

Kilmac 4 Mile Race 17/02/2019

Place	Name	Club	Category	Time	Pace	No
1	SHEIL, Niall	St Killians A.C.	M40	0:20:38	05:09.4	26
2	MURPHY, Noel	Waterford A.C.	MS	0:20:57	05:14.2	157
3	ZAKIS, Raivis	West Waterford A.C.	MS	0:21:04	05:15.9	116
4	COUGHLAN, Alban	N/A	MS	0:21:07	05:16.7	95
5	COLLINS, John	Skibereen	MS	0:21:19	05:19.7	86
6	ROCHE, Warren	Ferrybank A.C.	MS	0:21:32	05:22.9	87
7	MC CARTHY, Jamie	Waterford A.C.	MJ	0:21:33	05:23.2	158
8	O'CONNOR, Alan	United Striders	M40	0:21:35	05:23.7	184
9	FLAVIN, Marc	West Waterford A.C.	MS	0:21:41	05:25.2	70
10	SWABY, Brian	N/A	M40	0:21:43	05:25.7	78
11	CANTWELL, Gary	St. Albans	MS	0:22:18	05:34.4	98
12	KEDEBE, Fkadu	N/A	MS	0:22:21	05:35.2	119
13	FLEET, Andy	West Waterford A.C.	MS	0:22:22	05:35.4	36
14	BLAIR, Hugo	Waterford A.C.	MJ	0:22:35	05:38.7	124
15	QUINLAN, Tony	Waterford A.C.	MS	0:22:36	05:38.9	145
16	CODD, Vinny	Waterford A.C.	M40	0:22:38	05:39.4	142
17	HURLEY, Callum	Ferrybank A.C.	MJ	0:22:43	05:40.7	66
18	STACK, Liam	Ferrybank A.C.	MS	0:22:46	05:41.4	209
19	LANGFORD, Mark	Waterford A.C.	M40	0:22:49	05:42.2	126
20	KENNEALLY, Kevin	West Waterford A.C.	MS	0:22:50	05:42.4	38
21	SMYTH, David	Waterford A.C.	M45	0:22:53	05:43.2	160
22	GRANT, Pat	N/A	M40	0:23:13	05:48.2	16
23	SULLIVAN, David	N/A	MS	0:23:22	05:50.4	138
24	O'BRIEN, Craig	Ferrybank A.C.	MJ	0:23:35	05:53.7	63
25	O'ROURKE, John	Tried and Tested	MS	0:23:47	05:56.6	144
26	FLYNN, Darren	Grange/Fermoy A.C.	M40	0:23:52	05:57.9	92
27	O'CONNOR, Johnny	West Waterford A.C.	M50	0:23:54	05:58.4	81
28	WHELAN, James	West Waterford A.C.	M45	0:23:55	05:58.6	65
29	HARTY, Philip	N/A	M40	0:23:56	05:58.9	80
30	GOUGH, Dermot	N/A	MS	0:23:57	05:59.1	133
31	GUIRY, John	Saturday Road Runners	M40	0:23:59	05:59.6	35
32	CUDDIHY, Martin	Waterford A.C.	M40	0:24:01	06:00.1	120
33	DOLPHIN, Michael	Leevale	MS	0:24:08	06:01.9	107
34	DUNNE, Jonathan	Tullamore Harriers	MS	0:24:10	06:02.4	161
35	POWER, Anthony	N/A	MS	0:24:34	06:08.4	91
36	HAHESY, Ray	West Waterford A.C.	M55	0:24:39	06:09.6	46
37	QUINLAN, William	Saturday Road Runners	M45	0:24:43	06:10.6	121
38	DOHERTY, Kealan	Ferrybank A.C.	MJ	0:24:58	06:14.4	76
39	HAYES, Martin	West Waterford A.C.	M55	0:25:03	06:15.6	168
40	CLINTON, Ronan	Waterford A.C.	M40	0:25:03	06:15.6	84
41	MORGAN, Louise	Ferrybank A.C.	F35	0:25:04	06:15.9	59
42	GUINAN, P.J.	Waterford A.C.	M45	0:25:05	06:16.1	85
