

Individual Results 13 July 2010

| Premier Men Antrim | | | | | Premier Women Antrim | | | | |
|---------------------|-----|-------------------|--------------------|----------|----------------------|-----|--------------------|--------------------|----------|
| 110m Hurdles | | | | | 100m Hurdles | | | | |
| Place | No. | Athlete | Club | Time | Place | No. | Athlete | Club | Time |
| 1 | 43 | Tom Carey | City of Derry | 14.62 | 1 | 52 | Amy Mc Neilly | North Down | 15.27 |
| 2 | 48 | B Reynolds | North Down | 14.89 | 2 | 53 | B Mc Allister | Ballymena & Antrim | 17.07 |
| 3 | 42 | Ciarath O Cathain | Raheny Shamrock | 15.80 | 3 | 49 | E Rose | City of Lisburn | 17.20 |
| 4 | 47 | Conor Mc Crossan | Clonliffe Harriers | 15.84 | | 50 | Louise Harvey | Tirchonail | DQ |
| 3000m Walk | | | | | 1500m Walk | | | | |
| Place | No. | Athlete | Club | Time | Place | No. | Athlete | Club | Time |
| 1 | 43 | D Furey | City of Derry | 22.13.07 | 1 | 49 | E Doherty | City of Lisburn | 7.00.69 |
| 2 | 46 | Gary Park | Crusaders | 24.19.65 | 2 | 50 | Marie Rooney | Tirchonail | 8.26.92 |
| 3 | 48 | Francis Marsh | North Down | 27.17.19 | 3 | 51 | Pamela Reynolds | Athletics Meath | 10.44.33 |
| 400m Hurdles | | | | | 400m Hurdles | | | | |
| Place | No. | Athlete | Club | Time | Place | No. | Athlete | Club | Time |
| 1 | 43 | Tom Carey | City of Derry | 52.71 | 1 | 53 | Christine Mc Mahon | Ballymena & Antrim | 65.12 |
| 2 | 47 | John Fagan | Clonliffe Harriers | 53.03 | 2 | 50 | Louise Harvey | Tirchonail | 68.24 |
| 3 | 48 | B Mc Conville | North Down | 58.12 | 3 | 49 | L Monteith | City of Lisburn | 69.97 |
| 4 | 42 | P Kelly | Raheny Shamrock | 58.54 | 4 | 52 | Amy Mc Neilly | North Down | 72.48 |
| 5 | 45 | G Holden | Ballymena & Antrim | 62.05 | 5 | 51 | K Dunne | Athletics Meath | 79.39 |
| 4*100m Relay | | | | | 4*100m Relay | | | | |
| Place | No. | Athlete | Club | Time | Place | No. | Athlete | Club | Time |
| 1 | 47 | | Clonliffe Harriers | 42.72 | 1 | 53 | | Ballymena & Antrim | 49.18 |
| 2 | 42 | | Raheny Shamrock | 43.30 | 2 | 49 | | City of Lisburn | 50.28 |
| 3 | 45 | | Ballymena & Antrim | 43.84 | 3 | 40 | | Lagan Valley | 51.79 |
| 4 | 48 | | North Down | 43.87 | 4 | 52 | | North Down | 52.81 |
| 5 | 44 | | Athletics Meath | 44.51 | 5 | 51 | | Athletics Meath | 53.82 |
| 6 | 46 | | Crusaders | N.T | 6 | 50 | | Tirchonail | 53.98 |

Individual Results 13 July 2010

| 1500m | | | | | 1500m | | | | |
|--------------------|-----|-------------------|--------------------|----------|-------|-----|-------------------|--------------------|---------|
| Place | No. | Athlete | Club | Time | Place | No. | Athlete | Club | Time |
| 1 | 42 | P Kelly | Raheny Shamrock | 4.12.07 | 1 | 53 | L Douglas | Ballymena & Antrim | 5.10.93 |
| 2 | 43 | JP Williamson | City of Derry | 4.12.42 | 2 | 49 | L Monteith | City of Lisburn | 5.15.47 |
| 3 | 45 | Jarlath Falls | Ballymena & Antrim | 4.14.03 | 3 | 51 | Karen Crean | Athletics Meath | 5.35.27 |
| 4 | 47 | Conor Mc Guinness | Clonliffe Harriers | 4.15.85 | 4 | 50 | P Gallagher | Tirchonail | 6.08.65 |
| 5 | 48 | G Willis | North Down | 4.28.15 | 5 | 52 | G Mc Anirn | North Down | 6.31.48 |
| 400m | | | | | 400m | | | | |
| Place | No. | Athlete | Club | Time | Place | No. | Athlete | Club | Time |
| 1 | 42 | Ciaran Kelly | Raheny Shamrock | 49.01 | 1 | 53 | Joanna Patterson | Ballymena & Antrim | 56.1 |
| 2 | 45 | J Houston | Ballymena & Antrim | 50.18 | 2 | 49 | E Mc Ilveen | City of Lisburn | 59.8 |
| 3 | 47 | C Mackey | Clonliffe Harriers | 51.86 | 3 | 51 | Karen Crean | Athletics Meath | 66.6 |
| 4 | 48 | A Mc Comb | North Down | 52.55 | 4 | 52 | N Steele | North Down | 71.8 |
| 5 | 43 | D Reid | City of Derry | 53.04 | 5 | 40 | J Mc Devitt | Lagan Valley | 76.6 |
| 6 | 41 | A Woods | City of Lisburn | 54.15 | 6 | 50 | B Morris | Tirchonail | 84.6 |
| 7 | 46 | J Keegan | Crusaders | 57.52 | | | | | |
| 3000m Steeplechase | | | | | | | | | |
| Place | No. | Athlete | Club | Time | | | | | |
| 1 | 42 | M Kirwan | Raheny Shamrock | 9.50.39 | | | | | |
| 2 | 43 | C Roberts | City of Derry | 10.10.59 | | | | | |
| 3 | 44 | Gerard Heery | Athletics Meath | 10.18.20 | | | | | |
| 4 | 47 | T Guilfoyle | Clonliffe Harriers | 10.27.13 | | | | | |
| 5 | 45 | G Stitt | Ballymena & Antrim | 12.03.86 | | | | | |
| 200m | | | | | 200m | | | | |
| Place | No. | Athlete | Club | Time | Place | No. | Athlete | Club | Time |
| 1 | 46 | Stephen Colvert | Crusaders | 22.04 | 1 | 52 | H Lewis | North Down | 25.00 |
| 2 | 45 | J Houston | Ballymena & Antrim | 22.57 | 2 | 49 | L Mc Burney | City of Lisburn | 25.70 |
| 3 | 44 | Neil Dunne | Athletics Meath | 22.65 | 3 | 53 | Hanna Todd | Ballymena & Antrim | 27.10 |
| 4 | 42 | Jamie Davis | Raheny Shamrock | 22.98 | 4 | 51 | Sophie Kennedy | Athletics Meath | 28.00 |
| 5 | 43 | M Mc Garvey | City of Derry | 23.78 | 5 | 40 | L Frey | Lagan Valley | 28.40 |
| 6 | 48 | K Elliott | North Down | 24.18 | 6 | 50 | Geraldine Stewart | Tirchonail | 29.20 |

