

Mallow 10 - March 26th 2017						
Pos	Forename	Surname	Cat	Club	Chip	Time
1	Michael	HARTY	M	East Cork	00:53:00	00:53:00
2	Alan	O'SHEA	M	Bantry AC	00:53:05	00:53:05
3	John	MEADE	M	St Finbarrs AC	00:55:03	00:55:03
4	Alan	O'BRIEN	M	Eagle AC	00:55:07	00:55:07
5	Cathal	O'CONNELL	M50	St Finbarrs AC	00:56:33	00:56:33
6	Chris	MURPHY	M	Leevale AC	00:56:46	00:56:46
7	Niall	O'RIORDAN	M	West Limerick AC	00:57:35	00:57:35
8	Michael	HARRINGTON	M40	Bantry AC	00:57:40	00:57:40
9	Michelle	FINN	F	Leevale AC	00:57:51	00:57:51
10	Gary	EGAN	M40	An Bru AC	00:58:00	00:58:00
11	Ian	KELLY	M	West Limerick AC	00:58:56	00:58:57
12	Brian	LAWLOR	M	An Bru AC	00:59:13	00:59:13
13	Donagh	POWELL	M	Rathfarnham WSAF AC	00:59:18	00:59:18
14	Tom	O'BRIEN	M40	An Riocht AC	00:59:36	00:59:37
15	Aoife	COOKE	F	Youghal AC	00:59:40	00:59:40
16	Brian	HEGARTY	M	Leevale AC	00:59:56	00:59:56
17	David	RYAN	M40	Clonmel AC	01:00:05	01:00:05
18	David	BUTLER	M	St Finbarrs AC	01:00:22	01:00:23
19	Michael	CREED	M40	Leevale AC	01:00:25	01:00:26
20	Ruairi	O'CALLAGHAN	M	Eagle AC	01:00:30	01:00:31
21	Brian	KEARNEY	M	Leevale AC	01:00:53	01:00:55
22	Johnny	O'SULLIVAN	M45	Galtee Runners	01:01:00	01:01:00
23	Tom	BLACKBURN	M50	Mooreabbey Milers Pacer 60	01:01:04	01:01:04
24	Padraig	SHEEHAN	M	Clonakilty Road Runners AC	01:01:10	01:01:13
25	Ronan	BOLAND	M50	Eagle AC	01:01:30	01:01:31
26	Garrett	CASEY	M40	St Finbarrs AC	01:01:42	01:01:42
27	Christopher	MURNANE	M	St Finbarrs AC	01:01:50	01:01:50
28	Brendan	MOYLAN	M40		01:02:11	01:02:13
29	John	MURPHY	M45	Grange Fermoy AC	01:02:18	01:02:20
30	Maurice	FEEHAN	M	Gneeveguilla AC	01:02:37	01:02:40
31	Gavin	O'FLYNN	M		01:02:50	01:02:54
32	Frank	HILL	M50	Eagle AC	01:03:08	01:03:09
33	John	O'MAHONY	M40		01:03:21	01:03:23
34	Pat	PURCELL	M40	Kilkenny City Harriers	01:03:47	01:03:48
35	Dermot	KEARNS	M45	Dooneen AC Pacer 60	01:03:56	01:03:57
36	John	CRONIN	M	West Muskerry AC	01:03:59	01:04:02
37	Nicholas	MOLONEY	M	North Cork AC	01:04:05	01:04:07
38	Michael	O'SULLIVAN	M45	Carrick on Suir	01:04:08	01:04:10
39	Joe	O'BRIEN	M		01:04:11	01:04:13
40	Deirdre	GRADY	F	Ennis Track AC	01:04:19	01:04:19
41	Vivian	FOLEY	M45	Eagle AC	01:02:39	01:04:22
42	Kieran	MURPHY	M	Brosna	01:04:23	01:04:27
43	Gearoid	O'LEARY	M	St Finbarrs AC	01:04:32	01:04:35
44	Stephen	GEOGHEGAN	M45		01:04:35	01:04:36
45	Adele	WALSH	F40	St Senan's AC	01:04:35	01:04:39
46	Kevin	HAYES	M40	St Catherines AC	01:04:38	01:04:42
47	Sean	PERCY	M45	Templemore AC	01:04:41	01:04:47
48	Sinead	KEVANY	F40		01:04:48	01:04:53
49	John	KISSANE	M45		01:04:49	01:04:54
50	Mohamed	WAHBI	M	St Finbarrs AC	01:05:01	01:05:02
51	Stephen	CASEY	M	An Bru AC	01:05:05	01:05:06
52	Alex	O'SHEA	M40	St Finbarrs AC	01:05:04	01:05:08
53	Tom	FOX	M50		01:05:06	01:05:08
53	Donal	MURPHY	M	Mallow AC	01:05:04	01:05:08
55	Willie	O'CONNOR	M45	Galtee Runners	01:05:05	01:05:09
56	David	SHEEHAN	M40	Mallow AC	01:05:11	01:05:17
57	Trevor	WOODGATE	M		01:05:20	01:05:29
58	Kevin	O'SHEA	M40	Alcon	01:05:24	01:05:32
59	Colin	O'HERLIHY	M45	Eagle AC	01:05:44	01:05:45
60	Kevin	SMITH	M40	Midleton AC	01:05:50	01:05:52
61	Sean	TWOHIG	M	Duhallow AC	01:05:53	01:05:57

62	Darren	FLYNN	M40	Grange Fermoy AC	01:05:53	01:05:58
63	Graham	NUDDS	M	St Finbarrs AC	01:06:06	01:06:09
64	Martin	O'REILLY	M40	St Finbarrs AC	01:06:10	01:06:13
65	Fionan	O'HAODAIN	M40	Midleton AC	01:06:13	01:06:14
66	Kieran	LYNCH	M40		01:06:09	01:06:15
67	Jim	O'CONNOR	M		01:06:13	01:06:17
68	Fergal	BARRY	M45	Gneeveguilla AC	01:06:18	01:06:22
69	Mark	PURCELL	M45	West Limerick AC	01:06:17	01:06:23
70	Billy	MOLONEY	M	Clonmel AC	01:06:20	01:06:27
71	Una	MURPHY	F45	Kinsale Tri Club	01:06:34	01:06:39
72	Damien	HOLIAN	M50	Mooreabbey Milers	01:06:44	01:06:51
73	Tommy	GREALY	M40	Le Cheile AC	01:06:54	01:06:59
74	John	FITZGIBBONS	M50	St Finbarrs AC	01:06:55	01:07:01
75	Hugh	O'DONOGHUE	M	Galway City Harriers	01:06:55	01:07:02
76	Paul	WALSH	M40	Templemore AC	01:07:06	01:07:14
77	Oliver	LYNCH	M40	Clonmel AC	01:07:16	01:07:24
78	Donough	BARROW	M45	Mallow TRI Club	01:07:30	01:07:37
79	Kevin	LENIHAN	M	Mooreabbey Milers	01:07:48	01:07:54
80	Mark	BULMAN	M50	Donoughmore AC	01:07:39	01:07:55
81	Helen	SHEEHAN	F45	Dromahane Road Runners	01:07:58	01:07:58
82	Paul	COTTER	M40	Eagle AC	01:08:00	01:08:07
83	Ian	WILLS	M40	Watergrasshill AC	01:08:02	01:08:08
84	Alan	BARRY	M40	Rathcormack Harriers	01:08:12	01:08:16
85	Danny	LANE	M		01:08:00	01:08:17
86	Noel	HAMELL	M45	Templemore AC	01:07:53	01:08:25
87	James	FLETCHER	M40		01:08:20	01:08:25
88	Tim	HEALY	M50		01:08:20	01:08:28
89	Mark	O'BRIEN	M		01:08:25	01:08:31
90	Micheal	LUCEY	M45	Leevale AC	01:08:32	01:08:37
91	Davie	MURPHY	M	Youghal AC	01:08:25	01:08:41
92	Thomas	BARRY	M	Youghal AC	01:08:37	01:08:41
93	Ted	O'LEARY	M45	West Waterford AC	01:08:36	01:08:45
94	Andrew	RODRIGUES	M40		01:08:39	01:08:47
95	Petet	MCSWEENEY	M	Dromahane Road Runners	01:08:39	01:08:48
96	John	O'CONNELL	M45	An Bru AC	01:08:36	01:08:50
97	Anthony	AHERN	M		01:08:37	01:08:50
98	Teddy	FITZGERALD	M	Banteer	01:08:44	01:08:55
99	Margaret	MURPHY	F35	Mallow AC	01:08:52	01:08:56
100	Eddie	O'BRIEN	M40	Grange Fermoy AC	01:08:47	01:08:57
101	Darren	AHERN	M		01:08:47	01:08:58
102	Barrie	KENNY	M		01:08:48	01:09:01
103	Denis	CRONIN	M50	Mallow AC	01:08:52	01:09:02
104	Deirdre	ANSBRO	F35	Youghal AC	01:08:52	01:09:03
105	Loic	GAREL	M	Leevale AC	01:08:44	01:09:09
106	Aidan	COLLINS	M		01:08:59	01:09:10
106	Kevin	BOAG	M55	Mallow AC	01:08:53	01:09:10
108	John	HENNESSY	M40		01:08:56	01:09:11
109	Gary	WALSH	M	Bweeng Trail Blazers	01:09:08	01:09:18
110	Brian	AHERN	M40	Bweeng Trail Blazers	01:09:19	01:09:31
111	Kieran	EVANS	M		01:09:24	01:09:36
112	Denis	CARROLL	M55	Eagle AC	01:09:23	01:09:42
113	David	O'KEEFFE	M	Eagle AC	01:09:37	01:09:45
114	Matt	CHOJAN	M	Midleton AC	01:09:39	01:09:45
115	Jeremy	KELLEHER	M40	West Muskerry AC	01:09:38	01:09:47
116	Eamonn	CARROLL	M50	St Finbarrs AC	01:09:40	01:09:49
117	Peter	O'BRIEN	M	Grange Fermoy AC	01:09:39	01:09:49
118	Caroline	SPILLANE	F		01:09:41	01:09:50
119	Liam	MORRISSEY	M		01:09:22	01:09:53
120	Jim	O'MAHONY	M45	Carraig Na bhfear AC	01:09:42	01:09:54
121	Michael	O'DRAIGHNEIN	M45		01:09:44	01:09:54
122	Edward	SHEEHAN	M		01:09:50	01:09:57
123	Fergal	QUINLAN	M45	Ballymore Cobh AC	01:09:45	01:09:58
124	Martin	LANDERS	M	Watergrasshill AC	01:09:40	01:09:58

