



Irish Life Health National Intermediate/Masters XC Dundalk 2nd February 2019

**Provisional
Entry list**

Name	Club	Age Cat	Individual	Club Team	County Team
Conor O'Mahony	An Ríocht A.C.	Inter Men	Y		
Aaron Hanlon	Clonliffe Harriers A.C.	Inter Men		Clonliffe Harriers A.C.	
Adam O'Brien	Clonliffe Harriers A.C.	Inter Men		Clonliffe Harriers A.C.	
Eoin Taggart	Clonliffe Harriers A.C.	Inter Men		Clonliffe Harriers A.C.	
Greg Hosseney	Clonliffe Harriers A.C.	Inter Men		Clonliffe Harriers A.C.	
Liam Roarty	Clonliffe Harriers A.C.	Inter Men		Clonliffe Harriers A.C.	
Sean O'Leary	Clonliffe Harriers A.C.	Inter Men		Clonliffe Harriers A.C.	
Sean Carrigg	Clonliffe Harriers A.C.	Inter Men		Clonliffe Harriers A.C.	
Sean Doran	Clonliffe Harriers A.C.	Inter Men		Clonliffe Harriers A.C.	
Conor McIlveen	Derry Track Club	Inter Men	Y		
Matthieu Proffitt	Donore Harriers	Inter Men	Y		
Michael Ryan	Donore Harriers	Inter Men	Y		
Rory Kavanagh	Dunboyne A.C.	Inter Men	Y		
Mark Molloy	Dundrum South Dublin A.C.	Inter Men	Y		
Martin Toner	Glenmore A.C.	Inter Men	Y		
Shane Toner	Glenmore A.C.	Inter Men	Y		
Dean Rowe	Gowran A.C.	Inter Men	Y		
Johan Muller	Gowran A.C.	Inter Men	Y		
Johan Muller	Gowran A.C.	Inter Men	Y		
Chris Morgan	Liffey Valley A.C.	Inter Men	Y		
Mark Guerin	Limerick A.C.	Inter Men	Y		
Eddie O'Connor	Lios Tuathail A.C.	Inter Men	Y		
Conor Wilson	Menapians A.C.	Inter Men	Y		
Gerard Marley	Milford A.C.	Inter Men	Y		
Eamonn Kelly	North East Runners A.C.	Inter Men		North East Runners A.C.	
John Tumilty	North East Runners A.C.	Inter Men		North East Runners A.C.	
Jousef AL-luhaydan	North East Runners A.C.	Inter Men		North East Runners A.C.	
Keith Geoghegan	North East Runners A.C.	Inter Men		North East Runners A.C.	
Niall Fergus	North East Runners A.C.	Inter Men		North East Runners A.C.	



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Name	Club	Age Cat	Individual	Club Team	County Team
Paul Hyland	North East Runners A.C.	Inter Men		North East Runners A.C.	
Rory Mulholland	North East Runners A.C.	Inter Men		North East Runners A.C.	
Sean Carroll	North East Runners A.C.	Inter Men		North East Runners A.C.	
Conor Fitzpatrick	Portmarnock A.C.	Inter Men		Portmarnock A.C.	
Gavin Eccles	Portmarnock A.C.	Inter Men		Portmarnock A.C.	
Matthew Collins	Portmarnock A.C.	Inter Men		Portmarnock A.C.	
Neil Murphy	Portmarnock A.C.	Inter Men		Portmarnock A.C.	
Davey Duane	Raheny Shamrock A.C.	Inter Men		Raheny Shamrock A.C.	
Robert Frewen	Raheny Shamrock A.C.	Inter Men		Raheny Shamrock A.C.	
Graham O'Dwyer	Raheny Shamrock A.C.	Inter Men		Raheny Shamrock A.C.	
Simon Devenney	Raheny Shamrock A.C.	Inter Men		Raheny Shamrock A.C.	
Rory O'Sullivan	Raheny Shamrock A.C.	Inter Men		Raheny Shamrock A.C.	
Dylan O'Brien	Raheny Shamrock A.C.	Inter Men		Raheny Shamrock A.C.	
Andrew Hyland	Raheny Shamrock A.C.	Inter Men		Raheny Shamrock A.C.	
Brian Sexton	Raheny Shamrock A.C.	Inter Men		Raheny Shamrock A.C.	
Mitchell Byrne	Rathfarnham W.S.A.F. A.C.	Inter Men		Rathfarnham W.S.A.F. A.C.	
Neil Skelton	Rathfarnham W.S.A.F. A.C.	Inter Men		Rathfarnham W.S.A.F. A.C.	
Ciaran Crowther	Ratoath A.C.	Inter Men	Y		
Gerry Forde	Slaney Olympic A.C.	Inter Men	Y		
Finley Daly	Sligo A.C.	Inter Men	Y		
Conor Keating	Sportsworld A.C.	Inter Men		Sportsworld A.C.	
Conor McCarthy	Sportsworld A.C.	Inter Men		Sportsworld A.C.	
Sadanand Magee	Sportsworld A.C.	Inter Men		Sportsworld A.C.	
Stephen O'Donnell	Sportsworld A.C.	Inter Men		Sportsworld A.C.	



Irish Life Health National Intermediate/Masters XC Dundalk 2nd February 2019

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Name	Club	Age Cat	Individual	Club Team	County Team
Connor Butler	Tullamore Harriers A.C.	Inter Men		Tullamore Harriers A.C.	
MARK DONEGAN	Tullamore Harriers A.C.	Inter Men		Tullamore Harriers A.C.	
MATHEW MOLLOY	Tullamore Harriers A.C.	Inter Men		Tullamore Harriers A.C.	
Paul Mitchell	Tullamore Harriers A.C.	Inter Men		Tullamore Harriers A.C.	
paul reape	Tullamore Harriers A.C.	Inter Men		Tullamore Harriers A.C.	
JASON DONEGAN	Tullamore Harriers A.C.	Inter Men		Tullamore Harriers A.C.	
Avril Deegan	Ballyroan Abbeyleix & District A.C.	Inter Women	Y		
CAITRIONA CROSBY	Carrick Aces A.C.	Inter Women	Y		
Lauren Dermody	Castlecomer	Inter Women	Y		
Fiona Shine	Crusaders A.C.	Inter Women	Y		
Lee Chambers	Donore Harriers	Inter Women		Donore Harriers	
Louise Murray	Donore Harriers	Inter Women		Donore Harriers	
Eva McNelis	Dunboyne A.C.	Inter Women	Y		
Orna Murray	Ferrybank A.C.	Inter Women	Y		
Brigid Reilly	Liffey Valley A.C.	Inter Women		Liffey Valley A.C.	
Ciara Broderick Farrell	Liffey Valley A.C.	Inter Women		Liffey Valley A.C.	
Jen Preston	Liffey Valley A.C.	Inter Women		Liffey Valley A.C.	
Sinead Mc Donald	Liffey Valley A.C.	Inter Women		Liffey Valley A.C.	
Annie Gittens	Liffey Valley A.C.	Inter Women		Liffey Valley A.C.	
Gillian Marley	Milford A.C.	Inter Women	Y		
Linda Conroy	Mullingar Harriers A.C.	Inter Women		Mullingar	
Sinead Whitelaw	Mullingar Harriers A.C.	Inter Women		Mullingar	
Jessica Craig	North Down A.C.	Inter Women	Y		
AnnMarie Duffy	North East Runners A.C.	Inter Women		North East Runners A.C.	
Lorraine Watters	North East Runners A.C.	Inter Women		North East Runners A.C.	
Sarah Kieran	North East Runners A.C.	Inter Women		North East Runners A.C.	
Zara Nevin	North East Runners A.C.	Inter Women		North East Runners A.C.	
Aine Crimin	Raheny Shamrock A.C.	Inter Women		Raheny Shamrock A.C.	
Blaithin Sheil	Raheny Shamrock A.C.	Inter Women		Raheny Shamrock A.C.	



