

Ballintotis Community Council/East Cork AC**BALLINTOTIS '4'**

Wednesday 16 April 2014. 8:00pm

Place	Time	Name	Team	Race Age Category	min/mile		
1	0:19:31	MCCARTHY, James	East Cork AC	M	04:52.7	1	1
2	0:19:46	SHEAHAN, Colm	Leevale AC	M	04:56.4	949	2
3	0:19:52	O'DONOGHUE, Tim	East Cork AC	M	04:57.9	735	3
4	0:20:11	HARTY, Michael	East Cork AC	M	05:02.7	404	4
5	0:20:46	O'SULLIVAN, Rory	St. Finbarrs AC	M	05:11.4	732	5
6	0:20:52	O'SHEA, Alex	St. Finbarrs AC	M40	05:12.9	842	6
7	0:21:21	O'BRIEN, Kevin	East Cork AC	M	05:20.2	872	7
8	0:21:33	CURRAN, Eric	Leevale AC	M	05:23.2	483	8
9	0:21:44	HAYES, Frank	East Cork AC	M40	05:25.9	168	9
10	0:21:45	PATTERSON, Robert	Leevale AC	M	05:26.2	834	10
11	0:21:48	CANAVAN, Darragh	Leevale AC	M	05:26.9	694	11
12	0:21:50	CORBETT, Damien	St. Finbarrs AC	M	05:27.4	485	12
13	0:22:09	SHEEHAN, Andrew	Leevale AC	M	05:32.2	591	13
14	0:22:22	CREEDON, Daithi	Eagle AC	M	05:35.4	430	14
15	0:22:29	TIERNEY, Conor	East Cork AC	M	05:37.2	941	15
16	0:22:35	O'SULLIVAN, Kieran	St. Finbarrs AC	M40	05:38.7	968	16
17	0:22:38	O'CONNOR, Killian	Eagle AC	M	05:39.4	971	17
18	0:22:40	O'CALLAGHAN, John	Eagle AC	M40	05:39.9	516	18
19	0:22:43	DUGGAN, Paul	St. Finbarrs AC	M45	05:40.7	699	19
20	0:22:48	KELLY, Cathal	St. Finbarrs AC	M40	05:41.9	752	20
21	0:22:50	LAFFAN, Tom	Bandon AC	M45	05:42.4	481	21
22	0:22:52	MALONE, John	Youghal AC	M40	05:42.9	95	22
23	0:22:54	CURTIN, Martin	St. Finbarrs AC	M	05:43.4	860	23
24	0:22:58	BOUSE, Ciaran	Eagle AC	M	05:44.4	601	24
25	0:23:00	DOLPHIN, Michael	Midleton AC	M	05:44.9	201	25
26	0:23:05	CRAIG, David	Bandon AC	M	05:46.2	726	26
27	0:23:07	SLOWEY, James	St. Finbarrs AC	M	05:46.7	926	27
28	0:23:14	GROARKE, Fergus	unatt/Midleton	M	05:48.4	407	28
29	0:23:14	O'SULLIVAN, John	unatt/Cork	M	05:48.4	656	29
30	0:23:16	SARGENT, Fergal	St. Finbarrs AC	M	05:48.9	897	30
31	0:23:17	ARCHER, Tony	St. Finbarrs AC	M50	05:49.2	716	31
32	0:23:18	FERRITER, Brendan	unatt/Ballinascatha	M	05:49.4	405	32
33	0:23:20	RONAN, Emmet	Midleton AC	M	05:49.9	347	33
34	0:23:23	MEADE, Eric	East Cork AC	M45	05:50.7	600	34
35	0:23:24	MAHONY, Tim	East Cork AC	M	05:50.9	223	35
36	0:23:28	COLLINS, John	Leevale AC	M55	05:51.9	859	36
37	0:23:32	WALSH, Kieran	unatt/Ballycotton	MJ	05:52.9	237	37
38	0:23:33	DRAKE, Pdraig	unatt/Glanmire	M	05:53.2	333	38
39	0:23:33	DUCHNICZ, Adam	Carrigtwohill AC	M40	05:53.2	960	39
40	0:23:37	DUNPHY, John	Midleton AC	M45	05:54.1	488	40
41	0:23:38	HARRINGTON, Shane	East Cork AC	M	05:54.4	877	41
42	0:23:48	SPITERI, Paul	Midleton AC	M	05:56.9	961	42
43	0:23:55	BOLAND, Ronan	Eagle AC	M50	05:58.6	509	43
44	0:23:56	MULCAHY, Kieran	Eagle AC	M45	05:58.9	414	44
45	0:24:00	COTTER, Paul	Eagle AC	M	05:59.9	517	45
46	0:24:01	CURRAN, Kevin	Eagle AC	M	06:00.1	492	46
47	0:24:05	O'DWYER, David	East Cork AC	M40	06:01.1	275	47
48	0:24:07	HOLLAND, Ann-Marie	St. Finbarrs AC	F35	06:01.6	402	48
49	0:24:08	SHEEHAN, Ivan	St. Finbarrs AC	M	06:01.9	818	49
50	0:24:17	KEOGH, Mossy	West Waterford AC	M	06:04.1	932	50
51	0:24:26	LANDERS, Brian	Youghal AC	M40	06:06.4	105	51
52	0:24:28	MURPHY, Michael	St. Finbarrs AC	M55	06:06.9	704	52
53	0:24:29	SHEEHAN, Nigel	unatt/Mogeely	M	06:07.1	342	53
54	0:24:33	MURPHY, Dave	Watergrasshill AC	M	06:08.1	232	54
55	0:24:33	NAGLE, Deirdre	Eagle AC	F35	06:08.1	777	55
56	0:24:36	CASHMAN, Evelyn	Youghal AC	F40	06:08.9	733	56
57	0:24:37	MCEVOY, Eamonn	St. Finbarrs AC	M55	06:09.1	595	57
58	0:24:39	CREMIN, Mike	Midleton AC	M	06:09.6	551	58
59	0:24:39	RYAN, JJ	Mooreabbey Milers AC	M	06:09.6	942	59
60	0:24:40	O'RIORDAN, Philip	Leevale AC	M	06:09.9	904	60
61	0:24:42	CURLEY, Paul	Youghal AC	M45	06:10.4	617	61
62	0:24:42	PARNELL, Carmel	Leevale AC	F55	06:10.4	954	62
63	0:24:43	MCMAHON, Conor	West Muskerry AC	M45	06:10.6	650	63
64	0:24:45	ROONEY, Kevin	unatt/Carrigaline	M	06:11.1	964	64
65	0:24:46	LEE, Keith	unatt/Cork	M	06:11.4	638	65
66	0:24:47	LYNCH, Rhona	Eagle AC	F35	06:11.6	712	66
67	0:24:48	HAYNES, Alan	unatt/Douglas	M	06:11.9	500	67
68	0:24:49	FLYNN, Darren	Grange-Fermoy AC	M40	06:12.1	651	68
69	0:24:50	TROY, Robert	Ballinacorney AC	M	06:12.4	474	69

70	0:24:50	MCCARTHY, Denis	East Cork AC	M50	06:12.4	494	70
71	0:24:51	O'REGAN, Morgan	Midleton AC	M	06:12.6	455	71
72	0:24:53	RYAN, Don	Midleton AC	M40	06:13.1	316	72
73	0:24:53	MACAULIFFE, Fergus	UCC AC	M	06:13.1	672	73
74	0:24:54	CASHMAN, John	Midleton AC	M45	06:13.4	179	74
75	0:24:55	TEAHAN, Karina	St. Finbarrs AC	F	06:13.6	487	75
76	0:24:57	CROWLEY, Stephen	unatt/Castlemartyr	M	06:14.1	673	76
77	0:25:01	DOLAN, Michael	unatt/Glanmire	M	06:15.1	497	77
78	0:25:02	FRAHER, Kevin	unatt/Cork	M45	06:15.4	817	78
79	0:25:03	LEONARD, David	St. Finbarrs AC	M	06:15.6	784	79
80	0:25:06	LEONARD, Helen	Leevale AC	F40	06:16.4	406	80
81	0:25:06	DORGAN, Declan	Midleton AC	M	06:16.4	746	81
82	0:25:07	MCSWEENEY, Brian	unatt/Carrigaline	M	06:16.6	369	82
83	0:25:08	BREEN, Barry	unatt/Cobh	M40	06:16.9	376	83
84	0:25:09	CROWLEY, Tim	unatt/Cork	M	06:17.1	596	84
85	0:25:09	HAYES, Orla	Leevale AC	F	06:17.1	841	85
86	0:25:10	O'SULLIVAN, John	St. Finbarrs AC	M	06:17.4	717	86
87	0:25:14	BULMAN, Mark	Donoughmore AC	M50	06:18.4	475	87
88	0:25:17	CROWLEY, Bryan	unatt/Carrigtwohill	M40	06:19.1	740	88
89	0:25:20	COLEMAN, Damien	unatt/Passage West	M	06:19.9	518	89
90	0:25:22	HAYES, Ethan	unatt/Midleton	M	06:20.4	644	90
91	0:25:22	MCGRATH, Daniel	unatt/Midleton	MJ	06:20.4	918	91
92	0:25:23	PARKINSON, Nick	East Cork AC	M	06:20.6	222	92
93	0:25:24	COUGHLAN, Brendan	Dooneen AC	M	06:20.9	552	93
94	0:25:27	RYAN, Keith	unatt/Waterford	M40	06:21.6	627	94
95	0:25:29	O'BRIEN, Martin	Youghal AC	M50	06:22.1	63	95
96	0:25:30	KELLY, Alan	Midleton AC	M40	06:22.4	548	96
97	0:25:32	CARR, Alan	unatt/Conna	M	06:22.9	364	97
98	0:25:34	DORIS, Anna	Midleton AC	F40	06:23.4	400	98
99	0:25:37	MCGRATH, Brendan	Ballintotis Fit4Life	M40	06:24.1	9	99
100	0:25:39	O'CALLAGHAN, Brian	unatt/Glanmire	M	06:24.6	681	100
101	0:25:39	KENNEALLY, Damien	Eagle AC	M	06:24.6	392	101
102	0:25:40	PIOTROWSKI, Richard	West Muskerry AC	M65	06:24.9	710	102
103	0:25:45	O'CONNOR, Pat	Eagle AC	M45	06:26.1	669	103
104	0:25:47	HEAVIN, Aiden	unatt/Ballycotton	M	06:26.6	454	104
105	0:25:56	MCLEAN, Gerard	unatt/Ballycotton	M40	06:28.9	260	105
106	0:25:58	CANTWELL, Brendan	unatt/Castlemartyr	M45	06:29.4	238	106
107	0:26:00	CREMIN, Michael	unatt/Dromina	M45	06:29.9	554	107
108	0:26:01	MURPHY, Stephen	Watergrasshill AC	M	06:30.1	233	108
109	0:26:05	CARROLL, Denis	Eagle AC	M50	06:31.1	538	109
110	0:26:09	GEARY, Cian	unatt/Youghal	M	06:32.1	973	110
111	0:26:10	BARRY, Ronnie	Bandon AC	F35	06:32.4	703	111
112	0:26:13	COLLINS, Ciaran	Youghal AC	M40	06:33.1	571	112
113	0:26:15	BURKE, Ian	unatt/Passage West	M40	06:33.6	654	113
114	0:26:16	COTT, Brian	Midleton AC	M	06:33.9	329	114
115	0:26:18	O'CONNELL, Shane	unatt/Cork	M	06:34.4	659	115
116	0:26:20	PARKINSON, Bryan	East Cork AC	M60	06:34.9	221	116
117	0:26:22	MOTHERWAY, David	Midleton AC	M	06:35.4	155	117
118	0:26:23	SAVAGE, Mark	unatt/Midleton	M40	06:35.6	288	118
119	0:26:25	MEHIGAN, Sean	unatt/Mallow	M45	06:36.1	848	119
120	0:26:25	FITZGERALD, Barry	Midleton AC	M	06:36.1	307	120
121	0:26:27	WOLFE, Lorna	unatt/Cork	F	06:36.6	763	121
122	0:26:28	O'CONNOR, Mike	unatt/Cork	M	06:36.9	807	122
123	0:26:29	MCLEAN, Barra	unatt/Whitegate	MJ	06:37.1	261	123
124	0:26:31	O'SULLIVAN, Phil	unatt/Ovens	M	06:37.6	597	124
125	0:26:31	MALONEY, Dave	unatt/Midleton	M	06:37.6	871	125
126	0:26:32	DARCY, Thomas	unatt/Cahir	M	06:37.9	550	126
127	0:26:32	CURTIN, Brendan	unatt/Midleton	M40	06:37.9	639	127
128	0:26:33	HAYES, Willie	St. Finbarrs AC	M55	06:38.1	527	128
129	0:26:34	O'RIORDAN, Patrick	unatt/Whitegate	MJ	06:38.4	256	129
130	0:26:35	HARTE, Matt	Ballintotis Fit4Life	M45	06:38.6	6	130
131	0:26:38	SKILLINGTON, Pat	unatt/Cork	M45	06:39.4	951	131
132	0:26:39	DUKE, Aidan	unatt/Kinsale	M	06:39.6	768	132
133	0:26:39	O'RIORDAN, William	St. Brendans AC	M60	06:39.6	944	133
134	0:26:40	HAUGH, Jamie	unatt/Midleton	M40	06:39.9	566	134
135	0:26:41	CAREY, Ken	unatt/Cork	M55	06:40.1	890	135
136	0:26:42	DALY, Andrew	unatt/Midleton	M	06:40.4	543	136
137	0:26:42	MURPHY, Ciara	unatt/Coachford	F	06:40.4	778	137
138	0:26:42	MCCARTHY, Christopher	Midleton AC	M	06:40.4	328	138
139	0:26:43	CRONIN, Tim	Midleton AC	M40	06:40.6	314	139
140	0:26:43	MAUNSELL, Francis	Midleton AC	M40	06:40.6	536	140
141	0:26:44	SANTRY, Fiona	East Cork AC	F	06:40.9	845	141
142	0:26:45	O'REGAN, Billy	Grange-Fermoy AC	M	06:41.1	506	142
143	0:26:46	MCCAUGHLEY, John	Midleton AC	M40	06:41.4	311	143
144	0:26:47	BARRON, Declan	Youghal AC	M	06:41.6	568	144

