

Place	Category Place	Bib	Name	Club	10K	20K	Half	30K	40K	Finish
7	1	3450	Gareth King	PORTADOWN RUNNING CLUB	33:10	1:06:00	1:09:42	1:39:46	2:14:22	2:21:54
11	2	53	Conor Mc Cauley	LEEVALE A.C.	34:11	1:08:15	1:12:06	1:42:21	2:17:12	2:24:54
13	3	80	Cillian O' Leary	RAHENY SHAMROCK A.C.	33:38	1:07:50	1:11:40	1:43:00	2:18:36	2:26:09
14	4	54	Colin Griffin	BALLINAMORE A.C.	35:01	1:09:15	1:13:02	1:43:49	2:18:59	2:26:52
15	5	56	Tomas Fitzpatrick	TALLAGHT A.C.	34:37	1:09:15	1:13:02	1:43:49	2:19:37	2:27:23
23	6	63	John Whelan	SHERCOCK A.C.	36:02	1:11:45	1:15:39	1:47:03	2:22:00	2:29:43
29	7	4646	Barry Hartnett	DUNDRUM A.C.	36:09	1:12:06	1:16:08	1:48:21	2:24:19	2:32:06
31	8	3994	Phil Adams	OMAGH HARRIERS	36:09	1:12:07	1:16:09	1:48:33	2:24:56	2:32:37
32	9	74	Brian Lenihan	BLACKROCK (DUBLIN) A.C.	36:03	1:11:46	1:15:41	1:47:45	2:24:35	2:32:50
35	10	3058	Gary Montgomery	GLENLOUGH RUNNING CLUB	36:49	1:12:51	1:16:51	1:49:25	2:26:17	2:33:59
36	11	89	David O' Connor	CELBRIDGE A.C.	36:50	1:13:14	1:17:21	1:50:07	2:26:44	2:34:12
40	12	66	Paul Doran	UNITED STRIDERS A.C.	37:39	1:14:53	1:19:01	1:51:07	2:26:50	2:34:25
42	13	1932	Marc Augustin	LE CHÉILE A.C.	36:57	1:13:47	1:17:47	1:50:46	2:26:54	2:34:52
44	14	1951	Anthony Eames	RAHENY SHAMROCK A.C.	36:11	1:12:06	1:16:09	1:48:37	2:26:55	2:35:15
46	15	68	John Weldon	NEWBRIDGE A.C.	36:32	1:12:47	1:16:54	1:50:14	2:27:52	2:35:39
50	16	3037	Gordon Graham	EAST DOWN AC	36:12	1:12:07	1:16:10	1:48:29	2:26:58	2:36:10
63	17	4933	Stephen Gage	BALLYMENA RUNNERS AC	38:42	1:16:04	1:20:09	1:53:23	2:30:25	2:38:25
64	18	4884	Ross Murray	NORTH DOWN AC	37:38	1:14:23	1:18:37	1:52:22	2:30:27	2:38:37
67	19	4240	Jonathan Dunne	TULLAMORE HARRIERS A.C.	38:48	1:16:09	1:20:17	1:53:53	2:31:29	2:39:27
68	20	4111	Mick Silke	LE CHÉILE A.C.	37:40	1:15:06	1:19:14	1:53:01	2:31:39	2:39:33
71	21	4607	Anthony Mc Carthy	EAGLE A.C.	36:51	1:13:51	1:18:06	1:52:09	2:31:11	2:39:47
72	22	4736	Ciaran Mc Kendry	ANNADALE STRIDERS	38:41	1:16:25	1:20:39	1:54:46	2:32:11	2:39:51
74	23	4688	Kyle Wilson	FLYING MACHINES RUNNING CLUB	38:23	1:16:24	1:20:37	1:54:30	2:32:26	2:40:27
77	24	1314	Sean Lally	MONAGHAN TOWN RUNNERS A.C.	38:10	1:16:07	1:20:18	1:54:07	2:33:01	2:41:22
79	25	1065	Thomas Collins	PORTMARNOCK A.C.	37:47	1:15:11	1:19:25	1:53:42	2:33:17	2:41:32
81	26	4921	Gearoid O' Flynn	EAGLE A.C.	38:44	1:16:15	1:20:26	1:55:08	2:33:49	2:41:57
82	27	5044	Colm Mc Grath	KEEP 'ER LIT	39:27	1:17:40	1:21:54	1:55:52	2:33:38	2:42:06

Place	Category Place	Bib	Name	Club	10K	20K	Half	30K	40K	Finish
90	28	5276	Ryan Moore	NORTH BELFAST HARRIERS	38:48	1:16:26	1:20:38	1:54:30	2:33:31	2:42:33
98	29	3548	Dean Nugent	ARMAGH AC	38:16	1:16:26	1:20:40	1:55:17	2:35:09	2:43:23
99	30	2253	Iosif Guther	NEWBRIDGE A.C.	36:51	1:13:22	1:17:23	1:50:34	2:33:23	2:43:26
104	31	1798	Michael Bagnall	FR. MURPHY A.C.	40:18	1:18:47	1:23:06	1:57:34	2:35:45	2:43:48
107	32	2054	John Shanahan	RAHENY SHAMROCK A.C.	38:51	1:17:22	1:21:39	1:56:08	2:35:28	2:44:01
113	33	4825	Adrian Martin	CARMEN RUNNERS	39:31	1:18:23	1:22:46	1:57:41	2:36:34	2:44:39
116	34	1765	Brendan Donohoe	KILCOOLE A.C.	39:56	1:19:03	1:23:30	1:58:46	2:37:01	2:44:55
117	35	2975	Rob Mc Cabe	CLANE A.C.	37:59	1:15:48	1:20:02	1:54:17	2:35:45	2:44:59
120	36	1125	Donal Mc Morland	GLENMORE A.C.	39:32	1:18:21	1:22:41	1:57:30	2:36:54	2:45:22
122	37	1109	Tadhg Hanrahan	MAYO A.C.	39:13	1:18:08	1:22:30	1:57:29	2:37:19	2:45:26
125	38	4758	David Porter	INISHOWEN A.C.	39:33	1:18:06	1:22:26	1:57:30	2:37:21	2:45:39
132	39	2988	Niall Smith	SHERCOCK A.C.	38:42	1:16:48	1:21:05	1:56:04	2:37:10	2:46:30
135	40	4976	Jonny Crutchley	NEWCASTLE & DISTRICT AC	39:58	1:19:22	1:23:44	1:58:45	2:38:31	2:46:56
141	41	3976	Louis Coyne	GALWAY CITY HARRIERS A.C.	39:31	1:18:41	1:23:06	1:58:29	2:38:49	2:47:26
148	42	4322	Neil Mc Geough	NEWCASTLE & DISTRICT AC	38:36	1:16:38	1:20:59	1:57:30	2:39:30	2:47:49
160	43	2005	Alan Crowley	MULLINGAR HARRIERS A.C.	40:12	1:19:41	1:24:06	1:59:45	2:39:43	2:48:25
162	44	2602	David Kelly	ROADRUNNERS AC	40:22	1:19:53	1:24:20	2:00:03	2:40:00	2:48:41
164	45	2623	Eoin Clarke	MULLINGAR HARRIERS A.C.	40:12	1:19:41	1:24:06	1:59:44	2:40:09	2:49:06
166	46	1403	John Scott	LONGFORD A.C.	40:59	1:20:44	1:25:09	2:00:54	2:40:45	2:49:10
168	47	3680	Enda Marren	SWINFORD A.C.	43:01	1:24:56	1:29:34	2:03:26	2:40:38	2:49:20
169	48	4481	Michael Byrne	ST. CATHERINE'S A.C.	39:42	1:19:02	1:23:28	1:59:21	2:40:08	2:49:22
172	49	2634	Liam Shanahan	THURLES CROKES A.C.	39:40	1:19:02	1:23:27	1:59:25	2:40:30	2:49:31
176	50	1287	Michael Mc Leron	CITY OF LISBURN AC	41:27	1:21:54	1:26:26	2:02:02	2:41:21	2:49:34
179	51	2842	Darren Mooney	SLI CUALANN A.C.	40:50	1:20:50	1:25:21	2:01:32	2:41:43	2:49:59
187	52	3286	Aidan Connell	WEST WATERFORD A.C.	40:40	1:20:44	1:25:14	2:01:22	2:42:09	2:50:28
191	53	4863	Jonathon Loughran	KEEP 'ER LIT	39:40	1:19:22	1:23:46	1:59:55	2:41:42	2:50:42
192	54	3131	Paul Flynn	BALLYDRAIN HARRIERS AC	39:28	1:18:52	1:23:16	1:59:48	2:42:06	2:50:42

