

## Carlingford 10K - Saturday, 4th March 2017

Pos	Bib #	Name	GunTime	Pace	Gender
1	1311	<b>Dermot Mathers</b>	00:34:54.1	5:38	M
2	1030	<b>Oliver Cook</b>	00:35:04.1	5:39	M
3	1353	<b>Niall Porter</b>	00:35:19.0	5:42	M
4	1270	Desmond Fahy	00:39:10.0	6:19	M
5	1181	Fergal O'Neill	00:40:25.0	6:31	M
6	1288	Paul Hartley	00:40:25.0	6:31	M
7	1254	Shane Coleman	00:40:45.0	6:34	M
8	1276	andrew fitzgerald	00:41:55.0	6:46	M
9	1048	Trevor Dowd	00:41:55.0	6:46	M
10	1202	Pat Rocks	00:42:15.0	6:49	M
11	448	<b>Patricia mckibbin</b>	00:42:18.8	6:49	F
12	1255	Brendan Connolly	00:42:25.0	6:50	M
13	1328	Barry McGoldrick	00:42:30.0	6:51	M
14	1116	Dallan McAleenan	00:42:40.0	6:53	M
15	1032	<b>Caitriona Cosgrave</b>	00:42:45.0	6:54	F
16	1383	Fergal Cunningham	00:42:45.0	6:54	M
17	1251	<b>Sally Clarke</b>	00:42:55.0	6:55	F
18	1336	Peter Mullan	00:43:30.0	7:01	M
19	1113	Domhnall Mc Ardle	00:43:45.0	7:03	M
20	1133	Paul McGann	00:43:45.0	7:03	M
21	1203	Roisin Rocks	00:43:54.0	7:05	F
22	1313	Shane Mc coy	00:44:00.0	7:06	M
23	1206	Luke Ryder	00:44:15.0	7:08	M
24	1221	Nicola Swinson	00:44:20.0	7:09	F
25	1146	Donal McMorland	00:44:20.0	7:09	M
26	1076	Colm Hanratty	00:44:25.0	7:10	M
27	1339	Jason Murray	00:44:55.0	7:15	M
28	1128	Kelly McCoy	00:45:11.6	7:17	F
29	1011	Sarah-Jane Beattie	00:45:12.8	7:17	F
30	1266	Sean Denvir	00:45:45.4	7:23	M
31	1368	Martin Toner	00:46:02.3	7:25	M
32	1279	Paul Flanagan	00:46:16.5	7:28	M
33	1320	Paul McCourt	00:46:16.8	7:28	M
34	1392	Sam Irwin	00:46:19.4	7:28	M
35	1170	Peter Noone	00:46:33.9	7:30	M
36	1002	stephen allen	00:46:40.5	7:32	M
37	1176	Murtagh O'Brien	00:46:44.5	7:32	M
38	625	Jason Russell	00:46:50.2	7:33	M
39	921	James Trainor	00:46:51.1	7:33	M
40	1066	Orla Gordon	00:46:53.5	7:34	F
41	1364	Paul Savage	00:46:56.9	7:34	M
42	149	Feargal Deery	00:47:08.8	7:36	M
43	1050	Martin Duggan	00:47:29.6	7:40	M
44	1376	Aoife McShane	00:47:30.2	7:40	F
45	1196	Mark Reilly	00:47:36.4	7:41	M
46	1147	Adrian McMullan	00:47:40.4	7:41	M
47	1393	Brian Lynch	00:47:44.1	7:42	M
48	514	Colleen Mulligan	00:47:50.6	7:43	F
49	1244	Lloyd Byrne	00:48:05.3	7:45	M
50	1068	Christine Graham	00:48:08.1	7:46	F
51	1394	Barry Clarke	00:48:18.8	7:47	M
52	154	Ciaran McCaffery	00:48:32.0	7:50	M

53	1172	Shane O neill	00:48:34.1	7:50	M
54	1256	Paul Connolly	00:48:45.3	7:52	M
55	1055	ken farnon	00:48:52.4	7:53	M
56	364	Paul Mc connon	00:48:59.3	7:54	M
57	1348	Fiona O'Neill	00:49:02.9	7:55	F
58	1092	Patrick Kennedy	00:49:10.4	7:56	M
