

# Results of the Janssen 4 Mile Road Race - 7th March, 2010

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

<b>Pos.</b>	<b>Athlete</b>	<b>Business</b>	<b>Cat.</b>	<b>Time</b>	<b>Pace</b>
1	Mark Hanrahan	John Buckley Sports		19:40	04:55
2	Wieslaw Sosnowski	Olympic Landscapes		20:44	05:11
3	Danny Smith	Team Adidas		21:18	05:20
4	Roy Fahy	Bio Pharma		21:26	05:21
5	John Meade	Joyce Wolfe Physio		21:36	05:24
6	Mark Nolan	Joyce Wolfe Physio		21:37	05:24
7	James Grufferty	Chris Harrington Construction		21:42	05:26
8	Trevor Woods	UCC		21:45	05:26
9	Brian Hegarty	Pfizers Little Island		21:47	05:27
10	Kieran O'Sullivan	Cork Garda		21:50	05:28
11	James O'Driscoll	CIT Students		21:54	05:28
12	Noel O'Regan	Army	M40	22:10	05:33
13	Denis Dunne	Army		22:13	05:33
14	Mark Bickerdike	Blarney School of Motoring	M45	22:25	05:36
15	David Muldowney	Temp		22:46	05:41
16	Conor Tierney	McGrath Landscapes		22:48	05:42
17	Shane Simcox	Leisureworld		22:51	05:43
18	Kevin Smith	Midleton UDC		22:53	05:43
19	Robert Patterson	Solvit Food Solutions		22:54	05:43
20	Paul Curley	Quality Hotels	M40	22:57	05:44
21	John Whiriskey	Temp		22:59	05:45
22	Don Keohane	IPS	M40	22:59	05:45
23	William Hughes	CIT Students		23:02	05:46
24	Dan Healy	Cork Garda		23:05	05:46
25	Paul Duggan	Fair Lane Taverns	M40	23:06	05:46
26	Michael Murphy	Novartis	M50	23:11	05:48
27	Rhona Lynch	GE Healthcare	F35	23:13	05:48
28	Manuel Barros	CIT Students		23:26	05:51
29	Ian Tivey	Temp		23:34	05:53
30	Donal Broderick	Midleton UDC	M40	23:43	05:56
31	Pat Power	Glenside Environmental		23:49	05:57
32	Neilus Aherne	Midleton UDC	M50	23:51	05:58
33	Paud Walsh	Temp		23:56	05:59
34	Maurice Cahill	Quality Hotels		23:57	05:59
35	Conor McMahon	Solvit Food Solutions	M40	23:58	06:00
36	Margaret Cahill	Temp		23:58	06:00
37	Drewane McCaul	Temp		23:59	06:00
38	Margaret Kingston	Temp		24:00	06:00
39	Ann McPhail	UL	F35	24:02	06:01
40	Donal Twomey	Temp		24:05	06:01
41	Austin Brown	Statsol	M40	24:07	06:02
42	Patrick Murphy	UCC	M50	24:08	06:02
43	Satnislav Byczek	Olympic Landscapes	M45	24:11	06:03
44	Dennis Lyons	CBC Staff		24:12	06:03
45	Ian O'Sullivan	Dept of Ed		24:16	06:04
46	Brian Kenae	Temp		24:25	06:06
47	John Desmond	Statsol	M45	24:25	06:06
48	Alan Bateman	Janssen		24:28	06:07
49	Denis Carroll	Blarney Woollen Mills	M50	24:30	06:07
50	Conor Murray	Janssen	M40	24:35	06:09
51	Louise Cavanagh	Temp		24:40	06:10
52	Brian Moriarty	Temp		24:41	06:10
53	John Dunphy	Flexible Connectors	M40	24:42	06:10
54	Ray Wallace	Solvit Food Solutions		24:43	06:11
55	Eddie Byrne	IPS	M40	24:44	06:11

