

**Results of the Cross Country 5K Race**  
**15th February 2009** (Under B.H.A.A. Rules)

Pos.	Athlete	Business	Cat.	Time
1	Sean Mc Grath	Mc Grath Landscapes		16 : 45
2	Padraig Healy	CIT		17 : 26
3	Shane Simcox	Leisure world		17 : 37
4	Kevin Wilmot	Bandon Tyres		17 : 58
5	Alan O'Reilly	CIT		18 : 07
6	Kieran O'Sullivan	Cork Garda		18 : 10
7	James O'Driscoll	CIT		18 : 17
8	John Shanahan	Dept of Ed		18 : 27
9	Michael Buckley	Joyce Wolfe Physio		18 : 27
10	Shane Coffey	Temp		18 : 33
11	John Lynch	Temp		18 : 41
12	John Collins	Team Adidas	M50	18 : 47
13	John Hennessy	Janssen		18 : 54
14	Mark Bickerdyke	Blarney School of Motoring	M45	18 : 55
15	Chris Harrington	Chris Harrington Construction		19 : 07
16	Rory Devitt	Dept of Ed		19 : 25
17	Tim Mahony	Temp		19 : 26
18	Stanislaw Byczek	Diary Power	M45	19 : 37
19	Tom Sheehan	Bandon Tyres	M40	20 : 03
20	Joe Gough	Milleeven Fine Foods	M55	20 : 06
21	Ronan O'Donoghue	CIT		20 : 10
22	Nicholas Pyke	Temp		20 : 12
23	Willie O'Riordan	Army	M50	20 : 16
24	Denis Carroll	Blarney Woollen Mills	M45	20 : 25
25	Martin Underhill	Army		20 : 31
26	Mark Bulman	Army	M45	20 : 37
27	Brian Russell	Temp		20 : 44
28	Conor Murray	Janssen	M40	20 : 47
29	Gary Relihan	Boston Scientific		20 : 52
30	Tim Lordan	Temp		20 : 54
31	Mick Dooley	IPS	M35	20 : 57
32	Anne Marie Healy	HSE	F35	21 : 02
33	John Dunphy	Midleton News		21 : 11
34	Padraig Horgan	Temp		21 : 13
35	Richard Cronin	Temp		21 : 15
36	John Griffin	Blarney Woollen Mills		21 : 20
37	Lynda Geary	BOI		21 : 28
38	John O'Connell	Temp		21 : 31
39	Brian Shields	Navy		21 : 37
40	Ger Pentony	Navy	M40	21 : 38
41	Virgina Hourihane	Temp		21 : 39
42	Eddie Byrne	IPS	M40	21 : 45
43	John Morrisey	UCC	M40	21 : 49
44	Phil Mc Grath	Mc Grath Landscapes	M55	21 : 53
45	Eoin O'Hanlon	Temp		22 : 01
46	Shane O'Sullivan	Temp		22 : 10
47	Paul Roche	RPS	M45	22 : 15
48	Denis Cronin	Cronin Electrical	M45	22 : 16
49	Ned Ramsell	Midleton News		22 : 22
50	Brian Healy	An Post Eircom	M45	22 : 23
51	Colm O'Reilly	De Care		22 : 29
52	Niall Twomey	Temp		22 : 34
53	Owen O'Connell	Cork City Council		22 : 38
54	Paddy Gyves	ITW hi cone	M60	22 : 39