146	0:26:48	MURPHY, Dermot	unatt/Midleton	M	06:41.9	547	146
147	0:26:50	O'REGAN, Eddie	Youghal AC	M55	06:42.4	442	147
148	0:26:52	O'SULLIVAN, Richard	Youghal AC	M	06:42.9	461	148
149	0:26:53	O'SULLIVAN, Dara	unatt/Cork	M	06:43.1	479	149
150	0:26:53	MURRAY, Alan	Midleton AC	M	06:43.1	178	150
151	0:26:57	MALONE, Damien	unatt/Schull	M	06:44.1	940	151
152	0:26:59	LEDINGHAM, Dermot	Youghal AC	M50	06:44.6	441	152
153	0:27:02	HAYES, James	Leevale AC	MJ	06:45.4	925	153
154	0:27:05	BARRY, Brian	Leevale AC	M	06:46.1	843	154
155	0:27:06	SHEEHAN, Kevin	unatt/Cork	M	06:46.4	938	155
156	0:27:07	CASEY, Richard	unatt/Cloyne	M40	06:46.6	130	156
157	0:27:07	O'KEEFFE, Mary	Youghal AC	F50	06:46.6	440	157
158	0:27:08	RUDDLE, Shane	Ballintotis Fit4Life	M40	06:46.9	240	158
159	0:27:08	O'SHEA, Ivan	unatt/Whitegate	M	06:46.9	242	159
160	0:27:09	O'CRUALAOI, Micheal	St. Finbarrs AC	M50	06:47.1	780	160
161	0:27:10	GOUGH, Billy	unatt/Cork	M45	06:47.4	630	161
162	0:27:11	HANRAHAN, Steve	unatt/Cork	M	06:47.6	937	162
163	0:27:14	WOLFE, Amy	St. Finbarrs AC	F	06:48.4	762	163
164	0:27:15	HALLIHAN, Mike	Midleton AC	M45	06:48.6	929	164
165	0:27:16	HENNESSY, John	unatt/Ballymacoda	M	06:48.9	810	165
166	0:27:16	MCCARTHY, David	Youghal AC	M50	06:48.9	219	166
167	0:27:17	KENNEALLY, Jonathan	unatt/Cloyne	M	06:49.1	391	167
168	0:27:18	O'CONNOR, Steven	unatt/Ballincollig	M	06:49.4	970	168
169	0:27:19	O'DONNELL, John	unatt/Tipperary	M	06:49.6	616	169
170	0:27:21	BARRY, Dominic	Ballintotis Fit4Life	M45	06:50.1	113	170
171	0:27:23	DEADY, Josh	unatt/Midleton	MJ	06:50.6	134	171
172	0:27:24	KINGSTON, Finbarr	Youghal AC	M	06:50.9	569	172
173	0:27:25	O'BRIEN, Denis	unatt/Cork	M50	06:51.1	955	173
174	0:27:25	O'BRIEN, Tom	Ballintotis Fit4Life	M45	06:51.1	335	174
175	0:27:26	BRENNAN, Colin	Youghal AC	M	06:51.4	103	175
176	0:27:26	O'LEARY, Mai	St. Finbarrs AC	F	06:51.4	521	176
177	0:27:26	BRODERICK, Ger	Ballintotis Fit4Life	M40	06:51.4	195	177
178	0:27:27	PENNEY, Paul	St. Finbarrs AC	M	06:51.6	628	178
179	0:27:29	O'SULLIVAN, Conor	unatt/Bantry	M	06:52.1	135	179
180	0:27:31	O'KEEFFE, Jim	Watergrasshill AC	M50	06:52.6	861	180
181	0:27:32	AHERN, Sean	Youghal AC	M	06:52.9	72	181
182	0:27:33	BUCKLEY, Michael	Youghal AC	M45	06:53.1	749	182
183	0:27:33	O'FARRELL, Sean	Midleton AC	MJ	06:53.1	798	183
184	0:27:34	O'SHEA, Anthony	unatt/Midleton	MJ	06:53.4	154	184
185	0:27:35	UPTON, John	unatt/Cloyne	M	06:53.6	636	185
186	0:27:36	DENNIGAN, John	unatt/Midleton	M	06:53.9	286	186
187	0:27:36	DOWNING, Eilish	Ballintotis Fit4Life	F40	06:53.9	635	187
188	0:27:37	GURNANE, Elaine	Eagle AC	F35	06:54.1	486	188
189	0:27:38	REILLY, Kara	Midleton AC	F35	06:54.4	171	189
190	0:27:39	TOBIN, Maurice	Grange-Fermoy AC	M60	06:54.6	589	190
191	0:27:40	GEARY, Paul	Midleton AC	M	06:54.9	299	191
192	0:27:41	NUDDS, Graham	unatt/Blarney	M	06:55.1	884	192
193	0:27:42	KELLY, Declan	unatt/Ballintotis	MJ	06:55.4	176	193
194	0:27:45	HERLIHY, Colm	Midleton AC	M	06:56.1	791	194
195	0:27:48	PRATT, Michael	Grange-Fermoy AC	M50	06:56.9	588	195
196	0:27:48	MURPHY, Pat	unatt/Kilcredan	M	06:56.9	218	196
197	0:27:49	O'DRISCOLL, Conor	unatt/Cork	M	06:57.1	499	197
198	0:27:50	MANNING, Sandra	Eagle AC	F	06:57.4	913	198
199	0:27:50	SANTRY, John	unatt/Clonakilty	M	06:57.4	967	199
200	0:27:51	LAVERIN, Shane	unatt/Limerick	M	06:57.6	553	200
201	0:27:51	HICKEY, James	unatt/Midleton	M	06:57.6	755	201
202	0:27:52	O'SULLIVAN, Claire	unatt/Carrigtwohill	F	06:57.9	847	202
203	0:27:52	GEARY, Michael	Midleton AC	M	06:57.9	420	203
204	0:27:53	O'MAHONY, Sylvie	Youghal AC	M55	06:58.1	298	204
205	0:27:54	MCGRATH, Michael	unatt/Mogeely	MJ	06:58.4	677	205
206	0:27:56	SWORDS, Graham	unatt/Rostellan	M	06:58.9	608	206
207	0:27:58	WILLIAMS, Barry	Midleton AC	M45	06:59.4	438	207
208	0:27:59	O'FARRELL, John	unatt/Midleton	MJ	06:59.6	381	208
209	0:28:00	MCKEOWN, Nicola	unatt/Cork	F	06:59.9	917	209
210	0:28:01	O'CONNOR, Pdraig	unatt/Glanmire	M	07:00.1	774	210
211	0:28:02	MITCHELL, Manus	unatt/Midleton	M40	07:00.4	501	211
212	0:28:02	HENNESSY, Tom	unatt/Midleton	M50	07:00.4	220	212
213	0:28:03	TOBIN, Brendan	unatt/Glanmire	M40	07:00.6	605	213
214	0:28:03	CASHMAN, Conor	unatt/Killeagh	M40	07:00.6	1958	214
215	0:28:04	O'SHEA, Danielle	unatt/Ballintotis	F	07:00.9	2	215
216	0:28:05	LAMBE, Brendan	unatt/Glanmire	M	07:01.1	505	216
217	0:28:06	O'CRUALAOI, Eoghan	St. Finbarrs AC	M	07:01.4	916	217
218	0:28:06	FOLEY, Emmet	Midleton AC	M40	07:01.4	874	218
219	0:28:09	O'BRIEN, Sean	unatt/Glanmire	M	07:02.1	873	219
220	0:28:10	MURRAY, Don	unatt/Whitegate	M40	07:02.4	3	220

