

**Dromana 5 Mile Friday 21 June 2019. 7:30 pm**

Place	Name	Team	Cat.	Time	Pace	No
1	ZAKIS, Raivis	West Waterford A.C.	MS	0:26:49	05:21.7	237
2	SMITH, Danny	N/A	M40	0:27:48	05:33.5	247
3	KLAVA, Dzintars	West Waterford A.C.	M40	0:27:53	05:34.5	254
4	KENNEALLY, Kevin	West Waterford A.C.	MS	0:28:12	05:38.3	169
5	MURPHY, John	Grange/Fermoy A.C.	M45	0:30:25	06:04.9	17
6	FLAVIN, Marc	West Waterford A.C.	MS	0:28:38	05:43.5	249
7	O'ROURKE, John	Tried and Tested	MS	0:29:07	05:49.3	32
8	BEECHER, John	St. Catherines	MS	0:29:44	05:56.7	250
9	POWER, Shane	Tried and Tested	MS	0:29:52	05:58.3	270
10	RYAN, Billy	West Waterford A.C.	MS	0:29:59	05:59.7	171
11	GOUGH, Dermot	N/A	MS	0:30:09	06:01.7	820
12	CARROLL, Brian	Clonmel A.C.	M45	0:30:16	06:03.1	234
13	WHELAN, James	West Waterford A.C.	M45	0:30:37	06:07.3	817
14	LONGAN, John	St. Finbarr's	MS	0:30:46	06:09.1	170
15	BENNETT, Tom	Blackwater A.C.	MS	0:30:47	06:09.3	8
16	LOUGHNANE, Madeline	Thurles Crokes	F35	0:31:00	06:11.9	813
17	LANDERS, Brian	Youghal A.C.	M45	0:31:28	06:17.5	1
18	DUGGAN, Peter	St Josephs A.C	M45	0:31:49	06:21.7	158
19	O'KELLY, David	N/A	MS	0:31:54	06:22.7	864
20	HAHESY, Ray	West Waterford A.C.	M55	0:32:08	06:25.5	859
21	HOGAN, Tom	West Waterford A.C.	M40	0:32:24	06:28.7	167
22	MC CARTHY, Sean	Clonmel A.C.	M45	0:32:41	06:32.1	71
23	SHEEHAN, Natalie	West Waterford A.C.	FS	0:32:55	06:34.9	872
24	MASON, Trevor	West Waterford A.C.	M45	0:33:06	06:37.1	228
25	REGAN, Jonathan	West Waterford A.C.	MS	0:33:10	06:37.9	39
26	MURRAY, Conor	West Waterford A.C.	M50	0:33:43	06:44.5	850
27	POWER, Anthony	Clonmel A.C.	M55	0:33:51	06:46.1	259
28	HAYES, Kevin	St. Catherines	M45	0:33:57	06:47.3	28
29	CHIZHIKOV, Yevgeniy	West Waterford A.C.	M45	0:33:59	06:47.7	155
30	DOWNEY, John	West Waterford A.C.	M45	0:34:10	06:49.9	246
31	ILSLEY, Ron	St Nicholas	M55	0:34:12	06:50.3	266
32	RYAN, Kevin	West Waterford A.C.	MS	0:34:24	06:52.7	174
33	KYAMANYWA, Philip	Youghal A.C.	MS	0:34:35	06:54.9	2
34	CALLAGHAN, Micheal	West Waterford A.C.	M45	0:34:40	06:55.9	175
35	O'DEA, Sean	Clonmel A.C.	M55	0:35:04	07:00.7	255
36	DWYER, Anthony	West Waterford A.C.	M60	0:35:15	07:02.8	840
37	DOHERTY, Debra	West Waterford A.C.	F35	0:35:18	07:03.4	157
38	ENRIGHT, Mary-Jane	N/A	F40	0:35:20	07:03.8	165
39	CLEARY, Ross	Carrick On Suir A.C.	MS	0:35:26	07:05.0	238
40	KIELY, Timmy	N/A	M40	0:35:27	07:05.2	877
41	BUCKLEY, John	N/A	M45	0:35:35	07:06.8	33
42	KIELY, Leonora	West Waterford A.C.	FS	0:35:43	07:08.4	37
43	TOBIN, Martin	West Waterford A.C.	M55	0:35:52	07:10.2	803
44	ILSLEY, Stephanie	St. Nicholas' AC	F55	0:35:57	07:11.2	262
45	DWYER, Tony	West Waterford A.C.	MJ	0:36:10	07:13.8	862
