

Donough Coughlan Memorial**BANDON '5'**

Friday 1 January 2016. 1:00pm

Place	Time	Name	Team	Race Age Category	min/mile		
1	0:25:51	SHEAHAN, Colm	Leevale AC	M	05:10.1	287	1
2	0:25:57	MEADE, John	St. Finbarrs AC	M	05:11.3	273	2
3	0:25:59	MCGRATH, Sean	East Cork AC	M	05:11.7	142	3
4	0:26:48	MURPHY, Brian	Iveragh AC	M	05:21.5	209	4
5	0:26:57	O'SULLIVAN, Rory	St. Finbarrs AC	M	05:23.3	226	5
6	0:26:58	MCCAULEY, Conor	Leevale AC	M	05:23.5	268	6
7	0:27:09	HEALY, Shane	Tracton AC	M	05:25.7	148	7
8	0:27:15	MORGAN, Michael	St. Finbarrs AC	M40	05:26.9	290	8
9	0:27:33	SMITH, Danny	Ballynonty AC	M	05:30.5	232	9
10	0:27:37	O'KEEFE, Eoin	St. Finbarrs AC	M	05:31.3	274	10
11	0:27:58	O'BRIEN, Alan	Eagle AC	M	05:35.5	227	11
12	0:28:10	FOLEY, Vivian	Eagle AC	M45	05:37.9	205	12
13	0:28:11	LYONS, Dennis	St. Finbarrs AC	M	05:38.1	265	13
14	0:28:12	MCKEOWN, Kieran	Watergrasshill AC	M40	05:38.3	207	14
15	0:28:14	O'DUBHGAIN, Padraig	Leevale AC	M	05:38.7	203	15
16	0:28:16	COOKE, Aoife	Youghal AC	F	05:39.1	143	16
17	0:28:18	CROWLEY, Bryan	Watergrasshill AC	M40	05:39.5	206	17
18	0:28:25	GIBBONS-MCCARTHY, Claire	Leevale AC	F	05:40.9	146	18
19	0:28:25	CREMIN, Michael	Leevale AC	M	05:40.9	216	19
20	0:28:28	HARTY, Brian	Midleton AC	M	05:41.5	199	20
21	0:28:52	O'CONNOR, Sinead	Leevale AC	F	05:46.3	137	21
22	0:29:09	O'SHEA, Alex	St. Finbarrs AC	M40	05:49.7	132	22
23	0:29:18	DUGGAN, Paul	St. Finbarrs AC	M45	05:51.5	134	23
24	0:29:40	LEE, Keith	unatt/Cork	M	05:55.9	201	24
25	0:29:44	MUCKIAN, John	Bandon AC	MJ	05:56.7	225	25
26	0:29:56	MCCARTHY, Patrick	unatt/Drimoleague	M40	05:59.1	270	26
27	0:30:15	FIELDHOUSE, Daniel	Tracton AC	M	06:02.9	220	27
28	0:31:17	CRONIN, Denis	unatt/Cork	M	06:15.3	283	28
29	0:31:26	O'CONNELL, John	unatt/Midleton	M	06:17.1	297	29
30	0:31:35	HAYES, Kevin	St. Catherines AC	M40	06:18.9	145	30
31	0:31:41	O'BRIEN, Sean	Watergrasshill AC	M	06:20.1	267	31
32	0:31:51	FORD, Ronan	Aghada RC	M	06:22.1	269	32
33	0:31:56	WALSH, Billy	unatt/Youghal	M50	06:23.1	278	33
34	0:31:56	CROWLEY, Carmel	Bandon AC	F45	06:23.1	285	34
