

Woodie's DIY Junior & U23 Championships of Ireland, Tullamore 27th June 2010

100 m - Junior Men

Wind : +2.3

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	304	Back, Oliver	Liverpool Harriers			10.73
2	310	Killeen, David	Leevale A.C.			10.98
3	100	Kavanagh, Mark	Dundrum South Dublin A.C.			11.07
4	57	Foley, Cian	Tralee Harriers A.C.			11.26
5	20	Brennan, Donal	Ferrybank A.C.			11.57
6	358	Meyler, Aaron	Menapians A.C.			11.68
7	314	Stack, Paul	Leevale A.C.			11.95

200 m - Junior Men

Wind : -2.2

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	2	O'Cathain, Lorcan	Roscommon A.C.	21.96		21.86
2	93	Crowe, Timothy	Dooneen A.C.	22.15		22.13
3	100	Kavanagh, Mark	Dundrum South Dublin A.C.	22.09		22.28
4	310	Killeen, David	Leevale A.C.	22.23		22.33
5	311	O'Halloran, Edmond	Leevale A.C.	22.44		22.50
6	235	Christie, Cian	Metro/St. Brigid's A.C.	22.45		22.72
7	474	Okoye agha, Richard	North Laois A.C.	22.72		22.91
8	233	Roche, Stuart	Clonliffe Harriers A.C.	22.62		23.17
	314	Stack, Paul	Leevale A.C.	23.47		
	20	Brennan, Donal	Ferrybank A.C.	23.47		
	98	Ryan, Paul	Mullingar Harriers A.C.	25.97		
	304	Back, Oliver	Liverpool Harriers	DNS		
	358	Meyler, Aaron	Menapians A.C.	DNS		

400 m - Junior Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	102	Kervick, Dara	Carrick-On-Suir A.C.	48.90		48.55
2	316	Scanlon, Paul	Leevale A.C.	49.00		48.77
3	312	Maher, Patrick	Leevale A.C.	48.88		48.81
4	8	Dowling, Joseph	Dundrum South Dublin A.C.	50.47		49.42
5	57	Foley, Cian	Tralee Harriers A.C.	49.80		51.06
	200	Maze, Ben	Lagan Valley	50.84		DNS
	61	Hannon, Fearghus	Tullamore Harriers A.C.	49.70		DNF
	15	Harvey, Jason	Lagan Valley A.C.	50.15		DNF
	474	Okoye agha, Richard	North Laois A.C.	50.85		
	475	Kelly, Stephen	Tullamore Harriers A.C.	51.28		
	19	Greene, James	Ferrybank A.C.	51.43		
	69	Kelly, Ronan	Galway City Harriers A.C.	51.55		

800 m - Junior Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	195	English, Mark	Letterkenny A.C.	1.59.28		1.55.16
2	199	Robinson, Paul	St. Coca'S A.C.	1.59.06		1.55.38
3	193	Mc Brearty, Darren	Letterkenny A.C.	1.59.67		1.55.46
4	16	Patterson, Mark	North Down	1.59.39		1.56.44
5	52	Cronin, Dean	Blarney/Inniscara A.C.	1.59.59		1.58.77
6	77	Kelly, Brian	St. Abbans A.C.	1.59.49		1.58.85
7	83	Hoy, Mark	St. Michael's Enniskillen	2.00.21		2.01.01
8	192	Yorke, Robert	Mullingar Harriers A.C.	1.58.65		2.01.50
	101	Keogh, Eric	Donore Harriers A.C.	2.00.46		
	90	O'Sullivan, Michael	West Muskerry A.C.	2.01.46		
	118	Magowan, Adam	Orchard County A.C.	2.02.21.		
	86	Cleirigh Buttner, Fionn	Greystones & District A.C.	2.03.24		
	111	Mc Donnell, Jake	Raheny Shamrock A.C.	2.03.62		
	54	Mc Cormack, Shawn	Gowran A.C.	2.05.38		
	469	Fitzpatrick, Sean	Tallaght A.C.	2.18.54		

1500 m - Junior Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	107	Tremble, Liam	Metro/St. Brigid's A.C.			3.51.82
2	119	Travers, John	Donore Harriers A.C.			3.51.97
3	82	Dowling, Michael	Sli Cualann A.C.			3.58.16
4	112	Moriarty, Timmy	Raheny Shamrock A.C.			4.08.74
5	56	Rennicks, Darragh	Bohermeen A.C.			4.10.55
6	63	Mc Guinness, Conor	Clonliffe Harriers A.C.			4.13.38
7	78	Lawlor, Stephen	St. Abbans A.C.			4.19.01
8	110	Foley, Donal	Raheny Shamrock A.C.			4.29.68
9	114	Power, Declan	West Waterford A.C.			4.41.28

54 Mc Cormack, Shawn Gowran A.C. DNS

5000 m - Junior Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	97	Byrne, Jake	Mullingar Harriers A.C.			15.35.10
2	191	Connolly, Vinny	Mullingar Harriers A.C.			15.54.64

