

100m								
10.45	1.9	Jer O'Donoghue	Leevale	81	1	Castleisland	18.08.05	
10.46	0.8	Gary Ryan	Nenagh Olympic	72	2h1	Fribourg, SUI	27.08.05	
10.46	-0.3	Paul Hession	Athenry	83	1h2	Fribourg, SUI	27.08.05	
10.60	1.6	Paul Brizzel	Ballymena & Antrim	76	1	Mary Peters	11.06.05	
10.63	0.1	Ciaran McDonagh	Fr. Murphy's	76	4	Atlanta GA, USA	15.05.05	
10.72	1.6	Paul McKee	Beechmount Harriers	77	2	Mary Peters	11.06.05	
10.85	0.3	Jason Smyth	City of Derry	87	8	Rethymno, GRE	10.07.05	
10.88	1.1	Gordon Kennedy	Tullamore Harriers	81	2r1	London, ENG	01.06.05	
11.03	1.6	John Laffey	Clonliffe Harriers		1rB	Santry	30.07.05	
11.04	-0.2	Darragh Graham	Sli Cualann	84	4	Arnhem, NED	22.06.05	
(10)								
11.08	0.9	Stephen Fleming	Crusaders	72	3	Alfaz del Pi, ESP	16.04.05	
wind assisted/nwi								
10.37	3.0	Gary Ryan	Nenagh Olympic	72	1	Santry	24.07.05	
10.40	3.7	Jer O'Donoghue	Leevale	81	6	Mardyke	02.07.05	
10.59	4.8	Jason Smyth	City of Derry	87	1j	C.I.T.	03.07.05	
10.66	4.8	Caolan Flanagan	Ballymena & Antrim		2j	C.I.T.	03.07.05	
10.74	3.0	David Hynes	Menapians	85	4	Santry	24.07.05	
10.87	4.8	Derek Duff	Leevale		3j	C.I.T.	03.07.05	
10.91	3.0	Mark Hopkins	North Belfast		5	Santry	24.07.05	
11.02	2.6	Darragh Graham	Sli Cualann	84	2	Irishtown	23.04.05	

11.04	2.6	Darren O'Donovan	U.C.C.	84	3	Irishtown	23.04.05
11.05	2.5	Cian Aherne	Dooneen	86	2s	C.I.T.	21.05.05
11.05	3.7	Daniel Kavanagh	Clonliffe Harriers		3u23	C.I.T.	03.07.05
11.07	3.7	Peter Stafford	D.S.D.		4u23	C.I.T.	03.07.05
200m							
20.86	1.1	Paul Hession	Athenry	83	2r1	Fribourg, SUI	27.08.05
21.08	- 1.4	Paul Brizzel	Ballymena & Antrim	76	1	Santry	23.07.05
21.15	- 1.4	Gary Ryan	Nenagh Olympic	72	2	Santry	23.07.05
21.21	1.8	David Gillick	D.S.D.	83	1h2	Irishtown	22.04.05
21.63	0.1	Paul McKee	Beechmount Harriers	77	6rA	Eton, ENG	04.06.05
21.64	- 0.3	Gordon Kennedy	Tullamore Harriers	81	1r1	London, ENG	01.06.05
21.70	1.8	Brian Murphy	Leevale	82	2h2	Irishtown	22.04.05
21.79	2.0	Derek Duff	Leevale		1j	C.I.T.	03.07.05
21.83	2.0	Caolan Flanagan	Ballymena & Antrim		2j	C.I.T.	03.07.05
21.94	1.8	Darragh Graham	Sli Cualann	84	3h2	Irishtown	22.04.05
(10)							
21.97	- 1.7	Gerard O'Reilly	Shercock	89	4	Lignano, ITA	08.07.05
22.04	0.2	Jason Smyth	City of Derry	87	7	Rethymno, GRE	10.07.05
22.20	0.6	Peter Stafford	D.S.D.	84	1u23	C.I.T.	03.07.05
22.24	2.0	Barry Upton	Ferrybank		3j	C.I.T.	03.07.05
22.32	- 1.4	David Hynes	Menapians	85	7	Santry	23.07.05
22.36	1.8	John Saulters	North Down		4h2	Irishtown	22.04.05

