



Position	Number	Time	Name	Club	Category
5k	31	19:48	Luke O'Neill	GoTri	MJUN
5k	30	19:52	Jamie Kelly	GoTri	MJUN
5k	72	24:08	C O'Shea	GoTri	FS
1	41	35:10	Karl Fitzmaurice	Shannon AC	MJUN
2	54	35:17	Paul Fitzgerald	Limerick AC	MS
3	66	37:12	Frank Landy	Ennis Track	M40
4	74	37:44	Shane O'Conner	Ennis Tri	MS
5	18	38:00	Pete Fitzgerald	Tri Hards Limerick	M40
6	8	38:09	JJ Cremin	cork	MS
7	25	38:50	Eddie Shanagher	Shannon	MS
8	10	39:03	Franco McGlynn	TriHards	MS
9	77	39:15	John Ryan	Clare Crusaders	MS
10	26	39:21	Veronica Colleran	Ennis Track	F40
11	58	39:50	Rory Sexton	GoTri	MS
12	29	40:29	Alan Webb	GoTri	MS
13	68	40:30	Denis Carty		M40
14	65	42:10	Becky Coughlan	Ennis Track	FS
15	78	42:15	Damien Roche	Killmury/BH/Nth Clr	MS
16	50	42:44	Pat O'Riordan	Limerick AC	M40
17	49	43:02	Dermot O'Malley	Limk Tri	M40
18	84	43:05	Kevin Synnott	Ennis Tri	MS
19	43	43:17	D Downes		
20	67	44:16	Liam Kitson	Ennis Tri	M40
21	69	44:21	Shane Murphy		MS
22	55	44:44	Paul Kirby	GoTri	MS
23	53	44:45	Sarah Boland	GoTri	FS
24	5	44:54	Chris Harogan		M50
25	83	45:00	Mike Darcy	Newmarket	MS
26	71	45:38	Brendan Fitzgerald	Country Club	MS
27	32	45:52	Diarmuid Kelly		MS
28	42	45:58	Ray Hickey	Boru	MS
29	46	46:11	Deirdre Kearney	Limk Tri	FS
30	82	47:11	Emily Nolan	Limerick AC	FS
31	22	47:57	John Yelverton		M50
32	62	47:58	John O'Gorman	GoTri	M40
33	28	48:05	Colm Grealish	Gotri Rio	MS
34	75	48:07	Olivia Morris		FS
35	76	48:08	Anthony Boyle	bmoh	MS
36	64	48:29	Darren Cronin		MS
37	33	48:37	Aoife Fennell	Ennis TC	FS
38	57	49:01	Tony Fitzgerald	Bruff	MS
39	80	49:02	JP Buckley	Shannon	MS
40	6	49:17	Paul Fitzgerald		M50

41	11	49:52	Sean McGlynn	TriHards	M40
42	20	49:56	Bhu Casey		M50
43	61	49:58	David Greene		MS
44	48	50:40	Sean Kelly	Country Club	M40
45	9	50:55	Gerald McNamara		M40
46	19	50:56	Loren Hartnett		FS
47	81	52:03	Sinead Buckley	Shannon	FS
48	38	52:22	Michelle Kennedy	West Limerick	FS
49	23	52:33	Lisa O'Neill	GoTri	F40
50	34	54:08	Robbie O'Donovan		MS
51	12	54:12	Sarah Goodwin	TriHards	FS
52	59	54:26	Paddy Harrold		M40
53	63	54:54	Kay O'Gorman	ShannonRoadRunnr	F40
54	27	55:11	PJ O'Mahony		M60
55	16	55:50	Chris Morrisey		M40
56	17	55:51	AnneMarie Stokes		FS
57	52	56:04	Carl Madigan	TriHards	MS
58	47	56:20	David Clancy	Limk Tri	MS
59	70	56:27	Shane Casey	BallyVaughan/Fanore	MS
60	40	57:10	Siobhan Mcllroy		F40
61	13	58:05	Lisa O'Shoughnessey	TriHards	FS
62	36	58:59	Peter Webb	Guru :)	M40
63	1	59:14	Kathryn Lennon	Tri Hards Limerick	FS
64	44	59:20	Alan Downes	Shannon	MS
65	56	59:37	Theresa McDade	Shannon	F50
66	45	01:00:58	Eimear Price		FS
67	37	01:00:59	John McC		MS
68	15	01:01:16	Joanne Flanagan	GoTri	FS
69	2	01:04:03	Mary Nash	Tri Hards Limerick	FS
70	21	01:04:10	John Bryant	shannon	M50
71	14	01:04:11	Kevin Bryant	shannon	MS
72	7	01:06:06	Avril Clancy	GoTri	FS
73	3	01:06:07	Olivia Hayes	GoTri	FS
74	39	01:06:25	Mags Jones	GoTri	FS
75	35	01:07:06	Anne Quinlan		FJUN
76	24	01:20:03	Eavan Dempsey		FS
77	73	01:20:30	Shirley Hennigar		F40

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