

Irish Indoor Athletics Champions 1988-2018

Venues:

1988-2002	Nenagh (Nenagh Indoor Complex)
2003-2004	Belfast (Odyssey Arena)
2005	Nenagh (Nenagh Indoor Complex)
2006-2012	Belfast (Odyssey Arena)
2013- 2016	Athlone (Athlone International Arena)
2017-	Dublin (National Indoor Arena Abbotstown)

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

Championships organised by:

1988-1999 Championships organised by Bord Lúthchleas na hÉireann (BLÉ)
2000 - present Championships organised by Athletic Association of Ireland (AAI)

60m Men

1988	Aidan McGrath	Nenagh Olympic	7.25	
1989	Pat Flanagan	Waterford	7.15	
1990	Darren Haddock	Togher	6.90	
1991	T.J. Kearns	Dublin City Harriers	6.98	
1992	Neil Ryan	Nenagh Olympic	7.07	
1993	Jeff Pamplin	University College Dublin	7.03	
1994	Jeff Pamplin	Dublin City Harriers	7.07	
1995	Sean McAteer	Harolds Cross	7.00	
1996	John McAdorey	Ballymena & Antrim	6.94	
1997	Tom Comyns	Limerick	7.04	
1998	Neil Ryan	Nenagh Olympic	6.96	
1999	Donal McCarthy	Leevale	6.88	
2000	Donal McCarthy	Leevale	6.84	
2001	John McAdorey	Ballymena & Antrim	6.94	
2002	Jer O'Donoghue	Leevale	6.93	
2003	Mark Howard	Fingallians	6.82	
2004	Paul Brizzel	Ballymena & Antrim	6.75	
2005	Jer O'Donoghue	Leevale	6.76	
2006	Paul Brizzel	Ballymena & Antrim	6.83	
2007	Paul Hession	Athenry	6.63	Championship Record
2008	Derek Duff	Leevale	6.99	
2009	Paul Hession	Athenry	6.71	
2010	Paul Hession	Athenry	6.75	
2011	Dean Adams		6.85	

2012	Seye Ogunlewe	Celbridge	6.79
2013	Keith Pike	Clonliffe Harriers	6.92
2014	David Hynes	Menapians	6.85
2015	Keith Pike	Clonliffe Harriers	6.86
2016	Craig Lynch	Shercock	6.81
2017	Leon Reid	Menapians	6.74
2018	Leon Reid	Menapians	6.72

200m Men

1991	Liam Brennan	Donore Harriers	22.81
1992	Peter Sinclair	Banbridge	22.57
1993	Jeff Pamplin	Dublin City Harriers	22.50
1994	Gary Ryan	Nenagh Olympic	22.26
1995	Peter Lyons	Dublin City Harriers	22.12
1996	Gary Ryan	Nenagh Olympic	22.00
1997	Gary Ryan	Nenagh Olympic	21.65
1998	Gary Ryan	Nenagh Olympic	21.54
1999	Kevin Cogley	DMP	22.03
2000	Tom Comyns	Limerick	21.70
2001	Paul Opperman	Dublin City Harriers	22.07
2002	Gary Ryan	Nenagh Olympic	21.88
2003	Gary Ryan	Nenagh Olympic	21.21
2004	Paul Hession	Athenry	21.60
2005	Gary Ryan	Nenagh Olympic	21.89
2006	David Gillick	Dundrum South Dublin	21.45
2007	Daniel Hynes	Menapians	22.30
2008	Christopher Russell	Ferrybank	22.23
2009	Christopher Russell	Ferrybank	21.93
2010	Daragh Graham		21.87
2011	Timmy Crowe	Limerick	22.14
2012	Marcus Lawler	St. Laurence O'Toole	21.86
2013	Brian Gregan	Clonliffe Harriers	21.33
2014	Marcus Lawler	St. Laurence O'Toole	21.19
2015	Marcus Lawler	St. Laurence O'Toole	21.08
2016	Marcus Lawler	St. Laurence O'Toole	20.96
2017	Leon Reid	Menapians	21.08
2018	Leon Reid	Menapians	21.36

Championship Record

400m Men

1991	Brendan Murphy	Cashel	48.90
1992	Frankie Higgins	Letterkenny	50.29
1993	Stephen Newman	Dublin City Harriers	49.44
1994	Stephen Newman	Dublin City Harriers	49.17
1995	Brian Crossman	Boston	48.78
1996	Tom McGuirk	Dublin City Harriers	48.90
1997	Brian Liddy	University College Dublin	49.30
1998	Stephen Fleming	University College Cork	49.46
1999	James McIlroy	Ballymena & Antrim	49.72
2000	Paul Opperman	Dundrum South Dublin	48.93
2001	Robert Daly	Dundrum South Dublin	48.80
2002	David McCarthy	Celbridge	47.70
2003	David McCarthy	Celbridge	47.08
2004	David McCarthy	Celbridge	47.70
2005	David McCarthy	Le Cheile	48.39
2006	David McCarthy	Le Cheile	47.43
2007	Paul McKee	Beechmount Harriers	47.56
2008	Nick Hogan	Dundrum South Dublin	48.36
2009	Nick Hogan	Dundrum South Dublin	48.77

2010	Nick Hogan	Dundrum South Dublin	48.59	
2011	Brian Gregan	Clonliffe Harriers	47.01	
2012	Eoin Mulhall	Crusaders	48.40	
2013	Jason Harvey	Crusaders	47.94	
2014	Thomas Barr	Ferrybank	47.05	
2015	Dara Kervick	Clonliffe Harriers	46.53	Championship Record
2016	Richard Morrissey	Crusaders	47.51	
2017	Brian Gregan	Clonliffe Harriers	46.59	
2018	Andrew Mellon	Crusaders	47.32	

800m Men

1988	Peter Sinclair	Banbridge	01.25.27 *	
1989	Roddy Gaynor	Letterkenny	01.24.26 *	
1990	Brendan Murphy	Cashel	01.23.90 *	
1991	Henry Downes	West Limerick	01.53.72	
1992	Declan Kennedy	Dublin City Harriers	01.53.00	
1993	David Matthews	University College Dublin	01.55.20	
1994	David Matthews	University College Dublin	01.52.10	
1995	David Matthews	University College Dublin	01.52.30	
1996	James Nolan	University College Dublin	01.50.38	
1997	James Nolan	University College Dublin	01.48.18	Championship Record
1998	James Nolan	University College Dublin	01.50.20	
1999	James Nolan	University College Dublin	01.48.91	
2000	James Nolan	University College Dublin	01.54.91	
2001	David Campbell	Maynooth	01.54.52	
2002	Gareth Hill	Ballymena & Antrim	01.56.94	
2003	Brendan O'Shea	Slaney Olympic	01.55.01	
2004	Brendan O'Shea	Slaney Olympic	01.50.58	
2005	Darragh Greene	Dunleer	01.53.70	
2006	Ciaran O'Connell	Glaslough Harriers	01.53.09	
2007	Liam Reale	Limerick	01.51.19	
2008	James McIlroy	Abbey	01.49.61	
2009	Joe Warne	Doheny	01.54.15	
2010	James McIlroy	Ballymena & Antrim	01.52.73	
2011	Mark English	Letterkenny	01.51.62	
2012	Brian Kelly	St. Abban's	01.54.94	
2013	Mark English	University College Dublin	01.48.44	
2014	Niall Touhy	Ferrybank	01.52.24	
2015	Mark English	University College Dublin	01.51.34	
2016	Mark English	University College Dublin	01.51.57	
2017	Kieran Kelly	Raheny Shamrock	01.56.00	
2018	Mark English	University College Dublin	01.53.53	

