

Premier Men					Premier Women				
110m Hurdles (wind:-3.0 m/s)					100m Hurdles (wind:-5.7 m/s)				
		Athlete	Club	Time			Athlete	Club	Time
1	Owen	Kelly	St Abbans	16.34	1	Jayne	Pennefather	Leevale AC	17.25
2	David	Mc Carthy	Kildare	17.09	2	Maeve	Sheehan	Raheny Shamrocks AC	17.90
3	Josh	Essuman	Tallaght AC	17.34	3	Roisin	Howard	Bandon AC	19.42
4	Pj	Galvin	Kerry	17.43	4	Orla	Foley	Kerry Athletics	21.11
5	Damien	Walsh	Menapians	18.68					
6	Sean	Whittke	Ferrybank AC	20.14					
3000m Walk					1500m Walk				
		Athlete	Club	Time			Athlete	Club	Time
1	Luke	Hickey	Leevale AC	11.44.03					
2	Nathan	Murphy	Kildare	11.48.99					
3			St Abbans AC	16.32.80	1	Sinead	Burke	Kildare Athletics	7.07.69
4	David	Percival	Menapians	23.02.56	2	Catherine	Walsh	Wexford Athletics	7.49.91
5	Tony	Lyons	Tallaght AC	24.08.97	3	Dearbhail	Ivin	Ferrybank AC	14.59.54
400m Hurdles					400m H				
		Athlete	Club	Time			Athlete	Club	Time
1	Paul	Byrne	ST Abbans	52.66	1	Jess	Neville	Leevale AC	65.09
2	Barry	Upton	Menapians	54.20	2	Chloe	Whelan	Wexford Athletics	71.02
3	David	Mc Carthy	Kildare	54.87					
4	Ooghan	Courtney	Kerry	57.04					
5	Feidhlim	Keyy	Raheny Shamrocks AC	59.32					

6	Simon	Esuman	Tallaght	61.35				
7	Youn	Froger	Leevale AC	66.41				
Guest	Damien	Walsh	Menapians	60.54				

### 4X100m Relay

	Athlete	Club	Time			Athlete	Club	Time
1		Leevale AC	43.52	1			Ferrybank AC	48.88
2		Tallaght	43.67	2			Leevale AC	50.45
3		Menapians	44.04	3			Kerry Athletics	51.51
4		Kildare	44.69	4			Raheny Shamrocks ACShamrocks	51.63
5		ST Abbans	44.71	5			Kildare Athletics	51.93
6		Kerry	50.10	6			Wexford Athletics	52.84
		Raheny Shamrocks AC	DNF					

### 4 x 100m Relay

### 1500m

	Athlete	Club	Time			Athlete	Club	Time	
1	Brian	Kelly	ST Abbans	4.05.87	1	Fiona	Kehoe	Wexford Athletics	4.44.74
2	Mustaffa	Nazier	Tallaght	4.10.43	2	Carol	Finn	Leevale AC	4.50.16
3	Darragh	Browne	Kerry	4.24.01	3	Maria	O'Sullivan	Raheny Shamrocks ACShamrocks	4.51.19
4	Donal	Foley	Raheny Shamrocks AC	4.29.33	4	Orla	Queally	Ferrybank AC	5.13.62
5	Dave	Comber	Leevale AC	4.32.00	5	Fiona	Everard	Bandon AC	5.18.66
6	Sean	Hopkins	Menapians	4.37.47	6	Ruth	Murphy	Kildare Athletics	5.21.16
Guest			St Abbans AC	4.25.75					

### 1500m

### 400m

### 400m

		<b>Athlete</b>	<b>Club</b>	<b>Time</b>			<b>Athlete</b>	<b>Club</b>	<b>Time</b>
1	Paul	Murphy	Ferrybank	47.88	1	Louise	Shanahan	Leevale AC	57.08
2	Kieran	Kelly	Raheny Shamrocks AC	49.77	2	Niamh	McNichol	Ferrybank AC	57.74
3	Thomas	O Sullivan	Leevale AC	50.11	3	Brona	Furlong	Wexford Athletics	58.34
4	Conor	Wilson	Menapians	50.47	4	Aisling	Drumgoole	Raheny Shamrocks ACShamrocks	60.37
5	Sean	Mc Cabe	Tallaght	50.80	5	Niamh	Field	Kildare Athletics	62.04
6	Danny	Lawler	ST Abbans	51.47	6	Clara	Heinrich	Kerry Athletics	82.14
7	Kevin	Migge	Kildare	51.58					
8	Johny	O Sullivan	Kerry	56.67	Guest	Eimear	Lynch	Newport AC	63.12
						Marg Mary	Grace	Nenagh AC	69.14

