

## Results of the "Stride by the Tide" 4 Mile Race - 26th April, 2010

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

Pos.	Athlete	Business	Cat.	Time	Pace
1	Eoin O'Sullivan	Temp		21:31	05:23
2	Philip Harty	Byrne Energy Accessors		21:35	05:24
3	Frank O'Carroll	Proscon		22:14	05:34
4	Donal Coakley	Gilead Sciences		22:23	05:36
5	Alan O'Reilly	CIT students		22:53	05:43
6	Shane Coffey	Temp		22:58	05:45
7	Mark Bickerdike	Blarney School of Motoring	M45	23:04	05:46
8	Eric Meade	Conoco Philips	M40	23:10	05:47
9	Noel O'Regan	Army	M40	23:13	05:48
10	Kieran O'Sullivan	Cork Garda		23:19	05:50
11	Conor Tierney	McGrath landscapes		23:33	05:53
12	Robert Patterson	Solvit Foods Solutions		23:38	05:54
13	Denis Dunne	Army		23:50	05:57
14	Paddy Murphy	Temp		23:57	05:59
15	Paul Curley	Quality Hotels	M40	23:59	06:00
16	Brian Byrne	Byrne Energy Accessors		24:15	06:04
17	Marty O'Keeffe	Quality Hotels	M40	24:18	06:04
18	Brian O'Connor	Avondhu Motor Factors		24:27	06:07
19	Neill Murphy	Temp		24:33	06:08
20	John Leahy	Temp		24:39	06:10
21	Ronan O'Reilly	Avondhu Motor Factors		24:44	06:11
22	Michael Murphy	Novartis	M50	24:48	06:12
23	John Hallahan	An Post Eircom	M45	24:56	06:14
24	Maurice Cahill	Quality Hotels		25:00	06:15
25	Neilus Aherne	Mid Urban Council	M50	25:05	06:16
26	Donal Broderick	Mid Urban Council	M40	25:15	06:19
27	Conor Mc Mahon	Solvit Foods Solutions	M40	25:18	06:20
28	Killian O'Connor	Avondhu Motor Factors		25:18	06:20
29	Niamh Walsh	Quality Hotels		25:21	06:20
30	Adrian Quinn	Temp		25:33	06:23
31	John Dunphy	Flexible Connectors	M40	25:39	06:25
32	Michelle Nolan	Midleton News	F35	25:44	06:26
33	Ronan Power	Temp		25:46	06:26
34	Brian Landery	Temp		25:53	06:28
35	John Cashman	Midleton News	M45	25:53	06:28
36	Elmer Morrissey	RPS		26:10	06:32
37	Maurice Tobin	Avondhu Motor Factors	M55	26:12	06:33
38	Terence Higgins	Pfizers Little Island		26:16	06:34
39	Garrett Casey	Temp		26:17	06:34
40	John Fitzgerald	Avondhu Motor Factors	M45	26:19	06:35
41	Jim Mc Grath	Temp		26:20	06:35
42	Helen Leonard	Temp		26:23	06:36
43	Dan Kennedy	DMP enterprize	M55	26:26	06:36
44	Tony Huff	Team Adidas	M55	26:29	06:37
45	Jim Leahy	Temp		26:38	06:39
46	Fergal Sargent	Cork Airport		26:40	06:40
47	Michael Dooley	IPS	M40	26:41	06:40
48	Eoin White	Temp		26:46	06:42
49	John Griffin	Blarney Woolan Mills	M40	26:47	06:42
50	Aine Murphy	UCC		26:49	06:42
51	Drew Healy	Temp		26:50	06:42
52	Mark Dalton	Mid Urban Council		26:54	06:43
53	John O'Donovan	Temp		26:59	06:45
54	Ned Ramsell	Mid Urban Council		27:02	06:46
55	Brian Nolan	Temp		27:10	06:48

