

**RESULTS OF RATHFARNHAM WSAF AC 5KM ROAD RACE ON 04 OCTOBER 2009**

Place	Race No	Name	Club	Category	Time
1	684	Mark Christie	Mullingar Harriers	MS	00:14:22
2	1531	Alan O'Brien	Crusaders AC	MS	00:14:42
3	1353	Michael Mulhare	North Laois	MS	00:14:50
4	1889	Thomas Fitzpatrick	Tallaght AC	MS	00:14:52
5	678	Barry Minnock	Rathfarnham WSAF AC	MS	00:15:00
6	1994	Mark Ryan	Rathfarnham WSAF AC	MS	00:15:06
7	1296	John Downes	Donore Harriers	M40	00:15:09
8	1390	Martin Quinn	Dunleer AC	MS	00:15:10
9	1232	Paul Fleming	Rathfarnham WSAF AC	MS	00:15:13
10	1251	Ciaran Doherty	Letterkenny AC	M35	00:15:16
11	1272	Noel Kelly	Tullamore	M35	00:15:17
12	1383	John Travers	Donore Harriers	MJ	00:15:18
13	736	Darren McBrearty	Letterkenny AC	MJ	00:15:19
14	1860	Gary Crossan	Letterkenny AC	M35	00:15:22
15	1661	Paul Buckley	Ferbane AC	MS	00:15:25
16	1223	Danny Mooney	Letterkenny AC	MS	00:15:32
17	1257	Michael Traynor	Raheny Shamrock AC	M40	00:15:33
18	719	Gearóid O'Connor	Rathfarnham WSAF AC	MS	00:15:44
19	1258	Michael Treacy	Rathfarnham WSAF AC	MJ	00:15:46
20	1878	David Byrne	Tallaght AC	M35	00:15:47
21	674	Paul Cowhie	Civil Service	M45	00:15:47
22	1899	Ian O'Leary	DSD	M40	00:15:48
23	636	Tom O'Connor	Liffey Valley AC	M45	00:15:54
24	1801	Stephen McKeigue	Ferbane AC	M35	00:15:56
25	1231	Brian Connolly	Tallaght AC	MJ	00:15:59
26	1892	Dermot McDermott	Sligo	MS	00:16:00
27	726	Louis McCarthy	Rathfarnham WSAF AC	MS	00:16:03
28	737	Paul Duffy	Sportsworld AC	MS	00:16:03
29	1507	Niall Coppinger	Tallaght AC	M45	00:16:04
30	1723	Gareth Murrán	Sportsworld AC	MS	00:16:05
31	1961	Derek Furniss	Rathfarnham WSAF AC	MS	00:16:07
32	1936	Paul McGovern	Rathfarnham WSAF AC	MS	00:16:08
33	1285	Linda Byrne	DSD	FS	00:16:10
34	624	Ciaran Reilly	Liffey Valley AC	MS	00:16:14
35	715	Turlough Conway	Rathfarnham WSAF AC	M35	00:16:19
36	1921	Ivan Kinahan	Crusaders AC	MS	00:16:20
37	743	Rob Cross	Crusaders AC	M35	00:16:24
38	1906	Peter Fitzsimons	Tallaght AC	MJ	00:16:31
39	716	Eoin Durkan	Skerries AC	MS	00:16:31
40	1268	Daniel Diamond	Balmoral Harriers	MJ	00:16:31
41	728	Fionnuala Britton	Sli Cualann	FS	00:16:34
42	741	Eoin Brennan	Tallaght AC	MS	00:16:35
43	1504	Brendan Ward		M45	00:16:39
44	1764	Peter Casey		M40	00:16:43
45	694	Cormac Delahunty	Raheny Shamrock AC	MS	00:16:44
46	1216	Annette Kealy	Raheny Shamrock AC	F40	00:16:46
47	1252	Danny Skeffington	Drogheda and District	M45	00:16:49
48	1590	Ultan McNasser	Sligo	MS	00:16:53
49	1867	Ernie Ramsey	Clonliffe Harriers	MS	00:16:56
50	1172	Sean Dowling	Liffey Valley AC	M35	00:17:02
51	1256	Paul Balfe	Liffey Valley AC	M45	00:17:06
52	1282	Luke Coleman	Tallaght AC	MS	00:17:09
53	1887	Aoife Brady	Sportsworld AC	FS	00:17:13
54	1271	Eddie Lynch		M45	00:17:14
55	1698	Teresa McGloin	Finn Valley	FS	00:17:17
56	625	James Crowley	Tallaght AC	M35	00:17:18
57	740	Brian Byrne		MS	00:17:19
58	669	Eimhin Fitzsimons	DSD	MJ	00:17:20
59	685	Patrycja Wlodarczyk	Raheny Shamrock AC	FS	00:17:28
60	1392	Andrew McLinden	Hamilton Harriers	M55	00:17:28
61	1192	Eddie Garry	Tullamore Harriers	MS	00:17:33
62	691	Colin McCarthy	Sportsworld AC	MS	00:17:37
63	1261	Azmera Gebrezgt		FS	00:17:37
64	727	Jack Mc Loughlin	Rathfarnham WSAF AC	MJ	00:17:38
65	1716	Sean Brady	TCD	MS	00:17:38

