

MUNSTER JUNIOR, SENIOR & MASTERS INDOOR CHAMPIONSHIPS NENAGH INDOOR ARENA SUNDAY 8th JANUARY 2012



Results

W17-19 60 Meter Dash Junior

CBP: 7.50 M 1994

Amanda Clifford, Leevale

Name	Team	Heat /Finals	
Finals			
1 Phil Healy	Bandon	7.88	7.80
2 Sarah Lavin	Emerald	7.90	7.82
3 Marie Heelan	Emerald	8.06	8.01
4 Lilly Ann O'Hora	Dooneen	8.17	8.04
5 Katey Waterman	Leevale	8.35	8.48
6 Caroline Hickey	Emerald	8.66	8.75
7 Hannah Ryan	Tralee Harriers	8.68	8.84
8 Lydia O'Connor	Leevale	8.99	8.90
9 Stephanie Carroll	Dooneen	8.08	9.52

W17-19 200 Meter Dash Junior

CBP: 25.30 M 1997

Ciara Sheehy, West Dublin

Finals			
1 Carroll, Stephanie	W18 Dooneen A C	26.03	2
2 Murphy, Clare	W18 St Laurence Otoole	26.11	1
3 Healy, Phil	W18 Bandon A C	26.25	3
4 O'Hora, Lilly Ann	W18 Dooneen A C	26.41	4
5 Sheehan, Jessica	W18 Leevale A C	26.63	1
6 Neville, Jessica	W18 Leevale A C	26.88	4
7 Neville, Christine	W18 Leevale A C	26.96	1
8 heelan, Marie	W18 Emerald A C	27.27	2
9 Waterman, Katey	W18 Leevale A C	28.02	3
10 O'Connor, Lydia	W18 Leevale A C	29.41	3
11 Grace, Mary Margaret	W18 Nenagh Olympic A C	30.37	4

12 Ryan, Hannah W18 Tralee Harriers A C 30.53 2

W17-19 400 Meter Dash Junior

CBP: 58.10 M 1996 Eimer O'Shea, St. Michaels

Finals

1 Neville, Jessica W18 Leevale A C 59.26 2
2 Kiely, Megan W18 Ferrybank A C 59.49 1
3 Carroll, Stephanie W18 Dooneen A C 60.14 2
4 Neville, Christine W18 Leevale A C 60.44 1
5 Grace, Mary Margaret W18 Nenagh Olympic A C 68.99 1

W17-19 800 Meter Run Junior

CBP: 2:18.10 M 1996 Geraldine McCarthy, Listowel

Finals

1 Flynn, Harriette W17 Shannon A C 2:27.62
2 O'Brien, Lucy W18 West Waterford A C 2:32.76
3 Hillery, Emer W18 Kilmurry Ibricken A C 2:34.61
4 Power, Laura W18 Ennis Track A C 2:41.55
5 Crowley, Gemma W18 North Cork A C 2:52.96

W17-19 1500 Meter Run Junior

CBP: 4:52.10 M 1991 Susan Murnane, Limerick A C

Finals

1 Flynn, Harriette W17 Shannon A C 5:20.93
2 Hillery, Emer W18 Kilmurry Ibricken A C 6:06.01

W17-19 60 Meter Hurdles 2' 9" Junior

CBP: 8.50 M 1996 Patricia Naughton, Nenagh

Finals

1 Lavin, Sarah W18 Emerald A C 8.87
2 O'Hora, Lilly Ann W18 Dooneen A C 9.17
3 Murphy, Clare W18 St Laurence Otoole 9.28
4 Pennyfather, Jenny W18 Belgooly A C 10.01

W17-19 High Jump Junior

CBP: 1.73m M 2010 Aishling Croke, Dooneen

Finals

1 Murphy, Sorcha W18 Ferrybank A C 1.60m
2 McKenzie, Grace W18 Belgooly A C 1.50m

W17-19 Pole Vault Junior

CBP: 3.20m M 2011 Nikita Savage, Youghall

Finals

1 Marley, Una W18 St Brendans A C 2.40m

2 O'Riordan, Katie W18 St Brendans A C 2.40m

W17-19 Long Jump Junior

CBP: 5.63m M 2006 Kelly Proper, Ferrybank

Finals

1	Jessica Sheehan	Leevale	5.04m
2	Sinead O'Connor	Tralee harriers	4.87m
3	Jayne Pennyfather	Belgooly	4.85m
4	Grace McKenzie	Belgooly	4.80m
5	Laura Lynch	Tralee harriers	4.40m
6	Coleen Nevin	Borrisokane	4.29m

W17-19 Triple Jump Junior

CBP: 10.88m M 1991 Elizabeth Hanrahan, Limerick A C

Finals

1	Sinead o'Connor	Tralee harriers	10.81m
2	Laura Lynch	Tralee harriers	9.90m
3	Coleen Nevin	Borrisokane	9.22m
4	Rachel Dillon	Borrisokane	8.00m

W17-19 Shot Put Junior

CBP: 12.86m M 2008 Claire Fitzgerald, Tralee Harriers

Finals

1	Niamh Murphy	B.I.A.C	11.80m
2	Laura McSweeney	Bandon AC	10.87m
3	Kate Boyd	Tralee harriers	9.20m
4	Grace McKenzie	Belgooly	8.35m
5	Michelle Buckley	Liscarroll	6.30m

W17-19 3000 Meter Race Walk Junior

CBP: 13:01.07 M 2009 Kate Veale, West Waterford

Finals

1	Predevilla, Emma	W18 Farranfore Maine Valley A C	15:23.30
2	Loughnane, Claudia	W18 Marian A C	16:58.50
3	Ryan, Sarah	W18 Templemore A C	18:35.55

W20-34 60 Meter Dash Senior

CBP: 7.40 M 1997 Lena Barry, Emerald

Finals

1	Reville, Francesca	W25 Menapians AC	8.14
2	Murphy, Ewa	W25 Dmp AC	8.48
3	Mulcahy, Sinead	W25 Bandon A C	8.72

W20-34 200 Meter Dash Senior

CBP: 25.05 M 2004

Aillis McSweeney, Leevale

Finals

1	Stafford, Antoinette	W25 Dmp AC	27.19	2
2	Angela, Hogan	W35 Borrisokane A C	27.30	2
3	Bickerdyke, Andrea	W25 Leevale A C	28.07	2
4	Mulcahy, Sinead	W25 Bandon A C	28.69	3
5	Savage, Nikita	W25 Youghall A C	29.04	1
6	Groot, Margaret	W25 Menapians AC	32.28	1
7	Hegadus, Vivienne	W25 Borrisokane A C	35.12	3

