

Results of the Novartis 5k Road Race - 5th August 2009 (Under B.H.A.A. Rules)

| Pos. | Athlete | Business | Cat. | Time | Pos. | Athlete | Business | Cat. | Time |
|------|-------------------|---------------------------|------|-------|------|----------------------|-------------------------|------|-------|
| 1 | Mark Hanrahan | John Buckley Sports | | 14.38 | 70 | Martin Underhill | Army | | 19.21 |
| 2 | James McCarthy | McCarthy | | 15.44 | 71 | William O'Riordan | Army | M55 | 19.23 |
| 3 | Michael O'Herlihy | Chris Harrington | | 15.57 | 72 | Paul Parker | Temp | | 19.24 |
| 4 | Eoin O'Sullivan | An Post/Eircom | | 16.22 | 73 | David O'Driscoll | Temp | | 19.24 |
| 5 | Tim O'Connor | Saoirse Developments | | 16.24 | 74 | Pat Twomey | UCC | M55 | 19.25 |
| 6 | George Murray | Murray Coaches | | 16.29 | 75 | Ned Ramsall | Midleton News | | 19.28 |
| 7 | Shane Coffey | Temp | | 16.36 | 76 | Joe Roche | Statsol | M40 | 19.32 |
| 8 | George Waugh | FAS | | 16.45 | 77 | Brian Horritty | Temp | | 19.33 |
| 9 | Kieran O'Sullivan | Cork Garda | | 16.47 | 78 | Ray Barry | Temp | | 19.34 |
| 10 | Cathal Kelly | Pfizers (Ring) | | 16.48 | 79 | John O'Driscoll | FAS | M50 | 19.39 |
| 11 | Sean Dowling | Keary's of Midleton | | 16.55 | 80 | Ray Wallace | Phoenix Clinic | | 19.40 |
| 12 | Derek Furniss | Temp | | 16.55 | 81 | Roger Nagle | Temp | | 19.40 |
| 13 | Donal Coakley | Temp | | 17.08 | 82 | Stanislaw Byczek | Dairy Power | M45 | 19.43 |
| 14 | Michael Buckley | Joyce Wolfe | | 17.18 | 83 | Der Moloney | Temp | | 19.45 |
| 15 | Eamonn McEvoy | Dept. of Education | M50 | 17.18 | 84 | John Fahy | Temp | | 19.47 |
| 16 | Noel O'Regan | Army | M40 | 17.20 | 85 | Stephen Barrett | UCC | | 19.50 |
| 17 | Tim Lucey | Cork Co. Council | M45 | 17.23 | 86 | Dan Horgan | Midleton Urb. Council | M50 | 19.51 |
| 18 | Aidan Mullins | Temp | | 17.26 | 87 | John Griffin | Blarney Woolen Mills | | 19.52 |
| 19 | Mark Bickerdyke | Blarney School of Motorin | M45 | 17.28 | 88 | Owen O'Connell | Cork City Council | | 19.53 |
| 20 | Brendan Delaney | H. Electrical | M40 | 17.32 | 89 | Martin O'Reilly | DMP | | 19.54 |
| 21 | Lizzie Lee | Temp | F | 17.38 | 90 | Cal McCarthy | Novartis | | 19.59 |
| 22 | John Lynch | Temp | | 17.46 | 91 | Alan Kelly | Midleton UDC | | 20.02 |
| 23 | Niamh Roe | Dept.of Education | F | 17.47 | 92 | John O'Callaghan | Temp | | 20.03 |
| 24 | Ken Mulcahy | Cognis | M40 | 17.52 | 93 | Patrick Rahilly | Temp | | 20.04 |
| 25 | Jonathan Leniston | I.T. Tralee | | 17.55 | 94 | Tim Twomey | David Twomey | M55 | 20.05 |
| 26 | Shane Cooney | ESB | | 17.56 | 95 | Noel O'Sullivan | Temp | | 20.06 |
| 27 | Mark McMahan | Phoenix Clinic | | 17.56 | 96 | Stephen Egan O'Neill | Grandons | | 20.07 |
| 28 | Johnny O'Sullivan | Abbeystown Construction | | 17.58 | 97 | Joseph Coffey | Temp | | 20.11 |
| 29 | Claire McCarthy | Temp | | 17.59 | 98 | Patck Hession | Novartis | | 20.13 |
| 30 | Paul Walsh | Temp | | 18.00 | 99 | Christy Walsh | Cork City Council | M45 | 20.13 |
| 31 | Tom Hartnett | ESB | M50 | 18.00 | 100 | Stephen O'Mahony | Cork Airport | | 20.15 |
| 32 | Fergus Wall | Jim Edwards | M40 | 18.06 | 101 | Mike McGrath | Riverside Dental | M45 | 20.16 |
| 33 | Willie Walsh | Army | | 18.11 | 102 | Fergal Quinn | PFH Computers | | 20.17 |