35	0:32:04	MCEVOY, Eamonn	St. Finbarrs AC	M60	06:24.7	282	35
36	0:32:09	DALY, Michael	Carraig na bhFear AC	M40	06:25.7	202	36
37	0:32:17	KINGSTON, Neil	unatt/Ballinhassig	M40	06:27.3	235	37
38	0:32:26	HARTE, Brian	Rosscarbery Steam Runners	M	06:29.1	228	38
39	0:32:31	GALLWAY, Brian	Clonakilty RR AC	M	06:30.1	303	39
40	0:32:31	CHAMBERS, Elton	Tracton AC	M	06:30.1	149	40
41	0:32:35	MOYNIHAN, David	Midleton AC	M	06:30.9	135	41
42	0:32:37	MACKAY, Neil	Eagle AC	M45	06:31.3	141	42
43	0:32:45	DUFFY, Dolores	Aghada RC	F45	06:32.9	236	43
44	0:32:54	AHERNE, Edward	unatt/Bandon	MJ	06:34.7	275	44
45	0:33:01	O'CALLAGHAN, David	Eagle AC	M50	06:36.1	248	45
46	0:33:14	O'REILLY, Martin	St. Finbarrs AC	M40	06:38.7	213	46
47	0:33:18	BARRY, Ronnie	Bandon AC	F40	06:39.5	222	47
48	0:33:20	O'SULLIVAN, Sean	Midleton AC	M45	06:39.9	242	48
49	0:33:26	KEOHANE, Gus	Carraig na bhFear AC	M40	06:41.1	266	49
50	0:33:35	O'HAODAIN, Fionan	Midleton AC	M40	06:42.9	223	50
51	0:33:51	CARROLL, Denis	Eagle AC	M55	06:46.1	241	51
52	0:34:12	O'LEARY, Ted	West Waterford AC	M45	06:50.3	279	52
53	0:34:13	CASEY, Darren	Bandon AC	M40	06:50.5	131	53
54	0:34:28	GRIFFIN, Pat	Clonakilty RR AC	M45	06:53.5	305	54
55	0:34:33	O'MAHONY, Jim	Carraig na bhFear AC	M40	06:54.5	264	55
56	0:34:35	O'LEARY, Eoghan	Bandon AC	M	06:54.9	230	56
57	0:34:36	EGAN, Ruari	Eagle AC	M45	06:55.1	210	57
58	0:35:10	BURKE, John	unatt/Innishannon	M	07:01.9	238	58
59	0:35:11	HICKEY, Brendan	St. Catherines AC	M	07:02.1	280	59
60	0:35:19	COUGHLAN, Niall	unatt/Inniscarra	M40	07:03.6	229	60
61	0:35:34	MAUNSELL, Declan	unatt/Cork	M	07:06.6	221	61
62	0:35:34	O'SULLIVAN, Conor	St. Finbarrs AC	M	07:06.6	306	62
63	0:35:37	SEXTON, Laoise	unatt/Kilbrittan	F	07:07.2	294	63
64	0:35:41	O'REGAN, Ger	Midleton AC	M45	07:08.0	136	64
65	0:35:43	O'KEEFE, David	Bandon AC	M	07:08.4	128	65
66	0:35:48	DEVINE, Matt	Bandon AC	MJ	07:09.4	243	66
67	0:35:49	O'SULLIVAN, John	Bandon AC	M	07:09.6	208	67
68	0:35:51	FORREST, Richard	unatt/Blarney	M45	07:10.0	240	68
69	0:36:02	O'DONOVAN, Chris	Eagle AC	M45	07:12.2	214	69

