**1986**

**National Cross Country Championships:**

Junior Men:

County 3rd- Ray Collins, Pat Smith

**Munster Cross Country Championships:**

Senior Men:

1st - Liam O Brien

Club 2nd - Liam O Brien, Denis McCarthy, Bryan Meade, Paul Mullholland

County 2nd - Liam O Brien, Denis McCarthy, Bryan Meade, Paul Mullholland

Intermediate Men:

2nd - Gerry Wallis

County 1st - Gerry Wallis

Masters Men:

Club 1st - Unknown members

**National Track & Field Championships:**

Senior Men 3000m Steeplechase:

1st - Liam O Brien

**National Track & Field League:**

Senior Men:

Club 3rd - Liam O Brien, Donnacha O Mahoney, Bryan Meade, Paul Mullholland, Dermot Cashman, Kenneth Horgan, Paul Sheedy, Sean O Riordan

**Munster Track & Field Championships:**

Senior Men 100m:

2nd - Kenneth Horgan

Senior Men 1500m:

1st - Liam O Brien

**National Road Championships:**

Senior Men Road Relay:

Club 2nd - Liam O Brien, Bryan Meade, Tommy Hartnett, Tadgh O Brien, Denis McCarthy, Martin Drake

**1987**

**National Cross Country Championships:**

Intermediate Men:

County 3rd - Bryan Meade, Gerry Wallis, Denis McCarthy

Club 3rd - Bryan Meade, Gerry Wallis, Denis McCarthy, Seamus Hartnett

Intermediate Women:

2nd - Eileen Prunty

**Munster Cross Country Championships:**

Senior Men:

1st - Liam O Brien

Club 1st - Liam O Brien, Donncha O Mahoney, Gerry Wallis, Bryan Meade

County 1st - Liam O Brien, Donncha O Mahoney, Gerry Wallis, Bryan Meade

Senior Women:

2nd - Eileen Prunty

County 1st - Eileen Prunty

Novice Men:

County 1st - Ray Foley, John Kearney

Club 3rd - Ray Foley, John Kearney

Masters Men:

Club 1st - (Unknown)

**National Track & Field Championships:**

Senior Men 3000m Steeplechase:

1st - Liam O Brien,

3rd - Gerry Wallis

**National Track & Field League:**

Club 1st – (Unknown)

**Munster Track & Field Championships:**

Senior Men 5000m:

2nd - Liam O Brien

**National Road Championships:**

Senior Men Road Relay:

Club 2nd - Tom Walsh, Bryan Meade, Gerry Wallis, Denis McCarthy, Liam O’Brien, Donncha O’Mahoney

**Munster Road Championships:**

Novice Men:

2nd - Bryan Meade

County 1st - Bryan Meade

Club 1st - Bryan Meade (plus 3 unknown)

**1988**

**National Cross Country Championships:**

Intermediate Men:

1st - Bryan Meade

3rd - Gerry Wallis

County 1st - Bryan Meade, Gerry Wallis, Denis McCarthy

Intermediate Women:

County 2nd - Helen O Callaghan

**Munster Cross Country Championships:**

Senior Men:

County 1st - Liam O Brien, Bryan Meade, Donncha O Mahoney, Gerry Wallis

Club 2nd - Liam O Brien, Bryan Meade, Donncha O Mahoney, Gerry Wallis

Intermediate Men:

County 1st - John Kearney, Frank Cashman

Novice Men:

County 1st - Tommy Hartnett

Club 2nd - Tommy Hartnett (plus 3 unknown)

Senior Women:

County 1st - Eileen Prunty

Master Men:

Club 1st - (Unknown)

Intermediate Men: (*It is possible that the 1987 Intermediate Men Munster Cross Country was held in early 1988)*

County 3rd - Seamus Casey, Vincent Downing

**National Track & Field Championships:**

Senior Men 3000m Steeplechase:

2nd - Liam O Brien

**Munster Track & Field Championships:**

Senior Men 5000m:

2nd - Liam O Brien

Senior Men 1500m:

1st - Liam O Brien

2nd - Donncha O Mahoney

Senior Men 3000m Steeplechase:

1st - Bryan Meade

Senior Men 100m:

2nd - Kenneth Horgan

Senior Women 3000m:

1st - Eileen Prunty

3rd - Helen O Callaghan

**National Road Championships:**

Senior Men Road Relay:

Club 1st - Tom Walsh, Bryan Meade, Gerry Wallis, Laurence McCarthy, Liam O Brien, Donncha O Mahoney

**Munster Road Championships:**

Novice Men:

Club 2nd - Tommy Hartnett (Others unknown)

County 1st - Tommy Hartnett

Masters Men:

2nd - Paul Mullholland

**1989**

**National Cross Country Championships:**

Senior Men:

County 2nd - Bryan Meade, Liam O Brien, John Kearney

Club 3rd - Liam O Brien, Donncha O Mahoney, Bryan Meade, Tom Owens

Senior Women:

County 2nd - Eileen Prunty

**Munster Cross Country Championships:**

Senior Men:

Club 2nd - Liam O Brien, Donncha O Mahoney, Bryan Meade, Tom Ownes

County 1st - Liam O Brien, Donncha O Mahoney, Bryan Meade

U23 Men:

County 1st - John Kearney

Junior Men:

County 1st - Eugene McCarthy

Senior Women:

2nd - Eileen Prunty

County 1st - Eileen Prunty

**National Track & Field Championships:**

Senior Men 3000m Steeplechase:

2nd - Liam O Brien

Masters 0/40 3000m Walk:

2nd - Paul Mullholland

Masters 0/40 5000m:

3rd - Paul Mullholland

**Munster Track & Field Championships:**

Senior Men 3000m Steeplechase:

1st - Liam O Brien

3rd - John Kearney

**National Road Championships:**

Senior Men Road Relay:

Club 3rd - Liam O Brien (Others unknown)

Masters 0/45 10km:

1st - Frank Walsh

Masters Half Marathon:

2nd - Paul Mullholland

**1990**

**National Cross Country Championships:**

Senior Men:

County 2nd - Donncha O Mahoney, Liam O Brien, Bryan Meade

Intermediate Women:

2nd - Eileen Prunty

**Munster Cross Country Championships:**

Senior Men:

2nd - Liam O Brien

3rd - Bryan Meade

Club 1st - Liam O Brien, Bryan Meade, Donncha O Mahoney, Tom Owens

County 1st - Liam O Brien, Bryan Meade, Donncha O Mahoney, Tom Owens

Senior Women:

County 1st - Eileen Prunty

Novice Men:

Club 3rd - Unknown members

Masters Men:

Club 1st - Unknown members

Intermediate Men:

County 1st - Seamus Casey

**National Track & Field Championships:**

Senior Men 3000m Steeplechase:

2nd - Liam O Brien

**Munster Track & Field Championships:**

Senior Men 1500m:

2nd - Donncha O Mahoney

Senior Men 3000m Steeplechase:

1st - Liam O Brien

2nd - John Kearney

Senior Women 200m:

1st – U. Cahalane

**National Road Championships:**

Senior Men Road Relay:

Club 3rd - Bernard McCarthy, Donncha O Mahoney, John Kearney, Eric Bergin, Liam O Brien, Bryan Meade

Masters 0/40 15km:

2nd - Paul Mullholland

**Munster Road Championships:**

Novice Men:

1st - John Kearney

2nd - Eric Bergin

Club 1st - John Kearney, Eric Bergin, Bernard McCarthy, Tommy Hartnett

Novice Women:

2nd - Helen O Callaghan

County 1st - Helen O Callaghan

**1991**

**National Cross Country Championships:**

Intermediate Men:

Club 2nd - Martin Drake, John Kearney, Bernard McCarthy (plus 1 unknown)

County 1st - Martin Drake, John Kearney, Bernard McCarthy (plus 1 unknown)

Senior Men:

County 3rd - Liam O Brien

Senior Men:

County 1st Liam O Brien

**Munster Cross Country Championships:**

Senior Men:

1st - Donncha O Mahoney

Club 1st - Donncha O Mahoney, Liam O Brien, Bryan Meade, John Kearney

County 1st - Donncha O Mahoney, Liam O Brien, Bryan Meade

Senior Women:

County 1st - Eileen Prunty

Intermediate Men:

County 1st - Bernard McCarthy

**National Track & Field Championships:**

Senior Men 3000m Steeplechase:

1st - Liam O Brien

**Munster Track & Field Championships:**

Senior Men 3000m Steeplechase:

1st - Liam O Brien

Senior Men 1500m:

2nd - Donncha O Mahoney

Senior Women 3000m:

3rd - Eileen Prunty

**National Road Championships:**

Senior Men Road Relay:

Club 1st - John Kearney, Donncha O Mahoney, Gerry Wallis, Bryan Meade, Liam O Brien, Martin Drake

Master Men 0/45 15km:

3rd - Freddie Walsh

**1992**

**National Cross Country Championships:**

Junior Women:

2nd - Angela Murphy

County 1st - Angela Murphy

**Munster Cross Country Championships:**

Senior Men:

2nd - Donncha O Mahoney

3rd - Liam O Brien

Club 1st - Donncha O Mahoney, Liam O Brien, Gerry Wallis, John Kearney

County 1st - Donncha O Mahoney, Liam O Brien, Gerry Wallis, John Kearney

Junior Men:

County 1st - Ian O Sullivan

Junior Women:

1st - Angela Murphy

County 3rd - Angela Murphy

Senior Women:

County 1st - Mary Sheehan

Intermediate Women:

3rd Mary Sheehan

**National Track & Field Championships:**

Senior Men 3000m Steeplechase:

1st - Liam O Brien

**Munster Track & Field Championships:**

Senior Men 1500m:

2nd - Liam O Brien

Senior Men 3000m Steeplechase:

2nd - John Kearney

Senior Women 800m:

2nd - Angela Murphy

**1993**

**Munster Cross Country Championships:**

Senior Men:

2nd - Donncha O Mahoney

Club 2nd - Donncha O Mahoney, Liam O Brien, (plus 2 unknown)

County 2nd - Donncha O Mahoney, Liam O Brien

Novice Men:

County 1st - Eric Meade

U23 Men:

County 1st - Ian O Sullivan, Derry Fitzgearld

Junior Men:

County 1st - Derry Fitzgearld

Junior Women:

3rd - Angela Murphy

Junior Women:

Club 1st - Angela Murphy, Terry Hennessey, Marie Treacy, Claire Deane

Master Men 0/45:

1st - Frank Cashman

Master County:

1st - Frank Cashman

Senior Women:

County 1st - Mary Sheehan

**National Track & Field Championships:**

Senior Men 3000m Steeplechase:

2nd - Liam O Brien

Junior Women 800m: 1st - Angela Murphy

**Munster Track & Field Championships:**

Senior Men 5000m:

1st Liam O Brien

3rd John Kearney

**National Road Championships:**

Senior Men Road Relay:

Club 2nd - Laurence McCarthy, Donncha O Mahoney, John Kearney, Diarmuid Geary, Liam O Brien, Gerry Wallis

**1994**

**National Cross Country Championships:**

Master Men 0/40:

1st - Liam O Brien

County 1st - Liam O Brien, Frank Cashman

Intermediate Men:

County - Diarmuid Geary

Intervarsities Men:

2nd - John Kearney

Junior Men

County 1st - Paul Treacy

**Munster Cross Country Championships:**

Senior Men:

1st - Donncha O Mahoney

Club 1st - Donncha O Mahoney, John Kearney, Liam O Brien, Tom Owens

County 1st Donncha O Mahoney, John Kearney, Liam O Brien, Tom Owens

Novice Men:

2nd - Diarmuid Geary

Club 3rd Diarmuid Geary (plus 3 unknown)

County 3rd Diarmuid Geary ..?

U23 Men:

3rd - Diarmuid Geary

County 1st - Diarmuid Geary

Junior Men:

County 1st - Paul Treacy

Master Men 0/45:

2nd - Frank Cashman

**National Track & Field Championships:**

Senior Men 3000m Steeplechase:

1st Liam O Brien

**Munster Track & Field Championships:**

Senior Men 5000m:

1st - Donncha O Mahoney

2nd - John Kearney

Senior Men 3000m Steeplechase:

1st - Liam O Brien

**National Road Championships:**

Senior Men Road Relays:

Club 3rd - Laurence McCarthy, Donncha O Mahoney, Diarmuid Geary, Denis McCarthy, Liam O Brien, John Kearney

**1995**

**National Cross Country Championships:**

Junior Women:

2nd - Terri Hennessy

Club 1st - Terri Hennessey, Olga Cronin, Caroline Daly, Lisa Cronin

County 2nd - Claire Deane

Master Men:

1st - Liam O Brien

County 1st - Liam O Brien

Senior Women:

County 1st - Mary Sheehan

**Munster Cross Country Championships:**

Senior Men:

2nd - Donncha O Mahoney

3rd - Liam O Brien

Club 1st - Donncha O Mahoney, Liam O Brien, Diarmuid Geary, John Kearney

County 1st - Donncha O Mahoney, Liam O Brien, Diarmuid Geary, John Kearney

Intermediate Men:

2nd - Diarmuid Geary

County 1st Diarmuid Geary

Novice Men:

1st - Paul Treacy

County 1st - Paul Treacy, Eric Meade

U23 Men:

County 1st - Paul Treacy

Junior Men:

3rd - Paul Treacy

Club 2nd - Paul Treacy (plus 3 unknown)

Junior Women:

1st - Terri Hennessy

2nd - Olga Cronin

Club 1st - Terri Hennessy, Olga Cronin, Caroline Daly, Lisa Cronin

County 1st - Terri Hennessy, Olga Cronin -?

