

Mts Broadband Ballinroad 5k Friday 5 April 2019. 7:00 pm

Place	Name	Team	Cat	Time	Pace
1	CONNICK, Andrew	Ferrybank A.C.	SM	0:15:31	04:59.6
2	MURPHY, Noel	Waterford A.C.	SM	0:15:45	05:04.1
3	O'RIORDAN, Cian	West Waterford A.C.	JM	0:15:51	05:06.0
4	ZAKIS, Raivis	West Waterford A.C.	SM	0:16:21	05:15.6
5	MC KENNA, Mark	Waterford A.C.	SM	0:16:46	05:23.7
6	ROCHE, Warren	Ferrybank A.C.	SM	0:16:49	05:24.7
7	STILWELL, Sean	West Waterford A.C.	SM	0:16:52	05:25.6
8	MURPHY, Damian	West Waterford A.C.	SM	0:16:56	05:26.9
9	HOGAN, Alan	West Waterford A.C.	SM	0:17:00	05:28.2
10	STACK, Liam	Ferrybank A.C.	SM	0:17:04	05:29.5
11	BAGGE, Jake	Ferrybank A.C.	JM	0:17:05	05:29.8
12	HURLEY, Callum	Ferrybank A.C.	JM	0:17:05	05:29.8
13	O'BRIEN, Craig	Ferrybank A.C.	JM	0:17:06	05:30.1
14	ROWE, Mark	West Waterford A.C.	M45	0:17:14	05:32.7
15	DUGGAN, Joey	St Josephs A.C	SM	0:17:22	05:35.3
16	MULLANEY, Conor	West Waterford A.C.	JM	0:17:26	05:36.6
17	RYAN, Colm	West Waterford A.C.	SM	0:17:30	05:37.8
18	KEBEDE, Fikadu	N/A	SM	0:17:35	05:39.5
19	BYRNE, Michael	St. Catherines	SM	0:17:37	05:40.1
20	CODD, Vinny	Waterford A.C.	M40	0:17:41	05:41.4
21	BEECHER, John	St. Catherines	SM	0:17:43	05:42.0
22	O'ROURKE, John	Tried and Tested	SM	0:17:56	05:46.2
23	FORRISTAL, Sally	St Josephs A.C	SF	0:18:03	05:48.5
24	WALL, Donogh	East Cork	SM	0:18:05	05:49.1
25	FLYNN, Darren	Grange/Fermoy A.C.	M40	0:18:08	05:50.1
26	HOLMES, Lucy	West Waterford A.C.	JF	0:18:12	05:51.4
27	CULLOTY, Denis	Ferrybank A.C.	SM	0:18:14	05:52.0
28	SULLIVAN, James	Lactate Lab	SM	0:18:15	05:52.3
29	DROHAN, Walter	West Waterford A.C.	M45	0:18:17	05:53.0
30	WHELAN, James	West Waterford A.C.	M45	0:18:35	05:58.8
31	GOUGH, Dermot	N/A	SM	0:18:37	05:59.4
32	CULLEN, Alan	West Waterford A.C.	M40	0:18:39	06:00.0
33	RADLEY, Mark	N/A	M40	0:18:42	06:01.0
34	LONGAN, John	St. Finbarr's	SM	0:18:44	06:01.7
35	O'BRIEN, Keith	Clonmel A.C.	M40	0:18:50	06:03.6
36	KENNEDY, Pdraig	West Waterford A.C.	M40	0:18:51	06:03.9
37	HAHESSY, Benny	Carrick On Suir A.C.	M45	0:19:00	06:06.8
38	LOUGHNANE, Madeline	Thurles Crokes	F35	0:19:03	06:07.8
39	O'KEEFFE, Eugene	Carrick On Suir A.C.	M50	0:19:12	06:10.7
40	TOWEY, David	West Waterford A.C.	M45	0:19:16	06:12.0
41	DOHERTY, Kealan	Ferrybank A.C.	JM	0:19:21	06:13.6
42	GOUGH, Joe	West Waterford A.C.	M60	0:19:23	06:14.2
