

Woodie's DIY Junior & U23 Championships of Ireland, Tullamore 29th June 2008

100 m - Junior Men

Wind : -1.9

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	275	Lynch, Craig	Shercock A.C.	11.08		11.12
2	4	Holmes, Jonathan	Kilkenny City Harriers A.C.	11.41		11.29
3	34	Hamilton, Scott	Regent House	11.31		11.33
4	29	Quilligan, David	Leevale A.C.	11.48		11.60
5	43	Coleman, Conor	Clonliffe Harriers A.C.	11.46		11.65
6	22	O'Donohoe, Barry	Raheny Shamrock A.C.	11.77		11.84
7	31	Odelade, Tope	Crusaders A.C.	11.95		11.84
8	15	Boyd, David	Tralee Harriers A.C.	11.96		11.94
	25	O'Callaghan, Conal	Spa Muckcross A.C.	11.78		
	281	Hynes, Gary	Sligo A.C.	12.27		
	7	Tsang, Richard	Monaghan Phoenix A.C.	12.38		
	24	Doherty, Paul	Finn Valley A.C.	13.62		
	45	Russell, Christopher	Ferrybank A.C.	DNS		

200 m - Junior Men

Wind : +2.5

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	211	Gregan, Brian	Tallaght A.C.			21.75
2	275	Lynch, Craig	Shercock A.C.			21.94
3	236	O'Cathain, Lorcan	Roscommon A.C.			23.00
4	4	Holmes, Jonathan	Kilkenny City Harriers A.C.			23.13
5	31	Odelade, Tope	Crusaders A.C.			23.52
6	27	Stack, Paul	Leevale A.C.			23.62
7	371	Bolger, Sean	Tallaght A.C.			24.15

400 m - Junior Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	198	Woods, Curtis	Lagan Valley	53.64		48.98
2	46	Ryan, Billy	Ferrybank A.C.	52.72		49.15
3	52	Harvey, Jason	Lagan Valley	50.55		49.33

4	28	Owens, Cathal	Leevale A.C.	53.00	49.93
5	39	Whelan, Alan	North Laois A.C.	50.85	50.07
6	336	Davis, Jamie	U.C.D. A.C.	51.51	51.95
7	45	Russell, Christopher	Ferrybank A.C.	51.21	52.69
	197	Townsend, Liam	Lucan Harriers A.C.	52.14	DNS
	342	Hynes, Michael	Raheny Shamrock A.C.	53.23	
	382	Kelly, Darren	Donore Harriers A.C.	54.82	
	264	Crossan, Gerard	Carrick-On-Shannon A.C.	55.54	
	288	Phelan, Ciaran	Aghaviller A.C.	DNS	

800 m - Junior Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	228	Lieghio, Anthony	Tallaght A.C.			1.56.70
2	308	Patterson, Mark	North Down A.C.			1.56.71
3	12	Mc Donald, Mark	Clonliffe Harriers A.C.			1.57.61
4	324	Cowzer, Shane	Dundrum South Dublin A.C.			1.58.47
5	195	Keogh, David	Lucan Harriers A.C.			1.58.61
6	20	Jones, Chris	Raheny Shamrock A.C.			2.00.49
7	325	Brennan, Andrew	Metro/St. Brigid's A.C.			2.01.21
8	288	Phelan, Ciaran	Aghaviller A.C.			2.01.32
9	59	Ellis, Fergal	Ballinamore A.C.			2.04.04

1500 m - Junior Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	205	Carroll, Tommy	North Sligo A.C.			3.59.45
2	58	Downey, Gavin	Ferrybank A.C.			4.00.56
3	229	Cotter, Tomas	Dunleer A.C.			4.01.13
4	206	Maher, Keith	Thurles Crokes A.C.			4.01.74
5	1	Kelly, Sam	Fingallians A.C.			4.04.05
6	13	Mc Donnell, Eoin	Clonliffe Harriers A.C.			4.04.81
7	378	Mc Cormack, Niall	Clonmel A.C.			4.04.92
8	57	Cooper, Kevin	Ferrybank A.C.			4.09.24
9	10	Pearce, Eoin	Clonliffe Harriers A.C.			4.09.53
10	11	Fitzmaurice, David	Clonliffe Harriers A.C.			4.10.40
11	37	Carlisle, John	North Down			4.16.21
12	55	Hogan, Patrick	Ferrybank A.C.			4.18.37
13	381	O'Byrne, Jason	Sli Cualann A.C.			4.19.17

14	3	Hayes, Thomas	Kilkenny City Harriers A.C.			4.27.05
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5000 m - Junior Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	204	Mulhare, Michael	North Laois A.C.			15.10.30
2	21	Flynn, Darragh	Raheny Shamrock A.C.			15.49.75
3	364	Carmody, Michael	Emerald A.C.			15.56.06
4	284	Stenson, Lee	Mullingar Harriers A.C.			16.04.07

110 m Hurdles - Junior Men

Wind : +0.5

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	237	O'Cathain, Ciaran	Roscommon A.C.			15.27
2	196	Mc Crossan, Conor	Lucan Harriers A.C.			16.42
3	24	Doherty, Paul	Finn Valley A.C.			17.09

