

Senior Men Track & Field CIT Sunday 13th May

110m Hurdles

1 Maurice Donoghue Carrick on Suir 15.23

400m Hurdles

1 Paul Kelleher Bandon 57.97

100m

1 Tom Comyns Limerick 10.77
 2 D McCarthy U.C.C 10.88
 3 Jer O'Donoghue Leevale 10.92

200m

1 R Fanning West Waterford 22.05
 2 D Crowley St Brendan's (Ky) 22.62
 3 Colm Lynch Iveragh 23.13

400m

1 R Fanning West Waterford 48.92
 2 Brian Murphy Leevale 50.17
 3 Colm Rothery Metro 50.56

800m

1 Colm Rothery Metro 1.55.21
 2 Tony Lilley Togher 1.56.96
 3 Ian O'Donovan Leevale 1.59.09

1500m

1 Fiacra Lombard Leevale 3.56.45
 2 Brian Keane Leevale 4.02.22
 3 Ian O'Sullivan East Cork 4.12.52

5000m

1 George Murray North Cork 15.08.79
 2 Patrick Guidrea Clonmel 15.15.12
 3 A. O'Connor Clonmel 15.24.17

3000m S/Chase

1 James Ledingham West Waterford 11.20.0
 2 J Fitzgerald West Waterford 12.25.0
 3 Richie Power West Waterford 12.55.4

10Km Walk

1 Robert Heffernan Togher 42.73.79
 2 Colin Griffen Ballinamore 42.47.46
 3 Patrick Murphy Castleisland 48.32.16

4 x 100m Relay

1 Leevale 43.77
 2 Templemore 45.58

4 x 400m Relay

1 Leevale 3.33.49
 2 Togher 3.45.47

High Jump

1 Brendan Dennehy Rising Sun 1.78
 2 Donny Rockett West Waterford 1.75
 3 Liam Houlihan West Waterford 1.65

Pole Vault

1 L Long Blarney Innis 3.60
 2 Liam Houlihan West Waterford 3.40
 3 Seamus Fox Fanahan McSw 3.26

Long Jump

1 Michael Murray West Waterford 6.70
 2 Brian Wall East Cork 6.18
 3 Brendan Dennehy Rising Sun 6.14

Triple Jump

1 Michael Murray West Waterford 15.06
 2 Donny Rockett West Waterford 11.33
 3 Thomas McKenna Ballincollig 10.89

Shot Putt

1 Geoffery Mullins Emerald 13.25
 2 Gerry Lyons Riocht 12.76
 3 A Ahearn West Waterford 12.12

Discus

1 Geoffery Mullins Emerald 40.99
 2 Gerry Lyons Riocht 35.94
 3 Michael Murray West Waterford 35.83

Javelin

1 S Dunne Waterford 49.54
 2 S O'Shea Farranfore M. V. 40.90
 3 D O'Donovan Courcies 38.55

Hammer

1 Donny Rockett West Waterford 50.20
 2 Michael Murray West Waterford 43.49
 3 Finbarr McCarthy Fanahan McSw 40.78

56lbs Distance

1 Gerry Lyons Riocht 6.90
 2 John O'Dea Dundrum 6.30
 3 Martin McDonagh St John's Ky 6.20

56lbs Height

1 Martin McDonagh St John's Ky
 2 John Howard Rising Sun

Senior Women Track & Field CIT Sunday 13th May

100m Hurdles

1	Sharon Kelly	Leevale	14.93
2	Dawn Kelly	Belgooly	18.55
3	Orla Doyle (2'6")	Carrick on Suir	14.80

400m Hurdles

1	Orna Donoghue	Carrick on Suir	1.06.88
2	Sinead Falvey	Leevale	1.07.37
3	Nicole O'Regan	Togher	1.09.03

100m

1	Shauna O'Brien	Carrick on Suir	12.33
2	Ailis McSweeney	Leevale	12.39
3	Sharon Kelly	Leevale	12.39

200m

1	Antoinette Furlong	D.M.P.	25.16
2	Mandy Crowe	Bansha	25.18
3	Shauna O'Brien	Carrick on Suir	25.29

400m

1	Roisin Quinn	Waterford	58.89
2	Angela Hogan	Borrisokane	1.01.77
3	Susan O'Reilly	Leevale	1.02.67

800m

1	Roisin Quinn	Waterford	2.17.66
2	Carmel Crowley	Bandon	2.23.14
3	E Egan	Slaney H	2.24.92

1500m

1	Brid Ni Connell	U.C.C	4.46.98
2	Joan Hough	St Finbarr's	5.10.07
3	Linda O'Sullivan	Iveragh	5.35.80

5000m

1	Louise Cavanagh	U.C.C	16.58.74
2	Carmel Crowley	Bandon	17.43.09
3	Collette O'Riordan	West Muskerry	18.07.00

5Km Walk

1	Gillian O'Sullivan	Farranfore M. V.	21.29.03CBP
2	Kelly O'Keefe	Togher	28.00.25
3	Caitriona Mc Mahon	St Mary's (Lk)	30.04.30