wind assisted/nwi								
20.40	4.3	Paul Hession	Athenry	83	7h6	Helsinki, FIN	09.08.05	
20.91	3.2	Paul Brizzel	Ballymena & Antrim	76	4	Santry	30.07.05	
20.97	2.8	Gary Ryan	Nenagh Olympic	72	7	Mardyke	02.07.05	
21.34	2.9	Paul McKee	Beechmount Harriers	77	4	Bangor	24.06.05	
21.76	nwi	David McCarthy	Le Cheile	83	3	Castleisland	18.08.05	
21.77	2.8	Liam McDermid	D.S.D.	84	8	Mardyke	02.07.05	
21.98	3.5	Darren O'Donovan	U.C.C.	84	2h1	Irishtown	22.04.05	
22.03	nwi	Rob Daly	D.S.D.	78	2	Santry	15.06.05	
22.26	3.5	Carl McNamara	Leevale		3h1	Irishtown	22.04.05	
22.27	3.0	Antoine Burke	Crusaders	75	3	Lagos, POR	29.05.05	
22.31	2.3	David Hynes	Menapians	85	7	Santry	30.07.05	
22.47	nwi	Gavin Norris	City of Derry		2	Mary Peters	14.05.05	
hand timing								
20.9	2.0	Paul Brizzel	Ballymena & Antrim	76	4rA	Loughborough, ENG	16.07.05	
400m								
45.93		David Gillick	D.S.D.	83	5	Turin, ITA	03.06.05	
46.07		Rob Daly	D.S.D.	78	2r1	Geneva, SUI	11.06.05	
46.48		Tomas Coman	Moycarkey Coolcroo	79	1	Santry	24.07.05	
46.63		Paul McKee	Beechmount Harriers	77	2	La Chaux-de-Fonds, SUI	21.08.05	
46.92		David McCarthy	Le Cheile	83	1	Castleisland	18.08.05	
47.29		Gordon	Tullamore	81	4r2	Geneva, SUI	11.06.05	

		Kennedy	Harriers				
47.50		Antoine Burke	Crusaders	75	1rA	Eton, ENG	04.06.05
47.99		Liam McDermid	D.S.D.	84	5	Santry	30.07.05
48.10		Ciaran O'Connell	Glaslough Harriers	84	h	Santry	23.07.05
48.55		Michael Morgan	Beechmount Harriers		h	Santry	23.07.05
(10)							
48.59		Brian Murphy	Leevale	82	h	Santry	23.07.05
49.26		Patrick O'Gorman	Leevale		1	C.I.T.	19.06.05
49.50		Daniel Tobin	Clonliffe Harriers	84	h	Santry	23.07.05
49.59		Alan McDonnell	Drogheda District		1	Santry	29.06.05
49.61		Kevin Walsh	Togher		3	C.I.T.	19.06.05
49.63		John Saulters	North Down		3	Irishtown	22.05.05
49.77		Michael O'Sullivan	Metro St. Brigids		h	Santry	23.07.05
49.91		Maurice Donoghue	Carrick-on-Suir		h	Santry	23.07.05
800m							
1:48.13		Ciaran O'Connell	Glaslough Harriers	84	1	Manchester, ENG	05.07.05
1:48.84		Thomas Chamney	Crusaders	84	1rB	Seville, ESP	04.06.05
1:49.15		James Nolan	U.C.D.	77	8	Liege, BEL	20.07.05
1:49.44		David Campbell	St. Coca's	83	3rB	Crystal Palace, ENG	06.08.05
1:50.23		Eoin Everard	K.C.H.	86	3h1	Manchester, ENG	09.07.05
1:50.37		Liam Reale	Limerick	83	1	Storrs CT, USA	09.04.05
1:50.56		Danny Darcy	S.L.O.T.	86	2r2	Mannheim, GER	19.06.05
1:50.86		David Kelly	D.S.D.	82	3rB	Solihull, ENG	25.06.05

1:51.22	David McCarthy	City of Derry	88	2r3	Mannheim, GER	19.06.05
1:51.43	Feidhlim Kelly	Raheny Shamrock	83	1	Irishtown	08.07.05
(10)						
1:51.93	Colin Costello	Star of the Sea	86	1rB	Cardiff, WAL	16.07.05
1:51.97	Gareth Hill	Ballymena & Antrim	79	6rC	Solihull, ENG	25.06.05
1:52.86	Darragh Greene	Dunleer	85	8	Santry	30.07.05
1:52.93	Steven Morrow	Ballymena & Antrim	87	8rC	Solihull, ENG	25.06.05
1500m						
3:37.78	James Nolan	U.C.D.	77	6r3	Heusden, BEL	23.07.05
3:41.02	Gary Murray	St. Malachy's	80	2	Norrtalje, SWE	11.07.05
3:41.91	Mark Christie	Mullingar Harriers	85	4rA	Solihull, ENG	25.06.05
3:44.11	Danny Darcy	S.L.O.T.	86	1rB	Solihull, ENG	25.06.05
3:44.37	Gareth Turnbull	St. Malachy's	79	2rA	Watford, ENG	24.08.05
3:44.56	Noel Pollock	Annadale Striders	77	10h2	Cardiff, WAL	16.07.05
3:45.25	Colin Costello	Star of the Sea	86	1	Kaunas, LIT	24.07.05
3:45.88	Robert Connolly	D.S.D.	81	1	New York NY, USA	22.04.05
3:46.16	Liam Reale	Limerick	83	11r6	Walnut CA, USA	15.04.05
3:47.01	Sean Conroy	Leevale	82	h	Bloomington IN, USA	27.05.05
(10)						
3:47.58	Brian Murray	Templemore	78	10	Arnhem, NED	22.06.05
3:48.23	Gavin Kennedy	Waterford		6	Madison WI, USA	07.05.05
3:48.47	Neville Davey	Clonliffe Harriers	74	6r1	Stanford CA, USA	30.05.05
Mile						

