

**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 Shaugnessy	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	Event	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

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	

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