

Results of the FMC 4 Mile Road Race - 22nd January, 2012

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

Pos.	Athlete	Business	Cat.	Time
1	Sean McGrath	Midleton Tri + Run		20:33
2	George Waugh	FAS		20:55
3	John Meade	Joyce Wolfe Physio		21:13
4	James Doran	McKesson Irl		21:18
5	Alan Whitaker	UCC		21:26
6	Danny Smith	Team Adidas		21:34
7	Tony Kelleher	CSO	M40	21:35
8	Eamonn O'Donovan	FAS		21:40
9	Michael Buckley	Joyce Wolfe Physio		21:41
10	Cathal O'Connell	UCC	M45	21:49
11	Rory O'Sullivan	Deady Security		21:54
12	Donal Coffey	Pilz Irl		21:55
13	Willie Walsh	Army		22:00
14	Michael Dullea	Temp		22:08
15	Conor Tierney	Temp		22:17
16	Simon Mangan	Mullpro-Fitness		22:19
17	Jim Cosgrave	Temp		22:21
18	George Murray	Murray Coaches		22:23
19	Joe Cunningham	Eli Lilly	M40	22:24
20	Eric Wolfe	Joyce Wolfe Physio		22:50
21	Sean Dowling	Temp		22:51
22	Don Keohane	IPS	M45	22:53
23	Tim Clarke	Edge Sports Running Dept		22:55
24	Mark Bickerdyke	Blarney School of Motoring	M45	23:08
25	Fergus Wall	McKesson Irl	M45	23:09
26	Patrick Rahilly	DMP		23:10
27	Michael Dunne	Cork Garda		23:12
28	Martin O'Keeffe	Quality Hotels		23:14
29	Aidan Looney	EMC		23:40
30	Kevin Smith	MD Insulation Services		23:40
31	Mark McGaury	Temp		23:43
32	Niall O'Herlihy	Team Adidas		23:45
33	Colin O'Herlihy	Logitech	M40	23:46
34	Dave Noonan	Temp		23:49
35	Ken Mulcahy	Retail Shops		23:50
36	Emma Murphy	Temp		23:50
37	Ann Marie Holland	Travel Ireland	F35	23:53
38	Mark McMahan	Solvit Food Solutions	M40	23:54
39	Maurice Cahill	Quality Hotels		24:01
40	Michael Murphy	Novartis	M50	24:06
41	Paddy Murphy	Cross Fit Cork		24:08
42	Dan Manning	Temp		24:11
43	Pat O'Connor	Logitech	M40	24:12
44	Mairead Kernihan	Temp		24:12
45	Ivan Sheehan	Temp		24:13
46	Philip King	Temp		24:13
47	Peter Curtin	McKesson Irl		24:14
48	Tommy McAuliffe	Temp		24:15
49	Conor McMahan	Solvit Food Solutions	M45	24:19
50	Brian Shiels	Navy		24:19
51	Seamus Murphy	Mullpro-Fitness	M45	24:20
52	Noel Daly	Temp		24:21
53	David Craig	Cork Garda		24:21
54	Glen Dollard	Pilz Irl		24:33
55	Ian Dorgan	Deady Security		24:34
56	Colin Condon	Temp		24:40
57	Declan Dorgan	Temp		24:41

