

**Athletic Association of Ireland**

**Woodie's Indoor Relay Championships of Ireland  
23rd January 2010**

**Women's 60 Shuttle Hurdles**

| <b>PLACE</b> | <b>NO.</b> | <b>NAME</b> | <b>CLUB</b>    | <b>Time / Dist</b> |
|--------------|------------|-------------|----------------|--------------------|
| 1            | 856        |             | Ferrybank A.C. | 19.90              |

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**Men's 60 Shuttle Hurdles**

| <b>PLACE</b> | <b>NO.</b> | <b>NAME</b> | <b>CLUB</b>              | <b>Time / Dist</b> |
|--------------|------------|-------------|--------------------------|--------------------|
| 1            | 843        |             | Drogheda & District A.C. | 20.80              |

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**Woodie's Indoor Relay Championships of Ireland  
23rd January 2010**

| <b>Women's 4 x 200m</b> |            |             |                      |                    |
|-------------------------|------------|-------------|----------------------|--------------------|
| <b>PLACE</b>            | <b>NO.</b> | <b>NAME</b> | <b>CLUB</b>          | <b>Time / Dist</b> |
| 1                       | 856        |             | Ferrybank A.C.       | 1.50.4H            |
| 2                       | 857        |             | Bandon A.C.          | 1.50.8H            |
| 3                       | 881        |             | Raheny Shamrock A.C  | 1.51.5H            |
| 4                       | 869        |             | Brothers Pearse A.C. | 1.55.4H            |

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| <b>Men's 4 x 200m</b> |            |             |                      |                    |
|-----------------------|------------|-------------|----------------------|--------------------|
| <b>PLACE</b>          | <b>NO.</b> | <b>NAME</b> | <b>CLUB</b>          | <b>Time / Dist</b> |
| 1                     | 884        |             | Leevale A.C.         | 1.33.9H            |
| 2                     | 865        |             | Menapians A.C. B     | 1.35.0H            |
| 3                     | 865        |             | Menapians A.C. A     | 1.42.9H            |
|                       |            |             | Raheny Shamrock A.C. | DNF                |

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| <b>Women's 4 x 400m</b> |            |             |                     |             |
|-------------------------|------------|-------------|---------------------|-------------|
| <b>PLACE</b>            | <b>NO.</b> | <b>NAME</b> | <b>CLUB</b>         | <b>TIME</b> |
| 1                       | 882        |             | Raheny Shamock A.C. | 4.12.16     |
| 2                       | 856        |             | Ferrybank A.C.      | 4.17.50     |
| 3                       | 854        |             | St. Brendan's A.C.  | 4.37.08     |

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| <b>Men's 4 x 400m</b> |            |             |                         |             |
|-----------------------|------------|-------------|-------------------------|-------------|
| <b>PLACE</b>          | <b>NO.</b> | <b>NAME</b> | <b>CLUB</b>             | <b>TIME</b> |
| 1                     | 864        |             | Tullamore Harriers A.C. | 3.26.49     |
| 2                     | 885        |             | Leevale A.C.            | 3.27.58     |
| 3                     | 878        |             | Metro St. Brigids       | 3.43.91     |
| 4                     | 842        |             | St. Brendan's A.C.      | 3.51.90     |

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| <b>Men's 3 x 800m</b> |            |             |                           |                    |
|-----------------------|------------|-------------|---------------------------|--------------------|
| <b>PLACE</b>          | <b>NO.</b> | <b>NAME</b> | <b>CLUB</b>               | <b>Time / Dist</b> |
| 1                     | 845        |             | Galway City Harriers A.C. | 6.27.7H            |
| 2                     | 872        |             | Limerick County A.C.      | 6.36.4H            |
| 3                     | 846        |             | Liffey Valley A.C.        | 6.37.2H            |
| 4                     | 895        |             | Tallaght A.C.             | 6.44.6H            |
| 5                     | 880        |             | Raheny Shamrock A.C.      | 6.46.9H            |

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| <b>3 x 1000m Walk Inter County</b> |            |             |             |                    |
|------------------------------------|------------|-------------|-------------|--------------------|
| <b>PLACE</b>                       | <b>NO.</b> | <b>NAME</b> | <b>CLUB</b> | <b>Time / Dist</b> |
| 1                                  | 846        |             | Kildare     | 15.92.2H           |