**RESULTS OF RATHFARNHAM WSAF AC 5KM ROAD RACE ON 04 OCTOBER 2009**

Place	Race No	Name	Club	Category	Time
66	1240	Paul Power	Liffey Valley AC	M40	00:17:40
67	1748	Joe Gough	West Waterford	M55	00:17:41
68	1888	Crona Brady		FS	00:17:42
69	1381	David Somerville	Tallaght AC	MS	00:17:46
70	1815	Sheila Coyle		FS	00:17:48
71	1237	Gerard McDonald	Donore Harriers	M40	00:17:50
72	1158	Donna Mahon	Rathfarnham WSAF AC	F35	00:17:52
73	1584	Paddy Parrott	MSB	M50	00:17:53
74	1951	James Rothwell		M40	00:17:54
75	1954	Bill Ó Cléirigh	Rathfarnham WSAF AC	MJ	00:17:56
76	1940	Andrew Flynn		MS	00:17:57
77	634	David Barry	Wicklow Tri	MS	00:17:58
78	1825	John Quinn		M40	00:17:58
79	1641	Sean Walsh	Tallaght AC	M35	00:17:59
80	1264	Desie Shorten	Tallaght AC	M50	00:17:59
81	1808	Fiona Kehoe	Kilmore	FS	00:18:02
82	1189	Seamus Rooney	Raheny Shamrock AC	M45	00:18:03
83	1697	Derek O'Neill		M40	00:18:15
84	623	Gerry P Byrne	Lucan Harriers	MS	00:18:17
85	1547	Tony Barry		MS	00:18:18
86	1816	Eilis Kelly	Raheny Shamrock AC	FS	00:18:20
87	1388	Ailish McDermott	Clonliffe Harriers	FS	00:18:22
88	1355	Brendan Ryan	Tallaght AC	M50	00:18:23
89	1903	David Scanlon	Rathfarnham WSAF AC	MJ	00:18:27
90	686	Colin Moore	Donore Harriers	M35	00:18:30
91	1281	Sean Fitzpatrick	Tallaght AC	MJ	00:18:31
92	1204	Joseph Cooke	Rathfarnham WSAF AC	MJ	00:18:31
93	1633	Emma Sokell	Crusaders AC	F35	00:18:32
94	1247	Helen White	Sportsworld AC	F40	00:18:32
95	1731	Robin Phillips	Boards AC	M35	00:18:39
96	1807	Terry Kavanagh	Sli Cualann	M55	00:18:43
97	1378	Elaine Caul	Civil Service	F35	00:18:43
98	1263	Michael Ussher		M35	00:18:44
99	729	Chris Keeling	Raheny Shamrock AC	M50	00:18:45
100	1710	Adrian Mulholland		MS	00:18:47
101	1250	Peter Kernan		M50	00:18:49
102	1165	Karl Ferris		M35	00:18:51
103	731	Peter Toomey		MS	00:18:51
104	1908	William Brosnahan	Limerick	MS	00:18:54
105	1181	Richard Brady		M40	00:18:59
106	1565	Irfan Qureshi	Tallaght AC	M40	00:19:02
107	1184	Liam Mc Fadden	Sportsworld AC	M35	00:19:02
108	742	Jacqui Boyle	Tallaght AC	F40	00:19:03
109	1391	Shane Gill		MS	00:19:04
110	1920	Darren Hennigan		MS	00:19:05
111	1292	Helen Leonard	Rathfarnham WSAF AC	F35	00:19:07
112	1996	Kai Helmich		MS	00:19:07
113	632	Joe Rankin	Donore Harriers	M55	00:19:08
114	1901	Sandra Armstrong	Sportsworld AC	F35	00:19:12
115	682	Alan Cassells	Lucan Harriers	MS	00:19:13
116	626	Séamus Clancy		MS	00:19:14
117	1791	Dave Sheehan	Crusaders AC	MS	00:19:15
118	1905	Marie O'Meara Keane	Naas	F35	00:19:20
119	1170	Gerry Flaherty	Blackrock	M40	00:19:21
120	1805	Tracy Jennings	Rathfarnham WSAF AC	FS	00:19:25
121	717	Aidan Cunnion		M35	00:19:27
122	1871	Donagh McGrath		M35	00:19:32
123	1600	Gerard Mangan	Boards AC	M40	00:19:33
124	629	Mairéad O'Callaghan	Sportsworld AC	FS	00:19:33
125	1503	Kevin O'Dea	Clare River Harriers	MS	00:19:34
126	1616	Matthew Tobin		M35	00:19:35
127	1273	Patrick Hoey	Letterkenny AC	MS	00:19:36
128	1244	Daniel Durkan		M35	00:19:36
129	1770	Mark Hoare		M35	00:19:36
130	1375	Paul Byrne		MS	00:19:37

**RESULTS OF RATHFARNHAM WSAF AC 5KM ROAD RACE ON 04 OCTOBER 2009**

Place	Race No	Name	Club	Category	Time
131	1952	Sean Hayes	Rathfarnham WSAF AC	MJ	00:19:38
132	1370	Marc O'Dwyer		M45	00:19:40
133	1814	Gavin Duffy	Raheny Shamrock AC	MS	00:19:42
134	1819	Brian Mullen		M40	00:19:43
135	1835	Susan McDonnell	Sportsworld AC	FS	00:19:45
136	1944	Steven Bonny		MS	00:19:48
137	1288	Pat Bonass	Clonliffe Harriers	M65	00:19:53
138	1907	Sheelagh Jones	DSD	F50	00:19:55
139	1372	Paul Cullen	Civil Service	M45	00:20:01
140	1774	Santiago Astorga		MS	00:20:01
141	1654	Laura McGinley	Rathfarnham WSAF AC	F40	00:20:02
142	1243	Ann Woodlock	Donore Harriers	F65	00:20:05
143	1725	Barry Cullen		MS	00:20:08
144	1293	Miriam McCormack	Rathfarnham WSAF AC	F40	00:20:09
145	1719	Pat Healy		M65	00:20:10
146	1645	Sean Champion		M45	00:20:10
147	1226	Graham Flynn	Liffey Valley AC	M35	00:20:11
148	1183	Albert Eakins	Shercock AC	M55	00:20:12
149	1877	Bernard Duggan		MS	00:20:13
150	1957	Mark Young	Rathfarnham WSAF AC	MJ	00:20:16
151	1367	Dean Brady		M40	00:20:16
152	1549	Barry O'Dwyer		MS	00:20:17
153	744	Noel Tobin		M45	00:20:18
154	1773	Ray Walsh	Celtic	MJ	00:20:20
155	1169	Donal McAuley		M35	00:20:24
156	1672	Simon Dowling		M40	00:20:26
157	1253	David Goodall		M35	00:20:29
158	1171	Killian Smith		MS	00:20:31
159	1902	Stephen Gaffney	Rathfarnham WSAF AC	MJ	00:20:32
160	1602	David Bradshaw	Boards AC	MS	00:20:33
161	1238	William Cooper	Liffey Valley AC	M55	00:20:34
162	1209	Jenny O'Sullivan	Raheny Shamrock AC	FS	00:20:37
163	1953	Ultan MacMathúna	Ballyboden St.Enda's	M40	00:20:43
164	1211	Shane Massey		MJ	00:20:45
165	1283	Helen Ingram	Rathfarnham WSAF AC	F50	00:20:46
166	1833	Slawomir Glaz	Polish Run	M35	00:20:46
167	1705	Liam Mulready		M60	00:20:46
168	1394	Séamie O'Neill		M45	00:20:47
169	1382	Enda Phelan		M35	00:20:48
170	1284	Pawel Grzych		MS	00:20:49
171	1262	Ian Fitzharris		M35	00:20:49
172	1550	Johan Bjornson		MS	00:20:50
173	1639	Ronan Lambe		MS	00:20:53
174	1159	Denis Cagney		M55	00:20:54
175	1160	Rob Wilkin		MS	00:20:56
176	1368	Danny Casey		MS	00:20:56
177	1882	Stephen Willoughby	Sportsworld AC	M45	00:20:59
178	1373	Bill Smyth		M55	00:21:00
179	1930	John Burke (J)	3 Rock Tri	MS	00:21:01
180	1828	Gerard Claffey	Rathfarnham WSAF AC	MJ	00:21:02
181	1767	James Sullivan		MS	00:21:04
182	1213	Rory O'Neill		M55	00:21:06
183	1749	Mark Gilmartin		M40	00:21:09
184	1689	David Haughan		MS	00:21:14
185	1714	Caleb Cairns		M40	00:21:16
186	1675	Nuala Reilly	Drogheda and District	F50	00:21:18
187	1938	Neal Leddy		MS	00:21:19
188	1960	Andrew Bowes		M35	00:21:19
189	1959	Stephen Cowling		MS	00:21:23
190	1278	Mags McCreary	Civil Service	F55	00:21:24
191	693	Francisco Franca		M40	00:21:25
192	1692	Enda Coll		M45	00:21:25
193	730	AnnMarie Gargan	Fingallians	F35	00:21:27
194	1601	Peter Durkan	Boards AC	MS	00:21:30
195	722	Declan Kelly		M35	00:21:34