Irish Life Health National Intermediate/Masters XC Dundalk 2nd February 2019

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Name	Club	Age Cat	Individual	Club Team	County Team
Camille Mortamet	Raheny Shamrock A.C.	Inter Women		Raheny Shamrock A.C.	
Eimear O'Keeffe	Raheny Shamrock A.C.	Inter Women		Raheny Shamrock A.C.	
Hannah Craddock	Raheny Shamrock A.C.	Inter Women		Raheny Shamrock A.C.	
Lucy Barrett	Raheny Shamrock A.C.	Inter Women		Raheny Shamrock A.C.	
Orla Gilheaney	Raheny Shamrock A.C.	Inter Women		Raheny Shamrock A.C.	
Orla Manley	Raheny Shamrock A.C.	Inter Women		Raheny Shamrock A.C.	
Sinead Murray	Rathfarnham W.S.A.F. A.C.	Inter Women	Y		
Aisling O'Connor	Rathfarnham W.S.A.F. A.C.	Inter Women	Y		
Louise Gaffney	Rathfarnham W.S.A.F. A.C.	Inter Women	Y		
Helen McCready	Rosses A.C.	Inter Women	Y		
Aoife Egan	Sligo A.C.	Inter Women		Sligo A.C.	
Aoife Kilgallon	Sligo A.C.	Inter Women		Sligo A.C.	
Eavan McLoughlin	Sligo A.C.	Inter Women		Sligo A.C.	
Karen Sweeney	Sligo A.C.	Inter Women		Sligo A.C.	
Adelie Reinaudo	Sportsworld A.C.	Inter Women		Sportsworld A.C.	
Ciara Brady	Sportsworld A.C.	Inter Women		Sportsworld A.C.	
Jessica Kennedy	Sportsworld A.C.	Inter Women		Sportsworld A.C.	
Katie Nugent	Sportsworld A.C.	Inter Women		Sportsworld A.C.	
Lisa Madden	Sportsworld A.C.	Inter Women		Sportsworld A.C.	
Louise Jackman	Sportsworld A.C.	Inter Women		Sportsworld A.C.	
Caroline Conway	Sportsworld A.C.	Inter Women	Y		
Elaine Kennedy	Sportsworld A.C.	Inter Women	Y		
Emma Meade	Sportsworld A.C.	Inter Women	Y		
Margaret Crowley	Sportsworld A.C.	Inter Women	Y		
Cheryl Nolan	St. Abbans A.C.	Inter Women	Y		
Sally Forristal	St. Joseph's A.C.	Inter Women	Y		
Aine Kinsella	St. Senans A.C.	Inter Women		St. Senans A.C.	
Bronagh Kearns	St. Senans A.C.	Inter Women		St. Senans A.C.	
Michelle McDonald	St. Senans A.C.	Inter Women		St. Senans A.C.	
Rachel Butler	St. Senans A.C.	Inter Women		St. Senans A.C.	
Nadine Donegan	Tullamore Harriers A.C.	Inter Women	Y		
John Kirwan	Ballyroan Abbeyleix & District A.C.	O35 Men	Y		Laois
Yared Derese	Carrick Aces A.C.	O35 Men		Carrick Aces A.C.	Monaghan
Jason Kehoe	Crusaders A.C.	O35 Men		Crusaders A.C.	
Joseph McDermott	Crusaders A.C.	O35 Men		Crusaders A.C.	



Irish Life Health National Intermediate/Masters XC Dundalk 2nd February 2019

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Name	Club	Age Cat	Individual	Club Team	County Team
Peter O'Toole	Crusaders A.C.	O35 Men		Crusaders A.C.	
Stephen Hurley	Crusaders A.C.	O35 Men		Crusaders A.C.	
William Owens	Crusaders A.C.	O35 Men		Crusaders A.C.	
Eoin Durkan	Donore Harriers	O35 Men		Donore Harriers	
Gavin Keogh	Donore Harriers	O35 Men		Donore Harriers	
Rossa Hurley	Donore Harriers	O35 Men		Donore Harriers	
David Walsh	Drogheda & District A.C.	O35 Men		Drogheda & District A.C.	
Gareth McGlinchy	Dundrum A.C.	O35 Men	Y		Tipperary
Michael Ryan	Dundrum A.C.	O35 Men	Y		Tipperary
Garrett Banahan	Dundrum South Dublin A.C.	O35 Men	Y		
Richard Califf	Dunleer A.C.	O35 Men		Dunleer A.C.	
Brian Harty	East Cork A.C.	O35 Men		East Cork A.C.	
Michael Harty	East Cork A.C.	O35 Men		East Cork A.C.	
Sean McGrath	East Cork A.C.	O35 Men		East Cork A.C.	
Shane Harrington	East Cork A.C.	O35 Men		East Cork A.C.	
Tim Crowley	East Cork A.C.	O35 Men		East Cork A.C.	
Graham Swords	East Cork A.C.	O35 Men		East Cork A.C.	
Peter McMenamin	Finn Valley A.C.	O35 Men		Finn Valley A.C.	
Michael Kerrin	Galway City Harriers A.C.	O35 Men		Galway City Harriers A.C.	
Donal McMorland	Glenmore A.C.	O35 Men	Y		
Shane Lynch	Glenmore A.C.	O35 Men	Y		
David Porter	Inishowen A.C.	O35 Men	Y	Inishowen	
Tim Twomey	Leevale A.C.	O35 Men		Leevale A.C.	
Bernard O'Sullivan	Liffey Valley A.C.	O35 Men		Liffey Valley A.C.	
Conor Reilly	Liffey Valley A.C.	O35 Men		Liffey Valley A.C.	
Pierce Geoghegan	Liffey Valley A.C.	O35 Men		Liffey Valley A.C.	
Paul Moloney	Mallow A.C.	O35 Men	Y		
Brian Byrne	Newbridge A.C.	O35 Men	Y		
Mark Mckinstry	North Belfast Harriers	O35 Men	Y		
Barry Meegan	North East Runners A.C.	O35 Men		North East Runners A.C.	
Liam Fergus	North East Runners A.C.	O35 Men		North East Runners A.C.	
Aidan McMoreland	North Sligo A.C.	O35 Men		North Sligo A.C.	
Thomas Lupton	Portlaoise A.C.	O35 Men	Y	Portlaoise	Laois
Gary McLoughlin	Portmarnock A.C.	O35 Men	Y		
jamie Gahan	Portmarnock A.C.	O35 Men	Y		
Ian Conroy	Raheny Shamrock A.C.	O35 Men		Raheny Shamrock A.C.	