59	1349	Hugh O'Neill	00:49:12.4	7:56	M
60	1280	Rory Galvin	00:49:14.5	7:56	M
61	1201	Lynsey Robb	00:49:19.3	7:57	F
62	1319	Anne-Marie McCormick	00:49:20.0	7:57	F
63	1148	Frances McMullan	00:49:52.9	8:03	F
64	1171	paul o loughlin	00:49:54.8	8:03	M
65	1003	Lasma Andersone	00:49:59.2	8:04	F
66	1232	Aine Woodman	00:49:59.3	8:04	F
67	1260	Christopher Craven	00:50:05.2	8:05	M
68	1064	Frances Gordon	00:50:08.1	8:05	F
69	1273	Aidan Farry	00:50:08.8	8:05	M
70	1347	Damian O'Neill	00:50:11.5	8:06	M
71	1321	RONAN MCCOURT	00:50:14.8	8:06	M
72	1057	Joel Ferguson	00:50:27.1	8:08	M
73	1053	Nicola Ellison	00:50:59.0	8:13	F
74	1189	vincent Perry	00:51:08.3	8:15	M
75	1243	Kenneth Busher	00:51:08.3	8:15	M
76	1269	Jo Eckersley	00:51:15.3	8:16	F
77	1240	Cathal Brennan	00:51:22.8	8:17	M
78	1331	Gerard McKenzie	00:51:30.4	8:18	M
79	1033	Ian Cosgrove	00:51:33.5	8:19	M
80	1259	Andrew Cosgrove	00:51:33.5	8:19	M
81	1296	Jonny Kelso	00:51:34.5	8:19	M
82	1277	Orla Fitzgerald	00:51:41.9	8:20	F
83	1072	John Gray	00:52:03.5	8:24	M
84	1385	Paul Malone	00:52:05.4	8:24	M
85	1124	Ian McCann	00:52:08.5	8:25	M
86	1110	Ross Malone	00:52:12.3	8:25	M
87	1005	Rachel Annan	00:52:24.6	8:27	F
88	1262	Noelle Cullen	00:52:25.4	8:27	F
89	1338	Graham Murray	00:52:31.3	8:28	M
90	1218	Ian Smyth	00:52:33.6	8:29	M
91	1264	Paul Cunningham	00:52:36.3	8:29	M
92	1390	Louise Stewart	00:52:37.2	8:29	F
93	1241	Conor Brennan	00:52:38.9	8:29	M
94	1209	Ron Gardiner	00:52:42.4	8:30	M
95	220	Gabby Gardiner	00:52:42.6	8:30	F
96	1047	CLIVE DOWD	00:52:55.8	8:32	M
97	1211	Nikolay Simeonov	00:52:57.8	8:32	M
98	1233	Peter Woods	00:52:59.9	8:33	M
99	1185	Roddy O'Sullivan	00:53:04.3	8:34	M
100	1197	Rose Reilly	00:53:07.4	8:34	F
101	1257	Niamh Conroy	00:53:08.7	8:34	F
102	1227	Gary Walls	00:53:09.8	8:34	M
103	1163	Maria Murphy	00:53:12.2	8:35	F
104	1115	Jack Mc Shane	00:53:18.9	8:36	M
105	16	Aislinn Begley	00:53:21.8	8:36	F
106	1079	Paula Hennessy	00:53:27.7	8:37	F
107	1247	Nigel Cassidy	00:53:27.8	8:37	M
108	1155	Garry Monaghan	00:53:30.1	8:38	M

109	1015	Cormac Byrne	00:53:36.5	8:39	M
110	1367	Donal Skinnader	00:53:38.1	8:39	M
111	1178	John O'Donovan	00:53:41.9	8:40	M
112	1382	Kevin Flanagan	00:54:00.1	8:43	M
113	1389	Keith Rafferty	00:54:02.1	8:43	M
114	1119	Martin McAllister	00:54:05.1	8:43	M
115	1358	Neal Rice	00:54:10.0	8:44	M
116	1182	Niall O'Neill	00:54:12.1	8:45	M
117	573	Deborah O'Sullivan	00:54:16.5	8:45	F
118	1304	Anita Lenehan	00:54:16.5	8:45	F
