

Munster Junior/Senior/Masters Indoor Championships 2010

Nenagh, March 21st

JM - Junior Men, SM Senior Men, JW - Junior Women, SW - Senior Men

Please notify pkelly@munsterathletics.com of errors

*Masters Men Sprints times not yet to hand

Women 60m Hurdles

| | | | | |
|---|-----------------|-----------------|----|-------|
| 1 | Aoife Bartley | Carrick on Suir | JW | 10.20 |
| 2 | Rachel Finnegan | Craughwell | JW | 10.25 |
| 3 | Hannah Trehy | Carrick on Suir | JW | 10.95 |
| 1 | Sarah Finnegan | Craughwell | SW | 10.39 |

Women 60m

| | | | | |
|---|-------------------|-------------|-----|-------|
| 1 | Phil Healy | Bandon | SW | 8.15 |
| 2 | Erin Murphy | Limerick | SW | 9.06 |
| 1 | Chloe Fahy | Nenagh | JW | 8.26 |
| 2 | Fiona Moloney | Dooneen | JW | 8.48 |
| 3 | Emma Dooley | Emerald | JW | 8.51 |
| 4 | Eva Murphy | DMP | JW | 8.59 |
| 1 | Hilda O'Connor | Ennis Track | F35 | 9.92 |
| 2 | Jacinta Power | Waterford | F35 | 10.56 |
| 1 | Liz Coomey | Bandon | F40 | 9.04 |
| 2 | Sheila O'Donoghue | Gneevguilla | F40 | 9.30 |
| 3 | Aisling Power | Ennis Track | F40 | 9.43 |
| 4 | Carmel Carey | Navan | F40 | 9.54 |
| 1 | Eilis Ní Fhaoláin | Leevale | F45 | 9.61 |
| 1 | Marie Coughlan | Kilmihil | F55 | 13.33 |

Women 200m

| | | | | |
|---|---------------------|---------------|-----|-------|
| 1 | Eimear Lynch | Newport | JW | 27.01 |
| 2 | Emma Dooley | Emerald | JW | 28.81 |
| 3 | Margaret-Mary Grace | Nenagh | JW | 29.03 |
| 1 | Phil Healy | Bandon | SW | 27.37 |
| 2 | Erin Murphy | Limerick | SW | 28.61 |
| 1 | Hilda O'Connor | Ennis Track | F35 | 33.51 |
| 2 | Jacinta Power | Waterford | F35 | 34.55 |
| 1 | Carmel Carey | Navan | F40 | 30.16 |
| 2 | Aisling Power | Ennis Track | F40 | 31.15 |
| 1 | Cushla Murphy Hehir | Marian | F50 | 35.91 |
| 1 | Carmel MacDomhnaill | West Limerick | F55 | 38.58 |
| 2 | Marion Lyons | St Finbarrs | F55 | 45.39 |

Women 400m

| | | | | |
|---|---------------------|-----------------|----|-------|
| 1 | Eimear Lynch | Newport | JW | 64.08 |
| 2 | Hannah Trehy | Carrick on Suir | JW | 65.16 |
| 3 | Margaret-Mary Grace | Nenagh | JW | 65.89 |
| 1 | Emer O'Connell | BIAC | SW | 59.21 |
| 2 | Cheryl Stanley | Templemore | SW | 70.01 |

Women 800m

| | | | | |
|---|----------------------|----------------|-----|---------|
| 1 | Meabh Hogan | Ennis Track | JW | 2.42.44 |
| 2 | Alyson Courtney | Ennis Track | JW | 2.50.58 |
| 1 | Sinead O'Connor | Leevale | SW | 2.30.02 |
| 1 | CORINNA WALSH | West Waterford | F35 | 2.33.22 |
| 1 | Aisling Power | Ennis Track | F40 | 2.37.82 |
| 1 | Cushla Murphy Hehir | Marian | F50 | 2.51.48 |
| 1 | Carmel Mac Domhnaill | West Limerick | F55 | 3.05.04 |
| 2 | Marion Lyons | St Finbarrs | F55 | 3.35.06 |

