



St. Abban's Athletic Club

Monavea, Crettyard, Co. Laois.

Established 1955



FARRELL MCELWEE
SOLICITORS

059-9173247

Fit4Life Virtual 4K Stage 8

First Name	Last Name	Club/Location	Stage1	Stage2	Stage3	Stage4	Stage5	Stage6	Stage7	Stage8
Aaron	Langrell	Ballickmoyler	00:17:31	00:15:42	00:15:48		00:16:45	00:16:47		
Adrienne	Kelly	St. Abban's AC	00:21:10	00:20:12	00:20:46	00:20:20	00:20:20	00:20:36	00:21:20	00:21:24
Agnes	Fennelly	Ballyroan Abbeyleix A	00:45:05	00:27:30	00:24:30	00:26:30	00:24:30	00:27:46		
Aidan	Maher	St. Abban's AC	00:17:46	00:16:26	00:17:39			00:16:42		
Aileen	Doyle	St. Michael's AC	00:21:00	00:20:24	00:20:54		00:22:32			
Ailish	Brennan	St. Abban's AC	00:16:13							
Aine	O'Donovan		00:19:55	00:19:40	00:19:48	00:19:28	00:19:48		00:19:53	
Alex	Donohoe	Menapians AC		00:22:05						
Alan	Foxe		00:25:43							
Amanda	Brennan		00:26:30							
Amy	Geoghegan	Moneenroe	00:19:33	00:19:21	00:20:04	00:20:21				
Angela	Behan	St. Abban's AC	00:35:51	00:35:56	00:33:56	00:35:56				
Ann	Fleming		00:24:05							
Ann	Nichol-Waugh	St. Abban's AC	00:21:01							
Anna	Mullins	St. Abban's AC	00:29:15	00:31:55	00:31:06	00:31:26	00:31:43	0:32:25	00:31:34	00:31:53
Anna	McDonald	St. Abban's AC	00:36:38	00:35:21	00:38:10					
Anne	Harvey Kelly		00:22:40	00:21:20	00:21:00	00:20:17	00:21:29	00:20:58	00:20:58	00:17:39
Anne	Graham	St. Abban's AC								
Anne	Carroll		00:24:55		00:24:55	00:21:17				
Anne	Mulhall		00:26:06							
Annetoinette	Gleeson-Mills		00:19:07	00:19:10	00:19:06					
Aoibheann	Kelly		00:25:20							

Aoife	McEvoy	Trilogy Tri Club	00:17:30							
Aoife	O'Malley	Portlaoise AC	00:20:46	00:20:00						
Aoife	O'Sullivan	Castlecomer	00:24:03	00:24:00	00:24:00	00:23:50	00:23:50	00:23:01	00:23:01	
Aoife	Dickinson		00:39:00							
Audrey	Harrington		00:19:12	00:17:48						
Ava	Langrell	Ballickmoyler	00:25:37	00:23:06	00:23:05					
Barry	McGann	Newbridge AC	00:15:31	00:17:10	00:15:33					
Barry	Knowles	St. Abban's AC	00:14:44							
Billy	Murphy	Supreme Runners AC	00:16:50	00:17:30			00:15:20			
Breda	McHugh	Paulstown	00:25:27	00:25:35	00:25:31	00:25:37	00:26:43			
Breda	Daly	St. Abban's AC	00:55:17							
Brendan	McCormack	Dublin 15	00:15:11	00:14:33						
Bronagh	Curry		00:42:28							
Caitriona	McDonald	St. Abban's AC	00:19:03	00:18:17		00:18:35	00:18:09			
Caitriona	Doyle	Carlow	00:23:16	00:22:54	00:22:26	00:22:51				
Caoimhe	O'Sullivan	St. Abban's AC	00:23:24	00:21:53						
Carmel	Ryan	St. Abban's AC	00:20:03	00:19:55						
Carmel	Hughes	St. Abban's AC	00:30:30	00:31:00						
Caroline	Bell	St. Michael's AC	00:29:38	00:28:56	00:28:15					
Caroline	Kelly	SLOT	00:21:00	00:21:33	00:21:22	00:21:40	00:21:46	00:24:44	00:21:49	00:21:35
Casey	Peacock		00:49:27	00:48:13						
Catherine	Carroll	Camross	00:29:28	00:27:46	00:26:55	00:27:23	00:26:23	00:25:08	00:24:55	
Catherine	Mahon	Paulstown				00:25:35	00:26:43			
Cathy	Lawlor	St. Abban's AC	00:20:10							
Catriona	Walsh		00:24:00							
Catriona	Brennan	Castlecomer AC	00:31:45			00:31:03	00:36:03	00:29:31		
Chloe	Nolan	SLOT	00:21:33		00:21:28	00:21:20	00:21:15	00:21:09	00:20:56	
Christine	Craven	St. Abban's AC	00:21:24	00:20:50						
Ciara	Moore	St. Abban's AC		00:37:00						
Ciaran	Kelly	St. Abban's AC	00:17:45	00:17:26	00:17:47	00:17:04	00:17:20	00:16:51	00:17:29	00:17:00
Ciaran	Neary	KCH	00:20:02	00:18:37	00:17:39	00:16:47	00:16:36			
Ciaran	Daly		00:17:34	00:18:37						

