

123.ie



#NATIONALSENIORS

NATIONAL TRACK & FIELD CHAMPIONSHIPS  
**150<sup>TH</sup>**  
anniversary

# 123.ie National Senior Track and Field Championships

Saturday 29<sup>th</sup> – Sunday 30<sup>th</sup> July 2023

[www.athleticsireland.ie](http://www.athleticsireland.ie)

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## President's welcome

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**O**n behalf of Athletics Ireland, I am delighted to welcome our athletes to newly refurbished Morton Stadium for the 2023 National Senior Track and Field Championships sponsored by 123.ie.

It is fantastic to see a massive entry of athletes for the 151st edition of these championships on their 150th Anniversary and we wish all of those competing the best of luck in their pursuit of national glory. These Championships maintain an unbroken run, dating back to the first one in College Park in July 1873 ensuring their record as the longest continuous National Championships in the world.

Our best wishes to those athletes looking to attain qualifying standards for the upcoming World Championships which take place in Budapest later this summer.

Our gratitude to our sponsors 123.ie who join us for the first time for this prestigious event. We once again look forward to working with Elaine Robinson and the team in 123.ie over the course of the track and field season.

So many of our athletes have produced wonderful performances including National records and personal bests over the last number of weeks, and it will be great to see

them back competing at our National Senior Championships once again.

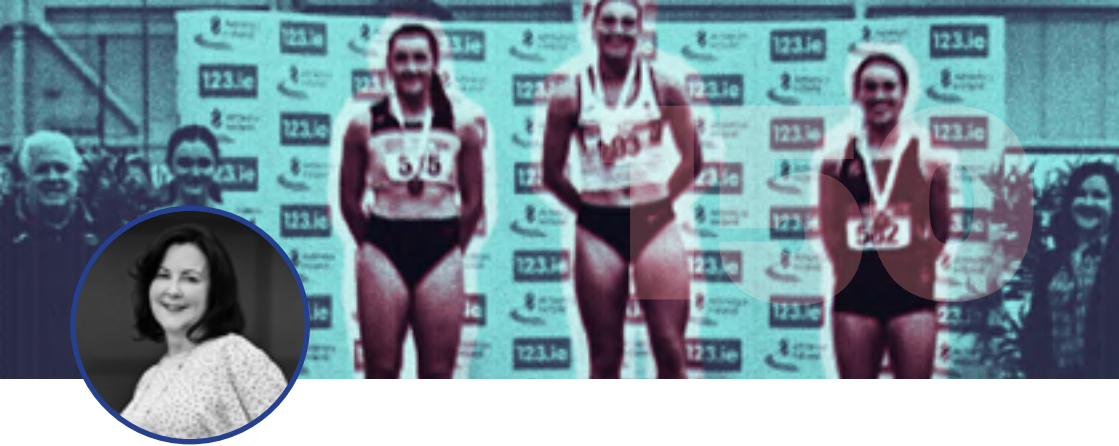
Worthy of special mention is the historic if not epic first and second place finish in the European Under 23 Women's 1500m in Espoo Finland for Sophie O'Sullivan and Sarah Healy on the 16th of July, the gold medal won by Sophie was in fact the first won by Ireland in the fourteen editions of those Championships. We send our best wishes to those involved in the Irish Team competing in the European Under 20 Championships in Jerusalem, Israel next month.

Congratulations to Daire Keogh, Declan Raftery, James Galvin and their DCU team on the completion of the wonderful refurbishment works at the historic Morton Stadium, the venue for our Championships this weekend.

Thank you for the organisation of this weekend's event to Andrew Lynam the Chair of the Competition Committee; the Competition Committee; Ger Stewart the Director of Competition, Valerie O'Brien, David Daly and James Welsh from the Competition Department who have worked closely with all the stakeholders to finalise preparations.

Thank you to Fingal, Sport Ireland, DCU and the Morton Stadium staff who have the venue in such fine condition and who have played a key role in the preparations. Thank you to all the officials and service providers involved this weekend and as mentioned earlier, best wishes to all the athletes competing at these historic Championships.

John Cronin, President  
**Athletics Ireland**



## Sponsor's welcome

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**O**n behalf of 123.ie, I'm delighted to welcome you to Morton Stadium for the 123.ie National Senior Track and Field Championships 2023.

We are proud to sponsor Athletics Ireland – an organisation that supports communities in every corner of Ireland, and we hope that our support will make the difference for our incredible athletes of all ages.

We recognise the very important role that participation in athletics plays. It provides a community in an inclusive sport that offers people of all ages the chance to create moments to remember forever through the spirit of athletics. The strong performances in last weekend's u23's European Championships is a true reflection of the hard work in developing our future stars of athletics and the importance of our national competitions in providing the platform to compete on the international stage.

At 123.ie, we are trying for better every day – for our colleagues, our customers, and our communities. And this weekend's Championships is fostering that ambition to be successful. These Championships give us the chance to see the best of our international and club athletes in action as they compete for National Titles and individual honours.

We acknowledge the great work by so many in ensuring these championships take place. I would like to express our appreciation to Athletics Ireland President John Cronin, Chief Executive Hamish Adams, the organising committee, volunteers, officials and all the Athletics Ireland staff who work hard to make these events something we all can be proud of.

Finally, I wish every athlete the best of luck and to enjoy the competition.

Elaine Robinson  
Managing Director  
**123.ie**





## Venue's welcome

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I am delighted to welcome you to Morton Stadium for this year's 123.ie Senior Track and Field Championships. Dublin City University is proud to be the custodian of this iconic venue, and, as you will see, we have been busy over the past year. Following a €3m investment, the stadium now boasts state-of-the-art Mondo tracks, upgraded training facilities and new stand seating, with further improvements in the pipeline.

Working in partnership with Athletics Ireland and other stakeholders, our long-term aim is to develop the stadium as a national asset that provides the best experience possible for athletes, coaches, and spectators. Our work at Morton is also an investment in the sporting community of North Dublin and in the development of DCU's talented student athletes.

We are excited to see the new facilities put through their paces over two days of competitive action. As you know, many of the competitors will be hoping that their performance at Morton Stadium will set them on the road to Budapest for next month's World Championships. With that in mind, I want to wish all of the athletes and their coaches the very best of sporting luck this weekend.



Prof. Dáire Keogh  
President  
**Dublin City University**



# NO TO RACISM

#NoPlaceInOurSport



MORTON STADIUM, SANTRY, DUBLIN

# Stadium records – Men

---

Event	Record	Athlete	Date
100m	10.12	Yohan Blake, Jamaica	07.24.2015
200m	20.30	Paul Hession, Ireland	07.21.2007
400m	45.25	Arnaud Malherbe, South Africa	07.29.2000
800m	1.45.30	Mark English, Ireland	11.07.2014
1500m	3.36.40	Will Leer, USA	11.07.2014
Mile	3.51.80	Will Leer, USA	11.07.2014
3000m	7.44.21	Juan Luis Barrios, Mexico	11.07.2014
5000m	13.19.99	Stewart McSweyn, Australia	07.12.2017
10000m	27.57.70	Carlos Lopes, Portugal	07.04.1982
3000m St.	8.33.48	Liam O'Brien, Ireland	07.08.1984
110m Hurdles	13.45	Balázs Baji, Hungary	06.23.2013
400m Hurdles	48.94	Thomas Barr, Ireland	11.07.2014
10000m Walk	38.27.57	Robert Heffernan, Ireland	07.21.2008
High Jump	2.28m	Brendan Reilly, Ireland	07.25.1999
Long Jump	7.95m	Ciaran McDonagh, Ireland	08.09.2003
Triple Jump	16.91m	Carlos Calado, Portugal	06.08.1997
Shot	20.62m	Ladislav Práil, Czech Republic	06.22.2013
Discus	63.16m	Nick Sweeney, Ireland	06.12.1994
Hammer	81.30m	Yuriy Sedykh, Russia	07.12.1988
Pole Vault	5.57m	Jeff Coover, USA	07.22.2016
Javelin	84.12m	Juha Laukkanen, Finland	06.07.1997
4×100m	39.14	Netherland	06.22.2013
4×400m	3.05.57	Switzerland	06.08.1997



MORTON STADIUM, SANTRY, DUBLIN

# Stadium records – Women

Event	Record	Athlete	Date
100m	11.36	Carina Horn, South Africa	07.11.2014
200m	22.76	Cydonie Mothersill, Cayman Islands	07.19.2002
400m	51.28	Joanne Cuddihy, Ireland	07.23.2006
800m	1.59.69	Olga Raspopova, Russia	07.29.2000
1500m	4.05.75	Sonia O'Sullivan, Ireland	06.12.1994
Mile	4.25.48	Katie Mackey, USA	07.22.2016
3000m	8.55.81	Anita Weyermann, Switzerland	06.08.1997
5000m	15.20.11	Sonia O'Sullivan, Ireland	07.14.2002
10000m	31.19.11	Catriona McKiernan, Ireland	06.12.1994
3000m St.	9.47.76	Sandra Eriksson, Finland	06.22.2013
100m Hurdles	13.02	Ludmila Engquist, Sweden	06.08.1997
400m Hurdles	55.34	Denisa Rosolová, Czech Republic	06.22.2013
5000m Walk	20.02.60	Gillian O'Sullivan, Ireland	07.13.2002
High Jump	1.92m	Hanne Haugland, Norway	06.08.1997
Long Jump	6.78m	Renata Nielsen, Denmark	06.12.1994
Triple Jump	13.49m	Anja Valant Velepec, Slovenia	06.07.1997
Shot	18.36m	Radoslava Mavrodieva, Bulgaria	06.23.2013
Discus	59.62m	Marie-Paule Geldhof, Belgium	06.12.1994
Hammer	73.21m	Eileen O'Keefe, Ireland	07.23.2007
Pole Vault	4.40m	Jirina Svobodová, Czech Republic	06.22.2013
Javelin	68.58m	Trina Hattestad, Norway	06.07.1997
4×100m	44.20	Czech Republic	06.22.2013
4×400m	3.30.77	Romania	06.23.2013

# Event officials

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<b>Competition Director</b>	Andrew Lynam	<b>Call Room</b>	Michael Kearney Margaret Malone Hugh Kelly Martin J Heery Catherine Muckian
<b>Technical Delegate</b>	Declan Curtin		
<b>TD / H&amp;S</b>	Michael Quinlan		
<b>Presentation Manager</b>	Brendan McDaid	<b>Starts Team</b>	Jackie Mulhall Cyril J Smyth Tom Thomspson John Hayes Charlie O'Neill Ronan O'Hart
<b>Anti Doping</b>	Theresa Kinane		
<b>Jury of Appeal (Chair)</b>	Brian Dowling		
<b>Track Referee</b>	Karl O'Connell		
<b>Field Referee</b>		<b>Starter's Assistant</b>	Michael McKeon Cate Wilson Steve Wilson
. Hoz Jumps	Anne McHugh		
. Ver Jumps	Seamus Flynn		
. Long Throws	Martin Wilkinson	<b>Photofinish</b>	Margaret Cronin Ronan O'Hart Iain Shaw Peter Hanlon Keelin Gogarty Nicole Hudson
. Short Throws	Antoinette Holland		
<b>Video</b>	Adam Jones		
<b>Equipment</b>	Majella McGrath	<b>Timing</b>	John Sheehane Jimmy Monaghan Nicole Hudson
<b>PA</b>	Fintan Reilly Padraig Kelly		
<b>Presentation</b>	John Cronin Paddy Noonan Louise Holmes Catherine Muckian Olivia Archbold	<b>Results/Technology</b>	Bernie Dunne Michael Godley Marie Mullen Derrick & Alex Neff
<b>Mix Zone</b>	Patrica Griffin Patsy Kelly		
<b>Seeding</b>	Brid Golden Liam Hennessy	<b>TIC</b>	Orla Fitzgerald Andrew Heely Dylan Byrne Simon Allen
<b>Check In</b>	Cecil Johnston Shirley murray Margaret Malone Michael Fennell Matthew Lynch		

**Track Judge**

Georgina Drumm  
Neil Martin  
John O'Leary  
Michael Kennedy  
Dermot Nagle  
Greta Hickey  
Shaun Gallagher

**Track Team / Umpries**

Paddy Marley  
Dermot Mc Granaghan  
Bernie O' Callaghan  
Brian McGonagle  
Michael Fennel  
Michael Carrol  
Mick Martin  
David Kidd

**Walks**

Shaun Gallagher  
David Kidd  
Pat Ryan  
Bernie O' Callaghan  
Brian Dowling  
Anne Gormley  
Antoinette Holland

**Hammer / Discus /  
Javelin**

Phil Conway  
Eamon Harvey  
John McGrath  
Linda & John Cronin  
Seamus Mc  
Granaghan  
Lorraine Doherty  
Paul Archbold  
Aonghus O'Connor

**Long Jump / Triple  
Jump**

David Murphy  
Bernard McAree  
Catherine Kenny  
Shay Murphy  
Fintan Kenny  
Pat Power  
Mary O'Callaghan

**Shot / Weight**

John Meagher  
Kathleen McConnell  
Roseleen McGarvey  
Carmel Kelly  
Cormac McGarvey  
Frank Kilrane  
Fintan Kenny

**High Jump**

Jim Corcoran  
Colette Quinn  
Rebecca Carolan  
Brian McGonagle  
Deirdre McTeggart

**Pole vault**

Eamonn Flanagan  
Noëlle Greene  
David Doherty  
Noreen Keane  
Deirdre McTeggart

# Timetable – Day 1

---

<b>12:45</b>	100mH	<b>W</b>	Heats	<b>12:00</b>	Hammer	<b>M</b>	1
<b>13:00</b>	200m	<b>W</b>	Heats	<b>13:30</b>	Hammer	<b>W</b>	1
<b>13:15</b>	200m	<b>M</b>	Heats				
<b>13:50</b>	800m	<b>W</b>	Heats	<b>12:50</b>	Shot Put	<b>M</b>	2
<b>14:00</b>	800m	<b>M</b>	Heats	<b>14:20</b>	Shot Put	<b>W</b>	2
<b>14:30</b>	100mH	<b>W</b>	Final				
<b>14:40</b>	110mH	<b>M</b>	Final	<b>15:40</b>	Weight-H	<b>M</b>	2
<b>14:55</b>	200m	<b>W</b>	Final		(Jun, U23, Sen)		
<b>15:05</b>	200m	<b>M</b>	Final	<b>17:00</b>	Weight-H	<b>W</b>	2
<b>15:15</b>	3000m SC	<b>W</b>	Final		(Jun, U23, Sen)		
<b>15:35</b>	400mH	<b>W</b>	Heats				
<b>15:55</b>	1500m	<b>W</b>	Heats	<b>13:50</b>	Triple Jump	<b>W</b>	3
<b>16:10</b>	1500m	<b>M</b>	Heats	<b>15:50</b>	Triple Jump	<b>M</b>	3
<b>16:35</b>	400m	<b>W</b>	Heats				
<b>16:50</b>	400m	<b>M</b>	Heats	<b>14:00</b>	High Jump	<b>M</b>	4
<b>17:20</b>	4x100m	<b>W</b>	Final	<b>16:00</b>	High Jump	<b>W</b>	4
<b>17:30</b>	4x100m	<b>M</b>	Final				



# Timetable – Day 2

13:00	10,000m W	M	Final	13:30	Discus	M	1
14:00	100m	W	Heats	15:00	Discus	W	1
14:20	100m	M	Heats				
15:00	5000m W	W	Final	17:10	Javelin	M	1
15:40	3000m SC	M	Final	18:45	Javelin	W	1
16:00	5000m	W	Final				
16:30	100m	W	Semi	17:50	Weight-D	W	2
16:40	100m	M	Semi	19:00	Weight-D	M	2
17:15	5000m	(C)	Final				
17:35	5000m	(B)	Final	14:00	Long Jump	M	3
18:05	5000m	M (A)	Final	15:40	Long Jump	W	3
18:40	400mH	W	Final				
18:50	400mH	M	Final	14:50	Pole Vault	M	4
19:00	800m	W	Final	17:30	Pole Vault	W	4
19:15	800m	M	Final				
19:25	400m	W	Final				
19:35	400m	M	Final				
19:45	100m	W	Final				
20:00	100m	M	Final				
20:10	1500m	W	Final				
20:20	1500m	M	Final				
20:30	4x400m	W	Final				
20:40	4x400m	M	Final				

Live on RTÉ

# Stadium safety notice

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We in Morton Stadium would like to welcome you to our Stadium. We wish you a safe and successful visit. While here, we would ask you to note the following safety information, the purpose of which is to ensure your safety while you are here.

Morton Stadium places paramount importance on the safety and welfare of all those on our premises.

As a visitor you may not be acquainted with our premises and therefore we would ask you to follow a few simple rules to ensure your safety.

Please do not park at a fire exit.

Do not smoke in a no smoking area.

Our premises are equipped with a fire alarm system. In the event of it being activated, you will hear a continuous bell sound, if this happens you must:

- 1.** Leave the building by the nearest exit.
- 2.** Do not run.
- 3.** Do not go to your car as it may impede the Fire Brigade.
- 4.** Report to the assembly point at the centre of the in field and remain there until given further instructions.

With your compliance to these simple rules you are assisting us in maintaining our high standards of safety.

# Seeding and order of competing

---

In Track events, in the first round, athletes are seeded by computer according to recorded performances and lanes assigned by the computer randomly.

Once the first round has been completed and qualifiers obtained, there will be 3 draws for the lane allocation:

- one for 4 highest ranked  
to determine placing in lanes 3, 4, 5 & 6,
- one for 5<sup>th</sup> and 6<sup>th</sup> rankings  
to determine placing in lanes 7 & 8,
- and finally one for 7<sup>th</sup> & 8<sup>th</sup> rankings  
to determine placing in lanes 1 & 2.

(Rankings are determined by: fastest heat winner, 2<sup>nd</sup> fastest heat winner etc., fastest 2<sup>nd</sup> place, 2<sup>nd</sup> fastest 2<sup>nd</sup> place etc., Concluding with: fastest time qualifier, 2<sup>nd</sup> fastest time qualifier etc.)

In Field events, athletes shall be listed randomly. In the horizontal jumps and the throws, those qualifying for the final three attempts shall compete in the reverse order of their position after three attempts: i.e. 8<sup>th</sup> place competes first, 7<sup>th</sup> place second etc.

