

Woodie's DIY Junior & U23 Championships of Ireland, Tullamore 28th June 2009

Event order in this file is :

100 m - Junior Men
200 m - Junior Men
400 m - Junior Men
800 m - Junior Men
1500 m - Junior Men
5000 m - Junior Men
110 m Hurdles - Junior Men
400 m Hurdles - Junior Men
3000 m Steeplechase - Junior Men
High Jump - Junior Men
Long Jump - Junior Men
Triple Jump - Junior Men
Pole Vault - Junior Men
Shot Putt - Junior Men
Discus - Junior Men
Javelin - Junior Men
Hammer - Junior Men
35lb Distance - Junior Men
100 m - Junior Women
200 m - Junior Women
400 m - Junior Women
800 m - Junior Women
1500 m - Junior Women
5000 m - Junior Women
100 m Hurdles - Junior Women
400 m Hurdles - Junior Women
3000 m Steeplechase - Junior Women
High Jump - Junior Women
Long Jump - Junior Women
Triple Jump - Junior Women
Shot Putt - Junior Women
Discus - Junior Women
Javelin - Junior Women
Hammer - Junior Women
100 m - U.23 Men
200 m - U.23 Men
400 m - U.23 Men
800 m - U.23 Men
1500 m - U.23 Men
5000 m - U.23 Men
400 m Hurdles - U.23 Men
3000 m Steeplechase - U.23 Men
High Jump - U.23 Men
Long Jump - U.23 Men
Triple Jump - U.23 Men
Pole Vault - U.23 Men
Shot Putt - U.23 Men
Discus - U.23 Men
Javelin - U.23 Men
Hammer - U.23 Men
35lb Distance - U.23 Men
100 m - U.23 Women
200 m - U.23 Women
400 m - U.23 Women
800 m - U.23 Women
1500 m - U.23 Women
5000 m - U.23 Women
100 m Hurdles - U.23 Women
400 m Hurdles - U.23 Women
High Jump - U.23 Women
Long Jump - U.23 Women
Triple Jump - U.23 Women
Shot Putt - U.23 Women
Discus - U.23 Women
Javelin - U.23 Women

Hammer - U.23 Women**100 m - Junior Men**

Wind : +1.2

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	510	Colvert, Stephen	Crusaders A.C.	10.6		10.70
2	520	Ogunlewe, Seye	Celbridge A.C.	10.8		10.81
3	807	Adams, Dean	Ballymena & Antrim A.C.	10.8		10.97
4	206	Back, Oliver	Liverpool Harriers	11.0		11.08
5	809	Heuston, John	Ballymena & Antrim A.C.	10.9		11.11
6	250	Muldowney, Eoin	Castlecomer A.C.	11.0		11.11
7	371	Quilligan, David	Leevale A.C.	11.1		11.17
8	273	Whelan, Paul	Dublin Striders A.C.	11.1		11.23
	834	Okoyeagha, Richard	North Laois A.C.	11.1		
	241	O Connor, Patrick	Clonliffe Harriers A.C.	11.1		
	439	Kavanagh, Mark	Dundrum South Dublin A.C.	11.2		
	448	Mc Carron, Cillian	Glaslough Harriers A.C.	11.3		
	533	Smith, Paul	Shercock A.C.	11.4		
	243	Coleman, Conor	Clonliffe Harriers A.C.	11.4		
	271	O'Callaghan, Conal	Spa Muckcross A.C.	11.6		
	838	Kenny, Ferdia	Sli Cualann A.C.	11.6		
	372	Killeen, David	Leevale A.C.	11.6		
	587	Byrne, Mark	Raheny Shamrock A.C.	11.7		
	810	O'Cathain, Lorcan	Roscommon A.C.	DQ		

200 m - Junior Men

Wind : +0.6

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	294	Ryan, Billy	Ferrybank A.C.	22.43		21.97
2	810	O'Cathain, Lorcan	Roscommon A.C.	22.73		22.09
3	439	Kavanagh, Mark	Dundrum South Dublin A.C.	22.36		22.22
4	809	Hueston, John	Ballymena & Antrim A.C.	22.44		22.55
5	250	Muldowney, Eoin	Castlecomer A.C.	22.49		22.75
6	373	O'Halloran, Edmond	Leevale A.C.	22.83		23.06
7	448	Mc Carron, Cillian	Glaslough Harriers A.C.	23.34		23.38
	402	Owens, Cathal	Leevale A.C.	22.58		DNF
	834	Okoyeagha, Richard	North Laois A.C.	23.03		
	374	Maher, Patrick	Leevale A.C.	23.39		
	372	Killeen, David	Leevale A.C.	23.58		
	404	Stack, Paul	Leevale A.C.	23.63		
	271	O'Callaghan, Conal	Spa Muckcross A.C.	23.70		

400 m - Junior Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	468	Hannon, Fearghus	Tullamore Harriers A.C.	50.69		48.95
2	812	Mulhall, Eoin	Naas A.C.	50.21		49.32
3	257	Harvey, Jason	Lagan Valley	50.60		49.67
4	406	Scanlan, Paul	Leevale A.C.	50.43		49.89
5	417	Patterson, Mark	North Down	50.52		50.31
6	445	Crowe, Tim	Dooneen A.C.	50.34		50.70
7	854	Whelan, Alan	North Laois A.C.	50.99		51.03
8	564	Mac Aogain, David	St. Pauls A.C.	51.12		51.27
	515	Lynch, Craig	Shercock A.C.	50.29		
	529	Robinson, Paul	St. Coca'S A.C.	51.59		
	844	Mackey, Ciaran	Tallaght A.C.	52.48		
	561	Campbell, Alan	Galway City Harriers A.C.	53.38		
	402	Owens, Cathal	Leevale A.C.	53.44		
	842	Ryder, Sean	Sli Cualann A.C.	DNS		

