

Rás Na Rinne Race Results Friday 28th June 2019

Place	Name	Team	Cat.	Time	Pace
1	ZAKIS, Raivis	West Waterford A.C.	MS	0:32:21	05:23.4
2	MURPHY, Damian	West Waterford A.C.	MS	0:33:02	05:30.2
3	KEARNS, Daryl	West Waterford A.C.	MS	0:33:09	05:31.4
4	FLAVIN, Marc	West Waterford A.C.	MS	0:33:58	05:39.6
5	BASQUILLE, Mark	Mayo A.C,	M40	0:35:10	05:51.5
6	ROCHE, Patrick	Carrick On Suir A.C.	M40	0:35:15	05:52.4
7	KENNEALLY, Kevin	West Waterford A.C.	MS	0:36:46	06:07.5
8	HAHESSY, Benny	Carrick On Suir A.C.	M45	0:37:30	06:14.9
9	WHELAN, James	West Waterford A.C.	M45	0:37:45	06:17.4
10	O'KELLY, David	N/A	MS	0:37:49	06:18.0
11	DUGGAN, Peter	St Josephs A.C	M45	0:37:58	06:19.5
12	O'KEEFFE, Eugene	Carrick On Suir A.C.	M50	0:38:01	06:20.0
13	HAHESY, Ray	West Waterford A.C.	M55	0:38:03	06:20.4
14	TIDESWELL, Kealy	Clonmel A.C.	F35	0:38:11	06:21.7
15	RADLEY, Mark	Tried and Tested	M40	0:38:41	06:26.7
16	SHEEHAN, Natalie	West Waterford A.C.	FS	0:38:54	06:28.9
17	GOUGH, Joe	West Waterford A.C.	M60	0:38:57	06:29.4
18	O'LEARY, Ted	West Waterford A.C.	M50	0:39:04	06:30.5
19	MURPHY, Daithí	Carrick On Shannon A.C.	M55	0:39:26	06:34.2
20	REGAN, Jonathan	West Waterford A.C.	MS	0:39:29	06:34.7
21	HORGAN, Barry	Clonmel A.C.	M40	0:39:57	06:39.4
22	MURRAY, Conor	West Waterford A.C.	M50	0:40:03	06:40.4
23	AHEARNE, Neilus	Midleton A.C.	M60	0:40:04	06:40.5
24	CHIZHIKOV, Yevgeniy	West Waterford A.C.	M45	0:40:12	06:41.9
25	DE FAOITE, Tomas	West Waterford A.C.	MS	0:40:15	06:42.4
26	HOGAN, Tom	West Waterford A.C.	M40	0:40:16	06:42.5
27	MASON, Trevor	West Waterford A.C.	M45	0:40:29	06:44.7
28	SALMON, Joe	West Waterford A.C.	M50	0:40:35	06:45.7
29	WALSH, Eoin	Saturday Road Runners	M40	0:40:44	06:47.2
30	KELLY, Joe	West Waterford A.C.	M50	0:41:07	06:51.0
31	HILL, Willie	N/A	M40	0:41:16	06:52.5
32	O'MUIRI, Lorcan	N/A	M40	0:41:29	06:54.7
33	CALLAGHAN, Micheal	West Waterford A.C.	M45	0:41:30	06:54.9
34	HORGAN, Elaine	Clonmel A.C.	F40	0:41:31	06:55.0
35	CASEY, Kevin	West Waterford A.C.	M40	0:42:21	07:03.4
36	CANTWELL, Gerry	West Waterford A.C.	M60	0:42:33	07:05.4
37	CLIFFE, Mark	West Waterford A.C.	M40	0:42:33	07:05.4
38	SCANNELL, John	Cork Orienteering Club	M50	0:42:38	07:06.2
39	BRUNNOCK, Johnny	Carrick On Suir A.C.	M40	0:42:47	07:07.7
40	FITZGERALD, Liam	West Waterford A.C.	M45	0:43:06	07:10.9