400 m Hurdles - Junior Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	311	Mc Laughlin, Conor	Strabane Track Club			56.03
2	26	Murnane, Christopher	Leevale A.C.			56.80
3	54	Corcoran, Alan	Ferrybank A.C.			57.02
4	50	Kennedy, Gavin	Menapians A.C.			57.37

3000 m Steeplechase - Junior Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	9	Flynn, David	Clonliffe Harriers A.C.			9.41.3H
2	14	Corbally, Robert	Dundrum South Dublin A.C.			10.23.0H
3	390	Brady, Larry	Clonliffe Harriers A.C.			10.24.6H

5000 m Walk - Junior Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
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1	48	Fitzpatrick, Paul	Shercock A.C.	22.13.46
2	269	Prendiville, Niall	Farranfore Maine Valley A.C.	24.58.52
3	306	Hayes, Thomas	Moycarkey Coolcuroo A.C.	28.25.42

High Jump - Junior Men

Place	No	Name	Club	1.60	1.65	1.70	1.75	1.80	1.85	1.90	2.01	2.06
1	41	Pender, Barry	St. Abbans A.C.	-	-	-	-	-	-	-	XXO	XXX
2	233	Healy, Michael	Youghal A.C.	-	-	O	O	O	O	XXX		
3	268	Crowley, Ian	Farranfore MV A.C	-	O	O	O	XXX				
4	36	Reilly, Brendan	Ballina A.C.	O	O	O	XXO	XXX				

Long Jump - Junior Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	29	Quilligan, David	Leevale A.C.	6.44 +2.2	6.24 +1.4	5.99 +0.4	-	-	-	6.44 +2.2
2	42	Byrne, Paul	St. Abbans A.C.	6.05 +0.0	6.39 +3.8	6.01 +0.8	6.17 +2.7	6.30 +1.9	X	6.39 +3.8
3	36	Reilly, Brendan	Ballina A.C.	5.92 +0.5	X	6.25 +5.5	5.88 -1.0	X	5.37 +1.6	6.25 +5.5
4	7	Tsang, Richard	Monaghan Phoenix A.C.	5.90 +0.4	5.88 +0.0	X	X	6.07 +0.1	X	6.07 +0.1

Triple Jump - Junior Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	40	Egan, Francis	St. Abbans A.C.	12.99 -1.2	X	12.68 +0.4	13.07 +0.4	X	13.34 -0.4	13.34 -0.4
2	49	Prout, Shane	Coolquill A.C.	12.33 -3.4	12.58 -1.1	12.47 -2.1	12.60 +0.3	12.79 +1.8	13.24 -1.2	13.24 -1.2
3	36	Reilly, Brendan	Ballina A.C.	10.55 -3.4	10.74 -3.1	11.33 +2.2	11.40 +0.7	11.31 -1.4	11.25 -1.2	11.40 +0.7

Pole Vault - Junior Men

Place	No	Name	Club	2.60	2.80	3.00	3.20	3.40	3.60	3.80	4.00	4.20	4.50
1	32	Rogers, Ian	Clonliffe Harriers A.C.	-	-	-	-	-	O	O	O	O	XXX
2	400	Whyte, Richard	Brothers Pearse A.C.	-	-	-	-	XO	O	XO	XXX		
3	8	Doherty, Keith	Dunboyne A.C.	-	-	-	O	XO	XXX				
4	6	Pantea, Mihai	Raheny Shamrock A.C.	-	-	XO	O	XXO	XXX				

5 268 Crowley, Ian Farranfore Maine Valley A.C.O O XO XXO XX-

Shot Putt - Junior Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	265	Clifford, Daniel	Farranfore Maine Valley A.C.	X	12.97	13.19	13.24	12.62	13.06	13.24
2	368	Geraghty, Ben	Crusaders A.C.	12.56	12.17	13.23	12.65	12.10	12.59	13.23
3	330	O'Cathain, Eanna	Galway City Harriers A.C.	11.50	12.98	12.43	X	X	X	12.98
4	387	Lynch, Shane	Crusaders A.C.	12.27	11.09	11.56	11.12	12.71	11.49	12.71
5	47	O'Reilly, Mathew	Shercock A.C.	12.11	X	X	X	11.04	X	12.11
6	56	Kennedy, Shane	Ferrybank A.C.	11.37	11.40	11.65	11.74	11.50	-	11.74
7	238	Mulligan, Joseph	Tullamore Harriers A.C.	9.07	8.76	9.00	8.81	-	-	9.07

Discus - Junior Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	265	Clifford, Daniel	Farranfore Maine Valley A.C.	46.39	45.05	X	X	X	X	46.39
2	30	Reynolds, Chris	Belfast Royal Academy	39.79	41.30	38.76	X	X	42.74	42.74
3	239	Hanlon, Darragh	Tullamore Harriers A.C.	37.58	36.81	40.22	40.18	40.77	41.52	41.52
4	330	O'Cathain, Eanna	Galway City Harriers A.C.	35.78	X	X	X	38.84	39.69	39.69
5	368	Geraghty, Ben	Crusaders A.C.	36.77	35.70	38.26	X	37.17	35.59	38.26
6	47	O'Reilly, Mathew	Shercock A.C.	X	33.13	35.62	36.27	32.85	33.09	36.27

