

## Individual Results 13 July 2010

Premier Men Antrim					Premier Women Antrim				
<b>110m Hurdles</b>					<b>100m Hurdles</b>				
Place	No.	Athlete	Club	Time	Place	No.	Athlete	Club	Time
1	43	Tom Carey	City of Derry	14.62	1	52	Amy Mc Neilly	North Down	15.27
2	48	B Reynolds	North Down	14.89	2	53	B Mc Allister	Ballymena & Antrim	17.07
3	42	Ciarath O Cathain	Raheny Shamrock	15.80	3	49	E Rose	City of Lisburn	17.20
4	47	Conor Mc Crossan	Clonliffe Harriers	15.84		50	Louise Harvey	Tirchonaill	DQ
<b>3000m Walk</b>					<b>1500m Walk</b>				
Place	No.	Athlete	Club	Time	Place	No.	Athlete	Club	Time
1	43	D Furey	City of Derry	22.13.07	1	49	E Doherty	City of Lisburn	7.00.69
2	46	Gary Park	Crusaders	24.19.65	2	50	Marie Rooney	Tirchonaill	8.26.92
3	48	Francis Marsh	North Down	27.17.19	3	51	Pamela Reynolds	Athletics Meath	10.44.33
<b>400m Hurdles</b>					<b>400m Hurdles</b>				
Place	No.	Athlete	Club	Time	Place	No.	Athlete	Club	Time
1	43	Tom Carey	City of Derry	52.71	1	53	Christine Mc Mahon	Ballymena & Antrim	65.12
2	47	John Fagan	Clonliffe Harriers	53.03	2	50	Louise Harvey	Tirchonaill	68.24
3	48	B Mc Conville	North Down	58.12	3	49	L Monteith	City of Lisburn	69.97
4	42	P Kelly	Raheny Shamrock	58.54	4	52	Amy Mc Neilly	North Down	72.48
5	45	G Holden	Ballymena & Antrim	62.05	5	51	K Dunne	Athletics Meath	79.39
<b>4*100m Relay</b>					<b>4*100m Relay</b>				
Place	No.	Athlete	Club	Time	Place	No.	Athlete	Club	Time
1	47		Clonliffe Harriers	42.72	1	53		Ballymena & Antrim	49.18
2	42		Raheny Shamrock	43.30	2	49		City of Lisburn	50.28
3	45		Ballymena & Antrim	43.84	3	40		Lagan Valley	51.79
4	48		North Down	43.87	4	52		North Down	52.81
5	44		Athletics Meath	44.51	5	51		Athletics Meath	53.82
6	46		Crusaders	N.T	6	50		Tirchonaill	53.98

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1500m					1500m				
Place	No.	Athlete	Club	Time	Place	No.	Athlete	Club	Time
1	42	P Kelly	Raheny Shamrock	4.12.07	1	53	L Douglas	Ballymena & Antrim	5.10.93
2	43	JP Williamson	City of Derry	4.12.42	2	49	L Monteith	City of Lisburn	5.15.47
3	45	Jarlath Falls	Ballymena & Antrim	4.14.03	3	51	Karen Crean	Athletics Meath	5.35.27
4	47	Conor Mc Guinness	Clonliffe Harriers	4.15.85	4	50	P Gallagher	Tirchonaill	6.08.65
5	48	G Willis	North Down	4.28.15	5	52	G Mc Anirn	North Down	6.31.48
400m					400m				
Place	No.	Athlete	Club	Time	Place	No.	Athlete	Club	Time
1	42	Ciaran Kelly	Raheny Shamrock	49.01	1	53	Joanna Patterson	Ballymena & Antrim	56.1
2	45	J Houston	Ballymena & Antrim	50.18	2	49	E Mc Ilveen	City of Lisburn	59.8
3	47	C Mackey	Clonliffe Harriers	51.86	3	51	Karen Crean	Athletics Meath	66.6
4	48	A Mc Comb	North Down	52.55	4	52	N Steele	North Down	71.8
5	43	D Reid	City of Derry	53.04	5	40	J Mc Devitt	Lagan Valley	76.6
6	41	A Woods	City of Lisburn	54.15	6	50	B Morris	Tirchonaill	84.6
7	46	J Keegan	Crusaders	57.52					
3000m Steeplechase									
Place	No.	Athlete	Club	Time					
1	42	M Kirwan	Raheny Shamrock	9.50.39					
2	43	C Roberts	City of Derry	10.10.59					
3	44	Gerard Heery	Athletics Meath	10.18.20					
4	47	T Guilfoyle	Clonliffe Harriers	10.27.13					
5	45	G Stitt	Ballymena & Antrim	12.03.86					
200m					200m				
Place	No.	Athlete	Club	Time	Place	No.	Athlete	Club	Time
1	46	Stephen Colvert	Crusaders	22.04	1	52	H Lewis	North Down	25.00
2	45	J Houston	Ballymena & Antrim	22.57	2	49	L Mc Burney	City of Lisburn	25.70
3	44	Neil Dunne	Athletics Meath	22.65	3	53	Hanna Todd	Ballymena & Antrim	27.10
4	42	Jamie Davis	Raheny Shamrock	22.98	4	51	Sophie Kennedy	Athletics Meath	28.00
5	43	M Mc Garvey	City of Derry	23.78	5	40	L Frey	Lagan Valley	28.40
6	48	K Elliott	North Down	24.18	6	50	Geraldine Stewart	Tirchonaill	29.20