### 3000m S/C

		<b>Athlete</b>	<b>Club</b>	<b>Time</b>					
1	James	Griffin	St. Abbans	10.30.24					
2	Luke	Coleman	Tallaght	10.38.54					
3	Aston	Farrell	Kildare	11.05.94					
4	Damien	Walsh	Menapians	12.06.66					

### 200m (wind:-2.0m/s)

		<b>Athlete</b>	<b>Club</b>	<b>Time</b>			<b>Athlete</b>	<b>Club</b>	<b>Time</b>
1	David	Hynes	Menapians	22.19	1	Phil	Healy	Bandon AC	24.40
2	Mick	Hynes	Raheny Shamrocks AC	23.36	2	Niamh	Whelan	Ferrybank AC	24.52
3	Sean	Morris	Tallaght	23.49	3	Shona	Lowe	Leevale AC	26.02
4	Thomas	O'Sullivan	Leevale AC	23.66	4	Siobhan	Donegan	Kerry Athletics	27.53

5	Barry	rEGAN	ST Abbans	23.87	5	Niamh	Field	Kildare Athletics	28.11
					6	Aisling	Moore	Raheny Shamrocks AC	28.90

800m					800m				
		Athlete	Club	Time			Athlete	Club	Time
1	Brian	Kelly	St Abbans	1.53.61	1	Clare	McSweeney	Leevale AC	2.13.09
2	Kevin	Lkelly	Kildare	1.54.52	2	Brona	Furlong	Wexford Athletics	2.20.98
3	Feidhlim	Kelly	Raheny Shamrocks AC	1.58.62	3	Maria	McCarthy	Kerry Athletics	2.28.50
4	Mustafa	Nasir	Tallaght	2.01.78	4	Orla	Queally	Ferrybank AC	2.31.27
5	Kevin	Lynch	Kerry	2.03.54	5	Aislinn	Hurley	Kildare Athletics	2.32.64
6	Richard	Lucas	Ferrybank AC	2.03.85	6			Raheny Shamrocks AC	3.14.66
7	Philip	Crowley	Leevale AC	2.08.68					
8	Conor	Gaffney	Menapians	2.09.42					

5000m					3000m				
		Athlete	Club	Time			Athlete	Club	Time
1	Tomas	Fitzpatrick	Tallaght	14.43.96	1	Maria	O'Sullivan	Raheny Shamrocks AC	9.51.81
2	James	Grufferty	Leevale AC	15.03.99	2	Sinead	O'Connor	Leevale AC	10.12.51
3	Martin	Horan	Kildare	16.40.79	3	Maria	McCarthy	Kerry Athletics	10.20.29
4	Donal	Foley	Raheny Shamrocks AC	17.02.40	4	Ruth	Murphy	Kildare Athletics	11.52.01
5	Brian	Gallagher	Ferrybank AC	17.08.15	5	Catherine	Walsh	Wexford Athletics	12.08.08
6	Lee	Savage	Menapians	17.52.56					
7	James	Nolan	ST Abbans	17.58.63					

**100m (wind: -2.6 m/s)**

**100m (wind: -2.7 m/s)**

		<b>Athlete</b>	<b>Club</b>	<b>Time</b>			<b>Athlete</b>	<b>Club</b>	<b>Time</b>
1	David	Hynes	Menapians	11.10	1	Phil	Healy	Bandon AC	12.11
3	Keith	Doherty	Tallaght	11.21	2	Niamh	Whelan	Ferrybank AC	12.32
4	David	Quilligan	Leevale AC	11.43	3	Shona	Lowe	Leevale AC	12.76
6	Barry	Regan	ST Abbans	11.74	4	Chloe	Whelan	Wexford Athletics	13.24
8	Mick	Hynes	Raheny Shamrocks AC	11.85	5	Aoife	O'Carroll	Kerry Athletics	13.28
5	Jason	Foley	Kerry	11.87	6	Aine	O'Connor	Kildare Athletics	13.35
7	Ikensa	Ezeugo	Kildare	11.99	7	Aisling	Moore	Raheny Shamrocks AC	14.02
	Sean	Whittle	Ferrybank AC						

