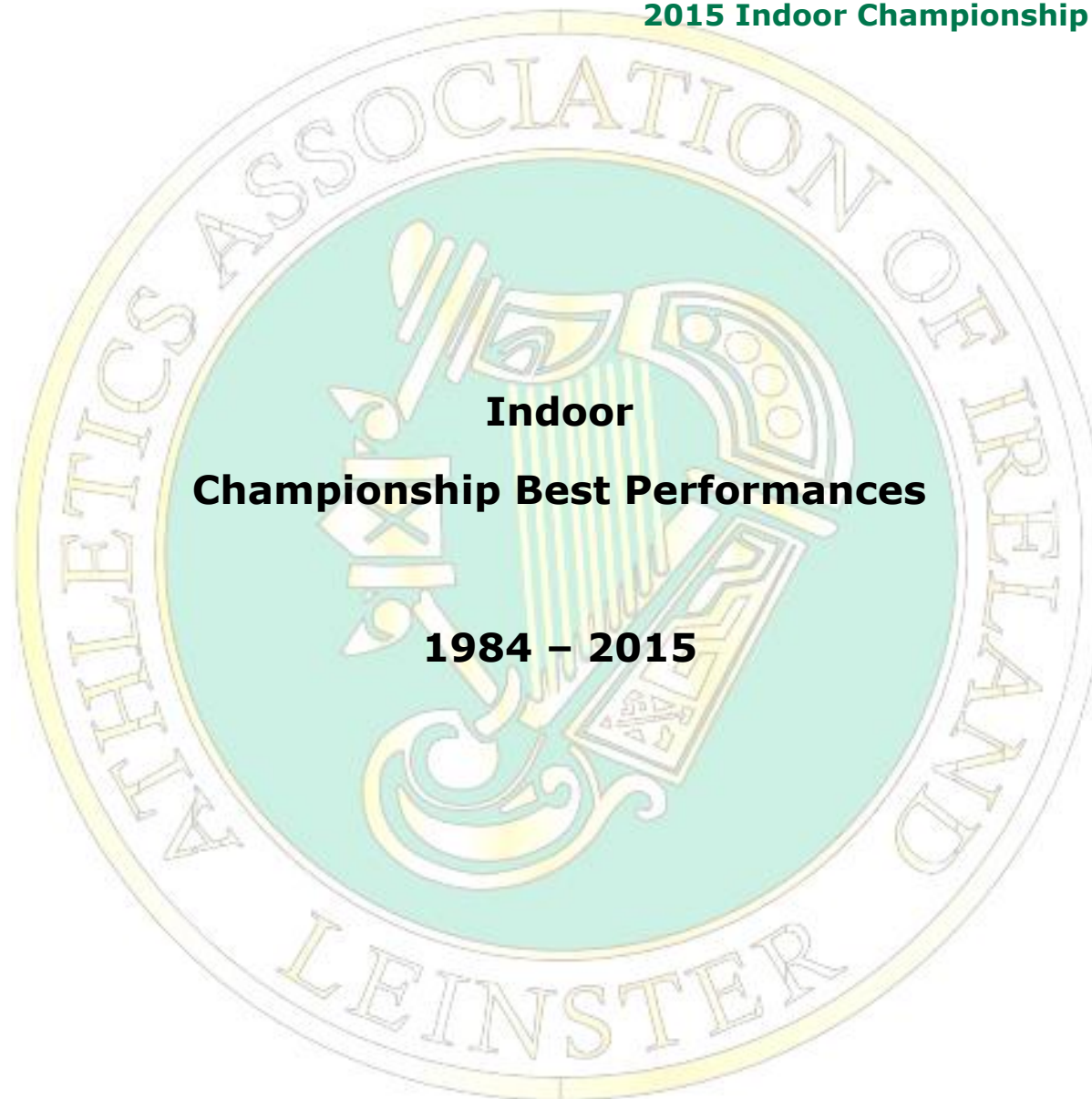




Athletics Leinster

2015 Indoor Championship Best Performances



**Indoor
Championship Best Performances**

1984 – 2015

	Event	Year	Name	Club	CBP
U12 Boys	600m	2006	Shane Fitzsimons	Mullingar Harriers	1.45.96
	60m	2014	Runo Ayavaro	Newbridge	8.50
	60m Hurdles	2010	Sam O'Neill	Menapians	10.30
	High Jump	2000	Eoin Hannon	Ballyskenach	1.46
	Long Jump	2000	Joey Dolan	Na Fianna	4.60
	Relay 4x100	2015		Kildare	58.52
	Shot Putt	2008	Conor Mulligan	Tullamore Harriers	9.42
U13 Boys	600m	2014	Michael Lawlor	Naas	1.40.99
	60m	2014	Matthew Buckley	Ratoath Ms.	7.94
	60m Hurdles	2013	Toriq Adegoke	St. L. O'Toole	9.56
	High Jump	2012	Ciaran Horgan	Bohermeen	1.44
	Long Jump	2011	David McDonald	Menapians	4.84
	Relay 4x100	2014		Edenderry	55.81
	Shot Putt	2009	Connor Mulligan	Tullamore Harriers	11.39
U14 Boys	1000m Walk	1998	P.J. O'Keefe	K.C.H	5.03.80
	60m	2015	Matthew Buckley	Ratoath	7.55
	60m Hurdles	2007	Jordan Conroy	Tullamore Harriers	9.26
	800m	1997	Colin Bennett	Mullingar Harriers	2.07.70
	High Jump	2009	Mark Rogers	St. Peter's	1.58
	Long Jump	2012	David McDonald	Menapians	5.46
	Relay 4x200	2014		St. Joseph's	1.50.40
	Shot Putt	2013	Padraig Hore	Taghmon	13.23
U15 Boys	1000m Walk	1999	P.J O'Keefe	K.C.H	4.03.50
	60m	1998	Darragh Graham	Inbhear Dee	7.20
	60m Hurdles	2013	David McDonald	Menapians	9.17
	800m	2009	Shane Fitzsimons	Mullingar Harriers	2.06.50
