

Woodie's DIY 10k Championships of Ireland 2013 - Individual Category Results

Place	Overall Place	BIB	Name	Category	Age	Club	Time
1	1	6	Stephen Scullion	SM	32	North Belfast Harriers	00:30:15
2	2	519	Sergiu Cibanu	SM	29	Clonliffe Harriers	00:30:59
3	3	17	EDDIE MCGINLEY	SM	30	Annadale Striders	00:31:00
4	4	25	PHILIP HARTY	SM	33	West Waterford A.C.	00:31:26
5	5	26	ROBBIE MATTHEWS	SM	33	Dunshaughlin AC	00:31:54
6	6	13	ANDREW CONNICK	SM	26	Ferrybank A.C.	00:31:59
7	7	21	JAMES MCCARTHY	SM	33	East Cork AC	00:32:04
8	8	350	Cathal O' Donnabhain	SM	26	St. Finbarrs AC	00:32:07
9	9	30	CIARAN DOHERTY	SM	38	Letterkenny A.C.	00:32:10
10	10	24	MICHAEL MACDIARMADA	SM	28	Clonliffe Harriers	00:32:12
11	11	16	MICK CLOHISEY	SM	32	Raheny Shamrocks Athletic Club	00:32:17
12	12	23	JOHN EVES	SM	32	DSD AC	00:32:39
13	13	502	Roger Barrett	SM	33	Ballina AC	00:32:54
14	15	20	IAN CONROY	SM	32	Raheny Shamrocks Athletic Club	00:33:00
15	16	447	Paul Stephenson	SM	27	Rathfarnham WSAF Athletic Club	00:33:00
16	17	12	CILLIAN O' LEARY	SM	32	Raheny Shamrocks Athletic Club	00:33:08
17	18	414	Louis McCarthy	SM	30	Rathfarnham WSAF Athletic Club	00:33:20
18	19	234	Tommy Evans	SM	34	Gowran AC	00:33:22
19	22	279	Phil Kilgannon	SM	34	Sportsworld A.C.	00:33:43
20	23	290	stephen moore	SM	33	Crusaders Athletic Club	00:33:44
21	24	515	Tim Twomey	SM	33	Leevale Athletic Club	00:33:46
22	25	344	Kevin Lawler	SM	25	SLOT	00:33:50
23	27	463	Kevin Baker	SM	31	Mullingar Harriers	00:34:06
24	28	573	John Greaney	SM		Galway City Harriers AC	00:34:06
25	30	529	Gerard Gallagher	SM	25	Finn Valley Athletic Club	00:34:10
26	31	355	paul duffy	SM	32	Sportsworld A.C.	00:34:16
27	33	373	Richard Gorman	SM	34	Sligo AC	00:34:25
28	34	498	Darren Hand	SM	32		00:34:32
29	35	513	Sean Talty	SM	21	St. Coca's AC	00:34:32
30	37	332	Gavin Finlay	SM	33	Sportsworld A.C.	00:34:37
31	38	425	Brian Furey	SM	32	Rathfarnham WSAF Athletic Club	00:34:39
32	42	495	lee Van Haeften	SM	22	Donore Harriers Athletic Club	00:34:46
33	43	460	Michael Griffin	SM	34	Liffey Valley Athletic Club	00:35:04
34	44		Chris McGrath	SM	34	Galway City Harriers AC	00:35:05
35	49	480	Loughlin Campion	SM	23	Dunboyne AC	00:35:36
36	55	575	Billy King	SM	34	Galway City Harriers AC	00:35:45
37	58	473	Rory Kavanagh	SM	28	Dunboyne AC	00:35:49
38	63	574	Gearoid Hynes	SM	30	Galway City Harriers AC	00:36:00
39	67	229	Trevor Power	SM	32	Waterford AC	00:36:12
40	71	501	Sean Murphy	SM	32	Crusaders Athletic Club	00:36:18
41	73	514	Dave Comber	SM	31	Leevale Athletic Club	00:36:25
42	75	293	George Brady	SM	33	Donore Harriers Athletic Club	00:36:32
43	80	528	Morgan McDonagh	SM	33	Dunboyne AC	00:36:43
44	82	600	luke coleman	SM	24	Tallaght A.C.	00:36:48
45	83	359	Justin Murtagh	SM	33	Mullingar Harriers	00:36:52
46	86	482	michael mccarthy	SM	31	Liffey Valley Athletic Club	00:37:02
47	92	341	David Murray	SM	33	Tullamore Harriers Athletic Club	00:37:20
48	95	364	Henry Hughes	SM	24	Mayo AC	00:37:29
49	98	337	Jason Donegan	SM	18	Tullamore Harriers Athletic Club	00:37:38
50	99	478	Andrew Flynn	SM	33	Dundrum South Dublin A.C.	00:37:45
51	101	346	Joe Phipps	SM	34	Clonliffe Harriers	00:37:51
52	103	393	Gerard Doherty	SM	29	Inishowen A.C.	00:37:58
53	104	330	Barry Meehan	SM	32	Letterkenny A.C.	00:38:00
54	108	399	Martin Mooney	SM	30	Inishowen A.C.	00:38:12
55	109	319	Garrett Banahan	SM	30	DSD AC	00:38:18
56	110	336	Brendan Hessian	SM	32	Mayo AC	00:38:23