41	GLEESON, Cathal E.	West Waterford A.C.	M40	0:43:11	07:11.7
42	DROHAN, Eveleen	West Waterford A.C.	F40	0:43:14	07:12.2
43	BURKIN, Johnny	West Waterford A.C.	MS	0:43:41	07:16.7
44	FOLEY, Gavin	N/A	MS	0:43:53	07:18.7
45	ILSLEY, Stephanie	St. Nicholas' AC	F55	0:44:03	07:20.4
46	COFFEY, John	N/A	MS	0:44:07	07:21.0
47	O'REGAN, Eddie	Youghal A.C.	M60	0:44:16	07:22.5
48	GRIFFIN, Cormac	GE Healthcare	M40	0:44:24	07:23.9
49	TOBIN, Martin	West Waterford A.C.	M55	0:44:57	07:29.4
50	NUGENT, Mark	N/A	MS	0:45:01	07:30.0
51	LEONARD, John	West Waterford A.C.	M50	0:45:02	07:30.2
52	CLIFFE, Ian	N/A	M40	0:45:22	07:33.5
53	O'DONOGHUE, Donal	Watergrasshill A.C,	M50	0:45:33	07:35.4
54	O'CONNOR, Gerry	West Waterford A.C.	M55	0:45:56	07:39.2
55	BARRY, Jim	West Waterford A.C.	M40	0:45:56	07:39.2
56	NI FHAOLAIN, Sinead	West Waterford A.C.	F35	0:46:07	07:41.0
57	ORMONDE, Brian	West Waterford A.C.	M45	0:46:24	07:43.9
58	DUNFORD, Danny	N/A	MS	0:46:33	07:45.4
59	JACKMAN, Brian	N/A	M50	0:46:57	07:49.4
60	MC GRATH, Paul	West Waterford A.C.	M50	0:46:58	07:49.5
61	BRUNNOCK, Paddy	N/A	MS	0:46:59	07:49.7
62	KELLY, Christopher	West Waterford A.C.	M50	0:47:04	07:50.5
63	POWER, Deirdre	Carrick On Suir A.C.	F35	0:47:10	07:51.5
64	MORONEY, Nicola	Tried and Tested	F35	0:47:25	07:54.0
65	LEE, Catriona	West Waterford A.C.	F35	0:47:26	07:54.2
66	O'ROURKE, Joe	West Waterford A.C.	M55	0:47:27	07:54.4
67	GEE, Micheal	West Waterford A.C.	MS	0:47:53	07:58.7
68	MOORE, Anne	West Waterford A.C.	F40	0:48:27	08:04.4
69	BROWNE, Brian	Bridevale	M45	0:48:41	08:06.7
70	CONCANNON, Mick	West Waterford A.C.	M55	0:48:50	08:08.2
71	FORAN, Tom	West Waterford A.C.	M40	0:48:51	08:08.4
72	WHITE, Maria	West Waterford A.C.	F45	0:48:52	08:08.5
73	TUTTY, Vincent	West Waterford A.C.	M50	0:49:10	08:11.5
74	SHAUGHNESSY, John	Oswesley Olympic A.C.	M55	0:49:31	08:15.0
75	HIGGINS, Sharon	West Waterford A.C.	F35	0:49:34	08:15.5
76	POWER, Onra	West Waterford A.C.	F50	0:49:48	08:17.9
77	LONGAN, Fiona	West Waterford A.C.	F40	0:50:21	08:23.4
78	BARRY, Geraldine	West Waterford A.C.	F45	0:50:29	08:24.7
79	KIELY, Catriona	West Waterford A.C.	F45	0:50:35	08:25.7
80	KINSELLA, Rose	West Waterford A.C.	F35	0:50:41	08:26.7
81	VERLING, Cait	West Waterford A.C.	F40	0:50:42	08:26.8
82	DOUBLET, Ingrid	West Waterford A.C.	F40	0:50:56	08:29.2
83	WALSH, Carol	Tried and Tested	F35	0:50:59	08:29.7
84	DWYER, Liam	N/A	M60	0:51:13	08:32.0
85	DUNNE, Sinead	Carrick On Suir A.C.	F35	0:51:41	08:36.7

86	STREET, Paddy	N/A	M55	0:52:15	08:42.3
87	O'BRIEN, Fiona	N/A	F35	0:52:43	08:47.0
88	GUIRY, Michelle	Touraneena Road Runners	FS	0:52:53	08:48.7
89	MOYNIHAN, Micheal	West Waterford A.C.	M60	0:53:23	08:53.7
90	NI FHOGHLU, Grainne	West Waterford A.C.	F40	0:53:28	08:54.5
91	NUGENT, Denise	West Waterford A.C.	F40	0:53:32	08:55.2
92	BRADFIELD, Linda	West Waterford A.C.	F45	0:53:32	08:55.2
93	MORRISSEY, Pat	West Waterford A.C.	M45	0:53:39	08:56.3
94	O'DRISCOLL, Ann	Youghal A.C.	F40	0:53:52	08:58.5
95	EICHELMANN-DALY, Patrycja	West Waterford A.C.	F40	0:53:52	08:58.5
96	LANIGAN, Natasha	West Waterford A.C.	F40	0:53:55	08:59.0
97	FLYNN, Mairead	West Waterford A.C.	F50	0:53:56	08:59.2
98	WALSH, Marie	West Waterford A.C.	F40	0:54:06	09:00.8
99	DUFFY, Sarah	West Waterford A.C.	F40	0:54:08	09:01.2
100	RUSSELL, Caroline	West Waterford A.C.	F45	0:54:22	09:03.5
101	POWER, Rose	West Waterford A.C.	F45	0:54:22	09:03.5
102	KEATING, Marie	West Waterford A.C.	FS	0:54:51	09:08.3
103	KEATING, Phillipa	Tried and Tested	FS	0:56:28	09:24.5
104	BREATHNACH, Sean	West Waterford A.C.	M60	0:56:37	09:26.0
105	CARROLL, Regina	Touraneena Road Runners	F50	0:57:08	09:31.2
106	DUNNE, Sean	Carrick On Suir A.C.	MS	0:57:10	09:31.5
107	FITZPATRICK, Mary	Carrick On Suir A.C.	F55	0:57:22	09:33.5
108	POWER, Owen	West Waterford A.C.	M40	0:57:29	09:34.7
109	KEOGH, Catherine	West Waterford A.C.	F35	0:57:53	09:38.7
110	O'DONOVAN, Vincent	West Waterford A.C.	M60	0:58:28	09:44.5
111	CONWAY, Margaret	West Waterford A.C.	F55	0:58:39	09:46.3
112	POWER HICKEY, Therese	West Waterford A.C.	F35	0:59:24	09:53.8
113	CURRAN, Eamonn	West Waterford A.C.	M45	0:59:59	09:59.7
114	RYAN, Denis	West Waterford A.C.	M40	1:00:35	10:05.7
115	MOORE, Marie	West Waterford A.C.	F55	1:02:24	10:23.8
116	CONWAY, Noelle	West Waterford A.C.	F55	1:02:25	10:24.0
117	CASEY, Orla	West Waterford A.C.	F50	1:06:42	11:06.8
118	WALSH, Mary	Touraneena Road Runners	F50	1:07:35	11:15.6
119	HALLINAN, Grainne	Touraneena Road Runners	F45	1:08:17	11:22.6