**RESULTS OF RATHFARNHAM WSAF AC 5KM ROAD RACE ON 04 OCTOBER 2009**

Place	Race No	Name	Club	Category	Time
196	1933	Tom McGrath	Ballyboden St.Enda's	M50	00:21:35
197	1217	Barry Game		M35	00:21:36
198	1834	Breda Browne	Sportsworld AC	F45	00:21:37
199	1545	Stephen Bateson		M35	00:21:38
200	1686	Stephen Fitzgerald		M35	00:21:39
201	1742	Tadhg Twomey	MSB	M65	00:21:42
202	732	Niall Brady		M45	00:21:42
203	1219	Robert Lynch		M35	00:21:42
204	1666	Joseph McNamara		MS	00:21:43
205	1220	Shane Casey		MS	00:21:44
206	1875	Fergal O'Driscoll		MS	00:21:45
207	1267	Patrick Tone	Balmoral Harriers	MS	00:21:50
208				MS	00:21:50
209	1726	Jacob Baldwin		MS	00:21:50
210	690	John Toomey	Rathfarnham WSAF AC	M60	00:21:51
211	1203	Niamh O'Ceallaigh	Crusaders AC	FS	00:21:52
212	1709	Colin Brennan		M35	00:21:53
213	1185	Keith Hennessy		M40	00:21:55
214					00:21:56
215	1854	Ciara Kerrigan		FS	00:21:57
216	1842	Ray Collins		M45	00:21:57
217	1230	Niall Campbell	Boards AC	MS	00:21:58
218	1182	Jim Fitzharris		M55	00:21:59
219	1265	Una Reilly	Liffey Valley AC	F55	00:22:00
220	1623	Daragh Collier	CityWest	M35	00:22:01
221	1176	Kevin Cassidy		M35	00:22:02
222	1221	Oliver Cosgrave		M35	00:22:03
223	1676	Gavin Beaufort		MS	00:22:05
224	1369	Liz Ryan	Bray Runners	F35	00:22:07
225	1963	Deirdre Ní Chearbhai	Crusaders AC	FS	00:22:10
226	1883	Padraig Fitzpatrick		MS	00:22:10
227	1205	Amy Cooke	Rathfarnham WSAF AC	FJ	00:22:13
228	1233	David Sheehan		MS	00:22:14
229	1945	Joanne Hope	Lisburn	FS	00:22:15
230	1577	Paul Reilly		M45	00:22:15
231	1199	Dermot O'Reilly		M45	00:22:16
232	1806	Alan Dillon		MS	00:22:20
233	1722	Myles Murphy	IMRA	M60	00:22:21
234	1777	Ray Moloney		M40	00:22:21
235	630	Brian Ward		MS	00:22:23
236	1893	Carole Agar	Dublin Striders	F35	00:22:28
237	1818	Matthew Blyth	Liffey Valley AC	MS	00:22:38
238	1289	Damian Hallissey		M40	00:22:40
239	1190	David Mulholland		M35	00:22:43
240	1236	David O'Connell		M50	00:22:45
241	1186	Jodie Cullen		F35	00:22:47
242	1728	Kevin Leonard		MS	00:22:48
243	1799	Sandra Brady	Bray Runners	F45	00:22:49
244	1846	Stephen Sheppard		M35	00:22:51
245	1166	Ron Croker		M35	00:22:52
246	675	Colin Kelly		M40	00:22:52
247	1597	Eoin Kennedy		MS	00:22:54
248					00:22:54
249	1880	Andre Cavanagh		FS	00:22:58
250	1782	Colin Gormley		MS	00:22:59
251					00:23:04
252	1533	Natalia Sokolowska		FS	00:23:11
253	699	Henny Brandsma	IMRA	MS	00:23:15
254	1374	Michael Freehill	Lakeshore Striders	M55	00:23:18
255	1366	David Heaphy		M35	00:23:20
256	1820	Michael Keane	Pulse Triathlon	MS	00:23:22
257	1843	Lee Atkins		M35	00:23:25
258	1364	Connor Barry		M35	00:23:26
259	1958	Walter Young		M55	00:23:27
260	747	Peter Murphy		M35	00:23:28