| 34 | Mark Bulman | Army | M45 | 18.16 | 103 | Edmund O'Sullivan | Midleton UDC | M45 | 20.18 |
| 35 | Vincent Keane | Keanes Shop | M45 | 18.18 | 104 | John Morrissey | UCC | | 20.21 |
| 36 | Michael O'Regan | Statsol | M40 | 18.21 | 105 | Nick Parkinson | Temp | | 20.23 |
| 37 | Ronan Power | Temp | | 18.21 | 106 | Amy Wolfe | Joyce Wolfe Physio | F | 20.25 |
| 38 | John Desmond | Statsol | M45 | 18.23 | 107 | Paul Griffin | Eli Lilly | | 20.26 |
| 39 | Conor O'Brien | De-Core Systems | | 18.27 | 108 | Eoin Hunt | Bons Secours | | 20.27 |
| 40 | Anthony Quinn | Temp | | 18.29 | 109 | Tim O'Leary | Temp | | 20.27 |
| 41 | Carmel Parnell | Cork Shops | F/50 | 18.30 | 110 | Michael Dooley | I.P.S. | M40 | 20.28 |
| 42 | Paul Shanahan | Navy | M40 | 18.32 | 111 | Jean Martin | Temp | F | 20.30 |
| 43 | Conor McMahan | Phoenix Clinic | M40 | 18.35 | 112 | Bill Twomey | David Twomey | | 20.31 |
| 44 | Sean O'Sullivan | ESB | | 18.37 | 113 | Karen Prendergast | Temp | F | 20.31 |
| 45 | Denis Carroll | Blarney Woolen Mills | M45 | 18.40 | 114 | Paul Staunton | Temp | | 20.32 |
| 46 | Martin Curtin | Keary's of Midleton | | 18.41 | 115 | Stephen Creedon | Denis Cronin Electrical | | 20.32 |
| 47 | Niall Murphy | Temp | | 18.43 | 116 | Richard Archer | A.A. Archer | | 20.33 |
| 48 | Brian Shields | Navy | | 18.45 | 117 | Phil Corcoran | R.R.D. | | 20.33 |
| 49 | Ronan O'Reilly | Temp | | 18.46 | 118 | Joe Murphy | Cork City Council | M50 | 20.34 |
| 50 | Maurice Cahill | Quality Hotels | | 18.48 | 119 | Ken Owens | An Post/Eircom | M40 | 20.36 |
| 51 | John Dunphy | Midleton News | M40 | 18.51 | 120 | Sally Drennan | Dept. Of Education | F40 | 20.37 |
| 52 | Brian Linehan | Group Securicor | M45 | 18.53 | 121 | Kevin Downing | Temp | | 20.39 |
| 53 | Donal Twomey | Phoenix Clinic | | 18.54 | 122 | Vincent Groorre | Temp | | 20.40 |
| 54 | Tom Cooper | Murjoy | M45 | 18.54 | 123 | Dermot Kelly | Southern Law | M40 | 20.40 |
| 55 | Robbie Williams | Temp | | 18.55 | 124 | Ken Wyman | Temp | | 20.40 |
| 56 | Kieran Brennan | Navy | M40 | 18.55 | 125 | Noel Phair | Temp | | 20.41 |
| 57 | Padraig Murphy | Novartis | | 18.55 | 126 | Kevin O'Leary | Temp | | 20.41 |
| 58 | Eamonn Carroll | Southern Law | M45 | 18.56 | 127 | Damien Jones | GlaxoSmithKline | M45 | 20.42 |
| 59 | Patrick Troy | Temp | | 18.58 | 128 | John O'Connell | Midleton UDC | | 20.42 |
| 60 | Kevin Geary | Temp | | 18.58 | 129 | Michael Frawley | Cork County Council | | 20.42 |
| 61 | John O'Callaghan | FAS | M45 | 19.00 | 130 | Kieran Fitzgerald | Temp | | 20.43 |
| 62 | Dermot Murphy | An Post/Eircom | | 19.02 | 131 | Michael Murphy | Keary's of Midleton | | 20.45 |
| 63 | Conor Murray | Janssen | M40 | 19.08 | 132 | Rachel O'Callaghan | Cork Shops | F35 | 20.46 |
| 64 | Fergal Sergeant | Cork Airport | | 19.09 | 133 | Shane Coughlan | Temp | | 20.46 |
| 65 | Richard Leahy | Temp | | 19.10 | 134 | Darren Casey | Syncreon Technology | | 20.47 |
| 66 | Kieran Shannon | Temp | | 19.10 | 135 | Fidelma Kirwan | EOLAS | F40 | 20.48 |
| 67 | Conor O'Donoghue | Temp | | 19.13 | 136 | Tony O'Riordan | Temp | | 20.49 |
| 68 | Tom Cody | Midleton UDC | M50 | 19.16 | 137 | Kieran Crean | Temp | | 20.51 |
| 69 | Jim McGrath | Temp | | 19.20 | 138 | John Leahy | Navy | M45 | 20.51 |

