

Men's 400 m

Final Place	No	Name	Club	Final Time
Grade A				
1	236	Houston, John	Ballymena & Antrim A.C.	49.5
2	263	Everard, Eoin	Kilkenny City Harriers A.C.	50.1
3	232	Hynes, Michael	Raheny Shamrock A.C.	53.5
Grade B				
1	231	Laffey, John	Clonliffe Harriers A.C.	49.8
2	245	Hensey, Gerard	Tullamore Harriers A.C.	53.8
3	171	Keegan, John	Crusaders A.C.	54.3
4	249	Mc Cabe, Brian	Rathfarnham W.S.A.F. A.C.	54.6
5	26	Mc Cabe, Jonathon	Drogheda & District A.C.	55.2
6	267	Kelly, Darren	Donore Harriers A.C.	55.8
7	162	Curran, Patrick	Tallaght A.C.	56.1
8	75	Mc Clean, Stuart	Rathfarnham W.S.A.F. A.C.	56.6
Grade C				
1	278	O'Sullivan, Michael	Metro/St. Brigid's A.C.	52.6
2	269	Keane, Graham	Raheny Shamrock A.C.	53.5
3	250	Lennon, Ray	Tullamore Harriers A.C.	53.8
4	253	Ward, Cian	Sli Cualann A.C.	54.2
5	270	Coffey, Colm	Raheny Shamrock A.C.	57.1
Grade D				
1	246	Carroll, Daire	Metro/St. Brigid's A.C.	57.2
2	252	Kelly, James	Raheny Shamrock A.C.	57.6
3	257	O'Connor, Gerry	Drogheda & District A.C.	58.1
4	268	Kelly, James	Fr. Murphy A.C.	58.5
5	254	O'Driscoll, Michael	U.C.D. A.C.	61.1
6	12	Lyster, Liam	Crusaders A.C.	69.9
7	255	Swift, Donal	Unattached	75.0

Men's 1 mile

Final Place	No	Name	Club	Final Time
Grade D				
1	300	Dooley, Mark	Donore Harriers A.C.	4.23.67
2	283	Kerr, Shaen	Armagh A.C.	4.26.48
3	289	O'Reilly, Fionan	Annalee A.C.	4.34.68
4	310	Grennan, Catch	Tullamore Harriers A.C.	4.36.23
Grade D				
1	233	Mc Ginley, Brian	Ennis Track A.C.	4.28.98
2	286	Conway, Mark	Dundrum South Dublin A.C.	4.30.46
3	323	Hoey, Mark	Star of the Sea A.C.	4.35.87
4	316	Durkan, Eoin	Donore Harriers A.C.	4.37.10
5	285	O'Donoghue, Brian	Rathfarnham W.S.A.F. A.C.	4.38.17
6	290	O'Reilly,	Annalee A.C.	4.38.49
7	304	Fitzsimons, Peter	Tallaght A.C.	4.38.67
8	319	Sherlock, Niall	Clonliffe Harriers A.C.	4.39.06
9	271	Mulligan, Kevin	Metro/St. Brigid's A.C.	4.39.33
10	292	Cooper, Joseph	Clonliffe Harriers A.C.	4.41.87
11	309	McCarthy, Louis	Rathfarnham W.S.A.F. A.C.	4.41.89
12	324	Lambe, James	Dunleer A.C.	4.43.95
13	61	Balfe, Paul	Liffey Valley A.C.	4.45.12
14	303	Coleman, Luke	Tallaght A.C.	4.46.75
15	298	Mc Loughlin, Terry	Clonliffe Harriers A.C.	4.51.58

16	237 Maher, James	Templemore A.C.	5.06.24
Grade D			
1	317 Hilliard, Mel	Metro/St. Brigid's A.C.	4.49.49
2	98 Silvan, Javier	Liffey Valley A.C.	4.50.05
3	308 O'Doherty, Philip	Clonliffe Harriers A.C.	4.50.32
4	151 Cooney, Liam	Drogheda & District A.C.	4.50.43
5	306 Geoghegan, Pierce	Liffey Valley A.C.	4.51.86
6	57 Groome, Colm	Clonliffe Harriers A.C.	4.52.16
7	247 Carroll, David	Metro/St. Brigid's A.C.	4.52.69
8	279 Skeffington, Danny	Drogheda & District A.C.	4.54.03
9	280 Ramsey, Ernie	Clonliffe Harriers A.C.	4.54.05
10	291 Curran, Gavin	Liffey Valley A.C.	4.54.68
11	89 Oakley, Richard	Liffey Valley A.C.	5.07.51
12	302 Fitzpatrick, Sean	Tallaght A.C.	5.09.86
13	287 Maher, Michael	Drogheda & District A.C.	5.12.68
Grade D			
1	284 Fox, Michael	Raheny Shamrock A.C.	4.55.24
2	258 Murray, Philip	Tallaght A.C.	4.57.53
3	256 Gough, Joseph	West Waterford A.C.	4.58.36
4	313 Keeney, Joe	Coolquill A.C.	5.01.24
5	282 Kerr, Denis	Armagh A.C.	5.02.09
6	301 Brady, Vincent	Metro/St. Brigid's A.C.	5.07.45
7	318 Kane, Peter	Clonliffe Harriers A.C.	5.09.77
8	315 Twomey, Tadgh	Raheny Shamrock A.C.	5.10.90
9	294 Meehan, Niall	Tallaght A.C.	5.16.22
10	268 James, Kelly	Fr. Murphy A.C.	5.17.46
11	33 Timmons, Pat	Raheny Shamrock A.C.	5.19.50
12	296 Fraser, Alex	Rathfarnham W.S.A.F. A.C.	5.30.24
13	21 Maybury, George	Clonliffe Harriers A.C.	5.33.60
14	295 Meehan, Dave	Tallaght A.C.	5.37.37

Men's 3000 m

Final Place	No	Name	Club	Final Time
1	216	Travers, John	Donore Harriers A.C.	8.09.83
2	219	Connolly, Sean	Tallaght A.C.	8.11.99
3	228	Hanrahan, Mark	Leevale A.C.	8.15.80
4	215	Farrell, Brian	Sli Cualann A.C.	8.18.20
5	223	Hamilton, Patrick	North Belfast Harriers	8.20.68
6	221	Kirwan, Mark	Raheny Shamrock A.C.	8.21.10
7	210	Ryan, Simon	Raheny Shamrock A.C.	8.22.16
8	312	Mc Killop, Michael	St. Malachy's A.C.	8.29.40
9	222	Morwood, Dave	Annadale Striders A.C.	8.32.51
10	225	Agnew, Andrew	Unattached	8.34.16
11	217	Van Haeften, Lee	Donore Harriers A.C.	8.34.80
12	226	Mc Laughlin, Pauric	Finn Valley A.C.	8.43.58
13	218	Tremble, Liam	Metro/St. Brigid's A.C.	8.47.05
14	322	Mc Cormack, Adrian	St. Malachy's A.C.	8.47.60
15	320	Furey, Brian	Rathfarnham W.S.A.F. A.C.	9.30.37
16	321	Reid, Jason	Rathfarnham W.S.A.F. A.C.	9.46.03