

Results of the EMC 5k Road Race - 7th July, 2010

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

Pos.	Athlete	Business	Cat.	Time	Pace
1	Kieran O'Sullivan	Cork Garda		17:05	05:30
2	Sean Dowling	Temp		17:07	05:31
3	Mark Bickerdike	Blarney School of Motoring	M45	17:26	05:37
4	Kevin Smith	Midleton UDC		17:32	05:39
5	Simon Mangan	Temp		17:43	05:42
6	Micheal Morgan	Temp		17:46	05:43
7	Noel O'Regan	Army	M40	17:48	05:44
8	John Harrington	Temp		17:50	05:44
9	Eoin O'Keeffe	Irish Aggregates		17:52	05:45
10	Paul Duggan	Fair Lane Tavern	M40	17:55	05:46
11	Jason Nicholl	EMC		17:59	05:47
12	Robert Patterson	Solvit Food Solutions		18:06	05:50
13	John O'Callaghan	FAS	M45	18:07	05:50
14	Matt Kearns	Temp		18:08	05:50
15	Donal Broderick	Midleton UDC	M40	18:09	05:51
16	Robbie Williams	Temp		18:11	05:51
17	Derek O'Keeffe	EMC		18:12	05:51
18	Jonathon Leniston	Temp		18:15	05:52
19	Dennis Lyons	CBC Staff		18:26	05:56
20	Mark McMahon	Solvit Food Solutions	M40	18:26	05:56
21	Tim Clarke	Waterstones		18:28	05:57
22	Aidan Looney	EMC		18:32	05:58
23	Cathal McCarthy	Temp		18:37	06:00
24	Conor O'Brien	De-Care Systems		18:39	06:00
25	Declan Murphy	DMP		18:48	06:03
26	Anthony Quinn	EMC		18:48	06:03
27	Ray Wallace	Solvit Food Solutions		18:50	06:04
28	Darragh Canavan	Temp		18:53	06:05
29	Marc Dalton	Midleton UDC		18:55	06:05
30	Mick O'Connell	Midleton News		18:56	06:06
31	Carmel Parnell	Cork Shops	F50	18:57	06:06
32	Michelle Nolan	Midleton News	F35	19:06	06:09
33	Mark Bulman	Army	M45	19:14	06:11
34	Edmund O'Sullivan	Midleton UDC	M45	19:17	06:12
35	Darren O'Gorman	Temp		19:23	06:14
36	Denis Carroll	Blarney Woollen Mills	M50	19:24	06:15
37	Patrick Rahilly	Temp		19:28	06:16
38	Philip Hayes	Temp		19:36	06:19
39	Fergal Sargent	Cork Airport		19:38	06:19
40	Joe Murphy	Cork County Council	M55	19:40	06:20
41	John O'Driscoll	FAS	M50	19:41	06:20
42	Martin O'Reilly	DMP		19:52	06:24
43	Willie O'Riordan	Army	M55	19:56	06:25
44	Sean O'Mahony	UCC		19:58	06:26
45	Adrian Quinn	Temp		19:59	06:26
46	John Leahy	Leahy Farm	M50	20:03	06:27
47	Stephen Geoghegan	EMC		20:04	06:28
48	Edmond Galvin	Millipore		20:07	06:28
49	Michael Dolan	Cork Garda		20:09	06:29
50	Michael O'Connor	Army	M60	20:18	06:32
51	Adam Duchnicz	Midleton UDC		20:19	06:32
52	Pat Twomey	UCC	M55	20:20	06:33
53	Tom Cuddihy	Temp		20:24	06:34
54	Kevin Coleman	Temp		20:27	06:35
55	Helen Leonard	Shournagh Childcare	F35	20:29	06:36

