

An Tobar Ardmore 5, 13 August 2010

Place	Time	Name	Team	Cat	Pace
1	0:25:36	MURPHY, Brian	Carrick-on-Suir AC	S/M	05:07.1
2	0:26:08	ZAKIS, Raivis	West Waterford A.C	S/M	05:13.5
3	0:26:20	BRADSHAW, Martin	Bilboa	S/M	05:15.9
4	0:27:08	SMYTH, Danny	Balnonty	S/M	05:25.5
5	0:27:14	MOLONEY, Rory	West Waterford A.C	S/M	05:26.7
6	0:27:17	DELAHUNTY, Cormac	Raheny Shamrock	S/M	05:27.3
7	0:27:51	KENNEALLY, Kevin	West Waterford A.C	S/M	05:34.1
8	0:28:07	MURPHY, Michael	Carrick-on-Suir AC	S/M	05:37.3
9	0:28:08	MULLANY, Shane	Thurles AC	S/M	05:37.5
10	0:28:18	POWER, Declan	West Waterford A.C	J/M	05:39.5
11	0:28:27	CANTWELL, Gary	K.C.K	J/M	05:41.3
12	0:28:28	MCCARTHY, Martin	West Waterford A.C	M/45	05:41.5
13	0:28:30	MAHER, Shane	U.C.C	J/M	05:41.9
14	0:28:38	FALCONER, Tommy	Carrick-on-Suir AC	S/M	05:43.5
15	0:28:44	WALSH, Joe		S/M	05:44.7
16	0:28:53	CUNNINGHAM, David	Waterford A.C	S/M	05:46.5
17	0:29:00	HEALY, Pdraig	West Waterford A.C	S/M	05:47.9
18	0:29:06	STILWELL, Richard		J/M	05:49.1
19	0:29:06	DULLEA, Eoin	Waterford A.C	S/M	05:49.1
20	0:29:11	LAMBE, Pauline	Waterford A.C	S/F	05:50.1
21	0:29:14	LANE, Ciaran	West Waterford A.C	S/M	05:50.7
22	0:29:19	DUNFORD, Michael	West Waterford A.C	M/40	05:51.7
23	0:29:29	ASPEL, Brendan	Waterford A.C	M/40	05:53.7
24	0:29:29	O'KEEFFE, Martin	Youghal A.C	M/40	05:53.7
25	0:29:31	WALSH, John	Clonmel AC	M/45	05:54.1
26	0:29:32	LEAHY, John	West Waterford A.C	S/M	05:54.3
27	0:29:33	WATERS, David	Carrick-on-Suir AC	S/M	05:54.5
28	0:29:34	LAMBE, Barry	Waterford A.C	S/M	05:54.7
29	0:29:38	ROCHE, Patrick	Carrick-on-Suir AC	S/M	05:55.5
30	0:29:41	O'BRIEN, Martin	Youghal A.C	M/45	05:56.1
31	0:29:53	NOLAN, John	Carrick-on-Suir AC	S/M	05:58.5
32	0:29:55	COFFEY, Philip	Carrignavar, Cork	M/40	05:58.9
33	0:29:58	O'DWYER, Martina	Carrick-on-Suir AC	S/F	05:59.5
34	0:30:00	LYONS, Denis		S/M	05:59.9
35	0:30:01	DALTON, Marc	Midleton A.C	S/M	06:00.1
36	0:30:01	DUGGAN, Peter	St Josephs A.C	S/M	06:00.1
37	0:30:06	CUDDIHY, Brian	Waterford A.C	S/M	06:01.1
38	0:30:07	DWYER, Michael	West Waterford A.C	M/40	06:01.3
39	0:30:13	TWOMEY, Bill	Glenbower AC	S/M	06:02.5
40	0:30:23	SHELLEY, Kevin	Balnonty	S/M	06:04.5
41	0:30:28	O'CONNELL, John	Midleton A.C	S/M	06:05.5
42	0:30:33	BEHAN, Laura	K.C.K	J/F	06:06.5
43	0:30:36	STILLWELL, Sean	West Waterford A.C	S/M	06:07.1
44	0:30:50	CHIZHIKOV, Yevgeniy	West Waterford A.C	M/40	06:09.9
45	0:30:52	CARROLL, Denis	Eagle A.C	M/50	06:10.3
46	0:30:56	LYNCH, Kevin		S/M	06:11.1
47	0:31:00	LEAHY, Tom	West Waterford A.C	S/M	06:11.9
48	0:31:01	DUNPHY, John (69)	Eagle A.C	M/40	06:12.1
49	0:31:05	FLEMING, Jim	West Waterford A.C	M/40	06:12.9
50	0:31:07	MCCARTHY, Conor	Ferrybank	J/M	06:13.3
