

1996 BLE Championships

Santry 15/16 June

Event	Position	Athlete	Club	Performance
100 M	1	N Ryan	Nenagh	10.74
	2	I Craig	Annadale	10.75
	3	J Mc Adorey	Ballymena	11.03
200 M	1	N Ryan	Nenagh	21.10
	2	P Brizell	Ballymena	21.56
	3	T Cummins	Limerick	22.20
400 M	1	E Farrell	DCH	47.56
	2	B Forbes	Mid Ulster	48.49
	3	D Hough	Corran	48.65
800 M	1	D Mathews	UCD	1.48.1
	2	D Caulfield	DCH	1.48.52
	3	J Nolan	UCD	1.49.03
1500 M	1	N Bruton	Clonliffe	3.41.68
	2	M O Sullivan	Leevale	3.42.27
	3	K Nason	Leevale	3.42.8
5000 M	1	J Daly	Nenagh	14.34.82
	2	P Mc Kinney	Civil Service	14.54.2
	3	C Mc Loughlin	Clonliffe	14.54.09
10000 M	1	S Dollman	Kentucky	29.17.49
	2	N Berkeley	DSD	29.17.56
	3	T Mc Grath	Mullingar	29.55.2
110 M Hurs	1	P Coughlan	Crusaders	14.08
	2	S Cahill	Cushintown	14.14
	3	JC Schlechter	Brown Un	14.84
400 M Hurs	1	T Mc Guirk	DCH	50.61
	2	D Thom	Ballymena	52.38
	3	B Liddy	UCD	52.89
3000 M Chase	1	J Murray	DCH	8.39.24
	2	C Smith	DCD	8.58.16
	3	C Gallagher	Finn Valley	9.03.76
10 K Walk	1	J Mc Donald	DCH	41.02.52
	2	M Casey	Sligo	43.27.43
	3	P O Callaghan	UCD	43.37.41
High Jump	1	M Mandy	Cannock	2.23
	2	A Burke	UCD	2.19
	3	K Keane	DCH	2.10
Pole vault	1	D Mc Dermott	Borrisokane	4.50
	2	B Deanesy	Blarney	3.70
	3	F O Connell	Grange	3.60
56 Lbs Height	1	S Fitzpatrick	North Laois	4.70
	2	J Menton	Donore	4.40
	3	P Maher	Brow Rangers	4.40
Triple Jump	1	M Mc Donald	Borders Hrs	15.04
	2	L Kelly	St Albans	13.72
	3	J Logan	Crusaders	13.48
Shot Putt	1	J Farrelly	DSD	15.12
	2	G Nagle	UCD	14.63
	3	J Menton	Donore	14.49
Discus	1	N Sweeney	DSD	60.66
	2	J Menton	Donore	50.66
	3	G Nagle	UCD	47.18
Hammer	1	R Lincheid	Donore	72.88

	2	P Mc Grath	Raheny	67.58
	3	S Lincheid	Donore	61.08
Long Jump	1	C Mc Donagh	Fr Murphy	7.74
	2	G Devlin	Ballymena	6.76
	3	K Cogley	DMP	6.56
Javelin	1	T Mc Hugh	DCH	73.92
	2	A Kearns	Raheny	59.80
	3	D Crawford	Cuchulainn	59.38
56 Lbs Distance	1	J Menton	Donore	8.73
	2	S Fitzpatrick	North Laois	8.07
	3	J Farrelly	DSD	7.23

