

**NATIONAL 10K CATEGORY
MENS RESULTS
9TH APRIL 2022**

Pl.	Name	NAT	Club	Cat.	Subcat.	#	Gross	Net
1	Michael CLOHISEY	M NAT	Raheny Shamrock A.C.	M	M35	1179	30:49:00	30:49:00
2	Jamie FALLON	M NAT	Craughwell A.C.	M	MS	1052	30:57:00	30:57:00
3	Rory O'CONNOR	M NAT	North Cork A.C.	M	MS	720	31:25:00	31:25:00
4	Sean DORAN	M NAT	Clonliffe Harriers A.C.	M	MS	1231	31:45:00	31:45:00
5	David CARTER	M NAT	Galway City Harriers A.C.	M	MS	1169	32:10:00	32:10:00
6	Kevin DONAGHER	M NAT	Rathfarnham W.S.A.F. A.C.	M	M35	1224	32:44:00	32:44:00
7	Matthew MCMEEKIN	M NAT	Sligo A.C.	M	MS	1449	32:53:00	32:52:00
8	Kieran LITTLE	M NAT	Crusaders A.C.	M	MS	1401	33:08:00	33:08:00
9	John FITZGIBBON	M NAT	Thurles Crokes A.C.	M	M40	1041	33:15:00	33:14:00
10	Kevin GILLEECE	M NAT	Eagle A.C.	M	M40	1280	33:28:00	33:27:00
11	Paddy O'TOOLE	M NAT	Westport A.C.	M	M45	1535	33:34:00	33:34:00
12	Michael Kiely	M NAT	Crusaders A.C.	M	M35	1716	33:35:00	33:35:00
13	Alan DUFFY	M NAT	Sli Cualann A.C.	M	MS	273	33:35:00	33:35:00
14	Colin COYNE	M NAT	St Abbans A.C.	M	M40	1203	33:38:00	33:38:00
15	Edward COOKE	M NAT	Annadale Striders	M	M35	225	33:40:00	33:39:00
16	Pauric MCKINNEY	M NAT	Inishowen A.C.	M	M55	449	33:43:00	33:43:00
17	Donal COAKLEY	M NAT	Leevale A.C.	M	M35	1182	33:49:00	33:49:00
18	Declan POWER	M NAT	Clonliffe Harriers A.C.	M	M50	62	33:52:00	33:52:00
19	Dermot GORMAN	M NAT	Carrick-on-Suir A.C.	M	M40	1289	33:56:00	33:56:00
20	Greg LUNDON	M NAT	South Galway A.C.	M	M45	674	33:57:00	33:57:00
21	Laurence O'NEILL	M NAT	Dublin Front Runners A.C.	M	MS	1524	34:00:00	33:57:00
22	Ryan AIKINS	M NAT	Donore Harriers	M	MS	1101	34:02:00	34:00:00
23	Ciaran DIVINEY	M NAT	Crusaders A.C.	M	M45	1219	34:09:00	34:08:00
24	Lea FULCHER	M NAT	Liffey Valley A.C.	M	M45	220	34:11:00	34:11:00
25	Mark DAVID	M NAT	Craughwell A.C.	M	M45	1214	34:12:00	34:12:00
26	James KELLY	M NAT	Castlecomer A.C.	M	M35	309	34:18:00	34:18:00
27	David PORTER	M NAT	Inishowen A.C.	M	M40	1544	34:24:00	34:21:00
28	Donal EGAN	M NAT	North Sligo A.C.	M	M35	1033	34:26:00	34:25:00
29	Craig BRENNAN	M NAT	North Sligo A.C.	M	M45	804	34:35:00	34:33:00

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30	Aaron FARRELL	M NAT	Dunboyne A.C.	M	MS	450	34:39:00	34:39:00
31	Daniel LOWE	M NAT	Crusaders A.C.	M	M35	1408	34:40:00	34:37:00
32	Michael WYCHERLEY	M NAT	Crusaders A.C.	M	M45	1646	34:46:00	34:44:00
33	John Paul KELLY	M NAT	Metro/St. Brigid's A.C.	M	M40	445	34:49:00	34:49:00
