

**Results of the Army-Navy 5 Mile Road Race - 19th August 2009** (Under B.H.A.A. Rules)

Pos.	Athlete	Business	Cat.	Time	Pace	Pos.	Athlete	Business	Cat.	Time	Pace
1	Colin Merritt	Army		26:17	05:15	70	Noel O'Regan	Temp		33:47	06:45
2	Sean Mc Grath	Mc Grath Landscapes		26:20	05:16	71	Trevor Mahony	Proscan		33:48	06:46
3	Ed Murphy	Dunhallow Enterprises		27:37	05:31	72	Michael Carroll	Temp		33:49	06:46
4	Tom Laffan	HSE	M40	27:38	05:32	73	Declan O'Halloran	Bandon Tyres	M45	33:51	06:46
5	Sean Dowling	Kearys of Midleton		28:12	05:38	74	Phil Mc Grath	Mc Grath Landscape	M55	33:54	06:47
6	Noel O'Regan	Army	M40	28:21	05:40	75	David O'Callaghan	Leisure World	M40	33:55	06:47
7	George Waugh	FAS		28:36	05:43	76	Richard Cronin	Dept of Environment		33:56	06:47
8	James O'Driscoll	CIT		28:45	05:45	77	Mick Murphy	Kearys of Midleton		33:58	06:48
9	Eamon O'Donovan	FAS		28:48	05:46	78	Sally Drennan	Dept of Ed	F40	33:58	06:48
10	Jason Nicholl	EMC		28:55	05:47	79	James Glynn	Temp		34:00	06:48
11	Mark Bickerdyke	Blarney School of Motor.	M45	29:12	05:50	80	Colm Glavin	De care systems		34:01	06:48
12	Ken Mulcahy	Cognis	M40	29:14	05:51	81	Karen Prendergast	Temp		34:02	06:48
13	David O'Dwyer	Proscan		29:21	05:52	82	Rachel O'Callaghan	Cork Shops	F35	34:08	06:50
14	Ken Devine	UCC	M40	29:23	05:53	83	Clive Daunt	Temp		34:12	06:50
15	Tom Hartnett	ESB	M50	29:28	05:54	84	Carol Finn	Temp		34:22	06:52
16	Lorraine Manning	Garda		29:33	05:55	85	Mark Bulman	Army	M45	34:26	06:53
17	Shane Maher	Avondhu Motor Factors		29:51	05:58	86	Donal Courtney	Temp		34:29	06:54
18	Alan O'Reilly	CIT		30:21	06:04	87	Colm Kelleher	Temp		34:30	06:54
19	Tom Sheehan	Bandon Tyres	M45	30:23	06:05	88	John Holland	An Post Eircom	M60	34:30	06:54
20	Mark Mahon	Phoenix Clinic		30:26	06:05	89	Stephan Murphy	T.A Auto Valet	M50	34:33	06:55
21	Colin Walsh	Temp		30:28	06:06	90	Christy Walsh	Cork City Council	M45	34:35	06:55
22	Denis Carroll	Blarney Woollen Mills	M45	30:29	06:06	91	Kieran Mulcahy	Temp		34:39	06:56
23	Fergus Wall	Jim Edwards Restaurant	M40	30:30	06:06	92	Denis Looney	Temp		34:44	06:57
24	Martin Curtin	Kearys of Midleton		30:38	06:08	93	Liam Cashman	LSI Storage Ireland		34:46	06:57
25	Gerard Cronin	Temp		30:42	06:08	94	Vincent Groarke	Temp		34:46	06:57
26	Owen Dwyer	Temp		30:47	06:09	95	Liam O'Leary	Cork City Council	M60	34:48	06:58
27	Anthony Quinn	Temp		30:52	06:10	96	Deirdre Nagle	Temp		34:50	06:58
28	Paul Shanahan	Navy	M40	31:02	06:12	97	Brian Healy	An Post Eircom	M45	34:57	06:59
29	Brian Linehan	Group 4 Securicor	M45	31:04	06:13	98	Piotr Szczerba	Temp		34:58	07:00
30	Donal Twomey	Phoenix Clinic		31:09	06:14	99	Michael Kiely	W+M Kiely	M60	34:59	07:00
31	Paul Quigley	Temp		31:16	06:15	100	Charlie Gannon	Temp		34:59	07:00
32	John Dunphy	Midleton News	M40	31:20	06:16	101	Fidelma Kirwin	Eolas	F40	35:06	07:01
33	John O'Callaghan	FAS	M45	31:22	06:16	102	Bill Murphy	Temp		35:08	07:02
