

40 years of the Ballycotton 10

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BALLYCOTTON '10' & 5M SUMMER SERIES ROAD RACES

**BALLYCOTTON
RUNNING
PROMOTIONS**

BALLYCOTTON '10'
ORGANISING &
ASSISTING EVENTS
SINCE 1977

Data acquisition

In January 2021 the results of all 40 editions of the Ballycotton 10 were published on the Cork Athletics (<https://www.corkathletics.org/archives/ballycotton-10-1977-2017.html>) website. Collecting this data a mammoth task but now that its there this resource is a treasure throve of data to dive into before race reports and other memorabilia will be released in the near future.

Tidying data & Limitations

Without access to e.g. AAI membership numbers of all runners the only way identify unique individuals across years is to combine their forename initial, their surname and their club. Its important to add club because there can be multiple J. Murphy's for example.

Forename initials were provided in most of the results. Therefore even though full names were available in later years these were converted to an initial for consistency.

Because a combination of forename initial, surname and club are used to track athletes the process will fail in the following instances

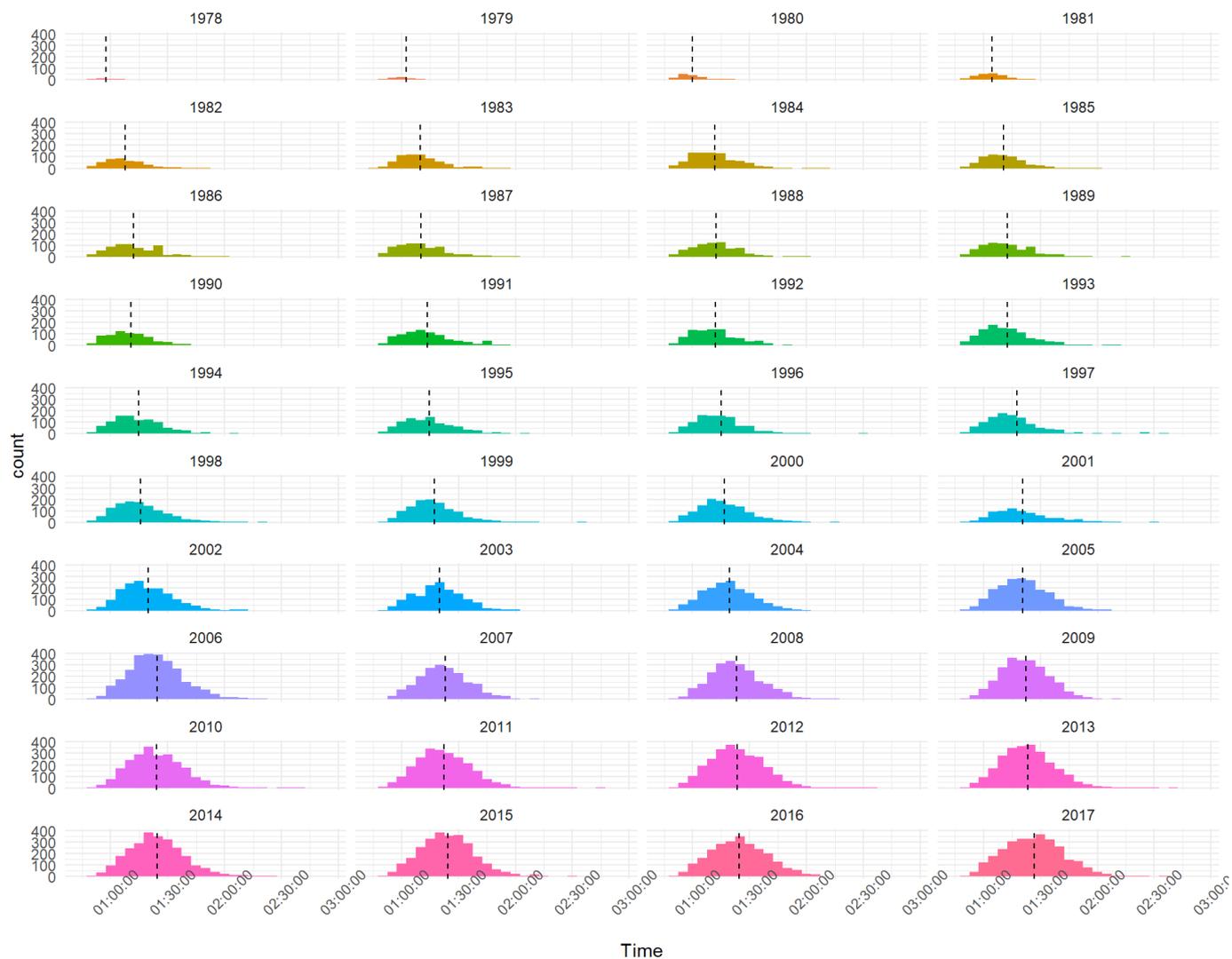
- athletes changing club
- athletes changing surname e.g. through marraige
- athletes that used Irish/English versions of their surname on different occasions when entering
- no attempt was made to correct surname spellings except those which start with "O"
- results reported here are by no means official and merely represent an honest best effort of summarising 40 years of racing in Ballycotton.

The biggest task was to standardise the way clubs were reported e.g. variations of Leevale/Leevale A.C./Leevale AC. There were some much more complicated examples! For example seven different varations of the word "Clonakilty" were found. Nine different variations each of both "Clonliffe Harriers" and "Drogheda &

District AC" were recorded over the years. Having perhaps underestimated the magnitude of this task it was accomplished finally with 800 lines of code! Once that was done the fun stuff could begin so lets have a look.

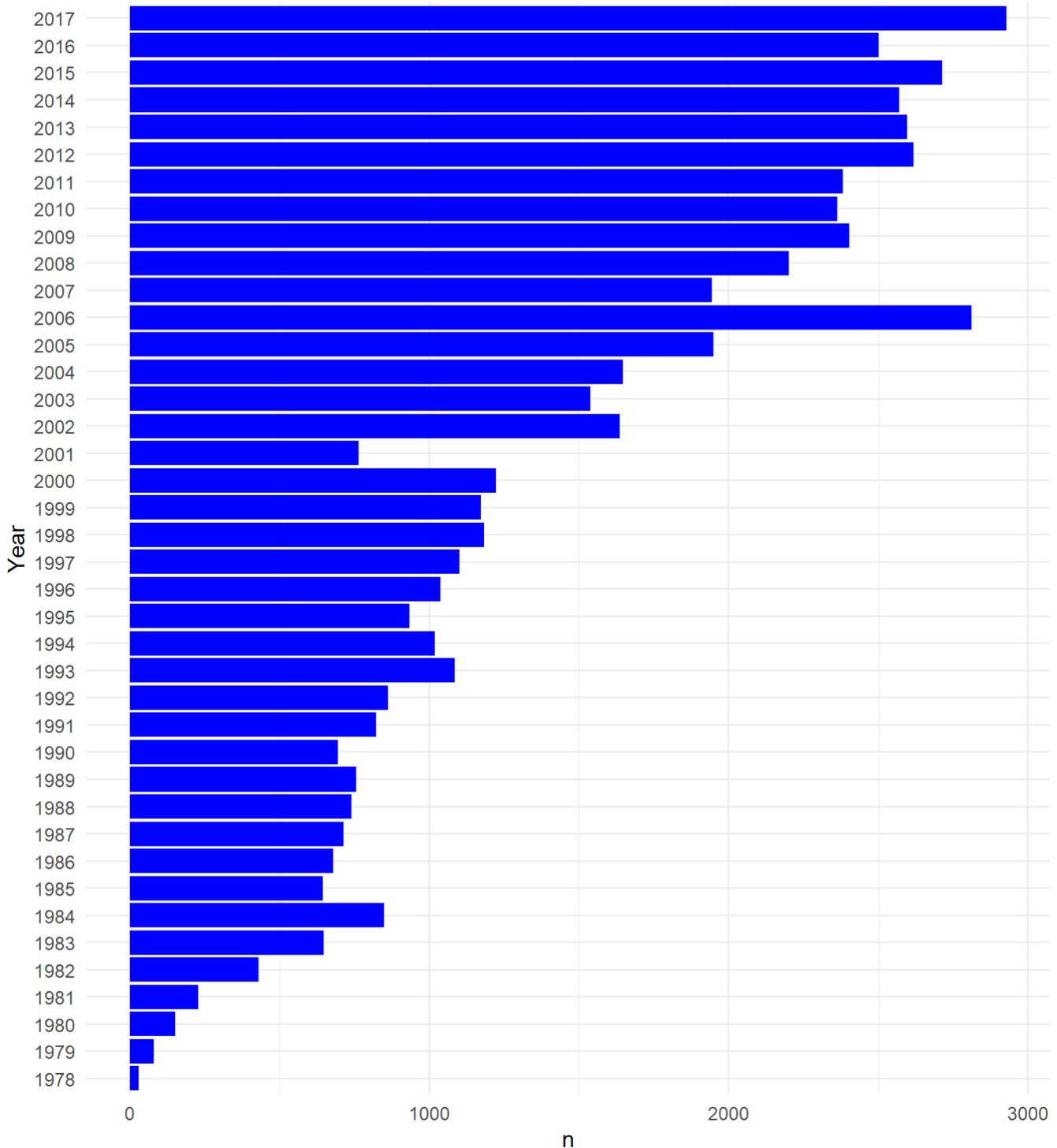
Overview

The Ballycotton 10 course was completed 54649 times by 12098 individuals over the 40 year history of the event.



The plot show the progression of the race over the years from small but quick fields in the first four editions of the race to a point where average finishing times (dashed lines) went out to over 80mins in the later editions.

Number of finishers



The number of finishers grew steadily each year from 31 in the inaugural Ballycotton 10 to a record 2927 in the final year. There is a notable dip in 2001 owing to a June raceday on account of the Foot and Mouth Crisis. There is a big surge of finishers in 2006 before things were scaled back a bit and gradually increased again.

Number of Ballycottions completed

The table below is an attempt at counting the number of Ballycotton 10s completed by each athlete. This is by no means perfect because as mentioned above it relies on a combination of a forename initial, a surname and a club. Affiliation to a club was considered necessary to avoid double counting "P Murphy" from "Cork". The other limitation is with changes in affiliation throughout the years e.g. Liam O'Brien is Middleton AC in 1978 but in time was a member of East Cork AC. Likewise changes in surname as a result of marriage may have introduced errors into this and other tables. The ideal scenario for doing anything sort of work like this is that everyone's AAI membership number would be available i.e. unique person ids for life.

Athletes with 20 or more completions

Athlete	Club	n
J Murphy	Eagle AC	34
J O'Leary	Leevale AC	33
M Murphy	St Finbarrs AC	33
B Kearney	Leevale AC	32
D Mccarthy	East Cork AC	31
D O'Connell	Midleton AC	30
J Walshe	East Cork AC	30
M Lyons	St Finbarrs AC	30
E Mcevoy	St Finbarrs AC	29
M Walsh	Midleton AC	29
W Hayes	St Finbarrs AC	28
D Manning	St Finbarrs AC	27
K Smyth	St Finbarrs AC	27
M Sweeney	St Finbarrs AC	27
P Buckley	St Finbarrs AC	27
J Holland	Mallow AC	26
M Tobin	Grange Fermoy AC	25
P Gaffney	Mallow AC	25
C O'Connell	St Finbarrs AC	24
E Meade	East Cork AC	24
T Buckley	Donoughmore AC	24
T Cody	Midleton AC	24
A Murphy	UCC	23
M Dunne	St Finbarrs AC	23
B O'Reilly	Laragh AC	21
F Cashman	East Cork AC	21
F O'Leary	St Finbarrs AC	21
J Mcurtry	Midleton AC	21
T Halton	Donore Harriers	21
D Nagle	Mallow AC	20
G Walsh	Mullingar Harriers	20

Athlete	Club	n
J Murphy	Leevale AC	20
J Murray	Rising Sun AC	20
M Bulman	Donoughmore AC	20
R Cummins	St Finbarrs AC	20

Number of wins

The table below shows the six men who have won the Ballycotton 10 on multiple occasions. Top of the list is six time winner Noel Berkeley of DSD AC. Sergiu Ciobanu of Clonliffe Harriers was denied a record equalling sixth victory in the final edition of the race in 2017 by Mick Clohisey.

Males with multiple wins

Athlete	n
N Berkeley	6
S Ciobanu	5
J Griffin	4
L O'Brien	4
V Mulvey	3
J Kiernan	2

On the women's side Siobhan O'Doherty of Borrisokane AC claimed the top spot on 4 of the 7 occasions she raced in Ballycotton. E Dowling had consecutive wins in the 80s, before C Kelly went one better in the early 90s. Lizzie Lee of Leevale AC delighted the Cork spectators with back to back wins in 2011 and 2012.

Females with multiple wins

Athlete	Club	n
C Kelly	Blackrock AC	3
S O'Doherty	Borrisokane AC	3
E Dowling	Dublin City Harriers	2
L Lee	Leevale AC	2

Ballycotton proved a remarkably successful hunting ground for Joan Coyle of DSD AC with an incredible 12 age group victories from F40 right through to F65 over a period from 1991 to 2014. A familiar face to many on the Cork road running circuit, Mary Sweeney of St Finbarrs AC picked up a similar haul of 10 age group wins.

Female Age Group Wins

Athlete	Club	n
J Coyle	DSD AC	12
M Sweeney	St Finbarrs AC	10

Athlete	Club	n
C O'Regan	Slaney Olympic	7
A Woodlock	Donore Harriers	5
B Murphy	Kilkenny	5
C Flynn	Grange Fermoy AC	5
A Mccann	Clonmel AC	4
H Ingram	Rathfarnham WSAF AC	4
M Barry	Midleton AC	4
T Guilfoyle	Kilnaboy AC	4
B Murphy	Leevale AC	3
E Kenny	St Finbarrs AC	3
J Ennis	Grange Fermoy AC	3
K O'Brien	East Cork AC	3
M Sheehan	Grange Fermoy AC	3
N Reilly	Drogheda & District AC	3
A Kearney	Clonliffe Harriers	2
A Mcgreal	Sportsworld	2
C Parnell	Leevale AC	2
F Gill	Neath Harriers	2
K Boyle	Kilkenny	2
K Dempsey	Sportsworld	2
K Looney	Blarney-Inniscarra AC	2
L Brennan	Sligo AC	2
M Dunne	Carraig Na Bhfear AC	2
M McCreery	Civil Service	2
M Morley	St Finbarrs AC	2
M Turner	Limerick Country Club	2
P McMahan	North East Runners	2

St Finbarrs AC dominate the table of male age group victories. With 21 finishes in a period from 1978 to 2001, Flor O'Leary had the distinction of winning his age group category on 13 different occasions (M45 to M65). Eamonn McEvoy, also of St Finbarrs AC, had an impressive 11 age group victories in a tally of 29 Ballycotton 10s between 1984 and 2017. Clubmate Cathal O'Connell, always one to judge a race to perfection, plotted his way to 10 age group victories among a fine collection of 24 Ballycotton 10s from 1991 to 2017, in which he broke the hour on every occasion except his debut. Ballycotton was a happy hunting ground for Sean Kearns of Crusaders AC with 11 age group (M60 to M80) victories from his 17 starts.

Male Age Group Wins

Athlete	Club	n
F O'Leary	St Finbarrs AC	13
E Mcevoy	St Finbarrs AC	11
S Kearns	Crusaders AC	11
C O'Connell	St Finbarrs AC	10
J O'Leary	Leevale AC	10
P O'Shea	Iveragh AC	9
T Payne	Tinryland AC	7
C Burke	St. Abbans AC	5
E Mullane	Cork BHAA	5
J Buckley	St Finbarrs AC	5
P Clifford	Limerick	5
W Neenan	Millstreet AC	5
B Early	Civil Service	4
D O'Driscoll	St Finbarrs AC	4
F Cashman	East Cork AC	4
J Cotter	Cobh	4
T Twomey	Metro St Brigids AC	4

Fastest times

Below are tables of the top 10 fastest times recorded on the Ballycotton 10 course for each female category.

Top 10 F fastest times

Athlete	Club	Cat	Time	Year
M Sutton	Westbury Harriers	F	00:55:28	1997
S O'Sullivan	Ballymore Cobh AC (Nike)	F	00:55:37	2001
T Duffy	Beechmount Hrs	F	00:55:56	2000
E Dowling	Dublin City Harriers	F	00:56:00	1985
C Kelly	Blackrock AC	F	00:56:04	1990
V Vaughan	Blarney-Inniscarra AC	F	00:56:08	2001
R Ryan	Bilboa AC	F	00:56:48	2008
V Vaughan	Blarney-Inniscarra AC	F	00:56:51	2004
S O'Doherty	Borrisokane AC	F	00:56:56	2013

Athlete	Club	Cat	Time	Year
M Harrington	Riocht AC	F	00:57:05	1998

Top 10 FJ fastest times

Athlete	Club	Cat	Time	Year
T Rhatigan	UCC	FJ	01:15:30	2009
E Cleary	East Cork AC	FJ	01:17:23	2004
B Maria	UCC	FJ	01:18:47	2014
K Carmody	Cork	FJ	01:21:23	2016
A O'Flynn	Naval Service	FJ	01:21:40	2006
S Heylin	Waterford AC	FJ	01:23:25	2013
L Nugent	Kilkenny City Harriers AC	FJ	01:23:29	2014
B Hand	Dooneen AC	FJ	01:25:06	2008
K Fleming	Ballycotton	FJ	01:25:07	2016
S Power	Youghal AC	FJ	01:26:05	2007

Top 10 F40 fastest times

Athlete	Club	Cat	Time	Year
T Thomson	Civil Service	F40	00:56:22	2000
T Thomson	Babcock-Pit	F40	00:57:30	1999
J Hodgins	Cork	F40	00:58:50	2017
A Mccann	Clonmel AC	F40	00:59:15	2011
M Sheehan	Grange Fermoy AC	F40	00:59:18	2000
A Mccann	Clonmel AC	F40	00:59:46	2012
A Mccann	Clonmel AC	F40	01:00:14	2013
B Murphy	Leevale AC	F40	01:00:19	1993
A Curley	Donore Harriers	F40	01:00:27	2012
P Curley	Tullamore Harriers	F40	01:00:33	2010

Top 10 F45 fastest times

Athlete	Club	Cat	Time	Year
L Brennan	Sligo AC	F45	00:59:27	2007
L Brennan	Sligo AC	F45	00:59:50	2006
F Gill	Neath Harriers	F45	01:01:49	2005

Athlete	Club	Cat	Time	Year
U Plant	Kinsale	F45	01:02:43	2016
T Tuohy	Bilboa AC	F45	01:02:55	2005
A Kearney	Clonliffe Harriers	F45	01:02:59	1996
M Dolan	Rathfarnham WSAF AC	F45	01:03:22	2014
B Murphy	Leevale AC	F45	01:03:23	1998
A Evans	Pontypridd AC	F45	01:03:24	2003
J Hough	St Finbarrs AC	F45	01:03:25	2004

Top 10 F50 fastest times

Athlete	Club	Cat	Time	Year
J Ennis	Grange Fermoy AC	F50	01:04:00	2016
M Sweeney	St Finbarrs AC	F50	01:04:57	2012
M Sweeney	St Finbarrs AC	F50	01:05:11	2013
J Ennis	Grange Fermoy AC	F50	01:05:19	2017
M Sweeney	St Finbarrs AC	F50	01:06:10	2011
J Ennis	Grange Fermoy AC	F50	01:06:34	2015
O O'Rourke	Ballymore Cobh AC	F50	01:06:56	2017
A Donnelly	St Finbarrs AC	F50	01:07:13	2011
M Sweeney	St Finbarrs AC	F50	01:07:26	2014
M Sheehan	Grange Fermoy AC	F50	01:07:40	2008

Top 10 F55 fastest times

Athlete	Club	Cat	Time	Year
M Sweeney	St Finbarrs AC	F55	01:06:38	2016
H Ingram	Rathfarnham WSAF AC	F55	01:09:42	2012
H Ingram	Rathfarnham WSAF AC	F55	01:09:43	2011
M Meredith	Prestatyn Running Club	F55	01:10:17	1999
N Reilly	Drogheda & District AC	F55	01:10:41	2012
M Sweeney	St Finbarrs AC	F55	01:10:50	2017
H Ingram	Rathfarnham WSAF AC	F55	01:10:53	2013
A Fitzgerald	Waterford AC	F55	01:11:31	2013
N Reilly	Drogheda & District AC	F55	01:11:43	2015
S Ui Dhalaiigh	Limerick AC	F55	01:12:07	2016

Top 10 F60 fastest times

Athlete	Club	Cat	Time	Year
C Kennedy	Galway City Harriers	F60	01:06:16	2017
N Reilly	Drogheda & District AC	F60	01:11:48	2016
C Macdomhnaill	West Limerick AC	F60	01:13:53	2015
N Reilly	Drogheda & District AC	F60	01:13:53	2017
J Coyle	DSD AC	F60	01:15:04	2009
J Coyle	DSD AC	F60	01:15:14	2008
K O'Brien	East Cork AC	F60	01:17:26	2006
R Ebisch	The Netherlands	F60	01:18:23	2016
C O'Regan	Slaney Olympics	F60	01:20:15	1998
J Lloyd	Sportsworld	F60	01:20:30	2009

Top 10 F65 fastest times

Athlete	Club	Cat	Time	Year
M Lynch	Raheny Shamrock AC	F65	01:18:14	2017
J Coyle	DSD AC	F65	01:21:00	2014
J Coyle	DSD AC	F65	01:21:29	2013
E Quigley	Limerick	F65	01:22:06	2006
C O'Regan	Slaney Olympic	F65	01:23:37	2002
C O'Regan	Slaney Olympic	F65	01:24:32	2004
C O'Regan	Slaney Olympic	F65	01:25:21	2005
C O'Regan	Slaney Olympic	F65	01:26:06	2006
C O'Regan	Slaney Olympic	F65	01:26:48	2003
M Dunne	Carraig Na Bhfear AC	F65	01:29:41	2011

Top 10 F70 fastest times

Athlete	Club	Cat	Time	Year
C O'Regan	Slaney Olympic	F70	01:31:34	2007
K Farrell	Glencolmcille	F70	01:43:41	2015
B Murphy	Kilkenny	F70	01:46:58	2011
M Dunne	Grange Fermoy AC	F70	01:48:27	2015
B Murphy	Kilkenny	F70	01:50:31	2010
B Murphy	Kilkenny	F70	01:51:08	2013

Athlete	Club	Cat	Time	Year
B McDonnell	Mullingar Harriers	F70	01:56:26	2017
M Dunne	Grange Fermoy AC	F70	01:58:06	2017
M Dunne	Grange Fermoy AC	F70	01:58:19	2016
T Blake	Dublin	F70	02:10:55	2013

Below are tables of the top 10 fastest times recorded on the Ballycotton 10 course for each male category.

Top 10 M fastest times

Athlete	Club	Cat	Time	Year
G Staines	Belgrave Harriers	M	00:47:00	1995
J Kiernan	Clonliffe Harriers	M	00:47:04	1983
N Berkeley	DSD AC	M	00:47:17	1995
N Berkeley	DSD AC	M	00:47:38	1997
R Treacy	Deise AC	M	00:47:42	1983
N Berkeley	DSD AC	M	00:47:52	2000
L O'Brien	East Cork AC	M	00:47:57	1988
J Lewis	Finn Valley AC	M	00:47:57	2000
N Cusack	Limerick	M	00:48:00	1983
C Kiplagat	Kenya	M	00:48:00	2004

Top 10 MJ fastest times

Athlete	Club	Cat	Time	Year
W Harty	KCK AC	MJ	00:51:24	2002
M Clough	Leeds City AC	MJ	00:53:01	2006
J Grufferty	Leevale AC	MJ	00:53:33	2000
P Harty	West Waterford AC	MJ	00:53:40	1997
P Harty	West Waterford AC	MJ	00:53:42	1996
J O'Callaghan	Leevale AC	MJ	00:54:12	1987
F Meade	Glenbower AC	MJ	00:55:05	2000
K Feen	Leevale AC	MJ	00:55:08	1990
R Collins	East Cork AC	MJ	00:55:28	1987
C Turner	Dooneen AC	MJ	00:55:44	2003

Top 10 M40 fastest times

Athlete	Club	Cat	Time	Year
L O'Brien	East Cork AC	M40	00:50:06	1995
P Flatman	City Of Hull AC	M40	00:50:32	1984
J Kiernan	Clonliffe Harriers	M40	00:50:33	1995
J Kiernan	Clonliffe Harriers	M40	00:50:34	1996
J Griffin	St Johns AC	M40	00:50:54	2000
J Buckley	St Finbarrs AC	M40	00:50:57	1986
L O'Brien	East Cork AC	M40	00:51:20	1996
L O'Brien	East Cork AC	M40	00:51:48	1998
E Coppinger	Civil Service	M40	00:51:52	1998
D Hooper	Raheny Shamrock AC	M40	00:51:58	1997

Top 10 M45 fastest times

Athlete	Club	Cat	Time	Year
M Martin	Sheffield AC	M45	00:52:42	1992
J Buckley	St Finbarrs AC	M45	00:52:45	1991
C Burke	St. Abbans AC	M45	00:53:13	2011
M Neville	Tullamore Harriers	M45	00:53:30	1990
S O'Neill	Rathfarnham WSAF AC	M45	00:53:30	2017
C Merritt	Carraig Na Bhfear AC	M45	00:53:37	2017
C Maher	St Catherine's AC	M45	00:53:39	1996
G Condon	Sli Cualann AC	M45	00:53:43	2017
C Burke	St. Abbans AC	M45	00:53:55	2014
F Walsh	Youghal AC	M45	00:54:00	1988

Top 10 M50 fastest times

Athlete	Club	Cat	Time	Year
J Buckley	St Finbarrs AC	M50	00:54:09	1998
M Martin	Hallamshire H.	M50	00:54:26	1995
C Burke	St. Abbans AC	M50	00:54:50	2016
T Payne	Tinryland AC	M50	00:54:51	2011
C O'Connell	St Finbarrs AC	M50	00:54:51	2014
G Blackburn	Westbury Harriers	M50	00:54:55	1988
G Blackburn	Westbury Harriers	M50	00:54:59	1990

Athlete	Club	Cat	Time	Year
T Payne	Tinryland AC	M50	00:55:10	2012
D O'Driscoll	St Finbarrs AC	M50	00:55:11	1988
C O'Connell	St Finbarrs AC	M50	00:55:29	2016

Top 10 M55 fastest times

Athlete	Club	Cat	Time	Year
T Payne	Tinryland AC	M55	00:56:34	2015
P O'Shea	Iveragh AC	M55	00:57:47	2006
A Jones	Rathfarnham WSAF AC	M55	00:58:05	1998
T Payne	Tinryland AC	M55	00:58:14	2016
P O'Shea	Iveragh AC	M55	00:58:41	2007
F O'Leary	St Finbarrs AC	M55	00:58:49	1992
T Payne	Tinryland AC	M55	00:58:49	2017
F Walsh	Youghal AC	M55	00:58:56	1998
E Mcevoy	St Finbarrs AC	M55	00:59:10	2011
F O'Leary	St Finbarrs AC	M55	00:59:21	1993

