

| RESULTS MASTER MEN O35 |                  |                           |              |       |       |        |      |      |        |      |        |       |         |         |        |       |
|------------------------|------------------|---------------------------|--------------|-------|-------|--------|------|------|--------|------|--------|-------|---------|---------|--------|-------|
| AGE GRADED RESULTS     |                  |                           |              | 110mH |       |        | LJ   |      |        | SP   |        | HJ    |         | 1500m   |        |       |
| ID                     | Name             | Club                      | Age Category | Wind  | Perf  | Points | Wind | Perf | Points | Perf | Points | Perf  | Points  | Perf    | Points | Total |
| 560                    | Martin Mooney    | Inishowen A.C.            | M35          | 2.6   | 20.94 | 293    | N/A  | 4.47 | 310    | 7.78 | 370    | 1.50  | 411     | 4.51.25 | 626    | 2010  |
| 592                    | Padraig Crawford | Gowran A.C.               | M35          | 2.6   | 19.67 | 391    | N/A  | 4.93 | 398    | 7.30 | 341    | 1.66  | 544     | 5.47.37 | 331    | 2005  |
| RESULTS MASTER MEN O40 |                  |                           |              |       |       |        |      |      |        |      |        |       |         |         |        |       |
| AGE GRADED RESULTS     |                  |                           |              | 110mH |       |        | LJ   |      |        | SP   |        | HJ    |         | 1500m   |        |       |
| ID                     | Name             | Club                      | Age Category | Wind  | Perf  | Points | Wind | Perf | Points | Perf | Points | Perf  | Points  | Perf    | Points | Total |
| 524                    | Ger Cremin       | An Ríocht A.C.            | M40          | 2.6   | 16.67 | 746    | N/A  | 5.13 | 500    | 7.58 | 392    | 1.66  | 577     | 5.16.68 | 551    | 2766  |
| 564                    | Martin Curley    | Ennis Track A.C.          | M40          | 2.6   | 21.19 | 334    | N/A  | 4.30 | 323    | 8.34 | 443    | 1.50  | 441     | 5.22.92 | 518    | 2059  |
| 589                    | Michael Lundon   | Ardee & District A.C.     | M40          | 2.6   | 20.51 | 386    | N/A  | 4.41 | 345    | 6.94 | 350    | 1.35  | 324     | 5.00.49 | 643    | 2048  |
| 573                    | Mark Woodger     | Metro/St. Brigid's A.C.   | M40          | 2.6   | 25.31 | 97     | N/A  | 4.16 | 295    | 7.86 | 411    | 1.35  | 324     | 5.10.56 | 585    | 1712  |
|                        |                  |                           |              |       |       |        |      |      |        |      |        |       |         |         |        |       |
| RESULTS MASTER MEN O50 |                  |                           |              |       |       |        |      |      |        |      |        |       |         |         |        |       |
| AGE GRADED RESULTS     |                  |                           |              | 100m  |       |        | LJ   |      |        | SP   |        | 1500m |         |         |        |       |
|                        | Name             | Club                      | Age Category | Wind  | Perf  | Points | Wind | Perf | Points | Perf | Points |       | Perf    | Points  | Total  |       |
| 584                    | Tom O'Brien      | Waterford A.C.            | M50          | 2.1   | 13.38 | 643    | N/A  | 5.05 | 630    | 9.80 | 575    |       | 5.25.44 | 654     | 2502   |       |
| 518                    | Gavin Kelly      | United Striders A.C.      | M50          | 2.1   | 13.23 | 669    | N/A  | 4.74 | 548    | 6.51 | 344    |       | 5.01.07 | 792     | 2353   |       |
| 555                    | John O'Connor    | Enniscorthy A.C.          | M50          | 2.1   | 13.32 | 653    | N/A  | 4.57 | 504    | 8.70 | 497    |       | 5.23.19 | 667     | 2321   |       |
| 553                    | Peadar McGing    | Dundrum South Dublin A.C. | M50          | 2.1   | 13.24 | 667    | N/A  | 4.48 | 481    | 9.18 | 531    |       | 5.52.24 | 517     | 2196   |       |
| 529                    | Colm McNally     | Lusk A.C.                 | M50          | 2.1   | 13.55 | 614    | N/A  | 4.17 | 405    | 7.39 | 406    |       | 5.29.34 | 634     | 2059   |       |
| 595                    | Paul La Roque    | Leevale A.C.              | M50          | 2.1   | 15.20 | 359    | N/A  | 3.56 | 267    | 7.60 | 420    |       | 6.02.63 | 468     | 1514   |       |
| 509                    | Joe Frey         | Lagan Valley A.C.         | M50          | 2.1   | 14.69 | 431    | N/A  | 4.12 | 394    | 6.98 | 377    |       | DNS     | 0       | DNF    |       |
|                        |                  |                           |              |       |       |        |      |      |        |      |        |       |         |         |        |       |
|                        |                  |                           |              |       |       |        |      |      |        |      |        |       |         |         |        |       |

