lawler	21.19	Thomas Barr	47.05
2015	Keith Pike	6.86	**Marcus Lawler**	**21.08**	**Dara Kervick**	**46.53**

	800 Metres (* 600m)		1500 Metres		3,000 Metres	
1988	Peter Sinclair	1:25.27*	Ray Shanahan	4:02.58	-	-
1989	Roddy Gaynor	1:24.26*	Ray Shanahan	4:00.67	-	-
1990	Brendan Murphy	1:23.9*	Danny O'Brien	4:05.8	-	-
1991	Henry Downes	1:53.72	Pat Maloney	4:00.02	Nick O'Brien	8:11.24
1992	Declan Kennedy	1:53.00	Declan Kennedy	4:02.67	Garrett Barry	8:23.55
1993	David Matthews	1:55.20	Garrett Barry	3:54.01	Nigel Brunton	8:24.44
1994	David Matthews	1:52.10	Nigel Brunton	3:56.50	Nigel Brunton	8:29.66
1995	David Matthews	1:52.30	Nigel Brunton	3:58.07	Seamus Power	8:10.60
1996	James Nolan	1:50.38	Nigel Brunton	4:01.22	Pat O'Keeffe	8:22.88
1997	**James Nolan**	**1:48.18**	Andrew Walker	3:52.19	Cormac Troy	8:21.95
1998	James Nolan	1:50.20	Eugene O'Neill	4:06.70	John Daly	8:20.84
1999	James Nolan	1:48.91	Paul Fleming	4:00.0	Alan Merriman	8:22.46
2000	James Nolan	1:54.91	Gareth Turnbull	3:55.24	John Daly	8:28.83
2001	David Campbell	1:54.52	Liam Reale	3:57.12	Gary Murray	8:31.59
2002	Gareth Hill	1:56.94	David Kelly	3:58.08	Seamus Power	8:08.41
2003	Brendan O'Shea	1:55.01	Gary Murray	3:47.95	Robert Connolly	8:09.8
2004	Brendan O'Shea	1:50.58	Colin Costello	3:49.20	Andrew Graffin	8:04.64
2005	Darragh Greene	1:53.70	David McCarthy II	3:56.77	Mark Hanrahan	8:40.08
2006	Ciaran O'Connell	1:53.09	**James Nolan**	**3:44.12**	Joe McAlister	8:16.96
2007	Liam Reale	1:51.19	Gareth Turnbull	3.44.28	**Mark Christie**	**7:58.12**
2008	James McIlroy	1:49.61	Gareth Hill	3:52.37	Gareth Turnbull	8:06.10
2009	Joe Warne	1:54.15	Alan O'Brien	3:49.12	Richard Corcoran	8:10.30

2010	James McIlroy	1:52.73	Colin Costello	3:58.81	Alan O'Brien	8:11.44
2011	Mark English	1:51.62	Paul Robinson	3:52.60	Dan Mulhare	8:05.26
2012	Brian Kelly	1:54.94	Daniel Mooney	3:52.83	Mark Christie	8:01.29
2013	Mark English	1:48.44	John Coghlan	3:47.43	John Travers	7:58.54
2014	Niall Touhy	1:52.24	David McCarthy	3:49.50	Alex Bruce-Littlewood	8:02.13
2015	Mark English	1:51.34	John Travers	3:49.93	Paul Pollack	8:09.81

	60 Metres Hurdles		High Jump		Pole Vault	
1988	Martin O'Grady	8.63	Peter Minogue	2.00	Liam Hennessy	4.47
1989	Sean Cahill	8.53	Michael Power	2.02	Michael Hyland	3.73
1990	T.J. Kearns	7.8	Michael Power	2.01	John Hallissey	3.60
1991	T.J. Kearns	7.97	Peter Minogue	2.00	John Hallissey	4.00
1992	Sean Cahill	8.13	Antoine Burke	2.00	John Hallissey	4.00
1993	T.J. Kearns	8.03	Antoine Burke	2.10	John Hallissey	3.90
1994	T.J. Kearns	7.89	Antoine Burke	2.10	John Hallissey	4.40
1995	T.J. Kearns	7.95	Stephen Dowdall	2.03	John Hallissey	4.80
1996	T.J. Kearns	7.91	Raymond Swan	1.95	**John Hallissey**	**5.01**
1997	Trevor McGlynn	8.36	Ronan Kane	2.00	John Hallissey	4.50
1998	Ashley Henry	8.77	Mark Mandy	2.23	Dylan McDermott	4.40
1999	Brendan Burke	8.44	Antoine Burke	2.15	Peter McGloughlin	4.40
2000	Paul Conroy	8.37	**Brendan Reilly**	**2.24**	Liam Long	3.60
2001	Trevor McGlynn	8.30	Chris McDermott	1.95	David Donegan	4.30
2002	Paul Conroy	8.22	Mark Crowley	2.06	David Donegan	4.10
2003	Paul Tohill	8.21	Adrian O'Dwyer	2.10	David Donegan & Ruairi O'Briain	4.65
2004	Paul Tohill	8.04	Adrian O'Dwyer	2.24	Brendan McConville	4.60
2005	Ian McDonald	8.40	Brian Flatley	1.93	Liam Houlihan	4.00
2006	Slaven Dizdarevic SVK	8.18	Caolan Flanagan	2.05	Anthony McCreery	4.60
2007	Ian McDonald	8.08	Mark Crowley	2.15	Brendan McConville & Anthony McCreery	4.55