222	0:28:12	NOLAN, Michelle	St. Finbarrs AC	F40	07:02.9	613	222
223	0:28:12	CASEY, John	unatt/Cork Tri	M45	07:02.9	514	223
224	0:28:13	O'DONOVAN, David	unatt/Cork	M	07:03.1	965	224
225	0:28:13	O'CONNOR, Noel	unatt/Carrigaline	M55	07:03.1	643	225
226	0:28:16	MCGRATH, Susan	Youghal AC	F40	07:03.9	734	226
227	0:28:17	HERLIHY, Martin	Midleton AC	M	07:04.1	776	227
228	0:28:18	WIGGINS, Alan	unatt/Ladysbridge	M45	07:04.4	564	228
229	0:28:18	WALSH, Patrick	Eagle AC	M	07:04.4	856	229
230	0:28:19	COONEY, Sean	unatt/Carrigtwohill	M40	07:04.6	729	230
231	0:28:19	GUILFOYLE, Kieran	unatt/Dublin	M40	07:04.6	462	231
232	0:28:19	MACGILP, Fraser	Ballintotis Fit4Life	M45	07:04.6	36	232
233	0:28:20	BROWNE, Gerard	unatt/Glenville	M45	07:04.9	598	233
234	0:28:21	COTTER, Greg	unatt/Cloyne	M40	07:05.1	974	234
235	0:28:23	BENT, Nick	unatt/Cork	M50	07:05.6	952	235
236	0:28:24	LEAHY, Eileen	unatt/East Ferry	FJ	07:05.9	611	236
237	0:28:25	MURPHY, Kieran	unatt/Midleton	M	07:06.1	725	237
238	0:28:25	MEANEY, Peter	unatt/Midleton Triathlon	M40	07:06.1	507	238
239	0:28:26	WALSH, Adrian	Midleton AC	M45	07:06.4	234	239
240	0:28:26	GUILFOYLE, Odhran	unatt/Midleton	M	07:06.4	583	240
241	0:28:26	MARSHALL, Ger	unatt/Cork	M55	07:06.4	864	241
242	0:28:27	MCCARTHY, Stephen	unatt/Dungourney	M40	07:06.6	1143	242
243	0:28:27	LANG, Padraig	Midleton AC	M45	07:06.6	17	243
244	0:28:28	O'CONNOR, Bernard	unatt/Midleton	M40	07:06.9	7	244
245	0:28:28	TIERNEY, Ken	Tracton AC	M	07:06.9	602	245
246	0:28:28	COUGHLAN, Denis	unatt/Kinsale	MJ	07:06.9	496	246
247	0:28:29	AHERN, Derek	Midleton AC	M	07:07.1	224	247
248	0:28:29	GLIFFE, Jan Peter	unatt/Munich	M50	07:07.1	972	248
249	0:28:30	GARDE, Cyril	Ballintotis Fit4Life	M	07:07.4	131	249
250	0:28:30	FOLEY, Yvonne	unatt/Midleton	F	07:07.4	886	250
251	0:28:31	MCEVOY, Angela	St. Finbarrs AC	F50	07:07.6	934	251
252	0:28:31	CUSHEN, Mike	unatt/Mogeely	M40	07:07.6	266	252
253	0:28:32	ANSBRO, Deirdre	Youghal AC	F35	07:07.9	102	253
254	0:28:32	MEADE, Noel	unatt/Midleton	M45	07:07.9	833	254
255	0:28:33	MCCARTHY, John	Eagle AC	M	07:08.1	779	255
256	0:28:33	BUTTERWORTH, Kevin	unatt/Cork	M40	07:08.1	1144	256
257	0:28:35	CASHMAN, Frank	East Cork AC	M65	07:08.6	276	257
258	0:28:36	KIERANS, Paul	Midleton AC	M45	07:08.9	576	258
259	0:28:39	KEARNEY, Craig	Ballintotis Fit4Life	M	07:09.6	301	259
260	0:28:40	SANTRY, Ciara	unatt/Carrigtwohill	F	07:09.9	846	260
261	0:28:42	DWORSKY, Stan	unatt/Midleton	M40	07:10.4	280	261
262	0:28:42	FITZGERALD, Claire	Midleton AC	F40	07:10.4	209	262
263	0:28:44	MOYNIHAN, David	unatt/Castlemartyr	M55	07:10.9	373	263
264	0:28:45	FORREST, Michelle	Ballintotis Fit4Life	F35	07:11.1	915	264
265	0:28:47	GRAINGER, Pauline	unatt/Glanmire	F35	07:11.6	713	265
266	0:28:48	KELLEHER, Maude	unatt/Glanmire	F	07:11.9	980	266
267	0:28:48	TOBIN, John	unatt/Midleton	M	07:11.9	903	267
268	0:28:49	O'NEILL, Vincent	Midleton AC	M45	07:12.1	800	268
269	0:28:51	GRAB, Tobias	unatt/Cork	M	07:12.6	730	269
270	0:28:53	MEHIGAN, Declan	unatt/Mallow	MJ	07:13.1	849	270
271	0:28:54	QUIRKE, Jason	unatt/Bandon	M	07:13.4	465	271
272	0:28:55	WARD, Tomas	Youghal AC	M40	07:13.6	748	272
273	0:28:55	KENNEALLY, Fergus	Midleton AC	M45	07:13.6	358	273
274	0:29:00	BARRY, Stephen	unatt/Cobh	M	07:14.9	60	274
275	0:29:00	DINAN, Paul	St. Finbarrs AC	M55	07:14.9	922	275
276	0:29:01	GLEESON, Sharon	unatt/Farren	F	07:15.1	709	276
277	0:29:01	MURPHY, Trevor	unatt/Whitegate	M	07:15.1	399	277
278	0:29:02	SANTRY, Lorna	Midleton AC	F	07:15.4	935	278
279	0:29:02	O'BRIEN, Norah	Midleton AC	FJ	07:15.4	156	279
280	0:29:05	CULLEN, Mark	Midleton AC	M45	07:16.1	25	280
281	0:29:05	O'LEARY, Andrew	Bree AC	M	07:16.1	802	281
282	0:29:06	HAYES, John	Rising Sun AC	M55	07:16.4	581	282
283	0:29:07	CUSACK, Declan	unatt/Ballinacurra	M	07:16.6	648	283
284	0:29:08	HOGAN, Barry	unatt/Lisgoold	M40	07:16.9	304	284
285	0:29:09	FOLEY, Ray	unatt/Cork	M	07:17.1	858	285
286	0:29:13	PHELAN, Conor	Carrigaline RR AC	M50	07:18.1	885	286
287	0:29:14	CLEARY, Matthew	unatt/Whitegate	MJ	07:18.4	247	287
288	0:29:16	MULCAHY, Tomas	unatt/Ladysbridge	M40	07:18.9	353	288
289	0:29:17	MOTHERWAY, Conor	unatt/Cloyne	MJ	07:19.1	707	289
290	0:29:18	O'DRISCOLL, John	Rising Sun AC	M55	07:19.4	580	290
291	0:29:19	BARRY, Louise	Midleton AC	F	07:19.6	446	291
292	0:29:21	CONNOLLY, Tony	unatt/Midleton	M45	07:20.1	771	292
293	0:29:23	MURRAY, Jimmy	Rising Sun AC	M65	07:20.6	962	293
294	0:29:24	ILSLEY, Stephanie	unatt/Youghal	F50	07:20.9	837	294
295	0:29:24	FITZGERALD, Yvonne	Midleton AC	F35	07:20.9	394	295
296	0:29:25	CURTIN, Ciaran	unatt/Mallow	M	07:21.1	684	296

298	0:29:25	KIGGINS, John	unatt/Ballincollig	M	07:21.1	671	298
299	0:29:26	MORAN, Kevin	Midleton AC	M45	07:21.4	618	299
300	0:29:27	CLEARY, Eibhlin	East Cork AC	F	07:21.6	855	300
301	0:29:28	NOLAN, Derrick	unatt/Carrigtwohill	M	07:21.9	680	301
302	0:29:29	AHERN, Marian	Midleton AC	F45	07:22.1	544	302
303	0:29:30	O'FARRELL, Andrew	Carrigaline RR AC	M60	07:22.4	1955	303
304	0:29:31	GARDE, Colin	unatt/Shanagarry	M	07:22.6	676	304
305	0:29:33	FITZGERALD, Paul	unatt/Blarney	M	07:23.1	503	305
306	0:29:34	SHEEHAN, Owen	unatt/Blarney	M	07:23.4	504	306
307	0:29:35	MCPMAHON, Brendan	unatt/Little Island	M45	07:23.6	851	307
308	0:29:36	O'SULLIVAN, Jack	Youghal AC	M	07:23.9	61	308
309	0:29:36	MCEVOY, Rebecca	St. Finbarrs AC	F	07:23.9	706	309
310	0:29:37	CASHMAN, Edwin	unatt/Aghada	M	07:24.1	277	310
311	0:29:40	EVANS, Mairead	unatt/Lisarda	F	07:24.9	508	311
312	0:29:41	MAGNER, Ciara	Watergrasshill AC	F	07:25.1	390	312
313	0:29:42	DEVEREAUX, Ricky	Youghal AC	F40	07:25.4	111	313
314	0:29:42	O'RIORDAN, David	unatt/Midleton	M	07:25.4	534	314
315	0:29:43	AHERNE, Deirdre	Midleton AC	F	07:25.6	322	315
316	0:29:44	HENNESSY, Jennifer	Youghal AC	FJ	07:25.9	526	316
317	0:29:45	MORAN, Gemma	unatt/Carrigaline	F45	07:26.1	640	317
318	0:29:46	SHEEDY, Breeda	Midleton AC	F45	07:26.4	357	318
319	0:29:46	DAVIS, Melanie	Watergrasshill AC	F	07:26.4	727	319
320	0:29:47	MCMURTRY, James	Midleton AC	M45	07:26.6	24	320
321	0:29:48	O'RIORDAN, Sean	unatt/Midleton	M45	07:26.9	561	321
322	0:29:48	SANTRY, Catriona	St. Finbarrs AC	F	07:26.9	936	322
323	0:29:49	LEAHY, Oliver	unatt/Dungourney	M	07:27.1	303	323
324	0:29:49	O'SE, Con	unatt/Cork	M40	07:27.1	809	324
325	0:29:50	MCLEAN, Jack	unatt/Whitegate	MJ	07:27.4	262	325
326	0:29:51	DEADY, Killian	unatt/Midleton	MJ	07:27.6	382	326
327	0:29:51	WALSHE, John	East Cork AC	M60	07:27.6	107	327
328	0:29:52	CRONIN, Brendan	Midleton AC	M	07:27.9	345	328
329	0:29:52	COLEMAN, Nicola	Youghal AC	F35	07:27.9	110	329
330	0:29:53	MCGREGOR, Ciaran	unatt/Midleton	MJ	07:28.1	436	330
331	0:29:54	FINNEGAN, Peter	unatt/Cork	M	07:28.4	958	331
332	0:29:54	BULMAN, George	Youghal AC	M55	07:28.4	510	332
333	0:29:55	ABERNETHY, Fergal	Ballintotis Fit4Life	M40	07:28.6	59	333
334	0:29:56	CLEARY, Bill	unatt/Whitegate	MJ	07:28.9	246	334
335	0:29:56	CLOHESSY, Liam	unatt/Midleton	M	07:28.9	476	335
336	0:29:58	O'CONNOR, Frances	Eagle AC	F55	07:29.4	983	336
337	0:29:59	LINEHAN, Frank	Togher AC	M60	07:29.6	585	337
338	0:30:02	O'CONNOR, Brian	unatt/Ballintotis	M40	07:30.4	144	338
339	0:30:03	RAMSELL, Ned	unatt/Carrigtwohill	M40	07:30.6	192	339
340	0:30:03	MCCARTHY, Keith	unatt/Tower	M	07:30.6	895	340
341	0:30:04	O'LEARY, Karen	St. Finbarrs AC	F	07:30.9	816	341
342	0:30:04	HICKEY, Denis	Youghal AC	M45	07:30.9	47	342
343	0:30:05	SHEEHAN, Sean	unatt/Carrigtwohill	M	07:31.1	850	343
344	0:30:05	O'CALLAGHAN, Simon	unatt/Whitegate	M40	07:31.1	4	344
345	0:30:06	MCCARTHY, Brian	Midleton AC	M45	07:31.4	419	345
346	0:30:06	O'MAHONY, Mary	Ballintotis Fit4Life	F45	07:31.4	297	346
347	0:30:07	CRONIN, Jacqui	unatt/Dungourney	F	07:31.6	397	347
348	0:30:08	KENT, Rob	unatt/Fermoy	M	07:31.9	943	348
349	0:30:08	MCSWEENEY, Shane	unatt/Midleton	M	07:31.9	153	349
350	0:30:09	KEARNEY, Bartholomew	Leevale AC	M55	07:32.1	805	350
351	0:30:10	O'SHEA, Gerry	unatt/Mogeely	M50	07:32.4	121	351
352	0:30:11	BARRY, Colette	Midleton AC	F	07:32.6	447	352
353	0:30:11	SHINE, David	unatt/Macroom	MJ	07:32.6	498	353
354	0:30:12	CLEARY, Vicki	Midleton AC	F	07:32.9	202	354
355	0:30:12	WALSH, Pat	Midleton AC	M50	07:32.9	386	355
356	0:30:12	MAGUIRE, Mark	unatt/Churchtown	M	07:32.9	981	356
357	0:30:12	MCCALL, Angela	unatt/Cork	F40	07:32.9	614	357
358	0:30:13	CASHELL, Andrea	Youghal AC	F45	07:33.1	97	358
359	0:30:14	O'REILLY, Kevin	Youghal AC	M40	07:33.4	927	359
360	0:30:15	HICKEY, Denise	Midleton AC	F40	07:33.6	313	360
361	0:30:15	O'CONNELL, John	unatt/Cork	M50	07:33.6	323	361
362	0:30:16	O'SHEA, Patrick	unatt/Cloyne	M	07:33.9	119	362
363	0:30:16	KENNEALLY, Barry	unatt/Midleton	MJ	07:33.9	282	363
364	0:30:17	O'CONNOR, Ger	unatt/Midleton	M40	07:34.1	387	364
365	0:30:17	FOLEY, John	unatt/Midleton	M40	07:34.1	565	365
366	0:30:18	O'KEEFFE, Ryan	unatt/Whitegate	MJ	07:34.4	248	366
367	0:30:19	GALLAGHER, John	unatt/Kildorrery	M40	07:34.6	138	367
368	0:30:19	COLLINS, Brendan	unatt/Fermoy	M	07:34.6	674	368
369	0:30:20	O'BRIEN, Greg	unatt/Carrigtwohill	M	07:34.9	267	369
370	0:30:21	O'DONOGHUE, Pashcal	Tracton AC	M45	07:35.1	933	370
371	0:30:22	PIPER, Claire	unatt/Mallow	F	07:35.4	715	371
372	0:30:23	FOUHY, Aoife	Midleton AC	F	07:35.6	355	372