34	Peter MELARKEY	M NAT	City of Derry AC Spartans	M	MS	1456	34:50:00	34:47:00
35	Ian FITZGERALD	M NAT	Waterstown Warriors A.C.	M	MS	1259	34:53:00	34:52:00
36	Anthony DORAN	M NAT	Clonliffe Harriers A.C.	M	M35	1230	35:00:00	34:59:00
37	Conor BYRNE	M NAT	Galway City Harriers A.C.	M	MS	994	35:04:00	35:03:00
38	Barry Mooney	M NAT	Tullamore Harriers A.C.	M	MS	1660	35:08:00	35:08:00
39	Arnaud BENJACAR	M NAT	Liffey Valley A.C.	M	M50	745	35:19:00	35:19:00
40	Kenny MCANDREW	M NAT	Metro/St. Brigid's A.C.	M	M50	1092	35:21:00	35:20:00
41	Joseph MCDERMOTT	M NAT	Crusaders A.C.	M	M35	856	35:26:00	35:25:00
42	Brian FUREY	M NAT	Rathfarnham W.S.A.F. A.C.	M	M40	1271	35:46:00	35:45:00
43	Liam BRADLEY	M NAT	Inishowen A.C.	M	M50	289	35:50:00	35:47:00
44	Paul COWHIE	M NAT	Civil Service A.C.	M	M55	784	35:54:00	35:53:00
45	Darren COLEMAN	M NAT	Buttevant R.C.	M	MS	1183	35:54:00	35:53:00
46	Darren DOOLIN	M NAT	Brothers Pearse A.C.	M	M35	1072	35:55:00	35:55:00
47	Jan MANSCHOT	M NAT	Crusaders A.C.	M	M40	883	35:57:00	35:54:00
48	Peter NEILL	M NAT	Omagh Harriers	M	M50	154	36:01:00	35:59:00
49	Eddie NEWMAN	M NAT	Mullingar Harriers A.C.	M	M55	1488	36:01:00	36:01:00
50	Eamon MCANDREW	M NAT	North Sligo A.C.	M	M45	277	36:03:00	36:02:00
51	Gerry CARTY	M NAT	Galway City Harriers A.C.	M	M50	1170	36:08:00	36:07:00
52	Shane BEGLEY	M NAT	Castlegar A.C.	M	M40	1119	36:19:00	36:18:00
53	Ray LAHART	M NAT	Gowran A.C.	M	MS	292	36:21:00	36:19:00
54	Eamon MURPHY	M NAT	North Sligo A.C.	M	M55	730	36:22:00	36:21:00
55	Niall LYNCH	M NAT	Donore Harriers	M	M50	868	36:22:00	36:19:00
56	David Doyle	M NAT	Duleek and District A.C.	M	M40	1653	36:27:00	36:22:00
57	Martin MCLUCAS	M NAT	Inishowen A.C.	M	M50	139	36:30:00	36:28:00
58	Toby BENHAM	M NAT	Crusaders A.C.	M	MS	314	36:47:00	36:40:00
59	Frank HALLIGAN	M NAT	Crusaders A.C.	M	M35	867	36:49:00	36:48:00
60	Tom O'CONNOR	M NAT	Liffey Valley A.C.	M	M60	1509	36:51:00	36:49:00

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61	Colm MURRAY	M NAT	Rathfarnham W.S.A.F. A.C.	M	M55	885	36:53:00	36:49:00
62	David BROWNE	M NAT	Newbridge A.C.	M	M40	134	36:57:00	36:53:00
63	John COADY	M NAT	Gowran A.C.	M	M35	1181	37:08:00	37:04:00
64	Willie O'DONOGHUE	M NAT	Mooreabbey Milers A.C.	M	M55	879	37:12:00	37:11:00
65	Edwin KEVILLE	M NAT	Rathfarnham W.S.A.F. A.C.	M	M55	1376	37:13:00	37:11:00
66	Simon O'TOOLE	M NAT	Donore Harriers	M	MS	299	37:17:00	37:09:00
67	Marty MCDERMOTT	M NAT	Omagh Harriers	M	M50	318	37:20:00	37:14:00
