

## Results of ESB 5k Road Race - 1st March, 2009 (Under B.H.A.A. Rules)

Pos.	Athlete	Business	Cat.	Time
1	Craig Murphy	Temp		15 : 41
2	Wieslaw Sosnowski	Dairypower		15 : 55
3	Cathal O'Connell	UCC	M45	16 : 07
4	Con Marshall	HSE		16 : 14
5	Shane Simcox	Leisure world		16 : 16
6	Eoin O'Sullivan	Temp		16 : 18
7	Elton Hefferenan	D & T		16 : 22
8	Gary O'Sullivan	Anondue Motor Factors		16 : 32
9	Michael O'Sullivan	Temp		16 : 47
10	Tim O'Connor	Temp		16 : 51
11	Eric Meade	Temp		16 : 53
12	Ronan Duggan	Temp		16 : 54
13	George Waugh	FAS		16 : 57
14	Noel Curtin	Quality Hotels	M45	17 : 00
15	Eoin McKenna	Temp		17 : 06
16	Shane Coffey	D & T		17 : 10
17	David Muldowney	Waterford IT	M35	17 : 14
18	Chris Harrington	Chris Harrington Const		17 : 23
19	Tim Mahony	Temp		17 : 35
20	Michael Murphy	Novartis	M50	17 : 36
21	Peter Fennell	Temp		17 : 40
22	John Collins	Team Adidas	M50	17 : 40
23	Donal Coakley	D & T		17 : 42
24	Alan Ryan	Temp		17 : 44
25	Eamonn O'Donovan	FAS		17 : 48
26	Marty O'Keeffe	Quality Hotels	M40	17 : 51
27	Mark Bickerdyke	Blarney School of Motoring	M45	17 : 59
28	Ivan Sheehan	Temp		18 : 06
29	Ken Devine	UCC	M40	18 : 12
30	Tom Shanahan	Erin Foods	M45	18 : 14
31	Rhona Lynch	GE Healthcare		18 : 19
32	David Hickey	DMP		18 : 20
33	Paud Walsh	Temp		18 : 24
34	Kevin Fraher	De-Care Systems Ireland	M40	18 : 30
35	Jessica Vonhatten	Chris Harrington Const		18 : 34
36	Louise Mansfield	Temp		18 : 37
37	Mark McMahon	Phoenix Clinic	M35	18 : 40
38	Conor McMahon	Phoenix Clinic	M40	18 : 40
39	John Halahan	An Post Eircom	M40	18 : 45
40	Derek O'Keeffe	Temp		18 : 49
41	Tom O'Brien	Temp		18 : 51
42	Paul Shanahan	Navy	M40	18 : 53
43	John Dunphy	Midleton News	M40	18 : 55
44	Eric Wolfe	Joyce Wolfe Physio		19 : 06
45	Nollaig Hunter	Chris Harrington Const	F35	19 : 07
46	Brian Shields	Navy		19 : 09
47	Nicholas Pike	Temp		19 : 16
48	Ann Marie Healy	HSE	F35	19 : 18
49	Joan Dorgan	Temp		19 : 19
50	Garry Relihan	Boston Scientific	M35	19 : 19
51	Donal Vaughan	Vaughan	M40	19 : 20
52	Sean Barry	Temp		19 : 21
53	Anthony Quinn	Temp		19 : 24
54	Eddie Byrne	IPS	M40	19 : 25