800 m - Junior Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	420	Mc Brearty, Darren	Letterkenny A.C.	1.59.6H		1.53.68
2	421	English, Mark	Letterkenny A.C.	1.57.8H		1.54.25
3	249	Robinson, Niall	North Down	1.57.2H		1.54.65
4	296	Quinn, Shane	Ferrybank A.C.	1.57.5H		1.54.99
5	480	Mc Donald, Mark	Clonliffe Harriers A.C.	2.00.0H		1.55.22
6	442	O'Connor, Cathal	Dooneen A.C.	1.58.5H		1.57.53
7	205	Brennan, Andrew	Metro/St. Brigid's A.C.	1.59.8H		1.58.45
8	293	Ellis, Fergal	Ballinamore A.C.	1.59.9H		2.01.36
9	518	Cronin, Dean	Blarney/Inniscara A.C.	2.00.6H		2.05.82
10	563	Larkin, Jack	Galway City Harriers A.C.	2.01.0H		2.09.75
	403	Murray, Shane	Leevale A.C.	2.01.6H		
	202	Grey, Alan	Metro/St. Brigid's A.C.	2.03.1H		
	578	Crosbie, Billy	Dundrum South Dublin A.C.	2.03.2H		
	450	Mc Aree, Kieran	County Monaghan A.C.	2.06.5H		
	452	Clarke, James	County Monaghan A.C.	2.07.6H		
	484	Horgan, Finbar	Clonmel A.C.	2.08.2H		
	444	Lynch, Shane	Dooneen A.C.	2.13.9H		
	454	Lambe, Lorcan	County Monaghan A.C.	2.17.1H		
	504	Owens, Richard	Sli Cualann A.C.	DNF		

1500 m - Junior Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	537	Flynn, Darragh	Raheny Shamrock A.C.			4.01.18
2	453	Markham, Liam	Ennis Track A.C.			4.01.90
3	434	Ward, Ian	Finn Valley A.C.			4.03.14
4	456	Byrne, Jake	Mullingar Harriers A.C.			4.04.65
5	843	Breen, Joe	Sliabh Bhuide Rovers A.C.			4.06.11
6	538	Jones, Chris	Raheny Shamrock A.C.			4.10.37
7	494	Maher, Keith	Thurles Crokes A.C.			4.12.77
8	204	Hillard, Philip	Metro/St. Brigid's A.C.			4.13.08
9	297	Flynn, Alex	Ferrybank A.C.			4.14.73
10	244	Lambe, David	Dunleer A.C.			4.23.05
11	302	Campion, Loughlin	St. Andrews A.C.			4.26.01
12	444	Lynch, Shane	Dooneen A.C.			4.54.7H

5000 m - Junior Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	511	O'Hare, James				14.57.00
2	859	Fitzmaurice, David	Clonliffe Harriers A.C.			15.42.05
3	251	Jennings, Kian	Dundrum South Dublin A.C.			16.15.86
4	449	Kelly, Caomihin	Glaslough Harriers A.C.			16.26.24
5	447	Queely, Ronan	Dooneen A.C.			19.54.18

110 m Hurdles - Junior Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	300	Donnelly, Ciaran	Ferrybank A.C.			15.57
2	274	Mc Crossan, Conor	Lucan Harriers A.C.			15.82

400 m Hurdles - Junior Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	374	Maher, Patrick	Leevale A.C.			55.6H
2	564	Mac Aogain, David	St. Pauls A.C.			57.4H
3	292	Byrne, Paul	St. Abbans A.C.			58.0H
4	401	Murnane, Christopher	Leevale A.C.			59.2H

5	298	Corcoran, Alan	Ferrybank A.C.	59.7H
6	437	Mc Menamin, Lorcan	Finn Valley A.C.	63.3H
7	300	Donnelly, Ciaran	Ferrybank A.C.	63.8H

3000 m Steeplechase - Junior Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	245	Cotter, Tomas	Dunleer A.C.			9.22.58
2	811	Collins, Noel	Omagh			9.25.87
3	252	Jennings, Emmet	Dundrum South Dublin A.C.			9.39.71
4	436	Mc Laughlin, Pauric	Finn Valley A.C.			9.56.74
5	251	Jennings, Kian	Dundrum South Dublin A.C.			10.05.25

High Jump - Junior Men

Place	No	Name	Club	1.80	1.85	1.90	1.95	2.00	2.05	2.10	2.13	2.16
1	289	Pender, Barry	St. Abbans A.C.	-	-	-	-	XO	XXO	XXO	XXO	XXX
2	514	Foroughi, Kourosh	Star of the Sea A.C.	O	-	O	-	XXO	XO	XXX		