57	111	406	Ross	Downey	SM	32	Sligo AC	00:38:24
58	123	456	Shane	Toman	SM	31	Sportsworld A.C.	00:38:59
59	130	526	Peter	Mannion	SM	31	Galway City Harriers AC	00:39:11
60	136	253	Kieran	ODWyer	SM	33	Ennis Track A.C.	00:39:17
61	143	361	David	Walsh	SM	32	Drogheda and District AC	00:39:27
62	147	433	peter	o'toole	SM	31	Crusaders Athletic Club	00:39:33
63	153	436	Mark	Donegan	SM	20	Tullamore Harriers Athletic Club	00:39:50
64	158	397	dwain	robb	SM	24	Inishowen A.C.	00:39:58
65	170	263	Dermot	Gorman	SM	31	Raheny Shamrocks Athletic Club	00:40:37
66	176	451	Darren	Butler	SM	32	Tullamore Harriers Athletic Club	00:40:48
67	187	381	Philip	Matthews	SM	24	Crusaders Athletic Club	00:41:10
68	200	428	Joe	Murphy	SM	31	Donore Harriers Athletic Club	00:41:37
69	218	408	Brian	McDonagh	SM	34	Sligo AC	00:42:16
70	220	504	Paul	Brady	SM	33	Sportsworld A.C.	00:42:21
71	222	500	Corwun	O'Brien	SM	29	Carrick On Suir AC	00:42:23
72	228	507	padraic	sweeney	SM	34	Tullamore Harriers Athletic Club	00:42:37
73	241	248	Damien	Mason	SM	34	Waterford AC	00:43:07
74	249	266	Nicholas	Walsh	SM	32	Le Cheile A.C.	00:43:28
75	255	272	Ray	McCormack	SM	32	Annalee A.C.	00:43:55
76	265	296	Kwame	Gravenir	SM	30	Athenry AC	00:44:20
77	278	440	James	Northridge	SM	29	UCD AC	00:44:58
78	282	493	alan	o'mahoney	SM	33	Fingallians AC	00:45:04
79	286	353	David	Drohan	SM	31	Carrick On Suir AC	00:45:14
80	288	571	Donal	Gill	SM	33	Galway City Harriers AC	00:45:18
81	289	485	Conor	Dowds	SM	32	Finn Valley Athletic Club	00:45:21
82	301	474	Michael	O'Keeffe	SM	33	Drogheda and District AC	00:46:17
83	302	233	Des	Foran	SM	32	Civil Service A.C.	00:46:30
84	329	258	Adam	Griffin	SM	28	South Sligo AC	00:47:42
85	336	260	Richard	Stuart	SM	29	WSAF AC	00:48:01
86	344	368	Shane	McHugh	SM	28	Drogheda and District AC	00:48:14
87	354	621	Michael	Carroll	SM	24	Tullamore Harriers Athletic Club	00:48:45
88	355	331	Michael	Madigan	SM	52	Fanahan McSweeney AC	00:48:48
89	364	301	Stuart	Doyle	SM	30	Drogheda and District AC	00:49:17
90	376	496	John	Gannon	SM	29	Dublin City Harriers	00:50:00
91	384	576	Owen	Byrne	SM	34	Galway City Harriers AC	00:50:16
92	412	431	Niall	Branigan	SM	33	Drogheda and District AC	00:52:24
93	447	342	Niall	O'Hagan	SM	33	Drogheda and District AC	00:55:48
94	451	362	Edward	Dwyer	SM	34	Achill A.C.	00:55:59
95	465	470	kevin	lusk	SM	33	Navan AC	00:58:17
96	487	257	Brian	Dowling	SM	34	Skerries AC	01:02:11
97	496	285	Amanda	Lynch	SM	29	Abbey Striders	01:07:38

