



Athletics Leinster

2010 Championship Best Performances



**Outdoor
Championship Best Performances**

1984 - 2010



Athletics Leinster

2010 Championship Best Performances

Girls U12				
Event	Year	Athlete Name	Club	C.B.P
60mHurdles	2010	Molly Scott	U/A	10.08
65mHurdles	1995	Ciara Kearns	Celbridge	11.4
60m	2001	Francesca Reville	Wexford	8.06
600m	2010	Eva O'Donovan	Navan	1.47.39
Ball Throw	2002	Amanda Fulham	Crookstown MV	37.83
High Jump	2005	Ann Marie Kane	Bree	1.32
Long Jump	2009	Aideen Kane	St. Killian's	4.43
Shot Putt	2009	Alana Rowen	S.L.O.T	8.27
4 x 100m	1996		Dom Savio	58.6

Girls U13				
Event	Year	Athlete Name	Club	C.B.P
60mHurdles	2010	Christine O'Donnell	Gowran	10.38
60mHurdles	2010	Aideen Kane	St. Killian's	10.42
70mHurdles	2002	Emma Butler	Gowran	11.08
80m	1993	Susan Larkin	Dom Savio	10.6
600m	2002	Ciara Everard	K.C.H.	1.43.9
Ball Throw	2005	Catherine O'Malley	Carbury	37.28
High Jump	1984	Marie Quinlan	St. Senan's	1.45
Javelin	2005	Ciara McGuinness	D.M.P	23.26
Long Jump	1999	Leona Byrne	S.L.O.T.	4.72
Shot Putt	2009	Kelly Brady	Bohermeen	10.47
4 x 100m	1995		Bree	55.2

Girls U14				
Event	Year	Athlete Name	Club	C.B.P
75mHurdles	1997	Ciara Kearns	Celbridge	12.2
80m	1994	Emily Maher	K.C.H.	10.4
200m	1994	Emily Maher	K.C.H.	26.4
200m	2005	Claire Mooney	Naas	26.4
800m	1988	Blanaid Quigley	Bray Striders	2.22
1500m	1993	Lynette Aspell	Crookstown MV	5.05.3
2000mWalk	2000	B. Gahan	Hacketstown	11.03.38
Discus	2001	Leanne Hynes	Na Fianna	29.16
Hammer	2006	Charlotte O'Farrell	D.M.P.	34.56
High Jump	2000	Leona Byrne	S.L.O.T.	1.50
Javelin	2000	Amy Kerr	Navan	27.90
Long Jump	2000	Leona Byrne	S.L.O.T.	5.04
Shot Putt	2010	Ciara Dunne	Crookstown MV	11.99
Shot Putt	2004	Aoife Hickey	K.C.H.	11.82
Combined Event	2010	Rebecca Kennedy	Gowran	2854
4 x 100m	1996		Bree	53.6



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Girls U15				
Event	Year	Athlete Name	Club	C.B.P
80mHurdles	1998	Ciara Kearns	Celbridge	12.4
250mHurdles	1998	Ciara Kearns	Celbridge	36.5
100m	1989	Nicola Meenan	Newbridge	11.6
200m	1987	Nicola Meenan	Newbridge	25.0
800m	2010	Linda Conroy	Mullingar Harriers	2.18.87
800m	2004	Ciara Everard	K.C.H.	2.20.64
1500m	1994	Lynette Aspell	Crookstown MV	4.55.8
2000mWalk	1995	Serena O'Keeffe	K.C.H.	10.28.7
Discus	2000	Karen Healy	Fr. Murphy's	34.45
Hammer	2005	Aoife Hickey	K.C.H.	41.05
High Jump	2001	Leona Byrne	S.L.O.T.	1.61
Javelin	2001	Amy Kerr	Navan	30.44
Long Jump	2001	Leona Byrne	S.L.O.T.	5.21
Shot Putt	2005	Aoife Hickey	K.C.H.	12.36
Combined Event	2001	Leona Byrne	S.L.O.T.	3154
4 x 100m	1997		Bree	52.4

Girls U16				
Event	Year	Athlete Name	Club	C.B.P
80mHurdles	1993	Grainne Redmond	Cushinstown	12.2
80mHurdles	1998	Niamh Leacy	Bree	12.2
250mHurdles	1993	Grainne Redmond	Cushinstown	36.6
100m	1987	Lorraine Lightholder	Navan	12.2
200m	1996	Emily Maher	K.C.H.	24.6
800m	1990	Blanaid Quigley	Bray Striders	2.18
1500m	2000	Sharon Monaghan	Fr. Murphy's	4.42.20
2000mWalk	2001	Carol Burtenshaw	Newbridge	10.29.56
Discus	1994	Clara Thompson	Bree	32.74
Hammer	2008	Charlotte O'Farrell	D.M.P	45.70
High Jump	1998	Carol Loscher	Roundwood	1.65
High Jump	2002	Leona Byrne	S.L.O.T.	1.65
Javelin	2000	Sarah Grehan	Edenderry	35.31
Long Jump	1996	Sinead Swan	Taghmon	5.49
Shot Putt	2004	Laura Cogan	Newbridge	12.31
Combined Event	1985	Siobhan Browne	Blackrock	3282
4 x 100m	1996		K.C.H.	51.1



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Girls U17				
Event	Year	Athlete Name	Club	C.B.P
100mHurdles	1999	Carol Loscher	Roundwood	15.0
300mHurdles	2010	Claire Murphy	S.L.O.T	44.55
300mHurdles	1994	Fiona Norwood	K.C.H.	45.8
300mHurdles	2004	Lynsey Porter	Inbhear Dee	45.82
100m	1988	Laura Farrell	S.L.O.T.	12.2
200m	1994	Grainne Redmond	Cushinstown	25.3
300m	2000	Joanne Cuddihy	K.C.H.	40.72
800m	1987	Sinead Delahunty	K.C.H.	2.16.3
1500m	2001	Sharon Monaghan	Fr. Murphy's	4.46.60
* 2000m S/C	2010	Sorcha O Connor	Gowran	8.39.04
3000mWalk	1997	Serena O'Keeffe	K.C.H.	15.34.9
Discus	1990	Sharon Corcoran	Mullingar Harriers	35.32
Hammer	2009	Charlotte O'Farrell	D.M.P	49.15
Hammer	2007	Aoife Hickey	K.C.H	48.73
High Jump	2008	Mary-Kate Lanigan	K.C.H	1.65
Javelin	2001	Sarah Grehan	Edenderry	35.04
Long Jump	2000	Ciara Kearns	Celbridge	5.56
Pole Vault	2010	Lauren Dwyer	S.L.O.T.	1.70
Shot Putt	2007	Aoife Hickey	K.C.H	12.54
Triple Jump	1987	Mary Morrissey	S.L.O.T.	11.28
Combined Event	1993	Edel O'Brien	Newbridge	3730
4 x 100m	2005		St. Abban's	51.1
4 x 300m	2000		Celbridge	2.56.72

*2000m S/C New Distance in 2010



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Girls U18				
Event	Year	Athlete Name	Club	C.B.P
100mHurdles	1995	Grainne Redmond	Cushinstown	14.9
300mHurdles	2007	Sinead Lawlor	Celbridge	44.6
400mHurdles	1993	Mandy Bloomer	Mountmellick	61.0
100m	1989	Lorraine Dunne	Newbridge	11.9
200m	1988	Marisa Smyth	Boyne	25.0
300m	1995	Fiona Norwood	K.C.H.	41.0
400m	1985	Clodagh Williams	St. Senan's	59.5
800m	1987	Geraldine Nolan	K.C.H.	2.10.3
1500m	1989	Vanessa Molloy	Shelbourne	4.46.3
3000m	1987	Geraldine Hendricken	S.L.O.T.	10.20.3
1500m S/C	2008	Roseanne Kennedy	St. Senan's	6.35.84
* 3000m S/C	2010	Dara Broe	Inbhear Dee	8.59.41
3000mWalk	1998	Serena O'Keeffe	K.C.H.	14.38.1
Discus	1991	Martha Halpin	Bree	39.50
Hammer	1996	Clara Thompson	Bree	45.66
High Jump	2007	Maureen Farrell	Fr. Murphy's	1.63
Javelin	2000	N O'Reilly	St. Kevin's	36.72
Long Jump	1987	Siobhan Hoey	Mountmellick	5.69
Pole Vault	2005	Anna Miller	St. Abban's	2.30
Shot Putt	1998	Laura Jane Carroll	U/A	12.07
Triple Jump	2000	Carol Loscher	Roundwood	11.49
Combined Event	2007	Sandra Lawlor	Celbridge	3941
4 x 100m	1995		St. Abban's	50.7
4 x 300m	2002		K.C.H.	2.56.0
4 x 400m	1990		Cushinstown	4.10.4

*3000m S/C New Distance in 2010



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Girls U19				
Event	Year	Athlete Name	Club	C.B.P
100mHurdles	2002	Ciara Kearns	Celbridge	15.56
400mHurdles	2002	Ciara Kearns	Celbridge	64.36
100m	1996	Siobhan O'Connor	St. Abban's	12.3
100m	2002	Joanne Cuddihy	K.C.H.	12.5
200m	1994	Karen Shinkins	Newbridge	24.4
400m	1994	Mandy Bloomer	Mountmellick	58.7
400m	2002	Joanne Cuddihy	K.C.H.	58.72
800m	1996	Stephanie O'Reilly	Inbhear Dee	2.23.6
800m	1998	Roisin McGettigan	Inbhear Dee	2.23.6
1500m	1996	Stephanie O'Reilly	Inbhear Dee	4.44.4
3000m	1996	Stephanie O'Reilly	Inbhear Dee	10.24.0
3000mWalk	1999	Serena O'Keeffe	K.C.H.	14.15.6
1500m S/C	2009	Roseanne Kennedy	St. Senan's	6.43.3
Discus	1997	Clara Thompson	Bree	40.14
Hammer	1997	Clara Thompson	Bree	45.52
High Jump	2010	Mary-Kate Lanigan	K.C.H	1.70
High Jump	1995	Sharon Kinsella	St. AbbanS	1.70
High Jump	2005	Leona Byrne	S.L.O.T	1.70
Javelin	2008	Olivia McDonald	St. Peter's	36.14
Long Jump	2002	Ciara Kearns	Celbridge	5.63
Shot Putt	2007	Laura Cogan	Newbridge	12.48
Triple Jump	2001	Aoife Hoey	Mountmellick	11.17
Combined Event	1994	Mandy Bloomer	Mountmellick	3818
4 x 100m	1995		St. Abban's	51.3
4 x 100m	2002		Celbridge	51.4
4 x 400m	1997		Tullamore	4.09.0



