

National Athletic & Cycling Assovciation

1930 Championships held at Croke Park on 28/29 June

Event	Position	Athlete	CLUB	Club	Performance
100 yds	1	JB Eustace	Crokes		10.2
	2	J F Mc Neice	Dublin Univ		
	3	J C Farrell	Donore		
220 yds	1	JB Eustace	Crokes		22.2
	2	JF Mc Neice	Dublin Univ		
	3	P C Moore	UCD		
440 yds	1	PC Moore	UCD		49.4
	2	RM Tisdal	Cambridge		
	3	J O Sullivan	UCC		
880 yds	1	J O Sullivan	UCC		2 m 2.5
	2	M O Malley	Westport		
	3	E Hale	Crokes		
1 mile	1	M O Malley	Westport		4 m 33.4
	2	DW Coard	Donore		
	3	J W Craige	Dublin Univ		
4 miles	1	F Quinn	Birchfield		20 m 29.4
	2	Pte Linsella	Army Metro		
	3	P O Reilly	Army Metro		
120 yds Hurdles	1	RM Tisdall	Cambridge		15.8
	2	A Nolan	DMG		
	3	WJ Maloney	Longford		
Marathon	1	D J Mc Keon	Blackrock		3 h 11m 35
	2	M O Brien	Kirkhams		3 h 27 m 45
	3				
Long Jump	1	S B Potter	UCD		23 ft 11 in
	2	A Anglim	Wexford		22 ft 11.25
	3	F B Moynihan	Dublin Univ		21 ft 11
High Jump	1	P O Callaghan	Duhallow		6 h
	2	C O Connor	DMG		5 ft 10
	3	M Mooney	UCD		5 ft 10
Triple Tump	1	E Fitzgerald	UCD		48 ft 1.75
	2	M Mooney	UCD		47 ft 9 ins
	3	W J Maloney	Longford		45 ft 2
Hammer	1	P O Callaghan	Duhallow		170 ft
	2	W Britton	Cavan		157 ft 1
	3	G Walsh	DMG		149 ft 9.5
Shot Put	1	P O Callaghan	Duhallow		44 ft5.5
	2	T Healy	DMG		rr ft 3.3
	3	J Kennedy	DMG		40 ft 8.5
Discus	1	P J Bermingham	DMG		141 ft 4
	2	G Walsh	DMG		140 ft 5
	3				
Javelin	1	T Healy	DMG		154 ft 4 in
	2	W Shanahan	DMG		135 ft 3
	3	C O Connell	DMG		129 ft 7
56 lb Without Follow	1	P O Callaghan	Duhallow		25 ft 8.6
	2	P J Bermingham	DMG		24 ft 5.5
	3	W Gore	DMG		23 ft 11.5

1930 Senior Cross Country

TEAMS

1 TF Smythe O Callaghan Mills 52.46	1 Willowfield	101
2 Pte Kinsella Army Metro 53.21	2 Donore	
3 D Coard Donore 53,51	3 DCH	
4 Pll Sheedy Curragh 53.53	4 Nth Belfast	207
5 Pte T O Reilly Army Metro 53.58	5 Clonliffe	
6 W Mc Clune Willowfield 54.06	6 Ballinasloe	

JUNIOR CROSS COUNTRY

- 1 P O Reilly Army metro
- 2 T King O Callaghan Mills
- 3 F Mills Athlone
- 4 M Mc Namara O Callaghan Mills
- 5 W Falmy O Callaghan Mills
- 6 J Hogan O callaghan Mills

1930 Junior Cross Country

TEAM

1 W Smyth Civil Service	1 Willowfield	148
2 H Mc Fall North Belfast	2 Donore	170
3 S Daly Donore	3 Ulsterville Hr	192
4 P O Reilly Army Metro	4 Inns Fus	194
5 P Higgins Clonliffe	5 Nth Belfast	230
6 RSM Haslett Ulster Riffles	6 Army Metro	251