

Results of the FMC 4 Mile Road Race - 24th January, 2010

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

Pos.	Athlete	Business	Cat.	Time	Pace
1	cillian o leary	dept of ed		20:00	05:00
2	noel berkley	t		20:53	05:13
3	james grufferty	chris harrington construction		20:55	05:14
4	thomas maunsell	chris harrington construction		21:08	05:17
5	con marshall	hse		21:14	05:19
6	roy fahy	biopharma		21:16	05:19
7	john meade	joyce wolfe physio		21:20	05:20
8	cathal o connell	ucc	M45	21:23	05:21
9	frank o'carroll	proscon		21:40	05:25
10	owen cummins	ips		21:44	05:26
11	brian hegarty	t		21:47	05:27
12	donal coffey	pilz ireland		21:53	05:28
13	terry o brien	navy		22:13	05:33
14	ed murphy	t		22:14	05:34
15	tom laffan	hse	M40	22:16	05:34
16	colin sheehan	t		22:28	05:37
17	kieran lyons	t		22:33	05:38
18	james cosgrove	t		22:38	05:39
19	kieran mckeown	t		22:44	05:41
20	liam slattery	t		22:45	05:41
21	denis dunne	army		22:48	05:42
22	cathal kelly	pfizer(ringaskiddy)		22:52	05:43
23	joe walsh	t		22:56	05:44
24	tim mahony	cork city council		23:03	05:46
25	liam cotter	kerry foods	M40	23:07	05:47
26	vincent keane	keane shop lisspole	M45	23:09	05:47
27	paul duggan	t		23:09	05:47
28	paul gallagher	t		23:19	05:50
29	owen o keeffe	t		23:20	05:50
30	paul tierney	t		23:26	05:51
31	fred english	t		23:31	05:53
32	ray wallace	solvit food solutions		23:31	05:53
33	kenneth barry	t		23:34	05:53
34	john collins	t		23:36	05:54
35	brian shiels	navy		23:38	05:54
36	niamh roe	dept of ed		23:42	05:55
37	michael murphy	t		23:42	05:55
38	robert patterson	t		23:43	05:56
39	conor mcMahon	solvit food solutions	M40	23:46	05:56
40	declan murphy	dmp		23:51	05:58
41	donal broderick	mid urban council	M40	23:53	05:58
42	alan whitaker	ucc		23:56	05:59
43	stephen carmody	t		24:01	06:00
44	emer murphy	t		24:03	06:01
45	mark mc mahon	solvit food solutions		24:04	06:01
46	john lynch	t		24:05	06:01
47	paud walsh	t		24:08	06:02
48	don keohane	ips	M40	24:09	06:02
49	denis carroll	blarney woollen mills	M50	24:20	06:05
50	grellan mc grath	RPS	M40	24:22	06:06
51	stephen walter	t		24:25	06:06
52	pat o connor	t		24:29	06:07
53	neilus aherne	mid urban council	M50	24:29	06:07
54	derek o keeffe	EMC		24:32	06:08
55	paddy harkins	navy		24:33	06:08