Place	Place	BIB	Name	Category	Age	Club	Time
1	36	390	John Dunne	M35	35	Donore Harriers Athletic Club	00:34:36
2	39	352	Christophe Muldoon	M35	38	Clonliffe Harriers	00:34:40
3	41	467	Eanna Cunnane	M35	39	Sportsworld A.C.	00:34:41
4	46	401	Seamus Somers	M35	39	Sligo AC	00:35:25
5	48	421	Malcolm McDonnell	M35	38	Mullingar Harriers	00:35:30
6	52	327	Denis Shanahan	M35	37	Thurles Croke AC	00:35:43
7	56	404	ciaran mc carthy	M35	39	Clonliffe Harriers	00:35:46
8	57	445	Ivan Toner	M35	36	Letterkenny A.C.	00:35:49
9	59	402	Brendan Gill	M35	38	Mayo AC	00:35:51
10	64	430	David Fox	M35	36	Tullamore Harriers Athletic Club	00:36:05
11	69	379	Alan Kearins	M35	37	Sligo AC	00:36:16
12	72	601	David Heffernan	M35	37	Donore Harriers Athletic Club	00:36:20
13	74	457	Paul Toner	M35	39	Letterkenny A.C.	00:36:28
14	88	505	Andrew Haydu	M35	35	Tallaght A.C.	00:37:05

