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|   |   | 300mH/400mH  |   |   |   |   |
| 1 | 117 | McGing | Peadar | Dundrum South Dublin A.C. | 50.77 | M65 |
| 2 | 95 | Gibson | Rosemary | Blackrock AC (LOUTH) | 01:01.28 | F45 |
| 3 | 104 | Halley | Paschal | Waterford AC | 01:05.81 | M50 |
| 4 | 156 | Barrett | Mary | Loughrea AC | 01:06.85 | F60 |
|  |  |  |  |  |  |  |
| 2 | 1 | 100m F35 FINAL | 1.3 | M/S NE |   |   |
| 1 | 76 | O Donnell | Nicole | Rosses AC | 13.15 | F35 |
| 2 | 73 | Brown | Lynsey | COLAC | 13.97 | F35 |
|  |  |  |  |  |  |  |
| 3 | 1 | 100m F40 FINAL | 1.1 | M/S N |   |   |
| 1 | 72 | O'Regan | Sinead | Riverstick/Kinsale | 12.96 | F40 |
| 2 | 141 | Dillon | Avril | Dundrum South Dublin A.C. | 13.00 | F40 |
| 3 | 7 | McDevitt | Kathryn | Letterkenny AC | 13.31 | F40 |
| 4 | 12 | Scanlon | Mary | Blackrock | 14.26 | F40 |
| 5 | 82 | McGonigle | Laura | Lucan Harriers | 14.70 | F40 |
| 6 | 183 | Moussally | Martha | Fingallians | 15.98 | F40 |
| 7 | 26 | Hayes | Julie | Armagh AC | 17.02 | F40 |
|  |  |  |  |  |  |  |
| 4 | 1 | 100m F45 FINAL | 0.1 | M/S W |   |   |
| 1 | 135 | Quinn | Clare | Omagh Harriers | 13.90 | F45 |
| 2 | 8 | Wellings | Leanne | Lucan Harriers | 14.02 | F45 |
| 3 | 27 | Colton | Orlagh | Omagh Harriers | 14.32 | F45 |
| 4 | 4 | Durkan | Annette | Lucan Harriers | 14.33 | F45 |
| DNS | 143 | Tomlins | Shelley | Ballymena Running Club |   | F45 |
|  |  |  |  |  |  |  |
| 5 | 1 | 100m F50 FINAL | -1.9 | M/S S |   |   |
| 1 | 207 | Carr | Dara | LSA | 14.42 | F50 |
| 2 | 188 | McGuire | Niamh | Rathkenny AC | 14.74 | F50 |
| 3 | 223 | Markey | Katherine | Fingallians | 14.77 | F50 |
| 4 | 171 | McCabe | Andrea | Drogheda and District | 16.26 | F50 |
| 5 | 201 | Dickson | Katharine | City of Lisburn AC | 16.26 | F50 |
| 6 | 42 | Melanophy | Joan | St Peter's AC | 17.89 | F50 |
|  |  |  |  |  |  |  |
| 6 | 1 | 100m F55 FINAL | -0.6 | M/S SE |   |   |
| 1 | 46 | Groome | Moira | Trim Athletic Club | 14.69 | F55 |
| 2 | 139 | Gallagher | Tina | OMG AC | 15.28 | F55 |
| 3 | 199 | Gowing | Mary | Dundrum South Dublin Ac | 16.07 | F55 |
| 4 | 236 | Nelson | Lesley | Unattached | 19.19 | F55 |
| DNS | 97 | Steele | Fiona | Strathearn Harriers |   | F55 |
| DNS | 150 | Finegan | Geraldine | North east runner |   | M65 |
|  |  |  |  |  |  |  |
| 7 | 1 | 100m F60+ FINAL | -1.7 | M/S SE |   |   |
| 1 | 106 | Kelly | Angela | Giffnock North AC | 15.95 | F60 |
| 2 | 160 | Havern | Mary | Dromore AC | 18.16 | F60 |
| 3 | 218 | Whelan | Mary | Dublin Striders AC | 20.23 | F65 |
| 4 | 180 | Higgins | Margaret | Corofin AC | 22.19 | F65 |
|  |  |  |  |  |  |  |
| 8 | 1 | 100m M35-40 FINAL | 0.1 | M/S NE |   |   |
| 1 | 193 | Cremin | Ger | An R卲cht | 11.66 | M40 |
| 2 | 86 | Scullion | Glen | Mid Ulster AC | 11.88 | M40 |