Top 10 M60 fastest times

Athlete	Club	Cat	Time	Year
F O'Leary	St Finbarrs AC	M60	00:59:15	1994
F O'Leary	St Finbarrs AC	M60	01:00:15	1995
F O'Leary	St Finbarrs AC	M60	01:01:16	1996
P Dobbs	Thurcock Harr	M60	01:01:35	2000
P O'Shea	Iveragh AC	M60	01:01:50	2011
P O'Shea	Iveragh AC	M60	01:01:58	2012
W Neenan	Millstreet AC	M60	01:02:03	1994
P Dobbs	Slaney Olympic	M60	01:02:15	2002
E Mcevoy	St Finbarrs AC	M60	01:02:34	2016
F O'Leary	St Finbarrs AC	M60	01:02:38	1997

Top 10 M65 fastest times

Athlete	Club	Cat	Time	Year
F O'Leary	St Finbarrs AC	M65	01:04:19	1999

Athlete	Club	Cat	Time	Year
P Dobbs	Slaney Olympic	M65	01:05:20	2006
W Neenan	Millstreet AC	M65	01:06:04	1999
W Neenan	Millstreet AC	M65	01:07:08	2000
S Clifford	Sli Cualann AC	M65	01:08:16	2012
S Clifford	Sli Cualann AC	M65	01:09:22	2013
T Madden	Marian AC	M65	01:09:22	2016
F O'Leary	St Finbarrs AC	M65	01:10:05	2001
D Kelleher	St Finbarrs AC	M65	01:10:48	1996
B Early	Dublin	M65	01:11:07	1996

Top 10 M70 fastest times

Athlete	Club	Cat	Time	Year
J Kirk	Middleton Harriers AC	M70	01:10:11	1996
J Mcnamara	Donore Harriers	M70	01:11:42	2011
J Mcnamara	Donore Harriers	M70	01:11:43	2012
T Twomey	Metro St Brigids AC	M70	01:12:24	2008
W Neenan	Millstreet AC	M70	01:14:11	2004
T Twomey	Metro St Brigids AC	M70	01:14:24	2009
B Early	Civil Service	M70	01:16:25	1998
A Smith	3m Gorseinon Rrc	M70	01:17:36	2004
M Dunne	St Finbarrs AC	M70	01:18:06	2017
B Early	Civil Service	M70	01:18:23	2000

Top 10 M75 fastest times

Athlete	Club	Cat	Time	Year
J O'leary	Leevale AC	M75	01:21:40	2015
J O'Leary	Leevale AC	M75	01:22:28	2014
J O'Leary	Leevale AC	M75	01:28:29	2016
T Twomey	Metro St Brigids AC	M75	01:29:00	2013
T Twomey	Metro St Brigids AC	M75	01:30:23	2014
J O'Leary	Leevale AC	M75	01:32:52	2017
J Fitzsimons	Crusaders AC	M75	01:33:41	2013
T Twomey	Metro St Brigids AC	M75	01:33:46	2015

Athlete	Club	Cat	Time	Year
P Gaffney	Mallow AC	M75	01:33:51	2017
P Gaffney	Mallow AC	M75	01:34:28	2016

Top 10 M80 fastest times

Athlete	Club	Cat	Time	Year
P Clifford	Limerick	M80	02:03:06	2011
S Kearns	Crusaders AC	M80	02:15:09	2011
N Murphy	Limerick	M80	02:15:32	2012
S Kearns	Crusaders AC	M80	02:19:26	2010
P Clifford	Limerick	M80	02:19:49	2013
A Coogan	Limerick Country Club	M80	02:25:58	2012
P Clifford	Limerick	M80	02:28:12	2014
J Collins	Limerick Country Club	M80	02:42:34	2014

Top 100s

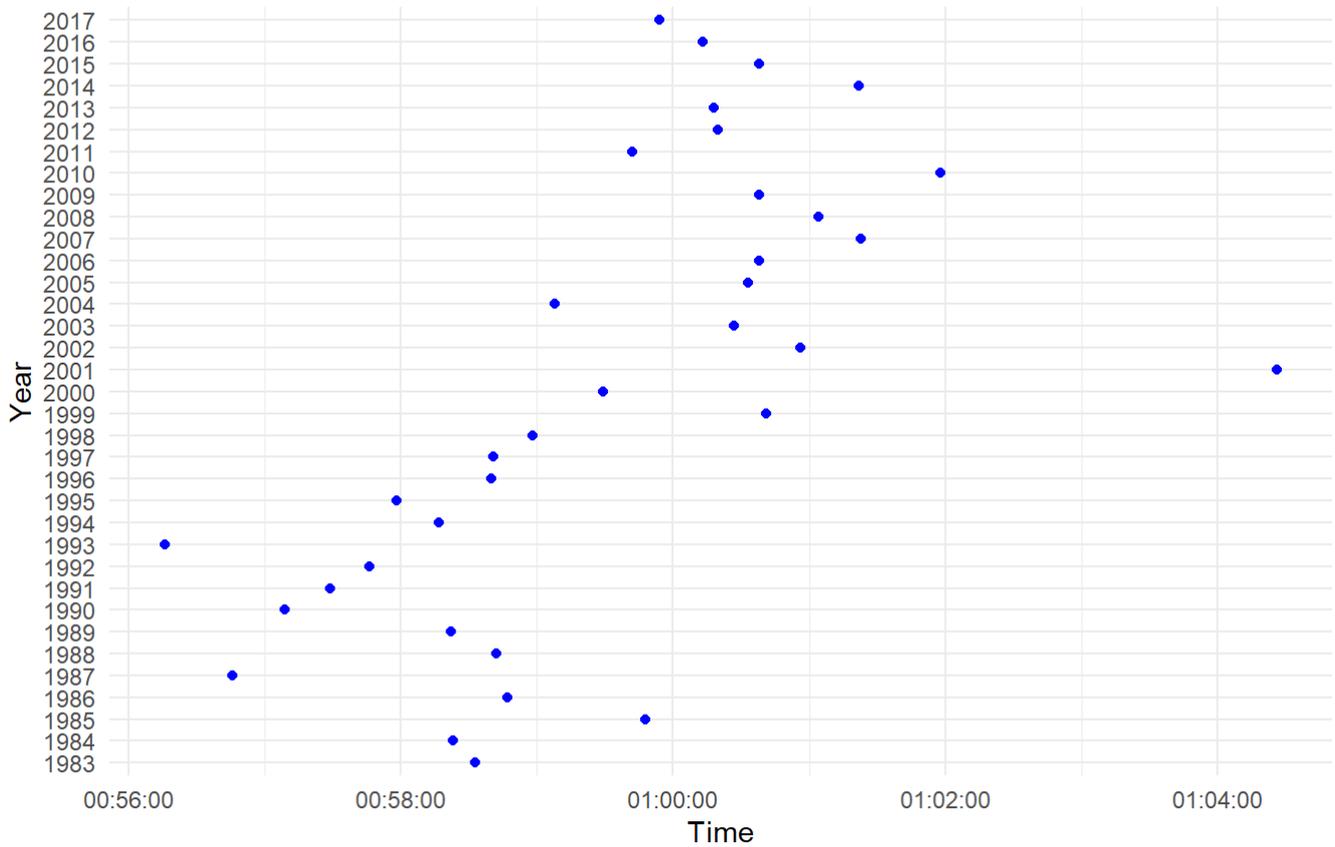
As well as the much loved collectable finisher mugs another feature of the Ballycotton 10 was the Top 100 t-shirt given out to the top 100 finishers and worn proudly for the following year. I am not sure when this tradition started but let's assume from the start and let's look in to what was required to secure a Top 100 t-shirt over the years.

The plot below shows the times required to finish inside the top 100 in each edition with over 500 competitors. As the race grew in size from that point some interesting patterns can be seen. First is the general (almost linear) trend of slower finishing times required to get into the top 100 from 1987 on. Secondly the milestone requirement to run under an hour was needed until 1999. However this was restored on four more occasions- in 2000, 2004, 2011 and 2017. 2001 was the most lenient year as many top athletes missed the event as it moved from its traditional March slot due to the Foot & Mouth Crisis. At the turn of century the target seemed to stabilise between 60-61mins with additional notable exceptions of 61:58 in 2010 followed by 59:42 the following year. The purists, such as David O'Dwyer

(http://www.eastcorkac.org/uploads/1/1/4/5/114567629/irish_runner.pdf), may take some satisfaction that Brian Flannelly of Dooneen AC claimed 100th place in the final edition of the race in 2017 with a finishing time of 59:54.

Finishing time for 100th place

Restricted to each edition of the Ballycotton 10 with over 500 competitors

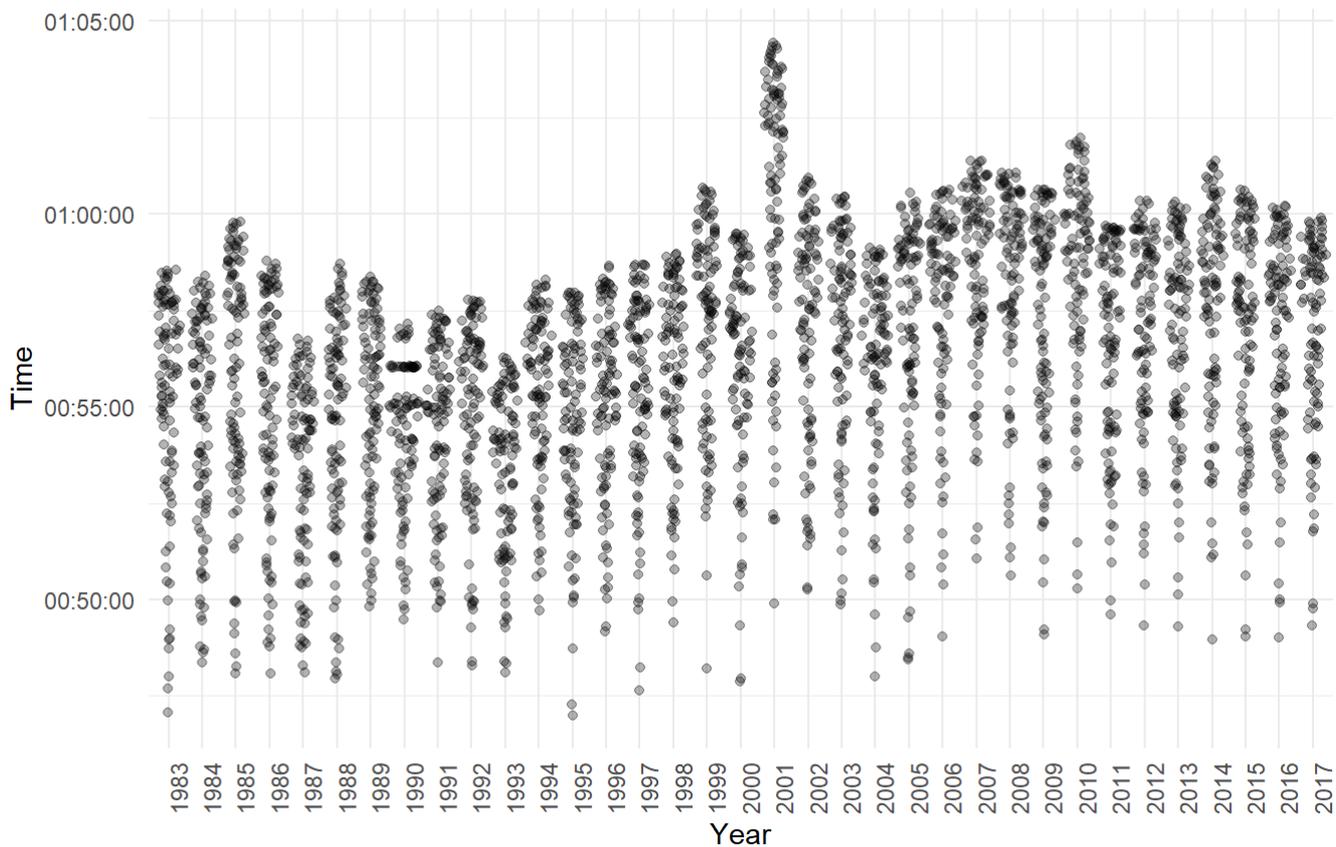


Distribution of Top 100 times

The plot below depicts every finishing time for each Top 100 finisher from 1983 onwards. There is a clear pattern of rare elite times each year and a flurry of competitors finishing together around the 58min mark (pre 1998) or 60min mark (post 2002) to get into the top 100. You can appreciate a well documented gradual decline in the standard of the top 100 finishers from 1993 to 2010. 2001, as mentioned above, is an outlier because many athletes missed the event because of the June date. In the final seven editions of the race, although the winning times did not match those of days gone by, the standard of the top 100 at least stabilised or possibly even improved. I think its also interesting to see the big gaps between finishers which spectators must have experienced on the final hill in Ballycotton particularly in 1991, 1995, 1999, 2001, 2014 and 2017.

Distribution of Top 100 finishing times

Restricted to each edition of the Ballycotton 10 with over 500 competitors



Collectors of Top 100 tshirts

Denis McCarthy of East Cork AC and Eamon McEvoy of St Finbarrs AC share the distinction of having the most top 100 finishes at 23. Again a table such as this one may be vulnerable to changes in affiliation of athletes over time.

Top 100 Finishes

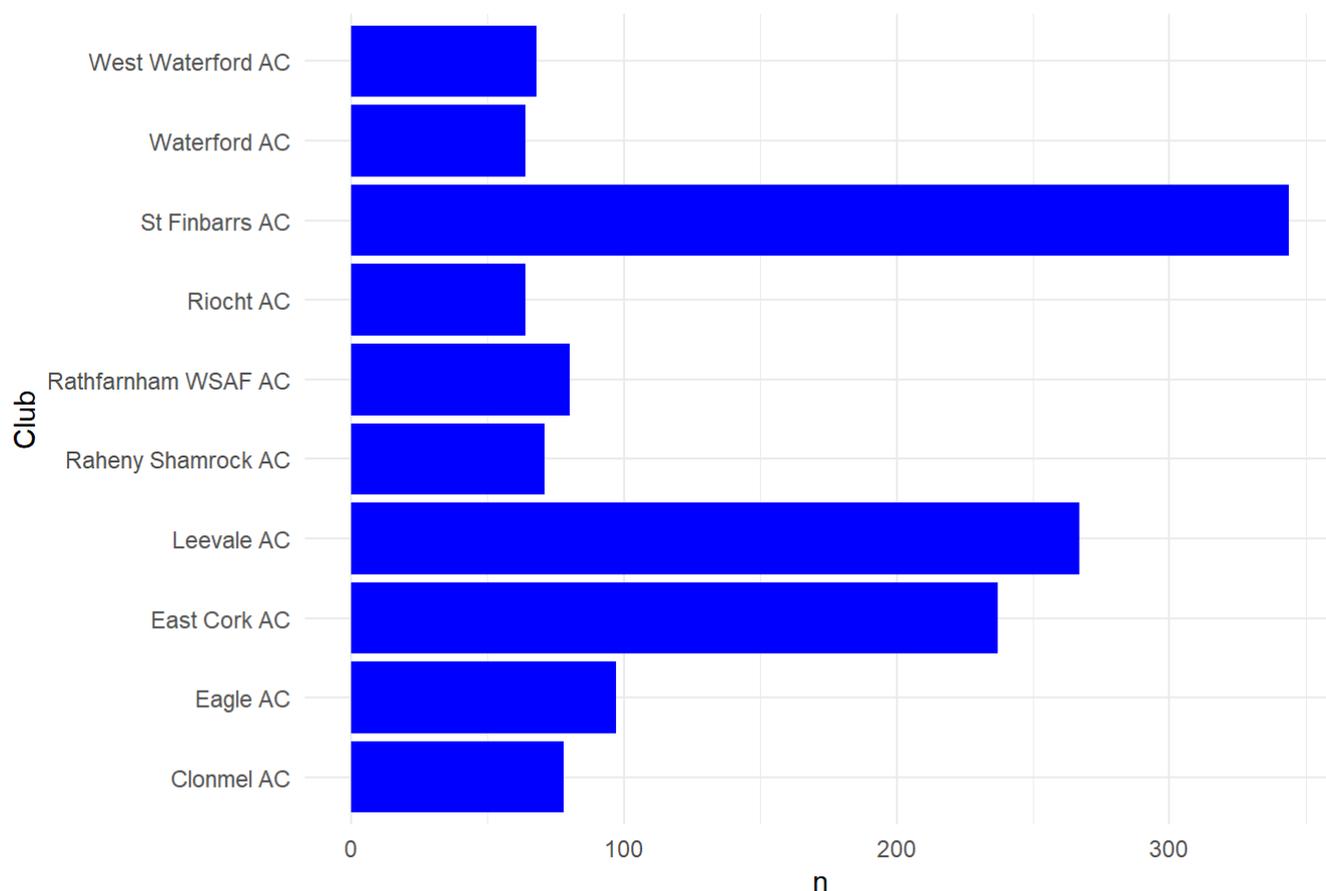
Athlete	Club	n
D Mccarthy	East Cork AC	23
E Mcevoy	St Finbarrs AC	23
C O'Connell	St Finbarrs AC	22
E Meade	East Cork AC	18
J Buckley	St Finbarrs AC	16
E Crockett	St Finbarrs AC	15
F Cashman	East Cork AC	15
J Griffin	St Johns AC	14
L O'Brien	East Cork AC	13
P Kerrigan	Mallow AC	13
L Kennedy	Waterford AC	12

Athlete	Club	n
D O'Mahony	East Cork AC	11
J Lenihan	Riocht AC	11
M Dunne	St Finbarrs AC	11
M Fennell	Civil Service	11
P Murphy	Eagle AC	11
R Crowley	St Finbarrs AC	11
T Mason	West Waterford AC	11
A O'Shea	Bantry AC	10
C Marshall	St Finbarrs AC	10
D Smith	Ballynonty AC	10
E Mcgrath	Liffey Valley AC	10
G Cantwell	Dungarvan AC	10
G Mullane	Limerick AC	10
J Mccarthy	East Cork AC	10
T Payne	Tinryland AC	10
W Sosnowski	Eagle AC	10

Clubs with Top 100 finishers

Indeed the list above is dominated by the clubs of Denis and Eamon so let's look to see which club has the most top 100 finishes to their names. The plot below shows the domination of the three Cork distance running powerhouses. St Finbarrs had someone inside the top 100 on 344 occasions. Leevale AC accomplished this on 267 occasions while athletes from the local club, East Cork AC, made it into the top 100 on 237 occasions. Leevale had no prolific individual top 100 finishers in the table above but still come out second overall in club which is a result of their large membership. Reflecting the quality of the athletes and the level of support they provided to the event two Dublin clubs, Rathfarnham WSAF AC and Raheny Shamrock AC, also made the top 10.

Clubs with most Top 100 finishers (1980-2017)



Results

1978

Top 3 1978

Cat	Athlete	Club	Time
M	R Crowley	St Finbarrs AC	00:50:22
M	L O'Brien	Midleton AC	00:51:03
M	D Hodgins	Leevale AC	00:51:28

Top 3 Teams 1978

Pos	Athlete	Club	Time	Points
3	D Hodgins	Leevale AC	00:51:28	12
4	N Shannon	Leevale AC	00:51:41	12
5	M Walshe	Leevale AC	00:52:03	12
1	R Crowley	St Finbarrs AC	00:50:22	18
7	J Buckley	St Finbarrs AC	00:52:58	18
10	D Manning	St Finbarrs AC	00:53:58	18

Pos	Athlete	Club	Time	Points
2	L O'Brien	Midleton AC	00:51:03	30
9	P Mulholland	Midleton AC	00:53:52	30
19	J Martin	Midleton AC	00:57:26	30

1979

Top 3s 1979

Cat	Athlete	Club	Time
F	M Dempsey	Youghal	01:08:47
F	H Casey	Midleton	01:10:41
F	A Kelly	Bandon	01:22:39
M	P Hooper	Raheny Shamrock AC	00:49:12
M	L O'Brien	Midleton	00:50:42
M	D O'Connor	Kilkenny	00:51:02

Top 3 Teams 1979

Pos	Athlete	Club	Time	Points
1	P Hooper	Raheny Shamrock AC	00:49:12	10
4	J Maher	Raheny Shamrock AC	00:51:05	10
5	P Brady	Raheny Shamrock AC	00:51:11	10
3	D O'Connor	Kilkenny	00:51:02	27
11	G Kavanagh	Kilkenny	00:53:39	27
13	L Kealy	Kilkenny	00:54:07	27
8	P Duggan	Leevale AC	00:52:25	27
9	J Murphy	Leevale AC	00:53:00	27
10	L Horgan	Leevale AC	00:53:32	27

1980

Top 3s 1980

Cat	Athlete	Club	Time
F	B Hartnett	Midleton	01:09:53
M	L O'Brien	Midleton	00:49:25
M	P Kerrigan	Dundrum	00:49:42

Cat	Athlete	Club	Time
M	J O'Toole	Tullamore Harriers	00:49:57

Top 3 Teams 1980

Pos	Athlete	Club	Time	Points
4	N Shannon	Leevale AC	00:50:10	28
6	D Hodgins	Leevale AC	00:50:37	28
18	A Buckley	Leevale AC	00:52:36	28
3	J O'Toole	Tullamore Harriers	00:49:57	34
9	M Hayden	Tullamore Harriers	00:51:12	34
22	F Mcgovern	Tullamore Harriers	00:52:48	34
1	L O'Brien	Midleton	00:49:25	50
12	P White	Midleton	00:51:29	50
37	A Decogan	Midleton	00:54:38	50

1981

Top 3s 1981

Cat	Athlete	Club	Time
F	M Buckley	Leevale AC	01:04:12
F	B Mccabe	Mullingar	01:04:18
F	N Logan	Limerick	01:04:43
M	L O'Brien	Midleton	00:50:53
M	D Hodgins	Leevale AC	00:51:17
M	T Jordan	Waterford City AC	00:51:02
M40	N Hendricks	Slaneyside AC	00:55:08
M40	F Larkin	Slaneyside AC	00:55:52
M40	J O'Leary	St Finbarrs AC	00:56:05
M50	M Harte	Leevale AC	01:06:01
M50	H Crossan	Belfast Olympic	01:09:47

Top 3 Teams 1981

Pos	Athlete	Club	Time	Points
1	L O'Brien	Midleton	00:50:53	17
4	P Whyte.	Midleton	00:51:27	17

Pos	Athlete	Club	Time	Points
12	P Mulholland	Midleton	00:53:18	17
6	R Crowley	St Finbarrs AC	00:51:48	28
8	J Hartnett	St Finbarrs AC	00:52:24	28
14	D O'Sullivan	St Finbarrs AC	00:53:48	28
2	D Hodgins	Leevale AC	00:51:17	35
7	M Walsh	Leevale AC	00:52:13	35
26	A Buckley	Leevale AC	00:55:19	35

1982

Top 3s 1982

Cat	Athlete	Club	Time
F	C Hourihan	St Finbarrs AC	01:01:08
F	M Buckley	Leevale AC	01:02:24
F	C Murphy	Limerick	01:02:37
M	N Cusack	Limerick	00:48:01
M	L O'Brien	Midleton	00:48:59
M	J Mcglynn	Donore Harriers	00:49:19
M40	D Hodgins	Leevale AC	00:52:10
M40	J O'Callaghan	Leevale AC	00:55:25
M40	D O'Driscoll	Cork RRC	00:55:55
M45	J Kennedy	Belfast Olympic	00:56:12
M45	F O'Leary	St Finbarrs AC	00:57:47
M45	M Mcnamara	Redgate	01:00:02
M50	P Kelly	NA	01:04:09
M50	B O'Sullivan	St Finbarrs AC	01:09:48
M50	M Walsh	NA	01:10:24
M55	M Harte	Leevale AC	01:06:40
M55	P Cadogan	R.t.c.	01:23:42
M55	S Murphy Snr.	Leevale AC	01:51:46

Top 3 Teams 1982

Pos	Athlete	Club	Time	Points
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Pos	Athlete	Club	Time	Points
5	J Griffin	St Johns AC	00:49:35	28
9	S Griffin	St Johns AC	00:51:01	28
14	L Griffin	St Johns AC	00:51:56	28
6	J Hartnett	St Finbarrs AC	00:50:21	37
15	D Manning	St Finbarrs AC	00:51:58	37
16	R Crowley	St Finbarrs AC	00:52:02	37
1	N Cusack	Limerick	00:48:01	44
21	P Varley	Limerick	00:52:36	44
22	J Fahy	Limerick	00:52:45	44

1983

Top 3s 1983

Cat	Athlete	Club	Time
F	M Cotter	Riocht AC	01:00:34
F	C Hourihan	St Finbarrs AC	01:03:02
F	A Murphy	Dublin City Harriers	01:03:34
M	J Kiernan	Clonliffe Harriers	00:47:04
M	R Treacy	Deise AC	00:47:42
M	N Cusack	Limerick	00:48:00
M40	J O'Leary	St Finbarrs AC	00:56:00
M40	P Walsh	Farranfore	00:56:31
M40	T O'Loughlin	Clonmel	00:57:13
M45	D O'Driscoll	Cork RRC	00:55:17
M45	T Twomey	Metro St Brigids AC	00:57:38
M45	F O'Leary	St Finbarrs AC	00:57:46
M50	D Sheehan	North Cork	01:01:44
M50	P Kelly	NA	01:06:21
M50	B O'Sullivan	St Finbarrs AC	01:08:41
M55	J Kelly	Liffey Valley AC	01:09:24
M55	J Hore	NA	01:33:25

Top 3 Teams 1983

Pos	Athlete	Club	Time	Points
6	J Hartnett	St Finbarrs AC	00:48:59	28
9	W Horgan	St Finbarrs AC	00:50:25	28
13	D Manning	St Finbarrs AC	00:51:22	28
8	T O'Leary	Leevale AC	00:49:58	38
11	W Fitzgerald	Leevale AC	00:50:49	38
19	P Duggan	Leevale AC	00:52:47	38
2	R Treacy	Deise AC	00:47:42	41
14	J Mulligan	Deise AC	00:52:02	41
25	D Grant	Deise AC	00:53:34	41

1984

Top 3s 1984

Cat	Athlete	Club	Time
F	E Dowling	Dublin City Harriers	00:57:42
F	A Murphy	Dublin City Harriers	00:58:39
F	C Hourihan	St Finbarrs AC	00:58:47
F50	M Walsh	Lee O.	01:13:48
M	T O'Leary	Leevale AC	00:48:22
M	L O'Brien	Midleton AC	00:48:38
M	J Griffin	St Johns AC	00:48:42
M40	P Flatman	City Of Hull AC	00:50:32
M40	T O'Loughlin	Clonmel AC	00:53:18
M40	D Hodgins	Leevale AC	00:53:34
M45	D O'Driscoll	Cork RRC	00:55:32
M45	J O'Callaghan	Leevale AC	00:55:49
M45	J O'Leary	Leevale AC	00:57:18
M50	D Murphy	UCC	01:01:09
M50	L Philpott	Cork	01:01:31
M50	B O'Sullivan	St Finbarrs AC	01:05:45
M55	D Kiely	Mallow AC	01:10:52
M55	M Harte	Leevale AC	01:11:03
M55	J Kelly	Liffey Valley AC	01:11:42

Cat	Athlete	Club	Time
M60	D O'Brien	Cork	01:29:35

Top 3 Teams 1984

Pos	Athlete	Club	Time	Points
1	T O'Leary	Leevale AC	00:48:22	31
13	D Walsh	Leevale AC	00:50:43	31
17	M Carey	Leevale AC	00:51:33	31
2	L O'Brien	Midleton AC	00:48:38	41
8	P Whyte	Midleton AC	00:49:52	41
31	P Mulholland	Midleton AC	00:53:16	41
7	R Burke	St Finbarrs AC	00:49:47	41
15	R Crowley	St Finbarrs AC	00:51:15	41
19	J Hartnett	St Finbarrs AC	00:51:51	41

