

# Clare AAI 4 Mile Road Championships at Ballyea 20-01-2013

## Provisional Results for All Competitors in finish order.

				Pace	Race	Race	
1	0:20:10	MICHAEL SHANNON ,	St Johns (Clare)	All Men	03:07.9	201	1
2	0:20:17	KENNETH RODGERS,	St Johns (Clare)	All Men	03:09.0	203	2
3	0:20:24	JAKE O REGAN,	St Johns (Clare)	All Men	03:10.1	204	3
4	0:20:30	MICHAEL MAHER,	Ennis Track Club	All Men	03:11.0	22	4
5	0:21:05	DERMOT GALVIN,	St Johns (Clare)	All Men	03:16.5	205	5
6	0:21:12	JAMES LIDDANE,	BMOH	M35	03:17.6	108	6
7	0:21:15	JULIO CESAR F CASTRO,	Kilmurry Ibrickane/North Clare	M35	03:18.0	61	7
8	0:21:36	KEITH LYNCH NOV,	BMOH	All Men	03:21.3	110	8
9	0:21:45	DAMIAN LANDERS,	St Johns (Clare)	All Men	03:22.7	202	9
10	0:22:21	MICHAEL KEANE,	Ennis Track Club	All Men	03:28.3	40	10
11	0:22:25	BRIAN MURPHY,	Ennis Track Club	All Men	03:28.9	21	11
12	0:22:37	JOE MOONEY,	BMOH	All Men	03:30.8	111	12
13	0:22:40	DAVID BREW NOV,	St Johns (Clare)	All Men	03:31.2	206	13
14	0:22:43	WILLIE DEVITT,	Kilmurry Ibrickane/North Clare	M35	03:31.7	62	14
15	0:22:45	FINBAR O GRADY NOV,	Kilmurry Ibrickane/North Clare	All Men	03:32.0	71	15
16	0:22:46	DONAL HOWLEY,	Kilmurry Ibrickane/North Clare	All Men	03:32.2	74	16
17	0:22:52	KENNETH HICKEY NOV,	Ennis Track Club	M35	03:33.1	23	17
18	0:23:31	KEVIN CHESSER,	Ennis Track Club	All Men	03:39.2	24	18
19	0:23:37	LIAM MCGUANE,	Ennis Track Club	M40	03:40.1	28	19
20	0:23:46	FERGAL GROGAN NOV,	St Marys (Clare)	M35	03:41.5	91	20
21	0:23:48	EUGENE MOYNIHAN,	Marian A. C.	M55	03:41.8	1	21
22	0:23:55	PAT HOGAN ,	Ennis Track Club	M45	03:42.9	25	22
23	0:24:12	JOHN O BRIEN NOV,	Ennis Track Club	All Men	03:45.5	26	23
24	0:24:22	FRANK LANDY NOV,	Ennis Track Club	M35	03:47.1	27	24
25	0:24:26	KEVIN SHALLOO NOV,	St Johns (Clare)	M40	03:47.7	207	25
26	0:24:42	KIERAN O DWYER NOV,	Ennis Track Club	All Men	03:50.2	30	26
27	0:24:43	PAT MORRISSEY NOV,	Ennis Track Club	M50	03:50.3	34	27
28	0:24:50	JOHN MURPHY NOV,	Ennis Track Club	M45	03:51.4	29	28
29	0:24:51	TOM MACKEY,	Kilmurry Ibrickane/North Clare	M55	03:51.6	63	29
30	0:24:59	TOM MICKS NOV,	Ennis Track Club	M40	03:52.8	32	30
31	0:25:03	CUSHLA BRID HEHIR,	Ennis Track Club White Team	All Ladies	03:53.4	229	31
32	0:25:13	MICHAEL HARVEY,	Kilmurry Ibrickane/North Clare	M55	03:55.0	65	32
33	0:25:19	DAVID GHILARDI,	clare crusaders	M40	03:55.9	119	33
34	0:25:25	MARIA CAREY,	Ennis Track Club Red Team	F35	03:56.9	221	34
35	0:25:30	TOMMY MADDEN,	Marian A. C.	M60	03:57.6	2	35
36	0:25:31	MICHAEL GALVIN NOV,	St Johns (Clare)	M35	03:57.8	209	36
37	0:25:32	LIAM GRAY NOV,	Kilmurry Ibrickane/North Clare	All Men	03:58.0	72	37
38	0:25:35	TREVOR WHITE,	St Cronans A. C.	M45	03:58.4	161	38