| 3 | 203 | Kedney | Ruaidhri |   | 12.01 | M35 |
| 4 | 110 | Rock | David | Father Murphy | 12.31 | M40 |
| 5 | 75 | McGlynn | Trevor | Omagh Harriers | 12.85 | M40 |
| 6 | 209 | Nolan | Garret | Lusk AC | 12.87 | M40 |
| 7 | 21 | McNamee | Fabian | Omagh Harriers | 13.11 | M40 |
| 8 | 161 | Telford | Andrew |   | 13.76 | M35 |
|  |  |  |  |  |  |  |
| 9 | 1 | 100m M45-50 FINAL | 0 | M/S E |   |   |
| 1 | 70 | Corr | John | Leevale AC | 12.25 | M50 |
| 2 | 162 | O' Donnell | Martin | Olympian Youth & AC | 12.67 | M45 |
| 3 | 9 | Bruce-Brand | Robert | City of Derry Spartans | 13.42 | M50 |
| 4 | 11 | Gately | Ronan | DSD | 13.56 | M50 |
| 5 | 45 | Duncan | Roger | City of Lisburn AC | 14.02 | M45 |
|  |  |  |  |  |  |  |
| 10 | 1 | 100m M55-60 FINAL | 0.8 | M/S NE |   |   |
| 1 | 1 | Sheridan | Shane | Dundrum South Dublin A.C. | 13.18 | M60 |
| 2 | 136 | Cruise | Frank | Drogheda & District AC | 14.20 | M55 |
| 3 | 113 | Toolan | Shane | Tir Chonaill AC | 14.57 | M60 |
| 4 | 185 | Frey | Joe | Lagan Valley AC | 14.89 | M60 |
| DNS | 132 | Counsel | Michael | Trim AC |   | M55 |
| DNS | 217 | Wallace | John | Ratoath AC |   | M55 |
| DNS | 222 | Gavigan | Enda | Lambay Sports Academy |   | M55 |
|  |  |  |  |  |  |  |
| 11 | 1 | 100m M65+ FINAL | -0.4 | M/S E |   |   |
| 1 | 206 | Agnew | Seamus | Ballymena & Antrim AC | 15.26 | M65 |
| 2 | 61 | Gribben | George | Orangegrove A C | 15.72 | M65 |
| 3 | 78 | Clinton | Thomas | Navan A.C. | 16.07 | M70 |
| 4 | 91 | Greenwood | Tim | unattached | 16.97 | M55 |
| 5 | 15 | Taylor | Earl | St Annes | 17.69 | M70 |
| 6 | 168 | Stewart | Frank | City of Derry | 18.53 | M80 |
| 7 | 62 | Gribben | John | Orangegrove A C | 20.62 | M75 |
| DNS | 219 | Donald | Alexander | Ballymena & Antrim AC |   | M70 |
|  |  |  |  |  |  |  |
| 12 | 1 | 3000m Walk |   |   |   |   |
| 1 | 133 | McMullin | Sean | Mullingar Harriers Ac | 17:59.3 | M75 |
|  |  |  |  |  |  |  |
| 13 | 1 | 110mH M35-49 FINAL (99.1cm) | -0.1 | M/S E |   |   |
| 1 | 226 | Reynolds | Tomas | unattached | 15.08 | M35 |
| 2 | 75 | McGlynn | Trevor | Omagh Harriers | 18.17 | M40 |
| 3 | 209 | Nolan | Garret | Lusk AC | 20.72 | M40 |
| 4 | 212 | Mooney | Martin | Inishowen AC | 21.03 | M35 |
|  |  |  |  |  |  |  |
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| 14 | 1 | 100mH Combined FINAL | 0.1 | M/S E |   |   |
| 1 | 104 | Halley | Paschal | Waterford AC | 18.56 | M50 |
| 2 | 117 | McGing | Peadar | Dundrum South Dublin A.C. | 18.81 | M65 |
| 3 | 79 | Newington | Dash | Gateshead Harriers | 20.77 | F35 |
| DNS | 124 | Reynolds | Robert | Athletics NI Unattached |   | M60 |
|  |  |  |  |  |  |  |
| 15 | 1 | 80mH W40 and M70 FINAL (76.2) | 1 | M/S NE |   |   |
| 1 | 141 | Dillon | Avril | Dundrum South Dublin A.C. | 12.61 | F40 |
