

1975 National Champs

Belfield July26/7

Men

Event	Position	Athlete	Club	Performance
100 m	1	Ciaran Coakley	DCH	11.2
	2	B Walley	Leevale	11.3
	3	F Jeffords	Leevale	11.3
200 m	1	Tim Crowe	Limerick	21.8
	2	V O Brien	Civil Service	22.4
	3	F Jeffords	Leevale	22.4
400 M	1	Tim Crowe	Limerick	48.8
	2	Denis O Connell	UCD	49.2
	3	P Jordan	Mayo Utd	49.8
800 M	1	Niall O Shaughnessy	Limerick	1.49.7
	2	John Dillon	DCH	1.50.7
	3	Noel Carroll	Civil Service	1.51.3
1500 m	1	Gerry Kiernan	Clonliffe	3.47.2
	2	Denis Noonan	Clonliffe	3.49.0
	3	Paddy Murphy	Kildare	3.50.8
5000 M	1	Joe Scanlon	GCH	14.08.4
	2	Neil Cusack	Limerick	14.12.2
	3	Paddy Murphy	Kildare	14.17
3000 NM Chase	1	Ray Mc Bride	Pearse	8.58.4
	2	F Long	St Finbarrs	8.58.8
	3	Phil English	St Anthonys	9.22
110 M Hurs	1	Lindsay Pennycock	Crusaders	16
	2	Sean Power	Leevale	16.1
	3	J O Brien	Waterford	16.2
400 m Hurs	1	John Dillon	DCH	54.7
	2	P Kelly	Limerick	55.5
	3	Paddy Smee	DCH	56.4
Shot	1	Brendan Coghlan	Leevale	15.4
	2	Gerry Mc Evoy	Ballyfermot	15.4
	3	Bernie Hartigan	Limerick	13.03
Discus	1	Len Braham	St Finbarrs	51.28
	2	Phil Conway	Crusaders	46.44
	3	Paddy Donnolly	St Andrews	35.32
Hammer	1	Bernie Hartigan	Limerick	55.98
	2	Len Braham	St Finbarrs	53.56
	3	Sean Egan	Kildare	47.50
Javelin	1	Pat Moore	Leevale	64.54
	2	Tom O Connor	Crusaders	64.33
	3	M Slattery	DCH	54.49
High Jump	1	M Cox	Roscommon	1.92
	2	J Carey	Nenagh	1.85
	3	Shay Fitzpatrick	Waterford	1.80
Triple Jump	1	Mick O Flynn	Leevale	14.26
	2	Neil Sweeney	Donore	13.33
	3	G Dunne	Tir Connail	13.00
Pole Vault	1	Chris Berkeley	Crusaders	3.80
	2	S Tremers	Shamrocks	3.60
	3	P Healy	DCH	3.60
Long Jump	1	Mick O Flynn	Leevale	6.81

2	J Murray	Raheny	6.79
3	Cyril O Regan	Waterford	6.77

Women

100 m	1	Anne Jeffords	Leevale	12.2
	2	Ruth Algar	Crusaders	12.4
	3	M Doyle	St Finnbarrs	12.5
200 M	1	Ruth Algar	Crusaders	24.8
	2	M Doyle	St Finnbarrs	25.6
	3	B English	Finn Valley	26
400 M	1	Padraigin Dwyer	Clonliffe	56.5
	2	Patricia Quinn	Ballinamore	58.6
	3	M Dunne	Crusaders	59.6
800 M	1	Padraigin Dwyer	Clonliffe	2.07.9
	2	Mary Appley	Guinness	2.08.1
	3	M Donnellan	Crusaders	2.10.1
1500 M	1	Mary Purcell	Guinness	4.19.9
	2	Deirdre Nagle	Guinness	4.21.2
	3	Vera Sherry	Glaslough	4.30.8
3000 M	1	Vera Sherry	Glaslough	9.54.3
	2	A Murphy	Guinness	10.20.8
	3	Greta Hickey	Crusaders	10.22.8
100 M Hurs	1	Ruth Algar	Crusaders	15.3
	2	Sheila Flatman	Crusaders	16
	3	P Parkes	L Derg	16.6
Shot	1	Gay Hogan	Crusaders	13.75
	2	Freddie Cooney	St Anthony	12.18
	3	M Dunne	Crusaders	10.84
Discus	1	Gay Hogan	Crusaders	43.72
	2	M Pasquetti	Birchfield	40.62
	3	M Dunne	Crusaders	36.41
Javelin	1	Susan O Toole	Lozells	43.72
	2	M Crosse	St Anthonys	35.6
	3	Gay Hogan	Crusaders	33
High Jump	1	Carmel Scallon	St Benedicts	1.67
	2	A O Keeffe	Leevale	1.58
	3	Sheila Flatman	Crusaders	1.55
Long Jump	1	Joy Good	Bandon	5.18
	2	L Mc Gettigan	Tir Connail	5.17
	3	P Parkes	L Derg	5.15