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56	Stephen Geoghegan	Emc		27:20	06:50
57	Dominic Fenton	Temp		27:20	06:50
58	Philip Oakley	Irish Hockey Ltd		27:31	06:53
59	Richard Mc Carthy	Temp		27:35	06:54
60	Alan Barry	Avondhu Motor Factors		27:42	06:55
61	Vincent O'Neill	EMC		27:43	06:56
62	Aisling Moran	Temp		27:44	06:56
63	Michael Frawley	Temp		27:46	06:57
64	Michael Brennan	Dept of Ed		27:51	06:58
65	John Lynch	Temp		27:52	06:58
66	Mark Cliff	Byrne Energy Accessors		27:55	06:59
67	Seamus Kennedy	Temp		27:56	06:59
68	Peter Gunning	Temp		27:59	07:00
69	Ray O'Riordan	Temp		28:09	07:02
70	Chris Carroll	HSE	M55	28:12	07:03
71	Brendan Power	Cork Garda		28:15	07:04
72	Patrick Murphy	Temp		28:16	07:04
73	Domis Kelleher	Temp		28:19	07:05
74	Mick Keily	W&M Kiely	M65	28:27	07:07
75	Liam O'Leary	Cork City Council	M60	28:32	07:08
76	Darran Casey	Synckeon Technology		28:35	07:09
77	Trevor Walsh	Byrne Energy Accessors		28:35	07:09
78	Kevin O'Reilly	Conoco Philips	M45	28:36	07:09
79	Jonathan Finn	Cork City Council		28:36	07:09
80	Eamon O'Regan	Temp		28:37	07:09
81	Joe Jahil	Temp		28:38	07:09
82	Joe Barry	Byrne Energy Accessors		28:39	07:10
83	Sylvie O'Mahony	Quality Hotels	M50	28:40	07:10
84	Piotr Szczerba	Temp		28:42	07:10
85	Jimmy Murray	HSE	M60	28:43	07:11
86	Claire O'Callaghan	Temp		28:44	07:11
87	Mark Bullman	Army	M45	28:45	07:11
88	Paddy Gyves	ITW hi-cone	M60	28:49	07:12
89	Donnacha O'Dunabhain	Temp		28:55	07:14
90	David Barry	Temp		29:01	07:15
91	Terry Dalton	Temp		29:07	07:17
92	Stephan O'Mahony	Cork Airport		29:08	07:17
91	David Burke	UCC	M40	29:09	07:17
94	Matej Klepl	Temp		29:14	07:18
95	John Cotter	Novartis		29:14	07:18
96	Paul Dillion	Proscion	M40	29:17	07:19
97	Colin Garde	Temp		29:17	07:19
98	Barry Hogan	Temp		29:17	07:19
99	Brian Healy	Temp		29:18	07:19
100	Barry O'Brien	GE Healthcare		29:19	07:20
101	Cathal O'Gorman	Proscion		29:20	07:20
102	John O'Halloran	ESB	M55	29:21	07:20
103	Mary O'Connell	IPS	F35	29:25	07:21
104	Roger O'Mahony	CBC		29:28	07:22
105	Kelly Flanagan	Temp		29:30	07:23
106	Christy Murphy	Johnson & Pernott	M50	29:37	07:24
107	Mary Histon DeBarra	HSE	F40	29:39	07:25
108	Philip Healy	Temp		29:44	07:26
109	Elaine Guinane	Dept of Ed		29:46	07:26
110	Stephen Henley	Healy Construction		29:46	07:26
111	Aidan Henry	Calor Gas	M40	29:49	07:27