34	Matthew Geedan	Jim Edwards Restaurant	M40	31:23	06:17	103	Noel Phair	Temp		35:09	07:02
35	Maurice Cahill	Quality Hotels		31:30	06:18	104	Michael Corbett	Temp		35:13	07:03
36	Dermot Murphy	An Post Eircom	M40	31:33	06:19	105	Angela Mc Evoy	Cork shops	F45	35:14	07:03
37	Tom Cody	Midleton Urban Council	M50	31:39	06:20	106	Paddy Gyves	ITW Hi Cone	M60	35:16	07:03
38	Willie Walsh	Army		31:41	06:20	107	Stephan O'Mahony	Cork Airport		35:16	07:03
39	Tom O'Brien	Temp		31:43	06:21	108	Denis Cronin	Denis Cronin Electri	M45	35:17	07:03
40	John Fahy	Temp		31:49	06:22	109	Kieran Mullane	EMC	M40	35:20	07:04
41	John O'Driscoll	FAS	M50	31:53	06:23	110	John O'Connell	Midleton Urban Council		35:28	07:06
42	Denis Dunne	Temp		31:59	06:24	111	Gerard Keohane	Temp		35:32	07:06
43	Fergal Sargent	Cork Airport		32:09	06:26	112	Kevin O'Reilly	Conoco Philips	M50	35:32	07:06
44	Philip Coffey	Southern Law		32:12	06:26	113	Niamh Cronin	Temp		35:33	07:07
45	Stephan O'Donoghue	Temp		32:26	06:29	114	Noel O'Connor	Temp	M50	35:36	07:07
46	Dan Horgan	Midleton Urban Council	M50	32:31	06:30	115	Barry Mc Dermot	Temp		35:38	07:08
47	Joe Moriarty	Temp		32:37	06:31	116	David Tait	Temp		35:42	07:08
48	Pat Twomey	UCC	M55	32:37	06:31	117	Ann Marie Power	Glenside Environment	F35	35:48	07:10
49	Ann Donnelly	Cork Shops	F45	32:43	06:33	118	Claire Buckley	Cork Garda		35:48	07:10
50	Neil Dineen	Southern Law		32:46	06:33	119	Richard Collins	Temp		35:55	07:11
51	John Griffin	Blarney Woolen Mills		32:47	06:33	120	John Cotter	Temp		35:57	07:11
52	Pat Fogarty	ESB	M45	33:05	06:37	121	Jamie Griffin	Temp		35:59	07:12
53	Ronan O'Donohue	CIT		33:08	06:38	122	Tomas Mc Cormack	Temp		35:59	07:12
54	Owen Field	Proscan		33:08	06:38	123	Nicola Goulding	KPMG		36:00	07:12
55	Richard Leahy	Temp		33:11	06:38	124	Mary O'Connell	IPS	F35	36:03	07:13
56	John O'Sullivan	Temp		33:13	06:39	125	Flor Twoghig	Kerry Foods		36:04	07:13
57	Brian Moriarty	Temp		33:13	06:39	126	Darragh Walsh	Temp		36:08	07:14
58	Maurice Feehon	Temp		33:15	06:39	127	Martin Walsh	Temp		36:12	07:14
59	Owen O'Connell	Cork City Council		33:17	06:39	128	Patrick O'Riordan	Temp		36:18	07:16
60	Paul Stanton	Temp		33:19	06:40	129	John O'Halloran	ESB	M45	36:18	07:16
61	Ray Wallace	Phoenix Clinic		33:20	06:40	130	Col Conway	HSE	F35	36:23	07:17
62	John O'Callaghan	Temp		33:23	06:41	131	Charlie Byrd	Temp		36:28	07:18
63	Alan Barrett	Avondhu Motor Factors		33:25	06:41	132	Derek Goggin	Temp		36:30	07:18
64	Colm O'Herlihy	Temp		33:26	06:41	133	Pat O'Sullivan	Temp	M55	36:32	07:18
65	Kevin Maybury	CIT		33:29	06:42	134	David Maloney	Temp		36:35	07:19
66	Alan Hawkes	Temp		33:30	06:42	135	Sean Mc Dermott	Temp		36:39	07:20
67	Ned Ramsell	Midleton News		33:34	06:43	136	David Burke	DNB Engineering	M40	36:40	07:20
68	Fergal Quinlan	PFH Computers		33:34	06:43	137	John Walsh	Temp		36:41	07:20
69	Damien Collins	Temp		33:35	06:43	138	Simon Long	Piltz Ireland		36:44	07:21

