



Athletics Leinster

2014 Championship Best Performances



Age	Event	Year	Name	Club	CBP
U12 Boys	600m	2006	Shane Fitzsimons	Mullingar Harriers	1.45.96
	60m	2014	Runo Ayavaro	Newbridge	8.50
	60m	2005	Jordan Conroy	Tullamore Harriers	8.54
	60m Hurdles	2010	Sam O'Neill	Menapians	10.30
	High Jump	2000	Eoin Hannon	Ballyskench	1.46
	Long Jump	2000	Joey Dolan	Na Fianna	4.60
	Relay 4x100	2010		Menapians	58.61
	Shot Putt	2008	Conor Mulligan	Tullamore Harriers	9.42
U13 Boys	600m	2014	Michael Lawlor	Naas	1.40.99
	600m	2007	Shane Fitzsimons	Mullingar Harriers	1.43.90
	60m	2014	Matthew Buckley	Ratoath Ms.	7.94
	60m	2013	Toriq Adegoke	St. L. O'Toole	8.31
	60m	2001	Eoin Hannon	Ballyskench	8.34
	60m Hurdles	2013	Toriq Adegoke	St. L. O'Toole	9.56
	60m Hurdles	2011	Sam O'Neill	Menapians	9.75
	High Jump	2012	Ciaran Horgan	Bohermeen	1.44
	Long Jump	2011	David McDonald	Menapians	4.84
	Relay 4x100	2014		Edenderry	55.81
	Relay 4x100	2011		Menapians	55.86
	Shot Putt	2009	Connor Mulligan	Tullamore Harriers	11.39
	U14 Boys	1000m Walk	1998	P.J. O'Keeffe	K.C.H
60m		2013	David Murphy	Gowran	7.77
60m		1998	Paul Murphy	Kilmore	7.90
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

	Relay 4x200	2013		Menapians	1.51.56
	Relay 4x200	2002		K.C.H	1.52.72
	Shot Putt	2013	Padraig Hore	Taghmon	13.23
	Shot Putt	2004	Kevin Grace	D.M.P	13.20
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
	60m Hurdles	2010	Paddy Deveraux	Bree	9.20
	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
	Long Jump	1999	Paul Murphy	Kilmore	5.48
	Pole Vault	2014	Dach Murray	St. L. O'Toole	2.00
	Relay 4x200	2014		St. L. O'Toole	1.45.06
	Relay 4x200	2013		Menapians	1.45.35
	Relay 4x200	2009		St. L. O'Toole	1.46.39
	Shot Putt	2001	Paul Murphy	Kilmore	13.20
	U16 Boys	1500m	2014	Kevin McGrath	Bohermeen
1500m		1998	Martin Fagan	Mullingar Harriers	4.15.30
1500m Walk		2002	Christopher Dalton	Hacketstown	7.08.00
200m		2014	David McDonald	Menapians	23.33
200m		2010	Marcus Lawler	St. L. O'Toole	23.46
60m		1999	Darragh Graham	Inbhear Dee	7.20
60m Hurdles		2014	Sam O'Neill	Menapians	8.80
60m Hurdles		2006	Fergus Hannon	Tullamore Harriers	8.96
800m		2010	Shane Fitzsimons	Mullingar Harriers	1.58.50
High Jump		2011	Adam Murphy	St. L. O'Toole	1.80
Long Jump		2004	Eoin Hannon	Tullamore Harriers	6.04
Pole Vault		2014	Donal English-Hayden	Ballon Ratoath	2.30

	Relay 4x200	2014		Dunshaughlin	1.38.25
	Relay 4x200	2013		Menapians	1.41.51
	Relay 4x200	2001		K.C.H	1.42.36
	Shot Putt	2001	Brendan Callanan	St. L. O'Toole	14.96
U17 Boys	1500m	2001	Mark Christie	Mullingar Harriers	4.13.26
	1500m Walk	2006	Padraig Lennon	Gowran	7.17.41
	200m	2011	Marcus Lawler	St. L. O'Toole	23.05
	60m	2014	Ryan Murray	Bree	7.21
	60m	2011	Marcus Lawler	St. L. O'Toole	7.26
	60m Hurdles	1994	Luke Maloney	Thomastown	8.50
	800m	2014	Conall Hayes	Le Cheile	2.01.84
	800m	1993	James Nolan	Ferbane	2.03.20
	High Jump	1999	Adrian O'Dwyer	K.C.H	1.90
	Long Jump	2005	Eoin Hannon	Tullamore Harriers	6.36
	Pole Vault	2014	Adam Duggan	St. L. O'Toole	2.40
	Relay 4x200	2013		K.C.H	1.36.20
	Relay 4x200	1997		Celbridge	1.39.90
	Shot Putt	2013	Eoin Sheridan	N. Westmeath	14.80
	Shot Putt	2002	Brendan Callanan	St. L. O'Toole	14.69
	U18 Boys	1500m	2014	Garry Campbell	Dunleer
1500m		2006	Conor Murphy	Naas	4.16.86
1500m		1995	Pearse Hickey	U/A	4.16.90
1500m Walk		2004	Michael Doyle	Cushinstown	6.35.88
200m		2014	Mervyn Harris	Mullingar Harriers	22.45
200m		2013	Dean Power	Tullamore Harriers	22.71
200m		2011	Tony Stafford	Menapians	23.42
400m		2014	Mervyn Harris	Mullingar Harriers	51.06
400m		1994	James Nolan	Ferbane	51.10
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
	800m	2013	Harry Purcell	Trim	1.57.03
	800m	2012	Daniel Lawler	St. L. O'Toole	1.58.28
	High Jump	2000	Adrian O'Dwyer	K.C.H	2.05
	Long Jump	2003	Stephen Darcy	St. L. O'Toole	6.62
	Relay 4x200	2014		Mullingar Harriers	1.35.08
	Relay 4x200	1993		Mullingar Harriers	1.37.70
	Shot Putt	2003	Brendan Callanan	St. L. O'Toole	15.56
	Triple Jump	2014	Shane Joyce	Cushinstown	13.22
	Triple Jump	2008	Francis Egan	St. Abban's	13.14
U19 Boys	1500m	1996	Pearse Hickey	Celbridge	4.04.30
	1500m Walk	1998	David Kidd	St. L. O'Toole	6.07.00
	200m	2013	Marcus Lawler	St. L. O'Toole	21.80
	200m	2003	Paul Gill	Carbury	22.60
	400m	2001	David McCarthy	Celbridge	50.80
	60m	2013	Marcus Lawler	St. L. O'Toole	6.92
	60m	1996	Simon Kehoe	Enniscorthy	7.00
	60m Hurdles	1997	Colin Byrne	St. Abban's	8.30
	800m	2013	Daniel Lawler	St. L. O'Toole	1.56.38
	800m	2000	David Campbell	Leixlip	1.57.02
	High Jump	2008	Kouroschi Foroughi	Star of the Sea	2.10
	Long Jump	2012	Tony Stafford	Menapians	6.75
	Relay 4x200	2001		Celbridge	1.36.32
	Shot Putt	1996	Killian Smyth	Fr. Murphy's	14.44
	Triple Jump	2009	Francis Egan	St. Abban's	13.55
	1500m	2008	Joe Breen	S.B.R	4.10.39
	200m	2013	Dean Power	Tullamore Harriers	22.35
	200m	2009	Alan Whelan	North Laois	23.00

Junior Men	200m	1995	Kevin Cogley	D.M.P	23.00
	3000m	1998	Tommy Evans	Gowran	9.05.40
	3000m Walk	2013	Nathan Murphy	St. Coca's	15.53.70
	35lb Weight	2013	James Mulligan	Tullamore Harriers	8.74
	35lb Weight	2012	Michael Kenny	Tullamore Harriers	7.87
	400m	2013	Eamonn Wallace	Ratoath Ms.	49.91
	400m	2009	Alan Whelan	North Laois	51.56
	60m	1999	Gordon Kennedy	Tullamore Harriers	6.90
	60m Hurdles	2013	Eoin Power	St. Joseph's	8.59
	60m Hurdles	2012	Eoin Power	St. Joseph's	8.68
	800m	2012	Shane Fitzsimons	Mullingar Harriers	1.54.14
	High Jump	2014	Jamie Murtagh	St. Andrew's	1.70
	High Jump	2009	Barry Pender	St. Abban's	2.10
	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
	Shot Putt	2010	Eanna O'Cathain	(G)	13.14
	Shot Putt	2005	Justin Collins	Mullingar Harriers	12.88
	Triple Jump	2009	Francis Egan	St. Abban's	13.55
	1500m	2013	Paul Fleming	Rathfarnham	4.16.77
1500m	2011	Paul Fleming	Rathfarnham	4.22.96	
200m	2013	Peter Doherty	Ratoath Ms.	24.64	
200m	2011	Colm Keogh	Ratoath Ms.	24.70	
3000m	2013	Karl Fitzmaurice	Crusaders	9.41.45	
3000m	2011	Fred Kirwan	Donore Harriers	10.06.20	
400m	2009	Gerard Hensey	Tullamore Harriers	56.64	

Men M35	56lb Weight	2012	Oisín 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	2013	Jame Corr	(G)	24.26
	200m	2000			25.00
	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
	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	2009	George Wyatt	D.S.D	5.37
	Pole Vault	2014	Kevin Byrne	D.S.D	2.80
Pole Vault	2013	Kevin Byrne	D.S.D	2.60	

	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	2002	Kevin Carey	Crusaders	25.30
	3000m	2013	Paul Cowhie	Civil Service	9.33.32
	3000m	2012	John Baldwin	Kilcoole	10.24.18
	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	2005	Greg Duggan	Mullingar Harriers	7.90
	60m Hurdles	2008	Pat Power	St. Joseph's	12.28
	800m	2013	Robert Maher	Drogheda & D.	2.09.09
	800m	2005	Bill Doherty	St. Joseph's	2.10.10
	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
	Triple Jump	2008	Ciaran Tobin	Trim	9.24
		1500m	2012	Tom O'Connor	Liffey Valley
200m		2003	Tom Clinton	Navan	25.64
3000m		2013	Parrick O'Grady	Drogheda & D.	9.46.66
3000m		2011	Joe Healy	D.S.D	10.08.00
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
35lb Weight		2012	John Territt	St. Abban's	6.33