123.IE NATIONAL SENIOR TRACK AND FIELD CHAMPIONSHIPS, 2023

# Coverage

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This event will be live streamed on the Athletics Ireland Youtube channel (Athletics Ireland TV) from 12pm Saturday 29<sup>th</sup> and 1pm on Sunday 30<sup>th</sup>.

There will be live RTÉ coverage from 6pm until 8.30pm on Sunday 30<sup>th</sup>.

Live results and start lists can be seen at:  
[live.athleticsireland.ie](https://live.athleticsireland.ie).

For any questions or queries please email the competition department at [competition@athleticsireland.ie](mailto:competition@athleticsireland.ie).





# Performance Standards

Men		Event (Target number)	Women	
A Standard	B Standard		A Standard	B Standard
10.00	10.15	100m (48)	11.08	11.25
20.16	20.40	200m (48)	22.60	23.05
45.00	45.50	400m (48)	51.00	51.75
1:44.70	1:45.75	800m (56)	1:59.80	2:01.50
3:34.20 (3:51.00)	3:36.75	1500m (56)	4:03.50 (4:22.00)	4:08.00
13:07.00/13:07	13:22.00	5000m (42)	14:57.00/14:57	15:22.00
27:10.00/27:10	27:55.00	10000m (27)	30:40.00/30:40	31:40.00
8:15.00	8:24.00	3000m SC (36)	9:23.00	9:35.00
13.28	13.50	110mH/100mH (40)	12.78	13.00
48.70	49.40	400mH (40)	54.90	56.00
2:09:40	2:12:30	Marathon (100)	2:28:00	2:30:30
1:20:10	1:23:30	20km Walk (50)	1:29:20	1:34:00
2:29:40	2:36:30	35km Walk (50)	2:51:30	2:56:00
Top 8 at 2022 WC +8		4×100m (16)	Top 8 at 2022 WC +8	
		4×400m (16)		
		Mixed 4×4 Relay (16)		
2.32m	2.27m	High Jump (36)	1.97m	1.91m
5.81m	5.62m	Pole Vault (36)	4.71m	4.50m
8.25m	8.06m	Long Jump (36)	6.85m	6.65m
17.20m	16.80m	Triple Jump (36)	14.52m	14.05m
21.40m	20.50m	Shot Put (36)	18.80m	17.65m
67.00m	64.00m	Discus Throw (36)	64.20m	59.90m
78.00m	75.40m	Hammer Throw (36)	73.60m	70.20m
85.20m	81.50m	Javelin Throw (36)	63.80m	60.50m
8460	8100	Combined events (24)	6480	6100



**GT5K**  
Derval O'Rourke  
GT5K AMBASSADOR

**CORK**  
JUNE 13<sup>TH</sup>

**DUBLIN**  
SEPTEMBER 26<sup>TH</sup>

**Are you ready to take on the challenge?**

Register as a team or an individual.  
Run your best 5K on the day and watch the leaderboard.

**Register now: [grantthornton.ie/GT5K](https://grantthornton.ie/GT5K)**

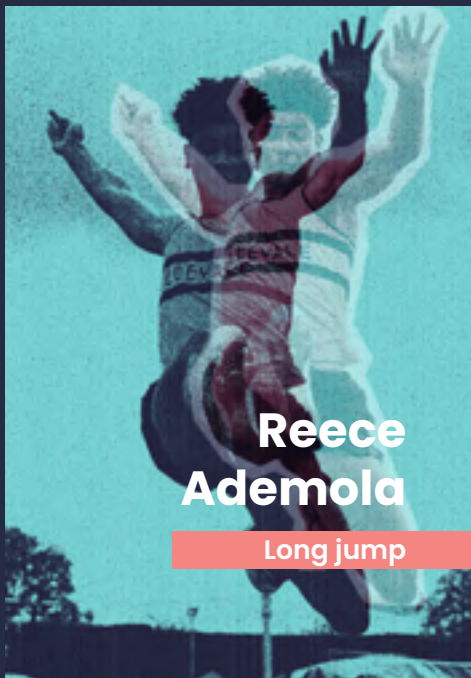


# Ones to watch

**DOB:** 01 Feb. 2003  
**Club:** Leevale A.C.  
**Coach:** Liz Coomey and Alan Keane  
**PB:** 7.83m

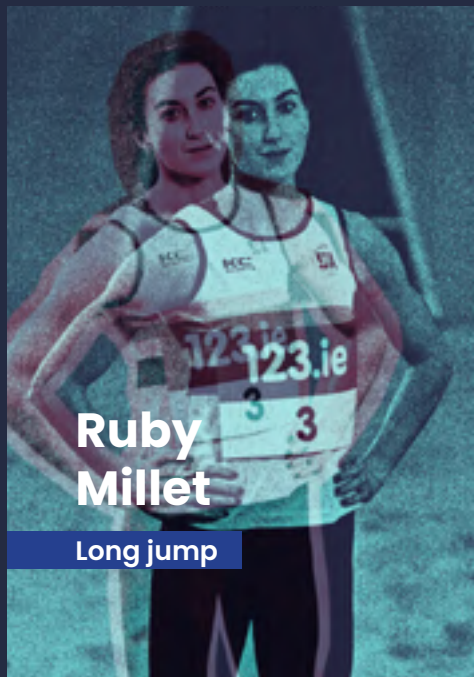
- Fifth at World U20 Championships last summer.
- Third on the Irish All-Time list for the event.
- Currently studying at Munster Technological University.
- Aiming to win his first national senior title this weekend.

 @meetreece |  @ReeceAdemola



**Reece  
Ademola**

**Long jump**



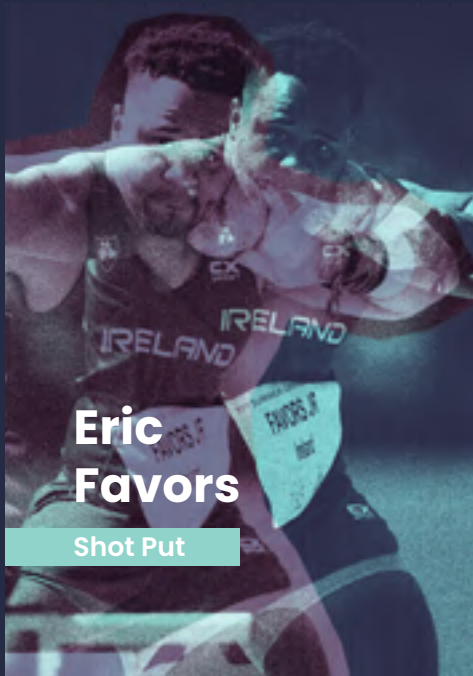
**Ruby  
Millet**

**Long jump**

**DOB:** 04 May 2001  
**Club:** St. Abban's A.C.  
**Coach:** Michael and Eoin Kelly  
**PB:** 6.42m (6.44m Outdoors)

- Won the Long Jump at the European Team Championships.
- Recently finished degree in Mathematical Science and Physics at UCC.
- From Massford, Co. Kilkenny.
- National senior champion out champion in 2022 and 2019.
- Finalist at the recent European U23 Championships in Espoo, Finland. Jumped her outdoor PB to qualify for that final.

 @rubymillet |  @millet\_ruby



## Eric Favors

Shot Put

**DOB:** 16 Nov. 1996  
**Club:** Raheny Shamrock AC  
**Coach:** Dane Miller  
**PB:** 20.66m

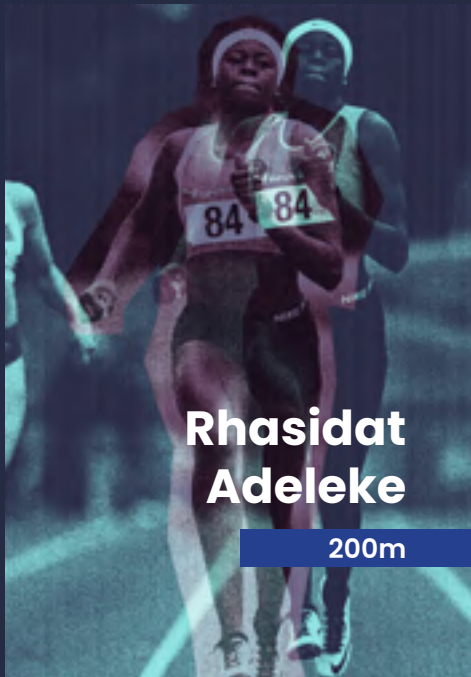
- Won the Shot Put at the recent European Team Championships.
- Has broken his own indoor and outdoor national records this year.
- Represented Ireland at both the World and European Championships last summer.
- Grandmother from Ballina, Co. Mayo.
- National senior outdoor champion 2019.

@friceavors | @FricEavors

**DOB:** 29 Aug. 2002  
**Club:** Tallaght AC  
**Coach:** Edrick Floreal  
**PB:** 22.34

- National senior record holder over 60m, 200m, 400m.
- Studying at the University of Texas.
- NCAA 400m Division One Champion 2023.
- First Irishwoman to ever break 50s for 400m.
- National senior 100m champion 2022.
- The 100m record is the only Irish women's sprint record she is still chasing.
- Announced recently that she was turning professional.

@rhasidat\_adeleke  
 @rhasidatadeleke




## Rhasidat Adeleke

200m



**DOB:** 13 Feb. 2001  
**Club:** UCD AC  
**Coach:** Trevor Painte  
**PB:** 2.01.75 (800m)  
4.01.75 (1500m)

- Represented Ireland at the European and World Senior Championships in the 1500m in 2022.
- Tokyo 2020 Olympian over 1500m.
- Third on the Irish All-Time for the 1500m.
- European U23 1500m leader
- Silver medallist at the recent European U23 Championships in Espoo, Finland.
- National senior 1500m champion in 2019 and 2021.
- European U18 and U20 medallist
- Ran 800m PB in Belfast earlier this year.

 @sarahhealy2



**Sarah  
Healy**

1500m



**Sarah  
Lavin**

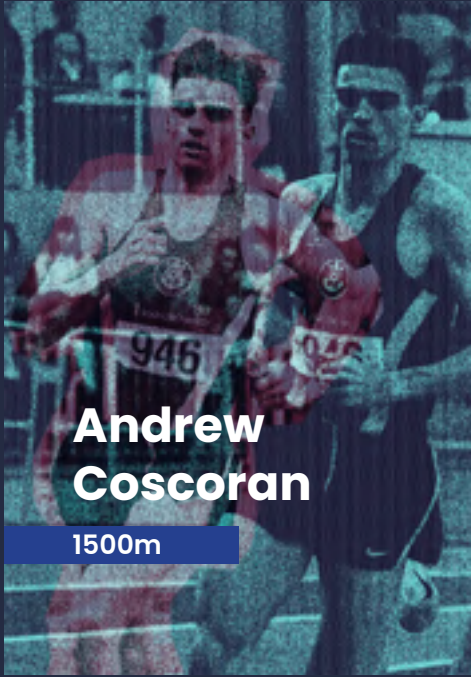
100m

100m Hurdles

**DOB:** 28 May 1994  
**Club:** Emerald AC  
**Coach:** Noelle Morrissey  
**PB:** 11.67

- Made both the World Indoor and European Outdoor finals in 2022.
- 2023 European Games bronze medallist.
- Tokyo 2020 Olympian.
- Ran her PB at the start of this month at the Diamond League meeting in Stockholm.
- Broke the Morton Stadium record at the Morton Games this month (12.79).
- Seven-time Irish senior outdoor 100m Hurdles champion

 @sarahlavin\_ |  @sarahlavin\_



# Andrew Coscoran

1500m

**DOB:** 18 Jun. 1996  
**Club:** Star of the Sea A.C.  
**Coach:** Feidhlim Kelly  
**PB:** 3.30.42

- National Junior record holder for the Indoor 1500m and 3000m.
- Represented Ireland at both the European and World Championships last summer, as well as the European Cross Country Championships in the Mixed Relay.
- Tokyo 2020 Olympic semi-finalist.
- Has broken both the national outdoor and indoor records over 1500m this year.
- Lowered his own national record at the Silesia Diamond League meeting in Chorzow, Poland a fortnight ago.
- National senior champion in 2021.
- From Balbriggan, Co. Dublin.

 [@andrew\\_coscoran](#)  
 [@AndrewCoscoran](#)



# Paddy Larkin Memorial Trophy Men's 100m

**National record:** Israel Olatunda – 10.17 (+0.1)

**Championship record:** Paul Hession – 10.26 (+0.6)

**Title holder:** Israel Olatunda – 10.51 (-1.7)

2022

2008

2022

## Top 10 championship performances

1.	Paul Hession – 10.26	2008	6.	Paul Hession – 10.39	2003
2.	Gary Ryan – 10.29	2003	6.	Jeremy Philips – 10.39(+1.7)	2017
3.	Paul Hession – 10.37	2012	8.	Leon Reid – 10.42(-2.1)	2018
3.	Gary Ryan – 10.37	2005	9.	Gary Ryan – 10.45	1999
5.	Jason Smyth – 10.38	2012	9.	Paul Hession – 10.45	2007

### # Athlete:

1244	Eamonn Fahey
1245	Michael Farrelly
1246	Conor Wilson
1247	Aaron Tierney Smith
1248	Dean Power
1249	James Sullivan
1250	Israel Olatunde
1251	Gerard O'Donnell
1252	Runo Ayavoro
1253	Max O'Reilly
1254	Dolapo Kush
1255	Kaodichinma Ogbene
1256	Joseph Ojewumi
1257	Basit Oyebanji
1258	Chris Sibanda
1259	Jamie Pender
1260	Keith Pike
1261	Scott Gibson
1262	Brian Mburu
1263	David Hayde
1264	John Olumide Ogunjemilusi
1265	Samuel Ayeni
1266	Colin Doyle
1267	Simon Essuman
1268	Oliver Swinney
1269	Billy Corrigan
1270	Ross Daly
1271	Rex Nyamakazi
1272	David Aigboboh
1273	Sean Aigboboh
1274	Reakwon Lucciano

### Club:

Clonliffe Harriers A.C.
Raheny Shamrock A.C.
Clonliffe Harriers A.C.
Clonliffe Harriers A.C.
Tullamore Harriers A.C.
Dundrum South Dublin A.C.
U.C.D. A.C.
Carrick-on-Shannon A.C.
Newbridge A.C.
Riverstick/Kinsale A.C.
Tullamore Harriers A.C.
Titans A.C.
Tallaght A.C.
Tralee Harriers A.C.
Clonliffe Harriers A.C.
St Abbans A.C.
Clonliffe Harriers A.C.
Leevale A.C.
Tallaght A.C.
St. L. O'Toole A.C.
Leevale A.C.
Raheny Shamrock A.C.
Leevale A.C.
Tallaght A.C.
Speed Development Project Track A.C.
Tullamore Harriers A.C.
Kilkenny City Harriers A.C.
Limerick A.C.
Tallaght A.C.
Tallaght A.C.
Castlegar A.C.

### Performance:

#	Athlete:	Club:	Performance:
1275	Gavin DILLON	Emerald A.C.	
1276	Alamin BANKOLE	Fingallians A.C.	
1277	Edward CARTHY	Dundrum South Dublin A.C.	
1278	Patrick O DONNELL	Newbridge A.C.	
1279	Kyle KAMDEM	Leevale A.C.	
1280	Sean CARMODY	Leevale A.C.	
1281	Adam MURPHY	Tinryland A.C.	
1282	Craig NEWELL	Ballymena and Antrim A.C.	
1283	Paul COSTELLOE	Dooneen A.C.	
1284	Tope ADEYEYE	Sli Cualann A.C.	
1285	Chibuikem ONWUMEREH	Metro/St. Brigids A.C.	
1286	James EZEONU	Leevale A.C.	
1287	Nkemjika ONWUMEREH	Metro/St. Brigids A.C.	
1288	Kieran ELLIOTT	Tallaght A.C.	
1289	Andrew EGAN	Galway City Harriers A.C.	
1290	Killian CURRAN	Blackrock (Dublin) A.C.	
1291	Kenny OGUNDIPE	U.C.D. A.C.	
1292	Luc GRAY	Dundrum South Dublin A.C.	
1293	Daire DONOHOE	Annalee A.C.	
1294	Eniola MAJOYEGBE	Leevale A.C.	
1295	Shane WEBB	Gowran A.C.	
1296	Ajith JOY	City of Lisburn A.C.	
1297	Anthony DILLON	Dunleer A.C.	
1298	Yasin SALIM SAID	Leevale A.C.	
1299	Michael DEADY	Clonliffe Harriers A.C.	
1300	Bori AKINOLA	U.C.D. A.C.	
1301	Dylan MANNING	Cork Track Club A.C.	
1302	William DEAN	Roscommon A.C.	
1303	Emmanuel ILORI	Tullamore Harriers A.C.	
1304	Cillian GRIFFIN	Tralee Harriers A.C.	
1305	Jack MCGRATH	Leevale A.C.	
1306	Jack MANNING	Kilkenny City Harriers A.C.	
1307	Paul MULCHRONE	Leevale A.C.	
1308	Padraic HASSETT	Nenagh Olympic A.C.	
1309	Dannan LONG	Enniscorthy A.C.	
1310	Alex LEE	Galway City Harriers A.C.	
1311	Kevin MIGGE	Naas A.C.	
1312	Eoghan MC GRATH	Celbridge A.C.	
1313	Colin MURPHY	Leevale A.C.	
1314	Aaron KELLY	Longford A.C.	
1315	Gabriel KEHINDE	Ennis Track A.C.	
1316	Louis O CONNELL	Lios Tuathail A.C.	
1317	Sean MCCARTHY	Emerald A.C.	
1318	Darragh MURPHY	Limerick A.C.	
1319	Thomas MORAN	Clonliffe Harriers A.C.	
1320	Shane MONAGLE	Tramore A.C.	
1321	Jack HICKEY	Nenagh Olympic A.C.	
1322	Conor MOREY	Leevale A.C.	