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Pos.	Athlete	Business	Cat.	Time	Pace	Pos.	Athlete	Business	Cat.	Time	Pace
139	Eileen Twomey	Apple Computers	F35	36:46	07:21	208	Siobhan Holland	Novartis		39:24	07:53
140	Grainne O'Donovan	Temp		36:47	07:21	209	Mary Mulcahy	BOI	F45	39:28	07:54
141	Tony Neiland	Millipore	M40	36:47	07:21	210	Dara Delea	Temp		39:29	07:54
142	James Marsden	Temp		36:51	07:22	211	Neil Bohane	Temp		39:29	07:54
143	John Topper	Ulster Bank		36:52	07:22	212	Don Carney	Temp		39:30	07:54
144	Aine Corrigan	Dept of Education		36:53	07:23	213	Mick Murphy	Temp		39:30	07:54
145	Yannick Lavanant	RRD		36:55	07:23	214	Jane Connelly	Temp		39:31	07:54
146	Niall O'Callaghan	Cork County Council		36:57	07:23	215	Dominic O'Sullivan	Temp		39:31	07:54
147	Paul Kiely	Temp		37:11	07:26	216	David O'Kelly-Lynch	EMC	M45	39:32	07:54
148	Colm McSweeney	Temp		37:11	07:26	217	Susan Delaney	Temp		39:38	07:56
149	Willie Horgan	Temp		37:11	07:26	218	Aidan Henry	Calor Gas		39:40	07:56
150	John Gaffney	Blarney Woollen Mills		37:13	07:27	219	Lisa Murphy	Temp		39:43	07:57
151	Breda Cahill	Midleton News	F35	37:16	07:27	220	Mary Cotter	Flextronics	F45	39:43	07:57
152	Rhona Campbell	Temp		37:22	07:28	221	John O'Mahony	UCC	M65	39:44	07:57
153	Aoife Mahony	Cork City Council		37:24	07:29	222	Michael O'Cruaiaoi	Temp		39:46	07:57
154	Mary Histon de Barra	HSE	F40	37:25	07:29	223	Austin Murphy	Boyne Valley	M60	39:59	08:00
155	Liam Donovan	Janssen	M50	37:33	07:31	224	Evan Bennett	Temp		40:01	08:00
156	Deirdre McCrae	Temp		37:35	07:31	225	Liam Callanan	McGinty & O'Shea		40:01	08:00
157	John O'Leary	Bookdeal	M70	37:38	07:32	226	Karen Neiland	Cognis Irl Ltd	F40	40:01	08:00
158	Andy Fitzsimmons	Temp		37:40	07:32	227	Dan Murphy	Temp		40:02	08:00
159	Jimmy Murray	HSE	M60	37:41	07:32	228	Brian Delaney	Temp		40:04	08:01
160	John Walshe	Temp		37:43	07:33	229	Niamh Flannery	Temp		40:05	08:01
161	Kate McCarthy	Temp		37:45	07:33	230	John Quigley	Statsol	M55	40:06	08:01
162	Trevor O'Neill	Temp		37:45	07:33	231	Finbarr O'Hanlon	Temp		40:07	08:01
163	Tom O'Neill	IPS	M50	37:47	07:33	232	Ronan O'Neill	Temp		40:09	08:02
164	Ann Marie Perry	Midleton News	F35	37:47	07:33	233	Vicki Crean	Temp		40:11	08:02
165	Kevin O'Connell	De Puy Irl		37:50	07:34	234	Cormac Finn	Temp		40:14	08:03
166	David Cotter	Cork Painters	M60	37:54	07:35	235	Helena Buckley O'Donoghue	HSE		40:18	08:04
167	John Paul Buckley	Temp		37:58	07:36	236	Karina Erangey	Temp		40:21	08:04
168	Danny Mc Carthy	An Post Eircom	M55	38:01	07:36	237	Dan Kingston	Temp		40:29	08:06
169	Ronan Kelleher	Temp		38:09	07:38	238	Greg Moore	Temp		40:30	08:06
170	Ted Linehan	Plant Hire	M50	38:10	07:38	239	Deirdre O'Reilly	Temp		40:30	08:06
171	John Cleary	Temp		38:10	07:38	240	Frances O'Connor	Dept of Ed	F50	40:33	08:07
