

Marchathon Team Captain Nominations 2019

Person nominated	Reason for nomination	Who you were nominated by	Organisation
Ahmad Tariq	<i>Request not to publish</i>	<i>Request not to publish</i>	UCC
Andrea	<i>Request not to publish</i>	<i>Request not to publish</i>	Trinity College
Bernadette Egan	<i>Request not to publish</i>	<i>Request not to publish</i>	A.I.T
Bernady Daniel	<i>Request not to publish</i>	<i>Request not to publish</i>	Cook Medical
Caroline Butler	<i>Request not to publish</i>	<i>Request not to publish</i>	Clifton Scannell Emerson Associates
Colette Flanagan	<i>Request not to publish</i>	<i>Request not to publish</i>	Symantec
Ester Alonso	<i>Request not to publish</i>	<i>Request not to publish</i>	Accenture
Geraldine Hayes	<i>Request not to publish</i>	<i>Request not to publish</i>	Limerick Institute of Technology
Kathleen Fitzmaurice	<i>Request not to publish</i>	<i>Request not to publish</i>	OLCHC
Lydia Fowley	<i>Request not to publish</i>	<i>Request not to publish</i>	Lyt
M McCourtney	<i>Request not to publish</i>	<i>Request not to publish</i>	Athlone Institute of Technology
Mary Russell	<i>Request not to publish</i>	<i>Request not to publish</i>	GMIT
Paula Farrell	<i>Request not to publish</i>	<i>Request not to publish</i>	St Vincent's University Hospital
Peter Furey	<i>Request not to publish</i>	<i>Request not to publish</i>	Three Ireland
Aoife Hession	<i>Request not to publish</i>	Lorna Hession	Mary Immaculate College, Limerick
Bernie Lehane	<i>Request not to publish</i>	Edel Kelly	CIT
Grzegorz Drabczak	<i>Request not to publish</i>	Lyziane Alves Pereira Forde	PayPal
Martin O Hara	<i>Request not to publish</i>	Ann Marie Kelly	Medtronic Mervue
Mary Nash	<i>Request not to publish</i>	David McCarthy	LIT - Access to Quality Block 12

Mary Rose Kenealy	<i>Request not to publish</i>	Rob Wallace	Dublin City University
Michelle Doran	<i>Request not to publish</i>	Kobi Bermingham	Maynooth University
Roger Moroney	<i>Request not to publish</i>	Isabell Schildt	Cook Medical
Vivienne Hand	<i>Request not to publish</i>	Cathy White	Our Lady's Children's Hospital, Crumlin
Vivienne Hand	<i>Request not to publish</i>	Alison Sweeney	crumlin childrens hospital
Agata Wiecka	She was an excellent motivator who ensured each day that we logged our steps, met the challenge we set for ourselves. Text us over the weekends and even text one member while he was at the top of a mountain , to remind him to log his steps:) she just never gave up. Awarded us at the end with a lovely certificate of each of our steps etc. and a healthy treat.		Cook Medical
Agata Wiecka	She did not let a day pass without reminding us to log our steps.reminded us to reach our target and kept us all motivated with a bit of fun along the way.made our day and steps very enjoyable		Cook Medical
Ahmad Tariq	Ahmad, was by far the most active and motivating member in our team. Truly deserves the best captain		University College Cork
Ahmad Tariq	A true leader. Respects all team members. Motivated every member, whenever the number of steps were low. Lead by example.		University College Cork (UCC)
Ahmad Tariq	Ahmad was extremely motivating throughout the Marathon Challenge. He always made sure we are taking the required amount of steps. Even during bad weather, he took the team out for a jog/run and without a doubt lead from the front!		University College Cork (UCC)
Aisling McCarthy	Ongoing supporter and motivator for the group and me personally. Led by example		LinkedIn
Avril Fenney	Avril was a great captain. She was so encouraging and made everyone feel involved, so we all felt like part of the team. I don't think we'd have been as motivated to hit our target every day without her!		Triple Contributions
Bernady Priya	Bernady was relentless in getting us motivated for walking. We were getting test messages up to 9pm at night at the weekends, however as she always had a funny slant, it motivated us more to push ourselves the extra mile! Bernady was very creative with our Team Titan photo's which resulted in a double win..which we never expected. We now all feel we have achieved something: lost weight, gained fresh air and strengthened our team bonding at work! It has even influenced the kids at home to drop the Xbox and get out to beat the parents step rate. Without Bernady, this would not be possible!		Cook Medical Limerick
Bernie Lehane	Bernie was a fantastic team captain! Before the competition she would sometimes struggle to reach the daily target of 10,000 steps, she was a fantastic motivator she beat 10,000 nearly everyday! During the last week of the competition she got a blister, armed with cotton wool and masking tape she soldiered on to get a personal best of over 28,000 steps on the last day!		Cork Institute of Technology
Brian Booth	He really pushed the team to do their best and fostered a great sense of team spirit.		South Dublin County Council
Brian Booth	Brain kept us all going with our steps by organising walks at lunch time and serious motivation for our weekends and evenings to step it up!! We		South Dublin County Council

	all bonded as a team as a result.	