1985

Top 3s 1985

Cat	Athlete	Club	Time
F	E Dowling	Dublin City Harriers	00:56:00
F	E Prunty	Leevale AC	01:01:21
F	C Hennessy	Slaneyside AC	01:01:30
M	J Dingwall	City Of Hull AC	00:48:05
M	D Hooper	Raheny Shamrock AC	00:48:16
M	R Costello	Burgerland Limerick	00:48:36
M40	P Flatman	City Of Hull AC	00:53:39
M40	M Eville	Tullamore Harriers	00:53:47
M40	G Walsh	Youghal AC	00:54:37
M45	D O'Driscoll	St Finbarrs AC	00:54:18
M45	J Murphy	Cork	01:03:35
M45	J Cotter	Cork	01:04:57
M50	F O'Leary	St Finbarrs AC	00:58:46
M50	L Philpott	Cork	01:01:28
M50	D Ryan	Cork	01:06:26

Cat	Athlete	Club	Time
M55	J Doyle	St Corans AC	01:15:49
M55	P Barron	Wexford	01:27:52
M55	P Redmond	Wexford	01:28:54
M60	J Kelly	Liffey Valley AC	01:12:32
M65	J Hore	Wexford	01:34:16

Top 3 Teams 1985

Pos	Athlete	Club	Time	Points
10	M Carey	Leevale AC	00:51:26	39
12	P O'Mahony	Leevale AC	00:52:14	39
17	E Bergin	Leevale AC	00:53:05	39
11	J Buckley	St Finbarrs AC	00:51:35	44
14	S Harte	St Finbarrs AC	00:52:36	44
19	E Crockett	St Finbarrs AC	00:53:15	44
8	T Ryan	Dungarvan AC	00:49:58	67
28	M Roche	Dungarvan AC	00:53:53	67
31	L Dwyer	Dungarvan AC	00:54:04	67

1986

Top 3s 1986

Cat	Athlete	Club	Time
F	L Mcgrillen	Dublin City Harriers	00:57:23
F	C Kennedy	Galway City Harriers	00:57:36
F	A Sweeney	City Of Hull A.c	00:59:54
F35	K Dempsey	Sportsworld	01:07:58
F35	J Joyce	Dublin	01:12:25
F35	G O'Reilly	G.c.h.	01:16:02
M	R Costello	Limerick AC	00:48:05
M	L O'Brien	East Cork AC	00:48:47
M	J Griffin	St Johns AC	00:48:53
M40	J Buckley	St Finbarrs AC	00:50:57
M40	C Abrahams	Exeter Harriers	00:52:58

Cat	Athlete	Club	Time
M40	J Cregan	Croom AC	00:53:54
M45	M Neville	Tullamore Harriers	00:54:40
M45	D O'Driscoll	St Finbarrs AC	00:55:46
M45	J O'Leary	St Finbarrs AC	00:58:12
M50	F O'Leary	St Finbarrs AC	00:56:34
M50	D Murphy	UCC	01:01:16
M50	L Philpott	Cork	01:03:52
M55	B O'Sullivan	St Finbarrs AC	01:07:58
M55	M O'Shea	Tralee Veterans	01:10:38
M55	J Forde	Leevale AC	01:16:37
M60	M Harte	Leevale AC	01:06:25
M60	J Kelly	Liffey Valley AC	01:14:50
M60	J Hore	Wexford	01:32:53

Top 3 Teams 1986

Pos	Athlete	Club	Time	Points
2	L O'Brien	East Cork AC	00:48:47	35
16	D Mccarthy	East Cork AC	00:51:32	35
17	B Meade	East Cork AC	00:52:01	35
6	R Burke	St Finbarrs AC	00:49:35	38
14	J Buckley	St Finbarrs AC	00:50:57	38
18	E Mcevoy	St Finbarrs AC	00:52:06	38
4	R Williams	Exeter Harriers	00:49:00	40
9	G Seward	Exeter Harriers	00:50:27	40
27	C Abrahams	Exeter Harriers	00:52:58	40

1987

Top 3s 1987

Cat	Athlete	Club	Time
F	A Smyth	Dublin City Harriers	00:57:07
F	M Brayley	Dublin City Harriers	00:57:43
F	E Dowling	Publin City Hrs.	00:58:51

Cat	Athlete	Club	Time
F35	K Connors	Dungarvan	01:06:47
F35	M Lee	Cork	01:10:02
F35	A Mcdonnell	Sportsworld	01:11:40
F40	K Looney	Blarney-Inniscarra AC	01:02:49
F40	M Morley	St Finbarrs AC	01:06:23
F40	K Dempsey	Sportsworld	01:09:00
M	J Kiernan	Clonliffe Harriers	00:48:06
M	R Costello	Limerick AC	00:48:18
M	L O'Brien	East Cork AC	00:48:46
M40	D Shannon	Tinryland AC	00:53:03
M40	M Neville	Tullamore Harriers	00:53:44
M40	F Walsh	Youghal AC	00:54:08
M45	D O'Driscoll	St Finbarrs AC	00:54:47
M45	J O'Leary	Leevale AC	00:56:18
M45	J O'Leary	St Finbarrs AC	00:56:54
M50	F O'Leary	St Finbarrs AC	00:57:38
M50	W Neenan	Millstreet AC	00:58:24
M50	T Twomey	Metro St Brigids AC	00:59:14
M55	B O'Sullivan	St Finbarrs AC	01:12:11
M55	J Forde	Leevale AC	01:15:39
M60	F Rosborough	Cork	01:10:26
M60	J Power	Youghal AC	01:20:36
M60	J Hore	Wexford	01:38:29
MJ	J O'Callaghan	Leevale AC	00:54:12
MJ	R Collins	East Cork AC	00:55:28
MJ	G Sheehan	North Cork	00:58:21

Top 3 Teams 1987

Pos	Athlete	Club	Time	Points
4	R Williams	Exeter Harriers	00:48:49	26
10	S Coleman	Exeter Harriers	00:49:34	26
12	G Seward	Exeter Harriers	00:49:43	26

Pos	Athlete	Club	Time	Points
1	J Kiernan	Clonliffe Harriers	00:48:06	34
11	E Tierney	Clonliffe Harriers	00:49:38	34
22	P Keane	Clonliffe Harriers	00:51:10	34
3	L O'Brien	East Cork AC	00:48:46	60
25	B Meade	East Cork AC	00:51:37	60
32	J Wallace	East Cork AC	00:52:35	60

1988

Top 3s 1988

Cat	Athlete	Club	Time
F	U Noctor	Dublin City Harriers	00:58:13
F	M Brayley	Dublin City Harriers	00:58:57
F	F Murphy	Dublin City Harriers	00:59:52
F35	B Murphy	Leevale AC	01:04:29
F35	M Lee	Cork	01:10:19
F35	J Hayden	Metro St Brigids AC	01:11:29
F40	K Looney	Blarney-Inniscarra AC	01:03:08
F40	M Morley	St Finbarrs AC	01:03:44
F40	J Comiskey	Clontarf	01:05:31
M	L O'Brien	East Cork AC	00:47:57
M	C Buckley	Westbury Harriers	00:48:03
M	R Costelloe	Limerick AC	00:48:08
M40	J Buckley	St Finbarrs AC	00:53:16
M40	T O'Loughlin	Clonmel	00:53:50
M40	P O'Reilly	Donore Harriers	00:55:19
M45	F Walsh	Youghal AC	00:54:00
M45	M Neville	Tullamore Harriers	00:54:46
M45	J O'Leary	Leevale AC	00:57:18
M50	G Blackburn	Westbury Harriers	00:54:55
M50	D O'Driscoll	St Finbarrs AC	00:55:11
M50	F O'Leary	St Finbarrs AC	00:59:33
M55	P Mchugh	Fermoy	01:10:28

Cat	Athlete	Club	Time
M55	B O'Sullivan	St Finbarrs AC	01:11:20
M55	J Hourigan	Midleton	01:20:54
M60	D Kiely	Mallow AC	01:13:18
M60	J Kelly	Liffey Valley AC	01:20:38
M60	L O'Callaghan	O'callaghans Runners	01:29:20
MJ	P O'Connor	East Cork AC	00:56:21
MJ	D Collins	Leevale AC	00:59:07
MJ	E O'Connell	Mallow	01:02:00

Top 3 Teams 1988

Pos	Athlete	Club	Time	Points
1	L O'Brien	East Cork AC	00:47:57	22
9	J Wallace	East Cork AC	00:49:59	22
12	B Meade	East Cork AC	00:51:05	22
10	S Harte	St Finbarrs AC	00:50:22	45
16	J Mcsweeney	St Finbarrs AC	00:51:51	45
19	E Crockett	St Finbarrs AC	00:52:03	45
14	T Finn	Raheny Shamrock AC	00:51:09	59
22	C Crowley	Raheny Shamrock AC	00:52:26	59
23	M Gygax	Raheny Shamrock AC	00:52:35	59

1989

Top 3s 1989

Cat	Athlete	Club	Time
F	O Bollard	Raheny Shamrock AC	00:58:37
F	U Nector	Dublin City Harriers	00:58:57
F	K O'Doherty	Limerick AC	00:59:45
F35	R Hayden	Raheny Shamrock AC	01:02:36
F35	R Crockett	St Finbarrs AC	01:07:14
F35	J Hayden	Metro St Brigids AC	01:14:58
F40	M Morley	St Finbarrs AC	01:07:15
F40	A Reede	Raheny Shamrock AC	01:07:27

Cat	Athlete	Club	Time
F40	E O'Reilly	Donore Harriers	01:12:33
M	L O'Brien	East Cork AC	00:49:49
M	J Kiernan	Clonliffe Harriers	00:49:58
M	J Scanlon	West Limerick AC	00:50:09
M40	M Roche	Dungarvan AC	00:54:16
M40	J Buckley	St Finbarrs AC	00:54:45
M40	D Noonan	Clonliffe Harriers	00:54:49
M45	F Walsh	East Cork AC	00:56:02
M45	P O'Reilly	Donore Harriers	00:56:17
M45	J Haugh	Millstreet AC	00:57:43
M50	D O'Driscoll	St Finbarrs AC	00:55:37
M50	G Blackburn	Westbury Harriers	00:55:47
M50	H Pritchard	Co. Antrim Hrs	00:57:59
M55	W Neenan	Millstreet AC	01:02:13
M55	D Murphy	UCC	01:04:59
M55	T Coughlan	Rising Sun AC	01:09:11
M60	S Kearns	Crusaders AC	01:09:43
M60	T Lynam	Raheny Shamrock AC	01:10:39
M60	D Kiely	Mallow AC	01:14:09
MJ	D Collins	Leevale AC	00:58:27
MJ	M Kearney	East Cork AC	00:59:25
MJ	J Griffin	Listowel AC	00:59:27

Top 3 Teams 1989

Pos	Athlete	Club	Time	Points
3	J Scanlon	West Limerick AC	00:50:09	25
10	M Macdomhnall	West Limerick AC	00:51:33	25
12	T Brouder	West Limerick AC	00:51:39	25
1	L O'Brien	East Cork AC	00:49:49	34
15	J Wallace	East Cork AC	00:51:55	34
18	D O'Mahony	East Cork AC	00:52:19	34
2	J Kiernan	Clonliffe Harriers	00:49:58	53

Pos	Athlete	Club	Time	Points
9	E Tierney	Clonliffe Harriers	00:51:13	53
42	D Noonan	Clonliffe Harriers	00:54:49	53

1990

Top 3s 1990

Cat	Athlete	Club	Time
F	C Kelly	Blackrock AC	00:56:04
F	C Smith	Dublin City Harriers	00:57:09
F	E Bullen	Waterford AC	00:59:46
F35	E Dowling	Dublin City Harriers	00:59:42
F35	B Murphy	Leevale AC	01:00:52
F35	M Lyons	St Finbarrs AC	01:04:10
F40	M Morley	St Finbarrs AC	01:09:00
F40	N Lennon	Polo Pacers	01:17:27
F40	L Chambers	Glanmire	01:19:47
F45	M Cronin	Limerick AC	01:19:53
F45	E O'Reilly	Dalkey	01:20:50
F45	M O'Sullivan	Midleton AC	01:21:22
F50	A Woodlock	Polo Pacers	01:25:54
F50	P Buckley	St Finbarrs AC	01:39:55
M	J Griffin	St Johns AC	00:49:29
M	L O'Brien	East Cork AC	00:49:45
M	S Faulkner	Kilcoole AC	00:49:50
M35	M Kennedy	Clonmel	01:03:43
M40	A Carroll	East Cheshire Harriers	00:53:34
M40	M Roche	Dungarvan AC	00:53:52
M40	J Buckley	St Finbarrs AC	00:54:05
M45	M Neville	Tullamore Harriers	00:53:30
M45	T O'loughlin	Clonmel AC	00:54:58
M45	G Walsh	East Cork AC	00:55:02
M50	G Blackburn	Westbury Harriers	00:54:59
M50	J O'Leary	Leevale AC	00:56:03

Cat	Athlete	Club	Time
M50	B Kennedy	Sportsworld	01:03:08
M55	F O'Leary	St Finbarrs AC	00:59:30
M55	W Neenan	Millstreet AC	01:00:20
M55	D Murphy	UCC	01:02:16
M60	P Mchugh	Grange Fermoy AC	01:13:34
M60	D Kiely	Mallow AC	01:16:20
MJ	K Feen	Leevale AC	00:55:08
MJ	M Boland	Limerick AC	00:56:01
MJ	P O'Brien	Dicks Training Group	01:08:12

Top 3 Teams 1990

Pos	Athlete	Club	Time	Points
2	L O'Brien	East Cork AC	00:49:45	28
12	D O'Mahony	East Cork AC	00:51:46	28
14	E Bergin	East Cork AC	00:51:54	28
7	N Cusack	Limerick AC	00:50:45	37
11	G Mullane	Limerick AC	00:51:38	37
19	A Tracey	Limerick AC	00:52:33	37
5	S Harte	St Finbarrs AC	00:50:27	43
10	R Burke	St Finbarrs AC	00:51:25	43
28	E Mcevoy	St Finbarrs AC	00:53:18	43

1991

Top 3s 1991

Cat	Athlete	Club	Time
F	C Kelly	Blackrock AC	00:57:29
F	B Stankard	Galway City Harriers	00:59:48
F	N Mounty	Westbury Harriers	01:00:04
F35	B Murphy	Leevale AC	00:59:59
F35	B Fogarty	Dublin City Harriers	01:01:09
F35	R Crockett	St Finbarrs AC	01:08:25
F40	J Coyle	DSD AC	01:08:09

Cat	Athlete	Club	Time
F40	H Egloff	Grange Fermoy AC	01:15:21
F40	N Lennon	Polo Pacers	01:17:39
F45	K Dempsey	Sportsworld	01:09:47
F45	G Walsh	Mullingar Harriers	01:16:03
F45	M Cronin	Limerick	01:22:19
F50	E O'Callaghan	Leevale AC	01:23:11
F50	A Woodlock	Polo Pacers	01:23:30
F50	M Switzer.	Sportsworld	01:24:35
F55	C Flynn	Grange Fermoy AC	01:29:05
M	J Griffin	St Johns AC	00:48:22
M	J Kiernan	Clonliffe Harriers	00:49:48
M	L O'Brien	East Cork AC	00:49:57
M40	D Francis	Westbury Harriers	00:52:56
M40	M Roche	Dungarvan AC	00:53:43
M40	R Burke	West Limerick AC	00:55:03
M45	J Buckley	St Finbarrs AC	00:52:45
M45	A Jones	Sportsworld	00:55:28
M45	G Walsh	East Cork AC	00:55:56
M50	M Neville	Tullamore Harriers	00:55:49
M50	J O'Leary	Leevale AC	00:57:18
M50	J O'Callaghan	Leevale AC	00:58:15
M55	F O'Leary	St Finbarrs AC	00:59:26
M55	W Neenan	Millstreet AC	01:00:19
M55	D Murphy	UCC	01:06:50
M60	S Kearns	Crusaders AC	01:10:07
M60	P Mchugh	Grange Fermoy AC	01:12:22
M60	C Toy	East Cheshire Harriers	01:14:59
MJ	A Hogan	Rising Sun AC	01:03:39
MJ	J Travers	Dungarvan AC	01:04:14
MJ	B Trueman	Dungarvan	01:05:11

Top 3 Teams 1991

Pos	Athlete	Club	Time	Points
3	L O'Brien	East Cork AC	00:49:57	24
9	D O'Mahony	East Cork AC	00:50:52	24
12	M Drake	East Cork AC	00:51:32	24
6	R Costello	Limerick	00:50:20	38
7	J Bolger	Limerick	00:50:27	38
25	A Tracey	Limerick	00:52:48	38
11	R Burke	Leevale AC	00:51:10	54
15	L O'Regan	Leevale AC	00:51:48	54
28	T O'Leary	Leevale AC	00:53:03	54

1992

Top 3s 1992

Cat	Athlete	Club	Time
F	C Kelly	Blackrock AC	00:57:32
F	T Tuohy	London Olympic	00:58:24
F	M Brayley	Dublin City Harriers	00:58:55
F35	B Murphy	Leevale AC	00:59:53
F35	M Lyons	St Finbarrs AC	01:06:14
F35	R Crockett	St Finbarrs AC	01:06:59
F40	J Coyle	DSD AC	01:08:10
F40	E Airnes	North Fylde AC	01:15:03
F40	E Kenny	St Senans AC	01:15:41
F45	H Egloff	Swiss Air	01:09:54
F45	G Walsh	Mullingar Harriers	01:16:32
F45	P O'Callaghan	St Finbarrs AC	01:22:27
F50	J Dinan	Cork	01:34:22
F50	P Buckley	St Finbarrs AC	01:35:53
F55	C Flynn	Grange Fermoy AC	01:31:12
F55	M Matthews	Blarney	01:33:14
M	J Griffin	St Johns AC	00:48:17
M	J Kiernan	Clonliffe Harriers	00:48:23
M	R Costelloe	Limerick AC	00:49:16

Cat	Athlete	Club	Time
M40	E Crockett	St Finbarrs AC	00:52:12
M40	J Gaughan	Liffey Valley AC	00:53:59
M40	C Maher	Comeragh Harr	00:54:31
M45	M Martin	Sheffield AC	00:52:42
M45	J Buckley	St Finbarrs AC	00:54:26
M45	T O'Loughlin	Comeragh Harr	00:55:05
M50	D O'Driscoll	St Finbarrs AC	00:55:55
M50	J O'Leary	Leevale AC	00:57:45
M50	M Neville	Tullamore Harriers	00:58:13
M55	F O'Leary	St Finbarrs AC	00:58:49
M55	D Murphy	UCC	01:07:01
M55	D Ryan	St Finbarrs AC	01:09:35
M60	L Philpott	Cork	01:07:56
M60	S Kearns	Crusaders AC	01:11:12
M60	P Mchugh	Grange Fermoy AC	01:12:18
MJ	J Travers	Dungarvan AC	00:58:54
MJ	T O'Callaghan	Leevale AC	01:00:15
MJ	R Kerr	Coleraine Inst	01:00:58

Top 3 Teams 1992

Pos	Athlete	Club	Time	Points
12	S Harte	St Finbarrs AC	00:51:49	48
15	E Crockett	St Finbarrs AC	00:52:12	48
21	F Morrissey	St Finbarrs AC	00:52:37	48
5	L O'Brien	East Cork AC	00:49:51	75
26	T Owens	East Cork AC	00:52:54	75
44	F Cashman	East Cork AC	00:54:58	75
3	R Costelloe	Limerick AC	00:49:16	79
9	J Bolger	Limerick AC	00:50:03	79
67	M Lawton	Limerick AC	00:56:22	79

1993

Top 3s 1993

Cat	Athlete	Club	Time
F	T Tuohy	London Irish AC	00:59:00
F	M Brayley	Dublin City Harriers	01:00:11
F	M Sweeney	St Finbarrs AC	01:00:31
F35	C Smith	Dublin City Harriers	00:57:16
F35	M Sheehan	East Cork AC	01:04:04
F35	M Lyons	St Finbarrs AC	01:06:52
F40	B Murphy	Leevale AC	01:00:19
F40	E Kenny	Midleton AC	01:12:58
F40	A Mcgreal	Sportsworld	01:15:43
F45	J Coyle	DSD AC	01:07:08
F45	M Morley	St Finbarrs AC	01:11:33
F45	H Egloff	Grange Fermoy AC	01:13:07
F50	K Dempsey	Sportsworld	01:09:35
F50	M Gannon	Warrington AC	01:21:05
F50	A Woodlock	Donore Harriers	01:23:16
F55	C Flynn	Grange Fermoy AC	01:34:19
F55	M Matthews	Blarney	01:37:05
F55	H O'Flanagan	Limerick Walker	02:08:28
M	G Curtis	Donore Harriers	00:48:07
M	J Ferrin	North Belfast Harriers	00:48:20
M	J Griffin	St Johns AC	00:48:24
M40	J Cooper	Civil Service	00:53:22
M40	E Crockett	St Finbarrs AC	00:53:54
M40	B Stewart	North Belfast Harriers	00:54:22
M45	F Cashman	East Cork AC	00:54:08
M45	T O'Loughlin	Comeragh Harr	00:54:11
M45	B Sherlock	Monaghan AC	00:55:04
M50	F Walsh	East Cork AC	00:56:54
M50	J O'Leary	Leevale AC	00:57:57
M50	J Haugh	Millstreet AC	00:58:08
M55	F O'Leary	St Finbarrs AC	00:59:21
M55	W Neenan	Millstreet AC	01:01:17

Cat	Athlete	Club	Time
M55	P O'Regan	Limerick AC	01:01:44
M60	L Philpott	Cork	01:07:40
M60	J Hourigan	Midleton AC	01:41:43
M60	B O'Sullivan	St Finbarrs AC	01:15:23
M65	B Early	Civil Service	01:11:27
M65	D Kiely	Mallow AC	01:23:46
M65	J O'Sullivan	Galway City Harriers	01:30:00
MJ	D Drummy	Ring Old Parish AC	00:58:10
MJ	D Travers	Dungarvan AC	00:58:15
MJ	I Kelleher	North Cork	00:58:28

Top 3 Teams 1993

Pos	Athlete	Club	Time	Points
6	L O'Brien	East Cork AC	00:49:31	49
19	J Wallace	East Cork AC	00:51:10	49
24	D O'Mahony	East Cork AC	00:51:42	49
5	J Sullivan	Waterford AC	00:49:25	65
23	J Mulligan	Waterford AC	00:51:23	65
37	M Halley	Waterford AC	00:52:59	65
11	S Shepley	London Irish AC	00:50:44	73
27	J Quirke	London Irish AC	00:51:50	73
35	T Maher	London Irish AC	00:52:51	73

1994

Top 3s 1994

Cat	Athlete	Club	Time
F	M Sweeney	St Finbarrs AC	01:00:51
F	M Hurphy	Mallow AC	01:01:30
F	P Flynn	Stragglers AC	01:02:25
F35	C Smith	Dublin City Harriers	00:58:37
F35	M Sheehan	Grange Fermoy AC	01:01:36
F35	J Hough	St Finbarrs AC	01:03:09

Cat	Athlete	Club	Time
F40	E Dowling	Dublin City Harriers	01:03:55
F40	B Murphy	Leevale AC	01:04:42
F40	R Crockett	St Finbarrs AC	01:06:20
F45	J Coyle	DSD AC	01:07:50
F45	J Comiskey	Raheny Shamrock AC	01:10:52
F45	K Boyle	Kilkenny	01:13:23
F50	M Scott Chambers	Elvet Striders	01:15:36
F50	G Walsh	Mullingar Harriers	01:23:10
F50	R Fox	West Dublin AC	01:31:12
F55	A Woodlock	Donore Harriers	01:19:52
F55	E O'Callaghan	Leevale AC	01:23:09
F55	C Daly	Dublin.	01:37:45
FJ	F Loughnane	Templemore AC	01:40:26
M	J Griffin	St Johns AC	00:49:43
M	G Mcgrath	DSD AC	00:50:00
M	D Reilly	Liverpool Pemb	00:50:35
M40	M Kcdevitt	Wirral AC	00:52:03
M40	J Quirke	London Irish AC	00:52:36
M40	L Foley	Sportsworld	00:53:40
M45	F Cashman	East Cork AC	00:55:48
M45	R Crowley	St Finbarrs AC	00:56:47
M45	M Roche	West Waterford AC	00:56:51
M50	F Walsh	Celtic AC	00:58:17
M50	E Mcgrath	Ballybrack	01:00:40
M50	G Webb	Rising Sun AC	01:00:51
M55	J O'Leary	Leevale AC	01:00:49
M55	J O'Callaghan	Leevale AC	01:00:58
M55	T Twomey	Brigids AC	01:02:44
M60	F O'Leary	St Finbarrs AC	00:59:15
M60	W Neenan	Millstreet AC	01:02:03
M60	D Murphy	UCC	01:06:20
M65	S Kearns	Crusaders AC	01:15:06

Cat	Athlete	Club	Time
M65	P Mchugh	Grange Fermoy AC	01:18:12
MJ	N Dargan	UCD	00:55:57
MJ	A Woods	UCD	00:56:12
MJ	D Drummy	West Waterford AC	00:59:27

Top 3 Teams 1994

Pos	Athlete	Club	Time	Points
8	J Murray	Leevale AC	00:51:39	40
14	R Burke	Leevale AC	00:52:26	40
18	M Bickerdike	Leevale AC	00:53:27	40
5	L O'Brien	East Cork AC	00:51:01	49
16	J Kearney	East Cork AC	00:52:51	49
28	T Owens	East Cork AC	00:54:15	49
7	E Mcgrath	Liffey Valley AC	00:51:14	52
12	E Dolan	Liffey Valley AC	00:52:21	52
33	G Daly	Liffey Valley AC	00:54:44	52

1995

Top 3s 1995

Cat	Athlete	Club	Time
F	C Hennessy	S.d.s. AC	00:59:33
F	M Harrington	Olympic AC	00:59:41
F	M Sweeney	St Finbarrs AC	01:00:36
F35	O Nolan	Sportsworld	01:05:18
F35	M Kelly	South Liverpool AC	01:06:33
F35	M Burns	DSD AC	01:06:57
F40	B Murphy	Leevale AC	01:02:25
F40	B Mccabe	Mullingar Harriers	01:07:00
F40	R Crockett	St Finbarrs AC	01:09:58
F45	E Kenny	St Finbarrs AC	01:08:49
F45	J Comiskey	Raheny Shamrock AC	01:09:02
F45	U Phelan	Lucan Harriers AC	01:16:54