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55	Michael O'Regan	CIT Students		19 : 26
56	Mary Sweeney	Private Hospitals	F45	19 : 26
57	Mick Dooley	IPS	M40	19 : 27
58	Sean Finn	Schering Plough	M40	19 : 30
59	Pat Murphy	UCC	M50	19 : 31
60	Maurice Cahill	Quality Hotels		19 : 37
61	Helen Leonard	Temp	F35	19 : 37
62	Stephen Barrett	UCC		19 : 38
63	Willie Hayes	An Post Eircom	M50	19 : 38
64	R. O'Donohue	CIT		19 : 40
65	Michelle Nolan	Midleton News	F35	19 : 41
66	Dan Horgan	Midleton UDC	M50	19 : 45
67	Joe Murphy	Cork County Council	M50	19 : 47
68	John Sullivan	Temp		19 : 48
69	Brian D'Arcy	Temp		19 : 58
70	Dan Kennedy	DMP	M55	20 : 06
71	Richard Cronin	Temp	M35	20 : 08
72	Edwin Sutton	Temp		20 : 12
73	Conor O'Brien	De-Care Systems Ireland		20 : 18
74	Pat Fogarty	ESB	M45	20 : 22
75	Richard Capes	Temp		20 : 23
76	Sinead O'Connor	Chris Harrington Const		20 : 23
77	Ned Ramsell	Midleton News		20 : 26
78	Declan Carty	Temp		20 : 27
79	Andrea Bickerdyke	Chris Harrington Const		20 : 27
80	Jim McGrath	Temp		20 : 28
81	John O'Connell	Midleton UDC		20 : 38
82	John O'Driscoll	FAS	M50	20 : 43
83	Brian Healy	An Post Eircom	M45	20 : 47
84	Ken Owens	An Post Eircom	M40	20 : 51
85	John Fahy	Temp		20 : 52
86	Tony O'Brien	DMP	M45	20 : 53
87	George Bulman	Quality Hotels	M50	20 : 54
88	David McEvoy	Chris Harrington Const		20 : 55
89	Hanorah Kelleher	HSE	F40	20 : 56
90	John Collins	CIT Students		20 : 58
91	Mary O'Keeffe	Quality	F45	20 : 59
92	Gerard Pentony	Navy	M40	21 : 00
93	Stephan Walter	Chris Harrington Const		21 : 03
94	Irene Hartigan	UCC		21 : 04
95	Thomas Kelly	Navy	M50	21 : 05
96	John Tupper	Temp		21 : 06
97	Stephen Murphy	TA Auto Valet	M45	21 : 07
98	John Walshe	Temp		21 : 10
99	Paul Cleary	Temp		21 : 11
100	Kevin O'Reilly	Temp		21 : 19
101	Thomas O'Regan	Temp		21 : 25
102	Tony Cooke	Twomey Transport	M45	21 : 27
103	Gerry Geaney	Temp		21 : 29
104	Colm O'Reilly	De-Care Systems Ireland		21 : 35
105	Martin Bohan	Temp		21 : 36
106	Dermot Linehan	BOC Gases		21 : 39
107	Fergal O'Meara	AA Archer		21 : 41
108	Paddy Gyves	ITW Hi-Cone	M60	21 : 41
109	Noel Crowley	Temp		21 : 41