Results of the Novartis 5k Road Race - 5th August 2009 (Under B.H.A.A. Rules)

| Pos. | Athlete | Business | Cat. | Time | Pos. | Athlete | Business | Cat. | Time |
|------|--------------------|-----------------------|------|-------|------|----------------------|--------------------|------|-------|
| 139 | Olan Barrett | Avondhu Motor Factors | | 20.52 | 208 | Jimmy Murray | HSE | M60 | 22.17 |
| 140 | John Holland | An Post/Eircom | M60 | 20.54 | 209 | Sean Cahalane | Temp | | 22.18 |
| 141 | Ger Keohane | Temp | | 20.55 | 210 | Liam O'Donovan | Janssen | M50 | 22.20 |
| 142 | Brendan O'Leary | Temp | | 20.55 | 211 | Paul Healy | EMC | | 22.20 |
| 143 | Michael Corbett | Temp | | 20.56 | 212 | Mary Histon de Barra | HSE | M40 | 22.21 |
| 144 | Deirdre Nagle | Temp | F | 20.57 | 213 | Tom Ryan | Temp | | 22.22 |
| 145 | Liam O'Leary | Cork City Council | M60 | 20.57 | 214 | Eddie Barry | Temp | | 22.23 |
| 146 | Anne Marie Power | Glenside ENV | F35 | 20.58 | 215 | Aidan Buckley | Cork Painters | M45 | 22.23 |
| 147 | Alan Crowley | Temp | | 21.00 | 216 | Paul Moore | Temp | | 22.24 |
| 148 | Caitriona Leahy | Musgraves | F | 21.01 | 217 | Ger Kiely | UCC | M55 | 22.24 |
| 149 | Paul Kiely | Temp | | 21.02 | 218 | David Cotter | Cork Painters | M60 | 22.24 |
| 150 | John Quigley | Statsol | M55 | 21.03 | 219 | Kate McCarthy | Temp | | 22.26 |
| 151 | Stephen Devine | Temp | | 21.04 | 220 | Aine Corrigan | Dept. Of Education | F | 22.27 |
| 152 | Ray O'Donoghue | EMC | | 21.05 | 221 | Michael Sahn | Novartis | | 22.30 |
| 153 | Tony Cooke | Twomey Transport | M45 | 21.07 | 222 | Tom O'Neill | I.P.S. | M50 | 22.31 |
| 154 | Gillaume Beauvain | Temp | | 21.08 | 223 | Declan Maunsell | Temp | | 22.33 |
| 155 | Benny McHugh | Temp | | 21.09 | 224 | Eoin Cashman | Temp | | 22.35 |
| 156 | Brian Nolan | Temp | | 21.09 | 225 | Veronica Campbell | Temp | | 22.36 |
| 157 | John Cotter | Novartis | | 21.09 | 226 | Pat Organ | Temp | | 22.38 |
| 158 | Fergal O'Meara | A.A. Archer | | 21.11 | 227 | Finbarr McCarthy | Novartis | | 22.38 |
| 159 | Claire Buckley | Cork GARDA | F | 21.12 | 228 | Brian Healy | An Post/Eircom | M45 | 22.39 |
| 160 | Vincent O'Neill | EMC | | 21.14 | 229 | Roy McCarthy | Novartis | | 22.40 |
| 161 | Bernard O'Sullivan | ESB | | 21.14 | 230 | Elaine Guinane | Dept. Of Education | F | 22.42 |
| 162 | Sylvia Dunne | EMC | F40 | 21.15 | 231 | Ann Moore | Orion Sports | F45 | 22.44 |
| 163 | Peter Lynch | Temp | | 21.15 | 232 | Bernie Smith | Novartis | F | 22.45 |
| 164 | Noel O'Connor | EMC | M50 | 21.16 | 233 | Brian Furlong | P.J. Hegarty | | 22.45 |
| 165 | Lena Boyd | J&J Cycles | F40 | 21.17 | 234 | Paul Scannell | Ferrero | | 22.46 |
| 166 | Batt Kearney | Blarney WM | M50 | 21.18 | 235 | Finbarr O'Neill | Pilz Ireland | | 22.46 |
| 167 | Kieran Mullane | EMC | M40 | 21.19 | 236 | Kevin Morrisson | A.A. Archer | | 22.47 |
| 168 | Pat Murphy | Temp | | 21.20 | 237 | Derek Costello | Novartis | | 22.47 |
| 169 | Mark McCarthy | Temp | | 21.21 | 238 | Owen Sheehan | Temp | | 22.48 |
| 170 | Kieran Griffin | Temp | | 21.24 | 239 | John O'Leary | Bookdeal | M70 | 22.50 |
