

# Tulla Soccer Club 10k and 7k Fun Walk Friday 20 July 2012. 7:00 pm

## Provisional Results for All Competitors in finish order.

				Pace	Race	Race	
1	0:32:07	MICHAEL SHANNON,	Kilnaboy A. C.	M	03:12.7	71	1
2	0:33:16	JULIO CESAR F CASTRO,	Kilmurry Ibrickane/North Clare	M	03:19.6	9	2
3	0:34:38	MIKE CUNNINGHAM,	Bilboa A. C.	M45	03:27.8	135	3
4	0:35:03	WILLIE DEVITT,	Kilmurry Ibrickane/North Clare	M	03:30.3	45	4
5	0:37:23	PADDY O TOOLE,	Mayo A. C.	M	03:44.3	106	5
6	0:37:28	LIAM MC GUANE,	Ennis Track Club	M40	03:44.8	11	6
7	0:38:00	JOHN CONROY,	Ennis Track Club	M40	03:48.0	2	7
8	0:38:12	FRANK LANDY,	Ennis Track Club	M	03:49.2	153	8
9	0:38:36	CONOR RYAN,	Individual	M	03:51.6	182	9
10	0:38:45	VERONICA COLLERAN,	Ennis Track Club	F	03:52.5	52	10
11	0:39:05	JAMES KENNY,	Kilmurry Ibrickane/North Clare	M50	03:54.5	81	11
12	0:39:31	THOMAS O HARA,	Ennis	M	03:57.1	147	12
13	0:39:40	DAVID LYONS,	Ennis	M	03:58.0	114	13
14	0:39:41	TRACY GUILFOYLE,	Kilnaboy A. C.	F45	03:58.1	53	14
15	0:40:06	JOHN MURPHY,	Kilmihil	M45	04:00.6	72	15
16	0:40:08	TOM MACKEY,	Kilmurry Ibrickane/North Clare	M55	04:00.8	48	16
17	0:40:18	BRIAN COMINS,	Ennis	M	04:01.8	156	17
18	0:40:21	PAT MORRISSEY,	Ennis Track Club	M45	04:02.1	16	18
19	0:40:38	KIERAN MC LEARN,	Portumna	M	04:03.8	79	19
20	0:40:47	BRIAN MEANEY,	Shannon Road Runners	M	04:04.7	134	20
21	0:40:48	AISHLING POWER,	Ennis Track Club	F	04:04.8	138	21
22	0:40:51	OISIN OWENS,	Ennis Track Club	M	04:05.1	178	22
23	0:41:04	JAMES LITTLETON,	Tulla	M	04:06.4	118	23
24	0:41:05	LIAM SHANNON,	Kilmurry Ibrickane/North Clare	M	04:06.5	172	24
25	0:41:21	NIALL WHELAN,	Bodyke	M	04:08.1	15	25
26	0:41:29	AIDAN CABEY,	Ennis	M50	04:08.9	59	26
27	0:41:46	JACK JONES,	Newmarket-on-Fergus	M	04:10.6	159	27
28	0:41:49	EIMEAR POWER,	Sportsworld A. C.	F	04:10.9	123	28
29	0:41:56	MIKE MOLONEY,	Tulla A. C.	M45	04:11.6	14	29
30	0:42:04	PODGE VAUGHAN,	Tulla	M	04:12.4	141	30
31	0:42:05	LORETTO DUGGAN,	St Marys (Clare)	F	04:12.5	55	31
32	0:42:20	TOM MICKS,	Ennis Track Club	M40	04:14.0	61	32
33	0:42:21	CATHERINE CLANCY,	Kilnaboy A. C.	F	04:14.1	33	33