W20-34 400 Meter Dash Senior

CBP: 58.05 M 2001

Jennifer McKenna, Metro

Finals

1	Ailbhe Courtney	St Brendans	60.58
2	Andrea Bickerdyke	Leevale	62.27
3	Angela Hogan	Borrisokane	63.93
4	Aoife Mounsey	Borrisokane	1.21.64

W20-34 800 Meter Run Senior

CBP: 2:10.80 M

Freda Davoren, U C C

Finals

1	Eade, Grace	W25 Ennis Track A C	2:37.46
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W20-34 1500 Meter Run Senior

CBP: 4:25.10 M 1997

Freda Davoren, U C C

Finals

1	O'Brien, Eimear	W25 sligo AC	5:04.98
2	McCarthy, Maria	W23 Farranfore Maine Valley A C	5:05.09
3	Rynne, Sharon	W25 Kilmurry Ibricken A C	5:21.90
4	Coughlan, Becky	W25 Ennis Track A C	5:27.28
5	Crotty, Amanda	W34 Youghall A C	5:38.43
6	Mackey, Noreen	W25 Kilmurry Ibricken A C	5:40.86
7	Davey Fitzgerald, Lorna	W25 Mallow A C	5:50.95

W20-34 3000 Meter Run Senior

CBP: 10:13.44 M 2006

Siobhan O'Doherty, Borrisokane

Finals

1	O'Brien, Eimear	W25 sligo AC	10:17.57
2	McCarthy, Maria	W23 Farranfore Maine Valley A C	10:38.95

3	Rynne, Sharon	W25 Kilmurry Ibricken A C	11:14.36
4	Coughlan, Becky	W25 Ennis Track A C	11:33.25

W20-34 60 Meter Hurdles 2'9" Senior

CBP: 8.50 M 1996 Patricia Naughton, Nenagh

Finals

1	Byrne, Leona	W25 St Laurence Otoole	9.20
2	Finnegan, Sarah	W25 Craughwell A C	10.61

W20-34 High Jump Senior

CBP: 1.68m M 2000 Orna Donoghue, Carrick on Suir

Finals

1	Collins, Sarah	W34 West Waterford A C	1.65m
2	Finnegan, Sarah	W25 Craughwell A C	1.45m
3	Nevin, Amanda	W33 Borrisokane A C	1.40m
4	Heffernan, Maire	W25 Liscarroll A C	1.35m

W20-34 Pole Vault Senior

CBP: 2.80m M 2010 Sarah Ryan, Youghal

Finals

1	Savage, Nikita	W25 Youghall A C	2.20m
2	Kelly, Lisa	W25 Borrisokane A C	2.00m

W20-34 Long Jump Senior

CBP: 5.95m M 2004 Antoinette Furlong, D M P

Finals

1	Kelly Proper	Ferrybank	5.85m
2	Antoinette Stafford	DMP	5.81m
3	Leona Byrne	SLOT	5.68m
4	Amanda Nevin	Borrisokane	5.26m
5	Siobhan Heffernan	Liscarroll	4.21m
6	Vivienne Jegadus	Borrisokane	3.89m
7	Aoife O'Malley	Bilboa	3.63m

W20-34 Triple Jump Senior

CBP: 11.38m M 1999 Antoinette Furlong, D M P

Finals

1	Finnegan, Sarah	W25 Craughwell A C	9.79m
2	O'Malley, Aoife	W25 Bilboa A C	8.82m
3	Mounsey, Aoife	W25 Borrisokane A C	8.73m

W20-34 Shot Put Senior

CBP: 13.76m M 1999 Emma Gavin, Limerick A C

Finals

1	Fratroлли, Alana	W34 Limerick A C	10.30m
2	O'Malley, Aoife	W25 Bilboa A C	8.38m

3	Heffernan, Siobhan	W33 Liscarroll A C	7.53m
4	Heffernan, Maire	W25 Liscarroll A C	6.66m

W20-34 3000 Meter Race Walk Senior

CBP: 13:23.50 M 1997 Gillian O'Sullivan, U C C

Finals

1	Costello, Marie	W25 Borrisokane A C	17:37.56
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W35 60 Meter Dash Masters

CBP: 10.78 M 28/11/2010 Jacinta Power, Waterford

Finals

1	O'Brien, Antoinette	W35 Gneeveguilla A C	9.10 M
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W40 60 Meter Dash Masters

CBP: 9.07 M 28/11/2010 Sheila O'Donoghue, Gneeveguilla

Finals

1	Coomey, Liz	W40 Bandon A C	9.06
2	O'Donoghue, Sheila	W40 Gneeveguilla A C	9.23
3	Stack, Brid	W40 Gneeveguilla A C	9.24

W50 60 Meter Dash Masters

Finals

1	Barrett, Mary	W50 Loughrea A C	9.98
2	Hayes, Kathleen	W50 Bandon A C	11.51

W55 60 Meter Dash Masters

Finals

1	Heffernan, Margaret	W55 Liscarroll A C	11.61
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W65 60 Meter Dash Masters

1	Barry, Mary	W65 Carriig na Bhfear A C	12.44
2	Gough, Terri	W65 West Waterford A C	13.19

W40 200 Meter Dash Masters

CBP: 31.95 M 28/11/2010 Sheila O'Donoghue, Gneeveguilla

Finals

1	Stack, Brid	W40 Gneeveguilla A C	30.80 M
2	Power, Aishling	W40 Ennis Track A C	31.00 M
3	O'Donoghue, Sheila	W40 Gneeveguilla A C	34.10

W50 200 Meter Dash Masters

Finals

1	Murphy Hehir, Cushla	W50 Marian A C	34.90
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W55 200 Meter Dash Masters

CBP: 39.93 M 28/11/2010 Carmel MacDomhaill, West Limerick

Finals

1	MacDomhnaill, Carmel	W55 West Limerick A C	38.50 M
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W65 200 Meter Dash Masters

CBP: 12.35 M 28/11/2010 Mary Barry, Carrig na Bhfear

Finals

1	Gough, Terri	W65 West Waterford A C	46.60
2	Barry, Mary	W65 Carriig na Bhfear A C	49.80

**W60 800 Meter Dash Masters
Finals**

1	Roche, Judith	W60 Loughrea A C	3:20.36
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**W40 800 Meter Run Masters
Finals**

1	Power, Aisling	W40 Emerald A C	2:40.75
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**W50 800 Meter Run Masters
Finals**