Men M50	400m	2013	John McCarrick	D.S.D	60.99
	400m	2009	Loughlin Campion	Civil Service	65.18
	60m	2013	Shane Sheridan	D.S.D	8.03
	60m	2010	Pat Power	St. Joseph's	8.16
	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
	800m	2009	Martin McDonald	North Laois	2.19.94
	High Jump	2014	John Territt	St. Abban's	1.35
	High Jump	2013	John McCarrick	D.S.D	1.40
	High Jump	2012	John Territt	St. Abban's	1.35
	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	2013	John McHugh	Rathfarnham
1500m		2012	Martin McDonnell	(G)	4.46.1h
1500m		2011	Joe Rankin	Donore Harriers	5.38.31
200m		2003	Eamonn Fitzsimons	Kildare	25.78
3000m		2012	Terry Clarke	Rathfarnham	11.22.31
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
35lb Weight		2011	Gerry Grehan	U/A	6.38
35lb Weight		2010	Tom Feighrey	Tullamore Harriers	6.38
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		2013	Liam Lyster	Crusaders	8.42
60m		2008	David Leech	Blackrock	8.44

	60m	2007	Tom Clinton	Navan	8.44
	800m	2001	Jim O'Neill	Crusaders	2.16.98
	High Jump	2014	Peader McGing	D.S.D	1.40
	High Jump	2013	Peader McGing	D.S.D	1.30
	High Jump	2002	Jimmy Kelly	Brow Rangers	1.25
	Long Jump	2014	Peader McGing	D.S.D	4.42
	Long Jump	2002	Jimmy Kelly	Brow Rangers	3.97
	Shot Putt	2003	Tom Power	Bagenalstown	11.68
	Triple Jump	2013	Peader McGing	D.S.D	8.02
Men M60	1500m	2011	Jim Boland	Sli Cualann	5.41.32
	200m	2010	Tom Clinton	Navan	29.18
	3000m	2013	Conor Coonry	Drogheda & D.	11.50.97
	3000m	2012	Terry Clarke	Rathfarnham	12.03.41
	3000m Walk	2009	Bobby King	Dunboyne	15.05.40
	35lb Weight	2013	Willie O'Toole	St. L. O'Toole	8.67
	35lb Weight	2012	Willie O'Toole	St. L. O'Toole	8.09
	400m	2013	Terry Kavanagh	Sli Cualann	66.97
	400m	2010	Patrick Dolan	Tullamore Harriers	70.48
	60m	2010	Tom Clinton	Navan	8.95
	800m	2013	Terry Kavanagh	Sli Cualann	2.43.87
	800m	2010	Pat Healy	Clonliffe Harriers	2.45.10
	High Jump	2014	Mick Priest	Fr. Murphy's	1.40
	High Jump	2013	Michael Flynn	Tullamore Harriers	1.30
	High Jump	2006	Sean McMullin	Mullingar Harriers	1.20
	Long Jump	2013	Michael Flynn	Tullamore Harriers	4.21
	Long Jump	2012	Brendan O'Neill	(G)	4.07
	Long Jump	2006	Sean McMullin	Mullingar Harriers	2.94
	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	2008	Sean Conroy	Dunboyne	34.44
	3000m	2013	Bobby King	St. Coca's	12.43.68
	3000m Walk	2013	Sean McMullin	Mullingar Harriers	16.53.80
	35lb Weight	2014	Paddy Reilly	St. Andrew's	4.59
	800m	2013	Terry Mee	Donore Harriers	2.57.40
	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
	Shot Putt	2006	John O'Connor	Naas	9.15
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
	Shot Putt	2012	Thomas Toner	St. Andrew's	7.27
	1500m	2009	Patrick McCartan	(G)	3.54.23
	1500m Walk	2001	Padraig Lennon	Gowran	7.08.4
	200m	2003	David McCarthy	Celbridge	21.92

Senior Men	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
	3000m Walk	2008	Bobby King	Dunboyne	14.50.00
	400m	2013	David McCarthy	Le Cheile	50.03
	400m	2007	Nick Hogan	D.S.D	50.44
	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	2013	Shane Fitzsimons	Mullingar Harriers	1.51.27
	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	2014	Ian Rogers	Clonliffe Harriers	4.60
	Pole Vault	2011	Ian Rogers	Clonliffe Harriers	4.20
	Relay 4x200	2001		Tullamore Harriers	1.34.74
	Shot Putt	2010	Sean Breathnach	(G)	15.57
	Shot Putt	2003	Paul Crowe	Menapians	15.51
	Triple Jump	2013	Eoin Kelly	St. Abban's	14.53
	Triple Jump	2010	Eoin Kelly	St. Abban's	14.51

Age	Event	Year	Name	Club	CBP
U12 Girls	600m	2013	Corrine Kenny	St. L. O'Toole	1.45.15
	600m	2010	Eva O'Donovan	Navan	1.53.40
	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
	Relay 4x100	2013		St. L. O'Toole	59.51
	Relay 4x100	2003		Bree	1.01.56
	Shot Putt	2012	Therese Kelly	Brow Rangers	8.63
U13 Girls	600m	2014	Corrine Kenny	St. L. O'Toole	1.39.48
	600m	2009	Aoife Campion	North Laois	1.45.00
	60m	2013	Patience Jumba Gula	St. Gerard's	8.23
	60m	2011	Molly Scott	St. L. O'Toole	8.23
	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	2014		St. L. O'Toole	56.49
	Relay 4x100	2013		St. L. O'Toole	57.03
	Relay 4x100	2005		Newbridge	58.52
	Shot Putt	2013	Katie Murphy	St. Peter's	10.92
	Shot Putt	2011	Nicole Kehoe-Dowling	St. Abban's	10.40
		1000m Walk	2013	Niamh O'Connor	Celbridge
1000m Walk		2004	Niamh Sinnott	Monasterevin	5.17.50
60m		2014	Patience Jumba Gula	St. Gerard's	7.96
60m		1999	Louise Delaney	St. Abban's	8.10
60m		1996	Bernadette Byrne	St. Abban's	8.10
60m Hurdles		2013	Ciara Deely	K.C.H	9.18

U14 Girls	60m Hurdles	2012	Molly Scott	St. L. O'Toole	9.26
	800m	2010	Aoife Campion	North Laois	2.25.20
	High Jump	2013	Ciara Deely	K.C.H	1.62
	High Jump	2007	Emily Rogers	Dunleer	1.54
	Long Jump	2012	Lauren Gleeson	K.C.H	5.13
	Relay 4x200	2013		K.C.H	1.53.60
	Relay 4x200	2001		Inbhear Dee	1.57.32
	Shot Putt	2012	Nicole K Dowling	St. Abban's	12.15
U15 Girls	1000m Walk	2014	Niamh O'Connor	Celbridge	4.47.36
	1000m Walk	2010	Sinead Burke	St. Coca's	5.01.50
	60m	1998	Clare Murphy	Inbhear Dee	7.70
	60m Hurdles	2013	Lauren Gleeson	K.C.H	8.94
	60m Hurdles	1998	Ciara Kearns	Celbridge	9.10
	800m	2014	Katherine O'Connor	St. Gerard's	2.24.46
	800m	2011	Ciara Gallagher	Naas	2.24.59
	High Jump	2012	Elizabeth Morland	Cushinstown	1.58
	Long Jump	2013	Gina Akpe-Moses	St. Gerard's	5.30
	Long Jump	2001	Leona Byrne	St. L. O'Toole	5.20
	Relay 4x200	2014		K.C.H	1.51.79
	Relay 4x200	2013		K.C.H	1.53.14
	Relay 4x200	2002		Inbhear Dee	1.53.49
	Shot Putt	2003	Laura Cogan	Newbridge	11.34
	U16 Girls	1500m	2000	Sharon Monaghan	Fr. Murphy's
1500m Walk		2004	Donna Carolan	Inbhear Dee	7.28.88
200m		2014	Gina Akpe-Moses	Blackrock Louth	25.48
200m		1999	Ciara Kearns	Celbridge	26.20
60m		2014	Molly Scott	St. L. O'Toole	7.64
60m		1999	Clare Murphy	Inbhear Dee	7.80
60m		1993	Siobhan O'Connor	St. Abban's	7.80

	60m Hurdles	2014	Molly Scott	St. L. O'Toole	8.60
	60m Hurdles	2013	Elizabeth Morland	Cushinstown	8.83
	60m Hurdles	2011	Lauren Dwyer	St. L. O'Toole	9.40
	60m Hurdles	1993	Grainne Redmond	Cushinstown	9.40
	800m	2014	Laura Ward	St. L. O'Toole	2.20.46
	800m	2012	Aoife Campion	Portlaoise	2.23.65
	High Jump	2007	Mary-Kate Lanigan	K.C.H	1.67
	Long Jump	1999	Ciara Kearns	Celbridge	5.40
	Relay 4x200	2014		K.C.H	1.50.92
	Relay 4x200	2001		K.C.H	1.51.84
	Shot Putt	2006	Aoife Hickey	K.C.H	11.88
U17 Girls	1500m	2001	Sharon Monaghan	Fr. Murphy's	4.56.62
	1500m Walk	2012	Sinead Burke	St. Coca's	7.05.43
	200m	2013	Rachael Doyle	St. L. O'Toole	25.39
	200m	2011	Clíodhna Manning	K.C.H	25.50
	60m	2011	Clíodhna Manning	K.C.H	7.77
	60m Hurdles	2014	Elizabeth Morland	Cushinstown	8.50
	60m Hurdles	2012	Shannen Dawkins	Horeswood	9.18
	800m	2014	Rose Finnegan	Bohermeen	2.22.41
	800m	2008	Ellie Hartnett	Greystones & D.	2.24.62
	High Jump	2008	Mary-Kate Lanigan	K.C.H	1.65
	Long Jump	2000	Ciara Kearns	Celbridge	5.58
	Relay 4x200	2014		Celbridge	1.48.57
	Relay 4x200	2000		Celbridge	1.49.06
	Shot Putt	2007	Aoife Hickey	K.C.H	12.21
		1500m	2008	Tara Jameson	Inbhear Dee
	1500m Walk	2014	Sinead O'Connor	Celbridge	7.15.27
	1500m Walk	2012	Siobhan Nash	St. Abban's	7.20.00
	200m	2013	Vicky Harris	Mullingar Harriers	25.36

