

Deise College Dungarvan 10k 10/03/2019						
Place	Name	Team	Cat.	Time	Pace	No
1	FITZGIBBON, John	Thurles Crokes	SM	0:33:18	05:21.4	72
2	TREACY, John	Thurles Crokes	SM	0:33:19	05:21.6	75
3	ZAKIS, Raivis	West Waterford A.C.	SM	0:33:50	05:26.6	76
4	FLYNN, Anthony	West Waterford A.C.	SM	0:33:59	05:28.0	129
5	COAKLEY, Donal	Leevale	SM	0:34:07	05:29.3	46
6	KEARNS, Daryl	West Waterford A.C.	SM	0:34:33	05:33.5	127
7	FLAVIN, Marc	West Waterford A.C.	SM	0:34:46	05:35.6	33
8	SMITH, Danny	N/A	M40	0:34:57	05:37.4	65
9	SWABY, Brian	N/A	M40	0:35:10	05:39.5	89
10	CANTWELL, Gary	N/A	SM	0:35:22	05:41.4	82
11	HARTY, Philip	N/A	M40	0:35:38	05:44.0	47
12	HOGAN, Alan	West Waterford A.C.	SM	0:35:46	05:45.2	49
13	ROWE, Mark	West Waterford A.C.	M45	0:35:58	05:47.2	78
14	REID, Richie	Portlaoise	M40	0:36:22	05:51.0	64
15	KENNEALLY, Kevin	West Waterford A.C.	SM	0:37:16	05:59.7	32
16	RYAN, Dermot	West Waterford A.C.	M40	0:37:39	06:03.4	40
17	FORRISTAL, Sally	St Josephs A.C	SF	0:37:43	06:04.1	96
18	O'BRIEN, Billy	Skibereen	M40	0:37:50	06:05.2	7
19	O'ROURKE, John	Tried and Tested	SM	0:38:34	06:12.3	73
20	O'CONNOR, Johnny	West Waterford A.C.	M50	0:39:04	06:17.1	68
21	FITZGERALD, Pat	West Waterford A.C.	SM	0:39:08	06:17.7	105
22	WHELAN, James	West Waterford A.C.	M45	0:39:20	06:19.7	66
23	FEENEY, Des	N/A	M45	0:39:41	06:23.1	137
24	HAYES, Martin	West Waterford A.C.	M55	0:40:06	06:27.1	165
25	VEALE, Kate	West Waterford A.C.	SF	0:40:37	06:32.1	123
26	HENNESSY, Peter	B.V.S.C.	M40	0:40:48	06:33.8	93
27	HAHESY, Ray	West Waterford A.C.	M55	0:40:49	06:34.0	43
28	NYHAN, Liz	West Waterford A.C.	F45	0:41:12	06:37.7	141
29	REGAN, Jonathan	N/A	SM	0:41:27	06:40.1	161
30	DOWNEY, John	West Waterford A.C.	M45	0:41:42	06:42.5	113
31	BEDELL, Toby	Tried and Tested	M45	0:41:48	06:43.5	134
32	WALLACE, David E.	N/A	M50	0:41:52	06:44.1	2
33	PONCE DE LEON, Miguel	Carrick On Suir A.C.	M45	0:41:55	06:44.6	112
34	CLIFFE, Mark	West Waterford A.C.	SM	0:41:56	06:44.8	42
35	CULLEN, Alan	West Waterford A.C.	M40	0:42:00	06:45.4	164
36	GAULE, James	B.V.S.C.	M45	0:42:14	06:47.7	83
37	GLEESON, Cathal E.	West Waterford A.C.	M40	0:42:18	06:48.3	140
38	CROWLEY, Kieran	N/A	SM	0:42:39	06:51.7	57
39	HICKEY, Brendan	St. Catherines	M40	0:42:49	06:53.3	99
40	SALMON, Joe	West Waterford A.C.	M50	0:42:57	06:54.6	41