Long Jump - Junior Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	288	Harrington, Timmy	Bandon A.C.	6.62 +2.4	6.40 +1.8	X	6.58 +0.3	6.67 +1.5	7.06 +0.5	7.06 +0.5
2	492	McMullan, Adam	Mid Ulster	6.81	6.42	6.76	6.65	6.84	6.85	6.85
3	577	Dolan, Ciaran	St. Michael's AC	6.59 +1.5	X	6.55 +2.2	X	6.50 +1.5	X	6.59 +1.5
4	581	Fahey, Eamonn	Donore Harriers A.C.	6.31 +1.4	X	X	X	X	6.46 +2.1	6.46 +2.1
5	514	Foroughi, Kourosh	Star of the Sea A.C.	X	6.45 +1.2	6.33 +1.6	5.78 +0.6	6.04 +0.8	X	6.45 +1.2
6	371	Quilligan, David	Leevale A.C.	X	X	6.26 +0.4	X	X	6.38 +0.9	6.38 +0.9
7	292	Byrne, Paul	St. Abbans A.C.	6.01 -0.1	6.06 +1.1	6.09 +2.7	-	-	-	6.09 +2.7
8	242	Commiskey, Stephen	Clonliffe Harriers A.C.	6.06 +2.3	X	4.89 +1.6				6.06 +2.3
9	415	Tsang, Richard	Shercock A.C.	5.95 +1.6	5.93 +1.2	X				5.95 +1.6
10	416	Murphy, Stephen	Ferrybank A.C.	X	5.68 +0.1	X	5.68 +0.7	5.53 +0.0	X	5.68 +0.1
11	838	Kenny, Ferdia	Sli Cualann A.C.	X	X	5.60				5.60

Triple Jump - Junior Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	288	Harrington, Timmy	Bandon A.C.	13.95 +0.7	14.48 +1.9	X	-	14.08 +1.3	13.95 +2.4	14.48 +1.9
2	492	McMullan, Adam	Mid Ulster	13.36 +2.6	-	13.40 +2.6	-	12.79 +1.1	-	13.40 +2.6
3	415	Tsang, Richard	Shercock A.C.	11.72 +0.9	11.85 +1.8	11.56 +1.0	11.64 +0.3	11.75 +1.4	12.02 +1.3	12.02 +1.3

Pole Vault - Junior Men

Place	No	Name	Club	3.60	3.80	4.00
1	996	Doherty, Keith	Dunboyne A.C.	XO	O	XXX

Shot Putt - Junior Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	287	Clifford, Daniel	Farranfore Maine Valley A.C.	13.65	14.63	14.51	14.25	X	14.03	14.63
2	815	Lynch, Shane	Crusaders A.C.	12.39	12.08	12.95	13.29	12.74	12.63	13.29
3	562	O'Cathain, Eanna	Galway City Harriers A.C.	12.48	12.33	13.05	12.34	12.46	12.85	13.05
4	443	Kateyen, Anton	Dooneen A.C.	12.07	10.28	X	11.19	9.71	11.95	12.07
5	272	Treacy, Mark	St. Ronans A.C.	10.83	X	11.11	10.57	10.95	11.05	11.11

6	413	Mahon, Pauric	Gowran A.C.	10.31	9.60	8.84	9.64	10.15	9.57	10.31
7	516	Mc Sorley, Stephen	Glaslough Harriers A.C.	9.94	9.19	9.78	9.94	10.20	10.11	10.20
8	560	Fanning, Eoin	Raheny Shamrock A.C.	X	8.95	7.89	8.04	8.35	8.42	8.95

Discus - Junior Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	287	Clifford, Daniel	Farranfore Maine Valley A.C.	X	48.71	X	X	X	X	48.71
2	253	Reynolds, Chris	City of Lisburn AC	X	43.01	X	X	41.33	43.50	43.50
3	1997	Woods, Ben	Clonliffe Harriers A.C.	30.13	31.66	35.23	X	41.50	41.16	41.50
4	562	O'Cathain, Eanna	Galway City Harriers A.C.	36.17	X	X	36.90	39.30	39.90	39.90
5	303	Campion, Conal	St. Andrews A.C. -		35.87	34.80	36.46	36.17	34.65	36.46
6	852	Hanlon, Darragh	Tullamore Harriers A.C.	30.19	33.24	34.51	34.53	X	36.44	36.44
7	361	O'Brien, Jamie	Navan A.C.	X	X	27.41	X	X	26.02	27.41
8	272	Treacy, Mark	St. Ronans A.C.	26.53	26.06	X	X	26.37	24.77	26.53
9	560	Fanning, Eoin	Raheny Shamrock A.C.	X	25.89	26.33				26.33
10	516	Mc Sorley, Stephen	Glaslough Harriers A.C.	X	20.82	23.90				23.90
11	995	Lynch, Kevin	Dooneen A.C.	21.73	19.74	23.45				23.45

Javelin - Junior Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	267	Mc Bride, Sean	Strabane Track Club	48.96	52.75	49.28	49.87	52.43	53.11	53.11
2	443	Kateyen, Anton	Dooneen A.C.	40.28	X	42.53	43.56	X	44.73	44.73
3	514	Foroughi, Kourosh	Star of the Sea A.C.	X	39.90	-	42.77	X	40.63	42.77
4	364	Kirwan, Barry	Navan A.C.	38.49	39.98	37.92	X	X	38.96	39.98
5	303	Campion, Conal	St. Andrews A.C.	37.85	37.59	-	-	-	-	37.85
6	539	Buckley, James	Raheny Shamrock A.C.	32.85	33.98	31.27	32.30	32.27	33.43	33.98

Hammer - Junior Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	303	Campion, Conal	St. Andrews A.C.	X	57.57	X	X	56.13	X	57.57
2	580	Doyle, Andrew	Mid Ulster	57.50	54.13	56.42	X	X	X	57.50
3	481	Barry, Cathal J	Crusaders A.C.	50.33	47.82	51.24	X	52.10	X	52.10
4	585	Heapes, Clive	Finn Valley A.C.	X	X	44.10	X	45.50	46.51	46.51
5	455	Hand, Shane	Farranfore Maine Valley A.C.	X	37.21	X	36.95	X	40.30	40.30
6	440	Lynch, Kevin	Dooneen A.C.	31.32	X	30.44	30.25	32.97	X	32.97
7	272	Treacy, Mark	St. Ronans A.C.	25.90	X	24.15	22.90	23.82	23.15	25.90