15	89	520	cyril	cuddy	M35	38	Portlaoise A.C.	00:37:07
16	91	509	COLM	Hickey	M35	35	Clonliffe Harriers	00:37:15
17	93	584	Brian	Bruton	M35	35	Galway City Harriers AC	00:37:24
18	94	363	Anthony	Devaney	M35	39	Mayo AC	00:37:27
19	96	525	Greg	Byrne	M35	35	Rathfarnham WSAF Athletic Club	00:37:29
20	102	400	Tommy	Falconer	M35	35	Carrick On Suir AC	00:37:52
21	116	283	raymond	carolan	M35	38	Carrick Aces A.C.	00:38:38
22	119	458	Ray	Boyle	M35	38	Liffey Valley Athletic Club	00:38:44
23	120	210	Pedro	Lopez	M35	37	Newbridge Athletic Club	00:38:49
24	122	356	Declan	Monaghan	M35	38	Drogheda and District AC	00:38:58
25	124	585	Brian	O'Connor	M35	35	Galway City Harriers AC	00:39:01
26	126	435	Padraig	Friel	M35	36	Letterkenny A.C.	00:39:04
27	132	372	karl	otoole	M35	39	Tallaght A.C.	00:39:13
28	142	394	Niall	Mc Gee	M35	39	Inishowen A.C.	00:39:27
29	145	580	kevin	connolly	M35	39	Lifford A.C.	00:39:29
30	148	367	Quinton	Bourke	M35	37	Trim AC	00:39:34
31	152	468	Niall	Magill	M35	35	Drogheda and District AC	00:39:45
32	157	415	Pat	Gallagher	M35	39	Inishowen A.C.	00:39:57
33	161	634	Stuart	Farrell	M35	35		00:40:08
34	169	360	Michael	Carey	M35	35	Coolquill A.C.	00:40:36
35	180	306	Michael	Fitzsimons	M35	36	Crusaders Athletic Club	00:40:56
36	181	329	Michael	Mc Neela	M35	39	Mayo AC	00:40:58
37	182	508	Warren	McIntyre	M35	35	Dunboyne AC	00:41:01
38	193	426	Brian	Moore	M35	36	Star of the Sea AC	00:41:27
39	194	523	Kieran	Coyle	M35	35	Letterkenny A.C.	00:41:29
40	202	369	Barry	Cullen	M35	39	Tallaght A.C.	00:41:41
41	215	205	Keith	Myers	M35	38	Raheny Shamrocks Athletic Club	00:42:13
42	221	335	Ray	Martin	M35	37	Tullamore Harriers Athletic Club	00:42:22
43	230	235	Dessie	Lynch	M35	36	Bailieboro A.C.	00:42:39
44	233	489	peter	sheridan	M35	39	Drogheda and District AC	00:42:44
45	235	325	Ian	Redican	M35	39	Donore Harriers Athletic Club	00:42:45
46	246	389	Nathan	Marry	M35	39	Star of the Sea AC	00:43:17
47	250	226	Hugh	O'Reilly	M35	39	Drogheda and District AC	00:43:29
48	257	395	Brian	Lamon	M35	38	Lucan Harriers Athletic Club	00:44:03
49	259	273	Trevor	Percy	M35	35	Portlaoise A.C.	00:44:05
50	261	583	Cormac	O'Connor	M35	35	Galway City Harriers AC	00:44:11
51	263	276	Alan	Thomas	M35	35	Celbridge A.C.	00:44:14
52	268	259	Keith	Moynes	M35	36	Raheny Shamrocks Athletic Club	00:44:24
53	276	304	karl	gill	M35	37	Tallaght A.C.	00:44:47
54	296	358	peter	hearty	M35	36	Drogheda and District AC	00:45:55
55	309	349	Peter	Slevin	M35	37	Star of the Sea AC	00:46:48
56	313	416	Joe	O'Reilly	M35	36	Crusaders Athletic Club	00:46:58
57	314	225	Keith	O'Driscoll	M35	35	Waterford AC	00:47:00
58	315	494	Michael	Lindsay	M35	35	Drogheda and District AC	00:47:01
59	337	424	John	flanagan	M35	38	North East Runners A.C.	00:48:05
60	346	553	Mark	Doolin	M35	39		00:48:17
61	352	223	graham	dunne	M35	36	Na Fianna AC	00:48:33
62	363	308	ciarán	cullen	M35	39	St. Josephs A.C.	00:49:17
63	371	606	Kevin	Odgers	M35	37	Achill A.C.	00:49:49
64	373	409	Adrian	Larkin	M35	38	Tullamore Harriers Athletic Club	00:49:55
65	374	398	Paul	Hensey	M35	38	Tullamore Harriers Athletic Club	00:49:59
66	387	221	Stephen	Mac Dermott	M35	39	Donadea Running Club	00:50:36
67	395	510	David	Molloy	M35	37	Adamstown A.C.	00:51:11
68	403	366	John	Wilson	M35	39	Navan AC	00:51:34
69	459	454	conor	mc gowan	M35	37	Greystones AC	00:57:38
70	464	242	Marc	Reidy	M35	38	Templeogue A.C.	00:58:12
71	482	224	Mehdi	haghandish	M35	39	Abbey Striders	01:01:02
72	503	311	Brian	Clark	M35	35	Abbey Striders	01:12:19
73	508	243	PETER	CANNON	M35	37	Mullingar Harriers	01:17:45