| 2 | 27 | Colton | Orlagh | Omagh Harriers | 14.78 | F45 |
| 3 | 188 | McGuire | Niamh | Rathkenny AC | 15.30 | F50 |
| 4 | 95 | Gibson | Rosemary | Blackrock AC (LOUTH) | 17.96 | F45 |
| DNF | 15 | Taylor | Earl | St Annes |   | M70 |
| DNS | 156 | Barrett | Mary | Loughrea AC |   | F60 |
| DNS | 7 | McDevitt | Kathryn | Letterkenny AC |   | F40 |
|  |  |  |  |  |  |  |
| 16 | 1 | 800m W35-40 and W45 FINAL |   |   |   |   |
| 1 | 228 | Neely | Kelly | city of lisburn | 02:12.43 | F40 |
| 2 | 167 | Henderson | Kyla | city of lisburn | 02:33.47 | F40 |
| 3 | 187 | Wynne | Ann | Carrick on Shannon | 02:37.38 | F50 |
| 4 | 181 | Nixon | Judith | Dromore AC | 02:44.98 | F45 |
| 5 | 215 | Clements | Irene |   | 02:52.39 | F60 |
|  |  |  |  |  |  |  |
| 18 | 1 | 800m M35-40 FINAL |   |   |   |   |
| 1 | 102 | Boyle | Adrian | Derry track club | 02:07.88 | M40 |
| 2 | 198 | McGowan | Michael | City of Derry | 02:09.38 | M40 |
| 3 | 233 | Maginnis | Lee | Unattached | 02:18.70 | M40 |
| 4 | 144 | Sheehan | Rory | Monaghan Phoenix AC | 02:20.84 | M35 |
| 5 | 105 | Croft | Gregory |   | 02:33.65 | M35 |
| 6 | 87 | Reid | Chris | Victoria Park & Connswater Ac | 02:36.47 | M35 |
|  |  |  |  |  |  |  |
| 19 | 1 | 800m M 45 |   |   |   |   |
| 1 | 123 | Curran | Conor | North Belfast harriers | 02:05.77 | M45 |
| 2 | 52 | Orr | Stephen | Orangegrove AC | 02:07.98 | M45 |
| 3 | 234 | McAfee | David | Ballycastle Runners | 02:17.71 | M45 |
| 4 | 121 | McCormack | Vincent | Newbridge AC | 02:24.83 | M45 |
| 5 | 227 | Ratcliffe | Jason | Lagan Valley | 02:31.71 | M45 |
| 6 | 64 | Leitch | Raymond | Victoria Park & Connswater Ac | 02:38.01 | M45 |
| DNF | 241 | Shields | Timothy | Omagh Harriers |   | M45 |
|  |  |  |  |  |  |  |
| 20 | 1 | 800m M50-55 FINAL |   |   |   |   |
| 1 | 189 | Magee | Michael | Beechmount Harriers | 02:34.98 | M50 |
| 2 | 229 | Hunter | Ciaran | Beechmount Harriers | 02:37.64 | M55 |
| 3 | 235 | Ferguson | George | Beechmount Harriers | 02:40.26 | M55 |
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|  |  |  |  |  |  |  |
| 21 | 1 | 800m M60+ |   |   |   |   |
| 1 | 30 | Clarke | David | North Belfast Harriers | 02:14.22 | M60 |
| 2 | 111 | Gough | Joe | West Waterford AC | 02:18.30 | M65 |
| 3 | 39 | Parkes | Gerard | Newry AC | 02:26.21 | M60 |
| 4 | 10 | Cornyn | Michael | Dunboyne AC | 02:27.93 | M60 |
| 5 | 220 | O Doherty | Gerry |   | 02:33.39 | M65 |
| 6 | 96 | Kelly | Martin | Menaphins | 02:46.93 | M65 |
| 7 | 152 | Rocks | Pat | Newry City Runners AC | 02:47.54 | M65 |
| 8 | 59 | Priest | Mick | Father Murphy Athletic Club | 02:51.45 | M70 |
| 9 | 208 | Malone | Lawerence |   | 03:00.29 | M60 |
| DQ | 230 | Bigger | Robert | Derry track club | rule17.2 | M60 |
|  |  |  |  |  |  |  |