Brian Booth	Encouraged the team in the Whatsapp group and by email, daily/weekly. Kept the team up to date with the scores. Treated the team at the end of the challenge to an Easter Egg.	South Dublin County Council
Cora McKenna	Totally motivated us and made the challenge lots of fun.	TCD
Cora McKenna	I would like to nominate her, because of her very amusing and motivating weekly summaries on how we performed compared to our closest rivals.	%RSD
Fiona Hartnett	She was an encouraging team captain, always motivating us to perform our best and walk as much as possible!	Mary Immaculate College
Frances Drummond	Frances was a continuous source of enthusiasm and motivation. She was also particularly imaginative when it came to team photograph ideas.	University College Cork
Frederik Ebbesen	Amazing person!	Accenture
Gemma O'Rourke	She put in so much effort into our Marchathon competition. As this is the first year our company has participated, she set up meetings with Smarter Travel and got our Office Director involved in order to make a better working environment for us all. Every week she also sent around weekly emails to all team members to motivate us to reach our targets (and most importantly beat the other teams from our company!).	BDP
Isabelle Fallon	Isabelle organised our team and set up a group slack chat where we motivated and encouraged each other .. she arranged for our pics to be taken and kept pushing us to log our steps and keep up the good work - she's just fab!!!!	Marchers and Drifters
Jennifer Rouine	Jennifer lead the team very well with her high level of effort with her steps, encouraging us to push forward and get ourselves out walking.	Trinity College Dublin
Kathleen Fitzmaurice, CCNE Foot Sloggers	Because even at weekends, Kathleen sent little nuggets of useful information about the benefits of keeping active and staying motivated. She was always encouraging us to improve our steps and reminding us to enter our steps by the cut off time. She kept us on our 'toes' right from the moment she took 'command' !	Our Lady's Children's Hospital, Crumlin, Dublin 12
Krunoslav Karsaj	I am nominating Krunoslav, because he kept us challenging throughout the whole month, sharing his step counts to keep us go further. Even when he was behind the expected, he 100% run the extra mile to make up for being team captain and show us how it is done!	Oracle
Martin Eagleton	Martin led the cause not only in driving participation amongst our IT department, but was very proactive in getting other departments in the University involved in this initiative. Martin called, pestered and reminded several teams in our University to get involved in this cause! Not only that, but our Students Union has arranged a tea morning next week to get all teams together and Martin has been encouraging us all to go, get involved, and ensure we can drive numbers up for these types of events. A worthy candidate!	NUI Galway
Mary Purdue Smyth	Mary did her utmost to get us all out and about even bringing some of us with her for a lunch time walk. We had some members that missed some days due to illness and she helped them make up the steps with lots of encouragement and good natured banter. ,	Deloitte
Mary Russell	Mary Russell was very motivated which kept us motivated, checked in on her team every day never criticised us always praised us for our efforts and made the competition very enjoyable	GMIT GALWAY
Mary Russell	Mary was a fantastic team leader, she kept us motivated throughout the competition and rewarded us with yummy treats for our efforts :)She led	GMIT

	by example and did a colossal amount of steps - she deserves a prize for sure!	