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

56	John O'Driscoll	FAS	M50	24:46	06:11
57	Ronan O'Reilly	Temp		24:49	06:12
58	Ken Mulcahy	Temp		24:51	06:13
59	Sean Kenny	Temp		24:53	06:13
60	Kevin Downes	Temp		24:56	06:14
61	Jerry Moore	IPS		24:58	06:14
62	Michael Corbett	Corbetts		25:02	06:16
63	Brian Cotter	IPS		25:03	06:16
64	William O'Riordan	Army	M55	25:04	06:16
65	Michelle Nolan	Midleton News	F35	25:05	06:16
66	Ken Carey	Carey Tools	M50	25:07	06:17
67	Ann Marie Healy	HSE	F35	25:14	06:18
68	Adam Duchnicz	Midleton UDC		25:16	06:19
69	Michael Clancy	Clancy Calibration		25:31	06:23
70	Michael Dooley	IPS	M40	25:32	06:23
71	Kieran Crean	Temp		25:36	06:24
72	Brian O'Callaghan	Temp		25:39	06:25
73	Robert Doherty	Temp		25:40	06:25
74	John Cashman	Midleton News	M45	25:41	06:25
75	Bernard O'Sullivan	Temp		25:43	06:26
76	Conor Lehane	Temp		25:45	06:26
77	John O'Riordan	UCC	M55	25:48	06:27
78	Thomas Coleman	Temp		25:50	06:28
79	Kevin O'leary	Temp		25:52	06:28
80	Kieran Dorgan	Proscon		25:53	06:28
81	Matthew Moloney	Temp		25:55	06:29
82	Kieran Enright	Navy		25:56	06:29
83	Fergal Quinlan	PFH Computers	M40	25:56	06:29
84	Tadgh McRane	Temp		25:57	06:29
85	Seamus Casey	EMC	M55	25:58	06:29
86	James Galvin	Temp		25:59	06:30
87	Carol Finn	Finns		26:00	06:30
88	Kieran Sheehan	Temp		26:02	06:30
89	Donal Courtney	Temp		26:04	06:31
90	Kieran Cotter	Irish Rail		26:05	06:31
91	Elmer Morrissey	RPS		26:06	06:31
92	Kieran Mulcahy	Temp		26:08	06:32
93	Michael Meade	Temp		26:10	06:32
94	Derek Murphy	Temp		26:15	06:34
95	Vincent O'Neill	EMC		26:17	06:34
96	Tom Cuddihy	Temp		26:18	06:34
97	Maura Regan	Temp		26:19	06:35
98	Alan Carey	Carey Tools	M45	26:20	06:35
99	Denis Cronin	Denis Cronin Electrical	M45	26:22	06:35
100	Denis Looney	Temp		26:25	06:36
101	George Bulman	Quality Hotels	M50	26:27	06:37
102	Amy Wolfe	Joyce Wolfe Physio		26:30	06:37
103	Kevin O'Reilly	Conoco Phillips	M45	26:31	06:38
104	Richie Carey	Temp		26:33	06:38
105	Ashling Moran	Temp		26:34	06:38
106	Noel Tobin	Tobins	M40	26:35	06:39
107	Ann Marie Power	Glenside Environmental	F35	26:36	06:39
108	Conor McGrath	Midleton UDC		26:40	06:40
109	Ned Ramsell	Flexible Connectors		26:44	06:41
110	Mick Murphy	Temp		26:53	06:43
111	Matt Chojan	Temp		26:54	06:43