Javelin - Junior Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	1358	Mullin, Dan	Strabane Track Club	48.19	50.14	49.78	52.47	51.82	50.73	52.47
2	311	Mc Laughlin, Conor	Strabane Track Club	49.21	43.43	44.72	50.77	48.50	44.65	50.77
3	1359	Mc Bride, Sean	Strabane Track Club	45.55	48.33	45.77	47.33	49.43	38.91	49.43
4	383	Leahy, Georgie	Le Cheile A.C.	-	45.06	41.34	42.39	41.97	42.38	45.06
5	330	O'Cathain, Eanna	Galway City Harriers A.C.	37.15	41.90	39.57	-	-	-	41.90
6	56	Kennedy, Shane	Ferrybank A.C.	38.68	39.07	37.23	41.07	X	X	41.07
7	235	Mezihidou, Awuar	Roscommon A.C.	39.33	39.21	36.88	39.58	39.24	X	39.58
8	234	Mezihidou, Askhab	Roscommon A.C.	39.42	38.51	35.84	34.44	26.48	31.95	39.42

Hammer - Junior Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	259	Kelly, Gerard	Castlebar A.C.	54.23	X	X	X	X	55.42	55.42
2	2	Barry, Killian	Crusaders A.C.	47.84	47.81	46.93	49.34	49.88	X	49.88
3	265	Clifford, Daniel	Farranfore Maine Valley A.C.	40.47	44.31	48.63	46.10	X	X	48.63

4	293	Cullinane, Jack	Crusaders A.C.	43.21	44.83	47.51	X	45.61	44.26	47.51
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35lb Distance - Junior Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	330	O'Cathain, Eanna	Galway City Harriers A.C.	X	7.81	8.05	8.11	7.96	8.07	8.11
2	259	Kelly, Gerard	Castlebar A.C.	7.26	7.68	7.54	7.82	7.55	6.95	7.82
3	47	O'Reilly, Mathew	Shercock A.C.	X	6.83	X	6.75	6.76	X	6.83
4	238	Mulligan, Joseph	Tullamore Harriers A.C.	5.82	6.09	5.71	X	X	X	6.09

100 m - Junior Women

Wind : -0.6

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	102	Whelan, Niamh	Ferrybank A.C.	12.31		11.98
2	258	Lewis, Hannah	North Down	12.55		12.27
3	82	Creaner, Steffi	Celtic DCH A.C.	12.30		12.28
4	320	Lawler, Sandra	Celbridge A.C.	12.66		12.37
5	340	Healy, Joan	Bandon A.C.	12.26		12.38
6	209	Fitzpatrick, Eilish	Gneeveguilla A.C.	12.50		12.40
7	397	Esslemont, Aedin	Galway City Harriers A.C.	12.93		12.66
8	303	Gleeson, Margaret	Dooneen A.C.	13.14		13.12
	101	Deevy, Mairead	Ferrybank A.C.	13.32		
	254	Kerr, Hilary	St. Peter's A.C.	13.50		
	260	Wickham, Denise	St. Pauls A.C.	13.62		
	300	Doyle, Sarah	Clonliffe Harriers A.C.	DNS		
	317	Maguire, Leonie	Galway City Harriers A.C.	DNS		

200 m - Junior Women

Wind : -0.3

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	102	Whelan, Niamh	Ferrybank A.C.	25.47		24.15
2	82	Creaner, Steffi	Celtic DCH A.C.	25.19		24.64
3	258	Lewis, Hannah	North Down	25.94		24.78
4	97	Paxton, Tasha	Lagan Valley	26.57		25.65
5	397	Esslemont, Aedin	Galway City Harriers A.C.	26.05		25.84
6	101	Deevy, Mairead	Ferrybank A.C.	26.22		26.01
	317	Maguire, Leonie	Galway City Harriers A.C.	26.89		DNF

318	Mc Manus, Catherine	Celtic DCH A.C.	26.73	DNF
303	Gleeson, Margaret	Dooneen A.C.	27.43	
103	Giblin, Susan	Raheny Shamrock A.C.	28.28	
83	O'Kane, Sinead	Dunboyne A.C.	DNF	
376	Murphy, Mairead	U.C.D. A.C.	DNF	

400 m - Junior Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	111	Sheehan, Kalyn	Ferrybank A.C.	62.09		56.58
2	76	Everard, Ciara	Kilkenny City Harriers A.C.	63.04		57.13
3	335	Kelly, Sinead	St. Abbans A.C.	57.59		57.21
4	87	Scallan, Susan	Raheny Shamrock A.C.	58.46		57.80
5	91	Mc Ardle, Louise	Leevale A.C.	58.19		58.51
6	243	Murphy, Erin	Limerick A.C.	63.34		
7	375	Ryan, Cliona	Borrisokane A.C.	60.31		61.36
8	77	Finnegan, Sarah	Clonliffe Harriers A.C.	62.06		62.47
	103	Giblin, Susan	Raheny Shamrock A.C.	62.34		
	231	Plunkett, Elaine	St. Brigids A.C.	63.98		
	89	Gould, Aisling	Leevale A.C.	64.66		
	363	Connolly, Sarah	Athenry A.C.	64.97		
	298	Dooley, Ciara	Borrisokane A.C.	68.50		
	358	Shannon, Claire	Sli Cualann A.C.	DNS		
	318	Mc Manus, Catherine	Celtic DCH A.C.	DNF		

