

Munster AAI Indoor Championships
Nenagh, January 15th 2017

60m Hurdles

1 Denise	O'Connor	Tramore A.C.	Snr Women	10.36
2 Sarah	O'Keefe	Liscarroll A.C.	Snr Women	11.40

1 Ger	Cremin	An Riocht A.C.	M35	9.26	CBP
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2 Martin	Curley	Ennis Track A.C.	M35	11.64
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1 Aidan	Hogan	Rising Sun A.C.	M40	14.49
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1 Paschall	Halley	Waterford A.C.	M45	11.02	CBP
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60m

1 Emily	Nolan	Ferrybank A.C.	Snr Women	8.12
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1 Genieve	Rowland	Templemore A.C.	F35	8.84
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2 Aisling	Ahern	An Bru A.C.	F35	9.70
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Catherine	Moynihan O'Sullivan	Gneeveguilla A.C.	F35	DQ
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1 Mary	Cahill	Ennis Track A.C.	F40	9.75
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1 Paula	Reilly	Celbridge A.C. Guest	F45	9.08	CBP
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2 Liz	Coomey	Bandon A.C.	F45	9.57
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3 Shirley	Fennelly	Tramore A.C.	F45	9.94
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4 Norma	O'Connor	Gneeveguilla A.C.	F45	10.58
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5 Eileen	O'Riordan	Gneeveguilla A.C.	F45	11.03
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1 Siobheal	Murray	Ratoath A.C. Guest	F50	9.35	CBP
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2 Finola	Moore	Celbridge A.C. Guest	F50	10.39
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1 Margaret	Higgins	Corofin A.C. Guest	F60	11.96
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1 Terri	Gough	West Waterford A.C.	F70	13.89
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Heat 1

1 Raymond	Walsh	Abbey Striders A.C.	Snr Men	7.24	Q
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2 Patrick	Lynch	Newport A.C.	Snr Men	7.4	Q
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3 David	Heffernan	Moyglass A.C.	Snr Men	7.49	q
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4 Lance Gabriel	Baylon	Waterford A.C.	Snr Men	7.5
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5 Michael	Lynch	An Riocht A.C.	Snr Men	7.54
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6 Luke	Ryan	Dooneen A.C.	Snr Men	7.63
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7 Oisin	Fitzpatrick	Nenagh Olympic A.C.	Snr Men	7.7
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8 Dylan	Roche	An Riocht A.C.	Snr Men	7.89
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Heat 2

1 Cormac	Lynch	Marian A.C.	Snr Men	7.39	Q
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2 Darragh	Miniter	St. Marys (Clare) A.C.	Snr Men	7.5	Q
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3 William	O'Connor	An Riocht A.C.	Snr Men	7.67
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4 Paul	Sullivan	Waterford A.C.	Snr Men	7.85
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5 Paul	Mulchrone	Leevale A.C.	Snr Men	7.94
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6 Shane	O'Connor	Dooneen A.C.	Snr Men	8.12
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7 Anthony	Delohery	Limerick A.C.	Snr Men	8.73
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Heat 3

1 Shawn	Benson	Ennis Track A.C.	Snr Men	7.27	Q
2 P.j.	Galvin	An Riocht A.C.	Snr Men	7.36	Q
3 Eoin	O'Carroll	Tralee Harriers A.C.	Snr Men	7.37	q
4 Laju	Uwatshe	Dooneen A.C.	Snr Men	7.39	q
5 Neil	Heffernan	Leevale A.C.	Snr Men	7.63	
6				7.67	
7 Jack	Stapleton	Moyglass A.C.	Snr Men	7.73	

Final

1 Raymond	Walsh	Abbey Striders A.C.	Snr Men	7.16	
2 Shawn	Benson	Ennis Track A.C.	Snr Men	7.22	
3 Patrick	Lynch	Newport A.C.	Snr Men	7.28	
4 Cormac	Lynch	Marian A.C.	Snr Men	7.37	
5 Laju	Uwatshe	Dooneen A.C.	Snr Men	7.40	
6 P.j.	Galvin	An Riocht A.C.	Snr Men	7.45	
7 Darragh	Miniter	St. Marys (Clare) A.C.	Snr Men	7.51	
8 Lance Gabriel	Baylon	Waterford A.C.	Snr Men	7.58	

