

Woodie's DIY Senior Track & Field Championships of Ireland
1st & 2nd August 2009

Men's 100 m

Wind : -2.9

Place	Name	Club	Time
1	Jason Smyth	City of Derry	10.78
2	Jonathan Holmes	Kilkenny City Harriers A.C.	11.01
3	Stephen Colvert	Crusaders A.C.	11.08
4	John Laffey	Clonliffe Harriers A.C.	11.21
5	David O'Shea	Dooneen A.C.	11.29
6	Gordon Kennedy	Tullamore Harriers A.C.	11.31
7	Alan Whelan	North Laois A.C.	11.54
8	Barry Upton	Menapians A.C.	11.62

Men's 200 m

Wind : -3.6

Place	Name	Club	Time
1	David Gillick	Dundrum South Dublin A.C.	21.43
2	Darragh Graham	Sli Cualann A.C.	21.55
3	Stephen Colvert	Crusaders A.C.	21.99
4	David O'Shea	Dooneen A.C.	22.45
5	Eoin Muldowney	Castlecomer A.C.	22.77
6	Dara Kervick	Carrick-On-Suir A.C.	22.82
7	Colm Lynch	Iveragh A.C.	22.82
8	Jamie Davis	U.C.D. A.C.	22.84

Men's 400 m

Place	Name	Club	Time
1	Brian Gregan	Tallaght A.C.	46.44
2	Brian Murphy	U.C.C. A.C.	47.91
3	Billy Ryan	Ferrybank A.C.	48.29
4	Nick Hogan	Dundrum South Dublin A.C.	48.33
5	Simon Taggart	Donore Harriers A.C.	49.51
6	Fearghus Hannon	Tullamore Harriers A.C.	49.65
7	Kieran Kelly	Raheny Shamrock A.C.	49.66
8	Brian Glynn	Dooneen A.C.	49.90

Men's 800 m

Place	Name	Club	Time
1	Thomas Chamney	Crusaders A.C.	1.49.87
2	David Campbell	St. Coca'S A.C.	1.50.20
3	Alan O'Brien	Crusaders A.C.	1.51.40
4	Darren Mc Brearty	Letterkenny A.C.	1.51.51
5	Darragh Greene	Dunleer A.C.	1.52.42
6	David Mc Carthy	Le Cheile A.C.	1.52.52
7	James Leddingham	West Waterford A.C.	1.52.60
8	Conor Healy	Clonliffe Harriers A.C.	1.52.62
9	Mark Patterson	North Down	1.53.83
10	Rory Chesser	Ennis Track A.C.	1.56.20

Men's 1500 m

Place	Name	Club	Time
1	David Campbell	St. Coca'S A.C.	3.51.96
2	Mark Kenneally	Clonliffe Harriers A.C.	3.54.05
3	Mark Hanrahan	Leevale A.C.	3.54.10
4	Liam Reale	Limerick A.C.	3.54.61
5	Patrick Mc Cartan	West Limerick A.C.	3.54.98
6	Aidan Bailey	Clonliffe Harriers A.C.	3.55.06
7	Eoin Everard	Kilkenny City Harriers A.C.	3.55.22
8	Julian Kuppler	Rathfarnham W.S.A.F. A.C.	3.56.37
9	Brian Markham	Ennis Track A.C.	3.57.05

10	Tomas Fitzpatrick	Tallaght A.C.	3.57.63
11	Gavin O'Sullivan	Raheny Shamrock A.C.	3.57.77
12	Kevin Moriarty	Raheny Shamrock A.C.	3.58.21

