

## 5k/10k Harbour to Harbour (06/05/2019)

### All Results

Total Pos.	Cat Pos.	Bib #	Name	Time	Speed	Pace
<b>5km</b>						
<b>Female Adult</b>						
61.	14.	294	<i>Browne, Sandra</i>	00:29:23,90	10.2 kph	05:52 /km
100.	27.	199	<i>Comer, Catherine</i>	00:41:53,12	7.16 kph	08:22 /km
103.	28.	287	<i>D, Grace</i>	00:42:17,31	7.09 kph	08:27 /km
52.	12.	238	<i>Dermody, Laura</i>	00:27:40,23	10.84 kph	05:32 /km
31.	6.	119	<i>Farrell, Mairead</i>	00:24:50,58	12.08 kph	04:58 /km
59.	13.	310	<i>Flynn, Lisa</i>	00:28:42,58	10.45 kph	05:44 /km
38.	7.	300	<i>Gamaill, Lorraine</i>	00:25:42,04	11.67 kph	05:08 /km
47.	11.	292	<i>Glennon, Carol</i>	00:26:54,68	11.15 kph	05:22 /km
45.	10.	335	<i>Gunning, Sheena</i>	00:26:40,72	11.24 kph	05:20 /km
44.	9.	189	<i>Heduan, Hannah</i>	00:26:34,65	11.29 kph	05:18 /km
82.	21.	184	<i>Heduan, Kay</i>	00:34:46,75	8.63 kph	06:57 /km
92.	23.	295	<i>Heslin, Alice</i>	00:40:16,63	7.45 kph	08:03 /km
8.	2.	277	<i>Hickson, Joan</i>	00:21:09,31	14.18 kph	04:13 /km
112.	30.	202	<i>Igoe, Margaret</i>	00:45:13,40	6.63 kph	09:02 /km
114.	31.	149	<i>Judge, Clare</i>	00:52:37,66	5.7 kph	10:31 /km
63.	16.	197	<i>Keena, Gemma</i>	00:29:31,24	10.16 kph	05:54 /km
62.	15.	333	<i>Lynam, Jo</i>	00:29:30,04	10.17 kph	05:54 /km
99.	26.	231	<i>Maher, Amanda</i>	00:41:17,23	7.27 kph	08:15 /km
28.	4.	271	<i>McDonnell, Nicola</i>	00:24:19,47	12.33 kph	04:51 /km
97.	25.	234	<i>McGann, Dara</i>	00:41:10,84	7.29 kph	08:14 /km
79.	19.	243	<i>McKeogh, Olive</i>	00:33:54,93	8.85 kph	06:46 /km
110.	29.	200	<i>Mulwaney, Mary</i>	00:45:07,60	6.65 kph	09:01 /km
30.	5.	329	<i>Murtagh, Gillian</i>	00:24:30,97	12.24 kph	04:54 /km
66.	17.	188	<i>Nugent, Imelda</i>	00:30:25,79	9.86 kph	06:05 /km
6.	1.	264	<i>O'Halloran, Michelle</i>	00:20:22,88	14.72 kph	04:04 /km
42.	8.	299	<i>Reilly, Adele</i>	00:25:51,93	11.6 kph	05:10 /km
74.	18.	245	<i>Rowan, Lorraine</i>	00:32:08,65	9.33 kph	06:25 /km
87.	22.	228	<i>Scanlon, Lynn</i>	00:37:27,16	8.01 kph	07:29 /km
21.	3.	268	<i>Taaffe, Claire</i>	00:23:34,13	12.73 kph	04:42 /km
94.	24.	281	<i>Wallace, Anna Marie</i>	00:40:43,13	7.37 kph	08:08 /km
80.	20.	320	<i>Williams, Claire</i>	00:34:07,10	8.79 kph	06:49 /km
<b>Female Under 16</b>						
56.	3.	270	<i>Donoghue, Erin</i>	00:27:59,66	10.72 kph	05:35 /km
18.	1.	178	<i>Kelly, Robyn</i>	00:23:21,01	12.85 kph	04:40 /km
72.	4.	288	<i>Maxwell, Isabel</i>	00:31:10,57	9.62 kph	06:14 /km
24.	2.	221	<i>Newman, Áine</i>	00:23:46,27	12.62 kph	04:45 /km
77.	5.	286	<i>Wallace, Ciara</i>	00:33:24,41	8.98 kph	06:40 /km

