

West Waterford A.C. In Association with AHS Tuning**Ballinroad 5k Friday 13 May 2022. 7:30 pm**

Place	Time	Name	Team	Category	Pace KM	No
1	0:16:06	MURPHY, Noel	Waterford A.C.	Male Sn	03:13.2	180
2	0:16:10	O'BRIEN, Craig	Ferrybank A.C.	Male Sn	03:14.0	93
3	0:16:20	SHEIL, Niall	St Killians A.C.	Male 45	03:16.0	109
4	0:16:37	ROCHE, Warren	Ferrybank A.C.	Male Sn	03:19.4	162
5	0:17:03	GOUGH, Dermot	West Waterford A.C.	Male 40	03:24.6	169
6	0:17:23	DUGGAN, Joey	St Josephs A.C.	Male Sn	03:28.6	70
7	0:17:37	STILWELL, Sean	West Waterford A.C.	Male Sn	03:31.4	33
8	0:17:40	HEALY, Padraig	West Waterford A.C.	Male Sn	03:32.0	20
9	0:17:50	MURPHY, John	Grange/Fermoy A.C.	Male 50	03:34.0	24
10	0:17:59	COLEMAN, Conor	West Waterford A.C.	Male Sn	03:35.8	62
11	0:18:27	O'CONNOR, Kealon	Grange/Fermoy A.C.	Male 45	03:41.4	170
12	0:18:34	BEECHER, John	St. Catherines	Male Sn	03:42.8	176
13	0:18:39	POWER, Shane	West Waterford A.C.	Male Sn	03:43.8	21
14	0:18:40	BARRY, Niall	N/A	Male 40	03:44.0	83
15	0:18:42	RYAN, Billy	West Waterford A.C.	Male Sn	03:44.4	90
16	0:18:47	HALLEY, Paschal	Waterford A.C.	Male 50	03:45.4	119
17	0:18:48	BENNETT, Tom	Blackwater A.C.	Male 40	03:45.6	178
18	0:19:00	KIRWAN, Martin	N/A	Male 45	03:48.0	110
19	0:19:02	KENNEDY, Padraig	West Waterford A.C.	Male 40	03:48.4	84
20	0:19:11	FLYNN, Anthony	West Waterford A.C.	Male Sn	03:50.2	111
21	0:19:14	CONNORS, Jimmy	West Waterford A.C.	Male Sn	03:50.8	135
22	0:19:19	COFFEY, Gearoid	West Waterford A.C.	Male Sn	03:51.8	163
23	0:19:21	BEDELL, Toby	West Waterford A.C.	Male 50	03:52.2	46
24	0:19:24	CULLEN, Alan	West Waterford A.C.	Male 45	03:52.8	117
25	0:19:30	FITZGERALD, Kelly	West Waterford A.C.	Female Sn	03:54.0	98
26	0:19:32	O'DONOVAN, Dermot	West Waterford A.C.	Male 40	03:54.4	11
27	0:19:37	CHIZHIKOV, Yevgeniy	West Waterford A.C.	Male 50	03:55.4	80
28	0:19:40	HURLEY, Larry	Kings River A.C.	Male 45	03:56.0	89
29	0:19:43	BARRY, Colm	N/A	Male Sn	03:56.6	143
30	0:19:44	DUNPHY, Dylan	N/A	Male Sn	03:56.8	153
31	0:19:47	COFFEY, John	N/A	Male 40	03:57.4	65
32	0:19:48	BURKE, Ciara	West Waterford A.C.	Female Sn	03:57.6	69
33	0:19:50	NIXON, David	N/A	Male 45	03:58.0	26
34	0:19:53	COADE, James	N/A	Male Sn	03:58.6	174
35	0:19:53	HAHESY, Ray	West Waterford A.C.	Male 55	03:58.6	37
36	0:19:54	HOGAN, Tom	West Waterford A.C.	Male 45	03:58.8	132
37	0:19:58	KELLY, Joe	West Waterford A.C.	Male 50	03:59.6	192
38	0:20:09	O'SULLIVAN, John	Waterford A.C.	Male 40	04:01.8	191
39	0:20:16	FITZGERALD, Liam	West Waterford A.C.	Male 50	04:03.2	29
40	0:20:17	CLIFFE, Mark	West Waterford A.C.	Male 40	04:03.4	148
41	0:20:19	O'MAHONY, Donal	West Waterford A.C.	Male 40	04:03.8	3
42	0:20:23	FLYNN, Darren	Grange/Fermoy A.C.	Male 45	04:04.6	101
