

 Irish Life health

National Track & Field Championships



Athletics
Ireland



NATIONAL SENIOR & U23 T&F CHAMPIONSHIPS

MORTON STADIUM, SANTRY
SAT 22nd & SUN 23rd AUGUST 2020
SAT 29th & SUN 30th AUGUST 2020

ATHLETICSIRELAND.IE

  #IlhNatsT&F

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President's Message



The Athletic Association of Ireland Irish Life Health National Senior Track and Field Championships incorporating the U23 Championships for 2020 is scheduled over two weekends to cater for our athletes and to comply with government guidelines.

It was a crushing blow to hear that the number of people allowed at outdoor events was not increasing, none the less the Competition Chair John Cronin along with the competition team and committee have put a lot of thought into the schedule to deliver these championships. The Athletes have continued to train in the hope and expectation that they would have a championship to look forward too, therefore it was without question one of the goals of the Association to deliver on that expectation. There are 720 plus athletes who have entered the championships, the largest number of entrants for some years.

The maximum of 200 people allowed at an outdoor event covering athletes, officials, stadium staff, first aid, etc. presented a big challenge to manage. It is regrettable that we cannot have the media, coaches and spectators with us, but as an association athletes are our first priority. Live streaming will be available on both weekends with RTE broad casting on the Sunday, it is an opportunity not to be missed to show our support to our athletes and our sport albeit from a distance.

We are encouraged that our main sponsor Irish Life Health pledged their backing for our championships in these uncertain times, Liz Rowen Head of Marketing and Jim Dowdall Managing Director have once again placed their trust in us and we are as always extremely appreciative of their support.

2020 has delivered some trying times and difficult situations to hurdle, it is now time for our athletes to take centre stage and to deliver to their supporters, families and friends a championship to remember not only because of the health issues in the country but to show that sport does transcend all and it will stimulate us and strengthen our resolve to continue to prepare for the future. Highlights this season so far, Ciara Mageean producing a brilliant Irish record of 1:59.69 in Bern, becoming the first Irish woman to break two minutes for the 800m and only last weekend a new national record for 1000m of 2:31.06 set in Monaco breaking Sonia O Sullivan's previous record set in 1993. A remarkable few weeks for Ciara.

When we all emerge from these worrying times, 2021 will be a very important year Internationally with European, World Indoor Championships and Tokyo Olympic Games to mention a few to look forward too, our athletes have regrouped and have reset their calendars, it is our collective duty now to support them and encourage them in any way we can.

Finally a word of appreciation is extended to John Cronin, Lizzy Broderick, James Welsh, Valarie O'Brien, along with Daragh Browne and Hamish Adams together with the Competition Committee and the Board of Athletics Ireland for their belief, that we could and would have a championship in 2020 in Morton Stadium, Dublin.

I thank you for joining with us and like you I look forward to the competition.

Georgina Drumm
President
Athletics Ireland

Sponsors Welcome



Irish Life
health

On behalf of our team in Irish Life Health, I welcome you all to the 2020 Irish Life Health National Senior and U23 Track and Field Championships.

This year's Championships will be one like never before. In response to Covid-19 restrictions, this year the Championships will take place over two successive weekends, across nine sessions at the Morton Stadium in Santry.

Irish Life Health is proud to be a sponsor and partner of Athletics Ireland. Our whole team recognises the very important role participation in athletics plays by providing a platform for tens of thousands of people across Ireland to maintain and improve their own physical health and wellbeing, especially during this very strange and difficult time.

The Irish National Championships have taken place every year since 1873, and we are incredibly proud to sponsor the 148th staging of the longest continuously-running athletics championships worldwide.

This year's championships are only possible because of the hard work and commitment of so many people. I would like to express our gratitude to Athletics Ireland President Georgina Drumm, Chief Executive Hamish Adams, the organising committee, volunteers, officials and the team in Athletics Ireland who have worked extremely hard during a challenging period to organise and stage these events.

Finally, I would like to wish every athlete the best of luck in their events and I hope everyone supporting and watching the Championships remotely enjoy both weekends of events at the Irish Life Health National Senior & U23 Track and Field Championships.

Liz Rowen

Head of Marketing
Irish Life Health

ishka

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Guaranteed Irish

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 Athletics Ireland

Safety Information for Visitors to Morton Stadium

We in Morton Stadium would like to welcome you to our Stadium. We wish you a safe and successful visit. While here, we would ask you to note the following safety information, the purpose of which is to ensure your safety while you are here.

Morton Stadium Places paramount importance on the safety and welfare of all those on our premises.

As a visitor you may not be acquainted with our premises and therefore we would ask you to follow a few simple rules to ensure your safety.

- Please do not park at a fire exit
 - Do not smoke in a no smoking area
 - Our premises are equipped with a fire alarm system. In the event of it being activated, you will hear a continuous bell sound, if this happens you must;
1. Leave the building by the nearest exit
 2. Do not run
 3. Do not go to your car as it may impede the Fire Brigade
 4. Report to the Assembly Point at the Centre of the in field and remain there until given further instructions

With your compliance to these simple rules you are assisting us in maintaining our high standards of safety.

Morton Stadium Records

MEN

| Events | Stadium Records | Name | Country | Date of Record |
|--------------|-----------------|-------------------|----------------|----------------|
| 100m | 10.12 | Yohan Blake | Jamaica | 24/07/2015 |
| 200m | 20.30 | Paul Hession | Ireland | 21/07/2007 |
| 400m | 45.25 | Arnaud Malherbe | South Africa | 29/07/2000 |
| 800m | 1.45.30 | Mark English | Ireland | 07/11/2014 |
| 1500m | 3.36.40 | Will Leer | USA | 07/11/2014 |
| Mile | 3.51.80 | Will Leer | USA | 07/11/2014 |
| 3000m | 7.44.21 | Juan Luis Barrios | Mexico | 07/11/2014 |
| 5000m | 13.19.99 | Stewart McSweyn | Australia | 12/07/2017 |
| 10000m | 27.57.70 | Carlos Lopes | Portugal | 04/07/1982 |
| 3000m St. | 8.33.48 | Liam O'Brien | Ireland | 08/07/1984 |
| 110m Hurdles | 13.45 | Balázs Baji | Hungary | 23/06/2013 |
| 400m Hurdles | 48.94 | Thomas Barr | Ireland | 07/11/2014 |
| High Jump | 2.28m | Brendan Reilly | Ireland | 25/07/1999 |
| Long Jump | 7.95m | Ciaran McDonagh | Ireland | 09/08/2003 |
| Triple Jump | 16.91m | Carlos Calado | Portugal | 08/06/1997 |
| Shot | 20.62m | Ladislav Práil | Czech Republic | 22/06/2013 |
| Discus | 63.16m | Nick Sweeney | Ireland | 12/06/1994 |
| Hammer | 81.30m | Yuriy Sedykh | Russia | 12/07/1988 |
| Pole Vault | 5.57m | Jeff Coover | USA | 22/07/2016 |
| Javelin | 84.12m | Juha Laukkanen | Finland | 07/06/1997 |
| 4 x 100m | 39.14 | Netherlands | Netherlands | 22/06/2013 |
| 4 x 400m | 3.05.57 | Switzerland | Switzerland | 08/06/1997 |
| 10000m Walk | 38.27.57 | Robert Heffernan | Ireland | 21/07/2008 |

Women

| Events | Stadium Records | Name | Country | Date of Record |
|--------------|-----------------|----------------------|----------------|----------------|
| 100m | 11.36 | Carina Horn | South Africa | 07/11/2014 |
| 200m | 22.76 | Cydonie Mothersill | Caymen Islands | 19/07/2002 |
| 400m | 51.28 | Joanne Cuddihy | Ireland | 23/07/2006 |
| 800m | 1.59.69 | Olga Raspopova | Russia | 29/07/2000 |
| 1500m | 4.05.75 | Sonia O'Sullivan | Ireland | 12/06/1994 |
| Mile | 4.25.48 | Katie Mackey | United States | 22/07/2016 |
| 3000m | 8.55.81 | Anita Weyermann | Switzerland | 08/06/1997 |
| 5000m | 15.20.11 | Sonia O'Sullivan | Ireland | 14/07/2002 |
| 10000m | 31.19.11 | Catriona McKiernan | Ireland | 12/06/1994 |
| 3000 St. | 9.47.76 | Sandra Eriksson | Finland | 22/06/2013 |
| 100 Hurdles | 13.02 | Ludmila Engquist | Sweden | 08/06/1997 |
| 400m Hurdles | 55.34 | Denisa Rosolová | Czech Republic | 22/06/2013 |
| High Jump | 1.92m | Hanne Haugland | Norway | 08/06/1997 |
| Long Jump | 6.78m | Renata Nielsen | Denmark | 12/06/1994 |
| Triple Jump | 13.49m | Anja Valant Velepec | Slovenia | 07/06/1997 |
| Shot | 18.36m | Radoslava Mavrodieva | Bulgaria | 23/06/2013 |
| Discus | 59.62m | Marie-Paule Geldhof | Belgium | 12/06/1994 |
| Hammer | 73.21m | Eileen O'Keefe | Ireland | 23/07/2007 |
| Pole Vault | 4.40m | Jirina Svobodová | Czech Republic | 22/06/2013 |
| Javelin | 68.58m | Trina Hattestad | Norway | 07/06/1997 |
| 4 x 100m | 44.20 | Czech Republic | Czech Republic | 22/06/2013 |
| 4 x 400m | 3.30.77 | Romania | Romania | 23/06/2013 |
| 5000m Walk | 20.02.60 | Gillian O'Sullivan | Ireland | 13/07/2002 |



28 July 2019; Sarah Buggy of St. Abbans A.C., Co. Laois, competing in the Women's Long Jump during day two of the Irish Life Health National Senior Track & Field Championships at Morton Stadium in Santry, Dublin.
Photo by Harry Murphy/Sportsfile

Event Officials

| | | | |
|----------------------|----------------------------------------|-------------------------------------|--------------------|
| Competition Director | Brendan McDaid | | |
| Technical Delegate | Michael Quinlan | Ronan O'Hart | Declan Curtin |
| Covid 19 Officer | Seamus Flynn | | |
| Health & Safety | George Maybury | | |
| Seeding | Teresa McDaid Brid Golden | Liam Hennessy | Matt Lockett |
| Anti Doping Liaison | Georgina Drumm | | |
| Check In | Cecil Johnston | Shirley Murray | |
| Call Room | Michael Kearney | Margaret Malone | |
| Starts Team | Jackie Mulhall Charlie O'Neill | Cyril J Smyth | Tom Thompson |
| Starter's Assistant | Mick McKeon | | |
| Photofinish | Peter Hanlon | Margaret Cronin | |
| Timing | Jimmy Monaghan | | |
| Results/Technology | Karl O'Connell Bernie Dunne | Padraig Kelly (Sat) Andrew Lynam | Michael Godley |
| Track Referee | Paddy Marley | | |
| Track Judge | Pat Hooper Anne McHugh | Kathryn Davis | Georgina Drumm |
| Video Recording | Adam Jones | | |
| Equipment | Pat O'Keeffe | | |
| EDM | Seamus McGranaghan | | |
| Hammer | Philip Conway | Martin Wilkinson | John McGrath |
| Long Jump | Antoinette Holland Shay Murphy | Pat Power Fintan Kenny | Noreen Keane |
| WFH | John McGrath Martin Wilkinson | Seamus Flynn | Seamus McGranaghan |
| Javelin | Kathleen McConnell Martin Wilkinson | Noreen Keane | Antoinette Holland |
| High Jump | Jim Corcoran Bernie O'Callaghan | Tim Ahern | Colette Quinn |



NATIONAL SENIOR & U23 T&F CHAMPIONSHIPS

MORTON STADIUM, SANTRY
SAT 22nd & SUN 23rd AUGUST 2020

#IlhNatsT&F
ATHLETICSIRELAND.IE

Live Stream All Sessions

Live T.V.

Saturday 22nd August

Session 1

| | | | | | | |
|-------|-------|---------|---|-------|-----------|-------|
| 11:00 | 5000m | Men | H | 10:30 | Hammer | Women |
| 12:00 | 5000m | Jun Men | F | 11:15 | Long Jump | Women |
| | | | | 11:55 | Hammer | Men |

Session 2

| | | | | | | |
|-------|-------|-----------|----|-------|-----------|-----|
| 14:00 | 400m | Women | H | 14:15 | Long Jump | Men |
| 14:45 | 400m | Men | H | | | |
| 16:00 | 5000m | Women | T* | | | |
| 16:25 | 5000m | Jun Women | F | | | |

Session 3

| | | | | | | |
|-------|-------|-------|---|-------|-----------|---------|
| 18:30 | 400mH | Men | H | 18:45 | WFH 56lbs | Men |
| 18:55 | 400mH | Women | H | 18:45 | WFH 35lbs | U23 Men |
| 19:10 | 1500m | Women | H | 18:45 | WFH 35lbs | Jun Men |
| 19:40 | 1500m | Men | H | | | |

Sunday 23rd August

Session 4

| | | | | | | |
|-------|------|-------|---|-------|-----------|-------|
| 14:30 | 100m | Women | H | 10:45 | High Jump | Men |
| 15:00 | 100m | Men | H | 11:00 | Javelin | Women |
| | | | | 12:45 | Javelin | Men |
| | | | | 13:15 | High Jump | Women |

Session 5

| | | | |
|-------|-------|-------|---|
| 18:00 | 5000m | Men | F |
| 18:25 | 400mH | Women | F |
| 18:40 | 400mH | Men | F |
| 18:50 | 100m | Women | F |
| 19:00 | 100m | Men | F |
| 19:10 | 400m | Women | F |
| 19:20 | 400m | Men | F |
| 19:30 | 1500m | Women | F |
| 19:45 | 1500m | Men | F |

Live Coverage on RTE 2
SUN 23rd August
17:30-19:55

Saturday 29th August

Session 6 (Gate Opens TBC)

| | | | | |
|------|-------|---|-------------|-------|
| 800m | Women | H | Discus | Women |
| 800m | Men | H | Triple Jump | Women |

Session 7 (Gate Opens TBC)

| | | | | |
|-----------|-------|-----|-------------|-----|
| 5000m W | Women | F** | Discus | Men |
| 10,000m W | Men | F** | Triple Jump | Men |
| 10,000m | Men | T* | | |

Sunday 30th August

Session 8 (Gate Opens TBC)

| | | | | |
|------|-------|---|------------|-------|
| 200m | Women | H | Shot Put | Women |
| 200m | Men | H | Pole Vault | Women |
| | | | Shot Put | Men |

Session 9 (Gate Opens TBC)

| | | | | |
|-----------|-------|---|------------|-------------|
| 3000m S/C | Women | F | Pole Vault | Men |
| 3000m S/C | Men | F | WFD *** | Women & U23 |
| | | | WFD | Men |
| 100mH | Women | F | | |
| 110mH | Men | F | | |
| 200m | Women | F | | |
| 200m | Men | F | | |
| 800m | Women | F | | |
| 800m | Men | F | | |

Event Information

- Entries are now closed, no further entries will be accepted.
- All athletes attending the championships will be required to complete an electronic health questionnaire on the day of the event.
- Due to government regulations of only 200 people allowed on site, the championships will be closed to all Media, coaches and spectators.
- All events will be live streamed.
- Entry to the stadium will only be permitted at the stated time prior to the session in which the athlete is competing.
- No medal ceremonies will take place during the Championship.
- Athletes will be required to leave the stadium immediately once their event is complete.
- We would encourage all athletes to bring their own throwing implements.
- To aid administration please inform competition@athletic.sireland.ie if you do not intend to complete.
- Any athlete who has been abroad must have completed 14 days self-isolation prior to competing, and have proof of travel dates.
- Any residents of Counties that are in a government lockdown due to Covid19 for the Championship dates cannot travel to the event as athletes or officials.
- World athletics have recently introduced a new shoe rule. Please see here for more information.

<https://www.athleticsireland.ie/news/clarification-on-world-athletics-rules-footwear-worn-for-track-races>

All athletes must bring their own named water bottles and hand sanitizer and any personal items required.



Seeding & Order of Competing

In Track events, in the first round, athletes are seeded by computer according to recorded performances and lanes assigned by the computer randomly.

Once the seeding has been determined 3 draws must then be made:- one for 4 highest ranked to Determine placing in Lanes 3,4,5 and 6. - one for 5th and 6th rankings to determine placing in lanes 7 and 8- one for 7th and 8th rankings to determine placing in lanes 1 and 2.

In Field events athletes shall be listed randomly.

In the horizontal jumps and the throws, those qualifying for the final three attempts shall compete in the reverse order of their position after three attempts : i.e. 8th place competes first, 7th place second etc.

In-competition testing under IAAF and WADA Rules may be conducted at any Championships. Any athlete selected for testing who fails to attend as required or who fails to deliver a satisfactory sample render themselves liable to suspension. A complete copy of the Irish Anti-Doping Rules is available through the Athletics Ireland website.