43	O'DONOVAN, Dermot	West Waterford A.C.	M40	0:19:24	06:14.5
44	HAYES, John Joe	Tried and Tested	M40	0:19:26	06:15.2
45	MC CARTHY, Sean	Clonmel A.C.	M45	0:19:29	06:16.1
46	CLIFFE, Mark	West Waterford A.C.	SM	0:19:31	06:16.8
47	O'KELLY, David	N/A	SM	0:19:32	06:17.1
48	O'SULLIVAN, John	Waterford A.C.	SM	0:19:34	06:17.7
49	HOGAN, Tom	West Waterford A.C.	M40	0:19:34	06:17.7
50	AHEARNE, Neilus	Midleton A.C.	M60	0:19:35	06:18.1
51	WALSH, David	N/A	JM	0:19:37	06:18.7
52	GLEESON, Cathal E.	West Waterford A.C.	M40	0:19:41	06:20.0
53	REGAN, Jonathan	N/A	SM	0:19:43	06:20.6
54	FRISBY, Ciaran	West Waterford A.C.	JM	0:19:44	06:21.0

55	ROCHE, Aine	Clonmel A.C.	F35	0:19:49	06:22.6
56	O'GORMAN, Richard	Clonmel A.C.	M55	0:19:51	06:23.2
57	HAHESY, Ray	West Waterford A.C.	M55	0:19:52	06:23.5
58	WALSH, Eoin	Saturday Road Runners	M45	0:19:55	06:24.5
59	CUMMINS, Isobel	Ferrybank A.C.	JF	0:20:03	06:27.1
60	HORGAN, Barry	N/A	M40	0:20:09	06:29.0
61	HOGAN, John Paul	West Waterford A.C.	SM	0:20:13	06:30.3
62	MC LAUGHLIN, Luke	N/A	SM	0:20:15	06:30.9
63	MURRAY, Conor	West Waterford A.C.	M50	0:20:17	06:31.6
64	O'MAHONEY, Tony	West Waterford A.C.	M50	0:20:17	06:31.6
65	SHEEHAN, Natalie	West Waterford A.C.	SF	0:20:18	06:31.9
66	KIELY, Timmy	N/A	M40	0:20:18	06:31.9
67	WALSH, Paul	Waterford A.C.	M45	0:20:19	06:32.2
68	FOGARTY, Tony	Templemore A.C.	SM	0:20:19	06:32.2
69	CAULFIELD, Cait	Waterford A.C.	F50	0:20:20	06:32.6
70	CONNORS, Jimmy	West Waterford A.C.	SM	0:20:23	06:33.5
71	DONNELLY, David	Tried and Tested	M40	0:20:26	06:34.5
72	CASEY, Aoife	Ferrybank A.C.	JF	0:20:28	06:35.1
73	POWER, Liam	Ferrybank A.C.	M55	0:20:29	06:35.4
74	RYAN, Kevin	West Waterford A.C.	SM	0:20:32	06:36.4
75	PRENDERGAST FLYNN, Sandra	West Waterford A.C.	SF	0:20:33	06:36.7
76	BRUNNOCK, Johnny	Carrick On Suir A.C.	M40	0:20:35	06:37.4
77	TUTTY, Darren	West Waterford A.C.	M45	0:20:36	06:37.7
78	KELLY, Joe	West Waterford A.C.	M50	0:20:37	06:38.0
79	O'LEARY, Ted	West Waterford A.C.	M45	0:20:43	06:40.0
80	BERESFORD, Liam	West Waterford A.C.	SM	0:20:45	06:40.6
81	MC HUGH, Vincent	Clonmel A.C.	M40	0:20:53	06:43.2
82	DUDEK, Stan	West Waterford A.C.	SM	0:20:58	06:44.8
83	DROHAN, Noel	West Waterford A.C.	M45	0:20:59	06:45.1
84	TOBIN, Martin	West Waterford A.C.	M55	0:21:04	06:46.7