Place	Place	BIB	Name	Category	Age	Club	Time
1	21	588	Matt Bidwell	M40	40	Galway City Harriers AC	00:33:36
2	26	277	James Brown	M40	40	City of Derry AC Spartans	00:33:52
3	29	284	shane oneill	M40	41	Rathfarnham WSAF Athletic Club	00:34:10
4	47	351	David Ryan	M40	40	Clonmel AC	00:35:27
5	54	340	George McCarthy	M40	40	Farranfore Maine Valley A.C.	00:35:45
6	61	589	Gerry Carty	M40	43	Galway City Harriers AC	00:35:54
7	70	275	Seán Mac Seoin	M40	40	Metro St. Brigids Athletic Club	00:36:16
8	76	410	carthage grennan	M40	40	Tullamore Harriers Athletic Club	00:36:33
9	79	345	Martin Irwin	M40	43	Finn Valley Athletic Club	00:36:39
10	84	461	kenneth mc andrew	M40	43	Metro St. Brigids Athletic Club	00:37:00
11	87	417	David Hipwell	M40	41	Civil Service A.C.	00:37:02
12	90	386	OLLIE DONNELLY	M40	44	Mullingar Harriers	00:37:08
13	107	475	Mohammed Dahir	M40	40	Liffey Valley Athletic Club	00:38:09
14	112	303	David Gargan	M40	41		00:38:29
15	114	477	Aidan McKenna	M40	42	Letterkenny A.C.	00:38:33
16	131	572	Dave Morley	M40	42		00:39:13
17	137	382	Gareth Curran	M40	42	Drogheda and District AC	00:39:19
18	139	326	ian o kelly	M40	40	Tullamore Harriers Athletic Club	00:39:24
19	146	516	Liam Cullen	M40	40	Tallaght A.C.	00:39:29
20	156	320	Aonghus O'Connor	M40	43	Drogheda and District AC	00:39:56
21	164	582	John King	M40	42	Galway City Harriers AC	00:40:17
22	186	202	Enda Collins	M40	43	Drogheda and District AC	00:41:10
23	188	464	Glenn Finlay	M40	42	Tullamore Harriers Athletic Club	00:41:12
24	210	313	eugene mann	M40	40	Tullamore Harriers Athletic Club	00:42:01
25	211	449	Paul Kelly	M40	43	Inbhear Dee AC	00:42:02
26	214	577	brian mcguckin	M40	44	Crusaders Athletic Club	00:42:04
27	217	448	owen mckinney	M40	42	Inishowen A.C.	00:42:16
28	219	503	Colm MacDomhnaill	M40	42	Clonliffe Harriers	00:42:18
29	227	422	Michael j O Neill	M40	40	Sli Cualann AC	00:42:31
30	234	490	Philip O'Toole	M40	41	Tallaght A.C.	00:42:44
31	239	413	Stephen Bateson	M40	42	Dunshaughlin AC	00:42:58
32	251	522	John Condon	M40	40	Kilcoole A.C.	00:43:30
33	256	278	Ian donagh	M40	43	Drogheda and District AC	00:44:03
34	258	466	John Doyle	M40	40	Glenmore AC	00:44:04
35	264	418	Brian Guilfoyle	M40	42	Dooneen AC	00:44:17
36	272	479	Raymond Mitchell	M40	44	Dunboyne AC	00:44:37
37	280	231	Eoin McGinn	M40	40	Drogheda and District AC	00:45:03
38	312	524	Colin Cuffe	M40	40	Drogheda and District AC	00:46:53
39	342	429	Niall Moriarty	M40	41	Achill A.C.	00:48:10
40	343	317	trevor o neill	M40	40	St. Finbarrs AC	00:48:12
41	347	270	Connor Jennings	M40	43	Raheny Shamrocks Athletic Club	00:48:21
42	350	322	Liam Farrell	M40	40	Drogheda and District AC	00:48:27
43	351	291	p.j. doyle	M40	43	Sli Cualann AC	00:48:31
44	366	385	Adrian Gogarty	M40	40	Drogheda and District AC	00:49:32
45	375	472	leonard owens	M40	43	Tullamore Harriers Athletic Club	00:49:59
46	397	246	Paul Barrell	M40	40	Drogheda and District AC	00:51:18
47	406	407	Brian McGauran	M40	41	Sligo AC	00:51:56
48	442	256	David Gowing	M40	44	Portlaoise A.C.	00:55:21
49	454	294	Ziad Chammas	M40	42	Drogheda and District AC	00:56:20