68	Matt MCGUINNESS	M NAT	Clonliffe Harriers A.C.	M	M40	766	37:23:00	37:18:00
69	Michael MURPHY	M NAT	Rathfarnham W.S.A.F. A.C.	M	M40	1478	37:28:00	37:22:00
70	Sean MCCREERY	M NAT	Rathfarnham W.S.A.F. A.C.	M	M55	1433	37:28:00	37:25:00
71	Andrew HAYES	M NAT	Mayo A.C.	M	M40	284	37:29:00	37:23:00
72	Philip O'DOHERTY	M NAT	Clonliffe Harriers A.C.	M	M60	850	37:36:00	37:34:00
73	Liam KEANE	M NAT	Donore Harriers	M	M40	301	37:38:00	37:30:00
74	Pat DUNWORTH	M NAT	An Ríocht A.C.	M	M55	1247	37:42:00	37:41:00
75	Ger MALONEY	M NAT	Sliabh Bhuide Rovers A.C.	M	M60	738	37:49:00	37:46:00
76	Didier DA COSTA	M NAT	Donore Harriers	M	M45	223	37:52:00	37:50:00
77	Peter BRENNAN	M NAT	Donore Harriers	M	M35	535	37:52:00	37:44:00
78	Brian KINSELLA	M NAT	Sligo A.C.	M	MS	777	37:57:00	37:46:00
79	Tony DORAN	M NAT	Mullingar Harriers A.C.	M	MS	1232	38:00:00	37:44:00
80	Stephen SHANAHAN	M NAT	Mullingar Harriers A.C.	M	MS	1598	38:12:00	38:04:00
81	Aidan MOLLOY	M NAT	Omagh Harriers	M	M50	36	38:16:00	38:10:00
82	Wesley NOLAN	M NAT	Metro/St. Brigid's A.C.	M	M40	1046	38:17:00	38:11:00
83	Fergus KERRIGAN	M NAT	Civil Service A.C.	M	MS	1375	38:21:00	38:13:00
84	Pauric BRADY	M NAT	Mullingar Harriers A.C.	M	M40	1032	38:26:00	38:23:00
85	Shane MCCARTHY	M NAT	Celbridge A.C.	M	M45	307	38:34:00	38:32:00
86	Paul BALFE	M NAT	Liffey Valley A.C.	M	M50	285	38:48:00	38:46:00
87	Kevin FITZGIBBON	M NAT	Crusaders A.C.	M	M35	302	38:53:00	38:46:00
88	Paul FORAN	M NAT	Civil Service A.C.	M	M40	305	38:53:00	38:45:00
89	Gary FINNEGAN	M NAT	Celbridge A.C.	M	M40	308	38:55:00	38:51:00
90	Padraig MAHONY	M NAT	Brothers Pearse A.C.	M	M45	1043	38:56:00	38:52:00
91	Peter ROGAN	M NAT	Raheny Shamrock A.C.	M	M35	528	39:05:00	39:01:00

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92	Kenneth NUGENT	M NAT	Donore Harriers	M	M35	1496	39:05:00	39:03:00
93	Mark MCCOMISH	M NAT	Raheny Shamrock A.C.	M	M50	926	39:07:00	39:05:00
94	Gordon MANNING	M NAT	Raheny Shamrock A.C.	M	M40	218	39:08:00	39:03:00
95	Eamonn JOYCE	M NAT	Mayo A.C.	M	MS	792	39:09:00	39:06:00
96	Martin DUNLEAVY	M NAT	City of Derry AC Spartans	M	M55	1240	39:23:00	38:33:00
97	Stephen NAUGHTON	M NAT	Mullingar Harriers A.C.	M	M55	151	39:26:00	39:19:00
98	Aaron MULLAN	M NAT	Civil Service A.C.	M	MS	947	39:28:00	39:20:00
99	Mike GRIFFIN	M NAT	Mayo A.C.	M	M40	927	39:30:00	39:28:00
100	Michael KEHOE	M NAT	Raheny Shamrock A.C.	M	M50	1358	39:47:00	39:45:00
