

April Transfers 2017

First Name	Surname	Outgoing Club	Incoming Club	Outgoing County	Incoming County	Inter County Y/N
Alan	Donoghue	A.I.T. A.C.	Caltra & District A.C.	Westmeath	Galway	Y
Abbie	Donoghue	A.I.T. A.C.	Caltra & District A.C.	Westmeath	Galway	Y
Rachel	Donoghue	A.I.T. A.C.	Caltra & District A.C.	Westmeath	Galway	Y
Katie	Donoghue	A.I.T. A.C.	Caltra & District A.C.	Westmeath	Galway	Y
James	Donoghue	A.I.T. A.C.	Caltra & District A.C.	Westmeath	Galway	Y
Anna	Donoghue	A.I.T. A.C.	Caltra & District A.C.	Westmeath	Galway	Y
Michael	Donoghue	A.I.T. A.C.	Caltra & District A.C.	Westmeath	Galway	Y
Ronan	Gately	A.I.T. A.C.	Caltra & District A.C.	Westmeath	Galway	Y
Niamh	Tenanty	Ardee & District A.C.	Dunleer A.C.	Louth	Meath	N
Padraig	O'Mahoney	Ardee & District A.C.	Dunleer A.C.	Louth	Louth	N
Niamh	Tenanty	Ardee & District A.C.	Cushinstown A.C.	Louth	Meath	Y
Roisin	Quinn	Ardmore A.C.	West Waterford A.C.	Waterford	Waterford	N
Robert	Quinn	Ardmore A.C.	West Waterford A.C.	Waterford	Waterford	N
Jonathan	O'Neill	Ashford A.C.	Parnell A.C.	Wicklow	Wicklow	N
Paul	Giblin	Atherny A.C.	Castlegar A.C.	Galway	Galway	N
Saoirse	Grant	Atherny A.C.	Clare River Harriers A.C.	Galway	Galway	N
Daire	Grant	Atherny A.C.	Clare River Harriers A.C.	Galway	Galway	N
Emma	Dinneen	Atherny A.C.	Clare River Harriers A.C.	Galway	Galway	N
Derek	Conerney	Atherny A.C.	Loughrea A.C.	Galway	Galway	N
Katie	Chambers	Aughagower A.C.	Westport A.C.	Mayo	Mayo	N
Niall	Brannigan	B.M.O.H A.C.	Clonmel A.C.	Clare	Tipperary	N
Arlene	O'Brien	Bailieboro A.C.	Shercock A.C.	Cavan	Cavan	N
Paula-Luisa	Paraschiv	Balbriggan & District A.C.	Clonliffe Harriers A.C.	Dublin	Dublin	N
Ignacy	Tolak	Balbriggan & District A.C.	Skerries A.C.	Dublin	Dublin	N
Tymon	Tolak	Balbriggan & District A.C.	Skerries A.C.	Dublin	Dublin	N
David	Daly	Balbriggan & District A.C.	Skerries A.C.	Dublin	Dublin	N
Amy	Clarke	Ballina A.C.	Moy Valley A.C.	Mayo	Mayo	N
Olivia	Kenny	Ballina A.C.	Moy Valley A.C.	Mayo	Mayo	N
Laura	Nugent	Ballina A.C.	Moy Valley A.C.	Mayo	Mayo	N
Ciaran	Gallagher	Ballina A.C.	Moy Valley A.C.	Mayo	Mayo	N
Caolan	Mulrooney	Ballina A.C.	Moy Valley A.C.	Mayo	Mayo	N
Eoin	Golden	Ballina A.C.	Moy Valley A.C.	Mayo	Mayo	N
Lauren	Mulrooney	Ballina A.C.	Moy Valley A.C.	Mayo	Mayo	N
Molly	Mehigan	Ballina A.C.	Moy Valley A.C.	Mayo	Mayo	N
Sean	Scanlon	Ballina A.C.	Moy Valley A.C.	Mayo	Mayo	N
Blayze	Molloy	Ballina A.C.	Moy Valley A.C.	Mayo	Mayo	N
Louise	Kenny	Ballina A.C.	Moy Valley A.C.	Mayo	Mayo	N
Ciara	Golden	Ballina A.C.	Moy Valley A.C.	Mayo	Mayo	N
Ava	Golden	Ballina A.C.	Moy Valley A.C.	Mayo	Mayo	N

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Kady	McHale	Ballina A.C.	Moy Valley A.C.	Mayo	Mayo	N
Ciara	Honan	Ballina A.C.	Moy Valley A.C.	Mayo	Mayo	N
Erin	Honan	Ballina A.C.	Moy Valley A.C.	Mayo	Mayo	N
Kian	Carey	Ballina A.C.	Moy Valley A.C.	Mayo	Mayo	N
Aimee	Carey	Ballina A.C.	Moy Valley A.C.	Mayo	Mayo	N
Adam	Naughton	Ballina A.C.	Moy Valley A.C.	Mayo	Mayo	N
Simon	McHale	Ballina A.C.	Moy Valley A.C.	Mayo	Mayo	N
Kieran	Scanlon	Ballina A.C.	Moy Valley A.C.	Mayo	Mayo	N
Bernie	McGoldrick	Ballina A.C.	Moy Valley A.C.	Mayo	Mayo	N
John	Fox	Ballina A.C.	Moy Valley A.C.	Mayo	Mayo	N
Alice	Golden	Ballina A.C.	Moy Valley A.C.	Mayo	Mayo	N
Catherina	Kenny	Ballina A.C.	Moy Valley A.C.	Mayo	Mayo	N
James	Ruane	Ballina A.C.	Moy Valley A.C.	Mayo	Mayo	N
Alli	Gill	Ballina A.C.	Moy Valley A.C.	Cork	Cork	N
Alex	Gill	Ballina A.C.	Moy Valley A.C.	Cork	Cork	N
Eavan	Nolan	Ballincollig A.C.	Belgooly A.C.	Cork	Cork	N
John	Kiggins	Ballincollig A.C.	Eagle A.C.	Cork	Cork	N
Áine Cáit	Ní Cheallacháin	Ballincollig A.C.	Leevale A.C.	Cork	Cork	N
Sam	O'Riordan	Ballincollig A.C.	Leevale A.C.	Cork	Cork	N
Alex	O'Riordan	Ballincollig A.C.	Leevale A.C.	Cork	Cork	N
Mark	Dineen	Ballincollig A.C.	Leevale A.C.	Cork	Cork	N
Mark	Kelly	Ballyskenach A.C.	Templemore A.C.	Offaly	Tipperary	Y
Martina	Kelly	Ballyskenach A.C.	Templemore A.C.	Offaly	Tipperary	Y
Eoghan	Kelly	Ballyskenach A.C.	Templemore A.C.	Offaly	Tipperary	Y
Saoirse	Kelly	Ballyskenach A.C.	Templemore A.C.	Offaly	Tipperary	Y
Aoibhe	Kelly	Ballyskenach A.C.	Templemore A.C.	Offaly	Tipperary	N
Ailbhe	Gibbons	Bandon A.C.	Belgooly A.C.	Cork	Cork	N
Kate	Arundel	Bantry A.C.	Durrus A.C.	Cork	Cork	N
Sarah	Bignell	Bantry A.C.	Durrus A.C.	Cork	Cork	N
Niamh	Bignell	Bantry A.C.	Durrus A.C.	Cork	Cork	N
Ellen	Collins	Bantry A.C.	Durrus A.C.	Cork	Cork	N
Emer	Mallon	Bantry A.C.	Durrus A.C.	Cork	Cork	N
Carmel	Nash	Bantry A.C.	Durrus A.C.	Cork	Cork	N
Mary	Hegarty	Bantry A.C.	Durrus A.C.	Cork	Cork	N
Caoimhe	Harrington	Bantry A.C.	Durrus A.C.	Cork	Cork	N
Deirdre	Harrington	Bantry A.C.	Durrus A.C.	Cork	Cork	N
Michael	Harrington	Bantry A.C.	Durrus A.C.	Cork	Cork	N
Sophie	Harrington	Bantry A.C.	Durrus A.C.	Cork	Cork	N
Katherine	O'Sullivan	Bantry A.C.	Durrus A.C.	Cork	Cork	N