374	0:30:25	O'MAHONY, Eoin	unatt/Carrigtwohill	M40	07:36.1	22	374
375	0:30:26	WALSH, Elaine	unatt/Killeagh	F	07:36.4	997	375
376	0:30:28	HANNIGAN, Emer	Youghal AC	F35	07:36.9	71	376
377	0:30:28	CARROLL, Sandra	Midleton AC	F40	07:36.9	211	377
378	0:30:29	MURPHY, Claire	Youghal AC	F40	07:37.1	62	378
379	0:30:29	LANDERS, Martina	Youghal AC	F40	07:37.1	104	379
380	0:30:29	CAHILL, Breda	Midleton AC	F40	07:37.1	361	380
381	0:30:30	DOLPHIN, Rayleen	Midleton AC	F	07:37.4	200	381
382	0:30:32	HARRINGTON-BUCKLEY, Kitty	St. Finbarrs AC	F50	07:37.9	604	382
383	0:30:33	O'CONNELL, Mark	unatt/Carrigaline	M40	07:38.1	354	383
384	0:30:33	POWER, Joe	unatt/Carrigtwohill	M55	07:38.1	433	384
385	0:30:34	O'BRIEN, Peter	unatt/Fermoy	M	07:38.4	840	385
386	0:30:34	WALSH, Fionn	unatt/Whitegate	MJ	07:38.4	244	386
387	0:30:35	LYNCH, Valerie	Watergrasshill AC	F40	07:38.6	728	387
388	0:30:35	ORGAN, Patrick	unatt/Midleton	M40	07:38.6	474	388
389	0:30:36	KELLEHER, Sadhbh	unatt/Glanmire	F	07:38.9	878	389
390	0:30:37	MURPHY, James	unatt/Ladysbridge	M40	07:39.1	225	390
391	0:30:37	O'NEILL, Tom	Ballintotis Fit4Life	M55	07:39.1	697	391
392	0:30:38	LANDERS, Jackie	unatt/Midleton	F	07:39.4	132	392
393	0:30:38	TERRY, Catherine	Midleton AC	F	07:39.4	439	393
394	0:30:41	MAHY, Alan	unatt/Watergrasshill	M	07:40.1	957	394
395	0:30:42	GILLMAN, Marie	Midleton AC	F50	07:40.4	448	395
396	0:30:42	PONCHON, Charles	unatt/Midleton	M45	07:40.4	398	396
397	0:30:48	BRADY, Marie-Therese	unatt/Cork	F40	07:41.9	666	397
398	0:30:49	TWOMEY, Declan	unatt/Cork	M	07:42.1	649	398
399	0:30:50	O'LEARY, John	Leevale AC	M70	07:42.4	615	399
400	0:30:50	MOHALLY, Tim	unatt/Ladysbridge	M	07:42.4	567	400
401	0:30:50	KENNEDY, Michael	unatt/Midleton	M	07:42.4	344	401
402	0:30:51	BUCKLEY, Caroline	unatt/Cork	F	07:42.6	456	402
403	0:30:52	CLANCY, Catherine	St. Catherines AC	F45	07:42.9	158	403
404	0:30:52	DAVIES, Simon	unatt/Midleton	M	07:42.9	145	404
405	0:30:53	CARR, Martin	unatt/Midleton	M	07:43.1	1146	405
406	0:30:53	O'REILLY, Mark	Midleton AC	M40	07:43.1	205	406
407	0:30:54	DOWNEY, Frank	unatt/Blarney	M50	07:43.4	724	407
408	0:30:57	CUNNINGHAM, Georgina	St. Catherines AC	F35	07:44.1	979	408
409	0:30:58	O'NEILL, Luran	Watergrasshill AC	F	07:44.4	641	409
410	0:30:58	PERRY, Anne-Marie	Midleton AC	F40	07:44.4	360	410
411	0:30:59	O'CONNOR, Camilla	Midleton AC	F45	07:44.6	331	411
412	0:31:00	TATTAN, Ciara	unatt/Killeagh	F	07:44.9	30	412
413	0:31:00	HUDSON, Alan	unatt/Cork	M	07:44.9	606	413
414	0:31:01	CAREW, TJ	unatt/Midleton	M	07:45.1	432	414
415	0:31:01	LEAHY, Sean	Ballintotis Fit4Life	M45	07:45.1	351	415
416	0:31:03	BOYCE, Edwina	Eagle AC	F	07:45.6	976	416
417	0:31:04	UPTON, Simon	unatt/Shanagarry	MJ	07:45.9	489	417
418	0:31:06	ST LEGER, Greg	unatt/Riverstick	M45	07:46.4	963	418
419	0:31:07	HENNESSY, Margaret	unatt/Shanagarry	F40	07:46.6	198	419
420	0:31:09	STONE, Seamus	Youghal AC	M55	07:47.1	423	420
421	0:31:10	DINNEEN, Philip	unatt/Ladysbridge	M	07:47.4	374	421
422	0:31:12	FAHEY, Brendan	unatt/Buttevant	M45	07:47.9	300	422
423	0:31:13	WALSH, Michael	St. Catherines AC	M40	07:48.1	166	423
424	0:31:14	FITZGERALD, Mark	unatt/Cloyne	M	07:48.4	686	424
425	0:31:15	MURPHY, Linda	Grange-Fermoy AC	F35	07:48.6	587	425
426	0:31:16	O'DONNELL, Kate	unatt/Watergrasshill	F	07:48.9	758	426
427	0:31:23	CONSTANT, Kerry	unatt/Cork	M55	07:50.6	797	427
428	0:31:23	HANNON, Tom	unatt/Cork	M55	07:50.6	632	428
429	0:31:24	LAMBE, Barry	Midleton AC	M40	07:50.9	273	429
430	0:31:25	DORGAN, Niamh	Midleton AC	F40	07:51.1	882	430
431	0:31:26	HARTNETT, Mark	unatt/Cork	M	07:51.4	230	431
432	0:31:27	O'SULLIVAN, Lorraine	St. Finbarrs AC	F35	07:51.6	901	432
433	0:31:27	NICHOLSON, Cian	unatt/Youghal	MJ	07:51.6	900	433
434	0:31:28	FITZGERALD, Annette	St. Catherines AC	F	07:51.9	720	434
435	0:31:29	ROCHE, Sean	unatt/Ballycotton	M	07:52.1	451	435
436	0:31:29	TWOMEY, Bernie	Midleton AC	F40	07:52.1	599	436
437	0:31:30	O'CONNELL, Ken	unatt/Mallow	M	07:52.4	190	437
438	0:31:30	SMITH, Pdraig	unatt/Limerick	M40	07:52.4	678	438
439	0:31:31	KELLY, Kathleen	unatt/Wicklow	F35	07:52.6	902	439
440	0:31:31	HARRIS, Brenda	unatt/Killeens	F40	07:52.6	229	440
441	0:31:32	GOGGIN, Nessa	Watergrasshill AC	F35	07:52.9	620	441
442	0:31:32	MCGRATH, Felicity	unatt/Cloyne	F35	07:52.9	180	442
443	0:31:33	O'LEARY, Lynn	Watergrasshill AC	F	07:53.1	634	443
444	0:31:33	KENIRY, Brendan	unatt/Midleton	M	07:53.1	533	444
445	0:31:35	O'CONNELL, Clare	Watergrasshill AC	F35	07:53.6	623	445
446	0:31:35	COTTER, John	unatt/Cobh	M70	07:53.6	493	446
447	0:31:36	TROY, Monica	unatt/Midleton	F40	07:53.9	472	447
448	0:31:37	SHEEHAN, Richard	unatt/Youghal	M50	07:54.1	907	448

450	0:31:39	WHELAN, Damien	unatt/Cobh	M40	07:54.6	788	450
451	0:31:41	GREENE, Martina	unatt/Carrigtwohill	F35	07:55.1	542	451
452	0:31:41	COOPER, Nuala	Youghal AC	F	07:55.1	100	452
453	0:31:42	O'CONNELL, Catherine	unatt/Leamlara	F	07:55.4	513	453
454	0:31:47	CARROLL, James	unatt/Midleton	MJ	07:56.6	996	454
455	0:31:49	O'NEILL, Seamus	unatt/Killeagh	M40	07:57.1	946	455
456	0:31:52	FLYNN, Steven	unatt/Farrenfore	M	07:57.9	808	456
457	0:31:53	BARRY, Brendan	Midleton AC	M45	07:58.1	362	457
458	0:31:55	MCAULIFFE, David	unatt/Mogeely	M	07:58.6	203	458
459	0:31:55	O'CONNELL, Donie	Midleton AC	M60	07:58.6	278	459
460	0:31:56	MURPHY, Danny	unatt/Ballintotis	M45	07:58.9	213	460
461	0:31:58	SHANAHAN, Robert	St. Finbarrs AC	M	07:59.4	977	461
462	0:31:59	CALLANAN, Liam	unatt/Whitechurch	M40	07:59.6	689	462
463	0:32:00	O'BRIEN, Kathleen	St. Catherines AC	F65	07:59.9	519	463
464	0:32:01	O'BRIEN, Eoin	unatt/Cloyne	M	08:00.1	577	464
465	0:32:01	HEALY, Liam	unatt/Whitegate	MJ	08:00.1	250	465
466	0:32:02	CUNNINGHAM, Michael	unatt/Guileen	M45	08:00.4	739	466
467	0:32:02	WILLIAMS, Brendan	Youghal AC	M40	08:00.4	445	467
468	0:32:03	HURLEY, Aislinn	Watergrasshill AC	F35	08:00.6	619	468
469	0:32:05	WILLIAMS, Adrian	Midleton AC	M50	08:01.1	478	469
470	0:32:06	MURPHY, Martina	Riverstick-Kinsale AC	F40	08:01.4	302	470
471	0:32:07	GRIMES, Fionn	unatt/Cork	M	08:01.6	822	471
472	0:32:07	BUCKLEY, Michelle	Midleton AC	F35	08:01.6	458	472
473	0:32:08	KENNEDY, Yvonne	Midleton AC	F35	08:01.9	343	473
474	0:32:08	MOTHERWAY, Sean	unatt/Cloyne	M45	08:01.9	708	474
475	0:32:09	O'BRIEN, Richella	Youghal AC	F35	08:02.1	98	475
476	0:32:09	CORCORAN, Nora	Eagle AC	F	08:02.1	966	476
477	0:32:09	COTT, Michelle	Ballintotis Fit4Life	F	08:02.1	285	477
478	0:32:10	MCGRATH, Ciara	unatt/Cloyne	FJ	08:02.4	558	478
479	0:32:11	COHEN, Brendan	unatt/Cork	M50	08:02.6	883	479
480	0:32:17	COUGHLAN, Mags	unatt/Carrigtwohill	F40	08:04.1	795	480
481	0:32:18	LOCHADEN, Colin	unatt/Midleton	M	08:04.4	477	481
482	0:32:19	DALY, Trish	Midleton AC	F	08:04.6	473	482
483	0:32:20	FITZGERALD, Susan	Midleton AC	F40	08:04.9	290	483
484	0:32:20	DORGAN, Emilija	Grange-Fermoy AC	F35	08:04.9	702	484
485	0:32:21	COLEMAN, Shirley	unatt/Knockraha	F35	08:05.1	722	485
486	0:32:23	O'LEARY, Ross	unatt/Midleton	M45	08:05.6	350	486
487	0:32:24	FAUL, Kellie	Youghal AC	F	08:05.9	64	487
488	0:32:25	DALY, Patrick	unatt/Ladysbridge	M	08:06.1	173	488
489	0:32:25	LINEHAN, Catherine	unatt/Glanmire	F50	08:06.1	682	489
490	0:32:26	HAYES, Noel	unatt/Tower	M	08:06.4	867	490
491	0:32:30	FITZGERALD, Jerry	unatt/Midleton	M40	08:07.4	210	491
492	0:32:32	O'SULLIVAN, Paul	unatt/Midleton	M45	08:07.9	227	492
493	0:32:33	CURRAN, Joe	unatt/Cork	M45	08:08.1	530	493
494	0:32:38	DILWORTH, Patrick	unatt/Cork	M	08:09.4	426	494
495	0:32:39	COLEMAN, Finbarr	St. Finbarrs AC	M	08:09.6	978	495
496	0:32:40	MORLEY, Gearoid	Eagle AC	M	08:09.9	435	496
497	0:32:41	O'KEEFE, Emma	unatt/Castlemartyr	F	08:10.1	764	497
498	0:32:41	BARRY, Frances	unatt/Cork	F40	08:10.1	806	498
499	0:32:42	AHERN, Conor	unatt/Dungourney	M40	08:10.4	393	499
500	0:32:43	GUILFOYLE, Criofan	unatt/Crosshaven	M	08:10.6	490	500
501	0:32:45	MORRISON, Moira	Midleton AC	F45	08:11.1	352	501
502	0:32:46	KINGSTON, Conor	unatt/Cloyne	M	08:11.4	750	502
503	0:32:49	BARRY, Lorraine	Youghal AC	F35	08:12.1	408	503
504	0:32:50	MCSWEENEY, Sarah	St. Finbarrs AC	F	08:12.4	745	504
505	0:32:51	POWER, Richard	Midleton AC	M40	08:12.6	310	505
506	0:32:51	FLEMING, Paul	Midleton AC	M	08:12.6	133	506
507	0:32:51	FOUHY, Joseph	Midleton AC	M	08:12.6	191	507
508	0:32:52	O'CALLAGHAN, Donal	St. Nicholas AC	M40	08:12.9	956	508
509	0:32:55	O'LEARY, Fiona	Ballintotis Fit4Life	F35	08:13.6	231	509
510	0:32:57	TOTH, Stephen	unatt/Whitegate	M40	08:14.1	257	510
511	0:32:59	HICKEY, Conor	unatt/Killeagh	M	08:14.6	396	511
512	0:32:59	O'BRIEN, Nessa	unatt/Cloyne	F35	08:14.6	578	512
513	0:33:00	WALSH, Ian	unatt/Cork	M	08:14.9	1145	513
514	0:33:02	KELLEHER, Fiona	Carraig na bhFear AC	F40	08:15.4	785	514
515	0:33:03	HIGGINS, Carrie	unatt/Ballymacoda	F45	08:15.6	214	515
516	0:33:04	MURRAY, Claire	Carraig na bhFear AC	F35	08:15.9	831	516
517	0:33:05	FITZPATRICK, Brughna	unatt/Whitegate	MJ	08:16.1	249	517
518	0:33:06	CULLINANE, Lily	unatt/Lisgoold	F	08:16.4	532	518
519	0:33:06	BRODERICK, Diane	Ballintotis Fit4Life	F40	08:16.4	196	519
520	0:33:07	RICE, Susan	unatt/Cork	F	08:16.6	914	520
521	0:33:09	KIELY, Darragh	unatt/Bandon	M	08:17.1	37	521
522	0:33:10	SCANNELL, Jamie	unatt/Shanagarry	MJ	08:17.4	317	522
523	0:33:11	COONEY, PJ	unatt/Midleton	M40	08:17.6	637	523
524	0:33:11	TWOHIG, Margaret	Midleton AC	F45	08:17.6	389	524

