

Laois Senior Men & Women Road Races 2013

Hosted by St Abban's AC on Sunday 24th March 2013

Kindly sponsored by Ben Brennan

Senior Women. 4k 17 finishers.

1. Grace Mc Connell	Ballyroan/Abbeyleix & dists.	14.48
2. Breda Mulcahy	St. Abbans	14.52
3. Sharon Grant	Portlaoise	14.55
4. Ruth Hodgins	Portlaoise	15.01
5. Maire Griffiths	St. Abbans	15.08
6. Paula Grant	Portlaoise	15.18
7. Ailish Brennan	St. Abbans	15.53
8. Colette English	St. Abbans	16.18
9. Jean McEvoy	Ballyroan/Abbeyleix & dist.	16.21
10. Michelle Fitzpatrick	Ballyroan/Abbeyleix & dists.	16.34
11. Pam Power	Portlaoise	16.44
12. Caitriona McDonald	St. Abbans	16.56
13. Breda McDonald	Ballyroan/Abbeyleix & dists.	17.27
14. Amanda McDonald	Portlaoise	17.55
15. Carol Brennan	St. Abbans	18.00
16. Margo Dowling	St. Abbans	19.10
17. Ann Nichol-Waugh	St. Abbans	19.52

Teams:

1. St. Abbans (2,5,7,8) 22 points

Breda Mulcahy, Maire Griffiths, Ailish Brennan, Colette English.

2. Portlaoise (3,4,6,11) 24 points

Sharon Grant, Ruth Hodgins, Paula Grant, Pam Power.

3. Ballyroan/Abbeyleix & districts (1,9,10,13) 33 points

Grace McConnell, Jean McEvoy, Michelle Fitzpatrick, Breda McDonald.

4. St. Abbans (12,15,16,17) 60 points

Caitriona McDonald, Carol Brennan, Margo Dowling, Ann Nichol-Waugh

Senior Men.	8k.	28 finishers.	
1. Dan Mulhare	Portlaoise		25.33
2. Colm Burke	St. Abbans		26.30
3. Tony Reilly	Ballyroan/Abbeyleix & dists.		26.59
4. Aengus Burke	Portlaoise		27.34
5. Cyril Cuddy	Portlaoise		27.37
6. Martin McDonald	Ballyroan/Abbeyleix & dists.		27.47
7. Dermott Ayres	St. Abbans		28.15
8. Colm McEvoy	St. Abbans		28.18
9. Philip Roche	St. Abbans		28.22
10. Ciaran Keenan	Ballyfin		28.35
11. Owen Connolly	St. Michaels		28.42
12. Seamus Miller	Ballyroan/Abbeyleix & dists.		29.04
13. Trevor McCormack	Portlaoise		29.14
14. John Kirwan	Ballyroan/Abbeyleix & dists		29.26
15. Shane Delaney	Ballyfin		29.37
16. Riobard Miller	Ballyfin		30.12
17. John Paul Phelan	Ballyfin		30.29
18. Dino Bland	Ballyfin		30.50

19. Tom Dunne	Ballyroan/Abbeyleix & dists.	31.32
20. Francis Fleming (jnr)	St. Abbans	31.35
21. Tim Churchouse	Ballyroan/Abbeyleix & dists.	31.44
22. Niall English	St. Abbans	31.50
23. Trevor Percy	Portlaoise	32.01
24. Aidan Mullally	St. Michaels	32.09
25. Joe Harding	St. Abbans	32.14
26. Francis Fleming (snr)	St. Abbans	32.18
27. Joe Walsh	Portlaoise	33.48
28. Dinny Whelan	St. Abbans	38.41

Teams:

1. Portlaoise (1,4,5,13) 23 points

Dan Mulhare, Aengus Burke, Cyril Cuddy, Trevor McCormack.

2. St. Abbans (2,7,8,9) 26 points

Colm Burke, Dermot Ayres, Colm McEvoy, Philip Roche.

3. Ballyroan/Abbeyleix & districts (3,6,12,14) 35 points

Tony Reilly, Martin McDonald, Seamus Miller, John Kirwan.

4. Ballyfin (10,15,16,17) 58 points

Ciaran Keenan, Shane Delaney, Riobard Miller, John Paul Phelan.

5. St. Abbans 'B' (20,22,25,26) 93 points

Fran Fleming (jnr), Niall English, Joe Harding, Fran Fleming (snr).

Thanks to St. Abbans A.C. for the refreshments and to Ben Brennan for his continued sponsorship.