Individual Results 13 July 2010

| 800m | | | | | 800m | | | | |
|-------|-----|------------------|--------------------|---------|-------|-----|--------------------|--------------------|---------|
| Place | No. | Athlete | Club | Time | Place | No. | Athlete | Club | Time |
| 1 | 48 | N Robinson | North Down | 1.58.01 | 1 | 49 | Rachel Gibson | City of Lisburn | 2.20.41 |
| 2 | 43 | Patrick Hamilton | City of Derry | 1.58.73 | 2 | 52 | N Simpson | North Down | 2.22.46 |
| 3 | 47 | Stephen Harkness | Clonliffe Harriers | 1.58.90 | 3 | 51 | Sharon Monaghan | Athletics Meath | 2.31.10 |
| 4 | 44 | Dara Rennicks | Athletics Meath | 1.59.88 | 4 | 40 | Lynsey Glover | Lagan Valley | 3.01.98 |
| 5 | 42 | C O Sullivam | Raheny Shamrock | 2.00.82 | 5 | 50 | Jackie Harvey | Tirchonail | 3.04.96 |
| 6 | 45 | P Mc Cann | Ballymena & Antri | 2.04.55 | | | | | |
| 5000m | | | | | 3000m | | | | |
| Place | No. | Athlete | Club | Time | Place | No. | Athlete | Club | Time |
| 1 | 42 | Mick Clohissy | Raheny Shamrock | 14.42.1 | 1 | 51 | Sharon Monaghan | Athletics Meath | 11.07.9 |
| 2 | 43 | Gregory Roberts | City of Derry | 14:24.0 | 2 | 52 | S Hambling | North Down | 11.14.7 |
| 3 | 47 | L Cronin | Clonliffe Harriers | N T | 3 | 50 | Marie Rooney | Tirchonail | 11.51.5 |
| 4 | 48 | Francis Marsh | North Down | N T | 4 | 53 | C Murray | Ballymena & Antrim | 12.03.4 |
| 5 | 45 | M Wray | Ballymena & Antri | N T | 5 | 40 | J Quinn | Lagan Valley | 12.06.4 |
| 6 | 44 | Gerard Heery | Athletics Meath | N T | | | | | |
| 100m | | | | | 100m | | | | |
| Place | No. | Athlete | Club | Time | Place | No. | Athlete | Club | Time |
| 1 | 45 | D Adams | Ballymena & Antri | 10.89 | 1 | 53 | Christine Mc Mahon | Ballymena & Antrim | 12.30 |
| 2 | 46 | Stephen Colvert | Crusaders | 10.94 | 2 | 49 | Laua Whiteside | City of Lisburn | 12.60 |
| 3 | 47 | P O Connor | Clonliffe Harriers | 11.10 | 3 | 40 | J Bell | Lagan Valley | 12.98 |
| 4 | 44 | Joey Monaghan | Athletics Meath | 11.31 | 4 | 52 | S Semeroro | North Down | 13.16 |
| 5 | 42 | Michael Hynes | Raheny Shamrock | 11.32 | 5 | 51 | Cheryl Dolan | Athletics Meath | 14.07 |
| 6 | 48 | K Elliott | North Down | 11.52 | 6 | 50 | B Morris | Tirchonail | 18.46 |
| 7 | 43 | M Mc Garvey | City of Derry | 11.54 | | | | | |

Individual Results 13 July 2010

| 4*400m | | | | | 4*400m | | | | |
|------------|-----|------------------|--------------------|----------|------------|-----|-----------------|--------------------|----------|
| Place | No. | Athlete | Club | Time | Place | No. | Athlete | Club | Time |
| 1 | 42 | | Raheny Shamrock | 3.23.48 | 1 | 53 | | Ballymena & Antrim | 4.00.27 |
| 2 | 48 | | North Down | 3.27.54 | 2 | 49 | | City of Lisburn | 4.00.89 |
| 3 | 45 | | Ballymena & Antrim | 3.29.75 | 3 | 52 | | North Down | 4.15.55 |
| 4 | 47 | | Clonliffe Harriers | 3.32.20 | 4 | 51 | | Athletics Meath | 4.39.23 |
| 5 | 43 | | City of Derry | 3.37.19 | 5 | 40 | | Lagan Valley | 4.47.97 |
| 6 | 46 | | Crusaders | 3.54.89 | 6 | 50 | | Tirchonaill | 5.12.87 |
| Hammer | | | | | Hammer | | | | |
| Place | No. | Athlete | Club | Distance | Place | No. | Athlete | Club | Distance |
| 1 | 47 | M Hunt | Clonliffe Harriers | 54.90 | 1 | 40 | Lynsey Glover | Lagan Valley | 40.30 |
| 2 | 44 | Mark Hanily | Athletics Meath | 51.02 | 2 | 51 | Karen Monaghan | Athletics Meath | 33.76 |
| 3 | 46 | C Donnelly | Crusaders | 43.02 | 3 | 49 | K Wallace | City of Lisburn | 29.00 |
| 4 | 48 | K Elliott | North Down | 20.01 | 4 | 52 | M Free | North Down | 19.16 |
| 5 | 43 | J Herron | City of Derry | 19.64 | 5 | 50 | B Morris | Tirchonaill | 15.60 |
| 6 | 45 | D Thom | Ballymena & Antrim | 15.48 | 6 | 53 | M Keenan | Ballymena & Antrim | 14.57 |
| Pole Vault | | | | | Pole Vault | | | | |
| Place | No. | Athlete | Club | Height | Place | No. | Athlete | Club | Height |
| 1 | 47 | Ian Rogers | Clonliffe Harriers | 4.60 | 1 | 52 | S Semeroro | North Down | 3.05 |
| 2 | 48 | B Mc Conville | North Down | 4.50 | 1 | 53 | Clare Wilkinson | Ballymena & Antrim | 3.05 |
| 3 | 46 | Ruari O Brian | Crusaders | 4.00 | | | | | |
| Long Jump | | | | | Long Jump | | | | |
| Place | No. | Athlete | Club | Distance | Place | No. | Athlete | Club | Distance |
| 1 | 43 | A Mc Mullan | City of Derry | 7.02 | 1 | 50 | Mary Mc Loone | Tirchonaill | 5.68 |
| 2 | 44 | Kourosh Foroughi | Athletics Meath | 6.60 | 2 | 40 | Mary Devlin | Lagan Valley | 5.49 |
| 3 | 48 | T Reynolds | North Down | 6.41 | 3 | 49 | Linzi Herron | City of Lisburn | 5.39 |
| 4 | 45 | M Taggart | Ballymena & Antrim | 6.37 | 4 | 52 | L Loughlin | North Down | 5.01 |
| 5 | 42 | J Connolly | Raheny Shamrock | 6.15 | 5 | 53 | R Healy | Ballymena & Antrim | 4.92 |
| 6 | 47 | A Amaegzinam | Clonliffe Harriers | 6.14 | 6 | 51 | K Dunne | Athletics Meath | 4.69 |
| 7 | 41 | M Mc Donald | City of Lisburn | 5.03 | | | | | |

Individual Results 13 July 2010

| Javelin | | | | | Javelin | | | | |
|--------------------------|-----|----------------|--------------------|----------|-------------|-----|-------------------|--------------------|----------|
| Place | No. | Athlete | Club | Distance | Place | No. | Athlete | Club | Distance |
| 1 | 47 | Paul Marry | Clonliffe Harriers | 50.62 | 1 | 50 | Geraldine Stewart | Tirchonaill | 26.14 |
| 2 | 48 | M Martin | North Down | 50.45 | 2 | 53 | B Mc Allister | Ballymena & Antrim | 22.31 |
| 3 | 44 | Barry Delaney | Athletics Meath | 48.42 | 3 | 52 | B Wilson | North Down | 20.01 |
| 4 | 43 | C Craig | City of Derry | 34.55 | 4 | 51 | Moira Peppard | Athletics Meath | 14.14 |
| 5 | 42 | J Buckley | Raheny Shamrock | 31.53 | 5 | 49 | Leigh Whiteside | City of Lisburn | 9.52 |
| 6 | 45 | F Mc Crystal | Ballymena & Antrim | 30.23 | | | | | |
| Triple Jump | | | | | Triple Jump | | | | |
| Place | No. | Athlete | Club | Distance | Place | No. | Athlete | Club | Distance |
| 1 | 43 | Simon Herron | City of Derry | 13.26 | 1 | 50 | Mary Mc loone | Tirchonaill | 11.10 |
| 2 | 45 | M Taggart | Ballymena & Antrim | 12.88 | 2 | 53 | Hanna Todd | Ballymena & Antrim | 10.79 |
| 3 | 47 | M Matuzzo | Clonliffe Harriers | 12.09 | 3 | 52 | L Loughlin | North Down | 10.19 |
| 4 | 42 | M Davis | Raheny Shamrock | 11.55 | 4 | 49 | M Johnston | City of Lisburn | 10.15 |
| 5 | 41 | M Mc Donald | City of Lisburn | 11.43 | 5 | 40 | L Frey | Lagan Valley | 10.08 |
| 6 | 46 | P Sanders | Crusaders | 11.26 | 6 | 51 | K Dunne | Athletics Meath | 9.91 |
| 7 | 48 | M Matthew | North Down | 11.09 | | | | | |
| 56lb Weight for Distance | | | | | | | | | |
| Place | No. | Athlete | Club | Distance | | | | | |
| 1 | 47 | Thomas Rajktys | Clonliffe Harriers | 7.62 | | | | | |
| 2 | 43 | R Moore | City of Derry | 5.93 | | | | | |
| 3 | 45 | Nigel Carlisle | Ballymena & Antrim | 5.08 | | | | | |
| 4 | 48 | S Glass | North Down | 5.06 | | | | | |
| 5 | 46 | C Donnelly | Crusaders | 5.03 | | | | | |
| 6 | 44 | Mark Hanily | Athletics Meath | 4.35 | | | | | |
| 7 | 42 | D Bradshaw | Raheny Shamrock | 3.55 | | | | | |