Mary Russell	Even from before the Marchathon began, Mary was busy motivating all our team members to get moving! Throughout the past four weeks Mary has continued to encourage, support and drive the whole team on while at the same time making it fun and enjoyable. The entire institute has seen Mary clocking up her steps daily during her lunch breaks and without doubt all her efforts led to the rest of the team moving more. She is very deserving of the best captain prize, so much so that we just had to get her a captain's t-shirt.	GMIT
Niall Sheehy	Niall kept the whole team motivated and on track for the duration of the challenge... while all the time leading the way by making an effort himself.	Mary Immaculate College
Niamh Murphy	Niamh is a health champion - on the field and in academia. Niamh is great for 'in the moment' opportunities for bringing up the steps and encouraging every step. The inspiration has been great.	Waterford Institute of Technology
Oisín Devilly	I nominate Oisín Devilly from Steps The Reunion. The reason why I think Oisín is a worthy winner is because he was a true captain providing inspiration and leadership. I originally thought that the captain's role was to make up a team but Oisín went the extra step in creating challenges for us, motivating the team and getting us involved in the photo competition in which we won. During the challenge I bought a fit bit and achieved my personal best during the challenge!	Dublin City Council
Oisín Divilly	The reason for nominating our fabulous bearded captain. He was an inspiration. I would not be the greatest with exercise and doing that many steps but I reached new heights under his fantastic encouraging leadership. I honestly never thought 19000 steps would be in my reach in one day but thanks to his never ending support I did it. I didn't know how I could repay him for this everlasting change in me but feel nominating him would be a small step in the right direction. Oisín is the champion of captains and I am proud to be his team member.	Dublin City Council
Peter Sergeev	For his dedication and motivation.	Symantec
Roger Moroney	Roger was a fantastic team captain and he helped us achieve a place in the top 10 of the company leader board! Here are the reasons he should get the award : <ul style="list-style-type: none"> • He was always encouraging • He never complained (even on our 'lower' days) • He set a great example! • He organised mini competitions within our team to keep us going • He rewarded us with 'mystery novelty prizes' every week to motivate us. • He put a smile on our faces with his funny emails 	Cook Medical
Roisín McKeon	Roisín was always trying to set a good example for the team with the huge number of steps she did every day and was always trying to improve the number of steps we did as a team week on week. She was always encouraging us to take the stairs at work at break and lunch time (still does!).	HPRA
Rose Cullen	I am nominating Rose for this prize as she was a great team captain throughout the Step Challenge. Rose motivated us throughout the challenge to be more active and we all worked towards improving each week. Rose also kept us up to date each week with any news or updates and ensured all our scores were up to date and submitted on time each week.	PayPal
Sarah O'Flaherty	She was always encouraging our team to go for walks and get our steps up. She was extremely motivating and challenged us. She would check in on us and always up for a taking a break and going for a short walk	Symantec

	around the office a few times.		
Selma Robinson	Selma invited me to join her team and it gave me the push I need to get up and go after the winter. She kept us all motivated to try and do better each week. Now thousands of steps later and a few blisters it was well worth the effort and sets us on our way to a healthier year ahead. Thanks Selma		WIT
Una MCCann	Una is a great motivator, She got several teams participating. We would not have 1 team without her motivation. She also encouraged us to kept going when we might have dropped out. As a result we are still continuing to do our steps. ie I walk to work instead of driving, most days.		Dun Laoghaire Rathdown County Council
Agata Wiecka	Agata was a great captain, she was always reminded us to log our steps, also gave to loads of help on how to improve our step count everyday. She kept the group motivated and kept the fun factor all the time. Group whats app and email was set up by her and she really made the whole challenge great fun.	Sarah Crotty	Cook Medical
