

## Results of the ESB 5k Road Race - 21st February, 2010

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

Pos.	Athlete	Business	Cat.	Time	Pace
1	James McCarthy	McCarthy's		15:23	04:57
2	Sean McGrath	McGrath Landscapes		15:28	04:59
3	Noel Berkley	Olympic Landscapes	M40	15:36	05:01
4	Wieslaw Sosnowski	Dairypower		16:14	05:14
5	Tim O'Connor	Temp		16:29	05:18
6	James Grufferty	Chris Harrington Construction		16:35	05:20
7	Michael O'Donovan	Temp		16:35	05:20
8	Ronan Duggan	Temp		16:50	05:25
9	Owen Cummins	IPS		16:56	05:27
10	Jim Cosgrave	Temp		17:17	05:34
11	Shane Maher	Avondhu Motor Factors		17:18	05:34
12	Tim Mahony	Cork City Council		17:24	05:36
13	Mark Bickerdyke	Blarney School of Motoring	M45	17:31	05:38
14	Eamonn Donovan	FAS		17:33	05:39
15	Kieran McKeown	Temp		17:39	05:41
16	Conor Tierney	Temp		17:43	05:42
17	Denis Dunne	Army		17:46	05:43
18	Eric Wolfe	Joyce Wolfe Physio		17:59	05:47
19	Robert Patterson	Solvit Food Solutions		18:07	05:50
20	Dan Healy	Temp		18:11	05:51
21	Michael Lynch	Temp		18:11	05:51
22	Don Keohane	IPS	M40	18:13	05:52
23	Donal Broderick	Midleton UDC	M40	18:14	05:52
24	Diarmuid O'Sullivan	CSO		18:18	05:53
25	Brian Shields	Navy		18:20	05:54
26	Neilus Aherne	Midleton UDC	M50	18:24	05:55
27	Ray Wallace	Solvit Food Solutions		18:33	05:58
28	Mark McMahon	Solvit Food Solutions		18:34	05:59
29	John Hallahan	An Post Eircom	M45	18:48	06:03
30	Ronan O'Donoghue	CIT Students		19:05	06:09
31	Brian Linehan	Group 4 Securicor	M45	19:06	06:09
32	Tim Clarke	Waterstones		19:07	06:09
33	David Nyhan	Temp		19:09	06:10
34	Eddie Byrne	IPS	M40	19:12	06:11
35	Ian O'Sullivan	Temp		19:13	06:11
36	Denis Carroll	Blarney Woollen Mills	M50	19:14	06:11
37	Owen O'Connell	Cork City Council		19:16	06:12
38	John O'Driscoll	FAS	M50	19:19	06:13
39	Jim McGrath	Temp		19:30	06:17
40	Stephen Devine	Temp		19:32	06:17
41	David O'Callaghan	Leisureworld	M45	19:33	06:18
42	Elmer Morrissey	RPS		19:33	06:18
43	Stephen Geoghegan	EMC		19:35	06:18
44	Mike McGrath	Riverside Dental	M50	19:35	06:18
45	Hugh McKenzie	Temp		19:36	06:19
46	Willie O'Riordan	Army	M55	19:36	06:19
47	Ken Carey	Temp		19:38	06:19
48	Adam Duchnicz	Midleton UDC		19:39	06:19
49	Aidan Looney	Temp		19:42	06:20
50	Damien Collins	Collins		19:47	06:22
51	Michael Dooley	IPS	M40	19:51	06:23
52	Michael Clancy	Clancy Callibration		19:55	06:25
53	Niall O'Herlihy	Temp		19:57	06:25
54	Eric Owens	Temp		20:00	06:26
55	Ryan O'Callaghan	Proscon		20:05	06:28