Individual Results 13 July 2010

| Division 1 Women | | | | |
|---------------------|-----|-------------------|--------------------|----------|
| 100m Hurdles | | | | |
| Place | No. | Athlete | Club | Time |
| 1 | 55 | Sandra Lawlor | Kildare County | 14.62 |
| 2 | 54 | Shauna Furman | Clonliffe Harriers | 15.48 |
| 3 | 58 | Zoe Campbell | Raheny Shamrock | 17.42 |
| 4 | 57 | Emma Gee | City of Derry | 18.48 |
| 1500m Walk | | | | |
| Place | No. | Athlete | Club | Time |
| 1 | 55 | Sarah Burke | Kildare County | 8.33.71 |
| 2 | 58 | Chloe Doran | Raheny Shamrock | 10.39.86 |
| 3 | 54 | Kate Purcell | Clonliffe Harriers | 11.45.34 |
| 400m Hurdles | | | | |
| Place | No. | Athlete | Club | Time |
| 1 | 54 | Sarah Woods | Clonliffe Harriers | 68.78 |
| 2 | 55 | Cera Nolan | Kildare County | 77.01 |
| 3 | 57 | Emma Gee | City of Derry | 77.53 |
| 4*100m Relay | | | | |
| Place | No. | Athlete | Club | Mark |
| 1 | 54 | | Clonliffe Harriers | 50.79 |
| 2 | 58 | | Raheny Shamrock | 51.99 |
| 3 | 57 | | City of Derry | 52.54 |
| 4 | 55 | | Kildare County | DQ |
| 1500m | | | | |
| Place | No. | Athlete | Club | Time |
| 1 | 58 | Lorraine Manning | Raheny Shamrock | 4.47.66 |
| 2 | 54 | Eleanor Alexander | Clonliffe Harriers | 4.50.05 |
| 3 | 57 | Amy Mc Daid | City of Derry | 5.15.47 |
| 4 | 55 | Rachael Smyth | Kildare County | 5.48.85 |

Individual Results 13 July 2010

| 400m | | | | |
|-------|-----|---------------------|--------------------|---------|
| Place | No. | Athlete | Club | Time |
| 1 | 58 | Susan Scallon | Raheny Shamrock | 58.80 |
| 2 | 54 | Ciara Mc Callion | Clonliffe Harriers | 59.13 |
| 3 | 55 | Aislinn Hurley | Kildare County | 64.51 |
| 4 | 57 | Rebecca Mc Laugh | City of Derry | 67.23 |
| 200m | | | | |
| Place | No. | Athlete | Club | Time |
| 1 | 54 | Leah Moore | Clonliffe Harriers | 24.40 |
| 2 | 55 | Sophie Ellis | Kildare County | 25.50 |
| 3 | 57 | Anna Barr | City of Derry | 25.80 |
| 4 | 58 | Susan Giblin | Raheny Shamrock | 27.80 |
| 800m | | | | |
| Place | No. | Athlete | Club | Time |
| 1 | 58 | Siobhan Eviston | Raheny Shamrock | 2.12.76 |
| 2 | 54 | Eleanor Alexander | Clonliffe Harriers | 2.20.45 |
| 3 | 57 | Hannah Mc Gowan | City of Derry | 2.29.72 |
| 4 | 55 | Rachael Smyth | Kildare County | 2.36.89 |
| 3000m | | | | |
| Place | No. | Athlete | Club | Time |
| 1 | 58 | Patrycja Wlodarczyk | Raheny Shamrock | 10.21.3 |
| 2 | 54 | Ailish Mc Dermott | Clonliffe Harriers | 10.40.4 |
| 3 | 57 | Jackie Mc Ginley | City of Derry | 11.26.6 |
| 4 | 55 | Chloe Abbott | Kildare County | 12.13.1 |
| 100m | | | | |
| Place | No. | Athlete | Club | Time |
| 1 | 54 | Leah Moore | Clonliffe Harriers | 12.11 |
| 2 | 55 | Sophie Ellis | Kildare County | 12.75 |
| 3 | 57 | Anna Barr | City of Derry | 12.79 |
| 4 | 58 | Aisling Drumgoole | Raheny Shamrock | 12.91 |

Individual Results 13 July 2010

| 4*400m | | | | |
|------------|--------------|------------------|--------------------|----------|
| Place | No. | Athlete | Club | Time |
| 1 | 58 | | Raheny Shamrock | 4.02.40 |
| 2 | 54 | | Clonliffe Harriers | 4.10.58 |
| 3 | 57 | | City of Derry | 4.27.88 |
| Hammer | | | | |
| Place | No. | Athlete | Club | Distance |
| 1 | 57 | Maggie Donnelly | City of Derry | 47.79 |
| 2 | 55 | Pauline Kenny | Kildare County | 22.16 |
| 3 | 58 | Anne Buckley | Raheny Shamrock | 14.27 |
| Pole Vault | | | | |
| No. | Athlete | Club | Height | |
| 58 | Zoe Campbell | Raheny Shamrock | 3.20 | |
| Long Jump | | | | |
| Place | No. | Athlete | Club | Distance |
| 1 | 55 | Sandra Lawlor | Kildare County | 5.26 |
| 2 | 57 | Janelle Mc Gurk | City of Derry | 4.82 |
| 3 | 54 | Snezana Bechtina | Clonliffe Harriers | 4.67 |
| 4 | 58 | Susan Scallon | Raheny Shamrock | 4.33 |
| Discus | | | | |
| Place | No. | Athlete | Club | Distance |
| 1 | 57 | Maggie Donnelly | City of Derry | 24.31 |
| 2 | 55 | Pauline Kenny | Kildare County | 23.05 |
| 3 | 58 | Molly Giblin | Raheny Shamrock | 12.50 |
| 4 | 54 | Kate Purcell | Clonliffe Harriers | 9.07 |

Individual Results 13 July 2010

| High Jump | | | | |
|-------------|-----|------------------|--------------------|----------|
| Place | No. | Athlete | Club | Height |
| 1 | 54 | Agena Lidova | Clonliffe Harriers | 1.65 |
| 2 | 58 | Victoria Dwyer | Raheny Shamrock | 1.60 |
| 3 | 57 | Janelle Mc Gurk | City of Derry | 1.50 |
| 4 | 55 | Rachael Smyth | Kildare County | 1.25 |
| Shot Putt | | | | |
| Place | No. | Athlete | Club | Distance |
| 1 | 54 | Agena Lidova | Clonliffe Harriers | 9.03 |
| 2 | 58 | Helen Buckley | Raheny Shamrock | 8.72 |
| 3 | 57 | Danea Herron | City of Derry | 7.20 |
| 4 | 55 | Cera Nolan | Kildare County | 6.43 |
| Javelin | | | | |
| Place | No. | Athlete | Club | Distance |
| 1 | 58 | Helen Buckley | Raheny Shamrock | 26.99 |
| 2 | 57 | Kelly Simpson | City of Derry | 26.30 |
| 3 | 54 | Snezana Bechtina | Clonliffe Harriers | 13.87 |
| 4 | 55 | Cera Nolan | Kildare County | 12.91 |
| Triple Jump | | | | |
| Place | No. | Athlete | Club | Distance |
| 1 | 57 | Anna Barr | City of Derry | 10.72 |
| 2 | 54 | Orna Mc Ginley | Clonliffe Harriers | 9.93 |
| 3 | 58 | Chloe Doran | Raheny Shamrock | 8.95 |

