

Woodie's DIY Junior & U23 Championships of Ireland, Tullamore 28th June 2009

100 m - Junior Men

Wind : +1.2

Place	Name	Club	Time
1	Stephen Colvert	Crusaders A.C.	10.70
2	Seye Ogunlewe	Celbridge A.C.	10.81
3	Dean Adams	Ballymena & Antrim A.C.	10.97
4	Oliver Back	Liverpool Harriers	11.08
5	John Heuston	Ballymena & Antrim A.C.	11.11
6	Eoin Muldowney	Castlecomer A.C.	11.11
7	David Quilligan	Leevale A.C.	11.17
8	Paul Whelan	Dublin Striders A.C.	11.23

200 m - Junior Men

Wind : +0.6

Place	Name	Club	Time
1	Billy Ryan	Ferrybank A.C.	21.97
2	Lorcan O'Cathain	Roscommon A.C.	22.09
3	Mark Kavanagh	Dundrum South Dublin A.C.	22.22
4	John Hueston	Ballymena & Antrim A.C.	22.55
5	Eoin Muldowney	Castlecomer A.C.	22.75
6	Edmond O'Halloran	Leevale A.C.	23.06
7	Cillian Mc Carron	Glaslough Harriers A.C.	23.38
	Cathal Ownes	Leevale A.C.	DNF

400 m - Junior Men

Place	Name	Club	Time
1	Fearghus Hannon	Tullamore Harriers A.C.	48.95
2	Eoin Mulhall	Naas A.C.	49.32
3	Jason Harvey	Lagan Valley	49.67
4	Paul Scanlan	Leevale A.C.	49.89
5	Mark Patterson	North Down	50.31
6	Tim Crowe	Dooneen A.C.	50.70
7	Alan Whelan	North Laois A.C.	51.03
8	David Mac Aogain	St. Pauls A.C.	51.27

800 m - Junior Men

Place	Name	Club	Time
1	Darren Mc Brearty	Letterkenny A.C.	1.53.68
2	Mark English	Letterkenny A.C.	1.54.25
3	Niall Robinson	North Down	1.54.65
4	Shane Quinn	Ferrybank A.C.	1.54.99
5	Mark Mc Donald	Clonliffe Harriers A.C.	1.55.22
6	Cathal O'Connor	Dooneen A.C.	1.57.53
7	Andrew Brennan	Metro/St. Brigid's A.C.	1.58.45
8	Fergal Ellis	Ballinamore A.C.	2.01.36
9	Dean Cronin	Blarney/Inniscara A.C.	2.05.82
10	Jack Larkin	Galway City Harriers A.C.	2.09.75

1500 m - Junior Men

Place	Name	Club	Time
1	Darragh Flynn	Raheny Shamrock A.C.	4.01.18
2	Liam Markham	Ennis Track A.C.	4.01.90
3	Ian Ward	Finn Valley A.C.	4.03.14
4	Jake Byrne	Mullingar Harriers A.C.	4.04.65
5	Joe Breen	Sliabh Bhuide Rovers A.C.	4.06.11
6	Chris Jones	Raheny Shamrock A.C.	4.10.37
7	Keith Maher	Thurles Crokes A.C.	4.12.77
8	Philip Hillard	Metro/St. Brigid's A.C.	4.13.08
9	Alex Flynn	Ferrybank A.C.	4.14.73
10	David Lambe	Dunleer A.C.	4.23.05
11	Loughlin Campion	St. Andrews A.C.	4.26.01
12	Shane Lynch	Dooneen A.C.	4.54.7H

5000 m - Junior Men

Place	Name	Club	Time
1	James O'Hare		14.57.00
2	David Fitzmaurice	Clonliffe Harriers A.C.	15.42.05
3	Kian Jennings	Dundrum South Dublin A.C.	16.15.86
4	Caomhín Kelly	Glaslough Harriers A.C.	16.26.24
5	Ronan Queely	Dooneen A.C.	19.54.18

110 m Hurdles - Junior Men

Place	Name	Club	Time
1	Ciaran Donnelly	Ferrybank A.C.	15.57
2	Conor Mc Crossan	Lucan Harriers A.C.	15.82