85	CHIZHIKOV, Yevgeniy	West Waterford A.C.	M45	0:21:05	06:47.0
86	KAVANAGH, Thomas	N/A	SM	0:21:07	06:47.7
87	CALLAGHAN, Micheal	West Waterford A.C.	M45	0:21:11	06:49.0
88	ENRIGHT, Mary-Jane	N/A	F40	0:21:12	06:49.3
89	HORGAN, Elaine	Clonmel A.C.	F35	0:21:13	06:49.6
90	O'CALLAGHAN, Declan	West Waterford A.C.	M45	0:21:14	06:49.9
91	DWYER, Tony	West Waterford A.C.	JM	0:21:15	06:50.3
92	FOLEY, Gavin	N/A	SM	0:21:17	06:50.9
93	BRUNNOCK, Paul	West Waterford A.C.	M50	0:21:24	06:53.1
94	DWYER, Anthony	West Waterford A.C.	M60	0:21:26	06:53.8
95	QUEALLY, John	N/A	SM	0:21:27	06:54.1
96	CLIFFE, Ian	N/A	M40	0:21:28	06:54.4
97	FITZGERALD, Liam	West Waterford A.C.	M45	0:21:29	06:54.8
98	LEONARD, John	West Waterford A.C.	M50	0:21:35	06:56.7
99	KIELY, Leonora	West Waterford A.C.	SF	0:21:37	06:57.3
100	JACKMAN, Brian	N/A	M50	0:21:39	06:58.0
101	FLYNN, John	N/A	M50	0:21:41	06:58.6
102	BURKE, Hannah	Waterford A.C.	JF	0:21:44	06:59.6
103	MC KENNA, Noel	West Waterford A.C.	M60	0:21:49	07:01.2
104	DWYER, Michael	West Waterford A.C.	M50	0:21:53	07:02.5
105	O'DONOGHUE, Donal	Little Island	M50	0:22:03	07:05.7
106	TIERNEY, John	Waterford A.C.	M50	0:22:06	07:06.7
107	CONCANNON, Mick	West Waterford A.C.	M55	0:22:08	07:07.3
108	KEANE, Deirdre	N/A	F45	0:22:14	07:09.2
109	FANNING, Carla	Waterford A.C.	JF	0:22:19	07:10.8

110	SHEEHAN, Billy	West Waterford A.C.	M40	0:22:24	07:12.5
111	BISHOP, Ken	N/A	SM	0:22:29	07:14.1
112	BURKIN, Johnny	West Waterford A.C.	SM	0:22:39	07:17.3
113	YOUNG, Cian	N/A	JM	0:22:40	07:17.6
114	PHELAN, Christopher	N/A	SM	0:22:41	07:17.9
115	O'REGAN, Eddie	Youghal A.C.	M60	0:22:44	07:18.9
116	DUNFORD, Pat	West Waterford A.C.	M50	0:22:45	07:19.2
117	CASEY, Kevin	West Waterford A.C.	M40	0:22:48	07:20.2
118	MORONEY, Nicola	Tried and Tested	F35	0:22:50	07:20.8
119	O'ROURKE, Jordan	N/A	JM	0:23:00	07:24.0
120	CROTTY, Aaron	N/A	SM	0:23:07	07:26.3
121	O'ROURKE, Joe	West Waterford A.C.	M55	0:23:08	07:26.6
122	PRATT, Michael	Grange/Fermoy A.C.	M55	0:23:15	07:28.9
123	DRENNAN, Angeline	West Waterford A.C.	F40	0:23:19	07:30.2
124	O'DWYER, Nessa	Touraneena Road Runners	F35	0:23:22	07:31.1
125	TRAYNOR, Dave	N/A	M40	0:23:28	07:33.0
126	CARROLL, Kieran	N/A	M45	0:23:30	07:33.7
127	GEE, Micheal	West Waterford A.C.	SM	0:23:33	07:34.7
128	KIERNAN, Enda	N/A	M40	0:23:36	07:35.6
