

Transfer List 2024							
First Name	Last Name	Outgoing Club	Incoming Club	Outgoing County	Incoming County	Inter County	Transfer Date
DEE	ADAMSON	Coolock Running Club	Ballymun A.C.	Dublin	Dublin	No	01.05.2024
Priyanshi	Aggarwal	Letterkenny A.C.	Olympian Youth A.C.	Donegal	Derry	Yes	30.07.2024
Ashling	Ahern	Courcey A.C.	Bandon A.C.	Cork	Cork	No	01.05.2024
Elayne	Ahern	Belgooly A.C.	Leevale A.C.	Cork	Cork	No	01.05.2024
Giselle	Ahern	Belgooly A.C.	Leevale A.C.	Cork	Cork	No	01.05.2024
Grace	Ahern	Courcey A.C.	Bandon A.C.	Cork	Cork	No	01.05.2024
Soraya	Ahern	Belgooly A.C.	Leevale A.C.	Cork	Cork	No	01.05.2024
Riona	Ahern	Courcey A.C.	Bandon A.C.	Cork	Cork	No	01.05.2024
Dian	Aherne	Cork City A.C.	Leevale A.C.	Cork	Cork	No	21.05.2024
Emmanuel	Akinrolie	Metro/St. Brigid's A.C.	Titans A.C.	Dublin	Dublin	No	01.10.2024
Blanaid	Alcock	Ferrybank A.C.	St. Mary's A.C. Ballyg	Waterford	Waterford	No	01.05.2024
Abdirahman	Ali Maow	Tallaght A.C.	Clonliffe Harriers A.C.	Dublin	Dublin	No	01.05.2024
Fauve	Aylmer	Galway City Harriers	West Coast A.C.	Galway	Galway	No	18.11.2024
Matilda	Ayton	Crookstown Millview	Parnell A.C.	Kildare	Wicklow	Yes	17.01.2024
Luca	Azizkhani	Clare River Harriers A.C.	Craughwell A.C.	Galway	Galway	No	12.09.2024
Laura	Bailey	Gowran A.C.	D.M.P. A.C.	Kilkenny	Wexford	Yes	01.05.2024
Niamh	Barrett	Mallow A.C.	North Cork A.C.	Cork	Cork	No	01.10.2024
Callum	Barron	Barrow Harriers A.C.	Kilkenny City Harriers	Kilkenny	Kilkenny	No	01.05.2024
Killian	Barry	U.C.D. A.C.	Bandon A.C.	Dublin	Cork	Yes	01.10.2024
Sarah	Baryga	Sli Cualann A.C.	Bray Runners A.C.	Wicklow	Wicklow	No	01.05.2024
Paul	Bissett	Cherry Orchard Runners	North Clondalkin Runners	Dublin	Dublin	No	01.10.2024
Robin	Blackmore	Raheny Shamrock A.C.	Artane/Beaumont Runners	Dublin	Dublin	No	03.07.2024
Carl	Blanc	Newbridge A.C.	Kildare A.C.	Kildare	Kildare	No	01.10.2024
Harry	Bogan	Ratoath A.C.	Clonliffe Harriers A.C.	Meath	Dublin	Yes	01.10.2024
Jimmy	Boland	Dundrum A.C.	Clonmel A.C.	Tipperary	Tipperary	No	01.05.2024
Sean	Boland	Dublin Mountain Runners	Cherry Orchard Runners	Dublin	Dublin	No	01.10.2024
Declan	Bolton	Donore Harriers A.C.	Clonliffe Harriers A.C.	Dublin	Dublin	No	01.10.2024
Emily	Bolton	Donore Harriers A.C.	Clonliffe Harriers A.C.	Dublin	Dublin	No	01.10.2024
James	Bolton	Donore Harriers A.C.	Clonliffe Harriers A.C.	Dublin	Dublin	No	01.10.2024
Thomas	Bolton	Donore Harriers A.C.	Clonliffe Harriers A.C.	Dublin	Dublin	No	01.10.2024
Kevin	Bonner	Galway City Harriers	Craughwell A.C.	Galway	Galway	No	01.05.2024
David	Bosch	Dundrum South Dublin	U.C.D. A.C.	Dublin	Dublin	No	14.10.2024
Lottie	Boyle	Lios Tuathail A.C.	St. Brendan's A.C.	Kerry	Kerry	No	01.05.2024
Ruby	Boyle	Lios Tuathail A.C.	St. Brendan's A.C.	Kerry	Kerry	No	01.05.2024
Edie	Bradley Slacke	Raheny Shamrock A.C.	Clonliffe Harriers A.C.	Dublin	Dublin	No	12.08.2024
Ciara	Brady	Sportsworld A.C.	Raheny Shamrock A.C.	Dublin	Dublin	No	01.05.2024
Maeve	Brassil	Galway City Harriers	Donore Harriers A.C.	Galway	Dublin	Yes	01.05.2024
Eleanor	Breen	Kenmare A.C.	Killarney Valley A.C.	Kerry	Kerry	No	01.10.2024
Muireann	Breen	Kenmare A.C.	Killarney Valley A.C.	Kerry	Kerry	No	01.10.2024
Sarah	Breen	Ardmore A.C.	West Waterford A.C.	Waterford	Waterford	No	01.05.2024
Tom	Breen	Galway City Harriers	Craughwell A.C.	Galway	Galway	No	01.10.2024
Noel	Brennan	Waterford A.C.	West Waterford A.C.	Waterford	Waterford	No	01.05.2024
Jessica	Briody	St. Brigids A.C.	Navan A.C.	Meath	Meath	No	01.10.2024
John	Briody	Lusk A.C.	Skerries A.C.	Dublin	Dublin	No	01.05.2024
Eoin	Brogan	Mid Sutton A.C.	Raheny Shamrock A.C.	Dublin	Dublin	No	01.05.2024
Alasdair	Brown	Donore Harriers A.C.	Raheny Shamrock A.C.	Dublin	Dublin	No	01.10.2024
Caoimhe	Browne	Carraig-Na-Bhfear A.C.	Leevale A.C.	Cork	Cork	No	01.05.2024
Darragh	Browne	Galway City Harriers	Lios Tuathail A.C.	Galway	Kerry	Yes	01.10.2024
Hannah	Browne	Portmarnock A.C.	Mid Sutton A.C.	Dublin	Dublin	No	01.05.2024
Keith	Browne	Irish Mountain Cardinals	Newbridge A.C.	Dublin	Kildare	Yes	08.05.2024
Mary	Browne	Lucan Harriers A.C.	Mayo A.C.	Dublin	Mayo	Yes	01.05.2024
Pippa	Browne	Croghan A.C.	St. Benedict Inbhear	Wexford	Wicklow	Yes	01.10.2024
Cormac	Buckley	Bandon A.C.	Clonakilty Juvenile A.C.	Cork	Cork	No	09.05.2024

Illia	Budiak	St. Brendan's A.C.	Naas A.C.	Kerry	Kildare	Yes	01.10.2024
Markus	Budzyn	Suck Valley A.C.	Roscommon A.C.	Roscommon	Roscommon	No	01.05.2024
Andrea	Bugler	Derg A.C.	Nenagh Olympic A.C.	Clare	Tipperary	Yes	01.10.2024
Orlaith	Bugler	Derg A.C.	Nenagh Olympic A.C.	Clare	Tipperary	Yes	01.10.2024
Tomas	Buitendijk	Croghan A.C.	Lucan Harriers A.C.	Wexford	Dublin	Yes	01.05.2024
Goda	Buivydyte	Celtic DCH A.C.	Clonliffe Harriers A.C.	Dublin	Dublin	No	01.10.2024
Andy	Bull	LOVE2RUN A.C.	Ballymun A.C.	Dublin	Dublin	No	01.10.2024
Emily	Burke	Brothers Pearse A.C.	Dundrum South Dubl	Dublin	Dublin	No	01.05.2024
Ethel	Burke	Portlaoise A.C.	Emo/Rath A.C.	Laois	Laois	No	01.05.2024
Laoise	Burke	East Galway A.C.	Craughwell A.C.	Galway	Galway	No	01.05.2024
Michael	Burke	East Galway A.C.	Craughwell A.C.	Galway	Galway	No	01.05.2024
Darragh	Burke	South Sligo A.C.	Sligo A.C.	Sligo	Sligo	No	01.05.2024
Evan	Burke	Portlaoise A.C.	Emo/Rath A.C.	Laois	Laois	No	01.05.2024
Danylo	Burlaka	St. Brendan's A.C.	Tralee Harriers A.C.	Kerry	Kerry	No	01.10.2024
Andrew	Burns	Sportsworld A.C.	Raheny Shamrock A.C.	Dublin	Dublin	No	01.05.2024
Annabelle	Butler	Thurles Crokes A.C.	Moyne A.C.	Tipperary	Tipperary	No	01.10.2024
Ben	Butler	Sportsworld A.C.	Kilcoole A.C.	Dublin	Wicklow	Yes	01.05.2024
Charlie	Butler	Ardee and District A.C.	Carrick Aces A.C.	Louth	Monaghan	Yes	01.05.2024
Sarah	Butler	Dooneen A.C.	Emerald A.C.	Limerick	Limerick	No	01.05.2024
Aisling	Byrne	Sli Cualann A.C.	North East Runners A.C.	Wicklow	Louth	Yes	01.05.2024
Louis	Byrne	Le Chéile A.C.	Glendalough Harriers	Kildare	Wicklow	Yes	01.05.2024
Rory	Byrne	St. Brigids A.C.	Fr. Murphy A.C.	Meath	Meath	No	01.10.2024
Brendan	Caffrey	An Ríocht A.C.	Killarney Valley A.C.	Kerry	Kerry	No	01.05.2024
Cormac	Cahill	Raheny Shamrock A.C.	Tomnafinnogogue A.C.	Dublin	Wicklow	Yes	01.05.2024
Harry	Cahill	St. Coca's A.C.	Donore Harriers A.C.	Kildare	Dublin	Yes	01.05.2024
Saoirse	Cahill	Watergrasshill A.C.	Midleton A.C.	Cork	Cork	No	01.05.2024
Lucy	Calvey	Waterford A.C.	Ferrybank A.C.	Waterford	Waterford	No	01.05.2024
Rachel	Calvey	Crusaders A.C.	Sportsworld A.C.	Dublin	Dublin	No	01.05.2024
Thomas	Camilleri Bondin	Bandon A.C.	Midleton A.C.	Cork	Cork	No	01.10.2024
Amelia	Campion	Kilkenny City Harriers	Nuenna A.C.	Kilkenny	Kilkenny	No	01.05.2024
Cecelia	Campion	Kilkenny City Harriers	Nuenna A.C.	Kilkenny	Kilkenny	No	01.05.2024
Olivia	Campion	Kilkenny City Harriers	Nuenna A.C.	Kilkenny	Kilkenny	No	01.05.2024
Rita	Campion	Kilkenny City Harriers	Nuenna A.C.	Kilkenny	Kilkenny	No	01.05.2024
Tom	Campion	Kilkenny City Harriers	Nuenna A.C.	Kilkenny	Kilkenny	No	01.05.2024
Hannah	Canniffe	Rathfarnham W.S.A.F.	Dundrum A.C.	Dublin	Tipperary	Yes	11.11.2024
Sarah	Canning	Swinford A.C.	Mayo A.C.	Mayo	Mayo	No	16.09.2024
Edel	Carberry	Garristown Flyers A.C.	Star of the Sea A.C.	Dublin	Meath	Yes	01.10.2024
Patrick	Carolan	Duleek and District A.C.	Crusaders A.C.	Meath	Dublin	Yes	01.05.2024
Fiona	Carr	South Galway A.C.	Maree A.C.	Galway	Galway	No	01.05.2024
Síle	Carroll	Liffey Valley A.C.	Castlecomer A.C.	Dublin	Kilkenny	Yes	01.10.2024
Emma	Casey	Star of the Laune A.C.	Killarney Valley A.C.	Kerry	Kerry	No	01.10.2024
Maureen	Casey	Grange/Fermoy A.C.	Mooreabbey Milers A.C.	Cork	Tipperary	Yes	01.05.2024
Laura	Cashman	Leevale A.C.	Cork City A.C.	Cork	Cork	No	09.05.2024
Tom	Cassidy	Raheny Shamrock A.C.	Coolock Running Club	Dublin	Dublin	No	01.05.2024
Ella	Cawley	Nephin A.C.	Westport A.C.	Mayo	Mayo	No	01.10.2024
Jack	Cawley	Nephin A.C.	Westport A.C.	Mayo	Mayo	No	04.11.2024
Kaylah	Christy	Lifford Strabane A.C.	Finn Valley A.C.	Donegal	Donegal	No	01.05.2024
Angela	Cielecka	Galway City Harriers	West Coast A.C.	Galway	Galway	No	01.10.2024
Inga	Cielecka	Galway City Harriers	West Coast A.C.	Galway	Galway	No	01.10.2024
Alice	Clancy	Tara A.C.	Le Chéile A.C.	Meath	Kildare	Yes	08.05.2024
Gillian	Clarke	Waterstown Warriors	North Clondalkin Run	Dublin	Dublin	No	01.05.2024
Jack	Clarke	Longford A.C.	Lough Ree A.C.	Longford	Roscommon	Yes	01.05.2024
Sarah	Clarke	Redeemer A.C.	Glenmore A.C.	Louth	Louth	No	01.05.2024
Tom	Clarke	Loughrea A.C.	Craughwell A.C.	Galway	Galway	No	26.03.2024
Dylan	Clarke McGuigan	Navan A.C.	Donore Harriers A.C.	Meath	Dublin	Yes	01.10.2024
Eamonn	Cleary	Ennis Track A.C.	Shannon A.C.	Clare	Clare	No	01.05.2024

