

Ballinameela 5k Friday 30 August 2019.

Place	Name	Club	Cat.	Time	Pace
1	MC GLYNN, David	Waterford A.C.	MS	0:15:30	04:59.2
2	LEDINGHAM, James	Kilkenny City Harriers	MS	0:15:43	05:03.4
3	MURPHY, Noel	Waterford A.C.	MS	0:16:05	05:10.5
4	HENNESSY, Pat	West Waterford A.C.	MS	0:16:08	05:11.5
5	FITZGERALD, Evan	Clonmel A.C.	MJ	0:16:11	05:12.4
6	COLEMAN, Kevin	Thurles Crokes	MS	0:16:25	05:16.9
7	FLYNN, Anthony	West Waterford A.C.	MS	0:16:28	05:17.9
8	RUANE, Pdraig	Kilkenny City Harriers	MS	0:16:58	05:27.5
9	KENNEALLY, Kevin	West Waterford A.C.	MS	0:16:58	05:27.5
10	O'RIORDAN, Cian	West Waterford A.C.	MJ	0:16:59	05:27.9
11	O'BRIEN, Fergus	Waterford A.C.	MJ	0:17:01	05:28.5
12	O'RIORDAN, Oisin	West Waterford A.C.	MJ	0:17:02	05:28.8
13	DUGGAN, Joey	St Josephs A.C	MS	0:17:08	05:30.8
14	HOBBS, Andrew	Leevale	MS	0:17:10	05:31.4
15	FOGARTY, Tony	Templemore A.C.	MS	0:17:27	05:36.9
16	SHEEHAN, Kieran	Watergrasshill A.C,	M40	0:17:30	05:37.8
17	MC CARTHY, Jamie	Waterford A.C.	MS	0:17:54	05:45.6
18	BEECHER, John	St. Catherines	MS	0:17:57	05:46.5
19	RYAN, Billy	West Waterford A.C.	MS	0:18:17	05:53.0
20	FORRISTAL, Sally	St Josephs A.C	FS	0:18:19	05:53.6
21	BARRY, Niall	Tried and Tested	MS	0:18:23	05:54.9
	LOUGHNANE,				
22	Madeline	Thurles Crokes	F35	0:18:32	05:57.8
23	O'CONNOR, Anna	Waterford A.C.	FJ	0:18:39	06:00.0
24	LONGAN, John	St. Finbarr's	MS	0:18:42	06:01.0
25	O'KEEFFE, Eugene	Carrick On Suir A.C.	M50	0:18:43	06:01.3
26	WHELAN, James	West Waterford A.C.	M45	0:18:46	06:02.3
27	HAHESSY, Benny	Carrick On Suir A.C.	M45	0:18:48	06:02.9
28	SHALLOE, Mark	West Waterford A.C.	MS	0:18:49	06:03.3
29	RADLEY, Mark	Tried and Tested	M40	0:18:51	06:03.9
30	TREACY, Tim	Carrick On Suir A.C.	MJ	0:18:57	06:05.8
31	LONGAN, Tom	West Waterford A.C.	M45	0:18:59	06:06.5
32	MURRAY, Orna	Ferrybank A.C.	FS	0:19:01	06:07.1
33	HAHESY, Ray	West Waterford A.C.	M55	0:19:03	06:07.8
34	GOUGH, Joe	West Waterford A.C.	M55	0:19:11	06:10.3
35	O'DWYER, Darren	Carrick On Suir A.C.	MJ	0:19:19	06:12.9
36	KENNEDY, Pdraig	West Waterford A.C.	M40	0:19:25	06:14.9
37	CULLEN, Alan	West Waterford A.C.	M40	0:19:47	06:21.9
38	CHIZHIKOV, Yevgeniy	West Waterford A.C.	M45	0:19:53	06:23.9
39	KIELY, Timmy	N/A	M40	0:19:56	06:24.8
40	HOLMES, Lucy	West Waterford A.C.	FJ	0:19:59	06:25.8
41	O'LEARY, Ted	West Waterford A.C.	M50	0:20:01	06:26.4