110 m Hurdles - Junior Men

Wind : +2.7

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	311	O'Halloran, Edmond	Leevale A.C.			14.76
2	17	Donnelly, Ciaran	Ferrybank A.C.			15.13
3	94	Sabayo, Emmanuel	Dooneen A.C.			15.84
4	277	Mc Crossan, Conor	Clonliffe Harriers A.C.			15.93

400 m Hurdles - Junior Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	93	Crowe, Timothy	Dooneen A.C.			57.47
2	18	Barr, Thomas	Ferrybank A.C.			57.88
3	7	Kiely, Ben	Ferrybank A.C.			58.63

3000 m Steeplechase - Junior Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	109	Jennings, Emmet	Dundrum South Dublin A.C.			9.28.46
2	360	Mc Laughlin, Pauric	Finn Valley A.C.			9.46.24
3	64	Rossiter, Jayme	Clonliffe Harriers A.C.			10.04.80
4	354	Connolly, Brian	Tallaght A.C.			10.33.82

5000 m Walk - Junior Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	55	Mc Manamon, Cian	Westport A.C.			23.01.66
2	3	Treanor, James	Shercock A.C.			23.03.21
3	237	Moran, Michael (U23)	Claremorris A.C.			25.47.92
4	13	O'Neill, Robert	Togher A.C.			28.11.98

High Jump - Junior Men

Place	No	Name	Club	1.60	1.65	1.70	1.75	1.80
1	76	Daly, Conor	St. Abbans A.C.	O	O	O	O	XXX
2	350	Fitzpatrick, Louis	Donore Harriers A.C.	O	O	O	XO	
3	94	Sabayo, Emmanuel	Dooneen A.C.	XO	-	O	XO	XXX
4	18	Barr, Thomas	Ferrybank A.C.	-	O	XXO	XX-	
5	115	Houlihan, Laurence	West Waterford A.C.	O	-	-	XXX	

Long Jump - Junior Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	66	Fahy, Eamonn	Donore Harriers A.C.	7.09	6.74	6.74	6.79	-	7.09	7.09
				+3.7	+1.4	+0.9	-0.6		+6.0	+3.7
2	196	Dolan, Ciaran	St. Michael's Enniskillen	6.25	6.38	6.64	6.67	X	6.83	6.83
				+1.7	+3.7	+1.8	+1.9		+2.4	+2.4
3	344	Doyle, Simon	St. L. O'Toole A.C.	6.57	6.47	6.28	6.47	X	6.04	6.57
				+3.2	+0.9	-0.1	+1.1	+0.3	+4.7	+3.2
4	67	Jege, Nathan	Dooneen A.C.	5.80	6.13	6.39	6.22	6.11	6.48	6.48
				+0.9	+2.7	+3.2	+2.4	+3.2	+2.8	+2.8
5	294	Whelan, Robert	Navan A.C.	6.18	6.16	6.08	5.93	5.95	6.00	6.18
				+2.4	+1.3	+0.1	+3.5	-0.4	+5.2	+2.4
6	341	Anyaegbunan, Alex	Clonliffe Harriers A.C.	6.04	5.65	5.83	5.98	5.85	X	6.04
				+3.4	+5.0	+1.0	+2.7	+1.5		+3.4
7	60	Godley, Michael	Tralee Harriers A.C.	5.80	5.74	X	5.20	X	X	5.80
				+3.2	+1.7		+2.3			+3.2
8	79	Brophy, Denis	St. Abbans A.C.	5.48	5.29	5.34	5.39	5.53	5.56	5.56
				+1.1	+2.8	+0.8	+1.5	+1.0	+3.1	+3.1
9	108	Jennings, Ryan	Dundrum South Dublin A.C.	5.08	4.87	5.15				5.15
				+4.4	-1.2	+3.2				+3.2

Triple Jump - Junior Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	341	Anyaegbunan, Alex	Clonliffe Harriers A.C.	X	X	12.89	13.03	11.89	12.12	13.03
						+2.1	+3.1	+1.0	+0.0	+3.1
2	60	Godley, Michael	Tralee Harriers A.C.	10.16	10.78	11.14	11.19	10.95	11.44	11.44
				-1.3	+4.4	+2.7	-0.6	+3.9	+2.6	+2.6
3	108	Jennings, Ryan	Dundrum South Dublin A.C.	10.63	X	10.07	10.56	10.39	10.23	10.63
				+0.2		+2.2	+2.6	+1.4	+2.5	+0.2

Pole Vault - Junior Men

Place	No	Name	Club	3.20	3.40	3.60	3.80	4.20	4.40	4.60
1	116	Houlihan, Thomas	West Waterford A.C.	-	-	-	-	XO	XO	XXX
2	115	Houlihan, Laurence	West Waterford A.C.	XO	-	XO	XXX			
2	92	Doherty, Christopher	Tir Chonaill A.C.	O	XO	XO	XXX			
4	117	Houlihan, Martin	West Waterford A.C.	O	O	XXO	XXX			

Shot Putt - Junior Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
0	14	Hickey, Diarmuid	Riverstick/Kinsale A.C.							
0	105	Hanlon, Darragh	Tullamore Harriers A.C.							
0	84	Mc Sweeney, Patrick	Bandon A.C.							
0	5	Donnelly, Ciaran	Crusaders A.C.							
0	68	O'Cathain, Eanna	Galway City Harriers A.C.							