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800m					800m				
Place	No.	Athlete	Club	Time	Place	No.	Athlete	Club	Time
1	48	N Robinson	North Down	1.58.01	1	49	Rachel Gibson	City of Lisburn	2.20.41
2	43	Patrick Hamilton	City of Derry	1.58.73	2	52	N Simpson	North Down	2.22.46
3	47	Stephen Harkness	Clonliffe Harriers	1.58.90	3	51	Sharon Monaghan	Athletics Meath	2.31.10
4	44	Dara Rennicks	Athletics Meath	1.59.88	4	40	Lynsey Glover	Lagan Valley	3.01.98
5	42	C O Sullivam	Raheny Shamrock	2.00.82	5	50	Jackie Harvey	Tirchonaill	3.04.96
6	45	P Mc Cann	Ballymena & Antri	2.04.55					
5000m					3000m				
Place	No.	Athlete	Club	Time	Place	No.	Athlete	Club	Time
1	42	Mick Clohissy	Raheny Shamrock	14.42.1	1	51	Sharon Monaghan	Athletics Meath	11.07.9
2	43	Gregory Roberts	City of Derry	14:24.0	2	52	S Hambling	North Down	11.14.7
3	47	L Cronin	Clonliffe Harriers	N T	3	50	Marie Rooney	Tirchonaill	11.51.5
4	48	Francis Marsh	North Down	N T	4	53	C Murray	Ballymena & Antrim	12.03.4
5	45	M Wray	Ballymena & Antri	N T	5	40	J Quinn	Lagan Valley	12.06.4
6	44	Gerard Heery	Athletics Meath	N T					
100m					100m				
Place	No.	Athlete	Club	Time	Place	No.	Athlete	Club	Time
1	45	D Adams	Ballymena & Antri	10.89	1	53	Christine Mc Mahon	Ballymena & Antrim	12.30
2	46	Stephen Colvert	Crusaders	10.94	2	49	Laua Whiteside	City of Lisburn	12.60
3	47	P O Connor	Clonliffe Harriers	11.10	3	40	J Bell	Lagan Valley	12.98
4	44	Joey Monaghan	Athletics Meath	11.31	4	52	S Semeroro	North Down	13.16
5	42	Michael Hynes	Raheny Shamrock	11.32	5	51	Cheryl Dolan	Athletics Meath	14.07
6	48	K Elliott	North Down	11.52	6	50	B Morris	Tirchonaill	18.46
7	43	M Mc Garvey	City of Derry	11.54					

## Individual Results 13 July 2010

4*400m					4*400m				
Place	No.	Athlete	Club	Time	Place	No.	Athlete	Club	Time
1	42		Raheny Shamrock	3.23.48	1	53		Ballymena & Antrim	4.00.27
2	48		North Down	3.27.54	2	49		City of Lisburn	4.00.89
3	45		Ballymena & Antrim	3.29.75	3	52		North Down	4.15.55
4	47		Clonliffe Harriers	3.32.20	4	51		Athletics Meath	4.39.23
5	43		City of Derry	3.37.19	5	40		Lagan Valley	4.47.97
6	46		Crusaders	3.54.89	6	50		Tirchonail	5.12.87
Hammer					Hammer				
Place	No.	Athlete	Club	Distance	Place	No.	Athlete	Club	Distance
1	47	M Hunt	Clonliffe Harriers	54.90	1	40	Lynsey Glover	Lagan Valley	40.30
2	44	Mark Hanily	Athletics Meath	51.02	2	51	Karen Monaghan	Athletics Meath	33.76
3	46	C Donnelly	Crusaders	43.02	3	49	K Wallace	City of Lisburn	29.00
4	48	K Elliott	North Down	20.01	4	52	M Free	North Down	19.16
5	43	J Herron	City of Derry	19.64	5	50	B Morris	Tirchonail	15.60
6	45	D Thom	Ballymena & Antrim	15.48	6	53	M Keenan	Ballymena & Antrim	14.57
Pole Vault					Pole Vault				
Place	No.	Athlete	Club	Height	Place	No.	Athlete	Club	Height
1	47	Ian Rogers	Clonliffe Harriers	4.60	1	52	S Semeroro	North Down	3.05
2	48	B Mc Conville	North Down	4.50	1	53	Clare Wilkinson	Ballymena & Antrim	3.05
3	46	Ruari O Brian	Crusaders	4.00					
Long Jump					Long Jump				
Place	No.	Athlete	Club	Distance	Place	No.	Athlete	Club	Distance
1	43	A Mc Mullan	City of Derry	7.02	1	50	Mary Mc Loone	Tirchonail	5.68
2	44	Kourosh Foroughi	Athletics Meath	6.60	2	40	Mary Devlin	Lagan Valley	5.49
3	48	T Reynolds	North Down	6.41	3	49	Linzi Herron	City of Lisburn	5.39
4	45	M Taggart	Ballymena & Antrim	6.37	4	52	L Loughlin	North Down	5.01
5	42	J Connolly	Raheny Shamrock	6.15	5	53	R Healy	Ballymena & Antrim	4.92
6	47	A Amaegzinam	Clonliffe Harriers	6.14	6	51	K Dunne	Athletics Meath	4.69
7	41	M Mc Donald	City of Lisburn	5.03					



## Individual Results 13 July 2010

Javelin					Javelin				
Place	No.	Athlete	Club	Distance	Place	No.	Athlete	Club	Distance
1	47	Paul Marry	Clonliffe Harriers	50.62	1	50	Geraldine Stewart	Tirchonaill	26.14
2	48	M Martin	North Down	50.45	2	53	B Mc Allister	Ballymena & Antrim	22.31
3	44	Barry Delaney	Athletics Meath	48.42	3	52	B Wilson	North Down	20.01
4	43	C Craig	City of Derry	34.55	4	51	Moira Peppard	Athletics Meath	14.14
5	42	J Buckley	Raheny Shamrock	31.53	5	49	Leigh Whiteside	City of Lisburn	9.52
6	45	F Mc Crystal	Ballymena & Antrim	30.23					
Triple Jump					Triple Jump				
Place	No.	Athlete	Club	Distance	Place	No.	Athlete	Club	Distance
1	43	Simon Herron	City of Derry	13.26	1	50	Mary Mc loone	Tirchonaill	11.10
2	45	M Taggart	Ballymena & Antrim	12.88	2	53	Hanna Todd	Ballymena & Antrim	10.79
3	47	M Matuzzo	Clonliffe Harriers	12.09	3	52	L Loughlin	North Down	10.19
4	42	M Davis	Raheny Shamrock	11.55	4	49	M Johnston	City of Lisburn	10.15
5	41	M Mc Donald	City of Lisburn	11.43	5	40	L Frey	Lagan Valley	10.08
6	46	P Sanders	Crusaders	11.26	6	51	K Dunne	Athletics Meath	9.91
7	48	M Matthew	North Down	11.09					
56lb Weight for Distance									
Place	No.	Athlete	Club	Distance					
1	47	Thomas Rajktys	Clonliffe Harriers	7.62					
2	43	R Moore	City of Derry	5.93					
3	45	Nigel Carlisle	Ballymena & Antrim	5.08					
4	48	S Glass	North Down	5.06					
5	46	C Donnelly	Crusaders	5.03					
6	44	Mark Hanily	Athletics Meath	4.35					
7	42	D Bradshaw	Raheny Shamrock	3.55					