1500m Women

| | | | | |
|---|----------------------|---------------|-----|---------|
| 1 | Sinead O'Connor | Leevale | SW | 5.13.98 |
| 2 | Maire Heffernan | Liscarroll | SW | 5.18.28 |
| 3 | Claire Madigan | St Johns | SW | 5.24.66 |
| 1 | Marian Burke | St Marys Cl | F35 | 5.28.79 |
| 1 | Carmel Mac Domhnaill | West Limerick | F55 | 6.11.12 |
| 2 | Marion Lyons | St Finbarrs | F55 | 7.07.32 |

Women 3000m

| | | | | |
|---|----------------------|----------------|-----|----------|
| 1 | Anna Marie Costelloe | Gneevguilla | SW | 11.07.60 |
| 1 | CORINNA WALSH | West Waterford | F35 | 10.57.99 |
| 2 | Marian Burke | St Marys Cl | F35 | 11.31.75 |

Junior Womens 3K Walk

| | | | | |
|---|------------------|--------------------|---------|-----|
| 1 | KATE VEALE | West Waterford | 3.01.07 | CBP |
| 2 | Maeve Curley | Craughwell | 4.46.53 | |
| 3 | Siobhan Hennessy | Moycarkey Coolcree | 8.30.95 | |

Women High Jump

| | | | | |
|---|-------------------|-----------------|-----|------|
| 1 | Chloe Fahy | Nenagh | JW | 1.50 |
| 2 | Aoife Bartley | Carrick on Suir | JW | 1.40 |
| 3 | Suzanne Kelly | Kilnaboy | JW | 1.35 |
| 1 | Siobhan Heffernan | Liscarroll | SW | 1.35 |
| 2 | Phil Healy | Bandon | SW | 1.20 |
| 1 | Liz Coomey | Bandon | F40 | 1.35 |
| 2 | Sheila O'Donoghue | Gneevguilla | F40 | 1.30 |

Women Long Jump

| | | | | |
|---|---------------------|-----------------|-----|------|
| 1 | Aoife Bartley | Carrick on Suir | JW | 5.27 |
| 2 | Suzanne Kelly | Kilnaboy | JW | 4.83 |
| 3 | Sharon Buckley | Liscarroll | JW | 4.02 |
| 1 | Antoinette Stafford | DMP | SW | 5.61 |
| 2 | Phil Healy | Bandon | SW | 4.74 |
| 3 | Erin Murphy | Limerick | SW | 4.62 |
| 4 | Siobhan Heffernan | Liscarroll | SW | 4.17 |
| 1 | Jacinta Power | Waterford | F35 | 3.13 |
| 2 | Hilda O'Connor | Ennis Track | F35 | 2.75 |
| 1 | Liz Coomey | Bandon | F40 | 4.30 |
| 2 | Sheila O'Donoghue | Gneevguilla | F40 | 3.84 |
| 1 | Eilis Ní Fhaoláin | Leevale | F45 | 3.80 |
| 1 | Marie Coughlan | Kilmihil | F55 | 2.63 |

Women Triple Jump

| | | | | |
|---|----------------|-----------------|----|-------|
| 1 | Aoife Bartley | Carrick on Suir | JW | 10.47 |
| 1 | Sarah Finnegan | Craughwell | SW | 10.02 |

Women Pole Vault

| | | | | | |
|---|---------------|----------------|----|------|-----|
| 1 | Nikita Savage | Youghal | JW | 3.20 | CBP |
| 2 | Lisa Houlihan | West Waterford | JW | 2.00 | |
| 1 | Sarah Ryan | Youghal | SW | 2.80 | CBP |

Women Shot

| | | | | |
|---|-------------------|---------------|-----|-------|
| 1 | Fiona Moloney | Dooneen | JW | 12.26 |
| 2 | Niamh Murphy | BIAC | JW | 10.57 |
| 3 | Alana Fratorolli | Limerick | JW | 10.27 |
| 4 | Tracy Bradfield | Bandon | JW | 10.10 |
| 5 | Megan Moynihan | West Muskerry | JW | 8.76 |
| 1 | AOIFE O MALLEY | Bilboa | SW | 9.16 |
| 2 | Siobhan Heffernan | Liscarroll | SW | 7.59 |
| 3 | Maire Heffernan | Liscarroll | SW | 7.30 |
| 1 | Marian Burke | St Marys Cl | F35 | 6.62 |
| 2 | Jacinta Power | Waterford | F35 | 6.06 |
| 1 | Sheila O'Donoghue | Gneevguilla | F40 | 10.19 |
| 2 | Liz Coomey | Bandon | F40 | 9.51 |
| 1 | Marie Coughlan | Kilmihil | F55 | 5.74 |