Cat	Athlete	Club	Time
F50	K Boyle	Kilkenny	01:15:03
F50	G Walsh	Mullingar Harriers	01:18:08
F50	E O'Reilly	Dalkey Meet+Tr.	01:24:18
F55	A Woodlock	Donore Harriers	01:17:17
F55	E O'Callaghan	Leevale AC	01:26:32
F55	R Fox	West Dublin AC	01:29:11
F60	C Flynn	Grange Fermoy AC	01:51:17
F65	D Offredi	Wimbledon Windmilers	01:46:56
M	G Staines	Belgrave Harriers	00:47:00
M	N Berkeley	DSD AC	00:47:17
M	G Healy	Civil Service	00:48:44
M40	L O'Brien	East Cork AC	00:50:06
M40	J Kiernan	Clonliffe Harriers	00:50:33
M40	J Quirke	London Irish AC	00:52:17
M45	J Buckley	St Finbarrs AC	00:54:53
M45	D Noonan	Clonliffe Harriers	00:54:59
M45	F Cashman	East Cork AC	00:56:15
M50	M Martin	Hallamshire H.	00:54:26
M50	T O'Loughlin	Comeragh Harr	00:56:18
M50	C Cruise	Civil Service	01:02:54
M55	J O'Leary	Leevale AC	01:01:05
M55	T Twomey	Metro St Brigids AC	01:02:24
M55	J Leonard	Drogheda & District AC	01:02:33
M60	F O'Leary	St Finbarrs AC	01:00:15
M60	D Kelleher	St Finbarrs AC	01:09:45
M60	J Hourigan	Midleton AC	01:13:20
M65	S Kearns	Crusaders AC	01:16:44
M70	N Corish	Raheny Shamrock AC	01:26:46
MJ	R Graham	Team Elliot	00:56:07
MJ	L Hart	Ballymore Cobh AC	00:57:43
MJ	W Corbett	Limerick AC	00:58:04

Top 3 Teams 1995

Pos	Athlete	Club	Time	Points
6	L O'Brien	East Cork AC	00:50:06	33
9	G Barry	East Cork AC	00:50:52	33
18	J Kearney	East Cork AC	00:52:15	33
3	G Healy	Civil Service	00:48:44	43
16	G Hickson	Civil Service	00:52:08	43
24	M Kearney	Civil Service	00:52:41	43
8	J Kiernan	Clonliffe Harriers	00:50:33	55
13	E Tierney	Clonliffe Harriers	00:51:56	55
34	G Brady	Clonliffe Harriers	00:53:49	55

1996

Top 3s 1996

Cat	Athlete	Club	Time
F	K O'dgierty	Dublin City Harriers	01:00:10
F	E Threadgold	Bray Runners	01:00:51
F	C Hennessy	Sds New Ross	01:02:09
F35	K Macleod	Edinburgh AC	00:55:34
F35	M Sheehan	Grange Fermoy AC	01:00:05
F35	O Nolan	Rathfarnham WSAF AC	01:02:32
F40	C Parnell	Leevale AC	01:01:49
F40	B Murphy	Leevale AC	01:03:00
F40	E Lynam	Mallow AC	01:09:01
F45	A Kearney	Clonliffe Harriers	01:02:59
F45	E Kenny	St Finbarrs AC	01:06:56
F45	A Mcgreal	Sportsworld	01:10:32
F50	K Boyle	Kilkenny	01:14:47
F50	M Brown	North Fylde AC	01:15:32
F50	J Mcclughan	CIYMS	01:18:51
F55	A Woodcock	Donore Harriers	01:19:32
F55	E O'Callaghan	Leevale AC	01:30:24
F55	V Delaney	Sportsworld	01:31:31
M	N Berkeley	DSD AC	00:49:10

Cat	Athlete	Club	Time
M	J Griffin	St Johns AC	00:49:18
M	D O'Mahony	East Cork AC	00:50:02
M40	J Kiernan	Clonliffe Harriers	00:50:34
M40	L O'Brien	East Cork AC	00:51:20
M40	E Mcevoy	St Finbarrs AC	00:53:47
M45	C Maher	St Catherine's AC	00:53:39
M45	F Cashman	East Cork AC	00:55:25
M45	M Coche	West Waterford AC	00:56:35
M50	T O'Loughlin	Clonmel AC	00:59:06
M50	E Mcgrath	Ballybrack	01:01:27
M50	P Helliwell	Middleton Harriers AC	01:01:34
M55	J Leoard	Boyne AC	00:59:45
M55	J O'Leary	Leevale AC	01:00:08
M55	J Haugh	Millstreet AC	01:01:32
M60	F O'Leary	St Finbarrs AC	01:01:16
M60	W Neenan	Millstreet AC	01:02:43
M60	B Allen	Harwich Runners	01:08:06
M65	D Kelleher	St Finbarrs AC	01:10:48
M65	B Early	Dublin	01:11:07
M65	L Smyth	Crusaders AC	01:15:15
M70	J Kirk	Middleton Harriers AC	01:10:11
M70	N Corish	Raheny Shamrock AC	01:27:05
MJ	P Harty	West Waterford AC	00:53:42
MJ	M Barry	Atlantic AC	01:01:09
MJ	E Casey	Waterford AC	01:02:40

Top 3 Teams 1996

Pos	Athlete	Club	Time	Points
3	D O'Mahony	East Cork AC	00:50:02	17
5	J Kearney	East Cork AC	00:50:19	17
9	L O'Brien	East Cork AC	00:51:20	17
10	I O'Leary	Leevale AC	00:51:24	41

Pos	Athlete	Club	Time	Points
11	J Collins	Leevale AC	00:51:47	41
20	T O'Flynn	Leevale AC	00:52:58	41
7	L Dunne	Civil Service	00:50:57	44
15	D Ivers	Civil Service	00:52:26	44
22	M Kearney	Civil Service	00:53:12	44

1997

Top 3s 1997

Cat	Athlete	Club	Time
F	M Sutton	Westbury Harriers	00:55:28
F	N O'Sullivan	Riocht AC	01:01:12
F	A Romero	Rathfarnham WSAF AC	01:06:03
F35	C Schum	Clonliffe Harriers	00:55:29
F35	J Kenyon	Bolton	00:57:47
F35	O Nolan	Rathfarnham WSAF AC	01:01:22
F40	C Parnell	Leevale AC	01:03:33
F40	B Murphy	Leevale AC	01:04:17
F40	M Nolan-Hickey	Brehon	01:09:02
F45	A Kearney	Clonliffe Harriers	01:04:47
F45	A Mcgreal	Sportsworld	01:07:17
F45	J Coyle	DSD AC	01:10:13
F50	K D0yle	Kilkenny	01:16:40
F50	M Brown	North Fylde AC	01:18:03
F50	C O'Brien	Ballynoe	01:20:30
F55	A Woodlock	Donore Harriers	01:22:40
F55	R Fox	West Dublin AC	01:31:48
F55	B Murphy	Kilkenny	01:39:27
F60	P McMahan	Dundealgan	01:34:21
F60	C Flyni	Grange Fermoy AC	01:46:21
F60	M Matthews	Blarney	02:09:38
M	N Berkeley	DSD AC	00:47:38
M	K Anderson	Bingley Harrier	00:48:15

Cat	Athlete	Club	Time
M	P Matthews	DSD AC	00:49:45
M40	D Hooper	Raheny Shamrock AC	00:51:58
M40	L O'Brien	East Cork AC	00:53:39
M40	C Crowley	Raheny Shamrock AC	00:54:22
M45	P Ryan	St Finbarrs AC	00:55:07
M45	D Noonan	Naas	00:56:12
M45	F Cashman	East Cork AC	00:57:29
M50	L O'Leary	St Finbarrs AC	00:57:22
M50	E Mullane	Bhaa Cork	01:01:16
M50	F Walsh	Youghal	01:01:20
M55	J Caragher	Cheltenham Harr	01:00:54
M55	J Leonard	Boyne AC	01:01:05
M55	J Mcnamara	Donore Harriers	01:01:36
M60	F O'Leary	St Finbarrs AC	01:02:38
M60	B Allen	Harwich Runners	01:10:32
M60	D Murphy	UCC	01:11:56
M65	B Booth	East Antrim Harriers	01:13:03
M65	L Smyth	Crusaders AC	01:14:58
M65	J Forde	Cork	01:21:38
M70	N Corish	Raheny Shamrock AC	01:35:56
MJ	P Harty	West Waterford AC	00:53:40
MJ	T Bennett	West Waterford AC	00:59:10
MJ	J Herlihy	Riocht AC	00:59:15

Top 3 Teams 1997

Pos	Athlete	Club	Time	Points
1	N Berkeley	DSD AC	00:47:38	19
3	P Matthews	DSD AC	00:49:45	19
15	B Hingston	DSD AC	00:52:38	19
6	J Kearney	East Cork AC	00:50:39	38
9	D O'Mahony	East Cork AC	00:51:39	38
23	L O'Brien	East Cork AC	00:53:39	38

Pos	Athlete	Club	Time	Points
5	P Mckinney	Civil Service	00:50:01	40
16	E Coppinger	Civil Service	00:52:42	40
19	M Kearney	Civil Service	00:53:12	40

1998

Top 3s 1998

Cat	Athlete	Club	Time
F	M Harrington	Riocht AC	00:57:05
F	P Morgan	Liverpool Harriers	00:58:26
F	A Lennon	Mayo AC	01:00:21
F35	J Kenyon	Bolton	00:59:01
F35	M Sheehan	Grange Fermoy AC	01:00:51
F35	L Brennan	Sligo AC	01:02:33
F40	M Greenan	Dublin City Harriers	01:01:19
F40	M Diskin	Riocht AC	01:07:28
F40	E Lynam	Mallow AC	01:10:50
F45	B Murphy	Leevale AC	01:03:23
F45	A Mcgreal	Sportsworld	01:06:29
F45	J Watt	Crusaders AC	01:07:03
F50	J Coyle	DSD AC	01:13:14
F50	J Orritt	Red Rose Rr	01:13:22
F50	C Pattenden	Cheltenham&Co	01:15:36
F55	A Woodlock	Donore Harriers	01:19:02
F55	J Dinan	Cork	01:31:10
F55	B Murphy	Kilkenny	01:31:19
F60	C O'Regan	Slaney Olympics	01:20:15
F60	P McMahon	Dundealghan AC	01:42:58
F65	C Flynn	Grange Fermoy AC	01:45:06
M	P Freary	Bolton United H	00:49:25
M	P Mckinney	Civil Service	00:49:57
M	J Kearney	East Cork AC	00:50:46
M40	L O'Brien	East Cork AC	00:51:48

Cat	Athlete	Club	Time
M40	E Coppinger	Civil Service	00:51:52
M40	D Hooper	Raheny Shamrock AC	00:52:02
M45	P O'Shea	Iveragh AC	00:54:37
M45	P Ryan	St Finbarrs AC	00:55:12
M45	F Cashman	East Cork AC	00:57:18
M50	J Buckley	St Finbarrs AC	00:54:09
M50	G Scott	Poole Runners	00:59:20
M50	L O'Leary	St Finbarrs AC	00:59:31
M55	A Jones	Rathfarnham WSAF AC	00:58:05
M55	F Walsh	Youghal AC	00:58:56
M55	B Geraghty	Galway City Harriers	00:59:33
M60	W Neenan	Millstreet AC	01:05:50
M60	T Pugh	Newtown AC	01:07:49
M60	J Fitzsimons	Crusaders AC	01:08:00
M65	J Hourigan	Midleton AC	01:14:34
M65	M Walsh	North Fylde AC	01:14:47
M65	S Kearns	Crusaders AC	01:17:55
M70	B Early	Civil Service	01:16:25
M70	N Corish	Raheny Shamrock AC	01:36:36
M70	T Neary	Midland Vets	01:46:23
MJ	W Harty	West Waterford AC	00:56:48
MJ	T Bennett	West Waterford AC	00:58:45
MJ	J Bennett	West Waterford AC	01:01:24

Top 3 Teams 1998

Pos	Athlete	Club	Time	Points
3	J Kearney	East Cork AC	00:50:46	14
5	G Barry	East Cork AC	00:51:36	14
6	L O'Brien	East Cork AC	00:51:48	14
2	P Mckinney	Civil Service	00:49:57	18
7	E Coppinger	Civil Service	00:51:52	18
9	M Kearney	Civil Service	00:52:04	18

Pos	Athlete	Club	Time	Points
13	C O'Connell	St Finbarrs AC	00:52:23	54
17	E Mcevoy	St Finbarrs AC	00:53:24	54
24	J Buckley	St Finbarrs AC	00:54:09	54

1999

Top 3s 1999

Cat	Athlete	Club	Time
F	G Foley	Donore Harriers	01:02:58
F	J Killeen	Donore Harriers	01:04:34
F	H Rea	North Cork	01:07:13
F35	E Threadgold	Bray Runners	00:59:35
F35	J Kenyon	Bolton	01:02:06
F35	N O'Sullivan	Riocht AC	01:02:13
F40	T Thomson	Babcock-Pit	00:57:30
F40	J Hough	St Finbarrs AC	01:06:06
F40	S Waterstone	Naas AC	01:07:00
F45	J Watt	Crusaders AC	01:09:24
F45	A Mcgreal	Sportsworld	01:10:29
F45	E Knott	Harwich Runners	01:12:08
F50	J Coyle	DSD AC	01:11:00
F50	K O'Brien	Ballynoe	01:16:51
F50	A Reede	Raheny Shamrock AC	01:18:52
F55	M Meredith	Prestatyn Running Club	01:10:17
F55	M Brown	North Fylde AC	01:16:44
F55	G Walsh	Mullingar Harriers	01:28:15
F60	C O'Regan	Slaney Olympic	01:21:49
F60	M Caldwell	Rrc	01:29:17
F65	P McMahon	North East Runners	01:49:43
M	N Berkeley	DSD AC	00:48:13
M	J Griffin	St Johns AC	00:50:38
M	J Kearney	East Cork AC	00:52:09
M40	A Rowe	Wesham Road Runners	00:52:22

Cat	Athlete	Club	Time
M40	D Hooper	Raheny Shamrock AC	00:52:56
M40	D Kerr	Armagh AC	00:53:17
M45	E Coghlan	Metro St Brigids AC	00:56:00
M45	S Lebelinski	Redhill Rr	00:57:27
M45	M Tobin	Grange Fermoy AC	00:59:31
M50	R Crowley	St Finbarrs AC	00:58:29
M50	F Cashman	East Cork AC	00:58:39
M50	J Buckley	St Finbarrs AC	01:00:38
M55	A Jones	Rathfarnham WSAF AC	01:00:16
M55	B Geraghty	Galway City Harriers	01:00:52
M55	J O'Connell	Belgooley AC	01:04:41
M60	J O'Leary	Leevale AC	01:02:39
M60	J Reid	Roe Valley AC	01:03:06
M60	T Pugh	Welsh Veterans	01:09:12
M65	F O'Leary	St Finbarrs AC	01:04:19
M65	W Neenan	Millstreet AC	01:06:04
M65	G Everall	Wesham Road Runners	01:11:45
M70	S Kearns	Crusaders AC	01:21:03
M70	P Mchugh	Knockanard AC	01:32:47
MJ	N Duncan	Togher AC	00:58:22
MJ	K O'Reilly	Ballincolli G	01:04:19
MJ	B Macmahon	Carraig Na Bhfear AC	01:01:56

Top 3 Teams 1999

Pos	Athlete	Club	Time	Points
1	N Berkeley	DSD AC	00:48:13	24
5	T O'Halloran	DSD AC	00:52:34	24
18	B Hingston	DSD AC	00:54:14	24
14	E Coppinger	Civil Service	00:53:46	53
17	M Kearney	Civil Service	00:54:10	53
22	D Corcoran	Civil Service	00:54:39	53
3	J Kearney	East Cork AC	00:52:09	64

Pos	Athlete	Club	Time	Points
15	E Meade	East Cork AC	00:53:54	64
46	D Mccarthy	East Cork AC	00:57:40	64

2000

Top 3s 2000

Cat	Athlete	Club	Time
F	T Duffy	Beechmount Hrs	00:55:56
F	M Harrington	Riocht AC	00:57:09
F	A Lennon	Mayo AC	00:58:02
F35	K Charnock	Wigan Pheonix A	00:59:29
F35	J Newton	Stockport Harriers	00:59:45
F35	N O'Sullivan	Riocht AC	01:02:09
F40	T Thomson	Civil Service	00:56:22
F40	M Sheehan	Grange Fermoy AC	00:59:18
F40	S Waterstone	Naas AC	01:04:02
F45	E Dowling	Sportsworld	01:06:27
F45	B Murphy	Glounthaune	01:06:34
F45	A Mcgreal	Sportsworld	01:10:16
F50	A Reede	Raheny Shamrock AC	01:09:53
F50	E Kenny	St Finbarrs AC	01:10:19
F50	J Coyle	DSD AC	01:10:42
F55	M Brown	North-Fylde AC	01:15:48
F55	T Blake	Marley Movers	01:30:13
F55	J Mcclughan	Lisburn AC	01:33:03
F60	A Woodlock	Donore Harriers	01:21:05
F60	C O'Regan	Slaney Olympic	01:21:45
F60	B Murphy	Kilkenny	01:32:36
F65	P Hchahon	North East Runners	01:40:56
F65	C Flynn	Grange Fermoy AC	01:52:44
M	N Berkeley	DSD AC	00:47:52
M	J Lewis	Finn Valley AC	00:47:57
M	J Nutall	Preston Harriers	00:49:20

Cat	Athlete	Club	Time
M40	J Griffin	St Johns AC	00:50:54
M40	T Finn	Kanturk AC	00:53:44
M40	E Coppinger	Dublin	00:54:30
M45	E Mcevoy	St Finbarrs AC	00:54:16
M45	J Rankin	Donore Harriers	00:56:52
M45	C O'Neill	Donore Harriers	00:57:05
M50	T Croft	North Fylde AC	00:55:48
M50	F Cashman	East Cork AC	00:57:15
M50	M Tobin	Grange Fermoy AC	00:59:29
M55	E Mullane	Cork BHAA	01:01:00
M55	B Geraghty	Galway City Harriers	01:01:27
M55	E Mcgrath	Ballybrack	01:03:18
M60	P Dobbs	Thurcock Harr	01:01:35
M60	J O'Leary	Leevale AC	01:05:11
M60	P O'Regan	Limerick AC	01:10:16
M65	W Neenan	Millstreet AC	01:07:08
M65	G Ward	Dub Runners	01:16:19
M65	R Grimason	East Antrim Harriers	01:16:43
M70	B Early	Civil Service	01:18:23
M70	J Metcalfe	Belfast	01:19:55
M70	J Mckeag	Ballydrain AC	01:41:03
MJ	J Grufferty	Leevale AC	00:53:33
MJ	F Meade	Glenbower AC	00:55:05
MJ	N Duncan	Togher AC	00:57:14

Top 3 Teams 2000

Pos	Athlete	Club	Time	Points
1	N Berkeley	DSD AC	00:47:52	20
9	T O'Halloran	DSD AC	00:52:16	20
10	B Hingston	DSD AC	00:52:25	20
15	E Meade	East Cork AC	00:53:25	54
17	J Kearney	East Cork AC	00:53:39	54

Pos	Athlete	Club	Time	Points
22	D O'Mahony	East Cork AC	00:54:38	54
6	P Mckinney	Civil Service	00:50:50	60
21	M Kearney	Civil Service	00:54:32	60
33	J Aughney	Civil Service	00:55:44	60

2001

Top 3s 2001

Cat	Athlete	Club	Time
F	S O'Sullivan	Ballymore Cobh AC (Nike)	00:55:37
F	V Vaughan	Blarney-Inniscarra AC	00:56:08
F	T Duffy	Beechmount Harriers	00:57:52
F35	N O'Sullivan	Riocht AC	01:01:31
F35	M McCormack	DSD AC	01:09:51
F35	A King	Tallaght AC	01:10:07
F40	M Sheehan	Grange Fermoy AC	01:02:16
F40	S Waterstone	Naas AC	01:06:02
F40	M Sweeney	St Finbarrs AC	01:06:17
F45	A Holland	Lucan Harriers AC	01:07:26
F45	B Murphy	Glounthaune	01:12:50
F45	M Hughes	DSD AC	01:13:25
F50	E Kenny	St Finbarrs AC	01:14:06
F50	J Watt	Crusaders AC	01:14:14
F50	A Reede	Raheny Shamrock AC	01:17:25
F55	K O'Brien	Ballynoe	01:18:11
F55	M Brown	North Fylde AC	01:23:52
F55	A Mcgee	Lucan Harriers AC	01:31:58
F60	C O'Regan	Slaney Olympic	01:27:43
F60	R Lacey	Dunlaoghaire	01:54:43
F65	P McMahon	North East Runners	01:51:09
F65	C Flynn	Grange Fermoy AC	02:16:56
M	N Berkeley	DSD AC	00:49:54
M	M Mccarthy	Leevale AC	00:52:04

Cat	Athlete	Club	Time
M	M Traynor	Raheny Shamrock AC	00:52:05
M40	T O'Halloran	DSD AC	00:54:38
M40	M Byrne	Parnell AC	00:55:38
M40	M Fennell	Civil Service	00:58:27
M45	C O'Neill	Donore Harriers	00:59:22
M45	G Mullane	Limerick AC	01:00:37
M45	P O'Sullivan	Slaney Olympic	01:00:49
M50	P O'Shea	Iveragh AC	00:58:18
M50	B Rankin	Rathfarnham WSAF AC	00:59:32
M50	F Cashman	East Cork AC	01:00:48
M55	E Mullane	Cork BHAA	01:05:56
M55	J O'Connell	Belgooley AC	01:06:41
M55	R Connolly	Clonliffe Harriers	01:06:45
M60	P Dobbs	Thurrock Harriers	01:02:57
M60	R Cross	Country Club	01:08:51
M60	J O'Leary	Leevale AC	01:09:20
M65	F O'Leary	St Finbarrs AC	01:10:05
M65	W Neenan	Millstreet	01:13:24
M65	R Grimason	East Antrim Harriers	01:18:58
M70	S Kearns	Crusaders AC	01:32:16
M70	P Clifford	Limerick	01:37:21
M70	J Forde	Cork	01:39:50
MJ	F Meade	East Cork AC	00:56:52
MJ	W Harty	KCK AC	00:58:12
MJ	S Mcgrath	Carraig Na Bhfear AC	01:13:42

Top 3 Teams 2001

Pos	Athlete	Club	Time	Points
1	N Berkeley	DSD AC	00:49:54	17
7	S Fairmaner	DSD AC	00:53:52	17
9	T O'Halloran	DSD AC	00:54:38	17
2	M Mccarthy	Leevale AC	00:52:04	25

Pos	Athlete	Club	Time	Points
6	R Fahy	Leevale AC	00:53:26	25
17	C O'Tuama	Leevale AC	00:55:58	25
8	E Meade	East Cork AC	00:54:29	47
19	F Meade	East Cork AC	00:56:52	47
20	D O'Mahony	East Cork AC	00:57:34	47

2002

Top 3s 2002

Cat	Athlete	Club	Time
F	T Duffy	Beechmount Harriers	00:58:48
F	S Bretherick	Preselli Harriers	01:01:13
F	E Parry	Wrexham AC	01:02:49
F35	A O'Connor	Mayo AC	01:03:55
F35	M McCormack	Rathfarnham WSAF AC	01:05:57
F35	A Mcevoy	St Finbarrs AC	01:06:08
F40	M Sheehan	Grange Fermoy AC	01:01:08
F40	F Gill	Neath Harriers	01:01:13
F40	M Sweeney	St Finbarrs AC	01:02:44
F45	M Jennings	Waterford AC	01:06:47
F45	B Murphy	Ballymore Cobh AC	01:09:05
F45	R Crockett	St Finbarrs AC	01:11:29
F50	E Kenny	St Finbarrs AC	01:12:10
F50	A Mcgreal	Sportsworld	01:13:00
F50	R Hayden	Raheny Shamrock AC	01:16:26
F55	E Mcnelis	Naas AC	01:15:24
F55	A Conroy	Les Croupiers	01:19:41
F55	S Brown	Cardiff	01:20:41
F60	B Murphy	Kikenny	01:40:12
F60	R Lacey	Dun Laoghaire	01:49:55
F65	C O'Regan	Slaney Olympic	01:23:37
F65	P McMahan	North East Runners	01:50:33
FJ	E Cleary	Whitegate	01:34:59

Cat	Athlete	Club	Time
M	N Berkeley	DSD AC	00:50:16
M	G Ryan	Galway City Harriers	00:50:19
M	P Harty	West Waterford AC	00:51:35
M40	T O'Halloran	DSD AC	00:52:45
M40	T Payne	Tinryland AC	00:54:14
M40	D Brooksbank	Barnsley AC	00:55:43
M45	E Mcevoy	St Finbarrs AC	00:56:10
M45	M Mcgeoch	Les Croupiers	00:56:16
M45	E Moynihan	Marian AC	00:56:42
M50	P O'Shea	Iveragh AC	00:57:44
M50	F Cashman	East Cork AC	00:59:16
M50	P Mcdermott	Rathfarnham WSAF AC	00:59:51
M55	F Homer	Dudley & Stourbridge AC	01:02:03
M55	E Mullane	Cork BHAA	01:03:09
M55	M Dunne	UCC	01:03:28
M60	P Dobbs	Slaney Olympic	01:02:15
M60	J Reid	Springwell RC	01:05:16
M60	G Peck	Harwich Runners	01:07:38
M65	W Neenan	Millstreet AC	01:12:03
M65	J O'Regan	Slaney Olympic	01:17:42
M65	L Philpott	Cork	01:18:05
M70	B Early	Civil Service	01:22:26
M70	J Collins	Limerick Country Club	01:29:09
M70	S Kearns	Crusaders AC	01:30:52
MJ	W Harty	KCK AC	00:51:24
MJ	J Potter	Weston & Weedon Shufflers	01:08:13
MJ	J Herbert	Dublin	01:08:21

Top 3 Teams 2002

Pos	Athlete	Club	Time	Points
1	N Berkeley	DSD AC	00:50:16	23
10	T O'Halloran	DSD AC	00:52:45	23

Pos	Athlete	Club	Time	Points
12	P Deegan	DSD AC	00:52:58	23
6	S Tobin	Swansea Harriers	00:51:46	25
8	S Smith	Swansea Harriers	00:51:59	25
11	M Morgan	Swansea Harriers	00:52:53	25
7	P Byrne	Tinryland AC	00:51:51	52
19	T Payne	Tinryland AC	00:54:14	52
26	P Byrne	Tinryland AC	00:55:09	52

2003

Top 3s 2003

Cat	Athlete	Club	Time
F	G Ganiel	DSD AC	00:59:37
F	C Mcmamus	Chiltern Harriers	01:03:01
F	A Curley	Donore Harriers	01:03:35
F35	M Ellis	Shaftesbury Barnet	00:59:47
F35	D Cheverton	Tamar Trotters	01:02:28
F35	M Harrington	Riocht AC	01:07:25
F40	F Gill	Neath Harriers	01:01:08
F40	M Sweeney	St Finbarrs AC	01:03:23
F40	T Tuohy	Nenagh Olympic AC	01:06:25
F45	A Evans	Pontypridd AC	01:03:24
F45	M Sheehan	Grange Fermoy AC	01:04:27
F45	S Waterstone	Naas AC	01:05:24
F50	M McCreery	Civil Service	NA
F50	B Murphy	Ballymore Cobh AC	NA
F50	R Crockett	St Finbarrs AC	01:11:12
F55	J Coyle	DSD AC	NA
F55	K O'Brien	Ballynoe	01:12:32
F55	E Mcnelis	Naas AC	01:13:06
F60	A Mcgee	Lucan Harriers AC	01:29:56
F60	T Blake	Blackrock AC	01:35:47
F60	B Murphy	Kilkenny	01:38:38

