

**FORDES DAYBREAK Winter League****Long Route 17/01/2024**

	<b>Number</b>	<b>Name</b>	<b>Time</b>
1	324	Joe Salmon	39:58.1
2	149	David Moore	35:49.6
3	293	Madeleine Hearn	37:23.9
4	176	Helen Leahy	44:54.7
5	155	Ruth Fennell	51:06.5
6	298	Paul Mc Grath	45:53.7
7	239	Jonathan Regan	33:57.6
8	237	Natalie Sheehan	38:02.2
9	321	Mark Walsh	36:26.2
10	97	Shane Flavin	38:22.6
11	172	Carol Gaffney	38:29.5
12	89	Ray Haahesy	37:25.6
13	221	Cathal Dwane	35:39.6
14	226	Lorraine Dixon	48:48.7
15	156	Eamonn Curran	46:15.3
16	204	Fiona O Brien	50:47.2
17	171	Michael Dunford	36:10.1
18	41	Linda Bradfield	44:17.8
19	54	Michelle Finnegan	44:19.1
20	60	Renz Comendador	42:56.5
21	69	Freida Mc Grath	40:22.2
22	80	Annabelle Hackett	43:52.4
23	197	Mark Shalloe	38:05.1
24	87	Eanna Farrell	37:43.3
25	192	Geraldine Barry	43:53.5
26	236	Mark Dunford	36:53.6
27	121	Ann O Donovan	54:55.5
28	201	Kelly Mc Grath	46:22.5
29	160	Yevgeniy Chizhikov	36:37.3
30	320	Mark Ferncombe	35:43.7
31	243	Colm O Connell	38:35.7
32	308	John Downey	39:55.4
33	34	John Joe Hayes	36:52.1
34	150	Anne Moore	38:11.9
35	316	Michelle Guiry	55:34.4
36	183	Gerard Reilly	35:51.5
37	195	Brigid Coffey	42:39.9
38	32	Jody Hynes	36:50.6
39	158	Fiona Ormonde	45:15.9
40	199	Rebecca Hogan	46:25.5
41	71	Tj Crotty	30:59.0
42	230	Cathal E Gleeson	39:52.7
43	702	Martina Holmes	34:08.4
44	146	Sinead Ni Fhaolain	43:15.0
45	94	John Woods	45:48.2
46	154	Tom Hogan	35:50.6
47	313	Patrick Beausang	40:03.3

48	26	Helen Keating	42:34.8
49	12	Jack Nolan	35:48.7
50	138	Anthony Flynn	32:46.5
51	103	John Hurney	36:29.7
52	43	Emmet Prendergast	37:07.2
53	6	Ronan Crotty	34:22.5
54	151	Pat Morrissey	50:03.0
55	142	David Mc Nally	41:34.0
56	84	Cárthach Shalloe	38:46.1
57	141	Watch Wearer	35:03.1
58	117	Stephen Curran	38:40.9
59	77	Gavin Breen	37:31.2
60	67	Norma Wall	41:12.8
61	209	Gavin Whelan	31:23.9
62	137	Rosie Mansfield	48:25.4
63	123	Watch Wearer	30:13.5
64	182	Fionan O Cinneide	40:39.8
65	10	James Whelan	33:16.4
66	140	Patrick Power	47:12.7
67	70	Niamh Collins	45:13.8
68	175	Sean Lennon	35:41.3
69	194	Kevin Pollard	35:21.2
70	114	Onra Power	44:15.7
71	46	Éanna De Faoite	38:26.4
72	22	Angela Bree	48:23.7
73	305	Ann Dunford	43:16.5
74	81	Thomas Power	32:35.9
75	2	Katherine O Connor	40:05.4
76	105	Peter Cunningham	39:17.1
77	118	Tony O Donoghue	42:06.2
78	101	Caroline Russell	45:59.8
79	76	Gareth Pope	38:20.5
80	3	Niamh O Donovan	34:14.1
81	109	Grainne O Brien	48:24.5
82	211	Tony O Mahony	37:26.8
83	24	Michael Callaghan	40:04.4
84	233	Ciaran Mahony	34:53.0
85	242	John Coade	35:53.8
86	159	Brian Ormonde	41:59.8
87	134	Breda O Reilly	47:18.5
88	45	Anne-Marie Power	50:33.0
89	166	Padraig Nolan	44:10.4
90	36	Elaine Horgan	35:56.6
91	177	Dervla Duhig	47:24.1
92	193	Thomas Grace	45:21.3
93	79	David Morrissey	42:41.9
94	5	Emmet Gaffney	37:48.2
95	55	Philip Walsh	38:04.5
96	206	James Connors	34:02.3
97	215	Eoghan Drea	42:43.9

