

COURSE RECORDS

MEN	M	GARY STAINES	BELGRAVE	47:00	1995
JUNIOR:	MJ	WILLIAM HARTY	K.C.K.	51:24	2002
VETERAN	M40:	LIAM O'BRIEN	EAST CORK	50:06	1995
VETERAN	M45:	MALCOLM MARTIN	SHEFFIELD	52:42	1992
VETERAN	M50:	JOHN BUCKLEY	ST. FINBARRS	54:09	1998
VETERAN	M55:	PAT O'SHEA	IVERAGH	57:47	2006
VETERAN	M60:	FLOR O'LEARY	ST. FINBARRS	59:15	1994
VETERAN	M65:	FLOR O'LEARY	ST. FINBARRS	64:19	1999
VETERAN	M70:	JACK KIRK	MIDDLETON	70:11	1996
VETERAN	M75	JOHN O'LEARY	LEEVALE	82:28	2014
WOMEN	F	MARIA McCAMBRIDGE	LETTERKENNY	54:48	2012
VETERAN	F35:	MARIA McCAMBRIDGE	LETTERKENNY	54:48	2012
VETERAN	F40:	TRUDI THOMSON	CIVIL SERVICE	56:22	2000
VETERAN	F45:	LUCY BRENNAN	SLIGO	59:27	2007
VETERAN	F50:	MARY SWEENEY	ST. FINBARRS	64:57	2012
VETERAN	F55	JOAN COYLE	D.S.D.	69:14	2003
VETERAN	F60:	JOAN COYLE	D.S.D.	75:04	2009
VETERAN	F65:	JOAN COYLE	D.S.D.	81:00	2014

ALL-TIME TOP TWENTY MEN

GARY STAINES	BELGRAVE	47:00	1995	(1)
JERRY KIERNAN	CLONLIFFE	47:04	1983	(1)
NOEL BERKELEY	D.S.D.	47:17	1995	(2)
RAY TREACY	DEISE	47:42	1983	(2)
LIAM O'BRIEN	EAST CORK	47:57	1988	(1)
JAMIE LEWIS	FINN VALLEY	47:57	2000	(2)
NEIL CUSACK	LIMERICK	48:00	1983	(3)
CHARLES KIPLAGAT	KENYA	48:00	2004	(1)
CHRIS BUCKLEY	WESTBURY	48:03	1988	(2)
JIM DINGWALL	CITY OF HULL	48:05	1985	(1)
ROBERT COSTELLOE	LIMERICK	48:05	1986	(1)
GERRY CURTIS	DONORE	48:07	1993	(1)
KEITH ANDERSON	BINGLEY	48:15	1997	(2)
DICK HOOPER	RAHENY	48:16	1985	(2)
JOHN GRIFFIN	ST. JOHNS	48:17	1992	(1)
JOHN FERRIN	NORTH BELFAST	48:20	1993	(2)
TONY O'LEARY	LEEVALE	48:22	1984	(1)
TONY BLACKWELL	WREXHAM	48:22	1988	(4)
DAVE MITCHINSON	N & ESSEX BEAGLES	48:26	2005	(1)
JACKSON KIPNGETUNY	KENYA	48:30	2005	(2)

ALL-TIME TOP TEN WOMEN

MARIA McCAMBRIDGE	LETTERKENNY	54:48	2012	(1)
MARIAN SUTTON	WESTBURY	55:28	1997	(1)
CATHY SHUM	CLONLIFFE	55:29	1997	(2)
KAREN MacLEOD	EDINBURGH	55:34	1996	(1)
SONIA O'SULLIVAN	BALLYMORE-COBH	55:37	2001	(1)
TERESA DUFFY	BEECHMOUNT	55:56	2000	(1)
EMILY DOWLING	D.C.H.	56:00	1985	(1)
VALERIE VAUGHAN	BLARNEY-INNISCARRA	56:08	2001	(2)
TRUDI THOMSON	CIVIL SERVICE	56:22	2000	(2)
PAULINE CURLEY	TULLAMORE	56:33	2006	(1)

TOP TWENTY PERFORMANCES (WOMEN)