Results of the FMC 4 Mile Road Race - 22nd January, 2012

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

58	Thomas O'Regan	Irish Rail	M45	24:42
59	Noel O'Regan	Army	M45	24:43
60	Michael Dalphin	Temp		24:52
61	Kevin Geary	Logitech		24:56
62	Kevin O'Shea	Temp		24:57
63	Neilus Aherne	MD Insulation Services	M55	24:58
64	Nicholas Pike	Temp		24:59
65	Stephen Lynch	Temp		25:00
66	Pat Power	Temp		25:02
67	John Duff	Temp		25:04
68	Clive Donnohue	Gilberts Restaurant		25:05
69	Eddie Byrne	IPS	M55	25:05
70	Pat Moloney	Army	M55	25:06
71	Eamonn Carroll	Southern Law	M45	25:10
72	Joe Murphy	Cork County Council	M55	25:11
73	Alan Barry	Temp		25:15
74	Jonathon Leniston	Mullpro-Fitness		25:15
75	Marc Dalton	MD Insulation Services		25:16
76	Aidan Dennehy	Temp		25:16
77	Brian Mullins	Temp		25:17
78	Eric Murphy	Temp		25:18
79	Valerie Vaughan	Temp		25:18
80	Brian Murphy	Temp		25:20
81	Joe McEvoy	Temp	M45	25:23
82	Helen Leonard	Juliet Murphys H+F Club	F40	25:24
83	Kieran Brennan	Navy	M45	25:25
84	Philip Coffey	Southern Law	M40	25:26
85	Brian Kavanagh	Temp		25:27
86	Morgan O'Regan	Temp		25:28
87	Garrett Casey	UCC		25:30
88	David Howell	MD Insulation Services		25:33
89	John Cashman	Midleton News	M45	25:34
90	Pellegrion Picone	EMC		25:35
91	Keith Barrett	Temp		25:37
92	Dermot Kelly	Southern Law		25:38
93	Alan Bannon	Temp		25:39
94	Paul Shanahan	Temp		25:40
95	Aidan Buckley	Temp		25:40
96	Sean O'Sullivan	MSL		25:42
97	Brian Cotter	IPS	M40	25:44
98	Sean Finn	Joyce Wolfe Physio	M45	25:48
99	Mike McGrath	Riverside Dental		25:49
100	Ken Carey	Temp		25:50
101	Ciaran Crowley	Temp		25:50
102	Edward Forde	Temp		25:59
103	David O'Regan	Temp		26:00
104	Ted O'Flynn	Cork Garda	M50	26:02
105	Mick Daly	Navy	M40	26:03
106	Kevin Curran	EMC		26:04
107	Ann Marie Healy	HSE	F40	26:05
108	Barrie Curley	UCC		26:06
109	Simon Long	Pilz Irl		26:06
110	Brian O'Callaghan	Temp		26:08
111	Brendan McGrath	IPS	M40	26:09
112	Fergal Quinn	Temp		26:13
113	Fergal Sargent	Cork Airport		26:16
114	Alan Carey	Temp		26:17
115	Thomas Barry	Temp		26:19

Results of the FMC 4 Mile Road Race - 22nd January, 2012

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

116	Paul Cleary	Temp		26:19
117	Damien Cotter	Temp		26:20
118	Conor McCarthy	Temp		26:21
119	Kevin O'Leary	Temp		26:21
120	John O'Sullivan	Bord Gais Eireann		26:21
121	Denis Cronin	Denis Cronin Electrical	M45	26:22
122	Louise Keane	Temp		26:23
123	Stephen Creedon	Denis Cronin Electrical		26:23
124	Laura Wolfe	Joyce Wolfe Physio		26:24
125	Sharon Woods	Temp		26:29
126	Ray Kelly	Temp		26:30
127	Patrick Hession	Novartis		26:31
128	David Harte	Temp		26:31
129	Derrick Goggin	Pilz Irl		26:32
130	Charlie Byrd	Temp		26:33
131	Ray Shanahan	Southern Law	M55	26:33
132	Terri Hennessy	Avondhu Motor Factors		26:34
133	Anne Wolfe	Temp		26:34
134	Eoin Downing	Colaiste Muire Cobh		26:37
135	Stephen Devereaux	Temp		26:37
136	Martin Rahilly	DMP		26:38
137	William O'Riordan	Army	M55	26:39
138	Garry Relihan	Boston Scientific		26:41
139	Roger O'Mahony	Cork Airport		26:42
140	Anna Doris	Midleton News	F40	26:44
141	Alan Noonan	Janssen		26:44
142	Gillian Cotter	UCC	F35	26:45
143	John O'Mahony	O'Mahony		26:45
144	Gavin Nugent	Temp		26:47
145	Michael Brennan	Dept of Ed	M40	26:48
146	Seamus Cahill	IPS	M45	26:54
147	Donal Courtney	Bord Gais Eireann		26:55
148	Tom Curtis	IPS		26:57
149	Sean Freeman	IPS	M50	27:00
150	Karol Watson	EMC		27:04
151	Morgan O'Donnell	Temp		27:05
152	Neil Manning	Navy		27:07
153	Orla Crosbie	HSE	F40	27:08
154	Denis Looney	Marriot		27:08
155	Paul Cotter	UCC	M50	27:09
156	Brian Lenihan	Group 4 Securicor		27:13
157	John Carey	Cork Airport	M45	27:15
158	Eddie Barry	Temp		27:16
159	Keith Rogers	Pfizers Little Island		27:18
160	Trevor O'Sullivan	McKesson Irl		27:20
161	Phil McGrath	Midleton Tri + Run	M60	27:22
162	Glen Kenneally	Temp		27:22
163	Donal O'Chaoimh	Bord Gais Eireann		27:23
164	Kevin Fennessy	Temp		27:27
165	Richard Forrest	Temp		27:27
166	Shane Hanley	Temp		27:29
167	Tony Huff	Team Adidas	M55	27:31
168	Aidan O'Brien	Irish Rail		27:32
169	Joe O'Loughlan	Musgraves		27:34
170	Michael O'Mullain	Southern Law		27:41
171	John Holland	An Post Eircom	M60	27:43
172	Kevin Borg	Janssen	M50	27:43
173	Brian Wakefield	Irish Rail	M45	27:46

