

**National 10m
Mens Age Categories
Pheonix Park
23rd July 2023**

Place	Cat Pos.	Bib	Name	Net Time	Sub Cat	Club
1	1	523	John TRAVERS	00:49:57	Sen	Donore Harriers A.C.
2	2	567	David MANSFIELD	00:50:33	M35	Clonmel A.C.
3	3	379	Emmet JENNINGS	00:50:40	Sen	Dundrum South Dublin A.C.
4	4	380	Luke JOHNSTON	00:51:01	Sen	Moy Valley A.C.
7	5	517	Eoin TAGGART	00:52:23	Sen	Clonliffe Harriers A.C.
8	6	412	David MAHON	00:52:58	Sen	Slaney Olympic A.C.
9	7	572	Jake O'REGAN	00:53:14	Sen	St. Johns A.C.
23	8	263	Geoffrey ALEXANDRE	00:56:40	Sen	Liffey Valley A.C.
24	9	558	Robert FREWEN	00:56:46	Sen	Raheny Shamrock A.C.
25	10	72	Steo BUTLER	00:56:52	Sen	Raheny Shamrock A.C.
26	11	575	Colm ROCHE	00:57:08	Sen	Portmarnock A.C.
27	12	319	Sergey DOLGY	00:57:18	Sen	Liffey Valley A.C.
29	13	339	Ian FITZGERALD	00:57:23	Sen	Donore Harriers A.C.
36	14	542	Sean BLACKBURN	00:58:18	Sen	Leevale A.C.
42	15	298	Dara CLIFFORD	00:58:54	Sen	Waterstown Warriors A.C.
56	16	214	Aaron MULLAN	01:00:47	Sen	Civil Service Harriers A.C.
62	17	344	Patrick FOX	01:01:17	Sen	Liffey Valley A.C.
67	18	569	Sean MCGARRITY	01:01:42	Sen	Clonliffe Harriers A.C.
109	19	478	Jonathan OKEEFFE AHERN	01:06:55	Sen	St. Cocas A.C.
113	20	397	Brian KIERNAN	01:07:08	Sen	Ratoath A.C.
118	21	356	Rory GOLDSMITH	01:07:51	Sen	Crusaders A.C.
143	22	194	Lee PARKER	01:11:24	Sen	Clane A.C.
146	23	353	Enda GILMARTIN	01:12:04	Sen	Sligo A.C.
154	24	34	David COMISKEY	01:13:43	Sen	Clonliffe Harriers A.C.
160	25	315	Niall DIFFLEY	01:14:36	Sen	Raheny Shamrock A.C.
165	26	173	Liam DUNNE	01:15:25	Sen	Dunshaughlin A.C.
172	27	446	Con MOORE	01:16:30	Sen	LOVE2RUN A.C.
177	28	521	Daniel TOOMEY	01:17:19	Sen	Lusk A.C.
182	29	442	Vincent MELODY	01:18:03	Sen	Civil Service Harriers A.C.

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195	30	533	Liam WARD	01:20:57	Sen	Clonliffe Harriers A.C.
201	31	419	Morgan MCDONAGH	01:21:55	Sen	Dublin Front Runners A.C.
219	32	63	Roger GRIFFIN	01:26:11	Sen	Lucan Harriers A.C.
240	33	261	Conor AKINTOLA	01:34:07	Sen	North East Runners A.C.
244	34	425	Gerald MCGAULEY	01:37:24	Sen	Tallaght A.C.
247	35	286	Jacob BYRNE	01:40:09	Sen	Dublin Front Runners A.C.
249	36	472	Simon O'CONNOR	01:44:00	Sen	Lusk A.C.

