

Woodie's DIY / AAI Track & Field

Championships of Ireland

19th & 20th July 2008

Men's 100 m

Wind : +0.6

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	170	Hession, Paul	Athenry A.C.	10.22		10.26
2	189	Graham, Darragh	Sli Cualann A.C.	10.67		10.70
3	168	Duff, Derek	Leevale A.C.	10.80		10.82
4	80	Phelan, Patrick	Tralee Harriers A.C.	10.85		10.84
5	159	Russell, Christopher	Ferrybank A.C.	10.80		10.87
6	369	Adams, Dean	Ballymena & Antrim A.C.	10.76		10.93
7	401	O'Shea, David	Dooneen A.C.	10.94		10.99
8	490	Kavanagh, Daniel	Clonliffe Harriers A.C.	10.92		10.99
	178	O'Donoghue, Jer	Riocht A.C.	10.82		
	172	Duggan, Kevin	Mullingar Harriers A.C.	10.94		
	463	Crowley, John	Dundrum South Dublin A.C.	10.98		
	491	Laffey, John	Clonliffe Harriers A.C.	10.99		
	84	Holmes, Jonathan	Kilkenny City Harriers A.C.	11.01		
	450	Davis, Jamie	U.C.D. A.C.	11.19		
	46	O'Cathain, Ciaran	Roscommon A.C.	11.28		
	45	O'Cathain, Lorcan	Roscommon A.C.	11.29		
	145	Quilligan, David	Leevale A.C.	11.29		
	151	Browne, Phillip	North Down A.C.	11.41		
	115	Smith, Dermot	Navan A.C.	11.43		
	190	Costello, Patrick	Sli Cualann A.C.	11.44		
	77	O'Byrne, Deanna	Dundrum South Dublin A.C.	11.44		
	13	O'Donohoe, Barry	Raheny Shamrock A.C.	11.45		
	365	Jackman, Adrian	Menapians A.C.	11.65		
	487	Famutimi, Henderick	Clonliffe Harriers A.C.	11.66		
	127	Saunders, Patrick	Crusaders A.C.	11.83		
	74	Walkin, John	Mayo A.C.	12.00		
	120	Barry, Joe	Metro/St. Brigid's A.C.	12.10		
	126	Keegan, John	Crusaders A.C.	12.22		

90	Kelly, John	Tallaght A.C.	12.54
70	Dolan, Keith	Fingallians A.C.	13.73
169	O'Donovan, Darren	Leevale A.C.	DNS
403	O'Shea, Ger	Dooneen A.C.	DNF

Men's 200 m

Wind : +3.4

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	189	Graham, Darragh	Sli Cualann A.C.	21.79		21.38
2	50	Hynes, David	Menapians A.C.	21.86		21.47
3	168	Duff, Derek	Leevale A.C.	21.85		21.53
4	363	Smyth, Jason	City of Derry A.C.	22.45		21.73
5	159	Russell, Christopher	Ferrybank A.C.	22.21		22.07
6	172	Duggan, Kevin	Mullingar Harriers A.C.	22.83		22.38
7	77	O'Byrne, Deanna	Dundrum South Dublin A.C.	22.73		22.71
	31	Brizzell, Paul	Ballymena & Antrim A.C.	21.72		DNS
	131	Lynch, Colm	Iveragh A.C.	22.91		
	450	Davis, Jamie	U.C.D. A.C.	22.91		
	158	Ryan, Billy	Ferrybank A.C.	22.92		
	336	Murphy, Brendan	Lisburn A.C.	22.97		
	463	Crowley, John	Dundrum South Dublin A.C.	23.10		
	14	Kelly, Kieran	Raheny Shamrock A.C.	23.17		
	451	Collins, Ciaran	U.C.C. A.C.	23.24		
	83	O'Brien, Nathan	Kilkenny City Harriers A.C.	23.27		
	169	O'Donovan, Darren	Leevale A.C.	23.29		
	357	Kedney, Ruaidhri	Menapians A.C.	23.47		
	365	Jackman, Adrian	Menapians A.C.	23.85		
	127	Saunders, Patrick	Crusaders A.C.	23.87		
	337	Everard, Killian	Kilkenny City Harriers A.C.	23.96		
	465	Lennon, Ray	Dooneen A.C.	24.00		
	177	Griffin, Tomas	Riocht A.C.	24.58		
	449	Mc Gahey, Gerard	Menapians A.C.	24.93		
	447	Whelan, David	Navan A.C.	25.25		
	70	Dolan, Keith	Fingallians A.C.	DNS		
	406	Gillick, David	Dundrum South Dublin A.C.	DNS		
	97	O'Loughlin, Ross	Menapians A.C.	DNS		
	404	Kennedy, Gordon	Tullamore Harriers A.C.	DNS		

Men's 400 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	404	Kennedy, Gordon	Tullamore Harriers A.C.	48.62		46.91
2	44	Doyle, Brian	Finn Valley A.C.	48.91		47.17
3	355	Gregan, Brian	Tallaght A.C.	49.43		47.43
4	408	Murphy, Brian	U.C.C. A.C.	48.36		47.52
5	407	Hogan, Nick	Dundrum South Dublin A.C.	49.64		48.90
6	158	Ryan, Billy	Ferrybank A.C.	50.31		49.42
7	142	Owens, Cathal	Leevale A.C.	50.68		49.75
8	176	Mc Cabe, Ciaran	Riocht A.C.	50.44		50.74
	131	Lynch, Colm	Iveragh A.C.	50.92		
	306	O'Brien, Liam	Togher A.C.	51.30		
	14	Kelly, Kieran	Raheny Shamrock A.C.	51.62		
	26	O'Kinneide, Feilibh	Bohermeen A.C.	51.80		
	357	Kedney, Ruaidhri	Menapians A.C.	51.86		
	462	Kennedy, Michael	Dundrum South Dublin A.C.	52.34		
	403	O'Shea, Ger	Dooneen A.C.	52.42		
	465	Lennon, Ray	Dooneen A.C.	53.92		
	434	Hartnett, John	Clonliffe Harriers A.C.	53.96		
	68	Fitzgerald, Gregory	Menapians A.C.	55.38		
	90	Kelly, John	Tallaght A.C.	56.49		
	336	Murphy, Brendan	Lisburn A.C.	DNS		
	471	Sherlock, Keith	Tallaght A.C.	DNS		