4 x 100m Relay

1	Leevale	51.14
2	Borrisokane	53.97

4 x 400m Relay

1	Leevale	4.35.95
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High Jump

1	Amanda O'Farrell	Borrisokane	1.40
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Pole Vault

1	M. O'Halloran	U.C.D.	2.90
2	Jean Tierney	Borrisokane	2.40
3	N. Fennell	West Waterford	2.40

Long Jump

1	Antoinette Furlong	D.M.P.	5.53
2	Orna Donoghue	Carrick on Suir	5.04

Triple Jump

1	Caitriona Hanifin	St John's Ky	11.52
2	C Lane	Leevale	10.42

Shot Putt

1	Fionnula Lombard	Leevale	11.08
2	Deirdre Murphy	Leevale	10.77
3	Gillian Austin	Borrisokane	10.68

Discus

1	Gillian Austin	Borrisokane	35.86
2	Deirdre Murphy	Leevale	32.48
3	Fionnula Lombard	Leevale	27.62

Javelin

1	Noreen O'Dwyer	Gneeveguilla	27.29
2	Nicolle O'Riordan	Togher	27.00
3	Ellen Murphy	U.C.C	24.05

Hammer

1	Maria Conroy	West Waterford	37.00
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Junior Men Track & Field Castleisland Sunday 7th May

