

Munster Masters Cross Country Championships
Sunday 20th November 2016 in Dungarvan, Co. Waterford

Masters Women			
Position	Name	Team Name	County
1	Michelle Kenny	Leevale A.C.	Cork
2	Maria McCarthy	Farranfore Maine Valley A.C.	Kerry
3	Ruth Millerick	Youghal A.C.	Cork
4	Niamh O'Sullivan	An Ríocht A.C.	Kerry
5	Anna O'Neill	Doheny A.C.	Cork
6	Ronnie Barry	Bandon A.C.	Cork
7	Mary Louise Ryan	Mooreabbey Milers A.C.	Tipperary
8	Sharon Cahill	An Ríocht A.C.	Kerry
9	Ann McPhail	Dooneen A.C.	Limerick
10	Phil Ryan	Ballynonty A.C.	Tipperary
11	Siobhan Lennon	Ennis Track A.C.	Clare
12	Anna Borkowska	Mallow A.C.	Cork
13	Marie O'Shea	Mooreabbey Milers A.C.	Tipperary
14	Elaine O'Donoghue	Riverstick/Kinsale A.C.	Cork
15	Suzanne Neilan	An Ríocht A.C.	Kerry
16	Ann Marie Connellan	Ennis Track A.C.	Clare
17	Michelle O'Mahoney	Kilmurray/Ibrick/N.Clare A.C.	Clare
18	Dymphna Ryan	Dundrum A.C.	Tipperary
19	Maggie Malone	Kilmurray/Ibrick/N.Clare A.C.	Clare
20	Mary O'Connor	An Ríocht A.C.	Kerry
21	Sue Garrahy	Kilmurray/Ibrick/N.Clare A.C.	Clare
22	Liz Nyhan	West Waterford A.C.	Waterford
23	Debbie McCarthy	Riverstick/Kinsale A.C.	Cork
24	Caroline Murphy	Gneeveguilla A.C.	Kerry
25	Evelyn Cashman	Youghal A.C.	Cork
26	Bernie O'Mahony	Farranfore Maine Valley A.C.	Kerry
27	Joan Hough	Midleton A.C.	Cork
28	Aisling Power	Ennis Track A.C.	Clare
29	Diane Duffy	Riverstick/Kinsale A.C.	Cork
30	Liz Heaslip	An Ríocht A.C.	Kerry
31	Martina Ryan	Thurles Crokes A.C.	Tipperary
32	Geraldine Walsh	Riverstick/Kinsale A.C.	Cork

33	Laura Flavin	West Waterford A.C.	Waterford
34	Mairead Julian	Dundrum A.C.	Tipperary
35	Mary Cahill	Ennis Track A.C.	Clare
36	Louise Barry	Midleton A.C.	Cork
37	Helen O'Hanlon	Ennis Track A.C.	Clare
38	Siobhan Gallagher	Ennis Track A.C.	Clare
39	Ita Hanrahan	Ennis Track A.C.	Clare
40	Lorraine Hayes	Ennis Track A.C.	Clare
41	Libby McGinn Murphy	West Waterford A.C.	Waterford
42	Breeda Sheedy	Midleton A.C.	Cork
43	Ann Dunford	West Waterford A.C.	Waterford
44	Karen Ryan	West Waterford A.C.	Waterford
45	Kathryn Hogan	Mooreabbey Milers A.C.	Tipperary
46	Pauline Callan	Bandon A.C.	Cork
47	Mary Pyke	Mooreabbey Milers A.C.	Tipperary
48	Christine Murphy	Midleton A.C.	Cork
49	Sandra Moore	West Waterford A.C.	Waterford
50	Lisa Walsh	Youghal A.C.	Cork
51	Karen Davis	Midleton A.C.	Cork
52	Sandra Ryan	Limerick A.C.	Limerick
53	Helena Shanahan	An Riocht A.C.	Kerry
54	Patricia Ryan	Mooreabbey Milers A.C.	Tipperary
55	Onra Power	West Waterford A.C.	Waterford
56	Josie Uí Chuirrín	West Waterford A.C.	Waterford
57	Catriona Kiely	West Waterford A.C.	Waterford
58	Margaret Conway	West Waterford A.C.	Waterford
59	Geraldine Houlihan	Carrick-on-Suir A.C.	Tipperary
Masters Women O35			
Position	Name	Team Name	County
1	Michelle Kenny	Leevale A.C.	Cork
2	Ruth Millerick	Youghal A.C.	Cork
3	Mary Louise Ryan	Mooreabbey Milers A.C.	Tipperary
4	Elaine O'Donoghue	Riverstick/Kinsale A.C.	Cork
5	Dymphna Ryan	Dundrum A.C.	Tipperary
6	Diane Duffy	Riverstick/Kinsale A.C.	Cork
7	Laura Flavin	West Waterford A.C.	Waterford
8	Louise Barry	Midleton A.C.	Cork
9	Lisa Walsh	Youghal A.C.	Cork
10	Karen Davis	Midleton A.C.	Cork
11	Patricia Ryan	Mooreabbey Milers A.C.	Tipperary
Masters Women O40			
Position	Name	Team Name	County