54:48	MARIA McCAMBRIDGE	LETTERKENNY	2012	(1)
55:01	MARIA McCAMBRIDGE	LETTERKENNY	2013	(1)
55:28	MARIAN SUTTON	WESTBURY	1997	(1)
55:29	CATHY SHUM	CLONLIFFE	1997	(2)
55:34	KAREN MacLEOD	EDINBURGH	1996	(1)
55:37	SONIA O'SULLIVAN	BALLYMORE-COBH	2001	(1)
55:56	TERESA DUFFY	BEECHMOUNT	2000	(1)
56:00	EMILY DOWLING	D.C.H.	1985	(1)
56:08	VALERIE VAUGHAN	BLARNEY-INNISCARRA	2001	(2)
56:22	TRUDI THOMSON	CIVIL SERVICE	2000	(2)
56:33	PAULINE CURLEY	TULLAMORE	2006	(1)
56:44	CONNIE KELLY	BLACKROCK	1990	(1)
56:48	ROSEMARY RYAN	BILBOA	2008	(1)
56:51	VALERIE VAUGHAN	BLARNEY-INISCARRA	2004	(1)
56:56	SIOBHAN O'DOHERTY	BORRISOKANE	2013	(2)
57:05	MAUREEN HARRINGTON	RIOCHT	1998	(1)
57:07	AILISH SMYTH	D.C.H.	1987	(1)
57:09	CATHERINE SMITH	D.C.H.	1990	(2)
57:09	MAUREEN HARRINGTON	RIOCHT	2000	(3)
57:16	CATHERINE SMITH	D.C.H.	1993	(1)

TOP FORTY PERFORMANCES (MEN)

47:00	GARY STAINES	BELGRAVE	1995	(1)
47:04	JERRY KIERNAN	CLONLIFFE	1983	(1)
47:17	NOEL BERKELEY	D.S.D.	1995	(2)
47:38	NOEL BERKELEY	D.S.D.	1997	(1)
47:42	RAY TREACY	DEISE	1983	(2)
47:52	NOEL BERKELEY	D.S.D.	2000	(1)
47:57	LIAM O'BRIEN	EAST CORK	1988	(1)
47:57	JAMIE LEWIS	FINN VALLEY	2000	(2)
48:00	NEIL CUSACK	LIMERICK	1983	(3)
48:00	CHARLES KIPLAGAT	KENYA	2004	(1)
48:01	NEIL CUSACK	LIMERICK	1982	(1)
48:03	CHRIS BUCKLEY	WESTBURY	1988	(2)
48:05	JIM DINGWALL	CITY OF HULL	1985	(1)
48:05	ROBERT COSTELLOE	LIMERICK	1986	(1)
48:06	JERRY KIERNAN	CLONLIFFE	1987	(1)
48:07	GERRY CURTIS	DONORE	1993	(1)
48:08	ROBERT COSTELLOE	LIMERICK	1988	(3)
48:13	NOEL BERKELEY	D.S.D.	1999	(1)
48:15	KEITH ANDERSON	BINGLEY	1997	(2)
48:16	DICK HOOPER	RAHENY	1985	(2)
48:17	JOHN GRIFFIN	ST. JOHNS	1992	(1)
48:18	ROBERT COSTELLOE	LIMERICK	1987	(2)
48:20	JOHN FERRIN	NORTH BELFAST	1993	(2)
48:22	TONY O'LEARY	LEEVALE	1984	(1)
48:22	TONY BLACKWELL	WREXHAM	1988	(4)
48:22	JOHN GRIFFIN	ST. JOHNS	1991	(1)
48:23	JERRY KIERNAN	CLONLIFFE	1992	(2)
48:24	JOHN GRIFFIN	ST. JOHNS	1993	(3)
48:26	DAVE MITCHINSON	N & ESSEX BEAGLES	2005	(1)
48:30	JACKSON KIPNGETUNY	KENYA	2005	(2)
48:36	ROBERT COSTELLOE	LIMERICK	1985	(3)
48:36	SEAMUS POWER	KILMURRY-IBRICK NC	2005	(3)
48:38	LIAM O'BRIEN	MIDLETON	1984	(2)
48:42	JOHN GRIFFIN	ST. JOHNS	1984	(3)
48:44	JOHN LENIHAN	RIOCHT	1983	(4)
48:44	JOHN SCANLON	WEST LIMERICK	1988	(5)
48:44	GERRY HEALY	CIVIL SERVICE	1995	(3)
48:46	LIAM O'BRIEN	EAST CORK	1987	(3)
48:46	ISAAC KIMUGE	KENYA	2004	(2)
48:47	TONY RYAN	DUNGARVAN	1984	(4)
48:47	LIAM O'BRIEN	EAST CORK	1986	(2)