Men's 800 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	409	Chamney, Thomas	Crusaders A.C.	1.53.54		1.50.73
2	49	Campbell, David	St. Coca'S A.C.	1.54.78		1.51.07
3	82	Everard, Eoin	Kilkenny City Harriers A.C.	1.54.43		1.52.01
4	63	Mc Cloy, Kevin	Shercock A.C.	1.55.15		1.52.04
5	328	O'Brien, Alan	Crusaders A.C.	1.54.71		1.52.25
6	39	Warne, Joe	Doheny A.C.	1.57.66		1.52.65
7	332	Healy, Conor	Clonliffe Harriers A.C.	1.54.76		1.53.09
8	15	Kelly, Feidhlim	Raheny Shamrock A.C.	1.55.00		1.53.45
9	445	Mc Donnell, Eoin	Clonliffe Harriers A.C.	1.55.25		1.54.25
10	345	Dyer, Michael	North Down A.C.	1.55.28		1.55.15
11	425	Greene, Darragh	Dunleer A.C.	1.57.67		1.57.54
	444	Gourley, Andrew	Willowfield Harriers A.C.	1.56.89		

420	Mc Brearty, Darren	Letterkenny A.C.	1.56.89
8	Lombard, Richard	Celtic DCH A.C.	1.57.32
121	Treacy, Daniel William	Moynalvey A.C.	1.57.61
55	Mc Donald, Mark	Clonliffe Harriers A.C.	1.57.81
2	Keogh, David	Lucan Harriers A.C.	1.58.16
149	Cowzer, Neil	Dundrum South Dublin A.C.	1.58.69
164	Cooper, Kevin	Ferrybank A.C.	1.59.22
417	Harkness, Stephen	Clonliffe Harriers A.C.	1.59.91
16	Jones, Chris	Raheny Shamrock A.C.	2.00.51
94	Mc Donagh, Morgan	Dunboyne A.C.	2.01.02
150	Cowzer, Shane	Dundrum South Dublin A.C.	2.01.13
38	Ellis, Fergal	Ballinamore A.C.	2.01.54
110	Owens, Richard	Sli Cualann A.C.	2.02.40
87	Dore, Mick	Kilkenny City Harriers A.C.	2.03.24
419	Mc Daid, Daragh	Letterkenny A.C.	2.04.02
423	Cross, Robert	Crusaders A.C.	2.04.43
128	Keane, Michael	Ennis Track A.C.	2.04.89
153	O'Sullivan, Michael	Metro/St. Brigid's A.C.	2.05.70
171	Costello, Eddie	Galway City Harriers A.C.	2.06.77
421	Maher, Robert	Drogheda & District A.C.	2.07.75
418	Mac Ionnrachtaigh, Packie	Sportsworld A.C.	2.08.41
154	Carroll, David	Metro/St. Brigid's A.C.	2.10.63
40	Millar, Samuel	Ballymena & Antrim A.C.	2.11.56
422	Skeffington, Daniel	Drogheda & District A.C.	2.12.69
471	Sherlock, Keith	Tallaght A.C.	2.14.73
466	Hughes, William	Thurles Crokes A.C.	DNS

Men's 1500 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	477	Rooney, Colm	Clonliffe Harriers A.C.	3.56.25		3.58.74
2	166	Hanrahan, Mark	Leevale A.C.	3.56.95		3.58.98
3	18	Corcoran, Richard	Raheny Shamrock A.C.	3.56.81		3.59.01
4	180	Mulhare, Dan	North Laois A.C.	3.55.99		4.00.66
5	331	Mc Cartan, Patrick	West Limerick A.C.	3.55.96		4.01.12
6	173	Kuppler, Julian	Rathfarnham W.S.A.F. A.C.	4.00.34		4.01.80
7	1	Mc Gee, Fintan	Lucan Harriers A.C.	3.56.99		4.01.94
8	17	Moriarty, Kevin	Raheny Shamrock A.C.	4.00.29		4.02.89
9	41	O'Hanlon, Gary	Clonliffe Harriers A.C.	3.57.27		4.03.41
10	137	King, James	Milford A.C.	3.56.54		4.03.86

11	323	Conroy, Martin	Sligo A.C.	4.00.07	4.04.00
12	340	Faulkner, Ryan	St. Malachy's A.C.	3.57.97	4.06.76
	351	Fitzpatrick, Thomas	Tallaght A.C.	3.58.61	
	130	Markham, Brian	Ennis Track A.C.	3.59.18	
	12	Bailey, Aidan	Clonliffe Harriers A.C.	4.01.38	
	454	Brennan, Patrick	North Sligo A.C.	4.01.50	
	455	Carroll, Tommy	North Sligo A.C.	4.01.73	
	466	Hughes, William	Thurles Crokes A.C.	4.01.80	
	310	O'Connor, Gearoid	Rathfarnham W.S.A.F. A.C.	4.02.20	
	163	Downey, Gavin	Ferrybank A.C.	4.02.99	
	480	Breen, Joseph	Sliabh Bhuide Rovers A.C.	4.03.94	
	188	Earls, Des	Sli Cualann A.C.	4.04.05	
	481	Maher, Keith	Thurles Crokes A.C.	4.04.59	
	28	Lawlor, Kevin	St. L. O'Toole A.C.	4.05.51	
	475	Mc Cormack, Niall	Clonmel A.C.	4.05.81	
	65	Kelly, Sam	Fingallians A.C.	4.06.91	
	161	Hogan, Patrick	Ferrybank A.C.	4.07.71	
	338	Carlisle, John	North Down A.C.	4.07.71	
	334	Fitzmaurice, Karl	U.C.D. A.C.	4.14.57	
	165	Shine, John	Leevale A.C.	4.14.84	
	344	Marsh, Francis	North Down A.C.	4.15.73	
	87	Dore, Mick	Kilkenny City Harriers A.C.	4.16.96	
	479	O'Byrne, Jason	Sli Cualann A.C.	4.18.95	
	36	Kelly, Michael	Gowran A.C.	4.20.19	
	78	Jenkinson, Cathal	Dundrum South Dublin A.C.	4.29.22	
	76	Faulkner, Richard	Tullamore Harriers A.C.	4.52.62	
	29	Kirwan, Brian	St. L. O'Toole A.C.	DNS	