**RESULTS OF RATHFARNHAM WSAF AC 5KM ROAD RACE ON 04 OCTOBER 2009**

Place	Race No	Name	Club	Category	Time
261	1246	Eithne Scully		F40	00:23:30
262	1640	Sinéad McCauley		FS	00:23:30
263	1277	Laurence Brennan		M35	00:23:32
264	1922	Aidan Kennedy		M40	00:23:32
265	1535	Daniel Smyth		M40	00:23:35
266	1926	Edmund Flanagan		M35	00:23:38
267	1508	Dawn Lauder		F35	00:23:42
268	1224	Nicholas Curry		M65	00:23:43
269	1174	Mary Kingston		F45	00:23:43
270	1788	Michael Galligan		M45	00:23:57
271	1852	Paul O'Keefe		MS	00:24:00
272	1194	Kieran Morrissey		MS	00:24:04
273	1354	Cian Gillicuddy		M35	00:24:05
274	1747	Kevin Ceary	Navan AC	M50	00:24:12
275	1359	Karl Connon		M60	00:24:17
276	633	Alan Horne		M55	00:24:18
277	1384	Joe Chaney	Civil Service	M45	00:24:21
278	1222	Emma Walsh	Crusaders AC	F35	00:24:23
279	638	Lesley-Ann Fahey		F35	00:24:29
280	1656	David Howard		MJ	00:24:31
281	1850	Kristy Ryan		FS	00:24:34
282	1942	Lisa Shine		FS	00:24:34
283	1713	Jonathan Cairns		M45	00:24:35
284	1560	Ronan Wall		MS	00:24:36
285	1822	Eamonn Aspell		M45	00:24:36
286	1691	Sian O'Connor		FS	00:24:37
287	1193	Patricia Foley	Athenry AC	F35	00:24:43
288	1571	Andrew Tully		M35	00:24:43
289	1671	Laurence Delair	Sportsworld AC	F35	00:24:44
290	1798	Jamie McNamara		M35	00:24:45
291	1693	Geraldine O'Shea	Crusaders AC	F35	00:24:46
292	1670	Aisling Phelan		FS	00:24:47
293	1642	Donal Byrne		M35	00:24:48
294	1269	Damien Phelan		M35	00:24:51
295	1393	Ray McHugh		MS	00:24:51
296	1609	Nikki Squire		F40	00:24:53
297	1599	Nuala O'Connor		FS	00:24:55
298	1214	Adrian Cummins		M35	00:24:56
299					00:24:56
300	1218	John Healy		M50	00:24:57
301	1389	Charles Meenan		M35	00:24:57
302					00:24:57
303					00:24:58
304	1279	Mark Hogg		M35	00:24:58
305	1536	Niamh Pattwell		F40	00:24:59
306	1826	Ronan McEaney	Tallaght AC	MJ	00:25:00
307	1827	Vincent McEaney	Tallaght AC	M45	00:25:00
308	1668	Peter Gilbourne		M35	00:25:03
309	1771	Gary walsh		M40	00:25:03
310	1561	Nichola Madden	OSG Harriers	FS	00:25:04
311	1207	Eoghan Kennedy		M35	00:25:08
312	1741	Jim Dwyer	Lucan Harriers	M55	00:25:09
313	1505	Catherine Murray		F40	00:25:09
314	1679	Brian Noble		MS	00:25:10
315	1611	Philip Kelleher		M45	00:25:11
316	681	John May	Kilcoole AC	M40	00:25:14
317	1768	Mary Weakliam		F35	00:25:14
318	1929	John Burke (S)	3 Rock Tri	M40	00:25:16
319	1201	Fiachra Oneill		M35	00:25:17
320	1635	Aine Ryan		FS	00:25:19
321	1377	Peter Herbert		M55	00:25:22
322	1884	Lorraine Carroll		F35	00:25:23
323	1521	James O'Brien		M35	00:25:27
324	692	Shane Kenny		MS	00:25:27
325	1752	Niamh O'Connell		F35	00:25:28

**RESULTS OF RATHFARNHAM WSAF AC 5KM ROAD RACE ON 04 OCTOBER 2009**

Place	Race No	Name	Club	Category	Time
326	1555	Louise Martin		F35	00:25:28
327	1564	Damien Donegan		M35	00:25:30
328	1991	Maura McNamara		F45	00:25:31
329	1636	Anthony MacGuinness		MS	00:25:36
330	1254	John Byrne	Civil Service	M65	00:25:37
331	667	Sinéad Mongan		FS	00:25:37
332	1395	Kate Shaw		F45	00:25:38
333	1694	Sharon Lewis		F40	00:25:38
334	1270	Cormac MacDonnchadha		M35	00:25:39
335	635	Lisa Phelan	Kilcoole AC	FS	00:25:40
336	1721	John Hayden		MS	00:25:40
337	1841	Alanna Bowers		FS	00:25:41
338	1683	William Lyons		M40	00:25:41
339	1643	Alana Ware		FS	00:25:41
340	1594	Helen McCielland	Rathfarnham WSAF AC	F45	00:25:42
341	1608	Catherine McLynskey	Rathfarnham WSAF AC	F40	00:25:42
342	677	Maureen McGinley	Crusaders AC	F45	00:25:43
343	1386	Dave Manning		M45	00:25:43
344	1829	Paul Mullaly		M45	00:25:44
345	1729	Ralph Leonard		MS	00:25:44
346	1581	Jens Thomann		MS	00:25:48
347	1715	Gearoid Murphy		M40	00:25:49
348	1680	Nicole Derflinger		FS	00:25:52
349	1356	Sparky Booker		FS	00:25:54
350	1739	Jose Daniel Audician		MS	00:25:54
351	1551	Nuala Balfe		F45	00:25:55
352	1552	Brendan Balfe		M40	00:25:56
353	1849	Cathal O'Dea		MJ	00:25:59
354	680	Sharon Farrell		FS	00:25:59
355	1294	Susanne Lally		F35	00:26:00
356	1795	Carlos Garcia del Cu		M35	00:26:01
357	1662	Impirika Quinzon		F35	00:26:01
358	1295	Barbara Leydon	Tallaght AC	F35	00:26:02
359	1239	Hilary McDonnell	Liffey Valley AC	F40	00:26:02
360	1566	Joyce Hickey		F35	00:26:02
361	1762	Katie Redmond		F35	00:26:03
362	1625	Tara Scully		FS	00:26:03
363					00:26:04
364	1866	David Farrelly		M35	00:26:06
365	1655	Joyanne Gissing		F35	00:26:06
366	1249	Paul Curtain		M35	00:26:09
367	1891	Sarah Cusack		FS	00:26:11
368	1179	Mark Forrest		MS	00:26:12
369	1851	Aine O'Dea		FJ	00:26:13
370	1864	Brian O'Neill		MS	00:26:14
371	1704	Niamh Oman	Tallaght AC	FS	00:26:15
372	1650	Hugh Reddy		M50	00:26:15
373	1793	Paul Aherne		M40	00:26:17
374	1202	Ainnie Oneill		M55	00:26:19
375	1706	Yvonne Kelly		FS	00:26:20
376	1255	Eithne Dorgan	Liffey Valley AC	F35	00:26:21
377	1707	Mark McGrath		M35	00:26:21
378	1914	David Dalton		M45	00:26:23
379	1275	Jenny Wakely		FS	00:26:25
380	1274	Darren Devereux		MS	00:26:26
381	1200	Niall McCormack		MS	00:26:26
382	1955	Janet Gillis		F40	00:26:27
383	670	Gerard Fitzsimons	DSD	MJ	00:26:28
384	1242	Katie Slattery	Belfield Runners	F35	00:26:30
385	1935	Alejandra Cerda		F40	00:26:30
386	1844	Anthony Sheridan		M35	00:26:30
387	1840	Aoife Convey		FS	00:26:31
388	1276	Margaret Glaz		F35	00:26:32
389	725	Olive Kehoe		F35	00:26:32
390	1291	Simon Halpin		M35	00:26:32