Place	Category Place	Bib	Name	Club	10K	20K	Half	30K	40K	Finish
193	55	4319	David Proctor	WILLOWFIELD HARRIERS	41:23	1:21:49	1:26:18	2:02:19	2:42:19	2:50:45
196	56	10552	Darren Mc Cracken	WILLOWFIELD HARRIERS	41:27	1:20:52	1:25:35	2:01:45	2:42:32	2:51:01
202	57	2107	Andrew Kinane	DONORE HARRIERS A.C.	41:19	1:22:21	1:26:53	2:03:06	2:42:47	2:51:19
207	58	1949	Kevin Prunty	DUNSHAUGHLIN A.C.	41:36	1:21:50	1:26:19	2:02:41	2:43:04	2:51:43
209	59	3270	Gary Mc Cay	FOYLE VALLEY AC	42:09	1:23:28	1:27:58	2:04:53	2:43:58	2:52:00
215	60	1676	Daire Kenny	METRO/ST. BRIGID'S A.C.	40:59	1:21:25	1:25:57	2:02:38	2:43:53	2:52:39
221	61	2129	Ronan Hoare	BIRR A.C.	38:32	1:16:25	1:20:40	1:55:37	2:42:46	2:52:52
226	62	2049	Fergus Collis	BLACKROCK (DUBLIN) A.C.	42:13	1:21:24	1:25:44	2:00:23	2:42:47	2:53:03
235	63	1646	Paddy O' Boyle	CIVIL SERVICE HARRIERS A.C.	40:34	1:20:22	1:24:48	2:00:35	2:43:31	2:53:31
236	64	598	William Browne	BALLYDRAIN HARRIERS AC	42:27	1:23:14	1:27:46	2:04:14	2:44:51	2:53:35
240	65	775	Kieran Martin	CRUSADERS A.C.	41:27	1:22:42	1:27:21	2:04:01	2:45:11	2:54:01
242	66	3717	Emmet Kelly	TRAMORE A.C.	43:05	1:24:19	1:28:56	2:05:07	2:45:27	2:54:13
243	67	4752	Eoghan Quinn	DUNDRUM SOUTH DUBLIN A.C.	41:55	1:23:07	1:27:39	2:04:48	2:46:04	2:54:14
249	68	3384	Shane Slattery	GALWAY CITY HARRIERS A.C.	41:16	1:21:57	1:26:35	2:03:29	2:45:14	2:54:24
252	69	3017	Anthony Sharkey	ENNIS TRACK A.C.	41:55	1:22:52	1:27:28	2:04:04	2:45:24	2:54:25
253	70	2880	Neil Cash	NEWBRIDGE A.C.	41:26	1:21:31	1:25:58	2:01:54	2:45:07	2:54:30
254	72	2617	Matt Mc Guinness	CLONLIFFE HARRIERS A.C.	41:26	1:22:50	1:27:25	2:04:07	2:45:44	2:54:41
255	71	3344	Martin Strachan	SCRABO STRIDERS	41:58	1:22:26	1:26:55	2:02:32	2:45:54	2:54:41
256	73	4516	Paul O' Brien	EAGLE A.C.	42:11	1:23:07	1:27:40	2:04:22	2:45:48	2:54:42
259	74	2574	Seamus Duncan	NORTH EAST RUNNERS A.C.	41:19	1:22:16	1:26:52	2:03:30	2:45:39	2:54:55
262	75	2058	Owen Mc Carthy	BLACKROCK (DUBLIN) A.C.	41:42	1:22:05	1:26:39	2:03:04	2:45:42	2:55:00
263	76	5278	Ray Mc Namara	BALLINA A.C.	41:24	1:22:43	1:27:21	2:03:56	2:46:23	2:55:02
265	77	4463	Danny Brosnan	CLONMEL A.C.	43:00	1:24:34	1:29:14	2:06:12	2:46:46	2:55:10
267	78	924	Dominick Branigan	DROGHEDA AND DISTRICT A.C.	42:57	1:24:29	1:29:06	2:05:57	2:46:44	2:55:12
277	79	2155	Declan Fahy	TARA A.C.	41:34	1:22:27	1:27:00	2:03:50	2:46:10	2:55:34
282	80	5026	Barry Lennon	RAHENY SHAMROCK A.C.	40:47	1:21:22	1:25:55	2:02:46	2:46:24	2:55:38
283	81	4163	Patrick Holden	LUCAN HARRIERS A.C.	41:38	1:21:52	1:26:24	2:03:03	2:46:03	2:55:39

Place	Category Place	Bib	Name	Club	10K	20K	Half	30K	40K	Finish
286	82	3068	Sean O' Brien	WESTPORT A.C.	42:29	1:24:26	1:29:02	2:06:15	2:47:28	2:55:43
295	83	1728	Ger Redmond	COOLOCK RUNNING CLUB A.C.	40:29	1:20:49	1:25:22	2:03:13	2:46:43	2:56:13
298	84	4188	Declan Quinn	RATHFARNHAM W.S.A.F. A.C.	42:16	1:24:01	1:28:34	2:05:27	2:47:25	2:56:21
302	85	5220	Brian Murphy	ENNIS TRACK A.C.	44:40	1:24:41	1:29:11	2:05:35	2:47:14	2:56:33
304	86	761	Luke Greene	KILCOOLE A.C.	43:26	1:25:05	1:29:39	2:06:14	2:47:28	2:56:36
311	87	718	Mícheál Ó Meachair	DUNDRUM SOUTH DUBLIN A.C.	41:54	1:23:07	1:27:46	2:05:16	2:47:58	2:56:56
312	88	4965	Aidan Brown	NEWCASTLE & DISTRICT AC	39:59	1:19:22	1:23:43	1:58:58	2:46:16	2:56:58
315	89	4429	Paul Mc Kelvey	ROSSES A.C.	41:08	1:21:37	1:26:09	2:03:02	2:46:44	2:57:07
316	90	2600	Andrew Hayes	MAYO A.C.	43:15	1:25:19	1:30:02	2:06:50	2:48:04	2:57:08
318	91	4544	Neil Donnelly	CARMEN RUNNERS	42:18	1:24:12	1:28:52	2:06:21	2:48:21	2:57:09
323	92	1898	Kenneth Rothwell	SLIABH BHUIDE ROVERS A.C.	42:29	1:24:20	1:29:02	2:06:17	2:48:11	2:57:26
325	93	2001	David Daly	SKERRIES A.C.	42:31	1:23:52	1:28:38	2:06:15	2:48:13	2:57:31
328	94	3580	David Buckley	GRANGE/FERMOY A.C.	40:37	1:20:45	1:25:14	2:01:31	2:48:08	2:57:35
331	95	2838	Mark Paul Donnelly	KILCOOLE A.C.	42:57	1:25:14	1:29:54	2:07:09	2:48:42	2:57:41
335	96	3610	Tom Feeley	TRIM A.C.	42:00	1:23:51	1:28:30	2:06:14	2:48:37	2:57:44
338	97	2513	Darragh Scott	CARRICK ACES A.C.	43:03	1:25:15	1:29:57	2:06:56	2:48:41	2:57:56
341	98	2029	John Tumilty	NORTH EAST RUNNERS A.C.	42:51	1:25:08	1:29:43	2:06:53	2:48:46	2:58:02
342	99	5221	Darren Allison	DUNDRUM A.C.	43:53	1:26:40	1:31:21	2:08:53	2:49:35	2:58:03
354	100	3840	Alby Allan	CRUSADERS A.C.	42:37	1:24:32	1:29:08	2:06:51	2:49:14	2:58:27
355	101	2579	Paul Hunt	BLACKROCK (DUBLIN) A.C.	44:08	1:25:33	1:30:16	2:07:39	2:49:39	2:58:30
357	102	2704	Adam Baker	MONAGHAN PHOENIX A.C.	42:57	1:25:10	1:29:51	2:06:52	2:49:19	2:58:33
359	104	4443	Niall Kelly	FERBANE A.C.	42:00	1:22:31	1:27:12	2:05:39	2:49:24	2:58:40
361	103	21707	Alexander Williams	CROGHAN A.C.	42:52	1:25:03	1:29:48	2:07:24	2:49:53	2:58:40
365	105	1842	Brendan Kearney	LE CHÉILE A.C.	41:55	1:23:46	1:28:24	2:05:51	2:49:16	2:58:46
368	106	5259	Liam Lynch	LIMERICK A.C.	43:59	1:25:19	1:30:01	2:07:16	2:49:36	2:58:50
369	107	3902	Aaron Gallagher	LIMERICK A.C.	43:59	1:25:19	1:30:01	2:07:16	2:49:38	2:58:50
375	108	3778	John Quinn	ROADRUNNERS AC	43:25	1:25:35	1:30:17	2:07:49	2:49:44	2:58:53

Place	Category Place	Bib	Name	Club	10K	20K	Half	30K	40K	Finish
377	109	1502	Stephen Devlin	MILFORD A.C.	42:22	1:24:16	1:28:56	2:06:13	2:48:29	2:58:54
380	110	4559	Enda Farrell	LONGFORD A.C.	42:49	1:25:10	1:29:52	2:07:47	2:50:09	2:58:56
390	111	3480	Andy Haylett	SCRABO STRIDERS	43:06	1:25:17	1:29:59	2:07:57	2:50:13	2:59:12
392	112	928	Paul Nixon	BELFAST ASSOC RC & FR	42:35	1:24:50	1:29:34	2:07:25	2:50:08	2:59:16
394	113	4600	Stephen Montgomery	GLENLOUGH RUNNING CLUB	41:38	1:22:54	1:27:34	2:04:47	2:49:16	2:59:17
397	114	4590	Alan Mc Donnell	SWINFORD A.C.	42:44	1:25:13	1:29:54	2:07:40	2:50:30	2:59:18
403	115	2071	Micheál Murphy	RATHFARNHAM W.S.A.F. A.C.	42:51	1:25:05	1:29:46	2:07:32	2:50:15	2:59:22
406	116	2126	Cian Morrissey	CARRICK ACES A.C.	43:48	1:26:08	1:30:50	2:08:28	2:50:32	2:59:25
412	117	3260	Gatis Pavilons	INISHOWEN A.C.	42:49	1:25:15	1:29:56	2:07:37	2:50:40	2:59:33
413	118	905	David Flaherty	TULLAMORE HARRIERS A.C.	42:23	1:24:31	1:29:18	2:07:36	2:50:20	2:59:35
416	119	3029	Robert Anthony Clougher	DONORE HARRIERS A.C.	42:55	1:25:21	1:30:04	2:08:14	2:50:47	2:59:39
422	120	4478	Ryan Mc Callion	FOYLE VALLEY AC	43:43	1:26:35	1:31:18	2:08:49	2:50:35	2:59:45
426	121	253	Brian Conroy	CLANE A.C.	42:47	1:25:08	1:29:48	2:07:33	2:50:10	2:59:55
427	122	5097	Derek Kelly	GALWAY TRAIL RUNNING A.C.	42:59	1:25:14	1:29:54	2:07:31	2:50:46	2:59:56
431	123	1725	Conaill Cooper	SLANEY OLYMPIC A.C.	39:20	1:19:26	1:24:01	2:04:08	2:50:15	3:00:06
433	124	2413	Gary Finnegan	CELBRIDGE A.C.	43:07	1:25:20	1:30:02	2:07:38	2:51:01	3:00:09
435	125	1079	Cormac Kavanagh	ST. MICHAEL'S A.C.	44:20	1:27:28	1:32:13	2:09:32	2:51:18	3:00:10
441	126	3591	Donal Egan	NORTH SLIGO A.C.	38:48	1:16:09	1:20:16	2:08:27	2:51:44	3:00:34
443	127	5218	Enda Murtagh	SWINFORD A.C.	42:39	1:24:28	1:29:09	2:06:53	2:50:09	3:00:50
445	128	2327	David Jones	BALLYMENA RUNNERS AC	43:06	1:25:20	1:30:03	2:07:57	2:51:45	3:01:21
447	129	3066	Brendan Mc Nally	ROADRUNNERS AC	43:20	1:25:36	1:30:21	2:08:14	2:52:18	3:01:30
451	130	555	Mark Lally	LUCAN HARRIERS A.C.	43:26	1:25:50	1:30:35	2:08:32	2:51:54	3:01:40
463	131	4228	Paul Caldwell	CELBRIDGE A.C.	41:46	1:22:01	1:26:34	2:03:28	2:49:56	3:02:33
464	132	1103	Kieran Shine	ATHLONE A.C.	42:52	1:25:18	1:29:58	2:07:42	2:52:38	3:02:41
468	133	3052	Paul Dempsey	THOMASTOWN A.C.	42:51	1:25:14	1:29:53	2:07:34	2:52:13	3:02:49
469	134	2376	Thomas Fitzgerald	ST. ABBANS A.C	42:59	1:25:21	1:30:02	2:08:58	2:53:18	3:02:52
471	135	4084	David Foster	SEAPARK AC	43:02	1:25:44	1:30:31	2:09:14	2:53:50	3:03:03

