

GSK 5 MILE ROAD RACE 16/08/2019

Place	Name	Club	Cat	Time	Pace
1	ZAKIS, Raivis	West Waterford A.C.	MS	0:27:05	05:24.9
2	HENNESSY, Pat	West Waterford A.C.	MS	0:27:10	05:25.9
3	WALSH, Derek	Carrick On Suir A.C.	M40	0:27:22	05:28.3
4	KLAVA, Dzintars	West Waterford A.C.	M40	0:27:51	05:34.1
5	KEARNS, Daryl	West Waterford A.C.	MS	0:27:56	05:35.1
6	SMITH, Danny	N/A	M40	0:28:05	05:36.9
7	KENNEALLY, Kevin	West Waterford A.C.	MS	0:28:07	05:37.3
8	CANTWELL, Gary	West Waterford A.C.	MS	0:28:16	05:39.1
9	O'ROURKE, John	Tried and Tested	MS	0:28:24	05:40.7
10	FLAVIN, Marc	West Waterford A.C.	MS	0:28:45	05:44.9
11	MURPHY, John	Grange/Fermoy A.C.	M50	0:28:50	05:45.9
12	DEEGAN, Paul	Gowran	M50	0:28:53	05:46.5
13	MULLANY, Conor	West Waterford A.C.	MJ	0:29:09	05:49.7
14	COSTELLO, Colm	Brothers Pearse A.C.	M40	0:29:21	05:52.1
15	BEECHER, John	St. Catherines	MS	0:29:22	05:52.3
16	BYRNE, Michael	St. Catherines	MS	0:29:35	05:54.9
17	FORRISTAL, Sally	St Josephs A.C	FS	0:29:43	05:56.5
18	DUGGAN, Joey	St Josephs A.C	MS	0:29:43	05:56.5
19	SULLIVAN, David	Carrigtwohill A.C.	M40	0:29:59	05:59.7
20	RYAN, Billy	West Waterford A.C.	MS	0:30:03	06:00.5
21	MC CANNE, Angela	Clonmel A.C.	F45	0:30:04	06:00.7
22	FLYNN, Darren	Grange/Fermoy A.C.	M45	0:30:13	06:02.5
23	GOUGH, Dermot	N/A	MS	0:30:15	06:02.9
24	MOLONEY, Ger	Saint Pauls	M55	0:30:18	06:03.5
25	DOWNEY, Andrew	Carrick On Suir A.C.	M45	0:30:31	06:06.1
26	BEAUSANG, Kieran	donore harriers	MS	0:30:34	06:06.7
27	MARSHALL, Evan	Waterford A.C.	MJ	0:30:52	06:10.3
28	BARRY, Niall	West Waterford A.C.	MS	0:30:58	06:11.5
29	O'KEEFFE, Eugene	Carrick On Suir A.C.	M50	0:31:12	06:14.3
30	O'BRIEN, Keith	Clonmel A.C.	M40	0:31:22	06:16.3
31	HAHESY, Benny	Carrick On Suir A.C.	M45	0:31:24	06:16.7
32	WHELAN, James	West Waterford A.C.	M45	0:31:38	06:19.5
33	TREACY, Tim	Carrick On Suir A.C.	MJ	0:31:46	06:21.1
34	HAHESY, Ray	West Waterford A.C.	M55	0:31:54	06:22.7
35	TRAVERS, Jason	West Waterford A.C.	M45	0:31:55	06:22.9
36	CONNORS, Jimmy	West Waterford A.C.	MS	0:31:57	06:23.3
37	LONGAN, Tom	West Waterford A.C.	M45	0:32:02	06:24.3
38	SHALLOE, Mark	West Waterford A.C.	MS	0:32:03	06:24.5
39	HAYES, Martin	West Waterford A.C.	M55	0:32:04	06:24.7
40	DUNFORD, Michael	West Waterford A.C.	M50	0:32:08	06:25.5
41	SHEEHAN, Natalie	West Waterford A.C.	FS	0:32:22	06:28.3
42	HORGAN, Barry	Clonmel A.C.	M40	0:32:37	06:31.3
43	GRANT, Gary	Clonmel A.C.	M40	0:32:40	06:31.9
44	TOBIN, Angela	West Waterford A.C.	FS	0:32:43	06:32.5
45	DUGGAN, Peter	St Josephs A.C	M45	0:32:45	06:32.9
46	CULLEN, Alan	West Waterford A.C.	M40	0:32:54	06:34.7

47	O'SULLIVAN, John	N/A	M40	0:32:57	06:35.3
48	O'LEARY, Ted	West Waterford A.C.	M50	0:33:00	06:35.9
49	CHIZHIKOV, Yevgeniy	West Waterford A.C.	M45	0:33:05	06:36.9
50	BEDELL, Toby	Tried and Tested	M45	0:33:11	06:38.1
51	DUNPHY, Dylan	N/A	MS	0:33:27	06:41.3