1	Maria McCarthy	Farranfore Maine Valley A.C.	Kerry
2	Ronnie Barry	Bandon A.C.	Cork
3	Phil Ryan	Ballynonty A.C.	Tipperary
4	Anna Borkowska	Mallow A.C.	Cork
5	Marie O'Shea	Mooreabbey Milers A.C.	Tipperary
6	Suzanne Neilan	An Riocht A.C.	Kerry
7	Ann Marie Connellan	Ennis Track A.C.	Clare
8	Liz Nyhan	West Waterford A.C.	Waterford
9	Mairead Julian	Dundrum A.C.	Tipperary
10	Mary Cahill	Ennis Track A.C.	Clare
11	Lorraine Hayes	Ennis Track A.C.	Clare
12	Karen Ryan	West Waterford A.C.	Waterford
13	Pauline Callan	Bandon A.C.	Cork
14	Mary Pyke	Mooreabbey Milers A.C.	Tipperary
15	Sandra Moore	West Waterford A.C.	Waterford

Masters Women O45

Position	Name	Team Name	County
1	Anna O'Neill	Doheny A.C.	Cork
2	Ann McPhail	Dooneen A.C.	Limerick
3	Siobhan Lennon	Ennis Track A.C.	Clare
4	Maggie Malone	Kilmurray/Ibrick/N.Clare A.C.	Clare
5	Mary O'Connor	An Riocht A.C.	Kerry
6	Debbie McCarthy	Riverstick/Kinsale A.C.	Cork
7	Evelyn Cashman	Youghal A.C.	Cork
8	Bernie O'Mahony	Farranfore Maine Valley A.C.	Kerry
9	Aisling Power	Ennis Track A.C.	Clare
10	Martina Ryan	Thurles Crokes A.C.	Tipperary
11	Geraldine Walsh	Riverstick/Kinsale A.C.	Cork
12	Siobhan Gallagher	Ennis Track A.C.	Clare
13	Ita Hanrahan	Ennis Track A.C.	Clare
14	Christine Murphy	Midleton A.C.	Cork
15	Sandra Ryan	Limerick A.C.	Limerick
16	Catriona Kiely	West Waterford A.C.	Waterford

Masters Women O50

Position	Name	Team Name	County
1	Niamh O'Sullivan	An Riocht A.C.	Kerry
2	Sharon Cahill	An Riocht A.C.	Kerry
3	Michelle O'Mahoney	Kilmurray/Ibrick/N.Clare A.C.	Clare
4	Sue Garrahy	Kilmurray/Ibrick/N.Clare	Clare