70	0:36:16	O'REGAN, Sean	unatt/Bandon	M	07:15.0	296	70
71	0:36:24	MURPHY, Paddy	Bandon AC	M	07:16.6	291	71
72	0:36:32	BARRETT, Pearse	Rosscarbery Steam Runners	M45	07:18.2	147	72
73	0:36:40	O'DONNELL, Tim	St. Finbarrs AC	M	07:19.8	281	73
74	0:36:47	MURPHY, John	unatt/Bandon	M40	07:21.2	249	74
75	0:36:48	BUTTNER, Christian	Bandon AC	MJ	07:21.4	299	75
76	0:36:49	O'FARRELL, Andrew	Eagle AC	M60	07:21.6	309	76
77	0:37:00	HOGAN, Barry	St. Nicholas AC	M40	07:23.8	212	77
78	0:37:03	GALLAGHER, Dermot	unatt/Cork	M40	07:24.4	234	78
79	0:37:23	HAYES, John	Rising Sun AC	M55	07:28.4	130	79
80	0:37:29	FRENCH, Priscilla	unatt/Bandon	F	07:29.6	251	80
81	0:37:36	MURRAY, Donal	unatt/Muskerry	M	07:31.0	211	81
82	0:37:47	CALLAN, Emmet	Bandon AC	M45	07:33.2	277	82
83	0:37:54	O'CONNELL, John	unatt/Ballincollig	M65	07:34.6	126	83
84	0:38:00	O'CRUALAOI, Micheal	St. Finbarrs AC	M50	07:35.8	200	84
85	0:38:12	BURKE, Mari	Bandon AC	F	07:38.2	300	85
86	0:38:29	HEFFERNAN, Patrick	unatt/Limerick	M	07:41.6	276	86
87	0:38:30	LYONS, Imelda	unatt/Cork	F	07:41.8	204	87
88	0:38:41	MCCARTHY, John	Eagle AC	M	07:44.0	311	88
89	0:38:52	BREEN, Declan	Ballincollig AC	M	07:46.2	217	89
90	0:38:53	DALY, Michael	Navy AC	M45	07:46.4	218	90
91	0:38:59	GIBBONS, Dolores	Bandon AC	F40	07:47.6	284	91
92	0:39:14	MCCARTHY, Ann	Bandon AC	F50	07:50.6	271	92
93	0:39:26	SEXTON, Mary	unatt/Kilbrittan	F40	07:53.0	295	93
94	0:39:29	O'DRISCOLL, John	Rising Sun AC	M55	07:53.6	198	94
95	0:39:30	MORAN, Sheila	Tracton AC	F	07:53.8	219	95
96	0:39:42	COTTER, Mary	Eagle AC	F50	07:56.2	292	96
97	0:39:44	BUTTNER, Nigel	unatt/West Cork	M	07:56.6	302	97
98	0:39:55	GARDIA, Aoife	Bandon AC	F	07:58.8	304	98
99	0:39:58	KIRBY, Barry	unatt/Reenascreena	MJ	07:59.4	308	99
100	0:40:29	O'DONOGHUE, Donal	unatt/Little Island	M45	08:05.6	231	100
101	0:40:49	WALSHE, John	East Cork AC	M60	08:09.6	127	101
102	0:41:40	LEANE, Orla	Bandon AC	F	08:19.8	272	102
103	0:41:42	O'DONOVAN, Helen	unatt/Innishannon	F45	08:20.2	215	103
104	0:41:43	CASEY, Miriam	Bandon AC	F40	08:20.4	246	104
105	0:41:58	O'SULLIVAN, Pat	Bandon AC	M60	08:23.4	233	105
106	0:42:27	O'CONNELL, Dan	unatt/Rosscarbery	M	08:29.2	289	106
107	0:42:39	O'KEEFE, Eileen	unatt/Bandon	F	08:31.6	129	107
108	0:42:49	COOMEY, Andrew	unatt/Bandon	M40	08:33.6	293	108
109	0:42:57	KIRBY, Aisling	unatt/Reenascreena	F	08:35.2	307	109
110	0:43:14	O'SULLIVAN, Susan	Bandon AC	F45	08:38.6	301	110
111	0:43:14	O'LEARY, Nelius	Belgooly AC	M70	08:38.6	140	111
112	0:43:23	LINEHAN, Frank	Togher AC	M65	08:40.4	298	112
113	0:43:48	DUGGAN, John	unatt/Clonakilty	M40	08:45.4	286	113
114	0:44:48	MORLEY, Celine	unatt/Ballinacurra	F40	08:57.4	239	114
115	0:44:49	MURPHY, Helena	Bandon AC	F	08:57.6	247	115
116	0:45:11	HODNETT, Linda	Bandon AC	F	09:02.0	144	116
117	0:45:12	COTTER, Allen	St. Nicholas AC	M	09:02.2	224	117
118	0:45:17	WELDON, Michael	Bandon AC	M50	09:03.2	237	118
119	0:45:19	O'REILLY, Emma	unatt/Cork	F	09:03.6	245	119
120	0:45:19	DORAN, Justin	unatt/Cork	M	09:03.6	244	120
121	0:45:53	O'LEARY, Catriona	Bandon AC	F	09:10.4	138	121
122	0:45:53	CONROY, Alan	unatt/Cork	M	09:10.4	139	122
123	0:47:59	HEGARTY, Shane	unatt/Marino	M	09:35.6	252	123
124	0:48:15	MILLS, Ann	Bandon AC	F	09:38.8	250	124
125	0:48:22	MUCKIAN, Sheila	unatt/Crossbarry	F50	09:40.2	288	125
126	0:50:23	MURPHY, Mary	unatt/Cork	F55	10:04.4	133	126
127	0:55:35	MILLS, Liz	Bandon AC	F60	11:06.8	310	127
128	0:56:55	HAMMER, Brigitte	unatt/Bandon	F45	11:22.8	253	128

Organised by Bandon Athletic Club

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