

**National 10m
Mens Age Categories
Pheonix Park
21st July 2024**

Place	Cat Pos	Name	Time	Bib	Age Cat	Club
1	1	Keelan Kilrehill	00:49:56	152	MS	Moy Valley A.C.
2	2	Gerry Forde	00:51:11	130	MS	Kilkenny City Harriers A.C.
3	3	Jamie Fallon	00:51:12	419	MS	Craughwell A.C.
4	4	Jake O'regan	00:51:32	539	MS	St. John's A.C.
5	5	Johnpaul Williamson	00:51:58	2562	MS	Dublin City Harriers A.C.
6	6	Eoghan Beary	00:52:51	362	MS	Dublin City Harriers A.C.
15	7	David Meehan	00:54:19	599	MS	Tulla A.C.
22	8	Colm Roche	00:55:29	551	MS	Celbridge A.C.
25	9	Brendan Heaney	00:55:40	4	MS	Armagh AC
26	10	Geoffrey Alexandre	00:55:41	353	MS	Liffey Valley A.C.
29	11	Barry Whelan	00:56:06	167	MS	Portmarnock A.C.
30	12	Barry Meehan	00:56:15	503	MS	Raheny Shamrock A.C.
40	13	Kahumburuka Tuahuku	00:57:15	572	MS	Tallaght A.C.
54	14	Robin Mooney	00:58:46	505	MS	Sli Cualann A.C.
58	15	James Mckenna	00:59:09	498	MS	Liffey Valley A.C.
62	16	Garry Cantwell	00:59:22	317	MS	West Waterford A.C.
63	17	Sean Mcgarrity	00:59:26	62	MS	Clonliffe Harriers A.C.
77	18	Niall O'dea	01:00:49	304	MS	Donore Harriers A.C.
83	19	Patrick Fox	01:01:47	432	MS	Liffey Valley A.C.
93	20	Patrick Kinsella	01:03:08	468	MS	Sli Cualann A.C.
103	21	Keane Mcnamee	01:03:45	339	MS	Dunboyne A.C.
135	22	Sean Murphy	01:06:30	516	MS	Edenderry A.C.
153	23	Tiernan Caulfield	01:07:46	381	MS	Dublin Front Runners A.C.
175	24	David Comiskey	01:09:50	388	MS	Clonliffe Harriers A.C.
179	25	Dillon Ryan	01:10:17	554	MS	Dundrum South Dublin A.C.
217	26	Stephen Knowles	01:12:53	103	MS	Dunboyne A.C.
219	27	Stephen Murphy	01:13:00	514	MS	Donore Harriers A.C.
237	28	Daniel Toomey	01:14:36	569	MS	Lusk A.C.
254	29	Brian Duffy	01:15:59	109	MS	Edenderry A.C.

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288	30	Ian Kelly	01:19:02	461	MS	Coolock Running Club A.C.
294	31	Dylan Doyle	01:19:38	410	MS	Cherry Orchard Running A.C.
300	32	Garret Sammon	01:20:13	93	MS	Dublin Front Runners A.C.
308	33	Evan Duffy	01:21:21	413	MS	Ratoath A.C.
320	34	Nathan James Fitzmaurice	01:22:39	429	MS	Longford A.C.
330	35	Calvin Kearney	01:23:46	9	MS	Ballymun A.C.
343	36	John Byrne	01:25:48	378	MS	Dublin Front Runners A.C.
371	37	Anwar Ali	01:29:57	354	MS	Drogheda and District A.C.
375	38	Juan Garcia Riquelme	01:30:29	237	MS	LOVE2RUN A.C.
432	39	Eamon Ronan	01:47:19	552	MS	Dublin Front Runners A.C.
437	40	Craig Cullen	01:51:07	395	MS	Coolock Running Club A.C.