Ciarán	Fleming		00:22:06							
Clare	Hutton	SLOT		00:19:51	00:19:33	00:19:10		00:18:48		
Claire	Walsh	St. Abban's AC	00:40:25	00:38:45	00:38:38					
Claire	Dunne		00:22:56							
Colette	Brennan	St. Abban's AC	00:25:40	00:27:00	00:28:40	00:36:00	00:31:09	00:34:15	00:29:00	00:29:00
Conor	Barry	St. Abban's AC	00:13:54							
Conor	Doran	Paulstown	00:17:20							
Craig	Coffey	St. Abban's AC	00:22:04							
Damien	Prendergast	Athy Tri Club	00:26:17	00:26:52	00:26:26		00:24:32			
Dave	Murphy		00:16:14							
David	Hughes	Portlaoise	00:19:19	00:18:32			00:18:26		00:18:23	
David	Wilson		00:24:32	00:24:02	00:23:07					
David	Honeyball		00:21:51							
Declan	McGrath	St. Abban's AC	00:22:10	00:25:34						
Dee	Comerford	Fusion Elite H&F	00:31:52	00:27:08	00:29:35	00:26:16		00:26:55		
Deirdre	Pollard		00:36:00		00:36:00	☐				
Deirdre	Lawlor	Barrowhouse	00:20:02	00:19:44	00:20:01	00:19:09	00:19:07	00:19:01	00:20:14	00:18:50
Denise	Love		00:40:12							
Dick	Mullins	St. Abban's AC	00:19:21	00:20:25	00:20:27	00:20:21	00:20:36	00:20:30	00:20:09	00:21:10
Dinny	Whelan	St. Abban's AC	01:12:00	01:19:32						
Dolores	Meaney	st. Abban's AC	00:40:25	00:40:00	00:38:38					
Donal	Heagney	Portlaoise AC	00:16:32	0:16:31	00:15:57			00:15:48	00:15:46	00:16:00
Donna	Byrne									
Dorel	Picovici									
Eadaoin	Odonovan	Brussels	00:21:22	00:21:49	00:20:20	00:21:57	00:21:32	00:20:32	00:21:00	00:19:48
Edel	McCormack		00:51:32							
Eimear	Pender		00:22:35							
Eithne	Carpenter	St. Abban's AC	00:31:05							
Elaine	Moore		00:26:00							
Elaine	Maher	Athy	00:19:17	00:21:32	00:21:00	00:20:17	00:18:07	00:20:58	00:20:58	00:17:39
Elaine	Connolly	St. Abban's AC	00:18:12				00:19:20	00:19:26	00:19:14	
Elaine	Mahony	Ballyroan Abbeyleix A	00:18:36	00:18:47	00:18:10	00:18:05	00:18:07			

