

**Munster Junior / Senior / Masters Indoor Walks****Nenagh, January 3rd, 2016****Junior Women 3K Walk**

1	Orla	O'Connor	Waterford A.C.	16.00.31
2	Anna	O'Connor	Waterford A.C.	
3	Hannah	Jacob	Waterford A.C.	
4	Jodie	Cusack	Liscarroll A.C.	17.51.1H
5	Angharad	Loughnane	Marian A.C.	18.19.8H

**Masters Women 3K Walk**

1	Brid	Lawlor	St. Joseph's A.C. Kilkenny GUEST	20.23.6H
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**Junior Men 5K Walk**

1	Anthony	Tobin	Clonmel A.C.	24.21.41
2	Gearóid	McMahon	Shannon A.C.	24.31.0H

**Senior Men 5K Walk**

1	Robert	Heffernan	Togher A.C.	19.47.04
2	Alex	Wright	Leevale A.C.	19.51.26

**Masters Men 3K Walk**

1	Patrick	Murphy	Castleisland A.C.	14.52.43
2	Ross	Alexander	Coolquill A.C.	15.36.19
3	John	White	St. Michael's AC GUEST	16.09.91
4	John Joe	Lawlor	St. Joseph's A.C. Kilkenny GUEST	16.31.01
5	Sean	McMullin	Mullingar Harriers A.C. GUEST	16.52.95