Senior Women

100 M	1	L Barry	Emerald	12.35
	2	A Hearne	Waterford	12.40
	3	A Farrelly	Clonliffe	12.53
200 m	1	J Stokes	Ferrybank	24.46
	2	L Barry	Emerald	24.97
	3	M Smith	Clonliffe	24.97
400 M	1	E Nicholson	DCH	54.79
	2	E Arnold	Lagan Valley	56.32
	3	J Mc Kenna	Metro St Brigids	56.43
800 M	1	F Davern	UCC	2.05.65
	2	A Mulloy	DSD	2.06.49
	3	M Prendiville	UCC	2.06.82
1500 M	1	S O Sullivan	Ballymore Cobh	4.15.24
	2	S Delahunty	Kilkenny	4.16.81
	3	U English	DCH	4.17.29
5000 M	1	C Mc Kiernan	Cornafean	15.27.10
	2	M Mc Mahon	Marian	15.43.00
	3	K Mc Candless	Finn Valley	15.55.89
5 K Walk	1	D Gallagher	UCD	22.00.05
	2	O Liughnane	Loughrea	23.52.56
	3	G O Sullivan	Fannanfore	24.16.06
100 M Hurs	1	P Naughton	Nenagh	14.44
	2	G Redmond	Cushington	14.48
	3	B Hall	Brown Un	14.73
400 M Hurs	1	S Smith	Waterford	56.01
	2	F Norwood	Kilkenny	61.26
	3	M Hynes	Loughrea	63.20
Javelin	1	A Moffit	North Down	49.10
	2	K Campbell	Lisburn	44.24
	3	D Shakespeare	DSD	43.70
Triple Jump	1	S Hoey	UCD	11.95
	2	C Hanafin	St Johns	11.60
	3	F Mullen	WSAF	11.50
Hammer	1	J Kirkpatrick	Lisburn	48.90
	2	T Renda	Brown Un	47.46
	3	O Kelliher	Limerick	46.68
Long Jump	1	J Stokes	Ferrybank	5.97
	2	G O Mahony	Claremorris	5.76
	3	S Good	Cushington	5.40
Shot Putt	1	E Gavin	Limerick	12.45
	2	N Coffey	Navan	12.12
	3	A Moore	Rathfarnham	11.76
Discus	1	A O Brien	West Waterford	41.06
	2	E Gavin	Limerick	39.56

	3	A Wallace	Lisburn	38.14
High Jump	1	B Tierney Browne	Nenagh	1.73
	2	J Vyfschaft	Ballymena	1.70
	3	F Kavanagh	SLOT	1.65

1996 National Marathon

Mallow Apr-21

Position

1	Seamus O Donnell	GCH	2.25.1
2	John Kearney	East Cork	2.26.28
3	Ted O Flynn	Leevale	2.27.03
4	Brendan Mc Nulty	Foyle Valley	2.34.42
5	Michael Hannon	Sligo	2.35.42
6	Billy Gallagher	Unatt O/40	2.35.48
7	Patrick Mc Mahon	Palerstown	2.37.58
8	Michael Mulligan	Monaghan Phoenix	2.39.50
9	Michael Delahunty	St Catherins	2.39.56
10	Derek O Carroll	Blackrock	2.40.17
11	Ciaran Mc Dowell	Foyle Valley	2.40.27
12	Sam Mc Aneaney	Foyle Valle O/40	2.40.43
13	Kevin Kelly	Foyle Valley	2.42.23
14	Kieran O Dwyer	St Catherines O/40	2.45.05
15	Pat Dempsey	Leevale O/45	2.46.12
16	Damien Mc Sharry	Sligo	2.47.5
17	Garry Clark	TOC O/40	2.47.59
18	Vincent Flannery	Skigo O/45	2.48.07
19	Vincent Flannery	Sligo O/45	2.48.31
20	Kevin Mc Gullian	Monaghan Phoenix	2.88.42

Teams

1	Foyle Valley	27
2	Sligo	39
3	Leevale	44
4	St Catherines	45
5	Tallaght Oisin Cuchulainn	73

Vets Team

1	Foyle Valley
2	Tallaght Oisin Cuchulainn
3	St Cartherins

Women

1	Brid Murphy	Leevale	2.52.52
2	Mary Beth Dillin	US	3.12.01
3	Eileen Kenny	St Finbarrs	3.23.08
4	Mary Joyce	Mullingar	3.31.21
5	Eileen Buckley	St Finbarrs	3.33.08
6	Victoria Wade	KCH	3/55.2