Discus - Junior Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	4	Pons, Marco	D.M.P. A.C.	44.50	X	X	41.11	X	X	44.50
2	105	Hanlon, Darragh	Tullamore Harriers A.C.	33.41	42.33	42.83	38.60	X	X	42.83
3	494	Irvine, Gareth	North Down A.C.	40.94	41.12	X	X	40.21	X	41.12
4	122	Campion, Conal	St. Andrews A.C.	39.35	38.90	37.11	38.45	-	36.26	39.35
5	68	O'Cathain, Eanna	Galway City Harriers A.C.	36.56	-	38.13	39.30	-	-	39.30
6	14	Hickey, Diarmuid	Riverstick/Kinsale A.C.	31.05	32.50	31.61	X	32.89	X	32.89
7	1	Kenny, Michael	Kildare A.C.	31.55	31.01	X	32.85	X	31.92	32.85

Javelin - Junior Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	75	Oosthuysen, Jaco	Clonmel A.C.	52.30	59.36	50.85	58.58	59.38	48.15	59.38
2	81	Ryder, Sean	Sli Cualann A.C.	43.88	44.26	47.03	48.44	48.43	47.24	48.44
3	62	Kirwan, Rory	Dunleer A.C.	46.47	42.67	43.05	47.45	43.36	45.37	47.45
4	85	Reynolds, David	Bandon A.C.	46.92	44.25	-	42.53	40.55	-	46.92
5	293	Kirwan, Barry	Navan A.C.	42.59	44.89	45.79	40.49	43.35	-	45.79
6	122	Campion, Conal	St. Andrews A.C.	38.15	-	43.21	44.44	45.73	44.76	45.73
7	14	Hickey, Diarmuid	Riverstick/Kinsale A.C.	38.65	39.29	41.06	37.29	41.17	39.29	41.17
8	91	Ryan, Dara	Newport A.C.	36.20	-	-	-	-	-	36.20

Hammer - Junior Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	96	Barry, Killian	Crusaders A.C.	59.19	-	61.31	62.33	64.45	64.31	64.45
2	296	Doyle, Andrew	Mid-Ulster A.C.	53.54	-	-	57.87	59.47	58.89	59.47
3	120	Furlong, Thomas	D.M.P. A.C.	50.92	-	54.55	52.92	57.41	-	57.41
4	335	Mc Cabe, James	Dunboyne A.C.	53.86	-	56.04	55.41	55.82	-	56.04
5	122	Campion, Conal	St. Andrews A.C.	53.18	55.96	52.59	-	-	55.18	55.96
6	5	Donnelly, Ciaran	Crusaders A.C.	47.67	-	-	52.46	50.67	51.59	52.46
7	342	Hand, Shane	Farranfore Maine Valley A.C.	44.09	-	35.15	-	44.76	43.79	44.76

35lb Distance - Junior Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	84	Mc Sweeney, Patrick	Bandon A.C.	6.90	6.97	7.25	7.52	7.15	7.00	7.52
2	1	Kenny, Michael	Kildare A.C.	6.51	5.75	6.52	6.58	6.60	6.80	6.80

100 m - Junior Women

Wind : -4.4

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	23	Lavin, Sarah	Emerald A.C.	12.11		12.44
2	123	Murray, Sarah	Fingallians A.C.	12.19		12.50
3	188	Mc Manus, Catherine	Celtic DCH A.C.	12.18		12.56
4	343	Holmes, Louise	Kilkenny City Harriers A.C.	12.27		12.64
5	203	Boomer, Chloe	Liffey Valley A.C.	12.22		12.67
	165	Moynihan, Grainne	West Muskerry A.C.	12.44		DNS
	332	Fitzpatrick, Eilish	Gneeveguilla A.C.	12.40		DNS
	162	Healy, Joan	Bandon A.C.	11.95		DNS
	202	Mc Burney, Lauren	City of Lisburn	12.45		
	144	Mc Guire, Leona	Galway City Harriers A.C.	12.75		
	129	O'Connor, Sinead	Tralee Harriers A.C.	12.87		
	179	Murray, Niamh	Brothers Pearse A.C.	12.87		
	186	Knight, Eilis	Brothers Pearse A.C.	12.92		
	205	Mc Gurk, Janelle	Mid-Ulster A.C.	12.99		

200 m - Junior Women

Wind : +2.1

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	189	Creaner, Steffi	Celtic DCH A.C.	24.60		24.18
2	163	Mills, Joanna	Ballymena & Antrim A.C.	25.99		24.26