Individual Results 13 July 2010

| | | | | | Tullamore | | | | |
|-----------------------------------|-----|------------------|-----------------|----------|----------------------------------|-----|------------------|-------------|---------|
| Division 1 Men (Pool B) | | | | | Division 1 Women (Pool B) | | | | |
| 110m Hurdles (wind: -0.10) | | | | | 100m Hurdles (wind: -0.4) | | | | |
| Place | Num | Athlete | Club | Time | Place | Num | Athlete | Club | Time |
| 1 | 84 | Ger Cremin | An Riocht | 17.84 | 1 | 92 | Lisa Houlihan | West Water | 16.39 |
| 2 | 82 | Liam Houlihan | Ferrybank | 18.63 | 2 | 90 | Laura Boylan | Sli Cualann | 17.31 |
| 3 | 83 | William Finnegan | Craughwell | 19.14 | 3 | 91 | Sinead Moloney | Wexford Cc | 18.54 |
| 4 | 79 | Kevin McGlynn | Sligo County | 22.51 | | | | | |
| 3000m Walk | | | | | 1500m Walk | | | | |
| Place | Num | Athlete | Club | Time | Place | Num | Athlete | Club | Time |
| 1 | 79 | Martin Conroy | Sligo County | 15.57.24 | 1 | 92 | Triona Wall | West Water | 9.00.43 |
| 2 | 81 | Tony Gartland | Sli Cualann | 16.42.92 | | | | | |
| | 83 | Marty Davis | Craughwell | DQ | | | | | |
| 400m Hurdles | | | | | 400m Hurdles | | | | |
| Place | Num | Athlete | Club | Time | Place | Num | Athlete | Club | Time |
| 1 | 82 | Ben Kiely | Ferrybank | 60.77 | 1 | 90 | Laura Boylan | Sli Cualann | 74.28 |
| 2 | 84 | Ger Cremin | An Riocht | 65.48 | 2 | 91 | Catrina Corcoran | Wexford Cc | 75.76 |
| 3 | 81 | Cian Ward | Sli Cualann | 69.07 | 3 | 92 | Claire Morrissey | West Water | 78.94 |
| 4 | 83 | Johnny Lane | Craughwell | 71.00 | | | | | |
| 5 | 79 | David Heath | Sligo County | 73.34 | | | | | |
| 4X100m Relay | | | | | 4X100m Relay | | | | |
| Place | Num | Athlete | Club | Time | Place | Num | Athlete | Club | Time |
| 1 | 80 | | Limerick County | 44.13 | 1 | 93 | | Limerick Cc | 50.12 |
| 2 | 84 | | An Riocht | 44.78 | 2 | 91 | | Wexford Cc | 51.06 |
| 3 | 82 | | Ferrybank | 45.72 | 3 | 90 | | Sli Cualann | 53.36 |
| 4 | 79 | | Sligo County | 47.24 | 4 | 92 | | West Water | 54.45 |
| 5 | 83 | | Craughwell | 48.33 | 5 | 94 | | Tallaght | 59.20 |
| 6 | 81 | | Sli Cualann | 48.86 | | | | | |

Individual Results 13 July 2010

| 1500m | | | | | 1500m | | | | |
|-------------------|------|--------------------|-----------------|----------|-------------------|-----|---------------------|-------------|----------|
| Place | | Athlete | Club | Time | Place | Num | Athlete | Club | Time |
| 1 | 82 | Kevin Cooper | Ferrybank | 4.02.88 | 1 | 92 | Norma Wall | West Water | 5.17.52 |
| 2 | 81 | Michael Dowling | Sli Cualann | 4.03.36 | 2 | 94 | Roisin O'Hanlon | Tallaght | 5.34.23 |
| 3 | 79 | Tommy Casey | Sligo County | 4.05.78 | | | | | |
| 4 | 80 | Laberta Debela | Limerick County | 4.07.47 | | | | | |
| | 1219 | Keith Fallon (G) | GCH | 4.15.31 | | | | | |
| 5 | 83 | Mark Davis | Craughwell | 4.28.43 | | | | | |
| | 615 | Brian Murphy (G) | Ennis TC | 4.39.37 | | | | | |
| | 1221 | Eddie Costello (G) | GCH | 4.33.03 | | | | | |
| 6 | 84 | Donal O'Callaghan | An Riocht | 4.44.80 | | | | | |
| | | | | | | | | | |
| 400m | | | | | 400m | | | | |
| Place | Num | Athlete | Club | Time | Place | Num | Athlete | Club | Time |
| 1 | 79 | Ciaran Collins | Sligo County | 50.55 | 1 | 93 | Amy O'Donoghue | Limerick Cc | 60.15 |
| 2 | 80 | Zoltan Gyomber | Limerick County | 50.82 | 2 | 94 | Katie Fitzpatrick | Tallaght | 70.13 |
| 3 | 84 | Ciaran McCabe | An Riocht | 51.38 | 3 | 92 | Leanne Herilihy | West Water | 70.70 |
| 4 | 82 | James Greene | Ferrybank | 51.77 | 4 | 91 | Eva Murphy | Wexford Cc | 73.50 |
| 5 | 81 | Richard Owens | Sli Cualann | 55.90 | | | | | |
| 6 | 83 | Johnny Lane | Craughwell | 62.88 | | | | | |
| | | | | | | | | | |
| 3000m S/C | | | | | 3000m | | | | |
| Place | | Athlete | Club | Time | Place | | Athlete | Club | Time |
| 1 | 79 | Martin Conroy | Sligo County | 9.56.24 | 1 | 92 | Norma Wall | West Water | 11.12.64 |
| 2 | 83 | Peter O'Sullivan | Craughwell | 10.40.61 | 2 | 90 | Una Britton | Sli Cualann | 11.15.15 |
| 3 | 82 | Gavin Downey | Ferrybank | 10.41.91 | 3 | 94 | Sharon Tighe | Tallaght | 11.36.67 |
| | | | | | | | | | |
| 200m (wind: -4.1) | | | | | 200m (wind: -2.6) | | | | |
| Place | Num | Athlete | Club | Time | Place | Num | Athlete | Club | Time |
| 1 | 82 | Chris Russell | Ferrybank | 23.05 | 1 | 93 | Sarah Lavin | Limerick Cc | 25.44 |
| 2 | 80 | Cian Aherne | Limerick County | 23.36 | 2 | 91 | Antoinette Stafford | Wexford Cc | 25.85 |
| 3 | 81 | Ferdia Kenny | Sli Cualann | 23.93 | 3 | 90 | Ciara Stuart | Sli Cualann | 28.52 |
| 4 | 79 | Gary Hynes | Sligo County | 25.20 | 4 | 94 | Katie Fitzpatrick | Tallaght | 29.09 |
| 5 | 84 | Tomas Griffin | An Riocht | 25.65 | | 625 | Rianne McHugh (G) | Sligo | 29.60 |
| 6 | 83 | Niall Higgins | Craughwell | 26.12 | 5 | 92 | Leanne Herilihy | West Water | 30.88 |

