

## Irish Athletics National Champions

Below is the Roll of Honour of Irish Champions from the early 1960's to the present day. The first Irish Championships took place in 1873 and the search is now on to have all our great Champions remembered and acknowledged on this site.

From 1873-1884 the Championships were held under the auspices of the Irish Champion Athletic Club (ICAC) and from 1884-1922 they were held under the auspices of both the GAA the IAAA's. From 1922 to 1936 they were organised by the NACAI and from 1937 until 1967 the AAU (Official IAAF recognised body) and the NACAI organised Championships. From 1967 until 1999 both BLE (Official IAAF recognised body) and NACAI organised Championships and from 2000 to the present only one Irish Championship has been held under the auspices of the Athletics Association of Ireland.

We are also keen to have the Roll of Honour for the Junior and U-23 Championships so all budding researchers are invited to contribute what they can for these Championships.

If you can provide any further results, corrections, additions etc please forward them to Pierce O'Callaghan at [pierce.ocallaghan@european-athletics.org](mailto:pierce.ocallaghan@european-athletics.org)

**Venues:** Morton Stadium, Santry, 1991 Belfield 1992-93, Morton Stadium, Santry 1994-

### MEN

60 Yards		
1967	Iggy O'Muircheartaigh	6.4
1968	Brendan O'Regan	6.4
	Discontinued	

<b>100 Yards</b>		<b>220 Yards</b>		<b>440 Yards</b>		
1963	Victor Maniac POL	9.9	Victor Manning	22.4	Jimmy Linnane	49.4
1964	W. Kinlan	10.0	W. Kinlan	22.2	Jimmy Linnane	48.9
1965	D. Kennedy	10.1	J. Jordan	23.0	Derek McCleane	48.8
1966	B. Whitney	10.2	D. Coburn	23.7	Noel Carroll	48.2
1967	Iggy O'Muircheartaigh	9.8	Iggy O'Muircheartaigh	22.6	Noel Carroll	48.0
1968	Brendan O'Regan	9.9	Brendan O'Regan	21.8	Noel Carroll	48.4
<b>100 Metres</b>		<b>200 Metres</b>		<b>400 Metres</b>		
1969	Vincent Becker	10.9	Brendan O'Regan	22.1	Fanahan McSweeney	48.3
1970	Brendan O'Regan	10.9	Brendan O'Regan	21.4	Fanahan McSweeney	48.6
1971	Vincent Becker	10.8	Joe Kirwan	22.0	John Dillon	48.5
1972	Frank Walley	11.0	Fanahan McSweeney	21.5	Fanahan McSweeney	47.8
1973	Frank Walley	10.9	Frank Walley	22.1	Denis O'Connell	49.0
1974	Dermot Browne	10.8	Fanahan McSweeney	22.5	Tim Crowe	47.6
1975	Ciaran Coakley	11.2	Tim Crowe	21.8	Tim Crowe	48.0
1976	Pat Fallon	11.3	Joe Ryan	22.4	Denis O'Connell	50.1
1977	Joe Ryan	11.03	Joe Ryan	21.65	Fanahan McSweeney	47.9
1978	Coleman O'Flaherty	10.74	Joe Ryan	22.17	Tim Crowe	48.89
1979	Alan Fawcett	10.87	Alan Fawcett	21.70	Fanahan McSweeney	48.93
1980	Pat Flanagan	11.28	Joe Ryan	21.77	Gerry Delaney	47.94
1981	Kieran Finn	10.86	Michael Kiernan	21.48	Brian Dunne	48.25
1982	Gerry Delaney	11.00	Gerry Delaney	22.10	Ken Thompson	48.17
1983	Derek O'Connor	10.80	Derek O'Connor	21.25	Gerry Delaney	47.8
1984	Derek O'Connor	10.67	Derek O'Connor	21.06	Gerry Delaney	46.92

1985	Derek O'Connor	10.86	Derek O'Connor	20.95	Kieran Finn	47.40
1986	Phil Snoddy	10.85	Phil Snoddy	21.42	Gerry Delaney	47.45
1987	Phil Snoddy	10.95	Phil Snoddy	21.29	Kieran Finn	47.22
1988	Phil Snoddy	10.55w	Phil Snoddy	20.50w	Gerry Delaney	46.85
1989	Darren Haddock	11.14	Gerry Delaney	22.37	Brendan Murphy	47.88
1990	Barry Martin	10.84	Barry Martin	21.41	Brendan Murphy	47.63
1991	Carlton Haddock	10.91	Barry Martin	21.69	Peter Sinclair	47.34
1992	Neil Ryan	10.67w	Mark Allen	21.78	Stephen Newman	48.04
1993	Kieran Finn	10.48w	Kieran Finn	21.42w	Sean McAteer	48.07
1994	Jeff Pamplin	10.94	Tom McGuirk	21.58	Sean McAteer	47.17
1995	Ian Craig	10.67	Mark Allen	21.35	Stephen Newman	47.93
1996	Neil Ryan	10.74	Gary Ryan	21.10	Eugene Farrell	47.56
1997	Neil Ryan	10.53	Gary Ryan	21.02	Brian Forbes	47.06
1998	Neil Ryan	10.79	Gary Ryan	20.88	Brian Forbes	47.72
1999	Gary Ryan	10.45	Gary Ryan	21.21	Paul McBurney	47.09
2000	Gary Ryan	10.55	Paul Brizzel	20.73	Tomas Coman	46.56
2001	John McAdorey	10.55	Mark Howard	21.56	Tomas Coman	45.99
2002	Gary Ryan	10.56	Paul Brizzel	20.59	Paul McKee	45.58
2003	Gary Ryan	10.29w	Paul Brizzel	21.01	Paul McKee	46.43
2004	Paul Brizzel	10.56w	Paul Hession	21.43	Tomas Coman	45.91
2005	Gary Ryan	10.37w	Paul Brizzel	21.08	Tomas Coman	46.48
2006	Darragh Graham	10.91	Paul Brizzel	21.33	David Gillick	45.67
2007	Paul Hession	10.45	Paul Hession	20.30	David Gillick	46.34

<b>880 Yards</b>		<b>1 Mile</b>		<b>3 Miles</b>		
1963	Basil Clifford	1:49.2	John McDonnell	4:14.9	Tom O'Riordan	13:32.4
1964	Derek McCleane	1:50.5	Tom O'Riordan	4:08.6	Jim McNamara	14:04.4
1965	Derek McCleane	1:51.9	Paud Lavelle	4:23.2	Jim McNamara	13:56.2
1966	Derek McCleane	1:50.8	Frank Murphy	4:09.2	Tom O'Riordan	13:47.6
1967	Noel Carroll	1:50.9	Frank Murphy	4:09.4	Jim McNamara	13:56.8
1968	Noel Carroll	1:48.5	Michael Geraghty	4:09.7	Tom O'Riordan	13:38.6
<b>800 Metres</b>		<b>1500 Metres</b>		<b>5000 Metres</b>		
1969	Junior Cummins	1:50.9	Frank Murphy	3:49.8	Tom O'Riordan	14:17.2
1970	Frank Murphy	1:48.9	Frank Murphy	3:50.4	Tom O'Riordan	14:10.2
1971	Noel Carroll	1:50.3	Frank Murphy	3:46.4	Neil Cusack	14:24.2
1972	Frank Murphy	1:50.6	John Dooley	3:51.5	Mike Keogh	14:23.4
1973	Noel Carroll	1:51.1	John Hartnett	3:45.9	Pat O'Riordan	14:26.0
1974	Eamonn Coghlan	1:50.2	Denis Noonan	3:53.3	Tom Gregan	14:25.8
1975	Niall O'Shaughnessy	1:49.7	Jerry Kiernan	3:47.2	Joe Scanlon	14:08.4
1976	Frank Murphy	1:54.2	Eamonn Coghlan	3:46.4	Gerry Deegan	14:32.4
1977	Noel Carroll	1:52.35	Ray Flynn	3:47.8	Eamonn Coghlan	14:04.5
1978	Peter Markey	1:53.9a	Eamonn Coghlan	3:40.8a	John Treacy	13:50.3a
1979	Eamonn Coghlan	1:50.6a	Eamonn Coghlan	3:43.5a	Gerry Deegan	13:54.8a
1980	Eamonn Coghlan	1:48.5a	Eamonn Coghlan	3:39.2a	John Treacy	13:21.93
1981	Eamonn Coghlan	1:48.58	Eamonn Coghlan	3:38.60	John Treacy	13:47.18
1982	Roddy Gaynor	1:50.80	David Taylor	3:45.22	Ray Flynn	13:51.12
1983	Eamonn Coghlan	1:48.24	Frank O'Mara	3:44.11	John Treacy	13:46.27
1984	Ian Marron	1:49.10	Marcus O'Sullivan	3:43.91	John Treacy	13:33.59
1985	Marcus O'Sullivan	1:48.21	Ray Flynn	3:41.16	Mick O'Shea	14:04.95
1986	Marcus O'Sullivan	1:48.32	Frank O'Mara	3:43.55	David Taylor	13:50.91
1987	Tommy Maloney	1:51.53	David Taylor	3:47.94	Gerry Curtis	14:08.47

1988	Mark Kirk	1:50.82	Frank O'Mara	3:47.27	John Doherty	13:43.29
1989	Marcus O'Sullivan	1:50.33	Gerry O'Reilly	3:43.02	Seamus Hynes	14:19.14
1990	P.J. O'Rourke	1:51.39	Tony Spellman	3:46.89	Paul Donovan	14:00.62
1991	Davey Wilson	1:48.34	Frank O'Mara	3:41.21	Seamus Power	14:02.94
1992	Marcus O'Sullivan	1:49.90	Garrett Barry	3:47.30	Noel Richardson	14:08.14
1993	P.J. O'Rourke	1:53.61	Niall Bruton	3:50.93	Paul Donovan	14:36.95
1994	David Matthews	1:49.81	Niall Bruton	3:42.27	Cormac Finnerty	13:50.66
1995	David Matthews	1:47.93	Mark Carroll	3:39.67	Frank O'Mara	13:45.79
1996	David Matthews	1:48.10	Niall Bruton	3:41.68	John Daly	14:34.82
1997	David Matthews	1:47.62	Niall Bruton	3:42.77	Seamus Power	14:07.0
1998	James Nolan	1:47.75	James McIlroy	3:49.83	Martin McCarthy	14:02.43
1999	Gareth Turnbull	1:48.57	Mark Carroll	3:46.20	Mark Carroll	14:07.90
2000	James Nolan	1:46.83	Ken Nason	3:52.27	Mark Carroll	13:55.76
2001	Daniel Caulfield	1:48.28	James Nolan	3:44.41	Mark Carroll	13:48.26
2002	David Kelly	1:49.31	Mark Carroll	3:45.90	Mark Carroll	13:43.68
2003	Daniel Caulfield	1:48.99	Gareth Turnbull	3:40.32	Cathal Lombard	13:51.33
2004	James Nolan	1:52.64	Alistair Cragg	3:44.37	Mark Carroll	13:51.67
2005	Ciaran O'Connell	1:50.73	Gary Murray	3:47.57	Martin Fagan	14:11.44
2006	Thomas Chamney	1:48.71	Liam Reale	3:43.26	Gary Murray	14:14.21
2007	David Campbell	1:49.45	David Campbell	3:45.21	Martin Fagan	13:56.13