Cat	Athlete	Club	Time
F65	C O'Regan	Slaney Olympic	01:26:48
F65	P McMahon	North East Runners	02:25:35
FJ	E Cleary	Whitegate	01:30:40
FJ	K Shaw	Belfast	01:49:19
M	A Coleman	Enfield AC	00:49:52
M	N Berkeley	DSD AC	00:49:58
M	C Mcloughlin	Clonliffe Harriers	00:50:09
M40	G Davies	Swansea Harriers	00:53:30
M40	S Tobin	Swansea Harriers	00:54:20
M40	P Nugent	St Marys AC	00:54:32
M45	E Mcevoy	St Finbarrs AC	00:56:06
M45	E Moynihan	Marian AC	00:56:43
M45	M Mcgeoch	Les Croupiers	00:56:52
M50	B Johnston	Les Croupiers	00:58:19
M50	P O'Shea	Iveragh AC	00:58:56
M50	T Madden	Marian AC	01:00:32
M55	E Mullane	Cork BHAA	01:01:59
M55	L O'Leary	St Finbarrs AC	01:04:09
M55	J Bee	North Derbyshire RC	01:04:35
M60	E Mcgrath	Blackrock AC	01:09:04
M60	P Gaffney	Mallow AC	01:11:13
M60	R Beachman	Bromsgrove & Redditch AC	01:11:39
M65	J O'Regan	Slaney Olympic	01:20:13
M65	B Griffin	Midleton AC	01:22:56
M65	D Murphy	UCC	01:26:14
M70	G Ward	Belfast	01:22:18
M70	J Collins	Limerick Country Club	01:33:10
M70	J Forde	Cork	01:39:03
MJ	C Turner	Dooneen AC	00:55:44
MJ	K Phibbs	Tallaght AC	01:05:49
MJ	A Hornibrooke	Leevale AC	01:08:28

Pos	Athlete	Club	Time	Points
2	N Berkeley	DSD AC	00:49:58	35
7	C Roberts	DSD AC	00:52:13	35
26	T O'Halloran	DSD AC	00:55:30	35
14	D Hiscox	Swansea Harriers	00:53:20	48
15	G Davies	Swansea Harriers	00:53:30	48
19	S Tobin	Swansea Harriers	00:54:20	48
10	C O'Connell	St Finbarrs AC	00:52:47	67
25	D O'Leary	St Finbarrs AC	00:55:17	67
32	E Mcevoy	St Finbarrs AC	00:56:06	67

2004

Top 3s 2004

Cat	Athlete	Club	Time
F	V Vaughan	Blarney-Inniscarra AC	00:56:51
F	R Ryan	Bilboa AC	00:57:18
F	L D'arcy	Sportsworld	01:01:14
F35	J Mountford	Buckley Runners	01:03:33
F35	K Cheshire	Raheny Shamrock AC	01:05:19
F35	T Guilfoyle	Kilnaboy AC	01:05:46
F40	T Tuohy	Nenagh Olympic AC	01:03:17
F40	M Sweeney	St Finbarrs AC	01:05:30
F40	V Mccool	Mullingar Harriers	01:07:59
F45	J Hough	St Finbarrs AC	01:03:25
F45	G Carragher	Sportsworld	01:10:55
F45	N Reilly	Drogheda & District AC	01:11:06
F50	M McCreery	Civil Service	01:09:39
F50	J Porter	Crusaders AC	01:12:27
F50	B Murphy	Ballymore Cobh AC	01:12:59
F55	L Hewing	Siemena AC	01:23:27
F55	M Dunne	Grange Fermoy AC	01:26:26
F55	C Ui	Dublin	01:29:01
F60	M O'Leary	Epsom & Ewell Harriers	01:23:50

Cat	Athlete	Club	Time
F60	A Beacham	Bromsgrove & Redditch AC	01:33:20
F60	G Walsh	Mullingar Harriers	01:33:53
F65	C O'Regan	Slaney Olympic	01:24:32
F65	R Lacey	Dun Laoghaire	01:56:05
FJ	E Cleary	East Cork AC	01:17:23
M	C Kiplagat	Kenya	00:48:00
M	I Kimuge	Kenya	00:48:46
M	M Mccarthy	Leevale AC	00:49:36
M40	C O'Connell	St Finbarrs AC	00:52:34
M40	A Archer	St Finbarrs AC	00:54:21
M40	T O'Halloran	DSD AC	00:55:31
M45	T Payne	Tinryland AC	00:54:37
M45	E Mcevoy	St Finbarrs AC	00:55:36
M45	S Doyle	Rathfarnham WSAF AC	00:55:42
M50	P O'Shea	Iveragh AC	00:57:10
M50	T Madden	Marian AC	01:00:37
M50	J Reilly	Middleton Harriers AC	01:02:38
M55	F Cashman	East Cork AC	01:01:36
M55	P Mcdermott	Rathfarnham WSAF AC	01:03:32
M55	L O'Leary	St Finbarrs AC	01:03:42
M60	P Beauchamp	Dublin	01:07:08
M60	A Woodward	Bromsgrove & Redditch AC	01:08:30
M60	P Gaffney	Mallow AC	01:10:13
M65	T Twomey	Metro St Brigids AC	01:13:05
M65	B Masterson	Cape Cod AC	01:15:27
M65	J Fitzsimons	Crusaders AC	01:16:02
M70	W Neenan	Millstreet AC	01:14:11
M70	A Smith	3m Gorseinon Rrc	01:17:36
M70	B Lane	Sutton Runners	01:27:41
M75	S Kearns	Crusaders AC	01:35:33
M75	T Neary	Bristol	02:14:36
MJ	M Lyons	Grange Fermoy AC	00:58:43

Cat	Athlete	Club	Time
MJ	D Murray	Whitegate Rowing	01:12:36
MJ	R Mccarthy	Glenbower AC	01:13:21

Top 3 Teams 2004

Pos	Athlete	Club	Time	Points
12	C O'Connell	St Finbarrs AC	00:52:34	46
14	D O'Leary	St Finbarrs AC	00:53:01	46
20	A Archer	St Finbarrs AC	00:54:21	46
7	P Deegan	DSD AC	00:51:25	62
27	I O'Leary	DSD AC	00:55:26	62
28	T O'Halloran	DSD AC	00:55:31	62
16	D O'Mahony	East Cork AC	00:53:25	87
23	E Meade	East Cork AC	00:54:51	87
48	J Mccarthy	East Cork AC	00:56:22	87

2005

Top 3s 2005

Cat	Athlete	Club	Time
F	C Gibbons	Leevale AC	00:57:52
F	G Ganiel	DSD AC	00:59:23
F	E Parry	Wrexham AC	01:01:39
F35	V Colleran	Ennis Track Club	01:00:38
F35	V Vaughan	Blarney-Inniscarra AC	01:01:28
F35	D Cheverton	Tamar Trotters	01:02:26
F40	M Sweeney	St Finbarrs AC	01:02:16
F40	A Mcevoy	St Finbarrs AC	01:05:03
F40	M Haire	Blackrock AC	01:05:36
F45	F Gill	Neath Harriers	01:01:49
F45	T Tuohy	Bilboa AC	01:02:55
F45	M Sheehan	Grange Fermoy AC	01:05:57
F50	M Mccreary	Civil Service	01:08:40
F50	M Gorey	Midleton AC	01:16:07

Cat	Athlete	Club	Time
F50	M Lyons	St Finbarrs AC	01:17:45
F55	K O'Brien	East Cork AC	01:16:18
F55	M Dobbs	Wexford	01:25:53
F55	M Barry	Midleton AC	01:27:29
F60	M Brown	North Fylde AC	01:27:03
F60	M Dunne	Grange Fermoy AC	01:30:49
F60	M Cronin	Limerick AC	01:32:53
F65	C O'Regan	Slaney Olympic	01:25:21
FJ	E Healy	Colaiste Choilm	01:28:06
FJ	M Maher	Colaiste Choilm	01:28:07
FJ	Z Murphy	Colaiste Choilm	01:29:39
M	D Mitchinson	Newham & Essex Beagles AC	00:48:26
M	J Kipngetuny	Kenya	00:48:30
M	S Power	Kilmurry-Ibrickane NC AC	00:48:36
M40	C O'Connell	St Finbarrs AC	00:52:47
M40	A Archer	St Finbarrs AC	00:55:02
M40	M Byrne	Sli Cualann AC	00:55:17
M45	E Moynihan	Marian AC	00:56:18
M45	S Doyle	Rathfarnham WSAF AC	00:56:32
M45	P Withers	Duhallow AC	00:57:48
M50	E Mcevoy	St Finbarrs AC	00:56:05
M50	T Cody	Midleton AC	01:00:45
M50	J Reilly	Midleton	01:00:48
M55	F Cashman	East Cork AC	01:01:13
M55	M Tobin	Grange Fermoy AC	01:01:48
M55	B O'Neill	St Abbans AC	01:03:33
M60	E Mullane	Cork BHAA	01:06:56
M60	P Beauchamp	Dublin	01:07:39
M60	C Cruise	Civil Service	01:11:11
M65	J O'Leary	Leevale AC	01:13:12
M65	B Masterson	Cape Cod AC	01:15:01
M65	J O'Mahony	UCC	01:17:26

Cat	Athlete	Club	Time
M70	G Ward	Dub Runners	01:26:08
M70	D Murphy	UCC	01:35:04
M70	S Donner	South West Vets	01:35:43
MJ	D Murphy	Colaiste Choilm	01:03:12
MJ	S Stilwell	West Waterford AC	01:04:11
MJ	K O'Shea	Limerick	01:08:31

Top 3 Teams 2005

Pos	Athlete	Club	Time	Points
12	C O'Connell	St Finbarrs AC	00:52:47	66
23	A Archer	St Finbarrs AC	00:55:02	66
31	D O'Leary	St Finbarrs AC	00:56:00	66
10	R Fahy	East Cork AC	00:52:30	82
25	E Meade	East Cork AC	00:55:20	82
47	D Mccarthy	East Cork AC	00:57:03	82
8	P Mathews	DSD AC	00:51:35	84
26	T O'Halloran	DSD AC	00:55:22	84
50	I O'Leary	DSD AC	00:57:37	84

2006

Top 3s 2006

Cat	Athlete	Club	Time
F	L Jolly	Wigan Phoenix	01:00:53
F	C Dobbyn	Dublin	01:02:11
F	D Mahon	Rathfarnham WSAF AC	01:02:38
F35	P Curley	Tullamore Harriers	00:56:33
F35	M Murphy-Scott	Carraig Na Bhfear AC	00:59:38
F35	L Cavanagh	UCC	01:01:45
F40	T Guilfoyle	Kilnaboy AC	01:05:11
F40	O Loftus	Raheny Shamrock AC	01:05:28
F40	M Haire	Bray Runners	01:06:32
F45	L Brennan	Sligo AC	00:59:50

Cat	Athlete	Club	Time
F45	M Sweeney	St Finbarrs AC	01:04:18
F45	J Wright	Rathfarnham WSAF AC	01:07:43
F50	N Reilly	Drogheda & District AC	01:10:48
F50	A Walsh	Kilkenny	01:18:35
F50	M Lyons	St Finbarrs AC	01:19:37
F55	A Mcgreal	Sportsworld	01:14:36
F55	C Fogarty	Ealing Southhall & Middlesex AC	01:17:16
F55	M Barry	Midleton AC	01:24:13
F60	K O'Brien	East Cork AC	01:17:26
F60	M Dunne	Grange Fermoy AC	01:26:54
F60	M O'Leary	Epsom & Ewell Harriers	01:28:09
F65	E Quigley	Limerick	01:22:06
F65	C O'Regan	Slaney Olympic	01:26:06
F65	M Edwards	Cape Cod AC	01:35:51
FJ	A O'Flynn	Naval Service	01:21:40
FJ	K Lapot	Kinsale	01:30:51
FJ	P Buttimer	Ballincollig AC	01:34:23
M	V Mulvey	Raheny Shamrock AC	00:49:03
M	S Bralitis	Latvia	00:50:24
M	C Mcloughlin	Clonliffe Harriers	00:50:49
M40	C O'Connell	St Finbarrs AC	00:53:10
M40	K Ryan	Limerick AC	00:55:59
M40	E Keville	Rathfarnham WSAF AC	00:56:45
M45	C Phelan	Stragglers AC	00:56:13
M45	M Byrne	Sli Cualann AC	00:56:34
M45	T Shanahan	Riocht AC	00:57:52
M50	E Mcevoy	St Finbarrs AC	00:57:04
M50	P Carbutt	Bromsgrove & Redditch AC	00:58:36
M50	G Mullane	Bilboa AC	00:59:14
M55	P O'Shea	Iveragh AC	00:57:47
M55	J O'Reilly	Middleton Harriers AC	01:00:36
M55	T Madden	Marian AC	01:01:11

Cat	Athlete	Club	Time
M60	E Mullane	Cork BHAA	01:06:29
M60	E Fogarty	Ealing Southhall & Middlesex AC	01:10:50
M60	K Chapman	Kimberworth Striders	01:13:19
M65	P Dobbs	Slaney Olympic	01:05:20
M65	J O'Leary	Leevale AC	01:14:40
M65	J O'Mahony	UCC	01:16:09
M70	T O'Keeffe	Slaney Olympic	01:18:26
M70	W Neenan	Millstreet AC	01:19:38
M70	J O'Regan	Slaney Olympic	01:19:59
M75	S Kearns	Crusaders AC	01:37:58
M75	P Clifford	Limerick	01:38:23
M75	J Forde	Cork BHAA	01:54:05
MJ	M Clough	Leeds City AC	00:53:01
MJ	D Murphy	Ballincollig	01:01:30
MJ	K O'Leary	Glenbower AC	01:04:02

Top 3 Teams 2006

Pos	Athlete	Club	Time	Points
7	I O'Leary	St Finbarrs AC	00:52:40	46
9	C O'Connell	St Finbarrs AC	00:53:10	46
30	T Woods	St Finbarrs AC	00:56:54	46
13	W Sosnowski	Eagle AC	00:54:21	103
34	T Kelleher	Eagle AC	00:57:23	103
56	P McDonnell	Eagle AC	00:58:42	103
6	R Zakis	West Waterford AC	00:52:31	103
38	J Travers	West Waterford AC	00:57:49	103
59	T Mason	West Waterford AC	00:58:55	103

2007

Top 3s 2007

Cat	Athlete	Club	Time
F	A Walsh	St Senans AC	01:03:58

Cat	Athlete	Club	Time
F	F Doherty	Clonliffe Harriers	01:05:23
F	A Shine	Leevale AC	01:06:24
F35	P Curley	Tullamore Harriers	00:57:36
F35	L Cavanagh	UCC	01:04:39
F35	L D'arcy	Sportsworld	01:04:42
F40	T Guilfoyle	Kilnaboy AC	01:04:41
F40	D Ryan	Raheny Shamrock AC	01:06:36
F40	M McCormack	Rathfarnham WSAF AC	01:10:10
F45	L Brennan	Sligo AC	00:59:27
F45	M Sweeney	St Finbarrs AC	01:04:47
F45	A Donnelly	St Finbarrs AC	01:09:22
F50	R Mcgann	Sportsworld	01:17:34
F50	H Ingram	Dublin	01:20:09
F50	B McCabe	Mullingar Harriers	01:20:48
F55	J Coyle	DSD AC	01:13:35
F55	A Mcgreal	Sportsworld	01:15:52
F55	M Barry	Midleton AC	01:28:01
F60	K O'Brien	East Cork AC	01:21:56
F60	M Dunne	Grange Fermoy AC	01:29:37
F60	M Cronin	Limerick AC	01:39:00
F65	B Murphy	Kilkenny	01:46:29
F70	C O'Regan	Slaney Olympic	01:31:34
FJ	S Power	Youghal AC	01:26:05
FJ	C Murphy	Leevale AC	01:33:19
M	A O'Shea	Bantry AC	00:51:04
M	S Bralitis	West Waterford AC	00:51:34
M	M O'Connor	Galway City Harriers	00:51:52
M40	C O'Connell	St Finbarrs AC	00:53:38
M40	A Archer	St Finbarrs AC	00:57:20
M40	K Ryan	Limerick AC	00:57:49
M45	M Byrne	Sli Cualann AC	00:54:46
M45	D Brennan	Clonliffe Harriers	00:56:53

Cat	Athlete	Club	Time
M45	M O'Shea	Iveragh AC	00:59:00
M50	E Mcevoy	St Finbarrs AC	00:58:50
M50	G Mullane	Bilboa AC	00:59:40
M50	P Carbutt	Bromsgrove & Redditch AC	01:00:07
M55	P O'Shea	Iveragh AC	00:58:41
M55	M Tobin	Grange Fermoy AC	01:06:22
M55	F Cashman	East Cork AC	01:06:34
M60	M Dunne	St Finbarrs AC	01:06:55
M60	E Mullane	Cork	01:07:15
M60	L O'Leary	St Finbarrs AC	01:14:00
M65	J O'Leary	Leevale AC	01:16:18
M65	J O'Mahony	Cork	01:18:54
M65	P Gaffney	Mallow AC	01:18:55
M75	S Kearns	Crusaders AC	01:46:00
M75	P Clifford	Limerick	01:53:09
M75	J Collins	Limerick AC	01:57:27
MJ	J Leniston	Gneeveguilla AC	00:59:26
MJ	R Moloney	West Waterford AC	01:00:17
MJ	D Murphy	Ballincollog	01:01:22

Top 3 Teams 2007

Pos	Athlete	Club	Time	Points
2	S Bralitis	West Waterford AC	00:51:34	23
8	R Zakis	West Waterford AC	00:54:31	23
13	D Klava	West Waterford AC	00:55:32	23
5	C O'Connell	St Finbarrs AC	00:53:38	24
9	D O'Leary	St Finbarrs AC	00:54:44	24
10	C Marshall	St Finbarrs AC	00:54:45	24
15	D O'Callaghan	Riocht AC	00:56:05	67
23	J O'Connor	Riocht AC	00:57:09	67
29	W Reidy	Riocht AC	00:57:22	67

2008

Top 3s 2008

Cat	Athlete	Club	Time
F	R Ryan	Bilboa AC	00:56:48
F	M Dorney	Thurles Crokes AC	01:02:57
F	A Walsh	St Senans AC	01:03:49
F35	P Curley	Tullamore Harriers	00:58:51
F35	L Cavanagh	UCC	01:00:56
F35	L D'arcy	Sportsworld	01:02:48
F40	T Guilfoyle	Kilnaboy AC	01:03:55
F40	D Ryan	Raheny Shamrock AC	01:06:09
F40	A Mcevoy	St Finbarrs AC	01:08:34
F45	M Sweeney	St Finbarrs AC	01:04:15
F45	D Ryan	Meelick	01:11:46
F45	V Mccool	Mullingar Harriers	01:12:02
F50	M Sheehan	Grange Fermoy AC	01:07:40
F50	A Fitzgerald	Waterford AC	01:09:12
F50	C Murphy-Hehir	Marian AC	01:14:41
F55	A Mcgreal	Sportsworld	01:19:03
F55	R Crockett	St Finbarrs AC	01:20:28
F55	M Barry	Midleton AC	01:26:46
F60	J Coyle	DSD AC	01:15:14
F60	M Dunne	Grange Fermoy AC	01:29:52
F60	B Mcdonnell	Mullingar Harriers	01:30:19
F65	B Murphy	Kilkenny	01:49:09
FJ	B Hand	Dooneen AC	01:25:06
FJ	C Holmes	Salford Harriers	01:58:58
M	V Mulvey	Raheny Shamrock AC	00:50:37
M	S Turea	Clonliffe Harriers	00:51:06
M	C O'Leary	Raheny Shamrock AC	00:51:21
M40	C O'Connell	St Finbarrs AC	00:54:45
M40	J Farrelly	Rathfarnham WSAF AC	00:58:16
M40	K Ryan	Limerick AC	00:58:26
M45	C Phelan	South London Harriers	00:57:26

Cat	Athlete	Club	Time
M45	D Mccarthy	East Cork AC	00:59:09
M45	M O'Shea	Iveragh AC	00:59:20
M50	S Griffin	Tralee Harriers AC	00:56:51
M50	S Doyle	Rathfarnham WSAF AC	01:00:52
M50	G Cantwell	West Waterford AC	01:00:54
M55	P O'Shea	Iveragh AC	00:59:34
M55	F Cashman	East Cork AC	01:02:52
M55	M Tobin	Grange Fermoy AC	01:04:34
M60	L O'Leary	St Finbarrs AC	01:06:57
M60	M Dunne	St Finbarrs AC	01:07:50
M60	B O'Neill	St Abbans AC	01:08:36
M65	J O'Leary	Leevale AC	01:17:52
M65	T Feehan	Gneeveguilla AC	01:19:03
M65	P Gaffney	Mallow AC	01:21:05
M70	T Twomey	Metro St Brigids AC	01:12:24
M70	B Griffin	Midleton AC	01:26:28
M70	J Fitzsimons	Crusaders AC	01:27:23
M75	S Kearns	Crusaders AC	01:45:02
M75	P Clifford	Limerick	01:51:25
M75	J Collins	Limerick AC	01:56:22
MJ	E O'Donovan	Blarney-Inniscarra AC	01:09:58
MJ	B Marshall	Cork	01:16:57
MJ	G King	Ardnacrusha	01:18:32

Top 3 Teams 2008

Pos	Athlete	Club	Time	Points
1	V Mulvey	Raheny Shamrock AC	00:50:37	12
3	C O'Leary	Raheny Shamrock AC	00:51:21	12
8	B Roe	Raheny Shamrock AC	00:52:54	12
6	T Carey	Limerick AC	00:52:29	62
13	M Doody	Limerick AC	00:54:42	62
43	K Ryan	Limerick AC	00:58:26	62

Pos	Athlete	Club	Time	Points
10	S Mcgrath	East Cork AC	00:54:11	71
15	R Fahy	East Cork AC	00:54:47	71
46	E Meade	East Cork AC	00:58:42	71

2009

Top 3s 2009

Cat	Athlete	Club	Time
F	R Lynch	Eagle AC	01:00:31
F	M Dorney-Lougnane	Thurles Crokes AC	01:01:16
F	E Connery	Carlow	01:02:09
F35	P Curley	Tullamore Harriers	00:59:03
F35	D Mahon	Rathfarnham WSAF AC	01:00:28
F35	L D'arcy	Sportsworld	01:01:59
F40	L Cavanagh	Bandon AC	01:02:55
F40	D Ryan	Raheny Shamrock AC	01:04:13
F40	M Moloney	Thurles Crokes AC	01:10:01
F45	M Sweeney	St Finbarrs AC	01:05:56
F45	T Tuohy	Bilboa AC	01:07:17
F45	M O'Keeffe	Youghal AC	01:09:43
F50	H Ingram	Rathfarnham WSAF AC	01:09:58
F50	A Fitzgerald	Waterford AC	01:11:51
F50	N Reilly	Drogheda & District AC	01:12:19
F55	M Barry	Midleton AC	01:26:50
F55	M Turner	Limerick Country Club	01:32:12
F55	T Wright	London	01:33:40
F60	J Coyle	DSD AC	01:15:04
F60	J Lloyd	Sportsworld	01:20:30
F60	B McDonnell	Mullingar Harriers	01:28:46
F65	T Blake	Dublin	01:39:26
F65	G Walsh	Mullingar Harriers	01:48:06
F65	A Cooney	Dublin	02:04:35
FJ	T Rhatigan	UCC	01:15:30

Cat	Athlete	Club	Time
FJ	B Neville	Cork	01:28:10
FJ	A Mulcahy	Cork	01:36:30
M	V Mulvey	Raheny Shamrock AC	00:49:06
M	S Connolly	Tallaght AC	00:49:13
M	M Kirwan	Raheny Shamrock AC	00:50:26
M40	C Burke	St Abbans AC	00:54:39
M40	T Mcelwaine	Sliabh Buidhe Rovers AC	00:55:23
M40	E Meade	East Cork AC	00:56:25
M45	C O'Connell	St Finbarrs AC	00:54:26
M45	T O'Halloran	DSD AC	00:57:50
M45	N Curtin	Youghal AC	00:58:53
M50	S Griffin	Tralee Harriers	00:55:54
M50	M Mcdonald	North Laois AC	00:59:05
M50	E Mcevoy	St Finbarrs AC	00:59:28
M55	J Quirke	Thames Valley Harriers	01:01:48
M55	J Rankin	Donore Harriers	01:03:48
M55	W O'Riordan	St Brendans AC	01:05:05
M60	T Beatty	Loughrea AC	01:12:59
M60	E Mullane	Rising Sun AC	01:13:27
M60	P Gyves	Mallow AC	01:13:57
M65	V Thornton	Ballinacurra	01:15:47
M65	T Lloyd	Sportsworld	01:16:09
M65	J Motherway	Midleton	01:16:51
M70	T Twomey	Metro St Brigids AC	01:14:24
M70	R Hill	Clayton-Le-Moor	01:25:41
M70	J Fitzsimons	Crusaders AC	01:27:27
M75	P Clifford	Limerick	01:55:59
MJ	K James	Castlemartyr	01:05:52
MJ	B O'Tuama	Castlemartyr	01:06:10
MJ	G King	Limerick AC	01:16:13

Top 3 Teams 2009

Pos	Athlete	Club	Time	Points
1	V Mulvey	Raheny Shamrock AC	00:49:06	8
3	M Kirwan	Raheny Shamrock AC	00:50:26	8
4	M Clohisey	Raheny Shamrock AC	00:51:02	8
5	S Mcgrath	East Cork AC	00:51:53	21
7	F Meade	East Cork AC	00:52:01	21
9	J Mccarthy	East Cork AC	00:52:30	21
8	T Carey	Limerick AC	00:52:23	53
19	M Doody	Limerick AC	00:54:16	53
26	R O'Donnell	Limerick AC	00:55:11	53

2010

Top 3s 2010

Cat	Athlete	Club	Time
F	B Sanchez	Raheny Shamrock AC	00:58:45
F	S O'Doherty	Borrisokane AC	00:58:51
F	C Gibbons-Mcarthy	St Finbarrs AC	00:59:11
F35	R Lynch	Eagle AC	01:02:23
F35	A Holland	Eagle AC	01:04:16
F35	A Mcphail	Bilboa AC	01:04:18
F40	P Curley	Tullamore Harriers	01:00:33
F40	L D'arcy	Sportsworld	01:02:10
F40	T Patmore	Riverside Runners	01:04:35
F45	M Sweeney	St Finbarrs AC	01:05:27
F45	A Donnelly	St Finbarrs AC	01:09:38
F45	M Hurley	Bantry AC	01:12:57
F50	T Tuohy	Bilboa AC	01:10:57
F50	B Manley	Raheny Shamrock AC	01:14:59
F50	J Hough	Midleton AC	01:15:52
F55	M Turner	Limerick Country Club	01:30:58
F55	A O'Keeffe	Glanmire	01:34:30
F55	H Hayes	West Waterford AC	01:37:40
F60	M Barry	Midleton AC	01:30:07