43	RYAN, Colm	West Waterford A.C.	MS	0:25:06	06:16.4	172
44	CONNORS, Jimmy	West Waterford A.C.	MS	0:25:07	06:16.6	199
45	MURPHY, Sinead	N/A	F40	0:25:09	06:17.1	146
46	BAGGE, Nathan	Ferrybank A.C.	MJ	0:25:11	06:17.6	60
47	CUMMINS, Isobel	Ferrybank A.C.	FJ	0:25:12	06:17.9	61
48	BAGGE, Jake	Ferrybank A.C.	MJ	0:25:13	06:18.1	58
49	CARROLL, John	Carrick On Suir A.C.	M55	0:25:14	06:18.4	77
50	HUTCHINSON, Molly	Ferrybank A.C.	FJ	0:25:23	06:20.6	73
51	BRENNAN, Grainne	N/A	FS	0:25:28	06:21.9	4
52	O'CONNELL, Michael	Carrick On Suir Tri Club	M40	0:25:31	06:22.6	110
53	KIRWAN, Anthony	Focus On Fitness	M40	0:25:39	06:24.6	152
54	TOWEY, David	West Waterford A.C.	M45	0:25:40	06:24.9	205
55	MACKEY, Tommy	Saturday Road Runners	M40	0:25:45	06:26.1	163

56	MOYNIHAN, Mick	Waterford A.C.	MS	0:25:51	06:27.6	5
57	POWER, Dermot	Saturday Road Runners	M55	0:25:53	06:28.1	97
58	WALSH, Eoin	Saturday Road Runners	M40	0:25:59	06:29.6	88
59	LANIGAN, David	St Josephs A.C	M40	0:26:14	06:33.4	194
60	FARRELL, Eanna	Crusaders	MS	0:26:18	06:34.4	179
61	AHERNE, Michael	N/A	MS	0:26:19	06:34.6	135
62	PURCELL, Alan	Saturday Road Runners	M45	0:26:22	06:35.4	111
63	QUINLAN, Janet	Saturday Road Runners	F35	0:26:29	06:37.1	122
64	PRENDERGAST FLYNN, Sandra	West Waterford A.C.	FS	0:26:38	06:39.4	164
65	COMERFORD, Colin	Saturday Road Runners	M45	0:26:43	06:40.6	190
66	BRUNNOCK, Johnny	Carrick On Suir A.C.	M40	0:26:46	06:41.4	202
67	BERESFORD, Liam	N/A	MS	0:27:02	06:45.4	211
68	BURNS, Tommy	Waterford A.C.	M60	0:27:04	06:45.9	128
69	CHIZHIKOV, Yevgeniy	West Waterford A.C.	M45	0:27:05	06:46.1	8
70	ENRIGHT, Mary-Jane	N/A	F40	0:27:06	06:46.4	31
71	HOGAN, Tom	West Waterford A.C.	M40	0:27:07	06:46.6	188
72	POWER, Liam	Ferrybank A.C.	M55	0:27:12	06:47.9	67
73	CASEY, Aoife	Ferrybank A.C.	FJ	0:27:14	06:48.4	28
74	CUNNINGHAM, Pete	N/A	MS	0:27:22	06:50.4	47
75	COFFEY, Pat	Clonmel A.C.	M50	0:27:24	06:50.9	134
76	DWYER, Anthony	West Waterford A.C.	M60	0:27:28	06:51.9	113
77	LOWE, Aisling	Ferrybank A.C.	FJ	0:27:36	06:53.9	72
78	GOFF, Emily	Ferrybank A.C.	FJ	0:27:37	06:54.1	69
79	FRAMPTON, John	N/A	MS	0:27:41	06:55.1	74
80	O'CALLAGHAN, Declan	West Waterford A.C.	M45	0:27:42	06:55.4	30
81	KIELY, Timmy	N/A	M40	0:27:43	06:55.6	19
82	CLIFFE, Mark	West Waterford A.C.	MS	0:27:45	06:56.1	89
83	O'ROURKE, Jamie	Saturday Road Runners	M40	0:27:52	06:57.9	197
84	O'CONNOR, Beth	United Striders	F40	0:27:58	06:59.4	183
