

Woodies DIY Road Relay Championships of Ireland**11th April 2010****Raheny****Master Men****Overall Team**

Rank	Club	Time
1	Raheny Shamrocks (A)	00:19:51
2	Tullamore Harriers	00:19:54
3	Dundrum South Dublin (A)	00:20:01
4	Tallaght A.C	00:20:06
5	Rathfarnham W.S.A.F A.C	00:20:14
6	Finn Valley	00:20:14
7	Clonliffe Harriers	00:20:24
8	Liffey Valley A.C	00:20:30
9	Raheny Shamrocks (B)	00:21:19
10	Inishowen	00:22:14
11	Raheny Shamrocks (C)	00:22:36

Overall Team 050

Rank	Club	Time
1	Tullamore Harriers (50)	00:21:59
2	North East Runners (50)	00:22:09
3	Tallaght A.C (50)	00:22:59
4	Rathfarnham W.S.A.F A.C (50)	00:24:54

Leg 1	Club	Athlete	Overall Time	Leg Split
1	Dundrum South Dublin (A)	John_Healy	00:04:57	00:04:57
2	Liffey Valley A.C	Paul_Balfe	00:04:58	00:04:58
3	Tallaght A.C	Dave_Byrne	00:04:59	00:04:59
4	Finn Valley	Gerard_Bogle	00:05:00	00:05:00
5	Clonliffe Harriers	Philip_O Doherty	00:05:00	00:05:00
6	Raheny Shamrocks (A)	John_Hayes	00:05:01	00:05:01
7	Raheny Shamrocks (B)	Stephen_Nolan	00:05:03	00:05:03
8	Tullamore Harriers	Catch_Grennan	00:05:04	00:05:04
9	Raheny Shamrocks (C)	David_Woods	00:05:07	00:05:07
10	Rathfarnham W.S.A.F A.C	Mick_Bolger	00:05:10	00:05:10
11	Tullamore Harriers (50)	John_Ferry	00:05:11	00:05:11
12	Inishowen	James_Brown	00:05:31	00:05:31
13	North East Runners (50)	Brian_Lynch	00:05:35	00:05:35
14	Tallaght A.C (50)	Derek_Quinn	00:05:42	00:05:42
15	Rathfarnham W.S.A.F A.C (50)	Owen_Murrey	00:06:01	00:06:01

Leg 2	Club	Athlete	Overall Time	Leg Split
1	Raheny Shamrocks (A)	Michael_Traynor	00:14:55	00:09:54
2	Rathfarnham W.S.A.F A.C	Barry_Minnock	00:15:05	00:09:55
3	Dundrum South Dublin (A)	Ian_O Leary	00:15:01	00:10:04
4	Tallaght A.C	Niall_Coppinger	00:15:03	00:10:04
5	Tullamore Harriers	John_Domican	00:15:10	00:10:06
6	Finn Valley	Kieran_Carlin	00:15:10	00:10:10

7	Clonliffe Harriers	Declan_Power	00:15:18	00:10:18
8	Liffey Valley A.C	Tom_O Connor	00:15:33	00:10:35
9	Inishowen	Finbarr_Gallagher	00:16:15	00:10:44
10	Raheny Shamrocks (B)	Damian_Martin	00:16:05	00:11:02
11	Tullamore Harriers (50)	Pat_Conlon	00:16:22	00:11:11
12	North East Runners (50)	Chris_Carroll	00:16:54	00:11:19
13	Tallaght A.C (50)	Debbie_Shorton	00:17:20	00:11:38
14	Raheny Shamrocks (C)	David_Leach	00:17:11	00:12:04
15	Rathfarnham W.S.A.F A.C (50)	Terry_Clarke	00:18:21	00:12:20

Leg 3	Club	Athlete	Overall Time	Leg Split
1	Tullamore Harriers	Noelie_Kelly	00:19:54	00:04:44
2	Raheny Shamrocks (A)	James_Kelly	00:19:51	00:04:56
3	Liffey Valley A.C	Eddie_Mc Grath	00:20:30	00:04:57
4	Dundrum South Dublin (A)	Kevin_O Connor	00:20:01	00:05:00
5	Tallaght A.C	Keith_Sherlock	00:20:06	00:05:03
6	Finn Valley	Frank_Chaney	00:20:14	00:05:04
7	Clonliffe Harriers	Nigel_Brunton	00:20:24	00:05:06
8	Rathfarnham W.S.A.F A.C	Owen_McLoughlin	00:20:14	00:05:09
9	Raheny Shamrocks (B)	David_Gargan	00:21:19	00:05:14
10	North East Runners (50)	Eamonn_Mc Mahon	00:22:09	00:05:15
11	Raheny Shamrocks (C)	Martin_Kelly	00:22:36	00:05:25
12	Tullamore Harriers (50)	Martin_Carroll	00:21:59	00:05:37
13	Tallaght A.C (50)	Brendan_Ryan	00:22:59	00:05:39
14	Inishowen	Micky_Donaghey	00:22:14	00:05:59
15	Rathfarnham W.S.A.F A.C (50)	John_McHugh	00:24:54	00:06:33

