

**Woodie's DIY 10k Road  
Championships of Ireland  
18th April 2010  
Phoenix Park, Dublin**

**Individual Men Result**

| Place | Bib No. | Surname    | First Name | Club                                | Category | Time  |
|-------|---------|------------|------------|-------------------------------------|----------|-------|
| 1     | 2       | Fagan      | Martin     | Mullingar Harriers A.C.             |          | 29.17 |
| 2     | 34      | Thornton   | Gary       | Galway City Harriers A.C.           |          | 29.36 |
| 3     | 6       | Ledwith    | Andrew     | Fr. Murphy                          |          | 29.48 |
| 4     | 32      | Sweeney    | Joe        | Dundrum South Dublin A.C.           |          | 29.59 |
| 5     | 23      | O'Shea     | Alan       | Raheny Shamrock A.C.                |          | 30.34 |
| 6     | 20      | Hamilton   | Paddy      | Annadale Striders A.C.              |          | 30.41 |
| 7     | 22      | Hehir      | Sean       | Rathfarnham W.S.A.F. A.C. 'A' - Men |          | 30.46 |
| 8     | 479     | Keane      | Bryan      | Leevale A.C.                        |          | 30.57 |
| 9     | 15      | Clohisey   | Mick       | Raheny Shamrock A.C.                |          | 30.58 |
| 10    | 334     | Ryan       | Gerry      | Craughwell A.C. M35+                | M45      | 31.08 |
| 11    |         | O'Leary    | Cillian    | Raheny Shamrock A.C.                |          | 31.12 |
| 12    | 21      | Farrell    | Brian      | Sli Cualainn A.C.                   |          | 31.17 |
| 13    | 17      | Dunleavy   | Emmett     | Sligo A.C.                          |          | 31.30 |
| 14    | 29      | Hanrahan   | Mark       | Leevale A.C.                        |          | 31.43 |
| 15    | 319     | Byrne      | Patrick    | Tinryland A.C.                      | M35      | 31.47 |
| 16    | 27      | Mc Kinney  | Pauric     | Letterkenny A.C. M35+               | M40      | 31.57 |
| 17    | 18      | Zakis      | Ravis      | West Waterford A.C.                 |          | 32.13 |
| 18    | 390     | Byrne      | John       | Mayo A.C. M35+                      | M35      | 32.19 |
| 19    | 344     | Fleming    | Paul       | Rathfarnham W.S.A.F. A.C. 'A' - Men |          | 32.23 |
| 20    | 11705   | Buckley    | Paul       | Ferbane A.C.                        |          | 32.29 |
| 21    | 279     | Traynor    | Mick       | Raheny Shamrock A.C.                | M45      | 32.29 |
| 22    | 327     | Kirwan     | Brian      | St. L. O'Toole A.C.                 |          | 32.41 |
| 23    | 481     | Murphy     | Cian       | Iveragh A.C.                        |          | 32.42 |
| 24    | 201     | O'Donnell  | Ruairi     | Limerick A.C.                       | M35      | 32.49 |
| 25    | 11571   | Cronin     | Lorcan     | Clonliffe Harriers A.C.             |          | 32.54 |
| 26    | 367     | Byrne      | Dave       | Tallaght A.C. 'C' - Men             |          | 33.03 |
| 27    | 262     | Kilgannon  | Phil       | Sportsworld A.C. 'A' - Men          |          | 33.04 |
| 28    | 10908   | Clancy     | Ger        | D.M.P. A.C.                         |          | 33.05 |
| 29    | 242     | Barron     | David      | Slaney Olympic A.C.                 | M40      | 33.07 |
| 30    | 496     | Doran      | James      | Riocht A.C.                         |          | 33.17 |
| 31    | 235     | Staunton   | Robert     | Galway City Harriers A.C. M35+ 'A'  | M35      | 33.22 |
| 32    | 259     | O'Connell  | Paul       | Sportsworld A.C. 'A' - Men          |          | 33.27 |
| 33    | 8808    | Walsh      | Ian        | Raheny Shamrock A.C.                |          | 33.27 |
