

Results of the EMC 5k Road Race - July 8th 2009 (Under B.H.A.A. Rules)

Pos.	Athlete	Business	Cat.	Time	Pace	Pos.	Athlete	Business	Cat.	Time	Pace
1	James McCarthy	McCarthy		15:38	05:02	70	Joe Murphy	Cork County Council	M50	19:50	06:23
2	Cathal O'Connell	UCC	M45	16:17	05:14	71	Tim Twomey	David Twomey		19:54	06:24
3	Tim O'Connor	Saoirse Developments		16:24	05:17	72	Richard Leary	Temp		19:55	06:25
4	Con Marshall	HSE		16:27	05:18	73	Noel Tobin	Coleman Builders		19:59	06:26
5	Kevin Wilmot	Bandon Tyres		16:29	05:18	74	Paudie Birmingham	Leisure World		19:59	06:26
6	George Murray	Murray Coaches		16:42	05:23	75	Brian Sullivan	Statsol		20:02	06:27
7	Derek O'Leary	Twomey Transport		16:49	05:25	76	Kieran Murphy	Temp		20:02	06:27
8	Shane Simcox	Leisure World		16:52	05:26	77	Brian Cotter	IPS		20:07	06:28
9	Kieran O'Sullivan	Cork Garda		16:58	05:28	78	Owen Field	Proscan		20:10	06:29
10	Sean Dowling	Kearys of Midleton		16:59	05:28	79	John Paul Murphy	Temp		20:11	06:30
11	Jason Nicholl	EMC		17:17	05:34	80	Stephen Barrett	UCC		20:12	06:30
12	Denis Coughlan	DMP		17:24	05:36	81	Adam Buchnicz	Midleton Urban		20:14	06:31
13	Eamon O'Donovan	FAS		17:30	05:38	82	Martin O'Reilly	DMP		20:16	06:31
14	Liam Slattery	Leisure World		17:38	05:41	83	Edmond Galvin	Millipore		20:18	06:32
15	John Collins	Team Adidas	M50	17:44	05:42	84	Tony Cooke	Twomey Transport	M45	20:21	06:33
16	Paul Hickey	Avondhu Motor Factors		17:49	05:44	85	Vincent Groarke	Temp		20:23	06:34
17	Eugene Mc Carthy	Temp		17:51	05:45	86	Ray Wallace	Pheonix Clinic		20:26	06:35
18	Michael Mangan	Temp		17:53	05:45	87	John Leahy	Leahy Farms	M50	20:27	06:35
19	Joe Walsh	Temp		18:01	05:48	88	Paul Scally	Temp		20:27	06:35
20	Paul Tierney	Cork Garda		18:01	05:48	89	Phil Corcoran	RRD		20:29	06:36
21	Ken Mulcahy	Cognis	M40	18:02	05:48	90	Ronan O'Leary	O'Leary		20:29	06:36
22	Niamh Roe	Dept of Ed		18:03	05:49	91	Jim Kelleher	Temp		20:30	06:36
23	Dermot Sheehan	Temp		18:09	05:51	92	Darragh Herlihy	Temp		20:31	06:36
24	Pat Power	Glenside Environmental		18:14	05:52	93	Bryan Parkinson	Temp		20:32	06:37
25	Liam McCarthy	Temp		18:22	05:55	94	Ken Owen	An Post Eircom	M40	20:35	06:38
26	Martin Curtin	Kearys of Midleton		18:26	05:56	95	Patrick Hession	Novartis		20:35	06:38
27	Michael O'Regan	Statsol	M40	18:27	05:56	96	John O'Callaghan	Temp		20:35	06:38
28	Tom Sheehan	Bandon Tyres	M45	18:28	05:57	97	Michael Harrahan	Navy		20:36	06:38
29	Fergus Wall	Jim Edwards Restaurant	M40	18:32	05:58	98	Pat O'Connor	Logitech	M40	20:38	06:38
30	Anthony Quinn	Temp		18:33	05:58	99	Noel O'Sullivan	Temp		20:40	06:39
31	Carmel Parnell	Cork Shops	F50	18:35	05:59	100	Paul Kiely	Temp		20:42	06:40
32	Mark Bulman	Army	M45	18:39	06:00	101	Stephen Murphy	TA auto valet	M50	20:44	06:40
33	Paddy Murphy	Temp		18:50	06:04	102	John Morrissey	UCC		20:46	06:41
34	Aidan Dennehy	Temp		18:52	06:04	103	Denis Martin	Temp		20:48	06:42