Niamh	Clifford	Donore Harriers A.C.	Kilcoole A.C.	Dublin	Wicklow	Yes	01.05.2024
Annamai	Colclough	Waterford A.C.	St. Mary's A.C. Ballyg	Waterford	Waterford	No	15.02.2024
Liz	Colclough	Waterford A.C.	St. Mary's A.C. Ballyg	Waterford	Waterford	No	15.02.2024
Enda	Colleran	Cabinteely A.C.	Blackrock (Dublin) A.C.	Dublin	Dublin	No	18.06.2024
Gerry	Collins	Blayney Rockets A.C.	North East Runners A.C.	Monaghan	Louth	Yes	12.09.2024
Lily	Collins	Rathfarnham W.S.A.F.	Dundrum South Dubl	Dublin	Dublin	No	01.05.2024
Elizabeth	Comerford	Dunboyne A.C.	Donore Harriers A.C.	Meath	Dublin	Yes	01.10.2024
George	Comerford	Dunboyne A.C.	Donore Harriers A.C.	Meath	Dublin	Yes	01.05.2024
Oran	Comerford	St. John's A.C.	West Clare Sports an	Clare	Clare	No	01.10.2024
Seoirse	Comerford	Dunboyne A.C.	St. John's A.C.	Meath	Clare	Yes	26.09.2024
Ava	Comerford	St. John's A.C.	West Clare Sports an	Clare	Clare	No	01.10.2024
James	Conachy	Dublin Front Runners	Carrick Aces A.C.	Dublin	Monaghan	Yes	01.05.2024
Max	Conduit	Lucan Harriers A.C.	Rathcoole A.C.	Dublin	Dublin	No	01.05.2024
Sean	Connaughton	Athlone A.C.	Reeside A.C.	Westmeath	Roscommon	Yes	10.12.2024
Meabh	Connell	Clonliffe Harriers A.C.	Fingallians A.C.	Dublin	Dublin	No	01.10.2024
Chris	Connolly	North Clondalkin Run	D15 Running Club A.C.	Dublin	Dublin	No	01.10.2024
Cian	Connolly	Tír Chonaill A.C.	Naas A.C.	Donegal	Kildare	Yes	01.05.2024
Michael	Connolly	Beechmount Harriers	Grange/Fermoy A.C.	Antrim	Cork	Yes	01.10.2024
Ava	Conroy	Mid Sutton A.C.	Dundrum South Dubl	Dublin	Dublin	No	01.10.2024
Isobelle	Conroy	Clare River Harriers A	Castlegar A.C.	Galway	Galway	No	01.10.2024
Fionn	Considine	West Clare Sports an	St. John's A.C.	Clare	Clare	No	01.10.2024
James	Considine	West Clare Sports an	St. John's A.C.	Clare	Clare	No	01.10.2024
Simone	Considine	West Clare Sports an	Ennis Track A.C.	Clare	Clare	No	01.10.2024
Beth	Conway	Lifford Strabane A.C.	Finn Valley A.C.	Donegal	Donegal	No	01.05.2024
Chloe	Conway	Redeemer A.C.	Blackrock (Louth) A.C.	Louth	Louth	No	01.10.2024
Clodagh	Conway	Nephtin A.C.	Westport A.C.	Mayo	Mayo	No	01.05.2024
Emma	Conway	Redeemer A.C.	Blackrock (Louth) A.C.	Louth	Louth	No	01.10.2024
Grace	Conway	Lifford Strabane A.C.	Finn Valley A.C.	Donegal	Donegal	No	01.05.2024
Regina	Coppinger	Dundrum South Dubl	Sportsworld A.C.	Dublin	Dublin	No	01.05.2024
Faye	Corbett	Thurles Crokes A.C.	Moyne A.C.	Tipperary	Tipperary	No	01.10.2024
Quinn	Corbett	Thurles Crokes A.C.	Moyne A.C.	Tipperary	Tipperary	No	01.10.2024
Mark	Corcoran	Derg A.C.	Nenagh Olympic A.C.	Clare	Tipperary	Yes	01.05.2024
Michael	Costello	Tuam A.C.	Mooreabbey Milers A	Galway	Tipperary	Yes	01.05.2024
Caoimhe	Costello	Dunleer A.C.	Drogheda and Distric	Louth	Louth	No	07.03.2024
Amy	Costigan	LSA A.C.	Castlecomer A.C.	Dublin	Kilkenny	Yes	01.05.2024
Mary	Cotter	Tracton A.C.	St. Finbarrs A.C.	Cork	Cork	No	01.10.2024
Evelyn	Coughlan	Le Chéile A.C.	Tullamore Harriers A	Kildare	Offaly	Yes	15.07.2024
Alex	County	Celbridge A.C.	Donore Harriers A.C.	Kildare	Dublin	Yes	20.05.2024
Doireann	Couse	Clonakilty Juvenile A.	Bandon A.C.	Cork	Cork	No	01.10.2024
Claudia	Coyle	Craughwell A.C.	South Galway A.C.	Galway	Galway	No	01.05.2024
Donal	Coyle	Craughwell A.C.	South Galway A.C.	Galway	Galway	No	01.05.2024
Cillian	Craddock	Tuam A.C.	Lake District A.C.	Galway	Mayo	Yes	01.05.2024
Izzy	Craig	Cabinteely A.C.	Dundrum South Dubl	Dublin	Dublin	No	01.05.2024
Irene	Crawley	HOPE Recovery Runn	North Westmeath A.C.	Dublin	Westmeath	Yes	01.05.2024
Melissa	Cronin	Youghal A.C.	Midleton A.C.	Cork	Cork	No	11.09.2024
Orla	Cronin	Cabinteely A.C.	Blackrock (Dublin) A.C.	Dublin	Dublin	No	01.05.2024
Sally	Crowe	St. Marys (Clare) A.C.	West Clare Sports an	Clare	Clare	No	01.10.2024
Ellie	Crowley	St. John's A.C.	West Clare Sports an	Clare	Clare	No	01.10.2024
Ruby	Crowley	St. John's A.C.	West Clare Sports an	Clare	Clare	No	01.10.2024
Sarah	Crowley	Ennis Track A.C.	Marian A.C.	Clare	Clare	No	01.05.2024
Stephen	Crowley	Grange/Fermoy A.C.	Mallow A.C.	Cork	Cork	No	01.05.2024
Mícheál	Crowley	Ennis Track A.C.	Marian A.C.	Clare	Clare	No	01.05.2024
Grace Anne	Culhane	Dooneen A.C.	Dublin City Harriers A	Limerick	Dublin	Yes	01.05.2024
Jack	Cullen	Sligo A.C.	Boyle A.C.	Sligo	Roscommon	Yes	01.05.2024
Charlie	Cummins	Dunleer A.C.	Drogheda and Distric	Louth	Louth	No	01.10.2024
Connie	Cummins	Enniscorthy A.C.	Adamstown A.C.	Wexford	Wexford	No	01.05.2024

Jason	Cummins	Enniscorthy A.C.	Adamstown A.C.	Wexford	Wexford	No	01.05.2024
Robert	Cunnane	Claremorris A.C.	St. Colmans South M	Mayo	Mayo	No	01.05.2024
Cian	Cunningham	Lucan Harriers A.C.	Rathcoole A.C.	Dublin	Dublin	No	01.05.2024
Niall	Cunningham	Castlegar A.C.	East Galway A.C.	Galway	Galway	No	01.10.2024
Cormac	Curtin	Dunshaughlin A.C.	Clonliffe Harriers A.C	Meath	Dublin	Yes	01.10.2024
Cillian	Daly	Waterford A.C.	St. Mary's A.C. Ballyg	Waterford	Waterford	No	01.05.2024
Ronan	Daly	Waterford A.C.	St. Mary's A.C. Ballyg	Waterford	Waterford	No	01.05.2024
Tiffany	Daniel	Leevale A.C.	Belgooly A.C.	Cork	Cork	No	01.05.2024
Joshua	Danker	Corrib A.C.	Galway City Harriers	Galway	Galway	No	01.05.2024
Niall	Davis	Crusaders A.C.	Blackrock (Dublin) A.	Dublin	Dublin	No	15.05.2024
Brendan	Day	Clare River Harriers A	Galway City Harriers	Galway	Galway	No	01.05.2024
Isla	Day	Clare River Harriers A	Galway City Harriers	Galway	Galway	No	01.05.2024
Nina	De Paor	Rathfarnham W.S.A.F	Dundrum South Dubl	Dublin	Dublin	No	01.10.2024
William	Dean	Roscommon A.C.	Dundrum South Dubl	Roscommon	Dublin	Yes	30.05.2024
Conor	Deane	Brothers Pearse A.C.	Dublin City Harriers A	Dublin	Dublin	No	01.05.2024
Ian	Deegan	Portlaoise A.C.	Emo/Rath A.C.	Laois	Laois	No	01.05.2024
Oisin	Deegan	Portlaoise A.C.	Emo/Rath A.C.	Laois	Laois	No	01.05.2024
Paul	Delahunty	Sli Cualann A.C.	Dublin City Harriers A	Wicklow	Dublin	Yes	01.10.2024
James	Denn	Clonmel A.C.	Fethard A.C.	Tipperary	Tipperary	No	01.10.2024
Colm	Dennigan	Suck Valley A.C.	Roscommon A.C.	Roscommon	Roscommon	No	01.05.2024
Ronan	Dennigan	Suck Valley A.C.	Roscommon A.C.	Roscommon	Roscommon	No	01.05.2024
Ruth	Dennigan	Suck Valley A.C.	Roscommon A.C.	Roscommon	Roscommon	No	19.03.2024
Francis	Devine	Annalee A.C.	Ballinamore A.C.	Cavan	Leitrim	Yes	01.05.2024
Fionn	Dewilde	Mid Sutton A.C.	Raheny Shamrock A.C	Dublin	Dublin	No	01.05.2024
Michelle	Diffley	Sliabh Ban A.C.	Croghan A.C.	Roscommon	Wexford	Yes	01.05.2024
Lena	Dilleen	Celtic DCH A.C.	Marino A.C.	Dublin	Dublin	No	01.05.2024
Anthony	Dillon	Dunleer A.C.	Clonliffe Harriers A.C	Louth	Dublin	Yes	01.05.2024
Michael	Dillon	Donore Harriers A.C.	Metro/St. Brigid's A.C	Dublin	Dublin	No	08.10.2024
Polly	Dillon	Crookstown Millview	St. Abbans A.C	Kildare	Laois	Yes	01.05.2024
Caitlin	Dillon Byrne	Crookstown Millview	St. Abbans A.C	Kildare	Laois	Yes	01.05.2024
Ellie	Dillon Byrne	Crookstown Millview	St. Abbans A.C	Kildare	Laois	Yes	01.05.2024
Andrej	Dmitrenko	Ratoath A.C.	Clonliffe Harriers A.C	Meath	Dublin	Yes	01.10.2024
Kieran	Dodrill	Coralstown Kinnegad	Mullingar Harriers A.	Westmeath	Westmeath	No	01.05.2024
Catriona	Doherty	St. Colmans South M	Claremorris A.C.	Mayo	Mayo	No	01.10.2024
Conor	Doherty	St. Colmans South M	Claremorris A.C.	Mayo	Mayo	No	01.10.2024
John	Dolan	Clane A.C.	Galway City Harriers	Kildare	Galway	Yes	01.05.2024
Mariella	Donaldson	Rathfarnham W.S.A.F	Dundrum South Dubl	Dublin	Dublin	No	01.05.2024
Juliette	Donaldson	Rathfarnham W.S.A.F	Dundrum South Dubl	Dublin	Dublin	No	01.05.2024
Joe	Doody	Cabinteely A.C.	U.C.D. A.C.	Dublin	Dublin	No	01.10.2024
Craig	Doolan	Star of the Sea A.C.	Skerries A.C.	Meath	Dublin	Yes	01.05.2024
Alan	Dooley	LSA A.C.	Coolock Running Club	Dublin	Dublin	No	01.05.2024
Cara	Dooley	Ballyfin A.C.	St. Michael's A.C.	Laois	Laois	No	01.05.2024
Hannah	Dooley	Enniscorthy A.C.	Bree A.C.	Wexford	Wexford	No	01.05.2024
John	Dooley	Le Chéile A.C.	Ferbane A.C.	Kildare	Offaly	Yes	01.10.2024
Catherine	Doran	Dundrum South Dubl	Blackrock (Dublin) A.	Dublin	Dublin	No	15.04.2024
Elise	Doran	Dundrum South Dubl	Blackrock (Dublin) A.	Dublin	Dublin	No	09.10.2024
Oscar	Doran	Dundrum South Dubl	Blackrock (Dublin) A.	Dublin	Dublin	No	09.10.2024
Abbie	Dowdall	Celtic DCH A.C.	Dublin City Harriers A	Dublin	Dublin	No	01.10.2024
Elke	Downes	Kilmihil A.C.	West Clare Sports an	Clare	Clare	No	01.05.2024
Stephen	Downey	Dunboyne A.C.	LOVE2RUN A.C.	Meath	Dublin	Yes	01.05.2024
Aisling	Doyle	Le Chéile A.C.	St. Coca's A.C.	Kildare	Kildare	No	01.10.2024
Alexandra	Doyle	Dundrum South Dubl	Kilcoole A.C.	Dublin	Wicklow	Yes	01.10.2024
Daragh	Doyle	Lucan Harriers A.C.	Waterstown Warriors	Dublin	Dublin	No	01.05.2024
Emma	Doyle	Cork City A.C.	Leevale A.C.	Cork	Cork	No	01.10.2024
Katie	Doyle	Bree A.C.	Enniscorthy A.C.	Wexford	Wexford	No	01.05.2024
Evelyn	Duffy	Kells A.C.	Bohermeen A.C.	Meath	Meath	No	01.05.2024