4 x 200m Relay

| | | | |
|---|------------|----|--------|
| 1 | Liscarroll | SW | 2.01.7 |
|---|------------|----|--------|

Men 60m Hurdles

| | | | | |
|---|-----------------|------------|----|------|
| 1 | Emmanual Sabayo | Dooneen | JM | 9.17 |
| 1 | Ger Cremin | Riocht | SM | 9.56 |
| 2 | Joe Barry | Templemore | SM | 9.94 |

Men 60m

| | | | | |
|---|--------------------|--------------------|-----|------|
| 1 | Conall O Callaghan | Spa Muckross | JM | 7.44 |
| 2 | Eoin O'Carroll | Tralee Harriers | JM | 7.52 |
| 3 | Fionn Carew | Limerick | JM | 7.54 |
| 4 | Michael Godley | Tralee Harriers | JM | 7.67 |
| 5 | Kieran Downes | Limerick | JM | 7.68 |
| 6 | Roland Pika | Limerick | JM | 7.68 |
| 7 | Emmanual Sabayo | Dooneen | JM | 7.69 |
| 8 | Gussi Mangidi | Limerick | JM | 7.77 |
| 9 | Dara Kenny | BIAC | JM | 7.95 |
| 1 | Ciaran McCabe | Riocht | SM | 7.37 |
| 2 | Colm Lynch | Iveragh | SM | 7.40 |
| 3 | Breandán Dennehy | Rising Sun | SM | 7.52 |
| 4 | Brendan Marshall | Mullingar | SM | 7.59 |
| 5 | Derek Zulu | Fethard | SM | 7.61 |
| 6 | Dennis Finnegan | UCC | SM | 7.65 |
| 7 | Ross Kelly | Belgooly | SM | 7.81 |
| 1 | John Corr | Leevale | M35 | |
| 2 | Peter Lyons | KCH | M35 | |
| 3 | Tomas Griffin | Riocht | M35 | |
| 1 | Brendan Meagher | Nenagh | M40 | |
| 2 | Pat Mulcahy | Bandon | M40 | |
| 3 | Tommy Greene | St Johns | M40 | |
| 1 | Richard McArthur | St Cronans | M45 | |
| 2 | David Courtney | Ennis Track | M45 | |
| 3 | Richard Butler | Ballynonty | M45 | |
| 1 | Pat Canty | Tralee Harriers | M50 | |
| 2 | John Murphy | Liscarroll | M50 | |
| 1 | Tom Feighery | Tullamore Harriers | M55 | |
| 1 | Brendan Dennehy | Rising Sun | M60 | |
| 2 | Bernie O'Neill | Carrick on Suir | M60 | |
| 1 | Con Donovan | Rising Sun | M65 | |
| 3 | John Rice | Grange Fermoy | M60 | |

