

**Munster Masters Track & Field Championships 2004**  
**Castleisland Sunday 30th May**

<b>Place</b>	<b>Men Over 40</b>	<b>100 Metres</b>	<b>Standard</b>
1	Richard McArthur	Ind	12.02
2	Willie Dom O'Connor	An Riocht	12.91
3	Daithe O'Murchu	Liscarroll	13.03
<b>Place</b>	<b>Men Over 40</b>	<b>200 Metres</b>	<b>Standard</b>
1	Kieran Leahy	Waterford	24.10.
2	Richard McArthur	Ind	24.88
3	Colm Rottery	Gneeveguilla	25.07
<b>Place</b>	<b>Men Over 40</b>	<b>400 Metres</b>	<b>Standard</b>
1	Kieran Leahy	Waterford	54.88
2	Daithe O'Murchu	Liscarroll	59.98
3	Neilus Daly	Tralee Harriers	1.03.51
<b>Place</b>	<b>Men Over 40</b>	<b>800 Metres</b>	<b>Standard</b>
1	Ray Flanagan	Bilboa	2.09.92
2	Ger Keane	An Riocht	2.16.12
3	Declan Coakley	Skibbereen	2.31.21
<b>Place</b>	<b>Men Over 40</b>	<b>3000 Metres</b>	<b>Standard</b>
1	Colm Rottery	Gneeveguilla	9.28.87
2	Denis McCarthy	East Cork	9.30.17
3	Gary McCormack	West Waterford	10.06.37
<b>Place</b>	<b>Men Over 40</b>	<b>High Jump</b>	<b>Standard</b>
1	John Murphy	Liscarroll	1.50.
2	Larry O'Grady	Bilboa	1.45
3	Michael Hornibrook	Liscarroll	1.25
<b>Place</b>	<b>Men Over 40</b>	<b>Long Jump</b>	<b>Standard</b>
1	Willie Dom O'Connor	An Riocht	5.07
2	Larry O'Grady	Bilboa	4.76
3	Michael Hornibrook	Liscarroll	4.03
<b>Place</b>	<b>Men Over 40</b>	<b>Shot Putt</b>	<b>Standard</b>
1	John O'Dea	Dundrum	10.80.
2	Paul Mullins	Tralee Harriers	9.37
3	Tim McSweeney	Blarney Inniscarra	9.03
<b>Place</b>	<b>Men Over 40</b>	<b>Discus</b>	<b>Standard</b>

