

Ballymac 5 Mile Friday 19 July 2019. 7:30 pm

Place	Name	Club	Cat.	Time	Pace
1	MAUNSELL, Kevin	Clonmel A.C.	MS	0:25:36	05:07.1
2	SCULLY, Gary	Nenagh A.C.	MS	0:27:27	05:29.3
3	MURPHY, Damian	West Waterford A.C.	MS	0:27:36	05:31.1
4	FLYNN, Anthony	West Waterford A.C.	MS	0:28:02	05:36.3
5	KENNEALLY, Kevin	West Waterford A.C.	MS	0:28:05	05:36.9
6	SMITH, Danny	N/A	M40	0:28:24	05:40.7
7	SCULLY, Shane	Nenagh A.C.	M40	0:28:28	05:41.5
8	CANTWELL, Gary	West Waterford A.C.	MS	0:28:35	05:42.9
9	KEDEBE, Fkadu	N/A	MS	0:28:59	05:47.7
10	O'ROURKE, John	Tried and Tested	MS	0:29:00	05:47.9
11	FOGARTY, Tony	Templemore A.C.	MS	0:29:30	05:53.9
12	BOWEN, Anthony	Clonmel A.C.	MS	0:29:41	05:56.1
13	RYAN, Dermot	West Waterford A.C.	M45	0:29:47	05:57.3
14	MULLANY, Conor	West Waterford A.C.	MJ	0:30:08	06:01.5
15	CARROLL, Brian	Clonmel A.C.	M45	0:30:08	06:01.5
16	GOUGH, Dermot	N/A	MS	0:30:10	06:01.9
17	AHEARNE, Michael	N/A	MS	0:30:11	06:02.1
18	RYAN, Colm	West Waterford A.C.	MS	0:30:58	06:11.5
19	O'KEEFFE, Eugene	Carrick On Suir A.C.	M50	0:31:03	06:12.5
20	LOUGHNANE, Madeline	Thurles Crokes	F35	0:31:05	06:12.9
21	POWER, Anthony	N/A	MS	0:31:15	06:14.9
22	ROCHE, Patrick	Carrick On Suir A.C.	M40	0:31:18	06:15.5
23	HAHESY, Ray	West Waterford A.C.	M55	0:31:39	06:19.7
24	KENNEDY, Pdraig	West Waterford A.C.	M40	0:31:45	06:20.9
25	RADLEY, Mark	Tried and Tested	M40	0:31:52	06:22.3
26	HAHESSY, Benny	Carrick On Suir A.C.	M45	0:32:02	06:24.3
27	PATTERSON, Rian	Clonmel A.C.	MJ	0:32:07	06:25.3
28	GOUGH, Joe	West Waterford A.C.	M55	0:32:13	06:26.5
29	O'KELLY, David	N/A	MS	0:32:21	06:28.1
30	DUGGAN, Peter	St Josephs A.C	M45	0:32:24	06:28.7
31	O'SHEA, John	Coolquill	M45	0:32:24	06:28.7
32	SHEEHAN, Natalie	West Waterford A.C.	FS	0:32:28	06:29.5
33	MARTIN, Lar	Clonmel A.C.	M45	0:32:31	06:30.1
34	CARROLL, John	Carrick On Suir A.C.	M55	0:32:32	06:30.3
35	O'GORMAN, Richard	Clonmel A.C.	M50	0:32:36	06:31.1
36	TOBIN, Angela	West Waterford A.C.	FS	0:32:37	06:31.3
37	MC CARTHY, Sean	Clonmel A.C.	M45	0:32:43	06:32.5
38	HORGAN, Barry	Clonmel A.C.	M40	0:32:44	06:32.7
39	O'LEARY, Ted	West Waterford A.C.	M50	0:32:53	06:34.5
40	CHIZHIKOV, Yevgeniy	West Waterford A.C.	M45	0:33:03	06:36.5
41	GRANT, Gary	Clonmel A.C.	M40	0:33:07	06:37.3
42	DOWNEY, John	West Waterford A.C.	M45	0:33:20	06:39.9