| 34    | 331     | Carrie     | David      | Dunleer A.C. M35+                   | M40      | 33.29 |
| 35    | 255     | Barrett    | Roger      | Ballina A.C.                        |          | 33.33 |
| 36    | 9858    | Burke      | Aengus     | North Laois A.C. M35+               | M45      | 33.37 |
| 37    | 246     | Mc Govern  | Paul       | Rathfarnham W.S.A.F. A.C. 'A' - Men |          | 33.40 |
| 38    | 408     | Cowhie     | Paul       | Civil Service A.C. M35+             | M45      | 33.42 |
| 39    | 307     | Fahey      | Declan     | Tullamore Harriers A.C. M35+ 'A'    | M35      | 33.46 |
| 40    | 261     | Sweeney    | Trevor     | Sportsworld A.C. 'A' - Men          |          | 33.49 |
| 41    | 241     | O'Leary    | Ian        | Dundrum South Dublin A.C. M35+      | M40      | 33.56 |
| 42    | 350     | Mulligan   | Kevin      | Metro/St. Brigid's A.C. 'A' - Men   |          | 34.02 |
| 43    | 11666   | Duffy      | Gerry      | Metro/St. Brigid's A.C. 'A' - Men   | M45      | 34.07 |
| 44    | 12012   | Whitelaw   | Ken        | Mullingar Harriers A.C.             |          | 34.07 |
| 45    | 386     | Durkan     | Eoin       | Donore Harriers A.C. 'A' - Men      |          | 34.13 |
| 46    | 306     | Grennan    | Catch      | Tullamore Harriers A.C. M35+ 'A'    | M35      | 34.13 |
| 47    | 342     | Keane      | Kevin      | Rathfarnham W.S.A.F. A.C. 'A' - Men |          | 34.14 |
| 48    | 211     | Davis      | Mark       | Craughwell A.C. M35+                | M35      | 34.16 |
| 49    | 268     | O'Sullivan | Peter      | Craughwell A.C. M35+                | M35      | 34.19 |
| 50    | 284     | Stafford   | Jim        | Slaney Olympic A.C.                 | M50      | 34.23 |
| 51    | 36      | O'Neill    | Eugene     | Crusaders Athletic Club             |          | 34.26 |

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|     |       |               |          |                                     |     |       |
|-----|-------|---------------|----------|-------------------------------------|-----|-------|
| 52  | 391   | Mc Hugh       | T.J.     | Mayo A.C.M35+                       | M35 | 34.31 |
| 53  | 237   | Brown         | James    | Inishowen A.C.                      | M35 | 34.32 |
| 54  | 248   | Bruton        | Brian    | Athenry A.C.                        |     | 34.32 |
| 55  | 208   | Corcoran      | Martin   | Craughwell A.C. M35+                | M45 | 34.37 |
| 56  | 389   | Devaney       | Anthony  | Mayo A.C.M35+                       | M35 | 34.41 |
| 57  | 221   | Payne         | Thomas   | Tinryland A.C. M50+                 | M50 | 34.43 |
| 58  | 249   | O'Connor      | Brian    | Athenry A.C.                        |     | 34.44 |
| 59  | 305   | Murphy        | Michael  | Tullamore Harriers A.C. M35+ 'A'    | M35 | 34.45 |
| 60  | 368   | Coppinger     | Niall    | Tallaght A.C.M35+                   | M45 | 34.47 |
| 61  | 312   | Shanahan      | Denis    | Thurles Crokes A.C.                 |     | 34.48 |
| 62  | 303   | Donegan       | John     | Tullamore Harriers A.C. M35+ 'A'    | M45 | 34.49 |
| 63  | 309   | Maloney       | Gerard   | St. Pauls A.C.                      | M50 | 34.49 |
| 64  | 263   | Murran        | Gareth   | Sportsworld A.C. 'A' - Men          |     | 34.51 |
| 65  | 315   | Dolan         | Conor    | Athenry A.C.                        |     | 34.59 |
| 66  | 247   | O'Connor      | Gearoid  | Rathfarnham W.S.A.F. A.C. 'A' - Men |     | 34.59 |
| 67  | 9026  | Mac Domhnaill | Aogain   | West Limerick A.C.                  |     | 35.05 |
| 68  | 311   | Mullaney      | Shane    | Thurles Crokes A.C.                 |     | 35.13 |
| 69  | 294   | Feery         | John     | Tullamore Harriers A.C. M50+        | M50 | 35.17 |