Kate	Duffy	Marian A.C.	Athlone A.C.	Clare	Westmeath	Yes	01.05.2024
Shauna	Duffy	Kells A.C.	Bohermeen A.C.	Meath	Meath	No	01.05.2024
Isla	Duncan	Portmarnock A.C.	Clonliffe Harriers A.C.	Dublin	Dublin	No	01.05.2024
Alan	Dunne	East Mayo A.C.	Swinford A.C.	Mayo	Mayo	No	01.10.2024
Cillian	Dunne	Gowran A.C.	St. Abbans A.C.	Kilkenny	Laois	Yes	01.10.2024
Darragh	Dunne	Gowran A.C.	Kilkenny City Harriers	Kilkenny	Kilkenny	No	01.05.2024
Paul	Dunne	Sportsworld A.C.	Brothers Pearse A.C.	Dublin	Dublin	No	20.08.2024
Emily	Dunphy	Ballyroan Abbeyfeix A.C.	St. Abbans A.C.	Laois	Laois	No	01.05.2024
Chris	Duruanyawu	Ratoath A.C.	Titans A.C.	Meath	Dublin	Yes	01.10.2024
Fergal	English	Waterford A.C.	St. Mary's A.C. Ballyg.	Waterford	Waterford	No	15.02.2024
James	English	Dundrum A.C.	Tramore A.C.	Tipperary	Waterford	Yes	01.05.2024
Mairéad	Enneguess	Bweeng Trail Blazers	Donoughmore A.C.	Cork	Cork	No	24.10.2024
Mila	Ennis	Innyvale A.C.	St. Brigids A.C.	Cavan	Meath	Yes	01.05.2024
Nick	Ennis	Crusaders A.C.	Dundrum South Dubl	Dublin	Dublin	No	15.04.2024
Noah	Ennis	Innyvale A.C.	St. Brigids A.C.	Cavan	Meath	Yes	01.05.2024
Gareth	Enright	St. Andrews A.C.	Clonliffe Harriers A.C.	Meath	Dublin	Yes	01.05.2024
Shane	Erett	Ferrybank A.C.	St. Mary's A.C. Ballyg.	Waterford	Waterford	No	01.05.2024
Carlos Miguel	Estrada	Kilmurray/Ibrick/N.C.	Ennis Track A.C.	Clare	Clare	No	01.10.2024
Miguel	Estrada	Kilmurray/Ibrick/N.C.	Ennis Track A.C.	Clare	Clare	No	01.10.2024
Bobby	Everett	Waterford A.C.	St. Mary's A.C. Ballyg.	Waterford	Waterford	No	01.10.2024
Charlie	Everett	Waterford A.C.	St. Mary's A.C. Ballyg.	Waterford	Waterford	No	01.10.2024
Mick	Fagan	North Westmeath A.C.	Mullingar Harriers A.C.	Westmeath	Westmeath	No	01.05.2024
Matthew	Fallon	S.R.L. A.C.	Roscommon A.C.	Roscommon	Roscommon	No	01.05.2024
Mikey	Fallon	S.R.L. A.C.	Roscommon A.C.	Roscommon	Roscommon	No	01.05.2024
Abigail	Farrell	Donore Harriers A.C.	Roundwood and Dist	Dublin	Wicklow	Yes	27.05.2024
Laurence	Farrell	Ardee and District A.C.	Navan A.C.	Louth	Meath	Yes	01.10.2024
Neil	Farrell	Clonliffe Harriers A.C.	Artane/Beaumont Ru	Dublin	Dublin	No	01.10.2024
James	Fay	Lusk A.C.	Clonliffe Harriers A.C.	Dublin	Dublin	No	01.05.2024
Sandra	Fay	Bohermeen A.C.	NRC A.C.	Meath	Meath	No	22.04.2024
Chris	Fehilly	Belgooly A.C.	Eagle A.C.	Cork	Cork	No	24.10.2024
Grace	Fergus	North Leitrim A.C.	North Sligo A.C.	Leitrim	Sligo	Yes	01.05.2024
Aisling	Ferguson	Waterford A.C.	Ferrybank A.C.	Waterford	Waterford	No	01.10.2024
Daithi	Ferguson	Finisk Valley A.C.	Ferrybank A.C.	Waterford	Waterford	No	01.05.2024
Mark	Ferguson	Finisk Valley A.C.	Ferrybank A.C.	Waterford	Waterford	No	01.10.2024
Isabella	Finn	Lusk A.C.	LSA A.C.	Dublin	Dublin	No	01.05.2024
Liam	Finnerty	Loughrea A.C.	Ballinasloe and Distri	Galway	Galway	No	22.01.2024
Colm	Fitzgerald	West Clare Sports an	St. John's A.C.	Clare	Clare	No	01.10.2024
Evan	Fitzgerald	Clonmel A.C.	West Waterford A.C.	Tipperary	Waterford	Yes	01.05.2024
Grace	Fitzgerald	Tipperary Town A.C.	St. Abbans A.C.	Tipperary	Laois	Yes	01.10.2024
Joe	Fitzgerald	Templemore A.C.	Thurles Crokes A.C.	Tipperary	Tipperary	No	01.05.2024
Joe	Fitzgerald	Templemore A.C.	Thurles Crokes A.C.	Tipperary	Tipperary	No	01.10.2024
Lucy	Fitzgerald	Tipperary Town A.C.	St. Abbans A.C.	Tipperary	Laois	Yes	01.10.2024
Carmel	Fitzgibbon	Thurles Crokes A.C.	Clonmel A.C.	Tipperary	Tipperary	No	01.05.2024
Siobhan	Fitzpatrick	Waterford A.C.	St. Mary's A.C. Ballyg.	Waterford	Waterford	No	15.02.2024
Ava	Flanagan	Clongriffin A.C.	Mid Sutton A.C.	Dublin	Dublin	No	01.10.2024
Lauren	Flanagan	Waterford A.C.	Ferrybank A.C.	Waterford	Waterford	No	01.05.2024
Sarah	Flanagan	Clongriffin A.C.	Mid Sutton A.C.	Dublin	Dublin	No	01.10.2024
T-Jay	Flanagan	Tramore A.C.	Waterford A.C.	Waterford	Waterford	No	01.10.2024
Lauren	Fleming	Farranfore Maine Val	Killarney Valley A.C.	Kerry	Kerry	No	01.10.2024
Sophie	Fleming	Dundrum South Dubl	Blackrock (Dublin) A.C.	Dublin	Dublin	No	29.01.2024
Shauna	Flynn	Redeemer A.C.	Glenmore A.C.	Louth	Louth	No	01.10.2024
Sinead	Flynn	Waterford A.C.	Carrick-on-Suir A.C.	Waterford	Tipperary	Yes	01.05.2024
Aoibheann	Fogarty	Clonmel A.C.	Moycarkey Coolcroo	Tipperary	Tipperary	No	01.05.2024
Caitriona	Fogarty	St. L. O'Toole A.C.	Portlaoise A.C.	Carlow	Laois	Yes	01.10.2024
Ben	Foley	Waterford A.C.	Ferrybank A.C.	Waterford	Waterford	No	04.10.2024
Tom	Foley	Waterford A.C.	Ferrybank A.C.	Waterford	Waterford	No	04.10.2024

