

 Irish Life health

National Track & Field Championships



Athletics
Ireland



NATIONAL SENIOR T&F CHAMPIONSHIPS

MORTON STADIUM, SANTRY
FRI EVENING 25th of JUNE 2021
SAT 26th & SUN 27th of JUNE 2021

ATHLETICSIRELAND.IE

  #IlhNatsT&F

OFFICIAL
PARTNER



Irish Life
health

President's Message



On behalf of Athletics Ireland, I am delighted to welcome our athletes to Morton Stadium for the Irish Life Health 149th National Senior Track and Field Championships this weekend. Following the successful hosting of the 2020 Championships over four days, these Championships continue as the longest running National Senior Championships in the World which is something we all can be immensely proud of. This year we revert to one weekend but over three days commencing on Friday evening to complete the programme within the current Covid19 restrictions.

Our Championships take place on the final weekend for qualification for the Olympic Games in Tokyo. It has been wonderful to see the excellent results obtained by our athletes competing both at home and abroad this year in difficult circumstances due to the pandemic. These performances have yielded National Records, Qualifying Standards and improved World Ranking positions. We wish everyone well who are seeking selection as the qualification period closes and indeed to everyone competing this weekend. A large number of entries have been received and we are looking forward to a great Championships.

Like 2020, these Championships are being held under the current Covid19 Government guidelines which unfortunately means that not everyone can attend due to the restriction on numbers. On Saturday the Championships has been selected as a trial event for the return of spectators and it will be great to see spectators albeit a relatively small number. It is regrettable that we cannot fully accommodate media, coaches, and spectators, but a live stream of the three days will be available via the Athletics Ireland YouTube channel. Like in recent years RTE will broadcast live, this will take place on Saturday afternoon. For those on site we thank you in advance for following the protocols in place and any instructions given.

Our gratitude to our sponsors Irish Life Health for their continued support of our Championships. We once again look forward to working with Liz Rowen and the team in Irish Life Health and wish their new CEO Gerard Davis well in his new role while also wishing the previous CEO Jim Dowdall all the best in the future. Last weekend saw the Junior and U23 National Championships in Morton Stadium were held in wonderful weather conditions. There were many fine performances over the two days with five new Championship records set. Some of these athletes will return to action this weekend and we wish the team that will be selected for the U20 and U23 European Championship to be held in Tallinn, Estonia every success.

Thank you for the organisation of this weekend's event to Andrew Lynam the Chair of the Competition Committee; the Competition Committee; Barry Pender, Valerie O'Brien and James Welsh from the Competition Department who have worked closely with all the stakeholders internal and external to finalise all the protocols and preparation. Thank you to Sport Ireland and the Morton Stadium staff who have the stadium in such fine condition and who have played a key role in the preparations. Thank you to all the officials and service providers involved this weekend and as mentioned earlier best wishes to all the athletes competing this weekend.

John Cronin President
Athletics Ireland.

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Sponsors Welcome



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Sponsors Welcome – Irish Life Health National Senior Track and Field Championships

On behalf of our team in Irish Life Health, I'm delighted to welcome you to the 2021 Irish Life Health National Senior Track and Field Championships.

Irish Life Health is proud to be a sponsor and partner of Athletics Ireland. We recognise the very important role that 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. At Irish Life Health, we offer our customers health insurance cover to help them live fuller and healthier lives, such as fast access to quality health care and a comprehensive range of benefits including money back on your athletics club membership on selected plans.

The National Track and Field Championships gives us the chance to see the best of our international and club athletes in action as they compete for National Titles and individual honours, and for some, the honour of representing Ireland in Tokyo in just over a months' time.

We acknowledge the great work by so many in ensuring these championships were included as one of the pilot events for the safe return of spectators. I would like to express our gratitude to Athletics Ireland President John Cronin, Chief Executive Hamish Adams, the organising committee, volunteers, officials and all the Athletics Ireland staff who work hard to make these events something we all can be proud of.

Finally, I wish every athlete the best of luck in their events, and I hope all those lucky enough to be in attendance or watching from home get behind all of our athletes at the 2021 Irish Life Health National Senior Track and Field Championships.

Liz Rowen
Head of Marketing
Irish Life Health

NO TO RACISM

#NOPLACEINOURSPO



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	11.28	Phil Heally	Ireland	06/06/2018
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

Event Officials

National Senior Championship 2021

Competition Director	Andrew Lynam			Jury of Appeal (Chair)	Brian Dowling +2 NTO's		
Technical Delegate	Declan Curtin	Ronan O'Hart	Pierce O'Callaghan (Su)	Track Referee	Paddy Marley		
H&S / Covid 19	G. Maybury	M. Quinlan		Field Referee	Martin Wilkson		
Anti Doping	Theresa Kinane			Video	Adam Jones		
PA	Padraig Kelly (Sa)	Fintan Reilly	Nick Davis	Equipment	Alisters Wilson		
Presentation	John Cronin	Paddy Noonan	Caroline Philpott	Walks	Zuana Costin (C) A. Holland B. O'Callaghan	S. Gallagher Jackie Mulhall	David Kidd Ray Flynn
Seeding	Brid Golden T. McDaid	Liam Hennessy	Matt Lockett	Hammer/ Discus	Phil Conway (C) John White (C)	Eamon Harvey John McGrath	S. Mc Granaghan M. O'Callaghan
Check In	Cecil Johnston	Shirley murray	Majella McGrath	Pole vault	E. Flannagan (C) Carmel Kelly	Noëlle Greene	Colette Quinn
Call Room	M. Kearney	M. Malone	Michael Fennell				
Starts Team	M. O'Hart (Ref Su) Joseph Walsh (sis)	C. O'Neill (Sa) T. Thompson	Cyril Smyth(Ref Fr/Sa, Cor Su) Jackie Mulhall (Cor Fr/Sa)	Long /Triple Jump	David Murphy (C) Sarah Kearns Patricia Griffin	Shay Murphy P. Fitzgibbon(Sat)	Fintan Kenny B. McAree (Sun)
Starter's Assistant	John Hayes	M. McKeon	Cate Wilson	Shot Put/Weight	John Meagher (C) Linda Cronin	Colin Byrne Frank Kilrane	John Cronin Peter Collins
Photofinish	Iain Shaw Ciara Heneghan	Peter Hanlon	Laura Heneghan	High Jump	Jim Corcoran (C) Colette Quinn	D. McTeggart	Tim Ahearn
Timing	John Sheehane	J. Monaghan		Javelin	Eamon Harvey (C) David Doherty	K. McConnell M. O'Callaghan	S. McGranagha Pat Power
Results/Technology	Karl O'Connell Alex Neff	Bernie Dunne M. Godley	Derrick Neff Laura Brennan (Fr/Sa)				
Track Judge	Georgina Drumm Anne McHugh Pj O'Rourke	Neil Martin Ray Flynn	Brendan Mc Daid Kathryn Davis				