39	0:25:43	THOMAS WALSH NOV,	BMOH	M45	03:59.7	109	39
40	0:25:57	JASON MOLONEY NOV,	Ennis Track Club	M35	04:01.8	31	40
41	0:25:59	BRENDAN POTTER NOV,	BMOH	M35	04:02.1	117	41
42	0:26:21	JAMES SEXTON NOV,	Kilmurry Ibrickane/North Clare	M50	04:05.6	76	42
43	0:26:22	BECKY COUGHLAN,	Ennis Track Club White Team	All Ladies	04:05.7	230	43
44	0:26:24	MICHAEL QUINLIVAN,	Tulla A. C.	M55	04:06.0	44	44
45	0:26:25	MICHAEL MC BRIDE NOV,	Ennis Track Club	M45	04:06.2	36	45
46	0:26:33	JOHN CAHILL NOV,	St Johns (Clare)	M45	04:07.4	208	46
47	0:26:36	MARTIN CURLEY NOV,	Ennis Track Club	M35	04:07.9	35	47
48	0:26:37	AISHLING POWER,	Ennis Track Club White Team	F40	04:08.1	236	48
49	0:27:05	FERGAL MC GRATH NOV,	Ennis Track Club	M40	04:12.4	33	49
50	0:27:07	ZELMA POWER,	Ennis Track Club Red Team	All Ladies	04:12.7	223	50
51	0:27:09	AIDAN CABEY NOV,	Kilmurry Ibrickane/North Clare	M50	04:13.0	75	51
52	0:27:27	PAUL CONWAY,	BMOH	All Men	04:15.8	112	52
53	0:27:27	MICHELLE TIMONEY-REEVES,	Ennis Track Club Red Team	F35	04:15.8	224	53
54	0:27:52	IMOGAN COTTER,	Ennis Track Club Red Team	All Ladies	04:19.7	222	54
55	0:27:58	SUE GARRAHY,	Kilmurry Ibrickane/North Clare	F45	04:20.6	70	55
56	0:28:03	ROISIN CONSIDINE,	Kilmurry Ibrickane/North Clare	All Ladies	04:21.4	79	56
57	0:28:07	RITA KIERCE,	St Marys (Clare)	F50	04:22.0	100	57
58	0:28:10	ITA HANRAHAN,	Ennis Track Club White Team	F45	04:22.5	231	58
59	0:28:13	BRIAN SPRING NOV,	Ennis Track Club	M35	04:23.0	37	59
60	0:28:17	LIAM DALY NOV,	Ennis Track Club	M35	04:23.6	38	60
61	0:28:19	MICHAEL KIRRANE NOV,	St Marys (Clare)	All Men	04:23.9	94	61
62	0:28:24	DECLAN POWER,	St Marys (Clare)	M35	04:24.7	96	62
63	0:28:56	KEITH RANALOW NOV,	St Marys (Clare)	All Men	04:29.6	92	63
64	0:29:16	DENIS MEANEY NOV,	St Marys (Clare)	M60	04:32.8	90	64
65	0:29:27	LORRAINE HAYES,	Ennis Track Club Red Team	F35	04:34.5	228	65
66	0:29:41	OLLIE GALLAGHER NOV,	Kilmurry Ibrickane/North Clare	M50	04:36.6	66	66
67	0:29:48	HILDA O CONNOR,	Ennis Track Club White Team	F40	04:37.7	232	67
68	0:29:54	MAGS MALONE,	Kilmurry Ibrickane/North Clare	F40	04:38.7	77	68
69	0:30:11	MAURA FALSEY,	Kilmurry Ibrickane/North Clare	F50	04:41.3	78	69
70	0:30:13	AILBHE MORRISSEY,	Ennis Track Club Red Team	All Ladies	04:41.6	227	70
71	0:30:18	JOHN O CONNELL NOV,	St Marys (Clare)	M50	04:42.4	95	71
72	0:30:40	JOHN MC SWEENEY,	Ind	M45	04:45.8	115	72
73	0:30:42	CLARE CAHIR,	Ennis Track Club Red Team	All Ladies	04:46.1	225	73
74	0:30:42	BERNIE FLAHERTY,	Ennis Track Club Red Team	F40	04:46.1	226	74
75	0:31:22	PATRICK MC MAHON NOV,	St Marys (Clare)	M35	04:52.3	93	75
76	0:31:27	SEAN WHELAN,	Ennis Track Club	M60	04:53.1	39	76
77	0:31:36	MARY CAHILL,	Ennis Track Club White Team	F35	04:54.5	233	77