35	Conor O'Brien	De Care Systems		18:56	06:06	104	Kieran Fitzgerald	Temp		20:49	06:42
36	Declan Murphy	DMP		18:58	06:06	105	Mick Murphy	Kearys of Midleton		20:55	06:44
37	Michael Mulcahy	EMC		19:01	06:07	106	Nick Parkinson	Temp		20:56	06:44
38	Fergal Sargent	Cork Airport		19:02	06:08	107	Brian Healy	An Post Eircom	M45	20:57	06:45
39	Neilus Aherne	Midleton UDC	M50	19:03	06:08	108	Rory Beechinor	Temp		20:58	06:45
40	Denis Lyons	Temp		19:03	06:08	109	Fidelma Kirwin	Eolas	F40	20:59	06:45
41	Willie Hayes	An Post Eircom	M50	19:04	06:08	110	Ray O'Donohue	EMC		21:01	06:46
42	Paddy Harkins	Navy		19:05	06:09	111	Stephen O'Mahony	Cork Airport		21:02	06:46
43	George Fuller	Temp		19:06	06:09	112	Tony Huff	Team Adidas	M55	21:03	06:47
44	John Desmond	Statsol	M45	19:10	06:10	113	John Holland	An Post Eircom	M60	21:08	06:48
45	Brian Shields	Navy		19:10	06:10	114	Con O'Brien	Temp		21:09	06:48
46	Brian Linehan	Crown Securicor	M45	19:11	06:10	115	Geraldine O'Shea	Cork County Council	F40	21:09	06:48
47	John Dunphy	Midleton News	M40	19:11	06:10	116	Noel Phair	Temp		21:09	06:48
48	Fergal Grogan	Temp		19:12	06:11	117	Alan Cumming	Temp		21:10	06:49
49	Ned Ramsell	Midleton News		19:13	06:11	118	Dermot Kelly	Southern Law	M40	21:10	06:49
50	Kieran Shannon	Temp		19:14	06:11	119	AnneMarie Power	Glenside environme	F35	21:10	06:49
51	Anne Marie Healy	HSE	F35	19:14	06:11	120	Willie Hogan	Temp		21:11	06:49
52	Patrick Murphy	UCC	M50	19:14	06:11	121	Owen Hunt	Temp		21:11	06:49
53	Jim Mc Grath	Temp		19:15	06:12	122	Tony O'Brien	DMP		21:12	06:49
54	Anne Marie Costello	Kerry County Council		19:17	06:12	123	Christy Walsh	Pfizers Ringaskiddy		21:13	06:50
55	Kevin Franjer	De Care Systems	M40	19:19	06:13	124	Paul Griffin	Eli Lilly		21:14	06:50
56	Willie O'Riordan	Army	M55	19:22	06:14	125	Rachel O'Callaghan	Cork Shops	F35	21:15	06:50
57	Eoin Shanaghy	Temp		19:23	06:14	126	Fergal Moynihan	EMC		21:16	06:51
58	John O'Callaghan	FAS	M45	19:24	06:15	127	Damien Nagle	Temp		21:17	06:51
59	Edward Mc Donnell	Denis Cronin Elect		19:28	06:16	128	Nick Bent	Army	M45	21:17	06:51
60	Romulod Figielus	Temp		19:30	06:17	129	Paddy Gyves	ITW Hi Cone	M60	21:23	06:53
61	Philip Coffey	Southern Law		19:33	06:18	130	Declan Daly	Statsol	M40	21:24	06:53
62	Paul Parker	Temp	M40	19:35	06:18	131	Mattie Augland	Augland Engineerin	M50	21:24	06:53
63	Paul Shanahan	Navy		19:36	06:19	132	Dawn Kelly	Temp		21:24	06:53
64	Dermot Murphy	An Post Eircom		19:40	06:20	133	Murt Murphy	Temp		21:25	06:54
65	Martin Underhill	Army		19:42	06:20	134	Denis O'Shea	Cork Garda	M50	21:25	06:54
66	Bill Twomey	David Twomey		19:44	06:21	135	Lena Boyd	J&J cycles	F40	21:26	06:54
67	Mick Dooley	IPS	M40	19:45	06:21	136	Noel O'Connor	EMC	M50	21:27	06:54
68	John O'Driscoll	FAS	M50	19:48	06:22	137	Michael Corbett	Temp		21:27	06:54
69	Edmond O'Sullivan	Mid Urban Council	M55	19:50	06:23	138	Tomas Mc Cormack	Temp		21:28	06:55