NATIONAL SENIOR T&F CHAMPIONSHIPS

MORTON STADIUM, SANTRY
FRI 25th, SAT 26th & SUN 27th of JUNE 2021

ATHLETICSIRELAND.IE
f. #IhNatsT&F

Live T.V.

Live Stream All Days

Friday Night the 25th of June

18:15	400m	Women	H			
18:40	400m	Men	H	18:30	Hammer	Women
19:20	1500m	Women	H	19:00	Pole Vault	Women
19:40	1500m	Men	H	20:00	Hammer	Men
20:10	400mH	Women	H			
20:30	800m	Women	H			
21:00	800m	Men	H			

Saturday the 26th of June

10:30	100m	Men	H			
11:10	100m	Women	H			
11:40	5000m	Women	F			
12:00	3000m SC	Women	F	12:00	Discus	Women
12:30	3000m SC	Men	F	12:30	Long Jump	Women
13:00	3000m	Jun Women	F			
13:30	3000m	Jun Men	F	14:00	High Jump	Men
14:00	5000m	Men (B&C)	F	14:00	Discus	Men
				14:30	Pole Vault	Men

15:05	5000m	Men (A)	F			
15:30	400mH	Men	F			
15:40	400mH	Women	F			
15:50	100m	Men (B)	F			
16:00	100m	Men	F	16:00	Long Jump	Men
16:10	100m	Women	F	16:00	WFD	Women
16:20	800m	Women	F	16:45	WFD	Men
16:30	800m	Men	F			
16:45	400m	Women	F			
16:55	400m	Men	F			
17:05	1500m	Women	F			
17:20	1500m	Men	F			

17:40	4x100m	Women	F		
17:50	4x100m	Men	F		

Live
Coverage on
RTE 1
Sat 26th June
14:55-17:45

Sunday the 27th of June

11:00	200m	Women	H	11:00	Shot Put	Men
11:30	200m	Men	H	11:00	Javelin	Women
12:30	5000m W	Women	F	11:00	Triple Jump	Women
13:00	10,000 W	Men	F	12:30	Shot Put	Women
14:10	200m	Women	F	13:00	Javelin	Men
14:20	200m	Men	F	13:00	Triple Jump	Men
14:35	100mH	Women	F	13:00	High Jump	Women
14:45	110mH	Men	F	14:00	WFH 56lbs	Men
15:00	10,000m	Men	F	14:00	WFH 35lbs	Junior
15:45	4x400m	Women	F	14:00	WFH 35lbs	U23
15:55	4X400m	Men	F			

**All Event times are provisional
and subject to change.**

Online Check-In:

Opens 4 hours prior to your event

Check in is not complete until athlete is on site and has collected their bib.

*ATHLETES CANNOT ENTER STADIUM UNTIL **(80 MINUTES)** PRIOR TO THEIR EVENT*

*TRACK ATHLETES TO THE CALL ROOM **(20 MINUTES)** PRIOR TO THEIR EVENT*

*FIELD ATHLETES TO THE CALL ROOM **(40 MINUTES)** PRIOR TO EVENT*

Event Information

- When entries close, 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.
- 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.
- 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@athleticsireland.ie if you do not intend to complete.
- All participants (athletes and officials) must complete a covid questionnaire Prior to entering the Stadium.
- Do not attend the event if you are experiencing symptoms of COVID-19, are a close contact of a COVID-19 case or have travelled from outside the island of Ireland last 14 days.
(Exception to this is a negative Covid PCR test result produced on Day 5 on return to Ireland).
- Do not attend if you travelled to Ireland from Great Britain in the last 14 days.
Exception of negative PCR test produced on day 5, If fully vaccinated. If not fully vaccinated a further negative PCR test on Day 10.

<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 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.