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Eoin	Stock	Bantry A.C.	Durrus A.C.	Cork	Cork	N
Aisling	Stock	Bantry A.C.	Durrus A.C.	Cork	Cork	N
Ruth	Fogarty	Barrow Harriers	Gowran A.C.	Kilkenny	Kilkenny	N
Jack	Doherty	Belgooly A.C.	St. Finbarrs A.C.	Cork	Cork	N
Larry	O'Grady	Bilboa A.C.	Mooreabbey Milers A.C.	Limerick	Limerick	N
Larry	O'Grady	Bilboa A.C.	Mooreabbey Milers A.C.	Tipperary	Tipperary	N
Philip	Ryan	Birr A.C.	Ballyskenach A.C.	Offaly	Offaly	N
Caoimhe	O'Callaghan	Blackrock A.C. (Louth)	Dundalk St. Gerards A.C.	Louth	Louth	N
Marion	Haffron	Blackrock A.C. (Louth)	North East Runners A.C.	Louth	Louth	N
Paula	Cahill	Blackrock A.C. (Louth)	North East Runners A.C.	Louth	Louth	N
Alan	Hoey	Blackrock A.C. (Louth)	North East Runners A.C.	Louth	Louth	N
Fred	McEleavey	Blackrock A.C. (Louth)	North East Runners A.C.	Louth	Louth	N
Niamh	McCarthy	Blaney Rockets A.C.	Carrick Aces A.C.	Monaghan	Monaghan	N
Declan	Kearns	Bohermeen A.C.	Navan A.C.	Meath	Meath	N
Sonya	Reilly	Bohermeen A.C.	Navan A.C.	Meath	Meath	N
Alan	Mulvany	Bohermeen A.C.	Tara A.C.	Meath	Meath	N
Philip	Reynolds	Boyne A.C.	Drogheda & District A.C.	Louth	Louth	N
Sean	Bergin	Boyne A.C.	Drogheda & District A.C.	Louth	Louth	N
Jamie	O'Reilly	Boyne A.C.	Drogheda & District A.C.	Louth	Louth	N
Sandra	Kirwan	Boyne A.C.	Drogheda & District A.C.	Louth	Louth	N
Josh	Carvin	Boyne A.C.	Drogheda & District A.C.	Louth	Louth	N
Aron	McManus	Boyne A.C.	Drogheda & District A.C.	Louth	Louth	N
Anna	Victory	Boyne A.C.	Drogheda & District A.C.	Louth	Louth	N
Tadgh	O'Connor	Boyne A.C.	Drogheda & District A.C.	Louth	Louth	N
George	Sharpe	Breakaway Running Club	St. Michael's A.C.	Dublin	Laois	Y
Daniela	Bocus	Brothers Pearse A.C.	Dundrum South Dublin A.C.	Dublin	Dublin	N
Purity	Nwankno	Brothers Pearse A.C.	Tallaght A.C.	Dublin	Dublin	N
Donal	Sheridan	Brothers Pearse A.C.	Tallaght A.C.	Dublin	Dublin	N
Michael	Cremin	Bweeng Trail Blazers	Dromahane Road Runners	Cork	Cork	N
Joanne	Jenks	Bweeng Trail Blazers	Dromahane Road Runners	Cork	Cork	N
Rebekah	O'Malley	Cabinteely A.C.	Blackrock A.C. (Dublin)	Dublin	Dublin	N
Gavin	Doran	Cabinteely A.C.	Dundrum South Dublin A.C.	Dublin	Dublin	N
David	Callan	Carrick Aces A.C.	Drogheda & District A.C.	Monaghan	Louth	N
Raymond	Carolan	Carrick Aces A.C.	Shercock A.C.	Cavan	Cavan	N
Dillon	Carolan	Carrick Aces A.C.	Shercock A.C.	Cavan	Cavan	N
Sean	Castellano	Carrick On Shannon A.C.	Drumshanbo A.C.	Leitrim	Leitrim	N
Emily	Gardiner	Carrick on Suir A.C.	Templemore A.C.	Tipperary	Tipperary	N
Leah	Mcloughlin	Carrick-on-Shannon A.C.	Drumshanbo A.C.	Leitrim	Leitrim	N
Ciara	Galvin	Carrigaline Road Runners	Leevale A.C.	Cork	Cork	N

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Bill	Coyne	Castlebar A.C.	Mayo A.C.	Mayo	Mayo	N
Luke	Dunne	Castlecomer A.C.	Kilkenny City Harriers	Kilkenny	Kilkenny	N
Grainne	O'Hara	City of Derry Spartans	Finn Valley A.C.	Derry	Donegal	N
Stephen	McGahey	City of Derry Spartans	Finn Valley A.C.	Derry	Donegal	N
Brendan	Murphy	City of Derry Spartans	Letterkenny A.C.	Derry	Donegal	N
Grainne	O'Hara	City of Derry Spartans	Finn Valley A.C.	ANI	Donegal	Y
Peter	Glass	City of Lisburn A.C.	Letterkenny A.C.	Donegal	Donegal	N
Etain	McGuckian	City of Lisburn A.C.	Ballymena & Antrim	ANI	Antrim	Y
Con	Hearty	Civil Service Harriers A.C.	Dundrum South Dublin A.C.	Dublin	Dublin	N
Paul	Carolan	Civil Service Harriers A.C.	Bohermeen A.C.	Dublin	Meath	N
David	Harte	Civil Service Harriers A.C.	Trim A.C.	Dublin	Meath	Y
Ruth	Flaherty	Clare River Harriers A.C.	Castlegar A.C.	Galway	Galway	N
Mark	Flaherty	Clare River Harriers A.C.	Galway City Harriers A.C.	Galway	Galway	N
James	Frizzell	Claremorris A.C.	Galway City Harriers A.C.	Mayo	Galway	Y
Cian	Mangan	Claremorris A.C.	Lake District A.C.	Mayo	Mayo	N
Aoibheann	Mangan	Claremorris A.C.	Lake District A.C.	Mayo	Mayo	N
Pauline	Jennings	Claremorris A.C.	Mayo A.C.	Mayo	Mayo	N
Michelle	Doyle	Claremorris A.C.	Mayo A.C.	Mayo	Mayo	N
Christy	Heneghan	Claremorris A.C.	Mayo A.C.	Mayo	Mayo	N
Elaine	Mortimer	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Colm	Wallace	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Arron	Conneely-Basham	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Brian	Lynskey	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Grace	McDermott	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Pat	Connaughton	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Emmet	Burke	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Aine	Lynn	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Harry	Smyth	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Tara	Mellet	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Leah	Judge	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Charlie	Hanley	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Amy	Wallace	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Ruby	Jennings	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Ethan	Duffy	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Cian	Healy	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Mark	Warde	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
James	Warde	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Deirdre	Warde	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
David	Walshe	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N