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56	willie hayes	t		24:37	06:09
57	joyce wolfe	joyce wolfe physio		24:40	06:10
58	brian moriarty	t		24:40	06:10
59	kieran brennan	navy	M40	24:41	06:10
60	owen o connell	cork city council		24:45	06:11
61	anna maria costello	kerry co co		24:46	06:11
62	norman kelly	statsol		24:48	06:12
63	conor murray	janssen	M40	24:52	06:13
64	brian murphy	janssen		24:55	06:14
65	der moloney	t		25:02	06:16
66	john cashman	mid news	M45	25:07	06:17
67	ronan o reilly	t		25:08	06:17
68	david o callaghan	t		25:13	06:18
69	john desmond	statsol	M45	25:14	06:18
70	eddie byrne	ips	M40	25:18	06:20
71	brian cotter	ips		25:22	06:20
72	michelle nolan	mid news	F35	25:31	06:23
73	michael clancy	t		25:35	06:24
74	tom o brien	t		25:37	06:24
75	stephen o donohue	southern law		25:38	06:24
76	jim mc grath	t		25:39	06:25
77	willie o riordan	army	M55	25:41	06:25
78	paul day	t		25:42	06:26
79	john o driscoll	fas	M45	25:43	06:26
80	seamus casey	emc	M55	25:48	06:27
81	alan cummins	navy		25:56	06:29
82	amy wolfe	joyce wolfe physio		25:58	06:29
83	adam duchnicz	mid urban council		26:03	06:31
84	niall o cruallaouch	cork city council		26:09	06:32
85	kieran crowley	t		26:15	06:34
86	niall donovan	t		26:16	06:34
87	michael corbett	corbetts		26:18	06:34
88	barry oconnell	ucc	M45	26:20	06:35
89	kieran cotter	irish rail		26:22	06:35
90	billy o sullivan	flexable connectors		26:23	06:36
91	eoin field	proskon		26:23	06:36
92	rachel o callaghan	cork shops	F35	26:24	06:36
93	barry carley	t		26:25	06:36
94	donal kelly	t		26:26	06:36
95	andy gibson	t		26:31	06:38
96	colm carroll	t		26:33	06:38
97	denis cronin	denis cronin elect	M45	26:36	06:39
98	alan barry	t		26:39	06:40
99	dave mc evoy	chris harrington construction		26:40	06:40
100	fergal quinlan	t		26:40	06:40
101	kelly moynihan	cbc(staff)		26:41	06:40
102	carol finn	t		26:41	06:40
103	john o connell	t		26:43	06:41
104	nick bent	army	M45	26:46	06:42
105	colman o hanlon	t		26:48	06:42
106	fiona meade	t		26:51	06:43
107	mike mc grath	t		26:53	06:43
108	john leahy	navy	M45	26:58	06:44
109	sean lyons	dept of ed		27:00	06:45
110	john quigley	statsol	M55	27:03	06:46
111	kieran mulcahy	t		27:06	06:47

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112	fiedlma kirwan	eolas	F40	27:07	06:47
113	pat healy	t		27:08	06:47
114	paul cotter	t		27:09	06:47
115	deirdre nagle	t		27:09	06:47
116	charlie byrd	t		27:10	06:48
117	ned ramsell	flexible connectors irl		27:11	06:48
118	stephen geoghan	emc		27:15	06:49
119	emer morrissey	rps		27:16	06:49
120	martin neville	t		27:17	06:49
121	denis kelleher	t		27:20	06:50
122	richard casey	t		27:23	06:51
123	mick dooley	ips	M40	27:24	06:51
124	john o riordan	ucc	M55	27:29	06:52
125	denis o shea	cork garda	M50	27:33	06:53
126	sheldon kirkwood	t		27:34	06:53
127	kieran mullane	emc	M40	27:35	06:54
128	richard forrest	t		27:37	06:54
129	rosaleen mc keown	joyce wolfe physio		27:38	06:55
130	derek murphy	t		27:38	06:55
131	stephen lyons	alcon	M40	27:40	06:55
132	adrian williams	pepsi	M45	27:44	06:56
133	michael dunne	ucc	M60	27:45	06:56
134	david burke	t		27:46	06:57
135	thomas moloney	t		27:50	06:57
136	laurence courtney	t		27:50	06:57
137	vincent groarke	t		27:51	06:58
138	dermot kelly	t		27:52	06:58
139	earphones			27:55	06:59
140	john o halloran	esb	M55	27:56	06:59
141	damien kealing	cork city council		27:56	06:59
142	conor mills	cork city council		27:57	06:59
143	kevin dalton	t		27:57	06:59
144	michael power	t		27:57	06:59
145	conor fox	t		27:58	06:59
146	joan haugh	dept of ed	F50	27:59	07:00
147	elaine guinnane	dept of ed		28:00	07:00
148	john holland	an post eircom		28:02	07:01
149	denis sheehan	ucc	M45	28:04	07:01
150	elaine o brien	t		28:05	07:01
151	kieran dorgan	proscon		28:06	07:01
152	batt kearney	blarney woollen mills	M50	28:07	07:02
153	tony cooke	flexible connectors	M45	28:09	07:02
154	colm lyons	dept of ed		28:10	07:02
155	caroline geady	t		28:14	07:03
156	damien o brien	t		28:16	07:04
157	aidan buckley	t		28:18	07:04
158	liam o leary	cork city council	M60	28:19	07:05
159	paul walsh	t		28:20	07:05
160	pio treacy	t		28:21	07:05
161	kevin o connor	t		28:26	07:07
162	pat o regan	t		28:28	07:07
163	john walshe	t		28:30	07:07
164	patrick o regan	t		28:31	07:08
165	liam cashman	LSI storage		28:26	07:07
166	john cotter	esb	M65	28:38	07:09
167	jerh pentony	t		28:40	07:10