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### All Results

Total Pos.	Cat Pos.	Bib #	Name	Time	Speed	Pace
<b>Male Adult</b>						
11.	6.	276	<i>Bannon, John</i>	00:22:04,41	13.59 kph	04:24 /km
29.	15.	272	<i>Burke, Milo</i>	00:24:29,09	12.25 kph	04:53 /km
26.	13.	186	<i>Carroll, Shane</i>	00:23:52,13	12.57 kph	04:46 /km
27.	14.	183	<i>Clinton, Oisin</i>	00:24:15,23	12.37 kph	04:51 /km
9.	5.	220	<i>Fitzgerald, Eddie</i>	00:21:43,61	13.81 kph	04:20 /km
7.	4.	252	<i>Geoghegan, Mark</i>	00:20:28,10	14.66 kph	04:05 /km
78.	23.	339	<i>Ginnell, Aidan</i>	00:33:52,90	8.85 kph	06:46 /km
41.	17.	192	<i>Heduan, Ger</i>	00:25:49,88	11.61 kph	05:09 /km
76.	22.	130	<i>Heduan, James</i>	00:33:08,90	9.05 kph	06:37 /km
93.	25.	185	<i>Heduan, Martin</i>	00:40:16,73	7.45 kph	08:03 /km
111.	26.	203	<i>Igoe, Pat</i>	00:45:08,05	6.65 kph	09:01 /km
15.	9.	241	<i>Keena, Brendan</i>	00:23:01,51	13.03 kph	04:36 /km
1.	1.	240	<i>Keena, John</i>	00:18:12,80	16.47 kph	03:38 /km
54.	19.	258	<i>Maher, Ivan</i>	00:27:45,60	10.81 kph	05:33 /km
22.	12.	193	<i>Maher, Shane</i>	00:23:34,47	12.73 kph	04:42 /km
86.	24.	235	<i>McGann, Cormac</i>	00:36:38,42	8.19 kph	07:19 /km
16.	10.	237	<i>McGann, Enda</i>	00:23:07,69	12.97 kph	04:37 /km
17.	11.	156	<i>Molloy, Matthew</i>	00:23:09,79	12.95 kph	04:37 /km
12.	7.	279	<i>O'Sullivan, Michael</i>	00:22:27,63	13.36 kph	04:29 /km
14.	8.	330	<i>Pierce, Colin</i>	00:22:49,90	13.14 kph	04:33 /km
40.	16.	226	<i>Scanlon, Matty</i>	00:25:49,61	11.62 kph	05:09 /km
57.	20.	303	<i>Scarff, Jason</i>	00:28:21,00	10.58 kph	05:40 /km
64.	21.	304	<i>Sheridan, Brian</i>	00:29:52,07	10.04 kph	05:58 /km
3.	2.	214	<i>Smith, Derek</i>	00:18:50,96	15.92 kph	03:46 /km
46.	18.	337	<i>Troy, Robert</i>	00:26:43,70	11.22 kph	05:20 /km
5.	3.	275	<i>Whyte, Pascal</i>	00:20:16,80	14.79 kph	04:03 /km
<b>Male Under 16</b>						
10.	2.	210	<i>Darby, Mark</i>	00:22:02,77	13.61 kph	04:24 /km
34.	6.	162	<i>Evans, Matthew</i>	00:25:17,91	11.86 kph	05:03 /km
19.	4.	336	<i>McGowan, Eoin</i>	00:23:22,37	12.84 kph	04:40 /km
4.	1.	229	<i>Miney, James</i>	00:19:40,56	15.25 kph	03:56 /km
32.	5.	218	<i>Newman, Enda</i>	00:25:01,17	11.99 kph	05:00 /km
13.	3.	215	<i>Ruisinger, Killian</i>	00:22:46,65	13.17 kph	04:33 /km
58.	8.	311	<i>Ryan, Aidan</i>	00:28:42,50	10.45 kph	05:44 /km
50.	7.	312	<i>Ryan, Jack</i>	00:27:26,98	10.93 kph	05:29 /km
<b>National School Female</b>						
104.	17.	181	<i>Carey, Ciara</i>	00:42:47,63	7.01 kph	08:33 /km
106.	18.	179	<i>Carey, Lucy</i>	00:42:48,83	7.01 kph	08:33 /km
81.	8.	211	<i>Darby, Leah</i>	00:34:23,84	8.72 kph	06:52 /km



