

1956 Championships held at Iveagh Grounds Crumlin on 26/27 July

Event	Position	Athlete	Club	Performance
60 yds	1	O Dalton	UCD	6.5 secs
	2	T O Mahony	Custume	
	3	A Harding	Celtic	
100yds	1	A Harding	Celtic	10.3 secs
	2	M Manning	Croom	
	3	O Dalton	UCD	
220 yds	1	A Harding	Celtic	22.2 =NR
	2	O Dalton	UCD	
	3	M Manning	Croom	
440 yds	1	P Cooke	Ennis	52.6 secs
	2	G Gorman	UCD	
	3	F O Kelly	Celtic	
880 yds	1	G Gorman	UCD	1 min 56,1 secs
	2	F Downey	Phoenix	
	3	M O Reilly	Blackrock	
1 Mile	1	P Mc Ardle	Dundalk	4 min 32.4 secs
	2	J Cunningham	Metro	
	3	M Byrne	UCD	
4 miles	1	P Mc Ardle	Dundalk	19 mins 19.6 secs NR
	2	J Cregan	Croom	
	3	F Sheery	Glasslough	
Marathon	1	P Mc Cabe	West Belfast	2hr 41 min 10 secs
	2	P Reid	Mountpleasant	
	3	D Lennon	Banbridge	
120 yds Hurdles	1	JJ Whelan	St James Gate	15.7 secs
	2	JJ Gilmartin	Civil Service	
	3			
High Jump	1	M Mac Namara	Clare	5ft 10 ins
	2	F Lally	Drogheda	5ft 5 ins
	3			
Hop Step & jump	1	R O Dwyer	Ardcroom Cork	46 ft 4.5 ins
	2	J Reilly	Greencockade	44ft 11.5 ins
	3	J Higgins	Inchicore	44ft 7.5 ins
Discus	1	K Healy	St Dymphana	138 ft 2 ins
	2	M Gleeson	St James Gate	136 ft 0.5 ins
	3	J Nesbitt	Rosario Belfast	131 ft 8 ins
56 Lbs Over Bar	1	P Ruddle	Croom	13 ft 3 ins
	2	A Mc Cormack	Ballymitty	13 ft 3 ins
	3			
Inter Club Relay	1	Dublin City	De Loughrey O Riordan Hearns Brady	3 min 39,5 secs
	2	Phoenix		
Long Jump	1	F Callanan	UCD	22ft 7.5 ins
	2	J Reilly	Greencockade	21 ft 2,5 ins
	3	J Higgins	Inchicore	21ft 2 ins
Pole Vault	1	D Hyland	Carlow	11ft 7 ins
	2	P J Nolan	UCD	11ft 1 ins
	3	N Mc Davitt	Civil Service	11ft ins
16 lb Shot	1	J Duggan	Ballyglass Galway	41 ft 8 ins
	2	K Healy	St Dymphana	40 ft 7.5 ins
	3	M Brennan	Thomastown	40 ft 2.25 ins
16 Lb Hammer	1	JJ Doherty	Civil Service	146 ft 9 ins
	2	T Kelly	Civil Service	143 ft
	3	T Tynan	Ferdia Louth	137 ft
56 lbs without	1	J Duggan	Ballyglass Galway	24 ft 9.25 ins

	2 P Ruddle	Croom	24 ft 8 ins
	3 M Gleeson	St James Gate	24 ft 7 ins
Decathlon	1 Lt M O Farrell	Clonmel	4333
	2 N Mc Carvill	UCD	4262
	3 P Monaghan	Bannside	4225

SENIOR CROSS COUNTRY

1. B O Sullivan Limeric 43.47
2. W Morris Galway 44.34
3. J Cregan Limerick 44.45
4. J Houlihan Limerick 45.20
5. T Madden Galway 45.22
6. JP Mc Kenny Down 45.23

TEAMS 1. Limerick