	High Jump	1995	Derek O'Brien	St. L. O'Toole	1.76
	Long Jump	2013	David McDonald	Menapians	5.79

	Pole Vault	2014	Dach Murray	St. L. O'Toole	2.00
	Relay 4x200	2014		St. L. O'Toole	1.45.06
	Shot Putt	2001	Paul Murphy	Kilmore	13.20
U16 Boys	1500m	2014	Kevin McGrath	Bohermeen	4.11.29
	1500m Walk	2002	Christopher Dalton	Hacketstown	7.08.00
	200m	2015	David Murphy	Gowran	23.23
	60m	1999	Darragh Graham	Inbhear Dee	7.20
	60m Hurdles	2015	Agomide Oke	St. L. O'Toole	8.67
	800m	2015	Mark Milner	Tullamore Harriers	1.57.83
	High Jump	2011	Adam Murphy	St. L. O'Toole	1.80
	Long Jump	2014	David McDonald	Menapians	6.37
	Pole Vault	2015	Adam McNally	Luck	3.10
	Relay 4x200	2014		Dunshaughlin	1.38.25
	Shot Putt	2001	Brendan Callanan	St. L. O'Toole	14.96
	Triple Jump	2015	Tadhg Murtagh	Kildare	9.75
	U17 Boys	1500m	2001	Mark Christie	Mullingar Harriers
1500m Walk		2006	Pdraig Lennon	Gowran	7.17.41
200m		2011	Marcus Lawler	St. L. O'Toole	23.05
60m		2014	Ryan Murray	Bree	7.21
60m Hurdles		1994	Luke Maloney	Thomastown	8.50
60m Hurdles		2015	Jack Rudden Kelly	Donore Harriers	8.50
800m		2015	Niall Harvey	St. L. O'Toole	2.01.06
High Jump		2015	Ryan Carthy Walsh	Adamstown	1.98
Long Jump		2015	Marc Shelly	Fr. Murphy's	6.60
Pole Vault		2015	Donal E. Hayden	Ballon Rathoe	2.70
Pole Vault		2015	Jamie Kennedy	Celtic	2.70
Relay 4x200		2013		K.C.H	1.36.20
Shot Putt		2013	Eoin Sheridan	N. Westmeath	14.80
Triple Jump	2015	Ryan Carthy Walsh	Adamstown	11.82	

