

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

Place	No.	Name		Club	Category	Time
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 Evilly	Martin	Galway City Harriers A.C.	V6	24.45
2	1326	Lynch	Gerry	City of Derry	V6	26.07
3	1082	Collins	Pat	Liffey Valley A.C.	V6	26.09
1	1327	Mc Monagle	Christy	City of Derry	V7	27.33
2	1289	Creagh	Christy	Mullingar Harriers A.C.	V7	29.59
3	1248	Mee	Terry	Clonliffe Harriers A.C.	V7	30.54
1	1044	Twomey	Tadgh	Metro/St. Brigid's A.C.	V8	29.55
2	1342	Rushe	Roger	Tuam A.C.	V8	30.27
3	1293	Keane	Barry	Sli Cualann A.C.	V8	37.03

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

Place	No.	Name		Club	Category	Time
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	Coyle	Joan	Dundrum South Dublin A.C.	V6	18.43
2	1409	Walsh	Mary	Tullamore Harriers A.C.	V6	20.36
3	1437	Mc Donnell	Breda	Mullingar Harriers A.C.	V6	22.58