41	PRENDERGAST FLYNN, Sandra	West Waterford A.C.	SF	0:43:01	06:55.2	115
42	POPE, Gareth	West Waterford A.C.	M40	0:43:16	06:57.7	37
43	BERESFORD, Liam	West Waterford A.C.	SM	0:44:03	07:05.2	23
44	KENNEALLY, Julie	Youghal A.C.	F35	0:44:26	07:08.9	61
45	TUTTY, Darren	West Waterford A.C.	M45	0:44:35	07:10.4	159
46	TOBIN, Angela	West Waterford A.C.	SF	0:44:42	07:11.5	133

47	O'CALLAGHAN, Declan	West Waterford A.C.	M45	0:45:06	07:15.4	10
48	CHIZHIKOV, Yevgeniy	West Waterford A.C.	M45	0:45:12	07:16.3	14
49	TOBIN, Martin	West Waterford A.C.	M55	0:45:48	07:22.1	53
50	HOGAN, Tom	West Waterford A.C.	M40	0:46:13	07:26.1	121
51	TOBIN, Davy	West Waterford A.C.	M55	0:46:24	07:27.9	50
52	HARTE, Kieran	St. Catherines	M50	0:46:25	07:28.1	81
53	FERNCOMBE, Tony	West Waterford A.C.	SM	0:46:43	07:31.0	60
54	KAVANAGH, Thomas	N/A	SM	0:46:49	07:31.9	143
55	FITZPATRICK, Lynee	Tried and Tested	F35	0:46:52	07:32.4	125
56	CONNOLLY, Fergal	West Waterford A.C.	M45	0:46:53	07:32.6	136
57	VAULS, Stephen	West Waterford A.C.	M45	0:47:14	07:35.9	12
58	DRENNAN, Angeline	West Waterford A.C.	F40	0:47:55	07:42.5	48
59	RYAN, Karen	West Waterford A.C.	F40	0:48:31	07:48.3	39
60	CHIZHIKOVA, Diana	West Waterford A.C.	F35	0:49:31	07:58.0	15
61	WHELAN, Amy	West Waterford A.C.	SF	0:49:47	08:00.6	11
62	HENNEBRY, Ann	Waterford Tri Club	F50	0:50:01	08:02.8	62
63	HIGGINS, Sharon	West Waterford A.C.	F35	0:50:06	08:03.6	27
64	MOORE, Sandra	West Waterford A.C.	F45	0:50:11	08:04.4	28
65	KIELY, Catriona	West Waterford A.C.	F45	0:50:30	08:07.5	92
66	LEONARD, John	West Waterford A.C.	M50	0:50:49	08:10.5	54
67	KINSELLA, Rose	West Waterford A.C.	F35	0:51:15	08:14.7	160
68	O'ROURKE, Joe	West Waterford A.C.	M55	0:51:35	08:17.9	104
69	FITZGERALD, Molly	West Waterford A.C.	F45	0:51:36	08:18.1	109
70	GRACE, Liam	West Waterford A.C.	SM	0:51:37	08:18.3	166
71	GRACE, Thomas	N/A	SM	0:51:38	08:18.4	167
72	POWER, Patrick	N/A	JM	0:51:40	08:18.7	148
73	CASEY, Kevin	West Waterford A.C.	M40	0:52:03	08:22.4	126
74	BARRY, Joe	West Waterford A.C.	M40	0:52:03	08:22.4	100
75	KIERNAN, Enda	N/A	M40	0:52:16	08:24.5	158
76	POWER, Onra	West Waterford A.C.	F50	0:52:31	08:27.0	151
77	KEANE, Kathleen	St. Catherines	SF	0:52:40	08:28.4	103
78	DALTON, Michael	N/A	SM	0:53:13	08:33.7	153
79	POPE, Carol	West Waterford A.C.	F40	0:53:30	08:36.4	38