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Jason	Garvey	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Cassie	Griffiths Blitzer	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Joseph	O'Dea	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Rhona	O'Dea	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Aaron	O'Dea	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Louise	King	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Niamh	O'Neill	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Stella	O'Neill	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Ethan	Higgins	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Liam	Smyth	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Kate	Hanley	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Alannah	O'Dea	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Nina	Wallace	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Mark	Wallace	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Rio	Mortimer	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Keenan	Mortimer	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Sarah	Quinn	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Alisha	Conway	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Aoibhinn	Jennings	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Jim	Ryan	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Henry	Noone	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Oisin	Sweeney	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Jack	Noone	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Fionnán	Sweeney	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Jenna	Mortimer	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Sienna	Kelly	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Alana	Kelly	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Iarlaith	Golding	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Meabh	Golding	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Chloe	Keane	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Éabha	Finnerty	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Emma	Kearns	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Bríona	Finnerty	Claremorris A.C.	St. Colmans South Mayo A.C.	Mayo	Mayo	N
Ronan	Gately	Clonliffe Harriers A.C.	Dundrum South Dublin A.C.	Dublin	Dublin	N
Rebecca	McKenna	Clonliffe Harriers A.C.	Fingallians A.C.	Dublin	Dublin	N
Zoe	McKenna	Clonliffe Harriers A.C.	Fingallians A.C.	Dublin	Dublin	N
Emily Mai	Ryan	Clonmel A.C.	Fethard A.C.	Tipperary	Tipperary	N
Michael	Healy	Clonmel A.C.	Moycarkey Cool	Tipperary	Tipperary	N
Colm	Ryan	Clonmel A.C.	West Waterford A.C.	Tipperary	Waterford	Y

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Oisin	Maher	Club Luthchleas Chonamara	Westport A.C.	Galway	Mayo	Y
Michael	Gleeson	Coolquill A.C.	Templemore A.C.	Tipperary	Tipperary	N
Niamh	Allen	Cork Varsity A.C.	Leevale A.C.	Cork	Cork	N
Shane	Haran	Corran A.C.	South Sligo A.C.	Sligo	Sligo	N
Rachel	Haran	Corran A.C.	South Sligo A.C.	Sligo	Sligo	N
Jessica	Roberts	Cranford A.C.	Finn Valley A.C.	Donegal	Donegal	N
Aoife	Greene	Craughwell A.C.	Ballinasloe & District A.C.	Galway	Galway	N
Alice	McMahon	Craughwell A.C.	Galway City Harriers A.C.	Galway	Galway	N
Daniel	Callanan Forde	Craughwell A.C.	Loughrea A.C.	Galway	Galway	N
Aisling	O'Toole	Craughwell A.C.	South Galway A.C.	Galway	Galway	N
Niall	O'Toole	Craughwell A.C.	South Galway A.C.	Galway	Galway	N
Laura	Roche	Crusaders A.C.	Drogheda & District A.C.	Dublin	Louth	Y
Liam	Fergus	Crusaders A.C.	North East Runners A.C.	Dublin	Louth	Y
Jason	Crosbie	Crusaders A.C.	Eagle A.C.	Cork	Cork	Y
Luke	Kirkland	Crusaders A.C.	Blackrock A.C. (Dublin)	Dublin	Dublin	N
Brianna	Dwyer Carty	Crusaders A.C.	Blackrock A.C. (Dublin)	Dublin	Dublin	N
Oisin	O'Mir	Crusaders A.C.	Blackrock A.C. (Dublin)	Dublin	Dublin	N
Ryan	Sheridan	Crusaders A.C.	Blackrock A.C. (Dublin)	Dublin	Dublin	N
Deirdre	McMahon	Crusaders A.C.	Carrick Aces A.C.	Dublin	Monaghan	Y
Roisin	Harkin	Crusaders A.C.	Donore Harriers	Dublin	Dublin	N
Emily	Hackett	Crusaders A.C.	Dundrum South Dublin A.C.	Dublin	Dublin	N
Eamonn	McWalter	Crusaders A.C.	Rathfarnham W.S.A.F. A.C.	Dublin	Dublin	N
Cathal	Lenehan	Cushinstown A.C.	Tara A.C.	Meath	Meath	N
Tom	Lenehan	Cushinstown A.C.	Tara A.C.	Meath	Meath	N
Oisin	McKenna	Cushinstown A.C.	Ratoath A.C.	Meath	Meath	N
Yvonne	Keogh	Cushinstown A.C.	Ratoath A.C.	Meath	Meath	N
Steffi	Finegan	Cushinstown A.C.	Tara A.C.	Meath	Meath	N
Shelley	O'Connor	D.M.P. A.C.	Wexford Marathon Club	Wexford	Wexford	N
Angie	Whelan	D.M.P. A.C.	Wexford Marathon Club	Wexford	Wexford	N
Brandon	Connolly	Derry Track Club	Letterkenny A.C.	ANI	Donegal	?
Kevin	Connolly	Derry Track Club	Letterkenny A.C.	ANI	Donegal	?
Grace	Nyhan	Doheny A.C.	Bandon A.C.	Cork	Cork	N
Niamh	McManus	Donadea Running Club	Naas A.C.	Kildare	Kildare	N
Bob	Blake	Donore Harriers	Celbridge A.C.	Dublin	Kildare	Y
Martina	Nolan	Donore Harriers	Kilcoole A.C.	Dublin	Wicklow	Y
Michael	Gibbs	Donore Harriers	Le Cheile A.C.	Dublin	Kildare	Y
Vanessa	Melia	Donore Harriers	Lucan Harriers A.C.	Dublin	Dublin	N
Lauren	Melia	Donore Harriers	Lucan Harriers A.C.	Dublin	Dublin	N
Bjorn	Downes	Donore Harriers	Mooreabbey Milers A.C.	Dublin	Tipperary	Y