2008	Peter Coghlan	7.80	Mark Crowley	2.10	David Donegan	4.75
2009	Ben Reynolds	8.04	Christopher Crowley	2.15	David Donegan	4.83
2010	Ciaran O'Cathain	8.57	Barry Pender	2.15	David Donegan	4.85
2011	Ian McDonald	8.05	Barry Pender & Kourosh Foroughi	2.10	David Donegan	4.80
2012	**Ben Reynolds**	**7.75**	Barry Pender	2.15	David Donegan	4.60
2013	Matthew Field	8.20	Barry Pender	2.03	David Donegan	4.60
2014	Ian McDonald	8.22	Kourosh Foroughi	2.15	Ian Rogers	4.60
2015	Gerard O'Donnell	8.32	Barry Pender	2.20	Ian Rogers & David Donegan	4.80

	Long Jump		Triple Jump		Shot Put	
1988	Joe Naughton	6.53	Jim Hayes	13.26	Pat Hartigan	15.37
1989	Michael Power	6.76	A. Lackey	13.52	Pat Hartigan	14.39
1990	Eugene Brennan	6.89	Thomas Nolan	12.90	Victor Costello	15.63
1991	Stephen Graham	6.73	Billy Oakes	14.22	Victor Costello	16.08
1992	Joe Naughton	6.66	Mark O'Dwyer	13.44	Victor Costello	16.75
1993	Gary Mander	6.80	Jim Hayes	14.32	William Tyrrell	14.73
1994	Michael Hallahan	6.91	P.J. Galvin	13.31	William Tyrrell	14.92
1995	Daragh O'Farrell	6.87	**Michael McDonald**	**15.26**	Dave Sweeney	13.69
1996	Norman Stephenson	6.57	Liam Kelly	13.60	Jason Flynn	14.84
1997	Gareth Devlin	7.01	Norman Stephenson	14.07	John Leahy	15.71
1998	Stuart Finnie	6.96	Patrick Shannon	14.63	Jason Flynn	15.94
1999	Daragh O'Farrell	7.00	Patrick Shannon	14.32	John Leahy	15.56
2000	Daragh O'Farrell	7.01	Michael McDonald	14.31	John Leahy	16.35
2001	Daragh O'Farrell	6.87	Patrick Shannon	14.90	John Leahy	16.35
2002	Michael Murray	6.87	Patrick Shannon	15.09	Iain McMullan	16.27
2003	Stephen Fleming	6.96	Patrick Shannon	14.29	Eoin Leen	16.66
2004	Daragh O'Farrell	6.84	Michael Wyss SUI	14.43	Paul Crowe	14.59
2005	Daragh O'Farrell	7.01	Alan Saulters	14.03	John Leahy	15.85
2006	**Ciaran McDonagh**	**7.93**	Leslie Leung	14.09	Kieren Kelly	16.78
2007	Daragh O'Farrell	7.16	Denis Finnegan	14.08	Kieren Kelly	17.03

2008	Stephen Fleming	7.26	Denis Finnegan	14.42	Kieren Kelly	18.20
2009	Brendan Marshall	6.94	Eoin Kelly	14.67	Kieren Kelly	18.84
2010	Eoin Hannon	7.40	Eoin Kelly	14.70	**Kieren Kelly**	**18.85**
2011	Adam McMullan	7.13	Frances Egan	14.43	Sean Breathnach	16.14
2012	Eamonn Fahy	7.10	Alan Kennedy	14.98	Sean Breathnach	15.92
2013	Adam McMullen	7.17	Eoin Kelly	14.44	Sean Breathnach	16.75
2014	Adam McMullan	7.48	Anthony Daffurn	14.99	Sean Breathnach	16.15
2015	Adam McMullan	7.80	Niall Counihan	14.34	Sean Breathnach	17.42