1500m Men

1988	Ray Shanahan	Leevale	04.02.58	
1989	Ray Shanahan	Leevale	04.00.67	
1990	Danny O'Brien	Limerick	04.05.80	
1991	Pat Maloney	Rathfarnham/Ajax	04.00.02	
1992	Declan Kennedy	Dublin City Harriers	04.02.67	
1993	Garrett Barry	North Cork	03.54.01	
1994	Nigel Brunton	University College Dublin	03.56.50	
1995	Nigel Brunton	University College Dublin	03.58.07	
1996	Nigel Brunton	University College Dublin	04.01.22	
1997	Andrew Walker	University College Dublin	03.52.19	
1998	Eugene O'Neill	Crusaders	04.06.70	
1999	Paul Fleming	Rathfarnham WSAF	04.00.00	
2000	Gareth Turnbull	St Malachy's	03.55.24	

2001	Liam Reale	Limerick	03.57.12	
2002	David Kelly	Dundrum South Dublin	03.58.08	
2003	Gary Murray	St. Malachy's	03.47.95	
2004	Colin Costello	Star of the Sea	03.49.20	
2005	David McCarthy II	West Waterford	03.56.77	
2006	James Nolan	University College Dublin	03.44.12	Championship Record
2007	Gareth Turnbull	St. Malachy's	03.44.28	
2008	Gareth Hill	Ballymena & Antrim	03.52.37	
2009	Alan O'Brien	Crusaders	03.49.12	
2010	Colin Costello	Star of the Sea	03.58.81	
2011	Paul Robinson	St. Coca's	03.52.60	
2012	Daniel Mooney	Letterkenny	03.52.83	
2013	John Coghlan	Metro St. Brigids	03.47.43	
2014	David McCarthy	West Waterford	03.49.50	
2015	John Travers	Donore Harriers	03.49.93	
2016	Eoin Everard	Kilkenny City Harriers	04.01.17	
2017	John Travers	Donore Harriers	03.50.44	
2018	Kieran Kelly	Raheny Shamrock	04.08.70	

3000m Men

1991	Nick O'Brien	London Irish	08.11.24	
1992	Garrett Barry	North Cork	08.23.55	
1993	Nigel Brunton	University College Dublin	08.24.44	
1994	Nigel Brunton	University College Dublin	08.29.66	
1995	Seamus Power	Kilmurray/Ibrickane	08.10.60	
1996	Pat O'Keefe	University College Cork	08.22.88	
1997	Cormac Troy	Tullamore Harriers	08.21.95	
1998	John Daly	Nenagh Olympic	08.20.84	
1999	Alan Merriman	Liffey Valley	08.22.46	
2000	John Daly	Nenagh Olympic	08.28.83	
2001	Gary Murray	St Malachy's	08.31.59	
2002	Seamus Power	Kilmurray/Ibrickane	08.08.41	
2003	Robert Connolly	Dundrum South Dublin	08.09.80	
2004	Andrew Graffin	Belgrave Harriers	08.04.64	
2005	Mark Hanrahan	Leevale	08.40.08	
2006	Joe McAlister	St. Malachy's	08.16.96	
2007	Mark Christie	Mullingar Harriers	07.58.12	Championship Record
2008	Gareth Turnbull	St. Malachy's	08.06.10	
2009	Richard Corcoran	Raheny Shamrock	08.10.30	
2010	Alan O'Brien		08.11.44	
2011	Dan Mulhare		08.05.26	
2012	Mark Christie	Mullingar Harriers	08.01.29	
2013	John Travers	Donore Harriers	07.58.54	
2014	Alex Bruce-Littlewood	Leevale	08.02.13	
2015	Paul Pollock	Annadale Striders	08.09.81	
2016	Eoin Everard	Kilkenny City Harriers	08.13.63	
2017	Eoin Everard	Kilkenny City Harriers	08.19.69	
2018	John Travers	Donore Harriers	08.25.21	

60m Hurdles Men

1988	Martin O'Grady	Nenagh Olympic	8.63
1989	Sean Cahill	Cushinstown	8.53
1990	T.J. Kearns	Dublin City Harriers	7.80
1991	T.J. Kearns	Dublin City Harriers	7.97
1992	Sean Cahill	Cushinstown	8.13
1993	T.J. Kearns	Dublin City Harriers	8.03
1994	T.J. Kearns	Dublin City Harriers	7.89

1995	T.J. Kearns	Dublin City Harriers	7.95	
1996	T.J. Kearns	Dublin City Harriers	7.91	
1997	Trevor McGlynn	Strabane	8.36	
1998	Ashley Henry	Corran	8.77	
1999	Brendan Burke	Limerick	8.44	
2000	Paul Conroy	Dublin City Harriers	8.37	
2001	Trevor McGlynn	Dublin City Harriers	8.30	
2002	Paul Conroy	Dublin City Harriers	8.22	
2003	Paul Tohill	Mid Ulster	8.21	
2004	Paul Tohill	Mid Ulster	8.04	
2005	Ian McDonald	Crusaders	8.40	
2006	Slaven Dizdarevic SVK	Crusaders	8.18	
2007	Ian McDonald	Crusaders	8.08	
2008	Peter Coghlan	Crusaders	7.80	
2009	Ben Reynolds	North Down	8.04	
2010	Ciaran O’Cathain	Roscommon	8.57	
2011	Ian McDonald	Crusaders	8.05	
2012	Ben Reynolds	North Down	7.75	
2013	Matthew Field		8.20	
2014	Ian McDonald	Crusaders	8.22	
2015	Gerard O’Donnell	Carrick-on-Shannon	8.32	
2016	Ben Reynolds	North Down	7.73	Championship Record
2017	Ben Reynolds	North Down	7.83	
2018	Matthew Behan	Crusaders	7.84	