Individual Results 13 July 2010

| 4X100m Relay | | | | | 4X100m Relay | | | | |
|--------------|-----|----------------------|--------------|----------|--------------|------|--------------------|-------------|----------|
| Place | Num | Athlete | Club | Time | Place | Num | Athlete | Club | Time |
| 1 | 74 | | KCH | 43.97 | 1 | 86 | | Galway Cou | 55.51 |
| 2 | 73 | | GCH | 45.86 | 2 | 88 | | Tullamore H | 55.74 |
| 3 | 76 | | Tallaght | 46.20 | 3 | 85 | | Menapians | 57.19 |
| 4 | 77 | | Clare County | 47.74 | 4 | 87 | | Waterford | 61.74 |
| 5 | 75 | | Waterford | 49.57 | | | | | |
| 6 | 78 | | Olympian | 51.16 | | | | | |
| 1500m | | | | | 1500m | | | | |
| Place | Num | Athlete | Club | Time | Place | Num | Athlete | Club | Time |
| 1 | 73 | Gary Thornton | GCH | 4.01.7 | 1 | 86 | Laura Sur | Galway Cou | 4.42.60 |
| 2 | 77 | Brian McGinley | Clare County | 4.07.5 | | 1985 | Michelle Finn (G) | Duhallow | 4.50.41 |
| 3 | 76 | Brian Connolly | Tallaght | 4.14.1 | | 623 | Anna Redden (G) | Sligo | 5.07.56 |
| 4 | 74 | Toss Hayes | KCH | 4.17.6 | 2 | 88 | Maura Triona Keane | Tullamore H | 5.16.61 |
| 5 | 78 | Shaun Deery | Olympian | 4.57.0 | 3 | 87 | Siobhan Heylin | Waterford | 5.54.99 |
| 6 | 75 | Richard Lucas | Waterford | 4.57.0 | 4 | 85 | Catherine O'Connor | Menapians | 6.16.51 |
| 400m | | | | | 400m | | | | |
| Place | Num | Athlete | Club | Time | Place | Num | Athlete | Club | Time |
| 1 | 73 | Ronan Kelly | GCH | 52.10 | 1 | 88 | Niamh McNamara | Tullamore H | 64.74 |
| 2 | 77 | Darragh Lynch | Clare County | 52.10 | | 625 | Rianne McHugh (G) | Sligo | 65.68 |
| 3 | 76 | Sean Bolger | Tallaght | 52.25 | 2 | 87 | Caroline Farrelly | Waterford | 69.70 |
| 4 | 74 | Michael Lanigan | KCH | 55.57 | 3 | 86 | Maeve Curley | Galway Cou | 74.01 |
| 5 | 78 | Martin Dunlop | Olympian | 58.79 | 4 | 85 | Emma O'Neill | Menapians | 76.24 |
| 6 | 75 | Isaac Lineen | Waterford | 61.49 | | | | | |
| 3000m S/C | | | | | 3000m | | | | |
| Place | Num | Athlete | Club | Time | Place | Num | Athlete | Club | Time |
| 1 | 74 | Jonathan Fitzpatrick | KCH | 10.03.49 | 1 | 88 | Elizabeth Cuskelly | Tullamore H | 10.35.56 |
| 2 | 77 | Fergal Smithwick | Clare County | 10.07.30 | 2 | 87 | Diane Behan | Waterford | 11.22.09 |
| 3 | 76 | Luke Coleman | Tallaght | 11.07.20 | 3 | 85 | Zara Murphy | Menapians | 11.33.98 |
| 4 | 73 | Malcolm McEvelly | GCH | 11.40.05 | | | | | |

Individual Results 13 July 2010

| 200m (wind: -2.1) | | | | | 200m (wind: -1.5) | | | | |
|-------------------|------|---------------------|--------------|----------|-------------------|-----|---------------------|-------------|---------|
| Place | Num | Athlete | Club | Time | Place | Num | Athlete | Club | Time |
| 1 | 74 | Eoin Muldowney | KCH | 23.00 | 1 | 85 | Francesca Reville | Menapians | 27.27 |
| 2 | 76 | Eddie Healy | Tallaght | 23.44 | 2 | 88 | Lauren Dunne | Tullamore H | 27.96 |
| 3 | 75 | Brendan Leahy | Waterford | 23.65 | 3 | 86 | Tara Hession | Galway Cou | 29.00 |
| 4 | 73 | Ben Cooney | GCH | 23.90 | 4 | 87 | Caroline Farrelly | Waterford | 30.19 |
| 5 | 77 | Mark Boland | Clare County | 24.08 | | | | | |
| 6 | 78 | Martin Dunlop | Olympian | 25.52 | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| 200m (wind: -4.3) | | | | | | | | | |
| Place | Num | Athlete | Club | Time | | | | | |
| 1 | 619 | Philip Smith (G) | DSD | 23.81 | | | | | |
| 2 | 618 | Kevin Lynch (G) | DSD | 24.18 | | | | | |
| 3 | 1211 | Ross O'Loughlin (G) | Menapians | 24.83 | | | | | |
| 4 | 83 | | | 25.40 | | | | | |
| 5 | 1986 | Sean O'Brion (G) | Donore Hrs | 26.21 | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| 800m | | | | | 800m | | | | |
| Place | Num | Athlete | Club | Time | Place | Num | Athlete | Club | Time |
| 1 | 73 | Joe O'Donnell | GCH | 2.01.92 | 1 | 86 | Julianne Harrington | Galway Cou | 2.23.31 |
| 2 | 74 | Ian Boland | KCH | 2.08.60 | 2 | 88 | Pauline Curley | Tullamore H | 2.25.56 |
| 3 | 77 | Eamon Chesser | Clare County | 2.10.69 | 3 | 87 | Niamh Tebay | Waterford | 2.49.15 |
| 4 | 76 | Anthony Leigho | Tallaght | 2.13.52 | 4 | 85 | Catherine O'Connor | Menapians | 3.16.81 |
| 5 | 75 | Keith Egan | Waterford | 2.21.56 | | | | | |
| 6 | 78 | Shaun Deery | Olympian | 2.24.99 | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| 5000m | | | | | | | | | |
| Place | Num | Athlete | Club | Time | | | | | |
| 1 | 76 | Thomas Fitzpatrick | Tallaght | 15.03.62 | | | | | |
| 2 | 77 | Mike Maher | Clare County | 16.00.14 | | | | | |
| 3 | 75 | Frank Quinlan | Waterford | 16.59.32 | | | | | |
| 4 | 73 | Derek Murray | GCH | 17.01.16 | | | | | |
| | | | | | | | | | |
| | 736 | Sean McGrath (G) | East Cork | 15.12.06 | | | | | |

Individual Results 13 July 2010

| | | | | | | | | | |
|--------------------------|------------|-------------------|--------------|-------------|--------------------------|------------|-------------------|-------------|-------------|
| | | | | 15.55.20 | | | | | |
| 100m (wind: -1.8) | | | | | 100m (wind: -4.4) | | | | |
| Place | Num | Athlete | Club | Time | Place | Num | Athlete | Club | Time |
| 1 | 74 | Jonathan Holmes | KCH | 10.96 | 1 | 86 | Tara Hession | Galway Cou | 13.33 |
| 2 | 75 | Brendan Leahy | Waterford | 11.73 | 2 | 85 | Francesca Reville | Menapians | 13.52 |
| 3 | 73 | Ronan Dobey | GCH | 12.11 | 3 | 88 | Lauren Dunne | Tullamore F | 13.57 |
| 4 | 77 | Mark Boland | Clare County | 12.24 | 4 | 87 | Louise Brent | Waterford | 17.01 |
| 5 | 76 | Sean Morris | Tallaght | 12.30 | | | | | |
| 6 | 78 | Brendan Quinn | Olympian | 14.15 | | | | | |
| 100m | | | | | | | | | |
| Place | Num | Athlete | Club | Time | | | | | |
| 1 | 80 | | | 11.29 | | | | | |
| 2 | 620 | Mark Kavanagh (G) | DSD | 11.45 | | | | | |
| 3 | 1226 | Daena O'Byrne (G) | DSD | 11.51 | | | | | |
| 4 | 65 | | | 11.85 | | | | | |
| 5 | | | | 12.02 | | | | | |
| 6 | 79 | | | 12.25 | | | | | |
| 7 | | | | 14.59 | | | | | |
| 4X400m | | | | | 4X400m | | | | |
| Place | Num | Athlete | Club | Time | Place | Num | Athlete | Club | Time |
| 1 | 76 | | Tallaght | 3.32.60 | 1 | 86 | | Galway Cou | 4.25.81 |
| 2 | 73 | | GCH | 3.38.50 | 2 | 88 | | Tullamore F | 4.40.15 |
| 3 | 77 | | Clare County | 3.41.98 | 3 | 87 | | Waterford | 4.57.15 |
| 4 | 74 | | KCH | 3.45.97 | 4 | 85 | | Menapians | 5.10.71 |
| 5 | 75 | | Waterford | 3.56.70 | | | | | |
| 6 | 78 | | Olympian | 4.00.31 | | | | | |