Results of the FMC 4 Mile Road Race - 22nd January, 2012

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

174	Aidan Burke	Team Adidas		27:47
175	Darran Casey	Syncreon Technology		27:48
176	David Barry	Cork Garda		27:49
177	Brendan Tobin	Temp		27:50
178	Cladha McMorrow	Temp		27:50
179	Killian Hennessy	Temp		27:51
180	Niall O'Cruaioich	Cork City Council		27:52
181	Brendan Williams	Quality Hotels	M40	27:52
182	Patrick O'Mahony	Irish Rail	M40	27:53
183	Victor Kiely	Temp		27:56
184	Dan Horgan	MD Insulation Services	M55	27:57
185	Patrick O'Mahony	Temp		27:57
186	Christopher McGrath	Temp		27:59
187	Donnacha O'Sullivan	Temp		28:00
188	Don Ryan	Southern Law	M40	28:00
189	Conor Fox	Pilz Irl		28:00
190	Trevor O'Neill	Flexible Connectors		28:01
191	Jimmy Murray	HSE	M60	28:01
192	Pat Dineen	Eli Lilly	M50	28:02
193	Pat J Murphy	Navy	M45	28:02
194	Damien Nagle	McKesson Irl	M40	28:07
195	Ned Ramsell	Flexible Connectors	M40	28:10
196	Denis White	Temp		28:10
197	Eoin Hourian	Temp		28:12
198	Dave Noonan	Temp		28:12
199	Tommy Lee	Temp		28:15
200	Chris Carroll	HSE	M55	28:18
201	Alan Cummins	Navy		28:20
202	David Hobbs	Temp		28:22
203	Sheldon Kirkwood	Temp		28:22
204	Sean O'Riordan	Temp		28:26
205	Trevor Murphy	Cork Airport		28:28
206	Margo Dinan	Fit 4 Life	F40	28:28
207	Anne Marie Power	Glenside Environmental		28:30
208	Michael Dooley	IPS	M45	28:30
209	Laurence Courtney	Temp		28:35
210	Dave Murphy	Temp		28:36
211	Eleanor Fennessey	Novartis		28:38
212	Thomas Lombard	Eli Lilly	M45	28:39
213	Brian Leahy	Bord Gais Eireann		28:41
214	Derek Murphy	Temp		28:41
215	Kevin O'Connor	IPS	M45	28:43
216	Gearoid Fitzgerald	Temp		28:44
217	Brian Barry	Barry		28:45
218	Mick Dunne	UCC	M60	28:45
219	Matthew Geraghty	Temp		28:46
220	Stephen Koch	UCC	M40	28:47
221	Paul Fitzsimons	Pfizers Little Island	M45	28:49
222	Vincent O'Neill	EMC	M45	28:50
223	Tony O'Leary	Temp		28:52
224	David Murray	FMC		28:55
225	Padraig O'Regan	Temp		28:56
226	Karol Ahern	Temp		28:56
227	Tim McCarthy	Bord Gais Eireann		28:58
228	John O'Sullivan	Temp		28:58
229	Janice Downey	Temp		29:00
230	David Coady	Temp		29:00
231	John McCarthy	Temp		29:01