Place	Place	BIB	Name	Category	Age	Club	Time
1	14	15	PAURIC MCKINNEY	M45	47	Inishowen A.C.	00:32:59
2	20	19	MICHAEL TRAYNOR	M45	48	Raheny Shamrocks Athletic Club	00:33:27
3	40	286	Paul Cowhie	M45	49	Civil Service A.C.	00:34:40
4	45	230	Tom McGrath	M45	47	Mullingar Harriers	00:35:24
5	53	481	Phelim Glynn	M45	48	Dunboyne AC	00:35:44
6	65	387	Michael O Connell	M45	47	Sligo AC	00:36:09

7	68	403	Edward	Mc Grath	M45	46	Liffey Valley Athletic Club	00:36:16
8	77	240	Liam	McGlynn	M45	48	Mullingar Harriers	00:36:34
9	105	596	Bill	Duncan	M45	46	Lifford A.C.	00:38:04
10	117	269	Kieran	Foley	M45	45	Sportsworld A.C.	00:38:41
11	125	587	Paul	Fallon	M45	46	Galway City Harriers AC	00:39:03
12	140	377	brendan	abbott	M45	48	Tullamore Harriers Athletic Club	00:39:24
13	141	384	Frank	Mc Donald	M45	47	Celbridge A.C.	00:39:25
14	160	491	Tom	Byrne	M45	49	Sli Cualann AC	00:40:07
15	162	441	Francis	Mollen	M45	49	Tullamore Harriers Athletic Club	00:40:10
16	166	427	tony	dunne	M45	48	Liffey Valley Athletic Club	00:40:25
17	167	453	Enda	Flynn	M45	46	Na Fianna AC	00:40:28
18	172	521	paul	conroy	M45	45	Raheny Shamrocks Athletic Club	00:40:40
19	184	203	rocky	mernagh	M45	48	St. Josephs A.C.	00:41:08
20	190	375	Paul	Deering	M45	47	Sligo AC	00:41:17
21	198	252	Geoff	Fitzpatrick	M45	46	Drogheda and District AC	00:41:35
22	199	338	NIGEL	BURKE	M45	49	Sportsworld A.C.	00:41:37
23	203	281	David	Wogan	M45	48	Donore Harriers Athletic Club	00:41:41
24	206	267	AJ	Cotter	M45	47	Sli Cualann AC	00:41:48
25	225	518	jim	keogh	M45	49	Raheny Shamrocks Athletic Club	00:42:29
26	226	476	Eamonn	Oneill	M45	45	Star of the Sea AC	00:42:31
27	229	245	Irfan	Qureshi	M45	46	Taghmon A.C.	00:42:37
28	231	310	Colm	Breen	M45	45	Clonliffe Harriers	00:42:41
29	243	455	john	o'connell	M45	49	Tullamore Harriers Athletic Club	00:43:12
30	253	239	Gerard	Mullins	M45	46	Drogheda and District AC	00:43:32
31	284	209	Stephen	Willoughby	M45	49	Sportsworld A.C.	00:45:08
32	303	297	jimmy	courtney	M45	49	Civil Service A.C.	00:46:30
33	305	492	martin	swift	M45	47	Tallaght A.C.	00:46:35
34	319	201	Jim	Nolan	M45	48	Drogheda and District AC	00:47:11
35	330	220	sean	corcoran	M45	47	Drogheda and District AC	00:47:43
36	359	370	Christy	O'Malley	M45	46	Mayo AC	00:49:05
37	378	312	michael	casey	M45	47	Eire Og Corra Choill A.C.	00:50:06
38	418	380	Aidan	Flynn	M45	47	Trim AC	00:53:01
39	427	241	MICHAEL	STAUNTON	M45	47	Drogheda and District AC	00:53:29