110m Hurdles

1 David Joyce Carrick on Suir 20.86

400m Hurdles

1 Eamonn O'Donnell Waterford 58.63
2 Diarmuid Bowe Ballincollig 69.77

100m

1 Darren O'Donovan Leevale 11.21
2 B McCarthy Leevale 11.71
3 Dave Hanley U.C.C 11.74

200m

1 Darren O'Donovan Leevale 22.23
2 B McCarthy Leevale 23.56
3 Diarmuid Bowe Ballincollig 24.74

400m

1 James O'Donnell Waterford 50.21
2 Brian Murphy Leevale 50.27
3 Barry O'Brien Leevale 54.45

800m

1 Paul Grant Waterford 1.57.81
2 Francis O'Mahony Carrick on Suir 1.59.24
3 Eoin O'Sullivan Carrick on Suir 2.01.29

1500m

1 Liam Reale Limerick 3.51.72
2 Robert Wade Waterford 3.58.59
3 S Conroy Leevale 3.58.95

3000m

1 Niall Duncan Togher 8.56.32
2 Fergus Meade East Cork 9.20.36
3 P Browne Togher 9.36.95

2kn S/Chase

1 William Harty K.C.K. 6.03.62
2 E Murray Kilmurry Ib 6.50.51

5Km Walk

1 J O'Halloran St Brendan's (Ky) 28.13.58

4 x 100m Relay

1 Leevale 45.09
2 Clounalour 46.44

4 x 400m Relay

1 Leevale 3.41.04
2 Carrick on Suir 3.45.92
3 Ballincollig 3.56.31

High Jump

1 Philip Kearney Clounalour 1.75

Long Jump

1 Shane Thornton Grange Fermoy 6.27
2 Brian Wall East Cork 6.19
3 Thomas McKenna Ballincollig 5.57

Triple Jump

1 David Joyce Carrick on Suir 11.40
2 Philip Kearney Clounalour 11.27
3 Thomas McKenna Ballincollig 10.95

Shot Putt

1 Eoin Leen Clounalour 14.75
2 Geoffery Mullins Emerald 13.41
3 Brian Wall East Cork 11.22

Discus

1 Geoffery Mullins Emerald 41.69
2 E Cleary Shannon 27.28
3 Alan Kavanagh Templemore 24.97

Javelin

1 Brian Wall East Cork 34.42
2 Thomas McKenna Ballincollig 30.81

Hammer

1 Alan Kavanagh Templemore 31.25

28lbs Distance

1 John O'Neill Star of the Laune 9.74
2 Brendan Breen Star of the Laune 8.81
3 Thomas McKenna Ballincollig 5.95

28lbs Height

1 John O'Neill Star of the Laune
2 Brendan Breen Star of the Laune

Junior Women Track & Field Castleisland Sunday 7th May

100m Hurdles

1 Dawn Kelly Belgooly 18.09

400m Hurdles

1 Niamh Cremin Leevale 1.07.56
2 Dawn Kelly Belgooly 1.12.28

100m

1 Ailis McSweeney Leevale 12.37
2 Shauna O'Brien Carrick on Suir 12.59
3 Jessica Zebo Leevale 12.77

200m

1 Shauna O'Brien Carrick on Suir 25.63
2 Ailis McSweeney Leevale 25.64
3 Jessica Zebo Leevale 26.22

400m

1 Marian Andrews Togher 59.49
2 Maire Sheehan Marian 59.66
3 Aisling Maunsell Leevale 59.98

800m

1 M Lynch Ind 2.40.84
2 Teresa Tierney Marian 2.49.04
3 B O'Sullivan Gneeveguilla 3.23.78

1500m

1 Margaret O'Connor Gneeveguilla 5.21.23
2 Jennifer Goggin West Muskerry 5.25.93
3 Teresa Tierney Marian 5.27.38

3000m

1 Margaret O'Connor Gneeveguilla 12.33.17
2 B O'Sullivan Gneeveguilla 16.10.18

4 x 100m Relay

1 Leevale 52.36
2 K.C.K. 52.41
3 Belgooly 54.00

4 x 400m Relay

1 Leevale 4.17.41
2 Belgooly 4.31.31

Long Jump

1 Teresa Tierney Marian 4.37

Triple Jump

1 C Lane Leevale 10.62

Shot Putt

1 Fionnula Lombard Leevale 11.23
2 Deirdre Murphy Leevale 10.63
3 Noreen O'Dwyer Gneeveguilla 8.34

Discus

1 Deirdre Murphy Leevale 35.48
2 Fionnula Lombard Leevale 29.66
3 Noreen O'Dwyer Gneeveguilla 22.67

Javelin

1 Karen Dunne Carrick on Suir 30.58
2 Noreen O'Dwyer Gneeveguilla 26.62

Junior Men "A" Track & Field Castleisland Sunday 7th May

110m Hurdles

1	Shane Cullinane	Nenagh Oly	16.14
2	Andrew Laste	Carrick on Suir	16.59

400m Hurdles

1	Chris Condon	Clounalour	1.03.99
2	Ronan Foulkes	Ballincollig	1.04.56
3	Michael Flynn	K.C.K.	1.05.75

100m

1	Shane Cullinane	Nenagh Oly	11.40
2	J. O'Sullivan	Leevale	11.51
3	Tony Barnett	Clounalour	11.78

200m

1	Maurice Donoghue	Carrick on Suir	22.95
2	J. O'Sullivan	Leevale	23.19
3	Tony Barnett	Clounalour	23.88

400m

1	Chris Sloan	Shannon	53.62
2	James Breen	Belgooly	54.68
3	D Vanderbraan	Carrick on Suir	58.32

800m

1	D Cummins	K.C.K.	2.02.55
2	Brian Dunne	Carrick on Suir	2.04.99
3	J McCarthy	East Cork	2.08.37

1500m

1	T O'Callaghan	Togher	4.15.06
2	D Collins	East Cork	4.16.65
3	Arthur Fitzgerald	Farranfore M. V.	4.21.03

3000m

1	Arthur Fitzgerald	Farranfore M. V.	9.14.88
2	Sean Hehir	Marian	9.46.73

