

Woodie’s DIY AAI Junior Indoor Championships

Nenagh, 24th January, 2009

Junior Men's Weight for Distance

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	283	O'Cathain, Eanna	Galway City Harriers A.C.	X	7.83	8.23	8.15	7.93	8.12	8.23
2	70	Hanlon, Darragh	Tullamore Harriers A.C.	7.71	X	7.01	7.56	6.71	7.73	7.73
3	100	Barry, Killian	Crusaders A.C.	6.85	6.61	6.90	6.81	7.25	X	7.25
4	58	Mulligan, Joseph	Tullamore Harriers A.C.	6.62	6.60	6.55	6.26	6.40	6.66	6.66

Junior Men's 60 m Hurdles

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	22	O'Halloran, Edmond	Leevale A.C.			8.32
2	4	Durkan, Ian	Claremorris A.C.			8.64
3	16	Crossan, Conor	Lucan Harriers A.C.			8.88
4	44	Smith, Keith	Carrick-on-Shannon A.C.			8.99
5	39	O'Connor, Maurice	Tralee Harriers A.C.			9.04
6	93	Crowe, Timothy	Dooneen A.C.			9.38
7	80	Barr, Thomas	Ferrybank A.C.			9.43

Junior Men's 60 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	277	Lynch, Craig	Shercock A.C.	7.19		7.12
2	94	Jego, Nathan	Dooneen A.C.	7.29		7.27
3	20	Quilligan, David	Leevale A.C.	7.31		7.29
4	107	Kavanagh, Mark	Dundrum South Dublin A.C.	7.32		7.34
5	282	Hannon, Fearghus	Tullamore Harriers A.C.	7.30		7.34
6	102	Coleman, Conor	Clonliffe Harriers A.C.	7.34		7.35
7	55	O'Cathain, Lorcan	Roscommon A.C.	7.31		7.37
8	2	Seye, O'Gunlewe	Celbridge A.C.	7.39		7.45
	54	Muldowney, Eoin	Castlecomer A.C.	7.34		
	38	Foley, Cian	Tralee A.C.	7.37		
	65	Harrington, Timothy	Bandon A.C.	7.42		

110	O'Callaghan, Conal	Spa Muckcross A.C.	7.42
14	Commiskey, Stephen	Clonliffe Harriers A.C.	7.46
22	O'Halloran, Edmond	Leevale A.C.	7.47
3	Lam, Vincent	Celbridge A.C.	7.60
75	McGee, Darragh	Celbridge A.C.	7.65
21	Killeen, David	Leevale A.C.	7.67
95	Greenwood, Ciaran	Dooneen A.C.	7.73
50	Coyle, Ronan	Galway City Harriers A.C.	7.92
104	Prout, Shane	Coolquill A.C.	7.98
90	Akanmuno, Brendan	Dooneen A.C.	8.02
49	O'Hanlon, Fergal	Galway City Harriers A.C.	8.17

Junior Men's 200 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	282	Hannon, Fearghus	Tullamore Harriers A.C.	22.84		22.82
2	107	Kavanagh, Mark	Dundrum South Dublin A.C.	23.23		23.31
3	20	Quilligan, David	Leevale A.C.	23.17		23.40
4	55	O'Cathain, Lorcan	Roscommon A.C.	23.46		23.45
1	54	Muldowney, Eoin	Castlecomer A.C.	23.60		23.49
2	24	Murnane, Christopher	Leevale A.C.	23.76		23.70
3	2	Seye, O'Gunlewe	Celbridge A.C.	23.68		24.53
	38	Foley, Cian	Tralee A.C.	23.77		DNS
	109	Mulhall, Eoin	Naas A.C.	23.82		
	93	Crowe, Timothy	Dooneen A.C.	23.97		
	21	Killeen, David	Leevale A.C.	24.32		
	42	Whelan, Paudie	Tralee Harriers A.C.	24.56		
	86	Byrne, Paul	St. L. O'Toole A.C.	24.94		
	3	Liam, Vincent	Celbridge A.C.	24.98		
	76	Brady, Paul	Celbridge A.C.	25.17		
	29	Lynch, Sam	Leevale A.C.	25.83		
	90	Akanmuno, Brendan	Dooneen A.C.	26.74		