172	Anthony Walsh	Sisks Builders	M45	38:12	07:38	241	Grainne O'Callaghan	Temp		40:34	08:07
173	David Sheehan	Temp		38:13	07:39	242	Margaret Barry	Midleton News	F55	40:37	08:07
174	Sean Cahalane	Temp		38:13	07:39	243	Martina Burke	John J Casey	F35	40:38	08:08
175	Ray Connelly	Temp		38:14	07:39	244	John Fitzgerald	Temp		40:41	08:08
176	Una Buckley	EMC		38:17	07:39	245	Mary O'Keeffe	Midleton News	F40	40:42	08:08
177	John Cotter	ESB	M65	38:18	07:40	246	John Kelly	Temp		40:42	08:08
178	Arnaud Allanic	Temp		38:18	07:40	247	Clodagh Carroll	Temp		40:43	08:09
179	Mark Griffin	Temp		38:19	07:40	248	Anne O'Brien	Janssen		40:47	08:09
180	Catherine Power	Cork County Council		38:19	07:40	249	Paul O'Riordan	Temp		40:49	08:10
181	Greg Moore	Temp		38:31	07:42	250	Sonya O'Sullivan	Army	F35	40:54	08:11
182	Irene Eighan	Novartis		38:32	07:42	251	Paddy Daly	Army	M60	40:54	08:11
183	Mary Walsh	Pfizers Ringaskiddy	F40	38:36	07:43	252	Roy Cummins	Cummins	M60	40:59	08:12
184	John Fitzpatrick	An Post Eircom		38:39	07:44	253	George Webb	Plant Hire	M65	41:14	08:15
185	Aidan Buckley	Cork Painters	M45	38:40	07:44	254	Tony O'Sullivan	RPS	M50	41:16	08:15
186	Rosaleen Kelly	BOI	F45	38:43	07:45	255	Marion McCarthy	Temp		41:22	08:16
187	Patrick Murphy	Temp		38:44	07:45	256	Nora Flynn	IPS	F45	41:33	08:19
188	Mark Collins	Janssen		38:46	07:45	257	Deirdre Quinlan	Temp		41:44	08:21
189	Liam O'Leary	Temp		38:47	07:45	258	Bernard Sisk	Sisks Builders	M60	41:52	08:22
190	Richard Murphy	Temp		38:48	07:46	259	Gordon Flanagan	Temp		41:52	08:22
191	Nick Bent	Army	M45	38:48	07:46	260	Rob Scallan	Eli-Lilly		42:06	08:25
192	Brendan Kelly	EMC		38:51	07:46	261	Phil Watson	Temp		42:07	08:25
193	Gerry O'Connor	Temp	M50	38:56	07:47	262	Michael O'Gorman	Temp		42:11	08:26
194	Rachel Crowley	Temp		38:58	07:48	263	Kevin O'Driscoll	Pfizers Ringaskiddy	M55	42:16	08:27
195	Michael O'Mullain	Southern Law		38:59	07:48	264	Margaret Rohan	Midleton News	F50	42:26	08:29
196	Peter Keegan	Temp		39:00	07:48	265	Brendan Hayes	Glaxo Smithkline	M55	42:40	08:32
197	Monica Twohig	Eolas	F45	39:03	07:49	266	Donal Golden	EMC		42:46	08:33
198	Kevin Phelan	CSO		39:05	07:49	267	Michelle Manning	Temp		42:47	08:33
199	Patrick Brennan	Temp		39:06	07:49	268	Alison Cummins	Temp		42:48	08:34
200	Dara O'Sullivan	Temp		39:07	07:49	269	Siobhan Casey	EMC		42:49	08:34
201	John Murphy	Temp		39:08	07:50	270	Peter Kelly	Temp		42:51	08:34
202	JJ Chambers	Janssen		39:12	07:50	271	Shane Cawley	Temp		42:58	08:36
203	Dave O'Donoghue	Temp		39:18	07:52	272	Ciara Coughlan	Temp		43:00	08:36
204	Christine Murphy	Temp		39:18	07:52	273	Marguerite Lyons	Cork County Council		43:03	08:37
205	Donie O'Connell	Midleton News	M55	39:22	07:52	274	Carol Twomey	Temp		43:23	08:41
206	Trevor Murphy	Temp		39:23	07:53	275	David Healy	UCC		43:26	08:41
207	Denis O'Sullivan	Temp		39:24	07:53	276	Ken Nyhan	Temp		43:31	08:42

