

## East Cork Road Championship Results - Thursday April 27th 2023, Ballynoe

The East Cork Road Championships were held in the village of Ballynoe on Thursday the 27th of April 2023. There were 42 in the women's race and 58 in the men's race.

### Women's Race

Pos	Forename	Surname	Category	Club	Time
1	Fiona	Santry	F35	East Cork AC	11.03
2	Vicki	Spiteri		Midleton AC	12.10
3	Suzanne	Alcock		Ballymore Cobh AC	12.20
4	Katie	Walsh		Carraig na bhFear AC	12.36
5	Eadaoin	Giltinan	F35	East Cork AC	12.49
6	Niamh	O'Connor	F40	East Cork AC	12.51
7	Eileen	Leahy		Midleton AC	13.03
8	Avril	Crowley	F50	East Cork AC	13.04
9	Sarah	Mulcahy		St. Catherines AC	13.04
10	Siobhan	Walsh	F40	Carraig na bhFear AC	13.08
11	Rhona	Lynch	F45	Carraig na bhFear AC	13.11
12	Cliona	Lynch		Carraig na bhFear AC	13.20
13	Margaret	O'Regan	F45	Ballymore Cobh AC	13.21
14	Evita	Volginaite		Ballymore Cobh AC	13.21
15	Vincentia	De Barra		Ballymore Cobh AC	13.22
16	Breda	Lynch	F35	St. Catherines AC	13.26
17	Lorna	O'Brien	F35	East Cork AC	13.34
18	Rebecca	Kelleher		Carraig na bhFear AC	13.41
19	Eileen	O'Riordan	F40	Carraig na bhFear AC	13.48
20	Orla	O'Rourke	F55	Ballymore Cobh AC	13.53
21	Sheila	Buckley	F40	Midleton AC	13.59
22	Sinead	De Barra		Ballymore Cobh AC	14.08
23	Orlaith	Merritt		Carraig na bhFear AC	14.36
24	Loveness	Hegarty	F35	Midleton AC	15.07
25	Christine	Murphy	F50	Midleton AC	15.09
26	Orla	Gorman	F35	Carraig na bhFear AC	15.16
27	Frances	Barry	F45	St. Catherines AC	15.20
28	Gillian	Bransfield	F40	Midleton AC	15.33
29	Cliona	Hurley	F45	Carraig na bhFear AC	15.45
30	Liz	Tabb	F40	Fota Island Running Club	16.22
31	Margaret	Anglin	F55	Midleton AC	16.34
32	Bernie	Twomey	F50	Midleton AC	17.00
33	Sarah	O'Connor	F35	St. Catherines AC	17.02
34	Olwyn	Post	F45	Fota Island Running Club	17.04
35	Celia	O'Regan	F55	Youghal AC	17.06
36	Marguerite	Flynn	F40	St. Catherines AC	17.25
37	Liz	Conway	F45	Watergrasshill AC	17.56
38	Annette	Fitzgerald	F50	Midleton AC	18.23
39	Maeve	O'Hagan	F35	Watergrasshill AC	18.38
40	Claire	Forde	F40	Fota Island Running Club	18.48
41	Shevaun	Hogan	F50	Midleton AC	19.07
42	Joan	McCarthy	F65	Midleton AC	21.03

Team Results (3 to score outside of top 3)

Pos	Club	1st Runner	2nd Runner	3rd Runner	Total Points
1	East Cork AC	5	6	8	19
2	Carraig na bhFear AC	4	10	11	25
3	Ballymore Cobh AC	13	14	15	42
4	Midleton AC	7	21	24	52
4	St. Catherines AC	9	16	27	52
6	Fota Island Running Club	30	34	40	104