3	325	Kirk, Katie	Lagan Valley	26.56		24.50
4	144	Mc Guire, Leona	Galway City Harriers A.C.	26.67		26.17
5	205	Mc Gurk, Janelle	Mid-Ulster A.C.	27.16		27.00
6	28	Van Der Valk, Mellina	Ferrybank A.C.	27.62		27.60
7	32	Brosnan, Brid	Ferrybank A.C.	27.93		27.87
	162	Healy, Joan	Bandon A.C.	24.56		DNS
	131	Giblin, Molly	Raheny Shamrock A.C.	28.54		
	492	Mc Hugh, Riana	Sligo A.C.	28.86		
	165	Moynihan, Grainne	West Muskerry A.C.	DNS		
	141	Lanigan, Mary Kate	Kilkenny City Harriers A.C.	DNS		
	170	Brien, Niamh	Brothers Pearse A.C.	DNS		

400 m - Junior Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	209	Mooney, Claire	Naas A.C.			55.90
2	146	Denny, Sinead	Dundrum South Dublin A.C.			58.42
3	165	Moynihan, Grainne	West Muskerry A.C.			59.08
4	30	Flynn, April	Ferrybank A.C.			60.22
5	148	Ryan, Cliona	Borrisokane A.C.			60.62
6	28	Van Der Valk, Mellina	Ferrybank A.C.			62.82
7	131	Giblin, Molly	Raheny Shamrock A.C.			63.97

800 m - Junior Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	497	Mageean, Ciara	Lisburn A.C.			2.12.29
2	146	Denny, Sinead	Dundrum South Dublin A.C.			2.15.06
3	470	Earls, Claire	Sli Cualann A.C.			2.17.62
4	206	Gibson, Rachael	City of Lisburn			2.21.64
5	152	Mc Gee, Aisling	Sli Cualann A.C.			2.30.48
6	176	Griffin, Niamh	Ballinamore A.C.			2.36.05

1500 m - Junior Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	496	Mitchell, Emma	Banbridge A.C.			4.34.20
2	158	Kearney, Niamh	Sli Cualann A.C.			4.51.17
3	157	Hartnett, Ellie	Sli Cualann A.C.			4.51.61
4	138	Brennan, Ailish	St. Abbans A.C.			4.59.04
6	155	Jameson, Tara	Sli Cualann A.C.			5.03.39
7	483	Higgins, Jennifer	St. Pauls A.C.			4.59.76
7	190	Cronin, Sinead	Celtic DCH A.C.			5.04.33

5000 m - Junior Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
	46	Crossan, Karen U23	Inishowen A.C.			
	155	Jameson, Tara	Sli Cualann A.C.			

100 m Hurdles - Junior Women

Wind : +1.5

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	159	Mc Allister, Rebecca	Ballymena & Antrim A.C.			15.24
2	331	Harvey, Louise	Tir Chonaill A.C.			15.43
3	181	Houlihan, Lisa	West Waterford A.C.			15.45
4	29	Kiely, Megan	Ferrybank A.C.			15.62
5	154	Basquille, Caoimhe	Sli Cualann A.C.			15.75
6	32	Brosnan, Brid	Ferrybank A.C.			18.11

400 m Hurdles - Junior Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	22	Mc Mahon, Christine	Ballymena & Antrim A.C.			60.68
2	204	Coveney, Gabrielle	E.S.M A.C.			60.80
3	29	Kiely, Megan	Ferrybank A.C.			62.98
4	331	Harvey, Louise	Tir Chonaill A.C.			66.68
5	153	Boylan, Laura	Sli Cualann A.C.			74.19

3000 m Steeplechase - Junior Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
	490	Finn (U23), Michelle	Duhallow A.C.			

High Jump - Junior Women

Place	No	Name	Club	1.35	1.40	1.45	1.50	1.55	1.60	1.65	1.70	1.75
1	168	Farrell, Cathriona	Craughwell A.C.	-	-	-	-	-	O	O	O	XXX
2	141	Lanigan, Mary Kate	Kilkenny City Harriers A.C.	-	-	-	-	-	O	XO	XO	XXX
3	31	Murphy, Sorcha	Ferrybank A.C.	-	-	O	O	O	O	XXX		
4	154	Basquille, Caoimhe	Sli Cualann A.C.	-	-	-	O	O	XXX			
4	180	Collins, Claire	West Waterford A.C.	-	-	-	O	O	XXX			
6	172	Herlihy, Leann	West Waterford A.C.	-	-	O	XO	XXX				
6	205	Mc Gurk, Janelle	Mid-Ulster A.C.	-	-	O	XO	XXX				
8	353	Foley, Emma	Trim A.C.	O	XXX							