Place	Cat Pos	Name	Time	Bib	Age Cat	Club
7	1	Shane Collins	00:53:14	590	M35	Leevale A.C.
8	2	Stephen Conroy	00:53:20	390	M35	Clane A.C.
12	3	David Rooney	00:53:34	583	M35	Raheny Shamrock A.C.
18	4	Donal Coakley	00:54:32	131	M35	Leevale A.C.
28	5	Terry Shanley	00:55:56	558	M35	Clane A.C.
35	6	Anthony Sharkey	00:56:55	559	M35	Raheny Shamrock A.C.
37	7	Ciarain Kelly	00:57:00	67	M35	Crusaders A.C.
38	8	Thomas Sherlock	00:57:03	563	M35	Clonliffe Harriers A.C.
42	9	Eoin Gallagher	00:57:34	434	M35	Skerries A.C.
44	10	Aidan Jones	00:57:48	456	M35	Raheny Shamrock A.C.
49	11	Chris O'sullivan	00:58:13	159	M35	Naas A.C.
51	12	Mickie Brennan	00:58:40	372	M35	Derg A.C.
66	13	Sean Kelly	01:00:01	178	M35	Raheny Shamrock A.C.
74	14	Conor Ahern	01:00:37	351	M35	Raheny Shamrock A.C.
76	15	Eoghan Wrafter	01:00:45	582	M35	Raheny Shamrock A.C.
84	16	Colin Daly	01:01:52	199	M35	Skerries A.C.
87	17	Cormac Long	01:02:19	479	M35	Liffey Valley A.C.

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94	18	Robert Anthony Clougher	01:03:10	84	M35	Donore Harriers A.C.
108	19	Darren Keane	01:04:10	458	M35	Blackrock (Dublin) A.C.
119	20	Kishor Shelake	01:05:12	562	M35	Donore Harriers A.C.
129	21	Keith Browne	01:06:02	163	M35	Newbridge A.C.
130	22	Néill O'shea	01:06:07	540	M35	Dublin Front Runners A.C.
139	23	Martin Russell	01:06:57	6090	M35	Drogheda and District A.C.
142	24	Emmet Quinn	01:07:20	546	M35	Lucan Harriers A.C.
145	25	Alejandro Cavallo	01:07:26	382	M35	Liffey Valley A.C.
158	26	Rory Nolan	01:08:14	222	M35	Tinryland A.C.
169	27	Glen Whelan	01:09:31	607	M35	Celbridge A.C.
182	28	John Paul O'hanton	01:10:23	535	M35	Donore Harriers A.C.
189	29	Eoin Phelan	01:11:00	247	M35	Glendalough Harriers A.C.
197	30	Ian Nolan	01:11:43	76	M35	Donore Harriers A.C.
222	31	Mark Browne	01:13:18	120	M35	Kells A.C.
224	32	Paul Massey	01:13:35	226	M35	Tomnafinnogue A.C.
229	33	Derek Browne	01:13:55	375	M35	Coolock Running Club A.C.
329	34	Jason Wickham	01:23:17	580	M35	LSA A.C.
339	35	Graham Bishop	01:25:20	312	M35	Dunboyne A.C.
355	36	Cormac Wright	01:27:23	5	M35	Artane/Beaumont RC

Place	Cat Pos	Name	Time	Bib	Age Cat	Club
9	1	Brian Conroy	00:53:21	57	M40	Clane A.C.
10	2	Tomas Fitzpatrick	00:53:29	220	M40	Tallaght A.C.
11	3	Brian Murphy	00:53:31	118	M40	Iveragh A.C.
13	4	Cillian O'leary	00:53:42	182	M40	Raheny Shamrock A.C.
16	5	Kevin Donagher	00:54:23	187	M40	Rathfarnham W.S.A.F. A.C.
17	6	Louis Mccarthy	00:54:31	488	M40	Rathfarnham W.S.A.F. A.C.
19	7	Colin Griffin	00:54:45	443	M40	Ballinamore A.C.
20	8	Barry Sheil	00:54:49	561	M40	Longford A.C.
27	9	David O'connor	00:55:43	45	M40	Celbridge A.C.