1	Paul Mullins	Tralee Harriers	29.85	
2	John O'Dea	Dundrum	22.80.	
3	Dan McGrath	West Waterford	20.82	
<b>Place</b>	<b>Men Over 40</b>	<b>Javelin</b>	<b>Standard</b>	
1	Daithe O'Murchu	Liscarroll	34.05	
2	John O'Dea	Dundrum	32.75	
3	Ger Flanagan	Youghal	21.91	
<b>Place</b>	<b>Men Over 40</b>	<b>56Lb Distance</b>	<b>Standard</b>	
1	John O'Dea	Dundrum	6.48	
2	Tim McSweeney	Blarney Inniscarra	5.36	
<b>Place</b>	<b>Men Over 40</b>	<b>4 x 100 Metres Relay</b>	<b>Standard</b>	
1		Tralee Harriers	51.57	
2		West Waterford	51.99	
3		Liscarroll	52.98	
<b>Place</b>	<b>Men Over 45</b>	<b>100 Metres</b>	<b>Standard</b>	
1	Brendan Moran	West Waterford	11.9	
2	Pat Canty	Tralee Harriers	12.2	
3	Gerard O'Connell	Liscarroll	13.1	
<b>Place</b>	<b>Men Over 45</b>	<b>400 Metres</b>	<b>Standard</b>	
1	Denis McSweeney	An Riocht	1.01.58	
2	Martin O'Sullivan	Ballincollig	1.05.94	
<b>Place</b>	<b>Men Over 45</b>	<b>800 Metres</b>	<b>Standard</b>	
1	Larry Kennedy	Waterford	2.12.99	
2	James Sexton	Kilmurry/Ib Nth.Clare	2.20.57	
3	Mike O'Shea	Iveragh	2.25.70	
<b>Place</b>	<b>Men Over 45</b>	<b>3000 Metres</b>	<b>Standard</b>	
1	Larry Kennedy	Waterford	9.41.03	
2	Tommy Murphy	Skibbereen	9.43.13	
3	James Sexton	Kilmurry/Ib Nth.Clare	9.49.36	
<b>Place</b>	<b>Men Over 45</b>	<b>High Jump</b>	<b>Standard</b>	
1	Frank Stam	Leevale	1.45	
2	Patsy O'Connor	Tralee Harriers	1.40.	
3	Pat Canty	Tralee Harriers	1.35	
<b>Place</b>	<b>Men Over 45</b>	<b>Long Jump</b>	<b>Standard</b>	
1	Pat Canty	Tralee Harriers	4.76	

2	Gerard O'Connell	Liscarroll	4.34	
3	Martin O'Sullivan	Ballincollig	4.07	
<b>Place</b>	<b>Men Over 45</b>	<b>Shot Putt</b>	<b>Standard</b>	
1	Patsy O'Connor	Tralee Harriers	12.04	
2	Frank Stam	Leevale	9.60.	
3	Martin Fitzpatrick	St Mary's Clare	9.40.	
<b>Place</b>	<b>Men Over 45</b>	<b>Discus</b>	<b>Standard</b>	
1	Patsy O'Connor	Tralee Harriers	33.49	
2	Frank Stam	Leevale	32.21	
3	Denis Brosnan	Gneeveguilla	26.41	
<b>Place</b>	<b>Men Over 45</b>	<b>Javelin</b>	<b>Standard</b>	
1	Patsy O'Connor	Tralee Harriers	44.97	
2	Frank Stam	Leevale	30.93	
3	Denis Brosnan	Gneeveguilla	29.39	
<b>Place</b>	<b>Men Over 45</b>	<b>56Lb Distance</b>	<b>Standard</b>	
1	Martin Fitzpatrick	St Mary's Clare	5.65	
2	Denis Brosnan	Gneeveguilla	4.25	
<b>Place</b>	<b>Men Over 50</b>	<b>100 Metres</b>	<b>Standard</b>	
1	James O'Hare	Limerick	12.7	
<b>Place</b>	<b>Men Over 50</b>	<b>200 Metres</b>	<b>Standard</b>	
1	James O'Hare	Limerick	26.79	
2	Joe Gough	West Waterford	27.27	
3	Liam Horgan	Leevale	35.41	
<b>Place</b>	<b>Men Over 50</b>	<b>400 Metres</b>	<b>Standard</b>	
1	Joe Gough	West Waterford	59.75	
2	Patrick O'Riordan	St Brendan's Kerry	1.09.57	
3	Liam Horgan	Leevale	1.19.08	
<b>Place</b>	<b>Men Over 50</b>	<b>800 Metres</b>	<b>Standard</b>	
1	Patrick O'Shea	Iveragh	2.30.59	
2	John Quigley	Eagle	2.44.63	
<b>Place</b>	<b>Men Over 50</b>	<b>3000 Metres</b>	<b>Standard</b>	
1	Patrick O'Shea	Iveragh	10.03.94	
2	Tom Turner	Tulla	10.27.89	
3	Joe Feeney	An Riocht	10.47.20	

