

Premier Men - Athlone IT - R2**110m Hurdles (wind: -0.4m/s)**

Place	Num	Athlete	Club	Time
1	56	Paul Byrne	St. Abbans A.C.	15.64
2	54	Joe Halwax	DSD A.C.	15.87
3	55	Conor Gaffney	Menapians A.C.	17.02
4	52	Thomas Connolly	Kildare County	21.36
5	51	Henrique Nkolovata	Galway City Harriers	23.26

3000m Walk

Place	Num	Athlete	Club	Time
1	55	Jimmy McDonald	Menapians A.C.	15.20.07
2	50	Simon Devenney	Raheny Shamrock A.C.	18.31.06
3	52	Michael Reidy	Kildare County	18.33.10

400m Hurdles

Place	Num	Athlete	Club	Time
1	56	Paul Byrne	St. Abbans A.C.	55.15
2	54	Joe Halwax	DSD A.C.	56.11
3	52	Liam Nolan	Kildare County	59.94
4	55	Conor Gaffney	Menapians A.C.	1.01.59
5	50	Dylan Kirwan Brendan Lynch	Raheny Shamrock A.C. Loughrea A.C.	1.02.08 57.68

4X100m Relay

Place	Num	Athlete	Club	Time
1	53		Kerry Athletics	43.05
2	54		DSD A.C.	43.99
3	51		Galway City Harriers	44.26
4	52		Kildare County	45.24
5	50		Raheny Shamrock A.C.	45.84
6	55		Menapians A.C.	46.07

1500m

Place	Num	Athlete	Club	Time
1	50	Cillian Kirwan	Raheny Shamrock A.C.	4.01.96
2	55	Alister Rutherford	Menapians A.C.	4.08.67
3	51	Aaron Brennan	Galway City Harriers	4.08.96
4	54	Rick Nally	DSD A.C.	4.09.85
5	56	Will Fox	St. Abbans A.C.	4.33.50
6	52	Eoin O'Connor	Kildare County	4.42.12

400m

Place	Num	Athlete	Club	Time
1	53	Dion Markus	Kerry Athletics	49.97
2	51	Jonah Erugo	Galway City Harriers	49.99
3	56	Eoghan Buggy	St. Abbans A.C.	51.55
4	55	Conor Wilson	Menapians A.C.	52.32
5	50	Jamie Sheridan	Raheny Shamrock A.C.	53.33
6	52	Keeley Hogan	Kildare County	53.75
7	54	Paul O'Callaghan	DSD A.C.	54.02

3000m S/C

Place	Num	Athlete	Club	Time
1	54	Emmet Jennings	DSD A.C.	9.32.48
2	55	Jonathon Goringe	Menapians A.C.	9.56.06
3	56	Stephen Hunter	St. Abbans A.C.	10.57.98
4	50	Donal Foley	Raheny Shamrock A.C.	11.24.07
5	52	Adam Byrne	Kildare County	11.28.80

200m (wind: 0.4 m/s)

Place	Num	Athlete	Club	Time
1	53	Travane Morrison	Kerry Athletics	22.39
2	50	Mark Smyth	Raheny Shamrock A.C.	22.45
3	51	Robert Mc Donnell	Galway City Harriers	22.94
4	52	John Grant	Kildare County	23.62
5	54	James Holden	DSD A.C.	23.71
6	55	Conor Wilson	Menapians A.C.	25.08
7	56	Josh McDonald	St. Abbans A.C.	25.62

Premier Women- Athlone IT - R2**100m Hurdles (wind: -1.7 m/s)**

Place	Num	Athlete	Club	Time
1	59	Ruby Millett	St. Abbans A.C.	14.74
2	62	Karen Dunne	Meath County	17.25
3	58	Rachel Dunne	DSD A.C.	18.17
4	57	Sarah Finnegan	Galway County	18.79

1500m Walk

Place	Num	Athlete	Club	Time
1	60	Emily McHugh	Kildare County	6.54.59
2	57	Veronica Burke	Galway County	7.19.25
3	59	Collette Brennan	St. Abbans A.C.	10.30.41

400m Hurdles

Place	Num	Athlete	Club	Time
1	62	Caoimhe Rowe	Meath County	1.10.32
2	58	Grace O'Rourke	DSD A.C.	1.10.92
3	57	Aoife Sheedy	Galway County	1.12.23