400 m Hurdles - Junior Men

Place	Name	Club	Time
1	Patrick Maher	Leevale A.C.	55.6H
2	David Mac Aogain	St. Pauls A.C.	57.4H
3	Paul Byrne	St. Abbans A.C.	58.0H
4	Christopher Murnane	Leevale A.C.	59.2H
5	Alan Corcoran	Ferrybank A.C.	59.7H
6	Lorcan Mc Menamin	Finn Valley A.C.	63.3H
7	Ciaran Donnelly	Ferrybank A.C.	63.8H

3000 m Steeplechase - Junior Men

Place	Name	Club	Time
1	Tomas Cotter	Dunleer A.C.	9.22.58
2	Noel Collins	Omagh	9.25.87
3	Emmet Jennings	Dundrum South Dublin A.C.	9.39.71
4	Pauric Mc Laughlin	Finn Valley A.C.	9.56.74
5	Kian Jennings	Dundrum South Dublin A.C.	10.05.25

High Jump - Junior Men

Place	Name	Club	Hgt(m)
1	Barry Pender	St. Abbans A.C.	2.13
2	Kourosh Foroughi	Star of the Sea A.C.	2.05

Long Jump - Junior Men

Place	Name	Club	Dist(m)
1	Timmy Harrington	Bandon A.C.	7.06
2	Adam McMullan	Mid Ulster	6.85
3	Ciaran Dolan	St. Michael's AC	6.59
4	Eamonn Fahey	Donore Harriers A.C.	6.46
5	Kourosh Foroughi	Star of the Sea A.C.	6.45
6	David Quilligan	Leevale A.C.	6.38
7	Paul Byrne	St. Abbans A.C.	6.09
8	Stephen Commiskey	Clonliffe Harriers A.C.	6.06
9	Richard Tsang	Shercock A.C.	5.95
10	Stephen Murphy	Ferrybank A.C.	5.68
11	Ferdia Kenny	Sli Cualann A.C.	5.60

Triple Jump - Junior Men

Place	Name	Club	Dist(m)
1	Timmy Harrington	Bandon A.C.	14.48
2	Adam McMullan	Mid Ulster	13.40
3	Richard Tsang	Shercock A.C.	12.02

Pole Vault - Junior Men

Place	Name	Club	Hgt(m)
1	Keith Doherty	Dunboyne A.C.	3.80

Shot Putt - Junior Men

Place	Name	Club	Dist(m)
1	Daniel Clifford	Farranfore Maine Valley A.C.	14.63
2	Shane Lynch	Crusaders A.C.	13.29
3	Eanna O'Cathain	Galway City Harriers A.C.	13.05
4	Anton Kateyen	Dooneen A.C.	12.07
5	Mark Treacy	St. Ronans A.C.	11.11
6	Pauric Mahon	Gowran A.C.	10.31
7	Stephen Mc Sorley	Glaslough Harriers A.C.	10.20
8	Eoin Fanning	Raheny Shamrock A.C.	8.95

Discus - Junior Men

Place	Name	Club	Dist(m)
1	Daniel Clifford	Farranfore Maine Valley A.C.	48.71
2	Chris Reynolds	City of Lisburn AC	43.50
3	Ben Woods	Clonliffe Harriers A.C.	41.50
4	Eanna O'Cathain	Galway City Harriers A.C.	39.90
5	Conal Campion	St. Andrews A.C.	36.46
6	Darragh Hanlon	Tullamore Harriers A.C.	36.44
7	Jamie O'Brien	Navan A.C.	27.41
8	Mark Treacy	St. Ronans A.C.	26.53
9	Eoin Fanning	Raheny Shamrock A.C.	26.33
10	Stephen Mc Sorley	Glaslough Harriers A.C.	23.90
11	Kevin Lynch	Dooneen A.C.	23.45

Javelin - Junior Men

Place	Name	Club	Dist(m)
1	Sean Mc Bride	Strabane Track Club	53.11
2	Anton Kateyen	Dooneen A.C.	44.73
3	Kourosh Foroughi	Star of the Sea A.C.	42.77
4	Barry Kirwan	Navan A.C.	39.98
5	Conal Campion	St. Andrews A.C.	37.85
6	James Buckley	Raheny Shamrock A.C.	33.98

