

Ardmore 5 Mile 10th May 2019

Place	Name	Club	Cat.	Time	Pace
1	ZAKIS, Raivis	West Waterford A.C.	SM	0:26:18	05:15.5
2	MURPHY, Brian	Carrick On Suir A.C.	M40	0:26:35	05:18.9
3	FOGARTY, Tony	Templemore A.C.	SM	0:27:15	05:26.9
4	KEDEBE, Fkadu	N/A	SM	0:27:38	05:31.5
5	STILWELL, Sean	West Waterford A.C.	SM	0:27:45	05:32.9
6	MAHER, James	Templemore A.C.	SM	0:27:48	05:33.5
7	SMITH, Danny	N/A	M40	0:27:50	05:33.9
8	WALSH, Derek	Carrick On Suir A.C.	M40	0:27:58	05:35.5
9	KLAVA, Dzintars	West Waterford A.C.	M40	0:28:29	05:41.7
10	LANGFORD, Mark	Waterford A.C.	M40	0:28:54	05:46.7
11	DEEGAN, Paul	Gowran	M50	0:28:56	05:47.1
12	POWER, Shane	West Waterford A.C.	SM	0:28:59	05:47.7
13	SHIELS, Brian	N/A	M40	0:29:00	05:47.9
14	BYRNE, Michael	St. Catherines	SM	0:29:03	05:48.5
15	BEECHER, John	St. Catherines	SM	0:29:19	05:51.7
16	O'ROURKE, John	Tried and Tested	SM	0:29:29	05:53.7
17	KEARNS, Daryl	West Waterford A.C.	SM	0:29:45	05:56.9
18	O'DRISCOLL, Brendan	Waterford A.C.	SM	0:29:54	05:58.7
19	GOUGH, Dermot	N/A	SM	0:29:57	05:59.3
20	EARLEY, Noel	St. Catherines	SM	0:29:58	05:59.5
21	AHERNE, Michael	N/A	SM	0:29:59	05:59.7
22	WHELAN, James	West Waterford A.C.	M45	0:30:00	05:59.9
23	FORRISTAL, Sally	St Josephs A.C	SF	0:30:06	06:01.1
24	HEALY, Pdraig	West Waterford A.C.	SM	0:30:22	06:04.3
25	O'DONNELL, Aaron	Carrick On Suir A.C.	SM	0:30:38	06:07.5
26	CULLEN, Alan	West Waterford A.C.	M40	0:30:56	06:11.1
27	KENNEDY, Pdraig	West Waterford A.C.	M40	0:30:59	06:11.7
28	SULLIVAN, James	N/A	SM	0:31:25	06:16.9
29	GUIRY, John	Saturday Road Runners	M40	0:31:34	06:18.7
30	DUGGAN, Peter	St Josephs A.C	M45	0:31:47	06:21.3
31	HAHESY, Ray	West Waterford A.C.	M55	0:31:47	06:21.3
32	KEANE, Jack	N/A	JM	0:31:48	06:21.5
33	O'KELLY, David	N/A	SM	0:31:50	06:21.9
34	MACKEY, Tommy	Saturday Road Runners	M40	0:32:05	06:24.9
35	REILLY, Gerard	West Waterford A.C.	M45	0:32:08	06:25.5
36	HORGAN, Barry	N/A	M40	0:32:10	06:25.9
37	RADLEY, Mark	Tried and Tested	M40	0:32:12	06:26.3
38	CONNORS, Jimmy	West Waterford A.C.	SM	0:32:16	06:27.1
39	HOGAN, Tom	West Waterford A.C.	M40	0:32:20	06:27.9
40	CLIFFE, Mark	West Waterford A.C.	SM	0:32:21	06:28.1
41	O'SULLIVAN, John	Waterford A.C.	SM	0:32:23	06:28.5

42	MULCAHY, John	St. Catherines	SM	0:32:33	06:30.5
43	MC CARTHY, Sean	Clonmel A.C.	M45	0:32:38	06:31.5
44	DOWNEY, John	West Waterford A.C.	M45	0:32:39	06:31.7
45	BRAZIL, David	Saturday Road Runners	M40	0:32:41	06:32.1
46	HICKEY, Andrew	N/A	M40	0:32:42	06:32.3
47	LEARY, Andrew	West Waterford A.C.	M50	0:32:51	06:34.1
48	O'LEARY, Ted	West Waterford A.C.	M45	0:32:57	06:35.3
49	SHEEHAN, Natalie	West Waterford A.C.	SF	0:33:01	06:36.1
50	FITZGERALD, Kelly	West Waterford A.C.	SF	0:33:05	06:36.9
51	SHALLOE, Mark	West Waterford A.C.	SM	0:33:06	06:37.1
52	FITZGERALD, Pat	West Waterford A.C.	SM	0:33:07	06:37.3