46	KELLY, Joe	West Waterford A.C.	M50	0:36:10	07:13.8	1001

47	DROHAN, Eveleen	West Waterford A.C.	F40	0:36:19	07:15.6	808
48	STEELE, Jamie	N/A	MS	0:36:20	07:15.8	173
49	KENNEDY, Claire	West Waterford A.C.	FS	0:36:25	07:16.8	160
50	DUNFORD, Pat	West Waterford A.C.	M50	0:36:49	07:21.6	176
51	FITZGERALD, Liam	West Waterford A.C.	M45	0:36:50	07:21.8	870
52	O'DONOGHUE, Donal	Watergrasshill A.C,	M50	0:37:10	07:25.8	801
53	BURKIN, Johnny	West Waterford A.C.	MS	0:37:23	07:28.4	36
54	NI FHAOLAIN, Sinead	West Waterford A.C.	F35	0:37:50	07:33.8	879
55	LEONARD, John	West Waterford A.C.	M50	0:37:57	07:35.2	1000
56	COFFEY, Brigid	West Waterford A.C.	F45	0:38:03	07:36.4	874
57	BULMAN, George	Youghal A.C.	M60	0:38:07	07:37.2	4
58	O'REGAN, Eddie	Youghal A.C.	M60	0:38:08	07:37.4	846
59	MURRAY, Paul	N/A	MS	0:38:14	07:38.6	35
60	BARRY, Jim	West Waterford A.C.	M40	0:38:47	07:45.2	956
61	ORMONDE, Brian	West Waterford A.C.	M45	0:38:49	07:45.6	235
62	CLIFFE, Ian	N/A	M40	0:39:01	07:48.0	853
63	JACKMAN, Brian	N/A	M50	0:39:06	07:49.0	834
64	WALSH, Eoin	Saturday Road Runners	M45	0:39:15	07:50.8	825
65	CASHMAN, John	Midleton A.C.	M55	0:39:39	07:55.6	6
66	AHERN, Neilus	Midleton A.C.	M60	0:39:39	07:55.6	31
67	KELLY, Christopher	West Waterford A.C.	M50	0:39:55	07:58.8	848
68	CUSACK, Niall	N/A	M45	0:40:04	08:00.6	5
69	MORRISSEY, Pat	N/A	MS	0:40:06	08:01.0	14
70	POWER, Onra	West Waterford A.C.	F50	0:40:08	08:01.4	812
71	KEATING, Antoinette	Youghal A.C.	F40	0:40:15	08:02.8	159
72	O'CONNOR, Gerry	West Waterford A.C.	M55	0:40:29	08:05.6	38
73	POWER, Margaret	Carrick On Suir A.C.	F60	0:40:30	08:05.8	241
74	FORAN, Tom	West Waterford A.C.	M40	0:40:34	08:06.6	827
75	CAREY, Patrick	West Waterford A.C.	MS	0:40:49	08:09.6	883
76	HIGGINS, Sharon	West Waterford A.C.	F35	0:41:07	08:13.2	166
77	MC GRATH, Paul	West Waterford A.C.	M50	0:41:11	08:14.0	253
78	MANSFIELD, Tom	West Waterford A.C.	M45	0:41:20	08:15.8	866
79	CURRAN, Ray	West Waterford A.C.	M50	0:41:25	08:16.8	25
80	O'BRIEN, Ellen	N/A	FS	0:41:35	08:18.8	72
81	POWER, Patrick	West Waterford A.C.	M55	0:41:42	08:20.2	269
82	SHAUGHNESSY, John	Oswesley Olympic A.C.	M55	0:41:53	08:22.4	252
83	DUNNE, Sinead	Carrick On Suir A.C.	F35	0:41:55	08:22.8	240
84	WADE, Michael	West Waterford A.C.	M55	0:41:57	08:23.2	163
85	BARRY, Geraldine	West Waterford A.C.	F45	0:41:58	08:23.4	869
86	TUTTY, Vincent	West Waterford A.C.	M50	0:42:14	08:26.6	70
87	FOLEY, Linda	West Waterford A.C.	FS	0:42:17	08:27.2	829
88	CROWLEY, Hazel	West Waterford A.C.	F35	0:42:17	08:27.2	267
89	O'HANLON, Claire	N/A	F35	0:42:50	08:33.8	826
90	CLANCY, Catherine	St. Catherines	F50	0:43:08	08:37.4	251