| 171 | Assumpta Barry | Bank of Ireland | F35 | 21.25 | 240 | Trevor O'Neill | Temp | | 22.53 |
| 172 | Kevin Burke | EMC | | 21.25 | 241 | Barry Ryan | Novartis | | 22.54 |
| 173 | Murriss Griffin | Temp | | 21.26 | 242 | Rose Smith | Temp | | 22.55 |
| 174 | Dawn Kelly | Temp | F | 21.27 | 243 | Sean O'Donoghue | Novartis | | 22.56 |
| 175 | James Hickey | Gillead Sc. Ltd | | 21.28 | 244 | Brian Twomey | EMC | | 22.58 |
| 176 | Paddy Gyves | ITW Hi-Cone | M60 | 21.30 | 245 | Padraig O'Regan | Temp | | 22.59 |
| 177 | Michael Kiely | W&M Kiely | M60 | 21.32 | 246 | Kevin Twomey | EMC | | 23.00 |
| 178 | David Burke | Temp | M40 | 21.35 | 247 | Andre Ghelfi | Janssen | | 23.03 |
| 179 | Tom Curtis | IPS | | 21.37 | 248 | Thomas McCormack | Temp | | 23.04 |
| 180 | Mary O'Connell | IPS | F35 | 21.37 | 249 | Darragh Dennehy | Temp | | 23.06 |
| 181 | Oisin Carroll | Temp | | 21.38 | 250 | Donnacha McCarthy | Temp | | 23.06 |
| 182 | Liam Monaher | Novartis | | 21.41 | 251 | JJ Chambers | Janssen | | 23.06 |
| 183 | Alan McGrath | Novartis | | 21.43 | 252 | Ger Murphy | Temp | | 23.07 |
| 184 | Michael Daly | Temp | | 21.46 | 253 | John O'Sullivan | Temp | | 23.07 |
| 185 | John Walshe | Temp | | 21.47 | 254 | Evan Barry | Temp | | 23.09 |
| 186 | Patrick O'Riordan | Temp | | 21.50 | 255 | Irene Eighan | Novartis | | 23.10 |
| 187 | Kelly Flanagan | Novartis | | 21.50 | 256 | JP Treacy | Temp | | 23.11 |
| 188 | Sean Devine | Temp | | 21.51 | 257 | Rob Holland | Boston Scientific | | 23.11 |
| 189 | Darragh O'Sullivan | Temp | | 21.52 | 258 | Anthony Horgan | Cork Painters | M40 | 23.14 |
| 190 | Richard Carey | Temp | | 21.53 | 259 | Ted Lenihan | Plant Hire | M50 | 23.15 |
| 191 | Ken Devine | UCC | M40 | 21.54 | 260 | Siobhan Holland | Novartis | | 23.16 |
| 192 | Padraig Kingston | Temp | | 21.54 | 261 | Ian McLean | Novartis | | 23.21 |
| 193 | Eibhlín Christie | E.P.A. | F40 | 21.55 | 262 | Jerry O'Connor | Plant Hire | M50 | 23.23 |
| 194 | Killian Hennessy | Temp | | 21.55 | 263 | David Collins | Temp | | 23.25 |
| 195 | Liam Callanan | McGinty & O'Shea | | 21.56 | 264 | Aidan Henry | Calor Gas | | 23.26 |
| 196 | Annemarie Regan | Temp | F | 21.58 | 265 | Stephen Lyons | Temp | | 23.27 |
| 197 | Tim Joe Buckley | HSE | M55 | 21.59 | 266 | Barry Coleman | Temp | | 23.28 |
| 198 | Peter Keegan | Temp | | 22.02 | 267 | Charles Ryan Purcell | Novartis | | 23.28 |
| 199 | Douglas O'Connell | Temp | | 22.06 | 268 | Tony Carey | Temp | | 23.29 |
| 200 | Col Conway | HSE | F35 | 22.08 | 269 | Denis O'Sullivan | Temp | | 23.31 |
| 201 | Colm McSweeney | Temp | | 22.08 | 270 | Marvin Wallis | Temp | | 23.32 |
| 202 | John O'Halloran | ESB | M55 | 22.09 | 271 | Susan Delaney | Temp | | 23.32 |
| 203 | David Moloney | Temp | | 22.09 | 272 | Donie O'Connell | Midleton News | M55 | 23.33 |
| 204 | Bob Moloney | Temp | | 22.10 | 273 | Sara Bradley | Temp | | 23.34 |
| 205 | Eoin Burke | Temp | | 22.10 | 274 | Vincent Murray | Dept of Education | | 23.36 |
| 206 | John Gaffney | Temp | | 22.12 | 275 | Corina Erangey | Temp | | 23.37 |
| 207 | Ian Power | Temp | | 22.16 | 276 | Una Buckley | EMC | | 23.39 |