| 22 | 1 | 200m F35 FINAL | -3.8 | M/S SE |   |   |
| 1 | 76 | O Donnell | Nicole | Rosses AC | 27.70 | F35 |
| 2 | 73 | Brown | Lynsey | COLAC | 30.02 | F35 |
| 3 | 63 | Bradley | Kate | Kate Bradley | 30.94 | F35 |
| 4 | 137 | Malone | Heather | East Coast AC | 31.81 | F35 |
|  |  |  |  |  |  |  |
| 23 | 1 | 200m F40 FINAL | -0.7 | M/S SE |   |   |
| 1 | 7 | McDevitt | Kathryn | Letterkenny AC | 27.57 | F40 |
| 2 | 72 | O'Regan | Sinead | Riverstick/Kinsale | 27.67 | F40 |
| 3 | 130 | Waldron | Emily |   | 28.93 | F40 |
| 4 | 82 | Mc Gonigle | Laura | Lucan Harriers | 30.56 | F40 |
| 5 | 12 | Scanlon | Mary | blackrock | 30.66 | F40 |
| 6 | 204 | Diver | Catherine | Beechmount Harriers | 31.06 | F40 |
| 7 | 56 | Smyth | Orla | city of lisburn | 32.67 | F40 |
|  |  |  |  |  |  |  |
| 24 | 1 | 200m F45 FINAL | -0.2 | M/S SW |   |   |
| 1 | 8 | Wellings | Leanne | Lucan Harriers | 29.10 | F45 |
| 2 | 4 | Durkan | Annette | Lucan Harriers | 30.02 | F45 |
| 3 | 95 | Gibson | Rosemary | Blackrock AC (LOUTH) | 33.63 | F45 |
|  |  |  |  |  |  |  |
| 25 | 1 | 200m F50 FINAL | 0 | M/S E |   |   |
| 1 | 207 | Carr | Dara | LSA | 29.62 | F50 |
| 2 | 223 | Markey | Katherine | Fingallians | 30.35 | F50 |
| 3 | 171 | McCabe | Andrea | Drogheda and District | 33.62 | F50 |
| 4 | 42 | Melanophy | Joan | St Peter's AC | 37.19 | F50 |
| DNS | 201 | Dickson | Katharine | City of Lisburn AC |   | F50 |
|  |  |  |  |  |  |  |
| 26 | 1 | 200m F55 FINAL | 1.1 | M/S NE |   |   |
| 1 | 2 | Kearney | Carol | Lucan Harriers A.C. | 30.23 | F55 |
| 2 | 46 | Groome | Moira | Trim Athletic Club | 30.64 | F55 |
| 3 | 139 | Gallagher | Tina | OMG AC | 32.24 | F55 |
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| 27 | 1 | 200m F60+ | 0.6 | M/S W |   |   |
| 1 | 106 | Kelly | Angela | Giffnock North AC | 34.78 | F60 |
| 2 | 160 | Havern | Mary | Dromore AC | 38.43 | F60 |
| 3 | 218 | Whelan | Mary | Dublin Striders AC | 42.62 | F65 |
| 4 | 180 | Higgins | Margaret | Corofin AC | 48.26 | F65 |
|  |  |  |  |  |  |  |
| 28 | 1 | 200m M35-40 FINAL | -1.9 | M/S SE |   |   |
| 1 | 193 | Cremin | Ger | An R卲cht | 23.59 | M40 |
| 2 | 86 | Scullion | Glen | Mid Ulster AC | 24.15 | M40 |
| 3 | 226 | Reynolds | Tomas | unattached | 24.37 | M35 |
| 4 | 110 | Rock | David | Father Murphy | 25.78 | M40 |
| 5 | 209 | Nolan | Garret | Lusk AC | 26.77 | M40 |
|   | 157 | Boyce | Brian | An R卲cht |   | M40 |
|   | 203 | Kedney | Ruaidhri |   |   | M35 |
|  |  |  |  |  |  |  |
| 29 | 1 | 200m M45-50 FINAL | -1 | M/S SE |   |   |
| 1 | 70 | Corr | John | Leevale ac | 24.55 | M50 |
| 2 | 162 | O' Donnell | Martin | Olympian Youth & AC | 26.01 | M45 |
| 3 | 9 | Bruce-Brand | Robert | City of Derry Spartans | 26.54 | M50 |
| 4 | 11 | Gately | Ronan | DSD | 27.49 | M50 |
| 5 | 45 | Duncan | Roger | City of Lisburn AC | 29.67 | M45 |