1 Glen	Scullion	Mid Ulster AC Guest	M35	7.88	
2 Danny	Meaney	Templemore A.C.	M35	7.99	

1 Anthony	Greaney	An Riocht A.C.	M40	7.73	
2 David	Rock	Fr. Murphy A.C.	M40	7.95	
3 Keith	Horan	South Galway A.C. Guest	M40	8.16	
4 Colin	Brennan	Youghal A.C.	M40	8.30	
5 Michael	Dennehy	Rising Sun A.C.	M40	8.56	
Mark	Burke	Moyglass A.C.	M40	DNF	

1 Finbarr	Whelan	Liscarroll A.C.	M45	8.22	
2 Alex	Conway	Ennis Track A.C.	M45	8.24	
3 Bob	Lyne	Crusaders A.C.	M45	9.06	
4 Alan	Kenny	South Galway A.C. Guest	M45	10.53	
5 Tomas	Griffin	An Riocht A.C.	M45	DNF	

1 John	O'Loughlin	Crusaders A.C. Guest	M50	8.28	
2 Michael A	Murphy	Killarney Valley A.C.	M50	8.63	
3 Tim	Ryan	Dooneen A.C.	M50	8.67	
4 John	Murphy	Ennis Track A.C.	M50	9.02	

1 John	Murphy	Liscarroll A.C.	M55	8.78	
2 John	Dalton	Kilmihil A.C.	M55	15.66	

1 Liam	Lyster	Crusaders A.C. Guest	M60	8.98	
2 James	O'Hare	Limerick A.C.	M60	8.99	
3 Patsy	O'Connor	Tralee Harriers A.C.	M60	8.99	
4 Seamus	Fox	Fanahan Mc Sweeney A.C.	M60	9.70	
5 Jimmy	McGrath	West Waterford A.C.	M60	10.96	

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60m

1 Bernard	O Neill	Clonmel A.C.	M65	9.25
2 Thomas	Clinton	Navan A.C. Guest	M65	9.66
3 John	Rice	Grange/Fermoy A.C.	M65	12.29

1 Brendan	Dennehy	Rising Sun A.C.	M70	9.04	CBP
2 Con	O'Donovan	Rising Sun A.C.	M70	9.63	
3 Jim	O'Shea	Farranfore Maine Valley A.C.	M70	9.92	
4 Noel	Monteith	Borrisokane A.C.	M70	10.42	
5 jerry	o Connell	Limerick Country Club A.C.	M70	12.12	
6 Miceal	McCormack	Fethard A.C.	M70	13.64	

1 Joe	Hogan	Rising Sun A.C.	M75	20.22
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200m

1 Emily	Nolan	Ferrybank A.C.	Snr Women	26.97
2 Rachel	Bowler	Tralee Harriers A.C.	Snr Women	28.56
3 Maria	Sheehan	Dooneen A.C.	Snr Women	28.76
4 Sarah	O'Keefe	Liscarroll A.C.	Snr Women	30.96
5 Edel	Foster	An Bru A.C	Snr Women	33.05

1 Genieve	Rowland	Templemore A.C.	F35	30.25
2 Aisling	Ahern	An Bru A.C	F35	32.70
3 Yvonne	Casey	An Bru A.C	F35	34.00

1 Ursula	Barrett	St. Brendan's A.C. (Kerry)	F40	30.13	CBP
2 Mary	Cahill	Ennis Track A.C.	F40	32.92	

1 Paula	Reilly	Celbridge A.C. Guest	F45	31.28
2 Shirley	Fennelly	Tramore A.C.	F45	34.23

1 Finola	Moore	Celbridge A.C. Guest	F50	NT
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1 Marion	Lyons	St. Finbarrs A.C.	F60	NT
2 Margaret	Higgins	Corofin A.C. Guest	F60	NT

1 Terri	Gough	West Waterford A.C.	F70	51.84
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1 Robert	Bennett	Templemore A.C.	Snr Men	22.65
2 Raymond	Walsh	Abbey Striders A.C.	Snr Men	23.33
3 William	Flynn	Shannon A.C.	Snr Men	23.55
4 Cormac	Lynch	Marian A.C.	Snr Men	23.73
5 Diarmuid	Clancy	Abbey Striders A.C.	Snr Men	24.10
6 Shane	Webb	St. L. O'Toole A.C. Guest	Snr Men	24.44
7 David	Heffernan	Moyglass A.C.	Snr Men	25.26
8 Dylan	Roche	An Riocht A.C.	Snr Men	25.84

