

Results of the HSE 4 Mile Road Race - 1st November, 2009

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

Pos.	Athlete	Business	Cat.	Time	Pace
1	Martin McCarthy	Ulster Bank		20:48	05:12
2	Philip Harty	Emerald Financial		21:05	05:16
3	John Meade	Joyce Wolfe Physio		22:10	05:33
4	Kevin Wilmot	Bandon Tyres		22:18	05:35
5	Shane Power	Emerald Financial		22:39	05:40
6	Mark Bickerdyke	Blarney Driving School	M45	22:44	05:41
7	Donal Coffey	Pilz Irl		22:51	05:43
8	Jim Cosgrave	Temp		23:21	05:50
9	Shane Maher	Avondhu Motor Factors		23:25	05:51
10	Mark McMahon	Phoenix Clinic		23:27	05:52
11	Aidan Mullin	Temp		23:28	05:52
12	Alan Hickey	Emerald Financial		23:34	05:53
13	Jason Nicol	EMC		23:34	05:53
14	John Hennessy	Janssen		23:36	05:54
15	Declan Murphy	DMP		23:40	05:55
16	Michael Murphy	Novartis	M50	23:41	05:55
17	John Collins	Team Adidas	M50	23:48	05:57
18	Anthony Quinn	Temp		23:52	05:58
19	Conor Collins	Temp		23:53	05:58
20	Fred English	Temp		24:02	06:01
21	Mark Bulman	Army	M45	24:05	06:01
22	Conor McMahon	Phoenix Clinic	M40	24:09	06:02
23	Brian Linehan	Group 4 Securicor	M45	24:11	06:03
24	Thomas Shortland	Temp		24:13	06:03
25	Ray Wallace	Phoenix Clinic		24:14	06:03
26	Ann McPhail	Limerick UL		24:19	06:05
27	Kevin Geary	Temp		24:22	06:06
28	Matthew Gedden	Jim Edwards Restaurant	M40	24:23	06:06
29	Don Keohane	IPS	M40	24:23	06:06
30	Conor O'Brien	DeCare Systems Irl		24:29	06:07
31	Willie Walsh	Army		24:34	06:08
32	Eric Wolfe	Joyce Wolfe Physio		24:45	06:11
33	Robbie Williams	Temp		24:50	06:12
34	Colin Walsh	Temp		24:52	06:13
35	William O'Donovan	Temp		24:53	06:13
36	Kevin Barry	Temp		24:54	06:14
37	Denis Dunne	Temp		24:58	06:14
38	Emma Morrissey	Temp		25:04	06:16
39	David O'Driscoll	Temp		25:05	06:16
40	Kieran Brennan	Navy	M40	25:06	06:16
41	Niall Murphy	Temp		25:07	06:17
42	Conor Murray	Janssen	M40	25:15	06:19
43	Clive Kerrisk	Temp		25:21	06:20
44	Der Moloney	HSE	M40	25:26	06:21
45	Mike McGrath	Riverside Dental	M45	25:28	06:22
46	Ken Mulcahy	Cognis Irl Ltd	M40	25:34	06:23
47	Pat Moloney	Temp		25:40	06:25
48	Pat Fogarty	ESB	M40	25:44	06:26
49	John Dunphy	Midleton News	M40	25:49	06:27
50	John O'Mahony	Temp		25:52	06:28
51	Eugene O'Connor	Temp		25:54	06:28
52	Willie O'Riordan	Army	M55	25:58	06:29
53	Colm Glavin	DeCare Systems Irl		26:00	06:30
54	Brian Murphy	Temp		26:01	06:30
55	Joyce Wolfe	Joyce Wolfe Physio		26:04	06:31