Woodies DIY Road Relay Championships of Ireland

11th April 2010

Raheny

Master Women

Overall Team

Rank	Club	Time
1	Raheny Shamrocks A.C	00:23:14
2	Sportsworld	00:23:25
3	Rathfarnham W.S.A.F A.C 'A'	00:23:47
4	Civil Service Harriers	00:23:54
5	Tallaght A.C	00:24:30
6	Rathfarnham W.S.A.F A.C 'B'	00:24:32
7	Donore Harriers	00:24:34

Leg 1	Club	Athlete	Overall Time	Leg Split
1	Sportsworld	Helen_White	00:05:40	00:05:40
2	Rathfarnham W.S.A.F A.C 'A'	Aoife_O' Conner	00:05:47	00:05:47
3	Rathfarnham W.S.A.F A.C 'B'	Vanessa_Sallier	00:05:56	00:05:56
4	Civil Service Harriers	Elaine_Caul	00:05:57	00:05:57
4	Tallaght A.C	Paula_Murray	00:05:57	00:05:57
6	Raheny Shamrocks A.C	Helena_Corcoran	00:06:00	00:06:00
7	Donore Harriers	Barbara_Murray	00:06:02	00:06:02

Leg 2	Club	Athlete	Time	
	1 Raheny Shamrocks A.C	Annette_Kealy	00:17:10	00:11:10
	2 Sportsworld	Lucy_Darcy	00:17:15	00:11:35
	3 Rathfarnham W.S.A.F A.C 'A'	Donna_Mahon	00:17:43	00:11:56
	4 Civil Service Harriers	Grainne_Butler	00:17:54	00:11:57
	5 Tallaght A.C	Jacqui_Boyle	00:18:19	00:12:22
	6 Donore Harriers	Florance_Curley	00:18:30	00:12:28
	7 Rathfarnham W.S.A.F A.C 'B'	Laura_Flynn	00:18:33	00:12:37

Leg 3	Club	Athlete	Time	
	1 Rathfarnham W.S.A.F A.C 'B'	Zoe_Melling	00:24:32	00:05:59
	2 Civil Service Harriers	Ritta_Kansanniva	00:23:54	00:06:00
	3 Donore Harriers	Ali_Loughney	00:24:34	00:06:04
	4 Raheny Shamrocks A.C	Barbara_G_Hanralon	00:23:14	00:06:04
	4 Rathfarnham W.S.A.F A.C 'A'	Helen_Leonard	00:23:47	00:06:04
	6 Sportsworld	Aideen_Downes	00:23:25	00:06:10
	7 Tallaght A.C	Sharon_Tighe	00:24:30	00:06:11

Woodies DIY Road Relay Championships of Ireland

11th April 2010

Raheny

Senior Women

Overall Team

Rank	Club	Time
1	Raheny Shamrock A.C (A)	00:21:52
2	Dundrum South Dublin	00:22:15
3	Raheny Shamrock A.C (B)	00:22:19
4	Eagle A.C	00:22:26
5	St Abbans	00:22:49
6	Clonliffe Harriers (A)	00:22:50
7	Sportsworld	00:22:51
8	Finn Valley A.C (A)	00:22:55
9	Donore Harriers	00:23:17
10	North Down A.C	00:23:33
11	Inishowen	00:23:45
12	Raheny Shamrock A.C (C)	00:23:55
13	Clonliffe Harriers (B)	00:24:55
14	Crusaders	00:26:02
15	Finn Valley A.C (B)	00:26:09

Leg 1	Club	Athlete	Overall Time	Leg Split
	1 Dundrum South Dublin	Sarah_Mulligan	00:05:07	00:05:07
	2 Eagle A.C	Niamh_Roe	00:05:16	00:05:16
	3 Finn Valley A.C (A)	Catriona_Mc Granaghan	00:05:18	00:05:18
	4 Raheny Shamrock A.C (A)	Siobhan_Eviston	00:05:22	00:05:22
	5 Donore Harriers	Fiona_Mahon	00:05:25	00:05:25