Individual Results 13 July 2010

| Hammer | | | | | Hammer | | | | |
|------------|------|---------------------|----------------|----------|------------|-----|--------------------|-------------|----------|
| Place | Num | Athlete | Club | Distance | Place | Num | Athlete | Club | Distance |
| 1 | 78 | Brendan Quinn | Olympian | 19.88 | 1 | 88 | Lisa Dolan | Tullamore H | 30.66 |
| 2 | 76 | Alan Casey | Tallaght | 17.04 | 2 | 86 | Nicola Monahan | Galway Cou | 18.44 |
| 3 | 75 | Brian Swaby | Waterford | 16.00 | 3 | 87 | Diana Behan | Waterford | 9.05 |
| | | Lee Barlow (G) | Olympian | 23.86 | | | | | |
| Pole Vault | | | | | Pole Vault | | | | |
| Place | Num | Athlete | Club | Height | Place | Num | Athlete | Club | Height |
| 1 | 75 | Laurence Houlihan | Waterford | 3.60 | | | | | |
| 2 | 74 | Cormac Everard | KCH | 2.20 | | | | | |
| | | Martin Houlihan (G) | West Waterford | 3.20 | | | | | |
| Long Jump | | | | | Long Jump | | | | |
| Place | Num | Athlete | Club | Distance | Place | Num | Athlete | Club | Distance |
| 1 | 73 | Simon Cavanaugh | GCH | 5.94 | 1 | 85 | Francesca Reveille | Menapians | 4.91 |
| 2 | 76 | Edward Healy | Tallaght | 5.80 | 2 | 88 | Emer Brennan | Tullamore H | 4.30 |
| 3 | 77 | Lumsa Bahmari | Clare County | 5.77 | 3 | 86 | Cairtiona Murphy | Galway Cou | 4.28 |
| 4 | 75 | Samuel Smith | Waterford | 5.53 | 4 | 87 | Diane Behan | Waterford | 2.92 |
| 5 | 78 | Patrick O'Donnell | Olympian | 5.32 | | | | | |
| 6 | 74 | Cormac Everard | KCH | 4.87 | | | | | |
| Shot Putt | | | | | Shot Putt | | | | |
| Place | Num | Athlete | Club | Distance | Place | Num | Athlete | Club | Distance |
| 1 | 73 | Sean Breathnach | GCH | 15.89 | 1 | 86 | Mary Barrett | Galway Cou | 8.70 |
| 2 | 76 | John Deever | Tallaght | 10.12 | 2 | 87 | Louise Brent | Waterford | 8.33 |
| 3 | 78 | Lee Barlow | Olympian | 9.82 | 3 | 88 | Kelly Cunningham | Tullamore H | 7.68 |
| 4 | 74 | Austin Lee | KCH | 8.41 | 4 | 85 | Kate Wilson | Menapians | 6.13 |
| 6 | 75 | Tom O'Brien | Waterford | 7.62 | | | | | |
| | 1223 | Brendan Quinn (G) | Olympian | 9.08 | | | | | |
| | 73 | Eanna O'Cahain (G) | GCH | 10.23 | | | | | |

Individual Results 13 July 2010

| High Jump | | | | | High Jump | | | | |
|-------------|-----|-------------------|--------------|----------|-------------|-----|------------------|-------------|----------|
| Place | Num | Athlete | Club | Height | Place | Num | Athlete | Club | Height |
| 1 | 77 | Keith King | Clare County | 1.70 | 1 | 86 | Sinead Tuohy | Galway Cou | 1.35 |
| 2 | 75 | Laurence Houlihan | Waterford | 1.65 | 2 | 87 | Jacinta Power | Waterford | 1.10 |
| 3 | 76 | Alan Casey | Tallaght | 1.65 | | | | | |
| 4 | 74 | Michael Lanigan | KCH | 1.55 | | | | | |
| | 78 | Owen Bradley | Olympian | NH | | | | | |
| Discus | | | | | Discus | | | | |
| Place | Num | Athlete | Club | Distance | Place | Num | Athlete | Club | Distance |
| 1 | 73 | Eanna O'Cathain | GCH | 35.08 | 1 | 88 | Kelly Cunningham | Tullamore H | 25.99 |
| 2 | 78 | Brendan Quinn | Olympian | 26.63 | 2 | 85 | Nicola Hayes | Menapians | 19.70 |
| 3 | 75 | Pat Breen | Waterford | 25.98 | 3 | 86 | Melissa Barrett | Galway Cou | 19.29 |
| 4 | 76 | Sean Morris | Tallaght | 21.29 | 4 | 87 | Deirdre Chapman | Waterford | 13.86 |
| 5 | 77 | Keith King | Clare County | 20.96 | | | | | |
| 6 | 74 | Austin Lee | KCH | 19.00 | | | | | |
| Triple Jump | | | | | Triple Jump | | | | |
| Place | Num | Athlete | Club | Distance | Place | Num | Athlete | Club | Distance |
| 1 | 73 | Kevin Dooley | GCH | 11.97 | 1 | 86 | Sarah Finnegan | Galway Cou | 10.11 |
| 2 | 74 | David McGearry | KCH | 11.81 | 2 | 85 | Nicola Hayes | Menapians | 9.34 |
| 3 | 78 | Martin Dunlop | Olympian | 10.97 | 3 | 88 | Emer Brennan | Tullamore H | 9.16 |
| 4 | 76 | Ed Healy | Tallaght | 10.88 | 4 | 87 | Louise Brent | Waterford | 7.96 |
| 5 | 75 | Tom O'Brien | Waterford | 10.86 | | | | | |
| Javelin | | | | | Javelin | | | | |
| Place | Num | Athlete | Club | Distance | Place | Num | Athlete | Club | Distance |
| 1 | 77 | Lunya Burman | Clare County | 48.97 | 1 | 86 | Mary Barrett | Galway Cou | 22.66 |
| 2 | 78 | Lee Barlow | Olympian | 39.03 | 2 | 88 | Lisa Dolan | Tullamore H | 16.99 |
| 3 | 73 | Eanna O'Cathain | GCH | 38.10 | 3 | 85 | Lucy Grennell | Menapians | 14.58 |
| 4 | 76 | Sean Morris | Tallaght | 33.47 | 4 | 87 | Deirdre Chapman | Waterford | 11.08 |
| 5 | 74 | David McGearry | KCH | 32.49 | | | | | |
| 6 | 75 | Pat Behan | Waterford | 27.80 | | | | | |

Individual Results 13 July 2010

| Premier Men | | | | | Premier Women | | | | |
|---------------------------|-----|-----------------|-----------------|----------|---------------------------|-----|-------------------|--------------|----------|
| 110m Hurdles (wind: -1.9) | | | | | 100m Hurdles (wind: -0.9) | | | | |
| Place | Num | Athlete | Club | Time | Place | Num | Athlete | Club | Time |
| 1 | 66 | Eoin Kelly | St Abbans | 15.99 | 1 | 67 | Megan Kiely | Ferrybank | 15.67 |
| 2 | 59 | Adrian Jackman | Menapians | 17.88 | 2 | 69 | Sophie Heinsich | Leevale | 16.04 |
| 3 | 61 | Ben Dennessen | Kerry Athletics | 18.36 | 3 | 72 | Ailbhe Courtney | Kerry Athlet | 16.90 |
| 4 | 65 | Kevin Byrne | DSD | 22.32 | 4 | 71 | Avril Dillon | DSD | 17.24 |
| 3000m Walk | | | | | 1500m Walk | | | | |
| Place | Num | Athlete | Club | Time | Place | Num | Athlete | Club | Time |
| 1 | 64 | James Treanor | Shercock | 12.56.04 | 1 | 70 | Marie Costello | Borrisokane | 9.00.13 |
| 2 | 59 | Jimmy McDonald | Menapians | 13.12.85 | 2 | 71 | Mary McCarthy | DSD | 9.32.29 |
| 3 | 65 | Jerome Caprice | DSD | 13.16.66 | 3 | 69 | Caroline Philpott | Leevale | 10.27.00 |
| 4 | 62 | Larry Rigney | Tullamore Hrs | 21.29.30 | 4 | 67 | Sally Murphy | Ferrybank | 10.57.96 |
| | | | | | | 68 | Shiela Loudren | KCH | DQ |
| 400m Hurdles | | | | | 400m Hurdles | | | | |
| Place | Num | Athlete | Club | Time | Place | Num | Athlete | Club | Time |
| 1 | 64 | James Ruxton | Shercock | 53.19 | 1 | 67 | Megan Kiely | Ferrybank | 63.09 |
| | 614 | Tim Crowe (G) | Dooneen | 53.34 | 2 | 68 | Catriona Cuddihy | KCH | 66.62 |
| 2 | 65 | Jonathan Miller | DSD | 53.73 | 3 | 72 | Ailbhe Courtney | Kerry Athlet | 67.99 |
| 3 | 66 | Paul Byrne | St Abbans | 54.08 | 4 | 69 | Katey Byrd | Leevale | 70.88 |
| 4 | 59 | Barry Upton | Menapians | 55.40 | 5 | 70 | Lisa Kelly | Borrisokane | 73.89 |
| 5 | 62 | Stephen Kelly | Tullamore Hrs | 59.90 | 6 | 71 | Eimear Bennett | DSD | 74.60 |
| 6 | 61 | Stewart Nolan | Kerry Athletics | 62.69 | | | | | |
| 4X100m Relay | | | | | 4X100m Relay | | | | |
| Place | Num | Athlete | Club | Time | Place | Num | Athlete | Club | Time |
| 1 | 65 | | DSD | 42.52 | 1 | 67 | | Ferrybank | 50.42 |
| 2 | 63 | | Leevale | 43.36 | 2 | 68 | | KCH | 50.57 |
| 3 | 59 | | Menapians | 43.99 | 3 | 69 | | Leevale | 50.86 |
| 4 | 64 | | Shercock | 44.51 | 4 | 72 | | Kerry Athlet | 51.31 |
| 5 | 62 | | Tullamore Hrs | 44.63 | 5 | 71 | | DSD | 51.58 |
| 6 | 61 | | Kerry Athletics | 44.84 | 6 | 70 | | Borrisokane | 53.86 |