526	0:33:22	O'MAHONY, Michael	Youghal AC	M50	08:20.4	18	526
527	0:33:26	SHANAHAN, Ann	Ballintotis Fit4Life	F	08:21.4	197	527
528	0:33:28	MCEVOY, Nora-Ann	unatt/Carrigtwohill	F40	08:21.9	46	528
529	0:33:28	MURPHY, Kay	Ballintotis Fit4Life	F45	08:21.9	212	529
530	0:33:29	CALLANAN, John	unatt/Midleton	M45	08:22.1	690	530
531	0:33:32	BUCKLEY, Marie-Therese	unatt/Donoughmore	F	08:22.9	866	531
532	0:33:33	GRIFFIN, Dermot	unatt/Cloyne	M40	08:23.1	670	532
533	0:33:34	SHEEHAN, Batt	St. Catherines AC	M45	08:23.4	160	533
534	0:33:36	HENNESSY, Sean	unatt/Ballinacurra	M45	08:23.9	58	534
535	0:33:37	O'CONNELL, Jane	Ballintotis Fit4Life	F40	08:24.1	39	535
536	0:33:38	SHEEHAN, Yvonne	unatt/Watergrasshill	F	08:24.4	757	536
537	0:33:39	MCCARTHY, Denis	unatt/Ballymacoda	M50	08:24.6	363	537
538	0:33:39	O'SHEA, Evelyn	St. Finbarrs AC	F	08:24.6	830	538
539	0:33:40	NODWELL, Brian	unatt/Youghal	M	08:24.9	424	539
540	0:33:42	CARMODY, Grainne	unatt/Carrigaline	F35	08:25.4	653	540
541	0:33:42	BUTTNER, John	Watergrasshill AC	M	08:25.4	457	541
542	0:33:45	GREENE, Shane	Youghal AC	M	08:26.1	101	542
543	0:33:51	O'REGAN, Eoin	unatt/Cork	M	08:27.6	868	543
544	0:33:53	REDMOND, Daryl	unatt/Wexford	M	08:28.1	767	544
545	0:33:54	CARROLL, Dermot	unatt/Ladysbridge	M40	08:28.4	411	545
546	0:33:55	O'DONOGHUE, John	Ballintotis Fit4Life	M55	08:28.6	575	546
547	0:33:56	MURPHY, Tara	unatt/Cork	F	08:28.9	326	547
548	0:33:57	BUCKLEY, Edel	Donoughmore AC	F	08:29.1	865	548
549	0:33:57	ALLMAN, Colm	unatt/Carrigtwohill	M	08:29.1	341	549
550	0:33:58	MCCAUGHLEY, Doireann	unatt/Whitegate	FJ	08:29.4	312	550
551	0:33:58	CORRIGAN, Aine	Leevale AC	F35	08:29.4	863	551
552	0:34:00	O'RIORDAN, Paddy	unatt/Whitegate	M50	08:29.9	255	552
553	0:34:01	O'SHEA, Liana	unatt/Mogeely	F	08:30.1	120	553
554	0:34:02	LUCEY, Michael	unatt/Passage	M55	08:30.4	939	554
555	0:34:03	BLACKSHIELDS, Gavin	unatt/Mayfield	M	08:30.6	827	555
556	0:34:05	O'BRIEN, Padraig	unatt/Tallow	M	08:31.1	642	556
557	0:34:06	O'DONOVAN, Theresa	Eagle AC	F40	08:31.4	975	557
558	0:34:07	HOOLEY, Maria	Youghal AC	F	08:31.6	65	558
559	0:34:07	ARRIGAN, Jerome	unatt/Cork	MJ	08:31.6	346	559
560	0:34:08	O'MAHONY, Sarah	unatt/Midleton	F	08:31.9	844	560
561	0:34:09	MURPHY, Kieran	unatt/Midleton	M	08:32.1	226	561
562	0:34:09	O'FARRELL, Brian	unatt/Midleton	MJ	08:32.1	482	562
563	0:34:10	YELVERTON, Jacinta	unatt/Blarney	F40	08:32.4	857	563
564	0:34:11	FITZGERALD, Noreen	Midleton AC	F	08:32.6	395	564
565	0:34:11	GREGORY, Joan	Midleton AC	F	08:32.6	182	565
566	0:34:15	MCCARTHY, Kevin	unatt/Carrigtwohill	M	08:33.6	705	566
567	0:34:16	DUGGAN, Margaret	Ballintotis Fit4Life	F40	08:33.9	466	567
568	0:34:17	MCAULIFFE, Lauren	unatt/Midleton	FJ	08:34.1	560	568
569	0:34:17	O'SULLIVAN, Caoimhe	unatt/Midleton	FJ	08:34.1	11	569
570	0:34:20	O'DRISCOLL, Barry	unatt/Mogeely	M	08:34.9	375	570
571	0:34:21	SEXTON, Joy	Midleton AC	F	08:35.1	12	571
572	0:34:26	OLDHAM, Lillian	Midleton AC	F45	08:36.4	332	572
573	0:34:26	BYRNE, Gillian	Eagle AC	F	08:36.4	535	573
574	0:34:27	TWOMEY, Paul	unatt/Glanmire	M	08:36.6	945	574
575	0:34:29	TROY, Tim	Ballintotis Fit4Life	M40	08:37.1	470	575
576	0:34:29	O'DONOGHUE, Donal	unatt/Little Island	M45	08:37.1	340	576
577	0:34:31	MOLLOY, Mary	Ballintotis Fit4Life	F45	08:37.6	125	577
578	0:34:32	MOORE, Charlie	unatt/Midleton	M50	08:37.9	142	578
579	0:34:32	LAMBE, Fiona	Midleton AC	F40	08:37.9	272	579
580	0:34:33	CUNNANE, Orla	unatt/Watergrasshill	F35	08:38.1	412	580
581	0:34:35	FITZGERALD, Karen	Midleton AC	F40	08:38.6	308	581
582	0:34:35	MORAN, Sheila	Tracton AC	F35	08:38.6	741	582
583	0:34:36	HAYES, Caoimhe	St. Catherines AC	FJ	08:38.9	888	583
584	0:34:36	O'FLYNN, Danielle	unatt/Blarney	F	08:38.9	993	584
585	0:34:37	HAYES, Kevin	St. Catherines AC	M40	08:39.1	889	585
586	0:34:38	KELLEHER, Caroline	unatt/Ballincollig	F35	08:39.4	969	586
587	0:34:38	MADDEN, Jacinta	Ballintotis Fit4Life	F45	08:39.4	126	587
588	0:34:39	MORRIS, Karen	unatt/Midleton	F35	08:39.6	194	588
589	0:34:39	IVERS, Sinead	Midleton AC	F	08:39.6	988	589
590	0:34:40	O'KEEFFE, Alan	unatt/Cork	M50	08:39.9	754	590
591	0:34:41	LEE, Lisa	Youghal AC	F35	08:40.1	109	591
592	0:34:42	KEOHANE, Deirdre	unatt/Carrigtwohill	F35	08:40.4	541	592
593	0:34:43	COLLINS, Noreen	unatt/Cork	F45	08:40.6	905	593
594	0:34:43	MCSWEENEY, Audrey	unatt/Cork	F40	08:40.6	370	594
595	0:34:44	DE BRUIN, Dermot	unatt/Killeagh	M50	08:40.9	464	595
596	0:34:45	BALDWIN, Ciara	Midleton AC	F	08:41.1	742	596
597	0:34:45	MORLEY, Alan	Midleton AC	M	08:41.1	832	597
598	0:34:46	WHYTE, Stephanie	Youghal AC	F40	08:41.4	108	598
599	0:34:46	KINGSTON, Oliver	UCC AC	M	08:41.4	540	599
600	0:34:46	DONNELLY, Emer	Leevale AC	F	08:41.4	804	600

