

**Tipperary Senior & Masters T & F Championships
Templemore Wednesday 1st July 2009**

Senior Ladies 100m

Place	Athlete	Club	Standard
1	Angela Hogan	Borrisokane	
2	Lorraine Healy	Moyne	
3	Cliona Ryan	Borrisokane	

Senior Ladies 400m

Place	Athlete	Club	Standard
1	Cliona Ryan	Borrisokane	61.25
2	Angela Hogan	Borrisokane	64.26
3	Cheryl Stanley	Templemore	66.07

Senior Ladies 800m

Place	Athlete	Club	Standard
1	Marita Moloney	Moycarkey Coolcree	2.41
2	Lisa Healy	Moycarkey Coolcree	2.47
3	Mairead O'Connor	Dundrum	

Senior Ladies 1500m

Place	Athlete	Club	Standard
1	Margaret Danagher-Tangri	Templemore	4.58
2	Marita Moloney	Moycarkey Coolcree	6.07
3	Sharon Cantwell	Moyne	6.09

Senior Ladies 1500m Walk

Place	Athlete	Club	Standard
1	Sarah Kenny	Borrisokane	10.05
2	Julie McGrath	Templemore	12.32
3	Mairead O Connor	Dundrum	13.48

Ladies Senior High Jump

Place	Athlete	Club	Standard
1	Lisa Healy	Moycarkey Coolcree	1.20
2	Marita Moloney	Moycarkey Coolcree	1.15

3	Sharon Cantwell	Moyne	1.10
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Senior Ladies Long Jump

Place	Athlete	Club	Standard
1	Lorraine Healy	Moyne	4.38
2	Marita Moloney	Moycarkey Coolcroe	3.95
3	Lisa Healy	Moycarkey Coolcroe	3.86
4	Sharon Cantwell	Moyne	3.65
5	Mairead O'Connor	Dundrum	2.89
6	Roisin Ryan	Thurles Crokes	2.82

Senior Ladies Shot

Place	Athlete	Club	Standard
1	Jackie Moriarty	Templemore	8.00
2	Mairead O'Connor	Dundrum	6.21
3	Marita Moloney	Moycarkey Coolcroe	5.59

Senior Ladies Javelin

Place	Athlete	Club	Standard
1	Jackie Moriarty	Templemore	22.87
2	Sarah Kenny	Borrisokane	21.10
3	Mairead O'Connor	Dundrum	9.00

Ladies Over 40 100m

Place	Athlete	Club	Standard
1	Grainne Carey	Newport	

Ladies Over 40 Long Jump

Place	Athlete	Club	Standard
1	Grainne Carey	Newport	3.57

Ladies Over 40 Shot

Place	Athlete	Club	Standard
1	Grainne Carey	Newport	8.09

Ladies Over 45 100m

Place	Athlete	Club	Standard
1	Liz Power	Moyne	
Ladies Over 45 800m			
Place	Athlete	Club	Standard
1	Liz Power	Moyne	3.29
Ladies Over 45 3000m			
Place	Athlete	Club	Standard
1	Liz Power	Moyne	14.50
Senior Men 100m			
Place	Athlete	Club	Standard
1	Aaron Archer	Templemore	
2	Sonny Dwyer	Templemore	
3	Joe Barry	Templemore	
Senior Men 400m			
Place	Athlete	Club	Standard
1	Sonny Dwyer	Templemore	59.16
2	William Crone	Moyne	59.44
3	Paddy Doyle	Moyne	64.36
4	Declan Doherty	Thurles Crokes	65.08
5	Michael Mockler	Moycarkey Coolcree	67.25
Senior Men 800m			
Place	Athlete	Club	Standard
1	Sean McGrath	Dundrum	2.25.26
2	Henry Cummins	Moyne	2.34.97
3	Damien McDonnell	Moyne	2.36.04
Senior Men 1500m			
Place	Athlete	Club	Standard
1	James Maher	Templemore	4.33
2	Kevin Moore	Dundrum	4.34
3	Denis Shanahan	Thurles Crokes	4.35
4	David Quigley	Coolquill	

