

**BHAA Virtual 5k Stage 3**

Apr 29 2020



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Next race: [TBC - see Calendar](#)

Stay safe and mind yourselves!

*The course was NOT measured and marked by Jones Counter but we trust you!*

Men			Women	
1	Kristaps Liepins		1	Lisa Crowley
2	John Cronin		2	Leona Browne
3	Craig Harrington		3	Roisin McLaughlin
<b>Category Winners</b>				
			<b>0/35</b>	
			1	Melanie Hennessy
			2	Mary Sugrue
			3	Tanya Laffan
<b>0/40</b>			<b>0/40</b>	
1	Anthony Noonan		1	Gwen Conroy
2	Tobi Grab		2	Siobhan Holland
3	Trevor Collins		3	Elaine Guinane
<b>0/45</b>			<b>0/45</b>	
1	Kealan O'Connor		1	Fiona Downey
2	Darren Flynn		2	Paula Mulcahy
3	Graham Bickerstaffe		3	Rachael O'Callaghan
<b>0/50</b>			<b>0/50</b>	
1	Pat O'Connor		1	Anne Bamford
2	Kieran Crowley		2	Elaine Rodrigues
3	Sean Kenny		3	Colette Ryan
<b>0/55</b>			<b>0/55</b>	
1	Thomas Fox		1	Mary Sweeney
2	Brian Linehan		2	Frances Lynch
3	Mark Bulman		3	Aine Murphy
<b>0/60</b>			<b>0/60</b>	
1	Noel O'Connor		1	Frances O'Connor
2	Denis Carroll		2	Betty O'Riordan
3	Ger Marshall		3	Ann Bogan
<b>0/65</b>			<b>0/65</b>	
1	Andrew O'Farrell		1	Maggie Dunne
2	Denis Condon		2	
3			3	
<b>0/70</b>				
1	Tony Dunne			
2	Kevin Cummins			
3				
<b>W/C</b>				
1				



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Pos	Name	Cat	Prize	Time	Company	Team
1	Kristaps Liepins		M-1	00:16:06	Stryker	
2	John Cronin		M-2	00:17:28	CIT	M-A-1
3	Craig Harrington		M-3	00:17:58	CIT	M-A-1
4	Anthony Noonan	0/40A	0/40A1	00:18:06	Apple	M-A-2
5	Tobi Grab	0/40A	0/40A2	00:18:10	Apple	M-A-2
6	Trevor Collins	0/40A	0/40A3	00:18:19	VMware	
7	Pat O'Connor	0/50C	0/50C1	00:18:20	Gilead Sciences	
8	Govinda O'Sullivan			00:18:35	Temp Reg	
9	Thomas Fox	0/55D	0/55D1	00:18:45	Ronan Daly Jermyn Solicitors	
10	Kealan O'Connor	0/45B	0/45B1	00:18:46	Avondhu MF	M-A-3
11	Matthew Browne			00:18:52	Ayrton Group	
12	Darren Flynn	0/45B	0/45B2	00:19:0	Avondhu MF	M-A-3
13	Kieran Crowley	0/50C	0/50C2	00:19:02	Janssen	
14	Shane Collins			00:19:03	Arup	
15	Sean Kenny	0/50C	0/50C3	00:19:19	ESB	M-B-1
16	Brian Linehan	0/55D	0/55D2	00:19:29	G4S Security	
17	Lisa Crowley	0/45J	F-1	00:19:49	Virgin Atlantic	
18	Leona Browne	0/35H	F-2	00:19:56	Dell Technologies	F-A-2
19	Graham Bickerstaffe	0/45B	0/45B3	00:20:02	Cork Bearing Co.	
20	Sean Murphy			00:20:02	Temp Reg	
21	Mark Bulman	0/55D	0/55D3	00:20:05	Army	M-B-3
22	Roisin McLaughlin		F-3	00:20:05	Avondhu MF	
23	John Dunphy	0/50C		00:20:12	Cork County Council	M-C-2
24	David Tipping	0/45B		00:20:12	Apple	M-A-2
25	Gwen Conroy	0/40I	0/40I1	00:20:22	Gwen Conroys	
26	Liam Lewis	0/40A		00:20:25	CIT	M-A-1
27	Anne Bamford	0/50K	0/50K1	00:20:34	Dept of Ed	F-A-1
28	Padraig Coughlan			00:20:36	ESB	M-B-1
29	Brian Cott	0/45B		00:20:48	CIT	M-B-2
30	Richard Hawkins	0/50C		00:20:50	Janssen	
31	Keith Buckley			00:20:59	Avondhu MF	M-A-3
32	Sean Fitzgerald			00:20:59	CIT	M-B-2
33	Shane O'Rourke	0/45B		00:21:09	CIT	M-B-2
34	Siobhan Holland	0/40I	0/40I2	00:21:11	Novartis	
35	Theo Toulat			00:21:48	Apple	M-C-1
36	Brendan Hallisey	0/40A		00:21:48	ESB	M-B-1
37	Darryl Broderick	0/45B		00:21:51	Ronan Daly Jermyn Solicitors	
38	Brian Johnston	0/40A		00:21:52	Apple	M-C-1
39	Trevor Horgan	0/40A		00:21:54	Army	M-B-3
40	Pat Fogarty	0/55D		00:21:59	ESB	
41	Fiona Downey	0/45J	0/45J1	00:22:02	CIT	
42	Ray Ahern			00:22:04	Apple	M-C-1
43	Adil Cahit Ansaroglu			00:22:05	Apple	
44	David Lynch	0/50C		00:22:05	CIT	M-C-3
45	Noel O'Connor	0/60E	0/60E1	00:22:08	Dell Technologies	
46	Dario Giuliano	0/40A		00:22:13	Apple	
47	Colm Menton	0/45B		00:22:16	CIT	M-C-3
48	Elaine Guinane	0/40I	0/40I3	00:22:22	Dept of Ed	F-A-1
49	Cathal Hickey	0/45B		00:22:28	ESB	
50	Mike Pratt	0/55D		00:22:32	Avondhu MF	
51	Jim Twohig			00:22:41	Temp Reg	
52	Jim Twohig *			00:22:41	Army	M-B-3
53	Enda Kiernan	0/45B		00:22:44	Cork County Council	M-C-2
54	Mary Sweeney	0/55L	0/55L1	00:22:55	Fit4Life	
55	Anita Murphy	0/40I		00:22:57	Cork County Council	F-C-1
56	Seán O'Brien	0/55D		00:23:05	Cork County Council	M-C-2
57	Andrew Burns			00:23:05	Temp Reg	
58	Siobhan Lillis	0/40I		00:23:11	Apple	F-C-2
59	Olga O'Sullivan	0/40I		00:23:23	Dell Technologies	F-A-2
60	John Delaney			00:23:23	Avondhu MF	
61	Brendan Deane	0/50C		00:23:29	CIT	M-C-3
62	Denis Carroll	0/60E	0/60E2	00:23:30	Blarney Woolen Mills	
63	John O'Mahoney			00:23:30	VMware	
64	Jason Deasy	0/55D		00:23:31	CPO	
65	Paula Mulcahy	0/45J	0/45J2	00:23:32	UCC	F-B-1
66	Dermot Gallagher	0/45B		00:23:32	Novartis	
67	Ger Marshall	0/60E	0/60E3	00:23:35	Certus	