**RESULTS OF RATHFARNHAM WSAF AC 5KM ROAD RACE ON 04 OCTOBER 2009**

Place	Race No	Name	Club	Category	Time
391	1657	Rowena Dwyer		FS	00:26:33
392	723	Stephanie Baille		F40	00:26:38
393	1787	Eimear Kelly		FJ	00:26:39
394	1589	Jane Sweetman		FS	00:26:41
395	1648	Colin Hayes		M40	00:26:42
396	1290	Mark Byrne		MS	00:26:44
397	1591	Anne-Marie Charrett		F40	00:26:47
398	1510	Ali Musgrave		FS	00:26:48
399	1758	Karen Clarke		F35	00:26:54
400	1803	Jemma Ellison		FS	00:26:55
401	1946	Emma McAuley	Belfield Runner	F35	00:26:58
402	1540	Mena McMorrow		FS	00:27:02
403	1527	Danny Barrett		M40	00:27:03
404	1528	Kieran Nolan		M55	00:27:05
405	1837	Jack McCann		MJ	00:27:06
406	1924	Sam Treacy McGee		MS	00:27:07
407	631	Louise Dunne		FS	00:27:10
408	1810	Morgan Casey		MS	00:27:10
409	1792	Joan Roantree		F40	00:27:11
410	1681	Rossano Loffreda	Trail Running	M35	00:27:12
411	1797	Conor Garland		M40	00:27:12
412	1832	Elaine Whelan	Tallaght AC	FS	00:27:13
413	1266	Carmel Tracey	Tallaght AC	F40	00:27:14
414	1720	Amy Dunne		F40	00:27:14
415	1925	Helena Kelly		FS	00:27:16
416	639	Siobhán Duggan		F40	00:27:18
417	1588	Sabina Bonnici		FS	00:27:18
418	1879	Laura Doyle		FS	00:27:20
419	1735	Gareth O'Rourke		MS	00:27:21
420	1215	Tom Lynam		M45	00:27:22
421	1699	Dolores O'Connor		F45	00:27:26
422	1196	Mark Stapleton		M35	00:27:27
423	1198	Emer Molloy		FS	00:27:32
424	1989	Ingrid Groeger		FS	00:27:33
425	1371	Ann Odwyer		F45	00:27:34
426	687	Aisling O'Neill		FJ	00:27:34
427	1927	Neil Moran		MS	00:27:34
428	1208	Greg Shine		MS	00:27:36
429	1823	David Gregg		MS	00:27:37
430	1862	Angela Burke		F45	00:27:40
431	749	Janice Burke		F40	00:27:40
432	1876	Sandrine Pigat		FS	00:27:40
433	688	Liz Ward	Pulse Triathlon	F45	00:27:43
434	1361	Elisabeth Walsh		F40	00:27:43
435	1619	Marguerite Clarke		FS	00:27:44
436	1385	Colette Carragher		FS	00:27:44
437	1593	Jay Carraher		MS	00:27:45
438	1188	David Curtis		M40	00:27:46
439					00:27:49
440					00:27:49
441	1546	Lisa Halpenny	Sports Med Ireland	FS	00:27:51
442	1617	Ross MacMathuna		MS	00:27:51
443	1210	Alan Kennedy		MS	00:27:51
444	1632	Mark Pringle		M35	00:27:53
445	1596	Helena Barrett		F40	00:27:53
446	1652	Elaine McAuley		FS	00:27:55
447	1904	Norma Fitzgerald		FS	00:27:55
448	1175	Eimear Fanning		FS	00:27:56
449	1161	Anne Marie		FS	00:28:02
450	1848	Fiona Tynan		FJ	00:28:02
451	1870	Audrai O'Driscoll		F45	00:28:05
452	1578	Patrick Arcari		MS	00:28:08
453	1962	Marian Kelly		FS	00:28:08
454	1634	Gerry Donovan		M60	00:28:09
455	1868	Marinela Albert		FS	00:28:10