### 10 Kilometres (Road)

2000	Gerry Ryan	29:58
2001	Gerry Ryan	30:19
2002	Gerry Ryan	30:29

2003	Gerry Ryan	30:27
2004	Patrick Byrne	30:46
2005	Paul McNamara	30:56
2006	Paul McNamara	30:08
2007	Alan O'Shea	30:54

10,000 Metres		Half Marathon		Marathon	
1963	Bertie Messitt	???y	-	-	???
1964	???	???y	-	-	Jim McNamara
1965	Jim McNamara	29:10.0y	-	-	Jim McNamara
1966	Jim McNamara	29:16.0y	-	-	Jim McNamara
1967	???	???y	-	-	Willie Dunne
1968	Matt Murphy	28:48.0y	-	-	Mick Molloy
1969	Denis Quinlan	30:11.8	-	-	Mick Molloy
1970	Donal Walsh	29:43.4	-	-	Danny McDaid
1971	Donal Walsh	29:34.2	-	-	Paddy Coyle
1972	John Hartnett	29:02.4	-	-	Donal Walsh
1973	Donal Walsh	29:32.2	-	-	Brendan O'Shea
1974	Donal Walsh	30:36.2	-	-	Danny McDaid
1975	Donal Walsh	31:02.4	-	-	Richard Hodgins
1976	Pat Murphy	30:51.0	-	-	Danny McDaid
1977	Neil Cusack	29:07.0	-	-	Des McGann
1978	Louis Kenny	29:55.2a	-	-	Dick Hooper
1979	Ray Treacy	30:01.0a	-	-	Pat Hooper
1980	Neil Cusack	29:39.0a	-	-	Dick Hooper
1981	Jerry Kiernan	28:55.9	-	-	Dick Hooper

1982	John Woods	28:30.64	-	-	Dick Hooper	2:12:56
1983	Gerry Deegan	29:20.87	-	-	Danny McDaid	2:19:09
1984	John Woods	29:02.90	-	-	Dick Hooper	2:14:39
1985	John Treacy	28:59.73	-	-	John O'Toole	2:24:06
1986	Robert Costelloe	29:16.96	-	-	Kingston Mills	2:15:58
1987	John Treacy	28:17.09	-	-	Pat Heffernan	2:23:28
1988	Gerry Curtis	28:49.26	-	-	John Woods	2:11:30
1989	Richard Mulligan	30:14.09	Roy Dooney	1:04:50	John Griffin	2:18:49
1990	Richard Mulligan	30:06.52	John Lenihan	1:05:42	Ray Dooney	2:16:07
1991	Noel Richardson	29:29.12	John Griffin	1:04:18	Tommy Hughes	2:14:46
1992	Gerry McGrath	30:21.70	Noel Berkeley	1:04:05	Jerry Kiernan	2:17:19
1993	Noel Berkeley	29:23.20	John Griffin	1:05:38	Seamus O'Donnell	2:23:38
1994	Noel Berkeley	29:22.52	John Griffin	1:05:06	Eamonn Tierney	2:27:30
1995	Noel Berkeley	29:55.57	Gerry McGrath	1:06:10	Richard Mulligan	2:27:11
1996	Sean Dollman	29:17.49	Jamie Lewis	1:07:36	Seamus O'Donnell	2:25:41
1997	Noel Berkeley	29:57.44	Tom McGrath	1:06:17	Seamus O'Donnell	2:29:08
1998	Noel Berkeley	29:56.65	Gerry McGrath	1:09:11	Dick Hooper	2:22:08
1999	Noel Berkeley	29:16.66	Gerry Healy	1:06:03	Gerry Healy	2:18:06
2000	Seamus Power	28:54.61	Pauric McKinney	1:07:52	Gerry Healy	2:21:28
2001	Peter Matthews	29:19.08	Vinny Mulvey	1:07:50	Pauric McKinney	2:25:42
2002	Seamus Power	29:37.92	Garry Crossan	1:07:42	Gary Crossan	2:24:19
2003	Tom Carey	31:08.91	Cian McLoughlin	1:06:14	Gary Crossan	2:20:26
2004	Joe McAlister	29:46.59	Seamus Power	1:03:20	Gary Crossan	2:24:07
2005	Joe McAlister	30:18.80	Gerry Ryan	1:04:05*	Gary Crossan	2:23:19
2006	Vinny Mulvey	29:58.35	Joe McAllister	1:06:04	Cian McLoughlin	2:22:37
2007	Gary Thornton	29:57.06	Tergia Sergio	1:09:05	Michael O'Connor	2:25:48

y - 6 miles, \* - short course

3000 Metres Steeplechase			120 Yards Hurdles		440 Yards Hurdles	
1963	???	???	L. McAteer	16.4	D. White	58.0
1964	Jim McNamara	9:42.8	Eddie Thornton	15.6	Eddie Thornton	58.4
1965	???	???	Kevin Byrne	18.3	A. Shillington	57.6
1966	???	???	R. Miller	16.5	F. O'Cuinneagain	58.2
1967	John Cregan	9:41.0	Tony Moloney	15.1	Tony Moloney	56.0
1968	Tony Murphy	9:24.4	Paul Griffin	15.6	Sean O'Muircheartaigh	55.5
3000 Metres Steeplechase			110 Metres Hurdles		400 Metres Hurdles	
1969	Des McCormack	9:22.2	Paul Griffin	15.5	Sean O'Muircheartaigh	54.7
1970	Des McCormack	9:10.8	Liam Spooner	15.9	John McDermot	55.3
1971	Pat O'Riordan	9:00.4	John Fisher	16.0	John Dillon	53.7
1972	Ed Leddy	9:01.4	Shay Fitzpatrick	16.0	John Dillon	55.0
1973	Finbarr Long	8:57.8	Shay Fitzpatrick	15.6	Tim Crowe	54.9
1974	Phil English	9:13.4	Brendan Curtin	15.5	Tim Crowe	55.2
1975	Ray McBride	8:58.4	Lindsay Pennycook	16.0	John Dillon	54.7
1976	Finbarr Long	9:07.8	Seamas Power	15.9	Tim Crowe	55.0
1977	Gerry Deegan	8:48.9	Seamas Power	15.65	John McGing	53.49
1978	Liam O'Brien	9:07.5a	John Fortune	16.09	John McGing	55.45
1979	Liam O'Brien	8:52.6a	David Kelly	14.84	Kevin Currid	54.3
1980	Liam O'Brien	8:41.5a	Robert Miller	15.31	Kevin Currid	53.22
1981	Liam O'Brien	8:48.9	Carson Porteous	14.73w	Kevin Currid	52.41
1982	Brendan Quinn	8:38.61	Carson Porteous	14.65	Phil Beattie	52.47
1983	Liam O'Brien	8:39.65	Robert Miller	15.93	Kevin Currid	51.96
1984	Liam O'Brien	8:33.48	Ciaran McDunphy	14.92	J.J. Barry	51.56
1985	Brendan Quinn	8:32.80	Ciaran McDunphy	14.77	Ciaran McDunphy	52.57



1986	Liam O'Brien	8:56.02	T.J. Kearns	14.74	J.J. Barry	52.05
1987	Liam O'Brien	8:51.07	T.J. Kearns	14.64	J.J. Barry	52.45
1988	Brendan Quinn	8:42.83	T.J. Kearns	14.41	J.J. Barry	52.82
1989	Kieran Stack	8:50.37	T.J. Kearns	14.62	T.J. Kearns	52.84
1990	Kieran Stack	8:40.94	T.J. Kearns	14.02	Nigel Keogh	53.04
1991	Liam O'Brien	8:41.55	T.J. Kearns	13.81	Ciaran McDunphy	51.83
1992	Liam O'Brien	9:00.40	T.J. Kearns	13.98	Ciaran McDunphy	53.94
1993	Enda Fitzpatrick	8:57.30	T.J. Kearns	13.62w	Nigel Keogh	53.94
1994	Liam O'Brien	8:56.43	T.J. Kearns	13.92	Tom McGuirk	51.31
1995	John Murray	9:03.34	Sean Cahill	14.40	Tom McGuirk	50.97
1996	John Murray	8:39.24	Peter Coghlan	14.08	Tom McGuirk	50.61
1997	Pat Davoren	9:00.54	T.J. Kearns	14.29	Tom McGuirk	51.00
1998	Eugene O'Neill	9:04.87	Peter Coghlan	14.20	Tom McGuirk	50.92
1999	Cormac Smith	8:50.35	Peter Coghlan	13.51	Brian Liddy	51.19
2000	Cormac Smith	8:51.22	Peter Coghlan	14.08	Tom McGuirk	50.69
2001	Cormac Smith	9:00.55	Peter Coghlan	13.73	Stephen McDonnell	51.97
2002	Eugene O'Neill	8:58.61	Peter Coghlan	13.79	Stephen McDonnell	51.45
2003	Eugene O'Neill	9:09.19	Peter Coghlan	14.01	Brian Liddy	53.06
2004	Eugene O'Neill	9:06.68	Peter Coghlan	13.80	Ian Neely	52.72
2005	Eugene O'Neill	9:03.75	Peter Coghlan	13.91w	Antoine Burke	52.41
2006	Eugene O'Neill	8:56.62	Ian McDonald	14.87	Antoine Burke	52.75
2007	Mark Kirwan	9:06.84	Ian McDonald	14.62	Jonathan Miller	52.39