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112	John Cotter	ESB	M65	29:51	07:28
113	Liam O'Reilly	Knockgriffin Vet Clinic		29:53	07:28
114	Batt Kearney	Blarney Woolan Mills	M50	29:53	07:28
115	Michael Roche	Temp		29:53	07:28
116	Conor Cashman	Temp		29:54	07:28
117	Joan Hough	Dep of Education	F50	29:56	07:29
118	Dermot Cashman	Little island Pharmacy	M50	29:57	07:29
119	Michael John O'Mahony	Glaxosmithaline		29:59	07:30
120	Marie Ahern	Temp		30:02	07:30
121	Maura O'Doherty	Temp		30:14	07:34
122	John Carey	Temp		30:22	07:35
123	Alan Hefferman	Temp		30:24	07:36
124	Ger Marshall	Bank of Scotland	M50	30:24	07:36
125	Donal O'Connell	Midleton News	M60	30:31	07:38
126	Brian Mullins	Temp		30:35	07:39
127	John Walshe	Temp		30:37	07:39
128	Paul Kearney	Little island Pharmacy	M40	30:40	07:40
129	Shane Flanagan	Byrne Energy Accessors		30:42	07:40
130	Stephan Koch	UCC	M40	30:43	07:41
131	Monica Twohig	Eolas	F45	30:44	07:41
132	Michael Mullain	Southern Law		30:47	07:42
133	Karen Neiland	Cognis	F40	30:49	07:42
134	Tom O'Neill	IPS	M50	30:52	07:43
135	Ali Buckley	Temp		30:58	07:44
136	Paul Healy	EMC		31:00	07:45
137	Aine Corrigan	Dept of Ed		31:02	07:46
138	Con Warren	Little island Pharmacy	M40	31:04	07:46
139	Danny Mc Carthy	An Post Eircom	M55	31:12	07:48
140	Seamus Landers	Temp		31:16	07:49
141	Mary Mulcahy	BOI	F45	31:16	07:49
142	John Fitzpatrick	Temp		31:18	07:50
143	Michael Morris	Temp		31:20	07:50
144	Robert Flanagan	Byrne Energy Accessors		31:23	07:51
145	Paul Scannell	Ferroron		31:24	07:51
146	Rhona Campell	Cork Garda		31:26	07:51
147	Louise O'Keefe	Hayden Training	F40	31:31	07:53
148	Christine Murphy	Mercer IBTS	F40	31:32	07:53
149	Liam Donovan	Janssen	M50	31:34	07:53
150	Yvonne Kennedy	Knockgriffin vet clinic		31:36	07:54
151	Martin O'Sullivan	Dept of Ed	M55	31:51	07:58
152	Keith Harrington	Temp		31:52	07:58
153	Tony Cooney	An Post Eircom	M50	31:53	07:58
154	Martina Londis	Temp		31:57	07:59
155	Dave Herlihy	Pfizers Little Island	M40	31:58	08:00
156	Brendan Kelly	Proscon		32:01	08:00
157	Eoghan Mc Kiernan	Temp		32:04	08:01
158	Frances O'Connor	Dept of Ed	F50	32:11	08:03
159	James Corcoran	Temp		32:15	08:04
160	Kato Donovan	Temp		32:24	08:06
161	Karen Flynn	Dept of Ed		32:30	08:07
162	Bernard Sisk	Sisk Builders	M60	32:30	08:07
163	Keran McKeowne	Temp		32:31	08:08
164	Paddy Daly	Army	M60	32:33	08:08
165	Karen Aherne	Temp		32:35	08:09
166	Aideen O'Neill	Temp		32:36	08:09
167	Kenneth Long	Temp		32:38	08:09

