

Results of the 5k Cross Country Race - 14th February, 2010

(Under B.H.A.A. Rules)

| Pos. | Athlete | Business | Cat. | Time | Pace |
|------|---------------------|-------------------------------|------|-------|-------|
| 1 | James McCarthy | McCarthy's | | 16:15 | 05:14 |
| 2 | Sean McGrath | McGrath Landscapes | | 16:23 | 05:16 |
| 3 | Thomas Maunsell | Chris Harrington Construction | | 17:13 | 05:32 |
| 4 | Trevor Woods | UCC | | 17:16 | 05:33 |
| 5 | John Meade | Joyce Wolfe Physio | | 17:19 | 05:34 |
| 6 | Alan O'Reilly | CIT | | 18:01 | 05:48 |
| 7 | Paul Gallagher | DMP | | 18:22 | 05:55 |
| 8 | Eric Meade | Conoco Philips | M40 | 18:34 | 05:59 |
| 9 | Alan O'Brien | Temp | | 18:39 | 06:00 |
| 10 | Kieran O'Sullivan | Garda | | 18:44 | 06:02 |
| 11 | Denis Dunne | Army | | 18:54 | 06:05 |
| 12 | Eamonn McEvoy | Dept of Ed | M55 | 18:58 | 06:06 |
| 13 | Denis McCarthy | Temp | | 19:02 | 06:08 |
| 14 | Fred English | Temp | | 19:04 | 06:08 |
| 15 | Brian Murray | Temp | | 19:06 | 06:09 |
| 16 | Fergus Wall | Sallyport | M40 | 19:09 | 06:10 |
| 17 | Owen O'Keeffe | Irish Distillers | | 19:11 | 06:10 |
| 18 | Niamh O'Sullivan | Tralee Physical Therapy | F45 | 19:15 | 06:12 |
| 19 | Diarmuid O'Sullivan | CSO | | 19:21 | 06:14 |
| 20 | Tim Mahony | Cork City Council | | 19:24 | 06:15 |
| 21 | John Dorgan | Temp | | 19:27 | 06:16 |
| 22 | John Gettins | Janssen | | 19:41 | 06:20 |
| 23 | Declan Murphy | DMP | | 19:46 | 06:22 |
| 24 | Owen Dwyer | Temp | | 19:49 | 06:23 |
| 25 | Stephen Carmody | Carmody | | 19:54 | 06:24 |
| 26 | Ray Wallace | Solvit Food Solutions | | 20:04 | 06:28 |
| 27 | Paudie Healy | CIT | | 20:05 | 06:28 |
| 28 | Emma Murphy | Murphys | | 20:14 | 06:31 |
| 29 | Ronan O'Donoghue | CIT | | 20:16 | 06:31 |
| 30 | Brian Russell | Temp | | 20:18 | 06:32 |
| 31 | Conor McMahon | Solvit Food Solutions | M40 | 20:29 | 06:36 |
| 32 | Trevor Mahony | Proscon | | 20:33 | 06:37 |
| 33 | Maurice Cahill | Temp | | 20:45 | 06:41 |
| 34 | John O'Driscoll | FAS | M50 | 20:47 | 06:41 |
| 35 | Tim Clarke | Waterstones | | 21:00 | 06:46 |
| 36 | Conor O'Brien | De-Care Systems | | 21:02 | 06:46 |
| 37 | Kevin Sievewright | Statsol | M40 | 21:02 | 06:46 |
| 38 | John O'Callaghan | UCC | | 21:03 | 06:47 |
| 39 | John Griffin | Blarney Woollen Mills | M40 | 21:07 | 06:48 |
| 40 | Neil Dineen | Temp | | 21:15 | 06:50 |
| 41 | Martin Underhill | Army | | 21:17 | 06:51 |
| 42 | Dan Kennedy | DMP | M55 | 21:21 | 06:52 |
| 43 | Pat Breen | Temp | | 21:30 | 06:55 |
| 44 | Rachel O'Callaghan | Cork shops | F35 | 21:37 | 06:57 |
| 45 | Billy O'Sullivan | Flexible Connectors | | 21:43 | 06:59 |
| 46 | Kieran Crean | Temp | | 21:48 | 07:01 |
| 47 | Pat Moloney | Army | M55 | 21:55 | 07:03 |
| 48 | Denis Carroll | Blarney Woollen Mills | M50 | 21:56 | 07:04 |
| 49 | John Morrissey | UCC | M40 | 21:59 | 07:05 |
| 50 | Joan Hough | Dept of Ed | F50 | 22:02 | 07:06 |
| 51 | Stephen Geoghegan | EMC | | 22:06 | 07:07 |
| 52 | John O'Connell | Midleton UDC | | 22:07 | 07:07 |
| 53 | John Scannell | Temp | | 22:11 | 07:08 |
| 54 | Michael Dooley | IPS | M40 | 22:15 | 07:10 |

