

St. Stephen's Day Club Road Race HELD On 31st December '09 due to weather

WOMEN & JUVENILE RESULT

Incorporating 'Jack Mealy Cup' – Most improved female on '08 performance

Pl.	Name	2008	2009	Imp.	P.B.	Year Achieved
1.	*Deirdre Doyle	---	5.27	---	5.27	New
2.	*Sinead Kelly	---	5.55 P.B.	---	5.56	2006
3.	*Mary Ellen Doyle	---	5.58	---	5.58	New
4.	*James Moore	5.52	5.59	0.07 +	5.52	2008
5.	Cian Kelly	---	6.59	---	6.59	New
6.	Ann Nichol/Waugh	---	7.31	---	7.31	New
7.	Maura Fleming	---	7.52 P.B.	---	8.46	2007
8.	*Margaret Davis	---	8.27	---	8.27	New
9.	Adrienne Kelly	---	8.30	---	8.30	New
10.	Marie Behan	10.00	8.42 P.B.	1.18 –	8.58	2007
11.	Mikayla Kelly	---	8.53	---	8.53	New
12.	*Mary Whelan	9.08	9.04	0.04 –	8.39	2007
13.	Brian O'Reilly	---	9.14	---	9.14	New
14.	Laura O'Reilly	---	9.14	---	9.14	New
15.	Orla Davis	---	9.30	---	9.30	New
16.	*Orla Shiels	---	10.08	---	10.08	New
17.	Luke Attridge	---	12.10	---	11.41	2007
18.	Josh Hogan	---	13.15	---	13.15	New
19.	Sinead O'Reilly	---	13.25	---	13.25	New
20.	*Ann Marie Condron	---	15.55	---	15.55	New

- Designates prize winners which included the top 3 and those randomly drawn.

'Jack Mealy Cup' – Most Improved Lady on Previous Year – Marie Behan 1 minute & 18 seconds

Nice to see 3 new P.B's. Unfortunately a number were unable to participate as they had returned to work, while others had made prior arrangements. Thanks to those that turned out and to John and Marie Behan for the use of the premises.

'Jack Mealy Cup' winners:

2009 – Marie Behan

2008 – Mary Brennan

2007 – Avril Murphy

2006 – Claire Phelan

2005 – Claire Phelan.

Any queries or changes re above please let me know a.s.a.p.

Patrick

St. Stephen's Day Club Road Race HELD On 31st December '09 due to weather
MEN'S RESULT – Paddy 'DOC' Delaney Cup – Most improved on '08 performance