U18 Boys	1500m	2014	Garry Campbell	Dunleer	4.06.30
	1500m Walk	2004	Michael Doyle	Cushinstown	6.35.88
	200m	2014	Mervyn Harris	Mullingar Harriers	22.45
	400m	2015	John Fitzsimons	Kildare	49.72
	60m	1998	Richard Reville	D.M.P	7.00
	60m Hurdles	2008	Fergus Hannon	Tullamore Harriers	8.33
	800m	2014	Garry Campbell	Dunleer	1.54.86
	High Jump	2000	Adrian O'Dwyer	K.C.H	2.05
	Long Jump	2003	Stephen Darcy	St. L. O'Toole	6.62
	Pole Vault	2015	Robert Ivers	Raheny Shamrocks	3.70
	Relay 4x200	2014		Mullingar Harriers	1.35.08
	Shot Putt	2003	Brendan Callanan	St. L. O'Toole	15.56
	Triple Jump	2015	Jordan Hoang	Tullamore Harriers	13.63
	U19 Boys	1500m	1996	Pearse Hickey	Celbridge
1500m Walk		1998	David Kidd	St. L. O'Toole	6.07.00
200m		2013	Marcus Lawler	St. L. O'Toole	21.80
400m		2001	David McCarthy	Celbridge	50.80
60m		2013	Marcus Lawler	St. L. O'Toole	6.92
60m Hurdles		1997	Colin Byrne	St. Abban's	8.30
800m		2013	Daniel Lawler	St. L. O'Toole	1.56.38
High Jump		2008	Kouroshi Foroughi	Star of the Sea	2.10
Long Jump		2012	Tony Stafford	Menapians	6.75
Pole Vault		2015	Brian Flynn	Lusk	4.10
Relay 4x200		2015		Cushinstown	1.35.13
Shot Putt		2015	Anu Awonussi	St. L. O'Toole	15.38
Triple Jump		2015	Shane Joyce	Cushinstown	13.72
Junior Men		1500m	2008	Joe Breen	S.B.R
	200m	2013	Dean Power	Tullamore Harriers	22.35
	3000m	1998	Tommy Evans	Gowran	9.05.40

	3000m Walk	2015	Joseph Mooney	Adamstown	14.51.20
	35lb Weight	2013	James Mulligan	Tullamore Harriers	8.74
	400m	2015	John Fitzsimons	Kildare	49.60
	60m	1999	Gordon Kennedy	Tullamore Harriers	6.90
	60m Hurdles	2015	Matthew Behan	Crusaders	8.18
	800m	2012	Shane Fitzsimons	Mullingar Harriers	1.54.14
	High Jump	2015	Keith Marks	Cushinstown	1.95
	High Jump	2015	Ryan Carthy Walsh	Adamstown	1.95
	Long Jump	2012	Tony Stafford	Menapians	6.90
	Pole Vault	2014	Brian Flynn	(G)	3.60
	Pole Vault	2012	Lee Curley	(G)	3.60
	Pole Vault	2011	James Delaney	St. Abban's	3.60
	Relay 4x200	2009		St. Abban's	1.36.99
	Shot Putt	2013	Paul Collins	N. Westmeath	15.55
	Triple Jump	2015	Shane Joyce	Cushinstown	13.81
Men M35	1500m	2013	Paul Fleming	Rathfarnham	4.16.77
	200m	2013	Peter Doherty	Ratoath Ms.	24.64
	3000m	2015	John Fenlon	St. Michael's	9.05.13
	400m	2009	Gerard Hensey	Tullamore Harriers	56.64
	56lb Weight	2012	Oisin Hoey	North Laois	6.69
	60m	2010	John Corr	(G)	7.46
	60m	2009	Gerard Hensey	Tullamore Harriers	7.54
	60m Hurdles	2011	Colin Mc Hugh	Drogheda & D.	9.56
	800m	2012	Paul Fleming	Rathfarnham	2.03.79
	High Jump	2013	Patrick Curran	Tallaght	1.60
	High Jump	2011	Eamonn O'Brien	U.C.D	1.60
	High Jump	2000			1.65
	Long Jump	2012	Jonathan McCabe	Drogheda & D.	5.74
	Relay 4x200	2009		Gowran	2.09.94