	56 Pounds Weight (Distance)		Heptathlon		5,000m Walk	
1988	-	-	Michael Power	4770o	Jimmy McDonald	19:39.41
1989	-	-	Michael Power	4995o	Jimmy McDonald	19:40.19
1990	-	-	Joe Naughton	5097o	Pat Murphy	20:11.6
1991	John Menton	8.23	Joe Naughton	5139o	Jimmy McDonald	19:30.0
1992	Pat Maher	7.78	Ian Condron	4203	Bobby O'Leary	19:32.40
1993	Seamus Fitzpatrick	7.86	Joe Naughton	4735	Jimmy McDonald	20:47.44
1994	John Menton	8.00	Joe Naughton	4554	Michael Casey	21:28.61
1995	John Menton	7.83	John Hallissey	4336	Jamie Costin	21:12.70
1996	Seamus Fitzpatrick	7.78	John Hallissey	4665	Jimmy McDonald	19:49.90
1997	John Farrelly	7.30	Derek Hayes	4790	Pat Ryan	20:43.91
1998	Seamus Fitzpatrick	7.61	Daragh O'Farrell	????	Robert Heffernan	21:05.14
1999	Seamus Fitzpatrick	7.63	Stuart Kennedy	3444	Robert Heffernan	21:05.25
2000	**John Menton**	**8.78**	Colin Byrne	3322p	Robert Heffernan	19:51.69
2001	John Menton	8.74	Chris McDermott	3330p	Robert Heffernan	19:12.31
2002	*not held ?*		Paul Tohill	3493p	Robert Heffernan	18:53.09
2003	John Menton	8.27	Trevor McGlynn	3427p	Robert Heffernan	19:16.95
2004	Seamus Fitzpatrick	8.06	Kevin Burke	4296p	Robert Heffernan	19:05.60
2005	Paul Crowe	8.19	**Kevin Burke**	**4506p**	Robert Heffernan	19:20.8

2006	Seamus Fitzpatrick	7.37	Trevor McGlynn	3141p	Colin Griffin	20:24.02
2007	Seamus Fitzpatrick	8.08	Christopher Crawley	3377p	Robert Heffernan	19:11.58
2008	Sean Breathnach	8.24	Philip Kearney	3228p	**Robert Heffernan**	**18:51.46**
2009	Sean Breathnach	8.01	Brian Flatley	2959p	Robert Heffernan	19:23.27
2010	Seamas Fitzpatrick	7.77	Kevin Grant	2728p	Robert Heffernan	19:24.64
2011			Ger Cremin	2528p	Robert Heffernan	19:09.56
2012	David Tierney	8.16	Ger Cremin	2674p	Robert Heffernan	19:06.58
2013	David Tierney	8.27	Michael Bowler	3431p	Robert Heffernan	19:13.03
2014			Michael Bowler	3528p	Alex Wright	19:25.98
2015			Michael Bowler	3198p	Alex Wright	19:52.36

o - octathlon, p - pentathlon

WOMEN

	60 Metres		200 Metres		400 Metres	
1988	Vivianne McGoldrick	7.70	-	-	-	-
1989	Norma Farrell	7.7	-	-	-	-
1990	Norma Farrell	7.7	-	-	-	-
1991	Terri Horgan	7.73	Patricia Amond	25.21	Evanna Morrissey	60.01
1992	Michelle Carroll	7.2	Michelle Carroll	24.63	Emma Nicholson	57.04
1993	Michelle Carroll	7.50	Emma Nicholson	25.41	Emma Nicholson	57.24
1994	Terri Horgan	7.81	Karen Mills	25.20	Michelle Gregg	58.97
1995	Emer Haastrup	7.95	Terri Horgan	25.37	Emma Nicholson	54.7
1996	Lena Barry	7.86	Marisa Smith	25.02	Fiona Norwood	58.91
1997	Lena Barry	7.63	Ciara Sheehy	25.24	Karen Shinkins	56.11
1998	Lena Barry	7.53	Lena Barry	24.69	Karen Shinkins	53.99
1999	Ciara Sheehy	7.62	Ciara Sheehy	24.60	Karen Shinkins	54.26
2000	Ciara Sheehy	7.56	Ciara Sheehy	24.58	**Karen Shinkins**	**53.50**
2001	Ciara Sheehy	7.67	Ciara Sheehy	24.38	Karen Shinkins	53.70
2002	Ciara Sheehy	7.56	Ciara Sheehy	24.20	Martina McCarthy	55.45
2003	Ciara Sheehy	7.45	Ciara Sheehy	23.72	Joanne Cuddihy	57.85