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

112	Gillian Cotter	UCC	F35	26:57	06:44
113	Eamonn O'Dwyer	Temp		26:59	06:45
114	Thomas O'Regan	Irish Rail	M40	27:00	06:45
115	Paul Kiely	Paul Kiely Electrical		27:01	06:45
116	Vincent Groarke	Temp		27:02	06:46
117	Ted O'Flynn	Cork Garda	M45	27:06	06:47
118	Brian Healy	Temp		27:08	06:47
119	Owen Hunt	Temp		27:11	06:48
120	John O'Connell	Midleton UDC		27:12	06:48
121	Terrie Hennessy	Avondhu Motor Factors		27:15	06:49
122	Pat O'Regan	O'Regans		27:17	06:49
123	Tony Huff	Team Adidas	M55	27:20	06:50
124	Michael Brennan	Dept of Ed		27:22	06:50
125	Sean Walsh	Temp		27:24	06:51
126	Hanora Kelleher	HSE	F40	27:25	06:51
127	Colm Lyons	Dept of Ed		27:26	06:51
128	Kieran Mullane	EMC	M40	27:27	06:52
129	Brian Wakefield	Irish Rail	M45	27:27	06:52
130	Sally Drennan	Dept of Ed	F40	27:28	06:52
131	Maggie Chojan	Temp		27:29	06:52
132	Marrin Mika	Temp		27:31	06:53
133	Christy Walsh	Cork City Council	M45	27:32	06:53
134	Luke Bollard	Temp		27:34	06:53
135	Tom Curtis	IPS		27:35	06:54
136	John McCoughley	Janssen		27:37	06:54
137	Richard Kelly	Temp		27:38	06:55
138	Michael Kiely	W & M Kiely	M65	27:39	06:55
139	Michael O'Donovan	Graphics Source	M40	27:40	06:55
140	Seamus Cahill	IPS	M45	27:43	06:56
141	David Moloney	GE Healthcare		27:44	06:56
142	Yannick Lavanant	RRD		27:46	06:57
143	Elaine Guinane	Dept of Ed		27:47	06:57
144	Juan Bravo	CIT Students		27:48	06:57
145	Conor Egan	Temp		27:49	06:57
146	Chris Carroll	HSE	M55	27:50	06:57
147	Brian Collins	Temp		27:50	06:57
148	Donal O'Donoghue	NSC	M40	27:54	06:58
149	Eibhlin Cleary	Dept of Ed		27:55	06:59
150	John Cotter	Novartis		27:57	06:59
151	Seamus Glynn	Temp		27:58	06:59
152	Tony Neiland	Millipore	M45	27:59	07:00
153	Maurice Kelly	Temp		28:04	07:01
154	Audre Ghelfi	Janssen		28:06	07:01
155	Christy O'Driscoll	Pfizers Ringaskiddy	M60	28:06	07:01
156	Aidan Brickley	Pfizers Little Island	M45	28:07	07:02
157	Dave McAuliffe	Temp		28:09	07:02
158	Aidan Buckley	Cork Painters	M45	28:13	07:03
159	Kevin Noonan	Temp		28:15	07:04
160	Mary Histon de Barra	HSE	F40	28:17	07:04
161	Ted O'Leary	Temp		28:20	07:05
162	John Walsh	Temp		28:21	07:05
163	John O'Sullivan	Temp		28:22	07:05
164	Piotr Lesniak	Temp		28:23	07:06
165	Claire Fitzgerald	Dept of Ed		28:25	07:06
166	Kate McCarthy	Temp		28:27	07:07
167	Greg St. Ledger	Ledgers	M40	28:29	07:07