602	0:34:47	O'REGAN, Celia	Youghal AC	F45	08:41.6	444	602
603	0:34:48	PHELAN, Louise	Youghal AC	F40	08:41.9	443	603
604	0:34:48	HERLIHY, Peter	unatt/Cork	M	08:41.9	57	604
605	0:34:49	HAYES, Brendan	unatt/Carrigaline	M60	08:42.1	994	605
606	0:34:51	LONG, Karen	unatt/Glenville	F40	08:42.6	801	606
607	0:34:53	DALY, Linda	unatt/Glanmire	F	08:43.1	292	607
608	0:34:55	O'BRIEN, Davida	unatt/Ballintotis	F	08:43.6	385	608
609	0:34:56	STEELE, Ollie	Ballintotis Fit4Life	M50	08:43.9	35	609
610	0:34:57	MANGAN, Sean	unatt/Cork	M	08:44.1	711	610
611	0:34:59	MAHONY, Adam	unatt/Midleton	MJ	08:44.6	556	611
612	0:35:00	CONLON, Bryan	unatt/Glanmire	M50	08:44.9	655	612
613	0:35:03	O'SULLIVAN, Lisa	unatt/Youghal	F	08:45.6	896	613
614	0:35:04	GUMBLETON, Louise	Ballintotis Fit4Life	F45	08:45.9	16	614
615	0:35:06	O'DONNELL, Aisling	unatt/Cork	F40	08:46.4	172	615
616	0:35:07	MURPHY, Eadaoin	Midleton AC	FJ	08:46.6	549	616
617	0:35:07	COTTER, Stephen	unatt/Whitegate	MJ	08:46.6	258	617
618	0:35:07	THORSTENSSON, Lynn	unatt/Blackwater	F	08:46.6	491	618
619	0:35:08	DALY, Paddy	unatt/Cork	M65	08:46.9	875	619
620	0:35:10	MASON, John	unatt/Youghal	M	08:47.4	410	620
621	0:35:10	PRENDERGAST, Noel	Watergrasshill AC	M45	08:47.4	812	621
622	0:35:11	MURPHY, Vicky	unatt/Ballintotis	F35	08:47.6	574	622
623	0:35:12	HERBERT, David	unatt/Ballinacurra	M40	08:47.9	40	623
624	0:35:13	DALY, Edel	Ballintotis Fit4Life	F35	08:48.1	274	624
625	0:35:14	RYAN, Mary-Beth	unatt/Cork	F35	08:48.4	998	625
626	0:35:14	MULCAHY, Elaine	St. Catherines AC	F35	08:48.4	721	626
627	0:35:15	LONG, Mem	Midleton AC	F	08:48.6	687	627
628	0:35:15	DONOVAN, Adrian	unatt/Whitegate	M50	08:48.6	241	628
629	0:35:16	O'SHAUGHNESSY, Maeve	unatt/Cork	F40	08:48.9	759	629
630	0:35:18	HOLLAND, Laura	unatt/Cork	F35	08:49.4	876	630
631	0:35:19	HARNEDY, Ciara	unatt/Carrigtwohill	F	08:49.6	743	631
632	0:35:21	O'KEEFE, Tracy	unatt/Ballycotton	F35	08:50.1	751	632
633	0:35:21	O'RIORDAN, Fiona	Eagle AC	F45	08:50.1	761	633
634	0:35:22	MADDEN, Donal	unatt/Whitegate	M40	08:50.4	252	634
635	0:35:24	CREEDON, Lana	Midleton AC	F	08:50.9	531	635
636	0:35:25	KILLEEN, Ben	Midleton AC	MJ	08:51.1	384	636
637	0:35:25	O'SULLIVAN, Jane	Ballintotis Fit4Life	F35	08:51.1	368	637
638	0:35:30	O'ROURKE, Orla	unatt/Midleton	F40	08:52.4	870	638
639	0:35:30	REDDY, Linda	Midleton AC	F45	08:52.4	270	639
640	0:35:31	REDDY, Vincent	unatt/Midleton	M45	08:52.6	271	640
641	0:35:31	COTT, Chris	Ballintotis Fit4Life	F35	08:52.6	330	641
642	0:35:33	FALAHEE, Carmel	unatt/Ballintotis	F35	08:53.1	177	642
643	0:35:33	HARTE, Jim	Midleton AC	M50	08:53.1	437	643
644	0:35:34	CROWLEY, Noelle	unatt/Cork	F	08:53.4	633	644
645	0:35:36	SPILLANE, James	unatt/Cork	M	08:53.9	525	645
646	0:35:36	GUILFOYLE, Max	unatt/Dublin	MJ	08:53.9	463	646
647	0:35:37	BLACKSHIELDS, Lorraine	unatt/Mayfield	F	08:54.1	828	647
648	0:35:37	CROWLEY, Niamh	unatt/Whitegate	FJ	08:54.1	251	648
649	0:35:38	DALY, Pat	unatt/Midleton	M	08:54.4	117	649
650	0:35:38	POWER, Colin	unatt/Midleton	M40	08:54.4	118	650
651	0:35:38	STEELE, Frances	Midleton AC	F45	08:54.4	692	651
652	0:35:39	SINCLAIR, Margaret	Midleton AC	F40	08:54.6	693	652
653	0:35:39	O'SHEA, Deborah	unatt/Whitegate	F35	08:54.6	243	653
654	0:35:39	BYRNE, Lorcan	unatt/Whitegate	M	08:54.6	700	654
655	0:35:40	SMIDDY, David	unatt/Dungourney	M40	08:54.9	264	655
656	0:35:40	STACK, Maggie	unatt/Cork	F	08:54.9	537	656
657	0:35:44	KEANE, Mary	Midleton AC	F45	08:55.9	184	657
658	0:35:44	HURLEY, Louise	unatt/Carrigtwohill	F40	08:55.9	206	658
659	0:35:45	COOLEY, Ann Marie	unatt/Ladysbridge	F	08:56.1	823	659
660	0:35:45	AHERN, Michelle	Midleton AC	F35	08:56.1	181	660
661	0:35:47	SHEEHAN, Tom	unatt/Youghal	MJ	08:56.6	908	661
662	0:35:48	CRONIN, Maggie	unatt/Mallow	F	08:56.9	187	662
663	0:35:49	BROWNE, Tom	unatt/Castlegregory	M50	08:57.1	562	663
664	0:35:50	DOWNEY, Patricia	unatt/Blarney	F45	08:57.4	723	664
665	0:35:51	FITZGERALD, Annette	Midleton AC	F40	08:57.6	45	665
666	0:35:52	PYNE, Norma	Youghal AC	F40	08:57.9	70	666
667	0:35:53	MALONE, Teresa	Youghal AC	F40	08:58.1	96	667
668	0:35:53	BARRY, David	Ballintotis Fit4Life	M	08:58.1	296	668
669	0:35:54	CARR, Sean	unatt/Ballintotis	M50	08:58.4	175	669
670	0:35:55	O'CONNOR, Siobhan	unatt/Youghal	F35	08:58.6	15	670
671	0:36:00	COUGHLAN, Sarah	unatt/Killeagh	F	08:59.9	923	671
672	0:36:00	TWOMEY, Aisling	unatt/Midleton	F35	08:59.9	790	672
673	0:36:01	GILLMAN, Aisling	unatt/Killeagh	F	09:00.1	924	673
674	0:36:01	TWOMEY, Niamh	unatt/Midleton	F35	09:00.1	789	674
675	0:36:01	MURPHY, Anita	unatt/Berrings	F	09:00.1	869	675
676	0:36:02	MCCARTHY, Aideen	unatt/Midleton	F35	09:00.4	403	676

678	0:36:06	O'SULLIVAN, Graham	Ballintotis Fit4Life	M	09:01.4	367	678
679	0:36:06	RYAN, Mark	unatt/Whitegate	M45	09:01.4	253	679
680	0:36:07	SIMPSON, Melinda	Eagle AC	F	09:01.6	528	680
681	0:36:07	MCLEAN, Emer	unatt/Whitegate	F45	09:01.6	259	681
682	0:36:08	CULLEY, Derrick	unatt/Carrigtwohill	M	09:01.9	799	682
683	0:36:08	TROY, Catherine	Ballintotis Fit4Life	F40	09:01.9	366	683
684	0:36:09	O'RIORDAN, Mary	unatt/Whitegate	F45	09:02.1	254	684
685	0:36:10	KEOHANE, Irene	Eagle AC	F40	09:02.4	786	685
686	0:36:10	DALTON, Gemma	Youghal AC	F35	09:02.4	69	686
687	0:36:13	CORBETT, Tom	unatt/Mallow	M	09:03.1	188	687
688	0:36:16	PEARSON, Sylvia	Midleton AC	F50	09:03.9	208	688
689	0:36:16	POWER, Josephine	unatt/Blarney	F	09:03.9	434	689
690	0:36:17	MCGREGOR, Catriona	unatt/Cloyne	F50	09:04.1	305	690
691	0:36:17	O'MAHONY, Tracy	unatt/Ballymacoda	F40	09:04.1	334	691
692	0:36:18	MCINERNEY, Martina	unatt/Whitechurch	F40	09:04.4	773	692
693	0:36:19	O'SULLIVAN, Paula	Midleton AC	F	09:04.6	122	693
694	0:36:20	DRISLANE, John	St. Nicholas AC	M	09:04.9	502	694
695	0:36:23	JORDAN, Colm	Midleton AC	M40	09:05.6	431	695
696	0:36:24	MACCONNELL, Philip	unatt/Ballintotis	M	09:05.9	610	696
697	0:36:26	O'DOHERTY, Emer	Midleton AC	F	09:06.4	756	697
698	0:36:26	MCCARTHY, Danny	Midleton AC	M60	09:06.4	148	698
699	0:36:28	FOGARTY, Aine	unatt/Whitechurch	F45	09:06.9	667	699
700	0:36:30	CRONIN, Celine	unatt/Mallow	F35	09:07.4	189	700
701	0:36:31	SPILLANE, Colm	unatt/Midleton	M	09:07.6	811	701
702	0:36:32	MORRISSEY, Caroline	unatt/Aghada	F	09:07.9	624	702
703	0:36:33	RIGNEY, Pat	unatt/Dungourney	M	09:08.1	539	703
704	0:36:34	SEXTON, Anita	unatt/Ladysbridge	F	09:08.4	625	704
705	0:36:34	KINSELLA, Rose	unatt/Youghal	F	09:08.4	1142	705
706	0:36:35	O'DONOVAN, Jacinta	unatt/Rochestown	F	09:08.6	522	706
707	0:36:36	BURGESS, Carmel	unatt/Cork	F	09:08.9	787	707
708	0:36:36	MARKI, Helsa	unatt/Midleton	F	09:08.9	1000	708
709	0:36:37	HYLAND, Rory	St. Nicholas AC	M	09:09.1	529	709
710	0:36:37	CANAVAN, Cathrina	Midleton AC	F	09:09.1	695	710
711	0:36:38	DALY, Will	St. Nicholas AC	M	09:09.4	582	711
712	0:36:40	RUDDLE, Kate	Ballintotis Fit4Life	F40	09:09.9	239	712
713	0:36:41	MUSCHALLE, Steefan	unatt/Castlemartyr	M	09:10.1	563	713
714	0:36:41	O'SULLIVAN, Nollaig	Midleton AC	FJ	09:10.1	55	714
715	0:36:42	NI CHIONAOLA, Sinead	unatt/Killcash	F45	09:10.4	169	715
716	0:36:42	KEATING, Linda	Youghal AC	F35	09:10.4	99	716
717	0:36:43	WARD, Thomas	unatt/Cork	M	09:10.6	879	717
718	0:36:43	BYRD, Charlie	Eagle AC	M45	09:10.6	953	718
719	0:36:44	GILLEN, Therese	unatt/Whitegate	F40	09:10.9	204	719
720	0:36:44	MCCARTHY, Isabel	Youghal AC	F35	09:10.9	90	720
721	0:36:46	O'SULLIVAN, Roisin	unatt/Midleton	FJ	09:11.4	56	721
722	0:36:48	O'KEEFFE, Orna	Midleton AC	F	09:11.9	679	722
723	0:36:49	HEGARTY, Niall	Midleton AC	MJ	09:12.1	338	723
724	0:36:50	HORGAN, Maeve	Midleton AC	F	09:12.4	123	724
725	0:36:53	MCCARTHY, Paschal	Midleton AC	M55	09:13.1	783	725
726	0:36:55	SLOANE, Suzanne	Midleton AC	F35	09:13.6	696	726
727	0:36:58	DALTON, Colette	Midleton AC	F	09:14.4	339	727
728	0:36:59	DALY, Mervyn	unatt/Shanagarry	M40	09:14.6	520	728
729	0:37:00	CURTIN, Jim	East Cork AC	M70	09:14.9	603	729
730	0:37:00	MURPHY, Siobhan	unatt/Cloyne	F40	09:14.9	186	730
731	0:37:01	ENRIGHT, Siobhan	Grange-Fermoy AC	F40	09:15.1	919	731
732	0:37:02	MURRAY, Mairead	unatt/Ballycotton	F	09:15.4	515	732
733	0:37:04	O'RIORDAN, Ciaran	unatt/Ballycotton	MJ	09:15.9	781	733
734	0:37:06	CASHMAN, Noreen	Ballintotis Fit4Life	F40	09:16.4	8	734
735	0:37:09	DUNNE, Una	Youghal AC	F	09:17.1	852	735
736	0:37:10	HARRINGTON, Marion	Ballintotis Fit4Life	F40	09:17.4	413	736
737	0:37:13	WALL, Liam	unatt/Whitegate	M55	09:18.1	43	737
738	0:37:16	KILLEEN, Gail	unatt/Rostellan	F40	09:18.9	383	738
739	0:37:16	HAYES, Ann	Eagle AC	F55	09:18.9	982	739
740	0:37:17	TOBIN, Patricia	unatt/Lisgoold	F	09:19.1	174	740
741	0:37:18	MARTIN, John	unatt/Galbally	M	09:19.4	738	741
742	0:37:18	WALSH, Peader	unatt/Whitegate	M45	09:19.4	245	742
743	0:37:19	O'SHEA, Tara	unatt/Youghal	F	09:19.6	718	743
744	0:37:20	WALSH, Diane	Midleton AC	F40	09:19.9	235	744
745	0:37:21	RYAN, Rachel	unatt/Midleton	F35	09:20.1	985	745
746	0:37:22	O'SULLIVAN, Lila	unatt/Blarney	F	09:20.4	991	746
747	0:37:22	STAVROU, Amanda	Midleton AC	F50	09:20.4	838	747
748	0:37:23	CASHMAN, Lucy	Ballintotis Fit4Life	F	09:20.6	291	748
749	0:37:24	FITZGERALD, Michelle	unatt/Midleton	F	09:20.9	199	749
750	0:37:24	BEAUSANG, Mairead	Ballintotis Fit4Life	F40	09:20.9	356	750
751	0:37:25	SMIDDY, Eddie	unatt/Killeagh	M	09:21.1	265	751
752	0:37:26	STAFFORD-STEELE, Aileen	Ballintotis Fit4Life	F40	09:21.4	34	752