125	John	CONDREN	M	Mallow TRI Club	01:09:53	01:10:00
126	Mick	MURPHY	M45	Midleton AC	01:09:51	01:10:04
127	Brian	MURPHY	M45	Cobh Tri	01:09:51	01:10:04
128	Sylvester	COTTER	M		01:09:53	01:10:07
129	Benvon	LYONS	F35		01:10:01	01:10:15
130	Annemarie	POWER	F40	Eagle AC	01:10:12	01:10:19
131	Cian	O'CONNOR	M	Cork City Council BHAA Team	01:10:05	01:10:21
132	Dermot	O'SULLIVAN	M45	Mallow AC	01:10:08	01:10:24
133	Michael	LINEHAN	M45	St Finbarrs AC	01:10:19	01:10:26
134	Peadar	LUCEY	M	Mallow AC	01:10:18	01:10:29
135	Michael	CLANCY	M40	Mallow AC	01:10:22	01:10:32
136	Aoife	CARROLL	F35	Mallow AC	01:10:23	01:10:34
137	James	WALSH	M40		01:10:10	01:10:52
138	Gearoid	MURPHY	M		01:10:45	01:11:03
139	Stephen	RYAN	M45	Ballymore Cobh AC	01:10:49	01:11:03
140	Willie	HAYES	M60	St Finbarrs AC	01:11:03	01:11:06
141	Patrick	O'O'KEEFFE	M45	Duhallow AC	01:10:57	01:11:08
142	James	CROWLEY	M		01:10:57	01:11:09
143	Paul	MOLONEY	M	Mallow AC	01:10:58	01:11:10
144	Mark	GALLAGHER	M40	Eagle AC	01:11:14	01:11:19
145	Mary	SWEENEY	F55	St Finbarrs AC	01:11:25	01:11:25
146	Declan	BARRY	M		01:11:23	01:11:38
147	Siobhan	HEALY	F35	St Finbarrs AC	01:11:07	01:11:44
148	Garry	COLLINS	M	Buttevant RC	01:11:34	01:11:48
149	Shane	HANLEY	M40	Galtee Runners	01:11:52	01:12:06
150	John	GRAY	M	Grange Fermoy AC	01:12:14	01:12:17
151	Fergal	O'MEARA	M45	Midleton AC	01:11:59	01:12:18
152	Declan	CRONIN	M	Mallow AC	01:12:07	01:12:26
153	Frank	FITZGERALD	M45		01:12:06	01:12:26
154	Pat	COSTIGAN	M45	St Catherines AC	01:12:11	01:12:26
155	Richard	FORREST	M45	BLARNEY	01:12:02	01:12:28
156	John	O'SULLIVAN	M	Eagle AC	01:12:22	01:12:32
157	David	HOWELL	M	Mallow AC	01:12:29	01:12:35
158	Verling John	FITZGERALD	M45	Galtee Runners	01:12:30	01:12:45
159	John	DESMOND	M50	Eagle AC	01:12:39	01:12:47
160	Garrett	LORDAN	M	Clonakilty Road Runners AC	01:12:38	01:12:50
161	Stephen	JONES	M	Mallow TRI Club	01:12:35	01:12:50
162	Micheal	REA	M40	Little Island NS	01:12:32	01:12:56
163	Thomas	FOX	M		01:12:37	01:13:11
164	John	BURKE	M	Kinsale Tri Club	01:13:03	01:13:14
165	Mike	COONEY	M45		01:13:02	01:13:19
166	Daire	O'SULLIVAN	M	Mallow AC	01:13:09	01:13:20
167	Shane	MEYLER	M40	Ballymore Cobh AC	01:13:12	01:13:26
168	Finlay	WEIR	M45	Waterford AC	01:13:19	01:13:28
169	Louise	O'BRIEN	F40	Youghal AC	01:13:16	01:13:31
170	Darren	CROWE	M	Limerick Country Club AC	01:13:15	01:13:31
171	Elaine	O'DONOGHUE	F35	Riverstick/Kinsale AC	01:13:17	01:13:34
172	Seamus	O'SUILLEABHAIN	M60		01:13:10	01:13:35
172	Michael	PRATT	M55	Grange Fermoy AC	01:13:05	01:13:35
174	Martin	LYNCH	M50	Ballincollig AC	01:13:29	01:13:37
175	Kieran	MULLANE	M50		01:13:24	01:13:37
176	Conor	FOX	M45	Donoughmore AC	01:13:25	01:13:45
177	Brendan	HICKEY	M40	St Catherines AC	01:13:33	01:13:48
178	Dave	SHEEHAN	M	St Finbarrs AC	01:13:50	01:13:50
179	Liam	BUCKLEY	M		01:13:44	01:13:53
180	Clotilde	FITZGIBBON	F45	Grange Fermoy AC	01:13:35	01:13:57
181	John	DORGAN	M	Alcon	01:13:35	01:14:05
182	Patrick	MURPHY	M40		01:13:52	01:14:07
183	John	LASTE	M50	Clonmel AC	01:13:53	01:14:11
184	Michael	BROWNE	M	Churchtown Roadrunners AC	01:13:48	01:14:13
185	Tim	O'SULLIVAN	M		01:13:41	01:14:14
186	Emmett	O'SULLIVAN	M45		01:13:49	01:14:15
187	John	HAYES	M40	Dromahane Road Runners	01:13:48	01:14:15

