

| ID  | Time  | Athlete Name      | Team Name                  | Age Category | Position |
|-----|-------|-------------------|----------------------------|--------------|----------|
| 314 | 25:03 | Michael HARTY     | East Cork A.C.             | M40          | 1        |
| 375 | 25:37 | Kenneth ROGERS    | St. John's A.C.            | M35          | 2        |
| 318 | 25:58 | Jon-Jo DOHERTY    | Finn Valley A.C.           | M35          | 3        |
| 349 | 26:00 | Eoin MULLAN       | Omagh Harriers             | M40          | 4        |
| 331 | 26:22 | Pierce GEOGHEGAN  | Liffey Valley A.C.         | M40          | 5        |
| 326 | 26:27 | Brian MURPHY      | Iveragh A.C.               | M40          | 6        |
| 372 | 26:37 | Alexander WALLACE | St. Coca's A.C.            | M45          | 7        |
| 374 | 26:40 | Barry TWOHIG      | St. Finbarrs A.C.          | M45          | 8        |
| 389 | 26:50 | Pat FITZGERALD    | Waterford A.C.             | M35          | 9        |
| 347 | 26:55 | Declan TOAL       | North East Runners A.C.    | M50          | 10       |
| 290 | 26:58 | Stephen CONROY    | Clane A.C.                 | M35          | 11       |
| 358 | 26:59 | Mark RYAN         | Rathfarnham W.S.A.F. A.C.  | M45          | 12       |
| 352 | 27:00 | David KIRWIN      | Raheny Shamrock A.C.       | M45          | 13       |
| 291 | 27:04 | Brian CONROY      | Clane A.C.                 | M40          | 14       |
| 367 | 27:07 | Karoldavid CRONIN | Sportsworld A.C.           | M40          | 15       |
| 388 | 27:11 | Ronan TOLAND      | Victoria Park & Connswater | M45          | 16       |
| 293 | 27:22 | Cathal MCHALE     | Clonliffe Harriers A.C.    | M35          | 17       |
| 317 | 27:26 | Mick FOGARTY      | Ferbane A.C.               | M45          | 18       |
| 390 | 27:27 | Niall O'CALLAGHAN | West Limerick A.C.         | M40          | 19       |
| 355 | 27:27 | David POWER       | Rathfarnham W.S.A.F. A.C.  | M40          | 20       |
| 391 | 27:28 | Karl LENIHAN      | West Limerick A.C.         | M45          | 21       |
| 322 | 27:31 | Chris MCGUINNESS  | Foyle Valley A.C.          | M40          | 22       |
| 300 | 27:33 | Des KENNEDY       | Croghan A.C.               | M55          | 23       |
| 283 | 27:43 | Dermot GORMAN     | Carrick-on-Suir A.C.       | M40          | 24       |
| 313 | 27:46 | Nicky O'DONOGHUE  | East Cork A.C.             | M35          | 25       |
| 371 | 27:56 | Stephen HUNTER    | St. Abbans A.C.            | M40          | 26       |
| 299 | 27:57 | Mark DAVIS        | Craughwell A.C.            | M50          | 27       |