34	0:42:51	MIKE SOLAN,	Tulla	M45	04:17.1	50	34
35	0:43:13	STEPHAN WALSH,	Ennis	M	04:19.3	96	35
36	0:43:18	BRENDAN HANNON,	Tulla	M	04:19.8	103	36
37	0:43:20	AIDAN BOHANNON,	Ennis	M	04:20.0	84	37
38	0:43:21	BARRY COUGHLAN,	Limerick	M	04:20.1	101	38
39	0:43:22	PAT BOGUE,	clare crusaders	M	04:20.2	85	39
40	0:43:34	CYRIL CASEY,	Kilmaley	M	04:21.4	60	40
41	0:43:50	DEIRDRE FINN,	Ballina Co Tipp	F45	04:23.0	163	41
42	0:43:51	NOEL COLLINS,	Oc Mills	M	04:23.1	62	42
43	0:43:55	THOMAS GLEESON,	Ennis Track Club	M40	04:23.5	83	43
44	0:44:12	JAMES HARRISON,	Tulla A. C.	M	04:25.2	128	44
45	0:44:14	MARTIN FLOYD,	Tulla	M	04:25.4	39	45
46	0:44:15	DAN DALY,	Tulla	M	04:25.5	38	46
47	0:44:29	JAMES CHAMBERS,	Oc Mills	M40	04:26.9	47	47
48	0:44:35	GER MC NAMARA,	Dooneen A. C.	M	04:27.5	99	48
49	0:44:58	BRIAN SPRING,	Ennis Track Club	M	04:29.8	177	49
50	0:45:10	CYNDY BERRYMAN,	U. S. A.	F50	04:31.0	5	50
51	0:45:11	PAT BAKER,	Ennis	M	04:31.1	164	51
52	0:45:20	RAYMOND NOONAN,	Tulla	M	04:32.0	91	52
53	0:45:28	ITA HANRAHAN,	Ennis Track Club	F40	04:32.8	137	53
54	0:45:38	HELEN O HANLON,	Doora/Barefield	F45	04:33.8	27	54
55	0:45:50	SIOBHAN GALLAGHER,	Ennis Track Club	F40	04:35.0	136	55
56	0:46:00	NAILL LEAMY,	Tulla	M	04:36.0	93	56
57	0:46:03	AISHLING AHERNE,	Country Club Limerick	F	04:36.3	113	57
58	0:46:06	TOM KENNEDY,	Ennis	M50	04:36.6	57	58
59	0:46:14	MAURICE GLYNN,	Shannon Road Runners	M40	04:37.4	167	59
60	0:46:21	MICHAEL O HALLORAN,	F B I	M40	04:38.1	157	60
61	0:46:35	ANN MURRAY,	Killanena/Flagmount	F45	04:39.5	44	61
62	0:46:40	CARMEL MC DOMHNAIL,	West Limerick	F55	04:40.0	67	62
63	0:46:41	KEITH LARKIN,	Clonlara AC	M45	04:40.1	54	63
64	0:46:52	KATHLEEN HEALY,	Newmarket-on-Fergus	F45	04:41.2	97	64
65	0:46:57	CON COLLINS,	Ennis	M	04:41.7	148	65
66	0:47:03	PEADER GREENE,	Tulla	M	04:42.3	92	66
67	0:47:08	BRIAN MC PAUL,	Clonlara	M40	04:42.8	26	67
68	0:47:31	FINTAN MURRAY,	Ardrahan	M45	04:45.1	10	68
69	0:47:33	MIKE SLATTERY,	Sixmilebridge	M	04:45.3	58	69
70	0:47:40	KEITH COOTE,	Ennis	M	04:46.0	154	70
71	0:47:41	DERMOT O KEEFFE,	Tulla	M	04:46.1	78	71
72	0:47:42	BRIAN CARMODY,	clare crusaders	M	04:46.2	150	72

