

MEN RESULTS ALL CATEGORIES						
Pos	Bib	Surname	First Name	Club	Category	Gun Time
1	103	Clohisey	Mick	Raheny Shamrocks A.C.	SENIOR	00:30:00
2	111	Maunsell	Kevin	Clonmel AC	SENIOR	00:30:23
3	102	Haegreaves	Brandon	Dundrum South Dublin A.C.	SENIOR	00:30:46
4	358	Hamilton	Paddy	Sliabh Gullion A.C.	35+	00:31:04
5	104	Sweeney	Joe	Dundrum South Dublin A.C.	SENIOR	00:31:07
6	456	Maher	Colin	Ballyfin A.C.	SENIOR	00:31:32
7	110	Brady	Liam	Tullamore Harriers A.C.	SENIOR	00:31:57
8	490	Thistlewood	Benjamin	Leevale A.C.	SENIOR	00:32:06
9	380	McGinley	Eoghain	Rathfarnham WSAF A.C.	SENIOR	00:32:39
10	556	Mooney	Killian	Dundrum South Dublin A.C.	SENIOR	00:32:41
11	273	McCarthy	Louis	Rathfarnham WSAF A.C.	SENIOR	00:32:42
12	312	Stephenson	Paul	Rathfarnham WSAF A.C.	SENIOR	00:32:48
13	642	Ryan	Simon	Raheny Shamrocks A.C.	SENIOR	00:32:54
14	520	Gorman	Richard	Sligo A.C.	40+	00:32:55
15	647	Sheil	Barry	Longford A.C.	35+	00:32:57
16	464	Quinlan	Frank	Waterford A.C.	40+	00:33:01
17	539	Murphy	Brendan	Crusaders A.C.	SENIOR	00:33:02
18	518	Fogarty	Mick	Ferbane A.C.	35+	00:33:06
19	635	McKinney	Pauric	Inishowen A.C.	50+	00:33:08
20	517	Meade	John	St. Finbarrs A.C.	35+	00:33:14
21	463	mcpherson	David	Thomastown A.C.	SENIOR	00:33:16
22	359	Slevin	Gary	City of Derry A.C. Spartans	SENIOR	00:33:18
23	268	O'Rourke	Neil	Civil Service A.C.	SENIOR	00:33:30
24	347	Cross	Rob	Crusaders A.C.	40+	00:33:38
25	618	Leahy	Brian	Raheny Shamrocks A.C.	35+	00:33:44
26	288	Spring	Darren	Liffey Valley A.C.	35+	00:33:47
27	515	Conway	Mark	Dundrum South Dublin A.C.	SENIOR	00:33:54
28	540	Whitty	Fergal	Donore Harriers A.C.	40+	00:33:58
29	534	Somers	Seamus	Sligo A.C.	40+	00:33:59
30	2920	McCarthy	Ciaran	Donore Harriers A.C.	40+	00:34:09
31	299	Furey	Brian	Rathfarnham WSAF A.C.	35+	00:34:10
32	555	McIlhenny	Dermot	City of Derry A.C. Spartans	45+	00:34:10
33	2604	Burke	Colm	St.Abbans A.C.	50+	00:34:12
34	271	Shanahan	Denis	Thurles Croke A.C.	40+	00:34:13
35	255	O'Brien	Wesley	Raheny Shamrocks A.C.	35+	00:34:14
36	1770	Moran	Paul	Rathfarnham WSAF A.C.	50+	00:34:17
37	292	Sherlock	Thomas	Clonliffe Harriers A.C.	SENIOR	00:34:19
38	307	Cunningham	Joe	St. Finbarrs A.C.	40+	00:34:24
39	356	Morgan	Chris	Liffey Valley A.C.	SENIOR	00:34:36
40	485	Coleman	Luke	Tallaght A.C.	SENIOR	00:34:45
41	597	Byrne	Owen	Galway City Harriers A.C.	35+	00:34:46
42	493	berry	padraig	Tullamore Harriers A.C.	35+	00:34:47
43	320	Power	David	Rathfarnham WSAF A.C.	SENIOR	00:34:50
44	474	Mulvihill	John	Crusaders A.C.	SENIOR	00:34:51
45	563	Hurley	Rossa	Donore Harriers A.C.	SENIOR	00:34:57
46	557	Doherty	Kyle	City of Derry A.C. Spartans	SENIOR	00:35:00
47	538	Wogan	Ronan	Bohermeen A.C.	35+	00:35:03
48	322	McDonnell	Malcolm	Mullingar Harriers A.C.	40+	00:35:05
49	223	Benjacar	Arnaud	Liffey Valley A.C.	45+	00:35:08
50	641	Martin	Damien	Raheny Shamrocks A.C.	50+	00:35:10
51	492	Fitzpatrick	David	Tallaght A.C.	35+	00:35:11
52	510	Carty	Gerry	Galway City Harriers A.C.	45+	00:35:17
53	1756	Martin	Brian	Drogheda and District A.C.	SENIOR	00:35:18
54	228	McGrath	Tom	Mullingar Harriers	50+	00:35:22
55	242	Malone	Patrick	Newbridge Athletic Club	50+	00:35:24
56	2280	Tremble	Des	Donore Harriers A.C.	45+	00:35:24
57	626	Kehoe	Damian	Raheny Shamrocks A.C.	40+	00:35:25
58	458	McCarey	Brian	Shercock A.C.	35+	00:35:27
59	364	Mc Menamin	David	Inishowen A.C.	SENIOR	00:35:28
60	453	hughes	Jonathan	Rathfarnham WSAF A.C.	SENIOR	00:35:33
61	529	Burke	Aengus	Portlaoise A.C.	50+	00:35:34