| ID  | Time  | Athlete Name         | Team Name                       | Age Category | Position |
|-----|-------|----------------------|---------------------------------|--------------|----------|
| 285 | 27:58 | James KELLY          | Castlecomer A.C.                | M35          | 28       |
| 311 | 27:59 | Michael HARRINGTON   | Durrus A.C.                     | M50          | 29       |
| 316 | 28:01 | Fergus MCGIRR        | Enniskillen R.C.                | M50          | 30       |
| 378 | 28:08 | Aindriu O'COMHRAIDHE | St. Michael's A.C.              | M40          | 31       |
| 365 | 28:10 | Seamus SOMERS        | Sligo A.C.                      | M50          | 32       |
| 307 | 28:12 | Paul SMITH           | Drogheda and District A.C.      | M45          | 33       |
| 350 | 28:14 | Lea FULCHER          | Plant Based A.C.                | M50          | 34       |
| 294 | 28:17 | Thomas SHERLOCK      | Clonliffe Harriers A.C.         | M35          | 35       |
| 357 | 28:26 | Paul FLEMING         | Rathfarnham W.S.A.F. A.C.       | M45          | 36       |
| 325 | 28:32 | Liam O'CONNOR        | Grange/Fermoy A.C.              | M50          | 37       |
| 298 | 28:34 | Christopher AYLWARD  | Clonmel A.C.                    | M35          | 38       |
| 383 | 28:42 | Ger HARTNETT         | Tuam A.C.                       | M45          | 39       |
| 376 | 28:45 | Gerald TROY          | St. John's A.C.                 | M45          | 40       |
| 319 | 28:47 | Gerard GALLAGHER     | Finn Valley A.C.                | M35          | 41       |
| 356 | 28:55 | Marc FITZACHARY      | Rathfarnham W.S.A.F. A.C.       | M45          | 42       |
| 377 | 28:57 | Niall SHEIL          | St. Killians A.C.               | M45          | 43       |
| 332 | 29:08 | Derek KIELY          | Limerick A.C.                   | M40          | 44       |
| 323 | 29:09 | Conor BYRNE          | Galway City Harriers A.C.       | M35          | 45       |
| 279 | 29:10 | Ronan O'REILLY       | Ballyroan Abbeyleix & Dist A.C. | M55          | 46       |
| 348 | 29:14 | Eamon MURPHY         | North Sligo A.C.                | M55          | 47       |
| 385 | 29:19 | Brendan LYNG         | United Striders A.C.            | M50          | 48       |
| 282 | 29:24 | Colm COSTELLO        | Brothers Pearse A.C.            | M50          | 49       |
| 368 | 29:26 | Paul O'BEIRNE        | Sportsworld A.C.                | M40          | 50       |
| 384 | 29:31 | Patrick CULLETON     | United Striders A.C.            | M50          | 51       |
| 353 | 29:39 | Ciaran AYLWARD       | Rathfarnham W.S.A.F. A.C.       | M40          | 52       |
| 343 | 29:44 | Conor KEATING        | Moycarkey Coolcree A.C.         | M35          | 53       |
| 338 | 29:48 | Stephen BRETT        | Metro/St. Brigids A.C.          | M45          | 54       |

| <b>ID</b> | <b>Time</b> | <b>Athlete Name</b> | <b>Team Name</b>                | <b>Age Category</b> | <b>Position</b> |
|-----------|-------------|---------------------|---------------------------------|---------------------|-----------------|
| 296       | 29:57       | Niall SHERLOCK      | Clonliffe Harriers A.C.         | M40                 | 55              |
| 280       | 30:00       | Paul BLANEY         | Beechmount Harriers A.C.        | M50                 | 56              |
| 379       | 30:01       | Tommy HUGHES        | Strive Racing A.C.              | M60                 | 57              |
| 354       | 30:03       | John MCAULEY        | Rathfarnham W.S.A.F. A.C.       | M40                 | 58              |
| 304       | 30:04       | Des TREMBLE         | Donore Harriers A.C.            | M50                 | 59              |
| 341       | 30:04       | Anthony DOHERTY     | Milford A.C.                    | M55                 | 60              |
| 340       | 30:06       | Kenny MCANDREW      | Metro/St. Brigids A.C.          | M55                 | 61              |
| 308       | 30:14       | Phelim GLYNN        | Dunboyne A.C.                   | M60                 | 62              |
| 284       | 30:16       | Eugene O'KEEFFE     | Carrick-on-Suir A.C.            | M55                 | 63              |
| 302       | 30:17       | Paul COWHIE         | Crusaders A.C.                  | M60                 | 64              |
| 303       | 30:29       | Niall LYNCH         | Donore Harriers A.C.            | M50                 | 65              |
| 362       | 30:37       | Kevin THOMPSON      | Skerries A.C.                   | M55                 | 66              |
| 360       | 30:41       | Sean MCCREERY       | Rathfarnham W.S.A.F. A.C.       | M55                 | 67              |
| 344       | 30:45       | Eddie NEWMAN        | Mullingar Harriers A.C.         | M60                 | 68              |
| 387       | 31:05       | David KEHOE         | United Striders A.C.            | M55                 | 69              |
| 278       | 31:38       | Paul BURKE          | Ballyroan Abbeyleix & Dist A.C. | M45                 | 70              |
| 336       | 31:41       | Len KELLEHER        | Metro/St. Brigids A.C.          | M35                 | 71              |
| 386       | 31:43       | John MCGRATH        | United Striders A.C.            | M50                 | 72              |
| 337       | 31:59       | Eoin DALTON         | Metro/St. Brigids A.C.          | M40                 | 73              |
| 277       | 32:04       | Eddie LYNCH         | Athlone A.C.                    | M60                 | 74              |
| 335       | 32:06       | Stephen MONAGHAN    | Mayo A.C.                       | M50                 | 75              |
| 209       | 32:10       | Adam KONOPKA        | Lusk A.C.                       | M35                 | 76              |
| 276       | 32:12       | Kevin GRIFFIN       | An Ríocht A.C.                  | M60                 | 77              |
| 329       | 32:17       | Ian O'LEARY         | Leevale A.C.                    | M55                 | 78              |
| 363       | 32:18       | Gerard MOLONEY      | Sliabh Bhuide Rovers A.C.       | M60                 | 79              |
| 286       | 32:27       | Sean MCDERMOTT      | Castlegar A.C.                  | M50                 | 80              |
| 334       | 32:29       | Gareth COOKE        | Lusk A.C.                       | M40                 | 81              |