| 70  | 257   | Cunningham    | Michael  | Sportsworld A.C. 'A' - Men          |     | 35.19 |
| 71  | 345   | Doyle         | Gerry    | Rathfarnham W.S.A.F. A.C.M35+       | M45 | 35.19 |
| 72  | 9329  | Kelly         | Paddy    | Mullingar Harriers A.C.             |     | 35.19 |
| 73  | 7319  | Curran        | James    | St. Finbarrs AC                     |     | 35.22 |
| 74  | 10396 | Longmore      | Craig    | Dundrum South Dublin A.C.           |     | 35.23 |
| 75  | 11645 | Mc Donald     | Martin   | North Laois A.C.M35+                | M50 | 35.28 |
| 76  | 254   | Canty         | Michael  | Ballina A.C.                        |     | 35.31 |
| 77  | 383   | Keogh         | Gavin    | Donore Harriers A.C. 'A' - Men      |     | 35.41 |
| 78  | 277   | Brennan       | Eoin     | Tallaght A.C. 'A' - Men             |     | 35.44 |
| 79  | 5858  | Garry         | Eddie    | Tullamore Harriers A.C.             |     | 35.44 |
| 80  | 333   | Mc Loughlin   | Owen     | Rathfarnham W.S.A.F. A.C.M35+       | M40 | 35.47 |
| 81  | 308   | Walsh         | William  | Raheny Shamrock A.C.                |     | 35.48 |
| 82  | 320   | Hogan         | Brendan  | Rathfarnham W.S.A.F. A.C.M50+       | M50 | 35.50 |
| 83  | 9160  | Healy         | John     | Dundrum South Dublin A.C. M35+      | M50 | 35.53 |
| 84  | 394   | Malseed       | Robert   | Mayo A.C.M35+                       | M35 | 35.53 |
| 85  | 210   | Lane          | Johnny   | Craughwell A.C.                     |     | 35.55 |
| 86  | 11574 | Ryan          | Brendan  | Tallaght A.C.M50+                   | M50 | 35.55 |
| 87  | 388   | Hand          | Darren   | Donore Harriers A.C. 'A' - Men      |     | 35.57 |
| 88  | 402   | Lynskey       | Andrew   | Mayo A.C. 'A' - Men                 |     | 36.01 |
| 89  | 8980  | Ramsey        | Ernie    | Clonliffe Harriers A.C.             |     | 36.01 |
| 90  | 6742  | Looby         | Maurice  | Mullingar Harriers A.C.             | M35 | 36.03 |
| 91  | 330   | Lawler        | Shane    | St. L. O'Toole A.C.                 |     | 36.04 |
| 92  | 352   | Fitzpatrick   | David    | Metro/St. Brigid's A.C. 'A' - Men   |     | 36.05 |
| 93  | 387   | Daly          | Jonathan | Donore Harriers A.C. 'A' - Men      |     | 36.06 |
| 94  | 227   | Carty         | Gerry    | Galway City Harriers A.C. M35+ 'B'  | M40 | 36.09 |
| 95  | 356   | O'Dwyer       | Simon    | Gowran A.C. M35+                    | M35 | 36.10 |
| 96  | 219   | Mc Ananey     | Sammy    | City of DerryM50+                   | M50 | 36.16 |
| 97  | 296   | Carroll       | Martin   | Tullamore Harriers A.C. M50+        | M50 | 36.17 |
| 98  | 8603  | Gormley       | Martin   | Letterkenny A.C. M35+               | M40 | 36.29 |
| 99  | 410   | Kearns        | Declan   | Civil Service A.C.M35+              | M45 | 36.34 |
| 100 | 329   | Power         | Graham   | St. L. O'Toole A.C.                 |     | 36.34 |
| 101 | 7643  | Doyle         | Richard  | Crusaders Athletic Club             |     | 36.35 |
| 102 | 256   | Gallagher     | Sean     | Ballina A.C.                        | M40 | 36.35 |
| 103 | 337   | Tucker        | Adrian   | Rathfarnham W.S.A.F. A.C.M50+       | M50 | 36.40 |
| 104 | 364   | Coleman       | Luke     | Tallaght A.C. 'A' - Men             |     | 36.44 |
| 105 | 499   | James         | Kelly    | RahenyShamrock A.C. M35+            | M40 | 36.53 |

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|-----|-------|------------|---------|------------------------------------|-----|-------|
| 106 | 223   | Mc Donnell | Sean    | Mayo A.C. 'A' - Men                |     | 36.58 |
| 107 | 324   | Gargan     | David   | RahenyShamrock A.C. M35+           | M35 | 37.00 |