43	0:20:25	DOWNEY, Michael	Tramore AC	Male 45	04:05.0	76
44	0:20:29	FLYNN, John	N/A	Male 50	04:05.8	141
45	0:20:35	DROHAN, Eveleen	West Waterford A.C.	Female 40	04:07.0	13
46	0:20:40	KENNEDY, Siobhain	N/A	Female 55	04:08.0	87

47	0:20:42	BRUNNOCK, Johnny	N/A	Male 45	04:08.4	146
48	0:20:45	HURNEY, Gary	N/A	Male 40	04:09.0	186
49	0:20:46	DONNELLY, David	West Waterford A.C.	Male 40	04:09.2	55
50	0:20:58	HYNES, Eddie	N/A	Male Sn	04:11.6	187
51	0:21:00	FOLEY, Linda	West Waterford A.C.	Female 35	04:12.0	57
52	0:21:04	HENNEBERRY, Jim	N/A	Male 40	04:12.8	51
53	0:21:05	DUGGAN, Peter	St Josephs A.C	Male 50	04:13.0	28
54	0:21:10	KILGANNON, David	Youghal A.C.	Male 50	04:14.0	145
55	0:21:12	DWYER, Tony	West Waterford A.C.	Male Sn	04:14.4	171
56	0:21:15	FLAVIN, Shane	West Waterford A.C.	Male Sn	04:15.0	147
57	0:21:22	MURRAY, Conor	West Waterford A.C.	Male 55	04:16.4	5
58	0:21:23	O'DONOGHUE, Donal	Watergrasshill A.C,	Male 55	04:16.6	1
59	0:21:25	TOBIN, Martin	West Waterford A.C.	Male 55	04:17.0	35
60	0:21:30	CONCANNON, Mick	West Waterford A.C.	Male 55	04:18.0	126
61	0:21:31	MOLLOY, Mary	Kings River A.C.	Female 40	04:18.2	151
62	0:21:36	STORY, Nora	Tramore AC	Female 45	04:19.2	54
63	0:21:38	O'MAHONEY, Tony	West Waterford A.C.	Male 50	04:19.6	189
64	0:21:42	FALVEY, Kevin	N/A	Male Sn	04:20.4	50
65	0:21:44	BURKIN, Johnny	West Waterford A.C.	Male Sn	04:20.8	125
66	0:21:45	TORPEY, Barry	Carrick On Suir A.C.	Male 50	04:21.0	112
67	0:21:55	HYNES, Jody	West Waterford A.C.	Male 45	04:23.0	10
68	0:22:00	MURPHY, Kieran	St. Catherines	Male 45	04:24.0	185
69	0:22:05	LANGLEY, Elaine	N/A	Female 35	04:25.0	95
70	0:22:06	GLEESON, Cathal E.	West Waterford A.C.	Male 45	04:25.2	140
71	0:22:15	KENNEALLY, Declan	N/A	Male Sn	04:27.0	160
72	0:22:24	NI REACHTAGAIN, Tara	West Waterford A.C.	Female Sn	04:28.8	17
73	0:22:25	LYNCH, Stephen	N/A	Male Sn	04:29.0	157
74	0:22:26	DWYER, Anthony	West Waterford A.C.	Male 65	04:29.2	130
75	0:22:27	MC NALLY, David	West Waterford A.C.	Male 50	04:29.4	36
76	0:22:34	CLINCE, Liam	West Waterford A.C.	Male 60	04:30.8	4
77	0:22:37	LYONS, Andrea	N/A	Female 35	04:31.4	165
78	0:22:40	KAVANAGH, Thomas	N/A	Male Sn	04:32.0	184
79	0:22:49	MOORE, Anne	West Waterford A.C.	Female 40	04:33.8	15
80	0:22:55	CUNNINGHAM, Peter	West Waterford A.C.	Male 40	04:35.0	99
81	0:22:57	PHELAN, Rachel	N/A	Female Sn	04:35.4	102
82	0:23:03	MOLONEY, Aimee	West Waterford A.C.	Female Sn	04:36.6	94
83	0:23:09	WALSH, Eoin	West Waterford A.C.	Male Sn	04:37.8	66
84	0:23:10	CALLAGHAN, Micheal	West Waterford A.C.	Male 50	04:38.0	172
85	0:23:11	POWER, Deirdre	Carrick On Suir A.C.	Female 40	04:38.2	104
86	0:23:12	MORRISSEY, Michael	N/A	Male 55	04:38.4	97
87	0:23:14	MC GRATH, Freida	N/A	Female Sn	04:38.8	173