| ID  | Time  | Athlete Name      | Team Name                 | Age Category | Position |
|-----|-------|-------------------|---------------------------|--------------|----------|
| 287 | 32:44 | Ian EGAN          | Castlegar A.C.            | M55          | 82       |
| 342 | 32:54 | Willie O'DONOGHUE | Mooreabbey Milers A.C.    | M60          | 83       |
| 380 | 33:06 | Dwayne FARRELL    | Tinryland A.C.            | M45          | 84       |
| 359 | 33:17 | Pearse COYLE      | Rathfarnham W.S.A.F. A.C. | M55          | 85       |
| 330 | 33:19 | Barry MACKEY      | Letterkenny A.C.          | M60          | 86       |
| 275 | 33:31 | Noel CARR         | An Ríocht A.C.            | M55          | 87       |
| 370 | 33:51 | Liam LENEHAN      | Sportsworld A.C.          | M60          | 88       |
| 321 | 34:04 | Michael PENROSE   | Finn Valley A.C.          | M55          | 89       |
| 297 | 34:47 | Fergal O'SHEA     | Clonliffe Harriers A.C.   | M55          | 90       |
| 309 | 35:00 | Ruary MARTIN      | Dundrum South Dublin A.C. | M45          | 91       |
| 369 | 35:07 | Brian CONWAY      | Sportsworld A.C.          | M45          | 92       |
| 382 | 37:17 | Patrick O'MEARA   | Trim A.C.                 | M55          | 93       |
| 320 | 37:17 | Garvan BOYCE      | Finn Valley A.C.          | M50          | 94       |
| 288 | 37:36 | Paul MCGILLOWAY   | City of Derry Spartans    | M60          | 95       |

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|-----|-------|---------------------|---------------------------|--------------|----------|
| 375 | 25:37 | Kenneth ROGERS      | St. John's A.C.           | M35          | 1        |
| 318 | 25:58 | Jon-Jo DOHERTY      | Finn Valley A.C.          | M35          | 2        |
| 389 | 26:50 | Pat FITZGERALD      | Waterford A.C.            | M35          | 3        |
| 290 | 26:58 | Stephen CONROY      | Clane A.C.                | M35          | 4        |
| 293 | 27:22 | Cathal MCHALE       | Clonliffe Harriers A.C.   | M35          | 5        |
| 313 | 27:46 | Nicky O'DONOGHUE    | East Cork A.C.            | M35          | 6        |
| 285 | 27:58 | James KELLY         | Castlecomer A.C.          | M35          | 7        |
| 294 | 28:17 | Thomas SHERLOCK     | Clonliffe Harriers A.C.   | M35          | 8        |
| 298 | 28:34 | Christopher AYLWARD | Clonmel A.C.              | M35          | 9        |
| 319 | 28:47 | Gerard GALLAGHER    | Finn Valley A.C.          | M35          | 10       |
| 323 | 29:09 | Conor BYRNE         | Galway City Harriers A.C. | M35          | 11       |
| 343 | 29:44 | Conor KEATING       | Moycarkey Coolcree A.C.   | M35          | 12       |
| 336 | 31:41 | Len KELLEHER        | Metro/St. Brigids A.C.    | M35          | 13       |
| 209 | 32:10 | Adam KONOPKA        | Lusk A.C.                 | M35          | 14       |

