

## Dungarvan Business Centre 10k, Feb 28 2010

Place	Time	Name	Team	Cat	Pace
1	0:30:51	O'SHEA, Alan	Bantry	S/M	04:57.8
2	0:33:19	ZAKIS, Raivis	West Waterford A.C	S/M	05:21.6
3	0:33:26	MURPHY, Brian	Iveragh	S/M	05:22.7
4	0:33:39	MURPHY, Brian	Carrick-on-Suir AC	S/M	05:24.8
5	0:34:22	CODY, Paul	Kilkenny City Harriers	S/M	05:31.7
6	0:35:12	SHEIL, Niall	St Killians	S/M	05:39.8
7	0:35:20	CURRAN, Kenny	Balnonty	S/M	05:41.1
8	0:35:34	KENNEALLY, Kevin	West Waterford A.C	S/M	05:43.3
9	0:35:39	BALDWIN, Jim	Waterford A.C	M/40	05:44.1
10	0:35:41	SWABY, Brian	Waterford A.C	S/M	05:44.4
11	0:35:50	STILLWELL, Sean	West Waterford A.C	S/M	05:45.9
12	0:35:53	HARTY, Philip	West Waterford A.C	S/M	05:46.4
13	0:36:02	WALSH KEMMIS, David	North Laois	S/M	05:47.8
14	0:36:14	MURPHY, Michael	N/A	S/M	05:49.8
15	0:36:16	CUNNINGHAM, David	Waterford A.C	S/M	05:50.1
16	0:36:24	POWER, Shane (86)	West Waterford A.C	S/M	05:51.4
17	0:36:44	MCCARTHY, Denis	East Cork	M/45	05:54.6
18	0:36:54	POWER, Declan	West Waterford A.C	J/M	05:56.2
19	0:36:58	HAYES, Martin	West Waterford A.C	M/45	05:56.8
20	0:37:03	MCCARTHY, Martin	West Waterford A.C	M/45	05:57.6
21	0:37:13	LEARY, Andrew	West Waterford A.C	M/40	05:59.2
22	0:37:40	MURPHY, Sean	United Striders	S/M	06:03.6
23	0:37:42	WEIR, Finlay	Waterford A.C	S/M	06:03.9
24	0:37:43	KIELY, Seamus		S/M	06:04.1
25	0:37:44	DOYLE, Ger	Slaney Olympic	S/M	06:04.2
26	0:37:46	HOGAN, Philip		S/M	06:04.6
27	0:37:53	MASON, Trevor	West Waterford A.C	S/M	06:05.7
28	0:38:09	RIORDAN, Patrick	West Waterford A.C	S/M	06:08.3
29	0:38:17	AYLWARD, Ciaran		S/M	06:09.5
30	0:38:18	CUNNINGHAM, Luke	West Waterford A.C	S/M	06:09.7
31	0:38:21	DWYER, Michael	West Waterford A.C	M/40	06:10.2
32	0:38:31	LEAHY, John	West Waterford A.C	S/M	06:11.8
33	0:38:35	DULLEA, Eoin	Waterford A.C	S/M	06:12.4
34	0:38:43	BYRNE, Tom	Waterford A.C	M/50	06:13.7
35	0:39:01	POWER, Rolf	Carrick Triathlon	M/40	06:16.6
36	0:39:01	DWYER, PJ	St. Senans A.C	M/50	06:16.6
37	0:39:05	ASPEL, Brendan	Waterford A.C	M/40	06:17.3
38	0:39:07	FALCONER, Tom	Carrick-on-Suir AC	S/M	06:17.6
39	0:39:21	FLYNN, John (1967)	West Waterford A.C	M/40	06:19.8
40	0:39:23	LEAHY, Tom	West Waterford A.C	S/M	06:20.2
41	0:39:24	WALSH, Corinna	West Waterford A.C	F/35	06:20.3
42	0:39:26	MCKENZIE VASS, Hugh		S/M	06:20.6
43	0:39:33	MAHONY, Thomas	West Waterford A.C	M/40	06:21.8
44	0:39:38	BYRNE, Garrett	West Waterford A.C	S/M	06:22.6
45	0:39:46	MURRAY, Conor	West Waterford A.C	M/40	06:23.9
46	0:39:49	HANNIGAN, Hugh		S/M	06:24.3
47	0:39:51	CHIZHIKOV, Yevgeniy	West Waterford A.C	S/M	06:24.7
48	0:39:52	WALL, Norma	West Waterford A.C	S/F	06:24.8
49	0:40:03	RYAN, Wayne		S/M	06:26.6
50	0:40:21	CULLEN, Alan	N/A	S/M	06:29.5
51	0:40:35	BEHAN, Diane	Waterford A.C	F/40	06:31.7

52	0:40:40	MOLONEY, Michael	West Waterford A.C	S/M	06:32.6