Men's 5000 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	476	Christie, Mark	Mullingar Harriers A.C.			14.41.03
2	12	Bailey, Aidan	Clonliffe Harriers A.C.			14.47.47
3	286	Maher, Brian	Kilkenny City Harriers A.C.			14.48.94
4	321	Dunleavy, Emmet	Sligo A.C.			14.51.47
5	376	Frazer, Thomas	St. Malachy'S A.C.			14.53.77
6	192	Mc Cormack, Alan	Dundrum South Dublin A.C.			14.58.48
7	21	Rooney, David	Lough Ree A.C.			15.00.09
8	67	Zakis, Raivis	West Waterford A.C.			15.01.89
9	351	Fitzpatrick, Thomas	Tallaght A.C.			15.03.23

10	317	Hehir, Sean	Rathfarnham W.S.A.F. A.C.	15.04.54
11	20	Ryan, Simon	Raheny Shamrock A.C.	15.06.81
12	28	Lawlor, Kevin	St. L. O'Toole A.C.	15.13.51
13	34	Evans, Thomas	Gowran A.C.	15.16.82
14	30	Taylor, Simon	Abbey A.C.	15.24.82
15	498	Roe, Bernard	Raheny Shamrock A.C.	15.28.23
16	116	O'Connor, Kevin	Dundrum South Dublin A.C.	15.30.91
17	484	Casey, Desmond	Millstreet A.C.	15.33.60
18	373	Scullion, Stephen	North Belfast Harriers A.C.	15.34.87
19	93	Mc Donnell, Rory	Dunboyne A.C.	15.35.83
20	330	Crossan, Gary	Letterkenny A.C.	15.47.33
21	437	Mac Diarmada, Michael	Clonliffe Harriers A.C.	15.55.50
22	313	Minnock, Barry	Rathfarnham W.S.A.F. A.C.	15.57.43
23	312	Freeley, Michael	Rathfarnham W.S.A.F. A.C.	15.58.75
24	347	Dooley, Mark	Donore Harriers A.C.	16.20.10
	360	Fagan, Martin	Mullingar Harriers A.C.	DNS
	314	Fleming, Paul	Rathfarnham W.S.A.F. A.C.	DNF
	112	Malseed, Robert	Mayo A.C.	DNF

Men's 10,000 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	360	Fagan, Martin	Mullingar Harriers A.C.			29.16.53
2	470	Kenneally, Mark	Clonliffe Harriers A.C.			29.28.56
3	339	Mc Allister, Joseph	St. Malachy'S A.C.			30.22.21
4	4	Mulvey, Vincent	Raheny Shamrock A.C.			30.34.37
5	3	Clohisey, Michael	Raheny Shamrock A.C.			30.40.11
6	441	Flaherty, Matt	Crusaders A.C.			30.59.36
7	147	Eves, John	Dundrum South Dublin A.C.			31.12.66
8	474	Thornton, Gary	Galway City Harriers A.C.			31.31.69
9	58	Mc Mahon, Brian	Clonliffe Harriers A.C.			31.59.69
10	330	Crossan, Gary	Letterkenny A.C.			31.59.98
11	6	Roe, Bernard	Raheny Shamrock A.C.			32.34.62
12	5	Leahy, Brian	Raheny Shamrock A.C.			32.58.46
13	320	Dunne, Liam	Rathfarnham W.S.A.F. A.C.			35.16.79
	428	Grant, Diarmuid	City of Derry A.C.			DNF
	64	Teer, Brendan	East Down A.C.			DNF
	25	Brady, George	Donore Harriers A.C.			DNF

Men's 110 m Hurdles

Wind : +2.5

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	478	Coghlan, Peter	Crusaders A.C.			13.90
2	326	Mc Donald, Ian	Crusaders A.C.			14.05
3	81	Kearney, Philip	Tralee Harriers A.C.			15.13
4	46	O'Cathain, Ciaran	Roscommon A.C.			15.38
5	125	Minn, Chris	Clonliffe Harriers A.C.			16.16
	182	Flatley, Brian	Shercock A.C.			DNS

Men's 400 m Hurdles

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	442	Carey, Tom	City of Derry A.C.	53.60		52.03
2	140	Miller, Jonathan	Dundrum South Dublin A.C.	54.30		52.24
3	146	Quinn, Chris	Lagan Valley A.C.	54.98		52.53
4	32	Ruxton, James	Shercock A.C.	54.20		52.98
5	349	O'Donnell, Gerard	Carrick-On-Shannon A.C.	55.39		54.01
6	81	Kearney, Philip	Tralee Harriers A.C.	55.72		55.32
	448	Lyons, Jeremy	Clonliffe Harriers A.C.	54.31		DNS
	72	Upton, Barry	Menapians A.C.	56.15		DNS
	62	Kidd, Andrew	Dundrum South Dublin A.C.	56.57		
	125	Minn, Chris	Clonliffe Harriers A.C.	57.26		
	413	Mc Ilroy, Ben	Crawley Brunel Uni	57.31		
	156	Corcoran, Alan	Ferrybank A.C.	57.72		
	27	Ruxton, Kevin	Shercock A.C.	57.79		
	361	Mc Cormack, Shane	Menapians A.C.	59.64		
	133	Kennedy, Gavin	Menapians A.C.	1.02.62		
	73	Walsh, Damian	Menapians A.C.	1.03.35		

