

West Waterford Athletic Club**Ballinameela 5k, 5/09/2021**

Place	Name	Club	Ind Category	Time	Pace
1	MARY, Matteo	Waterford A.C.	Male Senior	0:15:26	04:57.9
2	HENNESSY, Pat	West Waterford A.C.	Male Senior	0:15:45	05:04.1
3	MURPHY, Noel	Waterford A.C.	Male Senior	0:15:51	05:06.0
4	KEANE, Ben	Waterford A.C.	Male Senior	0:16:28	05:17.9
5	O'ROURKE, John	Ferrybank A.C.	Male 40	0:16:34	05:19.8
6	CASHMAN, Paul	Watergrasshill A.C,	Male 40	0:17:04	05:29.5
7	FLAVIN, Marc	West Waterford A.C.	Male 40	0:17:14	05:32.7
8	ELLICKSON, Peter	Waterford A.C.	Junior Male	0:17:20	05:34.6
9	KLAVA, Dzintars	West Waterford A.C.	Male 40	0:17:23	05:35.6
10	HEALY, Pdraig	West Waterford A.C.	Male Senior	0:17:28	05:37.2
11	HEERY, Ruth	Waterford A.C.	Female Senior	0:17:32	05:38.5
12	BLACKWELL, Mark	West Waterford A.C.	Junior Male	0:17:39	05:40.7
13	MC CARTHY, Jamie	Waterford A.C.	Male Senior	0:17:55	05:45.9
14	FRAHER, Keith	Carrick On Suir A.C.	Male 40	0:18:36	05:59.1
15	BENNETT, Tom	Blackwater A.C.	Male Senior	0:18:50	06:03.6
16	REILLY, Gerard	West Waterford A.C.	Male 50	0:18:55	06:05.2
17	HOLMES, Lucy	West Waterford A.C.	Female Senior	0:18:56	06:05.5
18	FITZGERALD, Kelly	West Waterford A.C.	Female Senior	0:19:05	06:08.4
19	O'CONNOR, Johnny	West Waterford A.C.	Male 50	0:19:05	06:08.4
20	VEALE, Kate	West Waterford A.C.	Female Senior	0:19:11	06:10.3
21	BOOKLE, Patrick	St Josephs A.C	Male 50	0:19:19	06:12.9
22	BRENNAN, Grainne	N/A	Female Senior	0:19:32	06:17.1
23	WHELAN, James	West Waterford A.C.	Male 45	0:19:37	06:18.7
24	O'DONNELL, Kenneth	West Waterford A.C.	Male 45	0:19:54	06:24.2
25	CULLEN, Alan	West Waterford A.C.	Male 45	0:20:03	06:27.1
26	FEENEY, Des	West Waterford A.C.	Male 45	0:20:18	06:31.9
27	HOGAN, Tom	West Waterford A.C.	Male 45	0:20:20	06:32.6
28	COFFEY, Pat	Clonmel A.C.	Male 55	0:20:24	06:33.8
29	FITZGERALD, Liam	West Waterford A.C.	Male 45	0:20:28	06:35.1
30	O'DROMA, Darren	Tried and Tested	Male 45	0:20:30	06:35.8
31	HAHESY, Ray	West Waterford A.C.	Male 55	0:20:45	06:40.6
32	HAYES, Kevin	St. Catherines	Male 45	0:20:56	06:44.1
33	MURRAY, Conor	West Waterford A.C.	Male 50	0:21:03	06:46.4
34	MC CONNELL, Mark	N/A	Male Senior	0:21:07	06:47.7
35	DONNELLY, David	West Waterford A.C.	Male 40	0:21:12	06:49.3
36	O'SULLIVAN, John	Waterford A.C.	Male 40	0:21:16	06:50.6
37	MOLLOY, Mary	Kings River A.C.	Female 40	0:21:17	06:50.9
38	LANIGAN, Paul	Saturday Road Runners	Male 45	0:21:40	06:58.3
39	HENLEY, Catherine	West Waterford A.C.	Female Senior	0:21:48	07:00.9
40	O'LEARY, Ted	West Waterford A.C.	Male 50	0:21:53	07:02.5
41	O'DRISCOLL, Keith	Waterford A.C.	Male 40	0:21:57	07:03.8
42	DWYER, Tony	West Waterford A.C.	Male Senior	0:22:03	07:05.7
43	HYNES, Jody	West Waterford A.C.	Male 40	0:22:04	07:06.0
44	BURKIN, Johnny	West Waterford A.C.	Male Senior	0:22:12	07:08.6
45	FLAVIN, Laura	West Waterford A.C.	Female 40	0:22:18	07:10.5
46	DWYER, Cian	West Waterford A.C.	Male Senior	0:22:22	07:11.8
47	LEVY, David	Garda A.C.	Male Senior	0:22:28	07:13.7