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56	Declan O'Halloran	Bandon Tyres	M45	26:13	06:33
57	Grellan McGrath	RPS	M40	26:14	06:34
58	John O'Callaghan	Temp		26:16	06:34
59	Paul Daly	Temp		26:17	06:34
60	Paul Dinan	Leasing Co of Ireland	M50	26:21	06:35
61	Joe O'Sullivan	Temp		26:31	06:38
62	Martin Walsh	Temp		26:33	06:38
63	Mary Sweeney	Private Hospitals	F45	26:34	06:38
64	Aine Murphy	UCC		26:34	06:38
65	Donal Kielty	Temp		26:37	06:39
66	Stephen Power	Temp		26:38	06:39
67	Eoin O'Leary	Temp		26:39	06:40
68	Eoin Hunt	Bon Secours	F65	26:39	06:40
69	Michael Corbett	Temp		26:46	06:42
70	Nick Bent	Army	M45	26:48	06:42
71	Michael Dooley	IPS	M40	26:49	06:42
72	Brian Russell	Schering Plough		26:50	06:42
73	Laurence Courtney	Cork City Council	M40	26:52	06:43
74	Vincent O'Neill	EMC		26:57	06:44
75	Barry O'Connell	UCC	M40	26:58	06:44
76	Una Collins	Temp		26:58	06:44
77	Ned Ramsell	Midleton News		27:03	06:46
78	David O'Leary	Temp		27:03	06:46
79	Olan Barrett	Avondhu Motor Factors		27:05	06:46
80	Dan Kennedy	DMP	M55	27:05	06:46
81	Irene Hartigan	UCC		27:06	06:47
82	Owen Field	Proscon		27:11	06:48
83	Michael Murphy	Temp		27:14	06:48
84	Kieran Mullane	EMC	M40	27:26	06:51
85	Joe Murphy	Cork County Council	M50	27:34	06:53
86	John O'Riordan	UCC	M55	27:39	06:55
87	Mike Clancy	Temp		27:45	06:56
88	Aoife Mahony	Cork City Council		27:46	06:57
89	William Hogan	Temp		27:47	06:57
90	Rob Gaffney	Temp		27:49	06:57
91	Colm Kerr	Temp		27:51	06:58
92	Paddy Gyves	ITW Hi Cone	M60	27:56	06:59
93	Kieran Healy	Healys	M40	27:57	06:59
94	Denis O'Shea	Cork Garda	M50	27:59	07:00
95	Bob Moloney	Temp		28:05	07:01
96	Val Collins	Temp		28:06	07:01
97	Deirdre Nagle	Temp		28:07	07:02
98	Aidan Burke	Team Adidas	M45	28:10	07:02
99	Noel O'Connor	EMC	M50	28:12	07:03
100	Niall Twomey	Twomeys	F65	28:16	07:04
101	Batt Kearney	Blarney Woollen Mills	M50	28:19	07:05
102	Pat Murphy	Temp		28:21	07:05
103	Stephen Lyons	Temp		28:22	07:05
104	Murt Murphy	Temp		28:25	07:06
105	John O'Connell	Midleton UDC		28:27	07:07
106	Bechkoff Karaike	Temp		28:29	07:07
107	Sharon McGarry	Temp		28:30	07:07
108	Col Conway	HSE	F35	28:33	07:08
109	Derrick Smyth	Temp		28:35	07:09
110	Wojtek Zieba	Temp		28:46	07:11
111	Gillian Cotter	UCC	F35	28:49	07:12