Ellen	Harvey		00:42:08	00:42:45						
Emily	Comerford		00:24:20							
Emma	Baldwin	St. Abban's AC	00:18:56	00:19:24						
Emma	Nolan	SLOT	00:17:04	00:17:23	00:17:05	00:17:08	00:17:10	00:17:08	00:17:04	00:17:01
Enda	Glennon	Castlecomer Fit4Life		00:17:23						
Eoghan	Daly		00:25:03	00:28:00						
Eoin	Minchin	St. Abban's AC	00:18:30	00:17:39						
Eoin	Comerford		00:17:00							
Eoin	Pender		00:19:14							
Evan	O' Carroll		00:17:29	00:17:28						
Fergal	Ramsbottom		00:16:55	00:16:56						
Fiona	McHale									
Fiona	O'Neill		00:24:20							
Fiona	Maher	Castlecomer Fit4Life	00:35:00	00:26:00	00:24:34	00:23:43		00:24:19	00:24:48	00:23:12
Fran	Egan		00:18:26							
Frances	Brennan	SLOT	00:19:52	00:19:49	00:19:06	00:19:08	00:18:54	00:18:56	00:18:33	00:18:30
Gavin	Fraser		00:29:10							
Ger	Campion	Castlecomer AC	00:17:47	00:16:58	00:16:50	00:17:06	00:17:54	00:17:11	00:18:47	00:17:21
Geraldine	Cantwell		00:38:95							
Geraldine	Cullen	St. Michael's AC	00:20:04	00:20:24	00:20:54		00:22:32		00:24:00	
Glenn	Scully		00:24:02							
Gráinne	Kelly	St. Abban's AC	00:45:00	00:51:00						
Helen	Seery	St. Abban's AC	00:32:28	00:32:05		00:38:43				
Helen	Walsh	St. Abban's AC	00:40:25	00:38:45	00:38:38					
Helen	O'Brien	Ballyroan Abbeyleix A	00:27 :31	00:23:17	00:30:05					
Holly	Peacock		00:49:27	00:48:13	00:48:00					
Holly	Byrne	St. Abban's AC	00:24:54		00:26:28					
Isabelle	McCormack	Crookstown Millview	00:21:32	00:21:15		00:24:35				
Jacinta	Horan	Castlecomer Fit4life	00:20:45	00:20:46	00:20:18	00:20:07	00:19:49	00:19:40		
Jackie	Keating		00:22:48		00:21:59	00:20:55	00:21:40		00:20:55	00:20:55
James	Kinsella		00:17:41	00:17:21	00:16:17					
James	McGrath	St. Abban's AC	00:24:00	00:27:52						