Billy McKee Perpetual Cup 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

477	Paul Murphy	Ferrybank A.C.
481	Eoghan Buggy	St Abbans A.C.
483	Jack Manning	Kilkenny City Harriers A.C.
484	Peter Murphy	Crusaders A.C.
485	Eoin Sharkey	Tír Chonaill A.C.
486	Cathal Mcelgunn	Carrick-on-Shannon A.C.
488	Adam Harte	Naas A.C.
489	Canice Whearty	Oughaval A.C.
491	Eoin Kenny	Waterford A.C.
494	Tom Mc Cutcheon	Nenagh Olympic A.C.
495	Eoghan Shanley	Lucan Harriers A.C.
502	Shane Kennedy	Celbridge A.C.
504	Jack Hickey	Moyne A.C.
506	Eanna Madden	Carrick-on-Shannon A.C.
507	David Campbell	Donore Harriers
509	Dion Marcos	An Ríocht A.C.
521	Keeley Hogan	Le Chéile A.C.
522	Harry Purcell	Trim A.C.
523	Luke Lennon-Ford	Clonliffe Harriers A.C.
524	Niall Flanagan	Cushinstown A.C.
525	Adam Hughes	City of Lisburn A.C.
526	Zak Higgins	Donore Harriers
527	Andrew Mellon	Crusaders A.C.
528	Jamie Mitchell	Emerald A.C.
529	Finn Reilly	Dunleer A.C.
530	Max Doyle	Crusaders A.C.
531	Aaron Keane	Tullamore Harriers A.C.
532	Jack Raftery	Donore Harriers
533	Eseosa Omoregbe	Dunleer A.C.
534	Shane Monagle	Tramore A.C.
535	Cathal Ryan	West Muskerry A.C.
536	Jack Pender	Carrick-on-Suir A.C.
537	Brian Malone	Craughwell A.C.
538	Jed Walshe	Ratoath A.C.
539	Cathal Crosbie	Ennis Track A.C.
540	Jordan Knight	St. Joseph's A.C.
541	Thomas anthony Pitkin	Clonliffe Harriers A.C.
542	Billy Ryan	Cork Track Club
543	David Ryan	Moycarkey Coolcroo A.C.
544	Robert Mc Donnell	Galway City Harriers A.C.
550	Kevin Lynch	Lios Tuathail A.C.
551	Christopher O'Donnell	North Sligo A.C.

Performance

Billy McKee Perpetual Cup Men's 400m cont'd

545	Paul White	Nenagh Olympic A.C.
546	Hugo Magee	Crusaders A.C.
547	Brandon Arrey	Raheny Shamrock A.C.
548	Cillin Greene	Galway City Harriers A.C.
549	Alex Ryan	Dundrum A.C.

Performance

Men's 800m

National Record:	David Mathews	1.44.82	05/09/1995
Championship Record:	James Nolan	1.46.68	24/07/1999
Title Holder:	Harry Purcell	1.52.49	28/08/2020

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

248	Mark Milner	U.C.D. A.C.
249	Thomas Richards	St. Coca's A.C.
250	John Fitzsimons	Kildare A.C.
251	Cormac Canning	Drogheda and District A.C.
252	Evan Mcmillan	Dublin City Harriers A.C.
253	Roland Surlis	Annalee A.C.
254	Frank O'Brien	Midleton A.C.
255	Kieron White	Crusaders A.C.
256	Chris Pollock	Annadale Striders
257	Aaron Shorten	St. L. O'Toole A.C.
258	Cian Kelly	St Abbans A.C.
259	Louis O loughlin	Donore Harriers
260	Dean Ryan	Newbridge A.C.
261	Robert Hewison	Kildare A.C.
262	David Kelly	Togher A.C.
263	Mark Carmody	An Bru A.C.
264	Denis Coughlan	St. Finbarrs A.C.
265	Mark English	Finn Valley A.C.
266	Mark O'Shea	Drogheda and District A.C.
267	Kevin Mcgrath	Bohermeen A.C.
268	Fearghal O Hare	Crusaders A.C.
269	Luke Murphy	Raheny Shamrock A.C.
270	Sean Mc Cabe	Tallaght A.C.
271	Jamie Mc Carthy	Waterford A.C.
272	Justin Bloomer	Mid Ulster A.C.
273	Colin D Smith	Mullingar Harriers A.C.
274	Rory Prendeville	Emerald A.C.
275	Robert Kennedy	Templemore A.C.

Performance

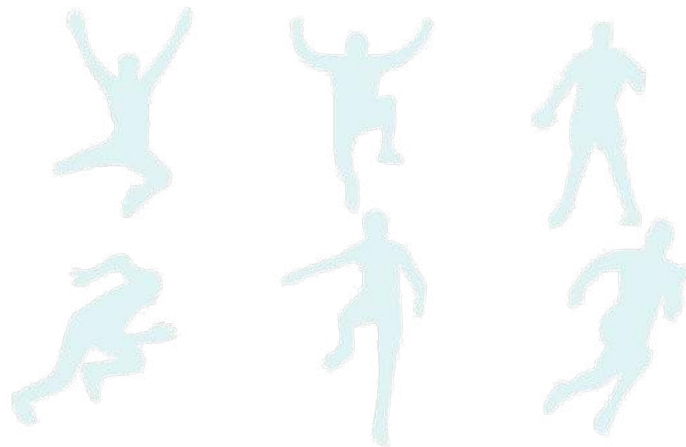
Men's 1500m

cont'd

626	Jack Miskella	Craughwell A.C.
627	Cathal Doyle	Clonliffe Harriers A.C.
628	Tommy Connolly	Leevale A.C.
629	Ronan Hyland	Tullamore Harriers A.C.
630	Shane Bracken	Swinford A.C.
631	Eoin Everard	Kilkenny City Harriers A.C.

Performance

Result:.....



