

Fit4Life 2009
Overall Placings

Senior Men

Name	Club	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	R12	Best 7	Place
Mick Byrne	Parnell	1	x	x	x	x	x	x	x	x	x	x	x		
Paddy Dunne	West Wicklow	2	8	x	x	x	x	x	x	x	x	x	x		
Andy Firth	Inbhear Dee	3	14	2	4	x	6	2	4	9	6	3	3	21	2
Rene Borg	DSD	4	12	x	x	x	x	x	x	x	x	x	x		
Ross Vickers	Inbhear Dee	5	x	x	x	x	x	x	x	x	x	x	x		
Patrick Mullen	Kilcoole	6	18	x	6	x	x	x	x	x	x	x	x		
Ian Heffernan	UNA	7	x	x	x	x	x	x	x	x	x	x	x		
Tony Collins	Parnell	x	2	1	3	x	x	x	x	x	x	x	x		
Darren Brennan	Lakeshore Striders	x	16	3	x	x	x	x	x	x	x	x	x		
Anthony Alexander	Lakeshore Striders	x	x	4	x	x	x	x	x	x	x	x	x		
Terence Byrne	Parnell	x	6	x	1	x	2	1	x	1	2	1	x	14	1
Tim Grummell	Inbhear Dee	x	4	x	2	1	x	x	x	2	x	x	x		
Peter O'Toole	Individual	x	x	x	5	x	x	x	x	x	x	x	x		
Des Earls	Inbhear Dee	x	1	x	x	x	x	x	x	x	x	x	x		
Owen Dwyer	Rathfarnham	x	3	x	x	x	x	x	x	x	x	x	x		
Bren Smyth	Kilcoole	x	5	x	x	x	x	x	x	x	x	x	x		
Robert Grey	Kilcoole	x	7	x	x	x	x	x	x	x	x	x	x		
Darragh Page	Kilcoole	x	9	x	x	2	x	x	x	4	x	x	1		
Shane Connolly	Lakeshore Striders	x	10	x	x	x	x	x	x	x	x	x	x		
David Barry	Kilcoole	x	11	x	x	x	x	x	x	x	x	x	x		
Keith Lacey	Kilcoole	x	13	x	x	x	x	x	x	6	x	x	x		
Ger Thorpe	Lakeshore Striders	x	15	x	x	x	x	x	x	x	x	x	x		
Clinton Franey	UNA	x	17	x	x	x	x	x	x	x	x	x	x		
Rob Pearcy	UNA	x	19	x	x	x	x	x	x	x	x	x	x		
Mark Williams	UNA	x	20	x	x	x	x	x	x	x	x	x	x		
Brendan Whelan	Bray Runners	x	21	x	x	x	x	x	x	x	x	x	x		
Sean Nolan	Wicklow Tri	x	22	x	x	x	x	x	x	x	x	x	x		
Cristian Krummell	UNA	x	23	x	x	x	x	x	x	x	x	x	x		
Stephen Brennan	Lakeshore Striders	x	24	x	x	x	x	x	x	x	x	x	x		
Noel Kavanagh	Roundwood	x	x	x	x	x	1	x	x	x	x	x	x		
Keith Sommers	Kilcoole	x	x	x	x	3	x	x	x	x	x	x	x		
Mark Harrison	Kilcoole	x	x	x	x	4	x	x	x	12	x	x	x		
Cathal Leahy	Roundwood	x	x	x	x	x	3	x	3	5	4	x	x		
Sean Kavanagh	Roundwood	x	x	x	x	x	4	x	x	x	x	x	x		
Alan Sutton	UNA	x	x	x	x	x	5	x	x	x	x	x	x		
John Coughlan	UNA	x	x	x	x	x	7	x	x	x	x	x	x		
Ross Darcy	UNA	x	x	x	x	x	8	x	x	x	x	x	x		
Owen O'Gorman	UNA	x	x	x	x	x	9	x	x	x	x	x	x		
Conor Brady	UNA	x	x	x	x	x	x	3	x	x	x	x	x		
Michael Dowling	West Wicklow	x	x	x	x	x	x	x	x	x	x	x	x		
Barry King	Kilcoole	x	x	x	x	x	x	x	x	x	x	x	x		
Eamonn Whelan	Greystones	x	x	x	x	x	x	x	5	x	x	x	x		
Niall Davis	UNA	x	x	x	x	x	x	x	2	3	x	x	x		
Paul McDwyer	UNA	x	x	x	x	x	x	x	x	7	x	x	x		
Williaw Brosnahan	West Limerick	x	x	x	x	x	x	x	x	8	5	x	x		
Joseph Byrne	UNA	x	x	x	x	x	x	x	x	10	x	x	x		
Robert Cullen	Roundwood	x	x	x	x	x	x	x	6	11	8	x	x		
Ryan Montgomery	Greystones	x	x	x	x	x	x	x	1	x	1	x	x		
Richard Jones	Kilcoole	x	x	x	x	x	x	x	7	x	7	x	x		
Stephen O'Kane		x	x	x	x	x	x	x	x	x	3	x	x		
Paul Gibbons	SBR	x	x	x	x	x	x	x	x	x	x	2	x		
Daryl O'Neill	Parnell	x	x	x	x	x	x	x	x	x	x	4	2		