Results of the Novartis 5k Road Race - 5th August 2009 (Under B.H.A.A. Rules)

| Pos. | Athlete | Business | Cat. | Time | Pos. | Athlete | Business | Cat. | Time |
|------|----------------------|-------------------------|------|-------|------|----------------------|---------------------|------|-------|
| 277 | Kevin Cronin | UCC | M45 | 23.43 | 346 | Con Carroll | Novartis | | 25.44 |
| 278 | Adolfo Esteban | Temp | | 23.45 | 347 | Ian Murray | Temp | | 25.46 |
| 279 | Jamie O'Mahony | Temp | | 23.48 | 348 | Anne-Marie Dowling | EMC | F35 | 25.47 |
| 280 | Ronan O'Neill | Temp | | 23.50 | 349 | William Kiely | Temp | | 25.49 |
| 281 | Danny McCarthy | An Post/Eircom | M55 | 23.51 | 350 | David Healy | UCC | | 25.51 |
| 282 | Jane O'Connell | Temp | | 23.54 | 351 | Deirdre Lane | Temp | | 25.52 |
| 283 | David O'Kelly Lynch | EMC | M45 | 23.54 | 352 | Kevin O'Driscoll | PFIZER (R) | M55 | 25.52 |
| 284 | Kevin O'Connor | Novartis | | 23.57 | 353 | Deirdre Quinlan | Temp | | 25.53 |
| 285 | Conor Carr | Temp | | 23.58 | 354 | Paul McShane | Temp | | 25.54 |
| 286 | Grainne O'Callaghan | Temp | | 24.02 | 355 | Martin Morrissey | Temp | | 25.54 |
| 287 | David O'Donoghue | Temp | | 24.04 | 356 | Kitty Buckley | Good Shepherd | F45 | 25.55 |
| 288 | Catherine Power | Cork Co.Council | | 24.04 | 357 | Eimear O'Mahony | Temp | | 25.56 |
| 289 | Clodagh Carroll | Temp | | 24.05 | 358 | Sara Dewhurst | Temp | | 26.01 |
| 290 | Monica Twohig | Eolas | F45 | 24.06 | 359 | Frances Byrne | Dept of Ed. | F50 | 26.01 |
| 291 | Mary Mulcahy | Bank Of Ireland | F45 | 24.07 | 360 | Maggie Walsh | Temp | | 26.02 |
| 292 | Shirley Langford | Temp | | 24.09 | 361 | Pamela Lyons | Temp | | 26.03 |
| 293 | Adam Douglas | Temp | | 24.11 | 362 | Teddy Tuohy | Temp | | 26.04 |
| 294 | Marianne McCarthy | Temp | | 24.12 | 363 | Anthony Walsh | Sisk | M45 | 26.04 |
| 295 | June Twomey | UCC Student | | 24.17 | 364 | Dominic O'Sullivan | Temp | | 26.07 |
| 296 | Leo McCarthy | Novartis | | 24.18 | 365 | Ann-Marie Verling | Temp | | 26.07 |
| 297 | Dan Kingston | Temp | | 24.21 | 366 | Ciara Coughlan | Temp | | 26.09 |
| 298 | Aidan Cooney | Temp | | 24.21 | 367 | Kieran Kenny | Temp | | 26.11 |
| 299 | Frances O'Connor | Dept of Education | F50 | 24.23 | 368 | Tanya Meikle | GM ENV. | F40 | 26.14 |
| 300 | Colin Lane | Temp | | 24.25 | 369 | Tony Dunne | Avondhu M.F. | M65 | 26.15 |
| 301 | Denis Sexton | Novartis | | 24.29 | 370 | Maggie Dunne | Avondhu M.F. | F60 | 26.16 |
| 302 | Rachel Crowley | Temp | | 24.29 | 371 | Angela Garcia | Temp | | 26.22 |
| 303 | Roy Lewis | Temp | | 24.31 | 372 | Gerard Ryan | Temp | | 26.23 |
| 304 | Maire Ui Chonghaile | Dept of Education | F50 | 24.33 | 373 | Ken Daly | Temp | | 26.27 |
| 305 | Kevin Phelan | CSO | | 24.34 | 374 | Dieter Spoerri | Novartis | | 26.28 |
| 306 | James McCarthy | Temp | | 24.37 | 375 | Marguerite O'Connell | Temp | | 26.29 |
| 307 | Ciaran Brenock | Bank of Ireland | M40 | 24.39 | 376 | Chris McGlennon | EMC | | 26.33 |
| 308 | Roberto Sabatino | NSC | M45 | 24.41 | 377 | Gerry Lawton | Temp | | 26.33 |
| 309 | Paddy Daly | Army | M60 | 24.42 | 378 | Roy Cummins | Cummins | M60 | 26.36 |