Pl.	Name	2008	2009	Imp.	P.B.	Year Achieved	Team
1.	*Tom Hogan	---	14.05	---	14.05	New	A1
2.	*Colm Burke	14.06	14.21	0.15 +	13.17	1996	B1
3.	*Stephen Attride	---	14.31 <i>P.B.</i>	---	16.23	2007	C1
4.	*Stephen Lawlor	---	15.16	---	15.16	New	E1
5.	*Brian Kelly	16.03	15.31	0.32 –	15.24	2007	D1
6.	*Eamon Maher	---	15.41	---	15.41	New	F2
7.	*Eddie Walsh	---	15.50	---	15.50	New	E2
8.	Conor Barry	---	16.06 <i>P.B.</i>	---	17.36	1997	G2
9.	*John 'Bob' Quinn	---	16.20	---	16.20	New	F1
10.	James Nolan	17.32	16.38 <i>P.B.</i>	0.54 –	17.23	2007	A2
11.	*Michael O'Connor	---	16.38	---	16.38	New	D2
12.	Tony Pender	---	16.56 <i>P.B.</i>	---	18.22	2006	B2
13.	Colin Coyne	---	17.05	---	17.05	New	G1
14.	*Jason McGrath	17.13	17.29	0.16 +	16.57	2007	F4
15.	John Graham	---	17.44	---	17.44	New	C2
16.	*Francis Fleming (Snr)	18.14	17.46	0.28 –	17.24	1997	D3
17.	*Adrian Byrne	---	18.06	---	18.06	New	E3
18.	*Patrick O'Reilly	18.28	18.25 <i>P.B.</i>	0.03 –	18.28	2008	E4
19.	James Brennan (Cl)	21.25	18.37 <i>P.B.</i>	2.48 –	21.25	2008	C4
20.	Martin Kelly	---	18.40	---	14.08	1992	G4
21.	Mick McGrath	17.40	18.43	1.03 +	17.26	2007	A3
22.	Ciaran Kelly	19.09	18.50	0.19 –	14.11	1987	B3
23.	*Aidan McGrath	17.50	18.57	1.07 +	17.50	2008	F3
24.	Edward O'Reilly	---	19.40	---	17.00	1994	C5
25.	*Joe Nolan	---	19.45	---	18.24	2005	D4
26.	Matt Moore	19.11	19.46	0.35 +	19.11	2008	G3
27.	Keith Purcell	---	19.50	---	19.50	New	C3
28.	Martin Rice	---	20.23	---	20.23	New	G5
29.	Mark (Mono) Kelly	19.25	20.41	1.16 +	19.25	2008	A4
30.	Michael McLoughlin	---	25.09	---	16.51	1989	A5
31.	Ciaran Doyle	25.23	Inj.	---	25.23	2008	B4

* Designates prize winners – Top 3 individuals and top 3 teams. Would like to verify that the details are correct, especially *P.B.* (personal bests) and when they were achieved. It was good to see 11 new comers – while we were missing quite a number having to change from Stephen's day. Congratulations to the SIX that achieved *P.B.*'s. with Stephen Attride's 14.31 being the outstanding performance and taking him into the club's top 20 performances.

The 'Paddy DOC Delaney' cup goes to the athlete who improved most on the previous year performance indicated by the – above. We had 6 athletes who improved:- Patrick O'Reilly 3 seconds, Ciaran Kelly 19 seconds, Francis Fleming (Snr) 28 seconds, Brian Kelly 32 seconds, James Nolan 54 seconds and the winner of the cup with an improvement of 2 minutes and 48 seconds James Brennan (Clonbrock) well done James 1 and James 2.

Team Result (4 to score):-

1 st	E	4, 7, 17 & 18	=	46 pts.	<i>Stephen Lawlor, Eddie Walsh, Adrian Byrne & Patrick O'Reilly.</i>
2 nd	F	6, 9, 14 & 23	=	52 pts.	<i>Eamon Maher, John 'Bob' Quinn, Jason McGrath & Aidan McGrath.</i>
3 rd	D	5, 11, 16 & 25	=	57 pts.	<i>Brian Kelly, Michael O'Connor, Francis Fleming & Joe Nolan.</i>
4 th	C	3, 15, 19, 24 & (27)	=	58 pts.	<i>Stephen Attride, John Graham, James Brennan, Edward O'Reilly & Keith Purcell.</i>
5 th	A	1, 10, 21, 29 & (30)	=	61 pts.	<i>Tom Hogan, James Nolan, Mick McGrath, Mark Kelly & Michael McLoughlin.</i>
6 th	G	8, 13, 20, 26 & (28)	=	67 pts.	<i>Conor Barry, Colin Coyne, Martin Kelly, Matt Moore & Martin Rice.</i>
7 th	B	2, 12, 22 & 31	=	67 pts.	<i>Colm Burke, Tony Pender, Ciaran Kelly & Ciaran Doyle.</i>

Delaney Cup Winners:- 2009 – James Brennan, 2008 – Daniel Aylsbury, 2007 – Daniel Aylsbury, 2006 – Colm Graham, 2005 – Michael McLoughlin, 2004 – Colm Burke, 2003 – Colm Burke, 2002 – Colm Burke. Any Amendments – get in touch *Patrick*