Ballinameela 5, 20 August 2010									
Place	Time	Name	Team	Cat	Pace				
1	0:25:11	BRALITIS, Sandis	West Waterford A.C	S/M	05:02.1				
2	0:25:16	HARTY, Philip	West Waterford A.C	S/M	05:03.1				
3	0:28:08	KENNEALLY, Kevin	West Waterford A.C	S/M	05:37.5				
4	0:28:44	BALDWIN, Jim	Waterford A.C	M/40	05:44.7				
5	0:28:53	POWER, Declan	West Waterford A.C	J/M	05:46.5				
6	0:28:58	MCCARTHY, Denis	East Cork	M/45	05:47.5				
7	0:28:59	MALONE, Kevin	Waterford A.C	S/M	05:47.7				
8	0:29:03	CUNNINGHAM, David	Waterford A.C	S/M	05:48.5				
9	0:29:11	MASON, Trevor	West Waterford A.C	S/M	05:50.1				
10	0:29:43	LEAHY, John	West Waterford A.C	S/M	05:56.5				
11	0:30:04	KELLY, Joe	West Waterford A.C	M/40	06:00.7				
12	0:30:06	HICKEY, Alan	West Waterford A.C	S/M	06:01.1				
13	0:30:08	LANE, Ciaran	West Waterford A.C	S/M	06:01.5				
14	0:30:37	DWYER, Michael	West Waterford A.C		06:07.3				
	0:31:10	GOUGH, Joe	West Waterford A.C		06:13.9				
	0:31:10	WALSH, Corinna	West Waterford A.C		06:13.9				
	0:31:11	CHIZHIKOV, Yevgeniy	West Waterford A.C		06:14.1				
	0:31:24	BUDDS, Liam	West Waterford A.C		06:16.7				
	0:31:28	LEAHY, Tom	West Waterford A.C		06:17.5				
	0:31:43	LYNCH, Kevin			06:20.5				
	0:32:32	ESSEX, William			06:30.3				
	0:32:38	WALL, Norma	West Waterford A.C		06:31.5				
	0:32:48	MURRAY, Ger	Troot tratoriora / ii o		06:33.5				
	0:33:19	MURPHY, Peter	Waterford A.C		06:39.7				
	0:33:21	KELLEHER, Con	Waterford A.C		06:40.1				
	0:33:27	BEHAN, Diane	Waterford A.C		06:41.3				
	0:34:19	CLIFFE, Mark	West Waterford A.C		06:51.7				
	0:34:19	FITZGERALD, Adrian	vvcst vvateriora /t.o		06:51.7				
	0:34:22	BRUNNOCK, Paul	West Waterford A.C		06:52.3				
	0:34:31	O'LEARY, Ted	West Waterford A.C		06:54.1				
	0:34:44	MORONEY, Tom	West Waterford A.C		06:56.7				
	0:35:04	DOWNEY, John	West Waterlold A.C		07:00.7				
	0:35:06	BRUNNOCK, Paddy	Carrick-on-Suir AC		07:01.1				
	0:35:12	CALLAGHAN, Micheal	West Waterford A.C		07:02.3				
	0:35:28	LAWN, Charlie	vvest vvateriora A.O		07:05.4				
	0:35:32	NYHAN, Liz	N/A		07:06.2				
	0:35:36	RYAN, Karen	West Waterford A.C		07:07.0				
	0:35:37	COLEMAN, Billy	West Waterford A.C		07:07.2				
	0:35:56	COLEMAN, Kieran	West Waterford A.C		07:11.0				
	0:36:03	COFFEY, Brigid	West Waterford A.C		07:12.4				
	0:36:11	SALMON, Joe	N/A		07:14.0				
	0:36:16	POWER, Shane	West Waterford A.C		07:14.0				
	0:36:16	OSBOURNE, Geff	vvesi vvalenoru A.C		07:16.6				
	0:36:24	GREENE, Matt	Carrick-on-Suir AC		07:16.8				
	0:36:25	·	West Waterford A.C		07:16.8				
	0:36:56	EARLEY, Pat	West Waterford A.C		07:23.0				
		UI CHUIRRIN, Josie							
	0:37:18	CURRAN, P.J.	West Waterford A.C		07:27.4				
	0:37:20	POWER, Paddy	West Waterford A.C		07:27.8				
	0:37:59	FOLEY, John	West Waterford A.C		07:35.6				
	0:38:17	WHELAN, Anne	West Waterford A.C		07:39.2				
51	0:38:23	FLANAGAN, Shane	West Waterford A.C	S/M	07:40.4				

52	0:38:26	O'CONNOR, Gerry	West Waterford A.C	M/45	07:41.0
53	0:38:27	MORRISSEY, Pat	West Waterford A.C	M/40	07:41.2
54	0:38:36	DWYER, Marie	West Waterford A.C	F/40	07:43.0
55	0:40:19	O'CUIRRIN, Michael	West Waterford A.C	M/50	08:03.6
56	0:40:27	FLANAGAN, Robert	West Waterford A.C	S/M	08:05.2
57	0:40:30	PROCTOR, Pascal F.	West Waterford A.C	M/55	08:05.8
58	0:41:07	MOORE, Pat	West Waterford A.C	M/60	08:13.2
59	0:41:45	POWER, Richie (59)	West Waterford A.C	M/50	08:20.8
60	0:41:45	MCGRATH, Paul	West Waterford A.C	M/40	08:20.8
61	0:41:48	WALSH, Aidan		S/M	08:21.4
62	0:42:03	HAYES, Declan		M/40	08:24.4
63	0:42:07	POWER, Onra	West Waterford A.C	F/40	08:25.2
64	0:42:21	DEEGAN, Michael	West Waterford A.C	M/55	08:28.0
65	0:42:23	TUTTY, Vincent	West Waterford A.C	M/45	08:28.4
66	0:42:24	MASSEY, Anne	West Waterford A.C	F/35	08:28.6
67	0:42:49	KEATING, Mike	fermoy	M/40	08:33.6
68	0:42:59	BALLOTT, Anna		S/F	08:35.6
69	0:43:35	O'DONOVAN, Vincent	West Waterford A.C	M/50	08:42.8
70	0:43:45	O'BRIEN, Gillian		S/M	08:44.8
71	0:44:21	MANSFIELD, Amanda	West Waterford A.C	F/35	08:52.0
72	0:44:47	WALSH, Marie		S/F	08:57.2
73	0:45:36	ROCHE, Tara	West Waterford A.C	J/F	09:07.0
74	0:45:38	HARTY, Josie	N/A	F/45	09:07.4
75	0:45:40	TOBIN, Jackie	N/A	F/40	09:07.8
76	0:45:41	O'DONOGHUE, Donal		M/40	09:08.0
77	0:45:42	FORDE, Jerry	Blarney A.C	M/55	09:08.2
78	0:45:56	TOBIN, Claire		S/F	09:11.0
79	0:46:26	LENIHAN, Caroline	N/A	F/40	09:17.0
80	0:46:55	O'DONOVAN, Marie	N/A	S/F	09:22.8
81	0:46:56	MCNAMARA, Gillian	West Waterford A.C	S/F	09:23.0
82	0:47:07	FITZGERALD, Michelle	West Waterford A.C	S/F	09:25.2
83	0:47:59	WALSH, Martina	West Waterford A.C	S/F	09:35.6
84	0:47:59	HARNEY, Mary	West Waterford A.C	F/35	09:35.6