

Indoor Rankings 2010-2011

Revised 26.02.2011

Women

60m

7.44	Amy Foster		Odyssey	7.17
8.27	Kiki Malomo Paris	F23	Landover MA	7.28
8.47	Ellen Robinson	F15	Odyssey	8.24
9.21	Niamh Cummings	F15	Odyssey	
9.29	Abbey Taylor	F15	Glasgow	

200m

400m

800m

3:01.69	Niamh Cummings	F15	Odyssey	1:51.55
3:11.76	Kathine Kirk	F15	Odyssey	1:59.26

1500m

4:32.25	Lauren Scott	F23	Sheffield	3:02.04
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3000m

3:53.71
4:08.34
4:05.93

60m Hurdles

1070	Ellen Robinson	F15	Odyssey
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Men

60m

Tom Reynolds	Odyssey
Kenny Elliott	Odyssey
Gareth Lyness	M20 Jordanstown

200m

400m

800m

Mark Patterson	M23	Cardiff
Jordan Stokes	M20	Lee Valley
Glen Willis	M17	

1000m

Tom Reynolds	Nenagh
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1500m

Niall Robinson	M23	Odyssey
Jordan Stokes	M20	Odyssey
James Budde		Odyssey

1 Mile

	Long jump			4:09.62	Jordan Neil		Houston, USA
5.95	Hannah Lewis	F23	Sheffield				
5.60	Kiki Malomo Paris	F23	Landover MA				
4.02	Elleana Hamilford=Hull	F15	Odyssey				

Triple Jump

				8:14.34	Jordan Neil	M23	State Coll PA
				9:10.7	Jordan Stokes	M20	Lee Valley

3000m

60m Hurdles

8.39	Tom Reynolds						Nenagh
8041	Ben Reynolds					23	Lee Valley

High Jump

1.55	Alex Catherwood	F15	Jordanstown				
1.40	Elleana Hamilford=Hull	F15	Odyssey				
1.35	Rebekah Rutherford	F15	Odyssey				

Long jump

6.81	Tom Reynolds						Nenagh
5.45	Stephen Loughlin	M20					Jordanstown
5.09	Gareth Lyness	M20					Jordanstown

Shot

10.60	3.25Kg Beth Wilson	F17	Odyssey				
9.63	4Kg Kathy Hetherington	F20	Jordanstown				
5.70	2.72? Niamh Cummings	F15	Odyssey				

Triple Jump

High Jump

3.65	Sarah Semeraro		Odyssey	1.80	Tom Reynolds		Nenagh
				1.70	Stephen Loughlin	M20	Jordanstown

Weight for Distance

Pole Vault

4.70	Tom Reynolds						Odyssey
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Pentathlon

Shot

13.16	7.26Kg Jeremy Harper						Jordanstown
12.82	7.26Kg Tom Reynolds						Nenagh
9.31	4Kg Pierce Clarke	M17					Odyssey
8.92	4Kg Niall McGrattan	M17					Odyssey

Weight for Distance

3568

Pentathlon
Tom Reynolds

Nenagh

Heptathlon