Fit4Life 2009
Overall Placings

Senior Women

Name	Club	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	R12	Best 7	Place
Michelle Lambkin	Kilcoole	1	x	1	3	2	3	3	x	x	x	x	x		
Lisa Gaynor	Inbhear Dee	2	x	x	x	3	1	2	2	2	1	2	1	11	1
Martina O'Kearney	Parnell	3	x	x	x	x	x	x	x	x	x	x	x		
Jane Magabe	Inbhear Dee	4	9	x	x	x	x	x	x	x	x	3	x		
Louise McCann	Kilcoole	5	x	x	7	x	6	4	x	x	7	x	x		
Katie Curran	UNA	6	13	x	x	x	x	x	x	x	x	x	x		
Linda Foley	Inbhear Dee	7	x	x	x	x	x	x	x	x	x	x	x		
Michelle Collins	Parnell	8	x	x	x	x	x	x	x	x	x	x	x		
Edel Foley	Lakeshore Striders	x	6	2	4	x	5	x	x	x	x	x	x		
Maria Belton	Roundwood	x	5	3	x	x	2	x	x	x	x	x	x		
Gail Phibbs	Lakeshore Striders	x	x	4	x	x	x	x	x	x	x	x	x		
Lorna Brennan	Lakeshore Striders	x	7	5	x	x	x	x	x	x	x	x	x		
Annemarie Russell	Lakeshore Striders	x	x	6	x	x	x	x	x	x	x	x	x		
Orla Deegan	Lakeshore Striders	x	x	7	x	x	x	x	x	x	x	x	x		
Emer Deegan	UNA	x	x	8	x	x	x	x	x	x	x	x	x		
Maria Rafferty	Individual	x	x	x	1	x	x	x	x	x	x	x	x		
Michelle Waters	Kilcoole	x	1	x	2	x	x	x	x	x	x	x	x		
Claire Hudson	UNA	x	x	x	5	x	x	x	x	x	x	x	x		
Grainne Macklin	Inbhear Dee	x	x	x	6	x	x	x	x	x	x	x	x		
Sinead O'Mahony	Kilcoole	x	x	x	8	x	x	x	x	x	x	x	x		
Kiera Nolan	Kilcoole	x	x	x	9	x	x	x	x	x	5	x	x		
Stacy Quinn	Inbhear Dee	x	x	x	10	8	x	x	x	x	x	x	x		
Monica Daly	Inbhear Dee	x	x	x	11	x	x	x	x	x	x	x	x		
Susan Lawless	Bray Runners	x	8	x	x	x	x	x	x	x	x	x	x		
Jennifer Kennedy	Kilcoole	x	10	x	x	x	x	x	x	x	x	x	x		
Jessica Nevin	Kilcoole	x	11	x	x	x	x	x	x	5	8	x	x		
Sabrina Murphy	Lakeshore Striders	x	12	x	x	x	x	x	x	x	x	x	x		
Mary Britton	Kilcoole	x	2	x	x	5	x	x	x	x	10	x	x		
Ann Marie Russell	Lakeshore Striders	x	14	x	x	x	x	x	x	x	x	x	x		
Sinead O'Mahoney	Kilcoole	x	15	x	x	x	x	x	x	x	x	x	x		
Valerie Brunton	Bray Runners	x	3	x	x	x	x	x	x	x	x	x	x		
Aisling Renshaw	UNA	x	4	x	x	x	x	x	x	x	x	x	x		
Joanne Cullen	Roundwood	x	x	x	x	4	x	x	x	x	2	x	x		
Caroline Nolan	Kilcoole	x	x	x	x	6	x	x	x	x	x	x	x		
Grainne Mackin	Inbhear Dee	x	x	x	x	7	x	x	x	x	x	x	x		
Valerie Armstrong	Inbhear Dee	x	x	x	x	9	8	x	x	x	x	x	x		
Emer Fitzmaurice	UNA	x	x	x	x	x	4	x	x	x	x	x	x		
Rachel Crean	UNA	x	x	x	x	x	7	x	x	x	x	x	x		
Aline Dejagher	UNA	x	x	x	x	x	9	x	x	x	x	x	x		
Johanne Lohan	UNA	x	x	x	x	x	10	x	x	x	x	x	x		
Stephanie Reilly	Inbhear Dee	x	x	x	x	x	x	1	x	x	x	x	x		
Janne Bartelsen	Norway	x	x	x	x	x	x	5	x	x	x	x	x		
Tarja Owens	Kilcoole	x	x	x	x	x	x	x	1	1	x	x	x		
Catherine Byrne	Parnell	x	x	x	x	x	x	x	x	3	3	x	x		
Marian Earls	Inbhear Dee	x	x	x	x	x	x	x	x	4	x	x	x		
Aisling Ennis	Bray Runners	x	x	x	x	x	x	x	x	6	x	x	x		
Sarah Ross	Kilcoole	x	x	x	x	x	x	x	x	7	x	x	x		
Kristen Francis		x	x	x	x	x	x	x	x	8	13	x	x		
Tanya Rae Brennan	Kilcoole	x	x	x	x	x	x	x	x	x	4	x	x		
Catrina Devine	Kilcoole	x	x	x	x	x	x	x	x	x	6	x	x		
Lorraine Dalton	West Wicklow	x	x	x	x	x	x	x	x	x	9	x	x		
Aileen McDermott		x	x	x	x	x	x	x	x	x	11	x	x		
Ann Kirwan	Kilcoole	x	x	x	x	x	x	x	x	x	12	x	x		
Fiona Keogh		x	x	x	x	x	x	x	x	x	x	1	x		