Junior Men's 400 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	83	Whelan, Alan	North Laois A.C.	52.14		51.60

2	23	Maher, Patrick	Leevale A.C.	52.29	51.94
3	105	Dowling, Joseph	Dundrum South Dublin A.C.	52.36	52.83
4	25	Owens, Cathal	Leevale A.C.	52.01	54.02
	109	Mulhall, Eoin	Naas A.C.	52.38	
	45	Kervick, Dara	Carrick-On-Suir A.C.	52.54	
	26	Murray, Shane	Leevale A.C.	52.87	
	77	Macaogain, David	St. Pauls AC	53.16	
	48	Campbell, Alan	Galway City Harriers A.C.	53.31	
	61	O'Kinneide, Feilibh	Bohermeen A.C.	53.33	
	80	Barr, Thomas	Ferrybank A.C.	53.45	
	42	Whelan, Paudie	Tralee Harriers A.C.	53.66	
	59	Byrne, Paul	St. Abbans A.C.	54.28	
	11	Fallon, Keith	Galway City Harriers A.C.	54.34	
	91	Breen, Andrew	Dooneen A.C.	55.13	
	12	Lewis, Alex		55.61	
	87	Brady, Adam	St. L. O'Toole A.C.	57.53	
	74	Campbell, David	Celbridge A.C.	58.87	

Junior Men's 800 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	64	O'Sullivan, Michael	West Muskerry A.C.			2.01.68
2	68	Maher, Keith	Thurles Crokes A.C.			2.01.97
3	51	Cronin, Dean	Blarney/Inniscara A.C.			2.02.79
4	40	Brennan, Andrew	Metro/St. Brigid's A.C.			2.05.94
5	52	Owens, Richard	Sli Cualann A.C.			2.07.07
6	286	Phelan, Ciaran Stephen	Aghaviller A.C.			2.07.93
	18	Ellis, Fergal	Ballinamore A.C.			DNS
	111	Mahon, Graham	Clonliffe Harriers A.C.			DNF

Junior Men's 1500 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	36	Robinson, Paul	St. Coca'S A.C.			4.10.14
2	34	Jones, Chris	Raheny Shamrock A.C.			4.16.12
3	41	Hillard, Philip	Metro/St. Brigid's A.C.			4.20.28
4	73	Fylnn, Alex	Ferrybank A.C.			4.26.95

Junior Men's 3000 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	40	Brennan, Andrew	Metro/St. Brigid's A.C.			9.44.0H
2	284	Mc Kenzie, Mark	Clonliffe Harriers A.C.			10.01.5H

Junior Men's 5km Walk

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	279	Prendiville, Niall	Farranfore Maine Valley A.C.			13.46.00
3	280	Oliver, Oisin	Swinford A.C.			14.00.89
4	399	Moran, Michael	Claremorris A.C.			14.18.43
5	398	McManamon, Cian	Westport A.C.			13.54.78
5	397	McCabe, Owen	North Belfast Harriers			14.37.47
6	278	O'Neill, Robert	Togher A.C.			15.49.22

Junior Men's High Jump

Place	No	Name	Club	1.45	1.50	1.55	1.60	1.65	1.70	1.75	1.80	1.85	1.90	2.00	2.10	2.16
1	15	Pender, Barry	St. Abbans A.C.	-	-	-	-	-	-	-	-	-	O	XO	O	XXX
2	81	Heffernan, Andrew	Ferrybank A.C.	-	-	-	-	O	O	O	O	O	XXX			
3	80	Barr, Thomas	Ferrybank A.C.	-	-	-	XO	O	XO	O	XXX					
4	97	Sabayo, Emmanuel	Dooneen A.C.	O	O	O	O	XO	XO	XXX						
5	56	O'Sullivan, Michael	Kilkenny City Harriers	-	-	O	O	O	XXO	XXX						