2004	Anna Boyle	7.46	Ciara Sheehy	24.11	**Joanne Cuddihy**	**53.50**
2005	Ailis McSweeney	7.40	Ciara Sheehy	24.34	Catriona Cuddihy	56.45
2006	**Anna Boyle**	**7.32**	Amy Foster	24.90	Joanne Cuddihy	54.13
2007	Anna Boyle	7.38	Gemma Hynes	25.36	Elaine McCaffrey	56.54
2008	Ailis McSweeney	7.46	Niamh Whelan	24.69	Brona Furlong	55.78
2009	Niamh Whelan	7.50	Kelly Proper	24.10	Marian Andrews	54.20
2010	Clare Brady	7.35	Kelly Proper	24.14	Jo Patterson	56.43
2011	**Ailis McSweeney**	**7.32**	Kelly Proper	24.08	Marian Andrews	54.00
2012	Amy Foster	7.37	Stephanie Creamer	24.64	Christine McMahon	56.06
2013	Kelly Proper	7.45	Kelly Proper	23.84	Shauna Cannon	55.13
2014	**Amy Foster**	**7.32**	Kelly Proper	23.56	Sinead Denny	54.30
2015	Kelly Proper	7.38	**Kelly Proper**	**23.27**	Christine McMahon	55.06

	800 Metres		1500 Metres		3,000 Metres	
1988	Susanne Cobbe	1:38.14*	Grainne Butler	4:43.22	-	-
1989	Kathryn Walley	1:41.6*	Siobhan Kavanagh	4:49.7	-	-
1990	Evanna Morrissey	1:39.5*	U. Murray	5:01.4	-	-
1991	**Aisling Molloy**	**2:04.69**	Bernie Kavanagh	4:52.78	Catherine Hennessy	10:21.69
1992	Arlene Smith	2:13.61	Bernie Kavanagh	4:44.16	Catherine Hennessy	10:42.46
1993	Bernie Kavanagh	2:12.76	Bernie Kavanagh	4:38.87	Catherine Hennessy	10:20.30
1994	Bernie Kavanagh	2:21.37	Roisin Smyth	4:41.0	Roisin Smyth	10:08.17
1995	Liz Gallagher	2:14.7	Annette Kealy	4:45.06	Geraldine Hendricken	9:36.42
1996	Freda Davoren	2:09.65	Freda Davoren	4:35.10	Louise Cavanagh	9:42.63
1997	Freda Davoren	2:09.95	Freda Davoren	4:27.33	Pauline Curley	9:58.20
1998	Freda Davoren	2:08.55	Freda Davoren	4:24.65	Louise Cavanagh	9:38.67
1999	Geraldine Nolan	2:11.34	Freda Davoren	4:32.43	Niamh Beirne	9:42.51
2000	Sinead Delahunty	2:09.93	Emmanuel McMahon	4:51.27	Niamh Beirne	9:57.46
2001	Freda Davoren	2:09.85	Freda Davoren	4:22.01	Louise Cavanagh	9:43.67
2002	Regina Murphy	2:18.34	Geraldine Hendricken	4:17.9	Geraldine Hendricken	9:22.43
2003	Aoife Byrne	2:06.98	Maria Lynch	4:15.50	Maria Lynch	9:09.27
2004	Christine Long	2:12.41	Aoife Byrne	4:21.7	**Maria McCambridge**	**8:56.48**