	Shot Putt	2008	Joe Kelly	Brow Rangers	11.76
Men M40	1500m	1996	Pat Corcoran	Tinyrland	4.15.00
	1500m Walk	2001	John Lennon	Gowran	7.19.30
	200m	2013	Graham Flynn	Crusaders	24.52
	200m	2015	Jame Corr	(G)	24.22
	3000m	2005	Pat Malone	Newbridge	9.13.10
	3000m Walk	2009	Michael O'Keeffe	Thomastown	17.04.60
	400m	2001	Bill Doherty	St. Joseph's	55.02
	56lb Weight	2009	Seamus Fitzpatrick	North Laois	7.42
	60m	2010	Gerard Hensey	Tullamore Harriers	7.45
	60m	2015	Jame Corr	(G)	7.41
	800m	2013	Des Feeney	(G)	2.07.15
	800m	2000			2.06.90
	High Jump	2014	Kevin Byrne	D.S.D	1.65
	High Jump	2013	Kevin Byrne	D.S.D	1.65
	High Jump	2012	Kevin Byrne	D.S.D	1.65
	Long Jump	2015	Tomas Griffin	An Ríocht	5.73
	Pole Vault	2014	Kevin Byrne	D.S.D	2.80
	Shot Putt	2009	Kieron Stout	Celbridge	12.41
Triple Jump	2009	George Wyatt	D.S.D	11.07	
Men M45	1500m	2010	Owen McLoughlin	Rathfarnham	4.41.58
	200m	2015	David Hayde	St. L. O'Toole	24.08
	3000m	2013	Paul Cowhie	Civil Service	9.33.32
	3000m Walk	2009	Pat Murphy	(G)	13.40.10
	3000m Walk	2009	Derek McConnon	Rathfarnham	16.05.30
	400m	2004	Kevin Carey	Navan	57.20
	56lb Weight	2010	Seamus Fitzpatrick	North Laois	8.04
	60m	2015	David Hayde	St. L. O'Toole	7.59
60m Hurdles	2008	Pat Power	St. Joseph's	12.28	

	800m	2013	Robert Maher	Drogheda & D.	2.09.09
	High Jump	2014	Mel Hilliard	Metro/St. Brigid's	1.50
	High Jump	2010	John Territt	St. Abban's	1.50
	Long Jump	2007	Patrick Mahon	Gowran	5.33
	Pole Vault	2014	Michael Konieczny	Raheny Shamrocks	3.26
	Shot Putt	2010	Seamus Fitzpatrick	North Laois	12.57
	Triple Jump	2013	George Wyatt	D.S.D	10.81
Men M50	1500m	2015	Michael Traynor	Raheny Shamrocks	4.24.07
	200m	2003	Tom Clinton	Navan	25.64
	3000m	2015	Michael Traynor	Raheny Shamrocks	9.10.40
	3000m Walk	2011	Pat Murphy	(G)	13.54.30
	3000m Walk	2011	Martin McDonald	North Laois	16.32.50
	35lb Weight	2013	John Territt	St. Abban's	6.99
	400m	2015	Tom Gallagher	Naas	58.56
	60m	2013	Shane Sheridan	D.S.D	8.03
	60m	2008	Brendan Moran	(G)	7.95
	60m Hurdles	2013	Joe Davis	D.S.D	11.02
	800m	2013	Danny Skeffington	Drogheda & D.	2.16.10
	High Jump	2013	John McCarrick	D.S.D	1.40
	Long Jump	2007	John Molloy	Celbridge	4.81
	Shot Putt	2001	Tom Power	Bagenalstown	12.42
	Triple Jump	2011	Pat Power	St. Joseph's	10.30
Men M55	1500m	2015	Martin McDonald	Ballyroan, Abbeyleix	4.44.19
	200m	2003	Eamonn Fitzsimons	Kildare	25.78
	3000m	2015	Martin McDonald	Ballyroan, Abbeyleix	10.02.47
	3000m Walk	2004	Bobby King	Dunboyne	14.18.60
	35lb Weight	2013	Mick Kenny	Kildare	6.40
	35lb Weight	2012	Patsy O'Connor	(G)	8.56
	400m	2008	Joe Gough	(G)	58.37