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200m

1	Brendan	Leahy	Waterford A.C.	M35	24.66	
2	Colm	Lynch	Iveragh A.C.	M35	24.97	
3	Derek	Casey	An Bru A.C	M35	26.17	
4	Glen	Scullion	Mid Ulster AC Guest	M35	26.37	
1	Kevin	Lynch	Lios Tuathail A.C.	M40	24.94	
2	Anthony	Greaney	An Riocht A.C.	M40	24.96	
3	Keith	Horan	South Galway A.C. Guest	M40	27.37	
4	Michael	Dennehy	Rising Sun A.C.	M40	27.39	
1	Paschall	Halley	Waterford A.C.	M45	26.60	
2	Trevor	White	St. Cronans A.C.	M45	27.19	
3	Finbarr	Whelan	Liscarroll A.C.	M45	27.29	
1	John	O'Loughlin	Crusaders A.C. Guest	M50	26.87	
2	Tim	Ryan	Dooneen A.C.	M50	28.56	
3	John	Murphy	Ennis Track A.C.	M50	29.15	
4	Adrian	Young	Templemore A.C.	M50	30.73	
1	John	Murphy	Liscarroll A.C.	M55	29.66	
2	Stephen	Murphy	Rising Sun A.C.	M55	31.39	
3	Nick	Russell	Sli Cualann A.C. Guest	M55	34.23	
1	Joe	Gough	West Waterford A.C.	M60	28.20	
2	James	O'Hare	Limerick A.C.	M60	30.50	
3	Liam	Lyster	Crusaders A.C. Guest	M60	31.61	
4	Seamus	Fox	Fanahan Mc Sweeney A.C.	M60	33.35	
5	Eddie	Barry	St. Finbarrs A.C.	M60	36.61	
6	Jimmy	McGrath	West Waterford A.C.	M60	39.81	
1	Bernard	O Neill	Clonmel A.C.	M65	31.07	
2	Thomas	Clinton	Navan A.C. Guest	M65	31.81	
3	Patrick	Shelly	Ballynonty A.C.	M65	41.42	
1	Brendan	Dennehy	Rising Sun A.C.	M70	30.25	CBP
2	Con	O'Donovan	Rising Sun A.C.	M70	36.13	
3	jerry	o Connell	Limerick Country Club A.C.	M70	42.07	
1	Joe	Hogan	Rising Sun A.C.	M75	79.82	

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400m

1	Maria	Sheehan	Dooneen A.C.	Snr Women	1.04.37
2	Denise	O'Connor	Tramore A.C.	Snr Women	1.05.09
1	William	Flynn	Shannon A.C.	Snr Men	51.96
2	William	O'Connor	An Riocht A.C.	Snr Men	52.17
3	Diarmuid	Clancy	Abbey Striders A.C.	Snr Men	52.18
4	P.j.	Galvin	An Riocht A.C.	Snr Men	52.83
5	Laju	Uwatshe	Dooneen A.C.	Snr Men	54.68
6	Kevin	Lynch	Lios Tuathail A.C.	Guest	56.26
7	John	Dineen	Waterford A.C.	Guest	58.61
8	John	O'Loughlin	Crusaders A.C. Guest	Guest	59.16
	Dan	Finnerty	Nenagh Olympic A.C.	Snr Men	DNF

800m

1	Aoife	Delargy	Nenagh Olympic A.C.	Snr Women	2.20.50
2	Aoife	Mahony	Lios Tuathail A.C.	Snr Women	2.23.05
3	Niamh	De Hora	Farranfore Maine Valley A.C.	Snr Women	2.25.52
4	Rianne	McHugh	Ennis Track A.C.	Snr Women	2.26.42
5	Rachael	O'Shea	West Muskerry A.C.	Snr Women	2.29.27
6	Lauryn	Kealy	St. Abbans A.C. Guest	Snr Women	2.32.70
7	Maebh	Maher	St. Abbans A.C. Guest	Snr Women	2.33.20
8	Caragh	Maher	St. Abbans A.C. Guest	Snr Women	2.33.27
9	Laoise	Bennis	St. Marys (Limerick) A.C.	Snr Women	2.53.29
1	Siobhan	Daly	Gneeveguilla A.C.	F35	2.41.74
1	Mary	Cahill	Ennis Track A.C.	F40	2.43.43
2	Suzanne	Neilan	An Riocht A.C.	F40	2.46.64
3	Verena	Tarpey	Dooneen A.C.	F40	2.48.40
1	Anna	O'Neill	Doheny A.C.	F45	2.53.70
1	Helen	O'Hanlon	Ennis Track A.C.	F50	3.00.54
1	Marion	Lyons	St. Finbarrs A.C.	F60	3.41.43
1	Terri	Gough	West Waterford A.C.	F70	4.42.24
1	John	McCallion	Limerick A.C.	Snr Men	2.04.57
2	Kevin	Coleman	Thurles Crokes A.C.	Snr Men	2.06.11
3	Tj	Hogan	Leevale A.C.	Snr Men	2.09.32
4	James	Maher	Templemore A.C.	Snr Men	2.09.82
5	Tim	Twomey	Leevale A.C.	Snr Men	2.10.40
6	Cillian	Boyd	Ennis Track A.C.	Snr Men	2.17.68