35lb Distance - Junior Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	585	Heapes, Clive	Finn Valley A.C.	6.56	7.95	7.36	7.45	8.33	8.11	8.33
2	852	Hanlon, Darragh	Tullamore Harriers A.C.	7.20	7.25	X	7.50	7.65	8.21	8.21
3	562	O'Cathain, Eanna	Galway City Harriers A.C.	7.09	7.32	7.97	8.10	7.87	8.06	8.10
4	517	Mulligan, Joseph	Tullamore Harriers A.C.	6.73	6.51	6.33	6.72	X	6.67	6.73

100 m - Junior Women (No wind reading)

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	331	Whelan, Niamh	Ferrybank A.C.	11.9		11.68
2	319	Healy, Joan	Bandon A.C.	11.9		11.78
3	327	Mc Manus, Catherine	Celtic A.C.	12.1		12.14
4	526	Fitzpatrick, Eilish	Gneeveguilla A.C.	12.0		12.17
5	519	Lawlor, Sandra	Celbridge A.C.	12.3		12.44
6	513	Boomer, Chloe		12.5		12.55
7	474	Dickinson, Jane	Dooneen A.C.	12.5		12.55
8	573	Mc Guire, Leona	Galway City Harriers A.C.	12.3		12.62
	239	Moore, Leah	Clonliffe Harriers A.C.	12.5		
	426	Kilduff, Sharon	Claremorris A.C.	12.6		
	823	Reville, Francesca	Menapians A.C.	12.7		
	82	NI Cathain, Niamh	Roscommon A.C.	12.8		
	362	Kennedy, Sophie	Navan A.C.	13.1		
	238	Sewell, Aoife	Dunleer A.C.	13.3		
	574	Esslemont, Aedin	Galway City Harriers A.C.	13.6		

200 m - Junior Women

Wind : +1.1

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	319	Healy, Joan	Bandon A.C.			24.49
2	328	Creaner, Steffi	Celtic A.C.			25.17
3	366	Humphries, Kate	Leevale A.C.			25.90
4	531	Field, Niamh	St. Coca'S A.C.			26.45
5	238	Sewell, Aoife	Dunleer A.C.			27.38
6	822	Hill, Fiona	Newbridge A.C.			27.51
7	362	Kennedy, Sophie	Navan A.C.			27.70

400 m - Junior Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	280	Mooney, Claire	Naas A.C.	56.92		56.50
2	260	Everard, Ciara	Kilkenny City Harriers A.C.	58.55		56.96
3	237	Scallan, Susan	Raheny Shamrock A.C.	58.35		57.46
4	525	O'Connell, Emer	Blarney/Inniscara A.C.	58.91		57.99
5	840	Denny, Sinead	Dundrum South Dublin A.C.	58.51		58.33
6	522	Neville, Christine	Blarney/Inniscara A.C.	61.73		61.47
7	521	Neville, Jessica	Blarney/Inniscara A.C.	61.25		62.40
8	475	Burke, Aoife	Dooneen A.C.	61.79		62.51
	321	Howard, Roisin	Bandon A.C.	64.53		
	586	Mc Hugh, Dianne	Sligo A.C.	65.31		

800 m - Junior Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	260	Everard, Ciara	Kilkenny City Harriers A.C.			2.11.2H
2	500	Earls, Claire	Sli Cualann A.C.			2.15.2H
3	355	Scott, Lauren	North Down			2.18.7H
4	841	Finnegan, Sarah	Clonliffe Harriers A.C.			2.25.3H
5	830	Magee, Aisling	Sli Cualann A.C.			2.27.3H

1500 m - Junior Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	848	French O'Carroll, Charlotte	Dundrum South Dublin A.C.			4.33.66
2	466	Doyle, Deirdre	Tinryland A.C.			4.43.32
3	332	Ryan, Niamh	Ferrybank A.C.			4.44.41
4	326	Gebrezgi, Tekea	Celtic A.C.			4.46.95
5	829	Hartnett, Ellie	Sli Cualann A.C.			4.56.80
6	334	Walsh, Kitty	Ferrybank A.C.			4.58.50
7	488	Madigan, Claire	St. John's (Clare) A.C.			5.04.17
8	333	Walsh, Beth	Ferrybank A.C.			5.16.69

5000 m - Junior Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	318	Shaughnessy, Laura	Loughrea A.C.			17.32.52
2	477	Linden, Anne	Carrick Aces A.C.			21.42.61
3	861	Fitzgerald, Maura	Farranfore Maine Valley A.C.			22.13.26

100 m Hurdles - Junior Women

Wind : +1.5

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	519	Lawlor, Sandra	Celbridge A.C.	14.37		14.68
2	846	McNeilly, Aimee	Regent House	14.94		14.76
3	825	Furman, Shauna	Clonliffe Harriers A.C.	15.81		15.75
4	857	Boylan, Laura	Sli Cualann A.C.	16.40		16.29

5	486	Moloney, Sinead	St. Killians	16.51	16.30
6	827	Basquille, Caoimhe	Sli Cualann A.C.	16.48	16.31
7	799	Finn, Orla	Riverstick/Kinsale A.C.	16.33	16.35
	495	Porteous, Debbie	City of Lisburn	16.56	DNF
	233	Finnegan, Rachel	Craughwell A.C.	DNS	
	425	Butler, Emma	Gowran A.C.	DNS	

400 m Hurdles - Junior Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	799	Finn, Orla	Riverstick/Kinsale A.C.			66.2H
2	366	Humphries, Kate	Leevale A.C.			68.8H
3	233	Finnegan, Rachel	Craughwell A.C.			69.5H
4	281	Furlong, Fiona	Bree A.C.			73.4H
5	337	Other. AN				74.7H