53	DWANE, Cathal	N/A	M40	0:33:07	06:37.3
54	WALSH, Eoin	Saturday Road Runners	M45	0:33:08	06:37.5
55	MURRAY, Conor	West Waterford A.C.	M50	0:33:16	06:39.1
56	HICKEY, Brendan	St. Catherines	M40	0:33:17	06:39.3
57	MASON, Trevor	West Waterford A.C.	M45	0:33:18	06:39.5
58	BRUNNOCK, Johnny	Carrick On Suir A.C.	M40	0:33:24	06:40.7
59	HOGAN, John Paul	West Waterford A.C.	SM	0:33:37	06:43.3
60	DONNELLY, David	Tried and Tested	M40	0:33:40	06:43.9
61	PRENDERGAST FLYNN, Sandra	West Waterford A.C.	SF	0:33:47	06:45.3
62	ILSLEY, Ron	St Nicholas	M55	0:33:51	06:46.1
63	HAYES, Kevin	St. Catherines	M45	0:33:54	06:46.7
64	KIELY, Timmy	N/A	M40	0:33:58	06:47.5
65	NI REACHTAGAIN, Tara	N/A	SF	0:33:59	06:47.7
66	DWYER, Anthony	West Waterford A.C.	M60	0:34:23	06:52.5
67	HORGAN, Elaine	Clonmel A.C.	F35	0:34:27	06:53.3
68	CHIZHIKOV, Yevgeniy	West Waterford A.C.	M45	0:34:30	06:53.9
69	CALLAGHAN, Micheal	West Waterford A.C.	M45	0:34:38	06:55.5
70	O'SULLIVAN, Adrian	N/A	M50	0:34:46	06:57.1
71	FOLEY, Gavin	N/A	SM	0:34:49	06:57.7
72	LANDERS, Brian	Youghal A.C.	M45	0:34:56	06:59.1
73	MOLONEY, Daniel	N/A	JM	0:35:17	07:03.2
74	KELLY, Joe	West Waterford A.C.	M50	0:35:20	07:03.8
75	DROHAN, Eveleen	West Waterford A.C.	F40	0:35:21	07:04.0
76	BURKIN, Johnny	West Waterford A.C.	SM	0:35:26	07:05.0
77	TOBIN, Martin	West Waterford A.C.	M55	0:35:32	07:06.2
78	MURPHY, Kieran	St. Catherines	M40	0:35:34	07:06.6
79	DROHAN, Noel	West Waterford A.C.	M45	0:35:37	07:07.2
80	ILSLEY, Stephanie	St. Nicholas' AC	F55	0:35:42	07:08.2
81	FITZGERALD, Liam	West Waterford A.C.	M45	0:35:49	07:09.6
82	MULLALLY, Frances	St Josephs A.C	F50	0:35:52	07:10.2
83	O'REILLY, Mark	Midleton A.C.	M45	0:36:01	07:12.0
84	VAULS, Stephen	West Waterford A.C.	M45	0:36:21	07:16.0

85	CLIFFE, Ian	N/A	M40	0:36:24	07:16.6
86	JACKMAN, Brian	N/A	M50	0:36:29	07:17.6
87	FITZGERALD, Yvonne	Midleton A.C.	F40	0:36:32	07:18.2
88	O'DONOGHUE, Donal	Watergrasshill A.C,	M50	0:36:34	07:18.6
89	WALSH, Marie	Midleton A.C.	F35	0:36:35	07:18.8
90	O'REGAN, Eddie	Youghal A.C.	M60	0:36:43	07:20.4
91	JONES, Margaret	Midleton A.C.	F50	0:36:48	07:21.4
92	GEARY, Caroline	Midleton A.C.	F40	0:36:54	07:22.6
93	KENNEDY, Claire	West Waterford A.C.	SF	0:36:57	07:23.2
94	RYAN, Karen	West Waterford A.C.	F40	0:37:04	07:24.6
95	BARRY, Joe	West Waterford A.C.	M40	0:37:05	07:24.8
96	LEONARD, John	West Waterford A.C.	M50	0:37:06	07:25.0
97	POWER, Simone	West Waterford A.C.	F40	0:37:17	07:27.2
98	O'ROURKE, Joe	West Waterford A.C.	M55	0:37:20	07:27.8
99	DRENNAN, Angeline	West Waterford A.C.	F40	0:37:23	07:28.4
100	MC CARTHY, David	Youghal A.C.	M55	0:37:26	07:29.0
101	MORONEY, Nicola	Tried and Tested	F35	0:37:28	07:29.4
102	BRUNNOCK, Paul	West Waterford A.C.	M50	0:37:29	07:29.6
103	STENSON, Alan	N/A	SM	0:37:30	07:29.8
104	BARRY, Louise	Midleton A.C.	F35	0:37:32	07:30.2