**RESULTS OF RATHFARNHAM WSAF AC 5KM ROAD RACE ON 04 OCTOBER 2009**

Place	Race No	Name	Club	Category	Time
456	1225	Nicholas Canny		M35	00:28:10
457	1173	Michael McGrath		MS	00:28:10
458	1948	Rosemary Barry		F45	00:28:13
459	738	Martina McGrath		FS	00:28:14
460	1789	Ruth Mc Donnell		FS	00:28:17
461	1790	Catherine O'Neill		FS	00:28:17
462	1947	Theresa Walsh		FS	00:28:17
463	1956	Claire Bantegnie		FS	00:28:17
464	1811	Isolde Norris		F40	00:28:18
465	1847	Philip Monahan		M35	00:28:20
466	1615	Sara Lord		FS	00:28:22
467	1912	Bryn Lewis		M40	00:28:26
468	1376	Corinna Nagle		FS	00:28:28
469	1259	Peter Farrell		MS	00:28:28
470	1708	Tracey O'Grady		F35	00:28:34
471	1556	Anne Kirwan		FS	00:28:35
472	1894	Aoife Treacy		F35	00:28:36
473	1598	Karen Hayden		FS	00:28:36
474	1523	Deirdre Murphy		FS	00:28:37
475	1155	Tom Halton		MS	00:28:37
476	1511	Susan Mensah		FS	00:28:39
477	1802	Orla Brady	Belfield Runner	F45	00:28:42
478	1519	Conor Balfe		M45	00:28:46
479	718	Jean Dunne		F40	00:28:51
480	1817	Kevin Coburn		M40	00:28:51
481	1180	Shane Murray		MJ	00:28:52
482	1576	Laura Lynham		FJ	00:28:52
483	745	Una Moloney		FS	00:28:53
484	746	Margaret Carrigan		FS	00:28:53
485	1796	Alan Coleman		M45	00:28:57
486	1627	Jan Cruickshank		F40	00:28:58
487	1638	Brian Finnegan		MS	00:28:59
488	1557	Nichola Doyle		FS	00:29:00
489	1776	Ruth Collins		FS	00:29:03
490	1532	Derval Cunningham		F35	00:29:07
491	1664	Niamh Kinsella		F35	00:29:08
492	1783	Linda Shine		FS	00:29:09
493	714	Alison Dunne		F40	00:29:11
494	1534	Anne Ridge		F35	00:29:15
495	1765	Vanessa Burke		FS	00:29:18
496	1766	Barry Cunningham		M35	00:29:19
497	1622	Carina Cashman		F45	00:29:19
498	1869	Susan Diskin		FS	00:29:19
499	1821	Joanne Redmond		FS	00:29:20
500					00:29:20
501					00:29:21
502					00:29:23
503					00:29:23
504					00:29:24
505	1755	Laura Potterton		FS	00:29:25
506	683	Veronica Gibbons		FS	00:29:27
507	1153	Fergal Niall		M35	00:29:28
508	1696	Noel Gregg		MS	00:29:28
509	1695	Barbara Martin		FS	00:29:28
510	1701	Stephen Gregg		MS	00:29:33
511	1362	Elaine Laing		F35	00:29:34
512	1677	Linda Mansfield		FS	00:29:34
513	1559	Sarah Buckley		FS	00:29:36
514	1900	Brendan Early		M65	00:29:36
515	1387	Rachel Eager		F45	00:29:37
516	1297	Kola Prashanthi		F35	00:29:37
517	1753	Pamela Potterton		FS	00:29:39
518	1949	Timothy Ngulube		MS	00:29:40
519	1164	Will Bentley		MJ	00:29:41
520	1163	John Bentley		MS	00:29:41



**RESULTS OF RATHFARNHAM WSAF AC 5KM ROAD RACE ON 04 OCTOBER 2009**

Place	Race No	Name	Club	Category	Time
521	1646	Mairéad Ni Bhriain	Rathfarnham WSAF AC	F60	00:29:44
522	1206	Niamh Canning		F40	00:29:46
523	1733	Emma Vaughan		FS	00:29:48
524	1737	Sabrina Lennon		FS	00:29:50
525	1772	Liz Walsh		F35	00:29:51
526	1775	Niamh O'Byrne		F35	00:29:51
527	1781	Emily Van de Poll		FS	00:29:53
528	734	Louise Fenney		FS	00:30:01
529	1932	Noel Ruane		MS	00:30:11
530	1229	Andrea Gannon		F35	00:30:12
531	1644	Shirley Mitchell	OSG Harriers	FS	00:30:14
532	1280	Ciaran McGrath		M60	00:30:15
533	1397	Sam McCoy		MJ	00:30:16
534	1911	Ann Murphy		FS	00:30:23
535	1865	Caitriona Byrne		F35	00:30:25
536	1379	Sean Jeanes		M45	00:30:25
537	1241	Ciara Slattery	Belfield Runners	F40	00:30:28
538	1360	Christina de Lacy		FS	00:30:30
539	1685	Gwen Burke	Bootcamp	FS	00:30:33
540	1724	Noeleen kavanagh		F45	00:30:36
541	1287	John Claffey		M35	00:30:38
542	1178	Vanessa Kelly	Tallaght AC	F45	00:30:43
543	1177	Jane McMahon	Tallaght AC	F45	00:30:43
544	1736	Shirley Walsh		F35	00:30:44
545	1761	June Tyrell	Belfield Runner	FS	00:30:45
546					00:30:46
547	1830	Padraic O'Neill		M60	00:30:50
548	1845	Ciara Casey		FS	00:30:56
549	1357	Celine Kenna		FS	00:30:58
550	679	Lorraine Butler	St. Abbans	FS	00:30:58
551	1836	Cormac Ryan		MS	00:30:58
552	1610	Joanne De Lacy		FS	00:30:59
553	1396	Denny McCoy		MS	00:31:07
554	1398	Toby McCoy		MJ	00:31:08
555	1756	Alexandra Godanyova		FS	00:31:23
556	1997	Minna Sipila		FS	00:31:25
557	1757	Marie Laure Simard		F35	00:31:26
558	1667	Carol Coleman	Tallaght AC	F40	00:31:31
559	1522	Carlos Luna		M35	00:31:35
560	1592	Linda Monahan		F35	00:31:36
561	1703	Sheila O'Donnell		FS	00:31:49
562	1913	Ethna Quinn		F35	00:31:52
563	1995	Sandra Cairns		F40	00:31:55
564	748	Annette Noonan	Bootcamp	FS	00:32:00
565	1831	Susan Holmgren		FS	00:32:03
566					00:32:09
567	1162	Clarke Gaynor		M35	00:32:11
568	1501	Margaret Churchill		F65	00:32:12
569	1674	Eoin Whelan		MS	00:32:15
570					00:32:15
571	1286	Anita Warren		F35	00:32:16
572	1572	Maria Duddy		FS	00:32:17
573	1234	Eleanor Cummins		F35	00:32:17
574	1624	Eileen McCabe		F35	00:32:24
575	1603	Fionnuala Healy		F40	00:32:31
576	712	Carina Ryan		FS	00:32:36
577	713	Kate Patterson		FS	00:32:36
578	1717	Margaret McDermott		F45	00:32:37
579	1227	Hugh Carolan		M65	00:32:38
580	1800	Colm Ryan		M35	00:32:51
581	698	Aileen McCabe		FS	00:32:53
582	1746	Joe Garvey		M50	00:32:58
583	1813	Norma O'Kelly	Revive Fitness	FS	00:33:02
584	668	Katie Holland		FS	00:33:03
585	1583	Natasha Fitzmaurice		FS	00:33:06

