

## Longford Athletic Club Open Senior Cross Country Championships 2016

Held on Saturday 24 Sept 2016 at Moyne

### WOMEN 4K

Name		Club	Time	Place
Michelle	McGee	DSD AC	15.12	1st Senior Women
Adriana	Melia	Longford AC	16.08	2nd Senior Women
Michelle	Lennon	Lough Key Tri Club	17.08	3rd Senior Women
Susanne	O'Beirne	Mohill	19.54	

### MEN 6K

Clive	Glancy	Carrick AC	22.33	1st Senior Men
Barry	Sheil	Longford AC	23.34	2nd Senior Men
John	Russell	Roosky	23.59	3rd Senior Men
Declan	Newman	Longford AC	24.29	4th Senior Men
Donal	Mulligan	Longford AC	25.06	
Sean	Ward	Drummod	25.28	
Lorcan	Gearty	Longford AC	25.49	
Rory	Connor	Sligo AC	26.17	
Ben	Doyle	Brendan Doyle Running	26.5	
Mick	O'Hara	Longford AC	27.5	
Sean	Crossan	Longford AC	28.51	
Juraj	Kakcak	Longford AC	28.515	
Seamus	Murtagh	Longford AC	29.32	
Barry	Conaty	Longford AC	30.03	

Other Awards

1st Longford Women

1st Open Over 40 Women

1st Longford Men

1st Open Over 40 Men

1st Longford Over 40 Men

1st Open and 1st Longford Junior