105	RONAYNE, Roisin	Castlelyons A.C.	F40	0:37:35	07:30.8
106	YOUNG, Cian	N/A	JM	0:37:46	07:33.0
107	STENSON, Sandra	N/A	SF	0:37:48	07:33.4
108	NI FHAOLAIN, Sinead	West Waterford A.C.	F35	0:37:57	07:35.2
109	BARRY, Jim	West Waterford A.C.	M40	0:38:22	07:40.2
110	HAMILL, Robert	Youghal A.C.	M45	0:38:31	07:42.0
111	COFFEY, Brigid	West Waterford A.C.	F45	0:38:39	07:43.6
112	ORMONDE, Fiona	West Waterford A.C.	F40	0:38:47	07:45.2
113	POWER, Patrick	West Waterford A.C.	M55	0:38:54	07:46.6
114	CUSACK, Niall	N/A	M45	0:38:55	07:46.8
115	FOLEY, Linda	West Waterford A.C.	SF	0:38:57	07:47.2
116	DOHERTY, Debra	West Waterford A.C.	F35	0:38:58	07:47.4
117	O'MAHONY, Sylvie	Youghal A.C.	M60	0:39:00	07:47.8
118	O'MAHONEY, Mary	Ballintotis Fit4Life	F50	0:39:01	07:48.0
119	CAREY, Patrick	West Waterford A.C.	SM	0:39:20	07:51.8
120	KIERNAN, Enda	N/A	M40	0:39:23	07:52.4
121	POWER, Margaret	Carrick On Suir A.C.	F60	0:39:24	07:52.6
122	ORMONDE, Brian	West Waterford A.C.	M45	0:39:32	07:54.2
123	LEDINGHAM, Dermot	Youghal A.C.	M55	0:39:36	07:55.0
124	AHEARNE, Neilus	Midleton A.C.	M60	0:39:38	07:55.4
125	MANSFIELD, Tom	West Waterford A.C.	M45	0:39:44	07:56.6
126	MOORE, Anne	West Waterford A.C.	F40	0:39:53	07:58.4
127	GEE, Micheal	West Waterford A.C.	SM	0:39:55	07:58.8
128	WALSH, Carol	Tried and Tested	F35	0:40:08	08:01.4
129	HIGGINS, Sharon	West Waterford A.C.	F35	0:40:09	08:01.6

130	O'CONNOR, Gerry	West Waterford A.C.	M55	0:40:27	08:05.2
131	CRONIN, Mike	West Waterford A.C.	M50	0:40:35	08:06.8
132	CURRAN, Ray	West Waterford A.C.	M50	0:40:37	08:07.2
133	O'MAHONY, John	Ardmore Road Runners	M50	0:40:58	08:11.4
134	BERESFORD, Meabh	N/A	JF	0:41:04	08:12.6
135	AHERN, Conor	N/A	M45	0:41:05	08:12.8
136	POWER, Onra	West Waterford A.C.	F50	0:41:06	08:13.0
137	FLAVIN, Cyril	N/A	M40	0:41:08	08:13.4
138	GAFFNEY, Andrea	West Waterford A.C.	F50	0:41:14	08:14.6
139	LOFTUS, Francis	N/A	M60	0:41:19	08:15.6
140	HEFFERNAN, Eileen	West Waterford A.C.	F55	0:41:20	08:15.8
141	BARRY, Geraldine	West Waterford A.C.	F45	0:41:23	08:16.4
142	LENIHAN, Mark	West Waterford A.C.	M50	0:41:24	08:16.6
143	O'DWYER, Derek	Carrick On Suir A.C.	SM	0:41:29	08:17.6
144	DUNNE, Sinead	Carrick On Suir A.C.	F35	0:41:30	08:17.8
145	FINNIGAN, Michelle	West Waterford A.C.	F45	0:41:31	08:18.0
146	CARROLL, Kieran	N/A	M45	0:41:35	08:18.8
147	O'GORMAN, Paul	West Waterford A.C.	M55	0:41:38	08:19.4
148	ORGAN, Jamie	N/A	SM	0:42:01	08:24.0
149	O'MAHONEY, Tony	West Waterford A.C.	M50	0:42:04	08:24.6
150	POWER, Rose	West Waterford A.C.	F45	0:42:05	08:24.8
151	BRADFIELD, Linda	West Waterford A.C.	F45	0:42:06	08:25.0
152	O'HANLON, Claire	N/A	F35	0:42:09	08:25.6
153	COOGAN, Darren	West Waterford A.C.	M45	0:42:11	08:26.0
154	MOYNIHAN, Micheal	West Waterford A.C.	M60	0:42:15	08:26.8
155	CUSACK, Aisling	West Waterford A.C.	F35	0:42:21	08:28.0