# Men's 200m

**National record:** Paul Hession – 20.30 (+0.1)

**Championship record:** Paul Hession – 20.30 (+0.1)

**Title holder:** Mark Smith – 21.95 (–6.5)

2007

2007

2022

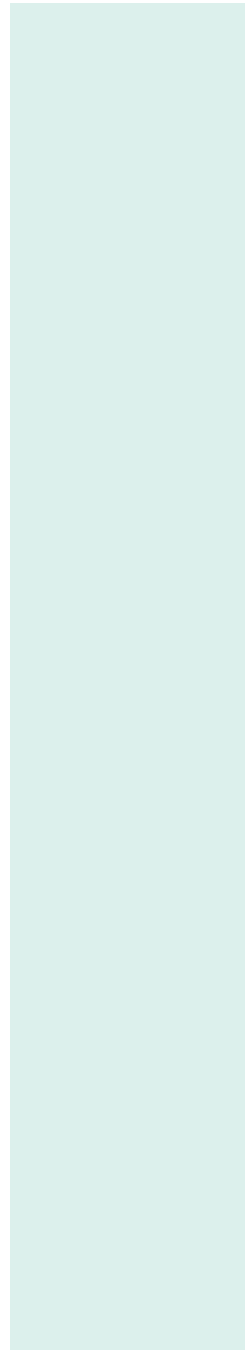
## Top 10 championship performances

1.	Paul Hession – 20.30	2007	6.	Paul Brizzel – 20.73	2000
2.	Philip Snoddy – 20.50	1988	7.	Leon Reid – 20.62 (+1.8)	2019
3.	Paul Hession – 20.51	2011	8.	Marcus Lawler – 20.68 (+1.8)	2019
4.	Steven Colvert – 20.54	2011	9.	Gary Ryan – 20.75	2002
5.	Paul Brizzel – 20.59	2002	10.	Paul Hession – 20.77	2010

#	Athlete:	Club:	Performance:
1247	Aaron Tierney Smith	Clonliffe Harriers A.C.	
1249	James Sullivan	Dundrum South Dublin A.C.	
1255	Kaadichinma Ogbene	Titans A.C.	
1259	Jamie Pender	St Abbans A.C.	
1261	Scott Gibson	Leevale A.C.	
1266	Colin Doyle	Leevale A.C.	
1269	Billy Corrigan	Tullamore Harriers A.C.	
1270	Ross Daly	Kilkenny City Harriers A.C.	
1274	Reakwon Lucciano	Castlegar A.C.	
1276	Alamin Bankole	Fingallians A.C.	
1280	Sean Carmody	Leevale A.C.	
1281	Adam Murphy	Tinryland A.C.	
1282	Craig Newell	Ballymena and Antrim A.C.	
1283	Paul Costelloe	Dooneen A.C.	
1286	James Ezeonu	Leevale A.C.	
1289	Andrew Egan	Galway City Harriers A.C.	
1292	Luc Gray	Dundrum South Dublin A.C.	
1293	Daire Donohoe	Annalee A.C.	
1295	Shane Webb	Gowran A.C.	
1296	Ajith Joy	City of Lisburn A.C.	
1299	Michael Deady	Clonliffe Harriers A.C.	
1303	Emmanuel Ilori	Tullamore Harriers A.C.	
1305	Jack Mcgrath	Leevale A.C.	
1306	Jack Manning	Kilkenny City Harriers A.C.	
1308	Padraic Hassett	Nenagh Olympic A.C.	
1309	Dannan Long	Enniscorthy A.C.	
1310	Alex Lee	Galway City Harriers A.C.	
1314	Aaron Kelly	Longford A.C.	
1316	Louis O Connell	Lios Tuathail A.C.	
1317	Sean Mccarthy	Emerald A.C.	
1318	Darragh Murphy	Limerick A.C.	
1321	Jack Hickey	Nenagh Olympic A.C.	



#	Athlete:	Club:	Performance:
1322	Conor Morey	Leevale A.C.	
1379	Reuben Mc Carthy	St. L. O'Toole A.C.	
1380	Antoine Roquette	Dundrum South Dublin A.C.	
1381	Dylan King	U.C.D. A.C.	
1382	Conor Vanduyvenvoorde	Le Chéile A.C.	
1383	Brendan O Leary	Lios Tuathail A.C.	
1384	Luke Timlin	Crusaders A.C.	
1385	Shane Mulligan	Shercock A.C.	
1386	Carlton Haddock	Leevale A.C.	
1387	Cathal Ryan	West Muskerry A.C.	
1388	Adam Slawinski	Kilkenny City Harriers A.C.	
1389	Mark Smyth	Raheny Shamrock A.C.	
1390	David Forkan	Swinford A.C.	
1391	Paul Mc Dermott	Donore Harriers A.C.	
1392	Michael Mccauley	Ballymena and Antrim A.C.	
1393	Aaron Barron	Kilkenny City Harriers A.C.	
1394	Pascal Sebastain Touche	Clonliffe Harriers A.C.	
1395	Dylan E Byrne	Queens University A.C.	
1396	Colin Harkin	Omagh Harriers	
1397	Tobi Edward	Dundrum South Dublin A.C.	



# Billy McKee Perpetual Cup Men's 400m

**National record:** David Gillick – 44.77

**Championship record:** Paul McKee – 45.58

**Title holder:** Christopher O'Donnell – 46.82

2009

2002

2022

## Top 10 championship performances

1.	Paul McKee – 45.58	2002	6.	Paul McKee – 45.96	2006
2.	David Gillick – 45.67	2006	7.	Tomas Coman – 45.99	2001
3.	Brian Gregan – 45.74	2017	8.	Rob Daly – 46.07	2001
4.	Tomas Coman – 45.91	2004	9.	Brian Gregan – 46.20	2015
5.	Rob Daly – 45.93	2004	10.	David Gillick – 46.27	2004

#	Athlete:	Club:	Performance:
1284	Tope Adeyeye	Sli Cualann A.C.	
1306	Jack Manning	Kilkenny City Harriers A.C.	
1320	Shane Monagle	Tramore A.C.	
1372	Philip Steels	Sligo A.C.	
1381	Dylan King	U.C.D. A.C.	
1383	Brendan O Leary	Lios Tuathail A.C.	
1387	Cathal Ryan	West Muskerry A.C.	
1393	Aaron Barron	Kilkenny City Harriers A.C.	
1396	Colin Harkin	Omagh Harriers	
1416	David Ryan	Moycarkey Coolcree A.C.	
1417	Andrew Kelly	Drogheda and District A.C.	
1418	Jack Moraghan	Dundrum South Dublin A.C.	
1419	Finn Campbell	Sligo A.C.	
1420	Callum Baird	Ballymena and Antrim A.C.	
1421	Kevin Lynch	Lios Tuathail A.C.	
1422	Michael Healy	St. L. O'Toole A.C.	
1423	Keeley Hogan	Le Chéile A.C.	
1424	Jack Raftery	Donore Harriers A.C.	
1425	Ryan Canning	Letterkenny A.C.	
1426	Alan Gladysz	Limerick A.C.	
1427	Thomas Gale	Leevale A.C.	
1428	Christopher O'donnell	North Sligo A.C.	
1429	Zak Higgins	Donore Harriers A.C.	
1430	Ciaran Carthy	Dundrum South Dublin A.C.	
1431	Gregor Mc Cullagh-Travers	Dundrum South Dublin A.C.	
1432	Shane Smyth	Drogheda and District A.C.	
1433	Conn Bonar	Dunleer A.C.	
1434	Joseph Doherty	Galway City Harriers A.C.	
1435	Robert Irvine Byrne	Tallaght A.C.	
1436	James English	Drogheda and District A.C.	
1437	Cillin Greene	Galway City Harriers A.C.	
1438	David Bosch	Dundrum South Dublin A.C.	

# Athlete:	Club:	Performance:
1439 Scott Dunne	Dundrum South Dublin A.C.	
1440 Jack Kelly	Tallaght A.C.	
1441 Eoin Kenny	Waterford A.C.	
1442 Jamie Mitchell	Emerald A.C.	
1443 Jemil Saidi	Ennis Track A.C.	
1444 Godwin Mathias	Tallaght A.C.	
1445 Brian Gregan	Clonliffe Harriers A.C.	
1446 Mark English	Finn Valley A.C.	
1447 Eoin Kelly	Letterkenny A.C.	

# Men's 800m

**National record:** Mark English – 1.44.71

**Championship record:** James Nolan – 1.46.68

**Title holder:** Mark English – 1.48.46

2021

1999

2022

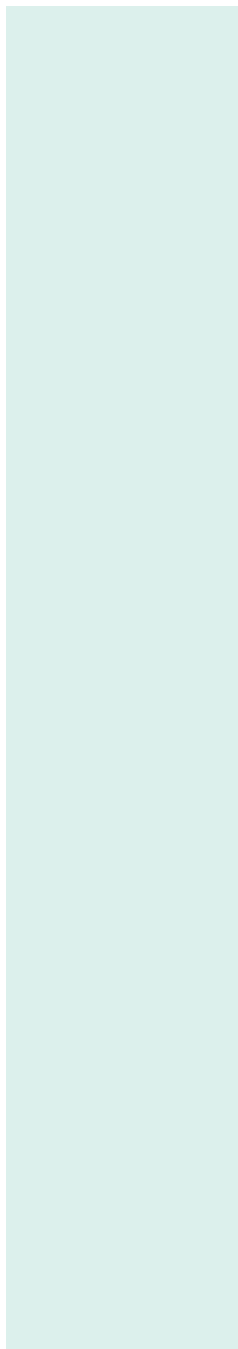
## Top 10 championship performances

1.	James Nolan – 1.46.68	1999	6.	Daniel Caulfield – 1.47.79	2000
2.	James Nolan – 1.46.83	2000	7.	Noel Carroll – 1.47.86	1968
3.	David Matthews – 1.47.62	1997	8.	David Matthews – 1.47.87	1995
4.	James Nolan – 1.47.75	1998	8.	David Matthews – 1.47.87	2000
5.	David Matthews – 1.47.76	1998	10.	David Matthews – 1.48.10	1996

#	Athlete:	Club:	Performance:
1329	Conor Curran	North Belfast Harriers	
1330	Darragh Greene	Dunleer A.C.	
1342	Paul Robinson	St. Coca's A.C.	
1346	Conall Kirk	CNDR Track A.C.	
1365	Ruairi Casey	Togher A.C.	
1446	Mark English	Finn Valley A.C.	
1503	Andrew Hyland	Raheny Shamrock A.C.	
1504	Lee Byrne	Rathfarnham W.S.A.F. A.C.	
1505	Drew Donohoe	Bray Runners A.C.	
1506	Stephen Brett	Metro/St. Brigids A.C.	
1507	Frank O'brien	East Cork A.C.	
1508	Mark O'shea	Drogheda and District A.C.	
1509	Oren Kenny	Clonliffe Harriers A.C.	
1510	Chinnie Izuchukwu	Tullamore Harriers A.C.	
1511	Felix Martinez	Crusaders A.C.	
1512	Kelvin O Carroll	Dooneen A.C.	
1513	Peter Kilgannon	Ratoath A.C.	
1514	James Kelly	Ratoath A.C.	
1515	Enda Clarke	Crusaders A.C.	
1516	Gareth Hill	Ballymena and Antrim A.C.	
1517	Sam Kiely	Riverstick/Kinsale A.C.	
1518	Sean Carrigg	Clonliffe Harriers A.C.	
1519	Michael Keane	Ennis Track A.C.	
1520	Aaron Mangan	Tullamore Harriers A.C.	
1521	Oisin Kelly	Cranford A.C.	
1522	Finn Woodger	Metro/St. Brigids A.C.	
1523	Jared Murray	Rathfarnham W.S.A.F. A.C.	
1524	Jack Byrne	Donore Harriers A.C.	
1525	Harry Purcell	Trim A.C.	
1526	Rory Mc Loughlin	St. Peter's A.C.	
1527	Denis Coughlan	St. Finbarrs A.C.	
1528	Senan O'Reilly	St. Catherine's A.C.	

#	Athlete:	Club:
1529	Keith Fallon	Galway City Harriers A.C.
1530	Dean Cronin	Leevale A.C.
1531	Robert Hewison	Kildare A.C.
1532	John Fitzsimons	Kildare A.C.
1533	Kieran Mcgrath	Drogheda and District A.C.
1534	Cian Hodgins	Nenagh Olympic A.C.
1535	Cillian Kirwan	Raheny Shamrock A.C.
1536	Cian Mc Phillips	U.C.D. A.C.
1537	Dara Donoghue	Lucan Harriers A.C.
1538	Mark Milner	U.C.D. A.C.
1539	Roland Surlis	Annalee A.C.

**Performance:**





# Basil Clifford Perpetual Cup Men's 1500m

**National record:** Andrew Coscoran – 3.32.68

**Championship record:** Eamonn Coghlan – 3.38.60

**Title holder:** Cathel Doyle – 3.59.36

2022

1981

2022

## Top 10 championship performances

1.	Eamonn Coghlan – 3.38.60	1981	6.	Frank O'Mara – 3.40.40	1980
2.	Eamonn Coghlan – 3.39.20	1980	7.	James Nolan – 3.40.47	2003
3.	Mark Carroll – 3.39.67	1995	8.	Cormac Finnerty – 3.40.77	1995
4.	Dave Taylor – 3.39.77	1981	9.	Ray Flynn – 3.41.16	1985
5.	Gareth Turnbull – 3.40.32	2003	10.	Frank O'Mara – 3.41.21	1991

### # Athlete:

**1327** Charlie O Donovan  
**1328** Fiontán Campbell  
**1329** Conor Curran  
**1330** Darragh Greene  
**1331** Oisín Davis  
**1332** Sean Cotter  
**1333** Cillian Doherty  
**1334** Eoghan O'connor  
**1335** Eoin Everard  
**1336** Nick Griggs  
**1337** Cathal Doyle  
**1338** Thomas Moran  
**1339** Mateusz Wanic  
**1340** Kevin Kelly  
**1341** Shane Healy  
**1342** Paul Robinson  
**1343** Callum Morgan  
**1344** Luke Dinsmore  
**1345** Andrew Hobbs  
**1346** Conall Kirk  
**1347** Ben Smith  
**1348** Gareth Lyons  
**1349** Andrew Milligan  
**1350** Luke Kelly  
**1351** Joe Warne  
**1352** Luke Mc Cann  
**1353** Andrew Coscoran  
**1354** Niall Murphy  
**1355** Darragh Mulcahy  
**1356** Brhane Gebrebrhan  
**1357** Cian McDonald  
**1358** Colm Parnell

### Club:

Leevale A.C.  
 North Belfast Harriers  
 North Belfast Harriers  
 Dunleer A.C.  
 Craughwell A.C.  
 Craughwell A.C.  
 Rathfarnham W.S.A.F. A.C.  
 Belgooly A.C.  
 Kilkenny City Harriers A.C.  
 CNDR Track A.C.  
 Clonliffe Harriers A.C.  
 Dunshaughlin A.C.  
 Lucan Harriers A.C.  
 St. Coca's A.C.  
 Metro/St. Brigids A.C.  
 St. Coca's A.C.  
 CNDR Track A.C.  
 Annadale Striders  
 Leevale A.C.  
 CNDR Track A.C.  
 Leevale A.C.  
 North Belfast Harriers  
 North Belfast Harriers  
 CNDR Track A.C.  
 Doheny A.C.  
 U.C.D. A.C.  
 Star of the Sea A.C.  
 Ennis Track A.C.  
 St. Finbarrs A.C.  
 Annadale Striders  
 Ballymena and Antrim A.C.  
 Crusaders A.C.

### Performance:

#	Athlete:	Club:	Performance:
1359	Ronan Fitzpatrick	Newry A.C.	
1360	Daniel Ryan Ellis	Nenagh Olympic A.C.	
1361	Garry Campbell	Dunleer A.C.	
1362	Jack Maher	Galway City Harriers A.C.	
1363	Gary Crummy	Newry A.C.	
1364	Mark Hanrahan	Ennis Track A.C.	
1365	Ruairi Casey	Togher A.C.	
1366	Philip Marron	Ratoath A.C.	
1367	Shane Bracken	Swinford A.C.	
1368	Joseph Hastings	Dundrum South Dublin A.C.	
1369	Cathal O Reilly	Kilkenny City Harriers A.C.	
1370	Gavin Kenny	Bandon A.C.	
1371	Matteo Mary	Waterford A.C.	
1372	Philip Steels	Sligo A.C.	
1373	Jack Maughan	Clonliffe Harriers A.C.	
1374	David Barrett	Ballymore Cobh A.C.	
1375	Oran O'hare	Dublin City Harriers A.C.	
1376	Ben Acheson	CNDR Track A.C.	
1377	Kyle Moorhead	Craughwell A.C.	
1378	Patrick Noonan	Craughwell A.C.	

# Men's 5000m

**National record:** Alistair Cragg – 13.03.58

**Championship record:** John Treacy – 13.21.93

**Title holder:** Darragh McElhinney – 13.53.84

2011

1980

2022

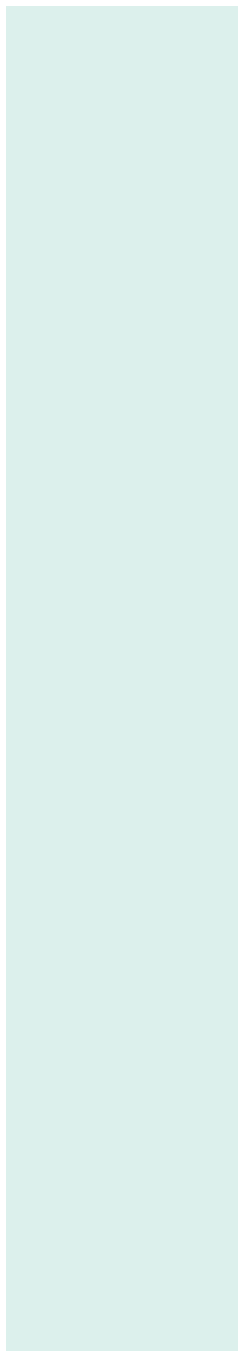
## Top 10 championship performances

1.	John Treacy – 13.22.00	1980	6.	John Treacy – 13.47.18	1981
2.	John Treacy – 13.33.59	1984	7.	Alistair Cragg – 13.48.03	2011
3.	John Doherty – 13.43.29	1988	8.	Mark Carroll – 13.48.26	2001
4.	Frank O'Mara – 13.45.79	1995	9.	John Treacy – 13.50.30	1978
5.	John Treacy – 13.46.27	1983	10.	Seamus Power – 13.50.31	1995

#	Athlete:	Club:	Performance:
1347	Ben Smith	Leevale A.C.	
1405	Heywood Richardson	Leevale A.C.	
1448	Ciaran Goss	RoadRunners A.C.	
1449	Declan Guina	West Limerick A.C.	
1450	Anthony O'Rourke	Brothers Pearse A.C.	
1451	Sean Heaslip Owens	Clonliffe Harriers A.C.	
1452	Pierre Murchan	Dublin City Harriers A.C.	
1453	Barry Mooney	Tullamore Harriers A.C.	
1454	Alex O'Brien	Lucan Harriers A.C.	
1455	Darragh Crossan	City of Derry A.C. Spartans	
1456	Sergey Dolgy	Liffey Valley A.C.	
1457	Cameron Stewart	Annadale Striders	
1458	Damien Madigan	North Cork A.C.	
1459	Jamie Gahan	Kilkenny City Harriers A.C.	
1460	Geoffrey Alexandre	Liffey Valley A.C.	
1461	Mark Cornett	North Belfast Harriers	
1462	Jonathan Spratt	Annadale Striders	
1463	Paul Carty	CNDR Track A.C.	
1464	Cathal Mc Carron	Donadea Running A.C.	
1465	Andrew Nevin	Mullingar Harriers A.C.	
1466	James Hayes	Cork Track Club A.C.	
1467	John Collins	Cork Track Club A.C.	
1468	Robert Kelly	Raheny Shamrock A.C.	
1469	Daniel O'Brien	Lusk A.C.	
1470	Sean Melarkey	City of Derry A.C. Spartans	
1471	Dylan Wright	Lucan Harriers A.C.	
1472	Cathaoir Purvis	North Belfast Harriers	
1473	Cathal Mc Hale	Clonliffe Harriers A.C.	
1474	Peter Carty	Lagan Valley A.C.	
1475	Donnchadh Mac Aodha	North East Runners A.C.	
1476	Jimmy Sloan	Newry A.C.	
1477	Dylan O'Brien	Raheny Shamrock A.C.	