73	0:47:48	JANETTE O SHEA,	Ennis	F	04:46.8	56	73
74	0:47:52	DAVID BRIDGE,	Ennis	M	04:47.2	112	74
75	0:47:58	TRISH RODGERS,	Scariff Meet and Train	F40	04:47.8	102	75
76	0:48:01	MARK O DWYER,	Ennis	M40	04:48.1	126	76
77	0:48:13	BRENDAN CUSACK,	Kilmurry Ibrickane/North Clare	M55	04:49.3	46	77
78	0:48:16	JAMES MELODY,	Olympic Harriers	M	04:49.6	36	78
79	0:48:28	CATHERINE CARMODY,	clare crusaders	F40	04:50.8	152	79
80	0:48:45	CIARAN BARRY,	Tulla	M45	04:52.5	30	80
81	0:48:54	MARK LEAMY,	Tulla	M	04:53.4	127	81
82	0:49:02	ANN REIDY WALSH,	Kilmurry Ibrickane/North Clare	F40	04:54.2	31	82
83	0:49:07	ALAN MURPHY,	Ennis	M	04:54.7	69	83
84	0:49:09	JAMES REDDAN,	Individual	M	04:54.9	183	84
85	0:49:09	AINE HOGAN,	Ennis	F	04:54.9	90	85
86	0:49:10	ANN MARIE DOYLE,	Doonbeg	F	04:55.0	94	86
87	0:49:14	DENIS MURPHY,	Tulla	M	04:55.4	108	87
88	0:49:30	JAMES DOYLE,	Ennis	M50	04:57.0	95	88
89	0:49:58	CATHAL DINAN,	Tulla	M	04:59.8	133	89
90	0:50:20	DECLAN WALSH,	scarriff	M	05:02.0	63	90
91	0:50:31	GERALDINE POWER,	Feakle	F45	05:03.1	104	91
92	0:50:45	PADRAIC O RAIGHNE,	Lettermore	M	05:04.5	149	92
93	0:50:57	FRANNIE YOUNGHUSBAND,	Nenagh Olympic	F50	05:05.7	165	93
94	0:50:58	RONAN KELLY,	Tulla	M	05:05.8	82	94
95	0:51:06	TOM BYRNES,	Tulla A. C.	M	05:06.6	77	95
96	0:51:20	OISIN GUILFOYLE,	Ennis	M	05:08.0	43	96
97	0:51:21	ROBERT HARTE,	Ennis	M	05:08.1	155	97
98	0:51:26	AIDAN O CALLAGHAN,	Shannon Road Runners	M	05:08.6	158	98
99	0:51:43	SEAN CAHILL,	Tulla	M	05:10.3	184	99
100	0:51:45	MARY ELLEN DOYLE,	Galway City Harriers	F55	05:10.5	29	100
101	0:51:59	MARY CAHILL,	Kilrush	F	05:11.9	18	101
102	0:52:07	JOHN O SULLIVAN,	Tulla	M40	05:12.7	171	102
103	0:52:19	MARY MC SWEENEY,	Tulla	F40	05:13.9	1	103
104	0:52:20	BREDA O DRISCOLL,	Ennis	F40	05:14.0	64	104
105	0:52:32	MICK O CONNELL,	Shannon	M	05:15.2	166	105
106	0:52:45	NOELLE MURPHY,	Tulla	F40	05:16.5	66	106
107	0:52:49	BRIAN MORONEY,	Tulla	M	05:16.9	169	107
108	0:52:54	SHARON KING,	clare crusaders	F45	05:17.4	28	108
109	0:53:01	FRANK O GRADY,	Tulla	M40	05:18.1	144	109
110	0:53:07	MAJELLA MULCONROY,	Tulla	F40	05:18.7	42	110
111	0:53:08	SORCHA ROANTREE,	Callan Co Kilkenny	F	05:18.8	3	111
112	0:53:19	ANGELA BEHAN,	Ennis	F40	05:19.9	17	112
113	0:53:20	BERNIE KEANE,	Cahir	F40	05:20.0	22	113