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56	Kevin Sievewright	Statsol	M40	20:32	06:37
57	Paul Kiely	Kiely Electrical		20:34	06:37
58	James Griffin	EMC		20:36	06:38
59	Paul O'Connor	EMC		20:40	06:39
60	Paul Shanahan	Navy	M40	20:42	06:40
61	Daniel Fieldhouse	Waterstones		20:43	06:40
62	Stephen O'Mahony	Cork Airport		20:44	06:40
63	Ned Ramsell	Flexible Connectors		20:47	06:41
64	Martin Walsh	Temp		20:50	06:42
65	Maciej Chojan	Temp		20:51	06:43
66	Jonathan Finn	Cork City Council		20:53	06:43
67	Diarmuid Holland	Temp		20:54	06:44
68	Steve Hegarty	EMC		20:55	06:44
69	Karen Prendergast	Temp		20:56	06:44
70	Donnacha O'Donnobhain	Newsweaver		20:56	06:44
71	Michael Dunne	UCC	M60	20:57	06:45
72	Barry Casey	Temp		21:01	06:46
73	John Holland	An Post Eircom	M60	21:02	06:46
74	Tony Cooke	Flexible Connectors	M45	21:05	06:47
75	Brian Collins	Temp		21:10	06:49
76	Ronan Boland	HSE	M45	21:12	06:49
77	Darragh Walsh	Temp		21:13	06:50
78	Pat J Murphy	Navy	M45	21:14	06:50
79	Michael Kiely	W+M Kiely	M65	21:15	06:50
80	Vincent O'Neill	EMC		21:16	06:51
81	Donal McCarthy	EMC		21:18	06:51
82	Ian Burke	Temp		21:23	06:53
83	Liam O'Leary	Cork City Council	M60	21:26	06:54
84	Charlie Byrd	Fair Lane Tavern	M45	21:30	06:55
85	Adolfo Garcia	EMC		21:37	06:57
86	Maggie Chojan	Private Hospitals		21:39	06:58
87	John Gaffney	Southern Law	M40	21:40	06:58
88	Brian Healy	Temp		21:43	06:59
89	Fidelma Kirwan	Eolas	F40	21:44	07:00
90	John O'Halloran	ESB	M55	21:45	07:00
91	Brian O'Rourke	Temp		21:46	07:00
92	Steve O'Halloran	IPS	M45	21:48	07:01
93	Aidan Henry	Calor Gas	M40	21:49	07:01
94	Ann Moore	Orion Sports	F45	21:50	07:02
95	John Carey	Midleton News	M40	21:54	07:03
96	Conor Fox	Temp		21:59	07:05
97	Colin O'Regan	Temp		22:01	07:05
98	John Harrington	EMC	M40	22:06	07:07
99	Darren Casey	Syncreon		22:08	07:07
100	Darragh O'Sullivan	Temp		22:11	07:08
101	Jimmy Murray	HSE	M60	22:13	07:09
102	Joe Leavey	UCC		22:14	07:09
103	Elaine Guinane	Dept of Ed		22:17	07:10
104	Dave Herlihy	Pfizers Little Island	M40	22:20	07:11
105	Kieran Lynch	Temp		22:22	07:12
106	Tony O'Brien	Dept of Ed	M45	22:23	07:12
107	Denise O'Brien	O'Brien	F35	22:24	07:13
108	Mary Histon de Barra	HSE	F40	22:25	07:13
109	Kevin Harrington	Temp		22:26	07:13
110	Marcel Springorum	Temp		22:27	07:14
111	Eddie Barry	West Brook Housing	M55	22:29	07:14