3:58.54	James Nolan	U.C.D.	77	8	Sheffield, ENG	21.08.05
3:58.99	Mark Christie	Mullingar Harriers	85	5	Crystal Palace, ENG	06.08.05
3:59.52	Gary Murray	St. Malachy's	80	7	Crystal Palace, ENG	06.08.05
4:01.83 NJR	Colin Costello	Star of the Sea	86	6	Santry	30.07.05
4:03.38	Mark Carroll	Leevale	72	7	Burnaby, CAN	14.06.05
3000m						
7:58.7	Mark Carroll	Leevale	72	2	Twickenham, ENG	11.05.05
8:03.64	Keith Kelly	Drogheda & District	77	1	Santry	15.06.05
8:04.19	Martin Fagan	Mullingar	83	6	Mardyke	02.07.05
8:05.01	Mark Kenneally	Clonliffe Harriers	81	2	Santry	15.06.05
8:07.89	Gary Murray	St. Malachy's	80	3	Manchester, ENG	21.05.05
8:10.48	Mark Christie	Mullingar Harriers	85	10	Mardyke	02.07.05
8:11.18	James Nolan	U.C.D.	77	2	Leiria, POR	19.06.05
8:13.7	Noel Pollock	Annadale Striders	77	6	Twickenham, ENG	11.05.05
8:14.45	Mark Hanrahan	Leevale		7rA	Manchester, ENG	21.05.05
5000m						
13:44.62	Gary Murray	St. Malachy's	80	4rA	Solihull, ENG	25.06.05
13:48.90	Mark Carroll	Leevale	72	1	Manchester, ENG	09.07.05
13:56.82	Martin Fagan	Mullingar	83	5	New York NY, USA	27.05.05
13:58.99	Mark Kenneally	Clonliffe Harriers	81	9rA	Solihull, ENG	25.06.05
14:06.80	Gareth Turnbull	St. Malachy's	79	1	Mary Peters	11.06.05
14:10.58	Joseph Sweeney	D.S.D.	85	15rA	Solihull, ENG	25.06.05
14:12.81	Thomas Frazer	St. Malachy's	81	13r2	Walnut CA, USA	15.04.05

14:12.96		Robert Connolly	D.S.D.	81	10r1	Philadelphia PA, USA	28.04.05
14:14.77		Joe McAllister	St. Malachy's	80	7r3	Philadelphia PA, USA	28.04.05
14:18.37		Andrew Ledwith	Fr. Murphy's	85	4r2	Philadelphia PA, USA	28.04.05
10000m							
28:40.40		Mark Carroll	Leevale	72	1	Abbotsford, CAN	17.06.05
28:59.89		Martin Fagan	Mullingar	83	8	Walnut CA, USA	15.04.05
29:00.42		Joe McAllister	St. Malachy's	80	9	Walnut CA, USA	15.04.05
29:03.67		John Frazer	St. Malachy's		5rB	Stanford CA, USA	01.05.05
29:36.03		Gary Murray	St. Malachy's	80	16	Barakaldo, ESP	02.04.05
29:50.41		Paul McNamara	Athenry	75	10	Watford, ENG	11.06.05
30:20.84		Killian Lonergan	Clonliffe Harriers	75	2	Santry	23.07.05
30:47.42		Cian McLoughlin	Clonliffe Harriers		4	Santry	23.07.05
30:59.02		Richard Yates	Raheny Shamrock		3	Bedford, ENG	29.05.05
3000m SC							
8:53.18		Eugene O'Neill	Crusaders	77	8	Reims, FRA	21.07.05
8:58.20		Joe Byrne	Finn Valley	82	2r1	Bloomington IN, USA	28.05.05
9:03.96		Garrett Coughlan	U.C.D.		10	Cottbus, GER	05.06.05
9:08.48		Sean Conroy	Leevale	82	7r2	Walnut CA, USA	15.04.05
9:12.14		Philip Conway	Ferrybank		3	Santry	23.07.05
110mH							
13.68	1.5	Peter Coghlan	Crusaders	75	2	Santry	30.07.05
14.71	1.5	Peter Monaghan	D.C.H.	81	3	Santry	30.07.05

14.83	1.4	Chris McDermott	Roscommon	81	8	Leiria, POR	19.06.05
14.95	1.5	Ian McDonald	Crusaders	84	5	Santry	30.07.05
15.15	1.5	Philip Kearney	Tralee Harriers		6	Santry	30.07.05
15.42	1.1	Jonathan Miller	D.C.H.		3	Mary Peters	11.06.05
wind assisted/nwi							
14.78	2.6	Ian McDonald	Crusaders	84	3	Bangor	24.06.05
14.85	3.1	Philip Kearney	Tralee Harriers		4	Santry	24.07.05
15.05	3.1	Simon Phelan		86	5	Santry	24.07.05
15.08	nwi	Jonathan Miller	D.C.H.		1	Tullamore	05.06.05
15.36	nwi	Trevor McGlynn	Strabane	78	2	Irishtown	22.05.05
15.85	3.0	Nigel O'Gorman	Slieveardagh		1j	C.I.T.	03.07.05
400mH							
51.23		Antoine Burke	Crusaders	75	4	Leiria, POR	18.06.05
52.59		Liam McDermid	D.S.D.	84	2	Santry	24.07.05
52.83		Ian Neely	Ballymena & Antrim	74	1	Mary Peters	11.06.05
54.25		Barry Upton	Ferrybank		1j	C.I.T.	03.07.05
High Jump							
2.10		Simon Phelan		86	3	Ashford, ENG	19.06.05
2.06		Caolan Flanagan	Ballymena & Antrim		1	Antrim	07.06.05
2.00		Darragh Murphy	Crusaders	74	11=	Bedford, ENG	30.05.05
1.95		Brian Flatley	Claremorris		1	Irishtown	22.04.05
1.95		Simon Herron	Donegal		2	Antrim	28.05.05
1.95		Christopher	Belgooly		7	Mardyke	02.07.05