188	Derek	AHERN	M	Midleton AC	01:13:55	01:14:18
189	Daniel	DUANE	M		01:13:56	01:14:20
190	Marvin	BOARD	M	Carrigtwohill AC	01:14:08	01:14:26
191	Marie	CROWLEY	F	North Cork AC	01:14:06	01:14:27
192	Michael	CONNERN	M		01:14:14	01:14:30
193	Niall	LYNCH	M	Dooneen AC	01:14:12	01:14:33
194	Michael	FITZGERALD	M40	Because We Can	01:14:15	01:14:34
195	Graham	CAMBRIDGE	M		01:14:05	01:14:35
196	Kenneth	MILLER	M		01:14:10	01:14:35
197	Stephen	LINEHAN	M40		01:14:11	01:14:36
198	Denis	DAVERN	M50	Galtee Runners	01:14:17	01:14:37
199	Breendan	HOLLAND	M45		01:14:22	01:14:37
200	Ciaran	O'SULLIVAN	M45	Eyeries	01:14:14	01:14:37
201	Ray	WHITE	M40		01:14:18	01:14:38
202	James	KEOGH	M40	Kilfinane AC	01:14:11	01:14:38
203	Louise	SHEEHAN	F40	Ballincollig AC	01:14:27	01:14:39
204	Maurice	TOBIN	M65	Grange Fermoy AC	01:14:16	01:14:40
205	Derek	LANE	M45		01:14:12	01:14:41
206	Alan	CAMBRIDGE	M	Crossfit Mallow	01:14:27	01:14:43
207	Brian	MURPHY	M40		01:14:31	01:14:46
208	Dan	O'KEEFFE	M	Clonmel AC	01:14:29	01:14:47
209	Keith	MCCARTHY	M		01:14:30	01:14:48
210	Chris	GRAYSON	M45	Kerry Crusaders	01:14:27	01:14:48
211	Phil	CAREY	M	Mallow AC	01:14:27	01:14:49
212	Tom	COSGRAVE	M45		01:14:44	01:15:06
213	Denis	MCCARTHY	M	Grange Fermoy AC	01:14:50	01:15:11
214	Breda	GAFFNEY	F40		01:15:10	01:15:15
215	Anita	BYRNE	F40	Kilkenny City Harriers	01:15:03	01:15:23
216	Lynn	O'LEARY	F35	Watergrasshill AC	01:15:01	01:15:32
217	Conor	BUCKLEY	M	Watergrasshill AC	01:15:23	01:15:38
218	Sean	O'DEA	M50	Clonmel AC	01:15:27	01:15:42
219	Cyril	FOGARTY	M50	Clonmel AC	01:15:28	01:15:42
220	Charlie	BYRD	M50	Eagle AC	01:15:32	01:15:45
221	Adrian	FITCH	M50	Mallow AC	01:15:17	01:15:46
222	Ray	CUDDIHY	M40		01:15:25	01:15:48
223	Richard	COUGHLAN	M		01:15:28	01:15:51
224	John Paul	BUCKLEY	M	Mallow AC	01:15:21	01:15:58
225	Aidan	SCALLY	M50	Clonakilty Road Runners AC	01:15:55	01:16:05
226	Jim	MCEVOY	M40	Happy Feet Blarney	01:15:39	01:16:06
227	Patrick	O'MAHONY	M45	Togher AC	01:15:45	01:16:07
228	Siobhan	HOLLAND	F40		01:15:57	01:16:09
229	Fiona	MCCARTHY	F35		01:15:51	01:16:11
230	Denis	MERRITT	M45		01:15:38	01:16:15
231	Denis	DUGGAN	M		01:14:34	01:16:16
232	Shane	MCMAHON	M		01:16:02	01:16:19
233	Mark	WALLACE	M	MSD Brinny	01:15:56	01:16:20
234	Paul	HARRINGTON	M	St Finbarrs AC	01:16:05	01:16:21
235	Daniel	BUCKLEY	M	Mallow AC	01:16:03	01:16:22
236	Rachael	O'CALLAGHAN	F40	Togher AC	01:16:03	01:16:24
237	Thomas	LEE	M45	Kilfinane AC	01:15:53	01:16:24
238	John	O'DONOGHUE	M40		01:15:47	01:16:27
239	Sean	RIORDAN	M45		01:16:14	01:16:34
240	Mary	O'SHEA	F	Gneeveguilla AC	01:16:27	01:16:51
241	Tom	HANNON	M55		01:16:43	01:16:55
242	Thomas	NOONAN	M50		01:16:24	01:17:02
243	Sandra	WALSH	F45		01:16:24	01:17:08
244	Kevin	LYNCH	M50		01:16:47	01:17:14
245	Padraig	O'DONOVAN	M	Rosscarbery Steam Runners	01:16:51	01:17:15
246	Stephen	MURPHY	M	Aghada Running Club	01:16:30	01:17:15
247	Thomas	O'SHEA	M45	Liscarroll AC	01:17:05	01:17:19
248	David	COGAN	M	Cogan	01:16:56	01:17:19
249	Owen	RYAN	M50	Templemore AC	01:16:47	01:17:19
250	Susan	LOONEY	F40	Duhallow AC	01:16:55	01:17:21

251	Adrian	FITZGERALD	M45		01:16:54	01:17:28
252	Neil	MOYNIHAN	M		01:16:53	01:17:28
253	Sarah	WHITE	F40		01:17:24	01:17:29
254	Declan	CLANCY	M		01:17:00	01:17:34
255	Kathleen	O'SULLIVAN	F	Kilfinane AC	01:17:07	01:17:35
256	Daithi	CREEDON	M40	Eagle AC	01:17:38	01:17:39
257	Robert	HAMILL	M40	Youghal AC	01:17:33	01:17:40
258	Mari	BURKE	F35	Bandon AC	01:17:34	01:17:43
259	Robert	MARKS	M		01:17:28	01:17:44
260	Packie	O'RIORDAN	M55	An Bru AC	01:17:45	01:17:46
261	Barry-John	RYAN	M		01:17:26	01:17:48
262	Bryan	FLYNN	M	Watergrasshill AC	01:17:28	01:17:48
263	Rhona	DEMPSEY	F35		01:17:11	01:17:50
264	St John	O'CONNOR	M40	St Nicholas AC	01:17:24	01:17:52
265	Antoinette	MURPHY	F40	Mallow AC	01:17:17	01:17:53
266	Andrew	KELLY	M	Eagle AC	01:17:48	01:17:57
267	Paul	NOONAN	M50	Carraig Na bhfeair AC	01:17:33	01:17:59
268	Declan	COTTER	M40		01:17:42	01:18:05
269	Oliver	KEARNEY	M60	Duhallow AC	01:17:49	01:18:07
270	James	MURPHY	M		01:17:54	01:18:17
271	Peter	REIDY	M	Shandrum AC	01:17:52	01:18:19
272	Derrick	RYAN	M		01:18:06	01:18:23
273	Johnny	SEXTON	M45	North Cork AC	01:17:54	01:18:28
274	John	SWANTON	M	Galtee Runners	01:18:09	01:18:31
275	Geraldine	CORCORAN	F40	Eagle AC	01:18:24	01:18:32
276	Barry	MURPHY	M45	Mallow AC	01:18:03	01:18:36
277	Patrick	LOMASNEY	M		01:18:17	01:18:37
278	Pat	GRIFFIN	M45	Clonakilty Road Runners AC	01:18:06	01:18:38
279	Eamonki	BREEN	M		01:18:15	01:18:46
280	Leonard	O'SULLIVAN	M40	Watergrasshill AC	01:18:14	01:18:48
281	Denis	O'MAHONY	M	Leevale AC	01:18:15	01:18:49
282	Paul	DOWLING	M	Buttevant RC	01:18:20	01:18:50
283	Jason	KELLY	M40		01:18:09	01:18:54
284	Brian	LEAHY	M		01:18:24	01:18:55
285	Pierce	DE COURCY	M45	Pierce De Courcy	01:18:30	01:18:56
286	Alex	COONEY	M		01:17:42	01:18:59
287	Dermot	GALLAGHER	M40		01:18:32	01:19:03
288	Michael	MINEHANE	M40		01:18:24	01:19:04
289	Daniel	MURPHY	M		01:18:24	01:19:06
290	Edel	FOSTER	F	An Bru AC	01:18:25	01:19:08
291	Eithne	OLOHAN	F40		01:18:56	01:19:13
292	Jerry	TWOHIG	M65	Duhallow AC	01:18:49	01:19:15
293	Gregg	MOORE	M45	Eagle AC	01:17:48	01:19:20
294	Sean	HICKEY	M40		01:18:54	01:19:24
295	Linda	FORDE	F		01:18:11	01:19:28
296	David	HALLORAN	M55		01:18:52	01:19:29
297	Brian	POPE	M40		01:18:09	01:19:30
298	Mary	CAREY	F	Mallow AC	01:19:04	01:19:30
299	Michael	HAYES	M	Kilfinane AC	01:19:04	01:19:30
300	Aidan	FITZSIMONS	M45		01:18:49	01:19:31
301	Paul	CUSACK	M40	Mallow AC	01:19:05	01:19:33
302	Ciaran	MURPHY	M	Mallow AC	01:18:58	01:19:33
303	Con	TWOMEY	M55	Millstreet Athletic Club	01:19:08	01:19:35
304	Mike	HEANEY	M40	Limerick Tri Club	01:19:14	01:19:36
305	Brian	NEWMAN	M40	Bweeng Trail Blazers	01:18:55	01:19:38
306	Danny	HICKEY	M40	Duhallow AC	01:19:05	01:19:44
307	Maria	COFFEY	F	Ballymore Cobh AC	01:19:22	01:19:47
308	Josephine	CREEDON	F45	Millstreet Athletic Club	01:19:21	01:19:48
309	Sean	LUCEY	M	Eagle AC	01:19:20	01:19:49
310	Thomas	O'REGAN	M50	Leevale AC	01:19:13	01:19:50
311	Anthony	O'BRIEN	M45		01:19:12	01:19:51
312	Frances	RING	F45	Millstreet Athletic Club	01:19:24	01:19:54
313	John	LALOR	M		01:19:13	01:19:58