Irish Life Health National Intermediate/Masters XC Dundalk 2nd February 2019

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Name	Club	Age Cat	Individual	Club Team	County Team
Ciaran McCarthy	Raheny Shamrock A.C.	O35 Men		Raheny Shamrock A.C.	
Eric Champ	Raheny Shamrock A.C.	O35 Men		Raheny Shamrock A.C.	
Will Walsh	Raheny Shamrock A.C.	O35 Men		Raheny Shamrock A.C.	
Wes Grant	Raheny Shamrock A.C.	O35 Men		Raheny Shamrock A.C.	
Ian Mc Conkey	Raheny Shamrock A.C.	O35 Men		Raheny Shamrock A.C.	
John Clarke	Raheny Shamrock A.C.	O35 Men		Raheny Shamrock A.C.	
Rory O'Sullivan	Raheny Shamrock A.C.	O35 Men		Raheny Shamrock A.C.	
Eoin Flynn	Rathfarnham W.S.A.F. A.C.	O35 Men		Rathfarnham W.S.A.F. A.C.	
Louis McCarthy	Rathfarnham W.S.A.F. A.C.	O35 Men		Rathfarnham W.S.A.F. A.C.	
Ciaran Aylward	Rathfarnham W.S.A.F. A.C.	O35 Men		Rathfarnham W.S.A.F. A.C.	
Gael Hernandez	Rathfarnham W.S.A.F. A.C.	O35 Men		Rathfarnham W.S.A.F. A.C.	
Kevin Donagher	Rathfarnham W.S.A.F. A.C.	O35 Men		Rathfarnham W.S.A.F. A.C.	
Martin Brennan	Sligo A.C.	O35 Men		Sligo A.C.	
Gareth Murran	Sportsworld A.C.	O35 Men		Sportsworld A.C.	
Karl Chatterton	Sportsworld A.C.	O35 Men		Sportsworld A.C.	
KarolDavid Cronin	Sportsworld A.C.	O35 Men		Sportsworld A.C.	
Kevin Curran	Sportsworld A.C.	O35 Men		Sportsworld A.C.	
Padraig Looby	Sportsworld A.C.	O35 Men	Y		
Michael O'Connor	St. Abbans A.C.	O35 Men	Y		Laois
Stephen Hunter	St. Abbans A.C.	O35 Men	Y		Laois
John Treacy	Thurles Crokes A.C.	O35 Men	Y	Thurles Crokes A.C.	Tipperary
John Fitzgibbon	Thurles Crokes A.C.	O35 Men	Y	Thurles Crokes A.C.	Tipperary
Leonard Mooney	Tullamore Harriers A.C.	O35 Men		Tullamore Harriers A.C.	
Peter Bennett	Tullamore Harriers A.C.	O35 Men		Tullamore Harriers A.C.	
Jennifer Goggin Walsh	Carraig-Na-Bhfear A.C.	O35 Women		Carraig-Na-Bhfear A.C.	



Irish Life Health National Intermediate/Masters XC Dundalk 2nd February 2019

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Name	Club	Age Cat	Individual	Club Team	County Team
Anna Lisowska	Clara A.C.	O35 Women	Y		
Aine Roche	Clonmel A.C.	O35 Women	Y		
Emer Kenny	Crusaders A.C.	O35 Women		Crusaders A.C.	
Grainne Regan	Crusaders A.C.	O35 Women		Crusaders A.C.	
Lisa Shine	Crusaders A.C.	O35 Women		Crusaders A.C.	
Maria Kennedy	Crusaders A.C.	O35 Women		Crusaders A.C.	
Maria del Carmen Jimer	Crusaders A.C.	O35 Women		Crusaders A.C.	
Karla Doran	Donore Harriers	O35 Women		Donore Harriers	
Ariana Ball	Donore Harriers	O35 Women		Donore Harriers	
Maura Kearns	Donore Harriers	O35 Women		Donore Harriers	
Rhona McHugh	Donore Harriers	O35 Women		Donore Harriers	
Linda Grogan	Dundrum A.C.	O35 Women		Dundrum A.C.	Tipperary
Dymphna Ryan	Dundrum A.C.	O35 Women		Dundrum A.C.	Tipperary
Karen Coughlan	Dundrum A.C.	O35 Women		Dundrum A.C.	Tipperary
Joanne McNabb	Finn Valley A.C.	O35 Women		Finn Valley A.C.	
Deirdre McCrae	Galway City Harriers A.C.	O35 Women		Galway City Harriers A.C.	
Niamh Hennelly	Galway City Harriers A.C.	O35 Women		Galway City Harriers A.C.	
Niamh Hennelly	Galway City Harriers A.C.	O35 Women		Galway City Harriers A.C.	Galway
Deirdre Mccrae	Galway City Harriers A.C.	O35 Women		Galway City Harriers A.C.	Galway
Eimear Nic an bhaird	Liffey Valley A.C.	O35 Women		Liffey Valley A.C.	
Lorraine Bolster	Mallow A.C.	O35 Women		Mallow A.C.	
Angela Fogarty	Moyne A.C.	O35 Women	Y		Tipperary
Michelle Cox	Newbridge A.C.	O35 Women	Y		
Laura Mathews	North East Runners A.C.	O35 Women		North East Runners A.C.	
Aisling VanRensburg	North Sligo A.C.	O35 Women		North Sligo A.C.	
Catherine Lipsett	North Sligo A.C.	O35 Women		North Sligo A.C.	
Fiona Hennigan	North Sligo A.C.	O35 Women		North Sligo A.C.	
Grace Reilly	Portlaoise A.C.	O35 Women	Y		
Jenny Mulry	Raheny Shamrock A.C.	O35 Women		Raheny Shamrock A.C.	
Kate Purcell	Raheny Shamrock A.C.	O35 Women		Raheny Shamrock A.C.	
Clare Sullivan	Rathfarnham W.S.A.F. A.C.	O35 Women		Rathfarnham W.S.A.F. A.C.	
Mary Hayde	Sli Cualann	O35 Women	Y		
Deirdre O'Connell	Sportsworld A.C.	O35 Women		Sportsworld A.C.	
Mary Finn	Sportsworld A.C.	O35 Women		Sportsworld A.C.	