1	Sweeney, Mary	W50 St Finbarrs A C	2:46.57
2	Murphy Hehir, Cushla	W50 Marian A C	2:55.60

**W55 800 Meter Run Masters
Finals**
CBP: 3:25.50 M 28/11/2010 Carmel MacDomhaill, West Limerick

1	MacDomhnaill, Carmel	W55 West Limerick A C	3:14.60
2	Lyons, Marion	W55 St Finbarrs A C	3:32.11

**W60 800 Meter Run Masters
Finals**

1	Judith Roche	W60 Loughrea A C	3.20.36
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**W65 800 Meter Run Masters
Finals**

1	Gough, Terri	W65 West Waterford A C	4:07.68
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**W50 1500 Meter Run Masters
Finals**

1	Sweeney, Mary	W50 St Finbarrs A C	5:28.23
2	Murphy, Mary	W50 St Finbarrs A C	6:43.91

**W55 1500 Meter Run Masters
Finals**
CBP: 6:34.75 M 28/11/2010 Carmel MacDomhaill, West Limerick

1	MacDomhnaill, Carmel	W55 West Limerick A C	6:59.14
2	Lyons, Marion	W55 St Finbarrs A C	6:59.14

**W35 3000 Meter Run Masters
Finals**

1	O'Dywer, Martina	W35 Carrick on Suir A C	10:30.90
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**W40 3000 Meter Run Masters
Finals**
CBP: 11:48.30 M 28/11/2010 Deirdre Finn, Bilboa

1	Behan, Diane	W40 Waterford A C	11:48.32
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2 McNamara, Patricia W40 West Limerick A C 14:10.60

**W50 3000 Meter Run Masters
Finals**

1 Sweeney, Mary W50 St Finbarrs A C 11:30.56

2 Murphy, Mary W50 St Finbarrs A C 14:10.30

W55 3000 Meter Run Masters

CBP: 14:53.40 M 28/11/2010 Marion Lyons, St Finbarrs

Finals

1 Lyons, Marion W55 St Finbarrs A C 14:56.40

W60 3000 Meter Dash Masters

Finals

1 Barron, Bernie W60 West Limerick A C 14:39.52

W35 High Jump Masters

CBP: 1.15m M 28/11/2010 Jacinta Power, Waterford

Finals

1 O'Brien, Antoinette W35 Gneeveguilla A C 1.30m

W40 High Jump Masters

CBP: 1.35m M 28/11/2010 Liz Coomey, Bandon

Finals

1 Coomey, Liz W40 Bandon A C 1.15m

W35 Long Jump Masters

CBP: 3.41m M 28/11/2010 Jacinta Power Waterford

Finals

1 O'Brien, Antoinette W35 Gneeveguilla A C 3.92m

W40 Long Jump Masters

CBP: 4.32m M 28/11/2010 Liz Coomey, Bandon

Finals

1 Coomey, Liz W40 Bandon A C 4.00m

1 O'Donoghue, Sheila W40 Gneeveguilla A C 4.00m

W50 Long Jump Masters

Finals

1 Kathleen Hayes W50 Gneeveguilla A C 2.85m

W65 Long Jump Masters

Finals

1 Mary Barry W50 Carraig na bhFear A C 2.14m

W40 Shot Put Masters

CBP: 9.38m M 28/11/2010 Liz Coomey, Bandon

Finals

1 O'Donoghue, Sheila W40 Gneeveguilla A C 10.54m

2 Coomey, Liz W40 Bandon A C 8.59m

**W50 Shot Put Masters
Finals**

1 Barrett, Mary W50 Loughrea A C 9.81m

2 Hayes, Kathleen W50 Bandon A C 8.94m

**W55 Shot Put Masters
Finals**

1 Heffernan, Margaret W55 Liscarroll A C 5.13m

2 Fitzpatrick, Esther W55 Limerick A C 4.67m

**W60 Shot Put Masters
Finals**

1 Roche, Judith W60 Loughrea A C 5.19m

M17-19 60 Meter Dash Junior

CBP: 7.01 M 2000

Ger O'Donoghue, Leevale

Finals

			Heat	Final
1	Greg O'Shea	Dooneen	7.25	7.18
2	Eoin O'Carroll	Tralee Harriers	7.29	7.21
3	Duncan Tsu	Bandon	7.43	7.31
4	Tony Stafford	Menapians	7.32	7.34
5	Conor Wilson	Menapians	7.48	7.35
6	Darragh Crowe	Marian	7.53	7.41
7	Oisin Fitzpatrick	Nenagh Olympic	7.47	7.42
8	John Halley	Ferrybank	7.43	7.43
9	Mark Boland	Marian	7.48	7.48
10	Patrick Lynch	Newport	7.55	
11	Ben Kiely	Ferrybank	7.55	
12	Michael Deady	Ferrybank	7.57	
13	Brendan Arrey	BIAC	7.64	
14	Luke O'Keefe	St Brendans	7.70	
15	Thomas Blake	Emerald	7.70	
16	Gossi Magidi	Limerick	7.71	
17	Roland Pika	Limerick	7.73	
18	John O'Brien	Limerick	7.84	
19	James Heffernan	Limerick	7.84	
20	Conor Lynch	Newport	8.06	
21	Luke Doherty	Limerick	8.09	
22	Danny Ikeh	Limerick	8.21	

23	Kieran Downes	Limerick	8.28
24	Jack Broderick	Limerick	8.34

M17-19 200 Meter Dash Junior

CBP: 22.70 M 1995

Tony Dunne, Thurles Crokes

Finals

1	Greene, James	M18 Ferrybank A C	23.52	9
2	Boland, Mark	M18 Marian A C	23.69	9
3	Lynch, Cormac	M18 Marian A C	23.80	5
4	Halley, John	M18 Ferrybank A C	23.88	9
5	Kiely, Ben	M18 Ferrybank A C	24.11	4
6	Lynch, Patrick	M18 Newport A C	24.15	3
7	Wilson, Conor	M18 Menapians AC	24.16	10
8	Fitzgerald, Shane	M18 Emerald A C	24.22	2
9	Cosgrave, Billy	M18 Emerald A C	24.26	8
10	Scully, Owen	M18 St Laurence Otoole	24.28	8
11	Noctor, Keith	M18 St Laurence Otoole	24.61	5
12	O'Halloran, Robert	M18 Leevale A C	24.64	1
13	Blake, Thomas	M18 Emerald A C	24.83	2
14	Arrey, Brandon	M18 Blarney Inniscarra A C	25.04	4
15	Deady, Michael	M18 Ferrybank A C	25.71	1
16	O'Brien, John	M18 Leevale A C	25.92	2
17	Lynch, Conor	M18 Newport A C	26.32	4
18	Adebessi, Solomon	M18 Blarney Inniscarra A C	26.85	6
19	Ikeh, Danny	M18 Limerick A C	27.06	11
20	Magidi, Gossi	M18 Limerick A C	27.26	4
21	Hegadus, Attila	M18 Borrisokane A C	28.66	7

