

First Name	Last Name	Gender	Age Cat	Club
Kevin	Halpin	M	O40	Abbey Striders A.C.
Moritz	Koch	M	Sen	Abbey Striders A.C.
Yannick	Koch	M	Sen	Abbey Striders A.C.
Joan	Molloy	F	O40	Abbey Striders A.C.
Joe	O'Reilly	M	O35	Abbey Striders A.C.
Heinrich	Sting	M	O55	Abbey Striders A.C.
Naveed shah	Abbasi	M	O50	Achill A.C.
Andrea	Cozby	F	O45	Achill A.C.
JP	Walshe	M	Sen	Adamstown A.C.
Adrian	Barrett	M	O35	An Bru AC
Patrick	Carey	M	O40	An Bru AC
Derek	Casey	M	O35	An Bru AC
Stephen	Casey	M	O35	An Bru AC
Trevor	Curran	M	O35	An Bru AC
Brendan	Hennessy	M	O35	An Bru AC
Ian	Horgan	M	Sen	An Bru AC
Brian	Lawlor	M	O35	An Bru AC
Louise	Lynch	F	O40	An Bru AC
Paul	McCarthy	M	O40	An Bru AC
Darragh	McGuire	M	Sen	An Bru AC
Tom	Meany	M	O50	An Bru AC
Pádraig	ó loingsigh	M	O35	An Bru AC
Una	Power	F	O50	An Bru AC
Graham	Power	M	O35	An Bru AC
John	Robinson	M	O45	An Bru AC
John	Sanders	M	O35	An Bru AC
Patricia	Wade	F	O45	An Bru AC
David	O'Malley	M	Sen	An Ghaeltacht A.C.
Pat	Dunworth	M	O45	An Ríocht A.C.
Tony	Harty	M	O35	An Ríocht A.C.
Charles	Hutchison	M	O50	Annadale Striders
Gillian	Hutchison	F	O50	Annadale Striders
Thomas	McCorry	M	O40	Annadale Striders
David	Woods	M	O35	Annadale Striders
Fionnuala	Gilmartin	F	O40	Annalee A.C.
Clare	McCrystal	F	O40	Annalee A.C.
Mark	McNamara	M	O45	Annalee A.C.
Elvin	O'Brien	M	O40	Annalee A.C.
Barry	O'Reilly	M	O40	Annalee A.C.
Fiona	O'Reilly	F	O40	Annalee A.C.
Paul	Collins	M	O40	APFS Harriers
Eamonn	Dinan	M	O40	APFS Harriers
Guy	Grewal	M	O40	APFS Harriers
Joe	Hawkins	M	O35	APFS Harriers
Dane	Holland	M	Sen	APFS Harriers
Gerard	McCarthy	M	O55	APFS Harriers

First Name	Last Name	Gender	Age Cat	Club
Ciaran	Moran	M	O35	APFS Harriers
Sinéad	Morrissey	F	O35	APFS Harriers
John	O' Connor	M	O50	APFS Harriers
John	Phelan	M	Sen	APFS Harriers
Steven	Ring	M	O35	APFS Harriers
Steven	Stewart	M	Sen	APFS Harriers
John	Walsh	M	O50	APFS Harriers
Craig	Watters	M	Sen	APFS Harriers
Rod	Carson	M	O35	Armagh AC
Chris	Corr	M	Sen	Armagh AC
Paul	Donnelly	M	Sen	Armagh AC
Kevin	Ennis	M	O45	Armagh AC
George	Lee	M	O40	Armagh AC
Mark	McKavanagh	M	O50	Armagh AC
Shane	McSherry	M	O40	Armagh AC
Kathryn	Rafferty	F	Sen	Armagh AC
Joe	Boland	M	O55	Ashford A.C
Ronan	Donohue	M	O40	Ashford A.C
Nigel	Dunne	M	O35	Ashford A.C
Ashley	Harrison	M	O40	Ashford A.C
Grainne	Macklin	F	O35	Ashford A.C
Mark	Redmond	M	Sen	Ashford A.C
Paul	Sherry	M	O35	Ashford A.C
Maurizio	Sturlesi	M	O40	Ashford A.C
Paul	Whelan	M	O50	Ashford A.C
Maire treasa	Beatty	F	O50	Athenry A.C.
Liz	Broderick	F	O50	Athenry A.C.
Frank	Burke	M	O40	Athenry A.C.
Majella	Cummins	F	O45	Athenry A.C.
John	Daly	M	O45	Athenry A.C.
Paul	Daly	M	O35	Athenry A.C.
Chris	Deakin	M	O40	Athenry A.C.
Kevin	Devane	M	O40	Athenry A.C.
Colin	Duane	M	O35	Athenry A.C.
Michael	Duane	M	O35	Athenry A.C.
Patrick	Forde	M	O45	Athenry A.C.
Caroline	Freeney	F	O35	Athenry A.C.
Brendan	Galvin	M	Sen	Athenry A.C.
Paul	Giblin	M	O40	Athenry A.C.
Lisa	Gilmore	F	Sen	Athenry A.C.
Valerie	Glavin	F	O40	Athenry A.C.
Kieran	Guiry	M	O40	Athenry A.C.
Jane ann	Healy-meehan	F	Sen	Athenry A.C.
Mary	Kealy	F	O50	Athenry A.C.
Martin	Keane	M	O70	Athenry A.C.
Sinead	Keogh	F	Sen	Athenry A.C.

First Name	Last Name	Gender	Age Cat	Club
Assumpta	King	F	O40	Athenry A.C.
Basil	King	M	O35	Athenry A.C.
Oliver	Kyne	M	O45	Athenry A.C.
Jim	Leahy	M	O50	Athenry A.C.
Aidan	Madden	M	O45	Athenry A.C.
Angela	Mc Manamon	F	O35	Athenry A.C.
Ronan	McCarthy	M	O35	Athenry A.C.
Pat	McDonagh	M	O45	Athenry A.C.
Clare	Mitchell	F	O45	Athenry A.C.
Mark	Mitchell	M	O40	Athenry A.C.
Michael	Mitchell	M	O35	Athenry A.C.
Marie	Montgomery	F	O35	Athenry A.C.
David	Noone	M	Sen	Athenry A.C.
Maeve	Noone	F	O40	Athenry A.C.
Kenneth	O'Dea	M	O40	Athenry A.C.
Martin	O'Hara	M	O40	Athenry A.C.
Heather	Porter	F	Sen	Athenry A.C.
Michael	Rice	M	O45	Athenry A.C.
Gearoid	Rohan	M	O40	Athenry A.C.
Mary	Rohan	F	O35	Athenry A.C.
Ray	Somers	M	O35	Athenry A.C.
Orla	Stevens	F	O45	Athenry A.C.
Marguerite	Wilkinson	F	O40	Athenry A.C.
Sinead	Bracken	F	O40	Athlone IT A.C.
Sandra	Cunningham	F	O40	Athlone IT A.C.
Anthony	Dalton	M	O40	Athlone IT A.C.
Katie	Devin	F	Sen	Athlone IT A.C.
Amanda	Irwin	F	O50	Athlone IT A.C.
Deirdre	Keena	F	O35	Athlone IT A.C.
John	McElroy	M	Sen	Athlone IT A.C.
Crevan	O'Donnell	M	O45	Athlone IT A.C.
Mags	O'Donnell	F	O45	Athlone IT A.C.
Martin	Sherlock	M	Sen	Athlone IT A.C.
Anthony	Boyle	M	O40	B.M.O.H. Athletics Club
Niall	Brannigan	M	O35	B.M.O.H. Athletics Club
Laura	Burke	F	O40	B.M.O.H. Athletics Club
Aidan	Collins	M	O40	B.M.O.H. Athletics Club
Jane	Collins	F	O35	B.M.O.H. Athletics Club
Brian	Kennedy	M	O35	B.M.O.H. Athletics Club
Tony	Maher	M	O35	B.M.O.H. Athletics Club
Alan	McCoy	M	O40	B.M.O.H. Athletics Club
Erin	McGuane	F	O35	B.M.O.H. Athletics Club
Gerry James	O'Halloran	M	Sen	B.M.O.H. Athletics Club
Caroline	O'Neill	F	O35	B.M.O.H. Athletics Club
Fergus	O'Shea	M	Sen	B.M.O.H. Athletics Club
Antonio	Raffa	M	Sen	B.M.O.H. Athletics Club

First Name	Last Name	Gender	Age Cat	Club
Andy	Royle	M	O50	B.M.O.H. Athletics Club
David	Ashmore	M	O50	Bagenalstown A.C.
John	Cassidy	M	O40	Bagenalstown A.C.
Fergal	Foley	M	O40	Bagenalstown A.C.
Ronan	O'Grady	M	O35	Bailieboro A.C.
Paul	Barclay	M	O35	Balbriggan & District A.C
Paul	Bissett	M	O45	Balbriggan & District A.C
Stephen	Brasier	M	O40	Balbriggan & District A.C
Andrea	Campbell	F	O40	Balbriggan & District A.C
Marie-ann	Campbell	F	O40	Balbriggan & District A.C
Hannah	Douglas Sauler	F	Sen	Balbriggan & District A.C
Emma	Farren	F	O45	Balbriggan & District A.C
Ronan	Hartnett	M	O35	Balbriggan & District A.C
Balazs	Kelemen	M	O35	Balbriggan & District A.C
Nicholas	Kennedy	M	Sen	Balbriggan & District A.C
Joseph	Kiernan	M	O45	Balbriggan & District A.C
Aedeen	Lane	F	O40	Balbriggan & District A.C
Thomas	Levins	M	O50	Balbriggan & District A.C
Agnes	Malesa	F	Sen	Balbriggan & District A.C
Fiona	Moore	F	O40	Balbriggan & District A.C
Craig	Nulty	M	Sen	Balbriggan & District A.C
Anne	O'Brien	F	O35	Balbriggan & District A.C
Niall	Smyth	M	O40	Balbriggan & District A.C
Pauline	Titier	F	O45	Balbriggan & District A.C
Andrea	Wilson	F	O35	Balbriggan & District A.C
Marieta	Brogan	F	O35	Ballina A.C.
Shane	Caher	M	O45	Ballina A.C.
John	Clarke	M	O40	Ballina A.C.
Alan	Cummins	M	Sen	Ballina A.C.
Orla	Dempsey	F	O40	Ballina A.C.
Michael	Doherty	M	O35	Ballina A.C.
Ann	Egan	F	O45	Ballina A.C.
Seamus	Foody	M	O40	Ballina A.C.
Tom	Horkan	F	O75	Ballina A.C.
Patrick	Hughes	M	O90	Ballina A.C.
Helena	Kearns	F	Sen	Ballina A.C.
Alan	Kelly	M	O35	Ballina A.C.
Ivan	Kelly	M	O35	Ballina A.C.
Eamonn	Kennedy	M	O50	Ballina A.C.
Daria	Lubinska	F	Sen	Ballina A.C.
Alan	Murphy	M	O50	Ballina A.C.
Robert	Nugent	M	O40	Ballina A.C.
Robbie	Reynolds	M	O50	Ballina A.C.
Iwona	Szanczuk	F	O35	Ballina A.C.
Michelle	Traynor	F	O40	Ballina A.C.
James	Wright	M	Sen	Ballina A.C.

First Name	Last Name	Gender	Age Cat	Club
Anna	Wroblewska	F	Sen	Ballina A.C.
Colin	Griffin	M	Sen	Ballinamore A.C.
Rafał	Tomkowicz	M	O35	Ballinamore A.C.
Jonathan	Bartlett	M	Sen	Ballinasloe & District
David	Claffey	M	O40	Ballinasloe & District
Clare	Dillon	F	O50	Ballinasloe & District
Zara	Gibbons	F	Sen	Ballinasloe & District
Ollie	Moore	M	O35	Ballinasloe & District
Katarzyna	Skowron	F	O40	Ballinasloe & District
Keith	Nolan	M	O40	Ballincollig A.C.
Zita	Ansbro	F	Sen	Ballintotis Fit4Life
Dominic	Barry	M	O45	Ballintotis Fit4Life
Ger	Broderick	M	O40	Ballintotis Fit4Life
T.j	Carew	M	Sen	Ballintotis Fit4Life
Michelle	Cott	F	O35	Ballintotis Fit4Life
Simon	Davies	M	O40	Ballintotis Fit4Life
Noel	Horgan	M	O35	Ballintotis Fit4Life
Sean	Leahy	M	O45	Ballintotis Fit4Life
Colin	Lochaden	M	O40	Ballintotis Fit4Life
Edward	Long	M	Sen	Ballintotis Fit4Life
Brendan	Mc Grath	M	O40	Ballintotis Fit4Life
John	O donoghue	M	O55	Ballintotis Fit4Life
Graham	O`sullivan	M	O40	Ballintotis Fit4Life
Martina	O'Brien	F	O35	Ballintotis Fit4Life
Tom	O'Brien	M	O50	Ballintotis Fit4Life
Philippa	James	F	Sen	Ballon Rathoe A.C.
Colum	Egan	M	O45	Ballycastle Runners
Prue	Fiona	F	O45	Ballydrain Harriers
Paul	Flynn	M	Sen	Ballydrain Harriers
Phil	Gilmore	M	O45	Ballydrain Harriers
Clare	Hiles	F	Sen	Ballydrain Harriers
Nigel	Kelly	M	Sen	Ballydrain Harriers
Norman	Mawhinney	M	O55	Ballydrain Harriers
Stuart	McIver	M	O35	Ballydrain Harriers
Donal	Conroy	M	O45	Ballyfin A.C.
Jimmy	Goode	M	O40	Ballyfin A.C.
Micheal	McCormack	M	O35	Ballyfin A.C.
David	O' Hara	M	O35	Ballyfin A.C.
Rachel	Healy	F	Sen	Ballymena & Antrim A.C.
Wendy	McAuley	Female	O40	Ballymena Runners
Rodney	Agnew	M	O45	Ballymena Runners AC
Peter	Coulter	M	O45	Ballymena Runners AC
Elle	Forrest	F	O40	Ballymena Runners AC
Alison	Foster	F	O40	Ballymena Runners AC
Rory	Gallagher	M	O40	Ballymena Runners AC
Karen	Hunter	M	O45	Ballymena Runners AC

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Seamus	Kelly	M	O35	Ballymena Runners AC
Deborah	Kerr	F	O40	Ballymena Runners AC
Lesley	McWhirter	F	O45	Ballymena Runners AC
Patrick	Millar	M	O50	Ballymena Runners AC
Brigid	Quinn	F	O70	Ballymena Runners AC
Emma	Stewart	F	Sen	Ballymena Runners AC
Billy	Burke	M	O50	Ballymore Cobh A.C.
Sinead	Daly	F	O40	Ballymore Cobh A.C.
Robert	Doherty	M	O35	Ballymore Cobh A.C.
Natasha	Durity	F	O40	Ballymore Cobh A.C.
Una	French	F	O45	Ballymore Cobh A.C.
Deirdre	Meyler	F	O40	Ballymore Cobh A.C.
Shane	Meyler	M	O40	Ballymore Cobh A.C.
Fergal	O' Driscoll	M	O35	Ballymore Cobh A.C.
Kevin	O keeffe	M	Sen	Ballymore Cobh A.C.
Orla	O rourke	F	O45	Ballymore Cobh A.C.
Michael	Ryan	M	O40	Ballymore Cobh A.C.
Bernadette	Ryan rowe	F	Sen	Ballymore Cobh A.C.
Neilie sonic	Hall	M	O50	Ballynonty A.C.
Tom	Halpin	M	O55	Ballynonty A.C.
Eoin	O'Brien	M	O35	Ballyroan, Abbeyleix & District A.C
Mark	Lown	M	O45	Ballyskenach A.C.
Dominic	Kearns	M	O50	Banbridge AC
Patrick	Mc Evoy	M	O40	Banbridge AC
Aoife	Gardner	F	O35	Bandon A.C.
Matthew	Geden	M	O45	Bandon A.C.
Gary	Gibbons	M	O40	Bandon A.C.
Fergus	Wall	M	O45	Bandon A.C.
Niall	Farquharson	M	O35	Beechmount Harriers A.C
Daniel	Jack	M	O35	Beechmount Harriers A.C
Sharron	Sykes	F	O40	Beechmount Harriers A.C
Stephen	Garland	M	Sen	Belfast Running Club
James	Burke	M	O40	Bilboa A.C.
Barry	O brien	M	Sen	Bilboa A.C.
Niamh	Bolger	F	O45	Blackrock A.C. (Dublin)
John f	Casey	M	O45	Blackrock A.C. (Dublin)
alison	clarke	F	O40	Blackrock A.C. (Dublin)
Tara	Cooke	F	O40	Blackrock A.C. (Dublin)
Gerry	Flaherty	M	O45	Blackrock A.C. (Dublin)
Patricia	Forde	F	O45	Blackrock A.C. (Dublin)
Sarah	Kelly	F	Sen	Blackrock A.C. (Dublin)
Michelle	Langan	F	O35	Blackrock A.C. (Dublin)
jennifer	lee	F	O50	Blackrock A.C. (Dublin)
Mary	Mason	F	O40	Blackrock A.C. (Dublin)
Emma	McDonald	F	Sen	Blackrock A.C. (Dublin)
Sarah Rose	Moran	F	Sen	Blackrock A.C. (Dublin)

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Stephen	Mulligan	M	O40	Blackrock A.C. (Dublin)
Breda	O'Keeffe	F	O50	Blackrock A.C. (Dublin)
Bryan	Sheils	M	O45	Blackrock A.C. (Dublin)
Barry	Thornton	M	O40	Blackrock A.C. (Dublin)
Michelle	Tracey	F	O45	Blackrock A.C. (Dublin)
Michael	Wood	M	O50	Blackrock A.C. (Dublin)
Joseph	Cunningham	M	O50	Blackrock A.C. (Louth)
Owen	Dawe	M	O40	Blackrock A.C. (Louth)
Kerri	Petticrew	F	O40	Blackrock A.C. (Louth)
Alan	Beattie	M	O45	Blayney Rockets A.C.
Mary	Callaghan	F	O50	Blayney Rockets A.C.
Aidan henry	Campbell	M	O50	Blayney Rockets A.C.
Alan	Clarke	M	O40	Blayney Rockets A.C.
Orla	Coogan	F	O35	Blayney Rockets A.C.
Niall	Dignam	M	O35	Blayney Rockets A.C.
Stephen	Dignam	M	O35	Blayney Rockets A.C.
Danny	Duffy	M	Sen	Blayney Rockets A.C.
Martin	Fleming	M	O40	Blayney Rockets A.C.
Frankie	Gorman	M	O50	Blayney Rockets A.C.
Paul	McArdle	M	Sen	Blayney Rockets A.C.
Dermot	McGuigan	M	O45	Blayney Rockets A.C.
Bart	McNamara	M	O50	Blayney Rockets A.C.
Diane	Murphy	F	O45	Blayney Rockets A.C.
Edwin	Murphy	M	O40	Blayney Rockets A.C.
Glenn	Murphy	M	O40	Blayney Rockets A.C.
Olive	Murphy	F	O50	Blayney Rockets A.C.
Tickey	Murphy	F	O35	Blayney Rockets A.C.
Vivienne	Woods	F	O40	Blayney Rockets A.C.
Richard	Ball	M	O60	Bohermeen A.C.
John	Carroll	M	O35	Bohermeen A.C.
Alo	Doherty	M	O35	Bohermeen A.C.
Damien	English	M	O35	Bohermeen A.C.
David	Fay	M	O40	Bohermeen A.C.
Stephen	Fay	M	O40	Bohermeen A.C.
Stephen	Heskin	M	O45	Bohermeen A.C.
Mark	Keenan	M	O40	Bohermeen A.C.
Fiona	Keogan	F	O35	Bohermeen A.C.
Miriam	Keogan	F	O35	Bohermeen A.C.
Ollie	Keogan	M	O40	Bohermeen A.C.
Andrea	Mc Guinness	F	O40	Bohermeen A.C.
Patrick	McGowan	M	O55	Bohermeen A.C.
Adrian	McNally	M	O35	Bohermeen A.C.
Chris	murray	M	O40	Bohermeen A.C.
Rose	murray	F	O40	Bohermeen A.C.
Gerry	Nealon	M	Sen	Bohermeen A.C.
Catriona	O brien	F	O35	Bohermeen A.C.



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Christine	Pentony	F	O40	Bohermeen A.C.
Andy	Perle	M	O45	Bohermeen A.C.
Eoin	Ryan	M	Sen	Bohermeen A.C.
Gary	Byrne	M	O40	Boyne A.C.
Lee	Geraghty	F	O40	Bray Runners A.C.
Bill	Stanley	M	O45	Bray Runners A.C.
Cathal	Burns	M	O35	Breakaway Running Club
Kevin	Dunne	M	O35	Breakaway Running Club
Shay	Dunne	M	O45	Breakaway Running Club
Owen	Fogarty	M	O35	Breakaway Running Club
Joseph	Foley	M	O35	Breakaway Running Club
Dermot	Gill	M	O40	Breakaway Running Club
David	Moylan	M	O35	Breakaway Running Club
Paula	O'Mahony	F	O35	Breakaway Running Club
George	Sharpe	M	O45	Breakaway Running Club
Austin	Smith	M	O40	Breakaway Running Club
Keith	Tracy	M	O35	Breakaway Running Club
Philip	Blake	M	O40	Brothers Pearse A.C.
Matthew	Boylan	M	O40	Brothers Pearse A.C.
Donal	Brady	M	O35	Brothers Pearse A.C.
Michael	Carolan	M	O60	Brothers Pearse A.C.
Hugh	Charles	M	O60	Brothers Pearse A.C.
Karen	Clarke	F	O40	Brothers Pearse A.C.
Stephen	Connon	M	O35	Brothers Pearse A.C.
Shane	Cooney	M	O35	Brothers Pearse A.C.
Colm	Costello	M	O40	Brothers Pearse A.C.
Vanessa	Coughlin	F	O35	Brothers Pearse A.C.
Deirdre	Doyle	F	O40	Brothers Pearse A.C.
Alan	Fairbrother	M	O45	Brothers Pearse A.C.
Deirdre	Farrell	F	O45	Brothers Pearse A.C.
Johnnie	Finn	M	O35	Brothers Pearse A.C.
Padraig	Fitzpatrick	M	O35	Brothers Pearse A.C.
Frank	Fleming	M	O35	Brothers Pearse A.C.
Paddy	Gibbons	M	O40	Brothers Pearse A.C.
Sinead	Gillespie	F	O40	Brothers Pearse A.C.
Craig	Guthrie	M	Sen	Brothers Pearse A.C.
Mark	Hackett	M	O50	Brothers Pearse A.C.
Suzanne	Hawe	F	O45	Brothers Pearse A.C.
John	Hayden	M	O35	Brothers Pearse A.C.
Ciara	Hickey	F	O35	Brothers Pearse A.C.
James	Higgins	M	O50	Brothers Pearse A.C.
Niamh	Honer	F	O35	Brothers Pearse A.C.
Ailish	Hudson	F	O45	Brothers Pearse A.C.
Deborah	Kelly	F	O40	Brothers Pearse A.C.
Eoin	Kennedy	M	Sen	Brothers Pearse A.C.
Ken	Kirwan	M	O40	Brothers Pearse A.C.