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56	Denis Cronin	Denis Cronin Electrical	M45	20:05	06:28
57	Billy O'Sullivan	Flexible Connectors		20:05	06:28
58	Shaun Devine	Temp		20:06	06:28
59	Pat Breen	HSE		20:08	06:29
60	Kevin O'Reilly	Conoco Phillips	M50	20:18	06:32
61	Jessica Vonhatten	Chris Harrington Construction		20:20	06:33
62	Kieran Mulcahy	Temp		20:21	06:33
63	Eoin Field	Proscon		20:22	06:33
64	Phil Oakley	Temp		20:26	06:35
65	Nick Bent	Army	M45	20:28	06:35
66	Fergal Quinlan	Temp		20:28	06:35
67	James Ryan	Temp		20:29	06:36
68	Thomas O'Regan	Irish Rail	M40	20:31	06:36
69	Alan Carey	Temp		20:32	06:37
70	Ted O'Flynn	Cork Garda	M45	20:33	06:37
71	Tony Huff	Team Adidas	M55	20:35	06:38
72	Ned Ramsell	Flexible Connectors		20:36	06:38
73	Henry Brown	Temp		20:37	06:38
74	David McEvoy	Chris Harrington Construction		20:39	06:39
75	Ken Owens	Flexible Connectors	M40	20:42	06:40
76	John Dunphy	Flexible Connectors	M40	20:43	06:40
77	John O'Connell	Midleton UDC		20:47	06:41
78	Colm Lyons	Dept of Ed		20:50	06:42
79	Kieran Mullane	EMC	M40	20:51	06:43
80	Paul Kiely	Paul Kiely Electrical		20:54	06:44
81	Conor McGrath	Midleton UDC		20:57	06:45
82	David Burke	UCC	M40	21:05	06:47
83	John O'Riordan	UCC	M55	21:09	06:48
84	Hanora Kelleher	HSE	F40	21:13	06:50
85	Vincent Groarke	Temp		21:14	06:50
86	John Tupper	Temp		21:21	06:52
87	Michael Dunne	UCC	M60	21:21	06:52
88	Gerard Pentony	Navy	M40	21:23	06:53
89	Kieran Healy	Healys	M40	21:27	06:54
90	Deirdre Nagle	Temp		21:27	06:54
91	Michael Brennan	Dept of Ed		21:27	06:54
92	David Moloney	GE Healthcare		21:29	06:55
93	Packie O'Riordan	Temp		21:33	06:56
94	Michael O'Donovan	Temp		21:35	06:57
95	Pat O'Regan	O'Regans		21:36	06:57
96	Leonard McCarthy	Temp		21:37	06:57
97	Donal Looney	Temp		21:42	06:59
98	Brian Healy	Temp		21:44	07:00
99	Michael O'Brien	Cork County Council		21:47	07:01
100	Paddy Gyves	ITW Hi-Cone	M60	21:48	07:01
101	Yannick Lavanant	RRV		21:48	07:01
102	Pat Keane	Temp		21:50	07:02
103	Bob McNamara	Temp		21:51	07:02
104	Rory Magner	Temp		21:54	07:03
105	John Holland	An Post Eircom	M60	21:55	07:03
106	Darren Carey	Temp		21:55	07:03
107	Maggie Chojan	Temp		21:56	07:04
108	Seamus Cahill	IPS	M45	21:58	07:04
109	Jim Barry	Temp		22:00	07:05
110	Aidan Henry	Calor Gas	M40	22:03	07:06
111	Aidan Buckley	Cork Painters	M45	22:06	07:07