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

112	Micheal O'Cruaiaoi	O'Cruaiaoi	M45	22:30	07:15
113	Damien Long	EMC		22:32	07:15
114	Ciara Mangan	Temp		22:33	07:15
115	Andrew O'Leary	Failte Ireland		22:33	07:15
116	John Walshe	Temp		22:35	07:16
117	Barry Coleman	EMC		22:37	07:17
118	Orla O'Brien	EMC		22:37	07:17
119	Sylvia Dunne	EMC	F40	22:42	07:18
120	Mick Murphy	Temp		22:46	07:20
121	Mossie Shanahan	Temp		22:46	07:20
122	Paul Kerins	Little Island Pharmacy	M40	22:47	07:20
123	Kevin Coughlan	Temp		22:48	07:20
124	Ryan Quinn	Temp		22:49	07:21
125	Aine Murphy	UCC	F45	22:50	07:21
126	Dermot Cashman	Little Island Pharmacy	M50	22:51	07:21
127	Eileen Buckley	Cork Shops	F45	22:52	07:22
128	Karen Neiland	Cognis Irl Ltd	F40	22:52	07:22
129	Laura Buckley	Cork City Council		22:53	07:22
130	Paul Healy	EMC		22:55	07:23
131	Orla Crosby	Temp		23:02	07:25
132	Kevin Hedderman	Temp		23:08	07:27
133	Monica Twohig	Eolas	F45	23:10	07:27
134	Ted Linehan	Plant Hire	M50	23:15	07:29
135	Dave Griffin	Temp		23:17	07:30
136	Terry McCarthy	Temp		23:21	07:31
137	Tom O'Neill	IPS	M50	23:25	07:32
138	Batt Kearney	Blarney Woollen Mills	M50	23:27	07:33
139	Danny McCarthy	An Post Eircom	M55	23:28	07:33
140	John O'Leary	Bookdeal	M70	23:30	07:34
141	Brendan O'Callaghan	Pilz Ireland		23:32	07:34
142	Ciaran Brennock	BOI	M40	23:35	07:35
143	Frank Linehan	Plant Hire	M55	23:36	07:36
144	Bernard Sisk	Sisks Builders	M60	23:46	07:39
145	Con Warren	Little Island Pharmacy	M40	23:51	07:41
146	Treasa McSweeney	Temp		23:52	07:41
147	Ann Dunne	Temp		23:53	07:41
148	Frances Lynch	Hayden Training	F45	23:57	07:43
149	Padraig Haughney	EMC		24:00	07:43
150	Desmond Crowley	Temp		24:02	07:44
151	John Fitzpatrick	An Post Eircom	M40	24:09	07:46
152	Frances O'Connor	Dept of Ed	F50	24:13	07:48
153	John Quigley	Statsol	M55	24:14	07:48
154	Irene Eighan	Novartis		24:16	07:49
155	Marion Lyons	Fit 4 Life	F50	24:17	07:49
156	Tom Falvey	WHC Ltd	M50	24:18	07:49
157	Colin Deasy	Temp		24:22	07:51
158	Brian Murphy	Temp		24:23	07:51
159	Denise Hickey	Janssen	F35	24:25	07:52
160	Donal O'Donoghue	NSC	M40	24:27	07:52
161	Paul Harrington	Avondhu Motor Factors	M45	24:28	07:53
162	Grainne O'Callaghan	HSE	F35	24:29	07:53
163	Ciaran O'Sullivan	Temp		24:29	07:53
164	Anthony Noonan	Temp		24:30	07:53
165	Patrick Kelleher	Temp		24:31	07:53
166	Declan Lynch	Temp		24:34	07:54
167	Martina Burke	EPA	F35	24:37	07:55