| 108 | 265   | Carpenter  | Sean    | Dunleer A.C. M35+                  | M35 | 37.01 |
| 109 | 475   | Kearins    | Alan    | Sligo A.C.                         |     | 37.01 |
| 110 | 416   | Gough      | Joe     | West Waterford A.C.                | M55 | 37.02 |
| 111 | 347   | Farrelly   | John    | Rathfarnham W.S.A.F. A.C.M35+      | M45 | 37.06 |
| 112 | 209   | Niland     | Tommy   | Craughwell A.C.                    |     | 37.08 |
| 113 | 328   | Murphy     | Niall   | St. L. O'Toole A.C.                |     | 37.09 |
| 114 | 285   | Mc Evoy    | Eamonn  | St. Finbarrs A.C.                  | M55 | 37.10 |
| 115 | 11629 | Carroll    | PJ      | North Laois A.C.M35+               | M45 | 37.12 |
| 116 | 9879  | Birmingham | Mark    | Clonliffe Harriers A.C.            | M35 | 37.13 |
| 117 | 351   | Gallagher  | Kieran  | Metro/St. Brigid's A.C. 'A' - Men  |     | 37.21 |
| 118 | 488   | Martin     | Damian  | RahenyShamrock A.C. M35+           | M45 | 37.24 |
| 119 | 253   | Walkin     | Scott   | Ballina A.C.                       |     | 37.24 |
| 120 | 339   | Doyle      | Sean    | Rathfarnham W.S.A.F. A.C.M50+      | M50 | 37.26 |
| 121 | 251   | O'Connor   | John    | Athenry A.C.                       | M35 | 37.34 |
| 122 | 7312  | Poole      | John    | Donore Harriers A.C.               | M35 | 37.34 |
| 123 | 228   | Fallon     | Paul    | Galway City Harriers A.C. M35+ 'B' | M40 | 37.42 |
| 124 | 229   | King       | Billy   | Galway City Harriers A.C.          |     | 37.42 |
| 125 | 6943  | Shorten    | Dessie  | Tallaght A.C.M50+                  | M50 | 37.42 |
| 126 | 348   | Casey      | Joe     | Rathfarnham W.S.A.F. A.C.M35+      | M45 | 37.46 |
| 127 | 346   | Bishop     | Thomas  | Rathfarnham W.S.A.F. A.C.M35+      | M45 | 37.47 |
| 128 | 378   | Mc Grath   | Aidan   | Donore Harriers A.C.M35+           | M40 | 37.49 |
| 129 | 280   | Glennon    | Matthew | Mullingar Harriers A.C.            | M40 | 37.50 |
| 130 | 4673  | Maher      | David   | Donadea Running Club               |     | 37.52 |
| 131 | 7619  | Leach      | David   | Raheny Shamrock A.C.               | M35 | 37.54 |
| 132 | 4268  | Mc Aleese  | Justin  | Dublin Front Runners AC            |     | 37.55 |
| 133 | 497   | Mc Cormack | James   | North Laois A.C.M35+               | M40 | 37.57 |
| 134 | 371   | Walsh      | Sean    | Tallaght A.C.M35+                  | M40 | 37.59 |
| 135 | 5155  | Brady      | George  | Donore Harriers A.C.               |     | 38.00 |
| 136 | 1899  | Hamill     | Patrick | North Belfast Harriers             |     | 38.00 |
| 137 | 8824  | Rickard    | Michael | Donore Harriers A.C.               |     | 38.01 |
| 138 | 222   | Payne      | Colin   | Tinryland A.C.                     |     | 38.05 |
| 139 | 270   | Walsh      | Colm    | Mullingar Harriers A.C.            |     | 38.07 |
| 140 | 353   | Hilliard   | Mel     | Metro/St. Brigid's A.C. 'A' - Men  | M40 | 38.14 |
| 141 | 409   | Fennell    | Mick    | Civil Service A.C.M35+             | M45 | 38.23 |
| 142 | 472   | Burke      | Alan    | Athenry A.C.                       |     | 38.25 |
| 143 | 377   | Mc Donald  | Gerry   | Donore Harriers A.C.M35+           | M40 | 38.27 |
| 144 | 288   | Colohan    | Colm    | Tullamore Harriers A.C.            |     | 38.29 |
| 145 | 6985  | Ferris     | Justin  | Dunleer AC                         |     | 38.30 |
| 146 | 9514  | Mc Veigh   | Derry   | Lucan Harriers A.C.                |     | 38.30 |
| 147 | 349   | Bain       | Derek   | Rathfarnham W.S.A.F. A.C.M35+      | M40 | 38.32 |
| 148 | 302   | Todd       | John    | Tullamore Harriers A.C. M50+       | M55 | 38.36 |
| 149 | 5178  | Kenny      | Gerard  | Newry City Runners AC              | M45 | 38.38 |