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168	Brian Mullan	Temp		28:32	07:08
169	Jimmy Murray	HSE	M60	28:34	07:09
170	Liam O'Donovan	Janssen	M50	28:38	07:09
171	Tom O'Neill	IPS	M50	28:40	07:10
172	Geroid Macoitir	Proscon		28:44	07:11
173	Andrew Geaney	Apple Computers	M50	28:47	07:12
174	Aine Murphy	UCC	F45	28:50	07:12
175	John Cotter	ESB	M65	28:51	07:13
176	Brendan Coakley	Temp		28:54	07:13
177	Tony Donovan	Temp		29:05	07:16
178	Derek Costello	Novartis		29:07	07:17
179	Nicola Goulding	Temp		29:11	07:18
180	Cathal O'Gorman	Proscon		29:12	07:18
181	Audrey Hennessy	Temp		29:13	07:18
182	Padraig White	IPS		29:14	07:18
183	Batt Kearney	Blarney Woollen Mills	M50	29:14	07:18
184	Monica Twohig	Eolas	F45	29:15	07:19
185	James Hickey	Gilead Sciences		29:16	07:19
186	Mary Fitzgerald	Temp		29:20	07:20
187	Killian Hennessy	Temp		29:21	07:20
188	Ted Linehan	Plant Hire	M50	29:22	07:20
189	Rose Smith	Temp		29:23	07:21
190	Ryan Murphy	Temp		29:24	07:21
191	Aine Moran	Temp		29:24	07:21
192	John O'Leary	Bookdeal	M70	29:25	07:21
193	Thomas McCormack	McCormacks		29:26	07:22
194	Jer O'Brien	Janssen		29:28	07:22
195	Kathleen o'Sullivan	Avondhu Motor Factors		29:30	07:23
196	David Cotter	Cork Painters	M60	29:31	07:23
197	Stephen Henley	Temp		29:32	07:23
198	Noel Murray	Temp		29:33	07:23
199	JJ Chambers	Janssen		29:35	07:24
200	Stephen Koch	UCC		29:36	07:24
201	Karen Neiland	Cognis Ireland Ltd	F40	29:41	07:25
202	Anthony Walsh	Sisks Builders	M45	29:42	07:25
203	Paul Healy	EMC		29:46	07:26
204	Louise O'Keefe	Hayden Training	F40	29:48	07:27
205	Paul Kearns	Little Island Pharmacy	M40	29:49	07:27
206	Thomas Kelly	Navy	M50	29:53	07:28
207	Paul O'Leary	Temp		29:58	07:30
208	Brona Hennessy	Temp		29:59	07:30
209	Fionn Hurley	Temp		30:01	07:30
210	Con Warren	Little Island Pharmacy	M40	30:15	07:34
211	Michael Walsh	Army	M40	30:16	07:34
212	John Keary	Temp		30:17	07:34
213	Frank Linehan	Plant Hire	M55	30:17	07:34
214	Courtney McCarthy	Temp		30:18	07:34
215	Ann McCarthy	Midleton News	F40	30:19	07:35
216	Frances O'Connor	Dept of Ed	F50	30:21	07:35
217	Robert Cotter	Temp		30:23	07:36
218	Liam O'Leary	Temp		30:25	07:36
219	Laurence Keating	Janssen	F40	30:27	07:37
220	Tony O'Sullivan	Cork City Council	M50	30:29	07:37
221	Pat Harrington	Pilz Ireland	M40	30:30	07:37
222	John Gettings	Janssen		30:34	07:39
223	Sandra Bohan	Midleton News	F35	30:35	07:39

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

224	Brian Furlong	Temp		30:37	07:39
225	Michael Travers	Temp		30:39	07:40
226	Elana Hennessy	Temp		30:40	07:40
227	John W	Temp		30:43	07:41
228	Karina Erangey	Siemens		30:43	07:41
229	Michelle Manning	Fitness Focus Ireland		30:45	07:41
230	Ann Walsh	Ballincollig Runners	F45	30:49	07:42
231	Mary Mulcahy	BOI	F45	30:50	07:42
232	John O'Mahony	UCC	M70	30:52	07:43
233	Dermot Murphy	Temp		30:55	07:44
234	Rhona Campbell	Temp		30:56	07:44
235	Danny McCarthy	An Post Eircom	M55	30:57	07:44
236	Kieran Murphy	Temp		31:01	07:45
237	Mary O'Keeffe	Midleton News	F40	31:06	07:46
238	Ciara Mangan	Temp		31:08	07:47
239	Denise Hickey	Janssen	F35	31:09	07:47
240	Grainne O'Callaghan	HSE	F35	31:11	07:48
241	Stephen O'Riordan	Temp		31:17	07:49
242	Eoin O'Brien	Temp		31:23	07:51
243	Bernie Smith	Novartis		31:26	07:51
244	Siobhan Foley	RPS		31:28	07:52
245	Vincent Murray	CBC Staff		31:30	07:52
246	John Downing	Navy	M40	31:34	07:53
247	Andrew O'Leary	Temp		31:41	07:55
248	Ken Nyhan	EMC		31:49	07:57
249	Neil Lynch	Temp		31:50	07:58
250	Brendan Kelly	Proscon		31:53	07:58
251	Roberto Sabitino	NSC	M45	31:55	07:59
252	Gillian Ryan	Pfizers Ringaskiddy		32:01	08:00
253	Eileen Buckley	Cork Shops	F45	32:08	08:02
254	Evelyn O'Gorman	Temp		32:11	08:03
255	Marion Hughes	Temp		32:15	08:04
256	Kevin Murphy	JJ Gillan		32:16	08:04
257	Tom Cusack	Janssen	M40	32:18	08:04
258	Owen McGrath	Temp		32:22	08:06
259	Conor Power	Temp		32:25	08:06
260	Conor Shearman	Temp		32:25	08:06
261	Paul Harrington	Temp		32:26	08:06
262	Luke Hennessy	Temp		32:26	08:06
263	Kiearan Murphy	Temp		32:31	08:08
264	Joanne O'Regan	Temp		32:33	08:08
265	Roy Cummins	Cummins	M60	32:38	08:09
266	Paddy Daly	Army	M60	32:39	08:10
267	Billy O'Leary	Temp		32:45	08:11
268	Margaret Rohan	Midleton News	F50	32:48	08:12
269	Kieran Donovan	Temp		33:04	08:16
270	Mark Murphy	Janssen	M40	33:05	08:16
271	Ciara Coughlan	Temp		33:06	08:16
272	Denis Manning	Cork County Council		33:14	08:18
273	Grainne Reid	Temp		33:19	08:20
274	Aoife Mulally	Dept of Ed		33:19	08:20
275	Valerie Lynch	Lynchs	F35	33:21	08:20
276	Patrick Fitzgibbon	Dept of Ed	M55	33:22	08:20
277	Helen Geary	Castlerock Childcare	F40	33:23	08:21
278	Deirdre Lane	Temp		33:24	08:21
279	David O'Connor	Temp		33:25	08:21