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800m

1 John	Dooley	Thurles Crokes A.C.	M35	2.09.59
2 Derek	Casey	An Bru A.C	M35	2.12.87
3 Conor	Tierney	East Cork A.C.	M35	2.16.23
4 Michael	Ryan	Dundrum A.C.	M35	2.20.95
5 Peter	Tonge	Ennis Track A.C.	M35	2.25.10
6 John	Dineen	Waterford A.C.	M35	2.30.25

1 Finbarr	O'Dwyer	Leevale A.C.	M40	2.08.58
2 Tony	Fitzgerald	Dooneen A.C.	M40	2.16.14
3 Gary	Madden	Derg A.C.	M40	2.21.39
4 Tom	Micks	Ennis Track A.C.	M40	2.37.95

1 Paschall	Halley	Waterford A.C.	M45	2.19.11
2 Martin	Keenan	Sportsworld A.C. Guest	M45	2.22.20
3 Richard	Hayes	Waterford A.C.	M45	2.31.37

1 Michael	Kelly	Derg A.C.	M50	2.22.55
2 Bernard	Feery	Fethard A.C.	M50	2.35.82

1 Pakie	O'Riordan	An Bru A.C	M55	2.56.97
2 Michael	Quinlivan	Tulla A.C.	M55	3.02.12
3 Stephen	Murphy	Rising Sun A.C.	M55	3.07.10

1 Joe	Gough	West Waterford A.C.	M60	2.21.64
2 Eddie	Barry	St. Finbarrs A.C.	M60	3.09.52
3 John	Barrett	West Limerick A.C.	M60	3.18.45

1 Eddie	Cahalan	Coolquill A.C.	M65	3.22.79
2 Patrick	Shelly	Ballynonty A.C.	M65	3.32.71
3 Sean	Whelan	Ennis Track A.C.	M65	3.30.35

1 Michael	Kiely	Rising Sun A.C.	M70	3.07.61
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1500m

1 Hilka	Kontro	Limerick A.C.	Snr Women	4.52.73
2 Aoife	Mahony	Lios Tuathail A.C.	Snr Women	5.01.29
3 Lorraine	Healy	Moyne A.C.	Snr Women	5.06.06
4 Rianne	McHugh	Ennis Track A.C.	Snr Women	5.13.79

1 Suzanne	Neilan	An Riocht A.C.	F40	5.26.45
2 Verena	Tarpey	Dooneen A.C.	F40	5.41.30

1 Anna	O'Neill	Doheny A.C.	F45	5.31.94
2 Siobhan	Lennon	Ennis Track A.C.	F45	5.41.87

1 Helen	O'Hanlon	Ennis Track A.C.	F50	6.09.47
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1 Marion	Lyons	St. Finbarrs A.C.	F60	7.01.78
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1500m

1 Kevin	Coleman	Thurles Crokes A.C.	Snr Men	4.24.26
2 Tim	Twomey	Leevale A.C.	Snr Men	4.24.96
3 Craig	Harrington	Togher A.C.	Snr Men	4.29.73
4 Iain	O'Dwyer	Leevale A.C.	Snr Men	4.51.19

1 Paul	Moloney	Mallow A.C.	M35	4.23.27
2 John	Fitzgibbon	Thurles Crokes A.C.	M35	4.29.48
3 Conor	Tierney	East Cork A.C.	M35	4.43.58
4 Patrick	Roche	Carrick-on-Suir A.C.	M35	4.53.09

1 Laurence	Arthur	Derg A.C.	M40	4.21.23	CBP
2 Finbarr	O'Dwyer	Leevale A.C.	M40	4.23.24	
3 Tony	Fitzgerald	Dooneen A.C.	M40	4.49.71	