4X100m Relay

Place	Num	Athlete	Club	Time
1	57		Galway County	50.23
2	62		Meath County	50.70
3	60		Kildare County	51.63
4	58		DSD A.C.	52.46
5	61		Raheny Shamrock A.C.	53.87

1500m

Place	Num	Athlete	Club	Time
1	58	Fiona Clinton	DSD A.C.	4.44.85
2	61	Aoibhinn McGoldrick	Raheny Shamrock A.C.	4.46.12
3	60	Niamh O'Connor	Kildare County	4.53.93
4	59	Ailish Brennan	St. Abbans A.C.	5.17.31
5	57	Catherine Casserly	Galway County	5.20.84
6	62	Karla Kelly	Meath County	5.23.23

400m

Place	Num	Athlete	Club	Time
1	57	Sinead Treacy	Galway County	58.64
2	61	Hannah Byrne	Raheny Shamrock A.C.	59.34
3	62	Jennifer Nugent	Meath County	1.01.66
4	60	Katie Quigley	Kildare County	1.01.75
5	58	Emer Finlay	DSD A.C.	1.04.64
6	59	Orla Davis	St. Abbans A.C.	1.08.71

3000m S/C

Place	Num	Athlete	Club	Time
1	57	Aisling Joyce	Galway County	12.12.94
2	60	Kirsten Monaghan	Kildare County	12.18.43
3	58	Grace O'Rourke	DSD A.C.	12.41.73
4	59	Sinead Kelly	St. Abbans A.C.	13.52.51

200m (wind: 0.3m/s)

Place	Num	Athlete	Club	Time
1	59	Nessa Millett	St. Abbans A.C.	24.93
2	57	Laura Nally	Galway County	26.01
3	61	Aisling Drumgoole	Raheny Shamrock A.C.	26.35
4	60	Caoimhe Cronin	Kildare County	26.40
5	62	Shelly Smith	Meath County	26.67
6	58	Orla Walsh	DSD A.C.	27.60

800m				
Place	Num	Athlete	Club	Time
1	50	Kieran Kelly	Raheny Shamrock A.C.	1.56.22
2	56	Cian Kelly	St. Abbans A.C.	1.57.03
3	54	Aengus Meldon	DSD A.C.	2.00.30
4	51	Jack Maher	Galway City Harriers	2.01.45
5	55	Alister Rutherford	Menapians A.C.	2.04.55
6	52	Eoin O'Connor	Kildare County	2.05.18
7	53	Darragh Lynch	Kerry Athletics	2.06.10

800m				
Place	Num	Athlete	Club	Time
1	58	Sinead Denny	DSD A.C.	2.16.58
2	60	Orla Reidy	Kildare County	2.20.44
3	61	Aoibhinn McGoldrick	Raheny Shamrock A.C.	2.21.73
4	57	Sinead Gaffney	Galway County	2.23.26
5	62	Ava Costello	Meath County	2.44.10
6	59	Sharon Buggy	St. Abbans A.C.	3.07.49

5000m				
Place	Num	Athlete	Club	Time
1	54	Mark Molloy	DSD A.C.	15.39.44
2	52	Brian Conway	Kildare County	15.45.30
3	55	Jonathon Goringe	Menapians A.C.	15.51.23
4	53	Conor O'Mahony	Kerry Athletics	16.04.13
5	51	John Moroney	Galway City Harriers	16.09.45
6	50	Seamus Devenny	Raheny Shamrock A.C.	16.43.64
7	56	Stephen Hunter	St. Abbans A.C.	17.08.77
952		Sean Doyle	North Cork A.C.	15.07.11
967		Kevin Chesser	Ennis Track A.C	15.47.09
964		Eanna Foley	GCH A.C.	16.17.50

3000m				
Place	Num	Athlete	Club	Time
1	57	Regina Casey	Galway County	10.34.05
2	61	Lucy Barrett	Raheny Shamrock A.C.	10.55.38
3	62	Ava Costello	Meath County	11.29.50
4	60	Evelyn Coughlan	Kildare County	11.29.98
5	59	Sinead Kelly	St. Abbans A.C.	12.02.53

100m (wind: -1.4m/s)				
Place	Num	Athlete	Club	Time
1	50	Sean O'Driscoll	Raheny Shamrock A.C.	11.10
2	51	Robert Meagher	Galway City Harriers	11.48
3	53	Travane Morrison	Kerry Athletics	11.54
4	54	Hugh Gowing	DSD A.C.	11.78
5	55	Aaron Tierney Smith	Menapians A.C.	12.04
6	52	Eoin O'Sullivan	Kildare County	12.23
7	56	Josh Buggy	St. Abbans A.C.	12.30