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

280	Olan Buckley	Temp		33:26	08:21
281	Joanne McDermott	McDermotts		33:37	08:24
282	Tony Carey	Temp		33:44	08:26
283	Aine Mulally	Dept of Ed		33:45	08:26
284	Liam McGrath	Temp		33:46	08:26
285	Therese Barrett	MMS Medical	F40	33:47	08:27
286	Ken Tierney	Temp		33:49	08:27
287	Una Haurigan	Ballincollig Runners		33:51	08:28
288	Mark Sheehan	Temp		34:03	08:31
289	Paudie Linehan	Temp		34:11	08:33
290	Noel Creen	Temp		34:19	08:35
291	Una Raggett	Ballincollig Runners	F50	34:24	08:36
292	Ema Norberg	Temp		34:26	08:36
293	Derek Lane	Temp		34:27	08:37
294	Trish Macropoulos	Temp		34:28	08:37
295	Pat Fleming	Temp		34:39	08:40
296	Paddy Lane	Temp		34:44	08:41
297	Billy Caball	BHAA	M65	34:50	08:43
298	Adam Douglas	Temp		35:11	08:48
299	Matt Kenneally	Temp		35:25	08:51
300	Kieran Lynn	Temp		35:38	08:54
301	Aileen O'Keeffe	Cork Shops	F55	35:41	08:55
302	Cormac O'Carroll	Apple Computers	M50	35:43	08:56
303	Maura O'Doherty	Apple Computers		35:44	08:56
304	Grant O'Brien	Temp		35:47	08:57
305	Angela Bennett	Temp		35:52	08:58
306	Ina Lane	Temp		35:55	08:59
307	Helen O'Driscoll	Temp		35:56	08:59
308	Helen Cusack	Temp		35:57	08:59
309	Yvonne O'Raw	Glaxo Smithkline	F40	36:00	09:00
310	Paul Barry	Temp		36:03	09:01
311	Katie Lynch	Temp		36:09	09:02
312	Rebecca Chlodnicki	Temp		36:12	09:03
313	Gillian O'Leary	Temp		36:13	09:03
314	Suan O'Rourke	Temp		36:15	09:04
315	Jean Ryan	D Ryan & Co	F50	36:19	09:05
316	Edward Lynn	Temp		36:20	09:05
317	Catherine Lucy	Temp		36:23	09:06
318	Mark Hartnett	Temp		36:24	09:06
319	Bernie Twomey	Castlerock Childcare	F40	36:27	09:07
320	Niamh Lynch	Temp		36:31	09:08
321	Frank Kelleher	Cork City Council	M65	36:31	09:08
322	Carmel Griffin	Temp		36:53	09:13
323	Brian Murray	Temp		36:59	09:15
324	Denis Duggan	Temp		37:00	09:15
325	Denise Collins	Temp		37:12	09:18
326	Kate Gibney	Temp		37:13	09:18
327	Siobhan White	Temp		37:23	09:21
328	Sinead Flanagan	Temp		37:46	09:26
329	Michelle Bennett	RPS		37:47	09:27
330	Siobhan O'Shea	Temp		37:57	09:29
331	Fiacra Bracken	Temp		38:11	09:33
332	John Byels	Temp		38:14	09:33
333	Antoinette Mulcahy	Temp		38:18	09:34
334	Gina Cullen	Temp		38:23	09:36
335	Jamie Field	Temp		39:02	09:45