Teams
1 St Finbarrs

1996 National Junior

Tullamore 23 rd June

Junior Men

Event	Position	Athlete	Club	Performance
100 m	1	Damien Lowry	DSD	11.25
	2	Leo Clancy	West Waterford	11.49
	3	Dermot Smith	Navan	11.67
200 m	1	Robert Daly	SDS	22.44
	2	Owen Mc Carthy	St Brendans	23.3
	3	Joe Duffy	Castlegar	23.8
400 m	1	Darren Hough	Corran	48.87
	2	Michaul Esmond	Moyne	49.98
	3	David Kearns	Lusk	50.7
800 m	1	David Brennan	Leevale	1.51.91
	2	G Turnbull	St Malachts	1.52.39
	3	Andrew Walker	Newbridge	1.52.8
1500 M	1	James Nolan	UCD	3.50.52
	2	Larry Morrissey	Ferrybalnk	
	3	J Hynes	Metro St Brigids	3.58.29
5000 M	1	Vinnie Mulvet	St Andrews	15.15.47
	2	Kieran Lynch	Limerick	15.24.04
	3	Colin Coyne	Newbridge	16.02.55
110 M Hurs	1	Derek Hayes	West Waterford	15.12
	2	Pat O Shea	Kilmack	16.1
	3	Colm Farry	UCD	16.27
400 m Hurs	1	David Keoghan	DCH	55.15
	2	Brian Cullinane	Nenagh	56.14
	3	Colm Farry	UCD	56.82
3000 m Chase	1	Brian O Connor	Tullamore	10.25.39
	2	Brian Swaybe	West Waterford	10.50.14
	3			
10 K Walk	1	Jamie Costin	UCD	43.44.02
	2	Joe Ryan	Mullingan	44.46.96
	3	Garry Burke	Ballinamore	55.22.23
Long Jump	1	Ian Graham	Clonliffe	6.77
	2	Tim Pat O Connor	Limerick	6.52
	3	Cokm O Neill	Clonliffe	6.32
Triple Jump	1	Patrick Shannon	Ballybrack	13.65
	2	Jarlath Burke	Bohermeen	13.22
	3	John Logan	Crusaders	13.12
Pole Vault	1	Fergal O Connell	Grange Woodbine	4.00
	2	Peter Mc Loughlin	Crusaders	3.90
	3	Julian Hechlwe	Crusaders	3.80
Discus	1	Nigel Travers	Donore	39.62
	2	Ian Mc Mullan	Lisburn	39.00
	3	John Leahy	Moyvane	38.14
Javelin	1	Derek Hayes	West Watweford	52.86
	2	Ryan Ligingston	Lisburn	49.44
	3	Seamus By	St Albans	45.90
Hammer	1	John Thompson	Tullamore	55.18

	2	Hugh Kennedy	DSD	49.24
	3	Killian Smith	Fr Murphy	44.6
4 x 100 M Relay	1	Fingallians	44.25	
	2	West Waterford	45.25	
	3	Leevale	45.56	
4 x 400 M Relay	1	Leevale	3.27.22	
	2	togher	3.35.44	
	3	Borrisokane	3.38.62	

Junior Women

100 m	1	Aoife Keane	Waterford	12.52
	2	Niamh Mc Glynn	West Dublin	12.7
	3	Sinead Hickey	Emerald	12.81
200 M	1	Sinead Hickey	Emerald	25.39
	2	Niamh Savave	Leevale	26.14
	3	Sinead Galvin	Dom Savio	26.33
400 m	1	Fiona Curley	GCH	57.85
	2	Mary O Leary	Courceys	59.24
	3	Sharon Rowlands	Nenagh	59.31
800 M	1	Geraldine Mc Carthy	Listowel	2.14.51
	2	Maria Lynch	DSD	2.15.53
	3	Annette Quaid	N Cork	2.16.7
1500 M	1	Geraldine Mc Carthy	Listowel	4.41.54
	2	Kathryn Casserly	Castlegar	4.44.76
	3	Lisa Cronin	E Cork	4.45.91
5000 M	1	Orla O Mahony	Marian	18.44.27
	2	Siobhan Walsh	UDD	18.49.28
	3	Fiona Mc Cann	Sportsworld	16.52,36
100 M Hurs	1	Grainne Redmond	Cushinstown	14.56
	2	Nicola Farrell	Claremorris	15.59
	3	Maoiliosa Hynes	Loughrea	15.95
400 m Hurs	1	Fiona Norwood	KCH	61.65
	2	Maoiliosa Hynes	Loughrea	64.63
	3	Gail Doyle	Brehon	66.42
5 K Walk	1	Rosaleigh Comerford	Claremorris	24.34.56
	2	Aisling Dolan	Temple More	31.26.71
	3			
High Jump	1	Deirdre Ryan	Claremorris	1.65
	2	Leoona Arkins	Fr Murphy	1.62
	3	Sharon Kinsella	St Albans	1.59
Long Jump	1	Grainne O Mahony	Claremirris	5.43
	2	Bronagh Mc Carthy	KCHLeevale	5.41
	3	Lorraine C.	E Cork	5.38
Triple Jump	1	Patricia Cahill	Lismore	10.71
	2	Deirdre O Sullivan	St Brendans	10.07
	3	Fiona Kelleher	Limerick	10.02
Shot Putt	1	Sinead Kehoe	Waterford	10.9
	2	Teresa White	Kilmurry	10.09
	3	Clara Thompson	Slaney	10.01
Discus	1	Caroline Johnson	DSD	37.96
	2	Clara Thompson	Slaney	37.9
	3	Kathryn Ritchie	Lisburn	32.82
Javelin	1	Karen Jackson	Navan	28.54
	2	Eileen Kelly	Abbey Striders	25.44
	3	Paula Kelly	Castlebar	23.66
Hammer	1	Clara Thompson	Slaney	39.76
	2	Karen Jackson	Navan	31.06