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|-----|-------|----------------------|---------------------------|--------------|----------|
| 314 | 25:03 | Michael HARTY        | East Cork A.C.            | M40          | 1        |
| 349 | 26:00 | Eoin MULLAN          | Omagh Harriers            | M40          | 2        |
| 331 | 26:22 | Pierce GEOGHEGAN     | Liffey Valley A.C.        | M40          | 3        |
| 326 | 26:27 | Brian MURPHY         | Iveragh A.C.              | M40          | 4        |
| 291 | 27:04 | Brian CONROY         | Clane A.C.                | M40          | 5        |
| 367 | 27:07 | Karoldavid CRONIN    | Sportsworld A.C.          | M40          | 6        |
| 390 | 27:27 | Niall O'CALLAGHAN    | West Limerick A.C.        | M40          | 7        |
| 355 | 27:27 | David POWER          | Rathfarnham W.S.A.F. A.C. | M40          | 8        |
| 322 | 27:31 | Chris MCGUINNESS     | Foyle Valley A.C.         | M40          | 9        |
| 283 | 27:43 | Dermot GORMAN        | Carrick-on-Suir A.C.      | M40          | 10       |
| 371 | 27:56 | Stephen HUNTER       | St. Abbans A.C.           | M40          | 11       |
| 378 | 28:08 | Aindriu O'COMHRAIDHE | St. Michael's A.C.        | M40          | 12       |
| 332 | 29:08 | Derek KIELY          | Limerick A.C.             | M40          | 13       |
| 368 | 29:26 | Paul O'BEIRNE        | Sportsworld A.C.          | M40          | 14       |
| 353 | 29:39 | Ciaran AYLWARD       | Rathfarnham W.S.A.F. A.C. | M40          | 15       |
| 296 | 29:57 | Niall SHERLOCK       | Clonliffe Harriers A.C.   | M40          | 16       |
| 354 | 30:03 | John MCAULEY         | Rathfarnham W.S.A.F. A.C. | M40          | 17       |
| 337 | 31:59 | Eoin DALTON          | Metro/St. Brigids A.C.    | M40          | 18       |
| 334 | 32:29 | Gareth COOKE         | Lusk A.C.                 | M40          | 19       |

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|-----|-------|-------------------|---------------------------------|--------------|----------|
| 372 | 26:37 | Alexander WALLACE | St. Coca's A.C.                 | M45          | 1        |
| 374 | 26:40 | Barry TWOHIG      | St. Finbarrs A.C.               | M45          | 2        |
| 358 | 26:59 | Mark RYAN         | Rathfarnham W.S.A.F. A.C.       | M45          | 3        |
| 352 | 27:00 | David KIRWIN      | Raheny Shamrock A.C.            | M45          | 4        |
| 388 | 27:11 | Ronan TOLAND      | Victoria Park & Connswater      | M45          | 5        |
| 317 | 27:26 | Mick FOGARTY      | Ferbane A.C.                    | M45          | 6        |
| 391 | 27:28 | Karl LENIHAN      | West Limerick A.C.              | M45          | 7        |
| 307 | 28:12 | Paul SMITH        | Drogheda and District A.C.      | M45          | 8        |
| 357 | 28:26 | Paul FLEMING      | Rathfarnham W.S.A.F. A.C.       | M45          | 9        |
| 383 | 28:42 | Ger HARTNETT      | Tuam A.C.                       | M45          | 10       |
| 376 | 28:45 | Gerald TROY       | St. John's A.C.                 | M45          | 11       |
| 356 | 28:55 | Marc FITZACHARY   | Rathfarnham W.S.A.F. A.C.       | M45          | 12       |
| 377 | 28:57 | Niall SHEIL       | St. Killians A.C.               | M45          | 13       |
| 338 | 29:48 | Stephen BRETT     | Metro/St. Brigids A.C.          | M45          | 14       |
| 278 | 31:38 | Paul BURKE        | Ballyroan Abbeyleix & Dist A.C. | M45          | 15       |
| 380 | 33:06 | Dwayne FARRELL    | Tinryland A.C.                  | M45          | 16       |
| 309 | 35:00 | Ruary MARTIN      | Dundrum South Dublin A.C.       | M45          | 17       |
| 369 | 35:07 | Brian CONWAY      | Sportsworld A.C.                | M45          | 1        |