Amy ONEill	Even if we were really low in the List. She didn't give up. She motivated us all and brought so much fun into our group. Thanks Amy for all the laughter!! I always walked extra steps just for you	Chanel Livolsi	Cook Medical, Team "Don't stop till you step enough"
Andrea Pacheco	Fantastic motivator, getting everybody to walk every day. Always encouraging and welcoming. Organised daily post lunch walks which are continuing still.	Lorenzo Nimitz	UCC/Tyndall
Andrea Pacheco	Andrea did an amazing job as team captain by motivating us all to walk more. Every day after lunch, she would get the team together for a lovely walk along the River Lee. Getting out of the office for a short break has now become a daily tradition in our research group!	Simon Sorensen	UCC/Tyndall National Institute
Andrea Pacheco	Andrea was an amazing example for the team and was constantly motivating us! She would consistently have the most steps out of all of us each day. She would organize walks during our lunch breaks so that we would all walk together and get more steps! Near the end of the competition she was motivating us to walk more and we were all willing to take up the challenge. On the last day she walked over 36 thousand steps all on her own. She has been a great leader!	Jacqueline Gunther	Tyndall National Institute/ UCC
Caroline O'Shea	Caroline suggested taking part in the walking challenge, named the team and got us interested in taking part and through her I've got to know new people, have become more active and enjoyed the walking challenge very much. Caroline also sent us motivating and encouraging e-mails every week and we went out as a group to walk, which made the challenge much easier. So I am grateful to Caroline and it would be great if she got some recognition.	Brid Drake	University College Cork

Catriona Kearney	Always making the effort to make the team walk while enjoying being outside.	Guillaume Virolle	PayPal
David McGlynn	David kept our team motivated throughout via his enthusiasm and his timely, thoughtful and amusing, emails	John Lynch	Health Products Regulatory Authority
David McGlynn	His motivational emails throughout the challenge were inspiring. There were photos of tired puppies, suggested playlists (with average # of steps per song!), nature walks, and movies to watch while our legs recovered! "One of the most common walks I've ever had recommended to me is a long one off of a short plank." "This is the part of the email where we're supposed to pretend to be humble but REALLY we did great last week – so why not brag!" "STEPS debut album, 'Step One', is both appropriate in the larger theme of 'walking' songs and clocks in at 39 minutes and 9 seconds, or 3,978 steps in real-world terms, and contains some solid 90s pop songs which have stood the test of time." "We're on the home stretch and, much like Dr. Sam Beckett in 'Quantum Leap' hoping that each leap would be the leap home, one day our next step will be the step home" "We're number 1! of the teams named 'Lost in Pace'!"	Denise O'Mahony	Health Products Regulatory Authority
David McGlynn, Team Captain of Lost in Pace	David constantly motivated the team throughout the entire challenge. Not only did David encourage us to keep on stepping, remind us to log our steps and tell us how well we were doing, he brought much humour to the group in the process. Here are a few excerpts from David's motivational emails: Week 1: I tried to compile a list of recommended movies which feature 'walking' in some way, but most ended up having animals attacks or people getting trapped in physically/emotionally gruelling situations... Some, it turns out, weren't even about walking at all (I'm looking at you, Walking Tall starring Dwayne 'The Rock' Johnson!). So to take you into the weekend the one movie I'll recommend is on Netflix called 'The Barkley Marathons', which is a documentary about a ~100 mile marathon that takes place over a continuous 60 hour period. Each year the race only allows in 40 competitors, one of the competitors is someone who the organiser doubts will finish even finish one lap of the course and deemed the "human sacrifice". All of this considered, it's a surprisingly fun movie, and definitely one to check out if you get some downtime (between walks) over the weekend! Week 2: I don't want to overstate the importance of last week's motivational email but	Breda Gleeson	HPRA