	Place	BIB	Name		Category	Age	Club	Time
1	60	569	Niall	Coppinger	M50	51	Tallaght A.C.	00:35:52
2	66	443	Gerard	Maloney	M50	53	St. Pauls A.C.	00:36:11
3	81	280	Philip	O'Doherty	M50	52	Clonliffe Harriers	00:36:46
4	97	579	brendan	ryan	M50	54	Tallaght A.C.	00:37:34
5	150	469	Pat	Payne	M50	51	Na Fianna AC	00:39:40
6	177	328	David	Clancy	M50	50	Celbridge A.C.	00:40:49
7		4128	Michael	Gygax	M50		Raheny Shamrocks Athletic Club	00:41:06
8	252	238	brendan	Anderson	M50	51	Fr. Murphys AC	00:43:31
9	266	292	Enda	Coll	M50	51	Raheny Shamrocks Athletic Club	00:44:22
10	271	486	Dave	Meehan	M50	50	Tallaght A.C.	00:44:33
11	274	376	Adrian	Martin	M50	50	Tullamore Harriers Athletic Club	00:44:40

Place	Place	BIB	Name		Category	Age	Club	Time
1	78	511	Martin	McDonald	M55	56	North Laois AC	00:36:36
2	121	497	Jack	Tyrrell	M55	56	Tallaght A.C.	00:38:54
3	128	323	Sean	Doyle	M55	55	Rathfarnham WSAF Athletic Club	00:39:09
4	138	432	john	mchugh	M55	56	Rathfarnham WSAF Athletic Club	00:39:22
5	154	578	Martin	Kearney	M55	58	Galway City Harriers AC	00:39:54
6	168	316	Terry	Clarke	M55	56	Rathfarnham WSAF Athletic Club	00:40:35
7	197	343	pat	byrne	M55	58	Clonliffe Harriers	00:41:33
8	216	434	Declan	Murray	M55	56	Clonliffe Harriers	00:42:15
9	245	603	danny	greene	M55	56	Mayo AC	00:43:13

10	248	211	Frank	McCarthy	M55	56	Drogheda and District AC	00:43:25
11	287	506	Kevin	Ecock	M55	56	Celbridge A.C.	00:45:18
12	361	318	Conor	Kenny	M55	55	Sportsworld A.C.	00:49:13

Place	Place	BIB	Name		Category	Age	Club	Time
1	127	347	Seamus	Gaughan	M60	62	Mayo AC	00:39:09
2	129	339	Joe	Gough	M60	60	West Waterford A.C.	00:39:11
3	151	488	Patrick	O'Shea	M60	62	Iveragh A.C.	00:39:42
4	165	594	Martin	McEvelly	M60	64	Galway City Harriers AC	00:40:20
5	455	227	James	Donnelly	M60	61	Mayo AC	00:56:28
6	456	483	John	Timothy	M60	61	Mayo AC	00:56:28

Place	Place	BIB	Name		Category	Age	Club	Time
1	189	471	Pat	Collins	M65	65	Liffey Valley Athletic Club	00:41:12
2	321	442	terry	mee	M65	69	Donore Harriers Athletic Club	00:47:13
3	383	462	liam	mulready	M65	67	Raheny Shamrocks Athletic Club	00:50:16
4	386	244	tony	obrien	M65	68	Waterford AC	00:50:24
5	461	484	Michael	Brophy	M65	67	Donore Harriers Athletic Club	00:58:01

Place	Place	BIB	Name		Category	Age	Club	Time
1	492	365	Tom	Waldron	M70	73	Mayo AC	01:04:30
2	494	302	Jim	Langan	M70	70	Tullamore Harriers Athletic Club	01:04:54
3	504	249	Peter	Keegan	M70	72	Dunboyne AC	01:12:47

Place	Place	BIB	Name		Category	Age	Club	Time
1	444	305	John	Fitzsimons	M75	75	Crusaders Athletic Club	00:55:40

Place	Place	BIB	Name		Category	Age	Club	Time
1	510	315	Sean	Dooner	M80	82	Longford A.C.	01:23:44