

**LIFFEY VALLEY ATHLETICS CLUB***Estb. 1974, Island Bridge, Dublin 8*[HOME](#)[CLUB RECORDS](#)[CONTACT US](#)**November 21st 2009 LVAC 5km Cross Country Championships - 2 x 1.5 mile lap****Phoenix Park**

Place	Name	Finish Time	Handicap	Net Time
1	Hilary Blyth	26.57	0.00	26.57
2	Joe Cooper	27.45	6.10	21.35
3	Graham Parker	27.55	8.30	19.25
4	Pierce Geoghegan	28.11	9.45	18.26
5	Brendan Beere	28.21	10.00	18.21
6	Paul Power	28.22	9.20	19.02
7	Ciara O'Riordan	28.28	4.10	24.18
8	Gavin Curran	28.30	9.20	19.10
9	Diarmuid O'Sullivan	28.40	9.20	19.20
10	Paul Balfe	28.42	10.30	18.12
11	Martin Wright	28.46	5.45	23.01
12	Richard Cunningham	28.48	9.45	19.03
13	Keith Richardson	28.51	9.20	19.31
14	Dave Morley	28.53	9.45	19.08
15	Linda Spratt	28.55	5.15	23.40
16	Ciaran Reilly	29.06	11.00	18.06
17	Lena Sinclair	29.11	8.00	21.11
18	Larry Callaghan	29.28	9.00	20.28
19	Siobhan Keenehan	29.31	5.45	23.46
20	Jim Davis	29.32	3.45	25.47
21	John Cullen	29.35	9.55	19.40
22	Pat Collins	29.37	9.00	20.37
23	Mairead Murphy	29.37	8.30	21.07
24	Matthew Blyth	29.47	7.45	22.02
25	John Costigan	29.51	7.45	22.06
26	Jim Monaghan	29.54	5.30	24.24
27	Liz Ryan	30.15	1.30	28.43
28	Aonghus Crean	30.25	8.20	22.05
29	Marjorie Twomey	30.35	5.30	25.05
30	Stephen Coughlan	30.47	7.00	23.47
31	Hilary McDonnell	31.00	2.30	28.30
32	Graham Flynn	31.02	8.20	22.42

Fastest Times Women

1	Mairead Murphy	21.07
2	Lena Sinclair	21.11
3	Linda Spratt	23.40
4	Siobhan Keenehan	23.46
5	Ciara O'Riordan	24.18

Fastest Times Men

1	Ciaran Reilly	18.06
2	Paul Balfe	18.12
3	Brendan Beere	18.21
4	Pierce Geoghegan	18.26
5	Paul Power	19.02