Hammer - Junior Men

Place	Name	Club	Dist(m)
1	Conal Campion	St. Andrews A.C.	57.57
2	Andrew Doyle	Mid Ulster	57.50
3	Cathal J Barry	Crusaders A.C.	52.10
4	Clive Heapes	Finn Valley A.C.	46.51
5	Shane Hand	Farranfore Maine Valley A.C.	40.30
6	Kevin Lynch	Dooneen A.C.	32.97
7	Mark Treacy	St. Ronans A.C.	25.90

35lb Distance - Junior Men

Place	Name	Club	Dist(m)
1	Clive Heapes	Finn Valley A.C.	8.33
2	Darragh Hanlon	Tullamore Harriers A.C.	8.21
3	Eanna O'Cathain	Galway City Harriers A.C.	8.10
4	Joseph Mulligan	Tullamore Harriers A.C.	6.73

100 m - Junior Women

Place	Name	Club	Time
1	Niamh Whelan	Ferrybank A.C.	11.68
2	Joan Healy	Bandon A.C.	11.78
3	Catherine Mc Manus	Celtic A.C.	12.14
4	Eilish Fitzpatrick	Gneeveguilla A.C.	12.17
5	Sandra Lawlor	Celbridge A.C.	12.44
6	Chloe Boomer		12.55
7	Jane Dickinson	Dooneen A.C.	12.55
8	Leona Mc Guire	Galway City Harriers A.C.	12.62

200 m - Junior Women

Wind : +1.1

Place	Name	Club	Time
1	Joan Healy	Bandon A.C.	24.49
2	Steffi Creaner	Celtic A.C.	25.17
3	Kate Humphries	Leevale A.C.	25.90
4	Niamh Field	St. Coca'S A.C.	26.45
5	Aoife Sewell	Dunleer A.C.	27.38
6	Fiona Hill	Newbridge A.C.	27.51
7	Sophie Kennedy	Navan A.C.	27.70

400 m - Junior Women

Place	Name	Club	Time
1	Claire Mooney	Naas A.C.	56.50

2	Ciara Everard	Kilkenny City Harriers A.C.	56.96
3	Susan Scallan	Raheny Shamrock A.C.	57.46
4	Emer O'Connell	Blarney/Inniscara A.C.	57.99
5	Sinead Denny	Dundrum South Dublin A.C.	58.33
6	Christine Neville	Blarney/Inniscara A.C.	61.47
7	Jessica Neville	Blarney/Inniscara A.C.	62.40
8	Aoife Burke	Dooneen A.C.	62.51

800 m - Junior Women

Place	Name	Club	Time
1	Ciara Everard	Kilkenny City Harriers A.C.	2.11.2H
2	Claire Earls	Sli Cualann A.C.	2.15.2H
3	Lauren Scott	North Down	2.18.7H
4	Sarah Finnegan	Clonliffe Harriers A.C.	2.25.3H
5	Aisling Magee	Sli Cualann A.C.	2.27.3H

1500 m - Junior Women

Place	Name	Club	Time
1	Charlotte French O'C	Dundrum South Dublin A.C.	4.33.66
2	Deirdre Doyle	Tinryland A.C.	4.43.32
3	Niamh Ryan	Ferrybank A.C.	4.44.41
4	Tekea Gebrezgi	Celtic A.C.	4.46.95
5	Ellie Hartnett	Sli Cualann A.C.	4.56.80
6	Kitty Walsh	Ferrybank A.C.	4.58.50
7	Claire Madigan	St. John's (Clare) A.C.	5.04.17
8	Beth Walsh	Ferrybank A.C.	5.16.69

5000 m - Junior Women

Place	Name	Club	Time
1	Laura Shaughnessy	Loughrea A.C.	17.32.52
2	Anne Linden	Carrick Aces A.C.	21.42.61
3	Maura Fitzgerald	Farranfore Maine Valley A.C.	22.13.26