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John	Downes	Donore Harriers	Mooreabbey Milers A.C.	Dublin	Tipperary	Y
Kevin	English	Donore Harriers	Tallaght A.C.	Dublin	Dublin	N
Martina	Nolan	Donore Harriers	Kilcoole A.C.	Dublin	Wicklow	Y
Ian	O'Leary	Donore Harriers	Leevale A.C.	Cork	Dublin	Y
Aogán	MacDomhnaill	Donore Harriers	West Limerick A.C.	Dublin	Limerick	Y
Jack	O'Riordan	Donoughmore A.C.	West Muskerry A.C.	Cork	Cork	N
Shauna	Ryan	Dooneen A.C.	Emerald A.C.	Limerick	Limerick	N
Seán	Harte	Dooneen A.C.	North Cork A.C.	Limerick	Cork	Y
Niamh	Harte	Dooneen A.C.	North Cork A.C.	Limerick	Cork	Y
Ziad	Chammas	Drogheda & District A.C.	Duleek & District A.C.	Louth	Meath	Y
Ethan	Walker	Drumshanbo A.C.	Le Cheile A.C.	Leitrim	Kildare	Y
Dominick	Branigan	Dublin Front Runners A.C.	Crusaders A.C.	Dublin	Dublin	N
Sandra	Murphy	Dunboyne A.C.	Clane A.C.	Meath	Kildare	Y
Caroline	Mahon	Dunboyne A.C.	Celbridge A.C.	Meath	Kildare	Y
Emma	Scully	Dunboyne A.C.	Fingallians A.C.	Meath	Dublin	N
Declan	Toal	Dundalk St. Gerards A.C.	North East Runners A.C.	Louth	Louth	N
Barry	Hartnett	Dundrum A.C.	Mooreabbey Milers A.C.	Tipperary	Tipperary	N
Catherine	Kelly	Dundrum A.C.	Dunboyne A.C.	Tipperary	Meath	N
Jack	McKinney	Dundrum South Dublin A.C.	Blackrock A.C. (Dublin)	Dublin	Dublin	N
Isobel	McCann	Dundrum South Dublin A.C.	Blackrock A.C. (Dublin)	Dublin	Dublin	N
Olivia	Gaughran	Dundrum South Dublin A.C.	Blackrock A.C. (Dublin)	Dublin	Dublin	N
Emily	McKinney	Dundrum South Dublin A.C.	Blackrock A.C. (Dublin)	Dublin	Dublin	N
Michelle	McGee	Dundrum South Dublin A.C.	Brothers Pearse A.C.	Dublin	Dublin	N
Jonathan	Miller	Dundrum South Dublin A.C.	Crusaders A.C.	Dublin	Dublin	N
Lainey	Martin	Dundrum South Dublin A.C.	Crusaders A.C.	Dublin	Dublin	N
Rachel	Barry	Dundrum South Dublin A.C.	Crusaders A.C.	Dublin	Dublin	N
Regan	McGlynn	Dundrum South Dublin A.C.	Crusaders A.C.	Dublin	Dublin	N
Lesley Ann	Doughan	Dundrum South Dublin A.C.	Crusaders A.C.	Dublin	Dublin	N
Holly	O'Callaghan	Dundrum South Dublin A.C.	Greystones & District A.C.	Dublin	Wicklow	Y
Joe	Flynn	Dundrum South Dublin A.C.	Sportsworld A.C.	Dublin	Dublin	N
Holly	O'Callaghan	Dundrum South Dublin A.C.	Greystones & District A.C.	Dublin	Wicklow	Y
Ciara	Reilly	Dunleer A.C.	Drogheda & District A.C.	Louth	Louth	N
Margo	Brady	Dunleer A.C.	Drogheda & District A.C.	Louth	Louth	N
Sarah	Hussey	Dunshaughlin A.C.	Tara A.C.	Meath	Meath	N
Eleanor	Hussey	Dunshaughlin A.C.	Tara A.C.	Meath	Meath	N
Sarah	Bateson	Dunshaughlin A.C.	Clonliffe Harriers A.C.	Meath	Dublin	N
Robert	Reid	Dunshaughlin A.C.	Clonliffe Harriers A.C.	Meath	Dublin	N
Jessica	Bateson	Dunshaughlin A.C.	Clonliffe Harriers A.C.	Meath	Dublin	N
Caitriona	Hickey	Eagle A.C.	Dundrum South Dublin A.C.	Cork	Dublin	Y

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Deirdre	Nagle	Eagle A.C.	Farranfore Main Valley	Cork	Kerry	Y
Catriona	Hawkins	Eagle A.C.	Belgooly A.C.	Cork	Cork	N
Jonathan	Kenneally	Eagle A.C.	St. Catherines A.C.	Cork	Cork	N
Eleanor	Fennessy	Eagle A.C.	Watergrasshill A.C.	Cork	Cork	N
Kevin	Fennessy	Eagle A.C.	Watergrasshill A.C.	Cork	Cork	N
David	McCarthy	East Cork A.C.	St. Nicholas A.C.	Cork	Cork	N
Nuala	Landers	East Galway A.C.	Caltra & District A.C.	Galway	Galway	N
Mary	Noone	East Galway A.C.	Caltra & District A.C.	Galway	Galway	N
Aobhinn	Keane	East Galway A.C.	Craughwell A.C.	Galway	Galway	N
Melanie	Donnellan	East Galway A.C.	Tuam A.C.	Galway	Galway	N
Anne	Loftus	East Galway A.C.	Tuam A.C.	Galway	Galway	N
Adi	Cronin	East Westmeath A.C.	Mullingar Harriers A.C.	Westmeath	Westmeath	N
Mary	Daly	Edenderry A.C.	Naomh Ciaran A.C.	Wicklow	Wicklow	N
Christine	Quinn	Edenderry A.C.	Naomh Ciaran A.C.	Wicklow	Wicklow	N
Leon	Ajibola	Edenderry A.C.	North West Kildare A.C.	Offaly	Kildare	Y
Junior	Rahman	Edenderry A.C.	North West Kildare A.C.	Offaly	Kildare	Y
Alex	Conway	Ennis Track A.C.	Donore Harriers	Clare	Dublin	Y
Ellen	McSherry	Ennis Track A.C.	St. Cronan's A.C.	Clare	Clare	N
Martin	Frawley	Ennis Track A.C.	St. Cronan's A.C.	Clare	Clare	N
Thomas	O'Connor	Ennis Track A.C.	St. Cronan's A.C.	Clare	Clare	N
Colin	Frawley	Ennis Track A.C.	St. Cronan's A.C.	Clare	Clare	N
Sean	Frawley	Ennis Track A.C.	St. Cronan's A.C.	Clare	Clare	N
Daniel	O'Brien	Ferrybank A.C.	St. Senans A.C.	Waterford	Kilkenny	Y
Sallyann	O'Brien	Ferrybank A.C.	St. Senans A.C.	Waterford	Kilkenny	Y
Sam	McGrath	Ferrybank A.C.	Tramore A.C.	Waterford	Waterford	N
Sinead	O'Regan	Ferrybank A.C.	Waterford A.C.	Waterford	Waterford	N
Sophie	Meade	Ferrybank A.C.	Waterford A.C.	Waterford	Waterford	N
Chloe	Farrell	Ferrybank A.C.	Waterford A.C.	Waterford	Waterford	N
Alex	King	Ferrybank A.C.	Waterford A.C.	Waterford	Waterford	N
Jake	Coffey	Ferrybank A.C.	Waterford A.C.	Waterford	Waterford	N
Elizabeth	Quigley	Fingallians A.C.	Clonliffe Harriers A.C.	Dublin	Dublin	N
Ethan	Sumola	Fingallians A.C.	Clonliffe Harriers A.C.	Dublin	Dublin	N
Alexandra	Kelly	Fingallians A.C.	Clonliffe Harriers A.C.	Dublin	Dublin	N
Donna	Evans	Finn Valley A.C.	Clones A.C.	Donegal	Monaghan	Y
Patricia	Sheppard	Galway City Harriers A.C.	Castlegar A.C.	Galway	Galway	N
Liam	Curran	Galway City Harriers A.C.	Castlegar A.C.	Galway	Galway	N
Daire	Comer	Galway City Harriers A.C.	Tuam A.C.	Galway	Galway	N
Rhona	Dempsey	Galway City Harriers A.C.	St. Finbarrs A.C.	Galway	Cork	Y
Solange	Diogo	Galway City Harriers A.C.	Tralee Harriers	Galway	Kerry	Y