		A.C.	
5	Caroline Murphy	Gneeveguilla A.C.	Kerry
6	Liz Heaslip	An Ríocht A.C.	Kerry
7	Helen O'Hanlon	Ennis Track A.C.	Clare
8	Libby McGinn Murphy	West Waterford A.C.	Waterford
9	Breeda Sheedy	Midleton A.C.	Cork
10	Ann Dunford	West Waterford A.C.	Waterford
11	Kathryn Hogan	Mooreabbey Milers A.C.	Tipperary
12	Onra Power	West Waterford A.C.	Waterford
13	Geraldine Houlihan	Carrick-on-Suir A.C.	Tipperary
Masters Women O55			
Position	Name	Team Name	County
1	Joan Hough	Midleton A.C.	Cork
2	Helena Shanahan	An Ríocht A.C.	Kerry
3	Josie Uí Chuirrín	West Waterford A.C.	Waterford
4	Margaret Conway	West Waterford A.C.	Waterford
Women O35 Team Club Team Points			
Place	Club	Positions	
1	Riverstick/Kinsale A.C.	14, 23, 29, 32	98
2	Mooreabbey Milers A.C.	7, 13, 45, 47	112
3	Ennis Track A.C.	16, 35, 38, 40	129
4	West Waterford A.C.	22, 33, 44, 49	148
Women O35 Team County Team Points			
Place	County	Positions	
1	Cork	1, 3, 6, 12	22
2	Tipperary	7, 10, 13, 18	48
3	Clare	16, 35, 38, 40	129
4	Waterford	22, 33, 44, 49	148
Women O45 Team Club Team Points			
Place	Club	Positions	
1	An Ríocht A.C.	4, 8, 20	32
2	Kilmurray/Ibrick/N.Clare A.C.	17, 19, 21	57
3	Ennis Track A.C.	11, 28, 37	76
4	Midleton A.C.	27, 42, 48	117
5	West Waterford A.C.	41, 43, 55	139
Women O45 Team County Team Points			
Place	County	Positions	
1	Kerry	4, 8, 20, 24	56

2	Clare	11, 17, 19, 21	68
3	Cork	5, 23, 25, 27	80
4	Waterford	41, 43, 55, 56	195
	Masters Men		
Position	Name	Team Name	County
1	Tim O'Connor	An Ríocht A.C.	Kerry
2	Frank Quinlan	Waterford A.C.	Waterford
3	Kenneth Kelleher	East Cork A.C.	Cork
4	Paul Moloney	Mallow A.C.	Cork
5	Tony Harty	Killarney Valley A.C.	Kerry
6	Patrick O Connor	An Ríocht A.C.	Kerry
7	Michael Harrington	Bantry A.C.	Cork
8	Finbarr O'Dwyer	Leevale A.C.	Cork
9	Vivian Foley	Eagle A.C.	Cork
10	Sean O'Sullivan	An Ríocht A.C.	Kerry
11	Raivis Zakis	West Waterford A.C.	Waterford
12	Frank Hayes	East Cork A.C.	Cork
13	Tommy O'Brien	An Ríocht A.C.	Kerry
14	Brian Swaby	Waterford A.C.	Waterford
15	Trevor Power	Waterford A.C.	Waterford
16	Tom Blackburn	Mooreabbey Milers A.C.	Tipperary
17	Gareth McGlinchy	Dundrum A.C.	Tipperary
18	Kieran Lees	Mooreabbey Milers A.C.	Tipperary
19	Seán Quirke	Bilboa A.C.	Limerick
20	Robert Purcell	Gneeveguilla A.C.	Kerry
21	Conor Tierney	East Cork A.C.	Cork
22	Liam Shanahan	Thurles Crokes A.C.	Tipperary
23	Denis Shanahan	Thurles Crokes A.C.	Tipperary
24	Dermot Hayes	Dundrum A.C.	Tipperary
25	Shane Harrington	East Cork A.C.	Cork
26	Alfie Davis	Leevale A.C.	Cork
27	John Hennessy	East Cork A.C.	Cork
28	Nigel O'Flaherty	Clonmel A.C.	Tipperary
29	Des Colbert	Waterford A.C.	Waterford
30	Brendan Coleman	Youghal A.C.	Cork
31	Martin Keane	Dundrum A.C.	Tipperary
32	Michael Cotter	West Muskerry A.C.	Cork
33	Pat O'Connor	East Cork A.C.	Cork
34	Mossie Keogh	West Waterford A.C.	Waterford
35	Vinnie Codd	Waterford A.C.	Waterford
36	Johnny O'Sullivan	Galtee Runners A.C.	Tipperary
37	Patrick Roche	Carrick-on-Suir A.C.	Tipperary

