

**LIFFEY VALLEY ATHLETICS CLUB***Estb. 1974, Island Bridge, Dublin 8***Feb 11th 2012 LVAC Men's Cross Country Championships - 2 x 2 mile lap Phoenix Park**

Place	Name	Finish Time	Handicap	Net Time
1	Tom O'Connor	22.56	0.00	22.56
2	Mike Griffin	23.15	0.15	23.00
3	Ciaran Reilly	23.31	0.45	22.46
4	Diarmaid O'Sullivan	23.59	0.30	23.29
5	Arnaud Benjacar	24.05	0.45	23.20
6	John Cullen	24.15	1.00	23.15
7	Gavin Curran	24.36	1.30	23.06
8	Eddie McGrath	24.47	2.00	22.47
9	John Parker	25.06	3.30	21.36
10	Paul Balfe	25.09	0.30	24.39
11	Dave Morley	25.17	2.00	23.17
12	Matthew Blyth	25.46	3.45	22.01
13	Larry Callaghan	25.53	2.45	23.08
14	Tony Dunne	26.30	3.45	22.45
15	Jonathon Mullervy	27.09	4.15	22.54
16	Pat Collins	27.29	3.00	24.29
17	Jimmy Monaghan	28.32	4.15	24.17
18	Fergal McSharry	28.46	4.30	24.16
19	Joe Cooper	29.16	4.30	24.46
20	Stephen Coughlan	29.28	5.00	24.28
21	Ciaran Crowley	30.52	5.00	25.52
22	Martin Arrigan	30.59	5.00	25.59
23	Pat Gibbons	31.10	8.15	22.55
24	Albert Eakins (Guest)	31.48	6.30	25.18
25	Nick Davis	34.19	11.15	23.04

**Feb 11th 2012 LVAC Women's Cross Country Championships - 1 x 2 mile lap Phoenix Park**

Place	Name	Actual Time	Estimated 4 mile	Handicap	Net Time
1	Leona O'Reilly	12.22	26.16	2.00	24.16
2	Lena Sinclair	13.05	27.47	4.00	23.47
3	Sile Carroll	13.21	28.19	4.30	23.49
4	Siobhan Keenehan	13.26	28.31	5.30	23.01
5	JuilleAnne Bowden	14.02	29.48	6.00	23.48
6	Ger Feely	14.15	30.16	6.15	24.01
7	Linda Spratt	14.28	30.43	7.00	23.43
8	Una Reilly	14.50	31.30	8.30	23.00
9	Louise O'Brien	14.56	31.43	9.00	22.43
10	Ciara O'Riordan	15.00	31.51	8.00	23.51
11	Maeve Walsh	15.23	32.40	9.00	23.40
12	Claire Butler	15.47	33.30	8.30	25.00
13	Laura Walsh	16.18	34.37	9.30	25.07

**LIFFEY VALLEY ATHLETICS CLUB***Estb. 1974, Island Bridge, Dublin 8*[HOME](#)[CLUB RECORDS](#)[CONTACT US](#)

Feb 11th 2012

LVAC Cross Country Championships Sealed Handicap Result

Phoenix Park

Place	Name	Handicap Time	Winter League	
1	John Parker	21.36	120	
2	Matthew Blyth	22.01	110	
3	Louise O'Brien	22.43	108	
4	Tony Dunne	22.45	106	
5	Ciaran Reilly	22.46	104	
6	Eddie McGrath	22.47	102	
7	Jonathon Mullervy	22.54	100	
8	Pat Gibbons	22.55	98	
9	Tom O'Connor	22.56	96	
10	Mike Griffin	23.00	94	
11	Una Reilly	23.00	94	
12	Siobhan Keenehan	23.01	90	
13	Nick Davis	23.04	88	
14	Gavin Curran	23.06	86	
15	Larry Callaghan	23.08	84	
16	John Cullen	23.15	82	
17	Dave Morley	23.17	80	
18	Arnaud Benjacar	23.20	78	
19	Diarmaid O'Sullivan	23.29	76	
20	Maeve Walsh	23.40	74	
21	Linda Spratt	23.43	72	
22	Lena Sinclair	23.47	70	
23	JuileAnne Bowden	23.48	68	
24	Sile Carroll	23.49	66	
25	Ciara O'Riordan	23.51	64	
26	Ger Feely	24.01	62	
27	Fergal McSharry	24.16	60	
28	Leona O'Reilly	24.16	60	
29	Jimmy Monaghan	24.17	56	
30	Stephen Coughlan	24.28	54	
31	Pat Collins	24.29	52	
32	Paul Balfe	24.39	50	
33	Joe Cooper	24.46	48	
34	Claire Butler	25.00	46	
35	Laura Walsh	25.07	44	
36	Ciaran Crowley	25.52	42	
37	Martin Arrigan	25.59	40	