1975 National Marathon

Position	Athlete	Club	Time	
1	Dick Hodgins	Leevale	2.19.45.6	
2	Mick Mulloy	Oughterard	2.20.28.2	
3	Jim Mc Namara	Donore Harriers	2.21:44.6	
4	Paddy Coyle	Lourdes Ac	2.23:32.6	
5	M Murphy	Leevale	2.24:32.2	
6	J Murphy	Leevale	2.24:46.4	
7	Vince Regan	Loughrea	2.30:9.4	
8	Danny Mc Daid	Tit Conail	2.32:18.6	
9	Willie Dunne	Donore Harriers	2.35:51.6	
10	M Coleman	Liffey Valley	2.36:9.6	
	1	R Duffy	2.37:1.4	
	2	C Tracey	Liffey Valley	2.37:05.0

3	M Mc Dermott	2.40:8.0
4	J Cronon	2.42:52.4
5	J Noone	2.43:27.8
6	F Browne	2.45:32.6
7	F Mc Inerey	2.53:27.4
8	J O Connor	2.54:18.6
9	J Moriarty	2.55:16.2
20	C Duffy	2.56:.07

1975 BLE Cross Country Championships

Senior Men at Belfield

1	T Brennan	Liffey Valley	36.59
2	D Walsh	Leevale	37.03
3	D Mc Gann	Civil Service	37.09
4	T O Riordan	Donore	37.2
5	T Keegan	Naas	37.35
6	D Mc Daid	Tir connell	37.49
7	G Finnegan	Clonliffe	37.54
8	R Crowley	St Finbarrs	37.56
9	E Spillane	Donore	38.01
10	G Stanton	GCH	38.04

Teams Inter Club

1	Donore	43
2	Galway City Harriers	73
3	Clonliffe	84
4	St Finbarrs	94
5	Civil Service	113
6	Leevale	127

Senior Women at Mountmellick

1	D Nagle	Guinness	13.59
2	V Sherry	Glaslough	14.31
3	A Cummins	Clonliffe	14.48
4	S Morrissey	Kildare	14.56
5	A Murphy	Guinness	14.58
6	M Buckley	Leevale	15.04
7	E O Brien	Midleton	15.08
8	C Hourihane	UCC	15.09
9	M Appleby	Guinness	15.14
10	D Mellerick	UCC	15.14

Team Inter Club

1	Guinness	32
2	Clonliffe	37
3	UCC	44
4	Midleton	87
5	UCG	108
6	Leevale	113

Junior Men

1	G Deegan	Waterford	20.23
2	G Finnegan	Clonliffe	20.39
3	G Redmond	Liffey Valley	21.05
4	K Mills	Civil Service	21.09
5	L Kenny	Tullamore	21.12
6	D Hooper	Raheny	21.14
7	C Donlon	Clare	31.3
8	P Loughman	Metro	21.35
9	T Ryan	Waterford	21.48
10	J Maher	Raheny	

Team Inter club

1	Raheny	45
2	Clonliffe	52
3	Leevale	67
4	Metro	82
5	Grange	100
6	Croom	131

1975 National Marathon

Position	Athlete	Club	Performance
1	Dick Hodgins	Leevale	2.19.45.60
2	Mick Mulloy	Oughterard	2.20.28.2
3	J Mc Namara	Donore	2.21.44.6
4	P Coyle	Lourdes	2.23.32.60
5	Mick Murphy	Leevale	2.24.32.2
6	J Murphy	Leevale	2.24.46.40
7	V Regan	Loughrea	2.30.09.4
8	D Mc Daid	Letterkenny	2.32.18.6
9	W Dunne	Donore	2.35.51.6
10	M Coleman	Liffey Valley	2.36.09.6