51	0:31:26	MASON, Trevor	West Waterford A.C	S/M	06:17.1

52	0:31:33	OWORS, Eric	Midleton A.C	S/M	06:18.5
53	0:31:35	CASHMAN, John	Midleton A.C	M/45	06:18.9
54	0:31:43	CUNNINGHAM, Luke	West Waterford A.C	S/M	06:20.5
55	0:31:44	BUDDS, Liam	West Waterford A.C	S/M	06:20.7
56	0:31:48	MURRAY, Conor	West Waterford A.C	M/40	06:21.5
57	0:31:50	BUTLER, Liam	Dundrum A.C	M/50	06:21.9
58	0:32:10	ROCHE, Joe	Eagle A.C	M/45	06:25.9
59	0:32:10	WADE, Davy	Tramore	M/50	06:25.9
60	0:32:12	SMITH, Lesley	Coolquin A.C	M/55	06:26.3
61	0:32:15	WALL, Norma	West Waterford A.C	S/F	06:26.9
62	0:32:18	VEALE, James	West Waterford A.C	M/45	06:27.5
63	0:32:20	WALSH, Stephen		J/M	06:27.9
64	0:32:36	MAHONY, Joan	Waterford A.C	S/F	06:31.1
65	0:32:39	SMITH, Andrew	Coolquin A.C	S/M	06:31.7
66	0:32:49	BAUGHAN, Tadgh	Coolquin A.C	M/40	06:33.7
67	0:32:50	CANTWELL, Gerry	West Waterford A.C	M/50	06:33.9
68	0:32:51	MCCORMACK, Gary	West Waterford A.C	M/45	06:34.1
69	0:32:57	PRENDERGAST, Rick		M/45	06:35.3
70	0:33:05	MORRISSEY, Andrew		J/M	06:36.9
71	0:33:12	MURRAY, Ger		M/40	06:38.3
72	0:33:26	FLYNN, John (1967)	West Waterford A.C	M/40	06:41.1
73	0:33:28	COLEMAN, Tomas	West Waterford A.C	M/40	06:41.5
74	0:33:29	GUNNING, Peter	Midleton A.C	M/50	06:41.7
75	0:33:30	O'DWYER, Barry		S/M	06:41.9
76	0:33:30	HALL, Neilie	Balnonty	M/45	06:41.9
77	0:33:31	MULLARKEY, Martin	West Waterford A.C	M/40	06:42.1
78	0:33:31	BURKE, Ray	West Waterford A.C	M/45	06:42.1
79	0:33:36	COONAN, Justin	West Waterford A.C	M/40	06:43.1
80	0:33:39	KELLY, Richard	West Waterford A.C	M/45	06:43.7
81	0:33:46	O'SULLIVAN, Dermot	East Cork	M/45	06:45.1
82	0:33:47	KELLEHER, Con	Waterford A.C	M/55	06:45.3
83	0:33:48	CLIFFE, Mark	West Waterford A.C	S/M	06:45.5
84	0:33:49	BRUNNOCK, Paul	West Waterford A.C	M/40	06:45.7
85	0:33:50	CHAMBERS, Darren	Youghal A.C	S/M	06:45.9
86	0:33:59	MORONEY, Tom	West Waterford A.C	M/50	06:47.7
87	0:34:01	HEALY, Jordan		J/M	06:48.1
88	0:34:02	FITZGERALD, Adrian		S/M	06:48.3
89	0:34:03	BEHAN, Diane	Waterford A.C	F/40	06:48.5
90	0:34:04	HAYES, Martin	West Waterford A.C	M/45	06:48.7
91	0:34:04	KAVANAGH, Liam	West Waterford A.C	M/45	06:48.7
92	0:34:10	ROCHE, Michael (68)	Carrick Triathlon	M/40	06:49.9
93	0:34:16	FOLEY, David	Carrick-on-Suir AC	S/M	06:51.1
94	0:34:20	LAWN, Charlie		M/55	06:51.9
95	0:34:22	WALSH, Corinna	West Waterford A.C	F/35	06:52.3
96	0:34:22	O'KEEFFE, Mary	Youghal A.C	F/45	06:52.3
97	0:34:23	KELLEHER, Denis	Midleton A.C	M/45	06:52.5
98	0:34:30	BULMAN, George	Youghal A.C	M/50	06:53.9
99	0:34:40	MURRAY, Paul	N/A	M/45	06:55.9
100	0:34:41	O'MAHONEY, Michael		M/50	06:56.1
101	0:34:44	O'LEARY, Ted	West Waterford A.C	M/40	06:56.7
102	0:34:46	POWER, Kevin	Youghal A.C	M/45	06:57.1