52	CUNNINGHAM, Peter	West Waterford A.C.	MS	0:33:35	06:42.9
53	PONCE DE LEON, Miguel	Carrick On Suir A.C.	M45	0:33:38	06:43.5
54	MILWARD, Henry	N/A	MS	0:33:40	06:43.9
55	MC CARTHY, Sean	Clonmel A.C.	M45	0:33:46	06:45.1
56	MC GUIRE, Courtney	Clonmel A.C.	FJ	0:33:51	06:46.1
57	MASON, Trevor	West Waterford A.C.	M45	0:33:56	06:47.1
58	BROPHY, John Paul	Waterford A.C.	MS	0:33:58	06:47.5
59	HOGAN, Tom	West Waterford A.C.	M40	0:34:06	06:49.1
60	WALSH, Eoin	Saturday Road Runners	M45	0:34:08	06:49.5
61	COFFEY, Pat	Clonmel A.C.	M55	0:34:11	06:50.1
62	HORGAN, Elaine	Clonmel A.C.	F40	0:34:20	06:51.9
63	CASHMAN, John	Midleton A.C.	M55	0:34:21	06:52.1
64	CLIFFE, Mark	West Waterford A.C.	M40	0:34:26	06:53.1
65	GLEESON, Cathal E.	West Waterford A.C.	M40	0:34:26	06:53.1
66	ENRIGHT, Mary-Jane	N/A	F40	0:34:38	06:55.5
67	BEER, P.J.	Blackwater A.C.	MS	0:34:40	06:55.9
68	MOLLOY, Mary	Carrick On Suir A.C.	F40	0:34:41	06:56.1
69	WARD, Seamus	N/A	M50	0:34:47	06:57.3
70	MC DONALD, Don	Midleton A.C.	M40	0:34:47	06:57.3
71	DUNFORD, Pat	West Waterford A.C.	M50	0:34:55	06:58.9
72	HALLISSEY, Bryan	West Waterford A.C.	M40	0:35:02	07:00.3
73	CUNNINGHAM, Teresa	Nore Valley	F45	0:35:05	07:00.9
74	O'MAHONEY, Tony	West Waterford A.C.	M50	0:35:07	07:01.3
75	RYAN, Kevin	West Waterford A.C.	MS	0:35:19	07:03.6
76	HOGAN, John Paul	West Waterford A.C.	MS	0:35:20	07:03.8
77	ISLEY, Ron	St Nicholas	M55	0:35:25	07:04.8
78	DWYER, Anthony	West Waterford A.C.	M60	0:35:32	07:06.2
79	DROHAN, Noel	West Waterford A.C.	M45	0:35:38	07:07.4
80	O'DONOVAN, Niamh	West Waterford A.C.	FS	0:35:46	07:09.0
81	WALSH, Nicholas	Le Cheile A.C.	MS	0:35:48	07:09.4
82	JACKMAN, Brian	N/A	M50	0:35:54	07:10.6
83	FOLEY, Linda	West Waterford A.C.	FS	0:36:02	07:12.2
84	ILSLEY, Stephanie	St Nicholas	F55	0:36:08	07:13.4
85	TOBIN, Martin	West Waterford A.C.	M55	0:36:13	07:14.4
86	MURRAY, Paul	N/A	M50	0:36:15	07:14.8
87	DOHERTY, Debra	West Waterford A.C.	F35	0:36:16	07:15.0
88	WALSH, Angela	Clonmel A.C.	F35	0:36:18	07:15.4
89	BURKIN, Johnny	West Waterford A.C.	MS	0:36:24	07:16.6
90	CLIFFE, Ian	N/A	M40	0:36:31	07:18.0
91	HARRIS, Brian	Adele's Fitness	M60	0:36:37	07:19.2
92	CONCANNON, Mick	West Waterford A.C.	M55	0:36:39	07:19.6

93	KENNEDY, Claire	West Waterford A.C.	FS	0:36:41	07:20.0
94	O'REGAN, Eddie	Youghal A.C.	M60	0:36:42	07:20.2
95	CONNOLLY, Fergal	West Waterford A.C.	M45	0:36:48	07:21.4
96	BARRY, Jim	West Waterford A.C.	M40	0:36:52	07:22.2
97	HOGAN, Noel	West Waterford A.C.	M40	0:36:53	07:22.4
98	MOYA, Emilio	N/A	MS	0:37:21	07:28.0
99	O'CONNOR, Gerry	West Waterford A.C.	M55	0:37:26	07:29.0
100	NI FHAOLAIN, Sinead	West Waterford A.C.	F35	0:37:28	07:29.4
101	MC NALLY, David	West Waterford A.C.	M50	0:37:29	07:29.6
102	O'CONNOR, Noel	N/A	MS	0:37:33	07:30.4
103	LEONARD, John	West Waterford A.C.	M50	0:37:34	07:30.6
104	PATTERSON, Aisling	Harpenden Arrows	F45	0:37:36	07:31.0