Men's 5000m

National Record:	Alistair Cragg	13.03.58	16/09/2011
Championship Record:	John Treacy	13.21.93	06/07/1980
Title Holder:	Darragh McElhinney	13:56.00	22/08/2020

TOP 10 CHAMPIONSHIP PERFORMANCES

1. John Treacy	13.21.93	(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

299	Jayne Rossiter	Clonliffe Harriers A.C.
300	Rory Chesser	Ennis Track A.C.
412	Matthew Mc Meekin	Sligo A.C.
413	Gavin Mccaffrey	North Belfast Harriers
414	Peter Gracey	Beechmount Harriers A.C.
415	Efrem Gidey	Clonliffe Harriers A.C.
416	Adam Spratt	Annadale Striders
417	Shane Collins	Leevale A.C.
418	Gavin Eccles	Raheny Shamrock A.C.
419	Eoin Smyth	Tara A.C.
420	Alan Duffy	Sli Cualann A.C.
421	Peter Mcgarry	North Belfast Harriers
422	Eoghan Mcelhinney	Bantry A.C.
423	Tadhg Donnelly	Drogheda and District A.C.
424	Eoin Richards	St. Coca's A.C.
425	Gerard Heaney	North Belfast Harriers
426	Ben Brunton	St. Brigids A.C.
427	Anthony Mannix	Leevale A.C.
428	Jamie Fallon	Craughwell A.C.
429	Eoin Molloy	Castlegar A.C.
430	Niall O Callaghan	West Limerick A.C.
431	Pierre Murchan	Dublin City Harriers A.C.
432	Robert Kelly	Raheny Shamrock A.C.
433	Eoin Taggart	Clonliffe Harriers A.C.
434	Conor Devane	Ennis Track A.C.
435	William Hughes	Thurles Crokes A.C.
436	Eoin Hughes	Letterkenny A.C.
437	Bernard O Hanlon	Leevale A.C.
438	Darragh Crossan	City of Derry A.C. Spartans
439	John Durcan	Togher A.C.
440	Ben Branagh	St Malachy's A.C.
441	Pat Hennessy	West Waterford A.C.
442	Liam Brady	Tullamore Harriers A.C.
443	Mitchell Byrne	Rathfarnham W.S.A.F. A.C.
444	Kevin O'Brien	East Cork A.C.
445	David Carter	Galway City Harriers A.C.
446	Dylan O Brien	Raheny Shamrock A.C.
447	Sean Tobin	Clonmel A.C.
448	John Black	North Belfast Harriers
449	Alex O'brien	Lucan Harriers A.C.
450	Shane Ryan	Raheny Shamrock A.C.
451	Robert Frewen	Raheny Shamrock A.C.
452	Mark Walsh	Leevale A.C.

Performance



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:	Callum Wilkinson	39.52.05	28/08/2020

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

510	Adam Mc Inerney	Celbridge A.C.
511	Colm Walsh	Mullingar Harriers A.C.
512	Andrew Glennon	Mullingar Harriers A.C.
513	Joe Mooney	Adamstown A.C.
514	Jerome Caprice	Dundrum South Dublin A.C.

Performance

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Result:.....

Men's 110m Hurdles

National Record:	Peter Coghlan	13.30 (+0.6)	07/08/1999
Championship Record:	Peter Coghlan	13.51 (+1.5)	25/07/1999
Title Holder:	Gerard O'Donnell	13.96 (+0.4)	28/08/2020

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

461	Adam Hill	City of Lisburn A.C.
462	Iarlaith Golding	St. Colmans South Mayo A.C.
463	Mathew Behan	Crusaders A.C.
464	Valantinos Goularas	Crusaders A.C.
465	Rolus Olusa	Clonliffe Harriers A.C.
466	Gerard O'Donnell	Carrick-on-Shannon A.C.
467	Aaron Tierney Smith	Menapians 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:	Mathew Behan	52.47	22/08/2020

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

344	John Fagan	Clonliffe Harriers A.C.
345	Alan Miley	St. L. O'Toole A.C.
346	Jack Mitchell	St. L. O'Toole A.C.
347	Thomas Barr	Ferrybank A.C.
348	Oisín Mc Corry	Raheny Shamrock A.C.
485	Eoin Sharkey	Tír Chonaill A.C.
508	David Dagg	Dundrum South Dublin A.C.

Performance

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Result:.....

Men's 3000m Steeplechase

National Record:	Brendan Quinn	8.24.09	30/08/1985
Championship Record:	Brendan Quinn	8.32.80	21/07/1985
Title Holder:	Rory Chesser	9:39.62	28/08/2020

TOP 10 CHAMPIONSHIP PERFORMANCES

1. Brendan Quinn	8.32.80	(1)	1985	6. Liam O'Brien	8.39.65	(1)	1983
2. Liam O'Brien	8.33.46	(1)	1984	7. Kieran Stack	8.40.94	(1)	1990
3. Joe Hartnett	8.34.52	(2)	1984	8. Liam O'Brien	8.41.55	(1)	1991
4. Brendan Quinn	8.38.61	(1)	1982	9. Kieran Stack	8.42.19	(2)	1991
5. John Murray	8.39.24	(1)	1996	10. Brendan Quinn	8.42.83	(1)	1988

296	Jason O byrne	Sli Cualann A.C.
297	Adam Kirk-smith	Derry Track Club
298	Mathew Molloy	Tullamore Harriers A.C.
299	Jayne Rossiter	Clonliffe Harriers A.C.
300	Rory Chesser	Ennis Track A.C.
301	Ruarcan O Gibne	Ace Athletics Club
302	Abaas Adam Edris	Castlegar A.C.
303	Brian Fay	Raheny Shamrock A.C.
304	Ethan John Dunn	Loughview A.C.
305	Finley Daly	Sligo A.C.
323	Fionn Harrington	Bandon A.C.
339	Mark Hanrahan	Ennis Track A.C.
557	Brishan Le goff o brien	Tallaght A.C.
573	Liam Harris	Togher A.C.

Performance

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Result:.....

Men's Long Jump cont'd

374	Dannan Long	Enniscorthy A.C.
376	Rafael Mc Caffrey	Ratoath A.C.
409	Darragh Minter	Nenagh Olympic A.C.
480	Alexander Seifert	City of Lisburn 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:	Jai Benson	14.53m(+1.5)	28/87/2020

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

292	Joshua Knox	City of Lisburn A.C.
552	Conall Mahon	Tír Chonaill A.C.
553	Jordan Hoang	Tullamore Harriers A.C.
554	Richard Kamsen	Galway City Harriers A.C.
555	Michael Mc carthy snr	Donore Harriers
556	Samuel Duncan	City of Lisburn A.C.