62	333	hennessy	philip	Donore Harriers A.C.	45+	00:35:37
63	622	Devlin	Eoin	Civil Service A.C.	SENIOR	00:35:40
64	1786	Mooney	Martin	Inishowen A.C.	SENIOR	00:35:41
65	548	Kilgannon	Phil	Sportsworld A.C.	35+	00:35:43
66	272	McGee	Malcolm	Inishowen A.C.	40+	00:35:44
67	476	Mullan	Benny	Inishowen A.C.	40+	00:35:46
68	306	Porter	David	Inishowen A.C.	SENIOR	00:35:48
69	300	Browne	Aaron	Rathfarnham WSAF A.C.	SENIOR	00:36:02
70	366	Curran	Kevin	Sportsworld A.C.	SENIOR	00:36:06
71	470	Kelly	Brian	Raheny Shamrocks A.C.	50+	00:36:10
72	308	Balfe	Paul	Liffey Valley A.C.	40+	00:36:14
73	491	Freeley	Michael	Rathfarnham WSAF A.C.	35+	00:36:17
74	509	Dalton	Alan	Sli Cualann A.C.	40+	00:36:17
75	624	Fitzsimons	Peter	Tallaght A.C.	SENIOR	00:36:22
76	468	Quinn	Clive	Sli Cualann A.C.	35+	00:36:25
77	484	Connolly	Trevor	Tallaght A.C.	35+	00:36:26
78	360	Toomey	Peter	Rathfarnham WSAF A.C.	SENIOR	00:36:27
79	260	Chatterton	Karl	Sportsworld A.C.	SENIOR	00:36:28
80	317	Powell	Donagh	Rathfarnham WSAF A.C.	SENIOR	00:36:30
81	210	Denis	Romain	Dundrum South Dublin A.C.	40+	00:36:38
82	283	Kiely	Michael	Crusaders A.C.	SENIOR	00:36:42
83	528	Bruton	Brian	Galway City Harriers A.C.	35+	00:36:43
84	2607	Murray	Colm	Rathfarnham WSAF A.C.	50+	00:36:43
85	562	O'Dwyer	Simon	Gowran A.C.	45+	00:36:47
86	513	Kennedy	damien	Sligo A.C.	35+	00:36:48
87	542	Ridge	Damien	Galway City Harriers A.C.	SENIOR	00:36:51
88	229	Lanigan	Adrian	Sportsworld A.C.	35+	00:36:51
89	489	Mccarthy	Conor	Sportsworld A.C.	SENIOR	00:36:52
90	480	callaghan	philip	Inishowen A.C.	40+	00:36:56
91	291	Sheridan	Mark	Dundrum South Dublin A.C.	35+	00:36:59
92	619	colbert	des	Waterford A.C.	40+	00:36:59
93	367	Harkin	Jim	Inishowen A.C.	40+	00:37:03
94	1755	Grange	David	Raheny Shamrocks A.C.	45+	00:37:08
95	629	Dowling	Sean	Liffey Valley A.C.	40+	00:37:10
96	630	Wilson	Andrew	Donore Harriers A.C.	40+	00:37:13
97	277	Cunningham	Colm	Dundrum South Dublin A.C.	35+	00:37:17
98	499	Donegan	John	Tullamore Harriers A.C.	50+	00:37:20
99	473	Elliott	Paul	North Belfast Harriers	60+	00:37:21
100	309	Mooney	Leonard	Tullamore Harriers A.C.	35+	00:37:22
101	269	Mac Seoin	Sean	Metro St. Brigids A.C.	40+	00:37:31
102	289	Nolan	Ruaidhri	Drogheda and District A.C.	SENIOR	00:37:35
103	644	Abbott	Brendan	Tullamore Harriers A.C.	50+	00:37:37
104	2763	Casserly	Stephen	Castlegar A.C.	SENIOR	00:37:42
105	2611	Griffin	Paddy	Tallaght A.C.	35+	00:37:42
106	512	kearins	david	Sligo A.C.	40+	00:37:45
107	339	Casey	Joe	Rathfarnham WSAF A.C.	50+	00:37:46
108	465	Mooney	Conor	Tullamore Harriers A.C.	35+	00:37:46
109	354	Donnelly	Ollie	Mullingar Harriers A.C.	45+	00:37:48
110	2927	Campbell	David	Drogheda and District A.C.	SENIOR	00:38:06
111	378	Walsh	Colm	Mullingar Harriers A.C.	40+	00:38:07
112	324	Murphy	Michael	Rathfarnham WSAF A.C.	SENIOR	00:38:10
113	600	Brady	George	Donore Harriers A.C.	35+	00:38:10
114	343	Ryan	Eoin	Bohermeen A.C.	SENIOR	00:38:17
115	224	Butler	David	St. Finbarrs AC	SENIOR	00:38:18
116	639	Loughman	Billy	Tallaght A.C.	35+	00:38:19
117	650	Donegan	Christopher	Tullamore Harriers A.C.	50+	00:38:26
118	280	Skelton	Neil	Rathfarnham WSAF A.C.	SENIOR	00:38:33
119	330	Woods	Dave	Raheny Shamrocks A.C.	50+	00:38:34
120	1783	O'Sulleabhain	Diarmuid	Sportsworld A.C.	SENIOR	00:38:36
121	216	Byrne	Liam	St. Abbans A.C.	45+	00:38:38
122	2965	Bishop	Tommy	Rathfarnham WSAF A.C.	50+	00:38:38
123	482	Murphy	Colin	Dundrum South Dublin A.C.	35+	00:38:42
124	623	O'Grady	Barry	Dundrum South Dublin A.C.	40+	00:38:42
125	357	Carthy	Mel	Mullingar Harriers A.C.	50+	00:38:43
126	532	Kearins	Alan	Sligo A.C.	40+	00:38:45