105	MC GRATH, Eoin	West Waterford A.C.	MJ	0:37:36	07:31.0
106	DWYER, Tony	West Waterford A.C.	MJ	0:37:50	07:33.8
107	RYAN, Karen	West Waterford A.C.	F45	0:37:52	07:34.2
108	MC GOVERN, Aidan	N/A	MS	0:37:55	07:34.8
109	ORMONDE, Brian	West Waterford A.C.	M45	0:37:56	07:35.0
110	MORONEY, Nicola	Tried and Tested	F35	0:38:04	07:36.6
111	WHELAN, Amy	West Waterford A.C.	FS	0:38:05	07:36.8
112	O'ROURKE, Joe	West Waterford A.C.	M55	0:38:06	07:37.0
113	LEE, Catriona	West Waterford A.C.	F35	0:38:10	07:37.8
114	RYAN, Donnamarie	Saturday Road Runners	F35	0:38:13	07:38.4
115	VAN DER VALK, T.J.	Waterford A.C.	M55	0:38:15	07:38.8
116	LYONS, Gillian	Waterford Tri Club	F35	0:38:18	07:39.4
117	MURRAY, Conor	West Waterford A.C.	M50	0:38:35	07:42.8
118	POWER, Deirdre	Carrick On Suir A.C.	F35	0:38:37	07:43.2
119	BARRY, Anita	St Josephs A.C	F35	0:38:40	07:43.8
120	PRENDERGAST, Eddie	Clonmel A.C.	M55	0:38:44	07:44.6
121	O'DWYER, Nessa	Touraneena Road Runners	F35	0:38:46	07:45.0
122	LEDINGHAM, Dermot	Youghal A.C.	M55	0:38:49	07:45.6
123	BULMAN, George	Youghal A.C.	M60	0:38:51	07:46.0
124	GRANT, Niall	N/A	MS	0:39:04	07:48.6
125	AHERN, Neilus	Midleton A.C.	M60	0:39:07	07:49.2
126	CUSACK, Niall	N/A	M45	0:39:08	07:49.4
127	BYRNE, Máiread	West Waterford A.C.	F45	0:39:10	07:49.8
128	SWEENEY, Aoife	Saturday Road Runners	FS	0:39:21	07:52.0
129	GEE, Micheal	West Waterford A.C.	MS	0:39:34	07:54.6
130	KELLY, Yvonne	Saturday Road Runners	F45	0:39:46	07:57.0
131	KIERNAN, Enda	N/A	M45	0:39:47	07:57.2
132	FERNCOMBE, Tony	West Waterford A.C.	MS	0:39:54	07:58.6
133	BUTLER, Michael	N/A	M40	0:39:58	07:59.4
134	MC GRATH, Paul	West Waterford A.C.	M50	0:40:01	08:00.0
135	O'DONOGHUE, Donal	Watergrasshill A.C,	M50	0:40:20	08:03.8

136	CURRAN, Ray	West Waterford A.C.	M50	0:40:22	08:04.2
137	POWER, Onra	West Waterford A.C.	F50	0:40:24	08:04.6
138	FANNING, Carla	Waterford A.C.	FJ	0:40:27	08:05.2
139	MOORE, Anne	West Waterford A.C.	F40	0:40:31	08:06.0
140	MANSFIELD, Tom	West Waterford A.C.	M45	0:41:00	08:11.8
141	CAREY, Patrick	West Waterford A.C.	M40	0:41:05	08:12.8
142	HIGGINS, Sharon	West Waterford A.C.	F35	0:41:11	08:14.0
143	SHARPE, Gavin	N/A	M60	0:41:43	08:20.4
144	DUFFY, Andrea	Ferrybank A.C.	F40	0:41:56	08:23.0
145	POWER, Rose	West Waterford A.C.	F45	0:41:56	08:23.0
146	DWYER, Liam	N/A	M60	0:42:11	08:26.0
147	WALSHE, John	East Cork	M60	0:42:13	08:26.4
148	O'HANLON, Claire	N/A	F35	0:42:28	08:29.4
149	BERESFORD, Jimmy	N/A	M50	0:42:30	08:29.8
150	GAFFNEY, Andrea	West Waterford A.C.	F50	0:42:34	08:30.6
151	RUSSELL, Caroline	West Waterford A.C.	F50	0:42:43	08:32.4
152	BARRY, Geraldine	West Waterford A.C.	F45	0:42:45	08:32.8
153	KINSELLA, Rose	West Waterford A.C.	F35	0:42:51	08:34.0
154	CONWAY, Joe	N/A	M60	0:42:53	08:34.4
155	FLYNN, Sinead	Waterford A.C.	F35	0:42:55	08:34.8