James	Nolan	St. Abban's AC	00:18:23		00:19:02					
Jamie	Malone		00:14:26							
Jamie	Holohan		00:22:43	00:22:16	00:23:07	00:21:24	00:21:32	00:22:10	00:20:58	00:20:46
Jason	Monaghan		00:28:05	00:28:26	00:28:17		00:29:01			
Jayne	Beever		00:25:23							
Jen	Kelly		00:28:00							
Jennifer	Byrne	Killeshin	00:25:12	00:25:12	00:25:05					
Jessie	Burke	St. Abban's AC			00:33:44	00:36:00	00:31:09	00:31:09	00:34:15	
Jim	Hanley		00:28:02							
Jimmy	Nerney	Ballyroan Abbeyleix A	00:14:26	00:14:30						
Joanne	O'Brien	Athy Tri Club	00:39:59	00:37:55	00:34:36		00:33:16			
John	Murphy		00:20:17	00:19:22						
John	Brophy	Spink	00:22:28	00:22:36	00:21:40	00:22:30	00:23:31	00:23:09	00:23:38	00:22:42
John	Brennan		00:31:45				00:36:04	00:34:43		
John	Delaney	St. Abban's AC	00:21:05	00:20:47	00:21:25	00:22:40	00:19:21	00:18:05	00:20:15	00:18:53
John	Baldwin	St. Abban's AC	00:16:36							
Johnny	McGrath	St. Abban's AC	00:24:00	00:25:34						
Joyce	Byrne	St. Abban's AC	00:23:03	00:25:00					00:26:00	
Judy	McGrath	St. Abban's AC	00:36:56	00:36:11						
June	O'Neill	Dublin	00:20:59	00:20:39		00:20:32				
Kalem	Buggy	St. Abban's AC								
Karah	O'Brien	Ballyroan Abbeyleix A	00:27:31	00:27:57	00:30:34					
Karen	Kavanagh	St. Abban's AC	00:20:25	00:19:18	00:19:18	00:19:10	00:19:07	00:20:31	00:18:50	00:19:20
Kathy	Sims			00:22:19						
Katie	McGrath	St. Abban's AC	00:21:00	00:19:36						
Keith	Pollard	SLOT	00:15:43	00:15:38	00:15:29	00:15:36	00:15:22	00:15:21	00:15:14	00:15:10
Keith	Morgan	Maganey	00:20:12	00:18:40	00:18:00	00:18:12	00:17:44	00:17:20	00:17:17	00:16:53
Killian	Whelan	St. Abban's AC	00:19:29	00:19:58	00:19:15	00:19:24	00:19:39	00:18:58	00:18:48	00:18:51
Laura	Comerford		00:24:51							
Laura	Mahony	Ballyroan Abbeyleix A	00:19:07	00:18:23						
Laura	Bradish	Templemore Fit4Life	00:20:01	00:20:36	00:23:49					
Lauren	Power	Clogh	00:24:54	00:23:48	00:21:58					

Lauryn	Kealy	St. Abban's AC	00:18:15	00:17:57						
Lily	Brophy	St. Abban's AC	00:20:56	00:20:57	00:20:55	00:20:56				
Linda	Ward	St. Abban's AC	00:22:45	00:21:00	00:21:00	00:20:17	00:21:29		00:20:35	00:17:39
Lisa	Flynn	Roscommon		00:18:45						
Liz	McWey	Ballyroan Abbeyleix A	00:17:04	00:17:30						
Liz	O'Reilly	Ballyroan Abbeyleix A	00:25:33	00:25:01	00:22:58	00:23:01		00:23:36	00:23:04	00:24:04
Liz	O'Sullivan	Castlecomer Fit4life	00:26:01	00:26:40	00:24:51	00:25:04	00:26:00	00:24:22	00:24:03	00:22:31
Louise	Mahony	Ballyroan Abbeyleix A	00:15:21							00:15:45
Lucy	Deegan	St. Abban's AC	00:16:38	00:16:22	00:16:24	00:15:57	00:15:48	00:15:49		
Maire	Fleming	St. Abban's AC								
Mairead	Moore	St. Abban's AC	00:18:30	00:18:20	00:18:13					
Mairead	O'Donovan	Coralstown	00:28:45	00:29:00						
Margaret	Davis	St. Abban's AC		00:21:45	00:20:32					
Margaret	Dillon	Castlecomer AC	00:20:00	00:18:23	00:18:32	00:18:36		00:19:37	00:20:15	
Margaret	Kelly	St. Abban's AC	00:45:00	00:51:00						
Margaret Mary	Carroll	Portlaoise AC	00:26:05	00:24:25	00:25:20	00:24:17	00:24:05	00:23:50		00:23:20
Margo	Dowling	St. Abban's AC	00:19:31	00:19:42	00:19:41	00:19:15	00:19:19			
Marie	O'Rourke		00:26:54							
Marina	Walshe	Castlecomer Fit4life	00:27:47	00:26:40	00:24:51	00:25:04	00:26:00	00:24:22	00:23:49	00:22:31
Mark	Broughill	Dunboyne AC	00:17:19	00:16:49	00:16:07	00:16:11				
Martina	Peacock	Ballyroan Abbeyleix	00:28:43	00:27:54	00:26:24	00:30:00	00:26:49	00:27:46	00:29:48	00:27:17
Martina	Gardiner	Portlaoise AC	00:23:40	00:24:51	00:24:39		00:27:46			
Martina	Doyle		00:45:00	00:40:00		00:35:00	00:35:00			
Mary	O'Brien	Castlecomer	00:29:34	00:29:45	00:28:55	00:26:13		00:25:11		
Mary	Boylan	St. Abban's AC	00:19:24			00:20:28				
Mary	Whelan	St. Abban's AC	00:33:02	00:33:28	00:31:28	00:30:48	00:30:00	00:31:40	00:30:19	00:32:21
Mary	Kelly		00:25:20							
Mary Claire	Redmond		00:29:42							
Matt	Moore	St. Abban's AC	00:17:01	00:16:50	00:16:39					
Matthew	Warren		00:18:17	00:16:50						
Melanie	Mynhardt	Carlow		00:23:18						
Michael	Jackson		00:15:20							