		Crowley					
1.95		Aidan O'Donnell	Carrick-on-Shannon		4	Santry	23.07.05
1.90		Eoin Kelly	St. Abbans		4	Santry	30.07.05
Pole Vault							
4.75		Ruairi O'Briain	Crusaders	83	1	Santry	24.07.05
4.60 NJR		Anthony McCreery	Clonliffe Harriers	88	2	Santry	24.07.05
4.40		Adam Walker			4	Loughborough, ENG	16.07.05
4.10		Stuart Greene	Raheny Shamrock			C.I.T.	17.07.05
4.00		Liam Houlihan	West Waterford		1	C.I.T.	19.06.05
Long Jump							
8.07 NR	1.4	Ciaran McDonagh	Fr. Murphy's	76	1	La Chaux-de-Fonds, SUI	21.08.05
7.32	1.4	Darragh O'Farrell	Borrisokane	76	1	Mary Peters	11.06.05
7.02	1.2	Stephen Fleming	Crusaders	72	2	Santry	23.07.05
6.75	1.2	Stephen Darcy	S.L.O.T.	86	3	Santry	30.07.05
6.93	1.0	Leslie Leung	Ballymena & Antrim	87		Antrim	28.05.05
wind assisted/nwi							
8.09	2.3	Ciaran McDonagh	Fr. Murphy's	76	2	Mardyke	02.07.05
7.53	4.7	Darragh O'Farrell	Borrisokane	76	1	Antrim	28.05.05
7.21	2.7	Stephen Fleming	Crusaders	72	1	Glasgow, SCO	14.05.05
7.12	3.4	Leslie Leung	Ballymena & Antrim	87	2	Antrim	28.05.05

6.72	nwi	Christopher Crowley	Belgooly		1j	C.I.T.	03.07.05
6.64	nwi	Brian Flatley	Claremorris		1	Irishtown	22.04.05
6.63	nwi	Shane Cullinane	Nenagh Olympic		2	Irishtown	22.04.05
Triple Jump							
14.44	2.0	Patrick Shannon	D.C.H.	77	1	Santry	24.07.05
14.16	0.3	Denis Finnegan	Spa Muckcross		1	C.I.T.	19.06.05
14.02	1.1	Michael McDonald	Ballymena & Antrim	65	1	Mary Peters	11.06.05
13.79	0.3	Paul Curran	North Down	77	2	Mary Peters	11.06.05
13.75	1.3	Alan Saulters	Abbey		3	Mary Peters	11.06.05
13.69	1.3	Conor Sheehy	Togher		8	Leiria, POR	19.06.05
13.58	0.4	Leslie Leung	Ballymena & Antrim	87	4	Mary Peters	11.06.05
13.30	1.2	Alan Kennedy			5	Mary Peters	11.06.05
wind assisted/nwi							
13.84	nwi	Paul Curran	North Down	77	1	Antrim	02.07.05
13.38	4.0	Chris Donnelly	Abbey		5	Santry	24.07.05
13.18	nwi	Brendan Doyle	Carrick on Suir		3	Irishtown	23.04.05
Shot							
16.93		Paul Crowe	Menapians	74	1	C.I.T.	22.05.05
16.55		John Leahy	Limerick	78	2	Santry	23.07.05
14.01		Geffrey Mullins	Limerick	83	4	Santry	23.07.05
13.42		Kevin Burke	Crusaders		2	C.I.T.	19.06.05
13.04		Patsy O'Connor	Tralee Harriers		3	C.I.T.	19.06.05

50.48	Peter McDonald	St. Peter's	6	Santry	23.07.05
(10)					
50.29	Michael Breathnach	G.C.H.	2j	C.I.T.	03.07.05
Decathlon					
10,000m Walk					
40:32.74	Robert Heffernan	Togher	78 1	Santry	23.07.05
41:24.33	Colin Griffin	Ballinamore	82 2	Santry	23.07.05
49:33.83	John Egan	Bree	3	Santry	23.07.05
20km Walk					
1:24:35	Robert Heffernan	Togher	78 9	Tijuana, MEX	19.03.05
1:26:19	Colin Griffin	Ballinamore	82 13	Tijuana, MEX	19.03.05
1:50:48	Pat Ryan	Mullingar Harriers	71 12	Phoenix Park	26.06.05
1:51:55	John Egan		13	Phoenix Park	26.06.05
50km Walk					
4:22:57	Jeff Cassin	Finn Valley	71 4	Phoenix Park	26.06.05