<b>Place</b>	<b>Men Over 50</b>	<b>High Jump</b>	<b>Standard</b>	
1	Patrick O'Riordan	St Brendan's Kerry	1.25	
2	Liam O'Dwyer	Dundrum	1.15	
<b>Place</b>	<b>Men Over 50</b>	<b>Long Jump</b>	<b>Standard</b>	
1	Patrick O'Riordan	St Brendan's Kerry	4.11	
<b>Place</b>	<b>Men Over 50</b>	<b>Shot Putt</b>	<b>Standard</b>	
1	Liam O'Dwyer	Dundrum	6.90.	
<b>Place</b>	<b>Men Over 50</b>	<b>Discus</b>	<b>Standard</b>	
1	John Quigley	Eagle	18.76	
<b>Place</b>	<b>Men Over 50</b>	<b>Javelin</b>	<b>Standard</b>	
1	John Quigley	Eagle	22.75	
2	Liam O'Dwyer	Dundrum	18.02	
<b>Place</b>	<b>Men Over 50</b>	<b>56Lb Distance</b>	<b>Standard</b>	
1	Gerry O'Connell	Marian	5.94	
2	Liam O'Dwyer	Dundrum	4.06	
<b>Place</b>	<b>Men Over 50 County</b>	<b>4 x 100 Metres Relay</b>	<b>Standard</b>	
1		<i>Cork</i>	57.0.	
2		<i>Tipperary</i>	58.6	
<b>Place</b>	<b>Men Over 55</b>	<b>100 Metres</b>	<b>Standard</b>	
1	Brendan Dennehy	Rising Sun	12.88	
2	Thomas Maguire	Nenagh Olympic	13.41	
3	Eddie Greene	Dundrum	15.07	
<b>Place</b>	<b>Men Over 55</b>	<b>200 Metres</b>	<b>Standard</b>	
1	Brendan Dennehy	Rising Sun	26.37	
2	Eddie Greene	Dundrum	31.33	
3	Dick Browne	Dundrum	31.83	
<b>Place</b>	<b>Men Over 55</b>	<b>400 Metres</b>	<b>Standard</b>	
1	Jim Murray	Rising Sun	1.04.37	
2	Donal Crowley	Tralee Harriers	1.06.80.	
3	Dick Browne	Dundrum	1.12.40	
<b>Place</b>	<b>Men Over 55</b>	<b>800 Metres</b>	<b>Standard</b>	
1	Donal Crowley	Tralee Harriers	2.50.43	
2	William O'Mahony	Midleton	2.53.50	