Men's 400m



National Record:
Championship Record:
Title Holder:

David Gillick 44.77
 Paul McKee 45.58
 Christopher O'Donnell 47.05

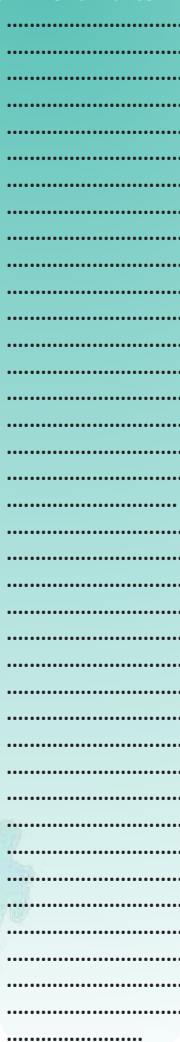
04/07/2009
 14/17/2002
 28/07/2019

TOP 10 CHAMPIONSHIP PERFORMANCES

| | | | | | | | |
|------------------|-------|-----|------|-------------------|-------|-----|------|
| 1. Paul McKee | 45.58 | (1) | 2002 | 6. Paul McKee | 45.96 | (2) | 2006 |
| 2. David Gillick | 45.67 | (1) | 2006 | 7. Tomas Coman | 45.99 | (1) | 2001 |
| 3. Brian Gregan | 45.74 | (1) | 2017 | 8. Rob Daly | 46.07 | (2) | 2001 |
| 4. Tomas Coman | 45.91 | (1) | 2004 | 9. Brian Gregan | 46.20 | (1) | 2015 |
| 5. Rob Daly | 45.93 | (2) | 2004 | 10. David Gillick | 46.27 | (3) | 2004 |

| | | |
|-----|-----------------------------|--------------------------------------|
| 273 | Sean Mccarthy (U23) | Emerald A.C. |
| 277 | Paul Murphy | Ferrybank A.C. |
| 282 | Jack Pender (U23) | Carrick-on-Suir A.C. |
| 286 | Shane Bowe (U23) | Ballyroan Abbeyeix and District A.C. |
| 288 | Jack Manning (U23) | Kilkenny City Harriers A.C. |
| 300 | Aaron Tierney Smith (U23) | Menapians A.C. |
| 303 | Eoghan Shanley | Lucan Harriers A.C. |
| 311 | Christopher O'Donnell (U23) | North Sligo A.C. |
| 356 | Fionn Carroll (U23) | Clonliffe Harriers A.C. |
| 457 | Dylan Chambers | Bandon A.C. |
| 608 | Eoghan Devlin | Mid Ulster A.C. |
| 609 | Craig Newell | Ballymena and Antrim A.C. |
| 610 | Dion Marcos (U23) | An Ríocht A.C. |
| 611 | Eoin Kelly (U23) | Letterkenny A.C. |
| 612 | Cathal Mcelgunn | Carrick-on-Shannon A.C. |
| 613 | Andrew Mellon | Crusaders A.C. |
| 614 | Niall Flanagan | Cushinstown A.C. |
| 615 | Zak Higgins | Donore Harriers |
| 616 | Andrew Kelly | Drogheda and District A.C. |
| 617 | Kieron Ludwig (U23) | Emerald A.C. |
| 618 | Jamie Mitchell (U23) | Emerald A.C. |
| 619 | Cathal Crosbie (U23) | Ennis Track A.C. |
| 620 | Owen Scully | Galway City Harriers A.C. |
| 621 | Cillin Greene (U23) | Galway City Harriers A.C. |
| 622 | Ryan Henry | Willowfield Harriers |
| 623 | Ciaran Dee | Leevale A.C. |
| 624 | Billy Ryan (U23) | Cork Track Club |
| 625 | Cathal Ryan (U23) | West Muskerry A.C. |
| 626 | Michael Quilligan | Nenagh Olympic A.C. |
| 627 | Brandon Arrey | Raheny Shamrock A.C. |
| 628 | Eamon Wallace | Ratoath A.C. |
| 629 | Jamie Pender (U23) | St. Abbans A.C. |
| 630 | Eoghan Buggy | St. Abbans A.C. |
| 631 | Kevin Lynch | Lios Tuathail A.C. |
| 632 | Tom Mc Cutcheon | Nenagh Olympic A.C. |
| 633 | Billy Conroy-Roche | Rathfarnham W.S.A.F. A.C. |
| 634 | Oscar Comerford | Rathfarnham W.S.A.F. A.C. |
| 635 | Ben Hughes | Dunboyne A.C. |
| 636 | Keeley Hogan | Le Chéile A.C. |
| 637 | Eseosa Omoregbe | Dunleer A.C. |
| 638 | Jed Walshe | Ratoath A.C. |

Performance



Men's 400m cont'd



639 Jordan Knight St. Joseph's A.C.
 640 Nathan Wright Lios Tuathail A.C.
 641 Hugo Magee Crusaders A.C.
 642 Finn Reilly Dunleer A.C.

Performance



Men's 800m

National Record:
Championship Record:
Title Holder:

David Mathews 1.44.82
 James Nolan 1.46.68
 Mark English 1.48.15

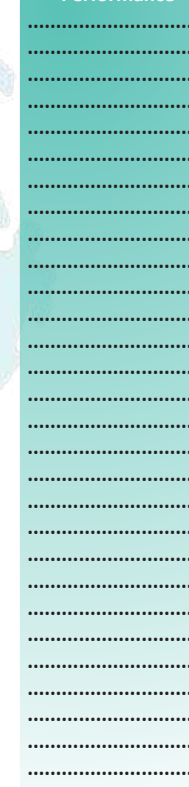
23/06/2007
 24/07/1999
 28/07/2019

TOP 10 CHAMPIONSHIP PERFORMANCES

| | | | | | | | |
|-------------------|---------|------|------|---------------------|---------|-----|------|
| 1. James Nolan | 1.46.68 | (SF) | 1999 | 6. Daniel Caulfield | 1.47.79 | (2) | 2000 |
| 2. James Nolan | 1.46.83 | (1) | 2000 | 7. Noel Carroll | 1.47.86 | (1) | 1968 |
| 3. David Matthews | 1.47.62 | (1) | 1997 | 8. David Matthews | 1.47.87 | (1) | 1995 |
| 4. James Nolan | 1.47.75 | (1) | 1998 | =8. David Matthews | 1.47.87 | (2) | 2000 |
| 5. David Matthews | 1.47.76 | (2) | 1998 | 10. David Matthews | 1.48.10 | (1) | 1996 |

| | | |
|-----|-----------------------|---------------------------|
| 330 | Luke Evans (U23) | Craughwell A.C. |
| 331 | Aengus Meldon | Dundrum South Dublin A.C. |
| 332 | Kieran Kelly | Raheny Shamrock A.C. |
| 333 | Alan Mcginley (U23) | Lifford Strabane A.C. |
| 334 | Keith Fallon | Galway City Harriers A.C. |
| 335 | Jack Byrne (U23) | Donore Harriers |
| 336 | Dean Ryan | Newbridge A.C. |
| 337 | Cillian Kirwan | Raheny Shamrock A.C. |
| 338 | Eoin O'dwyer (U23) | Raheny Shamrock A.C. |
| 339 | Lee Byrne | athfarnham W.S.A.F. A.C. |
| 340 | Ben Garrard (U23) | Craughwell A.C. |
| 341 | Philip Marron (U23) | Ratoath A.C. |
| 342 | Peter Kilgannon (U23) | Ratoath A.C. |
| 343 | Damien Landers | Ennis Track A.C. |
| 344 | David Kelly | Togher A.C. |
| 345 | Harry Purcell | Trim A.C. |
| 346 | Mark English | Finn Valley A.C. |
| 347 | Luke Mccann (U23) | U.C.D. A.C. |
| 348 | Conor McHugh (U23) | Mullingar Harriers A.C. |
| 349 | Kevin Woods | Crusaders A.C. |
| 350 | John Murphy | Gowran A.C. |
| 351 | Justin Bloomer | Mid Ulster A.C. |
| 352 | Jack Miskella (U23) | Craughwell A.C. |
| 353 | Robert Hewison | Kildare A.C. |
| 354 | Stephen Holland | Cork Track Club |
| 355 | Mark Mc donald | Clonliffe Harriers A.C. |
| 356 | Fionn Carroll (U23) | Clonliffe Harriers A.C. |
| 357 | Fearghal O'Hare | Crusaders A.C. |
| 358 | Gavin Cooney | Craughwell A.C. |
| 359 | Sean Terek (U23) | City of Lisburn A.C. |
| 360 | David Leavy | City of Lisburn A.C. |
| 361 | Colin D Smith (U23) | Mullingar Harriers A.C. |

Performance

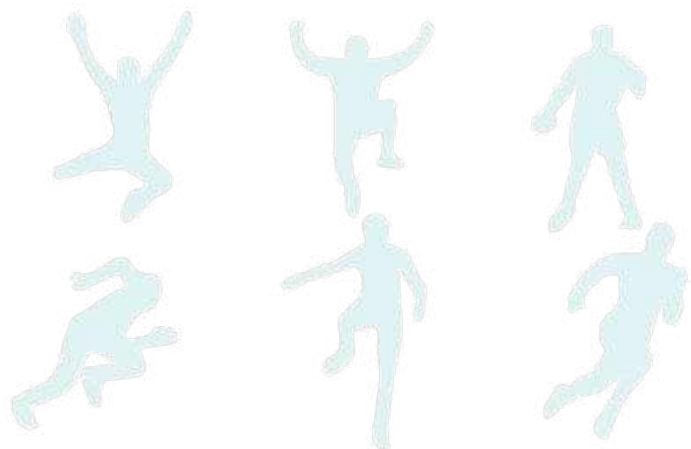


Men's 1500m cont'd

Performance

| | | |
|-----|-----------------------|----------------------------|
| 679 | Andrew Milligan (U23) | North Belfast Harriers |
| 680 | Connor Mccann (U23) | North Belfast Harriers |
| 681 | Oisin O'Gibne (U23) | Ace A.C. |
| 682 | Alex O'Brien (U23) | Lucan Harriers A.C. |
| 683 | John Mc Callion | Letterkenny A.C. |
| 684 | Andrew Hobbs | Leevale A.C. |
| 685 | Shane Gallagher | Finn Valley A.C. |
| 686 | Neil McCartan | East Down A.C. |
| 687 | Mark Messitt | Sli Cualann A.C. |
| 688 | Dara Donoghue | Lucan Harriers A.C. |
| 689 | Sean Cotter | Craughwell A.C. |
| 690 | Oisin Davis | Craughwell A.C. |
| 691 | Morgan Clarkson | Dundrum South Dublin A.C. |
| 692 | Colin p Smith | Mullingar Harriers A.C. |
| 693 | Eoin Richards | St. Coca's A.C. |
| 694 | Matthew Hayes | Ratoath A.C. |
| 695 | Ben Keane | Waterford A.C. |
| 696 | Matteo Mary | Waterford A.C. |
| 697 | Sean Donoghue | Celtic DCH A.C. |
| 698 | John Fanning | Skerries A.C. |
| 699 | Ryan Miskelly | Lagan Valley A.C. |
| 700 | Tadhg Donnelly | Drogheda and District A.C. |
| 701 | Kyle Moorhead | Craughwell A.C. |

Result:.....



Men's 5000m

National Record: Alistair Cragg 13.03.58
Championship Record: John Treacy 13.22.00
Title Holder: Hiko Haso Tonoso 14.21.41

16/09/2011
 06/07/1980
 28/07/2019

TOP 10 CHAMPIONSHIP PERFORMANCES

| | | | | | | | |
|-----------------|----------|-----|------|-------------------|----------|-----|------|
| 1. John Treacy | 13.22.00 | (1) | 1980 | 6. John Treacy | 13.47.18 | (1) | 1981 |
| 2. John Treacy | 13.33.59 | (1) | 1984 | 7. Alistair Cragg | 13.48.03 | (1) | 2011 |
| 3. John Doherty | 13.43.29 | (1) | 1988 | 8. Mark Carroll | 13.48.26 | (1) | 2001 |
| 4. Frank O'Mara | 13.45.79 | (1) | 1995 | 9. John Treacy | 13.50.30 | (1) | 1978 |
| 5. John Treacy | 13.46.27 | (1) | 1983 | 10. Seamus Power | 13.50.31 | (2) | 1995 |

Performance

| | | |
|-----|--------------------------|---------------------------|
| 336 | Dean Ryan | Newbridge A.C. |
| 486 | Tomas Fitzpatrick | Tallaght A.C. |
| 491 | Michael Herlihy | North Cork A.C. |
| 497 | Eric Keogh | Donore Harriers |
| 498 | John Travers | Donore Harriers |
| 508 | Kevin Moore | Dundrum A.C. |
| 510 | Noel Carroll | Shercock A.C. |
| 518 | Cormac Dalton (U23) | Mullingar Harriers A.C. |
| 531 | Daniel Stone | Raheny Shamrock A.C. |
| 537 | Brian Conroy | Clane A.C. |
| 538 | Noel Murphy | Waterford A.C. |
| 539 | Peter Arthur | Liffey Valley A.C. |
| 540 | Niall Sheehan | Gowran A.C. |
| 541 | Wesley Grant | Raheny Shamrock A.C. |
| 542 | Gary Thornton | Galway City Harriers A.C. |
| 543 | Colin Coyne | St. Abbans A.C. |
| 544 | Ian Conroy | Raheny Shamrock A.C. |
| 545 | Shane Healy | Metro/St. Brigid's A.C. |
| 546 | Stephen Cashin (U23) | Clonliffe Harriers A.C. |
| 547 | Mitchell Byrne | Rathfarnham W.S.A.F. A.C. |
| 548 | Gavin Eccles | Portmarnock A.C. |
| 549 | David Rooney | Raheny Shamrock A.C. |
| 550 | Kevin Moriarty | Raheny Shamrock A.C. |
| 551 | Neil Johnston | Annadale Striders A.C. |
| 552 | Alex Hunter (U23) | Ratoath A.C. |
| 553 | Ciaran Crowther (U23) | Ratoath A.C. |
| 554 | Damien Madigan (U23) | North Cork A.C. |
| 555 | Paul Robinson | St. Coca's A.C. |
| 556 | Liam Harris | Togher A.C. |
| 557 | Darragh Mcelhinney (U23) | U.C.D. A.C. |
| 558 | Pat Hennessy | West Waterford A.C. |
| 559 | Ben Brunton (U23) | St. Brigids A.C. |
| 560 | Evan Fitzgerald (U23) | Clonmel A.C. |
| 561 | Euan Lagan (U23) | Mullingar Harriers A.C. |
| 562 | Kane Collins | North Cork A.C. |
| 563 | Eamonn Morrissey | Dundrum A.C. |
| 564 | Hiko Haso Tonoso | Dundrum South Dublin A.C. |
| 565 | Robert Corbally | Dundrum South Dublin A.C. |
| 566 | Darragh Lynch | Ennis Track A.C. |
| 567 | Shea Carlin | Finn Valley A.C. |
| 568 | Gerard Gallagher | Finn Valley A.C. |
| 569 | Jeremiah Sheehan (U23) | North Cork A.C. |
| 570 | John Black | North Belfast Harriers |



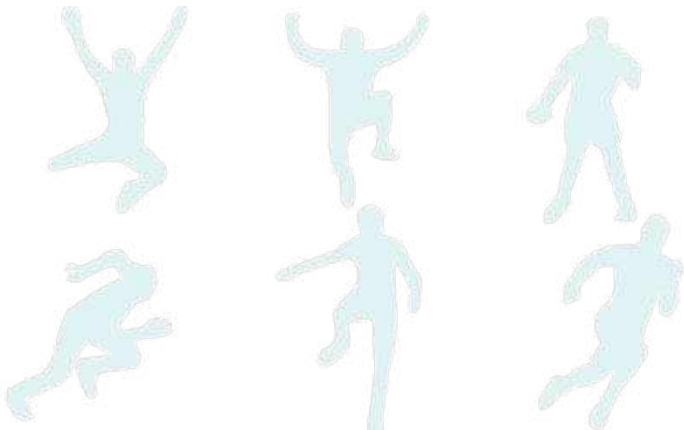
Men's 5000m cont'd

Performance

- 571 Conor Deane Galway City Harriers A.C.
- 572 Cathair Purvis (U23) North Belfast Harriers
- 573 Isaac Mccollum (U23) North Belfast Harriers
- 574 Darragh Crossan Foyle Valley A.C.
- 575 Keelan Kilrehill (U23) Moy Valley A.C.
- 576 Dan Mooney Letterkenny A.C.
- 577 Anthony Mannix Leevale A.C.
- 578 Gavin O Rourke Leevale A.C.
- 579 Mark Cornett Dromore A.C.
- 580 David Carter (U23) Galway City Harriers A.C.
- 581 Eoghan Mcelhinney Bantry A.C.
- 582 Gerard Heaney Acorns A.C.
- 583 Eferm Gidey (U23) Clonliffe Harriers A.C.
- 584 Sean Melarky (U23) City of Derry A.C. Spartans
- 585 Ieuan Hopkins (U23) Brothers Pearse A.C.
- 586 Shane Ryan Raheny Shamrock A.C.
- 587 Conor Maguire Monaghan Phoenix A.C.
- 588 Tony Mccambridge St Malachys A.C.

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Result:.....



27 July 2019; Patrick Corrigan of Suncroft A.C., Co. Kildare, competing in the Men's Weight for Height during day one of the Irish Life Health National Senior Track & Field Championships at Morton Stadium in Santry, Dublin. Photo by Sam Barnes/Sportsfile



Irish Life
health



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65%

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mental health



68%

run to improve
fitness



53%

run to be out in
nature



78%

run to be a good
example to their kids



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€250
 — back —

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Men's 10,000m



| | | | |
|-----------------------------|------------------|----------|------------|
| National Record: | Alistair Cragg | 27.39.55 | 29/04/2007 |
| Championship Record: | John Treacy | 28.17.09 | 25/07/1987 |
| Title Holder: | Stephen Scullion | 29.36.33 | 28/07/2019 |

TOP 10 CHAMPIONSHIP PERFORMANCES

| | | | | | | | |
|------------------|----------|-----|------|--------------------|----------|-----|------|
| 1. John Treacy | 28.17.09 | (1) | 1987 | 6. Mark Kenneally | 28.58.39 | (1) | 2011 |
| 2. John Woods | 28.30.64 | (1) | 1988 | 7. John Treacy | 28.59.73 | (1) | 1985 |
| 3. Gerry Curtis | 28.49.26 | (1) | 1988 | 8. John Hartnett | 29.02.40 | (1) | 1972 |
| 4. Seamus Power | 28.54.61 | (1) | 2000 | 9. Robert Costello | 29.03.30 | (2) | 1987 |
| 5. Jerry Kiernan | 28.55.90 | (1) | 1981 | 10. Peter Matthews | 29.04.33 | (2) | 2000 |

| | | Performance |
|-----|-----------------------------|-------------|
| 412 | Rory Chesser | |
| 482 | David Mansfield | |
| 483 | Colm Turner | |
| 484 | Declan Power | |
| 485 | Conor Mccauley | |
| 486 | Tomas Fitzpatrick | |
| 487 | Robert Murphy | |
| 488 | Brian O'Kelly | |
| 489 | Emmett Dunleavy | |
| 490 | Sean Hehir | |
| 491 | Michael Herlihy | |
| 492 | Brian Lenihan | |
| 493 | Sergiu Cibanu | |
| 494 | Paul Minogue | |
| 495 | Brian Maher | |
| 496 | Lee Van Haeften | |
| 497 | Eric Keogh | |
| 498 | John Travers | |
| 499 | Niall Cornyn | |
| 500 | Stephen Scullion | |
| 501 | Sean Tobin | |
| 502 | Thomas Sherlock | |
| 503 | Eoin Taggart | |
| 504 | Stephen Conroy | |
| 505 | Hugh Armstrong | |
| 506 | Con Doherty | |
| 507 | Gerry Forde | |
| 508 | Kevin Moore | |
| 509 | Eoin Everard | |
| 510 | Noel Carroll | |
| 511 | David Scanlon | |
| 512 | Paul O'Donnell | |
| 513 | Michael Clohisey | |
| 514 | Rory O'Connor | |
| 515 | Sean Doyle | |
| 516 | Conán McCaughey | |
| 517 | Eoghan Totten | |
| 518 | Cormac Dalton | |
| 519 | Barry Donovan | |
| 520 | Donal Coakley | |
| 521 | John Shine | |
| 522 | Kevin Dooney | |
| 523 | Thomas Hayes | |
| | Ennis Track A.C. | |
| | Clonmel A.C. | |
| | Brothers Pearse A.C. | |
| | Clonliffe Harriers A.C. | |
| | Leevale A.C. | |
| | Tallaght A.C. | |
| | Donore Harriers | |
| | Crusaders A.C. | |
| | Sligo A.C. | |
| | Metro/St. Brigid's A.C. | |
| | North Cork A.C. | |
| | Blackrock (Dublin) A.C. | |
| | Clonliffe Harriers A.C. | |
| | Clonmel A.C. | |
| | Kilkenny City Harriers A.C. | |
| | Donore Harriers | |
| | Donore Harriers | |
| | Dunboyne A.C. | |
| | Clonliffe Harriers A.C. | |
| | Clonmel A.C. | |
| | Clonliffe Harriers A.C. | |
| | Clonliffe Harriers A.C. | |
| | Celbridge A.C. | |
| | Ballina A.C. | |
| | Westport A.C. | |
| | Slaney Olympic A.C. | |
| | Dundrum A.C. | |
| | Kilkenny City Harriers A.C. | |
| | Shercock A.C. | |
| | Rathfarnham W.S.A.F. A.C. | |
| | Dundrum South Dublin A.C. | |
| | Raheny Shamrock A.C. | |
| | North Cork A.C. | |
| | North Cork A.C. | |
| | North Belfast Harriers | |
| | Newcastle and District A.C. | |
| | Mullingar Harriers A.C. | |
| | Leevale A.C. | |
| | Leevale A.C. | |
| | Leevale A.C. | |
| | Raheny Shamrock A.C. | |
| | Kilkenny City Harriers A.C. | |

Men's 10,000m cont'd

| | | |
|-----|----------------------|-------------------------|
| 524 | Andrew Connick | Ferrybank A.C. |
| 525 | Scott Rankin | Foyle Valley A.C. |
| 526 | Conor Duffy | Glaslough Harriers A.C. |
| 527 | Ciaran Mckenna | Star of the Sea A.C. |
| 528 | Evan Byrne | Togher A.C. |
| 529 | Kieran Jackson | Ferrybank A.C. |
| 530 | David Mc Glynn (U23) | Waterford A.C. |
| 531 | Daniel Stone | Raheny Shamrock A.C. |

Performance

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Result:.....