High Jump		Pole Vault		Long Jump		
1963	Brendan O'Reilly	1.88	Kevin Byrne	3.50	Victor Manning	7.01
1964	Robert Russell	1.83	Kevin Byrne	3.50	Noel Hoffman	6.68
1965	Louis Jordan	1.83	Val McGann	3.51	Noel Hoffman	6.54
1966	Robert Russell	1.98	Val McGann	3.35	P. McGuinness	6.58
1967	Pat O'Shea	1.90	Rodney Hecksher	3.81	Hugo Duggan	6.81
1968	Pat O'Shea	1.88	Rodney Hecksher	3.81	Cyril O'Regan	6.99
1969	Louis Jordan	1.83	Liam Gleeson	3.76	Cyril O'Regan	6.81
1970	Jim Fitzgibbons	1.92	Brian Smyth	3.66	Hugo Duggan	7.23
1971	Chris Ferrell	1.91	Murt Corscadden	4.01	Hugo Duggan	6.94
1972	Jim Fanning	1.88	Liam Gleeson	4.21	Hugo Duggan	7.10
1973	Jim Fanning	1.95	Liam Gleeson	4.11	Cyril O'Regan	7.07
1974	Jim Fanning	1.93	Liam Gleeson	4.10	Hugo Duggan	6.77
1975	Mark Cox	1.92	Chris Berkeley	3.80	Mick O'Flynn	6.81
1976	Frank Sweeney	1.95	Chris Berkeley	4.11	Anthony Barrett	6.79
1977	Richie Fallon	1.94	Chris Berkeley	4.10	Anthony Barrett	6.96
1978	David Murray	2.00	Liam Hennessy	4.50	Anthony Barrett	7.38
1979	Colin Boreham	2.04	Chris Berkeley	4.00	Anthony Barrett	7.11
1980	David Murray	2.00	John Hartnett	4.20	Hugo Duggan	6.85
1981	Richard Garvey	2.09	Liam Hennessy	4.60	Anthony Barrett	7.23
1982	David Murray	2.06	Liam Hennessy	4.40	Billy Oakes	7.04
1983	Bill Thierfelder	2.16	Michael Hyland	4.30	Mervyn Floyd	7.13
1984	Richard Garvey	2.11	Frank Evers	4.53	Hugo Duggan	6.81
1985	Richard Garvey	1.95	<i>not held</i>		Billy Oakes	7.13w
1986	Richard Garvey	2.00	Malachy Sheridan	4.00	Billy Oakes	7.48
1987	Simon Boyle	2.12	Liam Hennessy	4.40	Billy Oakes	7.40
1988	Peter Minogue	2.07	Alan Burke	4.50	Billy Oakes	6.91

1989	Simon Boyle	2.07	Alan Burke	4.71	Billy Oakes	6.71
1990	Paul Conroy	2.00	John Hallissey	4.20	Jonathon Kron	7.54w
1991	Brendan Reilly	2.17	Mike Bull	4.30	Jonathon Kron	6.98
1992	Antoine Burke	2.12	Richard Ramsey	4.60	Jonathon Kron	7.26
1993	Mark Mandy	2.10	Neil Young	4.40	Jonathon Kron	7.40
1994	Kevin Keane	2.11	Neil Young	4.60	Jonathon Kron	7.12
1995	Mark Mandy	2.13	Neil Young	4.80	Jonathon Kron	7.73w
1996	Mark Mandy	2.23	Dylan McDermott	4.50	Ciaran McDonagh	7.74
1997	Mark Mandy	2.15	Dylan McDermott	4.30	Gareth Devlin	6.87
1998	Mark Mandy	2.10	Neil Young	4.70	Joe Naughton	7.23w
1999	Brendan Reilly	2.28	John Hallissey	4.50	Ciaran McDonagh	8.04w
2000	Brendan Reilly	2.20	Ken Morris	4.90	Gareth Devlin	7.22
2001	Mark Crowley	2.05	Leigh Walker	4.40	Sean Lonergan	7.25w
2002	Adrian O'Dwyer	2.05	David Donegan	4.50	Ciaran McDonagh	7.22
2003	Adrian O'Dwyer	2.10	Ruairi O'Brien	4.70	Ciaran McDonagh	7.95
2004	David Shields	2.00	Leigh Walker	4.65	Darragh O'Farrell	7.33w
2005	Simon Phelan	2.05	Ruairi O'Briain	4.75	Darragh O'Farrell	7.12
2006	Mark Crowley	2.10	David Donegan	4.60	Stephen Fleming	7.41
2007	Mark Crowley	2.08	Anthony McCreery	4.90	Stephen Fleming	7.24

<b>Triple Jump</b>		<b>Shot</b>		<b>Discus</b>		
1963	R. Boelens	13.76	T. Hatt	13.06	L. Mullen	38.37
1964	Dave Martin	13.46	T. Hatt	13.54	T. Hatt	38.23
1965	Dave Martin	13.58	Paul Healion	13.39	M. Kelly	43.08
1966	Dave Martin	13.61	Phil Conway	14.12	Phil Conway	44.78

1967	Dave Martin	14.69	Phil Conway	15.45	Phil Conway	47.14
1968	Mick O'Flynn	14.57	Gerry Downes	14.81	Bernie Hartigan	45.47
1969	Dave Martin	14.30	Phil Conway	16.40	Phil Conway	47.62
1970	Sean O'Dwyer	15.55	Brendan Coughlan	14.65	Phil Conway	46.84
1971	Sean O'Dwyer	14.57	Phil Conway	16.18	Bernie Hartigan	44.09
1972	Sean Power	14.81	Phil Conway	17.27	Len Braham	46.74
1973	Sean Power	14.50	Brendan Coughlan	15.36	Len Braham	51.77
1974	Sean Power	15.04	Brendan Coughlan	15.63	Phil Conway	49.40
1975	Mick O'Flynn	14.26	Brendan Coughlan	15.40	Len Braham	51.28
1976	Colm Cronin	15.24	Gerry McEvoy	15.07	Len Braham	47.48
1977	Mick O'Flynn	14.81	Eugene Diviney	15.27	Len Braham	51.12
1978	Mick O'Flynn	14.58	Eugene Diviney	15.76	Phil Conway	47.34
1979	Mick O'Flynn	14.47	Eugene Diviney	15.79	Joe Brice	53.00
1980	Mick O'Flynn	14.57	Eugene Diviney	17.17	Joe Brice	53.32
1981	Seamus Costelloe	15.10	Gerry McEvoy	16.63	Joe Brice	53.60
1982	Joe McColgan	14.44	Paul Quirke	15.51	Joe Brice	50.86
1983	John Stapleton	14.33	John Reynolds	16.21	Paul Quirke	47.34
1984	Seamus Costelloe	14.41	Paul Quirke	16.86	Denis McSweeney	45.66
1985	Billy Oakes	14.99	Paul Quirke	15.90	Paul Quirke	49.12
1986	Hugh Maguire	15.83	Paul Quirke	16.96	Joe Brice	50.28
1987	Billy Oakes	15.09	Victor Costello	15.69	Nick Sweeney	50.42
1988	Michael McDonald	15.45	Victor Costello	16.49	John Farrelly	46.96
1989	Billy Oakes	13.97	Victor Costello	16.05	Frank O'Brien	45.50
1990	Michael McDonald	14.82	Victor Costello	16.85	Paul Quirke	49.40
1991	Michael McDonald	15.09	Victor Costello	16.51	Nick Sweeney	58.46
1992	Jim Hayes	14.59	Paul Quirke	17.08	Nick Sweeney	58.14
1993	Michael McDonald	15.26	Paul Quirke	17.54	Nick Sweeney	57.30
1994	Michael McDonald	15.45	Nick Sweeney	17.37	Nick Sweeney	60.36

1995	Michael McDonald	14.22	Paul Quirke	17.04	Nick Sweeney	57.42
1996	Michael McDonald	15.04	John Farrelly	15.12	Nick Sweeney	60.66
1997	Patrick Shannon	13.69	Nick Sweeney	17.10	Nick Sweeney	57.90
1998	Michael McDonald	14.62	John Dermody	16.85	John Menton	56.59
1999	Michael McDonald	14.94	John Dermody	18.61	Nick Sweeney	59.56
2000	Victor Congear	14.32	John Dermody	17.86	Nick Sweeney	57.48
2001	Sean Lonergan	15.41w	Iain McMullan	15.95	John Menton	55.59
2002	Patrick Shannon	14.61	Iain McMullan	17.61	John Menton	52.03
2003	Patrick Shannon	14.52	John Leahy	16.32	John Menton	52.67
2004	Leslie Leung	13.64w	John Leahy	16.40	John Menton	55.24
2005	Patrick Shannon	14.44	Paul Crowe	16.92	John Menton	52.01
2006	Eoin Kelly	13.51	John Leahy	15.77	Eoin Leen	51.53
2007	Denis Finnegan	14.18	Eoin Leen	15.36	Eoin Leen	50.54

Hammer		56 Pounds Weight (Distance)		56 Pounds Weight (Height)	
1963	Val McGann	37.87	???	???	???
1964	D. Fitzsimons	48.69	???	???	???
1965	John Lawlor	59.56	???	???	???
1966	John Lawlor	62.83	???	???	???
1967	Paul Healion	55.30	Tadgh Twomey	8.74	Tadgh Twomey
1968	Bernie Hartigan	48.46	Tadgh Twomey	8.05	Tadgh Twomey
1969	Phil Conway	50.47	Tadgh Twomey	8.55	Tadgh Twomey
1970	Paul Healion	57.99	Tadgh Twomey	8.38	Tadgh Twomey
1971	Paul Healion	57.07	Tadgh Twomey	7.96	Tadgh Twomey

1972	Terry Gent	50.57	Tadgh Twomey	8.68	Tadgh Twomey	4.57
1973	Len Braham	52.04	Len Braham	8.48	Tadgh Twomey	4.62
1974	Bernie Hartigan	58.20	Tadgh Twomey	8.66	Tadgh Twomey	4.62
1975	Bernie Hartigan	55.98	Tadgh Twomey	8.60	Tadgh Twomey	4.82
1976	Eugene Lawlor	58.72	Tadgh Twomey	8.45	Tadgh Twomey	4.57
1977	Eugene Lawlor	60.50	Tadgh Twomey	8.82	Tadgh Twomey	4.56
1978	Sean Egan	65.56	Tony Moran	8.28	Tadgh Twomey	3.96
1979	Eugene Lawlor	66.48	Len Braham	8.68	Tony Moran	4.72
1980	Sean Egan	66.80	Tony Moran	8.56	Tadgh Twomey	4.50
1981	Sean Egan	67.86	Gerry O'Connell	8.53	Gerry O'Connell	4.65
1982	Sean Egan	69.04	Gerry O'Connell	8.72	Gerry O'Connell	4.72
1983	Declan Hegarty	66.80	Gerry O'Connell	8.64	Gerry O'Connell	4.63
1984	Sean Egan	69.12	Gerry O'Connell	8.69	Gerry O'Connell	4.85
1985	Declan Hegarty	71.02	Gerry O'Connell	8.77	Gerry O'Connell	4.52
1986	Sean Egan	65.60	Gerry O'Connell	8.88	Gerry O'Connell	4.93
1987	Sean Egan	65.86	Gerry O'Connell	8.55	Pat Maher	4.72
1988	Conor McCullough	74.16	John Dunlee	8.61	Pat Maher	4.62
1989	Gary Halpin	63.72	John Dunlee	8.22	Pat Maher	4.57
1990	Conor McCullough	67.62	Pat Maher	8.14	Pat Maher	4.20
1991	Conor McCullough	64.88	John Menton	8.19	Pat Maher	4.50
1992	Paddy McGrath	62.22	Sean Egan	7.04	Pat Maher	4.35
1993	Paddy McGrath	65.46	John Menton	8.61	Paul Quirke	4.40
1994	Ronald Quinlan	57.10	Nick Sweeney	9.23	Pat Maher	4.61
1995	Roman Linscheid	69.00	John Menton	8.33	Pat Maher	4.55
1996	Roman Linscheid	72.88	John Menton	8.73	Seamus Fitzpatrick	4.70
1997	Roman Linscheid	71.54	John Menton	8.95	Nick Sweeney	4.40
1998	Roman Linscheid	72.42	John Menton	9.16	Brian Whittey	???
1999	Paddy McGrath	72.01	Nick Sweeney	8.95	Seamus Fitzpatrick	4.80