Place	Category Place	Bib	Name	Club	10K	20K	Half	30K	40K	Finish
476	136	1800	Derek Croal	BOHERMEEN A.C.	42:54	1:25:17	1:29:57	2:07:41	2:53:43	3:03:35
479	137	4184	Ruairi Nolan	ST. COCA'S A.C.	43:39	1:26:22	1:31:06	2:09:51	2:54:14	3:03:52
481	138	4707	Nigel Rafferty	GALBALLY RUNNERS	41:13	1:21:17	1:25:55	2:04:20	2:52:07	3:04:08
482	139	929	Jonathan Healy	NEWBRIDGE A.C.	43:23	1:25:31	1:30:11	2:08:26	2:54:11	3:04:13
484	140	1709	Steven Mc Glone	MONAGHAN PHOENIX A.C.	43:58	1:25:36	1:30:14	2:08:45	2:54:15	3:04:18
491	141	4484	Neil Carroll	MAYO A.C.	43:40	1:26:13	1:31:00	2:09:35	2:54:30	3:04:47
493	142	1435	Rob Asher	BLACKROCK (DUBLIN) A.C.	44:08	1:27:14	1:32:05	2:11:00	2:55:21	3:04:50
494	144	4931	Eoin Mc Loughlin	BALLINA A.C.	43:33	1:26:51	1:31:41	2:10:30	2:55:20	3:04:54
495	143	3082	Derek Reid	LAKESHORE STRIDERS A.C.	42:50	1:25:11	1:29:52	2:09:10	2:55:49	3:04:54
500	145	1509	Darren Woods	CARRICK ACES A.C.	43:49	1:26:08	1:30:51	2:09:21	2:55:39	3:05:21
506	146	1720	Evan Mc Cormack	MULLINGAR HARRIERS A.C.	42:09	1:23:44	1:28:22	2:06:26	2:54:42	3:05:40
508	147	4500	Karol Downey	WEST LIMERICK A.C.	44:05	1:26:41	1:31:29	2:09:55	2:55:25	3:05:44
512	148	1998	Andy Kelly	RAHENY SHAMROCK A.C.	43:15	1:25:51	1:30:41	2:09:41	2:56:13	3:06:00
517	149	2828	David Cuddy	ATHLONE A.C.	43:00	1:25:37	1:30:24	2:09:41	2:56:35	3:06:17
525	150	2105	Aaron Browne	RATHFARNHAM W.S.A.F. A.C.	44:42	1:28:10	1:33:02	2:12:27	2:57:25	3:06:47
530	151	4840	Shane Whealey	GRANGE/FERMOY A.C.	43:15	1:25:26	1:30:07	2:09:47	2:57:23	3:06:52
531	152	1978	Brian Connor	RAHENY SHAMROCK A.C.	44:09	1:27:26	1:32:17	2:11:20	2:56:51	3:06:58
533	153	4146	Derek Bracken	ST. MICHAEL'S A.C.	45:33	1:30:09	1:35:05	2:14:09	2:57:30	3:07:08
540	154	965	David Murray	KILCORMAC KILLOUGHEY A.C.	44:22	1:28:52	1:33:46	2:13:35	2:58:39	3:07:40
541	155	13007	Aidan Connaughton	CLARE RIVER HARRIERS A.C.	43:26	1:26:23	1:31:07	2:09:57	2:57:25	3:07:41
548	156	4959	Stephen Gallagher	MALLUSK HARRIERS	45:46	1:29:28	1:34:21	2:13:28	2:58:10	3:08:03
549	157	4617	Shane O' Callaghan	ST. FINBARRS A.C.	45:47	1:29:50	1:34:44	2:14:18	2:58:29	3:08:04
551	158	5300	Sean Mc Auliffe	WEST LIMERICK A.C.	42:53	1:25:07	1:29:49	2:07:32	2:56:41	3:08:07
552	159	4653	Mark Lenihan	WEST LIMERICK A.C.	46:51	1:29:55	1:34:34	2:13:02	2:58:15	3:08:07
553	160	1216	Alan Hackett	PORTMARNOCK A.C.	45:45	1:29:48	1:34:42	2:14:21	2:58:36	3:08:12
554	161	4470	Dan Dalton	BALLYBUNNION RUNNING CLUB A.C.	43:58	1:26:41	1:31:33	2:10:24	2:57:34	3:08:17
563	162	5013	Stephen O' Regan	REBELS A.C.	44:58	1:28:38	1:33:35	2:12:53	2:59:07	3:08:54

Place	Category Place	Bib	Name	Club	10K	20K	Half	30K	40K	Finish
564	163	4951	Paudie Mc Carthy	KILKENNY CITY HARRIERS A.C.	46:44	1:32:04	1:37:04	2:17:15	3:00:19	3:08:57
568	164	3448	Chris Mc Grath	EAST CORK A.C.	45:06	1:29:08	1:34:07	2:14:09	2:59:38	3:09:16
573	165	1512	Shane O' Neill	GRANGE/FERMOY A.C.	44:32	1:27:40	1:32:35	2:11:48	2:59:20	3:09:34
576	166	4328	Cormac Langan	WESTPORT A.C.	43:52	1:27:34	1:32:26	2:12:37	2:59:38	3:09:42
582	167	4187	Richard Lacey	SPORTSWORLD A.C.	45:52	1:30:08	1:35:04	2:15:15	3:00:45	3:09:59
590	168	5015	Matthew Gill	MAYO A.C.	47:19	1:30:51	1:35:49	2:14:36	3:00:40	3:10:31
591	169	946	Thomas Murphy	NEWRY CITY RUNNERS	42:55	1:25:15	1:29:59	2:09:11	2:59:23	3:10:35
592	170	4588	Thomas Reilly	MAYO A.C.	48:14	1:33:10	1:38:19	2:18:05	3:01:46	3:10:35
594	171	2479	Dave Watson	MAREE A.C	45:29	1:29:49	1:34:42	2:14:08	3:00:37	3:10:39
596	172	4920	Brendan Costelloe	WEST LIMERICK A.C.	45:17	1:26:57	1:31:37	2:09:38	2:59:19	3:10:49
598	173	5035	Andy Whiteford	SPRINGWELL RC	42:47	1:24:25	1:29:07	2:07:53	3:00:44	3:10:53
620	174	606	Darren Carroll	MULLINGAR HARRIERS A.C.	46:25	1:31:23	1:36:19	2:16:43	3:02:22	3:12:11
622	175	1868	Mark Flanagan	METRO/ST. BRIGID'S A.C.	44:35	1:29:10	1:34:20	2:15:01	3:02:16	3:12:22
625	176	5060	Enda Seery	MULLINGAR HARRIERS A.C.	45:33	1:30:37	1:35:37	2:16:18	3:02:45	3:12:37
627	177	1822	Ross Lynam	NEWBRIDGE A.C.	43:18	1:26:36	1:31:41	2:13:53	3:02:40	3:12:41
629	178	1667	Gavin Murphy	RATHFARNHAM W.S.A.F. A.C.	47:24	1:32:05	1:37:02	2:16:58	3:02:57	3:12:45
632	179	1872	Sindile Jack	LOVE2RUN A.C.	47:15	1:33:46	1:38:55	2:19:39	3:03:45	3:12:56
641	180	5222	Gerry O' Neill	DUNDRUM A.C.	43:50	1:26:40	1:31:25	2:13:30	3:03:15	3:13:19
645	181	722	Seamus Fearon	SLIEVE GULLION RUNNERS	46:59	1:32:46	1:37:57	2:18:51	3:04:28	3:13:41
649	182	2156	Louis Byrne	GLENDALOUGH HARRIERS A.C.	46:56	1:32:36	1:37:39	2:18:23	3:04:09	3:13:51
652	183	7181	Gerald Fogarty	KILKENNY CITY HARRIERS A.C.	44:21	1:29:02	1:34:06	2:15:38	3:03:43	3:14:06
659	184	5021	Noel O' Donnell	ROSSES A.C.	47:38	1:33:36	1:38:41	2:19:30	3:05:02	3:14:27
661	185	3389	Shane Graham	ST. MARYS (CLARE) A.C.	45:36	1:30:46	1:35:47	2:17:15	3:04:45	3:14:32
662	186	669	Declan O' Shaughnessy	GLENMORE A.C.	46:12	1:29:57	1:35:00	2:15:41	3:04:01	3:14:36
666	187	2622	Ronan Callan	GLENMORE A.C.	47:27	1:32:48	1:37:53	2:18:24	3:05:02	3:14:42
669	188	2020	Ronan Moynihan	CRUSADERS A.C.	49:07	1:34:14	1:39:13	2:19:24	3:04:42	3:14:49
670	189	3373	Steven Mc Kenna	KNOCKMANY RUNNING CLUB	47:23	1:32:47	1:37:49	2:17:55	3:04:41	3:14:56