#### 4X400m

		<b>Athlete</b>	<b>Club</b>	<b>Time</b>			<b>Athlete</b>	<b>Club</b>	<b>Time</b>
6			ST Abbans	3.23.29					
7			Kildare	3.25.68	1			Leevale AC	3.56.24
1			Menapians	3.26.24	2			Ferrybank AC	4.14.81
8			Raheny Shamrocks AC	3.27.08	3			Wexford Athletics	4.17.61
4			Leevale AC	3.30.62	4			Kildare Athletics	4.17.62
3			Tallaght	3.31.60	5			Kerry Athletics	4.19.76
5			Kerry	3.44.05	6			Raheny Shamrocks AC	4.24.24

#### 4 x 400m

#### Hammer

		<b>Athlete</b>	<b>Club</b>	<b>Distance</b>			<b>Athlete</b>	<b>Club</b>	<b>Distance</b>
1	James	Heffernan	Leevale AC	33.60	1	Cara	Kennedy	Ferrybank AC	52.30
2	Daniel	Clifford	Kerry	33.25	2	Christina	Furlong	Wexford Athletics	41.95

#### Hammer

3	John	Devers	Tallaght	24.79	3	Laura	McSweeney	Bandon AC	40.75
4	Aiden	Kelly	ST Abbans	21.67	4	M	Kiernan	Raheny Shamrocks AC	39.42
5	Mick	Kenny	Kildare	17.08	5	Pauline	Kenny	Kildare Athletics	18.32
6	Jimmy	O Neill	Menapians	11.04					

### Pole Vault

		<b>Athlete</b>	<b>Club</b>	<b>Height</b>			<b>Athlete</b>	<b>Club</b>	<b>Height</b>
1	Conor	Daly	St Abbans AC	3.00	1	Zoe	Browne	Raheny Shamrocks AC	4.00
2	Patrick	Curran	Tallaght AC	2.80					
3	Simon	Monroe	Kildare County	2.20	Guest	Clare	Wilkinson	Ballymena & Antrim AC	3.60

### Pole Vault

### Long Jump

		<b>Athlete</b>	<b>Club</b>	<b>Distance</b>			<b>Athlete</b>	<b>Club</b>	<b>Distance</b>
1	David	Quilligan	Leevale AC AC	7.10					
2	Owen	Kelly	St Abbans AC	6.80	1	Kelly	Proper	Ferrybank AC	6.03
3	Tony	Stafford	Menapians AC	6.50	2	Antoinette	Stafford	Wexford Athletics	5.53
4	Sean	Archer	Ferrybank AC AC	6.10	3	Roisin	Howard	Bandon AC	5.28
5	Keith	Doherty	Tallaght AC	6.07	4	Emer	McCabe	Kildare Athletics	5.20
6	Ikensa	Ezeugo	Kildare Athletics	6.00	5	Jess	Sheehan	Leevale AC	5.10
7	Ian	Graham	Raheny Shamrocks ACShamrocks	5.95	6	Aoife	O'Farrell	Kerry Athletics	4.73
8	David	O Neill	Kerry Athletics	5.72	7	Maeve	Sheehan	Raheny Shamrocks AC	3.62
Guest	Keith	Smith		6.49					

### Long Jump

### Shot Putt

		<b>Athlete</b>	<b>Club</b>	<b>Distance</b>			<b>Athlete</b>	<b>Club</b>	<b>Distance</b>
1	Ciaran	Stout	Kildare	12.00	1	Laura	McSweeney	Bandon AC	11.12
2	Alan	O Connor	Kerry	11.79	2	Cara	Kennedy	Ferrybank AC	10.10
3	Michael	Gassowski	Tallaght	11.09	3	Zoe	Browne	Raheny Shamrocks AC	9.61

### Shot Put

4	Brian	Hayes	Leevale AC	10.16	4	Niamh	Rochford	Wexford Athletics	9.60
5	Willie	Reilly	St Abbans	9.45	5	Siobhan	Brady	Kildare Athletics	7.29
6	Pat	Kennedy	Ferrybank AC	8.24	6	Lorraine	Carr	Leevale AC	7.14
7	Mick	Hynes	Raheny	7.62	7	Orna	Foley	Kerry Athletics	6.41
8	Barry	Upton	Menapians	7.05					