Irish Life Health National Intermediate/Masters XC Dundalk 2nd February 2019

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Name	Club	Age Cat	Individual	Club Team	County Team
Naoise Waldron	Sportsworld A.C.	O35 Women		Sportsworld A.C.	
Patricia Fitzmaurice	Sportsworld A.C.	O35 Women		Sportsworld A.C.	
Maura Ginty	Sportsworld A.C.	O35 Women		Sportsworld A.C.	
Anita Murphy	St. Finbarrs A.C.	O35 Women		St. Finbarrs A.C.	
Irene Eighan	St. Finbarrs A.C.	O35 Women		St. Finbarrs A.C.	
Martina Kiely	St. Finbarrs A.C.	O35 Women		St. Finbarrs A.C.	
Margaret Lillis	St. Finbarrs A.C.	O35 Women	Y		
Carmel Fitzgibbon	Thurles Crokes A.C.	O35 Women	Y		Tipperary
Catheriona Meehan	Tullamore Harriers A.C.	O35 Women		Tullamore Harriers A.C.	
Jennifer Burke	Tullamore Harriers A.C.	O35 Women		Tullamore Harriers A.C.	
Nita Mcloughlin	Tullamore Harriers A.C.	O35 Women		Tullamore Harriers A.C.	
Tara McKinney	Tullamore Harriers A.C.	O35 Women		Tullamore Harriers A.C.	
Ruth Millerick	Youghal A.C.	O35 Women		Youghal A.C.	
Deirdre Ansbro	Youghal A.C.	O35 Women		Youghal A.C.	
Tim O'Connor	An Ríocht A.C.	O40 Men	Y		
Gareth Kelly	Armagh A.C.	O40 Men	Y		
Patrick Cassidy	Carrick Aces A.C.	O40 Men		Carrick Aces A.C.	Monaghan
Raymond Smith	Carrick Aces A.C.	O40 Men		Carrick Aces A.C.	Monaghan
Shane Connolly	Carrick Aces A.C.	O40 Men		Carrick Aces A.C.	Monaghan
Alan Hill	Carrick Aces A.C.	O40 Men			Monaghan
Aidan McDonnell	Carrick Aces A.C.	O40 Men	Y		
Patrick Roche	Carrick-on-Suir A.C.	O40 Men	Y		Tipperary
Gary Park	Crusaders A.C.	O40 Men		Crusaders A.C.	
Ger Forde	Crusaders A.C.	O40 Men		Crusaders A.C.	
Patrick Needham	Crusaders A.C.	O40 Men		Crusaders A.C.	
Emmet Ó Briain	Donore Harriers	O40 Men		Donore Harriers	
Fintan Maher	Drogheda & District A.C.	O40 Men		Drogheda & District A.C.	
Paul Smith	Drogheda & District A.C.	O40 Men		District A.C.	
Stephen Kelly	Drogheda & District A.C.	O40 Men		Drogheda & District A.C.	
Seoirse Comerford	Dunboyne A.C.	O40 Men	Y		
Barry McGinn	Dunleer A.C.	O40 Men		Dunleer A.C.	
Padraig O'Mahony	Dunleer A.C.	O40 Men		Dunleer A.C.	
Raymond Hughes	Dunleer A.C.	O40 Men		Dunleer A.C.	



Irish Life Health National Intermediate/Masters XC Dundalk 2nd February 2019

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Name	Club	Age Cat	Individual	Club Team	County Team
Barry Harron	Finn Valley A.C.	O40 Men		Finn Valley A.C.	
Barry Gallagher	Finn Valley A.C.	O40 Men		Finn Valley A.C.	
Shane McNulty	Finn Valley A.C.	O40 Men		Finn Valley A.C.	
John McElhill	Finn Valley A.C.	O40 Men		Finn Valley A.C.	
Brian O'Connor	Galway City Harriers A.C.	O40 Men		Galway City Harriers A.C.	
Brian Bruton	Galway City Harriers A.C.	O40 Men		Galway City Harriers A.C.	
John Morrissey	Galway City Harriers A.C.	O40 Men		Galway City Harriers A.C.	
Seamus Leddy	Galway City Harriers A.C.	O40 Men		Galway City Harriers A.C.	
Ciaran Walsh	Glenmore A.C.	O40 Men	Y		
Malcolm McGee	Inishowen A.C.	O40 Men	Y	Inishowen	
Nicky Foley	Kilmore A.C.	O40 Men	Y		Wexford
Alfie Davis	Leevale A.C.	O40 Men		Leevale A.C.	
Sean Dowling	Leevale A.C.	O40 Men		Leevale A.C.	
Anthony McMahon	Liffey Valley A.C.	O40 Men		Liffey Valley A.C.	
Ciaran Reilly	Liffey Valley A.C.	O40 Men		Liffey Valley A.C.	
Matthew Blyth	Liffey Valley A.C.	O40 Men		Liffey Valley A.C.	
John Fogarty	Moycarkey Coolcree A.C.	O40 Men	Y		Tipperary
Maurice McMahon	North East Runners A.C.	O40 Men		North East Runners A.C.	
Niall Gorham	North East Runners A.C.	O40 Men		North East Runners A.C.	
Eamon McAndrew	North Sligo A.C.	O40 Men		North Sligo A.C.	
Leo Donlon	North Sligo A.C.	O40 Men		North Sligo A.C.	
Colm Fitzgerald	Portlaoise A.C.	O40 Men		Portlaoise	Laois
Cyril Cuddy	Portlaoise A.C.	O40 Men		Portlaoise	Laois
Barry Minnock	Rathfarnham W.S.A.F. A.C.	O40 Men		Rathfarnham W.S.A.F. A.C.	
Mark Ryan	Rathfarnham W.S.A.F. A.C.	O40 Men		Rathfarnham W.S.A.F. A.C.	
Paul Fleming	Rathfarnham W.S.A.F. A.C.	O40 Men		Rathfarnham W.S.A.F. A.C.	
Shane Hayes	Sligo A.C.	O40 Men		Sligo A.C.	
Michael Cunningham	Sportsworld A.C.	O40 Men		Sportsworld A.C.	
Phil Kilgannon	Sportsworld A.C.	O40 Men		Sportsworld A.C.	
Wesley Harrison	Sportsworld A.C.	O40 Men		Sportsworld A.C.	
Justin McKeever	Sportsworld A.C.	O40 Men		Sportsworld A.C.	
Ronan Masterson	Sportsworld A.C.	O40 Men		Sportsworld A.C.	
Brian Conway	Sportsworld A.C.	O40 Men	Y		



Irish Life Health National Intermediate/Masters XC Dundalk 2nd February 2019

**Provisional
Entry list**

Name	Club	Age Cat	Individual	Club Team	County Team
Karl Shevlin	Sportsworld A.C.	O40 Men	Y		
Mark Hollowed	Sportsworld A.C.	O40 Men	Y		
Paul Hamilton	Sportsworld A.C.	O40 Men	Y		
Denis Shanahan	Thurles Crokes A.C.	O40 Men	Y	Thurles Crokes A.C.	
John Russell	Thurles Crokes A.C.	O40 Men		Thurles Crokes A.C.	
John Russell	Thurles Crokes A.C.	O40 Men	Y		Tipperary
John Dillon	Tinryland A.C.	O40 Men	Y		
Conor Mooney	Tullamore Harriers A.C.	O40 Men		Tullamore Harriers A.C.	
David Fox	Tullamore Harriers A.C.	O40 Men		Tullamore Harriers A.C.	
Cliona Hurley	Carraig-Na-Bhfear A.C.	O40 Women		Carraig-Na-Bhfear A.C.	
Denise Toner	Clones A.C.	O40 Women	Y		
Clíodhna Ruane	Corrib	O40 Women	Y		Galway
Clíodhna Carthy	Donore Harriers	O40 Women		Donore Harriers	
Audrey Gahan	Donore Harriers	O40 Women		Donore Harriers	
Bronagh Elliott	Donore Harriers	O40 Women		Donore Harriers	
Ciara O'Reilly	Drogheda & District A.C.	O40 Women	Y		
Mary Leech	Drogheda & District A.C.	O40 Women	Y		
Mairead Julian	Dundrum A.C.	O40 Women		Dundrum A.C.	Tipperary
Dearbhla Greene	Dunleer A.C.	O40 Women		Dunleer A.C.	
Karen Costello	Dunleer A.C.	O40 Women		Dunleer A.C.	
Nicola Welsh	Dunleer A.C.	O40 Women		Dunleer A.C.	
Nicola Courtney	Dunleer A.C.	O40 Women		Dunleer A.C.	
Catherine Dooher	Finn Valley A.C.	O40 Women		Finn Valley A.C.	
Teresa Doherty	Finn Valley A.C.	O40 Women		Finn Valley A.C.	
Helen Corbett	Galway City Harriers A.C.	O40 Women		Galway City Harriers A.C.	
Sinead Foran	Galway City Harriers A.C.	O40 Women		Galway City Harriers A.C.	
Grainne Ni Uallachain	Galway City Harriers A.C.	O40 Women		Galway City Harriers A.C.	Galway
Sinead Foran	Galway City Harriers A.C.	O40 Women		Galway City Harriers A.C.	Galway
Helen Corbett	Galway City Harriers A.C.	O40 Women		Galway City Harriers A.C.	Galway
Gráinne Ní Uallacháin	Galway City Harriers A.C.	O40 Women		Galway City Harriers A.C.	
fionnuala diver	Letterkenny A.C.	O40 Women	Y		