U18 Girls	200m	2012	Clíodhna Manning	K.C.H	25.74
	300m	2001	Joanne Cuddihy	K.C.H	41.60
	400m	2014	Aoife Campion	Portlaoise	58.50
	400m	2013	Lisa O'Toole	St. L. O'Toole	62.22
	60m	2014	Annie Stafford	Menapians	7.83
	60m	2013	Sarah Kate Lacey	K.C.H	7.90
	60m	2011	Lorraine O'Shea	K.C.H	8.02
	60m Hurdles	2013	Shannen Dawkins	St. Joseph's	8.89
	60m Hurdles	2007	Sandra Lawler	Celbridge	9.22
	800m	2005	Laura Scriven	St. L. O'Toole	2.18.88
	High Jump	2009	Mary Kate Lanigan	K.C.H	1.69
	Long Jump	2004	Jennifer Reddy	St. L. O'Toole	5.64
	Relay 4x200	2013		K.C.H	1.46.26
	Relay 4x200	2009		K.C.H	1.48.10
	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
1500m		2010	Claire Earls	Inbhear Dee	4.55.20
1500m Walk		2014	Sinead Burke	St. Coca's	6.51.62
1500m Walk		2013	Siobhan Nash	St. Abban's	6.56.97
1500m Walk		1999	Laura Jane Carroll	Tullamore Harriers	7.15.40
200m		2013	Clíodhna Manning	K.C.H	25.14
200m		2012	Clare Murphy	St. L. O'Toole	25.77
400m		2000	Alex Flamme	Celbridge	59.38
60m		2014	Sarah Kate Lacey	K.C.H	7.71
60m		1996	Grainne Redmond	Cushinstown	7.70
60m Hurdles		2008	Sandra Lawler	Celbridge	8.78
800m		2014	Niamh Quinn	Portlaoise	2.23.52
800m		2001	Aoife McCarthy	St. Peter's	2.25.08

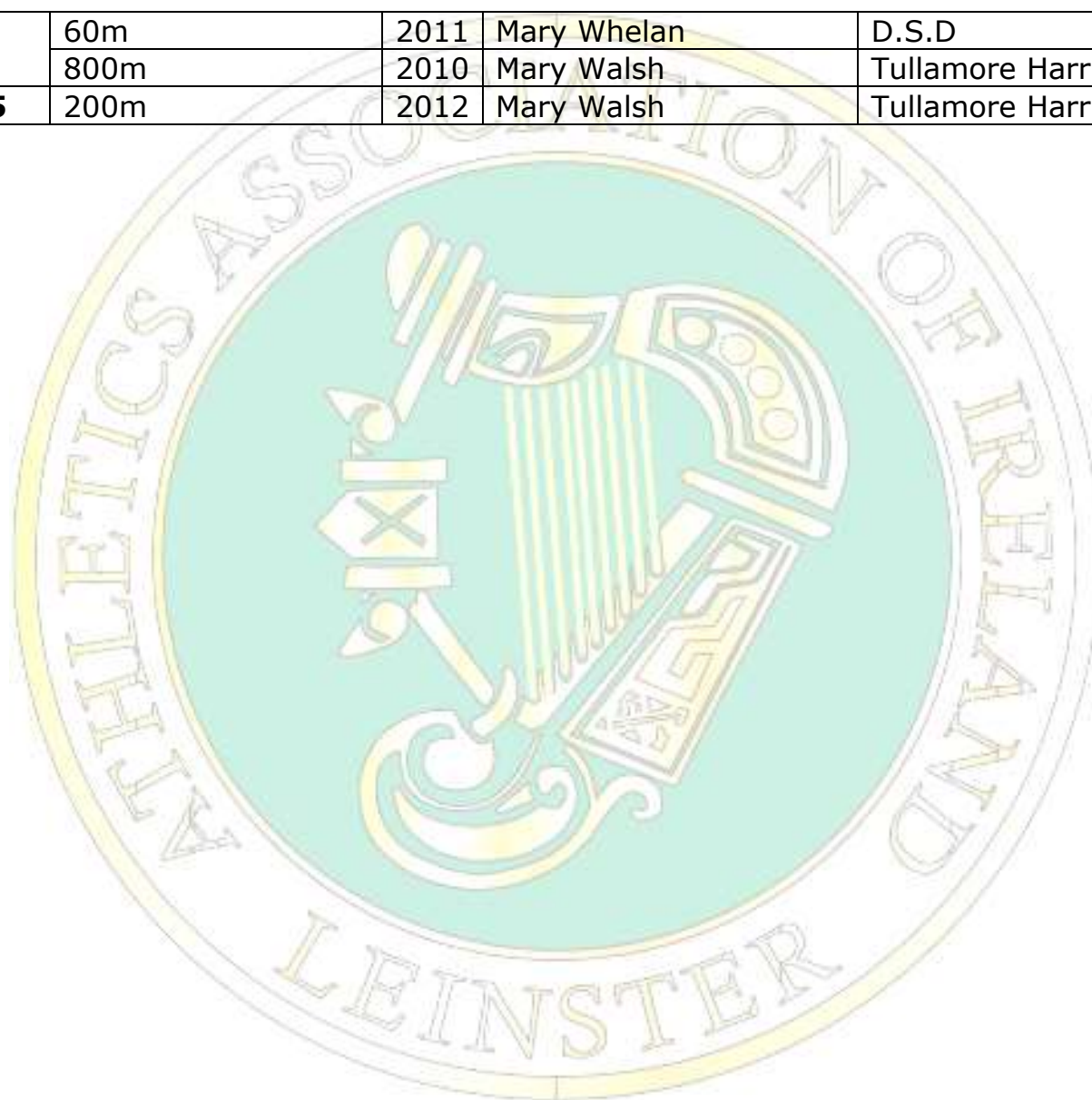
	High Jump	2010	Mary-Kate Lanigan	K.C.H	1.72
	Long Jump	2000	Annemarie Lynch	K.C.H	5.57
	Pole Vault	2014	Keirre Doyle	St. L. O'Toole	2.40
	Relay 4x200	2014		K.C.H	1.46.42
	Relay 4x200	2013		K.C.H	1.46.72
	Relay 4x200	2012		K.C.H	1.48.90
	Shot Putt	2007	Laura Cogan	Newbridge	13.09
	Triple Jump	2012	Sarah Buggy	St. Abban's	11.63
Junior Women	1500m	2010	Siobhan McGinley	Celtic D.C.U	4.54.48
	200m	2013	Sarah McCarthy	Mid Sutton	25.14
	200m	2000	Alex Flamme	Celbridge	26.50
	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	2013	Sarah McCarthy	Mid Sutton	7.80
	60m	2010	Joan Healy	(G)	7.79
	60m	2008	Sandra Lawler	Celbridge	7.84
	60m Hurdles	2008	Sandra Lawler	Celbridge	8.78
	800m	2012	Mary Ann O'Sullivan	Tinyrland	2.19.29
	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
	Long Jump	2003	Ciara Kearns	Celbridge	5.65
	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
		1500m	2010	Caitriona Jennings	Sportsworld
	2000m Walk	2001	Ann Gormely	Edenderry	9.12.70

Senior Women	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	2013	Sharon Milduff	Clonliffe Harriers	7.86
	60m	2013	Derval O'Rourke	(G)	7.54
	60m	2012	Louise Holmes	K.C.H	7.90
	60m Hurdles	2013	Sandra Lawler	Celbridge	8.67
	60m Hurdles	2010	Sinead Lawlor	Celbridge	9.20
	800m	2013	Fiona Kehoe	Kilmore	2.14.90
	800m	2009	Fiona Kehoe	Kilmore	2.18.32
	High Jump	2001	Deirdre Ryan	D.S.D	1.77
	Long Jump	2004	Antoinette Furlong	D.M.P	6.00
	Pole Vault	2013	Geraldine Finnegan	Dunleer	2.20
	Pole Vault	2012	Geraldine Finnegan	Dunleer	2.20
	Shot Putt	2007	Laura Cogan	Newbridge	12.95
	Triple Jump	2012	Fiona Hill	Newbridge	11.16
	Women M35	1500m	2005	Geraldine Finnegan	Dunleer
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
	Long Jump	2010	Liz Coomey	(G)	4.06
	Shot Putt	2014	Niamh McGuire	Rathkenny	9.94
	Shot Putt	2011	Verena Fenlon	St. Joseph's	9.74
	Shot Putt	2010	Liz Coomey	(G)	8.69
Women M45	1500m	2002	Liz Hogan	Naas	5.29.00
	200m	2013	Paul Reilly	Celbridge	30.36
	200m	2008	Frances Harney	North Laois	33.03
	3000m	2012	B. Fitzsimons	Kildare	11.56.98
	400m	2008	Frances Harney	North Laois	72.35
	60m	2013	Paul Reilly	Celbridge	9.03
	60m	2008	Frances Harney	North Laois	9.84
	60m Hurdles	2007	Lucy Moore-Fox	D.S.D	12.12
	800m	2013	Bridget Clarke	Na Fianna	2.35.60
	800m	2012	Ursula Byrne	Dunshaughlin	2.43.54
	High Jump	2014	Siobheal Cummins	Ratoath Ms.	1.40
	High Jump	2006	Lucy Moore-Fox	D.S.D	1.36
	Long Jump	2007	Moira Aston	Trim	3.71
	Shot Putt	2014	Geraldine Finnegan	Dunleer	9.59

	Shot Putt	2007	Lucy Moore-Fox	D.S.D	8.83	
Women M50	200m	2001	Mary Walsh	Tullamore Harriers	34.16	
	400m	2013	Kathryn Walley	Clonliffe Harriers	74.75	
	60m	2010	Mary Whelan	Dublin Striders	10.86	
	60m	2006	Mary Walsh	Tullamore Harriers	10.86	
	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	2012	Lucy Moore-Fox	D.S.D	3.55	
	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		2007	Mary Walsh	Tullamore Harriers	36.16	
400m		2010	Sheelagh Morrissey	Kildare	85.23	
60m		2012	Mary Whelan	Dublin Striders	10.70	
800m		2013	Nuala Reilly	Drogheda & D.	3.03.00	
800m		2008	Mary Walsh	Tullamore Harriers	3.22.25	
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	
Shot Putt		2010	Sheelagh Morrissey	Kildare	5.54	
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	84.01	

