

# 10,000m

Num	First Name	Second Name	Gender	Club	Category	Time
548	Michelle	Henaghan	F	Castlegar AC	M35	48:44.40

Num	First Name	Second Name	Gender	Club	Category	Time
536	Shauna	Heaslip	F	An Ríocht	Senior	32:56.17
553	Michelle	McLoughlin	F	Castlegar AC	Senior	47:50.10

Num	First Name	Second Name	Gender	Club	Category	Time
537	James	Doran	M	An Ríocht	M35	33:03.01
552	Michael	Kerrin	M	Galway City Harriers A.C.	M35	34:59.87
540	Culan	O'Meara	M	Galway City Harriers A.C.	M35	36:18.65
542	Niall	Murphy	M	Galway City Harriers A.C.	M35	37:32.33
544	Kieran	Tierney	M	Galway City Harriers A.C.	M35	38:28.16
550	Shane	Begley	M	Castlegar AC	M35	38:38.23
545	Michael	Healy	M	Clare River Harriers A.C.	M35	39:55.24

Num	First Name	Second Name	Gender	Club	Category	Time
538	Brendan	McDonnell	M	Galway City Harriers A.C.	Senior	32:43.72
555	Patrick	Chesser	M	Ennis Track	Senior	32:44.42
419	Kevin	Glynn	M	Castlegar	Senior	37:16.82

## Men Mile

Num	First Name	Second Name	Club	Category	Time
549	Patrick	Noonan	Craughwell AC	Junior	04:51.32
556	Kyle	Moorhead	Craughwell AC	Junior	04:51.93
546	Patrick	Murphy	Clare River Harriers	M35	06:10.18

## Women Mile

Num	First Name	Second Name	Club	Category	Time
551	Catherine	Noonan	Craughwell AC	Junior	06:08.67