



## Cork County Athletics Board

### **Graded League: Points and criteria**

#### **Individual Grading**

Point scores based on IAAF Tables 2008 and factored down by a factor of 100.

([http://www.iaaf.org/mm/Document/Competitions/TechnicalArea/ScoringOutdoor2008\\_742.pdf](http://www.iaaf.org/mm/Document/Competitions/TechnicalArea/ScoringOutdoor2008_742.pdf))

Diamond, Platinum, Gold, Silver and Bronze 'grades' proposed.

Possibility of having an athlete of the meet and/or an athlete of the series competition.

#### **Proposed Team Competition Format**

Team scores based on (up to best) 5 performances.

Two athletes (minimum) required for a club to register a team score.

Team scores from 3 of 5 nights to score towards overall team winner (i.e. teams who have not competed to date can still take part).

Results for two meets to date processed to give an idea.

Comments on proposed format to [ijosullivan@gmail.com](mailto:ijosullivan@gmail.com)

**200m Race 1**

No		Name	Club	Category	Event	Time	Points	Grade
27	1	David Quilligan	Leevale	M	200m	22.0	9.40	Diamond
26	2	Daniel O'Donovan	Leevale	M	200m	23.0	8.11	Platinum
31	3	Paul Stack	Leevale	M	200m	24.0	6.91	Gold
62	4	Brendan Leahy	Guest	M	200m	25.0	5.80	Silver
63	5	Isaac Linehan	Guest	M	200m	26.0	4.79	Silver

**200m Race 2**

No		Name	Club	Category	Event	Time	Points	Grade
32	1	Tom Griffin	Guest	M	200m	24.7	6.12	Gold
6	2	Con Sheehan	Carraig na bhFear	M	200m	25.4	5.39	Silver
59	3	Ronan Foley	Togher	M	200m	25.9	4.89	Silver
64	4	Keith Egan	Guest	M	200m	26.7	4.15	Bronze
5	5	Angela Hogan	Guest	F	200m	26.7	8.86	Platinum
33	6	Brendan Dennehy	Rising Sun	M	200m	27.7	3.30	Bronze

**200m Race 3**

No		Name	Club	Category	Event	Time	Points	Grade
35	1	Conor O'Brien	Rising Sun	M	200m	27.3	3.63	Bronze
40	2	Steve Dunning	St Catherines	M	200m	28.2	2.92	-
58	3	Peter Blissett	Togher	M	200m	29.3	2.15	-
36	4	Conor O'Donovan	Rising Sun	M	200m	30.7	1.35	-
37	5	Jimmy Murray	Rising Sun	M	200m	31.2	1.10	-
39	6	Michael Kiely	Rising Sun	M	200m	31.7	0.88	-
53	7	Regina Burton	St Finbarrs	F	200m	36.0	3.70	Bronze
50	8	Josephine Falvey	St Finbarrs	F	200m	37.4	3.12	Bronze

**200m Race 4**

No		Name	Club	Category	Event	Time	Points	Grade
49	2	John O'Sullivan	St Finbarrs	M	200m	27.7	3.30	Bronze
43	3	Colin Condon	St Finbarrs	M	200m	28.3	2.84	-
41	4	Aidan Henry	St Finbarrs	M	200m	31.3	1.06	-

**Long Jump**

No		Name	Club	Category	Event	Distance	Points	Grade
65	1	Tom O'Brien	Guest	M	LJ	5.45	6.00	Gold
6	2	Con Sheehan	Carraig na bhFear	M	LJ	5.30	5.70	Silver
29	3	Hugh Hayden	Leevale	M	LJ	5.18	5.46	Silver
40	4	Steve Dunning	St Catherines	M	LJ	5.01	5.12	Silver
33	5	Brendan Dennehy	Rising Sun	M	LJ	4.51	4.12	Bronze
34	6	Con O'Donovan	Rising Sun	M	LJ	3.66	2.42	-
37	7	Jimmy Murray	Rising Sun	M	LJ	3.42	1.93	-
28	8	George Boyle	Leevale	M	LJ	3.40	1.89	-

**1500m Race 1**

No		Name	Club	Category	Event	Time	Points	Grade
21	1	James McCarthy	East Cork	M	1500m	4:05.4	7.92	Platinum
60	2	Tony Kelleher	Togher	M	1500m	4:12.9	7.09	Gold
22	3	Ed Murphy	Guest	M	1500m	4:15.6	6.81	Gold
30	4	James Grufferty	Leevale	M	1500m	4:17.6	6.60	Gold
23	5	Timmy Murphy	Grange Fermoy	M	1500m	4:19.2	6.43	Gold
45	6	Denis Coughlan	St Finbarrs	M	1500m	4:21.6	6.19	Gold
57	7	Shane Mullaney	Guest	M	1500m	4:23.0	6.05	Gold
25	8	Chris Harrington	Leevale	M	1500m	4:23.3	6.02	Gold
20	9	Frank O'Carroll	East Cork	M	1500m	4:24.6	5.89	Silver
24	10	Barry Donovan	Leevale	M	1500m	4:28.3	5.53	Silver
28	11	George Boyle	Leevale	M	1500m	4:29.4	5.43	Silver
18	12	Conor Tierney	East Cork	M	1500m	4:34.9	4.93	Silver
17	13	Pat Power	Eagle	M	1500m	4:39.2	4.55	Silver
54	14	Robert Patterson	St Finbarrs	M	1500m	4:39.8	4.50	Bronze
19	15	David O'Dwyer	East Cork	M	1500m	4:47.6	3.85	Bronze
42	16	Brian Russell	St Finbarrs	M	1500m	4:49.6	3.69	Bronze

