

BALLINAMEELA 5K RACE RESULTS FRIDAY 30th AUG 2019

MEN	NAME	CLUB	TIME
1ST Man	David Mc Glynn	Waterford AC	15.30
2ND Man	James Ledingham	KCH	15.43
3RD Man	Noel Murphy	Waterford AC	16.05
Ladies			
1ST Lady	Sally Forristal	St. Joseph's AC	18.19
2ND Lady	Madeline McLoughnane	Thurles Crokes AC	18.32
3RD Lady	Anna O'Connor	Waterford AC	18.39

Male Categories	Name	Club	Time
M 40	Kieran Sheehan	Watergrasshill AC	17.30
M 45	James Whelan	West Waterford AC	18.46
M 50	Eugene O'Keefe	Carrick-on-Suir AC	18.43
M55	Ray Haesy	West Waterford A.C.	19.03
M JN	Evan Fitzgerald	Clonmel AC	16.59
Ladies Categories			
F 35	Linda Foley	West Waterford A.c.	22.20
F 40	Mary Molloy	Carrick-on-Suir AC	21.10
F 45	Mairead Byrne	West Waterford A.C.	23.54
F 50	Una Ui Mhuirithe	Ind	22.28
F JN	Lucy Holmes	West Waterford AC	19.59