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68	Liam O'Leary	0/40A		00:23:36	Biomarin	
69	Melanie Hennessy	0/35H	0/35H1	00:23:40	Eli Lilly	
70	Marco Cosenza	0/45B		00:23:47	Apple	
71	Margaret Hegarty	0/40I		00:23:49	UCC	F-B-1
72	Elaine Rodrigues	0/50K	0/50K2	00:23:53	UCC	F-B-2
73	David O'Rourke			00:23:53	Apple	
74	Andrew O'Farrell	0/65F	0/65F1	00:24:01	Pfizer	
75	Mary Sugrue	0/35H	0/35H2	00:24:21	Cork County Council	F-C-1
76	Joe Murphy	0/60E		00:24:25	Cork City Council	
77	Ken Bishop			00:24:26	Temp Reg	
78	Rachael O'Callaghan	0/45J	0/45J3	00:24:27	Cork Shops	
79	Tony Dunne	0/70G	0/70G1	00:24:30	Avondu MF	
80	Ger O'Shaughnessy	0/50C		00:24:42	Apple	
81	Mary O'Halloran	0/45J		00:24:44	Complete Financial	
82	Martin Butler	0/55D		00:24:48	Butler	
83	Gerard Rasmussen	0/60E		00:24:54	CIT	
84	Colette Ryan	0/50K	0/50K3	00:24:57	Douglas Meet and Train	
85	Yücel Erol	0/45B		00:24:57	Apple	
86	Anto Golden			00:25:0	Temp Reg	
87	Donal Fennessy	0/50C		00:25:04	Douglas Meet and Train	
88	Deirdre Murphy	0/40I		00:25:04	Pfizer	
89	Antony Neal	0/50C		00:25:15	CIT	
90	Dan Metzger	0/45B		00:25:16	Apple	
91	Niall King			00:25:22	Solarwinds	
92	Orna O'Halloran			00:25:23	HSE	
93	Diogo Monteiro			00:25:25	Apple	
94	Frances Lynch	0/55L	0/55L2	00:25:29	Meitheal Mara	
95	Linda Curtin	0/45J		00:25:30	Avondu MF	
96	Keith Brown	0/45B		00:25:35	CIT	
97	Liam Cotter	0/40A		00:25:35	Douglas Meet and Train	
98	Aine Murphy	0/55L	0/55L3	00:25:42	UCC	F-B-2
99	Michael Lyons			00:25:47	Cork County Council	
100	Eileen Flynn			00:25:48	Temp Reg	
101	Olive McCarthy	0/45J		00:25:50	UCC	
102	Sinead Harney *			00:25:57	HSE	
103	Frances O'Connor	0/60M	0/60M1	00:25:59	Dept of Ed	
104	Don Fitzgerald	0/55D		00:26:09	Irish Distillers Pernod Ricard	
105	Ellen Trenaman			00:26:11	Temp Reg	
106	Colm Carey			00:26:26	Temp Reg	
107	Kamila Jakubowska-Switaj	0/40I		00:26:35	Fota Collection	
108	Brendan Walsh	0/50C		00:26:37	CIT	
109	John Morrissey	0/50C		00:26:39	UCC	
110	Siobhan Murphy	0/40I		00:26:44	Pfizer	
111	Vince Gallagher *	0/45B		00:26:45	Phelans Pharmacy	
112	Geraldine O'Shea	0/50K		00:26:48	UCC	
113	Gillian Murphy *	0/40I		00:26:57	The Movement Macroom	
114	Susanne Foley			00:27:01	Temp Reg	
115	Mick Dooley	0/50C		00:27:03	CPO	
116	Derek Costello	0/50C		00:27:04	Novartis	
117	Proinnsias O'Keefe	0/55D		00:27:09	VMware	
118	Jack Dullaghan			00:27:10	Temp Reg	
119	Sharyn O'Callaghan	0/45J		00:27:13	Cork Shops	
120	Adrian Foley	0/50C		00:27:17	Army	
121	Iolo Pearse			00:27:27	Complete Financial	
122	Betty O'Riordan	0/60M	0/60M2	00:27:28	The Movement Macroom	
123	Elaine Moore	0/40I		00:27:30	Musgrave	
124	Trevor Moore	0/40A		00:27:30	Musgrave	
125	Ann McCarthy	0/55L		00:27:36	Doneraile	
126	Ann Bogan	0/60M	0/60M3	00:27:37	Phelans Pharmacy	
127	David Levy			00:27:38	Temp Reg	
128	Laura Holland	0/40I		00:27:44	Apple	F-C-2
129	Denis Mc Namara	0/55D		00:27:50	Apple	
130	Susan O'Leary	0/40I		00:27:58	Cork County Council	
131	Maria Daniela Soare *			00:28:0	Apple	
132	Nelius Flynn			00:28:16	CIT	
133	Kasia Jurkiewicz			00:28:28	Apple	
134	Tanya Laffan	0/35H	0/35H3	00:28:39	Cork Shops	
135	Sean Coen	0/55D		00:28:54	Musgrave	

