

1	Darragh	Gaffney	North Westmeath A.C.	Men Discus	1.5kg	x	50.50		
	38.07	48.68	50.50						
2	James	O'Neill	Gowran A.C.	Men Discus	1.5kg	37.22	x	38.60	37.71
	38.60								
3	Daniel	Beveridge	Raheny Shamrock A.C.	Men Discus	1.5kg	x	22.26		
	22.23	x	22.26						
1	Eoin	Sheridan	North Westmeath A.C.	Men Discus	1.75kg	x	x	x	x
	51.16	51.16							
2	Anu	Awonusi	St. L. O'Toole A.C.	Men Discus	1.75kg	x	40.81		
	42.61	39.25	42.61						

Place	First Name	Last Name	Club	Best	Weight				
				Best					
1	Padraig	White	Dunboyne A.C	Men Hammer	7.26kg	59.64	61.47	X	
	61.91	61.91							
2	Killian	Barry	Crusaders A.C.	Men Hammer	7.26kg	X	58.00	X	55.90
	58.00								
3	Simon	Galligan	Clonliffe Harriers A.C.	Men Hammer	7.26kg	57.22	57.57		
	56.64	53.53	57.57						
4	John	Dwyer	Templemore A.C.	Men Hammer	7.26kg	X	48.32	49.31	X
	49.31								
5	James	Griffin	Crusaders A.C.	Men Hammer	7.26kg	45.07	48.39	45.86	45.94
	48.39								
6	Damien	Hesnan Fr	Murphys A.C.	Men Hammer	7.26kg	X	33.35	36.47	
	39.02	39.02							
1	Adam	King	Iveragh A.C	Men Hammer	6KG	68.05	64.71	63.12	63.49
	68.05								
2	Jake	McNicholl	Fingallians A.C.	Men Hammer	6KG	X	39.27	45.86	
	47.30	47.30							