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112	Norman Linehan	Temp		28:56	07:14
113	John Walshe	Temp		28:57	07:14
114	Mary Histon De Barra	HSE	F40	28:57	07:14
115	Aidan Christie	EPA	F40	28:59	07:15
116	John O'Halloran	ESB	M55	28:59	07:15
117	Kate McCarthy	Temp		29:00	07:15
118	Seamus Cotter	DPS		29:01	07:15
119	Gerard Pentony	Navy	M40	29:03	07:16
120	Nicola Goulding	KPMG		29:05	07:16
121	Elaine Guinnane	Dept of Ed		29:11	07:18
122	Kevin O'Connor	De Puy Irl	M40	29:16	07:19
123	Donal O'Donohue	NSC	M40	29:18	07:19
124	Liam Donovan	Janssen	M50	29:19	07:20
125	Darren Casey	SyncronTech	F65	29:20	07:20
126	Kevin Hedderman	Temp		29:25	07:21
127	Tom Ryan	Temp		29:28	07:22
128	Aine Murphy	UCC	F45	29:30	07:23
129	Richard Moore	Temp		29:32	07:23
130	John Tupper	Ulster Bank		29:33	07:23
131	Eddie Barry	Temp		29:35	07:24
132	Jimmy Murray	HSE	M60	29:36	07:24
133	Aidan Henry	Calor Gas		29:39	07:25
134	Anthony Horgan	Cork Painters	M40	29:40	07:25
135	Norma Fleming	Temp		29:41	07:25
136	David Cotter	Cork Painters	M60	29:43	07:26
137	Richard Verling	Temp		29:44	07:26
138	John Cotter	ESB	M65	29:45	07:26
139	Fiona Meade	Temp		29:48	07:27
140	Finola Meehan	Temp		29:49	07:27
141	Brian Healy	An Post Eircom	M45	29:50	07:27
142	Adam Douglas	Temp		29:50	07:27
143	Anthony Walsh	Sisks Builders	M45	29:51	07:28
144	Conor Egan	Temp		29:54	07:28
145	Mick Murphy	Temp		29:58	07:30
146	Conor Fox	Temp		29:59	07:30
147	Finbarr Lyons	Temp		30:01	07:30
148	Micheal O'Cruaioi	Temp		30:05	07:31
149	Pdraig O'Regan	Temp		30:08	07:32
150	Stephen Kock	UCC		30:09	07:32
151	Magners Jansen	Temp		30:15	07:34
152	Ted Linehan	Plant Hire	M50	30:17	07:34
153	John O'Leary	Bookdeal	M70	30:20	07:35
154	Caroline Geary	Temp		30:22	07:35
155	Tony Neiland	Millipore	M40	30:24	07:36
156	Darragh Delea	Temp		30:26	07:36
157	Bernard Sisk	Sisks Builders	M60	30:28	07:37
158	Paul Kierans	Little Island Pharmacy	M40	30:31	07:38
159	Jerh Murphy	Temp		30:41	07:40
160	Neil Ambrose	Temp		30:43	07:41
161	Dan Kingston	Temp		30:48	07:42
162	Kevin Phelan	CSO		30:51	07:43
163	Brendan Noonan	Temp		30:53	07:43
164	Tony O'Sullivan	RPS		30:56	07:44
165	Liam O'Leary	Temp		30:58	07:44
166	Susan Delaney	Temp		31:01	07:45
167	James Hickey	Gilead Sciences	F65	31:01	07:45

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168	Denis O'Sullivan	Temp		31:02	07:46
169	Frank Linehan	Plant Hire	M55	31:02	07:46
170	Brian Kenneally	Temp		31:03	07:46
171	Frances O'Connor	Dept of Ed	F50	31:13	07:48
172	Tom Falvey	Temp		31:14	07:48
173	David Russell	Temp		31:16	07:49
174	Sean Russell	Temp		31:18	07:50
175	Simon Malicki	Cork		31:19	07:50
176	Siobhan Steele	Avondhu Motor Factors	F40	31:23	07:51
177	Con Warren	Little Island Pharmacy	M40	31:29	07:52
178	Brian Clancy	Temp		31:29	07:52
179	Rhona Campbell	Temp		31:31	07:53
180	Aidan Buckley	Cork Painters	M45	31:33	07:53
181	David Barrett	Cork Garda		31:34	07:53
182	Yvonne Kennedy	Temp		31:37	07:54
183	Gerry O'Connor	Plant Hire	M50	31:39	07:55
184	Natalie Anderson	Temp		31:43	07:56
185	Roger O'Mahony	Temp		31:44	07:56
186	Colin Harrington	Temp		31:45	07:56
187	Shelby Moore	Temp		31:48	07:57
188	Marcell Springdrum	Temp		31:58	08:00
189	Austin Murphy	Boyne Valley Sales	M60	31:59	08:00
190	Daniel O'Brien	Temp		31:59	08:00
191	Dermot Cashman	Little Island Pharmacy	M45	31:59	08:00
192	Paddy Daly	Army	M60	32:01	08:00
193	Aine Corrigan	Dept of Ed		32:11	08:03
194	Keith Rogers	Temp		32:12	08:03
195	Trish Macropoulos	Temp		32:13	08:03
196	Kevin O'Driscoll	Pfizers Ringaskiddy	M55	32:17	08:04
197	Pio Fenton	Temp		32:23	08:06
198	Martina Burke	John J Casey	F35	32:26	08:06
199	Ger Halbert	Halberts	F50	32:26	08:06
200	Sarah Cooke	Temp		32:27	08:07
201	James O'Leary	Temp		32:28	08:07
202	Declan O'Hanlon	Temp		32:30	08:07
203	Mark Cronin	Temp		32:38	08:09
204	Keith Harrington	Temp		32:42	08:11
205	Kieran Henry	Temp		32:42	08:11
206	David Little	Temp		32:51	08:13
207	Stuart McGruddy	Temp		32:54	08:13
208	Victoria Manuel	Temp		32:59	08:15
209	John O'Sullivan	Temp		33:06	08:16
210	Michael Sexton	NSC		33:09	08:17
211	Sandra Jeffers	Temp		33:16	08:19
212	Grainne O'Callaghan	Temp		33:17	08:19
213	Mary Mulcahy	BOI	F45	33:26	08:21
214	Jer O'Brien	Janssen		33:28	08:22
215	Owen McKenna	Temp		33:29	08:22
216	Catherine O'Shea	Temp		33:31	08:23
217	Diarmuid Heffernan	Temp		33:35	08:24
218	Ann Marie Beverling	Temp		33:36	08:24
219	Maeve Neenan	Temp		33:36	08:24
220	Siobhan Wallace	Temp		33:36	08:24
221	Ann Hayes	HSE	F50	33:40	08:25
222	John Gorman	Temp		33:40	08:25
223	Francis Lynch	Riverside Dental	F45	33:43	08:26