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James	Lynch	M	O35	Brothers Pearse A.C.
Paul	Lyons	M	O45	Brothers Pearse A.C.
Paul	Martin	M	Sen	Brothers Pearse A.C.
Karen	Mc Manus	F	Sen	Brothers Pearse A.C.
Sean	McCann	M	O35	Brothers Pearse A.C.
Sorcha	McCann	F	Sen	Brothers Pearse A.C.
Ingrid	McGovern	F	O45	Brothers Pearse A.C.
Emer	Meagher	F	O40	Brothers Pearse A.C.
Tracey	O Donoghue	F	O40	Brothers Pearse A.C.
John	O' Gorman	M	O40	Brothers Pearse A.C.
Sarah	O'Meara	F	O35	Brothers Pearse A.C.
Stephen	O'Sullivan	M	O35	Brothers Pearse A.C.
Lisa	Pouch	F	Sen	Brothers Pearse A.C.
Geoffrey	Rooney	M	O35	Brothers Pearse A.C.
Cian	Rynne	M	Sen	Brothers Pearse A.C.
Austin	Smyth	M	O45	Brothers Pearse A.C.
Peter	Vincent	M	O50	Brothers Pearse A.C.
Evelyn	Watson	F	Sen	Brothers Pearse A.C.
Ramon	whelan	M	O40	Brothers Pearse A.C.
Donal	Murdock	M	O45	Burren Youth AC
Lorcan	McGovern	M	Sen	Cabinteely A.C.
Zola	Flynn	F	Sen	Calry A.C.
Jackie	McGowan	M	O80	Calry A.C.
Martin	Ferguson	M	O40	Carmen Runners A.C.
Catriona	Gillen	F	Sen	Carmen Runners A.C.
Aisling	Gillespie	F	Sen	Carmen Runners A.C.
John	Gillespie	M	O35	Carmen Runners A.C.
Michael	Kerr	M	O35	Carmen Runners A.C.
Michael	Kerr	M	O35	Carmen Runners A.C.
Caitlín	McCroy	F	O35	Carmen Runners A.C.
Eithne	McElduff	F	O35	Carmen Runners A.C.
Danuta	McGahan	F	Sen	Carmen Runners A.C.
Joe	McKee	M	O40	Carmen Runners A.C.
Cliona	Hurley	F	O35	Carriag-Na-Bhfear A.C.
Martin	Hurley	M	O45	Carriag-Na-Bhfear A.C.
Colin	Merritt	M	O40	Carriag-Na-Bhfear A.C.
Paul	Noonan	M	O45	Carriag-Na-Bhfear A.C.
Ted	Whooley	M	O40	Carriag-Na-Bhfear A.C.
Patrick	Cassidy	M	O35	Carrick Aces A.C.
Gordon	MacArdle	M	O40	Carrick Aces A.C.
Eimear	Marron	F	Sen	Carrick Aces A.C.
Damian	Martin	M	O45	Carrick Aces A.C.
Jp	Mc Aree	M	O35	Carrick Aces A.C.
Paddy	Mc Cabe	M	O40	Carrick Aces A.C.
sean	mc cabe	M	O45	Carrick Aces A.C.
Martin	Mc Cahey	M	O45	Carrick Aces A.C.

First Name	Last Name	Gender	Age Cat	Club
Eithne	McGorman	F	O35	Carrick Aces A.C.
Fergal	Quinn	M	O35	Carrick Aces A.C.
Elaine	Walls	F	O40	Carrick Aces A.C.
Seamus	Ward	M	O35	Carrick Aces A.C.
Ashley	Molloy	M	O35	Carrick-on-Shannon A.C.
Ronan	O rourke	M	Sen	Carrick-on-Shannon A.C.
Johnny	Brunnock	M	O40	Carrick-on-Suir A.C.
Geraldine	Houlihan	F	O50	Carrick-on-Suir A.C.
Michael	O sullivan	M	O40	Carrick-on-Suir A.C.
Seamus	Ward	M	O45	Carrick-on-Suir A.C.
Lisa	Egan	F	O40	Carrigaline Road Runners A.C.
Tony	Finnerty	M	O35	Carrigaline Road Runners A.C.
Kevin	Derrig	M	O35	Castlebar A.C.
Padraig	Haughney	M	Sen	Castlecomer A.C.
Colm	Scully	M	O45	Castlegar A.C.
Joanne	Cooley	F	O45	Celbridge A.C.
Marian	Fagan	F	O50	Celbridge A.C.
Jamie	Griffin	M	Sen	Celbridge A.C.
Colm	Higgins	M	O45	Celbridge A.C.
Declan	Hynes	M	O40	Celbridge A.C.
Sheila	Hynes	F	O40	Celbridge A.C.
Orla	Keenan	F	Sen	Celbridge A.C.
Eoin	Mc Manus	M	Sen	Celbridge A.C.
Shane	McCarthy	M	O40	Celbridge A.C.
Paul	McDonnell	M	O40	Celbridge A.C.
Ian	McManus	M	Sen	Celbridge A.C.
Kevin	Morgan	M	Sen	Celbridge A.C.
David	O'Connor	M	Sen	Celbridge A.C.
Katie	O'Connor	F	Sen	Celbridge A.C.
Teresa	O'Reilly	F	O45	Celbridge A.C.
Deirdre	Sheehy	F	O50	Celbridge A.C.
Krzysztof	Zacharski	M	O35	Celbridge A.C.
Claire	Doyle	F	Sen	Celtic DCH A.C.
Caroline	Conroy	F	O50	Cilles A.C.
John	Coyle	M	O45	Cilles A.C.
Brona	Cromwell	F	O40	Cilles A.C.
Graham	Devitt	M	O35	Cilles A.C.
Tim	Donnelly	M	O40	Cilles A.C.
Susan	Kielty	F	O40	Cilles A.C.
Ciara	Lenihan	F	O35	Cilles A.C.
Deirdre	Mc Nulty	F	O40	Cilles A.C.
Karen	Mulligan	F	O40	Cilles A.C.
Peter	O'Keefe	M	O45	Cilles A.C.
Sean	Laverty	M	O45	City of Derry AC Spartans
Rob	Stewart	M	O50	City of Derry AC Spartans
Colin	Doherty	M	O35	City of Lisburn AC

First Name	Last Name	Gender	Age Cat	Club
Peter	Donnelly	M	O45	City of Lisburn AC
Paola	Hernandez	F	O35	City of Lisburn AC
Seamus	McKillop	M	O50	City of Lisburn AC
Stephen	Reid	M	O50	City of Lisburn AC
Clare	Rimmer	F	O35	City of Lisburn AC
Aoife	Carragher	F	Sen	Civil Service A.C.
Susan	Cleary	F	Sen	Civil Service A.C.
Dermot	Cousins	M	O40	Civil Service A.C.
John	Meagher	M	O40	Civil Service A.C.
Denis	Murphy	M	O60	Civil Service A.C.
Marie	Norris	F	O45	Civil Service A.C.
Mella	O'Neill	F	O40	Civil Service A.C.
Lily	Power	F	Sen	Civil Service A.C.
Eimear	Sheehan	F	Sen	Civil Service A.C.
Thomas	Stafford	M	O60	Civil Service A.C.
Ronan	Ward	M	O60	Civil Service A.C.
Susan	Waterstone	F	O55	Civil Service A.C.
Dermot	Browne	M	O40	Clane A.C.
Philip	Casey	M	O40	Clane A.C.
Paul	Hawkins	M	O45	Clane A.C.
Ken	McManamon	M	O40	Clane A.C.
Derek	Smith	M	O35	Clane A.C.
Philip	Cribbin	M	O70	Clare River Harriers A.C.
Susan	Redmond	F	O35	Clare River Harriers A.C.
Susan	Doherty	F	O40	Claremorris A.C.
Helen	Molloy	F	O50	Claremorris A.C.
Eamonn	Barry	M	O35	Clonakilty Road Runners A.C.
Niamh	Calnan	F	Sen	Clonakilty Road Runners A.C.
Steve	Clery	M	O35	Clonakilty Road Runners A.C.
Eileen	Collins	F	O40	Clonakilty Road Runners A.C.
James	Deasy	M	O40	Clonakilty Road Runners A.C.
Shane	Deasy	M	Sen	Clonakilty Road Runners A.C.
Brian	Kelly	M	O40	Clonakilty Road Runners A.C.
Mairead	Kiely	F	O40	Clonakilty Road Runners A.C.
Paul	Kingston	M	O35	Clonakilty Road Runners A.C.
Aoife	McAuley	F	Sen	Clonakilty Road Runners A.C.
Patrick	Mulcahy	M	O45	Clonakilty Road Runners A.C.
Donal	Sheehan	M	Sen	Clonakilty Road Runners A.C.
John	Twomey	M	O35	Clonakilty Road Runners A.C.
Deirdre	Lambe	F	O40	Clones A.C.
Deirdre	McDonald	F	Sen	Clones A.C.
Lou	McLaughlin	F	O35	Clones A.C.
Sharon	O shaughnessy	F	Sen	Clones A.C.
Marion	Shiels	F	Sen	Clones A.C.
Evelyn	Brennan	F	O45	Clonliffe Harriers A.C.
Paul	Carty	M	O35	Clonliffe Harriers A.C.

First Name	Last Name	Gender	Age Cat	Club
Sergiu	Ciohanu	M	Sen	Clonliffe Harriers A.C.
Alan	Curley	M	O35	Clonliffe Harriers A.C.
patrick	devitt	M	O60	Clonliffe Harriers A.C.
Mark	Dowling	M	Sen	Clonliffe Harriers A.C.
Jacqui	Dunphy	F	O35	Clonliffe Harriers A.C.
Alex	Eustace	M	O35	Clonliffe Harriers A.C.
Stephen	Eustace	M	O40	Clonliffe Harriers A.C.
Dermot	Faughnan	M	O35	Clonliffe Harriers A.C.
Anto	Flannery	M	Sen	Clonliffe Harriers A.C.
David	Freeman	M	O40	Clonliffe Harriers A.C.
Niall	Gorman	M	O35	Clonliffe Harriers A.C.
David	Hanley	M	O45	Clonliffe Harriers A.C.
Sinead	Hartnett	F	O35	Clonliffe Harriers A.C.
David	Mansfield	M	Sen	Clonliffe Harriers A.C.
Maura	Matthews	F	O40	Clonliffe Harriers A.C.
Karen	McAfee	F	O35	Clonliffe Harriers A.C.
Joanne	McCabe	F	O35	Clonliffe Harriers A.C.
Colm	McDonnell	M	O40	Clonliffe Harriers A.C.
Roisin	McSorley	F	O35	Clonliffe Harriers A.C.
Richie	Moore	M	O35	Clonliffe Harriers A.C.
Declan	Murray	M	O55	Clonliffe Harriers A.C.
Alan	O' Neill	M	O35	Clonliffe Harriers A.C.
Cathal	O sullivan	M	O55	Clonliffe Harriers A.C.
Aideen	O'Connor	F	O35	Clonliffe Harriers A.C.
Alison	O'Sullivan	F	O35	Clonliffe Harriers A.C.
Kerri	Page	F	O35	Clonliffe Harriers A.C.
Ian	Powell	M	O40	Clonliffe Harriers A.C.
Ernie	Ramsey	M	Sen	Clonliffe Harriers A.C.
Janette	Reid	F	O40	Clonliffe Harriers A.C.
Alan	Worrall	M	O45	Clonliffe Harriers A.C.
Tom	Bourke	M	O45	Clonmel A.C.
Kenny	Brett	M	O40	Clonmel A.C.
John	Browne	M	O40	Clonmel A.C.
Patricia	Browne	F	O50	Clonmel A.C.
Brendan	Coffey	M	O35	Clonmel A.C.
Mark	Corcoran	M	O40	Clonmel A.C.
Declan	Curley	M	O40	Clonmel A.C.
Mark	Darmody	M	O40	Clonmel A.C.
James	Denn	M	O35	Clonmel A.C.
Denise	Donnelly	F	O45	Clonmel A.C.
Michael	Doocey	M	O35	Clonmel A.C.
Rebecca	Doocey	F	O35	Clonmel A.C.
Bernard	Durand	M	O45	Clonmel A.C.
Orla	Durand	F	O40	Clonmel A.C.
Deirdre	Fahey	F	O45	Clonmel A.C.
Conor	Fleming	M	O45	Clonmel A.C.

First Name	Last Name	Gender	Age Cat	Club
Cyril	Fogarty	M	O45	Clonmel A.C.
Noel	Gillman	M	O45	Clonmel A.C.
Gary	Grant	M	O35	Clonmel A.C.
Shane	Greene	M	O35	Clonmel A.C.
Cormac	Healy	M	Sen	Clonmel A.C.
Grzegorz	Kecik	M	O40	Clonmel A.C.
Peter	Kiely	M	O40	Clonmel A.C.
John	Laste	M	O50	Clonmel A.C.
Brian	Long	M	O40	Clonmel A.C.
Frank	Lynch	M	O40	Clonmel A.C.
Angela	McCann	F	O40	Clonmel A.C.
Mellissa	McCarthy	F	O35	Clonmel A.C.
Niall	McCarthy	M	O40	Clonmel A.C.
Siobhan	McHugh	F	O40	Clonmel A.C.
Mari	Murphy Condon	F	O55	Clonmel A.C.
Keith	O brien	M	O40	Clonmel A.C.
Pat	O connor	M	O45	Clonmel A.C.
Sean	O dea	M	O50	Clonmel A.C.
Chris	O' Flaherty	M	O35	Clonmel A.C.
Richard	O gorman	M	O50	Clonmel A.C.
Caroline	O'Donoghue	F	O35	Clonmel A.C.
Eddy	O'Donoghue	M	O35	Clonmel A.C.
Nigel	O'Flaherty	M	O40	Clonmel A.C.
Emily	O'Regan	F	O35	Clonmel A.C.
Graham	O'regan	M	O35	Clonmel A.C.
Anthony	Power	M	O50	Clonmel A.C.
Tom	Quinn	M	O60	Clonmel A.C.
Aine	Roche	F	Sen	Clonmel A.C.
Siobhán	Roche	F	O35	Clonmel A.C.
Catherine	Ryan	F	O35	Clonmel A.C.
David	Ryan	M	O40	Clonmel A.C.
Donal	Ryan	M	O40	Clonmel A.C.
Brian	Tyrrell	M	O40	Clonmel A.C.
Rene	Van der poort	M	O45	Clonmel A.C.
Pat	Walsh	M	O45	Clonmel A.C.
Amanda	Williams	F	O40	Clonmel A.C.
Aiden	Devitt	M	O50	Co Antrim Harriers
Claire	Oliphant	F	O40	Co Antrim Harriers
Julie	Young	F	O40	Co Antrim Harriers
Sarah	Doherty	F	Sen	Convoy A.C.
Josephine	Donaghey	F	O35	Convoy A.C.
Paddy	Gildea	M	O35	Convoy A.C.
John	Mailey	M	O35	Convoy A.C.
Niall	McGlinchey	M	O45	Convoy A.C.
Elaine	Parke	F	O35	Convoy A.C.
Don	Smith	M	O55	Convoy A.C.

First Name	Last Name	Gender	Age Cat	Club
Laura	Fay	F	O35	Corofin A.C.
Brendan	Brett	M	O45	Corran A.C
Kieran	Coleman	M	O40	Corran A.C
Martin	Faughnan	M	O35	Corran A.C
Ciaran	Garry	M	O35	Corran A.C
Alan	Stafford	M	O40	Corran A.C
Joe	Stagg	M	O55	Corran A.C
Michael	Tonry	M	O40	Corran A.C
Peadar	Curran	M	O45	Corrib A.C.
Owen	Finn	M	O45	Corrib A.C.
Kate	Knight	F	O55	Corrib A.C.
Brian	Vaughan	M	O45	Corrib A.C.
Stephen	Carty	M	O40	Craughwell A.C.
Joseph	Coyle	M	O40	Craughwell A.C.
Rena	Deely	F	O45	Craughwell A.C.
Deirdre	Devane	F	O35	Craughwell A.C.
Keith	Devane	M	O35	Craughwell A.C.
Fiona	Diviney	F	O45	Craughwell A.C.
Breda	Duke	F	O40	Craughwell A.C.
Brian	Gorman	M	O40	Craughwell A.C.
Edel	Kavanagh	F	O40	Craughwell A.C.
Dan	Keane	M	O40	Craughwell A.C.
Aine	Mc Guinness	F	O40	Craughwell A.C.
Emer	Molloy	F	O40	Craughwell A.C.
Declan	O'Leary	M	O40	Craughwell A.C.
Tom	Prendergast	M	O45	Craughwell A.C.
Daniel	Sheahan	M	O35	Craughwell A.C.
Gerry	Treacy	M	O50	Craughwell A.C.
Tom	Tuohy	M	O45	Craughwell A.C.
Joe	Berney	M	O50	Croghan A.C.
Nicky	Boland	M	O40	Croghan A.C.
Anna	Bushe	F	Sen	Croghan A.C.
Brian	Maher	M	O40	Croghan A.C.
Alan	McGrath	M	O55	Croghan A.C.
Liam	O' Donovan	M	O50	Croghan A.C.
Niamh	Aspell	F	Sen	Crusaders A.C.
Fiona	Bane	F	Sen	Crusaders A.C.
Donna	Barry	F	O45	Crusaders A.C.
Michael	Blighw	M	O35	Crusaders A.C.
Aiden	Bohannon	M	O40	Crusaders A.C.
Diarmuid	Byrne	M	Sen	Crusaders A.C.
Robert	Cahill	M	O35	Crusaders A.C.
David	Carter	M	O40	Crusaders A.C.
Louise	Corrigan	F	Sen	Crusaders A.C.
james	cottle	M	O55	Crusaders A.C.
Jason	Crosbie	M	Sen	Crusaders A.C.

First Name	Last Name	Gender	Age Cat	Club
Brian	Crowley	M	Sen	Crusaders A.C.
Ciaran	Diviney	M	O40	Crusaders A.C.
Aidan	Doyle	M	Sen	Crusaders A.C.
Joe	Dunne	M	O45	Crusaders A.C.
Olwyn	Dunne	F	O45	Crusaders A.C.
Conor	Fahy	M	Sen	Crusaders A.C.
John	Fahy	M	O35	Crusaders A.C.
Liam	Fergus	M	O35	Crusaders A.C.
Ger	Forde	M	O35	Crusaders A.C.
Becca	Gallagher	F	O35	Crusaders A.C.
Hazel	Greene	F	Sen	Crusaders A.C.
Frank	Halligan	M	Sen	Crusaders A.C.
Nina	Holmes	F	Sen	Crusaders A.C.
Justin	Keatinge	M	O45	Crusaders A.C.
Paul	Kelly	M	O35	Crusaders A.C.
Ian	Kinsella	M	Sen	Crusaders A.C.
Brian	Lacey	M	O35	Crusaders A.C.
Vivienne	Lawless	F	O45	Crusaders A.C.
David	Long	M	O50	Crusaders A.C.
Leo	Lundy	M	O50	Crusaders A.C.
Tim	Madigan	M	O45	Crusaders A.C.
Tomas	Mahony	M	O45	Crusaders A.C.
Robert	Manson	M	O45	Crusaders A.C.
Kieran	Martin	M	O35	Crusaders A.C.
Karen	McCormack	F	Sen	Crusaders A.C.
Brian	Mcguckin	M	O45	Crusaders A.C.
Denis	Murphy	M	O50	Crusaders A.C.
James	MURPHY	M	O35	Crusaders A.C.
Nuala	Murphy	F	Sen	Crusaders A.C.
Redmond	Murphy	M	O40	Crusaders A.C.
Marta	Nurkiewicz	F	Sen	Crusaders A.C.
Liam	O'Brien	M	O40	Crusaders A.C.
Niall	O'Connell	M	O40	Crusaders A.C.
Rory	O'Donohoe	M	Sen	Crusaders A.C.
Sandra	Oneill	F	Sen	Crusaders A.C.
Anthony	Owens	M	O40	Crusaders A.C.
Maria	Pertl	F	Sen	Crusaders A.C.
Kenneth	Purtell	M	O40	Crusaders A.C.
Pat	Quill	M	O45	Crusaders A.C.
Edwina	Quinlan	F	Sen	Crusaders A.C.
Ronan	Reilly	M	O40	Crusaders A.C.
Kristy	Ryan	F	O35	Crusaders A.C.
Mike	Stewart	M	O45	Crusaders A.C.
Rachel	Stokes	F	O35	Crusaders A.C.
Andrea	Talpo	M	O35	Crusaders A.C.
John	Thuillier	M	Sen	Crusaders A.C.