38	John Barrett	Gneeveguilla A.C.	Kerry
39	Andrew Downey	Carrick-on-Suir A.C.	Tipperary
40	Marc Flavin	West Waterford A.C.	Waterford
41	Donal Keane	Dundrum A.C.	Tipperary
42	Patric Zajac	Mallow A.C.	Cork
43	Ciaran Coleman	Youghal A.C.	Cork
44	Neilus Aherne	Midleton A.C.	Cork
45	John Collins	Leevale A.C.	Cork
46	Martin Hennessy	East Cork A.C.	Cork
47	Willie O'Donoghue	Mooreabbey Milers A.C.	Tipperary
48	James Kenny	Kilmurray/Ibrick/N.Clare A.C.	Clare
49	Maurice Cahill	Youghal A.C.	Cork
50	John Dooley	Thurles Crokes A.C.	Tipperary
51	Kevin Geary	Eagle A.C.	Cork
52	Patrick Cormack	Ballynonty A.C.	Tipperary
53	Michael Dunford	West Waterford A.C.	Waterford
54	John O'Gorman	Kilmurray/Ibrick/N.Clare A.C.	Clare
55	Noel Daly	Mallow A.C.	Cork
56	Pascal Halley	Waterford A.C.	Waterford
57	Michael O'Sullivan	Carrick-on-Suir A.C.	Tipperary
58	Vincent O'Sullivan	Eagle A.C.	Cork
59	John Sheehan	Eagle A.C.	Cork
60	Ray Haesy	West Waterford A.C.	Waterford
61	Andre Brodkorb	Midleton A.C.	Cork
62	Damien Holian	Mooreabbey Milers A.C.	Tipperary
63	Paul Curley	Youghal A.C.	Cork
64	Kevin Hayes	St. Catherines (Cork) A.C.	Cork
65	John Hogan	Mallow A.C.	Cork
66	Joe Gough	West Waterford A.C.	Waterford
67	Martin Hayes	West Waterford A.C.	Waterford
68	Francis Maunsell	Midleton A.C.	Cork
69	Yevgeniy Chizhikov	West Waterford A.C.	Waterford
70	Tomas Mahoney	West Waterford A.C.	Waterford
71	Tom MacKey	Kilmurray/Ibrick/N.Clare A.C.	Clare
72	Michael Moore	Dundrum A.C.	Tipperary
73	Kevin Patrick Lenihan	Mooreabbey Milers A.C.	Tipperary
74	Paddy Doyle	Moyne A.C.	Tipperary
75	Stephen Devereaux	Youghal A.C.	Cork
76	Colm Murphy	Leevale A.C.	Cork
77	David Kilgannon	Youghal A.C.	Cork
78	Nick Darmody	Mallow A.C.	Cork
79	Edmond O'Sullivan	Midleton A.C.	Cork

80	Joe Salmon	West Waterford A.C.	Waterford
81	Jerry O'Mahony	West Muskerry A.C.	Cork
82	James O'Brien	Clonmel A.C.	Tipperary
83	Denis McCarthy	East Cork A.C.	Cork
84	Liam Kavanagh	West Waterford A.C.	Waterford
85	Edwin Cashman	Midleton A.C.	Cork
86	John Cashman	Midleton A.C.	Cork
87	Matt Alexander	Coolquill A.C.	Tipperary
88	Dermot Ledingham	Youghal A.C.	Cork
89	Barry Williams	Midleton A.C.	Cork
90	Mike Hallahan	Midleton A.C.	Cork
91	John Laste	Clonmel A.C.	Tipperary
92	Donal Casey	Clonmel A.C.	Tipperary
93	P.j. Holmes	Dundrum A.C.	Tipperary
94	George Bulman	Youghal A.C.	Cork
95	Tom Egan	Carrick-on-Suir A.C.	Tipperary
96	Pat Twomey	Eagle A.C.	Cork
97	Liam Cline	West Waterford A.C.	Waterford
98	Kieran Murphy	St. Catherines (Cork) A.C.	Cork
99	Con Kelleher	Waterford A.C.	Waterford
100	Ken Higgs	Eagle A.C.	Cork
101	Kieran Harte	St. Catherines (Cork) A.C.	Cork
102	John Quigley	Eagle A.C.	Cork
103	Myles McHugh	Clonmel A.C.	Tipperary
	Masters Men O35		
Position	Name	Team Name	County
1	Tim O'Connor	An Riocht A.C.	Kerry
2	Kenneth Kelleher	East Cork A.C.	Cork
3	Paul Moloney	Mallow A.C.	Cork
4	Sean O'Sullivan	An Riocht A.C.	Kerry
5	Raivis Zakis	West Waterford A.C.	Waterford
6	Brian Swaby	Waterford A.C.	Waterford
7	Trevor Power	Waterford A.C.	Waterford
8	Gareth McGlinchy	Dundrum A.C.	Tipperary
9	Kieran Lees	Mooreabbey Milers A.C.	Tipperary
10	Seán Quirke	Bilboa A.C.	Limerick
11	Conor Tierney	East Cork A.C.	Cork
12	Liam Shanahan	Thurles Crokes A.C.	Tipperary
13	Shane Harrington	East Cork A.C.	Cork
14	Des Colbert	Waterford A.C.	Waterford
15	Brendan Coleman	Youghal A.C.	Cork
16	Martin Keane	Dundrum A.C.	Tipperary
17	Pat O'Connor	East Cork A.C.	Cork