2000	Paddy McGrath	69.00	Nick Sweeney	8.28	Seamus Fitzpatrick	4.20
2001	Roman Linscheid	69.53	John Menton	8.36	Seamus Fitzpatrick	4.20
2002	Roman Linscheid	69.63	Seamus Fitzpatrick	7.85	Seamus Fitzpatrick	4.30
2003	Roman Linscheid	66.02	John Menton	8.03	Seamus Fitzpatrick	4.00
2004	Paddy McGrath	68.67	John Menton	8.35	Seamus Fitzpatrick	4.40
2005	Mark Hanily	56.33	John Menton	8.42	Seamus Fitzpatrick	3.90
2006	Padraig White	56.42	John Menton	8.22	Seamus Fitzpatrick	4.20
2007	Paddy McGrath	66.96	John Menton	8.20	Seamus Fitzpatrick	4.40

Javelin		Decathlon		3000 Metres Track Walk		
1962				Paul Nihill	6:55.0#	
1963	John Lawson	60.85*	Val McGann	4077	Con Hearty	7:28.1#
1964	John Lawson	59.08*	???	???	Paul Nihill	6:31.4#
1965	John Lawson	62.71*	???	???	???	
1966	Louis Jordan	47.85*	Louis Jordan	5109	John O'Leary	14:49.6y
1967	Denis Twomey	63.57*	Rodney Hecksher	5784	<i>not held ?</i>	
1968	Denis Twomey	59.16*	Louis Jordan	5871	<i>not held ?</i>	
1969	Louis Jordan	55.52*	Louis Jordan	6017	<i>not held ?</i>	
1970	Denis Twomey	61.67*	Louis Jordan	6671	<i>not held ?</i>	
1971	Denis Twomey	56.85*	Shay Fitzpatrick	5186	<i>not held ?</i>	
1972	Pat Moore	55.91*	Brendan Curtin	6009	John Mackey	14:02.0
1973	Pat Moore	61.85*	Brendan Curtin	4842	John Mackey	13:32.8?
1974	Pat Moore	61.64*	Johnny O'Brien	5830	John Mackey	13:32.8
1975	Pat Moore	64.54*	Johnny O'Brien	5959	Fintan Walsh	14:54.2

1976	Pat Moore	61.86*	Johnny O'Brien	5961	Jim Sheehan	14:07.0
1977	Pat Moore	62.60*	Jim McKee	5472	Jim Sheehan	13:50.9
1978	Mick Slattery	61.14*	Eddie Williams	6205	Jim Sheehan	14:24.2
1979	Peter Ruffli	59.52*	Kevin Atkinson	6818	Bernie O'Callaghan	13:56.4
1980	Peter Ruffli	65.14*	Colin Boreham	7326	Bernie O'Callaghan	13:45.1
1981	Harry Southern	64.86*	Sean Carlin	7220	Bernie O'Callaghan	13:32.9
1982	Mark O'Connor	65.66*	Kevin Atkinson	7260	Jimmy McDonald	13:39.6
1983	Kevin McBrearty	58.08*	Kevin Atkinson	7149	Jimmy McDonald	13:09.8
1984	Terry McHugh	68.82*	???	???	Jimmy McDonald	13:25.95
1985	Terry McHugh	70.30*	Brendan Curtin	6736	Peter Costello	13:18.78
1986	Terry McHugh	67.16	Barry Walsh	7005	Michael Lane	13:04.01
1987	Terry McHugh	71.26	Ian Condron	6062	Jimmy McDonald	12:06.89
1988	Terry McHugh	69.20	Ian Condron	6092	Pat Murphy	12:43.42
1989	Terry McHugh	74.42	Ian Condron	6263	Discontinued	-
1990	Terry McHugh	75.90	Ian Condron	6008	-	-
1991	Terry McHugh	75.52	Barry Walsh	7083	-	-
1992	Terry McHugh	75.40	John Naughton	6193	-	-
1993	Terry McHugh	72.28	John Naughton	5971	-	-
1994	Terry McHugh	72.32	Joe Naughton	5964	-	-
1995	Terry McHugh	71.76	Ian Condron	5954	-	-
1996	Terry McHugh	73.92	John Hallissey	5989	-	-
1997	Terry McHugh	70.80	Joe Naughton	6566	-	-
1998	Terry McHugh	72.94	Joe Naughton	6996	-	-
1999	Terry McHugh	74.24	Brendan McConville	6397	-	-
2000	Terry McHugh	80.26	Jonathon McCabe	4292	-	-
2001	Terry McHugh	77.20	Cathal McGinley	6149	-	-
2002	Terry McHugh	71.56	Ciaran Doherty	5645	-	-
2003	Terry McHugh	71.45	John Kierans	5402	-	-



2004	Terry McHugh	67.27	Kevin Burke	6103	-	-
2005	Michael McConkey	63.69	Kevin Burke	5899		
2006	Niall Tucker	58.70	Cancelled			
2007	Mindaugas Kurcenkovacs	58.76	Philip Kearney	5606		

\* - original model javelin, # - 1 mile, y - 2 miles

10,000 Metres Track Walk		20 Kilometres Road Walk		30 Kilometres Road Walk		
1970	-	-	Eddie Quigley	1:40:06	-	
1971	-	-	John Mackey	1:40:30	-	
1972	-	-	Con Hearty	1:40:14	Not held	
1973	John Mackey	49:35.1	John Mackey	1:46:35	Paddy Rice	4:37:52**
1974	John O'Leary	49:42.4	John O'Leary	1:34:06	Paddy Rice	4:45:13**
1975	Tommy Griffin	50:53.7	Patrick Rogers	1:46:30	John Dowling	5:00:20**
1976	Jim Sheehan	48:56.6	John O'Leary	1:42:46	-	
1977	Jim Sheehan	49:38.2	Jim Sheehan	1:45:04	-	
1978	Jim Sheehan	51:09.7	John O'Leary	1:36:21	-	
1979	Tim Hayes	50:40.4	Ray Flynn	1:45:14	-	
1980	Bernie O'Callaghan	48:55.68	Bernie O'Callaghan	1:42:00	Ray Flynn	4:38:56**
1981	Bernie O'Callaghan	46:23.04	Bernie O'Callaghan	1:37:38	-	
1982	Ray Flynn	48:54.32	Jimmy McDonald	1:42:45	-	
1983	Jimmy McDonald	48:09.01	Jimmy McDonald	1:40:51	-	
1984	Jimmy McDonald	49:05.70	John Lennon	1:42:42	-	
1985	Jimmy McDonald	49:11.43	Jimmy McDonald	1:42:15	-	
1986	Jimmy McDonald	47:46.69	Jimmy McDonald	1:43:05	Tony Leonard	3:15:59*
1987	Jimmy McDonald	46:44.71	Jimmy McDonald	1:33:00	Paul Flynn	3:28:38*
1988	Jimmy McDonald	42:07.37	Jimmy McDonald	1:27:29.67t	-	
1989	Jimmy McDonald	41:25.41	Michael Lane	1:27:05.2t	Jimmy McDonald	2:42:24*

1990	Jimmy McDonald	41:55.05	Michael Lane	1:31:51.1t	Ray Flynn	
1991	Jimmy McDonald	41:28.70	Bobby O'Leary	1:23:51.12t	-	
1992	Michael Lane	46:57.99	Michael Lane	1:37:10.42t	-	
1993	Pat Murphy	44:21:56	Pat Murphy	1:33:32	-	
1994	Michael Casey	44:09.82	Pat Murphy	1:26:28	-	
1995	Michael Casey	41:30.23	Michael Casey	1:29:21	-	
1996	Jimmy McDonald	41:02.52	Jimmy McDonald	1:25:51	-	
1997	Michael Casey	44:03.52	Michael Casey	1:27:56	-	
1998	Pierce O'Callaghan	42:45.7	Michael Casey	1:26:14	-	
1999	Pierce O'Callaghan	41:47.50	Pierce O'Callaghan	1:29:51	Robert Heffernan	2:42:05*
2000	Jamie Costin	42:49.84	Robert Heffernan	1:23:49	Jamie Costin	2:58:45*
2001	Robert Heffernan	38:58.83	Robert Heffernan	1:23:41	Not held	-
2002	Robert Heffernan	38:47.66	Robert Heffernan	1:21:32	Not held	-
2003	Jamie Costin	42:29.53	Jamie Costin	1:28:46	Robert Heffernan	2:35:58*
2004	Robert Heffernan	39:00:04	Robert Heffernan	1:24:56	Robert Heffernan	2:17:02
2005	Robert Heffernan	40:32.74	Pat Ryan	1:50.48	Colin Griffin	2:23.46
2006	Jamie Costin	41:23.17	Jamie Costin	1:29.04	Colin Griffin	2:17.32
2007	Robert Heffernan	39:11.78	Colin Griffin	1:25:40		

t - track walk, \* - 35 kilometres; \*\* - 50 kilometres

<b>National Cross Country (Inter Clubs)</b>		<b>Club Champions</b>		<b>National Track &amp; Field League Champions</b>	
1963	Tom O'Riordan	41:30	Donore Harriers	21	pts
1964	Bertie Messit	35:47	Donore Harriers	14	pts
1965	Tom O'Riordan	38:30	Donore Harriers	51	pts
1966	Tom O'Riordan	42:05	Donore Harriers	44	pts
1967	Bernard O'Sullivan	39:46	Donore Harriers	31	pts