53	0:40:49	CUDDIHY, Brian	Waterford A.C	S/M	06:34.0
54	0:40:55	DERMODY, Steven	K.C.K	M/40	06:35.0
55	0:41:01	KELLEHER, Con	Waterford A.C	M/55	06:35.9
56	0:41:08	WALSH, Adele	St. Senans A.C	S/F	06:37.1
57	0:41:27	LYONS, Colin	West Waterford A.C	M/50	06:40.1
58	0:41:46	DOONAN, Trevor		S/M	06:43.2
59	0:41:55	CUNNINGHAM, Willie	Waterford A.C	S/M	06:44.6
60	0:42:00	NOLAN, Pat	Waterford A.C	S/M	06:45.4
61	0:42:09	EVANS, Darrell	Waterford A.C	M/40	06:46.9
62	0:42:09	RYAN, Alan	West Waterford A.C	S/M	06:46.9
63	0:42:19	O'DWYER, Mick	Carrick-on-Suir AC	S/M	06:48.5
64	0:42:23	DALY, Shane	N/A	S/M	06:49.1
65	0:42:26	FITZGERALD, Tom		M/60	06:49.6
66	0:42:32	COLEMAN, Tomas	West Waterford A.C	M/40	06:50.6
67	0:42:43	O'DYWER, Brian		S/M	06:52.3
68	0:42:49	FITZGERALD, Adrian		S/M	06:53.3
69	0:43:01	MAHONEY, Brian		S/M	06:55.2
70	0:43:14	KELLEHER, Denis	Midleton A.C	M/45	06:57.3
71	0:43:18	CURRAN, Martin	West Waterford A.C	M/40	06:58.0
72	0:43:22	CLIFF, Mark	West Waterford A.C	S/M	06:58.6
73	0:43:32	KELLY, Richard	West Waterford A.C	M/45	07:00.2
74	0:43:50	MURPHY, Esther	St Finbars A.C	F/35	07:03.1
75	0:44:01	WALSH, Trevor	West Waterford A.C	S/M	07:04.9
76	0:44:11	CAMPBELL, David	West Waterford A.C	M/40	07:06.5
77	0:44:21	WADE, Michael	West Waterford A.C	M/50	07:08.1
78		Headphone Wearer			
79	0:44:30	MURPHY, Peter	Waterford A.C	S/M	07:09.6
80	0:44:32	WHELAN, Anne	West Waterford A.C	F/45	07:09.9
81	0:44:35	CALLAGHAN, Micheal	West Waterford A.C	M/40	07:10.4
82	0:44:36	WYLEY, Ger	West Waterford A.C	M/45	07:10.5
83	0:44:39	WATERS, David		S/M	07:11.0
84	0:44:48	EARLEY, Pat	Non Affiliated	M/40	07:12.5
85	0:44:55	COLLINS, Niall		S/M	07:13.6
86	0:44:56	BARRY, Joe	N/A	S/M	07:13.7
87	0:44:57	DUNPHY, Siobhan	N/A	S/F	07:13.9
88	0:45:07	BARRY, Jim	West Waterford A.C	S/M	07:15.5
89	0:45:13	GLENNON, Enda		M/40	07:16.5
90	0:45:21	MCCARTHY, James		S/M	07:17.8
91	0:45:21	DUNFORD, Ann	West Waterford A.C	F/40	07:17.8
92	0:45:22	DUNFORD, Pat	West Waterford A.C	M/40	07:17.9
93	0:45:23	BURKE, Raymond		S/M	07:18.1
94	0:45:28	MOLONEY, Thomas		S/M	07:18.9
95	0:45:30	BLAIR, Gabrielle	Waterford A.C	F/40	07:19.2
96	0:45:34	WHYTE, Alan	N/A	M/45	07:19.9
97		Headphone Wearer			
98	0:45:41	UI CHUIRRIN, Josie	West Waterford A.C	F/45	07:21.0
99	0:45:46	MALONE, Caoilte	Kilkenny City Harriers	S/F	07:21.8
100	0:45:50	FLEMING, Jim	West Waterford A.C	M/40	07:22.4
101	0:45:51	COMERFORD, Colin		S/M	07:22.6
102	0:45:55	HENNEBRY, Irene	Kilkenny	F/40	07:23.2
103		Headphone Wearer			
104	0:46:10	GAVIN, Mark		S/M	07:25.6
105	0:46:11	MCCARTHY, Aidan	Waterford Triathlon	S/M	07:25.8

106	0:46:11	MCGRATH, Johnny		S/M	07:25.8
107	0:46:18	COLEMAN, Billy	West Waterford A.C	M/40	07:26.9
108	0:46:20	BRUNNOCK, Paul	West Waterford A.C	M/40	07:27.3
109	0:46:21	TUTTY, Vincent	West Waterford A.C	M/40	07:27.4
