

**Munster Indoor Championships 2019**  
**Munster Senior and Masters, Nenagh 9th / 10th February 2019**

**Event 3000m Walk**

Place	Name	Club	Category	Performance	
1	Sarah Constant	Carraig-Na-Bhfear AC	WJnr	22.54.36	
1	Kate Veale	West Waterford AC	WSnr	13.57.38	
2	Sarah Constant	Carraig-Na-Bhfear AC	WSnr	22.54.36	
1	Brid Lawlor	St. Joseph's AC	W50	20.14.65	CBP Guest
1	Ciarán Hurley	Carraig-Na-Bhfear AC	MJnr	16.24.23	
1	David Kenny	Farranfore Maine Valley AC	M23	12.08.59	CBP
1	David Kenny	Farranfore Maine Valley AC	MSnr	12.08.59	
2	Ciarán Hurley	Carraig-Na-Bhfear AC	MSnr	16.24.23	
1	Ross Alexander	Coolquill AC	M35	15.38.25	
1	John Joe Lawlor	St. Joseph's AC	M50	18.02.21	Guest
2	Martin O'Brien	Templemore AC	M50	23.00.00	
1	Sean McMullin	Mullingar Harriers AC	M65	17.43.82	Guest
2	Michael O'Connor	Farranfore Maine Valley AC	M65	18.06.32	

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Place	Name	Club	Category	Performance
1	Michelle Finn	Leevale AC	WSnr	9.32.30 CBP
2	Fiona Santry	East Cork AC	WSnr	10.36.57
3	Noreen Mackey	Kilmurray/Ibrick/N.Clare AC	WSnr	11.08.12
4	Lorna Santry	East Cork AC	WSnr	11.50.01
1	Jennifer Goggin Walsh	Carraig-Na-Bhfear AC	W35	11.08.93
1	ann marie connellan	Ennis Track AC	W45	11.20.27 CBP
2	seleina nolan culligan	Ennis Track AC	W45	11.43.67
3	Anna O'Neill	Doheny AC	W45	11.47.58
4	Mary Fitzgerald	Carraig-Na-Bhfear AC	W45	11.56.91

**Event 3000m**

Place	Name	Club	Category	Performance
1	Aaron Quigley	Nenagh Olympic AC	M23	9.54.89
1	Rory O'Connor	North Cork AC	MSnr	8.38.82
2	Kevin O'Brien	East Cork AC	MSnr	9.11.66
3	Mark Guerin	Limerick AC	MSnr	9.28.17
4	Paddy Cumming	Moycarkey Coolcree AC	MSnr	9.34.26
5	Aaron Quigley	Nenagh Olympic AC	MSnr	9.54.89
6	Andrew Hobbs	Leevale AC	MSnr	10.01.28
1	Sean McGrath	East Cork AC	M35	9.19.26
2	James Treacy	Thurles Crokes AC	M35	9.30.47
3	James Grufferty	Leevale AC	M35	9.48.06
4	Tim Crowley	East Cork AC	M35	10.05.94
5	Niall Harris	Dooneen AC	M35	10.28.10
6	BILLY MCKENNA	Ennis Track AC	M35	10.31.29

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Place	Name	Club	Category	Performance
1	Darren Casey	An Brú AC	M40	10.50.11
2	Laurence Arthur	Derg AC	M40	9.58.85
3	John Fogarty	Moycarkey Coolcree AC	M40	10.20.88
4	Frank O'Carroll	East Cork AC	M40	10.22.24
1	John Callanan	Dromahane Road Runners AC	M45	10.36.11
1	Dermot Hayes	Dundrum AC	M50	9.43.65
2	Ian O'Leary	Leevale AC	M50	10.23.36
3	John Sheehan	Eagle AC	M50	10.24.29
4	Ray Haesy	West Waterford AC	M50	11.03.89
1	Willie O'Donoghue	Mooreabbey Milers AC	M55	10.50.49
2	Pat Morrissey	Ennis Track AC	M55	11.04.88
3	Michael Moore	Dundrum AC	M55	11.25.22
1	Neilus Aherne	Midleton AC	M60	11.20.59
2	John Moore	Dundrum AC	M60	11.28.01
3	James Kenny	Kilmurray/Ibrick/N.Clare AC	M60	11.30.25
4	James Sexton	Kilmurray/Ibrick/N.Clare AC	M60	12.55.16
1	Tim Joe Buckley	Ennis Track AC	M65	13.29.94
2	Sean Whelan	Ennis Track AC	M65	14.31.80