Individual Results 13 July 2010

| | | | | | | | | | |
|--------------|------------|------------------|-----------------|-------------|--------------|------------|---------------------|--------------|-------------|
| 7 | 66 | | St Abbans | 46.17 | | | | | |
| 8 | 60 | | Donore Hrs | 48.46 | | | | | |
| 1500m | | | | | 1500m | | | | |
| Place | Num | Athlete | Club | Time | Place | Num | Athlete | Club | Time |
| 1 | 66 | Stephen Attride | St Abbans | 4.01.94 | 1 | 69 | Liz Lee | Leevale | 4.39.61 |
| 2 | 59 | Andrew Connick | Menapians | 4.03.04 | 2 | 71 | Bryony Treston | DSD | 4.44.38 |
| 3 | 60 | Mark Dooley | Donore Hrs | 4.07.76 | 3 | 70 | Siobhan O'Doherty | Borrisokane | 4.46.31 |
| 4 | 65 | Neil Cowzer | DSD | 4.15.24 | 4 | 72 | Mary Fitzgearld | Kerry Athlet | 5.05.88 |
| 5 | 63 | Thomas Maunsell | Leevale | 4.24.46 | 5 | 68 | Niamh Tuohy | KCH | 5.24.92 |
| 6 | 62 | Cormac Troy | Tullamore Hrs | 4.25.42 | | | | | |
| 7 | 64 | Paul Smith | Shercock | 6.10.79 | | | | | |
| 400m | | | | | 400m | | | | |
| Place | | Athlete | Club | Time | Place | Num | Athlete | Club | Time |
| 1 | 62 | Fergus Hannon | Tullamore Hrs | 48.70 | 1 | 69 | Louise McArdle | Leevale | 57.98 |
| 2 | 65 | Joseph Dowling | DSD | 49.84 | 2 | 70 | Cliona Ryan | Borrisokane | 61.50 |
| 3 | 64 | James Ruxton | Shercock | 50.30 | 3 | 71 | Laura Hannigan | DSD | 62.96 |
| 4 | 61 | Cian Foley | Kerry Athletics | 50.65 | 4 | 67 | Melina van der Valk | Ferrybank | 64.34 |
| 5 | 63 | Darren O'Donovan | Leevale | 51.48 | 5 | 68 | Louise Holmes | KCH | 67.82 |
| 6 | 59 | Ruadhairi Kedney | Menapians | 52.38 | 6 | 72 | Katie Rogers | Kerry Athlet | 69.62 |
| 7 | 60 | Chris Kelly | Donore Hrs | 54.68 | | | | | |
| 3000m S/C | | | | | 3000m | | | | |
| Place | | Athlete | Club | Time | Place | | Athlete | Club | Time |
| | | J. McCarthy (G) | | 9.40.02 | 1 | 71 | Linda Byrne | DSD | 9.50.21 |
| 1 | 65 | Robert Corbally | DSD | 9.48.80 | 2 | 69 | Liz Lee | Leevale | 10.10.11 |
| 2 | 62 | Liam Brady | Tullamore Hrs | 9.56.26 | 3 | 70 | Siobhan O'Doherty | Borrisokane | 10.21.62 |
| 3 | 66 | Stephen Lawlor | St Abbans | 10.07.18 | 4 | 72 | Anna Maria Costello | Kerry Athlet | 11.16.93 |
| 4 | 63 | Stephan Walters | Leevale | 11.59.23 | 5 | 68 | Laura Haverty | KCH | 12.08.09 |
| | | | | | 6 | 67 | Grainne Brennan | Ferrybank | 13.02.17 |

Individual Results 13 July 2010

| 100m (wind: -1.9) | | | | | 100m (wind: -1.4) | | | | |
|-------------------|-----|-------------------|-----------------|----------|-------------------|-----|--------------------------|--------------|----------|
| Place | Num | Athlete | Club | Time | Place | Num | Athlete | Club | Time |
| 1 | 65 | Patrick Phelan | DSD | 11.01 | 1 | 68 | Louise Holmes | KCH | 12.72 |
| 2 | 62 | Eoin Hannon | Tullamore Hrs | 11.12 | 2 | 71 | Zita Murphy | DSD | 12.94 |
| 3 | 59 | David Hynes | Menapians | 11.21 | 3 | 67 | Nicola Power | Ferrybank | 13.03 |
| 4 | 63 | David Killeen | Leevale | 11.38 | 4 | 72 | Sinead O'Connor | Kerry Athlet | 13.12 |
| 5 | 61 | Conal O'Callaghan | Kerry Athletics | 11.46 | 5 | 69 | Louise McArdle | Leevale | 13.13 |
| 6 | 64 | Craig Lynch | Shercock | 11.63 | 6 | 70 | Lorraine Healy | Borrisokane | 13.80 |
| 4X400m | | | | | 4X400m | | | | |
| Place | Num | Athlete | Club | Time | Place | Num | Athlete | Club | Time |
| 1 | 65 | | DSD | 3.25.70 | 1 | 71 | | DSD | 4.08.99 |
| 2 | 63 | | Leevale | 3.27.86 | 2 | 72 | | Kerry Athlet | 4.11.75 |
| 3 | 59 | | Menapians | 3.28.84 | 3 | 67 | | Ferrybank | 4.13.50 |
| 4 | 61 | | Kerry Athletics | 3.30.65 | 4 | 68 | | KCH | 4.15.24 |
| 5 | 62 | | Tullamore Hrs | 3.31.21 | 5 | 69 | | Leevale | 4.15.91 |
| 6 | 60 | | Donore Hrs | 3.39.54 | 6 | 70 | | Borrisokane | |
| 7 | 66 | | St Abbans | 3.43.85 | | | | | |
| Hammer | | | | | Hammer | | | | |
| Place | Num | Athlete | Club | Distance | Place | Num | Athlete | Club | Distance |
| 1 | 61 | James Nagle | Kerry Athletics | 48.90 | 1 | 67 | Cara Kennedy | Ferrybank | 44.99 |
| 2 | 62 | Darragh Hanlon | Tullamore Hrs | 40.96 | 2 | 72 | Mairead O'Neill | Kerry Athlet | 40.99 |
| 3 | 64 | Hugh Fitzpatrick | Shercock | 37.72 | 3 | 70 | Sarah Kelly | Borrisokane | 33.09 |
| 4 | 66 | Aidan Kelly | St Abbans | 34.16 | 4 | 71 | Lisa Wynne | DSD | 30.07 |
| 5 | 59 | Ger Donovan | Menapians | 26.93 | 5 | 69 | Caroline Philpott | Leevale | 13.40 |
| 6 | 63 | Paul Stack | Leevale | 13.36 | | 626 | Priscilla O'Sullivan (G) | Bandon | 35.15 |
| Pole Vault | | | | | Pole Vault | | | | |
| Place | Num | Athlete | Club | Height | Place | Num | Athlete | Club | Height |
| 1 | 62 | Stephen Kelly | Tullamore Hrs | 3.20 | 1 | 69 | Sarah Ryan | Leevale | 2.90 |
| 2 | 61 | David Hogan | Kerry Athletics | 3.00 | 2 | 70 | Lisa Kelly | Borrisokane | 2.10 |
| 3 | 66 | Paul Byrne | St Abbans | 2.60 | 3 | 72 | Dearbhail Foley | Kerry Athlet | 1.70 |
| 4 | 63 | David Killeen | Leevale | 2.60 | 4 | 71 | Avril Dillon | DSD | 1.50 |