## Individual Results 13 July 2010

Division 1 Women				
<b>100m Hurdles</b>				
Place	No.	Athlete	Club	Time
1	55	Sandra Lawlor	Kildare County	14.62
2	54	Shauna Furman	Clonliffe Harriers	15.48
3	58	Zoe Campbell	Raheny Shamrock	17.42
4	57	Emma Gee	City of Derry	18.48
<b>1500m Walk</b>				
Place	No.	Athlete	Club	Time
1	55	Sarah Burke	Kildare County	8.33.71
2	58	Chloe Doran	Raheny Shamrock	10.39.86
3	54	Kate Purcell	Clonliffe Harriers	11.45.34
<b>400m Hurdles</b>				
Place	No.	Athlete	Club	Time
1	54	Sarah Woods	Clonliffe Harriers	68.78
2	55	Cera Nolan	Kildare County	77.01
3	57	Emma Gee	City of Derry	77.53
<b>4*100m Relay</b>				
Place	No.	Athlete	Club	Mark
1	54		Clonliffe Harriers	50.79
2	58		Raheny Shamrock	51.99
3	57		City of Derry	52.54
4	55		Kildare County	DQ
<b>1500m</b>				
Place	No.	Athlete	Club	Time
1	58	Lorraine Manning	Raheny Shamrock	4.47.66
2	54	Eleanor Alexander	Clonliffe Harriers	4.50.05
3	57	Amy Mc Daid	City of Derry	5.15.47
4	55	Rachael Smyth	Kildare County	5.48.85

## Individual Results 13 July 2010

400m				
Place	No.	Athlete	Club	Time
1	58	Susan Scallon	Raheny Shamrock	58.80
2	54	Ciara Mc Callion	Clonliffe Harriers	59.13
3	55	Aislinn Hurley	Kildare County	64.51
4	57	Rebecca Mc Laugh	City of Derry	67.23
200m				
Place	No.	Athlete	Club	Time
1	54	Leah Moore	Clonliffe Harriers	24.40
2	55	Sophie Ellis	Kildare County	25.50
3	57	Anna Barr	City of Derry	25.80
4	58	Susan Giblin	Raheny Shamrock	27.80
800m				
Place	No.	Athlete	Club	Time
1	58	Siobhan Eviston	Raheny Shamrock	2.12.76
2	54	Eleanor Alexander	Clonliffe Harriers	2.20.45
3	57	Hannah Mc Gowan	City of Derry	2.29.72
4	55	Rachael Smyth	Kildare County	2.36.89
3000m				
Place	No.	Athlete	Club	Time
1	58	Patrycja Wlodarczyk	Raheny Shamrock	10.21.3
2	54	Ailish Mc Dermott	Clonliffe Harriers	10.40.4
3	57	Jackie Mc Ginley	City of Derry	11.26.6
4	55	Chloe Abbott	Kildare County	12.13.1
100m				
Place	No.	Athlete	Club	Time
1	54	Leah Moore	Clonliffe Harriers	12.11
2	55	Sophie Ellis	Kildare County	12.75
3	57	Anna Barr	City of Derry	12.79
4	58	Aisling Drumgoole	Raheny Shamrock	12.91

## Individual Results 13 July 2010

4*400m				
Place	No.	Athlete	Club	Time
1	58		Raheny Shamrock	4.02.40
2	54		Clonliffe Harriers	4.10.58
3	57		City of Derry	4.27.88
Hammer				
Place	No.	Athlete	Club	Distance
1	57	Maggie Donnelly	City of Derry	47.79
2	55	Pauline Kenny	Kildare County	22.16
3	58	Anne Buckley	Raheny Shamrock	14.27
Pole Vault				
No.	Athlete	Club	Height	
58	Zoe Campbell	Raheny Shamrock	3.20	
Long Jump				
Place	No.	Athlete	Club	Distance
1	55	Sandra Lawlor	Kildare County	5.26
2	57	Janelle Mc Gurk	City of Derry	4.82
3	54	Snezana Bechtina	Clonliffe Harriers	4.67
4	58	Susan Scallon	Raheny Shamrock	4.33
Discus				
Place	No.	Athlete	Club	Distance
1	57	Maggie Donnelly	City of Derry	24.31
2	55	Pauline Kenny	Kildare County	23.05
3	58	Molly Giblin	Raheny Shamrock	12.50
4	54	Kate Purcell	Clonliffe Harriers	9.07

## Individual Results 13 July 2010

High Jump				
Place	No.	Athlete	Club	Height
1	54	Agena Lidova	Clonliffe Harriers	1.65
2	58	Victoria Dwyer	Raheny Shamrock	1.60
3	57	Janelle Mc Gurk	City of Derry	1.50
4	55	Rachael Smyth	Kildare County	1.25
Shot Putt				
Place	No.	Athlete	Club	Distance
1	54	Agena Lidova	Clonliffe Harriers	9.03
2	58	Helen Buckley	Raheny Shamrock	8.72
3	57	Danea Herron	City of Derry	7.20
4	55	Cera Nolan	Kildare County	6.43
Javelin				
Place	No.	Athlete	Club	Distance
1	58	Helen Buckley	Raheny Shamrock	26.99
2	57	Kelly Simpson	City of Derry	26.30
3	54	Snezana Bechtina	Clonliffe Harriers	13.87
4	55	Cera Nolan	Kildare County	12.91
Triple Jump				
Place	No.	Athlete	Club	Distance
1	57	Anna Barr	City of Derry	10.72
2	54	Orna Mc Ginley	Clonliffe Harriers	9.93
3	58	Chloe Doran	Raheny Shamrock	8.95