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david	tuohy	M	Sen	Crusaders A.C.
Jane	Wallace	F	Sen	Crusaders A.C.
Karl	Walsh	M	O35	Crusaders A.C.
Gerard	White	M	Sen	Crusaders A.C.
Russell	Parrington	M	Sen	Cushinstown A.C.
Eddie	Kennedy	M	O40	D.M.P. A.C.
Brendan	Radford	M	O40	D.M.P. A.C.
John	Stone	M	O35	D.M.P. A.C.
Ray	Hickey	M	O40	Derg A.C.
Michael j	Kelly	M	O50	Derg A.C.
Niall	Mahony	M	O45	Derg A.C.
Patrick	McGowan	M	O35	Derg A.C.
Martin	Pearl	M	O35	Derg A.C.
Cathal	Mc Carthy	M	O35	Doheny A.C.
Gary	Wade	M	O40	Doheny A.C.
mary	brennan	F	O35	Donadea Running Club
James	Browne	M	O40	Donadea Running Club
Niamh	Byrne	F	Sen	Donadea Running Club
Gillian	Clyne	F	Sen	Donadea Running Club
Fiona	Collins	F	O40	Donadea Running Club
Brendan	Dowd	M	O35	Donadea Running Club
Damien	Farrell	M	O35	Donadea Running Club
John	Farrelly	M	O50	Donadea Running Club
Karen	Hurley	F	O40	Donadea Running Club
Oliver	Kearney	M	O40	Donadea Running Club
Raymond	Lenehan	M	O45	Donadea Running Club
Evelyn	Leonard	F	O45	Donadea Running Club
Laurence	Long	M	Sen	Donadea Running Club
Gareth	MacCauley	M	O35	Donadea Running Club
Tina	Mawer	F	O35	Donadea Running Club
Helen	Mayock	F	O40	Donadea Running Club
Louise	McCarron	F	Sen	Donadea Running Club
Anne	McIntyre	F	O50	Donadea Running Club
Peter	McIntyre	M	O55	Donadea Running Club
Andrew	Meehan	M	O40	Donadea Running Club
Ronan	Mullen	M	Sen	Donadea Running Club
paschal	murphy	M	O35	Donadea Running Club
Catriona	O'Toole	F	O35	Donadea Running Club
Lorraine	Powell	F	O40	Donadea Running Club
Ariana	Ball	F	Sen	Donore Harriers
Peter	Bonnar	M	O45	Donore Harriers
George	Brady	M	O35	Donore Harriers
Patrick	Byrne	M	Sen	Donore Harriers
stephen	carey	M	O50	Donore Harriers
Paul	Cummins	M	Sen	Donore Harriers
Anne	Curley	F	O40	Donore Harriers

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ANDREW	CUSACK	M	O35	Donore Harriers
John	Gleeson	M	O40	Donore Harriers
Sinead	Graham	F	Sen	Donore Harriers
Neil	Hand	M	Sen	Donore Harriers
Andy	Kinane	M	O35	Donore Harriers
Dana	MacKey	F	O45	Donore Harriers
Andrew	Maguire	M	O45	Donore Harriers
Breda	Mahony	F	O35	Donore Harriers
Stephen	Mc Cann	M	O45	Donore Harriers
Shane	McAuley	M	O40	Donore Harriers
Mary	Melvin	F	Sen	Donore Harriers
Patrick	Moriarty	M	O35	Donore Harriers
Laura	Murray	F	Sen	Donore Harriers
Kevin	Odgers	M	O40	Donore Harriers
Derek	O'Neill	M	O45	Donore Harriers
Ray	O'Reilly	M	O35	Donore Harriers
Andrew	Rodger	M	O55	Donore Harriers
Elaine	Verdon	F	O35	Donore Harriers
Fergal	Whitty	M	O40	Donore Harriers
Alan	Cormack	M	O40	Donoughmore A.C.
Lorraine	Browne	F	O35	Dooneen A.C.
Michael	Casey o'shea	M	O35	Dooneen A.C.
Clare	Coleman	F	Sen	Dooneen A.C.
Joe	Connolly	M	O40	Dooneen A.C.
Jim	Crotty	M	O55	Dooneen A.C.
Geoffrey	de Courcy	M	O45	Dooneen A.C.
Mike	Griffin	M	O35	Dooneen A.C.
Claire	Knight	F	O50	Dooneen A.C.
Conor	Lovett	M	O50	Dooneen A.C.
Niamh	O' Brien	F	Sen	Dooneen A.C.
Colin	O'Flynn	M	O35	Dooneen A.C.
Eileen	Reeves	F	O45	Dooneen A.C.
Michal	Rejmer	M	O35	Dooneen A.C.
David	Rohan	M	O45	Dooneen A.C.
David	Toomey	M	O35	Dooneen A.C.
Ciara	Byrne	F	O35	Drogheda & District A.C.
Liam	Callaghan	M	Sen	Drogheda & District A.C.
Vincent	Carroll	M	O45	Drogheda & District A.C.
Sarah	Clarke	F	O35	Drogheda & District A.C.
Martina	Cluskey	F	O40	Drogheda & District A.C.
Pamela	Conlon	F	O45	Drogheda & District A.C.
Robert	Costello	M	Sen	Drogheda & District A.C.
Terri	Durnin	F	O45	Drogheda & District A.C.
Gerard	Fay	M	O40	Drogheda & District A.C.
Gillian	Fitzpatrick	F	O40	Drogheda & District A.C.
Tracy	Floyd	F	O40	Drogheda & District A.C.

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Pamela	Fox	F	O50	Drogheda & District A.C.
Adrian	Gogarty	M	O40	Drogheda & District A.C.
Deirdre	Harmon	F	O50	Drogheda & District A.C.
Carmel	Keenan	F	O40	Drogheda & District A.C.
Artur	Kuwik	M	O35	Drogheda & District A.C.
paul	mallon	M	O40	Drogheda & District A.C.
Bernadette	Matthews	F	O45	Drogheda & District A.C.
Niamh	Matthews	F	O40	Drogheda & District A.C.
Gerard	Mullins	M	O45	Drogheda & District A.C.
Kelly Ann	Murtagh	F	O35	Drogheda & District A.C.
Knut	Nielsen	M	O45	Drogheda & District A.C.
Ruaidhri	Nolan	M	Sen	Drogheda & District A.C.
Pol	O Murchu	M	O35	Drogheda & District A.C.
Catherine	O'Neill	F	Sen	Drogheda & District A.C.
Catherine	O'Neill	F	Sen	Drogheda & District A.C.
Siobhan	Redmond	F	O40	Drogheda & District A.C.
Edel	Smith	F	O35	Drogheda & District A.C.
Joe	Stafford	M	O45	Drogheda & District A.C.
Mike	Staunton	M	O50	Drogheda & District A.C.
ena	tobin	F	Sen	Drogheda & District A.C.
Colin	Atkinson	M	O45	Dromore AC
Stephen	Black	M	O45	Dromore AC
Paul	Bushnell	M	O45	Dromore AC
Wendy	Fleming	F	O35	Dromore AC
Emma	Glynn	F	O45	Dromore AC
Andrea	Heslip	F	O40	Dromore AC
Alwyn	McKee	M	O45	Dromore AC
Claire	McLernon	F	Sen	Dromore AC
Colm	McMullan	M	O35	Dromore AC
Aine	McNeill	F	O50	Dromore AC
Jonny	Mornin	M	O35	Dromore AC
Janice	Reid	F	O50	Dromore AC
Susan	Smyth	F	O35	Dromore AC
Alison	Symington	F	O45	Dromore AC
Nichola	Thompson	F	O40	Dromore AC
Paul	Carlin	M	O45	Dub Running Club
Marcella	Cassidy	F	Sen	Dub Running Club
Aoibheann	Gaughran	F	O35	Dub Running Club
Jim	Larkin	M	O35	Dub Running Club
Gerry	Lundy	M	O65	Dub Running Club
Collette	McCourt	F	O35	Dub Running Club
Andrew	McDermott	M	Sen	Dub Running Club
David	McIlmunn	M	Sen	Dub Running Club
Niall	Porter	M	Sen	Dub Running Club
Richard	Beades	M	O35	Dublin Bay Running Club
Patrick	Berry	M	O35	Dublin Bay Running Club

First Name	Last Name	Gender	Age Cat	Club
Rex	Brillantes	M	O40	Dublin Bay Running Club
Eoin	Carthy	M	O40	Dublin Bay Running Club
Barry	Casserty	M	Sen	Dublin Bay Running Club
Joseph	Cole	M	O35	Dublin Bay Running Club
Ger	Copeland	M	O35	Dublin Bay Running Club
Richard	Deeney	M	Sen	Dublin Bay Running Club
Ciara	Devenny	F	Sen	Dublin Bay Running Club
Rolando	Espina	M	O40	Dublin Bay Running Club
John	Fearn	M	O40	Dublin Bay Running Club
Damien	Higgins	M	O40	Dublin Bay Running Club
Ryan ken	Kuizon	M	O40	Dublin Bay Running Club
David	Mahony	M	O45	Dublin Bay Running Club
Frank	McDermott	M	O35	Dublin Bay Running Club
Mark	Messitt	M	O40	Dublin Bay Running Club
Brenda	Miere	F	O35	Dublin Bay Running Club
Gary	O'Daly	M	Sen	Dublin Bay Running Club
John	O'Mahony	M	O45	Dublin Bay Running Club
Gary	Reinhart	M	O35	Dublin Bay Running Club
Tom	Wright	M	O40	Dublin Bay Running Club
Stephen	Cooke	M	Sen	Dublin City Harriers A.C.
Kevin	Humphreys	M	O60	Dublin City Harriers A.C.
Sean	Morley	M	O50	Dublin City Harriers A.C.
Barry	Black	M	O45	Dublin Front Runners A.C.
Dominick	Branigan	M	Sen	Dublin Front Runners A.C.
ray	buckley	M	O40	Dublin Front Runners A.C.
Regina	Byrne	F	O35	Dublin Front Runners A.C.
Andrew	Chambers	M	O35	Dublin Front Runners A.C.
Tom	Crowley	M	O45	Dublin Front Runners A.C.
Luiz	Dasilva	M	O50	Dublin Front Runners A.C.
Dermot	Dawson	M	O45	Dublin Front Runners A.C.
Robert	Dempsey	M	Sen	Dublin Front Runners A.C.
Bryan	Durkan	M	O35	Dublin Front Runners A.C.
Thomas	Foley	M	Sen	Dublin Front Runners A.C.
Angela	Gallagher	F	O35	Dublin Front Runners A.C.
Sandra	Galvin	F	O40	Dublin Front Runners A.C.
Hugh	Hannigan	M	O40	Dublin Front Runners A.C.
Timothy	Hurley	M	O35	Dublin Front Runners A.C.
Damien	Langan	M	O45	Dublin Front Runners A.C.
Dermot	McCarthy	M	O40	Dublin Front Runners A.C.
Damien	Molloy	M	O45	Dublin Front Runners A.C.
Denise	Moloney	F	O45	Dublin Front Runners A.C.
Seamus	Moore	M	O40	Dublin Front Runners A.C.
Joanne	Neilan	F	O35	Dublin Front Runners A.C.
Thomas	O connor	M	O45	Dublin Front Runners A.C.
Philip	Ryan	M	O45	Dublin Front Runners A.C.
Michael	Smyth	M	O40	Dublin Front Runners A.C.

First Name	Last Name	Gender	Age Cat	Club
Bernadette	White	F	O50	Dublin Striders A.C.
Ken	Brady	M	O45	Duleek & District A.C.
Sarah	Carley	F	O35	Duleek & District A.C.
Anita	Carolan	F	O40	Duleek & District A.C.
Ray	Cassin	M	O40	Duleek & District A.C.
Kate	Darcy	F	O35	Duleek & District A.C.
Sinead	Donnelly	F	O35	Duleek & District A.C.
Susan	Durnin	F	O40	Duleek & District A.C.
Susan	Gleeson	F	O45	Duleek & District A.C.
Barbara	Lenahan	F	O50	Duleek & District A.C.
Helen	Lynch	F	O35	Duleek & District A.C.
Samantha	McDonnell	F	O40	Duleek & District A.C.
Sarah	McKenna	F	Sen	Duleek & District A.C.
Mary	Meade	F	O35	Duleek & District A.C.
Amanda	Noone	F	Sen	Duleek & District A.C.
Lorraine	Noone	F	Sen	Duleek & District A.C.
Fran	Power	M	O35	Duleek & District A.C.
Samantha	Power	F	O35	Duleek & District A.C.
Shane	Reid	M	O35	Duleek & District A.C.
Derek	Sheridan	M	Sen	Duleek & District A.C.
John	Wall	M	O35	Duleek & District A.C.
Garbhan	Blake	M	O40	Dunboyne A.C.
Jackie	Brannigan	F	O45	Dunboyne A.C.
Jennifer	Clancy	F	O35	Dunboyne A.C.
Fintan	Crehan	M	O40	Dunboyne A.C.
David	Dolan	M	O35	Dunboyne A.C.
Stephen	Doyle	M	O45	Dunboyne A.C.
Seamus	Dunne	M	O55	Dunboyne A.C.
Clodagh	Dunphy	F	O35	Dunboyne A.C.
Norma	Farrell	F	O40	Dunboyne A.C.
Derek	Finegan	M	O40	Dunboyne A.C.
Owen	Fletcher	M	Sen	Dunboyne A.C.
Mick	Foy	M	O40	Dunboyne A.C.
David	Galbraith	M	Sen	Dunboyne A.C.
Rachel	Gardner	F	Sen	Dunboyne A.C.
Ann	Garrett	F	O40	Dunboyne A.C.
Paul	Gorey	M	O50	Dunboyne A.C.
Geoff	Hamilton	M	O45	Dunboyne A.C.
Paul	Hanaphy	M	Sen	Dunboyne A.C.
Heather	Harold	F	O45	Dunboyne A.C.
John	Holian	M	O50	Dunboyne A.C.
Antoinette	Howlin	F	O45	Dunboyne A.C.
Aoife	Hyland	F	O35	Dunboyne A.C.
Vivienne	Lennon	F	O45	Dunboyne A.C.
James	Lineen	M	O40	Dunboyne A.C.
Paul	Lord	M	O45	Dunboyne A.C.

First Name	Last Name	Gender	Age Cat	Club
Hilary	Madden	F	O40	Dunboyne A.C.
Philip	Mahony	M	Sen	Dunboyne A.C.
Seamus	McGovern	M	O45	Dunboyne A.C.
Laura	Noonan	F	O40	Dunboyne A.C.
Stephen	O'Beirne	M	O50	Dunboyne A.C.
Bernadette	O'Connor	F	O40	Dunboyne A.C.
John	O'Malley	M	O45	Dunboyne A.C.
Lyndon	Thomas	M	O55	Dunboyne A.C.
Laura	Armstrong	F	Sen	Dundrum A.C.
Patrick j	Holmes	M	O55	Dundrum A.C.
Michael	Ryan	M	O35	Dundrum A.C.
Michael	Ryan	M	Sen	Dundrum A.C.
Stephanie	Barnewell	F	Sen	Dundrum South Dublin A.C.
John	Barry	M	O50	Dundrum South Dublin A.C.
James	Berry	M	Sen	Dundrum South Dublin A.C.
Aidan	Blighe	M	O35	Dundrum South Dublin A.C.
Colm	Cunningham	M	O35	Dundrum South Dublin A.C.
Lisa	D'arcy	F	O40	Dundrum South Dublin A.C.
Gerry	Dunne	M	O50	Dundrum South Dublin A.C.
Shauna	Griffin	F	Sen	Dundrum South Dublin A.C.
Kevin	Heagney	M	O55	Dundrum South Dublin A.C.
Paul	Hogan	M	O45	Dundrum South Dublin A.C.
Stephen	Judge	M	O45	Dundrum South Dublin A.C.
Annette	Kehoe	F	O50	Dundrum South Dublin A.C.
Claire	Kelly	F	Sen	Dundrum South Dublin A.C.
Susan	Leyden	F	O35	Dundrum South Dublin A.C.
Danielle	Mc Laughlin	F	Sen	Dundrum South Dublin A.C.
Thomas	McDonagh	M	O35	Dundrum South Dublin A.C.
John	McDonnell	M	O50	Dundrum South Dublin A.C.
Michelle	McGee	F	Sen	Dundrum South Dublin A.C.
Cian	McHugh	M	O65	Dundrum South Dublin A.C.
Diarmuid	Meldon	M	Sen	Dundrum South Dublin A.C.
Amy	Moran	F	Sen	Dundrum South Dublin A.C.
Colin	Murphy	M	O35	Dundrum South Dublin A.C.
Orla	O' Shea	F	O40	Dundrum South Dublin A.C.
Barry	O'Grady	M	O40	Dundrum South Dublin A.C.
Desmond	Reynolds	M	Sen	Dundrum South Dublin A.C.
Tadhg	Sullivan	M	O45	Dundrum South Dublin A.C.
Camilla	Tuffy	F	O45	Dundrum South Dublin A.C.
Brendan	Walsh	M	O35	Dundrum South Dublin A.C.
Niall	Campbell	M	O40	Dunleer A.C.
Stephen	Bateson	M	O45	Dunshaughlin A.C.
Shane	Boyle	M	O40	Dunshaughlin A.C.
Shane	Clarke	M	O35	Dunshaughlin A.C.
Olivia	Daly	F	O40	Dunshaughlin A.C.
Emer	Fitzsimons	F	O45	Dunshaughlin A.C.

First Name	Last Name	Gender	Age Cat	Club
Siobhan	Foley	F	O45	Dunshaughlin A.C.
Eoin	Mac Elhinney	M	O45	Dunshaughlin A.C.
Maria	McGloin	F	O35	Dunshaughlin A.C.
Sarah	Morgan	F	Sen	Dunshaughlin A.C.
Breda	O'Connor	F	Sen	Dunshaughlin A.C.
Shirley	O'Connor	F	O40	Dunshaughlin A.C.
Lucia	Onofri	F	Sen	Dunshaughlin A.C.
Gillian	O'Regan	F	O35	Dunshaughlin A.C.
Brian	Rodgers	M	O40	Dunshaughlin A.C.
Ann	Sharp	F	O50	Dunshaughlin A.C.
Larry	Smith	M	O45	Dunshaughlin A.C.
Fergus	Summerville	M	O40	Dunshaughlin A.C.
Ursula	Summerville	F	O40	Dunshaughlin A.C.
Ronan	Boland	M	O50	Eagle A.C.
Tony	Cambridge	M	O45	Eagle A.C.
Denis	Carroll	M	O55	Eagle A.C.
Graham	Caulder	M	O50	Eagle A.C.
Dympna	Connolly	F	O40	Eagle A.C.
Paul	Connolly	M	O40	Eagle A.C.
Sunita	Corcoran	F	O40	Eagle A.C.
Jim	Costello	M	O50	Eagle A.C.
Frank	Cotter	M	O50	Eagle A.C.
Paul	Cotter	M	O40	Eagle A.C.
Tracy	Cotter	F	Sen	Eagle A.C.
Paul	Daly	M	O45	Eagle A.C.
Olive	Dooley	F	O40	Eagle A.C.
Donal	Dowling	M	O35	Eagle A.C.
Vivian	Foley	M	O45	Eagle A.C.
Elaine	Guinane	F	O35	Eagle A.C.
Maeve	Healy	F	O40	Eagle A.C.
Frank	Hill	M	O50	Eagle A.C.
Damian	Kenneally	M	Sen	Eagle A.C.
Martin	Leahy	M	O50	Eagle A.C.
Niamh	Lehane	F	O40	Eagle A.C.
John	McCarthy	M	O35	Eagle A.C.
Tim	McCarthy	M	O35	Eagle A.C.
Donal	McGrath	M	O50	Eagle A.C.
Grellan	McGrath	M	O45	Eagle A.C.
Jane	McGrath	F	O50	Eagle A.C.
Brian	McGuire	M	O45	Eagle A.C.
Ken	Mulcahy	M	O45	Eagle A.C.
Liam	O riain	M	O45	Eagle A.C.
Ruairi	O'Callaghan	M	O35	Eagle A.C.
Pat	O'Connor	M	O45	Eagle A.C.
Colin	O'Herlihy	M	O40	Eagle A.C.
Derek	Okeeffe	M	O40	Eagle A.C.



First Name	Last Name	Gender	Age Cat	Club
James	Ryan	M	O50	Eagle A.C.
Keith	Sexton	M	O50	Eagle A.C.
Eddie	Trindle	M	O40	Eagle A.C.
Cathal	Twomey	M	Sen	Eagle A.C.
Dave	Watson	M	Sen	Eagle A.C.
Andy	Liddle	M	O45	East Antrim Harriers
Brian	Maltman	M	O35	East Coast Athletic Club
Conor	Sheridan	M	Sen	East Coast Athletic Club
Oonagh	Breteche	F	O35	East Down AC
Cathy	Burke	F	O35	East Down AC
Dermot	Cahill	M	O35	East Down AC
Clare	Carson	F	O40	East Down AC
Joanne	Carson	F	O40	East Down AC
Michael	Cultra	M	O35	East Down AC
Michael	Cunningham	M	O50	East Down AC
Linda	Cunningham	F	O50	East Down AC
Gareth	Fegan	M	Sen	East Down AC
Gareth	Kelly	M	Sen	East Down AC
Kevin	McCormick	M	O50	East Down AC
Paddy	McDonald	M	O45	East Down AC
Mark	McDowell	M	O40	East Down AC
Simon	McGrattan	M	O45	East Down AC
Michael	McKeown	M	O50	East Down AC
Mark	O'Connor	M	O45	East Down AC
Liz	O'Hagan	F	O45	East Down AC
Liz	O'Hagan	F	O45	East Down AC
Declan	Teague	M	O45	East Down AC
Brendan	Teer	M	Sen	East Down AC
Andrew	Telford	M	Sen	East Down AC
Helen	Vint	F	O40	East Down AC
Phillip	Vint	M	O45	East Down AC
Patrick	McDermott	M	O35	East Galway A.C.
Mary	Goldsberry	F	O40	East Westmeath A.C.
Seamus	Goonery	M	O45	East Westmeath A.C.
Billy	Gough	M	O35	East Westmeath A.C.
Ciaran	Reynolds	M	Sen	Edenderry A.C.
Colm	Fitzgerald	M	Sen	Ennis Track A.C.
Aengus	Mullins	M	Sen	Ennis Track A.C.
Sean	Whelan	M	O65	Ennis Track A.C.
Malcolm	Browne	M	O45	Enniskillen RC
James	Johnston	M	O35	Enniskillen RC
Tara	Malone	F	O35	Enniskillen RC
Bryony	May	F	O40	Enniskillen RC
Pius	McCarney	M	Sen	Enniskillen RC
John	McDonnell	M	O45	Enniskillen RC
Denise	McElroy	F	O40	Enniskillen RC

First Name	Last Name	Gender	Age Cat	Club
Tom	Sheridan	M	O35	Enniskillen RC
Brian	Simpson	M	O50	Enniskillen RC
Dave	Slater	M	O35	Enniskillen RC
Aleksandra	Stanek	F	Sen	Enniskillen RC
Allan	Wilson	M	O40	Enniskillen RC
Hazel	Leonard	F	O35	Estuary A.C.
Angela	Phillips	F	O45	Fanahan Mc Sweeney A.C.
Aidan	Downes	M	O45	Fergus A.C.
Anne	Downes	F	O45	Fergus A.C.
Michael	Meaney	M	O40	Fergus A.C.
William	Doyle	M	O45	Ferrybank A.C.
Bernard	Feery	M	O50	Fethard A.C.
Joey	Feery	M	Sen	Fethard A.C.
Karen	Behan	F	Sen	Fingallians A.C.
Gerry	Bowers	M	O40	Fingallians A.C.
Karen	Bowers	F	O35	Fingallians A.C.
Paddy	Corrigan	M	O35	Fingallians A.C.
Oisin	Donohue	M	O35	Fingallians A.C.
Rachel	Eustace	F	O35	Fingallians A.C.
Colum	Flanagan	M	O40	Fingallians A.C.
Sarah Jane	Jones	F	O35	Fingallians A.C.
Alan	Omahoney	M	O35	Fingallians A.C.
Colm	Stafford	M	O45	Fingallians A.C.
Martin	Anderson	M	O45	Finn Valley A.C.
Eugene	Boyle	M	O45	Finn Valley A.C.
Derek	Callaghan	M	O40	Finn Valley A.C.
Joanne	Campbell	F	O45	Finn Valley A.C.
Alan	Catterson	M	O40	Finn Valley A.C.
Caroline	Catterson	F	O45	Finn Valley A.C.
Alan	Cavanagh	M	Sen	Finn Valley A.C.
Coleen	Connolly	F	Sen	Finn Valley A.C.
Adrian	Devine	M	O35	Finn Valley A.C.
Clint	Doherty	M	O35	Finn Valley A.C.
Noel	Doherty	M	O40	Finn Valley A.C.
Richie	Duncan	M	O40	Finn Valley A.C.
Tony	Gallagher	M	O50	Finn Valley A.C.
Mary	Hipsley	F	O45	Finn Valley A.C.
Brendan	Irwin	M	O35	Finn Valley A.C.
Paula	Jansen	F	O35	Finn Valley A.C.
Dermot	Mc Granaghan	M	O45	Finn Valley A.C.
Shane	Mc Nulty	M	O35	Finn Valley A.C.
Maria	McGonagle	F	O35	Finn Valley A.C.
Maurice	O' Donnell	M	O45	Finn Valley A.C.
Sean	O leary	M	O50	Finn Valley A.C.
Charmian	Obrien	F	O35	Finn Valley A.C.
Sonya	Odonnell	F	O40	Finn Valley A.C.