Fit4Life 2009
Overall Placings

Over 35 Men

Name	Club	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	R12	Best 7	Place
Michael Finnan	Parnell	1	2	1	1	1	1	x	x	1	1	1	x	7	1
Cormac O'Ceallaigh	Parnell	2	x	x	3	x	x	x	x	x	x	x	x		
MJ O'Neill	UNA	3	5	x	x	x	x	x	x	x	x	x	x		
Dave Barry	Kilcoole	4	x	x	5	2	x	x	x	x	x	x	x		
Liam Keogh	Parnell	5	6	x	4	x	x	x	x	x	x	x	x		
PJ Doyle	West Wicklow	6	9	3	6	4	2	2	3	x	x	x	x	26	2
Hugh McLindon	Parnell	x	x	2	2	x	x	x	x	x	x	x	x		
Stephen Brennan	Lakeshore Striders	x	x	4	10	8	x	x	x	x	x	x	x		
David Pegman		x	x	x	7	9	x	x	x	x	x	x	x		
Colm Greenan	Individual	x	x	x	8	x	x	x	x	x	x	x	x		
Mark Walsh	Kilcoole	x	x	x	x	3	x	1	1	x	x	x	x		
Micheal Byrne	Parnell	x	x	x	9	x	x	5	x	x	x	x	x		
Colm Greene	Inbhear Dee	x	x	x	x	5	x	3	x	x	x	x	x		
Paul Cunningham	Kilcoole	x	x	x	x	6	x	x	x	x	8	x	x		
Seamus Waters	Kilcoole	x	x	x	x	7	x	x	x	x	x	x	x		
Gareth Stingmore	Roundwood	x	x	x	x	x	3	x	x	x	x	x	x		
Karan Barlelsen	Norway	x	x	x	x	x	x	4	x	x	x	x	x		
Noel Conway	Inbhear Dee	x	x	x	x	x	x	x	2	x	x	x	1		
Roelie Smith	Inbhear Dee	x	x	x	x	x	x	x	x	x	2	x	x		
Rory Mulcahy	Kilcoole	x	x	x	x	x	x	x	x	x	3	x	x		
David Emerson	Greystones	x	x	x	x	x	x	x	x	x	4	x	x		
Brian Beckett	Greystones	x	x	x	x	x	x	x	x	x	5	x	x		
Keith Hennessy	UNA	x	x	x	x	x	x	x	x	x	6	x	x		
Garnett Steward	UNA	x	x	x	x	x	x	x	x	x	7	x	x		
Jaamie Bray	Kilcoole	x	x	x	x	x	x	x	x	x	9	x	x		
Miles Gibbons	SBR	x	x	x	x	x	x	x	x	x	x	2	x		