85	O'CONNOR, Adam	United Striders	MJ	0:27:59	06:59.6	185
86	MOONEY, Lorena	N/A	F40	0:28:04	07:00.9	137
87	FEIGHERY, Jeannette	N/A	F35	0:28:07	07:01.6	13
88	CONCANNON, Mick	West Waterford A.C.	M55	0:28:19	07:04.6	54
89	VAN DER VALK, T.J.	Waterford A.C.	M55	0:28:20	07:04.9	41
90	FITZGERALD, Liam	West Waterford A.C.	M45	0:28:24	07:05.9	169
91	WALSH, Angela	Clonmel A.C.	FS	0:28:39	07:09.6	162
92	O'LEARY, Ted	West Waterford A.C.	M45	0:28:46	07:11.4	114
93	MC NAMARA, Catherine	N/A	F40	0:28:53	07:13.1	203
94	VAULS, Stephen	West Waterford A.C.	M45	0:29:03	07:15.6	11
95	TOBIN, Martin	West Waterford A.C.	M55	0:29:06	07:16.4	20
96	CASEY, Dan	Ferrybank A.C.	M50	0:29:09	07:17.1	27
97	JACKMAN, Brian	Saturday Road Runners	M50	0:29:12	07:17.9	106
98	KEOGH, Tony	Saturday Road Runners	M40	0:29:24	07:20.9	79
99	CLIFFORD, Fergal	Cahir	M40	0:29:25	07:21.1	125
100	POWER, David	Waterford Tri Club	M40	0:29:43	07:25.6	82
101	QUEALLY, Orla	Ferrybank A.C.	FS	0:29:47	07:26.6	68
102	CULLINANE, Brian	N/A	M40	0:29:55	07:28.6	198
103	TIERNEY, John	Waterford A.C.	M50	0:30:01	07:30.1	64
104	RYAN, Oliver	N/A	M40	0:30:02	07:30.4	210
105	ROCHE, Crispin	Ferrybank A.C.	MS	0:30:16	07:33.9	39
106	CROKE, MJ	N/A	MS	0:30:18	07:34.4	18
107	CASEY, Kevin	West Waterford A.C.	M40	0:30:19	07:34.6	187
108	BARRY, Joe	West Waterford A.C.	M40	0:30:20	07:34.9	167
109	PHELAN, Christopher	N/A	MS	0:30:25	07:36.1	150
110	POWER, Johnny	N/A	M55	0:30:26	07:36.4	109
111	KINSELLA, Rose	West Waterford A.C.	F35	0:30:28	07:36.9	215

112	HARTLEY, Pauline	N/A	F40	0:30:35	07:38.6	154
113	BLAIR, Gabrielle	Waterford A.C.	F55	0:30:36	07:38.9	123
114	CHIZHIKOVA, Diana	West Waterford A.C.	F35	0:30:37	07:39.1	9
115	FOLEY, Linda	West Waterford A.C.	F35	0:30:43	07:40.6	173
116	O'CONNELL, Eileen	Carrick On Suir A.C.	FS	0:30:49	07:42.1	174
117	KEATING, Catherine	Saturday Road Runners	FS	0:30:50	07:42.4	214
118	MURPHY, Shane	N/A	M40	0:30:54	07:43.4	132
119	WALSH, Owen	N/A	M50	0:30:56	07:43.9	112
120	FITZGERALD, Molly	West Waterford A.C.	F45	0:30:59	07:44.6	131
121	RYAN, Donnamarie	Saturday Road Runners	F35	0:31:03	07:45.6	83
122	MOORE, Sandra	West Waterford A.C.	F45	0:31:07	07:46.6	33
123	DOWNEY, Oisín	N/A	MJ	0:31:08	07:46.9	204
124	FRISBY, Pat	West Waterford A.C.	M50	0:31:09	07:47.1	207
125	MURPHY, Jane	Waterford A.C.	FS	0:31:10	07:47.4	181