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110	Andrew O'Sullivan	Temp		21 : 42
111	Aoife Shields	UCC		21 : 47
112	Michael Brennan	Dept of Ed		21 : 48
113	Maciej Chojan	Temp		21 : 50
114	Flor Twohig	Temp		21 : 50
115	Rachel O'Callaghan	Cork Shops	F35	21 : 51
116	Charlie Byrd	Temp		21 : 53
117	Vincent O'Neill	EMC	M40	21 : 54
118	Victor Kiely	Temp		21 : 56
119	David Cotter	Cork Painters	M55	21 : 57
120	Jamie Griffin	Temp		21 : 58
121	Des Walshe	CITCO		21 : 59
122	William O'Connell	CITCO		22 : 00
123	Denis O'Shea	Cork Garda	M50	22 : 02
124	Dave Griffin	CSO		22 : 03
125	Mary Murphy	HSE	F55	22 : 05
126	Chris Murphy	Temp		22 : 06
127	Darren Casey	Temp		22 : 07
128	John Crowley	Temp		22 : 08
129	Pat O'Mahony	Temp		22 : 14
130	Peter Garry	Temp		22 : 15
131	PJ Murphy	Navy	M40	22 : 17
132	Rachel Carolan	Temp		22 : 17
133	Anthony Walsh	Sisk Builders	M45	22 : 18
134	Guillaume Beaurin	Temp		22 : 19
135	Liam Callanan	McGinity & O'Shea	M35	22 : 23
136	Frank Linehan	Plant Hire	M55	22 : 24
137	Donal O'Donohue	NSC	M40	22 : 25
138	Jim Murray	HSE	M60	22 : 27
139	John J Cotter	ESB	M65	22 : 29
140	Liam Donovan	Janssen	M50	22 : 30
141	Breda Cahill	Midleton News	F35	22 : 30
142	Denis Buckley	Temp		22 : 33
143	Michael Ui Crualaoi	Temp		22 : 33
144	Kevin Morrisson	AA Archer		22 : 37
145	John Quigley	Statsol	M55	22 : 37
146	Krzysztor Rakus	Temp		22 : 40
147	Anthony Horgan	Cork Painters	M40	22 : 45
148	Seamus O'Connor	Temp		22 : 47
149	Teddy Hennessy	Temp		22 : 52
150	Billy Lee	Temp		22 : 55
151	Aine Murphy	UCC	F45	22 : 56
152	Batt Kearney	Blarney Woollen Mills	M50	23 : 02
153	Monica Twohig	Sensory Labs	F45	23 : 03
154	Paul Healy	Temp		23 : 04
155	Danny McCarthy	An Post Eircom	M55	23 : 05
156	Grainne Lynch	Nautical Enterprises		23 : 05
157	Noel O'Connor	EMC	M50	23 : 06
158	John Fitzgerald	Temp		23 : 11
159	Stephen Koch	UCC		23 : 12
160	Aine Corrigan	Dept of Ed		23 : 13
161	John O'Leary	Bookdeal	M70	23 : 14
162	Barry Coleman	Temp		23 : 17
163	Catherine O'Donovan	Janssen		23 : 18
164	Frankie Kelly	Temp		23 : 19

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165	Ted Linehan	Plant Hire	M50	23 : 20
166	John O'Mahony	UCC	M65	23 : 21
167	Donie O'Connell	Midleton News	M55	23 : 22
168	David Healy	Temp		23 : 23
169	Maggie Chojan	Temp		23 : 24
170	Ruth Smith	Temp		23 : 25
171	Helen Brennock	Temp		23 : 26
172	Pioter Lesniak	Temp		23 : 27
173	Padraig Hyde	Rorsa	M50	23 : 29
174	Bernard Sisk	Sisk Builders	M60	23 : 33
175	Niamh Cronin	Temp		23 : 35
176	Julian Alnabady	Temp		23 : 37
177	Aidan Buckley	Cork Painters	M45	23 : 39
178	Fionnola Nyhan	Temp		23 : 40
179	Tony Neiland	Millipore	M40	23 : 48
180	Alan Buckley	Temp		23 : 49
181	Darragh O'Donovan	Janssen	M35	23 : 54
182	Padraig O'Sullivan	Temp		23 : 57
183	Caprini Francesco	Temp		23 : 58
184	Brian O'Callaghan	Temp		23 : 59
185	Eimear Murphy	Temp		24 : 01
186	Pio Treacy	Temp		24 : 06
187	John O'Callaghan	Temp		24 : 11
188	Mary O'Mahony	Quality Hotels	F40	24 : 12
189	Tom Falvey	Temp		24 : 13
190	Darragh Dullea	Temp		24 : 17
191	John Leahy	Temp		24 : 21
192	Dermot McDonald	EMC		24 : 23
193	George Webb	Plant Hire	M65	24 : 27
194	Kevin Hedderman	BOC Gases		24 : 29
195	Tony Carey	Temp		24 : 29
196	Aodhan Bohan	Temp		24 : 31
197	Brian Murphy	Temp		24 : 34
198	Laura Ferris	Temp		24 : 37
199	Karen Neiland	Cognis Ireland	F40	24 : 37
200	Brian McCarthy	EMC	M40	24 : 39
201	John Coleman	Temp		24 : 41
202	Ann Keighran	Temp		24 : 41
203	Padraig O'Brien	Temp		24 : 47
204	Ken Tierney	Temp		24 : 52
205	Tim O'Donohue	West Cork Electrical	M45	24 : 53
206	Vincent Murray	Dept of Ed	M35	24 : 57
207	Louise O'Keeffe	Riverside Dental	F40	25 : 09
208	Paddy Daly	Army	M60	25 : 11
209	Margaret Barry	Midleton News	F55	25 : 12
210	Michael Burns	Temp		25 : 18
211	Anthony Patterson	EMC	M35	25 : 22
212	Fiachra Bracken	Novartis	M45	25 : 22
213	Francis O'Connor	Temp		25 : 25
214	Sean O'Laoire	Temp		25 : 31
215	Dominic O'Sullivan	Temp		25 : 40
216	Austin Murphy	Boyne Valley	M60	25 : 40
217	Roy Cummins	Temp	M60	25 : 41
218	Pat Fleming	Temp		25 : 47
219	Ray Green	Greens	M35	25 : 48