1 Dermot	Hayes	Dundrum A.C.	M45	4.51.83
2 Martin	Keenan	Sportsworld A.C. Guest	M45	5.02.40
3 Trevor	White	St. Cronans A.C.	M45	5.31.89

1 John	Baldwin	Kilcoole A.C. Guest	M50	4.56.02
2 Harry	O'Brien	West Waterford A.C.	M50	4.58.75
3 Ray	Haesy	West Waterford A.C.	M50	5.06.57
4 John	Murphy	Ennis Track A.C.	M50	5.12.35
5 Bernard	Feery	Fethard A.C.	M50	5.18.59
6 Brian	O'Brien	Derg A.C.	M50	5.33.92

1 Michael	Moore	Dundrum A.C.	M55	5.17.63
2 Michael	Quinlivan	Tulla A.C.	M55	5.59.22
3 Stephen	Murphy	Rising Sun A.C.	M55	6.10.51

1 James	Sexton	Kilmurray/Ibrick/N.Clare A.C.	M60	6.02.31
2 Martin	O'Brian	Templemore A.C.	M60	6.49.45

1 Eddie	Cahalan	Coolquill A.C.	M65	6.36.35
2 Patrick	Shelly	Ballynonty A.C.	M65	6.47.27
3 Sean	Whelan	Ennis Track A.C.	M65	6.52.98

1 Michael	Kiely	Rising Sun A.C.	M70	6.33.87
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3000m

1 Niamh	Roe	Leevale A.C.	Snr Women	10.38.82
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1 Maeve	Flannery	Derg A.C.	F35	11.05.44
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1 Suzanne	Neilan	An Riocht A.C.	F40	11.46.02
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1 Anna	O'Neill	Doheny A.C.	F45	11.25.61
2 Siobhan	Lennon	Ennis Track A.C.	F45	11.54.06

1 Deirdre	Finn	Derg A.C.	F50	12.25.42
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3000m

1 Ruairi	Myers	Carraig-Na-Bhfear A.C.	U23 Men	9.43.04
1 Tony	Fogarty	Templemore A.C.	Snr Men	9.04.15
2 Tim	Twomey	Leevale A.C.	Snr Men	9.12.33
3 James	Grufferty	Leevale A.C.	Snr Men	9.31.76
4 James	Maher	Templemore A.C.	Snr Men	9.41.19
5 Iain	O'Byrne	Waterford A.C.	Snr Men	9.53.05
1 Paul	Moloney	Mallow A.C.	M35	9.17.98
2 Patrick	Roche	Carrick-on-Suir A.C.	M35	9.57.81
3 Peter	Tonge	Ennis Track A.C.	M35	10.47.38
1 Gary	Egan	An Bru A.C.	M40	9.49.32
2 Cormac	Flannery	Derg A.C.	M40	11.09.60
1 Frank	Hayes	East Cork A.C.	M45	9.53.49
2 Robert	Purcell	Gneeveguilla A.C.	M45	9.56.96
3 Dermot	Hayes	Dundrum A.C.	M45	10.10.31
4 Trevor	White	St. Cronans A.C.	M45	10.44.50
1 Ray	Haesy	West Waterford A.C.	M50	10.50.96
2 Bernard	Feery	Fethard A.C.	M50	10.53.51
3 Joe	Chawke	Dooneen A.C.	M50	10.55.40
4 James	Ryan	Dundrum A.C.	M50	11.21.32
1 Michael	Moore	Dundrum A.C.	M55	11.01.71
2 James	Kenny	Kilmurray/Ibrick/N.Clare A.C.	M55	11.04.06
1 Neilus	Aherne	Midleton A.C.	M60	11.04.81 CBP
2 Matt	Alexander	Coolquill A.C.	M60	12.37.35
3 James	Sexton	Kilmurray/Ibrick/N.Clare A.C.	M60	12.57.39
4 Martin	O'Brian	Templemore A.C.	M60	14.46.28
1 Sean	Whelan	Ennis Track A.C.	M65	13.39.31
2 Patrick	Shelly	Ballynonty A.C.	M65	14.03.23

4x200m Relay

1	Ennis Track A.C.	Snr Women	2.14.28
1	An Brú A.C.	Masters Women	2.16.39
1	An Riocht A.C.	Snr Men	1.41.17
1	Rising Sun A.C.	Masters Men	1.57.00
2	South Galway A.C. Guest	Masters Men	1.59.93
3	Derg A.C.	Masters Men	2.00.77