88	0:23:17	O'ROURKE, Joe	West Waterford A.C.	Male 55	04:39.4	9
89	0:23:23	DWYER, Michael	West Waterford A.C.	Male 55	04:40.6	182
90	0:23:29	CONNELL, Fiona	West Waterford A.C.	Female 35	04:41.8	100
91	0:23:30	O'DONOVAN, Niamh	West Waterford A.C.	Female Sn	04:42.0	115
92	0:23:38	TOBIN, Seamus	N/A	Male 40	04:43.6	161
93	0:23:43	O'CONNOR, Gerry	West Waterford A.C.	Male 55	04:44.6	193
94	0:23:45	COFFEY, Brigid	West Waterford A.C.	Female 50	04:45.0	164
95	0:23:46	KELLY, Nina	N/A	Female 40	04:45.2	128

96	0:23:47	YOUNG, Shay	West Waterford A.C.	Male 45	04:45.4	103
97	0:23:51	WALSH, Tina	Carrick On Suir A.C.	Female Sn	04:46.2	88
98	0:24:01	O'CONNELL, Colm	N/A	Male 45	04:48.2	190
99	0:24:20	RYAN, Karen	West Waterford A.C.	Female 45	04:52.0	136
100	0:24:38	POWER, Margaret	Carrick On Suir A.C.	Female 65	04:55.6	105
101	0:24:40	WHELAN, Amy	N/A	Female Sn	04:56.0	142
102	0:24:45	LENIHAN, Mark	West Waterford A.C.	Male 50	04:57.0	39
103	0:24:55	LEONARD, John	West Waterford A.C.	Male 55	04:59.0	175
104	0:24:58	BARRY, Geraldine	West Waterford A.C.	Female 45	04:59.6	34
105	0:25:08	CURRAN, Ray	West Waterford A.C.	Male 55	05:01.6	121
106	0:25:14	MONZON, Aintxane	N/A	Female Sn	05:02.8	177
107	0:25:22	O'CONNELL, Eileen	Carrick On Suir A.C.	Female Sn	05:04.4	166
108	0:25:23	O'REILLY, Breda	West Waterford A.C.	Female 40	05:04.6	124
109	0:25:40	POWER, Johnny	N/A	Male 60	05:08.0	107
110	0:25:45	CUSACK, Aisling	West Waterford A.C.	Female 40	05:09.0	85
111	0:25:46	MURPHY, Jane	Waterford A.C.	Female 35	05:09.2	179
112	0:25:50	BERESFORD, Jean	West Waterford A.C.	Female 55	05:10.0	63
113	0:25:53	HALLINAN, Pa	Touraneena Road Runners	Male 50	05:10.6	72
114	0:25:58	HIGGINS, Sharon	West Waterford A.C.	Female 40	05:11.6	49
115	0:26:10	FENNELL, Tracey	N/A	Female 35	05:14.0	123
116	0:26:12	POWER, Rose	West Waterford A.C.	Female 50	05:14.4	106
117	0:26:17	WALSH KETT, Lauren	N/A	Female Sn	05:15.4	120
118	0:26:21	EICHELMANN, Patricia	West Waterford A.C.	Female 45	05:16.2	23
119	0:26:26	DWANE, Francis	West Waterford A.C.	Male 55	05:17.2	82
120	0:26:47	HEALY, Shane	West Waterford A.C.	Male 40	05:21.4	42
121	0:26:52	KELLY, Christopher	West Waterford A.C.	Male 55	05:22.4	188
122	0:26:56	BOUSKINE, Linda	N/A	Female Sn	05:23.2	149
123	0:26:58	KIRWAN, Eimear	Tramore AC	Female 40	05:23.6	77
124	0:27:00	CONNOLLY, Paul	West Waterford A.C.	Male 45	05:24.0	52
125	0:27:05	BERESFORD, Jimmy	N/A	Male 55	05:25.0	64
126	0:27:08	POWER, Margaret	West Waterford A.C.	Female 60	05:25.6	158
127	0:27:15	GUILLY, Linda	West Waterford A.C.	Female 40	05:27.0	96
128	0:27:19	O'KEEFFE, Carmel	N/A	Female Sn	05:27.8	139
129	0:27:43	O'DWYER, Derek	Carrick On Suir A.C.	Male Sn	05:32.6	156
130	0:27:44	COLEMAN, Kieran	N/A	Male 45	05:32.8	108