**1500m Race 2**

No		Name	Club	Category	Event	Time	Points	Grade
52	1	Michael Murphy	St Finbarrs	M	1500m	4:50.8	3.60	Bronze
46	2	Eamonn McEvoy	St Finbarrs	M	1500m	4:53.2	3.42	Bronze
14	3	Micheál O'Regan	Eagle	M	1500m	5:01.9	2.80	-
12	4	Joe Roche	Eagle	M	1500m	5:02.9	2.73	-
16	5	Pat Murphy	Eagle	M	1500m	5:04.3	2.64	-
10	6	Grellan McGrath	Eagle	M	1500m	5:05.5	2.56	-
66	7	Conor O'Brien	Eagle	M	1500m	5:07.2	2.45	-
38	8	John O'Riordan	Rising Sun	M	1500m	5:08.0	2.40	-
44	9	Declan Murphy	St Finbarrs	M	1500m	5:14.7	2.00	-
48	10	Gerry Cronin	St Finbarrs	M	1500m	5:16.1	1.92	-
11	11	James Ryan	Eagle	M	1500m	5:24.8	1.46	-
56	12	Trevor O'Neill	St Finbarrs	M	1500m	5:40.7	0.78	-
39	13	Michael Kiely	Rising Sun	M	1500m	5:43.5	0.69	-
13	14	John Quigley	Eagle	M	1500m	5:45.0	0.64	-
41	15	Aidan Henry	St Finbarrs	M	1500m	5:48.2	0.53	-
43	16	Colin Condon	St Finbarrs	M	1500m	5:49.5	0.50	-
47	17	Eddie Barry	St Finbarrs	M	1500m	5:50.7	0.46	-
55	18	Tony O'Brien	St Finbarrs	M	1500m	6:01.1	0.21	-

**1500m Race 3**

No		Name	Club	Category	Event	Time	Points	Grade
8	1	Michelle Finn	Duhallow	F	1500m	4:47.5	8.55	Platinum
15	2	Niamh Roe	Eagle	F	1500m	4:50.7	8.33	Platinum
9	3	Anne Marie Power	Eagle	F	1500m	5:39.9	5.37	Silver
7	4	Noreen Mackey	CIT	F	1500m	5:47.8	4.96	Silver
3	5	Susan O'Connor	Ballincollig	F	1500m	6:03.9	4.17	Bronze
2	6	Regina Harrington	Ballincollig	F	1500m	6:47.1	2.38	-
51	7	Marion Lyons	St Finbarrs	F	1500m	6:57.5	2.03	-
1	8	Eimear Sugrue	Ballincollig	F	1500m	7:27.2	1.18	-

**Shot Putt Men**

No		Name	Club	Category	Event	Distance	Points	Grade
55	1	Tony O'Brien	St Finbarrs	M	SP	7.78	3.90	Bronze
10	2	Grellan McGrath	Eagle	M	SP	7.76	3.89	Bronze
28	3	George Boyle	Leevale	M	SP	7.58	3.78	Bronze
29	4	Hugh Hayden	Leevale	M	SP	7.48	3.72	Bronze

**Shot Putt Women**

No		Name	Club	Category	Event	Distance	Points	Grade
4	1	Priscilla O'Sullivan	Ballincollig	F	SP	9.05	4.92	Silver
50	2	Josephine Falvey	St Finbarrs	F	SP	6.32	3.20	Bronze
61	3	Sarah McLoughlin	UCC	F	SP	6.19	3.12	Bronze
53	4	Regina Burton	St Finbarrs	F	SP	5.29	2.55	-

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Club	Category	Event	Time	Points	Grade
Guest	M	4 x 400m	3:54.3	9.23	Diamond
East Cork	M	4 x 400m	4:01.5	8.37	Platinum
St Finbarrs	M	4 x 400m	4:05.3	7.93	Platinum
Eagle	M	4 x 400m	4:10.7	7.33	Gold
Eagle (Mixed)	M	4 x 400m	4:48.6	3.77	Bronze
Togher (Mixed)	M	4 x 400m	4:50.6	3.62	Bronze

No	Name	Club	Category	Event	Time/Dist	Points	Grade
27	David Quilligan	Leevale	M	200m	22.0	9.40	Diamond
5	Angela Hogan	Guest	F	200m	26.7	8.86	Platinum
8	Michelle Finn	Duhallow	F	1500m	4:47.5	8.55	Platinum
15	Niamh Roe	Eagle	F	1500m	4:50.7	8.33	Platinum
26	Daniel O'Donovan	Leevale	M	200m	23.0	8.11	Platinum
21	James McCarthy	East Cork	M	1500m	4:05.4	7.92	Platinum
60	Tony Kelleher	Togher	M	1500m	4:12.9	7.09	Gold
31	Paul Stack	Leevale	M	200m	24.0	6.91	Gold
22	Ed Murphy	Guest	M	1500m	4:15.6	6.81	Gold
30	James Grufferty	Leevale	M	1500m	4:17.6	6.60	Gold
23	Timmy Murphy	Grange Fermoy	M	1500m	4:19.2	6.43	Gold
45	Denis Coughlan	St Finbarrs	M	1500m	4:21.6	6.19	Gold
32	Tom Griffin	Guest	M	200m	24.7	6.12	Gold
57	Shane Mullaney	Guest	M	1500m	4:23.0	6.05	Gold
25	Chris Harrington	Leevale	M	1500m	4:23.3	6.02	Gold
65	Tom O'Brien	Guest	M	LJ	5.45	6.00	Gold
20	Frank O'Carroll	East Cork	M	1500m	4:24.6	5.89	Silver
62	Brendan Leahy	Guest	M	200m	25.0	5.80	Silver
6	Con Sheehan	Carraig na bhFear	M	LJ	5.30	5.70	Silver
24	Barry Donovan	Leevale	M	1500m	4:28.3	5.53	Silver
29	Hugh Hayden	Leevale	M	LJ	5.18	5.46	Silver
28	George Boyle	Leevale	M	1500m	4:29.4	5.43	Silver
6	Con Sheehan	Carraig na bhFear	M	200m	25.4	5.39	Silver
9	Anne Marie Power	Eagle	F	1500m	5:39.9	5.37	Silver
40	Steve Dunning	St Catherines	M	LJ	5.01	5.12	Silver
7	Noreen Mackey	CIT	F	1500m	5:47.8	4.96	Silver
18	Conor Tierney	East Cork	M	1500m	4:34.9	4.93	Silver
4	Priscilla O'Sullivan	Ballincollig	F	SP	9.05	4.92	Silver
59	Ronan Foley	Togher	M	200m	25.9	4.89	Silver
63	Isaac Linehan	Guest	M	200m	26.0	4.79	Silver
17	Pat Power	Eagle	M	1500m	4:39.2	4.55	Silver
54	Robert Patterson	St Finbarrs	M	1500m	4:39.8	4.50	Bronze
3	Susan O'Connor	Ballincollig	F	1500m	6:03.9	4.17	Bronze
64	Keith Egan	Guest	M	200m	26.7	4.15	Bronze
33	Brendan Dennehy	Rising Sun	M	LJ	4.51	4.12	Bronze
55	Tony O'Brien	St Finbarrs	M	SP	7.78	3.90	Bronze
10	Grellan McGrath	Eagle	M	SP	7.76	3.89	Bronze
19	David O'Dwyer	East Cork	M	1500m	4:47.6	3.85	Bronze
28	George Boyle	Leevale	M	SP	7.58	3.78	Bronze
29	Hugh Hayden	Leevale	M	SP	7.48	3.72	Bronze
53	Regina Burton	St Finbarrs	F	200m	36.0	3.70	Bronze
42	Brian Russell	St Finbarrs	M	1500m	4:49.6	3.69	Bronze
35	Conor O'Brien	Rising Sun	M	200m	27.3	3.63	Bronze
52	Michael Murphy	St Finbarrs	M	1500m	4:50.8	3.60	Bronze
46	Eamonn McEvoy	St Finbarrs	M	1500m	4:53.2	3.42	Bronze
33	Brendan Dennehy	Rising Sun	M	200m	27.7	3.30	Bronze
49	John O'Sullivan	St Finbarrs	M	200m	27.7	3.30	Bronze
50	Josephine Falvey	St Finbarrs	F	SP	6.32	3.20	Bronze
61	Sarah McLoughlin	UCC	F	SP	6.19	3.12	Bronze
50	Josephine Falvey	St Finbarrs	F	200m	37.4	3.12	Bronze