M17-19 400 Meter Dash Junior

CBP: 51.06 M 2004

Maurice Donoghue, Carrick on Suir

Finals

1	Greene, James	M18 Ferrybank A C	51.42	4
2	Flynn, William	M17 Shannon A C	53.56	7
3	Cosgrave, Billy	M18 Emerald A C	54.47	5
4	O'Keefe, Luke	M18 St Brendans A C	54.69	6
5	Walsh, Daire	M18 Bandon A C	55.00	7
6	Crotty, Evan	M18 Emerald A C	55.11	3
7	O'Halloran, Robert	M18 Leevale A C	55.29	2

8	Hennessy, Tom	M18 Nenagh Olympic A C	55.51	4
9	White, Paul	M18 Nenagh Olympic A C	56.54	1
10	Bennis, Cathal	M18 Dooneen A C	57.12	2
11	Bardas, Patryk	M18 Clonmel A C	57.53	5
12	Courtney, Eoghan	M18 St Brendans A C	57.68	1
13	Adebessi, Solomon	M18 Blarney Inniscarra A C	57.82	5
14	Ikeh, Danny	M18 Limerick A C	65.47	3

M17-19 800 Meter Run Junior

CBP: 1:55.40 M 2001 Liam Reale, Limerick A C

Finals

1	Dean Cronin	BIAC	1.58.97
2	Philip Crowley	Leevale	2.07.75
3	Tim Keane	North Cork AC	2.10.14
4	Cian O'Brien	Marian A.C.	2.10.94
5	Daniel Quigley	BIAC	2.16.16
6	Shane O'Rahilly	North Cork AC	2.17.62
7	Robert Purcell	Gneeveguilla	2.18.28

M17-19 1500 Meter Run Junior

CBP: 4:00.47 M 2005 Ciaran O'Lionard, Leevale

Finals

1	Dean Cronin	B.I.A.C	4.21.79
2	Michael Carey	Clonmel	4.22.00
3	David Kavanagh	Tralee Harriers	4.23.17
4	Jack O'Sullivan	FFMV	4.23.63
5	Shaun Hennessy	Leevale	4.24.60
6	Billy Murphy	Togher	4.26.64
7	Liam Hennessy	Togher	4.28.70
8	Conor McCarthy	Ferrybank	4.33.37
9	Chris Mintern	Leevale	4.37.35
10	TJ Hogan	Leevale	

M17-19 60 Meter Hurdles 3' 3" Junior

CBP: 7.90 M 1997 Paul O'Shea, Kilmallock

Finals

1	Broderick, Jack	M18 Limerick A C	11.17
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M17-19 High Jump Junior

CBP: 2.05m M 1995 Antoine Burke, Dooneen

Finals

1	Healy, Sam	M18 Belgooly A C	1.90m
2	Pika, Roland	M18 Limerick A C	1.85m

M17-19 Pole Vault Junior

CBP: 4.40m M 2011 Thomas Houlihan, West Waterford

Finals

1	O'Callaghan, Mel	M18 Gneeveguilla A C	3.20m
2	Curley, Lee	M18 Youghal A C	3.20m

M17-19 Long Jump Junior

CBP: 6.95m M 1993 Michael Hallaahn, Leevale

Finals

1	Tony Stafford	Menapians AC	6.76m
2	Eric Stam	Bandon AC	6.44m
3	Eoin O'Carroll	Tralee Harriers AC	6.33m
4	sam healy	Belgooly	6.30m
5	Roland Pika	Limerick	6.21m
6	Michael Godley	Tralee Harriers AC	6.18m
7	Paul White	Nenagh Olympic	6.08m
8	Dan Finnerty	Nenagh Olympic	5.19m

M17-19 Triple Jump Junior

CBP: 13.63m M 2008 Niall Counihan, Dooneen

Finals

1	Casey, Ryan	M18 Ferrybank A C	14.86m M
2	Archer, Sean	M18 Ferrybank A C	13.55m
3	Ogbonna, Emmanuel	M18 Tramore A C	12.43m

M17-19 Shot Put Junior

CBP: 16.91m M 2003 Eoin Leen, Clounalour

Finals

1	Patrick McSweeney	Bandon AC	13.28m
2	Eric Stam	Bandon AC	11.98m
3	Peter O' Brien	St. Brendan's ac	11.38m
4	Ronan Rookea	Shannon AC	9.99m
5	James Heffernan	Leevale	9.34m

M17-19 Weight Throw 28 Junior

Finals

1	Peter O' Brien	St Brendans AC	8.22
2	Patrick McSweeney	Bandon AC	8.00
3	Duncan Tsu	Bandon AC	7.29
4	Eric Stam	Bandon AC	6.20
5	Daire Walsh	Bandon AC	5.42

M17-19 5000 Meter Race Walk Junior

CBP: 22:38.00 M 1995

Jamie Costin, West Waterford

Finals

1	Lynch, Evan	M18 Clonmel A C	22:29.54 M
2	Hickey, Luke	M18 Leevale A C	22:40.46
3	Egan, Aaron	M18 Clonmel A C	24:57.58
4	O'Neill, Robert	M18 Togher A C	25:57.42
5	Tobin, Anthony	M18 Clonmel A C	26:51.38
6	Dee, Ciarán	M18 West Waterford A C	29:13.20

M20-34 60 Meter Dash Senior

CBP: 6.79 M 2005

Ger O'Donoghue, Leevale

Finals

			Heat	Final
1	David Killeen	Leevale	7.32	7.19
2	Edmund O'Halloran	Leevale	7.47	7.27
3	Dan Ahern	Leevale	7.40	7.39
4	Darren O'Donovan	Leevale	7.52	7.43
5	Colm Lynch	Iveragh	7.51	7.49
6	Dylan Roche	St Brendans	7.61	7.56
7	Brendan Leahy	Waterford	7.57	7.58
8	Aaron Meyler	Menapians	7.99	7.58
9	Adrian Jackman	Menapians	7.41	DQ
10	Ronan Foley	Leevale	8.20	

M20-34 200 Meter Dash Senior

CBP: 21.92 M 1998

Tomas Comyns, Limerick A C

Finals

1	Killeen, David	M25 Leevale A C	23.33	5
2	O'Donovan, Darren	M25 Leevale A C	24.13	1
3	Jackman, Adrian	M25 Menapians AC	24.28	3
4	Ahern, Dan	M25 Leevale A C	24.38	4
5	Leahy, Brendan	M25 Waterford A C	24.84	4
6	Roche, Dylan	M25 St Brendans A C	24.85	1
7	Saunders, Patrick	M25 Crusaders AC	25.89	2
8	Keegan, John	M25 Crusaders AC	26.13	2