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| 55 | Vincent O'Neill | EMC | | 22:20 | 07:11 |
| 56 | Conor McGrath | Midleton UDC | | 22:22 | 07:12 |
| 57 | Sally Drennan | Dept of Ed | F40 | 22:24 | 07:13 |
| 58 | Angela McEvoy | Cork shops | F45 | 22:24 | 07:13 |
| 59 | Eibhlin Cleary | Temp | | 22:30 | 07:15 |
| 60 | Donal O'Callaghan | CBC Staff | | 22:37 | 07:17 |
| 61 | Frank Sherin | Temp | | 22:37 | 07:17 |
| 62 | Gerard Pentony | Navy | M40 | 22:42 | 07:18 |
| 63 | Vincent Groarke | Temp | | 22:53 | 07:22 |
| 64 | Colm Lyons | Dept of Ed | | 23:00 | 07:24 |
| 65 | Ned Ramsell | Flexible Connectors | | 23:09 | 07:27 |
| 66 | Stephen Lyons | ALCON | M40 | 23:12 | 07:28 |
| 67 | Michael Brennan | Dept of Ed | | 23:17 | 07:30 |
| 68 | Gillian Cotter | UCC | F35 | 23:21 | 07:31 |
| 69 | Michael Fiely | W&M Kiely | M65 | 23:25 | 07:32 |
| 70 | Finbarr O'Neill | Pilz Ireland | | 23:27 | 07:33 |
| 71 | Chris Carroll | Temp | | 23:27 | 07:33 |
| 72 | Paddy Gyves | ITW Hi Cone | M60 | 23:31 | 07:34 |
| 73 | Eana Farrell | CIT | | 23:34 | 07:35 |
| 74 | Noreen Mackey | CIT | | 23:42 | 07:38 |
| 75 | Christy O'Driscoll | Pfizers Ringaskiddy | M60 | 23:43 | 07:38 |
| 76 | Kevin Cronin | UCC | M45 | 23:52 | 07:41 |
| 77 | Tara Rhatigan | Temp | | 24:03 | 07:44 |
| 78 | Batt Kearney | Blarney Woollen Mills | M50 | 24:05 | 07:45 |
| 79 | Anthony Horgan | Cork Painters | M40 | 24:11 | 07:47 |
| 80 | Jimmy Murray | HSE | M60 | 24:30 | 07:53 |
| 81 | Terry O'Connell | Temp | | 24:40 | 07:56 |
| 82 | David Cotter | Cork Painters | M60 | 24:40 | 07:56 |
| 83 | Mary Histon De Barra | Dept of Ed | F40 | 24:41 | 07:57 |
| 84 | Aine Murphy | UCC | F45 | 24:42 | 07:57 |
| 85 | Frank Cotter | CBC Staff | M45 | 24:52 | 08:00 |
| 86 | Thomas Kelly | Navy | M50 | 24:57 | 08:02 |
| 87 | Monica Twohig | Eolas | F45 | 25:12 | 08:07 |
| 88 | Trevor O'Neill | DMP | | 25:14 | 08:07 |
| 89 | Elaine O'Donoghue | Temp | | 25:35 | 08:14 |
| 90 | Tony O'Sullivan | Cork City Council | M50 | 25:45 | 08:17 |
| 91 | John O'Leary | Bookdeal | M70 | 25:48 | 08:18 |
| 92 | Aidan Buckley | Cork Painters | M45 | 26:05 | 08:24 |
| 93 | Anthony Walsh | Sisks Builders | M45 | 26:16 | 08:27 |
| 94 | Micheal O'Crualaoi | Temp | | 26:29 | 08:31 |
| 95 | John Brennan | De-Care Systems | | 26:35 | 08:33 |
| 96 | Brian Lynch | Temp | | 26:39 | 08:35 |
| 97 | Bernard Sisk | Sisks Builders | M60 | 26:44 | 08:36 |
| 98 | Dave Herlihy | Pfizers Little Island | M40 | 27:03 | 08:42 |
| 99 | Kevin O'Driscoll | Pfizers Ringaskiddy | M55 | 27:05 | 08:43 |
| 100 | Dermot Murphy | Temp | | 27:10 | 08:45 |
| 101 | Mary Mulcahy | Bank of Ireland | F45 | 27:12 | 08:45 |
| 102 | Danny McCarthy | An Post Eircom | M55 | 27:13 | 08:46 |
| 103 | John Downing | Navy | M45 | 27:22 | 08:49 |
| 104 | Patrick Fitzgibbon | Dept of Ed | M55 | 27:28 | 08:50 |
| 105 | Paddy Daly | Army | M60 | 27:41 | 08:55 |
| 106 | Matt Kenneally | Temp | | 27:51 | 08:58 |
| 107 | John Reynolds | Temp | | 27:52 | 08:58 |
| 108 | James Spillane | Temp | | 28:05 | 09:02 |
| 109 | Dave Healy | Temp | | 28:18 | 09:07 |
| 110 | Mark Murphy | Janssen | M40 | 28:50 | 09:17 |