42	HAYES, Martin	West Waterford A.C.	M55	0:20:03	06:27.1
43	O'SULLIVAN, John	Waterford A.C.	M40	0:20:03	06:27.1
44	WALSH, John	Clonmel A.C.	M55	0:20:07	06:28.4

PONCE DE LEON,					
45	Miguel	Carrick On Suir A.C.	M45	0:20:12	06:30.0
46	WALSH, Eoin	West Waterford A.C.	MS	0:20:22	06:33.2
47	BEDELL, Toby	Tried and Tested	M45	0:20:30	06:35.8
48	MC CARTHY, Sean	Clonmel A.C.	M45	0:20:32	06:36.4
49	COFFEY, Pat	Clonmel A.C.	M55	0:20:36	06:37.7
50	DUGGAN, Peter	St Josephs A.C	M45	0:20:39	06:38.7
CUNNINGHAM,					
51	Stephen	N/A	M40	0:20:41	06:39.3
52	TOBIN, Martin	West Waterford A.C.	M55	0:20:49	06:41.9
53	FOLEY, Gavin	N/A	MS	0:20:51	06:42.5
54	BUCKLEY, John	N/A	M45	0:20:59	06:45.1
55	KELLY, Joe	West Waterford A.C.	M50	0:21:05	06:47.0
56	BRUNNOCK, Johnny	Carrick On Suir A.C.	M40	0:21:07	06:47.7
57	MOLLOY, Mary	Carrick On Suir A.C.	F40	0:21:10	06:48.6
58	CALLAGHAN, Micheal	West Waterford A.C.	M45	0:21:13	06:49.6
59	DROHAN, Eveleen	West Waterford A.C.	F40	0:21:14	06:49.9
60	DROHAN, Noel	West Waterford A.C.	M45	0:21:14	06:49.9
61	AHEARNE, Neilus	Midleton A.C.	M55	0:21:20	06:51.9
62	O'MAHONEY, Tony	West Waterford A.C.	M50	0:21:26	06:53.8
63	KAVANAGH, Thomas	N/A	MS	0:21:30	06:55.1
64	CLIFFE, Ian	N/A	M40	0:21:32	06:55.7
65	BURKIN, Johnny	West Waterford A.C.	MS	0:21:36	06:57.0
66	O'CONNOR, Gerry	West Waterford A.C.	M55	0:21:50	07:01.5
67	CASHMAN, John	Midleton A.C.	M55	0:22:03	07:05.7
68	O'REGAN, Eddie	Youghal A.C.	M55	0:22:11	07:08.3
69	GLEESON, Cathal E.	West Waterford A.C.	M40	0:22:15	07:09.6
70	O'DONOGHUE, Donal	Watergrasshill A.C,	M50	0:22:18	07:10.5
71	FOLEY, Linda	West Waterford A.C.	F35	0:22:20	07:11.2
72	UI MHUIRITHE, Una	N/A	F50	0:22:28	07:13.7
73	MC NALLY, David	West Waterford A.C.	M50	0:22:43	07:18.6
74	JACKMAN, Brian	N/A	M50	0:22:54	07:22.1
75	MORONEY, Nicola	Tried and Tested	F35	0:23:01	07:24.4
76	KIERNAN, Enda	N/A	M45	0:23:09	07:26.9
77	LAURENCE, Richard	N/A	MS	0:23:20	07:30.5
78	HOGAN, John Paul	West Waterford A.C.	MS	0:23:22	07:31.1
79	BURKE, Hannah	Waterford A.C.	FJ	0:23:27	07:32.7
80	BRUNNOCK, Paddy	N/A	MS	0:23:28	07:33.0
81	HOGAN, Tom	West Waterford A.C.	M40	0:23:32	07:34.3
82	POWER, Deirdre	Carrick On Suir A.C.	F35	0:23:36	07:35.6
83	CUSACK, Niall	N/A	M45	0:23:37	07:35.9
84	FEAKES, Jasmine	N/A	FS	0:23:41	07:37.2
85	GEE, Micheal	West Waterford A.C.	MS	0:23:42	07:37.6
86	FANNING, Carla	Waterford A.C.	FJ	0:23:44	07:38.2