3	Jerry Murphy	Leevale	2.56.80	
<b>Place</b>	<b>Men Over 55</b>	<b>3000 Metres</b>	<b>Standard</b>	
1	Jerry Murphy	Leevale	11.21.55	
<b>Place</b>	<b>Men Over 55</b>	<b>High Jump</b>	<b>Standard</b>	
1	Brendan Dennehy	Rising Sun	1.45	
2	George Maguire	Nenagh Olympic	1.20.	
3	Dick Browne	Dundrum	1.15	
<b>Place</b>	<b>Men Over 55</b>	<b>Long Jump</b>	<b>Standard</b>	
1	Brendan Dennehy	Rising Sun	4.70.	
2	Donal Crowley	Tralee Harriers	4.03	
3	George Maguire	Nenagh Olympic	3.91	
<b>Place</b>	<b>Men Over 55</b>	<b>Shot Putt</b>	<b>Standard</b>	
1	Michael Kelly	Nenagh Olympic	10.18	
2	George Maguire	Nenagh Olympic	8.12	
3	Eddie Greene	Dundrum	7.01	
<b>Place</b>	<b>Men Over 55</b>	<b>Discus</b>	<b>Standard</b>	
1	Michael Kelly	Nenagh Olympic	27.28	
2	George Maguire	Nenagh Olympic	19.77	
<b>Place</b>	<b>Men Over 55</b>	<b>Javelin</b>	<b>Standard</b>	
1	George Maguire	Nenagh Olympic	29.85	
2	Michael Kelly	Nenagh Olympic	29.30.	
<b>Place</b>	<b>Men Over 55</b>	<b>56Lb Distance</b>	<b>Standard</b>	
1	Batt McHugh	East Cork	8.84	
2	Michael Kelly	Nenagh Olympic	8.45	
<b>Place</b>	<b>Men Over 60</b>	<b>100 Metres</b>	<b>Standard</b>	
1	Con O'Donovan	Rising Sun	13.56	
<b>Place</b>	<b>Men Over 60</b>	<b>200 Metres</b>	<b>Standard</b>	
1	Con O'Donovan	Rising Sun		
2	Mike Browne	Gneeveguilla		
<b>Place</b>	<b>Men Over 60</b>	<b>400 Metres</b>	<b>Standard</b>	
1	Jim O'Shea	Farranfore Maine.Valley	1.13.49	
2	Mike Browne	Gneeveguilla	1.18.74	

<b>Place</b>	<b>Men Over 60</b>	<b>800 Metres</b>	<b>Standard</b>	
1	Mike Browne	Gneeveguilla	2.54.55	
2	Ted Feehan	Gneeveguilla	3.05.82	
3	George Webb	Rising Sun		
<b>Place</b>	<b>Men Over 60</b>	<b>3000 Metres</b>	<b>Standard</b>	
1	Mike Browne	Gneeveguilla	11.41.87	
2	Ted Feehan	Gneeveguilla	11.46.50	
3	George Webb	Rising Sun	12.48.05	
<b>Place</b>	<b>Men Over 60</b>	<b>High Jump</b>	<b>Standard</b>	
1	Jim O'Shea	Farranfore Maine.Valley	1.30.	
2	Joe McSweeney	Emerald	1.20.	
<b>Place</b>	<b>Men Over 60</b>	<b>Long Jump</b>	<b>Standard</b>	
1	Con O'Donovan	Rising Sun	4.30.	
2	Joe McSweeney	Emerald	4.17	
3	George Webb	Rising Sun	2.98	
<b>Place</b>	<b>Men Over 60</b>	<b>Shot Putt</b>	<b>Standard</b>	
1	Con O'Donovan	Rising Sun	8.04	
<b>Place</b>	<b>Men Over 60</b>	<b>Discus</b>	<b>Standard</b>	
1	Joe McSweeney	Emerald	26.66	
<b>Place</b>	<b>Men Over 60</b>	<b>Javelin</b>	<b>Standard</b>	
1	Joe McSweeney	Emerald	27.38	
2	Tim Fitzpatrick	Liscarroll	19.31	
<b>Place</b>	<b>Men Over 60</b>	<b>28Lb Distance</b>	<b>Standard</b>	
1	Tim Fitzpatrick	Liscarroll	7.33	
2	Michael O'Sullivan	An Riocht	6.43	
<b>Place</b>	<b>Men Over 65</b>	<b>100 Metres</b>	<b>Standard</b>	
1	Dinny O'Connor	Gneeveguilla	21.86	
<b>Place</b>	<b>Men Over 65</b>	<b>200 Metres</b>	<b>Standard</b>	
1	Tony Buckley	Gneeveguilla		
<b>Place</b>	<b>Men Over 65</b>	<b>400 Metres</b>	<b>Standard</b>	
1	Tony Buckley	Gneeveguilla	1.21.28	
<b>Place</b>	<b>Men Over 65</b>	<b>800 Metres</b>	<b>Standard</b>	