William	Fox	St. Abbans A.C	Kilkenny City Harriers	Laois	Kilkenny	Yes	01.05.2024
Brenda G.	Francis	Marathon Club Ireland	Clare River Harriers A.C.	Clare	Galway	Yes	01.10.2024
Rosemary	Gaine	Waterstown Warriors	Lucan Harriers A.C.	Dublin	Dublin	No	01.05.2024
Aoibhín	Gallagher	Dundrum South Dublin	Blackrock (Dublin) A.C.	Dublin	Dublin	No	01.05.2024
Jesseka	Gallagher	Letterkenny A.C.	Clonliffe Harriers A.C.	Donegal	Dublin	Yes	01.05.2024
Martha	Gallagher	Ferrybank A.C.	St. Mary's A.C. Ballyg	Waterford	Waterford	No	01.05.2024
Pippa	Gallagher	Ferrybank A.C.	St. Mary's A.C. Ballyg	Waterford	Waterford	No	01.05.2024
Roisin	Galvin	St. John's A.C.	West Clare Sports and	Clare	Clare	No	01.05.2024
Celine	Gavin	Dublin City Harriers A	Donore Harriers A.C.	Dublin	Dublin	No	18.01.2024
Oisin	Gavin	Celtic DCH A.C.	Donore Harriers A.C.	Dublin	Dublin	No	18.01.2024
Mark	Geoghegan	Coralstown Kinnegad	Mullingar Harriers A.C.	Westmeath	Westmeath	No	01.05.2024
Ollie	Geoghegan	Coralstown Kinnegad	Mullingar Harriers A.C.	Westmeath	Westmeath	No	01.05.2024
Christian	Geraghty	Craughwell A.C.	South Galway A.C.	Galway	Galway	No	01.05.2024
John	Geraghty	Mayo A.C.	Westport A.C.	Mayo	Mayo	No	01.05.2024
Lawrence	Gevero	Dundrum South Dublin	Cabinteely A.C.	Dublin	Dublin	No	01.10.2024
Souvik	Ghosh	Raheny Shamrock A.C.	Sportsworld A.C.	Dublin	Dublin	No	01.05.2024
Katie	Gibbons	Castlebar A.C.	Mayo A.C.	Mayo	Mayo	No	01.10.2024
Ethan	Gibson	Dunleer A.C.	Drogheda and District	Louth	Louth	No	02.10.2024
Orla Michelle	Glancy	St. L. O'Toole A.C.	Tinryland A.C.	Carlow	Carlow	No	01.10.2024
Aela	Glynn	St. Cronans A.C.	Ennis Track A.C.	Clare	Clare	No	29.04.2024
Brianna	Glynn	St. Colmans South M	Claremorris A.C.	Mayo	Mayo	No	01.05.2024
Jennifer	Goggin Walsh	Carraig-Na-Bhfear A.C.	Cork City A.C.	Cork	Cork	No	01.05.2024
George	Goor	Dundrum South Dublin	Tomnafinnogue A.C.	Dublin	Wicklow	Yes	15.04.2024
Gary	Graham	Navan A.C.	Kells A.C.	Meath	Meath	No	01.10.2024
Alex	Gray	Roundwood and District	Kilcoole A.C.	Wicklow	Wicklow	No	27.05.2024
Jacob	Greene	St. John's A.C.	West Clare Sports and	Clare	Clare	No	01.10.2024
Barry	Griffin	St. Finbarrs A.C.	Togher A.C.	Cork	Cork	No	24.01.2024
Kai	Griffith	St. Senans A.C.	Waterford A.C.	Kilkenny	Waterford	Yes	01.10.2024
Isabel	Guinan	Balbriggan and District	Lusk A.C.	Dublin	Dublin	No	01.10.2024
Imogen	Guinness	Dublin Bay Running A	Civil Service Harriers	Dublin	Dublin	No	01.05.2024
Fiona	Gunapala	Navan A.C.	Trim A.C.	Meath	Meath	No	01.05.2024
Adrian	Gurn	Carrick-on-Shannon A	Boyle A.C.	Leitrim	Roscommon	Yes	01.10.2024
Neilie	Hall	Marathon Club Ireland	Fethard A.C.	Clare	Tipperary	Yes	01.10.2024
Dain	Hama	Ferrybank A.C.	Waterford A.C.	Waterford	Waterford	No	01.10.2024
John	Hanley	Monaghan Phoenix A	Glaslough Harriers A.C.	Monaghan	Monaghan	No	01.05.2024
Joseph	Hanley	Monaghan Phoenix A	Glaslough Harriers A.C.	Monaghan	Monaghan	No	01.05.2024
Patrick	Hanley	Monaghan Phoenix A	Glaslough Harriers A.C.	Monaghan	Monaghan	No	01.05.2024
Sean Og	Hanley	Monaghan Phoenix A	Glaslough Harriers A.C.	Monaghan	Monaghan	No	01.05.2024
Peter	Hanrahan	Togher A.C.	Cork Track Club A.C.	Cork	Cork	No	01.05.2024
Hope	Hanratty	Redeemer A.C.	Glenmore A.C.	Louth	Louth	No	01.10.2024
Niall	Hanton	St. Benedict Inbhear	Croghan A.C.	Wicklow	Wexford	Yes	22.02.2024
Kate	Harley	Belgooly A.C.	Cork City A.C.	Cork	Cork	No	01.05.2024
Paul	Harpur	Slaney Olympic A.C.	Menapians A.C.	Wexford	Wexford	No	01.05.2024
Claire	Harrington	Sportsworld A.C.	Croghan A.C.	Dublin	Wexford	Yes	01.05.2024
Luke	Harrington	Lusk A.C.	Skerries A.C.	Dublin	Dublin	No	01.05.2024
Emma	Haugh	Fergus A.C.	Ennis Track A.C.	Clare	Clare	No	01.10.2024
Ailish	Hawkins	Celtic DCH A.C.	Dublin City Harriers A	Dublin	Dublin	No	15.01.2024
Emma	Hayes	Leevale A.C.	Togher A.C.	Cork	Cork	No	01.05.2024
Mai	Hayes	Fethard A.C.	Clonmel A.C.	Tipperary	Tipperary	No	01.05.2024
Ruairí	Hayes	Kilmihil A.C.	St. John's A.C.	Clare	Clare	No	01.10.2024
Ciara	Healy	Marian A.C.	Ennis Track A.C.	Clare	Clare	No	01.05.2024
Noah	Healy	Marian A.C.	Ennis Track A.C.	Clare	Clare	No	01.05.2024
Jane-Ann	Healy Meehan	Galway City Harriers	Athenry A.C.	Galway	Galway	No	01.10.2024
Aoife	Hearne Kirwan	Waterford A.C.	St. Mary's A.C. Ballyg	Waterford	Waterford	No	15.02.2024
Damien	Helleboid	Eagle A.C.	Togher A.C.	Cork	Cork	No	01.10.2024
Kevin	Hill	Ashford A.C.	Kilcoole A.C.	Wicklow	Wicklow	No	09.10.2024

Cian	Hogan	Farranfore Maine Val	Tralee Harriers A.C.	Kerry	Kerry	No	01.05.2024
Cian	Hogan	S.R.L. A.C.	Athlone A.C.	Roscommon	Westmeath	Yes	01.05.2024
Daniel	Hogan	St. Nicholas A.C.	Carraig-Na-Bhfear A.C.	Cork	Cork	No	01.10.2024
Fionn	Hogan	Farranfore Maine Val	Tralee Harriers A.C.	Kerry	Kerry	No	01.05.2024
Roísín	Hogan	Farranfore Maine Val	Tralee Harriers A.C.	Kerry	Kerry	No	01.05.2024
Grace	Holland	Old Abbey A.C.	Riverstick/Kinsale A.C.	Cork	Cork	No	08.04.2024
Ella	Holly	Old Abbey A.C.	Riverstick/Kinsale A.C.	Cork	Cork	No	14.02.2024
Terry	Hopper	Waterstown Warriors	Lucan Harriers A.C.	Dublin	Dublin	No	01.05.2024
Mary	Horgan	Crusaders A.C.	U.C.D. A.C.	Dublin	Dublin	No	01.05.2024
Ben	Howard	D.M.P. A.C.	St. Killians A.C.	Wexford	Wexford	No	01.05.2024
Emile	Howard	D.M.P. A.C.	St. Killians A.C.	Wexford	Wexford	No	01.05.2024
Caoimhe	Hughes	Carraig-Na-Bhfear A.C.	Cork City A.C.	Cork	Cork	No	01.05.2024
Sean	Hughes	Carraig-Na-Bhfear A.C.	Cork City A.C.	Cork	Cork	No	01.05.2024
Cian	Hynes	Corrib A.C.	Galway City Harriers	Galway	Galway	No	01.05.2024
Dara	Hynes	Corrib A.C.	Galway City Harriers	Galway	Galway	No	01.05.2024
Joseph	Ike	Finn Valley A.C.	Lifford Strabane A.C.	Donegal	Donegal	No	01.05.2024
Roisin	Ingle	Mid Sutton A.C.	Raheny Shamrock A.C.	Dublin	Dublin	No	01.05.2024
Therese	Ingle	Mid Sutton A.C.	Raheny Shamrock A.C.	Dublin	Dublin	No	01.10.2024
Callum	Jenkins	Bray Runners A.C.	Cabinteely A.C.	Wicklow	Dublin	Yes	01.05.2024
Caoimhe	Jenkins	Bray Runners A.C.	Cabinteely A.C.	Wicklow	Dublin	Yes	01.05.2024
Lainey	Jeytoo	Blackrock (Louth) A.C.	St. Peter's A.C.	Louth	Louth	No	01.05.2024
Estrela	Joao-Unguda	Belgooly A.C.	Cork City A.C.	Cork	Cork	No	01.10.2024
Isabel	Joao-Unguda	Belgooly A.C.	Cork City A.C.	Cork	Cork	No	01.10.2024
Cerys	Jones	K.C.K. A.C.	West Waterford A.C.	Waterford	Waterford	No	01.10.2024
Christopher	Jose	Ballyroan Abbeyleix A.C.	Portlaoise A.C.	Laois	Laois	No	01.05.2024
Emma	Jourdan	Galway City Harriers	Blackrock (Dublin) A.C.	Galway	Dublin	Yes	01.10.2024
Richie	Judge	Navan A.C.	Bohermeen A.C.	Meath	Meath	No	01.10.2024
Mieszk	Kalinowski	Cork City A.C.	Togher A.C.	Cork	Cork	No	01.05.2024
Amy	Kavanagh	Celbridge A.C.	Lucan Harriers A.C.	Kildare	Dublin	Yes	01.05.2024
Elena	Kavanagh	Celbridge A.C.	Lucan Harriers A.C.	Kildare	Dublin	Yes	01.05.2024
Finn	Kavanagh	St. Senans A.C.	Waterford A.C.	Kilkenny	Waterford	Yes	01.05.2024
Darragh	Keane	Tracton A.C.	Carrigaline A.C.	Cork	Cork	No	01.10.2024
Darren	Keane	Raheny Shamrock A.C.	Portmarnock A.C.	Dublin	Dublin	No	01.05.2024
Paul	Keane	Galway City Harriers	Craughwell A.C.	Galway	Galway	No	01.05.2024
TJ	Keane	St. John's A.C.	West Clare Sports and	Clare	Clare	No	01.10.2024
Alexandra	Keating	Mid Sutton A.C.	Raheny Shamrock A.C.	Dublin	Dublin	No	01.05.2024
Rian	Keating	Sligo A.C.	North Sligo A.C.	Sligo	Sligo	No	01.05.2024
Gabriel	Kehinde	Ennis Track A.C.	Nenagh Olympic A.C.	Clare	Tipperary	Yes	01.10.2024
Isobel	Kellegher	Liscarroll A.C.	Cork Track Club A.C.	Cork	Cork	No	01.10.2024
Aoife	Kelleher	Old Abbey A.C.	Bandon A.C.	Cork	Cork	No	01.05.2024
Sean	Kelleher	Old Abbey A.C.	Bandon A.C.	Cork	Cork	No	01.05.2024
Alan	Kelly	Newport AC	Metro/St. Brigid's A.C.	Tipperary	Dublin	Yes	01.10.2024
Grace	Kelly	Newport AC	Metro/St. Brigid's A.C.	Tipperary	Dublin	Yes	01.10.2024
Helena	Kelly	Newport AC	Metro/St. Brigid's A.C.	Tipperary	Dublin	Yes	01.10.2024
Hugh	Kelly	Inbhear Dee A.C.	U.C.D. A.C.	Wicklow	Dublin	Yes	01.05.2024
Hugh	Kelly	West Clare Sports and	Kilmihil A.C.	Clare	Clare	No	01.10.2024
Jude	Kelly	West Clare Sports and	Kilmihil A.C.	Clare	Clare	No	01.10.2024
Linda	Kelly	Carrigaline A.C.	Watergrasshill A.C.	Cork	Cork	No	01.05.2024
Mark	Kelly	LSA A.C.	Clonliffe Harriers A.C.	Dublin	Dublin	No	01.10.2024
Ruth	Kelly	West Clare Sports and	Kilmihil A.C.	Clare	Clare	No	01.10.2024
Sophie	Kelly	Newport AC	Metro/St. Brigid's A.C.	Tipperary	Dublin	Yes	01.10.2024
Todd	Kelly	LSA A.C.	Clonliffe Harriers A.C.	Dublin	Dublin	No	01.10.2024
Ben	Kelly	Newport AC	Metro/St. Brigid's A.C.	Tipperary	Dublin	Yes	01.10.2024
Cathal	Kennedy	Claremorris A.C.	Thurles Crokes A.C.	Mayo	Tipperary	Yes	01.10.2024
Claire	Kennedy	Navan A.C.	Ratoath A.C.	Meath	Meath	No	01.10.2024
David	Kennedy	Clonmel A.C.	Fethard A.C.	Tipperary	Tipperary	No	01.05.2024