314	Billy	O'GRADY	M50	Newcastle	01:18:41	01:19:59
315	Ed	BATES	M45	Grange Fermoy AC	01:19:37	01:20:03
316	Josephine	KELLEHER	F45		01:19:34	01:20:03
317	Sean Patrick	MURPHY	M	Whitegate Rowing Club	01:19:32	01:20:04
318	Katie	FITZGERALD	F		01:19:48	01:20:06
319	Mary	BUCKLEY	F50	Donoughmore AC	01:19:24	01:20:08
320	Matt	CASEY	M45	Because We Can	01:19:29	01:20:09
321	Stephen	O'REGAN	M		01:19:29	01:20:09
322	Brendan	O'CARROLL	M	West Limerick AC	01:19:32	01:20:10
323	Robin	O'DONOGHUE	M	Glanmire	01:19:38	01:20:10
324	Damien	MURPHY	M		01:19:29	01:20:14
325	Andrew	GEANEY	M60	APPLE	01:19:28	01:20:15
326	Sam	MOURSY	M45	Eli Lilly Running Club	01:19:32	01:20:15
327	Linda	MURPHY	F40	Grange Fermoy AC	01:19:47	01:20:16
328	Gerard	BROWNE	M50		01:19:43	01:20:16
329	Denis	CARROLL	M	Eli Lilly Running Club	01:19:32	01:20:17
330	David	ANGLAND	M40		01:19:36	01:20:18
330	Finbarr	O'SHEA	M40		01:18:59	01:20:18
332	Lorraine	BOLSTER	F35	Mallow AC	01:19:46	01:20:22
333	Alan	FOLEY	M45	Watergrasshill AC	01:19:50	01:20:23
334	Colman	O'HANLON	M40	Mallow AC	01:19:48	01:20:23
335	Mark	BARRETT	M		01:19:56	01:20:29
336	Sean	POWELL	M55	Mallow AC	01:20:09	01:20:45
337	Michael	BUCKLEY	M		01:20:25	01:20:50
338	Pat	CAROLAN	M55		01:20:27	01:21:00
339	David	MCCANN	M	Eagle AC	01:20:37	01:21:06
340	Daniel	DILWORTH	M		01:20:31	01:21:07
341	Edel	KELLEHER	F45	Watergrasshill AC	01:20:32	01:21:14
342	Pauline	CALLAN	F40	Bandon AC	01:20:54	01:21:23
343	Divina	CAREY	F35		01:20:29	01:21:23
344	Niall	CRONIN	M40		01:20:42	01:21:25
345	John	DUNPHY	M45	Eagle AC	01:21:22	01:21:27
346	Eimear	MURPHY	F35		01:20:58	01:21:27
347	Stephen	MCAULIFFE	M50		01:20:47	01:21:33
348	David	FLEMING	M	Ballymore Cobh AC	01:21:09	01:21:35
349	Kevin	O'DONOVAN	M40		01:20:58	01:21:40
350	Máire	MCKENNA	F35	Buttevant RC	01:21:12	01:21:42
351	Brian	TYRRELL	M40	Clonmel AC	01:21:05	01:21:43
352	Eoghan	MCKERNAN	M	Mallow AC	01:21:17	01:21:45
353	Karina	MOLONEY	F40		01:21:13	01:21:49
354	Una	FRENCH	F45	Ballymore Cobh AC	01:21:27	01:21:54
355	Barry	ENRIGHT	M40	Fitness solutions	01:21:15	01:21:54
356	Peter	HERLIHY	M		01:21:01	01:21:59
357	Ronan	O'SULLIVAN	M45		01:21:20	01:22:00
358	Paul	MURPHY	M45		01:21:39	01:22:02
359	Stephen	WARD	M45		01:21:40	01:22:06
360	Ben	MURPHY	M	Kilfinane AC	01:21:44	01:22:12
361	Grace	O'LEARY	F35	Eagle AC	01:21:40	01:22:13
362	Orla	DOYLE	F		01:21:40	01:22:15
363	Jonathan	MURPHY	M	Churchtown Roadrunners AC	01:21:32	01:22:16
364	Damien	KENNY	M		01:21:34	01:22:18
365	Mossy	STACK	M	Ballinacurra Villagers	01:21:34	01:22:19
366	Chris S	LI DAY	M		01:21:38	01:22:24
367	Stephen	O'SULLIVAN	M		01:21:49	01:22:25
368	Brendan	MCCARTHY	M	Mallow AC	01:22:03	01:22:30
369	Allen	O'CALLAGHAN	M45	Mallow AC	01:21:17	01:22:36
370	Eric	FOLEY	M	Watergrasshill AC	01:22:00	01:22:37
371	Billy	LENIHAN	M50		01:22:08	01:22:40
372	PJ	OWENS	M45		01:22:13	01:22:41
373	Kathy	BRADFORD	F45	St Finbarrs AC	01:21:58	01:22:47
374	David	MULLINS	M40	Watergrasshill AC	01:22:18	01:22:50
375	Marie-Therese	BRADY	F40		01:22:18	01:22:54
376	Peter	KEANE	M45	Mallow AC	01:21:57	01:22:55

377	Elaine	KELLEHER	F40		01:22:27	01:22:56
378	Stuart	ROCHE	M40	Watergrasshill AC	01:22:24	01:22:58
379	Joseph	POWER	M60		01:22:50	01:23:01
380	Jennifer	LINEHAN	F40	St Finbarrs AC	01:22:13	01:23:02
381	Kathleen	BROWNE	F50		01:22:28	01:23:05
382	Ann	HUSSEY	F35		01:22:48	01:23:09
383	Catherine	O'SULLIVAN	F40	Galtee Runners	01:22:48	01:23:12
384	Suzanne	TWOMEY	F35		01:22:30	01:23:15
385	Marie	FITZGERALD	F35		01:22:38	01:23:20
386	Paul	O'CONNOR	M40		01:22:46	01:23:27
387	Julianne	BUCKLEY	F35	Watergrasshill AC	01:22:49	01:23:28
388	John	FENNELL	M40	West Waterford AC	01:21:39	01:23:36
389	Noel	WREN	M		01:22:36	01:23:37
390	Gerard	O'CALLAGHAN	M		01:22:55	01:23:38
391	Deirdre	COAKLEY	F		01:21:32	01:23:44
392	Joe	DONOVAN	M50		01:22:56	01:23:45
393	Colin	GARDE	M		01:23:10	01:23:46
394	David	LEAHY	M45	Dooneen AC	01:22:53	01:23:48
395	Helen	ROCHE	F45		01:22:33	01:23:48
396	Gerard	SHEAHAN	M		01:22:55	01:23:49
397	Ellis	FOX	F45	Donoughmore AC	01:22:18	01:23:50
398	Brendan	WALSH	M40		01:23:11	01:23:50
399	Marie	MURPHY	F		01:22:35	01:23:51
400	Marcella	MCGRATH	F40	West Limerick AC	01:23:15	01:23:52
401	Nick	BENT	M55		01:23:28	01:23:54
402	Padraig	O'MAHONY	M		01:22:56	01:23:56
403	Danielle	MCCARTHY	F		01:23:10	01:23:59
404	Joe	O'RIORDAN	M50	Watergrasshill AC	01:23:21	01:24:05
405	Catherine	CLANCY	F50	St Catherines AC	01:23:31	01:24:06
406	Colin	RICHARDS	M50	Ballinacurra Villagers	01:23:22	01:24:08
407	Sarah	CREEDON	F35	Millstreet Athletic Club	01:23:38	01:24:09
408	Eileen	COLLINS	F40	Cionakilty Road Runners AC	01:23:25	01:24:10
409	Des	WHITE	M50	Grange Fermoy AC	01:23:31	01:24:12
410	Paul	HEALY	M45	Donoughmore AC	01:23:55	01:24:15
411	Kate	LEAHY	F35		01:23:32	01:24:17
412	Eilish	AHERN	F	Bweeng Trail Blazers	01:23:19	01:24:18
413	Orla	NOLAN	F45	Dromahane Road Runners	01:22:46	01:24:18
414	John	GEARY	M		01:23:31	01:24:19
415	Vincent	BUCKLEY	M40	Donoughmore AC	01:23:35	01:24:19
416	Jimmy	HENNESSY	M55	Templemore AC	01:23:29	01:24:20
417	Christian	BOARD	M	Blackwater Triathlon Club	01:23:34	01:24:21
418	Robert	KENT	M		01:23:21	01:24:23
419	Keitaro	ADO	M55		01:23:40	01:24:27
420	Pa	DALY	M	Mallow AC	01:23:44	01:24:33
421	Ide	KELLEHER	F40	Mallow AC	01:23:44	01:24:34
422	Susan	LYNE	F40		01:23:44	01:24:42
423	Angeline	DRENNAN	F40	West Waterford AC	01:23:59	01:24:48
424	Dan	TWOHIG	M40	Midleton AC	01:24:26	01:24:50
425	Aisling	MCEVOY	F35	Watergrasshill AC	01:24:19	01:24:51
426	Graham	O'KEEFFE	M40		01:24:00	01:24:51
427	Bryan	CROWLEY	M40	Watergrasshill AC	01:24:20	01:24:51
428	Thomas	SKEHAN	M40		01:24:16	01:24:56
429	Betty	CAHILL	F45	Max runners	01:24:00	01:25:02
430	Kieran	HORGAN	M40	Mallow AC	01:24:14	01:25:05
431	Zora	BOUKERCHE	F35		01:24:32	01:25:22
432	Michelle	FROST	F35		01:24:13	01:25:31
433	Donal	FALLON	M		01:23:49	01:25:31
434	Val	KEANE	M		01:24:45	01:25:37
435	Denis	MURPHY	M40		01:24:45	01:25:39
436	Thomas	DARCY	M40	St Finbarrs AC	01:24:31	01:25:39
437	Mairead	SHEEDY	F		01:24:23	01:25:42
438	Niall	MCCARTHY	M	Bandon Fit4Life	01:24:36	01:25:43
439	Patricia	DALY	F40	Youghal AC	01:24:53	01:25:44