114	0:53:21	SHERENA MC GRATH,	Tulla	F	05:20.1	122	114
115	0:53:23	JEAN MOLONEY,	Ennis	F	05:20.3	88	115
116	0:53:54	DARREN RYAN,	Tulla	M	05:23.4	120	116
117	0:53:55	GERRY RYAN ,	Tulla	M	05:23.5	119	117
118	0:53:58	CEILA O TOOLE,	Westprt Mayo	F	05:23.8	105	118
119	0:54:01	MARY MC KEOWN,	Country Club Limerick	F40	05:24.1	111	119
120	0:54:05	JOHN O HAGAN,	Tulla	M	05:24.5	121	120
121	0:54:22	CHRISTY BRIGDALE,	Ennis	M	05:26.2	110	121
122	0:54:55	ROSIE MC MAHON,	Ballynacally	F	05:29.5	23	122
123	0:55:04	CATRIONA NAUGHTON,	Feakle	F	05:30.4	115	123
124	0:55:06	MARCONY DAVID FARRON,	Tulla	M	05:30.6	125	124
125	0:55:20	CATHAL NOLAN,	Tulla	M	05:32.0	25	125
126	0:55:28	MARIE WHELAN,	Tulla	F40	05:32.8	32	126
127	0:55:33	REBECCA CLEARY,	Ennis	F	05:33.3	173	127
128	0:55:36	SHIRLEY SHEEDY,	Newmarket-on-Fergus	F40	05:33.6	130	128
129	0:55:52	DAVID TIMLIN,	clare crusaders	M55	05:35.2	143	129
130	0:56:00	SIOBHAN DURACK,	Mountshannon	F	05:36.0	51	130
131	0:56:16	SEAN CLEARY,	Ennis	M	05:37.6	174	131
132	0:56:19	MARCO CAVALLERI,	Tulla	M40	05:37.9	160	132
133	0:56:30	PAUL CAULFIELD,	Tulla A. C.	M40	05:39.0	13	133
134	0:56:34	LORRAINE MC INERNEY,	Tulla	F40	05:39.4	35	134
135	0:57:27	MARY LEYDEN,	Quin/Clooney	F	05:44.7	151	135
136	0:57:33	MARTINA SOLAN,	Tulla	F40	05:45.3	49	136
137	0:57:37	DEE NEWMAN,	Tulla	F	05:45.7	142	137
138	0:57:43	MAURA HAYES,	Ennis Meet and Train	F40	05:46.3	68	138
139	0:57:44	CAROLINE LIDDY,	Tulla	F	05:46.4	109	139
140	0:58:08	DYPMPNA FARRELL,	Sixmilebridge	F	05:48.8	86	140
141	0:58:20	SIOBHAN GALLAGHER,	Limerick	F	05:50.0	70	141
142	0:58:34	ENDA HOWARD,	Ennis	M	05:51.4	41	142
143	0:58:46	KEITH MC INERNEY,	Tulla	M45	05:52.6	168	143
144	0:58:47	DEIRDRE BYRNES,	Bridge milers	F	05:52.7	76	144
145	0:58:49	JOHN CORRY,	Ennis	M	05:52.9	116	145
146	0:58:53	HELEN MC NAMARE,	Kilkee	F40	05:53.3	74	146
147	0:59:05	PAUL GEOGHEGAN,	Ennis	M45	05:54.5	170	147
148	0:59:06	MICHELLE CLANCY,	Lissycasey	F	05:54.6	139	148
149	0:59:52	AILBHE MORRISSEY,	Darragh	F	05:59.2	20	149
150	0:59:56	JEANANNE STACK,	Tulla	F	05:59.6	21	150
151	1:00:10	AISHLING DUNNE,	Sixmilebridge	F40	06:01.0	80	151
152	1:00:31	SIOBHAN MC MAHON,	Scariff Meet and Train	F45	06:03.1	145	152
153	1:00:34	LUCIA BARRY,	Tulla	F40	06:03.4	12	153