| 150 | 372   | Lilburn    | Peter   | City of DerryM50+                  | M55 | 38.38 |
| 151 | 239   | Mc Kenna   | Aidan   | Letterkenny A.C. M35+              | M35 | 38.40 |
| 152 | 274   | Callanan   | Niall   | Craughwell A.C.                    |     | 38.43 |
| 153 | 11725 | Collins    | Pat     | Liffey Valley A.C.                 | M60 | 38.43 |
| 154 | 295   | Conlon     | Patrick | Tullamore Harriers A.C. M50+       | M50 | 38.43 |
| 155 | 264   | Mulligan   | Michael | Dunleer A.C. M35+                  | M50 | 38.44 |
| 156 | 382   | O'Neill    | Derek   | Donore Harriers A.C.M35+           | M40 | 38.47 |
| 157 | 381   | Tyrell     | Andy    | Donore Harriers A.C.M35+           | M45 | 38.47 |
| 158 | 8822  | Gallagher  | Finbarr | Inisowen A.C.                      | M40 | 38.52 |
| 159 | 392   | Huane      | David   | Mayo A.C.M35+                      | M35 | 38.55 |

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|-----|-------|-------------|--------------|-----------------------------------|-----|-------|
| 160 | 369   | Murphy      | Bill         | Tallaght A.C.M35+                 | M45 | 38.56 |
| 161 | 7801  | Corrigan    | Anthony      | South O'Hanlon AC                 |     | 39.00 |
| 162 | 2039  | Conlon      | Vinny        | Tullamore Harriers A.C.           |     | 39.11 |
| 163 | 8918  | Mc Carthy   | Shane        | Lucan Harriers A.C.               | M35 | 39.13 |
| 164 | 393   | Galvin      | Gerry        | Mayo A.C.M35+                     | M35 | 39.24 |
| 165 | 202   | Green Smyth | William      | Limerick A.C.                     |     | 39.27 |
| 166 | 355   | Quinn       | Gerry        | Metro/St. Brigid's A.C. 'A' - Men | M50 | 39.28 |
| 167 | 290   | Gorry       | David Thomas | Tullamore Harriers A.C.           | M40 | 39.32 |
| 168 | 7027  | O'Driscoll  | Barry        | Dublin Front Runners AC           |     | 39.32 |
| 169 | 260   | Splawski    | Jakub        | Sportsworld A.C.                  |     | 39.35 |
| 170 | 411   | Ward        | Ronan        | Civil Service A.C.M35+            | M55 | 39.35 |
| 171 | 336   | Clarke      | Terrence     | Rathfarnham W.S.A.F. A.C.M50+     | M50 | 39.37 |
| 172 | 278   | O'Brien     | John Paul    | Mullingar Harriers A.C.           |     | 39.45 |
| 173 | 11678 | Finnegan    | Stephen      | Sligo A.C.                        | M45 | 39.48 |
| 174 | 316   | Shannon     | Denis        | Tinryland A.C. M50+               | M60 | 39.55 |
| 175 | 314   | Foley       | Alan         | Boards A.C.                       |     | 39.59 |
| 176 | 11575 | Sherlock    | Keith        | Tallaght A.C.M35+                 | M35 | 40.00 |
| 177 | 271   | Gallagher   | Hugh         | Letterkenny A.C. M35+             | M55 | 40.02 |
| 178 | 360   | Woods       | Gerry        | Tallaght A.C.M50+                 | M50 | 40.02 |
| 179 | 5158  | Connolly    | Paul         | Naas Athletic Club                |     | 40.06 |
| 180 | 291   | Wrafter     | Joe          | Tullamore Harriers A.C. M35+ 'B'  | M35 | 40.07 |
| 181 | 301   | Butler      | Darren       | Tullamore Harriers A.C.           |     | 40.10 |
| 182 | 480   | O'Neill     | Charlie      | Donore Harriers A.C.              | M55 | 40.13 |
| 183 | 10086 | Mc Bride    | Freddie      | Lusk AC                           |     | 40.14 |
| 184 | 4777  | O'Neill     | Aidan        | Rathfarnham W.S.A.F. A.C.         | M45 | 40.14 |
| 185 | 321   | Nevin       | Tony         | Craughwell A.C.                   | M35 | 40.17 |
| 186 | 244   | Fitzmaurice | Adrian       | Athenry A.C. M35+                 | M45 | 40.25 |
| 187 | 361   | Fitzsimons  | Ray          | Tallaght A.C.M50+                 | M50 | 40.31 |
| 188 | 9463  | Robinson    | Ken          | Lucan Harriers A.C.               | M40 | 40.33 |