129	PHEASEY, Owen	Ferrybank A.C.	JM	0:23:38	07:36.3
130	MOORE, Sandra	West Waterford A.C.	F45	0:23:42	07:37.6
131	HANLON, Robert	Youghal A.C.	M45	0:23:43	07:37.9
132	POWER, Deirdre	Carrick On Suir A.C.	F35	0:23:45	07:38.5
133	FITZGERALD, Alice	West Waterford A.C.	F50	0:23:46	07:38.8
134	CAHILL, Tommy	Clonmel A.C.	M60	0:23:48	07:39.5
135	CUSACK, Niall	N/A	M45	0:23:49	07:39.8
136	MULLANEY, Kate	N/A	JF	0:23:55	07:41.7
137	POWER, Margaret	Carrick On Suir A.C.	F60	0:23:57	07:42.4
138	BYRNE, Máiread	West Waterford A.C.	F45	0:24:04	07:44.6
139	NI FHAOLAIN, Sinead	West Waterford A.C.	F35	0:24:04	07:44.6
140	COFFEY, Brigid	West Waterford A.C.	F45	0:24:09	07:46.2
141	COOGAN, Darren	West Waterford A.C.	M45	0:24:11	07:46.9
142	WHELAN, Gillian	Touraneena Road Runners	F35	0:24:12	07:47.2
143	MANSFIELD, Tom	N/A	M45	0:24:13	07:47.5
144	KINSELLA, Rose	West Waterford A.C.	F35	0:24:13	07:47.5
145	CURRAN, Ray	West Waterford A.C.	M50	0:24:15	07:48.2
146	BERESFORD, Meabh	N/A	JF	0:24:31	07:53.3
147	EGAN, Tommy	N/A	M55	0:24:33	07:54.0
148	REGAN, David	West Waterford A.C.	M45	0:24:44	07:57.5
149	MC GROARTY, John	N/A	M45	0:24:49	07:59.1
150	FORAN, Tom	West Waterford A.C.	M40	0:24:52	08:00.1
151	LATTIMORE, Gerry	N/A	M45	0:25:08	08:05.2
152	O'CONNOR, Gerry	West Waterford A.C.	M55	0:25:10	08:05.9
153	COSGRAVE, Padraig	N/A	SM	0:25:12	08:06.5
154	FOLEY, Linda	West Waterford A.C.	SF	0:25:14	08:07.2
155	LENIHAN, Mark	West Waterford A.C.	M45	0:25:14	08:07.2
156	O'GORMAN, Paul	West Waterford A.C.	M55	0:25:19	08:08.8
157	MARTIN, Lee	Waterford A.C.	M40	0:25:21	08:09.4
158	GAFFNEY, Andrea	West Waterford A.C.	F50	0:25:24	08:10.4
159	HEFFERNAN, Eileen	West Waterford A.C.	F50	0:25:24	08:10.4
160	FENNELL, Una	West Waterford A.C.	F40	0:25:26	08:11.0
161	CUSACK, Aisling	West Waterford A.C.	F35	0:25:33	08:13.3
162	DUNNE, Sean	Carrick On Suir A.C.	SM	0:25:42	08:16.2
163	RUSSELL, Caroline	West Waterford A.C.	F45	0:25:45	08:17.1

164	EICHELMANN-DALY, Patrycja	West Waterford A.C.	F40	0:25:49	08:18.4
165	O'REILLY, Breda	West Waterford A.C.	F40	0:25:52	08:19.4
166	DUFFY, Sarah	West Waterford A.C.	F35	0:26:06	08:23.9
167	MOYNIHAN, Micheal	West Waterford A.C.	M60	0:26:08	08:24.5
168	O'HANLON, Claire	N/A	F35	0:26:12	08:25.8
169	CASEY, Eleanor	West Waterford A.C.	F45	0:26:14	08:26.5