Results of the FMC 4 Mile Road Race - 22nd January, 2012

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

232	Tony O'Brien	Dept of Ed	M50	29:01
233	Michael Travers	Temp		29:05
234	Kathleen Kelly	Pfizers Ringaskiddy	F35	29:06
235	Padraig DeBurca	Temp	M45	29:07
236	Fiona Davies	Temp		29:08
237	Ross Farrell	Temp		29:08
238	Ken O'Byrne	Temp		29:09
239	Vincent Downing	Navy	M50	29:10
240	Colin O'Dowling	Temp		29:11
241	Kieran Mullane	EMC	M45	29:11
242	Paul Harrington	Cope	M45	29:15
243	Unknown	Temp		29:17
244	Anthony Walsh	Sisks Builders	M45	29:20
245	Ger McLoughlin	Navy		29:21
246	David Burke	UCC	M40	29:23
247	Vince Goggin	Temp		29:24
248	Tom O'Neill	Temp		29:24
249	Kevin O'Connor	Temp		29:25
250	Simon Fitzgerald	Temp		29:26
251	Frank Linehan	Owl Printer	M60	29:28
252	Owen Ryan	Ryans		29:32
253	Kevin Quaid	Temp		29:33
254	Evan Twomey	Deady Security		29:33
255	Elton Chambers	GE Healthcare		29:36
256	Peter Curtin	McKesson Irl		29:38
257	Helen Gilroy	Midleton News	F45	29:38
258	Anthony Horgan	Cork Painters	M40	29:41
259	Kevin Butterworth	Pyeroy		29:41
260	Colin McTaggart	Temp		29:42
261	John O'Riordan	UCC	M55	29:42
262	Kevin Quilligan	Temp		29:43
263	Aidan Buckley	Cork Painters	M45	29:43
264	Liam O'Leary	Janssen		29:44
265	Liam Donovan	Janssen	M50	29:45
266	Andrew O'Farrell	Pfizers Ringaskiddy	M55	29:45
267	Dermot Linehan	Temp		29:48
268	John O'Leary	Bookdeal	M60	29:49
269	Eileen Buckley	Cork Shops	F45	29:49
270	Edward Newman	CBC Staff		29:49
271	Therese Crowley	Temp		29:51
272	John F Barry	FMC		29:53
273	Michael Ring	Cork Garda		29:53
274	Daragh O'Sullivan	O'Sullivan		29:54
275	Michael O'Cruaioi	Temp		29:54
276	Steve Murphy	Temp		29:55
277	Eoin McCarthy	Temp		29:55
278	John O'Halloran	ESB	M60	29:57
279	Monica Twohig	Eolas	F45	29:57
280	Liam Murphy	Bord Gais Eireann		29:59
281	Lorraine Carr	Temp		29:01
282	Alan Hackett	Renolds Logistics		29:01
283	Brian Murphy	Temp		30:03
284	Mossy Shanahan	Deady Security	M55	30:05
285	Shay Bollard	Temp		30:06
286	Jerome McCormack	Temp		30:07
287	John Walshe	Temp		30:10
288	Lisa Walsh	Temp		30:14
289	Kieran Hannon	FMC		30:15

Results of the FMC 4 Mile Road Race - 22nd January, 2012

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

290	Donal O'Donoghue	NSC	M45	30:15
291	Mary Walsh	Pfizers Ringaskiddy	F40	30:16
292	James Moore	Irish Rail		30:17
293	John Murphy	Murphy		30:19
294	Paul O'Sullivan	Temp		30:22
295	Kerry Constant	Irish Oxygen Company	M55	30:22
296	Sandra Jo Sinnott	Temp		30:23
297	Greg St Ledger	Temp		30:24
298	Tina Sheehan	Temp		30:26
299	Finbarr Kingston	Temp		30:28
300	Donie O'Connell	Midleton News	M60	30:28
301	John Collins	Civil Service		30:29
302	Liam O'Leary	Cork City Council	M65	30:31
303	Tony Neiland	Millipore		30:32
304	Sonya O'Sullivan	Army	F35	30:35
305	Andrew O'Leary	United Technology		30:36
306	Colman Madden	Temp		30:41
307	Pat Bransfield	Temp		30:42
308	Zara Murphy	Temp		30:43
309	Jennnifer Goggin	Novartis		30:44
310	Brian McDonnell	Temp		30:45
311	Aine Murphy	UCC	F35	30:46
312	Bernard Sisk	Sisks Builders	M60	30:46
313	Karen Neiland	Cognis		30:51
314	Carol Sinnott	Temp		30:54
315	Joseph O'Flynn	Temp		30:56
316	John Cotter	ESB	M65	30:56
317	Batt Kearney	Temp		31:01
318	Thomas Murphy	Temp		31:09
319	Ruth Condon	Temp		31:10
320	John Quigley	Statsol	M55	31:13
321	Neil Holland	Temp		31:15
322	Nicola McKeown	Temp		31:20
323	Daniel McMahan	Temp		31:23
324	Kevin Murphy	FMC		31:23
325	Dermot Gallagher	Temp		31:29
326	Angela McCall	Dept of Ed	F35	31:30
327	Peter Cunningham	Temp		31:32
328	Rory Galvin	Temp		31:35
329	Seamus Daly	Temp		31:36
330	Alan Morrissey	Temp		31:38
331	Cliona O'Donoghue	Temp		31:39
332	Michelle Forde	Temp		31:40
333	Tim Finnigan	Temp		31:41
334	Collette Barry	Temp		31:41
335	Ted Linehan	Owl Printer	M55	31:42
336	Ian Casey	EMC		31:45
337	Mick Murphy	MOB Doors	M45	31:47
338	Peter Stanley	Biopharma Engineering		31:50
339	Rosemary Gunn	TGV Express	F50	31:51
340	Colin Lane	Temp		31:52
341	Ger McCarthy	Temp		31:55
342	Danny McCarthy	An Post Eircom	M60	31:57
343	Karen O'Brien	Temp		31:58
344	Louise Barry	Temp		31:59
345	Louise O'Keeffe	Temp		31:59
346	Joanne O'Mahony	Temp		32:03
347	Barry Frawles	Temp		32:09