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Frank	Burke	Glaslough Harriers	Monaghan Phoenix A.C.	Monaghan	Monaghan	N
Isabelle	Burke	Glaslough Harriers	Monaghan Phoenix A.C.	Monaghan	Monaghan	N
Clare	Burke	Glaslough Harriers	Monaghan Phoenix A.C.	Monaghan	Monaghan	N
Charlie	Burke	Glaslough Harriers	Monaghan Phoenix A.C.	Monaghan	Monaghan	N
Zara	Burke	Glaslough Harriers	Monaghan Phoenix A.C.	Monaghan	Monaghan	N
Keela	McElwain	Glaslough Harriers	Monaghan Phoenix A.C.	Monaghan	Monaghan	N
Mark	McKenna	Glaslough Harriers	Waterford A.C.	Monaghan	Waterford	Y
Donna	Quinn	Glendalough A.C.	Slí Cualann A.C.	Wicklow	Wicklow	N
Mel	O'Callaghan	Gneeveguilla A.C.	Menapians A.C.	Kerry	Wexford	Y
Máire	Griffith	Gowran A.C.	St. Laurence O'Toole A.C.	Kilkenny	Carlow	Y
David	Dempsey	Gowran A.C.	Thomastown A.C.	Kilkenny	Kilkenny	N
Martina	O'Driscoll	Grange Fermoy A.C.	St. Nicholas A.C.	Cork	Cork	N
Ben	Jones	Greystones & District A.C.	Dundrum South Dublin A.C.	Wicklow	Dublin	Y
Daniel	Jones	Greystones & District A.C.	Dundrum South Dublin A.C.	Wicklow	Dublin	Y
Lauren	Myers	Hacketstown A.C.	St. Laurence O'Toole A.C.	Carlow	Carlow	N
Hannah - Rose	Heffernan	Hacketstown A.C.	St. Laurence O'Toole A.C.	Carlow	Carlow	N
Emily	Heffernan	Hacketstown A.C.	St. Laurence O'Toole A.C.	Carlow	Carlow	N
Shirley	Myers	Hacketstown A.C.	St. Laurence O'Toole A.C.	Carlow	Carlow	N
Katie	Myers	Hacketstown A.C.	St. Laurence O'Toole A.C.	Carlow	Carlow	N
Lucy	Myers	Hacketstown A.C.	St. Laurence O'Toole A.C.	Carlow	Carlow	N
Sophie	Myers	Hacketstown A.C.	St. Laurence O'Toole A.C.	Carlow	Carlow	N
Leila	Colfer	Hacketstown A.C.	St. Laurence O'Toole A.C.	Carlow	Carlow	N
Kate	Ryan	Hacketstown A.C.	St. Laurence O'Toole A.C.	Carlow	Carlow	N
Tara	Lyons	Hacketstown A.C.	St. Laurence O'Toole A.C.	Carlow	Carlow	N
Jake	Hickey	Hacketstown A.C.	St. Laurence O'Toole A.C.	Carlow	Carlow	N
Katie	Hanbidge	Hacketstown A.C.	Crookstown Millview A.C.	Carlow	Kildare	Y
Ella	Hanbidge	Hacketstown A.C.	Crookstown Millview A.C.	Carlow	Kildare	Y
Robyn	Hanbidge	Hacketstown A.C.	Crookstown Millview A.C.	Carlow	Kildare	Y
Siofra	Lord	Inbhear Dee A.C.	Ashford A.C.	Wicklow	Wicklow	N
Tadhg	Lord	Inbhear Dee A.C.	Ashford A.C.	Wicklow	Wicklow	N
Emer	Cox	Inishowen A.C.	Lifford Strabane A.C.	Donegal	Donegal	N
Una	Cox	Inishowen A.C.	Lifford Strabane A.C.	Donegal	Donegal	N
Dawn	Lynch	Iveragh A.C.	An Ríocht A.C.	Kerry	Kerry	N
Ian	McGrath	Kilcoole A.C.	Slí Cualann A.C.	Wicklow	Wicklow	N
Holly	Goodwin	Kilcoole A.C.	Greystones & District A.C.	Wicklow	Wicklow	N
Joanna	Kleiner	Kilcoole A.C.	Greystones & District A.C.	Wicklow	Wicklow	N
Connor	Johnson	Kilkenny City Harriers	Gowran A.C.	Kilkenny	Kilkenny	N
Laura	Ward	Kilkenny City Harriers	St. Laurence O'Toole A.C.	Kilkenny	Carlow	Y
Ray	Lonergan	Kilkenny City Harriers A.C.	Donore Harriers	Kilkenny	Dublin	Y