Master Men 0/40:

1st - Liam O Brien

Club 2nd - Liam O Brien (plus 3 unknown)

U23 Women:

County 1st Claire Deane

**National Track & Field Championships:**

Junior Men 5000m:

1st - Paul Traecy

U23 Men 5000m:

1st - Diarmuid Geary

**Munster Track & Field Championships:**

Senior Men 5000m:

1st - Liam O Brien

3rd John Kearney

**National Road Championships:**

Senior Men:

2nd Liam O Brien

**1996**

**National Cross Country Championships:**

Junior Women:

2nd - Terri Hennessy

Club 1st - Terri Hennessy, Caroline Daly, Olga Cronin, Lisa Cronin

County 1st - Terri Hennessy, Caroline Daly, Olga Cronin, Lisa Cronin

Senior Men:

County 3rd Liam O Brien

**Munster Cross Country Championships:**

Senior Men:

1st - Donncha O Mahoney

Club 1st Donncha O Mahoney, John Kearney, Liam O Brien, Paul Christopher

County 1st Donncha O Mahoney, John Kearney, Liam O Brien, Paul Christopher, Ian O Sullivan

Senior Women:

County 1st - Mary Sheehan

Intermediate Men:

1st - Paul Christopher

Club 2nd Paul Christopher, Ian O Sullivan (plus 2 unknown)

County 1st Paul Christopher, Ian O Sullivan

Novice Men:

County 1st - Robert Fitzgerald

Junior Women:

1st - Olga Cronin,

? - Caroline Daly

Club 1st - Olga Cronin, Caroline Daly, Lisa Cronin, Marie O Connor

County 1st - Olga Cronin, Caroline Daly, Lisa Cronin

Junior Men:

Club 3rd – 4 Unknown Members

U23 Men:

County 1st - Ian O Sullivan, Robert Fitzgerald

Master Men O/45:

3rd - Frank Cashman

Master Men:

County 1st –Frank Cashman

**National Track & Field Championships:**

Junior Women 4x400m Relay:

1st Marie O Connor, Claire Deane, Olga Cronin, Lorraine Carr

Junior Women 1500m:

3rd Lisa Cronin

Junior Women Long Jump:

3rd Lorraine Carr

**National League Championships:**

2nd Club in ‘B’ League

**National Road Championships:**

Marathon:

2nd - John Kearney

Senior Men Road Relay:

Club 2nd - Ian O Sullivan, Donncha O Mahoney, Garreth Barry, Paul Christopher, John Kearney, Liam O Brien

**1997**

**National Cross Country Championships:**

Novice Men:

County 1st - Diarmuid Geary, Eric Meade

Junior Women:

Club 1st - Terri Hennessy, Caroline Daly, Olga Cronin, Lisa Cronin

Novice Women:

County 1st - Claire Deane, Caroline Daly, Olga Cronin

**Munster Cross Country Championships:**

Senior Men:

County 1st - John Kearney, Martin Drake

Intermediate Men:

County 1st - Robert Fitzgerald

Intermediate Women:

2nd - Claire Deane

U23 Women:

County 1st - Claire Deane

Junior Men:

County 1st - David O Sullivan

Junior Women:

2nd - Olga Cronin

Club 1st - Olga Cronin, Caroline Daly, Lisa Cronin, Terri Hennessy

County 1st - Olga Cronin, Caroline Daly

Senior Women:

County 1st - Mary Sheehan

Novice Women:

2nd - Claire Deane

County 3rd - Claire Deane

**Munster Track & Field Championships:**

Senior Men 5000m:

1st - Liam O Brien

Senior Men 1500m:

1st - Ian O Sullivan

Senior Men 3000m Steeplechase:

? - Diarmuid Geary

**National Road Championships:**

Senior Men Road Relay:

Club 1st - Liam O Brien, Donncha O Mahoney, Garreth Barry, John Kearney, Diarmuid Geary

**1998**

**National Cross Country Championships:**

Intermediate Women:

County 1st - Claire Deane

Junior Women:

1st - Caroline Daly

County 1st - Caroline Daly, Olga Cronin

**Munster Cross Country Championships:**

Senior Men:

Club 2nd - Liam O Brien (plus 3 unknown)

County 1st Liam O Brien

Senior Women:

2nd - Mary Sheehan

County 1st - Mary Sheehan, Claire Deane

Intermediate Women:

3rd - Claire Deane

County 2nd - Claire Deane

Junior Women:

1st - Olga Cronin

Master Men 0/40:

1st - Liam O Brien

Master Men 0/45:

1st - Frank Cashman

Master Men:

Club 2nd - Liam O Brien, Frank Cashman

County 1st - Liam O Brien, Frank Cashman

**National Track & Field Championships:**

Senior Men 5000m Team Relay:

3rd - John Kearney, Liam O Brien, Denis McCarthy

Junior Women 400m Hurdles:

3rd - Lorraine Carr

**Munster Track & Field Championships:**

U23 Women 400m:

2nd - Claire Deane

U23 Women 800m:

2nd - Claire Deane

**1999**

**National Cross Country Championships:**

Junior Women:

1st - Caroline Daly

**Munster Cross Country Championships:**

Senior Men:

2nd - John Kearney

Club 2nd - John Kearney, Liam O Brien, Eric Meade, Denis McCarthy

County 1st - John Kearney, Liam O Brien

Intermediate Men:

County 1st Eric Meade

Junior Women:

1st - Caroline Daly

2nd Olga Cronin

Club 1st - Caroline Daly, Olga Cronin, Niamh Walsh, Ann Marie Ryan

County 1st Caroline Daly, Olga Cronin

**National Track & Field Championships:**

U23 Men 800m:

3rd - Denis Murphy

Junior Men 35lb Distance:

2nd - Kieran Wall

**National Road Championships:**

Master Men Half Marathon 0/50:

1st - Frank Cashman

**2000**

**Munster Cross Country Championships:**

Senior Men:

3rd - John Kearney

Club 1st - John Kearney, Eric Meade, Donncha O Mahoney, Frank Cashman

County 1st - John Kearney, Eric Meade

Junior Men:

3rd - Fergus Meade, James McCarthy (plus 2 unknown)

**National Track & Field Championships:**

U23 Women 5000m:

1st - Olga Cronin

**2001**

**National Cross Country Championships:**

Intermediate Women:

1st - County Caroline Daly

Senior Men:

County 2nd - Donncha O Mahoney, Eric Meade

**Munster Cross Country Championships:**

Senior Men:

2nd - Club Eric Meade, Kenneth Kelleher, Ian O Sullivan, Frank Cashman

County 1st - Eric Meade, Ian O Sullivan

Intermediate Women:

2nd - Caroline Daly

Junior Men:

Club 1st - Fergus Meade, Diarmuid Collins, James McCarthy, Darren Bowe

Master Men 0/50:

2nd - Frank Cashman

County 2nd - Frank Cashman

**National Track & Field Championships:**

Junior Men Shot Putt:

2nd - Brian Wall

**2002**

**National Cross Country Championships:**

Senior Men:

County 2nd - Donncha O Mahoney, Eric Meade

**Munster Cross Country Championships:**

Senior Men:

Club 1st - Donncha O Mahoney, Eric Meade, Denis McCarthy, Frank Cashman

County 1st - Donncha O Mahoney, Eric Meade

Master Men 0/50:

3rd - Frank Cashman

County 2nd - Frank Cashman

Junior Men:

Club 1st - Fergus Meade, James McCarthy, Diarmuid Collins, Tim O Donoghue

County 1st - Fergus Meade, James McCarthy

Junior Women:

1st Joyce Curtin

2nd Niamh Walsh

Club 1st - Joyce Curtin, Niamh Walsh, Ciara Walsh, Angela Walsh

County 1st - Niamh Walsh

**Munster Road Championships:**

Novice Men:

County 3rd - Denis McCarthy

**2003**

**National Cross Country Championships:**

Senior Men:

County 1st - Donncha O Mahoney

Novice Men:

County 2nd - Fergus Meade

**Munster Cross Country Championships:**

Senior Men:

County 1st - Eric Meade

Junior Men:

Club 1st - Fergus Meade, James McCarthy, Diarmuid Collins, Tim O Donoghue

County 1st - Fergus Meade, James McCarthy

Master Men 0/55:

1st - Frank Cashman

Club 3rd - Denis McCarthy, Tommy Hartnett, Brian O Regan, Frank Cashman

County 3rd - Denis McCarthy

Master Women 0/55:

1st - Kathleen O Brien

Novice Men:

2nd - Fergus Meade

County 1st - Fergus Meade

Novice Women:

1st - Olga Cronin

**National Track & Field Championships:**

Master Men 0/55 56lbs Distance:

1st - Batt McHugh

**Munster Track & Field Championships:**

Senior Men 5000m:

1st - Donncha O Mahoney

Master Men 56lbs Distance:

1st - Batt McHugh

Master 0/40 3000m:

1st - Donncha O Mahoney

**Munster Road Championships:**

Novice Men:

2nd - Eric Meade

Club 2nd - Eric Meade, Michael Harty, Fergus Meade, Ian O Sullivan

Master Men 0/50:

3rd - Frank Cashman

Master Men 0/40:

County 1st - Denis McCarthy

**2004**

**National Cross Country Championships:**

Senior Men Club B Grade:

1st - Donncha O Mahoney, Fergus Meade, Eric Meade, Denis McCarthy

Novice Men:

County 3rd - James McCarthy, Sean McGrath, Frank Hayes

Master Men:

County 2nd - Denis McCarthy, Martin Drake

Master Men 0/55:

3rd - Frank Cashman

Junior Women:

County 1st - Joyce Curtin

Intermediate Men:

Club 2nd - Fergus Meade, Eric Meade, James McCarthy, Frank Hayes

County 1st - Fergus Meade, Eric Meade

**Munster Cross Country Championships**

Senior Men:

1st - Donncha O Mahoney

Club 1st - Donncha O Mahoney, Fergus Meade, Eric Meade, Denis McCarthy

County 1st - Donncha O Mahoney

Master Men 0/55:

1st - Frank Cashman

County 3rd - Frank Cashman

Master Men 0/40:

County 3rd - Denis McCarthy

Master Women 0/55:

1st - Kathleen O Brien

Novice Men:

County 2nd - James McCarthy, Frank Hayes

U23 Men:

County 1st - Fergus Meade

**National Track & Field Championships:**

Master Men 0/55 Weight:

2nd - Batt McHugh

**Munster Track & Field Championships:**

Senior Men 5000m:

2nd - Donncha O Mahoney

Master Men 0/40 3000m:

2nd - Denis McCarthy

Master Men 0/40 1500m:

3rd - Denis McCarthy

Master Men 0/55 56lbs:

1st - Batt McHugh

**National Road Championships:**

Half Marathon 0/55:

2nd - Paul Mulholland

**Munster Road Championships:**

Master Men 0/40:

2nd - Martin Drake

3rd - Denis McCarthy

County 1st - Martin Drake, Denis McCarthy

Master Men 0/55:

1st - Frank Cashman

Club 1st Frank Cashman, Tim Twomey, John Walshe

County 2nd Frank Cashman, Tim Twomey, John Walshe

Half Marathon:

1st - Roy Fahy

**2005**

**National Cross Country Championships:**

Senior Men:

County 2nd - Sean McGrath

Master Men:

County 3rd - Denis McCarthy

Intermediate Men:

County 2nd - Sean McGrath, James McCarthy

Novice Men:

County 3rd: Sean McGrath, James McCarthy, Frank Hayes

**Munster Cross Country Championships:**

Senior Men:

2nd - Donncha O Mahoney

Club 1st - Donncha O Mahoney, Roy Fahy, Eric Meade, James McCarthy

County 1st - Donncha O Mahoney, Roy Fahy

Senior Women:

County 1st - Claire O Brien

Master Men: 0/40:

1st - Donncha O Mahoney

County 2nd: Donncha O Mahoney, Denis McCarthy

Master Men 0/55:

3rd - Frank Cashman

Intermediate Men:

2nd - Sean McGrath

Club 1st - Sean McGrath, James McCarthy, Frank Hayes, Dermot Sheehan

County 1st - Sean McGrath, James McCarthy, Frank Hayes

Novice Men:

3rd - Sean McGrath

Club 2nd - Sean McGrath, Frank Hayes,

County 1st - Sean McGrath, Frank Hayes

**National Track & Field Championships:**

Master Men 0/55 56lbs Distance:

1st - Batt McHugh

Master Women 0/55 3000m:

1st - Kathleen O Brien

**Munster Track & Field Championships:**

Senior Men 5000m:

2nd - Sean McGrath

Club 1st - Sean McGrath, Denis McCarthy, Eric Meade

Master Men 0/40 3000m:

3rd - Denis McCarthy

Master Men 0/55 56lbs Distance:

1st - Batt McHugh

Senior Men 3000m Indoors:

1st - Sean McGrath

Master Men 0/40 3000m Indoors:

2nd - Denis McCarthy

**Munster Roads Championships:**

Novice Men:

County 1st - Denis McCarthy, James McCarthy

Master Men 0/40:

2nd - Denis McCarthy

**2006**

**National Cross Country Championships:**

Senior Men B Grade:

Club 1st - Donncha O Mahoney, James McCarthy, Eric Meade, Fergus Meade

County 2nd - Fergus Meade, James McCarthy, Sean McGrath

Novice Men:

3rd - James McCarthy

Club 2nd - James McCarthy, Sean McGrath, Dermot Sheehan, Frank Hayes

County 1st- James McCarthy, Sean McGrath, Frank Hayes

Master Men 0/40:

1st - Donncha O Mahoney

County 2nd - Donncha O Mahoney, Denis McCarthy

Master Women: 0/60:

1st - Kathleen O Brien

**Munster Cross Country Championships:**

Senior Men:

Club 1st - Fergus Meade, Sean McGrath, Eric Meade, James McCarthy

County 1st - Sean McGrath, Eric Meade, Frank Hayes

Intermediate Men:

1st - James McCarthy

County 1st - James McCarthy

Novice Men:

County 3rd - James McCarthy

U23 Men:

3rd- James McCarthy

County 1st- James McCarthy

Master Men 0/35(held in 2007):

3rd- Frank Hayes

Master Men 0/40:

1st - Donncha O Mahoney

2nd - Denis McCarthy

Club 1st - Donncha O Mahoney, Denis McCarthy, Frank Hayes, Eric Meade

County 1st - Donncha O Mahoney, Denis McCarthy, Frank Hayes, Eric Meade

**Munster Track & Field Championships:**

Senior Men 5000m:

2nd - Sean McGrath

Club 1st - Sean McGrath, Fergus Meade, Denis McCarthy

Master Men 3000m 0/40:

2nd - Denis McCarthy

Master Men Indoor 3000m 0/40:

2nd - Denis McCarthy

**National Road Championships:**

Master Men Road Relay:

3rd - Denis McCarthy, Donncha O Mahoney, Eric Meade

**Munster Road Championships:**

Master Men 0/40:

County 3rd - Denis McCarthy

**2007**

**National Cross Country Championships:**

Intermediate Men:

1st - James McCarthy

2nd - Sean McGrath

County 3rd - James McCarthy, Sean McGrath

**Munster Cross Country Championships:**

Senior Men:

3rd - Sean McGrath

Club 1st - Sean McGrath, James McCarthy, Kevin O Brien, Donncha O Mahoney

County 1st - Sean McGrath, James McCarthy, Kevin O Brien, Donncha O Mahoney

Intermediate Men:

County 3rd- Frank Hayes

Master Men 0/35:

1st - Frank Hayes

Master Men 0/40:

1st - Donncha O Mahoney

3rd - Denis McCarthy

Club 1st - Donncha O Mahoney, Frank Hayes, Denis McCarthy, Eric Meade

County 1st - Donncha O Mahoney, Frank Hayes, Denis McCarthy, Eric Meade

**National Track & Field Championships:**

Senior Men 5000m Team Race:

2nd - Sean McGrath

3rd - James McCarthy

Club 1st - Sean McGrath, James McCarthy, Roy Fahy

Master Men 0/60 56lbs Distance:

1st - Batt McHugh

Master Women 0/60 3000m:

1st - Kathleen O Brien

Master Women 0/60 1500m:

1st - Kathleen O Brien

**Munster Track & Field Championships:**

Senior Men 5000m:

2nd - Sean McGrath

Senior Men Indoor 3000m:

1st - Sean McGrath

3rd - James McCarthy

Master Men 0/40 3000m:

2nd - Denis McCarthy

**Munster Road Championships:**

Senior Men:

Club 2nd - Roy Fahy, Sean McGrath, Denis McCarthy, Eric Meade

Half Marathon:

Club 2nd - George Murray, Brian Hegarty, Kevin Smith

Master Men 0/35 Half Marathon:

2nd - George Murray

Master Men 0/55 Half Marathon:

3rd - John Walshe

**2008**

**National Cross Country Championships:**

Senior Men:

County 2nd - James McCarthy, Frank Hayes

Master Men 0/35:

County 3rd - Frank Hayes, Denis McCarthy, Eric Meade

**Munster Cross Country Championships:**

Senior Men:

Club 1st - Sean McGrath, Eric Meade, Denis McCarthy, Kevin O Brien

County 2nd - Sean McGrath, Kevin O Brien

Master Men 0/35:

1st - George Murray

Club 1st- Donncha O Mahoney, George Murray, Frank Hayes, Eric Meade

County 1st- Donncha O Mahoney, George Murray, Frank Hayes

Master Men 0/40:

1st - Donncha O Mahoney

Master Men 0/45:

2nd - Denis McCarthy

0/45 Club 1st- Denis McCarthy, Frank Cashman, Tim Twomey

Master Men 0/60:

1st - Frank Cashman

**National Track & Field Championships:**

Master Men 0/60 56lbs Distance:

1st - Batt McHugh

Master Men 0/60 5000m:

2nd - Frank Cashman

**Munster Track & Field Championships:**

Senior Men 5000m:

2nd - Sean McGrath

Senior Men 400m Hurdles:

2nd - Liam O Brien

Senior Women 5000m:

1st - Joyce Curtin

Master Men 0/45 3000m:

1st - Denis McCarthy

Master Men 0/60 Shot Putt:

2nd - Batt McHugh

Master Men 0/60 Discus:

2nd - Batt McHugh

Master Men 0/60 56lbs Distance:

1st - Batt McHugh

Master Men 0/60 Shot Putt:

1st - Batt McHugh

Senior Men 3000m Indoor:

2nd - Sean McGrath

Master Men 0/40 3000m Indoor:

1st - Eric Meade

Master Men 0/45 3000m Indoor:

1st - Denis McCarthy

Master Men 0/60 56lbs Distance Indoor:

1st - Batt McHugh

**National Road Championships:**

Master Men 0/60 Half Marathon:

2nd - Frank Cashman

**Munster Road Championships**

Senior Men Marathon:

1st - Roy Fahy

Novice Men:

2nd - Sean McGrath

County 2nd - Sean McGrath

Master Men 0/45:

2nd - Denis McCarthy

Master Men 0/55:

2nd - Frank Cashman

Master Men 0/50:

County 2nd - Frank Cashman

**2009**

**National Cross Country Championships:**

Novice Men:

County 2nd - Diarmuid Collins

Master Men:

Club 3rd - Donncha O Mahoney, Roy Fahy, Frank Hayes, Eric Meade

**Munster Cross Country Championships:**

Senior Men:

1st - James McCarthy

2nd - Sean McGrath

Club 1st - James McCarthy, Sean McGrath, Donncha O Mahoney, Frank O Carroll

County 1st - James McCarthy, Sean McGrath, Donncha O Mahoney

U23 Men:

County 1st - Joe Fitzgerald

Master Men 0/40:

1st - Donncha O Mahoney

Master Men 0/35:

Club 1st- Donncha O Mahoney, Eric Meade, Roy Fahy, George Murray

County 1st- Donncha O Mahoney, Eric Meade, Roy Fahy

**National Track & Field Championships:**

Master Men 0/35 5000m:

3rd -David O Dwyer

Master Men 0/40 5000m:

3rd -Frank Hayes

**Munster Track & Field Championships:**

Senior Men 5000m:

1st - Sean McGrath

Senior Men 1500m:

2nd -James McCarthy

Senior Men 3000m Indoor:

3rd - James McCarthy

Master Men 0/35 3000m:

1st - George Murray

2nd- David O Dwyer

Master Men 0/40 3000m:

1st- Frank Hayes

2nd- Eric Meade

3rd- Donncha O Mahoney

Master Men 0/45 3000m:

2nd - Denis McCarthy

Master Men 0/35 3000m:

Club 1st- Frank Hayes, George Murray, Eric Meade

Master Men 0/60 Shot Putt:

3rd - Batt McHugh

Master Men 0/60 Discus:

3rd - Batt McHugh

Master Men 0/60 28lbs Distance:

3rd - Batt McHugh

Senior Men 3000m Indoor:

3rd - James McCarthy

Master Men 0/35 3000m Indoor:

2nd - David O Dwyer

Master Men 0/40 3000m Indoor:

1st- Eric Meade

Master Men 0/45 3000m Indoor:

2nd - Denis McCarthy

Master Men 0/60 56lbs Distance:

1st - Batt McHugh

**Munster Road Championships:**

Senior Men:

1st - Sean McGrath

Master Men 0/40:

2nd - Donncha O Mahoney

3rd- Eric Meade

Master Men 0/35:

Club 1st - Donncha O Mahoney, Eric Meade, Denis McCarthy, David O Dwyer

County 2nd - Donncha O Mahoney, Eric Meade, Denis McCarthy, David O Dwyer

Half Marathon:

2nd - George Murray

3rd - Roy Fahy

**2010**

**National Cross Country Championships:**

Senior Men:

County 2nd - James McCarthy, Fergus Meade

Novice Men:

County 1st - Diarmuid Collins, Frank Hayes

Master Men 0/35:

County 3rd- Donncha O Mahoney, Roy Fahy, Frank Hayes, Eric Meade

**Munster Cross Country Championships**

Senior Men:

Club 1st - Sean McGrath, James McCarthy, Donncha O Mahoney, Roy Fahy

County 1st - Sean McGrath, James McCarthy

Novice Men:

County 1st - Frank O Carroll

Novice Women:

County 1st - Ann Marie Hayes

Master Men 0/40:

2nd - Frank Hayes

Master Men 0/45:

3rd - Denis McCarthy

Master Men 0/35:

Club 2nd - Frank Hayes, Eric Meade, Denis McCarthy, Ian O Sullivan

County 1st - Frank Hayes, Eric Meade, Denis McCarthy

Master Women 0/60:

1st - Kathleen O Brien

**National Track & Field Championships:**

Senior Men 5000m AAI Games:

Club 1st - Sean McGrath, Frank O Carroll, Conor Tierney

Master Men 3000m AAI Games 0/35:

Club 1st - Donncha O Mahoney, Eric Meade, Denis McCarthy

**Munster Track & Field Championships:**

Senior Men 5000m:

1st - Sean McGrath

Senior Men 1500m:

1st- James McCarthy

Master Men 0/60 800m:

1st - Brian Parkinson

Master Men 0/60 1500m:

2nd - Brian Parkinson

Master Men 0/35 3000m:

1st - Roy Fahy

Master Men 0/40 3000m:

1st - Donncha O Mahoney

2nd - Eric Meade

3rd - Frank Hayes

Master Men 0/45 3000m:

1st - Denis McCarthy

Master Men 0/35 Club:

1st - Roy Fahy, Donncha O Mahoney, Eric Meade

Master Men 0/40 3000m Indoor:

1st - Eric Meade

Master Men 0/45 3000m Indoor:

2nd - Denis McCarthy

**Munster Road Championships:**

Senior Men:

1st - James McCarthy

3rd - Sean McGrath

Club 1st - James McCarthy, Sean McGrath, Donncha O Mahoney, Eric Meade

County 3rd - James McCarthy, Sean McGrath, Donncha O Mahoney, Eric Meade, David O Dwyer

Master Men 0/35:

2nd - Roy Fahy

Master Men 0/40:

1st - Eric Meade

Master Men 0/60:

1st - Brian Parkinson

Master Men 0/35:

Club 1st - Roy Fahy, George Murray, Eric Meade, Denis McCarthy

County 1st- Roy Fahy, George Murray, Eric Meade, Denis McCarthy

**2011**

**National Cross Country Championships:**

Senior Men:

County 3rd - James McCarthy, Sean McGrath

**Munster Cross Country Championships:**

Senior Men:

2nd - Sean McGrath

3rd - James McCarthy

Club 1st - Sean McGrath, James McCarthy, Diarmuid Collins, Eric Meade

County 1st - Sean McGrath, James McCarthy, Diarmuid Collins

Intermediate Men:

County 2nd - Tim O Donoghue, Conor Tierney

Novice Men:

County 1st - Tim O Donoghue

Intermediate Women:

County 1st - Ann Marie Hayes

Master Men 0/40:

1st - Frank Hayes

Club 1st - Frank Hayes, Denis McCarthy, Eric Meade, David O Dwyer

County 1st - Frank Hayes, Denis McCarthy, Eric Meade

**National Track & Field Championships:**

Master Men 0/40 5000m:

1st - Frank Hayes

Master Men 0/45 5000m:

3rd - Eric Meade

Master Men 0/65 56lbs Distance:

3rd - Batt McHugh

Master Men 0/60 800m Indoor:

1st - Brian Parkinson

Master Men 0/60 3000m Indoor:

2nd - Brian Parkinson

**Munster Track & Field Championships:**

Master Men 0/40 3000m:

1st - Frank Hayes

Master Men 0/45 3000m:

2nd - Donncha O Mahoney

3rd - Denis McCarthy

Master Men 0/60 800m:

1st - Brian Parkinson

Master Men 0/60 1500m:

2nd - Brian Parkinson

Master Men 0/60 3000m:

2nd - Brian Parkinson

**Munster Road Championships:**

Senior Men:

1st - James McCarthy

County 3rd - James McCarthy, Roy Fahy

Master Men 0/35:

3rd - Donncha O Mahoney

Club 2nd - Donncha O Mahoney, Eric Meade, John Lynch, Denis McCarthy

County 2nd - Donncha O Mahoney, Eric Meade, John Lynch, Denis McCarthy

**2012**

**National Cross Country Championships:**

Novice Men:

County 1st - Tim O Donoghue

**Munster Cross Country Championships:**

Senior Men:

2nd - James McCarthy

Club 1st - James McCarthy, Sean McGrath, Kenneth Kelleher, Frank Hayes

County 2nd - James McCarthy, Sean McGrath, Frank Hayes, Roy Fahy

Master Men 0/40:

3rd - Frank Hayes

Master Men 0/35:

County 1st - Frank Hayes

**National Track & Field Championships:**

Master Men 0/40 5000m:

2nd - Frank Hayes

Master Men 0/45 5000m:

2nd - Denis McCarthy

Master Women 0/65 800m:

2nd - Kathleen O Brien

Master Men 0/65 3000m:

1st - Kathleen O Brien

**Munster Track & Field Championships:**

Master Men 0/35 1500m:

1st - Conor Tierney

Master Men 0/40 3000m:

1st - Frank Hayes

3rd - David O Dwyer

Master Men 0/45 3000m:

2nd - Eric Meade

**Munster Road Championships:**

Senior Men:

1st - James McCarthy

Club 1st - James McCarthy, Roy Fahy, Frank Hayes, Conor Tierney

County 1st - James McCarthy, Roy Fahy, Frank Hayes

Novice Men:

County 2nd - Frank Hayes, Conor Tierney

Master Men 0/40:

2nd - Frank Hayes

Master Men 0/45:

1st - Donncha O Mahoney

Club 2nd - Frank Hayes, Donncha O Mahoney, Eric Meade, Denis McCarthy

County 1st - Frank Hayes, Donncha O Mahoney

**2013**

**National Cross Country Championships:**

Senior Men:

County 3rd - James McCarthy, Tim O Donoghue

Novice Women:

County 1st - Fiona Santry

**Munster Cross Country Championships:**

Senior Men:

Club 2nd - James McCarthy, Tim O Donoghue, Sean McGrath, Frank Hayes

County 2nd - James McCarthy, Tim O Donoghue, Sean McGrath, Frank Hayes

Intermediate Men:

County 1st - Conor Tierney

Novice Women:

County 1st - Fiona Santry

Master Men 0/35:

Club 3rd - Frank Hayes, John Hennessy, Conor Tierney, Eric Meade

**National Track & Field Championships:**

Senior Men 5000m:

3rd - James McCarthy

Master Men 0/40 5000m:

1st - Frank Hayes

**Munster Track & Field Championships:**

Senior Men 5000m:

1st - James McCarthy

2nd - Sean McGrath

Master Men 0/40 800m:

2nd - John Hennessy

Master Men 0/35 1500m:

2nd - Conor Tierney

Master Men 0/45 3000m:

2nd - Eric Meade

Master Men 0/50 3000m:

1st - Denis McCarthy

**Munster Road Championships:**

Senior Men:

1st - James McCarthy

2nd - Tim O Donoghue

Club 1st - James McCarthy, Tim O Donoghue, Michael Harty, Kevin O Brien

County 1st - James McCarthy, Tim O Donoghue, Michael Harty, Kevin O Brien

Novice Men:

1st - Tim O Donoghue

County 1st - Tim O Donoghue, Michael Harty, Kevin O Brien

**2014**

**National Cross Country Championships**

Senior Men:

County 2nd - Michael Harty

Intermediate Men:

2nd - Tim O Donoghue

Club 2nd - Tim O Donoghue, Kevin O Brien, Diarmuid Collins, Kenneth Kelleher

County 2nd - Tim O Donoghue, Kevin O Brien, Diarmuid Collins, Kenneth Kelleher, Frank Hayes

Novice Men:

County 1st - Michael Harty, Kenneth Kelleher

**Munster Cross Country Championships:**

Senior Men:

2nd - James McCarthy

3rd - Tim O Donoghue

Club 1st - James McCarthy, Tim O Donoghue, Sean McGrath, Kevin O Brien

County 1st - James McCarthy, Tim O Donoghue, Sean McGrath

Intermediate Men:

2nd - Michael Harty

Intermediate Women:

County 3rd - Fiona Santry

Novice Men:

1st - Michael Harty

County 1st - Michael Harty

Novice Women:

County 1st - Emma Leahy

Master Men 0/45:

1st - Frank Hayes

Master Men 0/35:

County 1st - Kenneth Kelleher, Frank Hayes

**Munster Track & Field Championships:**

Senior Men 5000m:

1st - James McCarthy

3rd - Tim O Donoghue

Senior Men 3000m Indoor:

2nd - Sean McGrath

Master Men 0/35 1500m:

2nd - Conor Tierney

Master Men 0/45 3000m:

1st - Frank Hayes

Master Men 0/50 3000m:

2nd - Denis McCarthy

Master Men 0/50 3000m Indoors:

1st - Denis McCarthy

**Munster Road Championships:**

Senior Men:

1st - James McCarthy

3rd - Tim O Donoghue

Master Men 0/40:

2nd - John Hennessy

Master Men 0/35:

Club 1st - Conor Tierney, John Hennessy, Eric Meade, Denis McCarthy

Master Men 0/50:

County 2nd - Denis McCarthy

**2015**

**National Cross Country Championships:**

Intermediate Women:

County 1st - Fiona Santry

**Munster Cross Country Championships:**

Senior Men: (January)

Club 1st - Michael Harty, James McCarthy, Sean McGrath, Kenneth Kelleher

County 2nd - Michael Harty, James McCarthy, Sean McGrath, Kenneth Kelleher, Frank Hayes, John Hennessy

Senior Men: (November)

1st - Michael Harty

2nd - Tim O Donoghue

Club 1st - Michael Harty, Tim O Donoghue, James McCarthy, Sean McGrath

County 1st - Michael Harty, Tim O Donoghue, James McCarthy

Senior Women:

County 2nd- Fiona Santry

Master Men 0/35:

1st- Michael Harty

Master Men 0/45:

1st - Frank Hayes

Master Men 0/35:

Club 1st - Michael Harty, Frank Hayes, Conor Tierney, John Hennessy

Master Men 0/35:

County 1st - Michael Harty, Frank Hayes

Master Men 0/50:

County 3rd - Denis McCarthy

**National Track & Field Championships:**

Master Men 0/45 5000m:

1st - Frank Hayes

**Munster Track & Field Championships:**

Senior Men 5000m:

2nd - James McCarthy

Master Men 0/45 3000m:

1st- Frank Hayes

Master Men 0/50 3000m:

1st - Denis McCarthy

**Munster Road Championships:**

Senior Men:

1st - James McCarthy

2nd - Sean McGrath

Club 1st - James McCarthy, Sean McGrath, Tim O Donoghue, Nick O Donoghue

County 1st - James McCarthy, Sean McGrath, Tim O Donoghue

Novice Women:

County 3rd - Fiona Santry

Novice Men 0/50:

County 2nd - Denis McCarthy

**2016**

**National Cross Country**

Senior Men:

County 3rd - Sean McGrath, Michael Harty

Intermediate Women:

2nd - Fiona Santry

**Munster Cross Country Championships:**

Senior Men:

2nd - Sean McGrath

Club 2nd - Sean McGrath, James McCarthy, Fergus Meade, Frank Hayes

County 2nd - Sean McGrath, James McCarthy, Fergus Meade

Intermediate Men:

Club 2nd - Shane Harrington, John Hennessy, Conor Tierney, Martin Hennessy

County 1st - Shane Harrington, John Hennessy, Conor Tierney

Intermediate Women:

1st - Fiona Santry

County 1st - Fiona Santry, Eadaoin O Neill

Intermediate Men:

Club 2nd - Conor Tierney, Shane Harrington, John Hennessy, Kevin O Leary

County 3rd - Conor Tierney, Shane Harrington, John Hennessy, Kevin O Leary

Intermediate Women:

County 1st - Eadaoin O Neill

Novice Men:

Club 2nd - Nick O Donoghue, Shane Harrington, Darragh Canavan, Conor Tierney

Novice Women:

County 2nd - Eadaoin O Neill

**Munster Track & Field Championships:**

Senior Men 5000m:

3rd - Sean McGrath

Senior Men 3000m Indoor:

3rd - Sean McGrath

Master Men 0/35 1500m:

3rd - Conor Tierney

Master Men 0/45 3000m:

1st - Frank Hayes

Master Men 0/50 3000m:

3rd - Denis McCarthy

Master Men 0/45 1500m Indoor:

1st - John Hennessy

Master Men 0/45 3000m Indoor:

1st - Frank Hayes

**Munster Road Championships:**

Senior Men:

2nd - Michael Harty

3rd - James McCarthy

County 3rd - Michael Harty, James McCarthy, Frank Hayes

Novice Women:

2nd - Fiona Santry

County 1st - Fiona Santry

Master Men 0/35:

1st - Michael Harty

Master Men 0/45:

1st - Frank Hayes

**2017**

**National Cross Country**

Senior Men:

County 3rd - Tim O Donoghue, James McCarthy, Kevin O Brien

Intermediate Women:

County 1st - Fiona Santry

Novice Men:

County 2nd - Kevin O Brien

Master Men 0/35:

1st - Michael Harty

Club 3rd - Michael Harty, Kenneth Kelleher, Frank Hayes, Shane Harrington

County 1st - Michael Harty, Kenneth Kelleher

Master Men 0/50:

County 3rd - Eric Meade, Denis McCarthy

**Munster Cross Country Championships:**

Senior Men:

2nd - Tim O Donoghue

Club 2nd - Tim O Donoghue, James McCarthy, Sean McGrath, Kevin O Brien

County 1st - Tim O Donoghue, James McCarthy, Sean McGrath, Kevin O Brien

Senior Women:

2nd - Fiona Santry

Club 3rd - Fiona Santry, Lorna Santry, Eadaoin O Neill, Eibhlin Cleary

County 1st - Fiona Santry

Master Men 0/35:

1st - Sean McGrath

Master Men 0/45:

2nd - Frank Hayes

Master Men 0/50:

3rd - Donncha O Mahoney

Master Men 0/35:

Club 1st - Sean McGrath, Shane Harrington, Frank Hayes, Brian Harty

County 1st - Sean McGrath, Shane Harrington, Frank Hayes

Master Men 0/50:

County 3rd - Donncha O Mahoney, Denis McCarthy

**National Track & Field Championships:**

Master Men 0/35 5000m:

1st - Sean McGrath

Master Men 0/45 5000m:

2nd- Frank Hayes

**Munster Track & Field Championships:**

Senior Men 5000m:

2nd - James McCarthy

Master Men 0/45 1500m:

1st - John Hennessy

Master Men 0/35 3000m:

1st - Sean McGrath

Master Men 0/45 3000m:

1st - Frank Hayes

Master Men 0/35 800m Indoor:

3rd - Conor Tierney

Master Men 0/35 1500m Indoor:

3rd - Conor Tierney

Master Men 0/45 3000m:

1st - Frank Hayes

**Munster Road Championships:**

Senior Men:

1st - Sean McGrath

Club 3rd - Sean McGrath, James McCarthy, Shane Harrington, Kevin O Leary

County 1st - Sean McGrath, James McCarthy

Senior Women:

3rd - Fiona Santry

County 1st - Fiona Santry

**2018**

**National Cross Country Championships:**

Intermediate Men:

1st - Michael Harty

Club 1st - Michael Harty, Kevin O Brien, Nick O Donoghue, Brian Harty

County 2nd - Michael Harty, Kevin O Brien, Brian Harty, Kevin O Leary, Frank Hayes, Shane Harrington

Master Men 0/35:

3rd - Sean McGrath

County 1st - Sean McGrath

**Munster Cross Country**

Senior Men:

3rd - Tim O Donoghue

Club 1st - Tim O Donoghue, Sean McGrath, Michael Harty, James McCarthy

County 1st - Tim O Donoghue, Sean McGrath, Michael Harty, James McCarthy

Senior Women:

3rd - Fiona Santry

Club 3rd - Fiona Santry, Eadaoin O Neill, Lorna Santry, Eibhlin Cleary

County 2nd - Fiona Santry, Eadaoin O Neill

Intermediate Men:

Club 2nd - Shane Harrington, Tim Crowley, Jonathan Finn, Tim Mahony

County 2nd - Shane Harrington, Tim Crowley

Novice Men:

County 1st - Shane Harrington

Novice Women:

Club 3rd - Eadaoin O Neill, Lorna Santry, Michelle Ahern, Eibhlin Cleary

County 1st - Eadaoin O Neill

Master Men 0/35:

1st - Sean McGrath

Master Men 0/45:

3rd - Frank Hayes

Master Men 0/35:

County 1st - Sean McGrath, Frank Hayes

Master Men 0/50:

County 1st - ?

**National Track & Field Championships:**

Master Men 0/35 5000m:

2nd - Sean McGrath

**Munster Track & Field Championships:**

Senior Men 5000m:

1st - Sean McGrath

Master Men 0/45 3000m:

3rd - Frank Hayes

Master Men 0/55 3000m:

3rd - Denis McCarthy

Master Men 0/45 3000m Indoor:

1st - Frank Hayes

**Munster Road Championships:**

Senior Men:

1st - Sean McGrath

3rd - James McCarthy

Club 2nd - Sean McGrath, James McCarthy, Kevin O Leary, Frank Hayes

County 1st - Sean McGrath, James McCarthy, Kevin O Leary

Senior Women:

3rd - Fiona Santry

County 1st - Fiona Santry

Master Men 0/35:

1st - Sean McGrath

Master Men 0/50:

County 2nd - Eric Meade, Denis McCarthy.