43	O'SULLIVAN, John	Waterford A.C.	MS	0:33:28	06:41.5
44	MURRAY, Conor	West Waterford A.C.	M50	0:33:35	06:42.9
45	O'DONOGHUE, Eddie	Clonmel A.C.	M40	0:33:50	06:45.9
46	POWER, Anthony	Clonmel A.C.	M55	0:33:51	06:46.1
47	AHEARNE, Neilus	Midleton A.C.	M55	0:33:56	06:47.1

48	BYRNE, Jamie	Clonmel A.C.	MS	0:33:59	06:47.7
49	BEDELL, Toby	Tried and Tested	M45	0:34:07	06:49.3
50	MILWARD, Henry	N/A	MS	0:34:10	06:49.9
51	MASON, Trevor	West Waterford A.C.	M45	0:34:12	06:50.3
52	WALSH, Eoin	West Waterford A.C.	MS	0:34:15	06:50.9
53	KELLY, Joe	West Waterford A.C.	M50	0:34:16	06:51.1
54	ILSLEY, Ron	St Nicholas	M55	0:34:19	06:51.7
55	CALLAGHAN, Micheal	West Waterford A.C.	M45	0:34:24	06:52.7
56	ENRIGHT, Mary-Jane	N/A	F40	0:34:27	06:53.3
57	KIELY, Timmy	N/A	M40	0:34:29	06:53.7
58	PERRY, John	Clonmel A.C.	M50	0:34:34	06:54.7
59	MC GUIRE, Courtney	Clonmel A.C.	FJ	0:34:39	06:55.7
60	DROHAN, Noel	West Waterford A.C.	M45	0:34:42	06:56.3
61	O'MAHER, Tony	West Waterford A.C.	M50	0:34:44	06:56.7
62	BRUNNOCK, Johnny	Carrick On Suir A.C.	M40	0:34:46	06:57.1
63	DONNELLY, David	Tried and Tested	M40	0:34:47	06:57.3
64	CLIFFE, Mark	West Waterford A.C.	M40	0:34:53	06:58.5
65	GLEESON, Cathal E.	West Waterford A.C.	M40	0:34:57	06:59.3
66	CROTTY, John	N/A	MS	0:35:03	07:00.5
67	HORGAN, Elaine	Clonmel A.C.	F40	0:35:05	07:00.9
68	FITZGERALD, Liam	West Waterford A.C.	M45	0:35:16	07:03.0
69	DUNFORD, Pat	West Waterford A.C.	M50	0:35:20	07:03.8
70	CONCANNON, Mick	West Waterford A.C.	M55	0:35:30	07:05.8
71	TORPEY, Barry	Carrick On Suir A.C.	M45	0:35:38	07:07.4
72	TOBIN, Martin	West Waterford A.C.	M55	0:35:43	07:08.4
73	O'DONOVAN, Niamh	West Waterford A.C.	FS	0:35:58	07:11.4
74	KIELY, Leonora	West Waterford A.C.	FS	0:36:08	07:13.4
75	ILSLEY, Stephanie	St Nicholas	F50	0:36:17	07:15.2
76	JACKMAN, Brian	N/A	M50	0:36:18	07:15.4
77	CLIFFE, Ian	N/A	M40	0:36:19	07:15.6
78	HOGAN, Tom	West Waterford A.C.	M40	0:36:20	07:15.8
79	HOGAN, John Paul	West Waterford A.C.	MS	0:36:21	07:16.0
80	BURKIN, Johnny	West Waterford A.C.	MS	0:36:23	07:16.4
81	DROHAN, Eveleen	West Waterford A.C.	F40	0:36:27	07:17.2
82	EVANS, Paul	Great Yarmouth	M55	0:36:36	07:19.0
83	CASHMAN, John	Midleton A.C.	M55	0:36:45	07:20.8
84	O'REGAN, Eddie	Youghal A.C.	M55	0:36:45	07:20.8