Cat	Athlete	Club	Time
F60	B McDonnell	Mullingar Harriers	01:30:17
F65	M Dunne	Carraig Na Bhfear AC	01:32:24
F65	T Gough	West Waterford AC	01:44:13
F65	A Mcgee	Lucan Harriers AC	01:44:48
F70	B Murphy	Kilkenny	01:50:31
FJ	A Moriarty	Gneeveguilla AC	01:34:56
FJ	S O'Riordan	Ballycotton	01:42:56
FJ	C Higgins	Midleton AC	01:43:49
M	G Roberts	City Of Derry Spartans AC	00:50:17
M	M Clohisey	Raheny Shamrock AC	00:50:39
M	B Maher	Kilkenny City Harriers AC	00:51:28
M40	C Burke	St. Abbans AC	00:54:25
M40	I O'Leary	DSD AC	00:56:38
M40	C Conroy	Sli Cualann AC	00:58:02
M45	C O'Connell	St Finbarrs AC	00:54:37
M45	T Lucey	Bandon AC	00:59:33
M45	M Cunningham	Bilboa AC	01:00:31
M50	T Payne	Tinryland AC	00:56:44
M50	B Hogan	Rathfarnham WSAF AC	00:59:50
M50	L Kennedy	Waterford AC	01:03:07
M55	E Mcevoy	St Finbarrs AC	01:00:56
M55	T Cody	Midleton AC	01:03:55
M55	J Quirke	London Irish AC	01:04:00
M60	M Tobin	Grange Fermoy AC	01:06:09
M60	B O'Neill	St. Abbans AC	01:10:40
M60	G Stacey	Riocht AC	01:11:03
M65	J Cotter	Cobh	01:17:23
M65	V Thornton	Ballinacurra	01:19:52
M65	P Gaffney	Mallow AC	01:23:35
M70	J O'Mahony	Cork	01:20:48
M70	J O'Leary	Leevale AC	01:20:59
M70	J Fitzsimons	Crusaders AC	01:33:00

Cat	Athlete	Club	Time
M75	P Clifford	Limerick	01:55:02
M75	J Collins	Limerick AC	02:20:26
M80	S Kearns	Crusaders AC	02:19:26
MJ	A O'Reilly	East Cork AC	00:59:18
MJ	K James	UCC	01:00:54
MJ	J O'S-Hourihan	Ballyandreen	01:07:18

Top 3 Teams 2010

Pos	Athlete	Club	Time	Points
2	M Clohisey	Raheny Shamrock AC	00:50:39	40
12	I Walsh	Raheny Shamrock AC	00:55:11	40
26	F Mangan	Raheny Shamrock AC	00:57:21	40
9	C O'Connell	St Finbarrs AC	00:54:37	54
22	C Marshall	St Finbarrs AC	00:56:57	54
23	M Nolan	St Finbarrs AC	00:56:58	54
5	S Mcgrath	East Cork AC	00:53:35	67
28	D Collins	East Cork AC	00:57:35	67
34	E Meade	East Cork AC	00:58:09	67

2011

Top 3s 2011

Cat	Athlete	Club	Time
F	L Lee	Leevale AC	00:58:47
F	C Conway	Mayo AC	01:00:14
F	A Hickey	Raheny Shamrock AC	01:02:58
F35	N Hutchinson	Passage West	01:01:04
F35	A Curley	Donore Harriers	01:01:14
F35	A Holland	Eagle AC	01:02:39
F40	A Mccann	Clonmel AC	00:59:15
F40	M Hanley	Na Fianna AC	01:02:53
F40	L D'arcy	Sportsworld	01:03:05
F45	L Flynn	Rathfarnham WSAF AC	01:09:49

Cat	Athlete	Club	Time
F45	M O'Keeffe	Youghal AC	01:11:31
F45	S Drennan	Midleton AC	01:12:03
F50	M Sweeney	St Finbarrs AC	01:06:10
F50	A Donnelly	St Finbarrs AC	01:07:13
F50	B Manley	Raheny Shamrock AC	01:11:20
F55	H Ingram	Rathfarnham WSAF AC	01:09:43
F55	N Reilly	Drogheda & District AC	01:13:38
F55	C Macdomhnaill	West Limerick AC	01:15:44
F60	M Barry	Midleton AC	01:32:37
F60	B Mcdonnell	Mullingar Harriers	01:34:49
F65	M Dunne	Carraig Na Bhfear AC	01:29:41
F65	G Walsh	Mullingar Harriers	01:49:48
F70	B Murphy	Kilkenny	01:46:58
M	S Ciobanu	Clonliffe Harriers	00:49:36
M	A O'Shea	Bantry AC	00:49:58
M	S Hehir	Rathfarnham WSAF AC	00:50:57
M40	C Merritt	Carraig Na Bhfear AC	00:52:27
M40	D Power	Clonliffe Harriers	00:54:21
M40	K Norgrove	Donore Harriers	00:54:37
M45	C Burke	St. Abbans AC	00:53:13
M45	C O'Connell	St Finbarrs AC	00:54:23
M45	P Moriarty	Slaney Olympic	00:57:33
M50	T Payne	Tinryland AC	00:54:51
M50	B Hogan	Rathfarnham WSAF AC	01:00:46
M50	M Murphy	St Finbarrs AC	01:02:39
M55	E Mcevoy	St Finbarrs AC	00:59:10
M55	N Aherne	Midleton AC	01:00:53
M55	M Mcgeogh	Les Croupiers	01:01:18
M60	P O'Shea	Iveragh AC	01:01:50
M60	P Twomey	Eagle AC	01:05:42
M60	M Tobin	Grange Fermoy AC	01:06:05
M65	J Cotter	Cobh	01:15:59

Cat	Athlete	Club	Time
M65	J Motherway	Aghada	01:22:33
M65	M Keane	Athenry AC	01:23:22
M70	J Mcnamara	Donore Harriers	01:11:42
M70	T Twomey	Metro St Brigids AC	01:19:47
M70	J Fitzsimons	Crusaders AC	01:33:19
M75	J Collins	Limerick Country Club	02:23:12
M80	P Clifford	Limerick	02:03:06
M80	S Kearns	Crusaders AC	02:15:09
MJ	M Furlong	Midleton AC	01:08:08
MJ	K Neville	Cork	01:08:19
MJ	R Sheehan	Bandon AC	01:20:24

Top 3 Teams 2011

Pos	Athlete	Club	Time	Points
5	J Mccarthy	East Cork AC	00:51:54	22
8	S Mcgrath	East Cork AC	00:52:45	22
9	F Meade	East Cork AC	00:52:59	22
4	M Clohisey	Raheny Shamrock AC	00:51:31	51
6	I Walsh	Raheny Shamrock AC	00:51:57	51
41	C O'Dwyer	Raheny Shamrock AC	00:56:31	51
23	C O'Connell	St Finbarrs AC	00:54:23	75
25	P Gallagher	St Finbarrs AC	00:54:27	75
27	C Marshall	St Finbarrs AC	00:54:35	75

2012

Top 3s 2012

Cat	Athlete	Club	Time
F	L Lee	Leevale AC	00:57:17
F	S O'Doherty	Borrisokane AC	01:00:20
F	M Regan	Eagle AC	01:04:02
F35	M Mccambridge	Letterkenny AC	00:54:48
F35	R Ryan	Bilboa AC	00:59:16

Cat	Athlete	Club	Time
F35	A Holland	Eagle AC	01:01:24
F40	A Mccann	Clonmel AC	00:59:46
F40	A Curley	Donore Harriers	01:00:27
F40	C Murphy	Slaney Olympic	01:03:27
F45	T Guilfoyle	Kilnaboy AC	01:05:48
F45	A Moore	Leevale AC	01:06:35
F45	I Henebry	Kilkenny City Harriers AC	01:11:47
F50	M Sweeney	St Finbarrs AC	01:04:57
F50	N Thorpe	Sli Cualann AC	01:14:25
F50	M Hurley	Bantry AC	01:15:26
F55	H Ingram	Rathfarnham WSAF AC	01:09:42
F55	N Reilly	Drogheda & District AC	01:10:41
F55	C Macdomhnaill	West Limerick AC	01:15:29
F60	M Toohey	Cork	01:33:21
F60	T O'Mara	Gneeveguilla AC	01:36:41
F60	M Mcgrath	Waterford AC	01:41:35
F65	J O'Keeffe	Carraig Na Bhfear AC	01:32:48
F65	J Hartnett	Rochdale	01:41:56
F65	S Bevan	Dublin	01:56:23
FJ	O Holmes	Carlow	01:32:19
FJ	C Kelly	Ballycotton	01:50:52
M	S Ciobanu	Clonliffe Harriers	00:49:20
M	P Hamilton	Annadale Striders	00:50:24
M	J Mccarthy	East Cork AC	00:51:11
M40	K Norgrove	Donore Harriers	00:54:50
M40	C Conroy	Sli Cualann AC	00:55:16
M40	P Hennessy	Donore Harriers	00:55:53
M45	C Burke	St. Abbans AC	00:54:19
M45	C O'Connell	St Finbarrs AC	00:54:54
M45	D Carrie	Dunleer AC	00:55:58
M50	T Payne	Tinryland AC	00:55:10
M50	J Stafford	Slaney Olympic	00:58:13

Cat	Athlete	Club	Time
M50	M Mccarthy	West Waterford AC	00:58:46
M55	E Mcevoy	St Finbarrs AC	01:00:33
M55	J Gough	West Waterford AC	01:01:09
M55	N Aherne	Midleton AC	01:02:14
M60	P O'Shea	Iveragh AC	01:01:58
M60	P Twomey	Eagle AC	01:06:28
M60	M Tobin	Grange Fermoy AC	01:07:17
M65	S Clifford	Sli Cualann AC	01:08:16
M65	M Dunne	St Finbarrs AC	01:13:15
M65	C Mccarthy	Cobh	01:21:14
M70	J Mccnamara	Donore Harriers	01:11:43
M70	J O'Leary	Leevale AC	01:20:03
M70	J O'Mahony	Cork	01:20:11
M80	N Murphy	Limerick	02:15:32
M80	A Coogan	Limerick Country Club	02:25:58
MJ	M Furlong	Midleton AC	01:07:55
MJ	C Barry	Ballintotas	01:09:37
MJ	S Fleming	Ballycotton	01:14:07

Top 3 Teams 2012

Pos	Athlete	Club	Time	Points
6	S Ryan	Raheny Shamrock AC	00:51:53	33
10	C O'Leary	Raheny Shamrock AC	00:53:11	33
17	B Leahy	Raheny Shamrock AC	00:54:49	33
11	K Nugent	Donore Harriers	00:53:17	58
18	K Norgrove	Donore Harriers	00:54:50	58
29	P Hennessy	Donore Harriers	00:55:53	58
7	S Bralitis	West Waterford AC	00:52:48	98
27	R Zakis	West Waterford AC	00:55:30	98
64	M Mccarthy	West Waterford AC	00:58:46	98

2013

Top 3s 2013

Cat	Athlete	Club	Time
F	S O'Doherty	Borrisokane AC	00:56:56
F	M Regan	Eagle AC	01:03:33
F	J Wolfe	Leevale AC	01:04:16
F35	M Mccambridge	Letterkenny AC	00:55:01
F35	C Gibbons-Mccarthy	St Finbarrs AC	00:58:07
F35	A Jordan	Metro St Brigids AC	01:01:20
F40	A Mccann	Clonmel AC	01:00:14
F40	N O'Neill	Leevale AC	01:04:16
F40	A Doris	Midleton AC	01:04:31
F45	A Moore	Leevale AC	01:04:53
F45	M Dinan	St Finbarrs AC	01:07:13
F45	O O'Rourke	Cobh	01:10:05
F50	M Sweeney	St Finbarrs AC	01:05:11
F50	A Donnelly	St Finbarrs AC	01:11:35
F50	M Hurley	Bantry AC	01:13:38
F55	H Ingram	Rathfarnham WSAF AC	01:10:53
F55	A Fitzgerald	Waterford AC	01:11:31
F55	M Lyons	St Finbarrs AC	01:28:36
F60	M Barry	Midleton AC	01:34:21
F60	M Dillon	Mullingar Harriers	01:42:09
F60	U Mcgrane	Dublin	02:10:45
F65	J Coyle	DSD AC	01:21:29
F65	M Dunne	Grange Fermoy AC	01:35:56
F65	T Gough	West Waterford AC	01:44:16
F70	B Murphy	Kilkenny	01:51:08
F70	T Blake	Dublin	02:10:55
FJ	S Heylin	Waterford AC	01:23:25
FJ	C O'Brien	Cork	01:27:47
FJ	U O'Sullivan	Midleton	01:49:41
M	S Ciobanu	Clonliffe Harriers	00:49:18
M	B Maher	Kilkenny City Harriers AC	00:50:08
M	M Clohisey	Raheny Shamrock AC	00:50:34

Cat	Athlete	Club	Time
M35	P Moran	Kilkenny City Harriers AC	00:59:25
M40	D Power	Clonliffe Harriers	00:54:45
M40	W Sosnowski	Eagle AC	00:54:45
M40	A Whitaker	St Finbarrs AC	00:55:29
M45	C O'Connell	St Finbarrs AC	00:54:49
M45	E Keville	Rathfarnham WSAF AC	00:58:17
M45	T Blackburn	Mooreabbey Milers AC	00:58:35
M50	A Archer	St Finbarrs AC	00:58:21
M50	T Smith	Eagle AC	01:01:38
M50	S Rooney	Raheny Shamrock AC	01:04:48
M55	A Rowe	Wesham Road Runners	01:00:03
M55	E Mcevoy	St Finbarrs AC	01:01:42
M55	J Quirke	London Irish AC	01:03:38
M60	P O'Sullivan	Cloyne	01:08:23
M60	C O'Brien	Banteer	01:11:42
M60	J O'Halloran	Midleton AC	01:12:09
M65	S Clifford	Sli Cualann AC	01:09:22
M65	J Murray	Rising Sun AC	01:15:03
M65	E Mullane	Rising Sun AC	01:22:00
M70	J O'Leary	Leevale AC	01:20:03
M70	P Gaffney	Mallow AC	01:22:36
M70	J O'Mahony	Cork	01:29:42
M75	T Twomey	Metro St Brigids AC	01:29:00
M75	J Fitzsimons	Crusaders AC	01:33:41
M80	P Clifford	Limerick	02:19:49
MJ	B McMahan	West Muskerry AC	01:07:43
MJ	M Furlong	Midleton AC	01:10:25
MJ	C Walsh	Cork	01:13:09

Top 3 Teams 2013

Pos	Athlete	Club	Time	Points
4	J Mccarthy	East Cork AC	00:51:37	23

Pos	Athlete	Club	Time	Points
5	T O'Donoghue	East Cork AC	00:52:00	23
14	S Mcgrath	East Cork AC	00:53:55	23
3	M Clohisey	Raheny Shamrock AC	00:50:34	24
10	B Leahy	Raheny Shamrock AC	00:53:21	24
11	B Roe	Raheny Shamrock AC	00:53:33	24
1	S Ciobanu	Clonliffe Harriers	00:49:18	27
8	M Macdiarmada	Clonliffe Harriers	00:52:57	27
18	D Power	Clonliffe Harriers	00:54:45	27

2014

Top 3s 2014

Cat	Athlete	Club	Time
F	S O'Doherty	Borrisokane AC	00:57:32
F	K Cashell	St Finbarrs AC	01:05:11
F	S Grant	Portlaoise AC	01:07:32
F35	J Hodgins	Cork	01:00:39
F35	A Holland	St Finbarrs AC	01:01:49
F35	C Mcmanus	North Shields	01:02:30
F40	A Mccann	Clonmel AC	01:02:11
F40	N Oneill	Leevale AC	01:03:47
F40	A Doris	Midleton AC	01:06:18
F45	M Dolan	Rathfarnham WSAF AC	01:03:22
F45	M Dinan	St Finbarrs AC	01:07:07
F45	J Ennis	Grange Fermoy AC	01:08:09
F50	M Sweeney	St Finbarrs AC	01:07:26
F50	N Thorpe	Sli Cualann AC	01:12:35
F50	A Donnelly	St Finbarrs AC	01:15:00
F55	A Fitzgerald	Waterford AC	01:12:32
F55	C Macdomhnaill	West Limerick AC	01:14:02
F55	N Reilly	Drogheda & District AC	01:14:23
F60	M Turner	Limerick Country Club	01:31:37
F60	A O'Brien	Killarney	01:43:58

Cat	Athlete	Club	Time
F60	U Mcgrane	Dublin	02:04:25
F65	J Coyle	DSD AC	01:21:00
F65	M Dunne	Grange Fermoy AC	01:36:29
F65	P Riggs	Cork	01:37:18
FJ	B Maria	UCC	01:18:47
FJ	L Nugent	Kilkenny City Harriers AC	01:23:29
FJ	A Mccarthy	Cork	01:31:25
M	S Ciobanu	Clonliffe Harriers	00:48:58
M	A O'Shea	Bantry AC	00:51:06
M	T O'Donoghue	East Cork AC	00:51:10
M40	R David	Clonmel AC	00:55:37
M40	W Sosnowski	Eagle AC	00:56:01
M40	K Norgrove	Donore Harriers	00:57:12
M45	C Burke	St. Abbans AC	00:53:55
M45	C Mcevoy	St. Abbans AC	00:57:57
M45	M Cunningham	Mooreabbey Milers AC	00:58:09
M50	C O'Connell	St Finbarrs AC	00:54:51
M50	E Newman	Mullingar Harriers	00:57:46
M50	R Flanagan	Birr	01:00:01
M55	P Donoghue	Celbridge AC	01:01:00
M55	E Mcevoy	St Finbarrs AC	01:02:00
M55	C Murphy	Leevale AC	01:02:29
M60	J Quirke	London Irish AC	01:06:21
M60	P Twomey	Eagle AC	01:06:33
M60	R Kavanagh	Sli Cualann AC	01:08:47
M65	J Murray	Rising Sun AC	01:16:29
M65	B Sisk	Cork	01:21:20
M65	N O'Leary	Belgooly AC	01:27:03
M70	J Cotter	Cobh	01:23:48
M70	P Gaffney	Mallow AC	01:24:57
M70	M Keane	Athenry AC	01:31:38
M75	J O'Leary	Leevale AC	01:22:28

Cat	Athlete	Club	Time
M75	T Twomey	Metro St Brigids AC	01:30:23
M75	B Masterson	Cape Cod AC	01:49:13
M80	P Clifford	Limerick	02:28:12
M80	J Collins	Limerick Country Club	02:42:34
MJ	C Ryan	Limerick Country Club	01:12:11
MJ	C O'Connor	Monkstown	01:17:57
MJ	O Carroll	St Finbarrs AC	01:19:40

Top 3 Teams 2014

Pos	Athlete	Club	Time	Points
3	T O'Donoghue	East Cork AC	00:51:10	15
4	J Mccarthy	East Cork AC	00:51:27	15
8	M Harty	East Cork AC	00:53:08	15
5	C Sheahan	Leevale AC	00:52:00	32
7	C Moore	Leevale AC	00:53:04	32
20	D Coffey	Leevale AC	00:55:07	32
15	C Marshall	St Finbarrs AC	00:54:28	54
18	C O'Connell	St Finbarrs AC	00:54:51	54
21	A O'Shea	St Finbarrs AC	00:55:15	54

2015

Top 3s 2015

Cat	Athlete	Club	Time
F	S O'doherty	Borrisokane AC	00:57:24
F	A Cooke	Youghal	01:01:28
F	L Ni Thuama	Cork	01:03:54
F35	M Mccambridge	DSD AC	00:54:20
F35	C Mcmanus	North Shields Poly AC	01:00:59
F35	A Flynn	Dublin	01:02:06
F40	A Holland	St Finbarrs AC	01:02:38
F40	H Leonard	Leevale AC	01:04:47
F40	P Grant	Portlaoise AC	01:04:59

Cat	Athlete	Club	Time
F45	M Dinan	St Finbarrs AC	01:06:12
F45	O O'Rourke	Ballymore Cobh AC	01:08:35
F45	M Jones	Midleton AC	01:09:00
F50	J Ennis	Grange Fermoy AC	01:06:34
F50	M Sweeney	St Finbarrs AC	01:08:11
F50	S Ui Dhalaigh	Limerick	01:12:33
F55	N Reilly	Drogheda & District AC	01:11:43
F55	H Ingram	Rathfarnham WSAF AC	01:14:57
F55	D Ryan	Limerick Country Club	01:17:54
F60	C Macdomhnaill	West Limerick AC	01:13:53
F60	M Lyons	St Finbarrs AC	01:27:15
F60	M Kelliher	Ballincollig AC	01:29:15
F65	S Dennehy	Dublin	01:32:29
F65	P Riggs	Cork	01:37:28
F70	K Farrell	Glencolmcille	01:43:41
F70	M Dunne	Grange Fermoy AC	01:48:27
FJ	K Mcgrath	Shanagarry	01:37:21
FJ	C Dinneen	London	01:42:47
FJ	C Ahern	Leamlara	01:45:43
M	S Ciobanu	Clonliffe Harriers	00:49:03
M	S Hehir	Rathfarnham WSAF AC	00:49:14
M	A O'Shea	Bantry AC	00:50:38
M40	C Merritt	Carraig Na Bhfear AC	00:52:45
M40	G Condon	Sli Cualann AC	00:54:29
M40	F Quinlan	Waterford AC	00:55:17
M45	E Keville	Rathfarnham WSAF AC	00:58:16
M45	F Wall	Bandon AC	00:58:22
M45	C Mcevoy	St. Abbans AC	00:59:21
M50	C O'connell	St Finbarrs AC	00:57:11
M50	M Cunningham	Mooreabbey Milers AC	00:57:34
M50	K Devine	St Finbarrs AC	00:57:51
M55	T Payne	Tinryland AC	00:56:34

Cat	Athlete	Club	Time
M55	G Griffin	Mooreabbey Milers AC	01:03:13
M55	P Donoghue	Celbridge AC	01:03:46
M60	J Quirke	London Irish AC	01:05:53
M60	V Clohisey	Raheny Shamrock AC	01:08:58
M60	D Kennedy	St Finbarrs AC	01:12:27
M65	M Tobin	Grange Fermoy AC	01:14:48
M65	D O'Connell	Midleton AC	01:18:56
M65	J Holland	Mallow AC	01:20:51
M70	J Cotter	Cobh	01:22:29
M70	T Feehan	Gneeveguilla AC	01:26:24
M70	P Gaffney	Mallow AC	01:27:21
M75	J O'leary	Leevale AC	01:21:40
M75	T Twomey	Metro St Brigids AC	01:33:46
M75	J Leonard	Drogheda & District AC	02:15:14
MJ	P Hayes	Emerald AC	01:16:55
MJ	D Cusack	Ballintotis	01:18:38
MJ	L Boyle	Le Cheile AC	01:18:56

Top 3 Teams 2015

Pos	Athlete	Club	Time	Points
5	J Mccarthy	East Cork AC	00:51:44	20
6	T O'Donoghue	East Cork AC	00:52:19	20
9	S Mcgrath	East Cork AC	00:52:54	20
10	C Harrington	Leevale AC	00:52:59	35
11	T Twomey	Leevale AC	00:53:03	35
14	O Casey	Leevale AC	00:53:27	35
16	R O'sullivan	St Finbarrs AC	00:53:47	71
20	J Meade	St Finbarrs AC	00:54:11	71
35	M Corbett	St Finbarrs AC	00:56:31	71

2016

Top 3s 2016

Cat	Athlete	Club	Time
F	A Cooke	Youghal AC	00:59:57
F	S O'Doherty	Borrisokane AC	01:02:26
F	C Farrell	An Bru AC	01:05:06
F35	A Jordan	Metro St Brigids AC	01:02:59
F35	K Teahan	St Finbarrs AC	01:04:29
F35	N Brouder	Sportsworld	01:04:48
F40	D Devaney	Rathfarnham WSAF AC	01:02:17
F40	N O'Neill	Leevale AC	01:03:35
F40	A Marie Holland	Youghal AC	01:04:14
F45	U Plant	Kinsale	01:02:43
F45	A Doris	Midleton AC	01:06:59
F45	C Fitzgibbon	Grange Fermoy AC	01:07:09
F50	J Ennis	Grange Fermoy AC	01:04:00
F50	H Gilroy	Midleton AC	01:11:35
F50	A Byrne	Clonmel AC	01:12:53
F55	M Sweeney	St Finbarrs AC	01:06:38
F55	S Ui Dhalaigh	Limerick AC	01:12:07
F55	T Barnett	Kinsale	01:13:46
F60	N Reilly	Drogheda & District AC	01:11:48
F60	R Ebisch	The Netherlands	01:18:23
F60	C Macdomhnaill	West Limerick AC	01:21:08
F65	P Riggs	Cork	01:33:45
F65	M Lawton	Cloyne	01:37:31
F70	M Dunne	Grange Fermoy AC	01:58:19
FJ	K Carmody	Cork	01:21:23
FJ	K Fleming	Ballycotton	01:25:07
FJ	K Mcgrath	Shanagarry	01:32:45
M	M Hanrahan	Leevale AC	00:49:01
M	J Sweeney	DSD AC	00:49:56
M	M Harty	East Cork AC	00:50:00
M40	F Quinlan	Waterford AC	00:54:11
M40	M Doody	Limerick AC	00:54:40

Cat	Athlete	Club	Time
M40	G Condon	Sli Cualann AC	00:54:48
M45	P Duggan	St Finbarrs AC	00:57:44
M45	J Murphy	Grange Fermoy AC	00:58:40
M45	J O'Callaghan	Eagle AC	00:59:28
M50	C Burke	St. Abbans AC	00:54:50
M50	C O'Connell	St Finbarrs AC	00:55:29
M50	K Murphy	Slaney Olympic	00:58:27
M55	T Payne	Tinryland AC	00:58:14
M55	P Donohoe	Celbridge AC	01:02:12
M55	P O'Riordan	Limerick	01:04:01
M60	E Mcevoy	St Finbarrs AC	01:02:34
M60	F Fleming	St. Abbans AC	01:08:27
M60	W O'Riordan	St. Brendan's AC	01:08:54
M65	T Madden	Marian AC	01:09:22
M65	M Tobin	Grange Fermoy AC	01:13:28
M65	K Higgs	Eagle AC	01:17:50
M70	J J Cotter	Cobh	01:23:44
M70	T Feehan	Gneeveguilla AC	01:28:23
M70	N O'Leary	Belgooly AC	01:28:24
M75	J O'Leary	Leevale AC	01:28:29
M75	P Gaffney	Mallow AC	01:34:28
MJ	K Hickey	Midleton	01:05:10
MJ	Z O'Sullivan-Hourihan	Ballyandreen	01:07:17
MJ	C Cahalane	Cork	01:10:37

Top 3 Teams 2016

Pos	Athlete	Club	Time	Points
3	M Harty	East Cork AC	00:50:00	12
4	T O'Donoghue	East Cork AC	00:50:25	12
5	J Mccarthy	East Cork AC	00:51:29	12
1	M Hanrahan	Leevale AC	00:49:01	48
18	J O'Connell	Leevale AC	00:54:21	48

Pos	Athlete	Club	Time	Points
29	D Coffey	Leevale AC	00:55:34	48
12	J Meade	St Finbarrs AC	00:53:45	50
16	R O'Sullivan	St Finbarrs AC	00:54:15	50
22	C Marshall	St Finbarrs AC	00:54:53	50

2017

Top 3s 2017

Cat	Athlete	Club	Time
F	S O'Doherty	Borrisokane AC	00:58:09
F	G Lynch	Iveragh AC	00:59:18
F	D Grady	Ennis Track Club	01:01:46
F35	L Bolster	Mallow AC	01:03:12
F35	J Kirwan	Slaney Olympic	01:06:04
F35	K Hickson	Cork	01:07:20
F40	J Hodgins	Cork	00:58:50
F40	A Walsh	St. Senans AC	01:03:30
F40	A Jordan	Crusaders AC	01:05:01
F45	U Murphy Plant	Kinsale	01:06:29
F45	O Crosbie	St Finbarrs AC	01:08:58
F45	F Desmond	Leevale AC	01:09:35
F50	J Ennis	Grange Fermoy AC	01:05:19
F50	O O'Rourke	Ballymore Cobh AC	01:06:56
F50	H Gilroy	Midleton AC	01:10:37
F55	M Sweeney	St Finbarrs AC	01:10:50
F55	J O'Kennedy	Sli Cualann AC	01:15:34
F55	M Hurley	Bantry AC	01:18:07
F60	C Kennedy	Galway City Harriers	01:06:16
F60	N Reilly	Drogheda & District AC	01:13:53
F60	R Ebisch	Atletiek Helden	01:21:30
F65	M Lynch	Raheny Shamrock AC	01:18:14
F65	P Browne	Star Of The Sea AC	01:32:24
F65	E O'Donoghue	Bantry	01:39:09