	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





**Outdoor
Championship Best Performances**

1984 – 2014

Age	Event	Year	Name	Club	CBP
U12 Boys	600m	2010	Robert Crowley	St. L. O'Toole	1.43.07
	60m	2012	Toriq Adegoke	St. L. O'Toole	8.24
	60m Hurdles	2012	John Kehoe	Bree	10.50
	Ball Throw	2004	Kevin Murray	Dunleer	52.60
	High Jump	2002	Terence O'Neill	Kilcoole	1.43
	Long Jump	2011	Michael Carroll	D.M.P	4.65
	Relay 4x100	2001		Ballyskench	55.30
	Shot Putt	2012	Jonathan Cummins	Ardee & District	10.33
	Turbo Jav	2013	Cameron Moran	St. Gerard's	20.71
	Turbo Jav	2014	Tadgh O'Muircheartaigh	Dunboyne	28.72
U13 Boys	600m	2007	Shane Fitzsimons	Mullingar Harriers	1.37.34
	60m Hurdles	2011	Luke Morris	Newbridge	9.64
	70m Hurdles	2002	Darragh Quane	K.C.H	11.04
	80m	2001	Eoin Hannon	Ballyskench	10.06
	Ball Throw	2005	Kevin Murray	Dunleer	50.88
	High Jump	1988	Liam Kelly	St. Abban's	1.48
	High Jump	2001	Ciaran Malone	Na Fianna	1.48
	High Jump	2003	Terence O'Neill	Kilcoole	1.48
	High Jump	2013	Cian McBride	Bohermeen	1.54
	Javelin	2012	Liam Connaughton	Dunleer	32.81
	Long Jump	2011	David McDonald	Menapians	5.11
	Relay 4x100	2011		Menapians	53.72
	Shot Putt	1997	Rory Nolan	Shillelagh	12.45
		1500m	2008	Shane Fitzsimons	Mullingar Harriers
2000m Walk		2009	Cormac Byrne	Bree	11.00.56
200m		1996	David Murphy	Kildare	24.70
200m		2014	Ben Mooney	Greystones & D.	24.28
75m Hurdles		2012	David McDonald	Menapians	11.77

U14 Boys	800m	2008	Shane Fitzsimons	Mullingar Harriers	2.12.59
	80m	1990	Darren O'Reilly	St. Anne's	9.90
	80m	1998	Paul Murphy	Kilmore	9.90
	Discus	2010	John Joe Kelly	Brow Rangers	37.26
	Hammer	2012	Ian Taylor	Dunboyne	37.80
	High Jump	2009	Mark Rogers	St. Peter's	1.60
	Javelin	2000	Peter McDonald	St. Peter's	38.60
	Javelin	2013	Jack McWey	Newbridge	39.88
	Long Jump	2012	David McDonald	Menapians	5.62
	Relay 4x100	2012		Newbridge	52.53
	Relay 4x100	2014		St. Joseph's	52.24
	Shot Putt	1985	Joseph Duffy	Caragh	12.89
	Shot Putt	2013	Padriag Hore	Taghmon	12.96
	Triple Jump	1994	Adam Brennan	Dom Savio	10.55
	U15 Boys	100m	2009	Marcus Lawler	St. L. O'Toole
100m		2013	David McDonald	Menapians	11.73
1500m		2009	Shane Fitzsimons	Mullingar Harriers	4.13.44
2000m Walk		1999	PJ O'Keeffe	K.C.H	10.22.00
2000m Walk		2014	Niamh O'Connor	Celbridge	9.52.00
200m		2009	Marcus Lawler	St. L. O'Toole	23.78
200m		2013	David McDonald	Menapians	23.76
250m Hurdles		2012	Ryan Murray	Bree	35.73
250m Hurdles		2014	Brandon Sinnott	Bree	35.56
800m		2009	Shane Fitzsimons	Mullingar Harriers	2.01.29
80m Hurdles		1999	Paul Murphy	Kilmore	12.00
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
	Long Jump	2013	David McDonald	Menapians	6.07
	Pole Vault	2002	Paul Moore	St. Abban's	2.80
	Relay 4x100	2012		Wexford	49.88
	Relay 4x100	2014		St. L. O'Toole	48.33
	Shot Putt	2007	Marco Pons	D.M.P	13.68
	Shot Putt	2012	Chris Vickery	Menapians	13.68
	Shot Putt	2014	Jack Nyham	Dunboyne	14.46
	Triple Jump	1989	Scott Browne	North Laois	11.92
U16 Boys	100m	1990	Padraic Lewis	North Laois	11.20
	100m Hurdles	1990	John Whelan	Ashbourne	14.30
	1500m	1992	James Nolan	Ferbane	4.11.90
	200m	1990	Padraic Lewis	North Laois	22.60
	200m	1999	Darragh Graham	Inbhear Dee	22.60
	250m Hurdles	1998	Mark Kennedy	Raheen	33.50
	3000m	2000	Mark Christie	Mullingar Harriers	9.15.78
	3000m Walk	2001	Michael Ryan	St. Joseph's	12.14.36
	800m	1992	James Nolan	Ferbane	1.55.40
	Discus	2012	Eoin Sheridan	N. Westmeath	48.88
	Hammer	1992	John Thompson	Tullamore Harriers	58.10
	High Jump	2011	Adam Murphy	St. L. O'Toole	1.82
	Javelin	1989	Robert Berry	Mullingar Harriers	48.58
	Long Jump	2007	Sam Coughlan Murray	Crookstown M/V	6.16
	Long Jump	2014	David McDonald	Menapians	6.44
	Long Jump	2014	Marc Shelly	Fr. Murphy's	6.44
	Pole Vault	1987	Patrick Geraghty	Navan	3.20
	Shot Putt	2001	Brendan Callanan	St. L. O'Toole	15.45
	Triple Jump	2009	Conor Daly	St. Abban's	12.39
	Relay 4x100	2012		K.C.H	46.57

U17 Boys

100m	1992	Kevin Cogley	D.M.P	10.90
100m Hurdles	1991	John Whelan	St. Andrew's	13.80
1500m	1988	Nigel Brunton	Bray Striders	4.01
1500m Steeplechase	1985	Liam Walsh	Bagenalstown	4.43.5
2000m Steeplechase	2002	Danny Darcy	St. L. O'Toole	9.01.84
2000m Steeplechase	2011	Ryan Blundell	Mullingar Harriers	6.53.00
200m	2012	Dean Power	Tullamore Harriers	22.28
3000m	2012	James Moore	St. Abban's	10.05.42
3000m	2013	Jack O'Leary	Mullingar Harriers	9.12.71
3000m Walk	2003	Michael Doyle	Cushinstown	15.00.74
300m Hurdles	2011	Colin Nolan	Enniscorthy	39.29
400m	1989	Niall Durnin	Blackrock Louth	51.70
400m	2014	John Fitzsimons	Kildare	50.54
800m	1993	James Nolan	Ferbane	1.57
800m	2002	Colin Costello	Star of the Sea	1.57.08
Discus	2011	James Mulligan	Tullamore Harriers	49.00
Discus	2013	Eoin Sheridan	N. Westmeath	50.30
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
High Jump	2013	Donagh Mahon	Gowran	1.90
Javelin	2012	Stephen Rice		52.91
Long Jump	2000	R Gunning	Fr. Murphy's	6.47
Pole Vault	2004	Paul Moore	St. Abban's	3.40
Pole Vault	2014	Robert Ivors	Raheny Shamrocks	3.40
Relay 4x100	1997		Celbridge	45.90
Relay 4x400	2012		St. L. O'Toole	3.37.55

	Shot Putt	2011	Oliver Jageur	Naas	15.67
	Triple Jump	1999	John Walker	Kilmore	13.29
U18 Boys	100m	2002	Paul Gill	Carbury	10.52
	110m Hurdles	2012	Eoghan Buggy	St. Abban's	18.25
	110m Hurdles	2013	Donal Kearns	Cushinstown	17.21
	1500m	1994	Andrew Walker	Newbridge	4.01.50
	2000m Steeplechase	2007	Tomas Cotter	Dunleer	6.17.42
	200m	2011	Eamonn Wallace	Ratoath Ms.	22.30
	200m	2013	Dean Power	Tullamore Harriers	21.74
	3000m	1987	Cormac Finnerty	Mullingar Harriers	8.45.50
	3000m Steeplechase	2010	Shawn McCormack	Gowran	11.05.82
	3000m Steeplechase	2013	Padraig Lennon	Greystones & D.	10.46.14
	400m	1998	Gordon Kennedy	Ballyskanach	49.60
	400m	2013	Harry Purcell	Trim	49.45
	400m Hurdles	1998	Ian Monaghan	Celbridge	55.60
	5000m Walk	1997	David Kidd	St. L. O'Toole	23.31.00
	800m	1994	James Nolan	Ferbane	1.55.10
	Discus	2010	Marco Pons	D.M.P	53.58
	Discus	2014	Eoin Sheridan	N. Westmeath	55.40
	Hammer	2003	Padraig White	Dunboyne	62.62
	High Jump	2007	Kouroschi Foroughi	Star of the Sea	2.11
	High Jump	2014	Donagh Mahon	Gowran	2.12
	Javelin	1998	David Kelly	Kilcoole	56.19
	Javelin	2013	Stephen Rice	Greystones & D.	64.41
	Long Jump	1997	Derek O'Brien	St. L. O'Toole	6.78
	Pole Vault	2012	Peter O'Brien	Raheny Shamrocks	4.00
	Pole Vault	2014	Conor Bermingham	Raheny Shamrocks	4.00
	Relay 4x100	2012		St. L. O'Toole	45.00
	Relay 4x400	2010		St. L. O'Toole	3.36.77

	Shot Putt	1987	Jarlath Gilroy	Ballymore Eustace	16.39
	Shot Putt	2014	Anu Awonusi	St. L. O'Toole	16.40
	Triple Jump	2005	Eoin Kelly	St. Abban's	13.23
U19 Boys	100m	1995	Aaron Rogers	Dundealghan	11.00
	100m	2004	Stephen Darcy	St. L. O'Toole	11.00
	110m Hurdles	1999	Ian Monaghan	Celbridge	15.10
	1500m	1995	Andrew Walker	Newbridge	3.54.80
	2000m Steeplechase	2003	Brian Kirwan	St. L. O'Toole	6.19.02
	200m	2011	Jack Saunders	St. Joseph's	22.95
	3000m	1996	Pearse Hickey	Celbridge	8.51.00
	3000m Steeplechase	2012	Stephen Nea	Mullingar Harriers	10.39.74
	400m	1996	Alan Bloomer	Mountmellick	50.30
	400m	2014	Owen Scully	St. L. O'Toole	52.29
	400m Hurdles	1999	Ian Monaghan	Celbridge	54.80
	5000m Walk	1998	David Kidd	St. L. O'Toole	22.48.30
	800m	1995	Andrew Walker	Newbridge	1.53.30
	Discus	2011	Marco Pons	D.M.P	55.56
	Hammer	1995	John Thompson	Tullamore Harriers	61.92
	High Jump	2001	Adrian O'Dwyer	K.C.H	2.00
	Javelin	1999	David Kelly	Kilcoole	55.87
	Long Jump	2007	Eoin Hannon	Tullamore Harriers	7.02
	Pole Vault	2002	Niall Moriarty	St. Abban's	3.20
	Relay 4x100	2012		Tullamore Harriers	45.07
	Relay 4x400	2012		St. L. O'Toole	3.37.55
	Shot Putt	2012	Paul Collins	N. Westmeath	15.08
	Triple Jump	2012	Conor Daly	St. Abban's	13.53
	100m	1985	E. Devereux	K.C.H	10.70
	100m	1999	Gordon Kennedy	Tullamore Harriers	10.70
	110m Hurdles	2012	Eoin Power	St. Joseph's	15.04

