

Frank Duffy 10 Miles – Phoenix Park - 24-08-2013

	Name	Chip Time	Finish Time	Category	Place in Cat.	Overall Position
	Helen Thompson	01:49:51	01:57:08	Female 45	122	3644
	Aoife Redican	01:51:16	01:58:33	Female Senior	628	3680
	Carol Ann Clarke	01:54:16	02:01:33	Female 45	132	3741

Well done to all who participated in Frank Duffy 10 Miles Race in Phoenix Park. It was great to see you people doing this long distance and finish in very good time. Best part of the race was the excitement and enthusiasm from you all. It is always great to see friends and family as supporters. You've completed the first big race of your life and have experienced the different taste from short distances i.e. 5K etc... Just an update that you've done your longest distance required to run the half marathon on 21st September 2013, now the choice is yours, I'm always there to help you.....