3000 m Steeplechase - Junior Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	837	Mc Kenna, Fiona	Dundrum South Dublin A.C.			11.50.7H
2	836	Waly, Aisling	Dundrum South Dublin A.C.			12.53.3H
3	575	Manley, Orla	Raheny Shamrock A.C.			13.38.8H

High Jump - Junior Women

Place	No	Name	Club	1.40	1.45	1.50	1.55	1.60	1.65	1.70	1.75	1.78
1	329	Farrell, Cathriona	Craughwell A.C.	-	-	-	-	O	O	O	XO	XXX
2	357	Lanigan, Mary Kate	Kilkenny City Harriers A.C.	-	-	-	XO	O	O	O	XXX	
3	423	Moggan, Grainne	Brothers Pearse A.C.	-	-	O	O	O	XXX			
4	827	Basquille, Caoimhe	Sli Cualann A.C.	-	-	-	O	XXO	XXX			
5	321	Howard, Roisin	Bandon A.C.	-	O	O	O	XXX				
6	425	Butler, Emma	Gowran A.C.	O	O	O	XXX					
7	486	Moloney, Sinead	St. Killians	O	XO	XXX						

Long Jump - Junior Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	335	Power, Nicola	Ferrybank A.C.	5.16 +0.8	5.28 +1.9	5.46 +2.6	5.31 +2.6	X	5.40 +0.7	5.46 +2.6
2	236	Kerr, Hilary	St. Peter'S A.C.	4.97 +1.7	X	4.85 +2.2	4.98 +0.4	X	5.05 +0.3	5.05 +0.3
3	321	Howard, Roisin	Bandon A.C.	4.97 +1.7	4.98 +2.0	X	-	-	-	4.98 +2.0
4	509	Bartley, Aoife	Carrick-On-Suir A.C.	4.75 +0.7	4.97 +1.8	X	4.92 +0.4	X	X	4.97 +1.8
5	822	Hill, Fiona	Newbridge A.C.	4.61 +1.8	4.84 +3.7	4.84 +3.7	4.77 +1.8	4.77 +1.1	4.92 +0.9	4.92 +0.9
6	472	Brennan, Eimer	Tullamore Harriers A.C.	X +2.9	4.86 +0.9	4.78	-	-	-	4.86 +2.9
7	828	O'Reilly, Kelly	Dunleer A.C.	4.15 +1.7	X	4.14 +2.5	3.86 +0.7	3.76 +0.7	-	4.15 +1.7

Triple Jump - Junior Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	509	Bartley, Aoife	Carrick-On-Suir A.C.	X	X +2.4	10.48 +1.2	10.89	10.85 +2.1	10.90	10.90
2	495	Porteous, Debbie	City of Lisburn	10.62 +1.4	10.72 +1.6	X	10.52 +1.2	X	-	10.72 +1.6

Shot Putt - Junior Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	231	Fitzgerald, Claire	Tralee Harriers A.C.	13.21	12.64	13.58	12.53	13.43	12.73	13.58
2	473	Moloney, Fiona	Dooneen A.C.	11.01	10.97	11.73	11.02	10.71	X	11.73
3	320	Bradfield, Tracey	Bandon A.C.	9.39	9.90	9.14	9.62	9.87	9.53	9.90
4	321	Howard, Roisin	Bandon A.C.	9.44	9.59	X	8.82	9.05	9.14	9.59

5	523	Murphy, Niamh	Blarney/Inniscara A.C.	8.48	9.21	8.92	9.35	8.64	9.40	9.40
6	262	Conlon, Theresa	Kilkenny City Harriers	8.40	8.66	8.56	X	8.71	X	8.71
7	476	Gillanders, Grainne	Glaslough Harriers A.C.	-	5.90	6.20	5.96	6.10	6.11	6.20

Discus - Junior Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	231	Fitzgerald, Claire	Tralee Harriers A.C.	X	37.61	39.01	41.19	42.53	43.38	43.38
2	338	Scanlan, Zoe	West Waterford A.C.	35.07	34.87	X	X	33.94	35.10	35.10
3	320	Bradfield, Tracey	Bandon A.C.	29.67	28.91	29.37	31.33	30.27	30.12	31.33
4	496	Mc Carthy, Niamh	Crusaders A.C.	26.90	24.67	26.43	26.43	26.62	28.90	28.90
5	524	Mc Carthy, Maire	Blarney/Inniscara A.C.	X	21.20	21.59	X	22.17	X	22.17
6	476	Gillanders, Grainne	Glaslough Harriers A.C.	17.51	17.67	16.65	17.01	16.48	X	17.67

Javelin - Junior Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	235	Mc Donald, Olivia	St. Peter'S A.C.	37.42	39.39	38.28	37.78	37.06	33.66	39.39
2	851	Coffey, Emmy	Sli Cualann A.C.	28.57	X	X	24.60	28.68	29.24	29.24

Hammer - Junior Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	261	Hickey, Aoife	Kilkenny City Harriers	48.07	52.24	X	48.68	48.63	X	52.24
2	506	Donnelly, Magee	Mid Ulster	40.76	42.02	44.11	46.53	44.02	X	46.53
3	487	O'Farrell, Charlotte	D.M.P. A.C.	42.42	43.76	44.02	43.46	X	39.45	44.02
4	262	Conlon, Theresa	Kilkenny City Harriers	36.79	X	40.78	40.78	X	38.86	40.78
5	330	Kennedy, Cara	Ferrybank A.C.	X	40.11	39.10	X	X	X	40.11
6	478	Flynn, Marie	Farranfore Maine Valley	38.55	37.20	38.38	X	39.04	35.84	39.04
7	479	Flynn, Karen	Farranfore Maine Valley	X	35.49	35.57	37.11	34.06	X	37.11
8	524	Mc Carthy, Maire	Blarney/Inniscara A.C.	X	36.35	36.26	36.35	X	X	36.35
9	523	Murphy, Niamh	Blarney/Inniscara A.C.	X	X	33.30	33.60	33.62	32.11	33.62