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<b>Pos.</b>	<b>Athlete</b>	<b>Business</b>	<b>Cat.</b>	<b>Time</b>	<b>Pace</b>
277	Ann Hayes	HSE	F50	43:39	08:44
278	Annemarie Verling	Temp		43:42	08:44
279	Deirdre O'Callaghan	Temp		43:55	08:47
280	Donal O'Donoghue	NSC	M40	43:55	08:47
281	John Desmond	Statsol	M45	43:59	08:48
282	Kenneth Long	Temp		44:01	08:48
283	Mags Coughlan	Temp		44:05	08:49
284	Ger Stapleton	Temp		44:06	08:49
285	Evelyn Fitzgerald	Temp		44:07	08:49
286	Siobhan Wallace	Temp		44:09	08:50
287	Angela Garcia	Temp		44:24	08:53
288	Eddie Trindle	Temp		44:25	08:53
289	Aoife O'Sullivan	Temp		44:57	08:59
290	Dermot Griffin	Pilz Ireland		44:59	09:00
291	Alan Cashman	Temp		45:01	09:00
292	Michelle O'Brien	Temp		45:03	09:01
293	Declan Maunsell	Temp		45:13	09:03
294	Julie O'Donoghue	Temp		45:23	09:05
295	Frankie Kelleher	Janssen	F35	45:28	09:06
296	Ann Thornborrow	Temp		45:35	09:07
297	Jane Horgan	Temp		45:36	09:07
298	Ellen O'Mahony	Temp		45:37	09:07
299	Liam Edmond	Temp		45:43	09:09
300	Miriam Bogue	Temp		45:44	09:09
301	Grainne Duggan	Temp		45:51	09:10
302	Maria Twomey	Temp		45:54	09:11
303	Michelle Forde	Temp		45:57	09:11
304	Katie O'Donovan	Temp		46:05	09:13
305	Donnacha O'Connell	Temp		46:16	09:15
306	Betty O'Riordan	JF Gould Solicitors	F50	46:33	09:19
307	Veronica Twomey	Temp		46:36	09:19
308	Una Raggett	Ballincollig	F45	46:38	09:20
309	Sharon O'Callaghan	Temp		46:40	09:20
310	Mairead O'Hare	Temp		46:43	09:21
311	Joy O'Donovan	Temp		46:44	09:21
312	Ann Walsh	Ballincollig	F45	46:55	09:23
313	Nessa Goggin	Temp		47:00	09:24
314	Ashling Hurley	Temp		47:03	09:25
315	Joan McCarthy	BOI	F50	47:23	09:29
316	Linda Harney	Southern Law	F40	47:29	09:30
317	Sinead O'Callaghan	Temp		47:58	09:36
318	Niamh Power	Temp		48:06	09:37
319	Anne Finn	Temp		48:08	09:38
320	Angela Tobin	HSE	F50	48:13	09:39
321	Maria Kiely	Temp		48:13	09:39
322	Susan Sheehan	Temp		48:14	09:39
323	Colm Jordan	Midleton News		48:14	09:39
324	Peter Kearney	Temp		48:15	09:39
325	Billy Caball	BHAA	M65	48:15	09:39
326	Nicola Clifford	Temp		48:19	09:40
327	Laura Fitzpatrick	Temp		48:43	09:45
328	Caroline O'Holohan	Temp		48:44	09:45
329	Ann Cahill	Temp		50:06	10:01
330	Eleanor Daly	Temp		52:54	10:35
331	Lynn McCarthy	Temp		52:55	10:35
332	Katriona Desmond	Temp		55:15	11:03
333	Bernice Glavin	HSE		57:03	11:25
334	Majella Coakley	Temp		68:15	13:39
	Jerry Forde	Wheelchair		55:11	11:02