1	Tony Buckley	Gneeveguilla	3.04.24	
2	Jack Bergin	Clonmel	3.34.75	
<b>Place</b>	<b>Men Over 65</b>	<b>3000 Metres</b>	<b>Standard</b>	
1	Tony Buckley	Gneeveguilla	11.22.24	
<b>Place</b>	<b>Men Over 65</b>	<b>High Jump</b>	<b>Standard</b>	
<b>Place</b>	<b>Men Over 65</b>	<b>Shot Putt</b>	<b>Standard</b>	
1	Martin McDonagh	Tralee Harriers	9.75	
2	Joe Hogan	Rising Sun	7.27	
3	Brendan Ashe	Gneeveguilla	6.83	
<b>Place</b>	<b>Men Over 65</b>	<b>Discus</b>	<b>Standard</b>	
1	Martin McDonagh	Tralee Harriers	28.53	
2	Joe Hogan	Rising Sun	20.57	
3	Brendan Ashe	Gneeveguilla	16.59	
<b>Place</b>	<b>Men Over 65</b>	<b>Javelin</b>	<b>Standard</b>	
1	Martin McDonagh	Tralee Harriers	24.90.	
2	Joe Hogan	Rising Sun	16.20.	
3	Brendan Ashe	Gneeveguilla	15.90.	
<b>Place</b>	<b>Men Over 65</b>	<b>28Lb Distance</b>	<b>Standard</b>	
1	Martin McDonagh	Tralee Harriers	8.76	
2	Joe Hogan	Rising Sun	7.38	
<b>Place</b>	<b>Men Over 70</b>	<b>400 Metres</b>	<b>Standard</b>	
1	Willie Neenan	Millstreet	1.26.35	
<b>Place</b>	<b>Men Over 70</b>	<b>3000 Metres</b>	<b>Standard</b>	
1	Willie Neenan	Millstreet	12.56.81	
<b>Place</b>	<b>Men Over 70</b>	<b>High Jump</b>	<b>Standard</b>	
1	Michael O'Beirne	Dundrum	1.10.	
<b>Place</b>	<b>Men Over 70</b>	<b>Shot Putt</b>	<b>Standard</b>	
1	Ed Mulcahy	Farranfore Maine.Valley	9.76	
<b>Place</b>	<b>Men Over 70</b>	<b>Discus</b>	<b>Standard</b>	
1	Ed Mulcahy	Farranfore Maine.Valley	23.43	
<b>Place</b>	<b>Men Over 70</b>	<b>Javelin</b>	<b>Standard</b>	