**RESULTS OF RATHFARNHAM WSAF AC 5KM ROAD RACE ON 04 OCTOBER 2009**

Place	Race No	Name	Club	Category	Time
586	1759	Miriam Edge	Belfield Runner	F60	00:33:17
587	755	Catherine Finucane		FS	00:33:18
588	1573	Muireann McCarrick		FS	00:33:18
589	1778	Carol Collins		FS	00:33:19
590	721	Laura Caden		FS	00:33:20
591	1937	Bernie Crean		FS	00:33:21
592	1563	Brenda Donegan		F35	00:33:22
593	1260	Denis McHugh		M35	00:33:30
594	637	Clare Lavin		FS	00:33:31
595	1702	Deirdre McNulty		F35	00:33:35
596	1248	Geoff Williamson		M40	00:33:36
597	1235	Sorcha McCormack		FJ	00:33:36
598					00:33:41
599	1992	Aisling McNamara		FJ	00:33:44
600	1365	Kevin Cassidy		M55	00:34:02
601	1990	Paul Allen		M35	00:34:03
602	1167	Nicola Burke		F50	00:34:15
603	1168	Alan Stokes		M50	00:34:16
604	1678	Colm Delaney		MS	00:34:52
605	1562	Sarah Griffen		FS	00:34:58
606	1784	Neasa Kelly		F40	00:34:58
607	1785	Martin Kelly		M35	00:34:59
608	1872	Deirdre Lehn		FS	00:35:01
609	1950	Linda McGlynn		FS	00:35:20
610	1730	Nikki Leonard		FS	00:36:56
611	676	Clara De Paoli		F40	00:37:11
612	1630	Katherine Molloy		FS	00:37:22
613	1750	Elena Perez		F40	00:37:34
614	1613	Amanda Shaw		FS	00:37:35
615	1614	Stephen McHugh		MS	00:37:41
616	1744	Katherine Kinsella		F60	00:37:42
617	1687	Michelle McClafferty		FS	00:37:43
618	695	Ana Rita Franca		F35	00:37:58
619	696	Maria Franca		FJ	00:38:51
620	733	Tracy Brennan		FS	00:38:56
621	1660	Raola Staples		FS	00:39:09
622	1659	Brett Staples		MS	00:39:10
623					00:39:11
624					00:39:21
625					00:41:21
626					00:41:22
627	1191	Mags O'Connell		FS	00:41:31
628	720	Gael Leitch		F45	00:43:03
629	1964	Cherie Breen		F45	00:43:43
630	1965	Freya Breen		FJ	00:43:45
631	1358	Elsie Homan		F55	00:45:11
632	1156	Aine Whelan		FS	00:45:22
633	1157	Caitriona Whelan		F35	00:45:23
634	1228	Grainne Walsh		F35	00:45:50
635					00:45:51
636	1897	Rosemary Donohue		F35	00:46:46
637	1898	Anthony Shea		M65	00:47:40
638	1212	Anne Massey		F55	00:47:49
639	1711	John Mulholland		M60	00:48:16
640	1682	Sue Egan		FS	00:48:26
641	1763	Caroline McMahan		F40	00:48:27
642	671	Noel Anderson		MS	00:48:34
643	672	Linda Doyle		FS	00:48:36
644	673	Shay Griffin		M55	00:48:37
645	1934	Dympna Murphy		F45	00:49:36
646	1197	Gwen McDonnell		F45	00:49:57
647	735	Isobel Joyce		F45	00:49:58
648	1154	Ronan Dowling-Cullen		MS	00:54:22
649	1651	Matt Cooley		M60	00:54:25



**RESULTS OF RATHFARNHAM WSAF AC 5KM ROAD RACE ON 04 OCTOBER 2009**

Category Place	Place	Race No	Name	Club	Category	Time
1	190	1278	Mags McCreary	Civil Service	F55	00:21:24
2	219	1265	Una Reilly	Liffey Valley AC	F55	00:22:00
3	631	1358	Elsie Homan		F55	00:45:11
4	638	1212	Anne Massey		F55	00:47:49
1	521	1646	Mairéad Ní Bhriain	Rathfarnham WSAF AC	F60	00:29:44
2	586	1759	Miriam Edge	Belfield Runner	F60	00:33:17
3	616	1744	Katherine Kinsella		F60	00:37:42
1	142	1243	Ann Woodlock	Donore Harriers	F65	00:20:05
2	568	1501	Margaret Churchill		F65	00:32:12
1	227	1205	Amy Cooke	Rathfarnham WSAF AC	FJ	00:22:13
2	369	1851	Aine O'Dea		FJ	00:26:13
3	393	1787	Eimear Kelly		FJ	00:26:39
4	426	687	Aisling O'Neill		FJ	00:27:34
5	450	1848	Fiona Tynan		FJ	00:28:02
6	482	1576	Laura Lynham		FJ	00:28:52
7	597	1235	Sorcha McCormack		FJ	00:33:36
8	599	1992	Aisling McNamara		FJ	00:33:44
9	619	696	Maria Franca		FJ	00:38:51
10	630	1965	Freya Breen		FJ	00:43:45