Irish Life Health National Intermediate/Masters XC Dundalk 2nd February 2019

Provisional
Entry list

Name	Club	Age Cat	Individual	Club Team	County Team
Geraldine Feely	Liffey Valley A.C.	O40 Women		Liffey Valley A.C.	
Maeve Walsh	Liffey Valley A.C.	O40 Women		Liffey Valley A.C.	
Anna Borkowska	Mallow A.C.	O40 Women		Mallow A.C.	
Linda Cunningham	Mullingar Harriers A.C.	O40 Women		Mullingar	Westmeath
Aine O'Reilly	Mullingar Harriers A.C.	O40 Women		Mullingar	Westmeath
Cathriona Faulkner	North East Runners A.C.	O40 Women		North East Runners A.C.	
Marita McMorrow	North Sligo A.C.	O40 Women		North Sligo A.C.	
Catherine Brogan	Portmarnock A.C.	O40 Women	Y		
Sarah Quigley	Raheny Shamrock A.C.	O40 Women		Raheny Shamrock A.C.	
Zoe Quinn	Raheny Shamrock A.C.	O40 Women		Raheny Shamrock A.C.	
Clare Shiels	Rathfarnham W.S.A.F. A.C.	O40 Women		Rathfarnham W.S.A.F. A.C.	
Esther Lawlor	Rathfarnham W.S.A.F. A.C.	O40 Women		Rathfarnham W.S.A.F. A.C.	
Lian Brady	Rathfarnham W.S.A.F. A.C.	O40 Women		Rathfarnham W.S.A.F. A.C.	
Noreen Fitzsimons	Rathfarnham W.S.A.F. A.C.	O40 Women		Rathfarnham W.S.A.F. A.C.	
Helen O'Callaghan	Riverstick/Kinsale A.C.	O40 Women	Y		
Catherine O'Connor	Sli Cualann	O40 Women	Y		
Catherine Bambrick	Sportsworld A.C.	O40 Women		Sportsworld A.C.	
Martina Nolan-Jones	Sportsworld A.C.	O40 Women		Sportsworld A.C.	
Ruth Kelly	Sportsworld A.C.	O40 Women		Sportsworld A.C.	
Noreen Brouder	Sportsworld A.C.	O40 Women		Sportsworld A.C.	
Niamh Cronin	St. Finbarrs A.C.	O40 Women		St. Finbarrs A.C.	
Riina Kuuselo	St. Finbarrs A.C.	O40 Women		St. Finbarrs A.C.	
Sorcha Kearney	St. Finbarrs A.C.	O40 Women		St. Finbarrs A.C.	
EVELYN HERLIHY	Tullamore Harriers A.C.	O40 Women		Tullamore Harriers A.C.	
Ann marie Holland	Youghal A.C.	O40 Women		Youghal A.C.	
Patrick McCabe	Carrick Aces A.C.	O45 Men		Carrick Aces A.C.	Monaghan
Marc Wynne	Carrick Aces A.C.	O45 Men		Carrick Aces A.C.	
Georgie Martin	Carrick Aces A.C.	O45 Men			Monaghan
Ciaran Diviney	Crusaders A.C.	O45 Men		Crusaders A.C.	
Eddie Nugent	Crusaders A.C.	O45 Men		Crusaders A.C.	
Rob Cross	Crusaders A.C.	O45 Men		Crusaders A.C.	
Alan Farrell	Donore Harriers	O45 Men		Donore Harriers	



Irish Life Health National Intermediate/Masters XC Dundalk 2nd February 2019

**Provisional
Entry list**

Name	Club	Age Cat	Individual	Club Team	County Team
Niall Lynch	Donore Harriers	O45 Men		Donore Harriers	
Mark O'Shea	Drogheda & District A.C.	O45 Men		Drogheda & District A.C.	
Shane Larkin	Drogheda & District A.C.	O45 Men		Drogheda & District A.C.	
martin glynn	Ennis Track A.C.	O45 Men	Y		
Kenny O'Donnell	Finn Valley A.C.	O45 Men		Finn Valley A.C.	
Owen McKinney	Inishowen A.C.	O45 Men	Y	Inishowen	
Michael O'Flaherty	Kilmore A.C.	O45 Men	Y		Wexford
Paul Balfe	Liffey Valley A.C.	O45 Men		Liffey Valley A.C.	
Jason Murray	Metro/St. Brigid's A.C.	O45 Men	Y		
Gerard Hanley	Mooreabbey Milers A.C.	O45 Men	Y		Tipperary
Declan Toal	North East Runners A.C.	O45 Men		North East Runners A.C.	
Kevin Hamill	North East Runners A.C.	O45 Men		North East Runners A.C.	
Pat McElarney	North East Runners A.C.	O45 Men		North East Runners A.C.	
Alan Wallace	North Sligo A.C.	O45 Men		North Sligo A.C.	
Craig Brennan	North Sligo A.C.	O45 Men		North Sligo A.C.	
Ray Gillen	North Sligo A.C.	O45 Men		North Sligo A.C.	
Thomas Kelly	North Sligo A.C.	O45 Men		North Sligo A.C.	
Tony Reilly	Portlaoise A.C.	O45 Men		Portlaoise	Laois
Barry Mulvihill	Rathfarnham W.S.A.F. A.C.	O45 Men		Rathfarnham W.S.A.F. A.C.	
Bill Carty	Sligo A.C.	O45 Men		Sligo A.C.	
David Kearins	Sligo A.C.	O45 Men		Sligo A.C.	
Bruce Campbell	Sportsworld A.C.	O45 Men		Sportsworld A.C.	
John Dwyer	Sportsworld A.C.	O45 Men	Y		
Jose Chapa	Sportsworld A.C.	O45 Men	Y		
Mark Heffernan	Sportsworld A.C.	O45 Men	Y		
Brian Landers	Youghal A.C.	O45 Men		Youghal A.C.	
Liza Davis	Carraig-Na-Bhfear A.C.	O45 Women		Carraig-Na-Bhfear A.C.	
Mary Fitzgerald	Carraig-Na-Bhfear A.C.	O45 Women		Carraig-Na-Bhfear A.C.	
Sonya Walsh	Carraig-Na-Bhfear A.C.	O45 Women		Carraig-Na-Bhfear A.C.	
Michelle Lannon	Carrick-on-Shannon A.C.	O45 Women	Y		
Angela Eustace	Donore Harriers	O45 Women		Donore Harriers	
Anne Curley	Donore Harriers	O45 Women		Donore Harriers	
Florence Curley	Donore Harriers	O45 Women		Donore Harriers	