| 310 | Sonia O'Sullivan | Army | F35 | 24.43 | 379 | Liam Ahern | Temp | | 26.40 |
| 311 | Denis O'Sullivan | Temp | | 24.44 | 380 | David O'Keeffe | Temp | | 26.41 |
| 312 | Anne Hickey | Dept of Education | F40 | 24.45 | 381 | Brian Murray | Temp | | 26.42 |
| 313 | Brian Delaney | Temp | | 24.46 | 382 | Anne Hayes | HSE | F50 | 26.53 |
| 314 | Helena O'Donoghue | HSE | | 24.47 | 383 | Brian Deasy | Temp | | 26.56 |
| 315 | Barry Ryan | Temp | | 24.47 | 384 | Paul Hurley | Novartis | | 26.58 |
| 316 | Kieran McCarthy | Temp | | 24.48 | 385 | Colm McSweeney | Navy | | 26.59 |
| 317 | Donal Golden | EMC | | 24.49 | 386 | Sinead Drohan | Temp | | 27.01 |
| 318 | Finbarr O'Hanlon | Temp | | 24.52 | 387 | Declan Lynch | Temp | | 27.05 |
| 319 | John Fitzpatrick | An Post/Eircom | | 24.57 | 388 | Fiacra Bracken | Novartis | | 27.15 |
| 320 | Frank Lenihan | Plant Hire | M55 | 25.00 | 389 | Sandra O'Sullivan | Cork Shops | F40 | 27.18 |
| 321 | Brendan Hayes | GSK | M55 | 25.02 | 390 | Denis Manning | Cork County Council | | 27.22 |
| 322 | Nora Flynn | IPS | F45 | 25.03 | 391 | Steve Costello | Temp | | 27.23 |
| 323 | Oonagh Horgan | Temp | | 25.04 | 392 | Joy O'Donovan | Temp | | 27.23 |
| 324 | Orna O'Halloran | Temp | | 25.04 | 393 | Paul O'Shea | Temp | | 27.25 |
| 325 | Ann Savage | Midleton News | F45 | 25.05 | 394 | Veronica Twomey | Temp | | 27.26 |
| 326 | Michael Ruane | CITCO | | 25.09 | 395 | Aileen O'Sullivan | Temp | | 27.33 |
| 327 | Catherine O'Sullivan | Abbeystown Construction | F35 | 25.09 | 396 | Ken Maye | Novartis | | 27.34 |
| 328 | Claire McGonagle | Novartis | | 25.10 | 397 | Ann Thornborrow | Temp | | 27.35 |
| 329 | Niall Gillis | Temp | | 25.12 | 398 | Alan Foley | Novartis | | 27.35 |
| 330 | Michael Brennan | Dept of Education | | 25.14 | 399 | Shane Finn | Temp | | 27.36 |
| 331 | Kieran McGowan | Temp | | 25.17 | 400 | Ashling Hurley | Temp | | 27.37 |
| 332 | Martina Burke | John J.Casey | F35 | 25.21 | 401 | Jerry Murphy | Temp | | 27.39 |
| 333 | George Webb | Plant Hire | M65 | 25.22 | 402 | Seamus Curran | Novartis | | 27.46 |
| 334 | Carl Twomey | Temp | | 25.22 | 403 | Nessa Goggin | Temp | | 27.47 |
| 335 | Conor Fox | Temp | | 25.25 | 404 | Lorraine Murray | Temp | | 27.48 |
| 336 | Conor Sherman | Temp | | 25.28 | 405 | Jane Morgan | Temp | | 27.58 |
| 337 | Luke Hennessy | Temp | | 25.31 | 406 | Roy O'Keeffe | Novartis | | 28.03 |
| 338 | Keith Comyn | Temp | | 25.35 | 407 | Kathy Kilgallon | Temp | | 28.15 |
| 339 | Tony O'Sullivan | RPS | M50 | 25.36 | 408 | Joan McCarthy | BOI | F50 | 28.16 |
| 340 | Gearoid Macoitir | PROSCON | | 25.37 | 409 | Mary Kiely | Temp | | 28.16 |
| 341 | Maire O'Connell | Temp | | 25.37 | 410 | Marianne Bogue | Temp | | 28.20 |
| 342 | Hilary Creedon | Failte Ireland | | 25.38 | 411 | Freda Kerins | Temp | | 28.22 |
| 343 | Elaine Hennessy | Keary's of Midleton | F50 | 25.38 | 412 | Michael Hand | Temp | | 28.26 |
| 344 | Stewart Ritshschof | Temp | | 25.39 | 413 | Billy Griffin | CGI Food Park | M70 | 28.26 |
| 345 | Richard Cronin | Dept of Env | | 25.39 | 414 | Dick O'Brien | Avondhu M.F. | M60 | 28.26 |