First Name	Last Name	Gender	Age Cat	Club
Margaret	Reid	F	O40	Finn Valley A.C.
Adam	Speer	M	Sen	Finn Valley A.C.
Martin	Bell	M	O50	Foyle Valley AC
David	Campbell	M	O50	Foyle Valley AC
Declan	Doherty	M	Sen	Foyle Valley AC
John	Fisher	M	Sen	Foyle Valley AC
Hugh	Hegarty	M	O45	Foyle Valley AC
Martin	Kelly	M	O50	Foyle Valley AC
Mark	Long	M	Sen	Foyle Valley AC
Caroline	McMenamin	F	O40	Foyle Valley AC
Patrick	Meehan	M	Sen	Foyle Valley AC
Mark	O kane	M	Sen	Foyle Valley AC
Mark	Reid	M	O40	Foyle Valley AC
David	Rowntree	M	Sen	Foyle Valley AC
Adrian	Sharkey	M	O55	Foyle Valley AC
David	Wylie	M	O45	Foyle Valley AC
Ann	Anderson	F	O45	Fr. Murphy A.C.
Brendan	Anderson	M	O50	Fr. Murphy A.C.
Angela	Bagnall	F	O35	Fr. Murphy A.C.
Danny	Bagnall	M	Sen	Fr. Murphy A.C.
Richard	Bell	M	O35	Fr. Murphy A.C.
Eileen	Cunningham	F	O35	Fr. Murphy A.C.
Liam	Cunningham	M	O40	Fr. Murphy A.C.
Janet	Curley	F	O35	Fr. Murphy A.C.
Anne Marie	Doherty	F	O35	Fr. Murphy A.C.
Barry	Doherty	M	O40	Fr. Murphy A.C.
Seamus	Dunne	M	O35	Fr. Murphy A.C.
Jeff	Ennis	M	Sen	Fr. Murphy A.C.
John	Forde	M	Sen	Fr. Murphy A.C.
Suzanne	Forde	F	Sen	Fr. Murphy A.C.
Elaine	Griffin	F	O40	Fr. Murphy A.C.
Yvonne	Larkin	F	O40	Fr. Murphy A.C.
Alma	Mc Clorey	F	O40	Fr. Murphy A.C.
Brenda	Piercy	F	O40	Fr. Murphy A.C.
Carmel	Thorpe	F	O45	Fr. Murphy A.C.
Luís	Carvalho	M	O40	Galtee Runners A.C.
Paula	Finn	F	Sen	Galtee Runners A.C.
Verling john	Fitzgerald	M	O40	Galtee Runners A.C.
James	Fletcher	M	O40	Galtee Runners A.C.
Carol	Geary	F	Sen	Galtee Runners A.C.
Ellen	Hanley	F	O35	Galtee Runners A.C.
Mike	Keating	M	O40	Galtee Runners A.C.
Sinead	Kelly	F	Sen	Galtee Runners A.C.
Majella	McNamara	F	O40	Galtee Runners A.C.
Sharon	O'Doherty	F	Sen	Galtee Runners A.C.
Elaine	Ryan	F	O35	Galtee Runners A.C.

First Name	Last Name	Gender	Age Cat	Club
Sean	Shanahan	M	O50	Galtee Runners A.C.
Cathy	Walsh	F	O35	Galtee Runners A.C.
Judith	Campbell	F	O40	Galway City Harriers A.C.
John	Cronin	M	Sen	Galway City Harriers A.C.
Michael	Greene	M	O65	Galway City Harriers A.C.
Clair	Harte	F	Sen	Galway City Harriers A.C.
Bridget	Jacobsen	F	O40	Galway City Harriers A.C.
Martin	Kearney	M	O60	Galway City Harriers A.C.
Brendan	Kennelly	M	O50	Galway City Harriers A.C.
Patrick	Kenny	M	O60	Galway City Harriers A.C.
Majella	Killeen	F	O55	Galway City Harriers A.C.
Bernard	McLoughlin	M	Sen	Galway City Harriers A.C.
Emil	Mellgren	M	Sen	Galway City Harriers A.C.
Eibhlis	Ni arta	F	Sen	Galway City Harriers A.C.
Clare	O shea	F	O40	Galway City Harriers A.C.
Barry	O sullivan	M	O40	Galway City Harriers A.C.
Joanne	O'Boyle	F	Sen	Galway City Harriers A.C.
Michael	O'Sullivan	M	O50	Galway City Harriers A.C.
Damian	O'toole	M	O40	Galway City Harriers A.C.
Karen	Quirke	F	O35	Galway City Harriers A.C.
Marie	Sheil	F	O35	Galway City Harriers A.C.
Aine	Slattery	F	Sen	Galway City Harriers A.C.
Paul	Walsh	M	O35	Galway City Harriers A.C.
Aiden	Mc Kenna	M	O50	Glaslough Harriers A.C.
Frank	McKenna	M	O50	Glaslough Harriers A.C.
Geraldine	McKenna	F	O50	Glaslough Harriers A.C.
Ali	McEnhill	F	O40	Glenmore A.C.
Tony	Mulligan	M	O45	Glenmore A.C.
Stephen	Oconnor	M	O35	Glenmore A.C.
Paul	Savage	M	Sen	Glenmore A.C.
Maurice	Feehan	M	Sen	Gneeveguilla A.C.
Tony	Foley	M	O45	Gneeveguilla A.C.
Jason	Kroot	M	Sen	Gneeveguilla A.C.
Brendan	Lynch	M	O40	Gneeveguilla A.C.
Simon	Mangan	M	Sen	Gneeveguilla A.C.
Seamus	Murphy	M	O45	Gneeveguilla A.C.
Mary	O'Connell	F	O40	Gneeveguilla A.C.
Derek	Kehoe	M	O45	Gowran A.C.
Simon	Maher	M	O35	Gowran A.C.
Linda	Mooney	F	O40	Gowran A.C.
Rachel	O'Hara	F	O45	Gowran A.C.
Paddy	O'Keefe	M	Sen	Gowran A.C.
Patrick	Tobin	M	O35	Gowran A.C.
Gary	Bourke	M	Sen	Graigue Ballycallan A.C.
Trevor	Coady	M	O35	Graigue Ballycallan A.C.
Moira	Cody	F	Sen	Graigue Ballycallan A.C.

First Name	Last Name	Gender	Age Cat	Club
Norah	Deacon	F	O50	Graigue Ballycallan A.C.
Warren	Deacon	M	O45	Graigue Ballycallan A.C.
Stephen	Dermody	M	O45	Graigue Ballycallan A.C.
Laura	Egan	F	Sen	Graigue Ballycallan A.C.
Millie	O'Connor	F	O45	Graigue Ballycallan A.C.
Patricia	O'Halloran	F	O35	Graigue Ballycallan A.C.
Catherine	Rice	F	Sen	Graigue Ballycallan A.C.
Eamon	Wallace	M	Sen	Graigue Ballycallan A.C.
Margo	Wallace	F	O50	Graigue Ballycallan A.C.
Emilija	Dorgan	F	O35	Grange/Fermoy A.C.
Maggie	Dunne	F	O70	Grange/Fermoy A.C.
Tony	Dunne	M	O70	Grange/Fermoy A.C.
Joan	Ennis	F	O50	Grange/Fermoy A.C.
Margaret	Flynn	F	O40	Grange/Fermoy A.C.
Martin	Healy	M	O45	Grange/Fermoy A.C.
Mary-clare	Healy	F	O45	Grange/Fermoy A.C.
John	Kearney	M	O35	Grange/Fermoy A.C.
Karen	Kenny	F	O35	Grange/Fermoy A.C.
John	Murphy	M	O45	Grange/Fermoy A.C.
Oliver	Murphy	M	O40	Grange/Fermoy A.C.
Eddie	O brien	M	O40	Grange/Fermoy A.C.
Brendan	O'Mahony	M	O40	Grange/Fermoy A.C.
Joe	Scanlan	M	O40	Grange/Fermoy A.C.
Maurice	Tobin	M	O65	Grange/Fermoy A.C.
Des	White	M	O50	Grange/Fermoy A.C.
Natasha	Fortune	F	Sen	Greystones & District A.C.
Marc	Halligan	M	O40	Inbhear Dee A.C.
Barry	Donnelly	M	O35	Inishowen A.C.
Malcolm	Mc Gee	M	O40	Inishowen A.C.
Patricia	Mc Laughlin	F	O45	Inishowen A.C.
Pauric	McKinney	M	O50	Inishowen A.C.
Benny	Mullan	M	O40	Inishowen A.C.
Seamus	Mac Gearailt	M	O35	Kenmare A.C.
Patrik	Albertsson	M	O45	Kilcoole A.C.
Ray	Bissett	M	Sen	Kilcoole A.C.
Leon	Byrne	M	Sen	Kilcoole A.C.
Mark	Byrne	M	O40	Kilcoole A.C.
Julie	Cole byrne	F	O35	Kilcoole A.C.
Patrick	Cryan	M	O35	Kilcoole A.C.
Janet	Devin	F	O50	Kilcoole A.C.
Lurence	Doyle	M	O35	Kilcoole A.C.
Gaye	Edwards	F	O50	Kilcoole A.C.
Gerry	Edwards	M	O40	Kilcoole A.C.
Gillian	Farrelly	F	O35	Kilcoole A.C.
Ann	Flynn	F	O45	Kilcoole A.C.
Ronan	Gill	M	O40	Kilcoole A.C.

First Name	Last Name	Gender	Age Cat	Club
Brian	Gurrin	M	O45	Kilcoole A.C.
Lisa	Howley	F	O40	Kilcoole A.C.
Tyge	Jensen	M	O40	Kilcoole A.C.
lisa	kleiner	F	O45	Kilcoole A.C.
Niall	Larkin	M	O35	Kilcoole A.C.
Susan	Lawless	F	O35	Kilcoole A.C.
Luke	Lennon	M	Sen	Kilcoole A.C.
Sandra	Lynch	F	O35	Kilcoole A.C.
Aaron	Mooney	M	Sen	Kilcoole A.C.
Ken	Noonan	M	O40	Kilcoole A.C.
Sandra	Pegman	F	O45	Kilcoole A.C.
Mark	Walsh	M	O40	Kilcoole A.C.
Lydia	Webb	F	Sen	Kilcoole A.C.
colin	Wendel	M	Sen	Kilcoole A.C.
Joseph	Wright	M	O35	Kilcoole A.C.
Elizabeth	Curran	F	O45	Kildare A.C.
Sinead	Duggan	F	Sen	Kilfinane A.C.
Michael	Halpin	M	O35	Kilfinane A.C.
Edel	Hennessy	F	Sen	Kilfinane A.C.
Martin	Hennessy	M	O35	Kilfinane A.C.
Ben	Murphy	M	O35	Kilfinane A.C.
Helen	O sullivan	F	O40	Kilfinane A.C.
Patrick	O'Sullivan	M	O35	Kilfinane A.C.
Joanne	Bergin	F	Sen	Kilkenny City Harriers A.C.
Lisa	Brennan	F	Sen	Kilkenny City Harriers A.C.
Joya	Burns	F	O35	Kilkenny City Harriers A.C.
Stewart	Butler	M	O50	Kilkenny City Harriers A.C.
Anita	Byrne	F	O35	Kilkenny City Harriers A.C.
Niamh	Carroll	F	O40	Kilkenny City Harriers A.C.
Kathy	Carter	F	O40	Kilkenny City Harriers A.C.
Richie	Cody	M	O40	Kilkenny City Harriers A.C.
Teresa	Comerford	F	O40	Kilkenny City Harriers A.C.
Conor	D'arcy	M	O40	Kilkenny City Harriers A.C.
Ciara	Delaney	F	Sen	Kilkenny City Harriers A.C.
martina	doyle	F	Sen	Kilkenny City Harriers A.C.
Mervin	Doyle	M	O40	Kilkenny City Harriers A.C.
Sinead	Foley	F	Sen	Kilkenny City Harriers A.C.
Eddie	Hawe	M	O35	Kilkenny City Harriers A.C.
Seamus	Kavanagh	M	O40	Kilkenny City Harriers A.C.
David	Kennedy	M	O35	Kilkenny City Harriers A.C.
Thomas	Kinsella	M	O40	Kilkenny City Harriers A.C.
Ivan	Mc Mahon	M	O35	Kilkenny City Harriers A.C.
Martina	McGrath	F	O45	Kilkenny City Harriers A.C.
David	McPherson	M	Sen	Kilkenny City Harriers A.C.
Paul	Moran	M	O40	Kilkenny City Harriers A.C.
Trust	Mtinsi	M	Sen	Kilkenny City Harriers A.C.

First Name	Last Name	Gender	Age Cat	Club
Roseanna	Murphy	F	Sen	Kilkenny City Harriers A.C.
Seán	ó hargáin	M	O50	Kilkenny City Harriers A.C.
Natasha	O loughlin	F	Sen	Kilkenny City Harriers A.C.
Emer	O'Shaughnessy	F	O45	Kilkenny City Harriers A.C.
Pat	Purcell	M	O40	Kilkenny City Harriers A.C.
Daragh	Sharpe	M	O45	Kilkenny City Harriers A.C.
Lisa	Shortall	F	O35	Kilkenny City Harriers A.C.
Anne marie	Shortall	F	O40	Kilkenny City Harriers A.C.
Barry	Somers	M	Sen	Kilkenny City Harriers A.C.
Jackie	Varley	F	O45	Kilkenny City Harriers A.C.
ber	carey	F	O45	Kilkenny triathlon club
john	carey	M	O45	Kilkenny triathlon club
Deirdre	Foley	F	O40	Kilkenny triathlon club
Seamus	Foley	M	O40	Kilkenny triathlon club
Austin	Hennessy	M	O35	Kilkenny triathlon club
Paddy	Kealy	M	O40	Kilkenny triathlon club
Brendan	McCarthy	M	O45	Kilkenny triathlon club
Joe	O'Callaghan	M	O40	Kilkenny triathlon club
Jim	Ryan	M	O45	Kilkenny triathlon club
Brian	Walsh	M	O35	Kilkenny triathlon club
Brendan	Boyle	M	O50	Killybegs A.C.
Sharon	Kennedy	F	O45	Kilmallock A.C.
John	Lynch	M	O40	Kilmallock A.C.
Patrick	Roche	M	O60	Kilmallock A.C.
Ciara	O'Grady	F	Sen	Kilmore A.C.
James	Kenny	M	O55	Kilmurray/Ibrick/N.Clare A.C.
Christina	Organ	F	O50	Kilmurray/Ibrick/N.Clare A.C.
Paul	Carlisle	M	O40	Lagan Valley AC
Ursula	Daly	F	Sen	Lagan Valley AC
Michael	Deeney	M	O45	Lagan Valley AC
Sam	Hogg	M	O70	Lagan Valley AC
Jason	Ratcliffe	M	O40	Lagan Valley AC
Emma	Sharkey	F	Sen	Lagan Valley AC
Frank	Sharkey	M	O50	Lagan Valley AC
Sandra	Behan	F	O35	Lakeshore Striders A.C.
Ashling	Campion	F	O40	Lakeshore Striders A.C.
Shane	Connolly	M	O40	Lakeshore Striders A.C.
Ciaran	Dempsey	M	Sen	Lakeshore Striders A.C.
Ultan	Downes	M	Sen	Lakeshore Striders A.C.
Barry	Hamilton	M	Sen	Lakeshore Striders A.C.
thomas	healy	M	O40	Lakeshore Striders A.C.
Ciarán	Hennessy	M	O45	Lakeshore Striders A.C.
Michael	Mc Donald	M	O35	Lakeshore Striders A.C.
Tom	O leary	M	O35	Lakeshore Striders A.C.
Robert	Walsh	M	Sen	Lakeshore Striders A.C.
Sharon	Borg	F	O35	Laragh A.C.



First Name	Last Name	Gender	Age Cat	Club
Alan	Lockington	M	Sen	Larne AC
Daniel	Magill	M	O35	Larne AC
Ricky	Mann	M	O40	Larne AC
John	Neill	M	O35	Larne AC
David	Noble	M	O35	Larne AC
Paul	Tilson	M	O45	Larne AC
Dominic	Watt	M	O45	Larne AC
Ruth	Wilson	F	O40	Larne AC
Emmett	Woods	M	O45	Larne AC
Marc	Augustin	M	Sen	Le Cheile A.C.
Aidan	Blake	M	O35	Le Cheile A.C.
Arlene	Boland	F	O40	Le Cheile A.C.
Bryan	Collins	M	Sen	Le Cheile A.C.
Eddie	Corrigan	M	O40	Le Cheile A.C.
Liam	Costello	M	O40	Le Cheile A.C.
Gerard	Donnelly	M	O35	Le Cheile A.C.
Grace	Egan	F	O35	Le Cheile A.C.
Liam	Kelly	M	O35	Le Cheile A.C.
Paul	Kiely	M	O50	Le Cheile A.C.
Orla	Kinsella	F	Sen	Le Cheile A.C.
Patricia	McLoughlin	F	O35	Le Cheile A.C.
Derry	McVeigh	M	O40	Le Cheile A.C.
Richard	Miller-Williams	M	Sen	Le Cheile A.C.
Caitriona	Monnelly	F	O45	Le Cheile A.C.
declan	moyles	M	O35	Le Cheile A.C.
Patricia	Murphy	F	O40	Le Cheile A.C.
Orlaith	Nason	F	O40	Le Cheile A.C.
Lorna	Nolan	F	O40	Le Cheile A.C.
Trish	Nunan	F	O35	Le Cheile A.C.
ian	o gorman	M	O50	Le Cheile A.C.
John	O'Regan	M	O45	Le Cheile A.C.
Trish	Padden	F	Sen	Le Cheile A.C.
Rodger	Quinn	M	O35	Le Cheile A.C.
Alan	Shaw	M	O40	Le Cheile A.C.
Eamon	Shields	M	O40	Le Cheile A.C.
Cathy	Walsh	F	O45	Le Cheile A.C.
Alan	Ahern	M	O45	Leevale A.C.
Michael	Brennan	M	O45	Leevale A.C.
Ciarán	Desmond	M	O50	Leevale A.C.
Fionnuala	Desmond	F	O45	Leevale A.C.
John paul	Devine	M	O50	Leevale A.C.
Sinead	Kane	F	Sen	Leevale A.C.
Sonya	O brien	F	O40	Leevale A.C.
Ian	Reidy	M	O40	Leevale A.C.
Terence	Ryan	M	O40	Leevale A.C.
Kieran	Crawford	M	O35	Letterkenny A.C.

First Name	Last Name	Gender	Age Cat	Club
Kevin	Greenan	M	O55	Letterkenny A.C.
Ann	Malone	F	O40	Letterkenny A.C.
Paul	Mc Glinchey	M	O35	Letterkenny A.C.
Paul	O'Gara	M	O40	Letterkenny A.C.
Garvin	Walker	M	Sen	Letterkenny A.C.
David	Bale	M	O35	Liffey Valley A.C.
Aidan	Corr	M	Sen	Liffey Valley A.C.
Anthony	Dunne	M	O40	Liffey Valley A.C.
Geraldine	Feely	F	O35	Liffey Valley A.C.
Rolandas	Kazlas	M	O50	Liffey Valley A.C.
Paul	Quinn	M	O50	Liffey Valley A.C.
Una	Reilly	F	O60	Liffey Valley A.C.
Siobhan	Reilly	F	O40	Liffey Valley A.C.
Roman	Soltys	M	Sen	Liffey Valley A.C.
Anthony	Timmons	M	Sen	Liffey Valley A.C.
John	Tuohy	M	O35	Liffey Valley A.C.
Gerard	Campbell	M	O50	Lifford A.C.
Dominic	Carlin	M	O45	Lifford A.C.
Joanne	Carlin	F	O35	Lifford A.C.
Liam	Cleary	M	O40	Lifford A.C.
Gerard	Crawford	M	O40	Lifford A.C.
Stephen	Crawford	M	O35	Lifford A.C.
K p	Doherty	M	O35	Lifford A.C.
Michael	Duncan	M	O50	Lifford A.C.
Mandy	Hume	F	O40	Lifford A.C.
Pádraig	Mag loingsigh	M	O50	Lifford A.C.
David	McNulty	M	O35	Lifford A.C.
Aaron	Moore	M	O35	Lifford A.C.
Leoni	Mullen	F	Sen	Lifford A.C.
Cathryn	Osborne	F	O40	Lifford A.C.
Susanne	Ui'dhalaigh	F	O50	Limerick A.C.
Catherine	Deegan	F	O45	Limerick Country Club A.C.
Kieran	Tracey	M	O50	Limerick Country Club A.C.
Enda	Coffey	M	O40	Longford A.C.
Michael	Maguire	M	O60	Longford A.C.
Shona	Matthews	F	Sen	Longford A.C.
Derek	O neill	M	O40	Longford A.C.
Sinead	Phelan	F	O40	Longford A.C.
Emmett	Ryan	M	Sen	Longford A.C.
Kate	Sexton	F	O50	Longford A.C.
Patrick	Sharkey	M	O35	Longford A.C.
Kevin	Ward	M	O40	Longford A.C.
Marie	Allen	F	O45	Loughrea A.C.
Frank	Cahalan	M	O40	Loughrea A.C.
Tom	Crosse	M	O40	Loughrea A.C.
Joanne	Dolan	F	O35	Loughrea A.C.

