



**Athletics Wicklow
Masters Cross Country
Championships
7 January 2024
Shanganagh Park, Shankill**



MEN

Race Place	Bib No	First Name	Family Name	Club	Age Group	Age	Time	Team
1	2788	Tim	Grummell	Inbhear Dee	M35	38	22:13	O35
2	2881	Andrew	Lawless	Kilcoole	M40	41	22:14	O35A
3	2793	Darren	Mooney	Parnell	M35	39	22:16	O35
4	2791	Niall	Fox	Kilcoole	M35	36	22:22	O35B
5	2878	Brendan	Donohoe	Kilcoole	M40	42	22:24	O35A
6	2792	David	Sparks	Kilcoole	M35	39	22:38	O35A
7	2918	Alan	Dalton	Parnell	M45	48	22:40	O35
8	2787	Paul	McKenna	Bray Runners	M35	37	22:57	O35
9	2869	Conor	Maher	Bray Runners	M40	44	22:58	O35
10	2172	Mick	Finnan	Parnell	M50	52	23:04	O50
11	2880	Andy	Hayes	Kilcoole	M40	44	23:07	O35A
12	2872	Paul	Duffy	Glendalough	M40	42	23:16	O35
13	2790	Darragh	Flynn	Kilcoole	M35	38	23:22	O35A
14	2917	Deane	Turner	Kilcoole	M45	48	23:30	—
15	2783	Lee	Borland	Bray Runners	M35	37	23:33	O35
16	2490	Angus	Tyner	Glendalough	M55	55	23:35	O50
17	2913	Alex	Gleeson	Kilcoole	M45	47	23:37	O35B
18	2491	Ronan	King	Inbhear Dee	M55	55	23:40	O50
19	2919	Robert	Murphy	Parnell	M45	49	23:44	O35
20	2879	Luke	Greene	Kilcoole	M40	43	23:49	O35A
21	2871	René	Borg	Glendalough	M40	44	23:50	O35
22	2173	Ray	Kenny	Parnell	M50	50	24:00	O35
23	2488	Graham	Bushe	Glendalough	M55	55	24:02	O50
24	2494	Mick	Nalty	Kilcoole	M55	56	24:03	O50
25	2922	Cormac	Kane	SBIM	M45	45	24:04	O35
26	2915	Colm	Murphy	Kilcoole	M45	48	24:09	O35B
27	2909	Gavin	Kennedy	Glendalough	M45	45	24:14	O35
28	2868	Neil	Felton	Bray Runners	M40	41	24:16	O35
29	2876	William	Brosnahan	Kilcoole	M40	43	24:17	O35B
30	2874	Marcus	Murphy	Glendalough	M40	42	24:19	O35
31	2912	Keith	Driscoll	Kilcoole	M45	48	24:19	—
32	2206	Conor	Nolan	Kilcoole	M60	64	24:29	O50
33	2492	Hari	Menon	Kilcoole	M55	57	24:30	O50

Race Place	Bib No	First Name	Family Name	Club	Age Group	Age	Time	Team
34	2867	Paul	Allen	Bray Runners	M40	44	24:32	O35
35	2164	Thomas	Conway	Bray Runners	M50	50	24:33	O35
35	2207	Niall	Coppinger	Parnell	M60	62	24:37	O50
37	2873	Kevin	Ferguson	Glendalough	M40	42	24:41	O35
38	2875	Ian	Brennan	Inbhear Dee	M40	44	24:44	O35
39	2883	Slawomir	Bosy	SBIM	M40	41	24:26	O35
40	2911	Mark	Byrne	Kilcoole	M45	49	25:01	O35B
41	2165	Paul	Donohoe	Bray Runners	M50	53	25:10	O50
42	2916	Darragh	Page	Kilcoole	M45	47	25:14	—
43	2877	Robert	Costello	Kilcoole	M40	43	25:18	O35B
44	2170	Paul	Kelly	Inbhear Dee	M50	54	25:20	O50
45	2789	David	Jameson	Inbhear Dee	M35	35	25:30	O35
46	2786	Daniel	Rakic	Bray Runners	M35	35	25:45	O35
47	2489	Alan	Kennedy	Glendalough	M55	56	25:57	O50
48	2921	Tiernan	Heaney	SBIM	M45	45	25:58	O35
49	2168	Anthony	Breen	Glendalough	M50	53	25:59	O50
50	2493	Ian	O'Donnell	Kilcoole	M55	57	26:12	O50
51	2205	Shay	Faulkner	Inbhear Dee	M60	62	26:20	O50
52	2174	Cormac	O Ceallaigh	Parnell	M50	50	26:22	O50
53	2784	Ross	Kelly	Bray Runners	M35	39	26:47	O35
54	2884	Michael	Priest	SBIM	M40	44	26:55	O35
55	2910	Andy	Sullivan	Inbhear Dee	M45	46	27:13	O35
56	2870	Brian	Murray	Bray Runners	M40	40	27:21	O35
57	2906	Kieran	O'Leary	Bray Runners	M45	46	27:31	O35
58	2163	Roy	Bowden	Bray Runners	M50	52	27:59	O50
59	2785	Michael	McElroy	Bray Runners	M35	36	28:04	O35
60	2907	Corrie	Adams	Glendalough	M45	46	28:29	O35
61	2169	James	Heggie	Glendalough	M50	53	28:35	O50
62	2204	Mark	Fox	Bray Runners	M60	61	28:39	O50
63	2203	Paul	De Freine	Bray Runners	M60	63	28:40	O50
DNF	2694	Cormac	McGrane	Inbhear Dee	M65	65	—	O50