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Junior Women				
Event	Year	Athlete Name	Club	C.B.P
100mHurdles	2001	Aoife Hoey	Mountmellick	15.8
100mHurdles	2007	Sandra Lawlor	Celbridge	15.0
400mHurdles	1986	Joanne Fitzgerald	Kells	65.2
100m	2001	Fiona O'Friel	Dublin Striders	12.1
100m	1990	Marisa Smyth	Boyne	12.1
200m	2010	Claire Mooney	Naas	25.56
400m	2002	Joanne Cuddihy	K.C.H.	56.08
800m	1989	Glynnis Lynch	Mullingar Harriers	2.15.7
1500m	1987	Marion Irwin	Newbridge	4.45.1
1500m	2008	Tara Jameson	Sli Cualann	4.45.68
3000m	2009	Niamh Kearney	Sli Cualann	11.17.78
3000m Walk	2008	Donna Carolan	Sli Cualann	14.50.87
5000m Walk	1986	Marie Walsh	Shelbourne	27.40
1500m S/C	2006	Una Britton	Sli Cualann	6.25.49
2000m S/C	2002	Fionnuala Britton	Sli Cualann	7.12.7
3000m S/C	2008	Tara Jameson	Sli Cualann	10.55.86
Discus	1987	Michelle Kirwan	Clogherhead	38.79
Hammer	2009	Aoife Hickey	K.C.H	54.09
High Jump	2007	Maureen Farrell	Fr. Murphy's	1.65
High Jump	2010	Mary Kate Lanigan	K.C.H	1.65
High Jump	2010	Caoimhe Basquille	Sli Cualann	1.65
Javelin	2003	Sarah Grehan	Edenderry	35.63
Long Jump	2001	Ciara Kearns	Celbridge	5.72
Pole Vault	2005	Anna Miller	St. Abban's	2.30
Shot Putt	2006	Laura Cogan	Newbridge	13.34
Triple Jump	2010	Fiona Hill	Newbridge	11.45
Combined Event				
4 x 100m	1990		Newbridge	51.0
4 x 400m	1987		Kilcoole	4.10.9
4 x 400m	1989		West Dublin	4.10.9



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U23 Women				
Event	Year	Athlete Name	Club	C.B.P
100m Hurdles	2010	Sandra Lawlor	Celbridge	15.29
400mHurdles	1987	Paula Carthy	Clondalkin	62.30
100m	2009	Claire Brady	Celbridge	11.92
200m	1990	Marisa Smyth	Boyne	24.0
400m	2008	Ciara McCallion	Clonliffe Harriers	58.18
800m	1995	Catriona O'Brien	Rathfarnham	2.13.4
1500m	1989	Louise Kavanagh	D.C.H	4.39.2
3000m	2004	Fionnuala Britton	Sli Cualann	9.49
3000mWalk	1989	Marie Walsh	Shelbourne	13.55
Discus		Eileen O'Keeffe	K.C.H.	44.84
Hammer	2002	Eileen O'Keeffe	K.C.H.	59.88
High Jump	1991	Fiona Kavanagh	S.L.O.T.	1.69
Javelin	2004	Anita White	Dublin Striders	40.64
Long Jump	2007	Leona Byrne	S.L.O.T	5.65
Shot Putt	1986	B. Wall	Cushinstown	12.72
Triple Jump	2008	Jenny Reilly	Na Fianna	10.89
Triple Jump	2008	Jenny Reilly	Na Fianna	11.03w
Combined Event				
4 x 100m	1989		Rathfarnham / Ajax	52.0
4 x 400m	1990		Mullingar	4.08.5



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Senior Women				
Event	Year	Athlete Name	Club	C.B.P
100m Hurdles	1985	D. Murphy	West Dublin	15.0
100m Hurdles	2008	Mairead Murphy	U.C.D	15.16
400mHurdles	1985	Mary Parr	West Dublin	60.1
100m	1992	Lorraine Dunne	Newbridge	11.9
200m	1990	Marisa Smyth	Boyne	24.6
400m	2001	Joanne Cuddihy	K.C.H	54.7
800m	1990	Bernie Kavanagh	Lucan Harriers	2.07.2
1500m	1988	Ann Buckley	Clonliffe Harriers	4.20.3
3000m	2001	Anne Keenan Buckley	North Laois	9.21.5
5000m	2009	Claire Phelan	St. Abban's	18.00.80
3000mWalk	2008	Georgina Tuohy	Tullamore Harriers	15.07.40
3000mWalk	2008	Laura Reynolds (G)	Mohill	14.38.94
35lb Weight	2008	Eileen O'Keeffe	K.C.H	6.27
Discus	2000	Eileen O'Keeffe	K.C.H	48.20
Hammer	2008	Eileen O'Keeffe	K.C.H	70.13
High Jump	2005	Rosemary Daniels	Na Fianna	1.75
Javelin	2005	Jennifer O'Sullivan	Cushinstown	46.59
Long Jump	2001	Antoinette Furlong	D.M.P	5.88
Long Jump	2008	Antoinette Stafford	D.M.P	5.88
Long Jump	2006	Mary McLoone (G)	Tir Connell	6.03
Pole Vault	2009	Claire Wilkinson (G)	Ballymena & Antrim	3.85
Shot Putt	1985	Marita Walton	Crusaders	15.16
Triple Jump	2001	Rose Virginie Peslier	Navan	11.76
Triple Jump	2006	Mary McLoone (G)	Tir Connell	12.57
Combined Event	2007	Geraldine Finnegan	Dunleer	4166
4 x 100m	1988		West Dublin	51.5
4 x 400m	1987		West Dublin	4.13.2



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Masters Women – W1				
Event	Year	Athlete Name	Club	C.B.P
100m	2005	Geraldine Finnegan	Dunleer	13.62
200m	2007	Marisa McHugh	Drogheda & District	27.66
400m	2004	Geraldine Finnegan	Dunleer	62.72
800m	2007	Mary Hanley	Na Fianna	2.25.20
1500m	2007	Mary Hanley	Na Fianna	4.51.44
5000m	2008	Elizabeth Cuskelly	Tullamore Harriers	18.48.62
5000mWalk	2003	Pamela Reynolds	St.Andrew's	33.49.5
Discus	2007	Verena Fenlon	St. Joseph's	24.70
Hammer	2006	Geraldine Finnegan	Dunleer	22.06
High Jump	2005	Verena Fenlon	St. Joseph's	1.30
Javelin	2005	Geraldine Finnegan	Dunleer	31.43
Long Jump	2003	Geraldine Finnegan	Dunleer	4.88
Shot Putt	2004	Geraldine Finnegan	Dunleer	9.93
Combined Event	2007	Verena Fenlon	St Josephs	1925

Masters Women – W2				
Event	Year	Athlete Name	Club	C.B.P
400m Hurdles	2010	Cera Nolan	Naas	75.93
100m	2003	Geraldine Shortt	St. Coca's	14.3
200m	2005	Eileen Kelly	St. Abban's	28.94
400m	2005	Eileen Kelly	St. Abban's	65.94
800m	2009	Mary Hanley	Na Fianna	2.26.66
1500m	2009	Mary Hanley	Na Fianna	5.00.00
Discus	2010	Pauline Kenny	Newbridge	27.02
Hammer	2010	Pauline Kenny	Newbridge	36.44
High Jump	2010	Verena Fenlon	St. Joseph's	1.25
Javelin	2005	Maria Macken Duffy	St. Peter's	21.39
Long Jump	2003	Mary Dwyer	S.L.O.T.	4.77
Shot Putt	2010	Verena Fenlon	St. Joseph's	8.90
Weight	2010	Pauline Kenny	Newbridge	3.83
Weight	2010	Priscilla O'Sullivan (G)	Bandon	4.63
Combined Event	2007	Maria Macken Duffy	St. Peter's	1622



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Masters Women – W3				
Event	Year	Athlete Name	Club	C.B.P
100m	2010	Deirdre Sheehy	Celbridge	14.48
200m	2009	Moira Peppard	Trim	30.18
400m	2008	Deirdre O'Reilly	St. Coca's	72.58
800m	2005	Frances Harney	North Laois	2.40.78
1500m	2007	Mary O'Brien	Dunleer	5.32.08
Discus	2008	Moira Aston	Trim	18.78
Hammer	2010	Moira Aston	Trim	29.96
High Jump	2005	Lucy Moore	D.S.D	1.30
Javelin	2010	Marion Feehan	Ferbane	21.23
Javelin	2008	Mary Barrett (G)	Loughrea	21.60
Long Jump	2010	Evelyn Morris	Newbridge	3.87
Shot Putt	2010	Evelyn Morris	Newbridge	8.88
Shot Putt	2008	Mary Barrett (G)	Loughrea	9.39
Weight	2010	Evelyn Morris	Newbridge	4.38