9 Goggin, Jonathon M25 Liscarroll A C 27.45 5

M20-34 400 Meter Dash Senior

CBP: 49.20 M 2002 Tomas Coman, Templemore

Finals

1 O'Donnell, Ger M25 Carrick On Shannon 51.70 2
2 Dunne, Garrett M25 Crusaders AC 55.30 2
3 Breen, Pat M25 Waterford A C 56.70 3
4 Keegan, John M25 Crusaders AC 57.00 3
5 Heffernan, Andrew M25 Ferrybank A C 57.50 3

M20-34 800 Meter Run Senior

CBP: 1:53.30 M 1992 Danny O'Brien, Limerick A C

Finals

1 Aiden Mullins Bantry 2.04.16
2 Micheal Keane Ennis Track 2.05.64
3 Michael Coleman Dundrum AC 2.10.13
4 Eric Curran Leevale 2.13.45
5 Tola Alade Adare Limerick AC 2.18.49

M20-34 1500 Meter Run Senior

CBP: 3:56.45 M 2009 Mark Hanrahan, Leevale

Finals

1 Peter Hanrahan Togher 4.05.58
2 Michael Carmody Limerick AC 4.06.45
3 Gavin Downey Ferrybank 4.21.57
4 Mike Yelverton Newport 4.24.64
5 Arthur Fitzgerald FFMV 4.26.84
6 James Cloney St. Killian's AC 4.30.40
7 James Maher Templemore 3.40.62
8 Conor Tierney East Cork AC 4.44.27
9 Garret Dunne Crusaders AC 5.02.51
10 Tola Alade Adare Limerick AC 5.03.17

M20-34 3000 Meter Run Senior

CBP: 8:23.46 M 2011 Pat McCartan, West Limerick

Finals

1 James McCarthy East Cork AC 8.40.16
2 Michael Carmody Limerick AC 8.40.92
3 Sean McGrath East Cork AC 8.50.96
4 Eric Curran Leevale AC 8.54.05
5 Arthur Fitzgerald FFMV 9.27.59
6 Alan Danagher Ferrybank 9.37.73
7 Ross Alexander Coolquill 9.38.19

8	Frank O'Carroll	East Cork AC	9.38.97
9	Patrick Roche	Carrick on Suir	9.53.44
10	Tommy Falconer	Carrick on Suir	10.00.27
11	John Kelly	Bilboa AC	11.05.58

M20-34 60 Meter Hurdles 3'3" Senior

CBP: 7.60 M 1997 Jeremy Lyons, Ferrybank

Finals

1	O'Halloran, Edmund	M25 Leevale A C	9.11
2	Courtney, David	M25 Ennis Track A C	11.48

M20-34 High Jump Senior

CBP: 1.95m M 1990 Michael Power, Clonmel

Finals

1	Kourosch Foroughi	Star of the Sea	2.10m
2	Keith King	Kibk/NC	1.70m
3	Stephen O'Riordan	Templemore	1.50m

M20-34 Pole Vault Senior

CBP: 4.91m M 1996 Dylan McDermot, Borrisokane

Finals

1	Hogan, David	M18 St Brendans A C	3.00m
2	Byrne, Kevin	M34 Dundrum South Dublin A C	2.80m
3	King, Keith	M30 Kilmurry Ibricken A C	2.40m

M20-34 Long Jump Senior

CBP: 6.94m M 1998 Antoine Burke, Dooneen

Finals

1	Quilligan, David	M25 Leevale A C	6.96m M
2	Smith, Keith	M25 Unattached	6.38m
3	King, Keith	M30 Kilmurry Ibricken A C	6.22m

M20-34 Triple Jump Senior

CBP: 15.03m M 2002 Michael Murray, West Waterford

Finals

1	Finnegan, Denis	M18 Leevale A C	14.86m
2	King, Keith	M30 Kilmurry Ibricken A C	10.42m

M20-34 Shot Put Senior

CBP: 15.94m M 1998 John Leahy, Limerick A C

Finals

1	Clifford, Daniel	M33 Farranfore Maine Valley A C	13.58m
2	Cleary, Eamon	M25 Shannon A C	10.56m
3	McGrath, Pius	M25 Limerick A C	9.82m

M20-34 Super Weight 35 Senior

CBP: 7.81m M 2005 Paul Crowe, Menapians

Finals

1	O'Brien, Michael	M34 Tulla A C	6.56m
2	McGrath, Pius	M25 Limerick A C	5.23m

M20-34 3000 Meter Race Walk Senior

CBP: 21:16.38 M 2002 Pat Murphy, Castleisland

Finals

1	Prendeville, Niall	M23 Farranfore Maine Valley A C	23:36.55
2	Hall, Neilie	M25 Ballynonty A C	32:05.58

M35 60 Meter Dash Masters

CBP: 8.09 M 28/11/2010 Tony Walsh, Liscarroll

Finals

1	Downey, Michael	M35 West Waterford A C	7.57
2	Dennehy, Breandán	M35 Rising Sun A C	7.88
3	Dennehy, Donnacha	M35 Rising Sun A C	7.90

M40 60 Meter Dash Masters

CBP: 8.21 M 28/11/2010 Pat Mulcahy, Bandon

Finals

1	McCarthy, Jeremiah	M40 Kenmare & Dristick A C	8.09
2	Halley, Pascal	M40 Waterford A C	8.40
3	White, Richard	M40 St Cronans A C	8.49
3	mulcahy, patrick	M40 Bandon A C	8.49

M45 60 Meter Dash Masters

CBP: 7.91 M 28/11/2010 Richard McArthur, St Cronans

Finals

1	mcArthur, Richard	M45 St Cronans A C	7.84 M
2	Leahy, Kieran	M45 Waterford A C	8.05

M50 60 Meter Dash Masters

CBP: 8.62 M 28/11/2010 John Murphy, Liscarroll

Finals

1	Sheehan, Con	M50 Carriig na Bhfear A C	7.91 M
2	Moran, Brendan	M50 West Waterford A C	8.46 M
3	Murphy, John	M50 Liscarroll A C	8.54 M

M55 60 Meter Dash Masters

Finals

1	Lyster, Liam	M55 Crusaders AC	8.56
2	O'Hare, James	M55 Limerick A C	8.73
3	McGrath, Tom	M55 Templemore A C	8.84
4	Gijbels, Harry	M55 West Muskerry A C	9.27

