

## Results of the IPS Garda 5k Road Race - 14th May 2009

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

<b>Pos.</b>	<b>Athlete</b>	<b>Business</b>	<b>Cat.</b>	<b>Time</b>
1	James McCarthy	McCarthy's		15 : 29
2	Ed Murphy	Duhallow Enterprises		16 : 05
3	Cathal O'Connell	UCC	M45	16 : 13
4	Con Marshall	HSE		16 : 23
5	Tim O'Connor	Saoirse Dev		16 : 25
6	Tom Laffan	HSE	M40	16 : 26
7	Shane Coffey	Temp		16 : 27
8	Eoin O'Sullivan	An Post Eircom		16 : 28
9	Shane Simcox	Leisure World		16 : 47
10	Trevor Woods	UCC		16 : 52
11	George Waugh	FAS		16 : 59
12	Kieran O'Sullivan	Cork Garda		17 : 04
13	Eamonn Donovan	FAS		17 : 25
14	Robert Patterson	Kearney & Kavanagh		17 : 25
15	Austin Brown	Statsol	M40	17 : 26
16	Jason Nicholl	EMC		17 : 27
17	Donal Coakley	Temp		17 : 27
18	Gratten O'Rourke	Army		17 : 29
19	Paul Tucker	Temp		17 : 32
20	Disqualified			:
21	John Collins	Team Adidas	M50	17 : 34
22	Mark McMahon	Phoenix Clinics		17 : 48
23	Ken Devine	UCC	M40	17 : 49
24	Tim Lucey	Cork County Council	M45	17 : 52
25	Owen Cummin	IPS		17 : 54
26	John Lynch	Coroco Phillips		17 : 54
27	Shane Mohar	Avondhue Motor Factors		17 : 55
28	Joe Gough	Milleeven Fine Foods	M55	17 : 57
29	Michael Morgan	Temp		17 : 58
30	Tom Cody	Midleton UDC	M50	18 : 05
31	Tom Hartnett	ESB		18 : 06
32	John Desmond	Statsol	M45	18 : 07
33	Matthew Gedden	Jim Edwards Restaurant	M40	18 : 29
34	Daniel James Murphy	Navy		18 : 30
35	Tom O'Brien	Temp		18 : 31
36	Carmel Parnell	Parnells	F50	18 : 32
37	Denis Carroll	Blarney Woollen Mills	M45	18 : 35
38	David O'Mahony	CITCO		18 : 36
39	Conor McMahon	Phoenix Clinics	M45	18 : 40
40	Edwin Sutton	Eli Lilly		18 : 44
41	Brian Lenihan	Group 4 Securicor	M45	18 : 50
42	Mark Bulman	Army	M45	18 : 52
43	Brian Shields	Navy		18 : 52
44	Paul O'Driscoll	Pfizers Ringaskiddy		18 : 56
45	Kevin Downey	Temp		18 : 57
46	Vincent Kane	Temp		19 : 00
47	John O'Callaghan	Temp		19 : 01
48	Eamonn McEvoy	Dept of Ed	M50	19 : 05
49	Fergal Sargent	Cork Airport		19 : 12
50	Helen Leonard	Shournagh Childcare	F35	19 : 18
51	Ann Marie Costelloe	Temp		19 : 22
52	Anthony Quinn	Temp		19 : 24
53	Willie O'Riordan	Army	M55	19 : 25
54	Steve Dinan	Temp		19 : 26