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### All Results

Total Pos.	Cat Pos.	Bib #	Name	Time	Speed	Pace
88.	10.	159	<i>Evans, Hannah</i>	00:39:03,69	7.68 kph	07:48 /km
108.	20.	224	<i>Evans, Hazel</i>	00:42:55,27	6.99 kph	08:35 /km
98.	15.	190	<i>Heduan, Aine</i>	00:41:16,82	7.27 kph	08:15 /km
101.	16.	142	<i>Heduan, Sophie</i>	00:42:00,49	7.14 kph	08:24 /km
85.	9.	150	<i>Judge, Abigail</i>	00:36:13,35	8.28 kph	07:14 /km
113.	21.	144	<i>Judge, Emily</i>	00:52:37,26	5.7 kph	10:31 /km
75.	7.	143	<i>Lyons, Mary</i>	00:33:07,51	9.06 kph	06:37 /km
95.	13.	236	<i>McGann, Abbie</i>	00:41:04,75	7.3 kph	08:12 /km
73.	6.	233	<i>McGann, Rachel</i>	00:31:10,83	9.62 kph	06:14 /km
96.	14.	298	<i>Medlorth, Eve</i>	00:41:05,78	7.3 kph	08:13 /km
90.	12.	204	<i>Molloy, Niamh</i>	00:39:44,56	7.55 kph	07:56 /km
37.	2.	205	<i>Molloy, Orla</i>	00:25:40,61	11.68 kph	05:08 /km
69.	5.	265	<i>O'Halloran, Siofra</i>	00:30:47,76	9.74 kph	06:09 /km
48.	4.	168	<i>Rodgers, Annie</i>	00:26:57,97	11.13 kph	05:23 /km
25.	1.	167	<i>Rodgers, Martha</i>	00:23:50,33	12.58 kph	04:46 /km
43.	3.	246	<i>Rowan, Maebh</i>	00:26:21,05	11.38 kph	05:16 /km
107.	19.	201	<i>Sule, Nikka</i>	00:42:53,95	6.99 kph	08:34 /km
89.	11.	291	<i>Wallace, Aoibhe</i>	00:39:33,86	7.58 kph	07:54 /km

### National School Male

71.	17.	314	<i>Boyce Jordon, Tristan</i>	00:31:01,79	9.67 kph	06:12 /km
55.	11.	293	<i>Browne, Ciaran</i>	00:27:47,22	10.8 kph	05:33 /km
70.	16.	165	<i>Connolly, James</i>	00:30:48,36	9.74 kph	06:09 /km
105.	22.	171	<i>Connolly, William</i>	00:42:47,71	7.01 kph	08:33 /km
33.	4.	129	<i>Dolan, Christian</i>	00:25:05,37	11.96 kph	05:01 /km
109.	23.	227	<i>Evans, Darragh</i>	00:43:11,69	6.95 kph	08:38 /km
83.	18.	309	<i>Farrell, James</i>	00:35:03,45	8.56 kph	07:00 /km
102.	21.	166	<i>Heduan, Adam</i>	00:42:06,04	7.13 kph	08:25 /km
39.	7.	191	<i>Heduan, Aidan</i>	00:25:48,39	11.62 kph	05:09 /km
49.	8.	194	<i>Keena, Cathal</i>	00:27:07,36	11.06 kph	05:25 /km
36.	6.	103	<i>Lyons, John</i>	00:25:29,71	11.77 kph	05:05 /km
53.	10.	261	<i>Maher, Finn</i>	00:27:44,18	10.82 kph	05:32 /km
35.	5.	206	<i>Molloy, Cormac</i>	00:25:20,33	11.84 kph	05:04 /km
2.	1.	155	<i>Molloy, Matthew (jnr.)</i>	00:18:29,36	16.23 kph	03:41 /km
91.	20.	176	<i>Mooney, Gavin</i>	00:40:04,83	7.48 kph	08:00 /km
23.	3.	174	<i>Mooney, Killian</i>	00:23:42,65	12.65 kph	04:44 /km
65.	13.	187	<i>Nugent, Liam</i>	00:30:25,51	9.86 kph	06:05 /km
51.	9.	269	<i>O'Halloran, Killian</i>	00:27:30,20	10.91 kph	05:30 /km
84.	19.	217	<i>Ruisinger, Lucas</i>	00:36:08,86	8.3 kph	07:13 /km
20.	2.	177	<i>Scally, Peter</i>	00:23:33,23	12.74 kph	04:42 /km
60.	12.	283	<i>Wallace, Patrick</i>	00:29:16,90	10.25 kph	05:51 /km
68.	15.	318	<i>Williams, Rhys</i>	00:30:47,19	9.74 kph	06:09 /km

