

# St. Abbans A.C. – Perimeter Lap = 1,350 mts. Approx.

Official Opening 10th September 2010

Ladder Run will take place on the 1st Tuesday of Dec, Feb, Apr, June, Aug for club athletes and on the 1st Wednesday of Jan, Mar, May, July, Sept for those involved in the Fit4Life programme.

## LADDER RUN RESULTS - 3rd NOVEMBER 2010

Rung	Name	Time
96	Sean O'Sullivan	14.00
95	John Territt	11.50
94	Angela Mulhall	11.20
94	Ann Marie Holohan	11.20
94	Dora Fennell	11.20
91	Fionn O'Sullivan	10.54
90	Evan English	10.48
89	Kathleen Butler	10.42
88	Brenda Butler	10.37
87	Helen Fanning	10.32
86	Marie Comerford	10.32
86	Sheila McCarthy	10.32
86	Brendan Reilly	10.17
83	John O'Rourke	9.48
82	Noeleen Condron	8.47
81	Margaret Nash	8.45
80	Colette Brennan (Ross)	8.44
79	Alannah O'Rourke	8.39
79	Matthew Dragoi	8.26
79	Aidan Monaghan	8.07
76	Dymphna Maher	8.03
75	Mary Whelan	8.01
74	Mary Price	7.52
74	Caroline Dobbyn	7.52
72	Niall Egan	7.49
71	Ciara Harrington	7.40
71	Marie Behan	7.40
69	Carmel Hughes	7.22
68	Seoighe English	7.20
67	Orla Kelly	7.10
66	Claire Hogg	7.06
65	Nicole Dowling	7.03
64	Niamh Moore	7.00
63	Sharon Kelly	6.56
62	Marie O'Gorman	6.55
61	Philomena Haughney	6.35
60	Catriona Baldwin	6.33
60	Lucy Carbery	6.33
58	Maura Fleming	6.29
57	Mairead Moore	6.22
56	Pauline Doyle	6.21
55	Lisa Gorman	6.20
55	Margaret Davis	6.20
53	Laura Graham	6.18
53	Colin Dragoi	6.18

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51	Katie Brennan	6.16
50	Orla Davis	6.15
49	Martin Buggy	6.11
49	Saragh Buggy	6.11
47	Ruby Millet	6.08
47	Cara Maher	6.08
47	Jacinta O'Sullivan	6.08
44	Dinny Whelan	6.07
43	Clare Walsh	6.04
42	Aisling Leonard	5.58
42	Molly Carbery	5.58
40	Hannah Carbery	5.57
39	Marie Murray	5.56
39	Siobhan Nash	5.49
37	Tom Buggy	5.47
36	Ann Nicholl/Waugh	5.45
35	Conor Mulhall	5.44
34	Craig Coffey	5.43
33	Tony Brennan	5.40
32	Mary Clare Kelly	5.38
31	John Brennan	5.37
30	Luke Attride	5.37
29	Liam Delaney	5.25
28	Nicky Maher	5.24
28	Mr. Lacey	5.24
26	Roisin Lacey	5.23
25	Fionn Maher	5.22
24	Sinead O'Gorman	5.17
24	Nessa Millet	5.17
22	Cian Kelly	5.16
21	P. J. Doyle	5.12
20	Alan Davis	5.09
19	Claire Phelan	5.02
18	Mark Wogan	4.58
17	Teresa Agar	4.57
16	Eoghan Buggy	4.54
15	Bernard Graham	4.53
14	Christopher Buggy	4.51
14	David Buggy	4.51
12	Francis Fleming Snr	4.50
11	Joseph Barry	4.49
11	James Delaney	4.49
9	Conor Daly	4.43
9	Ailish Brennan	4.43
7	Mark Murray	4.38
6	Eddie Walsh	4.36
5	James Moore	4.27
4	Paul Byrne	4.23
3	Stephen Lawlor	4.04
3	Brian Kelly	4.04
3	Stephen Attride	4.04