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Pos.	Athlete	Business	Cat.	Time	Pace	Pos.	Athlete	Business	Cat.	Time	Pace
139	John Goulding	Temp		21:30	06:55	208	Kevin Hedderman	Temp		23:14	07:29
140	John O'Halloran	ESB	M55	21:31	06:56	209	Una Buckley	Temp		23:17	07:30
141	Paul Mc Carthy	Temp		21:31	06:56	210	Mark Collins	Temp		23:19	07:30
142	Catriona Leahy	Musgraves		21:36	06:57	211	John O'Mahony	UCC	M65	23:21	07:31
143	Yannick Lavanant	RRD		21:38	06:58	212	Daoblfo Estehan	Temp		23:25	07:32
144	John Nyhan	UCC	M40	21:39	06:58	213	Owen Quirke	Temp		23:26	07:33
145	Donncha O'Donnabhan	Temp		21:41	06:59	214	Cian Mac Parthalain	Navy		23:27	07:33
146	James Hickey	Gilead Sciences		21:44	07:00	215	Neilus Murphy	Temp	M45	23:29	07:34
147	Liam O'Leary	Cork City Council	M60	21:46	07:00	216	Maria Murphy	Cork County Council		23:32	07:34
148	John O'Leary	Twomey Transport		21:52	07:02	217	Michael O'Cruaiaoi	Temp		23:37	07:36
149	Stephen Henley	Temp		21:53	07:03	218	Stephen Mc Cormac	Temp		23:42	07:38
150	Éidin Christie	EPA	F40	21:56	07:04	219	Trevor O'Neill	Temp		23:43	07:38
151	Derek Smith	Temp		21:57	07:04	220	Michael Keohane	Temp		23:49	07:40
152	John Murphy	Temp		21:58	07:04	221	Brian Delaney	Temp		23:50	07:40
153	Mike Hogan	Temp		21:58	07:04	222	Liam Murphy	Temp		23:52	07:41
154	Tom Curtis	IPA		21:58	07:04	223	Brian Twomey	Temp		23:52	07:41
155	Derry Casey	Temp		21:59	07:05	224	Denis Lyons	Temp		23:55	07:42
156	Linda O'Connor	Musgraves		22:00	07:05	225	Brian Smith	Temp		23:56	07:42
157	Killian Hennessey	Temp		22:06	07:07	226	Bernard Sisk	Sisks Builders	M60	23:58	07:43
158	Aoife Mahony	Cork City Council		22:07	07:07	227	Irene Eighan	Novartis		23:59	07:43
159	Liam Donovan	Janssen	M50	22:08	07:07	228	David O'Kelly-Lynch	EMC	M45	24:00	07:43
160	Mary Histon de Barra	HSE	F40	22:08	07:07	229	Kiaran Mc Carthy	EMC		24:07	07:46
161	Stephen Burke	Temp		22:10	07:08	230	Richard Fitzgerald	Temp		24:07	07:46
162	Batt Kearney	Blarney Woollen Mills	M50	22:11	07:08	231	John O'Sullivan	Temp		24:08	07:46
163	Owen O'Connor	Temp		22:13	07:09	232	Richard Ronan	Temp		24:08	07:46
164	Laura Buckley	Cork City Council		22:15	07:10	233	Orla Mc Carthy	Temp	F40	24:10	07:47
165	Liam Burke	Temp		22:17	07:10	234	Peter Leary	Temp		24:10	07:47
166	Aidan Buckley	Cork Painters	M45	22:20	07:11	235	Aidan Henry	Temp		24:11	07:47
167	Jimmy Murray	HSE	M60	22:21	07:12	236	Bernie Smith	Temp		24:14	07:48
168	Barry Ryan	Novartis		22:22	07:12	237	Dan Philpott	Temp	F40	24:15	07:48
169	John Cotter	ESB	M65	22:25	07:13	238	Brian Mc Carthy	Temp	M40	24:16	07:49
170	Sylvia Dunne	EMC	F40	22:28	07:14	239	Mark Geraghty	Geraghty		24:17	07:49
171	John Walsh	Temp		22:29	07:14	240	Barry Coleman	Temp		24:17	07:49
172	Colin O'Callaghan	Temp		22:30	07:15	241	Roger Mahony	Temp		24:19	07:50