87	ORMONDE, Brian	West Waterford A.C.	M45	0:23:47	07:39.2
88	MC GRATH, Paul	West Waterford A.C.	M50	0:23:51	07:40.5

89	BYRNE, Máiread	West Waterford A.C.	F45	0:23:54	07:41.4
90	MOORE, Anne	West Waterford A.C.	F40	0:24:05	07:45.0
91	MURPHY, Sean	N/A	M50	0:24:11	07:46.9
92	DUDEK, Stan	West Waterford A.C.	MS	0:24:12	07:47.2
93	STACK, John	N/A	M40	0:24:13	07:47.5
94	POWER, Onra	West Waterford A.C.	F50	0:24:18	07:49.1
95	CAHILL, Kieran	N/A	M40	0:24:22	07:50.4
96	FLEMING, Jim	West Waterford A.C.	M50	0:24:37	07:55.3
97	LONGAN, Fiona	West Waterford A.C.	F40	0:24:42	07:56.9
98	POWER, Kate	N/A	FS	0:24:43	07:57.2
99	BARRY, Geraldine	West Waterford A.C.	F45	0:24:54	08:00.7
100	DUNNE, Sean	Carrick On Suir A.C. Touraneena Road	MS	0:24:57	08:01.7
101	WHELAN, Gillian	Runners	F35	0:25:04	08:03.9
102	O'NEILL, James	N/A	M40	0:25:05	08:04.3
103	CAHILL, Aisling	West Waterford A.C.	F45	0:25:14	08:07.2
104	O'BRIEN, Fiona	N/A	F35	0:25:19	08:08.8
105	MULLANEY, Kate	N/A	FJ	0:25:20	08:09.1
106	WALSHE, John	Road Runners	M55	0:25:24	08:10.4
107	DWYER, Liam	N/A	M55	0:25:28	08:11.7
108	FITZGERALD, Liam	West Waterford A.C.	M45	0:25:41	08:15.8
109	SEXTON, Bernie	Carrick On Suir A.C.	F50	0:25:48	08:18.1
110	GAFFNEY, Andrea	West Waterford A.C.	F50	0:26:02	08:22.6
111	LANIGAN, Natasha	West Waterford A.C.	F40	0:26:02	08:22.6
112	CUMMINS, Mary	N/A	FS	0:26:03	08:22.9
113	MOYNIHAN, Micheal	West Waterford A.C.	M55	0:26:08	08:24.5
114	DUFFY, Emma	N/A	F35	0:26:09	08:24.9
115	CUSACK, Aisling	West Waterford A.C.	F40	0:26:10	08:25.2
116	MILLEA, Siobhan	N/A	F40	0:26:37	08:33.9
117	MC NICHOLAS, Neil	N/A	MS	0:26:44	08:36.1
118	DALY, Patrycja	West Waterford A.C.	F40	0:26:58	08:40.6
119	O'DWYER, Derek	Carrick On Suir A.C.	MS	0:27:04	08:42.6
120	O'DRISCOLL, Ann	Youghal A.C. Touraneena Road	F40	0:27:28	08:50.3
121	GUIRY, Michelle	Runners	FS	0:27:29	08:50.6
122	HACKETT, Annabelle	N/A	FS	0:27:53	08:58.3
123	DUFFY, Sarah	West Waterford A.C.	F40	0:27:55	08:59.0
124	KEATING, Marie	West Waterford A.C. Carrick On Suir Tri	FS	0:27:59	09:00.3
125	POWER, Conor	Club	M40	0:27:59	09:00.3
126	WHELAN, Margaret	West Waterford A.C.	F50	0:28:04	09:01.9
127	BURKE, Thomas	N/A	MS	0:28:06	09:02.5
128	FITZPATRICK, Mary	Carrick On Suir A.C.	F50	0:28:07	09:02.8
129	O'BRIEN, Aine	N/A	FJ	0:28:08	09:03.2
130	RUSSELL, Caroline	West Waterford A.C.	F50	0:28:10	09:03.8