170	EARLEY, Pat	West Waterford A.C.	M50	0:26:16	08:27.1
171	GOUGH, Sarah	Kilkenny City Harriers	F35	0:26:19	08:28.1
172	KIRWAN, Brendan	N/A	M45	0:26:21	08:28.7
173	DWYER, Liam	N/A	M60	0:26:23	08:29.4
174	POWER, Owen	West Waterford A.C.	M40	0:26:24	08:29.7
175	COLLINS, Gillian	N/A	F35	0:26:26	08:30.3
176	RYAN, Patrick	West Waterford A.C.	M55	0:26:27	08:30.7
177	DWANE, Francis	Tried and Tested	M50	0:26:29	08:31.3
178	VEALE, Pearl	West Waterford A.C.	F40	0:26:31	08:31.9
179	GOONAN, Honor	Touraneena Road Runners	F40	0:26:34	08:32.9
180	O'ROURKE, Eileen	Tried and Tested	F35	0:26:36	08:33.5
181	KELLY, Christopher	West Waterford A.C.	M50	0:26:37	08:33.9
182	REILLY, Olivia	West Waterford A.C.	F45	0:26:39	08:34.5
183	LANIGAN, Natasha	West Waterford A.C.	F40	0:26:46	08:36.8
184	NI FHOGLU, Grainne	West Waterford A.C.	F40	0:26:47	08:37.1
185	KEATING, Marie	West Waterford A.C.	SF	0:26:52	08:38.7
186	O'DONNELL, Joe	N/A	SM	0:26:53	08:39.0
187	O'DONNELL, Eamon	N/A	SM	0:26:54	08:39.3
188	O'DWYER, Derek	Carrick On Suir A.C.	SM	0:26:55	08:39.7
189	CARROLL, Phil	N/A	F60	0:26:56	08:40.0
190	BARRY, Geraldine	West Waterford A.C.	F40	0:27:00	08:41.3
191	O'DRISCOLL, Ann	N/A	F40	0:27:01	08:41.6
192	FLYNN, Mairead	West Waterford A.C.	F50	0:27:01	08:41.6
193	CONDON, Catherine	West Waterford A.C.	F50	0:27:03	08:42.2
194	BARRY, Jim	West Waterford A.C.	M40	0:27:03	08:42.2
195	BYRNE, Denis	N/A	M40	0:27:05	08:42.9
196	HOULIHAN, Ger	Carrick On Suir A.C.	F55	0:27:13	08:45.5
197	CULLEN, Annette	N/A	F40	0:27:15	08:46.1
198	NUGENT, Sharon	West Waterford A.C.	F35	0:27:17	08:46.7
199	HAYES, Jillian	West Waterford A.C.	F40	0:27:18	08:47.1
200	O'DONOVAN, Vincent	West Waterford A.C.	M60	0:27:24	08:49.0
201	WHELAN, Margaret	West Waterford A.C.	F60	0:27:26	08:49.6
202	CONWAY, Margaret	West Waterford A.C.	F55	0:27:52	08:58.0
203	KEOGH, Catherine	Youghal A.C.	F35	0:27:53	08:58.3
204	PROCTOR, Paschal	West Waterford A.C.	M60	0:28:00	09:00.6
205	CRONOLLY, Rita	West Waterford A.C.	F50	0:28:03	09:01.5

206	POWER, Onra	West Waterford A.C.	F50	0:28:07	09:02.8
207	PHEASEY, Laura	N/A	SF	0:28:19	09:06.7
208	CARROLL, Regina	Touraneena Road Runners	F50	0:28:26	09:08.9
209	BERESFORD, Jimmy	N/A	M50	0:28:27	09:09.3
210	CASEY, Leanne	West Waterford A.C.	SF	0:28:29	09:09.9
211	FOLEY, Ronan	N/A	SM	0:28:31	09:10.6