5000m Walk Men

1988	Jimmy McDonald	Slaney Olympic	19.39.41	
1989	Jimmy McDonald	SDS	19.40.19	
1990	Pat Murphy	Olympic	20.11.60	
1991	Jimmy McDonald	Dublin City Harriers	19.30.00	
1992	Bobby O’Leary	Clonliffe Harriers	19.32.40	
1993	Jimmy McDonald	Dublin City Harriers	20.47.44	
1994	Michael Casey	Sligo	21.28.61	
1995	Jamie Costin	West Waterford	21.12.70	
1996	Jimmy McDonald	Dublin City Harriers	19.49.90	
1997	Pat Ryan	Mullingar Harriers	20.43.91	
1998	Robert Heffernan	Togher	21.05.14	
1999	Robert Heffernan	Togher	21.05.25	
2000	Robert Heffernan	Togher	19.51.69	
2001	Robert Heffernan	Togher	19.12.31	
2002	Robert Heffernan	Togher	18.53.09	
2003	Robert Heffernan	Togher	19.16.95	
2004	Robert Heffernan	Togher	19.05.60	
2005	Robert Heffernan	Togher	19.20.80	
2006	Colin Griffin	Ballinamore	20.24.02	
2007	Robert Heffernan	Togher	19.11.58	
2008	Robert Heffernan	Togher	18.51.46	
2009	Robert Heffernan	Togher	19.23.27	
2010	Robert Heffernan	Togher	19.24.64	
2011	Robert Heffernan	Togher	19.09.56	
2012	Robert Heffernan	Togher	19.06.58	
2013	Robert Heffernan	Togher	19.13.03	
2014	Alex Wright	Calry	19.25.98	
2015	Alex Wright	Leevale	19.52.36	
2016	Brendan Boyce	Letterkenny	20.17.81	
2017	Alex Wright	Leevale	18.50.70	Championship Record
2018	Alex Wright	Leevale	18.59.62	

High Jump Men

1988	Peter Minogue	Harolds Cross	2.00	
1989	Michael Power	Limerick	2.02	
1990	Michael Power	Limerick	2.01	
1991	Peter Minogue	Harolds Cross	2.00	
1992	Antoine Burke	Dooneen	2.00	
1993	Antoine Burke	Dooneen	2.10	
1994	Antoine Burke	Dooneen	2.10	
1995	Stephen Dowdall	Clonliffe Harriers	2.03	
1996	Raymond Swan	Newbridge	1.95	
1997	Ronan Kane	Crusaders	2.00	
1998	Mark Mandy	Birchfield	2.23	
1999	Antoine Burke	University College Dublin	2.15	
2000	Brendan Reilly	Unnattached	2.24	Equal Championship Record
2001	Chris McDermott	Roscommon	1.95	
2002	Mark Crowley	Dublin City Harriers	2.06	
2003	Adrian O'Dwyer	Kilkenny City Harriers	2.10	
2004	Adrian O'Dwyer	Kilkenny City Harriers	2.24	Equal Championship Record
2005	Brian Flatley	Claremorris	1.93	
2006	Caolan Flanagan	Ballymena & Antrim	2.05	
2007	Mark Crowley	Dublin City Harriers	2.15	
2008	Mark Crowley	Dublin City Harriers	2.10	
2009	Christopher Crowley	Belgooly	2.15	
2010	Barry Pender	St. Abban's	2.15	
2011	Barry Pender (tied)	St. Abban's	2.10	
2011	Kourosh Foroughi (tied)	Star of the Sea	2.10	
2012	Barry Pender	St. Abban's	2.15	
2013	Barry Pender	St. Abban's	2.03	
2014	Kourosh Foroughi	Star of the Sea	2.15	
2015	Barry Pender	St. Abban's	2.20	
2016	Andrew Heney	Clonliffe Harriers	2.00	
2017	Ryan Carthy Walsh	Adamstown	2.00	
2018	Barry Pender	St. Abban's	2.24	Equal Championship Record

Long Jump Men

1988	John Naughton	Nenagh Olympic	6.53
1989	Michael Power	Limerick	6.76
1990	Eugene Brennan	St Anne's	6.89
1991	Stephen Graham	West Dublin	6.73
1992	John Naughton	Nenagh Olympic	6.66
1993	Gary Mander	Harolds Cross	6.80
1994	Michael Hallahan	Leevale	6.91
1995	Daragh O'Farrell	Borrisokane	6.87
1996	Norman Stephenson	DMP	6.57
1997	Gareth Devlin	Ballymena & Antrim	7.01
1998	Stuart Finnie	Border Harriers	6.96
1999	Daragh O'Farrell	Borrisokane	7.00
2000	Daragh O'Farrell	Borrisokane	7.01
2001	Daragh O'Farrell	Borrisokane	6.87
2002	Michael Murray	West Waterford	6.87
2003	Stephen Fleming	Crusaders	6.96
2004	Daragh O'Farrell	Borrisokane	6.84
2005	Daragh O'Farrell	Borrisokane	7.01
2006	Ciaran McDonagh	Fr. Murphy	7.93
2007	Daragh O'Farrell	Borrisokane	7.16
2008	Stephen Fleming	Crusaders	7.26
2009	Brendan Marshall	Mullingar Harriers	6.94
2010	Eoin Hannon	Tullamore Harriers	7.40
2011	Adam McMullan	Crusaders	7.13
2012	Eamonn Fahy	Donore Harriers	7.10

2013	Adam McMullen	Crusaders	7.17	
2014	Adam McMullan	Crusaders	7.48	
2015	Adam McMullan	Crusaders	7.80	
2016	Adam McMullen	Crusaders	7.73	
2017	Adam McMullen	Crusaders	7.59	
2018	Adam McMullen	Crusaders	7.99	Championship Record

Triple Jump Men

1988	Jim Hayes	Waterford	13.26	
1989	A. Lackey	Annadale Striders	13.52	
1990	Thomas Nolan	Newbridge	12.90	
1991	Billy Oakes	Leevale	14.22	
1992	Mark O'Dwyer	Limerick	13.44	
1993	Jim Hayes	Waterford	14.32	
1994	P.J. Galvin	Beaufort	13.31	
1995	Michael McDonald	Queens University Belfast	15.26	Championship Record
1996	Liam Kelly	St Abban's	13.60	
1997	Norman Stephenson	DMP	14.07	
1998	Patrick Shannon	Ballybrack	14.63	
1999	Patrick Shannon	Ballybrack	14.32	
2000	Michael McDonald	Ballymena & Antrim	14.31	
2001	Patrick Shannon	Ballybrack	14.90	
2002	Patrick Shannon	Ballybrack	15.09	
2003	Patrick Shannon	Ballybrack	14.29	
2004	Michael Wyss SUI	Clonliffe Harriers	14.43	
2005	Alan Saulters	Abbey	14.03	
2006	Leslie Leung	Ballymena & Antrim	14.09	
2007	Denis Finnegan	University College Cork	14.08	
2008	Denis Finnegan	University College Cork	14.42	
2009	Eoin Kelly	St. Abban's	14.67	
2010	Eoin Kelly	St. Abban's	14.70	
2011	Frances Egan		14.43	
2012	Alan Kennedy	Raheny Shamrock	14.98	
2013	Eoin Kelly	St. Abban's	14.44	
2014	Anthony Daffurn	St. Ronan's	14.99	
2015	Niall Counihan	Dooneen	14.34	
2016	Shane Joyce	Cushinstown	14.12	
2017	Antony Daffurn	St. Ronan's	14.83	
2018	Antony Daffurn	St. Ronan's	14.93	