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55	Michelle Nolan	Midleton News		19 : 27
56	Owen O'Connell	Cork City Council		19 : 28
57	Ronan O'Leary	O'Leary's		19 : 30
58	Niall O'Cruialaoich	Cork City Council		19 : 33
59	Padraic Birmingham	Leisure World		19 : 34
60	Fergal Quinlan	PFH Computers		19 : 37
61	Brian O'Sullivan	Statsol		19 : 38
62	Ned Ramsell	Midleton News		19 : 40
63	John Griffin	Blarney Woollen Mills		19 : 41
64	Garrett Casey	Riverside Dental Clinic		19 : 42
65	No Name	Temp		19 : 43
66	Joe Roche	Statsol	M40	19 : 45
67	Edmond O'Sullivan	Temp	M45	19 : 46
68	Kevin Geary	Temp		19 : 48
69	Pat Fogarty	ESB	M45	19 : 49
70	Phillip Coffey	Southern Law		19 : 53
71	Steve Hicks	Temp		19 : 54
72	Clive Daunt	Temp		19 : 55
73	Alan Kelly	Temp		19 : 56
74	Don Healy	Temp		19 : 57
75	Aoife Shields	UCC		19 : 57
76	David Hayes	Temp		20 : 01
77	Noel O'Sullivan	Temp		20 : 01
78	Douglas Sadleir	Temp		20 : 04
79	Ronan Healy	Temp		20 : 10
80	Aidan Burke	Team Adidas	M45	20 : 18
81	Phil Corcoran	RRD		20 : 19
82	Noel Tobin	Coleman Builders	M40	20 : 19
83	Seamus Green	Temp		20 : 22
84	John O'Driscoll	FAS	M50	20 : 23
85	Fidelma Kirwan	EOLAS	F40	20 : 24
86	Stephen Creedon	Denis Cronin Electrical		20 : 26
87	Brendan O'Neill	UCC	M55	20 : 28
88	Brendan Power	Temp		20 : 28
89	Eamonn Fitzgerald	Cork Garda	M45	20 : 37
90	Donnacha O'Dubhainn	Temp		20 : 39
91	Damien Jones	GSK	M45	20 : 43
92	Alice Venables	Temp		20 : 44
93	Donal Courtney	Temp		20 : 45
94	Sean Casey	Temp		20 : 46
95	Darragh O'Malley	Temp		20 : 47
96	Trevor Mahony	Proskon		20 : 49
97	John Morrissey	UCC		20 : 49
98	Michael Murphy	Kearys of Midleton		20 : 51
99	Michael Frawley	Cork City Council		20 : 55
100	Cathriona Leahy	Musgraves		20 : 56
101	Nigel Byrne	Temp		20 : 57
102	Tommy Lee	Temp		20 : 58
103	Ray Shanahan	Southern Law	M45	20 : 59
104	Kieran Fitzgerald	Temp		21 : 03
105	Flor Twohig	Kerry Foods		21 : 05
106	Patrick Murphy	Temp		21 : 06
107	Frank Linehan	Plant Hire	M55	21 : 07
108	Denis Kelleher	Temp		21 : 08
109	Denis O'Shea	Cork Garda	M50	21 : 10