131	HIGGINS, Sharon	West Waterford A.C.	F35	0:28:13	09:04.8
132	RYAN, Karen	West Waterford A.C.	F45	0:28:14	09:05.1

133	O'DONOVAN, Vincent	West Waterford A.C.	M55	0:28:14	09:05.1
134	KEOGH, Catherine	West Waterford A.C. Touraneena Road	F35	0:28:18	09:06.4
135	CARROLL, Regina	Runners	F50	0:28:23	09:08.0
136	DALY, Kevin	South Coast Tri Club	M40	0:28:32	09:10.9
137	HOULIHAN, Ger	Carrick On Suir A.C.	F50	0:28:42	09:14.1
138	DUNNE, Jackie	Carrick On Suir A.C. Touraneena Road	F50	0:28:44	09:14.7
139	WALSH, Mary	Runners	F50	0:28:56	09:18.6
140	DUFFY, Jean	N/A	F50	0:29:06	09:21.8
141	LENIHAN, Tommy	West Waterford A.C.	M55	0:29:09	09:22.8
142	DEEGAN, Michael POWER HICKEY,	West Waterford A.C.	M55	0:29:11	09:23.4
143	Therese	West Waterford A.C.	F35	0:29:13	09:24.1
144	VEALE, Tom	N/A	M40	0:29:20	09:26.3
145	CURRAN, Eamonn	West Waterford A.C.	M45	0:29:32	09:30.2
146	VEALE, Mary	West Waterford A.C.	F40	0:29:41	09:33.1
147	BUCKLEY, Lisa	N/A	FS	0:30:03	09:40.2
148	O'BRIEN, Mary	N/A	F50	0:30:32	09:49.5
149	PROCTOR, Paschal	West Waterford A.C.	M55	0:30:53	09:56.3
150	CASEY, Orla MC CARTHY, Anne	West Waterford A.C.	F50	0:31:26	10:06.9
151	Marie	N/A	F45	0:31:29	10:07.8
152	CANTWELL, Ann	N/A	F50	0:32:17	10:23.3
153	COAKLEY, Michael	West Waterford A.C.	M55	0:32:52	10:34.5
154	BARRY, Angela	West Waterford A.C.	F45	0:32:52	10:34.5
155	GILLOLY, Elizabeth	N/A	F45	0:32:53	10:34.9
156	WALSH, Noleen	N/A	F50	0:33:03	10:38.1
157	MOYNIHAN, Grainne	West Waterford A.C.	F40	0:33:07	10:39.4
158	WALSH, Martina	West Waterford A.C.	F35	0:33:09	10:40.0
159	MOORE, Marie	West Waterford A.C.	F50	0:33:14	10:41.6
160	CONWAY, Noelle	West Waterford A.C.	F50	0:33:14	10:41.6
161	O'RIORDAN, Fiona	West Waterford A.C.	F50	0:33:29	10:46.5
162	CLANCY, Deirdre	West Waterford A.C. Touraneena Road	F50	0:33:29	10:46.5
163	HALLINAN, Grainne	Runners	F45	0:33:34	10:48.1
164	BURKE, Tom	West Waterford A.C.	M55	0:33:35	10:48.4
165	O'CONNELL, Pat	West Waterford A.C.	M40	0:34:07	10:58.7
166	SCANLON, Marcella	N/A	F45	0:35:02	11:16.4
167	FENTON, Olivia	N/A	F40	0:35:02	11:16.4
168	WALSH, Aoife	N/A	FS	0:35:02	11:16.4
169	CROWLEY, Catherine	Finisk Valley A.C.	F45	0:38:20	12:20.1
170	DEERY, Teresa	N/A	F40	0:38:20	12:20.1
171	GRIFFIN, Sinead	Finisk Valley A.C.	F45	0:38:20	12:20.1
172	MC ARDLE, Suzanne	N/A	F45	0:38:40	12:26.5