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168	john griffin	blarney woollen mills	M40	28:41	07:10
169	aidan buckley	t		28:42	07:10
170	aidan henry	t		28:42	07:10
171	sean devine	t		28:43	07:11
172	jerry o connor	plant hire	M50	28:44	07:11
173	brian mullins	t		28:45	07:11
174	liam murphy	t		28:46	07:11
175	claire fitzgerald	t		28:47	07:12
176	kevin downey	t		28:48	07:12
177	paul kearns	little island pharmacy	M40	28:56	07:14
178	lorna wolfe	joyce wolfe physio		28:53	07:13
179	stephen devine	t		28:55	07:14
180	simon long	pilz ireland		28:57	07:14
181	victor kiely	t		29:00	07:15
182	derek goggin	pilz ireland		29:02	07:15
183	john twomey	t		29:03	07:16
184	dave moloney	t		29:04	07:16
185	paul glavin	t		29:07	07:17
186	michael brennan	dept of ed		29:08	07:17
187	brian jones	t		29:09	07:17
188	clive murphy	ucc	F45	29:11	07:18
189	paddy gyves	t		29:12	07:18
190	monica twohig	eolas	F45	29:14	07:18
191	barry o callaghan	t		29:15	07:19
192	aoife o driscoll	t		29:18	07:19
193	brian mc carthy	emc	M40	29:18	07:19
194	andrew geaney	t		29:19	07:20
195	john cotter	t		29:21	07:20
196	tony neiland	t		29:22	07:20
197	kieran henry	t		29:28	07:22
198	pat o keeffe	t		29:29	07:22
199	jimmy murray	hse	M60	29:32	07:23
200	kevin quilligan	t		29:34	07:23
201	david murphy	t		29:37	07:24
202	richard murphy	t		29:40	07:25
203	gearoid macoiter	proskon		29:41	07:25
204	trevor o neill	DMP		29:42	07:25
205	anthony walsh	sisks builders	M45	29:44	07:26
206	rose smith	t		29:45	07:26
207	sean aherne	pfizers little island		29:46	07:26
208	billy menton	esb	M50	29:47	07:27
209	catherine o sullivan	t		29:49	07:27
210	david cotter	cork painters	M60	29:50	07:27
211	tony o riordan	t		29:51	07:28
212	andrew rossner	t		29:51	07:28
213	p j murphy	navy	M45	29:53	07:28
214	vincent o neill	emc		29:58	07:30
215	thomas kelly	navy	M50	29:58	07:30
216	killian hennessey	t		29:59	07:30
217	noel murray	t		30:01	07:30
218	stephen koch	ucc		30:04	07:31
219	andrew o farrell	t		30:11	07:33
220	seamus murphy	t		30:17	07:34
221	john o leary	bookdeal	M70	30:18	07:34
222	kate o flynn	t		30:20	07:35
223	vincent connelly	mid news	M50	30:21	07:35