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Long Jump

1 Sophie	Meredith	St. Marys (Limerick) A.C.	Snr Women	5.33
2 Rachel	Bowler	Tralee Harriers A.C.	Snr Women	5.29
3 Grace	Furlong	Waterford A.C.	Snr Women	4.99
4 Denise	O'Connor	Tramore A.C.	Snr Women	4.98
5 Roisin	Howard	Bandon A.C.	Snr Women	4.96
6 Emily	O'Mahony	Waterford A.C.	Snr Women	4.81
7 Sarah	O'Keefe	Liscarroll A.C.	Snr Women	4.20

1 Catherine	Moynihan O'Sullivan	Gneeveguilla A.C.	F35	4.56
2 Genieve	Rowland	Templemore A.C.	F35	4.28

1 Ursula	Barrett	St. Brendan's A.C. (Kerry)	F40	4.34
2 Mary	Cahill	Ennis Track A.C.	F40	3.75

1 Liz	Coomey	Bandon A.C.	F45	3.93	CBP
2 Shirley	Fennelly	Tramore A.C.	F45	3.71	
3 Kathleen	Marchelewska Sheehan	Tramore A.C.	F45	3.2	

1 Siobheal	Murray	Ratoath A.C. Guest	F50	4.06	CBP
2 Finola	Moore	Celbridge A.C. Guest	F50	3.59	

1 Margaret	Higgins	Corofin A.C. Guest	F60	2.73
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1 Shane	Howard	Bandon A.C.	Snr Men	7.21	CBP
2 Eoin	O'Carroll	Tralee Harriers A.C.	Snr Men	6.79	
3 Joseph	Miniter	St. Marys (Clare) A.C.	Snr Men	6.39	
4 Darragh	Miniter	St. Marys (Clare) A.C.	Snr Men	6.20	
5 Sean	Carolan	Nenagh Olympic A.C.	Snr Men	6.09	
6 James	Murphy	Waterford A.C.	Snr Men	6.04	
7 Dion	Ryan	Waterford A.C.	Snr Men	5.95	
8 Lance Gabriel	Baylon	Waterford A.C.	Snr Men	5.06	

1 Ger	Cremin	An Riocht A.C.	M35	5.93	CBP
2 Danny	Meaney	Templemore A.C.	M35	5.56	
3 Tom	Bouchier	Ferrybank A.C.	M35	4.95	
4 Martin	Curley	Ennis Track A.C.	M35	4.40	

1 David	Rock	Fr. Murphy A.C. Guest	M40	5.19
2 Breandán	Dennehy	Rising Sun A.C.	M40	5.19
3 Mark	Burke	Moyglass A.C.	M40	4.46
4 Colum	Hardy	Borrisokane A.C.	M40	4.15

1 Tomas	Griffin	An Riocht A.C.	M45	5.48	CBP
2 Paschall	Halley	Waterford A.C.	M45	5.06	

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Long Jump

1 Tommy	Greene	St. John's A.C.	M50	4.92	CBP
2 John	Murphy	Ennis Track A.C.	M50	4.58	
3 Adrian	Young	Templemore A.C.	M50	4.24	
4 Noel	Sheehan	Liscarroll A.C.	M50	3.53	
5 Brian	O'Brien	Derg A.C.	M50	3.28	
1 John	Murphy	Liscarroll A.C.	M55	4.35	
2 John	Dalton	Kilmihil A.C.	M55	3.59	
1 Seamus	Fox	Fanahan Mc Sweeney A.C.	M60	3.92	
1 Bernard	O'Neill	Clonmel A.C.	M65	3.66	
2 John	Rice	Grange/Fermoy A.C.	M65	2.02	

1 Brendan	Dennehy	Rising Sun A.C.	M70	4.09	CBP
2 Jim	O'Shea	Farranfore Maine Valley A.C.	M70	3.81	
3 Con	O'Donovan	Rising Sun A.C.	M70	3.42	
4 jerry	o Connell	Limerick Country Club A.C.	M70	2.02	

Triple Jump

1 Grace	Furlong	Waterford A.C.	Jnr Women	10.60	
2 Rachel	Bowler	Tralee Harriers A.C.	Jnr Women	10.30	
3 Emily	O'Mahony	Waterford A.C.	Jnr Women	10.20	
1 Joseph	Miniter	St. Marys (Clare) A.C.	Jnr Men	12.83	
2 James	Murphy	Waterford A.C.	Jnr Men	11.42	
3 Luke	Ryan	Dooneen A.C.	Jnr Men	11.32	
4 Shane	O' Connor	Dooneen A.C.	Jnr Men	10.43	
5 Lance Gabriel	Baylon	Waterford A.C.	Jnr Men	10.30	
1 Rossa	Foley	Farranfore Maine Valley A.C.	U23 Men	11.89	
1 Niall	Counihan	Clonliffe Harriers A.C.	Snr Men	13.90	