78	0:32:34	ANGELA BEHAN,	Ind	F40	05:03.5	114	78
79	0:33:27	SHARON KING,	Ind	F45	05:11.7	118	79
80	0:33:58	ORLA COLNANE,	Ennis Track Club White Team	F45	05:16.6	234	80
81	0:36:32	LORNA WHELAN,	Ennis	F45	05:40.5	116	81
<b>M35</b>						<i>Race</i>	<i>Race</i>
1	0:21:12	JAMES LIDDANE,	BMOH	M35		108	6
2	0:21:15	JULIO CESAR F CASTRO,	Kilmurry Ibrickane/North Clare	M35		61	7
3	0:22:43	WILLIE DEVITT,	Kilmurry Ibrickane/North Clare	M35		62	14
4	0:22:52	KENNETH HICKEY NOV,	Ennis Track Club	M35		23	17
5	0:23:46	FERGAL GROGAN NOV,	St Marys (Clare)	M35		91	20
6	0:24:22	FRANK LANDY NOV,	Ennis Track Club	M35		27	24
<b>M40</b>						<i>Race</i>	<i>Race</i>
1	0:23:37	LIAM MCGUANE,	Ennis Track Club	M40		28	19
2	0:24:26	KEVIN SHALLOO NOV,	St Johns (Clare)	M40		207	25
3	0:24:59	TOM MICKS NOV,	Ennis Track Club	M40		32	30
4	0:25:19	DAVID GHILARDI,	clare crusaders	M40		119	33
5	0:27:05	FERGAL MC GRATH NOV,	Ennis Track Club	M40		33	49
<b>M45</b>						<i>Race</i>	<i>Race</i>
1	0:23:55	PAT HOGAN ,	Ennis Track Club	M45		25	22
2	0:24:50	JOHN MURPHY NOV,	Ennis Track Club	M45		29	28
3	0:25:35	TREVOR WHITE,	St Cronans A. C.	M45		161	38
4	0:25:43	THOMAS WALSH NOV,	BMOH	M45		109	39
5	0:26:25	MICHAEL MC BRIDE NOV,	Ennis Track Club	M45		36	45
6	0:26:33	JOHN CAHILL NOV,	St Johns (Clare)	M45		208	46
<b>M50</b>						<i>Race</i>	<i>Race</i>
1	0:24:43	PAT MORRISSEY NOV,	Ennis Track Club	M50		34	27
2	0:26:21	JAMES SEXTON NOV,	Kilmurry Ibrickane/North Clare	M50		76	42
3	0:27:09	AIDAN CABEY NOV,	Kilmurry Ibrickane/North Clare	M50		75	51
4	0:29:41	OLLIE GALLAGHER NOV,	Kilmurry Ibrickane/North Clare	M50		66	66
5	0:30:18	JOHN O CONNELL NOV,	St Marys (Clare)	M50		95	71
<b>M55</b>						<i>Race</i>	<i>Race</i>
1	0:23:48	EUGENE MOYNIHAN,	Marian A. C.	M55		1	21
2	0:24:51	TOM MACKEY,	Kilmurry Ibrickane/North Clare	M55		63	29
3	0:25:13	MICHAEL HARVEY,	Kilmurry Ibrickane/North Clare	M55		65	32
4	0:26:24	MICHAEL QUINLIVAN,	Tulla A. C.	M55		44	44
<b>M60</b>						<i>Race</i>	<i>Race</i>
1	0:25:30	TOMMY MADDEN,	Marian A. C.	M60		2	35