2005	Aoife Byrne	2:09.68	Sinead Peoples	4:53.19	Sheila Doyle	10:40.83
2006	Lyndsey Monteith	2:12.70	Orla Drumm	4:28.21	Pauline Curley	9:36.49
2007	Kelly Reid	2:08.73	Kelly Reid	4:21.01	Orla Drumm	9:46.52
2008	Ann Marie McGlynn	2:14.62	Ciara Mageean	4:24.07	Hazel Murphy	9:26.99
2009	Laura Crowe	2:11.45	Ciara Mageean	4:20.88	Deirdre Bryne	9:04.74
2010	Ciara Mageean	2:07.82	Kelly McNeice	4:14.63	Deirdre Bryne	9:03.53
2011	Ciara Everard	2:12.01	Mary Cullen	4:19.25	Kerry Harty	9:31.81
2012	Ciara Everard	2:07.34	Orla Drumm	4:20.54	Hazel Murphy	9:20.35
2013	Ciara Everard	2:07.77	**Fionnuala Britton**	**4:13.96**	Lizzie Lee	9:45.63
2014	Ciara Everard	2:06.23	Claire Tarplee	4:30.59	Deirdre Doyle	9:53.64
2015	Ciara Everard	2:06.63	Kerry O'Flaherty	4:16.49	Maria McCambridge	9:26.77

- - 600 metres

	60m Hurdles		High Jump		Pole Vault	
1988	Susan Smith	8.87	Michelle Costigan	1.75	-	-
1989	Susan Smith	8.71	Michelle Costigan	1.64	-	-
1990	Elaine Murphy	8.8	Sharon Foley	1.77	-	-
1991	Brid Hallissey	8.88	Terese McDonald	1.70	-	-
1992	Brid Hallissey	8.89	Laura Sharpe	1.76	-	-
1993	Jean O'Gorman	8.89	Sharon Foley	1.81	-	-
1994	Brid Hallissey	8.95	**Laura Sharpe**	**1.85**	-	-
1995	Brid Hallissey	8.78	Laura Sharpe	1.80	-	-
1996	Susan Smith	8.44	Sharon Foley	1.75	-	-
1997	Patricia Naughton	8.83	Sharon Foley	1.80	-	-
1998	Aine Cuddihy	8.87	Sharon Foley	1.75	Elaine Murphy	2.40
1999	Derval O'Rourke	8.63	Bridget Corrigan	1.73	Maria Brangan	2.40
2000	Derval O'Rourke	8.77	Orna Donoghue	1.70	Juliet Claffey	2.91
2001	Derval O'Rourke	8.78	Deirdre Ryan	1.75	Shirley Buchanan	3.05
2002	Derval O'Rourke	8.52	Deirdre Ryan	1.84	Juliet Claffey	3.10

2003	Derval O'Rourke	8.25	Sharon Gallen (Foley)	1.70	Zoe Brown	3.55
2004	Derval O'Rourke	8.35	Deirdre Ryan	1.75	Zoe Brown	4.10
2005	Derval O'Rourke	8.27	Rosemary Daniels	1.65	Edel O'Meara	2.60
2006	**Derval O'Rourke**	**7.90**	Sharon Heveran	1.76	Juliet Claffey	3.30
2007	Leona Byrne	9.12	**Deirdre Ryan**	**1.85**	Zoe Brown	3.65
2008	Mairead Murphy	8.70	**Deirdre Ryan**	**1.85**	Zoe Brown	3.80
2009	Derval O'Rourke	8.12	Pamela Hughes	1.65	Zoe Brown	4.00
2010	Derval O'Rourke	8.18	Rosemary Daniels	1.75	Clare Wilkinson	3.90
2011	Mairead Murphy	8.46	Cathriona Farrell	1.70	Tori Pena	4.00
2012	Derval O'Rourke	8.21	Cathriona Farrell	1.70	Claire Wilkinson	3.80
2013	Sarah Lavin	8.36	Emily Rogers	1.65	Zoe Brown	4.07
2014	Sarah Lavin	8.33	Gráinne Moggan	1.68	**Zoe Brown**	**4.31**
2015	Catherine McManus	8.44	Cathriona Farrell	1.77	Claire Wilkinson	3.65

	Long Jump		Triple Jump		Shot Put	
1988	Terri Horgan	5.92	-	-	Marita Walton	14.73
1989	Siobhan Hoey	5.46	-	-	Marita Walton	13.84
1990	Terri Horgan	5.96	-	-	Elaine Hayes	11.02
1991	Terri Horgan	6.00	Marie O'Meara	11.01	Brid Hallissey	11.14
1992	Terri Horgan	6.00	Jocelyn Hanrahan	11.01	Brid Hallissey	12.04
1993	Terri Horgan	5.95	Siobhan Hoey	11.46	Marita Walton	13.32
1994	Janice O'Brien	5.79	Jocelyn Hanrahan	11.14	Emma Gavin	11.84
1995	Jacqui Stokes	5.86	Patricia Cahill	10.90	Edel Meagher	11.96
1996	Jacqui Stokes	5.70	Siobhan Hoey	11.98	Emma Gavin	12.70
1997	Shauna Colhoun	5.75	Siobhan Hoey	12.38	Emma Gavin	13.31
1998	Aine Cuddihy	5.79	Siobhan Hoey	11.98	Bridie Lynch	11.85
1999	Antoinette Furlong	5.60	Siobhan Hoey	12.24	Emma Gavin	13.54
2000	Antoinette Furlong	5.71	Mary McLoone	11.57	Eva Massey	14.03