154	1:01:27	MARIE NAUGHTON,	Feakle	F	06:08.7	117	154
155	1:01:32	LAURA GUNTER,	Inagh	F	06:09.2	7	155
156	1:01:37	MICHELLE BOLAND,	Bodyke	Female Walkers	06:09.7	318	156
157	1:02:08	LISA MC GRATH,	Feakle	F	06:12.8	100	157
158	1:02:49	ANN MARIE WALSH,	Marian A. C.	F	06:16.9	146	158
159	1:03:16	SANDRA NORMOYLE,	Ennis	F	06:19.6	162	159
160	1:03:18	PAMELA NORMOYLE,	Galway	F	06:19.8	161	160
161	1:04:06	GRAINNE MC NAMARA,	Tulla	F	06:24.6	176	161
162	1:04:13	CARMEL MC GRATH,	Feakle	Female Walkers	06:25.3	322	162
163	1:04:35	MARIE KELLEHER,	Tuamgraney	Female Walkers	06:27.5	323	163
164	1:04:47	MARY JORDAN,	Ennis	F40	06:28.7	89	164
165	1:04:50	AMANDA O CONNOR,	Ennis Meet and Train	F	06:29.0	65	165
166	1:06:50	CATHERINE WALL,	Ennis	M45	06:41.0	87	166
167	1:06:54	CAOIMHIE MORRISSEY,	Darragh	F	06:41.4	19	167
168	1:07:08	MICHEAL MC MAHON,	Ballynacally	M	06:42.8	24	168
169	1:07:41	MARY MC GUIRE,	Kilmihil	F40	06:46.1	73	169
170	1:07:55	PAUL GRIFFIN,	Shannon	M50	06:47.5	40	170
171	1:08:49	JOSEPH FLOYD,	Tulla	M	06:52.9	132	171
172	1:08:50	YVONNE HYNES,	Bodyke	Female Walkers	06:53.0	336	172
173	1:09:02	TIMMY DOOLEY,	Feakle	M	06:54.2	345	173
174	1:09:12	REBECCA FLYNN,	Maynooth	Female Walkers	06:55.2	327	174
175	1:09:34	DOM GLYNN,	Shannon	M	06:57.4	129	175
176	1:10:05	ORLA RYAN,	Newmarket-on-Fergus	F	07:00.5	131	176
177	1:11:34	SINEAD CONNAUGHTON,	Ennis Meet and Train	F	07:09.4	107	177
178	1:12:00	KAROLINA MURPHY,	Tulla	F	07:12.0	8	178
179	1:12:14	CATHAL O BRIEN,	Feakle	M40	07:13.4	175	179
180	1:12:17	IRENE MC MAHON,	Newmarket-on-Fergus	F	07:13.7	98	180
181	1:14:35	SENAN BREEN,	Ballyea	M40	07:27.5	124	181
182	1:15:07	TINA LYNCH,	Clarecastle/Ballyea	Female Walkers	07:30.7	330	182
183	1:15:20	TARA REYNOLDS,	U. S. A.	F	07:32.0	4	183
184	1:15:21	AINE CULLOO,	Tulla	Female Walkers	07:32.1	332	184
185	1:15:24	MARY CORRY,	Tulla	Female Walkers	07:32.4	331	185
186	1:20:06	JERRY REYNOLDS,	U. S. A.	M45	08:00.6	6	186
187	1:21:06	MONA KEHOE,	Tulla	Female Walkers	08:06.6	324	187
188	1:21:08	CATHERINE LEAMY,	Tulla	Female Walkers	08:06.8	319	188
189	1:21:52	AINE O CALLAGHAN,	Tulla	F	08:11.2	185	189
190	1:21:54	PAULINE MOLONEY,	Tulla	Female Walkers	08:11.4	313	190
191	1:21:54	ANNE HALPIN#,	Tulla	Female Walkers	08:11.4	303	191
192	1:30:41	JENNIFER NICHOLAS,	Tulla	F	09:04.1	186	192
193		MICHAEL O CONNOR,	Crusheen	Male Walkers 7k		301	193
194		MARIE O CALLAGHAN,	Tulla	Female Walkers		316	194
195		MARY CAHIR,	Tulla	Female Walkers		317	195
196		CAROLINE O SULLIVAN,	Tulla	Female Walkers		302	196
197		MICHAEL GREENE,	Kilkishen	Male Walkers		328	197
198		CARMEL HALL,	0 Callaghan Mills	Female Walkers		326	198
199		CLARE BAKER,	0 Callaghan Mills	F		325	199
200		JOE LEAMY,	Tulla	Male Walkers		320	200
201		SUSAN SLATTERY,	Tulla	Female Walkers		321	201
202		MONICA LEAMY,	Tulla	Female Walkers		344	202
203		CLAIRE COSTELLO,	Quin/Clooney	Female Walkers		342	203
204		UNA REIDY,	Kilkishen	Female Walkers		343	204
205		CATHERINE CULLIGAN,	Ballinruan	Female Walkers		341	205
206		LOUISE FITZSIMONS,	Tulla	Female Walkers		340	206
207		MARY FARRELL,	0 Callaghan Mills	Female Walkers		339	207
208		ROBIN JONES,	0 Callaghan Mills	Female Walkers		338	208
209		PAULINE MESKELL,	0 Callaghan Mills	Female Walkers		337	209
210		MARY BOLAND CORRY,	Tulla	Female Walkers		335	210
211		CLARE CORRY,	Scariff Meet and Train	Female Walkers		334	211
212		UNA DOOLEY,	Mountshannon	Female Walkers		333	212
213		CAROL HOEY,	Tulla	Female Walkers		306	213
214		OLIVIA STEWART,	Tulla	Female Walkers		329	214
215		BRENDAN WORSFOLD,	Tulla	Male Walkers		348	215
216		CARMEL KELLY,	Tulla	Female Walkers		315	216
217		M GARVEY,	Tulla	Female Walkers		304	217
218		MARY FLEMING,	Newmarket-on-Fergus	Female Walkers		305	218
219		MARGARET MC GRATH,	Tulla	Female Walkers		307	219
220		PAT THORNTON,	Scariff Meet and Train	Male Walkers		308	220
221		MARGARET SCANLAN,	Tulla	Female Walkers		310	221
222		VALERIE CORBETT,	Tulla	Female Walkers		312	222
223		RUTH COLLINS,	Corbally	Female Walkers		314	223
224		JANETTE MC GRATH,	Tulla	Female Walkers		311	224
225		MARCUS NEYLON,	Darragh	Male Walkers		350	225