ROLL OF HONOUR - PREVIOUS RESULTS

1978: 1. RITCHIE CROWLEY (ST. FINBARRS) 50:22; 2. LIAM O'BRIEN (MIDLETON) 51:03; 3. DICK HODGINS (LEEVALE) 51:28. *TEAM:* 1. LEEVALE; 2. ST. FINBARRS; 3. MIDLETON. *31 FINISHED*

1979: 1. PAT HOOPER (RAHENY) 49:12; 2. LIAM O'BRIEN (MIDLETON) 50:42; 3. DES O'CONNOR (KILKENNY) 51:02. *TEAM:* 1. RAHENY; 2. LEEVALE; 3. KILKENNY.
WOMEN: 1. MARY DEMPSEY (YOUGHAL) 68:47; 2. HELEN CASEY (MIDLETON) 70:41; 3. ANN KELLY (BANDON) 82:39. *82 FINISHED*

1980: 1. LIAM O'BRIEN (MIDLETON) 49:25; 2. PAT KERRIGAN (DUNDRUM) 49:42; 3. JOHN O'TOOLE (TULLAMORE) 49:57. *TEAM:* 1. LEEVALE; 2. TULLAMORE; 3. MIDLETON.
WOMEN: 1. JEAN FOLAN (DUNDRUM) 62:31; 2. MARION LYONS (ST. FINBARRS) 63:28; 3. BRIDIE HARTNETT (MIDLETON) 69:53. *151 FINISHED*

1981: 1. LIAM O'BRIEN (MIDLETON) 50:53; 2. DICK HODGINS (LEEVALE) 51:17; 3. TOM JORDAN (WATERFORD) 51:20. *TEAM:* 1. MIDLETON; 2. ST. FINBARRS; 3. LEEVALE.
WOMEN: 1. MARIE BUCKLEY (LEEVALE) 64:12; 2. BRIGID McCABE (MULLINGAR) 64:18; 3. NUALA LOGAN (LIMERICK) 64:43. *230 FINISHED*

1982: 1. NEIL CUSACK (LIMERICK) 48:01; 2. LIAM O'BRIEN (MIDLETON) 48:59; 3. JIM McGLYNN (DONORE) 49:19. *TEAM:* 1. ST. JOHNS; 2. ST. FINBARRS; 3. LIMERICK.
WOMEN: 1. CATHERINE HOURIHAN (ST. FINBARRS) 61:08; 2. MARIE BUCKLEY (LEEVALE) 62:24; 3. CUSHLA MURPHY (LIMERICK) 62:37. *429 FINISHED*

1983: 1. JERRY KIERNAN (CLONLIFFE) 47:04; 2. RAY TREACY (DEISE) 47:42; 3. NEIL CUSACK (LIMERICK) 48:00. *TEAM:* 1. ST. FINBARRS; 2. LEEVALE; 3. DEISE.
WOMEN: 1. MAIREAD COTTER (RIOCHT) 60:34; 2. CATHERINE HOURIHAN (ST. FINBARRS) 63:02; 3. ANNE MURPHY (D.C.H.) 63:34. *647 FINISHED*

1984: 1. TONY O'LEARY (LEEVALE) 48:22; 2. LIAM O'BRIEN (MIDLETON) 48:38; 3. JOHN GRIFFIN (ST. JOHNS) 48:42. *TEAM:* 1. LEEVALE; 2. ST. FINBARRS; 3. MIDLETON.
WOMEN: 1. EMILY DOWLING (D.C.H.) 57:42; 2. ANNE MURPHY (D.C.H.) 58:39; 3. CATHERINE HOURIHAN (ST. FINBARRS) 58:47. *848 FINISHED*