|   |   |   |   |   |   | M50 |
|  |  |  |  |  |  |  |
| 30 | 1 | 200m M55-60 FINAL | 1.3 | M/S NE |   |   |
| 1 | 1 | Sheridan | Shane | Dundrum South Dublin A.C. | 27.72 | M60 |
| 2 | 140 | Stewart | David | Derry Track Club | 29.00 | M50 |
| 3 | 136 | Cruise | Frank | Drogheda & District AC | 29.39 | M55 |
| 4 | 10 | Cornyn | Michael | Dunboyne AC | 30.21 | M60 |
| 5 | 185 | Frey | Joe | Lagan Valley AC | 32.08 | M60 |
|  |  |  |  |  |  |  |
| 31 | 1 | 200m M65+ FINAL | -4.7 | M/S S |   |   |
| 1 | 206 | Agnew | Seamus | Ballymena & Antrim AC | 32.35 | M65 |
| 2 | 127 | Harris | Jim | Orangegrove AC | 33.35 | M70 |
| 3 | 78 | Clinton | Thomas | Navan A.C. | 33.44 | M70 |
| 4 | 61 | Gribben | George | Orangegrove A C | 33.45 | M65 |
| 5 | 15 | Taylor | Earl | St Annes | 40.65 | M70 |
|  |  |  |  |  |  |  |
| 32 | 1 | 3000m W35 FINAL |   |   |   |   |
| 1 | 213 | Gilshinan | Anne | Slaney Olympic A.C. | 10:35.14 | F55 |
| 2 | 238 | logue | Denise | Ballydraine Harriers | 11:09.22 | F40 |
| 3 | 48 | Branagh | Geraldine | Dromore | 11:59.17 | F55 |
| 4 | 159 | MacKin | Mary | Dromore AC | 13:40.56 | F65 |
| 5 | 194 | McCartan | Helen | Dromore AC | 13:43.92 | F45 |
| 6 | 99 | Aiken | Kathryn | Dromore AC | 14:02.68 | F40 |
| 7 | 20 | McKeown | Julie Ann | Armagh AC | 14:53.56 | F45 |
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| 33 | 1 | 3000m M35-40 FINAL |   |   |   |   |
| 1 | 44 | Craig | John | Annadale Striders | 08:38.06 | M35 |
| 2 | 60 | Hughes | Eoin | Strive Racing Club | 08:40.91 | M35 |
| 3 | 216 | Mullan | Eoin | Omagh Harriers | 08:46.65 | M35 |
| 4 | 24 | Delaney | Fearghal | Armagh AC | 09:19.31 | M40 |
| 5 | 154 | Morrow | Ben | Ballymena Runners | 09:22.99 | M40 |
| 6 | 68 | Morrissey | Rory | St. Michaels AC | 09:31.14 | M40 |
| 7 | 67 | Moren | Christopher | Victoria Park & Connswater AC | 09:34.09 | M40 |
| 8 | 125 | McKendry | Ciaran | Annadale Striders | 09:43.33 | M40 |
| 9 | 53 | Scullion | Kieran | Ballymena Runners AC | 09:46.53 | M40 |
| 10 | 105 | Croft | Gregory |   | 10:42.19 | M35 |
|  |  |  |  |  |  |  |
| 34 | 1 | 3000m M45-50 FINAL |   |   |   |   |
| 1 | 126 | Horan | Paul | North Belfast Harriers | 09:41.60 | M45 |
| 2 | 155 | McDowell | Colin | North Belfast Harriers | 09:44.07 | M50 |
| 3 | 36 | Mc Kenna | Martin | Armagh AC | 09:48.23 | M45 |
| 4 | 94 | Stanley | Tony | Beechmount Harriers | 09:59.49 | M45 |
| 5 | 138 | Scully | Gary | Nenagh Olympic A.C. | 10:14.23 | M40 |
| 6 | 43 | O'Gorman | Niall | Annadale Striders | 10:32.22 | M50 |
| 7 | 166 | McCorry | Thomas | Annadale Striders | 10:40.99 | M45 |
| 8 | 19 | Hamilton | Conor | Armagh AC | 11:12.37 | M50 |
| 9 | 40 | Turkington | Geoffrey | Armagh AC | 11:41.15 | M50 |
| 10 | 25 | Allen | Richard | Armagh AC | 12:15.64 | M45 |