110	0:46:26	RYAN, Peter		S/M	07:28.2
111	0:46:29	COLEMAN, Kieran	N/A	S/M	07:28.7
112	0:46:34	O'CONNOR, Gerry		M/45	07:29.5
113	0:46:44	POWER, Shane (71)	West Waterford A.C	S/M	07:31.1
114	0:46:49	COFFEY, Brigid	West Waterford A.C	F/40	07:31.9
115		Headphone Wearer			
116	0:46:54	WALL, Triona	West Waterford A.C	F/35	07:32.7
117	0:47:00	DOYLE, Mary	Slaney Olympic	S/F	07:33.7
118	0:47:05	PRENDERGAST, Bernie	West Waterford A.C	F/50	07:34.5
119	0:47:12	CONDON, Tom	West Waterford A.C	M/50	07:35.6
120	0:47:25	CUSACK, Aisling		S/F	07:37.7
121	0:47:26	MURPHY, Roseanna	Kilkenny City Harriers	S/F	07:37.9
122	0:47:40	DRENNAN, Angeline	West Waterford A.C	S/F	07:40.1
123	0:47:48	ROCHE, Michael (68)	Cork Triatlon	M/40	07:41.4
124	0:47:53	CURRAN, P.J.	West Waterford A.C	M/50	07:42.2
125	0:48:01	BROWNE, Tom		M/50	07:43.5
126	0:48:01	HALPIN, Paddy		M/55	07:43.5
127	0:48:17	HENNESSEY, Michael	West Waterford A.C	M/60	07:46.1
128	0:48:28	BRENNAN, Sinead	Kilkenny City Harriers	S/F	07:47.9
129	0:48:40	MORRISSEY, Pat	West Waterford A.C	S/M	07:49.8
130	0:48:43	HORAN, Jacinta		F/40	07:50.3
131		Headphone Wearer			
132	0:49:09	BRADY, Ultan		M/40	07:54.4
133	0:49:12	KENNEDY, Hazel		F/40	07:54.9
134	0:49:13	MURPHY, Marie	Midleton A.C	S/F	07:55.1
135	0:49:15	HAYES, Ray	Waterford A.C	S/M	07:55.4
136	0:49:21	KAVANAGH, Liam	West Waterford A.C	M/45	07:56.4
137	0:49:23	GAFFNEY, Andrea	West Waterford A.C	F/40	07:56.7
138	0:49:28	SHARP, Darragh		M/40	07:57.5
139	0:49:41	CHAN, Danny		M/45	07:59.6
140	0:49:48	GRIFFIN, Richard		S/M	08:00.7
141	0:49:59	BEAVER, Harry	Waterford A.C	M/55	08:02.5
142	0:50:05	HOURIGAN, Aisling	West Waterford A.C	S/F	08:03.5
143	0:50:16	CHAPMAN, Deirdre	Waterford A.C	F/35	08:05.2
144	0:50:40	WHELAN, David		S/M	08:09.1
145		Headphone Wearer			
146	0:50:47	CRONIN, Ber		F/35	08:10.2
147	0:50:57	KIELY, Catriona	West Waterford A.C	F/35	08:11.8
148	0:51:09	CASEY, Damien	West Waterford A.C	S/M	08:13.8
149	0:51:19	KAVANAGH, Thomas		S/M	08:15.4
150	0:51:24	POWER, Jason		S/M	08:16.2
151	0:51:29	REGAN, David	West Waterford A.C	S/M	08:17.0
152	0:51:43	POWER, Margaret (60)	West Waterford A.C	F/45	08:19.2
153	0:51:50	SANDFORD, Liam	West Waterford A.C	M/55	08:20.4
154	0:51:50	MURPHY, Lorna		F/40	08:20.4
155	0:51:52	MCGINN-MURPHY, Libby		F/40	08:20.7
156	0:51:53	FORRISTAL, David	St. Senans A.C	S/M	08:20.8
157	0:52:06	CLEARY, Philip	West Waterford A.C	M/55	08:22.9
158	0:52:07	DIXON, Marcus		M/40	08:23.1
159	0:52:12	MCCARTHY, Michael (57)	West Waterford A.C	M/50	08:23.9

160	0:52:14	WALSH, Clare	West Waterford A.C	S/F	08:24.2
161	0:52:23	PROCTOR, Pascal F.	West Waterford A.C	M/55	08:25.7
162	0:52:24	FOLEY, John	West Waterford A.C	M/55	08:25.8
163	0:52:27	O'CALLAGHAN, Karl		M/40	08:26.3
164	0:52:32	THORNTON, Lydia	Waterford A.C	F/40	08:27.1