98	19	David Kingston	35:35.7
99	616	Sinead Gough	51:51.5
100	307	Helen Ryan	42:47.0
101	107	Eoin Conway	42:03.6
102	13	Owen Young	38:06.7
103	53	Eoin Walsh	33:51.1
104	164	Micheál O Chuirrin	44:36.4
105	51	Jack O Riordan	36:08.8
106	296	Paul Connors	34:58.9
107	130	Watch Wearer	35:30.4
108	44	Deirdre Daly	51:48.0
109	292	Sean O Halloran	37:59.7
110	174	Paul Power	44:21.0
111	37	Eoin O Riordan	42:27.1
112	120	Jacqui Murray	46:02.3
113	144	Eoin Darcy	42:42.6
114	143	Karen Darcy	42:43.2
115	314	Noel Drohan	40:37.2
116	157	Patrick Hurney	40:02.2
117	98	Fergal Connolly	43:43.1
118	165	Aonghus O Raghnaigh	43:17.3
119	220	Phil Dee	41:11.8
120	16	Rebecca Queally	52:05.8
121	21	Donal O Donoghue	42:21.6
122	219	Catherine Queally	44:12.6
123	125	Liz Curtin	46:18.7
124	119	Kevin Casey	38:25.5
125	205	Josie Uì Chuirrìn	46:24.9
126	225	Paschal Proctor	48:53.6
127	128	Orna Breathnach	49:55.7
128	57	Micheal Power	37:02.3
129	108	Eibhlís Uí Chuirrín	49:56.2
130	168	Donall Mc Grath	37:04.9
131	139	Dan Kirby	41:40.8
132	203	Watch Wearer	33:34.6
133	15	Denise Hogan	45:04.0
134	161	Tom Mansfield	44:29.1
135	96	Paul O Gorman	47:31.4
136	218	Tom Nyhan	39:49.4
137	39	John Coffey	33:36.0
138	95	Sarah Higgins	48:29.0
139	198	Mary Riordan	57:52.6
140	74	Seamus Hayes	40:48.4
141	20	Ian Cliffe	39:29.1
142	47	Kate Higgins	48:29.7
143	66	Cassandra Ferncombe	45:35.4
144	35	Barry Horgan	35:58.4
145	240	Caitriona Barry	56:16.7
146	50	Maria O Gorman	49:32.5
147	196	Ronan Lavan	42:41.4

148	188	Chris Wade	56:14.8
149	27	Sean O Neill	53:29.0
150	72	Nicola Costin	52:43.9
151	181	Robert Flynn	41:12.4
152	65	Richie Walsh	49:28.1
153	49	Kevin Forde	46:14.7
154	300	Geraldine Lacey	43:13.4
155	88	Ruadhán De Faoite	36:35.0
156	229	Ben Qualter	38:09.6
157	1	Tara Ni Reachtagain	43:15.8
158	185	Brendan Kent	43:54.8
159	132	Mark Power	45:12.9
160	217	Declan Hickey	40:54.1
161	68	James Coade	37:42.0
162	222	Tomas Mahony	39:41.6
163	180	Colin Crotty	42:18.4
164	115	Karen Ryan	46:41.8
165	228	Anthony Qualter	43:29.1
166	85	John Paul Hogan	46:55.5
167	40	Kim Daly	47:49.9
168	99	Owen Power	49:37.5
169	102	Mark Lenihan	47:51.3
170	100	Aoife Fennell	54:23.1
171	33	Joe O Rourke	47:48.8
172	48	Simone Power	52:42.5
173	323	Watch Wearer	36:40.8
174	322	Watch Wearer	37:37.8