Over 35 Women

Name	Club	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	R12	Best 7	Place
Jane O'Neill	Inbhear Dee	1	3	x	3	x	x	x	x	x	x	x	x		
Dora Hogan	Parnell	2	x	x	x	x	x	x	x	x	x	x	x		
Martina Kearney	Parnell	x	2	1	2	x	x	x	x	x	x	x	x		
Niamh Gaffney	Lakeshore Striders	x	x	2	5	x	x	x	x	x	x	x	x		
Maureen Higgins	Lakeshore Striders	x	x	3	x	x	x	x	x	x	x	x	x		
Cathy Curran	Lakeshore Striders	x	x	4	x	x	x	x	x	x	x	x	x		
Gemma Grant	Lakeshore Striders	x	x	5	x	x	x	x	x	x	x	x	x		
Liz White	Lakeshore Striders	x	x	6	x	x	x	x	x	x	x	x	x		
Joy Johnson	Inbhear Dee	x	x	x	1	1	x	1	x	1	1	x	x		
Martina Griffin		x	x	x	4	x	x	x	x	x	x	x	x		
Genevieve Williams	Kilcoole	x	x	x	6	2	x	x	x	x	x	x	x		
Valerie Whelan	Inbhear Dee	x	4	x	7	x	x	x	x	x	x	1	x		
Gillian Hick	UNA	x	6	x	x	3	1	x	x	x	4	x	x		
Caroline Sillery	UNA	x	x	x	x	x	2	x	x	x	x	x	x		
Liz Ryan	Bray Runners	x	1	x	x	x	x	x	x	x	x	x	x		
Amanda Byrne	UNA	x	5	x	x	x	x	x	x	x	x	x	x		
Sheena Phelan	Parnell	x	x	x	x	x	x	2	x	x	x	x	x		
Kim Ging	Bray Runners	x	x	x	x	x	x	x	x	2	x	x	x		
Grainne McKenna	UNA	x	x	x	x	x	x	x	x	x	2	x	x		
Samantha Keown	Kilcoole	x	x	x	x	x	x	x	x	x	3	x	x		

Fit4Life 2009
Overall Placings

Over 40 Men

Name	Club	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	R12	Best 7	Place
Sean Dunne	Inbhear Dee	1	2	x	1	1	1	1	x	x	x	1	1	7	1
Vincent Doyle	Inbhear Dee	2	7	x	x	x	x	x	x	x	x	x	x		
AJ Cotter	Greystones	3	10	x	x	2	2	x	x	4	x	2	3	26	2
Michael McCann	Kilcoole	x	x	1	2	x	x	x	x	x	x	x	x		
Eamonn Farrell	Lakeshore Striders	x	x	2	x	x	x	x	x	x	x	x	x		
John Burke	Kilcoole	x	x	x	3	4	x	x	x	x	x	x	x		
John May	Kilcoole	x	x	x	x	3	x	x	x	7	x	x	x		
Peter Savage	Kilcoole	x	1	x	x	x	x	x	x	x	x	x	x		
Stephen Flavin	Inbhear Dee	x	3	x	x	x	x	x	x	x	x	x	x		
Ian O'Donnell	Kilcoole	x	4	x	x	x	x	x	x	x	x	x	x		
Dominic Horan	Bray Runners	x	5	x	x	x	x	x	x	x	1	x	x		
Bill Stanley	Bray Runners	x	6	x	x	x	x	x	x	3	2	x	x		
Nick McCann	Kilcoole	x	8	x	x	x	x	x	x	x	x	x	x		
Richard Kieran	UNA	x	9	x	x	x	x	x	x	x	x	x	x		
Dimitris Karagiorgjs	Kilcoole	x	11	x	x	x	x	x	x	x	x	x	x		
John Baldwin	Kilcoole	x	x	x	x	x	x	x	x	1	x	x	x		
Joe Kelly	Bray Runners	x	x	x	x	x	x	x	x	2	x	x	x		
John Byrne	Parnell	x	x	x	x	x	x	x	x	5	x	x	x		
Seamus Waters	Kilcoole	x	x	x	x	x	x	x	3	6	6	x	x		
Ken Barry	UNA	x	x	x	x	x	x	x	1	x	x	x	x		
John McManus	UNA	x	x	x	x	x	x	x	2	x	x	x	x		
PJ Doyle	West Wicklow										3	x	2		
Conor O'Neill	Wicklow Triathlon	x	x	x	x	x	x	x	x	x	4	x	x		
Darragh Fisher	Kilcoole	x	x	x	x	x	x	x	x	x	5	x	x		

