

Leinster Novice & Master Road Race Championship
Gowran 2nd May 2016

Master Men

Pl.	Name	Club	Cat	#	1650m	3000m	4500m	6000m
					Lap 1	Lap 2	LAP 3	Finish Time
1	Brian BYRNE	Newbridge AC	M35	5910	5:19	10:23	15:24	20:12
2	Colm BURKE	St. Abban's A.C	M50	5895	5:19	10:23	15:24	20:15
3	Myles GIBBONS	Sliabh Bhuide Rovers A.C.	M40	1435	5:21	10:26	15:32	20:32
4	Pat MALONE	Newbridge AC	M50	5911	5:19	10:22	15:25	20:33
5	Arnaud BENJECAR	Liffey Valley A.C.	M45	5902	5:19	10:24	15:34	20:35
6	Paul BALFE	Liffey Valley A.C.	M40	5901	5:19	10:24	15:37	20:40
7	Stephen HUNTER	St. Abban's A.C	M35	5900	5:20	10:23	15:36	20:43
8	Noel MARUM	Portlaoise AC	M45	5938	5:20	10:28	15:41	20:47
9	Damian KELLY	Sportsworld RC	M40	5990	5:19	10:29	15:41	20:49
10	Riobaird MILLER	Ballyfin A.C.	M40	5937	5:22	10:29	15:43	20:53
11	Colin COYNE	St. Abban's A.C	M35	5919	5:23	10:38	15:50	21:00
12	Ciaran O'REILLY	Liffey Valley A.C.	M40	5995	5:19	10:30	15:49	21:02
13	Dermot AYRES	St. Abban's A.C	M35	5897	5:25	10:38	15:51	21:05
14	Eoin BRETT	Newbridge AC	M35	5912	5:20	10:28	15:42	21:07
15	Eddie NEWMAN	Mullingar Harriers A.C.	M50	5936	5:25	10:40	15:57	21:10
16	Seam DOWLING	Liffey Valley A.C.	M40	5904	5:26	10:51	16:22	21:51
17	Martin MCDONALD	Ballyroan Abbeyleix & District A.C	M55	5939	5:37	11:07	16:37	21:52
18	Ger MOLONEY	St. Pauls A.C.	M55	5896	5:38	11:08	16:37	21:54
19	Tom O'CONNOR	Liffey Valley A.C. (O50)	M55	5997	5:37	11:06	16:37	22:10
20	Liam BYRNE	St. Abban's A.C	M45	5986	5:44	11:17	16:51	22:15
21	Niall BYRNE	St. Coca's A.C.	M35	5945	11:09	16:55	22:36	22:36
22	Paul QUINN	Liffey Valley A.C. (O50)	M50	5996	5:40	11:19	17:00	22:41
23	Stephen LOUGHLIN	Newbridge AC	M35	5913	5:48	11:27	17:14	22:51
24	Laurence MCCORMACK	Newbridge AC	M40	5914	5:44	11:27	17:16	22:51
25	John DEWBERRY	Kilkenny City Harriers	M40	5992	5:49	11:31	17:14	22:52
26	Joe BYRNE	Sportsworld RC	M45	5989	5:49	11:30	17:17	22:56
27	Paul MATHEWS	Newbridge AC	M40	6000	5:48	11:36	17:26	23:05
28	Vincent MCCORMACK	Newbridge AC	M40	5916	6:02	11:49	17:36	23:09
29	Ray KENNY	Sli Cualann AC	M40	5906	5:46	11:29	17:23	23:12
30	Paul BURKE	Ballyroan Abbeyleix & District A.C	M35	5940	5:56	11:48	17:43	23:22
31	Jim BROWNE	Sportsworld RC	M50	5988	5:56	11:50	18:02	24:09
32	Francis FLEMING	St. Abban's A.C	M60	5947	6:08	12:13	18:21	24:13
33	Noel TOBIN	Sportsworld RC	M50	5991	5:56	11:57	18:08	24:17
34	Larry CALLAGHAN	Liffey Valley A.C. (O50)	M55	5923	6:08	12:14	18:30	24:37
35	Eoin O'BRIEN	Ballyroan Abbeyleix & District A.C	M50	5949	6:18	12:28	18:40	24:38
36	John Todd	Tullamore Harriers	M65	5999	6:08	12:15	18:35	24:55