Men's 5000 m

Place	Name	Club	Time
1	Alistair Cragg	Clonliffe Harriers A.C.	13.52.15
2	Sean Connolly	Tallaght A.C.	14.01.32
3	Mark Christie	Mullingar Harriers A.C.	14.01.87
4	Damien Bateman	Mullingar Harriers A.C.	14.28.60
5	Patrick Hamilton	Annadale Striders A.C.	14.48.05
6	James O'Hare	East Down AC	14.48.66
7	Barry Minnock	Rathfarnham W.S.A.F. A.C.	14.48.71
8	Eddie Mc Ginley	Annadale Striders A.C.	14.49.06
9	Michael Clohisey	Raheny Shamrock A.C.	14.55.07
10	David Morwood	Annadale Striders A.C.	14.56.09
11	Jarlath Falls	Ballymena & Antrim A.C.	15.02.28
12	Sean Mc Grath	East Cork A.C.	15.02.39
13	Gregory Roberts	City of Derry	15.06.25
15	Robert Corbally	Dundrum South Dublin A.C.	15.11.43
16	Martin Quinn	Dunleer A.C.	15.13.75
17	Thomas Maunsell	Leevale A.C.	15.19.05
18	Michael Mc Diarmada	Clonliffe Harriers A.C.	15.19.55
19	Simon Ryan	Raheny Shamrock A.C.	15.23.47
20	Eoin Dunne	Tallaght A.C.	15.27.86
21	Niall Sheehan	Gowran A.C.	15.28.13
22	Cian Murphy	Iveragh A.C.	15.29.65
23	James Gruferty	Leevale A.C.	15.37.60
24	Brian Mc Ginley	Ennis Track A.C.	15.39.27
25	Gareth Coughlan	Crusaders A.C.	15.41.07
26	Donal O'Callaghan	Riocht A.C.	15.42.38
27	Jonathan Hughes	Rathfarnham W.S.A.F. A.C.	16.11.70
28	Carl O'Sullivan	Raheny Shamrock A.C.	16.17.09
29	James Mc Fadden	Letterkenny A.C.	16.17.45
30	Aidan Mc Cormack	St. Malachy's A.C.	16.22.12

Men's 10,000 m

Place	Name	Club	Time
1	Josphat Boit	Clonliffe Harriers A.C.	29.44.55
2	Serguie Cibanu	Clonliffe Harriers A.C.	30.51.42
3	Joseph Mc Allister	St. Malachy'S A.C.	30.53.43
4	Barry Minnock	Rathfarnham W.S.A.F. A.C.	31.01.15
5	Brian Maher	Kilkenny City Harriers A.C.	31.05.22
6	David Kelly	Sligo A.C.	31.13.03
7	Brian Mc Mahon	Clonliffe Harriers A.C.	31.53.27
8	Pauric Mc Kinney	Letterkenny A.C.	31.55.00
9	Brian Leahy	Raheny Shamrock A.C.	32.13.35
10	Cillian O'Leary	Raheny Shamrock A.C.	32.27.63
11	Mick Traynor	Raheny Shamrock A.C.	32.41.81
12	Michael Freeley	Rathfarnham W.S.A.F. A.C.	33.30.99
13	Kevin Keane	Rathfarnham W.S.A.F. A.C.	33.42.13
14	Gary Crossan	Letterkenny A.C.	33.47.30
	Martin Fagan	Mullingar Harriers A.C.	DNF

Men's 110 m Hurdles

Wind : -1.7

Place	Name	Club	Time
1	Ian Mc Donald	Crusaders A.C.	14.29
2	Peter Shallow	Raheny Shamrock A.C.	15.48
3	Ciaran O'Cathain	Raheny Shamrock A.C.	15.50
4	Adrian Jackman	Menapians A.C.	17.31

5	Conor Mc Crossan	Lucan Harriers A.C.	17.53
6	Brendan A. Dennehy	Rising Sun A.C.	21.50

Men's 400 m Hurdles

Place	Name	Club	Time
1	Tom Carey	City of Derry A.C.	52.28
2	Jeremy Lyons	Clonliffe Harriers A.C.	53.84
3	Tim Crowe	Dooneen A.C.	54.21
4	Brendan Murphy	Lisburn AC	54.30
5	John Fagan	Clonliffe Harriers A.C.	55.18
6	Andrew Kidd	Dundrum South Dublin A.C.	55.80
7	Alan Corcoran	Ferrybank A.C.	58.67
8	Damien Walsh	Menapians A.C.	61.93