M60 60 Meter Dash Masters

CBP: 8.57 M 28/11/2010 Brendan Dennehy, Rising Sun

Finals

1	Swift, Donal	M60 Blackrock A C	10.19
2	Crowley, Donal	M60 Tralee Harriers A C	10.66

M65 60 Meter Dash Masters

65 CBP: 9.33 M 28/11/2010 Con O'Donovan, Rising Sun

Finals

1	Dennehy, Brendan	M65 Rising Sun A C	8.59 M
2	O'Donovan, Con	M65 Rising Sun A C	9.64
3	O'Connell, Jer	M65 Limerick Country Club AC	11.57

M70 60 Meter Dash Masters

Finals

1	Shields, Jimmy	M70 Limerick Country Club AC	10.65
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M35 200 Meter Dash Masters

CBP: 26.33 M 28/11/2010 Tony Walsh, Liscarroll

Finals

1	Downey, Michael	M35 West Waterford A C	25.57	1
2	Dennehy, Donnacha	M35 Rising Sun A C	26.48	2
3	Deely, John	M35 Loughrea A C	27.81	2
4	Spring, Brian	M35 Ennis Track A C	27.90	1

M40 200 Meter Dash Masters

CBP: 27.29 M 28/11/2010 Willie Morrissey, Clonmel

Finals

1	Halley, Pascal	M40 Waterford A C	27.42	2
2	McCarthy, Jeremiah	M40 Kenmare & Dristick A C	27.54	1
3	Ryan, Paddy	M40 Templemore A C	29.29	1

M45 200 Meter Dash Masters

CBP: 25.52 M 28/11/2010 Richard McArthur, St Cronans

Finals

1	Richard McArthur	ST Cronan's A.C	25.55
2	Kieran Leahy	Waterford AC	26.39
3	Kevin Finn	Nenagh Olympic	26.43
4	Patrick Mulcahy	Bandon	28.34

M50 200 Meter Dash Masters

CBP: 28.78 M 28/11/2010 John Murphy, Liscarroll

Finals

1	Murphy, John	M50 Liscarroll A C	28.22 M	2
2	Murphy, Stephen	M50 Rising Sun A C	33.99	1

M55 200 Meter Dash Masters

CBP: 32.02 M 28/11/2010 Seamus Fox, Fanahan McSweeney's

Finals

1	Lyster, Liam	M55 Crusaders AC	29.27 M	2
2	O'Hare, James	M55 Limerick A C	29.46 M	1
3	McGrath, Tom	M55 Templemore A C	29.49 M	2
4	Maloney, Pat	M55 West Limerick A C	31.77 M	1
5	Gijbels, Harry	M55 West Muskerry A C	35.99	1

M60 200 Meter Dash Masters

CBP: 28.84 M 28/11/2010 Brendan Dennehy, Rising Sun

Finals

1	O'Neill, Bernard	M60 Clonmel A C	31.82
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M65 200 Meter Dash Masters

CBP: 32.43 M 28/11/2010 Con O'Donovan, Rising Sun

Finals

1	Brendan Dennehy	Rising Sun	M65	30.08
2	Con O'Donovan	Rising Sun	M65	33.77
3	Willie O'Mahony	Youghal	M65	36.79
4	Jer O'Connell	Limerick Country Club	M65	40.09

M35 800 Meter Run Masters

1	Johnny Doran	Templemore	2.12.69
2	Des Feeney	West Waterford	2.12.77
3	Frank Quinlan	Waterford AC	2.12.87
4	George McCarthy	FFMV	2.20.23
5	John Conroy	Ennis Track	2.21.81
6	Brian Spring	Ennis Track	2.33.57

M40 800 Meter Run Masters

1	David Grange	Raheny Shamrocks	2.17.13
2	Pascal Halley	Waterford AC	2.29.16

M40 800 Meter Run Masters

1	Harry O'Brien	West Waterford	2.15.15
2	Kevin Finn	Nenagh Olympic	2.20.20
3	Patrick O'Brien	Skibbreen	2.44.58

M50 800 Meter Run Masters

CBP: 2:48.53 M 28/11/2010 Richie Power, West waterford

Finals

1	O'Riordan, Pakie	M50 West Limerick A C	2:31.37 M
2	Quinlivan, Mike	M50 Tulla A C	2:37.32 M
3	O'Brien, Tony	M50 St Finbarrs A C	3:02.58

**M55 800 Meter Run Masters
Finals**

1	Maloney, Pat	M55 West Limerick A C	2:32.52
2	Sexton, James	M55 Kilmurry Ibricken A C	2:35.04

M60 800 Meter Dash Masters

CBP: 2:52.77 M 28/11/2010 Michael O'Connor, Farranfore

Finals

1	Cahalane, Eddie	M60 Coolquill A C	2:57.89
2	Shelley, Paddy	M60 Ballynonty A C	3:01.32
3	Swift, Donal	M60 Blackrock A C	3:28.54

M65 800 Meter Run Masters

CBP: 3:24.83 M 28/11/2010 Mike Browne, Gneeveguilla

Finals

1	Browne, Mike	M65 Gneeveguilla A C	3:20.30 M
2	O'Mahony, Willie	M65 Youghall A C	3:23.70 M

M75 800 Meter Run Masters

Finals

1	O'Leary, Flor	M75 St Finbarrs A C	3:17.20
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M35 1500 Meter Run Masters

CBP: 4:36.32 M 28/11/2010 Martin Glynn, Ennis Track

Finals

1	Quinlan, Frank	M35 Waterford A C	4:33.41 M
2	McCarthy, George	M35 Farranfore Maine Valley A C	4:42.70
3	Feeney, Des	M35 West Waterford A C	4:48.20
4	hogan, Aidan	M35 Rising Sun A C	5:05.81

M40 1500 Meter Run Masters

CBP: 5:18.92 M 28/11/2010 Gerard Cronin, St Finbarrs

Finals

1	Grange, David	M40 Raheny Shamrocks A C	4:51.64 M
2	White, Richard	M40 St Cronans A C	5:05.13 M
3	Burke, James	M40 Bilboa A C	5:25.00

M45 1500 Meter Run Masters

CBP: 4:43.92 M 28/11/2010 Harry O'Brien, West Waterford

Finals

1	Cunningham, Mike	M45 Bilboa A C	4:37.90 M
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M50 1500 Meter Run Masters

CBP: 5:45.03 M 28/11/2010 Stephen Murphy, Rising Sun

Finals

1	Michael Moore	M50 Dundrum A C	5:02.06 M
2	Quinlivan, Mike	M50 Tulla A C	5:16.86 M
3	Murphy, Stephen	M50 Rising Sun A C	6:01.25