127	6733	Paddy	Daly	Mullingar Harriers A.C.	50+	00:38:46
128	461	Cuddy	Tom	Rathfarnham WSAF A.C.	55+	00:38:47
129	294	Blyth	Matthew	Liffey Valley A.C.	35+	00:38:50
130	256	Redmond	Mark	Ashford A.C.	SENIOR	00:38:50
131	531	O'Connell	Michael	Sligo A.C.	50+	00:38:50
132	346	DOHERTY	Ronan	Inishowen A.C.	SENIOR	00:38:56
133	475	Carroll	John	Bohermeen A.C.	35+	00:38:56
134	337	Forde	Alan	Castlegar A.C.	35+	00:38:57
135	278	Smith	Dermot	Tullamore Harriers A.C.	45+	00:38:59
136	640	Quinn	Jim	Dundrum South Dublin A.C.	45+	00:39:00
137	544	Leddy	Seamus	Galway City Harriers A.C.	35+	00:39:04
138	497	O'Brien	David	Tallaght A.C.	40+	00:39:08
139	535	O Byrne	Matthew	Tullamore Harriers A.C.	35+	00:39:17
140	525	Burke	Aiden	Portmarnock A.C.	40+	00:39:21
141	313	McGee	Niall	Inishowen A.C.	40+	00:39:22
142	243	king	Alan	Balbriggan & District A.C.	35+	00:39:22
143	316	Hogan	Paul	Dundrum South Dublin A.C.	45+	00:39:29
144	363	McEvoy	Peter	Balbriggan & District A.C.	45+	00:39:30
145	452	Wallnutt	John	Portmarnock A.C.	50+	00:39:31
146	327	Mc Evoy	Eamonn	St. Finbarrs A.C.	60+	00:39:33
147	251	McGlynn	Liam	Mullingar Harriers A.C.	50+	00:39:35
148	329	Mc cann	Mark	Mullingar Harriers A.C.	35+	00:39:41
149	2770	Ryan	Cian	Mullingar Harriers A.C.	SENIOR	00:39:41
150	284	Mollen	Francis	Tullamore Harriers A.C.	50+	00:39:43
151	244	Lilburn	Peter	City of Derry A.C. Spartans	60+	00:39:43
152	3025	Rooney	Neil	Portmarnock A.C.	35+	00:39:46
153	537	Farrelly	John	Rathfarnham WSAF A.C.	50+	00:39:46
154	275	Farrell	Denis	Portmarnock A.C.	50+	00:39:50
155	2621	Aherne	Neilus	Midleton A.C.	60+	00:39:51
156	265	McLucas	Martin	Inishowen A.C.	45+	00:39:59
157	645	McGinn	Eoin	Drogheda and District A.C.	40+	00:40:02
158	2629	King	Francis	Castlegar A.C.	35+	00:40:03
159	620	Fitzpatrick	Conor	Portmarnock A.C.	SENIOR	00:40:06
160	338	Mulcahy	Ken	Eagle A.C.	45+	00:40:12
161	314	McSteen	Paul	Balbriggan & District A.C.	35+	00:40:13
162	384	Ryan	Sean	Civil Service A.C.	50+	00:40:16
163	334	O'Reilly	Conor	Balbriggan & District A.C.	45+	00:40:27
164	514	Carty	Bill	Sligo A.C.	45+	00:40:28
165	257	Allen	Paul	Sli Cualann A.C.	35+	00:40:31
166	355	Carroll	Neil	Mayo A.C.	SENIOR	00:40:42
167	631	Clancy	David	Celbridge A.C.	50+	00:40:44
168	478	Murphy	Brendan	Mayo A.C.	45+	00:40:50
169	633	Cullen	Barry	Tallaght A.C.	40+	00:40:54
170	2768	Pentony	Brian	Drogheda and District A.C.	45+	00:40:54
171	282	McCarthy	Dermot	Dublin Front Runners A.C.	40+	00:40:56
172	628	Fagan	Tom	Donore Harriers A.C.	45+	00:40:57
173	215	McSwiggan	Michael	Portmarnock AC	40+	00:40:58
174	266	O'Shea	Patrick	Iveragh A.C.	65+	00:41:02
175	375	McDermott	Sean	Castlegar A.C.	40+	00:41:02
176	298	Carolan	Michael	Clonliffe Harriers A.C.	35+	00:41:04
177	290	Egan	Aidan	Tullamore Harriers A.C.	35+	00:41:07
178	634	Meehan	Dave	Tallaght A.C.	50+	00:41:08
179	545	McEvilly	Martin	Galway City Harriers A.C.	65+	00:41:14
180	1831	Corcoran	Jan	East Westmeath A.C.	35+	00:41:36
181	632	Dore	Gerard	Tallaght A.C.	50+	00:41:43
182	586	Mooney	Eoghan	Kilcoole A.C.	40+	00:41:47
183	522	Kelly	Chris	North East Runners A.C.	35+	00:41:51
184	259	Kehoe	Peter	Athlone IT A.C.	40+	00:41:56
185	285	gaillot	olivier	Rathfarnham WSAF A.C.	45+	00:42:04
186	250	Hill	Jason	North East Runners A.C.	40+	00:42:04
187	543	Breen	Tom	Galway City Harriers A.C.	SENIOR	00:42:22
188	344	Dinsmore	David	Mayo A.C.	60+	00:42:35
189	2990	O'Leary	John	Portmarnock A.C.	50+	00:42:41
190	293	Whittle	Gary	Tullamore Harriers A.C.	SENIOR	00:42:47
191	326	Greensmyth	Will	Sportsworld A.C.	SENIOR	00:42:47



**ATHLETICS IRELAND NATIONAL 10K CHAMPIONSHIPS
PHOENIX PARK, 10TH APRIL 2016**

192	1856	Farrell	Brendan	Civil Service A.C.	40+	00:42:49
193	479	McVann	Padraic	Mayo A.C.	45+	00:42:52
194	466	Hutchinson	Alan	Civil Service A.C.	SENIOR	00:42:54
195	1829	Curran	Aidan	Sportsworld A.C.	35+	00:42:55
196	247	McGrath	Brian	Le Cheile A.C.	60+	00:42:58
197	206	Jack	Daniel	Beechmount Harriers A.C.	35+	00:42:59
198	258	McKeown	Michael	East Down A.C.	50+	00:43:00
199	295	Reynolds	Sean	Tralee Harriers A.C.	50+	00:43:00
200	297	Potts	Barry	Donore Harriers A.C.	65+	00:43:06
201	276	O'Brien	Eoin	Sportsworld A.C.	35+	00:43:06
202	286	Kelly	Pat	Tallaght A.C.	50+	00:43:18
203	481	Kennedy	Mervyn	Mullingar Harriers A.C.	40+	00:43:27