First Name	Last Name	Gender	Age Cat	Club
Noel	Farrell	M	O50	Loughrea A.C.
Malcolm	Hennigan	M	O50	Loughrea A.C.
Michelle	Kerrigan	F	Sen	Loughrea A.C.
Orla	Kilrairie	F	O40	Loughrea A.C.
Norma	McNamara	F	O40	Loughrea A.C.
Joanne	Murray	F	O50	Loughrea A.C.
Noel	Murray	M	O50	Loughrea A.C.
Garry	O' Malley	M	O55	Loughrea A.C.
Cathal	O'Reilly	M	O35	Loughrea A.C.
Cait	Quinn	F	O40	Loughrea A.C.
David	Quinn	M	O45	Loughrea A.C.
Miriam	Rabbitte-comar	F	O45	Loughrea A.C.
Barry	Aherne	M	O35	Lucan Harriers A.C.
Rob	Brannigan	M	O40	Lucan Harriers A.C.
Nicola	Byrne	F	O45	Lucan Harriers A.C.
Una	Cassoni	F	O40	Lucan Harriers A.C.
Deirdre	Counihan	F	O45	Lucan Harriers A.C.
Josephine	Dignam	F	O55	Lucan Harriers A.C.
Fanchea	Gibson	F	O45	Lucan Harriers A.C.
Lorraine	Heffernan	F	O40	Lucan Harriers A.C.
Claire	Joyce	F	O35	Lucan Harriers A.C.
Libor	Matousek	M	O35	Lucan Harriers A.C.
Emer	Mc Carthy	F	O50	Lucan Harriers A.C.
Thomas	Meade	M	O40	Lucan Harriers A.C.
Donna	Mulligan	F	O35	Lucan Harriers A.C.
Olive	Mulligan	F	O40	Lucan Harriers A.C.
Colm	Munnely	M	O45	Lucan Harriers A.C.
Ursula	Murphy	F	O60	Lucan Harriers A.C.
Vincent	Murtagh	M	O50	Lucan Harriers A.C.
Eileen	O'Brien	F	O65	Lucan Harriers A.C.
Jana	Rakociova	F	Sen	Lucan Harriers A.C.
Rory	Thompson	M	O35	Lucan Harriers A.C.
Frank	Walsh	M	O45	Lucan Harriers A.C.
Ian	Byrne	M	O45	Lusk A.C.
eamon	caffrey	M	O45	Lusk A.C.
Ken	Cahill	M	O40	Lusk A.C.
Conor	Corr	M	O40	Lusk A.C.
Liam	Halpin	M	O45	Lusk A.C.
Rodrigo	Lara	M	O45	Lusk A.C.
John	McDonald	M	O50	Lusk A.C.
Ursula	McDonald	F	O50	Lusk A.C.
Noel enda	O'Reilly	M	O40	Lusk A.C.
Laura	Robinson	F	O40	Lusk A.C.
Jonny	Callan	M	O40	Magherafelt Harriers
Darren	Church	M	O35	Magherafelt Harriers
Thomas	Doherty	M	O35	Magherafelt Harriers

First Name	Last Name	Gender	Age Cat	Club
Michael	Higgins	M	Sen	Magherafelt Harriers
Ruairi	Johnston	M	O35	Magherafelt Harriers
Joseph	Mc Vey	M	Sen	Magherafelt Harriers
Raymond	Monaghan	M	O45	Magherafelt Harriers
Malachy	Mullan	M	O45	Magherafelt Harriers
Christopher	O'Neill	M	Sen	Magherafelt Harriers
Tony	Wright	M	O40	Magherafelt Harriers
Daniel	Buckley	M	Sen	Mallow A.C.
Lisa	Buckley	F	Sen	Mallow A.C.
John paul	Buckley	M	O35	Mallow A.C.
Stephen	Crowley	M	Sen	Mallow A.C.
Tom	Daly	M	O35	Mallow A.C.
Brendan	Flanagan	M	O40	Mallow A.C.
Liam	Murphy	M	O40	Mallow A.C.
Barry	O ' callaghan	M	O45	Mallow A.C.
Niall	O'Callaghan	M	O35	Mallow A.C.
Gerard	Vowles	M	O40	Mallow A.C.
Brian	Ankers	M	O35	Marathon Club Ireland
Ken	Beggs	M	O55	Marathon Club Ireland
Robert cyril	Briones	M	O40	Marathon Club Ireland
Valerie	Burke	F	Sen	Marathon Club Ireland
Ken	Byrne	M	O35	Marathon Club Ireland
Joe	Carey	M	O45	Marathon Club Ireland
Hugh	Carolan	M	O70	Marathon Club Ireland
Rebecca	Carroll	F	O40	Marathon Club Ireland
John	Chapman	M	O45	Marathon Club Ireland
Mark	Clifford	M	O35	Marathon Club Ireland
John	Coleman	M	Sen	Marathon Club Ireland
Claire	Connaughton	F	Sen	Marathon Club Ireland
Gary	Connolly	M	O50	Marathon Club Ireland
Jacqueline	Connolly	F	O45	Marathon Club Ireland
Gillian	Cordner	F	O40	Marathon Club Ireland
Selina	Da silva	F	O55	Marathon Club Ireland
Alan	Delaney	M	O45	Marathon Club Ireland
Philip	Delanty	M	O40	Marathon Club Ireland
jonathan	dolan	M	O40	Marathon Club Ireland
Declan	Donnelly	M	O45	Marathon Club Ireland
Brendan	Doyle	M	O45	Marathon Club Ireland
Dolores	Duffy	F	O45	Marathon Club Ireland
Shane	Dunphy	M	O35	Marathon Club Ireland
Eamon	Egan	M	O45	Marathon Club Ireland
Sheila	Fitzgibbons	F	O45	Marathon Club Ireland
Tracy	Flanagan	F	O40	Marathon Club Ireland
Valerie	Fogarty	F	O45	Marathon Club Ireland
Lucy	Foley	F	O45	Marathon Club Ireland
Geraldine	Fox	F	O40	Marathon Club Ireland

First Name	Last Name	Gender	Age Cat	Club
Adolfo	Garcia	M	O40	Marathon Club Ireland
Nicholas	Gordon	M	O40	Marathon Club Ireland
Tony	Gray	M	O45	Marathon Club Ireland
Tena	Griffin	F	O40	Marathon Club Ireland
John	Hanratty	M	O45	Marathon Club Ireland
Jonny	Healy	M	O45	Marathon Club Ireland
Mark	Hilliard	M	O35	Marathon Club Ireland
Paul	Hogan	M	O35	Marathon Club Ireland
Jacqueline	Hughes	F	O35	Marathon Club Ireland
John	Hunt	M	O55	Marathon Club Ireland
Eimear	Hurley	F	O55	Marathon Club Ireland
Denzil	Jacobs	M	O35	Marathon Club Ireland
Denzil	Jacobs	M	O35	Marathon Club Ireland
Paul	Joyce	M	O45	Marathon Club Ireland
Derek	Keane	M	O35	Marathon Club Ireland
Jenny	Keavey	F	O35	Marathon Club Ireland
Aaron	Kerr	M	Sen	Marathon Club Ireland
David	Kerr	M	O40	Marathon Club Ireland
Sandra	Kerr	M	O40	Marathon Club Ireland
Neal	Leddy	M	O40	Marathon Club Ireland
Lemuel	Leonardo	M	Sen	Marathon Club Ireland
Cezary	Lubinski	M	Sen	Marathon Club Ireland
Pól	Mac Conleitreach	M	O50	Marathon Club Ireland
Derek	MacKessy	M	O35	Marathon Club Ireland
Aaron	Madden	M	Sen	Marathon Club Ireland
Carol	Madden	F	O45	Marathon Club Ireland
Hazel	Margelino	F	O45	Marathon Club Ireland
Andy	Mc Cleary	M	Sen	Marathon Club Ireland
Declan	Mc Donagh	M	O40	Marathon Club Ireland
Terry	Mc Gowan	M	O40	Marathon Club Ireland
Philip	McAvoy	M	O50	Marathon Club Ireland
Paul	McCavera	M	O40	Marathon Club Ireland
Dermot	McCormack	M	O45	Marathon Club Ireland
Tara	McCormack	F	Sen	Marathon Club Ireland
Liam	McDonnell	M	O50	Marathon Club Ireland
Dennis	McMonagle	M	O55	Marathon Club Ireland
Patrick	Mercie	M	O45	Marathon Club Ireland
Paddy	Mockett	M	O55	Marathon Club Ireland
Stephen	Mooney	M	O50	Marathon Club Ireland
Tony	Nevin	M	O40	Marathon Club Ireland
Sean	Nickell	M	O45	Marathon Club Ireland
James	Nugent	M	O55	Marathon Club Ireland
Rochelle	O riordan	F	O35	Marathon Club Ireland
Brian	ó sé	M	Sen	Marathon Club Ireland
Ronan	O'Donnell	M	O35	Marathon Club Ireland
Maurice	Olwill	M	O45	Marathon Club Ireland

First Name	Last Name	Gender	Age Cat	Club
Sean	Owens	M	O45	Marathon Club Ireland
Rock	Pender	M	O60	Marathon Club Ireland
Larry	Rigney	M	O60	Marathon Club Ireland
Alan	Scanlan	M	O45	Marathon Club Ireland
Dornan	Seamus	M	O40	Marathon Club Ireland
Nuala	Sheehan	F	O50	Marathon Club Ireland
Aiden	Sheridan	M	O35	Marathon Club Ireland
Kevin	Shortt	M	O35	Marathon Club Ireland
Liam	Smith	M	O45	Marathon Club Ireland
Suzy	Taylor	F	Sen	Marathon Club Ireland
Mary	Toher	F	O55	Marathon Club Ireland
Dipak	Vala	M	O35	Marathon Club Ireland
Mark	Walker	M	O45	Marathon Club Ireland
Killian	Walsh	M	O40	Marathon Club Ireland
Olivia	Walsh	F	O35	Marathon Club Ireland
Michael	Ward	M	O40	Marathon Club Ireland
Mirko	Warnke	M	O45	Marathon Club Ireland
Graham	Whittaker	M	Sen	Marathon Club Ireland
Paula	Wright	F	O40	Marathon Club Ireland
Catherine	Bourke	F	O45	Maree A.C.
Shane	Cunningham	M	Sen	Maree A.C.
Paul	McDonagh	M	O50	Maree A.C.
John	Quinlivan	M	Sen	Maree A.C.
Christopher	Doolan	M	Sen	Marian A.C.
Neil	Carroll	M	Sen	Mayo A.C.
Tom	Charles	M	O35	Mayo A.C.
Frank	Cloherty	M	O40	Mayo A.C.
Marie	Collum	F	O40	Mayo A.C.
Anna	Coyne	F	O35	Mayo A.C.
Karen	Davitt	F	O40	Mayo A.C.
Robert	Fahey	M	O35	Mayo A.C.
Aine	Gallagher	F	Sen	Mayo A.C.
Noel	Gibbons	M	O45	Mayo A.C.
Brendan	Gill	M	O40	Mayo A.C.
Matthew	Gill	M	Sen	Mayo A.C.
Damien	Glackin	M	O35	Mayo A.C.
Julie	Kearney	F	O35	Mayo A.C.
Thomas	Kelly	M	Sen	Mayo A.C.
Pavel	Lach	M	O35	Mayo A.C.
Clive	Lavelle	M	Sen	Mayo A.C.
Annmarie	Lyons	F	O40	Mayo A.C.
Ann	Mc Donnell	F	O35	Mayo A.C.
Michael	Mc Neela	M	O40	Mayo A.C.
Justin	McDonagh	M	O40	Mayo A.C.
David	McGrath	M	Sen	Mayo A.C.
John	Murphy	M	Sen	Mayo A.C.

First Name	Last Name	Gender	Age Cat	Club
Mary	Murphy	F	O60	Mayo A.C.
Sean	Murphy	M	O40	Mayo A.C.
Ann	Murray	F	O50	Mayo A.C.
James	Murtagh	M	O50	Mayo A.C.
Jennifer	Murtagh	F	Sen	Mayo A.C.
Michael	O malley	M	O55	Mayo A.C.
Alacoque	O'Connell	F	O50	Mayo A.C.
Paula	Prendergast	F	Sen	Mayo A.C.
Paul	Reynolds	M	O45	Mayo A.C.
John	Roddy	M	O40	Mayo A.C.
Aileen	Shaw	F	Sen	Mayo A.C.
Reiltin	Shaw	F	O35	Mayo A.C.
Sarah	Syron	F	Sen	Mayo A.C.
David	Tiernan	M	O40	Mayo A.C.
Donal	Tighe	M	O35	Mayo A.C.
Martin	Carroll	M	Sen	Menapians A.C.
Niamh	Howlin	F	O35	Menapians A.C.
Lorraine	Mc Mahon	F	O35	Menapians A.C.
Declan	Bolton	M	O45	Metro/St. Brigid's A.C.
Paul	Farrell	M	O35	Metro/St. Brigid's A.C.
Sharon	Farrell	F	O35	Metro/St. Brigid's A.C.
Sean	Kildunne	M	O40	Metro/St. Brigid's A.C.
Colm	O Grady	M	O40	Metro/St. Brigid's A.C.
Ciara	O' Neill	F	Sen	Metro/St. Brigid's A.C.
Michael	O sullivan	M	Sen	Metro/St. Brigid's A.C.
ronan	Walsh	M	O40	Mid Sutton A.C.
Deirdre	Aherne	F	O35	Midleton A.C.
André	Brodkorb	M	O45	Midleton A.C.
Declan	Dorgan	M	O35	Midleton A.C.
Anna	Doris	F	O45	Midleton A.C.
Mary	Feeney	F	O40	Midleton A.C.
Claire	Fitzgerald	F	O40	Midleton A.C.
Susan	Fitzgerald	F	O40	Midleton A.C.
Paul	Fleming	M	O40	Midleton A.C.
Shane	Foley	M	O35	Midleton A.C.
Michael	Geary	M	O40	Midleton A.C.
Helen	Gilroy	F	O45	Midleton A.C.
Peter	Gunning	M	O55	Midleton A.C.
Kim	Hawkesford	F	O35	Midleton A.C.
Francis	Maunsell	M	O40	Midleton A.C.
Brian	Mc Carthy	M	O45	Midleton A.C.
Eugene	McCarthy	M	O45	Midleton A.C.
Miah	McGrath	M	O45	Midleton A.C.
Michelle	McGrath	F	O45	Midleton A.C.
Mick	Murphy	M	O40	Midleton A.C.
Fionan	O haodain	M	O40	Midleton A.C.



First Name	Last Name	Gender	Age Cat	Club
Fergal	O meara	M	O45	Midleton A.C.
Morgan	O'Regan	M	O35	Midleton A.C.
Richard	Power	M	O40	Midleton A.C.
Don	Ryan	M	O40	Midleton A.C.
Mark	Walsh	M	O55	Midleton A.C.
Mary b	Walsh	F	O50	Midleton A.C.
Jacqueline	Barrett	F	O50	Milford A.C.
Shaun	Boyce	M	Sen	Milford A.C.
Edel	Bradley	F	Sen	Milford A.C.
Barry	Browne	M	O40	Milford A.C.
Fergus	Callaghan	M	Sen	Milford A.C.
Hugh	Coll	M	O40	Milford A.C.
David	Connors	M	Sen	Milford A.C.
Brian	Doherty	M	O40	Milford A.C.
Gerard	Dorrian	M	O50	Milford A.C.
Seamus	Ferry	M	O45	Milford A.C.
Bernie	Gallagher	F	O35	Milford A.C.
James	Gibbons	M	O50	Milford A.C.
Matt	Hogan	M	O45	Milford A.C.
Noel	Kilpatrick	M	O35	Milford A.C.
Martin	Lynch	M	Sen	Milford A.C.
Damian	McBride	M	O35	Milford A.C.
Rosemary	McGee	F	O45	Milford A.C.
Ita	McGettigan	F	O45	Milford A.C.
John	Pollock	M	O55	Milford A.C.
Paul	Ryan	M	O40	Milford A.C.
Annette	Sheehy	F	O40	Milford A.C.
Eoin	Sheehy	M	O40	Milford A.C.
Glenn	Townsend	M	O35	Milford A.C.
John	Ward	M	Sen	Milford A.C.
James	Whoriskey	M	O35	Milford A.C.
Con	Twomey	M	O50	Millstreet A.C.
Dennis	Doonan	M	Sen	Mohill A.C.
Stephen	Flynn	M	Sen	Mohill A.C.
Peter	Logan	M	O45	Mohill A.C.
Eugene	McNamara	M	O35	Mohill A.C.
Veronica	McNamara	F	O35	Mohill A.C.
Susanne	O'Berne	F	O40	Mohill A.C.
Olga	Connolly	F	O40	Monaghan Phoenix A.C.
Stephen	Connolly	M	O45	Monaghan Phoenix A.C.
Leslie	Crawford	M	O55	Monaghan Phoenix A.C.
Stephen	Lambe	M	Sen	Monaghan Phoenix A.C.
Darren	Molloy	M	Sen	Monaghan Phoenix A.C.
Paul	Bond	M	O45	Monaghan Town Runners
Mr j	Campbell	M	O40	Monaghan Town Runners
Brendan	Carbin	M	O40	Monaghan Town Runners

First Name	Last Name	Gender	Age Cat	Club
Chris	Connolly	M	O45	Monaghan Town Runners
Dermot	Coyle	M	O50	Monaghan Town Runners
Barry	Evans	M	O50	Monaghan Town Runners
Declan	Fanthorpe	M	O40	Monaghan Town Runners
Emma	Farrell	F	Sen	Monaghan Town Runners
Brenda	Finnegan	F	Sen	Monaghan Town Runners
Ronald	Gillespie	M	O35	Monaghan Town Runners
Oli	Gleeson	M	O40	Monaghan Town Runners
Jonathan	Groarke	M	O35	Monaghan Town Runners
Dermot	Maguire	M	O50	Monaghan Town Runners
Olivia	Mc Connon	F	O40	Monaghan Town Runners
Fergal	McAdam	M	Sen	Monaghan Town Runners
Catherine	McAviney	F	O35	Monaghan Town Runners
Michael	Mccarron	M	O45	Monaghan Town Runners
AnnaMarie	McCleary	F	O40	Monaghan Town Runners
Suzette	McEntee	F	O35	Monaghan Town Runners
Breda	McFadden	F	O35	Monaghan Town Runners
Gareth	McKenna	M	O40	Monaghan Town Runners
Danny	Murphy	M	Sen	Monaghan Town Runners
Diane	Sheridan	F	O40	Monaghan Town Runners
Barry	Tomany	M	O40	Monaghan Town Runners
Stephen	Harkens	M	O45	Monkstown Spartans AC
Mike curley	Cunningham	M	O50	Mooreabbey Milers A.C.
Paddy	Comerford	M	O40	Mountmellick A.C.
Emmett	Conroy	M	O35	Mountmellick A.C.
Gary	Devane	M	O40	Mountmellick A.C.
Colm	Flynn	M	O35	Mountmellick A.C.
Darren	Young	M	O40	Mountmellick A.C.
Damien	Cunningham	M	O50	Mourne Runners
Laura	Graham	F	Sen	Mourne Runners
Bridget	Flanagan	F	O40	Moynalty AC
Mary	Flanagan	F	O40	Moynalty AC
Catherine	Fox	F	O35	Moynalty AC
Helen	Leddy	F	O55	Moynalty AC
Angela	Magee	F	O45	Moynalty AC
Orlagh	McMahon	F	O35	Moynalty AC
Karen	McManus	F	O35	Moynalty AC
Mary	Murtagh	F	O40	Moynalty AC
Tricia	O reilly	F	O35	Moynalty AC
Veronica	Reilly	F	O45	Moynalty AC
Patrick	Sheridan	M	Sen	Moynalty AC
Leah	Brett	F	Sen	Moyne A.C.
Brian	Carroll	M	O35	Moyne A.C.
Breda	McNamara	F	O35	Moyne A.C.
Tommy	Archbold	M	O65	Mullingar Harriers A.C.
Douglas	Bates	M	O45	Mullingar Harriers A.C.

First Name	Last Name	Gender	Age Cat	Club
James	Brady	M	O45	Mullingar Harriers A.C.
Martin	Brady	M	O45	Mullingar Harriers A.C.
Lola	Brogan	F	O35	Mullingar Harriers A.C.
Michael	Byrne	M	O45	Mullingar Harriers A.C.
John	Callaghan	M	O40	Mullingar Harriers A.C.
Patrick	Carolan	M	O40	Mullingar Harriers A.C.
Brian	Collentine	M	O35	Mullingar Harriers A.C.
Declan	Costello	M	O40	Mullingar Harriers A.C.
Christy	Doyle	M	O45	Mullingar Harriers A.C.
Richard	Ferris	M	O40	Mullingar Harriers A.C.
Gerard	Flynn	M	O40	Mullingar Harriers A.C.
Ollie	Gaffney	M	O35	Mullingar Harriers A.C.
Dearbhail	Gibney	F	O40	Mullingar Harriers A.C.
Paul	Ginnell	M	O50	Mullingar Harriers A.C.
Liz	Glennon	F	O45	Mullingar Harriers A.C.
Matthew	Glennon	M	O50	Mullingar Harriers A.C.
Stephen	Harte	M	Sen	Mullingar Harriers A.C.
Martin	Lyons	M	Sen	Mullingar Harriers A.C.
Eithne	Mac Carthy	F	Sen	Mullingar Harriers A.C.
Jason	McCabe	M	O40	Mullingar Harriers A.C.
Siobhan	McCarthy	F	O40	Mullingar Harriers A.C.
Martin	McKeon	M	Sen	Mullingar Harriers A.C.
Enda	Mimnagh	M	O45	Mullingar Harriers A.C.
Stephen	Naughton	M	O50	Mullingar Harriers A.C.
Andrew	Nevin	M	Sen	Mullingar Harriers A.C.
Eddie	Newman	M	O50	Mullingar Harriers A.C.
Kieran	Nolan	M	O35	Mullingar Harriers A.C.
Johnny paulie	Obrien	M	O35	Mullingar Harriers A.C.
Garrett	O'Brien	M	O45	Mullingar Harriers A.C.
Stephen	Olwell	M	Sen	Mullingar Harriers A.C.
Aine	O'Reilly	F	O35	Mullingar Harriers A.C.
Hugh	O'Reilly	M	O55	Mullingar Harriers A.C.
Criona	Reid	F	O40	Mullingar Harriers A.C.
Jason	Scarff	M	Sen	Mullingar Harriers A.C.
Breda	Walsh	F	O55	Mullingar Harriers A.C.
Ciarán	Walsh	M	Sen	Mullingar Harriers A.C.
Colm	Walsh	M	O40	Mullingar Harriers A.C.
Geraldine	Walsh	F	O70	Mullingar Harriers A.C.
Ken	Whitelaw	M	O35	Mullingar Harriers A.C.
Colm	Yeates	M	O40	Mullingar Harriers A.C.
Kevin	Corrigan	M	O40	Murlough AC
Alan	Johnston	M	O45	Murlough AC
Sean	Looby	M	O35	Murlough AC
Alan	McGowan	M	Sen	Murlough AC
Jill	Murphy	F	O45	Murlough AC
Helena	Curran Walsh	F	O45	Na Fianna A.C.