85	PERRY, Sheila	Clonmel A.C.	F45	0:36:51	07:22.0
86	O'CONNOR, Gerry	West Waterford A.C.	M55	0:37:03	07:24.4
87	O'DONOGHUE, Donal	Watergrasshill A.C.	M50	0:37:08	07:25.4
88	LEONARD, John	West Waterford A.C.	M50	0:37:17	07:27.2
89	BARRY, Jim	West Waterford A.C.	M40	0:37:18	07:27.4
90	WALSH, Pat	Clonmel A.C.	M50	0:37:22	07:28.2
91	KENNEDY, Sean	N/A	MS	0:37:28	07:29.4
92	BROSNAN, Sean	Team I.P.	MS	0:37:39	07:31.6
93	BRUNNOCK, Paddy	N/A	MS	0:37:43	07:32.4
94	LEDINGHAM, Dermot	Youghal A.C.	M55	0:37:47	07:33.2
95	WALSH, Justin	N/A	MS	0:37:56	07:35.0
96	MOCLAIR, Michael	Fethard A.C.	MS	0:37:59	07:35.6

97	HALLINAN, Jody	West Waterford A.C.	M45	0:38:03	07:36.4
98	O'ROURKE, Joe	West Waterford A.C.	M55	0:38:04	07:36.6
99	COFFEY, Brigid	West Waterford A.C.	F45	0:38:09	07:37.6
100	NI FHAOLAIN, Sinead	West Waterford A.C.	F35	0:38:13	07:38.4
101	POWER, Deirdre	Carrick On Suir A.C.	F35	0:38:24	07:40.6
102	O'KEEFFE, Dan	Clonmel A.C.	M40	0:38:25	07:40.8
103	BYRNE, Anna	Clonmel Tri Club	F50	0:38:35	07:42.8
104	HARRIS, Brian	Adele's Fitness	M55	0:38:38	07:43.4
105	PATTERSON, Ian	Clonmel A.C.	M40	0:38:46	07:45.0
106	LYONS, Gillian	Waterford Tri Club	F35	0:39:04	07:48.6
107	ORMONDE, Brian	West Waterford A.C.	M45	0:39:10	07:49.8
108	ENGLISH, Eamonn	Clonmel A.C.	M55	0:39:12	07:50.2
109	PRENDERGAST, Bernie	West Waterford A.C.	F50	0:39:27	07:53.2
110	FORAN, Tom	West Waterford A.C.	M40	0:39:33	07:54.4
111	KIERNAN, Enda	N/A	M40	0:39:39	07:55.6
112	WHITE, Maria	West Waterford A.C.	F45	0:39:41	07:56.0
113	BYRNE, Máiread	West Waterford A.C.	F45	0:40:07	08:01.2
114	POWER, Onra	West Waterford A.C.	F50	0:40:11	08:02.0
115	O'BRIEN, Ellen	N/A	FS	0:40:27	08:05.2
116	KINSELLA, Rose	West Waterford A.C.	F35	0:40:33	08:06.4
117	WHELAN, Gillian	Touraneena Road Runners	F35	0:40:36	08:07.0
118	HIGGINS, Sharon	West Waterford A.C.	F35	0:40:42	08:08.2
119	MC CARTHY, Melissa	Clonmel A.C.	F35	0:40:49	08:09.6
120	RYAN, Lizzie	Clonmel A.C.	F50	0:40:53	08:10.4
121	ROBINSON, Keith	Clonmel A.C.	M40	0:40:54	08:10.6
122	POWER, Rose	West Waterford A.C.	F45	0:41:48	08:21.4
123	CAREY, Patrick	West Waterford A.C.	MS	0:42:04	08:24.6
124	WADE, Michael	West Waterford A.C.	M55	0:42:12	08:26.2
125	BARRY, Geraldine	West Waterford A.C.	F45	0:42:26	08:29.0
126	MAHONY, Kate	N/A	FJ	0:42:39	08:31.6