Junior Men	1500m	1995	Andrew Walker	Newbridge	3.55.20
	2000m Steeplechase	1987	Liam Walsh	Bagenalstown	6.17.00
	200m	2002	Darragh Graham	Inbhear Dee	21.64
	3000m	1987	David Burke	Mullingar Harriers	8.41.60
	3000m Steeplechase	2008	Tomas Cotter	Dunleer	9.24.98
	3000m Walk	2013	Nathan Murphy	St. Coca's	15.22.69
	400m	1989	Stephen Newman	Ashbourne	48.90
	400m	2009	Fergus Hannon	Tullamore Harriers	48.99
	400m Hurdles	2007	John Fagan	K.C.H	57.04
	5000m	2007	Jason O'Byrne	Sli Cualann	16.08.76
	5000m Walk	1989	P.J. Gregory	Kildare	23.42.00
	800m	2010	Michael Dowling	Sli Cualann	1.56.51
	Discus	2011	Marco Pons	D.M.P	49.20
	Hammer	2012	James McCabe	Dunboyne	67.68
	High Jump	2002	Adrian O'Dwyer	K.C.H	2.05
	High Jump	2014	Donagh Mahon	Gowran	2.11
	Javelin	2001	Joe Diskin	Kilcoole	55.02
	Long Jump	2004	Stephen Darcy	St. L. O'Toole	6.92
	Pole Vault	2008	Ian Rogers	Clonliffe Harriers	4.00
	Relay 4x100	1990		St. L. O'Toole	45.20
	Relay 4x100	2013		(G)	40.99
	Relay 4x400	1987		St. L. O'Toole	3.37.00
	Shot Putt	1990	Willie Tyrell	St. Benedict's	14.44
	Triple Jump	2005	Eoin Kelly	St. Abban's	14.50
	100m	2009	Colm Keogh	Ratoath Ms.	11.88
	100m	2013	Peter Doherty	Ratoath Ms.	11.84
	100m	2014	Stuart McQuade	Tallaght	11.67
110m Hurdles	2012	Patrick Curran	Tallaght	16.97	
1500m	2009	Rob Cross	Crusaders	4.16.76	

Men M35	200m	2010	Peter Lyons	K.C.H	24.28
	200m	2013	Peter Doherty	Ratoath Ms.	24.28
	400m	2010	John Hartnett	Clonliffe Harriers	55.26
	400m Hurdles	2010	Jonathan McCabe	Drogheda & D.	60.80
	5000m	2008	Noel Kelly	Mullingar Harriers	15.15.60
	56lb Weight	2010	Barry Delaney	Star of the Sea	6.70
	800m	2010	Fintan Reilly	Dunleer	2.02.14
	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 & D.	5.74
	Pole Vault	2012	Patrick Curran	Tallaght	3.05
	Shot Putt	2010	Ger Nagle	Star of the Sea	13.54
Men M40	100m	2010	Ger Hensey	Tullamore Harriers	11.63
	110m Hurdles	2013	Kevin Byrne	D.S.D	19.78
	1500m	1994	George Maybury	Civil Service	4.08.40
	200m	2010	Ger Hensey	Tullamore Harriers	23.88
	3000m	1999	Eugene Coppinger	Civil Service	9.02.10
	3000m Steeplechase	2014	Richie Faulkner	Tullamore Harriers	11.53.17
	3000m Walk	1994	P.J. Brennan	St. L. O'Toole	14.00.40
	400m	2000	B. Doherty	St. Joseph's	52.52
	400m Hurdles	2008	Stephen Flavin	Sli Cualann	59.82
	5000m	2009	Colm Burke	St. Abban's	15.35.84
	56lb Weight	2004	Seamus Fitzpatrick	North Laois	8.01
	800m	2010	Simon Meyler	Donore Harriers	2.05.90
	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
	Pole Vault	2013	Kevin Byrne	D.S.D	2.80
	Shot Putt	2009	Kieron Stout	Celbridge	12.82
	Steeplechase	2013	Richie Faulkner	Tullamore Harriers	12.31.74
	Triple Jump	2010	George Wyatt	D.S.D	11.06
	Triple Jump	2010	Michael McDonald	(G)	11.17
Men M45	100m	2005	Greg Duggan	Mullingar Harriers	12.34
	100m	2013	David Hayde	St. L. O'Toole	11.96
	100m	2014	David Hayde	St. L. O'Toole	11.72
	110m Hurdles	2008	Pat Power	St. Joseph's	25.31
	110m Hurdles	2014	Ronan Gately	Clonliffe Harriers	23.50
	1500m	2006	Paul Cowhie	Civil Service	4.26.30
	200m	2008	Gerry Kinsella	Sli Cualann	25.07
	200m	2009	Patrick Crossan	(G)	24.76
	200m	2013	David Hayde	St. L. O'Toole	24.37
	200m	2014	David Hayde	St. L. O'Toole	24.29
	3000m Steeplechase	2014	Joseph Walsh	Portlaoise	13.14.57
	3000m Walk	2007	Pat Murphy	(G)	13.37.94
	3000m Walk	2007	Derek McConnon	Rathfarnham	16.16.26
	3000m Walk	2014	John Joe Lawlor	St. Joseph's	15.34.91
	400m	2005	Ken Deavy	K.C.H	55.12
	400m	2009	Patrick Crossan	(G)	54.70
	400m Hurdles	2014	Ronan Gately	Clonliffe Harriers	78.10
	5000m	2011	Phelim Glynn	Dunboyne	16.22.77
	5000m	2014	Adrian Curley	Tullamore Harriers	15.57.00
	56lb Weight	2011	Seamus Fitzpatrick	North Laois	7.91
800m	2008	Gerry Kinsella	Sli Cualann	2.06.27	

	Discus	2009	Dave Sweeney	Sli Cualann	38.25
	Hammer	2012	Seamus FitzPatrick	Portlaoise	32.74
	High Jump	2005	Ciaran Tobin	Trim	1.40
	High Jump	2006	John Territt	St. Abban's	1.40
	High Jump	2010	Diarmuid Quill	(G)	1.50
	High Jump	2013	Michael Tynan	Celbridge	1.40
	Javelin	2012	Denis Delaney	Dunboyne	42.09
	Javelin	2013	Denis Delaney	Dunboyne	46.65
	Long Jump	2009	Patrick Mahon	Gowran	5.45
	Shot Putt	2009	Babu Matthew	Tullamore Harriers	12.18
	Steeplechase	2013	Joe Walsh	Portlaoise	13.19.83
	Triple Jump	2008	Ciaran Tobin	Trim	9.29
Men M50	100m	2009	Anthony Martin	(G)	12.48
	100m	2009	Greg Duggan	Mullingar Harriers	12.58
	100m	2009	Pat Power	St. Joseph's	12.58
	110m Hurdles	2012	Joe Davis	D.S.D	18.46
	1500m	2000	Jim Stafford	Slaney Olympic	4.18.44
	200m	2007	Kevin Carey	Gowran	26.54
	200m	2009	Anthony Martin	(G)	26.16
	200m	2013	John McCarrick	D.S.D	25.93
	200m	2014	Patrick Crossan	(G)	25.46
	3000m Walk	2014	Pat Murphy	(G)	14.44.31
	35lb Weight	2004	Paddy Hanily	Fr. Murphy's	8.52
	400m	2007	Kevin Carey	Gowran	58.66
	400m	2013	John McCurrick	Kildare	58.31
	400m Hurdles	2014	David Keenan	Ballyfin	77.11
	5000m	2012	Paul Balfe	Liffey Valley	16.59.79
	800m	1993	Frank Hearn	D.C.H	2.13.70
	Discus	2002	Patsy Conboy	Brothers Pearse	32.50

	Discus	2013	Phelim Joyce	Cushinstown	33.92
	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	2012	Paul Keenan	Ballyfin	7.98
Men M55	100m	2007	David Leech	Blackrock	13.16
	100m	2014	Shane Sheridan	D.S.D	12.57
	1500m	2008	Patrick Timmons	Raheny Shamrocks	5.02.55
	1500m	2013	Martin McDonald	Ballyroan Abbeyleix	4.45.35
	200m	2004	Tom Clinton	Navan	27.02
	200m	2014	Shane Sheridan	D.S.D	25.94
	3000m Walk	2005	Bobby King	Dunboyne	15.06.00
	35lb Weight	2011	Paddy Hanily	Fr. Murphy's	8.97
	400m	2007	Shane Mulroy	Drogheda & D.	63.18
	400m	2014	Shane Sheridan	D.S.D	61.19
	5000m	2010	Don O'Carroll	Rathfarnham	18.24.48
	5000m	2013	John Feery	Tullamore Harriers	18.02.77
	5000m	2014	Martin McDonald	Ballyroan Abbeyleix	17.19.00
	800m	2010	Terry Kavanagh	Sli Cualann	2.28.92
	800m	2013	Desie Shorten	Parnell	2.25.02
	800m	2014	Jonathan McCabe	Rathfarnham	2.24.36
	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	2011	Pat O'Mahony	Menapians	32.91
Long Jump	2010	Michael Flynn	Tullamore Harriers	4.05	
Shot Putt	2012	Liam Lyster	Crusaders	9.25	

	Triple Jump	2010	Michael Flynn	Tullamore Harriers	8.80	
Men M60	100m	2011	Tom Clinton	Navan	13.95	
	110m Hurdles	2010	Earl Taylor	Dunleer	21.72	
	1500m	2010	Pat Timmons	Raheny Shamrocks	4.55.92	
	200m	2008	Alex Donald	(G)	28.37	
	200m	2010	Patrick Dolan	Tullamore Harriers	32.41	
	200m	2013	Tom Clinton	Navan	29.91	
	3000m Walk	2007	Bobby King	Dunboyne	14.45.98	
	300m Hurdles	2010	Earl Taylor	Dunleer	63.74	
	300m Hurdles	2014	Mick Priest	Fr. Murphy's	59.17	
	35lb Weight	2008	Jim Sutherland	Sli Cualann	6.01	
	35lb Weight	2013	Willie O'Toole	St. L. O'Toole	8.08	
	400m	2007	Patrick Walsh	Tullamore Harriers	71.70	
	400m	2008	Alex Donald	(G)	64.37	
	400m	2013	Terry Kavanagh	Sli Cualann	67.71	
	5000m	2010	Jim Boland	S.B.R	20.43.21	
	800m	2005	Terry Mee	Donore Harriers	2.34.92	
	Discus	2010	Phillip Conway	Crusaders	39.46	
	Hammer	2009	Phillip Conway	Crusaders	37.29	
	High Jump	2009	Patrick Dolan	Tullamore Harriers	1.10	
	High Jump	2013	Willie O'Toole	St. L. O'Toole	1.30	
	Javelin	2012	Willie O'Toole	St. L. O'Toole	32.60	
	Long Jump	2007	Jimmy Kelly	Brow Rangers	3.32	
	Long Jump	2013	Willie O'Toole	St. L. O'Toole	3.82	
	Shot Putt	2006	Tom Power	Bagenalstown	11.78	
		100m	2010	Patrick Forbes	(G)	13.87
		100m	2012	Patrick Dolan	Tullamore Harriers	15.99
		100m	2014	Tom Clinton	Navan	14.52
	1500m	2009	Terry Mee	Donore Harriers	5.45.54	