Men's 3000 m Steeplechase

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	129	Chesser, Rory	Ennis Track A.C.			9.04.81
2	191	Farrell, Brian	Sli Cualann A.C.			9.04.88
3	22	Kirwan, Mark	Raheny Shamrock A.C.			9.12.04
4	321	Dunleavy, Emmet	Sligo A.C.			9.15.70
5	118	Davoren, Patrick	Phoenix A.C.			9.23.19

6	327	O'Neill, Eugene	Crusaders A.C.	9.25.34
7	311	Ryan, Mark	Rathfarnham W.S.A.F. A.C.	9.28.57
8	51	Doherty, Ciaran	Letterkenny A.C.	9.29.46
9	43	English, Kevin	Clonliffe Harriers A.C.	9.52.96
10	66	Conway, Mark	Dundrum South Dublin A.C.	11.01.14
	67	Zakis, Raivis	West Waterford A.C.	DNS

Men's 10 000 m Walk

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	305	Heffernan, Robert	Togher A.C.			38.27.57
2	359	Costin, Jamie	West Waterford A.C.			40.13.87
3	69	Kidd, David	St. L. O'Toole A.C.			44.17.72
4	114	Boyce, Brendan	Milford A.C.			44.34.91
5	105	Doyle, Michael	Tara A.C.			46.45.07
6	117	Egan, John	Bree A.C.			46.50.76

Men's High Jump

Place	No	Name	Club	1.55	1.60	1.65	1.70	1.75	1.80	1.85	1.90	1.95	2.00	2.05	2.08	2.11	2.13
1	193	Crowley, Christopher	Belgooly A.C.	-	-	-	-	-	-	-	-	O	X-	XO	O	X-	X-
2	9	Crowley, Mark	Dublin City Harriers A.C.	-	-	-	-	-	-	-	-	O	O	XXO	X-	XX	
3	106	Pender, Barry	St. Abbans A.C.	-	-	-	-	-	-	-	O	-	XO	XX-			
4	108	Herron, Simon	City of Derry A.C.	-	-	-	-	-	-	XO	O	XO	XXX				
5	362	Foroughi, Kouros	Star of the Sea A.C.	O	-	O	XO	O	O	XO	-	XXO	XXX				
6	596	Byrne, Paul	St. Abbans A.C.	-	-	-	-	O	O	XXX							
7	96	Dennehy, Brendan A.	Rising Sun A.C.	-	-	-	-	XXO	XXX								
8	184	Whelan, Eamonn	Sli Cualann A.C.	O	O	XO	O	XXX									
9	183	Niemczak, Michael	Sli Cualann A.C.	XO	XX-	X											

Men's Long Jump

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	193	Crowley, Christopher	Belgooly A.C.	X	7.03	X	6.92	6.89	7.22	7.22
					+1.1		-2.8	-1.0	-0.6	-0.6
2	175	Kennedy, Alan	Abbey A.C.	6.80	7.07	X	X	-	X	7.07
				+0.4	-0.2					-0.2
3	370	Mc Mahon, Sean	Ballymena & Antrim A.C.	6.46	6.74	X	6.76	6.68	6.56	6.76
				-2.6	-2.0		-1.1	-2.9	-1.3	-1.1
4	145	Quilligan, David	Leevale A.C.	6.65	6.55	X	6.38	6.22	X	6.65

				+0.0	-0.3		-0.3	-2.2		+0.0
5	24	Smith, Paul	Shercock A.C.	6.60		-	-			6.60
				+0.0						+0.0
6	182	Flatley, Brian	Shercock A.C.	6.34	6.57	5.51	X	6.08	6.47	6.57
				-2.3	-1.2	-0.0		-1.1	-2.8	-1.2
7	362	Foroughi, Kourosh	Star of the Sea A.C.	X	6.41	X	X	4.74	X	6.41
					-0.6			-2.0		-0.6
8	96	Dennehy, Brendan A.	Rising Sun A.C.	5.79	6.05	4.92	5.58	5.49	5.58	6.05
				-0.1	-2.4	+1.4	-1.8	-2.5	-2.6	-2.4
9	469	Comiskey, Stephen	St. Pauls A.C.	5.59	5.97	5.78				5.97
				-0.4	+1.9	-0.8				+1.9
10	124	Tsang, Richard	Monaghan Phoenix A.C.	5.52	5.52	X				5.52
				-0.2	+0.3					-0.2

Men's Triple Jump

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	109	Finnegan, Denis	U.C.C. A.C.	14.06	14.35	14.16	X	14.36	14.29	14.36
				-0.1	-0.4	+1.1		+0.6	+0.1	+0.6
2	107	Kelly, Eoin	St. Abbans A.C.	14.14	14.21	14.18	X	14.34	14.33	14.34
				-1.1	-0.6	-0.9		+0.3	+0.2	+0.3
3	499	Egan, Francis	St. Abbans A.C.	13.42	13.09	13.78	13.64	X	13.86	13.86
				+0.2	-3.0	-0.1	+0.7		+0.0	+0.0
4	108	Herron, Simon	City of Derry A.C.	12.60	12.59	12.58	13.13	12.85	X	13.13
				+0.2	-0.3	-1.4	+0.1	+0.2		+0.1

Men's Pole Vault

Place	No	Name	Club	3.25	3.45	3.65	3.85	4.05	4.25	4.35	4.45	4.55	4.65	4.75	5.01
1	356	Donegan, David	Clonliffe Harriers A.C.	-	-	-	-	-	-	-	-	X--	O	XXO	XXX
2	483	Mc Creery, Anthony	Clonliffe Harriers A.C.	-	-	-	-	-	-	-	-	XO	O	XXX	
3	494	Walker, Adam		-	-	-	-	O	O	O	XXX				
4	325	Greene, Stuart	Raheny Shamrock A.C.	-	-	-	O	O	XX-	X					
5	489	Houlihan, Thomas	West Waterford A.C.	-	-	O	O	XO	XXX						
6	104	Whyte, Richard	Brothers Pearse A.C.	-	XO	O	O	XXX							

Men's Shot Putt

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	415	Breathnach, Sean	Galway City Harriers A.C.	15.48	X	15.10	15.40	X	15.74	15.74
2	459	Quirke, Colin	Crusaders A.C.	X	14.06	X	X	X	X	14.06