Results of the Novartis 5k Road Race - 5th August 2009 (Under B.H.A.A. Rules)

| Pos. | Athlete | Business | Cat. | Time |
|------|----------------------|-------------------|------|-------|
| 415 | Olwen Carroll | Temp | | 28.27 |
| 416 | Julie O'Donovan | Temp | | 28.27 |
| 417 | Michael O'Connor | GM ENV. | | 28.28 |
| 418 | Mary Gulhane | Temp | | 28.47 |
| 419 | Anne Walsh | Ballincollig A.C. | F45 | 28.54 |
| 420 | Una Raggett | Ballincollig A.C. | F45 | 28.54 |
| 421 | Nicola Clifford | Temp | | 29.11 |
| 422 | Maura Marshall | Temp | | 29.17 |
| 423 | Lorna Quirke | Novartis | | 29.22 |
| 424 | Mark Quirke | Novartis | | 29.23 |
| 425 | Philip Mullane | Temp | | 29.32 |
| 426 | Niamh Power | Temp | | 29.40 |
| 427 | Orla Murphy | Temp | | 29.47 |
| 428 | Louise Holland | Novartis | | 30.02 |
| 429 | Rebecca O'Donovan | Temp | | 30.02 |
| 430 | Michelina Fox | Temp | | 30.03 |
| 431 | Fiona Malone | Temp | | 30.03 |
| 432 | Sinead Malone | Temp | | 30.15 |
| 433 | Jamie Field | Temp | | 30.16 |
| 434 | Claire Melanophy | Temp | | 30.35 |
| 435 | Deirdre Hegarty | Temp | | 30.36 |
| 436 | Thomas Ferguson | Temp | | 30.42 |
| 437 | Vivienne Pennefather | Novartis | | 30.43 |
| 438 | Kline Pennefather | Novartis | | 30.45 |
| 439 | Bernice Glavin | HSE | F50 | 30.46 |
| 440 | Clodagh Hurley | Temp | | 30.47 |
| 441 | Kathleen O'Connell | Midleton News | F55 | 30.54 |
| 442 | Adolfi Esteban | Temp | | 30.57 |
| 443 | Norma Barry | Temp | | 30.57 |
| 444 | Aoife Long | Temp | | 31.01 |
| 445 | Carol Buckley | Temp | | 31.01 |
| 446 | Teresa Tierney | Temp | | 31.19 |
| 447 | Olive Garry | EMC | | 31.24 |
| 448 | Ruth O'Donnell | Temp | | 31.28 |
| 449 | Brenda Green | Temp | | 31.32 |
| 450 | Jim McMurty | Midleton News | M60 | 31.46 |
| 451 | Helen O'Sullivan | Novartis | | 31.48 |
| 452 | Leona Sweeney | Novartis | | 31.58 |
| 453 | Evelyn Reed | Temp | | 32.23 |
| 454 | Marie Kiely | Temp | | 32.24 |
| 455 | Gillian Murphy | Temp | | 32.31 |
| 456 | Audrey Leahy | Temp | | 32.32 |
| 457 | Suzanne Quinn | Temp | | 33.14 |
| 458 | Mairead Deasy | Temp | | 33.30 |
| 459 | Rachel McGuinness | Novartis | | 33.39 |
| 460 | Iseult Cronin | Southern Law | | 34.46 |
| 461 | Cait Meighan | Southern Law | F35 | 34.46 |
| 462 | Mary Meaney | Temp | | 36.40 |
| 463 | Yvonne Cohan | Temp | | 39.58 |
| 464 | Majella Coakley | Temp | | 42.18 |
| 465 | Phyllis Richardson | Temp | | 44.06 |
| 466 | Lilian Duff | Temp | | 44.52 |
| 467 | Louise Forrest | Temp | | 44.52 |