First Name	Last Name	Gender	Age Cat	Club
Alan	Maye	M	O45	Na Fianna A.C.
Declan	Byrne	M	O35	Naas A.C.
Matthew	Carroll	M	Sen	Naas A.C.
Fiona	Jarrett	F	Sen	Naas A.C.
Daragh	O'Callaghan	M	Sen	Naas A.C.
Rory	O'Toole	M	O50	Naas A.C.
Pauline	Colgan	F	O35	Naomh Mhuire A.C.
Matthew	Flanagan	M	O40	Naomh Mhuire A.C.
Pauline	Gallagher	F	O35	Naomh Mhuire A.C.
Pauline	Gallagher	F	O35	Naomh Mhuire A.C.
Liam	Heffernan	M	O35	Naomh Mhuire A.C.
Murna	Griffin o'malley	F	O35	Navy A.C.
Brian	Mathews	M	O35	Navy A.C.
Cathal	Power	M	O40	Navy A.C.
Paul	Shanahan	M	O45	Navy A.C.
Derek	Gilmartin	M	O40	Nenagh Olympic A.C.
Niall	Kelly	M	O50	Nenagh Olympic A.C.
Dave	Browne	M	O35	Newbridge A.C.
Justin	Delmer	M	O40	Newbridge A.C.
Ultan	Geoghegan	M	O45	Newbridge A.C.
Barry	Kehoe	M	Sen	Newbridge A.C.
Jp	King	M	Sen	Newbridge A.C.
Paul	Matthews	M	O40	Newbridge A.C.
Fintan	O'Connell	M	Sen	Newbridge A.C.
Kieran	O'Loughlin	M	O35	Newbridge A.C.
Alan	Sammon	M	O40	Newbridge A.C.
Aidan	Brown	M	Sen	Newcastle & District AC
Brendan	Donnelly	M	Sen	Newcastle & District AC
Patrick	Higgins	M	Sen	Newcastle & District AC
Joe	McCann	M	O45	Newcastle & District AC
Jerome	McCrickard	M	O45	Newcastle & District AC
Norman	Smyth	M	O45	Newcastle & District AC
Alan	Strachan	M	O45	Newcastle & District AC
Mari	Troeng	F	Sen	Newcastle & District AC
Ticey	Allen	M	O45	Newport A.C.
Declan	Carvill	M	O45	Newry City Runners AC
Neil	Casey	M	O35	Newry City Runners AC
Stephen	Caulfield	M	O35	Newry City Runners AC
Micheal	Dillon	M	O40	Newry City Runners AC
Aine	Fegan	F	O40	Newry City Runners AC
David	Fisher	M	O35	Newry City Runners AC
Patrick	Havern	M	O50	Newry City Runners AC
Dennis	Heaney	M	O65	Newry City Runners AC
James	Hughes	M	O50	Newry City Runners AC
Attracta	Magennis	F	O45	Newry City Runners AC
Robbie	Marsh	M	O40	Newry City Runners AC

First Name	Last Name	Gender	Age Cat	Club
Barry	Matthews	M	O35	Newry City Runners AC
Gary	McArdle	M	O35	Newry City Runners AC
Jennifer	McAteer	F	Sen	Newry City Runners AC
Andrea	McCann	F	O35	Newry City Runners AC
Colm	McCann	M	O40	Newry City Runners AC
Damian	McCann	M	O45	Newry City Runners AC
Collette	McCaul	F	Sen	Newry City Runners AC
Conor	McCracken	M	O40	Newry City Runners AC
Eimear	McCracken	F	Sen	Newry City Runners AC
Cathal	McGreevy	M	O45	Newry City Runners AC
Neil	McMurray	M	O35	Newry City Runners AC
Amanda	McVerry	F	Sen	Newry City Runners AC
Aaron	Montgomery	M	O35	Newry City Runners AC
Cathal	Morgan	M	Sen	Newry City Runners AC
Damian	Mulholland	M	O50	Newry City Runners AC
Yvonne	Murphy	F	O35	Newry City Runners AC
Sarah	Quinn	F	O35	Newry City Runners AC
Karen	Redpath	F	Sen	Newry City Runners AC
Pat	Rocks	M	O60	Newry City Runners AC
Roisn	Rocks	F	Sen	Newry City Runners AC
Sean	Smith	M	O35	Newry City Runners AC
Stephen	Stokes	M	O40	Newry City Runners AC
Clive	Weir	M	O45	Newry City Runners AC
Orla	Fitzpatrick	F	Sen	NI Civil Service AC
Jonathan	Haughian	M	Sen	NI Civil Service AC
Tara	McBride	F	O45	NI Civil Service AC
Ray	Murray	M	O60	NI Civil Service AC
Paul	O'Hare	M	O50	NI Civil Service AC
Mol	Lambert	F	O45	Nore Valley A.C.
James	Benson	M	O45	North Belfast Harriers
Patricia	Bingham	F	O40	North Belfast Harriers
Sandy	Carr	F	O35	North Belfast Harriers
Jim	Clinton	M	O50	North Belfast Harriers
Rory	Kane	M	O40	North Belfast Harriers
Gabrielle	Mallaghan	F	O45	North Belfast Harriers
Peter	McClelland	M	Sen	North Belfast Harriers
Greg	McClure	M	O55	North Belfast Harriers
Frankey	McGivern	F	O45	North Belfast Harriers
Thomas	McKinstry	M	O45	North Belfast Harriers
Gerard	McNamara	M	O40	North Belfast Harriers
Kerry	McShane	F	O35	North Belfast Harriers
Joe	Norney	M	O35	North Belfast Harriers
Martin	Rea	M	O35	North Belfast Harriers
Thomas	Simmons	M	O35	North Belfast Harriers
Colin	Simpson	M	O45	North Belfast Harriers
Coleen	Thompson	F	Sen	North Belfast Harriers

First Name	Last Name	Gender	Age Cat	Club
Stephen	Walker	M	O35	North Belfast Harriers
Helen f	Weir	F	O40	North Belfast Harriers
Tj	Bluett	M	O40	North Cork A.C.
John	Brady	M	O60	North Cork A.C.
Brendan	Buckley	M	O45	North Cork A.C.
Nuala	Collins	F	O40	North Cork A.C.
Kate	Galvin	F	O45	North Cork A.C.
John	Meehan	M	O35	North Cork A.C.
Niamh	O'Brien	F	O35	North Cork A.C.
John joe	O'Grady	M	O50	North Cork A.C.
Nigel	O'Neill	M	Sen	North Cork A.C.
Johnny	Sexton	M	O45	North Cork A.C.
Sarah	Benton	F	O45	North Down AC
Colin	Campbell	M	Sen	North Down AC
Simon	Cummings	M	O45	North Down AC
Andrew	Muir	M	O35	North Down AC
Shaun	O'Loughlin	M	O50	North Down AC
Eamonn	O'Reilly	M	O40	North Down AC
Clare	Russell	F	O40	North Down AC
Chris	Stevenson	M	O40	North Down AC
Kana	Akimoto	F	O35	North East Runners A.C.
Anita	Bolton	F	O50	North East Runners A.C.
Andrew	Califf	M	O45	North East Runners A.C.
Jose	Carvalho	M	O50	North East Runners A.C.
Aidan	Duffy	M	O35	North East Runners A.C.
Aisling	Duffy	F	O40	North East Runners A.C.
Sheena	Dullaghan	F	O40	North East Runners A.C.
Lorraine	Dunne	F	O35	North East Runners A.C.
kevin	farrell	M	O35	North East Runners A.C.
Feargal	Garvin	M	O35	North East Runners A.C.
Andy	Gray	M	Sen	North East Runners A.C.
Chris	Kelly	M	O35	North East Runners A.C.
Gerard	Kenny	M	O50	North East Runners A.C.
Brian	Mc Guinness	M	O35	North East Runners A.C.
Gerard	McCaffrey	M	O40	North East Runners A.C.
Hugh	McNulty	M	O35	North East Runners A.C.
Martin	Morgan	M	O45	North East Runners A.C.
Carmen	Müller	F	O35	North East Runners A.C.
Collette	O'Hagan	F	O65	North East Runners A.C.
Austin	Reid	M	O50	North East Runners A.C.
Brendan	Reid	M	O50	North East Runners A.C.
Lucina	Dack	F	O35	North Leitrim A.C.
Jonathan	Fahey	M	O35	North Leitrim A.C.
Enda	Hughes	M	O45	North Leitrim A.C.
Mary	Hughes	F	O40	North Leitrim A.C.
John	O'Dell	M	O45	North Leitrim A.C.

First Name	Last Name	Gender	Age Cat	Club
Anne	White	F	O40	North Leitrim A.C.
Ciron	Whoriskey	M	Sen	North Leitrim A.C.
Craig	Brennan	M	O40	North Sligo A.C.
Darragh	Currid	M	Sen	North Sligo A.C.
Garry	Gallagher	M	O40	North Sligo A.C.
Paul	Kerrigan	M	O50	North Sligo A.C.
Fergal	Lavin	M	Sen	North Sligo A.C.
Thomas	Mc Bride	M	Sen	North Sligo A.C.
Emma	Mc Cann	F	O35	North Sligo A.C.
Conor	McCann	M	O35	North Sligo A.C.
Aisling	Van rensburg	F	Sen	North Sligo A.C.
Joseph	Cheevers	M	O55	North Westmeath A.C.
Cathal	Fagan	M	O35	North Westmeath A.C.
Colm	Kavanagh	M	O45	North Westmeath A.C.
Charles	Leonard	M	O45	North Westmeath A.C.
Pat	McCabe	M	O40	North Westmeath A.C.
Donal	Cronin	M	O45	Old Abbey A.C.
Don	Campbell	M	O50	Omagh Harriers
Patricia	Campbell	F	O45	Omagh Harriers
Ian	Danton	M	O45	Omagh Harriers
Sean	Devlin	M	O50	Omagh Harriers
Niall	Diamond	M	O45	Omagh Harriers
Peter	Dolan	M	O45	Omagh Harriers
Niall	Heaney	M	O50	Omagh Harriers
John	Mc Cann	M	O65	Omagh Harriers
Fearghal	Mc Donald	M	O40	Omagh Harriers
Austin	Mc Grath	M	O45	Omagh Harriers
Glen	Mc Kenna	M	O40	Omagh Harriers
Derryl	Mc Quade	M	O40	Omagh Harriers
Dessie	McAlear	M	O50	Omagh Harriers
James	McCabe	M	O40	Omagh Harriers
Maria	McCarter	F	O50	Omagh Harriers
John	McGinn	M	O55	Omagh Harriers
Ryan	McGrath	M	O45	Omagh Harriers
Martin	McIvor	M	Sen	Omagh Harriers
Conor	Moore	M	Sen	Omagh Harriers
Bernie	O donnell	F	O40	Omagh Harriers
Peter	O donnell	M	O50	Omagh Harriers
Derek	Somerville	M	O45	Omagh Harriers
pauline	O connell	F	O55	Parnell A.C.
Anthony	Breen	M	O40	Parnell A.C.
Brendan	Buck	M	O40	Parnell A.C.
Ciaran	Byrne	M	O50	Parnell A.C.
Bernie	Byrne	F	O40	Parnell A.C.
Cormac	Doyle	M	Sen	Parnell A.C.
dora	hagan	F	O45	Parnell A.C.



First Name	Last Name	Gender	Age Cat	Club
SHAY	HAGAN	M	O45	Parnell A.C.
Michael	Kennedy	M	O50	Parnell A.C.
Ray	Kenny	M	O40	Parnell A.C.
Annmarie	Kenny	F	O40	Parnell A.C.
Mel	Murphy	F	O35	Parnell A.C.
Mary	Nolan-Hickey	F	O60	Parnell A.C.
Cormac	O ceallaigh	M	O40	Parnell A.C.
Sinead	Tarmey	F	O40	Parnell A.C.
Nuala	Arrigan	F	O45	Portlaoise A.C.
Gemma	Kelly	F	Sen	Portlaoise A.C.
John	Lambe	M	O35	Portlaoise A.C.
Trevor	Percy	M	O35	Portlaoise A.C.
Ruth	Bannon	F	O40	Portmarnock A.C.
Mark	Byrne	M	O45	Portmarnock A.C.
John	Clarke	M	O40	Portmarnock A.C.
Sinead	Del bello	F	O40	Portmarnock A.C.
Wendy	Hickey	F	O35	Portmarnock A.C.
Leanne	Kavanagh	F	Sen	Portmarnock A.C.
Declan	Kelly	M	O35	Portmarnock A.C.
Peter	Lynch	M	O50	Portmarnock A.C.
Brian	McCann	M	O35	Portmarnock A.C.
Bernie	Melady	F	O35	Portmarnock A.C.
Liz	Murphy	F	O40	Portmarnock A.C.
Sharon	Nic an bhaird	F	O35	Portmarnock A.C.
Martin	O'Brien	M	O40	Portmarnock A.C.
Larry	O'Byrne	M	O40	Portmarnock A.C.
Robbie	Shortall	M	Sen	Portmarnock A.C.
Neil	White	M	O40	Portmarnock A.C.
Jim	Furlong	M	O50	Racing 795
elaine	gibson	F	O40	Racing 795
Patricia	O brien mccord	F	O35	Racing 795
David	Tully	M	O40	Racing 795
Mick	Boyle	M	O45	Raheny Shamrock A.C.
David	Brady	M	O65	Raheny Shamrock A.C.
Lorraine	Byrne	F	O40	Raheny Shamrock A.C.
John	Clohisey	M	O60	Raheny Shamrock A.C.
John	Clohisey	M	O60	Raheny Shamrock A.C.
Keith	Comiskey	M	O40	Raheny Shamrock A.C.
Carl	Conroy	M	O35	Raheny Shamrock A.C.
Paul	Conroy	M	O45	Raheny Shamrock A.C.
Niall	Cox	M	O35	Raheny Shamrock A.C.
Tommy	Crampton	M	O45	Raheny Shamrock A.C.
Colm	Delaney	M	Sen	Raheny Shamrock A.C.
Declan	Doherty	M	Sen	Raheny Shamrock A.C.
Fiona	Drew	F	O40	Raheny Shamrock A.C.
Colm	Dunne	M	O35	Raheny Shamrock A.C.

First Name	Last Name	Gender	Age Cat	Club
Caroline	Farrelly	F	O45	Raheny Shamrock A.C.
John	Fennell	M	O50	Raheny Shamrock A.C.
Greg	Fitzsimons	M	O40	Raheny Shamrock A.C.
Dermot	Gorman	M	Sen	Raheny Shamrock A.C.
Eddie	Harrison	M	O60	Raheny Shamrock A.C.
Connor	Jennings	M	O45	Raheny Shamrock A.C.
Liz	Keary	F	O40	Raheny Shamrock A.C.
Damian	Kehoe	M	O35	Raheny Shamrock A.C.
Gary	Kenny	M	O40	Raheny Shamrock A.C.
siobhan	kinsella	F	O35	Raheny Shamrock A.C.
Fiona	Kirwan	F	O50	Raheny Shamrock A.C.
Luke	Lawless	M	Sen	Raheny Shamrock A.C.
Eamonn	Lynch	M	O45	Raheny Shamrock A.C.
Gordon	Lynn	M	O35	Raheny Shamrock A.C.
Desmond	Lyons	M	O45	Raheny Shamrock A.C.
Bernadette	Manley	F	O55	Raheny Shamrock A.C.
Ann	McDonnell	F	O45	Raheny Shamrock A.C.
Elaine	McNulty	F	O35	Raheny Shamrock A.C.
Rachel	Ormrod	F	O35	Raheny Shamrock A.C.
Mary	Purdue-smyth	F	O50	Raheny Shamrock A.C.
Steve	Reeves	M	O35	Raheny Shamrock A.C.
Freddy	Sittuk	M	Sen	Raheny Shamrock A.C.
Thomas	Tracey	M	Sen	Raheny Shamrock A.C.
Annmarie	Woods	F	O35	Raheny Shamrock A.C.
Annmarie	Woods	F	O35	Raheny Shamrock A.C.
Carole	Agar	F	O40	Rathfarnham W.S.A.F. A.C.
Marc	Bennett	M	O35	Rathfarnham W.S.A.F. A.C.
Mark	Cannon	M	Sen	Rathfarnham W.S.A.F. A.C.
Tom	Cresham	M	Sen	Rathfarnham W.S.A.F. A.C.
Richie	Doran	M	O35	Rathfarnham W.S.A.F. A.C.
Helen	French	F	O40	Rathfarnham W.S.A.F. A.C.
Brian	Furey	M	Sen	Rathfarnham W.S.A.F. A.C.
Olivier	Gaillot	M	O45	Rathfarnham W.S.A.F. A.C.
Sean	Hehir	M	Sen	Rathfarnham W.S.A.F. A.C.
Katherine	Howard	F	Sen	Rathfarnham W.S.A.F. A.C.
Jackie	Kingston	F	O50	Rathfarnham W.S.A.F. A.C.
Deirdre	MacNally	F	Sen	Rathfarnham W.S.A.F. A.C.
Frank	Magee	M	O35	Rathfarnham W.S.A.F. A.C.
Patrick	Marjolet	M	O35	Rathfarnham W.S.A.F. A.C.
Louis	McCarthy	M	Sen	Rathfarnham W.S.A.F. A.C.
Barry	Minnock	M	O40	Rathfarnham W.S.A.F. A.C.
Paul	Moran	M	O50	Rathfarnham W.S.A.F. A.C.
Barry	Mulvihill	M	O40	Rathfarnham W.S.A.F. A.C.
Colm	Murray	M	O50	Rathfarnham W.S.A.F. A.C.
Edward	O mahony	M	O35	Rathfarnham W.S.A.F. A.C.
Barra	O'Duill	M	O35	Rathfarnham W.S.A.F. A.C.

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Vincent	Sheehan	M	O50	Rathfarnham W.S.A.F. A.C.
Rebecca	Vaughan	F	Sen	Rathfarnham W.S.A.F. A.C.
Derek	O Halloran	M	O45	Rathkenny A.C.
Aidan	Barker	M	O40	Ratoath A.C.
Sharon	Dolan	F	O40	Ratoath A.C.
Tom	Donnelly	M	O40	Ratoath A.C.
Earle	Doyle	M	O40	Ratoath A.C.
Melissa	Dunne	F	O40	Ratoath A.C.
Keith	Heffernan	M	O35	Ratoath A.C.
Karen	Kirrane	F	Sen	Ratoath A.C.
Paul	O' Connell	M	O50	Ratoath A.C.
Richard	Smith	M	O45	Ratoath A.C.
Ken	Boucher	M	O50	Regent House
Aidan	Hogan	M	O40	Rising Sun A.C.
Aidan	Duke	M	O35	Riverstick/Kinsale A.C.
Sinead	O'Regan	F	O35	Riverstick/Kinsale A.C.
Kevin	McGuinness	M	O50	Robertstown & Allen Parish A.C.
Mathona	Conheady	F	O35	Roscommon A.C.
Niall	Kilcrann	M	Sen	Roscommon A.C.
Yvonne	Beades	F	O40	Roscommon Harriers A.C.
Jeanette	Beirne	F	Sen	Roscommon Harriers A.C.
Roisin	Boland	F	O35	Roscommon Harriers A.C.
Tony	Brennan	M	O45	Roscommon Harriers A.C.
Sinead	Carr	F	O35	Roscommon Harriers A.C.
Derna	Collum	F	Sen	Roscommon Harriers A.C.
Michael	Coyle	M	O50	Roscommon Harriers A.C.
Nicola	croghan	F	Sen	Roscommon Harriers A.C.
Miriam	Cuddy	F	Sen	Roscommon Harriers A.C.
Katie(angela)	Daly	F	O45	Roscommon Harriers A.C.
Michelle	Daly	F	Sen	Roscommon Harriers A.C.
Naiara	De abreu	F	O35	Roscommon Harriers A.C.
Joan	Dolan	F	O45	Roscommon Harriers A.C.
Seamus	Fagan	M	O45	Roscommon Harriers A.C.
David	Fallon	M	O35	Roscommon Harriers A.C.
Julie ann	Finan	F	O35	Roscommon Harriers A.C.
Nicola	Gavin	F	Sen	Roscommon Harriers A.C.
Tonya	Hand-rowkins	F	O35	Roscommon Harriers A.C.
Sharon	Kearney	F	O40	Roscommon Harriers A.C.
Paul	Lyons	M	O45	Roscommon Harriers A.C.
Jimmy	Maloney	M	O50	Roscommon Harriers A.C.
Faye	McManus	F	Sen	Roscommon Harriers A.C.
Rita	Moylan	F	O40	Roscommon Harriers A.C.
Madeline	Mulligan	F	Sen	Roscommon Harriers A.C.
Frank	Murphy	M	O40	Roscommon Harriers A.C.
John	Murray	M	O35	Roscommon Harriers A.C.
Michelle	Neilan	F	Sen	Roscommon Harriers A.C.