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

112	Jimmy Murray	HSE	M60	22:07	07:07
113	Chris Carroll	HSE	M55	22:08	07:07
114	John Kenny	Temp		22:10	07:08
115	Christy O'Driscoll	Pfizers Ringaskiddy	M60	22:11	07:08
116	Liam Donovan	Janssen	M50	22:12	07:09
117	John Cotter	ESB	M65	22:14	07:09
118	Billy Menton	ESB	M50	22:19	07:11
119	Brian Wakefield	Irish Rail	M45	22:20	07:11
120	Cathal O'Gorman	Proscon		22:23	07:12
121	Denis Healy	Temp		22:24	07:13
122	Mary Histon de Barra	HSE	F40	22:25	07:13
123	Declan Daly	Statsol	M40	22:26	07:13
124	Tony Neiland	Millipore	M45	22:28	07:14
125	Gearoid Macoitir	Proscon		22:33	07:15
126	Batt Kearney	Blarney Woollen Mills	M50	22:34	07:16
127	Brian McCarthy	EMC	M40	22:36	07:16
128	Monica Twohig	Eolas	F45	22:41	07:18
129	Kathleen Kelly	Pfizers Ringaskiddy	F35	22:43	07:19
130	Finola Nyhan	Temp		22:45	07:19
131	David Cotter	Cork Painters	M60	22:46	07:20
132	Paul O'Leary	Temp		22:48	07:20
133	Don Solis	Temp		22:48	07:20
134	Mick Murphy	Temp		22:53	07:22
135	David Barrett	Cork Garda		22:55	07:23
136	John Dorgan	Temp		22:57	07:23
137	Ken Noonan	Temp		22:59	07:24
138	Gerry O'Connor	Plant Hire	M55	23:00	07:24
139	James Hurley	Temp		23:05	07:26
140	Dave Griffin	Temp		23:07	07:26
141	Thomas Kelly	Navy	M50	23:08	07:27
142	Stephen Murphy	Denis Cronin Electrical	M50	23:11	07:28
143	David Healy	UCC		23:12	07:28
144	Con Warren	Little Island Pharmacy	M40	23:12	07:28
145	John O'Sullivan	Temp		23:14	07:29
146	John O'Leary	Bookdeal	M70	23:19	07:30
147	Greg St. Ledger	Temp		23:20	07:31
148	Tomas McCormack	Temp		23:21	07:31
149	Kevin Norman	Temp		23:22	07:31
150	Brian Kenneally	Temp		23:22	07:31
151	David Noonan	Temp		23:23	07:32
152	June Twomey	Temp		23:24	07:32
153	Dan Kingston	Temp		23:24	07:32
154	Ronan O'Neill	Temp		23:30	07:34
155	Pdraig White	IPS		23:31	07:34
156	Michelle Mahony	Temp		23:32	07:34
157	Helen Brennock	Temp		23:38	07:36
158	Karina Erangey	Siemens		23:40	07:37
159	Colin M Taggart	Caulfields Supervalu	M45	23:42	07:38
160	Derek Costelloe	Novartis		23:43	07:38
161	Dermot Cashman	Little Island Pharmacy	M50	23:45	07:39
162	Frances O'Connor	Dept of Ed	F50	23:46	07:39
163	Paddy Rogers	Temp		23:48	07:40
164	Louise O'Keefe	Hayden Training	F40	23:50	07:40
165	Matthew Gogarty	Temp		23:55	07:42
166	David Fieldhouse	Temp		23:55	07:42
167	Jane O'Connell	Temp		23:57	07:43