5	Pat Ryan	Dundrum	
6	Billy Phillips	Thurles Crokes	
7	Con Corbett	Thurles Crokes	

Senior Men 5000m

Place	Athlete	Club	Standard
1	Shane Mullally	Thurles Crokes	15.44
2	Tony Fogarty	Thurles Crokes	16.19
3	Vincent Molumby	Thurles Crokes	16.40

Senior Mens 3k Walk

Place	Athlete	Club	Standard
1	Ross Alexander	Coolquill	14.49
2	Martin O'Brien	Templemore	20.37
3	Jim McDonnell	Coolquill	22.11

Senior Mens High Jump

Place	Athlete	Club	Standard
1	Ross Alexander	Coolquill	1.35
2	Pat Ryan	Dundrum	1.35
3	Paddy Doyle	Moyne	1.25

Senior Men Long Jump

Place	Athlete	Club	Standard
1	Sonny Dwyer	Templemore	4.72
2	Kevin Moore	Dundrum	4.62
3	Sean McGrath	Dundrum	4.56
4	Damien Healy	Moycarkey Coolcroe	3.98
5	David Quigley	Coolquill	3.72

Senior Mens Shot

Place	Athlete	Club	Standard
1	Tadhg Dwyer	Templemore	11.93
2	Damien Healy	Moycarkey Coolcroe	8.15
3	Sonny Dwyer	Templemore	7.07

Senior Men Javelin

Place	Athlete	Club	Standard
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1	Brendan Healy	Moycarkey Coolcroe	30.85
2	Sonny Dwyer	Templemore	26.48
3	Damien Healy	Moycarkey Coolcroe	21.30

Senior Men 4 x 100m Relays

Place	Athlete	Club	Standard
1		Templemore	50.62
2		Moyne	51.70
3		Moycarkey Coolcroe	54.05
4		Thurles Crokes	54.63

Senior Men Medley Relay

Place	Athlete	Club	Standard
1		Templemore	4.13
2		Dundrum	4.23
3		Moyne	4.25
4		Coolquill	4.26
5		Thurles Crokes	4.27

Novice Men 5000m

Place	Athlete	Club	Standard
1	Vincent Molumby	Thurles Crokes	16.40
2	Damien McDonnell	Moyne	20.23
3	Francis Hogan	Templemore	21.37

Men Over 35 100m

Place	Athlete	Club	Standard
1	David Keneally	Thurles Crokes	
2	Austin Ryan	Thurles Crokes	

Men Over 35 800m

Place	Athlete	Club	Standard
1	Billy Phillips	Thurles Crokes	2.10.42
2	Declan Doherty	Thurles Crokes	2.31.35
3	Jim McDonnell	Coolquill	

Men Over 35 5000m

Place	Athlete	Club	Standard
1	Kenny Curran	Ballynonty	16.47

Men Over 35 Shot

Place	Athlete	Club	Standard
1	Declan Doherty	Thurles Crokes	6.17
2	Austin Ryan	Thurles Crokes	5.43

Men Over 35 Javelin

Place	Athlete	Club	Standard
1	Kenny Curran	Ballynonty	20.12

Men Over 40 100m

Place	Athlete	Club	Standard
1	Sean Everard	Moyne	
2	Paddy Doyle	Moyne	
3	Jim Ryan	Moycarkey Coolcree	

Men Over 40 800m

Place	Athlete	Club	Standard
1	Pat Ryan	Dundrum	2.17.41
2	Kevin Finn	Nenagh Olympic	2.18.45
3	John Hogan	Moyne	2.19.62

Men Over 40 5000m

Place	Athlete	Club	Standard
1	Tadhg Vaughan	Coolquill	18.06

Men Over 40 Long Jump

Place	Athlete	Club	Standard
1	Pat Ryan	Dundrum	4.73
2	Jim Ryan	Moycarkey Coolcree	4.13
3	Tadhg Dwyer	Templemore	3.54

Men Over 40 Shot

Place	Athlete	Club	Standard
1	Michael Mockler	Moycarkey Coolcroo	8.05
2	Jim Ryan	Moycarkey Coolcroo	7.46
3	Pat Bracken	Thurles Crokes	5.98