Performance

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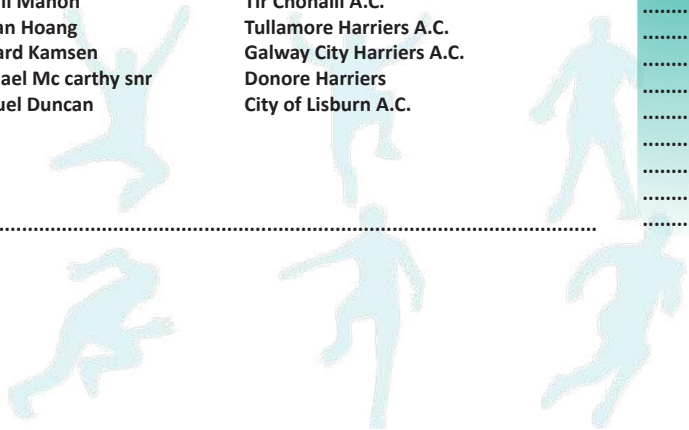
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Result:.....



Men's Pole Vault

National Record:	Brian McGovern	5.36m	06/05/2012
Championship Record:	David Donegan	5.06m	07/07/2012
Title Holder:	Yuri Kanash	4.50m	28/08/2020

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

311	Adam Nolan	St. L. O'Toole A.C.
312	Peter Dunne	Gowran A.C.
313	Ben Connolly	Nenagh Olympic A.C.
314	David Donegan	Clonliffe Harriers A.C.
315	Matthew Rossiter	St Abbans A.C.
316	Matthew Callinan Keenan	St. L. O'Toole A.C.
317	Conor Callinan	Leevale A.C.
318	Shane Power	St. Joseph's A.C.
319	Joshua Fitzgerald	Leevale A.C.
320	Michael Bowler	Enniscorthy A.C.
408	Mark Tierney	Nenagh Olympic A.C.
465	Rolus Olusa	Clonliffe Harriers A.C.

Performance

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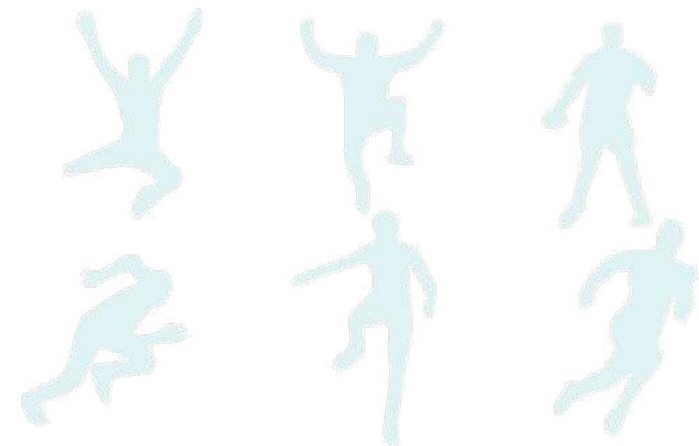
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Result:.....



Men's Shot Putt

National Record: Paul Quirke 20.04m 07/07/1992
Championship Record: Eric Favors 18.64m 28/07/2019
Title Holder: John Kelly 18.40m 28/08/2020

TOP 10 CHAMPIONSHIP PERFORMANCES

2. Eric Favors	18.64m	(1)	2019	6. Ian McMullen	17.61m	(1)	2002
2. John Dermody	18.61m	(1)	1999	7. Paul Quirke	17.54m	(1)	1993
3. John Kelly	18.40m	(1)	2020	8. Sean Breathnach	17.53m	(1)	2018
4. John Dermody	17.86m	(1)	2000	9. Sean Breathnach	17.34m	(1)	2016
5. Sean Breathnach	17.63m	(1)	2015	10. Nick Sweeney	17.37m	(1)	1994

401	John Dwyer	Templemore A.C.
404	Gavin McLaughlin	Finn Valley A.C.
405	Oran O'Brien	Donore Harriers
411	Michael Sheerin	Brow Rangers A.C.
468	Bosco Reid	Finn Valley A.C.
469	Conor O'reilly	Sli Cualann A.C.
470	Ryan Duggan	Leevale A.C.
471	Sean Breathnach	Galway City Harriers A.C.
472	James Kelly	Finn Valley A.C.
473	Michael Lynch	Nenagh Olympic A.C.
474	Keith Gilligan	St Abbans A.C.
475	Collins Paul	North Westmeath 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 55.50m 28/08/2020

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

360	Sean Carolan	Nenagh Olympic A.C.
401	John Dwyer	Templemore A.C.
402	Michael Healy	Youghal A.C.
403	Padraig Hore	D.M.P. A.C.
404	Gavin McLaughlin	Finn Valley A.C.
405	Oran O'Brien	Donore Harriers
406	Eoin Sheridan	Clonliffe Harriers A.C.
407	Shane Aston	Trim A.C.
408	Mark Tierney	Nenagh Olympic A.C.
409	Darragh Miniter	Nenagh Olympic A.C.
410	Colin Quirke	Crusaders A.C.
411	Michael Sheerin	Brow Rangers 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 72.73m 22/08/2020

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

306	Diarmuid O'Connor	Bandon A.C.
401	John Dwyer	Templemore A.C.
407	Shane Aston	Trim A.C.
515	Conor Cusack	Lake District Athletics
516	Aaron Crawford	Lifford Strabane A.C.
517	Stephen Rice	Clonliffe Harriers A.C.
518	Gareth Crawford	Lifford Strabane A.C.
519	Peter O'shea	D.M.P. A.C.
520	Oisin Joyce	Lake District Athletics

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: Brendan O'Donnell 64.62m 22/08/2020

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

401	John Dwyer	Templemore A.C.
632	Sean Mockler	Moycarkey Coolcree A.C.
633	Brian Naughton	Nenagh Olympic A.C.
634	Mark O'Brien	Templemore A.C.
635	Brendan O'Donnell	Lifford Strabane A.C.
636	Gerard Kelly	St Abbans A.C.
637	Killian Barry	Crusaders A.C.
638	Ryan Mc cullough	Donore Harriers
639	Simon Galligan	Clonliffe Harriers A.C.
640	Robert Higgins	Na Fianna A.C.