200m S/Chase

1	Thomas Scanlon	Ennis Track	7.01.88
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5Km Walk

1	David Carroll	Ennis Track	32.59.01
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4 x 100m Relay

1		Carrick on Suir	46.23
2		Belgooly	47.91
3		Shannon	47.92

4 x 400m Relay

1		Belgooly	3.58.25
2		East Cork	3.58.77

High Jump

1	Conor Sheedy	Togher	1.65
2	Conor Madden	Shannon	1.65
3	Don O'Connor	Liscarroll	1.60

Long Jump

1	Shane Cullinane	Nenagh Oly	6.57
2	Tom Shanahan	St Mary's (Lk)	6.35
3	Tony Barnett	Clounalour	5.35

Triple Jump

1	Conor Sheedy	Togher	12.09
2	Andrew Laste	Carrick on Suir	11.64

Shot Putt

1	Jim Healy	Carrick on Suir	13.00
2	John Dilworth	Blarney Innis	12.07
3	D Vanderbraan	Carrick on Suir	11.60

Discus

1	Eoin Leen	Clounalour	44.81
2	Jim Healy	Carrick on Suir	44.52
3	Gavin Smith	Shannon	31.78

Javelin

1	Gavin Smith	Shannon	31.94
2	Declan Murphy	Carraig na Bhfear	26.19
3	D Vanderbraan	Carrick on Suir	25.82

Hammer

1	John Dilworth	Blarney Innis	34.80
2	Michael Mullane	Ballincollig	29.46
3	Declan Murphy	Carraig na Bhfear	25.90

Junior Women "A" Track & Field Castleisland Sunday 7th

100m Hurdles

1	Orla Doyle	Carrick on Suir	15.09
2	Olga Blackmore	Carrick on Suir	17.21

400m Hurdles

1	Kelly O'Keeffe	Togher	1.06.61
2	Elaine Murphy	Ballincollig	1.16.29
3	K Fitzgerald	Ballincollig	1.20.53

100m

1	Mandy Crowe	Bansha	12.57
2	Karen Considine	Fanahan McSw	10.09
3	Caroline Walsh	K.C.K.	13.16

200m

1	Mandy Crowe	Bansha	25.85
2	Caroline Walsh	K.C.K.	26.74
3	Karen Considine	Fanahan McSw	26.77

400m

1	A O'Driscoll Collins	Shannon	1.04.68
2	B Brosnan	Farranfore M. V.	1.06.54
3	Mairead Lane	Riocht	1.09.40

800m

1	E Morrissey	K.C.K.	2.31.00
2	K Crowley	Ballincollig	2.32.67
3	Maura Heffernan	Liscarroll	2.33.61

1500m

1	Ellen Fitzgerald	Farranfore M. V.	5.13.88
2	Aoife Cooke	Ballincollig	5.23.31
3	Lisa O'Sullivan	Ballincollig	5.53.33

3000m

1	Ellen Fitzgerald	Farranfore M. V.	12.3.56
2	C Long	West Muskerry	12.33.56
3	Helena O'Shea	Farranfore M. V.	16.10.31

3km Walk

1	Caitriona Mc Mahon	St Mary's (Lk)	17.24.32
2	G McInerney	Shannon	17.44.44
3	Helena O'Shea	Farranfore M. V.	20.33.71

4 x 100m Relay

1		K.C.K.	52.09
2		Shannon	54.59
3		Ballincollig	54.92

4 x 400m Relay

1		Liscarroll	4.30.59
2		Ballincollig	4.41.45
3		Farranfore M. V.	4.55.19

High Jump

1	Orla Doyle	Carrick on Suir	1.51
2	Tanya Murphy	Fanahan McSw	1.48
3	Elaine Drumm	Clounalour	1.40

Long Jump

1	Orla Doyle	Carrick on Suir	5.27
2	Tanya Murphy	Fanahan McSw	5.26
3	Karen Considine	Fanahan McSw	5.05

Triple Jump

1	Caroline Walsh	K.C.K.	10.40
2	Tanya Murphy	Fanahan McSw	9.95
3	Olga Blackmore	Carrick on Suir	9.06

Shot Putt

1	Grace Crowley	Farranfore M. V.	8.60
2	Sinead Murphy	Carrick on Suir	8.47
3	Lorraine O'Connor	Riocht	6.51

Discus

1	Rachel Akers	East Clare	36.47
2	Sinead Murphy	Carrick on Suir	31.14
3	Grace Crowley	Farranfore M. V.	22.59

Javelin

1	Grace Crowley	Farranfore M. V.	22.40
2	C Whelan	Clounalour	16.00

Hammer

1	Rachel Akers	East Clare	50.58
2	Grace Crowley	Farranfore M. V.	24.12
3	J O'Connor	Riocht	17.87

Under 23 Track & Field Castleisland Sunday 7th May

Men 400m Hurdles

1	James McCarthy	Glenbower	59.85
2	Diarmuid O'Meara	U.C.C	1.01.44
3	J Cremin	St John's Ky	1.03.46

Men 100m

1	Jer O'Donoghue	Leevale	10.97
2	J Coughlan	Crusaders	11.23
3	D Crowley	St Brendan's (Ky)	11.30

Men 200m

1	Jer O'Donoghue	Leevale	22.12
2	D Crowley	St Brendan's (Ky)	22.67
3	Sean Manning	Leevale	22.79

Men 400m

1	Colm Lynch	Iveragh	51.44
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Men 800m

1	Tony Lilley	Togher	1.59.75
2	Martin Bradshaw	Bilboa	2.04.58

Men 1500m

1	Shane Power	Waterford	3.58.65
2	Eoin O'Sullivan	Donoughmore	4.19.04
3	A Kearney	Togher	4.27.78

Men 3000m

1	Brian Keane	Leevale	8.46.62
2	Ruari O'Donnell	Limerick	9.09.15

Men 2000m S/Chase

1	S Hayes	Ennis Track	6.47.73
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4 x 400m Relay

1		Ennis Track	3.46.43