Pole Vault Men

1988	Liam Hennessy	Limerick	4.47	
1989	Michael Hyland	St. Laurence O'Toole	3.73	
1990	John Hallissey	Ferrybank	3.60	
1991	John Hallissey	Ferrybank	4.00	
1992	John Hallissey	Ferrybank	4.00	
1993	John Hallissey	Ferrybank	3.90	
1994	John Hallissey	Ferrybank	4.40	
1995	John Hallissey	Ferrybank	4.80	
1996	John Hallissey	Ferrybank	5.01	Championship Record
1997	John Hallissey	Ferrybank	4.50	
1998	Dylan McDermott	Borrisokane	4.40	
1999	Peter McGloughlin	Crusaders	4.40	
2000	Liam Long	Blarney/Iniscarra	3.60	
2001	David Donegan	Raheny Shamrock	4.30	
2002	David Donegan	Raheny Shamrock	4.10	
2003	David Donegan (tied)	Clonliffe Harriers	4.65	
2003	Ruairi O'Briain (tied)	Crusaders	4.65	

2004	Brendan McConville	North Down	4.60
2005	Liam Houlihan	West Waterford	4.00
2006	Anthony McCreery	Clonliffe Harriers	4.60
2007	Brendan McConville (tied)	North Down	4.55
2007	Anthony McCreery (tied)	Clonliffe Harriers	4.55
2008	David Donegan	Clonliffe Harriers	4.75
2009	David Donegan	Clonliffe Harriers	4.83
2010	David Donegan	Clonliffe Harriers	4.85
2011	David Donegan	Clonliffe Harriers	4.80
2012	David Donegan	Clonliffe Harriers	4.60
2013	David Donegan	Clonliffe Harriers	4.60
2014	Ian Rogers	Clonliffe Harriers	4.60
2015	Ian Rogers (tied)	Clonliffe Harriers	4.80
2015	David Donegan (tied)	Clonliffe Harriers	4.80
2016	Ian Rogers	Clonliffe Harriers	4.60
2017	Thomas Houlihan	West Waterford	4.55
2018	Matthew Keenan Callinan (tied)	St. Laurence O'Toole	4.30
2018	Shane Martin (tied)	Ballymena & Antrim	4.30

Shot Put Men

1988	Pat Hartigan	Limerick	15.37	
1989	Pat Hartigan	Limerick	14.39	
1990	Victor Costello	Dundrum South Dublin	15.63	
1991	Victor Costello	Dundrum South Dublin	16.08	
1992	Victor Costello	Dundrum South Dublin	16.75	
1993	William Tyrrell	Brehon	14.73	
1994	William Tyrrell	Brehon	14.92	
1995	Dave Sweeney	Dublin City Harriers	13.69	
1996	Jason Flynn	KCK	14.84	
1997	John Leahy	Limerick	15.71	
1998	Jason Flynn	West Waterford	15.94	
1999	John Leahy	Limerick	15.56	
2000	John Leahy	Limerick	16.35	
2001	John Leahy	Limerick	16.35	
2002	Iain McMullan	Trafford	16.27	
2003	Eoin Leen	Tralee	16.66	
2004	Paul Crowe	Menapians	14.59	
2005	John Leahy	Limerick	15.85	
2006	Kieren Kelly	Fr. Murphy	16.78	
2007	Kieren Kelly	Fr. Murphy	17.03	
2008	Kieren Kelly	Fr. Murphy	18.20	
2009	Kieren Kelly	Fr. Murphy	18.84	
2010	Kieren Kelly	Fr. Murphy	18.85	Championship Record
2011	Sean Breathnach	Galway City Harriers	16.14	
2012	Sean Breathnach	Galway City Harriers	15.92	
2013	Sean Breathnach	Galway City Harriers	16.75	
2014	Sean Breathnach	Galway City Harriers	16.15	
2015	Sean Breathnach	Galway City Harriers	17.42	
2016	Sean Breathnach	Galway City Harriers	18.16	
2017	John Kelly	Finn Valley	17.02	
2018	Sean Breathnach	Galway City Harriers	18.30	

Men's Weight Throw

1991	John Menton	Donore Harriers	8.23
1992	Pat Maher	Brow Rangers	7.78
1993	Seamus Fitzpatrick	North Laois	7.86
1994	John Menton	Donore Harriers	8.00
1995	John Menton	Donore Harriers	7.83

1996	Seamus Fitzpatrick	North Laois	7.78	
1997	John Farrelly	Dundrum South Dublin	7.30	
1998	Seamus Fitzpatrick	North Laois	7.61	
1999	Seamus Fitzpatrick	North Laois	7.63	
2000	John Menton	Donore Harriers	8.78	Championship Record
2001	John Menton	Donore Harriers	8.74	
2002	Not contested			
2003	John Menton	Donore Harriers	8.27	
2004	Seamus Fitzpatrick	North Laois	8.06	
2005	Paul Crowe	Menapians	8.19	
2006	Seamus Fitzpatrick	North Laois	7.37	
2007	Seamus Fitzpatrick	North Laois	8.08	
2008	Sean Breathnach	Galway City Harriers	8.24	
2009	Sean Breathnach	Galway City Harriers	8.01	
2010	Seamas Fitzpatrick	North Laois	7.77	
2011				
2012	David Tierney	Leevale	8.16	
2013	David Tierney	Leevale	8.27	
2014				
2015	Seamas Fitzpatrick	Portlaoise	7.26	
2016	Sean Breathnach	Galway City Harriers	8.06	
2017	Not contested			
2018	John Dwyer	Templemore	7.31	