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224	donal o donohue	nsc	M40	30:22	07:35
225	robert moriarty	t		30:23	07:36
226	darragh delay	t		30:24	07:36
227	con warren	little island pharmacy	M40	30:26	07:36
228	tom curtis	ips		30:27	07:37
229	john dennehy	t		30:34	07:39
230	sandra bohane	t		30:36	07:39
231	dermot cashman	little island pharmacy	M50	30:37	07:39
232	danny mc carthy	an post-eircom	M55	30:38	07:39
233	owen wallace	t		30:41	07:40
234	kevin o shea	t		30:47	07:42
235	anthony horgan	cork painters	M40	30:49	07:42
236	michael o mullane	t		30:50	07:42
237	david norman	t		30:52	07:43
238	stephen mc cormack	t		30:52	07:43
239	tomas mc cormack	t		30:53	07:43
240	frank cotter	cbc(staff)	M45	30:58	07:44
241	robert murphy	t		31:00	07:45
242	stephen murphy	t		31:01	07:45
243	keith harrington	t		31:01	07:45
244	donnacha o callaghan	t		31:02	07:46
245	rory o connor	t		31:03	07:46
246	david healy	t		31:03	07:46
247	damien nagle	mckesson ireland ltd		31:04	07:46
248	frances o connor	dept of ed		31:07	07:47
249	david merriman	boi	F50	31:08	07:47
250	aine corrigan	t	M40	31:17	07:49
251	karen neiland	t		31:18	07:50
252	mellonic garland	t		31:19	07:50
253	grainne o callaghan	t		31:23	07:51
254	roger o mahoney	cbc(staff)		31:24	07:51
255	katie rodriguez	t		31:24	07:51
256	charlie cooney	an post-eircom	M50	31:25	07:51
257	martin o sullivan	dept of ed	M55	31:25	07:51
258	david o kelly lynch	emc	M45	31:26	07:51
259	alison harrison	t		31:28	07:52
260	yannic lavanant	t		31:28	07:52
261	mairead power	t		31:29	07:52
262	paul scannell	t		31:30	07:52
263	mary mulcahy	boi	F45	31:31	07:53
264	don bergin	t		31:32	07:53
265	paudie birmingham	t		31:33	07:53
266	emer gorman	t		31:34	07:53
267	derek costelloe	t		31:35	07:54
268	lorna o neill	t		31:36	07:54
269	louise o keeffe	t		31:37	07:54
270	vincent murray	cbc(staff)		31:42	07:55
271	laurence keating	janssen	F40	31:50	07:58
272	andrew o leary	t		31:50	07:58
273	sean sexton	t		31:53	07:58
274	mick murphy	t		31:54	07:58
275	michelle manning	t		31:55	07:59
276	kay furlong	mid news		31:55	07:59
277	shane kennedy	t		31:56	07:59
278	padraig o brien	t		31:56	07:59
279	john gettings	t		31:58	08:00

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280	ken nyhan	emc		32:00	08:00
281	jj chambers	janssen		32:07	08:02
282	paul gardiner	t		32:07	08:02
283	jerh hayes	t		32:10	08:02
284	ann marie brennan	t		32:11	08:03
285	jerh o brien	janssen		32:12	08:03
286	emer o neill	t		32:13	08:03
287	declan o hanlon	kerry biosciences ltd	M40	32:14	08:03
288	finbarr o hanlon	t		32:18	08:04
289	sharyn o callaghan	pfizer(ringaskiddy)	F35	32:20	08:05
290	michael ruane	t		32:20	08:05
291	liam aherne	emc		32:21	08:05
292	john o mahony	ucc	M70	32:21	08:05
293	christy o driscoll	pfizer(ringaskiddy)	M60	32:23	08:06
294	bernard sisk	sisks builders	M60	32:25	08:06
295	roy cummins	cummins	M60	32:26	08:06
296	angela garcia	t		32:27	08:07
297	ann walsh	t		32:30	08:07
298	cathy hartigan	t		32:30	08:07
299	kevin o driscoll	pfizer(ringaskiddy)	M55	32:35	08:09
300	karen o brien	t		32:36	08:09
301	gillian ryan	t		32:37	08:09
302	robert o farrell	t		32:43	08:11
303	frances lynch	t		32:47	08:12
304	brian foley	t		32:48	08:12
305	siobhan foley	rps		32:49	08:12
306	paddy daly	army	M60	32:49	08:12
307	kieran murphy	t		32:51	08:13
308	liam donovan	janssen	M50	32:54	08:13
309	ted linehan	plant hire	M50	32:55	08:14
310	eamon crotty	t		32:55	08:14
311	martina burke	epa	F35	32:57	08:14
312	ann marie verling	hse	F45	33:08	08:17
313	james spillane	t		33:10	08:17
314	tony o sullivan	t		33:12	08:18
315	michael sexton	nse		33:13	08:18
316	catherine aherne	t		33:20	08:20
317	maria morrison	t		33:21	08:20
318	brian smith	t	F35	33:29	08:22
319	seamus bruton	cbc(staff)	M40	33:35	08:24
320	ann savage	t		33:40	08:25
321	margaret mulcahy	t		33:42	08:26
322	olive hallahan	t		33:51	08:28
323	kevin donovan	t		33:54	08:28
324	phil smiddy	t		33:56	08:29
325	simon laugier	t		33:57	08:29
326	david barrett	cork garda		33:59	08:30
327	andrew o sullivan	t		34:01	08:30
328	clodagh hurley	t		34:07	08:32
329	claudia pieper	t		34:08	08:32
330	pat quinlan	t		34:12	08:33
331	patrick fitzgibbon	t		34:13	08:33
332	terry murphy	t		34:18	08:34
333	daithi merrick	t		34:23	08:36
334	rachel long	t		34:25	08:36
335	anthony attridge	army		34:27	08:37