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110	Pat O'Sullivan	MIC	M55	21 : 11
111	Paul Cotter	HSE	M50	21 : 13
112	Paddy Gyves	ITW Hi-Cone	M60	21 : 13
113	John Quigley	Statsol	M55	21 : 19
114	Thomas O'Regan	Temp		21 : 20
115	Batt Kearney	Blarney Woollen Mills	M50	21 : 23
116	Ken Owens	An Post Eircom	M40	21 : 23
117	Michael O'Mullane	Southern Law		21 : 25
118	Ronan O'Donohue	EMC		21 : 27
119	Joanne Fearon	UCC	F35	21 : 27
120	Matthew Angland	Angland Engineering	M50	21 : 28
121	Pat J Murphy	Navy	M40	21 : 30
122	Diarmuid Kelly	Southern Law	M40	21 : 32
123	Martin O'Sullivan	Dept of Ed	M50	21 : 34
124	Liam Donovan	Janssen	M50	21 : 39
125	Liam O'Leary	Cork City Council	M60	21 : 41
126	Nick Bent	Army	M45	21 : 42
127	Nicola Goulding	KPMG		21 : 44
128	Adam Duchnicz	Midleton UDC		21 : 47
129	Brian Healy	An Post Eircom	M45	21 : 49
130	Cathal Flynn	Temp		21 : 50
131	Dave Tyran	Temp		21 : 51
132	James Hickey	Gillead Sciences		21 : 51
133	Jimmy Murray	HSE	M60	21 : 52
134	Thomas Kelly	Navy		21 : 52
135	Yannick Lavanant	IBM		21 : 53
136	Stephen O'Mahony	Cork Airport		21 : 54
137	Christy Murphy	Twomeys Transport	M50	21 : 54
138	Clare Buckley	Temp		21 : 55
139	John Walshe	Temp		21 : 55
140	Donal O'Donohue	NSC	M40	21 : 58
141	Mary O'Connell	IPS	F35	21 : 59
142	Siobhan Murphy	Pfizers Ringaskiddy		21 : 59
143	Sean O'Farrell	Cork Airport		22 : 01
144	David Cotter	Cork Painters	M60	22 : 02
145	Olan Barrett	Temp		22 : 02
146	Jerry O'Connor	Plant Hire	M50	22 : 03
147	Declan Gordon	Temp		22 : 07
148	Rob Holland	Boston Scientific		22 : 08
149	Ger Kiely	UCC	M50	22 : 09
150	Andre Ghelfi	Janssen		22 : 10
151	Mary deBarra Histon	HSE	F35	22 : 11
152	Linda O'Regan	Temp		22 : 15
153	Anthony Horgan	Cork Painters	M40	22 : 16
154	Aine Corrigan	Dept of Ed		22 : 17
155	Tony Nieland	Millipore	M40	22 : 18
156	John O'Leary	Bookdeale	M70	22 : 18
157	Linda O'Connor	Temp		22 : 19
158	Eidin Christie	EPA	F40	22 : 21
159	Tom Moynihan	Cork Garda		22 : 28
160	John Cotter	ESB	M65	22 : 29
161	Deirdre O'Regan	Temp		22 : 33
162	David Burke	Temp		22 : 35
163	Aidan Buckley	Cork Painters	M45	22 : 36
164	David McCarthy	Temp		22 : 36

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165	Trish O'Riordan	Cork Garda		22 : 37
166	Paul Healy	EMC		22 : 37
167	Kevin O'Connor	Temp		22 : 40
168	Anna Killmas	Temp		22 : 44
169	Tony Cooney	An Post Eircom	M50	22 : 52
170	Danny McCarthy	An Post Eircom	M55	22 : 59
171	Elaine Guinnane	Temp		22 : 59
172	Gillian Murphy	BOI	F35	23 : 01
173	Tony Cummins	Temp		23 : 01
174	Kieran Devlin	Temp		23 : 03
175	Angela McSweeney	Temp		23 : 05
176	Aine Murphy	UCC	F45	23 : 07
177	Pdraig O'Regan	Temp		23 : 08
178	Mary Mulcahy	BOI	F45	23 : 10
179	Stephen Kock	UCC		23 : 14
180	Anthony Walsh	Sisk Builders	M45	23 : 18
181	Susan Ryan	UCC		23 : 19
182	Sean O'Sullivan	Temp		23 : 20
183	Peter Keegan	Temp		23 : 20
184	Richard Irwin	Temp		23 : 21
185	Ken Tierney	Temp		23 : 24
186	Brian Harrington	Temp		23 : 24
187	Kevin Phelan	CSO		23 : 26
188	Rhona Campbell	Temp		23 : 27
189	Ted Linehan	Plant Hire	M50	23 : 30
190	Nora Flynn	IPS	F40	23 : 32
191	Mary Walsh	Pfizers Ringaskiddy	F40	23 : 33
192	Brendan Kelly	EMC		23 : 38
193	Austin Murphy	Boyne Valley	M60	23 : 39
194	Karen Neiland	Cognas	F40	23 : 39
195	Liam O'Leary	Temp		23 : 42
196	Brian Furlong	Temp		23 : 43
197	Kelly Flanagan	Temp		23 : 45
198	Ger O'Brien	Janssen		23 : 50
199	Rosaleen Kelly	BOI	F45	23 : 52
200	Bernadette O'Connor	Temp		23 : 52
201	Paul Scannell	Ferrera		23 : 53
202	Margaret Bradfield	Temp		23 : 53
203	James Aherne	Temp		23 : 54
204	Paul Gardiner	Temp		23 : 55
205	Eoghan McKiernan	Temp		23 : 57
206	JJ Chambers	Janssen		23 : 58
207	John O'Mahony	UCC	M65	24 : 00
208	David Racz	Temp		24 : 02
209	Brendan Hayes	GSK	M55	24 : 03
210	John Harrington	EMC		24 : 06
211	Rob Cotter	Temp		24 : 12
212	Catherine O'Donovan	Janssen		24 : 15
213	Nollaig Moynihan	Temp		24 : 15
214	Vincent Murray	Dept of Ed		24 : 20
215	Francis O'Connor	Dept of Ed	F50	24 : 21
216	Bernard Sisk	Sisk Builders	M60	24 : 22
217	James Spillane	Temp		24 : 24
218	Louise O'Keeffe	Riverside Dental Clinic	F40	24 : 30
219	James Finn	Temp		24 : 34