Men 200m

| | | | | |
|---|-------------------|-----------------------|-----|-------|
| 1 | Mark Boland | Marian | JM | 25.08 |
| 2 | Dara Kenny | BIAC | JM | 25.29 |
| 3 | Patrick Healy | St Marys Limerick | JM | 27.00 |
| 4 | Gussi Mangidi | Limerick | JM | 27.18 |
| | | | | |
| 1 | Ciaran McCabe | Riocht | SM | 23.60 |
| 2 | Colm Lynch | Iveragh | SM | 23.69 |
| 3 | P O'Reilly | St Marys Limerick | SM | 24.95 |
| 4 | Joe Barry | Templemore | SM | 25.32 |
| 5 | Denis Coughlan | St Finbarrs | SM | 25.50 |
| 6 | Robert Cunningham | Limerick | SM | 26.16 |
| | | | | |
| 1 | John Corr | Leevale | M35 | 24.69 |
| 2 | Peter Lyons | KCH | M35 | 24.74 |
| 3 | Tomas Griffin | Riocht | M35 | 25.06 |
| | | | | |
| 1 | Kevin Finn | Nenagh | M40 | 26.02 |
| 2 | Eugene O'Mara | St Johns | M40 | 26.82 |
| 3 | Frank Sheerin | St Finbarrs | M40 | 27.53 |
| 4 | Tommy Greene | St Johns | M40 | 27.80 |
| | | | | |
| 1 | Richard McArthur | St Cronans | M45 | 25.56 |
| 2 | Martin Ormond | Clonmel | M45 | 29.57 |
| 3 | David Courtney | Ennis Track | M45 | 29.67 |
| 4 | Richard Butler | Ballynonty | M45 | 31.67 |
| | | | | |
| 1 | John Murphy | Liscarroll | M50 | 29.03 |
| 2 | Vincent McGalley | Gneevguilla | M50 | 29.87 |
| 3 | Stephen Murphy | Rising Sun | M50 | 32.61 |
| 4 | Dermot Moran | St Marys Cl | M50 | 33.23 |
| | | | | |
| 1 | Brendan Dennehy | Rising Sun | M60 | 27.95 |
| 2 | Bernie O'Neill | Carrick on Suir | M60 | 31.36 |
| 3 | John Rice | Grange Fermoy | M60 | 44.81 |
| | | | | |
| 1 | Con Donovan | Rising Sun | M65 | 31.91 |
| 2 | Jer O'Connell | Limerick Country Club | M65 | 45.56 |

Men 400m

| | | | | |
|---|------------|---------|----|-------|
| 1 | Colm Lynch | Iveragh | SM | 53.87 |
| 2 | Ger Cremin | Riocht | SM | 55.14 |

Men 800m

| | | | | |
|---|----------------|-------------|-----|---------|
| 1 | Dean Cronin | BIAC | JM | 2.02.87 |
| 2 | Darragh Lynch | Ennis Track | JM | 2.04.92 |
| 3 | Eamon Chesser | Ennis Track | JM | 2.05.79 |
| 4 | James Kelly | Liscarroll | JM | 2.27.74 |
| | | | | |
| 1 | Denis Coughlan | St Finbarrs | SM | 2.04.92 |
| | | | | |
| 1 | Frank Quinlin | Waterford | M35 | 2.13.6 |
| 2 | Shane Simcox | Mallow | M35 | 2.24.1 |
| | | | | |
| 1 | Kevin Finn | Nenagh | M40 | 2.16.6 |
| 2 | Jim Baldwin | Waterford | M40 | 2.18.5 |
| 3 | Pat Hogan | Ennis Track | M40 | 2.19.6 |

800m Men

| | | | | |
|---|------------------|-----------------------|-----|---------|
| 1 | HARRY O BRIEN | West Waterford | M45 | 2.13.6 |
| 2 | Derek Grant | Waterford | M45 | 3.04.2 |
| 1 | Colm Rothery | Gneevguilla | M50 | 2.16.02 |
| 2 | Mike Quinlivan | Tulla | M50 | 2.33.70 |
| 3 | Jame Sexton | K. Ibk. N. Clare | M50 | 2.37.33 |
| 4 | Vincent McGalley | Gneevguilla | M50 | 2.41.90 |
| 5 | Stephen Murphy | Rising Sun | M50 | 2.54.37 |
| 6 | Dermot Moran | St Marys Cl | M50 | 2.56.04 |
| 1 | Matt Alexander | Coolquill | M55 | 2.57.10 |
| 1 | Donal Crowley | Tralee Harriers | M60 | 3.18.69 |
| 1 | Mike Brown | Gneevguilla | M65 | 3.24.51 |
| 2 | Jer O'Connell | Limerick Country Club | M65 | 3.44.25 |
| 1 | Flor O Leary | St Finbarrs | M75 | 3.22.05 |