Masters Women – W4				
Event	Year	Athlete Name	Club	C.B.P
100m	2010	Mary Whelan	D.S.D	17.25
100m	2008	Cathryn Booth (G)	Lagan Valley	16.16
200m	2008	Cathryn Booth (G)	Lagan Valley	34.59
400m	2008	Nuala Reilly	Drogheda & District	86.71
800m	2010	Mary O'Brien	Dunleer	2.54.98
1500m	2010	Mary O'Brien	Dunleer	5.51.05
Discus	2010	Marion Feehan	Ferbane	15.96
Discus	2009	Mary Barrett (G)	Loughrea	25.38
Hammer	2008	Lucy Moore	D.S.D	27.36
High Jump	2008	Lucy Moore	D.S.D	1.35
Javelin	2010	Patricia C. Smith	Blackrock	8.00
Javelin	2010	Mary Barrett (G)	Loughrea	23.37
Shot Putt	2008	Lucy Moore	D.S.D	9.16
Shot Putt	2009	Mary Barrett (G)	Loughrea	10.65
Triple Jump	2010	Lucy Moore	D.S.D	7.77



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Masters Women – W5				
Event	Year	Athlete Name	Club	C.B.P
100m	2006	Mary Walsh	Tullamore Harriers	18.08
200m	2006	Mary Walsh	Tullamore Harriers	35.7
400m	2007	Mary Walsh	Tullamore Harriers	83.50
35lb Weight	2008	Betty Cunningham	Dunboyne	2.65
Discus	2007	Betty Cunningham	Dunboyne	13.64
Hammer	2005	Betty Cunningham	Dunboyne	22.04
Shot Putt	2010	Sheelagh Morrissey	Kildare	8.03

Masters Women – W6				
Event	Year	Athlete Name	Club	C.B.P
200m	2010	Mary Walsh	Tullamore Harriers	36.48
400m	2009	Mary Walsh	Tullamore Harriers	83.56
800m	2009	Mary Walsh	Tullamore Harriers	3.16.90
3000m Walk	2008	Pamela Reynolds	Dunboyne	20.26.84
Discus	2009	Betty Cunningham	Dunboyne	12.77
Hammer	2009	Betty Cunningham	Dunboyne	18.69
Shot Putt	2009	Betty Cunningham	Dunboyne	5.19
Weight	2009	Betty Cunningham	Dunboyne	2.17



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Boys U12				
Event	Year	Athlete Name	Club	C.B.P
65mHurdles	2002	Gerard Hickey	Ardee	11.52
60mHurdles	2003	Edward Dunphy	Aghaviller	11.38
60m	2001	Cian O'Loughlin	Cushinstown	8.56
600m	2010	Robert Crowley	S.L.O.T	1.43.07
Ball Throw	2004	Kevin Murray	Dunleer	52.60
High Jump	2002	Terence O'Neill	Kilcoole	1.43
Long Jump	2000	Joe Dolan	Na Fianna	4.61
Shot Putt	1985	James Wall	Athy	10.05
4 x 100m	2001	Ballyskenach	Ballyskenach	55.3

Boys U13				
Event	Year	Athlete Name	Club	C.B.P
60m Hurdles	2008	Ciaran Joyce	Bree	10.03
70mHurdles	2002	Darragh Quane	K.C.H.	11.04
80m	2001	Eoin Hannon	Ballyskenach	10.06
600m	2007	Shane Fitzsimons	Mullingar Harriers	1.37.34
Ball Throw	2005	Kevin Murray	Dunleer	50.88
High Jump	2001	Ciaran Malone	Na Fianna	1.48
High Jump	1988	Liam Kelly	St. Abban's	1.48
High Jump	2003	Terence O'Neill	Kilcoole	1.48
Javelin	2010	Jordan Leech	Cushinstown	26.78
Javelin	2007	James Mulligan	Tullamore Harriers	26.78
Long Jump	1997	Paul Murphy	Kilmore	5.00
Shot Putt	1997	Rory Nolan	Shillelagh	12.45
4 x 100m	2010		Greystones District	55.22



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Boys U14				
Event	Year	Athlete Name	Club	C.B.P
75mHurdles	2009	Paddy Devereux	Bree	12.26
75mHurdles	2002	Eoin Hannon	Ballyskenech	12.30
80m	1990	Darren O'Reilly	St. Anne's	9.9
80m	1998	Paul Murphy	Kilmore	9.9
200m	1996	David Murphy	Kildare	24.7
800m	2008	Shane Fitzsimons	Mullingar Harriers	2.12.59
1500m	2008	Shane Fitzsimons	Mullingar Harriers	4.26.98
2000mWalk	2009	Cormac Byrne	Bree	11.00.56
2000mWalk	1991	Mark Lennon	K.C.H.	11.01
Discus	2010	John Joe Kelly	Brow Rangers	37.26
Discus	2008	James Mulligan	Tullamore Harriers	33.41
Hammer	2010	Connor Mulligan	Tullamore Harriers	34.57
Hammer	2004	Eoin White	D.M.P	32.07
High Jump	2009	Mark Rogers	St. Peter's	1.60
High Jump	1985	Charles Brand	K.C.H.	1.59
Javelin	2000	Peter McDonald	St.Peter's	38.60
Long Jump	1998	Paul Murphy	Kilmore	5.40
Shot Putt	1985	Joseph Duffy	Caragh	12.89
Triple Jump	1994	Adam Brennan	Dom Savio	10.55
Combined Event	2009	Mark Rogers	St. Peter's	2703
4 x 100m	1998		St. Patrick's Tullow	53.2



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Boys U15				
Event	Year	Athlete Name	Club	C.B.P
80mHurdles	1999	Paul Murphy	Kilmore	12.0
250mHurdles	1992	Gerard Daly	Athlone	36.0
100m	2009	Marcus Lawlor	S.L.O.T	11.80
100m	2006	Sam Coughlan Murray	Crookstown MV	11.88
200m	2009	Marcus Lawlor	S.L.O.T	23.78
200m	1998	Darragh Graham	Inbhear Dee	24.0
800m	2009	Shane Fitzsimons	Mullingar Harriers	2.01.29
800m	1996	Thomas McKeown	West Wicklow	2.07.2
1500m	2009	Shane Fitzsimons	Mullingar Harriers	4.13.44
1500m	1999	Mark Christie	Mullingar Harriers	4.26.7
2000mWalk	1999	PJ O'Keeffe	K.C.H.	10.22
Discus	2007	James McCabe	Dunboyne	39.30
Hammer	2007	James McCabe	Dunboyne	48.27
High Jump	1984	Philip Denver	Newbridge	1.76
Javelin	2001	Peter McDonald	St. Peter's	43.06
Long Jump	1999	Paul Murphy	Kilmore	5.80
Pole Vault	2002	Paul Moore	St. Abban's	2.80
Shot Putt	2007	Marco Pons	D.M.P	13.68
Triple Jump	1989	Scott Browne	North Laois	11.92
Combined Event	1985	Sean Duggan	S.L.O.T.	3497
4 x 100m	1999		St. Patrick's, Tullow	50.1
4 x 100m	2008		Bree	50.54



Athletics Leinster

2010 Championship Best Performances

Boys U16				
Event	Year	Athlete Name	Club	C.B.P
100mHurdles	1990	John Whelan	Ashbourne	14.3
250mHurdles	1998	Mark Kennedy	Raheen	33.5
100m	1990	Padraic Lewis	North Laois	11.2
200m	1990	Padraic Lewis	North Laois	22.6
200m	1999	Darragh Graham	Inbhear Dee	22.6
800m	1992	James Nolan	Ferbane	1.55.4
1500m	1992	James Nolan	Ferbane	4.11.9
3000m	2000	Mark Christie	Mullingar Harriers	9.15.78
3000mWalk	2001	Michael Ryan	St. Joseph's	12.14.36
Discus	1985	Glenn McMahon	Mullingar Harriers	48.32
Hammer	1992	John Thompson	Tullamore Harriers	58.10
High Jump	1997	Gary Doyle	Celbridge	1.81
Javelin	1989	Robert Berry	Mullingar Harriers	48.58
Long Jump	2007	Sam Coughlan Murray	Crookstown-Millview	6.16
Pole Vault	1987	Patrick Geraghty	Navan	3.20
Shot Putt	2001	Brendan Callanan	S.L.O.T.	15.45
Triple Jump	2009	Conor Daly	St. Abban's	12.39
Triple Jump	2006	Francis Egan	St. Abban's	12.10
Combined Event	2005	Paul Byrne	St. Abban's	3696
4 x 100m	2005	Navan		46.6



Athletics Leinster

2010 Championship Best Performances

Boys U17				
Event	Year	Athlete Name	Club	C.B.P
100mHurdles	1991	John Whelan	St. Andrew's	13.8
300mHurdles	1997	Ian Monaghan	Celbridge	39.4
100m	1992	Kevin Cogley	D.M.P	10.9
200m	2001	Paul Gill	Carbury	22.7
400m	1989	Niall Durnin	Blackrock	51.7
800m	1993	James Nolan	Ferbane	1.57
800m	2002	Colin Costello	Star of the Sea	1.57.08
1500m	1988	Nigel Brunton	Bray Striders	4.01
3000mWalk	2002	Danny Darcy	S.L.O.T.	9.01.84
1500m S/C	1985	Liam Walsh	Bagenalstown	4.43.5
*2000m S/C	2010	Stephen Nea	Mullingar Harriers	6.57.27
3000mWalk	2003	Michael Doyle	Cushinstown	15.00.74
Discus	2009	Marcus Pons	D.M.P	45.10
Discus	2008	Darragh Hanlon	Tullamore Harriers	43.53
Hammer	2004	Patrick McCabe	Dunboyne	54.36
High Jump	1988	Tony Reilly	St. Kevin's	1.85
High Jump	1989	Niall Harvey	Tullamore Harriers	1.85
High Jump	1994	Seamus Byrne	St. Abban's	1.85
High Jump	2006	Barry Pender	St. Abban's	1.85
Javelin	1992	Adrian Joyce	Cushinstown	47.41
Long Jump	2000	R Gunning	Fr. Murphy's	6.47
Pole Vault	2004	Paul Moore	St. Abban's	3.40
Shot Putt	2002	Brendan Callanan	S.L.O.T.	15.51
Triple Jump	1999	John Walker	Kilmore	13.29
Combined Event	1995	Colin Byrne	St. Abban's	4262
4 x 100m	1997		Celbridge	45.9
4 x 400m	2002		K.C.H.	3.39.36