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Men High Jump

1	Michael Murray	West Waterford	1.75
2	Diarmuid O'Meara	U.C.C	1.75
3	Donny Rockett	West Waterford	1.70

Men Long Jump

1	Sean Lonergan	K.C.H	7.39
2	Michael Murray	West Waterford	6.89
3	Kevin Burke	Dooneen	6.60

Men Triple Jump

1	Michael Murray	West Waterford	15.00
2	Donny Rockett	West Waterford	11.44

Men Shot Putt

1	Senan Dormer	Marian	11.14
2	Michael Murray	West Waterford	10.87
3	Donny Rockett	West Waterford	10.32

Men Discus

1	Senan Dormer	Marian	37.32
2	Michael Murray	West Waterford	37.10
3	Donny Rockett	West Waterford	36.47

Men Javelin

1	S Dunne	West Waterford	45.71
2	Michael Murray	West Waterford	42.26
3	Donny Rockett	West Waterford	30.48

Men Hammer

1	Donny Rockett	West Waterford	53.83
2	Michael Murray	West Waterford	46.24

Men 35lbs Distance

1	Donny Rockett	West Waterford	10.36
2	Michael Murray	West Waterford	7.82

Men 35lbs Height

1	Donny Rockett	West Waterford
2	Michael Murray	West Waterford

Women 100mH

1	Orna Donoghue	Carrick on Suir	15.43
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Women 400m

1	Orla Power	Carrick on Suir	1.00.41
2	L O'Shea	Iveragh	1.10.13

Women 800m

1	Orla Power	Carrick on Suir	2.34.04
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Women 3km Walk

1	Kelly O'Keefe	Togher	15.58.20
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4 x 100m Relay

1		Carrick on Suir	52.33
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Women High Jump

1	Orna Donoghue	Carrick on Suir	1.55
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Women Triple Jump

1	Catriona Hannifin	St John's Ky	11.32
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Women Shot Putt

1	Niamh O'Riordan	Togher	10.50
2	Orna Donoghue	Carrick on Suir	9.93

Women Discus

1	Ellen Murphy	U.C.C	26.52
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Women Javelin

1	Niamh O'Riordan	Togher	28.28
2	Ellen Murphy	U.C.C	24.43

Master Men Track & Field CIT Sunday 13th May

Men 40

100m

1	Humphry Doody	Listowel	12.73
2	John Murphy	Liscarroll	13.41
3	A Collins	Shibbereen	13.59

200m

1	Humphry Doody	Listowel	25.89
2	Daiithe O'Murchu	Liscarroll	26.09
3	John Murphy	Liscarroll	27.21

800m

1	Daiithe O'Murchu	Liscarroll	2.17.27
2	John Leahy	Kilmurry	2.21.91
3	Willie Hayes	St Finbarr's	2.27.07

3000m

1	Michael Murphy	St Finbarr's	9.37.03
2	Larry Kennedy	Waterford	9.39.67
3	Mike O'Shea	Iveragh	9.56.03

High Jump

1	John Murphy	Liscarroll	1.30
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Long Jump

1	Gerard O'Connell	Liscarroll	4.54
2	Richie Power	West Waterford	4.33
3	Liam Hegarty	Rising Sun	4.20

Shot Putt

1	Patsy O'Connor	St John's Ky	12.55
2	John O'Dea	Dundrum	10.75
3	Daiithe O'Murchu	Liscarroll	7.98

Discus

1	John O'Dea	Dundrum	25.26
2	John Murphy	Liscarroll	23.26

Javelin

1	Patsy O'Connor	St John's Ky	44.42
2	Daiithe O'Murchu	Liscarroll	29.92
3	John O'Dea	Dundrum	27.55

56lbs Distance

1	John O'Dea	Dundrum	5.97
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4 x 100m Relay

1		Liscarroll	53.57
2		Dundrum	66.02

Men 45

100m

1	John Bunyon	Listowel	12.89
2	Seamus Fox	Fanahan McSw	13.43
3	Liam Doody	Listowel	13.44

200m

1	John Bunyon	Listowel	26.85
2	J Downing	Courcies	27.69
3	Seamus Fox	Fanahan McSw	28.03

800m

1	Joe Gough	West Waterford	2.21.91
2	Tommy Murphy	Shibbereen	2.22.39
3	P O'Sullivan	Iveragh	2.47.57

3000m

1	Tommy Murphy	Shibbereen	10.07.60
2	John Quigley	Eagle	10.49.63

High Jump

1	Seamus Fox	Fanahan McSw	1.35
2	Martin O'Sullivan	Ballincollig	1.30
3	Gene Guerin	Gneeveguilla	1.10

Long Jump

1	John Bunyon	Listowel	4.85
2	Seamus Fox	Fanahan McSw	4.83
3	Joe McSweeney	Emerald	4.38

Shot Putt

1	Finbarr McCarthy	Fanahan McSw	9.97
2	C Barry	St Cronan's	9.09
3	Gene Guerin	Gneeveguilla	7.91

Discus

1	John Quigley	Eagle	13.85
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Javelin

1	Martin O'Sullivan	Ballincollig	23.47
2	Joe McSweeney	Emerald	22.58
3	Gene Guerin	Gneeveguilla	19.20

Master Men Track & Field CIT Sunday 13th May (Cont)