CONGRATULATIONS TO ALL PARTICIPANTS

204	219	Walsh	Nicholas	Le Cheile A.C.	35+	00:43:27
205	218	Percy	Trevor	Portlaoise A.C.	35+	00:43:33
206	526	Mann	Eugene	Tullamore Harriers A.C.	40+	00:43:49
207	377	Tegart	Roger	Drogheda and District A.C.	45+	00:43:52
208	533	Whelan	Enda	Sligo A.C.	65+	00:43:59
209	527	Clifford	Darren	Dundrum South Dublin A.C.	35+	00:44:15
210	267	McCarrick	Cuan	Westport A.C.	45+	00:44:18
211	519	Davey	Joe	Sligo A.C.	50+	00:44:34
212	454	Verdu Sanz	Antonio Vicente	Dublin Front Runners A.C.	40+	00:44:43
213	643	Cornally	Lesley	Tullamore Harriers A.C.	40+	00:44:45
214	477	Hunt	Tom	Mayo A.C.	65+	00:44:50
215	500	Dullaghan	Paul	North East Runners A.C.	40+	00:44:57
216	486	Feeney	Jimmy	Mayo A.C.	60+	00:45:09
217	471	Talbot	Andrew	Clare River Harriers A.C.	65+	00:45:12
218	281	Kcfeely	Owen	Civil Service A.C.	40+	00:45:14
219	637	Kavanagh	Cormac	St. Michaels Portarlington A.C	SENIOR	00:45:21
220	646	Murray	Keith	Portmarnock A.C.	45+	00:45:32
221	2027	Holohan	Andrew	Naas A.C.	40+	00:45:33
222	3032	Laide	Kevin	Civil Service A.C.	SENIOR	00:45:34
223	523	Molloy	Damien	Dublin Front Runners A.C.	45+	00:45:42
224	498	Kierans	Robert	Drogheda and District A.C.	35+	00:45:47
225	599	Keenan	Albert	Newbridge A.C.	65+	00:45:56
226	638	Boyle	Brian	Mullingar Harriers A.C.	40+	00:46:04
227	270	Hensey	Paul	Tullamore Harriers A.C.	40+	00:46:13
228	494	Power	Rob	Drogheda and District A.C.	35+	00:46:17
229	648	Tierney	Lar	Tullamore Harriers A.C.	35+	00:46:23
230	332	Flynn	Denis	Tullamore Harriers A.C.	55+	00:46:26
231	487	Hall	PJ	Mayo A.C.	55+	00:46:36
232	208	McDonald	Anthony	St. Abbans A.C.	SENIOR	00:46:42
233	459	Owens	Leonard	Tullamore Harriers A.C.	45+	00:46:44
234	202	Mee	Terry	Donore Harriers A.C.	70+	00:46:51
235	2844	Walsh	Mick	Gowran A.C.	60+	00:47:22
236	455	O'Neill	David	Drogheda and District A.C.	SENIOR	00:47:27
237	495	Ward	Colm	Portmarnock A.C.	SENIOR	00:47:32
238	319	O'Hanlon	Vivian	Tallaght A.C.	65+	00:47:38
239	462	Geraghty	John	Mayo A.C.	45+	00:48:02
240	483	Bissett	Paul	Balbriggan & District A.C.	45+	00:48:09
241	649	Larkin	Adrian	Tullamore Harriers A.C.	40+	00:48:26
242	301	Downey	Damian	Inishowen A.C.	45+	00:48:35
243	279	McGowan	John	Tullamore Harriers A.C.	60+	00:48:36
244	345	Timothy	Shane	Mayo A.C.	35+	00:48:52
245	457	Nyland	John	Mayo A.C.	45+	00:49:04
246	325	Barrell	Paul	Drogheda and District A.C.	40+	00:49:11
247	521	McCarrick	Brendan	Sligo A.C.	SENIOR	00:49:12
248	249	Buckley	Andrew	Rathfarnham WSAF A.C.	35+	00:49:20
249	214	Jennings	Connor	Raheny Shamrocks A.C.	45+	00:49:29
250	4388	Callaghan	David	Tallaght A.C.	SENIOR	00:49:33
251	340	kilroy	John	Westport A.C.	55+	00:49:40
252	625	Murphy	Paul	Tallaght A.C.	40+	00:50:18
253	305	JACKSON	PETER	City of Derry A.C. Spartans	60+	00:51:10
254	368	McCandless	John	Inishowen A.C.	45+	00:51:41
255	225	McCracken	Conor	Newry City Runners A.C.	40+	00:51:42
256	4162	O'Donnell	Brendan	Roscommon Harriers A.C.	SENIOR	00:52:19
257	253	Douglas	Brian	Lucan Harriers A.C.	45+	00:53:00
258	239	Hogan	Mark	Ballinacollig A.C.	SENIOR	00:53:06
259	241	Levins	Thomas	Balbriggan & District A.C.	50+	00:53:14
260	240	Duggan	Michael	Mullingar Harriers A.C.	50+	00:54:13
261	226	Young	Hugh	Ballydrain Harriers	75+	00:54:30
262	371	Casey	Michael	Eire Og Corra Choill A.C.	50+	00:54:38
263	595	O'Malley	Christy	Mayo A.C.	45+	00:54:44
264	472	Keane	Martin	Athenry A.C.	70+	00:54:56
265	467	langan	Jim	Tullamore Harriers A.C.	70+	00:55:12
266	233	McBride	Eamon	Lusk A.C.	35+	00:57:51
267	235	cottle	roland	Crusaders A.C.	SENIOR	01:05:07
268	310	Mac Domhnaill	Cillian	An Ghaeltacht/Aird Mhor A.C.	55+	01:05:54



**ATHLETICS IRELAND NATIONAL 10K CHAMPIONSHIPS
PHOENIX PARK, 10TH APRIL 2016**

269	311	Browne	Mark	Crusaders A.C.	40+	01:05:55
270	9134	Ballesty	PJ	Mullingar Harriers A.C.	60+	01:08:16
271	204	O'Donnell	Alan	Balbriggan & District A.C.	35+	01:10:50
272	236	O'Beirne	Stephen	Dunboyne A.C.	50+	01:47:10