Men M65	200m	2010	Patrick Forbes	(G)	29.03
	200m	2012	Patrick Dolan	Tullamore Harriers	32.92
	200m	2014	Tom Clinton	Navan	29.84
	3000m	2014	Peter McDermott	Rathfarnham	12.18.24
	3000m Walk	2011	Bobby King	St. Coca's	14.37.80
	35lb Weight	2008	Patsy Conboy	Brothers Pearse	7.14
	400m	2012	Patrick Dolan	Tullamore Harriers	77.91
	5000m	2012	Sean McMullin	Mullingar Harriers	22.03.54
	800m	2006	Jim McEvoy	Lourdes	2.45.14
	Discus	2006	Patsy Conboy	Brothers Pearse	31.28
	Discus	2013	Murty Kelly	Brow Rangers	32.03
	Hammer	2006	Patsy Conboy	Brothers Pearse	44.75
	Javelin	2008	John O'Connor	Naas	27.15
	Long Jump	2012	Patrick Dolan	Tullamore Harriers	2.98
	Shot Putt	2010	Tony Clarkson	Crusaders	8.77
	Men M70	100m	2010	John D. Ryan	Crusaders
100m		2013	Patrick Forbes	(G)	14.34
1500m		2009	Jim McNamara	Donore Harriers	5.47.74
200m		2010	John D. Ryan	Crusaders	30.44
200m		2013	Patrick Forbes	(G)	29.64
3000m		2014	Jim Langan	Tullamore Harriers	13.22.24
35lb Weight		2007	Thomas Toner	St. Andrew's	5.13
400m		2010	John D. Ryan	Crusaders	70.33
5000m		2013	Jim Langan	Tullamore Harriers	29.42.10
56lb Weight		2006	Patsy Conboy	Brothers Pearse	7.28
800m		2008	Jim McEvoy	Lourdes	2.42.08
Discus		2012	Patsy Conboy	Brothers Pearse	26.88
Hammer		2012	Patsy Conboy	Brothers Pearse	35.02
Javelin		2012	Terry Clarkeson	Crusaders	21.58

	Shot Putt	2012	Terry Clarkeson	Crusaders	8.53
Men M75	200m	2010	Paddy Craddock	Blackrock	43.38
	35lb Weight	2010	Michael McGarry	D.S.D	5.44
	400m	2010	Paddy Craddock	Blackrock	86.11
	400m	2013	Jim McEvoy	Drogheda & D.	80.21
	800m	2013	Jim McEvoy	Drogheda & D.	2.54.37
	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
Senior Men	100m	1993	Peter Lyons	D.C.H	10.60
	110m Hurdles	1990	Sean Cahill	Cushinstown	14.40
	1500m	1985	M. Flynn	Tullamore Harriers	3.51.20
	200m	1985	Gerry Delaney	D.C.H	21.60
	3000m Steeplechase	1992	Ben Brady	Raheny Shamrocks	8.54.30
	400m	2007	Gordon Kennedy	Tullamore Harriers	47.62
	400m Hurdles	1985	C. McDunphy	Raheny Shamrocks	53.10
	5000m	1985	E. Toomey	Clonliffe Harriers	14.07.9
	5000m Walk	1990	Michael Lane	Mullingar Harriers	20.04.30
	5000m Walk	2008	Colin Griffen	(G)	20.04.29
	56lb Weight	2005	Paul Crowe	Menapians	8.36
	800m	1987	Charlie Milner	Tullamore Harriers	1.54.40
	Discus	2005	John Menton	Donore Harriers	48.68
	Discus	2007	Eoin Leen	(G)	53.38
	Hammer	1989	Garry Halpin	K.C.H	69.04
	High Jump	1992	Mark Mandy	(G)	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
	Pole Vault	2013	Dave Donegan	Clonliffe Harriers	4.55

	Relay 4x100	1985		Clonliffe Harriers	43.50
	Relay 4x400	1986		Tullamore Harriers	3.32.10
	Shot Putt	1992	Victor Costello	D.S.D	18.80
	Triple Jump	2009	Eoin Kelly	St. Abban's	14.95
U23 Men	100m	1988	Paul Walsh	Donore Harriers	10.50
	110m Hurdles	1988	Sean Cahill	Cushinstown	14.90
	1500m	1988	Niall Murphy	Kildare	3.59.50
	200m	2000	Rob Daly	D.S.D	21.52
	3000m Steeplechase	2002	Gareth Coughlan	Fr. Murphy's	9.14.30
	35lb Weight	2003	Adrian O'Dwyer	K.C.H	9.80
	400m	1989	Stephen Newman	Ashbourne	49.90
	400m Hurdles	1999	Colin Byrne	St. Abban's	54.20
	5000m	1987	Thomas McGrath	Mullingar Harriers	15.19.50
	5000m Walk	1996	Pierce O'Callaghan	U.C.D	21.10.00
	800m	2011	Brian Kelly	St. Abban's	1.53.83
	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
	Relay 4x100	1988		Tullamore Harriers	44.60
	Relay 4x400	1990		Clonliffe Harriers	3.24.60
	Shot Putt	2003	Keith Gilligan	North Laois	13.88
	Triple Jump	2009	Eoin Kelly	St. Abban's	14.28

Age	Event	Year	Name	Club	CBP
U12 Girls	600m	2013	Corrie Kenny	St. L. O'Toole	1.42.59
	600m	2010	Eva O'Donovan	Navan	1.47.39
	60m	2001	Francesca Reville	Wexford	8.06
	60m Hurdles	2010	Molly Scott	U/A	10.08
	Ball Throw	2012	Kenza Chevouat	Boyne	39.87
	High Jump	2013	Tara Meier	Boyne	1.33
	High Jump	2005	Ann Marie Kane	Bree	1.32
	Long Jump	2009	Aideen Kane	St. Killian's	4.43
	Relay 4x100	1996		Dom Savio	58.60
	Shot Putt	2014	Aoibhin McMahon	Blackrock Louth	9.75
	Shot Putt	2012	Therese Kelly	Brow Rangers	9.25
	Turbo Jav	2014	Aoibhin McMahon	Blackrock Louth	27.80
	Turbo Jav	2013	Sophie Codd	Bree	15.19
	U13 Girls	600m	2014	Corrie Kenny	St. L. O'Toole
600m		2002	Ciara Everard	K.C.H	1.43.90
60m Hurdles		2014	Tara Meier	Boyne	9.75
60m Hurdles		2013	Sive O'Toole	St. L. O'Toole	9.82
60m Hurdles		2011	Molly Scott	St. L. O'Toole	10.02
70m Hurdles		2002	Emma Butler	Gowran	11.08
80m		2013	Patience Jumba-Gula	St. Gerard's	10.26
80m		2011	Gina Akpe-Moses	St. Gerard's	10.47
Ball Throw		2005	Catherine O'Malley	Carbury	37.28
High Jump		2012	Ciara Deely	K.C.H	1.50
Javelin		2012	Kate O'Connor	St. Gerard's	27.82
Long Jump		2011	Lauren Gleeson	K.C.H	4.75
Relay 4x100		2011		Kildare	55.16

	Shot Putt	2013	Katie Murphy	St. Peter's	11.38
	Shot Putt	2012	Marguerite Furlong	Adamstown	11.11
U14 Girls	1500m	2011	Rose Finnegan	Bohermeen	5.05.53
	2000m Walk	2013	Niamh O'Connor	Celbridge	10.28.48
	2000m Walk	2000	B. Gahan	Hacketstown	11.03.38
	200m	2014	Patience Jumba-Gula	St. Gerard's	26.14
	200m	2013	Alana Ryan	Greystones & D.	26.19
	200m	2005	Claire Mooney	Naas	26.40
	75m Hurdles	2014	Sive O'Toole	St. L. O'Toole	11.58
	75m Hurdles	2013	Ciara Deely	K.C.H	11.79
	75m Hurdles	2012	Lauren Gleeson	K.C.H	12.16
	800m	2013	Katherine O'Connor	St. Gerard's	2.20.69
	800m	2011	Rose Finnegan	Bohermeen	2.22.75
	80m	2014	Patience Jumba-Gula	St. Gerard's	10.31
	80m	2012	Ellie O'Toole	Newbridge	10.36
	Discus	2014	Therese Kelly	Brow Rangers	29.97
	Discus	2001	Leanne Hynes	Na Fianna	29.16
	Hammer	2012	Kathlyn Furlong	D.M.P	37.32
	High Jump	2013	Ciara Deely	K.C.H	1.55
	High Jump	2000	Leona Byrne	St. L. O'Toole	1.50
	Javelin	2013	Katherine O'Connor	St. Gerard's	31.42
	Javelin	2000	Amy Kerr	Navan	27.90
	Long Jump	2012	Lauren Gleeson	K.C.H	5.11
	Relay 4x100	2014		St. L. O'Toole	53.57
	Relay 4x100	1996		Bree	53.60
	Shot Putt	2014	Katie Murphy	St. Peter's	12.91
	Shot Putt	2013	Marguerite Furlong	Adamstown	12.57
	Shot Putt	2012	Nicole Kehoe-Dowling	St. Abban's	12.05
	100m	1989	Nicola Meenan	Newbridge	11.60