No	Name	Club	Category	Event	Time/Dist	Points	Grade
40	Steve Dunning	St Catherines	M	200m	28.2	2.92	-
43	Colin Condon	St Finbarrs	M	200m	28.3	2.84	-
14	Micheál O'Regan	Eagle	M	1500m	5:01.9	2.80	-
12	Joe Roche	Eagle	M	1500m	5:02.9	2.73	-
16	Pat Murphy	Eagle	M	1500m	5:04.3	2.64	-
10	Grellan McGrath	Eagle	M	1500m	5:05.5	2.56	-
53	Regina Burton	St Finbarrs	F	SP	5.29	2.55	-
66	Conor O'Brien	Eagle	M	1500m	5:07.2	2.45	-
34	Con O'Donovan	Rising Sun	M	LJ	3.66	2.42	-
38	John O'Riordan	Rising Sun	M	1500m	5:08.0	2.40	-
2	Regina Harrington	Ballincollig	F	1500m	6:47.1	2.38	-
58	Peter Blissett	Togher	M	200m	29.3	2.15	-
51	Marion Lyons	St Finbarrs	F	1500m	6:57.5	2.03	-
44	Declan Murphy	St Finbarrs	M	1500m	5:14.7	2.00	-
37	Jimmy Murray	Rising Sun	M	LJ	3.42	1.93	-
48	Gerry Cronin	St Finbarrs	M	1500m	5:16.1	1.92	-
28	George Boyle	Leevale	M	LJ	3.40	1.89	-
11	James Ryan	Eagle	M	1500m	5:24.8	1.46	-
36	Conor O'Donovan	Rising Sun	M	200m	30.7	1.35	-
1	Eimear Sugrue	Ballincollig	F	1500m	7:27.2	1.18	-
37	Jimmy Murray	Rising Sun	M	200m	31.2	1.10	-
41	Aidan Henry	St Finbarrs	M	200m	31.3	1.06	-
39	Michael Kiely	Rising Sun	M	200m	31.7	0.88	-
56	Trevor O'Neill	St Finbarrs	M	1500m	5:40.7	0.78	-
39	Michael Kiely	Rising Sun	M	1500m	5:43.5	0.69	-
13	John Quigley	Eagle	M	1500m	5:45.0	0.64	-
41	Aidan Henry	St Finbarrs	M	1500m	5:48.2	0.53	-
43	Colin Condon	St Finbarrs	M	1500m	5:49.5	0.50	-
47	Eddie Barry	St Finbarrs	M	1500m	5:50.7	0.46	-
55	Tony O'Brien	St Finbarrs	M	1500m	6:01.1	0.21	-

No	Name	Club	Cat	Event	Time/Dist	Points
27	David Quilligan	<b>Leevale</b>	M	200m	22.0	9.40
26	Daniel O'Donovan	<b>Leevale</b>	M	200m	23.0	8.11
31	Paul Stack	<b>Leevale</b>	M	200m	24.0	6.91
30	James Grufferty	<b>Leevale</b>	M	1500m	4:17.6	6.60
25	Chris Harrington	<b>Leevale</b>	M	1500m	4:23.3	6.02
						Points 37.03

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No	Name	Club	Cat	Event	Time/Dist	Points
		<b>East Cork</b>	M	4 × 400m	4:01.5	8.37
21	James McCarthy	<b>East Cork</b>	M	1500m	4:05.4	7.92
20	Frank O'Carroll	<b>East Cork</b>	M	1500m	4:24.6	5.89
18	Conor Tierney	<b>East Cork</b>	M	1500m	4:34.9	4.93
19	David O'Dwyer	<b>East Cork</b>	M	1500m	4:47.6	3.85
						Points 30.96