Shot

1 Alana	Frattaroli	Limerick A.C.	Snr Women	13.02	
2 Deirbhile	Ryan	Nenagh Olympic A.C.	Snr Women	10.58	
3 Roisin	Howard	Bandon A.C.	Snr Women	10.13	
4 Sarah	O'Keeffe	Liscarroll A.C.	Snr Women	7.83	
5 Laoise	Bennis	St. Marys (Limerick) A.C.	Snr Women	6.86	
6 Hayley	Fitzsimons	Waterford A.C.	Snr Women	5.51	3KG
1 Genieve	Rowland	Templemore A.C.	F35	8.21	
1 Rosie	Foley	Derg A.C.	F40	7.76	
2 Terri	Quinn	Tulla A.C.	F40	5.44	

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Shot					
1 Eileen	O'Riordan	Gneeveguilla A.C.	F45	8.38	
2 Liz	Coomey	Bandon A.C.	F45	7.91	
3 Kathleen	Marchelewska Sheehan	Tramore A.C.	F45	5.56	
1 Sheila	O'Donoghue	Gneeveguilla A.C.	F50	11.23	CBP
2 Siobheal	Murray	Ratoath A.C. Guest	F50	7.93	
1 Margaret	Higgins	Corofin A.C. Guest	F60	5.76	
1 Terri	Gough	West Waterford A.C.	F70	5.87	CBP
1 Rossa	Foley	Farranfore Maine Valley A.C.	Snr Men	9.73	
1 Thomas	Bouchier	Ferrybank A.C.	M35	10.57	
2 Michael	Halpin	Kilfinane A.C.	M35	8.86	
3 Thomas	Roche	West Limerick A.C.	M35	8.6	
1 John	Leahy	Kilmurray/Ibrick/N.Clare A.C.	M40	12.32	
2 Anthony	Greaney	An Riocht A.C.	M40	10.08	
3 Mark	Burke	Moyglass A.C.	M40	7.69	
4 Aidan	Hogan	Rising Sun A.C.	M40	7.16	
5 Colum	Hardy	Borrisokane A.C.	M40	7.05	
1 Alex	Conway	Ennis Track A.C.	M45	10.09	
2 Artur	Nowak	St. Brendan's A.C. (Kerry)	M45	8.63	
3 Finbarr	Whelan	Liscarroll A.C.	M45	8.08	
4 Bob	Lyne	Crusaders A.C.	M45	7.31	
5 Alan	Kenny	South Galway A.C. Guest	M45	6.52	
1 Tommy	Greene	St. John's A.C.	M50	10.87	
2 Noel	Sheehan	Liscarroll A.C.	M50	8.08	
3 Adrian	Young	Templemore A.C.	M50	6.91	
1 Martin	Fitzpatrick	St. Marys (Clare) A.C.	M55	9.01	
1 Patsy	O'Connor	Tralee Harriers A.C.	M60	13.87	CBP
2 Pat	Kennedy	Ferrybank A.C.	M60	10.63	
3 Liam	Lyster	Crusaders A.C. Guest	M60	10.00	
4 James	O'Hare	Limerick A.C.	M60	9.42	
1 Murty	Kelly	Brow Rangers A.C. Guest	M65	9.19	
2 Liam	O'Dwyer	Dundrum A.C.	M65	7.45	
3 John	Rice	Grange/Fermoy A.C.	M65	7.33	
4 Bernard	O'Neill	Clonmel A.C.	M65	7.30	

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Shot

1 Noel	Monteith	Borrisokane A.C.	M70	9.55	CBP
2 Tim	Fitzpatrick	Liscarroll A.C.	M70	7.75	
3 Miceal	McCormack	Fethard A.C.	M70	7.47	
4 Con	O'Donovan	Rising Sun A.C.	M70	7.29	
5 jerry	o Connell	Limerick Country Club A.C.	M70	5.71	

1 Joe	Hogan	Rising Sun A.C.	M75	6.19	
1 Micheal	O'Beirne	Dundrum A.C.	M80	3.12	

Weight for Dist.