6	Raheny Shamrock A.C (B)	Eilis_Kelly	00:05:29	00:05:29
7	North Down A.C	Lauren_Scott	00:05:30	00:05:30
8	Raheny Shamrock A.C (C)	Jenny_O Sullivan	00:05:33	00:05:33
9	St Abbans	Sinead_Kelly	00:05:34	00:05:34
10	Sportsworld	Eimear_Martin	00:05:38	00:05:38
11	Clonliffe Harriers (A)	Louise_Reilly	00:05:40	00:05:40
12	Inishowen	Karen_Crossan	00:05:48	00:05:48
13	Clonliffe Harriers (B)	Emma_Cooper	00:05:59	00:05:59
14	Crusaders	Valerie_Fenton	00:06:24	00:06:24
15	Finn Valley A.C (B)	Mary_Connolly	00:06:26	00:06:26

Leg 2	Club	Athlete	Overall Time	Leg Split
1	Raheny Shamrock A.C (B)	Barbara_Sanchez	00:16:39	00:11:10
2	Raheny Shamrock A.C (A)	Annette_Kealy	00:16:36	00:11:14
3	Eagle A.C	Rhona_Lynch	00:16:35	00:11:19
4	Dundrum South Dublin	Fiona_Clinton	00:16:33	00:11:26
5	Finn Valley A.C (A)	Teresa_Mc Gloin	00:16:48	00:11:30
6	St Abbans	Clair_Phelan	00:17:10	00:11:36
7	Sportsworld	Crona_Brady	00:17:15	00:11:37
8	Clonliffe Harriers (A)	Beck_Woods	00:17:27	00:11:47
9	Inishowen	Helena_Crossan	00:17:59	00:12:11
10	North Down A.C	Jessica_Craig	00:17:42	00:12:12
11	Donore Harriers	Cindy_Hickey	00:17:44	00:12:19
12	Raheny Shamrock A.C (C)	Ann Marie_Hickey	00:18:06	00:12:33
13	Crusaders	Tressan_Mc Cambridge	00:19:18	00:12:54
14	Clonliffe Harriers (B)	Sinead_Hartnett	00:19:02	00:13:03
15	Finn Valley A.C (B)	Clíodhna_Dunne	00:19:34	00:13:08

Leg 3	Club	Athlete	Overall Time	Leg Split
1	Raheny Shamrock A.C (A)	Lorraine_Manning	00:21:52	00:05:16
2	Clonliffe Harriers (A)	Ailish_Mc Dermot	00:22:50	00:05:23
3	Donore Harriers	Adrienne_Jordan	00:23:17	00:05:33
4	Sportsworld	Jean_Wilson	00:22:51	00:05:36
5	St Abbans	Ailish_Brennan	00:22:49	00:05:39
6	Raheny Shamrock A.C (B)	Aoife_Talty	00:22:19	00:05:40
7	Dundrum South Dublin	Aoife_Byrne	00:22:15	00:05:42
8	Inishowen	Theresa_Doherty	00:23:45	00:05:46
9	Raheny Shamrock A.C (C)	Sheila_Coyle	00:23:55	00:05:49
10	North Down A.C	Nicola_Simpson	00:23:33	00:05:51
11	Eagle A.C	Ann Marie_Healy	00:22:26	00:05:51
12	Clonliffe Harriers (B)	Maura_Matthews	00:24:55	00:05:53
13	Finn Valley A.C (A)	Catherine_Brogan	00:22:55	00:06:07
14	Finn Valley A.C (B)	Mary_Hipplesley	00:26:09	00:06:35
15	Crusaders	Mary_Coughlan	00:26:02	00:06:44

Woodies DIY Road Relay Championships of Ireland
11th April 2010
Raheny

Senior Men

Overall Team

Rank	Club	Time
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1	Raheny Shamrock A.C (A)	00:37:53
2	Crusaders	00:38:18
3	Rathfarnham W.S.A.F A.C (A)	00:38:44
4	Ennis Track (A)	00:38:47
5	Clonliffe Harriers (A)	00:39:22
6	North Down A.C (A)	00:39:55
7	Clonliffe Harriers (B)	00:40:07
8	Raheny Shamrock A.C (B)	00:40:07
9	Donore Harriers	00:40:07
10	Sli Cualann	00:41:08
11	Ennis Track (B)	00:41:12
12	Sportsworld	00:41:18
13	Raheny Shamrock A.C (C)	00:42:16
14	Ennis Track (C)	00:42:38
15	Clonliffe Harriers (C)	00:42:41
16	Rathfarnham W.S.A.F A.C (B)	00:43:09
17	Clonliffe Harriers (D)	00:43:26
18	Liffey Valley A.C	00:43:54
19	Lucan Harriers	00:44:53
20	Boards	00:52:47