CONGRATULATIONS TO ALL PARTICIPANTS

SENIOR MEN						
Pos	Bib	Surname	First Name	Club	Category	Gun Time
1	103	Clohisey	Mick	Raheny Shamrocks A.C.	SENIOR	00:30:00
2	111	Maunsell	Kevin	Clonmel AC	SENIOR	00:30:23
3	102	Haegreaves	Brandon	Dundrum South Dublin A.C.	SENIOR	00:30:46
4	104	Sweeney	Joe	Dundrum South Dublin A.C.	SENIOR	00:31:07
5	456	Maher	Colin	Ballyfin A.C.	SENIOR	00:31:32
6	110	Brady	Liam	Tullamore Harriers A.C.	SENIOR	00:31:57
7	490	Thistlewood	Benjamin	Leevale A.C.	SENIOR	00:32:06
8	380	McGinley	Eoghain	Rathfarnham WSAF A.C.	SENIOR	00:32:39
9	556	Mooney	Killian	Dundrum South Dublin A.C.	SENIOR	00:32:41
10	273	McCarthy	Louis	Rathfarnham WSAF A.C.	SENIOR	00:32:42
11	312	Stephenson	Paul	Rathfarnham WSAF A.C.	SENIOR	00:32:48
12	642	Ryan	Simon	Raheny Shamrocks A.C.	SENIOR	00:32:54
13	539	Murphy	Brendan	Crusaders A.C.	SENIOR	00:33:02
14	463	mcperson	David	Thomastown A.C.	SENIOR	00:33:16
15	359	Slevin	Gary	City of Derry A.C. Spartans	SENIOR	00:33:18
16	268	O'Rourke	Neil	Civil Service A.C.	SENIOR	00:33:30
17	515	Conway	Mark	Dundrum South Dublin A.C.	SENIOR	00:33:54
18	292	Sherlock	Thomas	Clonliffe Harriers A.C.	SENIOR	00:34:19
19	356	Morgan	Chris	Liffey Valley A.C.	SENIOR	00:34:36
20	485	Coleman	Luke	Tallaght A.C.	SENIOR	00:34:45
21	320	Power	David	Rathfarnham WSAF A.C.	SENIOR	00:34:50
22	474	Mulvihill	John	Crusaders A.C.	SENIOR	00:34:51
23	563	Hurley	Rossa	Donore Harriers A.C.	SENIOR	00:34:57
24	557	Doherty	Kyle	City of Derry A.C. Spartans	SENIOR	00:35:00
25	1756	Martin	Brian	Drogheda and District A.C.	SENIOR	00:35:18
26	364	Mc Menamin	David	Inishowen A.C.	SENIOR	00:35:28
27	453	hughes	Jonathan	Rathfarnham WSAF A.C.	SENIOR	00:35:33
28	622	Devlin	Eoin	Civil Service A.C.	SENIOR	00:35:40
29	1786	Mooney	Martin	Inishowen A.C.	SENIOR	00:35:41
30	306	Porter	David	Inishowen A.C.	SENIOR	00:35:48
31	300	Browne	Aaron	Rathfarnham WSAF A.C.	SENIOR	00:36:02
32	366	Curran	Kevin	Sportsworld A.C.	SENIOR	00:36:06
33	624	Fitzsimons	Peter	Tallaght A.C.	SENIOR	00:36:22
34	360	Toomey	Peter	Rathfarnham WSAF A.C.	SENIOR	00:36:27
35	260	Chatterton	Karl	Sportsworld A.C.	SENIOR	00:36:28
36	317	Powell	Donagh	Rathfarnham WSAF A.C.	SENIOR	00:36:30
37	283	Kiely	Michael	Crusaders A.C.	SENIOR	00:36:42
38	542	Ridge	Damien	Galway City Harriers A.C.	SENIOR	00:36:51
39	489	Mccarthy	Conor	Sportsworld A.C.	SENIOR	00:36:52
40	289	Nolan	Ruaidhri	Drogheda and District A.C.	SENIOR	00:37:35
41	2763	Casserly	Stephen	Castlegar A.C.	SENIOR	00:37:42
42	2927	Campbell	David	Drogheda and District A.C.	SENIOR	00:38:06
43	324	Murphy	Michael	Rathfarnham WSAF A.C.	SENIOR	00:38:10
44	343	Ryan	Eoin	Bohermeen A.C.	SENIOR	00:38:17
45	224	Butler	David	St. Finbarrs AC	SENIOR	00:38:18
46	280	Skelton	Neil	Rathfarnham WSAF A.C.	SENIOR	00:38:33
47	1783	O'Sulleabhain	Diarmuid	Sportsworld A.C.	SENIOR	00:38:36
48	256	Redmond	Mark	Ashford A.C.	SENIOR	00:38:50
49	346	DOHERTY	Ronan	Inishowen A.C.	SENIOR	00:38:56
50	2770	Ryan	Cian	Mullingar Harriers A.C.	SENIOR	00:39:41
51	620	Fitzpatrick	Conor	Portmarnock A.C.	SENIOR	00:40:06
52	355	Carroll	Neil	Mayo A.C.	SENIOR	00:40:42
53	543	Breen	Tom	Galway City Harriers A.C.	SENIOR	00:42:22
54	293	Whittle	Gary	Tullamore Harriers A.C.	SENIOR	00:42:47
55	326	Greensmyth	Will	Sportsworld A.C.	SENIOR	00:42:47
56	466	Hutchinson	Alan	Civil Service A.C.	SENIOR	00:42:54
57	637	Kavanagh	Cormac	St. Michaels Portarlington A.C	SENIOR	00:45:21
58	3032	Laide	Kevin	Civil Service A.C.	SENIOR	00:45:34
59	208	McDonald	Anthony	St. Abbans A.C.	SENIOR	00:46:42
60	455	O'Neill	David	Drogheda and District A.C.	SENIOR	00:47:27
61	495	Ward	Colm	Portmarnock A.C.	SENIOR	00:47:32
62	521	McCarrick	Brendan	Sligo A.C.	SENIOR	00:49:12



**ATHLETICS IRELAND NATIONAL 10K CHAMPIONSHIPS
PHOENIX PARK, 10TH APRIL 2016**

63	4388	Callaghan	David	Tallaght A.C.	SENIOR	00:49:33
64	4162	O'Donnell	Brendan	Roscommon Harriers A.C.	SENIOR	00:52:19
65	239	Hogan	Mark	Ballincollig A.C.	SENIOR	00:53:06
66	235	cottle	roland	Crusaders A.C.	SENIOR	01:05:07