	400m	2001	Jim O'Neill	Crusaders	59.80
	56lb Weight	2004	Murty Kelly	Brow Rangers	4.90
	60m	2015	Shane Sheridan	D.S.D	8.05
	800m	2001	Jim O'Neill	Crusaders	2.16.98
	High Jump	2014	Peader McGing	D.S.D	1.40
	Long Jump	2014	Peader McGing	D.S.D	4.42
	Shot Putt	2003	Tom Power	Bagenalstown	11.68
	Triple Jump	2013	Peader McGing	D.S.D	8.02
Men M60	1500m	2015	Michael Jordan	N.E. Runners	5.16.99
	200m	2010	Tom Clinton	Navan	29.18
	200m	2015	Joe Gough	(G)	27.88
	3000m	2015	Brain Lynch	N.E. Runners	9.57.57
	3000m Walk	2009	Bobby King	Dunboyne	15.05.40
	35lb Weight	2013	Willie O'Toole	St. L. O'Toole	8.67
	400m	2013	Terry Kavanagh	Sli Cualann	66.97
	400m	2015	Joe Gough	(G)	59.46
	60m	2010	Tom Clinton	Navan	8.95
	800m	2015	George Maybury	Clonliffe Harriers	2.35.80
	High Jump	2014	Mick Priest	Fr. Murphy's	1.40
	Long Jump	2013	Michael Flynn	Tullamore Harriers	4.21
	Pole Vault	2014	Willie O'Toole	St. L. O'Toole	2.20
	Shot Putt	2008	Tom Power	Bagenalstown	12.38
	Triple Jump	2013	Michael Flynn	Tullamore Harriers	8.76
Men M65	1500m	2013	Jim Boland	Sli Cualann	6.06.28
	200m	2015	Tom Clinton	Navan	31.22
	3000m	2013	Bobby King	St. Coca's	12.43.68
	3000m Walk	2015	Sean McMullin	Mullingar Harriers	16.30.60
	35lb Weight	2014	Paddy Reilly	St. Andrew's	4.59
	60m	2015	David Leech	Blackrock	8.99

	800m	2015	Ciaran McGovern	Tullamore Harriers	2.53.39
	High Jump	2006	John O'Connor	Naas	1.20
	Long Jump	2006	John O'Connor	Naas	3.23
	Shot Putt	2013	Tom Power	Bagenalstown	9.64
Men M70	200m	2009	John Gorman	Gowran	34.21
	35lb Weight	2010	Thomas Toner	St. Andrew's	4.58
	400m	2009	John Gorman	Gowran	84.35
	60m	2009	John Gorman	Gowran	10.64
	800m	2009	Barry Keane	Sli Cualann	3.26.96
	Shot Putt	2008	Thomas Toner	St. Andrew's	8.64
Men M75	1500m	2012	Jim Langan	Tullamore Harriers	6.30.7h
	200m	2008	Earl Fee	Dunleer	32.03
	3000m	2012	Jim Langan	Tullamore Harriers	13.36.59
	35lb Weight	2012	Thomas Toner	St. Andrew's	5.26
	400m	2008	Earl Fee	Dunleer	73.14
	60m	2012	John Gorman	Gowran	10.57
	800m	2012	Jim Langan	Tullamore Harriers	3.05.25
	Shot Putt	2013	Thomas Toner	St. Andrew's	7.80
Senior Men	1500m	2014	Daire Bermingham	Raheny Shamrocks	3.54.59
	1500m	2009	Patrick McCartan	(G)	3.54.23
	1500m Walk	2001	Padraig Lennon	Gowran	7.08.4
	200m	2003	David McCarthy	Celbridge	21.92
	3000m	2011	Thomas Fitzpatrick	Tallaght	8.33.80
	3000m Walk	2013	David Kidd	St. L. O'Toole	13.35.10
	3000m Walk	2010	Jamie Costin	(G)	11.53.80
	400m	2013	David McCarthy	Le Cheile	50.03
	56lb Weight	2003	John Menton	Donore Harriers	8.34
	60m	2012	David Hynes	Menapians	6.96
60m Hurdles	2011	Simon Taggart	Donore Harriers	8.89	