Long Jump - Junior Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	163	Mills, Joanna	Ballymena & Antrim A.C.	5.86	5.80	6.11	6.26	5.80	5.74	6.26
				+5.1	+2.1	+2.4	+2.9	+2.8	+0.9	+2.9
2	150	Maughan, Sally Rose	Castlebar A.C.	5.89	5.47	5.55	5.70	5.75	5.69	5.89
				+4.7	+5.0	+0.3	+3.0	+4.1	+1.3	+4.7
3	26	Power, Nicola	Ferrybank A.C.	X	4.81	4.98	5.15	X	5.66	5.66
					+1.2	+0.0	+3.7		+1.0	+1.0
4	129	O'Connor, Sinead	Tralee Harriers A.C.	4.99	X	5.09	X	5.17	5.16	5.17
				-0.8		-1.3		+2.3	+2.0	+2.3
5	170	Brien, Niamh	Brothers Pearse A.C.	4.61	4.85	4.89	4.71	4.46	X	4.89
				+2.6	+5.6	+1.6	+2.0	+2.0		+1.6
6	353	Foley, Emma	Trim A.C.	3.20	4.56					4.56
				+4.0	+2.6					+2.6
7	125	Mullahy, Catriona	Claremorris A.C.	4.39	X	3.79	4.29	4.52	4.48	4.52
				+4.0		+1.7	+2.0	+2.6	+0.5	+2.6

Triple Jump - Junior Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	21	King, Caoimhe	Westport A.C.	X	X	11.86	X	X	11.68	11.86
						+1.4			-1.1	+1.4
2	137	Buggy, Saragh	St. Abbans A.C.	10.85	10.67	11.09	X	11.18	10.21	11.18
				+2.1	-1.8	+1.4		+0.0	-1.1	+0.0
3	177	Hill, Fiona Newbridge A.C.		10.59	10.67	10.82	10.89	10.85	10.93	10.93
				-0.4	-1.8	+3.1	-0.3	+0.1	-0.9	-0.9
4	473	Healy, Rachel	Ballymena & Antrim A.C.	10.11	10.27	X	10.27	10.68	10.78	10.78
				-2.1	-1.9		-0.3	+0.1	-0.9	-0.9
5	129	O'Connor, Sinead	Tralee Harriers A.C.	X	10.48	10.20	10.48	9.81	X	10.48
					+3.4	+2.3	-1.9	-2.7		-1.9

Shot Putt - Junior Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	493	Moloney, Fiona	Dooneen A.C.	10.79	11.63	11.34	11.75	11.88	11.52	11.88
2	183	Scanlon, Zoe	West Waterford A.C.	11.04	X	X	X	X	10.17	11.04
3	171	Fogarty, Ciara	Mullingar Harriers A.C.	10.19	9.56	X	10.15	10.67	10.19	10.67
4	489	Frattaroli, Alana	Limerick A.C.	10.56	9.97	9.77	9.31	10.29	10.24	10.56
5	128	Parkinson, Sophie	Gowran A.C.	9.40	10.11	9.50	9.30	10.02	9.96	10.11
6	135	Daly, Shauna	St. Abbans A.C.	9.49	9.52	9.67	9.93	9.89	9.76	9.93

Discus - Junior Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	130	Fitzgerald, Claire	Tralee Harriers A.C.	41.84	40.44	X	43.19	X	40.98	43.19
2	183	Scanlon, Zoe	West Waterford A.C.	34.33	34.56	34.95	34.11	35.67	35.67	35.67
3	128	Parkinson, Sophie	Gowran A.C.	X	30.75	33.35	29.44	29.30	32.42	33.35
4	484	Owens, Emma	St. Pauls A.C.	29.16	26.68	27.84	31.28	32.45	X	32.45
5	25	Power, Jade	Ferrybank A.C.	28.99	30.43	30.36	X	30.14	X	30.43
6	208	Cunningham, Kelly	Tullamore Harriers A.C.	27.51	26.48	28.95	28.23	26.57	27.46	28.95
7	161	Bradfield, Tracey	Bandon A.C.	25.52	28.87	X	X	25.97	23.43	28.87
8	135	Daly, Shauna	St. Abbans A.C.	27.55	X	22.50	24.44	25.32	18.85	27.55

Javelin - Junior Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	130	Fitzgerald, Claire	Tralee Harriers A.C.	37.55	37.42	35.88	35.90	38.82	33.52	38.82
2	169	Murphy, Jenny	Abbey Striders A.C.	32.22	32.36	30.20	32.41	31.81	32.26	32.41
3	156	Bolger, Rachel	Sli Cualann A.C.	31.56	-	-				31.56
4	136	Daly, Emma	St. Abbans A.C.	25.93	28.10	30.31	24.94	30.91	30.48	30.91
5	489	Frattaroli, Alana	Limerick A.C.	27.72	-	26.26	27.36	25.63	25.07	27.72

Hammer - Junior Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
0	24	O'Farrell, Charlotte	D.M.P. A.C.							
0	187	Furlong, Christina	D.M.P. A.C.							
0	140	Conlon, Theresa	Kilkenny City Harriers A.C.							
0	182	Kenneally, Michelle	West Waterford A.C.							
0	333	O'Neill, Miceal	Gneeveguilla A.C.							
0	160	Kelly, Sarah	Borrisokane A.C.							

