

# National Athletic & Cycling Association

1945 Championships  
 Day One Dundalk 15 th July  
 Day Two Ballinasloe 5th August

EVENT	POSITION	ATHLETE	CLUB	PERFORMANCE
60 yds	1	M Connolly	Dundalk Young Ireland	6.5 secs
	2	J Kenny	Dublin City	
	3			
100 yds	1	Pte M Kelly	An Dara	10.2 secs
	2	K Connolly	Dundalk YI	
	3	FL Flynn	Celtic	
220 yds	1	T Daly	UCD	23.8 secs
	2	K Connolly	Dundalk YI	
	3	P J Martin	Metro Harriers	
440 tds	1	T A Daly	UCD	52.4 secs
	2	K Connolly	Dundalk YI	
	3	P J Martin	Metro Harriers	
880 yds	1	P Flanagan	St Martins	2 min 6 .4 secs
	2	Gnr M Molony	Army	
	3	M Watters	Metro Harriers	
1 mile	1	JJ Barry	Ballincurry	4 min 23.6 secs
	2	BJ Downey	Civil Service	
	3	D Toher	Galway	
4 miles	1	JJ Barry	Ballincurry	20 mins 3 secs
	2	M artin Egan	Shanaglish	
	3	Pte P Haughey	Curragh	
6 miles	1	Michael Egan	Shanaglish	31min 35 secs
	2	J L Estrange	Mullingar	
	3	B Good	Aughrim	
Marathon	1	Michael Egan	Shanaglish	
	2	J C O Neill	West Belfast Harriers	
	3	Cpl P Fanning	An Dara	
Long Jump	1	S Collins	Coll of surgeons	21ft 9.5 ins
	2	D Barnes	Belfast	21ft 7 ins
	3	P Flaherty	UCG	21ft 3 ins
Hop Step & Jump	1	JJ Lavan	Boyle	45ft 4 ins
	2	M Hurley	Clonakilty	45 ft
	3	T A Flynn	Clare	43ft 6.5 ins
Pole vault	1	J O Brien	Civil Service	11ft
	2	R Donegan	Mallow	10ft 9 ins
56 Lbs Without Follow	2	M Furlong	Enniscorthy	10 ft 9 ins
	1	E Tobin	Galway	27 ft 7.5 ins
	2	F O Mahiny	Cork	26 ft 5 ins
56 lbs Over bar	3	M C Hehir	Ballinasloe	26 ft 4 ins
	1	E Tobin	Galway	14 ft 1.5 ins
	2	F O Mahony	Cork	13ft 6 ins
Discus	2	B Hanlon	Galway	13 ft 6 ins
	1	E Tobin	Galway	143 ft 11.5 ins
	2	C Clancy	Garda	134 ft 1.5 ins
Javelin	3			
	1	M Watters	Enniscorthy	154dt 10.5 ins
	2	G Thornberry	Corrigan	154 ft 0.5 ins
	3	E Tobin	Galway	145 ft 10.5 ins

Shot 2 Handed	1	D Guiney	Civil Service	82ft 2,5 ins
	2	E Tobin	Galway	72ft 9 ins
	3	C Clancy	Garda	69ft 2.5 ins
120 yds hurdles	1	M Corbett	Celtic	17 secs
	2	G Lillis	UCD	
	3	Lt T Ryan	Curragh	
1 mile Walk	1	J Ryan	Bansha	7 min 50 secs
	2	J Daly	Bansha	
	3	M Cotter	Mallow	
High Jump	1	T Wall	Civil Service	5 ft 10 ins
	2	Lt J O Keeffe	Army	5 ft 7 ins
	3	P Guiney	Celtic	5 ft 6 ins
Shot	1	D Guiney	Civil Service	45 ft 9 ins
	2	J Guiney	DMG	38 ft 5,5 ins
	3	P Murray	Civil Service	36 ft 11.5 ins
Inter Club Relay 440x220x220x880	1	Curragh Sheehan, Maloney Cassidy Kelly		3 min 52 secs
	2	Civil Service		
	3	An Dara		
Decathlon	1	P V Guiney	Celtic	5289
	2	TJ Guiney	Duhallow	4936
	3	P Mc Grath	Cappoquinn	4782

1945 Senior Cross Country      Team  
1 JJ Barry Ballincurry      1. Tipperary

1945 Junior Cross Country