

## Synergy Fitness 5k & 5M race 10 May 2015

<b>TotalRank</b>	<b>Bib</b>	<b>Name</b>	<b>contest</b>	<b>Sex</b>	<b>Gun Time</b>
1	455	Stephen Ainsworth	5K	m	0:18:23
2	476	John Stone	5K	m	0:18:38
3	423	Brain Murphy	5K	m	0:20:06
4	475	Berry Connor	5K	m	0:20:32
5	415	James Squance	5K	m	0:21:18
6	408	Martina Osullivan	5K	w	0:22:14
7	468	Belinda Kehoe	5K	w	0:23:20
8	437	Barry Roche	5K	m	0:24:44
9	431	Lar Banville	5K	m	0:24:48
10	436	John Purdy	5K	m	0:24:53
11	403	Wayne Tobin	5K	m	0:25:03
12	471	Emma Morris	5K	w	0:25:20
13	492	Orla Mcfadden	5K	w	0:25:24
14	486	Joshua Porter	5K	m	0:25:40
15	435	Andy Doyle	5K	m	0:25:47
16	493	Orla Habbs	5K	w	0:26:38
17	489	Tina Bergin	5K	w	0:27:54
18	4994	Henry Megarity	5K	m	0:28:28
19	451	Yvonne Rossier	5K	w	0:29:23
20	484	Orla Redmond	5K	m	0:29:47
21	456	Sharon Kelly	5K	w	0:30:08
22	488	Therese Byrne	5K	w	0:30:14
23	427	Catherine Tennant	5K	w	0:30:44
24	426	Marian Roberts	5K	m	0:30:45
25	428	Shelley Oconnor	5K	w	0:30:46
26	445	Tara Carty	5K	w	0:31:07
27	491	Aileen Kennedy	5K	w	0:31:10
28	490	F Wadding	5K	w	0:31:11
29	483	Cillian Shiggins	5K	m	0:31:17
30	466	Cath Berney	5K	w	0:31:26
31	450	Eleanor Odonnell	5K	w	0:31:39
32	464	Annabel Hopkins	5K	w	0:31:49
33	446	Lorraine Odonoghue	5K	w	0:31:49
34	454	Jessie Murphy	5K	w	0:31:57
35	432	Kate Banville	5K	w	0:32:02
36	458	Liz Crowley	5K	w	0:32:27
37	477	Melany Myler	5K	w	0:32:39
38	467	Mairead Coleman	5K	w	0:32:46
39	478	Elva Moriarty	5K	w	0:32:50
40	501	Tracy Oreilly	5K	w	0:33:04
41	448	Michelle Whelan	5K	w	0:33:19
42	412	Shopie Shiggins	5K	w	0:33:58
43	417	Nemone van der Blake	5K	w	0:35:59
44	411	Lynda Shiggins	5K	w	0:38:06
45	433	Tracey Bates	5K	w	0:40:33
46	434	Pamela Brady	5K	w	0:40:34
47	463	Pippa Laws	5K	w	0:45:05
48	459	Michelle Goldsmith	5K	w	0:45:05
49	407	Michelle Murphy	5K	w	0:45:23
50	422	Grace Browne	5K	w	0:47:44
51	420	Shoibhan Browne	5K	w	0:47:44
52	447	Avril Boland	5K	w	0:47:57

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53	469	Carmel Harpur	5K	w	0:49:12
1	462	Brian Kirwan	8k	m	0:27:39
2	416	Paul Lynch	8k	m	0:28:21
3	494	Paul Gibbins	8k	m	0:30:38
4	472	Billy Reek	8k	m	0:31:16
5	473	Bobby Redmond	8k	m	0:31:53
6	506	John Murphy	8k	m	0:32:43
7	419	Sean Grant	8k	m	0:34:35
8	465	Anthony Kennelly	8k	m	0:35:41
9	497	Paul Driscoll	8k	m	0:35:54
10	414	Chris Squance	8k	m	0:36:15
11	440	John Flynn	8k	m	0:36:59
12	439	Stuart Ryan	8k	m	0:36:59
13	495	Lorraine Mcahon	8k	w	0:37:44
14	496	Maria Mcdonald	8k	w	0:38:31
15	444	Michelle Langan	8k	w	0:39:15
16	508	Jack Murphy	8k	m	0:39:17
17	474	Nicholas Molloy	8k	m	0:39:41
18	470	Tadhg Henderson	8k	m	0:39:48
19	452	John Dier	8k	m	0:39:58
20	425	Stephen Ryan	8k	m	0:40:12
21	409	Darren Shiggins	8k	m	0:41:21
22	404	Paul Mernagh	8k	m	0:41:23
23	418	Denise Doyle Cloke	8k	w	0:42:03
24	405	Clodagh Connolly	8k	w	0:42:27
25	413	Ray Obrien	8k	m	0:42:29
26	509	Roy Nunn	8k	m	0:42:40
27	485	Peadar Maxwell	8k	m	0:42:48
28	449	Sarah Walsh	8k	w	0:43:10
29	442	Tony Roche	8k	m	0:43:15
30	480	Linda Maher	8k	w	0:43:32
31	479	Gwendoline Gadden	8k	w	0:43:43
32	487	Egbert Fleck	8k	m	0:44:31
33	502	Susanne Knauth	8k	w	0:44:48
34	507	Liam Murphy	8k	m	0:44:49
35	504	Anne Dunne	8k	w	0:45:04
36	500	Noel Kelly	8k	m	0:45:17
37	443	Sinead Hore	8k	w	0:45:41
38	421	Natalia Campbell	8k	w	0:46:10
39	460	Lorraine Frayne	8k	w	0:46:10
40	402	Ann Mernagh	8k	w	0:46:28
41	461	Elizabeth Kavanagh	8k	w	0:48:04
42	441	Sharon Roche	8k	w	0:48:08
43	410	Barry Clary	8k	m	0:48:33
44	499	Sarah Murphy	8k	w	0:48:55
45	503	Mary McMahan	8k	w	0:49:30
46	453	Sharron Dier	8k	w	0:49:37
47	482	Andy Staff	8k	m	0:52:40
48	438	Lorraine Dludds	8k	w	0:58:38
49	498	Nicola Murphy	8k	w	0:59:39
50	430	Frankie Tennant	8k	m	1:25:04
51	429	Mary Tennant	8k	w	1:25:08

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52	406	Bridie Mcguire	8k	w	1:35:27
53	401	Carol Gary	8k	w	1:35:29
54	457	Brendan Wright	8k	m	
55	505	Mary Culleton	8k	w	
56	481	Paul Connick	8k	m	