Place	Cat Pos.	Bib	Name	Net Time	Sub Cat	Club
5	1	193	Tim O'DONOGHUE	00:51:06	M35	East Cork A.C.
6	2	323	Sean DOYLE	00:51:44	M35	Cork City A.C.
13	3	142	Pierce GEOGHEGAN	00:54:01	M35	Liffey Valley A.C.
17	4	580	Mark WALSH	00:54:42	M35	Leevale A.C.
18	5	43	Kenneth NUGENT	00:55:03	M35	Donore Harriers A.C.
19	6	550	Stephen CONROY	00:55:36	M35	Celbridge A.C.
20	7	301	Donal COAKLEY	00:55:46	M35	Leevale A.C.
22	8	62	Anthony SHARKEY	00:56:32	M35	LSA A.C.
33	9	39	Ciarain KELLY	00:58:02	M35	Crusaders A.C.
36	10	391	Sean KELLY	00:58:13	M35	Raheny Shamrock A.C.
38	11	399	Gerard KIRWAN	00:58:21	M35	Clonliffe Harriers A.C.
42	12	8	Martin DINEEN	00:58:41	M35	An Ríocht A.C.
44	13	185	Robert O'BRIEN	00:59:02	M35	Brothers Pearse A.C.
52	14	281	Alasdair BROWN	00:59:30	M35	Donore Harriers A.C.
54	15	578	Wayne WALDRON	00:59:45	M35	Donore Harriers A.C.
56	16	317	Colm CASSIDY	00:59:57	M35	Raheny Shamrock A.C.
57	17	7	Tim LONG	01:00:06	M35	An Ríocht A.C.
60	18	385	Rory KAVANAGH	01:01:00	M35	Dunboyne A.C.
61	19	321	Anthony DOWLING	01:01:01	M35	Celbridge A.C.
78	20	112	Richard HOBSON	01:02:03	M35	St. Finbarrs A.C.

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91	21	467	Michael O'CONOR	01:03:28	M35	Crusaders A.C.
94	22	404	Keith LUNDERS	01:04:00	M35	Liffey Valley A.C.
102	23	386	Darren KEANE	01:04:54	M35	Blackrock A.C.
108	24	383	Michael JUDGE	01:05:24	M35	Crusaders A.C.
118	25	294	Declan CASSELLS	01:05:55	M35	Civil Service Harriers A.C.
120	26	351	Ross GANNON	01:06:02	M35	Longford A.C.
121	27	388	Len KELLEHER	01:06:07	M35	Metro St. Brigids A.C.
123	28	196	Peter ROGAN	01:06:35	M35	Raheny Shamrock A.C.
156	29	40	Ian NOLAN	01:09:33	M35	Donore Harriers A.C.
161	30	284	Cian BUCKLEY	01:09:56	M35	Sportsworld A.C.
166	31	288	Simon CARBERY	01:10:30	M35	Portmarnock A.C.
167	32	493	Emmet QUINN	01:10:31	M35	Lucan Harriers A.C.
175	33	447	Tom MORAN	01:11:06	M35	Clonliffe Harriers A.C.
191	34	134	Alan J KAVANAGH	01:12:54	M35	Crusaders A.C.
221	35	306	Brian COTTER	01:15:13	M35	Raheny Shamrock A.C.
244	36	56	Michael NOLAN	01:16:54	M35	Kilcoole A.C.
284	37	259	Paddy O'BOYLE	01:20:47	M35	Civil Service Harriers A.C.
303	38	553	James DOWLING	01:22:33	M35	Blackrock A.C.
308	39	512	Elad SOLOMON	01:23:14	M35	Crusaders A.C.
320	40	313	Austin DENNIS	01:24:43	M35	Lusk A.C.
330	41	249	Niall FOX	01:26:16	M35	Iveragh A.C.
337	42	490	Pedro PIMENTEL	01:27:37	M35	Sportsworld A.C.
338	43	381	Antanas JONUSAS	01:28:23	M35	Portlaoise A.C.
364	44	233	David FARRELL	01:32:57	M35	Edenderry A.C.
367	45	501	Matt RYAN	01:33:34	M35	Gowran A.C.

Place	Cat Pos.	Bib	Name	Net Time	Sub Cat	Club
10	1	250	James DORAN	00:53:16	M40	An Ríocht A.C.
11	2	251	Colin GRIFFIN	00:53:32	M40	Ballinamore A.C.