Men's 10,000m Walk

| | | | |
|-----------------------------|------------------|----------|------------|
| National Record: | Robert Heffernan | 38.27.57 | 21/07/2008 |
| Championship Record: | Robert Heffernan | 38.27.57 | 21/07/2008 |
| Title Holder: | Alex Wright | 41.30.41 | 28/07/2019 |

TOP 10 CHAMPIONSHIP PERFORMANCES

| | | | | | | | |
|---------------------|----------|-----|------|---------------------|----------|-----|------|
| 1. Robert Heffernan | 38.27.57 | (1) | 2008 | 6. Jamie Costin | 39.09.88 | (2) | 2004 |
| 2. Robert Heffernan | 38.47.66 | (1) | 2002 | 7. Robert Heffernan | 39.11.72 | (1) | 2009 |
| 3. Robert Heffernan | 38.58.53 | (1) | 2001 | 8. Robert Heffernan | 39.11.78 | (1) | 2007 |
| 4. Robert Heffernan | 39.00.04 | (1) | 2004 | 9. Jamie Costin | 39.43.11 | (2) | 2010 |
| 5. Robert Heffernan | 39.07.21 | (1) | 2010 | 10. Colin Griffin | 39.51.78 | (2) | 2007 |

| | | |
|-----|-------------------|------------------------------|
| 473 | Jerome Caprice | Dundrum South Dublin A.C. |
| 474 | John Joe Lawlor | St. Joseph's A.C. |
| 475 | David Kenny (U23) | Farranfore Maine Valley A.C. |
| 476 | Joe Mooney (U23) | Adamstown A.C. |
| 477 | Brendan Boyce | Finn Valley A.C. |
| 478 | Callum Wilkison | Togher A.C. |
| 479 | Colm Walsh | Mullingar Harriers A.C. |
| 480 | Matthew Glennon | Mullingar Harriers A.C. |
| 481 | Ryan Roberts | Sligo A.C. |

Performance

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Result:.....

Men's 110m Hurdles

| | | | |
|-----------------------------|------------------|--------------|------------|
| National Record: | Peter Coghlan | 13.30 | 07/08/1999 |
| Championship Record: | Peter Coghlan | 13.51 | 25/07/1999 |
| Title Holder: | Gerard O'Donnell | 14.26 (+0.8) | 28/07/2019 |

TOP 10 CHAMPIONSHIP PERFORMANCES

| | | | | | | | |
|------------------|-------|-----|------|-------------------|-------|-----|------|
| 1. Peter Coghlan | 13.51 | (1) | 1999 | 6. Peter Coghlan | 13.80 | (1) | 2004 |
| 2. T.J. Kearns | 13.62 | (1) | 1993 | 7. T.J. Kearns | 13.81 | (1) | 1991 |
| 3. Peter Coghlan | 13.73 | (1) | 2001 | 8. Ben Reynolds | 13.84 | (1) | 2015 |
| 4. Sean Cahill | 13.74 | (2) | 1993 | 9. Ben Reynolds | 13.89 | (1) | 2016 |
| 5. Peter Coghlan | 13.79 | (1) | 2002 | 10. Peter Coghlan | 13.90 | (1) | 2008 |

| | | |
|-----|---------------------------|-------------------------|
| 284 | Gerard O'Donnell | Carrick-on-Shannon A.C. |
| 400 | Tristan Chambers | Bandon A.C. |
| 406 | Matthew Behan | Crusaders A.C. |
| 407 | Shane Mooney (U23) | Tireragh A.C. |
| 408 | Shane Aston | Trim A.C. |
| 409 | Rolus Olusa | Clonliffe Harriers A.C. |
| 410 | Valantinos Goularas (U23) | Crusaders A.C. |
| 411 | Nelvin Appiah | Longford A.C. |

Performance

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Result:.....

Men's 400m Hurdles

| | | | |
|-----------------------------|--------------|-------|------------|
| National Record: | Thomas Barr | 48.65 | 04/06/2015 |
| Championship Record: | Thomas Barr | 49.56 | 28/07/2018 |
| Title Holder: | Jason Harvey | 54.70 | 28/07/2019 |

TOP 10 CHAMPIONSHIP PERFORMANCES

| | | | | | | | |
|----------------|-------|-----|------|-----------------|-------|-----|------|
| 1. Thomas Barr | 49.56 | (1) | 2018 | 6. Thomas Barr | 50.28 | (1) | 2016 |
| 2. Thomas Barr | 49.68 | (1) | 2015 | 7. Tom McGuirk | 50.61 | (1) | 1996 |
| 3. Thomas Barr | 49.79 | (1) | 2017 | 8. Jason Harvey | 50.65 | (2) | 2011 |
| 4. Thomas Barr | 50.04 | (1) | 2014 | 9. Tom McGuirk | 50.65 | (9) | 2000 |
| 5. Thomas Barr | 50.06 | (1) | 2011 | 10. Thomas Barr | 50.87 | (2) | 2012 |

| | | |
|-----|---------------------|-------------------------|
| 266 | Darren Towart | Cork Track Club |
| 406 | Matthew Behan | Crusaders A.C. |
| 643 | Oisín Mccorry (U23) | Raheny Shamrock A.C. |
| 644 | John Fagan | Clonliffe Harriers A.C. |
| 645 | Jason Harvey | Crusaders A.C. |
| 646 | Cathal Locke (U23) | Dooneen A.C. |
| 647 | Paul Sexton | Annalee A.C. |
| 648 | Finlay Stewart | City of Lisburn A.C. |
| 649 | Eoin Sharkey | Tír Chonaill A.C. |
| 650 | Conor Hanrahan | Tallaght A.C. |

Performance

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Result:.....

Men's Long Jump cont'd

| | | |
|-----|-------------------|-----------------------|
| 454 | Sam Griffin | Killarney Valley A.C. |
| 455 | Craig Duffy | Celtic DCH A.C. |
| 456 | Ben Little | Fr. Murphy A.C. |
| 457 | Dylan Chambers | Bandon A.C. |
| 458 | Eoghan Mcgrath | Celbridge A.C. |
| 459 | Diarmuid O'Connor | Bandon A.C. |
| 460 | Rafael McCaffrey | Ratoath A.C. |
| 461 | Darragh Minter | Nenagh Olympic A.C. |
| 462 | Luke O Carroll | Tralee Harriers A.C. |

Performance

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Result:.....

Men's Triple Jump

| | | | |
|-----------------------------|----------------|--------|------------|
| National Record: | Colm Cronin | 15.89m | 26/06/1977 |
| Championship Record: | Hugh McGuire | 15.83m | 19/07/1986 |
| Title Holder: | Denis Finnegan | 14.74m | 27/07/2019 |

TOP 10 CHAMPIONSHIP PERFORMANCES

| | | | | | | | |
|----------------------|--------|-----|------|----------------------|--------|-----|------|
| 1. Hugh McGuire | 15.83m | (1) | 1986 | =5. Michael McDonald | 15.45m | (1) | 1994 |
| 2. Billy Oakes | 15.63m | (2) | 1986 | 7. Sean Lonergan | 15.41m | (1) | 2001 |
| =3. Denis Finnegan | 15.55m | (1) | 2012 | 8. Denis Finnegan | 15.39m | (1) | 2017 |
| =3. Sean O'Dwyer | 15.55m | (1) | 1970 | 9. Eoin Kelly | 15.35m | (1) | 2009 |
| =5. Michael McDonald | 15.45m | (1) | 1988 | 10. Denis Finnegan | 15.34m | (1) | 2014 |

| | | |
|-----|---------------------|-------------------------|
| 329 | Sheldon romeo Nyoni | West Muskerry A.C. |
| 424 | Niall Counihan | Clonliffe Harriers A.C. |
| 425 | Mark Burton (U23) | City of Lisburn A.C. |
| 426 | Caolan O'Callaghan | Tír Chonaill A.C. |
| 427 | Jai Benson (U23) | Lagan Valley A.C. |
| 428 | Conall Mahon | Tír Chonaill A.C. |
| 429 | Michael Alajiki | Dundealgan A.C. |
| 430 | Joshua Knox | City of Lisburn A.C. |
| 431 | Michael Tony | Lios Tuathail A.C. |

Performance

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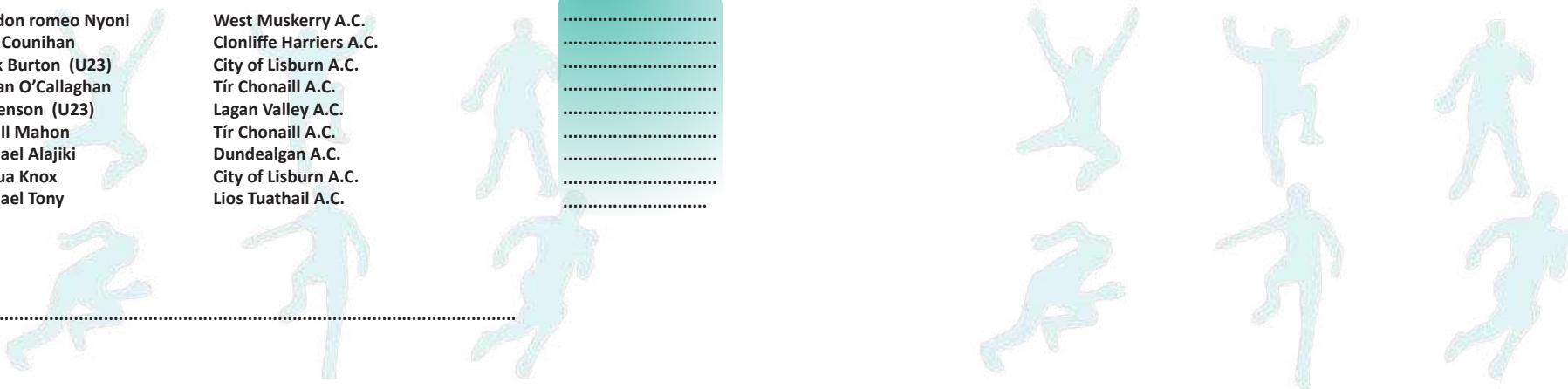
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Result:.....



Men's Pole Vault

| | | | |
|-----------------------------|----------------|-------|------------|
| National Record: | Brian McGovern | 5.36m | 06/05/2012 |
| Championship Record: | David Donegan | 5.06m | 07/07/2012 |
| Title Holder: | Michael Bowler | 4.75m | 28/07/2019 |

TOP 10 CHAMPIONSHIP PERFORMANCES

| | | | | | | | |
|----------------------|-------|-----|------|---------------------|-------|-----|------|
| 1. David Donegan | 5.06m | (1) | 2012 | =5. David Donegan | 4.80m | (2) | 2007 |
| 2. David Donegan | 4.91m | (1) | 2009 | =7. Ruairi O'Briain | 4.75m | (1) | 2005 |
| =3. Ken Morris | 4.90m | (1) | 2000 | =7. David Donegan | 4.75m | (1) | 2008 |
| =3. Anthony McCreery | 4.90m | (1) | 2007 | =7. Michael Bowler | 4.75m | (1) | 2019 |
| =5. Neil Young | 4.80m | (1) | 1995 | 10. Alan Burke | 4.71m | (1) | 1989 |

| | | |
|-----|-------------------------------|---------------------------|
| 409 | Rolus Olusa | Clonliffe Harriers A.C. |
| 432 | David Donegan | Clonliffe Harriers A.C. |
| 433 | Michael Bowler | Enniscorthy A.C. |
| 434 | Yuri Kanash | West Waterford A.C. |
| 435 | Shane Power (U23) | St. Joseph's A.C. |
| 436 | Matthew Callinan Keenan (U23) | St. L. O'Toole A.C. |
| 437 | Kevin Byrne | Dundrum South Dublin A.C. |
| 438 | Ben Connolly | Nenagh Olympic A.C. |
| 439 | Conor Callinan | Leevale A.C. |
| 440 | Adam O'Dwyer | Moycarkey Coolcree A.C. |
| 441 | Peter Dunne | Gowran A.C. |
| 442 | Jack Murphy | Glaslough Harriers A.C. |
| 443 | Joseph Mc Evoy | Nenagh Olympic A.C. |

Performance

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Result:.....



Men's Shot Putt



National Record: Paul Quirke 20.04m 07/07/1992
Championship Record: Eric Favors 18.64m 28/07/2019
Title Holder: Eric Favors 18.64m 28/07/2019

TOP 10 CHAMPIONSHIP PERFORMANCES

| | | | | | | | |
|--------------------|--------|-----|------|--------------------|--------|-----|------|
| 2. Eric Favors | 18.64m | (1) | 2019 | 6. Paul Quirke | 17.54m | (1) | 1993 |
| 2. John Dermody | 18.61m | (1) | 1999 | 7. Sean Breathnach | 17.53m | (1) | 2018 |
| 3. John Dermody | 17.86m | (1) | 2000 | 8. Sean Breathnach | 17.34m | (1) | 2016 |
| 4. Sean Breathnach | 17.63m | (1) | 2015 | 9. Nick Sweeney | 17.37m | (1) | 1994 |
| 5. Ian McMullen | 17.61m | (1) | 2002 | 10. Phil Conway | 17.27m | (1) | 1972 |

| | | |
|-----|------------------------|---------------------------|
| 389 | Brendan Staunton | Galway City Harriers A.C. |
| 390 | Sean Breathnach | Galway City Harriers A.C. |
| 391 | Larry O'Grady | Mooreabbey Milers A.C. |
| 393 | Mark Tierney | Nenagh Olympic A.C. |
| 395 | Gavin McLaughlin | Finn Valley A.C. |
| 398 | Michael Sheerin (U23) | Brow Rangers A.C. |
| 401 | Sean Carolan | Nenagh Olympic A.C. |
| 402 | John Dwyer | Templemore A.C. |
| 404 | Patrick Corrigan (U23) | Suncroft A.C. |
| 463 | Conor O'Reilly | Sli Cualann A.C. |
| 464 | Thomas Mcgrane | St. Peter's A.C. |
| 465 | John Kelly | Finn Valley A.C. |
| 466 | James Kelly (U23) | Finn Valley A.C. |

Performance

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Result:.....

Men's Discus

National Record: Nick Sweeney 67.89m 04/09/1998
Championship Record: Nick Sweeney 60.66m 16/06/1996
Title Holder: Colin Quirke 60.40m 28/07/2019

TOP 10 CHAMPIONSHIP PERFORMANCES

| | | | | | | | |
|-----------------|--------|-----|------|------------------|--------|-----|------|
| 1. Nick Sweeney | 60.66m | (1) | 1999 | 6. Nick Sweeney | 58.14m | (1) | 1992 |
| 2. Colin Quirke | 60.40m | (1) | 2019 | 7. Nick Sweeney | 57.90m | (1) | 1997 |
| 3. Nick Sweeney | 60.36m | (1) | 1996 | 8. Nick Sweeney | 57.48m | (1) | 2000 |
| 4. Nick Sweeney | 58.56m | (1) | 1994 | 9. Nick Sweeney | 57.42m | (1) | 1995 |
| 5. Nick Sweeney | 58.46m | (1) | 1991 | 10. Nick Sweeney | 57.30m | (1) | 1993 |

| | | |
|-----|-----------------------|---------------------------|
| 389 | Brendan Staunton | Galway City Harriers A.C. |
| 390 | Sean Breathnach | Galway City Harriers A.C. |
| 391 | Larry O'Grady | Mooreabbey Milers A.C. |
| 392 | Michael Healy | Youghal A.C. |
| 393 | Mark Tierney | Nenagh Olympic A.C. |
| 394 | James O'Neill (U23) | Gowran A.C. |
| 395 | Gavin McLaughlin | Finn Valley A.C. |
| 396 | Colin Quirke | Crusaders A.C. |
| 397 | Eoin Sheridan | Clonliffe Harriers A.C. |
| 398 | Michael Sheerin (U23) | Brow Rangers A.C. |
| 399 | Padraig Hore (U23) | D.M.P. A.C. |
| 400 | Tristan Chambers | Bandon A.C. |
| 401 | Sean Carolan | Nenagh Olympic A.C. |

Performance

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Result:.....