Women's

100m							
11.53	2.0	Anna Boyle	Ballymena & Antrim	83	1	Santry	24.07.05
11.54	2.0	Derval O'Rourke	Leevale	81	2	Santry	24.07.05
11.56	0.9	Emily Maher	K.C.H.	81	1	Fribourg, SUI	27.08.05
11.59	0.5	Ailis McSweeney	Leevale	83	2	Cardiff, WAL	29.08.05
11.72	0.4	Ciara Sheehy	D.C.H.	80	2h1	Antwerp, BEL	27.08.05
11.94	1.3	Mandy Crowe	D.C.H.	85	2u23	C.I.T.	03.07.05
11.95	1.2	Fiona O'Friel	U.C.D.	82	3rB	Loughborough, ENG	16.07.05
11.97	0.1	Louise Kiernan	Fingallians	87	1h3	Mannheim, GER	18.06.05
11.98	0.2	Amy Foster	North Down	88	1h4	Lignano, ITA	04.07.05
12.00	2.0	Claire Brady	Celbridge		5	Santry	24.07.05
(10)							
12.19	1.3	Claire Bergin	D.S.D.	85	3u23	C.I.T.	03.07.05
12.43	2.0	Ailbhe Darcy	Loughrea	87	6	Santry	24.07.05
wind assisted/nwi							
11.40	3.1	Emily Maher	K.C.H.	81	1rA	Loughborough, ENG	16.07.05
11.43	3.7	Ailis McSweeney	Leevale	83	4	Mardyke	02.07.05
11.70	2.9	Ciara Sheehy	D.C.H.	80	3r1	Bedford, ENG	12.06.05
11.75	2.7	Louise Kiernan	Fingallians	87	4	Santry	30.07.05
11.84	3.1	Amy Foster	North Down	88	2	Lignano, ITA	05.07.05
11.94	2.7	Claire Brady	Celbridge		5	Santry	30.07.05
11.99	2.1	Katie Lydon	G.C.H.	88	1j	C.I.T.	03.07.05
12.00	2.1	Megan Tennant-H.	D.S.D.	85	2j	C.I.T.	03.07.05
12.03	3.8	Claire Bergin	D.S.D.	85		Bedford, ENG	12.06.05

12.23	2.1	Kathryn Carson	Ballymena & Antrim		5j	Santry	30.07.05
12.29	nwi	Gemma Hynes	Galway City Harriers	88	1rB	Irishtown	22.05.05
12.32	2.1	Ailbhe Darcy	Loughrea	87	6j	C.I.T.	03.07.05
12.34	2.1	Harriet Cross	Belgooly		7j	C.I.T.	03.07.05
12.49	2.7	Hayley Murphy	Ferrybank		9	Santry	30.07.05
200m							
23.36	1.1	Ciara Sheehy	D.C.H.	80	1	Antwerp, BEL	27.08.05
23.39	- 0.4	Emily Maher	K.C.H.	81	1	Santry	23.07.05
23.78	0.7	Anna Boyle	Ballymena & Antrim	83	5	Erfurt, GER	17.07.05
23.83	0.9	Ailis McSweeney	Leevale	83	3	Santry	30.07.05
24.16	- 0.8	Mandy Crowe	D.C.H.	85	3h4	Manchester, ENG	10.07.05
24.23	1.2	Karen Shinkins	D.C.H.	76	3r3	Knoxville TN, USA	16.04.05
24.30	0.2	Amy Foster	North Down	88	2	Mary Peters	11.06.05
24.47	- 0.6	Fiona O'Friel	U.C.D.	82	3h3	Manchester, ENG	10.07.05
24.62	0.9	Claire Brady	Celbridge		4	Santry	30.07.05
24.73	1.7	Katie Lydon	G.C.H.	88	1j	C.I.T.	03.07.05
(10)							
25.14	1.7	Megan Tennant-H.	D.S.D.	85	2j	C.I.T.	03.07.05
25.16	1.7	Harriet Cross	Belgooly		3j	C.I.T.	03.07.05
25.40	1.7	Leigh Whiteside	Abbey		4j	C.I.T.	03.07.05
25.50	0.9	Zita Murphy	D.S.D.		6	Santry	30.07.05
wind assisted/nwi							
23.71	2.6	Anna Boyle	Ballymena & Antrim	83	1rA	Bratislava, SVK	07.06.05

