

National Athletic & Cycling Association

1964 Championships held at Gorey 25/6 July

EVENT	POSITION	ATHLETE	CLUB	PERFORMANCE
60 yds	1	W Slattery	Herbertstown	6.5 secs
	2	L Power	Waterford	
	3	M Carroll	Dundealgan	
100 yds	1	I Moriarty	UCD	10.2 secs
	2	L Power	Waterford	
	3	M Carroll	Dundealgan	
220 yds	1	M Carroll	Dundealgan	22.4 secs
	2	I Moriarty	UCD	
	3	PJ Noonan	Raheny	
440 yds	1	I Moriarty	UCD	50.8
	2	P J Noonan	Raheny	
	3	Shane	Dowdallshall	
680 yds	1	I Hamilton	Ballymore	1 min 54.6
	2	R Clancy	Dublin City	
	3	A Ivers	St Finbarrs	
1 Mile	1	J Cummins	Collins	4 min 13.3
	2	R Hodgins	UCC	
	3	W Needham	Millstreet	
4 Miles	1	S O Sullivan	Tounfulla	19 min 21.4
	2	M Rudden	St Augustines	
	3	M Molloy	Oughterard	
Discus	1	H O Callaghan	UCC	143 ft 2.5 ins
	2	F Muleaney	UCD	139 ft 2
	3	M Quinn	Gorey	123 ft 0.5
56 Lbs Over Bar	1	T Twomey	Knocknacurra	15 ft 6 ins NR
	2	J Mahon	Bunclody	14 ft 3 ins
	3	H O Callaghan	UCC	14 ft 3 ins
56 lbs Without Follow	1	T Twomey	Knocknacurra	28 ft 4.5 ins
	2	H O Callaghan	UCC	25 ft 2.5 ins
	3	F Moody	Ballyhackett	23 ft 3 ins
Decathlon	1	D Toomey	UCD	5389
	2	L Kelleher	UCD	3941
	3	R Clancy	Dublin City	3572
Marathon	1	H Gorman	St Augustines	2 hrs 35 min 2 secs
	2	N Henry	St Mels	
	3	G Kavanagh	Inchicore	
Relay 440.220.220.800	1	St Finbarrs	Lynch Roche, O Leary. Ivers	3 min 37.6 secs
	2	Waterford		
	3	Blackrock		
120 yds Hurdles	1	M Lanigan	Kilkenny	15.3 secs
	2	J Mc Dermott	UCD	
	3	P Sheehan	Askeaton	
440 yds Hurdles	1	S Moriarty	UCD	58.2
	2	A Sheehan	Limerick	
	3	F Walsh	Waterford	
High Jump	1	P O Shea	Millstreet	6ft 1 ins
	2	B Martin	Dundealgan	6 ft
	3	M Mullett	UCD	5 ft 10 ns
Long Jump	1	S O Dwyer	UCD	22ft 7 ins
	2	W A Creedon	St Patricks	22 ft 3 ins
	3	S Daly	St Johns	21ft 9 ins

Triple Jump	1	R O Dwyer	Ardgroom	46 ft 7 ins
	2	S O Dwyer	UCD	46 ft 6 ins
	3	J Enwezor	UCD	45 ft 8.5 ins
Pole vault	1	L Gleesom	UCD	12 ft
	2	W Gaffney	Nenagh	9 ft 6 ins
	3			
Shot	1	H O Callaghan	UCC	53 ft 2 ins NR
	2	N Hegarty	Oak leaf	43ft 8.5 ins
	3	L Culleton	DMP Wexford	42 ft8 ins
Hammer	1	H O Callaghan	UCC	176 ft 3.5 ins
	2	J Keaty	Phoenix	170 ft 1 ins
	3	T J Kelly	Phoenix	164 ft 11.5 ins
Javelin	1	D Toomey	UCD	200ft
	2	L Gleeson	UCD	165 ft 9 ins
	3	H O Callaghan	UCC	162 ft 2 ins

Senior Cross Countrt

JUNIOR CROSS COUNTRY

TEAMS