Combined Events Men

1988	Michael Power	Clonmel/Limerick	4,770	o
1989	Michael Power	Clonmel/Limerick	4,995	o
1990	John Naughton	Nenagh Olympic	5,097	o
1991	John Naughton	Nenagh Olympic	5,139	o
1992	Ian Condron	Lisburn	4,203	
1993	John Naughton	Nenagh Olympic	4,735	
1994	Joe Naughton	Nenagh	4,554	
1995	John Hallissey	Ferrybank	4,336	
1996	John Hallissey	Ferrybank	4,665	
1997	Derek Hayes	West Waterford	4,790	
1998	Daragh O'Farrell	Borrisokane		
1999	Stuart Kennedy	Slaney Olympic	3,444	p
2000	Colin Byrne	St Abban's	3,322	p
2001	Chris McDermott	Roscommon	3,330	p
2002	Paul Tohill	Mid Ulster	3,493	p
2003	Trevor McGlynn	Strabane	3,427	p
2004	Kevin Burke	Dooneen	4,296	p
2005	Kevin Burke	Dooneen	4,506	p
2006	Trevor McGlynn	Strabane	3,141	p
2007	Christopher Crowley	Belgooly	3,377	p
2008	Philip Kearney	Tralee	3,228	p
2009	Brian Flatley	Shercock	2,959	p
2010	Kevin Grant		2,728	p
2011	Ger Cremin	An Riocht	2,528	p
2012	Ger Cremin	An Riocht	2,674	p
2013	Michael Bowler	Kilkenny City Harriers	3,431	p
2014	Michael Bowler	Kilkenny City Harriers	3,528	p
2015	Michael Bowler	Kilkenny City Harriers	3,198	p
2016	Rolus Olusa	Donore Harriers	3,205	p
2017	Shane Aston	Trim	3,597	p
2018	Shane Aston	Trim	3,503	p

60m Women

1988	Vivianne McGoldrick	Belfast Olympic	7.7	
1989	Norma Farrell	Olympic	7.7	
1990	Norma Farrell	Olympic	7.7	
1991	Terri Horgan	Dublin City Harriers	7.73	
1992	Michelle Carroll	Crusaders	7.2	
1993	Michelle Carroll	Crusaders	7.5	
1994	Terri Horgan	Dublin City Harriers	7.81	
1995	Emer Hastrup	Clonliffe Harriers	7.95	
1996	Lena Barry	Emerald	7.86	
1997	Lena Barry	Emerald	7.63	
1998	Lena Barry	Emerald	7.53	
1999	Ciara Sheehy	Dublin City Harriers	7.62	
2000	Ciara Sheehy	Dublin City Harriers	7.56	
2001	Ciara Sheehy	Dublin City Harriers	7.67	
2002	Ciara Sheehy	Dublin City Harriers	7.56	
2003	Ciara Sheehy	Dublin City Harriers	7.45	
2004	Anna Boyle	Ballymena & Antrim	7.46	
2005	Ailis McSweeney	Leevale	7.40	
2006	Anna Boyle	Ballymena & Antrim	7.32	
2007	Anna Boyle	Ballymena & Antrim	7.38	
2008	Ailis McSweeney	Leevale	7.46	
2009	Niamh Whelan	Ferrybank	7.50	
2010	Clare Brady	Celbridge	7.35	
2011	Ailis McSweeney	Leevale	7.32	
2012	Amy Foster	City of Lisburn	7.37	
2013	Kelly Proper	Ferrybank	7.45	
2014	Amy Foster	City of Lisburn	7.32	
2015	Kelly Proper	Ferrybank	7.38	
2016	Phil Healy	Bandon	7.47	
2017	Ciara Neville	Emerald	7.43	
2018	Amy Foster	City of Lisburn	7.27	Championship Record

200m Women

1991	Patricia Amond	Dublin City Harriers	25.21	
1992	Michelle Carroll	Crusaders	24.63	
1993	Emma Nicholson	Dublin City Harriers	25.41	
1994	Karen Mills	Lagan Valley	25.20	
1995	Terri Horgan	Dublin City Harriers	25.37	
1996	Marisa Smith	Clonliffe Harriers	25.02	
1997	Ciara Sheehy	Dublin City Harriers	25.24	
1998	Lena Barry	Emerald	24.69	
1999	Ciara Sheehy	Dublin City Harriers	24.60	
2000	Ciara Sheehy	Dublin City Harriers	24.58	
2001	Ciara Sheehy	Dublin City Harriers	24.38	
2002	Ciara Sheehy	Dublin City Harriers	24.20	
2003	Ciara Sheehy	Dublin City Harriers	23.72	
2004	Ciara Sheehy	Dublin City Harriers	24.11	
2005	Ciara Sheehy	Dublin City Harriers	24.34	
2006	Amy Foster	North Down	24.90	
2007	Gemma Hynes	Galway City Harriers	25.36	
2008	Niamh Whelan	Ferrybank	24.69	
2009	Kelly Proper	Ferrybank	24.10	
2010	Kelly Proper	Ferrybank	24.14	
2011	Kelly Proper	Ferrybank	24.08	
2012	Stephanie Creamer	Dublin City Harriers	24.64	
2013	Kelly Proper	Ferrybank	23.84	
2014	Kelly Proper	Ferrybank	23.56	
2015	Kelly Proper	Ferrybank	23.27	Championship Record
2016	Phil Healy	Bandon	23.75	
2017	Sharlene Mawdsley	Newport	24.04	

2018 Niamh Whelan Ferrybank 24.00

400m Women

1991	Evanna Morrissey	Nenagh Olympic	60.01	
1992	Emma Nicholson	Dublin City Harriers	57.04	
1993	Emma Nicholson	Dublin City Harriers	57.24	
1994	Michelle Gregg	West Dublin	58.97	
1995	Emma Nicholson	Dublin City Harriers	54.70	
1996	Fiona Norwood	Kilkenny City Harriers	58.91	
1997	Karen Shinkins	Dublin City Harriers	56.11	
1998	Karen Shinkins	Dublin City Harriers	53.99	
1999	Karen Shinkins	Dublin City Harriers	54.26	
2000	Karen Shinkins	Dublin City Harriers	53.50	
2001	Karen Shinkins	Dublin City Harriers	53.70	
2002	Martina McCarthy	Dublin City Harriers	55.45	
2003	Joanne Cuddihy	University College Dublin	57.85	
2004	Joanne Cuddihy	University College Dublin	53.50	
2005	Catriona Cuddihy	Kilkenny City Harriers	56.45	
2006	Joanne Cuddihy	University College Dublin	54.13	
2007	Elaine McCaffrey	Abbey	56.54	
2008	Brona Furlong	Slaney Olympic	55.78	
2009	Marian Andrews	Togher	54.20	
2010	Jo Patterson		56.43	
2011	Marian Andrews	Togher	54.00	
2012	Christine McMahan	Ballymena & Antrim	56.06	
2013	Shauna Cannon		55.13	
2014	Sinead Denny	Dundrum South Dublin	54.30	
2015	Christine McMahan	Ballymena & Antrim	55.06	
2016	Sinead Denny	Dundrum South Dublin	53.57	
2017	Phil Healy	Bandon	53.49	
2018	Phil Healy	Bandon	53.10	Championship Record