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No	Name	Club	Cat	Event	Time/Dist	Points
15	Niamh Roe	<b>Eagle</b>	F	1500m	4:50.7	8.33
		<b>Eagle</b>	M	4 × 400m	4:10.7	7.33
9	Anne Marie Power	<b>Eagle</b>	F	1500m	5:39.9	5.37
17	Pat Power	<b>Eagle</b>	M	1500m	4:39.2	4.55
10	Grellan McGrath	<b>Eagle</b>	M	SP	7.76	3.89
						Points 29.47

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No	Name	Club	Cat	Event	Time/Dist	Points
		<b>St Finbarrs</b>	M	4 × 400m	4:05.3	7.93
45	Denis Coughlan	<b>St Finbarrs</b>	M	1500m	4:21.6	6.19
54	Robert Patterson	<b>St Finbarrs</b>	M	1500m	4:39.8	4.50
55	Tony O'Brien	<b>St Finbarrs</b>	M	SP	7.78	3.90
53	Regina Burton	<b>St Finbarrs</b>	F	200m	36.0	3.70
						Points 26.22

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No	Name	Club	Cat	Event	Time/Dist	Points
		<b>Togher (Mixed)</b>	M	4 × 400m	4:50.6	3.62
60	Tony Kelleher	<b>Togher</b>	M	1500m	4:12.9	7.09
59	Ronan Foley	<b>Togher</b>	M	200m	25.9	4.89
58	Peter Blissett	<b>Togher</b>	M	200m	29.3	2.15
						Points 17.75

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No	Name	Club	Cat	Event	Time/Dist	Points
33	Brendan Dennehy	<b>Rising Sun</b>	M	LJ	4.51	4.12
35	Conor O'Brien	<b>Rising Sun</b>	M	200m	27.3	3.63
33	Brendan Dennehy	<b>Rising Sun</b>	M	200m	27.7	3.30
34	Con O'Donovan	<b>Rising Sun</b>	M	LJ	3.66	2.42
38	John O'Riordan	<b>Rising Sun</b>	M	1500m	5:08.0	2.40
						Points 15.87

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No	Name	Club	Cat	Event	Time/Dist	Points
4	Priscilla O'Sullivan	<b>Ballincollig</b>	F	SP	9.05	4.92
3	Susan O'Connor	<b>Ballincollig</b>	F	1500m	6:03.9	4.17
2	Regina Harrington	<b>Ballincollig</b>	F	1500m	6:47.1	2.38
1	Eimear Sugrue	<b>Ballincollig</b>	F	1500m	7:27.2	1.18
						Points 12.64

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**100m Race 1**

No		Name	Club	Category	Event	Time	Points	Grade
457	1	Cian Aherne	Dooneen	M	100m	10.8	9.38	Diamond
413	2	Brendan Leahy	Waterford	M	100m	11.0	8.75	Platinum
443	3	John Corr	Leevale	M	100m	11.3	7.83	Platinum
450	4	Aaron O' Regan	Abbey Striders	M	100m	11.4	7.54	Platinum
444	5	Joe Barry	Templemore	M	100m	11.6	6.97	Gold
446	6	Robin Healy	Limerick	M	100m	11.6	6.97	Gold
405	7	Brendan Dennehy Jr	Rising Sun	M	100m	11.7	6.69	Gold
441	8	James Ryan	Riocht	M	100m	11.8	6.42	Gold

**100m Race 2**

No		Name	Club	Category	Event	Time	Points	Grade
410	1	Con Sheehan	Carraig na bhFear	M	100m	11.3	7.83	Platinum
412	2	Tom O'Brien	Waterford	M	100m	11.7	6.69	Gold
442	3	Ronan Foley	Togher	M	100m	12.0	5.90	Silver
404	4	Donncha Dennehy	Rising Sun	M	100m	12.3	5.15	Silver
425	5	Billy Flaherty	Skibbereen	M	100m	12.5	4.68	Silver

**100m Race 3**

No		Name	Club	Category	Event	Time	Points	Grade
466	1	Hugh Hayden	Leevale	M	100m	12.8	4.02	Bronze
403	2	Brendan Dennehy	Rising Sun	M	100m	13.6	2.51	-
420	3	Liam Ryan	St Finbarrs	M	100m	14.2	1.60	-
409	4	Con Dennehy	Rising Sun	M	100m	14.7	1.00	-
418	5	Michael Kiely	Rising Sun	M	100m	16.2	0.04	-

**100m Race 4**

No		Name	Club	Category	Event	Time	Points	Grade
415	1	Ruth Carson	MSB	F	100m	13.1	8.55	Platinum
451	2	Alison Morrissey	Abbey Striders	F	100m	13.4	8.11	Platinum
453	3	Megan O' Sullivan	Abbey Striders	F	100m	14.0	7.26	Gold
452	3	Lynn O' Sullivan	Abbey Striders	F	100m	14.5	6.58	Gold
461	3	Kate O Riordan	St Catherines	F	100m	15.0	5.94	Silver
421	3	Louise Ryan	St Finbarrs	F	100m	15.3	5.58	Silver
448	3	Eibhlin Cleary	East Cork	F	100m	16.3	4.44	Bronze

**High Jump**

No		Name	Club	Category	Event	Height	Points	Grade
468	1	David Cussen	Old Abbey	M	HJ	1.72	6.09	Gold
405	1	Brendan Dennehy Jr	Rising Sun	M	HJ	1.72	6.09	Gold
404	3	Donncha Dennehy	Rising Sun	M	HJ	1.68	5.72	Silver
412	4	Tom O'Brien	Waterford	M	HJ	1.68	5.72	Silver
454	5	Neil Creedon	St Finbarrs	M	HJ	1.44	3.47	Bronze
403	6	Brendan Dennehy	Rising Sun	M	HJ	1.40	3.10	Bronze
461	7	Kate O Riordan	St Catherines	F	HJ	1.40	5.58	Silver
429	8	James O' Driscoll	Skibbereen	M	HJ	1.36	2.73	-
432	8	George Boyle	Leevale	M	HJ	1.36	2.73	-
470	10	Seamus Fox	Fanahan McSweeney	M	HJ	1.36	2.73	-

