

**Woodie's DIY Athletics Ireland Combined Events  
Tullamore Harriers Stadium 10/11th August 2013**

**Junior Women - Heptathlon**

<b>Place</b>	<b>No.</b>	<b>Name</b>	<b>Club</b>	<b>100m Hur</b>	<b>HJ</b>	<b>Shot</b>	<b>200m</b>	<b>LJ</b>	<b>Jav</b>	<b>800m</b>	<b>TOTAL</b>
<b>1</b>	398	Vivian Fleischer	Celbridge A.C.	16.46	1.58	7.42	27.82	5.30	25.6	2.49.52	
				<b>659</b>	<b>712</b>	<b>362</b>	<b>645</b>	<b>643</b>	<b>393</b>	<b>469</b>	<b>3883</b>
<b>2</b>	808	Karen Dunne	Bohermeen A.C.	17.20	1.46	7.83	26.49	4.98	17.1	2.37.56	
				<b>574</b>	<b>577</b>	<b>388</b>	<b>755</b>	<b>554</b>	<b>236</b>	<b>601</b>	<b>3685</b>
<b>3</b>	806	Catriona Twomey	Kilkenny City Harriers	17.54	1.52	9.66	29.25	4.38	28	2.52.43	
				<b>537</b>	<b>644</b>	<b>507</b>	<b>536</b>	<b>398</b>	<b>439</b>	<b>439</b>	<b>3500</b>
<b>4</b>	505	Aoife Monsey	Borrisokane A.C.	20.15	1.19	5.68	29.18	3.99	NT	3.21.39	
				<b>290</b>	<b>302</b>	<b>251</b>	<b>541</b>	<b>306</b>	<b>1</b>	<b>192</b>	<b>1883</b>

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**Senior Women - Heptathlon**

<b>Place</b>	<b>No.</b>	<b>Name</b>	<b>Club</b>	<b>100m Hur</b>	<b>HJ</b>	<b>Shot</b>	<b>200m</b>	<b>LJ</b>	<b>Jav</b>	<b>800m</b>	<b>TOTAL</b>
<b>1</b>	529	Kelly Proper	Ferrybank A.C.	14.31	1.61	10.33	24	6.26	32.01	2.24.80	
				<b>935</b>	<b>747</b>	<b>551</b>	<b>981</b>	<b>930</b>	<b>515</b>	<b>759</b>	<b>5418</b>
<b>2</b>	538	Laura Frey	Lagan Valley A.C	16.44	1.43	8.38	27.97	4.68	21.93	2.33.39	
				<b>661</b>	<b>544</b>	<b>424</b>	<b>633</b>	<b>474</b>	<b>325</b>	<b>651</b>	<b>3712</b>
<b>3</b>	530	Helen Buckley	Raheny Shamrock	18.75	1.61	9.36	29.79	4.57	31.12	2.39.46	
				<b>414</b>	<b>747</b>	<b>488</b>	<b>497</b>	<b>446</b>	<b>498</b>	<b>579</b>	<b>3669</b>
<b>4</b>	785	Geraldine Finegan	Dunleer A.C.	18.4	1.4	8.84	29.49	4.26	30.13	2.31.38	
				<b>448</b>	<b>512</b>	<b>454</b>	<b>518</b>	<b>369</b>	<b>479</b>	<b>676</b>	<b>3456</b>

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**Senior Men - Decatathlon**

<b>Place</b>	<b>No.</b>	<b>Name</b>	<b>Club</b>	<b>100m</b>	<b>LJ</b>	<b>Shot</b>	<b>HJ</b>	<b>400m</b>	<b>110H</b>	<b>Discus</b>	<b>Pole Vault</b>	<b>Jav.</b>	<b>1500m</b>	<b>TOTAL</b>
<b>1</b>	513	David McCarthy	Le Cheile A.C.	11.27	6.34	10.65	1.72	50.21	17.00	25.40	2.80	27.73	4.34.20	
				<b>801</b>	<b>661</b>	<b>525</b>	<b>560</b>	<b>805</b>	<b>624</b>	<b>375</b>	<b>309</b>	<b>267</b>	<b>717</b>	<b>5644</b>
<b>2</b>	536	Sean Gill	Raheny Shamrock	11.93	5.62	8.96	1.63	53	18.79	19.29	NJ	38.57	4.35.55	
				<b>665</b>	<b>506</b>	<b>423</b>	<b>488</b>	<b>682</b>	<b>451</b>	<b>259</b>	<b>1</b>	<b>421.00</b>	<b>709</b>	<b>4605</b>
<b>3</b>	528	Simon Munro	Celbridge A.C.	12.93	5	7.6	1.54	66.54	21.90	17.41	2.10	8.30	6.04.16	
				<b>322</b>	<b>382</b>	<b>343</b>	<b>419</b>	<b>218</b>	<b>215</b>	<b>224</b>	<b>159</b>	<b>13</b>	<b>247</b>	<b>2542</b>
	793	Ger Cremin	An Ríocht	11.86	0	0	0	0						
				<b>679</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>						

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<b>1</b>	790	Shane Aston	Trim A.C.	11.87	6.45	10.53	1.90	53.59	15.62	36.35	3.20	48.64	4.54.48	
				<b>677</b>	<b>686</b>	<b>518</b>	<b>714</b>	<b>657</b>	<b>776</b>	<b>591</b>	<b>406</b>	<b>568</b>	<b>592</b>	<b>6185</b>
<b>2</b>	780	Shane Howard	Bandon A.C.	11.44	6.93	10.28	1.9	59.6	15.98	29.15	3.30	32.36	6.05.10	
				<b>765</b>	<b>797</b>	<b>502</b>	<b>714</b>	<b>427</b>	<b>735</b>	<b>448</b>	<b>431</b>	<b>333</b>	<b>244</b>	<b>5396</b>
<b>3</b>	8	Finnerty Dan	Nenagh Olympic	11.7	5.7	10.33	1.57	56.06	17.19	20.32	2.60	35.78	5.06.06	
				<b>711</b>	<b>523</b>	<b>505</b>	<b>441</b>	<b>557</b>	<b>605</b>	<b>278</b>	<b>264</b>	<b>381</b>	<b>525</b>	<b>4790</b>
	782	Colin Nolan	Enniscorthy A.C.	11.68	6.4	9.19	1.75	53.18	17.15	17.79	NJ	DNS		
				<b>715</b>	<b>675</b>	<b>437</b>	<b>585</b>	<b>674</b>	<b>609</b>	<b>231</b>	<b>1</b>			