# Athlete:	Club:
1478 Vengatramanakarthikeyan Meiazhagan	Raheny Shamrock A.C.
1479 Tom Mckenzie	Leevale A.C.
1480 John Durcan	Togher A.C.
1481 Craig Mcmeechan	North Down A.C.
1482 Mitchell Byrne	Rathfarnham W.S.A.F. A.C.
1483 Ieuan Hopkins	Brothers Pearse A.C.
1484 Donal Farren	Letterkenny A.C.
1485 Stephen Cashin	Clonliffe Harriers A.C.
1486 Jake O Regan	St. John's A.C.
1487 Kane Collins	Donore Harriers A.C.
1488 Eric Curran	Leevale A.C.
1489 John Travers	Donore Harriers A.C.
1490 Neil Johnston	Annadale Striders
1491 Cormac Dalton	Mullingar Harriers A.C.
1492 Vinny Connolly	Mullingar Harriers A.C.
1493 Stephen Fay	Raheny Shamrock A.C.
1494 Kevin Moore	Dundrum A.C.
1495 Niall Shanahan	An Bru A.C.
1496 Darragh Mc Elhinney	U.C.D. A.C.
1497 Eoghan Mcelhinney	Bantry A.C.
1498 David Scanlon	Rathfarnham W.S.A.F. A.C.
1499 Conall Mcclean	St Malachy's A.C.
1500 Efrem Gidey	Clonliffe Harriers A.C.
1501 Keelan Kilrehill	Moy Valley A.C.
1502 Brian Fay	Raheny Shamrock A.C.

### Performance:



# Men's 10 000m Walk

**National record:** Robert Heffernan – 38.27.57

2008

**Championship record:** Robert Heffernan – 38.27.57

2008

**Title holder:** Callum Lewis Wilkinson – 39.55.69

2022

## Top 10 championship performances

1.	Robert Heffernan – 38.27.57	2008	6.	Jamie Costin – 39.09.88	2004
2.	Robert Heffernan – 38.47.66	2002	7.	Robert Heffernan – 39.11.72	2009
3.	Robert Heffernan – 38.58.53	2001	8.	Robert Heffernan – 39.11.78	2007
4.	Robert Heffernan – 39.00.04	2004	9.	Jamie Costin – 39.43.11	2010
5.	Robert Heffernan – 39.07.21	2010	10.	Colin Griffin – 39.51.78	2007

#	Athlete:	Club:	Performance:
1238	Oisín LANE	Mullingar Harriers A.C.	
1239	Brendan BOYCE	Finn Valley A.C.	
1240	Matthew GLENNON	Mullingar Harriers A.C.	
1241	David KENNY	Farranfore Maine Valley A.C.	
1242	Jake O BRIEN	Moy Valley A.C.	
1243	Joe MOONEY	Adamstown A.C.	



# Men's 110m Hurdles

**National record:** Peter Coghlan – 13.30 (+0.6)

**Championship record:** Peter Coghlan – 13.51 (+1.5)

**Title holder:** Matthew Behan – 15.61 (–8.3)

1999

1999

2022

## Top 10 championship performances

1.	Peter Coghlan – 13.51	1999	6.	Peter Coghlan – 13.80	2004
2.	T.J. Kearns – 13.62	1993	7.	T.J. Kearns – 13.81	1991
3.	Peter Coghlan – 13.73	2001	8.	Ben Reynolds – 13.84 (–1.9)	2015
4.	Sean Cahill – 13.74	1993	9.	Ben Reynolds – 13.89 (–0.5)	2016
5.	Peter Coghlan – 13.79	2002	10.	Peter Coghlan – 13.90	2008

### # Athlete:

**1251** Gerard O'Donnell  
**1280** Sean Carmody  
**1286** James Ezeonu  
**1323** Nelvin Appiah  
**1324** Patrick Heffernan  
**1325** Rolus Olusa  
**1326** Matthew Behan

### Club:

Carrick-on-Shannon A.C.  
Leevale A.C.  
Leevale A.C.  
Longford A.C.  
Tullamore Harriers A.C.  
Clonliffe Harriers A.C.  
Crusaders A.C.

### Performance:

# Men's 400m Hurdles

**National record:** Thomas Barr – 47.97

**Championship record:** Thomas Barr – 49.56

**Title holder:** Thomas Barr – 50.37

2016

2018

2022

## Top 10 championship performances

1.	Thomas Barr – 49.56	2018	7.	Thomas Barr – 50.37	2022
2.	Thomas Barr – 49.68	2015	8.	Tom McGuirk – 50.61	1996
3.	Thomas Barr – 49.79	2017	9.	Jack Mitchell – 50.64	2022
4.	Thomas Barr – 50.04	2014	10.	Jason Harvey – 50.65	2011
5.	Thomas Barr – 50.06	2011	10.	Tom McGuirk – 50.65	2000
6.	Thomas Barr – 50.28	2016			

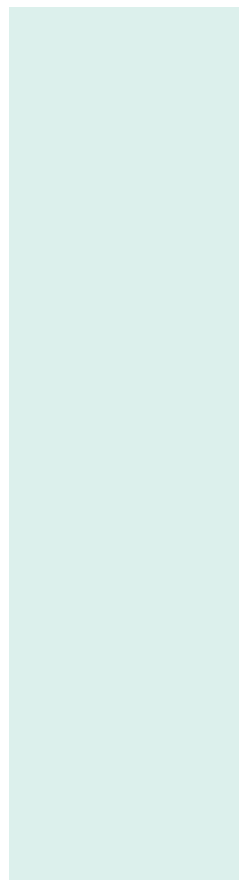
### # Athlete:

**1280** Sean Carmody  
**1408** Jack Mitchell  
**1409** Ciaran Nugent  
**1410** Eoin Sharkey  
**1411** Thomas Anthony Pitkin  
**1412** Thomas Barr  
**1413** Oisín Mc Corry  
**1414** Ben Hughes  
**1415** Tim Crowe

### Club:

Leevale A.C.  
St. L. O'Toole A.C.  
Carraig-Na-Bhfear A.C.  
Tír Chonaill A.C.  
Clonliffe Harriers A.C.  
Ferrybank A.C.  
Raheny Shamrock A.C.  
Ratoath A.C.  
Clonliffe Harriers A.C.

### Performance:



# Men's 3000m Steeplechase

**National record:** Brendan Quinn – 8.24.09

**Championship record:** Brendan Quinn – 8.32.60

**Title holder:** Jayme Rossiter – 9.26.43

1985

1985

2022

## Top 10 championship performances

1.	Brendan Quinn – 8.32.60	1985	6.	Liam O'Brien – 8.39.65	1983
2.	Liam O'Brien – 8.33.46	1984	7.	Kieran Stack – 8.40.94	1990
3.	Joe Hartnett – 8.34.52	1984	8.	Liam O'Brien – 8.41.55	1991
4.	Brendan Quinn – 8.38.61	1982	9.	Kieran Stack – 8.42.19	1991
5.	John Murray – 8.39.24	1996	10.	Brendan Quinn – 8.42.83	1988

### # Athlete:

**1398** James Tanner  
**1399** Cillian Keegan  
**1400** Marcus Clarke  
**1401** Liam Harris  
**1402** Billy Coogan  
**1403** Ethan John Dunn  
**1404** Finley Daly  
**1405** Heywood Richardson  
**1406** Oisín Spillane  
**1407** Jayme Rossiter

### Club:

Nenagh Olympic A.C.  
Clonliffe Harriers A.C.  
Ratoath A.C.  
Togher A.C.  
Kilkenny City Harriers A.C.  
Loughview A.C.  
Sligo A.C.  
Leevale A.C.  
Ennis Track A.C.  
Clonliffe Harriers A.C.

### Performance:



# Con Leahy Perpetual Cup Men's High Jump

**National record:** Adrian O'Dwyer – 2.30m

**Championship record:** Brendan Reilly – 2.28m

**Title holder:** David Cussen – 2.10m

2004

1999

2022

## Top 10 championship performances

1.	Brendan Reilly – 2.28m	1999	7.	Bill Theirfelfer – 2.16m	1983
2.	Mark Mandy – 2.23m	1996	7.	Liam Zamel-Paez – 2.16m	2014
3.	Brendan Reilly – 2.20m	2000	9.	Antoine Burke – 2.15m	2000
4.	Antoine Burke – 2.19m	1996	9.	Mark Mandy – 2.15m	1999
5.	Brendan Reilly – 2.17m	1991	9.	Mark Mandy – 2.15m	1997
5.	David Cussen – 2.17m	2020	9.	Barry Pender – 2.15m	2015

### # Athlete:

**1559** Kourosh Foroughi

**1560** David Cussen

**1561** Jack Forde

**1562** Evan Hallinan

**1563** Emmanuel Osas

### Club:

Star of the Sea A.C.

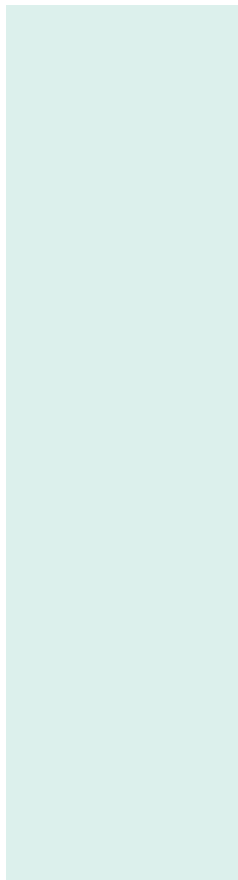
Old Abbey A.C.

St. Killians A.C.

Craughwell A.C.

Ratoath A.C.

### Performance:





# Men's Long Jump

**National record:** Ciaran McDonagh – 8.07m(+1.4)

**Championship record:** Ciaran McDonagh – 8.04m(+2.4)

**Title holder:** Sam Healy – 7.54m(+2.1)

2005

1999

2022

## Top 10 championship performances

1.	Ciaran McDonagh – 8.04m	1999	6.	Jonathan Kron – 7.73m	1995
2.	Ciaran McDonagh – 7.95m	2003	7.	Adam McMullen – 7.68m	2018
3.	Adam McMullen – 7.89m	2015	8.	Stephen Flenming – 7.56m	2009
4.	Ciaran McDonagh – 7.74m	1996	9.	Jonathan Kron – 7.54m	1990
4.	Adam McMullen – 7.74m	2017	9.	Sam Healy – 7.54m(+2.1)	2022

### # Athlete:

**1312** Eoghan Mc Grath  
**1575** Kristian Slater  
**1576** Jordan Knight  
**1577** Joshua Knox  
**1578** Reece Ademola  
**1579** Shane Howard  
**1580** Dillon Ryan  
**1581** Luke O Carroll  
**1582** Joseph Miniter  
**1583** Ben Fisher  
**1584** Harvey King  
**1585** Kevin O Dea  
**1586** Sam Healy  
**1587** Evan Hayes  
**1588** Colm Bourke  
**1589** Oisin Thompson

### Club:

Celbridge A.C.  
City of Derry A.C. Spartans  
St. Joseph's A.C.  
City of Lisburn A.C.  
Leevale A.C.  
Bandon A.C.  
Moycarkey Coolcree A.C.  
Tralee Harriers A.C.  
Nenagh Olympic A.C.  
City of Lisburn A.C.  
Omagh Harriers  
Clare River Harriers A.C.  
Leevale A.C.  
Waterford A.C.  
Raheny Shamrock A.C.  
Finn Valley A.C.

### Performance:

# Men's Triple Jump

**National record:** Colm Cronin – 15.89m

**Championship record:** Hugh McGuire – 15.83m

**Title holder:** Conal Mahon – 14.68m(+2.4)

1977

1986

2022

## Top 10 championship performances

1.	Hugh McGuire – 15.83m	1986	5.	Michael McDonald – 15.45m	1994
2.	Billy Oakes – 15.63m	1986	7.	Sean Lonergan – 15.41m	2001
3.	Denis Finnegan – 15.55m	2012	8.	Denis Finnegan – 15.39m	2017
3.	Sean O'Dwyer – 15.55m	1970	9.	Eoin Kelly – 15.35m	2009
5.	Michael McDonald – 15.45m	1988	10.	Denis Finnegan – 15.34m	2014

### # Athlete:

**1312** Eoghan Mc Grath  
**1577** Joshua Knox  
**1588** Colm Bourke  
**1603** Jai Benson  
**1604** Leon Sweeney  
**1605** Joseph Gillespie  
**1606** David Onwudiwe  
**1607** Michael Alajiki  
**1608** Aaron O'connor  
**1609** Peter Casey  
**1610** Brendan Lynch  
**1611** Conall Mahon

### Club:

Celbridge A.C.  
City of Lisburn A.C.  
Raheny Shamrock A.C.  
Lagan Valley A.C.  
Naas A.C.  
Finn Valley A.C.  
Ennis Track A.C.  
Dundealgan A.C.  
Limerick A.C.  
Eire Og Corra Choill A.C.  
Nenagh Olympic A.C.  
Tír Chonaill A.C.

### Performance:

# Men's Pole Vault

**National record:** Brian McGovern – 5.36m

**Championship record:** David Donegan – 5.06m

**Title holder:** Matthew Callinan Keenan – 4.50m

2012

2012

2022

## Top 10 championship performances

1.	David Donegan – 5.06m	2012	5.	David Donegan – 4.80m	2007
2.	David Donegan – 4.91m	2009	7.	Ruairi O'Briain – 4.75m	2005
3.	Ken Morris – 4.90m	2000	7.	David Donegan – 4.75m	2008
3.	Anthony McCreery – 4.90m	2007	7.	Michael Bowler – 4.75m	2019
5.	Neil Young – 4.80m	1995	10.	Alan Burke – 4.71m	1989

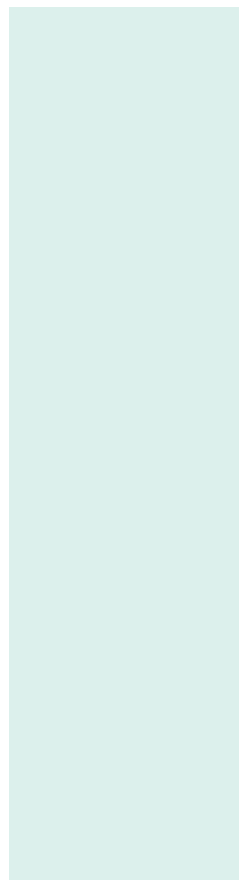
### # Athlete:

1325	Rolus Olusa
1590	Matthew Callinan Keenan
1591	Alan Burke
1592	David Donegan
1593	Jack Murphy
1594	Michael Bowler
1595	Shane Power
1596	Joshua Fitzgerald

### Club:

Clonliffe Harriers A.C.
St. L. O'Toole A.C.
Leevale A.C.
Clonliffe Harriers A.C.
Tír Chonaill A.C.
Enniscorthy A.C.
St. Joseph's A.C.
Leevale A.C.

### Performance:



# Men's Shot Put

**National record:** Eric Favors – 20.66m

**Championship record:** John Kelly – 19.25m

**Title holder:** John Kelly – 19.25m

2023

2022

2022

## Top 10 championship performances

1.	John Kelly – 19.25m	YYYY	6.	Sean Breathnach – 17.63m	2015
2.	Eric Favors – 18.64m	2019	7.	Ian McMullen – 17.61m	2002
3.	John Dermody – 18.61m	1999	8.	Paul Quirke – 17.54m	1993
4.	John Kelly – 18.40m	2020	9.	Sean Breathnach – 17.53m	2018
5.	John Dermody – 17.86m	2000	10.	Nick Sweeney – 17.37m	1994

### # Athlete:

**1540** Padraic Mc Carthy  
**1543** Alan O Connor  
**1545** John Dwyer  
**1547** Liam Shaw  
**1572** Aleksandrs Fetisovs  
**1597** James Kelly  
**1598** Gavin Mclaughlin  
**1599** Ryan Duggan  
**1600** Callum Keating  
**1601** Conor O'reilly  
**1602** Eric Favors

### Club:

Lios Tuathail A.C.  
Tralee Harriers A.C.  
Templemore A.C.  
Athenry A.C.  
Lake District A.C.  
Finn Valley A.C.  
Finn Valley A.C.  
Leevale A.C.  
North Cork A.C.  
Sli Cualann A.C.  
Raheny Shamrock A.C.