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12	3	228	Barry SHEIL	00:53:51	M40	Longford A.C.
15	4	437	Michael MCMAHON	00:54:11	M40	North Cork A.C.
16	5	215	Brian MURPHY	00:54:36	M40	Iveragh A.C.
21	6	415	Brian MARTIN	00:56:16	M40	Drogheda & District A.C.
39	7	417	David MCCONN	00:58:23	M40	Donore Harriers A.C.
41	8	92	John SHANAHAN	00:58:40	M40	Raheny Shamrock A.C.
48	9	15	Fergus COLLIS	00:59:19	M40	Blackrock A.C.
53	10	363	Frank HAGUE	00:59:33	M40	Metro St. Brigids A.C.
58	11	199	Thomas MORAN	01:00:32	M40	United Striders A.C.
63	12	5079	Terry KEOGH	01:01:08	M40	Raheny Shamrock A.C.
68	13	268	Colin BEADES	01:01:25	M40	Longford A.C.
74	14	470	Rob O'BRIEN	01:01:47	M40	Celbridge A.C.
82	15	283	David BROWNE	01:02:31	M40	Newbridge A.C.
85	16	114	David DUNNE	01:02:49	M40	Tallaght A.C.
86	17	332	Paul FARRELL	01:02:52	M40	Metro St. Brigids A.C.
90	18	217	Colin MURPHY	01:03:17	M40	Blackrock A.C.
100	19	384	Cormac KANE	01:04:44	M40	St Benedict Inbhear Mor A.C.
101	20	303	Eoin CONNOLLY	01:04:45	M40	Raheny Shamrock A.C.
112	21	219	Wesley NOLAN	01:05:33	M40	Metro St. Brigids A.C.
113	22	389	Owen KELLY	01:05:33	M40	Blackrock A.C.
115	23	338	Thomas FITZGERALD	01:05:44	M40	St Abbans A.C.
117	24	450	Patrick MULDOON	01:05:46	M40	Mullingar Harriers A.C.
132	25	522	Peter TOOMEY	01:07:06	M40	Rathfarnham W.S.A.F. A.C.
141	26	95	Brian CONNOR	01:07:55	M40	Raheny Shamrock A.C.
153	27	307	Mark CULHANE	01:09:19	M40	Blackrock A.C.
155	28	368	Tiernan HEANEY	01:09:31	M40	St Benedict Inbhear Mor A.C.
189	29	123	Peter O'TOOLE	01:12:49	M40	Crusaders A.C.
229	30	405	Thomas LUNDY	01:15:47	M40	Le Cheile A.C.
233	31	133	Richard MURPHY	01:15:59	M40	Clane A.C.
235	32	461	Gavin NOLAN	01:16:07	M40	Lucan Harriers A.C.

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248	33	345	Paul FOY	01:17:06	M40	Le Cheile A.C.
253	34	548	Brendan COFFEY	01:17:22	M40	Clonmel A.C.
254	35	234	Robert Thomas MANGAN	01:17:23	M40	Raheny Shamrock A.C.
280	36	23	Colm CONNOLLY	01:19:50	M40	Celbridge A.C.
283	37	153	John AHERNE	01:20:47	M40	Blackrock A.C.
312	38	244	Cian O'BRIEN	01:23:25	M40	Blackrock A.C.
313	39	150	Thomas KINSELLA	01:23:38	M40	Sportsworld A.C.
318	40	68	Dave CANNON	01:24:30	M40	Lusk A.C.
335	41	509	Sunil SINGH	01:27:16	M40	Civil Service Harriers A.C.
371	42	61	Stephen NAUGHTON	01:34:13	M40	LSA A.C.
382	43	555	Alan FARRELL	01:39:49	M40	St. Cocas A.C.
400	44	375	Jason HOLLIS	01:48:12	M40	Blackrock A.C.
419	45	121	Francis FAY	02:08:03	M40	Cilles A.C.