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55	John Holland	An Post Eircom	M60	22	: 44
56	Steve Murphy	TA auto valet	M45	22	: 47
57	John Walshe	Temp		22	: 48
58	Michael Twohig	Temp		22	: 50
59	Tom Kelly	Navy	M50	22	: 58
60	Brian Darcy	Temp		23	: 03
61	Bridget Liston	Leisure world		23	: 05
62	Michael Brennon	Dept of Ed	M40	23	: 20
63	PJ Murphy	Navy	M40	23	: 45
64	Eoin Keegan	CIT		23	: 46
65	Claire Buckley	Temp		23	: 52
66	Brian O'Keeffe	Temp		23	: 54
67	PJ Kiely	Temp		23	: 57
68	Tadhg Murnane	Temp		24	: 00
69	Dave Cotter	Cork Painters	M60	24	: 08
70	Peter Blissett	Temp		24	: 13
71	Mick Bent	Army	M45	24	: 15
72	Peter Harnett	Temp		24	: 17
73	Robert Conroy	Temp		24	: 24
74	Tim Clarke	Waterstones		24	: 24
75	Daniel Willaims	Temp		24	: 40
76	Donie O'Connell	Midleton News	M55	24	: 41
77	Anna Hourihane	Temp		24	: 50
78	Batt Kearney	Blarney Woollen Mills	M50	25	: 01
79	Aine Murphy	UCC	F45	25	: 06
80	Anthony Horgan	Cork Painters	M40	25	: 11
81	Tony O'Sullivan	RPS	M50	25	: 15
82	Jimmey Murray	HSE	M60	25	: 22
83	Danny Mc Carthy	An Post Eircom	M55	25	: 28
84	Christy O'Driscoll	Pfizers Ringaskiddy	M60	25	: 35
85	John Reynolds	Temp		25	: 42
86	Fintan Hunt	New Hunt Trading		25	: 47
87	Aine Corrigan	Dept of Ed		25	: 49
88	Kathleen Madigan	CIT		25	: 55
89	Tom O'Donohue	West Cork Electrical	M45	25	: 57
90	Helen O'Shea	CIT		25	: 59
91	Tony Lilly	Temp		26	: 03
92	Grainne Lynch	Temp		26	: 04
93	Paul Scannell	Ferrero		26	: 16
94	Mary Mulcahy	BOI	F45	26	: 18
95	John O'Leary	Bookdeale	M70	26	: 19
96	Paddy Daly	Army	M60	26	: 48
97	George Webb	Plant Hire	M65	27	: 08
98	Tim Geary	Atkins	M60	27	: 20
99	Kevin Heddermann	BOC		28	: 30
100	Bernard Sisk	Sisk Builders		28	: 35
101	Mark Murphy	Janssen	M40	29	: 02
102	Billy Caball	Cork BHAA	M65	29	: 07
103	Colette O'Donoghue	Temp		29	: 13
104	Tom Cunningham	Temp	M40	31	: 13
105	Caroline Cleary	Temp		31	: 17
106	Diane Neves	Temp		31	: 42
107	Ray Dunne	Temp		32	: 32
108	Neill Dalton	Temp		35	: 02
109	Audrey Young	Ronnie Moore		36	: 00

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	<b>Men's Results</b>				
1	Sean Mc Grath	Mc Grath Landscapes			
2	Padraig Healy	CIT			
3	Shane Simcox	Leisure World			
4	Kevin Wilmot	Bandon tyres			
5	Alan O'Reilly	CIT			
6	Kieran O'Sullivan	Cork Garda			
	<b>O/40</b>				
1	Tom Sheehan	Bandon tyres			
2	Conor Murray	Janssen			
3	Mick Dooley	IPS			
	<b>O/45</b>				
1	Mark Bickerdyke	Blarney School of Motoring			
2	Stanislaw Byczek	Dairy Power			
3	Denis Carroll	Blarney Woolen Mills			
	<b>O/50</b>				
1	John Collins	Team Adidas			
2	Willie O'Riordan	Army			
3	Tom Kelly	Navy			
	<b>O/55</b>				
1	Joe Gough	Mileeven Fine Foods			
2	Phil Mc Grath	Mc Grath Landscapes			
3	Donie O'Connell	Midleton News			
	<b>O/60</b>				
1	Paddy Gyves	ITW hi cone			
2	John Holland	An Post Eircom			
3	Dave Cotter	Cork Painters			
	<b>O/65</b>				
1	George Webb	Plant Hire			
2	John O'Mahony	UCC			
	<b>O/70</b>				
	John O'Leary	Bookdeale			
	<b>Ladies</b>				
1	Anne Marie Healy	HSE			
2	Linda Geary	BOI			
3	Bridget Liston	Leisure World			
4	Aine Murphy	UCC			
5	Aine Corrigan	Dept of Education			
6	Kathleen Madigan	CIT			
	<b>O/45</b>				
1	Mary Mulcahy	BOI			

**Next Cork BHAA Events -**

Esb 5K Sunday 1st March @11am

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Entries and changing-Mahon Community Centre