119	1122	Sinead McAteer	00:54:20.2	8:46	F
120	1235	John Austin	00:54:38.2	8:49	M
121	1354	Shane Quigley	00:54:41.0	8:49	M
122	1292	Liz Kania	00:54:41.1	8:49	F
123	71	Maria Carolan	00:54:43.5	8:50	F
124	1379	Orla McDonnell	00:54:43.9	8:50	F
125	1386	S O'Hanlon	00:54:54.4	8:51	M
126	1274	Clare Ferguson	00:54:56.3	8:52	F
127	1127	Siofra McCooley	00:54:58.2	8:52	F
128	1272	Ciaran Fallon	00:54:58.7	8:52	M
129	1362	Brendan Ryan	00:54:59.3	8:52	M
130	1294	Fergal Kelly	00:55:02.1	8:53	M
131	1380	Sarah Moore	00:55:02.1	8:53	M
132	1340	Mary Murray	00:55:02.5	8:53	F
133	1283	Danielle Gilmore	00:55:03.0	8:53	F
134	1136	Liam McGlade	00:55:13.1	8:54	M
135	1234	Keith Young	00:55:13.2	8:54	M
136	1150	Fiona McNally	00:55:15.8	8:55	F
137	1318	Sheila McCloy	00:55:18.3	8:55	F
138	1022	Tracey Carney	00:55:31.2	8:57	F
139	1144	David McManus	00:55:31.3	8:57	M
140	1248	Catherine Chambers	00:55:37.3	8:58	F
141	1137	Unknown Runner	00:55:38.8	8:58	M
142	1101	Francie LAVERTY	00:55:38.9	8:58	M
143	1236	Katie Bell	00:55:41.2	8:59	F
144	1021	Helen Cardwell	00:55:42.7	8:59	F
145	1105	Geraldine Lynn	00:55:46.8	8:59	F
146	1298	Jenny King	00:55:47.8	8:59	F
147	1017	Maria Byrne	00:55:51.4	9:00	F
148	1065	Michael Gordon	00:55:52.3	9:01	M
149	1285	Jamie Graham	00:55:54.2	9:01	M
150	1080	John Hickie	00:55:55.3	9:01	M
151	1018	Martin Byrne	00:55:56.1	9:01	M
152	1016	Lisa Byrne	00:55:56.2	9:01	F
153	1306	Caroline Lloyd	00:55:56.3	9:01	F
154	1141	Lisa McKenna	00:56:17.9	9:05	F
155	1332	John McKeivitt	00:56:18.2	9:05	M
156	260	Brian Martin Harney	00:56:24.8	9:06	M
157	1200	Anna Rieplova	00:56:33.4	9:07	F
158	1214	JOSEPH SLOAN	00:56:38.9	9:08	M
159	1051	Shauna DUGGAN	00:56:42.7	9:09	M
160	1215	Aoife Smith	00:56:55.5	9:11	F
161	1239	Deirdre Breen Breen	00:56:56.0	9:11	F
162	1395	P Mallon	00:57:01.3	9:12	M
163	1226	Yvonne Twomey	00:57:02.2	9:12	F
164	1216	Damian Smith	00:57:05.2	9:12	M

165	1310	Dean Marshall	00:57:07.8	9:13	M
166	1152	Jim McNamara	00:57:13.1	9:14	M
167	1387	Gavin Dobbin	00:57:22.8	9:15	M
168	1372	Donna Wills Hughes	00:57:24.9	9:15	F
169	1099	John Knapton	00:57:25.8	9:16	M
170	1360	Sharon Rothwell	00:57:26.3	9:16	F
171	1094	Daniel Keohane	00:57:27.4	9:16	M
172	1040	Rionach Devlin	00:57:29.8	9:16	F
173	1300	James Lawne	00:57:38.0	9:18	M
174	1356	Michelle Rafferty	00:57:43.8	9:19	F
175	1268	Maria Durnin	00:57:47.4	9:19	F
176	1365	Bronagh Sawey	00:57:48.2	9:19	F
177	1363	GrUinne Ryan	00:57:48.3	9:19	F
178	1151	Martin McNally	00:57:53.9	9:20	M