754	0:37:27	ROCHE, Rose	unatt/Ballyvourney	F	09:21.6	853	754
755	0:37:27	KING, Philip	St. Finbarrs AC	M	09:21.6	854	755
756	0:37:31	BULMAN, Sheila	Midleton AC	F45	09:22.6	459	756
757	0:37:31	PHELAN, Stephanie	Youghal AC	F45	09:22.6	744	757
758	0:37:32	MCDERMOT, Sophie	unatt/Youghal	F	09:22.9	660	758
759	0:37:33	FITZGERALD, Deirdre	unatt/Killeagh	F	09:23.1	820	759
760	0:37:33	DENNIGAN, Deirdre	unatt/Midleton	F40	09:23.1	287	760
761	0:37:37	FOLEY, Brendan	unatt/Midleton	M40	09:24.1	289	761
762	0:37:38	KEARNEY, Sadie	unatt/Killcash	F40	09:24.4	170	762
763	0:37:39	DUNNE, Susan	unatt/Fermoy	F	09:24.6	675	763
764	0:37:41	O'FARRELL, Mary	Ballintotis Fit4Life	F45	09:25.1	379	764
765	0:37:42	O'FARRELL, Martina	Ballintotis Fit4Life	F	09:25.4	380	765
766	0:37:42	SWEETNAM, Mike	unatt/Dungourney	MJ	09:25.4	931	766
767	0:37:42	O'LEARY, Geraldine	unatt/Ovens	F45	09:25.4	668	767
768	0:37:43	MURRAY, Paul	unatt/Cork	M	09:25.6	427	768
769	0:37:43	MCCARTHY, Robert	unatt/Cork	M	09:25.6	429	769
770	0:37:45	BARRY, Conor	unatt/Cork	M	09:26.1	425	770
771	0:37:48	KINGSTON, Patricia	Youghal AC	F	09:26.9	83	771
772	0:37:48	MALLORY, Bridie	unatt/Kilcredan	F40	09:26.9	573	772
773	0:37:49	KELLEHER, Bill	unatt/Carrigaline	M55	09:27.1	228	773
774	0:37:50	FEENEY, Mary	St. Catherines AC	F	09:27.4	162	774
775	0:37:51	CAREY, Debbie	unatt/Cork	F45	09:27.6	995	775
776	0:37:52	ROBERTS, Luke	unatt/Ballintotis	MJ	09:27.9	306	776
777	0:37:53	MANNING, Aoife	unatt/Killeagh	F	09:28.1	29	777
778	0:37:55	TWOMEY, Evan	unatt/Cork	M	09:28.6	731	778
779	0:37:55	SHANAHAN, Colette	Ballintotis Fit4Life	F40	09:28.6	359	779
780	0:37:57	NUGENT, Patricia	unatt/Shanagarry	F	09:29.1	647	780
781	0:37:58	ARCHER, Maria	unatt/Cork	F	09:29.4	658	781
782	0:37:58	STONE, Norma	Youghal AC	F	09:29.4	428	782
783	0:37:59	LINEHAN, Mary	Eagle AC	F60	09:29.6	586	783
784	0:38:00	ROBINSON, Sinead	Midleton AC	F40	09:29.9	185	784
785	0:38:01	FLEMING, Barbara	unatt/Shanagarry	F35	09:30.1	1147	785
786	0:38:03	O'REILLY, Liam	unatt/Shanagarry	M40	09:30.6	1957	786
787	0:38:04	O'MAHONY, Clare	unatt/Ballintotis	FJ	09:30.9	572	787
788	0:38:04	ARCHER, Mark	unatt/Ballycotton	M40	09:30.9	862	788
789	0:38:06	MURPHY, Gillian	Ballintotis Fit4Life	F35	09:31.4	467	789
790	0:38:07	O'REGAN, Louise	Midleton AC	F35	09:31.6	183	790
791	0:38:07	SHEEHAN, Rachel	unatt/Cork	F	09:31.6	418	791
792	0:38:08	O'DONOVAN, Sinead	unatt/Cork	F40	09:31.9	747	792
793	0:38:08	MURPHY, Siobhan	unatt/Midleton	F40	09:31.9	315	793
794	0:38:09	COLEMAN, Fiona	unatt/Carrigaline	F35	09:32.1	53	794
795	0:38:09	O'CONNELL, John	unatt/Glanmire	M40	09:32.1	947	795
796	0:38:10	MEHIGAN, Cait	St. Finbarrs AC	F	09:32.4	825	796
797	0:38:12	MOHALLY, Margaret	unatt/Shanagarry	F40	09:32.9	263	797
798	0:38:13	BUCKLEY, Don	unatt/Cork	M40	09:33.1	112	798
799	0:38:16	GROAKE, Eilish	unatt/Midleton	F35	09:33.9	468	799
800	0:38:18	CREEDON, Marie	unatt/Waterfall	F50	09:34.4	819	800
801	0:38:20	HASSETT, Grainne	unatt/Shanagarry	F40	09:34.9	770	801
802	0:38:23	TOBIN, Amy	unatt/Midleton	F	09:35.6	921	802
803	0:38:24	JEFFRIES, Sonia	Ballintotis Fit4Life	F	09:35.9	21	803
804	0:38:29	DESMOND, Paul	unatt/Cork	M	09:37.1	911	804
805	0:38:30	MANNING, Denis	St. Finbarrs AC	M40	09:37.4	685	805
806	0:38:34	KAVANAGH, Carmel	unatt/Ballinacurra	F40	09:38.4	794	806
807	0:38:35	KAVANAGH, Brian	unatt/Ballinacurra	M40	09:38.6	793	807
808	0:38:36	ROCHE, Damien	St. Nicholas AC	M	09:38.9	484	808
809	0:38:36	MURPHY, Sharon	Youghal AC	F	09:38.9	662	809
810	0:38:40	LEONARD, Joe	unatt/Myrtleville	M50	09:39.9	327	810
811	0:38:40	LAWTON, Lucy	unatt/Ballintotis	FJ	09:39.9	371	811
812	0:38:40	BARNES, Megan	unatt/Saleen	FJ	09:39.9	452	812
813	0:38:41	HENNESSY, Amy	unatt/Castlemartyr	FJ	09:40.1	137	813
814	0:38:43	O'KEEFE, Fiona	unatt/Ballymacoda	F	09:40.6	663	814
815	0:38:44	O'CAOIMH, Liam	unatt/Cork	M40	09:40.9	52	815
816	0:38:47	DELANEY, Mary	unatt/Cloyne	F45	09:41.6	579	816
817	0:38:53	COLLINS, Barry	St. Nicholas AC	M40	09:43.1	796	817
818	0:38:54	GOUGH, Alice	unatt/Cork	F	09:43.4	631	818
819	0:38:54	MCGEE, Alison	unatt/Midleton	F	09:43.4	14	819
820	0:38:58	SEXTON, Donna	unatt/Midleton	F	09:44.4	13	820
821	0:39:00	MCGRATH, Ann Marie	unatt/Youghal	F45	09:44.9	898	821
822	0:39:01	TWOMEY, Ciara	unatt/Waterfall	F	09:45.1	760	822
823	0:39:02	O'SHEA, Aileen	St. Finbarrs AC	F	09:45.4	829	823
824	0:39:04	MURRAY, Trish	Midleton AC	F40	09:45.9	33	824
825	0:39:05	NI NUALLAIN, Nora Aine	unatt/Cork	F	09:46.1	657	825
826	0:39:06	HEALY, Elaine	Youghal AC	F35	09:46.4	82	826
827	0:39:06	MCCARTHY, Anne	Youghal AC	F	09:46.4	79	827
828	0:39:07	LYNCH, Winnie	Midleton AC	F40	09:46.6	887	828

830	0:39:09	MURPHY, Sharon	St. Catherines AC	F	09:47.1	159	830
831	0:39:09	SHEEHAN, Ger	St. Catherines AC	F40	09:47.1	161	831
832	0:39:10	HAYES, Siobhan	St. Catherines AC	F40	09:47.4	167	832
833	0:39:10	NAGLE, Susan	Ballintotis Fit4Life	F	09:47.4	124	833
834	0:39:16	O'CONNOR, Maria	Youghal AC	F35	09:48.9	86	834
835	0:39:18	THOMAS, Richenda	unatt/Saleen	FJ	09:49.4	453	835
836	0:39:19	BYRNE, Siobhan	Youghal AC	F	09:49.6	80	836
837	0:39:21	O'KELLY, Josie	unatt/Midleton	F	09:50.1	309	837
838	0:39:23	BOYLE, Therese	unatt/Youghal	F45	09:50.6	683	838
839	0:39:24	FITZGIBBON, Helen	Ballintotis Fit4Life	F	09:50.9	129	839
840	0:39:24	KENNEDY, Mary	Ballintotis Fit4Life	F35	09:50.9	294	840
841	0:39:25	COLEMAN, Ciaran	Youghal AC	M40	09:51.1	295	841
842	0:39:25	GILROY, Christine	unatt/Aghada	FJ	09:51.1	320	842
843	0:39:28	FLYNN, John	unatt/Castlemartyr	M	09:51.9	688	843
844	0:39:32	WHYTE, Siobhan	Midleton AC	F45	09:52.9	269	844
845	0:39:33	RING, Niall	unatt/Midleton	M	09:53.1	772	845
846	0:39:33	RING, Denise	unatt/Midleton	F	09:53.1	646	846
847	0:39:33	COLLINS, Jennifer	unatt/Cork	F	09:53.1	906	847
848	0:39:34	O'BRIEN, Martina	Ballintotis Fit4Life	F35	09:53.4	44	848
849	0:39:34	SEWARD, Carol	unatt/Ballycotton	F	09:53.4	236	849
850	0:39:36	RIESIDE, Hayley	unatt/Midleton	FJ	09:53.9	557	850
851	0:39:40	O'BRIEN, Dick	St. Nicholas AC	M70	09:54.9	714	851
852	0:39:43	COLLINS, Michael	unatt/Cork	M	09:55.6	910	852
853	0:39:44	FAHY, Kay	unatt/Youghal	F45	09:55.9	989	853
854	0:39:44	WALSH, Laurie	Midleton AC	F50	09:55.9	388	854
855	0:39:47	LERNIHAN, Mairead	Ballintotis Fit4Life	F	09:56.6	116	855
856	0:39:47	O'SULLIVAN, Joanne	unatt/Shanagarry	F40	09:56.6	769	856
857	0:39:49	MAHONY, Lisa	unatt/Midleton	F35	09:57.1	555	857
858	0:39:50	CODY, Antoinette	unatt/Dungourney	F	09:57.4	377	858
859	0:39:50	BARRETT, Sean	unatt/Dungourney	M	09:57.4	378	859
860	0:39:51	CRONIN, Edel	Midleton AC	F	09:57.6	337	860
861	0:39:58	O'FLYNN, Dawn	unatt/Blarney	F35	09:59.4	992	861
862	0:40:00	O'BRIEN, Denis	unatt/Saleen	M	09:59.9	880	862
863	0:40:02	CASEY, Valerie	unatt/Churchtown	F35	10:00.4	372	863
864	0:40:05	DUNNING, Nuala	St. Catherines AC	F45	10:01.1	163	864
865	0:40:07	MCCARTHY, Joan	Midleton AC	F55	10:01.6	149	865
866	0:40:10	HACKETT, Deirdre	Ballintotis Fit4Life	F	10:02.4	417	866
867	0:40:11	MCGRATH, Marie	Midleton AC	F40	10:02.6	559	867
868	0:40:14	GRIFFIN, Billy	Midleton AC	M70	10:03.4	950	868
869	0:40:17	BUCKLEY, Don	unatt/Carrignavar	M	10:04.1	324	869
870	0:40:18	CLUDLOW, Phil	unatt/Youghal	M40	10:04.4	545	870
871	0:40:19	CLARKE, Ciaran	unatt/Midleton	M	10:04.6	928	871
872	0:40:19	DIXON, Kate	unatt/Midleton	F	10:04.6	284	872
873	0:40:20	SHEEHY, Rebecca	unatt/Cobh	F	10:04.9	1956	873
874	0:40:22	BARRY, Michael	unatt/Shanagarry	M50	10:05.4	415	874
875	0:40:24	SWORDS, Lavinia	unatt/Rostellan	F	10:05.9	607	875
876	0:40:25	FOLEY, Dairia	Youghal AC	F	10:06.1	81	876
877	0:40:26	O'MAHONY, Katelyn	Midleton AC	F35	10:06.4	460	877
878	0:40:28	O'FARRELL, Dawn	unatt/Fermoy	F40	10:06.9	920	878
879	0:40:29	O'LOUGHLIN, Paula	Youghal AC	F35	10:07.1	85	879
880	0:40:42	ROCHE, Celine	unatt/Shanagarry	F45	10:10.4	450	880
881	0:40:43	ROCHE, Kieran	unatt/Shanagarry	M50	10:10.6	449	881
882	0:40:47	BARRY, Antoinette	Youghal AC	F40	10:11.6	570	882
883	0:40:48	BRENNER, Sarah-Ann	unatt/Killeagh	F35	10:11.9	91	883
884	0:40:50	RYAN, Diane	Ballintotis Fit4Life	F	10:12.4	193	884
885	0:40:54	GOUGH, Yvonne	unatt/Cork	F40	10:13.4	629	885
886	0:40:54	O'DRISCOLL, Tina	unatt/Youghal	F	10:13.4	826	886
887	0:40:55	O'DRISCOLL, Teresa	unatt/Youghal	F45	10:13.6	899	887
888	0:40:56	COLLINS, Edmund	unatt/Midleton	M55	10:13.9	336	888
889	0:40:57	GLEESON, Michelle	Watergrasshill AC	F35	10:14.1	622	889
890	0:41:00	COUGHLAN, Noreen	Ballintotis Fit4Life	F40	10:14.9	26	890
891	0:41:02	FOLEY, Susan	Watergrasshill AC	F	10:15.4	621	891
892	0:41:03	ROCHE, Jennifer	unatt/Midleton	F	10:15.6	765	892
893	0:41:14	COONEY, Amanda	unatt/Midleton	F	10:18.4	766	893
894	0:41:14	BRYAN, Irene	St. Catherines AC	F40	10:18.4	164	894
895	0:41:16	MCSWEENEY, Amy	unatt/Midleton	F	10:18.9	152	895
896	0:41:17	MOLLOY, Aoife	unatt/Ballintotis	FJ	10:19.1	348	896
897	0:41:21	PRENDERGAST, Kathleen	Watergrasshill AC	F45	10:20.1	813	897
898	0:41:22	LYNCH, Noreen	unatt/Youghal	F35	10:20.4	93	898
899	0:41:24	HARTY, Megan	unatt/Ballintotis	FJ	10:20.9	701	899
900	0:41:26	CUDDIGAN, Helen	unatt/Ballycotton	F40	10:21.4	984	900
901	0:41:26	CROWLEY, Claire	unatt/Ballycotton	F40	10:21.4	645	901
902	0:41:30	AHERN, Emily	unatt/Aghada	FJ	10:22.4	321	902
903	0:41:30	SMYTH, Caroline	Youghal AC	F	10:22.4	78	903
904	0:41:31	O'CONNELL, Kathleen	Midleton AC	F60	10:22.6	279	904