W/C Jerry Forde Wheelchair

Next Cork BHAA Events:

Army / Navy 5 Mile Road Race

Wed. 19 August @ 7:30pm
 Naval Base, Haulbowline
 Contact: Willie O'Riordan (021 4514117)

Togher P.T.A.A. 5Km Road Race

Wed. 2nd September @ 7:30pm
 St. Finbarrs H & F Club, Togher
 Contact: Seamus Casey (021-4885655)

Results of the Novartis 5k Road Race - 5th August 2009 (Under B.H.A.A. Rules)

INDIVIDUALS

Men

- 1 Mark Hanrahan
- 2 James McCarthy
- 3 Michael Herlihy
- 4 Eoin O'Sullivan

Women

- 1 Niamh Roe
- 2 Carmel Parnell
- 3 Amy Wolfe
- 4 Sally Drennan

Vets

0/40A

- 1 Noel O'Regan
- 2 Brendan Delaney
- 3 Ken Mulcahy

0/35H

- 1 Rachel O'Callaghan
- 2 Anne Marie Power
- 3 Assumpta Barry

0/45B

- 1 Tim Lucey
- 2 Mark Bickerdyke
- 3 Mark Bulman

0/40I

- 1 Fidelma Kirwan
- 2 Sylvia Dunne
- 3 Lina Boyd

0/50C

- 1 Eamonn McEvoy
- 2 Tom Hartnett
- 3 Tom Cody

0/45J

- 1 Ann Moore
- 2 Mary Mulcahy
- 3 Monica Twohig

0/55D

- 1 Willie O'Riordan
- 2 Pat Twomey

0/50K

- 1 Frances O'Connor
- 2 Maire Ui Chonghaile

0/60E

- 1 John Holland
- 2 Liam O'Leary

Men

Grade A

| | Points |
|-----------|---------------|
| 1 Army | 83 |
| 2 ESB | 101 |
| 3 Phoenix | 123 |

Grade B

| | |
|------------------------|-----|
| 1 Statsol | 140 |
| 2 Navy | 146 |
| 3 FAS | 148 |
| 4 An Post | 185 |
| 5 Keary's of Middleton | 188 |
| 6 Middleton UDC | 245 |

Grade C

| | |
|------------------------|-----|
| 1 UCC | 263 |
| 2 Cork Co. Council | 264 |
| 3 Blarney Woolen Mills | 298 |
| 4 Cork City Council | 321 |
| 5 Middleton News | 398 |
| 6 Army | 450 |
| 7 Novartis | 463 |
| 8 EMC | 476 |
| 9 IPS | 511 |
| 10 Archer | 512 |
| 11 Janssen | 520 |
| 12 EMC | 550 |
| 13 Dept of Education | 619 |
| 14 An Post | 649 |
| 15 UCC | 685 |
| 16 Cork Painters | 691 |
| 17 EMC | 807 |
| 18 Plant Hire | 841 |
| 19 Novartis | 896 |
| 20 Avondhu MF | 922 |

Women

Grade A

| | Points |
|---------------------|---------------|
| 1 Dept of Education | 5 |
| 2 Cork Shops | 7 |
| 3 Eolas | 31 |
| 4 HSE | 31 |
| 5 Dept of Education | 35 |

Grade B

| | |
|---------------------|-----|
| 1 EMC | 32 |
| 2 Novartis | 41 |
| 3 IPS | 45 |
| 4 Dept of Education | 55 |
| 5 Dept of Education | 70 |
| 6 HSE | 74 |
| 7 Middleton News | 88 |
| 8 Ballincollig AC | 93 |
| 9 Southern Law | 103 |