**5k/10k Harbour to Harbour (06/05/2019)****All Results**

<b>Total Pos.</b>	<b>Cat Pos.</b>	<b>Bib #</b>	<b>Name</b>	<b>Time</b>	<b>Speed</b>	<b>Pace</b>
67.	14.	319	<i>Williams, Rian</i>	00:30:45,69	9.75 kph	06:09 /km



**5k/10k Harbour to Harbour (06/05/2019)****All Results**

Total Pos.	Cat Pos.	Bib #	Name	Time	Speed	Pace
<b>10km</b>						
<b>Female Adult</b>						
26.	5.	280	<i>Byrne, Gemma</i>	00:56:23,56	10.64 kph	05:38 /km
21.	2.	232	<i>Martyn, Bernadette</i>	00:50:49,85	11.8 kph	05:04 /km
24.	3.	323	<i>Murray, Catherine</i>	00:52:25,09	11.45 kph	05:14 /km
25.	4.	322	<i>Murtagh, Niamh</i>	00:54:04,38	11.1 kph	05:24 /km
14.	1.	308	<i>Reid, Criona</i>	00:47:35,70	12.61 kph	04:45 /km
29.	6.	163	<i>Tiernan, Orlagh</i>	00:59:54,33	10.02 kph	05:59 /km
<b>Male Adult</b>						
23.	21.	317	<i>Barry, Williams</i>	00:52:16,73	11.48 kph	05:13 /km
5.	5.	297	<i>Bracken, Andrew</i>	00:43:09,39	13.9 kph	04:18 /km
18.	17.	242	<i>Byrne, Paul</i>	00:49:06,10	12.22 kph	04:54 /km
2.	2.	213	<i>Carthy, Mel</i>	00:39:24,56	15.22 kph	03:56 /km
1.	1.	198	<i>Comer, Daire</i>	00:37:30,22	16 kph	03:45 /km
12.	12.	157	<i>Connell, Michael</i>	00:46:32,18	12.89 kph	04:39 /km
27.	22.	248	<i>Corcoran, Sean</i>	00:59:13,00	10.13 kph	05:55 /km
8.	8.	239	<i>Dermody, Karl</i>	00:44:23,52	13.52 kph	04:26 /km
6.	6.	266	<i>Donoghue, James</i>	00:44:08,49	13.59 kph	04:24 /km
22.	20.	256	<i>Donohoe, John</i>	00:50:52,50	11.79 kph	05:05 /km
9.	9.	313	<i>Glynn, Liam</i>	00:44:35,72	13.45 kph	04:27 /km
19.	18.	259	<i>Heduan, Noel</i>	00:49:17,82	12.17 kph	04:55 /km
16.	15.	334	<i>Lynam, Frank</i>	00:47:55,83	12.52 kph	04:47 /km
20.	19.	296	<i>Lynn, David</i>	00:49:41,09	12.08 kph	04:58 /km
17.	16.	255	<i>M, Tommy</i>	00:48:52,07	12.28 kph	04:53 /km
10.	10.	230	<i>Miney, Oliver</i>	00:44:55,96	13.35 kph	04:29 /km
7.	7.	321	<i>Morrissey, Johnny</i>	00:44:12,23	13.57 kph	04:25 /km
4.	4.	324	<i>Murtagh, William</i>	00:43:05,35	13.92 kph	04:18 /km
11.	11.	328	<i>Price, Luke</i>	00:45:07,54	13.3 kph	04:30 /km
15.	14.	284	<i>Scally, Aidan</i>	00:47:55,54	12.52 kph	04:47 /km
3.	3.	244	<i>Stanley, Darren</i>	00:42:20,13	14.17 kph	04:14 /km
28.	23.	164	<i>Tiernan, Damien</i>	00:59:54,27	10.02 kph	05:59 /km
13.	13.	267	<i>Wallace, Jason</i>	00:46:50,79	12.81 kph	04:41 /km

**Number of Records: 143**