	800m	2002	John Paul O'Brien	Crookstown M/V	1.56.30
	High Jump	2012	Kouroschi Foroughi	Star of the Sea	2.16
	Long Jump	2009	Brendan Marshall	Mullingar Harriers	6.85
	Pole Vault	2015	Ian Rogers	Clonliffe Harriers	4.75
	Relay 4x200	2001		Tullamore Harriers	1.34.74
	Shot Putt	2003	Paul Crowe	Menapians	15.51
	Triple Jump	2013	Eoin Kelly	St. Abban's	14.53
Age	Event	Year	Name	Club	CBP
U12 Girls	600m	2013	Corrine Kenny	St. L. O'Toole	1.45.15
	60m	2010	Molly Scott	U/A	8.58
	60m Hurdles	2010	Molly Scott	U/A	9.90
	High Jump	2007	Amy McTeggert	Boyne	1.27
	Long Jump	2010	Molly Scott	U/A	4.29
	Relay 4x100	2014		Ratoath Ms.	58.88
	Shot Putt	2012	Therese Kelly	Brow Rangers	8.63
U13 Girls	600m	2014	Corrine Kenny	St. L. O'Toole	1.39.48
	60m	2015	Sabia Doyle	Menpians	8.08
	60m Hurdles	2011	Molly Scott	St. L. O'Toole	9.77
	High Jump	2012	Ciara Deely	K.C.H	1.42
	Long Jump	2011	Gina Akpe-Moses	St. Gerard's	4.80
	Relay 4x100	2015		Ratoath	55.92
	Shot Putt	2015	Aoibhin McMahon	Blackrock Louth	13.02
U14 Girls	1000m Walk	2015	Elena O'Toole	Celbridge	5.06.60
	60m	2014	Patience Jumba Gula	St. Gerard's	7.96
	60m Hurdles	2013	Ciara Deely	K.C.H	9.18
	800m	2015	Corrine Kenny	St. L. O'Toole	2.20.07
	High Jump	2013	Ciara Deely	K.C.H	1.62
	Long Jump	2012	Lauren Gleeson	K.C.H	5.13
	Relay 4x200	2013		K.C.H	1.53.60

	Shot Putt	2012	Nicole K Dowling	St. Abban's	12.15
U15 Girls	1000m Walk	2014	Niamh O'Connor	Celbridge	4.47.36
	60m	1998	Clare Murphy	Inbhear Dee	7.70
	60m Hurdles	2013	Lauren Gleeson	K.C.H	8.94
	800m	2014	Katherine O'Connor	St. Gerard's	2.24.46
	High Jump	2012	Elizabeth Morland	Cushinstown	1.58
	Long Jump	2013	Gina Akpe-Moses	St. Gerard's	5.30
	Relay 4x200	2015		St. L. O'Toole	1.50.58
	Shot Putt	2015	Lystus Ebosele	Enniscorthy	12.57
U16 Girls	1500m	2000	Sharon Monaghan	Fr. Murphy's	4.48.24
	1500m Walk	2004	Donna Carolan	Inbhear Dee	7.28.88
	200m	2014	Gina Akpe-Moses	Blackrock Louth	25.48
	60m	2014	Molly Scott	St. L. O'Toole	7.64
	60m Hurdles	2014	Molly Scott	St. L. O'Toole	8.60
	800m	2014	Laura Ward	St. L. O'Toole	2.20.46
	High Jump	2007	Mary-Kate Lanigan	K.C.H	1.67
	Long Jump	1999	Ciara Kearns	Celbridge	5.40
	Pole Vault	2015	Lara O'Byrne	Donore Harriers	2.50
	Relay 4x200	2015		K.C.H	1.48.38
	Shot Putt	2006	Aoife Hickey	K.C.H	11.88
	Triple Jump	2015	Cathriona Mooney	Adamstown	8.22
U17 Girls	1500m	2015	Laura Ward	St. L. O'Toole	4.53.30
	1500m Walk	2012	Sinead Burke	St. Coca's	7.05.43
	200m	2013	Rachael Doyle	St. L. O'Toole	25.39
	60m	2011	Cliodhna Manning	K.C.H	7.77
	60m Hurdles	2014	Elizabeth Morland	Cushinstown	8.50
	800m	2015	Richael Browne	Greystones & D.	2.21.89
	High Jump	2015	Richael Browne	Greystones & D.	1.71
	Long Jump	2000	Ciara Kearns	Celbridge	5.58