## Individual Results 13 July 2010

					Tullamore				
Division 1 Men (Pool B)					Division 1 Women (Pool B)				
<b>110m Hurdles (wind: -0.10)</b>					<b>100m Hurdles (wind: -0.4)</b>				
Place	Num	Athlete	Club	Time	Place	Num	Athlete	Club	Time
1	84	Ger Cremin	An Riocht	17.84	1	92	Lisa Houlihan	West Water	16.39
2	82	Liam Houlihan	Ferrybank	18.63	2	90	Laura Boylan	Sli Cualann	17.31
3	83	William Finnegan	Craughwell	19.14	3	91	Sinead Moloney	Wexford Cc	18.54
4	79	Kevin McGlynn	Sligo County	22.51					
<b>3000m Walk</b>					<b>1500m Walk</b>				
Place	Num	Athlete	Club	Time	Place	Num	Athlete	Club	Time
1	79	Martin Conroy	Sligo County	15.57.24	1	92	Triona Wall	West Water	9.00.43
2	81	Tony Gartland	Sli Cualann	16.42.92					
	83	Marty Davis	Craughwell	DQ					
<b>400m Hurdles</b>					<b>400m Hurdles</b>				
Place	Num	Athlete	Club	Time	Place	Num	Athlete	Club	Time
1	82	Ben Kiely	Ferrybank	60.77	1	90	Laura Boylan	Sli Cualann	74.28
2	84	Ger Cremin	An Riocht	65.48	2	91	Catrina Corcoran	Wexford Cc	75.76
3	81	Cian Ward	Sli Cualann	69.07	3	92	Claire Morrissey	West Water	78.94
4	83	Johnny Lane	Craughwell	71.00					
5	79	David Heath	Sligo County	73.34					
<b>4X100m Relay</b>					<b>4X100m Relay</b>				
Place	Num	Athlete	Club	Time	Place	Num	Athlete	Club	Time
1	80		Limerick County	44.13	1	93		Limerick Cc	50.12
2	84		An Riocht	44.78	2	91		Wexford Cc	51.06
3	82		Ferrybank	45.72	3	90		Sli Cualann	53.36
4	79		Sligo County	47.24	4	92		West Water	54.45
5	83		Craughwell	48.33	5	94		Tallaght	59.20
6	81		Sli Cualann	48.86					

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1500m					1500m				
Place		Athlete	Club	Time	Place	Num	Athlete	Club	Time
1	82	Kevin Cooper	Ferrybank	4.02.88	1	92	Norma Wall	West Water	5.17.52
2	81	Michael Dowling	Sli Cualann	4.03.36	2	94	Roisin O'Hanlon	Tallaght	5.34.23
3	79	Tommy Casey	Sligo County	4.05.78					
4	80	Laberta Debela	Limerick County	4.07.47					
	1219	Keith Fallon (G)	GCH	4.15.31					
5	83	Mark Davis	Craughwell	4.28.43					
	615	Brian Murphy (G)	Ennis TC	4.39.37					
	1221	Eddie Costello (G)	GCH	4.33.03					
6	84	Donal O'Callaghan	An Riocht	4.44.80					
400m					400m				
Place	Num	Athlete	Club	Time	Place	Num	Athlete	Club	Time
1	79	Ciaran Collins	Sligo County	50.55	1	93	Amy O'Donoghue	Limerick Cc	60.15
2	80	Zoltan Gyomber	Limerick County	50.82	2	94	Katie Fitzpatrick	Tallaght	70.13
3	84	Ciaran McCabe	An Riocht	51.38	3	92	Leanne Herilihy	West Water	70.70
4	82	James Greene	Ferrybank	51.77	4	91	Eva Murphy	Wexford Cc	73.50
5	81	Richard Owens	Sli Cualann	55.90					
6	83	Johnny Lane	Craughwell	62.88					
3000m S/C					3000m				
Place		Athlete	Club	Time	Place		Athlete	Club	Time
1	79	Martin Conroy	Sligo County	9.56.24	1	92	Norma Wall	West Water	11.12.64
2	83	Peter O'Sullivan	Craughwell	10.40.61	2	90	Una Britton	Sli Cualann	11.15.15
3	82	Gavin Downey	Ferrybank	10.41.91	3	94	Sharon Tighe	Tallaght	11.36.67
200m (wind: -4.1)					200m (wind: -2.6)				
Place	Num	Athlete	Club	Time	Place	Num	Athlete	Club	Time
1	82	Chris Russell	Ferrybank	23.05	1	93	Sarah Lavin	Limerick Cc	25.44
2	80	Cian Aherne	Limerick County	23.36	2	91	Antoinette Stafford	Wexford Cc	25.85
3	81	Ferdia Kenny	Sli Cualann	23.93	3	90	Ciara Stuart	Sli Cualann	28.52
4	79	Gary Hynes	Sligo County	25.20	4	94	Katie Fitzpatrick	Tallaght	29.09
5	84	Tomas Griffin	An Riocht	25.65		625	Rianne McHugh (G)	Sligo	29.60
6	83	Niall Higgins	Craughwell	26.12	5	92	Leanne Herilihy	West Water	30.88