173	Ian Power	Temp		22:33	07:15	242	Nessa Stokes	Temp		24:21	07:50
174	Adrian Sheehan	Temp		22:36	07:16	243	Roy Lewis	Temp		24:21	07:50
175	Fergal Gunn	ESB		22:37	07:17	244	Denis O'Sullivan	Temp		24:22	07:51
176	David Cotter	Cork Painters	M60	22:39	07:17	245	Donal Golden	EMC		24:22	07:51
177	Padraig Williams	Temp		22:40	07:18	246	Noel O'Sullivan	Temp		24:24	07:51
178	Col Conway	Temp		22:40	07:18	247	Sinead Costelloe	Temp		24:28	07:53
179	Aine Corrigan	Dept of Ed		22:42	07:18	248	Denise Hickey	Janssen	F35	24:28	07:53
180	John Noonan	Apple computing		22:45	07:19	249	Padraig O'Brien	Temp		24:29	07:53
181	Donnacha McCarthy	Temp		22:47	07:20	250	Tony Carey	Temp		24:29	07:53
182	Vincent O'Neill	EMC		22:49	07:21	251	Frances O'Connor	Dept of Ed	F50	24:30	07:53
183	Mark Griffin	Temp		22:49	07:21	252	Jackie Dooley	Temp		24:36	07:55
184	Danny Mc Carthy	An Post Eircom	M55	22:49	07:21	253	Vickie Crean	Temp		24:40	07:56
185	Anthony Walsh	Sisks Builders	M45	22:50	07:21	254	Denise O'Connor	Temp		24:41	07:57
186	Matthew Curran	MAC		22:51	07:21	255	Andrew O'Farrell	Pfizers Ringaskiddy	M55	24:46	07:58
187	Trish O'Riordan	Cork Garda		22:53	07:22	256	Eileen Buckley	Cork Shops	F45	24:47	07:59
188	Anthony Horgan	Cork Painters	M40	22:54	07:22	257	Donie O'Connell	Midleton News	M55	24:48	07:59
189	JJ Chambers	Janssen		22:56	07:23	258	Aidan Cooney	Temp		24:51	08:00
190	Jason O'Driscoll	Temp		22:58	07:24	259	Jerh Halligan	Temp		24:52	08:00
191	Darragh O'Sullivan	Temp		22:59	07:24	260	Tony O'Sullivan	RPS	M50	24:54	08:01
192	Stephan Koch	UCC		22:59	07:24	261	Ken Nyhan	Temp		24:55	08:01
193	Morgan O'Donnell	Temp		23:00	07:24	262	Dominic O'Sullivan	Temp		24:56	08:02
194	Finbarr Burns	Cork City Council		23:01	07:25	263	Paddy Daly	Army	M60	24:56	08:02
195	Dermot McDonald	EMC		23:02	07:25	264	Roy Cummins	Cummins	M60	24:57	08:02
196	Donal Mc Carthy	EMC		23:02	07:25	265	Seamus Wilson	Temp		24:57	08:02
197	Brendan O'Callaghan	Temp		23:02	07:25	266	Adam Douglas	Temp		24:58	08:02
198	Paul Healy	EMC		23:05	07:26	267	Michael O'Gorman	Temp		25:04	08:04
199	Damien Long	EMC		23:06	07:26	268	Mary Mulcahy	BOI	F45	25:07	08:05
200	Mick Murphy	Temp		23:08	07:27	269	Liam Doherty	Temp		25:09	08:06
201	Richard Blair	Temp		23:10	07:27	270	Keith Camyn	Temp		25:11	08:06
202	Rose Smith	Temp		23:11	07:28	271	John Noonan	Temp		25:12	08:07
203	David Mc Carthy	Temp		23:11	07:28	272	Donal Looney	Temp		25:16	08:08
204	Thomas Moloney	Temp		23:12	07:28	273	Patrick Murphy	Murphy		25:16	08:08
205	Aine Murphy	UCC	F45	23:12	07:28	274	Seamus Kerrigan	Temp		25:17	08:08
206	David Merriman	BOI	M40	23:14	07:29	275	Pat Gilborne	EMC		25:18	08:09
207	Ciarra Devlin	Temp		23:14	07:29	276	Brendan Hayes	Apple Computers	M55	25:20	08:09