103	0:34:48	CARROLL, Chris	St Finbars A.C	M/55	06:57.5
104	0:34:53	MOORE, Nora	Raheny Shamrock	F/40	06:58.5
105	0:34:58	BURKE, Raymond	Carrick-on-Suir AC	S/M	06:59.5

106	0:35:00	SMITH, Kevin	Midleton A.C	S/M	06:59.9
107	0:35:02	CAREY, John	Midleton A.C	M/40	07:00.3
108	0:35:05	RYAN, Karen	West Waterford A.C	F/35	07:00.9
109	0:35:33	BRUNNOCK, Paddy	Carrick-on-Suir AC	S/M	07:06.4
110	0:35:34	EVANS, Paul		M/55	07:06.6
111	0:35:38	COLEMAN, Kieran	West Waterford A.C	S/M	07:07.4
112	0:35:40	DELANEY, Maria	N/A	F/35	07:07.8
113	0:35:44	SHARP, Gavin	N/A	M/55	07:08.6
114	0:35:48	O'CONNOR, Gerry	West Waterford A.C	M/45	07:09.4
115	0:35:55	UI CHUIRRIN, Josie	West Waterford A.C	F/45	07:10.8
116	0:36:01	GREENE, Matt	Carrick-on-Suir AC	M/40	07:12.0
117	0:36:05	LENIHAN, Frank	Togher A.C	M/55	07:12.8
118	0:36:09	MURRAY, Stephen		S/M	07:13.6
119	0:36:12	CALLAGHAN, Micheal	West Waterford A.C	M/40	07:14.2
120	0:36:16	COFFEY, Brigid	West Waterford A.C	F/40	07:15.0
121	0:36:17	COLEMAN, Billy	West Waterford A.C	M/40	07:15.2
122	0:36:18	WALSH, Trevor	West Waterford A.C	S/M	07:15.4
123	0:36:19	TUTTY, Vincent	West Waterford A.C	M/45	07:15.6
124	0:36:19	SALMON, Joe	N/A	M/40	07:15.6
125	0:36:20	NOLAN, Kate	Waterford A.C	J/F	07:15.8
126	0:36:20	WALL, Triona	West Waterford A.C	F/35	07:15.8
127	0:36:28	BYRNE, Liam	N/A	S/M	07:17.4
128	0:36:30	LEDINGHAM, Dermot	Youghal A.C	M/45	07:17.8
129	0:36:30	RHATIGAN, Tara	U.C.C	S/F	07:17.8
130	0:36:35	HAYES, Ray	Waterford A.C	S/M	07:18.8
131	0:36:50	EARLEY, Pat	West Waterford A.C	M/40	07:21.8
132	0:36:58	MURPHY, Marie	Midleton A.C	S/F	07:23.4
133	0:37:04	WALSHE, John	East Cork	M/55	07:24.6
134	0:37:12	DRENNAN, Angeline	West Waterford A.C	S/F	07:26.2
135	0:37:19	CURRAN, P.J.	West Waterford A.C	M/50	07:27.6
136	0:37:20	DONNELLY, David		S/M	07:27.8
137	0:37:22	NICHOLSON, Gordon	Youghal A.C	M/50	07:28.2
138	0:37:43	WHELAN, Anne	West Waterford A.C	F/45	07:32.4
139	0:37:49	GRINSELL, Joe	Clonmel CC	M/60	07:33.6
140	0:38:07	O'BRIEN, Michael	N/A		07:37.2
141	0:38:08	O'BRIEN, Liam	N/A	M/40	07:37.4
142	0:38:28	STREET, Paddy	West Waterford A.C	M/45	07:41.4
143	0:38:30	MORRISSEY, Pat	West Waterford A.C	M/40	07:41.8
144	0:38:36	DEEGAN, Michael	West Waterford A.C	M/55	07:43.0
145	0:38:37	DUNFORD, Joanne	West Waterford A.C	F/40	07:43.2
146	0:38:42	BOLAND, Maurice	Clonmel AC	M/55	07:44.2
147	0:39:24	TUTTY, Pat	West Waterford A.C	M/50	07:52.6
148	0:39:26	GEARY, Helen	Midleton A.C	F/40	07:53.0
149	0:39:43	MOORE, Liam		S/M	07:56.4
150	0:39:46	POWER, Richie (59)	West Waterford A.C	M/50	07:57.0
151	0:39:50	BROWNE, Alan	N/A	S/M	07:57.8
152	0:39:53	O'CUIRRIN, Michael	West Waterford A.C	M/50	07:58.4
153	0:39:55	WALSH, Clare	West Waterford A.C	S/F	07:58.8