Junior Men's Long Jump

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	65	Harrington, Timothy	Bandon A.C.	6.77	6.42	6.44	X	6.75	6.64	6.77
2	94	Jego, Nathan	Dooneen A.C.	6.43	6.35	6.57	6.25	6.60	6.76	6.76
3	275	Smith, Paul	Shercock A.C.	6.70	6.38	6.58	6.69	X	-	6.70
4	14	Commiskey, Stephen	Clonliffe Harriers A.C.	6.24	6.19	6.14	5.98	6.25	6.26	6.26
5	104	Prout, Shane	Coolquill A.C.	6.09	5.85	X	-	-	-	6.09
6	44	Smith, Keith	Carrick-on-Shannon A.C.	5.89	5.98	5.63	6.03	5.92	6.04	6.04
7	97	Sabayo, Emmanuel	Dooneen A.C.	6.03	5.72	5.72	5.49	5.85	5.80	6.03
8	62	Pika, Roland	Limerick A.C.	5.02	5.55	5.94	5.55	5.67	5.87	5.94

9	20	Quilligan, David	Leevale A.C.	X	X	5.88		5.88
10	86	Byrne, Paul	St. L. O'Toole A.C.	5.83	X	5.50		5.83
11	108	Tsang, Richard	Shercock A.C.	5.35	5.07	5.56		5.56
12	57	Vahey, Darren	Bohermeen A.C.	4.91	4.82	4.84		4.91

Junior Men's Triple Jump

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	60	Egan, Francis	St. Abbans A.C.	13.92	X	13.99	-	X	14.00	14.00
2	15	Pender, Barry	St. Abbans A.C.	X	13.10	13.44	-	13.43	X	13.44
3	104	Prout, Shane	Coolquill A.C.	12.45	X	X	X	12.53	13.16	13.16
4	108	Tsang, Richard	Shercock A.C.	11.45	11.62	11.65	X	11.40	X	11.65
5	37	Godley, Michael	Tralee A.C.	X	11.35	X	X	11.20	X	11.35

Junior Men's Shot Putt

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	66	Clifford, Daniel	Farranfore Maine Valley A.C.	13.46	14.03	X	13.53	13.70	14.33	14.33
2	283	O'Cathain, Eanna	Galway City Harriers A.C.	13.31	13.58	13.23	13.08	13.06	X	13.58
3	98	Katayev, Anton	Dooneen A.C.	11.12	11.97	11.92	12.10	10.81	11.85	12.10
4	70	Hanlon, Darragh	Tullamore Harriers A.C.	10.68	11.96	10.88	11.47	11.85	11.60	11.96
5	28	Collins, Gary	Leevale AC	X	8.81	9.00	X	9.16	X	9.16
6	97	Sabayo, Emmanuel	Dooneen A.C.	9.15	8.89	8.71	8.83	8.98	8.81	9.15

Junior Women's 60 m Hurdles

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	155	Lawlor, Sandra	Celbridge A.C.			8.88
2	185	McManus, Catherine	Celtic DCH A.C.			9.10
3	181	Moloney, Sinead	St.Killians AC			10.31
3	171	Brophy, Aileen	St. L. O'Toole A.C.			10.31
5	147	Finnegan, Rachel	Craughwell A.C.			10.41
6	141	Basquille, Caoimhe	Sli Cualann A.C.			10.68
7	135	Boylan, Laura	Sli Cualann A.C.			10.84

