

County Intermediate Women's 5K Cross Country Championships

Place	Athletes name	Club	Mins	Secs
1	Karen Coughlan	Dundrum AC	20	38
2	Lorraine Healy	Moyne AC	20	50
3	Gillian Lawlor	Thurles Crokes AC	21	22
4	Mary Louise Ryan	Mooreabbey Milers AC	21	28
5	Patricia Ryan	Dundrum AC	22	10
6	Eimear Loughman	Dundrum AC	22	14
7	Laura Burke Carey	Thurles Crokes AC	22	35
8	Mairead Julian	Dundrum AC	22	37
9	Sareen Walsh	Clonmel AC	22	40
10	Martina Moloney	Mooreabbey Milers AC	23	27
11	Martina Ryan	Thurles Crokes AC	23	50
12	Paula Mills	Thurles Crokes AC	23	55
13	Laura McCarthy Armstrong	Dundrum AC	24	19
14	Patricia Ryan	Mooreabbey Milers AC	25	24
15	Trisha Blackburn	Mooreabbey Milers AC	25	24

Teams

1	Dundrum AC	1, 5, 6	12 points
2	Thurles Crokes	3, 7, 11	21 points
3	Mooreabbey Milers	4, 10, 14	28 points

County Intermediate Men's 8K Cross Country Championships

Place	Athletes name	Club	Mins	Secs
1	Paddy Cummins	Moycarkey Coolcree AC	28	32
2	Colm Bradshaw	Dundrum AC	29	7
3	Eoin Buckley	Nenagh Olympic AC	29	20
4	Tom Blackburn	Mooreabbey Milers AC	29	57
5	Aaron Quigley	Nenagh Olympic AC	30	11
6	David Sheehan	Nenagh Olympic AC	30	33
7	Dermot Hayes	Dundrum AC	30	43
8	Barry Hartnett	Mooreabbey Milers AC	30	56
9	Anthony Thomas Bowen	Clonmel AC	30	58
10	Patrick Roche	Carrick-on-Suir AC	31	19
11	Ruaidhri Devitt	Dundrum AC	31	51
12	Willie ODonoghue	Mooreabbey Milers AC	32	9
13	Gerard Hanley	Mooreabbey Milers AC	32	11
14	Damien Holian	Mooreabbey Milers AC	32	17
15	Donal Keane	Dundrum AC	32	29
16	John OShea	Coolquill AC	32	38
17	Andy McLoughlin	Nenagh Olympic AC	32	39
18	Stephen Ryan	Dundrum AC	33	9
19	Willie Shanahan	Thurles Crokes AC	33	28
20	Shane Mullaney	Moycarkey Coolcree AC	33	47
21	Robert Cunningham	Mooreabbey Milers AC	34	25
22	Michael Moore	Dundrum AC	34	34
23	John Walsh	Clonmel AC	34	43

24	Brian Smyth	Coolquill AC	34	44
25	Dariusz Gazddwicz	Mooreabbey Milers AC	34	45
26	Micheal Fitzgearld	Mooreabbey Milers AC	35	38
27	David Phelan	Coolquill AC	35	55
28	Michael Bergin	Moyne AC	35	57
29	Brendan Delaney	Moyne AC	37	6
30	Jonathan Tobin	Clonmel AC	37	54
31	Barry O Reilly	Coolquill AC	38	4
32	James O Brien	Clonmel AC	38	17

Teams

1	Nenagh Olympic	3, 5, 6, 17	31 points
2	Dundrum	2, 7, 11, 15	35 points
3	Mooreabbey Milers A	4, 8, 12, 13	37 points
4	Mooreabbey Milers B	14, 21, 25, 26	86 points
5	Clonmel	9, 23, 30, 32	94 points
6	Coolquill	16, 24, 27, 31	98 points