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

168	Ger McCarthy	Temp		23:59	07:43
169	Elaine O'Donoghue	HSE		24:02	07:44
170	John O'Mahony	UCC	M70	24:07	07:46
171	Bernard Sisk	Sisk Builders	M60	24:08	07:46
172	Mary Mulcahy	BOI	F45	24:09	07:46
173	Vincent O'Neill	EMC		24:11	07:47
174	Brendan Kelly	EMC		24:15	07:48
175	Roberto Sabatino	NSC	M45	24:17	07:49
176	Karen O'Flynn	Temp		24:21	07:50
177	Ted Linehan	Plant Hire	M50	24:27	07:52
178	James Spillane	Temp		24:28	07:53
179	Una Buckley	EMC		24:34	07:54
180	Willie O'Mahony	Quality Hotels	M60	24:36	07:55
181	Catherine Aherne	Temp		24:43	07:57
182	Ken Nyhan	EMC		24:44	07:58
183	Karen O'Brien	O'Briens	F40	24:44	07:58
184	Pat Harrington	Pilz Ireland	M40	24:45	07:58
185	John Casey	Temp		24:45	07:58
186	Amy Murphy	Temp		24:46	07:58
187	Ann Walsh	Ballincollig	F45	24:47	07:59
188	Brendan Kelly	Proscion		24:47	07:59
189	Danny McCarthy	An Post Eircom	M55	24:48	07:59
190	Ciara Morgan	Temp		24:51	08:00
191	Sharyn O'Callaghan	Pfizers Ringaskiddy	F35	24:53	08:01
192	Maurice Leahy	Temp		24:54	08:01
193	Dave Herlihy	Pfizers Ringaskiddy	M40	24:54	08:01
194	Paul Corrigan	Temp		24:55	08:01
195	Frank Linehan	Plant Hire	M55	24:55	08:01
196	Tony Carey	Temp		24:56	08:02
197	Ken Tierney	Temp		24:58	08:02
198	Phillip Mullane	Temp		25:06	08:05
199	Mark Murphy	Janssen	M40	25:14	08:07
200	Bob Cotter	Temp		25:23	08:10
201	Paddy Daly	Army	M60	25:28	08:12
202	Roy Cummins	Cummins	M60	25:31	08:13
203	Austin Murphy	Boyne Valley	M60	25:35	08:14
204	Charles Kinnane	EMC	M55	25:36	08:14
205	Eugene McVeigh	EMC	M50	25:37	08:15
206	Ciaran Brennock	Temp		25:52	08:20
207	Michael Ruane	Temp		25:52	08:20
208	Cian Mahoney	Temp		25:58	08:21
209	Chris McGlennon	EMC		26:03	08:23
210	Paul Harrington	Temp		26:08	08:25
211	Trish Macropoulas	Temp		26:09	08:25
212	Siobhan Wallace	Temp		26:14	08:27
213	Aoife Mulally	Dept of Ed		26:16	08:27
214	Denis Manning	Cork County Council		26:23	08:30
215	Caroline Considine	Temp		26:25	08:30
216	Darragh Kane	Temp		26:28	08:31
217	Aine Mulally	Dept of Ed		26:30	08:32
218	Aileen O'Keeffe	Cork Shops	F55	26:34	08:33
219	Emer Hallahan	Temp		26:54	08:39
220	Helen Geary	Temp		26:55	08:40
221	Paudie Linehan	Temp		26:56	08:40
222	Louise Barry	Dept of Ed		27:01	08:42
223	Debbie Casey	Temp		27:01	08:42

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224	Brid NiChathain	Temp		27:08	08:44
225	Deirdre Lane	Temp		27:12	08:45
226	Derek Lane	Temp		27:16	08:47
227	Leonie Merrick	Dept of Ed	F35	27:26	08:50
228	Daithi Merrick	Irish Aggregates	M40	27:28	08:50
229	Margaret Beausang	Temp		27:28	08:50
230	Una Raggett	Ballincollig	F50	27:31	08:51
231	Valerie Lynch	Temp		27:32	08:52
232	Maeve Buckley	Temp		27:40	08:54
233	Yvonne O'Sullivan	Temp		27:41	08:55
234	Margaret Twohig	Temp		27:42	08:55
235	Noel Tobin	Temp		27:57	09:00
236	Fionann O'Haobain	Temp		27:57	09:00
237	Chris Morris	Temp		28:00	09:01
238	Frank Kelleher	Cork City Council	M65	28:01	09:01
239	Maura O'Doherty	Apple Computers		28:02	09:01
240	Joanne McDermot	Temp		28:02	09:01
241	Michelle Hurley	Temp		28:06	09:03
242	Yvonne Murphy	Temp		28:08	09:03
243	Shane O'Connor	Temp		28:18	09:07
244	Jean Ryan	D Ryan & Co	F40	28:18	09:07
245	Yvonne O'Raw	Michael O'Regan	F40	28:19	09:07
246	Ann Erangey	Temp		28:20	09:07
247	Joan McCarthy	BOI	F50	28:22	09:08
248	Michelle Bennett	RPS		28:23	09:08
249	Ciara Conlon	RPS		28:31	09:11
250	Ann Finn	Temp		28:52	09:17
251	Paul Barry	Temp		28:57	09:19
252	Marion Cotter	Temp		29:00	09:20
253	Bernie Twomey	Temp		29:00	09:20
254	Catherine O'Brien	Temp		29:08	09:23
255	Carmel Griffin	Temp		29:10	09:23
256	Lillian Grandfield	Temp		29:19	09:26
257	Grainne Murphy	Temp		29:19	09:26
258	Sharon Horgan	Temp		29:24	09:28
259	Eleanor O'Donnell	Temp		29:25	09:28
260	Mary Linehan	Linehans	F50	29:30	09:30
261	Kathleen O'Connell	Midleton News	F55	30:10	09:43
262	Jim McMurtry	Midleton News	M60	30:12	09:43
263	Eva Honohan	Temp		30:23	09:47
264	Caroline Tracy	Temp		30:24	09:47
265	Rose Buckley	Temp		30:48	09:55
266	Helen Dempsey	Temp		31:11	10:02
267	Tracy Cronin	Temp		31:33	10:09
268	Gina Wren	Temp		32:19	10:24
269	Desmond Brennan	Temp		32:19	10:24
270	Michael Trindle	Temp		33:50	10:53
271	Maggie Mulpeler	Temp		34:22	11:04
272	Jerry Forde	HSE		38:00	12:14