Men's 3000 m Steeplechase

Place	Name	Club	Time
1	Rory Chesser	Ennis Track A.C.	9.03.01
2	Emmet Dunleavy	Sligo A.C.	9.05.41
3	Mark Kirwan	Raheny Shamrock A.C.	9.07.78
4	Ciaran Doherty	Letterkenny A.C.	9.23.10
5	Brian Farrell	Sli Cualann A.C.	9.27.15
6	Aidan Mc Gowan	St. Malachy's A.C.	9.47.43
7	Alan Kelly	St. Ronans A.C.	10.19.94
	Kevin Carlin	City of Derry	DNF
	Darren Butler	Tullamore Harriers A.C.	DNF

Men's 10 000 m Walk

Place	Name	Club	Time
1	Robert Heffernan	Togher A.C.	39.11.72
2	Colin Griffin	Ballinamore A.C.	40.02.09
3	John Egan	Bree A.C.	45.54.95
4	Owen Mc Cabe	North Belfast Harriers	50.50.85
5	Timothy Healy	Togher A.C.	51.28.42
6	Cian Mc Manamon	Westport A.C.	53.36.97
7	Sean Mc Mullan	Mullingar Harriers A.C.	62.08.69
	Brendan Boyce	Milford A.C.	DISQ
	Michael Doyle	Tara A.C.	DISQ

Men's High Jump

Place	Name	Club	Hgt (m)
1	Kourosh Foroughi	Star of the Sea A.C.	2.10
2	Barry Pender	St. Abbans A.C.	2.05
2	Christopher Crowley	Belgooly A.C.	2.05
4	Marcin Klimkosz	Clonliffe Harriers A.C.	1.95
5	Simon Herron	City of Derry	1.95

Men's Long Jump

Place	Name	Club	Dist (m)
1	Stephen Fleming	Crusaders A.C.	7.56
2	Eoin Hannon	Tullamore Harriers A.C.	7.32
3	Adam Mc Mullan	Mid - Ulster A.C.	7.28
4	Timmy Harrington	Bandon A.C.	7.06
5	Alan Kennedy	Abbey A.C.	6.95
6	Brendan Marshall	Mullingar Harriers A.C.	6.85
7	Jack Connolly	Raheny Shamrock A.C.	6.20

Men's Triple Jump

Place	Name	Club	Dist (m)
1	Eoin Kelly	St. Abbans A.C.	15.35
2	Denis Finnegan	Spa Muckcross A.C.	14.51
3	Simon Herron	City of Derry	14.18

4	Timmy Harrington	Bandon A.C.	14.07
5	Richard Tsang	Shercock A.C.	12.58
6	Jack Connolly	Raheny Shamrock A.C.	12.13
7	Olawale Egbeyemi	St. L. O'Toole A.C.	12.00

Men's Pole Vault

Place	Name	Club	Hgt(m)
1	David Donegan	Clonliffe Harriers A.C.	4.91
2	Michael Strezelczyk	Clonliffe Harriers A.C.	4.50
3	Ruairi O'Briain	Crusaders A.C.	4.50
4	Stuart Greene	Raheny Shamrock A.C.	4.40
4	Ian Rogers	Clonliffe Harriers A.C.	4.40
6	Stephane Beauche	Gorey A.C.	4.20
7	Mark Bannon	West Waterford A.C.	4.00
8	Richard Whyte	Brothers Pearse A.C.	4.00
9	Brian Flatley	Shercock A.C.	3.80
9	Keith Doherty	Dunboyne A.C.	3.80
11	Mihai Pantea	Raheny Shamrock A.C.	3.80