	Pole Vault	2015	Maeve Flynn	Lusk	2.30
	Relay 4x200	2015		K.C.H	1.47.41
	Shot Putt	2007	Aoife Hickey	K.C.H	12.21
	Triple Jump	2015	Maeve Maher	St. Abban's	9.29
U18 Girls	1500m	2008	Tara Jameson	Inbhear Dee	4.46.60
	1500m Walk	2014	Sinead O'Connor	Celbridge	7.15.27
	200m	2013	Vicky Harris	Mullingar Harriers	25.36
	300m	2001	Joanne Cuddihy	K.C.H	41.60
	400m	2014	Aoife Campion	Portlaoise	58.50
	60m	2015	Ara Freeman	Greystones & D.	7.72
	60m Hurdles	2015	Elizabeth Morland	Cushinstown	8.60
	800m	2005	Laura Scriven	St. L. O'Toole	2.18.88
	High Jump	2015	Elizabeth Morland	Cushinstown	1.71
	Long Jump	2015	Elizabeth Morland	Cushinstown	5.98
	Relay 4x200	2013		K.C.H	1.46.26
	Pole Vault	2015	Ailbhe Healy	Lusk	2.10
	Shot Putt	2006	Laura Cogan	Newbridge	13.12
	Triple Jump	2011	Sarah Buggy	St. Abban's	11.19
U19 Girls	1500m	2014	Linda Conroy	Mullingar Harriers	4.45.46
	1500m Walk	2014	Sinead Burke	St. Coca's	6.51.62
	200m	2013	Clíodhna Manning	K.C.H	25.14
	400m	2015	Sophie Becker	St. Joseph's	59.33
	60m	2014	Sarah Kate Lacey	K.C.H	7.71
	60m Hurdles	2008	Sandra Lawler	Celbridge	8.78
	800m	2015	Aoife Campion	St. Abban's	2.21.72
	High Jump	2010	Mary-Kate Lanigan	K.C.H	1.72
	Long Jump	2000	Annemarie Lynch	K.C.H	5.57
	Pole Vault	2014	Kerrie Doyle	St. L. O'Toole	2.40
	Relay 4x200	2014		K.C.H	1.46.42

	Pole Vault	2015	Muireann McGinley	Celtic	2.30
	Shot Putt	2007	Laura Cogan	Newbridge	13.09
	Triple Jump	2012	Sarah Buggy	St. Abban's	11.63
Junior Women	1500m	2015	Avril Deegan	Ballyroan, Abbeyleix	4.50.73
	200m	2013	Sarah McCarthy	Mid Sutton	25.14
	3000m	2008	Tara Jameson	Sli Cualann	10.08.47
	3000m Walk	2010	Fiona Dennehy	St. Senan's	14.57.20
	400m	1998	Michelle Carey	West Dublin	58.40
	60m	2015	Ara Freeman	Sli Cualann	7.44
	60m Hurdles	2008	Sandra Lawler	Celbridge	8.78
	800m	2012	Mary Ann O'Sullivan	Tinyrland	2.19.29
	High Jump	2015	Shannon Sheehy	Cushinstown	1.70
	High Jump	2014	Shannen Dawkins	St. Joseph's	1.70
	High Jump	1998	Deirdre Ryan	D.S.D	1.70
	Long Jump	2013	Sarah McCarthy	Mid Sutton	5.77
	Pole Vault	2012	Katie O'Riordian	St. Brendan's	2.60
	Relay 4x200	2003		Celbridge	1.51.04
	Shot Putt	2007	Laura Cogan	Newbridge	12.95
	Triple Jump	2012	Sarah Buggy	St. Abban's	11.73
	Senior Women	1500m	2010	Caitriona Jennings	Sportsworld
2000m Walk		2001	Ann Gormely	Edenderry	9.12.70
200m		2004	Antoinette Furlong	D.M.P	25.78
3000m		2010	Aoife Brady	Sportsworld	10.09.81
3000m Walk		2009	Georgina Tuohy	Tullamore Harriers	13.48.70
400m		2005	Claire Bergin	D.S.D	57.32
60m		2015	Clare Brady	Celbridge	7.60
60m		2013	Derval O'Rourke	(G)	7.54
60m Hurdles		2013	Sandra Lawler	Celbridge	8.67
800m		2015	Fiona Kehoe	Kilmore	2.11.87