## Individual Results 13 July 2010

4X100m Relay					4X100m Relay				
Place	Num	Athlete	Club	Time	Place	Num	Athlete	Club	Time
1	74		KCH	43.97	1	86		Galway Cou	55.51
2	73		GCH	45.86	2	88		Tullamore H	55.74
3	76		Tallaght	46.20	3	85		Menapians	57.19
4	77		Clare County	47.74	4	87		Waterford	61.74
5	75		Waterford	49.57					
6	78		Olympian	51.16					
1500m					1500m				
Place	Num	Athlete	Club	Time	Place	Num	Athlete	Club	Time
1	73	Gary Thornton	GCH	4.01.7	1	86	Laura Sur	Galway Cou	4.42.60
2	77	Brian McGinley	Clare County	4.07.5		1985	Michelle Finn (G)	Duhallow	4.50.41
3	76	Brian Connolly	Tallaght	4.14.1		623	Anna Redden (G)	Sligo	5.07.56
4	74	Toss Hayes	KCH	4.17.6	2	88	Maura Triona Keane	Tullamore H	5.16.61
5	78	Shaun Deery	Olympian	4.57.0	3	87	Siobhan Heylin	Waterford	5.54.99
6	75	Richard Lucas	Waterford	4.57.0	4	85	Catherine O'Connor	Menapians	6.16.51
400m					400m				
Place	Num	Athlete	Club	Time	Place	Num	Athlete	Club	Time
1	73	Ronan Kelly	GCH	52.10	1	88	Niamh McNamara	Tullamore H	64.74
2	77	Darragh Lynch	Clare County	52.10		625	Rianne McHugh (G)	Sligo	65.68
3	76	Sean Bolger	Tallaght	52.25	2	87	Caroline Farrelly	Waterford	69.70
4	74	Michael Lanigan	KCH	55.57	3	86	Maeve Curley	Galway Cou	74.01
5	78	Martin Dunlop	Olympian	58.79	4	85	Emma O'Neill	Menapians	76.24
6	75	Isaac Lineen	Waterford	61.49					
3000m S/C					3000m				
Place	Num	Athlete	Club	Time	Place	Num	Athlete	Club	Time
1	74	Jonathan Fitzpatrick	KCH	10.03.49	1	88	Elizabeth Cuskelly	Tullamore H	10.35.56
2	77	Fergal Smithwick	Clare County	10.07.30	2	87	Diane Behan	Waterford	11.22.09
3	76	Luke Coleman	Tallaght	11.07.20	3	85	Zara Murphy	Menapians	11.33.98
4	73	Malcolm McEvelly	GCH	11.40.05					

## Individual Results 13 July 2010

200m (wind: -2.1)					200m (wind: -1.5)				
Place	Num	Athlete	Club	Time	Place	Num	Athlete	Club	Time
1	74	Eoin Muldowney	KCH	23.00	1	85	Francesca Reville	Menapians	27.27
2	76	Eddie Healy	Tallaght	23.44	2	88	Lauren Dunne	Tullamore H	27.96
3	75	Brendan Leahy	Waterford	23.65	3	86	Tara Hession	Galway Co	29.00
4	73	Ben Cooney	GCH	23.90	4	87	Caroline Farrelly	Waterford	30.19
5	77	Mark Boland	Clare County	24.08					
6	78	Martin Dunlop	Olympian	25.52					
200m (wind: -4.3)									
Place	Num	Athlete	Club	Time					
1	619	Philip Smith (G)	DSD	23.81					
2	618	Kevin Lynch (G)	DSD	24.18					
3	1211	Ross O'Loughlin (G)	Menapians	24.83					
4	83			25.40					
5	1986	Sean O'Brion (G)	Donore Hrs	26.21					
800m					800m				
Place	Num	Athlete	Club	Time	Place	Num	Athlete	Club	Time
1	73	Joe O'Donnell	GCH	2.01.92	1	86	Julianne Harrington	Galway Co	2.23.31
2	74	Ian Boland	KCH	2.08.60	2	88	Pauline Curley	Tullamore H	2.25.56
3	77	Eamon Chesser	Clare County	2.10.69	3	87	Niamh Tebay	Waterford	2.49.15
4	76	Anthony Leigho	Tallaght	2.13.52	4	85	Catherine O'Connor	Menapians	3.16.81
5	75	Keith Egan	Waterford	2.21.56					
6	78	Shaun Deery	Olympian	2.24.99					
5000m									
Place	Num	Athlete	Club	Time					
1	76	Thomas Fitzpatrick	Tallaght	15.03.62					
2	77	Mike Maher	Clare County	16.00.14					
3	75	Frank Quinlan	Waterford	16.59.32					
4	73	Derek Murray	GCH	17.01.16					
	736	Sean McGrath (G)	East Cork	15.12.06					



## Individual Results 13 July 2010

Hammer					Hammer				
Place	Num	Athlete	Club	Distance	Place	Num	Athlete	Club	Distance
1	78	Brendan Quinn	Olympian	19.88	1	88	Lisa Dolan	Tullamore H	30.66
2	76	Alan Casey	Tallaght	17.04	2	86	Nicola Monahan	Galway Cou	18.44
3	75	Brian Swaby	Waterford	16.00	3	87	Diana Behan	Waterford	9.05
		Lee Barlow (G)	Olympian	23.86					
Pole Vault					Pole Vault				
Place	Num	Athlete	Club	Height	Place	Num	Athlete	Club	Height
1	75	Laurence Houlihan	Waterford	3.60					
2	74	Cormac Everard	KCH	2.20					
		Martin Houlihan (G)	West Waterford	3.20					
Long Jump					Long Jump				
Place	Num	Athlete	Club	Distance	Place	Num	Athlete	Club	Distance
1	73	Simon Cavanaugh	GCH	5.94	1	85	Francesca Reveille	Menapians	4.91
2	76	Edward Healy	Tallaght	5.80	2	88	Emer Brennan	Tullamore H	4.30
3	77	Lumsa Bahmari	Clare County	5.77	3	86	Cairtiona Murphy	Galway Cou	4.28
4	75	Samuel Smith	Waterford	5.53	4	87	Diane Behan	Waterford	2.92
5	78	Patrick O'Donnell	Olympian	5.32					
6	74	Cormac Everard	KCH	4.87					
Shot Putt					Shot Putt				
Place	Num	Athlete	Club	Distance	Place	Num	Athlete	Club	Distance
1	73	Sean Breathnach	GCH	15.89	1	86	Mary Barrett	Galway Cou	8.70
2	76	John Deever	Tallaght	10.12	2	87	Louise Brent	Waterford	8.33
3	78	Lee Barlow	Olympian	9.82	3	88	Kelly Cunningham	Tullamore H	7.68
4	74	Austin Lee	KCH	8.41	4	85	Kate Wilson	Menapians	6.13
6	75	Tom O'Brien	Waterford	7.62					
	1223	Brendan Quinn (G)	Olympian	9.08					
	73	Eanna O'Cahain (G)	GCH	10.23					