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336	barry rourke	t		34:33	08:38
337	tony carey	t		34:38	08:39
338	ann hayes	hse	F50	34:41	08:40
339	dave herlihy	t		34:49	08:42
340	mary cronin	t		34:53	08:43
341	collette neill	t		34:54	08:43
342	derek kelly	t		34:55	08:44
343	amy fitzgerald	t		35:00	08:45
344	john o connor	t		35:04	08:46
345	mark murphy	janssen	M40	35:07	08:47
346	cian morgan	t		35:07	08:47
347	leonie merrick	t		35:12	08:48
348	therese barrett	mms medical	F40	35:13	08:48
349	mark rohan	proscon		35:18	08:49
350	deirdre murphy	pfizer(ringaskiddy)		35:24	08:51
351	shane smith	t		35:26	08:51
352	frankie kelleher	janssen	F35	35:29	08:52
353	marie creedon	t		35:29	08:52
354	aileen o sullivan	t		35:30	08:52
355	kevin murphy	JJ Gillen		35:32	08:53
356	finbarr mc carthy	t		35:33	08:53
357	margaret o sullivan	t		35:34	08:54
358	eugene mc veigh	emc	M50	35:37	08:54
359	charles kinnane	emc	M55	35:38	08:54
360	conor o callaghan	t		35:39	08:55
361	grainne o donovan	t		35:45	08:56
362	chris mc carthy	t		35:46	08:56
363	eileen mylod	t		35:46	08:56
364	ann louise barry	t		35:48	08:57
365	gyen lettice	t		35:48	08:57
366	sioban o riordan	t		35:48	08:57
367	aileen o keeffe	t		35:49	08:57
368	denis manning	t		35:51	08:58
369	cathriona gardiner	t		35:55	08:59
370	aine mulally	dept of ed		35:56	08:59
371	una raggett	t		36:00	09:00
372	maura o doherty	apple computers	F35	36:09	09:02
373	rosanne kidney	t		36:18	09:04
374	aoife mullally	dept of ed		36:27	09:07
375	ann o connor	t		36:28	09:07
376	frank kelleher	cork city council	M65	36:33	09:08
377	siobhan o shea	t		36:42	09:11
378	karina erangey	t		36:46	09:11
379	pat fleming	t		37:02	09:15
380	joan mc carthy	boi	F50	37:22	09:20
381	mary keane	t		37:34	09:24
382	barry o keeffe	t		37:38	09:24
383	mark mc grath	t		37:53	09:28
384	helen o keeffe	emc	F35	37:54	09:28
385	lisa barrett	cork garda	F35	38:07	09:32
386	veronica twomey	t		38:12	09:33
387	gary erangey	t		38:17	09:34
388	geraldine o donvovan	douglas meet & train		38:25	09:36
389	angela harrington	t		38:43	09:41
390	ann marie rafter	t		39:03	09:46
391	edward o sullivan	t		39:21	09:50