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224	David Healy	UCC		33:45	08:26
225	Louise O'Keeffe	Riverside Dental	F40	33:46	08:26
226	Martin Morrissey	Temp		33:49	08:27
227	Margaret Rohan	Midleton News	F50	33:51	08:28
228	Mark Murphy	Janssen	M40	33:51	08:28
229	Denise Hickey	Janssen	F35	33:52	08:28
230	Tony Dunne	Avondhu Motor Factors	M65	33:58	08:30
231	Dick O'Brien	Avondhu Motor Factors	M65	34:07	08:32
232	Brian Lynch	Temp		34:08	08:32
233	Kieran O'Keeffe	Temp		34:11	08:33
234	Ken Nyhan	Temp		34:11	08:33
235	Emer Nolan	Temp		34:15	08:34
236	Jim O'Shaughnessy	Temp		34:15	08:34
237	Roy Cummins	UCC	M60	34:23	08:36
238	Alison Cummins	Temp		34:24	08:36
239	Colm Jordan	Midleton News		34:25	08:36
240	Karen Hennessy	Temp		34:27	08:37
241	Brian Smith	Temp		34:38	08:39
242	Martin O'Sullivan	Temp		34:43	08:41
243	Paudie Linehan	Temp		34:48	08:42
244	Eva Healy	Temp		34:50	08:43
245	Aileen O'Keeffe	Cork shops	F55	34:50	08:43
246	Charles Kinnane	Temp		34:56	08:44
247	David Healy	Temp		34:57	08:44
248	Niamh Mangan	Temp		34:58	08:45
249	Maura O'Doherty	Midleton News	F35	34:58	08:45
250	Sean Sexton	Novartis	M40	35:05	08:46
251	Anne Marie O'Donovan	Temp		35:19	08:50
252	Ann Walsh	Ballincollig	F45	35:21	08:50
253	Sharon O'Callaghan	Temp		35:21	08:50
254	Billy Griffin	CGI Foodpark	M70	35:22	08:50
255	Dominic O'Sullivan	Temp		35:22	08:50
256	Christy O'Driscoll	Pfizers Ringaskiddy	M60	35:23	08:51
257	Jerry Lawton	Temp		35:27	08:52
258	Maggie Dunne	Avondhue Motor Factors	F60	35:32	08:53
259	Margaret Beausang	Midleton News	F50	35:35	08:54
260	Philip Mullane	Temp		35:36	08:54
261	Gary Black	Temp		35:56	08:59
262	William Ryan	Temp		36:02	09:00
263	Betty O'Riordan	JF Gould Solicitor	F50	36:06	09:01
264	Carol Daly	EMC	F40	36:07	09:02
265	Frank Kelleher	Cork City Council	M65	36:10	09:02
266	Sheila McGrath	Temp		36:11	09:03
267	Brigid Royer	Temp		36:11	09:03
268	Anttionette Mulcahy	Temp		36:16	09:04
269	Ciara Miley	Temp		36:16	09:04
270	Orla Gill	Temp		36:25	09:06
271	Aileen O'Sullivan	Temp		36:37	09:09
272	Kate Lynch	Temp		36:38	09:09
273	Frankie Kelleher	Janssen	F35	36:47	09:12
274	Marie Creedon	CSO	F45	37:02	09:15
275	Chris Mc Glennon	EMC		37:03	09:16
276	John Barrett	Temp		37:11	09:18
277	Daithi Merrick	Irish Aggregates	M40	37:12	09:18
278	Leonie Merrick	Dept of Ed	F35	37:13	09:18
279	Calnan O'Donohue	Temp		37:17	09:19