800m Women

1988	Susanne Cobbe	Raheny Shamrock	01.38.14	*
1989	Kathryn Walley	Clonliffe Harriers	01.41.60	*
1990	Evanna Morrissey	Nenagh Olympic	01.39.50	*
1991	Aisling Molloy	Dundrum South Dublin	02.04.69	
1992	Arlene Smith	University College Dublin	02.13.61	
1993	Bernie Kavanagh	Metro/St. Brigid's	02.12.76	
1994	Bernie Kavanagh	Metro/St. Brigid's	02.21.37	
1995	Liz Gallagher	Dunboyne	02.14.70	
1996	Freda Davoren	University College Cork	02.09.65	
1997	Freda Davoren	University College Cork	02.09.95	
1998	Freda Davoren	University College Cork	02.08.55	
1999	Geraldine Nolan	Kilkenny City Harriers	02.11.34	
2000	Sinead Delahunty	Kilkenny City Harriers	02.09.93	
2001	Freda Davoren	University College Cork	02.09.85	
2002	Regina Murphy	Galway City Harriers	02.18.34	
2003	Aoife Byrne	Dundrum South Dublin	02.06.98	
2004	Christine Long	Abbey	02.12.41	
2005	Aoife Byrne	Dundrum South Dublin	02.09.68	
2006	Lyndsey Monteith	City of Lisburn	02.12.70	
2007	Kelly Reid	City of Lisburn	02.08.73	
2008	Ann Marie McGlynn	Tullamore Harriers	02.14.62	
2009	Laura Crowe	Riocht	02.11.45	
2010	Ciara Mageean	City of Lisburn	02.07.82	
2011	Ciara Everard	University College Dublin	02.12.01	
2012	Ciara Everard	University College Dublin	02.07.34	

2013	Ciara Everard	University College Dublin	02.07.77	
2014	Ciara Everard	Kilkenny City Harriers	02.06.23	
2015	Ciara Everard	University College Dublin	02.06.63	
2016	Ciara Mageean	University College Dublin	02.03.76	Championship Record
2017	Fiona Kehoe	Kilmore	02.08.17	
2018	Alanna Lally	University College Dublin	02.08.71	

1500m Women

1988	Grainne Butler	Mullingar Harriers	04.43.22	
1989	Siobhan Kavanagh	St. Laurence O'Toole	04.49.70	
1990	U. Murray	Waterford	05.01.40	
1991	Bernie Kavanagh	Lucan Harriers	04.52.78	
1992	Bernie Kavanagh	Lucan Harriers	04.44.16	
1993	Bernie Kavanagh	Metro/St. Brigid's	04.38.87	
1994	Roisin Smyth	Dublin City Harriers	04.41.00	
1995	Annette Kealy	Raheny Shamrock	04.45.06	
1996	Freda Davoren	University College Cork	04.35.10	
1997	Freda Davoren	University College Cork	04.27.33	
1998	Freda Davoren	University College Cork	04.24.65	
1999	Freda Davoren	University College Cork	04.32.43	
2000	Emmanuel McMahan	University College Dublin	04.51.27	
2001	Freda Davoren	University College Cork	04.22.01	
2002	Geraldine Hendricken	St. Laurence O'Toole	04.17.90	
2003	Maria Lynch	Dundrum South Dublin	04.15.50	
2004	Aoife Byrne	Dundrum South Dublin	04.21.70	
2005	Sinead Peoples	Tir Chonail	04.53.19	
2006	Orla Drumm	University College Cork	04.28.21	
2007	Kelly Reid	City of Lisburn	04.21.01	
2008	Ciara Mageean	City of Lisburn	04.24.07	
2009	Ciara Mageean	City of Lisburn	04.20.88	
2010	Kelly McNeice		04.14.63	
2011	Mary Cullen	Sligo	04.19.25	
2012	Orla Drumm	University College Cork	04.20.54	
2013	Fionnuala Britton	Sli Cualann	04.13.96	Championship Record
2014	Claire Tarplee	Dundrum South Dublin	04.30.59	
2015	Kerry O'Flaherty	Newcastle & District	04.16.49	
2016	Claire Tarplee	St. Coca's	04.32.21	
2017	Kerry O'Flaherty	Newcastle & District	04.20.86	
2018	Emma Mitchell	Queens University Belfast	04.16.73	

3000m Women

1991	Catherine Hennessy	SDS	10.21.69	
1992	Catherine Hennessy	SDS	10.42.46	
1993	Catherine Hennessy	SDS	10.20.30	
1994	Roisin Smyth	Dublin City Harriers	10.08.17	
1995	Geraldine Hendricken	St. Laurence O'Toole	09.36.42	
1996	Louise Cavanagh	University College Cork	09.42.63	
1997	Pauline Curley	Tullamore Harriers	09.58.20	
1998	Louise Cavanagh	University College Cork	09.38.67	
1999	Niamh Beirne	Lucan Harriers	09.42.51	
2000	Niamh Beirne	Lucan Harriers	09.57.46	
2001	Louise Cavanagh	University College Cork	09.43.67	
2002	Geraldine Hendricken	St. Laurence O'Toole	09.22.43	
2003	Maria Lynch	Dundrum South Dublin	09.09.27	
2004	Maria McCambridge	Dundrum South Dublin	08.56.48	Championship Record
2005	Sheila Doyle	Dundrum South Dublin	10.40.83	
2006	Pauline Curley	Tullamore Harriers	09.36.49	
2007	Orla Drumm	University College Cork	09.46.52	

2008	Hazel Murphy	Dundrum South Dublin	09.26.99
2009	Deirdre Bryne	Sli Cualann	09.04.74
2010	Deirdre Bryne	Sli Cualann	09.03.53
2011	Kerry Harty	Newcastle & District	09.31.81
2012	Hazel Murphy	Dundrum South Dublin	09.20.35
2013	Lizzie Lee	Leevale	09.45.63
2014	Deirdre Doyle	St. Laurence O'Toole	09.53.64
2015	Maria McCambridge	Dundrum South Dublin	09.26.77
2016	Kerry O'Flaherty	Newcastle & District	09.11.17
2017	Ciara Mageean	University College Dublin	09.08.83
2018	Sarah Healy	Blackrock	09.10.43

60m Hurdles Women

1988	Susan Smith	Waterford	8.87	
1989	Susan Smith	Waterford	8.71	
1990	Elaine Murphy	Nenagh Olympic	8.80	
1991	Brid Hallissey	Ferrybank	8.88	
1992	Brid Hallissey	Ferrybank	8.89	
1993	Jean O'Gorman	Nenagh Olympic	8.89	
1994	Brid Hallissey	Ferrybank	8.95	
1995	Brid Hallissey	Ferrybank	8.78	
1996	Susan Smith	Waterford	8.44	
1997	Patricia Naughton	Nenagh Olympic	8.83	
1998	Aine Cuddihy	Carrick-on-Suir	8.87	
1999	Derval O'Rourke	Leevale	8.63	
2000	Derval O'Rourke	Leevale	8.77	
2001	Derval O'Rourke	Leevale	8.78	
2002	Derval O'Rourke	University College Dublin	8.52	
2003	Derval O'Rourke	University College Dublin	8.25	
2004	Derval O'Rourke	University College Dublin	8.35	
2005	Derval O'Rourke	Leevale	8.27	
2006	Derval O'Rourke	Leevale	7.90	Championship Record
2007	Leona Byrne	St. Laurence O'Toole	9.12	
2008	Mairead Murphy	University College Dublin	8.70	
2009	Derval O'Rourke	Leevale	8.12	
2010	Derval O'Rourke	Leevale	8.18	
2011	Mairead Murphy	Ferrybank	8.46	
2012	Derval O'Rourke	Leevale	8.21	
2013	Sarah Lavin	Emerald	8.36	
2014	Sarah Lavin	Emerald	8.33	
2015	Catherine McManus	Dublin City Harriers	8.44	
2016	Sarah Lavin	University College Dublin	8.27	
2017	Elizabeth Morland	Cushinstown	8.50	
2018	Elizabeth Morland	Cushinstown	8.43	