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168	Tony O'Sullivan	Cork City Council	M50	32:39	08:10
169	Marie Harty	Temp		32:45	08:11
170	Dolores Duffy	Little island dental	F40	32:48	08:12
171	Frances Lynch	Hayden Training	F45	32:54	08:13
172	John Walsh	Temp		32:55	08:14
173	Vincent Walsh	Temp		32:56	08:14
174	Deirdre Lane	Temp		33:08	08:17
175	Ciaran Brenock	BOI	M40	33:14	08:18
176	Grainne O'Callaghan	HSE	F35	33:15	08:19
177	Brian Murphy	Temp		33:16	08:19
178	Eamonn Flanagan	Temp		33:22	08:20
179	Caroline Fletcher	Temp		33:24	08:21
180	Ann Jahill	Temp		33:25	08:21
181	David Donovan	Temp		33:26	08:21
182	Andrew Coleman	Temp		33:50	08:28
183	Brendan Morris	Temp		33:50	08:28
184	Karen O'Brien	Cork shops	F40	33:55	08:29
185	Trish Macropoulos	Mercer IBTS		34:02	08:30
186	Michael Ruane	Citco		34:04	08:31
187	Sarah Joe Sinnotti	Temp		34:07	08:32
188	Camitia O'Connor	Temp		34:11	08:33
189	Jennifer Coakley	Temp		34:14	08:33
190	Marie Motherway	Temp		34:22	08:35
191	Ann Hayes	HSE	F50	34:25	08:36
192	Brendan Hayes	Temp		34:31	08:38
193	Valerie Lynch	Lynches	F35	34:44	08:41
194	Collette Dennephy	Temp		34:45	08:41
195	Daithi Merrick	Irish Aggregates	M40	34:53	08:43
196	Aine Moloney	Temp		35:03	08:46
197	Mairead O'Hea	Temp		35:03	08:46
198	Finbarr Mc Carthy	Temp		35:10	08:47
199	Barbara Fleming	Knockgriffin vet clinic		35:11	08:48
200	Catriona Kelly	Temp		35:19	08:50
201	Aishling Riordan	Temp		35:19	08:50
202	Michael O'Loughlin	Fair Lane Taverns	M45	35:25	08:51
203	Suzanne English	Temp		35:35	08:54
204	Louise Barry	Dept of Ed		35:42	08:56
205	David Murphy	Temp		35:55	08:59
206	Maura Doherty	Apple computers		35:58	09:00
207	Billy Caball	BHAA	M65	36:04	09:01
208	Margaret Mulcahy	Temp		36:07	09:02
209	Tony Carey	Temp		36:22	09:05
210	Kerian Kennedy	Temp		36:26	09:07
211	Colm Jordan	Flexible Connectors		36:39	09:10
212	Alan Harty	Temp		36:47	09:12
213	Neil Donovan	Temp		36:51	09:13
214	Frank Kelleher	Cork City Council	M65	36:54	09:13
215	Marion Cotter	Castlerock Childcare		36:55	09:14
216	Bernie Twomey	Temp	F40	36:56	09:14
217	Don O'Hanlon	Temp		36:59	09:15
218	Alan Morris	Temp		37:01	09:15
219	Eoin Coleman	Temp		37:02	09:15
220	Martin Morrissey	Temp		37:21	09:20
221	Aileen O'Sullivan	Temp		37:28	09:22
222	Denis Duggan	Temp		38:16	09:34
223	Grainne Murphy	Stryker last		39:27	09:52

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224	Christine O'Donovan	Temp	40:10	10:02
225	Conor Cashman	Temp	40:17	10:04
226	Aoife O'Mahony	Temp	40:19	10:05
227	Marie McGrath	Temp	40:22	10:05
228	Geraldine Hennessey	Temp	44:46	11:11
229	Lorraine Hackett	Temp	44:46	11:11
230	Cait Mehigan	Southern Law	46:49	11:42
231	Iseult Cronin	Southern Law	46:49	11:42
232	Mary Toher	Dept of Ed	F50 49:42	12:26

### Men's Results

- 1 Philip Harty
- 2 Frank O'Carroll
- 3 Donal Coakley

### O/40

- 1 Eric Meade
- 2 Noel O'Regan
- 3 Paul Curley

### O/45

- 1 Mark Bickerdike
- 2 John Hallihan
- 3 John Cashman

### O/50

- 1 Michael Murphy
- 2 Neilus Aherne
- 3 Silvie O'Mahony

### O/55

- 1 Maurice Tobin
- 2 Dan Kennedy
- 3 Tony Huff

### O/60

- 1 Liam O'Leary
- 2 Jimmy Murray

### O/65

- 1 M Kiely
- 2 John Cotter

### Mens A Team

	Points
1 Quality Hotels	56
2 Avondhu Motor Factors	67
3 Byrne Energy Assessors	84

### Mens B Team

	Points
1 Midleton Urban	103
2 Army	109
3 Proscon	200

### Mens C Team

	Points
1 Avondhu Motor Factors	137
2 EMC	253

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3	Flexible Connectors	296
4	An Post Eircom	315
5	Cork City Council	322
6	Little Island Pharmacy	384

### Ladies Individual

1	Niamh Walsh
2	Michelle Nolan
3	Aine Murphy

### O/35

1	Mary O'Connell
2	Grainne O'Callaghan
3	Valerie Lynch

### O/40

1	Mary Histon de Barra
2	Karen Neiland
3	Louise O'Keeffe

### O/45

1	Monica Twohig
2	Mary Mulcahy
3	Frances Lynch

### O/50

1	Joan Hough
2	Frances O'Connor
3	Ann Hayes

### Ladies A Team

		<b>Points</b>
1	Dept of Ed	15
2	HSE	21

### Ladies B Team

		<b>Points</b>
1	Hayden Training	26
2	Castlerock Childcare	47

### Next BHAA Event:

Pfizers 6 Mile Road Race

May 12th @ 8pm in Ringaskiddy

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