800 m - Junior Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	221	Mageean, Ciara	City of Lisburn A.C.			2.10.70
2	379	Gibson, Rachel	City of Lisburn			2.17.28
3	79	Mc Manus, Susan	Celtic DCH A.C.			2.20.88
4	257	Bernard, Louise	Raheny Shamrock A.C.			2.21.90
5	384	Earls, Claire	Sli Cualann A.C.			2.23.46

1500 m - Junior Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	93	Treacy, Sara	Moynalvey A.C.			4.32.43

2	80	Gebrezgi, Tekea	Celtic DCH A.C.	4.40.20
3	386	Jameson, Tara	Inbhear Dee A.C.	4.40.57
4	192	Doyle, Deirdre	Tinryland A.C.	4.43.96
5	373	Finn, Michelle	Duhallow A.C.	4.49.27
6	105	Walsh, Maria	Blackrock A.C.	4.56.81
7	374	English, Michelle	Letterkenny A.C.	5.09.04

5000 m - Junior Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	272	Fitzgerald, Maura	Farranfore Maine Valley A.C.			20.34.94

100 m Hurdles - Junior Women

Wind : -1.4

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	376	Murphy, Mairead	U.C.D. A.C.			14.33
2	320	Lawler, Sandra	Celbridge A.C.			14.42
3	362	Furman, Shauna	Clonliffe Harriers A.C.			16.23
	111	Sheehan, Kalyn	Ferrybank A.C.			DNS

400 m Hurdles - Junior Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	114	Barr, Jessie	Ferrybank A.C.			61.07
2	316	Nolan, Rebecca	Galway City Harriers A.C.			68.17

3000 m Walk - Junior Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	104	Reynolds, Laura	Mohill A.C.			14.24.39
2	95	Dennehy, Fiona	St. Senans A.C.			15.44.87
3	399	Forristal, Sally	St. Joseph'S A.C.			16.06.78
4	253	Whelan, Aoife	Finn Valley A.C.			16.43.45
5	398	Gissane, Aobhinn	Monaghan Phoenix A.C.			16.51.82
6	393	O'Sullivan, Lucy	Cushinstown A.C.			18.08.69
7	71	Friel, Paula	Finn Valley A.C.			19.18.33

High Jump - Junior Women

Place	No	Name	Club	1.35	1.40	1.45	1.50	1.55	1.60	1.65	1.70	1.75	1.80
1	96	Hughes, Pamela	Westport A.C.	-	-	-	-	-	-	O	O	XXO	XXX
2	256	Farrell, Catriona	Craughwell A.C.	-	-	-	-	O	O	XO	XXO	XXX	
3	283	Moggan, Grainne	Brothers Pearse A.C.	-	-	-	-	O	O	XO	XXX		
4	74	Lanigan, Mary Kate	Kilkenny City Harriers A.C.	-	-	-	O	O	O	XXO	XXX		
5	297	Nevin, Amanda	Borrisokane A.C.	-	O	O	XO	XXX					
6	279	Nolan, Lisa	Gowran A.C.	O	O	O	XXX						
7	286	Bermingham, Kate	Dundrum South Dublin A.C.	-	XO	XXO	XXX						

Long Jump - Junior Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	187	Ruane, Aileen	Sligo A.C.	X	5.46	X	5.26	X	5.34	5.46
					+0.5		+0.7		-0.6	+0.5
2	110	Donnelly, Sinead	Ferrybank A.C.	X	X	5.07	5.14	5.23	X	5.23
						-0.1	+0.7	+3.6		+3.6
3	287	Dunphy, Ashling	Aghaviller A.C.	X	4.07	4.94	4.61	4.45	5.17	5.17
					+0.6	+0.0	-1.8	+0.1	+5.8	+5.8
4	254	Kerr, Hilary	St. Peter's A.C.	X	5.12	4.79	X	X	X	5.12
					+0.9	+2.3				+0.9
5	107	Power, Nicola	Ferrybank A.C.	5.01	4.97	4.91	X	X	5.09	5.09
				+1.7	+0.3	+1.3			-0.4	-0.4
6	392	Brennan, Eimer	Tullamore Harriers A.C.	4.93	5.03	4.78	4.90	4.86	X	5.03
				-0.9	+0.9	+0.1	-0.6	+2.0		+0.9
7	297	Nevin, Amanda	Borrisokane A.C.	4.92	4.93	4.95	4.92	4.81	4.86	4.95
				+1.5	+3.6	+0.9	+1.1	+0.4	+2.9	+0.9

Triple Jump - Junior Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	94	King, Caoimhe	Westport A.C.	11.15	11.16	10.95	X	X	X	11.16
				-1.5	-1.8	-0.3				-1.8
2	107	Power, Nicola	Ferrybank A.C.	10.29	10.34	10.34	10.62	10.29	10.38	10.62
				-1.3	-1.0	-1.2	+0.1	+1.5	+1.3	+0.1
3	279	Nolan, Lisa	Gowran A.C.	10.27	10.10	9.71	10.04	10.02	9.94	10.27
				+0.1	-2.9	-3.5	+2.3	+0.9	-0.8	+0.1
4	246	Murphy, Leigh	Limerick A.C.	9.81	X	10.02	9.85	10.26	9.99	10.26
				-3.1		-2.0	-4.1	+1.8	-1.7	+1.8