440	Barry	MACCARTHY	M50		01:24:26	01:25:46
441	Brian	BARRY	M	Happy Feet Blarney	01:24:06	01:25:47
442	Alan	O'BRIEN	M		01:24:54	01:25:52
443	Audrey	O'DWYER	F45	Limerick Tri Club	01:25:09	01:26:05
444	Ray	O'CONNELL	M		01:24:45	01:26:05
445	Karen	CLIFFORD	F35		01:25:09	01:26:07
446	Victor	KIELY	M50		01:25:31	01:26:09
447	Caitriona	NI RIADA	F35		01:24:29	01:26:13
448	Mary	PYKE	F40	Mooreabbey Milers	01:25:26	01:26:16
449	Una	KINGSTON	F40		01:25:23	01:26:17
450	Katie	MURPHY	F	Churchtown Roadrunners AC	01:25:39	01:26:27
451	Davina	TURNBULL	F35		01:25:37	01:26:29
452	Michelle	O'DONNELL	F35	Clonakilty Road Runners AC	01:24:57	01:26:30
453	Conor	BLACKWELL	M45	West Waterford AC	01:24:57	01:26:31
454	Olive	FORDE	F35		01:25:16	01:26:33
455	Thomas P	YELVERTON	M40	Happy Feet Blarney	01:25:50	01:26:35
456	Melanie	WHITE	F40	Ballincollig AC	01:25:27	01:26:45
457	Lisa	FINN	F40	Mallow AC	01:25:38	01:26:49
458	Carol	LEWIS	F	Galtee Runners	01:26:19	01:26:54
459	Sharon	HICKEY	F40	Dromahane Road Runners	01:26:54	01:26:54
460	Raymond	BARROW	M		01:25:49	01:27:00
461	Mary	MULCAHY	F55	St Finbarrs AC	01:26:13	01:27:03
462	Colette	RYAN	F50	Douglas Meet And Train	01:26:08	01:27:05
463	Derek	COSTELLO	M45	Eagle AC	01:26:19	01:27:11
464	Darren	COOGAN	M40	West Waterford AC	01:26:25	01:27:13
465	Ashlinn	MOYNIHAN	F40	Run For Your Life	01:26:16	01:27:14
466	Sinead	CREMIN	F		01:25:43	01:27:14
467	Tom	HARROLD	M40	North Cork AC	01:26:24	01:27:18
468	Susan	ROCHE	F40	Kilfinane AC	01:26:32	01:27:22
469	Emilija	DORGAN	F40	Grange Fermoy AC	01:26:32	01:27:24
470	Liam	MORRISSEY	M		01:25:45	01:27:24
471	Patricia	BARRY	F40	St Catherines AC	01:26:37	01:27:25
472	Hugh	O'SHEA	M	Dromahane Road Runners	01:26:38	01:27:29
473	Angela	MCCALL	F40	Ballymore Cobh AC	01:26:30	01:27:30
474	Deirdre	MEYLER	F40	Ballymore Cobh AC	01:26:31	01:27:31
475	Leilia	PENDER	F35	Ballymore Cobh AC	01:26:31	01:27:31
476	Vikki	PETERS	F	Midleton AC	01:26:54	01:27:33
477	Shmiggy	DALY	M	Fota Running Club	01:26:55	01:27:34
478	Grainne	WHALLEY	F40		01:26:23	01:27:34
479	Paul	LUCEY	M45		01:26:45	01:27:36
480	Linda	MALONE	F35	Churchtown Roadrunners AC	01:26:43	01:27:37
481	Conor	BUCKLEY	M		01:26:40	01:27:37
482	Fionnuala	KEOGH	F45	Dooneen AC	01:26:54	01:27:38
483	Sinead	TWOMEY	F	Macroon Parkrun Group	01:26:38	01:27:39
484	Niamh	DORGAN	F40	Midleton AC	01:26:50	01:27:40
485	Sinead	O'DOHERTY	F35	North Cork AC	01:27:19	01:27:41
486	Rosemaru	O'BRIEN	F40		01:26:03	01:27:44
487	Barry	O'BRIEN	M40	Mallow TRI Club	01:26:04	01:27:45
488	Mary	O'CONNELL	F40	Gneevequilla AC	01:26:47	01:27:53
489	Amelia	SHORTEN	F		01:27:07	01:27:54
490	Ted	LENAHAN	M40		01:26:40	01:27:55
491	John	MURPHY	M45		01:26:40	01:27:56
492	Caroline	O'SULLIVAN	F40	IRD Duhallow	01:27:20	01:27:56
493	Ester	RING	F45	Mallow AC	01:27:18	01:27:57
494	Sarah	O'FLYNN	F35		01:26:58	01:27:57
495	Lisa	QUIRKE CASHMAN	F40	Duhallow AC	01:26:48	01:28:00
496	Norma	O'CONNELL	F45	CSO	01:26:47	01:28:00
497	Colin	FITZGIBBON	M40		01:27:19	01:28:01
498	Elaine	RODRIGUES	F45		01:26:50	01:28:03
499	Derick	SHANAHAN	M	Jolly Joggers Churchtown	01:27:02	01:28:09
500	Fiona	CROWLEY	F35	Kilworth Meet & Train	01:27:17	01:28:13
501	Karen	HENNESSY	F35		01:27:10	01:28:14
502	Liz	HOGAN	F40	Meet and Train Kilworth	01:27:18	01:28:16



503	Ken	HICKEY	M		01:27:25	01:28:22
504	Deb	O'DONOVAN	F40		01:27:30	01:28:28
505	Caroline	MCATEER	F35	Max runners	01:27:32	01:28:32
506	Trish	PURCELL	F40	West Limerick AC	01:27:40	01:28:35
507	Tony	NEILAND	M50		01:27:23	01:28:39
508	William	HOGAN	M45		01:28:23	01:28:45
509	Kevin	MORRISON	M50	Midleton AC	01:28:29	01:28:48
509	Keith	ANSBRO	M40	Youghal AC	01:27:55	01:28:48
511	Susan	O'SULLIVAN	F40	Bandon Fit4Life	01:28:35	01:28:56
512	Claire	O'CONNELL	F40	Watergrasshill AC	01:28:12	01:28:57
513	Joe	SHEEHAN	M50		01:27:55	01:28:58
514	Maria	CREGAN	F35		01:27:44	01:29:00
515	Una	DOWNES	F45	Mallow AC	01:28:22	01:29:02
516	Denise	HANRAHAN	F40		01:28:25	01:29:03
517	Brendan	MCMAHON	M45	Little Island	01:28:12	01:29:05
518	Claire	TIERNEY	F35	Clonmel AC	01:28:17	01:29:08
519	Nicole	O'GORMAN	F40	Clonmel AC	01:28:17	01:29:09
520	Ciaran	COMERFORD	M40		01:28:05	01:29:10
521	Oonagh	DUFFY	F40		01:28:18	01:29:10
522	Jennifer	LYONS	F		01:28:22	01:29:14
523	John Joe	O'GRADY	M50	North Cork AC	01:28:53	01:29:16
524	Paula	RYAN	F	North Cork AC	01:28:54	01:29:16
525	Christina	GERAGHTY	F40		01:27:56	01:29:18
526	Peter	QUIRKE	M45	Watergrasshill AC	01:28:41	01:29:19
527	Damian	O'KEEFE	M40	Dromahane Road Runners	01:28:39	01:29:29
528	Aine	CROSSE	F35		01:28:33	01:29:31
529	Kevin	O'CALLAGHAN	M	Dromahane Road Runners	01:28:54	01:29:33
530	Finbarr	MOYNIHAN	M40	Merck Millipore	01:28:38	01:29:35
531	Damien	ELLIFFE	M	Bweeng Trail Blazers	01:27:44	01:29:36
532	Hannah	O'SULLIVAN	F40	Buttevant RC	01:28:37	01:29:42
533	Anne Marie	O'CONNOR	F35		01:28:13	01:29:45
534	John	KENNY	M	Mallow AC	01:29:06	01:29:48
535	Donal	O'DONOGHUE	M50	Little Island	01:28:17	01:29:51
536	Sinead	COTTER	F35	Grange Fermoy AC	01:29:01	01:29:53
537	Timothy	COLLINS	M		01:27:58	01:29:54
538	Garvan	QUEENEY	M		01:29:55	01:29:55
539	Alan	SHEILL	M40		01:28:32	01:29:56
540	Catriona	KIELY	F45	West Waterford AC	01:28:26	01:30:01
541	Dominic	HUSSEY	M40		01:29:15	01:30:02
542	Thomas	MOLONEY	M		01:28:41	01:30:02
543	Denise	LYNCH	F	Carrigaline Road Runners AC	01:28:18	01:30:03
544	Bridget	LEHANE	F40		01:29:24	01:30:04
545	Gerard	VOWLES	M45	Mallow AC	01:29:09	01:30:18
546	Edel	MAHER	F	Watergrasshill AC	01:29:02	01:30:18
547	Mary	CLARE-SWEETNAM	F40		01:29:02	01:30:18
548	Sarah	PRENDERGAST	F35		01:29:36	01:30:25
549	Jennifer	O'REGAN	F	West Limerick AC	01:29:34	01:30:29
550	Valerie	MCCORMACK	F	FITstop Fermoy	01:29:21	01:30:35
551	Denis	GEANEY	M	Dromahane Road Runners	01:29:54	01:30:37
552	Sharon	LUCEY	F	Sophie's Journey Foundation	01:29:01	01:30:37
553	John	O'LEARY	M75	Leevale AC	01:29:53	01:30:40
554	Colette	POWELL	F40		01:29:28	01:30:40
555	Brian	DOODY	M	Mallow AC	01:29:05	01:30:42
556	Eoin	HUNT	M		01:30:22	01:30:47
557	Willie	WHITE	M		01:30:28	01:30:47
558	Geraldine	HARTNETT	F		01:29:36	01:30:49
559	Ian	GEARY	M45	Eagle AC	01:30:06	01:30:52
560	Micheal	O'SULLIVAN	M		01:29:20	01:30:54
561	David	AHERNE	M40		01:29:50	01:30:55
562	Teresa	RYAN	F40	Mallow AC	01:30:16	01:30:55
563	Etha	MURPHY	F45		01:29:45	01:30:58
564	Tommy	HARTIGAN	M		01:29:36	01:30:58
565	Yvonne	CASHMAN	F45	Ballintottis	01:29:41	01:31:00