56 lb

1 Robert	Hennessy	Marian A.C.	Snr Men	5.59	
2 Rossa	Foley	Farranfore Maine Valley A.C.	Snr Men	4.77	

1 Thomas	Bouchier	Ferrybank A.C.	M35	5.80	
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1 John	Leahy	Kilmurray/Ibrick/N.Clare A.C.	M40	5.80	
2 Anthony	Greaney	An Riocht A.C.	M40	5.76	
3 Breandán	Dennehy	Rising Sun A.C.	M40	5.24	
4 Michael	Dennehy	Rising Sun A.C.	M40	4.31	
5 Aidan	Hogan	Rising Sun A.C.	M40	4.14	

1 Artur	Nowak	St. Brendan's A.C. (Kerry)	M45	4.66	
2 Bob	Lyne	Crusaders A.C.	M45	4.30	

35lb

1 Tommy	Greene	St. John's A.C.	M50	6.69	
2 Noel	Sheahan	Liscarroll A.C.	M50	5.50	

1 Martin	Fitzpatrick	St. Marys (Clare) A.C.	M55	5.98	
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1 Pat	Kennedy	Ferrybank A.C.	M60	6.77	
2 James	O'Hare	Limerick A.C.	M60	4.51	

1 John	Rice	Grange/Fermoy A.C.	M65	6.39	
2 Liam	O'Dwyer	Dundrum A.C.	M65	4.51	

28lb

1 Noel	Monteith	Borrisokane A.C.	M70	7.32	
2 Tim	Fitzpatrick	Liscarroll A.C.	M70	6.33	
3 Micheal	McCormack	Fethard A.C.	M70	5.17	

1 Joe	Hogan	Rising Sun A.C.	M75	6.35	
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1 Micheal	O'Beirne	Dundrum A.C.	M80	2.63	
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High Jump

1	Cliodhna	Blake	St. John's A.C.	Snr Women	1.60	
2	Deirbhile	Ryan	Nenagh Olympic A.C.	Snr Women	1.50	
1	Liz	Coomey	Bandon A.C.	F45	1.35	=CBP
2	Norma	O'Connor	Gneeveguilla A.C.	F45	1.30	
1	Siobheal	Murray	Ratoath A.C. Guest	F50	1.40	CBP
2	Finola	Moore	Celbridge A.C. Guest	F50	1.20	
1	Margaret	Higgins	Corofin A.C. Guest	F60	1.05	=CBP
1	Dion	Ryan	Waterford A.C.	Snr Men	1.90	
2	Ben	Donovan	Abbey Striders A.C.	Snr Men	1.90	
1	Stephen	Flanagan	Moyne A.C.	M35	1.60	=CBP
2	Martin	Curley	Ennis Track A.C.	M35	1.55	
1	Breandán	Dennehy	Rising Sun A.C.	M40	1.55	
2	Aidan	Hogan	Rising Sun A.C.	M40	1.40	
3	Michael	Dennehy	Rising Sun A.C.	M40	1.30	
1	Artur	Nowak	St. Brendan's A.C. (Kerry)	M45	1.55	
2	Finbarr	Whelan	Liscarroll A.C.	M45	1.30	
1	Tommy	Greene	St. John's A.C.	M50	1.50	
2	Adrian	Young	Templemore A.C.	M50	1.25	
3	Noel	Sheehan	Liscarroll A.C.	M50	1.25	
1	John	Murphy	Liscarroll A.C.	M55	1.50	
1	Seamus	Fox	Fanahan Mc Sweeney A.C.	M60	1.20	
1	John	Rice	Grange/Fermoy A.C.	M65	1.00	
1	Brendan	Dennehy	Rising Sun A.C.	M70	1.30	=CBP
2	Jim	O'Shea	Farranfore Maine Valley A.C.	M70	1.25	
3	Noel	Monteith	Borrisokane A.C.	M70	1.20	
Pole Vault						
1	Emma	Coffey	Carraig-Na-Bhfear A.C.	Jnr Women	3.30	CBP
2	Ciara	Hickey	Blarney/Inniscara A.C.	Jnr Women	2.80	
1	Clodagh	Walsh	Abbey Striders A.C.	Snr Women	3.10	CBP
2	Una	Samuels	Leevale A.C.	Snr Women	2.80	
1	Daniel	Ryan	Moycarkey Coolcree A.C.	Jnr Men	3.70	
1	Dylan	Purcell	St. L. O'Toole A.C.	Snr Men	4.00	