	<p>we did great for week 1 of the Marchathon! One of the most common walks I've ever had recommended to me is a long one off of a short plank. I'm not sure it's one I'd recommend on to other people though... Instead, for the long weekend I hope you manage to take some time as far from the city centre as possible, having a quiet walk in (hopefully) nice weather. I forgot to mention that on the Sunday there's also a Harbour2Harbour walk organised for Aware, which is 26km (16 miles) from Howth to Dun Laoghaire.</p> <p>https://www.aware.ie/events/harbour2harbour-2019/ Best of luck to all no matter where you walk! Week 3: We've been great at doing well over 10,000 steps each day individually but if you're like me then once you do over a certain number of steps it can be hard to motivate yourself to do more, especially in the evenings. So here are some walking themed songs to listen to and to walk to, to spur yourself on, each one is just a short few minutes long but few steps further!</p> <table border="0"> <thead> <tr> <th>Artist / Title</th> <th>Length</th> <th>Average Steps/song</th> </tr> </thead> <tbody> <tr> <td>Dire Straits – Walk of Life</td> <td>4:12</td> <td>428</td> </tr> <tr> <td>Johnny Cash – I Walk the Line</td> <td>2:45</td> <td>281</td> </tr> <tr> <td>Nancy Sinatra – These Boots are Made for Walking</td> <td>2:42</td> <td>275</td> </tr> <tr> <td>RUN-DMC ft. Aerosmith – Walk This Way</td> <td>3:38</td> <td>371</td> </tr> <tr> <td>Aerosmith – Walk this Way</td> <td>3:40</td> <td>374</td> </tr> <tr> <td>Katrina and the Wave – Walking on Sunshine</td> <td>3:16</td> <td>333</td> </tr> <tr> <td>The Police – Walking on the Moon</td> <td>4:51</td> <td>495</td> </tr> <tr> <td>Was (Not Was) – Walk the Dinosaur</td> <td>4:22</td> <td>445</td> </tr> <tr> <td>Dionne Warwick – Walk on By</td> <td>2:55</td> <td>298</td> </tr> <tr> <td>U2 – Walk On</td> <td>4:09</td> <td>423</td> </tr> <tr> <td>The Bangles – Walk Like An Egyptian</td> <td>3:24</td> <td>347</td> </tr> <tr> <td>Smash Mouth – Walkin' on the Sun</td> <td>3:25</td> <td>349</td> </tr> <tr> <td>Lou Reed – Walk On The Wild Side</td> <td>4:12</td> <td>428</td> </tr> </tbody> </table> <p>I know what you're gonna say: "Dave, that adds up to 4,847 steps! I spent that entire time walking away from my house and am now 4,847 steps from a comfortable couch and a cup of tea!" To which I can only respond that STEPS debut album, 'Step One', is both appropriate in the larger theme of 'walking' songs and clocks in at 39 minutes and 9 seconds, or 3,978 steps in real-world terms, and contains some solid 90s pop songs which have stood the test of time. Sure, this might leave you in silence 896 steps from home, but I have a feeling that you'll definitely use that time to reconsider taking suggestions from me again.</p> <p>Week 4: That's right – we're in the top 5 and it'd be great to finish the month there (or higher?) We're doing really well this week so keep up the good work! But also do more! We're on the home stretch and, much like Dr. Sam Beckett in</p>	Artist / Title	Length	Average Steps/song	Dire Straits – Walk of Life	4:12	428	Johnny Cash – I Walk the Line	2:45	281	Nancy Sinatra – These Boots are Made for Walking	2:42	275	RUN-DMC ft. Aerosmith – Walk This Way	3:38	371	Aerosmith – Walk this Way	3:40	374	Katrina and the Wave – Walking on Sunshine	3:16	333	The Police – Walking on the Moon	4:51	495	Was (Not Was) – Walk the Dinosaur	4:22	445	Dionne Warwick – Walk on By	2:55	298	U2 – Walk On	4:09	423	The Bangles – Walk Like An Egyptian	3:24	347	Smash Mouth – Walkin' on the Sun	3:25	349	Lou Reed – Walk On The Wild Side	4:12	428		
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	'Quantum Leap' hoping that each leap would be the leap home, one day our next step will be the step home! So do as many steps as you can and remember I'll never ask you to walk anywhere again after this week, so next week if people are propelling themselves through corridors in their chairs like gondolas in the Venice canals then so be it*! *Note: due to numerous obvious health and safety concerns a policy of 'so be it' regarding gondola-like office chair propulsion is definitely not advised and will almost certainly not be condoned.		