565	Sean	MCGRATH	M		01:30:12	01:31:00
567	Martina	FORDE	F35		01:30:02	01:31:01
568	Ciara	O'CONNELL	F35	Happy Feet Blarney	01:30:06	01:31:01
568	Sue Ellen	MURPHY	F35	Carrigtwohill AC	01:29:32	01:31:01
570	Lisa	GUERIN	F35	Mallow AC	01:29:31	01:31:01
571	Edel	NAGLE	F45		01:29:43	01:31:01
572	John	MCCARTHY	M		01:29:56	01:31:02
572	Louise	BRAZIER SCANNELL	F35	Rosscarbery Steam Runners	01:29:59	01:31:02
574	Diarmuid	SCANNELL	M40	Army	01:30:00	01:31:03
575	Joanne	CASEY HALLIHAN	F35	Buttevant RC	01:29:59	01:31:03
576	John	BRADY	M60	North Cork AC	01:29:52	01:31:04
577	Katherine	O'CONNOR	F35		01:30:01	01:31:04
578	Jacqueline	BOWEN	F45	Mallow AC	01:29:54	01:31:05
579	Adrian	NODWELL	M	Mallow AC	01:29:57	01:31:07
580	Catherine	LINEHAN	F55	Watergrasshill AC	01:30:16	01:31:08
581	Anita	BANE	F45		01:29:50	01:31:09
582	Ian	PATTERSON	M	Cionmel AC	01:30:41	01:31:20
583	Aishling	MCGRATH	F	Watergrasshill AC	01:30:07	01:31:24
584	Sinead	KELLY	F	Galtee Runners	01:30:23	01:31:26
585	Jacinta	O'TOOLE	F	North Cork AC	01:30:13	01:31:28
586	Noreen	ROCHE	F45	Buttevant RC	01:31:22	01:31:35
587	Elizabeth	O'DELL	F45		01:29:55	01:31:37
588	Mark	FULLER	M45		01:30:30	01:31:39
589	Pj	MCNULTY	M	Bog Cog Wheelers	01:30:28	01:31:39
590	Anne	DALY	F40	Jolly Joggers Churchtown	01:30:33	01:31:40
591	Anna	WICKHAM	F35		01:30:22	01:31:41
592	Fiona	O'RIORDAN	F45		01:30:07	01:31:44
593	Julie	DEANE	F	St Finbarrs AC	01:29:52	01:31:46
594	Tadhg	MURPHY	M40		01:30:04	01:31:47
595	Olivia	HENNESSY	F40		01:30:23	01:31:49
596	Richard	DINNEEN	M50	Heineken Running Club	01:30:06	01:31:49
597	Kathleen	O'GORMAN	F50		01:31:01	01:31:49
598	Bridie	WALSH	F50	North Cork AC	01:30:39	01:31:51
599	Helen	STAFFORD	F55	Buttevant RC	01:31:41	01:31:54
600	Helena	CORCORAN	F35	Grange Fermoy AC	01:31:01	01:31:55
601	Anthony	KIELY	M	Mallow TRI Club	01:31:06	01:31:55
602	Lorraine	BARRY	F40	Youghal AC	01:31:07	01:32:00
603	Mairi	HENDERSON	F45	St Finbarrs AC	01:31:00	01:32:01
604	Geraldine	KIRWAN	F40		01:30:48	01:32:02
605	Cathy	MCCOLGAN	F45		01:30:48	01:32:03
606	Teresa	SEXTON	F35		01:30:41	01:32:07
607	Yvonne	SHEAHAN	F	Watergrasshill AC	01:31:20	01:32:14
608	Brenda	GRIFFIN	F35	Max fitness	01:31:17	01:32:16
609	Peter	O'LEARY	M	Happy Feet Blarney	01:31:04	01:32:19
610	Helena	MURPHY	F	Bandon Fit4Life	01:30:41	01:32:20
611	Debbie	MORTON	F40		01:31:11	01:32:23
612	Orla	CUNNANE	F35	Dromahane Road Runners	01:31:41	01:32:24
613	Colin	BRADFORD	M55		01:31:13	01:32:26
614	Julie	DUGGAN	F		01:31:34	01:32:27
615	Angela	NAGLE	F40		01:31:09	01:32:32
616	Mary K	TOBIN	F45		01:31:31	01:32:33
617	Sarah	O'CONNELL	F		01:31:45	01:32:35
618	Jerry	O'CONNELL	M55	Mallow AC	01:31:45	01:32:35
619	Aisling	HOLMES	F		01:31:05	01:32:36
620	Paul	EVANS	M40		01:31:41	01:32:45
621	Deirdre	MCCURTIN	F		01:31:44	01:32:49
622	Maria	JOHNSON	F35	Rosscarbery Steam Runners	01:31:26	01:32:50
623	John	NUNSN	M50		01:32:03	01:32:55
624	Mary	MCAULIFFE	F35		01:31:56	01:32:56
625	Rory	O'DWYER	M50		01:31:21	01:33:06
626	Oliver	MURPHY	M40	Grange Fermoy AC	01:31:58	01:33:09
627	Marie	O'KEEFFE	F40		01:30:55	01:33:10
628	Rosemary	CONROY	F35		01:31:45	01:33:11

629	Paul	DEVEREUX	M		01:31:33	01:33:15
630	Aileen	MURPHY	F35	Galtee Runners	01:32:26	01:33:27
631	Christine	LYNCH	F40		01:32:54	01:33:28
631	Tom	CONNOLLY	M40	Mallow AC	01:32:35	01:33:28
633	Michelle	O'BRIEN	F40		01:32:19	01:33:28
634	Tony	DUNNE	M75	Grange Fermoy AC	01:32:32	01:33:35
635	Frances	O'SULLIVAN	F55	Mallow TRI Club	01:32:33	01:33:38
636	Johann	SCOLLARD	F35	Max runners	01:32:36	01:33:38
637	Carmel	MAC DOMHNAILL	F60	West Limerick AC	01:33:14	01:33:40
638	Mary	O'BRIEN	F45		01:32:04	01:33:40
639	Deirdre	MASON	F50	Thurles Crokes	01:32:05	01:33:40
640	Sinead	HURLEY	F35		01:32:19	01:33:43
641	Maureen	MURPHY	F40		01:32:53	01:33:49
642	Jennifer	CRONIN	F40	Mallow AC	01:32:22	01:33:51
643	Jason	FOLEY	M		01:32:23	01:33:51
644	Maighread	O'DRISCOLL	F		01:32:44	01:33:51
645	Helen	MEANY	F45	An Bru AC	01:32:28	01:33:52
646	Ann Marie	O'SULLIVAN	F		01:32:46	01:33:54
647	Eamonn	DARCY	M40		01:32:52	01:34:01
648	Denis	SHEEHAN	M65		01:32:36	01:34:03
649	Katrina	LOWRY	F45	Kilkenny City Harriers	01:32:42	01:34:14
650	Tracy	DOODY	F40	Mallow AC	01:32:48	01:34:18
651	Emer	NIC AOIDH	F		01:33:02	01:34:21
652	Conor	LOVETT	M50	Dooneen AC	01:33:27	01:34:23
653	Keith	BUCKLEY	M	Grange Fermoy AC	01:34:02	01:34:32
654	John	COTTER	M40		01:33:33	01:34:38
655	Deirdre	HALLIHAN	F40	Mallow AC	01:33:06	01:34:41
656	Emma	O'SHEA	F		01:33:48	01:34:44
657	Susan	SULLIVAN	F35		01:33:28	01:34:48
658	Susan	O'MEARA	F35		01:33:36	01:34:54
659	Pam	KENNEDY	F35	Grange Fermoy AC	01:33:50	01:35:02
660	Triona	LYONS	F35	Max runners	01:34:01	01:35:04
661	Una	NATION	F40		01:34:04	01:35:07
662	George	MCDONNELL	M40	Watergrasshill AC	01:34:08	01:35:18
663	Sinead	HORGAN	F45	Bandon Fit4Life	01:34:33	01:35:21
664	Tadgh	HANLEY	M45	Watergrasshill AC	01:33:59	01:35:26
665	Claire	MULLINS	F35	St Finbarrs AC	01:34:11	01:35:28
666	Niamh	HEFFERNAN	F40		01:34:28	01:35:39
667	Catherine	GULLY	F40	Jolly Joggers Churchtown	01:34:33	01:35:41
668	Liona	HANLEY	F35		01:34:18	01:35:43
669	John	HANRAHAN	M	Fota Running Club	01:34:09	01:35:47
670	Olivia	CUDDIHY	F35		01:34:59	01:36:01
671	Bronagh	SHORTEN	F40		01:34:40	01:36:05
672	Ciaran	CAHILL	M55	Happy Feet Blarney	01:34:56	01:36:12
673	Kathleen	KELLEHER	F55	Mallow AC	01:34:38	01:36:14
674	Mary	STRAUB	F45	Bandon Fit4Life	01:34:42	01:36:14
675	Edwin	CARROLL	M	Kilfinane AC	01:34:31	01:36:24
676	Barry	O'SULLIVAN	M45	Dromahane Road Runners	01:35:52	01:36:34
677	John	MADDEN	M		01:35:32	01:36:50
678	Orla	KAVANAGH	F40		01:35:14	01:36:52
679	Amy	SHEEHAN	F		01:35:23	01:36:52
680	Lucy	KEARNS	F	Ballintotas Fit For Life	01:35:42	01:36:53
681	Jackie	DILLON	F45		01:35:22	01:36:59
682	Gill	O'CONNOR	F35	Atletico Burnfort	01:35:53	01:37:14
683	Eric	O'DONNELL	M		01:36:17	01:37:14
684	Kevin	O'DONNELL	M	Mallow AC	01:36:20	01:37:15
685	Kenneth	O'DONNELL	M		01:36:20	01:37:15
686	Liam	O'DONNELL	M	Dromahane Road Runners	01:36:36	01:37:19
687	Mags	LARKIN	F40		01:36:12	01:37:22
688	Angela	O'MAHONY	F45	Grange Fermoy AC	01:36:02	01:37:24
689	Mary	O'CONNELL	F40		01:37:03	01:37:31
690	Kelly	CLARKE	F35		01:35:49	01:37:32
691	Dorothy	RYAN	F55	Limerick Country Club AC	01:35:56	01:37:34