	High Jump	2001	Deirdre Ryan	D.S.D	1.77	
	Long Jump	2004	Antoinette Furlong	D.M.P	6.00	
	Pole Vault	2015	Ruth Larragy	Le Cheile	3.10	
	Pole Vault	2012	Geraldine Finnegan	Dunleer	2.20	
	Shot Putt	2007	Laura Cogan	Newbridge	12.95	
	Triple Jump	2015	Vivian Fleischer	Celbridge	11.76	
Women M35	1500m	2005	Geraldine Finnegan	Dunleer	4.59.46	
	200m	2001	Kathy Boothman	Edenderry	23.76	
	3000m	2011	Martina O'Dwyer	(G)	10.34.80	
	3000m	2011	Liz Cuskelly	Tullamore Harriers	10.49.90	
	3000m Walk	2004	Ann Boyle	Dunboyne	20.44.37	
	400m	2008	Paula Murray	Tallaght	67.22	
	60m	2011	Nichola Hayes	Menapians	8.69	
	60m Hurdles	2006	Lucy Moore-Fox	D.S.D	10.64	
	800m	1998	Katherine Walley	Clonliffe Harriers	2.32.3	
	High Jump	2003	Geraldine Finnegan	Dunleer	1.45	
	Long Jump	2003	Geraldine Finnegan	Dunleer	4.92	
	Shot Putt	2008	Verena Fenlon	St. Joseph's	9.95	
	Women M40	1500m	2001	Frances Harney	North Laois	5.22.46
		200m	2008	Moira Peppard	Trim	30.27
3000m		2013	Maria Griffin	St. Joseph's	10.48.53	
400m		2012	Cera Nolan	Naas	71.80	
60m		2002	Geraldine Shortt	St. Coca's	8.90	
800m		2008	Bridget Clarke	Na Fianna	2.31.16	
High Jump		2014	Niamh McGuire	Rathkenny	1.30	
High Jump		2013	Verena Fenlon	St. Joseph's	1.30	
High Jump		2011	Verena Fenlon	St. Joseph's	1.30	
High Jump		2010	Liz Coomey	(G)	1.35	
Long Jump		2012	Cera Nolan	Naas	4.49	

	Shot Putt	2014	Niamh McGuire	Rathkenny	9.94
Women M45	1500m	2002	Liz Hogan	Naas	5.29.00
	200m	2013	Paul Reilly	Celbridge	30.36
	3000m	2012	B. Fitzsimons	Kildare	11.56.98
	400m	2008	Frances Harney	North Laois	72.35
	60m	2013	Paul Reilly	Celbridge	9.03
	60m Hurdles	2007	Lucy Moore-Fox	D.S.D	12.12
	800m	2013	Bridget Clarke	Na Fianna	2.35.60
	High Jump	2014	Siobheal Cummins	Ratoath Ms.	1.40
	Long Jump	2007	Moira Aston	Trim	3.71
	Shot Putt	2014	Geraldine Finnegan	Dunleer	9.59
Women M50	200m	2015	Moira Peppard	Trim	29.41
	3000m	2015	Catherine O'Connor	Menapians	12.52.93
	400m	2013	Kathryn Walley	Clonliffe Harriers	74.75
	60m	2015	Moira Peppard	Trim	8.91
	800m	2013	Christine Kennedy	Drogheda & D.	3.28.80
	High Jump	2014	Finola Moore	Celbridge	1.30
	High Jump	2012	Lucy Moore-Fox	D.S.D	1.30
	Long Jump	2014	Finola Moore	Celbridge	3.80
	Long Jump	2011	Mary Barrett	(G)	3.94
	Shot Putt	2011	Mary Barrett	(G)	10.50
	Shot Putt	2009	Lucy Moore-Fox	D.S.D	9.55
Triple Jump	2014	Finola Moore	Celbridge	8.19	
Women M55	1500m	2013	Nuala Reilly	Drogheda & D.	6.02.31
	200m	2015	Deirdre McFerran	Drogheda & D.	31.74
	3000m	2015	Catherine Wilson	Menapians	16.53.26
	3000m Walk	2015	Brid Lawlor	St. Joseph's	20.17.40
	400m	2010	Sheelagh Morrissey	Kildare	1.25.23
	60m	2012	Mary Whelan	Dublin Striders	10.70

	800m	2013	Nuala Reilly	Drogheda & D.	3.03.00
	High Jump	2013	Lucy Moore-Fox	D.S.D	1.25
	Long Jump	2014	Mary Barrett	(G)	3.76
	Long Jump	2010	Sheelagh Morrissey	Kildare	2.02
	Shot Putt	2013	Lucy Moore-Fox	D.S.D	9.11
	Triple Jump	2013	Lucy Moore-Fox	D.S.D	8.38
Women M60	200m	2010	Mary Walsh	Tullamore Harriers	36.55
	3000m Walk	2008	Pamela Reynolds	Dunboyne	22.19.34
	400m	2009	Mary Walsh	Tullamore Harriers	1.24.01
	60m	2011	Mary Whelan	D.S.D	10.74
	800m	2010	Mary Walsh	Tullamore Harriers	3.23.10
Women M65	200m	2012	Mary Walsh	Tullamore Harriers	39.51

*any observations, queries or corrections to
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