CONGRATULATIONS TO ALL PARTICIPANTS

MEN 35+						
Pos	Bib	Surname	First Name	Club	Category	Gun Time
1	358	Hamilton	Paddy	Armagh A.C.	35+	00:31:04
2	647	Sheil	Barry	Longford A.C.	35+	00:32:57
3	518	Fogarty	Mick	Ferbane A.C.	35+	00:33:06
4	517	Meade	John	St. Finbarrs A.C.	35+	00:33:14
5	618	Leahy	Brian	Raheny Shamrocks A.C.	35+	00:33:44
6	288	Spring	Darren	Liffey Valley A.C.	35+	00:33:47
7	299	Furey	Brian	Rathfarnham WSAF A.C.	35+	00:34:10
8	255	O'Brien	Wesley	Raheny Shamrocks A.C.	35+	00:34:14
9	597	Byrne	Owen	Galway City Harriers A.C.	35+	00:34:46
10	493	berry	padraig	Tullamore Harriers A.C.	35+	00:34:47
11	538	Wogan	Ronan	Bohermeen A.C.	35+	00:35:03
12	492	Fitzpatrick	David	Tallaght A.C.	35+	00:35:11
13	458	McCarey	Brian	Shercock A.C.	35+	00:35:27
14	548	Kilgannon	Phil	Sportsworld A.C.	35+	00:35:43
15	491	Freeley	Michael	Rathfarnham WSAF A.C.	35+	00:36:17
16	468	Quinn	Clive	Sli Cualann A.C.	35+	00:36:25
17	484	Connolly	Trevor	Tallaght A.C.	35+	00:36:26
18	528	Bruton	Brian	Galway City Harriers A.C.	35+	00:36:43
19	513	Kennedy	damien	Sligo A.C.	35+	00:36:48
20	229	Lanigan	Adrian	Sportsworld A.C.	35+	00:36:51
21	291	Sheridan	Mark	Dundrum South Dublin A.C.	35+	00:36:59
22	277	Cunningham	Colm	Dundrum South Dublin A.C.	35+	00:37:17
23	309	Mooney	Leonard	Tullamore Harriers A.C.	35+	00:37:22
24	2611	Griffin	Paddy	Tallaght A.C.	35+	00:37:42
25	465	Mooney	Conor	Tullamore Harriers A.C.	35+	00:37:46
26	600	Brady	George	Donore Harriers A.C.	35+	00:38:10
27	639	Loughman	Billy	Tallaght A.C.	35+	00:38:19
28	482	Murphy	Colin	Dundrum South Dublin A.C.	35+	00:38:42
29	294	Blyth	Matthew	Liffey Valley A.C.	35+	00:38:50
30	475	Carroll	John	Bohermeen A.C.	35+	00:38:56
31	337	Forde	Alan	Castlegar A.C.	35+	00:38:57
32	544	Leddy	Seamus	Galway City Harriers A.C.	35+	00:39:04
33	535	O Byrne	Matthew	Tullamore Harriers A.C.	35+	00:39:17
34	243	king	Alan	Balbriggan & District A.C.	35+	00:39:22
35	329	Mc cann	Mark	Mullingar Harriers A.C.	35+	00:39:41
36	3025	Rooney	Neil	Portmarnock A.C.	35+	00:39:46
37	2629	King	Francis	Castlegar A.C.	35+	00:40:03
38	314	McSteen	Paul	Balbriggan & District A.C.	35+	00:40:13
39	257	Allen	Paul	Sli Cualann A.C.	35+	00:40:31
40	298	Carolan	Michael	Clonliffe Harriers A.C.	35+	00:41:04
41	290	Egan	Aidan	Tullamore Harriers A.C.	35+	00:41:07
42	1831	Corcoran	Jan	East Westmeath A.C.	35+	00:41:36
43	522	Kelly	Chris	North East Runners A.C.	35+	00:41:51
44	1829	Curran	Aidan	Sportsworld A.C.	35+	00:42:55
45	206	Jack	Daniel	Beechmount Harriers A.C.	35+	00:42:59
46	276	O'Brien	Eoin	Sportsworld A.C.	35+	00:43:06
47	219	Walsh	Nicholas	Le Cheile A.C.	35+	00:43:27
48	218	Percy	Trevor	Portlaoise A.C.	35+	00:43:33
49	527	Clifford	Darren	Dundrum South Dublin A.C.	35+	00:44:15
50	498	Kierans	Robert	Drogheda and District A.C.	35+	00:45:47
51	494	Power	Rob	Drogheda and District A.C.	35+	00:46:17
52	648	Tierney	Lar	Tullamore Harriers A.C.	35+	00:46:23
53	345	Timothy	Shane	Mayo A.C.	35+	00:48:52
54	249	Buckley	Andrew	Rathfarnham WSAF A.C.	35+	00:49:20
55	233	McBride	Eamon	Lusk A.C.	35+	00:57:51
56	204	O'Donnell	Alan	Balbriggan & District A.C.	35+	01:10:50