### Performance:

# Men's Discus

**National record:** Nick Sweeney – 67.89m

**Championship record:** Nick Sweeney – 60.66m

**Title holder:** Eoin Sheridan – 53.80m

1998

1996

2022

## Top 10 championship performances

1.	Nick Sweeney – 60.66m	1999	6.	Nick Sweeney – 58.14m	1992
2.	Colin Quirke – 60.40m	2019	7.	Nick Sweeney – 57.90m	1997
3.	Nick Sweeney – 60.36m	1996	8.	Nick Sweeney – 57.48m	2000
4.	Nick Sweeney – 58.56m	1994	9.	Nick Sweeney – 57.42m	1995
5.	Nick Sweeney – 58.46m	1991	10.	Nick Sweeney – 57.30m	1993

### # Athlete:

**1540** Padraic Mc Carthy  
**1541** Liam Granville  
**1542** Michael Healy  
**1543** Alan O Connor  
**1544** Eoin Sheridan  
**1545** John Dwyer  
**1546** Padraig Hore  
**1547** Liam Shaw

### Club:

Lios Tuathail A.C.  
Fingallians A.C.  
Leevale A.C.  
Tralee Harriers A.C.  
Clonliffe Harriers A.C.  
Templemore A.C.  
D.M.P. A.C.  
Athenry A.C.

### Performance:

# Men's Javelin

**National record:** Terry McHugh – 82.75m

**Championship record:** Terry McHugh – 80.27m

**Title holder:** Conor Cusack – 64.55m

2000

2000

2022

## Top 10 championship performances

1.	Terry McHugh – 80.27m	2000	6.	Terry McHugh – 75.16m	1986
2.	Terry McHugh – 77.20m	2001	7.	Terry McHugh – 74.42m	1989
3.	Terry McHugh – 75.90m	1990	8.	Terry McHugh – 74.24m	1999
4.	Terry McHugh – 75.52m	1991	9.	Terry McHugh – 73.92m	1996
5.	Terry McHugh – 75.40m	1992	10.	Terry McHugh – 72.94m	1998

### # Athlete:

**1372** Philip Steels  
**1545** John Dwyer  
**1564** Liam Lynch  
**1565** Jason Craig  
**1566** Michael Jordan  
**1567** Jack Brownlie  
**1568** Oisín Joyce  
**1569** Blaine Lynch  
**1570** Euan Canniffe  
**1571** Charlie Lawden  
**1572** Aleksandrs Fetisovs  
**1573** Gareth Crawford  
**1574** Adam Browne

### Club:

Sligo A.C.  
Templemore A.C.  
Lake District A.C.  
Lagan Valley A.C.  
Naas A.C.  
City of Lisburn A.C.  
Lake District A.C.  
Finn Valley A.C.  
Boyne A.C.  
North Down A.C.  
Lake District A.C.  
Lifford Strabane A.C.  
Waterford A.C.

### Performance:



# Men's Hammer

**National record:** Declan Hegarty – 77.80m

**Championship record:** Conor McCullough Snr – 74.16m

**Title holder:** Sean Mockler – 65.33m

1985

1988

2022

## Top 10 championship performances

1.	Conor McCullough Snr – 74.16m	1988	6.	Roman Linscheid – 72.42m	1998
2.	Roman Linscheid – 72.88m	1996	7.	Paddy McGrath – 72.21m	1998
3.	Conor McCullough Jnr – 72.81m	2014	8.	Paddy McGrath – 72.01m	1999
4.	Conor McCullough Jnr – 72.67m	2011	9.	Roman Linscheid – 71.86m	1999
5.	Conor McCullough Jnr – 72.51m	2012	10.	Roman Linscheid – 71.54m	1996

### # Athlete:

**1545** John Dwyer  
**1548** Richard Lucid  
**1549** Brian Naughton  
**1550** Cól Ómuirí  
**1551** Colm Griffin  
**1552** Cormac O'donnell  
**1553** Sean Mockler  
**1554** Simon Galligan  
**1555** Liam Bergin  
**1556** Robert Higgins  
**1557** Stephen Fee  
**1558** Mark O'Brien

### Club:

Templemore A.C.  
St. Andrews A.C.  
Nenagh Olympic A.C.  
Fr. Murphy A.C.  
Ennis Track A.C.  
Lifford Strabane A.C.  
Moycarkey Coolcree A.C.  
Clonliffe Harriers A.C.  
Templemore A.C.  
Na Fianna A.C.  
Lusk A.C.  
Templemore A.C.

### Performance:

# U23 Men's Weight For Height (35lbs)

**Championship record:** Austin Kennedy – 5.50m  
Luke Mangan – 5.50m

2000  
2010

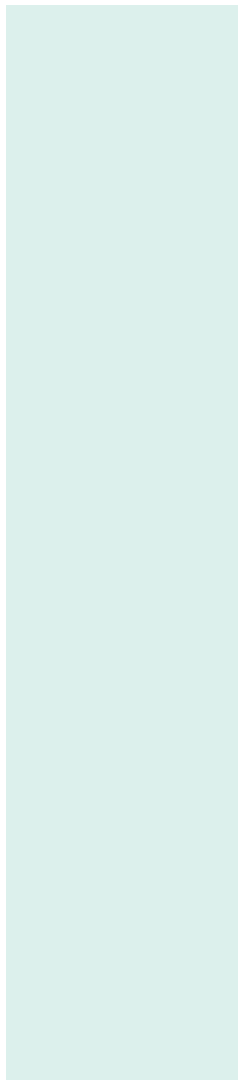
## # Athlete:

**1540** Padraic Mc Carthy  
**1541** Liam Granville  
**1550** Cól Ómuirí  
**1615** Patrick O Meara  
**1549** Brian Naughton  
**1556** Robert Higgins

## Club:

Lios Tuathail A.C.  
Fingallians A.C.  
Fr. Murphy A.C.  
Birr A.C.  
Nenagh Olympic A.C.  
Na Fianna A.C.

## Performance:



# Men's Weight for Height (56lbs)

**National record:** Sean Breathnach – 4.94m

2022

**Championship record:** Sean Breathnach – 4.94m

2022

**Title holder:** Sean Breathnach – 4.94m

2022

## Top 10 championship performances

1.	Sean Breathnach – 4.94m	2022	6.	Tony Moran – 4.72m	1979
2.	Gerry O'Connell – 4.93m	1986	6.	Pat Maher – 4.72m	1987
3.	Gerry O'Connell – 4.85m	1984	8.	Seamus Fitzpatrick – 4.70m	1996
4.	Tadgh Twomey – 4.82m	1975	8.	Sean Breathnach – 4.70m	2021
5.	Tadgh Twomey – 4.75m	1970	10.	Gerry O'Connell – 4.65m	1981

### # Athlete:

**1545** John Dwyer

**1551** Colm Griffin

**1557** Stephen Fee

**1612** Sean Maher

**1613** Larry O Grady

**1614** Colm Ó Donnchadha

### Club:

Templemore A.C.

Ennis Track A.C.

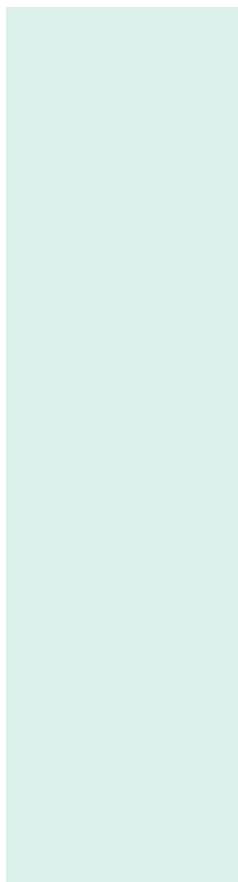
Lusk A.C.

Brow Rangers A.C.

Mooreabbey Milers A.C.

Lusk A.C.

### Performance:



# Men Weight For Distance (56lbs)

**National record:** John Menton – 9.16m

**Championship record:** John Menton – 9.16m

**Title holder:** Michael Healy – 8.67m

1998

1998

2022

## Top 10 championship performances

1.	John Menton – 9.16m	1998	6.	Tadhg Twomey – 8.82m	1977
2.	Nick Sweeney – 8.95m	1999	7.	Gerry O’Connell – 8.77m	1985
2.	John Menton – 8.95m	1997	8.	Tadhg Twomey – 8.74m	1967
4.	Nick Sweeney – 8.92m	1997	9.	John Menton – 8.73m	1996
5.	Gerry O’Connell – 8.88m	1980	9.	Tomas Rauktyš – 8.73m	2012

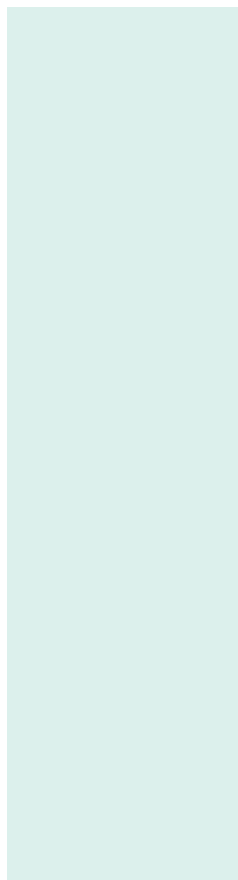
### # Athlete:

**1540** Padraic Mc Carthy  
**1541** Liam Granville  
**1542** Michael Healy  
**1543** Alan O Connor  
**1545** John Dwyer  
**1548** Richard Lucid  
**1557** Stephen Fee  
**1613** Larry O Grady  
**1616** David Butler

### Club:

Lios Tuathail A.C.  
Fingallians A.C.  
Leevale A.C.  
Tralee Harriers A.C.  
Templemore A.C.  
St. Andrews A.C.  
Lusk A.C.  
Mooreabbey Milers A.C.  
St. Brendan’s A.C. (Kerry)

### Performance:





# Men's 4×100 Relay

**National record:** National Team – 39.26

**Championship record:** Dublin City Harriers – 40.89

**Title holder:** Tallaght A.C. – 42.22

2000

1998

2022

## # Club:

## Athletes:

## Performance:

2 Clonliffe Harriers A.C.

Michael Deady  
Craig Duffy  
Leo Morgan  
Keith Pike  
Chris Sibanda  
Conor Wilson

3 Mayo A.C.

Conor Duffy  
Mike Griffin  
Gerry Kirrane  
Mikey Mc Andrew  
Declan Owens  
John Walkin

9 Dundrum South Dublin A.C.

Tobi Edward  
Luc Gray  
Benjamin Hauer  
Jack Kiely  
Jack Moraghan

12 Emerald A.C.

Gavin Dillon  
Sean Mccarthy  
Jamie Mitchell  
Rory Prendeville  
Nathan Sheehy Cremin

15 Le Chéile A.C.

Fionn Hayes  
Keeley Hogan  
Ciaran Molloy  
Orann Poole  
Conor Vanduyvenvoorde

18 Nenagh Olympic A.C.

Padraic Hassett  
Jack Hickey  
Alex Ryan  
Paul White

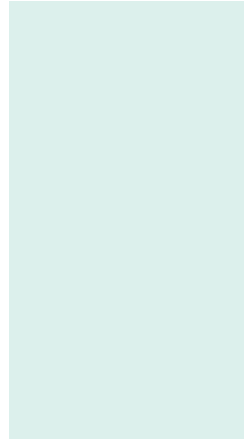
**# Club:**

**22 Tallaght A.C.**

**Athletes:**

Sean Aigboboh  
David Aigboboh  
Kieran Elliott  
Simon Essuman  
Joseph Finnegan Murphy  
Joseph Ojewumi

**Performance:**



**23 Tullamore Harriers A.C.**

Billy Corrigan  
Aaron Cushen  
Emmanuel Ilori  
Aaron Keane  
Dolapo Kush  
Dean Power



# Men's 4×400 Relay

**National record:** National Team – 3:01.26

**Championship record:** Crusaders A.C. – 3:10.59

**Title holder:** Emerald A.C. – 3:18.34

2015

2012

2022

## # Club:

## Athletes:

## Performance:

### 5 Clonliffe Harriers A.C.

Francois Coroller  
Tim Crowe  
Jarlath Jordan  
Jd Kelly  
Aaron Tierney Smith  
Conor Wilson

### 6 Mayo A.C.

Conor Duffy  
Mike Griffin  
Gerry Kirrane  
Mikey Mc Andrew  
Declan Owens  
John Walkin

### 7 Donore Harriers A.C.

Jack Byrne  
David Campbell  
Zak Higgins  
Paul Mc Dermott  
Daragh Mcauley  
Jack Raftery

### 11 Dundrum South Dublin A.C.

David Bosch  
Ciaran Carthy  
Scott Dunne  
Gregor Mc Cullagh-Travers  
Jack Moraghan  
Antoine Roquette

### 13 Emerald A.C.

Gavin Dillon  
Sean Mccarthy  
Jamie Mitchell  
Rory Prendeville  
Nathan Sheehy Cremin

### 16 Le Chéile A.C.

Rory Ardiff  
Andrew Hart  
Fionn Hayes  
Keeley Hogan  
Ciaran Molloy  
Conor Vanduyvenvoorde

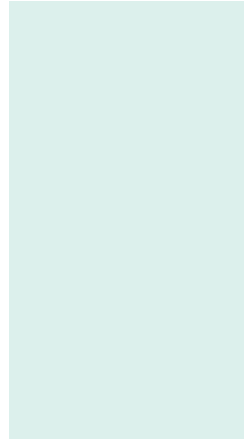
**# Club:**

**21 Ratoath A.C.**

**Athletes:**

Loclainn Harris  
Peter Kilgannon  
Philip Marron  
Darragh Masterson  
Jack O Donnell  
Emmanuel Osas

**Performance:**





# Women's 100m

**National record:** Phil Healy – 11.28(+2.0)

**Championship record:** Ciara Neville – 11.33(+1.0)

**Title holder:** Rhasidat Adeleke – 11.68(- 2.6)

2018

2019

2022

## Top 10 championship performances

1.	Ciara Neville – 11.33	2019	6.	Anna Boyle – 11.53	2005
2.	Amy Foster – 11.43	2017	7.	Michele Carroll – 11.54	1992
3.	Amy Foster – 11.49	2014	8.	Ciara Sheehy – 11.54	2003
3.	Phil Healy – 11.49	2014	8.	Derval O'Rourke – 11.54	2005
5.	Michelle Carroll – 11.52	1978	8.	Amy Foster – 11.54	2008

#	Athlete:	Club:	Performance:
1008	Sarah Lavin	Emerald A.C.	
1012	Mollie O'Reilly	Dundrum South Dublin A.C.	
1013	Emma Hutchinson	Ballymena and Antrim A.C.	
1014	Lauren Roy	City of Lisburn A.C.	
1015	Darragh Andrews	North Belfast Harriers	
1016	Nicole Quirke	Galway City Harriers A.C.	
1017	Laura Ann Costello	Galway City Harriers A.C.	
1018	Sive O'toole	St. L. O'Toole A.C.	
1019	Molly Scott	St. L. O'Toole A.C.	
1020	Sophie Parlour	Olympian Youth A.C.	
1021	Joan Healy	Leevale A.C.	
1022	Aisling Kelly	Taghmon A.C.	
1023	Alannah Mc Guinness	Carrick-on-Shannon A.C.	
1024	Anastasia Drakoulaki	Drogheda and District A.C.	
1025	Laura Nally	Galway City Harriers A.C.	
1026	Sarah Murray	Fingallians A.C.	
1027	Caitlin Maguire	North Belfast Harriers	
1028	Sarah Millea	Celbridge A.C.	
1029	Janine Boyle	Finn Valley A.C.	
1030	Alana Ryan	Sli Cualann A.C.	
1031	Sarah Leahy	Killarney Valley A.C.	
1032	Hannah Aspell	Celbridge A.C.	
1033	Aoife Lynch	Donore Harriers A.C.	
1034	Fiona Ihde	Galway City Harriers A.C.	
1035	Kellie Bester	Carrick-on-Suir A.C.	
1036	Fatima Amusa	Leevale A.C.	
1037	Anna Lalor	U.C.D. A.C.	
1038	Cressida Amaniampong	Skerries A.C.	
1039	Hannah Falvey	Belgooly A.C.	
1040	Lucy-May Sleeman	Leevale A.C.	
1041	Katie Bergin	Moyne A.C.	

# Women's 200m

**National record:** Rhasidat Adeleke – 22.34 (+2.0)

**Championship record:** Ciara Sheehy – 23.02 (nwi)

**Title holder:** Lauren Cadden – 24.94(-4.0)

2023

2002

2022

## Top 10 championship performances

1.	Ciara Sheehy – 23.02	2002	6.	Emily Maher – 23.39	2005
2.	Joanne Cuddihy – 23.15	2012	7.	Ciara Sheehy – 23.44	2005
3.	Kelly Proper – 23.23	2014	8.	Patricia Amond – 23.47	1988
4.	Joanne Cuddihy – 23.33	2006	9.	Michelle Carroll – 23.52	1979
4.	Phil Healy – 23.33	2009	10.	Sarah Reilly – 23.55	2000

#	Athlete:	Club:	Performance:
1013	Emma Hutchinson	Ballymena and Antrim A.C.	
1014	Lauren Roy	City of Lisburn A.C.	
1016	Nicole Quirke	Galway City Harriers A.C.	
1017	Laura Ann Costello	Galway City Harriers A.C.	
1020	Sophie Parlour	Olympian Youth A.C.	
1022	Aisling Kelly	Taghmon A.C.	
1025	Laura Nally	Galway City Harriers A.C.	
1029	Janine Boyle	Finn Valley A.C.	
1030	Alana Ryan	Sli Cualann A.C.	
1034	Fiona Ihde	Galway City Harriers A.C.	
1036	Fatima Amusa	Leevale A.C.	
1038	Cressida Amaniampong	Skerries A.C.	
1040	Lucy-May Sleeman	Leevale A.C.	
1041	Katie Bergin	Moyne A.C.	
1073	Sophie Gartland	Ace Athletics Club	
1074	Emma Roche	Dundrum South Dublin A.C.	
1075	Caoimhe Rowe	Trim A.C.	
1076	Annette Quaid	Leevale A.C.	
1077	Clodagh Dunbar	Clonliffe Harriers A.C.	
1078	Rhasidat Adeleke	Tallaght A.C.	
1079	Aobh Forde	Dundrum South Dublin A.C.	
1080	Claire Rigney	Lucan Harriers A.C.	
1081	Jessica Afrakomaa	Raheny Shamrock A.C.	
1082	Elsa Mccallum	North Down A.C.	
1083	Aoibheann Mulligan	Shercock A.C.	
1084	Claudia Davey	Mayo A.C.	
1085	Margaret O Connor	Enniscorthy A.C.	