| 189 | 326   | Burke       | Frank        | Athenry A.C. M35+                 | M35 | 40.36 |
| 190 | 10089 | Treacy      | Thomas       | Raheny Shamrock A.C.              |     | 40.39 |
| 191 | 4157  | Thornton    | Darragh      | Mullingar Harriers A.C.           |     | 40.45 |
| 192 | 217   | Talbot      | Andy         | Clare River Harriers A.C.         | M55 | 40.53 |
| 193 | 230   | Regan       | John         | Galway City Harriers A.C.         |     | 40.55 |
| 194 | 9150  | O'Leary     | John         | Lucan Harriers A.C.               | M55 | 40.59 |
| 195 | 2492  | Fitzpatrick | Geoff        | Dromore AC                        | M40 | 41.00 |
| 196 | 5898  | Newman      | Eddie        | Mullingar Harriers A.C.           | M45 | 41.02 |
| 197 | 10522 | Lillis      | Micheal      | Dublin Front Runners AC           |     | 41.05 |
| 198 | 7467  | Treanor     | Declan       | Dublin Front Runners AC           | M45 | 41.05 |
| 199 | 276   | Worall      | Alan         | Clonliffe Harriers A.C.           | M40 | 41.07 |
| 200 | 9216  | Mulligan    | Luke         | Dunshaughlin AC                   |     | 41.22 |
| 201 | 273   | Gardiner    | Gabriel      | Craughwell A.C.                   | M45 | 41.29 |
| 202 | 412   | Campion     | Loughlin     | Civil Service A.C.M35+            | M55 | 41.31 |
| 203 | 413   | Carolan     | Paul         | Civil Service A.C.M35+            | M35 | 41.38 |
| 204 | 9581  | Hughes      | Tommy        | Star of the Sea A.C.              |     | 41.40 |
| 205 | 318   | Mc Goldrick | Sean         | RahenyShamrock A.C. M35+          | M45 | 41.43 |
| 206 | 396   | Hall        | P.J.         | Mayo A.C.M50+                     | M50 | 41.45 |
| 207 | 9500  | Monks       | Stephen      | Donore Harriers A.C.              |     | 41.45 |
| 208 | 10413 | Smith       | Ciaran       | Fingallians A.C.                  |     | 41.45 |
| 209 | 292   | Mollen      | Francis      | Tullamore Harriers A.C. M35+ 'B'  | M45 | 41.47 |
| 210 | 6335  | Sullivan    | Brian        | Eagle AC                          |     | 41.50 |
| 211 | 7890  | Breen       | Colm         | Clonliffe Harriers A.C.           | M40 | 42.03 |
| 212 | 4936  | Mullins     | Gerard       | Drogheda & Dist. M35+             | M40 | 42.16 |
| 213 | 275   | Gaffney     | Tony         | Tallaght A.C. 'A' - Men           |     | 42.31 |

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| 214 | 220   | Davey       | Barry          | Galway City Harriers A.C.          |     | 42.44 |
| 215 | 6116  | Kearney     | Oliver         | Donadea Running Club               | M35 | 42.47 |
| 216 | 224   | Spillane    | Michael        | Galway City Harriers A.C. M35+ 'B' | M35 | 42.47 |
| 217 | 10142 | Waldron     | Gerard         | Fingallians A.C.                   |     | 42.47 |
| 218 | 10211 | Brennan     | Tommy          | Waterford AC                       | M45 | 42.54 |
| 219 | 6873  | Flaherty    | Gerry          | Blackrock AC (Dublin)              | M40 | 42.54 |
| 220 | 373   | Mc Cullagh  | Oliver         | City of DerryM50+                  | M55 | 43.03 |
| 221 | 399   | Mongan      | Owen           | Mayo A.C.M50+                      | M55 | 43.10 |
| 222 | 6000  | Patton      | Conor          | DSD AC                             | M50 | 43.16 |
| 223 | 10959 | Stephen     | Nolan          | RahenyShamrock A.C.                | M40 | 43.16 |
| 224 | 231   | Burke       | Paul           | Galway City Harriers A.C.          |     | 43.18 |
| 225 | 289   | Fitzgerald  | Maurice        | Tullamore Harriers A.C.            |     | 43.22 |
| 226 | 5831  | Mc Glynn    | Kevin          | North Sligo AC                     | M45 | 43.23 |