Place	Category Place	Bib	Name	Club	10K	20K	Half	30K	40K	Finish
674	190	4739	Martin O' Leary	EAGLE A.C.	46:49	1:32:15	1:37:15	2:17:40	3:04:32	3:15:02
675	191	3483	John Mc Nally	ROADRUNNERS AC	48:39	1:34:23	1:39:24	2:19:26	3:05:19	3:15:08
679	192	1124	Oliver Ryan	EAGLE A.C.	42:49	1:25:14	1:29:59	2:12:38	3:04:42	3:15:23
696	193	2044	Brian Collentine	MULLINGAR HARRIERS A.C.	46:32	1:31:55	1:37:07	2:18:32	3:05:58	3:15:59
700	194	4533	David Mc Nulty	FINN VALLEY A.C.	43:25	1:25:45	1:30:57	2:14:43	3:05:41	3:16:15
702	195	3390	William Keane	DUNDRUM A.C.	46:30	1:29:46	1:34:47	2:19:42	3:06:24	3:16:18
704	196	2968	John O' Brien	KILCOOLE A.C.	47:05	1:33:18	1:38:23	2:19:52	3:06:24	3:16:21
708	197	3788	Hugh Duffy	CRANFORD A.C.	45:06	1:29:36	1:34:37	2:15:10	3:05:26	3:16:33
709	198	9141	Mark Farrelly	KELLS A.C.	47:29	1:32:34	1:37:45	2:19:17	3:06:36	3:16:34
711	199	2955	Derek Mills	DUNDRUM SOUTH DUBLIN A.C.	48:28	1:34:08	1:39:09	2:20:01	3:06:37	3:16:38
715	200	1511	Patrick Mc Kernan	KILCOOLE A.C.	50:37	1:37:04	1:42:11	2:23:23	3:08:11	3:16:48
719	201	1241	Ruairi Mc Gowan	BLACKROCK (DUBLIN) A.C.	49:39	1:36:31	1:41:44	2:22:39	3:07:42	3:16:54
720	202	4903	Chris Mc Killop	RASHARKIN RUNNERS	49:11	1:35:53	1:41:05	2:22:14	3:07:19	3:16:57
722	203	10057	Mark Mc Caul	BALLYMENA RUNNERS AC	46:13	1:32:27	1:37:33	2:18:37	3:06:32	3:17:01
739	204	2248	Paul O' Brien	NEWRY CITY RUNNERS	46:37	1:32:19	1:37:22	2:18:23	3:06:43	3:17:32
741	205	9485	Keith Flynn	DUNBOYNE A.C.	47:11	1:33:52	1:39:06	2:20:46	3:07:52	3:17:36
744	206	1005	Garreth Sterio	BROTHERS PEARSE A.C.	50:28	1:36:07	1:41:31	2:23:46	3:08:49	3:17:52
745	207	1882	Alasdair Brown	RAHENY SHAMROCK A.C.	50:06	1:37:13	1:42:22	2:24:42	3:09:12	3:17:53
748	208	4401	Noel Fitzgerald	WEST LIMERICK A.C.	44:40	1:27:06	1:31:51	2:11:11	3:05:59	3:17:55
756	209	1121	Ian Pierce	BALLINTOTIS FIT4LIFE A.C.	48:21	1:34:51	1:40:02	2:21:43	3:08:44	3:18:23
764	210	1673	Kenneth Nugent	DONORE HARRIERS A.C.	38:23	1:18:14	1:22:50	2:05:44	3:05:56	3:18:54
766	211	4828	Gareth Kelly	EAST DOWN AC	47:58	1:34:05	1:39:11	2:20:28	3:08:12	3:18:55
769	212	4530	Dominic Donnelly	ROADRUNNERS AC	48:40	1:34:24	1:39:29	2:20:51	3:08:48	3:19:10
777	213	874	Garreth Bayle	LUCAN HARRIERS A.C.	48:47	1:35:51	1:41:07	2:23:07	3:09:41	3:19:37
784	214	1629	David Craven	BROTHERS PEARSE A.C.	47:38	1:31:10	1:36:06	2:16:42	3:08:57	3:19:55
785	215	1780	Ian Molloy	ST. L. O'TOOLE A.C.	47:26	1:33:14	1:38:19	2:20:18	3:10:01	3:19:55
786	216	2417	Mark Culhane	BLACKROCK (DUBLIN) A.C.	50:05	1:36:36	1:41:45	2:23:12	3:09:37	3:19:56

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789	217	1886	Shane Gargan	ST. ANDREWS A.C.	49:52	1:38:32	1:43:40	2:24:45	3:10:15	3:20:00
792	218	2072	Liam Murphy	NAOMH MHUIRE A.C.	48:52	1:36:19	1:41:35	2:23:54	3:10:35	3:20:07
803	220	4805	Gerard Moore	CRUSADERS A.C.	48:46	1:35:58	1:41:12	2:23:00	3:10:10	3:20:37
804	219	1383	David Hackett	KILCORMAC KILLOUGHEY A.C.	48:53	1:36:00	1:41:13	2:23:11	3:10:15	3:20:37
810	221	10032	Fergal Melia	ATHENRY A.C.	49:11	1:36:31	1:41:48	2:24:14	3:11:40	3:20:55
812	222	9969	Andy Quinn	GALWAY CITY HARRIERS A.C.	47:31	1:34:05	1:39:29	2:22:03	3:10:45	3:21:04
814	223	1063	Eoin Rafter	CLONLIFFE HARRIERS A.C.	48:38	1:35:32	1:40:51	2:22:39	3:10:58	3:21:08
822	224	1201	Rory Mooney	TÍR MÓNA A.C.	46:02	1:32:42	1:37:52	2:19:41	3:10:42	3:21:35
828	225	2093	Robert Darby	NAVAN A.C.	48:38	1:34:52	1:40:09	2:22:38	3:11:19	3:21:51
831	226	1590	Tadhg Molony	CRUSADERS A.C.	47:38	1:32:38	1:37:41	2:20:54	3:11:13	3:21:54
833	227	9715	Kev Moore	CRUSADERS A.C.	47:26	1:34:09	1:39:23	2:21:41	3:11:14	3:22:03
839	228	815	John Meegan	DUNBOYNE A.C.	50:17	1:37:20	1:42:46	2:25:24	3:12:31	3:22:22
841	229	2759	Fran O' Brien	SKERRIES A.C.	48:12	1:33:53	1:39:20	2:22:09	3:12:16	3:22:30
843	230	2085	Niall Lunny	1ZERO1 ATHLETES	48:30	1:34:16	1:39:33	2:21:34	3:12:20	3:22:34
846	231	5065	Alexander Mc Bride	KEEP 'ER LIT	51:11	1:39:48	1:45:13	2:27:12	3:12:32	3:22:43
853	232	717	Barry Goulding	TRIM A.C.	50:57	1:39:10	1:44:40	2:26:56	3:13:17	3:22:53
856	233	631	Darragh Moore	LUSK A.C.	48:51	1:35:43	1:41:05	2:24:20	3:12:53	3:22:56
858	235	854	Ger Fitzgerald	BLACKROCK (DUBLIN) A.C.	45:11	1:29:08	1:34:06	2:19:06	3:12:28	3:22:59
859	234	3579	Fatih Zitouche	DROGHEDA AND DISTRICT A.C.	47:27	1:33:28	1:38:32	2:20:58	3:12:45	3:22:59
871	236	8972	Gary Lyttle	SCRABO STRIDERS	49:23	1:35:30	1:40:48	2:23:35	3:13:14	3:23:30
872	237	5022	Don O' Brien	TRAMORE A.C.	48:42	1:35:49	1:41:04	2:22:58	3:12:06	3:23:31
875	238	1262	Owen Robinson	METRO/ST. BRIGID'S A.C.	43:36	1:26:44	1:31:42	2:14:50	3:10:58	3:23:41
879	239	5273	John Brennan	MAYO A.C.	50:39	1:38:32	1:43:51	2:26:11	3:14:06	3:23:58
884	240	3996	Tim Burns	EAST ANTRIM HARRIERS	49:16	1:36:54	1:42:07	2:24:27	3:13:38	3:24:07
890	241	1232	Graham Spillane	CLANE A.C.	50:18	1:37:55	1:43:14	2:26:01	3:14:00	3:24:19
891	242	2249	Darragh Roe	NAVAN A.C.	48:25	1:34:59	1:40:11	2:22:47	3:13:12	3:24:31
894	243	2827	Robbie Furlong	TALLAGHT A.C.	49:46	1:37:51	1:43:13	2:26:00	3:14:21	3:24:45