| RESULTS MASTER WOMEN O35 |                 |                  |     |       |       |        |      |        |      |        |      |      |        |         |        |       |
|--------------------------|-----------------|------------------|-----|-------|-------|--------|------|--------|------|--------|------|------|--------|---------|--------|-------|
| AGE GRADED RESULTS       |                 |                  |     | 100mH |       |        | HJ   |        | SP   |        | LJ   |      |        | 800m    |        |       |
| ID                       | Name            | Club             | Cat | Wind  | Perf  | Points | Perf | Points | Perf | Points | Wind | Perf | Points | Perf    | Points | Total |
| 561                      | Emily Waldron   | Enniscorthy A.C. | F35 | 1.5   | 19.32 | 387    | 1.15 | 312    | 7.13 | 360    | N/A  | 4.29 | 428    | 2.36.17 | 627    | 2114  |
| 596                      | Genieve Rowland | Templemore A.C.  | F35 | 1.5   | 19.82 | 342    | 1.35 | 523    | 8.72 | 467    | N/A  | 4.18 | 398    | 3.12.11 | 268    | 1998  |

  

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|--------------------------|------------------|-------------------------|-----|------|-------|--------|------|--------|------|--------|------|------|--------|---------|--------|-------|
| AGE GRADED RESULTS       |                  |                         |     | 80mH |       |        | HJ   |        | SP   |        | LJ   |      |        | 800m    |        |       |
| ID                       | Name             | Club                    | Cat | Wind | Perf  | Points | Perf | Points | Perf | Points | Wind | Perf | Points | Perf    | Points | Total |
| 583                      | Nichola Tighe    | Waterford A.C.          | F40 | 4.7  | 15.02 | 511    | 1.35 | 599    | 6.79 | 369    |      | 4.30 | 498    | 3.25.00 | 234    | 2211  |
| 526                      | Mary Scanlon     | Blackrock A.C. Louth    | F40 | 4.7  | 16.55 | 337    | 1.30 | 544    | 8.04 | 459    |      | 4.11 | 443    | 3.13.46 | 324    | 2107  |
| 502                      | Joanne McCauley  | Newry A.C.              | F40 | 4.7  | 16.98 | 294    | 1.30 | 544    | 5.66 | 289    |      | 3.99 | 408    | 3.05.41 | 395    | 1930  |
| 505                      | Rosemary Gibson  | North East Runners A.C. | F40 | 4.7  | 17.12 | 281    | 1.20 | 429    | 6.90 | 377    |      | 3.95 | 398    | 3.12.04 | 336    | 1821  |
| 582                      | Liz Colclough    | Waterford A.C.          | F40 | 4.7  | 16.92 | 300    | 1.20 | 429    | 5.75 | 295    |      | 3.77 | 350    | 3.23.56 | 245    | 1619  |
| 539                      | Shirley Fennelly | Tramore A.C.            | F40 | 4.7  | 17.07 | 285    | 1.10 | 321    | 6.91 | 378    |      | 3.64 | 317    | 3.29.15 | 205    | 1506  |