1968 Tom O'Riordan	37:41 Donore Harriers	22 pts	
1969 Sean O'Sullivan	39:28 Donore Harriers	38 pts	
1970 Tom O'Riordan	37:22 Donore Harriers	20 pts	
1971 Paddy Coyle	37:23 Donore Harriers	27 pts	
1972 John Buckley	41:00 Donore Harriers	26 pts	
1973 Donal Walsh	37:22 Donore Harriers	45 pts	
1974 Donal Walsh	40:41 Donore Harriers	33 pts	Leevale AC 60 pts
1975 Tom Brennan	36:59 Donore Harriers	43 pts	Leevale AC 60 pts
1976 Donal Walsh	37:24 Clonliffe Harriers	50 pts	Leevale AC 72 pts
1977 Gerry Deegan	38:59 Clonliffe Harriers	45 pts	Dublin City Harriers 76 pts
1978 Donal Walsh	40:46 Donore Harriers	29 pts	Crusaders AC 78 pts
1979 Gerry Deegan	39:51 Limerick AC	35 pts	Limerick AC 93 pts
1980 Gerry Deegan	37:35 Clonliffe Harriers	74 pts	Annadale Striders 108 pts
1981 Gerry Deegan	40:25 Clonliffe Harriers	52 pts	Dublin City Harriers 113 pts
1982 Gerry Deegan	40:48 Clonliffe Harriers	38 pts	Annadale Striders 109 pts
1983 David Taylor	39:07 Deise AC	32 pts	Limerick AC 127 pts
1984 Jerry Kiernan	37:00 Clonliffe Harriers	67 pts	Dublin City Harriers 142 pts
1985 Ronnie Carroll	36:21 Limerick AC	42 pts	Limerick AC 126 pts
1986 Noel Harvey	36:20 Clonliffe Harriers	41 pts	Dublin City Harriers 130 pts
1987 David Taylor	33:44 Clonliffe Harriers	49 pts	Dublin City Harriers 133 pts
1988 David Taylor	41:25 Clonliffe Harriers	56 pts	Dublin City Harriers 139 pts
1989 Gerry Curtis	44:50 Clonliffe Harriers	58 pts	Dublin City Harriers 151 pts
1990 Gerry Curtis	34:40 Dundrum South Dublin	56 pts	Dublin City Harriers 132 pts
1991 John Downes	42:44 Clonliffe Harriers	47 pts	Dublin City Harriers 141 pts
1992 Gerry Curtis	36:38 Clonliffe Harriers	46 pts	Dublin City Harriers 137 pts
1993 Noel Cullen	37:02 Donore Harriers	31 pts	Dublin City Harriers 146 pts
1994 Peter Matthews	44:28 Dundrum South Dublin	39 pts	Dublin City Harriers 134 pts
1995 David Burke	37:32 Mullingar Harriers	24 pts	Dublin City Harriers 139 pts

1996	John Downes	36:41	Mullingar Harriers	30 pts	Dublin City Harriers	139 pts
1997	Seamus Power	39:23	Dundrum South Dublin	33 pts	Crusaders AC	???
1998	Peter Matthews	37:51	Mullingar Harriers	18 pts	Crusaders AC	129.5 pts
1999	John Ferrin	47:46	Mullingar Harriers	38 pts	Dublin City Harriers	???
2000	Seamus Power	37:27	Clonliffe Harriers	39 pts	Dublin City Harriers	136 pts
2001	Seamus Power	38:36	Dundrum South Dublin	25 pts	Crusaders AC	136 pts
2002	Peter Matthews	43:29	Dundrum South Dublin	36 pts	Dublin City Harriers	144 pts
2003	Martin McCarthy	40:44	Dundrum South Dublin	40 pts	Crusaders AC	126 pts
2004	Seamus Power	35:22	Clonliffe Harriers	41 pts	Dublin City Harriers	114 pts
2005	Gary Murray	37:08	Clonliffe Harriers	65 pts	Crusaders AC	118 pts
2006	Vinny Mulvey	37:58	Clonliffe Harriers	37pts	North Down	
2007	Gary Murray	38:19	Clonliffe Harriers	32 pts	North Down	117pts

Inter County Cross Country 10,000m		Teams		National Road Relays	
1973	Danny McDaid		Cork	-	-
1974				-	-
1975				-	-
1976	Gerry Deegan		Waterford	-	-
1977	John Treacy		Waterford	-	-
1978	John Treacy		Waterford	52 pts	-
1979	John Treacy	39:59	Waterford	64 pts	-
1980	John Treacy		Waterford	-	-
1981	Gerry Deegan			-	-
1982	John Treacy			-	-
1983	John Treacy		Waterford	-	-

1984	Gerry Deegan				-	-
1985					Dublin City Harriers	48:21
1986					-	-
1987					Donore Harriers	66:45
1988	Brendan Quinn				East Cork	54:58
1989	Dave Taylor	33:12	Dublin	39 pts	Donore Harriers	51:32
1990	John Downes	31:38	Dublin	116 pts	Sparta	54:22
1991	Noel Richardson	32:12	Dublin	97 pts		
1992	Richard Mulligan	32:12	Dublin	92 pts	Donore Harriers	62:08
1993	John Treacy	31:58	Dublin	74 pts	Sparta	49:15
1994	Noel Berkeley	30:47	Dublin	83 pts	Annadale Striders	50:53
1995	Seamus Power	30:25	Dublin	85 pts	Annadale Striders	48:57
1996	Seamus Power	33:05	Dublin	64 pts	Annadale Striders	48:49
1997	Seamus Power	29:29	Dublin	20 pts	East Cork	49:40
1998	Seamus Power	35:29	Dublin	47 pts	Clonliffe Harriers	73:42
1999	Seamus Power	31:17	Antrim	83 pts	Clonliffe Harriers	49:41
2000	Seamus Power	30:35	Dublin	76 pts		
2001	Seamus Power	29:35	Dublin	45 pts	Raheny Shamrock	58:55
2002	Seamus Power	33:33	Cork	79 pts	Clonliffe Harriers	38:29
2003	Seamus Power	30:07	Dublin	33 pts	Raheny Shamrock	38:52
2004	Vinny Mulvey	30:09	Dublin	49 pts	Raheny Shamrock	38:57
2005	Gary Murray	33:11	Dublin	71 pts	Rathfarnham / WSAF	38:29
2006	Mark Christie	31:19	Dublin	107pts	Clonliffe Harriers	37:55
2007	Gary Murray	31:46	Dublin	46pts	Clonliffe Harriers	37:42

**Cross Country  
(Short Course)**

1999	Paolo Doglio	12.01
2000		
2001		
2002	Peter Matthews	11:25
2003	Robert Connolly	11:29
2004	Robert Connolly	12:01
2005	Mark Kenneally	12:12
2006	Paul McNamara	???

**WOMEN**

<b>100 Yards</b>			<b>220 Yards</b>		<b>440 Yards</b>	
1966	Jacqui Spence	11.5	Jacqui Spence	26.4	Maeve Kyle	56.0
1967	Jacqui Spence	11.4	Jacqui Spence	27.8	Collette Cotter	67.5
1968	Claire Walsh	11.7	Claire Walsh	26.2	Ann O'Brien	59.4
<b>100 Metres</b>			<b>200 Metres</b>		<b>400 Metres</b>	
1969	Claire Walsh	12.5	Claire Walsh	25.4	Claire Walsh	56.5
1970	Aideen Morrison	12.5	Claire Walsh	24.3	Claire Walsh	55.4
1971	Claire Walsh	12.2	Claire Walsh	24.6	Claire Walsh	54.4
1972	Mary Doyle	12.3	Claire Walsh	24.5	Claire Walsh	55.4
1973	Claire Walsh	12.2	Claire Walsh	24.3	Aideen Morrison	55.0
1974	Ruth Algar	12.1	Aideen Morrison	25.8	Aideen Morrison	56.7
1975	Ann Jeffords	12.2	Ruth Algar	24.8	Padraigin O'Dwyer	56.5

1976	Ann Jeffords	12.0	Ann Jeffords	25.4	Caroline O'Shea	56.6
1977	Michelle Walsh	12.11	Michelle Walsh	24.38	Mary Fleming	56.23
1978	Michelle Walsh	11.52	Michelle Walsh	23.97	Mary Appleby	55.65
1979	Michelle Walsh	11.67	Michelle Walsh	23.52	Caroline O'Shea	54.43
1980	Michelle Walsh	11.85	Michelle Walsh	23.67	Linda McCurry	55.65
1981	Patricia Amond	11.96	Patricia Amond	23.6	Caroline O'Shea	55.95
1982	Michelle Walsh	12.42	Pauline Mullins	24.2	Caroline O'Shea	55.92
1983	Michelle Walsh	12.32	Michelle Walsh	24.16	Caroline O'Shea	53.92
1984	Michelle Walsh	11.98	Patricia Amond	23.88	Caroline O'Shea	54.41
1985	Michelle Walsh	11.80	Michelle Walsh	23.68	Patricia Amond	54.29
1986	Mary Amond	12.23	Patricia Amond	24.01	Patricia Walsh	53.72
1987	Michelle Carroll (Walsh)	12.33	Michelle Carroll (Walsh)	24.02	Michelle Carroll	53.75
1988	Michelle Carroll	11.86w	Patricia Amond	23.47w	Patricia Walsh	54.39
1989	Michelle Carroll	12.24	Michelle Carroll	24.88	Michelle Carroll	54.39
1990	Marisa Smith	12.11	Marisa Smith	24.29	Bernie Kavanagh	55.16
1991	Michelle Carroll	11.79	Michelle Carroll	24.18	Emma Nicholson	54.93
1992	Michelle Carroll	11.54w	Michelle Carroll	23.89	Michelle Carroll	54.51
1993	Michelle Carroll	11.74w	Michelle Carroll	24.25	Stephanie McCann	55.68
1994	Terri Horgan	12.18	Marisa Smith	24.36	Stephanie McCann	54.81
1995	Michelle Carroll	11.83	Michelle Carroll	24.46	Michelle Carroll	54.18
1996	Lena Barry	12.35	Jacqui Stokes	24.46	Emma Nicholson	54.79
1997	Aoife Hearne	11.88	Ciara Sheehy	24.31	Karen Shinkins	56.20
1998	Lena Barry	11.83	Ciara Sheehy	24.31	Karen Shinkins	53.09
1999	Emily Maher	11.75	Ciara Sheehy	24.40	Karen Shinkins	53.40
2000	Sarah Reilly	11.64	Sarah Reilly	23.55	Karen Shinkins	52.54
2001	Sarah Reilly	11.90	Sarah Reilly	23.78	Karen Shinkins	52.17
2002	Ciara Sheehy	11.57	Ciara Sheehy	23.02w	Karen Shinkins	52.34
2003	Ciara Sheehy	11.54	Ciara Sheehy	23.58	Karen Shinkins	52.58