Men's Javelin



National Record: Terry McHugh 82.75m 05/08/2000
Championship Record: Terry McHugh 80.27m 24/07/2000
Title Holder: Stephen Rice 69.75m 27/07/2019

TOP 10 CHAMPIONSHIP PERFORMANCES

| | | | | | | | |
|-----------------|--------|-----|------|------------------|--------|-----|------|
| 1. Terry McHugh | 80.27m | (1) | 2000 | 6. Terry McHugh | 75.16m | (1) | 1986 |
| 2. Terry McHugh | 77.20m | (1) | 2001 | 7. Terry McHugh | 74.42m | (1) | 1989 |
| 3. Terry McHugh | 75.90m | (1) | 1990 | 8. Terry McHugh | 74.24m | (1) | 1999 |
| 4. Terry McHugh | 75.52m | (1) | 1991 | 9. Terry McHugh | 73.92m | (1) | 1996 |
| 5. Terry McHugh | 75.40m | (1) | 1992 | 10. Terry McHugh | 72.94m | (1) | 1998 |

| | | |
|-----|---------------------------|-------------------------|
| 401 | Sean Carolan | Nenagh Olympic A.C. |
| 408 | Shane Aston | Trim A.C. |
| 443 | Joseph Mc Evoy | Nenagh Olympic A.C. |
| 702 | Rory Gunning | Clonliffe Harriers A.C. |
| 703 | Pat Moore | Leevale A.C. |
| 704 | Christian O Connell (U23) | Limerick A.C. |
| 705 | Michael Jordan | Naas A.C. |
| 706 | Conal Campion | St. Andrews A.C. |
| 707 | Stephen Rice | Clonliffe Harriers A.C. |
| 708 | Peter O'Shea (U23) | D.M.P. A.C. |
| 709 | Dylan Kearns (U23) | Finn Valley A.C. |
| 710 | Gareth Crawford (U23) | Lifford Strabane A.C. |
| 711 | Conor Cusack | Lake District Athletics |
| 712 | Cathal Scanlon | Leevale A.C. |

Performance

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Result:.....

Men's Hammer

National Record: Declan Hegarty 77.80m 27/04/1985
Championship Record: Conor McCullough Snr 74.16m 24/07/1988
Title Holder: Owen Russell 61.88m 27/07/2019

TOP 10 CHAMPIONSHIP PERFORMANCES

| | | | | | | | |
|-------------------------|--------|-----|------|---------------------|--------|-----|------|
| 1. Conor McCullough Snr | 74.16m | (1) | 1988 | 6. Roman Linscheid | 72.42m | (1) | 1998 |
| 2. Roman Linscheid | 72.88m | (1) | 1996 | 7. Paddy McGrath | 72.21m | (2) | 1998 |
| 3. Conor McCullough Jnr | 72.81m | (1) | 2014 | 8. Paddy McGrath | 72.01m | (1) | 1999 |
| 4. Conor McCullough Jnr | 72.67m | (1) | 2011 | 9. Roman Linscheid | 71.86m | (2) | 1999 |
| 5. Conor McCullough Jnr | 72.51m | (1) | 2012 | 10. Roman Linscheid | 71.54m | (1) | 1996 |

| | | |
|-----|-------------------------|-------------------------|
| 402 | John Dwyer | Templemore A.C. |
| 405 | Sean Mockler (U23) | Moycarkey Coolcree A.C. |
| 532 | Simon Galligan | Clonliffe Harriers A.C. |
| 533 | Brendan O'Donnell (U23) | Lifford Strabane A.C. |
| 534 | Mark O brien (U23) | Templemore A.C. |
| 535 | Adam King | Iveragh A.C. |
| 536 | Robert Higgins | Na Fianna A.C. |

Performance

.....

Result:.....



23 July 2019; John Travers of Donore Harriers, Co. Dublin, left, on his way to winning the Men's 1500m alongside Andrew Coscoran of Star of the Sea A.C., Co. Meath, during day two of the Irish Life Health National Senior Track & Field Championships at Morton Stadium in Santry, Dublin.
Photo by Harry Murphy/Sportsfile

Men's 56lb Height

National Record: Gerry O'Connell 4.93m 19/07/1986
Championship Record: Gerry O'Connell 4.93m 19/07/1986
Title Holder: Sean Breathnach 4.40m 27/07/2019

| TOP 10 CHAMPIONSHIP PERFORMANCES | | | | | | | |
|----------------------------------|-------|-----|------|-----------------------|-------|-----|------|
| 1. Gerry O'Connell | 4.93m | (1) | 1986 | = 5. Pat Maher | 4.72m | (1) | 1987 |
| 2. Gerry O'Connell | 4.85m | (1) | 1984 | 6. Seamus Fitzpatrick | 4.70m | (1) | 1996 |
| 3. Tadgh Twomey | 4.82m | (1) | 1975 | 7. Gerry O'Connell | 4.65m | (1) | 1981 |
| 4. Tadgh Twomey | 4.75m | (1) | 1970 | 8. Gerry O'Connell | 4.63m | (1) | 1983 |
| 5. Tony Moran | 4.72m | (1) | 1979 | 9. Pat Maher | 4.62m | (1) | 1988 |

| Rank | Name | Club | Performance |
|------|------------------------------------------|---------------------------|-------------|
| 389 | Brendan Staunton | Galway City Harriers A.C. | |
| 390 | Sean Breathnach | Galway City Harriers A.C. | |
| 402 | John Dwyer | Templemore A.C. | |
| 651 | Sean Maher | Brow Rangers A.C. | |
| 652 | Colm Donoghue | Lusk A.C. | |
| 653 | Damian Crawford | Lifford Strabane A.C. | |
| 403 | Padraig O Callaghan (U23 35lb Height) | Leevale A.C. | |
| 404 | Patrick Corrigan (U23 35lb Height) | Suncroft A.C. | |
| 405 | Sean Mockler (U23 35lb Height) | Moycarkey Coolcree A.C. | |
| 654 | Darryl Crawford (U23 35klb Height) | Lifford Strabane A.C. | |

Result:.....

Men's 56lb Distance

National Record: John Menton 9.16m 26/07/1998
Championship Record: John Menton 9.16m 26/07/1998
Title Holder: Sean Breathnach 8.27m 28/07/2019

| TOP 10 CHAMPIONSHIP PERFORMANCES | | | | | | | |
|----------------------------------|-------|-----|------|--------------------|-------|-----|------|
| 1. John Menton | 9.16m | (1) | 1998 | 6. Tadgh Twomey | 8.82m | (1) | 1977 |
| 2. Nick Sweeney | 8.95m | (1) | 1999 | 7. Gerry O'Connell | 8.77m | (1) | 1985 |
| =2. John Menton | 8.95m | (1) | 1997 | 8. Tadgh Twomey | 8.74m | (1) | 1967 |
| 4. Nick Sweeney | 8.92m | (2) | 1997 | 9. John Menton | 8.73m | (1) | 1996 |
| 5. Gerry O'Connell | 8.88m | (1) | 1980 | =9. Tomas Raultys | 8.73m | (1) | 2012 |

| Rank | Name | Club | Performance |
|------|---------------------|---------------------------|-------------|
| 389 | Brendan Staunton | Galway City Harriers A.C. | |
| 390 | Sean Breathnach | Galway City Harriers A.C. | |
| 392 | Michael Healy | Youghal A.C. | |
| 402 | John Dwyer | Templemore A.C. | |
| 403 | Padraig O Callaghan | Leevale A.C. | |
| 404 | Patrick Corrigan | Suncroft A.C. | |
| 405 | Sean Mockler | Moycarkey Coolcree A.C. | |

Result:.....

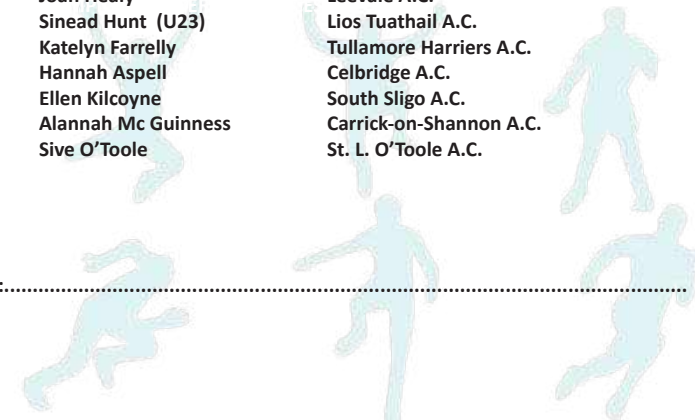
Women's 100m

National Record: Phil Healy 11.28(+2.00) 06/06/2018
Championship Record: Ciara Neville 11.33(+1.00) 28/07/2019
Title Holder: Ciara Neville 11.33(+1.00) 28/07/2019

| TOP 10 CHAMPIONSHIP PERFORMANCES | | | | | | | |
|----------------------------------|-------|------|------|---------------------|-------|-----|------|
| 1. Ciara Neville | 11.33 | (1) | 2019 | 6. Anna Boyle | 11.53 | (1) | 2005 |
| 2. Amy Foster | 11.43 | (1) | 2017 | 7. Michele Carroll | 11.54 | (1) | 1992 |
| =3. Amy Foster | 11.49 | (=1) | 2014 | =8. Ciara Sheehy | 11.54 | (1) | 2003 |
| =3. Phil Healy | 11.49 | (=1) | 2014 | =8. Derval O'Rourke | 11.54 | (2) | 2005 |
| 5. Michelle Carroll | 11.52 | (1) | 1978 | =8. Amy Foster | 11.54 | (1) | 2008 |

| Rank | Name | Club | Performance |
|------|----------------------|-----------------------------|-------------|
| 1 | Sinead O Regan | Riverstick/Kinsale A.C. | |
| 2 | Aoife Lynch (U23) | Donore Harriers | |
| 4 | Laura Ann Costello | Galway City Harriers A.C. | |
| 5 | Sarah Mccarthy | Mid Sutton A.C. | |
| 7 | Lauren Roy (U23) | City of Lisburn A.C. | |
| 8 | Sarah Lavin | Emerald A.C. | |
| 12 | Phil Healy | Bandon A.C. | |
| 13 | Adina Gheorghiu | Dundrum South Dublin A.C. | |
| 15 | Megan Lynch | Lios Tuathail A.C. | |
| 17 | Lucy-May Sleeman | Leevale A.C. | |
| 18 | Nadislane Kabongo | Tallaght A.C. | |
| 19 | Jenna Breen | City of Lisburn A.C. | |
| 20 | Kate Donohoe | Annalee A.C. | |
| 21 | Rebecca Falvey | Tralee Harriers A.C. | |
| 22 | Aisling Kelly | Taghmon A.C. | |
| 23 | Jennifer Hanrahan | Tallaght A.C. | |
| 24 | Elizabeth Gahan | Enniscorthy A.C. | |
| 25 | Erin Taheny | Corran A.C. | |
| 26 | Orlagh Leer | Monaghan Phoenix A.C. | |
| 32 | Amy Allen | Naas A.C. | |
| 84 | Eva Mc partlan (U23) | Donore Harriers | |
| 86 | Sarah Quinn (U23) | St. Colmans South Mayo A.C. | |
| 87 | Molly Scott (U23) | St. L. O'Toole A.C. | |
| 123 | Adeyemi Talabi | Longford A.C. | |
| 255 | Joan Healy | Leevale A.C. | |
| 256 | Sinead Hunt (U23) | Lios Tuathail A.C. | |
| 257 | Katelyn Farrelly | Tullamore Harriers A.C. | |
| 258 | Hannah Aspell | Celbridge A.C. | |
| 259 | Ellen Kilcoyne | South Sligo A.C. | |
| 260 | Alannah Mc Guinness | Carrick-on-Shannon A.C. | |
| 261 | Sive O'Toole | St. L. O'Toole A.C. | |

Result:.....



Women's 200m

National Record: Sarah Reilly 23.02(0.3) 08/08/2001
Championship Record : Ciara Sheehy 23.02(nwi) 24/08/2002
Title Holder: Phil Healy 23.33(+0.6) 28/07/2019

TOP 10 CHAMPIONSHIP PERFORMANCES

| | | | | | | | | |
|-----|----------------|-------|-----|------|---------------------|-------|-----|------|
| 1. | Ciara Sheehy | 23.02 | (1) | 2002 | 6. Emily Maher | 23.39 | (1) | 2005 |
| 2. | Joanne Cuddihy | 23.15 | (1) | 2012 | 7. Ciara Sheehy | 23.44 | (2) | 2005 |
| 3. | Kelly Proper | 23.23 | (1) | 2014 | 8. Patricia Amond | 23.47 | (1) | 1988 |
| =4. | Joanne Cuddihy | 23.33 | (1) | 2006 | 9. Michelle Carroll | 23.52 | (1) | 1979 |
| =4. | Phil Healy | 23.33 | (1) | 2019 | 10. Sarah Reilly | 23.55 | (1) | 2000 |

| | | |
|----|---------------------|---------------------------|
| 1 | Sinead O Regan | Riverstick/Kinsale A.C. |
| 2 | Aoife Lynch (U23) | Donore Harriers |
| 3 | Jessica Neville | Leevale A.C. |
| 4 | Laura Ann Costello | Galway City Harriers A.C. |
| 5 | Sarah Mccarthy | Mid Sutton A.C. |
| 6 | Charlotte Wingfield | Raheny Shamrock A.C. |
| 7 | Lauren Roy (U23) | City of Lisburn A.C. |
| 8 | Sarah Lavin | Emerald A.C. |
| 9 | Lauren Cadden (U23) | Sligo A.C. |
| 10 | Roisin Dobey | Crusaders A.C. |
| 11 | Laura Frey | Lagan Valley A.C. |
| 12 | Phil Healy | Bandon A.C. |
| 13 | Adina Gheorghiu | Dundrum South Dublin A.C. |
| 14 | Kate O'Connell | Lucan Harriers A.C. |
| 15 | Megan Lynch | Lios Tuathail A.C. |
| 16 | Aimee Doherty | Ratoath A.C. |
| 17 | Lucy-May Sleeman | Leevale A.C. |
| 18 | Nadislane Kabongo | Tallaght A.C. |
| 19 | Jenna Breen | City of Lisburn A.C. |
| 20 | Kate Donohoe | Annalee A.C. |
| 21 | Rebecca Falvey | Tralee Harriers A.C. |
| 22 | Aisling Kelly | Taghmon A.C. |
| 23 | Jennifer Hanrahan | Tallaght A.C. |
| 24 | Elizabeth Gahan | Enniscorthy A.C. |
| 25 | Erin Taheny | Corran A.C. |
| 26 | Orlagh Leer | Monaghan Phoenix A.C. |
| 27 | Kate Bergin | Moyné A.C. |
| 28 | Lauren Mccourt | Bandon A.C. |
| 29 | Ciara Kennelly | Killarney Valley A.C. |
| 30 | Blanaid Fogarty | Enniscorthy A.C. |
| 31 | Molly Hourihan | Dundrum South Dublin A.C. |
| 32 | Amy Allen | Naas A.C. |
| 33 | Chloe Hayden | St. L. O'Toole A.C. |
| 34 | Anna Mccauley | City of Lisburn A.C. |
| 35 | Olivia Gonsalves | Trim A.C. |

Performance

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Result:.....

Women's 400m

National Record: Joanne Cuddihy 50.73 27/08/2007
Championship Record: Joanne Cuddihy 51.28 23/07/2006
Title Holder: Sharlene Mawdsley 53.38 28/07/2019

TOP 10 CHAMPIONSHIP PERFORMANCES

| | | | | | | | | |
|----|----------------|-------|-----|------|--------------------|-------|-----|------|
| 1. | Joanne Cuddihy | 51.28 | (1) | 2006 | 6. Karen Shinkins | 52.34 | (1) | 2002 |
| 2. | Joanne Cuddihy | 51.86 | (1) | 2007 | 7. Karen Shinkins | 52.49 | (1) | 2005 |
| 3. | Joanne Cuddihy | 51.89 | (1) | 2012 | 8. Karen Shinkins | 52.54 | (1) | 2000 |
| 4. | Joanne Cuddihy | 52.15 | (1) | 2011 | 9. Karen Shinkins | 52.58 | (1) | 2003 |
| 5. | Karen Shinkins | 52.17 | (1) | 2001 | 10. Michelle Carey | 52.67 | (2) | 2006 |

| | | |
|-----|----------------------|---------------------------|
| 16 | Aimee Doherty | Ratoath A.C. |
| 27 | Kate Bergin | Moyné A.C. |
| 29 | Ciara Kennelly | Killarney Valley A.C. |
| 31 | Molly Hourihan | Dundrum South Dublin A.C. |
| 157 | Hannah Byrne (U23) | Raheny Shamrock A.C. |
| 158 | Sophie Becker | Raheny Shamrock A.C. |
| 159 | Ellie O Toole (U23) | Newbridge A.C. |
| 160 | Deirdre Murray (U23) | Na Fianna A.C. |
| 161 | Niamh Malone (U23) | Monaghan Phoenix A.C. |
| 162 | Clodagh Dunbar | Menapians A.C. |
| 163 | Laura Nally (U23) | Galway City Harriers A.C. |
| 164 | Grainne Moynihan | West Muskerry A.C. |
| 165 | Ciara Barry | Crusaders A.C. |
| 166 | Sinead Treacy | Craughwell A.C. |
| 167 | Emer Treacy | Clonliffe Harriers A.C. |
| 168 | Karen Dunne | Bohermeen A.C. |
| 169 | Nicole Walsh (U23) | Galway City Harriers A.C. |
| 170 | Irene Kellegher | Liscarroll A.C. |
| 171 | Victoria Lightbody | City of Lisburn A.C. |
| 172 | Amy Byrne | Celbridge A.C. |
| 173 | Sophie Richie | Rathfarnham W.S.A.F. A.C. |
| 174 | Ciara Moore | St. L. O'Toole A.C. |
| 175 | Daniella Jansen | Finn Valley A.C. |
| 176 | Caoimhe Cronin | Le Chéile A.C. |
| 177 | Rachel Butler | Moyné A.C. |
| 178 | Sophia Crotty | Annalee A.C. |
| 179 | Maud O'Shea | St. Coca's A.C. |
| 180 | Rachel Mccann | North Down A.C. |
| 181 | Caoimhe Rowe | Trim A.C. |

Performance

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Result:.....