5	391	Kelly, Lisa	Borrisokane A.C.	9.86	X	10.04	10.05	X	10.09	10.09
				-2.4		-0.3	-2.0		-1.7	-1.7
6	260	Wickham, Denise	St. Pauls A.C.	9.76	9.99	9.76	9.17	9.81	9.72	9.99
				-0.6	-0.9	+0.6	-2.0	-1.0	-2.6	-0.9
7	245	Ryan, Cheryl-Ann	Limerick A.C.	9.86	9.78	9.88	9.50	9.56	9.61	9.88
				-1.4	-2.9	-0.3	-2.2	-0.4	-1.4	-0.3
8	287	Dunphy, Ashling	Aghaviller A.C.	9.65	9.52	9.33	9.35	9.04	9.76	9.76
				+1.7	-0.3	-2.2	-0.2	-1.6	+0.5	+0.5

Shot Putt - Junior Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	85	Fitzgerald, Claire	Tralee Harriers A.C.	11.86	X	12.58	11.62	12.69	12.40	12.69
2	72	Hickey, Aoife	Kilkenny City Harriers A.C.	X	12.29	11.88	12.37	12.66	11.71	12.66
3	106	Kennedy, Cara	Ferrybank A.C.	X	8.10	9.24	9.26	9.59	9.36	9.59
4	73	Conlon, Theresa	Kilkenny City Harriers A.C.	8.75	9.04	8.71	8.93	9.26	8.69	9.26
5	99	Daly, Shauna	St. Abbans A.C.	8.45	8.60	8.83	8.74	8.96	9.02	9.02
6	266	O'Shea, Katie	Farranfore Maine Valley A.C.	8.91	8.36	8.86	-	-	-	8.91

Discus - Junior Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	85	Fitzgerald, Claire	Tralee Harriers A.C.	37.06	38.78	X	35.97	36.88	-	38.78
2	92	Bradfield, Sarah	Leevale A.C.	X	30.92	31.91	30.95	30.38	30.55	31.91
3	84	O'Connor, Karen	Tralee Harriers A.C.	28.45	27.48	23.13	X	27.08	29.90	29.90
4	99	Daly, Shauna	St. Abbans A.C.	22.95	27.55	23.26	26.21	26.53	23.03	27.55
5	332	Loingsigh, Sarah	Galway City Harriers A.C.	26.17	26.24	26.88	25.26	24.60	24.21	26.88
6	331	Ni Chealiaigh, Cliona	Galway City Harriers A.C.	X	23.77	23.87	22.78	X	19.91	23.87

Javelin - Junior Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	255	Mc Donald, Olivia	St. Peter'S A.C.	33.83	38.04	33.41	35.38	35.93	38.08	38.08
2	321	Bolger, Rachel	Sli Cualann A.C.	34.18	35.45	33.98	32.70	31.32	33.29	35.45
3	1001	Ryder, Kellie	Sli Cualann A.C.	30.50	31.60	X	30.18	31.85	31.47	31.85
4	271	Moynihan, Mary	Farranfore Maine Valley A.C.	X	27.86	29.65	X	30.90	31.84	31.84

Hammer - Junior Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	72	Hickey, Aoife	Kilkenny City Harriers A.C.	42.67	45.73	49.71	47.81	X	47.02	49.71

2	355	Sutherland, Mary	D.M.P. A.C.	38.89	41.37	X	43.43	47.03	X	47.03
3	266	O'Shea, Katie	Farranfore Maine Valley A.C.	44.41	43.76	45.45	45.63	X	41.92	45.63
4	267	Flynn, Maria	Farranfore Maine Valley A.C.	37.88	38.91	39.32	X	38.21	37.20	39.32
5	73	Conlon, Theresa	Kilkenny City Harriers A.C.	34.34	33.14	29.36	34.94	32.26	31.07	34.94
6	296	Carroll, Jennifer	Borrisokane A.C.	33.31	30.44	X	30.93	X	31.79	33.31

100 m - U.23 Men

Wind : +1.9

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	302	O'Shea, David	Dooneen A.C.	11.44		10.78
2	157	Duff, Derek	Leevale A.C.	11.15		10.78
3	124	Duggan, Kevin	Mullingar Harriers A.C.	11.39		10.92
4	160	Graham, Andrew	QUB	11.15		10.94
5	150	Phelan, Patrick	Tralee Harriers A.C.	11.28		10.94
6	299	Nagle, Gerard	Menapians A.C.	12.11		11.99
	126	Jackman, Adrian	Menapians A.C.	11.75		DNS
	334	Crowley, John	Dundrum South Dublin A.C.	11.32		DNS
	247	Cunningham, Ger	Limerick A.C.	12.38		
	135	Keegan, John	Crusaders A.C.	12.51		

200 m - U.23 Men

Wind : -0.7

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	157	Duff, Derek	Leevale A.C.	22.39		21.91
2	138	Hogan, Nick	Dundrum South Dublin A.C.	22.52		22.23
3	302	O'Shea, David	Dooneen A.C.	23.12		22.51
4	315	O'Leary, Greg	Leevale A.C.	22.67		22.63
5	361	Collins, Ciaran	U.C.C. A.C.	23.73		22.80
6	124	Duggan, Kevin	Mullingar Harriers A.C.	23.04		23.25
7	299	Nagle, Gerard	Menapians A.C.	24.37		24.74
	144	O'Brien, Nathan	Kilkenny City Harriers A.C.	23.19		DNF
	247	Cunningham, Ger	Limerick A.C.	25.19		
	334	Crowley, John	Dundrum South Dublin A.C.	DNF		