100 m Hurdles - Junior Women

Wind : +1.5

Place	Name	Club	Time
1	Sandra Lawlor	Celbridge A.C.	14.68
2	Aimee McNeilly	Regent House	14.76
3	Shauna Furman	Clonliffe Harriers A.C.	15.75
4	Laura Boylan	Sli Cualann A.C.	16.29
5	Sinead Moloney	St. Killians	16.30
6	Caoimhe Basquille	Sli Cualann A.C.	16.31
7	Orla Finn	Riverstick/Kinsale A.C.	16.35
	Debbie Porteous	City of Lisburn	DNF

400 m Hurdles - Junior Women

Place	Name	Club	Time
1	Orla Finn	Riverstick/Kinsale A.C.	66.2H
2	Kate Humphries	Leevale A.C.	68.8H
3	Rachel Finnegan	Craughwell A.C.	69.5H

4	Fiona Furlong	Bree A.C.	73.4H
5	ther. AN	Other. AN	74.7H

3000 m Steeplechase - Junior Women

Place	Name	Club	Time
1	Fiona Mc Kenna	Dundrum South Dublin A.C.	11.50.7H
2	Aisling Waly	Dundrum South Dublin A.C.	12.53.3H
3	Orla Manley	Raheny Shamrock A.C.	13.38.8H

High Jump - Junior Women

Place	Name	Club	Hgt(m)
1	Cathriona Farrell	Craughwell A.C.	1.75
2	Mary Kate Lanigan	Kilkenny City Harriers A.C.	1.70
3	Grainne Moggan	Brothers Pearse A.C.	1.60
4	Caoimhe Basquille	Sli Cualann A.C.	1.60
5	Roisin Howard	Bandon A.C.	1.55
6	Emma Butler	Gowran A.C.	1.50
7	Sinead Moloney	St. Killians	1.45

Long Jump - Junior Women

Place	Name	Club	Dist(m)
1	Nicola Power	Ferrybank A.C.	5.46
2	Hilary Kerr	St. Peter'S A.C.	5.05
3	Roisin Howard	Bandon A.C.	4.98
4	Aoife Bartley	Carrick-On-Suir A.C.	4.97
5	Fiona Hill	Newbridge A.C.	4.92
6	Eimer Brennan	Tullamore Harriers A.C.	4.86
7	Kelly O'Reilly	Dunleer A.C.	4.15

Triple Jump - Junior Women

Place	Name	Club	Dist(m)
1	Aoife Bartley	Carrick-On-Suir A.C.	10.90
2	Debbie Porteous	City of Lisburn	10.72

Shot Putt - Junior Women

Place	Name	Club	Dist(m)
1	Claire Fitzgerald	Tralee Harriers A.C.	13.58
2	Fiona Moloney	Dooneen A.C.	11.73
3	Tracey Bradfield	Bandon A.C.	9.90
4	Roisin Howard	Bandon A.C.	9.59
5	Niamh Murphy	Blarney/Inniscara A.C.	9.40
6	Theresa Conlon	Kilkenny City Harriers A.C.	8.71
7	Grainne Gillanders	Glaslough Harriers A.C.	6.20

Discus - Junior Women

Place	Name	Club	Dist(m)
1	Claire Fitzgerald	Tralee Harriers A.C.	43.38
2	Zoe Scanlan	West Waterford A.C.	35.10
3	Tracey Bradfield	Bandon A.C.	31.33
4	Niamh Mc Carthy	Crusaders A.C.	28.90

5	Maire Mc Carthy	Blarney/Inniscara A.C.	22.17
6	Grainne Gillanders	Glaslough Harriers A.C.	17.67

Javelin - Junior Women

Place	Name	Club	Dist(m)
1	Olivia Mc Donald	St. Peter'S A.C.	39.39
2	Emmy Coffey	Sli Cualann A.C.	29.24

Hammer - Junior Women

Place	Name	Club	Dist(m)
1	Aoife Hickey	Kilkenny City Harriers A.C.	52.24
2	Magee Donnelly	Mid Ulster	46.53
3	Charlotte O'Farrell	D.M.P. A.C.	44.02
4	Theresa Conlon	Kilkenny City Harriers A.C.	40.78
5	Cara Kennedy	Ferrybank A.C.	40.11
6	Marie Flynn	Farranfore Maine Valley A.C.	39.04
7	Karen Flynn	Farranfore Maine Valley A.C.	37.11
8	Maire Mc Carthy	Blarney/Inniscara A.C.	36.35
9	Niamh Murphy	Blarney/Inniscara A.C.	33.62