|  |  |  |  |  |  |  |
| 35 | 1 | 3000m M55+ |   |   |   |   |
| 1 | 195 | McKinney | Pauric | Inishowen AC | 09:46.37 | M55 |
| 2 | 83 | Hughes | Tommy | Strive Racing Club | 10:01.60 | M60 |
| 3 | 147 | Connor | Noel | Ballymena Running Club | 10:47.39 | M55 |
| 4 | 151 | Johnston | Laurence | North Belfast Harriers | 10:59.00 | M60 |
| 5 | 221 | Smith | Paul | Road Runners Club | 11:00.88 | M55 |
| 6 | 150 | Elliott | Paul | Bechmount Harriers | 11:09.43 | M65 |
| 7 | 235 | Ferguson | George | Beechmount Harriers | 11:30.94 | M55 |
| 8 | 54 | McAllister | Sean | Larne AC | 11:55.05 | M55 |
| 9 | 62 | Gribben | John | Orangegrove A C | 17:46.35 | M75 |
|  |  |  |  |  |  |  |
| 36 | 1 | 1500m W35+ FINAL |   |   |   |   |
| 1 | 47 | Mathews | Laura | North East Runners | 05:15.74 | F35 |
| 2 | 116 | McMahon | Annamarie | Monaghan Phoenix AC | 05:40.98 | F45 |
| 3 | 215 | Clements | Irene |   | 05:43.46 | F60 |
| 4 | 115 | Reilly | Sarah Jane | Monaghan Phoenix AC | 05:43.79 | F35 |
| 5 | 182 | Beattie | Sarahjane | Newry AC | 05:48.16 | F35 |
| 6 | 184 | Russell | Amanda | Dromore AC | 06:23.11 | F55 |
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| 37 | 1 | 1500m M35-40 FINAL |   |   |   |   |
| 1 | 202 | Cunningham | Martin | Tir Chonaill AC | 04:06.68 | M40 |
| 2 | 58 | Trainor | James | North Belfast Harriers | 04:20.79 | M35 |
| 3 | 169 | Cooper | Philip | Annadale Striders | 04:24.97 | M40 |
| 4 | 93 | Cook | Oliver | PACE Running Club | 04:29.33 | M35 |
| 5 | 114 | Irvine | Nick | North Down AC | 04:34.50 | M40 |
| 6 | 190 | Foster | Davy | Willowfield | 04:36.92 | M40 |
| 7 | 163 | Ward | John | Dromore AC | 04:46.68 | M40 |
| 8 | 100 | Aiken | Roger | Dromore AC | 04:53.43 | M40 |
|  |  |  |  |  |  |  |
| 38 | 1 | 1500m M45,50-55 |   |   |   |   |
| 1 | 123 | Curran | Conor | North Belfast harriers | 04:20.03 | M45 |
| 2 | 142 | Cole | Aron | Foyle Valley AC | 04:41.62 | M45 |
| 3 | 88 | McKibbin | Nigel | Dromore AC | 04:41.66 | M50 |
| 4 | 74 | Campbell | Rodney | Foyle Valley AC | 04:54.66 | M50 |
| 5 | 28 | McKeown | Mark | Armagh AC | 05:13.73 | M45 |
| 6 | 64 | Leitch | Raymond | Victoria Park & Connswater Ac | 05:15.73 | M45 |
| 7 | 229 | Hunter | Ciaran | Beechmount Harriers | 05:27.27 | M55 |
| 8 | 65 | Coetzee | Ralph | Victoria Park & Connswater Ac | 05:39.47 | M45 |
| 9 | 33 | Devlin | Sean | Armagh AC | 06:11.39 | M55 |
|  |  |  |  |  |  |  |
| 39 | 1 | 1500m M60+ FINAL |   |   |   |   |
| 1 | 30 | Clarke | David | North Belfast Harriers | 04:49.82 | M60 |
| 2 | 179 | Wilson | Robert | Willowfield Harriers | 05:46.20 | M60 |
| 3 | 170 | Eakin | Terry | North Down AC | 05:48.55 | M70 |
| 4 | 96 | Kelly | Martin | Menaphins | 05:51.32 | M65 |
| 5 | 152 | Rocks | Pat | Newry City Runners AC | 05:51.39 | M65 |
