

Category	Position	Number	Name	Club	Time
Senior Men	1st	649	Paul McNamara	Athenry AC	31:11
Senior Men	2nd	605	Gary Thornton	GCH	31:24
Senior Men	3rd	625	Martin Conroy	Sligo AC	32:25
Senior Men	4th	602	Michael O'Connor	GCH	32:47
Senior Women	1st	651	Lucy Brennan	Sligo AC	36:36
Senior Women	2nd	254	Kathryn Casserly	Castlegar	38:39
Senior Women	3rd	382	Fionnuala Keane	Loughrea AC	39:11
Senior Women	4th	668	Josephine Gardiner	Mayo AC	41:12
Men's Junior	1st	635	Matthew Solon	Tulla AC	35:57
	2nd	371	Jason Broderick	Clare River Harriers	39:32
Men's V40	1st	634	Michael Solon	Tulla AC	35:39
	2nd	309	Martin Corcoran	Loughrea AC	35:56
Men's V45	1st	652	Tom Meehan	Sligo AC	35:44
	2nd	377	James Kenny	Kilmurray Ibrickane	36:40
Men's V50	1st	638	Martin O'Donnell	Clare River Harriers	39:52
	2nd	260	Andrew Talbot	Clare River Harriers	40:10
Men's V55	1st	325	Martin McEvilly	GCH	36:08
Men's V60	1st	246	Brian Geraghty	GCH	40:51
Men's V65	1st	390	Roger Rushe	Tuam AC	46:15
Men's V85	Special	607	Willie Morris	GCH	-
Women's Junior	1st	221	Nichola O'Ceallaigh	GCH	46:21
Women's V35	1st	264	Jackie Forde	GCH	42:09
Women's V40	1st	640	Mary McHugh	GCH	45:19
Women's V45	1st	681	Maura Falsey	Kilmurray Ibrickane	48:49
Men's Team	1st	2,4,6,8		GCH	20 points