Men's Shot Putt

Place	Name	Club	Dist(m)
1	Colin Quirke	Crusaders A.C.	15.90
2	Sean Breathnach	Galway City Harriers A.C.	15.18
3	Tomas Rauktys	Clonliffe Harriers A.C.	14.51
4	Luke Mangan	Clonliffe Harriers A.C.	13.71
5	Gerard Nagle	Star of the Sea A.C.	13.59
6	Daniel Clifford	Farranfore Maine Valley A.C.	13.56
7	Kieron Stout	Celbridge A.C.	12.05
8	Barry Delany	Star of the Sea A.C.	11.34
9	David Tierney	Leevale A.C.	10.77
10	Joseph Nagle	Leevale A.C.	10.34
11	Laurence Murtagh	Fr. Murphy A.C.	10.26
12	Conor O'Reilly	Sli Cualann A.C.	10.03
13	Thomas Boucher	Ferrybank A.C.	9.80
14	David Gomm	Raheny Shamrock A.C.	5.27

Men's Discus

Place	Name	Club	Dist(m)
1	Colin Quirke	Crusaders A.C.	54.70
2	John Menton	Donore Harriers A.C.	53.15
3	Dave Coleman	Menapians A.C.	48.06
4	Tomas Rauktys	Clonliffe Harriers A.C.	45.25
5	Daniel Clifford	Farranfore Maine Valley A.C.	44.53
6	Paul Hazler	Leevale A.C.	43.95
7	Jeremy Harper	North Down	42.40
8	Sean Breathnach	Galway City Harriers A.C.	40.84
9	Justin Collins	North Westmeath A.C.	38.82
10	David Sweeney	Sli Cualann A.C.	35.53
11	Luke Mangan	Clonliffe Harriers A.C.	34.87
12	Kieron Stout	Celbridge A.C.	34.09

Men's Javelin

Place	Name	Club	Dist(m)
1	Juraj Kubis	Kilkenny City Harriers A.C.	59.54
2	Louis Wildenboer	St. L. O'Toole A.C.	58.51
3	Joseph Diskin	Sli Cualann A.C.	57.15
4	Adam Rice	Greystones & District A.C.	56.66
5	Damian Crawford	Strabane Track Club	56.25
6	Paul Marry	Clonliffe Harriers A.C.	55.71
7	David Kelly	Sli Cualann A.C.	55.03
8	Aaron Crawford	Strabane Track Club	52.88

9	Denis Delaney	Clonliffe Harriers A.C.	52.62
10	Brian Mc Dermott	Dundrum South Dublin A.C.	50.86
11	Sean Mc Bride	Strabane Track Club	50.62
12	Marcin Klimkosz	Clonliffe Harriers A.C.	46.85

Men's Hammer

Place	Name	Club	Dist(m)
1	Padraig White	U.C.D. A.C.	57.41
2	Paul Hazler	Leevale A.C.	54.48
3	Killian Barry	Crusaders A.C.	51.89
4	Martin Hunt	Clonliffe Harriers A.C.	50.85
5	Gerard Kelly	U.C.D. A.C.	50.28
6	Cathal S Barry	Crusaders A.C.	47.23
7	Richard Murphy	Lisburn A.C.	46.11
8	Francis Hanily	Fr. Murphys A.C.	45.59
9	Lorcan Carpenter	Crusaders A.C.	44.87
10	Thomas Corrigan	Fr. Murphys A.C.	42.57
11	James Hutcheson	Star of the Sea A.C.	41.64

Men's 56lb Distance

Place	Name	Club	Dist(m)
1	Seamus Fitzpatrick	North Laois A.C.	7.69
2	John Menton	Donore Harriers A.C.	7.52
3	Tomas Rauktys	Clonliffe Harriers A.C.	7.35
4	Sean Breathnach	Galway City Harriers A.C.	7.08
5	Padraig White	U.C.D. A.C.	6.73
6	Barry Delany	Star of the Sea A.C.	6.53
7	Tadhg Dwyer	Templemore A.C.	6.46
8	Tom Dwyer	Templemore A.C.	6.38
9	Oisin Hoey	St. Michael's AC	5.93
10	David Tierney	Leevale A.C.	5.85
11	Kieron Stout	Celbridge A.C.	5.84
12	Thomas Boucher	Ferrybank A.C.	5.16
13	Joseph Nagle	Leevale A.C.	4.93