18	Patrick Roche	Carrick-on-Suir A.C.	Tipperary
19	Marc Flavin	West Waterford A.C.	Waterford
20	Patric Zajac	Mallow A.C.	Cork
21	John Dooley	Thurles Crokes A.C.	Tipperary
22	Kevin Geary	Eagle A.C.	Cork
23	Vincent O'Sullivan	Eagle A.C.	Cork
24	Kevin Patrick Lenihan	Mooreabbey Milers A.C.	Tipperary
25	James O'Brien	Clonmel A.C.	Tipperary
26	Edwin Cashman	Midleton A.C.	Cork
	Masters Men O40		
Position	Name	Team Name	County
1	Frank Quinlan	Waterford A.C.	Waterford
2	Tony Harty	Killarney Valley A.C.	Kerry
3	Patrick O Connor	An Riocht A.C.	Kerry
4	Michael Harrington	Bantry A.C.	Cork
5	Finbarr O'Dwyer	Leevale A.C.	Cork
6	Tommy O'Brien	An Riocht A.C.	Kerry
7	Denis Shanahan	Thurles Crokes A.C.	Tipperary
8	Alfie Davis	Leevale A.C.	Cork
9	Nigel O'Flaherty	Clonmel A.C.	Tipperary
10	Mossie Keogh	West Waterford A.C.	Waterford
11	Vinnie Codd	Waterford A.C.	Waterford
12	Johnny O'Sullivan	Galtee Runners A.C.	Tipperary
13	Andrew Downey	Carrick-on-Suir A.C.	Tipperary
14	Donal Keane	Dundrum A.C.	Tipperary
15	Ciaran Coleman	Youghal A.C.	Cork
16	Maurice Cahill	Youghal A.C.	Cork
17	Patrick Cormack	Ballynonty A.C.	Tipperary
18	Noel Daly	Mallow A.C.	Cork
19	Michael O'Sullivan	Carrick-on-Suir A.C.	Tipperary
20	Kevin Hayes	St. Catherines (Cork) A.C.	Cork
21	John Hogan	Mallow A.C.	Cork
22	Francis Maunsell	Midleton A.C.	Cork
23	Nick Darmody	Mallow A.C.	Cork
24	Kieran Murphy	St. Catherines (Cork) A.C.	Cork
	Masters Men O45		
Position	Name	Team Name	County
1	Vivian Foley	Eagle A.C.	Cork
2	Frank Hayes	East Cork A.C.	Cork
3	Robert Purcell	Gneeveguilla A.C.	Kerry
4	Dermot Hayes	Dundrum A.C.	Tipperary
5	John Hennessy	East Cork A.C.	Cork