1500m Men

| | | | | |
|---|------------------|-----------------------|-----|---------|
| 1 | Kevin Chesser | Ennis Track | JM | 4.27.20 |
| 2 | Peter Maher | Ennis Track | JM | 4.43.82 |
| 3 | Tola R Alade | Limerick | JM | 5.43.1 |
| 1 | Liam Markham | Ennis Track | SM | 4.04.77 |
| 2 | Brian McGinley | Ennis Track | SM | 4.17.06 |
| 3 | Michael Keane | Ennis Track | SM | 4.26.0 |
| 4 | Denis Coughlan | St Finbarrs | SM | 4.27.58 |
| 5 | Damien McDonnell | Moyne | SM | 5.19.9 |
| 1 | Frank Quinlin | Waterford | M35 | 4.38.48 |
| 2 | Gerry Cronin | St Finbarrs | M35 | 5.21.48 |
| 1 | Jim Baldwin | Waterford | M40 | 5.01.63 |
| 2 | Trevor White | St Cronans | M40 | 5.28.09 |
| 1 | HARRY O BRIEN | West Waterford | M45 | 4.46.08 |
| 2 | Derek Grant | Waterford | M45 | |
| 1 | Mike Quinlivan | Tulla | M50 | 5.11.38 |
| 2 | Jame Sexton | K. Ibk. N. Clare | M50 | 5.19.94 |
| 3 | Dermot Moran | St Marys Cl | M50 | |
| 1 | Matt Alexander | Coolquill | M55 | 5.26.4 |
| 1 | Eddie Cahlan | Coolquill | M60 | 6.10.2 |
| 2 | Donal Crowley | Tralee Harriers | M60 | 6.29.4 |
| 1 | Mike Brown | Gneevguilla | M65 | 6.53.3 |
| 2 | Jer O'Connell | Limerick Country Club | M65 | 7.37.6 |
| 1 | Flor O Leary | St Finbarrs | M75 | 6.32.6 |

3000m Men

| | | | | | |
|---|----------------|-----------------------|-----|---------|--|
| 1 | DECLAN POWER | West Waterford | JM | 9.50.0 | |
| 2 | Tola R Alade | Limerick | JM | | |
| 1 | Shane Simcox | Mallow | M35 | 10.00.2 | |
| 2 | Gerry Cronin | St Finbarrs | M35 | 12.05.6 | |
| 1 | Jim Baldwin | Waterford | M40 | 11.00.2 | |
| 2 | Pat Hogan | Ennis Track | M40 | 11.34.3 | |
| 3 | Pat Bracken | Thurles Crokes | M40 | | |
| 1 | HARRY O BRIEN | West Waterford | M45 | 9.56.4 | |
| 2 | Joe Chawke | West Limerick | M45 | 10.08.9 | |
| 3 | Michael Moore | Dundrum | M45 | 11.02.0 | |
| 4 | James Ryan | Dundrum | M45 | 11.20.6 | |
| 1 | Stephen Murphy | Rising Sun | M50 | | |
| 2 | Dermot Moran | St Marys Cl | M50 | | |
| 1 | JOE GOUGH | West Waterford | M55 | 10.07.9 | |
| 2 | Matt Alexander | Coolquill | M55 | 11.02.0 | |
| 1 | Donal Murphy | West Limerick | M60 | | |
| 1 | Mike Brown | Gneevguilla | M65 | | |
| 1 | Jer O'Connell | Limerick Country Club | M65 | | |

Men 5K Walk

| | | | | | |
|---|----------------|--------------|----|----------|--|
| 1 | Pat Murphy | Castleisland | SM | 23.38.06 | |
| 2 | Bobby King | St Cocas | SM | 27.02.46 | |
| 3 | Tony Gartland | Sli Chulainn | SM | 28.47.56 | |
| 4 | Neilie Hall | Ballynonty | SM | 29.25.85 | |
| 1 | Evan Lynch | Clonmel | JM | 24.46.18 | |
| 2 | Robert O'Neill | Togher | JM | 25.51.63 | |

Men Triple Jump

| | | | | | |
|---|-----------------|-----------------|----|-------|--|
| 1 | Eoin O'Carroll | Tralee Harriers | JM | 12.06 | |
| 2 | Michael Godley | Tralee Harriers | JM | 11.75 | |
| 3 | James Kelly | Liscarroll | JM | 10.22 | |
| 1 | Dennis Finnegan | UCC | SM | 13.67 | |
| 2 | David Courtney | Ennis track | SM | 8.97 | |