Men 50

100m

1	Brendan Dennehy	Rising Sun	12.83
2	Donal Crowley	St John's Ky	13.78
3	Eddie Greene	Dundrum	13.88

200m

1	Kevin Griffin	Iveragh	27.88
2	Donal Crowley	St John's Ky	28.10
3	Eddie Greene	Dundrum	29.66

800m

1	Patrick O'Shea	Iveragh	2.26.48
2	Kevin Griffin	Iveragh	2.32.05
3	Donal Crowley	St John's Ky	2.41.55

3000m

1	Patrick O'Shea	Iveragh	9.50.00
2	F Long	West Muskerry	10.30.44
3	Liam Horgan	Leevale	11.29.71

High Jump

1	Brendan Dennehy	Rising Sun	1.40
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Long Jump

1	Brendan Dennehy	Rising Sun	5.02
2	Liam O'Dwyer	Dundrum	2.85

Shot Putt

1	Pat Kelly	Ballincollig	8.79
2	Donal Crowley	St John's Ky	8.15
3	Miceal McCormack	Fethard	8.09

Discus

1	Pat Kelly	Ballincollig	27.61
2	Liam O'Dwyer	Dundrum	18.72

Javelin

1	Michael O'Sullivan	Ballincollig	23.47
2	Miceal McCormack	Fethard	20.95
3	Liam O'Dwyer	Dundrum	20.90

56lbs Distance

1	Pat Kelly	Ballincollig	6.91
2	Liam O'Dwyer	Dundrum	6.19

4 x 100m Relay

1	Cork	1.04.11
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Men 55

100m

1	William O'Mahony	Midleton	15.40
2	Mike Brown	Gneeveguilla	16.80
3	Tom Houlihan	Midleton	19.83

200m

1	Joe McSweeney	Emerald	30.54
2	Tim Fitzpatrick	Liscarroll	31.66
3	William O'Mahony	Midleton	31.92

800m

1	Joe McSweeney	Emerald	2.34.88
2	Jim McMurty	Midleton	2.38.58
3	Mike Brown	Gneeveguilla	2.47.92

3000m

1	J Danials	Bandon	11.00.24
2	Mike Brown	Gneeveguilla	12.27.82
3	Jim McMurty	Midleton	12.33.53

High Jump

1	Tom Houlihan	Midleton	1.10
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Long Jump

1	William O'Mahony	Midleton	4.13
2	Tim Fitzpatrick	Liscarroll	3.90
3	George Webb	Rising Sun	3.08

Shot Putt

1	Jim McMurty	Midleton	7.69
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Javelin

1	Tim Fitzpatrick	Liscarroll	20.70
2	Jim McMurty	Midleton	17.94
3	Tom Houlihan	Midleton	13.57

56lbs Distance

1	Tim Fitzpatrick	Liscarroll	7.23
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Master Men Track & Field CIT Sunday 13th May (Cont)

Men 60

100m

1	Tony Buckley	Gneeveguilla	17.10
2	Jim Bourke	Dundrum	17.47
3	Dinny O'Connor	Gneeveguilla	18.15

200m

1	Jim Bourke	Dundrum	38.20
2	Dinny O'Connor	Gneeveguilla	40.90

800m

1	Jim Bourke	Dundrum	3.23.09
2	Joe Hogan	Rising Sun	3.33.60

3000m

1	Jim Bourke	Dundrum	15.00.58
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High Jump

1	Michael O'Beirne	Dundrum	1.00
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Shot Putt

1	Martin McDonagh	St John's Ky	10.19
2	Dinny O'Connor	Gneeveguilla	7.43
3	Jack Bergin	Clonmel	6.59

Discus

1	Martin McDonagh	St John's Ky	27.00
2	Joe Hogan	Rising Sun	25.58
3	John Fitzgerald	Rising Sun	15.16

Javelin

1	Martin McDonagh	St John's Ky	26.18
2	Joe Hogan	Rising Sun	18.77
3	John Fitzgerald	Rising Sun	11.52

28lbs Distance

1	Martin McDonagh	St John's Ky	8.84
2	Joe Hogan	Rising Sun	6.71

Men 65

100m

1	Sean O'Sullivan	Rising Sun	16.43
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200m

1	Sean O'Sullivan	Rising Sun	35.07
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Long Jump

1	Sean O'Sullivan	Rising Sun	3.20
2	Michael O'Beirne	Dundrum	3.14

Shot Putt

1	Michael O'Beirne	Dundrum	7.55
2	Denis Howard	Rising Sun	7.19
3	Con Quirke	Rising Sun	6.86

Discus

1	Denis Howard	Rising Sun	19.93
2	Con Quirke	Rising Sun	13.98

Javelin

1	Michael O'Beirne	Dundrum	21.56
2	Con Quirke	Rising Sun	12.75

28lbs Distance

1	Denis Howard	Rising Sun	6.61
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Master Women Track & Field CIT Sunday 13th May

Women 35

100m

1	C Coughlan	Shibbereen	14.17
2	Mary Trehy	Fethard	14.98
3	Mary Lane Buckley	Gneeveguilla	15.34

200m

1	C Coughlan	Shibbereen	29.35
2	Mary Lane Buckley	Gneeveguilla	32.09
3	Mary Trehy	Fethard	33.04

800m

1	Breeda Barrett	Gneeveguilla	2.55.09
2	Marie Walsh	Riocht	3.22.55
3	Eileen Buckley	St Finbarr's	3.23.83

3000m

1	Mary Sweeney	St Finbarr's	11.26.74
2	Regina Burton	St Finbarr's	12.13.66
3	Eileen Buckley	St Finbarr's	14.01.41

Long Jump

1	Breeda Barrett	Gneeveguilla	3.63
2	Mary Lane Buckley	Gneeveguilla	3.56

Shot Putt

1	Geraldine Moran	Blarney Innis	7.13
2	Shelia Gayer	Liscarroll	6.76
3	Breeda Barrett	Gneeveguilla	6.50

Discus

1	Geraldine Moran	Blarney Innis	21.37
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4 x 100m Relay

1		Liscarroll	1.05.69
2		Gneeveguilla	1.06.02
3		Ballincollig	1.07.52

Women 40

100m

1	Ebhanna Finnigan	Rising Sun	15.09
2	Carmel Condon	Fethard	15.31
3	Mary Collins	Millstreet	15.83

200m

1	Ebhanna Finnigan	Rising Sun	31.70
2	Mary Collins	Millstreet	32.76
3	Carmel Condon	Fethard	33.74

3000m

1	E Danials	Bandon	13.12.49
2	M Horgan	Donoughmore	13.43.16

Women 40 (Cont)