Diana Gaspar	She did a great job organizing and spearheading our Marchathon team. She consistently encouraged us to walk and submit our steps online before the deadline.	Joshua Chao	NUI Galway
Ester Alonso	She always came up with new ideas and keep the team motivated	Inmaculada	Accenture
Frances Drummond	She did not let us give up and did encourage us all the way.	Sylvie Amu	UCC
Frances Drummond	Frances was the drivig force behind our team. Always encouraging us to get out and do more steps and thinking up great ideas for the weekly photo competitions (each one more crazy than the previous). A great inspiration to everyone on the team and in the office.	Garrett Casey	University College Cork
Gautam Shanbhag	I am nominating myself for just the reason to get the entire team acorss the finish line :D Winning or losing doesn't matter. Participation Does !!	Gautam Shanbhag	Dublin City University
Gautam Shanbhag	Our Team Captain. who bought the idea to us, kept motivating and encouraging to participate till the end.	Paritosh Gupta	Dublin City University
Gautam Shanbhag	Team Captain who kept us motivated across the competition and led from the front	Vishvesh Kadam	Dublin City University
Gautam Shanbhag	The Team Captain who ran after us to walk, run and log activity weekly	Aishwarya Gupta	Dublin City University
Gautam Shanbhag	He is the Team Captain and the only one who was truly motivated for the entire competition.	Apurva Gawad	Dublin City University
Ger Hayes	Ger was an incredible Team Captain. She motivated us and even brought us fresh flowers weekly to keep the team morale high. She got us all moving more than previously and looked out for team members who were struggling. We could not have asked for a better Team Captain!	Anna Murphy	Limerick Institute of Technology
Geraldine Hayes	What a Captain, even when one of us had hospital procedures and one of had a fall, we were still motivated to get up and WALK! Great captain, way to go Geraldine!!!!	Theresa O' Sullivan	LIT
Gerda Coyne	Gerda was a fantastic team captain keeping us motivated every day. Our aim as work team was to get a 30 minute walk in every day at lunch time which we did thanks to Gerda's positivity and encouragement.	Karen McSweeney	University College Cork

Ide O'Sullivan	Ide truly deserves this nomination because she has been a tremendous support in organising this Marchathon group as well as encouraging us along the way. Her gentle reminders greatly influenced our team's motivation.	Michelle Daly	University of Limerick
John guerin	Unbelievable guy to motivate us to walk after a night shift.he has gotten a few lads to start running with him after starting with the walking ,legend of a men.	Damien Gavin teammate	The rockets
John Paul Hogan	He led by example	Michele Fenton	Cork County Council
Karen Buckley	She initiated our group and continuously encouraged us to walk at lunchtime and reminded us to log our steps. She brought fun to our close knit work group.	Fiona ORiordan	DCU
Kathleen Fitzmaurice	She was amazing at motivating us all to get out and walk and buy fitbits....including weekends	Eleanor Norman	OLCHC
Kathleen Fitzmaurice	She kept us motivated with supportive and encouraging texts. She kept in touch on days off and encouraged us to use all opportunities and encouraged us on days when we felt we didn't do so well. She led by example and was a great leader!	Aisling Mulligan	Our Lady's Children's Hospital
Kathleen Fitzmaurice	Always positive & energetic. Gave the team gentle but persuasive encouragement. Made walking fun!!!!	Angela Ryan	CCNE footslogger- Our Lady's Children's Hospital, Crumlin
Leanne Coburn	Amazing coach - sent regular updates and motivational quote to keep us motivated. Great role model too with highest daily steps in the group. Pushed us to do better	Celine	PayPal
Lydia Fowley	She encourGed us all to participate. Each day we were prompted to get those steps going and she instigatex wLks for us at weekend. All the time offering little peptalks on our whatsapp group	Breda mulgrew	Lyt
Mary Russell -	Great Motivator & Inspiration	Catherine arnold	GMIT dublin Road Campus
Michelle Doran	She always motivated the team to go forwards.	Gama Gnahore	Maynooth University
Michelle Doran	Michelle was a great team captain. She constantly kept us motivated and organised activities that we could do to increase our step count throughout the entire competition.	Sean Doyle	Maynooth University
Morgane Panella	She motivated each team member by encouraging them to go on walks with her and always challenged us to push ourselves. She is trying to loose weight at the moment and her words of encouragement and determination were a real source of inspiration. Thank you Morgane!	Ciara Moran	PayPal
Nele Dugardjin	Nele was the driver behind me and other teammates joining the competition in the 1st place. We thought we were doing well until we	DHANANJAY BAIRAGI	Deloitte

	<p>saw the week-1 results and that left us demotivated. However, Nele encouraged us to keep tracking our steps and proposed that we compete among ourselves for the entire month. Everyone liked the idea and I, personally, walked an extra 2000-3000 steps everyday to at least keep up with the team average. In next 8-10 days, I realised that I have started to like to idea of getting down the bus a couple of stops before my actual stop and take a walk back home. Had Nele not taken the initiative to motivate us, I would have continued being a couch potato! Kudos to her efforts :)</p>		