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Sinead	Neilan	F	Sen	Roscommon Harriers A.C.
Anneka	O'Brien	F	Sen	Roscommon Harriers A.C.
Edel	Quigley	F	Sen	Roscommon Harriers A.C.
Bernadette	Reid	F	O35	Roscommon Harriers A.C.
Adrian	Smith	M	O35	Roscommon Harriers A.C.
Rita	Tansey	F	O35	Roscommon Harriers A.C.
Mary	Tiernan	F	O40	Roscommon Harriers A.C.
Caroline	Ward	F	Sen	Roscommon Harriers A.C.
Maurina	Brennan	F	O45	Roscrea A.C.
Michael	McCrohan	M	O55	Rosenallis A.C.
Pearse	Barrett	M	O45	Rosscarbery Steam Runners
Denis	Canan	M	O40	Rosscarbery Steam Runners
Brian	Harte	M	O35	Rosscarbery Steam Runners
Wayne	Howarth	M	O45	Rosscarbery Steam Runners
Denis	Mc Sweeney	M	O50	Rosscarbery Steam Runners
Conor	McCarthy	M	O35	Rosscarbery Steam Runners
Margaret	O'Sullivan	F	O45	Rosscarbery Steam Runners
Denis	Boner	M	O40	Rosses A.C.
Noel	Boyd	M	O40	Rosses A.C.
Sinead	Boyle	F	O40	Rosses A.C.
Noel	Diver	M	Sen	Rosses A.C.
Seamus	Ferry	M	O45	Rosses A.C.
Niall	Griffin	M	O45	Rosses A.C.
Anne	Harkin	F	O35	Rosses A.C.
Edward	Harkin	M	O35	Rosses A.C.
Brendan	Mc Bride	M	O50	Rosses A.C.
Eamonn	Mc Gee	M	O35	Rosses A.C.
Noreen	Mc Gee	F	O40	Rosses A.C.
Paul	Mc Gee	M	O35	Rosses A.C.
Kevin	McGee	M	O40	Rosses A.C.
Ciaran	McGonagle	M	O35	Rosses A.C.
Eoghan	O colla	M	Sen	Rosses A.C.
Edward	Wilson	M	O35	Rosses A.C.
John paul	Wilson	M	Sen	Rosses A.C.
Trevor	Lamb	M	O40	Seapark AC
Robert	Murray	M	O45	Seapark AC
Peter	Rusk	M	Sen	Seapark AC
Tina	Dunstan	F	O35	Shannon A.C.
Noel	Mulderrig	M	O45	Shannon A.C.
Deborah	Odonovan	F	O35	Shannon A.C.
Stephen	Pickford	M	O40	Shannon A.C.
Brian	Mc Carey	M	O35	Shercock A.C.
Carmel	McCabe	F	O45	Shercock A.C.
Helen	Murray	F	O60	Shercock A.C.
Michelle	Murray	F	Sen	Shercock A.C.
John joe	Reilly	M	O40	Shercock A.C.

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Michael	Reilly	M	O40	Shercock A.C.
Niall	Smith	M	Sen	Shercock A.C.
John	Whelan	M	O35	Shercock A.C.
Andrea	Broderick	F	O40	Skerries A.C.
Keith	Downey	M	O45	Skerries A.C.
Karl	Ohara	M	Sen	Skerries A.C.
Graham	McCormick	M	Sen	Skibbereen A.C.
Regina	Angulin	F	O35	Slaney Olympic A.C.
Mag	Balfe	F	O40	Slaney Olympic A.C.
Deirdre	Bowers kavanagh	F	O45	Slaney Olympic A.C.
Vincent	Byrne	M	O50	Slaney Olympic A.C.
Marie	Chapman	F	O45	Slaney Olympic A.C.
Pat	Codd	M	Sen	Slaney Olympic A.C.
Thomas	Crofts	M	Sen	Slaney Olympic A.C.
Ger	Dempsey	M	O40	Slaney Olympic A.C.
James	Dempsey	M	O35	Slaney Olympic A.C.
Brendan	Dillon	M	O45	Slaney Olympic A.C.
Maurice	Donohoe	M	O45	Slaney Olympic A.C.
Emma	Doran	F	Sen	Slaney Olympic A.C.
Mag	Dunphy	F	O50	Slaney Olympic A.C.
John	Foley	M	Sen	Slaney Olympic A.C.
Colin	Garry	M	Sen	Slaney Olympic A.C.
Denis	Gill	M	O35	Slaney Olympic A.C.
Patrick	Hennessy	M	O40	Slaney Olympic A.C.
Ben	Hill	M	O40	Slaney Olympic A.C.
Patrick	Hyland	M	O50	Slaney Olympic A.C.
Declan	Ivers	M	O40	Slaney Olympic A.C.
Bill	Kavanagh	M	O50	Slaney Olympic A.C.
David	Kehoe	M	O45	Slaney Olympic A.C.
Noel	Kehoe	M	O40	Slaney Olympic A.C.
Annis	Kehoe	F	O60	Slaney Olympic A.C.
James	Kinsella	M	O35	Slaney Olympic A.C.
Julie	Kirwan	F	Sen	Slaney Olympic A.C.
Brian	Maher	M	O40	Slaney Olympic A.C.
Stephanie	McKenna	F	O40	Slaney Olympic A.C.
Jean	Mernagh	F	O45	Slaney Olympic A.C.
Fran	Miller	M	O50	Slaney Olympic A.C.
Martin	Monaghan	M	O40	Slaney Olympic A.C.
Mick	Morrissey	M	O50	Slaney Olympic A.C.
Brian	Murphy	M	Sen	Slaney Olympic A.C.
Fergus	Murphy	M	O35	Slaney Olympic A.C.
Lynda	Murphy	F	O35	Slaney Olympic A.C.
Michelle	Murphy	F	O40	Slaney Olympic A.C.
Shane	Murphy	M	Sen	Slaney Olympic A.C.
Michael	Nolan	M	O35	Slaney Olympic A.C.
Peadar	Nugent	M	O70	Slaney Olympic A.C.

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Jessie	O connor	M	O40	Slaney Olympic A.C.
Esther	O leary	F	O35	Slaney Olympic A.C.
Tom	OShea	M	O35	Slaney Olympic A.C.
Angie	Redmond	F	O40	Slaney Olympic A.C.
Bobby	Redmond	M	O35	Slaney Olympic A.C.
John	Roban	M	O45	Slaney Olympic A.C.
Malo	Roban	M	O40	Slaney Olympic A.C.
Garry (garoid)	Rooney	M	Sen	Slaney Olympic A.C.
Eamon	Saunders	M	O45	Slaney Olympic A.C.
Darren	Shiggins	M	O40	Slaney Olympic A.C.
Margaret	Sludds	F	O45	Slaney Olympic A.C.
Helen	Barry	F	O40	Sli Cualann A.C.
William	Belton	M	O65	Sli Cualann A.C.
Dave	Carraher	M	Sen	Sli Cualann A.C.
Joe	Cawley	M	O40	Sli Cualann A.C.
Dominic	Horan	M	O45	Sli Cualann A.C.
Joe	Kelly	M	O45	Sli Cualann A.C.
Marc	Kierans	M	O40	Sli Cualann A.C.
Christine	Mc Cann	F	O55	Sli Cualann A.C.
Keith	Mulvey	M	O40	Sli Cualann A.C.
Andrea	Murphy	F	O45	Sli Cualann A.C.
Susan	Nichols	F	O35	Sli Cualann A.C.
Michael j	O neill	M	O40	Sli Cualann A.C.
Martha	O'Neill	F	O45	Sli Cualann A.C.
Maeve	Oreilly	F	O40	Sli Cualann A.C.
Angela	Ross Innes	F	Sen	Sli Cualann A.C.
Clare	Ryan	F	Sen	Sli Cualann A.C.
Sandra	Flanagan	F	O35	Sliabh Bawn A.C.
Cora	Glover	F	O35	Sliabh Bawn A.C.
Jacinta	Glover	F	O40	Sliabh Bawn A.C.
Siobhan	Hanley	F	Sen	Sliabh Bawn A.C.
Jacqueline	Holmes	F	O45	Sliabh Bawn A.C.
Avril	Hunt	F	Sen	Sliabh Bawn A.C.
Martina	O'Connor	F	O35	Sliabh Bawn A.C.
Marie	Cullen	F	O40	Sliabh Bhuide Rovers A.C.
Patrick	Curley	M	Sen	Sliabh Bhuide Rovers A.C.
Jarlath	Duffy	M	O35	Sliabh Bhuide Rovers A.C.
Paul	Gibbons	M	O35	Sliabh Bhuide Rovers A.C.
Billy	Harpur	M	O70	Sliabh Bhuide Rovers A.C.
Brian	Kearney	M	O35	Sliabh Bhuide Rovers A.C.
Brendan	Kehoe	M	O50	Sliabh Bhuide Rovers A.C.
Raymond	Kinsella	M	O35	Sliabh Bhuide Rovers A.C.
Paul	Lynch	M	O35	Sliabh Bhuide Rovers A.C.
Richie	Lynch	M	O40	Sliabh Bhuide Rovers A.C.
Mary catherine	Murphy	F	O40	Sliabh Bhuide Rovers A.C.
Martin	O'Connor	M	O40	Sliabh Bhuide Rovers A.C.

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Stephen	O'Leary	M	O45	Sliabh Bhuide Rovers A.C.
Eoin	Power	M	Sen	Sliabh Bhuide Rovers A.C.
Stephen	Tyrrell	M	O35	Sliabh Bhuide Rovers A.C.
Stephen	Whelan	M	O35	Sliabh Bhuide Rovers A.C.
Garrett	Blake	M	O35	Sligo A.C.
Joe	Davey	M	O50	Sligo A.C.
Deirdre	Deering	F	O40	Sligo A.C.
Paul	Deering	M	O50	Sligo A.C.
Ross	Downey	M	Sen	Sligo A.C.
Martin	Feeney	M	O55	Sligo A.C.
Lisa	Flanagan	F	Sen	Sligo A.C.
Vanessa	Foley	F	O40	Sligo A.C.
Mary	Furey	F	O50	Sligo A.C.
Richard	Gorman	M	O35	Sligo A.C.
Linda	Higgins	F	O45	Sligo A.C.
Mari	Johnston	F	O45	Sligo A.C.
David	Kearins	M	O40	Sligo A.C.
Damien	Kennedy	M	O35	Sligo A.C.
Louise	Martin	F	O40	Sligo A.C.
Cathy	McCarthy	F	O45	Sligo A.C.
Conor	McCarthy	M	O50	Sligo A.C.
Brian	McDonagh	M	O35	Sligo A.C.
Aidan	McMoreland	M	O35	Sligo A.C.
Jason	McMorrow	M	O40	Sligo A.C.
Damien	McSharry	M	O45	Sligo A.C.
Michael	O'Connell	M	O50	Sligo A.C.
Killian	O'Connor	M	Sen	Sligo A.C.
Matty	Regan	M	O35	Sligo A.C.
Olivia	Seery	F	O70	Sligo A.C.
Fionnuala	silke	F	Sen	Sligo A.C.
Seamus	Somers	M	O40	Sligo A.C.
Fiona	Thornton	F	O40	Sligo A.C.
Enda	Whelan	M	O60	Sligo A.C.
Fintan	Whelan	M	Sen	Sligo A.C.
Rose	Young	F	O60	Sligo A.C.
Noel	Fahy	M	O50	South Galway A.C.
John	Greenwood	M	O35	South Galway A.C.
Vincent	Martyn	M	O40	South Galway A.C.
Brian	Moloney	M	O45	South Galway A.C.
Donal	Walsh	M	O40	South Galway A.C.
Matt	Moran	M	O35	South O'Hanlon A.C.
Donal	Kerins	M	O40	South Sligo A.C.
Ray	Muldoon	M	O35	South Sligo A.C.
Gerry	Mullen	M	O50	South Sligo A.C.
Cathy	Regan	F	O50	South Sligo A.C.
Paul	Conway	M	Sen	Sperrin Harriers



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Fiona	Devlin	F	O35	Sperrin Harriers
Kevin	Devlin	M	O40	Sperrin Harriers
Ciaran	Donaghy	M	Sen	Sperrin Harriers
Steven	Fearon	M	Sen	Sperrin Harriers
Adrian	Glendinning	M	O40	Sperrin Harriers
Stephanie	Henry	F	O35	Sperrin Harriers
Michael	McCroy	M	O50	Sperrin Harriers
Marty	McDermott	M	O40	Sperrin Harriers
Leon	McKee	M	O40	Sperrin Harriers
Brenda	Mullan	F	Sen	Sperrin Harriers
Tanya	Quinn	F	O35	Sperrin Harriers
Ruairi	Scullin	M	Sen	Sperrin Harriers
Brian	Taggart	M	O35	Sperrin Harriers
Mark	Thom	M	O35	Sperrin Harriers
Darren	Warnock	M	O40	Sperrin Harriers
Joe	Byrne	M	O45	Sportsworld A.C.
Ed	collins	M	O35	Sportsworld A.C.
Aidan	Curran	M	O35	Sportsworld A.C.
Sean	Donegan	M	Sen	Sportsworld A.C.
Cormac	Garvey	M	O45	Sportsworld A.C.
Joe	Haugh	M	O40	Sportsworld A.C.
Mark	Heffernan	M	O40	Sportsworld A.C.
Francis	Mahon	M	O40	Sportsworld A.C.
Jim	Manning	M	O45	Sportsworld A.C.
justin	mckeeper	M	O40	Sportsworld A.C.
Enda	McMorrow	M	O55	Sportsworld A.C.
Tara	Murphy	F	O45	Sportsworld A.C.
Ronan	Murray	M	O45	Sportsworld A.C.
Barry	O'Sullivan	M	O40	Sportsworld A.C.
Jakub	Splawski	M	O35	Sportsworld A.C.
Jonathan	Walker	M	Sen	Sportsworld A.C.
Stephen	Willoughby	M	O50	Sportsworld A.C.
Hugh	Boyle	M	O60	Springwell Running Club
Andrew	Dowey	F	Sen	Springwell Running Club
Linda	Gillen	F	O40	Springwell Running Club
Johnny	Goldie	M	O45	Springwell Running Club
Anthony	Higginbottom mbe	M	O40	Springwell Running Club
Davy	MacNicol	M	O40	Springwell Running Club
Darren	Madden	M	O40	Springwell Running Club
Steven	Magill	M	O40	Springwell Running Club
Ali	McAllister	F	O45	Springwell Running Club
Noel	McAllister	M	O35	Springwell Running Club
David	McGaffin	M	O45	Springwell Running Club
Emily	McLaughlin	F	Sen	Springwell Running Club
Ciara	McSherry	F	Sen	Springwell Running Club
Julie	Millican	F	Sen	Springwell Running Club

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Bernadette	O'Kane	F	Sen	Springwell Running Club
Dave	Sexton	M	O55	Springwell Running Club
James	Stewart	M	O35	Springwell Running Club
Paul	Thompson	M	O35	Springwell Running Club
Gillian	Wasson	F	O40	Springwell Running Club
Patricia	Barry	F	O40	St Catherines A.C.
John	Beecher	M	Sen	St Catherines A.C.
Michael	Byrne	M	Sen	St Catherines A.C.
Grainne	Crilly	F	O45	St Peters
Richard	Greene	M	O50	St Peters
Emmanuel	Le fouler	M	O35	St Peters
Patrick	McAliskey	M	O45	St Peters
Rachael	McKendry	F	O40	St Peters
Patricia	Thompson	F	O45	St Peters
Marty	Timlin	M	O45	St Peters
Adrian	Brennan	M	O40	St. Abbans A.C.
Sharon	Buggy	F	O40	St. Abbans A.C.
Mary carmel	Hughes	F	O40	St. Abbans A.C.
Caitriona	Mcdonald	F	O35	St. Abbans A.C.
Michael	O connor	M	Sen	St. Abbans A.C.
John	Healy	M	O40	St. Andrews A.C.
Mary	O'Shaughnessy	F	O50	St. Andrews A.C.
Michel	Grilli	M	O60	St. Benedict's A.C.
Stephen	Hampson	M	O45	St. Benedict's A.C.
David	Butler	M	Sen	St. Brendan's (Kerry) A.C.
Margaret	Carlin	F	O50	St. Brendan's (Kerry) A.C.
James	Daley	M	Sen	St. Brendan's (Kerry) A.C.
Cathy	Quilter	F	O35	St. Brendan's A.C.
Pat	Sheehy	M	O60	St. Brendan's A.C.
Brendan	Briody	M	O40	St. Brigids A.C.
David	Briody	M	O35	St. Brigids A.C.
Rachel	Burgess	F	O45	St. Brigids A.C.
kevin	cunningham	M	O40	St. Brigids A.C.
Barry	Finnegan	M	O40	St. Brigids A.C.
Treasa	Gibney	F	O35	St. Brigids A.C.
Martin	Murphy	M	O40	St. Brigids A.C.
Olivia	Bermingham	F	O35	St. Coca's A.C.
David	Burns	M	O40	St. Coca's A.C.
Niamh	Dowling	F	O40	St. Coca's A.C.
Michael	Doyle	M	O35	St. Coca's A.C.
Brenda	Kelly	F	O50	St. Coca's A.C.
Clare	Lyons	F	O35	St. Coca's A.C.
Aidan	Maher	M	O40	St. Coca's A.C.
Pauline	McEnroe	F	O40	St. Coca's A.C.
Michael	McGrath	M	O50	St. Coca's A.C.
Andrew	Moloney	M	O35	St. Coca's A.C.

First Name	Last Name	Gender	Age Cat	Club
Marianne	Mulreid	F	Sen	St. Coca's A.C.
John	Murray	M	O40	St. Coca's A.C.
Teresa	Murray	F	O35	St. Coca's A.C.
Anne-marie	O brien	F	O35	St. Coca's A.C.
James	Reidy	M	O40	St. Coca's A.C.
Emma jane	Snee	F	O35	St. Coca's A.C.
Kathy	Bradford	F	O40	St. Finbarrs A.C.
Garrett	Casey	M	O40	St. Finbarrs A.C.
Barry	Coleman	M	O35	St. Finbarrs A.C.
Michael	Corbett	M	O35	St. Finbarrs A.C.
Orla	Crosbie	F	O45	St. Finbarrs A.C.
Joe	Cunningham	M	O40	St. Finbarrs A.C.
Thomas	Darcy	M	O35	St. Finbarrs A.C.
Paul	Gallagher	M	O35	St. Finbarrs A.C.
Denis	Gould	M	O35	St. Finbarrs A.C.
Joe	Kelleher	M	O40	St. Finbarrs A.C.
Dan	Kennedy	M	O60	St. Finbarrs A.C.
Clare	Keogh	F	Sen	St. Finbarrs A.C.
Eamonn	Mc Evoy	M	O60	St. Finbarrs A.C.
Michael	Morgan	M	O40	St. Finbarrs A.C.
Brian	Murphy	M	O40	St. Finbarrs A.C.
Jason	Nichol	M	Sen	St. Finbarrs A.C.
Michelle	Nolan	F	O40	St. Finbarrs A.C.
Graham	Nudds	M	O35	St. Finbarrs A.C.
Cathal	O' Connell	M	O50	St. Finbarrs A.C.
Darren	O donnell	M	Sen	St. Finbarrs A.C.
Dave	O regan	M	O45	St. Finbarrs A.C.
Geraldine	O' Shea	F	O45	St. Finbarrs A.C.
Gillian	O'Brien	F	O40	St. Finbarrs A.C.
Tony	O'Brien	M	O55	St. Finbarrs A.C.
Gary	O'Sullivan	M	O40	St. Finbarrs A.C.
Fergal	Sargent	M	O35	St. Finbarrs A.C.
Mary	Sweeney	F	O55	St. Finbarrs A.C.
Anita	Barry	F	Sen	St. Joseph's A.C.
Kyle	Comerford	M	Sen	St. Joseph's A.C.
Triona	Foley	F	O40	St. Joseph's A.C.
breda	hennessy	F	O40	St. Joseph's A.C.
Chris	Mc Namara	M	O35	St. Joseph's A.C.
Tom	McDonald	M	O45	St. Joseph's A.C.
Caroline	Murphy	F	O35	St. Joseph's A.C.
siobhan	o leary	F	O35	St. Joseph's A.C.
Duncan	O'Shaughnessy	M	O35	St. Joseph's A.C.
Paul	Sheehan	M	O45	St. Joseph's A.C.
Maire	Browne	F	O40	St. Killians A.C.
Jason	Kehoe	M	O35	St. Killians A.C.
Gerry	Moran	M	O40	St. Killians A.C.

First Name	Last Name	Gender	Age Cat	Club
Val	Brooks	M	O35	St. L. O'Toole A.C.
Anne	Butler	F	Sen	St. L. O'Toole A.C.
Janice	Byrne	F	O40	St. L. O'Toole A.C.
Mary-claire	Byrne	F	O35	St. L. O'Toole A.C.
Ken	Byrne	M	O45	St. L. O'Toole A.C.
David	Cassidy	M	O35	St. L. O'Toole A.C.
Dawn	Cassidy	F	O35	St. L. O'Toole A.C.
tom	cooney	M	O35	St. L. O'Toole A.C.
Jennifer	Corr	F	O40	St. L. O'Toole A.C.
Trevor	Cowman	M	Sen	St. L. O'Toole A.C.
John	Culhane	M	O35	St. L. O'Toole A.C.
Billy	Delaney	M	O60	St. L. O'Toole A.C.
Brian	Delaney	M	O35	St. L. O'Toole A.C.
Kieran	Dooley	M	O40	St. L. O'Toole A.C.
Suzanne	Dunne	F	O45	St. L. O'Toole A.C.
Pat	Hurley	M	O55	St. L. O'Toole A.C.
Clare	Hutton	F	O45	St. L. O'Toole A.C.
Karen	Kavanagh	F	Sen	St. L. O'Toole A.C.
Denis	Lyons	M	O35	St. L. O'Toole A.C.
Michelle	Mc Namara	F	O40	St. L. O'Toole A.C.
Michael	Moore	M	O60	St. L. O'Toole A.C.
Edel	Murphy	F	Sen	St. L. O'Toole A.C.
June	Murphy	F	O45	St. L. O'Toole A.C.
Maria	Murphy	F	O35	St. L. O'Toole A.C.
Brendan	Nolan	M	O45	St. L. O'Toole A.C.
joanne	o'boyle	F	O45	St. L. O'Toole A.C.
Brian	O'Donovan	M	O35	St. L. O'Toole A.C.
James	O'Rourke	M	O60	St. L. O'Toole A.C.
Dermot	O'Shea	M	O50	St. L. O'Toole A.C.
Janet	Tsang	F	O40	St. L. O'Toole A.C.
Lynda	Waddock	F	O35	St. L. O'Toole A.C.
David	Wall	M	O40	St. L. O'Toole A.C.
Kenneth	Whitney	M	O40	St. L. O'Toole A.C.
Shane	Broderick	M	Sen	St. Michael's AC
Johnny	Doris	M	O40	St. Michael's AC
Laurence	Havens	M	Sen	St. Michael's AC
Ciara	Herron	F	O35	St. Michael's AC
Grainne	Higgins	F	O40	St. Michael's AC
Orla	Hyland	F	O35	St. Michael's AC
Cormac	Kavanagh	M	Sen	St. Michael's AC
Gwen	La cumbre	F	O45	St. Michael's AC
Dermot	Mangan	M	Sen	St. Michael's AC
Aidan	McGee	M	O40	St. Michael's AC
Helen	McMahon	F	O40	St. Michael's AC
Kevin	Mulpeter	M	O45	St. Michael's AC
Louise	Murphy	F	Sen	St. Michael's AC

First Name	Last Name	Gender	Age Cat	Club
Caroline	O'Dea	F	O45	St. Michael's AC
Olivia	Sheerin	F	O50	St. Michael's AC
Paul	Sheerin	M	O50	St. Michael's AC
Bernard	Weldon	M	O45	St. Michael's AC
Kathryn	Trnka	F	O35	St. Patricks A.C.
Mark	Lieghio	M	O40	St. Peter's A.C.
Paul	Moore	M	O50	St. Peter's A.C.
Trevor	Murphy	M	O50	St. Peter's A.C.
Barry	Shanks	M	O40	St. Peter's A.C.
Conor	skelton	M	O50	St. Peter's A.C.
Colum	Sheridan	M	O40	St. Senans (Kilkenny) A.C.
Shane	Gaule	M	Sen	St. Senans A.C.
Roland	Eagar	M	O40	Star of the Laune A.C.
Siobhan	Falvey	F	O40	Star of the Laune A.C.
Stephen	Griffin	M	O45	Star of the Laune A.C.
John	Kelliher	M	Sen	Star of the Laune A.C.
Colin	Blake	M	O35	Star of the Sea A.C.
Liam	Boland	M	O40	Star of the Sea A.C.
Eoin	Callaghan	M	Sen	Star of the Sea A.C.
Alan	Caul	M	O40	Star of the Sea A.C.
Brian j	Collins	M	O45	Star of the Sea A.C.
Dara Ann	Harford	F	Sen	Star of the Sea A.C.
Robert	Holland	M	O40	Star of the Sea A.C.
Nessa	Hutcheson	F	Sen	Star of the Sea A.C.
Karen	Lavelle	F	O45	Star of the Sea A.C.
Declan	McGrath	M	O35	Star of the Sea A.C.
Gareth	McNally	M	O35	Star of the Sea A.C.
Terry	Mockler	M	O40	Star of the Sea A.C.
Brian	Moore	M	O35	Star of the Sea A.C.
Ciaran	Mulholland	M	O35	Star of the Sea A.C.
Jodie	Mullen	F	O35	Star of the Sea A.C.
John	O. byrne	M	O45	Star of the Sea A.C.
Roger	Rice	M	O40	Star of the Sea A.C.
Rachel	Somers	F	O45	Star of the Sea A.C.
Veronica	Burke woods	F	O45	Swinford A.C.
Martin	Roughneen	M	O40	Swinford A.C.
Caitlin	Woods	F	O45	Swinford A.C.
Donna	Laskey	F	O40	Taghmon A.C.
Niall	Campbell	M	O35	Tallaght A.C.
Suzanne	Carter	F	Sen	Tallaght A.C.
Shane	Carton	M	O35	Tallaght A.C.
Garry	Clarke	M	O65	Tallaght A.C.
Trevor	Connolly	M	O35	Tallaght A.C.
Barry	Cullen	M	O40	Tallaght A.C.
Liam	Cullen	M	O40	Tallaght A.C.
Gerard	Dore	M	O50	Tallaght A.C.

