

Ballinameela 5, 21 Aug 2009

Place	Name	Club	Club	Time	Pace
1	0:24:53	BRALITIS, Sandis	West Waterford A.C	S/M	04:58.5
2	0:28:14	CURTIN, Noel	Youghal A.C	M/45	05:38.7
3	0:28:52	POWER, Shane	West Waterford A.C	S/M	05:46.3
4	0:29:00	HEALY, Pdraig	West Waterford A.C	S/M	05:47.9
5	0:29:33	O'CONNOR, Johnny	West Waterford A.C	M/40	05:54.5
6	0:29:52	LEAHY, John	West Waterford A.C	S/M	05:58.3
7	0:30:01	DWYER, Michael	West Waterford A.C	M/40	06:00.1
8	0:30:22	CANTWELL, Gerry	West Waterford A.C	M/50	06:04.3
9	0:30:26	COLLINS, Gary	West Waterford A.C	S/M	06:05.1
10	0:30:28	PALMER, Eoin	N/A	M/45	06:05.5
11	0:30:32	GOUGH, Joe	West Waterford A.C	M/55	06:06.3
12	0:30:50	DUNPHY, John (69)	Midleton A.C	M/40	06:09.9
13	0:31:02	FALCONER, Tommy	Carrick-on-Suir AC	S/M	06:12.3
14	0:31:16	CHIZHIKOV, Yevgeniy	West Waterford A.C	S/M	06:15.1
15	0:31:29	MARTIN, Lar	Clonmel AC	S/M	06:17.7
16	0:31:37	DWYER, Sean	West Waterford A.C	S/M	06:19.3
17	0:31:40	WALSH, Corinna	West Waterford A.C	F/35	06:19.9
18	0:31:51	FANNING, Owen	Balnonty	S/M	06:22.1
19	0:32:04	DWYER, Dermot	West Waterford A.C	S/M	06:24.7
20	0:32:07	O'DONNELL, Kenneth	West Waterford A.C	S/M	06:25.3
21	0:32:11	KERWICK, Patrick	N/A	S/M	06:26.1
22	0:32:25	ROCHE, Patrick	Carrick-on-Suir AC	S/M	06:28.9
23	0:32:31	LEAHY, Tom	West Waterford A.C	S/M	06:30.1
24	0:32:42	MORONEY, Tom	West Waterford A.C	M/50	06:32.3
25	0:32:45	FLEMING, Jim	West Waterford A.C	M/40	06:32.9
26	0:32:47	MOLLOY, Mary	Clonmel AC	S/F	06:33.3
27	0:33:01	RIORDAN, John		S/M	06:36.1
28	0:33:13	KAVANAGH, Liam	West Waterford A.C	M/45	06:38.5
29	0:33:17	NAVIN, Earl	West Waterford A.C	S/M	06:39.3
30	0:33:25	MURRAY, Ger		M/40	06:40.9
31	0:33:48	RYAN, Dermot	West Waterford A.C	S/M	06:45.5
32	0:34:02	FLAVIN, Eamonn	West Waterford A.C	S/M	06:48.3
33	0:34:20	CLIFFE, Mark	West Waterford A.C	S/M	06:51.9
34	0:34:25	WHELAN, Gary		S/M	06:52.9
35	0:35:02	DUNFORD, Ann	West Waterford A.C	F/40	07:00.3
36	0:35:28	WALSH, Trevor		S/M	07:05.4
37	0:35:35	CALLAGHAN, Micheal	West Waterford A.C	S/M	07:06.8
38	0:35:39	CURRAN, P.J.	West Waterford A.C	M/50	07:07.6
39	0:35:39	O'DONNELL, Joe		S/M	07:07.6
40	0:35:40	LANIGAN, Paul	Waterford A.C	S/M	07:07.8
41	0:35:41	SCANLAN, Emer	N/A	J/F	07:08.0
42	0:35:59	VEALE, Martin	West Waterford A.C	M/40	07:11.6
43	0:36:02	COFFEY, Brigid	West Waterford A.C	F/35	07:12.2
44	0:36:11	BOLAND, Maurice	Clonmel AC	M/50	07:14.0
45	0:36:16	FITZGERALD, Brendan	N/A	S/M	07:15.0
46	0:36:19	HEYLIN, Siobhan	Waterford A.C	J/F	07:15.6
47	0:36:33	FLANAGAN, Shane	West Waterford A.C	S/M	07:18.4
48	0:37:09	UI CHUIRRIN, Josie	West Waterford A.C	F/45	07:25.6
49	0:37:15	FLETCHER, James		S/M	07:26.8
50	0:37:34	COADE, John		S/M	07:30.6
51	0:37:57	SANDFORD, Martin	N/A	M/55	07:35.2
52	0:38:07	MURPHY, Marie	Midleton A.C	S/F	07:37.2
53	0:38:18	PRENDERGAST, Bernie	West Waterford A.C	F/50	07:39.4
54	0:38:27	GREENE, Matt	Carrick-on-Suir AC	M/40	07:41.2
55	0:38:30	FOLEY, John	West Waterford A.C	M/55	07:41.8
56	0:38:31	PROCTOR, Pascal	West Waterford A.C	M/55	07:42.0
57	0:38:45	SCANLAN, Padrig		S/M	07:44.8
58	0:38:46	STACK, John		S/M	07:45.0
59	0:38:47	HANLON, Finbarr		M/40	07:45.2
60	0:38:58	MCCARTHY, Michael (57)	West Waterford A.C	M/50	07:47.4
61	0:39:21	HAMILL, Robert	Youghal A.C	S/M	07:52.0
62	0:40:17	DEEGAN, Michael	West Waterford A.C	M/55	08:03.2

63	0:40:18	TUTTY, Vincent	West Waterford A.C	M/40	08:03.4
64	0:40:22	MCGRATH, Paul	West Waterford A.C	M/40	08:04.2
65	0:40:26	HEARNE, Joy	N/A		08:05.0
66	0:41:03	POWER, Onra	West Waterford A.C	F/40	08:12.4
67	0:41:25	O'BRIEN, Catriona	West Waterford A.C	F/35	08:16.8
68	0:42:42	WELDON, Aisling	N/A	S/F	08:32.2
69	0:42:47	KING, Gillian	N/A	S/F	08:33.2
70	0:43:28	BRADFIELD, Linda	West Waterford A.C	F/35	08:41.4
71	0:44:39	O'DONOVAN, Vincent	West Waterford A.C	M/50	08:55.6
72	0:45:00	KEATING, Mike	fermoy	M/40	08:59.8
73	0:45:54	MASSEY, Anne	West Waterford A.C	F/35	09:10.6
74	0:45:55	VERLING, Moya		S/F	09:10.8
75	0:50:22	NUGENT, Sharon	N/A	S/F	10:04.2
76	0:50:30	FORDE, Jerry	Blarney A.C	M/55	10:05.8
77	0:50:42	MCGRATH, Siobhan		F/35	10:08.2
78	0:50:48	CRONNOLLY, Rita		F/40	10:09.4
79	0:51:44	LYONS, Anita	N/A	F/35	10:20.6