Long Jump

1	Mary Collins	Millstreet	3.66
2	Ebhanna Finnigan	Rising Sun	3.10

Shot Putt

1	Margaret Ahern	Fanahan McSw	7.56
2	Nuala Crowley	Liscarroll	6.85
3	Mary Kenneally	Kilmurry	5.86

Discus

1	Margaret Ahern	Fanahan McSw	19.58
2	Mary Kenneally	Kilmurry	17.65
3	Nuala Crowley	Liscarroll	17.29

Javelin

1	Nuala Crowley	Liscarroll	14.75
2	Mary Kenneally	Kilmurry	6.82

Women 45

100m

1	Mary Coughlan	Kilmihil	18.20
2	Pam Buckley	St Finbarr's	21.91

200m

1	Carmel Ui Domhnaill	West Limerick	35.18
2	Mary Coughlan	Kilmihil	38.13

800m

1	Carmel Ui Domhnaill	West Limerick	3.05.94
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Long Jump

1	M Roche	Bandon	3.15
2	Mary Coughlan	Kilmihil	3.10
3	Ester Fitzpatrick	Liscarroll	2.32

Shot Putt

1	Brid O'Sullivan	Kilmurry	7.34
2	M Roche	Bandon	7.22
3	Mary Coughlan	Kilmihil	5.82

Discus

1	M Roche	Bandon	18.23
2	Brid O'Sullivan	Kilmurry	14.39
3	Ester Fitzpatrick	Liscarroll	12.56

Javelin

1	Brid O'Sullivan	Kilmurry	15.77
2	M Roche	Bandon	14.96
3	Ester Fitzpatrick	Liscarroll	12.41

Senior Points Table

Place	Club/County	Gold	Silver	Bronze	Total	Points
1	Leevale	8	6	5	19	41
2	West Waterford	7	5	5	17	36
3	Carrick on Suir	3	1	2	6	13
3	Borrisokane	2	3	1	6	13
5	Togher	1	4	1	6	12
6	Waterford	3	0	0	3	9
6	U.C.C	2	1	1	4	9
8	St John's Ky	2	0	1	3	7
8	Riocht	1	2	0	3	7
10	D.M.P.	2	0	0	2	6
10	Emerald	2	0	0	2	6
10	Rising Sun	1	1	1	3	6
13	Farranfore Maine Valley	1	1	0	2	5
13	Bandon	1	1	0	2	5
15	Metro	1	0	1	2	4
15	Bansha	0	2	0	2	4
17	U.C.D.	1	0	0	1	3
17	Limerick	1	0	0	1	3
17	Gneeveguilla	1	0	0	1	3
17	Blarney Inniscara	1	0	0	1	3
17	North Cork	1	0	0	1	3
17	Clonmel	0	1	1	2	3
17	East Cork	0	1	1	2	3
24	Dundrum	0	1	0	1	2
24	Templemore	0	1	0	1	2
24	Ballinamore	0	1	0	1	2
24	St Brendan's Ky	0	1	0	1	2
24	Belgooly	0	1	0	1	2
24	St Finbar's	0	1	0	1	2
24	Iveragh	0	0	2	2	2
24	Fanahan McSweeney	0	0	2	2	2
32	Slaney	0	0	1	1	1
32	St Mary's Lk	0	0	1	1	1
32	Castleisland	0	0	1	1	1
32	Ballincollig	0	0	1	1	1
32	Courcies	0	0	1	1	1
32	West Muskerry	0	0	1	1	1
1	Cork	15	16	14	45	91
2	Waterford	10	5	5	20	45
3	Tipperary	5	9	4	18	37
4	Kerry	5	4	4	13	27
5	Limerick	3	0	1	4	10

Junior Points Table

Pl	Club/County	G	S	B	T	Pts
1	Leevale	11	6	5	22	50
2	Carrick on Suir	4	3	1	8	19
3	Gneeveguilla	2	2	3	7	13
4	Waterford	3	1	0	4	11
5	Clounalour	2	2	0	4	10
5	Star of the Laune	2	2	0	4	10
7	Ballincollig	0	2	5	6	9
8	Marian	1	2	1	4	8
8	Belgooly	1	2	1	5	8
8	East Cork	1	2	1	4	8
11	Togher	2	0	1	3	7
12	K.C.K.	1	1	0	2	5
12	Emerald	1	1	0	2	5
14	Templemore	1	0	1	2	4
15	Limerick	1	0	0	1	3
15	St Brendan;s Ky	1	0	0	1	3
15	Grange Fermoy	1	0	0	1	3
15	Ind	1	0	0	1	3
19	Kilmurry Ibrickane	0	1	0	1	2
19	Shannon	0	1	0	1	2
19	West Muskerry	0	1	0	1	2
22	U.C.C.	0	0	1	1	1
1	Cork	17	13	14	44	91
2	Kerry	7	6	3	16	36
3	Tipperary	5	3	2	10	23
4	Waterford	4	1	0	5	16
5	Clare	1	4	1	6	12
6	Limerick	2	1	0	3	8