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|-----|----------------|-------------------|-----|-------|-------|
| 111 | Billy Caball | BHAA | M65 | 29:06 | 09:22 |
| 112 | Mark Sheehan | Temp | | 29:29 | 09:29 |
| 113 | Frank Kelleher | Cork City Council | M65 | 31:05 | 10:00 |
| 114 | Roy Cummins | Cummins | M60 | 31:06 | 10:01 |
| 115 | Seamus Sweeney | Temp | | 31:10 | 10:02 |
| 116 | Patricia Lange | CIT | | 31:30 | 10:08 |

Men's Results

- 1 James McCarthy
- 2 Sean McGrath
- 3 Thomas Maunsell

O/40

- 1 Eric Meade
- 2 Fergus Wall
- 3 Conor McMahon

O/45

- 1 Kevin Cronin
- 2 Frank Cotter
- 3 Aidan Buckley

O/50

- 1 John O'Driscoll
- 2 Denis Carroll
- 3 Batt Kearney

O/55

- 1 Eamonn McEvoy
- 2 Dan Kennedy
- 3 Pat Moloney

O/60

- 1 Paddy Gyves
- 2 Christy O'Driscoll
- 3 Jimmy Murray

O/65

- 1 Michael Kiely
- 2 Billy Caball
- 3 Frank Kelleher

O/70

- 1 John O'Leary

Ladies Individual

- 1 Niamh O'Sullivan
- 2 Emma Murphy
- 3 Rachel O'Callaghan

O/35

- 1 Gillian Cotter

O/40

- 1 Sally Drennan
- 2 Mary Histon De Barra

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O/45

- 1 Angela McEvoy
- 2 Aine Murphy
- 3 Monica Twohig
- 4 Mary Mulcahy

O/50

- 1 Joan Hough

O/55

- 1 Noreen Mackey
- 2 Patricia Lange

Next BHAA Event:

ESB 5k

Sunday February 21st @ 11am

Entries & changing at Mahon Community Centre

This race takes place on the new section of the Cork City Marathon

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