| 227 | 317   | Campbell    | Niall          | Boards A.C.                        |     | 43.44 |
| 228 | 214   | Darcy       | John           | Sli Cualann A.C.                   | M55 | 43.51 |
| 229 | 323   | Quill       | Diarmuid       | Craughwell A.C.                    | M45 | 43.54 |
| 230 | 407   | O'Neill     | Eamonn         | Star of the Sea A.C.M35+           | M40 | 44.02 |
| 231 | 218   | Freir       | John           | RahenyShamrock A.C. M35+           | M45 | 44.04 |
| 232 | 362   | Quinn       | Derek          | Tallaght A.C.M50+                  | M50 | 44.09 |
| 233 | 4809  | Blyth       | Matthew        | Liffey Valley Athletic Club        |     | 44.12 |
| 234 | 11961 | Mc Carthy   | James          | West Waterford A.C.                |     | 44.15 |
| 235 | 6924  | Cooney      | Conor          | Drogheda & District A.C. M35 +     | M55 | 44.19 |
| 236 | 6187  | Cooney      | Kieran         | Dublin Front Runners AC            | M40 | 44.24 |
| 237 | 6500  | Nc Donnell  | Paul           | Boards AC                          | M35 | 44.29 |
| 238 | 417   | O'Malley    | Christy        | Mayo A.C. 'A' - Men                | M40 | 44.31 |
| 239 | 6759  | Ragnoli     | Emanuele       | Donore Harriers A.C.               |     | 44.31 |
| 240 | 283   | Willoughby  | Stephen        | Sportsworld A.C.M35+               | M45 | 44.32 |
| 241 | 325   | Compelli    | Alan           | Boards A.C.                        | M35 | 44.33 |
| 242 | 10464 | Kane        | Michael        | Donadea Running Club               |     | 44.36 |
| 243 | 267   | Clarke      | Shay           | Drogheda & District A.C. M35 +     | M40 | 44.43 |
| 244 | 293   | Mc Cormack  | Anthony        | Tullamore Harriers A.C. M35+ 'B'   | M40 | 44.45 |
| 245 | 5864  | Igoe        | Kieran         | Dublin Front Runners AC            |     | 44.58 |
| 246 | 9472  | Flynn       | Eanna          | Na Fianna A.C.                     |     | 45.01 |
| 247 | 7997  | Kinsella    | Michael        | Menapians AC                       |     | 45.29 |
| 248 | 9318  | O'Rourke    | James          | St. L. O'Toole A.C.                |     | 45.59 |
| 249 | 8277  | Mac Muiris  | Ronan          | Dublin Front Runners AC            | M45 | 46.01 |
| 250 | 269   | Fitzpatrick | Anthony        | Craughwell A.C. M35+               | M40 | 46.15 |
| 251 | 10096 | Bourke      | Ian            | Raheny Shamrock A.C.               |     | 46.24 |
| 252 | 203   | Anderson    | Brendan Anthon | Fr. Murphys A.C. M35+              | M45 | 46.26 |
| 253 | 406   | Rowe        | Mick           | Star of the Sea A.C.M35+           | M40 | 46.55 |
| 254 | 359   | Kavanagh    | Brendan        | Gowran A.C. M35+                   | M35 | 46.57 |
| 255 | 400   | Gaughan     | Seamus         | Mayo A.C.M50+                      | M55 | 46.58 |
| 256 | 7993  | Cooke       | Gavin          | Waterford AC                       |     | 47.19 |
| 257 | 5492  | Mc Kiernan  | Alan           | Dunboyne AC                        |     | 47.32 |
| 258 | 232   | Egan        | Niall          | Galway City Harriers A.C.          |     | 47.37 |
| 259 | 7193  | Cassidy     | Paul           | Sportsworld A.C.M35+               | M45 | 47.44 |
| 260 | 11870 | Clarke      | Joe            | Navan A.C.                         | M40 | 47.47 |
| 261 | 405   | Benoit      | Nicholas       | Star of the Sea A.C.M35+           | M35 | 47.55 |
| 262 | 6405  | Croke       | Brian          | Dooneen AC                         | M45 | 48.00 |
| 263 | 5115  | O'Connor    | Darren         | Tullamore Harriers Athletic Club   |     | 48.16 |
| 264 | 7190  | Bruce       | Ian            | Dunshaughlin AC                    | M45 | 49.07 |
| 265 | 281   | Lloyd       | Trevor         | Sportsworld A.C.M35+               | M65 | 49.18 |