127	O'HANLON, Claire	N/A	F35	0:42:50	08:33.8
128	CONWAY, Joe	N/A	M55	0:43:15	08:38.8
129	RUSSELL, Caroline	West Waterford A.C.	F45	0:43:16	08:39.0
130	DONNELLY, Denise	Clonmel A.C.	F50	0:43:24	08:40.6
131	GUIRY, Michelle	Touraneena Road Runners	FS	0:43:31	08:42.0
132	GAFFNEY, Andrea	West Waterford A.C.	F50	00:43:31	08:42.1
133	CRONIN, Mike	West Waterford A.C.	M50	00:43:31	08:42.2
134	POPE, Carol	West Waterford A.C.	F40	0:43:38	08:43.4
135	CUSACK, Aisling	West Waterford A.C.	F40	0:43:49	08:45.6
136	KEATING, Marie	West Waterford A.C.	FS	0:43:49	08:45.6
137	FLYNN, Mairead	West Waterford A.C.	F50	0:44:32	08:54.2
138	POWER, Owen	West Waterford A.C.	M40	0:44:33	08:54.4
139	DALY, Patrycja	West Waterford A.C.	F40	0:44:38	08:55.4
140	DUFFY, Sarah	West Waterford A.C.	F40	0:44:41	08:56.0
141	O'DONOVAN, Vincent	West Waterford A.C.	M55	0:44:42	08:56.2
142	O'DONOVAN, Catherine	Carrick On Suir A.C.	F40	0:44:54	08:58.6
143	WALSH, Claire	West Waterford A.C.	F40	0:45:05	09:00.8

144	DUNNE, Sean	Carrick On Suir A.C.	MS	0:45:06	09:01.0
145	BRADFIELD, Linda	West Waterford A.C.	F45	0:45:45	09:08.8
146	MEEHAN, Melissa	N/A	F35	0:45:58	09:11.4
147	MORRISSON, John	St. Catherines	M50	0:46:06	09:13.0
148	KEATING, Phillipa	Tried and Tested	FS	0:46:13	09:14.4
149	CARROLL, Regina	Touraneena Road Runners	F50	0:46:29	09:17.6
150	O'DRISCOLL, Ann	Youghal A.C.	F40	0:47:05	09:24.8
151	WALSH, Alan	N/A	M45	0:47:10	09:25.8
152	KEOGH, Catherine	West Waterford A.C.	F35	0:47:20	09:27.8
153	COAKLEY, Michael	West Waterford A.C.	M55	0:48:07	09:37.2
154	CROWLEY, Eamonn	Clonmel A.C.	M55	0:48:11	09:38.0
155	DUNNE, Jackie	Carrick On Suir A.C.	F50	0:48:13	09:38.4
156	WALSH, Mary	Touraneena Road Runners	F50	0:48:36	09:43.0
157	POWER HICKEY, Therese	West Waterford A.C.	F35	0:48:38	09:43.4
158	CURRAN, Eamonn	West Waterford A.C.	M45	0:49:02	09:48.2
159	CASEY, Orla	West Waterford A.C.	F50	0:51:56	10:23.0
160	VEALE, Mary	West Waterford A.C.	F40	0:52:19	10:27.6
161	MOORE, Marie	West Waterford A.C.	F50	0:53:01	10:36.0
162	CONWAY, Noelle	West Waterford A.C.	F50	0:53:03	10:36.4
163	HALLINAN, Grainne	Touraneena Road Runners	F45	0:54:30	10:53.8
164	O'CONNELL, Pat	West Waterford A.C.	M40	0:55:30	11:05.8
165	LONERGAN, Rose	Touraneena Road Runners	F50	0:55:57	11:11.2