

200m Race 1

No		Name	Club	Cat	Event	Time	Points	Grade
979	1	Mattia Leoni	Leevale	M	200m	24.2	6.68	Gold
951	2	Bill Beckett		M	200m	24.7	6.12	Gold
955	3	Isaac Lineen	Waterford	M	200m	25.2	5.59	Silver
962	4	Con Sheehan	Carraig na bhFear	M	200m	25.5	5.29	Silver
983	5	Breandán Dennehy	Rising Sun	M	200m	25.8	4.99	Silver

200m Race 2

No		Name	Club	Cat	Event	Time	Points	Grade
993	1	Donnacha Dennehy	Rising Sun	M	200m	25.9	4.89	Silver
957	2	Keith Egan	Waterford	M	200m	26.9	3.97	Bronze
992	3	Brendan Dennehy	Rising Sun	M	200m	27.6	3.38	Bronze
964	4	Brian Hayes	Leevale	M	200m	28.5	2.70	-
991	5	Con O Donovan	Rising Sun	M	200m	29.8	1.84	-
990	6	John Morrissey	Donoughmore	M	200m	30.5	1.45	-
986	6	Michael Schmidt	St Finbarrs	M	200m	31.7	0.88	-

200m Race 3

No		Name	Club	Cat	Event	Time	Points	Grade
950	1	Michael Kiely	Rising Sun	M	200m	31.9	0.80	-
997	2	Ailis Nifhaolain	Leevale	F	200m	33.1	5.07	Silver
998	3	Cushla Murphy-Hehir	Marian	F	200m	34.2	4.53	Silver
995	4	Marion Lyons	St Finbarrs	F	200m	39.9	2.20	-
949	5	Jean Ryan	St Finbarrs	F	200m	40.3	2.07	-
972	6	Kitty Harrington-Buckley	St Finbarrs	F	200m	43.1	1.26	-

Long Jump

No		Name	Club	Cat	Event	Distance	Points	Grade
983	1	Breandán Dennehy	Rising Sun	M	LJ	5.44	5.98	Silver
962	2	Con Sheehan	Carraig na bhFear	M	LJ	5.24	5.58	Silver
993	3	Donnacha Dennehy	Rising Sun	M	LJ	4.84	4.78	Silver
964	4	Brian Hayes	Leevale	M	LJ	4.74	4.58	Silver
992	5	Brendan Dennehy	Rising Sun	M	LJ	4.53	4.16	Bronze
986	6	Michael Schmidt	St Finbarrs	M	LJ	4.00	3.10	Bronze
997	7	Ailis Nifhaolain	Leevale	F	LJ	3.95	5.35	Silver
991	8	Con O Donovan	Rising Sun	M	LJ	3.89	2.88	-
947	8	Declan Murphy	St Finbarrs	M	LJ	3.48	2.06	-

Shot Putt Men

No		Name	Club	Cat	Event	Distance	Points	Grade
964	1	Brian Hayes	Leevale	M	SP	9.90	5.16	Silver
947	2	Declan Murphy	St Finbarrs	M	SP	7.76	3.89	Bronze

Medley Relay (200m,200m,400m,800m)

		Club	Cat	Event	Time	Points	Grade
1		Bandon	M	Medley	3:45.4	10.36	Diamond
2		Waterford	M	Medley	4:14.8	6.89	Gold
3		Eagle 'A'	M	Medley	4:20.2	6.33	Gold
4		E Cork/St Finbarrs	M	Medley	4:32.9	5.11	Silver
5		Eagle (Mixed)	M	Medley	4:48.6	3.77	Bronze

Mile Race 1

No		Name	Club	Cat	Event	Time	Points	Grade
987	1	Ronan Duggan	Bandon	M	Mile	4:33.9	6.98	Gold
977	2	Tony Kelleher	Togher	M	Mile	4:37.4	6.64	Gold
988	3	Mark O Sullivan	Bandon	M	Mile	4:46.8	5.76	Silver
981	4	Kevin Wilmot	Bandon	M	Mile	4:48.1	5.65	Silver
966	5	Conor Tierney	East Cork	M	Mile	4:50.2	5.46	Silver
994	6	Tom Laffan	Bandon	M	Mile	4:51.2	5.37	Silver
985	7	Cathal O Connell	St Finbarrs	M	Mile	4:52.8	5.24	Silver
989	8	David Comber	Leevale	M	Mile	4:54.2	5.12	Silver
980	9	Jeremy Walsh	Clonliffe Harriers	M	Mile	4:55.3	5.02	Silver
975	10	Robert Patterson	St Finbarrs	M	Mile	4:59.7	4.66	Silver
976	11	Ken Devine	St Finbarrs	M	Mile	5:09.9	3.87	Bronze

Mile Race 2

No		Name	Club	Cat	Event	Time	Points	Grade
958	1	Steve Cleary	Clonliffe Harriers	M	Mile	4:56.0	4.97	Silver
959	2	Rob Cleary	Clonliffe Harriers	M	Mile	5:00.1	4.63	Silver
970	3	Matt Kearns	Eagle	M	Mile	5:01.2	4.54	Silver
961	4	Pat Breen	Waterford	M	Mile	5:02.8	4.41	Bronze
984	5	Fergus Wall	Bandon	M	Mile	5:04.0	4.32	Bronze
999	6	Michael Murphy	St Finbarrs	M	Mile	5:08.0	4.01	Bronze
969	7	Kevin Geary	Eagle	M	Mile	5:09.3	3.92	Bronze
960	8	Eamon McEvoy	St Finbarrs	M	Mile	5:11.8	3.73	Bronze
978	9	Philip Coffey	Carraig na bhFear	M	Mile	5:13.0	3.65	Bronze
956	10	Alan Danagher	Waterford	M	Mile	5:16.6	3.39	Bronze
967	11	Pat O Connor	Eagle	M	Mile	5:17.2	3.35	Bronze
971	12	John O Callaghan	Eagle	M	Mile	5:22.1	3.02	Bronze
965	13	Pat Murphy	Eagle	M	Mile	5:31.7	2.43	-
952	14	Eoin Shanaghy	St Finbarrs	M	Mile	5:37.7	2.09	-
963	15	Michael Daly	Carraig na bhFear	M	Mile	5:48.8	1.53	-
982	16	Willie Hayes	St Finbarrs	M	Mile	5:57.0	1.17	-