3	599	Farrelly, John	Brow Rangers A.C.	X	12.35	12.48	12.35	X	X	12.48
4	79	O'Connor, Alan	Tralee Harriers A.C.	X	12.18	12.33	12.31	11.31	12.00	12.33
5	600	Kelly, Joe	Brow Rangers A.C.	10.21	10.22	10.62	11.07	-	-	11.07
6	167	Nagle, Joseph	Leevale A.C.	10.43	10.86	X	10.32	10.29	10.39	10.86
7	185	O'Reilly, Conor	Sli Cualann A.C.	10.69	X	9.86	10.04	9.18	X	10.69
8	99	Stout, Kieron	Celbridge A.C.	10.18	X	10.05	10.39	10.24	10.59	10.59
9	464	O'Reilly, Mathew	Shercock A.C.	X	10.48	X	X	-	-	10.48
10	174	Fitzpatrick, Hugh	Shercock A.C.	10.27	10.15	X	X	-	-	10.27
11	598	Niemczak, Michael	Sli Cualann A.C.	8.94	9.55	X	9.87	-	-	9.87
12	458	Gomm, David	Raheny Shamrock A.C.	X	5.16	4.81	5.01	5.08	4.86	5.16

Men's Discus

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	54	Menton, John	Donore Harriers A.C.	46.03	X	45.89	X	42.31	44.77	46.03
2	144	Hazler, Pavel	Leevale A.C.	43.51	X	45.98	41.63	X	40.29	45.98
3	497	Nagle, Gerard	Star of the Sea A.C.	44.38	43.26	42.39	X	44.26	45.64	45.64
4	459	Quirke, Colin	Crusaders A.C.	X	X	41.66	X	43.20	X	43.20
5	348	Harpur, Jeremy	North Down A.C.	X	43.20	X	X	X	X	43.20
6	37	Clifford, Daniel	Farranfore Maine Valley A.C.	X	41.70	38.15	X	X	41.62	41.70
7	33	Collins, Justin	North Westmeath A.C.	40.53	41.45	40.68	40.11	40.67	41.69	41.69
8	415	Breathnach, Sean	Galway City Harriers A.C.	X	38.86	X	36.92	X	X	38.86
9	79	O'Connor, Alan	Tralee Harriers A.C.	X	35.45	34.90				35.45
10	468	Delaney, Barry	Star of the Sea A.C.	32.18	33.12	31.51	X			33.12
11	174	Fitzpatrick, Hugh	Shercock A.C.	29.82	28.49	X	31.96			31.96
12	99	Stout, Kieron	Celbridge A.C.	30.48	29.39	26.93				30.48
13	464	O'Reilly, Mathew	Shercock A.C.	X	X	X	28.14			28.14

Men's Javelin

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	86	Kubis, Jarah	Kilkenny City Harriers A.C.	59.02	X	58.85	60.00	57.97	61.41	61.41
2	335	Mc Conkey, Michael	North Down A.C.	60.95	58.14	X	X	X	59.53	60.95
3	495	Kurcenkovas, Mindaugas	Galway City Harriers A.C.	55.91	55.95	56.99	X	59.56	X	59.56
4	0	Marry, Paul	Clonliffe Harriers A.C.	57.40	55.25	50.91	X	50.41	54.35	57.40
5	102	Crawford, Aaron	Strabane Track Club	55.10	57.24	X	53.84	54.71	55.43	57.24
6	10	Crawford, Damian	Strabane Track Club	55.31	X	X	51.79	-	-	55.31
7	103	Mullen, Daniel	Strabane Track Club	53.41	53.09	50.63	50.78	50.58	52.16	53.41
8	122	Delaney, Denis	Clonliffe Harriers A.C.	46.84	51.30	50.49	49.90	48.44	48.58	51.30
9	53	Mc Dermott, Brian	Dundrum South Dublin A.C.	47.48	X	50.00				50.00
10	187	Diskin, Joseph	Sli Cualann A.C.	49.13	X	X				49.13

11	101	Mc Bride, Sean	Strabane Track Club	45.82	43.05	45.31					45.82
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Men's Hammer

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	485	White, Padraig	U.C.D. A.C.	56.48	X	X	X	X	56.69	56.69
2	144	Hazler, Pavel	Leevale A.C.	50.12	54.96	X	X	X	X	54.96
3	111	Kelly, Gerard	Castlebar A.C.	43.15	X	44.02	43.49	48.26	49.12	49.12
4	152	Carpenter, Lorcan	Crusaders A.C.	45.98	X	44.60	47.85	45.06	46.20	47.85
5	308	Byrne, Eamonn	Clonliffe Harriers A.C.	X	36.79	41.61	X	X	43.68	43.68
6	443	Murphy, Richard	Lisburn A.C.	42.59	42.86	X	X	X	X	42.86
7	174	Fitzpatrick, Hugh	Shercock A.C.	X	39.47	39.75	X	X	X	39.75

Men's 56lb Distance

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	54	Menton, John	Donore Harriers A.C.	7.43	X	7.90	X	7.48	X	7.90
2	415	Breathnach, Sean	Galway City Harriers A.C.	X	7.39	7.56	7.58	7.76	7.51	7.76
3	366	Fitzpatrick, Seamus	North Laois A.C.	7.32	7.49	7.30	7.14	7.21	7.32	7.49
4	468	Delaney, Barry	Star of the Sea A.C.	6.65	6.39	6.78	6.23	6.65	6.53	6.78
5	79	O'Connor, Alan	Tralee Harriers A.C.	6.09	5.55	6.10	6.19	6.57	X	6.57
6	497	Nagle, Gerard	Star of the Sea A.C.	6.55	5.03	5.09	5.40			6.55
7	113	Hanily, Mark	Fr. Murphys A.C.	6.19	6.17	6.14	6.29			6.29
8	591	Hanily, Paddy	Fr. Murphys A.C.	5.84	5.83	6.01	6.17			6.17