3000m Walk Women

1988	Marie Walsh	Shelbourne	15.24.72
1989	Perri Williams	St. Senan's	15.34.29
1990	Marie Walsh	SDS	13.52.20
1991	Marie Walsh	SDS	13.51.95
1992	Marie Walsh	SDS	14.10.37
1993	Perri Williams	St Senan's	14.02.89
1994	Deirdre Gallagher	University College Dublin	13.32.91
1995	Deirdre Gallagher	University College Dublin	12.57.21
1996	Deirdre Gallagher	Ballina	12.41.41
1997	Deirdre Gallagher	Ballina	12.55.10
1998	Gillian O'Sullivan	Farranfore Maine Valley	13.21.20

1999	Gillian O'Sullivan	Farranfore Maine Valley	12.58.13	
2000	Gillian O'Sullivan	Farranfore Maine Valley	12.28.97	
2001	Gillian O'Sullivan	Farranfore Maine Valley	12.20.62	
2002	Olive Loughnane	Loughrea	13.06.76	
2003	Gillian O'Sullivan	Farranfore Maine Valley	11.35.34	Championship Record
2004	Gillian O'Sullivan	Farranfore Maine Valley	11.59.79	
2005	Olive Loughnane	Loughrea	12.50.86	
2006	Ann Loughnane	Craughwell	13.18.71	
2007	Gillian O'Sullivan	Farranfore Maine Valley	12.40.81	
2008	Olive Loughnane	Loughrea	13.05.16	
2009	Laura Reynolds	Mohill	13.52.30	
2010	Zuzana Malikova SVK	West Waterford	12.36.43	
2011	Laura Reynolds	Mohill	12.47.55	
2012	Laura Reynolds	Mohill	12.46.23	
2013	Laura Reynolds	Mohill	13.05.84	
2014	Lauren Whelen	Leevale	14.22.96	
2015	Veronica Burke	Ballinasloe & District	14.40.89	
2016	Sinead O'Connor	Celbridge	14.50.69	
2017	Kate Veale	West Waterford	14.03.90	
2018	Kate Veale	West Waterford	13.38.36	

High Jump Women

1988	Michelle Costigan	Dublin University Harriers	1.75	
1989	Michelle Costigan	Dublin University Harriers	1.64	
1990	Sharon Foley	Lifford	1.77	
1991	Therese McDonald	Raheny Shamrock	1.70	
1992	Laura Sharpe	Navan	1.76	
1993	Sharon Foley	Tir Chonaill	1.81	
1994	Laura Sharpe	Navan	1.85	Equal Championship Record
1995	Laura Sharpe	Navan	1.80	
1996	Sharon Foley	Lifford	1.75	
1997	Sharon Foley	Lifford	1.80	
1998	Sharon Foley	Lifford	1.75	
1999	Bridget Corrigan	Dublin City Harriers	1.73	
2000	Orna Donoghue	Carrick-on-Suir	1.70	
2001	Deirdre Ryan	Dundrum South Dublin	1.75	
2002	Deirdre Ryan	Dundrum South Dublin	1.84	
2003	Sharon Gallen (Foley)	Lifford	1.70	
2004	Deirdre Ryan	University College Dublin	1.75	
2005	Rosemary Daniels	Na Fianna	1.65	
2006	Sharon Heveran	Westport	1.76	
2007	Deirdre Ryan	Dundrum South Dublin	1.85	Equal Championship Record
2008	Deirdre Ryan	Camelot	1.85	Equal Championship Record
2009	Pamela Hughes	Westport	1.65	
2010	Rosemary Daniels		1.75	
2011	Cathriona Farrell	Craughwell	1.70	
2012	Cathriona Farrell	Craughwell	1.70	
2013	Emily Rogers	St. Peter's	1.65	
2014	Gráinne Moggan	Dundrum South Dublin	1.68	
2015	Cathriona Farrell	Craughwell	1.77	
2016	Cathriona Farrell	Craughwell	1.75	
2017	Emily Rogers	St. Peter's	1.75	
2018	Sommer Lecky	Finn Valley	1.84	

Pole Vault Women

1998	Elaine Murphy	Lagan Valley	2.40	
1999	Maria Brangan	Raheny Shamrock	2.40	
2000	Juliet Claffey	Borrisokane	2.91	

2001	Shirley Buchanan	Borrisokane	3.05	
2002	Juliet Claffey	Borrisokane	3.10	
2003	Zoe Brown	Ballymena & Antrim	3.55	
2004	Zoe Brown	Loughborough	4.10	
2005	Edel O'Meara	Borrisokane	2.60	
2006	Juliet Claffey	Borrisokane	3.30	
2007	Zoe Brown	Shaftsbury Barnet	3.65	
2008	Zoe Brown	Unattached	3.80	
2009	Zoe Brown	Unattached	4.00	
2010	Clare Wilkinson	Ballymena & Antrim	3.90	
2011	Tori Pena	Finn Valley	4.00	
2012	Claire Wilkinson	Ballymena & Antrim	3.80	
2013	Zoe Brown	Raheny Shamrock	4.07	
2014	Zoe Brown	Raheny Shamrock	4.31	Championship Record
2015	Claire Wilkinson	Ballymena & Antrim	3.65	
2016	Ruth Larragy	Le Cheile	2.85	
2017	Ellen McCartney	City of Lisburn	3.40	
2018	Ellen McCartney	City of Lisburn	3.72	

