## LAOIS CREDIT UNIONS CROSS COUNTRY
### Danesfort, Ballyroan - 3rd January '10

<table>
<thead>
<tr>
<th>Girls U.10 – 4 x 250 Relay</th>
<th>1st</th>
<th>Emo/Rath</th>
<th>Emma Lawlor, Aoife Mooney, Chloe Langford &amp; Gillian Keenan.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2nd</td>
<td>Emo/Rath</td>
<td>Niamh Crowley, Rebecca Balfe, Emily Gleeson &amp; Niall Egan.</td>
</tr>
</tbody>
</table>


| Boys U.12 – 4 x 500 Relay | 1st | Emo/Rath | Liam Crowley, Finbar Crowley, Brian Ryan & Eoin Keenan. |


### Junior Men 3K – 9 Ind. & 2 Teams

1. Stephen Attride 10.12 S/A  
2. Stephen Lawlor 10.23 S/A  
3. Brian Kelly 10.37 S/A  
4. Colm Maher 10.53 B/F  
5. James Nolan 11.15 S/A  
6. Chris Finn 11.31 P/L  
7. Connor Hogan 12.42 B/F  
8. Connor Lewis 12.58 B/F  
9. David Lewis 13.02 B/F

**Team**

1st | St. Abbans | 1, 2, 3 & 5 = 11 pts. (Stephen Attride, Stephen Lawlor, Brian Kelly & James Nolan)  
2nd | Ballyfin | 4, 7, 8 & 9 = 28 pts. (Colm Maher, Connor Hogan, Connor Lewis & David Lewis).

### Senior Women 3K – 7 Ind. & 1 Team

1. Claire Phelan 11.56 S/A  
2. Mary Mulhare 12.05 P/L  
3. Ailish Brennan 12.12 S/A  
4. Colette English 13.21 S/A  
5. Breda McDonald 14.07 P/L  
6. Mairead O’Kane 14.18 S/A  

**Team**

1st | St. Abbans | 1, 3, 4 & 6 = 14 pts. (Cl. Phelan, Ailish Brennan, Colette English & Mairead O’Kane)

### Senior Men 10K – 36 Ind. & 5 Teams

1. Michael Mulhare 32.51 P/L  
2. Dan Mulhare 33.38 P/L  
3. Tony Reilly 36.10 P/L  
4. Colm Burke 36.58 S/A  
5. Aengus Burke 37.10 P/L  
6. Martin McDonald 37.17 P/L  
7. Riobard Miller 37.23 B/F  
8. Noel Marum 37.32 P/L  
9. Harry Lupton 37.58 P/L  
10. P. J. Carroll 38.42 P/L  
11. Jimmy McCormack 38.47 P/L  
12. John Quinn 38.55 S/A  
13. David Finn 39.01 B/F  
14. Paul Brennan 39.03 P/L  
15. Ciaran Keenan 39.21 B/F  
16. Connor Barry 39.45 S/A  
17. Colm McEvoy 40.06 S/A  
18. Patrick Marshall 40.29 S/A  
19. Joe Conway 40.37 B/F  
20. Shane Delaney 40.44 B/F  
21. Kevin Doyle 40.46 B/F  
22. Stephen Bland 41.06 B/F  
23. Colin Coyne 41.28 S/A  
24. Mick O’Connor 41.38 S/A  
25. Pavel Debakonski 41.55 P/L  
26. Stephen O’Toole 43.23 B/F  
27. Paul Ging 43.31 B/F  
28. Dan Allen 43.40 B/F  
29. Kevin White 44.04 B/F  
30. Niall Kavanagh 44.58 P/L  
31. Alo Maher 45.16 B/F  
32. Niall English 46.27 S/A  
33. David Keenan 48.44 B/F  
34. Bill Deveraux 49.22 S/M  
35. Gavin Kavanagh 51.46 P/L ??

**Team**

1st | Portlaoise ‘A’ | 1, 2, 3, 5 & 8 = 25 pts. (Micheal Mulhare, Dan Mulhare, Tony Reilly, Aengus Burke, Martin McDonald & Noel Marum).

2nd | St. Abbans | 4, 12, 16, 17, 18 & 23 = 90 pts. (Colm Burke, John Quinn, Connor Barry, Colm McEvoy, Patrick Marshall & Colin Coyne).

3rd | Ballyfin ‘A’ | 7, 13, 15, 19, 20 & 21 = 95 pts. (Riobard Miller, David Finn, Ciaran Keenan, Joe Conway, Shane Delaney & Kevin Doyle).


5th | Ballyfin B’ | 22, 26, 27, 28, 29 & 31 = 163 pts. (Stephen Bland, Stephen O’Toole, Paul Ging, Dan Allen, Kevin White & Alo Maher).