100 m - U.23 Men

Wind : +1.4

Place	Name	Club	Time
1	Jason Smyth	City of Derry A.C.	10.42
2	Jonathan Holmes	Kilkenny City Harriers A.C.	10.74
3	Andrew Graham	Lagan Valley	10.89
4	David O Shea	Dooneen A.C.	10.93
5	Conor Mc Laughlin	Strabane Track Club	11.20
6	Joseph Monaghan	Navan A.C.	11.25
7	Ciaran O Cathain	Raheny Shamrock A.C.	11.29
8	Barry O'Donohue	Raheny Shamrock A.C.	11.49

200 m - U.23 Men

Wind : +1.7

Place	Name	Club	Time
1	Brian Gregan	Tallaght A.C.	21.58
2	Michael Hynes	Raheny Shamrock A.C.	22.47
3	David O Shea	Dooneen A.C.	22.62
4	Niall Matthews	Navan A.C.	22.90
5	Eoin Melvin	Crusaders A.C.	23.20
6	Shane Gore	Fingallians A.C.	23.69
7	Ross O'Loughlin	Menapians A.C.	23.91
8	John Keegan	Crusaders A.C.	24.38

400 m - U.23 Men

Place	Name	Club	Time
1	Kieran Kelly	Raheny Shamrock A.C.	49.55
2	Jamie Davis	U.C.D. A.C.	51.04
3	Ross O'Loughlin	Menapians A.C.	52.53
4	Chris Kelly	Donore Harriers A.C.	52.78

5	Sean Bolger	Tallaght A.C.	52.80
6	Colm Smith	Shercock A.C.	54.86

800 m - U.23 Men

Place	Name	Club	Time
1	Joe Warne	Doheny A.C.	1.54.8H
2	Danny Mooney	Letterkenny A.C.	1.55.3H
3	Anthony Lieghio	Tallaght A.C.	1.56.1H
4	Andrew Connick	Slaney Olympic A.C.	1.56.8H
5	David Keogh	Lucan Harriers A.C.	1.57.2H
6	Denis Healy	Finn Valley A.C.	1.58.0H
7	Aidan Mullins	Bantry A.C.	1.58.7H
8	Declan Moran	Clonliffe Harriers A.C.	2.08.0H
9	Liam Feely	North Leitrim A.C.	2.08.6H

1500 m - U.23 Men

Place	Name	Club	Time
1	John Coghlan	Metro/St. Brigid's A.C.	3.50.42
2	Rory Chesser	Ennis Track A.C.	3.50.50
3	Daire Birmingham	Raheny Shamrock A.C.	3.51.55
4	Brian Markham	Ennis Track A.C.	3.51.68
5	Michael Mulhare	North Laois A.C.	3.52.28
6	Tommy Carroll	North Sligo A.C.	3.54.98
7	Brendan O'Neill	Dundrum South Dublin A.C.	3.59.87
8	Kevin Cooper	Ferrybank A.C.	4.01.69
9	Andrew Connick	Slaney Olympic A.C.	4.06.23
10	Danny Mooney	Letterkenny A.C.	4.06.75
11	John Carlisle	North Down	4.07.68
12	Thomas Hayes	Kilkenny City Harriers A.C.	4.11.54

5000 m - U.23 Men

Place	Name	Club	Time
1	Simon Ryan	Raheny Shamrock A.C.	15.01.87
2	Eoin Dunne	Tallaght A.C.	15.24.17
3	Rory Moloney	West Waterford A.C.	15.56.92
4	Carl O'Sullivan	Raheny Shamrock A.C.	16.21.75
5	Peter Francis	Menapians A.C.	16.40.32

400 m Hurdles - U.23 Men

Place	Name	Club	Time
1	Gerard O'Donnell	Carrick-on-Shannon A.C.	56.00H
2	John Fagan	Clonliffe Harriers A.C.	56.00H