Age Group Placings

M35

Age Grp Place	Race Place	Bib No	First Name	Family Name	Age Group	Club	Age	Time
1	1	2788	Tim	Grummell	M35	Inbhear Dee	38	22:13
2	3	2793	Darren	Mooney	M35	Parnell	39	22:16
3	4	2791	Niall	Fox	M35	Kilcoole	36	22:22
4	6	2792	David	Sparks	M35	Kilcoole	39	22:38
5	8	2787	Pail	McKenna	M35	Bray Runners	37	22:57
6	13	2790	Darragh	Flynn	M35	Kilcoole	38	23:22
7	15	2783	Lee	Borland	M35	Bray Runners	37	23:33
8	45	2789	David	Jameson	M35	Inbhear Dee	35	25:30
9	46	2786	Daniel	Rakic	M35	Bray Runners	35	25:45
10	53	2784	Ross	Kelly	M35	Bray Runners	39	26:47
11	59	2785	Michael	McElroy	M35	Bray Runners	36	28:04

M40

Age Grp Place	Race Place	Bib No	First Name	Family Name	Age Group	Club	Age	Time
1	2	2881	Andrew	Lawless	M40	Kilcoole	41	22:14
2	5	2878	Brendan	Donohoe	M40	Kilcoole	42	22:24
3	9	2869	Conor	Maher	M40	Bray Runners	44	22:58
4	11	2880	Andy	Hayes	M40	Kilcoole	44	23:07
5	12	2872	Paul	Duffy	M40	Glendalough	42	23:16
6	20	2879	Luke	Greene	M40	Kilcoole	43	23:49
7	21	2871	René	Borg	M40	Glendalough	44	23:50
8	28	2868	Neil	Felton	M40	Bray Runners	41	24:16
9	29	2876	William	Brosnahan	M40	Kilcoole	43	24:17
10	30	2874	Marcus	Murphy	M40	Glendalough	42	24:19
11	34	2867	Paul	Allen	M40	Bray Runners	44	24:32
12	37	2873	Kevin	Ferguson	M40	Glendalough	42	24:41
13	38	2875	Ian	Brennan	M40	Inbhear Dee	44	24:44
14	39	2883	Slawomir	Bosy	M40	SBIM	41	24:26
15	43	2877	Robert	Costello	M40	Kilcoole	43	25:18
16	54	2884	Michael	Priest	M40	SBIM	44	26:55
17	56	2870	Brian	Murray	M40	Bray Runners	40	27:21

M45

Age Grp Place	Race Place	Bib No	First Name	Family Name	Age Group	Club	Age	Time
1	7	2918	Alan	Dalton	M45	Parnell	48	22:40
2	14	2917	Deane	Turner	M45	Kilcoole	48	23:30
3	17	2913	Alex	Gleeson	M45	Kilcoole	47	23:37
4	19	2919	Robert	Murphy	M45	Parnell	49	23:44
5	25	2922	Cormac	Kane	M45	SBIM	45	24:04
6	26	2915	Colm	Murphy	M45	Kilcoole	48	24:09
7	27	2909	Gavin	Kennedy	M45	Glendalough	45	24:14
8	31	2912	Keith	Driscoll	M45	Kilcoole	48	24:19
9	40	2911	Mark	Byrne	M45	Kilcoole	49	25:01
10	42	2916	Darragh	Page	M45	Kilcoole	47	25:14
11	48	2921	Tiernan	Heaney	M45	SBIM	45	25:58
12	55	2910	Andy	Sullivan	M45	Inbhear Dee	46	27:13
13	57	2906	Kieran	O'Leary	M45	Bray Runners	46	27:31
14	60	2907	Corrie	Adams	M45	Glendalough	46	28:29