Harry	Kennedy	Ferrybank A.C.	St. Mary's A.C. Ballyg	Waterford	Waterford	No	15.02.2024
Harry	Kennedy	Ferrybank A.C.	St. Mary's A.C. Ballyg	Waterford	Waterford	No	01.05.2024
Jessica	Kennedy	Clonmel A.C.	Fethard A.C.	Tipperary	Tipperary	No	01.05.2024
Pat	Kennedy	Ferrybank A.C.	West Waterford A.C.	Waterford	Waterford	No	01.05.2024
Ruby-Mai	Kennedy	Waterford A.C.	St. Mary's A.C. Ballyg	Waterford	Waterford	No	15.02.2024
Conor	Kenny	Ballymun A.C.	Clonliffe Harriers A.C.	Dublin	Dublin	No	01.10.2024
Corrine	Kenny	St. L. O'Toole A.C.	Clonliffe Harriers A.C.	Carlow	Dublin	Yes	21.08.2024
Eileen	Kenny	Athlone A.C.	Tullamore Harriers A.C.	Westmeath	Offaly	Yes	01.05.2024
Hayden	Kenny	Ballymun A.C.	Clonliffe Harriers A.C.	Dublin	Dublin	No	01.10.2024
Dervla	Kerins	Ennis Track A.C.	St. Cronans A.C.	Clare	Clare	No	01.05.2024
Rachel	Kerins	Ennis Track A.C.	St. Cronans A.C.	Clare	Clare	No	01.05.2024
Catherine	Kiely	Gneeveguilla A.C.	Killarney Valley A.C.	Kerry	Kerry	No	01.05.2024
Bernard	Kiernan	Grange/Fermoy A.C.	Shandrum A.C.	Cork	Cork	No	15.08.2024
Hollie	Kilroe	Suck Valley A.C.	U.C.D. A.C.	Roscommon	Dublin	Yes	01.10.2024
Izaac	Kilroy	Croghan A.C.	St. Benedict Inbhear	Wexford	Wicklow	Yes	01.05.2024
Izzy	Kilroy	Croghan A.C.	St. Benedict Inbhear	Wexford	Wicklow	Yes	01.05.2024
Emily	Kinane	Craughwell A.C.	Galway City Harriers	Galway	Galway	No	01.10.2024
Alan	King	Lusk A.C.	Skerries A.C.	Dublin	Dublin	No	01.05.2024
Louise	King	St. Colmans South M	Dundrum South Dubl	Mayo	Dublin	Yes	01.10.2024
Kenneth	Kingston	Rosscarbery Steam R	Bantry A.C.	Cork	Cork	No	01.05.2024
Michael	Kirwan	Ballyskenach A.C.	Templemore A.C.	Offaly	Tipperary	Yes	01.10.2024
James	Kissane	Ferrybank A.C.	Waterford A.C.	Waterford	Waterford	No	01.05.2024
Orlaith	Kissane	Ferrybank A.C.	Waterford A.C.	Waterford	Waterford	No	01.05.2024
Ruairi	Kissane	Ferrybank A.C.	Waterford A.C.	Waterford	Waterford	No	01.05.2024
Ryan	Kohut	Dundrum South Dubl	Blackrock (Dublin) A.C.	Dublin	Dublin	No	05.03.2024
Andrea	Kunalan	Gowran A.C.	Kilkenny City Harriers	Kilkenny	Kilkenny	No	01.05.2024
Adam	Laffan	Naas A.C.	Dooneen A.C.	Kildare	Limerick	Yes	01.05.2024
Ita	Laffan	Naas A.C.	Dooneen A.C.	Kildare	Limerick	Yes	01.05.2024
Michael	Laffan	Naas A.C.	Dooneen A.C.	Kildare	Limerick	Yes	01.05.2024
Nathan	Laffan	Naas A.C.	Dooneen A.C.	Kildare	Limerick	Yes	01.05.2024
Noah	Laffan	Naas A.C.	Dooneen A.C.	Kildare	Limerick	Yes	01.05.2024
John	Laste	Clonmel A.C.	West Waterford A.C.	Tipperary	Waterford	Yes	01.05.2024
Deborah	Lawal	Dooneen A.C.	U.C.D. A.C.	Limerick	Dublin	Yes	01.05.2024
Daniel	Lee	Clonmel A.C.	Fethard A.C.	Tipperary	Tipperary	No	01.05.2024
Rory	Lee	Clonmel A.C.	Fethard A.C.	Tipperary	Tipperary	No	01.05.2024
Liz	Leonard	Marathon Club Irelan	Kilmallock A.C.	Clare	Limerick	Yes	02.10.2024
Sarah	Liddy	Star of the Sea A.C.	Cilles A.C.	Meath	Meath	No	01.10.2024
Alfie	Lillis	West Clare Sports an	Kilmihil A.C.	Clare	Clare	No	01.10.2024
Eva	Lillis	West Clare Sports an	Kilmihil A.C.	Clare	Clare	No	01.10.2024
Laura	Lillis	West Clare Sports an	Kilmihil A.C.	Clare	Clare	No	01.10.2024
Molly	Lincoln	Greystones and Distr	Kilcoole A.C.	Wicklow	Wicklow	No	01.05.2024
Kieran	Little	Crusaders A.C.	Blackrock (Dublin) A.C.	Dublin	Dublin	No	01.05.2024
Gemma	Loftus	Naomh Mhuire A.C.	Na Fianna A.C.	Offaly	Meath	Yes	01.05.2024
Karl	Lombard	Ardee and District A.C.	Drogheda and Distric	Louth	Louth	No	01.05.2024
Orla	Looney	Portlaoise A.C.	Kilkenny City Harriers	Laois	Kilkenny	Yes	01.05.2024
Tamara	Lopez	Eagle A.C.	Togher A.C.	Cork	Cork	No	01.10.2024
O'Brien	Lorcan	Redeemer A.C.	Glenmore A.C.	Louth	Louth	No	01.05.2024
Grace	Lorigan	Kilmihil A.C.	West Clare Sports an	Clare	Clare	No	01.05.2024
Leah	Loughlin	Naas A.C.	Tallaght A.C.	Kildare	Dublin	Yes	28.11.2024
Roisin	Loughnane	Birr A.C.	Tullamore Harriers A.C.	Offaly	Offaly	No	01.05.2024
Graham	Lumley	Ballymun A.C.	Artane/Beaumont Ru	Dublin	Dublin	No	01.10.2024
Keith	Lunders	Liffey Valley A.C.	Clonliffe Harriers A.C.	Dublin	Dublin	No	01.05.2024
Harry	Lupton	Portlaoise A.C.	Ballyskenach A.C.	Laois	Offaly	Yes	01.10.2024
Brian	Lydon	Glendalough Harriers	North Sligo A.C.	Wicklow	Sligo	Yes	01.05.2024
Cian	Lynch	Rathfarnham W.S.A.F	Dundrum South Dubl	Dublin	Dublin	No	01.10.2024
Eddie	Lynch	Athlone A.C.	Mullingar Harriers A.C.	Westmeath	Westmeath	No	01.10.2024

Tiarnan	Lynch	Farranfore Maine Val	Ciarraí Thiar A.C.	Kerry	Kerry	No	01.05.2024
Aaron	Lynskey	Cork City A.C.	Watergrasshill A.C.	Cork	Cork	No	01.10.2024
Elaine	Lyons	Dooneen A.C.	West Limerick A.C.	Limerick	Limerick	No	01.05.2024
Laura	Lyons	S.R.L. A.C.	Reeside A.C.	Roscommon	Roscommon	No	01.05.2024
Shane	Lyons	S.R.L. A.C.	Reeside A.C.	Roscommon	Roscommon	No	31.05.2024
Piotr	Maciorowski	South Sligo A.C.	Sligo A.C.	Sligo	Sligo	No	01.10.2024
Beth	MacNamara	Emerald A.C.	Limerick A.C.	Limerick	Limerick	No	22.10.2024
Deborah	Madden	St. Catherine's A.C.	Grange/Fermoy A.C.	Cork	Cork	No	01.05.2024
Molly	Madden	Nenagh Olympic A.C.	Loughrea A.C.	Tipperary	Galway	Yes	22.10.2024
Sean	Madden	St. Catherine's A.C.	Grange/Fermoy A.C.	Cork	Cork	No	01.05.2024
Eniola	Majoyegbe	Leevale A.C.	Titans A.C.	Cork	Dublin	Yes	01.10.2024
David De	Mamadou	Ratoath A.C.	Metro/St. Brigid's A.C.	Meath	Dublin	Yes	01.05.2024
Dylan	Manning	Cork Track Club A.C.	Killarney Valley A.C.	Cork	Kerry	Yes	01.05.2024
Hector	Marrinan	Greystones and Distr	Dundrum South Dubl	Wicklow	Dublin	Yes	01.05.2024
Joey	Marrinan	Sportsworld A.C.	Brothers Pearse A.C.	Dublin	Dublin	No	04.03.2024
Seanie	Martin	Greystones and Distr	Kilcoole A.C.	Wicklow	Wicklow	No	01.10.2024
Cherie	Mason	Cherry Orchard Runn	Waterstown Warriors	Dublin	Dublin	No	01.05.2024
Godwin	Mathias	Tallaght A.C.	Dundrum South Dubl	Dublin	Dublin	No	01.05.2024
Edwina	Mattews	Trim A.C.	Rathkenny A.C.	Meath	Meath	No	01.05.2024
Brian	Mburu	Tallaght A.C.	Titans A.C.	Dublin	Dublin	No	01.10.2024
Maeve	Mc Auley	Rathfarnham W.S.A.F	St. Mary's A.C. Ballyg	Dublin	Waterford	Yes	01.05.2024
Maeve	Mc Auley	St. Mary's A.C. Ballyg	Rathfarnham W.S.A.F	Waterford	Dublin	Yes	01.05.2024
Cuan	Mc Caffrey	Annalee A.C.	Ballinamore A.C.	Cavan	Leitrim	Yes	01.05.2024
Fotla	Mc Caffrey	Annalee A.C.	Ballinamore A.C.	Cavan	Leitrim	Yes	01.05.2024
Ella	Mc Cann	Mid Sutton A.C.	Raheny Shamrock A.C	Dublin	Dublin	No	01.10.2024
Conor	Mc Carthy	Sportsworld A.C.	Tinryland A.C.	Dublin	Carlow	Yes	15.08.2024
Heidi	Mc Carthy	Ferbane A.C.	Tullamore Harriers A	Offaly	Offaly	No	01.05.2024
Lexi	Mc Carthy	Leevale A.C.	Carrigaline A.C.	Cork	Cork	No	01.05.2024
Shane	Mc Carthy	Celbridge A.C.	Boyle A.C.	Kildare	Roscommon	Yes	01.05.2024
Odhran	Mc Closkey	Killybegs A.C.	Tír Chonaill A.C.	Donegal	Donegal	No	01.05.2024
Caleb	Mc Cracken	South Galway A.C.	Carrick-on-Shannon A	Galway	Leitrim	Yes	01.10.2024
David	Mc Evoy	Crusaders A.C.	Dublin Front Runners	Dublin	Dublin	No	01.05.2024
David	Mc Evoy	Dublin Front Runners	Crusaders A.C.	Dublin	Dublin	No	01.10.2024
Brianna	Mc Ghee	Liffey Valley A.C.	Dublin City Harriers A	Dublin	Dublin	No	01.10.2024
Sean	Mc Gill	North Cork A.C.	South Galway A.C.	Cork	Galway	Yes	01.05.2024
Ella	Mc Guane	Kilmihil A.C.	West Clare Sports an	Clare	Clare	No	01.05.2024
Amy	Mc Guinness	Crusaders A.C.	Metro/St. Brigid's A.C	Dublin	Dublin	No	01.10.2024
Florence	Mc Guinness	Parnell A.C.	St. Benedict Inbhear	Wicklow	Wicklow	No	01.05.2024
Karol	Mc laughlin	Inishowen A.C.	Tallaght A.C.	Donegal	Dublin	Yes	01.10.2024
Roisin	Mc Mahon	St. John's A.C.	West Clare Sports an	Clare	Clare	No	01.10.2024
Elliott	Mc Mahon	Mid Sutton A.C.	Clongriffin A.C.	Dublin	Dublin	No	01.05.2024
Firinne	Mc Manamon	Nephtin A.C.	Westport A.C.	Mayo	Mayo	No	01.05.2024
Evie	Mc Manus	St. Brigids A.C.	Shercock A.C.	Meath	Cavan	Yes	01.05.2024
Oisín	Mc Manus	St. Brigids A.C.	Shercock A.C.	Meath	Cavan	Yes	01.05.2024
Abbey	Mc Namara	West Clare Sports an	Kilmihil A.C.	Clare	Clare	No	01.10.2024
Lorna	Mc Namara	West Clare Sports an	Kilmihil A.C.	Clare	Clare	No	01.10.2024
Rebecca	Mc Namara	West Clare Sports an	Kilmihil A.C.	Clare	Clare	No	01.10.2024
Tasha	Mc Namara	Marathon Club Irelan	Tinryland A.C.	Clare	Carlow	Yes	01.10.2024
Seamus	Mc Sweeney	St. Nicholas A.C.	Grange/Fermoy A.C.	Cork	Cork	No	01.05.2024
Gordon	Mc Williams	Solid Running A.C.	Kilcoole A.C.	Wicklow	Wicklow	No	01.05.2024
James	McAssey	St. L. O'Toole A.C.	Raheny Shamrock A.C	Carlow	Dublin	Yes	01.05.2024
Billy	McCabe	Clane A.C.	Newbridge A.C.	Kildare	Kildare	No	01.05.2024
Billy	Mccabe	Bohermeen A.C.	Navan A.C.	Meath	Meath	No	01.05.2024
Shane	Mccabe	Bohermeen A.C.	Navan A.C.	Meath	Meath	No	01.05.2024
Adam	Mccarthy	Old Abbey A.C.	Leevale A.C.	Cork	Cork	No	01.05.2024
Cathy	McCarthy	North Sligo A.C.	Sligo A.C.	Sligo	Sligo	No	31.01.2024