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220	Kieran Brennock	BOI	M40	24 : 35
221	Tom Cusack	Janssen	M40	24 : 37
222	Lorraine Mann	Temp		24 : 38
223	Francis Lynch	Riverside Dental Clinic	F45	24 : 48
224	Carol Sinnot	Temp		25 : 10
225	Rory Meagher	Temp		25 : 17
226	Denise Hickey	Janssen	F35	25 : 18
227	Daithi Merrick	Irish Aggregates	M40	25 : 32
228	Fran McFadden	Temp		25 : 38
229	Miriam Smith	Avondhue Motor Factors		25 : 40
230	Michael Whelton	Temp		25 : 41
231	Margaret Beausang	Midleton News	F55	25 : 45
232	George Webb	Plant Hire	M65	25 : 53
233	Paddy Daly	Army	M60	25 : 55
234	Maggie Dunne	Avondhue Motor Factors	F60	25 : 59
235	Karen Hennessy	Temp		26 : 00
236	Leonie Merrick	Dept of Ed	F35	26 : 03
237	Elaine Keating	Temp		26 : 04
238	Donal Spillane	Temp		26 : 12
239	Sandra O'Sullivan	Cork Shops	F40	26 : 15
240	Siobhan Casey	EMC		26 : 16
241	Dick O'Brien	Avondhue Motor Factors	M65	26 : 18
242	John Fahy	Temp		26 : 19
243	Evelyn Fitzgerald	Temp		26 : 20
244	Paul McSheehan	Temp		26 : 22
245	Roy Cummins	Cummins	M60	26 : 24
246	Alan O'Flynn	Temp		26 : 28
247	Denis Manning	Cork County Council		26 : 30
248	Anette Mulcahy	Temp		26 : 32
249	Billy Caball	BHAA	M65	26 : 32
250	Miriam O'Sullivan	Temp		26 : 37
251	Donal Smith	Temp		26 : 38
252	Frank Kelleher	Cork City Council	M65	26 : 43
253	Frankie Kelleher	Janssen	F35	26 : 53
254	John Fitzpatrick	Temp		26 : 57
255	Caroline O'Riordan	Temp		27 : 04
256	Marie Hogan	Temp		27 : 06
257	Niamh Fleming	Avondhue Motor Factors	F40	27 : 12
258	Siobhan Wallace	Temp		27 : 15
259	Sonita Corrigan	Brothers of Charity	F35	27 : 22
260	Emmet Gyves	Temp		27 : 36
261	Catherine Collins	EMC	F40	27 : 37
262	Gillian Pidgeon	Temp		27 : 48
263	Emer Holland	Temp		27 : 56
264	John Holland	An Post Eircom	M60	27 : 59
265	Ruth Kent	Temp		28 : 04
266	Noel Regan	Temp		28 : 12
267	Mary O'Shea	Temp		28 : 14
268	Mary Cregan	Temp		28 : 15
269	Larry Murtagh	Temp		28 : 16
270	Ger Venner	Temp		28 : 18
271	Rodney Pidgeon	Temp		28 : 20
272	Grainne O'Donovan	Southern Law		28 : 22
273	Paula O'Shea	Temp		28 : 23
274	David Barrett	Temp		28 : 25

