

Woodies D.I.Y Senior Relay Championships of Ireland
Castleisland, Co. Kerry
May 16th 2010

MEN

Men's 2 x Long Jump

Place	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	Combined Best
1	Stam, Eric	Bandon A.C.	x	5.89	5.62	5.89	10.79
1	Reynolds, David	Bandon A.C.	4.57	4.9	4.64	4.9	
2	O'Riordan, Stephen	Templemore A.C.	4.68	-	-	4.68	8.48
2	Barry, Joe	Templemore A.C.	3.8	-	-	3.8	

Men's 2 x Triple Jump

Place	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	4th Trial	5th Trial	6th Trial	Best	Combined Best
1	O'Riordan, Stephen	Templemore A.C.	9.14	10.02	9.9	10.02	x	x	x	10.02	19.45
1	Barry, Joe	Templemore A.C.	x	9.43	9.43	9.43	9.13	x	x	9.43	

Men's 2 x Shot Putt

Place	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	4th Trial	5th Trial	6th Trial	Best	Combined Best
1	Clifford, Daniel	Farranfore Maine Valley A.C.	12.51	12.91	12.54	12.91	x	12.46	13.33	13.33	24.94
1	Nagle, James	Farranfore Maine Valley A.C.	11.17	11.11	10.22	11.17	11.13	11.61	11.12	11.61	

Men's 2 x Discus

Place	Name	Club	1st Trial	2nd Trial	3rd Trial	Best of 3	4th Trial	5th Trial	6th Trial	Best	Combined Best
1	Clifford, Daniel	Farranfore Maine Valley A.C.	x	44.86	x	44.86	x	43.58	x	44.86	78.7
1	Nagle, James	Farranfore Maine Valley A.C.	33.84	x	31.24	33.84	x	x	x	33.84	

Men 4 x 100m

Place	Club	Time
1	Tullamore Harriers A.C.	42.68
2	Leevale A.C.	42.97
3	Menapian's A.C.	43.93
4	Guest-Irish Masters National Team	45.12

Men's 5000m Team

Place	Club	Combined Time	1st Time	2nd Time	3rd Time
1	East Cork A.C.	49.27.54	15.36.35	16.26.18	17.25.01
2	St. Ronan's A.C.	55.45.97	16.47.18	19.16.63	19.42.16

Men 3 x 800m

Place	Club	Combined Time
1	Galway City Harriers A.C. 'A'	6.30.01
2	Galway City Harriers A.C. 'B'	6.20.86

Master Men 3000m Team

Place	Club	Combined Time	1st Time	2nd Time	3rd Time
1	East Cork A.C.	29.40.77	9.53.2	9.53.91	9.54.66