212	POWER, Geraldine	N/A	F50	0:28:40	09:13.5
213	FOLEY, Ciara	N/A	F40	0:28:41	09:13.8
214	FOLEY, Linda	West Waterford A.C.	F35	0:28:42	09:14.1
215	MURRAY, Marita	West Waterford A.C.	F35	0:28:48	09:16.0
216	WALSH, Mary	Touraneena Road Runners	F50	0:28:52	09:17.3
217	MURPHY, Ann	N/A	F40	0:29:11	09:23.4
218	BURKE, Gayle	N/A	SF	0:29:14	09:24.4
219	RYAN, Denis	West Waterford A.C.	M40	0:29:14	09:24.4
220	LENIHAN, Tommy	West Waterford A.C.	M55	0:29:27	09:28.6
221	CURRAN, Eamonn	West Waterford A.C.	M45	0:29:34	09:30.8
222	BREATHNACH, Sean	West Waterford A.C.	M60	0:29:42	09:33.4
223	BURKE, Thomas	N/A	SM	0:29:43	09:33.7
224	POWER HICKEY, Therese	West Waterford A.C.	F35	0:29:51	09:36.3
225	MANNIX, Michelle	N/A	F40	0:29:53	09:36.9
226	VEALE, Mary	West Waterford A.C.	F40	0:29:55	09:37.6
227	WADE, Chris	N/A	SM	0:30:33	09:49.8
228	O'FLYNN, Anne Marie	Touraneena Road Runners	F45	0:30:44	09:53.4
229	BURKE, Ashleigh	N/A	SF	0:30:45	09:53.7
230	DUNNE, Vanessa	N/A	SF	0:30:47	09:54.3
231	LENIHAN, Caroline	N/A	F40	0:30:49	09:55.0
232	SINNOTT, Geraldine	N/A	F40	0:30:59	09:58.2
233	KIRWAN, Lorraine	N/A	F35	0:31:01	09:58.8
234	KIELY PRENDERGAST, Bernie	N/A	F55	0:31:15	10:03.3
235	CASEY, Orla	West Waterford A.C.	F50	0:31:31	10:08.5
236	CURRAN, Theresa	N/A	SF	0:31:35	10:09.8
237	CURRAN, Elaine	N/A	SF	0:31:36	10:10.1
238	HALLINAN, Grainne	Touraneena Road Runners	F45	0:31:46	10:13.3
239	MOORE, Marie	West Waterford A.C.	F60	0:32:06	10:19.7
240	CONWAY, Noelle	West Waterford A.C.	F60	0:32:07	10:20.1
241	MOYNIHAN, Grainne	N/A	F40	0:32:09	10:20.7
242	O'CONNELL, Pat	West Waterford A.C.	M40	0:32:12	10:21.7
243	BURKE, Tom	West Waterford A.C.	M60	0:32:20	10:24.2
244	CLANCY, Deirdre	West Waterford A.C.	F60	0:32:33	10:28.4
245	O'RIORDAN, Fiona	West Waterford A.C.	F55	0:32:34	10:28.8
246	BURKE, Louise	N/A	F35	0:32:39	10:30.4
247	MURPHY, Elaine	West Waterford A.C.	F35	0:32:40	10:30.7
248	LANDY RYAN, Ruth	West Waterford A.C.	F35	0:32:44	10:32.0
249	LONERGAN, Rose	Ballymac Runners	F55	0:33:01	10:37.4
250	COTTER, Una	West Waterford A.C.	F50	0:33:42	10:50.6
251	BERESFORD, Evelyn	West Waterford A.C.	F45	0:33:56	10:55.1
252	COLLINS, Martina	N/A	F50	0:34:25	11:04.5
253	BERESFORD, Helen	N/A	F45	0:34:27	11:05.1
254	SHANLEY, Alice	N/A	F50	0:34:28	11:05.4
255	O'CONNOR, Aileen	N/A	F40	0:36:17	11:40.5