**800m Race 1**

No	Name	Club	Category	Event	Time	Points	Grade	
456	1	Thomas Maunsell	Leevale	M	800m	2:00.0	7.69	Platinum
424	2	Eoin Casey	Midleton	M	800m	2:00.7	7.52	Platinum
447	3	Denis Coughlan	St Finbarrs	M	800m	2:01.1	7.43	Gold
440	4	Graham O Riordan	Leevale	M	800m	2:01.5	7.33	Gold
445	5	James Maher	Templemore	M	800m	2:05.7	6.38	Gold
429	6	James O' Driscoll	Skibbereen	M	800m	2:07.0	6.10	Gold
449	7	Ed Murphy	Gneevguilla	M	800m	2:08.1	5.86	Silver
422	8	James Curran	St Finbarrs	M	800m	2:08.8	5.72	Silver
469	9	Laura Crowe	Riocht	F	800m	2:15.8	8.90	Platinum

**800m Race 2**

No	Name	Club	Category	Event	Time	Points	Grade	
434	1	Harry O' Brien	West Waterford	M	800m	2:13.9	4.71	Silver
432	2	George Boyle	Leevale	M	800m	2:14.9	4.52	Silver
416	3	Conor O Brien	Eagle	M	800m	2:22.3	3.26	Bronze
417	4	Michael Murphy	St Finbarrs	M	800m	2:23.0	3.15	Bronze
430	5	Denis Healy	Eagle	M	800m	2:25.0	2.85	-
402	6	John O' Riordan	Rising Sun	M	800m	2:25.6	2.76	-
408	7	Niamh Roe	Eagle	F	800m	2:26.1	7.37	Gold
459	8	Eamon McEvoy	St Finbarrs	M	800m	2:27.1	2.55	-
436	9	Declan Murphy	St Finbarrs	M	800m	2:31.3	2.00	-

**800m Race 3**

No	Name	Club	Category	Event	Time	Points	Grade	
414	1	Keith Egan	Waterford	M	800m	2:26.3	2.66	-
406	2	Diarmuid Murphy	North Cork	M	800m	2:30.2	2.14	-
423	3	Eoin Shanaghy	St Finbarrs	M	800m	2:33.0	1.80	-
407	4	Pat Murphy	Eagle	M	800m	2:35.5	1.52	-
435	5	Margo Dinan	St Finbarrs	F	800m	2:36.9	5.92	Silver
454	6	Neil Creedon	St Finbarrs	M	800m	2:40.2	1.06	-
418	7	Michael Kiely	Rising Sun	M	800m	2:42.0	0.90	-
437	8	Willie Hayes	St Finbarrs	M	800m	2:44.0	0.75	-
448	9	Eibhlin Cleary	East Cork	F	800m	2:48.8	4.50	Bronze
433	10	Cushla Murphy-Hehir	Marian	F	800m	2:51.0	4.26	Bronze
438	11	Eddie Barry	St Finbarrs	M	800m	3:00.0	0.03	-
458	12	John Quigley	Eagle	M	800m	3:03.2	0.00	-
427	13	Marion Lyons	St Finbarrs	F	800m	3:23.4	1.48	-
426	14	Ann Hickey	St Finbarrs	F	800m	3:25.6	1.34	-
419	15	Jean Ryan	St Finbarrs	F	800m	3:26.0	1.32	-

**Javelin**

No		Name	Club	Category	Event	Distance	Points	Grade
460	1	Jove Lachman-Curl	CIT	M	JT	37.10	4.58	Silver
466	2	Hugh Hayden	Leevale	M	JT	21.26	2.31	-
455	3	Owen Thornhill	Skibbereen	M	JT	18.83	1.96	-
451	4	Alison Morrissey	Abbey Striders	F	JT	18.24	2.77	-
467	5	Frank Stam	Leevale	M	JT	18.09	1.86	-
440	6	Graham O Riordan	Leevale	M	JT	16.04	1.56	-
461	7	Kate O Riordan	St Catherines	F	JT	13.63	1.90	-
458	8	John Quigley	Eagle	M	JT	13.44	1.19	-
453	9	Megan O' Sullivan	Abbey Striders	F	JT	11.96	1.58	-
409	-	Con Dennehy	Rising Sun	M	JT	NT	0.00	-
432	-	George Boyle	Leevale	M	JT	NT	0.00	-
447	-	Denis Coughlan	St Finbarrs	M	JT	NT	0.00	-
408	-	Niamh Roe	Eagle	F	JT	NT	0.00	-

**Pole Vault**

No		Name	Club	Category	Event	Height	Points	Grade
462	1	Shane Howard	Bandon	M	PV	2.90	3.82	Bronze
471	2	Fintan Shaughnessy	Bandon	M	PV	2.70	3.27	Bronze
464	3	Lee Curley	Youghal	M	PV	2.50	2.72	-
470	4	Seamus Fox	Fanahan McSweeney	M	PV	2.10	1.61	-
463	5	Emer Kelly	Youghal	F	PV	1.70	1.58	-

**4 x 800m Relay**

	Club	Category		Time	Points	Grade
1	Leevale	M	4 x 800m	9:13.0	6.72	Gold
2	Skibbreen	M	4 x 800m	9:22.4	6.28	Gold
3	Eagle	M	4 x 800m	9:32.6	5.83	Silver
4	St Finbarrs	M	4 x 800m	10:12.3	4.21	Bronze