100 m - U.23 Men

Wind : +1.4

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	354	Smyth, Jason	City of Derry A.C.	10.47		10.42
2	264	Holmes, Jonathan	Kilkenny City Harriers A.C.	10.71		10.74
3	207	Graham, Andrew	Lagan Valley	10.91		10.89
4	588	O Shea, David	Dooneen A.C.	11.05		10.93
5	276	Mc Laughlin, Conor	Strabane Track Club	11.10		11.20
6	359	Monaghan, Joseph	Navan A.C.	11.19		11.25
7	532	O Cathain, Ciaran	Raheny Shamrock A.C.	11.24		11.29
8	813	O'Donohue, Barry	Raheny Shamrock A.C.	11.57		11.49
	803	Jackman, Adrian	Menapians A.C.	11.61		
	530	Gorey, Brian	St. Coca'S A.C.	12.24		

200 m - U.23 Men

Wind : +1.7

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	221	Gregan, Brian	Tallaght A.C.			21.58
2	847	Hynes, Michael	Raheny Shamrock A.C.			22.47
3	588	O Shea, David	Dooneen A.C.			22.62
4	363	Matthews, Niall	Navan A.C.			22.90
5	433	Melvin, Eoin	Crusaders A.C.			23.20
6	219	Gore, Shane	Fingallians A.C.			23.69
7	419	O'Loughlin, Ross	Menapians A.C.			23.91
8	432	Keegan, John	Crusaders A.C.			24.38

400 m - U.23 Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	356	Kelly, Kieran	Raheny Shamrock A.C.			49.55

2	849	Davis, Jamie	U.C.D. A.C.	51.04
3	419	O'Loughlin, Ross	Menapians A.C.	52.53
4	583	Kelly, Chris	Donore Harriers A.C.	52.78
5	589	Bolger, Sean	Tallaght A.C.	52.80
6	804	Smith, Colm	Shercock A.C.	54.86

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	818	Warne, Joe	Doheny A.C.			1.54.8H
2	422	Mooney, Danny	Letterkenny A.C.			1.55.3H
3	839	Lieghio, Anthony	Tallaght A.C.			1.56.1H
4	498	Connick, Andrew	Slaney Olympic A.C.			1.56.8H
5	817	Keogh, David	Lucan Harriers A.C.			1.57.2H
6	802	Healy, Denis	Finn Valley A.C.			1.58.0H
7	277	Mullins, Aidan	Bantry A.C.			1.58.7H
8	808	Moran, Declan	Clonliffe Harriers A.C.			2.08.0H
9	569	Feely, Liam	North Leitrim A.C.			2.08.6H

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	209	Coghlan, John	Metro/St. Brigid's A.C.			3.50.42
2	462	Chesser, Rory	Ennis Track A.C.			3.50.50
3	567	Birmingham, Daire	Raheny Shamrock A.C.			3.51.55
4	463	Markham, Brian	Ennis Track A.C.			3.51.68
5	570	Mulhare, Michael	North Laois A.C.			3.52.28
6	483	Carroll, Tommy	North Sligo A.C.			3.54.98
7	576	O'Neill, Brendan	Dundrum South Dublin A.C.			3.59.87
8	312	Cooper, Kevin	Ferrybank A.C.			4.01.69
9	498	Connick, Andrew	Slaney Olympic A.C.			4.06.23
10	422	Mooney, Danny	Letterkenny A.C.			4.06.75
11	499	Carlisle, John	North Down			4.07.68
12	265	Hayes, Thomas	Kilkenny City Harriers A.C.			4.11.54

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	566	Ryan, Simon	Raheny Shamrock A.C.			15.01.87
2	860	Dunne, Eoin	Tallaght A.C.			15.24.17
3	315	Moloney, Rory	West Waterford A.C.			15.56.92
4	568	O'Sullivan, Carl	Raheny Shamrock A.C.			16.21.75
5	862	Francis, Peter	Menapians A.C.			16.40.32

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	208	O'Donnell, Gerard	Carrick-on-Shannon A.C.			56.00H
2	801	Fagan, John	Clonliffe Harriers A.C.			56.00H

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	305	Corbally, Robert	Dundrum South Dublin A.C.			9.44.80
2	313	Stilwell, Sean	West Waterford A.C.			10.07.38
3	311	Downey, Gavin	Ferrybank A.C.			10.14.71

Place	No	Name	Club	1.85	1.90	1.95	2.00	2.05	2.10	2.13
1	493	Crowley, Christopher	Belgooly A.C.	-	-	O	O	XO	XX-	X
2	491	Flanagan, Ciaran	Ballymena & Antrim A.C.	O	O	XO	XXX			