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31	10	Kenneth Nugent	00:56:43	82	M40	Donore Harriers A.C.
33	11	Brian Lenihan	00:56:52	597	M40	Blackrock (Dublin) A.C.
34	12	Fearghal Delaney	00:56:53	257	M40	Armagh AC
41	13	Darren Spring	00:57:28	30	M40	Cabinteely A.C.
45	14	Dean Nugent	00:57:52	341	M40	Armagh AC
47	15	Gareth Brown	00:58:04	259	M40	Ballydrain Harriers AC
53	16	Joseph Mcdermott	00:58:44	491	M40	Crusaders A.C.
55	17	Paul Finnegan	00:58:50	427	M40	Armagh AC
59	18	Danny O'sullivan	00:59:11	541	M40	Donore Harriers A.C.
68	19	Robert O'brien	01:00:08	602	M40	Brothers Pearse A.C.
71	20	Fergus Collis	01:00:25	16	M40	Blackrock (Dublin) A.C.
72	21	Andrew Flynn	01:00:30	14	M40	Blackrock (Dublin) A.C.
82	22	Eoin Connolly	01:01:44	389	M40	Raheny Shamrock A.C.
92	23	William Brown	01:03:08	6	M40	Ballydrain Harriers AC
96	24	Stephen Mccullough	01:03:14	490	M40	North Belfast Harriers
100	25	Paul Nagle	01:03:42	520	M40	Brothers Pearse A.C.
106	26	Daire Kenny	01:04:06	464	M40	Metro/St. Brigid's A.C.
115	27	Neil Carroll	01:04:55	145	M40	Mayo A.C.
122	28	Alan O'brien	01:05:16	107	M40	Eagle A.C.
131	29	Stephen Shally	01:06:07	557	M40	Sportsworld A.C.
138	30	Cathal Rigney	01:06:42	549	M40	Dublin Front Runners A.C.
147	31	Owen Robinson	01:07:30	550	M40	Metro/St. Brigid's A.C.
150	32	Brian Connor	01:07:32	181	M40	Raheny Shamrock A.C.
159	33	Gavin Nolan	01:08:32	526	M40	Lucan Harriers A.C.
183	34	Martin Tynan	01:10:28	162	M40	Newbridge A.C.
188	35	Patrick Muldoon	01:10:50	511	M40	Mullingar Harriers A.C.
207	36	Gerald Walsh	01:12:18	579	M40	Clonliffe Harriers A.C.
213	37	John Haigney	01:12:45	444	M40	Moynalty A.C.
215	38	William O'brien	01:12:50	528	M40	Brothers Pearse A.C.
239	39	John McCormack	01:14:46	38	M40	Celbridge A.C.
259	40	Ben Hickey	01:16:25	41	M40	Celbridge A.C.

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271	41	Roy Mcloughlin	01:17:49	338	M40	Dublin Bay Running A.C.
274	42	David Devlin	01:18:05	322	M40	D15 Running Club A.C.
309	43	Gregory Lowry	01:21:24	242	M40	Coolock Running Club A.C.
313	44	Sunil Singh	01:22:14	564	M40	Civil Service Harriers A.C.
335	45	Philip Hanna	01:24:39	445	M40	Civil Service Harriers A.C.
341	46	Stephen Monks	01:25:46	504	M40	D15 Running Club A.C.
354	47	Alan Mcentee	01:27:06	492	M40	Dublin Front Runners A.C.
362	48	Greg O'flaherty	01:28:52	532	M40	Coolock Running Club A.C.
367	49	Patrick Sinnott	01:29:21	217	M40	Tallaght A.C.
389	50	Karol Piskorski	01:33:21	544	M40	Polish Runners Club Ireland A.C.
399	51	Wayne Kelly	01:36:34	596	M40	Sli Cualann A.C.
404	52	Wayne Gibbons	01:37:13	255	M40	Ratoath A.C.
407	53	Damian Hutchinson	01:38:08	454	M40	Dublin Front Runners A.C.
414	54	David Mchugh	01:39:57	207	M40	Sportsworld A.C.
430	55	Peter Elliott	01:46:41	415	M40	Coolock Running Club A.C.
439	56	Francis Fay	01:51:27	235	M40	Cilles A.C.

Place	Cat Pos	Name	Time	Bib	Age Cat	Club
14	1	Gavin Kelly	00:53:55	56	M45	Clane A.C.
23	2	David Kirwin	00:55:36	299	M45	Raheny Shamrock A.C.
24	3	Michael Morgan	00:55:36	609	M45	St. Finbarrs A.C.
39	4	Graham Ahearne	00:57:06	176	M45	Raheny Shamrock A.C.
50	5	Declan Byrne	00:58:34	31	M45	Cabinteely A.C.
61	6	Derek Lawlor	00:59:16	472	M45	Crusaders A.C.
65	7	Sean O'keeffe	00:59:45	108	M45	Eagle A.C.
69	8	Kevin Morris	01:00:10	510	M45	Croghan A.C.
86	9	Niall Donnelly	01:02:13	155	M45	Moynalty A.C.
88	10	Niall O'neill	01:02:19	538	M45	Raheny Shamrock A.C.
95	11	Gavan Farrell	01:03:10	422	M45	Skerries A.C.
97	12	Robert Gilligan	01:03:29	150	M45	Metro/St. Brigid's A.C.