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Jamie	Kriel Power	Kilmallock A.C.	North Cork A.C.	Limerick	Cork	N
Aidan	Considine	Kilmurry Ibrickane/North Clare A.C.	Kilmihill A.C.	Clare	Clare	N
Aaron	Townsend	Kilmurry Ibrickane/North Clare A.C.	Kilmihill A.C.	Clare	Clare	N
Darragh	Townsend	Kilmurry Ibrickane/North Clare A.C.	Kilmihill A.C.	Clare	Clare	N
Martyna	Jankowska	Lake District A.C.	Claremorris A.C.	Mayo	Mayo	N
Gabriella	Sztojalovszky	Le Cheile A.C.	Metro/St. Brigid's A.C.	Kildare	Dublin	Y
Simon	Murphy	Le Cheile A.C.	Wexford Marathon Club	Kildare	Wexford	Y
Pat	Newham	Le Cheile A.C.	Dunboyne A.C.	Kildare	Meath	Y
Eoin	O'Sullivan	Le Cheile A.C.	Celbridge A.C.	Kildare	Kildare	N
Lauren	McHale	Le Cheile A.C.	St. Cocas A.C.	Kildare	Kildare	N
Kailah	Perez	Leevale A.C.	Ballincollig A.C.	Cork	Cork	N
Alannah	Perez	Leevale A.C.	Ballincollig A.C.	Cork	Cork	N
Sophie	Barry	Leevale A.C.	Belgooly A.C.	Cork	Cork	N
Naseer	Sheridan	Letterkenny A.C.	Finn Valley A.C.	Donegal	Donegal	N
Edward	Grant	Letterkenny A.C.	Finn Valley A.C.	Donegal	Donegal	N
Liam	Keane	Letterkenny A.C.	Finn Valley A.C.	Donegal	Donegal	N
Alice	Keane	Letterkenny A.C.	Finn Valley A.C.	Donegal	Donegal	N
Brendan	Boyce	Letterkenny A.C.	Finn Valley A.C.	Donegal	Donegal	N
Tiernan	McFadden	Letterkenny A.C.	Finn Valley A.C.	Donegal	Donegal	N
Ultan	Farrell	Letterkenny A.C.	Finn Valley A.C.	Donegal	Donegal	N
Leona	O'Reilly	Liffey Valley A.C.	Tara A.C.	Dublin	Meath	Y
Sean	Dowling	Liffey Valley A.C.	Leevale A.C.	Dublin	Cork	Y
Leoni	Mullen	Lifford Strabane A.C.	Finn Valley A.C.	Donegal	Donegal	N
Karen	Gallagher	Lifford Strabane A.C.	Finn Valley A.C.	Donegal	Donegal	N
Rachel	Friel	Lifford Strabane A.C.	Finn Valley A.C.	Donegal	Donegal	N
Conor	Breslin	Lifford Strabane A.C.	Finn Valley A.C.	Donegal	Donegal	N
Laura	Coyle	Lifford Strabane A.C.	Finn Valley A.C.	Donegal	Donegal	N
Jacqui	Timoney	Lifford Strabane A.C.	Finn Valley A.C.	Donegal	Donegal	N
Ita	Kelly	Lifford Strabane A.C.	Finn Valley A.C.	Donegal	Donegal	N
Aoibhinn	Bourke	Limerick A.C.	Emerald A.C.	Limerick	Limerick	N
Harry	Doyle	Limerick A.C.	Emerald A.C.	Limerick	Limerick	N
Hannah	Fothergill	Limerick A.C.	Donadea Running Club	Limerick	Kildare	Y
Thomas	O'Shea	Liscarroll A.C.	Buttevant RC	Cork	Cork	N
Eoin	Butler	Liscarroll A.C.	Churchtown Runners	Cork	Cork	N
Mei-Ming	Cronin	Liscarroll A.C.	North Cork A.C.	Cork	Cork	N
Zara	O'Hanlon	Liscarroll A.C.	North Cork A.C.	Cork	Cork	N
Sarah	O'Keeffe	Liscarroll A.C.	Blarney/ Inniscarra A.C.	Cork	Cork	N
Natasha	O'Keeffe	Liscarroll A.C.	Blarney/ Inniscarra A.C.	Cork	Cork	N
Carly	Flood	Lough Ree A.C.	Longford A.C.	Roscommon	Longford	Y

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Shauna	Flood	Lough Ree A.C.	Longford A.C.	Roscommon	Longford	Y
Andrea	Treacy	Loughrea A.C.	Craughwell A.C.	Galway	Galway	N
Lauren	Stewart	Loughrea A.C.	Craughwell A.C.	Galway	Galway	N
Arlene	Earls	Loughrea A.C.	Craughwell A.C.	Galway	Galway	N
Lorna	Collins	Loughrea A.C.	Craughwell A.C.	Galway	Galway	N
Laurence	O'Neill	Lucan Harriers A.C.	Donore Harriers	Dublin	Dublin	N
Breda	Collins	Lusk A.C.	Portmarnock A.C.	Dublin	Dublin	N
Yvonne	Kertsch	Mallow A.C.	Buttevant RC	Cork	Cork	N
Trish Martina	Hayes	Mallow A.C.	Dromahane Road Runners	Cork	Cork	N
Ella	Doherty	Marian A.C.	Ennis Track	Clare	Clare	N
Anna	Steigerwald	Marian A.C.	St. Cronan's A.C.	Clare	Clare	N
Nicole	O'Loughlin	Marian A.C.	St. Cronan's A.C.	Clare	Clare	N
Conal	O'Reilly	Marian A.C.	St. Cronan's A.C.	Clare	Clare	N
Shonagh	O'Reilly	Marian A.C.	St. Cronan's A.C.	Clare	Clare	N
Mary	Moylett	Mayo A.C.	Swinford A.C.	Mayo	Mayo	N
Brendan	Gill	Mayo A.C.	Westport A.C.	Mayo	Mayo	N
Lee	Savage	Menapians A.C.	Wexford Marathon Club	Wexford	Wexford	N
Callum	Kennedy	Menapians A.C.	Bree A.C.	Wexford	Wexford	N
Kenneth	Jones	Menapians A.C.	Wexford Marathon Club	Wexford	Wexford	N
Ciaran	Quirke	Menapians A.C.	Wexford Marathon Club	Wexford	Wexford	N
Karl	Richards	Menapians A.C.	Wexford Marathon Club	Wexford	Wexford	N
Carol	Devereux	Menapians A.C.	Kilmore A.C.	Wexford	Wexford	N
Robert	Dillon	Midleton A.C.	Leevale A.C.	Cork	Cork	N
Ciaran	Corey	Monaghan Phoenix A.C.	Carrick Aces A.C.	Monaghan	Monaghan	N
Alison	McQuillan	Monaghan Town Runners	Wetlands Running Club	Monaghan	Monaghan	N
Alexander	Naughton	Mount Merrion A.C.	Blackrock A.C. (Dublin)	Dublin	Dublin	N
Caoimhe	Naughton	Mount Merrion A.C.	Blackrock A.C. (Dublin)	Dublin	Dublin	N
Anna	Axelsson	Mount Merrion A.C.	Blackrock A.C. (Dublin)	Dublin	Dublin	N
Laura	Cronin	Mount Merrion A.C.	Blackrock A.C. (Dublin)	Dublin	Dublin	N
Amelia	Axelsson	Mount Merrion A.C.	Blackrock A.C. (Dublin)	Dublin	Dublin	N
Eoin	Gregory	Mount Merrion A.C.	Blackrock A.C. (Dublin)	Dublin	Dublin	N
Grace	Naughton	Mount Merrion A.C.	Blackrock A.C. (Dublin)	Dublin	Dublin	N
Sarah	Byrne	Mount Merrion A.C.	Cabinteely A.C.	Dublin	Dublin	N
Lara	Murray	Mount Merrion A.C.	Dundrum South Dublin A.C.	Dublin	Dublin	N
Hugo	Fitzmaurice	Mount Merrion A.C.	Dundrum South Dublin A.C.	Dublin	Dublin	N
Anna	Neary	Mount Merrion A.C.	Dundrum South Dublin A.C.	Dublin	Dublin	N
Sarah	Byrne	Mount Merrion A.C.	Cabinteely A.C.	Dublin	Dublin	N
Katie	Burke	Moy Valley A.C.	Ballina A.C.	Mayo	Mayo	N
David	O'Brien	Moyglass A.C.	Fethard A.C.	Tipperary	Tipperary	N