Long Jump Women

1988	Terri Horgan	Dublin City Harriers	5.92	
1989	Siobhan Hoey	Mountmellick	5.46	
1990	Terri Horgan	Dublin City Harriers	5.96	
1991	Terri Horgan	Dublin City Harriers	6.00	
1992	Terri Horgan	Dublin City Harriers	6.00	
1993	Terri Horgan	Dublin City Harriers	5.95	
1994	Janice O'Brien	Newbridge	5.79	
1995	Jacqui Stokes	Ferrybank	5.86	
1996	Jacqui Stokes	Ferrybank	5.70	
1997	Shauna Colhoun	Lifford	5.75	
1998	Aine Cuddihy	Carrick-on-Suir	5.79	
1999	Antoinette Furlong	DMP	5.60	
2000	Antoinette Furlong	DMP	5.71	
2001	Shauna Colhoun	Lifford	5.84	
2002	Antoinette Furlong	DMP	5.90	
2003	Antoinette Furlong	DMP	5.83	
2004	Antoinette Furlong	DMP	6.01	
2005	Mary McLoone	Tir Chonaill	5.69	
2006	Kelly Proper	Ferrybank	6.19	
2007	Kelly Proper	Ferrybank	6.19	
2008	Kelly Proper	Ferrybank	6.28	
2009	Kelly Proper	Ferrybank	6.32	
2010	Kelly Proper	Ferrybank	6.35	Equal Championship Record
2011	Kelly Proper	Ferrybank	6.22	
2012	Kelly Proper	Ferrybank	6.34	
2013	Kelly Proper	Ferrybank	5.91	
2014	Kelly Proper	Ferrybank	6.35	Equal Championship Record
2015	Kelly Proper	Ferrybank	6.22	
2016	Sarah McCarthy	Mid Sutton	5.90	
2017	Sarah McCarthy	Mid Sutton	6.03	
2018	Sarah McCarthy	Mid Sutton	5.90	

Triple Jump Women

1991	Marie O'Meara	Nenagh Olympic	11.01
1992	Jocelyn Hanrahan	Limerick	11.01
1993	Siobhan Hoey	University College Dublin	11.46
1994	Jocelyn Hanrahan	Limerick	11.14

1995	Patricia Cahill	Lismore	10.90	
1996	Siobhan Hoey	Dublin City Harriers	11.98	
1997	Siobhan Hoey	Dublin City Harriers	12.38	
1998	Siobhan Hoey	Dublin City Harriers	11.98	
1999	Siobhan Hoey	Dublin City Harriers	12.24	
2000	Mary McLoone	Tir Chonaill	11.57	
2001	Taneisha Robinson	Limerick	12.38	
2002	Sharon Foley	Lifford	11.67	
2003	Sharon Gallen (Foley)	Lifford	12.24	
2004	Taneisha Robinson	Limerick	12.92	
2005	Mary McLoone	Tir Chonaill	11.94	
2006	Brona Furlong	Slaney Olympic	11.47	
2007	Gillian Kerr	Finn Valley	12.73	
2008	Mary McLoone	Tir Chonaill	12.25	
2009	Mary McLoone	Tir Chonaill	12.80	
2010	Mary McLoone	Tir Chonaill	12.50	
2011	Mary McLoone	Tir Chonaill	12.50	
2012	Mary McLoone	Tir Chonaill	12.47	
2013	Mary McLoone	Tir Chonaill	12.48	
2014	Caoimhe King	Aughagower	12.84	
2015	Mary McLoone	Tir Chonaill	12.10	
2016	Saragh Buggy	St. Abban's	12.71	
2017	Saragh Buggy	St. Abban's	12.86	
2018	Saragh Buggy	St. Abban's	13.02	Championship Record

Shot Put Women

1988	Marita Walton	Kilkenny City Harriers	14.73	
1989	Marita Walton	Kilkenny City Harriers	13.84	
1990	Elaine Hayes	North Laois	11.02	
1991	Brid Hallissey	Ferrybank	11.14	
1992	Brid Hallissey	Ferrybank	12.04	
1993	Marita Walton	Kilkenny City Harriers	13.32	
1994	Emma Gavin	Limerick	11.84	
1995	Edel Meagher	Blarney/Iniscarra	11.96	
1996	Emma Gavin	Limerick	12.70	
1997	Emma Gavin	Limerick	13.31	
1998	Bridie Lynch	Tir Chonaill	11.85	
1999	Emma Gavin	Limerick	13.54	
2000	Eva Massey	North Down	14.03	
2001	Eva Massey	Windsor Slough	13.81	
2002	Geraldine Stewart	Tir Chonaill	12.38	
2003	Eva Massey	North Down	16.32	Championship Record
2004	Geraldine Stewart	Tir Chonaill	12.38	
2005	Geraldine Stewart	Tir Chonaill	12.25	
2006	Eva Massey	North Down	15.54	
2007	Eva Massey	North Down	14.92	
2008	Eva Massey	North Down	15.39	
2009	Clare Fitzgerald	Tralee Harriers	13.11	
2010	Fiona Moloney		11.90	
2011	Sophie Parkinson		10.94	
2012	Clare Fitzgerald	Tralee Harriers	13.91	
2013	Clare Fitzgerald	Tralee Harriers	14.75	
2014	Clare Fitzgerald	Tralee Harriers	14.94	
2015	Alanna Frattaroli	Limerick	12.72	
2016	Clare Fitzgerald	Kerry	14.95	
2017	Michaela Walsh	Swinford	14.95	
2018	Michaela Walsh	Swinford	15.36	

Pentathlon Women

1988	Brid Hallissey	Ferrybank	3,384
1989	Brid Hallissey	Ferrybank	3,605
1990	Geraldine Finnegan	Dunleer	3,252
1991	Brid Hallissey	Ferrybank	3,673
1992	Brid Hallissey	Ferrybank	3,909
1993	Sharon Foley	Tir Chonaill	3,834
1994	Sharon Foley	Tir Chonaill	3,805
1995	Sharon Foley	Lifford	3,786
1996	Fiona Mullen	WSAF	2,649
1997	Orna Donoghue	Carrick-on-Suir	3,055
1998	Fiona Kavanagh	St. Laurence O'Toole	3,167
1999	Fiona Kavanagh	St. Laurence O'Toole	3,319
2000	Orna Donoghue	Carrick-on-Suir	3,268
2001	Orna Donoghue	Carrick-on-Suir	3,293
2002	Orna Donoghue	Carrick-on-Suir	3,218
2003	Orna Donoghue	Carrick-on-Suir	3,604
2004	Geraldine Finnegan	Dunleer	3,139
2005	Geraldine Finnegan	Dunleer	3168
2006	Kelly Proper	Ferrybank	3,362
2007	Liz McCarthy Coomey	Bandon	1,892
2008	Roisin Howard	Bandon	2,924
2009	Geraldine Finnegan	Dunleer	2,908
2010	Claire McNamara		3,050
2011	Geraldine Finnegan	Dunleer	2,894
2012	Leona Bryne	St. Laurence O'Toole	3,396
2013	Geraldine Finnegan	Dunleer	2,658
2014	Laura Frey	Lagan Valley	2,869
2015	Roisin Howard	Bandon	3,251
2016	Sofia Jäger Stenberg	Sundbybergs IK	3,382
2017	Amy McTeggart	Boyne	3,373
2018	Sarah Connolly	North Down	3,661

Championship Record
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