179	1199	Treasa Rice	00:58:07.4	9:22	F
180	1027	Sinead Collins	00:58:07.7	9:22	F
181	1261	Stephen Creighan	00:58:07.9	9:22	M
182	1168	Colette Neasy	00:58:21.7	9:25	F
183	1169	James Neasy	00:58:21.7	9:25	M
184	1149	Joyce McMullan	00:58:26.6	9:25	F
185	1297	Carol Kierans	00:58:29.6	9:26	F
186	1008	Andrew Bligh	00:58:34.6	9:27	M
187	1337	Angela Mullin	00:58:37.9	9:27	F
188	1330	colleen mckenzie	00:58:43.2	9:28	F
189	1222	Majella Tierney	00:58:45.0	9:29	F
190	1045	Eileen Donohoe	00:58:45.5	9:29	F
191	1104	Maria Lynch	00:58:54.0	9:30	F
192	1028	Marie-louise Connolly	00:59:05.9	9:32	F
193	1075	Susie Hamilton stubber	00:59:10.1	9:33	F
194	1084	Keith Hyland	00:59:12.3	9:33	M
195	1322	Louise McElroy	00:59:18.1	9:34	F
196	1290	Stuart Hickey	00:59:20.3	9:34	M
197	1371	Rose White	00:59:30.3	9:36	F
198	1085	Jenny Hyndman	00:59:42.9	9:38	F
199	1024	Joseph Clancy	00:59:43.0	9:38	M
200	1225	Lisa Tumilty	00:59:47.5	9:39	F
201	1097	Gillian Kirk	00:59:47.8	9:39	F
202	1187	Rebecca Orr	00:59:49.1	9:39	F
203	1167	Aoife Neasy	00:59:51.2	9:39	F
204	1089	Paula Kearney	00:59:55.2	9:40	F
205	1326	Aisling McGarrell	00:59:58.2	9:40	F
206	1327	Jacqui McGarrell	00:59:58.2	9:40	F
207	1374	Vivienne Woods	01:00:00.2	9:41	F
208	1108	Shane Maguire	01:00:07.0	9:42	M
209	1258	Damien Corridan	01:00:09.7	9:42	M
210	1160	Jacinta Morgan	01:00:20.6	9:44	F
211	1263	Sean Cullinane	01:00:23.6	9:44	M
212	1058	Julie Fitzpatrick	01:00:24.3	9:45	F
213	1078	Stella Harrison	01:00:25.9	9:45	F
214	1219	Sonya Sobbin	01:00:44.0	9:48	F
215	1038	Aoife Darragh	01:00:47.4	9:48	F
216	1359	Sarah Rocks	01:00:51.2	9:49	F
217	1186	Helen Oneill	01:00:55.7	9:50	F
218	1164	Katie Murren	01:00:55.7	9:50	F
219	1287	patrick griffin	01:00:58.2	9:50	M
220	1275	Orla Finn	01:01:01.6	9:50	F

221	1081	Audrey Higgins	01:01:01.7	9:50	F
222	1184	Karen O'Sullivan	01:01:04.3	9:51	F
223	1302	Maura Leneghan	01:01:11.7	9:52	F
224	1067	Ann Marie Graham	01:01:13.2	9:52	F
225	1366	Jennifer Sexton	01:01:19.1	9:53	F
226	1267	Jill Donegan	01:01:20.2	9:54	F
227	1246	Louise Cassidy	01:01:29.7	9:55	F
228	1106	Deborah McKnight	01:01:30.5	9:55	F
229	1316	Julie McBride	01:01:30.6	9:55	F
230	1012	Janine Burns	01:01:34.9	9:56	F
231	1109	Maureen Mallon	01:01:40.5	9:57	F
232	1278	Lorna Fitzpatrick	01:01:43.6	9:57	F
233	1061	Karen Gill	01:01:45.8	9:58	F
234	1118	Unknown Runner	01:01:49.0	9:58	M
235	1073	Nuala Grew	01:01:55.5	9:59	F
236	1191	Elizabeth Poll	01:01:57.5	9:59	F
237	1023	Lorraine Carvill	01:01:58.0	9:59	F