1985: 1. JIM DINGWALL (CITY OF HULL) 48:05; 2. DICK HOOPER (RAHENY) 48:16; 3. ROBERT COSTELLOE (LIMERICK) 48:36. *TEAM:* 1. LEEVALE; 2. ST. FINBARRS; 3. DUNGARVAN.
WOMEN: 1. EMILY DOWLING (D.C.H.) 56:00; EILEEN PRUNTY (LEEVALE) 61:21; 3. CATHERINE HENNESSY (SLANEYSIDE) 61:30. *646 FINISHED*

1986: 1. ROBERT COSTELLOE (LIMERICK) 48:05; 2. LIAM O'BRIEN (EAST CORK) 48:47; 3. JOHN GRIFFIN (ST. JOHNS) 48:53. *TEAM:* 1. EAST CORK; 2. ST. FINBARRS; 3. EXETER.
WOMEN: 1. LOUISE McGRILLEN (D.C.H.) 57:23; 2. CHRISTINE KENNEDY (G.C.H.) 57:36; 3. ANNE SWEENEY (CITY OF HULL) 59:54. *679 FINISHED*

1987: 1. JERRY KIERNAN (CLONLIFFE) 48:06; 2. ROBERT COSTELLOE (LIMERICK) 48:18; 3. LIAM O'BRIEN (EAST CORK) 48:46. *TEAM:* 1. EXETER; 2. CLONLIFFE; 3. ST. FINBARRS.
WOMEN: 1. AILISH SMYTH (D.C.H.) 57:07; 2. MARY BRAYLEY (D.C.H.) 57:43; 3. EMILY DOWLING (D.C.H.) 58:51. *714 FINISHED*

1988: 1. LIAM O'BRIEN (EAST CORK) 47:57; 2. CHRIS BUCKLEY (WESTBURY) 48:03; 3. ROBERT COSTELLOE (LIMERICK) 48:08. *TEAM:* 1. EAST CORK; 2. ST. FINBARRS; 3. RAHENY.
WOMEN: 1. URSULA NOCTOR (D.C.H.) 58:13; 2. MARY BRAYLEY (D.C.H.) 58:57; 3. FRANCES MURPHY (D.C.H.) 59:52. *741 FINISHED*

1989: 1. LIAM O'BRIEN (EAST CORK) 49:49; 2. JERRY KIERNAN (CLONLIFFE) 49:58; 3. JOHN SCANLON (WEST LIMERICK) 50:09. *TEAM:* 1. WEST LIMERICK; 2. EAST CORK; 3. CLONLIFFE.
WOMEN: 1. OLIVE BOLLARD (RAHENY) 58:37; 2. URSULA NOCTOR (D.C.H.) 58:57; 3. KAREN O'DOHERTY (LIMERICK) 59:45. *755 FINISHED*

1990: 1. JOHN GRIFFIN (ST. JOHNS) 49:29; 2. LIAM O'BRIEN (EAST CORK) 49:45; 3. SHAY FAULKNER (KILCOOLE) 49:50. *TEAM:* 1. EAST CORK; 2. LIMERICK; 3. ST. FINBARRS.
WOMEN: 1. CONNIE KELLY (BLACKROCK) 56:44; 2. CATHERINE SMITH (D.C.H.) 57:09; 3. EMILY DOWLING (D.C.H.) 59:42. *695 FINISHED*

1991: 1. JOHN GRIFFIN (ST. JOHNS) 48:22; 2. JERRY KIERNAN (CLONLIFFE) 49:48; 3. LIAM O'BRIEN (EAST CORK) 49:57. *TEAM:* 1. EAST CORK; 2. LIMERICK; 3. LEEVALE.
WOMEN: 1. CONNIE KELLY (BLACKROCK) 57:29; 2. BERNIE STANKARD (G.C.H.) 59:48; 3. BRID MURPHY (LEEVALE) 59:59. *823 FINISHED*

1992: 1. JOHN GRIFFIN (ST. JOHNS) 48:17; 2. JERRY KIERNAN (CLONLIFFE) 48:23; 3. ROBERT COSTELLOE (LIMERICK) 49:16. *TEAM:* 1. ST. FINBARRS; 2. EAST CORK; 3. LIMERICK.
WOMEN: 1. CONNIE KELLY (BLACKROCK) 57:32; 2. TERESA TUOHY (LONDON OLYMPIADS)