154	0:39:56	KELLY, Bill	London	M/45	07:59.0
155	0:40:05	MCCARTHY, Danny	Midleton A.C	M/55	08:00.8
156	0:40:06	O'DONNELL, Paul	Carrick-on-Suir AC	S/M	08:01.0
157	0:40:17	CROWLEY, Eamonn	Clonmel CC	M/60	08:03.2
158	0:40:23	POWER, Onra	West Waterford A.C	F/40	08:04.4
159	0:40:33	GRIFFIN, Richard		S/M	08:06.4

160	0:40:35	PROCTOR, Pascal F.	West Waterford A.C	M/55	08:06.8
161	0:40:41	MULCAHY, Mary	St Finbars A.C	F/45	08:08.0
162	0:40:59	KIELY, Catriona	West Waterford A.C	F/35	08:11.6
163	0:41:14	KEALY, Rosarie	West Waterford A.C	F/40	08:14.6
164	0:41:28	JORDAN, Colm	Midleton A.C	S/M	08:17.4
165	0:41:30	MOORE, Pat	West Waterford A.C	M/60	08:17.8
166	0:41:32	O'FLYNN, Vincent	N/A	M/45	08:18.2
167	0:41:40	TWOHIG, Margaruite	Midleton A.C	F/40	08:19.8
168	0:41:54	GUINEY, Gillian		S/F	08:22.6
169	0:42:07	SANDFORD, Liam	West Waterford A.C	M/55	08:25.2
170	0:42:20	SEXTON, Bernie	Carrick-on-Suir AC	F/55	08:27.8
171	0:42:35	MACROPOULOS, Patricia	Midleton A.C	S/F	08:30.8
172	0:42:37	CONNOLLY, Vincent	Midleton A.C	M/50	08:31.2
173	0:42:39	MASSEY, Anne	West Waterford A.C	F/35	08:31.6
174	0:42:48	COLLINS, Hillary		F/55	08:33.4
175	0:42:53	FORDE, Jerry	Blarney A.C	M/55	08:34.4
176	0:43:43	O'DEA, Joe	Youghal A.C	M/50	08:44.4
177	0:43:55	MATHEWS, Aoife		S/F	08:46.8
178	0:43:56	COLEMAN, Claire		S/F	08:47.0
179	0:43:58	BALLOTT, Anna		S/F	08:47.4
180	0:44:12	HAYES, Helene	West Waterford A.C	F/55	08:50.2
181	0:44:25	DE FAOITE, Sinead	West Waterford A.C	S/F	08:52.8
182	0:44:46	EVANS, Catherine		F/55	08:57.0
183	0:45:40	PRENDERGAST, Bernie	West Waterford A.C	F/50	09:07.8
184	0:46:12	HARTY, Josie	N/A	F/45	09:14.2
185	0:46:18	O'HANLON, Don		S/M	09:15.4
186	0:46:34	CURRAN, Rosaleen		S/F	09:18.6
187	0:46:36	CABALL, Billy		M/60	09:19.0
188	0:46:38	TOBIN, Jackie	N/A	F/40	09:19.4
189	0:46:54	WALSH, Martina	West Waterford A.C	S/F	09:22.6
190	0:46:57	O'DONOGHUE, Donal		M/40	09:23.2
191	0:47:07	CRONNOLLY, Rita	West Waterford A.C	F/40	09:25.2
192	0:47:10	FITZGERALD, Michelle	West Waterford A.C	S/F	09:25.8
193	0:47:25	LOOBY, Joan		F/40	09:28.8
194	0:47:52	MOLONEY, Marion	West Waterford A.C	F/50	09:34.2
195	0:47:52	O'BRIEN, Michael	N/A	M/40	09:34.2
196	0:48:11	GOUGH, Terri	West Waterford A.C	F/60	09:38.0
197	0:48:22	CONWAY, Noelle	West Waterford A.C	F/50	09:40.2
198	0:48:31	LYONS, Anita	N/A	F/35	09:42.0
199	0:48:58	SHEIL, Jacinta	West Waterford A.C	F/50	09:47.4
200	0:48:58	MANAHAN, Seamus	West Waterford A.C	M/55	09:47.4
201	0:48:59	O'DONOVAN, Vincent	West Waterford A.C	M/50	09:47.6
202	0:49:12	RIORDAN, Mary	West Waterford A.C	F/35	09:50.2
203	0:55:22	HORAN, Brendan		S/M	11:04.2
204	0:55:23	HORAN, Miriam		S/F	11:04.4
205	0:59:00	MOLONEY, Pearse	West Waterford A.C	M/55	11:47.8