## Individual Results 13 July 2010

High Jump					High Jump				
Place	Num	Athlete	Club	Height	Place	Num	Athlete	Club	Height
1	77	Keith King	Clare County	1.70	1	86	Sinead Tuohy	Galway Cou	1.35
2	75	Laurence Houlihan	Waterford	1.65	2	87	Jacinta Power	Waterford	1.10
3	76	Alan Casey	Tallaght	1.65					
4	74	Michael Lanigan	KCH	1.55					
	78	Owen Bradley	Olympian	NH					
Discus					Discus				
Place	Num	Athlete	Club	Distance	Place	Num	Athlete	Club	Distance
1	73	Eanna O'Cathain	GCH	35.08	1	88	Kelly Cunningham	Tullamore H	25.99
2	78	Brendan Quinn	Olympian	26.63	2	85	Nicola Hayes	Menapians	19.70
3	75	Pat Breen	Waterford	25.98	3	86	Melissa Barrett	Galway Cou	19.29
4	76	Sean Morris	Tallaght	21.29	4	87	Deirdre Chapman	Waterford	13.86
5	77	Keith King	Clare County	20.96					
6	74	Austin Lee	KCH	19.00					
Triple Jump					Triple Jump				
Place	Num	Athlete	Club	Distance	Place	Num	Athlete	Club	Distance
1	73	Kevin Dooley	GCH	11.97	1	86	Sarah Finnegan	Galway Cou	10.11
2	74	David McGeary	KCH	11.81	2	85	Nicola Hayes	Menapians	9.34
3	78	Martin Dunlop	Olympian	10.97	3	88	Emer Brennan	Tullamore H	9.16
4	76	Ed Healy	Tallaght	10.88	4	87	Louise Brent	Waterford	7.96
5	75	Tom O'Brien	Waterford	10.86					
Javelin					Javelin				
Place	Num	Athlete	Club	Distance	Place	Num	Athlete	Club	Distance
1	77	Lunya Burman	Clare County	48.97	1	86	Mary Barrett	Galway Cou	22.66
2	78	Lee Barlow	Olympian	39.03	2	88	Lisa Dolan	Tullamore H	16.99
3	73	Eanna O'Cathain	GCH	38.10	3	85	Lucy Grennell	Menapians	14.58
4	76	Sean Morris	Tallaght	33.47	4	87	Deirdre Chapman	Waterford	11.08
5	74	David McGeary	KCH	32.49					
6	75	Pat Behan	Waterford	27.80					



## Individual Results 13 July 2010

Premier Men					Premier Women				
110m Hurdles (wind: -1.9)					100m Hurdles (wind: -0.9)				
Place	Num	Athlete	Club	Time	Place	Num	Athlete	Club	Time
1	66	Eoin Kelly	St Abbans	15.99	1	67	Megan Kiely	Ferrybank	15.67
2	59	Adrian Jackman	Menapians	17.88	2	69	Sophie Heinsich	Leevale	16.04
3	61	Ben Dennessen	Kerry Athletics	18.36	3	72	Ailbhe Courtney	Kerry Athlet	16.90
4	65	Kevin Byrne	DSD	22.32	4	71	Avril Dillon	DSD	17.24
3000m Walk					1500m Walk				
Place	Num	Athlete	Club	Time	Place	Num	Athlete	Club	Time
1	64	James Treanor	Shercock	12.56.04	1	70	Marie Costello	Borrisokane	9.00.13
2	59	Jimmy McDonald	Menapians	13.12.85	2	71	Mary McCarthy	DSD	9.32.29
3	65	Jerome Caprice	DSD	13.16.66	3	69	Caroline Philpott	Leevale	10.27.00
4	62	Larry Rigney	Tullamore Hrs	21.29.30	4	67	Sally Murphy	Ferrybank	10.57.96
						68	Shiela Loudren	KCH	DQ
400m Hurdles					400m Hurdles				
Place	Num	Athlete	Club	Time	Place	Num	Athlete	Club	Time
1	64	James Ruxton	Shercock	53.19	1	67	Megan Kiely	Ferrybank	63.09
	614	Tim Crowe (G)	Dooneen	53.34	2	68	Catriona Cuddihy	KCH	66.62
2	65	Jonathan Miller	DSD	53.73	3	72	Ailbhe Courtney	Kerry Athlet	67.99
3	66	Paul Byrne	St Abbans	54.08	4	69	Katey Byrd	Leevale	70.88
4	59	Barry Upton	Menapians	55.40	5	70	Lisa Kelly	Borrisokane	73.89
5	62	Stephen Kelly	Tullamore Hrs	59.90	6	71	Eimear Bennett	DSD	74.60
6	61	Stewart Nolan	Kerry Athletics	62.69					
4X100m Relay					4X100m Relay				
Place	Num	Athlete	Club	Time	Place	Num	Athlete	Club	Time
1	65		DSD	42.52	1	67		Ferrybank	50.42
2	63		Leevale	43.36	2	68		KCH	50.57
3	59		Menapians	43.99	3	69		Leevale	50.86
4	64		Shercock	44.51	4	72		Kerry Athlet	51.31
5	62		Tullamore Hrs	44.63	5	71		DSD	51.58
6	61		Kerry Athletics	44.84	6	70		Borrisokane	53.86