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Denise	Walsh	Naas A.C.	Clane A.C.	Kildare	Kildare	N
Kellie	Burke	Naas A.C.	Clane A.C.	Kildare	Kildare	N
Adam	Boylan	Navan A.C.	Trim A.C.	Meath	Meath	N
Nathan	Ryan	Navan A.C.	Bohermeen A.C.	Meath	Meath	N
Dean	Ryan	Navan A.C.	Bohermeen A.C.	Meath	Meath	N
Jake	Ryan	Navan A.C.	Bohermeen A.C.	Meath	Meath	N
Isabella	Mallon	Navan A.C.	Bohermeen A.C.	Meath	Meath	N
Eoin	Kelly	Nenagh A.C.	Borrisokane A.C.	Tipperary	Tipperary	N
Paul	Diver	Newbridge A.C.	Lusk A.C.	Kildare	Dublin	Y
Alex	Connors	Newbridge A.C.	Crookstown Millview A.C.	Kildare	Kildare	N
Ben	Connors	Newbridge A.C.	Crookstown Millview A.C.	Kildare	Kildare	N
Shane	King	Newcastle A.C.	Clones A.C.	ANI	Monaghan	Y
Robert	Dutfield-Cook	North Cork A.C.	Belgooly A.C.	Cork	Cork	N
Mary	Kiely	North Cork A.C.	Belgooly A.C.	Cork	Cork	N
Teresa	O' Mahony	North Cork A.C.	Buttevant RC	Cork	Cork	N
Grainne	Egan	North Cork A.C.	Leevale A.C.	Cork	Cork	N
Angelina	Keniry Mason	North Cork A.C.	Liscarrol A.C.	Cork	Cork	N
Nicholas	Moloney	North Cork A.C.	An Brú A.C.	Cork	Limerick	N
Charlie	Slevin	North Sligo A.C.	Carrick Aces A.C.	Sligo	Leitrim	N
Toni	Moore	Omagh Harriers	Carmen Runners	ANI	Tyrone	N
Aideen	Casey	Omagh Harriers	Carmen Runners	ANI	Tyrone	N
Sarah	Broderick	Omagh Harriers	Carmen Runners	ANI	Tyrone	N
Jack	Moore	Omagh Harriers	Carmen Runners	ANI	Tyrone	N
Morgan	Owens	Omagh Harriers	Carmen Runners	ANI	Tyrone	N
Eva	Hannon	Oriel A.C.	Clones A.C.	Monaghan	Monaghan	N
John	Burroughs	Portlaoise A.C.	Newbridge A.C.	Laois	Kildare	Y
Jack	Kirke	Portmarnock A.C.	Fingallians A.C.	Dublin	Dublin	N
John	Cleary	Raheny Shamrock A.C.	Clonliffe Harriers A.C.	Dublin	Dublin	N
Jake	Clarke	Rathcoole A.C.	Donore Harriers	Dublin	Dublin	N
Temi	Adebayo	Rathcoole A.C.	Tallaght A.C.	Dublin	Dublin	N
Taiwo	Ogundipe	Rathcoole A.C.	Tallaght A.C.	Dublin	Dublin	N
Kehimde	Ogundipe	Rathcoole A.C.	Tallaght A.C.	Dublin	Dublin	N
Diarmuid	Coogan	Rathfarnham W.S.A.F. A.C.	Brothers Pearse A.C.	Dublin	Dublin	N
Darragh	Murphy	Rathfarnham W.S.A.F. A.C.	Tallaght A.C.	Dublin	Dublin	N
Edward	O'Mahony	Rathfarnham W.S.A.F. A.C.	St. Finbarrs A.C.	Dublin	Cork	Y
Eimear	Fitzmaurice	Rathfarnham W.S.A.F. A.C.	Mayo A.C.	Dublin	Mayo	Y
Mark	Horan	Rathfarnham W.S.A.F. A.C.	Celbridge A.C.	Dublin	Kildare	Y
Aaron	Grimes	Rathkenny A.C.	Tara A.C.	Meath	Meath	N
Isabel	Wallace	Ratoath A.C.	Tara A.C.	Meath	Meath	N