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895	244	7023	Donal Duffy	NORTH EAST RUNNERS A.C.	49:43	1:38:15	1:43:38	2:26:39	3:14:38	3:24:47
898	245	823	John Andrew Dolan	RAHENY SHAMROCK A.C.	48:45	1:35:43	1:40:56	2:23:36	3:14:50	3:25:13
902	247	2845	Alan O' Mahoney	FINGALLIANS A.C.	48:35	1:35:58	1:41:15	2:24:35	3:14:48	3:25:24
903	246	4855	Aaron Anderson	CO ANTRIM HARRIERS	51:01	1:38:27	1:43:50	2:27:25	3:15:02	3:25:24
905	248	915	Ross Breen	CELBRIDGE A.C.	47:31	1:32:30	1:37:34	2:17:56	3:12:51	3:25:26
907	249	671	David Treanor	MONAGHAN PHOENIX A.C.	49:37	1:36:39	1:41:56	2:25:18	3:15:00	3:25:29
910	250	4409	Andy Neary	MAYO A.C.	48:23	1:35:36	1:40:57	2:23:30	3:14:43	3:25:34
912	251	3258	Paul Mc Kenna	KNOCKMANY RUNNING CLUB	50:19	1:37:50	1:43:05	2:25:52	3:14:59	3:25:41
916	252	9824	James Breen	BUTTEVANT A.C.	49:40	1:39:11	1:44:25	2:27:08	3:16:05	3:25:58
919	253	9677	Adam Shannon	ST. COCA'S A.C.	51:38	1:39:15	1:44:30	2:26:55	3:15:38	3:26:00
925	254	639	Paul Williamson	BALLYFIN A.C.	51:29	1:39:22	1:46:18	2:28:51	3:16:16	3:26:12
926	255	8811	Jason Parker	KILCOOLE A.C.	48:15	1:34:57	1:40:10	2:22:47	3:16:27	3:26:13
932	256	4097	Brendan Egan	GLASLOUGH HARRIERS A.C.	50:51	1:39:30	1:44:45	2:27:53	3:16:02	3:26:24
937	257	4217	Colum Kidney	EAGLE A.C.	46:50	1:32:22	1:37:32	2:20:36	3:14:54	3:26:38
938	258	4498	Damien Finnegan	MAYO A.C.	49:29	1:36:21	1:41:35	2:24:36	3:15:40	3:26:39
940	259	998	Ian Weldon	CRUSADERS A.C.	49:39	1:37:34	1:42:57	2:26:38	3:16:37	3:26:44
942	260	1234	Stephen O Hanrahan	NORTH EAST RUNNERS A.C.	48:50	1:37:12	1:42:43	2:26:25	3:16:07	3:26:45
945	261	2664	Karl Bourne	KILCOOLE A.C.	48:55	1:36:07	1:41:42	2:25:05	3:16:05	3:26:49
948	262	2964	Colm Moriarty	DUNDRUM SOUTH DUBLIN A.C.	50:22	1:38:52	1:44:11	2:27:56	3:16:32	3:26:55
963	264	1106	Noel Mannion	BIRR A.C.	44:51	1:31:07	1:36:27	2:21:45	3:15:29	3:27:34
964	263	909	Gavin Nolan	LUCAN HARRIERS A.C.	50:19	1:38:48	1:44:21	2:27:46	3:17:10	3:27:34
966	265	2494	Ben Ryan	BANDON A.C.	49:18	1:38:35	1:44:02	2:28:00	3:17:16	3:27:43
967	266	2209	Eamonn Hodge	DUNDRUM SOUTH DUBLIN A.C.	50:04	1:39:33	1:44:55	2:28:25	3:17:38	3:27:44
968	267	5058	Colm O' Donovan	COURCEY A.C.	51:43	1:40:52	1:46:19	2:29:49	3:17:55	3:27:45
974	268	481	Gavin Treanor	GLASLOUGH HARRIERS A.C.	49:58	1:35:55	1:41:09	2:22:43	3:14:22	3:27:50
975	269	1708	David Judge	ST. ANDREWS A.C.	50:47	1:39:57	1:45:26	2:28:46	3:17:18	3:27:50
986	271	3838	Mark Dowling	BOYNE A.C.	50:11	1:39:13	1:44:31	2:28:34	3:17:43	3:28:15

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987	270	7688	Desmond Kelly	COOLOCK RUNNING CLUB A.C.	50:02	1:39:32	1:44:58	2:28:23	3:18:00	3:28:15
988	272	7612	John Connors	CELBRIDGE A.C.	49:55	1:39:35	1:45:03	2:29:00	3:17:59	3:28:17
989	273	1360	David Mitchell	LIFFEY VALLEY A.C.	51:12	1:39:00	1:44:22	2:28:04	3:17:34	3:28:19
993	274	3466	Ruadhán Mac Cormaic	CRUSADERS A.C.	48:59	1:36:31	1:41:52	2:25:16	3:17:51	3:28:23
1003	275	2717	Keith O' Shea	PORTLAOISE A.C.	47:26	1:31:59	1:37:08	2:18:45	3:17:39	3:28:55
1007	276	553	Sean Smith	LUSK A.C.	48:46	1:35:50	1:41:03	2:23:59	3:17:47	3:29:08
1010	277	2508	Lorcan Scally	TULLAMORE HARRIERS A.C.	52:38	1:41:38	1:46:59	2:30:14	3:18:42	3:29:16
1013	278	8767	Geoff Petelka	NORTH CORK A.C.	49:06	1:39:15	1:44:48	2:28:52	3:18:52	3:29:23
1014	279	1906	Danny Shanahan	THOMASTOWN A.C.	50:24	1:37:37	1:42:48	2:24:34	3:16:49	3:29:24
1040	280	4890	Seán Farrell	EAST GALWAY A.C.	48:38	1:35:34	1:40:57	2:24:07	3:18:16	3:30:40
1042	281	862	Yann O Heireamhoin	RAHENY SHAMROCK A.C.	51:42	1:40:06	1:45:33	2:29:17	3:20:08	3:30:47
1050	282	612	Bernard Kenealy	LUSK A.C.	53:25	1:42:17	1:47:37	2:30:33	3:20:00	3:31:12
1051	283	8249	Aidan Kenny	PORTMARNOCK A.C.	53:22	1:42:18	1:47:37	2:30:33	3:21:17	3:31:14
1060	284	3679	Michael Mc Enery	CIVIL SERVICE HARRIERS A.C.	49:30	1:35:59	1:41:15	2:24:34	3:20:50	3:31:38
1064	285	5045	Martin O' Neill	KEEP 'ER LIT	56:46	1:48:42	1:54:16	2:37:45	3:22:35	3:31:58
1085	286	2592	Bryan Collins	LE CHÉILE A.C.		1:41:10	1:46:36	2:30:16	3:21:28	3:33:14
1093	287	10121	Antoine O' Hara	KILLYBEGS A.C.	50:13	1:40:10	1:45:52	2:29:04	3:21:01	3:33:41
1097	288	3686	Graeme Mc Gowan	SCRABO STRIDERS	45:51	1:32:40	1:37:47	2:20:22	3:21:33	3:33:53
1098	289	5251	Michael Mc Hugh	WESTPORT A.C.	52:15	1:42:00	1:47:37	2:32:29	3:23:11	3:33:58
1099	290	8142	Alan Dwyer	ARTANE/BEAUMONT RUNNING CLUB A.C.	51:11	1:39:55	1:45:33	2:30:05	3:22:25	3:34:00
1112	291	9430	Dermot Harnett	RHODE A.C.	49:52	1:39:39	1:45:53	2:30:55	3:24:03	3:35:00
1119	292	9653	Robert Dunne	DONORE HARRIERS A.C.	52:54	1:43:05	1:48:50	2:34:55	3:25:37	3:35:48
1121	293	2284	Darren Mullen	GLENMORE A.C.	51:09	1:41:22	1:47:03	2:32:33	3:24:18	3:35:52
1122	294	1017	Brian Purcell	KILCOOLE A.C.	48:34	1:36:34	1:42:10	2:28:29	3:23:21	3:35:59
1127	295	2197	Thomas Crosby	NORTH EAST RUNNERS A.C.	50:48	1:38:23	1:43:51	2:29:43	3:24:57	3:36:20
1129	296	4446	Trevor Woodside	SCRABO STRIDERS	49:20	1:33:46	1:38:53	2:26:34	3:25:49	3:36:29
1130	297	3468	David Kidd	ST. L. O'TOOLE A.C.	54:00	1:42:42	1:47:56	2:31:37	3:24:45	3:36:30