1993: 1. GERRY CURTIS (DONORE) 48:07; 2. JOHN FERRIN (NORTH BELFAST) 48:20; 3. JOHN GRIFFIN (ST. JOHNS) 48:24. *TEAM:* 1. EAST CORK; 2. WATERFORD; 3. LONDON-IRISH.
WOMEN: 1. CATHERINE SMITH (D.C.H.) 57:16; 2. TERESA TUOHY (LONDON-IRISH) 59:00; 3. MARY BRAYLEY (D.C.H.) 60:11. *1088 FINISHED*

1994: 1. JOHN GRIFFIN (ST. JOHNS) 49:43; 2. GER McGRATH (D.S.D.) 50:00; 3. DARREN REILLY (LIVERPOOL PEMBROKE) 50:35. *TEAM:* 1. LEEVALE; 2. EAST CORK; 3. LIFFEY VALLEY.
WOMEN: 1. CATHERINE SMITH (D.C.H.) 58:37; 2. MARY SWEENEY (ST. FINBARRS) 60:51; 3. MARY MURPHY (MALLOW) 61:30. *1020 FINISHED*

1995: 1. GARY STAINES (BELGRAVE) 47:00; 2. NOEL BERKELEY (D.S.D.) 47:17; 3. GERRY HEALY (CIVIL SERVICE) 48:44. *TEAM:* 1. EAST CORK; 2. CIVIL SERVICE; 3. CLONLIFFE.
WOMEN: 1. CATHERINE HENNESSY (S.D.S.) 59:33; 2. MAUREEN HARRINGTON (OLYMPIC) 59:41; 3. MARY SWEENEY (ST. FINBARRS) 60:36. *935 FINISHED*

1996: 1. NOEL BERKELEY (D.S.D.) 49:10; 2. JOHN GRIFFIN (ST. JOHNS) 49:18; 3. DONNACHA O'MAHONY (EAST CORK) 50:02. *TEAM:* 1. EAST CORK; 2. LEEVALE; 3. CIVIL SERVICE.
WOMEN: 1. KAREN MacLEOD (EDINBURGH) 55:34; 2. MARY SHEEHAN (GRANGE-FERMOY) 60:05; 3. KAREN O'DOHERTY (D.C.H.) 60:10. *1038 FINISHED*

1997: 1. NOEL BERKELEY (D.S.D.) 47:38; 2. KEITH ANDERSON (BINGLEY) 48:15; 3. PETER MATHEWS (D.S.D.) 49:45. *TEAM:* 1. D.S.D.; 2. EAST CORK; 3. CIVIL SERVICE.
WOMEN: 1. MARIAN SUTTON (WESTBURY) 55:28; 2. CATHY SHUM (CLONLIFFE) 55:29; 3. JANET KENYON (BOLTON) 57:47. *1101 FINISHED*

1998: 1. PAUL FREARY (BOLTON UTD.) 49:25; 2. PAURIC McKINNEY (CIVIL SERVICE) 49:57; 3. JOHN KEARNEY (EAST CORK) 50:46. *TEAM:* 1. EAST CORK; 2. CIVIL SERVICE; 3. ST. FINBARRS.
WOMEN: 1. MAUREEN HARRINGTON (RIOCHT) 57:05; 2. PAMELA MORGAN (LIVERPOOL) 58:26; 3. JANET KENYON (BOLTON) 59:01. *1182 FINISHED*

1999: 1. NOEL BERKELEY (D.S.D.) 48:13; 2. JOHN GRIFFIN (ST. JOHNS) 50:38; 3. JOHN KEARNEY (EAST CORK) 52:09. *TEAM:* 1. D.S.D.; 2. CIVIL SERVICE; 3. ST. FINBARRS.
WOMEN: 1. TRUDI THOMSON (BABCOCK-PITREAVIE) 57:30; 2. ELEANOR THREADGOLD (BRAY) 59:35; 3. JANET KENYON (BOLTON) 62:06. *1173 FINISHED*