400 m - U.23 Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
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1	138	Hogan, Nick	Dundrum South Dublin A.C.	48.97
2	133	Quinn, Chris	Lagan Valley	49.36
3	193	Murphy, Brendan	Lisburn A.C.	50.33
4	333	O'Brien, Liam	Togher A.C.	51.71
	137	Ruxton, James	Shercock A.C.	DNF
	334	Crowley, John	Dundrum South Dublin A.C.	DNF
	395	Stewart, Darren	Finn Valley A.C.	DNF

800 m - U.23 Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	309	Warne, Joe	Doheny A.C.			1.57.28
2	307	Mc Cloy, Kevin	Shercock A.C.			1.57.35
3	326	Connick, Andrew	Slaney Olympic A.C.			1.59.17
4	158	Treacy, Daniel	Moynalvey A.C.			2.00.29
5	395	Stewart, Darren	Finn Valley A.C.			2.00.78
6	146	Lombard, Richard	Celtic DCH A.C.			2.01.05
7	225	Jenkinson, Cathal	Dundrum South Dublin A.C.			2.02.59
8	388	Keane, Michael	Ennis Track A.C.			2.03.06

1500 m - U.23 Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	210	Everard, Eoin	Kilkenny City Harriers A.C.			4.04.50
2	154	Moriarty, Kevin	Raheny Shamrock A.C.			4.07.28
3	227	Coghlan, John	Metro/St. Brigid's A.C.			4.12.22
4	152	Rooney, David	Raheny Shamrock A.C.			4.14.02
5	380	Earls, Des	Sli Cualann A.C.			4.14.27
6	326	Connick, Andrew	Slaney Olympic A.C.			4.17.14
7	314	Shine, John	Leevale A.C.			4.17.75
8	143	Dore, Mick	Kilkenny City Harriers A.C.			4.19.06
9	274	Gilbane, Adrian	Dundrum South Dublin A.C.			4.23.54
10	370	Gilhooley, Seamus	Athenry A.C.			4.31.07

5000 m - U.23 Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
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1	145	Clohisey, Michael	Raheny Shamrock A.C.			14.25.56
2	388	Chesser, Rory	Ennis Track A.C.			14.34.00
3	153	Ryan, Simon	Raheny Shamrock A.C.			15.15.51
4	147	Mc Donnell, Rory	Dunboyne A.C.			15.28.50
5	132	Teer, Brendan	East Down			15.43.59
6	389	Maher, Michael	Ennis Track A.C.			15.55.55
7	139	Agnew, Andrew	Abbey A.C.			16.06.47
8	282	Dooley, Mark	Donore Harriers A.C.			16.09.84
9	378	Mc Cormack, Niall	Clonmel A.C.			16.14.85
10	140	Cooke, Eddie	Abbey A.C.			16.26.82
11	366	Folan, Daniel	Ennis Track A.C.			17.33.12

110 m Hurdles - U.23 Men

Wind : +1.5

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	161	Finnegan, William	Craughwell A.C.			18.49

400 m Hurdles - U.23 Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	137	Ruxton, James	Shercock A.C.			53.88
2	263	O'Donnell, Gerard	Carrick-on-Shannon A.C.			55.04
3	125	Upton, Barry	Menapians A.C.			55.40
4	128	O'Donnell, Patrick	Olympian Athletic			62.66

3000 m Steeplechase - U.23 Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	131	Stilwell, Sean	West Waterford A.C.			10.15.2H
2	134	Power, Graham	Ferrybank A.C.			10.38.8H

5000 m Walk - U.23 Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	207	Doyle, Michael	Tara A.C.			23.19.06
2	294	Healy, Timothy	Togher A.C.			25.43.04

High Jump - U.23 Men

Place	No	Name	Club	1.80	1.85	1.90	1.95	2.01
1	262	Herron, Simon	City of Derry	O	O	XO	XO	XXX

Long Jump - U.23 Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	219	Crowley, Christopher	Belgooly A.C.	6.77 +1.8	6.95 -2.9	X	X	X	7.01 +1.2	7.01 +1.2
2	159	Kennedy, Alan	Abbey A.C.	6.80 +0.2	6.74 -0.3	6.75 +1.1	7.00 -0.6	6.89 +0.1	X	7.00 -0.6
3	305	Mc Mahon, Sean	Ballymena & Antrim A.C.	X	6.51 -2.1	X	6.43 +1.4	-	6.93 +1.7	6.93 +1.7
4	161	Finnegan, William	Craughwell A.C.	X	6.20 +1.8	X	-	-	-	6.20 +1.8

Triple Jump - U.23 Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	141	Kelly, Eoin	St. Abbans A.C.	13.70 -1.3	X	13.96 -2.2	13.77 -3.1	13.70 -2.3	13.95 -0.6	13.96 -2.2
2	262	Herron, Simon	City of Derry	X	13.02 -0.3	13.04 -1.8	-	-	-	13.04 -1.8
3	161	Finnegan, William	Craughwell A.C.	12.92 -2.2	12.91 -3.4	12.80 -2.4	12.62 -1.4	12.99 -1.9	X	12.99 -1.9
4	127	Dunlop, Martin	Olympian Athletic	X	11.34 -4.9	X	X	11.11 -0.5	11.60 -0.0	11.60 -0.0