Michael	McDonald	St. Abban's AC	00:20:55	00:21:16	00:21:15					
Michael	O'Connor	St. Abban's AC	00:17:21							
Michelle	Harvey	Vicarstown	00:36:02	00:35:45						
Michelle	Mullins		00:43:06							
Michelle	Molloy		00:25:06	00:24:56						
Mike	McCarthy		00:18:26							
Natalie	O' Carroll		00:24:27							
Niall	Collins	Portlaoise AC	00:15:59	00:15:42	00:15:46	00:15:45	00:15:46	00:15:48	00:15:30	00:15:46
Niall	Kelly		00:15:37							
Niamh	Harpur		00:44:16							
Niamh	Kavanagh	Portlaoise AC	00:22:15	00:21:03	00:21:05	00:20:40	00:20:15	00:22:40		
Niamh	Kavanagh	Portlaoise AC	00:20:34	00:20:52	00:19:01	00:20:03	00:19:45	00:20:25	00:20:25	00:20:30
Nichola	O'Sullivan	St. Abban's AC	00:23:29	00:23:25		00:23:00				
Nicola	Whelan		00:32:20	00:32:20	00:40:10	00:29:27	00:29:40	00:44:10		
Noel	Lawlor		00:38:95							
Noeleen	Condrón	St. Abban's AC	00:28:20	00:29:09	00:35:33	00:29:40	00:29:40	00:28:54	00:28:25	00:28:18
Noeleen	Earle		00:53:25							
Noelle	Lazenby	Athy Tri Club								
Nuala	Arrigan	Trilogy Tri Club	00:24:32	00:23:37	00:23:52	00:24:02	00:24:16	00:26:20	00:24:22	00:24:29
Orla	Hobbs		00:25:48							
Orla Michelle	Glancy	SLOT	00:22:23	00:23:40	00:24:05	00:21:51	00:21:46	00:25:45	00:22:47	00:21:31
Owen	Gorman	Carlow	00:31:00	00:31:00						
Pa	Brennan	Crettyard	00:20:44							
Paddy	Harding	St. Abban's AC	00:23:52	00:22:20	00:22:17	00:22:59	00:23:16	00:23:17	00:22:11	
Patrick	Murphy	Carlow	00:17:39	00:17:14	00:17:20					
Patrick	Dunne		00:15:00							
Patróna	Bolger	Athy	00:22:43	00:22:28		00:24:53	00:24:20	00:24:52		
Paula	Mulkerrins	Athy Tri Club	00:25:30		00:24:23	00:23:11	00:23:27	00:22:27		
Pauline	Doyle	St. Abban's AC	00:23:18	00:23:01	00:22:50	00:22:53	00:22:33	00:22:48	00:22:30	00:22:21
Peggy	Meaney	St. Abban's AC		00:50:16	00:45:45					
Peter	Baldwin	St. Abban's AC	00:18:29	00:16:32	00:16:31	00:16:49				
Pierre	Kelly	Ballylinan	00:20:12	00:18:40	00:18:00	00:18:12	00:17:44	00:17:20	00:17:17	00:16:53