2000: 1. NOEL BERKELEY (D.S.D.) 47:52; 2. JAMIE LEWIS (FINN VALLEY) 47:57; 3. JOHN NUTALL (PRESTON) 49:20. *TEAM:* 1. D.S.D.; 2. EAST CORK; 3. CIVIL SERVICE.
WOMEN: 1. TERESA DUFFY (BEECHMOUNT) 55:56; 2. TRUDI THOMSON (CIVIL SERVICE) 56:22; 3. MAUREEN HARRINGTON (RIOCHT) 57:09. *1222 FINISHED*

2001: 1. NOEL BERKELEY (D.S.D.) 49:54; 2. MARTIN McCARTHY (LEEVALE) 52:04; 3. MICHAEL TRAYNOR (RAHENY) 52:05. *TEAM:* 1. D.S.D.; 2. LEEVALE; 3. EAST CORK.
WOMEN: 1. SONIA O'SULLIVAN (BALLYMORE-COBH) 55:37; 2. VALERIE VAUGHAN (BLARNEY-INNISCARRA) 56:08; 3. TERESA DUFFY (BEECHMOUNT) 57:52. *763 FINISHED*

2002: 1. NOEL BERKELEY (D.S.D.) 50:16; 2. GERRY RYAN (G.C.H.) 50:19; 3. WILLIAM HARTY (K.C.K.) 51:24. *TEAM:* 1. D.S.D.; 2. SWANSEA; 3. TINRYLAND.
WOMEN: 1. TERESA DUFFY (BEECHMOUNT) 58:48; 2. MARY SHEEHAN (GRANGE-FERMOY) 61:08; 3. FRANCIS GILL (NEATH) 61:13. *1636 FINISHED*

2003: 1. ANDY COLEMAN (ENFIELD) 49:52; 2. NOEL BERKELEY (D.S.D.) 49:58; 3. CIAN McLOUGHLIN (CLONLIFFE) 50:09. *TEAM:* 1. D.S.D.; 2. SWANSEA; 3. ST. FINBARRS.
WOMEN: 1. GLADYS GANIEL (D.S.D.) 59:37; 2. MELANIE ELLIS (SHAFTESBURY-BARNET) 59:47; 3. FRANCIS GILL (NEATH) 61:08. *1539 FINISHED*

2004: 1. CHARLES KIPLAGAT (KENYA) 48:00; 2. ISAAC KIMUGE (KENYA) 48:46; 3. MARTIN McCARTHY (LEEVALE) 49:36. *TEAM:* 1. ST. FINBARRS; 2. D.S.D.; 3. EAST CORK.
WOMEN: 1. VALERIE VAUGHAN (BLARNEY-INNISCARRA) 56:51; 2. ROSEMARY RYAN (BILBOA) 57:18; 3. LUCY D'ARCY (SPORTSWORLD) 61:14. *1648 FINISHED*

2005: 1. DAVE MITCHINSON (N & ESSEX BEAGLES) 48:26; 2. JACKSON KIPNGETUNY (KENYA) 48:30; 3. SEAMUS POWER (KILMURRY-IBRICK NC) 48:36. *TEAM:* 1. ST. FINBARRS; 2. EAST CORK; 3. D.S.D.
WOMEN: 1. CLAIRE GIBBONS (LEEVALE) 57:52; 2. GLADYS GANIEL (D.S.D.) 59:23; 3. VERONICA COLLERAN (ENNIS) 60:38. *1950 FINISHED*

2006: 1. VINNY MULVEY (RAHENY) 49:03; 2. SANDIS BRALITIS (LATVIA) 50:24; 3. CIAN McLOUGHLIN (CLONLIFFE) 50:49. *TEAM:* 1. ST. FINBARRS; 2. EAGLE; 3. WEST WATERFORD.
WOMEN: 1. PAULINE CURLEY (TULLAMORE) 56:33; 2. MICHELLE MURPHY-SCOTT (CARRIGNAVAR) 59:38; 3. LUCY BRENNAN (SLIGO) 59:50. *2813 FINISHED*

2007: 1. ALAN O'SHEA (BANTRY) 51:04; 2. SANDIS BRALITIS (WEST WATERFORD) 51:34; 3. MICHAEL O'CONNOR (G.C.H.) 51:52. *TEAM:* 1. WEST WATERFORD; 2. ST FINBARRS; 3. RIOCHT.
WOMEN: 1. PAULINE CURLEY (TULLAMORE) 57:36; 2. LUCY BRENNAN (SLIGO) 59:27; 3. ADELE WALSH (ST. SENANS) 63:58.
1941 FINISHED