Performance

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Result:.....

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	4.60m	22/08/2020

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

401	John Dwyer	Templemore A.C.
471	Sean Breathnach	Galway City Harriers A.C.
584	Colm Donoghue	Lusk A.C.
585	Damian Crawford	Lifford Strabane A.C.

Performance

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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	8.24m	22/08/2020

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 Rautkys	8.73m	(1)	2012

401	John Dwyer	Templemore A.C.
402	Michael Healy	Youghal A.C.
471	Sean Breathnach	Galway City Harriers A.C.

Performance

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Result:.....



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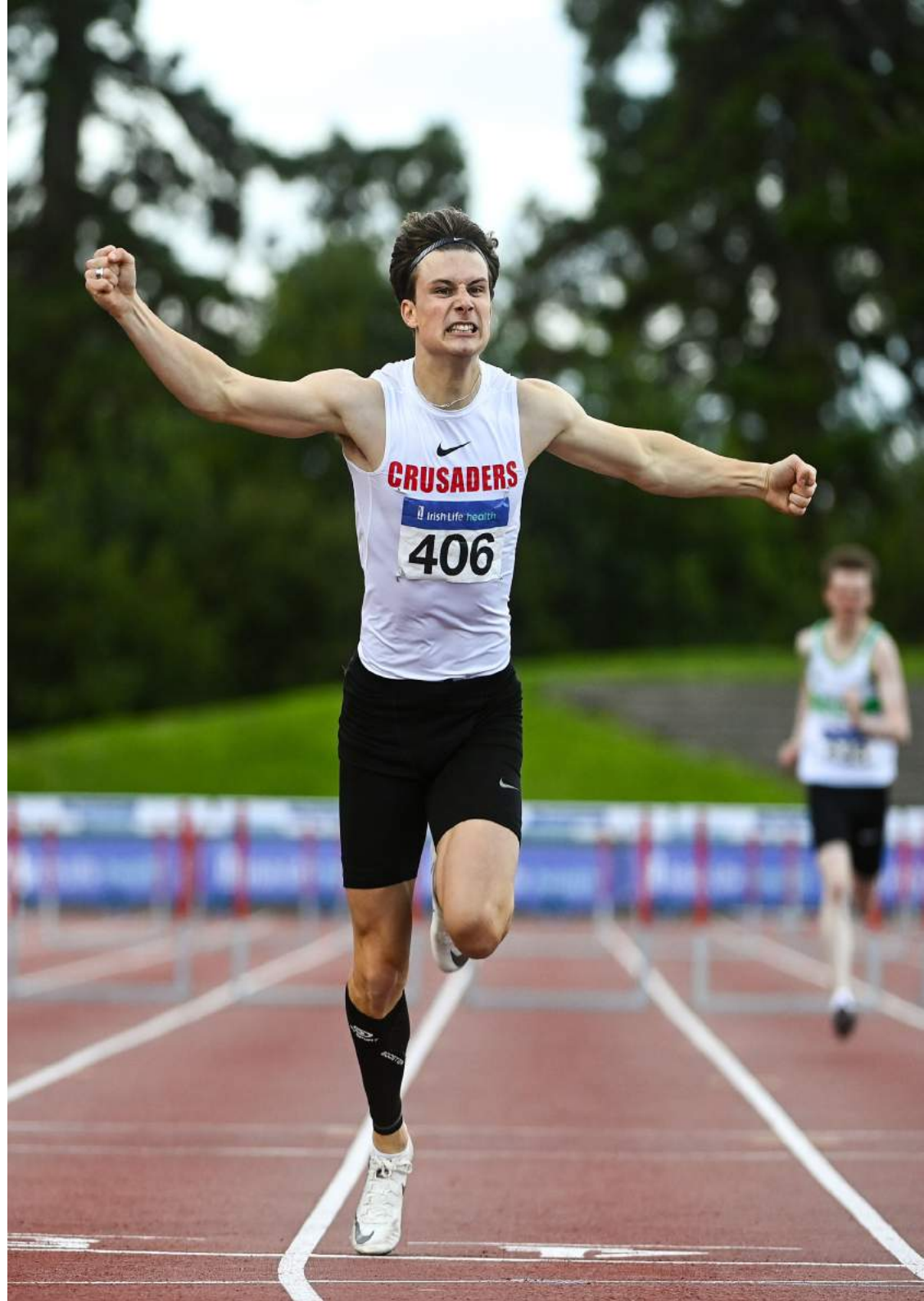
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Women's 400m Hurdles

National Record:	Susan Smith	54.31	12/08/1998
Championship Record:	Susan Smith-Walsh	55.54	25/07/1999
Title Holder:	Nessa Millet	59.52	28/08/2020

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

123	Kelly Mcgrory	Tír Chonail A.C.
124	Ella Duane	Naas A.C.
125	Caoimhe Mackey	Donore Harriers
126	Erin Mc mahon	Ballymena and Antrim A.C.
127	Laura Mcdonnell	Marian A.C.
128	Deirdre Murray	Na Fianna A.C.
129	Laura Frey	Lagan Valley A.C.
130	Aoife Sheehy	Galway City Harriers A.C.
131	Nessa Millet	St Abbans A.C.
132	Zofia Terzyk	St. Coca's A.C.
133	Shauna Leydon	Mullingar Harriers A.C.
150	Karen Dunne	Bohermeen 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	9.59.72	28/08/2020