1 Paddy Hanily Fr Murphys A.C. Men Hammer 5KG X 38.92 40.36 40.48
40.48

1 Brian Naughton Nenagh Olympic A.C. Men Hammer 4KG 49.77 45.37 x
x 49.77

2 Sean Carolan Nenagh Olympic A.C. Men Hammer 4KG 45.66 46.67 45.76
45.27 46.67

3 Zack Denieffe Gowran A.C. Men Hammer 4KG 34.05 X X
27.97 34.05

Place First Name Last Name Club Event Weight
Best

1 Lauren O' Keeffe Donore Harriers A.C. Female Hammer 3KG 54.85
56.68 58.13 55.74 58.13

2 Jade Williams Shercock A.C. Female Hammer 3KG x 52.51
52.47 50.70 52.51

3 Kathlyn Furlong D.M.P. A.C. Female Hammer 3KG 48.09 50.08 48.12
44.39 50.08

4 Jade O' Farrell Bond Borrisokane A.C. Female Hammer 3KG 43.69
42.96 41.84 42.06 43.69

5 Kathleen Heery Waterford A.C. Female Hammer 3KG 37.46 x x
37.60 37.60

6 Sarah Daly Na Fianna A.C. Female Hammer 3KG 30.67 26.54 x x
30.67

7 Jean Daly Na Fianna A.C. Female Hammer 3KG x 27.27 27.55
28.93 28.93

1 Cara Kennedy Ferrybank A.C. Female Hammer 4KG 55.88 56.79
59.86 X 59.86

2 Michaela Walsh Swinford A.C. Female Hammer 4KG 53.94 54.43 x
53.66 54.43

3	Megan Moynihan	West Muskerry A.C.	Female Hammer	4KG	49.76	x		
	44.47	45.97	49.76					
4	Aoife Vaughan Witts	Borrisokane A.C.	Female Hammer	4KG	39.47	X		
	42.49	46.54	46.54					
5	Mieke Kiernan Raheny	Shamrock A.C.	Female Hammer	4KG	44.84		43.39	
	43.01	43.02	44.84					
6	Seodhna Hoey	Portlaoise A.C.	Female Hammer	4KG	42.40	x		
	40.93	x	42.40					
7	Emma Daly	St Abbans A.C.	Female Hammer	4KG	38.68	X	39.25	
	37.58	39.25						
8	Ciara Maguire	Na Fianna A.C.	Female Hammer	4KG	38.26	X	X	X
	X	38.26						
9	Emma Owens	St. Pauls (Wexford) A.C.	Female Hammer	4KG	37.34		37.41	x
	37.85	37.85						
10	Clodagh Read	Donore Harriers A.C	Female Hammer	4KG	X			
	37.73	X	37.39	37.73				
11	Laura Dolan	Ferbane A.C.	Female Hammer	4KG	36.43	32.87	36.19	
	36.42	36.43						
12	Orlaith Read	Donore Harriers A.C	Female Hammer	4KG	30.47	26.55		
	32.98	31.59	32.98					
	Katie Young	Menapians A.C.	Female Hammer	4KG	x	x	x	x
	NM							

	First Name	Last Name	Club	Event	Weight			Best
1	Shane Joyce	Cushinstown A.C.	Men Javelin	800gr	x	50.94	53.62	
	52.65	53.62						
2	Brendan Hyland	Kilkenny City Harriers A.C.	Men Javelin	800gr		53.15	x	
	52.98	x	53.15					
3	Eoghan Flynn	Unattached	Men Javelin	800gr	50.00	48.09	x	46.00
	50.00							
4	Barry Kirwan	Navan A.C.	Men Javelin	800gr	49.54	47.67	x	47.90
	49.54							
5	Peter O'Shea	D.M.P. A.C.	Men Javelin	800gr	45.44	44.13	39.99	38.92
	45.44							

6	MichaelJordan	Naas A.C.	Men Javelin	800gr	44.65	45.11	37.71	44.47	
					45.11				
7	Alan Gunning	Clonliffe Harriers A.C.	Men Javelin	800gr	41.45	42.96	x		
					39.31	42.96			
1	Garreth Crawford	Lifford Strabane AC	Men Javelin	700gr	61.65				
					61.71	-	-	61.71	
2	Luke O'Brien	Waterford A.C.	Men Javelin	700gr	46.67	43.09	44.99	-	
					46.67				
3	Dylan Kearns	Finn Valley A.C.	Men Javelin	700gr	43.90	46.48	x	45.56	
					46.48				
4	Mark Freeman	Newbridge A.C.	Men Javelin	700gr	32.19	32.97	31.29	x	
					32.97				
	Liam Connaughton	Dunleer A.C.	Men Javelin	700gr	x	x	x	x	
					NM				
1	Joseph McEvoy	Nenagh Olympic A.C.	Men Javelin	600gr	46.79	44.43	34.59		
					38.88	46.79			
2	Dominic Mc Cabe	Cushinstown A.C.	Men Javelin	600gr	42.02				
					42.65	42.91	46.72	46.72	
3	Sean Carolan	Nenagh Olympic A.C.	Men Javelin	600gr	34.80	x	x	x	
					34.80				

Place	First Name	Last Name	Club	Best	Weight				
				Best					
1	Anita White	Dundrum A.C.	Female Javelin	600gr	51.37	49.47	47.34	45.40	
					51.37				
2	Michaela Walsh	Swinford A.C.	Female Javelin	600gr	38.49	38.78	39.10		
					38.62	39.10			
3	Laura Dolan	Ferbane A.C.	Female Javelin	600gr	31.31	31.39	30.24	27.31	
					31.39				

4	Elaine Corrigan	Naas A.C.	Female Javelin	600gr	24.81	26.45	24.42	x
	26.45							
5	Niamh Connaughton	Dunleer A.C.	Female Javelin	600gr	23.91	24.89	24.31	
	23.59	24.89						
6	Isabel Mullarney	Rathfarnham W.S.A.F. A.C.	Female Javelin	600gr	24.33			
	23.66	22.96 23.08	24.33					
1	Grace Casey	Eire Og Corra Choill A.C.	Female Javelin	500gr	40.36	40.20	42.19	
	38.83	42.19						
2	Shannon	Sheehy Cushinstown A.C.	Female Javelin	500gr	x		23.33	x
	x	23.33						
	Maebh Daly	Carraig-Na-Bhfear A.C.	Female Javelin	500gr	x	x	x	
	NM							