Shot Putt - U.23 Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	149	O'Connor, Alan	Tralee Harriers A.C.	11.61	10.98	11.73	11.65	12.18	11.64	12.18
2	155	Hazler, Pavel	Leevale A.C.	11.55	11.64	-	-	-	-	11.64
3	129	Fitzpatrick, Hugh	Shercock A.C.	8.94	9.75	10.26	9.66	9.58	10.04	10.26
4	248	Mc Grath, Pius	Limerick A.C.	8.25	8.20	X	X	7.94	-	8.25

Discus - U.23 Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
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1	155	Hazler, Pavel	Leevale A.C.	46.48	47.33	X	45.16	X	44.21	47.33
2	339	Collins, Justin	North Westmeath A.C.	X	38.28	41.24	35.19	38.81	38.10	41.24
3	149	O'Connor, Alan	Tralee Harriers A.C.	33.19	X	34.71	X	X	33.26	34.71
4	277	Byrne, Eamonn	Clonliffe Harriers A.C.	34.58	32.86	34.65	X	X	34.01	34.65
5	129	Fitzpatrick, Hugh	Shercock A.C.	X	30.35	30.42	28.62	-	-	30.42

Javelin - U.23 Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	136	Marry, Paul	Clonliffe Harriers A.C.	52.65	49.97	48.61	54.49	X	55.88	55.88
2	248	Mc Grath, Pius	Limerick A.C.	X	27.79	X	27.79	X	X	27.79

Hammer - U.23 Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	292	Whyte, Pdraig	U.C.D. A.C.	54.79	57.91	X	53.74	55.50	54.93	57.91
2	155	Hazler, Pavel	Leevale A.C.	X	X	50.48	X	50.00	X	50.48
3	277	Byrne, Eamonn	Clonliffe Harriers A.C.	45.56	46.33	47.01	X	42.18	X	47.01
4	129	Fitzpatrick, Hugh	Shercock A.C.	39.32	38.12	37.96	X	37.18	X	39.32

35lb Distance - U.23 Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	292	Whyte, Pdraig	U.C.D. A.C.	9.04	9.30	8.94	X	8.92	8.92	9.30
2	149	O'Connor, Alan	Tralee Harriers A.C.	8.71	8.78	9.20	9.15	9.16	9.20	9.20
3	277	Byrne, Eamonn	Clonliffe Harriers A.C.	8.90	8.99	8.74	8.58	8.62	8.97	8.99
4	129	Fitzpatrick, Hugh	Shercock A.C.	8.24	X	8.38	8.53	8.14	8.27	8.53

100 m - U.23 Women

Wind : +0.7

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	165	Proper, Kelly	Ferrybank A.C.	11.91		11.69
2	312	Brady, Claire	Celbridge A.C.	12.05		11.81
3	182	Foster, Amy	North Down	11.99		11.84
4	162	Kiernan, Louise	Fingallians A.C.	12.30		12.01
5	167	Melvin, Elizabeth	Crusaders A.C.	12.98		12.76
6	181	Byrd, Katey	Leevale A.C.	13.39		13.07
7	164	Quinn, Jenny	Lagan Valley	13.31		13.11
8	300	Doyle, Sarah	Clonliffe Harriers A.C.	13.53		13.32

163	Boyle, Patricia	Cranford A.C.	14.02
341	O'Connor, Marguerite	Gneeveguilla A.C.	14.05

200 m - U.23 Women

Wind : -2.5

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	165	Proper, Kelly	Ferrybank A.C.			24.38
2	312	Brady, Claire	Celbridge A.C.			24.92
3	167	Melvin, Elizabeth	Crusaders A.C.			26.52
4	291	Moggan, Rioghna	Brothers Pearse A.C.			27.27
5	164	Quinn, Jenny	Lagan Valley			27.39

400 m - U.23 Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	220	Broderick, Christina	Belgooly A.C.			57.58
2	377	Mc Callion, Ciara	Clonliffe Harriers A.C.			57.90
3	180	Mc Sweeney, Claire	Leevale A.C.			57.99
4	172	Whiteside, Leigh	Abbey A.C.			58.46
5	276	Mc Glynn, Clare	Dundrum South Dublin A.C.			58.56
	278	Doyle, Ann	Gowran A.C.			DISQ
	290	Fitzpatrick, Eileen	Aghaviller A.C.			DNF

800 m - U.23 Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	179	Monteith, Lyndsey	City of Lisburn			2.20.30
2	173	Scriven, Laura	St. L. O'Toole A.C.			2.20.54
3	230	Russell, Cora	Dunleer A.C.			2.25.34
4	278	Doyle, Ann	Gowran A.C.			2.39.76
	290	Fitzpatrick, Eileen	Aghaviller A.C.			DNF

1500 m - U.23 Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	189	O'Brien, Eimear	Sligo A.C.			4.53.4H

2	286	Fitzpatrick, Eileen	Aghaviller A.C.			5.26.1H
3	304	Mc Morrow, Mairead	Brothers Pearse A.C.			5.41.0H
4	278	Doyle, Ann	Gowran A.C.			5.48.1H
	369	Phelan, Fiona Mauree	Aghaviller A.C.			