Over 40 Women

Name	Club	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	R12	Best 7	Place
Eithne Walsh	Inbhear Dee	1	3	1	1	1	1	1	1	1	1	x	1	7	1
Maureen Byrne	Inbhear Dee	2	4	2	2	3	2	2	2	2	2	1	2	13	2
Martha O'Neill	Parnell	3	6	x	x	x	x	x	3	3	3	2	3	23	3
Elizabeth Byrne	Lakeshore Striders	x	x	3	x	x	x	x	x	x	x	x	x		
Hazel Feeley	Lakeshore Striders	x	x	4	x	x	x	x	x	x	x	x	x		
Evelyn Cooley	Lakeshore Striders	x	x	5	x	x	x	x	x	x	x	x	x		
Sandra Pegman	Kilcoole	x	x	x	3	2	x	x	x	x	x	x	x		
Muireann De Freine	Greystones	x	x	x	x	4	x	x	x	x	x	x	x		
Denise Luddy	Inbhear Dee	x	x	x	x	5	x	x	x	x	x	x	x		
Orla Caffrey	Greystones	x	x	x	x	x	3	x	x	x	x	x	x		
Fidelma Kirwan	Eagle A.C.	x	1	x	x	x	x	x	x	x	x	x	x		
Maria Dolan	Bray Runners	x	2	x	x	x	x	x	x	x	x	x	x		
Grainne Cunningham	Bray Runners	x	5	x	x	x	x	x	x	x	x	x	x		
Anne Marie Kidd	Lakeshore Striders	x	7	x	x	x	x	x	x	x	x	x	x		
Donna Bright	Kilcoole	x	x	x	x	x	x	x	x	x	4	x	x		
Eileen Whelan	Inbhear Dee	x	x	x	x	x	x	x	x	x	x	3	x		

Fit4Life 2009
Overall Placings

Over 45 Men

Name	Club	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	R12	Best 7	Place
Gerry Kinsella	Inbhear Dee	1	1	1	1	2	x	x	x	x	3	1	2	9	1
Ben Mooney	Inbhear Dee	2	3	3	4	3	x	3	x	3	5	2	3	19	3
Tony Gartland	West Wicklow	3	4	5	6	4	2	5	x	4	6	3	x	25	4
Pat Wolohan	Inbhear Dee	4	x	x	7	x	x	6	2	x	7	x	4		
John Byrne	Parnell	5	5	x	9	6	x	7	x	x	x	4	x		
Bruce Phillips	Roundwood	6	6	7	10	5	x	8	3	5	8	x	x	40	5
Colin Daly	Inbhear Dee	x	x	2	2	1	1	1	x	1	1	x	x	9	1
Tom Byrne	Inbhear Dee	x	x	6	8	x	x	x	x	x	x	x	x		
Bill Porter	Parnell	x	x	4	5	x	x	x	x	x	x	x	x		
Hugh Kinsella	Parnell	x	2	x	3	x	x	2	x	x	x	x	x		
Peter Gibney	Kilcoole	x	7	x	x	x	3	x	x	x	10	x	x		
Tony Brannigan	Bray Runners	x	8	x	x	x	x	x	x	x	x	x	x		
Bill Porter	Parnell	x	x	x	x	x	x	4	1	2	2	x	x		
John McManus	UNA	x	x	x	x	x	x	x	x	6	x	x	x		
John Baldwin	Kilcoole	x	x	x	x	x	x	x	x	x	4	x	x		
Neil Brooks	Greystons	x	x	x	x	x	x	x	x	x	9	x	x		
Kevin Totterdell	Kilcoole	x	x	x	x	x	x	x	x	x	11	x	x		
John May	Kilcoole	x	x	x	x	x	x	x	x	x	12	x	x		