No	Name	Club	Category	Event	Time/Dist	Points	Grade
457	Cian Aherne	Dooneen	M	100m	10.8	9.38	Diamond
469	Laura Crowe	Riocht	F	800m	2:15.8	8.90	Platinum
413	Brendan Leahy	Waterford	M	100m	11.0	8.75	Platinum
415	Ruth Carson	MSB	F	100m	13.1	8.55	Platinum
451	Alison Morrissey	Abbey Striders	F	100m	13.4	8.11	Platinum
443	John Corr	Leevale	M	100m	11.3	7.83	Platinum
410	Con Sheehan	Carraig na bhFear	M	100m	11.3	7.83	Platinum
456	Thomas Maunsell	Leevale	M	800m	2:00.0	7.69	Platinum
450	Aaron O' Regan	Abbey Striders	M	100m	11.4	7.54	Platinum
424	Eoin Casey	Midleton	M	800m	2:00.7	7.52	Platinum
447	Denis Coughlan	St Finbarrs	M	800m	2:01.1	7.43	Gold
408	Niamh Roe	Eagle	F	800m	2:26.1	7.37	Gold
440	Graham O Riordan	Leevale	M	800m	2:01.5	7.33	Gold
453	Megan O' Sullivan	Abbey Striders	F	100m	14.0	7.26	Gold
444	Joe Barry	Templemore	M	100m	11.6	6.97	Gold
446	Robin Healy	Limerick	M	100m	11.6	6.97	Gold
		Leevale	M	4 x 800m	9:13.0	6.72	Gold
405	Brendan Dennehy Jr	Rising Sun	M	100m	11.7	6.69	Gold
412	Tom O'Brien	Waterford	M	100m	11.7	6.69	Gold
452	Lynn O' Sullivan	Abbey Striders	F	100m	14.5	6.58	Gold
441	James Ryan	Riocht	M	100m	11.8	6.42	Gold
445	James Maher	Templemore	M	800m	2:05.7	6.38	Gold
		Skibbereen	M	4 x 800m	9:22.4	6.28	Gold
429	James O' Driscoll	Skibbereen	M	800m	2:07.0	6.10	Gold
468	David Cussen	Old Abbey	M	HJ	1.72	6.09	Gold
405	Brendan Dennehy Jr	Rising Sun	M	HJ	1.72	6.09	Gold
461	Kate O Riordan	St Catherines	F	100m	15.0	5.94	Silver
435	Margo Dinan	St Finbarrs	F	800m	2:36.9	5.92	Silver
442	Ronan Foley	Togher	M	100m	12.0	5.90	Silver
449	Ed Murphy	Gneevguilla	M	800m	2:08.1	5.86	Silver
		Eagle	M	4 x 800m	9:32.6	5.83	Silver
422	James Curran	St Finbarrs	M	800m	2:08.8	5.72	Silver
404	Donncha Dennehy	Rising Sun	M	HJ	1.68	5.72	Silver
412	Tom O'Brien	Waterford	M	HJ	1.68	5.72	Silver
461	Kate O Riordan	St Catherines	F	HJ	1.40	5.58	Silver
421	Louise Ryan	St Finbarrs	F	100m	15.3	5.58	Silver
404	Donncha Dennehy	Rising Sun	M	100m	12.3	5.15	Silver
434	Harry O' Brien	West Waterford	M	800m	2:13.9	4.71	Silver
425	Billy Flaherty	Skibbereen	M	100m	12.5	4.68	Silver
460	Jove Lachman-Curl	CIT	M	JT	37.10	4.58	Silver
432	George Boyle	Leevale	M	800m	2:14.9	4.52	Silver
448	Eibhlin Cleary	East Cork	F	800m	2:48.8	4.50	Bronze
448	Eibhlin Cleary	East Cork	F	100m	16.3	4.44	Bronze
433	Cushla Murphy-Hehir	Marian	F	800m	2:51.0	4.26	Bronze
		St Finbarrs	M	4 x 800m	10:12.3	4.21	Bronze
466	Hugh Hayden	Leevale	M	100m	12.8	4.02	Bronze
462	Shane Howard	Bandon	M	PV	2.90	3.82	Bronze
454	Neil Creedon	St Finbarrs	M	HJ	1.44	3.47	Bronze
471	Fintan Shaugnessy	Bandon	M	PV	2.70	3.27	Bronze
416	Conor O'Brien	Eagle	M	800m	2:22.3	3.26	Bronze

No	Name	Club	Category	Event	Time/Dist	Points	Grade
417	Michael Murphy	St Finbarrs	M	800m	2:23.0	3.15	Bronze
403	Brendan Dennehy	Rising Sun	M	HJ	1.40	3.10	Bronze
430	Denis Healy	Eagle	M	800m	2:25.0	2.85	-
451	Alison Morrissey	Abbey Striders	F	JT	18.24	2.77	-
402	John O' Riordan	Rising Sun	M	800m	2:25.6	2.76	-
429	James O' Driscoll	Skibbereen	M	HJ	1.36	2.73	-
432	George Boyle	Leevale	M	HJ	1.36	2.73	-
470	Seamus Fox	Fanahan McSweeney	M	HJ	1.36	2.73	-
464	Lee Curley	Youghal	M	PV	2.50	2.72	-
414	Keith Egan	Waterford	M	800m	2:26.3	2.66	-
459	Eamon McEvoy	St Finbarrs	M	800m	2:27.1	2.55	-
403	Brendan Dennehy	Rising Sun	M	100m	13.6	2.51	-
466	Hugh Hayden	Leevale	M	JT	21.26	2.31	-
406	Diarmuid Murphy	North Cork	M	800m	2:30.2	2.14	-
436	Declan Murphy	St Finbarrs	M	800m	2:31.3	2.00	-
455	Owen Thornhill	Skibbereen	M	JT	18.83	1.96	-
461	Kate O Riordan	St Catherines	F	JT	13.63	1.90	-
467	Frank Stam	Leevale	M	JT	18.09	1.86	-
423	Eoin Shanaghy	St Finbarrs	M	800m	2:33.0	1.80	-
470	Seamus Fox	Fanahan McSweeney	M	PV	2.10	1.61	-
420	Liam Ryan	St Finbarrs	M	100m	14.2	1.60	-
453	Megan O' Sullivan	Abbey Striders	F	JT	11.96	1.58	-
463	Emer Kelly	Youghal	F	PV	1.70	1.58	-
440	Graham O Riordan	Leevale	M	JT	16.04	1.56	-
407	Pat Murphy	Eagle	M	800m	2:35.5	1.52	-
427	Marion Lyons	St Finbarrs	F	800m	3:23.4	1.48	-
426	Ann Hickey	St Finbarrs	F	800m	3:25.6	1.34	-
419	Jean Ryan	St Finbarrs	F	800m	3:26.0	1.32	-
458	John Quigley	Eagle	M	JT	13.44	1.19	-
454	Neil Creedon	St Finbarrs	M	800m	2:40.2	1.06	-
409	Con Dennehy	Rising Sun	M	100m	14.7	1.00	-
418	Michael Kiely	Rising Sun	M	800m	2:42.0	0.90	-
437	Willie Hayes	St Finbarrs	M	800m	2:44.0	0.75	-
418	Michael Kiely	Rising Sun	M	100m	16.2	0.04	-
438	Eddie Barry	St Finbarrs	M	800m	3:00.0	0.03	-
409	Con Dennehy	Rising Sun	M	JT	NT	0.00	-
432	George Boyle	Leevale	M	JT	NT	0.00	-
447	Denis Coughlan	St Finbarrs	M	JT	NT	0.00	-
408	Niamh Roe	Eagle	F	JT	NT	0.00	-
458	John Quigley	Eagle	M	800m	3:03.2	0.00	-