| 6 | 208 | Malone | Lawerence |   | 06:11.65 | M60 |
| 7 | 59 | Priest | Mick | Father Murphy Athletic Club | 06:55.31 | M70 |
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| 40 | 1 | 400m W35-40 FINAL |   |   |   |   |
| 1 | 228 | Neely | Kelly | city of lisburn | 01:00.34 | F40 |
| 2 | 7 | McDevitt | Kathryn | Letterkenny AC | 01:03.54 | F40 |
| 3 | 130 | Waldron | Emily |   | 01:03.67 | F40 |
| 4 | 81 | Dunne | Maria | SLOT | 01:04.03 | F40 |
| 5 | 2 | Kearney | Carol | Lucan Harriers A.C. | 01:07.29 | F55 |
| 6 | 63 | Bradley | Kate | Kate Bradley | 01:11.04 | F35 |
| 7 | 56 | Smyth | Orla | city of lisburn | 01:12.60 | F40 |
| 8 | 181 | Nixon | Judith | Dromore AC | 01:13.54 | F45 |
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| 42 | 1 | 400m M35-40 FINAL |   |   |   |   |
| 1 | 6 | Devlin | Eoghan | Mid Ulster AC | 56.12 | M40 |
| 2 | 144 | Sheehan | Rory | Monaghan Phoenix AC | 57.01 | M35 |
| 3 | 198 | McGowan | Michael | City of Derry | 57.87 | M40 |
| 4 | 178 | Wilson | Paul | Northern Ireland Civil Service  | 01:01.3 | M35 |
| 5 | 75 | McGlynn | Trevor | Omagh Harriers | 01:02.3 | M40 |
| DNS | 240 | Stuart | Paul | Drigheda |   | M35 |
| DNS | 157 | Boyce | Brian | An R卲cht |   | M40 |
| DNS | 193 | Cremin | Ger | An R卲cht |   | M40 |
|  |  |  |  |  |  |  |
| 43 | 1 | 400m M45-50 FINAL |   |   |   |   |
| 1 | 5 | Phelan | Jim | Galway City Harriers | 54.39 | M45 |
| 2 | 9 | Bruce-Brand | Robert | City of Derry Spartans | 58.70 | M50 |
| 3 | 104 | Halley | Paschal | Waterford AC | 01:01.05 | M50 |
| 4 | 234 | McAfee | David | Ballycastle Runners | 01:01.95 | M45 |
| 5 | 227 | Ratcliffe | Jason | Lagan Valley | 01:06.18 | M45 |
| DNS | 103 | McLaughlin | Cathal | Derry Track Club |   | M50 |
| DNS | 11 | Gately | Ronan | DSD |   | M50 |
|  |  |  |  |  |  |  |
| 44 | 1 | 400m M55 FINAL |   |   |   |   |
| 1 | 119 | Oconnor | Gerry | Drogheda & District A.C. | 01:01.85 | M55 |
| 2 | 140 | Stewart | David | Derry Track Club | 01:03.28 | M50 |
| 3 | 136 | Cruise | Frank | Drogheda & District AC | 01:13.09 | M55 |
| DNS | 217 | Wallace | John | Ratoath AC |   | M55 |
| DNS | 90 | Turtle | James | Ballymena Runners |   | M55 |
| DNS | 229 | Hunter | Ciaran | Beechmount Harriers |   | M55 |
|  |  |  |  |  |  |  |
| 45 | 1 | 400m M60-65and 70 FINAL |   |   |   |   |
| 1 | 111 | Gough | Joe | West Waterford AC | 01:02.13 | M65 |
| 2 | 39 | Parkes | Gerard | Newry AC | 01:05.38 | M60 |
| 3 | 10 | Cornyn | Michael | Dunboyne AC | 01:06.51 | M60 |
| 4 | 117 | McGing | Peadar | Dundrum South Dublin A.C. | 01:08.06 | M65 |
| 5 | 127 | Harris | Jim | Orangegrove AC | 01:19.86 | M70 |
| 6 | 122 | Beattie | Geoffrey | Sale Harriers Manchester | 01:26.15 | M65 |
| DNS | 61 | Gribben | George | Orangegrove A C |   | M65 |