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280	Siobhan O'Shea	Temp		37:31	09:23
281	William Hanley	Apple Company	M40	37:38	09:24
282	Grace Leonard	Temp		37:41	09:25
283	Emma Tedford	Temp		37:56	09:29
284	Maria Marcon	Temp		38:03	09:31
285	Shane Jordan	Temp		38:09	09:32
286	Rose Marie Ennis	Temp		38:11	09:33
287	Rosmary Lawlor	Temp		38:58	09:45
288	Joan Mc Carthy	BOI	F50	39:03	09:46
289	Shana Taylor	Temp		39:16	09:49
290	Rachel O'Toole	Temp		39:46	09:56
291	Collette Creedon	Temp		40:15	10:04
292	Lisa Barrett	Cork Garda	F35	40:18	10:04
293	Elaine Holland	Temp		40:19	10:05
294	Glen Quilligan	Temp		40:20	10:05
295	Aidan Quilligan	Temp		40:45	10:11
296	Mary Linehan	Temp		40:50	10:13
297	Una Tansley	McKesson Ird Ltd	F35	41:39	10:25
298	Shane Sexton	Temp		41:44	10:26
299	Bernice Glavin	Temp	F50	41:50	10:28
300	Louise Gilligan	Temp		41:55	10:29
301	Niamh Spillane	Temp		42:14	10:33
302	Tom Clement	Temp		42:29	10:37
303	Karen Buckley	Temp		42:29	10:37
	Jerry Forde	Wheelchair			

Men's Results

- 1 Martin McCarthy
- 2 Philip Harty
- 3 John Meade
- 4 Kevin Wilmot

O/40

- 1 Conor McMahon
- 2 Matthew Gedden
- 3 Don Keohane

O/45

- 1 Mark Bickerdyke
- 2 Mark Bulman
- 3 Brian Lenihan

O/50

- 1 Mick Murphy
- 2 John Collins
- 3 Paul Dinan

O/55

- 1 Willie O'Riordan
- 2 Dan Kennedy
- 3 John O'Riordan

O/60

- 1 Paddy Gyves
- 2 Jim Murray

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O/65

- 1 John Cotter
- 2 John O'Leary

Wheelchair

- 1 Jerry Forde

Mens A Team

	Points
1 Emerald Financial	19
2 Phoenix Clinic	57
3 Army	104

Mens B Team

	Points
1 EMC	171
2 Janssen	180
3 ESB	302

Mens C Team

	Points
1 UCC	311
2 Avondhu Motor Factors	318
3 Midleton News	365
4 Cork Painters	450
5 Plant Hire	504
6 Little Island Pharmacy	526

Ladies Individual

- 1 Ann McPhail
- 2 Emma Murphy
- 3 Joyce Wolfe
- 4 Mary Sweeney
- 5 Aine Murphy

O/35

- 1 Col Conway
- 2 Gillian Cotter
- 3 Martina Burke

O/40

- 1 Mary Histon DeBarra
- 2 Aideen Christy
- 3 Siobhan Steele

O/45

- 1 Aine Murphy
- 2 Mary Mulcahy
- 3 Francis Lynch

O/50

- 1 Francis O'Connor
- 2 Ger Halbert
- 3 Ann Hayes

O/55

- 1 Aideen O'Keeffe

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O/60

1 Maggie Dunne

Ladies A Team

	Points
1 UCC	9
2 HSE	16
3 UCC	21
4 Dept of Ed	26

Ladies B Team

	Points
1 Riverside Dental	43
2 Avondhu Motor Factors	43
3 Dept of Ed	50
4 Middleton News	52
5 BOI	54
6 Janssen	56
7 HSE	58

Next BHAA Events:

Iniscarra 4 Mile Classic
22nd November @ 11am

BHAA AGM

10th December @ Orchard Bar, Ballincollig

Registrations are now being taken for the 2010 season
Registration forms can be downloaded from BHAA website

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