Ryan	Mccarthy	Riverstick/Kinsale A.C.	Leevale A.C.	Cork	Cork	No	01.05.2024
Thomas	Mccarthy	Emerald A.C.	Thurles Crokes A.C.	Limerick	Tipperary	Yes	01.10.2024
Eileen	Mccullagh	Thurles Crokes A.C.	Moynes A.C.	Tipperary	Tipperary	No	01.05.2024
Cathal	McDermott	Westport A.C.	Castlebar A.C.	Mayo	Mayo	No	01.10.2024
Hugh	McDonnell	Drogheda and District	Civil Service Harriers	Louth	Dublin	Yes	01.10.2024
Aoife	Mcevoy	St. Abbans A.C.	Portlaoise A.C.	Laois	Laois	No	01.10.2024
Bonniemay	McFeat	Dunboyne A.C.	Dublin City Harriers A.C.	Meath	Dublin	Yes	20.08.2024
Charlie	Mcgaughran	Calry A.C.	Sligo A.C.	Sligo	Sligo	No	16.01.2024
Sadhbh	McGee	Dundrum South Dublin	Crusaders A.C.	Dublin	Dublin	No	01.10.2024
Eabha	McGrath	LSA A.C.	Glenmore A.C.	Dublin	Louth	Yes	01.05.2024
Eavan	Mcloughlin	Sligo A.C.	Dublin City Harriers A.C.	Sligo	Dublin	Yes	15.01.2024
Claire	McMahon	West Clare Sports and	Kilmihil A.C.	Clare	Clare	No	01.10.2024
Colm	McMahon	St. John's A.C.	West Clare Sports and	Clare	Clare	No	01.05.2024
Sean	McMahon	West Clare Sports and	St. John's A.C.	Clare	Clare	No	01.10.2024
Scott	McNamara	West Clare Sports and	Kilmihil A.C.	Clare	Clare	No	01.10.2024
Mark	McPaul	Milford A.C.	Letterkenny A.C.	Donegal	Donegal	No	01.05.2024
Ailis	Mcsweeney	Leevale A.C.	Skerries A.C.	Cork	Dublin	Yes	01.05.2024
Daniel	McSweeney	Sportsworld A.C.	Dublin Mountain Runners	Dublin	Dublin	No	01.10.2024
Molly	McSweeney	Carraig-Na-Bhfear A.C.	Watergrasshill A.C.	Cork	Cork	No	01.10.2024
Georgina	McWilliams	Solid Running A.C.	Kilcoole A.C.	Wicklow	Wicklow	No	01.05.2024
Catriona	Meehan	St. Marys (Clare) A.C.	West Clare Sports and	Clare	Clare	No	01.10.2024
James	Meehan	St. Marys (Clare) A.C.	West Clare Sports and	Clare	Clare	No	01.10.2024
Bobby	Melly	Loughrea A.C.	Craughwell A.C.	Galway	Galway	No	02.04.2024
Keira	Melly	Loughrea A.C.	Craughwell A.C.	Galway	Galway	No	02.04.2024
John	Mescal	Dundrum South Dublin	Midleton A.C.	Dublin	Cork	Yes	30.04.2024
Mark	Miln	U.C.D. A.C.	Tullamore Harriers A.C.	Dublin	Offaly	Yes	01.10.2024
Grace	Molloy	Loch Lurgan A.C.	Galway City Harriers	Galway	Galway	No	01.05.2024
Maya	Molloy	Corran A.C.	Tireragh A.C.	Sligo	Sligo	No	01.10.2024
Poppy Mai	Moore	Rathcoole A.C.	Newbridge A.C.	Dublin	Kildare	Yes	28.08.2024
Martha	Moore	Greystones and District	Dundrum South Dublin	Wicklow	Dublin	Yes	01.10.2024
Ruby Kate	Moore	Rathcoole A.C.	Newbridge A.C.	Dublin	Kildare	Yes	28.08.2024
Harry	Moran	Blackrock (Dublin) A.C.	Donore Harriers A.C.	Dublin	Dublin	No	01.05.2024
Luke	Moran	Rathcoole A.C.	Naas A.C.	Dublin	Kildare	Yes	01.05.2024
Aobha	Morgan	Redeemer A.C.	Glenmore A.C.	Louth	Louth	No	01.10.2024
Ciaran	Muldowney	Mullingar Harriers A.C.	Tullamore Harriers A.C.	Westmeath	Offaly	Yes	01.05.2024
Cathy	Mulhall	Dundrum South Dublin	Blackrock (Dublin) A.C.	Dublin	Dublin	No	01.10.2024
Danielle	Mulhern	Letterkenny A.C.	Finn Valley A.C.	Donegal	Donegal	No	01.10.2024
Tara	Mullan	S.R.L. A.C.	Reeside A.C.	Roscommon	Roscommon	No	01.05.2024
Annamai	Mullane	Tramore A.C.	Ferrybank A.C.	Waterford	Waterford	No	01.05.2024
Jamie	Mullane	Watergrasshill A.C.	Cork City A.C.	Cork	Cork	No	01.05.2024
Aoibhinn	Mullen	Suck Valley A.C.	Roscommon A.C.	Roscommon	Roscommon	No	01.05.2024
Neil	Mulvey	LOVE2RUN A.C.	Ballymun A.C.	Dublin	Dublin	No	01.05.2024
Maria	Murnane	Kenmare A.C.	Killarney Valley A.C.	Kerry	Kerry	No	01.10.2024
Alex	Murphy	Ferrybank A.C.	Waterford A.C.	Waterford	Waterford	No	01.10.2024
Andrew	Murphy	Crusaders A.C.	Sportsworld A.C.	Dublin	Dublin	No	22.04.2024
Aoife	Murphy	Cabinteely A.C.	Mid Sutton A.C.	Dublin	Dublin	No	01.10.2024
Brendan	Murphy	Rosscarbery Steam Road	Leevale A.C.	Cork	Cork	No	01.05.2024
Chloe	Murphy	Old Abbey A.C.	Bandon A.C.	Cork	Cork	No	01.05.2024
Darragh	Murphy	Limerick A.C.	U.C.D. A.C.	Limerick	Dublin	Yes	01.05.2024
David	Murphy	St. Finbarrs A.C.	Togher A.C.	Cork	Cork	No	01.05.2024
Edward	Murphy	Civil Service Harriers	Galway City Harriers	Dublin	Galway	Yes	01.05.2024
Eoin	Murphy	Naas A.C.	Newbridge A.C.	Kildare	Kildare	No	01.10.2024
Juliet	Murphy	Old Abbey A.C.	Bandon A.C.	Cork	Cork	No	01.05.2024
Lexi	Murphy	Claremorris A.C.	Castlebar A.C.	Mayo	Mayo	No	01.05.2024
Liadh	Murphy	Belgooly A.C.	Ballincollig A.C.	Cork	Cork	No	01.10.2024
Lilly	Murphy	Belgooly A.C.	Togher A.C.	Cork	Cork	No	01.10.2024

Lorcan	Murphy	Sli Cualann A.C.	Dundrum South Dub	Wicklow	Dublin	Yes	01.10.2024
Makayla	Murphy	Old Abbey A.C.	Bandon A.C.	Cork	Cork	No	01.05.2024
Roisin	Murphy	Belgooly A.C.	Leevale A.C.	Cork	Cork	No	17.12.2024
Sean	Murphy	Dundrum South Dub	Edenderry A.C.	Dublin	Offaly	Yes	01.05.2024
Barra	Murray	Kilkenny City Harriers	Nuenna A.C.	Kilkenny	Kilkenny	No	01.05.2024
Gail	Murray	Eagle A.C.	St. Finbarrs A.C.	Cork	Cork	No	01.05.2024
Philip	Murray	Cushinstown A.C.	Garristown Flyers A.C.	Meath	Dublin	Yes	01.10.2024
James	Murtagh	Mayo A.C.	Westport A.C.	Mayo	Mayo	No	01.05.2024
Justin	Murtagh	Mullingar Harriers A.	Tullamore Harriers A.	Westmeath	Offaly	Yes	01.05.2024
Billy	Naughton	Spa-Fenit Barrow A.C.	Tralee Harriers A.C.	Kerry	Kerry	No	01.05.2024
Lily	Naughton	Waterford A.C.	Ferrybank A.C.	Waterford	Waterford	No	01.05.2024
Sizothini	Ndhlovu	Dooneen A.C.	West Coast A.C.	Limerick	Galway	Yes	01.10.2024
Pat	Newham	Dunboyne A.C.	Lucan Harriers A.C.	Meath	Dublin	Yes	01.05.2024
Niah	Ní Chiardubháin	Ratoath A.C.	Dunboyne A.C.	Meath	Meath	No	01.05.2024
Fia	Ni Chomhraidhe	Tullamore Harriers A.	Emo/Rath A.C.	Offaly	Laois	Yes	01.05.2024
Michelle	Nnadi	Galway City Harriers	West Coast A.C.	Galway	Galway	No	01.10.2024
Julian	NOLAN	Crusaders A.C.	Donore Harriers A.C.	Dublin	Dublin	No	01.05.2024
Luke	Nolan	Roscrea A.C.	Ballyskenach A.C.	Tipperary	Offaly	Yes	01.05.2024
Suesue	Nolan	Swinford A.C.	Moy Valley A.C.	Mayo	Mayo	No	01.10.2024
Ronan	Norton	Redeemer A.C.	Glenmore A.C.	Louth	Louth	No	01.05.2024
Siofra	Nott	Carraig-Na-Bhfear A.	Cork City A.C.	Cork	Cork	No	01.05.2024
Daire	Nulty	Monaghan Town Run	Moynalty A.C.	Monaghan	Meath	Yes	01.10.2024
Blathnaid	O Brien	Tulla A.C.	Derg A.C.	Clare	Clare	No	01.05.2024
Clare	O Brien	North Sligo A.C.	Sligo A.C.	Sligo	Sligo	No	31.01.2024
Conor	O Brien	Dooneen A.C.	West Limerick A.C.	Limerick	Limerick	No	01.10.2024
James	O Brien	North Sligo A.C.	Sligo A.C.	Sligo	Sligo	No	29.01.2024
Mairead	O Brien	Birr A.C.	Tullamore Harriers A.	Offaly	Offaly	No	01.05.2024
Niamh	O Brien	Birr A.C.	Tullamore Harriers A.	Offaly	Offaly	No	01.05.2024
Orlagh	O Brien	Birr A.C.	Tullamore Harriers A.	Offaly	Offaly	No	01.05.2024
Orlaith	O Brien	Waterford A.C.	Ferrybank A.C.	Waterford	Waterford	No	01.05.2024
Roisin	O Brien	Birr A.C.	Tullamore Harriers A.	Offaly	Offaly	No	01.05.2024
Sliabh	O Brien	Tallaght A.C.	Donore Harriers A.C.	Dublin	Dublin	No	01.10.2024
Fionn	O Brien	Celbridge A.C.	Dunboyne A.C.	Kildare	Meath	Yes	01.05.2024
Jim	O Byrne	Eagle A.C.	Carrigaline A.C.	Cork	Cork	No	01.05.2024
Anna	O Connor	Marian A.C.	Ennis Track A.C.	Clare	Clare	No	01.05.2024
Ben	O Connor	Liffey Valley A.C.	Togher A.C.	Dublin	Cork	Yes	01.10.2024
Kevin	O Connor	Dundrum South Dub	Clonliffe Harriers A.C.	Dublin	Dublin	No	01.05.2024
Kevin	O Connor	Tracton A.C.	Eagle A.C.	Cork	Cork	No	01.05.2024
Mollie	O Connor	Farranfore Maine Val	Killarney Valley A.C.	Kerry	Kerry	No	01.05.2024
Rory	O Connor	North Cork A.C.	Rathfarnham W.S.A.F	Cork	Dublin	Yes	01.05.2024
Mícheál	O Cróinín MacM	Ballincollig A.C.	Leevale A.C.	Cork	Cork	No	01.05.2024
Niall	O Dea	Liffey Valley A.C.	Donore Harriers A.C.	Dublin	Dublin	No	01.05.2024
Cj	O Donnell	St. John's A.C.	West Clare Sports an	Clare	Clare	No	01.10.2024
James	O Donnell	Finn Valley A.C.	St. Mary's A.C. Ballyg	Donegal	Waterford	Yes	15.02.2024
Sean	O Donnell	Waterford A.C.	St. Mary's A.C. Ballyg	Waterford	Waterford	No	15.02.2024
Michael	O Donoghue	Dooneen A.C.	Blackrock (Dublin) A.	Limerick	Dublin	Yes	01.10.2024
Bronwyn	O Donovan	Carraig-Na-Bhfear A.	Wibbles A.C.	Cork	Cork	No	01.10.2024
Liam	O Driscoll	Riverstick/Kinsale A.C.	Leevale A.C.	Cork	Cork	No	01.05.2024
Leah	O Gara	Letterkenny A.C.	Finn Valley A.C.	Donegal	Donegal	No	01.05.2024
Emily	O Hagan	Redeemer A.C.	Glenmore A.C.	Louth	Louth	No	01.05.2024
Jayden	O hagan	Redeemer A.C.	Glenmore A.C.	Louth	Louth	No	01.05.2024
Nathan	O Hagan	Redeemer A.C.	Glenmore A.C.	Louth	Louth	No	01.05.2024
Eileen	O Keefe	Doneraile A.C.	Mallow A.C.	Cork	Cork	No	01.05.2024
Seamus	O Keefe	Doneraile A.C.	Mallow A.C.	Cork	Cork	No	01.05.2024
Darragh	O Leary	Killarney Valley A.C.	Thurles Crokes A.C.	Kerry	Tipperary	Yes	01.10.2024
Sinead	O Leary	Carraig-Na-Bhfear A.	Ballyvolane A.C.	Cork	Cork	No	01.05.2024