Leg 1	Club	Athlete	Overall Time	Leg Split
	1 Raheny Shamrock A.C (A)	Mark_Kirwan	00:09:24	00:09:24
	2 Clonliffe Harriers (A)	Gary_O Hanlon	00:09:27	00:09:27
	3 Crusaders	Gareth Coughlan	00:09:34	00:09:34
	4 Rathfarnham W.S.A.F A.C (A)	Eoin_Flynn	00:09:38	00:09:38
	5 Clonliffe Harriers (B)	Eoin_Pearce	00:09:42	00:09:42
	6 North Down A.C (A)	Niall_Robinson	00:09:49	00:09:49
	7 Ennis Track (A)	Liam_Markham	00:09:50	00:09:50
	8 Donore Harriers	Mark_Dooley	00:09:53	00:09:53
	9 Clonliffe Harriers (C)	Brett_Paine	00:10:05	00:10:05
	10 Ennis Track (B)	Aidan_Kearney	00:10:08	00:10:08
	11 Raheny Shamrock A.C (B)	Carl_O Sullivan	00:10:11	00:10:11
	12 Ennis Track (C)	Dara_Chesser	00:10:14	00:10:14
	13 Sportsworld	Trevor_Sweeney	00:10:15	00:10:15
	14 Sli Cualann	Cathal_Daly	00:10:17	00:10:17
	15 Rathfarnham W.S.A.F A.C (B)	Ian_Ingram	00:10:29	00:10:29
	16 Liffey Valley A.C	Ciaran_Reilly	00:10:31	00:10:31
	17 Clonliffe Harriers (D)	Niall_Sherlock	00:10:38	00:10:38
	18 Raheny Shamrock A.C (C)	William_Walsh	00:10:50	00:10:50
	19 Lucan Harriers	Gareth_Feredey	00:11:00	00:11:00
	20 Boards	Aonghus_O' Conner	00:13:53	00:13:53

Leg 2 & 3 Combined Times

Club	Athlete	Overall Time	Leg Split
1 Raheny Shamrock A.C (A)		00:28:25	00:19:01
2 Crusaders		00:28:52	00:19:18
3 Ennis Track (A)		00:28:49	00:18:59

4 Rathfarnham W.S.A.F A.C (A)	00:29:02	00:19:24
5 Clonliffe Harriers (A)	00:29:41	00:20:14
6 Raheny Shamrock A.C (B)	00:30:14	00:20:03
7 North Down A.C (A)	00:29:45	00:19:56
8 Donore Harriers	00:30:25	00:20:32
9 Clonliffe Harriers (B)	00:29:46	00:20:04
10 Sli Cualann	00:30:12	00:19:55
11 Sportsworld	00:30:50	00:20:35
12 Ennis Track (B)	00:31:03	00:20:55
13 Raheny Shamrock A.C (C)	00:31:42	00:20:52
14 Ennis Track (C)	00:31:53	00:21:39
15 Clonliffe Harriers (C)	00:31:18	00:21:13
16 Rathfarnham W.S.A.F A.C (B)	00:31:42	00:21:13
17 Clonliffe Harriers (D)	00:32:43	00:22:05
18 Liffey Valley A.C	00:32:37	00:22:06
19 Lucan Harriers	00:33:04	00:22:04
20 Boards	00:39:27	00:25:34

Leg 4	Club	Athlete	Overall Time	Leg Split
1	Crusaders	Ronan_Kearns	00:38:18	00:09:26
2	Raheny Shamrock A.C (A)	Michael_Clohisey	00:37:53	00:09:28
3	Clonliffe Harriers (A)	Aidan_Bailey	00:39:22	00:09:41
4	Rathfarnham W.S.A.F A.C (A)	Paul_Fleming	00:38:44	00:09:42
5	Donore Harriers	Stephen_Murphy	00:40:07	00:09:42
6	Raheny Shamrock A.C (B)	Ian_Conroy	00:40:07	00:09:53
7	Ennis Track (A)	Brian_Mc Ginley	00:38:47	00:09:58
8	Ennis Track (B)	Michael_Maher	00:41:12	00:10:09
9	North Down A.C (A)	Jordan_Stokes	00:39:55	00:10:10
10	Clonliffe Harriers (B)	Jaime_Rossiter	00:40:07	00:10:21
11	Sportsworld	Paul_O'Connell	00:41:18	00:10:28
12	Raheny Shamrock A.C (C)	Donal_Foley	00:42:16	00:10:34
13	Clonliffe Harriers (D)	Graham_Mahon	00:43:26	00:10:43
14	Ennis Track (C)	Danny_Folan	00:42:38	00:10:45
15	Sli Cualann	Brian_Farrell	00:41:08	00:10:56
16	Liffey Valley A.C	Pierce_Geoghan	00:43:54	00:11:17
17	Clonliffe Harriers (C)	Conor_Mc Guinness	00:42:41	00:11:23
18	Rathfarnham W.S.A.F A.C (B)	Gerard_Claffey	00:43:09	00:11:27
19	Lucan Harriers	Gerard_Byrne	00:44:53	00:11:49
20	Boards	Gerard_Mangan	00:52:47	00:13:20