

**Master Men Individual Medal Winners  
15th February 2009 Tymon Park, Dublin**

<b>Place</b>	<b>No.</b>	<b>Name</b>		<b>Club</b>	<b>Category</b>	<b>Time</b>
1	1228	Morwood	David	Lagan Valley	V1	21.22
2	1140	Matthews	Peter	Dundrum South Dublin A.C.	V1	21.3
3	1144	O'Connor	Kevin	Dundrum South Dublin A.C.	V1	21.41
1	1001	Mc Kinney	Pauric	Letterkenny A.C.	V2	21.26
2	1249	Traynor	Mick	Raheny Shamrock A.C.	V2	21.41
3	1232	Savage	Peter	North Belfast Harriers	V2	22.27
1	1002	Bonar	Dominic	Finn Valley A.C.	V3	22.36
2	1079	O'Connor	Tom	Liffey Valley A.C.	V3	22.37
3	1012	Mc Mahon	James	Finn Valley A.C.	V3	22.4
1	1031	Payne	Thomas	Tinryland A.C.	V4	23.11
2	1312	Mc Donald	Martin	North Laois A.C.	V4	23.3
3	1280	Vaitkavichius	Ben	Mullingar Harriers A.C.	V4	23.33
1	1032	Murphy	JJ	Tinryland A.C.	V5	24.34
2	1345	O'Shea	Patrick	Iveragh A.C.	V5	24.52
3	1917	Hanratty	Noel	Trim A.C.	V5	25.35
1	1338	Mc Fvillv	Martin	Galway City Harriers A.C.	V6	24.45

**Master Women Individual Medal Winners  
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<b>Place</b>	<b>No.</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>Time</b>
1	1402	Curley Pauline	Tullamore Harriers A.C.	V1	14.38
2	1373	Mahon Donna	Rathfarnham W.S.A.F. A.C.	V1	15.15
3	1459	Darcy Lucy	Sportsworld A.C.	V1	15.27
1	1932	Kealy Annette	Raheny Shamrock A.C.	V2	14.49
2	1363	Cavanagh Louise	Bandon A.C.	V2	16.01
3	1419	Hanley Mary	Na Fianna A.C.	V2	15.18
1	1466	O'Sullivan Niamh	Riocht A.C.	V3	15.02
2	1348	Byrne Kay	Finn Valley A.C.	V3	16.04
3	1392	O'Mahoney Michelle	Kilmurray/Ibrick/N.Clare A.C.	V3	16.22
1	1369	Parnell Carmel	Leevale A.C.	V4	15.33
2	1368	Hough Joan	Midleton A.C.	V4	17.15
3	1385	Ingram Helen	Rathfarnham W.S.A.F. A.C.	V4	17.28
1	1386	Mc Creary Margaret	Civil Service A.C.	V5	18.22
2	1436	Mc Cabe Brigid	Mullingar Harriers A.C.	V5	18.33
3	1387	Reilly Una	Liffey Valley A.C.	V5	18.57
1	1471	Covle Joan	Dundrum South Dublin A.C.	V6	18.43