There were 225 finishers in the All Competitors category.

## Provisional Race Directors' Prize Presentation List

### Female

				<i>Race</i>	<i>Race</i>
1	0:38:45	VERONICA COLLERAN,	Ennis Track Club	F	52 10
2	0:40:48	AISHLING POWER,	Ennis Track Club	F	138 21
3	0:41:49	EIMEAR POWER,	Sportsworld A. C.	F	123 28
4	0:42:05	LORETTO DUGGAN,	St Marys (Clare)	F	55 31
5	0:42:21	CATHERINE CLANCY,	Kilnaboy A. C.	F	33 33
6	0:46:03	AISHLING AHERNE,	Country Club Limerick	F	113 57
7	0:47:48	JANETTE O SHEA,	Ennis	F	56 73
8	0:49:09	AINE HOGAN,	Ennis	F	90 85
9	0:49:10	ANN MARIE DOYLE,	Doonbeg	F	94 86

### Male

					<i>Race</i>	<i>Race</i>
1	0:32:07	MICHAEL SHANNON,	Kilnaboy A. C.	M	71	1
2	0:33:16	JULIO CESAR F CASTRO,	Kilmurry Ibrickane/North Clare	M	9	2
3	0:35:03	WILLIE DEVITT,	Kilmurry Ibrickane/North Clare	M	45	4
4	0:37:23	PADDY O TOOLE,	Mayo A. C.	M	106	5
5	0:38:12	FRANK LANDY,	Ennis Track Club	M	153	8
6	0:38:36	CONOR RYAN,	Individual	M	182	9
7	0:39:31	THOMAS O HARA,	Ennis	M	147	12
8	0:39:40	DAVID LYONS,	Ennis	M	114	13
9	0:40:18	BRIAN COMINS,	Ennis	M	156	17
10	0:40:38	KIERAN MC LEARN,	Portumna	M	79	19

### F40

					<i>Race</i>	<i>Race</i>
1	0:45:28	ITA HANRAHAN,	Ennis Track Club	F40	137	53
2	0:45:50	SIOBHAN GALLAGHER,	Ennis Track Club	F40	136	55
3	0:47:58	TRISH RODGERS,	Scariff Meet and Train	F40	102	75
4	0:48:28	CATHERINE CARMODY,	clare crusaders	F40	152	79
5	0:49:02	ANN REIDY WALSH,	Kilmurry Ibrickane/North Clare	F40	31	82
6	0:52:19	MARY MC SWEENEY,	Tulla	F40	1	103