24.06	3.4	Fiona O'Friel	U.C.D.	82	1rC	Loughborough, ENG	16.07.05
24.13	2.3	Mandy Crowe	D.C.H.	85	3u23	C.I.T.	03.07.05
24.33	2.3	Joanne Cuddihy	U.C.D.	84	4u23	C.I.T.	03.07.05
24.69	3.2	Zita Murphy	D.S.D.		2h1	Irishtown	22.04.05
24.86	3.2	Claire Bergin	D.S.D.	85		Bedford, ENG	12.06.05
25.02	2.3	Elaine McCaffrey	Abbey		5u23	C.I.T.	03.07.05
25.06	nwi	Dawn Kelly	Belgooly	83	1	C.I.T.	19.06.05
25.11	nwi	Gemma Hynes	Galway City Harriers	88	2	Irishtown	22.05.05
25.18	nwi	Christine Broderick	Belgooly		2	C.I.T.	19.06.05
400m							
51.59		Karen Shinkins	D.C.H.	76	3	Belem, BRA	22.05.05
53.64		Michelle Carey	Dublin Striders	81	2	Uden, NED	25.06.05
53.66		Joanne Cuddihy	U.C.D.	84	5h1	Erfurt, GER	15.07.05
55.02		Elaine McCaffrey	Abbey		5	Santry	30.07.05
55.36		Claire Bergin	D.S.D.	85	6	Santry	30.07.05
55.73		Fiona O'Friel	U.C.D.	82	4r2	Geneva, SUI	11.06.05
56.62		Michelle Rodgers	Abbey	82	7	Santry	30.07.05
57.12		Christine Long	Abbey	79	1	Mary Peters	14.05.05
57.19		Lyndsey Monteith	Lisburn		2	Mary Peters	14.05.05
57.35		Claire McSweeney	Leevale		1s	C.I.T.	21.05.05
(10)							
57.73		Wendy Davis	Lagan Valley		3	Mary Peters	14.05.05
57.75		Dawn Kelly	Belgooly	83	1u23	C.I.T.	03.07.05
57.85		Aisling Maunsell	Leevale	84	2	Nashville TN, USA	23.04.05
57.86		Laura Crowe	Tralee Harriers	87	2s	C.I.T.	21.05.05

58.21		Mairead Deevy	Ferrybank		1	C.I.T.	19.06.05
58.32		Martina McCarthy	D.C.H.	81	2	Irishtown	23.04.05
58.82		Maria Sheehan	Marian	82	3	Irishtown	23.04.05
800m							
2:05.51		Sinead Evans	K.C.H.	71	4rA	Cardiff, WAL	16.07.05
2:06.06		Aoife Byrne	D.S.D.	81	3h4	Izmir, TUR	17.08.05
2:06.29		Kelly Reid	Lisburn	78	6rB	Loughborough, ENG	22.05.05
2:08.07		Christine Long	Abbey	79	4	Namur, BEL	01.07.05
2:08.61		Rose-Anne Galligan	Newbridge	87	8rB	Crystal Palace, ENG	06.08.05
2:09.48		Azmera Gebrezgi	D.C.H.	86	2	Irishtown	08.07.05
2:09.60		Laura Crowe	Tralee Harriers	87	5rC	Watford, ENG	11.06.05
2:10.57		Emer O'Shea	North Cork	81	5	Waltham MA, USA	04.06.05
2:10.58		Martina McCarthy	D.C.H.	81	h	Santry	23.07.05
2:10.65		Lyndsey Monteith	Lisburn		3	Mary Peters	11.06.05
(10)							
2:11.50		Wendy Davis	Lagan Valley		2	Santry	30.07.05
2:11.65		Deirdre Byrne	Sli Cualann	82	2	Providence, RI	16.04.05
2:11.77		Ciara Cronin	Ferrybank		1i	C.I.T.	21.05.05
2:11.88		Laura Scriven	S.L.O.T.		3	Santry	30.07.05
2:12.53		Roisin Quinn	Waterford		16	Walnut, CA	15.04.05
2:12.5		Mary O'Connor	Ferrybank	89	3	Tullamore	16.07.05
2:12.94		Sara Treacy	Moynalvey Kilcloon	89	1	Santry	29.06.05
2:13.54		Maria Lynch	D.S.D.	78	3	Irishtown	17.06.05
2:13.93		Joanne English	Letterkenny		5	Santry	30.07.05

2:14.37		Lyndsey Freel	Dromore		1u23	C.I.T.	03.07.05
(20)							
2:14.98		Orla Drumm	U.C.C.		2u23	C.I.T.	03.07.05
1500m							
4:08.91		Sinead Evans	K.C.H.	71	3	Cuxhaven, GER	09.07.05
4:11.72		Jolene Byrne	Donore Harriers	77	1	Santry	24.07.05
4:11.73		Maria McCambridge	D.S.D.	75	2	Santry	24.07.05
4:13.93		Roisin McGettigan	Sli Cualann	80	3	Santry	24.07.05
4:14.75		Kelly Reid	Lisburn	78	4	Santry	24.07.05
4:16.34		Mary Cullen	North Sligo	82	1rA	Cardiff, WAL	16.07.05
4:17.38		Aoife Byrne	D.S.D.	81	5	Santry	30.07.05
4:20.00		Marie Davenport	Marian	75	5	Santry	24.07.05
4:20.27		Ava Hutchinson	D.S.D.	83	8h1	Sacramento, CA	09.06.05
4:20.69		Deirdre Byrne	Sli Cualann	82	9h1	Sacramento, CA	09.06.05
(10)							
4:22.49		Rose-Anne Galligan	Newbridge	87	7	Santry	30.07.05
4:24.14		Azmera Gebrezgi	D.C.H.	86	9	Santry	30.07.05
4:27.60		Linda Byrne	D.S.D.	86	10	Santry	30.07.05
4:28.97		Fionnuala Britton	Sli Cualann	84	7	Lucerne, SUI	14.06.05
3000m							
8:50.40		Maria McCambridge	D.S.D.	75	3	Madrid, ESP	16.07.05
9:02.29		Jolene Byrne	Donore Harriers	77	5	Mardyke	02.07.05
9:03.09		Mary Cullen	North Sligo	82	7	Lappeenranta, FIN	21.07.05
9:05.94		Sonia O'Sullivan	Ballymore Cobh	69	6	Mardyke	02.07.05