**RESULTS OF RATHFARNHAM WSAF AC 5KM ROAD RACE ON 04 OCTOBER 2009**

Category Place	Place	Race No	Name	Club	Category	Time
1	1	684	Mark Christie	Mullingar Harriers	MS	00:14:22
2	2	1531	Alan O'Brien	Crusaders AC	MS	00:14:42
3	3	1353	Michael Mulhare	North Laois	MS	00:14:50
4	4	1889	Thomas Fitzpatrick	Tallaght AC	MS	00:14:52
5	5	678	Barry Minnock	Rathfarnham WSAF AC	MS	00:15:00
6	6	1994	Mark Ryan	Rathfarnham WSAF AC	MS	00:15:06
7	7	1296	John Downes	Donore Harriers	M40	00:15:09
8	8	1390	Martin Quinn	Dunleer AC	MS	00:15:10
9	9	1232	Paul Fleming	Rathfarnham WSAF AC	MS	00:15:13
10	10	1251	Ciaran Doherty	Letterkenny AC	M35	00:15:16
1	10	1251	Ciaran Doherty	Letterkenny AC	M35	00:15:16
2	11	1272	Noel Kelly	Tullamore	M35	00:15:17
3	14	1860	Gary Crossan	Letterkenny AC	M35	00:15:22
4	20	1878	David Byrne	Tallaght AC	M35	00:15:47
5	24	1801	Stephen McKeigue	Ferbane AC	M35	00:15:56
6	35	715	Turlough Conway	Rathfarnham WSAF AC	M35	00:16:19
7	37	743	Rob Cross	Crusaders AC	M35	00:16:24
8	50	1172	Sean Dowling	Liffey Valley AC	M35	00:17:02
9	56	625	James Crowley	Tallaght AC	M35	00:17:18
10	79	1641	Sean Walsh	Tallaght AC	M35	00:17:59
1	7	1296	John Downes	Donore Harriers	M40	00:15:09
2	17	1257	Michael Traynor	Raheny Shamrock AC	M40	00:15:33
3	22	1899	Ian O'Leary	DSD	M40	00:15:48
4	44	1764	Peter Casey		M40	00:16:43
5	66	1240	Paul Power	Liffey Valley AC	M40	00:17:40
6	71	1237	Gerard McDonald	Donore Harriers	M40	00:17:50
7	74	1951	James Rothwell		M40	00:17:54
8	78	1825	John Quinn		M40	00:17:58
9	83	1697	Derek O'Neill		M40	00:18:15
10	105	1181	Richard Brady		M40	00:18:59
1	21	674	Paul Cowhie	Civil Service	M45	00:15:47
2	23	636	Tom O'Connor	Liffey Valley AC	M45	00:15:54
3	29	1507	Niall Coppinger	Tallaght AC	M45	00:16:04
4	43	1504	Brendan Ward		M45	00:16:39
5	47	1252	Danny Skeffington	Drogheda and District	M45	00:16:49
6	51	1256	Paul Balfe	Liffey Valley AC	M45	00:17:06
7	54	1271	Eddie Lynch		M45	00:17:14
8	82	1189	Seamus Rooney	Raheny Shamrock AC	M45	00:18:03
9	132	1370	Marc O'Dwyer		M45	00:19:40
10	139	1372	Paul Cullen	Civil Service	M45	00:20:01
1	73	1584	Paddy Parrott	MSB	M50	00:17:53
2	80	1264	Desie Shorten	Tallaght AC	M50	00:17:59
3	88	1355	Brendan Ryan	Tallaght AC	M50	00:18:23
4	99	729	Chris Keeling	Raheny Shamrock AC	M50	00:18:45
5	101	1250	Peter Kernan		M50	00:18:49
6	196	1933	Tom McGrath	Ballyboden St.Enda's	M50	00:21:35

**RESULTS OF RATHFARNHAM WSAF AC 5KM ROAD RACE ON 04 OCTOBER 2009**

Category Place	Place	Race No	Name	Club	Category	Time
7	240	1236	David O'Connell		M50	00:22:45
8	274	1747	Kevin Ceary	Navan AC	M50	00:24:12
9	300	1218	John Healy		M50	00:24:57
10	372	1650	Hugh Reddy		M50	00:26:15
1	60	1392	Andrew McLinden	Hamilton Harriers	M55	00:17:28
2	67	1748	Joe Gough	West Waterford	M55	00:17:41
3	96	1807	Terry Kavanagh	Sli Cualann	M55	00:18:43
4	113	632	Joe Rankin	Donore Harriers	M55	00:19:08
5	148	1183	Albert Eakins	Shercock AC	M55	00:20:12
6	161	1238	William Cooper	Liffey Valley AC	M55	00:20:34
7	174	1159	Denis Cagney		M55	00:20:54
8	178	1373	Bill Smyth		M55	00:21:00
9	182	1213	Rory O'Neill		M55	00:21:06
10	218	1182	Jim Fitzharris		M55	00:21:59
1	167	1705	Liam Mulready		M60	00:20:46
2	210	690	John Toomey	Rathfarnham WSAF AC	M60	00:21:51
3	233	1722	Myles Murphy	IMRA	M60	00:22:21
4	275	1359	Karl Connon		M60	00:24:17
5	454	1634	Gerry Donovan		M60	00:28:09
6	532	1280	Ciaran McGrath		M60	00:30:15
7	547	1830	Padraic O'Neill		M60	00:30:50
8	639	1711	John Mulholland		M60	00:48:16
9	649	1651	Matt Cooley		M60	00:54:25
1	137	1288	Pat Bonass	Clonliffe Harriers	M65	00:19:53
2	145	1719	Pat Healy		M65	00:20:10
3	201	1742	Tadhg Twomey	MSB	M65	00:21:42
4	268	1224	Nicholas Curry		M65	00:23:43
5	330	1254	John Byrne	Civil Service	M65	00:25:37
6	514	1900	Brendan Early		M65	00:29:36
7	579	1227	Hugh Carolan		M65	00:32:38
8	637	1898	Anthony Shea		M65	00:47:40
1	12	1383	John Travers	Donore Harriers	MJ	00:15:18
2	13	736	Darren McBrearty	Letterkenny AC	MJ	00:15:19
3	19	1258	Michael Treacy	Rathfarnham WSAF AC	MJ	00:15:46
4	25	1231	Brian Connolly	Tallaght AC	MJ	00:15:59
5	38	1906	Peter Fitzsimons	Tallaght AC	MJ	00:16:31
6	40	1268	Daniel Diamond	Balmoral Harriers	MJ	00:16:31
7	58	669	Eimhin Fitzsimons	DSD	MJ	00:17:20
8	64	727	Jack Mc Loughlin	Rathfarnham WSAF AC	MJ	00:17:38
9	75	1954	Bill Ó Cléirigh	Rathfarnham WSAF AC	MJ	00:17:56
10	89	1903	David Scanlon	Rathfarnham WSAF AC	MJ	00:18:27