1	Michael O'Beirne	Dundrum	21.90.	
2	Ed Mulcahy	Farranfore Maine.Valley	21.89	
<b>Place</b>	<b>Men Over 70</b>	<b>28Lb Distance</b>	<b>Standard</b>	
1	Ed Mulcahy	Farranfore Maine.Valley	8.92	
2	Michael O'Beirne	Dundrum	7.02	
<b>Place</b>	<b>Women Over 35</b>	<b>100 Metres</b>	<b>Standard</b>	
1	Liz Coomey	Bandon	13.88	
2	Agnes Hurley	Grange Fermoy	14.82	
3	Josephine Hickey	Gneeveguilla	15.22	
<b>Place</b>	<b>Women Over 35</b>	<b>200 Metres</b>	<b>Standard</b>	
1	Liz Coomey	Bandon	29.29	
2	Agnes Hurley	Grange Fermoy	32.52	
3	Ita Doherty	Ennis Track	33.01	
<b>Place</b>	<b>Women Over 35</b>	<b>800 Metres</b>	<b>Standard</b>	
1	Margo Dinan	St Finbarr's	2.35.21	
2	Carmel McCarthy	Bandon	2.43.90	
3	Ita Doherty	Ennis Track	3.10.40	
<b>Place</b>	<b>Women Over 35</b>	<b>3000 Metres</b>	<b>Standard</b>	
1	Carmel McCarthy	Bandon	10.56.01	
2	Kate Moyna	An Riocht	11.46.59	
3	Margo Dinan	St Finbarr's	12.38.27	
<b>Place</b>	<b>Women Over 35</b>	<b>Long Jump</b>	<b>Standard</b>	
1	Josephine Hickey	Gneeveguilla	4.32	
2	Agnes Hurley	Grange Fermoy	3.50.	
3	Cathy O'Connell	Liscarroll	2.85	
<b>Place</b>	<b>Women Over 35</b>	<b>Shot Putt</b>	<b>Standard</b>	
1	Shelia Fitzpatrick	Gneeveguilla	9.58	
2	Liz Coomey	Bandon	8.63	
3	Josephine Hickey	Gneeveguilla	8.41	
<b>Place</b>	<b>Women Over 35</b>	<b>Discus</b>	<b>Standard</b>	
1	Shelia Fitzpatrick	Gneeveguilla	21.31	
2	Regina Prenderville	Farranfore Maine.Valley	15.95	
3	Cathy O'Connell	Liscarroll	14.26	
<b>Place</b>	<b>Women Over 35</b>	<b>Javelin</b>	<b>Standard</b>	
1	Shelia Fitzpatrick	Gneeveguilla	15.32	



2	Cathy O'Connell	Liscarroll	13.84	
<b>Place</b>	<b>Women Over 35</b>	<b>Hammer</b>	<b>Standard</b>	
1	Liz Coomey	Bandon	19.90.	
2	Regina Prenderville	Farranfore Maine.Valley	15.27	
<b>Place</b>	<b>Women Over 35</b>	<b>4 x 100 Metres Relay</b>	<b>Standard</b>	
1		<i>Gneeveguilla</i>	61.95	
<b>Place</b>	<b>Women Over 40</b>	<b>800 Metres</b>	<b>Standard</b>	
1	Eilis Ni Hoda	West Waterford	2.39.85	
2	Catherine O'Rourke	St Finbarr's	2.47.87	
3	Regina Burton	St Finbarr's	2.53.32	
<b>Place</b>	<b>Women Over 40</b>	<b>3000 Metres</b>	<b>Standard</b>	
1	Catherine O'Rourke	St Finbarr's	11.46.85	
2	Rergina Burton	St Finbarr's	12.13.80	
<b>Place</b>	<b>Women Over 40</b>	<b>High Jump</b>	<b>Standard</b>	
1	Breda Barrett	Gneeveguilla	1.15	
<b>Place</b>	<b>Women Over 40</b>	<b>Long Jump</b>	<b>Standard</b>	
1	Maura McCarthy	Bantry	4.00.	
<b>Place</b>	<b>Women Over 40</b>	<b>Shot Putt</b>	<b>Standard</b>	
1	Marie O'Leary	An Riocht	7.47	
2	Martina O'Shea	Bantry	7.14	
3	Geraldine Moran	Blarney Inniscarra	6.23	
<b>Place</b>	<b>Women Over 40</b>	<b>Discus</b>	<b>Standard</b>	
1	Marie O'Leary	An Riocht	19.98	
2	Geraldine Moran	Blarney Inniscarra	18.10.	
3	Martina O'Shea	Bantry	15.64	
<b>Place</b>	<b>Women Over 40</b>	<b>Javelin</b>	<b>Standard</b>	
1	Marie O'Leary	An Riocht	14.53	
<b>Place</b>	<b>Women Over 40</b>	<b>Hammer</b>	<b>Standard</b>	
1	Martina O'Shea	Bantry	15.41	
2	Geraldine Moran	Blarney Inniscarra	14.51	
<b>Place</b>	<b>Women Over 45</b>	<b>100 Metres</b>	<b>Standard</b>	
1	Ebhana Finnegan	Rising Sun	15.78	

