

Athletics Ireland Spring Throws Competition

5th April 2014 - Morton Stadium, Santry

Discus Women											
Place	No.	Name	Club			Best	1	2	3	4	
1	443	Sophie Parkinson Brown	Gowran A.C.	Discus	1kg	44.14	42.23	44.14	x	42.82	
2		Katy Hetherington	North Down	Discus	1kg	39.31	38.61	37.17	x	39.31	
3	404	Emma Owens	St. Pauls	Discus	1kg	35.63	34.50	35.63	33.32	-	
4	428	Michaela Walsh	Swinford A.C.	Discus	1kg	32.18	32.02	30.83	32.18	29.56	
5	417	Jade Leeper	Finn Valley a.C.	Discus	1kg	31.00	30.15	x	27.71	31.00	
6	420	Seodhna Hoey	Portlaois A.C.	Discus	1kg	27.98	27.64	x	x	27.98	
7	405	Mieke Kiernan	Raheny Shamrock A.C.	Discus	1kg	23.81	20.18	23.81	x	21.75	
Discus Men											
Place	No.	Name	Club			Best	1	2	3	4	
1	447	Eoin Sheridan	North Westmeath	Discus	1.5kg	56.38	54.43	56.38	x	53.61	YR
2	445	Andrew Barkley	City of Lisburn	Discus	1.5g	48.81	x	47.57	48.81	x	
1	436	Mark Rogers	St. Peters A.C.	Discus	1.75g	29.29	26.50	x	29.29	26.64	
2	441	Daniel Finley	St. Peters A.C.	Discus	1.75g	27.74	21.08	x	x	27.74	
1	416	Brendan O'Donnell	Lifford A.C.	Discus	1kg	37.38	x	x	x	37.38	
1	408	Marco Pons	DMP	Discus	2kg	49.73	x	49.73	47.32		
2	444	Kourosh Foroughi	Star of the Sea	Discus	2kg	32.44	30.90	23.63	32.44	31.24	
3	431	Daniel Gillen	SLOT	Discus	2kg	21.14	x	21.14	x	x	

Hammer Men											
Place	No.	Name	Club			Best	1	2	3	4	
1	438	James Williams	Shercock A.C.	Hammer	5kg	63.48	63.06	62.09	58.37	63.48	EYQ
2	414	Adam King	Iveragh a.C.	Hammer	5kg	60.75	-	60.75	51.55	53.38	
3	416	Brendan O'Donnell	Lifford A.C.	Hammer	5kg	41.02	-	41.02	-	-	
4	407	Conor Walsh		Hammer	5kg	28.64	-	26.19	26.82	28.64	
1	402	Thomas Furlong	DMP	Hammer	7.26Kg	59.82	59.80	55.22	57.18	59.82	
2	432	Simon Galligan	Clonliffe Harriers	Hammer	7.26kg	51.84	49.09	51.77	51.71	51.84	
1	426	Michael Hanlon	Dunboyne A.C.	Hammer	6kg	57.83	-	57.83	55.52	55.67	
2	439	James Griffin	Crusaders A.C.	Hammer	6kg	48.63	45.80	47.10	41.30	48.63	
3	415	Brion Hoban	Raheny Shamrock	Hammer	6kg	43.35	43.35	42.81	42.63	39.01	
Hammer Women											
Place	No.	Name	Club			Best	1	2	3	4	
1	428	Michaela Walsh	Swinford A.C.	Hammer	3kg	55.47	55.47	48.60	52.70	52.50	
2	419	Aoife Vaughan Witts	Borrisokane A.C.	Hammer	3kg	52.09	52.09	x	49.90	51.29	
3	420	Seodhna Hoey	Portlaois A.C.	Hammer	3kg	47.09	x	x	47.09	42.14	
4	409	Claire Beauchamp	Raheny Shamrock A.C.	Hammer	3kg	43.02	x	41.84	x	43.02	
1	410	Alice Akers	Marian A.C.	Hammer	4kg	50.51	x	x	50.51	50.12	
2	423	Rachel Akers	Marian A.C.	Hammer	4kg	47.74	x	x	47.74	x	
3	418	Mairead O'Neill	Gneveguilla A.C.	Hammer	4kg	46.27	45.44	46.27	-	-	
4	435	Caoimhe Morris	Clonliffe Harriers	Hammer	4kg	44.65	43.73	x	44.65	44.03	
5	401	Christina Furlong	DMP	Hammer	4kg	44.60	43.11	x	44.60	x	
6	403	Emma Daly	St. Abbans	Hammer	4kg	43.66	43.66	40.57	x	x	

7	405	Mieke Kiernan	Raheny Shamrock A.C.	Hammer	4kg	42.10	42.10	40.69	41.48	x	
8	437	Katie Young	Menapians A.C.	Hammer	4kg	18.50	18.50	x	x	x	
Javelin Women											
Place	No.	Name	Club			Best	1	2	3	4	
1	428	Michaela Walsh	Swinford A.C.	Javelin	500gr	37.09	35.71	35.73	33.37	37.09	
2	412	Emma Lyons	Mullingar a.C.	Javelin	500gr	28.32	28.32	28.25	23.34	26.34	
3	411	Leah Hutton	SLOT	Javelin	500gr	26.00	x	26.00	x	x	
1	413	Denise Byrne	Clonliffe Harriers	Javelin	600gr	38.57	31.85	38.57	36.51	34.50	
2	421	Mairead Drewitt	Naas A.C.	Javelin	600gr	31.85	29.15	31.85	31.51	31.71	
Javelin Men											
Place	No.	Name	Club			Best	1	2	3	4	
1	434	Andrej Liadov	Clonliffe Harriers	Javelin	700gr	37.41	34.41	37.41	x	36.35	
2	420	Michael Jordan	Naas A.C.	Javelin	700gr	36.73	34.22	35.55	36.73	31.95	
Place	No.	Name	Club			Best	1	2	3	4	
1	425	Rory Gunning	Fr. Murphy	Javelin	800gr	57.82	57.82	x	55.81	55.02	
2	433	Stephen Rice	Greystones	Javelin	800gr	50.66	50.11	50.66	x	49.15	
3		Ryan Whelan	Clonliffe Harriers	Javelin	800gr	49.46	x	47.00	46.50	49.46	
4		Brian McDermott	DSD	Javelin	800gr	49.24	49.08	49.24	45.00	45.59	
5	422	Barry Kirwan	Navan A.C.	Javelin	800gr	48.44	48.44	46.91	47.41	47.49	
6	406	Niall McGratten	North Down	Javelin	800gr	48.02	45.53	46.21	x	48.02	
7	442	Aaron Finley	St. Peters A.C.	Javelin	800gr	41.29	41.29	40.13	34.64	40.44	

8	441	Daniel Finley	St. Peters A.C.	Javelin	800gr	40.76	34.97	35.68	40.76	39.05	
9	430	Stephen Bailey	Clonliffe Harriers	Javelin	800gr	38.78	30.45	34.64	38.78	37.79	
10	431	Daniel Gillen	SLOT	Javelin	800gr	21.89	20.27	21.89	19.09	x	