Over 45 Women

Name	Club	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	R12	Best 7	Place
Treasa Earls	Inbhear Dee	1	4	x	x	x	3	x	x	4	x	3	x		
Jean Bader	Parnell	x	2	1	1	x	x	1	x	2	2	2	x	11	2
Geraldine Moynihan	Lakeshore Striders	x	x	2	x	x	x	x	x	x	x	x	x		
Toni Walsh	Inbhear Dee	x	x	x	x	2	x	2	x	x	3	x	x		
Yvonne Williams	Kilcoole	x	6	x	x	3	x	x	x	x	x	x	x		
Pauline O'Connell	UNA	x	x	x	x	4	x	x	x	x	x	x	x		
Emer Geraghty	Inbhear Dee	x	1	x	x	1	1	x	1	1	1	1	1	7	1
Mary O'Loughlin	Parnell	x	7	x	x	x	2	3	2	3	x	x	x		
Sandra Brady	Bray Runners	x	3	x	x	x	x	x	x	x	x	x	x		
Llona Madden	Kilcoole	x	5	x	x	x	x	x	x	x	x	x	x		
Liz Tyrrell	UNA	x	x	x	x	x	x	x	3	x	x	x	x		
Eithne Dalby	Greystones	x	x	x	x	x	x	x	x	x	4	x	2		
Patty Fahy	Greystones	x	x	x	x	x	x	x	x	x	5	x	x		

Over 50 Men

Name	Club	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	R12	Best 7	Place
Jack Tyrrell	West Wicklow	1	3	2	x	x	x	x	x	x	x	x	x		
Billy Tyrrell	West Wicklow	2	2	1	1	1	1	x	1	1	1	2	x	7	1
Terry Kavanagh	Roundwood	3	5	x	2	x	2	x	2	4	x	3	1	17	2
Noel Kavanagh	Roundwood	4	x	x	x	x	4	x	x	x	2	x	x		
Mickey Frehill	Lakeshore Striders	x	x	3	x	x	x	x	x	x	x	x	x		
Michael O'Reilly	Inbhear Dee	x	x	4	x	x	x	3	4	5	x	5	x		
Tom Cavanagh	Bray Runners	x	7	x	x	2	x	1	x	2	x	x	x		
Jim Boland	West Wicklow	x	x	x	x	3	3	x	x	x	x	x	2		
Justin Carty	Roundwood	x	x	x	x	4	x	x	x	x	x	x	x		
Joe Balfe	Roundwood	x	x	x	x	5	x	x	x	x	4	x	x		
Martin Francis	Bray Runners	x	1	x	x	x	x	x	x	x	x	x	x		
Sean Meaney	Bray Runners	x	4	x	x	x	x	x	x	x	x	x	x		
Bernard Quinn	Bray Runners	x	6	x	x	x	x	x	x	x	x	x	x		
John Conlon	Parnell	x	x	x	x	x	x	2	3	x	x	4	x		
MJ Bolton	Parnell	x	x	x	x	x	x	x	x	3	x	x	x		
John Darcy	Kilcoole	x	x	x	x	x	x	x	x	x	3	x	x		
Eugene Doherty	SBR	x	x	x	x	x	x	x	x	x	x	1	x		

Fit4Life 2009
Overall Placings

Over 50 Women

Name	Club	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	R12	Best 7	Place
Mary Farrell	Inbhear Dee	1	x	x	2	2	x	x	x	x	2	2	2		
Susan Hill	UNA	x	1	1	1	1	1	1	x	1	1	1	x	7	1
Helen Dolan		x	x	x	x	x	x	x	x	2	x	x	x		
Lucy Johnson	Greystones	x	x	x	x	x	x	x	x	x	x	x	1		