2	0:29:16	DENIS MEANEY NOV,	St Marys (Clare)	M60		90	64
3	0:31:27	SEAN WHELAN,	Ennis Track Club	M60		39	76
<b>F35</b>						<i>Race</i>	<i>Race</i>
1	0:25:25	MARIA CAREY,	Ennis Track Club Red Team	F35		221	34
2	0:27:27	MICHELLE TIMONEY-REEVES,	Ennis Track Club Red Team	F35		224	53
3	0:29:27	LORRAINE HAYES,	Ennis Track Club Red Team	F35		228	65
4	0:31:36	MARY CAHILL,	Ennis Track Club White Team	F35		233	77
<b>F40</b>						<i>Race</i>	<i>Race</i>
1	0:26:37	AISHLING POWER,	Ennis Track Club White Team	F40		236	48
2	0:29:48	HILDA O CONNOR,	Ennis Track Club White Team	F40		232	67
3	0:29:54	MAGS MALONE,	Kilmurry Ibrickane/North Clare	F40		77	68
4	0:30:42	BERNIE FLAHERTY,	Ennis Track Club Red Team	F40		226	74
5	0:32:34	ANGELA BEHAN,	Ennis	F40		114	78
<b>F45</b>						<i>Race</i>	<i>Race</i>
1	0:27:58	SUE GARRAHY,	Kilmurry Ibrickane/North Clare	F45		70	55
2	0:28:10	ITA HANRAHAN,	Ennis Track Club White Team	F45		231	58
3	0:33:58	ORLA COLNANE,	Ennis Track Club White Team	F45		234	80
<b>F50</b>						<i>Race</i>	<i>Race</i>
1	0:28:07	RITA KIERCE,	St Marys (Clare)	F50		100	57
2	0:30:11	MAURA FALSEY,	Kilmurry Ibrickane/North Clare	F50		78	69
<b>All Ladies</b>						<i>Race</i>	<i>Race</i>
1	0:25:03	CUSHLA BRID HEHIR,	Ennis Track Club White Team	All Ladies		229	31
2	0:25:25	MARIA CAREY,	Ennis Track Club Red Team	F35		221	34
3	0:26:22	BECKY COUGHLAN,	Ennis Track Club White Team	All Ladies		230	43
4	0:26:37	AISHLING POWER,	Ennis Track Club White Team	F40		236	48
5	0:27:07	ZELMA POWER,	Ennis Track Club Red Team	All Ladies		223	50
6	0:27:27	MICHELLE TIMONEY-REEVES,	Ennis Track Club Red Team	F35		224	53
7	0:27:52	IMOGAN COTTER,	Ennis Track Club Red Team	All Ladies		222	54
8	0:27:58	SUE GARRAHY,	Kilmurry Ibrickane/North Clare	F45		70	55
9	0:28:03	ROISIN CONSIDINE,	Kilmurry Ibrickane/North Clare	All Ladies		79	56
10	0:28:07	RITA KIERCE,	St Marys (Clare)	F50		100	57
11	0:28:10	ITA HANRAHAN,	Ennis Track Club White Team	F45		231	58
12	0:29:27	LORRAINE HAYES,	Ennis Track Club Red Team	F35		228	65

