



Shannon Running Series

Friday 12th July 2013

*******PLEASE NOTE 10K 26TH JULY 2013*******

Position	Cat Position	Number	Time	Name	Club	Category
1	1	192	05:30	Conor Shanagher		Jun M
2	2	139	05:56	Liam Murphy		Jun M
3	3	190	06:10	Dylan Coughlan		Jun M
4	4	141	06:44	Brian Murphy		Jun M
5	5	142	07:01	Sean Murphy		Jun M
6	6	181	07:09	Darragh Hickey	Boru Tri	Jun M
7	7	177	07:12	Finn Harrold		Jun M
8	1	175	07:32	Beibhinn Ryan		Jun F
9	2	3	09:26	Claudia Dempsey		Jun F



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1	1	163	16:43	Mairtin Grealish		M30-34
2	2	184	17:00	Paul FitzGerald		M30-34
3	3	170	17:52	Paul Tierney		M30-34
4	1	193	18:06	JJ Cremin		M25-30
5	1	156	18:35	Anna Crooks		F25-29
6	1	174	19:03	John Ryan		M35-39
7	1	102	19:09	Shane Collins	BMOH	M40-44
8	2	194	19:12	Keith Daly		M35-39
9	4	197	19:39	Alan Webb		M30-34
10	3	5	19:40	Mike Heaney		M35-39
11	4	167	20:17	Eoghan Concannon		M35-39
12	1	191	20:21	Becky Coughlan		F30-34
13	5	9	20:23	Shane Murphy		M35-39
14	1	183	21:55	Neil Jordan		M45-50
15	2	171	21:55	Grainne Kissane		F30-34
16	5	188	22:03	Paul Kirby		M30-34
17	6	182	22:14	Ray Hickey	Boru Tri	M35-39
18	1	159	22:29	Roisin Doran		F35-39
19	1	25	22:29	Mike Kelly		M50-54
20	7	160	24:05	Donal O Donovan		M35-39
21	2	161	24:16	Olivia Morris		F35-39
22	Junior M	200	25:09	Jamie Kelly		Jun M
23	2	176	26:03	Paddy Harrold		M40-44
24	3	172	26:21	Sinead Buckley		F30-34
25	1	108	26:32	Kay O Gorman		F40-44
26	1	1	27:09	Martina Clancy		F45-49
27	3	123	27:13	Kevin Ryan		M40-44
28	1	179	28:30	Declan Cox		M45-49
29	1	155	28:44	Peter Webb		M60-64
30	Junior M	178	29:03	Thomas Cox		Jun M
31	4	166	29:11	Linda Maher		F30-34
32	6	165	29:11	Tony Maher		M30-34
33	2	169	29:12	Joanne O Donnell		F40-44
34	1	158	29:18	Theresa McDade		F50-60
35	2	157	30:28	Kathleen Healy		F45-49
36	5	189	32:11	Olivia Hayes		F30-34
37	1	187	32:30	Avril Clancy		F20-24
38	2	173	32:53	Anne Quinlan		F20-24
39	6	7	33:33	Siobhan Kennedy		F30-34
40	2	180	33:46	Patricia Keane		F25-29
41	3	180	33:46	Shauna Ryall	GoTri	F35-39
42	4	6	34:27	Patricia Hough		F35-39
43	7	2	36:15	Eavan Dempsey		F30-34
44	DNF	185	#N/A	Brendan FitzGerald		M35-39
45	DNF	168	#N/A	Stephanie Quinn		F30-34
46	DNF	164	#N/A	Shannon Ryan		F25-29
47	DNF	162	#N/A	Anthony Boyle		M35-39
48	DNF	154	#N/A	Ger Bohan		M30-34