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168	Peter Buckley	Temp		24:39	07:56
169	Trish Macropoulos	Temp		24:43	07:57
170	Brian Murphy	Temp		24:45	07:58
171	David McCarthy	Temp		24:50	08:00
172	Ken Nyhan	EMC		24:52	08:00
173	Gearoid Mullins	Temp		24:56	08:02
174	Declan O'Hanlon	Kerry Bio Sciences	M40	24:57	08:02
175	Una Buckley	EMC		24:59	08:02
176	Padraig O'Brien	Temp		25:00	08:03
177	Edwina Boyle	Temp		25:04	08:04
178	William Kiely	Temp		25:09	08:06
179	Dave Fleming	Cork Garda		25:14	08:07
180	Ashley Horgan	Temp		25:17	08:08
181	Gillian Guiney	Temp		25:25	08:11
182	Donie O'Connell	Midleton News	M60	25:42	08:16
183	Daithi Merrick	Irish Aggregates	M40	25:43	08:17
184	Brendan Hayes	FAS	M55	25:44	08:17
185	Kitty Harrington	Temp		25:46	08:18
186	Roy Cummins	Cummins	M60	25:50	08:19
187	Cillian O'Leary	Southern Law	F35	25:51	08:19
188	Sean Sexton	Temp		25:53	08:20
189	Leonie Merrick	Dept of Ed	F35	25:55	08:21
190	Claire Coleman	Southern Law		26:01	08:22
191	Denis Manning	Cork County Council		26:03	08:23
192	Rachel Dooley	Temp		26:12	08:26
193	Paddy Daly	Army	M60	26:20	08:29
194	Sarah Joe Sinnott	Temp		26:23	08:30
195	Paula O'Shea	Dept of Ed		26:29	08:31
196	Paula McCarthy	Temp		26:30	08:32
197	Colm Twomey	Temp		26:38	08:34
198	Michelle Ford	Temp		26:39	08:35
199	Katie O'Donovan	Temp		26:41	08:35
200	Ger O'Connell	Temp		26:42	08:36
201	Rob Fallon	Temp		26:43	08:36
202	Evelyn Fitzgerald	Temp		26:45	08:37
203	Niamh Lyons	Temp		26:59	08:41
204	Patrick Cotter	Temp		26:59	08:41
205	Sarah O'Brien	Temp		27:03	08:42
206	Rose Barry	Temp		27:04	08:43
207	Orla Murphy	Temp		27:12	08:45
208	Marie Buckley	EPA		27:14	08:46
209	Finbarr O'Hanlon	Cavanaghs	M45	27:17	08:47
210	Martin Morrissey	Temp		27:19	08:48
211	Charles Kinnane	EMC	M55	27:22	08:49
212	Grace O'Mahony	Temp		27:24	08:49
213	Noel Quinn	Temp		27:26	08:50
214	Fiona Kingston	Temp		27:27	08:50
215	Cormac O'Carroll	Apple Computers	M50	27:32	08:52
216	Marion Fitton	Private Hospitals	F50	27:38	08:54
217	Angela Tobin	HSE	F50	27:44	08:56
218	Marie Creedon	CSO	F45	27:47	08:57
219	Michelle Anderson	Temp		27:48	08:57
220	Gilllian Byrne	Temp		27:50	08:58
221	John O'Sullivan	Temp		27:53	08:58
222	Ann Hayes	HSE	F50	27:55	08:59
223	Ann Marie Dowling	Temp		27:57	09:00