165	0:52:57	BYRNE, Caroline		S/F	08:31.1
166	0:52:58	KAVANAGH, Ann	Non Affiliated	F/35	08:31.3
167	0:52:59	RYAN, Rose	Waterford A.C	F/35	08:31.5
168	0:53:00	O'CALLAGHAN, John	Glanmire	M/40	08:31.6
169	0:53:13	CARROLL, Chris	St Finbars A.C	M/55	08:33.7
170	0:53:22	STAVROU, Amanda	St Finbars A.C	F/45	08:35.2
171	0:53:24	HICKEY, Mairead		S/F	08:35.5
172	0:53:35	DOWNEY, Grace	West Waterford A.C	S/F	08:37.2
173	0:53:39	O'FLYNN, Vincent		M/45	08:37.9
174	0:54:20	POWER, Onra	West Waterford A.C	F/40	08:44.5
175	0:54:28	POWER, Neil	N/A	S/M	08:45.8
176	0:54:39	BRADFIELD, Linda	West Waterford A.C	F/35	08:47.5
177	0:54:55	MULCAHY, Patricia	N/A	F/35	08:50.1
178	0:54:57	MCCARTHY, Gary	Carrick Triathlon	M/50	08:50.4
179	0:54:58	MCGLENNAN, Christopher	Ballincollig AC	S/M	08:50.6
180	0:55:00	O'MAHONEY, Tricia		S/F	08:50.9
181	0:55:07	RYAN, Mary	West Waterford A.C	S/F	08:52.1
182	0:55:08	DURAND, Michele	West Waterford A.C	F/40	08:52.2
183	0:55:12	WALSH, Aidan		S/M	08:52.9
184	0:55:13	MOLONEY, Pearse	West Waterford A.C	M/55	08:53.0
185	0:55:18	WALLACE, Dermot		S/M	08:53.8
186		Headphone Wearer			
187	0:55:21	HAYES, Helene	West Waterford A.C	F/55	08:54.3
188	0:55:42	MANSFIELD, Amanda	West Waterford A.C	F/35	08:57.7
189	0:55:49	SWABY, Tara	St. Senans A.C	S/F	08:58.8
190	0:55:51	O'DOHERTY, Maura	Midleton A.C	F/35	08:59.1
191	0:56:13	DUNNE, Joanne	Tramore	F/40	09:02.7
192	0:56:23	POWER, Rose	Tramore	F/45	09:04.3
193	0:56:29	WALSH, Marie		S/F	09:05.2
194	0:56:43	EGAN, Mary	Carrick-on-Suir AC	F/35	09:07.5
195	0:56:59	COMERFORD, Laura		S/F	09:10.1
196	0:57:00	LENIHAN, Caroline	N/A	F/40	09:10.2
197	0:57:50	MANAHAN, Seamus	West Waterford A.C	M/55	09:18.3
198	0:57:54	MCNAMARA, Gillian	West Waterford A.C	S/F	09:18.9
199	0:57:55	NUGENT, Denise	West Waterford A.C	S/F	09:19.1
200	0:57:56	COLLINS, Paula	West Waterford A.C	S/F	09:19.2
201	0:57:57	MOLONEY, Marian	West Waterford A.C	F/50	09:19.4
202	0:58:34	ENGLISH, Suzanne	Ballyporeen	F/40	09:25.4
203	0:58:37	FITZGERALD, Michelle	West Waterford A.C	S/F	09:25.8
204	0:58:47	FITZGERALD, Pat	N/A	S/M	09:27.4
205	0:58:53	WALSH, Denise		S/F	09:28.4
206	0:59:16	O'BRIEN, Sarah		S/F	09:32.1
207	0:59:23	HEYLIN, Roisin		S/F	09:33.2
208	0:59:34	DONOVAN, Neil	Ballyporeen	M/40	09:35.0
209	0:59:40	HENNESSY, Geraldine	Ballyporeen	F/40	09:36.0
210	0:59:41	GOUGH, Terri	West Waterford A.C	F/60	09:36.1
211	1:00:33	DUNNE, Tracy	Tramore	F/35	09:44.5
212	1:00:34	SHEIL, Jacinta	West Waterford A.C	F/50	09:44.7
213	1:00:47	CONWAY, Doireann		S/F	09:46.8

214	1:00:49	FOSKIN, Patsy	Waterford A.C	F/50	09:47.1
215	1:01:00	CONWAY, Noelle	West Waterford A.C	F/50	09:48.8
216	1:01:13	NUGENT, Sharon	West Waterford A.C	S/F	09:50.9
217	1:02:35	CUNNINGHAM, Deirdre	West Waterford A.C	S/F	10:04.1
218	1:02:50	MOLONEY, Louise	West Waterford A.C	S/F	10:06.5