48	MULCAHY, Darren	N/A	Male 40	0:22:37	07:16.6
49	DWYER, Anthony	West Waterford A.C.	Male 60	0:22:45	07:19.2
50	AHEARNE, Nicky	N/A	Male 45	0:22:49	07:20.5
51	MOORE, Sandra	West Waterford A.C.	Female 45	0:23:33	07:34.7
52	CUSACK, Niall	West Waterford A.C.	Male 45	0:23:50	07:40.1
53	O'ROURKE, Joe	West Waterford A.C.	Male 55	0:23:50	07:40.1
54	FITZGERALD, Alice	West Waterford A.C.	Female 55	0:23:54	07:41.4
55	MURPHY, Hilary	Waterford A.C.	Female Senior	0:23:56	07:42.1
56	NI FHAOLAIN, Sinead	West Waterford A.C.	Female 35	0:23:56	07:42.1
57	LACEY, Geraldine	West Waterford A.C.	Female 40	0:23:57	07:42.4
58	LAWN, Charles	Ait A.C.	Male 65	0:24:19	07:49.5
59	LENIHAN, Michael	West Waterford A.C.	Male Senior	0:24:25	07:51.4
60	COFFEY, Brigid	West Waterford A.C.	Female 50	0:24:27	07:52.0
61	O'CONNOR, Gerry	West Waterford A.C.	Male 55	0:24:56	08:01.4
62	GLEESON, Cathal E.	West Waterford A.C.	Male 45	0:24:56	08:01.4
63	CUSACK, Aisling	West Waterford A.C.	Female 40	0:24:59	08:02.3
64	LENIHAN, Mark	West Waterford A.C.	Male 50	0:25:05	08:04.3
65	HIGGINS, Sharon	West Waterford A.C.	Female 40	0:25:19	08:08.8
66	FINNIGAN, Michelle	West Waterford A.C.	Female 50	0:25:37	08:14.6
67	O'REILLY, Breda	West Waterford A.C.	Female 40	0:25:55	08:20.4
68	DALY, Patrycja	West Waterford A.C.	Female 45	0:26:17	08:27.4
69	WALSHE, John	Road Runners	Male 65	0:26:20	08:28.4
70	MASSEY, Anne	West Waterford A.C.	Female 45	0:26:31	08:31.9
71	GAFFNEY, Andrea	West Waterford A.C.	Female 50	0:26:33	08:32.6
72	COLLINS, Caoilfhionn	N/A	Female Senior	0:26:34	08:32.9
73	POWER, Onra	West Waterford A.C.	Female 55	0:26:43	08:35.8
74	IVORY, Will	Waterford Tri Club	Male Senior	0:26:46	08:36.8
75	PROCTOR, Paschal	West Waterford A.C.	Male 65	0:27:07	08:43.5
76	LEAHY, Helen	West Waterford A.C.	Female 40	0:27:13	08:45.5
77	O'CONNELL, Pat	West Waterford A.C.	Male 40	0:27:37	08:53.2
78	CURRAN, Eamonn	West Waterford A.C.	Male 50	0:28:20	09:07.0
79	WALSH, Mary	Touraneena Road Runners	Female 55	0:28:30	09:10.2
80	WOODS, John	West Waterford A.C.	Male 40	0:28:32	09:10.9
81	MC GRATH, Joanie	West Waterford A.C.	Female 50	0:28:34	09:11.5
82	MC INTYRE, Catherine	West Waterford A.C.	Female 35	0:28:43	09:14.4
83	FOLEY POWER, Linda	West Waterford A.C.	Female 35	0:28:46	09:15.4
84	MORRISON, John	St. Catherines	Male 50	0:28:47	09:15.7
85	O'NEILL, Sean	N/A	Male 40	0:29:17	09:25.4
86	O'BRIEN, Mary	N/A	Female 50	0:29:34	09:30.8
87	HOGAN, Nuala	West Waterford A.C.	Female 40	0:31:03	09:59.5
88	HEARNE, Margaret	West Waterford A.C.	Female 40	0:31:04	09:59.8
89	WILKINSON, Regina	West Waterford A.C.	Female 45	0:32:50	10:33.9
90	COAKLEY, Michael	West Waterford A.C.	Male 55	0:32:51	10:34.2
91	BARRY, Angela	West Waterford A.C.	Female 45	0:33:50	10:53.2
92	O'RIORDAN, Fiona	West Waterford A.C.	Female 55	0:35:26	11:24.1
93	CLANCY, Deirdre	West Waterford A.C.	Female 65	0:35:48	11:31.2
94	CASEY, Orla	West Waterford A.C.	Female 50	0:35:55	11:33.4
95	MANSFIELD, Amanda	West Waterford A.C.	Female 45	0:36:16	11:40.2
96	GENC, Sue	West Waterford A.C.	Female 50	0:36:17	11:40.5
97	MC CARTHY, Sinead	Finisk Valley A.C.	Female 40	0:36:58	11:53.7
98	ESTRADA GARCIA, David	N/A	Male Senior	0:36:58	11:53.7