Men's 56lb Height

Place	No	Name	Club	3.25	3.45	3.65	3.85	3.95	4.05	4.15	4.20	4.25	4.30	0.00
1	366	Fitzpatrick, Seamus	North Laois A.C.	O	O	O	O	O	O	O	XO	O	O	O
2	415	Breathnach, Sean	Galway City Harriers A.C.	-	-	-	XO	XO	O	O	O	XO	XXX	
3	468	Delaney, Barry	Star of the Sea A.C.	O	O	O	XO	XO	XXO	XXO	XXO	XXX		
4	138	Byrne, Eddie	Brow Rangers A.C.	O	O	O	O	O	XXO	XXO	XXX			
5	174	Fitzpatrick, Hugh	Shercock A.C.	O	X	XXX								

Junior Men's 3000 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	181	Mulhare, Michael	North Laois A.C.			8.43.90
2	57	Pierce, Eoin	Clonliffe Harriers A.C.			8.50.37
3	179	Cotter, Tomas	Dunleer A.C.			8.54.64

4	493	Fitzmaurice, David	Clonliffe Harriers A.C.	9.00.87
5	455	Carroll, Tommy	North Sligo A.C.	9.02.86
6	23	Flynn, Darragh	Raheny Shamrock A.C.	9.04.44
7	342	Hamilton, Eoin	St. Malachy's A.C.	9.10.19
8	155	Tremble, Liam	Metro/St. Brigid's A.C.	9.11.50
9	375	Markham, Liam	Ennis Track A.C.	9.13.81
10	479	O'Byrne, Jason	Sli Cualann A.C.	9.17.65
11	60	Travers, John	Donore Harriers A.C.	9.18.90
12	438	Stenson, Lee	Mullingar Harriers A.C.	9.20.86
13	157	Flynn, Patrick	Ferrybank A.C.	9.30.80
14	436	Brady, Larry	Clonliffe Harriers A.C.	9.35.81
15	85	Hayes, Thomas	Kilkenny City Harriers A.C.	9.43.60

35lb Height - Junior Men

Place	No	Name	Club	3.25	3.45	3.65	3.85	3.95	4.05	4.15	4.20	4.25	4.30	4.40	4.50	4.60	4.75
1	464	O'Reilly, Mathew	Shercock A.C.	O	O	-	XO	XO	-	O	-	-	-	O	O	XXO	XXX
2	111	Kelly, Gerard	Castlebar A.C.	-	-	-	-	-	-	-	-	-	-	XXO	XXO	XXX	
3	482	Heapes, Clive	Finn Valley A.C.	XO	XO	O	O	O	O	O	XXO	-	-	XXX			
4	123	Mulligan, Joseph	Tullamore Harriers A.C.	XO	O	XXX											

35lb Height - U.23 Men

Place	No	Name	Club	3.25	3.45	3.65	3.85	3.95	4.05	4.15	4.20	4.25	4.30	4.40	4.50	4.60	4.75	5.08
1	174	Fitzpatrick, Hugh	Shercock A.C.	-	-	-	-	-	O	-	-	-	-	-	XO	-	XO	XXX
2	467	Donnelly, Ciaran	Crusaders A.C.	O	O	O	O	O	XO	XO	O	O	XO	XO	XXX			
3	308	Byrne, Eamonn	Clonliffe Harriers A.C.	O	-	-	-	-	-	-	-	-	-	-	-	XXX		

Women's Events

Women's 100 m

Wind : +2.7

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	220	Foster, Amy	North Down A.C.	11.59		11.54
2	259	Mc Sweeney, Ailis	Leevale A.C.	11.71		11.64
3	367	Brady, Claire	Celbridge A.C.	11.88		11.66
4	244	Proper, Kelly	Ferrybank A.C.	11.65		11.68
5	248	Whelan, Niamh	Ferrybank A.C.	11.88		11.74
6	289	Boyle, Anna	Ballymena & Antrim A.C.	11.90		11.81

7	203	Kiernan, Louise	Fingallians A.C.	11.86	11.88
	453	Dillon, Avril	Dundrum South Dublin A.C.	12.63	DNS
	236	Melvin, Elizabeth	Crusaders A.C.	12.65	

Women's 200 m

Wind : +2.7

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	244	Proper, Kelly	Ferrybank A.C.			23.69
2	367	Brady, Claire	Celbridge A.C.			24.05
3	248	Whelan, Niamh	Ferrybank A.C.			24.06
4	293	Murphy, Mairead	U.C.D. A.C.			25.16
5	263	Mc Gillicuddy, Amber	Metro/St. Brigid's A.C.			26.17
6	439	Sheehan, Maria	Dooneen A.C.			26.43
7	457	Hogan, Angela	Borrisokane A.C.			27.02
8	461	Giblin, Susan	Raheny Shamrock A.C.			28.46

Women's 400 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	302	Andrews, Marian	Togher A.C.	55.73		53.97
2	427	Mc Caffrey, Elaine	Abbey A.C.	58.44		55.48
3	198	Broderick, Christina	Belgooly A.C.	59.40		56.89
4	260	Mc Sweeney, Claire	Leevale A.C.	58.38		57.65
5	241	Kelly, Sinead	St. Abbans A.C.	58.93		57.65
6	202	Anglim, Roisin	Fingallians A.C.	57.93		58.62
7	294	Mc Glynn, Clare	Dundrum South Dublin A.C.	58.80		58.73
	275	Mc Callian, Ciara	Clonliffe Harriers A.C.	59.41		DNS
	201	Mc Ilveen, Erin	City of Lisburn A.C.	59.42		
	255	Mc Ardle, Louise	Leevale A.C.	59.61		
	452	Rodgers, Michelle	Abbey A.C.	60.20		
	431	O'Brien, Ashling	Celtic DCH A.C.	61.75		
	472	Gould, Aisling	Leevale A.C.	67.14		
	461	Giblin, Susan	Raheny Shamrock A.C.	DNS		