M55 1500 Meter Run Masters

CBP: 5:27.76 M 28/11/2010 Joe Ahearne, Bilboa

Finals

1	Alexander, Matt	M55 Coolquill A C	5:11.42 M
2	Sexton, James	M55 Kilmurry Ibricken A C	5:21.67 M

M60 1500 Meter Dash Masters

Finals

1	Cahalane, Eddie	M60 Coolquill A C	6:03.19
2	Shelley, Paddy	M60 Ballynonty A C	6:28.72

M65 1500 Meter Run Masters

CBP: 7:51.44 M 28/11/2010 Gerry O'Connell, Country Club

Finals

1	Browne, Mike	M65 Gneeveguilla A C	7:16.12 M
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M35 3000 Meter Run Masters

CBP: 11:19.41 M 28/11/2010 Martin Glynn, Ennis Track

Finals

1	Klava, Dzintars	M35 West Waterford A C	9:16.62 M
2	Quinlan, Frank	M35 Waterford A C	9:39.14 M
3	McCarthy, George	M35 Farranfore Maine Valley A C	10:13.67 M
4	hogan, Aidan	M35 Rising Sun A C	10:16.17 M

M40 3000 Meter Run Masters

CBP: 10:06.34 M 28/11/2010 Eric Meade, East Cork

Finals

1	Purcell, Robert (snr)	M45 Gneeveguilla A C	9:48.37 M
2	White, Richard	M40 St Cronans A C	11:18.66
3	Burke, James	M40 Bilboa A C	12:08.64

M45 3000 Meter Run Masters

CBP: 10:08.74 M 28/11/2010 Mike Cunningham, Bilboa

Finals

1	Cunningham, Mike	M45 Bilboa A C	10:04.25 M
2	Ryan, James	M45 Dundrum A C	10:17.35
3	O'Brien, Patrick	M45 Skibbereen A C	11:06.46
4	McCarthy, Denis	M45 East Cork A C	11:17.40

5 Neilie Hall M45 Ballynonty A C

M50 3000 Meter Run Masters

CBP: 12:09.80 M 28/11/2010 Stephen Murphy, Rising Sun

Finals

1	Moore, Michael	M50 Dundrum A C	10:21.18 M
2	Moynihan, Eugene	M50 Marian A C	10:27.14 M
3	Murphy, Stephen	M50 Rising Sun A C	11:59.15 M
4	O'Brien, Tony	M50 St Finbarrs A C	12:12.14

M55 3000 Meter Run Masters

CBP: 11:28.82 M 28/11/2010 Joe Ahearne, Bilboa

Finals

1	Gough, Joe	M55 West Waterford A C	10:19.18 M
2	Alexander, Matt	M55 Coolquill A C	11:20.79 M
3	Sexton, James	M55 Kilmurry Ibricken A C	11:21.13 M

M60 3000 Meter Dash Masters

Finals

1	Shelley, Paddy	M60 Ballynonty A C	13:04.96
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M65 3000 Meter Run Masters

CBP: 14:15.28 M 28/11/2010 Mike Browne, Gneeveguilla

Finals

1	Browne, Mike	M65 Gneeveguilla A C	14:27.61
2	O'Mahony, Willie	M65 Youghall A C	14:36.38

M35 High Jump Masters

CBP: 1.60m M 28/11/2010 Donnacha Dennehy, Rising Sun

Finals

1	Dennehy, Breandán	M35 Rising Sun A C	1.60m M
2	Dennehy, Donnacha	M35 Rising Sun A C	1.55m
3	Dennehy, Michael	M35 Rising Sun A C	1.40m
4	Deely, John	M35 Loughrea A C	1.35m
4	Hogan, Aidan	M35 Rising Sun A C	1.35m

M40 High Jump Masters

CBP: 1.60m M 28/11/2010 Tom O'Brien, Waterford

Finals

1	Novak, Artur	M40 St Brendans A C	1.55m
1	Byrne, Kevin	M40 Dundrum South Dublin A C	1.55m
3	Halley, Pascal	M40 Waterford A C	1.45m

M45 High Jump Masters

CBP: 1.40m M 28/11/2010 Richard McArthur, St Cronans

Finals

1	Greene, Tommy	M45 St Johns A C	1.50m
2	McArthur, Richard	M45 St Cronans A C	1.40m

3	Bailey, Bob	M45 Loughrea A C	1.40m
4	Hall, Neilie	M25 Ballynonty A C	1.25m

M50 High Jump Masters

CBP: 1.50m M 28/11/2010 John Murphy, Liscarroll

Finals

1	Murphy, John	M50 Liscarroll A C	1.60m
2	O'Grady, Larry	M50 Bilboa A C	1.40m
3	Butler, Richard	M50 Ballynonty A C	1.40m

M55 High Jump Masters

CBP: 1.30m M 28/11/2010 Seamus Fox, Fanahan McSweeney's

Finals

1	McGrath, Tom	M55 Templemore A C	1.30m M
2	Gijbels, Harry	M55 West Muskerry A C	1.30m M
3	Fox, Seamus	M55 Fanahan McSweeney's A C	1.25m

M60 High Jump Masters

CBP: 1.40m M 28/11/2010 Brendan Dennehy, Rising Sun

Finals

1	Rice, John	M60 Grange Fermoy A C	1.10m
2	Crowley, Donal	M60 Tralee Harriers A C	1.05m

M65 High Jump Masters

Finals

1	Dennehy, Brendan	M65 Rising Sun A C	1.40m
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M35 Long Jump Masters

CBP: 5.20m M 28/11/2010 Brian Hayes, Leevale

Finals

1	Dennehy, Donnacha	M35 Rising Sun A C	5.31m
2	Dennehy, Breandán	M35 Rising Sun A C	5.08m
3	Dennehy, Michael	M35 Rising Sun A C	4.55m
4	Deely, John	M35 Loughrea A C	4.08m

M40 Long Jump Masters

CBP: 5.46m M 28/11/2010 Tom O'Brien, Waterford

Finals

1	Halley, Pascal	M40 West Waterford A C	4.87m
2	Novak, Artur	M40 St Brendans A C	4.00m

M45 Long Jump Masters

CBP: 5.46m M 28/11/2010 Richard Butler, Ballynonty

Finals

1	Greene, Tommy	M45 St Johns A C	5.03m
2	McArthur, Richard	M45 St Cronans A C	4.99m

3	Bailey, Bob	M45 Loughrea A C	4.45m
4	Galvin, Noel	M45 West Muskerry A C	4.00m
5	Hall, Neilie	M25 Ballynonty A C	3.99m

M50 Long Jump Masters

CBP: 4.29m M 28/11/2010 John Murphy, Liscarroll

Finals

1	Sheehan, Con	M50 Carriig na Bhfear A C	5.08m M
2	Murphy, John	M50 Liscarroll A C	4.70m M
3	O'Keefe, James	M50 Liscarroll A C	3.21m