Cat	Athlete	Club	Time
F70	B McDonnell	Mullingar Harriers	01:56:26
F70	M Dunne	Grange Fermoy AC	01:58:06
F70	A Coogan	Dublin	02:35:14
M	M Clohisey	Raheny Shamrock AC	00:49:20
M	S Ciobanu	Clonliffe Harriers	00:49:46
M	K Maunsell	Clonmel AC	00:49:54
M40	R Cross	Crusaders AC	00:54:40
M40	M Corbett	St Finbarrs AC	00:55:00
M40	W Sosnowski	Poland	00:55:21
M45	S O'Neill	Rathfarnham WSAF AC	00:53:30
M45	C Merritt	Carraig Na Bhfear AC	00:53:37
M45	G Condon	Sli Cualann AC	00:53:43
M50	C O'Connell	St Finbarrs AC	00:56:19
M50	C Burke	St. Abbans AC	00:56:58
M50	R Boland	Eagle AC	01:00:45
M55	T Payne	Tinryland AC	00:58:49
M55	J Kenny	Kilmurry-Ibrickane NC AC	01:04:27
M55	B Feery	Fethard AC	01:05:42
M60	E Mcevoy	St Finbarrs AC	01:04:36
M60	M Murphy	St Finbarrs AC	01:05:38
M60	N Aherne	Midleton AC	01:08:17
M65	W Ebisch	Atletiek Helden	01:17:18
M65	D O'Connell	Midleton AC	01:23:43
M65	K Higgs	Eagle AC	01:24:35
M70	M Dunne	St Finbarrs AC	01:18:06
M70	J Motherway	Aghada	01:28:38
M70	N O'Leary	Belgooly AC	01:29:42
M75	J O'Leary	Leevale AC	01:32:52
M75	P Gaffney	Mallow AC	01:33:51
M75	T Dunne	Grange Fermoy AC	01:34:41
MJ	L Ecock	Celbridge AC	01:10:30
MJ	D Ecock	Celbridge AC	01:15:39

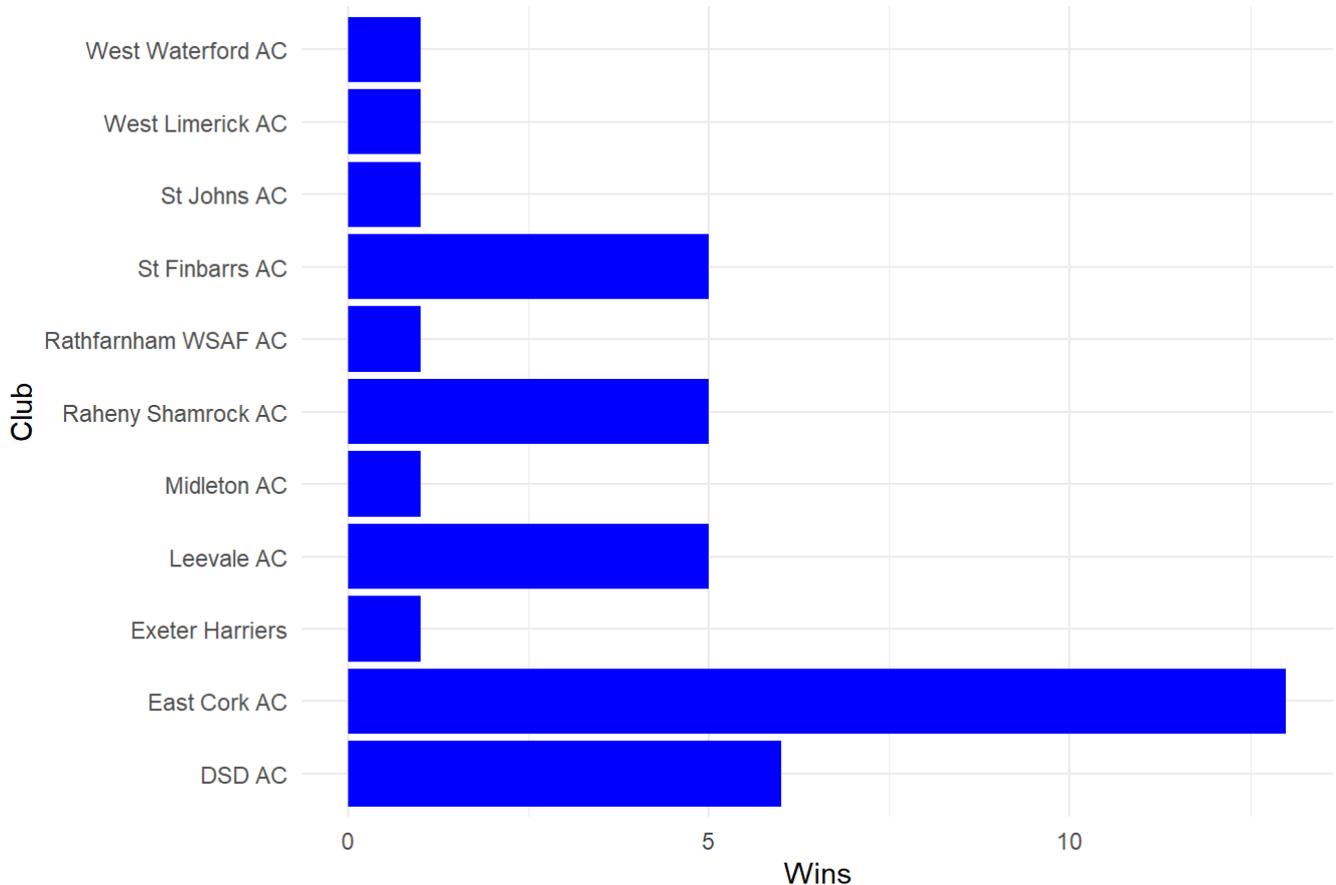
Cat	Athlete	Club	Time
MJ	S Mcgrath	Cork	01:23:50

Top 3 Teams 2017

Pos	Athlete	Club	Time	Points
5	M Harty	East Cork AC	00:51:50	25
7	S Mcgrath	East Cork AC	00:52:38	25
13	J Mccarthy	East Cork AC	00:53:38	25
6	L Mccarthy	Rathfarnham WSAF AC	00:52:12	25
8	P Stephenson	Rathfarnham WSAF AC	00:52:54	25
11	S O'Neill	Rathfarnham WSAF AC	00:53:30	25
10	B Donovan	Leevale AC	00:53:14	53
19	C Mccauley	Leevale AC	00:54:35	53
24	S Young	Leevale AC	00:55:08	53

Club rivalries

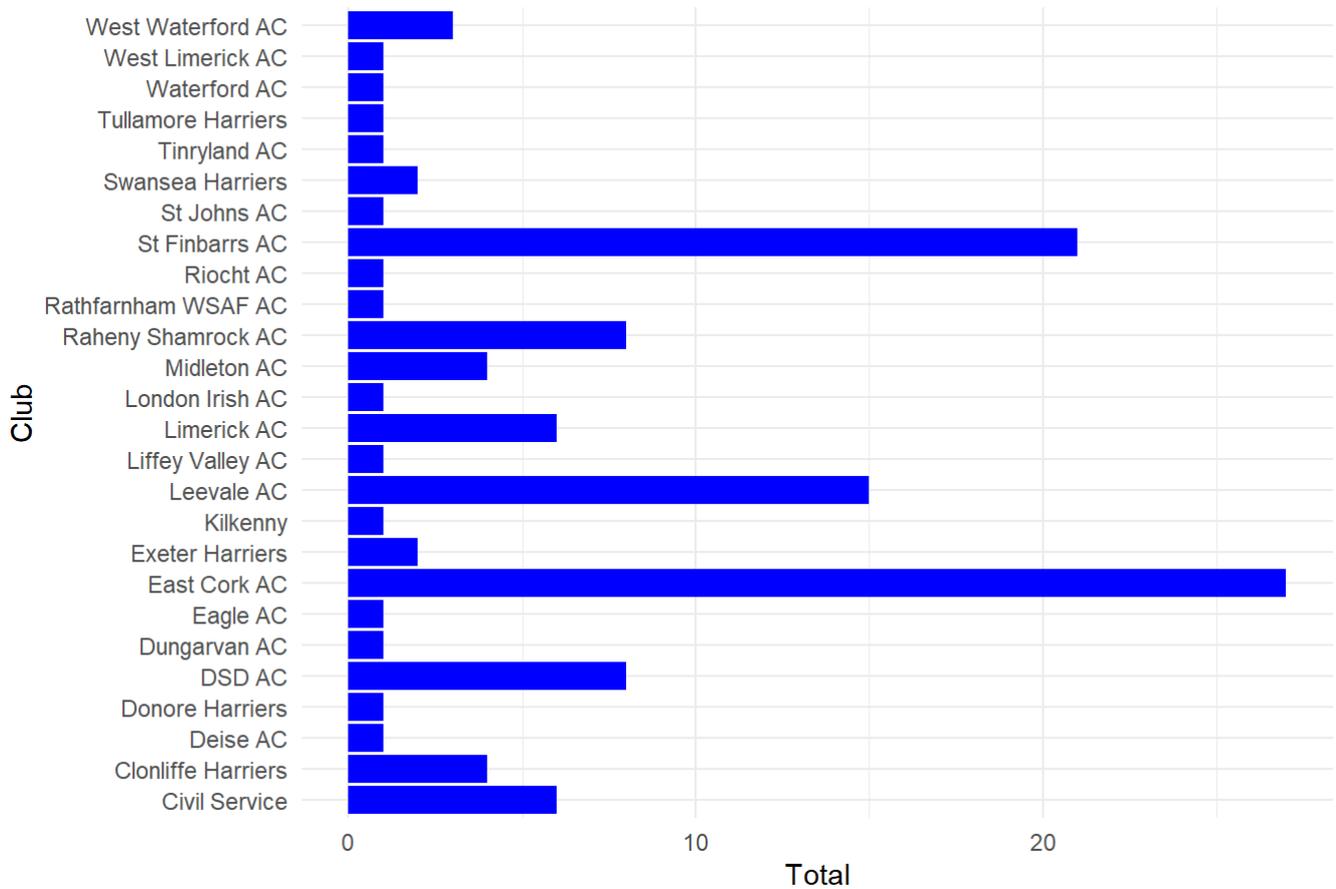
Number of team wins per club



This plot shows the success enjoyed by the local club East Cork AC. After its establishment in 1985 it won its first of 13 team titles at the first time of asking in 1986. The club won 8 of 13 editions between 1986-1998 and still finished on the podium in the remaining 5 editions during this period. Led by Noel Berkeley, DSD AC won 5

team titles in a row from 1999-2003. St Finbarrs then won 3 in a row from 2004-2006, a feat matched by Raheny Shamrock AC from 2008-2010. East Cork AC enjoyed a resurgence in the final years of the race, with four consecutive team titles from 2013-2016. Rathfarnham WSAF AC just pipped East Cork for their only win in the final edition in 2017.

Number of team podiums per club

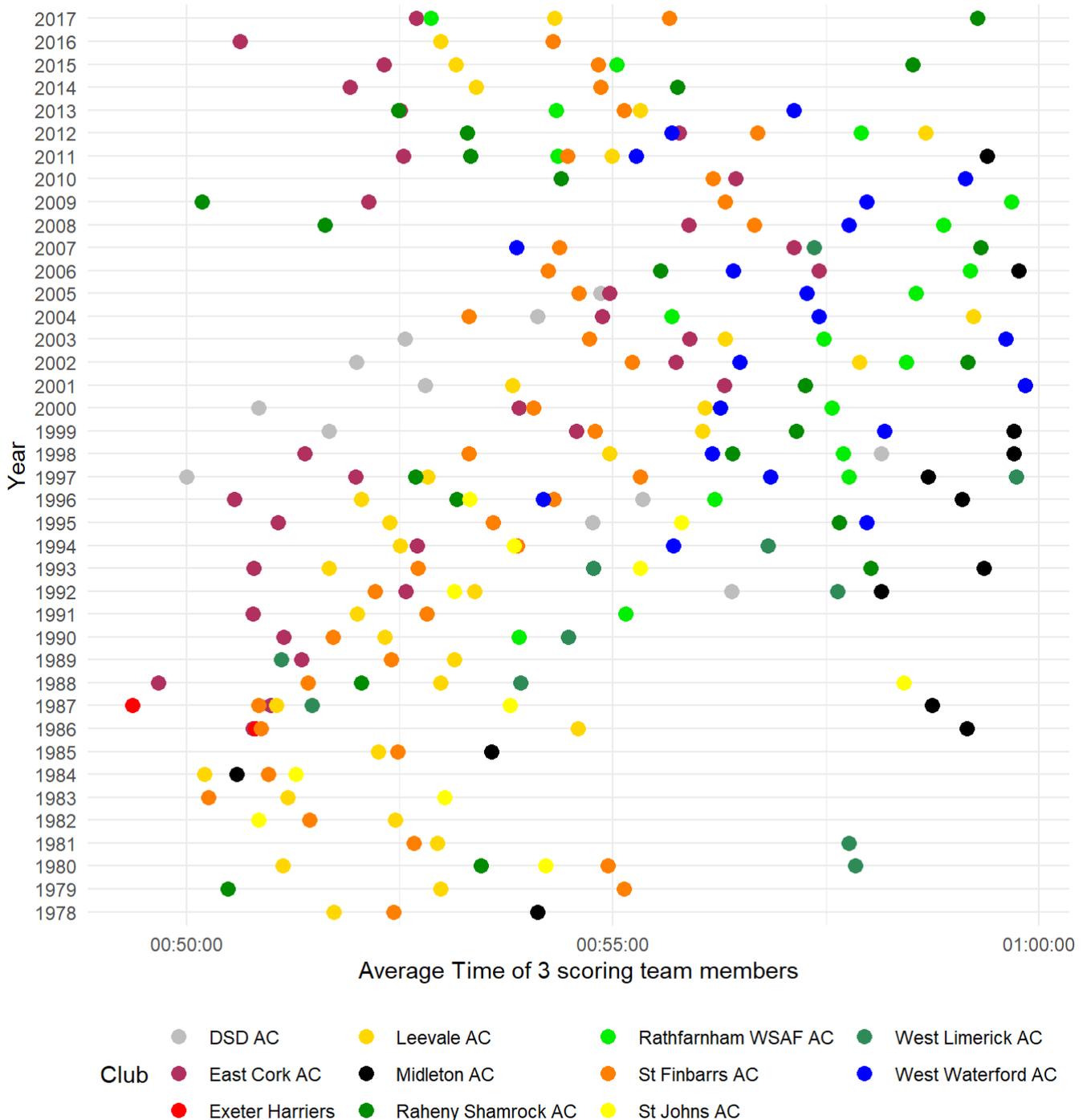


East Cork AC featured on the podium 27 times in the 32 year period since its inauguration. St Finbarrs AC, another Cork distance running powerhouse, also have to take credit for consistency having achieved a team podium position 21 times. Leevale AC achieved this on 15 occasions.

Exeter Harriers have the distinction of being the only overseas club to win the team title, with 3 men going under 50 minutes in 1987 to hold off a strong Clonliffe Harriers team led by Jerry Kiernan.

Average finishing times of scoring members over time

Restricted to clubs which have won the event at least once & sub 60min average times



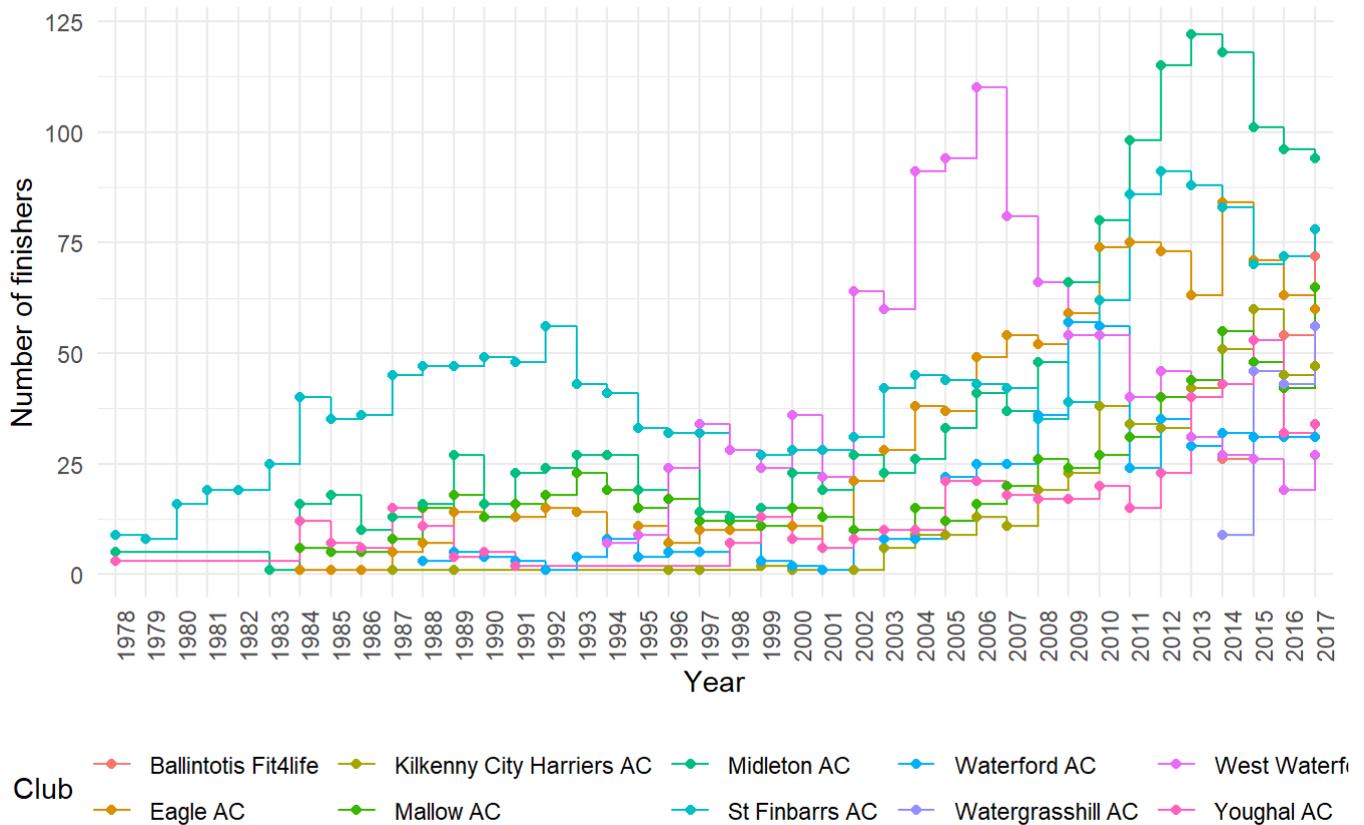
This Exeter Harrier performance from 1987 was the best team performance recorded in the history of the race (red dot) with an incredible average time for the three scoring members of 49:22. The next best team performance over the Ballycotton 10 course was by East Cork AC (maroon dots) in 1988 with an average time of 49:40. DSD AC (grey dots) recorded an average team time of 50:00 in 1997. The plot highlights the sub 55min consistency of East Cork AC (maroon), St Finbarrs AC (orange) and Leevale AC (gold) over the years. It also demonstrates the purple patches enjoyed by DSD AC (grey) from 1997-2005 and Raheny Shamrock AC (bright green) from 2008-2013. The most competitive edition has to be 1986 with maroon, orange and red dots almost on top of each other selecting a very tight team result between East Cork AC (35 points), St Finbarrs AC (38 points) and Exeter Harriers (40 points).

Finishers

Clubs

Number of finishers from the most prolific clubs

Restricted to clubs which featured in all time top 10

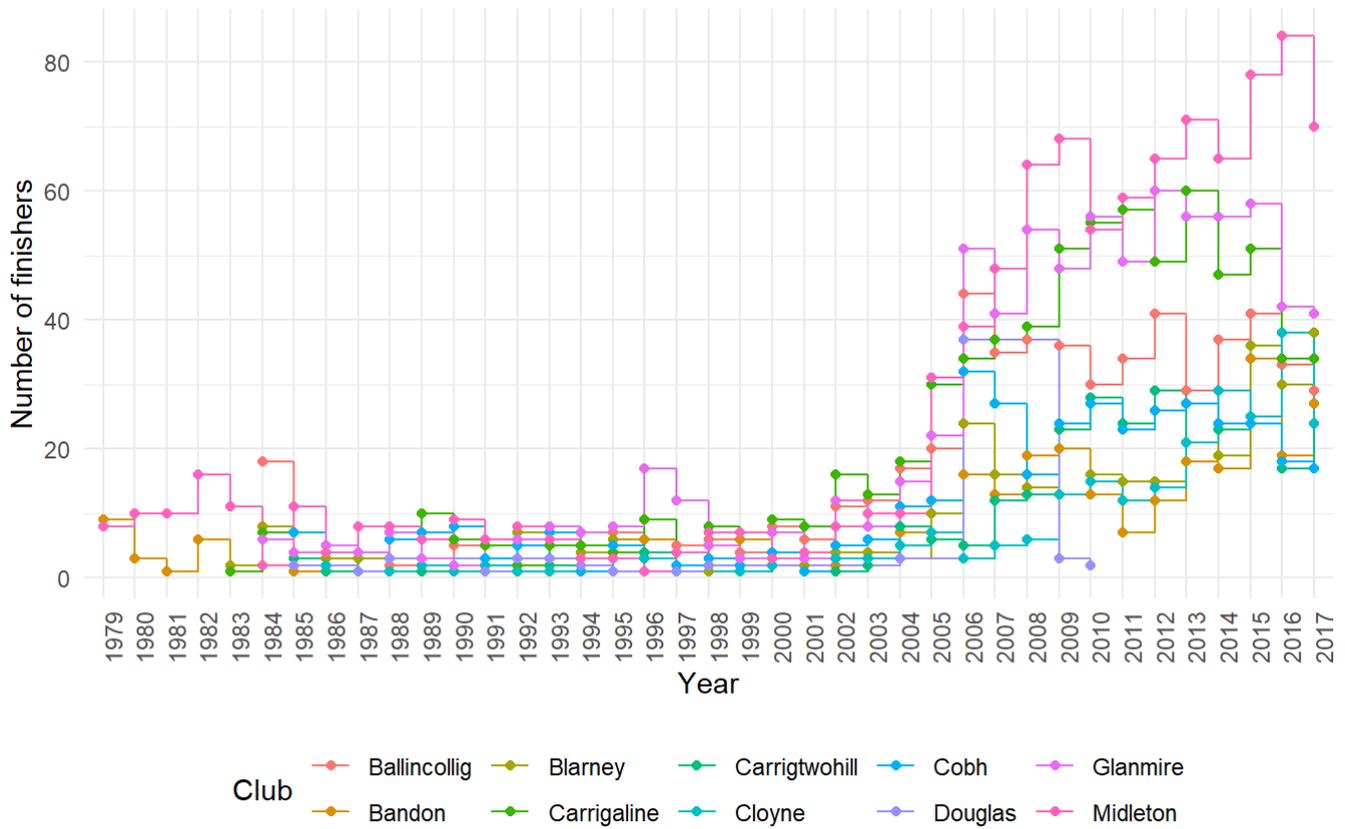


The plot above shows the progression in the numbers of athletes visiting Ballycotton to complete the ten miler over the years. St Finbarrs AC (teal line) had a solid grip on this statistic from 1978 to 1996. This led to a period at the turn of century where equivalent numbers of finishers came from both St Finbarrs AC and West Waterford AC (purple line). From there the numbers crossing the Blackwater each March outmatched any other club with a peak of 110 finishers for West Waterford AC in 2006. The final years of the event saw a running boom in nearby Midleton culminating in a record 122 finishers for Midleton AC (light green line) in 2013.

Cork towns

Number of unattached finishers from the Cork towns

Restricted to towns which featured in all time top 10

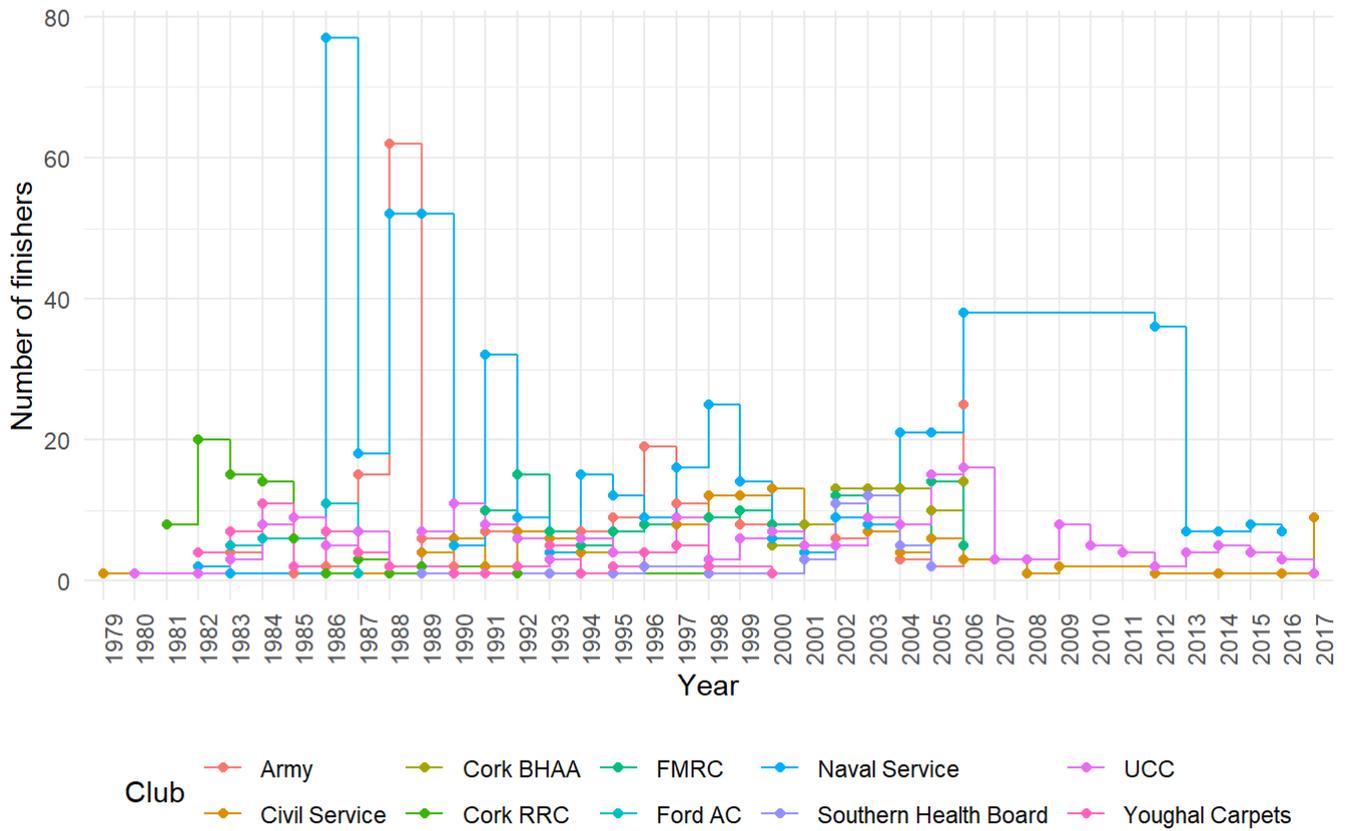


This plot shows the number of local unattached runners competing in the Ballycotton 10. Rare in the early years this phenomenon took off from 2005/2006. Even though Midleton AC had the highest number of club finishers there were still at least 50 athletes that could have been recruited. The line for Carrigaline (green) is interesting-it steadily rose before Carrigaline Road Runners AC first competed as a club in 2013. There also seems to be a lot of clubless runners in Glanmire.