MEN 40+						
Pos	Bib	Surname	First Name	Club	Category	Gun Time
1	520	Gorman	Richard	Sligo A.C.	40+	00:32:55
2	464	Quinlan	Frank	Waterford A.C.	40+	00:33:01
3	347	Cross	Rob	Crusaders A.C.	40+	00:33:38
4	540	Whitty	Fergal	Donore Harriers A.C.	40+	00:33:58
5	534	Somers	Seamus	Sligo A.C.	40+	00:33:59
6	2920	McCarthy	Ciaran	Donore Harriers A.C.	40+	00:34:09
7	271	Shanahan	Denis	Thurles Croke A.C.	40+	00:34:13
8	307	Cunningham	Joe	St. Finbarrs A.C.	40+	00:34:24
9	322	McDonnell	Malcolm	Mullingar Harriers A.C.	40+	00:35:05
10	626	Kehoe	Damian	Raheny Shamrocks A.C.	40+	00:35:25
11	272	McGee	Malcolm	Inishowen A.C.	40+	00:35:44
12	476	Mullan	Benny	Inishowen A.C.	40+	00:35:46
13	308	Balfe	Paul	Liffey Valley A.C.	40+	00:36:14
14	509	Dalton	Alan	Sli Cualann A.C.	40+	00:36:17
15	210	Denis	Romain	Dundrum South Dublin A.C.	40+	00:36:38
16	480	callaghan	philip	Inishowen A.C.	40+	00:36:56
17	619	colbert	des	Waterford A.C.	40+	00:36:59
18	367	Harkin	Jim	Inishowen A.C.	40+	00:37:03
19	629	Dowling	Sean	Liffey Valley A.C.	40+	00:37:10
20	630	Wilson	Andrew	Donore Harriers A.C.	40+	00:37:13
21	269	Mac Seoin	Sean	Metro St. Brigids A.C.	40+	00:37:31
22	512	kearins	david	Sligo A.C.	40+	00:37:45
23	378	Walsh	Colm	Mullingar Harriers A.C.	40+	00:38:07
24	623	O'Grady	Barry	Dundrum South Dublin A.C.	40+	00:38:42
25	532	Kearins	Alan	Sligo A.C.	40+	00:38:45
26	497	O'Brien	David	Tallaght A.C.	40+	00:39:08
27	525	Burke	Aiden	Portmarnock A.C.	40+	00:39:21
28	313	McGee	Niall	Inishowen A.C.	40+	00:39:22
29	645	McGinn	Eoin	Drogheda and District A.C.	40+	00:40:02
30	633	Cullen	Barry	Tallaght A.C.	40+	00:40:54
31	2768	Pentony	Brian	Drogheda and District A.C.	45+	00:40:54
32	282	McCarthy	Dermot	Dublin Front Runners A.C.	40+	00:40:56
33	215	McSwiggan	Michael	Portmarnock AC	40+	00:40:58
34	375	McDermott	Sean	Castlegar A.C.	40+	00:41:02
35	586	Mooney	Eoghan	Kilcoole A.C.	40+	00:41:47
36	259	Kehoe	Peter	Athlone IT A.C.	40+	00:41:56
37	250	Hill	Jason	North East Runners A.C.	40+	00:42:04
38	1856	Farrell	Brendan	Civil Service A.C.	40+	00:42:49
39	481	Kennedy	Mervyn	Mullingar Harriers A.C.	40+	00:43:27
40	526	Mann	Eugene	Tullamore Harriers A.C.	40+	00:43:49
41	454	Verdu Sanz	Antonio Vicente	Dublin Front Runners A.C.	40+	00:44:43
42	643	Cornally	Lesley	Tullamore Harriers A.C.	40+	00:44:45
43	500	Dullaghan	Paul	North East Runners A.C.	40+	00:44:57
44	281	Mcfeely	Owen	Civil Service A.C.	40+	00:45:14
45	2027	Holohan	Andrew	Naas A.C.	40+	00:45:33
46	638	Boyle	Brian	Mullingar Harriers A.C.	40+	00:46:04
47	270	Hensey	Paul	Tullamore Harriers A.C.	40+	00:46:13
48	649	Larkin	Adrian	Tullamore Harriers A.C.	40+	00:48:26
49	325	Barrell	Paul	Drogheda and District A.C.	40+	00:49:11
50	625	Murphy	Paul	Tallaght A.C.	40+	00:50:18
51	225	McCracken	Conor	Newry City Runners A.C.	40+	00:51:42
52	311	Browne	Mark	Crusaders A.C.	40+	01:05:55

MEN 45+						
Pos	Bib	Surname	First Name	Club	Category	Gun Time
1	555	McIlhenny	Dermot	City of Derry A.C. Spartans	45+	00:34:10
2	223	Benjacar	Arnaud	Liffey Valley A.C.	45+	00:35:08
3	510	Carty	Gerry	Galway City Harriers A.C.	45+	00:35:17
4	2280	Tremble	Des	Donore Harriers A.C.	45+	00:35:24
5	333	hennessy	philip	Donore Harriers A.C.	45+	00:35:37
6	562	O'Dwyer	Simon	Gowran A.C.	45+	00:36:47
7	1755	Grange	David	Raheny Shamrocks A.C.	45+	00:37:08
8	354	Donnelly	Ollie	Mullingar Harriers A.C.	45+	00:37:48
9	216	Byrne	Liam	St. Abbans A.C.	45+	00:38:38
10	278	Smith	Dermot	Tullamore Harriers A.C.	45+	00:38:59
11	640	Quinn	Jim	Dundrum South Dublin A.C.	45+	00:39:00
12	316	Hogan	Paul	Dundrum South Dublin A.C.	45+	00:39:29
13	363	McEvoy	Peter	Balbriggan & District A.C.	45+	00:39:30
14	265	McLucas	Martin	Inishowen A.C.	45+	00:39:59
15	338	Mulcahy	Ken	Eagle A.C.	45+	00:40:12
16	334	O'Reilly	Conor	Balbriggan & District A.C.	45+	00:40:27
17	514	Carty	Bill	Sligo A.C.	45+	00:40:28
18	478	Murphy	Brendan	Mayo A.C.	45+	00:40:50
19	628	Fagan	Tom	Donore Harriers A.C.	45+	00:40:57
20	285	gaillet	olivier	Rathfarnham WSAF A.C.	45+	00:42:04
21	479	McVann	Padraic	Mayo A.C.	45+	00:42:52
22	377	Tegart	Roger	Drogheda and District A.C.	45+	00:43:52
23	267	McCarrick	Cuan	Westport A.C.	45+	00:44:18
24	646	Murray	Keith	Portmarnock A.C.	45+	00:45:32
25	523	Molloy	Damien	Dublin Front Runners A.C.	45+	00:45:42
26	459	Owens	Leonard	Tullamore Harriers A.C.	45+	00:46:44
27	462	Geraghty	John	Mayo A.C.	45+	00:48:02
28	483	Bissett	Paul	Balbriggan & District A.C.	45+	00:48:09
29	301	Downey	Damian	Inishowen A.C.	45+	00:48:35
30	457	Nyland	John	Mayo A.C.	45+	00:49:04
31	214	Jennings	Connor	Raheny Shamrocks A.C.	45+	00:49:29
32	368	McCandless	John	Inishowen A.C.	45+	00:51:41
33	253	Douglas	Brian	Lucan Harriers A.C.	45+	00:53:00
34	595	O'Malley	Christy	Mayo A.C.	45+	00:54:44