Women's 800m



| | | | |
|-----------------------------|----------------|---------|------------|
| National Record: | Ciara Mageean | 1.59.69 | 24/07/2020 |
| Championship Record: | Aisling Molloy | 2.02.08 | 14/07/1991 |
| Title Holder: | Ciara Mageean | 2.07.30 | 28/07/2019 |

TOP 10 CHAMPIONSHIP PERFORMANCES

| | | | | | | | |
|-----------------------|---------|-----|------|-----------------------|---------|-----|------|
| 1. Aisling Molloy | 2.02.08 | (1) | 1991 | 6. Aoife Byrne | 2.03.71 | (1) | 2001 |
| 2. Ciara Mageean | 2.02.98 | (1) | 2015 | 7. Sonia O'Sullivan | 2.04.23 | (3) | 1991 |
| 3. Bernie Kavanagh | 2.03.08 | (2) | 1991 | 8. Aisling Molloy | 2.04.50 | (1) | 1994 |
| 4. Rose-Anne Galligan | 2.03.35 | (1) | 2010 | 9. Rose-Anne Galligan | 2.04.66 | (1) | 2009 |
| 5. Aisling Molloy | 2.03.51 | (1) | 1995 | 10. Sonia O'Sullivan | 2.04.71 | (1) | 2000 |

| | | | Performance |
|----|----------------------|----------------------------------|-------------|
| 16 | Aimee Doherty | Ratoath A.C. | |
| 36 | Kathryn Casserly | Galway City Harriers A.C. | |
| 37 | Denise Toner | Clones A.C. | |
| 38 | Kelly Neely | City of Lisburn A.C. | |
| 39 | Annette Quaid | Leevale A.C. | |
| 40 | Claire Mooney | Naas A.C. | |
| 41 | Sarah Clarke (U23) | Na Fianna A.C. | |
| 42 | Síle Carroll | Liffey Valley A.C. | |
| 43 | Iseult O'Donnell | Raheny Shamrock A.C. | |
| 44 | Sinead Gaffney | Craughwell A.C. | |
| 45 | Sinead Denny | Dundrum South Dublin A.C. | |
| 46 | Aoife Corr (U23) | Dublin City Harriers A.C. | |
| 47 | Louise Gaffney | Rathfarnham W.S.A.F. A.C. | |
| 48 | Katie Kirk | University of Ulster Jordanstown | |
| 49 | Sarah Lanigan | Galway City Harriers A.C. | |
| 50 | Richael Browne (U23) | U.C.D. A.C. | |
| 51 | Claire Earls | Sli Cualann A.C. | |
| 52 | Katy Conroy | Sli Cualann A.C. | |
| 53 | Ciara Everard | U.C.D. A.C. | |
| 54 | Bronagh Kearns | St. Senans A.C. | |
| 55 | Robyn Mckee | Dromore A.C. | |
| 56 | Amy O'Donoghue | Emerald A.C. | |
| 57 | Nadia Power (U23) | Dublin City Harriers A.C. | |
| 58 | Aoife Delargy | Nenagh Olympic A.C. | |
| 59 | Jennifer Johnston | Clonliffe Harriers A.C. | |
| 60 | Maeve O'Neill | Doheny A.C. | |
| 61 | Sarah Hosey | Dooneen A.C. | |
| 62 | Maria Campbell | Dooneen A.C. | |
| 63 | Ruby Stueven | Tullamore Harriers A.C. | |
| 64 | Ava O'Connor | Tullamore Harriers A.C. | |
| 65 | Ailbhe O'Neill | Nenagh Olympic A.C. | |
| 66 | Sarah Brady | North Leitrim A.C. | |
| 67 | Aimee Hayde | Newport A.C. | |
| 68 | Sophie Jackman | St. Senans A.C. | |
| 69 | Sarah Lane | Nenagh Olympic A.C. | |
| 70 | Nessa Wheeler | Carraig-Na-Bhfear A.C. | |

Result:.....



Women's 1500m



| | | | |
|-----------------------------|------------------|---------|------------|
| National Record: | Sonia O'Sullivan | 3.58.85 | 25/07/1995 |
| Championship Record: | Sonia O'Sullivan | 4.07.09 | 16/07/1995 |
| Title Holder: | Sarah Healy | 4.31.84 | 28/07/2019 |

TOP 10 CHAMPIONSHIP PERFORMANCES

| | | | | | | | |
|---------------------|---------|-----|------|----------------------|---------|-----|------|
| 1. Sonia O'Sullivan | 4.07.09 | (1) | 1995 | 6. Jolene Byrne | 4.11.72 | (1) | 2005 |
| 2. Sonia O'Sullivan | 4.09.37 | (1) | 2000 | 7. Maria McCambridge | 4.11.73 | (2) | 2005 |
| 3. Sonia O'Sullivan | 4.09.44 | (1) | 1990 | 8. Roisin McGettigan | 4.13.93 | (3) | 2005 |
| 4. Sinead Delahunty | 4.10.04 | (2) | 1995 | 9. Laura Crowe | 4.13.96 | (1) | 2013 |
| 5. Monica Joyce | 4.10.48 | (1) | 1982 | 10. Una English | 4.14.21 | (1) | 1998 |

| | | | Performance |
|-----|-------------------------|----------------------------|-------------|
| 37 | Denise Toner | Clones A.C. | |
| 38 | Kelly Neely | City of Lisburn A.C. | |
| 39 | Annette Quaid | Leevale A.C. | |
| 43 | Iseult O'Donnell | Raheny Shamrock A.C. | |
| 44 | Sinead Gaffney | Craughwell A.C. | |
| 53 | Ciara Everard | U.C.D. A.C. | |
| 54 | Bronagh Kearns | St. Senans A.C. | |
| 56 | Amy O'Donoghue | Emerald A.C. | |
| 57 | Nadia Power (U23) | Dublin City Harriers A.C. | |
| 63 | Ruby Stueven | Tullamore Harriers A.C. | |
| 64 | Ava O'Connor | Tullamore Harriers A.C. | |
| 65 | Ailbhe O'Neill | Nenagh Olympic A.C. | |
| 67 | Aimee Hayde | Newport A.C. | |
| 69 | Sarah Lane | Nenagh Olympic A.C. | |
| 94 | Michelle Finn | Leevale A.C. | |
| 188 | Holly Brennan | Cilles A.C. | |
| 197 | Nadine Donegan | Tullamore Harriers A.C. | |
| 200 | Cheryl Nolan | St. Abbans A.C. | |
| 207 | Claire Fagan (U23) | Mullingar Harriers A.C. | |
| 210 | Ciara Wilson | D.M.P. A.C. | |
| 220 | Christine Russell (U23) | Letterkenny A.C. | |
| 228 | Siobhan Eviston | Raheny Shamrock A.C. | |
| 229 | Fiona Kehoe | Kilmore A.C. | |
| 230 | Carol Finn | Leevale A.C. | |
| 231 | Greta Streimyte | Clonliffe Harriers A.C. | |
| 232 | Ciara O'Neill (U23) | Clonmel A.C. | |
| 233 | Edel Monaghan (U23) | Dublin City Harriers A.C. | |
| 234 | Aoife Ní bhroin | Dublin City Harriers A.C. | |
| 235 | Niamh Kearney | Raheny Shamrock A.C. | |
| 236 | Lucy Barrett (U23) | Raheny Shamrock A.C. | |
| 237 | Aine Donnelly | Finn Valley A.C. | |
| 238 | Maisy O'Sullivan | St. Abbans A.C. | |
| 239 | Rachel Gibson | North Down A.C. | |
| 240 | Blaithin Sheil | Raheny Shamrock A.C. | |
| 241 | Ellie Hartnett | U.C.D. A.C. | |
| 242 | Carla Sweeney (U23) | Rathfarnham W.S.A.F. A.C. | |
| 243 | Mary Leech | Drogheda and District A.C. | |
| 244 | Catrina Devine | Finn Valley A.C. | |
| 245 | Roisin Treacy | Dundrum South Dublin A.C. | |
| 246 | Aoife McGreevy | Lagan Valley A.C. | |
| 247 | Siobhan Whelan | Clonmel A.C. | |
| 248 | Murphy Miller | North Down A.C. | |
| 249 | Niamh Carr | Springwell Running Club | |
| 250 | Rachel Hosey | Emerald A.C. | |

Result:.....



Junior Women's 5000m



National Record:
Championship Record:
Title Holder:

Sarah Collins 16:19.80
Amy Rose Farrell 16:47.93
Sarah Kelly 18:54.75

19/04/2013
01/07/2017
30/06/2019

| | | |
|-----|----------------|------------------------|
| 182 | Claragh Keane | D.M.P. A.C. |
| 183 | Ava Costello | Trim A.C. |
| 184 | Taylor Stack | Trim A.C. |
| 185 | Holly Carroll | Blarney/Inniscara A.C. |
| 186 | Kate Jackman | Adamstown A.C. |
| 187 | Aoife Coffey | Lucan Harriers A.C. |
| 188 | Holly Brennan | Cilles A.C. |
| 189 | Celine Gavin | Celtic DCH A.C. |
| 190 | Niamh O Mahony | An Ríocht A.C. |

Performance

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Result:.....

Women's 5000m

National Record:
Championship Record:
Title Holder:

Sonia O'Sullivan 14.41.02
Sonia O'Sullivan 15.20.11
Fionnuala McCormack 15.51.97

25/09/2000
14/07/2002
28/07/2019

TOP 10 CHAMPIONSHIP PERFORMANCES

| | | | | | | | |
|------------------------|----------|-----|------|------------------------|----------|-----|------|
| 1. Sonia O'Sullivan | 15.20.11 | (1) | 2002 | 6. Emma Mitchell | 15.26.69 | (2) | 2000 |
| 2. Sonia O'Sullivan | 15.20.16 | (1) | 1998 | 7. Breda Dennehy Wills | 15.31.92 | (1) | 2001 |
| 3. Sonia O'Sullivan | 15.20.68 | (1) | 2003 | 8. Breda Dennehy Wills | 15.39.04 | (3) | 2003 |
| 4. Marie Davenport | 15.24.54 | (2) | 2003 | 9. Fionnuala Britton | 15.39.40 | (1) | 2014 |
| 5. Breda Dennehy Wills | 15.25.32 | (1) | 2000 | 10. Emma Mitchell | 15.39.77 | (2) | 2002 |

| | | |
|-----|------------------------|-----------------------------|
| 94 | Michelle Finn | Leevale A.C. |
| 191 | Kerry Anne O'Flaherty | Newcastle and District A.C. |
| 192 | Ide Nicdhomhnaill | Donore Harriers |
| 193 | Sorcha Nicdhomhnaill | Donore Harriers |
| 194 | Breege Connolly | City of Derry A.C. Spartans |
| 195 | Ciara Hickey | Brothers Pearse A.C. |
| 196 | Annamarie Mcglynn | Letterkenny A.C. |
| 197 | Nadine Donegan | Tullamore Harriers A.C. |
| 198 | Catherina Mullen | Metro/St. Brigid's A.C. |
| 199 | Sorcha Mcalister (U23) | Westport A.C. |
| 200 | Cheryl Nolan | St. Abbans A.C. |
| 201 | Karen Sweeney | Sligo A.C. |
| 202 | Ailish Murtagh (U23) | Raheny Shamrock A.C. |
| 203 | Shannon Kelly | Raheny Shamrock A.C. |
| 204 | Ruth Heery (U23) | Waterford A.C. |
| 205 | Anna O'connor (U23) | Waterford A.C. |
| 206 | Nakita Burke | Letterkenny A.C. |
| 207 | Claire Fagan (U23) | Mullingar Harriers A.C. |
| 208 | Fiona Everard (U23) | Bandon A.C. |
| 209 | Lauren Dermody | Castlecomer A.C. |
| 210 | Ciara Wilson | D.M.P. A.C. |
| 211 | Cliona Murphy | Dublin City Harriers A.C. |
| 212 | Meghan Ryan | Dundrum South Dublin A.C. |

Performance

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Women's 5000m cont'd



| | | |
|-----|-------------------------|---------------------------|
| 213 | Fiona Clinton | Dundrum South Dublin A.C. |
| 214 | Laura Shaughnessy | Galway City Harriers A.C. |
| 215 | Sarah Kelly (U23) | Inishowen A.C. |
| 216 | Grace Lynch | Iveragh A.C. |
| 217 | Una Britton | Kilcoole A.C. |
| 218 | Niamh Moore | Leevale A.C. |
| 219 | Sinead O'Connor | Leevale A.C. |
| 220 | Christine Russell (U23) | Letterkenny A.C. |
| 221 | Niamh Kelly | Letterkenny A.C. |
| 222 | Aoife Ó Cuill | St. Coca's A.C. |

Performance

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Result:.....

Women's 100m Hurdles

| | | |
|-----------------|-------------|------------|
| Derval O'Rourke | 12.65 | 31/07/2010 |
| Derval O'Rourke | 12.95 | 24/07/2005 |
| Sarah Lavin | 13.30(+1.6) | 28/07/2019 |

TOP 10 CHAMPIONSHIP PERFORMANCES

| | | | | | | | |
|---------------------|-------|-----|------|---------------------|-------|-----|------|
| 1. Derval O'Rourke | 12.95 | (1) | 2005 | 6. Sarah Lavin | 13.30 | (1) | 2019 |
| 2. Derval O'Rourke | 13.04 | (1) | 2008 | 7. Susan Smith | 13.31 | (1) | 1998 |
| =3. Derval O'Rourke | 13.24 | (1) | 2006 | =8. Derval O'Rourke | 13.45 | (1) | 2002 |
| =3. Derval O'Rourke | 13.24 | (1) | 2011 | =8. Derval O'Rourke | 13.45 | (1) | 2007 |
| 5. Derval O'Rourke | 13.26 | (1) | 2010 | 10. Sarah Quinn | 13.47 | (2) | 2019 |

| | | |
|----|----------------------|-----------------------------|
| 34 | Anna Mccauley | City of Lisburn A.C. |
| 84 | Eva Mc partlan (U23) | Donore Harriers |
| 85 | Lilly-Ann O Hora | Dooneen A.C. |
| 86 | Sarah Quinn (U23) | St. Colmans South Mayo A.C. |
| 87 | Molly Scott (U23) | St. L. O'Toole A.C. |
| 88 | Lara O Byrne (U23) | Donore Harriers |
| 89 | Tara Meier | Raheny Shamrock A.C. |

Performance

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Result:.....



Women's 400m Hurdles



| | | | |
|-----------------------------|-------------------|-------|------------|
| National Record: | Susan Smith | 54.31 | 12/08/1998 |
| Championship Record: | Susan Smith-Walsh | 55.54 | 25/07/1999 |
| Title Holder: | Nessa Millet | 58.83 | 28/07/2019 |

TOP 10 CHAMPIONSHIP PERFORMANCES

| | | | | | | | |
|----------------------|-------|-----|------|----------------------|-------|-----|------|
| 1. Susan Smith Walsh | 55.54 | (1) | 1999 | 6. Jessie Barr | 57.38 | (1) | 2011 |
| 2. Susan Smith | 56.01 | (1) | 1996 | 7. Jessie Barr | 57.48 | (1) | 2013 |
| =3. Susan Smith | 56.23 | (1) | 1997 | 8. Justine Kinney | 57.75 | (1) | 2010 |
| =3. Michelle Carey | 57.23 | (1) | 2007 | 9. Christine McMahon | 57.73 | (1) | 2014 |
| 5. Jessie Barr | 57.33 | (1) | 2012 | 10. Michelle Carey | 57.82 | (1) | 2009 |

| | | |
|-----|----------------------|------------------------|
| 3 | Jessica Neville | Leevale A.C. |
| 11 | Laura Frey | Lagan Valley A.C. |
| 75 | Eimear Halpin | Menapians A.C. |
| 168 | Karen Dunne | Bohermeen A.C. |
| 181 | Caoimhe Rowe | Trim A.C. |
| 223 | Nessa Millet | St. Abbans A.C. |
| 226 | Zofia Terzyk | St. Coca's A.C. |
| 227 | Ella Duane | Naas A.C. |
| 160 | Deirdre Murray (U23) | Na Fianna A.C. |
| 161 | Niamh Malone (U23) | Monaghan Phoenix A.C. |
| 224 | Caoimhe Mackey (U23) | Donore Harriers |
| 225 | Katie Walsh (U23) | Carraig-Na-Bhfear A.C. |

Performance

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Result:.....

Women's 3000m Steeplechase

| | | | |
|-----------------------------|-------------------|---------|------------|
| National Record: | Roisin McGettigan | 9.28.29 | 28/07/2007 |
| Championship Record: | Michelle Finn | 9.45.57 | 28/07/2019 |
| Title Holder: | Michelle Finn | 9.45.57 | 28/07/2019 |

TOP 10 CHAMPIONSHIP BEST PERFORMANCES

| | | | | | | | |
|-----------------------|---------|-----|------|------------------------|----------|-----|------|
| 1. Michelle Finn | 9.45.57 | (1) | 2019 | 6. Sara Treacy | 9.58.92 | (1) | 2015 |
| 2. Michelle Finn | 9.46.19 | (1) | 2018 | 7. Sara Treacy | 9.59.75 | (1) | 2014 |
| 3. Michelle Finn | 9.46.81 | (1) | 2016 | 8. Fionnualla Britton | 10.04.95 | (1) | 2009 |
| 4. Fionnualla Britton | 9.51.93 | (1) | 2008 | 9. Michelle Finn | 10.16.90 | (1) | 2013 |
| 5. Roisin McGettigan | 9.56.17 | (1) | 2007 | 10. Stephanie O'Reilly | 10.19.35 | (2) | 2008 |

| | | |
|----|----------------------------|-------------------------|
| 90 | Aoife O'Brien (U23) | Westport A.C. |
| 91 | Emily Grennan | Tullamore Harriers A.C. |
| 92 | Aoibhinn Mc Goldrick (U23) | Raheny Shamrock A.C. |
| 93 | Jessica Coyne | Dooneen A.C. |
| 94 | Michelle Finn | Leevale A.C. |
| 95 | Kirsten Monaghan | St. Coca's A.C. |
| 96 | Aoife Allen | St. Senans A.C. |

Performance

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Result:.....