Angela	O Mahony	Grange/Fermoy A.C.	St. Nicholas A.C.	Cork	Cork	No	01.05.2024
Ciara	O Malley	Sli Cualann A.C.	Kilcoole A.C.	Wicklow	Wicklow	No	13.05.2024
Ciara	O Neill	Leevale A.C.	Clonmel A.C.	Cork	Tipperary	Yes	01.05.2024
Harry	O Neill	Mid Sutton A.C.	Donore Harriers A.C.	Dublin	Dublin	No	01.10.2024
Nathan	O Neill	Watergrasshill A.C.	St. Brigids A.C.	Cork	Meath	Yes	01.10.2024
Sarah	O Neill	Watergrasshill A.C.	St. Brigids A.C.	Cork	Meath	Yes	01.10.2024
Jackie	O Regan	Mount Hillary A.C.	Dromahane Road Run	Cork	Cork	No	01.05.2024
Lochlann	O Reilly	Ace A.C.	Boyne A.C.	Louth	Louth	No	04.04.2024
Theresa	O Reilly	Redeemer A.C.	Glenmore A.C.	Louth	Louth	No	01.05.2024
Maddie	O Riordan	Lios Tuathail A.C.	Killarney Valley A.C.	Kerry	Kerry	No	01.05.2024
Mollie	O Riordan	Lios Tuathail A.C.	Killarney Valley A.C.	Kerry	Kerry	No	01.05.2024
Amy	O Rourke	St. L. O'Toole A.C.	Crookstown Millview	Carlow	Kildare	Yes	01.05.2024
Jane	O Rourke	Nenagh Olympic A.C.	Loughrea A.C.	Tipperary	Galway	Yes	22.10.2024
Anthony	O Rourke	Brothers Pearse A.C.	Lakeshore Striders A.	Dublin	Wicklow	Yes	01.05.2024
Asha	O Shea	West Clare Sports an	Kilmihil A.C.	Clare	Clare	No	01.10.2024
Thean	O Shea	West Clare Sports an	Kilmihil A.C.	Clare	Clare	No	01.10.2024
Aisling	O' Shea	Togher A.C.	Leevale A.C.	Cork	Cork	No	01.10.2024
Emmet	O' Shea	Togher A.C.	Leevale A.C.	Cork	Cork	No	01.10.2024
Diarmaid	O Suilleabhain	Croghan A.C.	Sliabh Bhuide Rovers	Wexford	Wexford	No	04.04.2024
Kevin	O Sullivan	Civil Service Harriers	Crusaders A.C.	Dublin	Dublin	No	01.05.2024
Shona	O Sullivan	Naas A.C.	Celbridge A.C.	Kildare	Kildare	No	01.05.2024
Ellie	O'Doherty	St. Andrews A.C.	Ratoath A.C.	Meath	Meath	No	01.05.2024
Amy Luisa	O'Brien	Kilcoole A.C.	Dundrum South Dubl	Wicklow	Dublin	Yes	01.10.2024
Anabelle	O'Brien	Leevale A.C.	Cork City A.C.	Cork	Cork	No	01.05.2024
Shane	O'Brien	Beara A.C.	St. Finbarrs A.C.	Cork	Cork	No	01.10.2024
Helen	O'Callaghan	Watergrasshill A.C.	St. Nicholas A.C.	Cork	Cork	No	01.05.2024
Tadhg	O'Comhraidhe	Emo/Rath A.C.	St. Michael's A.C.	Laois	Laois	No	01.10.2024
Billy	O'Connor	Leevale A.C.	Ballincollig A.C.	Cork	Cork	No	01.10.2024
Carla	O'Connor	Balbriggan and Distri	Skerries A.C.	Dublin	Dublin	No	01.10.2024
Ian	O'Connor	Marian A.C.	Ennis Track A.C.	Clare	Clare	No	01.10.2024
Jacqueline	O'Connor	Wexford Marathon A	Slaney Olympic A.C.	Wexford	Wexford	No	01.05.2024
Lorraine	O'Connor	Donore Harriers A.C.	Clonliffe Harriers A.C	Dublin	Dublin	No	01.10.2024
Molly	O'Doherty	St. Andrews A.C.	Ratoath A.C.	Meath	Meath	No	01.05.2024
Tom	O'Doherty	St. Andrews A.C.	Ratoath A.C.	Meath	Meath	No	01.05.2024
Brian	O'Domhnaill	Finn Valley A.C.	Killybegs A.C.	Donegal	Donegal	No	01.05.2024
Kate	ODonoghue	Farranfore Maine Val	Killarney Valley A.C.	Kerry	Kerry	No	01.05.2024
Aine	O'Donoghue	Cork City A.C.	Togher A.C.	Cork	Cork	No	01.05.2024
Brenda	O'Donoghue	Cork City A.C.	Togher A.C.	Cork	Cork	No	01.05.2024
Jer	O'Donoghue	An Ríocht A.C.	Killarney Valley A.C.	Kerry	Kerry	No	01.10.2024
Grace	O'Donoghue	Blackrock (Louth) A.C	St. Peter's A.C.	Louth	Louth	No	07.11.2024
Aoife	O'Driscoll	Togher A.C.	St. Brendan's A.C.	Cork	Kerry	Yes	01.05.2024
Patrick	O'Grady	Drogheda and Distric	Clonliffe Harriers A.C	Louth	Dublin	Yes	01.05.2024
Jolade	Ogun	Lucan Harriers A.C.	Tallaght A.C.	Dublin	Dublin	No	01.05.2024
O Brien	Oisin	Redeemer A.C.	Glenmore A.C.	Louth	Louth	No	01.05.2024
Etain	O'Malley	Donore Harriers A.C.	Metro/St. Brigid's A.C	Dublin	Dublin	No	01.05.2024
Piper	Oneill	Ballon Rathoe A.C.	St. L. O'Toole A.C.	Carlow	Carlow	No	01.10.2024
Michael J.	O'Neill	Sli Cualann A.C.	Kilcoole A.C.	Wicklow	Wicklow	No	01.05.2024
Suzanne	O'Neill	Watergrasshill A.C.	Wibbles A.C.	Cork	Cork	No	01.10.2024
Angel	Onilogbo	Belgooly A.C.	Cork City A.C.	Cork	Cork	No	01.10.2024
Kamil	Orenczuk	Polish Runners Club I	Mullingar Harriers A.	Dublin	Westmeath	Yes	01.10.2024
Kamal	Oresanya	Tallaght A.C.	Titans A.C.	Dublin	Dublin	No	01.10.2024
Hugo	OSheehan Rowle	Greystones and Distr	Kilcoole A.C.	Wicklow	Wicklow	No	01.10.2024
Richard	Owens	Clonliffe Harriers A.C	Sli Cualann A.C.	Dublin	Wicklow	Yes	01.10.2024
John	Oxley	Ballyfin A.C.	Templemore A.C.	Laois	Tipperary	Yes	01.05.2024
Merve	Özgüner	St. Finbarrs A.C.	Eagle A.C.	Cork	Cork	No	16.07.2024
Matiss	Ozolins	Castlegar A.C.	Craughwell A.C.	Galway	Galway	No	01.10.2024