	3	Patricia Byrne	St Albans	29.9
4x100 M Relay	1	Leevale	50.43	
	2	Abbey Striders	50.97	
	3	Cushinton	51.12	
4x 400 m Relay	1	East Cork	4.07	
	2	Mullingar	4.09	
	3	Tullamore	4.10.2	

Under 23 Men

100 m	1	Ciaran Mc Donagh	Fr Murphy	11.03
	2	John Mc Adorney	Ballymena	11.043
	3	Derek Kilbane	UCD	11.46
200 m	1	John Mc Adorney	Ballymena	21.93
	2	Mark Smith	DSD	22.35
	3	Danny O Shea	Luton	22.59
400 m	1	Mark Smith	DSD	49.21
	2	Dave Finnegan	Donore	49.91
	3	Danny O Shea	Luton	50.03
800 m	1	John Cashman	Blarney	1.53.44
	2	Richard Girvan	Annadale	1.53.82
	3	Brendan O Shea	UCD	1.54.18
1500 m	1	Kieran Mc Keon	Leevale	3.59.43
	2	Gary O Hanlon	Dundalk	3.59.85
	3	William Morris	West Dublin	4.00.21
5000 m	1	Gerard O Looney	Kilmurry	15.29.84
	2	Eugene Burns	Dunleer	15.39.33
	3	Adrian Kearns	Clonliffe	16.09.24
110 m Hur	1	Jeremy Lyons	Ferrybank	14.88
	2			
	3			
400 m Hurs	1	Nicholas Ring	DSD	55.35
	2	Patrick Curran	Lucan	61.83
	3	David Turner	Roscommon	63.06
10 K Walk	1	Pierce O Callaghan	UCD	43.30.36
	2			
	3			
High Jump	1	Darren Mc Nally	Newbridge	1.98
	2	Raymond Swan	Newbridge	1.95
	3	Sean Layden	St Gerards	1.9
Long Jump	1	Mark Hayes	Na Fianna	6.59
	2	Declan O Mahony	Leevale	5.85
	3	Paul Dempsey	Clonliffe	5.78
Triple Jump	1	Liam Kelly	St Albans	13.26
	2			
	3			
Shot Putt	1	Mc Sweeney	Eagle	13.74
	2	John Mulkare	Marian	13.66
	3	Paul Crowe	Dromara	12.36
Docus	1	Bartley Breathnach	Ferrybank	44.92
	2	Paul Crowe	Dromara	37.42
	3	Brian Whitney	Blarney	34.82
Javlin	1	Bartlet Breathnach	Ferrybank	56.54
	2	Justin Colgan	Donode	41.76
	3	Paul Dempsey	Clonliffe	37
35 lb Distance	1	Mc Sweeney	Eagle	9.22
	2	Bartley Breathnach	Ferrybank	9.01
	3	Patrick Davey	Dromara	8.4

4 X 100 M Relay	1	DMP	44.67
	2	Ballybrack	44.96
	3	Leevale	45.1
4x 400 m Relay	1	DMP	3.31.02
		W Waterford	3.34.41
		Templemore	3.46.92