692	Maire	O'SULLIVAN	F45	Limerick Country Club AC	01:35:56	01:37:34
693	Michael	BEHAN	M		01:36:35	01:37:35
694	Mary Therese	O'FLYNN	F35	Mallow AC	01:36:37	01:37:58
695	C	O'SULLIVAN	M45	Kilfinane AC	01:37:05	01:38:05
696	Denis	CREEDON	M40	Dromahane Road Runners	01:37:32	01:38:19
697	Martina	MCINERNEY	F40		01:37:00	01:38:29
698	Eimear	DONNELLY	F		01:37:17	01:38:30
699	Claire	MURRAY	F40		01:37:02	01:38:32
700	Sinead	EDWARDS	F35	Bweeng Trail Blazers	01:36:50	01:38:36
701	Deborah	EGAN	F35	Bweeng Trail Blazers	01:36:51	01:38:37
702	Trevor	KAVANAGH	M40	Bweeng Trail Blazers	01:37:56	01:38:37
703	Anne Marie	DOWNING	F50	Ballymore Cobh AC	01:37:13	01:38:39
704	Celine	MORLEY	F40	Ballinacurra Villagers	01:37:33	01:38:41
705	Elaine	BARRY	F40		01:37:17	01:38:42
706	Irene	MCDONNELL	F		01:37:26	01:38:46
707	Leonard	DALY	M40		01:37:10	01:38:49
708	Helena	O'CONNOR	F	Mallow AC	01:37:16	01:38:50
709	Elizabeth	O'CONNELL	F45		01:37:27	01:38:51
710	Carmel	COONEY	F40	Grange Fermoy AC	01:37:25	01:38:55
711	Geraldine	KENNY	F40		01:37:45	01:39:00
712	Martina	MOLONEY	F35	Churchtown Roadrunners AC	01:37:44	01:39:00
713	Declan	FITZGERALD	M45		01:37:34	01:39:07
714	Marie	O'REILLY	F60		01:37:44	01:39:11
715	Paul	O'SULLIVAN	M45		01:37:48	01:39:11
716	Granne	KILCULLEN	F35		01:37:44	01:39:21
717	Siobhan	CULLINANE	F	Bandon Fit4Life	01:37:57	01:39:22
718	Sean	SHERLOCK	M40		01:38:42	01:39:22
719	Rose	CREMIN	F		01:38:18	01:39:24
720	Darren	CURTIN	M40	St Finbarrs AC	01:37:45	01:39:42
721	Gerard	O'CONNELL	M55		01:38:30	01:39:50
722	Shane	O'LEARY	M40		01:38:23	01:39:51
723	Carmel	NUGENT	F45	Mallow AC	01:38:19	01:39:52
724	Nora	KELLEHER	F50	Kenmare	01:38:09	01:40:00
725	Amanda	COONEY	F55	Midleton AC	01:38:53	01:40:03
726	Lisa	O'HALLORAN	F		01:38:35	01:40:16
727	Norma	FORDE	F35		01:38:37	01:40:22
728	Philip	HAYES	M		01:38:47	01:40:24
729	Claire	CROWLEY	F35		01:38:51	01:40:26
730	Andrea	HARRINGTON	F40	Bandon Fit4Life	01:38:55	01:40:28
731	Ger	SCANNELL	M40		01:39:05	01:40:29
732	Sarah	SHEEHAN	F35		01:39:07	01:40:32
733	Valerie	RICHMOND	F35	Happy Feet Blarney	01:38:47	01:40:34
734	John	MCSWEENEY	M45		01:39:25	01:40:35
735	Aoife	TOBIN	F35		01:39:10	01:40:35
736	Marian	HUGHES	F55	Thurles Crokes	01:38:58	01:40:35
737	Mary	KEVANY	F50	FITstop Fermoy	01:39:22	01:40:36
738	Claire	SCANLAN	F35	Max runners	01:39:37	01:40:36
739	Derek	DUNLEA	M40		01:39:55	01:40:36
740	Kevin	WALSH	M45		01:39:22	01:40:45
741	Mike	CASEY	M50	Galtee Runners	01:39:15	01:40:48
742	Ursula	CASEY	F		01:39:20	01:40:50
743	Teresa	COUGHLAN	F35	Carrigtwohill AC	01:39:20	01:40:51
744	Sarah	CORKERY	F40		01:39:46	01:40:57
745	Sinead	QUINN	F40	Tracton AC	01:39:10	01:40:58
746	Dominic	GALVIN	M50		01:39:52	01:41:05
747	Yvonne	MURPHY	F	Duhallow AC	01:39:26	01:41:05
748	Natalie	HEALY	F35	Bweeng Trail Blazers	01:39:15	01:41:06
749	Niamh	O'BRIEN	F35		01:39:35	01:41:10
750	Dawn	O'FARRELL	F45	Grange Fermoy AC	01:40:02	01:41:15
751	Mary	FALVEY	F50	Kenmare	01:39:31	01:41:22
752	Anne	MCCARTHY	F35		01:39:51	01:41:23
753	Una	POWER	F50	An Bru AC	01:39:56	01:41:24
754	Sarah	MCCURTIN	F		01:40:43	01:41:48