Men's 56lb Height

Place	Name	Club	Hgt(m)
1	Seamus Fitzpatrick	North Laois A.C.	4.10
2	Barry Delany	Star of the Sea A.C.	3.90
3	Sean Breathnach	Galway City Harriers A.C.	3.70
4	Joseph Nagle	Leevale A.C.	3.00

Junior Men's 3000 m

Place	Name	Club	Time
1	Tomas Cotter	Dunleer A.C.	8.39.85
2	Ryan Creech	Leevale A.C.	8.48.70
3	Liam Markham	Ennis Track A.C.	8.50.52
4	Darragh Flynn	Raheny Shamrock A.C.	8.57.80
5	David Fitzmaurice	Clonliffe Harriers A.C.	9.03.36
6	Lee Van Haeften	Donore Harriers A.C.	9.04.70
7	Jonathon Phillips	Sli Cualann A.C.	9.07.34
8	Jayme Rossiter	Clonliffe Harriers A.C.	9.10.11
9	David Lambe	Dunleer A.C.	9.19.81
10	Ciaran Mc Keown	St. Malachy's A.C.	9.25.79
11	eric Mc Cann	Clonliffe Harriers A.C.	9.31.44
12	David Vaughey	Dunleer A.C.	9.39.15
13	Conor Mc Guinness	Clonliffe Harriers A.C.	9.40.89
	Eric Keogh	Donore Harriers A.C.	DNS

35lb Height - Junior Men

Place	Name	Club	Hgt(m)
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1	Joseph Mulligan	Tullamore Harriers A.C.	4.10
2	Ciaran Donnelly	Crusaders A.C.	3.90

35lb Height - U.23 Men

Place	Name	Club	Hgt (m)
1	David Tierney	Leevale A.C.	5.10
2	Mathew O'Reilly	Shercock A.C.	4.70

Women's 100 m

Wind : -3.0

Place	Name	Club	Time
1	Ailis Mc Sweeney	Leevale A.C.	12.20
2	Kelly Proper	Ferrybank A.C.	12.21
3	Niamh Whelan	Ferrybank A.C.	12.31
4	Louise Kiernan	Fingallians A.C.	12.33
5	Anna Boyle	Ballymena & Antrim A.C.	12.41
6	Steffi Creaner	Celtic DCH A.C.	12.96
7	Sophie Kennedy	Navan A.C.	14.00
	Joanna Patterson	Ballymena & Antrim A.C.	DNS

Women's 200 m

Wind : -1.7

Place	Name	Club	Time
1	Kelly Proper	Ferrybank A.C.	24.34
2	Niamh Whelan	Ferrybank A.C.	24.68
3	Steffi Creaner	Celtic DCH A.C.	25.44
4	Shauna Cannon	Brothers Pearse A.C.	25.57
5	Roisin Anglim	Fingallians A.C.	26.17
6	Susan Giblin	Raheny Shamrock A.C.	27.60
7	Sophie Kennedy	Navan A.C.	28.48

Women's 400 m

Place	Name	Club	Time
1	Marian Andrews	Togher A.C.	55.02
2	Claire Bergin	Dundrum South Dublin A.C.	55.59
3	Louise Mc Ardle	Leevale A.C.	56.59
4	Joanna Patterson	Ballymena & Antrim A.C.	56.67
5	Leigh Whiteside	Abbey AC	57.57
6	Emer O'Connell	Blarney/Inniscara A.C.	57.99
7	Michelle Rodgers	Abbey A.C.	58.40
8	Roisin Anglim	Fingallians A.C.	59.04