3000 m Steeplechase - U.23 Men

Place	Name	Club	Time
1	Robert Corbally	Dundrum South Dublin A.C.	9.44.80
2	Sean Stilwell	West Waterford A.C.	10.07.38
3	Gavin Downey	Ferrybank A.C.	10.14.71

High Jump - U.23 Men

Place	Name	Club	Hgt(m)	
1	Christopher Crowley	Belgooly A.C.	2.05	
2	Ciaran Flanagan	Ballymena & Antrim A.C.		1.95

Long Jump - U.23 Men

Place	Name	Club	Dist(m)	
1	Eoin Hannon	Tullamore Harriers A.C.	7.30	
2	Alan Kennedy	Abbey Striders A.C.	7.15	
3	Christopher Crowley	Belgooly A.C.	6.71	
4	Eoin Kelly	St. Abbans A.C.	6.51	
5	Jack Connolly	Raheny Shamrock A.C.	6.29	
6	Aaron Slattery	Mid Sutton A.C.	6.00	

Triple Jump - U.23 Men

Place	Name	Club	Dist(m)	
1	Eoin Kelly	St. Abbans A.C.	15.05	
2	Ciaran Cronin	Dundrum South Dublin A.C.		12.33

Pole Vault - U.23 Men

Place	Name	Club	Hgt(m)	
1	Ian Rogers	Clonliffe Harriers A.C.	4.20	
2	Stephane Beauche	Gorey A.C.	4.00	
3	Richard Whyte	Brothers Pearse A.C.	3.80	
4	Ian Crowley	Farranfore Maine Valley A.C.	3.00	

Shot Putt - U.23 Men

Place	Name	Club	Dist(m)	
1	Luke Mangan	Clonliffe Harriers A.C.	13.97	
2	Paul Hazler	Leevale A.C.	12.36	
3	Alan O'Connor	Tralee Harriers A.C.	12.03	
4	Mathew O'Reilly	Shercock A.C.	10.46	
5	Hugh Fitzpatrick	Shercock A.C.	9.48	

Discus - U.23 Men

Place	Name	Club	Dist(m)	
1	Paul Hazler	Leevale A.C.	47.19	
2	Alan O'Connor	Tralee Harriers A.C.	38.53	
3	Luke Mangan	Clonliffe Harriers A.C.	38.20	

Javelin - U.23 Men

Place	Name	Club	Dist(m)	
1	Aaron Crawford	Strabane Track Club	53.86	
2	Michael Brannock	Galway City Harriers A.C.	49.97	
3	Conor Mc Laughlin	Strabane Track Club	46.58	

Hammer - U.23 Men

Place	Name	Club	Dist(m)	
1	Pavel Hazler	Leevale A.C.	55.08	
2	James P. Nagle	Farranfore Maine Valley A.C.	52.70	
3	Hugh Fitzpatrick	Shercock A.C.	39.10	

35lb Distance - U.23 Men

Place	Name	Club	Dist(m)
1	Alan O'Connor	Tralee Harriers A.C.	10.18
2	James P. Nagle	Farranfore Maine Valley A.C.	10.02
3	Hugh Fitzpatrick	Shercock A.C.	8.18

100 m - U.23 Women

Place	Name	Club	Time
1	Louise Kiernan	Fingallians A.C.	11.7H
2	Amy Foster	North Down	12.0H
3	Patricia Boyle	Cranford A.C.	13.4H
4	Zaneta Paulinkaite	Trim A.C.	13.7H

200 m - U.23 Women

Wind : +1.7

Place	Name	Club	Time
1	Kelly Proper	Ferrybank A.C.	24.04
2	Louise Kiernan	Fingallians A.C.	24.54
3	Jo Patterson	Ballymena & Antrim A.C.	25.23
4	Louise Mc Ardle	Leevale A.C.	25.40
5	Katie Fitzpatrick	Tallaght A.C.	28.50