Long Jump - U.23 Men											
Place	No	Name	Club		1st	2nd	3rd	4th	5th	6th	Best
1	467	Hannon, Eoin	Tullamore Harriers A.C.		7.11 +0.7	7.30 +1.8	X	X	X	X	7.30 +1.8
2	220	Kennedy, Alan	Abbey Striders A.C.		X +0.9	X +0.8	X +0.9	X	7.15	7.14	7.15
3	493	Crowley, Christopher	Belgooly A.C.		6.54 +1.8	6.71 +0.3	6.62 +1.3	6.51 +1.6	-	-	6.71 +0.3
4	308	Kelly, Eoin	St. Abbans A.C.		X	6.51 +1.0	X	X	X	X	6.51 +1.0
5	845	Connolly, Jack	Raheny Shamrock A.C.		5.84 +0.1	6.01 +0.5	X	6.19 +0.7	X	6.29 +0.3	6.29 +0.3
6	856	Slattery, Aaron	Mid Sutton A.C.		6.00 +1.3	5.43 +0.3	5.48 +1.6	5.32 +0.7	5.63 +0.7	5.53 +1.7	6.00 +1.3
Triple Jump - U.23 Men											
Place	No	Name	Club		1st	2nd	3rd	4th	5th	6th	Best
1	308	Kelly, Eoin	St. Abbans A.C.		12.74 +0.8	14.57 +1.8	14.40 +2.6	14.78 +2.7	15.05 +3.1	15.05 +3.9	15.05 +3.1
2	565	Cronin, Ciaran	Dundrum South Dublin A.C.		11.74 +1.0	12.18 +1.6	12.33 +0.5	X	X	12.32 +1.4	12.33 +0.5
Pole Vault - U.23 Men											
Place	No	Name	Club	2.80	3.00	3.20	3.60	3.80	4.00	4.20	4.45
1	214	Rogers, Ian	Clonliffe Harriers A.C.	-	-	-	-	-	XO	O	XXX
2	997	Beauché, Stephane	Gorey A.C.	-	-	-	XO	XO	XXX		
3	418	Whyte, Richard	Brothers Pearse A.C.	-	-	-	XXO	O	XXX		
4	307	Crowley, Ian	Farranfore Maine Valley	O	O	XXX					
Shot Putt - U.23 Men											
Place	No	Name	Club		1st	2nd	3rd	4th	5th	6th	Best
1	571	Mangan, Luke	Clonliffe Harriers A.C.		13.11	13.97	13.75	13.49	13.80	13.89	13.97
2	408	Hazler, Paul	Leevale A.C.		11.59	X	11.64	11.24	12.36	X	12.36
3	218	O'Connor, Alan	Tralee Harriers A.C.		11.81	11.98	X	11.64	12.03	11.52	12.03
4	814	O'Reilly, Mathew	Shercock A.C.		X	X	9.64	10.46	10.41	X	10.46
5	998	Fitzpatrick, Hugh	Shercock A.C.		9.02	8.97	9.48	8.42	X	-	9.48
Discus - U.23 Men											
Place	No	Name	Club		1st	2nd	3rd	4th	5th	6th	Best
1	408	Hazler, Paul	Leevale A.C.		42.45	45.81	X	46.67	X	47.19	47.19
2	218	O'Connor, Alan	Tralee Harriers A.C.		X	36.38	38.53	X	X	X	38.53
3	571	Mangan, Luke	Clonliffe Harriers A.C.		38.20	36.35	37.74	36.28	X	X	38.20
Javelin - U.23 Men											
Place	No	Name	Club		1st	2nd	3rd	4th	5th	6th	Best
1	275	Crawford, Aaron	Strabane Track Club		53.24	53.86	-	53.49	X	X	53.86
2	855	Brannock, Michael	Galway City Harriers A.C.		48.51	49.48	49.97	46.78	49.11	49.39	49.97
3	276	Mc Laughlin, Conor	Strabane Track Club		40.75	X	46.58	42.81	41.52	42.98	46.58
Hammer - U.23 Men											
Place	No	Name	Club		1st	2nd	3rd	4th	5th	6th	Best
1	408	Hazler, Pavel	Leevale A.C.		X	X	X	X	55.08	X	55.08
2	800	Nagle, James P.	Farranfore Maine Valley A.C.		51.88	X	52.70	50.57	50.33	49.40	52.70
3	998	Fitzpatrick, Hugh	Shercock A.C.		35.79	39.10	36.68	X	X	X	39.10
35lb Distance - U.23 Men											
Place	No	Name	Club		1st	2nd	3rd	4th	5th	6th	Best
1	218	O'Connor, Alan	Tralee Harriers A.C.		10.16	10.07	9.79	10.15	10.17	10.18	10.18
2	800	Nagle, James P.	Farranfore Maine Valley A.C.		9.71	10.02	9.81	9.98	9.81	X	10.02
3	998	Fitzpatrick, Hugh	Shercock A.C.		8.07	8.04	7.71	8.18	7.88	7.61	8.18

100 m - U.23 Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	234	Kiernan, Louise	Fingallians A.C.			11.7H
2	343	Foster, Amy	North Down			12.0H
3	465	Boyle, Patricia	Cranford A.C.			13.4H
4	224	Paulinkaite, Zaneta	Trim A.C.			13.7H

200 m - U.23 Women

Wind : +1.7						
Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	350	Proper, Kelly	Ferrybank A.C.			24.04
2	234	Kiernan, Louise	Fingallians A.C.			24.54
3	826	Patterson, Jo	Ballymena & Antrim A.C.			25.23
4	370	Mc Ardle, Louise	Leevale A.C.			25.40
5	590	Fitzpatrick, Katie	Tallaght A.C.			28.50

400 m - U.23 Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	826	Patterson, Jo	Ballymena & Antrim A.C.			55.52
2	370	Mc Ardle, Louise	Leevale A.C.			56.31
3	345	Kelly, Sinead	St. Abbans A.C.			58.62
4	226	Anglim, Roisin	Fingallians A.C.			59.23
5	464	Hackett, Nicola	Glaslough Harriers A.C.			61.56
6	819	Giblin, Susan	Raheny Shamrock A.C.			61.66
7	850	Dridi, Khadija	Clonliffe Harriers A.C.			67.96