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**Woodie's Indoor Relay Championships of Ireland  
23rd January 2010**

| <b>Men's 56lbs x 2</b> |            |             |                           |                    |
|------------------------|------------|-------------|---------------------------|--------------------|
| <b>PLACE</b>           | <b>NO.</b> | <b>NAME</b> | <b>CLUB</b>               | <b>Time / Dist</b> |
| 1                      | 845        |             | Galway City Harriers A.C. | 13.74              |
| 2                      | 861        |             | North Laois A.C.          | 13.31              |
| 3                      |            |             | Fr. Murphy A.C.           | 12.98              |
| 4                      | 851        |             | Brow Rangers A.C.         | 12.86              |
| 5                      | 852        |             | Leevale A.C.              | 11.90              |
| 6                      |            |             | Ferrybank A.C.            | 10.68              |
| 7                      |            |             | Brow Rangers A.C. B       | 10.67              |
| 8                      | 848        |             | Rising Sun A.C.           | 10.35              |

**Athletic Association of Ireland**

**Woodie's Indoor Relay Championships of Ireland  
23rd January 2010**

**Women's High Jump x 2**

| <b>PLACE</b> | <b>NO.</b> | <b>NAME</b> | <b>CLUB</b>    | <b>Time / Dist</b> |
|--------------|------------|-------------|----------------|--------------------|
| 1            | 856        |             | Ferrybank A.C. | 3.11               |
| 2            | 857        |             | Bandon A.C.    | 2.81               |
| 3            | 854        |             | St Brendans    | 2.54               |

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**Woodie's Indoor Relay Championships of Ireland  
23rd January 2010**

**Men's High Jump x 2**

| <b>PLACE</b> | <b>NO.</b> | <b>NAME</b> | <b>CLUB</b>        | <b>Time / Dist</b> |
|--------------|------------|-------------|--------------------|--------------------|
| 4            | 844        |             | Craughwell A.C.    | 3.16               |
| 1            | 849        |             | St. Abbans A.C.    | 4.00               |
| 2            | 842        |             | St. Brendan's A.C. | 3.37               |
| 3            | 844        |             | Craughwell A.C. B  | 3.25               |
| 5            | 863        |             | Templemore A.C.    | 3.10               |

**Athletic Association of Ireland**

**Woodie's Indoor Relay Championships of Ireland  
23rd January 2010**

**Women's Long Jump x 2**

| <b>PLACE</b> | <b>NO.</b> | <b>NAME</b> | <b>CLUB</b>        | <b>Time / Dist</b> |
|--------------|------------|-------------|--------------------|--------------------|
| 1            | 856        |             | Ferrybank A.C.     | 9.85               |
| 2            | 855        |             | Craughwell A.C.    | 9.14               |
| 3            | 855        |             | Craughwell A.C. B  | 8.65               |
| 4            | 857        |             | Bandon A.C.        | 8.56               |
| 5            | 854        |             | St. Brendan's A.C. | 8.50               |

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**Woodie's Indoor Relay Championships of Ireland  
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**Men's Long Jump x 2**

| <b>PLACE</b> | <b>NO.</b> | <b>NAME</b> | <b>CLUB</b>       | <b>Time / Dist</b> |
|--------------|------------|-------------|-------------------|--------------------|
| 1            | 849        |             | St. Abbans A.C.   | 12.52              |
| 2            | 884        |             | Leevale A.C.      | 12.49              |
| 3            | 865        |             | Menapians A.C.    | 11.04              |
| 4            | 863        |             | Templemore A.C.   | 10.74              |
| 5            | 123        |             | Craughwell A.C. B | 10.72              |
| 6            | 844        |             | Craughwell A.C.   | 10.55              |
| 7            | 848        |             | Rising Sun A.C.   | 9.79               |

**Athletic Association of Ireland**

**Woodie's Indoor Relay Championships of Ireland  
23rd January 2010**

**Women's Triple Jump x 2**

| <b>PLACE</b> | <b>NO.</b> | <b>NAME</b> | <b>CLUB</b>        | <b>Time / Dist</b> |
|--------------|------------|-------------|--------------------|--------------------|
| 1            | 856        |             | Ferrybank A.C.     | 18.42              |
| 2            | 855        |             | Craughwell A.C.    | 17.83              |
| 3            | 854        |             | St. Brendan's A.C. | 17.73              |

**Athletic Association of Ireland**

**Woodie's Indoor Relay Championships of Ireland  
23rd January 2010**

**Men's Triple Jump x 2**

| <b>PLACE</b> | <b>NO.</b> | <b>NAME</b> | <b>CLUB</b>        | <b>Time / Dist</b> |
|--------------|------------|-------------|--------------------|--------------------|
|              | 849        |             | St. Abbans A.C.    |                    |
|              | 842        |             | St. Brendan's A.C. |                    |
|              | 863        |             | Templemore A.C.    |                    |

