



St Abban's Athletic Club

Laois Sports Partnership Fit4Life League



Stage 5 – Ballylinan 2010 4K – 21stth July 2010 – Open Handicap

<i>Pl.</i>	<i>Name</i>	<i>Address</i>	<i>Time</i>	<i>No.</i>	<i>H/Cap</i>	<i>Act.Time</i>	<i>Time Placing</i>
1.	Paul Doogue	Killeshin	27.52	140	-8	19.52	34 th
2.	Carolyn McNiece	Killeshin	28.10	139	-7	21.10	46 th
3.	Ciara Langton	Luggacurren	28.28	84	-8	20.28	38 th
4.	Cormac Kelly	Rossmore	28.44	63	-14	14.44	06 th
5.	Fergal Delaney	Killeen	28.45	141	-14	14.45	07 th
6.	Hannah Carbery	Rossmore	28.53	101	-8	20.53	42 nd
7.	Francis Fleming Jnr	Mayo	29.00	71	-14	15.00	08 th
8.	Colm Burke	Barrowhouse	29.01	142	-17	12.01	01 st
9.	Molly Carbery	Rossmore	29.03	102	-8	21.03	43 rd
10.	Catrina Baldwin	Ballyfoyle	29.09	27	-8	21.09	45 th
11.	Finan Guinan	Stradbally	29.13	08	-12	17.13	21 st
12.	Matthew Moore	Ashfield	29.14	91	-13	16.14	17 th
13.	Teresa Agar	Coon	29.16	80	-14	15.16	09 th
14.	Niall English	Coolnariska	29.18	118	-14	15.18	10 th
15.	Dinny Whelan	Ardateggle	29.23	117	-11	18.23	27 th
16.	John Quinn	Athy	29.24	143	-16	13.24	02 nd
17.	Karen Rowan	Killeshin	29.26	138	-7	22.26	52 nd
18.	**Jimmy Walsh	Mayo	29.27	48	-12	17.27	22 nd
19.	Maura Fleming	Mayo	29.28	46	-9	20.28	38 th
20.	Francis Fleming Snr	Mayo	29.29	134	-14	15.29	11 th
21.	Colm McEvoy	Timahoe	29.31	144	-16	13.31	03 rd
22.	Colette English	Coolnariska	29.36	21	-14	15.36	12 th
23.	John McDonald	Rossmore	29.37	90	-13	16.37	18 th
24.	James Moore	Arles	29.41	69	-15	14.41	05 th
25.	Niamh Moore	Arles	29.42	68	-7	22.42	53 rd
26.	Jacinta O'Sullivan	Monavea	29.43	124	-9	20.43	41 st
27.	Lisa Gorman	Castlemitchell	29.44	13	-10	19.44	32 nd
28.	Carmel Hughes	Farnans	29.46	20	-6	23.46	55 th
29.	Eleanor Scally	Carlow	29.49	89	-8	21.49	51 st
30.	Katlin Zag	Carlow	29.51	22	-13	16.51	19 th
31.	Bernard Graham	Tolerton	30.00	66	-14	16.00	14 th
32.	Patsy Snoddy	Carlow	30.03	192	-14	16.03	15 th
33.	Mark Wogan	Coon	30.04	81	-14	16.04	16 th
34.	Margaret Davis	Graigucullen	30.07	25	-10	20.07	35 th
35.	Stacey Moran	Athy	30.08	49	-9	21.08	44 th
36.	Cian Kelly	Rossmore	30.10	64	-13	17.10	20 th
37.	Emma Mooney	Maganey	30.11	82	-10	20.11	36 th
38.	Pauline Agar	Coon	30.15	79	-12	18.15	26 th
39.	Eddie Walsh	New Gardens	30.15	05	-16	14.15	04 th
40.	Clare Walsh	Mayo	30.16	47	-11	19.16	31 st
41.	Paul Aylsbury	Graigucullen	30.20	36	-5	25.20	62 nd
42.	Gillian Langton	Luggacurren	30.24	85	-7	23.24	54 th
43.	Pauline Doyle	Tolerton	30.26	03	-10	20.26	37 th
44.	**Theresa Brennan	The Cuts	30.27	09	-13	17.27	22 nd
45.	Clive Waldron	Graigucullen	30.31	33	-9	21.31	49 th
46.	Kelsey Warburton	Timberoe	30.33	94	-10	20.33	40 th

47.	Ann Nicholl	Wolfhill	30.34	24	-12	18.34	29 th
48.	Zandra Horgan	Vicarstown	30.38	129	-9	21.38	50 th
49.	Geraldine Waldron	Graigucullen	30.43	32	-6	24.43	58 th
50.	Marie Murray	Mayo	30.44	76	-11	19.44	32 nd
51.	Mairead O'Kane	Athy	30.46	23	-13	17.46	24 th
52.	Mairead Moore	Arles	30.48	67	-12	18.48	30 th
53.	P. J. Doyle	Carlow	30.52	86	-15	15.52	13 th
54.	Kathleen Aylsbury	Graigucullen	30.56	37	-7	23.56	56 th
55.	Killian Horgan	Vicarstown	31.06	130	-13	18.06	25 th
56.	Noeleen Condron	Stanney	31.09	87	-6	25.09	60 th
57.	Margaret Nash	Doonane	31.10	41	-5	26.10	63 rd
58.	Carolyn Lyons	Doonane	31.10	40	-5	26.10	63 rd
59.	Rachel Brennan	Athy	31.15	50	-6	25.15	61 st
60.	Laura Brennan	Rossmore	31.24	197	-13	18.24	28 th
61.	Laura Graham	Tolerton	31.26	65	-10	21.26	48 th
62.	Mildred Neale	Killgorey	31.52	73	-3	28.52	67 th
63.	Anne Byrne	Clogh	31.53	74	-3	28.53	68 th
64.	Elaine Doogue	Killeshin	31.58	39	-5	26.58	66 th
65.	Edel Brennan	Moneenroe	32.10	60	-11	21.10	46 th
66.	Margaret Walsh	New Gardens	33.01	06	00	33.01	69 th
67.	Olive Lacey	Luggacurren	33.01	34	00	33.01	69 th
68.	Jackie Rowan	Graigucullen	33.25	38	-7	26.25	65 th
69.	Marie Behan	Tolerton	33.26	45	-9	24.26	57 th
70.	Mary Whelan	Carlow	35.01	75	-10 (-7)	25.01	59 th
71.	John Territt	Luggacurren	35.58	145	00	35.58	71 st
72.	Aine Territt	Luggacurren	35.58	146	00	35.58	71 st

*** Awarded these places on times submitted from run on Monday evening. Thanks very much to everyone that turned out, despite the elements. Thanks to Michael Brennan for the use of his premises and to Mary, Breda and Michael Daly and family for the refreshments. Thanks to the Garda and club officials for doing a brilliant job - apologies about the few pot holes out the back of the course. As usual a few got to cod me in the handicap!!. Prizes were awarded to the top 10 across the line.*

If you are in the Master's category (O40) can you please let me know so that I have it sorted before the final stage of the league on the 20th August on the M3 lap. Round 6 will take place on the 4th August in Wolfhill @ 7.30pm with registration from 7.00pm.

We are hosting the National half marathon on the 5th September and while I know quite a few are interested in running in it, if you are not participating and interested in helping out – please let me know.

The Luggacurren 10K is on the 12th September. James Kilbride would like to see as many as possible along on the day.

Regards,

Pat