800 m - U.23 Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	527	Galligan, Roseanne	Newbridge A.C.			2.07.2H
2	485	Crowe, Laura	Riocht A.C.			2.08.5H
3	347	Treacy, Sara Louise	Moynalvey A.C.			2.15.3H
4	341	Scriven, Laura	St. L. O'Toole A.C.			2.20.2H
5	824	O'Driscoll-Collins, Ailbhe	U.C.C. A.C.			2.24.4H
6	833	Finn, Carol	Duhallow A.C.			2.27.5H
7	427	Doyle, Ann	Gowran A.C.			2.33.0H

1500 m - U.23 Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	347	Treacy, Sara Louise	Moynalvey A.C.			4.37.74
2	831	Woods, Rebecca	Clonliffe Harriers A.C.			4.40.63
3	584	Treston, Bryony	Dundrum South Dublin A.C.			4.43.16
4	212	Walsh, Maria	Blackrock A.C.			4.43.52
5	832	Finn, Michelle	Duhallow A.C.			4.49.74
6	284	McCarthy, Sally	U.C.C. A.C.-Dual-Member			4.57.56
7	471	Hennessy, Niamh	Templemore A.C.			5.17.23
8	427	Doyle, Ann	Gowran A.C.			5.37.21

5000 m - U.23 Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	592	Huet, Laura	Dundrum South Dublin A.C.			17.47.41
2	858	Nic Amhlaoibh, Maire	Dundrum South Dublin A.C.			18.22.12
3	351	Crossan, Karen	Inishowen A.C.			18.58.80

100 m Hurdles - U.23 Women

Wind : +1.7

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time					
1	227	Finnegan, Sarah	Craughwell A.C.			17.67					
400 m Hurdles - U.23 Women											
Final Place	No	Name	Club	Heat Time	Semi Time	Final Time					
1	348	Sheehan, Kalyn	Ferrybank A.C.			63.0H					
2	798	Woods, Sarah	Clonliffe Harriers A.C.			69.7H					
3	223	Doyle, Sarah	Clonliffe Harriers A.C.			71.8H					
4	346	Nolan, Cheryl	St. Abbans A.C.			72.6H					
High Jump - U.23 Women											
Place	No	Name	Club	1.40	1.45	1.50	1.55	1.60	1.65	1.70	1.75
1	428	Hughes, Pamela	Westport A.C.	-	-	-	-	O	O	O	XXX
2	342	Byrne, Leona	St. L. O'Toole A.C.	-	-	-	O	O	O	XXX	
3	225	Mc Carthy, Paula	Bantry A.C.	O	O	O	XXX				
Long Jump - U.23 Women											
Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best	
1	350	Proper, Kelly	Ferrybank A.C.	6.29 +0.0	X	6.33 +1.2	6.23 -0.3	6.22 +1.4	X	6.33 +1.2	
2	369	Morrisson, Imelda	Leevale A.C.	X	5.29 +1.7	4.70 +0.6	5.22 +0.9	5.13 +2.3	5.34 +0.5	5.34 +0.5	
3	465	Boyle, Patricia	Cranford A.C.	-	4.82 +0.8	X	4.86 +2.0	X	4.94 +1.6	4.94 +1.6	
4	224	Paulinkaite, Zaneta	Trim A.C.	4.59 +2.7	4.76 +1.4	4.52 +2.3	4.72 +1.8	4.83 +1.4	4.81 +1.1	4.83 +1.4	
Triple Jump - U.23 Women											
Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best	
0	227	Finnegan, Sarah	Craughwell A.C.	9.95	10.07	9.81	9.94	10.18	9.98		
Shot Putt - U.23 Women											
Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best	
1	340	O'Shea, Katie	Farranfore Maine Valley A.C.	8.55	9.11	9.22	9.25	9.28	9.08	9.28	
2	211	O'Malley, Aoife	Bilboa A.C.	8.60	8.73	8.54	8.93	8.65	9.11	9.11	
Discus - U.23 Women											
Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best	
1	286	Conway, Philippa	Crusaders A.C.	33.62	34.43	35.65	33.33	32.98	35.00	35.65	
2	353	Ashe, Eadaoin	West Waterford A.C.	29.50	29.24	29.31	X	X	X	29.50	
3	344	Roche, Rachel	Bandon A.C.	27.05	27.90	28.58	28.83	27.61	29.21	29.21	
4	228	O Connor, Karen	Tralee Harriers A.C.	26.11	28.74	27.87	28.32	28.70	27.77	28.74	
Javelin - U.23 Women											
Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best	
1	229	Byrne, Denise	Clonliffe Harriers A.C.	36.52	34.85	34.01	32.36	30.64	34.90	36.52	
2	225	Mc Carthy, Paula	Bantry A.C.	27.95	30.52	32.24	30.97	34.34	30.76	34.34	
3	344	Roche, Rachel	Bandon A.C.	30.46	31.20	30.35	32.33	32.21	33.49	33.49	
4	211	O'Malley, Aoife	Bilboa A.C.	27.28	29.49	29.50	X	27.24	27.49	29.50	
Hammer - U.23 Women											
Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best	
1	210	Sutherland, Mary	D.M.P. A.C.	45.23	47.51	46.06	47.40	45.95	43.65	47.51	
2	340	O'Shea, Katie	Farranfore Maine Valley A.C.	44.64	35.44	40.04	40.95	41.45	43.39	44.64	
3	286	Conway, Philippa	Crusaders A.C.	X	30.74	31.83	31.45	30.74	32.45	32.45	