91	LANDERS, Martina	Youghal A.C.	F45	0:43:14	08:38.6	3
92	WALSH, Carol	Tried and Tested	F35	0:43:17	08:39.2	172
93	MORONEY, Nicola	Tried and Tested	F35	0:43:17	08:39.2	861

94	NI FHOGHLU, Grainne	West Waterford A.C.	F40	0:43:20	08:39.8	30
95	MOYNIHAN, Micheal	West Waterford A.C.	M60	0:43:29	08:41.6	950
96	RUSSELL, Caroline	West Waterford A.C.	F45	0:43:46	08:45.0	811
97	DWYER, Liam	N/A	M60	0:43:51	08:46.0	830
98	CUSACK, Aisling	West Waterford A.C.	F40	0:43:53	08:46.4	156
99	O'REILLY, Breda	West Waterford A.C.	F40	0:43:54	08:46.6	831
100	WALSH, Marie	West Waterford A.C.	F40	0:44:16	08:51.0	73
101	O'DRISCOLL, Ann	Youghal A.C.	F40	0:44:31	08:54.0	162
102	FLYNN, Mairead	West Waterford A.C.	F50	0:44:34	08:54.6	871
103	LANIGAN, Natasha	West Waterford A.C.	F40	0:44:40	08:55.8	868
104	COSTIN, Liam	West Waterford A.C.	M45	0:44:41	08:56.0	16
105	O'DWYER, Derek	Carrick On Suir A.C.	MS	0:44:56	08:59.0	239
106	GUIRY, Michelle	Touraneena Road Runners	FS	0:44:59	08:59.6	885
107	DOUBLET, Ingrid	West Waterford A.C.	F40	0:45:11	09:02.0	164
108	DUFFY, Sarah	West Waterford A.C.	F40	0:45:46	09:09.0	878
109	DUNNE, Sean	Carrick On Suir A.C.	MS	0:45:55	09:10.8	242
110	RYAN, Patrick	West Waterford A.C.	M55	0:45:57	09:11.2	807
111	BULLEN, Katie	West Waterford A.C.	F35	0:46:11	09:14.0	153
112	SEWARD, Maura	N/A	F35	0:46:21	09:16.0	34
113	MARTIN, Lee	West Waterford A.C.	M40	0:46:50	09:21.8	27
114	DEEGAN, Michael	West Waterford A.C.	M60	0:46:54	09:22.6	260
115	CONWAY, Margaret	West Waterford A.C.	F55	0:47:01	09:24.0	852
116	O'DONOVAN, Vincent	West Waterford A.C.	M60	0:47:02	09:24.2	951
117	CARROLL, Regina	Touraneena Road Runners	F50	0:47:36	09:31.0	833
118	MORRISSEY, Garry	West Waterford A.C.	M45	0:47:38	09:31.4	15
119	CURRAN, Eamonn	West Waterford A.C.	M45	0:48:50	09:45.8	7
120	COAKLEY, Michael	West Waterford A.C.	M55	0:50:26	10:05.0	23
121	POWER HICKEY, Therese	West Waterford A.C.	F35	0:50:30	10:05.8	168
122	DUNNE, Jackie	Carrick On Suir A.C.	F55	0:50:35	10:06.8	243
123	KEOGH, Catherine	West Waterford A.C.	F35	0:50:44	10:08.6	161
124	LEAHY, Helen	N/A	F35	0:51:20	10:15.8	9
125	LEAHY, Joanne	West Waterford A.C.	F35	0:51:20	10:15.8	11
126	WALSH, Mary	Touraneena Road Runners	F50	0:52:17	10:27.2	845
127	RYAN, Denis	West Waterford A.C.	M40	0:52:19	10:27.6	847
128	O'REGAN, Celia	Youghal A.C.	F50	0:53:06	10:37.0	261
129	HALLINAN, Grainne	Touraneena Road Runners	F45	0:54:49	10:57.6	832
130	O'RIORDAN, Fiona	West Waterford A.C.	F55	0:54:50	10:57.8	810
131	BURKE, Tom	West Waterford A.C.	M60	0:54:51	10:58.0	154
132	CLANCY, Deirdre	West Waterford A.C.	F60	0:54:51	10:58.0	823