Noeleen Brady	Noeleen came up with the idea to enter and was constantly motivating and encouraging our team with words of praise, reminders and her dedication and motivation was really very inspiring.	Victoria Howson	University College Cork
Peter Muller	Peter as a team captain was great at getting us motivated. He lead by example and when at the start I was not doing as much steps as the rest of the team, he keep saying that we can all do more if we put the effort in, and over the weeks as our steps increased and feet got blisters, he kept on being a positive influence on why I went out walking. Even when I could see Peter struggling with the pace during one of our walks he kept the head down and was determined to complete the walk. His determination and positivity was the example that we used as a team to get us through the long hours out walking the footpaths of Leinster. He lead by the highest standards and we could only try and keep up with him. I think we did him proud by coming first. The ultimate accolade to a good team captain.	Stephen Cull	Dublin City Council
Rachel Rooney	She was brilliant at organizing the team and making sure we all logged our steps!	Mikaela O'Brien	Three
Robert Brereton	He set up our team and encouraged us along the way.	Mary O'Shaughnessy	DCC
Sarah Egan	Kept the team motivated by sending funny email's everyday to remind us to get our steps up	Joey Burke	Johnson & Johnson Vision Care
Selma Robinson	Selma press ganged us into the Marchathon. We had no thought of getting wet and cold until after the clocks changed. Now, thousands of steps and many blisters later, we are looking good and very pleased with ourselves. Well done Selma!	Jane McIntyre	Waterford Institute of Technology
Sheila Kelly, The March Hares, South Dublin County	Sheila motivated us throughout the competition and arranged a lovely walk in the park on the last day and we all had tea/coffee and yummy doughnuts!!!!	Louise Hanlon	South Dublin County Council

Council			
Shyamsundar Raghuraman	Shyamsundar inspired and motivated me to join Marchathon with his team at work. He also motivated me to start running with him in my free time. This benefited me hugely as I now have so much more stamina than I would have had before. I am fitter, feel healthier and I have no intention of stopping this new lifestyle change and so I have him to thank.	William Wheeler	COOK Medical
Sintija Ancevska	Sintija made the challenge fun and encouraged the team every day	Lorraine	St Vincent's University Hospital
Sintija Ancevska	Sintija was a great leader and really motivated the team. She did our great photograph for St Patricks Day and painted the feet for our Happy Feet title. Sintija was an inspiration and very encouraging to us all. Without her, the challenge wouldn't have been as successful as it was and we are all continuing with the walking and enjoying the level of fitness that we have all achieved with the Marchathon. She really deserves this nomination.	Yvonne Keleghan	St Vincents UNIVERSITY HOSPITAL
Sintija Ancevska	Sintija was a great leader, full of encouragement and made it interesting and exciting, she ensured we all gave our count each day and wrote it on the board so we could all see our progress. She really encouraged us ladies over the hill (lol) to go that extra mile, to enjoy the walking and steps each day rain hail or (S) snow! Sintija was a EXCELLENT TEAM MEMBER even down to organizing a photo that was so much fun and exciting when we won it.	Linda Murphy	St Vincent's University Hospital
Sorcha Ryan	Sorcha was such an inspiration from start to finish and really motivated not only our Team but our whole unit to get moving :)	Emma O'Brien	DreamTeam
Sorcha Ryan	Our team captain Sorcha was superb throughout the whole process of the challenge. Her upbeat spirit and enthusiasm really helped to motivate the team and increase productivity. Her friendly and social demeanor is a credit to her character. Throughout the challenge Sorcha went above and beyond to boost the team moral even on rainy days and ensure that everyone submitted their steps.	Aine Forbes	UCD Estate Services
Stephen byrne	he pushed us all on	ruth mccarthy	fast pharma - ucc School of pharmacy
Stephen Leonard	Stephen was the driving force behind getting our team involved. He demonstrated tremendous leadership in motivating the team, checking we had recorded our steps and encouraging us to do better. He conceived and organised our St Patricks Photoshoot, even getting the services of a professional photographer We all felt like	Colin McCabe	Trinity College Dublin

	moviestars! I'm sure he is planning even now for next year.		
Vivienne Hand	Our manager/captain absolutely deserves a prize...she took on the role when a staff member/team member got injured and were we glad! She was amazing day in day out...she set goals...she started our whole department on lunchtime walks...she never ever lost motivation, we were and are very proud of her transformation!	Louise Crowe	Our Lady's Children's Hospital Crumlin...The Dashers
William Hitchcock	I had never participated in an event like this before. I had never even considered it. Bill motivated all of us with good humour, great advice, some pretty decent snacks and a quiet leadership. It made the event fun and worthwhile. He led by example. Even better, Bill and the Marchathon have instilled a life-long pattern of getting more daily steps in for me.	Michael Murphy	IADT