Junior Women's 60 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
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1	157	Whelan, Niamh	Ferrybank A.C.	7.78	7.64
2	150	Healy, Joan	Bandon A.C.	7.88	7.77
3	185	McManus, Catherine	Celtic DCH A.C.	7.93	7.94
4	155	Lawlor, Sandra	Celbridge A.C.	8.06	7.97
5	176	Dickenson, Jane	Dooneen A.C.	8.16	8.05
6	173	McGuire, Leona	Galway City Harriers A.C.	8.17	8.09
7	119	Kilduff, Sharon	Claremorris A.C.	8.13	8.10
8	112	Murray, Sarah	Fingallians A.C.	8.11	8.16
	133	Woods, Louise	Marian A.C.	8.23	
	30	Corbett, Rebecca	Leevale A.C.	8.25	
	113	Ellis, Sophie	Newbridge A.C.	8.31	
	131	Esslemont, Aedin	Galway City Harriers A.C.	8.33	
	122	Foley, Dearbhail	Tralee Harriers A.C.	8.44	
	6	Gleeson, Margaret	Dooneen A.C.	8.53	
	170	Lynch, Eimear	Newport A.C.	8.54	
	126	Malley, Isabel	Sli Cualann A.C.	8.70	
	136	Stuart, Ciara	Sli Cualann A.C.	8.88	
	31	Philpott, April	Leevale A.C.	8.88	
	132	Hughes, Blaithin	Shercock A.C.	9.65	
	187	Holmes, Lauren	Celtic DCH A.C.	DNS	

Junior Women's 200 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	157	Whelan, Niamh	Ferrybank A.C.	25.93		25.09
2	150	Healy, Joan	Bandon A.C.	25.77		25.70
3	165	Cannon, Shauna	Brothers Pearse A.C.	26.51		26.73
4	35	Fuird, Niamh		26.62		27.11
1	119	Kilduff, Sharon	Claremorris A.C.	26.70		26.35
2	173	McGuire, Leona	Galway City Harriers A.C.	26.77		26.73
3	112	Murray, Sarah	Fingallians A.C.	26.90		26.99
4	113	Ellis, Sophie	Newbridge A.C.	26.95		27.89
	176	Dickenson, Jane	Dooneen A.C.	27.00		
	133	Woods, Louise	Marian A.C.	27.10		
	170	Lynch, Eimear	Newport A.C.	27.81		
	30	Corbett, Rebecca	Leevale A.C.	28.02		
	161	Knight, Eilis	Brothers Pearse A.C.	28.18		

6	Gleeson, Margaret	Dooneen A.C.	28.35
126	Malley, Isabel	Sli Cualann A.C.	28.68
17	Hill, Fiona	Newbridge A.C.	29.30
31	Philpott, April	Leevale A.C.	29.62
162	Merren, Aoife	Brothers Pearse A.C.	29.66
163	McGee, Caoimhe	Brothers Pearse A.C.	29.81
164	Cummins, Sarah	Brothers Pearse A.C.	31.55

Junior Women's 400 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	114	Scallon, Susan	Raheny Shamrock A.C.	60.75		59.27
2	32	Humphries, Kate	Leevale A.C.	63.94		62.06
3	127	McGee, Aishling	Sli Cualann A.C.	65.30		65.65
4	172	McDermot, Ruth	St. L. O'Toole A.C.	67.30		68.38
	132	Hughes, Blaithin	Shercock A.C.	77.55		

Junior Women's 800 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	143	Everard, Ciara	Kilkenny City Harriers A.C.			2.11.75
2	130	Shaw, Rachel	Galway City Harriers A.C.			2.15.04
3	1	Denny, Sinead	Dundrum South Dublin A.C.			2.21.13
4	125	Earls, Claire	Sli Cualann A.C.			2.22.70
5	118	Brennan, Ailish	St. Abbans A.C.			2.24.19
6	129	Hartnett, Ellie	Sli Cualann A.C.			2.25.66
7	186	McManus, Susan	Celtic DCH A.C.			2.27.22
8	139	Neville, Christine	Blarney/Inniscara A.C.			2.27.87
9	134	Neville, Jessica	Blarney/Inniscara A.C.			2.31.32

Junior Women's 1500 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	128	Kearney, Niamh	Sli Cualann A.C.			4.50.74
2	180	Madigan, Claire	St. John's (Clare) A.C.			5.09.52
3	159	Brennan, Grainne	Ferrybank A.C.			5.39.99