Women's 5000m Walk



| | | | |
|-----------------------------|--------------------|----------|------------|
| National Record: | Gillian O'Sullivan | 20.02.60 | 13/07/2002 |
| Championship Record: | Gillian O'Sullivan | 20.02.60 | 13/07/2002 |
| Title Holder: | Orlaith Delahunt | 26.18.21 | 27/07/2019 |

TOP 10 CHAMPIONSHIP PERFORMANCES

| | | | | | | | |
|-----------------------|----------|-----|------|-----------------------|----------|-----|------|
| 1. Gillian O'Sullivan | 20.02.60 | (1) | 2002 | 6. Olive Loughnane | 21.13.59 | (2) | 2003 |
| 2. Gillian O'Sullivan | 20.13.13 | (1) | 2003 | 7. Kate Veale | 21.30.15 | (2) | 2011 |
| 3. Gillian O'Sullivan | 20.50.13 | (1) | 2001 | 8. Olive Loughnane | 21.52.56 | (1) | 2005 |
| 4. Gillian O'Sullivan | 21.03.45 | (1) | 2009 | 9. Gillian O'Sullivan | 21.57.22 | (1) | 1998 |
| 5. Gillian O'Sullivan | 21.07.08 | (1) | 2008 | 10. Olive Loughnane | 21.54.97 | (1) | 2002 |

| | | |
|-----|----------------------|-------------------------|
| 141 | Sinead Mc Connell | Finn Valley A.C. |
| 142 | Kate Veale | West Waterford A.C. |
| 143 | Maggiehelen O Connor | St. Joseph's A.C. |
| 144 | Méabh O Connor | Waterford A.C. |
| 145 | Ruth Monaghan | Sligo A.C. |
| 146 | Ava Ross | Glaslough Harriers A.C. |
| 147 | Emily Machugh | Naas A.C. |
| 148 | Eva Delahunt | Sligo A.C. |
| 149 | Sarah Glennon | Mullingar Harriers A.C. |
| 150 | Maria Flynn | Naas A.C. |

Performance

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Result:.....

Women's High Jump

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|-----------------------------|----------------|-------|------------|
| National Record: | Deirdre Ryan | 1.95m | 01/09/2011 |
| Championship Record: | Deirdre Ryan | 1.90m | 07/08/2011 |
| Title Holder: | Philippa Rogan | 1.85m | 28/07/2019 |

TOP 10 CHAMPIONSHIP PERFORMANCES

| | | | | | | | |
|--------------------|-------|-----|------|-----------------------|-------|-----|------|
| 1. Deirdre Ryan | 1.90m | (1) | 2011 | =5. Deirdre Ryan | 1.83m | (1) | 1996 |
| =1. Deirdre Ryan | 1.90m | (1) | 2012 | =7. Deirdre Ryan | 1.80m | (1) | 2007 |
| =3. Laura Sharpe | 1.85m | (1) | 1994 | =7. Deirdre Ryan | 1.80m | (1) | 2004 |
| =3. Philippa Rogan | 1.85m | (1) | 2019 | =7. Catriona Scott | 1.80m | (1) | 1987 |
| =5. Deirdre Ryan | 1.83m | (1) | 1996 | =7. Cathriona Farrell | 1.80m | (1) | 2015 |
| | | | | =7. Pamela Hughes | 1.80m | (2) | 2009 |

| | | |
|-----|--------------------------|-----------------------------|
| 88 | Lara O Byrne (U23) | Donore Harriers |
| 119 | Shannon Sheehy (U23) | Clonliffe Harriers A.C. |
| 124 | Maeve Hayes | St. Pauls A.C. |
| 131 | Katherine O'connor (U23) | Dundalk St. Gerards A.C. |
| 134 | Hannah Murphy (U23) | Leevale A.C. |
| 135 | Sommer Lecky (U23) | Finn Valley A.C. |
| 136 | Michelle Cashman | Naas A.C. |
| 137 | Roisin Kellegher | Annalee A.C. |
| 138 | Aoife O'Sullivan | Liscarroll A.C. |
| 139 | Kylie Heinen | Ferrybank A.C. |
| 140 | Louise King | St. Colmans South Mayo A.C. |

Performance

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Result:.....



FINGAL DUBLIN 2020

December 13th 2020
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Women's Long Jump

National Record: Kelly Proper 6.60m 08/08/2010
Championship Record: Kelly Proper 6.68m 02/08/2009
Title Holder: Ruby Millet 5.98 (+1.9) 28/07/2019

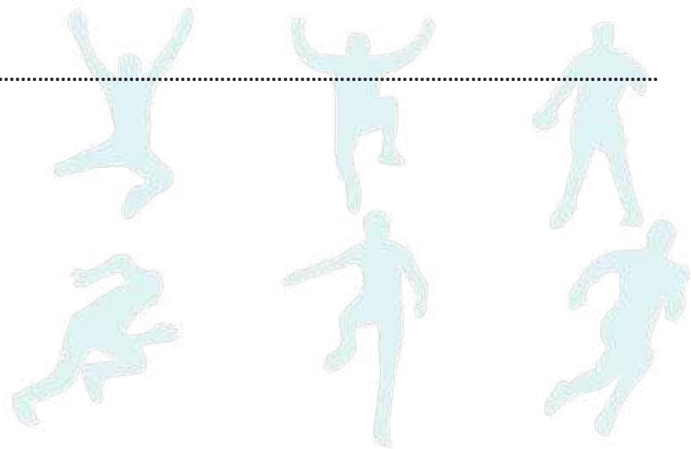
TOP 10 CHAMPIONSHIP PERFORMANCES

| | | | | | | | |
|-----------------|-------|-----|------|------------------|-------|-----|------|
| 1. Kelly Proper | 6.68m | (1) | 2009 | 6. Terri Horgan | 6.31m | (1) | 1990 |
| 2. Kelly Proper | 6.42m | (1) | 2008 | 7. Mary McLoone | 6.30m | (2) | 2009 |
| 3. Kelly Proper | 6.35m | (1) | 2010 | 8. Terri Horgan | 6.29m | (1) | 1993 |
| 4. Kelly Proper | 6.33m | (1) | 2012 | =9. Terri Horgan | 6.27m | (1) | 1988 |
| 5. Kelly Proper | 6.32m | (1) | 2006 | =9. Kelly Proper | 6.27m | (1) | 2014 |

| | | |
|-----|-------------------------|---------------------------|
| 5 | Sarah McCarthy | Mid Sutton A.C. |
| 21 | Rebecca Falvey | Tralee Harriers A.C. |
| 23 | Jennifer Hanrahan | Tallaght A.C. |
| 34 | Anna Mccauley | City of Lisburn A.C. |
| 97 | Kim O Hare (U23) | Raheny Shamrock A.C. |
| 98 | Fodhla Nicpháidín (U23) | Rosses A.C. |
| 99 | Saragh Buggy | St. Abbans A.C. |
| 100 | Grace Furlong (U23) | Waterford A.C. |
| 103 | Aisling Machugh | Naas A.C. |
| 104 | Michaela Byrne | Finn Valley A.C. |
| 105 | Rois Ni Dhomhnaill | Le Chéile A.C. |
| 117 | Laura Cunningham (U23) | Craughwell A.C. |
| 118 | Lydia Mills (U23) | Ballymena and Antrim A.C. |
| 119 | Shannon Sheehy (U23) | Clonliffe Harriers A.C. |
| 120 | Caoimhe Mc Donagh | South Sligo A.C. |
| 121 | Laura Frawley | Emerald A.C. |
| 122 | Kate Hosey | Corran A.C. |
| 123 | Adeyemi Talabi | Longford A.C. |
| 124 | Maeve Hayes | St. Pauls A.C. |
| 125 | Ruby Millet | St. Abbans A.C. |
| 126 | Erin Fisher | City of Lisburn A.C. |
| 127 | Robyn Donovan | Celbridge A.C. |
| 128 | Sophie Meredith | St. Marys (Limerick) A.C. |

| Performance | |
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Result:.....



Women's Triple Jump

National Record: Taneisha Robinson Scanlon 13.62m 29/05/2005
Championship Record: Saragh Buggy 12.96m (0.9) 25/06/2016
Title Holder: Saragh Buggy 12.70 (-0.5) 28/07/2019

TOP 10 CHAMPIONSHIP PERFORMANCES

| | | | | | | | |
|-----------------------|--------|-----|------|---------------------|--------|-----|------|
| 1. Saragh Buggy | 12.96m | (1) | 2016 | 6. Mary McLoone | 12.69m | (1) | 2012 |
| 2. Taneisha R.Scanlon | 12.83m | (1) | 2003 | 7. Virginia P. Roze | 12.53m | (1) | 2002 |
| 3. Mary McLoone | 12.75m | (1) | 2009 | 8. Sharon Foley | 12.46m | (2) | 2002 |
| 4. Mary McLoone | 12.71m | (1) | 2015 | 9. Sharon Foley | 12.44m | (1) | 2001 |
| 5. Saragh Buggy | 12.70m | (1) | 2019 | 10. Caoimhe King | 12.44m | (1) | 2014 |

| | | |
|-----|-------------------------|-------------------------|
| 97 | Kim O Hare (U23) | Raheny Shamrock A.C. |
| 98 | Fodhla Nicpháidín (U23) | Rosses A.C. |
| 99 | Saragh Buggy | St. Abbans A.C. |
| 100 | Grace Furlong (U23) | Waterford A.C. |
| 101 | Grace Fitzgerald | Tipperary Town A.C. |
| 102 | Saidhbhe Byrne | Enniscorthy A.C. |
| 103 | Aisling Machugh | Naas A.C. |
| 104 | Michaela Byrne | Finn Valley A.C. |
| 105 | Rois Ni Dhomhnaill | Le Chéile A.C. |
| 106 | Lauren Callaghan | Finn Valley A.C. |
| 107 | Shauna Leydon | Mullingar Harriers A.C. |

| Performance | |
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Result:.....

Women's Shot Put

National Record: Marita Walton 16.99m 02/04/1983
Championship Record: Eva Massey 16.32m 21/07/2007
Title Holder: Michaela Walsh 13.96m 28/07/2019

TOP 10 CHAMPIONSHIP PERFORMANCES

| | | | | | | | |
|----------------------|--------|-----|------|--------------------|--------|-----|------|
| 1. Eva Massey | 16.32m | (1) | 2007 | 6. Marita Walton | 16.15m | (1) | 1984 |
| 2. Marita Walton | 16.23m | (1) | 1981 | 7. Marita Walton | 15.83m | (1) | 1982 |
| 3. Eva Massey | 16.20m | (1) | 2008 | 8. Eva Massey | 15.51m | (1) | 2003 |
| =3. Clare Fitzgerald | 16.20m | (1) | 2014 | 9. Eva Massey | 15.45m | (1) | 2006 |
| 5. Marita Walton | 16.19m | (1) | 1983 | 10. Patricia Walsh | 15.41m | (2) | 1984 |

| | | |
|-----|--------------------------|--------------------------|
| 76 | Casey Mulvey | Inny Vale A.C. |
| 77 | Ciara Sheehy | Emerald A.C. |
| 79 | Genevieve Rowland | Templemore A.C. |
| 81 | Roisin Howard | Bandon A.C. |
| 83 | Aoibhín Mc Mahon | Blackrock (Louth) A.C. |
| 129 | Geraldine Stewart | Tír Chonaill A.C. |
| 130 | Michaela Walsh (U23) | Swinford A.C. |
| 131 | Katherine O connor (U23) | Dundalk St. Gerards A.C. |
| 132 | Alana Frattaroli | Limerick A.C. |
| 133 | Fiona Hennessy | Templemore A.C. |

| Performance | |
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Result:.....





Womens Discus



National Record: Patricia Walsh 57.60m 07/07/1984
Championship Record: Patricia Walsh 57.60m 08/07/1984
Title Holder: Niamh Fogarty 52.96m 28/07/2019

TOP 10 CHAMPIONSHIP PERFORMANCES

| | | | | | | | |
|---------------------|--------|-----|------|---------------------|--------|-----|------|
| 1. Patricia Walsh | 57.60m | (1) | 1984 | 6. Clare Fitzgerald | 52.52m | (1) | 2015 |
| 2. Patricia Walsh | 54.26m | (1) | 1983 | 7. Patricia Walsh | 51.42m | (1) | 1980 |
| 3. Patricia Walsh | 53.82m | (1) | 1981 | 8. Patricia Walsh | 51.00m | (1) | 1982 |
| 4. Clare Fitzgerald | 53.38m | (1) | 2016 | 9. Clare Fitzgerald | 50.07m | (1) | 2011 |
| 5. Niamh Fogarty | 52.96m | (1) | 2019 | 10. Lorraine Shaw | 49.98m | (1) | 1991 |

| | | |
|----|---------------------|---------------------------|
| 71 | Niamh Fogarty (U23) | Raheny Shamrock A.C. |
| 72 | Adrienne Gallen | Lifford Strabane A.C. |
| 73 | Niamh Quinn | Cushinstown A.C. |
| 74 | Anna Gavigan | Lambay Sports Academy |
| 75 | Eimear Halpin | Menapians A.C. |
| 76 | Casey Mulvey | Inny Vale A.C. |
| 77 | Ciara Sheehy | Emerald A.C. |
| 78 | Emma Roche | Dundrum South Dublin A.C. |

Performance

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Result:.....

Women's Javelin

National Record: Anita Fitzgibbon 54.92m 29/07/2013
Championship Record: Anita Fitzgibbon 54.92m 27/07/2013
Title Holder: Elizabeth Morland 46.60m 27/07/2019

TOP 10 CHAMPIONSHIP PERFORMANCES

| | | | | | | | |
|---------------------|--------|-----|------|------------------------|--------|-----|------|
| 1. Anita Fitzgibbon | 54.92m | (1) | 2013 | 6. Anita Fitzgibbon | 48.62m | (1) | 2014 |
| 2. Anita Fitzgibbon | 51.56m | (1) | 2015 | 7. Jennifer O'Sullivan | 47.95m | (1) | 2003 |
| 3. Dara Shakespeare | 50.26m | (1) | 1994 | 8. Anita Fitzgibbon | 47.89m | (1) | 2016 |
| 4. Anita Fitzgibbon | 49.54m | (1) | 2012 | 9. Mary T.Real | 47.74m | (1) | 1992 |
| 5. Alison Moffitt | 49.10m | (1) | 1996 | 10. Laura Kerr | 47.62m | (1) | 2006 |

| | | |
|-----|--------------------------|--------------------------|
| 34 | Anna Mccauley | City of Lisburn A.C. |
| 83 | Aoibhín Mc Mahon | Blackrock (Louth) A.C. |
| 88 | Lara O Byrne (U23) | Donore Harriers |
| 102 | Saidhbhe Byrne | Enniscorthy A.C. |
| 119 | Shannon Sheehy (U23) | Clonliffe Harriers A.C. |
| 131 | Katherine O connor (U23) | Dundalk St. Gerards A.C. |
| 156 | Ciara Mchugh Murphy | Claremorris A.C. |
| 251 | Maebh Daly (U23) | Carraig-Na-Bhfear A.C. |
| 252 | Leanne Healy | Marian A.C. |
| 253 | Katelyn Reid | An Ríocht A.C. |
| 254 | Katie Moynihan | Leevale A.C. |

Performance

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Result:.....



Women's Hammer



National Record: Eileen O'Keefe 73.21m 21/07/2007
Championship Record: Eileen O'Keefe 73.21m 21/07/2007
Title Holder: Michaela Walsh 56.14m 28/07/2019

TOP 10 CHAMPIONSHIP PERFORMANCES

| | | | | | | | |
|-------------------|--------|-----|------|-------------------|--------|-----|------|
| 1. Eileen O'Keefe | 73.21m | (1) | 2007 | 6. Eileen O'Keefe | 62.44m | (1) | 2004 |
| 2. Eileen O'Keefe | 72.75m | (1) | 2008 | 7. Michaela Walsh | 60.81m | (1) | 2018 |
| 3. Eileen O'Keefe | 69.91m | (1) | 2009 | 8. Eileen O'Keefe | 60.47m | (1) | 2003 |
| 4. Eileen O'Keefe | 68.14m | (1) | 2005 | 9. Eileen O'Keefe | 59.81m | (1) | 2002 |
| 5. Eileen O'Keefe | 67.80m | (1) | 2006 | 10. Cara Kennedy | 58.36m | (1) | 2016 |

| | | |
|-----|----------------------|-------------------------|
| 72 | Adrienne Gallen | Lifford Strabane A.C. |
| 77 | Ciara Sheehy | Emerald A.C. |
| 79 | Genevieve Rowland | Templemore A.C. |
| 82 | Zoe Mohan (U23) | Cushinstown A.C. |
| 130 | Michaela Walsh (U23) | Swinford A.C. |
| 133 | Fiona Hennessy | Templemore A.C. |
| 151 | Megan Moynihan | West Muskerry A.C. |
| 152 | Caoimhe Morris | Clonliffe Harriers A.C. |
| 153 | Eadaoin Coady | St. Abbans A.C. |
| 154 | Nicola Tuthill | Bandon A.C. |
| 155 | Laura Cunningham | Fr. Murphy A.C. |
| 156 | Ciara Mchugh Murphy | Claremorris A.C. |

Performance

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Result:.....

Womens 28lb Distance

Championship Record: Laura Dolan 6.94m 28/07/2019
Title Holder: Laura Dolan 6.94m 28/07/2019

| | | |
|----|-------------------|------------------------|
| 76 | Casey Mulvey | Inny Vale A.C. |
| 79 | Genevieve Rowland | Templemore A.C. |
| 80 | Ebony Hogan (U23) | Birr A.C. |
| 81 | Roisin Howard | Bandon A.C. |
| 82 | Zoe Mohan (U23) | Cushinstown A.C. |
| 83 | Aoibhín Mc Mahon | Blackrock (Louth) A.C. |

Performance

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Result:.....



Women's Pole Volt



| | | | |
|-----------------------------|-----------------|-------|------------|
| National Record: | Tori Pena | 4.60m | 06/06/2013 |
| Championship Record: | Tori Pena | 4.40m | 27/07/2013 |
| Title Holder: | Ellen McCartney | 3.85m | 28/07/2019 |

TOP 10 CHAMPIONSHIP PERFORMANCES

| | | | | | | | |
|---------------|-------|-----|------|----------------------|-------|-----|------|
| 1. Tori Pena | 4.40m | (1) | 2013 | 6. Tori Pena | 4.15m | (1) | 2016 |
| 2. Tori Pena | 4.35m | (1) | 2012 | 7. Zoe Brown | 3.95m | (1) | 2007 |
| 3. Zoe Brown | 4.30m | (1) | 2014 | 8. Ellen McCartney | 3.85m | (1) | 2019 |
| 4. Tori Pena | 4.20m | (1) | 2011 | =9. Sarah Semeraro | 3.80m | (2) | 2010 |
| =4. Tori Pena | 4.20m | (1) | 2015 | =9. Claire Wilkinson | 3.80m | (2) | 2011 |

| | | |
|-----|--------------------------|------------------------|
| 108 | Ailbhe Healy (U23) | Donore Harriers |
| 109 | Lisa Houlihan | West Waterford A.C. |
| 110 | Una Samuels (U23) | Leevale A.C. |
| 111 | Ciara Hickey (U23) | Blarney/Inniscara A.C. |
| 112 | Una Brice | Leevale A.C. |
| 113 | Sara Zia Buckley | Leevale A.C. |
| 114 | Eilis Ni Dhomhnaill | Le Chéile A.C. |
| 115 | Caoilfhionn Ní Mhadagáin | Lusk A.C. |
| 116 | Orla Coffey | Carraig-Na-Bhfear A.C. |

Performance

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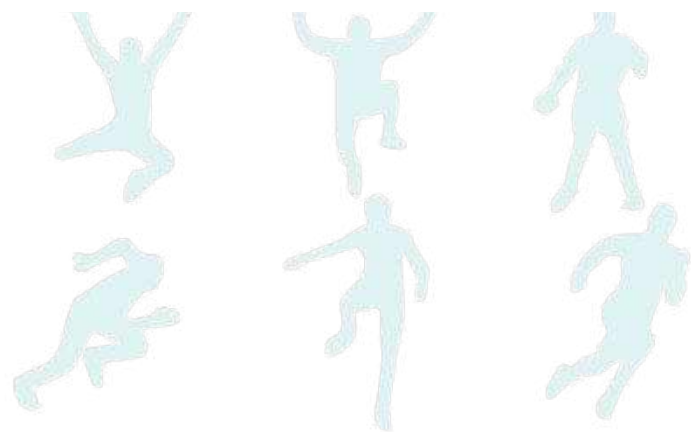
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Result:.....