### High Jump

	Athlete	Club	Height			Athlete	Club	Height	
1	Sam	Healy	Leevale AC	1.90	1	Neasa	Murphy	Ferrybank AC	1.60
2	PJ	Galvin	Kerry	1.85	2	Roisin	Howard	Bandon AC	1.55
3	Paul	Byrne	St Abbans	1.70	3	Helen	Buckley	Raheny Shamrocks AC	1.55
4	Sean	Whittle	Ferrybank AC AC	1.70	4	Caitriona	Corcoran	Wexford Athletics	1.45
5	Olumide	Lawal	Tallaght	1.65	5	Laura	Quigley	Kildare Athletics	1.40
6	Mickey	Cullen	Menapians AC	1.65	6	Clara	Heinrich	Kerry Athletics	1.30
7	Ian	Graham	Rahenty Shamrocks	1.65	7	Lorraine	Carr	Leevale AC	1.30
8	Ikenza	Ezeugo	Kildare	1.55					

### Discus

	Athlete	Club	Distance			Athlete	Club	Distance	
1	Daniel	Clifford	Kerry Athletics	40.01	1	Emma	Owens	Wexford Athletics	34.46
2	Ciaran	Stout	Kildare Athletics	35.80	2	Erin	Kingston	Bandon AC	29.95
3	Shane	Kennedy	Ferrybank AC	30.70	3	Sarah	Bradfield	Leevale AC	28.63
4	Brian	Hayes	Leevale AC AC	30.50	4	Mieke	Kiernan	Raheny Shamrocks AC	26.48
5	Aiden	Kelly	St Abbans AC	25.50	5	Siobhan	Brady	Kildare Athletics	19.40
6	Michael	Deedy	Menapians AC	14.15	6	Orna	Foley	Kerry Athletics	12.93

### Triple Jump

### Triple Jump

		<b>Athlete</b>	<b>Club</b>	<b>Distance</b>			<b>Athlete</b>	<b>Club</b>	<b>Distance</b>
1	Eoin	Kelly	St Abbans	14.14	1	Emer	McCabe	Kildare Athletics	10.50
2	Sean	Archer	Ferrybank AC	13.71	2	Siobhan	Whelan	Ferrybank AC	10.39
3	Feidhlim	Kelly	Raheny	11.88	3	Jess	Sheehan	Leevale AC	10.35
4	Sean	Mc Cabe	Tallaght	11.73	4	Maeve	Sheehan	Raheny Shamrocks AC	9.95
5	Youn	Frogger	Leevale AC	11.68	5	Emer	Gilhooley	Wexford Athletics	9.77
6	Mickey	Cullen	Menapians	11.60	6	Aoife	O'Carroll	Kerry Athletics	9.63
7	David	O Neill	Kerry	11.49	Guest	Niamh	Giles Doran	Ferrybank AC	9.89

**Javelin**

**Javelin**

		<b>Athlete</b>	<b>Club</b>	<b>Distance</b>			<b>Athlete</b>	<b>Club</b>	<b>Distance</b>
1	Paddy	Moore	Leevale AC	42.58	1	Rachel	Roche	Bandon AC	31.37
2	Shane	Kennedy	Ferrybank AC	39.05	2	Helen	Buckley	Raheny Shamrocks AC	30.35
3	Michael	Jordan	Kildare	38.73	3	Kelly	Proper	Ferrybank AC	28.63
4	Keith	Smith	Menapians AC	36.77	4	Niamh	Rochford	Wexford Athletics	25.45
5	Sean	Morris	Tallaght	33.93	5	Laura	Quigley	Kildare Athletics	21.19
6	Aaron	Murphy	St Abbans	32.69	6	Clara	Heinrich	Kerry Athletics	18.09
7	PJ	Galvin	Kerry	21.99					
8	Conor	Walsh	Raheny	8.56					

**56 lb Weight**

		<b>Athlete</b>	<b>Club</b>	<b>Distance</b>					
1	William	Kelly	St Abbans	5.94					
2	John	Devers	Tallaght	5.81					
3	Sean	Purcell	Kerry	5.37					
4	David	Hynes	Menapians	4.94					



5	Paul	Stack	Leevale AC	4.65					
6	Pat	Kennedy	Ferrybank AC	4.41					
7	Mick	Kenny	Kildare	3.81					
8	Michael	Hynes	Raheny Shamrocks	3.65					