No	Name	Club	Category	Event	Time/Dist	Points	
443	John Corr	<b>Leevale</b>	M	100m	11.3	7.83	
456	Thomas Maunsell	<b>Leevale</b>	M	800m	2:00.0	7.69	
440	Graham O Riordan	<b>Leevale</b>	M	800m	2:01.5	7.33	<b>1</b>
		<b>Leevale</b>	M	4 × 800m	9:13.0	6.72	
432	George Boyle	<b>Leevale</b>	M	800m	2:14.9	4.52	
						Points	34.09
451	Alison Morrissey	<b>Abbey Striders</b>	F	100m	13.4	8.11	
450	Aaron O' Regan	<b>Abbey Striders</b>	M	100m	11.4	7.54	
453	Megan O' Sullivan	<b>Abbey Striders</b>	F	100m	14.0	7.26	<b>2</b>
452	Lynn O' Sullivan	<b>Abbey Striders</b>	F	100m	14.5	6.58	
451	Alison Morrissey	<b>Abbey Striders</b>	F	JT	18.24	2.77	
						Points	32.25
447	Denis Coughlan	<b>St Finbarrs</b>	M	800m	2:01.1	7.43	
435	Margo Dinan	<b>St Finbarrs</b>	F	800m	2:36.9	5.92	
422	James Curran	<b>St Finbarrs</b>	M	800m	2:08.8	5.72	<b>3</b>
421	Louise Ryan	<b>St Finbarrs</b>	F	100m	15.3	5.58	
		<b>St Finbarrs</b>	M	4 × 800m	10:12.3	4.21	
						Points	28.84
405	Brendan Dennehy Jr	<b>Rising Sun</b>	M	100m	11.7	6.69	
405	Brendan Dennehy Jr	<b>Rising Sun</b>	M	HJ	1.72	6.09	
404	Donncha Dennehy	<b>Rising Sun</b>	M	HJ	1.68	5.72	<b>4</b>
404	Donncha Dennehy	<b>Rising Sun</b>	M	100m	12.3	5.15	
403	Brendan Dennehy	<b>Rising Sun</b>	M	HJ	1.40	3.10	
						Points	26.75
		<b>Skibbreen</b>	M	4 × 800m	9:22.4	6.28	
429	James O' Driscoll	<b>Skibbreen</b>	M	800m	2:07.0	6.10	
425	Billy Flaherty	<b>Skibbreen</b>	M	100m	12.5	4.68	<b>5</b>
429	James O' Driscoll	<b>Skibbreen</b>	M	HJ	1.36	2.73	
455	Owen Thornhill	<b>Skibbreen</b>	M	JT	18.83	1.96	
						Points	21.76
408	Niamh Roe	<b>Eagle</b>	F	800m	2:26.1	7.37	
		<b>Eagle</b>	M	4 × 800m	9:32.6	5.83	
416	Conor O Brien	<b>Eagle</b>	M	800m	2:22.3	3.26	<b>6</b>
430	Denis Healy	<b>Eagle</b>	M	800m	2:25.0	2.85	
407	Pat Murphy	<b>Eagle</b>	M	800m	2:35.5	1.52	
						Points	20.83
462	Shane Howard	<b>Bandon</b>	M	PV	2.90	3.82	<b>7</b>
471	Fintan Shaugnessy	<b>Bandon</b>	M	PV	2.70	3.27	
						Points	7.09
464	Lee Curley	<b>Youghal</b>	M	PV	2.50	2.72	<b>8</b>
463	Emer Kelly	<b>Youghal</b>	F	PV	1.70	1.58	
						Points	4.30