First Name	Last Name	Gender	Age Cat	Club
David	Fitzpatrick	M	O35	Tallaght A.C.
David	Fitzpatrick	M	O35	Tallaght A.C.
Sandro	Giglione	M	O45	Tallaght A.C.
Karl	Gill	M	O35	Tallaght A.C.
Jessica	Gilson	F	Sen	Tallaght A.C.
Padraig	Griffin	M	O35	Tallaght A.C.
Frank	Johnston	M	Sen	Tallaght A.C.
Sarah	Kinsella	F	O35	Tallaght A.C.
Billy	Loughman	M	O35	Tallaght A.C.
Declan	Mc Donagh	M	Sen	Tallaght A.C.
Dave	Meehan	M	O50	Tallaght A.C.
Paul	Mitchell	M	O35	Tallaght A.C.
simon	mulvey	M	O35	Tallaght A.C.
Shay	Murphy	M	O45	Tallaght A.C.
David	O'Brien	M	O40	Tallaght A.C.
Siobhan claire	O'Brien	F	O35	Tallaght A.C.
David	O'Callaghan	M	O35	Tallaght A.C.
Philip	O'Toole	M	O40	Tallaght A.C.
Elizabeth	Pepper	F	O45	Tallaght A.C.
Joseph	Pepper	M	O50	Tallaght A.C.
Brendan	Ryan	M	O55	Tallaght A.C.
Gerry	Schley	M	O40	Tallaght A.C.
Martin	Shiels	M	Sen	Tallaght A.C.
John	Stokes	M	O45	Tallaght A.C.
Tara	Woods	F	Sen	Tallaght A.C.
Vincent	Naughton	M	O35	Tara A.C.
Bríd	O'kane	F	Sen	Tara A.C.
Glenn	Austin	M	O35	Templemore A.C.
Paddy	Clarke	M	O40	Templemore A.C.
Seamus	Duggan	M	O40	Templemore A.C.
Christine	Farrell	F	O40	Templemore A.C.
Tommy	Gleeson	M	O45	Templemore A.C.
Noel	Hamell	M	O45	Templemore A.C.
Jimmy	Hennessy	M	O55	Templemore A.C.
Kate	Kennedy	F	O35	Templemore A.C.
Martin	Loughnane	M	O60	Templemore A.C.
Peter	Madden	M	O40	Templemore A.C.
Darren	O toole	M	O40	Templemore A.C.
Aoife	Percy	F	Sen	Templemore A.C.
Sean	Percy	M	O40	Templemore A.C.
Owen	Ryan	M	O50	Templemore A.C.
Paul	Walsh	M	O40	Templemore A.C.
Terry	Brophy	M	O50	Thomastown A.C.
Pat	O 'reilly	M	O40	Thomastown A.C.
John	McBrearty	M	O45	Thurles Crokes A.C.
Declan	Ryan	M	O35	Thurles Crokes A.C.

First Name	Last Name	Gender	Age Cat	Club
Denis	Shanahan	M	O40	Thurles Crokes A.C.
John	Behan	M	O55	Tinryland A.C.
Patrick	Byrne	M	Sen	Tinryland A.C.
Seamus	Connolly	M	O60	Tinryland A.C.
Willie	Quinlan	M	O45	Tinryland A.C.
Keith	Nolan	M	O40	Tipperary Town A.C.
Sean	Cassidy	M	O45	Tir Chonaill A.C.
Niall	Clancy	M	O35	Tir Chonaill A.C.
Michael	Conaghan	M	Sen	Tir Chonaill A.C.
Deborah	Dawson	F	O40	Tir Chonaill A.C.
Lorraine	Delaney	F	O40	Tir Chonaill A.C.
Claire	Gallagher	F	O35	Tir Chonaill A.C.
Philomena	Gallagher	F	O45	Tir Chonaill A.C.
Carmel	Gormley	F	O35	Tir Chonaill A.C.
Noel	Hoey	M	O45	Tir Chonaill A.C.
Martina	Mc Gee	F	O40	Tir Chonaill A.C.
Brian	McCabe	M	O35	Tir Chonaill A.C.
Paul	McGee	M	O40	Tir Chonaill A.C.
Olivia	Murphy	F	O50	Tir Chonaill A.C.
Canice	Nicholas	M	O40	Tir Chonaill A.C.
Shane	O'Donnell	M	O35	Tir Chonaill A.C.
Deirdre	Boland	F	O35	Tireragh A.C.
Robert	Blythe	M	O35	Togher A.C.
Hamit	Erdogdu	M	O50	Togher A.C.
Ciarán	Murray	M	Sen	Togher A.C.
Rachael	O callaghan	F	O40	Togher A.C.
Brian	O'Callaghan	M	O35	Togher A.C.
Aisling	Parkes	F	O35	Togher A.C.
Mary beth	Ryan	F	O35	Togher A.C.
Siobhan	Curtin	F	O40	Tracton A.C.
Mags	Dempsey	F	O40	Tracton A.C.
Jack	McGregor	M	O40	Tracton A.C.
Antoinett	Breslin	F	O40	Tramore A.C.
Donal	Breslin	M	O40	Tramore A.C.
Patsy	Carney	M	O50	Tramore A.C.
Darren	Crowley	M	O40	Tramore A.C.
P.j.	McCarthy	M	O45	Tramore A.C.
Sinead	Shanahan	F	O40	Tramore A.C.
David	Wade	M	O55	Tramore A.C.
Maurice	Brennan	M	O40	Trim A.C.
Heather	Carty	F	O40	Trim A.C.
Kieran	Corcoran	M	O35	Trim A.C.
Leonie	Dyar	F	O35	Trim A.C.
Petrina	Edwards	F	O35	Trim A.C.
Robert	Farrell	M	O35	Trim A.C.
Tom	Feeley	M	O35	Trim A.C.



First Name	Last Name	Gender	Age Cat	Club
Niall	Feeney	M	O40	Trim A.C.
Enda	Gallagher	M	O40	Trim A.C.
Mark	Ginnerty	M	O35	Trim A.C.
James	Guiheen	M	O40	Trim A.C.
Kevin	Horan	M	O50	Trim A.C.
stephen	keane	M	Sen	Trim A.C.
Don	Mahon	M	O40	Trim A.C.
Denise	Molloy	F	O35	Trim A.C.
Sean	Murphy	M	O40	Trim A.C.
James	Picking	M	Sen	Trim A.C.
Andrew	Revington	M	O45	Trim A.C.
Claire	Smith	F	O40	Trim A.C.
Ellen	Vitting	F	Sen	Trim A.C.
Kathrin	Antweiler	F	O35	Tuam A.C.
Stephen	Brady	M	O50	Tuam A.C.
Aidan	Doyle	M	O35	Tuam A.C.
Olivia	Fitzpatrick	F	O35	Tuam A.C.
Elaine	Fleming	F	Sen	Tuam A.C.
Joanna	Kiely	F	Sen	Tuam A.C.
Assumpta	Meenaghan	F	O35	Tuam A.C.
Maura	Meenaghan	F	O40	Tuam A.C.
Denis	O'Gorman	M	O40	Tuam A.C.
Tommy joe	Whyte	M	O50	Tuam A.C.
Anna	McElhinney	F	O50	Tulla A.C.
Patrick joseph	Ballesty	M	O60	Tullamore Harriers A.C.
Miriam	Brady	F	O45	Tullamore Harriers A.C.
Leslie	Buckley	M	O35	Tullamore Harriers A.C.
John	Bulfin	M	O55	Tullamore Harriers A.C.
Liam	Byrne	M	O45	Tullamore Harriers A.C.
Basil	Cronin	M	O40	Tullamore Harriers A.C.
Anne	Daly	F	O50	Tullamore Harriers A.C.
Rita	Daly	F	O45	Tullamore Harriers A.C.
Gerry	Dunican	M	O40	Tullamore Harriers A.C.
Aidan	Egan	M	O35	Tullamore Harriers A.C.
Pauric	Ennis	M	Sen	Tullamore Harriers A.C.
Eddie	Fitzgerald	M	Sen	Tullamore Harriers A.C.
Raymond	Flanagan	M	O50	Tullamore Harriers A.C.
éanna	Gowran	M	O50	Tullamore Harriers A.C.
Margaret	Grennan	F	O45	Tullamore Harriers A.C.
Mark	Harpur	M	O35	Tullamore Harriers A.C.
Paul	Hensey	M	O40	Tullamore Harriers A.C.
Eugene	Mann	M	O40	Tullamore Harriers A.C.
Eugene	Mann	M	O40	Tullamore Harriers A.C.
Aisling	McCormack troy	F	O40	Tullamore Harriers A.C.
Mary	McIntyre	F	Sen	Tullamore Harriers A.C.
Conor	Mooney	M	O35	Tullamore Harriers A.C.

First Name	Last Name	Gender	Age Cat	Club
Lynn	Mooney	F	O35	Tullamore Harriers A.C.
David	Murray	M	O35	Tullamore Harriers A.C.
Ian	O kelly	M	O40	Tullamore Harriers A.C.
John	O'Connell	M	O50	Tullamore Harriers A.C.
Declan	Rosney	M	O45	Tullamore Harriers A.C.
Raymond	Ryan	M	O35	Tullamore Harriers A.C.
Verona	Smyth	F	Sen	Tullamore Harriers A.C.
Cormac	Troy	M	O45	Tullamore Harriers A.C.
Brendan	Lupton	M	Sen	Tullaroan A.C
Jaroslav	Blacharski	M	Sen	U.C.C. A.C.
Shaun	Cleary	M	Sen	U.C.C. A.C.
Ian	Dunne	M	O45	U.C.D. A.C.
Darra	MacNamara	M	O45	U.C.D. A.C.
Sean	McCarthy	M	Sen	U.C.D. A.C.
Karen	Hennessy	F	O45	United Striders A.C.
Kathleen	Nolan	F	O40	United Striders A.C.
Keith	Styles	M	O35	United Striders A.C.
Adrian	Aspel	M	O40	Waterford A.C.
Brendan	Aspel	M	O45	Waterford A.C.
Jonathan	Brazil	M	O35	Waterford A.C.
Michelle	Byrne	F	O35	Waterford A.C.
Michael	Cawley	M	O50	Waterford A.C.
Jody	Condon	M	O40	Waterford A.C.
Timmy	Coughlan	M	O45	Waterford A.C.
Diarmuid	Delaney	M	O45	Waterford A.C.
Michael	Duffin	M	O45	Waterford A.C.
Owen	Duffy	M	O40	Waterford A.C.
Anna	Dungan	F	O35	Waterford A.C.
Bernadette	Finucane	F	O55	Waterford A.C.
Ciara	Fitzgerald	F	Sen	Waterford A.C.
Eamonn	Flynn	M	O40	Waterford A.C.
Martin	Flynn	M	O45	Waterford A.C.
Sharon	Flynn	F	O45	Waterford A.C.
John	Guiry	M	O40	Waterford A.C.
Peter	Hennessy	M	O40	Waterford A.C.
Daniel	Herlihy	M	O40	Waterford A.C.
Mary	Jennings	F	O60	Waterford A.C.
Alan	Kavanagh	M	O35	Waterford A.C.
Walter	Keane	M	O55	Waterford A.C.
Tony	Keogh	M	O35	Waterford A.C.
Paul	Lanigan	M	O40	Waterford A.C.
Wayne	Lee	M	O40	Waterford A.C.
Paul	Mac Manus	M	O45	Waterford A.C.
Paul	Murray	M	O50	Waterford A.C.
Keith	O driscoll	M	O35	Waterford A.C.
Seamus	O'Mahoney	M	O40	Waterford A.C.

First Name	Last Name	Gender	Age Cat	Club
Ray	O'Mahony	M	O40	Waterford A.C.
Susan	Rowe	F	O45	Waterford A.C.
Marian	Ryan	F	O50	Waterford A.C.
John	Waddell	M	O35	Waterford A.C.
Trevor	Walsh	M	O35	Waterford A.C.
Gary	Whelan	M	O35	Waterford A.C.
Michael	White	M	O55	Waterford A.C.
Sean	Ahern	M	Sen	Watergrasshill A.C.
Michael	Carey	M	Sen	Watergrasshill A.C.
Steve	Dunlea	M	O40	Watergrasshill A.C.
Elaine	Fitzgerald	F	O40	Watergrasshill A.C.
Andrea	Houlihan	F	Sen	Watergrasshill A.C.
Paul	Keegan	M	Sen	Watergrasshill A.C.
Alan	Mahy	M	Sen	Watergrasshill A.C.
Aisling	Mc Evoy	F	O35	Watergrasshill A.C.
Gavin	Murphy	M	O40	Watergrasshill A.C.
Tracey	Murphy	F	O35	Watergrasshill A.C.
Sean	O' Brien	M	Sen	Watergrasshill A.C.
Colette	O' Donoghue	F	Sen	Watergrasshill A.C.
Jim	O keeffe	M	O50	Watergrasshill A.C.
Jackie	Okeeffe	F	O45	Watergrasshill A.C.
Sean	Sharpe	M	Sen	Watergrasshill A.C.
Gerard	Sweeney	M	O50	Watergrasshill A.C.
Ian	Wills	M	O35	Watergrasshill A.C.
Gill	Worley	F	O35	Watergrasshill A.C.
John	Barrett	M	O35	West Limerick A.C.
John	Barrett	M	O60	West Limerick A.C.
Rita	Brouder	F	O35	West Limerick A.C.
David	Condon	M	O60	West Limerick A.C.
Mary	Folan-ryan	F	O35	West Limerick A.C.
Edel	Henriques	F	Sen	West Limerick A.C.
Liam	Hurrell	M	O40	West Limerick A.C.
Ian	Kelly	M	O35	West Limerick A.C.
Joanne	Kelly	F	O35	West Limerick A.C.
Kevin	Kelly	M	O45	West Limerick A.C.
Dympna	Lawlor	F	O40	West Limerick A.C.
Noelle	Leahy	F	O40	West Limerick A.C.
Richard	Lenihan	M	O60	West Limerick A.C.
Catriona ambrose	Lenihan	F	Sen	West Limerick A.C.
Mark	Lenihan	M	O35	West Limerick A.C.
Michael	MacKessy	M	O35	West Limerick A.C.
Patricia	McNamara	F	O45	West Limerick A.C.
Niamh	Mulcahy	F	O35	West Limerick A.C.
John	Mulcair	M	O40	West Limerick A.C.
Niall	O riordan	M	O35	West Limerick A.C.
Mike	O'Brien	M	Sen	West Limerick A.C.

First Name	Last Name	Gender	Age Cat	Club
Brendan	O'Carroll	M	O35	West Limerick A.C.
Ann marie	Walsh	F	O35	West Limerick A.C.
Gary	Wilmott	M	Sen	West Limerick A.C.
Matthieu	Dutay	M	Sen	West Muskerry A.C.
Joseph	Barry	M	O35	West Waterford A.C.
Mark	Beer	M	O45	West Waterford A.C.
Orna	Breathnach	F	O35	West Waterford A.C.
Paul	Brunnock	M	O45	West Waterford A.C.
Michael	Callaghan	M	O45	West Waterford A.C.
Thomas	Cashin	M	Sen	West Waterford A.C.
Maria	Condon	F	O40	West Waterford A.C.
Margaret	Conway	F	O55	West Waterford A.C.
David	Cullinane	M	O40	West Waterford A.C.
Tricia	Cullinane	F	O35	West Waterford A.C.
Eddie	Doran	M	O40	West Waterford A.C.
Angeline	Drennan	F	O35	West Waterford A.C.
Ciara	Duffin	F	O35	West Waterford A.C.
Sharon	Duggan	F	O40	West Waterford A.C.
Ann	Dunford	F	O45	West Waterford A.C.
Dermot	Dwyer	M	O40	West Waterford A.C.
Pat	Fitzgerald	M	O35	West Waterford A.C.
Anthony	Flynn	M	Sen	West Waterford A.C.
Linda	Garcia	F	O40	West Waterford A.C.
Terri	Gough	F	O70	West Waterford A.C.
Elaine	Hamblen	F	O35	West Waterford A.C.
Alan	Harty	M	O35	West Waterford A.C.
Alan	Hogan	M	Sen	West Waterford A.C.
John paul	Hogan	M	O35	West Waterford A.C.
Tom	Hogan	M	O40	West Waterford A.C.
Noel	Hogan	M	O35	West Waterford A.C.
Claire	Kennedy	F	Sen	West Waterford A.C.
Catriona	Kiely	F	O40	West Waterford A.C.
Trevor	Mason	M	O40	West Waterford A.C.
John	Nee	M	O45	West Waterford A.C.
Tony	O mahony	M	O45	West Waterford A.C.
Seamus	O'Donnell	M	Sen	West Waterford A.C.
Vincent	O'Donovan	M	O55	West Waterford A.C.
Ted	O'Leary	M	O45	West Waterford A.C.
Brian	Ormonde	M	O40	West Waterford A.C.
Fiona	Ormonde	F	O35	West Waterford A.C.
David	Regan	M	O40	West Waterford A.C.
Alan	Ryan	M	O40	West Waterford A.C.
Dermot	Ryan	M	O40	West Waterford A.C.
Karen	Ryan	F	O40	West Waterford A.C.
Laimie	Sandford	M	O60	West Waterford A.C.
Stephen	Shasby	M	Sen	West Waterford A.C.

First Name	Last Name	Gender	Age Cat	Club
James	Veale	M	O50	West Waterford A.C.
Raivis	Zakis	M	O35	West Waterford A.C.
Garret	Bracken	M	O45	Westport A.C.
Yvonne	Byrne	F	O40	Westport A.C.
David	Conway	M	O35	Westport A.C.
Sinead	Conway	F	O35	Westport A.C.
Carole	Fabby	F	O45	Westport A.C.
Cathriona	Grady	F	O40	Westport A.C.
David	Hickey	M	Sen	Westport A.C.
Colin	Kelly	M	O35	Westport A.C.
John	Lenehan	M	O35	Westport A.C.
Sean	Mc Loughlin	M	O35	Westport A.C.
Anne marie	Needham	F	O35	Westport A.C.
Michelle	Needham	F	O40	Westport A.C.
Oliver	O'Connell	M	O35	Westport A.C.
Eileen	O'Connor	F	Sen	Westport A.C.
Marian	O'Malley	F	O35	Westport A.C.
Paddy	O'Toole	M	O35	Westport A.C.
Colette	Sweeney	F	O40	Westport A.C.
Deirdre	Ansbro	F	O35	Youghal A.C.
Declan	Barron	M	O35	Youghal A.C.
Ron	Cashman	M	O40	Youghal A.C.
Nicola	Coleman	F	O35	Youghal A.C.
Eoin	Coleman	M	O40	Youghal A.C.
Stephen	Devereaux	M	O50	Youghal A.C.
Shane	Greene	M	Sen	Youghal A.C.
Guy	Hallam	M	O45	Youghal A.C.
Robert	Hamill	M	O40	Youghal A.C.
Denis	Hickey	M	O45	Youghal A.C.
Ann marie	Holland	F	O40	Youghal A.C.
Tracy	Kennedy	F	O40	Youghal A.C.
Lisa	Lee	F	O35	Youghal A.C.
Conor	Lynn	M	Sen	Youghal A.C.
Teresa	Malone	F	O40	Youghal A.C.
Aine	Martin	F	O40	Youghal A.C.
Davie	Murphy	M	Sen	Youghal A.C.
Edmond	Nicholson	M	O40	Youghal A.C.
Louise	O brien	F	O35	Youghal A.C.
Denise	O' Dowd	F	O40	Youghal A.C.
Maurice	O mahony	M	O45	Youghal A.C.
Martin	O'Keefe	M	O45	Youghal A.C.
Mary	O'Keefe	F	O50	Youghal A.C.
Denis	O'Sullivan	M	O50	Youghal A.C.
Seamus	Stone	M	O55	Youghal A.C.
Ina	Walsh	F	O45	Youghal A.C.