| 266 | 7010  | Butler      | Willie         | Templemore AC                      | M40 | 49.21 |
| 267 | 403   | Gleason     | Toni           | Mayo A.C. 'A' - Men                |     | 49.32 |

**Woodie's DIY 10k Road  
Championships of Ireland  
18th April 2010  
Phoenix Park, Dublin**

|     |       |            |          |                                |     |         |
|-----|-------|------------|----------|--------------------------------|-----|---------|
| 268 | 32    | Doherty    | Ciaran   | Letterkenny A.C. M35+          | M35 | 49.47   |
| 269 | 335   | Crone      | Ciaran   | Star of the Sea A.C.M35+       | M40 | 49.49   |
| 270 | 9400  | Mitchell   | Raymond  | Dunboyne AC                    |     | 49.53   |
| 271 | 5588  | Murray     | Garrett  | Dunleer AC                     | M35 | 49.55   |
| 272 | 4670  | O'Shea     | Patrick  | Iveragh A.C.                   | M60 | 50.04   |
| 273 | 5351  | Corcoran   | Paschal  | Donadea Running Club           | M40 | 50.06   |
| 274 | 5289  | Mc Nally   | Colm     | Lusk AC                        | M40 | 50.28   |
| 275 | 8298  | Cuneen     | David    | Donore Harriers A.C.           |     | 50.35   |
| 276 | 9303  | Wiley      | Darragh  | Mallow A.C.                    | M40 | 50.41   |
| 277 | 7864  | Marshall   | Bryan    | Waterford AC                   | M35 | 51.15   |
| 278 | 10120 | O'Murchu   | Pol      | Clonliffe Harriers A.C.        |     | 51.18   |
| 279 | 7441  | Mullen     | Rory     | Sportsworld A.C.M35+           | M45 | 52.01   |
| 280 | 6111  | Murphy     | Denis    | Ratoath AC                     | M50 | 52.09   |
| 281 | 9921  | Bates      | Douglas  | Mullingar Harriers A.C.        | M40 | 52.21   |
| 282 | 5422  | Timothy    | John     | Claremorris AC                 | M55 | 52.44   |
| 283 | 243   | Keane      | Martin   | Athenry A.C. M35+              | M65 | 52.53   |
| 284 | 5170  | Kearney    | David    | Donadea Running Club           |     | 53.20   |
| 285 | 5799  | Goddard    | Nicholas | Waterford AC                   |     | 53.25   |
| 286 | 8260  | O'Gara     | Cian     | Mullingar Harriers A.C.        |     | 54.15   |
| 287 | 9152  | Tuite      | Darren   | St. Peter's A.C.               |     | 54.29   |
| 288 | 9994  | Kelly      | Martin   | RahenyShamrock A.C.            | M45 | 54.50   |
| 289 | 10838 | Woods      | David    | RahenyShamrock A.C.            | M45 | 55.17   |
| 290 | 471   | Duffy      | Paul     | Sportsworld A.C.               |     | 55.45   |
| 291 | 322   | Marren     | Mark     | Drogheda & District A.C. M35 + | M40 | 56.43   |
| 292 | 8023  | Lynch      | Dave     | Donadea Running Club           | M35 | 56.48   |
| 293 | 4557  | Kennedy    | Kelley   | North Sligo AC                 |     | 56.51   |
| 294 | 5690  | O'Sullivan | Mchael   | Mullingar Harriers A.C.        | M50 | 57.23   |
| 295 | 5291  | Gordan     | George   | Lusk AC                        | M40 | 57.26   |
| 296 | 482   | O'Donnell  | Ciaran   | Letterkenny A.C. M35+          | M40 | 59.22   |
| 297 | 5172  | Kearney    | Colm     | Donadea Running Club           | M35 | 59.23   |
| 298 | 286   | Langan     | Jim      | Tullamore Harriers A.C.        | M65 | 1.01.00 |
| 299 | 240   | Leonard    | Jim      | Drogheda & District A.C. M35 + | M70 | 1.01.35 |
| 300 | 6390  | Ballesty   | P.J.     | Mullingar Harriers A.C.        | M55 | 1.01.47 |
| 301 | 9155  | Burke      | Brian    | Athenry A.C.                   |     | 1.02.39 |
| 302 | 207   | Castles    | John     | Fr. Murphys A.C. M35+          | M40 | 1.07.37 |
| 303 | 272   | Connolly   | Seamus   | Tinryland A.C. M50+            | M55 | 1.13.34 |
| 304 | 4665  | Collins    | John     | Limerick Country A.C.          | M75 | 1.22.17 |