Results of the FMC 4 Mile Road Race - 22nd January, 2012

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

348	Ken Tierney	Temp		32:15
349	David Healy	UCC		32:16
350	Catherine O'Callaghan	Temp		32:23
351	Tony Dunne	Avondhu Motor Factors	M70	32:24
352	Ruth Burke	Eli Lilly		32:25
353	Magte Gomez	Eli Lilly	F35	32:26
354	David Cotter	Cork Painters	M60	32:26
355	Willie O'Regan	Bord Gais Eireann		32:31
356	Kieran Hayes	Temp		32:31
357	Yvonne Kenny	Temp		32:32
358	David Keating	EMC		32:33
359	Vincent O'Donovan	Eli Lilly		32:34
360	Paudie McAuliffe	Temp		32:35
361	Kieran Murphy	Temp		32:37
362	Alan Buckley	Temp		32:38
363	Jimmy Nyhan	EMC	M40	32:40
364	Bernadette Twomey	Employability	F40	32:43
365	Kathleen Murphy	Temp		32:44
366	Emily Power	Temp		32:48
367	Katie Buckley	Temp		32:56
368	Barry O'Donovan	Temp		32:59
369	Kieran Noonan	PPG Architectural Costings	M45	33:00
370	Brid Kenny	Temp		33:04
371	Mark O'Neill	Temp		33:04
372	Ollie Power	Cork Garda		33:06
373	Graham O'Sullivan	Temp		33:08
374	Sorcha O'Neill	Janssen		33:09
375	Dave Herlihy	Temp		33:12
376	Finbarr Kiely	Temp		33:12
377	Noelle Hennessy	Temp		33:19
378	Stephen Patterson	Temp		33:22
379	John O'Gorman	Temp		33:24
380	Tony Attridge	Temp		33:24
381	Donal O'Reilly	Eli Lilly	M45	33:26
382	Paddy Daly	Army	M65	33:26
383	Denise Hickey	Janssen	F35	33:27
384	Robert Cremin	Janssen		33:28
385	Sean Sheehan	Temp		33:28
386	Clare Kenny	Temp		33:30
387	Sean O'Riordan	Temp		33:31
388	Aidan O'Donovan	Temp		33:36
389	Oonagh Horgan	Janssen		33:44
390	Laura Fitzpatrick	FMC		33:46
391	Aine Cahill	HSE		33:47
392	Christy O'Driscoll	Pfizers Ringaskiddy	M60	33:48
393	Donal Cronin	Temp		33:51
394	Deirdre Lane	Temp		33:53
395	Noel Kenna	FMC		33:55
396	Mary McCarthy	Temp		33:57
397	Susan Lyne	Ernst & Young	F35	33:58
398	John Devine	FMC		34:01
399	Niall O'Sullivan	Temp		34:03
400	Martin Lawless	Temp		34:06
401	Brian Furlong	Temp		34:09
402	Denis Manning	Temp		34:10
403	Deirdre Murphy	Temp		34:15
404	Kieran Horgan	FMC		34:16
405	Conor Horgan	Temp		34:22