Euan	Parker	Letterkenny A.C.	Olympian Youth A.C.	Donegal	Derry	Yes	30.07.2024
Luca	Parker	Letterkenny A.C.	Olympian Youth A.C.	Donegal	Derry	Yes	30.07.2024
Anna	Pawlik	Polish Runners Club I	Youghal A.C.	Dublin	Cork	Yes	01.05.2024
Krzysztof	Pawlik	Polish Runners Club I	Youghal A.C.	Dublin	Cork	Yes	01.05.2024
Jack	Peoples	Corrib A.C.	Galway City Harriers	Galway	Galway	No	01.10.2024
Taylor	Peoples	Corrib A.C.	Galway City Harriers	Galway	Galway	No	01.10.2024
Charlie	Perkins	Farranfore Maine Val	Lios Tuathail A.C.	Kerry	Kerry	No	01.05.2024
Martina	Perri	Olympian Youth A.C.	Letterkenny A.C.	Derry	Donegal	Yes	01.05.2024
Sigute	Petrauskiene	Moynalty A.C.	Fr. Murphy A.C.	Meath	Meath	No	01.10.2024
Oisin	Phelan	Tuam A.C.	West Coast A.C.	Galway	Galway	No	01.10.2024
Caitlin	Podmore	Galway City Harriers	West Coast A.C.	Galway	Galway	No	01.10.2024
Brendan	Pollard	Dublin Bay Running A	Clonliffe Harriers A.C	Dublin	Dublin	No	01.05.2024
Emily	Power	Ennis Track A.C.	Shannon A.C.	Clare	Clare	No	01.05.2024
Emmet	Power	Balbriggan and Distri	North East Runners A	Dublin	Louth	Yes	01.10.2024
Siobhan	Power	Thurles Crokes A.C.	Moyne A.C.	Tipperary	Tipperary	No	01.10.2024
Holly	Quinn	Brow Rangers A.C.	Kilkenny City Harriers	Kilkenny	Kilkenny	No	01.10.2024
Katie	Quirke	East Galway A.C.	Athenry A.C.	Galway	Galway	No	12.09.2024
Harry	Reddan	Naas A.C.	Tallaght A.C.	Kildare	Dublin	Yes	01.05.2024
Callum	Redmond	Menapians A.C.	D.M.P. A.C.	Wexford	Wexford	No	01.05.2024
Samuel	Redmond	Brothers Pearse A.C.	Templeogue A.C.	Dublin	Dublin	No	01.10.2024
Jack	Reeves	West Clare Sports an	St. John's A.C.	Clare	Clare	No	01.10.2024
Jack	Reidy	Derg A.C.	Tulla A.C.	Clare	Clare	No	01.05.2024
Olwyn	Reidy	Fota Island Running A	East Cork A.C.	Cork	Cork	No	01.10.2024
Cohen	Reynolds	Moy Valley A.C.	West Sligo A.C.	Mayo	Sligo	Yes	01.05.2024
Flinn	Reynolds	Moy Valley A.C.	West Sligo A.C.	Mayo	Sligo	Yes	01.05.2024
Janine	Richardson	Cilles A.C.	Drogheda and Distric	Meath	Louth	Yes	01.10.2024
Zoie	Richie	Rathfarnham W.S.A.F	U.C.D. A.C.	Dublin	Dublin	No	01.10.2024
Sadie	Ring	Mid Sutton A.C.	Raheny Shamrock A.C	Dublin	Dublin	No	01.10.2024
Ava	Robertson	St. John's A.C.	West Clare Sports an	Clare	Clare	No	01.05.2024
Sinead	Robertson	St. John's A.C.	West Clare Sports an	Clare	Clare	No	01.05.2024
Adam	Roche	Ratoath A.C.	Dunboyne A.C.	Meath	Meath	No	01.05.2024
Gerard	Roche	Dublin Front Runners	St. Coca's A.C.	Dublin	Kildare	Yes	01.05.2024
Tara	Roche	Clonmel A.C.	Fethard A.C.	Tipperary	Tipperary	No	01.05.2024
Feena	Rochford	Ballyfin A.C.	Oughaval A.C.	Laois	Laois	No	01.05.2024
Tadgh	Rochford	Ballyfin A.C.	Oughaval A.C.	Laois	Laois	No	01.05.2024
Ciara	Rooney	Navan A.C.	Civil Service Harriers	Meath	Dublin	Yes	22.04.2024
Dean	Rowe	Gowran A.C.	Kilkenny City Harriers	Kilkenny	Kilkenny	No	01.05.2024
Fionnuala	Rowe	Cabinteely A.C.	Dundrum South Dubl	Dublin	Dublin	No	15.04.2024
Oscar	Rowe	Cabinteely A.C.	Dundrum South Dubl	Dublin	Dublin	No	15.04.2024
Deirdre	Royce	Clonmel A.C.	Fethard A.C.	Tipperary	Tipperary	No	01.05.2024
Noah	Rush	Crusaders A.C.	Dundrum South Dubl	Dublin	Dublin	No	01.05.2024
Amy	Ryan	Clonmel A.C.	Fethard A.C.	Tipperary	Tipperary	No	01.05.2024
Brigid	Ryan	Ballintotis Fit4Life A.C	Midleton A.C.	Cork	Cork	No	09.04.2024
Cliodhna	Ryan	Celtic DCH A.C.	Dublin City Harriers A	Dublin	Dublin	No	15.01.2024
David	Ryan	Thurles Crokes A.C.	Templemore A.C.	Tipperary	Tipperary	No	15.02.2024
Eoin	Ryan	Thurles Crokes A.C.	Templemore A.C.	Tipperary	Tipperary	No	15.02.2024
Fiadh	Ryan	Thurles Crokes A.C.	Moyne A.C.	Tipperary	Tipperary	No	01.10.2024
Gerard	Ryan	Clonmel A.C.	Fethard A.C.	Tipperary	Tipperary	No	01.05.2024
Khaleesi	Ryan	Ferrybank A.C.	St. Mary's A.C. Ballyg	Waterford	Waterford	No	01.05.2024
Liam	Ryan	Thurles Crokes A.C.	Templemore A.C.	Tipperary	Tipperary	No	15.02.2024
Masie	Ryan	Clare River Harriers A	Athenry A.C.	Galway	Galway	No	24.10.2024
Michael	Ryan	Donore Harriers A.C.	Dublin City Harriers A	Dublin	Dublin	No	01.05.2024
Erik	Sammon	Mid Sutton A.C.	Raheny Shamrock A.C	Dublin	Dublin	No	01.05.2024
Daniel Oluwalaa	Sangodele	Galway City Harriers	West Coast A.C.	Galway	Galway	No	01.10.2024
Caroline	Scanlan	Brothers Pearse A.C.	Tallaght A.C.	Dublin	Dublin	No	27.03.2024
Jim	Shanahan	Thurles Crokes A.C.	Moyne A.C.	Tipperary	Tipperary	No	01.10.2024

Poppy	Shanahan	Thurles Crokes A.C.	Moyne A.C.	Tipperary	Tipperary	No	01.10.2024
Sonia	Shannon	St. Benedict Inbhear	Croghan A.C.	Wicklow	Wexford	Yes	12.09.2024
Milana	Sharhayeu	Navan A.C.	Ratoath A.C.	Meath	Meath	No	01.05.2024
Anthony	Sharkey	LSA A.C.	Raheny Shamrock A.C.	Dublin	Dublin	No	01.05.2024
Diarmuid	Sheehan	Crusaders A.C.	Kilcoole A.C.	Dublin	Wicklow	Yes	01.10.2024
Luke	Sheehan	Donore Harriers A.C.	Metro/St. Brigid's A.C.	Dublin	Dublin	No	01.10.2024
Brendan	Short	Redeemer A.C.	Kilkerley A.C.	Louth	Louth	No	01.10.2024
Theo	Siew	Lusk A.C.	Skerries A.C.	Dublin	Dublin	No	01.05.2024
Enya	Silkena	Dundalk St. Gerards A.C.	Ratoath A.C.	Louth	Meath	Yes	01.05.2024
Modris	Silkens	Dundalk St. Gerards A.C.	Ratoath A.C.	Louth	Meath	Yes	01.05.2024
Keela	Singleton	Rathfarnham W.S.A.F.	Dundrum South Dublin	Dublin	Dublin	No	15.05.2024
Arkadiusz	Skupin	Galway City Harriers	North East Runners A.C.	Galway	Louth	Yes	01.05.2024
Cian	Slattery	Spa-Fenit Barrow A.C.	Tralee Harriers A.C.	Kerry	Kerry	No	01.10.2024
David	Slaughter	Clane A.C.	Fr. Murphy A.C.	Kildare	Meath	Yes	20.03.2024
Anna	Smith	Balbriggan and District	Lusk A.C.	Dublin	Dublin	No	01.10.2024
Marlene	Smith	Belgooly A.C.	Carrigaline A.C.	Cork	Cork	No	01.05.2024
Sadhbh	Smith	West Muskerry A.C.	Durrus A.C.	Cork	Cork	No	08.04.2024
Sarah	Smith	Balbriggan and District	Lusk A.C.	Dublin	Dublin	No	01.10.2024
Shay	Smith	North Sligo A.C.	Sligo A.C.	Sligo	Sligo	No	04.10.2024
Ella	Smyth	Fingallians A.C.	Cushinstown A.C.	Dublin	Meath	Yes	01.10.2024
Eoin	Soffe	St. Marys (Clare) A.C.	West Clare Sports and	Clare	Clare	No	01.10.2024
Peter Brandon	Somba	Dunboyne A.C.	Ratoath A.C.	Meath	Meath	No	01.05.2024
Susan	Spillane	Waterstown Warriors	Ballymun A.C.	Dublin	Dublin	No	01.10.2024
Hannah	Stewart	Corran A.C.	Tireragh A.C.	Sligo	Sligo	No	01.05.2024
Greta	Streimye	Clonliffe Harriers A.C.	U.C.D. A.C.	Dublin	Dublin	No	01.05.2024
James	Sullivan	Dundrum South Dublin	Celbridge A.C.	Dublin	Kildare	Yes	01.05.2024
Jennifer	Swan	Lusk A.C.	LSA A.C.	Dublin	Dublin	No	01.05.2024
Hayley	Sweeney	Togher A.C.	Belgooly A.C.	Cork	Cork	No	14.02.2024
Marissa	Tansey	Caltra and District A.C.	S.R.L. A.C.	Galway	Roscommon	Yes	25.03.2024
Joe	Terry	An Ríocht A.C.	Ciarraí Thiar A.C.	Kerry	Kerry	No	01.05.2024
Nell	Thompson	Star of the Laune A.C.	Killarney Valley A.C.	Kerry	Kerry	No	01.05.2024
Sarvesh	Thorat	Leevale A.C.	Carrigaline A.C.	Cork	Cork	No	01.10.2024
Lucy	Thornton	Fanahan Mc Sweeney	Leevale A.C.	Cork	Cork	No	01.10.2024
Molly	Thornton	Fanahan Mc Sweeney	Leevale A.C.	Cork	Cork	No	01.10.2024
Shane	Thornton	Fanahan Mc Sweeney	Leevale A.C.	Cork	Cork	No	01.10.2024
Theresa	Tierney-Bugler	Derg A.C.	Nenagh Olympic A.C.	Clare	Tipperary	Yes	01.10.2024
Gráinne	Tighe	Waterford A.C.	St. Mary's A.C. Ballyg	Waterford	Waterford	No	15.02.2024
Nichola	Tighe	Waterford A.C.	St. Mary's A.C. Ballyg	Waterford	Waterford	No	15.02.2024
Harry	Totterdell	Cabinteely A.C.	Dundrum South Dublin	Dublin	Dublin	No	31.05.2024
Dave	Travis	South Galway A.C.	Galway City Harriers	Galway	Galway	No	01.05.2024
Gearoid	Troy	Ennis Track A.C.	St. John's A.C.	Clare	Clare	No	01.05.2024
Katie	Troy	Ennis Track A.C.	West Clare Sports and	Clare	Clare	No	01.05.2024
Matt	Wade	Lusk A.C.	Raheny Shamrock A.C.	Dublin	Dublin	No	01.05.2024
Chloe	Wafer	Croghan A.C.	Enniscorthy A.C.	Wexford	Wexford	No	01.05.2024
Marc	Wallace	Letterkenny A.C.	Inishowen A.C.	Donegal	Donegal	No	21.10.2024
Alison	Walsh	Corrib A.C.	Galway City Harriers	Galway	Galway	No	01.10.2024
Conor	Walsh	St. Cronans A.C.	South Galway A.C.	Clare	Galway	Yes	01.10.2024
Daniel	Walsh	St. Cronans A.C.	South Galway A.C.	Clare	Galway	Yes	01.10.2024
Isabelle	Walsh	Carraig-Na-Bhfear A.C.	Cork City A.C.	Cork	Cork	No	01.05.2024
Jasmyn	Walsh	Duleek and District A.C.	Cushinstown A.C.	Meath	Meath	No	09.02.2024
Jim	Walsh	Marathon Club Ireland	Sliabh Ban A.C.	Clare	Roscommon	Yes	29.10.2024
Mj	Walsh	Carraig-Na-Bhfear A.C.	Grange/Fermoy A.C.	Cork	Cork	No	01.05.2024
Amy	Watson	Mid Sutton A.C.	Raheny Shamrock A.C.	Dublin	Dublin	No	01.10.2024
Barry	Watters	Navan A.C.	Moynalty A.C.	Meath	Meath	No	01.10.2024
Faye	Watters	North Leitrim A.C.	Sligo A.C.	Leitrim	Sligo	Yes	04.10.2024
Aisling	Watters Shilling	Navan A.C.	Dunboyne A.C.	Meath	Meath	No	01.10.2024

Darren	Weldon	Ballyroan Abbeyleix a	Ardee and District A.C.	Laois	Louth	Yes	01.10.2024
Aliyah	Whelan Tully	Navan A.C.	Ratoath A.C.	Meath	Meath	No	01.05.2024
Amber	Whelan Tully	Navan A.C.	Ratoath A.C.	Meath	Meath	No	01.10.2024
Imke	White	Mid Sutton A.C.	Raheny Shamrock A.C.	Dublin	Dublin	No	01.10.2024
Joe	White	Tullamore Harriers A	Naomh Mhuire A.C.	Offaly	Offaly	No	01.10.2024
Martin	White	Clonakilty Road Runn	St. Finbarrs A.C.	Cork	Cork	No	01.05.2024
John	Whittaker	West Limerick A.C.	Dooneen A.C.	Limerick	Limerick	No	01.05.2024
Daniel	Wholihan	Tracton A.C.	Bandon A.C.	Cork	Cork	No	01.05.2024
Lily	Wholihan	Tracton A.C.	Bandon A.C.	Cork	Cork	No	01.05.2024
David	Williams	St. Senans A.C.	Kilkenny City Harriers	Kilkenny	Kilkenny	No	01.10.2024
Liam	Wilmott	Ardmore A.C.	West Waterford A.C.	Waterford	Waterford	No	01.05.2024
Eamon	Wylie	Greystones and Distr	Roundwood and Dist	Wicklow	Wicklow	No	30.01.2024

793 Total 2024