2008: 1. VINNY MULVEY (RAHENY) 50:37; 2. SERGIU TUREA (CLONLIFFE) 51:06; 3. CILLIAN O'LEARY (RAHENY) 51:21. *TEAM:* 1. RAHENY 'A'; 2. LIMERICK; 3. RAHENY 'B'.
WOMEN: 1. ROSEMARY RYAN (BILBOA) 56:48; 2. PAULINE CURLEY (TULLAMORE) 58:51; 3. LOUISE CAVANAGH (U.C.C.) 60:56.
2203 FINISHED

2009: 1. VINNY MULVEY (RAHENY) 49:06; 2. SEAN CONNOLLY (TALLAGHT) 49:13; 3. MARK KIRWAN (RAHENY) 50:26. *TEAM:* 1. RAHENY 'A'; 2. EAST CORK 'A'; 3. LIMERICK.
WOMEN: 1. PAULINE CURLEY (TULLAMORE) 59:03; 2. DONNA MAHON (RATHFARNHAM-WSAF) 60:28; 3. RHONA LYNCH (EAGLE) 60:31.
2402 FINISHED

2010: 1. GREG ROBERTS (CITY OF DERRY) 50:17; 2. MICK CLOHISEY (RAHENY) 50:39; 3. BRIAN MAHER (D.S.D.) 51:28. *TEAM:* 1. RAHENY; 2. ST. FINBARRS 'A'; 3. EAST CORK.
WOMEN: 1. BARBARA SANCHEZ (RAHENY) 58:45; 2. SIOBHAN DOHERTY (BORRISOKANE) 58:51; 3. CLAIRE GIBBONS-McCARTHY (ST. FINBARRS) 59:11.
2366 FINISHED

2011: 1. SERGIU CIOBAUNU (CLONLIFFE) 49:36; 2. ALAN O'SHEA (BANTRY) 49:58; 3. SEAN HEHIR (RATHFARNHAM-WSAF) 50:57. *TEAM:* 1. EAST CORK; 2. RAHENY; 3. ST. FINBARRS.
WOMEN: 1. LIZZIE LEE (LEEVALE) 58:47; 2. ANGELA McCANN (CLONLIME) 59:15; 3. CATHERINE CONWAY (MAYO) 60:14.
2384 FINISHED

2012: 1. SERGIU CIOBANU (CLONLIFFE) 49:20; 2. PADDY HAMILTON (ANNADALE) 50:24; 3. JAMES McCARTHY (EAST CORK) 51:11. *TEAM:* 1. RAHENY; 2. DONORE; 3. WEST WATERFORD.
WOMEN: 1. MARIA McCAMBRIDGE (LETTERKENNY) 54:48; 2. LIZZIE LEE (LEEVALE) 57:17; 3. ROSEMARY RYAN (BILBOA) 59:16.
2617 FINISHED

2013: 1. SERGIU CIOBANU (CLONLIFFE) 49:18; 2. BRIAN MAHER (K.C.H.) 50:08; 3. MICK CLOHISEY (RAHENY) 50:34. *TEAM:* 1. RAHENY; 2. EAST CORK; 3. CLONLIFFE.
WOMEN: 1. MARIA McCAMBRIDGE (LETTERKENNY) 55:01; 2. SIOBHAN O'DOHERTY (BORRISOKANE) 56:56; 3. CLAIRE GIBBONS-McCARTHY (ST. FINBARRS) 58:07.
2603 FINISHED

2014: 1. SERGIU CIOBANU (CLONLIFFE) 48:58; 2. ALAN O'SHEA (BANTRY) 51:06; 3. TIM O'DONOGHUE (EAST CORK) 51:10. *TEAM:* 1. EAST CORK; 2. LEEVALE; 3. ST. FINBARRS.
WOMEN: 1. SIOBHAN O'DOHERTY (BORRISOKANE) 57:32; 2. JILL HODGINS (UNATTACHED) 60:39; 3. ANNE-MARIE HOLLAND (ST. FINBARRS) 61:49.
2570 FINISHED