0	164	Moynihan, Megan	West Muskerry A.C.
0	27	Kennedy, Cara	Ferrybank A.C.
0	139	Hickey, Aoife	Kilkenny City Harriers A.C.
0	132	Miggin, Grainne	Fr. Murphys A.C.
0	334	O'Neill, Mairead	Gneeveguilla A.C.

100 m - U.23 Men

Wind : -1.8

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	38	Russell, Christopher	Ferrybank A.C.	10.99		10.84
2	51	Colvert, Steven	U.C.D. A.C.	10.65		10.84
3	238	Holmes, Jonathan	Kilkenny City Harriers A.C.	10.55		10.85
4	219	Adams, Dean	Ballymena & Antrim A.C.	10.90		10.98
5	477	Phelan, Patrick	Dundrum South Dublin A.C.	10.76		11.05
6	255	Graham, Andrew	Lagan Valley	11.02		11.28
7	34	Muldowney, Eoin	Castlecomer A.C.	11.13		11.32
8	318	Quilligan, David	Leevale A.C.	11.10		11.38
	234	Coleman, Conor	Clonliffe Harriers A.C.	11.21		
	236	Whelan, Alan	Tullamore Harriers A.C.	11.36		
	218	O'Donohue, Barry	Raheny Shamrock A.C.	11.47		
	356	Hynes, Michael	Raheny Shamrock A.C.	11.52		
	292	Matthews, Niall	Navan A.C.	11.54		
	252	Counihan, Niall	Dooneen A.C.	11.61		
	330	Bolger, Sean	Tallaght A.C.	11.69		
	44	Durrans, Garth	Orchard County A.C.	11.70		
	291	Monaghan, Joseph	Navan A.C.	DQ		

200 m - U.23 Men

Wind : 0.3

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	51	Colvert, Steven	U.C.D. A.C.	22.45		21.31
2	38	Russell, Christopher	Ferrybank A.C.	22.28		21.52
3	477	Phelan, Patrick	Dundrum South Dublin A.C.	21.98		21.57
4	34	Muldowney, Eoin	Castlecomer A.C.	22.47		22.45
5	356	Hynes, Michael	Raheny Shamrock A.C.	22.60		22.76
6	301	Tobin, David	Trim A.C.	23.06		23.25
7	212	Gore, Shane	Fingallians A.C.	23.18		23.50
8	320	Owens, Cathal	Leevale A.C.	22.57		27.64
	211	Munelly, Andrew	Fingallians A.C.	23.62		
	330	Bolger, Sean	Tallaght A.C.	23.96		
	220	Foroughi, Kourosh	Star of the Sea A.C.	DNS		
	255	Graham, Andrew	Lagan Valley	DNS		

400 m - U.23 Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	42	Ryan, Billy	Ferrybank A.C.	51.34		48.09
2	228	Kelly, Kelly	Raheny Shamrock A.C.	50.49		48.19
3	357	Davis, Jamie	Raheny Shamrock A.C.	50.00		49.59
4	236	Whelan, Alan	Tullamore Harriers A.C.	50.23		49.82
5	300	Collins, Ciaran	Sligo A.C.	50.30		50.09
6	486	Mulhall, Eoin	UCD	51.43		50.55
7	479	Breslin, Paul	Crusaders A.C.	51.71		51.84
	253	Mc Laughlin, Conor	Strabane Track Club	49.97		DNS
	212	Gore, Shane	Fingallians A.C.	51.73		
	495	O'Reilly, Patrick	St. Mary's A.C.	57.09		

800 m - U.23 Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	305	Leighio, Anthony	Tallaght A.C.			1.50.30
2	257	Ellis, Fergal	Ballinamore A.C.			1.53.36
3	248	Duggan, Ronan	Bandon A.C.			1.53.98
4	95	Cotter, Tomas	Dunleer A.C.			1.54.44
5	225	Mc Killop, Michael	St. Malachy's A.C.			1.54.88
6	262	Mooney, Daniel	Letterkenny A.C.			1.56.26
7	226	Mc Donald, Mark	Clonliffe Harriers A.C.			1.57.38
8	241	Owens, Richard	Sli Cualann A.C.			1.57.84
9	488	Kelly, Chris	Donore Harriers A.C.			1.59.16
10	355	Somerville, David	Tallaght A.C.			2.10.10
	240	Horgan, Finbar	Clonmel A.C.			DNS

1500 m - U.23 Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	263	Carroll, Tommy	North Sligo A.C.			3.50.11
2	471	O'Neill, Brendan	Dundrum South Dublin A.C.			3.50.77
3	229	Mulhare, Michael	North Laois A.C.			3.53.65

4	261	Flynn, David	Clonliffe Harriers A.C.	3.55.33
5	328	Fitzmaurice, David	Clonliffe Harriers A.C.	3.56.97
6	265	O'Hare, James	Annadale Striders A.C.	3.57.57
7	41	Flynn, Patrick	Ferrybank A.C.	4.00.12
8	245	O'Reilly, Fionan	Annalee A.C.	4.05.16
9	222	Rooney, Steven	St. Malachy's A.C.	4.05.48
10	223	Hamilton, Eoin	St. Malachy's A.C.	4.06.43
11	215	O'Sullivan, Carl	Raheny Shamrock A.C.	4.06.64
12	40	Flynn, Alex	Ferrybank A.C.	4.10.49
13	239	Hayes, Toss	Kilkenny City Harriers A.C.	4.12.36