Place	Cat Pos.	Bib	Name	Net Time	Sub Cat	Club
14	1	511	Paul SMITH	00:54:03	M45	Drogheda & District A.C.
35	2	111	Colin COYNE	00:58:08	M45	St Abbans A.C.
51	3	552	Alfie DAVIS	00:59:28	M45	Leevale A.C.
76	4	551	Ger COPELAND	01:01:52	M45	Dublin Bay Running A.C.
93	5	130	John LYNCH	01:03:36	M45	Ballinasloe & District A.C.
96	6	377	Gareth HORGAN	01:04:25	M45	Civil Service Harriers A.C.
106	7	333	Dwayne FARRELL	01:05:18	M45	Tinryland A.C.
124	8	271	Richard BOURKE	01:06:36	M45	St. Finbarrs A.C.
136	9	324	Keith DRISCOLL	01:07:20	M45	Kilcoole A.C.
140	10	238	Padraig BARRON	01:07:53	M45	United Striders A.C.
171	11	216	Alan MURPHY	01:10:44	M45	Portmarnock A.C.
183	12	262	Nicholas ALEXANDER	01:11:51	M45	Raheny Shamrock A.C.
187	13	227	Gavin RYAN	01:12:41	M45	North East Runners A.C.
190	14	347	Gavin FURLONG	01:12:52	M45	Portmarnock A.C.

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208	15	147	Tom SUMMERVILLE	01:14:19	M45	Lusk A.C.
216	16	376	Paddy HOLOHAN	01:14:43	M45	Kilcoole A.C.
270	17	157	Mark DEVINE	01:19:10	M45	Donore Harriers A.C.
271	18	487	Damien O'SULLIVAN	01:19:11	M45	Lucan Harriers A.C.
274	19	441	Darren MEIKLE	01:19:22	M45	Raheny Shamrock A.C.
277	20	579	Dan WALLACE	01:19:37	M45	Raheny Shamrock A.C.
297	21	520	Mark TONGE	01:21:47	M45	Dundrum South Dublin A.C.
307	22	71	Padraig KEANE	01:23:08	M45	Metro St. Brigids A.C.
314	23	269	David BEGGAN	01:23:53	M45	Lusk A.C.
322	24	453	Neil MULVEY	01:25:26	M45	LOVE2RUN A.C.
323	25	424	Kevin MCGALE	01:25:26	M45	LOVE2RUN A.C.
324	26	231	Brian MCLOUGHLIN	01:25:36	M45	Portmarnock A.C.
343	27	128	David DE LA VEGA	01:29:16	M45	Ratoath A.C.
352	28	45	Stephen FLOYD	01:31:05	M45	Drogheda & District A.C.
357	29	314	Robert DEVEREUX	01:31:28	M45	Dublin Front Runners A.C.
361	30	257	Richie KENEALLY	01:32:29	M45	Raheny Shamrock A.C.
366	31	17	Joe HAUGH	01:33:21	M45	Brothers Pearse A.C.
369	32	279	Peter BRENNAN	01:34:12	M45	Tallaght A.C.
386	33	126	Slawomir LUBANSKI	01:41:31	M45	Polish Runners Club Ireland
392	34	277	Dwane BRENNAN	01:44:36	M45	Irish Mountain Cardio A.C.

Place	Cat Pos.	Bib	Name	Net Time	Sub Cat	Club
28	1	554	Stephen DUNCAN	00:57:23	M50	Omagh Harriers
30	2	316	Ciaran DIVINEY	00:57:24	M50	Crusaders A.C.
32	3	189	Brendan LYNG	00:57:49	M50	United Striders A.C.
45	4	524	Des TREMBLE	00:59:12	M50	Donore Harriers A.C.
46	5	109	Trevor SWEENEY	00:59:13	M50	Sportsworld A.C.
49	6	6	Gary EGAN	00:59:25	M50	An Bru A.C.
55	7	273	Liam BRADLEY	00:59:52	M50	Inishowen A.C.