## Individual Results 13 July 2010

7	66		St Abbans	46.17					
8	60		Donore Hrs	48.46					
1500m					1500m				
<b>Place</b>	<b>Num</b>	<b>Athlete</b>	<b>Club</b>	<b>Time</b>	<b>Place</b>	<b>Num</b>	<b>Athlete</b>	<b>Club</b>	<b>Time</b>
1	66	Stephen Attride	St Abbans	4.01.94	1	69	Liz Lee	Leevale	4.39.61
2	59	Andrew Connick	Menapians	4.03.04	2	71	Bryony Treston	DSD	4.44.38
3	60	Mark Dooley	Donore Hrs	4.07.76	3	70	Siobhan O'Doherty	Borrisokane	4.46.31
4	65	Neil Cowzer	DSD	4.15.24	4	72	Mary Fitzgearld	Kerry Athlet	5.05.88
5	63	Thomas Maunsell	Leevale	4.24.46	5	68	Niamh Tuohy	KCH	5.24.92
6	62	Cormac Troy	Tullamore Hrs	4.25.42					
7	64	Paul Smith	Shercock	6.10.79					
400m					400m				
<b>Place</b>	<b>Num</b>	<b>Athlete</b>	<b>Club</b>	<b>Time</b>	<b>Place</b>	<b>Num</b>	<b>Athlete</b>	<b>Club</b>	<b>Time</b>
1	62	Fergus Hannon	Tullamore Hrs	48.70	1	69	Louise McArdle	Leevale	57.98
2	65	Joseph Dowling	DSD	49.84	2	70	Cliona Ryan	Borrisokane	61.50
3	64	James Ruxton	Shercock	50.30	3	71	Laura Hannigan	DSD	62.96
4	61	Cian Foley	Kerry Athletics	50.65	4	67	Melina van der Valk	Ferrybank	64.34
5	63	Darren O'Donovan	Leevale	51.48	5	68	Louise Holmes	KCH	67.82
6	59	Ruadhairi Kedney	Menapians	52.38	6	72	Katie Rogers	Kerry Athlet	69.62
7	60	Chris Kelly	Donore Hrs	54.68					
3000m S/C					3000m				
<b>Place</b>	<b>Num</b>	<b>Athlete</b>	<b>Club</b>	<b>Time</b>	<b>Place</b>	<b>Num</b>	<b>Athlete</b>	<b>Club</b>	<b>Time</b>
		J. McCarthy (G)		9.40.02	1	71	Linda Byrne	DSD	9.50.21
1	65	Robert Corbally	DSD	9.48.80	2	69	Liz Lee	Leevale	10.10.11
2	62	Liam Brady	Tullamore Hrs	9.56.26	3	70	Siobhan O'Doherty	Borrisokane	10.21.62
3	66	Stephen Lawlor	St Abbans	10.07.18	4	72	Anna Maria Costello	Kerry Athlet	11.16.93
4	63	Stephan Walters	Leevale	11.59.23	5	68	Laura Haverty	KCH	12.08.09
					6	67	Grainne Brennan	Ferrybank	13.02.17



## Individual Results 13 July 2010

100m (wind: -1.9)					100m (wind: -1.4)				
Place	Num	Athlete	Club	Time	Place	Num	Athlete	Club	Time
1	65	Patrick Phelan	DSD	11.01	1	68	Louise Holmes	KCH	12.72
2	62	Eoin Hannon	Tullamore Hrs	11.12	2	71	Zita Murphy	DSD	12.94
3	59	David Hynes	Menapians	11.21	3	67	Nicola Power	Ferrybank	13.03
4	63	David Killeen	Leevale	11.38	4	72	Sinead O'Connor	Kerry Athlet	13.12
5	61	Conal O'Callaghan	Kerry Athletics	11.46	5	69	Louise McArdle	Leevale	13.13
6	64	Craig Lynch	Shercock	11.63	6	70	Lorraine Healy	Borrisokane	13.80
4X400m					4X400m				
Place	Num	Athlete	Club	Time	Place	Num	Athlete	Club	Time
1	65		DSD	3.25.70	1	71		DSD	4.08.99
2	63		Leevale	3.27.86	2	72		Kerry Athlet	4.11.75
3	59		Menapians	3.28.84	3	67		Ferrybank	4.13.50
4	61		Kerry Athletics	3.30.65	4	68		KCH	4.15.24
5	62		Tullamore Hrs	3.31.21	5	69		Leevale	4.15.91
6	60		Donore Hrs	3.39.54	6	70		Borrisokane	
7	66		St Abbans	3.43.85					
Hammer					Hammer				
Place	Num	Athlete	Club	Distance	Place	Num	Athlete	Club	Distance
1	61	James Nagle	Kerry Athletics	48.90	1	67	Cara Kennedy	Ferrybank	44.99
2	62	Darragh Hanlon	Tullamore Hrs	40.96	2	72	Mairead O'Neill	Kerry Athlet	40.99
3	64	Hugh Fitzpatrick	Shercock	37.72	3	70	Sarah Kelly	Borrisokane	33.09
4	66	Aidan Kelly	St Abbans	34.16	4	71	Lisa Wynne	DSD	30.07
5	59	Ger Donovan	Menapians	26.93	5	69	Caroline Philpott	Leevale	13.40
6	63	Paul Stack	Leevale	13.36		626	Priscilla O'Sullivan (G)	Bandon	35.15
Pole Vault					Pole Vault				
Place	Num	Athlete	Club	Height	Place	Num	Athlete	Club	Height
1	62	Stephen Kelly	Tullamore Hrs	3.20	1	69	Sarah Ryan	Leevale	2.90
2	61	David Hogan	Kerry Athletics	3.00	2	70	Lisa Kelly	Borrisokane	2.10
3	66	Paul Byrne	St Abbans	2.60	3	72	Dearbhail Foley	Kerry Athlet	1.70
4	63	David Killeen	Leevale	2.60	4	71	Avril Dillon	DSD	1.50