9:44.02		Rose-Anne Galligan	Newbridge	87	7	Kaunas, LIT	23.07.05
5000m							
15:32.74		Marie Davenport	Marian	75	1r2	Stanford CA, USA	01.05.05
15:49.69		Mary Cullen	North Sligo	82	2	New York NY, USA	27.05.05
15:56.01		Jolene Byrne	Donore Harriers	77	3	Izmir, TUR	19.08.05
15:58.50		Maria McCambridge	D.S.D.	75	5	Leiria, POR	19.06.05
16:18.34		Roisin McGettigan	Sli Cualann	80	2r2	Philadelphia PA, USA	28.04.05
16:47.72		Orla O'Mahoney	U.C.D.	77	4	Raleigh NC, USA	25.03.05
16:54.80		Breffni Twohig	D.S.D.	87	13	Solihull, ENG	25.06.05
10000m							
32:43.77		Jolene Byrne	Donore Harriers	77	5	Barakaldo, ESP	02.04.05
32:57.61		Mary Cullen	North Sligo	82	2	Walnut CA, USA	15.04.05
34:36.64		Orla O'Mahoney	U.C.D.	77	24	Walnut CA, USA	15.04.05
Marathon							
2:29:01		Sonia O'Sullivan	Ballymore Cobh	69	8	London, ENG	17.04.05
2:33:59		Marie Davenport	Marian	75	16	New York, NY	06.11.05
3000m SC							
9:46.12		Roisin McGettigan	Sli Cualann	80	9	Monaco	09.09.05
10:06.26		Fionnuala Britton	Sli Cualann	84	2	Palafrugell, ESP	28.05.05
10:21.00	NJR	Linda Byrne	D.S.D.	86	4	Kaunas, LIT	24.07.05
10:52.88		Michelle Harvey	Tir Chonaill		2	Irishtown	23.04.05
100mH							

13.00	1.0	Derval O'Rourke	Leevale	81	6h3	Helsinki, FIN	09.08.05
13.92	1.6	Mandy Gault	Lagan Valley		1u23	C.I.T.	03.07.05
15.51	1.6	Niamh Cremin	Leevale		2u23	C.I.T.	03.07.05
wind assisted/nwi							
12.95	4.1	Derval O'Rourke	Leevale	81	1	Santry	24.07.05
13.74	3.0	Catherine Crawford	Regent House	84	1r2	Loughborough, ENG	16.07.05
14.38	nwi	Mairead Murphy	Ferrybank		1	Irishtown	22.05.05
14.76	nwi	Kalyn Sheehan	Ferrybank		2	Irishtown	22.05.05
14.98	nwi	Leona Byrne	S.L.O.T.	87	3	Irishtown	22.05.05
15.05	nwi	Jessie Barr	Ferrybank		1	C.I.T.	19.06.05
400mH							
57.37		Michelle Carey	Dublin Striders	81	1r1	Geneva, SUI	11.06.05
62.12		Dawn Kelly	Belgooly	83	1	C.I.T.	19.06.05
64.09		Kalyn Sheehan	Ferrybank		2	C.I.T.	19.06.05
64.78		Mary McLoone	Tir Chonaill	81	2	Irishtown	23.04.05
High Jump							
1.78		Rosemary Daniel	Na Fianna	82	1	Tullamore	17.06.05
1.76		Pamela Hughes	Westport		1	Carmarthan, WAL	06.08.05
1.65		Jessie Barr	Ferrybank		2	Irishtown	22.05.05
1.65		Claire Wilkinson	Ballymena & Antrim		2	Antrim	28.05.05
1.65		Sharon Heveran	Westport	85	5	Mardyke	02.07.05
1.65		Leona Byrne	S.L.O.T.	87	6	Mardyke	02.07.05
1.60		Helen Buckley	Raheny Shamrock		2	Irishtown	22.04.05