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62	8	191	John BYRNE	01:01:05	M50	United Striders A.C.
64	9	84	Oran HERON	01:01:15	M50	Raheny Shamrock A.C.
70	10	452	Donal MULLIGAN	01:01:33	M50	Longford A.C.
75	11	11	Paul MCDONNELL	01:01:49	M50	Blackrock A.C.
80	12	560	Gerard GAVIN	01:02:19	M50	Mullingar Harriers A.C.
83	13	51	Brian HARTIGAN	01:02:38	M50	Dunshaughlin A.C.
88	14	6909	James CRIBBIN	01:03:09	M50	Mullingar Harriers A.C.
114	15	267	Victor BAYON	01:05:37	M50	Le Cheile A.C.
122	16	243	Alan MCKERNAN	01:06:18	M50	Dunboyne A.C.
125	17	190	Patrick CULLETON	01:06:36	M50	United Striders A.C.
126	18	340	Keith FLEMING	01:06:51	M50	Raheny Shamrock A.C.
129	19	491	John POWER	01:06:57	M50	Skerries A.C.
130	20	482	Tony O'MALLEY	01:06:59	M50	Mayo A.C.
138	21	471	Barry O'CONNELL	01:07:46	M50	Naas A.C.
146	22	202	David MURRAY	01:08:24	M50	Drogheda & District A.C.
157	23	534	Mark WEDICK	01:09:37	M50	LOVE2RUN A.C.
165	24	401	Anthony LEE	01:10:27	M50	Raheny Shamrock A.C.
168	25	445	Aidan MONTAGUE	01:10:39	M50	Lucan Harriers A.C.
173	26	466	Peter NUGENT	01:10:59	M50	Donore Harriers A.C.
182	27	18	Paul FRIERY	01:11:47	M50	Brothers Pearse A.C.
192	28	562	David HUMPHREYS	01:13:02	M50	Dunboyne A.C.
200	29	176	Ralph COETZEE	01:13:39	M50	VPCW
206	30	67	Brian BEATTIE	01:13:58	M50	Lucan Harriers A.C.
217	31	272	Patrick BOWE	01:14:43	M50	Moyne A.C.
231	32	400	Denis LALLY	01:15:55	M50	Metro St. Brigids A.C.
245	33	124	Owen MCKINNEY	01:17:00	M50	Inishowen A.C.
269	34	354	John GLEESON	01:19:08	M50	Donore Harriers A.C.
296	35	175	Carl MOORE	01:21:41	M50	Raheny Shamrock A.C.
309	36	12	Tom GAVIN	01:23:18	M50	Blackrock A.C.
315	37	122	Jamie KENNEDY	01:24:08	M50	Blackrock A.C.

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329	38	106	Colin KENNY	01:26:16	M50	Sportsworld A.C.
333	39	79	Ray GUNNING	01:27:02	M50	Na Fianna A.C.
336	40	266	Charlie BARONE	01:27:22	M50	Longford A.C.
344	41	423	Owen MCFEELY	01:30:10	M50	Civil Service Harriers A.C.
377	42	336	Gerard FAY	01:38:15	M50	Raheny Shamrock A.C.
395	43	55	John SHERIDAN	01:45:59	M50	Irish Mountain Cardio A.C.

Place	Cat Pos.	Bib	Name	Net Time	Sub Cat	Club
31	1	433	Pauric MCKINNEY	00:57:38	M55	Inishowen A.C.
40	2	436	Martin MCLUCAS	00:58:26	M55	Inishowen A.C.
66	3	459	Eddie NEWMAN	01:01:18	M55	Mullingar Harriers A.C.
71	4	186	David KEHOE	01:01:33	M55	United Striders A.C.
89	5	570	Tom MCGRATH	01:03:16	M55	Mullingar Harriers A.C.
92	6	455	Colm MURRAY	01:03:29	M55	Rathfarnham W.S.A.F. A.C.
110	7	488	Ger O'TOOLE	01:05:30	M55	Blackrock A.C.
119	8	187	Edwin KEVILLE	01:05:57	M55	Rathfarnham W.S.A.F. A.C.
149	9	330	Alan FAIRBROTHER	01:08:40	M55	Brothers Pearse A.C.
164	10	167	Michael FINN	01:10:20	M55	Slaney Olympic A.C.
172	11	329	Tom FAGAN	01:10:53	M55	Donore Harriers A.C.
177	12	421	Frank MCDONALD	01:11:19	M55	Celbridge A.C.
193	13	205	Paul BYRNE	01:13:05	M55	Mullingar Harriers A.C.
212	14	211	Paul GINNELL	01:14:34	M55	Mullingar Harriers A.C.
255	15	33	Joseph FOWLER	01:17:25	M55	Clonliffe Harriers A.C.
260	16	310	James CURRAN	01:17:51	M55	Blackrock A.C.
265	17	565	Jim KEOGH	01:18:20	M55	Raheny Shamrock A.C.
275	18	91	Niall BUCKLEY	01:19:25	M55	Raheny Shamrock A.C.
317	19	90	Brian HANNEY	01:24:29	M55	Raheny Shamrock A.C.
325	20	346	John FREIR	01:25:41	M55	Raheny Shamrock A.C.
326	21	406	Desmond LYONS	01:25:47	M55	Raheny Shamrock A.C.