Individual Results 13 July 2010

| | | | | | | | | | |
|------------------|------------|--------------------|-----------------|-----------------|------------------|------------|--------------------------|--------------|-----------------|
| 5 | 64 | Richard Tsang | Shercock | 2.60 | | | | | |
| 6 | 65 | Kevin Byrne | DSD | 2.20 | | | | | |
| Long Jump | | | | | Long Jump | | | | |
| Place | Num | Athlete | Club | Distance | Place | Num | Athlete | Club | Distance |
| 1 | 63 | David Quilligan | Leevale | 6.70 | 1 | 67 | Nicola Power | Ferrybank | 5.71 |
| 2 | 66 | Eoin Kelly | St Abbans | 6.39 | 2 | 72 | Sinead O'Connor | Kerry Athlet | 5.15 |
| 3 | 64 | Paul Smith | Shercock | 6.39 | 3 | 68 | Lorraine O'Shea | KCH | 5.01 |
| 4 | 61 | Conal O'Callaghan | Kerry Athletics | 6.21 | 4 | 69 | Caroline Murphy | Leevale | 4.72 |
| 5 | 59 | Tony Stafford | Menapians | 5.93 | 5 | 70 | Chloe Fahy | Borrisokane | 4.67 |
| 6 | 60 | Louis Fitzgearld | Donore Hrs | 5.78 | 6 | 71 | Avril Dillon | DSD | 2.79 |
| 7 | 65 | Conor Sexton | DSD | 5.67 | | | | | |
| 8 | 62 | Larry O'Reilly | Tullamore Hrs | 5.63 | | | | | |
| Shot Putt | | | | | Shot Putt | | | | |
| Place | Num | Athlete | Club | Distance | Place | Num | Athlete | Club | Distance |
| 1 | 61 | Daniel Clifford | Kerry Athletics | 13.22 | 1 | 67 | Cara Kennedy | Ferrybank | 10.47 |
| 2 | 59 | David Coleman | Menapians | 12.49 | 2 | 72 | Shiela O'Donoghue | Kerry Athlet | 10.31 |
| 3 | 66 | Seamus Fitzpatrick | St Abbans | 11.38 | 3 | 69 | Roisin Howard | Leevale | 8.85 |
| 4 | 64 | Matthew O'Reilly | Shercock | 10.97 | 4 | 68 | Caitriona Cuddihy | KCH | 8.28 |
| 5 | 63 | Joseph Nagle | Leevale | 9.56 | 5 | 70 | Sarah Kelly | Borrisokane | 7.79 |
| 6 | 62 | Jim Dolan | Tullamore Hrs | 8.06 | 6 | 71 | Lucy Moore | DSD | 7.44 |
| 7 | 65 | Kevin Byrne | DSD | 7.32 | | | | | |
| | | | | | | 626 | Priscilla O'Sullivan (G) | Bandon | 9.19 |
| High Jump | | | | | High Jump | | | | |
| Place | Num | Athlete | Club | Height | Place | Num | Athlete | Club | Height |
| 1 | 65 | Themba Neoala | DSD | 1.75 | 1 | 67 | Sorcha Murphy | Ferrybank | 1.55 |
| 2 | 66 | Conor Daly | St Abbans | 1.75 | 2 | 70 | Chloe Fahy | Borrisokane | 1.40 |
| 3 | 62 | Ray Lennon | Tullamore Hrs | 1.70 | 3 | 72 | Ailbhe Courtney | Kerry Athlet | 1.35 |
| 4 | 61 | PJ Galvin | Kerry Athletics | 1.70 | 4 | 68 | Niamh Tupy | KCH | 1.20 |
| 5 | 60 | Louis Fitzgearld | Donore Hrs | 1.65 | | | | | |
| 6 | 59 | Simon Mernagh | Menapians | 1.60 | | | | | |
| 7 | 64 | James Ruxton | Shercock | 1.60 | | | | | |
| 8 | 63 | Ryan Casey | Leevale | 1.45 | | | | | |

Individual Results 13 July 2010

| Discus | | | | | Discus | | | | |
|--------------|-----|-----------------------|-----------------|----------|-------------|-----|-------------------|--------------|----------|
| Place | Num | Athlete | Club | Distance | Place | Num | Athlete | Club | Distance |
| 1 | 61 | Daniel Clifford | Kerry Athletics | 44.65 | 1 | 67 | Jade Power | Ferrybank | 33.00 |
| 2 | 62 | Darragh Hanlon | Tullamore Hrs | 39.85 | 2 | 72 | Karen O'Connor | Kerry Athlet | 28.53 |
| 3 | 60 | Aidan Fogerty | Donore Hrs | 33.10 | 3 | 70 | Amanda O'Farrell | Borrisokane | 26.83 |
| 4 | 66 | Aidan Kelly | St Abbans | 31.73 | 4 | 68 | Nicola Barron | KCH | 22.03 |
| 5 | 64 | Matthew O'Reilly | Shercock | 31.53 | 5 | 69 | Roisin Howard | Leevale | 21.61 |
| 6 | 63 | Brian Hayes | Leevale | 26.03 | 6 | 71 | Lisa Wynne | DSD | 13.13 |
| Triple Jump | | | | | Triple Jump | | | | |
| Place | Num | Athlete | Club | Distance | Place | Num | Athlete | Club | Distance |
| 1 | 66 | Eoin Kelly | St Abbans | 14.29 | 1 | 67 | Nicola Power | Ferrybank | 10.92 |
| 2 | 63 | Dennis Finnegan | Leevale | 14.02 | 2 | 72 | Sinead O'Connor | Kerry Athlet | 10.65 |
| 3 | 59 | Patrick Shannon | Menapians | 13.24 | 3 | 70 | Lisa Kelly | Borrisokane | 10.11 |
| 4 | 65 | Cilan Cronin | DSD | 12.51 | 4 | 69 | Katie Byrd | Leevale | 9.86 |
| 5 | 64 | Rchard Tsang | Shercock | 12.23 | 5 | 71 | Lucy Moore | DSD | 7.71 |
| 6 | 61 | Michael Godley | Kerry Athletics | 11.54 | | | | | |
| Javelin | | | | | Javelin | | | | |
| Place | Num | Athlete | Club | Distance | Place | Num | Athlete | Club | Distance |
| 1 | 64 | Albinas Kiltinavicius | Shercock | 46.70 | 1 | 71 | Anita White | DSD | 37.70 |
| 2 | 62 | Tom Rafferty | Tullamore Hrs | 43.40 | 2 | 68 | Galia Stanley | KCH | 27.10 |
| 3 | 61 | Phillip Barnett | Kerry Athletics | 40.45 | 3 | 70 | Amanda O'Farrell | Borrisokane | 25.30 |
| 4 | 63 | Brian Hayes | Leevale | 33.33 | 4 | 69 | Susan Ryan | Leevale | 23.79 |
| 5 | 59 | Fredric Bourdin | Menapians | 30.45 | 6 | 72 | Shiela O'Donoghue | Kerry Athlet | 18.10 |
| 6 | 66 | Barry Pender | St Abbans | 28.71 | 8 | 67 | Brid Golden | Ferrybank | 22.77 |
| 7 | 65 | Neil Cowzer | DSD | 24.23 | | | | | |
| 56 lb Weight | | | | | | | | | |
| Place | Num | Athlete | Club | Distance | | | | | |
| 1 | 66 | Seamus Fitzpatrick | St Abbans | 7.79 | | | | | |
| 2 | 59 | Ger Donovan | Menapians | 5.80 | | | | | |
| 3 | 62 | Tom Rafferty | Tullamore Hrs | 5.71 | | | | | |
| 4 | 64 | Hugh Fitzpatrick | Shercock | 5.59 | | | | | |

