

**NIA Live Athletics Meeting****23<sup>rd</sup> November 2017****Mile**

1 Paul Martin	Brothers Pearse AC	4.44.79
2 Rory Morrissey	Mountmellick AC	4.46.98
3 Jack Raftery	Donore Harrers AC	4.52.61
4 Niall Fergus	North East Runners AC	4.52.74
5 David Daly	Skerries AC	4.57.91
6 Robert Miller	Ballyfin AC	5.00.04
7 Martin Keenan	Sportsworld	5.13.54
8 Greta Streimikyte	Clonliffe Harriers AC	5.16.10
9 Michael McCoy	MCI	5.25.88
10 Catherine Mulleady	Sportsworld AC	5.52.10
11 Roberto Romano	Bosrun	6.05.08
12 Eamon Mac Fhionnlaoich	Pulse Tri Club	6.10.22

**200m Race 1**

1 Mark Varley	Dooneen AC	22.80
2 Cathal Locke	Dooneen AC	23.13
3 Aidan Darcy	Tallaght AC	23.84
4 Niall Flanagan	Cushinstown AC	24.38
5 Diarmuid McCorry	Annallee AC	24.60

**200m Race 2**

1 Simon Everard	Crusaders AC	24.60
2 Daniel Whittaker	Naas AC	25.22
3 John O Loughlin	Crusaders AC	26.29

4 John Caird	Crusaders AC	26.89
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5 Simon Smith	Raheny Shamrocks AC	29.51
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### **200m Race 3**

1 Lily-Ann O'Hora	Dooneen AC	26.11
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2 Tim Farmer	Naas AC	26.13
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3 Ronan Gately	DSDAC	26.70
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4 Jason Smith	Raheny Shamrocks AC	27.24
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5 Vincent Hoey		DNF
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### **200m Race 4**

1 Roisin Bell	Dunboyne AC	30.47
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2 Thomas Clinton	Navan AC	31.15
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3 Emma Dennis	Lusk AC	31.57
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4 Kate Harrison	Moyne AC	31.61
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### **800m**

1 Cathal Locke	Dooneen AC	2.08.52
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2 Jack Raftery	Donore Harrers AC	2.12.23
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3 Susie Neston	Nenagh Olympic AC	2.35.67
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4 Simon Smyth	Raheny Shamrocks AC	2.44.36
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5 Iveta Adamova	MSBAC	2.51.34
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### **3000m Race 1**

1 Darragh Greene	Dunleer AC	8.46.49
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2 Martin Spten	St. Coco's AC	10.22.16
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3 Colin O'Neill	St. Coco's AC	10.52.86
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4 Caragh Hayes	Le Cheile AC	11.28.49
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5 John Rogers	Wheelworx	12.15.61
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**3000m Race 2**

1 Fergus Meade	East Cork AC	9.01.81
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2 Conall Hayes	Le Cheile AC	9.03.64
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3 Emma Mitchell	QUBAC	9.04.21
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4 Catteau Louis	DUHAC	9.06.02
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5 Aaron Mangan	Tullamore AC	9.13.26
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6 Kevin Thompson	Skerries AC	9.46.64
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7 James Dunne	Tullamore AC	9.47.27
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8 Ian O Reilly	Brothers Pearse AC	9.51.94
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9 Cian Martin	Tullamore AC	10.21.66
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**Shot Putt**

1 Shane Aston (6KG)	Trim AC	13.71m
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2 Nicole Dowling (4KG)	St. Abban's AC	10.20m
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3 Emma Dennis (4KG)	Lusk AC	7.34m
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