MEN 50+						
Pos	Bib	Surname	First Name	Club	Category	Gun Time
1	635	McKinney	Pauric	Inishowen A.C.	50+	00:33:08
2	2604	Burke	Colm	St.Abbans A.C.	50+	00:34:12
3	1770	Moran	Paul	Rathfarnham WSAF A.C.	50+	00:34:17
4	641	Martin	Damien	Raheny Shamrocks A.C.	50+	00:35:10
5	228	McGrath	Tom	Mullingar Harriers	50+	00:35:22
6	242	Malone	Patrick	Newbridge Athletic Club	50+	00:35:24
7	529	Burke	Aengus	Portlaoise A.C.	50+	00:35:34
8	470	Kelly	Brian	Raheny Shamrocks A.C.	50+	00:36:10
9	2607	Murray	Colm	Rathfarnham WSAF A.C.	50+	00:36:43
10	499	Donegan	John	Tullamore Harriers A.C.	50+	00:37:20
11	644	abbott	brendan	Tullamore Harriers A.C.	50+	00:37:37
12	339	Casey	Joe	Rathfarnham WSAF A.C.	50+	00:37:46
13	650	Donegan	Christopher	Tullamore Harriers A.C.	50+	00:38:26
14	330	Woods	Dave	Raheny Shamrocks A.C.	50+	00:38:34
15	2965	Bishop	Tommy	Rathfarnham WSAF A.C.	50+	00:38:38
16	357	Carthy	Mel	Mullingar Harriers A.C.	50+	00:38:43
17	6733	Daly	Paddy	Mullingar Harriers A.C.	50+	00:38:46
18	531	O'Connell	Michael	Sligo A.C.	50+	00:38:50
19	452	Wallnutt	John	Portmarnock A.C.	50+	00:39:31
20	251	McGlynn	Liam	Mullingar Harriers A.C.	50+	00:39:35
21	284	Mollen	Francis	Tullamore Harriers A.C.	50+	00:39:43
22	537	Farrelly	John	Rathfarnham WSAF A.C.	50+	00:39:46
23	275	Farrell	Denis	Portmarnock A.C.	50+	00:39:50
24	384	Ryan	Sean	Civil Service A.C.	50+	00:40:16
25	631	Clancy	David	Celbridge A.C.	50+	00:40:44
26	634	Meehan	Dave	Tallaght A.C.	50+	00:41:08
27	632	Dore	Gerard	Tallaght A.C.	50+	00:41:43
28	2990	O'Leary	John	Portmarnock A.C.	50+	00:42:41
29	258	McKeown	Michael	East Down A.C.	50+	00:43:00
30	295	Reynolds	Sean	Tralee Harriers A.C.	50+	00:43:00
31	286	Kelly	Pat	Tallaght A.C.	50+	00:43:18
32	519	Davey	Joe	Sligo A.C.	50+	00:44:34
33	241	Levins	Thomas	Balbriggan & District A.C.	50+	00:53:14
34	240	Duggan	Michael	Mullingar Harriers A.C.	50+	00:54:13
35	371	Casey	Michael	Eire Og Corra Choill A.C.	50+	00:54:38
36	236	O'Beirne	Stephen	Dunboyne A.C.	50+	01:47:10
MEN 55+						
Pos	Bib	Surname	First Name	Club	Category	Gun Time
1	461	Cuddy	Tom	Rathfarnham WSAF A.C.	55+	00:38:47
2	332	Flynn	Denis	Tullamore Harriers A.C.	55+	00:46:26
3	487	Hall	PJ	Mayo A.C.	55+	00:46:36
4	340	kilroy	John	Westport A.C.	55+	00:49:40
5	310	Mac Domhnaill	Cillian	An Ghaeltacht/Aird Mhor A.C.	55+	01:05:54
MEN 60+						
Pos	Bib	Surname	First Name	Club	Category	Gun Time
1	473	Elliott	Paul	North Belfast Harriers	60+	00:37:21
2	327	Mc Evoy	Eamonn	St. Finbarrs A.C.	60+	00:39:33
3	244	Lilburn	Peter	City of Derry A.C. Spartans	60+	00:39:43
4	2621	Aherne	Neilus	Middleton A.C.	60+	00:39:51
5	344	Dinsmore	David	Mayo A.C.	60+	00:42:35
6	247	McGrath	Brian	Le Cheile A.C.	60+	00:42:58
7	486	Feeney	Jimmy	Mayo A.C.	60+	00:45:09
8	2844	Walsh	Mick	Gowran A.C.	60+	00:47:22
9	279	McGowan	John	Tullamore Harriers A.C.	60+	00:48:36
10	305	JACKSON	PETER	City of Derry A.C. Spartans	60+	00:51:10
11	9134	Ballesty	PJ	Mullingar Harriers A.C.	60+	01:08:16

MEN 65+						
Pos	Bib	Surname	First Name	Club	Category	Gun Time
1	266	O'Shea	Patrick	Iveragh A.C.	65+	00:41:02
2	545	McEvilly	Martin	Galway City Harriers A.C.	65+	00:41:14
3	297	Potts	Barry	Donore Harriers A.C.	65+	00:43:06
4	533	Whelan	Enda	Sligo A.C.	65+	00:43:59
5	477	Hunt	Tom	Mayo A.C.	65+	00:44:50
6	471	Talbot	Andrew	Clare River Harriers A.C.	65+	00:45:12
7	599	Keenan	Albert	Newbridge A.C.	65+	00:45:56
8	319	O'Hanlon	Vivian	Tallaght A.C.	65+	00:47:38
MEN 70+						
Pos	Bib	Surname	First Name	Club	Category	Gun Time
1	202	Mee	Terry	Donore Harriers A.C.	70+	00:46:51
2	472	Keane	Martin	Athenry A.C.	70+	00:54:56
3	467	Iangan	Jim	Tullamore Harriers A.C.	70+	00:55:12
MEN 75+						
Pos	Bib	Surname	First Name	Club	Category	Gun Time
1	226	Young	Hugh	Ballydrain Harriers	75+	00:54:30