Irish Life Health National Intermediate/Masters XC Dundalk 2nd February 2019

Provisional
Entry list

Name	Club	Age Cat	Individual	Club Team	County Team
Julia Hackett	Donore Harriers	O45 Women		Donore Harriers	
Mary Murphy	Donore Harriers	O45 Women		Donore Harriers	
Yasmin Canning	Drogheda & District A.C.	O45 Women	Y		
Martha Quirke	Dundrum A.C.	O45 Women		Dundrum A.C.	Tipperary
ann marie connellan	Ennis Track A.C.	O45 Women	Y		
Catriona Devine	Finn Valley A.C.	O45 Women		Finn Valley A.C.	
Ita Kelly	Finn Valley A.C.	O45 Women		Finn Valley A.C.	
Jackie Carty	Kilmore A.C.	O45 Women	Y		
Christine Roche	Liffey Valley A.C.	O45 Women		Liffey Valley A.C.	
Breda Gaffney	Mallow A.C.	O45 Women		Mallow A.C.	
Ida Kelleher	Mallow A.C.	O45 Women		Mallow A.C.	
Joanne McCann	Mallow A.C.	O45 Women		Mallow A.C.	
Breda Daly	Mullingar Harriers A.C.	O45 Women		Mullingar	Westmeath
Ursula Noone	North East Runners A.C.	O45 Women		North East Runners A.C.	
Karen Caldwell	North East Runners A.C.	O45 Women		North East Runners A.C.	
Brid NiChonaill	Raheny Shamrock A.C.	O45 Women		Raheny Shamrock A.C.	
Jenny Colbert	Raheny Shamrock A.C.	O45 Women		Raheny Shamrock A.C.	
Donna Mahon	Rathfarnham W.S.A.F. A.C.	O45 Women		Rathfarnham W.S.A.F. A.C.	
Maria Brennan	Rathfarnham W.S.A.F. A.C.	O45 Women		Rathfarnham W.S.A.F. A.C.	
Vanessa Sallier	Rathfarnham W.S.A.F. A.C.	O45 Women		Rathfarnham W.S.A.F. A.C.	
Ashling Smith	Sli Cualann	O45 Women	Y		
Valerie Lacey-Power	Sportsworld A.C.	O45 Women		Sportsworld A.C.	
Ann-Marie Healy	St. Finbarrs A.C.	O45 Women		St. Finbarrs A.C.	
Anne Wolfe	St. Finbarrs A.C.	O45 Women		St. Finbarrs A.C.	
Dympna FOX	Tullamore Harriers A.C.	O45 Women		Tullamore Harriers A.C.	
Evelyn Cashman	Youghal A.C.	O45 Women		Youghal A.C.	
Michelle Nolan	Youghal A.C.	O45 Women		Youghal A.C.	
Conor O'Reilly	Balbriggan & District	O50 Men	Y		
Michael Magee	Beechmount Harriers A.C.	O50 Men	Y		
Andy Masterson	Birr A.C.	O50 Men	Y		
Ian Egan	Castlegar	O50 Men			Galway
Ian Egan	Castlegar A.C.	O50 Men	Y		
Kevin Dowling	Clonliffe Harriers A.C.	O50 Men		Clonliffe Harriers A.C.	



Irish Life Health National Intermediate/Masters XC Dundalk 2nd February 2019

**Provisional
Entry list**

Name	Club	Age Cat	Individual	Club Team	County Team
Conor Fleming	Clonmel A.C.	O50 Men	Y		Tipperary
Dave Evans	Craughwell	O50 Men			Galway
Michael Nohilly	CRH	O50 Men			Galway
Des Gill	Donore Harriers	O50 Men		Donore Harriers	
Peter Nugent	Donore Harriers	O50 Men		Donore Harriers	
Tom Fagan	Donore Harriers	O50 Men		Donore Harriers	
Phelim Glynn	Dunboyne A.C.	O50 Men	Y		
Dermot Hayes	Dundrum A.C.	O50 Men	Y	Dundrum A.C.	Tipperary
Jim Halley	Dundrum A.C.	O50 Men	Y	Dundrum A.C.	Tipperary
Eric Meade	East Cork A.C.	O50 Men		East Cork A.C.	
Kieran Carlin	Finn Valley A.C.	O50 Men		Finn Valley A.C.	
John Moran	Galway City Harriers A.C.	O50 Men		Galway City Harriers A.C.	
Niall Murphy	Galway City Harriers A.C.	O50 Men		Galway City Harriers A.C.	
Pat Sherry	Galway City Harriers A.C.	O50 Men		Galway City Harriers A.C.	
Niall Murphy	Galway City Harriers A.C.	O50 Men			Galway
Pat Sherry	Galway City Harriers A.C.	O50 Men			Galway
John Moran	Galway City Harriers A.C.	O50 Men			Galway
Robert Purcell	Gneeveguilla A.C.	O50 Men	Y		
Finbarr Gallagher	Inishowen A.C.	O50 Men	Y	Inishowen	
Martin McLucas	Inishowen A.C.	O50 Men	Y	Inishowen	
Michael Collins	Inishowen A.C.	O50 Men	Y	Inishowen	
Pauric McKinney	Inishowen A.C.	O50 Men	Y	Inishowen	
Ian O'Leary	Leevale A.C.	O50 Men		Leevale A.C.	
Mel Hilliard	Metro/St. Brigid's A.C.	O50 Men	Y		
Mike Hallahan	Midleton A.C.	O50 Men	Y		
Damien Holian	Mooreabbey Milers A.C.	O50 Men	Y		Tipperary
Tom Blackburn	Mooreabbey Milers A.C.	O50 Men	Y		Tipperary
Andrew Shields	North Belfast Harriers	O50 Men	Y	North Belfast	
Eamon White	North Belfast Harriers	O50 Men	Y	North Belfast	
Neil Carty	North Belfast Harriers	O50 Men	Y	North Belfast	
Eamon Murphy	North Sligo A.C.	O50 Men		North Sligo A.C.	
Patrick McLoughlin	Oughaval A.C.	O50 Men	Y		
Aengus Burke	Portlaoise A.C.	O50 Men		Portlaoise	Laois
Donald Quinn	Raheny Shamrock A.C.	O50 Men		Raheny Shamrock A.C.	
Mick Kehoe	Raheny Shamrock A.C.	O50 Men		Raheny Shamrock A.C.	
David O'Hara	Raheny Shamrock A.C.	O50 Men		Raheny Shamrock A.C.	