# Women's 400m

**National record:** Rhasidat Adeleke – 49.54

**Championship record:** Joanne Cuddihy – 51.28

**Title holder:** Sophie Becker – 52.34

2023

2006

2022

## Top 10 championship performances

1.	Joanne Cuddihy – 51.28	2006	6.	Phil Healy – 52.33	2002
2.	Joanne Cuddihy – 51.86	2007	7.	Karen Shinkins – 52.34	2002
3.	Joanne Cuddihy – 51.89	2012	7.	Sophie Becker – 52.34	2022
4.	Joanne Cuddihy – 52.15	2011	9.	Phil Healy – 52.48	2022
5.	Karen Shinkins – 52.17	2021	10.	Karen Shinkins – 52.49	2005

### # Athlete:

**1076** Annette Quaid  
**1080** Claire Rigney  
**1096** Alexandra Joyce  
**1101** Lauren Mccourt  
**1102** Sharlene Mawdsley  
**1103** Cliodhna Manning  
**1104** Phil Healy  
**1105** Roisin Harrison  
**1106** Eve Marie Noctor  
**1107** Kate O'connell  
**1108** Katie Magee  
**1109** Sinead Treacy  
**1110** Arlene Crossan  
**1111** Molly Hourihan  
**1112** Charlotte Bourke  
**1113** Sophie Becker  
**1114** Renee Crotty  
**1115** Blanaid Fogarty  
**1116** Leah Bergin  
**1117** Caoimhe Cronin  
**1118** Nicole Walsh  
**1119** Anna Heavey  
**1120** Wahjerjay Blango  
**1094** Camille Madden

### Club:

Leevale A.C.  
Lucan Harriers A.C.  
Tuam A.C.  
Bandon A.C.  
Newport A.C.  
Kilkenny City Harriers A.C.  
Bandon A.C.  
Emerald A.C.  
Lucan Harriers A.C.  
Lucan Harriers A.C.  
Dundrum South Dublin A.C.  
Craughwell A.C.  
Finn Valley A.C.  
Dundrum South Dublin A.C.  
Dundrum South Dublin A.C.  
Raheny Shamrock A.C.  
Annalee A.C.  
Enniscorthy A.C.  
Clonliffe Harriers A.C.  
Le Chéile A.C.  
Galway City Harriers A.C.  
Clonliffe Harriers A.C.  
Rathfarnham W.S.A.F. A.C.  
Greystones and District A.C.

### Performance:

# Women's 800m

**National record:** Ciara Mageean – 1.59.28

**Championship record:** Aisling Molloy – 2.02.08

**Title holder:** Louise Shanahan – 2.10.90

2023

1991

2022

## Top 10 championship performances

1.	Aisling Molloy – 2.02.08	1991	6.	Louise Shanahan – 2.03.62	2021
2.	Ciara Mageean – 2.02.98	2015	7.	Aoife Byrne – 2.03.71	2001
3.	Bernie Kavanagh – 2.03.08	1991	8.	Sonia O'Sullivan – 2.04.23	1991
4.	Rose-Anne Galligan – 2.03.35	2010	9.	Aisling Molloy – 2.04.50	1994
5.	Aisling Molloy – 2.03.51	1995	10.	Rose-Anne Galligan – 2.04.66	2009

### # Athlete:

**1050** Sophie O'sullivan  
**1058** Ciara Mageean  
**1068** Sinead Gaffney  
**1114** Renee Crotty  
**1146** Lucy Holmes  
**1147** Susie Nestor  
**1148** Rianne Mchugh  
**1149** Jenna Bromell  
**1150** Niamh Carr  
**1151** Erinn Leavy  
**1152** Sarah Lane  
**1153** Mary Horgan  
**1154** Karen Hayes  
**1155** Beth Fitzpatrick  
**1156** Aimee Doherty  
**1157** Louise Shanahan  
**1158** Zoie Richie  
**1159** Maeve O'neill  
**1160** Georgie Hartigan  
**1161** Emer Mc Glynn  
**1162** Angeline Mcshane  
**1163** Jenny Johnston  
**1164** Elizabeth Gahan  
**1165** Sarah Clarke  
**1166** Antonia Vitori  
**1167** Claire Mooney  
**1168** Catriona Dowling

### Club:

Ballymore Cobh A.C.  
City of Lisburn A.C.  
Craughwell A.C.  
Annalee A.C.  
West Waterford A.C.  
U.C.D. A.C.  
Sligo A.C.  
Emerald A.C.  
Dublin City Harriers A.C.  
Dunleer A.C.  
Nenagh Olympic A.C.  
Crusaders A.C.  
Ratoath A.C.  
U.C.D. A.C.  
Ratoath A.C.  
Leevale A.C.  
Rathfarnham W.S.A.F. A.C.  
Doheny A.C.  
Dundrum South Dublin A.C.  
Waterford A.C.  
City of Derry A.C. Spartans  
Clonliffe Harriers A.C.  
Dublin City Harriers A.C.  
Na Fianna A.C.  
Bray Runners A.C.  
Crusaders A.C.  
Rathfarnham W.S.A.F. A.C.

### Performance:



# Women's 1500m

**National record:** Sonia O'Sullivan – 3.58.85

**Championship record:** Sonia O'Sullivan – 4.07.09

**Title holder:** Carla Sweeney – 4.37.96

1995

1995

2022

## Top 10 championship performances

1.	Sonia O'Sullivan – 4.07.09	1995	6.	Jolene Byrne – 4.11.72	2005
2.	Sonia O'Sullivan – 4.09.37	2000	7.	Maria McCambridge – 4.11.73	2005
3.	Sonia O'Sullivan – 4.09.44	1990	8.	Róisín McGettigan – 4.13.93	2005
4.	Sinead Delahunty – 4.10.04	1995	9.	Laura Crowe – 4.13.96	2013
5.	Monica Joyce – 4.10.48	1982	10.	Una English – 4.14.21	1998

#	Athlete:	Club:	Performance:
1042	Anna Gardiner	East Down A.C.	
1043	Lucy Barrett	Raheny Shamrock A.C.	
1044	Laura Tuite	Clonliffe Harriers A.C.	
1045	Ellie Hartnett	U.C.D. A.C.	
1046	Aoife Carr	Dublin City Harriers A.C.	
1047	Greta Streimyte	Clonliffe Harriers A.C.	
1048	Rachel Gibson	North Down A.C.	
1049	Sarah Healy	U.C.D. A.C.	
1050	Sophie O'sullivan	Ballymore Cobh A.C.	
1051	Aisling O'connor	Rathfarnham W.S.A.F. A.C.	
1052	Fiona Kehoe	Kilmore A.C.	
1053	Niamh Moore	Leevale A.C.	
1054	Zoe Carruthers	City of Lisburn A.C.	
1055	Kelly Neely	City of Lisburn A.C.	
1056	Kirsti Charlotte Foster	Willowfield Harriers	
1057	Edel Monaghan	Dublin City Harriers A.C.	
1058	Ciara Mageean	City of Lisburn A.C.	
1059	Ciara Hickey	Blarney/Inniscara A.C.	
1060	Ellen Moran	Galway City Harriers A.C.	
1061	Rachael O Shea	Cork Track Club A.C.	
1062	Rebecca Rossiter	Loughview A.C.	
1063	Robyn Mckee	Annadale Striders	
1064	Holly Carroll	Blarney/Inniscara A.C.	
1065	Emma Murray	Clonmel A.C.	
1066	Clare Barrett	D.M.P. A.C.	
1067	Eimear Mc Carroll	Finn Valley A.C.	
1068	Sinead Gaffney	Craughwell A.C.	
1069	Louise Gaffney	Rathfarnham W.S.A.F. A.C.	
1070	Niamh Kearney	Raheny Shamrock A.C.	
1071	Edel McCreery	Rathfarnham W.S.A.F. A.C.	
1072	Jodie Mc Cann	Dublin City Harriers A.C.	

# Women's 5000m

**National record:** Sonia O'Sullivan – 14.41.02

**Championship record:** Sonia O'Sullivan – 15.20.11

**Title holder:** Fionnuala McCormack – 16.07.75

2000

2002

2022

## Top 10 championship performances

1.	Sonia O'Sullivan – 15.20.11	2002	6.	Emma Mitchell – 15.26.69	2000
2.	Sonia O'Sullivan – 15.20.16	1998	7.	Breda Dennehy Wills – 15.31.92	2001
3.	Sonia O'Sullivan – 15.20.68	2003	8.	Breda Dennehy Wills – 15.39.04	2003
4.	Marie Davenport – 15.24.54	2003	9.	Fionnuala Britton – 15.39.40	2014
5.	Breda Dennehy Wills – 15.25.32	2000	10.	Emma Mitchell – 15.39.77	2002

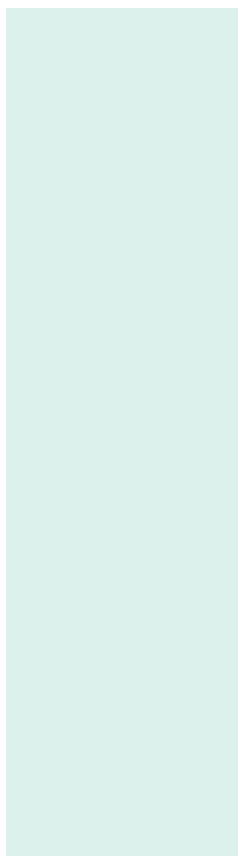
### # Athlete:

1047	Greta Streimyte
1048	Rachel Gibson
1057	Edel Monaghan
1072	Jodie Mc Cann
1089	Michelle Finn
1121	Courtney Mc Guire
1122	Eilish Flanagan
1123	Ide Nicdhomhnaill
1124	Lauren Tinkler
1125	Nakita Burke
1126	Niamh O Mahony
1127	Cheryl Nolan
1128	Aoife Ó Cuill
1129	Sinead Mc Donald
1130	Ciara O Neill
1131	Roisin Flanagan
1132	Sorcha Mc Allister
1133	Fiona Everard
1134	Claire Fagan
1135	Hannah Steeds
1136	Shona Heaslip
1137	Fiona McKenna
1138	Cliona Murphy

### Club:

Clonliffe Harriers A.C.
North Down A.C.
Dublin City Harriers A.C.
Dublin City Harriers A.C.
Leevale A.C.
Clonmel A.C.
Finn Valley A.C.
West Limerick A.C.
Dublin City Harriers A.C.
Letterkenny A.C.
An Ríocht A.C.
St Abbans A.C.
St. Coca's A.C.
Glenmore A.C.
Leevale A.C.
Finn Valley A.C.
Dublin City Harriers A.C.
Bandon A.C.
Mullingar Harriers A.C.
Leevale A.C.
An Ríocht A.C.
U.C.D. A.C.
Dublin City Harriers A.C.

### Performance:



# Women's 100m Hurdles

**National record:** Derval O'Rourke - 12.65 (+0.5)

**Championship record:** Derval O'Rourke - 12.95 (+4.1)

**Title holder:** Sarah Lavan - 14.06(+5.0)

2010

2005

2022

## Top 10 championship performances

1.	Derval O'Rourke - 12.95	2005	6.	Derval O'Rourke - 13.26	2010
2.	Derval O'Rourke - 13.04	2008	7.	Sarah Lavan - 13.3 (+1.6)	2019
3.	Sarah Lavan - 13.17 (+0.9)	2021	8.	Susan Smith - 13.31	1998
4.	Derval O'Rourke - 13.24	2006	9.	Derval O'Rourke - 13.45	2002
4.	Derval O'Rourke - 13.24	2011	9.	Derval O'Rourke - 13.45	2007

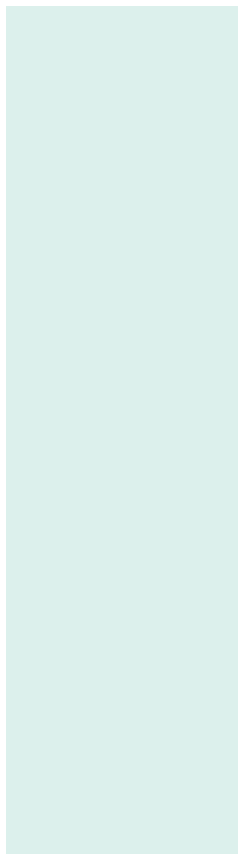
### # Athlete:

<b>1001</b>	Tara Meier
<b>1002</b>	Okwu Backari
<b>1003</b>	Bevan Mc Caffrey
<b>1004</b>	Caoimhe Farrell
<b>1005</b>	Lilly-Ann O Hora
<b>1006</b>	Sarah Connolly
<b>1007</b>	Bláithín Ní Chiaráin
<b>1008</b>	Sarah Lavin
<b>1009</b>	Katherine O Connor
<b>1010</b>	Elizabeth Tighe
<b>1011</b>	Lara O Byrne

### Club:

Raheny Shamrock A.C.
Leevale A.C.
Annalee A.C.
Loughrea A.C.
Dooneen A.C.
North Down A.C.
Dunleer A.C.
Emerald A.C.
Dundalk St. Gerards A.C.
Corran A.C.
Donore Harriers A.C.

### Performance:



# Women's 400m Hurdles

**National record:** Susan Smith – 54.31

**Championship record:** Susan Smith Walsh – 55.54

**Title holder:** Susan Smith – 54.31

1998

1999

2022

## Top 10 championship performances

1.	Susan Smith Walsh – 55.54	1999	6.	Jessie Barr – 57.33	2012
2.	Susan Smith – 56.01	1996	7.	Jessie Barr – 57.38	2011
3.	Susan Smith – 56.23	1997	8.	Jessie Barr – 57.48	2013
4.	Kelly McGrory – 57.22	2022	9.	Justine Kinney – 57.75	2010
5.	Michelle Carey – 57.23	2007	10.	Christine McMahon – 57.73	2014

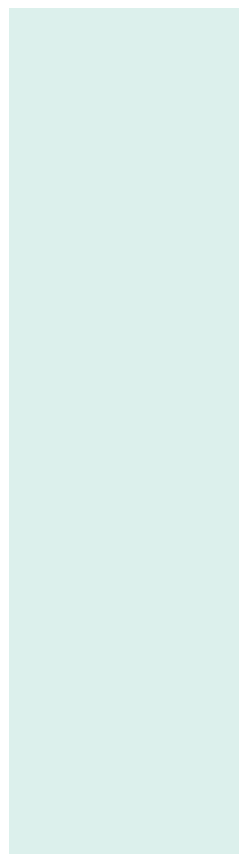
### # Athlete:

**1075** Caoimhe Rowe  
**1090** Laura Frey  
**1091** Aoife Sheehy  
**1092** Jessica Tappin  
**1093** Caoimhe Mackey  
**1095** Kelly Mc Grory  
**1096** Alexandra Joyce  
**1097** Eve Mooney  
**1098** Orla Coffey  
**1099** Cara Murphy  
**1100** Deirdre Murray

### Club:

Trim A.C.  
Lagan Valley A.C.  
Galway City Harriers A.C.  
Clonliffe Harriers A.C.  
Donore Harriers A.C.  
Tír Chonaill A.C.  
Tuam A.C.  
Ratoath A.C.  
Carrraig-Na-Bhfear A.C.  
Dundrum South Dublin A.C.  
Na Fianna A.C.

### Performance:



# Women's 3000m Steeplechase

**National record:** Roisin McGettigan – 9.28.29

**Championship record:** Michelle Finn – 9.45.57

**Title holder:** Michelle Finn – 9.57.72

2007

2021

2022

## Top 10 championship performances

1.	Michelle Finn – 9.36.94	2021	6.	Fionnualla Britton – 9.51.93	2008
2.	Michelle Finn – 9.45.57	2019	7.	Roisin McGettigan – 9.56.17	2007
3.	Michelle Finn – 9.46.19	2018	8.	Michelle Finn – 9.57.72	2022
4.	Eilish Flanagan – 9.46.52	2021	9.	Sara Treacy – 9.58.92	2015
5.	Michelle Finn – 9.46.81	2016	10.	Michelle Finn – 9.59.72	2020

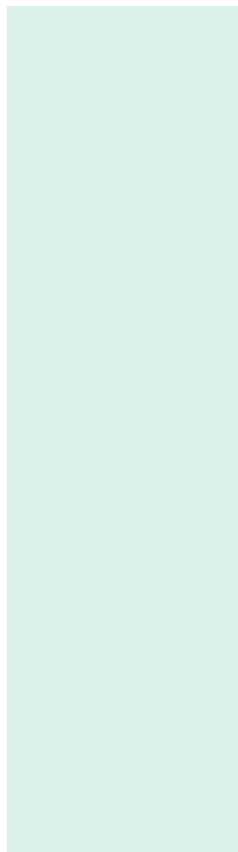
### # Athlete:

**1066** Clare Barrett  
**1070** Niamh Kearney  
**1086** Amy Greene  
**1087** Eleanor Foot  
**1088** Sharon Cantwell  
**1089** Michelle Finn

### Club:

D.M.P. A.C.  
Raheny Shamrock A.C.  
Finn Valley A.C.  
Bray Runners A.C.  
Moyné A.C.  
Leevale A.C.

### Performance:



# Women's 5000m Walk

**National record:** Gillian O'Sullivan – 20.02.60

2002

**Championship record:** Gillian O'Sullivan – 20.02.60

2002

**Title holder:** Kate Veale – 23.31.12

2022

## Top 10 championship performances

1.	Gillian O'Sullivan – 20.02.60	2002	6.	Olive Loughnane – 21.13.59	2003
2.	Gillian O'Sullivan – 20.13.13	2003	7.	Kate Veale – 21.30.15	2011
3.	Gillian O'Sullivan – 20.50.13	2001	8.	Olive Loughnane – 21.52.56	2005
4.	Gillian O'Sullivan – 21.03.45	2009	9.	Gillian O'Sullivan – 21.57.22	1998
5.	Gillian O'Sullivan – 21.07.08	2008	10.	Olive Loughnane – 21.54.97	2002

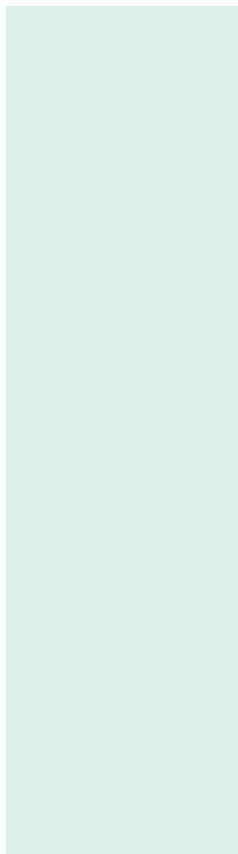
### # Athlete:

**1139** Ciara Mooney  
**1140** Aisling Lane  
**1141** Éabha De Faoite  
**1142** Sinead Maher  
**1143** Siobhán Doherty  
**1144** Ciara Wilson Bowen  
**1145** Kate Veale

### Club:

Adamstown A.C.  
Mullingar Harriers A.C.  
Kenmare A.C.  
South Galway A.C.  
Tír Chonaill A.C.  
Dundrum South Dublin A.C.  
West Waterford A.C.