| ID  | Time  | Athlete Name       | Team Name                | Age Category | Position |
|-----|-------|--------------------|--------------------------|--------------|----------|
| 347 | 26:55 | Declan TOAL        | North East Runners A.C.  | M50          | 2        |
| 299 | 27:57 | Mark DAVIS         | Craughwell A.C.          | M50          | 3        |
| 311 | 27:59 | Michael HARRINGTON | Durrus A.C.              | M50          | 4        |
| 316 | 28:01 | Fergus MCGIRR      | Enniskillen R.C.         | M50          | 5        |
| 365 | 28:10 | Seamus SOMERS      | Sligo A.C.               | M50          | 6        |
| 350 | 28:14 | Lea FULCHER        | Plant Based A.C.         | M50          | 7        |
| 325 | 28:32 | Liam O'CONNOR      | Grange/Fermoy A.C.       | M50          | 8        |
| 385 | 29:19 | Brendan LYNG       | United Striders A.C.     | M50          | 9        |
| 282 | 29:24 | Colm COSTELLO      | Brothers Pearse A.C.     | M50          | 10       |
| 384 | 29:31 | Patrick CULLETON   | United Striders A.C.     | M50          | 11       |
| 280 | 30:00 | Paul BLANEY        | Beechmount Harriers A.C. | M50          | 12       |
| 304 | 30:04 | Des TREMBLE        | Donore Harriers A.C.     | M50          | 13       |
| 303 | 30:29 | Niall LYNCH        | Donore Harriers A.C.     | M50          | 14       |
| 386 | 31:43 | John MCGRATH       | United Striders A.C.     | M50          | 15       |
| 335 | 32:06 | Stephen MONAGHAN   | Mayo A.C.                | M50          | 16       |
| 286 | 32:27 | Sean MCDERMOTT     | Castlegar A.C.           | M50          | 17       |
| 320 | 37:17 | Garvan BOYCE       | Finn Valley A.C.         | M50          | 18       |



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|-----|-------|-----------------|---------------------------------|--------------|----------|
| 300 | 27:33 | Des KENNEDY     | Croghan A.C.                    | M55          | 1        |
| 279 | 29:10 | Ronan O'REILLY  | Ballyroan Abbeyleix & Dist A.C. | M55          | 2        |
| 348 | 29:14 | Eamon MURPHY    | North Sligo A.C.                | M55          | 3        |
| 341 | 30:04 | Anthony DOHERTY | Milford A.C.                    | M55          | 4        |
| 340 | 30:06 | Kenny MCANDREW  | Metro/St. Brigids A.C.          | M55          | 5        |
| 284 | 30:16 | Eugene O'KEEFFE | Carrick-on-Suir A.C.            | M55          | 6        |
| 362 | 30:37 | Kevin THOMPSON  | Skerries A.C.                   | M55          | 7        |
| 360 | 30:41 | Sean MCCREERY   | Rathfarnham W.S.A.F. A.C.       | M55          | 8        |
| 387 | 31:05 | David KEHOE     | United Striders A.C.            | M55          | 9        |
| 329 | 32:17 | Ian O'LEARY     | Leevale A.C.                    | M55          | 10       |
| 287 | 32:44 | Ian EGAN        | Castlegar A.C.                  | M55          | 11       |
| 359 | 33:17 | Pearse COYLE    | Rathfarnham W.S.A.F. A.C.       | M55          | 12       |
| 275 | 33:31 | Noel CARR       | An Ríocht A.C.                  | M55          | 13       |
| 321 | 34:04 | Michael PENROSE | Finn Valley A.C.                | M55          | 14       |
| 297 | 34:47 | Fergal O'SHEA   | Clonliffe Harriers A.C.         | M55          | 15       |
| 382 | 37:17 | Patrick O'MEARA | Trim A.C.                       | M55          | 16       |

| ID  | Time  | Athlete Name      | Team Name                 | Age Category | Position |
|-----|-------|-------------------|---------------------------|--------------|----------|
| 379 | 30:01 | Tommy HUGHES      | Strive Racing A.C.        | M60          | 1        |
| 308 | 30:14 | Phelim GLYNN      | Dunboyne A.C.             | M60          | 2        |
| 302 | 30:17 | Paul COWHIE       | Crusaders A.C.            | M60          | 3        |
| 344 | 30:45 | Eddie NEWMAN      | Mullingar Harriers A.C.   | M60          | 4        |
| 277 | 32:04 | Eddie LYNCH       | Athlone A.C.              | M60          | 5        |
| 276 | 32:12 | Kevin GRIFFIN     | An Ríocht A.C.            | M60          | 6        |
| 363 | 32:18 | Gerard MOLONEY    | Sliabh Bhuide Rovers A.C. | M60          | 7        |
| 342 | 32:54 | Willie O'DONOGHUE | Mooreabbey Milers A.C.    | M60          | 8        |
| 330 | 33:19 | Barry MACKEY      | Letterkenny A.C.          | M60          | 9        |
| 370 | 33:51 | Liam LENEHAN      | Sportsworld A.C.          | M60          | 10       |
| 288 | 37:36 | Paul MCGILLOWAY   | City of Derry Spartans    | M60          | 11       |