

National Athletic & Cycling Association

1963 Championships held in Killarney on 27/28 July

EVENT	POSITION	ATHLETE	CLUB	PERFORMANCE	
60 yds	1	M Lanigan	Kilkenny CH	6.4 secs	
	2	M Lynch	St Finbarrs		
	3	M A Ryan	Kilkenny CH		
100yds	1	M Lynch	St Finbarrs	10 secs	
	2	I O Muircheartaigh	UCD		
	3	L Power	Luke Wadding		
220 yds	1	J Jordan	Waterford AC	22.4 Secs	
	2	M Lynch	St Finbarrs		
	3	I O Muircheartaigh	UCD		
440 yds	1	J Jordan	Waterford AC	49.9 secs	
	2	I O Muircheartaigh	UCD		
	3	M Lynch	St Finbarrs		
880 yds	1	R Clancy	Dublin CH	1 min 55,6 secs	
	2	H Quirke	Curragh AC		
	3	D Buckley	St Finbarrs		
1 Mile	1	R Hodgins	Hilltown AC	4 min 24,1 secs	
	2	W Neenan	Millstreet		
	3	M Rudden	St Augustines		
4 miles	1	S O Sullivan	Tournafulla	19 mins 22.5 secs	
	2	H O Sullivan	St Augustines		
	3	B O Gorman	St Finbarrs		
Relay	1	St Finbarrs	Ivers Lynch		
			Roche Buckley		
	2	Dublin CH			
Discus	3	Waterford AC			
	1	H O Callaghan	UCC		148 ft 7.5 ins
	2	B Hartigan	Regional		140 ft 9.5
High Jump	3	K Prendergast	Clonmel	136 ft 1 ins	
	1	P O Shea	Millstreet		6 ft 3 ins
	2	J Sheehy	Macroom		6 ft 2 ins
Hop Step & Jump	3	T Twomey	Knocknacurra	6 ft	
	1	S O Dwyer	Ardgroom		49 ft 4.25 ins NR
	2	R O Dwyer	Ardgroom		46 ft 9 ins
56 Lbs Over bar	3	J Enwezar	UCD	46 ft 5 ins	
	1	T Twomey	Knocknacurra		15 ft
	2	P Ruddle	Kilmallock		13 ft
Long Jump	3	H O Callaghan	UCC	13 ft	
	1	S O Dwyer	Ardgroom		23 ft 3.75 ins
	2	J Enwezar	UCD		22 ft 1.5 ins
Javelin	3	W Glynn	UCD	21 Ft 9.5 ins	
	1	D Toomey	UCD		197 ft 3 ins
	2	P Callery	UCG		172 ft 4 ins
Shot	3	H O Callaghan	UCC	168 ft 8 ins	
	1	H O Callaghan	UCC		51 ft 1 ins
	2	K Prendergast	Clonmel		47 ft 7 ins
Hammer	3	N Hegarty	Derry	43 ft 4.5 ins	
	1	T J Kelly	Phoenix		165 ft 8 ins
	2	M Mc Donagh	Curragh		154 ft 9 ins
56 lbs without Follow	3	H O Callaghan	UCC	152 ft 8 ins	
	1	T Twomey	Knocknacurra		28 ft 10 ins
	2	P Ruddle	Kilmallock		25 ft 3 ins
	3	H O Callaghan	UCC	24 ft 10 ins	

Pole Vault	1	L Gleeson	Nenagh	12 ft 6 ins
	2	D Toomey	UCD	12 ft
	3	S Murphy	UCG	12 ft
Marathon	1			
	2			
	3			
Decathlon	1	D Tooney	UCD	5001
	2	H O Callaghan	UCC	4663
	3	S O Dwyer	Ardgroom	4119

SENIOR CROSS COUNTRY

JUNIOR CROSS COUNTRY