*2000m S/C New Distance in 2010



Athletics Leinster

2010 Championship Best Performances

Boys U18				
Event	Year	Athlete Name	Club	C.B.P
110mHurdles	1998	Richard Reville	D.M.P	13.8
400mHurdles	1998	Ian Monaghan	Celbridge	55.6
100m	2002	Paul Gill	Carbury	10.52
200m	1998	Gordon Kennedy	Ballyskenach	22.4
200m	2001	Darragh Graham	Inbhear Dee	22.46
400m	1998	Gordon Kennedy	Ballyskenach	49.6
800m	1994	James Nolan	Ferbane	1.55.1
1500m	1994	Andrew Walker	Newbridge	4.01.5
3000m	1987	Cormac Finnerty	Mullingar	8.45.5
5000mWalk	1997	David Kidd	S.L.O.T.	23.31
2000m S/C	2007	Tomas Cotter	Dunleer	6.17.42
* 3000m S/C	2010	Shawn McCormack	Gowran	11.05.82
Discus	2010	Marco Pons	D.M.P	53.58
Discus	2009	Darragh Hanlon	Tullamore Harriers	47.75
Discus	1987	Eamonn Comerford	Callan	46.35
Hammer	2003	Padraig White	Dunboyne	62.62
High Jump	2007	Kourosh Foroughi	Star of the Sea	2.11
Javelin	1998	David Kelly	Kilcoole	56.19
Long Jump	1997	Derek O'Brien	S.L.O.T.	6.78
Pole Vault	1988	Douglas Smith	Cushinstown	3.50
Pole Vault	2005	Paul Moore	St. Abban's	3.50
Pole Vault	2006	Michael O'Connor	Parnell	3.50
Shot Putt	1987	Jarlath Gilroy	Ballymore Eustace	16.39
Triple Jump	2005	Eoin Kelly	St. Abban's	13.23
Combined Event	1995	Seamus Byrne	St. Abban's	4818
4 x 100m	2010		St. Joseph's	45.58
4 x 400m	2010		S.L.O.T	3.36.77

*3000m S/C New Distance in 2010



Athletics Leinster

2010 Championship Best Performances

Boys U19				
Event	Year	Athlete Name	Club	C.B.P
110mHurdles	1998	Richard Reville	D.M.P	13.8
400mHurdles	1998	Ian Monaghan	Celbridge	55.6
100m	2002	Paul Gill	Carbury	10.52
200m	1998	Gordon Kennedy	Ballyskenach	22.4
200m	2001	Darragh Graham	Inbhear Dee	22.46
400m	1998	Gordon Kennedy	Ballyskenach	49.6
800m	1994	James Nolan	Ferbane	1.55.1
1500m	1994	Andrew Walker	Newbridge	4.01.5
3000m	1987	Cormac Finnerty	Mullingar	8.45.5
5000mWalk	1997	David Kidd	S.L.O.T.	23.31
2000m S/C	2007	Tomas Cotter	Dunleer	6.17.42
* 3000m S/C	2010	Stephen Lawlor	St. Abban's	11.05.82
Discus	2010	Darragh Hanlon	Tullamore Harriers	42.11
Discus	1987	Eamonn Comerford	Callan	46.35
Hammer	2003	Padraig White	Dunboyne	62.62
High Jump	2007	Kourosh Foughi	Star of the Sea	2.11
Javelin	1998	David Kelly	Kilcoole	56.19
Long Jump	1997	Derek O'Brien	S.L.O.T.	6.78
Pole Vault	1988	Douglas Smith	Cushinstown	3.50
Pole Vault	2005	Paul Moore	St. Abban's	3.50
Pole Vault	2006	Michael O'Connor	Parnell	3.50
Shot Putt	1987	Jarlath Gilroy	Ballymore Eustace	16.39
Triple Jump	2005	Eoin Kelly	St. Abban's	13.23
Combined Event	1995	Seamus Byrne	St. Abban's	4818
4 x 100m	2010		St. Joseph's	45.58
4 x 400m	2010		S.L.O.T	3.36.77

*3000m S/C New Distance in 2010



Athletics Leinster

2010 Championship Best Performances

Junior Men				
Event	Year	Athlete Name	Club	C.B.P
110mHurdles	1985	F. Conlon	Newbridge	15.1
400mHurdles	2007	John Fagan	K.C.H	57.04
100m	1985	E. Devereux	K.C.H.	10.7
100m	1999	Gordon Kennedy	Tullamore Harriers	10.7
100m	2002	Darragh Graham	Inbhear Dee	10.74
200m	2002	Darragh Graham	Inbhear Dee	21.64
400m	1989	Stephen Newman	Ashbourne	48.9
400m	2009	Fergus Hannon	Tullamore Harriers	48.99
800m	2010	Michael Dowling	Sli Cualann	1.56.51
1500m	1995	Andrew Walker	Newbridge	3.55.2
3000m	1987	David Burke	Mullingar Harriers	8.41.6
5000m	2007	Jason O'Byrne	Sli Cualann	16.08.76
5000mWalk	1989	P.J. Gregory	Kildare	23.42
2000m S/C	1987	Liam Walsh	Bagenalstown	6.17
3000m S/C	2008	Tomas Cotter	Dunleer	9.24.98
28lb Weight	1989	John Menton	Donore Harriers	11.32
35lb Weight	2009	Joseph Mulligan	Tullamore Harriers	6.87
Discus	2010	Darragh Hanlon	Tullamore Harriers	42.52
Hammer	1987	Padraig White	Dunboyne	59.79
High Jump	2002	Adrian O'Dwyer	K.C.H.	2.05
Javelin	2001	Joe Diskin	Kilcoole	55.02
Long Jump	2004	Stephen Darcy	S.L.O.T.	6.92
Pole Vault	2008	Ian Rogers	Clonliffe Harriers	4.00
Shot Putt	1990	Willie Tyrrell	St. Benedict's	14.44
Triple Jump	2007	Eoin Kelly	St. Abban's	14.50
Combined Event				
4 x 100m	1990		S.L.O.T.	45.2
4 x 400m	1987		S.L.O.T.	3.37



Athletics Leinster

2010 Championship Best Performances

U23 Men				
Event	Year	Athlete Name	Club	C.B.P
110mHurdles	1988	Sean Cahill	Cushinstown	14.9
400mHurdles	1999	Colin Byrne	St. Abban's	54.2
100m	1988	Paul Walsh	Donore Harriers	10.5
200m	2000	Rob Daly	D.S.D	21.52
400m	1989	Stephen Newman	Ashbourne	49.9
800m	2006	Dan Mulhare	North Laois	1.56.36
1500m	1988	Niall Murphy	Kildare	3.59.5
5000m	1987	Thomas McGrath	Mullingar Harriers	15.19.5
5000mWalk	1996	Pierce O'Callaghan	U.C.D	21.1
3000m S/C	2002	Gareth Coughlan	Fr. Murphy's	9.14.3
35lb Weight	2003	Adrian O'Dwyer	K.C.H.	9.80
Discus	1991	John Menton	Donore Harriers	47.78
Hammer	2006	Padraic White	U.C.D	58.38
High Jump	1987	Seamus Cahill	Cushinstown	1.93
Javelin	2003	Joe Diskin	Sli Cualann	65.40
Long Jump	1989	Thomas Nolan	Newbridge	6.88
Pole Vault	2010	Ian Rogers	Clonliffe Harriers	4.60
Shot Putt	2003	Keith Gilligan	North Laois	13.88
Triple Jump	2009	Eoin Kelly	St. Abban's	14.28
Triple Jump	2008	Eoin Kelly	St. Abban's	14.60w
Combined Event				
4 x 100m	1988		Tullamore	44.6
4 x 400m	1990		Clonliffe Harriers	3.24.6



Athletics Leinster

2010 Championship Best Performances

Senior Men				
Event	Year	Athlete Name	Club	C.B.P
110m Hurdles	1990	Sean Cahill	Cushinstown	14.4
400m Hurdles	1985	C. McDunphy	Raheny Shamrocks	53.1
100m	1993	Peter Lyons	D.C.H	10.6
100m	2000	Patrick Shannon	Ballybrack	10.98
200m	1985	Gerry Delaney	D.C.H	21.6
200m	2010	Gordon Kennedy	Tullamore Harriers	21.90
400m	2007	Gordon Kennedy	Tullamore Harriers	47.62
800m	1987	Charlie Milner	Tullamore Harriers	1.54.4
1500m	1985	M. Flynn	Tullamore Harriers	3.51.2
5000m	1985	E. Toomey	Clonliffe Harriers	14.07.9
5000m Walk	1990	Michael Lane	Mullingar Harriers	20.04.3
5000m Walk	2008	Colin Griffen (G)	Ballinamore	20.04.29
3000m S/C	1992	Ben Brady	Raheny Shamrocks	8.54.3
56lb Weight	2005	Paul Crowe	Menapians	8.36
Discus	2005	John Menton	Donore Harriers	48.68
Discus	2007	Eoin Leen (G)	Tralee Harriers	53.38
Hammer	1989	Garry Halpin	K.C.H	69.04
High Jump	1992	Mark Mandy	Cannock/Stafford	2.05
Javelin	2001	Louis Wildenleven	North Laois	65.56
Long Jump	2010	Eoin Hannon	Tullamore Harriers	7.20
Pole Vault	2009	Ruairi O'Brien	Crusaders	4.40
Shot Putt	1992	Victor Costello	D.S.D	18.80
Triple Jump	2009	Eoin Kelly	St. Abban's	14.95
Combined Event	2001	Peter Condren	St. Abban's	5018
Combined Event	2007	Philip Kearney	Tralee Harriers	5606
4 x 100m	1985		Clonliffe	43.5
4 x 400m	1986		Tullamore	3.32.1