### Performance:





123.ie

702

SKINS



# Women's High Jump

**National record:** Deirdre Ryan – 1.95m

**Championship record:** Deirdre Ryan – 1.90m

**Title holder:** Sommer Lecky – 1.79m

2011

2011

2022

## Top 10 championship performances

1.	Deirdre Ryan – 1.90m	2011	5.	Deirdre Ryan – 1.83m	2007
1.	Deirdre Ryan – 1.90m	2012	7.	Deirdre Ryan – 1.80m	2004
3.	Laura Sharpe – 1.85m	1994	7.	Catriona Scott – 1.80m	1987
3.	Philippa Rogan – 1.85m	2019	7.	Cathriona Farrell – 1.80m	2015
5.	Deirdre Ryan – 1.83m	1996	7.	Pamela Hughes – 1.80m	2009

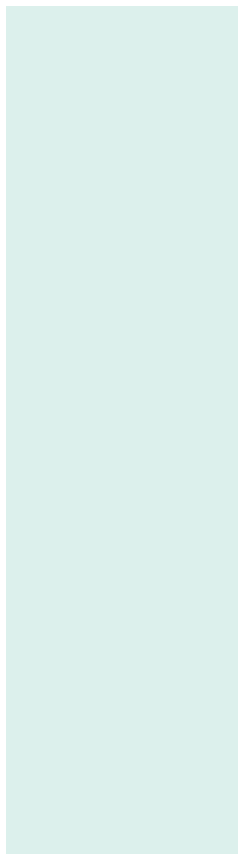
### # Athlete:

<b>1007</b>	Bláithín Ní Chiaráin
<b>1011</b>	Lara O Byrne
<b>1188</b>	Sommer Lecky
<b>1189</b>	Shannon Craig
<b>1190</b>	Michelle Cashman
<b>1191</b>	Lauren Duffy
<b>1192</b>	Ciara Kennelly
<b>1193</b>	Philippa Rogan
<b>1194</b>	Ava Rochford
<b>1195</b>	Aoife O'sullivan
<b>1196</b>	Daena Kealy

### Club:

Dunleer A.C.
Donore Harriers A.C.
Finn Valley A.C.
Lifford Strabane A.C.
Naas A.C.
Bohermeen A.C.
Killarney Valley A.C.
Sli Cualann A.C.
Nenagh Olympic A.C.
Liscarroll A.C.
St Abbans A.C.

### Performance:



# Women's Long Jump

**National record:** Kelly Proper – 6.60 (+1.0)

**Championship record:** Kelly Proper – 6.68 (+3.0)

**Title holder:** Ruby Millet – 6.58 (+6.2)

2010

2009

2022

## Top 10 championship performances

1.	Kelly Proper – 6.68m	2009	7.	Terri Horgan – 6.31m	1990
2.	Ruby Millet – 6.58m (+3.0)	2022	8.	Mary McLoone – 6.30m	2009
3.	Kelly Proper – 6.42m	2008	9.	Terri Horgan – 6.29m	1993
4.	Kelly Proper – 6.35m	2010	10.	Terri Horgan – 6.27m	1988
5.	Kelly Proper – 6.33m	2012	10.	Kelly Proper – 6.27m	2014
6.	Kelly Proper – 6.32m	2006			

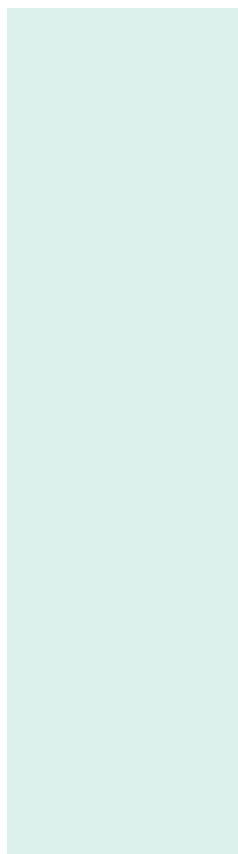
### # Athlete:

**1007** Bláithín Ní Chiaráin  
**1009** Katherine O Connor  
**1015** Darragh Andrews  
**1205** Saragh Buggy  
**1206** Aishat Onilogbo  
**1207** Leagh Moloney  
**1208** Abby Tate  
**1209** Fiona Hill  
**1210** Ruby Millet  
**1211** Gabriella Bowen  
**1212** Erin Fisher  
**1213** Elizabeth Ndudi  
**1214** Sarah Mc Carthy  
**1215** Paula Igwe  
**1216** Emily Forte  
**1217** Lauren Callaghan  
**1218** Madie Wilson-Walker  
**1219** Emily O Mahony

### Club:

Dunleer A.C.  
 Dundalk St. Gerards A.C.  
 North Belfast Harriers  
 St Abbans A.C.  
 Belgooly A.C.  
 Dooneen A.C.  
 City of Lisburn A.C.  
 Newbridge A.C.  
 St Abbans A.C.  
 Leevale A.C.  
 City of Lisburn A.C.  
 Dundrum South Dublin A.C.  
 Mid Sutton A.C.  
 Ferrybank A.C.  
 Lagan Valley A.C.  
 Finn Valley A.C.  
 Killarney Valley A.C.  
 Waterford A.C.

### Performance:



# Women's Triple Jump

**National record:** Taneisha Robinson Scanlon - 13.62m (+0.9)

2005

**Championship record:** Saragh Buggy - 13.28 (+1.0)

2021

**Title holder:** Saragh Buggy - 12.92m(+2.2)

2022

## Top 10 championship performances

1.	Saragh Buggy - 13.28m(+1.0)	2021	6.	Mary McLoone - 12.75m	2009
2.	Saragh Buggy - 12.97m(+0.9)	2020	7.	Mary McLoone - 12.71m	2015
3.	Saragh Buggy - 12.96m(+0.9)	2016	8.	Saragh Buggy - 12.70m(-0.5)	2019
4.	Saragh Buggy - 12.92m(+2.2)	2022	9.	Mary McLoone - 12.69m	2012
5.	Taneisha R.Scanlon - 12.83m	2003	10.	Virginia P. Roze - 12.53m	2002

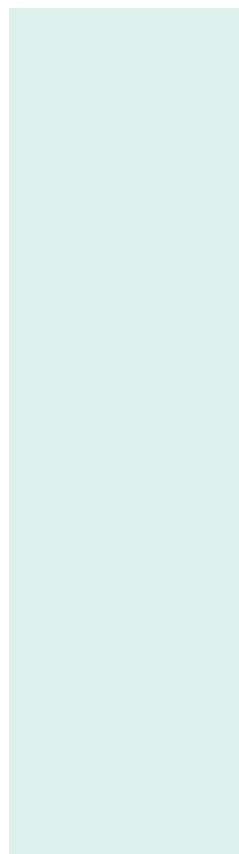
### # Athlete:

1205	Saragh BUGGY
1207	Leagh MOLONEY
1219	Emily O MAHONY
1228	Grace FITZGERALD
1229	Anna RYAN
1230	Anna MCKINTY
1231	Emma ONEILL
1232	Caoimhe MC DONAGH

### Club:

St Abbans A.C.
Dooneen A.C.
Waterford A.C.
Tipperary Town A.C.
Moycarkey Coolcree A.C.
Orangegrove A.C.
Carrick-on-Suir A.C.
South Sligo A.C.

### Performance:



# Women's Pole Vault

**National record:** Tori Pena – 4.60m

**Championship record:** Tori Pena – 4.40m

**Title holder:** Una Brice – 3.55m

2013

2013

2022

## Top 10 championship performances

1.	Tori Pena – 4.40m	2013	6.	Tori Pena – 4.15m	2016
2.	Tori Pena – 4.35m	2012	7.	Zoe Brown – 3.95m	2007
3.	Zoe Brown – 4.30m	2014	8.	Claire Wilkinson – 3.80m	2011
4.	Tori Pena – 4.20m	2011	8.	Sarah Semeraro – 3.80m	2010
4.	Tori Pena – 4.20m	2015	10.	Erin Kinnear – 3.70m	2003

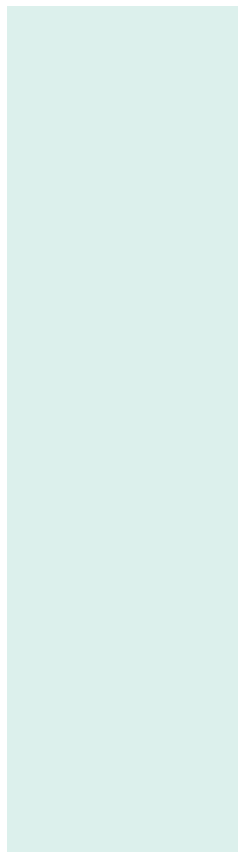
### # Athlete:

**1011** Lara O Byrne  
**1212** Erin Fisher  
**1220** Caoilfhionn Ní Mhadagáin  
**1221** Ellen Mccartney  
**1222** Una Brice  
**1223** Abbie O'neill

### Club:

Donore Harriers A.C.  
City of Lisburn A.C.  
Lusk A.C.  
City of Lisburn A.C.  
Leevale A.C.  
Ballymena and Antrim A.C.

### Performance:



# Women's Shot Put

**National record:** Marita Walton – 16.99m

**Championship record:** Eva Massey – 16.32m

**Title holder:** Michaela Walsh – 14.58m

1983

2007

2022

## Top 10 championship performances

1.	Eva Massey – 16.32m	2007	6.	Marita Walton – 16.15m	1984
2.	Marita Walton – 16.23m	1981	7.	Marita Walton – 15.83m	1982
3.	Eva Massey – 16.20m	2008	8.	Michaela Walsh – 15.66m	2021
3.	Clare Fitzgerald – 16.20m	2014	9.	Eva Massey – 15.51m	2003
5.	Marita Walton – 16.19m	1983	10.	Eva Massey – 15.45m	2006

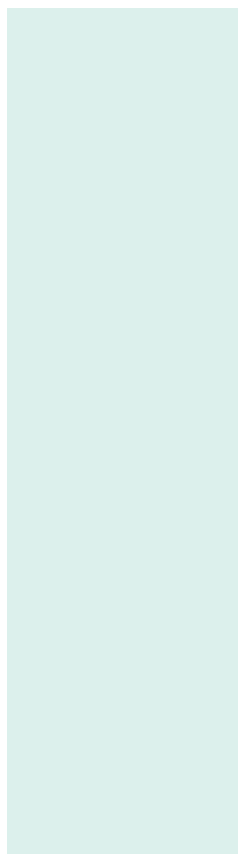
### # Athlete:

**1172** Ciara Sheehy  
**1173** Michelle Pilkington  
**1177** Anna Donoghue  
**1197** Aoibhín Mc Mahon  
**1201** Ailbhe Gordon  
**1203** Saidhbhe Byrne  
**1224** Michaela Walsh  
**1225** Alana Frattaroli  
**1226** Mary Fitzgerald  
**1227** Ashleigh Mc Ardle

### Club:

Emerald A.C.  
Dunboyne A.C.  
Caltra and District A.C.  
Blackrock (Louth) A.C.  
Greystones and District A.C.  
Enniscorthy A.C.  
Swinford A.C.  
Limerick A.C.  
Gowran A.C.  
Lifford Strabane A.C.

### Performance:



# Women's Discus

**National record:** Patricia Walsh – 57.60m

**Championship record:** Patricia Walsh – 57.60m

**Title holder:** Anna Gavigan – 46.22m

1984

1984

2022

## Top 10 championship performances

1.	Patricia Walsh – 57.60m	1984	6.	Clare Fitzgerald – 52.52m	2015
2.	Patricia Walsh – 54.26m	1983	7.	Patricia Walsh – 51.42m	1980
3.	Patricia Walsh – 53.82m	1981	8.	Patricia Walsh – 51.00m	1982
4.	Niamh Fogarty – 53.73m	2016	9.	Clare Fitzgerald – 50.07m	2011
5.	Clare Fitzgerald – 53.38m	2016	10.	Lorraine Shaw – 49.98m	1991

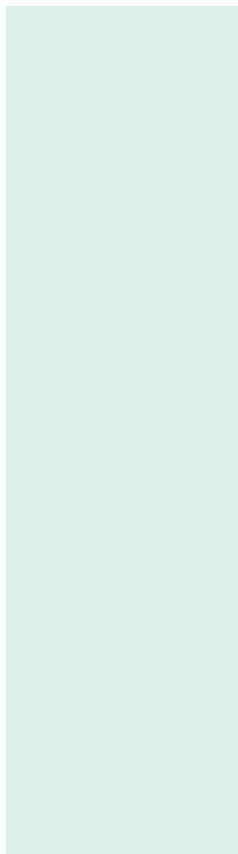
### # Athlete:

**1074** Emma Roche  
**1169** Chloe Ryan  
**1170** Holly Wright  
**1171** Cara Wright  
**1172** Ciara Sheehy  
**1173** Michelle Pilkington  
**1174** Grace Gormley  
**1175** Niamh Fogarty  
**1176** Sarah Graham  
**1177** Anna Donoghue  
**1178** Anna Gavigan

### Club:

Dundrum South Dublin A.C.  
St. L. O'Toole A.C.  
Crookstown Millview A.C.  
Crookstown Millview A.C.  
Emerald A.C.  
Dunboyne A.C.  
Shercock A.C.  
Raheny Shamrock A.C.  
St Abbans A.C.  
Caltra and District A.C.  
LSA A.C.

### Performance:



# Women's Javelin

**National record:** Anita Fitzgibbon – 54.92m

**Championship record:** Anita Fitzgibbon – 54.92m

**Title holder:** Katherine O'Connor – 50.93m

2013

2013

2022

## Top 10 championship performances

- |    |                             |      |     |                              |      |
|----|-----------------------------|------|-----|------------------------------|------|
| 1. | Anita Fitzgibbon – 54.92m   | 2013 | 6.  | Kate O'Connor – 49.24m       | 2020 |
| 2. | Anita Fitzgibbon – 51.56m   | 2015 | 7.  | Alison Moffitt – 49.10m      | 1996 |
| 3. | Katherine O'Connor – 50.93m | 2022 | 8.  | Anita Fitzgibbon – 48.62m    | 2114 |
| 4. | Dara Shakespeare – 50.26m   | 1994 | 9.  | Jennifer O'Sullivan – 47.95m | 2003 |
| 5. | Anita Fitzgibbon – 49.54m   | 2012 | 10. | Anita Fitzgibbon – 47.89m    | 2016 |

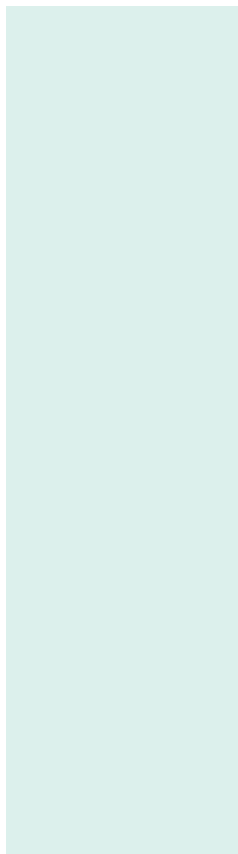
### # Athlete:

- 1007** Bláithín Ní Chiaráin  
**1009** Katherine O Connor  
**1197** Aoibhín Mc Mahon  
**1198** Katie Moynihan  
**1199** Ellie Mccurdy  
**1200** Grace Casey  
**1201** Ailbhe Gordon  
**1202** Leanne Healy  
**1203** Saidhbhe Byrne  
**1204** Jenny Murphy

### Club:

- Dunleer A.C.  
Dundalk St. Gerards A.C.  
Blackrock (Louth) A.C.  
Leevale A.C.  
Lifford Strabane A.C.  
Clonliffe Harriers A.C.  
Greystones and District A.C.  
Marian A.C.  
Enniscorthy A.C.  
Ennis Track A.C.

### Performance:





# Women's Hammer

**National record:** Eileen O'Keefe – 73.21m

**Championship record:** Eileen O'Keefe – 73.21m

**Title holder:** Michaela Walsh – 57.37m

2007

2007

2022

## Top 10 championship performances

1.	Eileen O'Keefe – 73.21m	2007	6.	Michaela Walsh – 62.64m	2021
2.	Eileen O'Keefe – 72.75m	2008	7.	Eileen O'Keefe – 62.44m	2004
3.	Eileen O'Keefe – 69.91m	2009	8.	Nicola Tuthill – 61.55m	2021
4.	Eileen O'Keefe – 68.14m	2005	9.	Michaela Walsh – 60.81m	2018
5.	Eileen O'Keefe – 67.80m	2006	10.	Eileen O'Keefe – 60.47m	2003

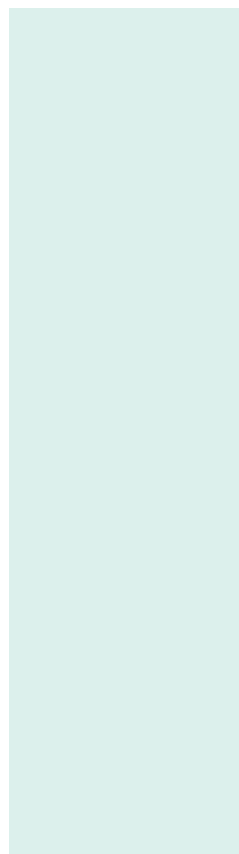
### # Athlete:

**1173** Michelle Pilkington  
**1177** Anna Donoghue  
**1179** Eadaoin Coady  
**1180** Adrienne Gallen  
**1181** Mairead O'neil  
**1182** Nicola Tuthill  
**1183** Margaret Hayden  
**1184** Fiona Hennessy  
**1185** Rachel Akers  
**1186** Zoe Mohan  
**1187** Claire Kennedy

### Club:

Dunboyne A.C.  
Caltra and District A.C.  
St Abbans A.C.  
Lifford Strabane A.C.  
Gneeveguilla A.C.  
U.C.D. A.C.  
Tallaght A.C.  
Templemore A.C.  
Ennis Track A.C.  
Cushinstown A.C.  
Birr A.C.