Results of the FMC 4 Mile Road Race - 22nd January, 2012

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

406	Ciaran Brenock	BOI	M40	34:22
407	Conor O'Sullivan	Bord Gais Eireann		34:23
408	Paul Higgins	AD Cork	M50	34:24
409	Mike Keating	Temp		34:31
410	Valerie Lynch	Temp		34:38
411	Pat Fleming	Temp		34:38
412	Alan Foley	Novartis		34:38
413	Patrick Lane	Temp		34:39
414	John McCarthy	Temp		34:39
415	Brendan Hogan	EMC	M40	34:45
416	Annette Fitzgerald	Temp		34:46
417	Brian Murphy	Eli Lilly		34:49
418	Brian Cronin	Temp		34:53
419	Leah O'Halloran	Little Island Dental		34:56
420	David Reilly	FMC		34:57
421	Eleanor Bergin	Temp		34:57
422	Deirdre Lee	Temp		35:01
423	Kieran Manning	Mercer	M40	35:03
424	Austin Murphy	Boyne Valley Honey	M60	35:04
425	Francis Lynch	Hayden Training		35:05
426	Rath Burke	GSK Training Services		35:06
427	Margaret Noelle O'Sullivan	Southern Law		35:08
428	Claire Coleman	Southern Law		35:11
429	Maggie Dunne	Avondhu Motor Factors	F65	35:13
430	Shara Smith	Temp		35:13
431	Aileen O'Sullivan	Temp		35:14
432	Claire Curtin	Temp		35:17
433	Mark Murphy	Janssen	M45	35:45
434	Anthony Kiernan	Temp		35:49
435	Sabrina Daly	Temp		35:52
436	Wendy Howell	Temp		35:53
437	Rachel Cronin	Temp		35:59
438	Sylvia Pearson	Temp		36:01
439	Karen Daly	Temp		36:01
440	Kieran Murphy	Temp		36:03
441	Jason Lynch	Temp		36:06
442	Mary Linehan	Owl Printer	F60	36:08
443	Cormac O'Carroll	Temp		36:15
444	Nora Savage	Temp		36:15
445	Elaine Fitzgerald	Temp		36:21
446	Mary Treasa Brady	Temp		36:21
447	Peter Barry	Pilz Irl		36:24
448	Melissa Cashman	Temp		36:29
449	Mary Mulcahy	BOI	F45	36:33
450	Siobhan O'Mahony	Ernst & Young		36:34
451	Ross O'Leary	Temp		36:38
452	Nora Lucy	Temp		36:42
453	Laura Powell	Temp		36:44
454	Patrick Cooney	Temp		36:44
455	Mary McCarthy	Temp		36:46
456	Carine Curtin	McKesson Irl		36:52
457	Anne O'Connor	Temp		36:54
458	Eamonn Crotty	Temp		36:58
459	Aloufi Abdulrahman	UCC Student		37:00
460	Winnie O'Ceallachain	Temp		37:09
461	Katie Geary	Temp		37:12
462	Faith Noonan	Temp		37:13
463	Jennifer O'Byrne	Temp		37:21

Results of the FMC 4 Mile Road Race - 22nd January, 2012

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

464	Mark McSweeney	PMC Group	M40	37:24
465	Colette O'Sullivan	Amazon CS Irl Ltd	F35	37:30
466	Colin Jordan	Temp		37:32
467	Fiacra Bracken	Novartis	M45	37:36
468	Brian Kavanagh	EMC	M40	37:37
469	Nicola Goulding	Temp		37:46
470	Emma McCurtin	Temp		37:48
471	Emer Holland	Temp		37:54
472	Danny O'Farrell	Temp		37:55
473	Roseanne Nyhan	Temp		37:56
474	Michelle Wiggins	Temp		37:57
475	Eilish Walsh	Midleton News	F40	37:57
476	Patricia Halligan	Temp		38:00
477	Karen Condon	Temp		38:04
478	Mary Donovan	Temp		38:08
479	Valerie Foley	Temp		38:12
480	Aileen O'Keeffe	Temp		38:13
481	Rebecca Daly	Temp		38:14
482	Tom Coakley	Temp		38:22
483	Rita McKenna	HSE	F40	38:29
484	Lydia Alcala	HSE	F45	38:31
485	Maeve Barry	Temp		38:32
486	Deirdre Allen	Temp		38:36
487	Susan Casey	Temp		38:37
488	Joan McCarthy	BOI	F50	38:37
489	Pat Walsh	Temp		38:52
490	Clodagh Kelleher	Temp		38:58
491	Unknown	Temp		38:58
492	Aoife Byrne	Southern Law	F35	39:04
493	Frank Kelleher	Cork City Council	M60	39:13
494	Anne Shine	Temp		39:17
495	Unknown	Temp		39:27
496	Orla O'Connell	Temp		40:03
497	Lorraine McGuire	Temp		40:10
498	Lorraine O'Connor	Temp		41:05
499	Louise Bermingham	Temp		41:50
500	Grace Hickey	Temp		42:10
501	Elaine Counihan	Temp		42:43
502	Ann Marie Boyle	Temp		43:07
503	Mary Toher	Dept of Ed	F50	43:40
504	Bernice Glavin	Temp		43:45
505	Seunas O'Brien	FMC		44:33
506	Tas O'Leary	Temp		44:34