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1134	298	10438	Keith Healy	CASTLEREA CRUSADERS A.C.	50:37	1:41:45	1:47:22	2:32:23	3:25:19	3:36:36
1135	299	1975	Barry Finnegan	NAVAN A.C.	53:18	1:42:47	1:48:20	2:33:03	3:25:03	3:36:38
1141	300	2266	Sean Mc Carron	RATHFARNHAM W.S.A.F. A.C.	53:12	1:44:03	1:49:42	2:34:47	3:26:08	3:37:06
1143	301	1731	Mark Cromwell	COOLOCK RUNNING CLUB A.C.	42:44	1:29:10	1:34:25	2:21:46	3:24:18	3:37:21
1147	302	9799	Ross Kelly	BRAY RUNNERS A.C.	50:57	1:39:38	1:45:06	2:30:09	3:25:23	3:37:27
1148	303	1638	Terry Mooney	GARRISTOWN FLYERS A.C.	53:30	1:42:39	1:48:01	2:32:10	3:26:09	3:37:30
1149	304	2338	Jason Monaghan	CARRICK-ON-SHANNON A.C.	55:09	1:43:17	1:48:41	2:33:33	3:26:05	3:37:32
1150	305	10303	Jonathan Bull	SCRABO STRIDERS	52:18	1:43:08	1:48:52	2:34:25	3:26:50	3:37:37
1153	306	7182	Brian Regan	BROTHERS PEARSE A.C.	49:30	1:38:28	1:43:59	2:28:23	3:25:53	3:37:48
1156	307	4402	Jonathan Coleman	DOONEEN A.C.	51:24	1:40:19	1:45:46	2:31:37	3:25:45	3:37:58
1157	308	3952	Gary Kearns	LETTERKENNY A.C.	51:07	1:40:48	1:46:13	2:30:25	3:25:14	3:38:00
1159	309	3916	Ross Digan	CORALSTOWN KINNEGAD A.C.	53:31	1:45:26	1:51:09	2:36:43	3:27:39	3:38:08
1162	310	6556	Trevor Dowd	DUNSHAUGHLIN A.C.	53:21	1:44:22	1:50:02	2:35:32	3:26:55	3:38:37
1167	311	14141	Wayne Comiskey	BLAYNEY ROCKETS A.C.	56:11	1:46:39	1:52:18	2:34:57	3:26:44	3:39:01
1168	312	7835	James Bradshaw	CRUSADERS A.C.	53:01	1:44:46	1:50:41	2:36:33	3:28:06	3:39:06
1173	313	1235	Brian Carroll	MOYNE A.C.	46:34	1:32:48	1:38:11	2:25:16	3:26:35	3:39:12
1178	314	9048	Johnny Hurley	ST. FINBARRS A.C.	48:16	1:37:04	1:42:31	2:27:35	3:26:29	3:39:22
1179	315	916	Andrew Murphy	SPORTSWORLD A.C.	48:49	1:36:08	1:41:31	2:27:18	3:27:12	3:39:23
1187	316	10215	Gerard Brady	CLONES A.C.	53:35	1:45:23	1:51:07	2:36:42	3:29:16	3:39:40
1188	317	3693	Peter Smyth	PORTMARNOCK A.C.	53:22	1:43:29	1:49:13	2:35:11	3:28:08	3:39:41
1198	318	4795	Matthew Warren	KILKENNY CITY HARRIERS A.C.	51:51	1:41:48	1:47:19	2:34:48	3:29:45	3:40:18
1201	319	7006	Shane Creaven	CLARE RIVER HARRIERS A.C.	53:04	1:44:10	1:49:51	2:36:18	3:29:11	3:40:29
1204	320	9880	Jay Bateman	BALLINTOTIS FIT4LIFE A.C.	51:55	1:42:10	1:47:53	2:34:14	3:28:39	3:40:34
1205	321	2131	Luca Costabello	NEWBRIDGE A.C.	43:11	1:25:12	1:29:53	2:13:33	3:27:20	3:40:35
1210	322	9032	John Haigney	MOYNALTY A.C.	49:18	1:37:34	1:43:08	2:30:51	3:29:20	3:40:38
1213	323	1033	Darren Carey	WATERSTOWN WARRIORS A.C.	47:33	1:35:50	1:41:34	2:30:35	3:28:34	3:40:53
1220	325	508	Derek Colwell	TALLAGHT A.C.	50:42	1:39:53	1:45:20	2:30:17	3:28:21	3:41:03

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1221	324	10376	Liam Connolly	CLONMEL A.C.	53:39	1:45:13	1:50:53	2:36:19	3:29:42	3:41:03
1222	326	1772	Stephen Gough	WATERFORD A.C.	50:34	1:39:11	1:44:37	2:30:38	3:29:57	3:41:06
1238	327	4291	Graeme Michie	LETTERKENNY A.C.	54:59	1:46:40	1:52:28	2:39:15	3:31:20	3:41:54
1250	328	9551	Brian Murray	BRAY RUNNERS A.C.	56:14	1:48:09	1:53:58	2:40:35	3:31:31	3:42:39
1257	329	1623	Jonathan Pigott	BALLYMUN A.C.	55:32	1:46:50	1:52:31	2:39:11	3:31:55	3:42:55
1259	330	2834	Eamon Carthy	BALLYMUN A.C.	55:33	1:46:49	1:52:31	2:39:10	3:31:55	3:42:57
1264	331	15259	Jason Mc Dermott	TULLAMORE HARRIERS A.C.	52:52	1:42:17	1:47:51	2:32:20	3:32:07	3:43:17
1265	332	2977	John Mc Menamin	METRO/ST. BRIGID'S A.C.	52:01	1:39:52	1:45:14	2:30:12	3:29:56	3:43:18
1279	333	189	Michal Kowalski	LSA A.C.	50:22	1:39:35	1:46:02	2:33:36	3:28:39	3:44:26
1283	334	1038	Tom Cusack	DUBLIN FRONT RUNNERS A.C.	56:41	1:49:54	1:55:49	2:42:56	3:34:49	3:44:39
1287	335	7876	Slawomir Bosy	ST. BENEDICT INBHEAR MÓR A.C.	57:19	1:50:50	1:56:38	2:44:19	3:34:40	3:44:48
1289	336	6836	Jonathan Santamaria	ST. COCA'S A.C.	51:30	1:41:14	1:47:00	2:34:42	3:32:42	3:44:56
1292	337	649	Marcus Murphy	SLI CUALANN A.C.	55:13	1:46:17	1:52:12	2:35:22	3:33:03	3:45:08
1293	338	20441	Thomas Cliffe	YOUGHAL A.C.	56:54	1:50:48	1:56:30	2:41:53	3:34:16	3:45:10
1294	339	15888	Garry Dunlea	ST. FINBARRS A.C.	50:14	1:40:20	1:45:57	2:32:53	3:32:43	3:45:14
1295	340	6866	David Berry	NAVAN A.C.	52:09	1:43:29	1:49:24	2:36:34	3:32:25	3:45:16
1311	341	3156	Micheál Ó Dómhnaill	CASTLEGAR A.C.	54:36	1:47:06	1:52:53	2:40:08	3:35:03	3:46:25
1312	342	9989	David Buckley	DONOUGHMORE A.C.	52:34	1:44:33	1:50:19	2:36:28	3:31:24	3:46:30
1314	343	7749	Noel Moan	NEWRY CITY RUNNERS	53:42	1:45:28	1:51:14	2:37:36	3:34:24	3:46:39
1324	344	1293	John Sinnott	CROGHAN A.C.	50:42	1:38:29	1:43:54	2:34:49	3:35:31	3:47:10
1326	345	1197	Steven Byrne	LAKESHORE STRIDERS A.C.	51:08	1:40:40	1:46:18	2:33:56	3:34:38	3:47:17
1327	346	1714	Thomas Lundy	LE CHÉILE A.C.	54:13	1:46:58	1:53:00	2:41:23	3:35:03	3:47:18
1334	347	10878	Nial Tully	CASTLEREA CRUSADERS A.C.	56:32	1:49:30	1:55:23	2:42:54	3:36:40	3:47:53
1336	348	1965	Brian Ellison	COOLOCK RUNNING CLUB A.C.	55:11	1:48:35	1:54:31	2:42:09	3:35:35	3:48:09
1343	349	2168	Daniel Cronin	LUSK A.C.	50:16	1:40:30	1:46:15	2:34:42	3:35:59	3:48:40
1345	350	13979	David O' Dea	LUCAN HARRIERS A.C.	56:44	1:49:59	1:56:07	2:44:12	3:38:04	3:48:46
1346	351	8848	Eoin Murray	BLACKROCK (DUBLIN) A.C.	59:14	1:51:49	1:57:40	2:44:10	3:36:49	3:48:49

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1349	352	8395	Ken Henleywillis	DONORE HARRIERS A.C.	55:05	1:47:17	1:53:15	2:41:45	3:37:23	3:48:52
1359	353	9844	Terence Wallace	D15 RUNNING CLUB A.C.	57:14	1:51:04	1:57:10	2:44:48	3:38:10	3:49:19
1367	354	17962	Ciaran Mac Donnell	BALLYMUN A.C.	55:20	1:46:09	1:51:57	2:38:54	3:36:30	3:49:52
1368	355	7879	John Ahern	BLACKROCK (DUBLIN) A.C.	53:43	1:46:06	1:51:58	2:39:05	3:36:30	3:50:00
1377	356	7914	Roy Mc Loughlin	DUBLIN BAY RUNNING A.C.	51:10	1:43:08	1:49:12	2:38:31	3:37:21	3:50:23
1386	357	1539	Shane Carroll	BALLINTOTIS FIT4LIFE A.C.	51:54	1:42:10	1:47:56	2:35:39	3:37:59	3:50:46
1387	358	10035	John O' Sullivan	KILFINANE A.C.	55:34	1:48:32	1:54:25	2:41:52	3:37:40	3:50:48
1393	359	2060	Brian Sheedy	ENNIS TRACK A.C.	52:42	1:45:23	1:51:14	2:39:47	3:39:08	3:51:06
1394	360	7292	Gerald Walsh	CLONLIFFE HARRIERS A.C.	49:53	1:39:58	1:45:30	2:31:52	3:37:41	3:51:08
1397	361	14437	Conor Corcoran	MULLINGAR HARRIERS A.C.	58:27	1:51:20	1:57:32	2:44:25	3:39:15	3:51:15
1400	362	16631	Dean Mc Ghee	SCRABO STRIDERS	55:42	1:49:56	1:55:50	2:44:22	3:39:43	3:51:22
1401	363	2647	Thomas Kinsella	SPORTSWORLD A.C.	51:11	1:41:04	1:46:53	2:36:18	3:38:43	3:51:25
1404	364	8514	Robert Lee	KINGS RIVER A.C.	55:40	1:48:44	1:54:37	2:42:02	3:38:31	3:51:40
1407	365	15498	Ian Megarry	JOG LISBURN RUNNING CLUB	54:42	1:46:05	1:51:56	2:39:16	3:38:30	3:51:44
1413	366	16417	Mark Vernon	JOG LISBURN RUNNING CLUB	55:58	1:50:52	1:57:00	2:45:55	3:40:28	3:52:12
1421	367	10520	David Keeler	AGHADA RUNNING CLUB A.C.	50:32	1:40:41	1:46:23	2:33:30	3:39:08	3:52:56
1424	368	10493	Mark Mc Cullagh	CARMEN RUNNERS	58:42	1:52:29	1:58:21	2:46:04	3:41:51	3:53:08
1425	369	9816	Eamonn Rohan	CIVIL SERVICE HARRIERS A.C.	56:51	1:49:24	1:55:15	2:43:08	3:41:37	3:53:09
1440	370	8255	Kevin O' Mahony	DUBLIN FRONT RUNNERS A.C.	57:50	1:51:15	1:57:21	2:46:48	3:41:55	3:53:51
1458	371	3747	Declan Mc Donagh	METRO/ST. BRIGID'S A.C.	52:56	1:46:45	1:52:43	2:42:53	3:41:46	3:54:56
1460	372	16813	Gearoid Keller	NAOMH MHUIRE A.C.	56:37	1:50:10	1:56:06	2:45:30	3:42:53	3:54:59
1466	373	9046	Eamonn Foley	MENAPIANS A.C.	58:15	1:51:54	1:57:53	2:45:51	3:43:15	3:55:18
1468	374	12116	Stephen Darcy	ARTANE/BEAUMONT RUNNING CLUB A.C.	57:05	1:50:58	1:57:03	2:46:13	3:43:15	3:55:27
1476	376	7213	Martin Gavin	BROTHERS PEARSE A.C.	54:55	1:47:08	1:52:58	2:41:16	3:43:12	3:56:01
1477	375	12859	Alan Kinsella	DUNDRUM SOUTH DUBLIN A.C.	1:01:18	1:55:40	2:01:52	2:50:29	3:44:39	3:56:01
1479	377	6685	Brian O' Connell	YOUGHAL A.C.	55:54	1:52:00	1:58:17	2:48:29	3:43:58	3:56:08
1480	378	15434	Ronan Keogh	ST. COCA'S A.C.	56:21	1:51:34	1:57:41	2:47:52	3:44:26	3:56:18