Under 23 Women

100 m	1	Olivia Hurley	UCD	12.85
	2	Ann Marie Lynch	Finn Valley	13.17
	3	Carol Green	DSD	13.58
200 M	1	Antoinette Furlong	DMP	26.01
	2	Lorna O Neill	Marian	26.7
	3	Ann Marie Lynch	Finn Valley	26.78
400 M	1	Karen Shinkens	Newbridge	57.83
	2	Mellissa Mullins	Blarney	58.93
	3	Sandra Kirke	UCD	59.22
1500 m	1	Rurh Murphy	UCD	4.48.39
	2	Barbara Joyce	Limerick	4.50.99
	3	Lisa Dowling	Sportsworld	4.54.94
5000 M	1	Gael Culleton	Sportsworld	18.35
	2	Jacinta Mc Carthy	KCH	23.16.45
	3			
5 K Walk	1	Deirdre Gallagher	UCD	21.35.62
	2	Gillian O Sullivan	UCC	23.25.35
	3	Olive Loughnane	Loughrea	23.25.95
Long Jump	1	Fiona Mullen	Clonliffe	5.41
	2	Caroline Deasy	UCD	5.3
	3	Lisa Orr	Lisburn	4.89
Triple Jump	1	Fiona Mullen	Clonliffe	11.37
	2	Antoinette Furlong	DMP	10.98
	3	Lisa Orr	Lisburn	10.42
Shot Putt	1	Antoinette Moore	Rathfarnham	11.6
	2	Nicola Coffey	Navan	11.14
	3	Edel Meagher	Blarney	10.57
Discus	1	Edel Meagher	Blarney	39.9
	2	Brenda Thompson	Slaney	36.02
	3	Roisin Moran	St Albans	33.78
Javelin	1	Edel Meagher	Blarney	30.88
	2	Melissa Collins	Loughrea	30.66
	3	Geraldine Jinks	Corran	27.26
Hammer	1	Olivia Kelleher	Limerick	50.02
	2	Nicola Coffey	Navan	46.12
	3	Brenda Thompson	Slaney	44.8

1996 BLE Cross Country

at Santry 3rd March

Senior Men

1	J Downes	Donore	36.41
2	N Cullen	Clonliffe	36.44
3	C Finnerty	Mullingar	36.49
4	G Curtis	Donore	37.3
5	D Burke	Mullingar	37.39

6	S Power	Kilmurray	37.44
7	J Lewis	DCH	37.5
8	K Lambe	St Johns	37.55
9	R Mulligan	Clonliffe	37.58
10	T Mc Grath	Mullingar	38.03

Teams Inter Club

1	Mullingar	30
2	Clonliffe	72
3	Civil Service	81
4	Donore	93
5	Finn Valley	133
6	Liffey Valley	175

Senior Women

1	T Duffy	Beechmount	22.00
2	A Keenan Buckley	North laois	22.3
3	M Harrington	Olympic	22.54
4	I Kavanagh	UCC	23.05
5	R lambe	Knockbridge	23.06
6	V Vaughan	Blarney	23.17
7	P Curley	Tullamore	23.22
8	A Terck	Belfast	23.26
9	C Shum	Clonliffe	23.28
10	A Keely	Raheny	23.3

Teams Inter Club

1	Finn Valley	85
2	Mayo	97
3	Raheny	112
4	St Finbarrs	120
5	Clonliffe	130
6	DCH	132

Junior Men

1	K Kelly	Boyne	26.28
2	T Carey	Limerick	27.06
3	G Hynes	Metro	27.19
4	K Lynch	Limerick	27.31
5	B Harron	Finn Valley	27.34
6	B Murray	Templemore	27.4
7	K Kelleher	East Cork	27.42
8	E O Neill	Crusaders	27.25
9	P Hickey	Civil Service	27.55
10	B Mc Grane	Bray Runners	28.02

Teams Inter Club

1	Leevale	56
2	Templemore	90
3	Mullingar	110

4	Rathfarnham	117
5		
6		

Junior Women

1	V Lynch	Carig na Bhfear	17.22
2	S Walsh	UCD	17.33
3	O Cronin	East Cork	17.52
4	F Mc Cann	Trim	17.58
5	C Daly	East Cork	18.01
6	L Cronin	East Cork	18.04
7	C Talty	Marian	18.13
8	G O Dea	Finn valley	18.23
9	T Hennessy	East Cork	18.24
10	P Dorgan	Carig na Bhfear	18.26

Teams Inter Club

1	East Cork	23
2	Mullingar	64
3	Carig na Bhfear	67
4	Marian	82
5	Slaney	82
6	Finn Valley	