Athletics Leinster

2010 Championship Best Performances

Master Men M1				
Event	Year	Athlete Name	Club	C.B.P
110m Hurdles	2008	Kevin Byrne	D.S.D	19.66
400m Hurdles	2010	Jonathan McCabe	Drogheda &	60.8
100m	2009	Colm Keogh	Ratoath	11.88
200m	2010	Peter Lyons	K.C.H	24.28
400m	2010	John Hartnett	Clonliffe Harriers	55.26
800m	2010	Fintan Reilly	Dunleer	2.02.14
1500m	2009	Rob Cross	Crusaders	4.16.76
5000m	2008	Noel Kelly	Mullingar Harriers	15.15.60
56lb Weight	2010	Barry Delaney	Star of the Sea	6.70
Discus	2009	Ger Nagle	Star of the Sea	44.19
Hammer	2008	Joe Kelly	Brow Rangers	28.21
High Jump	2009	Kevin Byrne	D.S.D	1.70
High Jump	2010	Eamonn O'Brien	U.C.D	1.70
Javelin	2008	Brian McDermott	D.S.D	50.95
Long Jump	2010	Jonathan McCabe	Drogheda & Dstrict	5.74
Shot Putt	2010	Ger Nagle	Star of the Sea	13.54

Master Men M1				
Event	Year	Athlete Name	Club	C.B.P
400m Hurdles	2008	Stephen Flavin	Sli Cualann	59.82
100m	2010	Ger Hensey	Tullamore Harriers	11.63
200m	2010	Ger Hensey	Tullamore Harriers	23.88
400m	2000	B. Doherty	St. Joseph's	52.52
800m	2010	Simon Meyler	Donore Harriers	2.05.90
1500m	1994	George Maybury	Civil Service	4.08.4
3000m	1999	Eugene Coppinger	Civil Service	9.02.1
5000m	2009	Colm Burke	St. Abban's	15.35.84
3000m Walk	1994	P.J. Brennan	S.L.O.T.	14.00.4
56lb Weight	2004	Seamus Fitzpatrick	North Laois	8.01
Discus	2000	Phil Conway	Crusaders	36.91
Hammer	2005	Paddy Hanily	Fr. Murphy's	40.31
High Jump	1993	Jim Fanning	Donore Harriers	1.68
Javelin	2008	Denis Delaney	Clonliffe Harriers	52.10
Long Jump	2008	George Wyatt	D.S.D	5.86
Shot Putt	2009	Kieran Stout	Celbridge	12.82
Triple Jump	2010	George Wyatt	D.S.D	11.06
Triple Jump	2010	Michael McDonald (G)		11.17
Combined Event	2007	David Keenan	North Laois	1727



Athletics Leinster

2010 Championship Best Performances

Master Men M3				
Event	Year	Athlete Name	Club	C.B.P
110m Hurdles	2008	Pat Power	St. Joseph's	25.31
100m	2005	Greg Duggan	Mullingar Harriers	12.34
200m	2008	Gerry Kinsella	Sli Cualann	25.07
200m	2009	Patrick Crossan (G)	Lisburn	24.76
400m	2005	Ken Deavy	K.C.H	55.12
400m	2009	Patrick Crossan (G)	Lisburn	54.70
800m	2008	Gerry Kinsella	Sli Cualann	2.06.27
1500m	2006	Paul Cowhie	Civil Service	4.26.30
5000m	2010	Larry Kelly	St. Coca's	16.53.41
3000mWalk	2007	Pat Murphy	Castleisland	13.37.94
3000mWalk	2007	Derek McConnon	Rathfarnham WSAF	16.16.26
56lb Weight	2010	Seamus Fitzpatrick	North Laois	7.62
Discus	2009	Dave Sweeney	Sli Cualann	38.25
Hammer	2006	Tony Aston	Trim	28.31
High Jump	2006	John Territ	St. Abban's	1.40
High Jump	2005	Ciaran Tobin	Trim	1.40
High Jump	2010	Diarmuid Quill (G)		1.50
Javelin	2009	John Egan	North Laois	39.90
Long Jump	2009	Patrick Mahon	Gowran	5.45
Shot Putt	2009	Babu Matthew	Tullamore Harriers	12.18
Triple Jump	2008	Ciaran Tobin	Trim	9.29
Combined Event	2007	John Territt	St. Abban's	1483



Athletics Leinster

2010 Championship Best Performances

Master Men M4				
Event	Year	Athlete Name	Club	C.B.P
100m Hurdles	2010	Joe Davis	D.S.D	20.71
100m	2009	Anthony Martin (G)	Monaghan Phoenix	12.48
100m	2009	Greg Duggan	Mullingar Harriers	12.58
100m	2009	Pat Power	St. Joseph's	12.58
200m	2007	Kevin Carey	Gowran	26.54
200m	2009	Anthony Martin (G)	Monaghan Phoenix	26.16
400m	2007	Kevin Carey	Gowran	58.66
800m	1993	Frank Hearn	D.C.H	2.13.7
1500m	2000	Jim Stafford	Slaney Olympic	4.18.44
5000m	2010	Martin McDonald	North Laois	17.02.19
3000mWalk	2005	Seamus Connolly	Tinryland	18.56
35lb Weight	2004	Paddy Hanily	Fr. Murphy's	8.52
Discus	2002	Patsy Conboy	Brothers Pearse	32.50
Hammer	2006	Paddy Hanily	Fr. Murphy's	41.46
High Jump	2009	Joe Davis	D.S.D	1.47
Javelin	2010	John Egan	North Laois	38.85
Long Jump	2010	Patrick Mahon	Gowran	5.71
Shot Putt	1999	Tom Power	Bagenalstown	12.31
Triple Jump	2009	Pat Power	St. Joseph's	7.70
Combined Event	2007	John Molloy	Celbridge	1461

Master Men M5				
Event	Year	Athlete Name	Club	C.B.P
100m	2007	David Leech	Blackrock	13.16
200m	2004	Tom Clinton	Navan	27.02
400m	2007	Shane Mulroy	Drogheda & District	63.18
800m	2010	Terry Kavanagh	Sli Cualann	2.28.92
1500m	2008	Patrick Timmons	Raheny Shamrocks	5.02.55
5000m	2010	Don O'Carroll	Rathfarnham WSAF	18.24.48
3000mWalk	2005	Bobby King	Dunboyne	15.06
35lb Weight	2008	Paddy Hanily	Fr. Murphy's	8.44
Discus	2008	Paddy Hanily	Fr. Murphy's	31.26
Hammer	2008	Paddy Hanily	Fr. Murphy's	38.25
High Jump	2010	Michael Flynn	Tullamore Harriers	1.35
Javelin	2007	Murty Kelly	Brow Rangers	20.45
Long Jump	2010	Michael Flynn	Tullamore Harriers	4.05
Shot Putt	2006	Murty Kelly	Brow Rangers	8.80
Triple Jump	2010	Michael Flynn	Tullamore Harriers	8.80



Athletics Leinster

2010 Championship Best Performances

Event	Year	Athlete Name	Club	C.B.P
100m Hurdles	2010	Earl Taylor	Dunleer	21.72
300m Hurdles	2010	Earl Taylor	Dunleer	63.74
100m	2010	Earl Taylor	Dunleer	14.83
200m	2010	Patrick Dolan	Tullamore Harriers	32.41
200m	2008	Alex Donald (G)	Ballymena & Antrim	28.37
400m	2007	Patrick Walsh	Tullamore Harriers	71.70
400m	2008	Alex Donald (G)	Ballymena & Antrim	64.37
800m	2005	Terry Mee	Donore Harriers	2.34.92
1500m	2010	Pat Timmons	Raheny Shamrocks	4.55.92
5000m	2010	Jim Boland	S.B.R	20.43.21
3000m Walk	2007	Bobby King	Dunboyne	14.45.98
35lb Weight	2008	Jim Sutherland	Sli Cualann	6.01
Discus	2010	Phillip Conway	Crusaders	39.46
Hammer	2009	Phillip Conway	Crusaders	37.29
High Jump	2009	Patrick Dolan	Tullamore Harriers	1.10
Javelin	2005	John O'Connor	Naas	28.00
Long Jump	2007	Jimmy Kelly	Brow Rangers	3.32
Shot Putt	2006	Tom Power	Bagenalstown	11.78

Master Men M7				
Event	Year	Athlete Name	Club	C.B.P
100m	2008	John O'Connor	Naas	16.07
100m	2010	Patrick Forbes (G)		13.87
200m	2003	Barry Keane	Sli Cualann	33.6
200m	2010	Patrick Forbes (G)		29.03
800m	2006	Jim McEvoy	Lourdes	2.45.14
1500m	2009	Terry Mee	Donore Harriers	5.45.54
35lb Weight	2008	Patsy Conboy	Brothers Pearse	7.14
Discus	2006	Patsy Conboy	Brothers Pearse	31.28
Hammer	2006	Patsy Conboy	Brothers Pearse	44.75
Javelin	2008	John O'Connor	Naas	27.15
Shot Putt	2010	Tony Clarkson	Crusaders	8.77
Shot Putt	2007	Tony Clarkson	Crusaders	10.03



Athletics Leinster

2010 Championship Best Performances

Master Men M7				
Event	Year	Athlete Name	Club	C.B.P
100m	2010	John D. Ryan	Crusaders	14.39
200m	2010	John D. Ryan	Crusaders	30.44
400m	2010	John D. Ryan	Crusaders	70.33
800m	2008	Jim McEvoy	Lourdes	2.42.08
1500m	2009	Jim McNamara	Donore Harriers	5.47.74
35lb Weight	2007	Thomas Toner	St. Andrew's	5.13
56lb Weight	2006	Patsy Conboy	Brothers Pearse	7.28
Discus	2007	Thomas Toner	St. Andrew's	26.65
Hammer	2007	Thomas Toner	St. Andrew's	30.27
Shot Putt	2008	Thomas Toner	St. Andrew's	8.27