Business Houses

Number of finishers from Business Houses

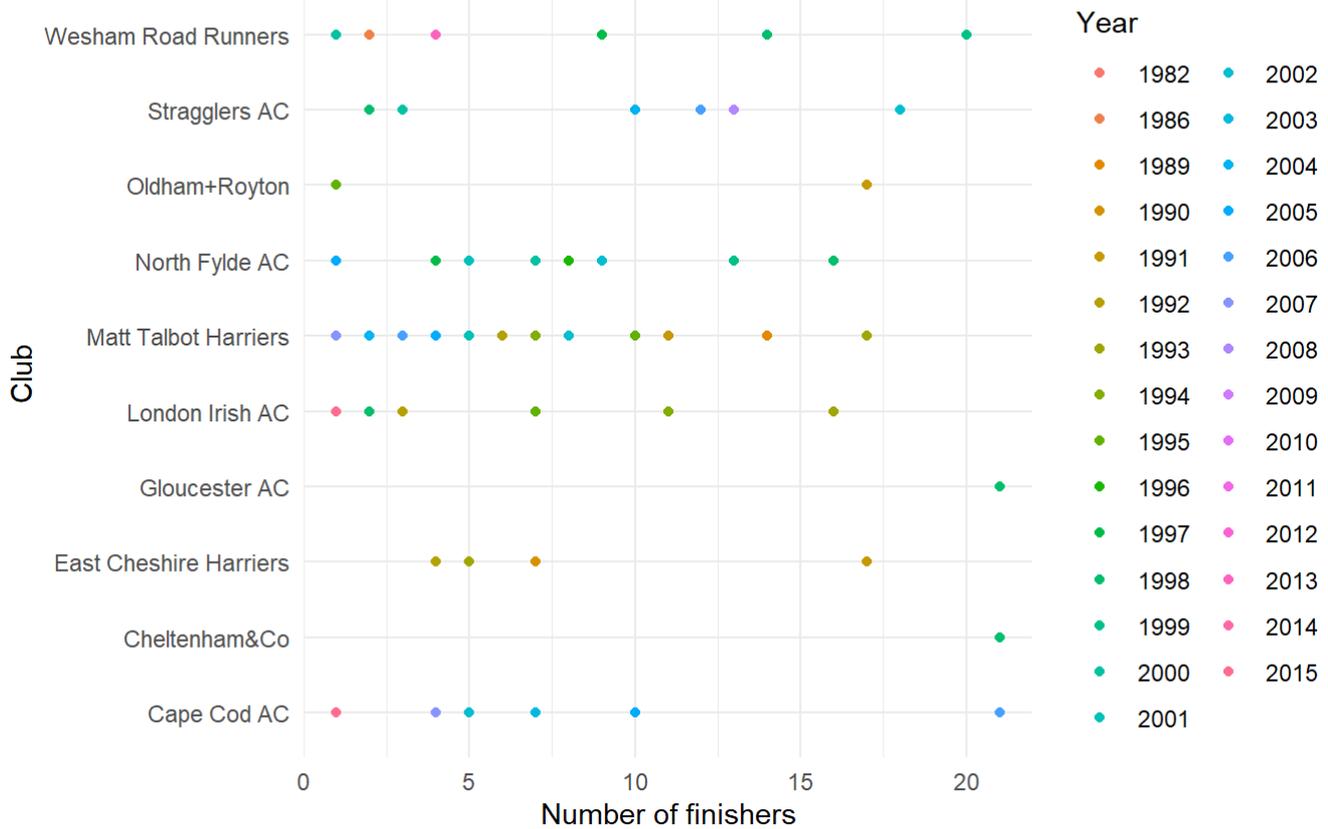
Restricted to Business Houses which featured in all time top 10



The Naval Service (blue line) always supported the event in their droves, with a record 77 finishers in 1986. The Army (red line) had 62 finishers in 1988.

Overseas Clubs

Number of finishers from Overseas Clubs Restricted to clubs which featured in all time top 10



The distinction of providing the most amount of overseas finishers, 21, is shared among Cheltenham & County Harriers (1998), Gloucester AC (1998) and Cape Cod AC (2006). The plot shows that small delegations from overseas were a feature of the race from the early years but it was probably the result of Runner's World UK features, one in which the race was ranked second only to the London marathon, that triggered a surge in entrants from Britain.

All Time lists per club

East Cork AC

Best East Cork AC female performances

Year	Athlete	Time
1987	E Prunty	01:00:04
2017	F Santry	01:03:46
1992	M Sheehan	01:04:52
1998	C Deane	01:06:01
1989	M Joyce-Curtin	01:06:18
2005	C O'Brien	01:06:50
2017	E O'Neill	01:08:19
1986	H Casey	01:08:26

Year	Athlete	Time
2005	O Cronin	01:12:42
1987	M Coleman	01:13:40

Best East Cork AC male performances

Year	Athlete	Time
1988	L O'Brien	00:47:57
1988	J Wallace	00:49:59
2016	M Harty	00:50:00
1996	D O'Mahony	00:50:02
1996	J Kearney	00:50:19
2016	T O'Donoghue	00:50:25
1995	G Barry	00:50:52
1988	B Meade	00:51:05
2012	J Mccarthy	00:51:11
1986	D Mccarthy	00:51:32

St Finbarrs AC

Best St Finbarrs AC female performances

Year	Athlete	Time
1984	C Hourihan	00:58:47
2010	C Gibbons-Mcarthy	00:59:11
1991	B O'Shea	01:00:08
1991	J Hough	01:00:13
1993	M Sweeney	01:00:31
1986	M Lyons	01:00:52
2015	A Holland	01:02:38
2017	K Cashell	01:03:08
2011	J Wolfe	01:03:18
1988	M Morley	01:03:44

Best St Finbarrs AC male performances

Year	Athlete	Time
1983	J Hartnett	00:48:59

Year	Athlete	Time
1986	R Burke	00:49:35
1978	R Crowley	00:50:22
1988	S Harte	00:50:22
1983	W Horgan	00:50:25
1986	J Buckley	00:50:57
1983	D Manning	00:51:22
2000	C O'Connell	00:51:36
1987	E Mcevoy	00:51:48
1988	J Mcsweeney	00:51:51

Leevale AC

Best Leevale AC female performances

Year	Athlete	Time
2012	L Lee	00:57:17
2005	C Gibbons	00:57:52
1986	A Murphy	00:59:57
1993	B Murphy	01:00:19
1985	E Prunty	01:01:21
1996	C Parnell	01:01:49
1988	L Moloney	01:02:17
1982	M Buckley	01:02:24
1993	P Coakley	01:02:35
2006	A Shine	01:03:22

Best Leevale AC male performances

Year	Athlete	Time
1984	T O'Leary	00:48:22
2016	M Hanrahan	00:49:01
2004	M Mccarthy	00:49:36
1980	N Shannon	00:50:10
1990	L O'Regan	00:50:15
2003	C Lombard	00:50:31

Year	Athlete	Time
1980	D Hodgins	00:50:37
1984	D Walsh	00:50:43
1983	W Fitzgerald	00:50:49
1991	R Burke	00:51:10

Raheny Shamrock AC

Best Raheny Shamrock AC female performances

Year	Athlete	Time
1989	O Bollard	00:58:37
2010	B Sanchez	00:58:45
2011	A Hickey	01:02:58
2009	D Ryan	01:04:13
2006	O Loftus	01:05:28
1992	C Peppard	01:06:26
1989	A Reede	01:07:27
2009	N Garvey	01:08:08
2005	O Gormley	01:08:21
1995	J Comiskey	01:09:02

Best Raheny Shamrock AC male performances

Year	Athlete	Time
1985	D Hooper	00:48:16
2006	V Mulvey	00:49:03
1979	P Hooper	00:49:12
2017	M Clohisey	00:49:20
2009	M Kirwan	00:50:26
1979	J Maher	00:51:05
1988	T Finn	00:51:09
1979	P Brady	00:51:11
2008	C O'Leary	00:51:21
1997	Z Byrne	00:51:44

DSD AC

Best DSD AC female performances

Year	Athlete	Time
2005	G Ganiel	00:59:23
1994	M Burns	01:05:01
1992	H Peelo	01:05:26
2000	M Mccormack	01:06:43
1993	J Coyle	01:07:08
2001	S Zlnay	01:08:49
2012	D O'Mahony	01:12:32
1992	I Walsh	01:13:03
2001	M Hughes	01:13:25
2004	L Daly	01:13:39

Best DSD AC male performances

Year	Athlete	Time
1995	N Berkeley	00:47:17
1992	G Mcgrath	00:49:45
1997	P Matthews	00:49:45
2016	J Sweeney	00:49:56
1986	M Kelly	00:50:02
2004	P Deegan	00:51:25
2005	P Mathews	00:51:35
2008	J Eves	00:51:58
2003	C Roberts	00:52:13
1996	B Hingston	00:52:14

Clonliffe Harriers

Best Clonliffe Harriers female performances

Year	Athlete	Time
1996	A Kearney	01:02:59
1984	M Niceoin	01:05:02
2007	F Doherty	01:05:23
2006	B Ni Bhriain	01:07:22

Year	Athlete	Time
2008	T Whyte	01:07:37
2007	E Mcveigh	01:07:49
2010	J O'Hare	01:07:59
2012	M Byrne	01:08:42
2017	A Andrews	01:09:49
2004	B O'Brien	01:12:09

Best Clonliffe Harriers male performances

Year	Athlete	Time
1983	J Kiernan	00:47:04
2014	S Ciobanu	00:48:58
1987	E Tierney	00:49:38
1985	N Harvey	00:49:56
2003	C Mcloughlin	00:50:09
2000	N Cullen	00:50:21
1986	B Horgan	00:50:36
2008	S Turea	00:51:06
1987	P Keane	00:51:10
1988	D Noonan	00:52:49

Rathfarnham WSAF AC

Best Rathfarnham WSAF AC female performances

Year	Athlete	Time
1991	S Leon	01:02:03
2016	D Devaney	01:02:17
2006	D Mahon	01:02:38
2014	M Dolan	01:03:22
2005	H Leonard	01:04:04
2004	B Griffin	01:05:53
1997	A Romero	01:06:03
2013	E Fitzmaurice	01:07:24
2013	L Nolan	01:07:40

Year	Athlete	Time
2006	J Wright	01:07:43

Best Rathfarnham WSAF AC male performances

Year	Athlete	Time
2015	S Hehir	00:49:14
2017	L Mccarthy	00:52:12
1990	G Doyle	00:52:38
2017	P Stephenson	00:52:54
1990	B Murphy	00:53:04
2017	S O'Neill	00:53:30
2013	J Reid	00:53:55
1996	E Keville	00:54:38
1991	N Keenan	00:55:26
2004	J Nash	00:55:33

Midleton AC

Best Midleton AC female performances

Year	Athlete	Time
2013	A Doris	01:04:31
2017	S Kevany	01:06:11
2005	L Geary	01:06:35
1985	H Casey	01:07:05
2015	M Jones	01:09:00
2007	M Nolan	01:09:08
1984	M Dunne	01:09:18
2000	F Devlin	01:10:25
2017	H Gilroy	01:10:37
2013	S Buckley	01:11:01

Best Midleton AC male performances

Year	Athlete	Time
1984	L O'Brien	00:48:38
1984	P Whyte	00:49:52

Year	Athlete	Time
1984	P Mulholland	00:53:16
1987	J O'Brien	00:54:00
1985	S Hartnett	00:54:28
1986	J Walshe	00:56:38
1992	D Horgan	00:57:19
2011	N O'Regan	00:57:23
1978	J Martin	00:57:26
1985	T O'Brien	00:57:29

Togher AC

Best Togher AC female performances

Year	Athlete	Time
1989	E Allen	01:09:51
1990	A Collins	01:14:40
1990	A Clarke	01:14:40
2016	S Twomey	01:17:20
2017	E O'Brien	01:17:31
2017	Y Walsh	01:18:23
2017	H Walsh	01:20:11
2016	C Walsh	01:29:43
2016	F Mctaggart	01:29:54
2017	L Murphy	01:30:56

Best Togher AC male performances

Year	Athlete	Time
1986	M Casey	00:50:43
1985	O Fitzgerald	00:53:32
2015	E Heffernan	00:53:52
2011	S Coffey	00:54:19
2000	N Marshall	00:54:43
2005	J Palmer	00:54:58
1984	D Fitzgerald	00:55:14

Year	Athlete	Time
1985	T O'Riordan	00:55:55
2011	D Coakley	00:56:07
1997	P Dinan	00:57:03

West Waterford AC

Best West Waterford AC female performances

Year	Athlete	Time
2004	J Jackman	01:06:51
2010	N Wall	01:07:24
2012	D Behan	01:08:57
2007	R Byrne	01:12:13
2007	M Burke	01:12:59
2008	A Dunford	01:13:37
1997	R Harty	01:15:21
2008	T Wall	01:15:42
2010	J Ui Chuirrin	01:16:28
2013	J Uichuirrin	01:16:36

Best West Waterford AC male performances

Year	Athlete	Time
2007	S Bralitis	00:51:34
2002	P Harty	00:51:35
2006	R Zakis	00:52:31
1996	K Maher	00:53:28
2000	D Lyons	00:54:55
1994	G Cantwell	00:55:16
2005	M Langford	00:55:25
2007	D Klava	00:55:32
1998	A Ryan	00:55:40
1996	M Coche	00:56:35

Limerick AC

Best Limerick AC female performances

Year	Athlete	Time
1989	K O'Doherty	00:59:45
2000	F Bourke	01:07:34
1999	F Collins	01:08:13
1990	E Watson	01:09:16
2016	S Ui Dhalaigh	01:12:07
1998	S Healy	01:13:34
2006	E Laffan	01:15:46
2012	S O'dalaigh	01:16:42
2014	S Uidhalaigh	01:16:45
2003	D Cross	01:16:59

Best Limerick AC male performances

Year	Athlete	Time
1986	R Costello	00:48:05
1988	R Costelloe	00:48:08
1992	J Bolger	00:50:03
1987	P Duffy	00:50:26
1990	N Cusack	00:50:45
1990	G Mullane	00:51:38
2009	T Carey	00:52:23
1990	A Tracey	00:52:33
2012	M Doody	00:52:59
2012	R O'Donnell	00:54:53

Eagle AC

Best Eagle AC female performances

Year	Athlete	Time
2009	R Lynch	01:00:31
2011	N Roe	01:03:23
2013	M Regan	01:03:33
2011	D Nagle	01:05:49
2016	E O'Callaghan	01:07:07

Year	Athlete	Time
2008	A Holland	01:07:35
2012	A Healy	01:08:17
1998	N Linehan	01:08:33
1995	M Twohig	01:10:05
1996	F Kirwan	01:11:27

Best Eagle AC male performances

Year	Athlete	Time
1995	M Magnier	00:52:51
1997	L O'Mahony	00:53:19
2005	W Sosnowski	00:53:20
1989	J O'Brien	00:53:28
1993	E Lynch	00:54:13
1992	D Hegarty	00:54:17
1992	T O'Regan	00:54:44
1991	T Ryan	00:54:53
1991	T Morrissey	00:55:10
1993	E Noonan	00:55:28

Mallow AC

Best Mallow AC female performances

Year	Athlete	Time
1994	M Hurphy	01:01:30
1993	M Murphy	01:02:41
1996	E Lynam	01:09:01
2015	A Carroll	01:10:17
2017	J Mccann	01:10:25
1989	N O'Hanlon	01:11:12
2013	L Bolster Tavolieri	01:13:24
2011	A Borkowska	01:14:05
2014	N Harvey	01:14:57
2014	L Tradolieri	01:15:33

Best Mallow AC male performances

Year	Athlete	Time
1984	P Kerrigan	00:52:03
1987	S Brennan	00:54:09
1986	J Moran	00:54:15
2013	S Simcox	00:55:21
1987	A Neenan	00:55:59
1985	P Buckley	00:57:32
2016	P Moloney	00:57:38
1995	D Byrne	00:58:27
1998	J Mccarthy	00:58:33
2013	L Slattery	00:58:43

North Cork AC

Best North Cork AC female performances

Year	Athlete	Time
1984	S Curtin	01:04:07
2000	H Rea	01:04:39
1983	M Curtin	01:09:34
1984	M Doyle	01:10:07
2016	B Lukste	01:15:41
2012	F Geary	01:17:39
2012	D Mccarthy	01:20:15
2012	P Myers	01:21:17
2014	M Mullins	01:24:27
2014	J Riordan	01:26:02

Best North Cork AC male performances

Year	Athlete	Time
1985	P Maher	00:49:57
2005	T Hartley	00:50:49
2004	G Murray	00:52:21
1984	C Lynch	00:52:27

Year	Athlete	Time
1982	K Stack	00:52:30
2007	M Herlihy	00:53:34
2005	R Neill	00:53:36
1985	G Barry	00:54:07
1986	G Fitzgibbon	00:56:29
2011	N Collins	00:56:45

Carraig Na Bhfear AC

Best Carraig Na Bhfear AC female performances

Year	Athlete	Time
2017	J Forrest	01:21:50
2009	C Hurley	01:24:05
2014	F Kelleher	01:24:40
2014	M Whooley	01:24:48
2014	F Jones	01:25:30
2009	E Murphy	01:26:20
2016	Y O'Leary	01:26:22
2017	Y O'Leary-O'Connor	01:28:46
2011	M Dunne	01:29:41
2009	Y Bennett	01:29:44

Best Carraig Na Bhfear AC male performances

Year	Athlete	Time
2011	C Merritt	00:52:27
2010	B Macmahon	00:55:06
2000	R Sewell	01:00:08
1987	T Hegarty	01:01:53
1986	N Bowen	01:02:43
2006	N Pike	01:03:58
1986	P Dinan	01:04:15
1986	M Hurley	01:04:18
2002	S Mcgrath	01:05:01

Year	Athlete	Time
1985	J O'Donovan	01:05:31

Waterford AC

Best Waterford AC female performances

Year	Athlete	Time
1990	E Bullen	00:59:46
1988	M Ryan	01:02:06
2002	M Jennings	01:06:47
2009	S Malone	01:06:47
2006	C Holland	01:07:17
1989	G Guiry	01:07:47
2008	R Ahern	01:08:35
2008	M Burke	01:09:11
2008	A Fitzgerald	01:09:12
2013	J Mahony	01:09:20

Best Waterford AC male performances

Year	Athlete	Time
1993	J Sullivan	00:49:25
1994	J Mulligan	00:51:11
2015	T Power	00:52:24
1993	M Halley	00:52:59
1995	T Burns	00:53:55
2016	F Quinlan	00:54:11
1988	P Halley	00:54:39
1998	L Kennedy	00:55:56
1989	E Daniels	00:56:18
2011	B Swaby	00:56:40

Kilkenny City Harriers AC

Best Kilkenny City Harriers AC female performances

Year	Athlete	Time
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Year	Athlete	Time
2010	A Crowley	01:05:39
2015	A O'Grady	01:06:20
2017	C Delaney	01:08:39
2009	J Horan	01:10:37
2013	L Maher	01:11:16
2010	V Mullally	01:11:31
2012	I Henebry	01:11:47
2014	R Murphy	01:12:28
2013	L Collins	01:13:35
2011	D Scott	01:14:14

Best Kilkenny City Harriers AC male performances

Year	Athlete	Time
2013	B Maher	00:50:08
1987	S Murphy	00:50:34
2005	M Ginnetty	00:56:09
2005	P Cody	00:56:46
2015	M Johnson	00:57:35
2014	R Lonergan	00:58:13
2014	P Moran	00:58:17
2017	T Mtinsi	00:59:09
1999	M Hennessy	00:59:17
2006	R Reynolds	00:59:35

Slaney Olympic

Best Slaney Olympic female performances

Year	Athlete	Time
2012	C Murphy	01:03:27
2009	M Murphy	01:12:01
2003	P Kavanagh	01:12:29
2007	D Hogan	01:12:41
2016	K Long	01:13:24

Year	Athlete	Time
2017	S Sweeney	01:18:20
2016	A Nolan	01:18:45
2013	M O'Sullivan	01:18:55
2008	G Codd	01:18:56
2014	K Murphy	01:18:56

Best Slaney Olympic male performances

Year	Athlete	Time
2011	T Hogan	00:53:11
2009	K Murphy	00:56:45
2013	M Monaghan	00:57:24
2011	P Moriarty	00:57:33
2007	F Murphy	00:57:36
2017	C Cooper	00:58:10
2012	J Stafford	00:58:13
2004	J O'Connor	00:58:31
1999	P O'Sullivan	00:59:07
2008	S Tyrrell	00:59:47

Clonmel AC

Best Clonmel AC female performances

Year	Athlete	Time
2011	A Mccann	00:59:15
2007	L Taylor	01:07:57
2007	L O'Connor	01:09:19
2017	S Mchugh	01:10:03
2007	K Tideswell	01:11:59
2016	A Byrne	01:12:53
2003	D Nagle	01:12:56
2004	E Prunty-Hynes	01:13:05
2014	F Bourke	01:15:00
2007	K Mcloughlin	01:15:41

Best Clonmel AC male performances

Year	Athlete	Time
2017	K Maunsell	00:49:54
1990	J Fitzgerald	00:50:34
1993	B Feery	00:51:49
1995	S Mccarthy	00:52:37
1984	T O'Loughlin	00:53:18
1997	R O'Brien	00:53:45
1993	F Rice	00:54:16
1999	A O'Connor	00:54:24
1991	B Fox	00:54:29
1985	T O'Connell	00:54:51

Bandon AC

Best Bandon AC female performances

Year	Athlete	Time
2009	L Cavanagh	01:02:55
2008	M Crowley	01:05:26
2008	E Crowley Barry	01:05:59
2010	E Barry	01:07:43
2004	E Crowley	01:11:40
2015	B Desmond	01:15:00
2016	G Corcoran	01:15:01
2012	M Callanan	01:15:37
2009	B Harte	01:16:30
2016	P Callan	01:17:16

Best Bandon AC male performances

Year	Athlete	Time
1989	C O'Connor	00:51:40
1988	I Harpur	00:51:57
1995	S Harte	00:52:28
2012	G Waugh	00:53:01

Year	Athlete	Time
1991	G Daly	00:54:47
2004	J O'Sullivan	00:55:35
2012	K Wilmott	00:55:52
2009	K Wilmot	00:56:08
1996	T Lucey	00:56:11
2009	T Laffan	00:57:38

Riocht AC

Best Riocht AC female performances

Year	Athlete	Time
1998	M Harrington	00:57:05
1984	M Cotter	00:59:02
1995	M Brosnan	01:00:47
1997	N O'Sullivan	01:01:12
1985	J Hegarty	01:02:22
1996	M Linehan	01:04:11
1998	M Diskin	01:07:28
1996	M McGillicuddy	01:07:49
1982	C Galvin	01:09:56
2006	K Moyna	01:10:20

Best Riocht AC male performances

Year	Athlete	Time
1983	J Lenihan	00:48:44
1980	D Casey	00:52:51
1996	C Purcell	00:52:55
2011	D O'Callaghan	00:53:01
2011	J Doran	00:53:18
1980	M Flynn	00:53:48
1995	R Purcell	00:54:21
1996	W Reidy	00:54:45
1982	G Walsh	00:54:57

Year	Athlete	Time
1996	J Purcell	00:54:57

Crusaders AC

Best Crusaders AC female performances

Year	Athlete	Time
2004	E Sokell	01:02:53
1998	U Creagh	01:04:44
2017	A Jordan	01:05:01
1998	J Watt	01:07:03
2013	A Quigley	01:07:34
2016	A O'Connell	01:07:45
2000	J Flanagan	01:08:06
2014	L Schwirz	01:08:27
1996	B Mccluskey	01:08:37
1992	J Carey	01:10:00

Best Crusaders AC male performances

Year	Athlete	Time
2015	S Moore	00:53:50
2011	R Cross	00:54:24
2017	M Kiely	00:54:51
2017	B Murphy	00:55:35
2014	S Collins	00:55:55
2016	C Diviney	00:57:00
1997	J Odriozola	00:57:26
2016	J Mulvihill	00:57:30
2008	S O'Rourke	00:57:40
2017	M O'Connor	00:57:41

Grange Fermoy AC

Best Grange Fermoy AC female performances

Year	Athlete	Time
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Year	Athlete	Time
2000	M Sheehan	00:59:18
2016	J Ennis	01:04:00
2004	O Tuohy	01:04:33
2016	C Fitzgibbon	01:07:09
2009	T Hennessy	01:08:44
1987	P Delaney-Smlth	01:09:04
1993	H Egluff	01:13:07
2006	P O'Brien	01:13:22
2005	M Linnane	01:13:25
2008	M Fitzgerald	01:13:49

Best Grange Fermoy AC male performances

Year	Athlete	Time
2005	G O'Sullivan	00:54:04
2013	M Lyons	00:55:09
2000	J Alubaidy	00:55:28
1995	F Dingivan	00:55:32
1991	M Tobin	00:56:45
1991	J Delaney	00:56:45
2008	P Maher	00:57:13
2008	D Towey	00:57:32
1994	S Harris	00:57:43
2016	J Murphy	00:58:40

West Limerick AC

Best West Limerick AC female performances

Year	Athlete	Time
1990	C Macdomhnaill	01:10:32
1981	M Linehan	01:10:34
2015	C Hayes	01:11:36
2008	A Healy	01:13:11
2009	S Mitchell	01:13:14

Year	Athlete	Time
2002	B Foley	01:14:31
2015	R Hayes	01:14:45
1998	C Mhicdomhnail	01:16:30
1981	C McDonnell	01:19:08
1983	D Barrett	01:19:55

Best West Limerick AC male performances

Year	Athlete	Time
1988	J Scanlon	00:48:44
1987	T Brouder	00:51:25
1989	M Macdomhnall	00:51:33
1993	J Chawke	00:52:21
1980	D Buckley	00:52:47
1990	M Macdomhnaill	00:53:31
1987	M McDonnell	00:53:54
1987	S Crawley	00:54:38
1987	J Condon	00:54:40
1997	T Fitzgerald	00:54:52

Exeter Harriers

Best Exeter Harriers male performances

Year	Athlete	Time
1987	R Williams	00:48:49
1987	S Coleman	00:49:34
1987	G Seward	00:49:43
1987	C Wilsdon	00:52:50
1986	C Abrahams	00:52:58
1986	K Roberts	00:53:48
1986	K Manvill	00:55:20
1987	T Beighton	00:56:59
1986	R Luke	00:58:07
1987	B Coles	01:03:08

Swansea Harriers

Best Swansea Harriers male performances

Year	Athlete	Time
2002	S Tobin	00:51:46
2002	S Smith	00:51:59
2002	M Morgan	00:52:53
2003	D Hiscox	00:53:20
2003	G Davies	00:53:30
2004	M Roberts	00:54:01
2003	M Hobbs	00:54:30