

**Woodie's DIY / Athletics Association of Ireland  
Senior Indoor Championships of Ireland  
16/17th February 2013  
Athlone IT Internationa Arena**

**SENIOR WOMEN RESULTS**

<b>Event</b>		<b>Name</b>	<b>Position</b>	<b>Time</b>
400m	Heat 2	Nessa Millet	2 <sup>nd</sup>	58:33

**SENIOR MEN RESULTS**

<b>Event</b>		<b>Name</b>	<b>Position</b>	<b>Time</b>
60M Men	Heat 3	Barry Regan	3 <sup>rd</sup>	7:19
60M Men	Semi Final	Barry Regan	2 <sup>nd</sup>	7:14
60M Men	Final	Barry Regan	4 <sup>th</sup>	7:12
3000m	Final	Stephen Lawlor	16 <sup>th</sup>	9:01:63
Triple Jump		Eoin Kelly	1 <sup>st</sup>	14.44m
Triple Jump		Conor Daly	4 <sup>th</sup>	13.70m
High Jump		Barry Pender	1 <sup>st</sup>	2.03m