### Men's Results

- 1 James McCarthy
- 2 Sean McGrath
- 3 Noel Berkley

O/40

# Results of the ESB 5k Road Race - 21st February, 2010

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

- 1 Don Keohane
- 2 Don Broderick
- 3 Eddie Byrne

## **O/45**

- 1 Mark Bickerdyke
- 2 J Hallihan
- 3 B Lenihan

## **O/50**

- 1 Neilus Aherne
- 2 Denis Carroll
- 3 J O'Driscoll

## **O/55**

- 1 Willie O'Riordan
- 2 K O'Reilly
- 3 John O Riordan

## **O/60**

- 1 M Dunne
- 2 Paddy Gyves
- 3 John Holland

## **O/65**

- 1 John Cotter
- 2 Frank Kelleher

## **O/70**

- 1 John O'Leary

## **Wheelchair**

- 1 Jerry Forde

## **Mens A Team**

	<b>Points</b>
1 IPS	65
2 Solvit Food Solutions	74
3 Midleton UDC	97

## **Mens B Team**

	<b>Points</b>
1 Army	128
2 Proscion	244
3 HSE	286

## **Mens C Team**

	<b>Points</b>
1 Flexible Connectors	204
2 EMC	250
3 UCC	252
4 Navy	255
5 Cork City Council	288
6 IPS	316
7 An Post Eircom	325
8 Plant Hire	513
9 EMC	532
10 EMC	621

## Results of the ESB 5k Road Race - 21st February, 2010

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

### Ladies Individual

- 1 Jessica Vonhatten
- 2 Hanora Kelleher
- 3 Mary Histon de Barra

### O/35

- 1 K Kelly
- 2 S O'Callaghan
- 3 Leonie Merrick

### O/40

- 1 L O'Keeffe
- 2 Karen O'Brien
- 3 Yvonne O'Raw

### O/45

- 1 Monica Twohig
- 2 M Mulcahy
- 3 A Walsh

### O/50

- 1 F O'Connor
- 2 Una Raggett
- 3 Joan McCarthy

### O/55

- 1 A O'Keeffe
- 2 M Linehan
- 3 Kathleen O'Connell

### Ladies A Team

- |           | Points |
|-----------|--------|
| 1 HSE     | 5      |
| 2 Pfizers | 15     |

### Ladies B Team

- |                | Points |
|----------------|--------|
| 1 Dept of Ed   | 17     |
| 2 Ballincollig | 27     |
| 3 BOI          | 27     |
| 4 Dept of Ed   | 28     |
| 5 RPS          | 41     |

### Next BHAA Event:

Janssen 4 Mile @ Little Island

Sunday 7th March @ 11am

Entries and changing at Little Island Community Centre

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