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275 Lisa Barrett	Temp		28 : 28
276 Elaine Harris	Temp		28 : 31
277 Susan Glennon	Temp		28 : 33
278 Catherine Callaghan	Temp		28 : 42
279 Helen O'Keeffe	EMC	F35	28 : 56
280 Deirdre Looney	Temp		28 : 56
281 David O'Sullivan	Temp		28 : 58
282 Nora Ann Nolan	Temp		29 : 07
283 Cathriona Guinane	Temp		29 : 13
284 Karen Buckley	Temp		29 : 16
285 Gail Gyves	Temp		29 : 21
286 Siobhan Clarke	Temp		29 : 26
287 Micheolina Fox	Temp		29 : 28
288 Majeus Canti	Temp		30 : 35
289 Mary Toher	Dept of Ed	F50	30 : 49
290 Gemma Gleeson	Temp		30 : 50
291 Gillian Gleeson	Temp		31 : 11
292 Bernice Glavin	HSE	F50	31 : 19
293 Cait Mehigan	Southern Law		31 : 21
			31 : 24
			31 : 34
			31 : 35
			31 : 47
			32 : 40

Wheelchair

Gerry Forde

### Men's Results

- 1 James McCarthy
- 2 Ed Murphy
- 3 Cathal O'Connell
- 4 Con Marshall

### O/40

- 1 Tom Laffan
- 2 Den Devine
- 3 Matthew Gedden

### O/45

- 1 Tim Lucey
- 2 Tom Hartnett
- 3 John Desmond

### O/50

- 1 John Collins
- 2 Tom Cody
- 3 Eamonn McEvoy

### O/55

- 1 Joe Gough
- 2 Willie O'Riordan
- 3 Brendan O'Neill

### O/60

- 1 Paddy Gyves

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

2 Liam O'Leary

### **O/65**

1 John O'Leary

2 John Cotter

### **Mens A Team**

### **Points**

1	UCC	35
2	Statsol	104
3	HSE	119

### **Mens B Teams**

### **Points**

1	FAS	106
2	Army	109
3	An Post	249

### **Mens C Teams**

### **Points**

1	Navy	192
2	Blarney Woollen Mills	209
3	Midleton UDC	220

### **Ladies Individual**

1 Carmel Parnell

2 Helen Leonard

3 Michelle Nolan

4 Aoife Shields

### **O/35**

1 Joanne Fearnan

2 Mary O'Connell

3 Mary Histon de Barra

### **O/40**

1 Fidelma Kirwan

2 Eidin Christie

3 Nora O'Flynn

### **O/45**

1 Aine Murphy

2 Mary Mulcahy

3 Rosaleen Kelly

### **O/50**

1 Francis O'Connor

2 Margaret Beausang

Mary Toher

### **O/60**

1 Maggie Dunne

### **Womens A Teams**

### **Points**

1	UCC	11
2	IPS	28
3	Pfizers Ringaskiddy	30

## **Results of the IPS Garda 5k Road Race - 14th May 2009**

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

	<b>Womens B Teams</b>	<b>Points</b>	
1	Janssen	50	
2	Riverside Dental	51	

**As some people left the tunnel pre-maturely, some times may be slightly out**

### **Next Cork BHAA Events -**

**Glanmire "5" on 10th June @ 8.00 p.m  
Entries & changing at Glanmire Football Club**