Irish Life Health National Intermediate/Masters XC Dundalk 2nd February 2019

**Provisional
Entry list**

Name	Club	Age Cat	Individual	Club Team	County Team
Peter Smyth	Raheny Shamrock A.C.	O50 Men		Raheny Shamrock A.C.	
David Feeney	Raheny Shamrock A.C.	O50 Men		Raheny Shamrock A.C.	
Jim Keogh	Raheny Shamrock A.C.	O50 Men		Raheny Shamrock A.C.	
Edwin Keville	Rathfarnham W.S.A.F. A.C.	O50 Men		Rathfarnham W.S.A.F. A.C.	
Pearse Coyle	Rathfarnham W.S.A.F. A.C.	O50 Men		Rathfarnham W.S.A.F. A.C.	
Eric Cullen	Rathfarnham W.S.A.F. A.C.	O50 Men	Y		
Paul Murphy	Slaney Olympic A.C.	O50 Men		Slaney Olympic	Wexford
Billy Reck	Slaney Olympic A.C.	O50 Men		Slaney Olympic	Wexford
David Barron	Slaney Olympic A.C.	O50 Men		Slaney Olympic	Wexford
David Kehoe	Slaney Olympic A.C.	O50 Men		Slaney Olympic	Wexford
Dominic Horan	Sli Cualann	O50 Men	Y		
Kevin McGlone	Sligo A.C.	O50 Men		Sligo A.C.	
Anthony Gillen	Sportsworld A.C.	O50 Men		Sportsworld A.C.	
Edward McEntee	Sportsworld A.C.	O50 Men		Sportsworld A.C.	
Jim Browne	Sportsworld A.C.	O50 Men		Sportsworld A.C.	
Joe Byrne	Sportsworld A.C.	O50 Men		Sportsworld A.C.	
Padraic Moran	Sportsworld A.C.	O50 Men		Sportsworld A.C.	
Peter Knaggs	Sportsworld A.C.	O50 Men		Sportsworld A.C.	
Martin Hynes	Tuam	O50 Men			Galway
Dan O'Rourke	Tuam	O50 Men			Galway
Alan Heffernan	Tullamore Harriers A.C.	O50 Men		Tullamore Harriers A.C.	
Brendan Abbott	Tullamore Harriers A.C.	O50 Men		Tullamore Harriers A.C.	
Liam Byrne	Tullamore Harriers A.C.	O50 Men		Tullamore Harriers A.C.	
Pat O'Callaghan	United Striders A.C.	O50 Men		United Striders A.C.	Wexford
Ted Flannelly	United Striders A.C.	O50 Men		United Striders A.C.	Wexford
Gavin Kelly	United Striders A.C.	O50 Men		United Striders A.C.	
Martin O'Keeffe	Youghal A.C.	O50 Men		Youghal A.C.	
Stephen Devereaux	Youghal A.C.	O50 Men		Youghal A.C.	
Donna Evans	Clones A.C.	O50 Women	Y		
Mary McDermott	Donore Harriers	O50 Women		Donore Harriers	
siobhain McArdle	Dublin Bay Running Club	O50 Women	Y		



Irish Life Health National Intermediate/Masters XC Dundalk 2nd February 2019

**Provisional
Entry list**

Name	Club	Age Cat	Individual	Club Team	County Team
Aisling Power	Ennis Track A.C.	O50 Women		Ennis Track A.C.	
Helen O'Hanlon	Ennis Track A.C.	O50 Women		Ennis Track A.C.	
Ita Hanrahan	Ennis Track A.C.	O50 Women		Ennis Track A.C.	
siobhan lennon	Ennis Track A.C.	O50 Women		Ennis Track A.C.	
Eileen McCarthy	Galway City Harriers A.C.	O50 Women		Galway City Harriers A.C.	
Margaret Sheridan	Galway City Harriers A.C.	O50 Women		Galway City Harriers A.C.	
Mags Sheridan	Galway City Harriers A.C.	O50 Women		Galway City Harriers A.C.	Galway
Eileen Mccarthy	Galway City Harriers A.C.	O50 Women		Galway City Harriers A.C.	Galway
Linda Spratt	Liffey Valley A.C.	O50 Women		Liffey Valley A.C.	
Angela O'Connor	Mayo A.C.	O50 Women	Y	Mayo	Mayo
Ann Murray	Mayo A.C.	O50 Women	Y	Mayo	Mayo
Colette Tuohy	Mayo A.C.	O50 Women	Y	Mayo	Mayo
Sally Drennan	Midleton A.C.	O50 Women	Y		
Emer O'Hanlon	Mullingar Harriers A.C.	O50 Women		Mullingar	Westmeath
Maura Dervin	Mullingar Harriers A.C.	O50 Women		Mullingar	Westmeath
Patricia Broderick	Mullingar Harriers A.C.	O50 Women		Mullingar	Wexford
Bernadette Muckian	North East Runners A.C.	O50 Women	Y	North East Runners A.C.	
Anita Bolton	North East Runners A.C.	O50 Women		North East Runners A.C.	
Mary Gilmartin	North Sligo A.C.	O50 Women		North Sligo A.C.	
Annette Kealy	Raheny Shamrock A.C.	O50 Women		Raheny Shamrock A.C.	
Catherine Monaghan	Sligo A.C.	O50 Women			Sligo
Cindy McCarthy	Sligo A.C.	O50 Women			Sligo
Mari Johnston	Sligo A.C.	O50 Women			Sligo
Ann Higgins	Sportsworld A.C.	O50 Women		Sportsworld A.C.	
Anne Sweeney	Sportsworld A.C.	O50 Women		Sportsworld A.C.	
Siobhan Clarke	Sportsworld A.C.	O50 Women		Sportsworld A.C.	
Francis Mullally	St. Joseph's A.C.	O50 Women	Y		
Deirdre Farrell	Star of the Sea A.C.	O50 Women	Y		
Marie Donegan	Tullamore Harriers A.C.	O50 Women		Tullamore Harriers A.C.	
Mary Daly	Tullamore Harriers A.C.	O50 Women		Tullamore Harriers A.C.	
Rita DalyRavenhill	Tullamore Harriers A.C.	O50 Women		Tullamore Harriers A.C.	
Kevin Griffin	An Ríocht A.C.	O55 Men	Y		



Irish Life Health National Intermediate/Masters XC Dundalk 2nd February 2019

Provisional
Entry list

Name	Club	Age Cat	Individual	Club Team	County Team
Kieran Murphy	Clonliffe Harriers A.C.	O55 Men		Clonliffe Harriers A.C.	
Philip O'Doherty	Clonliffe Harriers A.C.	O55 Men		Clonliffe Harriers A.C.	
Tom Monks	Clonliffe Harriers A.C.	O55 Men		Clonliffe Harriers A.C.	
John Healy	Crusaders A.C.	O55 Men		Crusaders A.C.	
Frank McNally	Donore Harriers	O55 Men		Donore Harriers	
Kenneth Cronin	Donore Harriers	O55 Men		Donore Harriers	
Michael Moore	Dundrum A.C.	O55 Men	Y	Dundrum A.C.	Tipperary
Denis McCarthy	East Cork A.C.	O55 Men		East Cork A.C.	
Mark Connolly	Finn Valley A.C.	O55 Men		Finn Valley A.C.	
Kenneth McBride	Glenmore A.C.	O55 Men	Y		
Frank Sharkey	Lagan Valley	O55 Men	Y		
Philip McDonald	Laragh A.C.	O55 Men	Y		
Tom O'Connor	Liffey Valley A.C.	O55 Men		Liffey Valley A.C.	
Edmond O'Sullivan	Midleton A.C.	O55 Men	Y		
Willie O'Donoghue	Mooreabbey Milers A.C.	O55 Men	Y		Tipperary
DAVID CLARKE	North Belfast Harriers	O55 Men	Y	North Belfast	
Gerry Kenny	North East Runners A.C.	O55 Men		North East Runners A.C.	
Philip McGovern	Raheny Shamrock A.C.	O55 Men		Raheny Shamrock A.C.	
Michael Gyax	Raheny Shamrock A.C.	O55 Men		Raheny Shamrock A.C.	
Tom Cuddy	Rathfarnham W.S.A.F. A.C.	O55 Men		Rathfarnham W.S.A.F. A.C.	
Jim Stafford	Slaney Olympic A.C.	O55 Men		Slaney Olympic	Wexford
Michael Quigley	Slaney Olympic A.C.	O55 Men		Slaney Olympic	Wexford
Mick Byrne	Sli Cualann	O55 Men	Y		
Frank Kelly	Sligo A.C.	O55 Men		Sligo A.C.	
Liam Lenehan	Sportsworld A.C.	O55 Men		Sportsworld A.C.	
Noel Tobin	Sportsworld A.C.	O55 Men		Sportsworld A.C.	
Ger Moloney	St. Pauls A.C.	O55 Men			Wexford
TJ Whyte	Tuam	O55 Men			Galway
Francis Mollen	Tullamore Harriers A.C.	O55 Men		Tullamore Harriers A.C.	
Sean Reynolds	Tullamore Harriers A.C.	O55 Men	Y		
Matt Flannelly	United Striders A.C.	O55 Men		United Striders A.C.	Wexford
Noel Curtin	Youghal A.C.	O55 Men		Youghal A.C.	
Niamh O'Sullivan	An Ríocht A.C.	O55 Women	Y		