Jerry Forde HSE

Men

- 1 Sean McGrath
- 2 George Waugh
- 3 John Meade
- 4 James Doran

O/40

- 1 Tony Kelleher
- 2 Joe Cunningham
- 3 Colin O'Herlihy

O/45

Results of the FMC 4 Mile Road Race - 22nd January, 2012

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

- 1 Cathal O'Connell
- 2 Don Keohane
- 3 Mark Bickerdike

O/50

- 1 Michael Murphy
- 2 Ted O'Flynn
- 3 Sean Freeman

O/55

- 1 Neilus Aherne
- 2 Pat Moloney
- 3 Joe Murphy

O/60

- 1 Phil McGrath
- 2 John Holland

O/65

- 1 Mick Dunne
- 2 Liam O'Leary

O/70

- 1 John O'Leary

Wheelchair

- 1 Jerry Forde

Mens A Team

	Points
1 McKesson	76
2 UCC	102
3 Army	141
4 Cork Garda	184
5 Quality Hotels	248
6 Eli Lilly	423
7 Janssen	577
8 McKesson	610
9 Pilz Irl	765
10 Cork Garda	821
11 EMC	1057
12 Eli Lilly	1157

Mens B Team

	Points
1 Logitech	137
2 MD Insulation	168
3 Pilz Irl	175
4 IPS	188
5 Team Adidas	205
6 EMC	225
7 Navy	238
8 Southern Law	247
9 Dedy Security	350
10 UCC	481
11 IPS	572
12 EMC	613

Mens C Team

	Points
1 Irish Rail	399

Results of the FMC 4 Mile Road Race - 22nd January, 2012

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

2	IPS	405
3	Bord Gais	430
4	Cork Airport	475
5	Southern Law	489
6	Navy	546
7	Novartis	579
8	Bord Gais	719
9	UCC	727
10	Cork Painters	875
11	Cork City Council	975
12	Janssen	1082

Ladies Individual

1	Ann Marie Holland
2	Helen Leonard
3	Ann Marie Healy
4	Lorna Wolfe

O/35

1	Gillian Cotter
2	Kathleen Kiely
3	Sonya O'Sullivan

O/40

1	Anna Doris
2	Orla Crosbie
3	Margo Dinan

O/45

1	Helen Gilroy
2	Eileen Buckley
3	Monica Twohig

O/50

1	Aine Murphy
2	John McCarthy

O/60

1	Maggie Dunne
2	Mary Linehan

Ladies A Team

	Points	
1	HSE	10
2	Midleton News	16
3	UCC	23
4	Pfizers	24
5	Novartis	25
6	Avondhu Motor Factors	37

Ladies B Team

	Points	
1	Eli Lilly	41
2	Janssen	47
3	Dept of Ed	61
4	Southern Law	61
5	Ernst & Young	62
6	HSE	66
7	BOI	75

Results of the FMC 4 Mile Road Race - 22nd January, 2012

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

Next BHAA Event

ESB 5k Cross Country Challenge @ Beaumont Park

Sunday 12th February @ 11am

Entries & changing at Cork Constitution Rugby Club, Temple Hill

Bord Gais 5k Road Race

Sunday 11th March @ 11am

Entries & changing at Mahon Community Centre

Results of the FMC 4 Mile Road Race - 22nd January, 2012

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

06:10
06:11
06:13
06:14
06:14
06:14
06:15
06:15
06:16
06:16
06:16
06:16
06:16
06:17
06:18
06:19
06:19
06:19
06:19
06:19
06:20
06:20
06:20
06:21
06:21
06:21
06:21
06:22
06:22
06:22
06:23
06:23
06:24
06:24
06:24
06:25
06:25
06:25
06:26
06:26
06:27
06:27
06:28
06:28
06:30
06:30
06:30
06:31
06:31
06:31
06:31
06:31
06:32
06:32
06:33
06:34
06:34
06:35