156	POWER, Owen	West Waterford A.C.	M40	0:42:41	08:32.0
157	O'DONOVAN, Catherine	Carrick On Suir A.C.	F40	0:42:46	08:33.0
158	COSGRAVE, Padraig	N/A	SM	0:42:51	08:34.0
159	REILLY, Olivia	West Waterford A.C.	F45	0:43:04	08:36.6
160	TUTTY, Vincent	West Waterford A.C.	M50	0:43:05	08:36.8
161	VEALE, Pearl	West Waterford A.C.	F40	0:43:06	08:37.0
162	DONNELLY, Pat	West Waterford A.C.	M40	0:43:08	08:37.4
163	TWOMEY, Ber	Midleton A.C.	F45	0:43:18	08:39.4
164	O'REGAN, Celia	Youghal A.C.	F50	0:43:23	08:40.4
165	O'DRISCOLL, Ann	N/A	F40	0:43:24	08:40.6
166	CLANCY, Catherine	St. Catherines	F50	0:43:29	08:41.6
167	KELLY, Christopher	West Waterford A.C.	M50	0:43:35	08:42.8
168	NI FHOGHLU, Grainne	West Waterford A.C.	F40	0:43:44	08:44.6
169	EICHELMANN-DALY, Patrycja	West Waterford A.C.	F40	0:43:51	08:46.0
170	KEOGH, Catherine	West Waterford A.C.	F35	0:43:53	08:46.4
171	DUNNE, Sean	Carrick On Suir A.C.	SM	0:44:01	08:48.0
172	DONNELLY, Ciara	West Waterford A.C.	F35	0:44:11	08:50.0

173	DUFFY, Sarah	West Waterford A.C.	F40	0:44:13	08:50.4
174	COLLINS, Ger	N/A	M50	0:44:15	08:50.8
175	RYAN, Patrick	West Waterford A.C.	M55	0:44:16	08:51.0
176	RUSSELL, Caroline	West Waterford A.C.	F45	0:44:26	08:53.0
177	MAHONY, Richard	N/A	SM	0:44:43	08:56.4
178	COAKLEY, Michael	West Waterford A.C.	M55	0:44:47	08:57.2
179	CONCANNON, Mick	West Waterford A.C.	M55	0:44:50	08:57.8
180	BULLEN, Katie	West Waterford A.C.	F35	0:44:51	08:58.0
181	O'DONOVAN, Vincent	West Waterford A.C.	M60	0:44:54	08:58.6
182	FLYNN, Mairead	West Waterford A.C.	F50	0:44:57	08:59.2
183	CONWAY, Margaret	West Waterford A.C.	F55	0:45:05	09:00.8
184	CRONOLLY, Rita	West Waterford A.C.	F50	0:45:27	09:05.2
185	HAYES, Jillian	West Waterford A.C.	F40	0:46:40	09:19.8
186	KEATING, Phillipa	Tried and Tested	SF	0:46:42	09:20.2
187	MURRAY, Marita	West Waterford A.C.	F35	0:46:43	09:20.4
188	HEALY, Brian	N/A	M50	0:46:49	09:21.6
189	MORRISSEY, Brian	N/A	SM	0:46:53	09:22.4
190	POWER, Geraldine	N/A	F50	0:46:55	09:22.8
191	CARROLL, Regina	Touraneena Road Runners	F50	0:47:34	09:30.6
192	POWER HICKEY, Therese	West Waterford A.C.	F35	0:48:00	09:35.8
193	CURRAN, Eamonn	West Waterford A.C.	M45	0:48:15	09:38.8
194	O'MAHONY, Siobhan	West Waterford A.C.	F55	0:49:22	09:52.2
195	VEALE, Mary	West Waterford A.C.	F40	0:50:47	10:09.2
196	LENIHAN, Tommy	West Waterford A.C.	M55	0:50:53	10:10.4
197	BURKE, Gayle	N/A	SF	0:50:56	10:11.0
198	MOORE, Marie	West Waterford A.C.	F60	0:52:11	10:26.0
199	CONWAY, Noelle	West Waterford A.C.	F60	0:52:11	10:26.0
200	KELLY, Ava	N/A	SF	0:52:50	10:33.8
201	HALLINAN, Grainne	Touraneena Road Runners	F45	0:52:53	10:34.4
202	LONERGAN, Rose	Touraneena Road Runners	F55	0:53:06	10:37.0
203	O'RIORDAN, Fiona	West Waterford A.C.	F55	0:53:25	10:40.8
204	CLANCY, Deirdre	West Waterford A.C.	F60	0:53:28	10:41.4
205	BURKE, Louise	N/A	F35	0:53:53	10:46.4