2004	Ciara Sheehy	11.59	Ciara Sheehy	24.04	Karen Shinkins	53.02
2005	Anna Boyle	11.53	Emily Maher	23.39	Karen Shinkins	52.49
2006	Anna Boyle	11.77	Joanne Cuddihy	23.33	Joanne Cuddihy	51.28
2007	Emily Maher	11.83	Joanne Cuddihy	23.63	Joanne Cuddihy	51.86

<b>880 Yards</b>		<b>1 Mile</b>			
1966	Hazel Tennison	2:17.2	Ann O'Brien	5:04.2	
1967	Ann O'Brien	2:29.7	Ann O'Brien	5:32.0	
1968	Ann O'Brien	2:12.7	Ann O'Brien	5:04.7	
<b>800 Metres</b>		<b>1500 Metres</b>		<b>3000 Metres</b>	
1969	Ann O'Brien	2:12.5	Ann O'Brien	4:32.2	-
1970	Claire Walsh	2:10.6	Ann O'Brien	4:38.6	-
1971	Elaine Kelly	2:14.7	Ann O'Brien	4:29.8	-
1972	Joan Fleming	2:11.6	Mary Tracey	4:20.5	-
1973	Mary Tracey	2:08.0	Mary Tracey	4:25.4	-
1974	Padraigin O'Dwyer	2:12.8	Mary Purcell (Tracey)	4:27.0	-
1975	Padraigin O'Dwyer	2:07.9	Mary Purcell	4:19.9	Vera Sherry
1976	Mary Appleby	2:10.8	Mary Purcell	4:22.3	Vera Duffy (Sherry)
1977	Elaine Kelly	2:06.07	Jean Appleby	4:22.7	Kathryn Davis
1978	Patricia Quinn-Griffin	2:11.1a	Mary Purcell	4:14.3a	Vera Duffy
1979	Deirdre Nagle	2:07.2a	Vera Duffy	4:24.2a	Vera Duffy
1980	Mary Appleby	2:06.9a	Mary Purcell	4:14.4a	Deirdre Nagle
1981	Eithne Kenny	2:13.75	Deirdre Nagle	4:23.5	Deirdre Nagle
1982	Aideen Morrison	2:06.77	Monica Joyce	4:10.48	Regina Joyce



1983	Aideen Morrison	2:06.58	Monica Joyce	4:18.90	Regina Joyce	9:13.15
1984	Mary McKenna	2:06.01	Roisin Smyth	4:20.30	Louise McGrillen	9:10.20
1985	Mary McKenna	2:05.39	Roisin Smyth	4:16.50	Ailish Smyth	9:29.57
1986	Aisling Molloy	2:05.99	Roisin Smyth	4:19.52	Mary Donoghue	9:16.06
1987	Aisling Molloy	2:05.84	Sonia O'Sullivan	4:23.13	Anne Keenan	9:29.45
1988	Aisling Molloy	2:05.48	Monica Joyce	4:20.43	Rosie Lambe	9:22.77
1989	Ursula McKee	2:09.02	Valerie Collins	4:24.20	Roisin Smyth	9:27.39
1990	Bernie Kavanagh	2:07.59	Sonia O'Sullivan	4:09.44	Catherina McKiernan	9:16.60
1991	Aisling Molloy	2:02.08	Una English	4:22.69	Catherina McKiernan	9:10.93
1992	Sonia O'Sullivan	2:05.63	Valerie Vaughan	4:28.71	Catherina McKiernan	9:04.08
1993	Geraldine Nolan	2:08.12	Anita Philpott	4:24.36	Catherina McKiernan	9:13.4
1994	Aisling Molloy	2:04.50	Sinead Delahunty	4:14.63	Geraldine Hendricken	9:35.62
1995	Aisling Molloy	2:03.51	Sonia O'Sullivan	4:07.09	Discontinued	-
1996	Freda Davoren	2:05.65	Sonia O'Sullivan	4:15.24	-	-
1997	Amanda Crowe	2:07.46	Valerie Vaughan	4:23.54	-	-
1998	Sinead Delahunty	2:05.19	Una English	4:14.21	-	-
1999	Maura Prendiville	2:05.69	Elaine Fitzgerald	4:16.99	-	-
2000	Sonia O'Sullivan	2:04.71	Sonia O'Sullivan	4:09.37	-	-
2001	Aoife Byrne	2:03.71	Una English	4:14.93	-	-
2002	Sonia O'Sullivan	2:04.91	Marie McMahan	4:20.01	-	-
2003	Kelly McNeice	2:13.22	Roisin McGettigan	4:22.74	-	-
2004	Aoife Byrne	2:06.40	Freda Davoren	4:20.98	-	-
2005	Aoife Byrne	2:06.14	Jolene Byrne	4:11.72	-	-
2006	Roisin McGettigan	2:08.10	Mary Cullen	4:17.50	-	-
2007	Orla Drumm	2:06.15	Mary Cullen	4:17.20	-	-

5,000 Metres		10,000 Metres		Half Marathon	
1985	-	-	Anne Hilliard	35:10:45	-
1986	-	-	not held	-	-
1987	-	-	Rose Lambe	33:57.13	-
1988	-	-	Rose Lambe	33:45.0	-
1989	-	-	Patricia Griffin	34:28.1	Olive Bollard
1990	Sonia O'Sullivan	15:26.9	Rose Lambe	34:05.1	Catherine Hennessy
1991	<i>not held ?</i>		Catherine Smith	35:04.03	Mary Brayley
1992	<i>not held ?</i>		Catherine Smith	36:00.5	Ursula Noctor
1993	<i>not held ?</i>		<i>not held</i>		Cathy Shum
1994	<i>not held ?</i>		<i>not held</i>		Cathy Shum
1995	Teresa Duffy	16:15.94	Rose Lambe		Patricia Griffin
1996	Catherina McKiernan	15:27.10	<i>not held</i>	34:13.15	Jill Bruce
1997	Valerie Vaughan	15:44.72	<i>not held</i>		Eleanor Threadgold
1998	Sonia O'Sullivan	15:20.16	<i>not held</i>		Helena Crossan
1999	Una English	16:00.65	Pauline Curley	35:24.9	Rosemary Ryan
2000	Breda Dennehy-Willis	15:25.32	Pauline Curley	35:17.22	Ciara McCarthy
2001	Breda Dennehy-Willis	15:31.92	<i>not held</i>		Anne Lennon
2002	Sonia O'Sullivan	15:20.11	<i>not held</i>		Anne Lennon
2003	Sonia O'Sullivan	15:20.68	Rosemary Ryan	34:24.7	Rosemary Ryan
2004	Maria McCambridge	15:49.39	<i>not held</i>		Niamh O'Sullivan
2005	Mary Cullen	16:02.05	<i>not held</i>		Orla O'Mahoney
2006	Rosemary Ryan	16:26.55	<i>not held</i>		Jill Shannon
2007	Maria McCambridge	16:01.84	<i>not held</i>		Gladys Daniel

10 Kilometres (Road)		
2000	Ursula McGloin (McKee)	35:21
2001	Anne Lennon	35:39
2002	Noleen Porter	36:36
2003	Maria McCambridge	33:55
2004	Rosemary Ryan	34:26
2005	Rosemary Ryan	34:21
2006	Pauline Curley	34:16
2007	Orla O'Mahoney	34:53

3000m Steeplechase		
2007	Roisin McGettigan	9:56.17

Marathon		100 Metres Hurdles		400 Metres Hurdles	
1966	-	-	Maeve Kyle	12.0*	-
1967	-	-	Kathleen Leane	13.2*	-
1968	-	-	Joan Shaw	12.8*	-
1969	-	-	Maeve Kyle	15.1	-
1970	-	-	Margaret Murphy	15.9	-
1971	-	-	Margaret Murphy	15.6	-
1972	-	-	Margaret Murphy	15.9	-
1973	-	-	Freddie Cooney	16.3	-
1974	-	-	Bridget Ruttledge	14.5	-
1975	-	-	Ruth Algar	15.3	-
1976	-	-	Kathleen Glavin	16.2	Kathleen Glavin
1977	-	-	Ruth Algar	14.56	Margaret Moroney
1978	-	-	Ruth Algar	14.58	Mary Appleby

1979	-	-	Nora O'Grady	14.54	Mary Appleby	59.5
1980	-	-	Nora O'Grady	14.75	Kathleen Glavin	61.37
1981	Carey May	2:52:11	Nora O'Grady	14.76	Susanne Cobb	62.84
1982	Mary Purcell	2:38:49	Maria Hetherington	14.30	Carmel Maher	61.75
1983	Teresa Kidd	2:52:11	Olive Burke	13.93	Mary Barnwell (Appleby)	58.52
1984	Christine Kennedy	2:49:46	Olive Burke	14.28	Mary Parr	58.74
1985	Teresa Kidd	2:47:37	Judith Rodgers	13.83	Mary Parr	59.81
1986	Ailish Smith	2:46:33	Brid Hallissey	14.29	Barbara Johnson	58.91
1987	Kathleen Looney	2:58:25	Olive Burke	14.46	Barbara Johnson	59.06
1988	Marie Murphy-Rollins	2:40:48	Olive Burke	14.00	Barbara Johnson	57.93
1989	Mary Ryan	2:53:37	Susan Smith	14.04	Barbara Johnson	59.97
1990	Christine Kennedy	2:38:05	Susan Smith	14.41	Lisa Nicholson	59.46
1991	Christine Kennedy	2:35:56	Susan Smith	14.00	Lisa Nicholson	60.75
1992	Brid Murphy	2:43:00	Susan Smith	13.88	Susan Smith	60.21
1993	Brid Murphy	2:51:33	Patricia Naughton	14.31w	Stephanie McCann	60.21
1994	Eleanor Hill	2:57:42	Patricia Naughton	14.47	Mandy Bloomer	60.77
1995	Mary Jennings	3:00:45	Susan Smith	13.99	Mandy Bloomer	60.50
1996	Brid Murphy	2:52:52	Patricia Naughton	14.44	Susan Smith	56.01
1997	Donna McNulty	3:21:05	Grainne Redmond	14.29	Susan Smith	56.55
1998	Mary Jennings	3:13:40	Susan Smith	13.31	Orla Power	60.17
1999	Mary Jennings	3:00:45	Susan Smith	13.49	Susan Smith	55.54
2000	Mary Jennings	2:59:44	Susan Smith-Walsh	13.49	Susan Smith-Walsh	56.23
2001	Susan Waterstone	3:04:50	Derval O'Rourke	13.96	Michelle Carey	59.99
2002	Teresa Duffy	2:50:33	Derval O'Rourke	13.45	Michelle Carey	59.80
2003	Annette Kealy	2:43:04	Carine Soulabail	14.80	Michelle Carey	59.59
2004	Valerie Vaughan	2:52:10	Derval O'Rourke	13.96	Michelle Carey	57.95
2005	Pauline Curley	2:42:16	Derval O'Rourke	12.95w	Michelle Carey	59.14
2006	Jill Shannon	2:42:46	Derval O'Rourke	13.24	Kalyn Sheehan	60.50