131	0:27:49	PROCTOR, Paschal	West Waterford A.C.	Male 65	05:33.8	131
132	0:27:54	WHELAN, Margaret	West Waterford A.C.	Female 60	05:34.8	47
133	0:27:54	O'MUIREIS, Sean	Love2Run A.C.	Male 50	05:34.8	61
134	0:27:59	BARRY, Geraldine	West Waterford A.C.	Female 45	05:35.8	152
135	0:28:05	LEAHY, Helen	West Waterford A.C.	Female 40	05:37.0	12
136	0:28:12	KEATING, Helen	West Waterford A.C.	Female Sn	05:38.4	134
137	0:28:15	FLYNN, Aoife	N/A	Female Sn	05:39.0	122
138	0:28:23	O'KEEFFE, Paul	N/A	Male Sn	05:40.6	74
139	0:28:26	MC INTYRE, Catherine	West Waterford A.C.	Female 40	05:41.2	22
140	0:28:40	CAPLES, Thelma	N/A	Female 40	05:44.0	159
141	0:28:42	DALY, Deirdre	West Waterford A.C.	Female 40	05:44.4	43
142	0:28:48	DWYER, Clodagh	N/A	Female Sn	05:45.6	129
143	0:29:06	DWYER, Marie	West Waterford A.C.	Male 50	05:49.2	183

144	0:29:09	MORRIS, Cathy	Carrick On Suir A.C.	Female 50	05:49.8	137
145	0:29:14	DUFF, Barbara	West Waterford A.C.	Female 65	05:50.8	48
146	0:29:15	BRADLEY, Aoife	N/A	Female 35	05:51.0	78
147	0:29:16	BALLOT, Anna	N/A	Female Sn	05:51.2	75
148	0:29:18	CURRAN, Eamonn	West Waterford A.C.	Male 50	05:51.6	40
149	0:29:49	DUFFY, Sarah	West Waterford A.C.	Female 40	05:57.8	7
150	0:30:01	HOGAN, Nuala	West Waterford A.C.	Female 40	06:00.2	150
151	0:30:11	COSTIN, Sean	Finisk Valley A.C.	Male 50	06:02.2	114
152	0:30:32	CURRY, Edel	West Waterford A.C.	Female 35	06:06.4	25
153	0:30:32	KEATING, Geraldine	Carrick On Suir A.C.	Female 55	06:06.4	45
154	0:30:34	MULHALL, Conor	Finisk Valley A.C.	Male 45	06:06.8	19
155	0:30:36	HOGAN, Emma	N/A	Female 35	06:07.2	181
156	0:30:38	FENNELL, Niamh	West Waterford A.C.	Female Sn	06:07.6	53
157	0:30:57	O'SULLIVAN, Claire	West Waterford A.C.	Female 35	06:11.4	44
158	0:31:41	HALLINAN, Aisling	Touraneena Road Runners	Female Sn	06:20.2	73
159	0:31:51	DEMPSEY, Lauren	West Waterford A.C.	Female 40	06:22.2	116
160	0:31:52	COAKLEY, Michael	West Waterford A.C.	Male 55	06:22.4	38
161	0:32:16	O'BRIEN, Mary	Finisk Valley A.C.	Female 50	06:27.2	144
162	0:32:17	SCANLON, Marcella	Finisk Valley A.C.	Female 45	06:27.4	155
163	0:32:51	MURPHY, Mairead	West Waterford A.C.	Female 35	06:34.2	6
164	0:32:53	RYAN, Patrick	West Waterford A.C.	Male 60	06:34.6	79
165	0:32:54	COSTIN, Helena	Finisk Valley A.C.	Female 45	06:34.8	113
166	0:32:57	MC GRATH, Claire	Finisk Valley A.C.	Female 35	06:35.4	60
167	0:32:58	STACK, Karen	Finisk Valley A.C.	Female 45	06:35.6	58
168	0:34:52	CLANCY, Deirdre	West Waterford A.C.	Female 65	06:58.4	31
169	0:34:57	BURKE, Ashleigh	N/A	Female Sn	06:59.4	138
170	0:35:27	CASEY, Orla	West Waterford A.C.	Female 50	07:05.4	8
171	0:37:14	HARMON, Jean	N/A	Female 45	07:26.8	154
172	0:37:16	HACKETT, Annabelle	Finisk Valley A.C.	Female Sn	07:27.2	32