238	1190	Andrea Phillips	01:01:59.3	9:59	F
239	1333	Colin McNally	01:02:08.6	10:01	M
240	1334	Teresa McNally	01:02:08.8	10:01	F
241	1286	Michael Grant	01:02:09.2	10:01	M
242	1010	Georgia Brophy	01:02:20.8	10:03	F
243	1344	Caren O' Malley	01:02:21.3	10:03	F
244	1350	Lisamarie O'Reilly	01:02:25.5	10:04	F
245	1174	Susan O REILLY	01:02:32.1	10:05	F
246	1305	Roisin Lindholm	01:02:54.9	10:09	F
247	1192	Shona Pryde	01:03:05.6	10:10	F
248	1357	Naomi Reid	01:03:06.1	10:11	F
249	1335	Ciara McNulty	01:03:18.8	10:13	F
250	1177	Caroline O'Donovan	01:03:21.2	10:13	F
251	1242	Gavin Brown	01:03:27.7	10:14	M
252	1245	Kevin Campbell	01:03:27.8	10:14	M
253	1134	Tara Mcgeough	01:03:29.1	10:14	F
254	1006	Margot Belfroid	01:03:44.6	10:17	F
255	1303	Patrick Leneghan	01:03:45.5	10:17	M
256	1299	Fiona Knapton	01:03:51.7	10:18	F
257	1098	Barbara Knapton	01:03:52.1	10:18	F
258	1166	Mairead Napier	01:03:52.9	10:18	F
259	1069	Sarah Graham	01:04:01.1	10:20	F
260	1096	Stephen Killilea	01:04:06.0	10:20	M
261	1074	Adele Grey	01:04:07.3	10:20	F
262	1165	Kim Murtagh	01:04:12.9	10:21	F
263	1391	John Irwin	01:04:13.8	10:21	M
264	1207	Mairead Savage	01:04:22.0	10:23	F
265	1284	Michelle Gormley	01:04:22.3	10:23	F
266	1388	Mandy Rooney	01:04:22.5	10:23	M
267	1037	Rose Curran	01:04:31.9	10:24	F
268	1375	Briega Wray	01:04:34.1	10:25	F
269	1046	Laura Donohue	01:04:44.4	10:26	F
270	1129	Daire McDevitt	01:04:44.4	10:26	F
271	1071	Geraldine Gray	01:04:51.7	10:28	F
272	1042	paula Diamond	01:05:02.3	10:29	F
273	1291	Tim Jenks	01:05:12.7	10:31	M
274	1135	Patricia Mcgivern	01:05:16.9	10:32	F
275	1253	Edele Clelland	01:05:32.7	10:34	F
276	1007	Esther Bell	01:05:34.8	10:35	F

277	1034	Roisin Coulter	01:05:35.0	10:35	F
278	1102	Rosie Leavy	01:05:46.4	10:36	F
279	1308	Edel Manning	01:06:17.1	10:41	F
280	1317	Yvonne McBride	01:06:17.8	10:41	F
281	1384	Audrey Gilchrist	01:06:18.2	10:42	M
282	1343	Hu O reilly	01:06:22.4	10:42	M
283	1345	Sinead O' Reilly	01:06:22.5	10:42	F
284	1312	Briege Mc Cann	01:06:24.0	10:43	F
285	1013	Leona Burns	01:06:28.9	10:43	F
286	1142	David McKeown	01:06:31.5	10:44	M
287	1114	Iain Mc Guinness	01:06:38.2	10:45	M
288	1117	Dearbhla McAleenan	01:06:49.8	10:47	F
289	1060	Kathy Gil	01:06:56.9	10:48	F
290	1179	Fergal O'Flaherty	01:06:57.3	10:48	M
291	1162	Emma Murphy	01:07:11.4	10:50	F
292	1112	Samantha Matthews	01:07:16.4	10:51	F
293	1111	David Matthews	01:07:16.5	10:51	M
294	1062	BARBARA GILLILAND	01:07:22.7	10:52	F