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1485	379	2822	Barry Kehoe	NEWBRIDGE A.C.	58:40	1:52:03	1:57:53	2:46:24	3:43:23	3:56:55
1487	380	10100	Patrick O' Connell	TOGHER A.C.	54:11	1:46:57	1:52:50	2:40:55	3:42:25	3:57:03
1489	381	13876	Stephen Monks	D15 RUNNING CLUB A.C.	54:40	1:45:07	1:51:18	2:42:29	3:45:02	3:57:16
1491	382	15687	Declan Mc Manus	LUCAN HARRIERS A.C.	57:01	1:52:55	1:59:05	2:49:23	3:45:56	3:57:29
1492	383	705	Anthony Dunne	BROTHERS PEARSE A.C.	56:50	1:51:28	1:57:28	2:46:01	3:44:30	3:57:32
1499	384	16641	Shane O' Brien	DOONEEN A.C.	54:30	1:48:45	1:54:57	2:44:54	3:45:35	3:58:04
1504	385	10232	James Sheridan	BOYLE A.C.	50:41	1:40:12	1:45:52	2:34:58	3:44:36	3:58:13
1505	386	1528	Brian Murphy	NAVAN A.C.	56:03	1:45:29	1:51:00	2:38:19	3:44:40	3:58:16
1508	387	16897	Ronan Mc Donnell	GRANGE/FERMOY A.C.	52:45	1:45:42	1:51:41	2:41:20	3:45:36	3:58:18
1511	388	7049	Patrick Sinnott	TALLAGHT A.C.	57:57	1:54:28	2:00:41	2:50:16	3:46:43	3:58:34
1512	389	8982	Paul Lynch	LOVE2RUN A.C.	55:45	1:49:23	1:55:32	2:43:26	3:43:44	3:58:36
1520	390	16107	Kieran Daly	WEST WATERFORD A.C.	56:26	1:52:53	1:59:08	2:49:14	3:46:35	3:58:55
1522	391	7931	Andrew Mc Quillan	RAHENY SHAMROCK A.C.	55:07	1:47:42	1:54:36	2:46:36	3:48:06	3:59:11
1525	392	20080	Gerard Halpin	D15 RUNNING CLUB A.C.	57:06	1:47:35	1:53:29	2:42:54	3:45:29	3:59:18
1534	393	9279	Rob O' Donnell	KINNITTY A.C.	56:32	1:53:44	2:00:04	2:50:04	3:47:17	3:59:35
1535	394	15254	Robert Ryan	COOLOCK RUNNING CLUB A.C.	56:52	1:51:19	1:57:28	2:47:05	3:46:26	3:59:37
1536	395	16315	Niall Muldoon	TARA A.C.	52:49	1:45:15	1:51:06	2:38:58	3:46:22	3:59:45
1542	396	7639	Derek Mackessy	WEST LIMERICK A.C.	54:24	1:49:34	1:55:41	2:48:26	3:47:27	3:59:57
1543	397	3041	Oisin Loftus	CARRICK ACES A.C.	55:05	1:47:32	1:53:19	2:40:33	3:46:09	4:00:02
1550	398	7619	Darragh Mulhall	OUGHVAL A.C.	57:54	1:53:03	1:59:21	2:51:06	3:48:34	4:00:14
1556	399	8753	Richard Templeton	PORTADOWN RUNNING CLUB	50:50	1:39:47	1:45:14	2:29:46	3:49:27	4:00:47
1559	401	3269	Olivier Griseti	CASTLEGAR A.C.	55:02	1:46:48	1:52:54	2:41:33	3:46:48	4:00:58
1560	400	1027	Adrian Igoe	LSA A.C.	58:31	1:52:33	1:58:35	2:47:50	3:47:47	4:00:58
1566	402	8350	Frank Keane	CRUSADERS A.C.	57:36	1:54:21	2:01:01	2:51:42	3:48:52	4:01:16
1591	403	22419	Shane Howard	D.M.P. A.C.	58:57	1:55:23	2:01:40	2:51:08	3:50:02	4:02:53
1592	404	9630	Stephen Montgomery	1ZERO1 ATHLETES	54:54	1:47:22	1:53:41	2:45:21	3:50:36	4:02:54
1599	405	6360	Mark Meade	LUSK A.C.	58:19	1:51:22	1:57:21	2:45:14	3:50:43	4:03:46

Place	Category Place	Bib	Name	Club	10K	20K	Half	30K	40K	Finish
1603	406	7653	Dave Cannon	LUSK A.C.	56:52	1:51:10	1:57:18	2:48:42	3:50:08	4:03:58
1605	407	10080	Eric Derr	SLANEY OLYMPIC A.C.	58:26	1:52:32	1:58:40	2:47:48	3:49:47	4:04:04
1615	408	14525	Cormac Ryan	BLACKROCK (DUBLIN) A.C.	1:01:52	1:59:37	2:06:00	2:55:33	3:52:48	4:05:11
1621	409	13542	Gavin Agnew	CARRICK ACES A.C.	54:06	1:45:47	1:51:32	2:39:05	3:52:11	4:06:02
1625	410	15663	Jonny Harkness	MONKSTOWN SPARTANS AC	59:26	1:55:59	2:02:29	2:52:46	3:53:24	4:06:25
1645	411	15548	Donal Sheahan	YOUGHAL A.C.	59:51	1:57:08	2:03:38	2:54:57	3:55:18	4:07:54
1648	412	5263	Tom Mc Loughlin	WESTPORT A.C.	58:14	1:52:08	1:58:12	2:46:28	3:54:37	4:08:27
1655	413	12638	Adam Baker	IRISH MOUNTAIN TRAIL RUNNERS A.C.	59:08	1:57:21	2:03:50	2:55:21	3:56:20	4:08:57
1656	414	3001	Derek Reilly	DULEEK AND DISTRICT A.C.	57:12	1:51:20	1:57:22	2:49:07	3:53:06	4:09:04
1663	415	404	Paul Carron	ENNISKILLEN RUNNING CLUB	1:02:32	1:59:31	2:06:04	2:57:09	3:55:29	4:09:56
1669	416	12376	Ronan Healy	SKERRIES A.C.	1:01:30	1:59:43	2:06:19	2:58:18	3:57:48	4:10:23
1671	417	2900	Nick Serb	KELLS A.C.	54:08	1:47:47	1:54:19	2:52:55	3:58:16	4:10:36
1672	418	2624	Stephen Olwell	MULLINGAR HARRIERS A.C.	55:32	1:48:20	1:54:11	2:45:56	3:57:36	4:10:37
1673	419	14017	Brian Murphy	ST. L. O'TOOLE A.C.	56:05	1:52:36	1:58:59	2:51:02	3:57:22	4:10:47
1678	420	7559	Gary O' Daly	DONADEA RUNNING A.C.	1:01:43	1:59:51	2:06:04	2:57:40	3:57:55	4:11:23
1679	421	9376	Mj Croke	FETHARD A.C.	57:04	1:51:04	1:57:01	2:45:49	3:54:41	4:11:31
1688	422	13749	Shane Walsh	ARTANE/BEAUMONT RUNNING CLUB A.C.	57:05	1:50:58	1:57:04	2:49:03	3:57:24	4:12:30
1691	423	13524	Dawid Kuroczko	BLACKROCK (DUBLIN) A.C.	1:00:18	1:56:22	2:02:59	2:57:37	3:59:18	4:12:38
1697	424	16948	Tom Kavanagh	SWINFORD A.C.	56:23	1:53:29	1:59:38	2:49:06	3:54:22	4:13:08
1727	425	8927	Shane Greene	YOUGHAL A.C.	53:27	1:44:35	1:50:18	2:39:00	4:00:38	4:16:36
1729	426	12089	Craig Young	COUNTY ANTRIM HARRIERS	57:35	1:52:42	1:58:59	2:52:17	4:01:10	4:16:43
1736	427	13048	James Dowling	BLACKROCK (DUBLIN) A.C.	1:01:20	2:00:33	2:07:11	2:59:46	4:03:10	4:17:14
1738	428	2556	Peter Bennett	TULLAMORE HARRIERS A.C.	1:00:31	1:55:34	2:02:01	2:53:56	4:04:35	4:17:20
1741	429	16247	Emmett Hegarty	NAVAN A.C.	57:54	1:53:38	1:59:56	2:51:12	4:03:37	4:17:48
1746	430	12081	John O' Grady	DUNDRUM SOUTH DUBLIN A.C.	1:03:44	2:04:37	2:11:39	3:06:07	4:06:32	4:18:35
1747	431	15331	Keith Kennedy	ATHENRY A.C.	1:05:40	2:04:28	2:11:08	3:04:16	4:05:36	4:18:42
1752	432	7525	Barry Murphy	LUSK A.C.	1:03:34	2:03:29	2:10:16	3:04:25	4:07:03	4:19:32