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98	13	Wesley Nolan	01:03:33	271	M45	Metro/St. Brigid's A.C.
101	14	Paul Kelly	01:03:44	331	M45	St. Finbarrs A.C.
109	15	Owen Kelly	01:04:20	460	M45	Blackrock (Dublin) A.C.
110	16	Barry Mckeon	01:04:20	269	M45	Metro/St. Brigid's A.C.
112	17	Jacek Latala	01:04:33	471	M45	Lucan Harriers A.C.
118	18	Padraig Barron	01:05:10	230	M45	United Striders A.C.
124	19	Jeremy O'sullivan	01:05:34	135	M45	Lucan Harriers A.C.
155	20	Conor Tobin	01:07:57	567	M45	Donore Harriers A.C.
164	21	Alan Fowler	01:09:03	431	M45	Clonliffe Harriers A.C.
165	22	Giles Lord	01:09:16	102	M45	Dunboyne A.C.
172	23	Eoin O'brien	01:09:36	530	M45	Sportsworld A.C.
180	24	Robert Naik	01:10:19	521	M45	Metro/St. Brigid's A.C.
192	25	Thomas Delany	01:11:06	320	M45	Dunboyne A.C.
205	26	Stephen Boyne	01:12:15	313	M45	Dublin Bay Running A.C.
228	27	Gerald Connolly	01:13:48	137	M45	Lucan Harriers A.C.
247	28	John Perkins	01:15:43	349	M45	Drogheda and District A.C.
248	29	Ronan Davis	01:15:44	148	M45	Metro/St. Brigid's A.C.
253	30	Colm Nugent	01:15:58	343	M45	Raheny Shamrock A.C.
275	31	Johnny Corcoran	01:18:11	91	M45	Drogheda and District A.C.
277	32	Robert Farrell	01:18:18	276	M45	Trim A.C.
281	33	Stephen Boylan	01:18:27	367	M45	Coolock Running Club A.C.
287	34	Richard Bourke	01:19:01	366	M45	St. Finbarrs A.C.
301	35	Aleksei Ivanov	01:20:28	455	M45	Bray Runners A.C.
302	36	Vikash Hurry	01:20:29	453	M45	Dunleer A.C.
304	37	Nathan Corbett	01:20:37	208	M45	Sportsworld A.C.
315	38	Padraig Keane	01:22:16	307	M45	Metro/St. Brigid's A.C.
317	39	Colm Hefferon	01:22:31	168	M45	Portmarnock A.C.
353	40	David Allen	01:26:58	355	M45	Naas A.C.
369	41	Ian Kennedy	01:29:42	620	M45	Dunboyne A.C.
376	42	Oliver Blake	01:30:36	153	M45	Moynalty A.C.
398	43	Michael Walls	01:36:15	577	M45	Skerries A.C.

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408	44	Peter Cannon	01:38:40	6094	M45	Kilcoole A.C.
416	45	Roger Raso	01:41:16	548	M45	Coolock Running Club A.C.
448	46	Stephen Downey	01:56:39	251	M45	LOVE2RUN A.C.