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220	Willie O'Mahony	Quality Hotels	M60	25 : 48
221	James Broderick	Brodericks		25 : 52
222	Ciara O'Keeffe	Temp		25 : 52
223	Leonie Merrick	Dept of Ed	F35	25 : 58
224	Daithi Merrick	Irish Aggregates	M40	25 : 58
225	Francis Lynch	Riverside Dental	F45	26 : 14
226	Trish Murphy	Temp		26 : 16
227	Marcus Spillane	Statsol		26 : 18
228	Billy Caball	Cork BHAA	M65	26 : 24
229	Donal Hegarty	Temp		26 : 26
230	Eileen O'Mahony	Temp		26 : 31
231	Rory Meagher	Temp		26 : 35
232	Brendan Hayes	Temp		26 : 39
233	Dick O'Brien	Avondue Motor Factors	M65	26 : 40
234	Olive Hallahan	Temp		26 : 40
235	Tom Cunningham	EMC	M40	26 : 44
236	Sharon Maher	Temp		26 : 45
237	Colm Sisk	De-Care Systems Ireland		26 : 49
238	Maria Cronin	Temp		26 : 50
239	Mary Kingston	Temp		26 : 52
240	Billy Griffin	CGI Foods	M70	26 : 58
241	Ann Hayes	HSE	F50	27 : 00
242	Frank Kelleher	Cork City Council	M65	27 : 03
243	Aileen O'Keeffe	Cork Shops	F55	27 : 12
244	Carol Daly	EMC		27 : 16
245	Harriet Manson	Temp		27 : 25
246	Ailish Walsh	Temp		27 : 29
247	David Herlihy	Pfizers Little Island	M35	27 : 35
248	Antoinette Mulcahy	Temp		27 : 46
249	Lisa Quill	Temp		27 : 48
250	Lorraine Geaney	Temp		27 : 49
251	Kieran Brennock	Temp		27 : 50
252	Collette O'Donohue	Temp		27 : 59
253	Joan McCarthy	Bank of Ireland	F50	28 : 01
254	Ashling Baumann	CSO		28 : 16
255	Charles Kinnane	Temp		28 : 18
256	Eugene McVeigh	EMC	M50	28 : 18
257	Leslie Ann Matthews	Temp		28 : 27
258	Catherine Falvey	Temp		28 : 35
259	Aneda Szarek	Temp		28 : 54
260	Gobnait Creedon	Temp		28 : 56
261	Colm Jordan	Midleton News	M35	29 : 06
262	Miriam O'Sullivan	Temp		29 : 18
263	Colm O'Flynn	Temp		29 : 23
264	Mary Linehan	Temp		30 : 16
265	Georgina O'Neill	EMC		30 : 16
266	Catherine Collins	EMC	F40	30 : 16
267	Chris McCarthy	Chris Harrington Const		30 : 37
268	Edel Buttimer	EMC		30 : 44
269	Shane Crowley	Temp		31 : 03
270	Mary O'Shea	Temp		31 : 04
271	Cormac O'Carroll	Temp		31 : 21
272	Mary Toher	Dept of Ed	F50	31 : 30
273	Bernice Galvin	Temp		31 : 48
274	Deirdre Anthony	Weight Watchers	F60	31 : 50