Junior Men

Name	Club	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	R12	Best 7	Place
James Tyrrell	West Wicklow	1	9	x	x	x	x	x	3	x	x	2	x		
Robin Mooney	Inbhear Dee	2	10	5	5	5	5	4	x	3	3	3	2	22	2
Jonathan Phillips	Roundwood	x	2	2	x	1	1	1	1	1	x	x	x		
Richard Hourihan	Kilcoole	x	3	1	1	2	x	x	4	x	1	1	1	10	1
Daragh Flynn	Kilcoole	x	x	x	x	3	x	x	x	x	x	x	x		
Graeme Phillips	Roundwood	x	6	3	2	4	4	3	6	2	x	x	x	24	3
Cian Dowd	Inbhear Dee	x	x	x	x	7	x	x	x	x	4	4	x		
James Byrne	Inbhear Dee	x	x	x	x	6	7	x	x	x	x	5	x		
Ciaran Brady	Greystones	x	x	x	x	8	x	x	x	x	x	x	x		
Michael Kavanagh	Roundwood	x	x	x	x	x	2	x	x	x	x	x	x		
Ronan Marah	Roundwood	x	x	x	x	x	3	x	x	x	2	x	x		
Sean Kinsella	Parnell	x	12	x	6	x	6	5	x	x	x	x	x		
Richard Owens	Bray Runners	x	1	x	x	x	x	x	x	x	x	x	x		
Cathal Daly	Inbhear Dee	x	4	x	x	x	x	x	2	x	x	x	x		
Aonghus O'Bhriain	Parnell	x	5	4	x	x	x	2	x	x	x	x	x		
Keith Geraghty	Inbhear Dee	x	7	x	x	x	x	x	5	x	x	x	x		
Mark Driver	Parnell	x	8	x	3	x	x	x	x	x	x	x	x		
Patrick Wolohan	UNA	x	11	x	4	x	x	x	x	x	x	x	x		

Junior Women

Name	Club	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	R12	Best 7	Place
Ali Geraghty	Inbhear Dee	1	3	1	x	1	1	x	5	1	2	1	1	7	1
Anee Mooney	Inbhear Dee	2	x	2	2	2	x	1	x	3	9	3	x	15	2
Lynda Earls	Inbhear Dee	3	x	x	x	3	5	x	x	2	7	2	2	24	3
Amy Howard	Greystones	x	x	x	x	4	x	x	x	x	5	x	x		
Claire Fox	Greystones	x	x	x	x	5	x	x	x	x	1	x	x		
Aisling McCabe	Greystones	x	x	x	x	6	x	x	x	x	3	x	x		
Paula O'Byrne	Aughrim	x	4	x	1	x	2	x	x	x	x	x	x		
Sarah Kavanagh	Roundwood	x	x	x	x	x	3	x	x	x	x	x	x		
Sheila O'Byrne	Aughrim	x	x	x	x	x	4	x	x	x	x	x	x		
Sarah Dempsey	UNA	x	x	x	x	x	6	x	x	x	x	x	x		
Thea Kinsella	Inbhear Dee	x	x	x	x	x	7	x	x	x	x	x	x		
Nicole Sillery	Roundwood	x	x	x	x	x	8	x	x	x	x	x	x		
Clare Earls	Inbhear Dee	x	1	x	x	x	x	x	4	x	x	x	x		
Anne Hanton	Inbhear Dee	x	2	x	x	x	x	x	x	x	x	x	x		
Una Britton	Kilcoole	x	x	x	x	x	x	x	x	x	x	x	x		
Zoe Lematy	Inbhear Dee	x	x	x	x	x	x	x	x	4	11	x	x		
Alisa Fredrich	Inbhear Dee	x	x	x	x	x	x	x	x	5	8	4	3		
Laura Daly	Inbhear Dee	x	x	x	x	x	x	x	x	6	10	x	x		
Tara Jameson	Inbhear Dee	x	x	x	x	x	x	x	1	x	x	x	x		
Niamh Kearney	Greystones	x	x	x	x	x	x	x	2	x	x	x	x		
Ellie Hartnett	Greystones	x	x	x	x	x	x	x	3	x	x	x	x		
Aine Tyrrell	UNA	x	x	x	x	x	x	x	5	x	x	x	x		
Isabel Malley	Greystones	x	x	x	x	x	x	x	x	x	4	x	x		
Laura Boylan	Greystones	x	x	x	x	x	x	x	x	x	6	x	x		
Kirsty Tomlin	Greystones	x	x	x	x	x	x	x	x	x	12	x	x		
Ali Brooks	Greystones	x	x	x	x	x	x	x	x	x	13	x	x		
Niamh Baldwin	Greystones	x	x	x	x	x	x	x	x	x	14	x	x		