156	CUSACK, Aisling	West Waterford A.C.	F40	0:42:57	08:35.2
157	POWER, Owen	West Waterford A.C.	M40	0:43:04	08:36.6
158	SEXTON, Bernie	Carrick On Suir A.C.	F60	0:43:20	08:39.8
159	DUNNE, Sean	Carrick On Suir A.C.	MS	0:43:39	08:43.6
160	LANIGAN, Natasha	West Waterford A.C.	F40	0:43:41	08:44.0
161	TUTTY, Vincent	West Waterford A.C.	M50	0:43:45	08:44.8
162	WALSH, Claire	West Waterford A.C.	F40	0:43:46	08:45.0
163	CONDON, Catherine	West Waterford A.C.	F50	0:43:50	08:45.8
164	VEALE, Pearl	West Waterford A.C.	F40	0:44:06	08:49.0
165	O'DWYER, Derek	Carrick On Suir A.C.	MS	0:44:30	08:53.8
166	O'DONOVAN, Vincent	West Waterford A.C.	M60	0:44:35	08:54.8
167	MOYNIHAN, Micheal	West Waterford A.C.	M60	0:44:48	08:57.4
168	DALY, Patrycja	West Waterford A.C.	F40	0:44:49	08:57.6
169	MOFFAT, Clare	N/A	F35	0:44:50	08:57.8
170	CASEY, Eleanor	West Waterford A.C.	F45	0:45:06	09:01.0
171	O'NEILL, James	N/A	M40	0:45:08	09:01.4
172	O'DRISCOLL, Ann	Youghal A.C.	F40	0:45:17	09:03.2
173	MORRISSON, John	St. Catherines	M50	0:45:20	09:03.8
174	CONWAY, Margaret	West Waterford A.C.	F55	0:45:28	09:05.4
175	DELANEY, John	marathon club of ireland	M50	0:46:07	09:13.2
176	DEEGAN, Michael	West Waterford A.C.	M60	0:46:33	09:18.4
177	GOONAN, Honor	Touraneena Road Runners	F40	0:46:48	09:21.4
178	KEOGH, Catherine	West Waterford A.C.	F35	0:46:55	09:22.8
179	CARROLL, Regina	Touraneena Road Runners	F50	0:47:03	09:24.4
180	HOULIHAN, Ger	Carrick On Suir A.C.	F55	0:47:14	09:26.6

181	VAN DER VALK, Rosie	Waterford A.C.	F55	0:47:14	09:26.6
182	WALSH, Mary	Touraneena Road Runners	F50	0:48:00	09:35.8
183	BURKE, Tom	N/A	MS	0:48:00	09:35.8
184	COAKLEY, Michael	West Waterford A.C.	M55	0:48:34	09:42.6
185	POWER HICKEY, Therese	West Waterford A.C.	F35	0:48:35	09:42.8
186	DUNNE, Jackie	Carrick On Suir A.C.	F55	0:49:01	09:48.0
187	CURRAN, Eamonn	West Waterford A.C.	M45	0:49:04	09:48.6
188	MULHALL, Lisa	West Waterford A.C.	F40	0:49:23	09:52.4
189	KEATING, Phillipa	Tried and Tested	FS	0:50:31	10:06.0
190	RYAN, Patrick	West Waterford A.C.	M55	0:50:34	10:06.6
191	O'RIORDAN, Lynn	West Waterford A.C.	F40	0:51:23	10:16.4
192	MOORE, Marie	West Waterford A.C.	F60	0:52:14	10:26.6
193	VEALE, Mary	West Waterford A.C.	F40	0:52:29	10:29.6
194	O'RIORDAN, Jennifer	West Waterford A.C.	F40	0:52:35	10:30.8
195	CONWAY, Noelle	West Waterford A.C.	F60	0:52:39	10:31.6
196	RYAN, Shane	Clonmel A.C.	M45	0:53:16	10:39.0
197	RYAN, Laura	Clonmel A.C.	FJ	0:53:16	10:39.0
198	O'CONNELL, Pat	West Waterford A.C.	M40	0:53:25	10:40.8
199	CASEY, Orla	West Waterford A.C.	F50	0:54:16	10:51.0
200	O'RIORDAN, Fiona	West Waterford A.C.	F55	0:54:42	10:56.2
201	CLANCY, Deirdre	West Waterford A.C.	F60	0:54:45	10:56.8
202	HALLINAN, Grainne	Touraneena Road Runners	F45	0:56:16	11:15.0
203	O'BRIEN, Mary	Ballyhoura Bears	F60	0:56:33	11:18.4
204	BURKE, Tom	West Waterford A.C.	M60	0:58:20	11:39.8