Women's 800 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
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1	283	Everard, Ciara	Kilkenny City Harriers A.C.	2.13.25
2	280	Durkan, Ciara	Skerries A.C.	2.13.72
3	243	Kehoe, Fiona	Kilmore A.C.	2.14.60
4	216	Brady, Aoife	Sportsworld A.C.	2.16.57
5	199	Kelly, Dawn	Belgooly A.C.	2.18.69
6	232	Monteith, Lyndsey	City of Lisburn A.C.	2.20.60
7	228	Scriven, Laura	St. L. O'Toole A.C.	2.21.05
8	354	Gibson, Rachel	City of Lisburn A.C.	2.22.51
9	456	Harding, Suzanne	Bree A.C.	2.25.28
10	271	Murphy, Helen	Dundrum South Dublin A.C.	2.25.67
11	276	Hartnett, Sinead	Clonliffe Harriers A.C.	2.46.10
	472	Gould, Aisling	Leevale A.C.	DNS
	212	Doyle, Ann	Gowran A.C.	DNS

Women's 1500 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	221	Mc Gettigan, Roisin	Sli Cualann A.C.			4.17.91
2	364	Mc Niece, Kelly	Lisburn A.C.			4.19.56
3	270	Galligan, Roseanne	Newbridge A.C.			4.20.90
4	296	Murphy, Hazel	Dundrum South Dublin A.C.			4.24.49
5	222	Reilly, Stephanie	Sli Cualann A.C.			4.25.32
6	204	Treacy, Sara	Moynalvey A.C.			4.26.26
7	287	Byrne, Linda	Dundrum South Dublin A.C.			4.31.03
8	301	English, Joanne	Letterkenny A.C.			4.40.70
9	277	Reilly, Louise	Clonliffe Harriers A.C.			4.44.09
10	300	Doyle, Deirdre	Tinryland A.C.			4.44.87
11	196	Gebrezgi, Tekea	Celtic DCH A.C.			4.45.23
12	279	Cooper, Emma	Clonliffe Harriers A.C.			4.46.96
13	278	Alexander, Eleanor	Clonliffe Harriers A.C.			4.51.07
14	473	Byrne, Susan	Raheny Shamrock A.C.			4.55.09
15	250	Walsh, Kitty	Ferrybank A.C.			4.57.92
16	249	Walsh, Beth	Ferrybank A.C.			4.59.25
	280	Durkan, Ciara	Skerries A.C.			DNF

Women's 5000 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	329	Mc Cambridge, Maria	Dundrum South Dublin A.C.			16.30.54

2	240	Harty, Kerry	Newcastle A.C.	16.59.91
3	432	Kealy, Annette	Raheny Shamrock A.C.	17.25.79
4	318	Jennings, Caitriona	Rathfarnham W.S.A.F. A.C.	17.37.86
5	501	Devlin, Niamh	Dundrum South Dublin A.C.	17.40.37
6	264	O'Doherty, Siobhain	Borrisokane A.C.	17.46.40
7	207	Jordan, Adrienne	Donore Harriers A.C.	17.55.59
8	273	Mc Gloin, Teresa	Finn Valley A.C.	18.19.23
	262	O'Neill, Kate	Metro/St. Brigid's A.C.	DNF
	215	Mc Dermot, Deirdre	Naas A.C.	DNF

Women's 100 m Hurdles

Wind : +0.3

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	253	O'Rourke, Derval	Leevale A.C.			13.04
2	293	Murphy, Mairead	U.C.D. A.C.			13.89
3	453	Dillon, Avril	Dundrum South Dublin A.C.			15.49
4	233	Porteous, Debbie	City of Lisburn A.C.			16.56

Women's 400 m Hurdles

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	353	Carey, Michelle	Dublin Striders A.C.			58.16
2	246	Barr, Jessie	Ferrybank A.C.			59.74
3	251	Sheehan, Kalyn	Ferrybank A.C.			59.94
4	297	Peters, Emma	Cardiff A.C.			60.38
5	226	Furlong, Brona	Slaney Olympic A.C.			61.91
6	257	Cremin, Niamh	Leevale A.C.		62.74	

Women's 3,000 m Steeplechase

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	224	Britton, Fionnualla	Sli Cualann A.C.			9.51.93
2	222	O'Reilly, Stephanie	Sli Cualann A.C.			10.19.35
3	237	Egan, Elizabeth	Bree A.C.			11.38.50

Women's 5000 m Walk

Final	No	Name	Club	Heat	Semi	Final
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Place				Time	Time	Time
1	358	Loughnane, Olive	Loughrea A.C.			21.07.28
2	272	Reynolds, Laura	Mohill A.C.			25.14.90
3	218	Carolan, Donna	Sli Cualann A.C.			25.47.18
4	322	Flynn, Rachel	Sligo A.C.			29.50.77
	440	Touhy, Georgina	Tullamore Harriers A.C.			DNF

Women's High Jump

Place	No	Name	Club	1.50	1.55	1.60	1.65	1.70	1.75	1.80
1	269	Daniels, Rosemary	Na Fianna A.C.	-	-	O	O	O	O	XXX
2	239	Hughes, Pamela	Westport A.C.	-	-	-	XO	O	XXX	
3	288	Moggan, Grainne	Brothers Pearse A.C.	-	O	O	O	XXX		
3	298	Wilkinson, Claire	Ballymena & Antrim A.C.	-	O	O	O	XXX		
5	268	Reilly, Jenny	Na Fianna A.C.	O	O	XO	XXX			