**Results of the Army-Navy 5 Mile Road Race - 19th August 2009** (Under B.H.A.A. Rules)

**Men's Results**

- 1 Colin Merritt
- 2 Sean McGrath
- 3 Ed Murphy

**O/40**

- 1 Tom Laffan
- 2 Noel O'Regan
- 3 Ken Mulcahy

**O/45**

- 1 Mark Bickerdyke
- 2 Tom Sheehan
- 3 Denis Carroll

**O/50**

- 1 Tom Hartnett
- 2 Tom Cody
- 3 John O'Driscoll

**O/55**

- 1 Pat Twomey
- 2 Phil McGrath
- 3 John O'Halloran

**O/60**

- 1 John Holland
- 2 Liam O'Leary
- 3 Michael Kiely

**O/65**

- 1 John Cotter
- 2 John O'Mahony

**O/70**

- 1 John O'Leary

**Wheelchair**

- 1 Jerry Forde

**Mens A Team**

**Points**

- |   |      |    |
|---|------|----|
| 1 | Army | 45 |
| 2 | FAS  | 49 |
| 3 | CIT  | 79 |

**Mens B Teams**

**Points**

- |   |                    |     |
|---|--------------------|-----|
| 1 | Kearys of Midleton | 104 |
| 2 | Phoenix Clinics    | 111 |
| 3 | Procon             | 138 |
| 4 | Midleton UDC       | 193 |
| 5 | Southern Law       | 289 |

**Mens C Teams**

**Points**

- |   |                   |     |
|---|-------------------|-----|
| 1 | ESB               | 196 |
| 2 | An Post Eircom    | 221 |
| 3 | EMC               | 233 |
| 4 | Cork City Council | 224 |
| 5 | UCC               | 283 |
| 6 | Midleton News     | 304 |
| 7 | Army              | 527 |
| 8 | Janssen           | 545 |
| 9 | EMC               | 674 |

**Ladies Individual**

- 1 Lorraine Manning
- 2 Ann Donnelly
- 3 Sally Drennan

**O/35**

- 1 Rachel O'Callaghan
- 2 Annmarie Power
- 3 Mary O'Connell

**O/40**

- 1 Fidelma Kirwan
- 2 Mary Histon de Barra
- 3 Mary Walsh

**O/45**

- 1 Angela McEvoy
- 2 Ros Kelly
- 3 Mary Mulcahy

**O/50**

- 1 Frances O'Connor
- 2 Margaret Barry

**Womens A Teams**

**Points**

- |   |               |    |
|---|---------------|----|
| 1 | Cork Shops    | 4  |
| 2 | Garda         | 7  |
| 3 | Dept of Ed    | 12 |
| 4 | HSE           | 21 |
| 5 | Eolas         | 24 |
| 6 | Midleton News | 25 |
| 7 | Novartis      | 38 |
| 8 | IPS           | 38 |
| 9 | BOI           | 41 |

**Womens B Teams**

**Points**

- |   |                     |    |
|---|---------------------|----|
| 1 | EMC                 | 48 |
| 2 | Cork County Council | 50 |
| 3 | Midleton News       | 54 |
| 4 | HSE                 | 60 |
| 5 | Ballincollig        | 77 |
| 6 | HSE                 | 85 |

**Next Cork BHAA Event -**

**Togher PTAA 5k - Wednesday 2nd September @ 7:30pm**