

Amateur Athletic Union

1956 Championships held at College Pary

Event	Position	Athlete	Club	Performance
100 yds	1	P L Lowry	Civil Service	10.1
	2	L Tynam	Civil Service	
	3	Dave Duke	Crusaders	
220 yds	1	Gary Dempsey	Clonliffe	22.8
	2	L Tynam	Civil Service	
	3	J Parker	Donore	
440 yds	1	Ron Delany	Crusaders	49.5
	2	Gary Dempsey	Clonliffe	
	3	P Godden	Dublin Uniy	
880 yds	1	C Mc Alinden	Donore	1 mn 57 se
	2	F White	Clonliffe	
	3	J W Sinclair	Crusaders	
1 mile	1	D O Loughlin	Donore	4 m 20 se
	2	P Melhord	Civil Service	
	3	H Thomas	Clonliffe	
3 miles	1	J Dougan	Donolly	14 Mn 20.8 Se
	2	T Dunne	Donore	
	3	J Douglas	Avondade	
120 Yd	1	E Kinsella	Donore	14.7
	2	D Archer	Dubli	
	3			
440 Yds	1	T Coleman	Donore	59.2
	2	J Coleman	Donore	
	3	W Stanley	Clonliffe	
High Jump	1	B O Reilly	Donore	6 ft 4 in
	2	T Ward	Civil Service	5 ft 6 ins
	3			
Long Jump	1	J F Delany	Crusaders	21 ft 9.5 in
	2	E Byrne	Donore	20 ft 7.5 in
	3	P Godden	Dunlin Univ	20 ft 4.5 in
Pole Vault	1	Val Mc Gann	Donore	11 ft 6 ins
	2	D Archer	Dunlin Univ	11fr 6 in
	3	U O Connor	Unatt	11 ft 3 in
Triple Jump	1	P Godden	Dublin Univ	41 ft 11 ins
	2	B Kelly	Crusaders	41 ft 2.5 ins
	3	M Moroney	Crusaders	40 ft 11.5 ins
Shot Putt	1	Dave Guiney	Donore	45 ft 5.5 in
	2	A J Kenna	Crusaders	39 ft 2 in
	3			
Discus	1	Dave Guiney	Donore	124 ft 2 in
	2	J Mc Donnell	Crusaders	120 ft 2 in
	3			
Hammer	1	Bert Healion	Erris	172 ft 11 in
	2	John Lawlor	Civil Service	171 ft 5.5 ins
	3			
Javelin	1	John Lawson	Dublin Univ	183 ft
	2	D Guiney	Donore	162 ft 2 in
	3			
1 mile walk	1	N Maguire	Civil Service	7 mn 32 se
	2	FH Austin	Civil Service	
	3	C Bartley	Civil Service	

YOUTHS

100 yds	1	JP Tabbush	St Columba	10.6
	2	R Kingston	St Columba	
	3	AJ Kenna	Crusaders	
220 YDS	1	J P Tabbush	St Columbas	23.4
	2	R Kingston	St Columbas	
	3	P Rhys Thomas	Dublin Univ	
880 yds	1	P Wallace	Civil Service	2 min 1.2 se
	2	T Jones	Donore	
	3	C Leech	Donore	
1 Mile	1	J Kelly	Civil Service	4 mn 38.3 se
	2	P Toomey	Clonliffe	
	3	M Kelly	Clonliffe	
Long Jump	1	E Byrne	Donore	20 ft 2.5 in
	2	A Warnock	St Columbas	
	3	B Green	Donore	
High Jump	1	G Mc Namara	Synge St	5 ft 7 ins
	2	J H Lesson	St Columbsa	
	3	H Byrne	St Marys Coll	
12 lb Shot	1	A Kenna	Crusaders	45 ft 8 ins
	2	J H Lesson	St Columbas	
	3	E Byrne	Donore	

SENIOR CROSS COUNTRY

TEAMS

i. J Dougan Donore 45.12	1. Donore	37
2. T Dunne Donore 45.44	2 Clonliffe !	55
3 J Douglas Avondale 46.04	3 Civil Serv	133
4 D Appleby Clonliffe 46.17	4. Avondale	151
5 B Messitt Donore 46.55		
6 C Mc Ilinded Donore 47.33		