Mile Race 3

No		Name	Club	Cat	Event	Time	Points	Grade
990	1	John Morrissey	Donoughmore	M	Mile	5:38.1	2.07	-
948	2	Robert Doherty	Eagle	M	Mile	5:38.7	2.04	-
954	3	Ann-Marie Holland	Eagle	F	Mile	5:47.8	6.28	Gold
953	4	Maura Regan	Eagle	F	Mile	5:49.0	6.21	Gold
973	5	Ann-Marie Healy	Eagle	F	Mile	5:51.1	6.10	Gold
974	6	Ann-Marie Power	Eagle	F	Mile	5:51.8	6.06	Gold
950	7	Michael Kiely	Rising Sun	M	Mile	5:56.6	1.19	-
986	8	Michael Schmidt	St Finbarrs	M	Mile	5:58.3	1.12	-
968	9	Trevor O'Neill	St Finbarrs	M	Mile	6:10.5	0.69	-
996	10	Michael Dunne Sr	St Finbarrs	M	Mile	6:16.8	0.50	-
998	11	Cushla Murphy-Hehir	Marian	F	Mile	6:17.6	4.76	Silver
995	12	Marion Lyons	St Finbarrs	F	Mile	7:15.9	2.38	-
972	13	Kitty Harrington-Buckley	St Finbarrs	F	Mile	7:22.0	2.18	-

No	Name	Club	Cat	Event	Time/Dist	Points
		Bandon	M	Medley	3:45.4	10.36
987	Ronan Duggan	Bandon	M	Mile	4:33.9	6.98
988	Mark O Sullivan	Bandon	M	Mile	4:46.8	5.76
981	Kevin Wilmot	Bandon	M	Mile	4:48.1	5.65
994	Tom Laffan	Bandon	M	Mile	4:51.2	5.37

Points	34.13
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1

No	Name	Club	Cat	Event	Time/Dist	Points
		Eagle 'A'	M	Medley	4:20.2	6.33
954	Ann-Marie Holland	Eagle	F	Mile	5:47.8	6.28
953	Maura Regan	Eagle	F	Mile	5:49.0	6.21
973	Ann-Marie Healy	Eagle	F	Mile	5:51.1	6.10
974	Ann-Marie Power	Eagle	F	Mile	5:51.8	6.06

Points	30.97
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2

No	Name	Club	Cat	Event	Time/Dist	Points
979	Mattia Leoni	Leevale	M	200m	24.2	6.68
997	Ailis Nifhaolain	Leevale	F	LJ	3.95	5.35
964	Brian Hayes	Leevale	M	SP	9.90	5.16
989	David Comber	Leevale	M	Mile	4:54.2	5.12
997	Ailis Nifhaolain	Leevale	F	200m	33.1	5.07

Points	27.38
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3

No	Name	Club	Cat	Event	Time/Dist	Points
983	Breandán Dennehy	Rising Sun	M	LJ	5.44	5.98
983	Breandán Dennehy	Rising Sun	M	200m	25.8	4.99
993	Donnacha Dennehy	Rising Sun	M	200m	25.9	4.89
993	Donnacha Dennehy	Rising Sun	M	LJ	4.84	4.78
992	Brendan Dennehy	Rising Sun	M	LJ	4.53	4.16

Points	24.81
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4

No	Name	Club	Cat	Event	Time/Dist	Points
985	Cathal O Connell	St Finbarrs	M	Mile	4:52.8	5.24
983	Breandán Dennehy	St Finbarrs	M	200m	25.8	4.99
975	Robert Patterson	St Finbarrs	M	Mile	4:59.7	4.66
999	Michael Murphy	St Finbarrs	M	Mile	5:08.0	4.01
947	Declan Murphy	St Finbarrs	M	SP	7.76	3.89

Points	22.79
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5

No	Name	Club	Cat	Event	Time/Dist	Points
962	Con Sheehan	Carraig na bhFear	M	LJ	5.24	5.58
962	Con Sheehan	Carraig na bhFear	M	200m	25.5	5.29
978	Philip Coffey	Carraig na bhFear	M	Mile	5:13.0	3.65
963	Michael Daly	Carraig na bhFear	M	Mile	5:48.8	1.53

Points	16.05
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6

Points	100m Time	100mH Time	200m Time	400m Time	800m Time	1500m Time	Mile Time	3000m Time	DT Distance	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	56.62	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	54.00	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	51.38	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	48.76	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	46.14	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	43.51	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	40.88	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	38.24	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	35.61	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	32.97	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	30.32	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	27.68	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	25.03	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	22.37	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	19.72	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	17.06	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	14.39	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	11.73	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	9.06	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	DT Distance	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	57.34	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	54.69	71.25	15.10	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	52.03	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	49.37	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	46.71	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	44.04	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	41.37	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	38.70	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	36.03	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	33.35	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	30.66	40.01	10.80	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	27.98	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	25.29	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	22.60	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	19.90	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	17.20	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	14.50	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	11.80	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	9.09	11.96	6.84	2.86	1.86	2.92	1.17	