Place	Category Place	Bib	Name	Club	10K	20K	Half	30K	40K	Finish
1754	433	13991	Thomas Hogan	EDENDERRY A.C.	1:02:13	1:58:28	2:04:50	2:58:02	4:05:58	4:19:36
1757	434	1318	Paul Nagle	BROTHERS PEARSE A.C.	57:35	1:53:37	2:00:44	2:57:18	4:06:09	4:19:58
1773	435	13045	Thomas Conroy	DULEEK AND DISTRICT A.C.	58:42	1:54:47	2:00:59	2:52:48	4:07:22	4:22:02
1774	436	21381	Liam Daly	AGHADA RUNNING CLUB A.C.	1:02:46	2:00:04	2:06:35	3:03:50	4:09:24	4:22:19
1787	437	3866	Peter O' Gorman	LSA A.C.	59:17	1:55:41	2:02:04	2:58:09	4:09:56	4:24:06
1797	438	20496	Feargail O' Miachain	DRUMSHANBO A.C.	1:03:30	2:04:06	2:10:55	3:05:37	4:10:41	4:24:47
1802	439	3459	Ryan Warnock	SAINTFIELD STRIDERS	58:28	1:56:16	2:03:38	3:03:26	4:13:09	4:25:12
1803	440	19500	Darren Bickerstaffe	DONOUGHMORE A.C.	1:01:43	1:57:46	2:05:00	3:00:24	4:10:57	4:25:15
1805	441	8041	Jeff Scott	PORTADOWN RUNNING CLUB	1:08:14	2:08:36	2:15:16	3:08:48	4:12:26	4:26:00
1806	442	13806	Patrick English	EDENDERRY A.C.	1:01:00	1:59:30	2:06:07	3:01:27	4:11:28	4:26:16
1811	443	12900	Christopher Fox	NEWBRIDGE A.C.	58:24	1:51:24	1:57:32	2:51:03	4:13:57	4:27:03
1814	444	10249	Gary Doyle	CROGHAN A.C.	1:02:42	2:02:35	2:09:12	3:03:52	4:12:28	4:27:22
1817	445	14397	Philip Shaw	KELLS A.C.	1:00:47	2:01:56	2:09:06	3:07:15	4:13:36	4:27:37
1820	446	16345	John O' Donovan	DUBLIN FRONT RUNNERS A.C.	1:03:31	2:06:43	2:13:45	3:09:56	4:14:52	4:28:23
1822	447	652	Conall Finn	KILCOOLE A.C.	1:00:17	1:58:11	2:05:11	3:02:07	4:13:43	4:28:26
1826	448	22300	Paul Watts	ATHENRY A.C.	1:03:57	2:04:48	2:12:12	3:06:26	4:14:11	4:28:46
1832	449	16251	John Crawford	NI CIVIL SERVICE AC	1:01:34	2:01:42	2:08:55	3:06:38	4:14:40	4:29:05
1834	450	14796	Kevin Cadwell	COOLOCK RUNNING CLUB A.C.	59:29	1:55:06	2:01:22	2:56:07	4:13:03	4:29:19
1844	451	16334	Karol Piskorski	POLISH RUNNERS CLUB IRELAND A.C.	58:09	1:56:18	2:02:58	3:00:48	4:14:43	4:30:02
1847	452	282	Paul Hogan	MARATHON CLUB IRELAND A.C.	1:04:37	2:08:34	2:15:43	3:11:56	4:15:34	4:30:14
1852	453	12863	Clement Kyei	LSA A.C.	1:02:11	1:58:57	2:06:23	3:06:20	4:16:10	4:30:31
1855	454	7736	David Mc Govern	SKERRIES A.C.	53:45	1:46:38	1:52:27	2:40:46	4:15:09	4:30:41
1860	455	7021	Mark Willoughby	GLENDALOUGH HARRIERS A.C.	1:04:52	2:04:10	2:10:46	3:05:41	4:16:09	4:31:33
1871	456	16465	Dermot Doohan	NAOMH MHUIRE A.C.	59:18	1:56:02	2:02:33	3:00:14	4:18:40	4:33:52
1873	457	20300	Jamie Mc Donald	DOLMEN A.C.	1:08:42	2:10:08	2:17:01	3:12:18	4:19:39	4:33:58
1904	458	629	Wayne Gibbons	RATOATH A.C.		2:07:14	2:14:20	3:12:04	4:26:43	4:41:39
1917	459	18530	David Coffey	LUSK A.C.	1:07:50	2:11:06	2:18:53	3:19:58	4:30:07	4:43:47

Place	Category Place	Bib	Name	Club	10K	20K	Half	30K	40K	Finish
1929	460	17438	Dominic Mc Geough	ST. PETER'S A.C.	56:46	1:53:40	1:59:59	3:05:01	4:32:19	4:46:36
1936	461	14069	Jason Thompson	BALLYMUN A.C.	1:00:41	2:03:31	2:11:09	3:12:38	4:33:22	4:47:56
1939	462	13691	Damian Hutchinson	DUBLIN FRONT RUNNERS A.C.	1:02:07	2:02:54	2:09:53	3:08:24	4:32:39	4:48:56
1942	463	13857	Darragh Mc Leer	BALBRIGGAN AND DISTRICT A.C.	1:05:52	2:07:46	2:14:52	3:14:27	4:34:19	4:49:19
1944	464	7008	Robert Clarke	RAHENY SHAMROCK A.C.	1:01:05	2:00:06	2:07:02	3:07:05	4:33:59	4:49:25
1954	465	20856	Patrick Mc Mullan	KELLS A.C.	1:11:40	2:15:38	2:22:49	3:22:56	4:35:27	4:50:39
1969	466	21538	Ciaran Deery	LUCAN HARRIERS A.C.	1:06:53	2:10:07	2:18:18	3:23:30	4:38:48	4:52:46
1974	467	21560	Dan Butler	IRISH MOUNTAIN CARDIO A.C.	1:06:57	2:14:10	2:23:06	3:27:27	4:40:05	4:55:06
1982	468	19343	Brendan Cummins	CHERRY ORCHARD RUNNING CLUB	1:10:17	2:11:53	2:18:52	3:21:22	4:41:30	4:56:42
1990	469	8759	Leo Weldon	BLACKROCK (DUBLIN) A.C.	1:10:29	2:14:35	2:21:59	3:23:08	4:42:38	4:58:41
2003	470	20099	Leon Stafford	LSA A.C.	1:10:03	2:14:26	2:21:49	3:26:30	4:46:15	5:02:37
2006	471	17606	Conor Mc Morrow	DUNBOYNE A.C.	1:09:05	2:12:18	2:19:54	3:18:20	4:47:21	5:03:19
2010	472	17978	Jason Dunne	IRISH MOUNTAIN CARDIO A.C.	1:01:25	2:04:18	2:12:51	3:22:20	4:47:41	5:03:50
2021	473	14320	Paul Tuohy	LUSK A.C.	1:01:53	2:12:27	2:22:00	3:31:58	4:53:31	5:08:54
2024	474	12101	Cormac Cahill	TOMNAFINNOGUE A.C.	1:08:15	2:09:15	2:16:28	3:20:19	4:49:54	5:09:40
2025	475	15906	Michael Connolly	WIDNES RUNNING CLUB	1:00:38	2:11:36	2:20:41	3:35:13	4:57:16	5:11:34
2037	476	20215	Martin Stewart	JOG LISBURN RUNNING CLUB	59:34	2:03:37	2:12:35	3:30:53	5:03:19	5:18:59
2048	477	20852	David Butler	LSA A.C.	1:18:47	2:29:03	2:37:23	3:47:53	5:14:11	5:31:09
2050	478	18228	Francis Fay	CILLES A.C.	1:10:53	2:24:12	2:35:46	3:51:35	5:17:52	5:34:08
2051	479	15941	Brendan Mc Carrick	SLIGO A.C.	1:21:14	2:36:25	2:45:16	3:55:55	5:18:17	5:34:13
2052	480	15908	Mark Ryan	WEST LIMERICK A.C.	1:08:24	2:14:09	2:22:22	3:34:50	5:19:11	5:37:29
2059	481	19965	Thomas Gore	WATERSTOWN WARRIORS A.C.	1:19:08	2:33:43	2:42:41	3:58:10	5:26:30	5:45:33
2078	482	17421	Martin Carroll	MARATHON CLUB IRELAND A.C.	1:10:41	2:33:23	2:45:17	4:08:24	5:44:13	6:02:38
2079	483	22228	Paul Mc Corry	BELFAST RUNNING CLUB	1:17:32	2:37:12	2:46:51	4:09:00	5:44:49	6:04:15
2080	484	19608	Mark Mc Carthy	LUSK A.C.	1:17:54	2:36:11	2:45:52	4:07:29	5:46:16	6:05:20
2088	485	4587	Kenneth O' Regan	REBELS A.C.	1:36:17	3:07:23	3:17:33	4:39:44	6:08:36	6:26:01
2089	486	14382	Niall Carroll	ARDEE AND DISTRICT A.C.	1:16:20	2:41:47	2:50:44	4:11:37	6:05:40	6:26:20



**M40 Men Results
National Marathon
Dublin
Oct 27th 2024**



Place	Category Place	Bib	Name	Club	10K	20K	Half	30K	40K	Finish
486	14382	Niall C.	ARDEE AND DISTRICT A.C.							