Men Long Jump

| | | | | | |
|---|--------------------|-----------------|-----|------|------|
| 1 | Roland Pika | Limerick | JM | 6.18 | |
| 2 | Eoin O'Carroll | Tralee Harriers | JM | 6.05 | 5.98 |
| 3 | Eric Stam | Bandon | JM | 6.05 | 5.89 |
| 4 | Shane O'Dwyer | Carrick On Suir | JM | 5.92 | |
| 5 | Conall O Callaghan | Spa Muckcross | JM | 5.85 | |
| 6 | Emmanuel Sabayo | Dooneen | JM | 5.66 | |
| 7 | James Kelly | Liscarroll | JM | 4.70 | |
| 1 | Brendan Marshall | Mullingar | SM | 6.43 | |
| 2 | Derek Zulu | Fethard | SM | 5.97 | |
| 3 | Breandán Dennehy | Rising Sun | SM | 5.81 | |
| 4 | William Finnegan | Craughwell | SM | 5.81 | |
| 5 | Joe Barry | Templemore | SM | 5.77 | |
| 6 | Ross Kelly | Belgooly | SM | 5.55 | |
| 1 | Tony Walsh | Liscarroll | M35 | 4.91 | |

Men Long Jump

| | | | | |
|---|------------------|-----------------|-----|------|
| 1 | Brendan Meagher | Nenagh | M40 | 5.10 |
| 2 | Tommy Greene | St Johns | M40 | 5.03 |
| 3 | Frank Sheerin | St Finbarrs | M40 | 4.69 |
| 4 | Eugene O'Mara | St Johns | M40 | 4.56 |
| 5 | Trevor White | St Cronans | M40 | 4.51 |
| | | | | |
| 1 | Richard McArthur | St Cronans | M45 | 5.11 |
| 2 | David Courtney | Ennis Track | M45 | 4.55 |
| 3 | Neilie Hall | Ballynonty | M45 | 3.94 |
| 4 | Richard Butler | Ballynonty | M45 | 3.77 |
| | | | | |
| 1 | Pat Canty | Tralee Harriers | M50 | 4.56 |
| 2 | John Murphy | Liscarroll | M50 | 4.27 |
| 3 | James O'Keefe | Liscarroll | M50 | 3.24 |
| | | | | |
| 1 | Seamus Fox | FMS | M55 | 3.59 |
| | | | | |
| 1 | Brendan Dennehy | Rising Sun | M60 | 4.43 |
| 2 | Bernie O'Neill | Carrick on Suir | M60 | 3.93 |
| 3 | Donal Crowley | Tralee Harriers | M60 | 2.86 |
| | | | | |
| 1 | Con Donovan | Rising Sun | M65 | 3.62 |

Men High Jump

| | | | | |
|---|------------------|-----------------|-----|------|
| 1 | Shane O'Dwyer | Carrick on Suir | JM | 1.78 |
| 2 | Emmanual Sabayo | Dooneen | JM | 1.75 |
| | | | | |
| 1 | Breandán Dennehy | Rising Sun | SM | 1.65 |
| 2 | Joe Barry | Templemore | SM | 1.50 |
| | | | | |
| 1 | Brendan Meagher | Nenagh | M40 | 1.50 |
| 2 | Tommy Greene | St Johns | M40 | 1.40 |
| | | | | |
| 1 | Richard McArthur | St Cronans | M45 | 1.50 |
| 2 | Richard Butler | Ballynonty | M45 | 1.40 |
| | | | | |
| 1 | John Murphy | Liscarroll | M50 | 1.40 |
| 2 | Pat Canty | Tralee Harriers | M50 | 1.35 |
| | | | | |
| 1 | James O'Keefe | Liscarroll | M55 | 1.15 |
| 2 | Seamus Fox | FMS | M55 | 1.10 |
| | | | | |
| 1 | Brendan Dennehy | Rising Sun | M60 | 1.30 |
| 2 | Donal Crowley | Tralee Harriers | M60 | 1.15 |
| | | | | |
| 1 | Micheal O'Beirne | Dundrum | M75 | 0.80 |

