

## Clashmore 5k 2019 Winners

### Male Winners

1st	David Mansfield	Clonmel A.C.	15.44
2nd	James Ledingham	Kilkenny City Harriers	16.04
3rd	Raivis Zakis	West Waterford AC	16.42
O/40	Alan Cullen	West Waterford AC	18.37
O/45	John Murphy	Grange/Fermoy	17.37
O/50	Richard O'Gorman	Clonmel A.C.	19.46
O/55	Ray Hahessy	West Waterford AC	19.18
O/60	Anthony Dwyer	West Waterford AC	21.10
Junior	Tony Dwyer	West Waterford AC	21.28

### Female Winners

1st	Natalie Sheehan	West Waterford AC	19.47
2nd	Louise Morgan	Ferrybank A.C.	20.02
3rd	Elaine Horgan	Clonmel A.C.	21.00
O/35	Debra Doherty	West Waterford AC	21.57
O/40	Eveleen Drohan	West Waterford A.C.	21.30
O/45	Brigid Coffey	West Waterford AC	23.04
O/50	Eithne Sheehan	Youghal A.C.	23.51
O/55	Phil Carroll	West Waterford A.C.	26.49
Junior	Olivia Curran	Ind	32.30