M50

Age Grp Place	Race Place	Bib No	First Name	Family Name	Age Group	Club	Age	Time
1	10	2172	Mick	Finnan	M50	Parnell	52	23:04
2	22	2173	Ray	Kenny	M50	Parnell	50	24:00
3	35	2164	Thomas	Conway	M50	Bray Runners	50	24:33
4	41	2165	Paul	Donohoe	M50	Bray Runners	53	25:10
5	44	2170	Paul	Kelly	M50	Inbhear Dee	54	25:20
6	49	2168	Anthony	Breen	M50	Glendalough	53	25:59
7	52	2174	Cormac	O Ceallaigh	M50	Parnell	50	26:22
8	58	2163	Roy	Bowden	M50	Bray Runners	52	27:59
9	61	2169	James	Heggie	M50	Glendalough	53	28:35

M55

Age Grp Place	Race Place	Bib No	First Name	Family Name	Age Group	Club	Age	Time
1	16	2490	Angus	Tyner	M55	Glendalough	55	23:35
2	18	2491	Ronan	King	M55	Inbhear Dee	55	23:40
3	23	2488	Graham	Bushe	M55	Glendalough	55	24:02
4	24	2494	Mick	Nalty	M55	Kilcoole	56	24:03
5	33	2492	Hari	Menon	M55	Kilcoole	57	24:30
6	47	2489	Alan	Kennedy	M55	Glendalough	56	25:57
7	50	2493	Ian	O'Donnell	M55	Kilcoole	57	26:12

M60

Age Grp Place	Race Place	Bib No	First Name	Family Name	Age Group	Club	Age	Time
1	32	2206	Conor	Nolan	M60	Kilcoole	64	24:29
2	35	2207	Niall	Coppinger	M60	Parnell	62	24:37
3	51	2205	Shay	Faulkner	M60	Inbhear Dee	62	26:20
4	62	2204	Mark	Fox	M60	Bray Runners	61	28:39
5	63	2203	Paul	De Freine	M60	Bray Runners	63	28:40

M65 (4 Km) – Run with Women XC

Age Grp Place	Race Place	Bib No	First Name	Family Name	Age Group	Club	Age	Time
1	19	2696	Billy	Tyrrell	M65	Sli Cualann	67	18:23
2	32	2693	Tom	Cavanagh	M65	Bray Runners	68	20:03
3	33	2695	Paul	Fegan	M65	Parnell	67	20:24

Teams O35 – 49

Race Place	Scoring Place	Bib No	First Name	Family Name	Club	Age Group	Age	Team	Time
1	1	2788	Tim	Grummell	Inbhear Dee	M35	38	O35	21:57
2	2	2881	Andrew	Lawless	Kilcoole	M40	41	O35A	21:58
3	3	2793	Darren	Mooney	Parnell	M35	39	O35	22:00
4	4	2791	Niall	Fox	Kilcoole	M35	36	O35B	22:06
5	5	2878	Brendan	Donohoe	Kilcoole	M40	42	O35A	22:08
6	6	2792	David	Sparks	Kilcoole	M35	39	O35A	22:12
7	7	2918	Alan	Dalton	Parnell	M45	48	O35	22:14
8	8	2787	Paul	McKenna	Bray Runners	M35	37	O35	22:41
9	9	2869	Conor	Maher	Bray Runners	M40	44	O35	22:42
11	10	2880	Andy	Hayes	Kilcoole	M40	44	O35A	22:51
12	11	2872	Paul	Duffy	Glendalough	M40	42	O35	23:00
13	12	2790	Darragh	Flynn	Kilcoole	M35	38	O35A	23:06
15	13	2783	Lee	Borland	Bray Runners	M35	37	O35	23:17
17	14	2913	Alex	Gleeson	Kilcoole	M45	47	O35B	23:21
19	15	2919	Robert	Murphy	Parnell	M45	49	O35	23:28
20	16	2879	Luke	Greene	Kilcoole	M40	43	O35A	23:33
21	17	2871	René	Borg	Glendalough	M40	44	O35	23:34
22	18	2173	Ray	Kenny	Parnell	M50	50	O35	23:44
25	19	2922	Cormac	Kane	SBIM	M45	45	O35	23:48
26	20	2915	Colm	Murphy	Kilcoole	M45	48	O35B	23:53
27	21	2909	Gavin	Kennedy	Glendalough	M45	45	O35	23:58
28	22	2868	Neil	Felton	Bray Runners	M40	41	O35	24:00
29	23	2876	William	Brosnahan	Kilcoole	M40	43	O35B	24:01
30	24	2874	Marcus	Murphy	Glendalough	M40	42	O35	24:03
34	25	2867	Paul	Allen	Bray Runners	M40	44	O35	24:16
35	26	2164	Thomas	Conway	Bray Runners	M50	50	O35	24:17
37	27	2873	Kevin	Ferguson	Glendalough	M40	42	O35	24:25
38	28	2875	Ian	Brennan	Inbhear Dee	M40	44	O35	24:28
39	29	2883	Slawomir	Bosy	SBIM	M40	41	O35	24:30
40	30	2911	Mark	Byrne	Kilcoole	M45	49	O35B	24:45
43	31	2877	Robert	Costello	Kilcoole	M40	43	O35B	25:02
45	32	2789	David	Jameson	Inbhear Dee	M35	35	O35	25:14
46	—	2786	Daniel	Rakic	Bray Runners	M35	35	O35	25:29
48	33	2921	Tiernan	Heaney	SBIM	M45	45	O35	25:42
53	—	2784	Ross	Kelly	Bray Runners	M35	39	O35	26:31
54	34	2884	Michael	Priest	SBIM	M40	44	O35	26:39
55	35	2910	Andy	Sullivan	Inbhear Dee	M45	46	O35	26:57
56	—	2870	Brian	Murray	Bray Runners	M40	40	O35	27:05
57	—	2906	Kieran	O'Leary	Bray Runners	M45	46	O35	27:15
59	—	2785	Michael	McElroy	Bray Runners	M35	36	O35	27:48