Women's Long Jump

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	244	Proper, Kelly	Ferrybank A.C.	X	6.06	6.10	X	6.42	6.30	6.42
				+1.1	+0.3	-0.3		+0.7	+0.8	+0.7
2	295	Stafford, Antoinette	D.M.P. A.C.	5.88	5.27	5.78	5.75	5.57	5.50	5.88
				-0.1	+2.5	+1.0	-1.1	-0.9	+0.2	-0.1
3	214	Mc Loone, Mary	Tír Chonaill A.C.	X	5.48	5.82	X	5.76	5.54	5.82
					-0.2	+3.3		+0.3	-0.2	+3.3
4	242	Devlin, Mary	Abbey A.C.	5.58	5.64	5.68	X	5.65	5.67	5.68
				-0.3	-0.8	+0.0		-0.8	+0.2	+0.0
5	263	Mc Gillicuddy, Amber	Metro/St. Brigid's A.C.	5.04	4.93	5.56	5.19	5.31	5.67	5.67
				+0.5	+0.1	+0.5	+0.1	-0.5	+0.3	+0.3
6	227	Byrne, Leona	St. L. O'Toole A.C.	5.34	X	X	X	X	5.51	5.51
				-0.6					+0.8	+0.8
7	238	Ruane, Aileen	Sligo A.C.	5.32	5.25	5.39	5.31	5.22	5.18	5.39
				+2.1	-0.5	-0.1	-0.6	-0.1	-0.2	-0.1
8	247	Donnelly, Sinead	Ferrybank A.C.	X	X	4.13	4.99	5.08	X	5.08
						+0.1	+0.6	+2.4		+2.4

Women's Triple Jump

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	214	Mc Loone, Mary	Tír Chonaill A.C.	X	11.71	X	X	X	X	11.71

					-1.4				-1.4	
2	242	Devlin, Mary	Abbey A.C.	11.37	10.82	X	11.03	11.27	X	11.37
				-3.8	-2.9		-1.8	-3.8		-3.8
3	368	Todd, Hannah	Ballymena & Antrim A.C.	X	X	11.24	10.79	11.13	11.14	11.24
						+1.3	-3.1	-2.9	-1.1	+1.3
4	426	Herron, Linzi	Lisburn A.C.	10.46	10.86	-	10.53	-	-	10.86
				-3.2	-0.3		+0.3			-0.3
5	268	Reilly, Jenny	Na Fianna A.C.	10.62	X	10.77	10.61	X	10.22	10.77
				-1.2		-1.1	-2.7		-2.4	-1.1
6	233	Porteous, Debbie	City of Lisburn A.C.	X	10.15	10.46	10.20	X	-	10.46
					-2.2	-2.2	-2.0			-2.2
7	290	Finnegan, Rachel	Craughwell A.C.	8.93	8.86	9.51	8.81	8.73	8.82	9.51
				-2.1	-1.2	-0.2	+0.5	-1.7	-2.4	-0.2
8	291	Finnegan, Sarah	Craughwell A.C.	9.37	9.41	9.27	9.34	9.20	X	9.41
				-2.1	-0.7	-0.5	-2.9	-3.2		-0.7

Women's Shot Putt

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	304	Massey, Eva	North Down A.C.	X	15.72	X	X	X	16.20	16.20
2	285	Hickey, Aoife	Kilkenny City Harriers A.C.	12.15	12.66	12.95	12.56	X	X	12.95
3	371	Mc Aleese, Clare	Ballymena & Antrim A.C.	11.47	11.27	11.70	11.54	X	X	11.70
4	258	Murphy, Deirdre	Leevale A.C.	11.00	10.83	11.16	11.16	11.01	11.16	11.16
5	303	Ryan, Catriona	Templemore A.C.	10.06	10.11	9.76	10.00	10.03	10.48	10.48
6	256	Bradfield, Sarah	Leevale A.C.	9.16	8.75	9.01	X	8.45	8.57	9.16

Women's Discus

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	282	O'Keeffe, Eileen	Kilkenny City Harriers A.C.	45.20	46.44	44.30	-	-	-	46.44
2	258	Murphy, Deirdre	Leevale A.C.	X	37.76	35.79	39.42	36.59	X	39.42
3	256	Bradfield, Sarah	Leevale A.C.	32.79	33.51	32.59	35.09	31.08	32.51	35.09
4	200	Conway, Philippa	Crusaders A.C.	X	27.64	32.58	28.09	29.32	32.06	32.58
5	460	Maguire, Rachel	Crusaders A.C.	29.52	30.85	31.45	30.46	30.08	27.42	31.45
6	281	O'Connor, Karen	Tralee Harriers A.C.	24.73	27.09	30.42	28.39	29.63	23.87	30.42
7	274	O'Malley, Aoife	Bilboa A.C.	X	X	21.77	21.62	25.06	X	25.06

Women's Javelin

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	234	White, Anita	Dublin Striders A.C.	42.82	38.93	39.70	X	X	40.26	42.82

2	209	Mc Donald, Olivia	St. Peter'S A.C.	38.14	37.30	38.81	35.27	35.63	38.54	38.81
3	217	Bolger, Rachel	Sli Cualann A.C.	33.34	33.11	35.52	33.52	32.63	37.08	37.08
4	206	Farrelly, Ruth	Clonliffe Harriers A.C.	30.85	30.68	29.75	29.58	X	29.68	30.85
5	274	O'Malley, Aoife	Bilboa A.C.	29.07	X	28.97	28.54	29.53	27.93	29.53
6	205	Callaghan, Lisa	Cushinstown A.C.		24.16	X	X	22.85	22.49	24.16

Women's Hammer

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	282	O'Keeffe, Eileen	Kilkenny City Harriers A.C.	70.14	72.02	72.75	72.17	X	68.99	72.75
2	211	Akers, Rachel	Marian A.C.	53.29	X	X	54.80	53.37	49.07	54.80
3	285	Hickey, Aoife	Kilkenny City Harriers A.C.	49.46	47.73	50.49	X	49.79	48.92	50.49
4	213	O'Shea, Katie	Farranfore Maine Valley A.C.	41.79	39.55	42.35	42.67	42.28	45.77	45.77
5	210	Donnelly, Maggi	Mid-Ulster A.C.	X	X	43.77	41.74	44.46	41.24	44.46
6	225	Sutherland, Mary	D.M.P. A.C.	X	37.10	37.25	43.87	42.28	41.93	43.87

Women's Pole Vault

Place	No	Name	Club	3.05	3.25	3.45	3.75	3.85	3.96
1	446	Brown, Zoey	Ballymena & Antrim A.C.	-	-	-	XXO	O	XXX
2	298	Wilkinson, Claire	Ballymena & Antrim A.C.	XO	XXO	XXX			