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27 July 2019; Joan Healy of Leevale A.C., Co. Cork, left, and Patience Jumbo-Gula of Dundalk St. Gerards A.C., Co. Louth, competing in the Women's 100m heats, during day one of the Irish Life Health National Senior Track & Field Championships at Morton Stadium in Santry, Dublin. Photo by Sam Barnes/Sportsfile

Irish winners of Major Championship Medals



Olympic Games

| | | | | |
|------|-----------|------------------|--------|----------|
| 1928 | Hammer | Pat O'Callaghan | GOLD | 51.39m |
| 1932 | Hammer | Pat O'Callaghan | GOLD | 53.92m |
| 1932 | 400mH | Bob Tisdall | GOLD | 51.67 |
| 1956 | 1,500m | Ronnie Delany | GOLD | 3.41.49 |
| 1984 | Marathon | John Treacy | SILVER | 2.09.56 |
| 2000 | 5,000m | Sonia O'Sullivan | SILVER | 14.41.02 |
| 2012 | 50km Walk | Robert Heffernan | BRONZE | 3:37.54 |

The following Irish residents also won Olympic medals prior to the foundation of the Olympic Council of Ireland in 1922.

| Year | Event | Name | Medal | Distance |
|------|---------------|----------------|--------|----------|
| 1900 | High Jump | Pat Leahy | SILVER | 1.78m |
| 1900 | Long Jump | Pat Leahy | BRONZE | 6.95m |
| 1904 | All Round | Tom Kiely | GOLD | 6036 pts |
| 1904 | 2,590m SC | John Daly | SILVER | 7.40.6 |
| 1906 | High Jump | Con Leahy | GOLD | 1.775m |
| 1906 | Long Jump | Peter O'Connor | SILVER | 7.03m |
| 1906 | Triple Jump | Peter O'Connor | GOLD | 14.08 m |
| 1906 | Triple Jump | Con Leahy | SILVER | 13.98m |
| 1908 | High Jump | Con Leahy | SILVER | 1.88m |
| 1908 | Triple Jump | Tim Ahearne | GOLD | 14.915m |
| 1908 | Shot Put | Denis Horgan | SILVER | 13.62m |
| 1920 | 8km x CC Team | Anton Hegarty | SILVER | |

IAAF World Championships

| | | | | |
|------|-----------|--------------------|--------|----------|
| 1983 | 5,000m | Eamonn Coghlan | GOLD | 13.28.53 |
| 1993 | 1,500m | Sonia O'Sullivan | SILVER | 4.03.48 |
| 1995 | 5,000m | Sonia O'Sullivan | GOLD | 14.46.47 |
| 2003 | 20km Walk | Gillian O'Sullivan | SILVER | 1.27.34 |
| 2009 | 20km Walk | Olive Loughnane | GOLD | 1.28.58 |
| 2013 | 50km Walk | Robert Heffernan | GOLD | 3.37.58 |

IAAF World Indoor Championships

| | | | | |
|------|--------|-------------------|--------|---------|
| 1987 | 1,500m | Marcus O'Sullivan | GOLD | 3.39.04 |
| 1987 | 3,000m | Frank O'Mara | GOLD | 8.03.32 |
| 1987 | 3,000m | Paul Donovan | SILVER | 8.03.99 |
| 1989 | 1,500m | Marcus O'Sullivan | GOLD | 3.36.64 |
| 1991 | 3,000m | Frank O'Mara | GOLD | 7.41.14 |
| 1993 | 1,500m | Marcus O'Sullivan | GOLD | 3.45.00 |
| 1997 | 3,000m | Sonia O'Sullivan | SILVER | 8.46.19 |
| 2003 | 400m | Paul McKee | BRONZE | 45.99 |
| 2006 | 60mH | Derval O'Rourke | GOLD | 7.84 |

Team:

| | | | | |
|------|-------------|----------------------------------------------------|--------|---------|
| 2004 | 4x400m Team | Rob Daly, Gary Ryan, David Gillick, David McCarthy | BRONZE | 3.10.44 |
|------|-------------|----------------------------------------------------|--------|---------|

IAAF World Cross Country Championships

Individual:

| | | | | |
|------|--------------|---------------------|--------|-------|
| 1975 | Junior | John Treacy | BRONZE | 21.43 |
| 1976 | Junior | John Treacy | BRONZE | 21.23 |
| 1978 | Long Course | John Treacy | GOLD | 39.25 |
| 1979 | Long Course | John Treacy | GOLD | 37.20 |
| 1992 | Long Course | Catherina McKiernan | SILVER | 21.18 |
| 1993 | Long Course | Catherina McKiernan | SILVER | 20.09 |
| 1994 | Long Course | Catherina McKiernan | SILVER | 20.52 |
| 1995 | Long Course | Catherina McKiernan | SILVER | 20.29 |
| 1998 | Long Course | Sonia O'Sullivan | GOLD | 25.39 |
| 1998 | Short Course | Sonia O'Sullivan | GOLD | 12.20 |

Teams:

| | | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|--------|---------|
| 1975 | Junior Team | SILVER | 35pts |
| John Treacy 3rd, Louis Kenny 9th, Gerry Finnegan 10th, Gerry Redmond 13th, Dick Hooper 28th | | | |
| 1979 | Long Course Team | SILVER | 198 pts |
| John Treacy 1st, Danny McDaid 11th, Gerry Deegan 43rd, Mick O'Shea 46th, Donie Walsh 47th, Tony O'Brien 50th, Eamonn Coghlan 70th, Ray Treacy 79th, Eddie Leddy 127th | | | |
| 1997 | Long Course Team | BRONZE | 64 pts |
| Catherina McKiernan 7th, Sonia O'Sullivan 9th, Valerie Vaughan 23rd, Una English 25th, Maureen Harrington 108th, Pauline Curley 117th | | | |
| 2002 | Short Course Team | BRONZE | 85 pts |
| Sonia O'Sullivan 7th, Ann Keenan-Buckley 10th, Rosemary Ryan 18th (19th), Maria McCambridge 50th (62nd), Valerie Vaughan 64th, Maureen Harrington 92nd | | | |

IAAF World Cup

| | | | | |
|------|--------|------------------|--------|----------|
| 1981 | 5,000m | Eamonn Coghlan | GOLD | 14.08.39 |
| 1991 | 5,000m | John Doherty | SILVER | 13.25.39 |
| 1998 | 5,000m | Sonia O'Sullivan | GOLD | 16.24.52 |

European Championships

| | | | | |
|------|---------|------------------|--------|----------|
| 1958 | 1,500m | Ronnie Delany | BRONZE | 3.42.3 |
| 1969 | 1,500m | Frank Murphy | SILVER | 3.39.51 |
| 1978 | 1,500m | Eamonn Coghlan | SILVER | 3.36.57 |
| 1994 | 3,000m | Sonia O'Sullivan | GOLD | 8.31.84 |
| 1998 | 5,000m | Mark Carroll | BRONZE | 13.38.15 |
| 1998 | 5,000m | Sonia O'Sullivan | GOLD | 15.06.50 |
| 1998 | 10,000m | Sonia O'Sullivan | GOLD | 31.29.33 |
| 2002 | 5,000m | Sonia O'Sullivan | SILVER | 15.14.85 |
| 2002 | 10,000m | Sonia O'Sullivan | SILVER | 30.47.59 |
| 2006 | 100m H | Derval O'Rourke | SILVER | 12.72 |
| 2010 | 100m H | Derval O'Rourke | SILVER | 12.65 |
| 2010 | 20km W | Robert Heffernan | BRONZE | 1.21.00 |
| 2014 | 800m | Mark English | BRONZE | 1.45.03 |
| 2016 | 1500m | Ciara Mageean | BRONZE | 4.33.78 |
| 2018 | 400m H | Thomas Barr | BRONZE | 48.31 |

European Indoor Championships

| | | | | |
|------|--------|-------------------|--------|---------|
| 1966 | 400m | Maeve Kyle | BRONZE | 57.3 |
| 1966 | 800m | Noel Carroll | GOLD | 1.49.7 |
| 1967 | 800m | Noel Carroll | GOLD | 1.49.6 |
| 1968 | 800m | Noel Carroll | GOLD | 1.56.66 |
| 1969 | 800m | Noel Carroll | BRONZE | 1.47.6 |
| 1970 | 1,500m | Frank Murphy | SILVER | 3.49.0 |
| 1979 | 1,500m | Eamonn Coghlan | GOLD | 3.41.8 |
| 1980 | 1,500m | Ray Flynn | SILVER | 3.38.5 |
| 1980 | 1,500m | Mary Purcell | BRONZE | 4.14.2 |
| 1985 | 1,500m | Marcus O'Sullivan | SILVER | 3.39.75 |
| 2000 | 1,500m | James Nolan | SILVER | 3.41.59 |
| 2000 | 3,000m | Mark Carroll | GOLD | 7.49.24 |
| 2002 | 400m | Karen Shinkins | BRONZE | 52.17 |
| 2005 | 400m | David Gillick | GOLD | 46.30 |
| 2005 | 3,000m | Alistair Cragg | GOLD | 7.46.32 |
| 2007 | 400m | David Gillick | GOLD | 45.52 |
| 2009 | 60m H | Derval O'Rourke | BRONZE | 7.97 |
| 2009 | 1500m | Roisin McGettigan | BRONZE | 4.11.58 |
| 2009 | 3,000m | Mary Cullen | BRONZE | 8.48.47 |
| 2013 | 60m H | Derval O'Rourke | BRONZE | 7.96 |

Irish winners of Major Championship Medals



European Indoor Championships cont'd

| | | | | |
|------|--------|-------------------|--------|---------|
| 2013 | 3,000m | Ciarán Ó Lionáird | BRONZE | 7.50.26 |
| 2013 | 3,000m | Fionnuala Britton | BRONZE | 9.00.54 |
| 2015 | 800m | Mark English | SILVER | 1.47.20 |
| 2019 | 800m | Mark English | BRONZE | 1.47.39 |
| 2019 | 1500m | Ciara Mageean | BRONZE | 4.09.43 |

European Cross Country Championships Individual:

| | | | | |
|------|--------|---------------------|--------|-------|
| 1994 | Senior | Catherina McKiernan | GOLD | 14.29 |
| 1998 | Junior | Gareth Turnbull | BRONZE | 16.55 |
| 2006 | U23 | Fionnuala Britton | SILVER | 18.56 |
| 2011 | Senior | Fionnuala Britton | GOLD | 25.55 |
| 2012 | Senior | Fionnuala Britton | GOLD | 27.45 |

Teams:

| | | | | |
|------|--------------------------------------------------------------------------------------------------------------------------------------|--|--------|--------|
| 1999 | Junior Team | | BRONZE | 43 pts |
| | Gary Murray 8th, Brian Keane 15th, Mark Smyth 20th, Joe McAlister 75th, Robert Connolly 94th | | | |
| 2000 | Senior Team | | BRONZE | 72 pts |
| | Peter Matthews 10th, Seamus Power 14th, Gareth Turnbull 23rd, Keith Kelly 25th, Ken Nason 55th, Fiachra Lombard 67th. | | | |
| 2003 | Senior Team | | SILVER | 78 pts |
| | Sonia O'Sullivan 4th, Rosemary Ryan 13th, Ann Kennan Buckley 27th, Catherina McKiernan 34th, Marie Davenport 52nd | | | |
| 2004 | Junior Team | | SILVER | 54pts |
| | Mark Christie 5th, Andrew Ledwith 7th, Danny Darcy 11th, Jamie McCarthy 31st, Joe Sweeney 44th, Mark Hanrahan 56th | | | |
| 2010 | U23 Team | | GOLD | 60 pts |
| | David McCarthy 11th, Brendan O'Neill 13th, Michael Mulhare 16th, David Rooney 20th (25th), John Coghlan 34th, Ciarán Ó Lionáird 76th | | | |
| 2012 | Senior Team | | GOLD | 52 pts |
| | Fionnuala Britton, 1st Linda Byrne 8th, Ava Hutchinson 20th, Lizzie Lee 23rd, Sarah McCormack 36th, Sara Treacy 42nd | | | |
| 2014 | Senior Team | | BRONZE | 87 pts |
| | Fionnuala Britton 6th, Sara Treacy 12th, Michelle Finn 23rd, Ann Marie McGlynn 46th, Siobhan O'Doherty 47th, Laura Crowe 53rd, | | | |
| 2015 | Senior Team | | BRONZE | 83 pts |
| | Fionnuala McCormack 4th, Lizzie Lee 13th, Caroline Crowley 23rd, Ciara Durkan 43rd, Michelle Finn 54th, Kerry O'Flaherty 55th | | | |

European U-23 Championships

| | | | | |
|------|-----------|-----------------|--------|--------------|
| 1999 | 800m | James Nolan | SILVER | 1.46.94 |
| 2001 | 200m | Mark Howard | BRONZE | 21.00 (+0.1) |
| 2001 | 200m | Ciara Sheehy | BRONZE | 23.54 (+1.3) |
| 2003 | 5,000m | Robert Connolly | BRONZE | 14.03.75 |
| 2009 | 5,000m | David McCarthy | BRONZE | 14.00.78 |
| 2011 | 400m | Brian Gegan | SILVER | 46.12 |
| 2019 | 800m | Nadia Power | BRONZE | 2.06.68 |
| 2019 | 3000m S/C | Eilish Flanagan | SILVER | 9.51.72 |

World Junior (U20) Championships

| | | | | |
|------|-----------|---------------|--------|---------|
| 1994 | High Jump | Antoine Burke | SILVER | 2.20m |
| 2010 | 1,500m | Ciara Mageean | SILVER | 4.09.51 |
| 2018 | High Jump | Sommer Lecky | SILVER | 1.90m |

Teams:

| | | | | |
|------------------------------------------------------------------------------------|-------|--|--------|-------|
| 2018 4x100m Relay | Women | | SILVER | 43.90 |
| Molly Scott, Ciara Neville, Gina Akpe-Moses, Patience Jumbo-Gula, Rhasidat Adeleke | | | | |

European Junior (U20) Championships

| | | | | |
|------|------------|--------------------|--------|--------------|
| 1975 | 5,000m | John Treacy | SILVER | 14.19.2 |
| 1985 | 3,000m | Nick O'Brien | GOLD | 8.10.75 |
| 1987 | Decathlon | Barry Walsh | BRONZE | 7,336 pts |
| 1991 | 5,000m | Mark Carroll | GOLD | 14.19.88 |
| 1993 | 800m | David Matthews | BRONZE | 1.54.00 |
| 1997 | 1,500m | Gareth Turnbull | BRONZE | 3.48.16 |
| 1999 | 200m | Ciara Sheehy | BRONZE | 23.49 (+1.9) |
| 2003 | 400m | Joanne Cuddihy | SILVER | 53.62 |
| 2005 | 1,500m | Colin Costello | GOLD | 3.45.27 |
| 2005 | 1,500m | Danny Darcy | SILVER | 3.46.07 |
| 2011 | 1,500m | Ciara Mageean | SILVER | 4.16.82 |
| 2013 | 100m H | Sarah Lavin | SILVER | 13.34 (+1.3) |
| 2017 | 100m | Gina Akpe-Moses | GOLD | 11.71 (-1.4) |
| 2017 | Hammer | Michaela Walsh | BRONZE | 61.27m |
| 2017 | 800m | John Fitzsimons | BRONZE | 1.49.15 |
| 2019 | Heptathlon | Kate O'Connor | SILVER | 6093 pts |
| 2019 | 5,000m | Darragh McElhinney | BRONZE | 14.06.05 |
| 2019 | 1500m | Sarah Healy | SILVER | 4.27.14 |

World University Games

| | | | | |
|------|--------|------------------|--------|--------------|
| 1930 | 400m | Paddy Moore | BRONZE | 50.0 |
| 1961 | 800m | Ronnie Delany | GOLD | 1.51.1 |
| 1961 | Hammer | John Lawlor | BRONZE | 63.33m |
| 1991 | 1,500m | Niall Bruton | GOLD | 3.50.69 |
| 1991 | 1,500m | Sonia O'Sullivan | GOLD | 4.12.14 |
| 1991 | 3,000m | Sonia O'Sullivan | SILVER | 8.56.35 |
| 1993 | Discus | Nick Sweeney | BRONZE | 62.52m |
| 2001 | 1500m | Gareth Turnbull | SILVER | 3.44.21 |
| 2003 | 200m | Paul Hession | SILVER | 20.89 (-0.7) |
| 2005 | 200m | Paul Hession | BRONZE | 21.02 (+1.1) |
| 2005 | 100m | Ailís McSweeney | SILVER | 11.68 (+1.1) |
| 2005 | 5,000m | Jolene Byrne | BRONZE | 15.56.01 |
| 2005 | 100m H | Derval O'Rourke | BRONZE | 13.02 (+0.5) |
| 2007 | Hammer | Eileen O'Keefe | SILVER | 68.46m |
| 2015 | 400mH | Thomas Barr | GOLD | 48.78 |
| 2019 | 200m | Marcus Lawler | BRONZE | 20.55 (0.5) |

Team:

| | | | | |
|-----------------------------------------------------------|---------------|--|--------|-------|
| 2005 | 4 x 100m Team | | BRONZE | 44.49 |
| Derval O'Rourke, Anna Boyle, Ailís McSweeney, Emily Maher | | | | |