101	Daniel MOURENZA	M NAT	Blackrock (Dublin) A.C.	M	M35	1470	39:58:00	39:03:00
102	Brian CARROLL	M NAT	Moyne A.C.	M	M40	280	40:01:00	39:56:00
103	Craig DOOLAN	M NAT	Star of the Sea A.C.	M	MS	1229	40:21:00	39:28:00
104	James CROWLEY	M NAT	LOVE2RUN A.C.	M	M45	1209	40:24:00	40:20:00
105	Rory GOLDSMITH	M NAT	Crusaders A.C.	M	MS	1286	40:26:00	39:39:00
106	Maurice KENNELLY	M NAT	Civil Service A.C.	M	M40	1367	40:31:00	40:22:00
107	Keith FLEMING	M NAT	Raheny Shamrock A.C.	M	M50	1262	40:32:00	40:28:00
108	Alan O'BOYLE	M NAT	Brothers Pearse A.C.	M	M50	473	40:33:00	40:28:00
109	Martin KELLY	M NAT	Rathfarnham W.S.A.F. A.C.	M	M60	741	40:35:00	40:29:00
110	Desie SHORTEN	M NAT	Sli Cualann A.C.	M	M65	1602	40:41:00	40:37:00
111	Gordon O'ROURKE	M NAT	Navan A.C.	M	M40	279	40:54:00	40:48:00
112	Paul TESTER	M NAT	Brothers Pearse A.C.	M	M60	1049	41:02:00	40:57:00
113	Eamon TRAYNOR	M NAT	Raheny Shamrock A.C.	M	M50	1626	41:18:00	41:14:00
114	Alan FAIRBROTHER	M NAT	Brothers Pearse A.C.	M	M55	1253	41:20:00	41:14:00
115	Tom LOFTUS	M NAT	Raheny Shamrock A.C.	M	M65	529	41:20:00	41:16:00
116	Adrian KING	M NAT	Civil Service A.C.	M	M45	304	41:24:00	41:16:00
117	Peter NOONE	M NAT	Glenmore A.C.	M	M50	293	41:24:00	40:33:00
118	Tony KYNES	M NAT	Donore Harriers	M	M65	143	41:29:00	41:27:00
119	Neil FELTON	M NAT	Bray Runners A.C.	M	M35	793	41:32:00	40:42:00
120	David MCEVOY	M NAT	Crusaders A.C.	M	M35	1439	41:37:00	41:27:00
121	Niall MCGEE	M NAT	Inishowen A.C.	M	M45	287	41:41:00	41:33:00
122	Finbarr GALLAGHER	M NAT	Inishowen A.C.	M	M55	288	41:42:00	41:33:00

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123	Declan CASSELLS	M NAT	Civil Service A.C.	M	M35	1068	41:44:00	40:56:00
124	Kieran MARTIN	M NAT	Crusaders A.C.	M	M40	29	41:56:00	39:22:00
125	Michael WALSH	M NAT	Brothers Pearse A.C.	M	M60	788	41:57:00	41:54:00
126	John SLOAN	M NAT	Dundrum South Dublin A.C.	M	M35	294	42:08:00	41:57:00
127	Liam MCGLYNN	M NAT	Mullingar Harriers A.C.	M	M55	1441	42:12:00	42:05:00
128	Garvin BOYCE	M NAT	Finn Valley A.C.	M	M50	1129	42:12:00	42:02:00
129	Tim WISE	M NAT	Dundrum South Dublin A.C.	M	M40	710	42:15:00	41:23:00
130	James GAFFNEY	M NAT	Civil Service A.C.	M	M35	679	42:17:00	42:17:00
131	Derek Hayes	M NAT	Celbridge A.C.	M	M35	1655	42:21:00	40:21:00
132	Barry O'GRADY	M NAT	Dundrum South Dublin A.C.	M	M45	295	42:24:00	41:32:00
133	Craig IRWIN	M NAT	Dundrum South Dublin A.C.	M	MS	1056	42:26:00	41:34:00
134	David O'REILLY	M NAT	Glenmore A.C.	M	M40	27	42:27:00	41:36:00