Place	Cat Pos	Name	Time	Bib	Age Cat	Club
21	1	Vivian Foley	00:55:20	106	M50	Eagle A.C.
32	2	Liam O'connor	00:56:48	283	M50	Grange/Fermoy A.C.
43	3	Myles Gibbons	00:57:44	436	M50	Sliabh Bhuide Rovers A.C.
52	4	Seamus Mcsweeney	00:58:41	114	M50	Grange/Fermoy A.C.
57	5	Ruben Bartelink	00:59:09	311	M50	Dundrum South Dublin A.C.
60	6	Liam Bradley	00:59:13	369	M50	Inishowen A.C.
67	7	Brian Maher	01:00:02	337	M50	Croghan A.C.
70	8	Johnny O'sullivan	01:00:23	542	M50	Grange/Fermoy A.C.
73	9	Des Tremble	01:00:33	570	M50	Donore Harriers A.C.
75	10	Trevor Sweeney	01:00:41	205	M50	Sportsworld A.C.
79	11	Terry Keogh	01:01:12	466	M50	Raheny Shamrock A.C.
90	12	Brian Kelly	01:02:27	463	M50	Raheny Shamrock A.C.
102	13	Stuart Neale	01:03:45	260	M50	Ballydrain Harriers AC
113	14	Tony O'malley	01:04:46	268	M50	Mayo A.C.
120	15	David Naylor	01:05:12	340	M50	Raheny Shamrock A.C.
126	16	Kieran Brennan	01:05:50	314	M50	Metro/St. Brigid's A.C.
133	17	Keith Fleming	01:06:18	327	M50	Raheny Shamrock A.C.
163	18	Karl Shevlin	01:08:49	204	M50	Sportsworld A.C.
167	19	Gary Farrell	01:09:20	326	M50	Lucan Harriers A.C.
171	20	Owen Mckinney	01:09:32	249	M50	Inishowen A.C.
191	21	Paul Friery	01:11:01	21	M50	Brothers Pearse A.C.
200	22	David Humphreys	01:11:46	452	M50	Dunboyne A.C.
216	23	Gavin Ryan	01:12:53	165	M50	North East Runners A.C.
220	24	Michael J. O'Neill	01:13:01	537	M50	Kilcoole A.C.
234	25	Brian Beattie	01:14:28	138	M50	Lucan Harriers A.C.

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246	26	John Gleeson	01:15:38	438	M50	Donore Harriers A.C.
251	27	Robert Brewer	01:15:55	169	M50	Portmarnock A.C.
263	28	Damien Kelly	01:17:05	7	M50	Ballymun A.C.
268	29	Ralph Coetzee	01:17:38	232	M50	Victoria Park & Connswater
273	30	Mark Tonge	01:18:04	568	M50	Dundrum South Dublin A.C.
279	31	Karl Bingham	01:18:22	92	M50	Dublin Bay Running A.C.
296	32	Alan Worrall	01:19:46	581	M50	Clonliffe Harriers A.C.
311	33	Ray Gunning	01:22:11	158	M50	Na Fianna A.C.
319	34	John Curtis	01:22:37	210	M50	St. Benedict Inbhear Mór A.C.
323	35	Peter Doyle	01:22:57	412	M50	Clane A.C.
324	36	Mark Devine	01:23:02	281	M50	Donore Harriers A.C.
326	37	Martin Keenan	01:23:11	330	M50	Clane A.C.
328	38	Stephan Bueck	01:23:16	134	M50	LSA A.C.
338	39	David Murray	01:25:19	601	M50	Drogheda and District A.C.
370	40	Gerard Fay	01:29:47	425	M50	Raheny Shamrock A.C.
390	41	Manfred Davies	01:33:50	401	M50	Dundrum South Dublin A.C.
391	42	John Cleary	01:34:20	250	M50	LOVE2RUN A.C.
442	43	John Sheridan	01:52:54	117	M50	Irish Mountain Cardio A.C.

Place	Cat Pos	Name	Time	Bib	Age Cat	Club
46	1	Pauric Mckinney	00:57:56	499	M55	Inishowen A.C.
56	2	Martin Mclucas	00:59:04	502	M55	Inishowen A.C.
85	3	John Murphy	01:02:02	115	M55	Grange/Fermoy A.C.
89	4	Colm Murray	01:02:25	519	M55	Rathfarnham W.S.A.F. A.C.
146	5	Ger O'toole	01:07:26	348	M55	Blackrock (Dublin) A.C.
151	6	Rob Hale	01:07:34	594	M55	Dunboyne A.C.
154	7	Michael Kehoe	01:07:53	459	M55	Raheny Shamrock A.C.
186	8	Anthony Lee	01:10:35	474	M55	Raheny Shamrock A.C.
190	9	Alan Fairbrother	01:11:00	325	M55	Brothers Pearse A.C.
195	10	Michael English	01:11:33	324	M55	Raheny Shamrock A.C.