Junior “A” Points Table

Place	Club/County	Gold	Silver	Bronze	Total	Points
1	Carrick on Suir	6	7	4	17	36
2	Farranfore M. V.	5	2	5	12	24
3	Shannon	3	3	2	8	17
4	K.C.K.	4	1	2	7	16
5	Ballincollig	0	6	3	9	15
6	Togher	4	0	0	4	12
7	Clounalour	2	1	4	7	12
8	Fanahan McSw	0	4	2	6	10
9	Nenagh Oly	3	0	0	3	9
10	Belgooly	1	2	0	3	7
11	Bansha	2	0	0	2	6
11	East Clare	2	0	0	2	6
11	Ennis Track	2	0	0	2	6
14	Blarney Inniscarra	1	1	0	2	5
14	St Mary's (Lk)	1	1	0	2	5
14	Liscarroll	1	0	2	3	5
14	East Cork	0	2	1	3	5
18	Leevale	0	2	0	2	4
19	Carraig na Bhfear	0	1	1	2	3
19	Riocht	0	0	3	3	3
21	Marian	0	1	0	1	2
21	West Muskerry	0	1	0	1	2
1	<i>Cork</i>	7	19	9	35	64
2	<i>Tipperary</i>	11	7	4	22	51
3	<i>Kerry</i>	7	3	12	22	39
4	<i>Clare</i>	7	4	2	13	31
5	<i>Waterford</i>	4	1	2	7	16
6	<i>Limerick</i>	1	1	0	2	5

Under 23 Points Table

Place	Club/County	Gold	Silver	Bronze	Total	Points
1	West Waterford	6	8	4	18	38
2	Carrick on Suir	5	1	0	6	17
3	Togher	4	0	1	5	13
4	Leevale	3	0	1	4	10
5	U.C.C	1	3	0	4	9
6	Ennis Track	2	0	0	2	6
6	Marian	2	0	0	2	6
8	Iveragh	1	1	0	2	5
9	St John's Ky	1	0	1	2	4
10	Waterford	1	0	0	1	3
10	K.C.H	1	0	0	1	3
10	St Brendan's (Ky)	0	1	1	2	3
10	Glenbower	1	0	0	1	3
14	Crusaders	0	1	0	1	2
14	Bilboa	0	1	0	1	2
14	Limerick	0	1	0	1	2
14	Donoughmore	0	1	0	1	2
18	Dooneen	0	0	1	1	1
1	Waterford	7	8	4	19	41
2	Cork	9	4	2	15	37
3	Tipperary	5	1	0	6	17
4	Clare	4	0	0	4	12
4	Kerry	2	2	2	6	12
6	Limerick	0	2	1	3	5

Masters Points Table

Place	Club/County	Gold	Silver	Bonze	Total	Points
1	Rising Sun	10	8	5	23	51
2	Liscarroll	8	8	6	22	46
3	Dundrum	8	7	4	19	42
4	Gneeveguilla	3	7	7	17	30
5	St John's Ky	6	3	1	10	25
6	Midleton	4	2	4	10	20
7	Ballincollig	5	1	1	7	18
8	Fanahan McSw	4	2	1	7	17
9	Listowel	5	0	1	6	16
9	Bandon	4	2	0	6	16
11	Kilmurry	2	4	1	7	15
12	Iveragh	3	1	2	6	13
12	St Finbarr's	2	2	3	7	13
14	Shibbereen	3	1	1	5	12
15	Emerald	2	1	1	4	9
15	Fethard	0	3	3	6	9
17	Kilmihil	1	2	1	4	8
18	West Limerick	2	0	0	2	6
18	Blarney Innis	2	0	0	2	6
18	Millstreet	1	1	1	3	6
21	West Waterford	1	1	0	2	5
21	Eagle	1	1	0	2	5
23	Cork	1	0	0	1	3
24	Waterford	0	1	0	1	2
24	Riocht	0	1	0	1	2
24	St Cronan's	0	1	0	1	2
24	Courcies	0	1	0	1	2
24	Donoughmore	0	1	0	1	2
24	West Muskerry	0	1	0	1	2
30	Clonmel	0	0	1	1	1
30	Leevale	0	0	1	1	1
1	Cork	47	35	24	106	235
2	Kerry	17	12	11	40	86
3	Tipperary	8	10	8	26	52
4	Limerick	4	1	1	6	15
5	Clare	1	3	1	5	10
6	Waterford	1	2	0	3	7

Points System 1st 3 points 2nd 2 points 3rd 1 point