135	Michael GLEESON	M NAT	Clonliffe Harriers A.C.	M	M45	826	42:32:00	41:43:00
136	Nevan KING	M NAT	Sportsworld A.C.	M	M50	1380	42:35:00	42:30:00
137	Liam COSTELLO	M NAT	Metro/St. Brigid's A.C.	M	M45	690	42:38:00	41:50:00
138	Martin KERR	M NAT	Milford A.C.	M	M70	1374	42:39:00	42:38:00
139	William HOLTON	M NAT	Crusaders A.C.	M	MS	1326	42:41:00	42:32:00
140	Gavin O'FLAHERTY	M NAT	Dundrum South Dublin A.C.	M	M45	728	42:41:00	41:50:00
141	Michael PENROSE	M NAT	Finn Valley A.C.	M	M55	1538	42:43:00	42:32:00
142	Martin Kelly	M NAT	Raheny Shamrock A.C.	M	M55	1657	42:56:00	42:51:00
143	Declan GRANT	M NAT	Clonliffe Harriers A.C.	M	M50	827	42:57:00	42:09:00
144	Mark LACEY	M NAT	Raheny Shamrock A.C.	M	M55	848	43:18:00	43:13:00
145	John MEAGHER	M NAT	Civil Service A.C.	M	M45	1454	43:18:00	43:06:00
146	David GARGAN	M NAT	Raheny Shamrock A.C.	M	M50	498	43:30:00	43:25:00
147	Joe STAGG	M NAT	Corran A.C	M	M65	1613	43:37:00	43:32:00
148	Keith WICKHAM	M NAT	Dunshaughlin A.C.	M	M45	1067	43:44:00	42:56:00
149	Mattie COLEMAN	M NAT	Ballina A.C.	M	M60	808	44:05:00	43:17:00
150	John Paul O'HANLON	M NAT	Donore Harriers	M	M35	1514	44:12:00	43:19:00
151	Michael MCNEELA	M NAT	Mayo A.C.	M	M45	836	44:21:00	43:30:00
152	Mark CONNOLLY	M NAT	Finn Valley A.C.	M	M60	1702	44:22:00	44:10:00
153	Jim KEOGH	M NAT	Raheny Shamrock A.C.	M	M55	1373	44:23:00	44:15:00

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154	Dylan BARRY	M NAT	Wexford Marathon Club	M	M45	522	44:37:00	43:47:00
155	Tadhg SULLIVAN	M NAT	Dundrum South Dublin A.C.	M	M55	748	44:37:00	43:42:00
156	Christy REILLY	M NAT	Raheny Shamrock A.C.	M	M65	1574	44:51:00	44:42:00
157	John CURRAN	M NAT	Donore Harriers	M	M45	1038	44:54:00	44:06:00
158	Derek QUINN	M NAT	Tallaght A.C.	M	M60	1563	44:55:00	44:45:00
159	Thomas ROCHE	M NAT	Dundrum South Dublin A.C.	M	M45	1581	44:56:00	44:01:00
160	Keith FARRELL	M NAT	Civil Service A.C.	M	M40	1255	45:01:00	44:52:00
161	David O'LEARY	M NAT	Dundrum South Dublin A.C.	M	M55	693	45:25:00	44:34:00
162	Colm MORIARTY	M NAT	Dundrum South Dublin A.C.	M	M40	829	46:06:00	45:15:00
163	Declan BRADY	M NAT	Sportsworld A.C.	M	M50	1132	46:07:00	45:59:00
164	John BRESLIN	M NAT	Civil Service A.C.	M	M45	306	46:12:00	46:00:00
165	Ronan DAVIS	M NAT	Metro/St. Brigid's A.C.	M	M40	818	46:22:00	45:34:00
166	John BANNON	M NAT	Mullingar Harriers A.C.	M	M60	1115	46:23:00	45:30:00
167	Mark Carroll	M NAT	Civil Service A.C.	M	M45	1649	46:35:00	46:22:00