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Noelle	Capewell	Ratoath A.C.	Dunboyne A.C.	Meath	Meath	N
Cian	Law	Rosenalis A.C.	Tullamore Harriers	Laois	Offaly	Y
Aoibhinn	Kelly	Rosenalis A.C.	Mountmellick A.C.	Laois	Laois	N
Kevin	McGee	Rosses A.C.	Letterkenny A.C.	Donegal	Donegal	N
Ciaran	McGonagle	Rosses A.C.	Letterkenny A.C.	Donegal	Donegal	N
William	Belton	Roundwood & District	Slí Cualann A.C.	Wicklow	Wicklow	N
Eabha	Brett	S.R.L. A.C.	A.I.T. A.C.	Roscommon	Westmeath	Y
Narora	Sammon	S.R.L. A.C.	A.I.T. A.C.	Roscommon	Westmeath	Y
Aishling	Lennon	S.R.L. A.C.	A.I.T. A.C.	Roscommon	Westmeath	Y
Sean	Brett	S.R.L. A.C.	A.I.T. A.C.	Roscommon	Westmeath	Y
Ethan	Sammon	S.R.L. A.C.	A.I.T. A.C.	Roscommon	Westmeath	Y
Hannah	Farrell	S.R.L. A.C.	Ballinasloe & District A.C.	Roscommon	Galway	Y
Dónal	O'Connor	Shercock A.C.	Belgooly A.C.	Cavan	Cork	Y
Rory	O'Connor	Shercock A.C.	Belgooly A.C.	Cavan	Cork	Y
Deirdre	Boland	Slaney Olympic A.C.	Wexford Marathon Club	Wexford	Wexford	N
Melanie	O'Leary	Slaney Olympic A.C.	Wexford Marathon Club	Wexford	Wexford	N
Jean	Mernagh	Slaney Olympic A.C.	Wexford Marathon Club	Wexford	Wexford	N
Regina	Angulin	Slaney Olympic A.C.	Wexford Marathon Club	Wexford	Wexford	N
Mary Catherine	Murphy	Sliabh Bhuide Rovers	Wexford Marathon Club	Wexford	Wexford	N
Cathy	McCarthy	Sligo A.C.	North Sligo A.C.	Sligo	Sligo	N
Lucy	McNair	Sligo A.C.	North Leitrim A.C.	Wicklow	Leitrim	N
Matt	Moran	South O'Hanlon A.C.	Bohermeen A.C.	Meath	Meath	N
Aoife	Cooke	South Sligo A.C.	Swinford A.C.	Sligo	Mayo	Y
Aoibhín	Cooke	South Sligo A.C.	Swinford A.C.	Sligo	Mayo	Y
Ben	Horgan	Spa Fenit Barrow A.C.	Tralee Harriers	Kerry	Kerry	N
Tomas	O'Connor	Spa Fenit Barrow A.C.	Tralee Harriers	Kerry	Kerry	N
Sam	Fitzgibbon	Spa Fenit Barrow A.C.	Tralee Harriers	Kerry	Kerry	N
Patrick	McMorrow	Sportsworld A.C.	Blackrock A.C. (Dublin)	Dublin	Dublin	N
Stephen	Willoughby	Sportsworld A.C.	Brothers Pearse A.C.	Dublin	Dublin	N
Ryan	Cullen	Springwell Running Club	Ballymena & Antrim	Antrim	Antrim	N
Derek	Griffin	St Brendans A.C. (Kerry)	Tralee Harriers	Kerry	Kerry	N
Alex	Daly	St. Abbans A.C.	Castlecomer A.C.	Laois	Kilkenny	Y
David	Lawler	St. Abbans A.C.	St. Laurence O'Toole A.C.	Laois	Carlow	Y
Fergal	O'Brien	St. Brendans A.C. (Kerry)	Tralee Harriers	Kerry	Kerry	N
Liam	King	St. Cocas A.C.	Trim A.C.	Kildare	Meath	Y
John	Ball	St. Cocas A.C.	Clane A.C.	Kildare	Kildare	N
Ali	O'Connor	St. Finbarrs A.C.	Dundrum A.C.	Cork	Tipperary	N
Julie	Deane	St. Finbarrs A.C.	Farranfore Main Valley	Cork	Kerry	Y
Paul	Griffin	St. Finbarrs A.C.	Liffey Valley A.C.	Cork	Dublin	Y

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First Name	Surname	Outgoing Club	Incoming Club	Outgoing County	Incoming County	Inter County Y/N
Deirdre	McCrae	St. Finbarrs A.C.	Galway City Harriers A.C.	Cork	Galway	Y
Karen	O'Leary	St. Finbarrs A.C.	Cork Mental Health A.C.	Cork	Cork	N
Niamh	O'Regan	St. Finbarrs A.C.	Youghal A.C.	Cork	Cork	N
Milly	Sutton	St. Josephs A.C.	United Striders A.C.	Kilkenny	Wexford	Y
Jessica	Sutton	St. Josephs A.C.	United Striders A.C.	Kilkenny	Wexford	Y
Emma	O'Toole	St. Laurence O'Toole A.C.	Ballon/Rathoe A.C.	Carlow	Carlow	N
Damien	Corrigan	St. Laurence O'Toole A.C.	Crookstown Millview A.C.	Carlow	Kildare	Y
Ciara	Murphy	St. Pauls A.C.	Kilmore A.C.	Wexford	Wexford	N
Eoghan	Smyth	St. Peters A.C.	Blackrock A.C. (Louth)	Louth	Louth	N
Eamon	O'Reilly	St. Peters A.C.	North East Runners A.C.	Louth	Louth	N
David	Staunton	St.Cocas A.C.	Clara A.C.	Kildare	Offaly	Y
Malcolm	Gamble	Star of the Sea A.C.	Galway City Harriers A.C.	Meath	Galway	Y
Sarah	Reihill	Tallaght A.C.	Lucan Harriers A.C.	Dublin	Dublin	N
Niamh	Timmons	Tara A.C.	Trim A.C.	Meath	Meath	N
Robert	Bennett	Templemore A.C.	Nenagh Olympic A.C.	Tipperary	Tipperary	N
Luke	Shannon	Templeogue A.C.	Dublin Striders A.C.	Dublin	Dublin	N
Eve	Shannon	Templeogue A.C.	Dublin Striders A.C.	Dublin	Dublin	N
Aine	Lawless	The Macamores A.C.	Sliabh Bhuide Rovers	Wexford	Wexford	N
Therese	Lawless	The Macamores A.C.	Sliabh Bhuide Rovers	Wexford	Wexford	N
Ellie	Lawless	The Macamores A.C.	Sliabh Bhuide Rovers	Wexford	Wexford	N
Katie	Taylor	Thomastown A.C.	St. Josephs A.C.	Kilkenny	Kilkenny	N
John	O'Brien	Tír Chonaill A.C.	Finn Valley A.C.	Donegal	Donegal	N
Michelle	Middleton	Tracton A.C.	North Cork A.C.	Cork	Cork	N
James	Quigley	Tralee Harriers	An Riocht A.C.	Kerry	Kerry	N
Stephen	Keane	Trim A.C.	Fr. Murphy A.C.	Meath	Meath	N
Paul	Flaherty	Tullamore A.C.	Clara A.C.	Offaly	Offaly	N
Aislinn	Crossey	U.C.D. A.C.	Newry A.C.	Dublin	Down	N
Conor	Brady	United Striders A.C.	Wexford Marathon Club	Wexford	Wexford	N
Síofra	Slattery	Waterford A.C.	Ferrybank A.C.	Waterford	Waterford	N
Shayla	Condon	Waterford A.C.	Ferrybank A.C.	Waterford	Waterford	N
Ella	Fitzgerald	Waterford A.C.	Tramore A.C.	Waterford	Waterford	N
Bonnie	Gannon	Waterford A.C.	Ferrybank A.C.	Waterford	Waterford	N
Eric	Foley	Watergrasshill A.C.	Eagle A.C.	Cork	Cork	N
Niall	O'Riordan	West Limerick A.C.	An Brú A.C.	Limerick	Limerick	N
Sophie	Moroney	West Limerick A.C.	Emerald A.C.	Limerick	Limerick	N
Ailish	Blake	West Muskerry A.C.	Ballincollig A.C.	Cork	Cork	N
Killian	Blake	West Muskerry A.C.	Ballincollig A.C.	Cork	Cork	N
Eimear	Galvin	West Muskerry A.C.	Doheny A.C.	Cork	Cork	N
Stephanie	Power	West Waterford A.C.	St. Finbarrs A.C.	Waterford	Cork	Y

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Emma	Fleming	West Waterford A.C.	Finisk Valley A.C.	Waterford	Waterford	N
Philip	Harty	West Waterford A.C.	Ferrybank A.C.	Waterford	Waterford	N
Linda	O'Keeffe	West Waterford A.C.	Blackwater A.C.	Waterford	Waterford	N
Megan	Finnegan	Wetlands Running Club	Carrick Aces A.C.	Monaghan	Monaghan	N