Junior Women's 3000 m

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	124	Jameson, Tara	Sli Cualann A.C.			10.21.06
2	145	Shaughnessy, Laura	Loughrea A.C.			10.26.31
3	188	Mullen, Catherina	Shercock A.C.			10.27.44
4	140	Hennessy, Naimh	Templemore A.C.			12.01.61

Junior Women's 3 km Walk

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	152	Prendiville, Emma	Farranfore Maine Valley A.C.			14.58.27
2	5	Doherty, Emma	North Belfast Harriers			15.11.81
3	168	Dennehy, Fiona	St. Senans A.C.			15.57.67
4	33	O'Dowd, Ciara	Ballinamore A.C.			17.15.10
5	146	Forristal, Sally	St. Joseph'S A.C.			18.41.54
	396	Whealan, Lauren	Guest			16.42.00
	167	Gissane, Aoibhinn	Monaghan Phoenix A.C.			DNF

Junior Women's High Jump

Place	No	Name	Club	1.40	1.45	1.50	1.55	1.60	1.65	1.70	1.73	1.75
1	178	Farrell, Cathriona	Craughwell A.C.	-	-	-	O	O	XO	XO	O	XXX
2	144	Lannigan, Mary-Kate	Kilkenny City Harriers A.C.	-	-	O	O	O	O	XXX		
3	141	Basquille, Caoimhe	Sli Cualann A.C.	O	O	O	O	XXO	XXX			
4	181	Moloney, Sinead	St.Killians ACO	XO	XXX							

Junior Women's Long Jump

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	184	Enright, Ailbhe	Naas A.C.	X	5.26	4.84	5.17	4.90	5.18	5.26
2	156	Power, Nicola	Ferrybank A.C.	4.88	4.30	4.54	X	X	5.20	5.20
3	171	Brophy, Aideen	St. L. O'Toole A.C.	4.38	4.67	4.69	X	4.73	X	4.73
4	285	Dunphy, Ashling	Aghaviller A.C.	X	X	4.45	X	4.60	4.63	4.63
5	17	Hill, Fiona	Newbridge A.C.	4.60	4.56	4.57	4.50	-	4.43	4.60

Junior Women's Triple Jump

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	160	King, Caoimhe	Westport A.C.	X	X	11.93	11.89	11.97	11.53	11.97
2	123	Bartley, Aoife	Carrick-On-Suir A.C.	10.74	10.55	10.50	10.53	9.95	X	10.74
3	121	O'Connor, Sinead	Tralee Harriers A.C.	9.24	9.94	9.91	9.75	9.86	9.99	9.99
4	122	Foley, Dearbhail	Tralee Harriers A.C.	8.91	X	X	8.84	X	8.93	8.93

Junior Women's Shot Putt

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
0	395	Fitzgerald, Claire	Tralee Harriers A.C.	11.68	12.50	12.20	12.05	12.50	12.87	
0	181	Moloney, Sinead	St.Killians AC	6.71	6.09	6.98	6.51	7.28	-	
0	117	Daly, Emma	St. Abbans A.C.	9.13	9.31	9.66	-	9.24	8.67	
0	148	Moynihan, Megan	West Muskerrey A.C.	8.88	8.81	8.80	8.72	8.35	9.07	
0	164	Cummins, Sarah	Brothers Pearse A.C.	-	6.60	6.85				
0	169	Bradfield, Tracey	Bandon A.C.	9.27	10.11	9.34	10.85	10.44	9.69	
0	175	Sheehan, Ailish	Dooneen A.C.	10.47	10.90	11.42	10.95	10.54	X	
0	115	Daly, Shauna	St. Abbans A.C.	9.21	9.28	9.62	9.86	10.00	10.52	
0	142	Rogers, Francis	St. Peter's A.C.	9.12	10.44	10.58	10.24	8.73	9.92	