5000 m - U.23 Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	189	O'Brien, Eimear	Sligo A.C.			18.33.75
2	286	Fitzpatrick, Eileen	Aghaviller A.C.			20.53.33
3	278	Doyle, Ann	Gowran A.C.			21.30.02

100 m Hurdles - U.23 Women

Wind : -4.7

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	170	Mc Carthy, Paula	Bantry A.C.			17.28
2	186	Finnegan, Sarah	Craughwell A.C.			19.30
	181	Byrd, Katey	Leevale A.C.			DNF

400 m Hurdles - U.23 Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	394	Furlong, Brona	Slaney Olympic A.C.			59.57
2	186	Finnegan, Sarah	Craughwell A.C.			76.05

3000 m Walk - U.23 Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	178	Alcorn, Nicola	Finn Valley A.C.			17.02.64

High Jump - U.23 Women

Place	No	Name	Club	1.45	1.50	1.55	1.60	1.65
1	176	Reilly, Jenny	Na Fianna A.C.	O	O	XXO	XXO	XXX

Long Jump - U.23 Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	165	Proper, Kelly	Ferrybank A.C.	X	X	6.26 +1.0	X	X	6.20 +0.5	6.26 +1.0
2	174	Byrne, Leona	St. L. O'Toole A.C.	5.61 +4.6	5.23 +0.5	X	X	5.46 +0.5	5.35 +0.8	5.61 +4.6
3	175	Reddy, Jennifer	St. L. O'Toole A.C.	5.21 -2.3	X	5.11 +1.5	5.18 +0.8	5.19 +1.1	5.18 +0.3	5.21 -2.3
4	163	Boyle, Patricia	Cranford A.C. X		X	4.91 +1.3	4.59 +1.3	4.59 +4.0	4.57 +0.5	4.91 +1.3
5	341	O'Connor, Marguerite	Gneeveguilla A.C.	X	3.73 +4.1	4.27 +3.2	4.41 +2.0	X	X	4.41 +2.0
6	289	Phelan, Fiona Maureen	Aghaviller A.C.	3.59 -0.6	4.13 +2.4	3.92 +0.4	4.07 +3.8	3.99 +1.4	3.70 +1.0	4.13 +2.4
7	1286	Fitzpatrick, Eileen	Aghaviller A.C.	2.86 -0.3	-	-	-	-	-	2.86 -0.3

Triple Jump - U.23 Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	176	Reilly, Jenny	Na Fianna A.C.	10.46 -0.9	10.56 -4.2	10.70 -0.2	10.84 -0.5	10.42 -1.8	10.46 -2.7	10.84 -0.5
2	222	Loughlin, Laura	North Down	X	10.23 -0.5	10.39 +0.7	X	9.59 -3.4	9.93 +0.1	10.39 +0.7
3	186	Finnegan, Sarah	Craughwell A.C.	9.35 -5.1	9.50 -0.4	9.82 -0.3	9.50 -0.1	9.61 -0.3	9.19 +1.9	9.82 -0.3

Shot Putt - U.23 Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	169	Ryan, Catriona	Templemore A.C.	10.36	10.68	10.61	10.57	10.95	10.77	10.95
2	313	Corbett, Sharon	St. Ronans A.C.	8.30	9.16	8.70	8.53	8.58	9.10	9.16
3	301	O'Malley, Aoife	Bilboa A.C.	9.13	9.03	9.15	8.76	8.98	8.83	9.15
4	185	Conway, Philippa	Crusaders A.C.	8.46	8.04	8.12	7.78	8.44	8.11	8.46

Discus - U.23 Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	185	Conway, Philippa	Crusaders A.C.	36.81	30.49	34.96	36.92	34.18	36.35	36.92
2	203	Healy, Karen	Fr. Murphys A.C.	X	34.14	33.18	29.59	35.04	32.60	35.04
3	319	Roche, Rachel	Bandon A.C.	31.95	30.38	28.99	X	28.95	X	31.95

4	184	Ashe, Eadaoin	West Waterford A.C.	27.58	30.20	26.72	23.99	28.84	28.93	30.20
5	301	O'Malley, Aoife	Bilboa A.C.	27.15	24.98	X	24.05	X	22.55	27.15

Javelin - U.23 Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	168	Byrne, Denise	Clonliffe Harriers A.C.	39.00	35.98	33.48	32.80	34.98	33.63	39.00
2	170	Mc Carthy, Paula	Bantry A.C.	31.44	33.48	29.09	30.17	31.77	35.64	35.64
3	319	Roche, Rachel	Bandon A.C.	30.24	31.63	32.00	32.65	31.81	31.51	32.65
4	301	O'Malley, Aoife	Bilboa A.C.	X	26.35	28.45	26.52	26.00	26.51	28.45

Hammer - U.23 Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	203	Healy, Karen	Fr. Murphys A.C.	37.87	37.60	X	40.73	39.49	41.08	41.08
2	183	Cronin, Linda	Old Abbey A.C.	X	34.47	38.81	36.37	X	37.06	38.81
3	185	Conway, Philippa	Crusaders A.C.	27.87	28.71	26.78	X	29.69	28.94	29.69