400 m - U.23 Women

Place	Name	Club	Time
1	Jo Patterson	Ballymena & Antrim A.C.	55.52
2	Louise Mc Ardle	Leevale A.C.	56.31
3	Sinead Kelly	St. Abbans A.C.	58.62
4	Roisin Anglim	Fingallians A.C.	59.23
5	Nicola Hackett	Glaslough Harriers A.C.	61.56
6	Susan Giblin	Raheny Shamrock A.C.	61.66
7	Khadija Dridi	Clonliffe Harriers A.C.	67.96

800 m - U.23 Women

Place	Name	Club	Time
1	Roseanne Galligan	Newbridge A.C.	2.07.2H
2	Laura Crowe	Riocht A.C.	2.08.5H
3	Sara Louise Treacy	Moynalvey A.C.	2.15.3H
4	Laura Scriven	St. L. O'Toole A.C.	2.20.2H
5	Ailbhe O'Driscoll-Co	U.C.C. A.C.	2.24.4H
6	Carol Finn	Duhallow A.C.	2.27.5H
7	Ann Doyle	Gowran A.C.	2.33.0H

1500 m - U.23 Women

Place	Name	Club	Time
1	Sara Louise Treacy	Moynalvey A.C.	4.37.74
2	Rebecca Woods	Clonliffe Harriers A.C.	4.40.63
3	Bryony Treston	Dundrum South Dublin A.C.	4.43.16
4	Maria Walsh	Blackrock A.C.	4.43.52
5	Michelle Finn	Duhallow A.C.	4.49.74

6	Sally Mc Carthy	U.C.C. A.C.-Dual-Member	4.57.56
7	Niamh Hennessy	Templemore A.C.	5.17.23
8	Ann Doyle	Gowran A.C.	5.37.21

5000 m - U.23 Women

Place	Name	Club	Time
1	Laura Huet	Dundrum South Dublin A.C.	17.47.41
2	Maire Nic Amhlaoi	Dundrum South Dublin A.C.	18.22.12
3	Karen Crossan	Inishowen A.C.	18.58.80

100 m Hurdles - U.23 Women

Wind : +1.7

Place	Name	Club	Time
1	Sarah Finnegan	Craughwell A.C.	17.67

400 m Hurdles - U.23 Women

Place	Name	Club	Time
1	Kalyn Sheehan	Ferrybank A.C.	63.0H
2	Sarah Woods	Clonliffe Harriers A.C.	69.7H
3	Sarah Doyle	Clonliffe Harriers A.C.	71.8H
4	Cheryl Nolan	St. Abbans A.C.	72.6H

High Jump - U.23 Women

Place	Name	Club	Hgt(m)
1	Pamela Hughes	Westport A.C.	1.70
2	Leona Byrne	St. L. O'Toole A.C.	1.65
3	Paula Mc Carthy	Bantry A.C.	1.50

Long Jump - U.23 Women

Place	Name	Club	Dist(m)
1	Kelly Proper	Ferrybank A.C.	6.33
2	Imelda Morrisson	Leevale A.C.	5.34
3	Patricia Boyle	Cranford A.C.	4.94
4	Zaneta Paulinkaite	Trim A.C.	4.83

Triple Jump - U.23 Women

Place	Name	Club	Dist(m)
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Shot Putt - U.23 Women

Place	Name	Club	Dist(m)
1	Katie O'Shea	Farranfore Maine Valley A.C.	9.28
2	Aoife O'Malley	Bilboa A.C.	9.11

Discus - U.23 Women

Place	Name	Club	Dist(m)
1	Philippa Conway	Crusaders A.C.	35.65
2	Eadaoin Ashe	West Waterford A.C.	29.50
3	Rachel Roche	Bandon A.C.	29.21
4	Karen O Connor	Tralee Harriers A.C.	28.74

Javelin - U.23 Women

Place	Name	Club	Dist(m)
1	Denise Byrne	Clonliffe Harriers A.C.	36.52
2	Paula Mc Carthy	Bantry A.C.	34.34
3	Rachel Roche	Bandon A.C.	33.49
4	Aoife O'Malley	Bilboa A.C.	29.50

Hammer - U.23 Women

Place	Name	Club	Dist(m)
1	Mary Sutherland	D.M.P. A.C.	47.51
2	Katie O'Shea	Farranfore Maine Valley A.C.	44.64
3	Philippa Conway	Crusaders A.C.	32.45