100m (wind: -0.9 m/s)				
Place	Num	Athlete	Club	Time
1	59	Nessa Millet	St. Abbans A.C.	12.21
2		Amy Allen	Kildare County	12.52
3	61	Aisling Drumgoole	Raheny Shamrock A.C.	12.64
4	57	Lydia Doyle	Galway County	13.06
5	58	Orla Walsh	DSD A.C.	13.08
6	62	Oliva Gonzalez	Meath County	13.69
		Freya Bohan	Craughwell A.C.	13.57

4X400m				
Place	Num	Athlete	Club	Time
1	51		Galway City Harriers	3.31.02
2	50		Raheny Shamrock A.C.	3.35.08
3	54		DSD A.C.	3.39.44
4	52		Kildare County	3.42.64
5	55		Menapians A.C.	3.43.85
6	56		St. Abbans A.C.	3.44.44
7	53		Kerry Athletics	3.53.88

4X400m				
Place	Num	Athlete	Club	Time
1	60		Kildare County	4.04.58
2	57		Galway County	4.11.37
3	58		DSD A.C.	4.33.48

Hammer				
Place	Num	Athlete	Club	Distance
1	56	Ger Kelly	St. Abbans A.C.	39.50
2	52	Graham Dean	Kildare County	26.50
3	55	Mick McKeon	Menapians A.C.	9.70

Hammer				
Place	Num	Athlete	Club	Distance
1	59	Emma Daly	St. Abbans A.C.	38.80
2	61	Mieke Kiernan	Raheny Shamrock A.C.	37.71
3	62	Caoimhe Rowe	Meath County	31.11
4	57	Leonie Hegarty	Galway County	18.76
5	60	Pauline Kenny	Kildare County	17.98
6	58	Tai Daly	DSD A.C.	14.41

Pole Vault				
Place	Num	Athlete	Club	Height
1	56	Matthew Rossiter	St. Abbans A.C.	4.00
2	50	Conor Bermingham	Raheny Shamrock A.C.	3.40
3	51	Eoghan Jennings	Galway City Harriers	3.00
4	55	Conor Gaffney	Menapians A.C.	2.80
5	52	Luke Hennessy	Kildare County	2.20

Pole Vault				
Place	Num	Athlete	Club	Height
1	60	Eadaoin Murtagh	Kildare County	2.40
		Clodagh Walsh	Abbey Striders	3.30

Long Jump				
Place	Num	Athlete	Club	Distance
1	50	Colm Burke	Raheny Shamrock A.C.	7.04
2	53	Luke O'Carroll	Kerry Athletics	6.73
3	54	David Dagg	DSD A.C.	5.79
4	52	Luke Hennessy	Kildare County	5.61
5	55	Emmanuel Ogbonna	Menapians A.C.	5.40
6	56	Josh McDonald	St. Abbans A.C.	5.31
7	51	Richard Kamson	Galway City Harriers	4.71
		Cillian Griffin	Tralee Harriers	6.43
		Liam Nolan	Kildare	5.96
		Travane Morrison	Tralee Harriers	6.41

Long Jump				
Place	Num	Athlete	Club	Distance
1	59	Ruby Millet	St. Abbans A.C.	5.52
2	61	Kim O'Hare	Raheny Shamrock A.C.	5.25
3	58	Gráinne Moggan	DSD A.C.	4.95
4	57	Alisha Larkin	Galway County	4.91
5	62	Jennifer Nugent	Meath County	4.71

Shot Putt				
Place	Num	Athlete	Club	Distance
1	51	Brendan Staunton	Galway City Harriers	12.92
2	56	Keith Gilligan	St. Abbans A.C.	11.06
3	52	Patrick Corrigan	Kildare County	10.68
4	50	Daniel Belveridge	Raheny Shamrock A.C.	9.92
5	53	James Nagle	Kerry Athletics	9.92
6	54	Jamie Martin Grace	DSD A.C.	7.99
7	55	Conor Wilson	Menapians A.C.	7.08

Shot Putt				
Place	Num	Athlete	Club	Distance
1	59	Nicole Kehoe Dowling	St. Abbans A.C.	11.49
2	62	Karen Dunne	Meath County	10.30
3	57	Mary Barrett	Galway County	8.63
4	58	Tai Daly	DSD A.C.	7.81
5	61	Mieke Kiernan	Raheny Shamrock A.C.	7.51
6	60	Kirsten Monaghan	Kildare County	7.03