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Pos.	Athlete	Business	Cat.	Time	Pace	Pos.	Athlete	Business	Cat.	Time	Pace
277	Michelle Manning	Temp		25:20	08:09	346	Carol Daly	EMC	F40	28:19	09:07
278	Ann Savage	Navy	F45	25:21	08:10	347	Kate O'Donovan	Temp		28:21	09:07
279	Paudie Linehan	Temp		25:22	08:10	348	Michelle Forde	Temp		28:21	09:07
280	Simon Hegarty	Temp		25:25	08:11	349	Lorraine Murray	Temp		28:22	09:08
281	Grainne O'Callaghan	Temp	F35	25:30	08:12	350	Maria Twomey	Temp		28:23	09:08
282	Martina Burke	J Casey		25:35	08:14	351	Ann Collins	Temp		28:24	09:08
283	Martin Morrissey	Temp		25:39	08:15	352	Chris McCarthy	Temp		28:26	09:09
284	George Webb	Plant Hire	M65	25:39	08:15	353	Theresa Marshall	Temp		28:30	09:10
285	John Quigley	Statsol	M55	25:40	08:16	354	Declan Jones	Cork Solicitors		28:32	09:11
286	Daithi Merrick	Irish Aggregates	M40	25:41	08:16	355	Collette Murphy	Temp		28:39	09:13
287	Hillary Creedon	Faillte Ireland		25:44	08:17	356	Jim O'Shea	Temp		28:39	09:13
288	Kiera Crowley	Temp		25:45	08:17	357	Clieve Vincent	Temp		28:40	09:14
289	Brian Bradley	Temp		25:46	08:18	358	Charles Kinnane	Temp		28:44	09:15
290	Laura Murphy	Temp		25:47	08:18	359	Sinead O'Callaghan	Temp		28:45	09:15
291	Moira O'Connell	Temp		25:48	08:18	360	Susan Sheehan	Apple Computers		28:46	09:16
292	Laura Fitzpatrick	Temp		25:57	08:21	361	Ciara Mullins	Navy		28:51	09:17
293	Deirdre Lane	Temp		25:58	08:21	362	Betty O'Riordan	JF Gould	F50	28:53	09:18
294	Kevin O'Driscoll	Pfizers Ringaskiddy	M55	25:59	08:22	363	Theresa Lordan	Temp		28:58	09:19
295	Siobhan Casey	Temp		26:00	08:22	364	Helen O'Keeffe	EMC	F35	28:59	09:20
296	Niall Kearney	Temp		26:02	08:23	365	Miriam Boag	Temp		28:05	09:02
297	Karl Murphy	Temp		26:03	08:23	366	Carmel O'Connell	Cork City Council	F40	29:20	09:26
298	Angela Garcia	Temp		26:08	08:25	367	Susan Coleman	Temp		29:20	09:26
299	William Kiely	Temp	F35	26:12	08:26	368	Nessa Goggin	Temp		29:26	09:28
300	Frankie Kelleher	Janssen		26:13	08:26	369	Aishling Hurley	Temp		29:31	09:30
301	Orla O'Sullivan	Temp		26:20	08:29	370	Yvonne Dorney	Temp		29:32	09:30
302	Christopher O'Driscoll	Temp		26:23	08:30	371	Joan McCarthy	BOI	F50	29:39	09:33
303	Christy O'Driscoll	Pfizers Ringaskiddy	M60	26:24	08:30	372	Niamh Power	Temp		29:43	09:34
304	John McDermot	Temp		26:25	08:30	373	Shane Parfrey	Temp		29:44	09:34
305	Kieran Crowley	Temp		26:25	08:30	374	Eleanor O'Driscoll	Temp		29:53	09:37
306	Eugene McVeigh	EMC	M50	26:25	08:30	375	Grainne Kearns	EMC		29:55	09:38
307	Jerry Lawton	Temp		26:34	08:33	376	Grainne Duggan	Pfizers Ringaskiddy		29:58	09:39
308	Paul McShane	Temp		26:36	08:34	377	Nollaig Parfrey	Temp		30:18	09:45
309	Denis Manning	Cork County Council		26:41	08:35	378	Brenda Green	Temp		30:19	09:45