906	0:41:35	DAVIES, Catherine	unatt/Carrigaline	F	10:23.6	814	906
907	0:41:36	CODD, Pamela	Midleton AC	F45	10:23.9	268	907
908	0:41:37	DIXON, Mary	Midleton AC	F45	10:24.1	283	908
909	0:41:36	KEATING, Barbara	Midleton AC	F50	10:23.9	281	909
910	0:41:38	O'LOMASNEY, Trudie	unatt/Midleton	F	10:24.4	592	910
911	0:41:43	MCGAULEY, Caroline	unatt/Cork	F	10:25.6	325	911
912	0:41:44	CROWLEY, Eleanor	unatt/Cork	F	10:25.9	737	912
913	0:41:46	DESMOND, Catherine	unatt/Cork	F35	10:26.4	999	913
914	0:41:46	LUPTON, Mags	Youghal AC	F	10:26.4	19	914
915	0:41:47	MORRISSEY, Michelle	Youghal AC	F40	10:26.6	66	915
916	0:41:47	DUFFY, Mary	unatt/England	F50	10:26.6	165	916
917	0:41:49	O'SULLIVAN, Claire	unatt/Midleton	F	10:27.1	10	917
918	0:41:54	MOORE, Marie	West Waterford AC	F55	10:28.4	127	918
919	0:41:55	MOORE, Patrick	West Waterford AC	M60	10:28.6	612	919
920	0:41:55	MOORE, James	unatt/Dungarvan	M	10:28.6	128	920
921	0:41:56	BUTLER, Judy	Ballintotis Fit4Life	F50	10:28.9	365	921
922	0:41:57	SMYTH, Jackie	Youghal AC	F50	10:29.1	77	922
923	0:41:58	CAREY, Isobel	unatt/Cork	FJ	10:29.4	891	923
924	0:41:59	DALY, Aisling	unatt/Killeagh	FJ	10:29.6	49	924
925	0:42:03	O'BRIEN, Chris	unatt/Youghal	MJ	10:30.6	909	925
926	0:42:03	HEALY, Rebecca	unatt/Glanmire	FJ	10:30.6	892	926
927	0:42:04	O'MAHONY, William	Youghal AC	M65	10:30.9	792	927
928	0:42:05	ROBERTS, Lucia	unatt/Cork	FJ	10:31.1	893	928
929	0:42:05	HICKEY, Gemma	unatt/Killeagh	FJ	10:31.1	48	929
930	0:42:07	O'CALLAGHAN, Noreen	unatt/Watergrasshill	F40	10:31.6	959	930
931	0:42:09	HEGARTY, Orla	unatt/Ballynoe	F	10:32.1	594	931
932	0:42:10	BODDAERT, Anne	unatt/Cork	F45	10:32.4	990	932
933	0:42:12	CLEARY, Sarah	unatt/Midleton	F	10:32.9	318	933
934	0:42:13	SCANLAN, Rod	Midleton AC	M	10:33.1	139	934
935	0:42:16	HEGARTY, Eleanor	Youghal AC	F	10:33.9	88	935
936	0:42:16	KIRBY, Ann-Marie	unatt/Midleton	F	10:33.9	140	936
937	0:42:19	O'CONNOR, Muriel	unatt/Glanmire	F	10:34.6	42	937
938	0:42:22	O'FLYNN, Anne	Midleton AC	F35	10:35.4	32	938
939	0:42:27	FALVEY, Louise	Midleton AC	F35	10:36.6	207	939
940	0:42:33	GEOGHEGAN, Bernard	unatt/Glanmire	M55	10:38.1	803	940
941	0:42:39	COUGHLAN, Saoirse	unatt/Ballintotis	FJ	10:39.6	27	941
942	0:42:41	FITZGERALD, Denis	unatt/Glenville	M	10:40.1	835	942
943	0:42:48	O'CONNOR, Iseult	CIT AC	F	10:41.9	665	943
944	0:42:51	O'NEILL, Marie	unatt/Cloyne	F35	10:42.6	626	944
945	0:42:55	CASEY, Kate	unatt/Glanmire	FJ	10:43.6	894	945
946	0:42:56	MCMURTRY, Jim	Midleton AC	M65	10:43.9	23	946
947	0:42:58	FITZGERALD, Pamela	unatt/Killeagh	F	10:44.4	31	947
948	0:43:20	BARRY, Alison	unatt/Shanagarry	FJ	10:49.9	416	948
949	0:43:21	MCSWEENEY, Margurite	Ballintotis Fit4Life	F35	10:50.1	422	949
950	0:43:21	FLEMING, Bríd	unatt/Castlemartyr	F45	10:50.1	512	950
951	0:43:22	MCHUGH, Thersa	unatt/Watergrasshill	F50	10:50.4	41	951
952	0:43:35	O'RIORDAN, Louise	unatt/Midleton	F40	10:53.6	38	952
953	0:43:45	MORIARTY, Deirdre	unatt/Passage West	F	10:56.1	523	953
954	0:43:50	KENNEALLY, Tracy	Youghal AC	F35	10:57.4	89	954
955	0:43:53	O'DONOVAN, Caroline	unatt/Midleton	F	10:58.1	753	955
956	0:44:00	LAWTON, Maura	unatt/Cloyne	F45	10:59.9	216	956
957	0:44:01	O'REGAN, Tracy	unatt/Ballycotton	F	11:00.1	217	957
958	0:44:04	CUMMINS, Kevin	unatt/Cork	M65	11:00.9	590	958
959	0:44:05	WALSH, Ina	Youghal AC	F40	11:01.1	67	959
960	0:44:05	O'REILLY, Deirdre	Youghal AC	F	11:01.1	68	960
961	0:44:07	IRWIN, Grace	unatt/Ballymacoda	F	11:01.6	215	961
962	0:44:08	MAGUIRE, Fiona	Midleton AC	F35	11:01.9	115	962
963	0:44:08	BAILEY, Colette	unatt/Ladysbridge	F50	11:01.9	930	963
964	0:44:08	DERVAN, Maire	Midleton AC	F35	11:01.9	114	964
965	0:44:09	MASON, Tracey	unatt/Youghal	F	11:02.1	409	965
966	0:44:09	FITZGERALD, Kim	unatt/Midleton	FJ	11:02.1	469	966
967	0:44:10	GRIFFIN, Mary	unatt/Youghal	F35	11:02.4	92	967
968	0:44:10	NOLAN, Sam	Youghal AC	F	11:02.4	74	968
969	0:44:11	HICKEY, Cathy	Youghal AC	F	11:02.6	75	969
970	0:44:35	O'CONNELL, Niamh	unatt/Glanmire	FJ	11:08.6	948	970
971	0:44:36	GROENENDIJK, Woucer	unatt/Passage West	M	11:08.9	524	971
972	0:45:05	DOOLEY, Corina	unatt/Cobh	F	11:16.1	836	972
973	0:45:07	O'NEILL, Anne-Marie	unatt/Killeagh	F	11:16.6	28	973
974	0:45:08	KENNY, Helen	Midleton AC	F55	11:16.8	150	974
975	0:45:13	GRIMES, Sarah	unatt/Carrigtwohill	F	11:18.1	821	975
976	0:45:15	BERMINGHAM, Sarah	Midleton AC	F55	11:18.6	151	976
977	0:45:27	O'CONNOR, Lorraine	unatt/Ballintotis	F40	11:21.6	143	977
978	0:45:27	MACCONNELL, Bernie	unatt/Ballintotis	F	11:21.6	609	978
979	0:45:44	GANNON, Lucy	unatt/Cork	F	11:25.8	147	979
980	0:45:45	TWOMEY, Una	Ballintotis Fit4Life	F	11:26.1	146	980

982	0:45:59	DIGNAM, Yvette	Youghal AC	F40	11:29.6	84	982
983	0:46:37	O'CONNOR, Kieran	unatt/Cork	M50	11:39.1	652	983
984	0:46:39	COTTER, Tracey	Ballintotis Fit4Life	F35	11:39.6	593	984
985	0:47:01	FLYNN, Jackie	unatt/Little Island	F	11:45.1	50	985
986	0:47:02	FORREST, Katie	unatt/Midleton	F	11:45.3	51	986
987	0:47:12	MAGUIRE, Fiona	unatt/Cobh	F45	11:47.8	912	987
988	0:47:16	O'ROURKE, Gillian	unatt/Youghal	F	11:48.8	664	988
989	0:47:22	O'DONOGHUE, Helen	Riverstick-Kinsale AC	F60	11:50.3	495	989
990	0:48:17	MORONEY, Aoife	unatt/Little Island	F	12:04.1	319	990
991	0:48:25	O'BRIEN, Ann Marie	unatt/Midleton	F	12:06.1	986	991
992	0:48:31	O'ROURKE, Ann Marie	unatt/Ladysbridge	F	12:07.6	987	992
993	0:48:49	HENNESSY, Aileen	unatt/Castlemartyr	F40	12:12.1	136	993
994	0:49:48	O'DONOVAN, Deirdre	Youghal AC	F	12:26.8	87	994
995	0:50:13	VILLIS, Sandra	Youghal AC	F40	12:33.1	20	995
996	0:50:14	NICHOLSON, Ursula	Youghal AC	F	12:33.3	141	996

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