126	POWER, Onra	West Waterford A.C.	F50	0:31:11	07:47.6	201
127	KIELY, Catriona	West Waterford A.C.	F45	0:31:13	07:48.1	182
128	HACKETT, Alan	N/A	M40	0:31:18	07:49.4	49
129	HIGGINS, Sharon	West Waterford A.C.	F35	0:31:22	07:50.4	34
130	CUSACK, Niall	N/A	M45	0:31:28	07:51.9	151
131	CRONAN, Deirdre	N/A	FS	0:31:29	07:52.1	102
132	FANNING, Emily	N/A	FS	0:31:33	07:53.1	101
133	FOLEY, Eoin	Saturday Road Runners	MS	0:31:36	07:53.9	170
134	KIRWAN, Thomas	N/A	MS	0:31:53	07:58.1	10
135	MORONEY, Nicola	Tried and Tested	F35	0:32:20	08:04.9	115
136	MC CARTHY, Michael	N/A	M60	0:32:24	08:05.9	208
137	NOLAN, Liz	N/A	F50	0:32:29	08:07.1	171
138	CUSACK, Aisling	West Waterford A.C.	F35	0:32:37	08:09.1	136
139	MURRAY, Frances	Cahir Meet and Train	M40	0:32:40	08:09.9	105
140	O'BRIEN, Catriona	N/A	FS	0:32:47	08:11.6	139
141	WALSH, Carol	Tried and Tested	FS	0:32:49	08:12.1	99
142	SHEEHAN, Michael	N/A	M40	0:32:50	08:12.4	71
143	RUSSELL, Caroline	West Waterford A.C.	F45	0:32:52	08:12.9	15
144	CURRAN, Ray	West Waterford A.C.	M50	0:32:56	08:13.9	127
145	O'CONNELL, Liam	N/A	MJ	0:32:57	08:14.1	227
146	WADE, Michael	West Waterford A.C.	M55	0:32:59	08:14.6	62
147	MORRISON, John	St. Catherines	M45	0:33:29	08:22.1	6
148	KIELY, Clive	N/A	M40	0:33:29	08:22.1	196
149	DWYER, Tracy	West Waterford A.C.	F40	0:33:30	08:22.4	195
150	BARRY, Geraldine	West Waterford A.C.	F40	0:33:30	08:22.4	149
151	FOLEY, Mairead	N/A	F45	0:33:31	08:22.6	206
152	GALVIN, Pat	N/A	M45	0:33:31	08:22.6	156
153	RYAN, Patrick	West Waterford A.C.	M55	0:33:34	08:23.4	148
154	RYAN, Paul	N/A	MS	0:33:49	08:27.1	141
155	BERESFORD, Jean	West Waterford A.C.	F50	0:33:56	08:28.9	200
156	BARRY, Céire	N/A	FS	0:33:59	08:29.6	24
157	POLLARD, Sinead	N/A	F40	0:34:00	08:29.9	29
158	JOZWIAK, Agnieszka	N/A	F35	0:34:06	08:31.4	100
159	VAN DER VALK, Rosie	N/A	F55	0:34:08	08:31.9	40
160	CARROLL, Phil	N/A	F55	0:34:10	08:32.4	44
161	DWYER, Liam	N/A	M60	0:34:13	08:33.1	14
162	DUFFY, Sarah	West Waterford A.C.	F35	0:34:25	08:36.1	213
163	MURPHY, Shelly	N/A	F40	0:34:28	08:36.9	129
164	MURPHY, Marcella	N/A	F40	0:34:35	08:38.6	130
165	DEEGAN, Michael	West Waterford A.C.	M60	0:34:35	08:38.6	118
166	O'REILLY, Breda	West Waterford A.C.	F40	0:34:38	08:39.4	52
167	WOOD, Carrie	N/A	F35	0:34:54	08:43.4	176
168	LENIHAN, Siobhan	N/A	F45	0:35:03	08:45.6	155

169	FOSKIN, Patricia	St. Senans A.C.	F55	0:35:22	08:50.4	117