Master Men M8				
Event	Year	Athlete Name	Club	C.B.P
200m	2010	Paddy Craddock	Blackrock	43.38
400m	2010	Paddy Craddock	Blackrock	106.11
35lb Weight	2010	Michael McGarry	D.S.D	5.44
Discus	2010	Michael McGarry	D.S.D	28.18
Hammer	2010	Michael McGarry	D.S.D	28.64
Shot Putt	2010	Michael McGarry	D.S.D	8.51



Athletics Leinster

2010 Championship Best Performances





Athletics Leinster

2010 Championship Best Performances

Girls U12				
Event	Year	Athlete Name	Club	C.B.P
60mHurdles	2010	Molly Scott	U/A	9.90
60m	2010	Molly Scott	U/A	8.58
600m	2010	Eva O'Donovan	Navan	1.53.4
High Jump	2007	Amy McTeggart	Boyne	1.27
Long Jump	2010	Molly Scott	U/A	4.29
Shot Putt	2010	Nicole Keogh Dowling	S.L.O.T	7.59
4 x 100m	2003		Bree	1.01.56

Girls U13				
Event	Year	Athlete Name	Club	C.B.P
60mHurdles	2010	Aideen Kane	St. Killian's	9.80
60m	2009	Aoife Campion	North Laois	8.50
600m	2009	Aoife Campion	North Laois	1.45.0
High Jump	2006	Emily Rogers	Dunleer	1.38
Long Jump	2003	Laura Keegan	Celbridge	4.50
Shot Putt	2009	Ciara Dunne	Crookstown MV	9.78
4 x 200m	2005		Newbridge	58.52

Girls U14				
Event	Year	Athlete Name	Club	C.B.P
60mHurdles	1997	Ciara Kearns	Celbridge	9.5
60mHurdles	2010	Aoife Fanning	Bree	9.60
60m	1996	Bernadette Byrne	St. Abbans	8.1
60m	1999	Louise Delaney	St. Abbans	8.1
60m	2010	Grace Lawlor	S.L.O.T	8.26
800m	2010	Aoife Campion	North Laois	2.25.2
1000mWalk	2004	Niamh Sinnott	Monasterevin	5.17.5
High Jump	2007	Emily Rogers	Dunleer	1.54
Long Jump	2000	Leona Byrne	S.L.O.T	4.92
Shot Putt	2004	Aoife Hickey	K.C.H	11.27
4 x 200m	2001		Inbhear Dee	1.57.32



Athletics Leinster

2010 Championship Best Performances

Girls U15				
Event	Year	Athlete Name	Club	C.B.P
60mHurdles	1998	Ciara Kearns	Celbridge	9.1
60mHurdles	2002	Lynsey Porter	Inbhear Dee	9.78
60m	1998	Clare Murphy	Inbhear Dee	7.7
60m	2009	Cliodhna Manning	K.C.H	8.11
800m	2010	Eileen Rafter	Tullamore Harriers	2.26.3
1000mWalk	2010	Sinead Burke	St. Coca's	5.01.5
High Jump	2001	Leona Byrne	S.L.O.T	1.57
Long Jump	2001	Leona Byrne	S.L.O.T	5.20
Shot Putt	2003	Laura Cogan	Newbridge	11.34
4 x 200m	2002		Inbhear Dee	1.53.49

Girls U16				
Event	Year	Athlete Name	Club	C.B.P
60m Hurdles	1993	Grainne Redmond	Cushinstown	9.4
60m Hurdles	2010	Lynda Earls	Inbhear Dee	9.50
60m	1993	Siobhan O'Connor	St. Abbans	7.8
60m	1999	Clare Murphy	Inbhear Dee	7.8
60m	2010	Cliodhna Manning	K.C.H	8.02
200m	1999	Ciara Kearns	Celbridge	26.2
200m	2010	Cliodhna Manning	K.C.H	26.30
800m	2007	Ellie Hartnett	Greystones & District	2.25.94
1500m	2000	Sharon Monaghan	Fr. Murphys	4.48.24
1500mWalk	2004	Donna Carolan	Inbhear Dee	7.28.88
High Jump	2007	MaryKate Lanigan	K.C.H	1.67
Long Jump	1999	Ciara Kearns	Celbridge	5.40
Shot Putt	2006	Aoife Hickey	K.C.H	11.88
4 x 200m	2001		K.C.H	1.51.84



Athletics Leinster

2010 Championship Best Performances

Girls U17				
Event	Year	Athlete Name	Club	C.B.P
60mHurdles	2003	Leona Byrne	S.L.O.T	9.2
60mHurdles	1999	Carol Loscher	Roundwood	9.2
60mHurdles	2000	Ciara Kearns	Celbridge	9.28
60m	1997	Emily Maher	K.C.H	7.1
60m	2009	Sophie Ellis	Newbridge	8.05
200m	1997	Emily Maher	K.C.H	25.7
200m	2000	Joanne Cuddihy	K.C.H	25.82
800m	2008	Ellie Hartnett	Greystones & District	2.24.62
1500m	2001	Sharon Monaghan	Fr. Murphys	4.56.62
1500mWalk	2005	Donna Carolan	Inbhear Dee	7.23.2
High Jump	2008	Catriona Farrell (G)	G.C.H	1.70
High Jump	2008	Mary-Kate Lanigan	K.C.H	1.65
Long Jump	2000	Ciara Kearns	Celbridge	5.58
Shot Putt	2007	Aoife Hickey	K.C.H	12.21
4 x 200m	2000		Celbridge	1.49.06

Girls U18				
Event	Year	Athlete Name	Club	C.B.P
60mHurdles	2007	Sandra Lawler	Celbridge	9.22
60m	1993	Karen Shinkins	Newbridge	7.7
60m	2007	Sandra Lawler	Celbridge	8.00
200m	1993	Karen Shinkins	Newbridge	25.80
300m	2001	Joanne Cuddihy	K.C.H	41.60
800m	2005	Laura Scriven	S.L.O.T	2.18.88
1500m	2008	Tara Jameson	Inbhear Dee	4.46.6
1500mWalk	2003	Carol Burtenshaw	Monasterevin	7.33.22
High Jump	2009	Mary Kate Lanigan	K.C.H	1.69
Long Jump	2004	Jennifer Reddy	S.L.O.T	5.64
Triple Jump	2000	Carol Loscher	Roundwood	10.96
Shot Putt	2006	Laura Cogan	Newbridge	13.12
4 x 200m	2009		K.C.H	1.48.10



Athletics Leinster

2010 Championship Best Performances

Girls U19				
Event	Year	Athlete Name	Club	C.B.P
60mHurdles	2008	Sandra Lawlor	Celbridge	8.78
60m	1996	Grainne Redmond	Cushinstown	7.7
60m	2005	Claire Brady	Celbridge	7.96
200m	2004	Catriona Cuddihy	K.C.H	26.44
400m	2000	Alex Flamme	Celbridge	59.38
800m	2001	Aoife McCarthy	St. Peter's	2.25.08
1500m	2010	Claire Earls	Inbhear Dee	4.55.2
1500m Walk	1999	Laura Jane Carroll	Tullamore Harriers	7.15.4
High Jump	2010	Mary-Kate Lanigan	K.C.H	1.72
Long Jump	2000	Annemarie Lynch	K.C.H	5.57
Shot Putt	2007	Laura Cogan	Newbridge	13.09
Triple Jump	2001	Aoife Hoey	Mountmellick	11.06
4 x 200m	2010		K.C.H	1.50.20

Junior Women				
Event	Year	Athlete Name	Club	C.B.P
60mHurdles	2008	Sandra Lawlor	Celbridge	8.78
60m	2008	Sandra Lawlor	Celbridge	7.84
60m	2010	Joan Healy (G)	Bandon	7.79
200m	2010	Jane Dickenson (G)	Doonee	28.71
200m	2000	Alex Flamme	Celbridge	26.5
200m	2008	Sinead Kelly	St. Abban's	26.74
400m	1998	Michelle Carey	West Dublin	58.4
800m	2010	Sinead Denny	D.S.D	2.20.2
1500m	2010	Siobhan McGinley	Celtic D.C.H	4.54.48
3000m	2008	Tara Jameson	Sli Cualann	10.08.47
3000m Walk	2010	Fiona Dennehy	St. Senan's	14.57.2
High Jump	1998	Deirdre Ryan	D.S.D	1.70
Long Jump	2003	Ciara Kearns	Celbridge	5.65
Shot Putt	2007	Laura Cogan	Newbridge	12.95
Triple Jump	2003	Ciara Kearns	Celbridge	11.16
4 x 200m	2003		Celbridge	1.51.04



Athletics Leinster

2010 Championship Best Performances

Senior Women				
Event	Year	Athlete Name	Club	C.B.P
60m Hurdles	2010	Sinead Lawlor	Celbridge	9.20
60m	1998	Niamh McGlynn	West Dublin	7.6
60m	2005	Claire Bergin	D.S.D	7.94
200m	2009	Marian Andrews (G)	Togher	25.17
200m	2004	Antoinette Furlong	D.M.P	25.78
400m	2009	Marian Andrews (G)	Togher	55.78
400m	2005	Claire Bergin	D.S.D	57.32
800m	2009	Fiona Kehoe	Kilmore	2.18.32
1500m	2010	Caitriona Jennings	Sportsworld	4.51.20
3000m	2010	Aoife Brady	Sportsworld	10.09.81
2000m Walk	2001	Ann Gormely	Edenderry	9.12.70
3000m Walk	2009	Georgina Tuohy	Tullamore Harriers	13.48.70
High Jump	2001	Deirdre Ryan	D.S.D	1.77
Long Jump	2004	Antoinette Furlong	D.M.P	6.00

Masters Women M1				
Event	Year	Athlete Name	Club	C.B.P
60m	2005	Geraldine Finnegan	Dunleer	8.74
60mHurdles	2006	Lucy Moore	D.S.D	10.64
200m	2001	Kathy Boothman	Edenderry	23.76
400m	2008	Paula Murray	Tallaght	67.22
800m	1998	Katherine Walley	Clonliffe Harriers	2.32.3
1500m	2005	Geraldine Finnegan	Dunleer	4.59.46
3000m	2008	Elizabeth Cuskelly	Tullamore Harriers	11.03.03
3000mWalk	2004	Ann Boyle	Dunboyne	20.44.37
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



