

**Provisional Results for All Competitors in finish order.**

Place	Time	Name	Team	Race Age Category	Pace min/mile	Race No	Race Place
1	0:28:48	COAKLEY, DONAL	Leevale A.C.	M30	05:45.5	7	1
2	0:30:53	TANGNEY, BOBBY	Kenmare A.C.	M40	06:10.5	70	2
3	0:31:07	MCCARTHY, PATRICK		M50	06:13.3	30	3
4	0:31:35	COLEMAN, DARREN	Mallow A.C.	M30	06:18.9	74	4
5	0:32:39	O'DRISCOLL, ADRIAN	Carrigaline A.C.	M40	06:31.7	48	5
6	0:33:29	KELLY, NORMAN		M50	06:41.7	21	6
7	0:33:42	LYNCH, MARTIN	Eagle A.C.	M60	06:44.3	25	7
8	0:33:59	SMITH, RAYMOND	Kenmare A.C.	M50	06:47.7	61	8
9	0:35:14	HOLLAND, SIOBHAN	Eagle A.C.	F40	07:02.6	13	9
10	0:35:23	O'REILLY, MARTIN	St.Finbarr's A.C.	M40	07:04.4	51	10
11	0:35:58	SMYTH, JOSEPH		M40	07:11.4	62	11
12	0:37:08	KELLEHER, RAY	Kenmare A.C.	M40	07:25.4	20	12
13	0:37:27	D'HONDT, DOLF		F40	07:29.2	58	13
14	0:37:51	SHEEHAN, PAT	Beara A.C.	M60	07:34.0	59	14
15	0:38:31	O'SULLIVAN, DERMOT	Mallow A.C.	M50	07:42.0	56	15
16	0:38:52	KELLEHER, DENIS		M50	07:46.2	73	16
17	0:38:57	O'SULLIVAN, COLM		M50	07:47.2	92	17
18	0:39:16	CRONIN, DENIS	Mallow A.C.	M60	07:51.0	8	18
19	0:39:19	BYRNE, ADRIAN	Garda Síochána A.C.	M60	07:51.6	75	19
20	0:40:25	MCELHINNEY, BREDA	Bantry A.C.	F50	08:04.8	32	20
21	0:40:36	O'BRIEN, DENIS		M50	08:07.0	43	21
22	0:41:09	CROWLEY, KAREN			08:13.6	10	22
23	0:41:24	MCGRATH, DONAL		M40	08:16.6	37	23
24	0:41:34	O'BRIEN, EDMUND			08:18.6	44	24
25	0:43:41	MURPHY, BRIAN		M40	08:44.0	77	25
26	0:43:47	O'BRIEN, DIARMAID			08:45.2	42	26
27	0:44:16	MCCARTHY, GILLIAN		F40	08:51.0	31	27
28	0:44:37	UI SHUILLEABHAIN, ROSE	Bantry A.C.	F50	08:55.2	71	28
29	0:45:41	LYSAGHT, AVRIL			09:08.0	29	29
30	0:46:48	AHERN, MATTHEW			09:21.4	2	30
31	0:47:17	QUINLAN, JOHN		M40	09:27.2	57	31
32	0:47:38	BEVAN, DECLAN		M60	09:31.4	3	32
33	0:47:49	O'KEEFFE, PROINNSIAS		M60	09:33.6	118	33
34	0:47:54	BESTER, CHARL	Bantry A.C.	M60	09:34.6	97	34
35	0:48:01	MURPHY-KELLY, DION			09:36.0	41	35
36	0:48:18	O'SULLIVAN, BRIDGET		F40	09:39.4	85	36
37	0:48:24	O'SULLIVAN, HANNAH	Beara A.C.	F40	09:40.6	81	37
38	0:49:02	ROSALES-HARRINGTON, SINEAD	Beara A.C.	F40	09:48.2	103	38
39	0:49:17	BOYD, ANGELINA JULIE		F50	09:51.2	4	39
40	0:49:32	MURPHY, SABRINA		F40	09:54.2	84	40
41	0:50:04	COAKLEY, MICHAEL	West Waterford A.C.	M60	10:00.6	87	41
42	0:50:34	MCSWINEY, MARY		F30	10:06.6	40	42
43	0:50:45	O'SULLIVAN, BREDA	Beara A.C.	F50	10:08.8	52	43
44	0:51:55	MANNION, MARY	Bantry A.C.	F50	10:22.8	100	44
45	0:52:25	LAVIN, CATHAL	Bantry A.C.	M60	10:28.8	23	45
46	0:52:37	NI CHARRA, UNA	Beara A.C.	F50	10:31.2	79	46
47	0:52:44	FARLOW, DAVID	Bantry A.C.	M50	10:32.6	12	47
48	0:52:46	MCGOVERN, EDEL	Bantry A.C.	F40	10:33.0	33	48
49	0:55:26	WHELAN, Elizabeth	Bantry A.C.	F50	11:05.0	72	49
50	0:55:27	O'SHEA, CAROLINE		F40	11:05.2	78	50
51	0:55:28	SPANDRZYK, ANNA		F30	11:05.4	64	51
52	1:01:59	SULLIVAN, DAVID		M30	12:23.6	67	52
53	1:02:28	O'REGAN, BERNADETTE		F30	12:29.4	49	53

BEARA A.C. AUTUMN 5 MILE SERIES 2023

\* RaceMaster98 from Sport Systems +44(0)870 5123 www.sportssystem.co.uk Webresults on www.runnerswebuk.com \*

**NEXT RACE IN THE AUTUMN SERIES: BERE ISLAND 14TH OCTOBER 2023**