2001	Shauna Colhoun	5.84	Taneisha Robinson	12.38	Eva Massey	13.81
2002	Antoinette Furlong	5.90	Sharon Foley	11.67	Geraldine Stewart	12.38
2003	Antoinette Furlong	5.83	Sharon Gallen (Foley)	12.24	Eva Massey	16.32
2004	Antoinette Furlong	6.01	**Taneisha Robinson**	**12.92**	Geraldine Stewart	12.38
2005	Mary McLoone	5.69	Mary McLoone	11.94	Geraldine Stewart	12.25
2006	Kelly Proper	6.19	Brona Furlong	11.47	Eva Massey	15.54
2007	Kelly Proper	6.19	Gillian Kerr	12.73	Eva Massey	14.92
2008	Kelly Proper	6.28	Mary McLoone	12.25	**Eva Massey**	**15.39**
2009	Kelly Proper	6.32	Mary McLoone	12.80	Clare Fitzgerald	13.11
2010	**Kelly Proper**	**6.35**	Mary McLoone	12.50	Fiona Moloney	11.90
2011	Kelly Proper	6.22	Mary McLoone	12.50	Sophie Parkinson	10.94
2012	Kelly Proper	6.34	Mary McLoone	12.47	Clare Fitzgerald	13.91
2013	Kelly Proper	5.91	Mary McLoone	12.48	Claire Fitzgerald	14.75
2014	**Kelly Proper**	**6.35**	Caoimhe King	12.84	Claire Fitzgerald	14.94
2015	Kelly Proper	6.22	Mary McLoone	12.10	Alanna Frattaroli	12.72

	Pentathlon		3,000m Walk	National League
1988	Brid Hallissey	3384	Marie Walsh	15:24.72
1989	Brid Hallissey	3605	Perri Williams	15:34.29
1990	Geraldine Finegan	3252	Marie Walsh	13:52.2
1991	Brid Hallissey	3673	Marie Walsh	13:51.95
1992	**Brid Hallissey**	**3909**	Marie Walsh	14:10.37
1993	Sharon Foley	3834	Perri Williams	14:02.89
1994	Sharon Foley	3805	Deirdre Gallagher	13:32.91
1995	Sharon Foley	3786	Deirdre Gallagher	12:57.21
1996	Fiona Mullen	2649	Deirdre Gallagher	12:41.41
1997	Orna Donoghue	3055	Deirdre Gallagher	12:55.10
1998	Fiona Kavanagh	3167	Gillian O'Sullivan	13:21.2
1999	Fiona Kavanagh	3319	Gillian O'Sullivan	12:58.13

2000	Orna Donoghue	3268	Gillian O'Sullivan	12:28.97	
2001	Orna Donoghue	3293	Gillian O'Sullivan	12:20.62	
2002	Orna Donoghue	3218	Olive Loughnane	13:06.76	
2003	Orna Donoghue	3604	**Gillian O'Sullivan**	**11:35.34**	
2004	Geraldine Finnegan	3139	Gillian O'Sullivan	11:59.79	
2005	Geraldine Finnegan	3168	Olive Loughnane	12:50.86	
2006	Kelly Proper	3362	Ann Loughnane	13:18.71	
2007	Liz McCarthy	1892	Gillian O'Sullivan	12.40.81	
2008	Roisin Howard	2924	Olive Loughnane	13:05.16	
2009	Geraldine Finnegan	2908	Laura Reynolds	13:52.30	
2010	Claire McNamara	3050	Zuzana Malikova SVK	12:36.43	
2011	Geraldine Finnegan	2894	Laura Reynolds	12:47.55	
2012	Leona Bryne	3396	Laura Reynolds	12.46.23	
2013	Geraldine Finnegan	2658	Laura Reynolds	13:05.84	
2014	Laura Frey	2869	Lauren Whelen	14:22.96	Leevale AC
2015	Roisin Howard	3251	Veronica Burke	14:40.89	Leevale AC