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. Michelle Finn	9.59.72	(1) 2020
3. Michelle Finn	9.46.81	(1) 2016	8. Sara Treacy	9.59.75	(1) 2014
4. Fionnualla Britton	9.51.93	(1) 2008	9. Fionnualla Britton	10.04.95	(1) 2009
5. Roisin McGettigan	9.56.17	(1) 2007	10. Michelle Finn	10.16.90	(1) 2013

39	Kerry anne O'flaherty	Newcastle and District A.C.
40	Roisin O'Reilly	Menapians A.C.
41	Aoife Allen	St. Senans A.C.
42	Eilish Flanagan	Carmen Runners A.C.
43	Jessica Coyne	Leevale A.C.
44	Emily Grennan	Tullamore Harriers A.C.
45	Abbie Sheridan	Ardee and District A.C.
244	Michelle Finn	Leevale 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:	Kate Veale	24.51.49	28/08/2020

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

162	Kate Veale	West Waterford A.C.
163	Niamh O Connor	Celbridge A.C.
164	Eva Delahunt	Sligo A.C.
165	Aisling Lane	Mullingar Harriers A.C.
166	Maggiehelen O connor	St. Joseph's A.C.
167	Veronica Burke	Ballinasloe and District A.C.
168	Ruth Monaghan	Sligo A.C.
169	Emily Machugh	Naas A.C.

Performance

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Result:.....

Women's High Jump

National Record:	Deirdre Ryan	1.95m	01/09/2011
Championship Record:	Deirdre Ryan	1.90m	07/08/2011
Title Holder:	Summer Lecky	1.79m	22/08/2020

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

118	Lara O Byrne	Donore Harriers
171	Kylie Heinen	Ferrybank A.C.
172	Ciara Kennelly	Killarney Valley A.C.
173	Anna Mcilmoyle	City of Lisburn A.C.
174	Claire Dougherty	City of Derry A.C. Spartans
175	Philippa Rogan	Sli Cualann A.C.
176	Shannon Craig	Lifford Strabane A.C.
177	Sommer Lecky	Finn Valley A.C.
178	Aoife O'Sullivan	Liscarroll A.C.

Performance

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Result:.....



Dina Asher-Smith
World Champion Sprinter

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1861 - 2021

Comments, additions, corrections to Pierce O'Callaghan pierce@savvysportsmgt.com & Cyril Smyth csmyth@tdi.ie as at June 2021

The Irish Champion Athletic Club (Irish Champions AC) was founded during late 1872/early 1873 and organised the first Irish Championships on Monday July 7, 1873 in College Park Dublin. These championships have been held every year since and are the longest running national championships in the world. The Irish Champions AC, then founded quite rapidly, being wound-up in 1880/81. Thereafter the championship meeting was run by an ad hoc committee in 1881, and by the Dublin Athletic Club from 1882 to 1884.

After several abortive attempts to establish a national governing body for athletics, two were formed over the winter months of 1884/85.

First the Gaelic Athletic Association (GAA) was formed not alone to encourage and administer athletics, but also to develop and foster the traditional Irish field sports of hurling and football, as well as handball.

Their action galvanised the existing athletics "establishment" in Dublin who perceived the formation of the GAA - insofar as pertained to athletics as a usurpation, and so was formed, very soon after, the Irish Amateur Athletic Association (IAAA).

The distinction between the two rival governing associations is often explained in purely political terms whereas, in reality, the situation is rather more complex; particularly since both organisations embraced a quite broad spectrum of political aspiration, so that once the initial hostilities subsided the majority of athletes, whatever their affiliations, seemed to have no philosophical problems competing in the promotions of both bodies, open meetings as well as championships.

The GAA was predominantly an organisation of rural Ireland, whereas the IAAA was an urban institution, principally of Dublin and, to a lesser extent, Belfast. Moreover the separate organisations differed in their very perceptions of the sport, what actually was meant by the term "athletics". Within the GAA the primary emphasis was on the traditional and popular pastimes of rural Ireland, jumping and weight-throwing;

whereas within the IAAA, on the other hand, there was what might be termed a quite pronounced "harrier" bias, its membership being largely coterminous with that of the pre-existing Cross Country Association of Ireland. Although initially the two associations were in acrimonious opposition, better sense soon prevailed to herald a period of polite co-existence, with their respective promotions being open to all amateurs of good-standing.

With the onset of Irish independence in 1922 finally one National Governing body was formed - the National Athletics & Cycling Association (NACA) and one National Championships were organised from 1922-1936.

In 1937 the NACA was suspended from membership of IAAF because it refused to confine its activities to the then Irish Free State resulting in the foundation of the AAUE which continued in existence until the formation of BLE in 1967 and AAI in 1999.

17 Pat Davin	Misc	1 x 100m, 5 x 120y H, 5 x HJ, 4 x LJ, 1 x SP, 1 x Dec
17 Richard "Dick" O'Rafferty	HJ, LJ, PV	15 x HJ, 1 x LJ, 1 x PV
17 Maria McCambridge	Distances	17 x Distances
17 Kelly Proper	Misc	2x100m, 5 x 200m, 8 x LJ, 2 x Hept
16 William "Bill" Britton	Misc	2x110H, 1xHJ, 4xLJ, 1xTJ, 8xHT
16 Leonard Nicholas "Len" Horan	Misc	8xSP, 4xD, 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 56lbs
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
15 Clare Fitzgerald	SP, DT	8 x DT, 7 x SP
15 John Lenihan	HM, MR	2 x HM, 13 x Mountain Running
15 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 Champions