310	Ann Marie Verling	Temp		26:43	08:36	379	Ashley Horgan	CSO		30:41	09:53
311	Kevin Harris	Temp		26:44	08:36	380	Emer Holland	Temp		30:44	09:54
312	Dave O'Keeffe	Temp		26:46	08:37	381	Declan Lynch	Temp		30:52	09:56
313	Margaret O'Connell	Temp		26:47	08:37	382	Kathleen O'Connell	Midleton News	F55	31:05	10:00
314	Trevor Thompson	Temp		26:51	08:39	383	Lisa Barrett	Temp		31:23	10:06
315	Ann Hayes	HSE	F50	26:51	08:39	384	Elaine Holland	Temp		31:24	10:06
316	Rosarie Crowley	Temp		26:52	08:39	385	Edel Stevenson	Temp		31:25	10:07
317	Ann Marie Dowling	Temp	F35	26:52	08:39	386	Fiona Cashman	Temp		31:33	10:09
318	Neil Kingston	Temp		26:56	08:40	387	Orla Murphy	Temp		31:34	10:10
319	Sinead Druhar	Temp		26:57	08:40	388	Michelle O'Sullivan	Temp		31:38	10:11
320	Tara Murphy	Temp		26:59	08:41	389	Linda Murphy	Temp		31:40	10:12
321	Cormac O'Carroll	Apple Computers	M45	27:00	08:41	390	Olive Barry	EMC		31:40	10:12
322	Niall Gillas	Temp		27:03	08:42	391	Pat McGuinness	Temp		31:46	10:13
323	Catherine Collins	EMC	F40	27:03	08:42	392	Juliet Kingston	Temp		31:46	10:13
324	Brian Clancy	Temp		27:07	08:44	393	Clodagh Hurley	Temp		31:49	10:14
325	Colm McSweeney	Navy		27:13	08:46	394	Ruth O'Donnell	Temp		31:54	10:16
326	Trish O'Mahony	Temp		27:14	08:46	395	Cathriona Desmond	Temp		31:55	10:16
327	Leonie Merrick	Dept of Ed	F35	27:16	08:47	396	Lynn McCarthy	Temp		32:04	10:19
328	Maura Murchall	Temp		27:17	08:47	397	Bernice Glavin	HSE	F50	32:04	10:19
329	Rory Lynch	Temp		27:18	08:47	398	Karen Buckley	Temp		32:14	10:22
330	Lillian Grandfield	Temp		27:23	08:49	399	Eva Long	Temp		32:45	10:32
331	John Murphy	Temp		27:24	08:49	400	Nicola O'Donovan	Temp		32:48	10:33
332	Gene Madigan	Temp		27:24	08:49	401	Gillian Anthony	Temp		34:12	11:00
333	Paula O'Shea	Temp		27:34	08:52	402	Ken Anthony	Temp		34:24	11:04
334	Vinny Kirk	Temp		27:41	08:55	403	Margaret Chambers	Temp		34:25	11:05
335	Veronica Twomey	Temp		27:50	08:58	404	Siobhan Buckley	CGI Food Park		34:33	11:07
336	Jim Bradley	Temp		27:51	08:58	405	Karen Leahy	Novartis		34:56	11:15
337	Billy Caball	BHAA	M65	27:55	08:59	406	Gillian Murphy	Temp		35:15	11:21
338	Marie Motherway	Temp		27:56	08:59	407	Anne Murphy	TA Autovalet	F40	35:16	11:21
339	Maria Kiely	Temp		27:57	09:00	408	Joan Holden	Temp		35:39	11:28
340	Ruth Burke	Temp		27:58	09:00	409	Cait Mehigan	Southern Law		35:40	11:29
341	Grainne O'Donovan	Southern Law		28:03	09:02	410	Iseult Cronin	Southern Law		35:41	11:29
342	Fiacra Bracken	Novartis	M45	28:04	09:02	411	Aoife Nash	Temp		38:16	12:19
343	Mandy Twomey	Temp		28:06	09:03	412	Niamh Nash	Temp		38:17	12:19
344	Brian Murray	Temp		28:10	09:04	413	Paula Higgins	EMC		39:42	12:47
345	Angela Tobin	HSE	F50	28:18	09:07	414	Rhona Keller	EMC		39:43	12:47