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275	Ian Shaw	Temp		32 : 39
276	Eileen Cassidy	Temp		32 : 54
277	Clodagh Wheelan	Temp		32 : 55
278	Monica Dalton	Temp		32 : 55
279	Collette O'Neill	Temp		33 : 03
280	Eileen Myhod	Temp		33 : 05
281	Anne Murphy	TA Auto Valet	F40	33 : 28
282	Geraldine Curtin	Quality Hotels	F45	33 : 39
283	Fergal Collins	Temp		35 : 27
284	Haydee Galic	Temp		35 : 28
285	Tony Christie	Temp		35 : 29
286	Louise Mansfield	Temp		37 : 50
287	Helen O'Donohue	Temp		37 : 51

Wheelchair - Jerry Forde HSE

### Men's Results

- 1 Wieslaw Sosnowski
- 2 Cathal O'Connell
- 3 Con Marshall

### O/40

- 1 Marty O'Keeffe
- 2 Ken Devine
- 3 Kevin Fraher

### O/45

- 1 Noel Curtin
- 2 Mark Bickerdyke
- 3 Tom Shanahn

### O/50

- 1 Michael Murphy
- 2 John Collins
- 3 Pat Murphy

### O/55

- 1 Dan Kennedy
- 2 Frank Linehan
- 3 John Quigley

### O/60

- 1 Paddy Gyves
- 2 David Cotter
- 3 Jim Murray

### O/65

- 1 John Cotter
- 2 John O'Mahony
- 3 George Webb

### O/70

- 1 John O'Leary

### Wheelchair

- 1 Jerry Forde

## Results of ESB 5k Road Race - 1st March, 2009 (Under B.H.A.A. Rules)

	<b>Mens A Team</b>	<b>Points</b>	
1	D & T	46	
2	UCC	91	
3	Quality	100	

	<b>Mens B Teams</b>	<b>Points</b>	
1	An Post Eircom	185	
2	EMC	590	

	<b>Mens C Teams</b>	<b>Points</b>	
1	Navy	180	
2	Midleton News	286	
3	UCC	386	
4	EMC	437	

	<b>Ladies Individual</b>	
1	Rhona Lynch	
2	Jessica Vonhatten	
3	Nollaig Hunter	

	<b>O/35</b>	
1	Ann Marie Healy	
2	Helen Leonard	
3	Michelle Nolan	

	<b>O/40</b>	
1	Hanorah Kelleher	
2	Mary O'Mahony	
3	Karen Neiland	

	<b>O/45</b>	
1	Mary Sweeney	
2	Mary O'Keeffe	
3	Mary Murphy	

	<b>O/50</b>	
1	Ann Hayes	
2	Joan McCarthy	
3	Mary Toher	

	<b>O/55</b>	
1	Margaret Barry	
2	Aileen O'Keeffe	
3	Deirdre Anthony	

	<b>Womens A Teams</b>	<b>Points</b>	
1	Chris Harrington Const	5	
2	HSE	13	
3	Chris Harrington Const	15	
4	Midleton News	22	
5	UCC	23	

	<b>Womens B Teams</b>	<b>Points</b>	
1	Quality Hotels	31	

**Results of ESB 5k Road Race - 1st March, 2009** (Under B.H.A.A. Rules)

2	Cork Shops	42
3	HSE	42
4	Dept of Ed	45
5	Riverside Dental	50
6	EMC	63
7	EMC	69

**Next Cork BHAA Events -**

**UCC Memorial 10k**

**April 5th 11am Mardyke**

**Register in the Rugby Pavillion Mardyke Grounds &  
Prizegiving/Refreshments in the Maltings.**

**Note:No parking available inside Mardyke grounds**