M55 Long Jump Masters

Finals

1	McGrath, Tom	M55 Templemore A C	4.15m
2	Fox, Seamus	M55 Fanahan McSweeney's A C	2.51m

M60 Long Jump Masters

CBP: 4.63m M 28/11/2010 Brendan Dennehy, Rising Sun

Finals

1	O'Neill, Bernard	M60 Clonmel A C	3.79m
2	Crowley, Donal	M60 Tralee Harriers A C	2.21m

M65 Long Jump Masters

CBP: 4.06m M 28/11/2010 Con O'Donovan, Rising Sun

Finals

1	Dennehy, Brendan	M65 Rising Sun A C	4.23m
2	O'Donovan, Con	M65 Rising Sun A C	3.43m

M70 Long Jump Masters

CBP: 1.44m M 28/11/2010 Michael O'Beirne, Dundrum

Finals

1	Hogan, Joe	M70 Rising Sun A C	7.50m
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M75 Long Jump Masters

Finals

1	O'Beirne, Michael	M75 Dundrum A C	1.35m
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M35 Shot Put Masters

CBP: 9.82m M 28/11/2010 Brian Hayes, Ennis Track

Finals

1	Hayes, Brian	M35 Leevale A C	9.82m
2	hogan, Aidan	M35 Rising Sun A C	8.21m

M40 Shot Put Masters

CBP: 10.49m M 28/11/2010 Tommy Green, St Johns

Finals

1	Nagle, Joe	M40 Leevale A C	10.13m
2	Novak, Artur	M40 St Brendans A C	8.21m

M45 Shot Put Masters

CBP: 8.26m M 28/11/2010 David Courtney, Ennis Track

Finals

1	Tommy Greene	St. Johns A.C	10.73
2	Dave Fratorolli	Limerick AC	10.12
3	Tom Galvin	North Cork AC	9.62
4	David Courtney	Ennis Track	9.04
5	Patrick O'Brien	Skibbereen	8.87

M50 Shot Put Masters

CBP: 13.22m M 28/11/2010 Patsy O'Connor, Tralee Harriers

Finals

1	Fitzpatrick, Martin	M50 St. Mary's A C	10.70m
2	Cronin, Paudie	M50 Dohenys A C	10.20m
3	O'Grady, Larry	M50 Bilboa A C	9.51m
4	Stam, Frank	M50 Bandon A C	9.11m
5	O'Keefe, James	M50 Liscarroll A C	7.90m

M55 Shot Put Masters**Finals**

1	O'Connor, Patsy	M55 Tralee Harriers A C	13.04m
2	Lyster, Liam	M55 Crusaders AC	9.45m
3	O'Hare, James	M55 Limerick A C	9.00m

M60 Shot Put Masters

CBP: 10.78m M 28/11/2010 Michael Kelly, Nenagh

Finals

1	Rice, John	M60 Grange Fermoy A C	8.80m
2	O'Neill, Bernard	M60 Clonmel A C	8.34m

M65 Shot Put Masters

CBP: 7.51m M 28/11/2010 Tim Fitzpatrick, Liscarroll

Finals

1	Fitzpatrick, Tim	M65 Liscarroll A C	8.41m M
2	O'Donovan, Con	M65 Rising Sun A C	7.41m

M70 Shot Put Masters

CBP: 7.61m M 28/11/2010 Ed Mulcahy, Farranfore

Finals

1	Hogan, Joe	M70 Rising Sun A C	7.50m
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M75 Shot Put Masters**Finals**

1	Mulcahy, Ed	M75 Farranfore Maine Valley A C	7.90m
2	O'Beirne, Michael	M75 Dundrum A C	5.56m

M35 Weight Throw 35 Masters**Finals**

1	Hayes, Brian	M35 Leevale A C	5.52m
2	Dennehy, Breandán	M35 Rising Sun A C	5.35m
3	hogan, Aidan	M35 Rising Sun A C	4.10m

M40 Weight Throw 35 Masters

CBP: 5.35m M 28/11/2010 Tommy Green, St Johns

Finals

1	Nagle, Joe	M40 Leevale A C	5.16m
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M45 Weight Throw 35lb Masters

CBP: 5.20m M 28/11/2010 Richard McArthur, St Cronans

Finals

1	Greene, Tommy	M45 St Johns A C	5.71m
2	Galvin, Tom	M45 North Cork A C	4.99m

M50 Weight Throw 35lbs Masters

CBP: 8.67m M 28/11/2010 Patsy O'Connor, Tralee Harriers

Finals

1	Martin Fitzpatrick	St Marks Cl	7.27
2	Frank Stam	Bandon AC	6.40
3	James O'Keeffe	Liscarroll	5.90
4	Tony O'Brien	St Finbarrs	5.15

M55 Weight Throw 35lb Masters

Finals

1	O'Connor, Patsy	M55 Tralee Harriers A C	8.45m
2	Fitzpatrick, Martin	M50 Leevale A C	7.27m
3	Doyle, Albert	M55 Clonmel A C	5.70m

M60 Weight Throw 28lb Masters

CBP: 7.04m M 28/11/2010 John Rice, Grange Fermoy

Finals

1	Rice, John	M60 Grange Fermoy A C	8.65m M
2	Jones, Tom	M60 Ennis Track A C	8.06m M

M65 Weight Throw 28lbs Masters

CBP: 5.73m M 28/11/2010 Tim Fitzpatrick, Liscarroll

Finals

1	O'Connell, Gerry	M65 Marian A C	7.98m M
2	McHugh, Batt	M65 East Cork A C	7.57m M
3	Fitzpatrick, Tim	M65 Liscarroll A C	7.03m M
4	Hogan, Joe	M70 Rising Sun A C	6.06m M

M70 Weight Throw 28lbs Masters

Finals

1	Hogan, Joe	M70 Rising Sun A C	6.06m
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M75 Weight Throw 28lbs Masters

Finals

1	Mulcahy, Ed	M75 Farranfore Maine Valley A C	7.35m
2	O'Beirne, Michael	M75 Dundrum A C	4.65m

Relays

4x200m Relays

Junior Men

1	Marian	1.37.11
2	Emerald	1.37.78
3	Nenagh	1.38.12
4	Blarney Inniscarra	1.43.17
5	Limerick	1.44.80
6	Leevale	1.47.80

Junior Women

1	Leevale	1.47.52
2	Emerald	1.49.91

Senior Women

1	Borrisokane A	1.57.5
2	Leevale	2.07.20
3	Borrisokane B	2.10.30

Senior Men

1	Leevale	1.36.7
2	St Brendans	1.38.5
3	St Marys (Lk)	1.40.4
4	Limerick	1.47.4

Masters Men

1	Rising Sun	1.55.4
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Masters Women

1	Nenagh	2.13.9
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