

Clonmel Athletic Club - 4k road Series 2009 - Race No. 5 - Match your Target Time

Place	Athlete's Name	Actual Time		Target Time		Difference	
		Mins	Secs	Mins	Secs		
	1	Richard O Gorman	14	57	15	10	-13
	2	David Quigley	14	57	13	50	67
2nd	3	James Fox	15	20	15	19	1
	4	Brian Long	15	23	15	52	-29
1st	5	Angela McCann	15	27	15	27	0
	6	David Kenneally	15	34	14	30	64
	7	Derek Nolan	15	41	15	52	-11
	8	Mark Ryan	15	43	16	0	-17
	9	Eoin McGrath	15	43	15	0	43
	10	Owen Fanning	15	44	15	55	-11
	11	Anthony O'Brien	15	48	16	2	-14
	12	Kealey Tideswell	15	52	15	35	17
	13	Martin Laste	15	54	16	41	-47
3rd	14	Martin Kennedy	16	8	16	6	2
	15	Martin Holmes	16	9	15	59	10
	16	Robbie Condon	16	13	15	53	20
	17	John Dempsey	16	44	15	51	53
	18	Liam Casey	16	51	16	61	-10
	19	Neil Fox	16	59	16	51	8
	20	Noel Ryan	17	0	15	49	71
	21	Mark Young	17	6	16	51	15
	22	Barry Horgan	17	19	17	33	-14
	23	Conor Morkan	17	21	16	12	69
	24	Billy Prout	17	24	17	14	10
	25	Richard Meehan	17	27	17	17	10
	26	Barry Kent	17	34	17	46	-12
	27	Noel Prendergast	17	42	17	21	21
	28	Eddie Prendergast	17	44	17	50	-6
	29	Maurice Boland	17	44	17	34	10
	30	Tommy Blanche	17	52	16	35	77
	31	Brian Tyrell	17	59	17	48	11
	32	Franny Lafford	18	3	18	21	-18
	33	Fergal Condon	18	6	18	25	-19
	34	Donna Nagle	18	9	18	2	7
	35	Emma Ferris	18	25	18	36	-11
	36	Tom Quinn	18	26	17	48	38
	37	Brian McCluskey	18	30	18	22	8
	38	Jimmy Lonergan	18	31	18	38	-7
	39	Martin Walshe	18	43	19	0	-17

	40	Nicola Maunsell	18	43	18	32	11
	41	Rebecca Lenehan	18	48	18	8	40
	42	Joe Grinsell	18	56	18	1	55
3rd	43	Fran Mulcahy	19	16	19	14	2
	44	Emer O Keeffe	19	51	20	20	-29
	45	Marian O Neill	20	3	20	43	-40
	46	Richard Butler	20	6	20	11	-5
	47	Michael Mockler	20	9	16	33	216
	48	Tom Ryan	20	13	20	29	-16
	49	Denis O Sullivan	20	14	19	29	45
	50	Aidan Cremin	20	15	18	37	98
	51	Eamon Crowley	20	27	20	1	26
	52	Anne Cronin	20	38	20	17	21
	53	Paschal Mansfield	20	47	21	16	-29
	54	Theresa O Brien	21	17	21	36	-19
	55	Grainne McRedmond	21	18	21	51	-33
	56	Shane Redmond	21	22	19	36	106
2nd	57	Billy Haheesy	21	39	21	38	1
2nd	58	Eva O Brien	21	47	21	46	1
	59	Belinda St John	22	11	20	46	85
3rd	60	Ronan Quirke	22	28	22	26	2
	61	Anne Marie Looby	22	29	22	49	-20
	62	Michael O Loughlin	22	38	23	8	-30
	63	Helen O Ceallaigh	22	40	23	0	-20
	64	Michael O Dwyer	22	41	22	18	23
	65	Michael Brannigan	22	46	22	28	18
	66	Bridget O Gorman	22	50	23	12	-22
3rd	67	Clodhna Breen	23	44	23	46	-2
	68	Elaine Howard	23	55	24	53	-58
	69	Alice Logue	24	4	24	55	-51
	70	Ian Patterson	25	10	25	50	-40
	71	Aine Butler	25	12	25	44	-32
	72	Ciara O Donoghue	25	16	21	50	206
	73	Claire Hogan	25	36	25	16	20
	74	Leah McNamara	25	37	26	50	-73
	75	Julette O Sullivan	25	44	25	57	-13
	76	Amanda Williams	26	13	26	18	-5
	77	Judy Newman	26	17	28	9	-112
	78	Claire Cosgrove	28	41	25	38	183
	79	Adrian Lonergan	31	3	22	20	523
	80	Georgina Gilligan	31	3	32	49	-106