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

336	Gobnait McGrath	Temp		39:02	09:45
337	Elaine Akinkvoliet	Temp		39:40	09:55
338	Catherine Power	Temp		39:41	09:55
339	Kathleen O'Connell	Midleton News	F55	39:54	09:58
340	Pierce Power	Temp		40:00	10:00
341	Susan Power	Temp		40:01	10:00
342	Catherine Redmond	Temp		40:22	10:05
343	Veronica Prior	Temp		40:59	10:15
344	Rhonda Murphy	Janssen	F45	42:26	10:36
345	Sile Kearns	Little Island Pharmacy		43:41	10:55
346	Mary Toher	Dept of Ed	F50	43:53	10:58
347	Bernice Glavin	HSE	F50	46:24	11:36
348	Jane Byrd	Temp		47:21	11:50
	Jerry Forde	HSE			

### Men's Results

- 1 Mark Hanrahan
- 2 Wieslaw Sosnowski
- 3 Danny Smith

### O/40

- 1 Noel O'Regan
- 2 Paul Curley
- 3 Don Keohane

### O/45

- 1 Mark Bickerdike
- 2 Stanislaw Byczek
- 3 John Desmond

### O/50

- 1 Michael Murphy
- 2 Neilus Aherne
- 3 Pat Murphy

### O/55

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

### O/60

- 1 C O'Driscoll
- 2 J Murray

### O/65

- 1 M Kiely
- 2 John Cotter

### O/70

- 1 John O'Leary
- 2 John O'Mahony

### Wheelchair

- 1 Jerry Forde

**Mens A Team**

**Points**

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

1	CIT Students	62
2	Army	89
3	Solvit Food Solutions	108
4	Cork Garda	151

### **Mens B Team**

### **Points**

1	UCC	67
2	Midleton UDC	80
3	IPS	138
4	Quality Hotels	155

### **Mens C Team**

### **Points**

1	Janssen	234
2	IPS	268
3	Dept of Ed	296
4	Midleton UDC	296
5	EMC	308
6	Irish Rail	333
7	Novartis	354
8	Proscon	432
9	Janssen	518
10	Navy	534
11	Cork City Council	674
12	Janssen	678

### **Ladies Individual**

1	Rhona Lynch
2	Ann McPhail
3	Michelle Nolan

### **O/35**

1	Ann Marie Healy
2	Ann Marie Power
3	Gillian Cotter

### **O/40**

1	Hanorah Kelleher
2	Sally Drennan
3	Mary Histon de Barra

### **O/45**

1	Aine Murphy
2	Monica Twohig
3	Ann Walsh

### **O/50**

1	F O'Connor
2	M Rohan
3	Una Raggett

### **O/55**

1	A O'Keefe
2	K O'Connell

### **Ladies A Team**

### **Points**

1	Dept of Ed	23
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## Results of the Janssen 4 Mile Road Race - 7th March, 2010

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

2	UCC	24
3	Midleton News	24
4	Avondhu Motor Factors	27
5	Dept of Ed	28
6	Midleton News	53
7	Dept of Ed	59

	<b>Ladies B Team</b>	<b>Points</b>
1	Ballincollig Runners	71
2	Cork Shops	80
3	RPS	83
4	Midleton News	87
5	Castlerock Childcare	88

### Next BHAA Event:

UCC 10k

April 11th @ 11am

**Results of the Janssen 4 Mile Road Race - 7th March, 2010**

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

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