2	Marie Walsh	An Riocht	16.40.	
3	Ann Ladden	Farranfore Maine.Valley	16.42	
<b>Place</b>	<b>Women Over 45</b>	<b>200 Metres</b>	<b>Standard</b>	
1	Ebhana Finnegan	Rising Sun	34.03	
2	Carmel Mhic Dhonhaill	West Limerick	35.83	
<b>Place</b>	<b>Women Over 45</b>	<b>800 Metres</b>	<b>Standard</b>	
1	Cushla Murphy Hehir	Marian	2.40.73	
2	Carmel Mhic Dhonhaill	West Limerick	2.57.33	
3	Marian Lyons	St Finbarr's	3.17.01	
<b>Place</b>	<b>Women Over 45</b>	<b>3000 Metres</b>	<b>Standard</b>	
1	Marian Lyons	St Finbarr's	13.53.37	
<b>Place</b>	<b>Women Over 45</b>	<b>Long Jump</b>	<b>Standard</b>	
1	Ann Ladden	Farranfore Maine.Valley	3.90.	
2	Ebhana Finnegan	Rising Sun	2.85	
<b>Place</b>	<b>Women Over 45</b>	<b>Shot Putt</b>	<b>Standard</b>	
1	Nuala Crowley	Liscarroll	6.22	
<b>Place</b>	<b>Women Over 45</b>	<b>Discus</b>	<b>Standard</b>	
1	Ruth Murray	Rising Sun	22.48	
2	Nuala Crowley	Liscarroll	15.26	
<b>Place</b>	<b>Women Over 45</b>	<b>Javelin</b>	<b>Standard</b>	
1	Nuala Crowley	Liscarroll	13.68	
<b>Place</b>	<b>Women Over 45</b>	<b>Hammer</b>	<b>Standard</b>	
1	Nuala Crowley	Liscarroll	19.73	
2	Ebhana Finnegan	Rising Sun	18.60.	
<b>Place</b>	<b>Women Over 50</b>	<b>100 Metres</b>	<b>Standard</b>	
1	Margaret Heffernan	Liscarroll	19.2	
2	Brid McCullagh	Ennis Track	17.84	
<b>Place</b>	<b>Women Over 50</b>	<b>200 Metres</b>	<b>Standard</b>	
1	Brid McCullagh	Ennis Track	39.49	
2	Margaret Heffernan	Liscarroll	40.43	
<b>Place</b>	<b>Women Over 50</b>	<b>800 Metres</b>	<b>Standard</b>	
1	Margaret Heffernan	Liscarroll	3.55..42	

<b>Place</b>	<b>Women Over 50</b>	<b>3000 Metres</b>	<b>Standard</b>	
1	Brid McCullagh	Ennis Track	15.27.82	
<b>Place</b>	<b>Women Over 50</b>	<b>High Jump</b>	<b>Standard</b>	
1	Allyson O'Neill	Ennis Track	1.15	
<b>Place</b>	<b>Women Over 50</b>	<b>LongJump</b>	<b>Standard</b>	
1	Marie Coughlan	Kilmihil	2.80.	
<b>Place</b>	<b>Women Over 50</b>	<b>Shot Putt</b>	<b>Standard</b>	
1	Allyson O'Neill	Ennis Track	7.76	
2	Margaret Heffernan	Liscarroll	6.25	
3	Ester Fitzpatrick	Liscarroll	5.87	
<b>Place</b>	<b>Women Over 50</b>	<b>Discus</b>	<b>Standard</b>	
1	Ester Fitzpatrick	Liscarroll	14.13	
2	Marie Coughlan	Kilmihil	13.22	
3	Allyson O'Neill	Ennis Track	13.04	
<b>Place</b>	<b>Women Over 50</b>	<b>Javelin</b>	<b>Standard</b>	
1	Ester Fitzpatrick	Liscarroll	11.88	
2	Allyson O'Neill	Ennis Track	11.21	
3	Marie Coughlan	Kilmihil	11.00.	
<b>Place</b>	<b>Women Over 50</b>	<b>Hammer</b>	<b>Standard</b>	
1	Marie Coughlan	Kilmihil	14.84	
2	Ester Fitzpatrick	Liscarroll	13.69	
3	Ann Nagle	Farranfore Maine.Valley	13.51	
<b>Place</b>	<b>Women Over 55</b>	<b>100 Metres</b>	<b>Standard</b>	
1	Mary Barry	Grange Fermoy	19.40.	
<b>Place</b>	<b>Women Over 55</b>	<b>200 Metres</b>	<b>Standard</b>	
1	Mary Barry	Grange Fermoy	45.36	
<b>Place</b>	<b>Women Over 55</b>	<b>800 Metres</b>	<b>Standard</b>	
1	Maggie Dunne	Grange Fermoy	3.26.97	
2	Mary Barry	Grange Fermoy	3.40.80	
<b>Place</b>	<b>Women Over 55</b>	<b>3000 Metres</b>	<b>Standard</b>	
1	Maggie Dunne	Grange Fermoy	14.43.42	

