

Athletic Association of Ireland
Senior Relay Championships of Ireland
Navan - 11th June 2006

Men's 4 x 100m - Result

PLACE	NO.	NAME	TIME
1	234	Shercock A.C.	43.9
2	241	Rathoath A.C.	45.2

Women's 4 x 400 m - Result

PLACE	NO.	NAME	TIME
1	239	Metro St. Brigids	4.28.7
2	235	Tir Chonail A.C.	4.40.3

Men's 4 x 400 m - Result

PLACE	NO.	NAME	TIME
1	234	Shercock A.C.	3.33.2
2	240	Metro St. Brigids	3.40.6
3	483	Bohermeen A.C	3.42.4
4	246	Raheny Shamrock A.C.	3.49.1

Women's 3 x 800 m - Result

PLACE	NO.	NAME	TIME
1	236	Dublin City Harriers	7.09.0
2	235	Tir Chonail A.C.	7.55.5
3	171	Raheny Shamrock	8.08.4

Men's 3 x 800 m - Result

PLACE	NO.	NAME	TIME
1	244	Letterkenny A.C.	6.06.7
2	247	Sligo A.C.	6.08.6
3	240	Metro St. Brigids	6.14.1
4	491		6.21.4
5	246	Raheny Shamrock A.C.	6.23.4

Men's 2 x High Jump

PLACE	NO.	NAME	HEIGHT
1	234	Shercock A.C.	3.46

Women's 2 x Long Jump

PLACE	NO.	NAME	DISTANCE
1	235	Tir Chonail A.C.	9.89

Men's 2 x Long Jump

PLACE	NO.	NAME	DISTANCE
1	500	St. Mary's A.C.	12.43
2	488	Dunleer A.C	8.35

Women's 2 x Triple Jump

PLACE	NO.	NAME	TIME
1	235	Tir Chonail A.C.	19.1
2	232	Borrisokane A.C.	18.96

Women's 2 x Shot Putt

PLACE	NO.	NAME	DISTANCE
1	235	Tir Chonail A.C.	21.00
2	232	Borrisokane A.C.	16.24

Men's 2 x Shot Putt

PLACE	NO.	NAME	DISTANCE
1	242	Star of the Sea	25.72
2		Donore Harriers	24.27
3	237	Templemore A.C.	23.52
4	238	Brow Rangers A.C.	21.41

Men's 2 x 56lb Distance

PLACE	NO.	NAME	DISTANCE
1	237	Templemore A.C.	14.18
2		Donore Harriers	13.72
3	242	Star of the Sea	13.62
4	238	Brow Rangers A.C.	12.32
5	233	Fr. Murphy A.C.	11.70

Men's 2 x Discus

PLACE	NO.	NAME	DISTANCE
1		Donore Harriers	87.84
2	242	Star of the Sea	82.07
3	233	Fr. Murphy A.C.	60.67
4	238	Brow Rangers A.C.	53.40

Women's 2 x Discus

PLACE	NO.	NAME	DISTANCE
1		Fr. Murphys A.C.	66.08
2		Borrisokane A.C.	56.97

Men's 5000 m (3 to Score)- Result

PLACE	NO.	NAME	CLUB	Time
1	179	Sandis Bralitis	West Waterford A.C.	14.36.6
2	227	Liam O'Halloran	Raheny Shamrock A.C.	15.20.8
3	183	Paul Fleming	Rathfarnham W.S.A.F. A.C.	15.35.1
4	181	Raivis Zakis	West Waterford A.C.	15.39.5
5	187	Pauric Mc Kinney	Letterkenny A.C.,	15.43.0
6	180	Dzintars Klava	West Waterford A.C.	15.44.4
7	184	Michael Freeley	Rathfarnham W.S.A.F. A.C.	15.57.1
8	228	Richard Yeates	Raheny Shamrock A.C.	15.58.5
9	229	Bernard Roe	Raheny Shamrock A.C.	16.02.9
10	230	Ian Conroy	Raheny Shamrock A.C.	16.23.0
11	190	James Flanagan	Letterkenny A.C.,	16.38.4
12	186	Louis Fernando Brigas	Rathfarnham W.S.A.F. A.C.	17.07.9
13	191	Sean Mc Fadden	Letterkenny A.C.,	17.30.9
14	188	Neil Gibbons	Letterkenny A.C.,	17.33.6
	226	Mark Kirwan	Raheny Shamrock A.C.	DNF

Men's 5000 m - Team Result

PLACE	NO.	CLUB	POINTS	TOTAL
1		West Waterford A.C.	1, 4 & 6	11
2		Raheny Shamrock	2, 8,& 9	19
3		Rathfarnham WSAF	3, 7 &12	22
4		Letterkenny A.C.	5, 11 & 13	29

Master Men's 3000m (3 to score) - Start List

Placw	No	Name	Club	
1	500	Kieran Carlin	Finn Valley A.C. A	9.08.2
2	303	Tom O'Connor	Liffey Valley A.C.	9.11.2
3	498	Martin O'Halloran	Finn Valley A.C. A	9.14.8
4	300	Eddie Mc Grath	Liffey Valley A.C.	9.15.7
5	495	Dominic Bonner	Finn Valley A.C. B	9.17.5
6	496	Gerald Bogle	Finn Valley A.C. B	9.28.0
7	499	Frank Chaney	Finn Valley A.C. A	9.33.4
8	301	Dave Morley	Liffey Valley A.C.	9.37.5
9	287	Edwin Keville	Rathfarnham W.S.A.F. A.C.	9.39.8

10	289	Fabrice Bituad	Rathfarnham W.S.A.F. A.C.	9.42.6
11	494	John Glinchy	Finn Valley A.C. B	9.44.7
13	288	John Mc Hugh	Rathfarnham W.S.A.F. A.C.	10.32.6
14	497	Drew Doherty	Finn Valley A.C. A	10.56.5
	302	John Cullen	Liffey Valley A.C.	DNF
Guest	488	Eoin Kahn	Dunleer A.C.	10.30.3

Team Result

Place	No	Name	Points	Total
1		Finn Valley	1,3,& 7	11
2		Liffey Valley	2, 4 & 8	14
3		Finn Valley 'B'	5, 6 & 11	22
4		Rathfarnham WSAF	9, 10 & 13	32