170	HAYES, Susan	Focus On Fitness	F40	0:35:31	08:52.6	108
171	JACOB, Nicky	N/A	M60	0:35:33	08:53.1	94
172	PROCTOR, Paschal	West Waterford A.C.	M60	0:35:34	08:53.4	32
173	CARVER, Martina	N/A	F40	0:35:43	08:55.6	147
174	FOLEY, Ciara	N/A	F35	0:35:45	08:56.1	48
175	KENNEALLY, Keith	N/A	M40	0:36:28	09:06.9	50
176	O'BRIEN, Eileen	N/A	FS	0:36:33	09:08.1	140
177	KELLY, Yvonne	West Waterford A.C.	F40	0:36:35	09:08.6	55
178	O'MAHONY, Siobhan	N/A	F55	0:36:51	09:12.6	12
179	FAN, Anna	Greenway Joggers	F35	0:37:04	09:15.9	56
180	KIELY, Paula	N/A	F45	0:37:08	09:16.9	175
181	BROWN, John	N/A	M50	0:37:16	09:18.9	153
182	BREATHNACH, Sean	West Waterford A.C.	M60	0:37:18	09:19.4	75
183	REDMOND, Tracy	N/A	F40	0:37:20	09:19.9	17
184	FOLEY, Ronan	N/A	MS	0:37:24	09:20.9	96
185	NI SHÉ, Roisin	N/A	FS	0:37:26	09:21.4	180
186	NUGENT, Sharon	West Waterford A.C.	F35	0:37:33	09:23.1	3
187	MURRAY, Marita	West Waterford A.C.	F35	0:37:35	09:23.6	143
188	FITZPATRICK, Linda	Saturday Road Runners	MS	0:37:36	09:23.9	1
189	DIXON, Lorraine	N/A	F45	0:37:37	09:24.1	177
190	CASEY, Leanne	Greenway Joggers	FS	0:37:43	09:25.6	22
191	BARRY, Mairead	N/A	FS	0:37:49	09:27.1	25
192	FOLEY, Linda	Greenway Joggers	F35	0:37:50	09:27.4	43
193	HEYLIN, Roisin	N/A	FS	0:37:51	09:27.6	103
194	LENIHAN, Tommy	West Waterford A.C.	M55	0:38:16	09:33.9	42
195	BURKE, Gayle	N/A	FS	0:38:32	09:37.9	193
196	KIERSEY, Grace	Greenway Joggers	F55	0:39:29	09:52.1	178
197	WADE, Chris	N/A	MS	0:40:14	10:03.4	189
198	GRAY, Ciara	N/A	F35	0:40:16	10:03.9	21
199	BREEN, Cathy	N/A	F40	0:40:26	10:06.4	57
200	KIELY, Catriona	N/A	F35	0:41:10	10:17.4	186
201	FITZPATRICK, Mary	Carrick On Suir A.C.	F55	0:41:11	10:17.6	104
202	CAMPBELL, Eileen	West Waterford A.C.	F45	0:41:18	10:19.4	212
203	CURRAN, Olivia	N/A	FJ	0:41:24	10:20.9	166
204	CURRAN, Eamonn	West Waterford A.C.	M45	0:41:24	10:20.9	165
205	O'CONNELL, Pat	West Waterford A.C.	M40	0:41:44	10:25.9	226
206	KIRWAN, Margaret	Greenway Joggers	F55	0:41:49	10:27.1	93
207	MURPHY, Elaine	West Waterford A.C.	F35	0:41:54	10:28.4	191
208	BURKE, Louise	N/A	F35	0:42:21	10:35.1	192
209	CLANCY, Deirdre	West Waterford A.C.	F55	0:42:21	10:35.1	23
210	RIORDAN, Mary	Greenway Joggers	F40	0:43:44	10:55.9	90
211	COSGRAVE, Claire	West Waterford A.C.	F45	0:47:43	11:55.6	53
212	FLYNN, Mary	Greenway Joggers	F55	0:51:28	12:51.8	51
213	GRIFFIN, Breda	Greenway Joggers	F55	0:51:31	12:52.6	45