Results of the FMC 4 Mile Road Race - 22nd January, 2012

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

06:35
06:35
06:35
06:35
06:35
06:35
06:36
06:36
06:36
06:37
06:37
06:38
06:38
06:38
06:38
06:38
06:38
06:39
06:39
06:39
06:40
06:40
06:41
06:41
06:41
06:41
06:41
06:42
06:42
06:43
06:44
06:44
06:45
06:46
06:46
06:47
06:47
06:47
06:47
06:48
06:49
06:49
06:49
06:50
06:50
06:50
06:51
06:52
06:52
06:52
06:53
06:53
06:53
06:55
06:56
06:56
06:57

Results of the FMC 4 Mile Road Race - 22nd January, 2012

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

06:57
06:57
06:57
06:57
06:57
06:58
06:58
06:58
06:58
06:59
06:59
06:59
07:00
07:00
07:00
07:00
07:00
07:00
07:01
07:01
07:02
07:02
07:02
07:03
07:03
07:04
07:04
07:05
07:05
07:05
07:07
07:07
07:07
07:07
07:07
07:07
07:09
07:09
07:09
07:10
07:10
07:10
07:11
07:11
07:11
07:11
07:11
07:12
07:12
07:12
07:13
07:14
07:14
07:14
07:14
07:14
07:15
07:15
07:15

Results of the FMC 4 Mile Road Race - 22nd January, 2012

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

07:15
07:16
07:16
07:17
07:17
07:17
07:17
07:17
07:18
07:18
07:19
07:19
07:20
07:20
07:21
07:21
07:21
07:21
07:22
07:22
07:23
07:23
07:23
07:24
07:24
07:24
07:25
07:25
07:25
07:25
07:26
07:26
07:26
07:26
07:26
07:27
07:27
07:27
07:27
07:28
07:28
07:28
07:28
07:28
07:29
07:29
07:29
07:29
07:30
07:15
07:15
07:31
07:31
07:31
07:32
07:32
07:34
07:34

Results of the FMC 4 Mile Road Race - 22nd January, 2012

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

07:34
07:34
07:34
07:35
07:35
07:35
07:36
07:36
07:36
07:37
07:37
07:37
07:38
07:38
07:39
07:39
07:40
07:40
07:41
07:41
07:41
07:41
07:41
07:43
07:44
07:44
07:44
07:45
07:47
07:48
07:48
07:49
07:50
07:51
07:51
07:52
07:52
07:53
07:54
07:54
07:55
07:55
07:55
07:55
07:55
07:55
07:56
07:57
07:58
07:58
07:58
07:59
07:59
08:00
08:00
08:00
08:01
08:02

Results of the FMC 4 Mile Road Race - 22nd January, 2012

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

08:04
08:04
08:06
08:06
08:06
08:06
08:06
08:08
08:08
08:08
08:08
08:09
08:09
08:09
08:09
08:10
08:11
08:11
08:12
08:14
08:15
08:15
08:16
08:16
08:16
08:17
08:17
08:18
08:18
08:20
08:20
08:21
08:21
08:21
08:21
08:21
08:22
08:22
08:22
08:22
08:23
08:24
08:26
08:26
08:27
08:27
08:28
08:28
08:29
08:29
08:30
08:30
08:31
08:31
08:32
08:32
08:34
08:34
08:35

Results of the FMC 4 Mile Road Race - 22nd January, 2012

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

08:35
08:36
08:36
08:38
08:39
08:39
08:39
08:40
08:40
08:41
08:41
08:42
08:43
08:44
08:44
08:44
08:45
08:46
08:46
08:46
08:47
08:47
08:48
08:48
08:48
08:48
08:49
08:56
08:57
08:58
08:58
09:00
09:00
09:00
09:01
09:01
09:02
09:04
09:04
09:05
09:05
09:06
09:07
09:08
09:09
09:09
09:11
09:11
09:11
09:11
09:13
09:13
09:15
09:15
09:17
09:18
09:18
09:20

Results of the FMC 4 Mile Road Race - 22nd January, 2012

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

09:21
09:22
09:23
09:24
09:24
09:26
09:27
09:28
09:29
09:29
09:29
09:29
09:30
09:31
09:32
09:33
09:33
09:33
09:33
09:35
09:37
09:38
09:38
09:39
09:39
09:39
09:39
09:43
09:45
09:45
09:46
09:48
09:49
09:52
10:01
10:02
10:16
10:28
10:32
10:41
10:47
10:55
10:56
11:08
11:09

Results of the FMC 4 Mile Road Race - 22nd January, 2012

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

Results of the FMC 4 Mile Road Race - 22nd January, 2012

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

Results of the FMC 4 Mile Road Race - 22nd January, 2012

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