## Men's Race

Pos	Forename	Surname	Category	Club	Time
1	James	McCarthy		East Cork AC	26.14
2	Tony	Forristal		Individual	26.22
3	Nick	O'Donoghue		East Cork AC	27.16
4	John	Spelman		East Cork AC	28.15
5	Timmy	Hawkins		Carraig na bhFear AC	28.24
6	Donal	Giltinan	M40	East Cork AC	28.47
7	Seamus	McSweeney	M50	St. Nicholas AC	28.52
8	David	Maher		Carraig na bhFear AC	29.26
9	Liam	Kearney	M40	St. Catherines AC	29.37
10	Peter	Howie		Ballymore Cobh AC	29.51
11	Liam	Aherne	M40	Carraig na bhFear AC	29.59
12	Tadhg	Crowley	M40	Carraig na bhFear AC	30.04
13	John	Hennessy	M50	Midleton AC	30.11
14	Niall	Kelly		Ballymore Cobh AC	30.24
15	John	O'Donovan		Ballymore Cobh AC	30.36
16	Michael	Byrne	M40	St. Catherines AC	30.40
17	Willie	Walsh	M45	Carraig na bhFear AC	30.56
18	Stephen	Pender	M45	Ballymore Cobh AC	31.15
19	Noel	Early	M40	St. Catherines AC	31.27
20	Shane	Meyler	M45	Ballymore Cobh AC	31.43
21	Joe	Daly		Carraig na bhFear AC	32.06
22	Oliver	Smiddy	M45	East Cork AC	32.12
23	Kevin	Smith	M45	Midleton AC	32.19
24	Alan	Stack		Ballymore Cobh AC	32.21
25	John	Beecher	M40	St. Catherines AC	32.26
26	Jim	Harty	M40	St. Catherines AC	32.31
27	Ian	Montgomery	M40	Watergrasshill AC	33.14
28	John	Cashman	M55	Midleton AC	33.42
29	Adam	Barry		Ballymore Cobh AC	33.56
30	Diarmuid	Kiely	M45	Carraig na bhFear AC	34.18
31	Stephen	Collins		St. Catherines AC	34.30
32	Richard	Hawkins	M55	Carraig na bhFear AC	34.43
33	Robert	Pender	M40	Ballymore Cobh AC	34.49
34	Rod	Scanlon	M40	Midleton AC	34.52
35	Conor	Tierney	M45	East Cork AC	35.06
36	John	Mulcahy		St. Catherines AC	35.17
37	Brian	Landers	M45	Youghal AC	35.20
38	Neilus	Aherne	M65	Midleton AC	35.44
39	David	Mullins	M50	Carraig na bhFear AC	35.50
40	Damien	O'Riordan		Fota Island Running Club	35.58
41	Conor	Jones		Fota Island Running Club	36.00
42	David	O'Riordan	M55	Carraig na bhFear AC	36.12
43	Kieran	Harte	M55	St. Catherines AC	36.28
44	Bob	Anglin		Ballymore Cobh AC	36.52
45	Julius	Mickunas		Ballymore Cobh AC	37.04
46	David	McCarthy	M55	Youghal AC	38.27
47	Steve	Palmer	M50	Fota Island Running Club	39.05
48	Liam	Burns	M50	Youghal AC	39.06
49	Kieran	O'Byrne		Watergrasshill AC	39.10
50	Donal	O'Donoghue	M55	Watergrasshill AC	39.49
51	Joe	Power	M65	Midleton AC	39.52
52	Liam	Colbert	M50	Carraig na bhFear AC	40.00
53	Sylvie	O'Mahony	M65	Youghal AC	40.07
54	George	Bulman	M60	Youghal AC	40.08
55	Kevin	Daly		St. Nicholas AC	41.19
56	Denis	Cronin	M55	Watergrasshill AC	41.38
57	Denis	McCarthy	M60	East Cork AC	42.08
58	Denis	Fitzgerald		Watergrasshill AC	42.29

### Team Results (4 to score outside of top 3)

Pos	Club	1st Runner	2nd Runner	3rd Runner	4th Runner	Total Points
1	Carraig na bhFear AC	5	8	11	12	36
2	Ballymore Cobh AC	10	14	15	18	57
3	East Cork AC	4	6	22	35	67
4	St. Catherines AC	9	16	19	25	69
5	Midleton AC	13	23	28	34	98
6	Watergrasshill AC	27	49	50	56	182
7	Youghal AC	37	46	48	53	184