Athletics Leinster

2010 Championship Best Performances

Masters Women M2				
Event	Year	Athlete Name	Club	C.B.P
60m	2002	Geraldine Shortt	St. Coca's	8.9
60m	2008	Moira Peppard	Trim	8.96
60m	2010	Paula Reilly	Celbridge	8.96
200m	2008	Moira Peppard	Trim	30.27
800m	2008	Bridget Clarke	Na Fianna	2.31.16
1500m	2001	Frances Harney	North Laois	5.22.46
3000m	2009	Mary Hanley	Na Fianna	10.41.5
High Jump	2001	Frances Harney	North Laois	1.25
High Jump	2010	Liz Coomey (G)	Bandon	1.35
Long Jump	2008	Moira Peppard	Trim	3.95
Long Jump	2010	Liz Coomey (G)	Bandon	4.06
Shot Putt	2001	Cathy Daniels	Na Fianna	7.28
Shot Putt	2010	Liz Coomey (G)	Bandon	8.69

Masters Women M3				
Event	Year	Athlete Name	Club	C.B.P
60m Hurdles	2007	Lucy Moore	D.S.D	12.12
60m	2008	Frances Harney	North Laois	9.84
200m	2008	Frances Harney	North Laois	33.03
400m	2008	Frances Harney	North Laois	72.35
800m	2008	Frances Harney	North Laois	2.49.03
1500m	2002	Liz Hogan	Naas	5.29.0
High Jump	2006	Lucy Moore	D.S.D	1.36
Long Jump	2007	Moira Aston	Trim	3.71
Shot Putt	2007	Lucy Moore	D.S.D	8.83

Masters Women M4				
Event	Year	Athlete Name	Club	C.B.P
60m	2006	Mary Walsh	Tullamore Harriers	10.86
60m	2010	Mary Whelan	Dublin Striders	10.86
200m	2001	Mary Walsh	Tullamore Harriers	34.16
High Jump	2009	Lucy Moore-Fox	D.S.D	1.20
High Jump	2010	Mary Barrett (G)	Loughrea	1.25
Long Jump	2010	Mary Barrett (G)	Loughrea	3.70
Shot Putt	2009	Lucy Moore-Fox	D.S.D	9.55



Athletics Leinster

2010 Championship Best Performances

Masters Women M5				
Event	Year	Athlete Name	Club	C.B.P
200m	2007	Mary Walsh	Tullamore Harriers	36.16
400m	2010	Sheelagh Morrissey	Kildare	85.23
800m	2008	Mary Walsh	Tullamore Harriers	3.22.25
Long Jump	2010	Sheelagh Morrissey	Kildare	2.02
Shot Putt	2010	Sheelagh Morrissey	Kildare	5.54

Masters Women M6				
Event	Year	Athlete Name	Club	C.B.P
200m	2010	Mary Walsh	Tullamore Harriers	36.55
400m	2009	Mary Walsh	Tullamore Harriers	84.01
800m	2010	Mary Walsh	Tullamore Harriers	3.23.10
3000m Walk	2008	Pamela Reynolds	Dunboyne	22.19.34



Athletics Leinster

2010 Championship Best Performances

Boys U12				
Event	Year	Athlete Name	Club	C.B.P
60m Hurdles	2010	Sam O'Neill	Menapians	10.30
60m	2005	Jordan Conroy	Tullamore Harriers	8.54
600m	2006	Shane Fitzsimons	Mullingar Harriers	1.45.96
High Jump	2000	Eoin Hannon	Ballyskenach	1.46
Long Jump	2000	Joey Dolan	Na Fianna	4.60
Shot Putt	2008	Conor Mulligan	Tullamore Harriers	9.42
4 x 100m	2010		Menapians	58.61

Boys U13				
Event	Year	Athlete Name	Club	C.B.P
60mHurdles	2010	Ryan Murray	Bree	9.80
60m	2001	Eoin Hannon	Ballyskenach	8.34
600m	2007	Shane Fitzsimons	Mullingar Harriers	1.43.9
High Jump	2007	Jamie Murtagh	St.Andrews	1.43
Long Jump	2001	Joey Dolan	Na Fianna	4.80
Shot Putt	2009	Connor Mulligan	Tullamore Harriers	11.39
4 x 200m	2002		Ballyskenach	56.57

Boys U14				
Event	Year	Athlete Name	Club	C.B.P
60mHurdles	2007	Jordan Conroy	Tullamore Harriers	9.26
60m	1998	Paul Murphy	Kilmore	7.9
60m	2007	Jordan Conroy	Tullamore Harriers	7.98
800m	1997	Colin Bennett	Mullingar Harriers	2.07.7
1000mWalk	1998	P.J. O'Keeffe	K.C.H	5.03.8
High Jump	2009	Mark Rogers	St. Peter's	1.58
Long Jump	2007	Jordan Broaders	St. Paul's	5.37
Shot Putt	2004	Kevin Grace	D.M.P	13.20
4 x 200m	2002		K.C.H	1.52.72



Athletics Leinster

2010 Championship Best Performances

Boys U15				
Event	Year	Athlete Name	Club	C.B.P
60mHurdles	2006	Fergus Hannon	Tullamore Harriers	8.96
60m	1999	Darragh Graham	Inbhear Dee	7.2
60m	2010	Marcus Lawlor	S.L.O.T	7.45
200m	2010	Marcus Lawlor	S.L.O.T	23.46
800m	2010	Shane Fitzsimons	Mullingar Harriers	1.58.5
1500m	1998	Martin Fagan	Mullingar Harriers	4.15.3
1500mWalk	2002	Christopher Dalton	Hacketstown	7.08
High Jump	1995	Derek O'Brien	S.L.O.T	1.76
High Jump	2004	Barry Pender	St. Abban's	1.76
Long Jump	2004	Eoin Hannon	Tullamore Harriers	6.04
Shot Putt	2001	Brendan Callanan	S.L.O.T	14.96
4 x 200m	2001		K.C.H	1.42.36

Boys U16				
Event	Year	Athlete Name	Club	C.B.P
60mHurdles	2006	Fergus Hannon	Tullamore Harriers	8.96
60m	1999	Darragh Graham	Inbhear Dee	7.2
60m	2010	Marcus Lawlor	S.L.O.T	7.45
200m	2010	Marcus Lawlor	S.L.O.T	23.46
800m	2010	Shane Fitzsimons	Mullingar Harriers	1.58.5
1500m	1998	Martin Fagan	Mullingar Harriers	4.15.3
1500mWalk	2002	Christopher Dalton	Hacketstown	7.08
High Jump	1995	Derek O'Brien	S.L.O.T	1.76
High Jump	2004	Barry Pender	St. Abban's	1.76
Long Jump	2004	Eoin Hannon	Tullamore Harriers	6.04
Shot Putt	2001	Brendan Callanan	S.L.O.T	14.96
4 x 200m	2001		K.C.H.	1.42.36



Athletics Leinster

2010 Championship Best Performances

Boys U17				
Event	Year	Athlete Name	Club	C.B.P
60mHurdles	1994	Luke Maloney	Thomastown	8.5
60mHurdles	2005	Eoin Hannon	Tullamore Harriers	8.68
60m	1996	Derek O'Brien	S.L.O.T	7.0
60m	2000	Darragh Graham	Inbhear Dee	7.36
200m	2010	Conor Wilson	Menapians	23.77
800m	1993	James Nolan	Ferbane	2.03.2
1500m	2001	Mark Christie	Mullingar Harriers	4.13.26
1500mWalk	2006	Padraig Lennon	Gowran	7.17.41
High Jump	1999	Adrian O'Dwyer	K.C.H	1.90
High Jump	2006	Barry Pender	St. Abbans	1.90
Long Jump	2005	Eoin Hannon	Tullamore Harriers	6.36
Shot Putt	2002	Brendan Callanan	S.L.O.T	14.69
4 x 200m	1997	Celbridge		1.39.9

Boys U18				
Event	Year	Athlete Name	Club	C.B.P
60mHurdles	2008	Fearghus Hannon	Tullamore Harriers	8.33
60m	1998	Richard Reville	D.M.P	7.0
60m	2001	Darragh Graham	Inbhear Dee	7.24
60m	2004	Peter McDonald	St. Peter's	7.24
200m	2004	Paul Gill	Carbury	23.54
400m	1994	James Nolan	Ferbane	51.1
800m	2003	Eoin Everard	K.C.H	2.00.78
800m	1994	James Nolan	Ferbane	2.00.4
1500m	1995	Pearse Hickey	U/A	4.16.9
1500m	2006	Conor Murphy	Naas	4.16.86
1500mWalk	2004	Michael Doyle	Cushinstown	6.35.88
High Jump	2000	Adrian O'Dwyer	K.C.H	2.05
Long Jump	2003	Stephen Darcy	S.L.O.T	6.62
Shot Putt	2003	Brendan Callanan	S.L.O.T	15.56
Triple Jump	2008	Francis Egan	St. Abban's	13.14
4 x 200m	1993		Mullingar Harriers	1.37.7



Athletics Leinster

2010 Championship Best Performances

Boys U19				
Event	Year	Athlete Name	Club	C.B.P
60mHurdles	1997	Colin Byrne	St. Abbans	8.3
60mHurdles	2007	Eoin Hannon	Tullamore Harriers	8.48
60m	1996	Simon Kehoe	Enniscorthy	7.0
60m	2002	Darragh Graham	Inbhear Dee	7.18
200m	2003	Paul Gill	Carbury	22.6
400m	2001	David McCarthy	Celbridge	50.80
800m	2000	David Campbell	Leixlip	1.57.02
1500m	1996	Pearse Hickey	Celbridge	4.04.3
1500mWalk	1998	David Kidd	S.L.O.T	6.07.0
High Jump	2008	Kouros Foroughi	Star of the Sea	2.10
Long Jump	2007	Eoin Hannon	Tullamore Harriers	6.70
Shot Putt	1996	Killian Smyth	Fr. Murphy's	14.44
Triple Jump	2009	Francis Egan	St. Abban's	13.55
4 x 200m	2001		Celbridge	1.36.32