### Performance:



# Women's Weight For Distance (28lbs)

**National record:**

**Championship record:** Laura Dolan – 7.14m

**Title holder:** Laura Dolan – 7.14m

2022

2022

## Top 10 championship performances

1.	Laura Dolan – 7.14m	2022	6.	Cara Kennedy – 6.72m	2018
2.	Zoe Mohan – 6.98m	2021	7.	Laura McSweeney – 6.71m	2022
3.	Laura Dolan – 6.94m	2019	8.	Casey Mulvey – 6.67m	2020
4.	Ebony Hogan – 6.84m	2020	9.	Ebony Hogan – 6.63m	2021
5.	Casey Mulvey – 6.79m	2021	10.	Zoe Mohan – 6.60m	2020

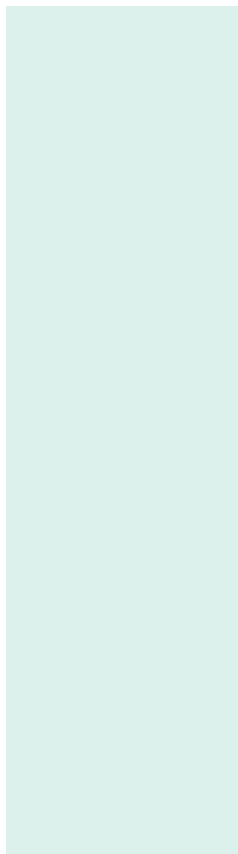
### # Athlete:

**1173** Michelle Pilkington  
**1186** Zoe Mohan  
**1197** Aoibhín Mc Mahon  
**1224** Michaela Walsh  
**1233** Olga Nedvede  
**1235** Rachel Clancy  
**1236** Ebony Hogan  
**1237** Bridget Mcdyer

### Club:

Dunboyne A.C.  
Cushinstown A.C.  
Blackrock (Louth) A.C.  
Swinford A.C.  
Dooneen A.C.  
St. John's A.C.  
Birr A.C.  
Finn Valley A.C.

### Performance:



# Women's 28lbs Height (NEW)

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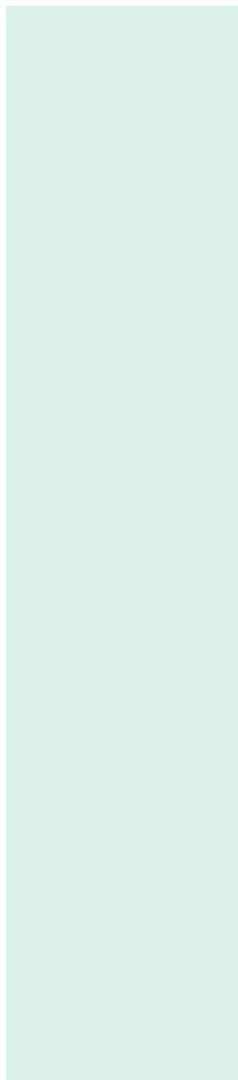
## # Athlete:

- 1173 Michelle Pilkington
- 1185 Rachel Akers
- 1233 Olga Nedvede
- 1234 Emma Kelly
- 1235 Rachel Clancy
- 1236 Ebony Hogan

## Club:

- Dunboyne A.C.
- Ennis Track A.C.
- Dooneen A.C.
- Brow Rangers A.C.
- St. John's A.C.
- Birr A.C.

## Performance:





# Womens 4×100 Relay

**National record:** National Team – 43.80

**Championship record:** Ferrybank A.C. – 46.96

**Title holder:** Dundrum South Dublin A.C. – 49.01

2018

2013

2022

## # Club:

1 Mayo A.C.

## Athletes:

Claudia Davey  
Paula Donnellan Walsh  
Noelle Kilduff  
Colette Tuohy

## Performance:

8 Dundrum South Dublin A.C.

Aisling Cunningham  
Aobh Forde  
Katie Magee  
Emma Roche

14 Galway City Harriers A.C.

Laura Ann Costello  
Laura Nally  
Nicole Quirke  
Nicole Walsh

# Women's 4×400 Relay

**National record:** National Team – 3:26.06

**Championship record:** Kilkenny City Harriers A.C. – 3:42.29

**Title holder:** Ratoath A.C. – 3:56.06

2022

2000

2022

# Club:	Athletes:	Performance:
4 Clonliffe Harriers A.C.	Clodagh Dunbar Jenny Johnston Ava Usanova Rebecca Walsh	
10 Dundrum South Dublin A.C.	Charlotte Bourke Aisling Cunningham Molly Hourihan Katie Magee Cara Murphy	
17 Metro/St. Brigids A.C.	Aoife Brown Molly Brown Sadhbh Mohan Vanessa O Connor	
19 Rathfarnham W.S.A.F. A.C.	Wahjerjay Blango Catriona Dowling Louise Gaffney Edel McCreery Zoie Richie	
20 Ratoath A.C.	Aimee Doherty Laura Kelly Eve Mooney Niamh Murphy Aisling Stratford	
24 U.C.D. A.C.	Michelle Duggan Beth Fitzpatrick Ellie Hartnett Sarah Healy Rhianna Mc Carthy Susie Nestor	

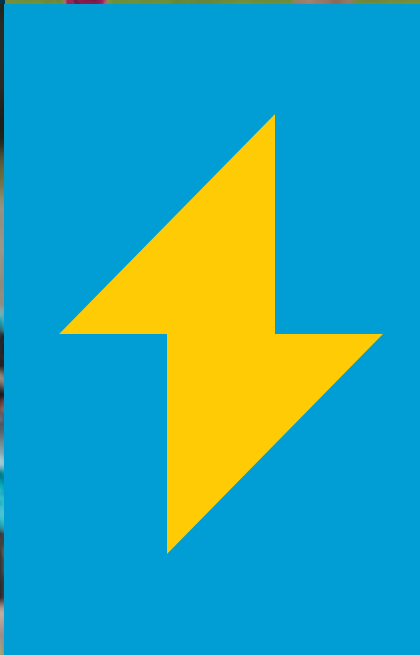
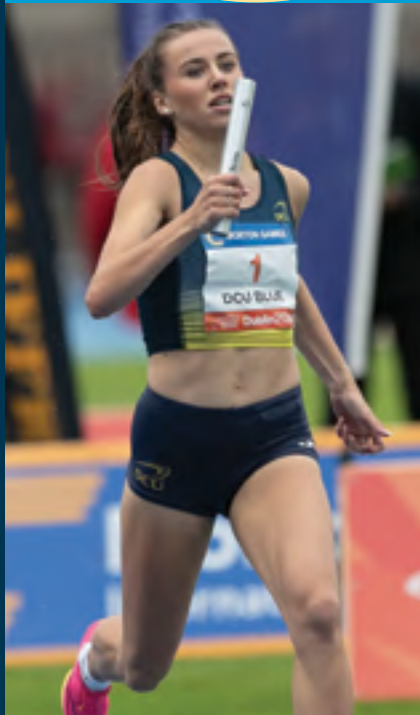
# Dublin City University

Committed supporter of Irish athletics and proud leader of Morton Stadium's redevelopment.

**Wishing all competitors the very best of luck at this year's championships.**



Ollscoil Chathair  
Bhaile Átha Cliath  
Dublin City University





# Competition's history

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**W**ithout specialised training we can never again break records. But training, in the broad and healthy sense, is in the reach of all. Regular meals of sound, wholesome food; regular exercise and brisk walks in the open; early to bed (most important); steering clear of too much indoor dancing; avoiding tobacco and intemperance – these are the essentials that lay the foundations of a healthy body and successful Athletic career.

It is tempting to think little has changed when you read those words from the journalist PD Mehigan (AKA 'Carbery') in his history of the first 70 years of Irish athletics, published in 1945. Most of us still strive to live a healthy lifestyle but only the most gifted, ambitious, and dedicated will ever make podiums, win national titles or break records.

The National Track and Field Championships has an administrative past that is as convoluted as Ireland's troubled political history but 'Nationals', which celebrate their 150th edition this year, have always sparked brilliance and debate.

The inaugural event, all-male and under the auspices of the Irish Champions Athletic Club (ICAC), took place in College Park (Trinity) on July 7, 1873 (a Monday because it was rain-

delayed) before a reported crowd of 8,000. From 1885 to 1922 two separate organisations – the Irish Amateur Athletics Association (IAAA) and the GAA – ran parallel 'National' track and field championships.

On the setting up of the Free State the National Athletics and Cycling Association (NACAI) took charge as the national governing body in 1922 until the Irish Amateur Athletic Union (IAAU) was founded in 1937.

The IAAU governed the national championships until the establishment of Bord Luthcleas Eireann (BLE) in 1967 which was replaced by Athletics Ireland in 1999. Yet despite years of change, and athletes continued to compete for the most prized domestic titles in the land and provided magical moments from the start.

In 1901 Peter O'Connor, Waterford's famous 'King of Spring' jumped a world record of 24 feet and nine inches at the IAAA Championships in the RDS and, less than two months later, jumped 24 foot 11 3/4 inches. That was the first IAAF recognised long jump world record. It survived as a world record for 20 years and an Irish one for a remarkable 89.

O'Connor won two medals (triple jump gold and long jump silver) at the 1906 Olympics and was not the only Irish

world leader in those years which also featured Limerick's leaping Leahy brothers Pat and Con, the former another two-time Olympic medallist.

Tipperary star Tom Kiely is another legend of that era. He amassed 53 national titles (seven in 1892 alone) and also won the All-Around title at the 1904 Olympics, regarded as the precursor to the Olympic decathlon.

Legendary promotor Billy Morton opened Santry Stadium in 1958, initially a cinder track that is forever associated with the 'Miracle Mile' that August when Herb Elliot and four more men, including Ireland's Olympic champion Ronnie Delany, broke the four-minute mile.

Santry is now Nationals' permanent home but in the early years, under two separate associations, they were staged from Lansdowne Road to Croke Park and from Limerick's Market Field to Tramore in Waterford.

They moved around through the 1970s - Banteer, The Mardyke, Limerick (1976) and Belfield - and visited other athletics' hotbeds like Tullamore and Cork IT in the '80s. It wasn't until the late 1960s before female athletes were included, initially in AAUE Championships (1965 and 1966) and an unofficial 'All-Ireland' in 1966. The first BLE National Championships for women were held in Clanwilliam Park in Tipperary Town in 1967, separate from the men's competition but, since 1970, both genders have rightly shared the stage.

Many of the first BLE female winners had already medalled in 1966 - Crusader's Jacqueline Spence in sprints, historic first Olympian Maeve Kyle (gold in 80-yard hurdles and 440 yards) and Clonliffe's Ann O'Brien (gold in 880yds

and the Mile). O'Brien (whose club Clonliffe followed the example of Kyle's Ballymena AC in setting up a women's section in 1963) won an unprecedented 18 titles. Her clubmate Claire Walsh (nee Dowling) was another early standout who won 16 titles and was Ireland's first female European finalist (at 800m)..

Only four men (Tom Kiely, Ned Tobin, Tadhg Twomey and Martin Egan) have surpassed sprint queen Michele Walsh Carroll's incredible record of 31 national titles between 1977-1995. Her phenomenal range and durability was demonstrated by winning her fourth 'treble' (100m/200m/400m), aged 34, in her final season in '95. Many others who have won multiple title are listed elsewhere in this programme.

They include two-time Olympic hammer champion (1928 & '32) Dr Pat O'Callaghan, a phenomenal all-rounder whose 22 national titles included three in high jump. Little wonder movie moguls tried, unsuccessfully, to lure him to Hollywood to play Tarzan!

Terry McHugh, famously, won 21 consecutive javelin titles from 1985, though his championship record (80.27m in 2000) was over two metres short of his 82.75m Irish record set in London a fortnight earlier.

Setting a national record at 'Nationals' is truly the holy grail. Of the six that currently stand Paul Hession's 20:30 (+0.1) 200m in 2007 was remarkable given the lack of wind-assistance. It came just six days after his 20:44 (+1.2) in Sheffield had finally broken Paul Brizzel's long-standing mark.

Two are in 10km race-walking: Gillian O'Sullivan's 20:02.60 in 2002 and Robert Heffernan 38:27.57 in 2008.

The other three extant national records set at Nationals all came in women's throws: Patricia Walsh's 57:60m discus (1984), Anita Fitzgibbon's 54:92m javelin (2013) and Eileen O'Keeffe's 73:21m hammer in 2007, a portent of her making the World Championship final five weeks later.

They're not national records but 1999 was a special year for men's jumping. Brendan Reilly's 2.28m high jump and Ciaran McDonagh's 8:04m long jump are still championship records 23 years later.

Deirdre Ryan's 1:90m high jump in 2011 was also special, though she had cleared 1:93m a week earlier and took the national record to 1:95m when finishing fifth at World Championships a month later.

Sonia O'Sullivan still holds the championship records for 1500m (4:07.09) and 5000m (15:20) and her national records (3:58 & 14:41) are in another stratosphere. No one has ever come remotely close to John Treacy's 5000m championship record of 13:21:93 in 1980. He may be best known for winning World Cross-Country titles and Olympic marathon silver but his 5000m mark still stands over 40 years later. It knocked almost two seconds off Eamonn Coghlan's then Irish record and Treacy reportedly only ran that 5000m to tune-up for the Moscow Olympics.

Another Waterford star Kelly Proper also did something unique in 2013 by winning four Irish titles (both sprints, long jump and the 4x100m) in one day. Yet Nationals are not always about records.

To become a national champion, you must combine form with big-day composure, especially against

your nearest rival and those rivalries often produce the most memorable moments. The high quality of men's 400 and 800m in recent decades has provided some riveting finishes and Ireland's rich history in middle distance running always adds intrigue and prestige to those rivalries.

People still talk in hushed tones of the 1974 men's 800m final when rising star Eamonn Coghlan gave notice of his killer kick to beat a loaded field that included Niall O'Shaughnessy, Noel Carroll and John Hartnett.

Now we are fascinated by a new generation, directly inspired by Heffernan, Hession, David Gillick, Derval O'Rourke and Thomas Barr who have all put Irish race walking and sprinting on the world stage. The momentary intake of breath and silence that accompanies speedsters settling into their blocks is always spine-tingling and sprinters are likely to provide many of this weekend's highlights.

But watch out too for the distance runners, jumpers, throwers, vaulters and walkers all straining every sinew to win some of the most coveted crowns in their careers.

Cliona Foley,  
**Sportswriter**

# Previous Senior Champions

2013	Morton Stadium, Santry – 27 <sup>th</sup> , 28 <sup>th</sup> July	
Event	Men's	Women's
100m	David Hyne	Amy Foster
200m	Steven Colbert	Joanne Cuddihy
400m	Brian Murphy	Joanne Cuddihy
800m	Paul Robinson	Siobhan Eviston
1500m	Eoin Everard	Orla Drumm
5000m	Mark Christie	Maria McCambridge
3000m S/C	Rory Chesse	Michelle Finn
100/110m Hurdles	Tom Carey	Mairead Murphy
400m Hurdles	Thomas Barr	Jessie Barr
Walk	Brendan Boyce	Perri Williams
High Jump	Simon Phelan, Barry Pender*	Deirdre Ryan
Pole Vault	David Donegan	Tori Pena
Long Jump	Eamonn Fahy	Kelly Proper
Triple Jump	Denis Finnegan	Mary McLoone
Shot Putt	Sean Breathnach	Clare Fitzgerald
Discus	Marco Pons	Clare Fitzgerald
Hammer	Conor McCullough	Cara Kennedy
Javelin	Rory Gunning	Jennifer O'Sullivan
WFD	Tomas Rautkys	Perri Williams
WFH	David Tierney	Perri Williams
4×100m Relay	Meniapians	Dundrum South Dublin
4×400m Relay	Ferrybank	Dundrum South Dublin

\* tied

2003	Morton Stadium, Santry – 9 <sup>th</sup> , 10 <sup>th</sup> August	
Event	Men's	Women's
100m	Gary Ryan	Ciara Sheehy
200m	Paul Brizzel	Ciara Sheehy
400m	Paul McKee	Karen Shinkins
800m	Daniel Caulfield	Kelly McNeice
1500m	Gareth Turnbull	Roisin McGettigan
5000m	Cathal Lombard	Sonia O'Sullivan
3000m S/C	Eugene O'Neill	
100/110m Hurdles	Peter Coghlan	Carine Soulabail
400m Hurdles	Brian Liddy	Michelle Carey
Walk	Jamie Costin	Gillian O'Sullivan
High Jump	Adrian O'Dwyer	Rosemary Daniels
Pole Vault	Ruairi O'Brien	Erin Kinnear
Long Jump	Ciaran McDonag	Antoinette Furlong
Triple Jump	Patrick Shannon	Taneisha Robinson Scanlon
Shot Putt	John P Leahy	Eva Massey
Discus	John Menton	Renata Katewicz
Hammer	Roman Linscheid	Eileen O'Keefe
Javelin	Terry McHugh	Jennifer O'Sullivan
WFD	John Menton	
WFH	Seamus Fitzpatrick	
4×100m Relay	Clonliffe Harriers	Metro St. Brigids
4×400m Relay	Dublin City Harriers	Metro St. Birgids

1993	Belfield, UCD – 24 <sup>th</sup> , 25 <sup>th</sup> July	
Event	Men's	Women's
100m	Kieran Finn	Michele Carroll (Walsh)
200m	Kieran Finn	Michele Carroll (Walsh)
400m	Sean McAteer	Stephanie McCann
800m	P.J. O'Rourke	Geraldine Nolan
1500m	Niall Bruton	Anita Philpott
5000m	Paul Donovan	Catherina McKiernan (3000m)
3000m S/C	Enda Fitzpatrick	
100/110m Hurdles	T.J. Kearns	Patricia Naughton
400m Hurdles	Nigel Keogh	Stephanie McCann
Walk	Pat Murphy	Lisa Paolini (Sheridan)
High Jump	Mark Mandy	Sharon Foley
Pole Vault	Neil Young	
Long Jump	Jonathon Kron	Terri Horgan
Triple Jump	Michael McDonald	Siobhan Hoey
Shot Putt	Paul Quirke	Kelly Kane
Discus	Nick Sweeney	Mary Mahon
Hammer	Paddy McGrath	Brenda Thompson
Javelin	Terry McHugh	Mary T Real
WFD	John Menton	
WFH	Paul Quirke	
4×100m Relay	Dublin City Harriers	Clonliffe Harriers
4×400m Relay	Waterford	Nenagh Olympic

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