Women's 800 m

Place	Name	Club	Time
1	Roseanne Galligan	Newbridge A.C.	2.04.66
2	Kelly Mc Neice	Lisburn A.C.	2.05.15
3	Ciara Everard	Kilkenny City Harriers A.C.	2.06.43
4	Deirdre Byrne	Sli Cualann A.C.	2.06.66
5	Fiona Kehoe	Kilmore A.C.	2.08.09
6	Laura Crowe	Riocht A.C.	2.10.13
7	Martina Mc Carthy	Athenry A.C.	2.11.00
8	Sara Louise Treacy	Moynalvey A.C.	2.11.43
9	Sinead Denny	Dundrum South Dublin A.C.	2.15.03

Women's 1500 m

Place	Name	Club	Time
1	Deirdre Byrne	Sli Cualann A.C.	4.25.41
2	Kelly Mc Neice	Lisburn A.C.	4.26.33
3	Roisin Mc Gettigan	Sli Cualann A.C.	4.27.50
4	Aoife Brady	Sportsworld A.C.	4.33.24
5	Michelle Harvey	Tír Chonail A.C.	4.34.61

6	Lorraine Manning	Raheny Shamrock A.C.	4.37.02
7	Louise Reilly	Clonliffe Harriers A.C.	4.37.81
8	Azmera Gebrezgi	Dublin City Harriers A.C.	4.38.65
9	Rebecca Woods	Clonliffe Harriers A.C.	4.42.17
10	Niamh Roe	Eagle A.C.	4.43.75
11	Maria Walsh	Blackrock A.C.	4.45.27
12	Crona Brady	Sportsworld A.C.	4.46.53
13	Caroline Clancy	Loughrea A.C.	4.47.96
14	Rachel Gibson	City Of Lisburn A.C.	4.48.80

Women's 5000 m

Place	Name	Club	Time
1	Linda Byrne	Dundrum South Dublin A.C.	16.39.62
2	Rosemary Ryan	Bilboa A.C.	16.45.48
3	Aoife Brady	Sportsworld A.C.	17.38.13
4	Clair Phelan	St. Abbans A.C.	17.49.44
5	Siobhan O'Doherty	Borrisokane A.C.	17.57.79
6	Teresa Mc Gloin	Finn Valley A.C.	17.58.99
7	Adrienne Jordan	Donore Harriers A.C.	18.05.21
8	Ailish Mc Dermott	Clonliffe Harriers A.C.	18.52.69
9	Jessica Von Hatten	Leevale A.C.	18.55.07

Women's 100 m Hurdles

Wind : -1.3

Place	Name	Club	Time
1	Sandra Lawlor	Celbridge A.C.	14.69
2	Katey Byrd	Leevale A.C.	15.46
3	Mary Mc Loone	Tír Chonail A.C.	15.47
4	Shauna Furman	Clonliffe Harriers A.C.	15.86
5	Sinead Moloney	St Killians	16.59
	Sarah Finnegan	Craughwell A.C.	DNS

Women's 400 m Hurdles

Place	Name	Club	Time
1	Michelle Carey	Dublin Striders A.C.	57.82
2	Brona Furlong	Slaney Olympic A.C.	60.06
3	Christina Mc Mahon	Ballymena & Antrim A.C.	62.91
4	Ciara Kearns	Killybegs A.C.	68.28
	Sarah Doyle	Clonliffe Harriers A.C.	DNS

Women's 3000 m Steeplechase

Place	Name	Club	Time
1	Fionnualla Britton	Sli Cualann A.C.	10.04.95
2	Ruth Mills	Dundrum South Dublin A.C.	11.31.56
3	Maire Nic Amhaloibh	Dundrum South Dublin A.C.	12.02.98

Women's 5000 m Walk

Place	Name	Club	Time
1	Olive Loughnane	Loughrea A.C.	21.03.45
2	Laura Reynolds	Mohill A.C.	24.17.56
3	Emma Farrell	Slaney Olympic A.C.	28.45.56
4	Lucy O'Sullivan	Cushinstown A.C.	31.10.54