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342	22	108	Padraic MORAN	01:29:14	M55	Sportsworld A.C.
374	23	547	Michael COAKLEY	01:35:19	M55	West Waterford A.C.
417	24	544	Liam BURKE	02:03:58	M55	Dunboyne A.C.

Place	Cat Pos.	Bib	Name	Net Time	Sub Cat	Club
77	1	73	Willie O'DONOGHUE	01:01:58	M60	Mooreabbey Milers A.C.
87	2	362	Kevin GRIFFIN	01:02:56	M60	An Ríocht A.C.
111	3	304	Niall COPPINGER	01:05:30	M60	Sli Cualann A.C.
134	4	105	Arnold DIEPMAN	01:07:09	M60	Sportsworld A.C.
137	5	409	Barry MACKEY	01:07:39	M60	Letterkenny A.C.
143	6	502	Brendan RYAN	01:08:07	M60	Tallaght A.C.
154	7	518	Paul TESTER	01:09:27	M60	Brothers Pearse A.C.
223	8	476	Michael O'HARA	01:15:17	M60	Longford A.C.
239	9	456	Sreedevan NAIR	01:16:20	M60	Blackrock A.C.
321	10	206	Kenneth CRONIN	01:24:54	M60	Donore Harriers A.C.
350	11	44	Paul MACARDLE	01:30:52	M60	Drogheda & District A.C.
404	12	483	John O'NEILL	01:50:46	M60	Lusk A.C.
413	13	484	John O'ROURKE	01:58:03	M60	Celbridge A.C.

Place	Cat Pos.	Bib	Name	Net Time	Sub Cat	Club
79	1	181	Norman MAWHINNEY	01:02:10	M65	Scrabo Striders A.C.
144	2	549	John COLLINS	01:08:14	M65	Leevale A.C.
148	3	529	Michael WALSH	01:08:29	M65	Brothers Pearse A.C.
178	4	318	Eugene DOHERTY	01:11:20	M65	Sliabh Buidhe Rovers A.C.
232	5	514	Joe STAGG	01:15:59	M65	Corran A.C.
246	6	322	Diarmuid DOYLE	01:17:01	M65	Clonliffe Harriers A.C.
289	7	247	Christy REILLY	01:21:03	M65	Raheny Shamrock A.C.

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292	8	289	Mick CAROLAN	01:21:18	M65	Brothers Pearse A.C.
298	9	97	Sean DOYLE	01:21:52	M65	Rathfarnham W.S.A.F. A.C.
346	10	440	Enda MCMORROW	01:30:30	M65	Dundrum South Dublin A.C.
365	11	160	Hugh MCDONNELL	01:33:15	M65	Drogheda & District A.C.

Place	Cat Pos.	Bib	Name	Net Time	Sub Cat	Club
205	1	58	Brian MCGRATH	01:13:55	M70	Le Cheile A.C.
209	2	396	Martin KERR	01:14:23	M70	Milford AC
266	3	223	Barry POTTS	01:18:27	M70	Donore Harriers A.C.
282	4	102	William BELTON	01:20:29	M70	Sli Cualann A.C.

Place	Cat Pos.	Bib	Name	Net Time	Sub Cat	Club
331	1	232	Pat COLLINS	01:26:31	M75	Liffey Valley A.C.
391	2	116	Martin HYNES	01:44:31	M75	Tuam A.C.
418	3	563	Martin KEANE	02:04:29	M75	Athenry A.C.

Place	Cat Pos.	Bib	Name	Net Time	Sub Cat	Club
405	1	54	Tony DUNNE	01:51:35	M80	Grange Fermoy A.C.