2007	Pauline Curley	2:42:30	Derval O'Rourke	13.45	Michelle Carey	57.23
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\* - 80 metres

High Jump		Pole Vault		Long Jump		
1966	Kathleen Killian	1.60	-	-	Maeve Kyle	4.96
1967	Ann O'Brien	1.40	-	-	M. O'Neill	4.96
1968	Janet Middleton	1.42	-	-	Joan Shaw	5.24
1969	Janet Middleton	1.42	-	-	Margaret Murphy	5.19
1970	Marjorie Adams	1.52	-	-	Margaret Murphy	5.47
1971	Marjorie Adams	1.59	-	-	Margaret Murphy	5.36
1972	Marjorie Adams	1.55	-	-	Margaret Murphy	5.51
1973	Yvonne O'Brien	1.62	-	-	Margaret Murphy	5.71
1974	Sheelah Flatman	1.62	-	-	Bridget Rutledge	5.40
1975	Carmel Scallon	1.67	-	-	Joy Good	5.18
1976	Joy Good	1.65	-	-	Joy Good	5.39
1977	Fionnuala Kennedy	1.69	-	-	Kathleen Glavin	5.79
1978	Audrey Long	1.69	-	-	Joy Good	5.81
1979	Bridget Corrigan	1.71	-	-	Joy Murphy (Good)	5.94
1980	Wendy Phillips	1.76	-	-	Kathleen Glavin	5.58
1981	Wendy Phillips	1.70	-	-	Joy Murphy	5.80
1982	Bridget Corrigan	1.75	-	-	Brid Fitzgerald	5.65
1983	Bridget Corrigan	1.70	-	-	Mary Coogan	5.77
1984	Bridget Corrigan	1.77	-	-	Mary Coogan	5.83
1985	Bridget Corrigan	1.76	-	-	Terri Horgan	5.79
1986	Catherine Scott	1.75	-	-	Kathleen Glavin	6.14
1987	Catherine Scott	1.80	-	-	Kathleen Glavin	5.90
1988	Liz Comerford	1.74	-	-	Terri Horgan	6.27

1989	Sharon Foley	1.74	-	-	Terri Horgan	5.95
1990	Sharon Foley	1.76	-	-	Terri Horgan	6.31w
1991	Laura Sharpe	1.78	-	-	Terri Horgan	6.10
1992	Laura Sharpe	1.75	-	-	Terri Horgan	6.05
1993	Sharon Foley	1.75	-	-	Terri Horgan	6.29
1994	Laura Sharpe	1.85	-	-	Jacqui Stokes	6.00
1995	Sharon Foley	1.76	-	-	Jacqui Stokes	6.17w
1996	Brid Browne	1.73	-	-	Jacqui Stokes	5.97w
1997	Sharon Foley	1.75	-	-	Jacqui Stokes	5.77w
1998	Orna Donoghue	1.73	Margaret O'Halloran	2.60	Jacqui Stokes	5.96w
1999	Bridget Corrigan	1.76	Bridget Pearson	3.20	Jacqui Stokes	6.06
2000	Deirdre Ryan	1.70	Juliet Claffey	3.00	Shauna Colhoun	5.65
2001	Sharon Foley	1.72	Zoe Brown	3.30	Antoinette Furlong	6.07
2002	Deirdre Ryan	1.77	Juliet Claffey	3.50	Antoinette Furlong	6.21w
2003	Rose Mary Daniels	1.73	Erin Kinnear	3.70	Antoinette Furlong	6.05
2004	Deirdre Ryan	1.80	Erin Kinnear	3.65	Antoinette Furlong	5.81w
2005	Rose Mary Daniels	1.75	Claire Wilkinson	2.80	Donna Hosford	5.63
2006	Deirdre Ryan	1.83	Claire Wilkinson	2.70	Kelly Proper	6.32w
2007	Deirdre Ryan	1.80	Claire Wilkinson	3.20	Kelly Proper	6.17

Triple Jump		Shot		Discus		
1966	-	-	Rosemary Murphy	11.15	Rosemary Murphy	32.97
1967	-	-	Rosemary Stirling	10.22	Rosemary Stirling	37.39
1968	-	-	Margaret Murphy	8.53	Rosemary Murphy	35.56
1969	-	-	Rosemary Murphy	10.25	Rosemary Murphy	31.93
1970	-	-	Rosemary Murphy	10.34	Rosemary Murphy	35.08
1971	-	-	Rosemary Murphy	10.74	Rosemary Murphy	36.47
1972	-	-	Freddie Cooney	11.22	Maria Dunne	35.43
1973	-	-	Freddie Cooney	12.05	Maria Dunne	38.10
1974	-	-	Gay Hogan (Porter)	12.95	Gay Hogan (Porter)	42.04
1975	-	-	Gay Hogan	13.73	Gay Hogan	43.72
1976	-	-	Marita Walton	13.08	Gay Hogan	37.06
1977	-	-	Marita Walton	13.80	Patricia Walsh	46.34
1978	-	-	Marita Walton	14.16	Patricia Walsh	48.26
1979	-	-	Patricia Walsh	13.54	Patricia Walsh	49.70
1980	-	-	Marita Walton	14.71	Patricia Walsh	51.42
1981	-	-	Marita Walton	16.23	Patricia Walsh	53.88
1982	-	-	Marita Walton	15.83	Patricia Walsh	51.00
1983	-	-	Marita Walton	16.19	Patricia Walsh	54.26
1984	-	-	Marita Walton	16.15	Patricia Walsh	57.60
1985	-	-	Patricia Walsh	13.08	Patricia Walsh	47.54
1986	-	-	Marita Walton	15.22	Marita Walton	47.70
1987	-	-	Marita Walton	14.18	Pauline Carolan	46.00
1988	-	-	Marita Walton	14.89	Marita Walton	47.64
1989	-	-	Marita Walton	14.42	Ailish O'Brien	41.78
1990	-	-	Mary Mahon	12.13	Lorraine Shaw	45.24
1991	Michelle Rea	11.70	Marita Lanigan (Walton)	14.02	Lorraine Shaw	49.98

1992	Jocelyn Hanrahan	11.06	Mary Mahon	12.85	Lorraine Shaw	46.32
1993	Siobhan Hoey	12.02w	Kelly Kane	13.01	Mary Mahon	42.60
1994	Siobhan Hoey	12.10	Kelly Kane	13.68	Ailish O'Brien	42.46
1995	Siobhan Hoey	11.38	Emma Gavin	12.65	Ailish O'Brien	42.10
1996	Siobhan Hoey	11.95	Emma Gavin	12.45	Ailish O'Brien	41.06
1997	Siobhan Hoey	12.12	Emma Gavin	12.85	Ailish O'Brien	45.02
1998	Siobhan Hoey	12.26	Emma Gavin	13.43	Ailish O'Brien	47.93
1999	Siobhan Hoey	12.28	Emma Gavin	13.45	Ailish O'Brien	48.14
2000	Siobhan Hoey	12.03	Eva Massey	14.90	Ailish O'Brien	45.99
2001	Sharon Foley	12.44	Eva Massey	15.00	Eva Massey	47.23
2002	Virginia Peslier Rozé	12.53w	Geraldine Stewart	12.15	Eileen O'Keeffe	42.14
2003	Taneisha Robinson-Scanlon	12.83	Eva Massey	15.51	Renata Katewicz	46.70
2004	Mary McLoone	12.14	Eva Massey	15.22	Eileen O'Keeffe	43.41
2005	Aoife Hoey	11.73w	Eva Massey	15.11	Eileen O'Keeffe	43.34
2006	Mary McLoone	12.38	Eva Massey	15.45	Renata Katewicz	46.33
2007	Mary McLoone	11.57	Eva Massey	16.32	Eileen O'Keeffe	44.75

<b>Hammer</b>		<b>Javelin</b>		<b>Heptathlon</b>		
1965	-	-	???	???	Maeve Kyle	3935p
1966	-	-	Patricia Downes	25.22*	???	????p
1967	-	-	Rosemary Murphy	26.03*	???	????p
1968	-	-	Rosemary Murphy	28.40*	???	????p
1969	-	-	Patricia Downes	28.00*	Mary Murphy	3608p
1970	-	-	Patricia Downes	26.59*	Claire Walsh	3837p
1971	-	-	Maria Dunne	25.43*	Mary Murphy	3997p



1972	-	-	Maria Pasquetti	32.66*	Mary Murphy	3718p
1973	-	-	Rosemary Murphy	27.51*	Mary Murphy	3171p
1974	-	-	Sandra O'Toole	40.48*	Freddie Cooney	3511p
1975	-	-	Sandra O'Toole	39.06*	Ruth Algar	3240p
1976	-	-	Elizabeth Hurley	29.44*	Lucy Moore	2844p
1977	-	-	Patricia Walsh	36.76*	Maria Hetherington	3294p
1978	-	-	Linda Kennedy	41.86*	Joy Good	3553p
1979	-	-	Linda Kennedy	41.52*	Joy Murphy (Good)	3500p
1980	-	-	Dara Shakespeare	41.26*	Barbara Johnson	3324p
1981	-	-	Linda Kennedy	41.90*	Joy Murphy	4123
1982	-	-	Brenda Walsh	43.54*	Joy Murphy	4974
1983	-	-	Brenda Walsh	45.64*	Mary Barrett	4846
1984	-	-	Karen McGovern	45.62*	Danea Herron	4358
1985	-	-	Dara Shakespeare	46.72*	Danea Herron	4061
1986	-	-	Dara Shakespeare	47.20*	Brid Hallissey	4962
1987	Una Cosgrave	34.06	Sally Wigesundra	46.00*	Mary Barrett	4304
1988	Breeda Wall	39.78	Dara Shakespeare	43.76*	Brid Hallissey	4775
1989	Noreen Linehan	36.84	Dara Shakespeare	43.98*	Brid Hallissey	5239w
1990	Elaine Hayes	42.40	Mary Real	45.74*	Brid Hallissey	5033
1991	Elaine Hayes	42.32	Mary Real	47.38*	Brid Hallissey	5217
1992	Lorraine Shaw	44.90	Mary Real	47.74*	Brid Hallissey	4799
1993	Brenda Thompson	35.20	Mary Real	47.48*	Brid Hallissey	5071
1994	Brenda Thompson	39.98	Dara Shakespeare	50.26*	Brid Hallissey	5148
1995	Brenda Thompson	44.28	Dara Shakespeare	46.26*	Brid Hallissey	4961
1996	Julie Kirkpatrick	48.90	Alison Moffitt	49.10*	Geraldine Finegan	4101
1997	Clara Thompson	48.82	Alison Moffitt	45.48*	Brid Hallissey	4426
1998	Olivia Kelleher	53.68	Alison Moffitt	46.48*	Niamh O'Rourke	3793
1999	Nicola Coffey	55.79	Alison Moffitt	43.51	Sharon Foley	4773