U15 Girls	1500m	2013	Laura Ward	St. L. O'Toole	4.51.88
	1500m	1994	Lynette Aspell	Crookstown M/V	4.55.80
	2000m Walk	2011	Sinead O'Connor	Celbridge	10.26.00
	200m	1987	Nicola Meenan	Newbridge	25.00
	250m Hurdles	1998	Ciara Kearns	Celbridge	36.50
	800m	2010	Linda Conroy	Mullingar Harriers	2.18.87
	80m Hurdles	2013	Shannon Sheedy	Cushinstown	12.05
	80m Hurdles	1998	Ciara Kearns	Celbridge	12.40
	Discus	2000	Karen Healy	Fr. Murphy's	34.45
	Hammer	2013	Kathlyn Furlong	D.M.P	47.32
	Hammer	2005	Aoife Hickey	K.C.H	41.05
	High Jump	2014	Ciara Deely	K.C.H	1.63
	High Jump	2001	Leona Byrne	St. L. O'Toole	1.61
	Javelin	2014	Katherine O'Connor	St. Gerard's	39.48
	Javelin	2013	Grace Casey	Eire Og	35.29
	Javelin	2011	Lauren Finnegan	St. Peter's	33.75
	Long Jump	2013	Gina Akpe-Moses	Blackrock Louth	5.31
	Long Jump	2011	Annie Stafford	Menapians	5.24
	Pole Vault	2014	Kimberely Byrne	St. L. O'Toole	1.70
	Relay 4x100	2014		K.C.H	52.15
	Relay 4x100	1997		Bree	52.40
	Shot Putt	2005	Aoife Hickey	K.C.H	12.36
	100m	1987	Lorraine Lightholder	Navan	12.20
	1500m	2000	Sharon Monaghan	Fr. Murphy's	4.42.20
	2000m Walk	2011	Edel Glennon	Mullingar Harriers	10.20.00
	200m	1996	Emily Maher	K.C.H	24.60
	250m Hurdles	1993	Grainne Redmond	Cushinstown	36.60
	800m	1990	Blanaid Quigley	Bray Striders	2.18
80m Hurdles	2014	Molly Scott	St. L. O'Toole	11.52	

U16 Girls	80m Hurdles	2013	Elizabeth Morland	Cushinstown	11.69
	80m Hurdles	2011	Lauren Dwyer	St. L. O'Toole	12.30
	Discus	1994	Clara Thompson	Bree	32.74
	Hammer	2014	Kathlyn Furlong	D.M.P	51.12
	Hammer	2008	Charlotte O'Farrell	D.M.P	45.70
	High Jump	2013	Elizabeth Morland	Cushinstown	1.70
	High Jump	2002	Leona Byrne	St. L. O'Toole	1.65
	High Jump	1998	Carol Loscher	Roundwood	1.65
	Javelin	2014	Grace Casey	Eire Og	36.79
	Javelin	2000	Sarah Grehan	Edenderry	35.31
	Long Jump	2013	Elizabeth Morland	Cushinstown	5.67
	Long Jump	2011	Lauren Dwyer	St. L. O'Toole	5.27
	Pole Vault	2014	Claire Delaney	St. Abban's	2.30
	Shot Putt	2004	Laura Cogan	Newbridge	12.31
	Triple Jump	2014	Lisa Aspel	Crookstown M/V	10.47
	Relay 4x100	1996		K.C.H	51.10
U17 Girls	100m	1988	Laura Farrell	St. L. O'Toole	12.20
	100m Hurdles	2012	Shannen Dawkins	St. Joseph's	14.90
	1500m	2001	Sharon Monaghan	Fr. Murphy's	4.46.60
	2000m Steeplechase	2013	Emily Grennan	Tullamore Harriers	7.55.06
	2000m Steeplechase	2012	Nicole Cuskelly	Tullamore Harriers	8.13.12
	200m	2011	Clare Foley	Greystones & D.	25.12
	3000m Walk	2012	Sinead Burke	St. Coca's	14.50.25
	300m	2011	Clíodhna Manning	K.C.H	39.88
	300m Hurdles	2010	Claire Murphy	St. L. O'Toole	44.55
	400m	2013	Aoife Campion	Portlaoise	58.26
	400m	2012	Amy McTeggert	Boyne	62.71
	800m	1987	Sinead Delahunty	K.C.H	2.16.30
	Discus	1990	Sharon Corcoran	Mullingar Harriers	35.32

	Hammer	2009	Charlotte O'Farrell	D.M.P	49.15
	High Jump	2012	Shannen Dawkins	St. Joseph's	1.66
	Javelin	2001	Sarah Grehan	Edenderry	35.04
	Long Jump	2013	Annie Stafford	Menapians	5.71
	Long Jump	2000	Ciara Kearns	Celbridge	5.56
	Pole Vault	2014	Ailbhe Healy	Donore Harriers	2.30
	Pole Vault	2010	Lauren Dwyer	St. L. O'Toole	1.70
	Relay 4x100	2012		St. L. O'Toole	50.81
	Relay 4x300	2000		Celbridge	2.56.72
	Shot Putt	2007	Aoife Hickey	K.C.H	12.54
	Triple Jump	1987	Mary Morrissey	St. L. O'Toole	11.28
U18 Girls	100m	1989	Lorraine Dunne	Newbridge	11.90
	100m Hurdles	2013	Shannen Dawkins	St. Joseph's	14.46
	100m Hurdles	2011	Clare Murphy	St. L. O'Toole	14.76
	1500m	1989	Vanessa Molloy	Shelbourne	4.46.30
	1500m Steeplechase	2008	Roseanne Kennedy	St. Senan's	6.35.84
	2000m Steeplechase	2012	Sophie Courtney	St. Coca's	8.22.29
	200m	2012	Clíodhna Manning	K.C.H	24.74
	3000m	1987	Geraldine Hendricken	St. L. O'Toole	10.20.30
	3000m Steeplechase	2011	Elaine McCabe	Bree	8.47.26
	3000m Walk	1998	Serena O'Keefe	K.C.H	14.38.10
	300m	1995	Fiona Norwood	K.C.H	41.00
	300m Hurdles	2011	Clare Murphy	St. L. O'Toole	44.12
	400m	2014	Aoife Campion	St. Abban's	58.52
	400m	1985	Clodagh Williams	St. Senan's	59.50
	400m Hurdles	1993	Mandy Bloomer	Mountmellick	61.00
	800m	1987	Geraldine Nolan	K.C.H	2.10.30
	Discus	1991	Martha Halpin	Bree	39.50
	Hammer	2014	Kelly Brady	Bohermeen	46.30

	Hammer	1996	Clara Thompson	Bree	45.66
	High Jump	2011	Phillipa Rogan	Greystones & D.	1.75
	Javelin	2000	N O'Reilly	St. Kevin's	36.72
	Long Jump	1987	Siobhan Hoey	Mountmellick	5.69
	Pole Vault	2012	Rachel Swan	Raheny Shamrocks	2.70
	Relay 4x100	1995		St. Abban's	50.70
	Relay 4x300	2002		K.C.H	2.56.00
	Relay 4x400	1990		Cushinstown	4.10.40
	Shot Putt	2013	Fiona Tuite	Fingallians	12.62
	Shot Putt	1998	Laura Jane Carroll	U/A	12.07
	Triple Jump	2000	Carol Loscher	Roundwood	11.49
U19 Girls	100m	1996	Siobhan O'Connor	St. Abban's	12.30
	100m Hurdles	2014	Shannen Dawkins	St. Joseph's	14.75
	100m Hurdles	2002	Ciara Kearns	Celbridge	15.56
	1500m	1996	Stephanie O'Reilly	Inbhear Dee	4.44.40
	1500m Steeplechase	2009	Roseanne Kennedy	St. Senan's	6.43.30
	200m	1994	Karen Shinkins	Newbridge	24.40
	3000m	1996	Stephanie O'Reilly	Inbhear Dee	10.24.00
	3000m Walk	1999	Serena O'Keeffe	K.C.H	14.15.60
	400m	1994	Mandy Bloomer	Mountmellick	58.70
	400m Hurdles	2002	Ciara Kearns	Celbridge	64.36
	800m	2014	Niamh Quinn	Portlaoise	2.22.30
	800m	1998	Roisin McGettigan	Inbhear Dee	2.23.60
	800m	1996	Stephanie O'Reilly	Inbhear Dee	2.23.60
	Discus	2012	Sophie Parkinson	Gowran	41.67
	Hammer	2011	Charlotte O'Farrell	D.M.P	48.43
	High Jump	2010	Mary-Kate Lanigan	K.C.H	1.70
	High Jump	2005	Leona Byrne	St. L. O'Toole	1.70
	High Jump	1995	Sharon Kinsella	St. Abban's	1.70

	Javelin	2008	Olivia McDonald	St. Peter's	36.14
	Long Jump	2012	Lorraine O'Shea	K.C.H	5.66
	Pole Vault	2012	Sarah Buggy	St. Abban's	1.70
	Relay 4x100	1995		St. Abban's	51.30
	Relay 4x400	1997		Tullamore Harriers	4.09.00
	Shot Putt	2007	Laura Cogan	Newbridge	12.48
	Triple Jump	2012	Sarah Buggy	St. Abban's	11.78
Junior Women	100m	2011	Catherine McManus	Celtic D.C.U	11.75
	100m Hurdles	2013	Elizabeth Morland	(G)	14.53
	100m Hurdles	2011	Catherine McManus	Celtic D.C.U	14.98
	1500m	1987	Marion Irwin	Newbridge	4.45.10
	1500m Steeplechase	2006	Una Britton	Sli Cualann	6.25.49
	2000m Steeplechase	2002	Fionnuala Britton	Sli Cualann	7.12.70
	200m	2010	Claire Mooney	Naas	25.56
	3000m	2009	Niamh Kearney	Sli Cualann	11.17.78
	3000m Steeplechase	2008	Tara Jameson	Sli Cualann	10.55.86
	3000m Walk	2008	Donna Carolan	Sli Cualann	14.50.87
	400m	2002	Joanne Cuddihy	K.C.H	56.08
	400m Hurdles	2011	Nessa Millet	St. Abban's	63.13
	5000m Walk	1986	Marie Walsh	Shelbourne	27.40.00
	800m	1989	Glynnis Lynch	Mullingar Harriers	2.15.70
	Discus	2013	Sophie Parkinson	Gowran	42.79
	Discus	2012	Sophie Parkinson	Gowran	41.92
	Hammer	2009	Aoife Hickey	K.C.H	54.09
	High Jump	2012	Shannen Dawkins	St. Joseph's	1.69
	Javelin	2003	Sarah Grehan	Edenderry	35.63
	Long Jump	2011	Sarah McCarthy	Fingallians	5.77
	Pole Vault	2005	Anna Miller	St. Abban's	2.30
	Relay 4x100	2012		St. Joseph's	47.48