Results of the EMC 5k Road Race - July 8th 2009 (Under B.H.A.A. Rules)

Men's Results

- 1 James McCarthy
- 2 Cathal O'Connell
- 3 Tim O'Connor
- 4 Con Marshall

O/40

- 1 Ken Mulcahy
- 2 Michael O'Regan
- 3 Fergus Wall

O/45

- 1 Tom Sheehan
- 2 Mark Bulman
- 3 John Desmond

O/50

- 1 John Collins
- 2 Neilus Aherne
- 3 Willie Hayes

O/55

- 1 William O'Riordan
- 2 Tim Twomey
- 3 Tony Huff

O/60

- 1 John Holland
- 2 Paddy Gyves

O/65

- 1 John Cotter

Mens A Team

Points

- | | | |
|---|---------------|-----|
| 1 | Leisure World | 96 |
| 2 | Cork Garda | 163 |
| 3 | EMC | 650 |

Mens B Teams

Points

- | | | |
|---|--------------------|-----|
| 1 | DMP Enterprise | 130 |
| 2 | FAS | 139 |
| 3 | Kearys of Midleton | 141 |
| 4 | Statsol | 146 |
| 5 | Navy | 150 |
| 6 | Army | 153 |
| 7 | EMC | 158 |
| 8 | An Post Eircom | 199 |

Mens C Teams

Points

- | | | |
|----|---------------------|-----|
| 1 | Midleton UDC | 189 |
| 2 | Twomey Transport | 239 |
| 3 | IPS | 298 |
| 4 | Midleton News | 353 |
| 5 | An Post Eircom | 404 |
| 6 | EMC | 444 |
| 7 | Cork Painters | 530 |
| 8 | Janssen | 558 |
| 9 | Cork County Council | 573 |
| 10 | EMC | 589 |
| 11 | Novartis | 605 |
| 12 | Army | 606 |
| 13 | Navy | 636 |
| 14 | EMC | 787 |
| 15 | Pfizers Ringaskiddy | 852 |

Next Cork BHAA Event -

**Novartis 5k - Ringaskiddy
Wed 5th August 8:00pm**

Ladies Individual

- 1 Niamh Roe
- 2 Carmel Parnell
- 3 Ann Marie Healy
- 4 Ann Marie Costelloe

O/35

- 1 Ann Marie Power
- 2 Rachel O'Callaghan
- 3 Denise Hickey

O/40

- 1 Fidelma Kirwan
- 2 Geraldine O'Shea
- 3 Lena Boyd

O/45

- 1 Aine Murphy
- 2 Eileen Buckley
- 3 Mary Mulcahy

O/50

- 1 Frances O'Connor
- 2 Ann Hayes

O/55

- 1 Kathleen O'Connell

Womens A Teams

Points

- | | | |
|---|---------------------|-----|
| 1 | Cork Shops | 156 |
| 2 | Dept of Ed | 201 |
| 3 | HSE | 211 |
| 4 | Cork County Council | 273 |
| 5 | Musgraves | 298 |

Womens B Teams

Points

- | | | |
|----|-------------------|-----|
| 1 | EMC | 379 |
| 2 | Dept of Ed | 484 |
| 3 | Cork City Council | 530 |
| 4 | Janssen | 548 |
| 5 | EMC | 612 |
| 6 | BOI | 639 |
| 7 | HSE | 645 |
| 8 | Midleton News | 660 |
| 9 | EMC | 669 |
| 10 | HSE | 675 |
| 11 | Southern Law | 750 |
| 12 | EMC | 759 |
| 13 | EMC | 803 |

Next Cork BHAA Event -

**Novartis 5k - Ringaskiddy
Wed 5th August 8:00pm**