1956 PJ Birmingham	(Discus)	T&F 47 years & 101 days
2010 Geraldine Finegan	(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
1976 Caroline O'Shea	(400m)	T&F 15 years & 236 days
1982 Jimmy McDonald	(20km Walk)	Road/CC 18 years & 84 days
1987 Sonia O'Sullivan	(Cross Country)	Road/CC 17 years & 86 days

Long spans between National medals/titles won

16 yrs Noel Carroll	(880y/800m)	Track 1961-1977
16 yrs Liam O'Brien	Track	1978-1994
25 yrs Pat Moore	(Javelin) Field	1967-1992
18 yrs Michele Walsh Carroll	(Sprints) Track	1977-1995
16 yrs Dara Shakespeare	(Javelin) Field	1980-1996
20 yrs Dick Hooper	(Marathon) 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)

Most Prolific Irish Senior Champions of All Time 1873-2020

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 56lbs D, 11 x 56lbs 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	18 x Heavy Throws

Irish Senior Champions from the same family

Father & Son

Tommy & Michael Casey	20km Walk
Eamonn & John Coghlan	Middle Distances (Outdoor/Indoor)
Tim & Timmy Crowe	400m & 400m Hurdles (Outdoor/Indoor)
Roy & Conor, Kevin Dooney	Long Distances
John & John Downes	Cross Country
Pat & Jim Fanning	High Jump
Dan & Maurice Fraher	Jumps
Bert & Paul Healion	Hammer
Denny & Michael Hyland	Pole Vault
Brendan & Barry Martin	High Jump & 100m/200m
Conor & Conor McCullough	Hammer
Frank & Kingston Mills	CC & Marathon
Pat & Joe Naughton	Decathlon & Long Jump
Bernie & Pierce O'Callaghan	10,000m Walk & 20km Walk
Pat & Hugh O'Callaghan	Hammer
John & Bobby O'Leary	20km Walk
Paul & Colin Quirke	Shot Put, Discus

Mother & Son

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

Irish Senior Champions from the same family

Father & Daughter

Mark & Katie Kirk	800m
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Mother & Daughter

Mary (McKenna) & Catherine McManus	800m & 400m hurdles
Claire & Patricia Walsh	400m

Brothers

Sean & Micheal Breathnach	Shot Put & Discus
Charles & Aidan Browne	Marathon
John & Denis Buckley	880y & Long Distances
Daniel & Laurence Bulger	Sprints, Hurdles
Antoine & Kevin Burke	400mH, HJ, Dec
Denis & Robert Cussen	Sprints & Hurdles
Pat, Tom & Maurice Davin	100y, 120y H, HJ, LJ, SP, HT, Dec,
Ronnie & Joe Delany	440y, 880y, LJ
Conor & Kevin Dooney	Long Distances
Tommy & Willie Dunne	Long Distances
3 Martin, Michael & John "Jack" Egan	Long Distances
Patrick & Richard "Richie" Fallon	100m & High Jump
Donal & Brendan Flanagan	60y, 100y, 220y, 440 y, 120 y Hurdles
Ray & Paul Flynn	Race Walks
Ted, John & Paddy Guiney	Decathlon
Carlton & Darren Haddock	100m
Willie & Jack Harte	2 miles, 3 miles
Pat & Bernie Hartigan	Shot Put (Outdoors/Indoor)
Jack & Jim Holloway	Pole Vault & Standing Jumps
Dick & Pat Hooper	Marathon

Irish Senior Champions from the same family

Brothers Cont..

	Laurence & Tom Kiely	LJ, TJ, SP, HT, Dec
	Con, Pat & Tim Leahy	HJ, LJ, TJ
3	Denis, John & William Murray	Sprints, Jumps, Hurdles, Throws
	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
	Benny & PJ O'Sullivan	Distances
	Michael & Sean O'Sullivan	15 miles,
	WC "Charlie" & Steve McCooke	Distances
	John & Ray Treacy	Distances
	Frank & Bernard Walley	Sprints
	Frederick St John & WM Worrall	7m Walk

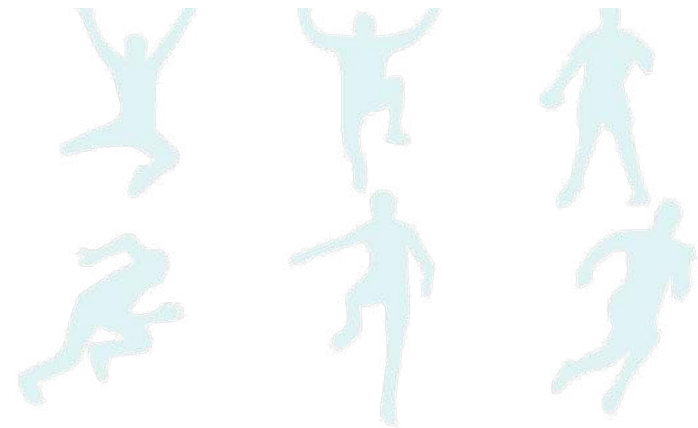
Sisters

	Patricia & Mary Amond	Sprints
	Mary & Catherine Hennessy	3000m Walk
	Siobhan & Aoife Hoey	Triple Jump
	Monica & Regina Joyce	Distances
	Olive & Ann Loughnane	5000m W, 10km W, 20km W
	Nessa & Ruby Millet	400mH & Long Jump
	Emma & Lisa Nicholson	Sprints & Hurdles

Irish Senior Champions from the same family

Brother & Sister

Thomas & Jessie Barr	400H
Eoin & Ciara Everard	800m & 1500m
John & Brid Hallissey	PV, 100H, Hep
Brian & Deirdre Murphy	400m, Discus
John & Patricia Naughton	Decathlon & 100H
Frank & Ailish O'Brien	Discus





Irish Life health

National
Track & Field
Championships



Athletics
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