755	Mary	LANNON	F45	Mallow TRI Club	01:40:49	01:41:54
756	Margaret	O'CONNELL	F35	Cobh	01:40:27	01:42:03
757	Fiona	MEEHAN	F40	Fiona Meehan	01:40:19	01:42:05
758	Claudia	PARKES	F35		01:41:12	01:42:10
759	Joan	MURPHY	F50	Thurles Crokes	01:40:36	01:42:13
760	Cathy	MANSFIELD	F40	Cionmel AC	01:40:53	01:42:14
761	Derval	KENNY	F45	An Bru AC	01:40:50	01:42:19
762	Ciara	MACCALLUM	F40	Blackwater Triathlon Club	01:40:50	01:42:23
763	Janet	O'NEILL	F	Buttevant RC	01:40:49	01:42:28
764	Olivia	MURPHY	F40	Mallow AC	01:40:41	01:42:29
765	Bridget	BARTON	F35		01:41:00	01:42:31
766	Helena	MAWE	F45	Thurles Crokes	01:40:58	01:42:34
767	Catherine	CONROY	F50	Mallow AC	01:40:46	01:42:35
768	Don	BUCKLEY	M45	Wibbly Wobbly Wonders	01:40:54	01:42:38
769	Ronan	MAGUIRE	M	Midleton AC	01:40:55	01:42:40
770	Rosarie	HARRINGTON	F50		01:41:05	01:42:41
771	Laura	LYNCH	F		01:41:08	01:42:54
772	Brendan	KELLY	M		01:41:35	01:42:58
773	Mary	VOWLES	F45	Awbeg Free Wheelers	01:41:39	01:43:06
774	Caitriona	BUCKLEY	F35	Bweeng Trail Blazers	01:41:18	01:43:07
775	Shane	O'CONNELL	M		01:42:17	01:43:14
776	Ann	BOGSN	F55	Cork City Council	01:42:22	01:43:18
777	Mariusz	LUCZAK	M	Bweeng Trail Blazers	01:41:42	01:43:33
778	Tony	BELL	M45	Bweeng Trail Blazers	01:41:42	01:43:33
779	Anne	MCMAHON	F40	Wibbly Wobbly Wonders	01:41:52	01:43:36
780	Tricia	O'SULLIVAN	F40	Wibbly Wobbly Wonders	01:41:52	01:43:36
781	Cathy	O'SULLIVAN	F35	Churchtown Roadrunners AC	01:42:21	01:43:38
782	Colette	CREEDON	F45		01:42:21	01:43:41
783	Noel	COLEMAN	M55		01:41:59	01:43:43
784	Sinead	ELLIFFE	F35	Bweeng Trail Blazers	01:41:57	01:43:49
785	Laura	GAYER	F40	Mallow AC	01:42:21	01:43:52
786	Deirdre	FIELD O'SULLIVAN	F40		01:42:38	01:43:56
786	Aileen	FIELD	F35	Mallow AC	01:42:39	01:43:56
788	Collette	O'CALLAGHAN	F45	Mallow AC	01:42:09	01:43:59
789	Jen	KENNY	F35	Mallow AC	01:42:09	01:43:59
790	Michael	KENNY	M45	An Bru AC	01:42:31	01:44:00
791	Jerry	FORDE	M65	Blarney Inniscarra	01:44:13	01:44:13
792	Anna	O'DONNELL	F35	Kilfinane AC	01:43:13	01:44:14
793	Michael	HALPIN	M	Kilfinane AC	01:43:14	01:44:15
794	Brenda	LYNCH	F		01:42:51	01:44:20
795	Marie	CURRAN	F40		01:42:34	01:44:24
796	Julie	BROWNE	F35		01:42:45	01:44:36
797	Shirley	MATTHEWS	F45		01:43:30	01:44:41
798	Joan	KENNY	F35	Mallow AC	01:42:54	01:44:41
799	Deirdre	JOHNSON	F	Buttevant RC	01:43:07	01:44:46
800	Deirdre	GLYNN	F45	Mallow AC	01:43:32	01:45:08
801	Anne	O'CONNELL	F50	Duhallow AC	01:43:57	01:45:17
802	Janet	O'CALLAGHAN	F40	Mallow AC	01:43:47	01:45:35
803	Claire	O'BRIEN	F40	Bweeng Trail Blazers	01:43:54	01:45:42
804	Imelda	CAREY	F35		01:44:07	01:45:44
805	Gary	O'DONOVAN	M40	Bweeng Trail Blazers	01:43:54	01:45:46
806	Joanne	MCNAMARA	F35		01:44:23	01:45:50
807	Samantha	WEBB	F		01:44:56	01:46:05
808	Nicola	MCSWEENEY	F35		01:46:05	01:46:05
809	Dylan	COAKLEY	M		01:44:56	01:46:05
810	Janette	POWER	F40	Rebel Runners	01:44:45	01:46:17
811	Teresa	O'DWYER	F		01:45:20	01:46:27
812	Shane	CROWLEY	M40	Mallow AC	01:45:20	01:46:31
813	Ruairi	O'BRIEN	M		01:45:30	01:46:32
814	Anne	SHEEDY	F45		01:45:03	01:46:44
815	Trish	DOHERTY	F40	Ballymore Cobh AC	01:45:24	01:46:51
816	Valerie	COLLINS	F40		01:45:32	01:47:01
817	Donna	BLIGHE	F35	Mallow AC	01:45:15	01:47:03

818	Yvonne	KERTSCH	F45	Buttevant RC	01:45:30	01:47:10
819	Lorraine	WALSH	F35	Team OBF	01:46:24	01:47:48
820	Suzanne	BRENNAN	F40		01:46:22	01:47:52
821	Rachael	GAFFNEY	F35	Mallow AC	01:46:03	01:47:58
822	Mags	HIGGINS	F45	Midleton AC	01:46:16	01:47:58
823	Deirdre	MURPHY	F45	Midleton AC	01:46:16	01:47:59
824	Eleanor	TWOMEY	F35	Rebel EI	01:46:49	01:48:01
825	Dolores	DUFFY	F45	Watergrasshill AC	01:46:35	01:48:03
826	Helen	O'SULLIVAN	F40	Jolly Joggers Churchtown	01:46:59	01:48:05
827	Kay	BIRCH	F55		01:46:59	01:48:12
828	Mary	AHERN CASEY	F50		01:47:41	01:48:15
829	Ger	BUCKLEY	F45	Mallow AC	01:46:30	01:48:20
830	Catriona	GRIFFIN	F35	Clonakilty Road Runners AC	01:46:52	01:48:26
831	Mag	FLYNN	F45	Grange Fermoy AC	01:46:55	01:48:28
832	Sandra	MORGAN	F35		01:46:49	01:48:30
833	Liz	MURRAY	F35		01:46:50	01:48:31
834	Deirdre	COLLINS	F40	Bweeng Trail Blazers	01:47:02	01:48:49
835	Margaret	GILL	F55		01:47:38	01:49:05
836	Mairead	GOGGIN	F40	Mallow AC	01:47:56	01:49:43
837	Jean	MCDONNELL	F40	Mallow AC	01:48:00	01:49:46
838	Lucy	O'CONNELL	F		01:48:53	01:49:50
839	Jamie	WALSH	M	Galtee Runners	01:48:51	01:49:54
840	Michelle	GEANEY	F35	Bweeng Trail Blazers	01:48:30	01:50:18
841	Ciara	BURKE	F40		01:48:52	01:50:41
842	Barry	PHILLIPS	M40		01:49:43	01:50:57
843	Marie	MAHER	F35		01:49:29	01:51:00
844	Eileen	TRIGGS	F45	Janssen Running Club	01:49:52	01:51:02
845	Helen	MCGRATH	F35		01:49:18	01:51:09
846	Joan	O'CONNOR	F50	Galtee Runners	01:50:14	01:51:18
847	Aisling	POWER	F35		01:49:57	01:51:28
848	Caroline	MURPHY	F45	Bweeng Trail Blazers	01:49:41	01:51:29
849	Sheila	O'KEEFFE	F50		01:51:38	01:51:38
850	Kim	WALSH	F35	Mallow TRI Club	01:50:45	01:51:51
851	Denis	FITZGERALD	M		01:51:28	01:51:54
852	Trish	RING	F35	Bweeng Trail Blazers	01:50:21	01:52:09
853	Joe	O'LOUGHLIN	M40		01:50:44	01:52:13
854	Sharon	GREEN	F35	Wibbly Wobbly Wonders	01:50:37	01:52:20
855	Brendan	TOBIN	M45		01:52:24	01:52:24
856	Patrick	CASHMAN	M		01:51:40	01:52:39
857	Angela	KELLEHER	F40		01:51:19	01:53:05
858	Ann	BREEN	F40		01:51:50	01:53:12
859	Kerry	CONSTANT	M60	Cork & Dublin BHAA	01:52:07	01:53:17
860	Kate	MURPHY	F		01:52:01	01:53:40
861	John	O'MAHONY	M45	Glanmire	01:52:02	01:53:57
862	Ellie	SINGLETON	F40		01:53:06	01:54:47
863	Norma	RYAN	F35	Dromahane Road Runners	01:53:40	01:55:12
864	Nollaig	MURPHY	F35		01:53:31	01:55:20
865	Maggie	DUNNE	F70	Grange Fermoy AC	01:53:59	01:55:21
866	Pat	FITZGERALD	M45	Ballinacurra Villagers	01:54:21	01:55:29
867	Francis	LYNCH	M		01:55:21	01:56:30
868	Shelly	MACDOYLE	F	Max runners	01:55:42	01:56:42
869	Jean	HANLON	F45		01:55:12	01:56:48
870	Eilish	FINN	F45		01:56:33	01:57:27
871	Pauline	GALLAGHER	F		01:56:30	01:57:35
872	Olivia	LUCEY	F40		01:55:59	01:57:50
873	Alan	O'KEEFFE	M50		01:56:06	01:57:54
874	Ruth	LEHANE	F	Mallow AC	01:56:08	01:57:58
875	Elizabeth	MILLS	F60	Bandon Fit4Life	01:57:02	01:58:24
876	Deirdre	MORRISSEY	F35		01:57:47	01:59:09
876	Linda	O'KEEFFE	F35		01:57:49	01:59:09
878	Valeire	MCSWEENEY	F45		01:57:52	01:59:20
879	Amanda	BUCKLEY	F40		01:57:59	01:59:34
880	Alan	BURCHELL	M55		01:57:45	01:59:35

881	Catherine	DOCHERTY	F40		01:58:01	01:59:36
882	Tom	FLYNN	M50	Grange Fermoy AC	01:58:08	01:59:50
883	Sandra	MURPHY	F35		01:58:33	01:59:51
884	Mary-Rose	O'DRISCOLL	F		01:58:49	02:00:34
885	Joanne	DAWSON	F45		01:59:01	02:00:46
886	Nicola	PIERCE	F35	Killworth	01:59:14	02:00:48
887	Katie	MURPHY	F40		01:59:20	02:00:59
888	Karen	KENNY	F40		01:59:20	02:00:59
889	Elaine	MCDONNELL	F40		01:59:21	02:01:00
890	Fiona	BARRY	F35	Bweeng Trail Blazers	01:59:11	02:01:04
891	Shirley	KAVANAGH	F40	Bweeng Trail Blazers	01:59:11	02:01:04
892	Mags	LOONEY	F40	Bandon Fit4Life	02:01:11	02:02:00