5000 m - U.23 Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	214	Ryan, Simon	Raheny Shamrock A.C.			15.21.21
2	468	Van Haeftan, Lee	Donore Harriers A.C.			15.22.33
3	33	Dooley, Mark	Donore Harriers A.C.			15.29.36
4	336	Mc Ginley, Brian	Ennis Track A.C.			15.42.79
5	35	Power, Graham	Ferrybank A.C.			16.08.86
6	260	Moloney, Rory	West Waterford A.C.			16.40.89

400 m Hurdles - U.23 Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	231	Byrne, Paul	St. Abbans A.C.			53.47

3000 m Steeplechase - U.23 Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	36	Corbally, Robert	Dundrum South Dublin A.C.			9.35.66
2	40	Flynn, Alex	Ferrybank A.C.			9.42.53
3	324	Walter, Stephen	Leevale A.C.			12.04.11

5000 m Walk - U.23 Men

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
	237	Moran, Michael	Claremorris A.C.			

High Jump - U.23 Men

Place	No	Name	Club	1.60	1.65	1.70	1.75	1.80	1.90	2.00	2.05	2.10
1	220	Foroughi, Kourosh	Star of the Sea A.C.	O	O	XO	XO	O	O	O	XO	XXX
2	230	Pender, Barry	St. Abbans A.C.	O	-	XO	O	XO	O	O	XXO	XXX

Long Jump - U.23 Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	297	Mc Mullan, Adam	Mid-Ulster A.C.	7.37 +4.0	X	6.69 +1.3	6.56 -1.6	-	-	7.37 +4.0
2	318	Quilligan, David	Leevale A.C.	6.92 +5.0	6.54 +0.8	X	6.83 -0.7	X	7.04 +2.4	7.04 +2.4
3	301	Tobin, David	Trim A.C.	6.88 +4.8	6.48 +0.9	6.70 +0.7	6.85 +1.0	6.62 +2.3	X	6.88 +4.8
4	499	O'Reilly, Laurence	Tullamore Harriers A.C.	X	X	6.20 +0.2	5.53 +1.6	6.27 +2.7	X	6.27 +2.7
5	252	Counihan, Niall	Dooneen A.C.	6.24 +1.0	6.23 +1.3	6.16 +0.9	X	6.19 +5.9	6.25 +4.2	6.25 +4.2
6	234	Coleman, Conor	Clonliffe Harriers A.C.	5.21 +0.8	4.82 +1.8	5.42 +1.9	5.04 +0.2	4.74 +2.0	-	5.42 +1.9

Triple Jump - U.23 Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	232	Kelly, Eoin	St. Abbans A.C.	14.56	X	14.35	14.56	14.11	14.25	14.56
2	500	Foroughi, Kourish	Star of the Sea A.C.	11.62	13.14	12.05	13.24	13.70	13.37	13.70
3	243	Cronin, Ciaran	Dundrum South Dublin A.C.	12.00	12.53	X	12.74	12.52	12.34	12.74

Pole Vault - U.23 Men

Place	No	Name	Club	4.20	4.40	4.60	4.78	
	37	Rogers, Ian	Clonliffe Harriers A.C.		O	O	O	XXX

Shot Putt - U.23 Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
0	247	Clifford, Daniel	Farranfore Maine Valley A.C.							
0	254	O'Reilly, Mathew	Shercock A.C.							
0	319	Tierney, David	Leevale A.C.							
0	39	Kennedy, Shane	Ferrybank A.C.							

Discus - U.23 Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	247	Clifford, Daniel	Farranfore Maine Valley A.C.	43.83	40.54	44.06	X	44.30	43.59	44.30
2	487	Mangan, Luke	Clonliffe Harriers A.C.	40.19	39.11	X	X	X	X	40.19
3	254	O'Reilly, Mathew	Shercock A.C.	31.50	32.55	X	31.97	X	31.72	32.55

Javelin - U.23 Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	249	Crawford, Aaron	Strabane Track Club	60.61	-	-	-	-	-	60.61
2	251	Mullen, Daniel	Strabane Track Club	54.50	49.46	51.77	50.74	50.24	49.35	54.50
3	250	Mc Bride, Sean	Strabane Track Club	51.67	51.57	-	47.53	48.41	48.86	51.67
4	39	Kennedy, Shane	Ferrybank A.C.	44.04	44.25	46.04	47.77	42.73	-	47.77
5	220	Foroughi, Kourosh	Star of the Sea A.C.	-	-	43.87	-	-	42.06	43.87