## Individual Results 13 July 2010

5	64	Richard Tsang	Shercock	2.60					
6	65	Kevin Byrne	DSD	2.20					
Long Jump					Long Jump				
<b>Place</b>	<b>Num</b>	<b>Athlete</b>	<b>Club</b>	<b>Distance</b>	<b>Place</b>	<b>Num</b>	<b>Athlete</b>	<b>Club</b>	<b>Distance</b>
1	63	David Quilligan	Leevale	6.70	1	67	Nicola Power	Ferrybank	5.71
2	66	Eoin Kelly	St Abbans	6.39	2	72	Sinead O'Connor	Kerry Athlet	5.15
3	64	Paul Smith	Shercock	6.39	3	68	Lorraine O'Shea	KCH	5.01
4	61	Conal O'Callaghan	Kerry Athletics	6.21	4	69	Caroline Murphy	Leevale	4.72
5	59	Tony Stafford	Menapians	5.93	5	70	Chloe Fahy	Borrisokane	4.67
6	60	Louis Fitzgearld	Donore Hrs	5.78	6	71	Avril Dillon	DSD	2.79
7	65	Conor Sexton	DSD	5.67					
8	62	Larry O'Reilly	Tullamore Hrs	5.63					
Shot Putt					Shot Putt				
<b>Place</b>	<b>Num</b>	<b>Athlete</b>	<b>Club</b>	<b>Distance</b>	<b>Place</b>	<b>Num</b>	<b>Athlete</b>	<b>Club</b>	<b>Distance</b>
1	61	Daniel Clifford	Kerry Athletics	13.22	1	67	Cara Kennedy	Ferrybank	10.47
2	59	David Coleman	Menapians	12.49	2	72	Shiela O'Donoghue	Kerry Athlet	10.31
3	66	Seamus Fitzpatrick	St Abbans	11.38	3	69	Roisin Howard	Leevale	8.85
4	64	Matthew O'Reilly	Shercock	10.97	4	68	Caitriona Cuddihy	KCH	8.28
5	63	Joseph Nagle	Leevale	9.56	5	70	Sarah Kelly	Borrisokane	7.79
6	62	Jim Dolan	Tullamore Hrs	8.06	6	71	Lucy Moore	DSD	7.44
7	65	Kevin Byrne	DSD	7.32					
						626	Priscilla O'Sullivan (G)	Bandon	9.19
High Jump					High Jump				
<b>Place</b>	<b>Num</b>	<b>Athlete</b>	<b>Club</b>	<b>Height</b>	<b>Place</b>	<b>Num</b>	<b>Athlete</b>	<b>Club</b>	<b>Height</b>
1	65	Themba Neoala	DSD	1.75	1	67	Sorcha Murphy	Ferrybank	1.55
2	66	Conor Daly	St Abbans	1.75	2	70	Chloe Fahy	Borrisokane	1.40
3	62	Ray Lennon	Tullamore Hrs	1.70	3	72	Ailbhe Courtney	Kerry Athlet	1.35
4	61	PJ Galvin	Kerry Athletics	1.70	4	68	Niamh Tupy	KCH	1.20
5	60	Louis Fitzgearld	Donore Hrs	1.65					
6	59	Simon Mernagh	Menapians	1.60					
7	64	James Ruxton	Shercock	1.60					
8	63	Ryan Casey	Leevale	1.45					

## Individual Results 13 July 2010

Discus					Discus				
Place	Num	Athlete	Club	Distance	Place	Num	Athlete	Club	Distance
1	61	Daniel Clifford	Kerry Athletics	44.65	1	67	Jade Power	Ferrybank	33.00
2	62	Darragh Hanlon	Tullamore Hrs	39.85	2	72	Karen O'Connor	Kerry Athlet	28.53
3	60	Aidan Fogerty	Donore Hrs	33.10	3	70	Amanda O'Farrell	Borrisokane	26.83
4	66	Aidan Kelly	St Abbans	31.73	4	68	Nicola Barron	KCH	22.03
5	64	Matthew O'Reilly	Shercock	31.53	5	69	Roisin Howard	Leevale	21.61
6	63	Brian Hayes	Leevale	26.03	6	71	Lisa Wynne	DSD	13.13
Triple Jump					Triple Jump				
Place	Num	Athlete	Club	Distance	Place	Num	Athlete	Club	Distance
1	66	Eoin Kelly	St Abbans	14.29	1	67	Nicola Power	Ferrybank	10.92
2	63	Dennis Finnegan	Leevale	14.02	2	72	Sinead O'Connor	Kerry Athlet	10.65
3	59	Patrick Shannon	Menapians	13.24	3	70	Lisa Kelly	Borrisokane	10.11
4	65	Cilan Cronin	DSD	12.51	4	69	Katie Byrd	Leevale	9.86
5	64	Rchard Tsang	Shercock	12.23	5	71	Lucy Moore	DSD	7.71
6	61	Michael Godley	Kerry Athletics	11.54					
Javelin					Javelin				
Place	Num	Athlete	Club	Distance	Place	Num	Athlete	Club	Distance
1	64	Albinas Kiltinavicius	Shercock	46.70	1	71	Anita White	DSD	37.70
2	62	Tom Rafferty	Tullamore Hrs	43.40	2	68	Galia Stanley	KCH	27.10
3	61	Phillip Barnett	Kerry Athletics	40.45	3	70	Amanda O'Farrell	Borrisokane	25.30
4	63	Brian Hayes	Leevale	33.33	4	69	Susan Ryan	Leevale	23.79
5	59	Fredric Bourdin	Menapians	30.45	6	72	Shiela O'Donoghue	Kerry Athlet	18.10
6	66	Barry Pender	St Abbans	28.71	8	67	Brid Golden	Ferrybank	22.77
7	65	Neil Cowzer	DSD	24.23					
56 lb Weight									
Place	Num	Athlete	Club	Distance					
1	66	Seamus Fitzpatrick	St Abbans	7.79					
2	59	Ger Donovan	Menapians	5.80					
3	62	Tom Rafferty	Tullamore Hrs	5.71					
4	64	Hugh Fitzpatrick	Shercock	5.59					