295	1370	Linda Valentine	01:07:23.7	10:52	F
296	1369	Gary Valentine	01:07:23.8	10:52	M
297	1217	Padraic Smith	01:07:25.2	10:52	M
298	1026	Eugene Collins	01:07:28.8	10:53	M
299	375	Patricia Mc Mullen	01:07:31.9	10:53	F
300	1175	Cathriona O Rourke	01:07:35.8	10:54	F
301	1346	Ciaran O'Neill	01:07:36.7	10:54	M
302	1361	Cindy Rush	01:07:40.7	10:55	F
303	1204	Sarah Rooney	01:07:45.2	10:56	F
304	1325	Anne McEvoy	01:07:53.2	10:57	F
305	1355	Emma Quinn	01:07:55.1	10:57	F
306	1063	Melissa Glasgow	01:07:58.3	10:58	F
307	1156	Rose Conway	01:08:07.5	10:59	F
308	1049	Myra doyle	01:08:07.5	10:59	F
309	1158	ARLENE MONTGOMERY	01:08:10.0	10:59	F
310	1183	Cronia O'Reilly	01:08:18.8	11:01	F
311	1132	Stephanie McEneaney	01:08:21.7	11:01	F
312	1220	andrea surgenor	01:08:26.2	11:02	F
313	1039	Karen Davison	01:08:26.5	11:02	F
314	177	Liz Downey	01:08:33.1	11:03	F
315	1154	jennifer millington	01:08:33.2	11:03	F
316	1213	Ciara Sloan	01:08:54.0	11:07	F
317	1093	Roisin Kennedy	01:09:29.4	11:12	F
318	1138	Carol McHugh	01:09:43.3	11:15	F
319	1210	Niamh Sheridan	01:11:09.8	11:29	F
320	1157	Mary Monaghan	01:11:37.6	11:33	F
321	1329	Garret McGoldrick	01:12:05.9	11:38	M
322	1381	Susan McElroy	01:12:07.3	11:38	M
323	1314	Danielle Mc Crory	01:12:07.4	11:38	F
324	1250	Heather Chestnutt	01:13:03.4	11:47	F
325	1001	Emma Adams	01:13:28.1	11:51	F
326	1036	Carolyn Cunningham	01:13:51.0	11:55	F
327	1014	Emma Butler	01:14:12.6	11:58	F
328	1123	Leanne McAuley	01:14:13.6	11:58	F
329	1052	Dermot Dunne	01:14:13.6	11:58	M
330	1043	Sarah-Louise Dobbin	01:14:37.7	12:02	F
331	1087	Paul Jennings	01:14:50.9	12:04	M
332	1054	Helen Entwistle	01:15:51.2	12:14	F

333	1249	Ruth Charles	01:16:18.9	12:18	F
334	1309	Lisa Marsh	01:16:19.0	12:19	F
335	1289	EOGHAN HEGARTY	01:18:22.0	12:38	M
336	387	laurence mcCabe senior	01:18:45.0	12:42	M
337	1188	Gosia Osicka	01:18:54.9	12:44	F
338	1224	Jody Treanor	01:18:55.2	12:44	M
339	1029	Rachel Conroy	01:18:59.2	12:44	F
340	1295	Grainne Kelly	01:20:09.6	12:56	F
341	1238	Sarah Bradley	01:20:40.1	13:01	F
342	1070	Eileen Grant	01:21:08.6	13:05	F
343	1100	ine Laverty	01:24:14.5	13:35	F
344	1230	Michelle White	01:25:55.3	13:51	F
345	1082	Paul Higgins	01:26:12.3	13:54	M
346	1044	veronica Doherty	01:36:53.0	15:38	F
347	1059	Carla Fraser	01:38:10.5	15:50	F
348	1121	Marie McAteer	01:38:11.6	15:50	F
349	1126	Sally McClean	01:39:44.7	16:05	F
350	164	Kathleen Diver	01:42:22.4	16:31	F
351	1252	Stephen Cleary	23:30:55.4	227:34	M