Men Pole Vault

| | | | | |
|---|----------------|---------|----|------|
| 1 | Jonathon Foley | FMV | JM | 3.60 |
| 2 | Lee Curley | Youghal | JM | 2.60 |

Men Shot

| | | | | |
|---|---------------------|--------------------|-----|-------|
| 1 | Diarmuid Hickey | Riverstick | JM | 12.72 |
| 2 | Patrick McSweeney | Bandon | JM | 12.11 |
| 1 | Daniel Clifford | FMV | SM | 14.28 |
| 2 | Tom Bouchier | Ferrybank | SM | 10.31 |
| 3 | William Finnegan | Craughwell | SM | 9.47 |
| 1 | Peter Keating | Liscarroll | M35 | 9.21 |
| 1 | Joe Nagle | Leevale | M40 | 10.77 |
| 2 | Tommy Greene | St Johns | M40 | 10.45 |
| 3 | Dave Frattorolli | Limerick | M40 | 10.23 |
| 4 | Frank Sheerin | St Finbarrs | M40 | 9.35 |
| 5 | Jim Baldwin | Waterford | M40 | 6.66 |
| 1 | David Courtney | Ennis Track | M45 | 8.08 |
| 2 | Derek Grant | Waterford | M45 | 6.38 |
| 1 | Michael Fitzpatrick | St Marys Cl | M50 | 10.41 |
| 2 | Frank Stam | Bandon | M50 | 10.06 |
| 3 | James O'Keeffe | Liscarroll | M50 | 8.31 |
| 1 | Michael Kelly | Nenagh | M60 | 10.82 |
| 2 | Joe Moloney | Moycarkey Coolcroo | M60 | 8.82 |
| 3 | Bernie O'Neill | Carrick on Suir | M60 | 8.46 |
| 4 | John Rice | Grange Fermoy | M60 | 8.20 |
| 1 | Con Donovan | Rising Sun | M65 | 5.97 |
| 1 | Michael O'Herlihy | Rising Sun | M70 | 5.97 |
| 1 | Micheal O'Beirne | Dundrum | M75 | 6.20 |
| 1 | Michael Hayes | St Marys Cl | M80 | 8.14 |

Weight for Distance

| | | | | |
|---|--------------------|--------------------|-----|------|
| 1 | Patrick McSweeney | Bandon | JM | 6.67 |
| 1 | James Nagle | FMV | SM | 6.97 |
| 2 | Tom Bouchier | Ferrybank | SM | 5.63 |
| 1 | Peter Keating | Liscarroll | M35 | 4.40 |
| 1 | Michael O'Brien | Tulla | M40 | 6.00 |
| 2 | Tommy Greene | St Johns | M40 | 5.41 |
| 3 | Joe Nagle | Leevale | M40 | 4.82 |
| 4 | Dave Frattoroli | Limerick | M40 | 4.50 |
| 5 | Patrick McSweeney | Bandon | M40 | 4.38 |
| 1 | Richard McArthur | St Cronans | M45 | 5.10 |
| 1 | Martin Fitzpatrick | St Marys Cl | M50 | 7.37 |
| 1 | Tom Feighery | Tullamore Harriers | M55 | 5.92 |
| 1 | Michael Kelly | Nenagh | M60 | 6.62 |
| 2 | John Rice | Grange Fermoy | M60 | 6.40 |
| 1 | Michael O'Herlihy | Rising Sun | M70 | 3.60 |
| 1 | Micheal O'Beirne | Dundrum | M75 | 4.22 |
| 1 | Michael Hayes | St Marys Cl | M80 | 3.12 |

4x200m Relays

| | | | |
|---|------------|-----|--------|
| 1 | Limerick | JM | 1.42.6 |
| 1 | St Marys | SM | 1.41.2 |
| 2 | Liscarroll | SM | 1.47.6 |
| 3 | Nenagh | SM | 1.53.4 |
| 1 | Cork | M50 | 2.11.7 |
| 2 | Tipperary | M50 | 2.23.4 |