**Athletic Association of Ireland**

**Woodie's Indoor Relay Championships of Ireland  
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| <b>Women's Shot x 2</b> |            |             |                 |                    |
|-------------------------|------------|-------------|-----------------|--------------------|
| <b>PLACE</b>            | <b>NO.</b> | <b>NAME</b> | <b>CLUB</b>     | <b>Time / Dist</b> |
| 1                       | 857        |             | Bandon A.C.     | 18.61              |
| 2                       | 859        |             | St. Abbans A.C. | 18.52              |
| 3                       | 856        |             | Ferrybank A.C.  | 18.25              |

**Athletic Association of Ireland**

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| <b>Men's Shot x 2</b> |            |             |                           |                    |
|-----------------------|------------|-------------|---------------------------|--------------------|
| <b>PLACE</b>          | <b>NO.</b> | <b>NAME</b> | <b>CLUB</b>               | <b>Time / Dist</b> |
| 1                     | 845        |             | Galway City Harriers A.C. | 28.11              |
| 2                     | 850        |             | Farranfore Maine Valley   | 26.07              |
| 3                     | 851        |             | Brow Rangers A.C.         | 22.87              |
| 4                     | 853        |             | Ferrybank A.C             | 22.09              |
| 5                     | 852        |             | Leevale A.C.              | 19.92              |
| 6                     | 848        |             | Rising Sun A.C.           | 18.25              |

**Athletic Association of Ireland**

**Woodie's Indoor Relay Championships of Ireland  
23rd January 2010**

**Men's 56lbs Senior Championship**

| <b>PLACE</b> | <b>NO.</b> | <b>NAME</b>         | <b>CLUB</b>               | <b>Time / Dist</b> |
|--------------|------------|---------------------|---------------------------|--------------------|
| 1            | 861        | Fitzpatrick, Seamus | North Laois A.C.          | 7.77               |
| 2            | 845        | Breathnach, Sean    | Galway City Harriers A.C. | 7.74               |
| 3            |            | Nagle, James        | Farranfore Maine          | 6.99               |
| 4            | 851        | Maher, Sean         | Brow Rangers A.C.         | 6.97               |
| 5            | 852        | Tierney, Dave       | Leevale A.C.              | 6.83               |
| 6            |            | Hanily, Mark        | Fr. Murphy A.C.           | 6.68               |
| 7            |            | Hoey, Oisin         | St. Michael               | 6.62               |
| 8            |            | Hanily, Paddy       | Fr. Murphy A.C.           | 6.30               |
| 9            |            | Kelly, John         | Brow Rangers A.C. B       | 6.00               |

## Athletic Association of Ireland

### Woodie's Indoor Relay Championships of Ireland 23rd January 2010

| 3000m Team Race (3 to score) |     |                    |                    |         |
|------------------------------|-----|--------------------|--------------------|---------|
| Place                        | No. | Club               | Time               |         |
| 1                            | 892 | Liam Reale         | Limerick A.C.      | 8.24.34 |
| 2                            | 898 | Tomas Fitzpatrick  | Tallaght A.C.      | 8.27.48 |
| 3                            | 870 | Martin Conroy      | Sligo              | 8.35.45 |
| 4                            | 889 | Simon Ryan         | Raheny Shamrock    | 8.43.2  |
| 5                            | 894 | Lebeta Bekela      | Limerick A.C.      | 8.49.4  |
| 6                            | 893 | Colm Turner        | Limerick A.C.      | 9.03.5  |
| 7                            | 61  | Peadar O'Hairthmi  | Craughwell A.C.    | 9.10.8  |
| 8                            | 847 | Alan Kelly         | St. Ronan's A.C.   | 9.13.3  |
| 9                            | 600 | Paul Balfe         | Liffey Valley A.C. | 9.14.0  |
| 10                           | 899 | Sean Dowling       | Liffey Valley A.C. | 9.19.6  |
| 11                           | 900 | Andy Nason         | Liffey Valley A.C. | 9.29.1  |
| 12                           | 890 | Carl O'Sullivan    | Raheny Shamrock    | 9.31.1  |
| 13                           | 891 | Ian Walsh          | Raheny Shamrock    | 10.17.6 |
| 14                           | 886 | Dan Mc Mullan      | St. Ronan's A.C.   | 11.14.1 |
| 15                           | 887 | Kian Masters       | St. Ronan's A.C.   | 11.57.0 |
| 16                           | 888 | Sean Donlon        | St. Ronan's A.C.   | 12.12.6 |
| <b>Team Result</b>           |     |                    |                    |         |
| 1                            |     | Limerick A.C.      | 1, 5, 6            | 12      |
| 2                            |     | Raheny Shamrock    | 4, 12,13           | 29      |
| 3                            |     | Liffey Valley A.C. | 9, 10,11           | 30      |
| 4                            |     | St. Ronan's A.C.   | 8,14,15            | 37      |