168	Joe PEPPER	M NAT	Tallaght A.C.	M	M55	697	46:37:00	46:28:00
169	Eoin FOGARTY	M NAT	Dundrum South Dublin A.C.	M	M40	881	46:54:00	46:00:00
170	Owen MCFEELY	M NAT	Civil Service A.C.	M	M50	722	46:55:00	46:43:00
171	Owen MCKINNEY	M NAT	Inishowen A.C.	M	M50	530	46:56:00	46:46:00
172	Tom BREEN	M NAT	Galway City Harriers A.C.	M	M35	1134	47:11:00	47:00:00
173	William BELTON	M NAT	Sli Cualann A.C.	M	M70	751	47:18:00	47:12:00
174	John MCDONNELL	M NAT	Dundrum South Dublin A.C.	M	M55	1438	47:37:00	46:42:00
175	Desmond GILL	M NAT	Donore Harriers	M	M55	1040	47:46:00	47:37:00
176	Alan MCCABE	M NAT	Tallaght A.C.	M	M60	858	47:50:00	47:41:00
177	Barry POTTS	M NAT	Donore Harriers	M	M70	965	48:04:00	48:03:00
178	Padraic MORAN	M NAT	Sportsworld A.C.	M	M50	607	48:20:00	48:11:00
179	Rob FITZGERALD	M NAT	Boyne A.C.	M	M40	310	48:51:00	46:45:00
180	Pat O'TOOLE	M NAT	Le Cheile A.C.	M	M55	754	49:00:00	48:10:00
181	Conor COONEY	M NAT	Drogheda and District A.C.	M	M65	1195	49:00:00	48:52:00
182	Derek MCARDLE	M NAT	St. Coca's A.C.	M	M45	1424	49:09:00	47:55:00
183	Mark DEVINE	M NAT	Donore Harriers	M	M45	1218	49:23:00	47:19:00
184	Geoff DOLLY	M NAT	Dundrum South Dublin A.C.	M	M40	1221	49:45:00	48:39:00

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185	Patrick CASEY	M NAT	Leevale A.C.	M	M60	1172	49:49:00	48:41:00
186	Dan WALLACE	M NAT	Raheny Shamrock A.C.	M	M40	527	50:33:00	45:24:00
187	Desmond LYNCH	M NAT	Dundrum South Dublin A.C.	M	M40	1411	50:33:00	48:22:00
188	Derrick LONG	M NAT	Sportsworld A.C.	M	M60	608	50:34:00	48:30:00
189	Colin CUFFE	M NAT	Drogheda and District A.C.	M	M45	651	50:37:00	50:26:00
190	Conor O'RIORDAN	M NAT	Dundrum South Dublin A.C.	M	MS	1527	50:37:00	49:25:00
191	Chris CONNOLLY	M NAT	North Clondalkin RC	M	MS	961	50:38:00	48:34:00
192	James MCDERMOTT	M NAT	Waterstown Warriors A.C.	M	M50	1437	50:38:00	48:31:00
193	Dean BROWNE	M NAT	Dundrum South Dublin A.C.	M	M40	1138	50:39:00	47:10:00
194	Sunil SINGH	M NAT	Civil Service A.C.	M	M35	871	50:58:00	50:11:00
195	Matt RYAN	M NAT	Gowran A.C.	M	M35	1593	51:30:00	51:16:00
196	Denis(Danny) GREEN	M NAT	St. Benedict's A.C.	M	M65	441	51:32:00	51:21:00
197	Noel SLATTERY	M NAT	Celbridge A.C.	M	M40	917	51:35:00	50:30:00
198	Albert KEENAN	M NAT	Newbridge A.C.	M	M70	771	51:54:00	50:44:00
199	Patrick SWEENEY	M NAT	Le Cheile A.C.	M	M65	323	52:22:00	52:11:00
200	Mike STAUNTON	M NAT	Drogheda and District A.C.	M	M55	28	52:41:00	52:32:00