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224	Emer Holland	Temp		28:02	09:01
225	Marion Carey	Temp		28:05	09:02
226	Jean Mangan	Temp		28:08	09:03
227	Michelle Dinan	PJ O'Driscolls	F35	28:16	09:06
228	Michelle Bennett	Temp		28:19	09:07
229	Dan Nagle	ITW Hi-Cone		28:20	09:07
230	Margaret Beausang	Midleton News	F50	28:24	09:08
231	Billy Caball	Cork BHAA	M65	28:28	09:10
232	Karen Dukelow	Temp		28:32	09:11
233	Shane Quinlan	Temp		28:34	09:12
234	Edel Buttermor	Temp		28:36	09:12
235	Glenda Crowley	HSE	F35	28:42	09:14
236	Frank Kelleher	Cork City Council	M65	28:44	09:15
237	Fiona Fritton	Temp		28:48	09:16
238	Ashley Horgan	Temp		28:49	09:17
239	Carmel O'Connor	Temp		28:55	09:18
240	Aideen Quigley	HSE	F40	29:13	09:24
241	Micheline Fox	Temp		29:15	09:25
242	Joan McCarthy	BOI	F50	29:43	09:34
243	Juliette Kingston	AIB		29:49	09:36
244	Ciara O'Donovan	Temp		29:49	09:36
245	Veronica Twomey	Temp		30:08	09:42
246	Jim McMurtry	Midleton News	M60	30:09	09:42
247	Rose Buckley	Temp		30:12	09:43
248	Carmel Hayes	Temp		30:15	09:44
249	Denis Taylor	Temp		30:16	09:45
250	Eileen Hayes	Temp		30:17	09:45
251	Deirdre Barrett	Temp		30:17	09:45
252	Nora Dalton	Temp		30:18	09:45
253	Niamh N O'Driscoll	Temp		30:36	09:51
254	Finola O'Connell	Temp		30:37	09:51
255	Eilish Walsh	Temp		30:48	09:55
256	Mary O'Donoghue	Temp		30:50	09:55
257	Denise Crowley	Temp		30:54	09:57
258	Siobhan O'Shea	Temp		31:01	09:59
259	Lynn McCarthy	Temp		31:10	10:02
260	Bernice Glavin	HSE	F50	31:13	10:03
261	Louise McEvoy	Temp		31:14	10:03
262	Martin Horgan	Temp		31:15	10:04
263	Mary Linehan	Linehans	F55	31:19	10:05
264	Ger Venner	Temp		31:31	10:09
265	Cait Meighan	Southern Law		31:39	10:11
266	Deirdre Fitzgerald	Temp		31:40	10:12
267	Tom Tucker	Temp		32:22	10:25
268	Joanne Linehan	Temp		32:32	10:28
269	Sarah Grimes	Temp		32:35	10:29
270	Grainne Kearns	Temp		34:21	11:03
271	Gerome O'Mahony	Temp		34:40	11:09
272	Ciara Walsh	Douglas Court Hair & Beauty	F35	35:51	11:32
	Jerry Forde	HSE			

Men

- 1 Kieran O'Sullivan
- 2 Mark Bickerdike
- 3 Kevin Smith
- 4 Noel O'Regan

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O/40

- 1 Paul Duggan
- 2 Donal Broderick
- 3 Mark McMahon

O/45

- 1 John O'Callaghan
- 2 Mark Bulman
- 3 Edmond O'Sullivan

O/50

- 1 Denis Carroll
- 2 John O'Driscoll
- 3 John Lehane

O/55

- 1 Joe Murphy
- 2 Willie O'Riordan
- 3 Pat Twomey

O/60

- 1 Michael O'Connor
- 2 Michael Dunne

O/65

- 1 Michael Kiely

O/70

- 1 John O'Leary

Wheelchair

- 1 Jerry Forde

Mens A Team

	Points
1 EMC	50
2 Solvit Food Solutions	59
3 Cork Garda	229

Mens B Team

	Points
1 Midleton UDC	48
2 Army	83
3 EMC	207

Mens C Team

	Points
1 EMC	131
2 UCC	167
3 FAS	238
4 EMC	264
5 Midleton News	307
6 EMC	360
7 An Post Eircom	363
8 Cork City Council	385
9 Little Island Pharmacy	393
10 EMC	532

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Ladies Individual

- 1 Carmel Parnell
- 2 Michelle Nolan
- 3 Helen Leonard
- 4 Maggie Chojan

O/35

- 1 Denise O'Brien
- 2 Denise Hickey
- 3 Grainne O'Callaghan

O/40

- 1 Fidelma Kirwan
- 2 Mary Histon de Barra
- 3 Sylvia Dunne

O/45

- 1 Ann Moore
- 2 Aine Murphy
- 3 Eileen Buckley

O/50

- 1 Frances O'Connor
- 2 Marion Lyons

O/55

- 1 Mary Linehan

Ladies A Team

	Points
1 Cork Shops	14
2 EMC	21
3 Eolas	22
4 Private Hospitals	34
5 Midleton News	38
6 HSE	75

Ladies B Team

	Points
1 Dept of Ed	25
2 HSE	31
3 Southern Law	52
4 EPA	52

Next BHAA Events

Novartis 5k - Aug 4th @ 8pm

Entries & changing @ Novartis Ringaskiddy

Note:

Date for IPS/Garda 5k is Sept 19th and not 14th July as previously advertised

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