6	Martin Hennessy	East Cork A.C.	Cork
7	Pascal Halley	Waterford A.C.	Waterford
8	John Sheehan	Eagle A.C.	Cork
9	Andre Brodkorb	Midleton A.C.	Cork
10	Paul Curley	Youghal A.C.	Cork
11	Yevgeniy Chizhikov	West Waterford A.C.	Waterford
12	Tomas Mahoney	West Waterford A.C.	Waterford
13	Paddy Doyle	Moyne A.C.	Tipperary
14	David Kilgannon	Youghal A.C.	Cork
15	Joe Salmon	West Waterford A.C.	Waterford
16	Tom Egan	Carrick-on-Suir A.C.	Tipperary
17	Kieran Harte	St. Catherines (Cork) A.C.	Cork
	Masters Men O50		
Position	Name	Team Name	County
1	Tom Blackburn	Mooreabbey Milers A.C.	Tipperary
2	Michael Cotter	West Muskerry A.C.	Cork
3	John Barrett	Gneeveguilla A.C.	Kerry
4	Willie O'Donoghue	Mooreabbey Milers A.C.	Tipperary
5	Michael Dunford	West Waterford A.C.	Waterford
6	John O'Gorman	Kilmurray/Ibrick/N.Clare A.C.	Clare
7	Ray Haesy	West Waterford A.C.	Waterford
8	Damien Holian	Mooreabbey Milers A.C.	Tipperary
9	Martin Hayes	West Waterford A.C.	Waterford
10	Stephen Devereaux	Youghal A.C.	Cork
11	Edmond O'Sullivan	Midleton A.C.	Cork
12	Jerry O'Mahony	West Muskerry A.C.	Cork
13	Denis McCarthy	East Cork A.C.	Cork
14	Liam Kavanagh	West Waterford A.C.	Waterford
15	John Cashman	Midleton A.C.	Cork
16	Barry Williams	Midleton A.C.	Cork
17	Mike Hallahan	Midleton A.C.	Cork
18	John Laste	Clonmel A.C.	Tipperary
19	Donal Casey	Clonmel A.C.	Tipperary
	Masters Men O55		
Position	Name	Team Name	County
1	John Collins	Leevale A.C.	Cork
2	James Kenny	Kilmurray/Ibrick/N.Clare A.C.	Clare
3	Michael Moore	Dundrum A.C.	Tipperary
4	Colm Murphy	Leevale A.C.	Cork
5	Dermot Ledingham	Youghal A.C.	Cork
6	P.j. Holmes	Dundrum A.C.	Tipperary

7	George Bulman	Youghal A.C.	Cork
8	Liam Clince	West Waterford A.C.	Waterford
	Masters Men O60		
Position	Name	Team Name	County
1	Neilus Aherne	Midleton A.C.	Cork
2	Joe Gough	West Waterford A.C.	Waterford
3	Tom MacKey	Kilmurray/Ibrick/N.Clare A.C.	Clare
4	Matt Alexander	Coolquill A.C.	Tipperary
5	Con Kelleher	Waterford A.C.	Waterford
6	John Quigley	Eagle A.C.	Cork
	Masters Men O65		
Position	Name	Team Name	County
1	Pat Twomey	Eagle A.C.	Cork
2	Ken Higgs	Eagle A.C.	Cork
	Masters Men O70		
Position	Name	Team Name	County
1	Myles McHugh	Clonmel A.C.	Tipperary
	Men O35 Team Club Team Points		
Place	Club	Positions	
1	An Ríocht A.C.	1, 6, 10, 13	30
2	Waterford A.C.	2, 14, 15, 29	60
3	East Cork A.C.	3, 12, 21, 25	61
4	Dundrum A.C.	17, 24, 31, 41	113
5	West Waterford A.C.	11, 34, 40, 69	154
6	Leevale A.C.	8, 26, 45, 76	155
7	Mallow A.C.	4, 42, 55, 65	166
8	Eagle A.C.	9, 51, 58, 59	177
9	Youghal A.C.	30, 43, 49, 63	185
10	Carrick-on-Suir A.C.	37, 39, 57, 95	228
	Men O35 Team County Team Points		
Place	County	Positions	
1	Cork	3, 4, 7, 8, 9, 12	43
2	Kerry	1, 5, 6, 10, 13, 20	55
3	Waterford	2, 11, 14, 15, 29, 34	105
4	Tipperary	17, 18, 22, 23, 24, 28	132
	Men O50 Team Club Team Points		
Place	Club	Positions	

1	Mooreabbey Milers A.C.	16, 47, 62	125
2	Kilmurray/Ibrick/N.Clare A.C.	48, 54, 71	173
3	West Waterford A.C.	53, 60, 66	179
4	Midleton A.C.	44, 79, 86	209
5	Youghal A.C.	75, 88, 94	257
6	Clonmel A.C.	91, 92, 103	286
7	Eagle A.C.	96, 100, 102	298
Men O50 Team County Team Points			
Place	County	Positions	
1	Cork	32, 44, 45, 75	196
2	Tipperary	16, 47, 62, 72	197
3	Waterford	53, 60, 66, 67	246