Men Over 40 Javelin

Place	Athlete	Club	Standard
1	Tadhg Dwyer	Templemore	29.75

Men Over 45 100m

Place	Athlete	Club	Standard
1	Edward Hayes	Moyne	
2	Con Corbett	Thurles Crokes	
3	Jim Cummins	Moyne	

Men Over 45 800m

Place	Athlete	Club	Standard
1	Michael Moore	Dundrum	2.26.62
2	Con Corbett	Thurles Crokes	
3	Ray Power	Moyne	

Men Over 45 5000m

Place	Athlete	Club	Standard
1	Michael Moore	Dundrum	17.37
2	Con Corbett	Thurles Crokes	20.15
3	Ray Power	Moyne	23.45

Men Over 45 Long Jump

Place	Athlete	Club	Standard
1	Edward Hayes	Moyne	4.19

Men Over 45 Shot

Place	Athlete	Club	Standard
1	Edward Hayes	Moyne	9.38

Men Over 45 Javelin

Place	Athlete	Club	Standard
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1	Michael Moore	Dundrum	17.00
Men Over 50 100m			
Place	Athlete	Club	Standard
1	Brendan Healy	Moycarkey Coolcroo	
2	Martin Ivors	Coolquill	
3	Jack Alexander	Coolquill	
Men Over 50 800m			
Place	Athlete	Club	Standard
1	Jack Alexander	Coolquill	2.48
2	Martin Ivors	Coolquill	2.55
Men Over 50 5000m			
Place	Athlete	Club	Standard
1	Mick Delahunty	Templemore	19.55
2	Jack Alexander	Coolquill	21.06
Men Over 50 Long Jump			
Place	Athlete	Club	Standard
1	Jack Alexander	Coolquill	3.77
2	Martin Ivors	Coolquill	3.57
3	Brendan Healy	Moycarkey Coolcroo	3.31
Men Over 50 Shot			
Place	Athlete	Club	Standard
1	Brendan Healy	Moycarkey Coolcroo	9.07
2	Jack Alexander	Coolquill	6.96
3	Martin Ivors	Coolquill	6.52
Men Over 55 100m			
Place	Athlete	Club	Standard
1	Martin O'Brien	Templemore	
Men Over 55 800m			
Place	Athlete	Club	Standard

1	Matt Alexander	Coolquill	2.46
2	Martin O'Brien	Templemore	3.00
Men Over 55 5000m			
Place	Athlete	Club	Standard
1	Matt Alexander	Coolquill	18.48
2	Leslie Smyth	Coolquill	19.51
3	Bobby Farrell	Thurles Crokes	22.21
Men Over 55 Shot			
Place	Athlete	Club	Standard
1	Joe Moloney	Moycarkey Coolcree	8.28
2	Martin O'Brien	Templemore	5.90
Men Over 55 Javelin			
Place	Athlete	Club	Standard
1	Martin O'Brien	Templemore	20.86
Men Over 60 100m			
Place	Athlete	Club	Standard
1	Bernie O'Neill	Carrick on Suir	
2	Joe Grinsell	Clonmel	
Men Over 60 800m			
Place	Athlete	Club	Standard
1	Joe Grinsell	Clonmel	2.56
2	Eddie Cahalane	Coolquill	3.03
Men Over 60 5000m			
Place	Athlete	Club	Standard
1	Paddy Dolan	Clonmel	27.18
Men Over 60 Long Jump			
Place	Athlete	Club	Standard
1	Bernie O'Neill	Carrick on Suir	3.72

Men Over 60 Shot

Place	Athlete	Club	Standard
1	Bernie O'Neill	Carrick on Suir	8.24

Men Over 60 Javelin

Place	Athlete	Club	Standard
1	Bernie O'Neill	Carrick on Suir	16.85

Men Over 75 100m

Place	Athlete	Club	Standard
1	Michael O'Beirne	Dundrum	

Men Over 75 Long Jump

Place	Athlete	Club	Standard
1	Michael O'Beirne	Dundrum	2.06

Men Over 75 Shot

Place	Athlete	Club	Standard
1	Michael O'Beirne	Dundrum	6.49

Men Over 75 Javelin

Place	Athlete	Club	Standard
1	Michael O'Beirne	Dundrum	17.00