35lb Distance - U.23 Men

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	319	Tierney, David	Leevale A.C.	10.32	10.47	11.03	10.61	10.89	10.96	11.03
2	487	Mangan, Luke	Clonliffe Harriers A.C.	8.97	9.30	9.73	X	9.27	9.80	9.80
3	216	Mulligan, Joseph	Tullamore Harriers A.C.	6.51	X	7.11	6.51	7.49	X	7.49

100 m - U.23 Women

Wind : +1.7

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	268	Kilduff, Sharon	Claremorris A.C.			12.18
2	482	Reville, Francesca	Menapians A.C.			12.65
3	309	Hiensch, Sophie	Leevale A.C.			12.93
4	295	Kennedy, Sophie	Navan A.C.			13.49

200 m - U.23 Women

Wind : +0.1

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	281	Lewis, Hannah	North Down			24.94
2	268	Kilduff, Sharon	Claremorris A.C.			25.15
3	266	Anglim, Roisin	Fingallians A.C.			25.25
4	482	Reville, Francesca	Menapians A.C.			26.35
5	49	Giblin, Susan	Raheny Shamrock A.C.			27.90
6	295	Kennedy, Sophie	Navan A.C.			27.68

400 m - U.23 Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	478	Scallan, Susan	Raheny Shamrock A.C.			57.20
2	308	Mc Ardle, Louise	Leevale A.C.			57.90
3	280	Mc Callion, Ciara	Clonliffe Harriers A.C.			58.10
4	279	Mc Ginley, Orna	Clonliffe Harriers A.C.			61.75
5	49	Giblin, Susan	Raheny Shamrock A.C.			62.00

800 m - U.23 Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	347	Everard, Ciara	U.C.D. A.C.			2.11.53
2	485	Treacy, Sara Louise	Moynalvey A.C.			2.12.49
3	287	Scott, Lauren	North Down			2.13.51
4	491	Finn, Carol	Duhallow A.C.			2.24.81
5	306	Gould, Aisling	Leevale A.C.			2.37.48

1500 m - U.23 Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	285	Treacy, Sara Louise	Moynalvey A.C.			4.34.27
2	302	Woods, Becky	Clonliffe Harriers A.C.			4.36.17
3	273	Treston, Bryony	Dundrum South Dublin A.C.			4.37.16
4	481	Sour, Laura	Galway City Harriers A.C.			4.38.68
5	490	Finn, Michelle	Duhallow A.C.			4.48.81
6	288	Craig, Jessica	North Down			4.54.68

100 m Hurdles - U.23 Women

Wind : +2.1

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	282	Murphy, Mairead	U.C.D. A.C.			14.81
2	309	Hiensch, Sophie	Leevale A.C.			15.39
3	274	Finnegan, Sarah	Craughwell A.C.			16.89

400 m Hurdles - U.23 Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	340	Barr, Jessie	Ferrybank A.C.			59.75
2	303	Woods, Sarah	Clonliffe Harriers A.C.			67.21

3000 m Walk - U.23 Women

Final Place	No	Name	Club	Heat Time	Semi Time	Final Time
1	167	Prendiville, Emma	Farranfore Maine Valley A.C.			14.12.76
2	50	Doherty, Emma	North Belfast Harriers			14.17.16
3	166	Curley, Maeve	Craughwell A.C.			14.19.55
1	286	Reynolds, Laura	Mohill A.C.			13.33.77

High Jump - U.23 Women

Place	No	Name	Club	1.65	1.70	1.75	1.80
1	339	Hughes, Pamela	Westport A.C.	O	XO	O	XXX

Long Jump - U.23 Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	290	Herron, Linzi	City of Lisburn	5.23 +5.6	5.62 +1.7	5.55 +0.3	5.76 +3.9	5.73 +4.3	X	5.76 +3.9
2	281	Lewis, Hannah	North Down	5.68 +2.7	X	5.66 -0.2	X	X	5.58	5.68 +2.7

Triple Jump - U.23 Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	289	Loughlin, Laura	North Down	10.39	X	10.51	X	10.33	X	10.51
2	274	Finnegan, Sarah	Craughwell A.C.	9.87	10.05	10.10	9.89	X	9.92	10.10

Shot Putt - U.23 Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
0	48	Conway, Philippa	Crusaders A.C.							

Discus - U.23 Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	48	Conway, Philippa	Crusaders A.C.	32.47	X	31.91	31.49	32.02	29.81	32.47
2	271	O'Connor, Karen	Tralee Harriers A.C.	X	26.41	29.62	23.80	27.66	28.02	29.62
3	283	Ashe, Eadaoin	West Waterford A.C.	27.86	27.50	29.20	26.65	29.05	28.74	29.20

Javelin - U.23 Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
1	327	Mc Donald, Olivia	St. Peter'S A.C.	36.34	38.17	38.37	35.22	35.69	36.40	38.37

Hammer - U.23 Women

Place	No	Name	Club	1st	2nd	3rd	4th	5th	6th	Best
0	269	McCarthy, Maire	Blarney/Inniscara A.C.							
0	47	Donnelly, Maggi	Mid-Ulster A.C.							
0	272	Sutherland, Mary	D.M.P. A.C.							