## LADIES TEAMS

### 1 : Ennis Track Club White Team

			<i>Race</i>	<i>Race</i>
1	0:25:03	CUSHLA BRID HEHIR,	All Ladies	229 31
3	0:26:22	BECKY COUGHLAN,	All Ladies	230 43
4	0:26:37	AISHLING POWER,	F40	236 48
11	0:28:10	ITA HANRAHAN,	F45	231 58
<b>19</b>	<b>1:46:12</b>	<b>Totals</b>		

### 2 : Ennis Track Club Red Team

			<i>Race</i>	<i>Race</i>
2	0:25:25	MARIA CAREY,	F35	221 34
5	0:27:07	ZELMA POWER,	All Ladies	223 50
6	0:27:27	MICHELLE TIMONEY-REEVES,	F35	224 53
7	0:27:52	IMOGAN COTTER,	All Ladies	222 54
<b>20</b>	<b>1:47:51</b>	<b>Totals</b>		

### 3 : Kilmurry Ibrickane/North Clare

			<i>Race</i>	<i>Race</i>
8	0:27:58	SUE GARRAHY,	F45	70 55
9	0:28:03	ROISIN CONSIDINE,	All Ladies	79 56
14	0:29:54	MAGS MALONE,	F40	77 68
15	0:30:11	MAURA FALSEY,	F50	78 69
<b>46</b>	<b>1:56:06</b>	<b>Totals</b>		

### 4 : Ennis Track Club Red Team

			<i>Race</i>	<i>Race</i>
12	0:29:27	LORRAINE HAYES,	F35	228 65
16	0:30:13	AILBHE MORRISSEY,	All Ladies	227 70
17	0:30:42	CLARE CAHIR,	All Ladies	225 73
18	0:30:42	BERNIE FLAHERTY,	F40	226 74
<b>63</b>	<b>2:01:04</b>	<b>Totals</b>		

## All Men

				<i>Race</i>	<i>Race</i>
1	0:20:10	MICHAEL SHANNON ,	St Johns (Clare)	All Men	201 1
2	0:20:17	KENNETH RODGERS,	St Johns (Clare)	All Men	203 2
3	0:20:24	JAKE O REGAN,	St Johns (Clare)	All Men	204 3
4	0:20:30	MICHAEL MAHER,	Ennis Track Club	All Men	22 4
5	0:21:05	DERMOT GALVIN,	St Johns (Clare)	All Men	205 5
6	0:21:12	JAMES LIDDANE,	BMOH	M35	108 6
7	0:21:15	JULIO CESAR F CASTRO,	Kilmurry Ibrickane/North Clare	M35	61 7
8	0:21:36	KEITH LYNCH NOV,	BMOH	All Men	110 8
9	0:21:45	DAMIAN LANDERS,	St Johns (Clare)	All Men	202 9
10	0:22:21	MICHAEL KEANE,	Ennis Track Club	All Men	40 10
11	0:22:25	BRIAN MURPHY,	Ennis Track Club	All Men	21 11
12	0:22:37	JOE MOONEY,	BMOH	All Men	111 12

## MENS TEAMS

### 1 : St Johns (Clare)

			<i>Race</i>	<i>Race</i>
1	0:20:10	MICHAEL SHANNON ,	All Men	201 1
2	0:20:17	KENNETH RODGERS,	All Men	203 2
3	0:20:24	JAKE O REGAN,	All Men	204 3
5	0:21:05	DERMOT GALVIN,	All Men	205 5
9	0:21:45	DAMIAN LANDERS,	All Men	202 9
13	0:22:40	DAVID BREW NOV,	All Men	206 13
<b>33</b>	<b>2:06:21</b>	<b>Totals</b>		

### 2 : Ennis Track Club

			<i>Race</i>	<i>Race</i>
4	0:20:30	MICHAEL MAHER,	All Men	22 4
10	0:22:21	MICHAEL KEANE,	All Men	40 10
11	0:22:25	BRIAN MURPHY,	All Men	21 11
17	0:22:52	KENNETH HICKEY NOV,	M35	23 17
18	0:23:31	KEVIN CHESSER,	All Men	24 18
19	0:23:37	LIAM MCGUANE,	M40	28 19
<b>79</b>	<b>2:15:16</b>	<b>Totals</b>		

### 3 : Kilmurry Ibrickane/North Clare

			<i>Race</i>	<i>Race</i>
7	0:21:15	JULIO CESAR F CASTRO,	M35	61 7
14	0:22:43	WILLIE DEVITT,	M35	62 14
15	0:22:45	FINBAR O GRADY NOV,	All Men	71 15
16	0:22:46	DONAL HOWLEY,	All Men	74 16
29	0:24:51	TOM MACKEY,	M55	63 29
31	0:25:13	MICHAEL HARVEY,	M55	65 32
<b>112</b>	<b>2:19:33</b>	<b>Totals</b>		