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198	11	Hari Menon	01:11:45	123	M55	Kilcoole A.C.
211	12	Eamonn Troy	01:12:29	571	M55	Dunboyne A.C.
223	13	Joe Pepper	01:13:18	219	M55	Tallaght A.C.
236	14	Liam Mcglynn	01:14:31	495	M55	Mullingar Harriers A.C.
249	15	Denis Lally	01:15:47	470	M55	Metro/St. Brigid's A.C.
258	16	Robbie Moore	01:16:24	506	M55	Crusaders A.C.
264	17	Ronan O'neill	01:17:20	536	M55	Blackrock (Dublin) A.C.
276	18	Joseph Fowler	01:18:13	430	M55	Clonliffe Harriers A.C.
298	19	Peter Staunton	01:19:57	17	M55	Blackrock (Dublin) A.C.
305	20	Brendan Atkins	01:20:41	359	M55	Raheny Shamrock A.C.
312	21	Carl Moore	01:22:11	507	M55	Raheny Shamrock A.C.
347	22	Malcolm Prince	01:26:06	545	M55	Liffey Valley A.C.
383	23	Desmond Lyons	01:31:37	482	M55	Raheny Shamrock A.C.

Place	Cat Pos	Name	Time	Bib	Age Cat	Club
48	1	Tommy Hughes	00:58:12	451	M60	Strive Racing Club
81	2	Eddie Newman	01:01:33	525	M60	Mullingar Harriers A.C.
111	3	Willie O'donoghue	01:04:23	289	M60	Mooreabbey Milers A.C.
117	4	Barry Mackey	01:05:01	335	M60	Letterkenny A.C.
127	5	Gerry Boyle	01:05:52	368	M60	Rathfarnham W.S.A.F. A.C.
140	6	Martin Kelly	01:07:09	189	M60	Rathfarnham W.S.A.F. A.C.
176	7	Aidan Mcgrath	01:10:07	8	M60	Ballymun A.C.
209	8	Ken Doyle	01:12:28	177	M60	Raheny Shamrock A.C.
221	9	Billy Byrne	01:13:12	12	M60	Blackrock (Dublin) A.C.
230	10	Sreedevan Nair	01:14:02	522	M60	Blackrock (Dublin) A.C.
382	11	Arthur Connick	01:31:26	305	M60	Donore Harriers A.C.
421	12	John O'neill	01:44:06	143	M60	Lusk A.C.
463	13	Patrick O'callaghan	02:48:57	346	M60	Blackrock (Dublin) A.C.

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Place	Cat Pos	Name	Time	Bib	Age Cat	Club
114	1	Conor Nolan	01:04:46	126	M65	Kilcoole A.C.
116	2	Tom Cuddy	01:04:55	273	M65	Rathfarnham W.S.A.F. A.C.
136	3	Norman Mawhinney	01:06:33	6102	M65	Scrabo Striders
152	4	Eddie Walsh	01:07:36	223	M65	Tinryland A.C.
166	5	Pat Corcoran	01:09:16	393	M65	Trim A.C.
181	6	Mattie Coleman	01:10:22	258	M65	Ballina A.C.
194	7	Donal Murphy	01:11:29	190	M65	Rathfarnham W.S.A.F. A.C.
199	8	Michael Walsh	01:11:45	578	M65	Brothers Pearse A.C.
210	9	Joseph Gallagher	01:12:28	328	M65	North Belfast Harriers
243	10	Eugene Doherty	01:15:20	406	M65	Sliabh Bhuide Rovers A.C.
291	11	Tony Kynes	01:19:36	469	M65	Donore Harriers A.C.
307	12	Kenneth Cronin	01:21:00	74	M65	Donore Harriers A.C.
373	13	Hugh McDonnell	01:30:14	89	M65	Drogheda and District A.C.
394	14	Denis Murphy	01:35:44	52	M65	Civil Service Harriers A.C.
433	15	Liam Mycroft	01:48:28	239	M65	Athenry A.C.
452	16	Ray Holmes	01:59:51	86	M65	Donore Harriers A.C.

Place	Cat Pos	Name	Time	Bib	Age Cat	Club
256	1	Brian Mcgrath	01:16:08	288	M70+	Le Chéile A.C.
325	2	Barry Potts	01:23:08	73	M70+	Donore Harriers A.C.
378	3	Albert Keenan	01:30:56	252	M70+	Newbridge A.C.
435	4	Tony Dunne	01:49:11	248	M70+	Grange/Fermoy A.C.