

# 1974 Senior Champs

Santry Jul 20/1

## Men

Event	Position	Athlete	Ckub	Performance
100 M	1	Dermot Brown	Marcab	10.9
	2	Vinnie Becker	Crusaders	10.9
	3	Tom Phelan	Crusaders	11.1
200 m	1	Fanahan Mc Sweeney	Grange	22.5
	2	Tom Phelan	Crusaders	22.5
	3	Tim Crowe	Limerick	
400 M	1	Tim Crowe	Limerick	47.6
	2	Fanahan Mc Sweeney	Grange	47.6
	3	B Crowley	Bandon	49.4
800 M	1	E Coghlan	Donore	1.50.2
	2	Niall O Shaughnessy	Limerick	1.50.4
	3	Noel Carroll	Civil Service	1.50.5
1500 M	1	D Noonan	Grange	3.53.3
	2	Kevin Humphries	DCH	3.57.8
	3	Tom Aspel	Waterford	5.58.8
5000 M	1	Tom Cregan	Clonliffe	14.25.8
	2	Paddy Murphy	Kildare	14.40.0
	3	Ray Treacy	Leevale	14.04.4
3000 M Chase	1	Phil English	Tipperary	9.13.4
	2	Gerry Deegan	West Waterford	9.28.2
	3	Eddie Mc Donagh	Metro	9.30.8
110 m Hurs	1	Brendan Curtin	UCD	15.5
	2	Sean Power	Leevale	15.6
	3	Shay Fitzpatrick	Waterford	16.3
400 m Hurs	1	Tim Crowe	Limerick	55.2
	2	John Mc Carthy	Marcab	56.5
	3	Shay Fitzpatrick	Waterford	57.6
Shot	1	Brendan Coghlan	Leevale	15.63
	2	Pat Hartigan	Limerick	14.48
	3	Sean Hogan	Crusaders	13.48
Javelin	1	Pat Moore	Leevale	61.65
	2	Brendan Curtin	UCD	52.92
	3	D Casey	Limerick	52.6
Long Jump	1	Hugo Duggan	Cranford	6.77
	2	P Jordan	Mayo	6.65
	3	S Reidy	Limerick	6.6
Triple Jump	1	Sean Power	Grange	15.04
	2	Mick O Flynn	Leevale	14.77
	3	Niall Sweeney	UCD	14.44
300 m Walk	1	J Mackey	Kilkenny	13.32.8
	2	John O Leary	Clonliffe	13.59.8
	3	Fintan Walsh	Waterford	14.24.6
Discus	1	Phil Conway	Crusaders	49.4
	2	Len Braham	St Finbarrs	48.4
	3	B Kelly	Loughrea	45.74
Hammer	1	Bernie Hartigan	Limerick	58.2
	2	Phil Conway	Crusaders	57.77
	3	Len Braham	St Finbarrs	52.55

High Jump	1	Jim Fanning	Donore	1.93
	2	J Cooney	St Anthony's	1.93
	3	Ian Travers	DUHAC	1.93
Pole Vault	1	Liam Gleeson	Nenagh	4.1
	2	Liam Hennessy	St Anthony's	3.9
	3	S Tremers	Shamrocks	3.9

## Women

100 m	1	Ruth Algan	Crusaders	12.1
	2	Ann Jeffords	Leevale	12.3
	3	M Doyle	St Finbarrs	12.4
200 m	1	Aideen Morrison	Crusaders	25.8
	2	M Doyle	St Finbarrs	26.1
	3	P Flatley	Mayo Utd	26.2
400 m	1	Aideen Morrison	Crusaders	56.7
	2	P Flatley	Mayo Utd	58.6
	3	Patricia Quinn	Ballinamore	59.9
800 M	1	Padraigan O Dwyer	Clonliffe	2.02.8
	2	Jean Appleby	Clonliffe	2.13.3
	3	M Donnellan	Moore	2.13.6
1500 M	1	Mary Purcell	Guinness	4.27
	2	Deirdre Nagle	Guinness	4.31.6
	3	Vera Sherry	Glasslough	4.37.1
100 m Hur:	1	E Rutledge	Bristol	14.5
	2	Mary Appleby	Avondale	14.7
	3	Sheila Flatman	Crusaders	16.3
Shot	1	Gay Hogan	Crusaders	42.6
	2	Freddie Cooney	St Anthony's	42
	3	Rosemary Murphy	Crusaders	34.09.5
Javelin	1	Sandra O Toole	Lozells	40.48
	2	Gay Hogan	Crusaders	38.15
	3	M Pasquetti	Birchfield	35.64
Long Jump	1	Breda Rutledge	Bristol	5.4
	2	Joy Good	Bandon	5.09
	3	Freddie Cooney	St Anthony's	5.09
Discus	1	Gay Hogan	Crusaders	42.05
	2	Maria Dunne	Crusaders	40.01
	3	M Pasquetti	Birchfield	39.21
High Jump	1	S Flatman	Crusaders	1.82
	2	Marjorie Adams	Crusaders	1.58
	3	B Murray	Grange	1.56

## 1974 National Marathon

Athlete	Club	Performance
Dany Mc Daid	Letterkenny	2.19/02.4
Dick Hodgins	Leevale	2.21.00.2
Brendan O Shea	Donore	2.23.58.0
Mick Mulloy	oughterard	2.24.32.00
Jim Mc Namara	Donore	2.25.23.80
Paddy Coyle	Lourdes	2.26.02.00
Michael Murphy	Leevale	2.27.45.20
A Murphy	Clonliffe	2.28.20.00
J Murphy	Leevale	2.29.30.80
Mick Hayden	Tullamore	2.30.22.20

# 1974 BLE Cross Country

## Senior Men at Tuam

1	D Walsh	Leevale	40.14
2	J Scanlon	Galway	40.31
3	P Coyle	Lourdes	40.37
4	D Mc Daid	Clonliffe	40.41
5	T O Riordan	Donore	40.43
6	D Mc Gann	Civil Service	40.46
7	E Spillane	Donore	41.14
8	R Crowley	St Finbarrs	41.3
9	R Tracey	Leevale	41.36
10	J Mc Kenna	Donore	41.14

## Teams Inter Club

1	Donore	33
2	Leevale	42
3	Civil Service	79
4	Galway CH	91
5	UCG	92
6	ST Finbarrs	111

## Senior Ladies at Mount Mellick

1	D Foreman	Guinness	13.42
2	M Lynch	Raheny	14.03
3	M Mellerick	Grange	14.21
4	A Cummins	Clonliffe	14.24
5	S Morrissey	Kildare	14.29
6	V Sherry	Glaslough	14.34
7	D Mellerick	Grange	14.4
8	M Appleby	Avondale	14.43
9	M Buckley	Leevale	14.52
10	B Lambert	St Laurence O Toole	15.01

## Teams Inter Club

1	Grange	36
2	Guinness	60
3	Avondale	64
4	St Laurence O Toole	77
5	UCG	79
6	Limerick	

## Junior Men

1	F Murphy	Clonliffe	19.28
2	J Tracey	Waterford	19.34
3	E Hartnett	Grange	19.44
4	R Tracey	Leevale	19.45
5	G Redmond	Dublin	19.46
6	D Carroll	Clonliffe	19.47
7	G Deegan	Waterford	19.51

8	T Ryan	Waterford	20.12
9	E Mealy	Leevale	20.19
10	D Hooper	Dublin	20.2

Teams Inter Club

1	Clonliffe	33
2	West Waterford	43
3	Raheny	46
4	Leevale	47.5
5	Metro	79
6	Loughrea	124