1.60		Mairead Murphy	Ferrybank		2	C.I.T.	19.06.05
Pole Vault							
3.80		Erin Kinnear	Lagan Valley	84	1	Mobile AL, USA	19.03.05
2.80		Claire Wilkinson	Ballymena & Antrim		1	Santry	23.07.05
2.60		Edel O'Meara	Borrisokane	82	1	Irishtown	23.04.05
Long Jump							
6.08	- 0.1	Taneisha Scanlon	Limerick	77	5	Leiria, POR	19.06.05
6.00	0.2	Kelly Proper	Ferrybank	88	4	Mannheim, GER	19.06.05
5.63	- 0.6	Donna Hosford	Leevale	86	1	Santry	23.07.05
5.60	- 1.1	Imelda Morrisson	Youghal	89	1	Antrim	28.05.05
wind assisted/nwi							
6.01	2.9	Kelly Proper	Ferrybank	88	6	Lignano, ITA	05.07.05
5.76	3.0	Imelda Morrisson	Youghal	89		Tullamore	16.07.05
5.45	nwi	Mary McLoone	Tir Chonaill	81	1	Irishtown	22.04.05
5.41	2.8	Allison Sharkey	Letterkenny		1j	C.I.T.	03.07.05
Triple Jump							
13.62 NR	0.9	Taneisha Scanlon	Limerick	77	1	Bratislava, SVK	07.06.05
11.94	0.5	Mary McLoone	Tir Chonaill	81	1	Mary Peters	11.06.05
11.45	- 0.1	Aoife Hoey	Crusaders	83	1u23	C.I.T.	03.07.05
11.15	1.7	Brona Furlong	Slaney Olympic		2	Santry	24.07.05
wind assisted/nwi							
12.08	nwi	Mary McLoone	Tir Chonaill	81	1	Irishtown	23.04.05

11.73	3.7	Aoife Hoey	Crusaders	83	1	Santry	24.07.05
11.50	nwi	Rosemary Daniels	Na Fianna	82	1	Tullamore	05.06.05
11.32	4.0	Brona Furlong	Slaney Olympic		2	Santry	24.07.05
11.30	nwi	Catriona Hannafin	Tralee Harriers		1	C.I.T.	19.06.05
11.02	nwi	Rachel Reddy	D.S.D.	86	2	Tullamore	05.06.05
Shot							
12.61		Geraldine Stewart	Tir Chonaill	81	1	Santry	24.07.05
12.32		Laura Cogan	Newbridge		2	Santry	24.07.05
11.04		Sonia Kennedy	Ferrybank		2	Irishtown	22.05.05
11.01		Rhiannon McNally	Orchard County		1j	C.I.T.	03.07.05
11.00		Aoife Hoey	Crusaders	83	1u23	C.I.T.	03.07.05
Discus							
43.34		Eileen O'Keeffe	K.C.H.	81	1	Santry	23.07.05
36.13		Rachel Akers	Marian	85	2	Santry	23.07.05
33.64		Philippa Conway	Crusaders		3	Santry	23.07.05
32.62		Sarah Bradfield	Bandon		1j	C.I.T.	03.07.05
32.54		Sonia Kennedy	Ferrybank		2j	C.I.T.	03.07.05
32.42		Karen Healy	Fr. Murphy's		3j	C.I.T.	03.07.05
30.97		Laura Healy	Carrick-on-Suir		4j	C.I.T.	03.07.05
30.71		Rhiannon McNally	Orchard County		5j	C.I.T.	03.07.05
Hammer							
69.36 NR		Eileen O'Keeffe	K.C.H.	81	1	Santry	30.07.05
51.75		Rachel Akers	Marian	85	2	Santry	23.07.05

50.80		Rhiannon McNally	Orchard County			Antrim	07.06.05
48.61		Ann-Marie Cronin	Old Abbey		4	Santry	30.07.05
44.81		Karen Healy	Fr. Murphy's		6	Santry	30.07.05
42.44		Aisling Wynne	Navan	85	3	Irishtown	23.04.05
41.76		Linda Cronin	Old Abbey		5	Santry	23.07.05
41.30		Sabrina Larkin	Borrisokane		7	Santry	30.07.05
Javelin							
49.23		Laura Kerr	Lagan Valley		1	Mary Peters	20.08.05
46.75		Jennifer O'Sullivan	Cushinstown	81	1	Irishtown	22.05.05
41.86		Kristine Ritchie		81		Glasgow, SCO	15.05.05
41.26		Anita White	Dublin Striders	83	2	Santry	24.07.05
36.61		Laura Eagers	WSAF		4	Santry	24.07.05
36.53		Julia Coptil	Crusaders		5	Santry	24.07.05
33.05		Claire Collins	Roscommon		6	Santry	24.07.05
32.82		Kerry Harvey	Lagan Valley		4	Mary Peters	11.06.05
32.59		Geraldine Finnegan	Dunleer		2	Mary Peters	14.05.05
30.70		Sarah Cormack	Bagnelstown	84	2	Irishtown	22.04.05
(10)							
30.21		Denise O'Shea	Sli Cualann		7	Santry	24.07.05
30.10		Rachel Roche	Bandon		8	Santry	24.07.05
Heptathlon							
5000m Walk							
21:52.56		Olive Loughnane	Loughrea	75	1	Santry	23.07.05
25:17.19		Laura Reynolds	Mohill		2	Santry	23.07.05

27:33.91	Donna Carolan	Inbhear Dee	2j	C.I.T.	03.07.05	
28:38.08	Anne Boyle	Dunboyne	3	Santry	23.07.05	
29:07.72	Anne McGill	Finn Valley	4	Santry	23.07.05	
10km Walk						
49:32	Ann Loughnane	Craughwell	86	1	Phoenix Park	26.06.05
20km Walk						
1:32:28	Olive Loughnane	Loughrea	75	1	Phoenix Park	26.06.05
1:46.16	Catriona McMahon	St. Mary's	85	5	Leamington, ENG	16.04.05