High Jump				
Place	Num	Athlete	Club	Height
1	52	Ciaran Connolly	Kildare County	1.91
2	56	Paul Byrne	St. Abbans A.C.	1.70
3	50	Matthew Cotter	Raheny Shamrock A.C.	1.70
4	54	David Dagg	DSD A.C.	1.65
5	53	Cillian Griffin	Kerry Athletics	1.60
6	51	Richard Thompson	Galway City Harriers	1.55
7	55	Alaister Rutherford	Menapians A.C.	1.55

High Jump				
Place	Num	Athlete	Club	Height
1	59	Daena Kealy	St. Abbans A.C.	1.67
2	62	Karen Dunne	Meath County	1.45
3	58	Ailbhe Kenny	DSD A.C.	1.40
3	60	Kirsten Monaghan	Kildare County	1.40
5	57	Aoibhinn Farrell	Galway County	1.40
	61	Kay Bannon	Raheny Shamrock A.C.	NH

Discus				
Place	Num	Athlete	Club	Distance
1	51	Brendan Staunton	Galway City Harriers	39.11
2	52	Michael Kenny	Kildare County	38.86
3	56	Eoin Kelly	St. Abbans A.C.	35.25
4	54	Brian McDermott	DSD A.C.	28.13
5	53	James Nagle	Kerry Athletics	22.64
	50	Daniel Beveridge	Raheny Shamrock A.C.	NT

Discus				
Place	Num	Athlete	Club	Distance
1	61	Niamh Fogarty	Raheny Shamrock A.C.	48.94
2	59	Nicole Kehoe Dowling	St. Abbans A.C.	30.93
3	58	Emma Roche	DSD A.C.	23.31
4	60	Pauline Kenny	Kildare County	22.51
5	57	Shauna Tobin	Galway County	14.98
	955	Sarah Graham	St Abbans A.C.	35.36
	901	Leonie Hegarty	Tuam A.C.	16.39
	909	Siofra Foley	FMV A.C.	22.32

Triple Jump				
Place	Num	Athlete	Club	Distance
1	56	Eoin Kelly	St. Abbans A.C.	12.82
2	50	Matthew Cotter	Raheny Shamrock A.C.	12.77
3	53	Michael Tony	Kerry Athletics	12.38
4	52	Eddy Tampu	Kildare County	11.52
5	51	Henrique Nkolovata	Galway City Harriers	11.5
6	55	Emmanuel Ogbonna	Menapians A.C.	11.33

Triple Jump				
Place	Num	Athlete	Club	Distance
1	59	Saragh Buggy	St. Abbans A.C.	12.00
2	61	Kim O'Hare	Raheny Shamrock A.C.	11.54
3	57	Laura Cunningham	Galway County	10.20
4	58	Rachel Dunne	DSD A.C.	9.75
5	60	Robyn Donovan	Kildare County	9.37

Javelin				
Place	Num	Athlete	Club	Distance
1	52	Michael Jordan	Kildare County	52.72
2	54	Brian McDermott	DSD A.C.	44.30
3	53	Rossa Foley	Kerry Athletics	43.15
4	56	Matthew Rossiter	St. Abbans A.C.	41.72
5	51	Cliff Jennings	Galway City Harriers	32.34
6	55	Mel O'Callaghan	Menapians A.C.	28.48
7	50	Mick Hynes	Raheny Shamrock A.C.	19.68

Javelin				
Place	Num	Athlete	Club	Distance
1	58	Emmy Coffey	DSD A.C.	28.79
2	59	Emma Daly	St. Abbans A.C.	26.3
3	57	Freya Bohan	Galway County	25.64
4	62	Olivia Gonzalez	Meath County	23.56
5	60	Leah Murphy	Kildare County	15.78
6	61	Valerie Tsuknova	Raheny Shamrock A.C.	14.06

56 lb Weight				
Place	Num	Athlete	Club	Distance
1	52	Michael Kenny	Kildare County	6.28
2	53	Trevane Morrison	Kerry Athletics	6.07
3	56	Keith Gilligan	St. Abbans A.C.	4.81
4	54	Jamie Martin Grace	DSD A.C.	4.46
5	50	Liam Sheehan	Raheny Shamrock A.C.	4.29
6	55	Steve Wilson	Menapians A.C.	2.76