Junior Men				
Event	Year	Athlete Name	Club	C.B.P
60mHurdles	1999	Jonathon Miller	Ballybrack	9.4
60mHurdles	2008	David MacAogain	St Paul's	9.42
60m	1999	Gordon Kennedy	Tullamore Harriers	6.9
60m	2010	Paul Whelan	Dublin Striders	7.20
200m	1995	Kevin Cogley	D.M.P	23.0
200m	2009	Alan Whelan	North Laois	23.00
400m	2009	Alan Whelan	North Laois	51.56
800m	1999	Michael Wilcox	Kells	1.56.7
1500m	2008	Joe Breen	S.B.R	4.10.39
3000m	1998	Tommy Evans	Gowran	9.05.4
35lb Weight	2009	Darragh Hanlon	Tullamore Harriers	6.82
High Jump	2009	Barry Pender	St. Abban's	2.10
Long Jump	2007	Eoin Hannon	Tullamore Harriers	6.80
Shot Putt	2005	Justin Collins	Mullingar Harriers	12.88
Shot Putt	2010	Eanna O'Cathain (G)	GCH	13.14
Triple Jump	2009	Francis Egan	St. Abban's	13.55
4 x 200m	2009	St. Abban's		1.36.99



Athletics Leinster

2010 Championship Best Performances

Senior Men				
Event	Year	Athlete Name	Club	C.B.P
60m	1995	Kevin Cogley	D.M.P	7.0
60m	1999	Pat Shannon	Ballybrack	7.0
60m	2010	Patrick Phelan	D.S.D	7.02
60mHurdles	2006	Shane McCormack	Menapians	9.12
200m	2003	David McCarthy	Celbridge	21.92
400m	2007	Nick Hogan	D.S.D	50.44
800m	2002	John Paul O'Brien	Crookstown MV	1.56.3
1500m	2009	Patrick McCartan (G)	West Limerick	3.54.23
1500m	2010	Tomas Fitzpatrick	Tallaght	3.56.94
3000m	2002	Pat Byrne	Tinryland	8.40.05
1500mWalk	2001	Padraig Lennon	Gowran	7.08.4
3000mWalk	2008	Bobby King	Dunboyne	14.50.00
3000m Walk	2010	Jamie Costin (G)	West Waterford	11.53.8
56lb Weight	2003	John Menton	Donore Harriers	8.34
High Jump	2002	Adrian O'Dwyer	K.C.H.	2.11
Long Jump	2009	Brendan Marshall	Mullingar Harriers	6.85
Shot Putt	2003	Paul Crowe	Menapians	15.51
Shot Putt	2010	Sean Breathnach (G)	G.C.H	15.57
Triple Jump	2010	Eoin Kelly	St. Abban's	14.51
4 x 200m	2001		Tullamore Harriers	1.34.74

Master Men M1				
Event	Year	Athlete Name	Club	C.B.P
60m	2009	Gerard Hensey	Tullamore Harriers	7.54
60m	2010	John Corr (G)	Leevale	7.46
60m Hurdles	2010	Kevin Byrne	D.S.D	10.34
200m	2009	Gerard Hensey	Tullamore Harriers	25.01
400m	2009	Gerard Hensey	Tullamore Harriers	56.64
800m	2008	Catch Grennan	Tullamore Harriers	2.10.68
3000m	2010	Brendan Kavanagh	Gowran	10.20.60
High Jump	2009	Kevin Byrne	D.S.D	1.65
Long Jump	2009	Kevin Byrne	D.S.D	5.37
Shot Putt	2008	Joe Kelly	Brow Rangers	11.76
4*200m Relay	2009		Gowran	2.09.94



Athletics Leinster

2010 Championship Best Performances

Master Men M2				
Event	Year	Athlete Name	Club	C.B.P
60m	2010	Gerard Hensey	Tullamore Harriers	7.45
200m	2000			25.0
200m	2001	Greg Duggan	Mullingar Harriers	25.42
400m	2001	Bill Doherty	St.Joseph's	55.02
800m	2000			2.06.9
1500m	1996	Pat Corcoran	Tinryland	4.15
3000m	2005	Pat Malone	Newbridge	9.13.1
1500mWalk	2001	John Lennon	Gowran	7.19.3
3000m Walk	2009	Michael O'Keeffe	Thomastown	17.04.6
56lb Weight	2009	Seamus Fitzpatrick	North Laois	7.42
High Jump	2000			1.65
Long Jump	2009	George Wyatt	D.S.D	5.37
Shot Putt	2009	Kieron Stout	Celbridge	12.41
Triple Jump	2009	George Wyatt	D.S.D	11.07

Master Men M3				
Event	Year	Athlete Name	Club	C.B.P
60m Hurdles	2008	Pat Power	St. Joseph's	12.28
60m	2005	Greg Duggan	Mullingar Harriers	7.90
200m	2002	Kevin Carey	Crusaders	25.3
200m	2005	Greg Duggan	Mullingar Harriers	25.84
400m	2004	Kevin Carey	Navan	57.20
800m	2005	Bill Doherty	St. Joseph's	2.10.10
1500m	2010	Owen McLoughlin	Rathfarnham WSAF	4.41.58
3000m	2007	David Percival	Menapians	11.51.86
3000mWalk	2009	Pat Murphy	Castleisland	13.40.1
3000mWalk	2009	Derek McConnon	Rathfarnham WSAF	16.05.3
56lb Weight	2010	Seamus Fitzpatrick	North Laois	8.04
High Jump	2010	John Territt	St. Abban's	1.50
Long Jump	2007	Patrick Mahon	Gowran	5.33
Shot Putt	2010	Seamus Fitzpatrick	North Laois	12.57
Triple Jump	2008	Ciaran Tobin	Trim	9.24



Athletics Leinster

2010 Championship Best Performances

Master Men M4				
Event	Year	Athlete Name	Club	C.B.P
60m	2010	Pat Power	St. Joseph's	8.16
60m	2008	Brendan Moran (G)	West Waterford	7.95
200m	2003	Tom Clinton	Navan	25.64
400m	2009	Loughlin Campion	Civil Service	65.18
800m	2009	Martin McDonald	North Laois	2.19.94
1500m	2009	Martin McDonald	North Laois	4.39.91
3000m	2009	Michael Mulligan	Dunleer	10.59.24
35lb Weight	2009	Jim Dolan	Tullamore Harriers	6.30
High Jump	2001	Jimmy Kelly	Brow Rangers	1.30
Long Jump	2007	John Molloy	Celbridge	4.81
Shot Putt	2001	Tom Power	Bagenalstown	12.42

Master Men M5				
Event	Year	Athlete Name	Club	C.B.P
60m	2008	David Leech	Blackrock	8.44
60m	2007	Tom Clinton	Navan	8.44
200m	2003	Eamonn Fitzsimons	Kildare	25.78
400m	2001	Jim O'Neill	Crusaders	59.80
400m	2008	Joe Gough	West Waterford	58.37
800m	2001	Jim O'Neill	Crusaders	2.16.98
1500m	2009	Jim Boland	Sli Cualann	5.53.31
3000m	2010	Jim Boland	Sli Cualann	11.57.01
3000mWalk	2004	Bobby King	Dunboyne	14.18.6
35lb Weight	2010	Tom Feighrey	Tullamore Harriers	6.38
56lb Weight	2004	Murty Kelly	Brow Rangers	4.90
High Jump	2002	Jimmy Kelly	Brow Rangers	1.25
Long Jump	2002	Jimmy Kelly	Brow Rangers	3.97
Shot Putt	2003	Tom Power	Bagenalstown	11.68



Athletics Leinster

2010 Championship Best Performances

Master Men M6				
Event	Year	Athlete Name	Club	C.B.P
60m	2010	Tom Clinton	Navan	8.95
200m	2010	Tom Clinton	Navan	29.18
400m	2010	Patrick Dolan	Tullamore Harriers	70.48
800m	2010	Pat Healy	Clonliffe Harriers	2.45.1
1500m	2009	Sean McMullin	Mullingar Harriers	6.34.75
3000m	2007	Sean McMullin	Mullingar Harriers	12.15.84
3000m Walk	2009	Bobby King	Dunboyne	15.05.4
56lb Weight	2005	John O'Connor	Naas	5.21
High Jump	2006	Sean McMullin	Mullingar Harriers	1.20
High Jump	2010	Donal Crowley (G)	Tralee Harriers	1.20
Long Jump	2006	Sean McMullin	Mullingar Harriers	2.94
Long Jump	2010	Donal Crowley (G)	Tralee Harriers	3.44
Shot Putt	2008	Tom Power	Bagenalstown	12.38

Master Men M7				
Event	Year	Athlete Name	Club	C.B.P
200m	2008	Sean Conroy	Dunboyne	34.44
High Jump	2006	John O'Connor	Naas	1.20
Long Jump	2006	John O'Connor	Naas	3.23
Shot Putt	2006	John O'Connor	Naas	9.15

Master Men M8				
Event	Year	Athlete Name	Club	C.B.P
60m	2009	John Gorman	Gowran	10.64
200m	2009	John Gorman	Gowran	34.21
400m	2009	John Gorman	Gowran	84.35
800m	2009	Barry Keane	Sli Cualann	3.26.96
35lb Weight	2010	Tom Toner	St. Andrew's	4.58
Shot Putt	2008	Tom Toner	St. Andrew's	8.64

Master Men M9				
Event	Year	Athlete Name	Club	C.B.P
200m	2008	Earl Fee	Dunleer	32.03
400m	2008	Earl Fee	Dunleer	73.14
Shot Putt	2008	Earl Fee	Dunleer	6.81