2000	Olivia Kelleher	53.72	Jennifer O'Sullivan	41.94	Fiona Kavanagh	4529
2001	Eileen O'Keefe	56.15	Jennifer O'Sullivan	44.19	Sharon Foley	4832
2002	Eileen O'Keefe	59.81	Jennifer O'Sullivan	44.69	Sharon Gallen (Foley)	5054
2003	Eileen O'Keefe	60.47	Jennifer O'Sullivan	47.95	Sharon Gallen	5099
2004	Eileen O'Keefe	62.44	Jennifer O'Sullivan	44.97	Geraldine Finegan	4379
2005	Eileen O'Keefe	68.14	Laura Kerr	45.94	Kelly Proper	4709
2006	Eileen O'Keefe	67.80	Laura Kerr	47.62	Cancelled	
2007	Eileen O'Keefe	73.21	Anita White	44.97	Geraldine Finegan	4166

\* - original model javelin, p - pentathlon

3 / 5000 Metres Track Walk		10 / 20 Kilometres Road Walk	
1981	Mary Hennessy	15:48.2*	
1982	Gwen Robertson	15:32.69*	
1983	Catherine Hennessy	16:25.33*	
1984	Mary Hennessy	15:58.91*	
1985	Catherine Hennessy	16:05.51*	
1986	Perri Williams	15:29.4*	Pamela Reynolds 58:56#
1987	Perri Williams	14:57.88*	Sinead McGranaghan 55:19#
1988	Perri Williams	14:21.72*	Perri Williams 51:52.2t#
1989	Marie Walsh	14:27.90*	Marie Walsh 49:46.95t#
1990	Marie Walsh	24:45.25	Marie Walsh 51:14.79t#
1991	Marie Walsh	24:23.58	Perri Williams 50:43.40t#
1992	Perri Williams	23:37.60	Perri Williams 49:33.93t#
1993	Lisa Paolini	23:05.1	Perri Williams 51:44#
1994	Deirdre Gallagher	23:34.0	Deirdre Gallagher 49:03#
1995	Deirdre Gallagher	23:14.24	Deirdre Gallagher 48:45#

1996	Deirdre Gallagher	22:00.05	Gillian O'Sullivan	50:19#
1997	Perri Williams	24:50.08	Gillian O'Sullivan	48:59#
1998	Gillian O'Sullivan	21:57.22	Olive Loughnane	49:06#
1999	Olive Loughnane	22:58.27	Gillian O'Sullivan	1:43:42
2000	Niobe Menéndez	24:22.84	Gillian O'Sullivan	1:35:09
2001	Gillian O'Sullivan	20:50.13	Gillian O'Sullivan	1:36:38
2002	Gillian O'Sullivan	20:02.60	Gillian O'Sullivan	1:29:12
2003	Gillian O'Sullivan	20:13.13	Gillian O'Sullivan	1:29:22
2004	Olive Loughnane	22:13.89	Olive Loughnane	1:32:12
2005	Olive Loughnane	21:52.56	Olive Loughnane	1:32.28
2006	Ann Loughnane	22:22.24	Catriona McMahon	2:03.07
2007	Ann Loughnane	24:36.30	Catriona McMahon	1:56:38

\* - 3000 metres, # - 10 kilometres, t - track walk

<b>National Cross Country (Inter Clubs)</b>	<b>Club Champions</b>	<b>National Track &amp; Field League Champions</b>	
1966 Peggy Hogan	15:33 Clonliffe Harriers	19 pts	
1967 Peggy Hogan	12:51 Clonliffe Harriers	21 pts	
1968 Ann O'Brien	13:56 Raheny Shamrock	-	
1969 Ann O'Brien	14:51 Crusaders	11 pts	
1970 Ann O'Brien	14:41 Clonliffe Harriers	13 pts	
1971 Ann O'Brien	14:20 Raheny Shamrock	11 pts	
1972 Mary Lynch	14:43 St. Laurence O'Toole's	25 pts	
1973 Mary Tracey	11:45 Guinness	22 pts	
1974 Deirdre Foreman	13:42 Grange-Fermoy	36 pts Crusaders AC	55 pts
1975 Deirdre Nagle (Foreman)	13:59 Guinness	32 pts Crusaders AC	55 pts
1976 Deirdre Nagle	14:21 Clonliffe Harriers	29 pts Crusaders AC	57 pts

1977 Sheila Morrissey	13:11 Dublin City Harriers	30 pts Crusaders AC	66 pts
1978 Kathryn Davis	17:46 Dublin City Harriers	30 pts Crusaders AC	74 pts
1979 Christine Ward	19:07 Dublin City Harriers	45 pts Dublin City Harriers	78 pts
1980 Mary Purcell (Tracey)	17:13 Dublin City Harriers	23 pts Dublin City Harriers	103 pts
1981 Carole Meagan	17:35 Dublin City Harriers	37 pts Dublin City Harriers	103 pts
1982 Fionnuala Morrish	22:12 Dublin City Harriers	38 pts Dublin City Harriers	106 pts
1983 Louise McGrillen	18:14 Dublin City Harriers	36 pts Crusaders AC	110 pts
1984 Roisin Smyth	17:42 Dublin City Harriers	26 pts Dublin City Harriers	97 pts
1985 Louise McGrillen	16:46 Dublin City Harriers	16 pts Dublin City Harriers	105 pts
1986 Mary Donoghue	17:51 Dublin City Harriers	16 pts Dundrum South Dublin	104 pts
1987 Sonia O'Sullivan	16:21 Dublin City Harriers	42 pts Dundrum South Dublin	104 pts
1988 Catherine Rooney	19:28 Dublin City Harriers	30 pts Dundrum South Dublin	120 pts
1989 Christine Kennedy	25:56 Dublin City Harriers	40 pts Dublin City Harriers	111 pts
1990 Catherina McKiernan	20:11 Dublin City Harriers	26 pts Dublin City Harriers	124 pts
1991 Catherina McKiernan	24:55 Dublin City Harriers	43 pts Dublin City Harriers	119 pts
1992 Catherina McKiernan	20:48 Dublin City Harriers	54 pts Lisburn AC	90 pts
1993 Catherina McKiernan	20:04 Finn Valley	57 pts Lisburn AC	110 pts
1994 Teresa Duffy	23:04 Finn Valley	53 pts Lisburn AC	117 pts
1995 Teresa Duffy	22:07 Finn Valley	61 pts Lisburn AC	110 pts
1996 Teresa Duffy	22:00 Finn Valley	85 pts Limerick AC	115 pts
1997 Maureen Harrington	22:35 Finn Valley	34 pts Nenagh Olympic	109 pts
1998 Maureen Harrington	21:27 Finn Valley	50 pts Dublin City Harriers	108 pts
1999 Breeda Dennehy	26:26 Finn Valley	56 pts Ballymena & Antrim	
2000 Anne Keenan-Buckley	21:30 Finn Valley	72 pts Dublin City Harriers	117 pts
2001 Rosemary Ryan	20:49 Dundrum South Dublin	50 pts Dublin City Harriers	112 pts
2002 Anne Keenan-Buckley	32:07 Finn Valley	62 pts Dublin City Harriers	113.5 pt
2003 Anne Keenan-Buckley	30:38 Dundrum South Dublin	46 pts Tir Chonaill	113 pts
2004 Catherina McKiernan	26:39 Finn Valley	59 pts Dublin City Harriers	115 pts

2005 Jolene Byrne	28:25 Finn Valley	29 pts Abbey AC	109 pts
2006 Maria McCambridge	28:05 Dundrum South Dublin	44 pts Abbey AC	
2007 Fionnuala Britton	29:11 North Belfast Harriers	47 pts Abbey AC	107.5pts

Inter County Cross Country 5,000m		Teams		National Road Relays	
1973	-			-	-
1974	-			-	-
1975	-			-	-
1976	-			-	-
1977	-			-	-
1978	-		Dublin	11 pts	-
1979	Mary Purcell	19:27	Dublin	23 pts	-
1980				-	-
1981				-	-
1982				-	-
1983				-	-
1984				-	-
1985				Dublin City Harriers	17:55
1986				-	-
1987				Dublin City Harriers	25:10
1988				Mullingar Harriers	20:46
1989	Catherina McKiernan	19:04	Dublin	19 pts	-
1990	Catherina McKiernan	22:02	Cork	28 pts	Dublin City Harriers 20:30

1991	Catherina McKiernan	17:53	Donegal	28 pts	Dublin City Harriers	22:55
1992	Catherina McKiernan	18:08	Donegal	39 pts	Sparta	24:12
1993	Catherina McKiernan	18:12	Dublin	42 pts	Finn Valley	18:24
1994	Maureen Harrington	18:20	Donegal	50 pts	Finn Valley	19:58
1995	Maureen Harrington	16:46	Cork	45 pts	Raheny Shamrock	19:08
1996	Valerie Vaughan	17:30	Antrim	45 pts	U.C.C.	18:20
1997	Teresa Duffy	16:58	Donegal	33 pts	U.C.C.	18:14
1998	Valerie Vaughan	19:45	Cork	30 pts	Finn Valley	28:59
1999	Rosemary Ryan	17:17	Dublin	31 pts	U.C.C.	18:41
2000	Ann Keenan-Buckley	18:04	Dublin	29 pts		
2001	Ann Keenan-Buckley	16:59	Dublin	35 pts	U.C.C.	21:28
2002	Ann Keenan-Buckley	18:30	Dublin	33 pts	U.C.C.	22:02
2003	Rosemary Ryan	17:44	Dublin	41 pts	Raheny Shamrock	22:06
2004	Maria McCambridge	16:51	Dublin	22 pts	Tullamore Harriers	21:39
2005	Jolene Bryne	18:17	Dublin	20 pts	Sportsworld	21:53
2006	Fionnuala Britton	28:13	Dublin	34 pts		
2007	Fionnuala Britton	28:48	Dublin	23 pts	Raheny Shamrock	21:46

Cross Country (Short Course)		
1999	Elaine Fitzgerald	13:33
2000		
2001		
2002	Sonia O'Sullivan	12:46
2003	Anne Keenan-Buckley	13:11
2004	Aoife Byrne	13:51
2005	Niamh O'Sullivan	14:27
2006	Orla O'Mahoney	???