Women's High Jump

Place	Name	Club	Hgt (m)
1	Deirdre Ryan	Dundrum South Dublin A.C.	1.83
2	Pamela Hughes	Westport A.C.	1.80
3	Leona Byrne	St. L. O'Toole A.C.	1.70
4	Linzi Herron	Lisburn AC	1.70
5	Claire Wilkinson	Ballymena & Antrim A.C.	1.65
6	Agne Liadova	Clonliffe Harriers A.C.	1.60

7	Helen Buckley	Raheny Shamrock A.C.	1.55
8	Sinead Moloney	St Killians	1.45

Women's Long Jump

Place	Name	Club	Dist(m)
1	Kelly Proper	Ferrybank A.C.	6.68
2	Mary Mc Loone	Tír Chonaill A.C.	6.30
3	Antoinette Stafford	D.M.P. A.C.	6.14
4	Mary Devlin	Abbey AC	6.01
5	Linzi Herron	Lisburn AC	5.62
6	Nicola Power	Ferrybank A.C.	5.59
7	Sinead O'Connor	Tralee Harriers A.C.	5.22

Women's Triple Jump

Place	Name	Club	Dist(m)
1	Mary Mc Loone	Tír Chonaill A.C.	12.75
2	Mary Devlin	Abbey AC	11.96
3	Sinead O'Connor	Tralee Harriers A.C.	10.97
4	Debbie Porteous	City of Lisburn	10.45
5	Sarah Finnegan	Craughwell A.C.	9.95

Women's Junior 3000 m

Place	Name	Club	Time
1	Laura Shaughnessy	Loughrea A.C.	10.23.94
2	Deirdre Doyle	Tinryland A.C.	10.38.23
3	Catherina Mullen	Shercock A.C.	10.41.41

Women's Shot Putt

Place	Name	Club	Dist(m)
1	Deirdre Murphy	Leevale A.C.	10.91
2	Frances Rogers	St. Peter's A.C.	10.15
3	Paula Smith	Bailieboro A.C.	9.43
4	Helen Buckley	Raheny Shamrock A.C.	8.81
5	Mary Murphy	Gowran A.C.	8.42
6	Olivia Mc Donald	St. Peter's A.C.	7.79

Women's Discus

Place	Name	Club	Dist(m)
1	Eileen O'Keefe	Kilkenny City Harriers A.C.	43.86
2	Deirdre Murphy	Leevale A.C.	40.96
3	Rachel Akers	Marian A.C.	37.90
4	Paula Smith	Bailieboro A.C.	28.55
5	Mary Murphy	Gowran A.C.	27.39

Women's Javelin

Place	Name	Club	Dist(m)
1	Olivia Mc Donald	St. Peter'S A.C.	38.11
2	Denise Byrne	Clonliffe Harriers A.C.	37.49
3	Paula Mc Carthy	Bantry A.C.	35.78
4	Rachel Roche	Bandon A.C.	30.76
5	Helen Buckley	Raheny Shamrock A.C.	28.09
6	Rachel Bolger	Sli Cualann A.C.	27.70

Women's Hammer

Place	Name	Club	Dist(m)
1	Eileen O'Keefe	Kilkenny City Harriers A.C.	69.91
2	Rachel Akers	Marian A.C.	53.86
3	Aoife Hickey	Kilkenny City Harriers A.C.	51.08
4	Haggi-Anne Donnelly	Mid-Ulster A.C.	46.62
5	Mary Sutherland	D.M.P. A.C.	44.14
6	Charlotte O'Farrell	D.M.P. A.C.	41.15

Women's Pole Vault

Place	Name	Club	Hgt (m)
1	Claire Wilkinson	Ballymena & Antrim A.C.	3.60
2	Nikita Savage	Youghal A.C.	3.00
3	Lisa Houlihan	West Waterford A.C.	2.80
4	Sarah Ryan	Youghal A.C.	2.80