### F45

					<i>Race</i>	<i>Race</i>
1	0:39:41	TRACY GUILFOYLE,	Kilnaboy A. C.	F45	53	14
2	0:43:50	DEIRDRE FINN,	Ballina Co Tipp	F45	163	41
3	0:45:38	HELEN O HANLON,	Doora/Barefield	F45	27	54
4	0:46:35	ANN MURRAY,	Killanena/Flagmount	F45	44	61
5	0:46:52	KATHLEEN HEALY,	Newmarket-on-Fergus	F45	97	64
6	0:50:31	GERALDINE POWER,	Feakle	F45	104	91

### F50

					<i>Race</i>	<i>Race</i>
1	0:45:10	CYNDY BERRYMAN,	U. S. A.	F50	5	50
2	0:50:57	FRANNIE YOUNGHUSBAND,	Nenagh Olympic	F50	165	93

### M40

					<i>Race</i>	<i>Race</i>
1	0:37:28	LIAM MC GUANE,	Ennis Track Club	M40	11	6
2	0:38:00	JOHN CONROY,	Ennis Track Club	M40	2	7
3	0:42:20	TOM MICKS,	Ennis Track Club	M40	61	32
4	0:43:55	THOMAS GLEESON,	Ennis Track Club	M40	83	43
5	0:44:29	JAMES CHAMBERS,	Oc Mills	M40	47	47
6	0:46:14	MAURICE GLYNN,	Shannon Road Runners	M40	167	59

### M45

					<i>Race</i>	<i>Race</i>
1	0:34:38	MIKE CUNNINGHAM,	Bilboa A. C.	M45	135	3
2	0:40:06	JOHN MURPHY,	Kilmihil	M45	72	15
3	0:40:21	PAT MORRISSEY,	Ennis Track Club	M45	16	18
4	0:41:56	MIKE MOLONEY,	Tulla A. C.	M45	14	29
5	0:42:51	MIKE SOLAN,	Tulla	M45	50	34
6	0:46:41	KEITH LARKIN,	Clonlara AC	M45	54	63

### M50

					<i>Race</i>	<i>Race</i>
1	0:39:05	JAMES KENNY,	Kilmurry Ibrickane/North Clare	M50	81	11
2	0:41:29	AIDAN CABEY,	Ennis	M50	59	26
3	0:46:06	TOM KENNEDY,	Ennis	M50	57	58
4	0:49:30	JAMES DOYLE,	Ennis	M50	95	88
5	1:07:55	PAUL GRIFFIN,	Shannon	M50	40	170

### M55

					<i>Race</i>	<i>Race</i>
1	0:40:08	TOM MACKEY,	Kilmurry Ibrickane/North Clare	M55	48	16
2	0:48:13	BRENDAN CUSACK,	Kilmurry Ibrickane/North Clare	M55	46	77
3	0:55:52	DAVID TIMLIN,	clare crusaders	M55	143	129

### F55

					<i>Race</i>	<i>Race</i>
1	0:46:40	CARMEL MC DOMHNAIL,	West Limerick	F55	67	62
2	0:51:45	MARY ELLEN DOYLE,	Galway City Harriers	F55	29	100

### All Ladies

					<i>Race</i>	<i>Race</i>
1	0:38:45	VERONICA COLLERAN,	Ennis Track Club	F	52	10
2	0:39:41	TRACY GUILFOYLE,	Kilnaboy A. C.	F45	53	14
3	0:40:48	AISHLING POWER,	Ennis Track Club	F	138	21
4	0:41:49	EIMEAR POWER,	Sportsworld A. C.	F	123	28
5	0:42:05	LORETTO DUGGAN,	St Marys (Clare)	F	55	31
6	0:42:21	CATHERINE CLANCY,	Kilnaboy A. C.	F	33	33

**All Men**

				<i>Race</i>	<i>Race</i>	
1	0:32:07	MICHAEL SHANNON,	Kilnaboy A. C.	M	71	1
2	0:33:16	JULIO CESAR F CASTRO,	Kilmurry Ibrickane/North Clare	M	9	2
3	0:34:38	MIKE CUNNINGHAM,	Bilboa A. C.	M45	135	3
4	0:35:03	WILLIE DEVITT,	Kilmurry Ibrickane/North Clare	M	45	4
5	0:37:23	PADDY O TOOLE,	Mayo A. C.	M	106	5
6	0:37:28	LIAM MC GUANE,	Ennis Track Club	M40	11	6