British & Irish Masters Cross Country International 17 Nov 2024

Congratulations to Dick Mullins on an excellent run at the British & Irish Masters Cross Country International held in Belfast yesterday. In a competitive 6000m race, Dick placed 12th in his age category (M75), and was 4th Irish man home just missing out on scoring (3 to score) on the Irish team who finished 3rd

Ireland were this years overall winners with some great performances across all age groups

Full results available at

https://myrunresults.com/.../british__irish.../5484/results