## 4: BMOH

			<i>Race</i>	<i>Race</i>
6	0:21:12	JAMES LIDDANE,	M35	108 6

8	0:21:36	KEITH LYNCH NOV,	All Men	110	8
12	0:22:37	JOE MOONEY,	All Men	111	12
37	0:25:43	THOMAS WALSH NOV,	M45	109	39
39	0:25:59	BRENDAN POTTER NOV,	M35	117	41
47	0:27:27	PAUL CONWAY,	All Men	112	52

**149 2:24:34 Totals**

**5 : Ennis Track Club**

*Race Race*

22	0:23:55	PAT HOGAN ,	M45	25	22
23	0:24:12	JOHN O BRIEN NOV,	All Men	26	23
24	0:24:22	FRANK LANDY NOV,	M35	27	24
26	0:24:42	KIERAN O DWYER NOV,	All Men	30	26
27	0:24:43	PAT MORRISSEY NOV,	M50	34	27
28	0:24:50	JOHN MURPHY NOV,	M45	29	28

**150 2:26:44 Totals**

**6 : Ennis Track Club**

*Race Race*

30	0:24:59	TOM MICKS NOV,	M40	32	30
38	0:25:57	JASON MOLONEY NOV,	M35	31	40
42	0:26:25	MICHAEL MC BRIDE NOV,	M45	36	45
44	0:26:36	MARTIN CURLEY NOV,	M35	35	47
45	0:27:05	FERGAL MC GRATH NOV,	M40	33	49
48	0:28:13	BRIAN SPRING NOV,	M35	37	59

**247 2:39:15 Totals**

**7 : St Marys (Clare)**

*Race Race*

20	0:23:46	FERGAL GROGAN NOV,	M35	91	20
50	0:28:19	MICHAEL KIRRANE NOV,	All Men	94	61
51	0:28:24	DECLAN POWER,	M35	96	62
52	0:28:56	KEITH RANALOW NOV,	All Men	92	63
53	0:29:16	DENIS MEANEY NOV,	M60	90	64
55	0:30:18	JOHN O CONNELL NOV,	M50	95	71

**281 2:48:59 Totals**

**NOVICE Men**

*Race Race*

1	0:21:36	KEITH LYNCH NOV,	BMOH	All Men	110	8
2	0:22:40	DAVID BREW NOV,	St Johns (Clare)	All Men	206	13
3	0:22:45	FINBAR O GRADY NOV,	Kilmurry Ibrickane/North Clare	All Men	71	15
4	0:22:52	KENNETH HICKEY NOV,	Ennis Track Club	M35	23	17
5	0:23:46	FERGAL GROGAN NOV,	St Marys (Clare)	M35	91	20
6	0:24:12	JOHN O BRIEN NOV,	Ennis Track Club	All Men	26	23
7	0:24:22	FRANK LANDY NOV,	Ennis Track Club	M35	27	24
8	0:24:26	KEVIN SHALLOO NOV,	St Johns (Clare)	M40	207	25
9	0:24:42	KIERAN O DWYER NOV,	Ennis Track Club	All Men	30	26
10	0:24:43	PAT MORRISSEY NOV,	Ennis Track Club	M50	34	27
11	0:24:50	JOHN MURPHY NOV,	Ennis Track Club	M45	29	28
12	0:24:59	TOM MICKS NOV,	Ennis Track Club	M40	32	30

**TEAMS:**

- 1. Ennis Track (4. Kenneth Hickey, 6. John O Brien, 7. Frank Landy, 9. Kieran O Dwyer) = 26pts.**
- 2. St Johns (2. David Brew, 8. Kevin Shalloo, 13. Michael Galvin, 20. John Cahill) = 43pts.**
- 3. BMOH (1. Keith Lynch, 15. Thomas Walsh, 17. Brendan Potter, 24. Paul Conway) = 57pts.**
- 4. Kilmurry Ibrickane/North Clare (3. Finbar O Grady, 14. Liam Gray, 18. James Sexton, 23. Aidan Cabey) = 58pts.**