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136	Denis Condon	0/65F	0/65F2	00:29:25	Condon	
137	Andrew Geaney	0/60E		00:29:30	Apple	
138	Carmel Geaney	0/60M		00:29:30	ESB	
139	John Cagney	0/50C		00:29:42	Dell Technologies	
140	Margaret Murphy	0/50K		00:29:49	Complete Financial	
141	Damian			00:30:0	Temp Reg	
142	Pawel Switaj	0/40A		00:30:04	Pfizer	
143	Neil Fox			00:30:10	Temp Reg	
144	Claire Lomasney	0/40I		00:30:15	Avondhu MF	
145	Yvonne Gough	0/50K		00:30:50	Pfizer	
146	Michael Van Der Poel	0/60E		00:31:38	Apple	
147	Orla O'Rourke	0/45J		00:31:44	ESB	
148	Claire Devaney *			00:31:53	UCC	
149	Eleanor Baldwin	0/50K		00:32:08	CIT	
150	Maggie Dunne	0/65N	0/65N1	00:33:10	Avondhu MF	
151	Megan Toher			00:33:27	Temp Reg	
152	Julie Browne			00:33:31	Temp Reg	
153	Kevin Cummins	0/70G	0/70G2	00:33:33	ESB	
154	Eoin Deane	0/45B		00:34:12	CIT	
155	Cynthia Coyne			00:34:14	Temp Reg	
156	Noreen O'Neill	0/55L		00:35:06	CIT	
157	Aileen Griffin			00:35:27	Temp Reg	
158	Jayne Griffin			00:36:22	Temp Reg	
159	Laura Cronin *			00:42:0	Dept of Ed	
160	James Woods *			00:45:00	UCC	
161	Mary Toher	0/60M		00:46:10	Dept of Ed	
162	Bryan O'Loughlin			00:50:0	Temp Reg	
163	Owen O'Brien			00:52:18	Temp Reg	
164	John Downing			00:55:38	Temp Reg	
165	Ross Downing			00:55:38	Temp Reg	
166	Fiona Downing			00:55:38	Temp Reg	
167	Ger			00:55:00	Temp Reg	