

<b>Bib No.</b>	<b>Name</b>	<b>Age Category</b>	<b>Club</b>	<b>Time/Result</b>
<b>1018</b>	Dean Rowe	5k	Goran A.C.	16.44
<b>1070</b>	Martina Kiely	5k	St Fnbarra	17.33
<b>1079</b>	Mathew Ryan	5k	Coldfields	18.13
<b>1012</b>	Paula Grant	5k	Portlaoise	18.20
<b>1062</b>	Patrick Roche	5k	Carrick on Suir	18.30
<b>1029</b>	Niamh Cunneen	5k	Nenagh Olymppic	18.37
<b>1011</b>	Sharon Grant	5k	Portlaoise	18.55
<b>1044</b>	Mark Kehir	5k	Clonmel	19.00
<b>1030</b>	Ellen Cuneen	5k	Nenagh Olymppic	19.03
<b>1007</b>	Neville O Connell	5k	D.B.B. A.C.	19.14
<b>1050</b>	David Kennelly	5k	Clonmel	19.35
<b>1001</b>	Sharon Cantwell	5k	Moyne A.C.	19.42
<b>1055</b>	Susan Shine	5k	Clonmel A.C.	19.58
<b>1056</b>	Aisling English	5k	Clonmel	20.00
<b>1067</b>	Tony Gleeson	5k	Templemore	20.02
<b>1086</b>	Harry Sheppard	5k	Moycarkey Coolcree A.C.	20.46
<b>1028</b>	Noel Kennedy	5k	Thurles Crokes	20.48
<b>1059</b>	Tiernan O Donnell	5k	D.B.B. A.C.	20.52
<b>1045</b>	Padraig O Keefe	5k	Lkilloole A.C.	20.56
<b>1046</b>	Richie Doyle	5k	Holycross	21.36
<b>1085</b>	Gerard Carey	5k	Moycarkey Coolcree A.C.	21.40
<b>1020</b>	Aine Roche	5k	Cahir Meet & Train	22.08
<b>1069</b>	Philip Ryan	5k	Littleton	22.17
<b>1058</b>	Fiona O Connell	5k	Clonmel	22.44
<b>1047</b>	David Joyce	5k	Holycross	22.48
<b>1060</b>	Cian O Donnell	5k	D.B.B. A.C.	NT
<b>1049</b>	Denis O Reilly	5k	Holycross	NT
<b>1013</b>	Orla Healy	5k	Moycarkey Coolcree A.C.	NT
<b>1078</b>	Cora Doyle	5k	Moyne A.C.	NT
<b>1048</b>	Philip Ryan	5k	Holycross	23.33

<b>1008</b>	Ruth O Connell	5k	D.B.B. A.C.	23.35
<b>1002</b>	Dick Mullins	5k	St Abans A.C.	24.19
<b>1023</b>	Francis Long	5k	Moyne A.C.	24.27
<b>1022</b>	Sean Carew	5k	DundrumA.C.	25.10
<b>1061</b>	Aoife O Donnell	5k	D.B.B. A.C.	25.55
<b>1076</b>	James Quinn	5k	Loughmore	26.01
<b>1009</b>	Sharon Kiely	5k	Moyne A.C.	26.17
<b>1016</b>	Emma Hayes	5k	Horse And Jockey	26.57
<b>1053</b>	Padraig Ryan	5k	Moyglass	26.57
<b>1054</b>	Richard O Connell	5k	Moyglass	27.00
<b>1074</b>	Marion Ivors	5k	D.B.B. A.C.	27.07
<b>1083</b>	Amelie Fogarty	5k	Moycarkey Coolcroe A.C.	27.10
<b>1072</b>	Deirdre Royce	5k	Fethard	27.20
<b>1080</b>	Helena Loughnane	5k	Gortnahoe	27.25
<b>1073</b>	Michael Coakley	5k	West Waterford	27.47
<b>1026</b>	Sinead Ryan	5k	Dundrum A.C.	28.06
<b>1052</b>	Ciaran Bergin	5k	Templemore	28.14
<b>1077</b>	Martin Cosgrave	5k	Borrisoleigh Track Attack	28.34
<b>1010</b>	Martin Kiely	5k	Moyne A.C.	28.38
<b>1024</b>	Nicki Maddock	5k	Galmoy	28.50
<b>1068</b>	Brid O Meara	5k	Templemore	29.07
<b>1025</b>	Mary Ferncomber	5k	Dundrum A.C.	29.33
<b>1004</b>	Caroline Kennedy	5k	Borrisoleigh Track Attack	29.34
<b>1038</b>	Nora Shortall	5k	Grange Fermoy	29.50
<b>1065</b>	Silvanne Strappe	5k	Moycarkey Coolcroe A.C.	30.24
<b>1003</b>	Mossie Brackan	10k	Moycarkey Coolcroe A.C.	32.08
<b>1063</b>	Rita Dempsey	5k	Thurles Crokes	32.58
<b>1014</b>	Stephen Hunter	10k	St Abans A.C.	33.43
<b>1017</b>	John Morrissey	10k	Castlecomer	34.04

<b>1019</b>	Paddy Cummins	10k	Moycarkey Coolcree A.C.	35.17
<b>1032</b>	Conard Keating	10k	Moycarkey Coolcree A.C.	35.23
<b>1084</b>	Eimear Fogarty	5k	Moycarkey Coolcree A.C.	36.50
<b>1013</b>	Orla Healy	5k	Moycarkey Coolcree A.C.	36.34
<b>1040</b>	Ciara Cooney	5k	Dublin	37.28
<b>1041</b>	Niuamh Cooney	5k	Rochestown Cork	37.30
<b>1064</b>	Anne Strappe	5k	Moycarkey Coolcree A.C.	37.30
<b>1051</b>	John Fogarty	10k	Moycarkey Coolcree A.C.	38.34
<b>1057</b>	Angela McCann	10k	Clonmel A.C.	39.06
<b>1090</b>	Liam Blake	5k	Moycarkey Coolcree A.C.	39.10
<b>1087</b>	Noel Harding	5k	Glengoole	41.30
<b>1089</b>	Orla Shortall	5k	Moycarkey Coolcree A.C.	42.14
<b>1068</b>	Brid O Meara	5k	Templemore	42.20
<b>1006</b>	Carmel Fitzgibbon	10k	Thurles Crokes	42.37
<b>1075</b>	Ray O Riordan	10k	Thurles Crokes	43.58
<b>1021</b>	Owen Ryan	10k	Templemore	44.57
<b>1015</b>	Jim Hayes	10k	Horse And Jockey	46.26
<b>1082</b>	Triona Murphy	5k	Moycarkey Coolcree A.C.	46.55
<b>1005</b>	Niamh Ryan	10k	Dundrum A.C.	47.00
<b>1036</b>	Andrew O Harroran	10k	Bansha	48.24
<b>1035</b>	Nora McNamara	10k	Thurles Crokes	51.03
<b>1027</b>	Martina Ryan	10k	Thurles Crokes	51.07
<b>1042</b>	Michael Cleary	10k	Thurles Crokes	51.07
<b>1043</b>	Michael Bowe	10k	Thurles Crokes	51.07
<b>1088</b>	Ciaran Shortall	5k	Moycarkey Coolcree A.C.	54.14
<b>1071</b>	Lorraine Connor	5k	Moycarkey Coolcree A.C.	55.44
<b>1081</b>	Fiona Ryan	5k	Thurles Crokes	55.44