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37	Terry KAVANAGH	Sli Cualann A.C. (50)	M60	5953	6:25	12:36	18:52	25:04
38	Pat COLLINS	Liffey Valley A.C. (O50)	M65	5942	6:29	12:52	19:18	25:48
39	Cathal GORMAN	Ballyroan Abbeyleix & District A.C	M40	5948	6:38	13:12	19:40	25:54
40	Muiris BRIC	Gowran A.C. (50)	M50	5985	6:38	13:12	19:41	25:57
41	Joe COOPER	Liffey Valley A.C. (O50)	M60	5941	6:43	13:28	20:11	27:11
42	Albert KEENAN	Newbridge AC	M65	5915	7:08	13:59	20:48	27:26
43	PJ DOYLE	Sli Cualann AC	M45	5958	6:28	13:26	20:27	27:34
44	Michael WALSH	Gowran A.C. (50)	M60	5950	7:08	14:00	20:54	27:55
45	Pat LENNON	Gowran A.C. (50)	M55	5952	6:57	14:14	21:48	29:31
46	James DELAHUNTY	Gowran A.C. (50)	M60	5951	7:15	14:54	22:47	30:42
47	Dinny WHELAN	St Abbans A.C	M60	5918	8:25	16:26	24:28	32:24
48	Billy HARPUR	Sliabh Bhuide Rovers A.C.	M70	5943	8:59	17:41	26:40	35:49

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Master Men Club results

4 to score

Club	Runner Name	Gross Time	Place(Cat)	Pts
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Club 1

Liffey Valley A.C.	Arnaud BENJECAR	00:20:35	4	35
Liffey Valley A.C.	Paul BALFE	00:20:40	5	35
Liffey Valley A.C.	Ciaran O'REILLY	00:21:02	11	35
Liffey Valley A.C.	Seam DOWLING	00:21:51	15	35

Club 2

Newbridge AC	Brian BYRNE	00:20:12	1	37
Newbridge AC	Pat MALONE	00:20:33	3	37
Newbridge AC	Eoin BRETT	00:21:07	13	37
Newbridge AC	Stephen LOUGHLIN	00:22:51	20	37

Club 3

St. Abban's A.C	Stephen HUNTER	00:20:43	6	46
St. Abban's A.C	Colin COYNE	00:21:00	10	46
St. Abban's A.C	Dermot AYRES	00:21:05	12	46
St. Abban's A.C	Liam BYRNE	00:22:15	18	46

Club 4

Sportsworld RC	Damian KELLY	00:20:49	8	89
Sportsworld RC	Joe BYRNE	00:22:56	23	89
Sportsworld RC	Jim BROWNE	00:24:09	28	89
Sportsworld RC	Noel TOBIN	00:24:17	30	89

Club 5

Ballyroan Abbeyleix & District A.C	Martin MCDONALD	00:21:52	16	108
Ballyroan Abbeyleix & District A.C	Paul BURKE	00:23:22	27	108
Ballyroan Abbeyleix & District A.C	Eoin O'BRIEN	00:24:45	32	108
Ballyroan Abbeyleix & District A.C	Cathal GORMAN	00:25:54	33	108

Master Men County results

4 to score

Club	Runner Name	Gross Time	Place(Cat)	Pts
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Team 1

Dublin	Arnaud BENJECAR	00:20:35	4	28
Dublin	Paul BALFE	00:20:40	5	28
Dublin	Damian KELLY	00:20:49	8	28
Dublin	Ciaran O'REILLY	00:21:02	11	28

Team 2

Laois	Stephen HUNTER	00:20:43	6	32
Laois	Noel MARUM	00:20:47	7	32
Laois	Riobaird MILLER	00:20:53	9	32
Laois	Colin COYNE	00:21:00	10	32

Team 3

Kildare	Brian BYRNE	00:20:12	1	36
Kildare	Pat MALONE	00:20:33	3	36
Kildare	Eoin BRETT	00:21:07	13	36
Kildare	Niall BYRNE	00:22:36	19	36

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Master Men Club Over 50 results
3 to score

Club	Runner Name	Gross Time	Place(Cat)	Pts
Club 1				
Liffey Valley A.C. (O50)	Tom O'CONNOR	00:22:10	2	9
Liffey Valley A.C. (O50)	Paul QUINN	00:22:41	3	9
Liffey Valley A.C. (O50)	Larry CALLAGHAN	00:24:37	4	9
Club 2				
Gowran A.C. (50)	Michael WALSH	00:27:55	8	27
Gowran A.C. (50)	Pat LENNON	00:29:31	9	27
Gowran A.C. (50)	James DELAHUNTY	00:30:42	10	27

Master Men County Over 50 results
3 to score

Team	Runner Name	Gross Time	Place(Cat)	Pts
Team 1				
Dublin (50)	Tom O'CONNOR	00:22:10	2	9
Dublin (50)	Paul QUINN	00:22:41	3	9
Dublin (50)	Larry CALLAGHAN	00:24:37	4	9
Team 2				
Kilkenny (50)	Michael WALSH	00:27:55	8	27
Kilkenny (50)	Pat LENNON	00:29:31	9	27
Kilkenny (50)	James DELAHUNTY	00:30:42	10	27