Results of the FMC 4 Mile Road Race - 24th January, 2010

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

392	sinead flanagan	t		39:41	09:55
393	vicki murphy	mms medical		39:43	09:56
394	paula o shea	dept of ed	F45	39:45	09:56
395	kathleen o connell	mid news	F55	39:48	09:57
396	mary linehan	linehans	F50	39:51	09:58
397	yvonne murphy	t		39:52	09:58
398	cathal o gorman	t		40:18	10:04
399	deirdre harrington	t		40:19	10:05
400	mary crowley	t		40:44	10:11
401	emer hallahan	t		41:47	10:27
402	john hallahan	an post - eircom	M45	41:47	10:27
403	mary toher	dept of ed	F50	44:18	11:04
404	eda honohan	t		44:52	11:13
405	caroline french	t		44:53	11:13
406	bernice glavin	hse	F50	46:00	11:30
407	anthony murphy	t		48:10	12:02
408	susan murphy	t		48:11	12:03
409	jerry forde	t			

Men's Results

- 1 Cillian O'Leary
- 2 James Grufferty
- 3 Thomas Maunsell

O/40

- 1 Tom Laffan
- 2 Liam Cotter
- 3 Conor McMahon

O/45

- 1 Cathal O'Connell
- 2 Vincent Keane
- 3 John Cashman

O/50

- 1 Denis Carroll
- 2 Neilus Aherne
- 3 Denis O'Shea

O/55

- 1 Willie O'Riordan
- 2 Seamus Casey
- 3 John Quigley

O/60

- 1 Michael Dunne
- 2 Liam O'Leary

O/65

- 1 John Cotter
- 2 Frank Kelleher

O/70

- 1 John O'Leary

Wheelchair

Results of the FMC 4 Mile Road Race - 24th January, 2010

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

1 Jerry Forde

Mens A Team

Points

1	Chris Harrington Const	104
2	UCC	138
3	Cork City Council	226
4	Proscon	251
5	Dept of Ed	264
6	Pilz Ireland	374
7	EMC	595
8	Christian Brothers	595
9	EMC	829

Mens B Team

Points

1	Solvit Food Solutions	116
2	IPS	128
3	Midleton UDC	177
4	Army	202
5	HSE	219
6	Janssen	308

Mens C Team

Points

1	Navy	103
2	EMC	203
3	Navy	248
4	Flexible Communications	360
5	Blarney Woollen Mills	369
6	UCC	406
7	IPS	422
8	ESB	514
9	EMC	524
10	Pfizers Ringaskiddy	614
11	Little Island Pharmacy	635
12	Cork City Council	676
13	An Post Eircom	890
14	Janssen	938

Ladies Individual

1	Niamh Roe
2	Joyce Wolfe
3	Ann Marie Costelloe

O/35

1	Rachel O'Callaghan
2	Sharon O'Callaghan
3	Martina Burke

O/40

1	Fidelma Kirwan
2	Therese Barrett

O/45

1	Aine Murphy
2	Monica Twohig
3	Mary Mulcahy

Results of the FMC 4 Mile Road Race - 24th January, 2010

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

O/50

- 1 Joan Hough
- 2 Frances O'Connor
- 3 Ann Hayes

O/55

- 1 Kathleen O'Connell

Ladies A Team

	Points
1 Joyce Wolfe Physio	139
2 Dept of Ed	182
3 Eolas	302
4 Joyce Wolfe Physio	307
5 Midleton News	348
6 Bank of Ireland	643

Ladies B Team

	Points
1 Pfizers Ringaskiddy	442
2 Dept of Ed	618
3 HSE	650
4 MMS	741
5 Dept of Ed	768

Next BHAA Event:

Cross Country at Beaumont Park
Sunday 14th February at 11am

A cheque for €5000 was presented to the Red Cross towards the Haiti appeal, after the race

Results of the FMC 4 Mile Road Race - 24th January, 2010

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