Race Place	Scoring Place	Bib No	First Name	Family Name	Club	Age Group	Age	Team	Time
60	36	2907	Corrie	Adams	Glendalough	M45	46	O35	28:13

Team Scores & Placings (4 to score)

Place	Club	Scoring Places	Total Pts
1	Kilcoole A	2, 5, 6, 10	23
2	Parnell	3, 7, 15, 18	43
3	Bray Runners	8, 9, 13, 22	52
4	Kilcoole B	4, 14, 20, 23	61
5	Glendalough	11, 17, 21, 24	73
6	Inbhear Dee	1, 28, 32, 35	96
7	St Benedict Inbhear Mor	19, 29, 33, 34	115

Teams 50+

Race Place	Scoring Place	Bib No	First Name	Family Name	Club	Age Group	Age	Team	Time
10	1	2172	Mick	Finnan	Parnell	M50	52	O50	22:48
16	2	2490	Angus	Tyner	Glendalough	M55	55	O50	23:19
18	3	2491	Ronan	King	Inbhear Dee	M55	55	O50	23:24
23	4	2488	Graham	Bushe	Glendalough	M55	55	O50	23:46
24	5	2494	Mick	Nalty	Kilcoole	M55	56	O50	23:47
32	6	2206	Conor	Nolan	Kilcoole	M60	64	O50	24:13
33	7	2492	Hari	Menon	Kilcoole	M55	57	O50	24:14
35	8	2207	Niall	Coppinger	Parnell	M60	62	O50	24:21
41	9	2165	Paul	Donohoe	Bray Runners	M50	53	O50	24:54
44	10	2170	Paul	Kelly	Inbhear Dee	M50	54	O50	25:04
47	11	2489	Alan	Kennedy	Glendalough	M55	56	O50	25:41
49	12	2168	Anthony	Breen	Glendalough	M50	53	O50	25:43
50	13	2493	Ian	O'Donnell	Kilcoole	M55	57	O50	25:56
51	14	2205	Shay	Faulkner	Inbhear Dee	M60	62	O50	26:04
52	15	2174	Cormac	O Ceallaigh	Parnell	M50	50	O50	26:06
58	16	2163	Roy	Bowden	Bray Runners	M50	52	O50	27:43
61	17	2169	James	Heggie	Glendalough	M50	53	O50	28:19
62	18	2204	Mark	Fox	Bray Runners	M60	61	O50	28:23
63	19	2203	Paul	De Freine	Bray Runners	M60	63	O50	28:24

Team Scores & Placings (3 to score)

Place	Club	Scoring Places	Total Pts
1	Glendalough	2, 4, 11	17
2	Kilcoole	5, 6, 7	18
3	Parnell	1, 8, 15	24
4	Inbhear Dee	3, 10, 14	27
5	Bray Runners	9, 15, 17	41