80	BARRY, Céire	N/A	SF	0:53:32	08:36.8	19
81	GLEESON, Anita	N/A	SF	0:54:09	08:42.7	44
82	JOZWIAK, Agnieszka	N/A	F35	0:54:23	08:45.0	36
83	POWER, Ronan	N/A	M45	0:54:26	08:45.5	145
84	WALSH, Carol	Tried and Tested	SF	0:54:31	08:46.3	150
85	MORONEY, Nicola	Tried and Tested	F35	0:54:31	08:46.3	29
86	O'REILLY, Breda	West Waterford A.C.	F40	0:54:33	08:46.6	55
87	BEER, Mark	Blackwater A.C.	M45	0:54:38	08:47.4	118
88	NUGENT, Sharon	West Waterford A.C.	F35	0:54:39	08:47.5	1
89	CAMPBELL, Johnny	N/A	M55	0:54:47	08:48.8	107
90	NI FHAOLAIN, Sinead	West Waterford A.C.	F35	0:54:50	08:49.3	144
91	POWER, Rose	West Waterford A.C.	F45	0:54:55	08:50.1	52
92	FOLEY, Mairead	West Waterford A.C.	F45	0:55:02	08:51.2	119
93	LANIGAN, Natasha	West Waterford A.C.	F40	0:55:05	08:51.7	63
94	MORRISSON, John	St. Catherines	M50	0:55:19	08:54.0	3
95	DWANE, Rosario	N/A	F45	0:55:54	08:59.6	102

96	LEE, Martin	West Waterford A.C.	M40	0:56:03	09:01.1	130
97	PHELAN, Christopher	N/A	SM	0:56:03	09:01.1	124
98	NI FHOGHLU, Grainne	West Waterford A.C.	F40	0:56:11	09:02.3	146
99	DWYER, Liam	N/A	M60	0:56:18	09:03.5	24
100	RYAN, Patrick	West Waterford A.C.	M55	0:56:29	09:05.2	67
101	KENNEALLY, Eoin	Youghal A.C.	SM	0:56:39	09:06.9	122
102	DEEGAN, Michael	West Waterford A.C.	M60	0:56:46	09:08.0	135
103	CONWAY, Margaret	West Waterford A.C.	F50	0:57:05	09:11.0	110
104	KEATING, Marie	West Waterford A.C.	SF	0:57:28	09:14.7	111
105	DUFFY, Sarah	West Waterford A.C.	F35	0:58:05	09:20.7	168
106	RYAN, Rose	N/A	F40	0:58:18	09:22.8	31
107	BEIRNE, Adrian	N/A	SM	0:59:19	09:32.6	56
108	GARCIA, Linda	West Waterford A.C.	F45	1:00:07	09:40.3	51
109	BRADFIELD, Linda	West Waterford A.C.	F45	1:00:08	09:40.5	59
110	KEATING, Phillipa	Tried and Tested	SF	1:00:33	09:44.5	101
111	MC GRATH, Joanie	West Waterford A.C.	F45	1:01:51	09:57.1	90
112	LENIHAN, Tommy	West Waterford A.C.	M55	1:02:09	10:00.0	30
113	GRAY, Ciara	N/A	F35	1:02:58	10:07.8	4
114	POWER, Anne Marie	West Waterford A.C.	F40	1:03:46	10:15.6	18
115	COTTER, Olivia	Mallow A.C.	F40	1:06:02	10:37.4	114
116	HOWE, Byron	N/A	JM	1:06:03	10:37.6	131
117	BURKE, Tom	West Waterford A.C.	M60	1:06:04	10:37.8	34
118	CLANCY, Deirdre	West Waterford A.C.	F50	1:07:59	10:56.3	9
119	COTTER, Una	West Waterford A.C.	F50	1:14:30	11:59.2	138
120	MURPHY, Elaine	West Waterford A.C.	F35	1:14:30	11:59.2	139