



Sex	Category	Where	Event	Time	Name	Born	Venue	Date	Other
Men	Senior	Road	5km	13.35	Frank O'Mara	17.07.60	Carlsbad, USA	14.04.91	
Men	Senior	Road	4 miles	17.51	Efrem Gidey	03.09.00	Groningen	09.10.22	
Men	Senior	Road	8km	22.08	John Doherty	22.07.61	Agawam, USA	21.05.89	
Men	Senior	Road	5 miles		TBC				
Men	Senior	Road	10km	27.43	Efrem Gidey	03.09.00	Valencia, ESP	12.01.25	
Men	Senior	Road	12km	35.05	Ronnie Carroll	15.01.60	Spokane, USA	05.05.85	
Men	Senior	Road	15km	42.47	John Treacy	04.06.57	Portland, USA	26.06.88	
Men	Senior	Road	10 miles	45.59	Peter Lynch	26.11.97	Washington D.C., USA	06.04.25	
Men	Senior	Road	20km	57.42	Martin Fagan	26.06.83	The Hague, NED	14.03.09	
Men	Senior	Road	Half Marathon	1.00.22	Fearghal Curtin	14.07.98	Copenhagen, DEN	14.09.25	
Men	Senior	Road	25km	1.15.14	Jerry Kiernan	31.05.53	Limerick	13.05.82	
Men	Senior	Road	Marathon	2.06.08	Peter Lynch	26.11.97	London, ENG	26.04.26	TBC