201	Keith FARRELL	M NAT	Brothers Pearse A.C.	M	M45	77	52:50:00	50:32:00
202	Peter COSS	M NAT	Dundrum South Dublin A.C.	M	M40	76	52:52:00	51:43:00
203	Tony KEANEY	M NAT	Lucan Harriers A.C.	M	M40	219	53:38:00	51:12:00
204	Colin KENNY	M NAT	Sportsworld A.C.	M	M50	525	54:02:00	50:36:00
205	Paul MADDEN	M NAT	Garristown Flyers A.C.	M	M60	825	54:20:00	49:36:00
206	David MCENTEE	M NAT	Garristown Flyers A.C.	M	M45	790	54:25:00	49:40:00
207	Anthony FITZSIMONS	M NAT	Raheny Shamrock A.C.	M	M60	317	54:25:00	51:55:00
208	Martin MANGAN	M NAT	Le Cheile A.C.	M	M45	286	54:28:00	54:17:00
209	Hugh MCDONNELL	M NAT	Drogheda and District A.C.	M	M60	878	54:40:00	53:33:00
210	Eamonn KELSEY	M NAT	Gowran A.C.	M	M50	1020	54:51:00	51:18:00
211	Tos MORAN	M NAT	Brothers Pearse A.C.	M	M60	719	55:05:00	54:56:00
212	Neil MADDOX	M NAT	Donore Harriers	M	M40	300	55:25:00	51:50:00
213	Michael KINAHAN	M NAT	St. Peter's A.C.	M	M45	1378	55:29:00	50:30:00
214	John MCKENNA	M NAT	Marathon Club Ireland	M	M40	712	56:27:00	55:15:00
215	Kevin CLANCY	M NAT	Cherry Orchard Running Club	M	M35	1055	57:57:00	53:04:00

**NATIONAL 10K CATEGORY
MENS RESULTS
9TH APRIL 2022**

216	Paul TUOHY	M NAT	Lusk A.C.	M	M40	661	58:55:00	56:35:00
217	Kevin POWER	M NAT	Le Cheile A.C.	M	MS	1553	01:00:01	54:41:00
218	Francis FAY	M NAT	Cilles A.C.	M	M40	1705	01:00:27	58:14:00
219	John O'NEILL	M NAT	Lusk AC	M	M55	71	01:01:22	58:58:00
220	Stephen HARBORNE	M NAT	Garristown Flyers A.C.	M	M35	955	01:03:50	59:04:00
221	Ian TIERNAN	M NAT	Lambay Sports Academy	M	M45	448	01:04:41	59:37:00
222	Barry SOMERS	M NAT	Waterstown Warriors A.C.	M	M40	523	01:04:51	59:42:00
223	James Shanahan	M NAT	Cherry Orchard Running Club	M	MS	1662	01:05:03	01:00:10
224	Tony Magee	M NAT	Cherry Orchard Running Club	M	M35	1659	01:05:04	01:00:11
225	Danny MCCANN	M NAT	1ZER01 Athletes	M	M50	546	01:06:22	01:01:10
226	Kerry CONSTANT	M NAT	Waterstown Warriors A.C.	M	M65	1193	01:06:30	01:04:26
227	Leonie WEIR	M NAT	Waterstown Warriors A.C.	M	M40	270	01:06:36	01:04:20
228	Edward DE BURCA	M NAT	Sportsworld A.C.	M	M40	526	01:06:50	01:03:17
229	Dermot O'ROURKE	M NAT	Waterstown Warriors A.C.	M	M60	524	01:09:45	01:04:20
230	Gavin Farrell	M NAT	Cherry Orchard Running Club	M	M40	1654	01:14:40	01:09:48
231	Eoin KELLY	M NAT	1ZER01 Athletes	M	M55	680	01:16:40	01:11:31
232	David GOMM	M NAT	Portmarnock A.C.	M	M50	109	01:17:31	01:13:52
233	Seamus O'MIDHEACH	M NAT	Celbridge A.C.	M	M65	698	01:18:40	01:13:50