Irish Life Health National Intermediate/Masters XC Dundalk 2nd February 2019

Provisional
Entry list

Name	Club	Age Cat	Individual	Club Team	County Team
Marrion Morris	Bohermeen A.C.	O55 Women	Y		
Ann Sullivan	D.M.P. A.C.	O55 Women	Y		
Gloria Donaghy	Finn Valley A.C.	O55 Women		Finn Valley A.C.	
Kay Byrne	Finn Valley A.C.	O55 Women		Finn Valley A.C.	
Barbara Bergin	Galway City Harriers A.C.	O55 Women		Galway City Harriers A.C.	
Barbara Bergin	Galway City Harriers A.C.	O55 Women		Galway City Harriers A.C.	Galway
Michelle O'Mahoney	Kilmurray/lbrick/N.Clare A.C.	O55 Women	Y		
sue garrahy	Kilmurray/lbrick/N.Clare A.C.	O55 Women	Y		
Mary Watters	Navan A.C.	O55 Women	Y		
Rosaleen C Clare	North East Runners A.C.	O55 Women		North East Runners A.C.	
Jean Dunne	Raheny Shamrock A.C.	O55 Women		Raheny Shamrock A.C.	
Noreen Joyce	Sligo A.C.	O55 Women			Sligo
Aileen Melody	Sportsworld A.C.	O55 Women		Sportsworld A.C.	
Eileen Rowland	Sportsworld A.C.	O55 Women		Sportsworld A.C.	
Ellen Lavin	Sportsworld A.C.	O55 Women		Sportsworld A.C.	
MARTINA CONLON	Tullamore Harriers A.C.	O55 Women		Tullamore Harriers A.C.	
Mary O'Keefe	Youghal A.C.	O55 Women		Youghal A.C.	
Chris Keeling	Balbriggan & District	O60 Men	Y		
Martin McDonald	Ballyroan Abbeyleix & District A.C.	O60 Men	Y		Laois
Robert Bigger	Derry Track Club	O60 Men	Y		
Tony Griffin	Donore Harriers	O60 Men		Donore Harriers	
John Moore	Dundrum A.C.	O60 Men	Y	Dundrum A.C.	Tipperary
james kenny	Kilmurray/lbrick/N.Clare A.C.	O60 Men	Y		
James Sexton	Kilmurray/lbrick/N.Clare A.C.	O60 Men	Y		
Laurence Johnston	North Belfast Harriers	O60 Men	Y	North Belfast	
Matt Shields	North Belfast Harriers	O60 Men	Y	North Belfast	
John McCabe	Rathfarnham W.S.A.F. A.C.	O60 Men		Rathfarnham W.S.A.F. A.C.	
Andrew Rogers	St. Peter's A.C.	O60 Men	Y		
Tommy Payne	Tinryland A.C.	O60 Men	Y		
Majella Diskin	An Ríocht A.C.	O60 Women	Y		
Sheelagh Jones	Dundrum South Dublin A.C.	O60 Women	Y		
Noreen Bonner	Finn Valley A.C.	O60 Women		Finn Valley A.C.	
Pauline Moran	Mayo A.C.	O60 Women	Y	Mayo	Mayo
Joan Hough	Midleton A.C.	O60 Women	Y		
Patricia Mulholland	North East Runners A.C.	O60 Women		North East Runners A.C.	



Irish Life Health National Intermediate/Masters XC Dundalk 2nd February 2019

Provisional
Entry list

Name	Club	Age Cat	Individual	Club Team	County Team
Anne Mangan	Star of the Laune A.C.	O60 Women	Y		
Mary Galvin	Tullamore Harriers A.C.	O60 Women		Tullamore Harriers A.C.	
Carmel Mc Domhnaill	West Limerick	O60 Women	Y		
Paul Elliot	Beechmount Harriers A.C.	O65 Men	Y		
George Maybury	Clonliffe Harriers A.C.	O65 Men		Clonliffe Harriers A.C.	
Matt Slattery	Clonliffe Harriers A.C.	O65 Men		Clonliffe Harriers A.C.	
Pat Devitt	Clonliffe Harriers A.C.	O65 Men		Clonliffe Harriers A.C.	
Shay Byrne	Clonliffe Harriers A.C.	O65 Men		Clonliffe Harriers A.C.	
Andy Talbot	CRH	O65 Men			Galway
Barry Potts	Donore Harriers	O65 Men	Y		
John Quigley	Eagle A.C.	O65 Men		Eagle A.C.	
Ken Higgs	Eagle A.C.	O65 Men		Eagle A.C.	
Pat Twomey	Eagle A.C.	O65 Men		Eagle A.C.	
Shane Dowling	Leevale A.C.	O65 Men	Y		
Martin Kerr	Milford A.C.	O65 Men	Y		
Brian Lynch	North East Runners A.C.	O65 Men	Y		
William Belton	Sli Cualann	O65 Men	Y		
Ray Carpenter	Sportsworld A.C.	O65 Men	Y		
Dinny Whelan	St. Abbans A.C.	O65 Men		St. Abbans A.C.	
Johnjoe Murphy	Tinryland A.C.	O65 Men	Y		
Una Reilly	Liffey Valley A.C.	O65 Women	Y		
Margaret Glavey	Mayo A.C.	O65 Women	Y		
Eileen Kenny	Mullingar Harriers A.C.	O65 Women	Y		
Collette O'Hagan	North East Runners A.C.	O65 Women	Y		
Phyllis Browne	Star of the Sea A.C.	O65 Women	Y		
Phil Cribben	CRH	O70 Men			Galway
Frank Kilrane	Edenderry A.C.	O70 Men	Y		
Martin McEvilly	Galway City Harriers A.C.	O70 Men			Galway
Michael Smith	Laragh A.C.	O70 Men	Y		
TJ Beatty	Loughrea	O70 Men			Galway
Richard Duffy	North East Runners A.C.	O70 Men	Y		
Patrick Harding	St. Abbans A.C.	O70 Men		St. Abbans A.C.	
Richard Mullins	St. Abbans A.C.	O70 Men		St. Abbans A.C.	
Martin Keane	Athenry	O75 Men			Galway
Jim Langan	Tullamore Harriers A.C.	O75 Men	Y		
Geraldine Walsh	Mullingar Harriers A.C.	O75 Women	Y		