Pj	Peacock		00:28:43	00:48:13	00:26:24					
Rachel	Delaney	Camross	00:21:04	00:18:39						
Robert	Dunne	KCH	00:17:13	00:17:13	00:17:15	00:17:13				
Ricardo	Brites		00:34:52							
Rob	O'Brien	St. Abban's AC	00:15:36	00:15:52		00:15:51	00:16:31			00:16:08
Roisin	Dunleavy		00:16:16							
Rónán	Beasley		00:19:12	00:18:26						
Ronan	Mulhall	SLOT	00:25:54	00:26:15						
Ronan	Wall		00:21:14							
Rose	Mullally	St. Abban's AC	00:21:19	00:22:48						
Rosie	Leigh									
Sandra	Brennan	St. Abban's AC	00:37:40		00:36:20					
Sara	Hickey		00:24:06							
Sarah	Baldwin	St. Abban's AC	00:18:29	00:18:27		00:18:11				
Sarah	Fleming	St. Abban's AC	00:19:03	00:19:40						
Seamus	Byrne	SLOT	00:21:00	00:20:38	00:20:18	00:21:01	00:21:21	00:25:45	00:26:30	00:21:26
Sean	Mahon	Carlow	00:18:59	00:17:34	00:19:28	00:18:05	00:18:18	00:17:58	00:18:20	00:19:05
Sean	Doyle		00:19:44							
Sean	Allen	Castlecomer Fit4life	00:21:14	00:20:46	00:20:18	00:20:07	00:19:34	00:19:40		
Serena	Stanley		00:22:31							
Shane	Bowe		00:14:28							
Shane	Kavanagh	St. Abban's AC	00:19:10	00:18:10	00:17:18					
Sharon	Buggy	St. Abban's AC	00:21:00							
Shauna	Doyle		00:23:57							
Sinead	Robinson	Athy Tri Club	00:21:45	00:21:32	00:21:30	00:21:10	00:21:20	00:22:05	00:21:47	00:20:58
Sinead	Flanagan		00:29:01							
Sinead	O'Gorman		00:18:08		00:18:16					
Sinead	Kelly	St. Abban's AC	00:17:43							
Sinéad	Collins		00:23:45	00:22:56	00:23:13	00:24:50	00:23:41	00:23:26	00:23:38	00:23:33
Siobhan	Taylor		00:24:30							
Stephanie	Sheehan		00:36:52							
Sue	Baldwin	St. Abban's AC	00:33:00	00:32:12	00:31:38	00:31:13	00:31:42	00:31:57		

Tara	Leigh									
Tasha	O'Sullivan		00:21:16	00:19:22		00:18:45	00:18:18	00:18:19	00:18:35	00:18:16
Teresa	Meaney	St. Abban's AC	00:50:16	00:50:16	00:45:45	00:50:50				
Theresa	Nolan		01:07:18		?	00:23:36				
Thomas	Brennan		00:16:29							
Tina	Morris		00:26:01							
Tom	Lupton	Portlaoise AC	00:13:06	00:13:36	00:15:35	00:14:16	00:14:48	00:13:24	00:15:24	00:13:47
Tommy	Lawlor	SLOT		00:22:30	00:20:48	00:21:23	00:21:15	00:21:13	00:20:56	00:20:48
Tracey	Gavin			00:25:03	00:25:26	00:24:20	00:24:05	00:23:54		
Tracey	O'Brien	SLOT		00:23:53						
Una	Kelly	St. Abbann's AC						00:36:47	00:34:50	
Una	O'Sullivan									00:36:47
Ursula	O'Malley	Portlaoise AC	00:24:28	00:23:33	00:23:33	00:23:26	00:24:12		00:23:35	
Valerie	Langrell	St. Abban's AC	00:25:37	00:23:06	00:23:05		00:21:55	00:21:55		00:21:14
Vincent	McCormack	Newbridge AC	00:14:01	00:13:30	00:14:03	00:14:25	00:14:31			

And that is a wrap, thank you all for taking part and keeping it up during the 8 stages, see you all next year!