Commonwealth Games

| | | | | |
|------|--------|--------------|--------|--------|
| 1930 | Hammer | Bill Britton | SILVER | 46.89m |
|------|--------|--------------|--------|--------|

World Mountain Running Championships

| | | | | |
|------|------------|--------------|------|-------|
| 1991 | Short Race | John Lenihan | GOLD | 54:13 |
|------|------------|--------------|------|-------|

Irish winners of Major Championship Medals



Teams:

| | | | |
|---------------------------------------------------------------------------|-----------------|--------|-------|
| 1991 | Short Race Team | BRONZE | 31pts |
| John Lenihan 1st, Robin Bryson 4th, Tommy Payne 26th, Eamonn McMahon 36th | | | |

| | | | |
|---------------------------------------------------------------------------------|----------------|--------|-------|
| 2013 | Long Race Team | BRONZE | 51pts |
| Sarah McCormack 6th, Kate Cronin 18th, Sarah Mulligan 27th, Sharon Trimble 52nd | | | |

World University Cross Country Championships

| | | | | |
|------|---------------|-------------------|--------|-------|
| 1980 | Cross Country | Fionnuala Morrish | BRONZE | 22.54 |
| 2008 | Cross Country | Fionnuala Britton | SILVER | 22.39 |

Teams:

| | | | |
|----------------------------------------------------------------------------------|--------------------|--------|--------|
| 1980 | Cross Country Team | BRONZE | 27 pts |
| Fionnuala Morrish 3rd, Greta Hickey 8th, Mary O'Brien 16th, Michelle Morrow 20th | | | |

| | | | |
|-----------------------------------------------------------------------------------------------------|--------------------|--------|--------|
| 2008 | Cross Country Team | BRONZE | 33 pts |
| Fionnuala Britton 2nd, Linda Byrne 8th, Ciara Durkin 23rd, Deirdre Byrne 24th, Aileen Morrison 44th | | | |

IAAF World Youth (U18) Championships

| | | | | |
|------|-------------|---------------|--------|----------|
| 2003 | 5,000m Walk | Ann Loughnane | SILVER | 23.37.00 |
| 2009 | 800m | Ciara Mageean | SILVER | 2.03.07 |
| 2011 | 5,000m Walk | Kate Veale | GOLD | 21.45.59 |

European Youth (U18) Championships

| | | | | |
|------|--------------|-------------------|--------|--------------|
| 2016 | 100m | Gina Akpe-Moses | SILVER | 11.80 (-0.3) |
| 2016 | 100m Hurdles | Molly Scott | BRONZE | 13.51(+0.1) |
| 2018 | 200m | Rhasidat Adeleke | GOLD | 23.52 (+0.7) |
| 2018 | 800m | Sophie O'Sullivan | SILVER | 2.06.05 |
| 2018 | 1500m | Sarah Healy | GOLD | 4.18.71 |
| 2018 | 3000m | Sarah Healy | GOLD | 9.18.05 |

World Youth Games

| | | | | |
|------|------|-------------|------|--------------|
| 1998 | 100m | Emily Maher | GOLD | 11.93 (+0.6) |
| 1998 | 200m | Emily Maher | GOLD | 24.16 (0.0) |

European Cup of Race Walking

| | | | | |
|------|-------------|------------|--------|-------|
| 2011 | 10km Junior | Kate Veale | BRONZE | 46.32 |
|------|-------------|------------|--------|-------|

Teams:

| | | | |
|---------------------------------------------------------------|---------------|--------|--------|
| 2017 | 20km Men Team | BRONZE | 45 pts |
| (Alex Wright 6th, Robert Heffernan 13th, Cian McManamon 26th) | | | |

European Youth Olympics

| | | | | |
|------|------------|-----------------|--------|--------------|
| 1991 | 100m | Fiona Kelly | SILVER | 12.07 (+1.0) |
| 1991 | 800m | Arlene Smith | SILVER | 2.09.00 |
| 1991 | Long Jump | Claire Ingerton | SILVER | 5.97m |
| 1993 | 800m | James Nolan | SILVER | 1.53.45 |
| 1995 | 1,500m | Gareth Turnbull | SILVER | 4.03.11 |
| 1995 | 1,500m | Maria Lynch | SILVER | 4.27.34 |
| 1995 | 100m H | Grainne Redmond | BRONZE | 14.56 (-3.9) |
| 1997 | 200m | Ciara Sheehy | GOLD | 24.11 (+2.7) |
| 1997 | 1,500m | Colm McLean | GOLD | 3.54.54 |
| 2003 | 1,500m | Colin Costello | SILVER | 3.58.58 |
| 2003 | 2,000m S/C | Colin Costello | BRONZE | 5.52.85 |

| | | | | |
|------|---------------|-----------------------------|--------|--------------|
| 2005 | 100m | Amy Foster | SILVER | 11.84 (+3.1) |
| 2005 | 800m | David McCarthy | SILVER | 1.58.26 |
| 2005 | 1,500m | Ciarán Ó Lionáird | BRONZE | 3.53.83 |
| 2005 | 2,000m S/C | Eoin Healy | BRONZE | 6.02.03 |
| 2007 | 100m | Niamh Whelan | BRONZE | 11.87 (+1.0) |
| 2007 | 3,000m | Charlotte Ffrench O'Carroll | SILVER | 9.37.88 |
| 2007 | 3,000m S/C | Noel Collins | SILVER | 5.52.06 |
| 2007 | High Jump | Koroush Foroughi | BRONZE | 2.08m |
| 2009 | 3,000m | Shane Quinn | SILVER | 8.30.12 |
| 2009 | 1,500m | Ciara Mageean | GOLD | 4.15.46 |
| 2009 | 400m | Christine McMahon | SILVER | 59.55 |
| 2011 | 800m | Karl Griffin | BRONZE | 1.51.64 |
| 2011 | 1,500m | Ruari Finnegan | GOLD | 3.53.78 |
| 2011 | 400m Hurdles | Ben Kiely | GOLD | 52.69 |
| 2011 | 1,500m Siofra | Cleirigh Buttner | SILVER | 4.26.42 |
| 2011 | 100m Hurdles | Sarah Lavin | BRONZE | 13.62 (+0.5) |
| 2011 | 400m Hurdles | Meagan Kiely | BRONZE | 60.44 |
| 2013 | 3,000m | Siobhra O'Flaherty | SILVER | 9.42.47 |
| 2013 | 1,500m | William Crowe | SILVER | 3.59.08 |
| 2013 | 200m | Roseanna McGuckian | BRONZE | 24.42 (+1.5) |
| 2013 | 800m | Louise Shanahan | GOLD | 2.08.75 |
| 2015 | 100m | Ciara Neville | GOLD | 12.01 (+0.5) |
| 2015 | 200m | Gina Akpe-Moses | SILVER | 24.49 (-0.6) |
| 2015 | 1500m | Kevin McGrath | GOLD | 4.01.11 |
| 2015 | High Jump | Ryan Carthy Walsh | SILVER | 2.09m |
| 2015 | High Jump | Sommer Lecky | BRONZE | 1.80m |
| 2017 | 1500m | Sarah Healy | GOLD | 4.19.85 |
| 2017 | 200m | Rhasidat Adekele | SILVER | 23.81 (+2.5) |
| 2017 | 100m | Patience Jumbo-Gula | BRONZE | 11.59 (+6.6) |
| 2017 | Hammer | Jade Williams | BRONZE | 58.62m |
| 2019 | 100m | Rhasidat Adekele | GOLD | 11.70 |

Teams:

| | | | |
|-----------------------------------------------------------|---------------|--------|-------|
| 2009 | 4 x 100m Team | BRONZE | 46.56 |
| Christine McMahon, Joanne Mills, Caoimhe King, Joan Healy | | | |

| | | | |
|----------------------------------------------------------------------|---------------|------|-------|
| 2013 | 4 x 100m Team | GOLD | 46.55 |
| Phoebe Murphy, Niamh McNicol, Laura-Ann Costello, Roseanna McGuckian | | | |

| | | | |
|-----------------------------------------------------------------|--------------|--------|-------|
| 2017 | 4 x100m Team | BRONZE | 46.38 |
| Patience Jumbo-Gula, Rhasidat Adekele, Niamh Foley, Miriam Daly | | | |

European 100km Championships

| | | | |
|------|----------------|--------|---------|
| 2009 | Helena Crossan | BRONZE | 8:04.39 |
|------|----------------|--------|---------|

Corrections/Additions to:

Pierce O'Callaghan pierce@savvysportsmgt.com
July 2019

Most Prolific Irish Champions of All Time

1873-2018



| | | | |
|----|--------------------------------|----------------|--------------------------------------------------------------------|
| 53 | Thomas Francis "Tom" Kiely | Misc | 8 x 110H, 4 x LJ, 3 x TJ, 1 x SP, 13 x HT, 4 x Dec, 20 x wt throws |
| 37 | Edward "Ned" Tobin | Misc | 1 x 110H, 1 x SP, 12 x DT, 10 x 56ibs D, 11 x 56ibs H 2 x Dec |
| 34 | Tadhg Twomey | 56 lbs H/D | 18 x Height , 16 x Distance |
| 32 | Martin Egan | Distances | 4x2m, 4x3m, 6x4m, 4x8k, 3x5m, 3x6m, 5x10m, 2xCC |
| 31 | Michele Walsh Carroll | Sprints | 15 x 100m, 12 x 200m & 4 x 400m |
| 30 | Denis Horgan | Throws | 17 x SP, 13 x Wt throw, |
| 27 | Sean O'Sullivan | Distances | 2x2m, 4x3m, 4x4m, 7x8km, 2x5m, 3x6m, 3x10m, 1x15m, 1xCC |
| 22 | Dr Patrick "Pat" O'Callaghan | Misc | 3 x HJ, 5 x SP, 6 x HT, 1 x DT, 4 x 56 dis, 3 x 56 H |
| 21 | Terry McHugh | Javelin | 21 x JT |
| 21 | Jimmy McDonald | Walks | 10 x 10km W, 7 x 20km W, 3 x 3km W, 1 x 35km W |
| 20 | Robert Heffernan | Walks | 9 x 10km W, 5 x 20km W, 6 x 30km W |
| 19 | Ann O'Brien | Misc | 1 x 400m, 3 x 800m, 6 x 1500m, 1 x HJ, 4 x Clubs CC, 4 x Cty CC |
| 19 | Seamus Power | Distances | 2x5k, 2x10k, 1x10k rd, 1xHM, 4xCC, 9xcc cty |
| 18 | James Sarsfield "Jim" Mitchell | Throws | 18x Heavy Throws |
| 17 | Pat Davin | Misc | 1 x100m, 5 x 120y H, 5 x HJ, 4 x LJ, 1 x SP, 1 x Dec |
| 17 | William "Bill" Britton | Misc | 2x110H, 1xHJ, 4xLJ, 1xTJ, 9xHT |
| 17 | Richard "Dick" O'Rafferty | HJ, LJ, PV | 15 x HJ, 1 x LJ, 1 x PV |
| 17 | Maria McCambridge | Distances | |
| 17 | Kelly Proper | Misc | 2x100m, 5x 200m, 8 x LJ, 2 x Hept |
| 16 | William "Bill" Britton | Misc | 2x110H, 1X HJ, 4x LJ, 1x TJ, 8x HT |
| 16 | Leonard Nicholas "Len" Horan | Misc | 8xSP, 4xDT, 3xJT, 1xDec |
| 16 | Tom O'Riordan | Distances | 1x1500, 2 x 1 Mile, 1x2m, 5 x 3m / 5km, 7 x CC |
| 16 | Nick Sweeney | SP, DT, 56 lbs | 10 X DT + 2 xSP + 4 x 56ibs |
| 16 | Claire Walsh | Sprints, CE | 4 x 100m, 6 x 200m, 4 x 400m, 1 x 800m, 1 x Pent |
| 15 | Catherina McKiernan | Distances | 5 x 3k, 1 x 5k, 5 x clubs cc, 5 x cty cc |
| 15 | Marita Walton Lanigan | SP, DT | 13 x SP, 2 x DT |
| 15 | Eileen O'Keefe | DT, HT | 9 x HT, 6 x DT |
| 14 | Fionnuala Britton-McCormack | Distances | 1 x 5k, 2 x S/C, 3 x 10k, 3 x CC Clubs, 5 x CC Counties |
| 14 | Dave Guiney | SP, DT | 12 x SP & 2 x DT |
| 14 | Rosemary Murphy (Stirling) | Throws | 5 x SP, 6 x DT, 3 x JT |
| 14 | John Treacy | Distances | 5x5k, 2x10k, 7xCC Cty |
| 14 | Sonia O'Sullivan | Distances | 3 x 800m, 5 x 1500m, 4 x 5000m, 1 x CC clubs, 1 x short course CC |

Oldest Irish Champion

| | | | |
|------|---------------------------------|---------|---------------------|
| 1956 | PJ Birmingham (Discus) | T&F | 47 years & 101 days |
| 2010 | Geraldine Finnegan (Heptathlon) | T&F | 44 years & 291 days |
| 2017 | Gary O'Hanlon (Marathon) | Road/CC | 43 years & 87 days |
| 2015 | Pauline Curley (Marathon) | Road/CC | 46 years & 230 days |
| 2014 | Eddie Gallen (24 Hour) | Ultra | 51 years & 220 days |
| 2017 | Louise Smith (50km Run) | Ultra | 46 years & 222 days |

Youngest Irish Champions

| | | | |
|------|----------------------------------|---------|---------------------|
| 1992 | Antoine Burke (High Jump) | T&F | 16 years & 358 days |
| 1977 | Michele Walsh (100m & 200m) | T&F | 15 years & 361 days |
| 1982 | Jimmy McDonald (20km Walk) | Road/CC | 18 years & 84 days |
| 1987 | Sonia O'Sullivan (Cross Country) | Road/CC | 17 years & 86 days |

Longest span between National medals won

| | | | |
|--------|---------------------------------|-----------|-----------|
| 16 yrs | Noel Carroll (880y/800m) | Track | 1961-1977 |
| 25 yrs | Pat Moore Javelin | Field | 1967-1992 |
| 18 yrs | Michele Walsh Carroll (Sprints) | Track | 1977-1995 |
| 16 yrs | Dara Shaekspeare (Javelin) | Field | 1980-1996 |
| 20 yrs | Dick Hooper | Off Track | 1978-1998 |

Most titles won in 24 hours

| | | | |
|------|----------------------------|---|--------------------------------------------------------|
| 1892 | Thomas Francis "Tom" Kiely | 7 | 120yH, Long Jump, Triple Jump, Shot Put, 3 x Wt Throws |
| 2013 | Kelly Proper | 4 | 100m, 200m, Long Jump, 4 x 100m Relay |

Irish Champions from the same family

Father & Son

| | |
|-----------------------------|--------------------------------------|
| Eamonn & John Coghlan | Middle Distances (Outdoor/Indoor) |
| Tim & Timmy Crowe | 400m & 400m Hurdles (Outdoor/Indoor) |
| Roy & Conor, Kevin Dooney | Long Distances |
| John & John Downes | XC |
| Pat & Jim Fanning | High Jump |
| Dan & Maurice Fraher | Jumps |
| Bert & Paul Healion | Hammer |
| Conor & Conor McCullough | Hammer |
| Bernie & Pierce O'Callaghan | 10,000m W & 20km W |
| Pat & Hugh O'Callaghan | Hammer |
| John & Bobby O'Leary | 20km W |
| Paul & Colin Quirke | SP, Discus |

Mother & Son

| | |
|--------------------------------------|--------------------------------------------------|
| Greta (Hickey) & Conor, Kevin Dooney | Long Distances |
| Patricia (Quinn) & Colin Griffin | 400mH, 800m, 10,000m & 10,000m W, 20km W, 30km W |
| Patricia (Amond) & Marcus Lawler | 100m & 200m (Outdoor/Indoor) |
| Marie (Walsh) & Joseph Mooney | 5000m & 10,000m W |

Father & Daughter

| | |
|-------------------|------|
| Mark & Katie Kirk | 800m |
|-------------------|------|

Mother & Daughter

| | |
|-------------------------|------|
| Claire & Patricia Walsh | 400m |
|-------------------------|------|

Brothers

| | |
|---------------------------------------|---------------------------------------|
| Daniel & Laurence Bulger | Sprints, Hurdles |
| Antoine & Kevin Burke | 400mH, HJ, Dec |
| Denis & Robert Cussen | Sprints & Hurdles |
| Ronnie & Joe Delany | 440y, 880y, LJ |
| Conor & Kevin Dooney | Long Distances |
| Martin, Michael & John "Jack" Egan | Long Distances |
| Ray & Paul Flynn | Walks |
| Ted, John & Paddy Guiney | Decathlon |
| Carlton & Darren Haddock | 100m |
| Willie & Jack Harte | 2 miles, 3 miles |
| Dick & Pat Hooper | Marathon |
| Laurence & Thomas Francis "Tom" Kiely | LJ, TJ, SP, HT, Dec |
| Con, Pat & Tim Leahy | HJ, LJ, TJ |
| Ned & Willie McGuirk | Cross Country |
| Ernest & Frank Nunns | Cross Country |
| Pat & Con O'Callaghan | HJ, SP, HT, DT |
| Sean & Roibeárd O'Dwyer | LJ, TJ |
| Iognáid & Seán Ó Muircheartaigh | 100y, 220y, 300y |
| Michael & Sean O'Sullivan | 15 miles, |
| John & Ray Treacy | Distances |
| Frank & Bernard Walley | Sprints |
| Denis, John & William Murray | Sprints, Jumps, Hurdles, Throws |
| Donal & Brendan Flanagan | 60y, 100y, 220y, 440 y, 120 y Hurdles |
| Pat, Tom & Maurice Davin | 100y, 120y H, HJ, LJ, SP, HT, Dec, |
| Pat & Bernie Hartigan | Shot Put (Outdoors/Indoor) |
| John & Denis Buckley | 880y & Long Distances |
| Frederick St John & WM Worrall | 7m Walk |

Sisters

| | |
|---------------------------|-------------------------|
| Patricia & Mary Amond | Sprints |
| Mary & Catherine Hennessy | 3000m W |
| Siobhan & Aoife Hoey | TJ |
| Monica & Regina Joyce | Distances |
| Olive & Ann Loughnane | 5000m W, 10km W, 20km W |
| Emma & Lisa Nicholson | Sprints & Hurdles |

Brother & Sister

| | |
|------------------------|---------------|
| Thomas & Jessie Barr | 400H |
| Eoin & Ciara Everard | 800m & 1500m |
| John & Brid Hallissey | PV, 100H, Hep |
| Brian & Deirdre Murphy | 400m, DT |
| Frank & Ailish O'Brien | DT |

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