	Relay 4x400	1989		West Dublin	4.10.90
	Relay 4x400	1987		Kilcoole	4.10.90
	Shot Putt	2006	Laura Cogan	Newbridge	13.34
	Triple Jump	2012	Sarah Buggy	St. Abban's	11.58
Senior Women	100m	1992	Lorraine Dunne	Newbridge	11.90
	100m Hurdles	1985	D. Murphy	West Dublin	15.00
	1500m	1988	Ann Buckley	Clonliffe Harriers	4.20.30
	2000m Steeplechase	2013	Emily Grennan	Tullamore Harriers	13.00.91
	200m	1990	Marisa Smyth	Boyne	24.60
	3000m	2001	Anne Keenan Buckley	North Laois	9.21.50
	3000m Steeplechase	2014	Elizabeth Egan	Bree	11.24.71
	3000m Walk	2008	Georgina Tuohy	Tullamore Harriers	15.07.40
	3000m Walk	2008	Laura Reynolds	(G)	14.38.94
	35lb Weight	2008	Eileen O'Keefe	K.C.H	6.27
	400m	2001	Joanne Cuddihy	K.C.H	54.70
	400m Hurdles	1985	Mary Parr	West Dublin	60.10
	5000m	2009	Claire Phelan	St. Abban's	18.00.80
	800m	1990	Bernie Kavanagh	Lucan Harriers	2.07.20
	Discus	2000	Eileen O'Keefe	K.C.H	48.20
	Hammer	2008	Eileen O'Keefe	K.C.H	70.13
	High Jump	2005	Rosemary Daniels	Na Fianna	1.75
	Javelin	2005	Jennifer O'Sullivan	Cushinstown	46.59
	Long Jump	2008	Antoinette Stafford	D.M.P	5.88
	Long Jump	2006	Mary McLoone	(G)	6.03
	Long Jump	2001	Antoinette Furlong	D.M.P	5.88
	Pole Vault	2011	Zoe Brown	Raheny Shamrocks	3.95
	Relay 4x100	1988		West Dublin	51.50
	Relay 4x400	1987		West Dublin	4.13.20
	Shot Putt	1985	Marita Walton	Crusaders	15.16

	Triple Jump	2006	Mary McLoone	(G)	12.57
U23 Women	100m	2011	Steffi Creaner	Celtic D.C.U	11.91
	100m Hurdles	2010	Sandra Lawler	Celbridge	15.29
	1500m	2014	Rachael Smith	St. Coca's	4.33.67
	1500m	1989	Louise Kavanagh	D.C.H	4.39.20
	200m	1990	Marisa Smyth	Boyne	24.00
	3000m	2004	Fionnuala Britton	Sli Cualann	9.49.00
	3000m Walk	1989	Marie Walsh	Shelbourne	13.55.00
	400m	2008	Ciara McCallion	Clonliffe Harriers	58.18
	400m Hurdles	1987	Paula Carthy	Clondalkin	62.30
	800m	1995	Catriona O'Brien	Rathfarnham	2.13.40
	Discus	2002	Eileen O'Keefe	K.C.H	44.84
	Hammer	2002	Eileen O'Keefe	K.C.H	59.88
	High Jump	1991	Fiona Kavanagh	St. L. O'Toole	1.69
	Javelin	2004	Anita White	Dublin Striders	40.64
	Long Jump	2007	Leona Byrne	St. L. O'Toole	5.65
	Relay 4x100	1989		Rathfarnham / Ajax	52.00
	Relay 4x400	1990		Mullingar Harriers	4.08.50
	Shot Putt	1986	B. Wall	Cushinstown	12.72
	Triple Jump	2008	Jenny Reilly	Na Fianna	11.03
	Women M35	100m	2005	Geraldine Finnegan	Dunleer
1500m		2007	Mary Hanley	Na Fianna	4.51.44
200m		2007	Marisa McHugh	Drogheda & D.	27.66
3000m Walk		2011	Georgina Tuohy	Tullamore Harriers	17.43.07
400m		2004	Geraldine Finnegan	Dunleer	62.72
5000m		2008	Elizabeth Cuskelly	Tullamore Harriers	18.48.62
5000m Walk		2003	Pamela Reynolds	St. Andrew's	33.49.50
800m		2014	Niamh Fitzgerald	Lucan Harriers	2.22.88
800m		2007	Mary Hanley	Na Fianna	2.25.20

	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	
Women M40	100m	2003	Geraldine Shortt	St. Coca's	14.30	
	1500m	2009	Mary Hanley	Na Fianna	5.00.00	
	200m	2005	Eileen Kelly	St. Abban's	28.94	
	3000m Walk	2014	Maggie Helen O'Connor	St. Joseph's	16.53.28	
	3000m Walk	2012	Anne Gormley	Donore Harriers	19.03.77	
	35lb Weight	2013	Verena Fenlon	St. Joseph's	4.48	
	35lb Weight	2011	Pauline Kenny	Newbridge	3.88	
	35lb Weight	2010	Priscilla O'Sullivan	(G)	4.65	
	400m	2005	Eileen Kelly	St. Abban's	65.94	
	400m Hurdles	2010	Cera Nolan	Naas	75.93	
	800m	2009	Mary Hanley	Na Fianna	2.26.66	
	Discus	2010	Pauline Kenny	Newbridge	27.02	
	Hammer	2010	Pauline Kenny	Newbridge	36.44	
	High Jump	2012	Verena Fenlon	St. Joseph's	1.25	
	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	St. L. O'Toole	4.77	
	Shot Putt	2010	Verena Fenlon	St. Joseph's	8.90	
		100m	2014	Geraldine Finnegan	Dunleer	14.10
		100m	2011	Moira Peppard	Trim	14.31
	1500m	2014	Maria Griffin	St. Joseph's	5.06.00	
	1500m	2013	Bridget Clarke	Na Fianna	5.09.30	
	1500m	2012	Imelda Clarke	Na Fianna	5.16.75	

Women M45	200m	2014	Geraldine Finnegan	Dunleer	28.99
	200m	2013	Paula Reilly	Celbridge	29.98
	200m	2009	Moira Peppard	Trim	30.18
	3000m	2013	Catherine O'Connor	Menapians	12.52.19
	35lb Weight	2011	Priscilla O'Sullivan	(G)	4.74
	35lb Weight	2010	Evelyn Morris	Newbridge	4.38
	400m	2014	Geraldine Finnegan	Dunleer	65.43
	400m	2012	Geraldine Reilly	Clonliffe Harriers	66.40
	5000m	2012	Helen Chesire	Dunleer	22.16.89
	800m	2013	Bridget Clarke	Na Fianna	2.27.99
	800m	2012	Bridget Clarke	Na Fianna	2.29.23
	Discus	2011	Maureen Glanton	(G)	31.26
	Discus	2011	Priscilla O'Sullivan	(G)	25.89
	Discus	2011	Jean Daly	Na Fianna	21.98
	Hammer	2010	Moira Aston	Trim	29.96
	High Jump	2013	Siobheal Cummins	Ratoath Ms.	1.45
	High Jump	2005	Lucy Moore-Fox	D.S.D	1.30
	Javelin	2010	Marion Feehan	Ferbane	21.23
	Javelin	2008	Mary Barrett	(G)	21.60
	Long Jump	2010	Evelyn Morris	Newbridge	3.87
Triple Jump	2012	Finola Moore	Celbridge	7.70	
100m	2014	Deirdre McFerran	Drogheda & D.	14.78	
100m	2010	Mary Whelan	D.S.D	17.25	
100m	2008	Cathryn Booth	(G)	16.16	
1500m	2010	Mary O'Brien	Dunleer	5.51.05	
200m	2014	Deirdre McFerran	Drogheda & D.	31.32	
200m	2008	Cathryn Booth	(G)	34.59	
3000m Walk	2013	Anne Gormley	Donore Harriers	19.06.24	
35lb Weight	2013	Moira Aston	Trim	5.24	

Women M50	35lb Weight	2011	Michelle Power	Newbridge	3.90
	400m	2013	Deirdre O'Reilly	St. Coca's	71.98
	400m	2012	Deirdre O'Reilly	St. Coca's	74.59
	800m	2010	Mary O'Brien	Dunleer	2.54.98
	Discus	2010	Marion Feehan	Ferbane	15.96
	Discus	2009	Mary Barrett	(G)	25.38
	Hammer	2013	Moira Aston	Trim	29.57
	Hammer	2008	Lucy Moore-Fox	D.S.D	27.36
	High Jump	2008	Lucy Moore-Fox	D.S.D	1.35
	Javelin	2013	Moira Aston	Trim	21.00
	Javelin	2011	Mary Barrett	(G)	23.39
	Javelin	2010	Patricia C. Smith	Blackrock	8.00
	Long Jump	2013	Finola Moore	Celbridge	3.89
	Long Jump	2011	Mary Barrett	(G)	3.68
	Shot Putt	2009	Mary Barrett	(G)	10.65
	Shot Putt	2008	Lucy Moore-Fox	D.S.D	9.16
Triple Jump	2011	Lucy Moore-Fox	D.S.D	8.17	
Women M55	100m	2011	Mary Whelan	Dublin Striders	16.95
	100m Hurdles	2014	Mary Barrett	(G)	14.98
	1500m	2012	Nuala Reilly	Drogheda & D.	5.56.82
	200m	2006	Mary Walsh	Tullamore Harriers	35.70
	35lb Weight	2008	Betty Cunningham	Dunboyne	2.65
	400m	2007	Mary Walsh	Tullamore Harriers	83.50
	800m	2012	Nuala Reilly	Drogheda & D.	3.01.29
	Discus	2013	Lucy Moore-Fox	D.S.D	18.99
	Discus	2007	Betty Cunningham	Dunboyne	13.64
	Hammer	2012	Lucy Moore-Fox	D.S.D	28.03
	High Jump	2012	Lucy Moore-Fox	D.S.D	1.20
	Shot Putt	2013	Lucy Moore-Fox	Celbridge	9.16

	Shot Putt	2010	Sheelagh Morrissey	Kildare	8.03
Women M60	200m	2010	Mary Walsh	Tullamore Harriers	36.48
	3000m Walk	2008	Pamela Reynolds	Dunboyne	20.26.84
	35lb Weight	2009	Betty Cunningham	Dunboyne	2.17
	400m	2009	Mary Walsh	Tullamore Harriers	83.56
	800m	2009	Mary Walsh	Tullamore Harriers	3.16.90
	Discus	2011	Betty Cunningham	Dunboyne	13.79
	Hammer	2011	Betty Cunningham	Dunboyne	19.51
	Javelin	2011	Betty Cunningham	Dunboyne	5.70
	Shot Putt	2009	Betty Cunningham	Dunboyne	5.19
Women M65	200m	2011	Mary Walsh	Tullamore Harriers	38.82
	400m	2011	Mary Walsh	Tullamore Harriers	1.26.55
	800m	2011	Mary Walsh	Tullamore Harriers	3.20.37