Points	100m Time	100mH Time	200m Time	400m Time	800m Time	1500m Time	Mile Time	3000m Time	JT Distance	TJ Distance	SP Distance	PV Height	LJ Distance	HJ Height	
10.0	12.16	14.26	25.06	56.15	2:08.96	4:26.82	4:47.02	9:32.42	56.44	13.07	17.11	4.25	6.06	1.82	D
9.5	12.49	14.7	25.76	57.76	2:12.02	4:33.73	4:54.43	9:48.31	53.82	12.59	16.32	4.10	5.825	1.77	
9.0	12.81	15.14	26.49	59.42	2:15.17	4:40.83	5:02.05	10:04.62	51.2	12.11	15.53	3.96	5.595	1.72	
8.5	13.14	15.6	27.24	61.13	2:18.40	4:48.14	5:09.88	10:21.40	48.57	11.62	14.74	3.81	5.36	1.68	P
8.0	13.46	16.07	28.00	62.89	2:21.74	4:55.66	5:17.85	10:38.67	45.95	11.13	13.95	3.66	5.12	1.63	
7.5	13.81	16.56	28.80	64.7	2:25.17	5:03.41	5:26.27	10:56.50	43.32	10.64	13.16	3.51	4.885	1.58	
7.0	14.55	17.06	29.62	66.58	2:28.73	5:11.44	5:34.87	11:14.92	40.68	10.15	12.37	3.36	4.645	1.53	G
6.5	14.94	17.58	30.47	68.52	2:32.41	5:19.75	5:43.79	11:34.02	38.05	9.63	11.58	3.21	4.4066	1.49	
6.0	15.35	18.12	31.35	70.54	2:36.24	5:28.39	5:53.05	11:53.87	35.41	9.16	10.79	3.06	4.166	1.44	
5.5	15.77	18.69	32.27	72.64	2:40.23	5:37.40	6:02.72	12:14.57	32.76	8.66	9.99	2.91	3.925	1.39	S
5.0	16.22	19.28	33.24	74.85	2:44.41	5:46.83	6:12.83	12:36.23	30.12	8.15	9.20	2.76	3.685	1.34	
4.5	16.69	19.9	34.25	77.16	2:48.80	5:56.74	6:23.46	12:59.00	27.47	7.65	8.40	2.60	3.44	1.29	
4.0	17.20	20.56	35.32	79.61	2:53.44	6:07.22	6:34.70	13:23.08	24.81	7.14	7.61	2.45	3.195	1.25	B
3.5	17.71	21.26	36.47	82.22	2:58.39	6:18.38	6:46.67	13:48.71	22.16	6.63	6.81	2.29	2.95	1.20	
3.0	18.33	22.01	37.69	85.02	3:03.70	6:30.37	6:59.52	14:16.26	19.5	6.12	6.01	2.14	2.705	1.15	
2.5	18.98	22.83	39.03	88.07	3:09.48	6:43.41	7:13.51	14:46.21	16.84	5.61	5.21	1.98	2.455	1.10	
2.0	19.72	23.73	40.50	91.44	3:15.87	6:57.83	7:28.97	15:19.33	14.17	5.09	4.41	1.83	2.205	1.05	
1.5	20.59	24.76	42.17	95.27	3:23.12	7:14.19	7:46.52	15:56.93	11.5	4.58	3.61	1.67	1.955	1.00	
1.0	21.74	25.98	44.16	99.8	3:31.72	7:33.61	8:07.35	16:41.54	8.83	4.05	2.80	1.51	1.705	0.95	

Points	100m Time	110mH Time	200m Time	400m Time	800m Time	1500m Time	Mile Time	3000m Time	JT Distance	TJ Distance	SP Distance	PV Height	LJ Distance	HJ Height	
10.0	10.61	14.38	21.56	47.95	1:51.02	3:48.17	4:06.21	8:09.71	74.7	15.56	18.00	5.12	7.4	2.13	D
9.5	10.76	14.68	21.93	48.82	1:52.87	3:52.14	4:10.48	8:18.58	71.25	15.1	17.17	4.95	7.16	2.08	
9.0	10.92	14.98	22.30	49.7	1:54.76	3:56.22	4:14.87	8:27.69	67.79	14.63	16.34	4.77	6.92	2.03	
8.5	11.08	15.29	22.69	50.61	1:56.72	4:00.41	4:19.38	8:37.05	64.33	14.16	15.50	4.60	6.68	1.98	P
8.0	11.25	15.61	23.10	51.55	1:58.72	4:04.73	4:24.02	8:46.69	60.87	13.68	14.67	4.42	6.435	1.93	
7.5	11.42	15.94	23.51	52.52	2:00.80	4:09.18	4:28.82	8:56.64	57.4	13.21	13.83	4.24	6.195	1.87	
7.0	11.59	16.28	23.92	53.51	2:02.94	4:13.79	4:33.78	9:06.93	53.93	12.73	12.99	4.06	5.95	1.82	G
6.5	11.77	16.63	24.36	54.55	2:05.16	4:18.56	4:38.91	9:17.59	50.46	12.25	12.15	3.88	5.7	1.77	
6.0	11.97	17	24.81	55.63	2:07.47	4:23.52	4:44.25	9:28.67	46.98	11.77	11.31	3.70	5.455	1.72	
5.5	12.16	17.38	25.29	56.75	2:09.88	4:28.69	4:49.82	9:40.22	43.5	11.22	10.47	3.52	5.205	1.66	S
5.0	12.38	17.78	25.79	57.92	2:12.39	4:34.10	4:55.64	9:52.31	40.01	10.8	9.63	3.34	4.96	1.61	
4.5	12.59	18.21	26.31	59.16	2:15.04	4:39.79	5:01.77	10:05.02	36.52	10.32	8.79	3.16	4.705	1.56	
4.0	12.81	18.65	26.87	60.47	2:17.84	4:45.81	5:08.24	10:18.46	33.02	9.83	7.95	2.97	4.455	1.50	B
3.5	13.07	19.12	27.45	61.86	2:20.82	4:52.22	5:15.14	10:32.76	29.52	9.34	7.10	2.79	4.205	1.45	
3.0	13.32	19.63	28.09	63.35	2:24.02	4:59.10	5:22.54	10:48.14	26.02	8.84	6.26	2.61	3.95	1.39	
2.5	13.62	20.19	28.78	64.97	2:27.51	5:06.58	5:30.60	11:04.85	22.51	8.34	5.41	2.42	3.695	1.34	
2.0	13.92	20.8	29.54	66.77	2:31.36	5:14.86	5:39.51	11:23.34	18.99	7.85	4.56	2.24	3.44	1.28	
1.5	14.28	21.5	30.40	68.81	2:35.73	5:24.46	5:49.62	11:44.33	15.48	7.34	3.71	2.05	3.18	1.23	
1.0	14.70	22.32	31.43	71.23	2:40.92	5:35.40	6:01.62	12:09.23	11.96	6.84	2.86	1.86	2.92	1.17	

1.673