

Letterkenny AC Sub 4 Minute Mile Challenge Event

International Programme Full Results

Event : 100m Men		WIND -1.4	
	Name	Club	Track Time
1	Richard Kilty	England	10.51
2	Dean Adams	Ballymena & Antrim AC	10.94
3	Luke Lennon Ford	England	11.09
4	Jonathan Browning	Ballymena & Antrim AC	11.17
5	Keith Pike	Clonliffe Harriers	11.28
6	David O'Shea	Dooneen AC	11.44
7	Isreal Ibeanu	Clonliffe Harriers	11.52

Event : 200m Women			
	Name	Club	Track Time
1	Sarah Lavin	Emerald AC	24.69
2	Laura Ann Costello	Galway City Harriers	25.58
3	Kelly Proper	Ferrybank AC	25.61
4	Louise Holmes	Kilkenny City Harriers	25.83
5	Jenny O'Brien	City of Derry AC	27.10

Event : 400m Men			
	Name	Club	Track Time
1	Jason Harvey	Crusaders AC	47.15
2	Luke Lennon Ford	England	47.15
3	Dara Kervick	Carrick on Suir AC	48.20
4	Richard Kilty	England	48.58
5	Curtis Woods	Lagan Valley AC	48.66
6	Ben Maze	Lagan Valley AC	49.06
7	Eoin Mulhall	Crusaders AC	49.27
8	John Houston	Ballymena & Antrim AC	51.71

Event : 800M Women

	Name	Club	Track Time
1	Laura Crowe	Riocht AC	2.04.30
2	Rachael O'Shea	West Muskerry AC	2.11.49
3	Emma Mitchell	Banbridge AC	2.25.98

Event : 800m Men

	Name	Club	Track Time
1	Mark English	UCD AC	1.50.96
2	Shane Fitzsimons	Mullingar Harriers	1.52.17
3	Kris Valters	Clonliffe Harriers	1.53.36
4	Patrick Hamilton	City of Derry AC	1.53.93
5	Darragh Lynch	Ennis Track Club	1.54.10
6	Mark Hoy	Finn Valley AC	1.54.41
7	Mark Patterson	North Down AC	1.54.75
8	Darragh Greene	Dunleer AC	1.55.30
9	Mark McDonald	Clonliffe Harriers	1.58.66

Event : Mile Men

	Name	Club	Track Time
1	Sawe Joathan Kiplimo	Kenya	4.02.16
2	Maiyo Hillary Kipkorir	Kenya	4.02.91
3	Jeroen D'Hoedt	Belgium	4.03.27
4	Conor Bradley	City of Derry AC	4.04.22
5	Eoin Everard	Kilkenny City Harriers	4.04.24
6	Darren McBrearty	Letterkenny AC	4.06.29
7	Danny Mooney	Letterkenny AC	4.07.40
8	Mark Hanrahan	Leevale AC	4.08.45
9	Ruairi Finnegan	Letterkenny AC	4.10.35
10	James Tartt	England	4.10.81
11	Joe Warne	Doheny AC	4.11.11
12	Anthony Whiteman	England	4.12.28

Event : 3000m Men

	Name	Club	Track Time
1	Michael Mulhare	Portlaoise AC	8.18.92
2	John Travers	Donore Harriers	8.21.40
3	Gary Thornton	Galway City Harriers	8.21.70
4	Mark Kenneally	Clonliffe Harriers	8.26.27
5	Fredy Keron Sittuk	Kenya	8.28.40
6	Ciaran Doherty	Letterkenny AC	8.35.31
7	Aaron Hanlon	Clonliffe Harriers	8.37.57
8	David Fitzmaurice	Clonliffe Harriers	8.46.24
9	Keith Shiels	Foyle Valley AC	8.47.82
10	Robert Corbally	D.S.D	8.54.25

Event : 3000m Mixed

	Name	Club	Track Time
1	Roger Barrett	Ballina AC	8.46.26
2	Edgars Sumskis	Clonliffe Harriers	8.46.47
3	Scott Rankin	Foyle Valley AC	8.48.28
4	Michael Maher	Ennis Track Club	8.48.31
5	Fionnuala Britton	Sli Cualann AC	8.55.89
6	Emmett McGinty	City of Derry AC	8.57.03
7	Peter Gibbons	Letterkenny AC	9.01.38
8	Teresa McGloin	Finn Valley AC	10.12.19

Event: Shot Putt Men Senior (7.26kg)

	Name	Club	Best
1	Kim Christensen	Denmark	18.43
2	Daniel Stahl	Sweden	18.23
3	Tomas Rautkys	Clonliffe Harriers	16.57
4	Sean Breathnach	Galway City Harriers	15.85
5	Jeremy Worth	Letterkenny AC	10.05

Event: Shot Putt Men U-18 (5kg)

	Name	Club	Best
1	John Kelly	Finn Valley AC	18.26

Event: Shot Putt Women Senior (4kg)			
	Name	Club	Best
1	Niamh Murphy	Blarney/Inniscara AC	12.90
2	Kelly Proper	Ferrybank AC	10.20
3	Isabella Breslin	Lifford AC	8.22
Event: Shot Putt Women U-18 (4kg)			
	Name	Club	Best
1	Fiona Tuite	Fingallians AC	13.62
2	Lisa Gibson	Letterkenny AC	10.12

Event: Javelin Men			
	Name	Club	Best
1	Daniel Mullan	Strabane Track Club	54.00
2	Sean McBride	Strabane Track Club	50.89
3	Damian Crawford	Strabane Track Club	49.67
4	Seán Breathnach	Galway City Harriers	46.30
5	Tom Rafferty	Tullamore Harriers	41.66
6	Kourosh Foroughi	Star of the Sea AC	38.76
7	Sean Lorinyenko	Tir Chonaill AC	28.03

Event: Long Jump Women			
	Name	Club	Best
1	Kelly Proper	Ferrybank AC	6.03
2	Linzi Herron	City of Lisburn AC	6.01
3	Mary McLoone	Tir Chonaill AC	5.96

Event: High Jump Men			
	Name	Club	Best
1	Kourosh Foroughi	Star of the Sea AC	2.00
2	Barry Quigg	Sliabh Liag AC	1.85
3	Shane Aston	Trim AC	1.75