

Ballinameela 5k Friday 22 July 2022. 7:30 pm

Place	Name	Club	Category	Time	Pace
1	CIOBANU, Sergiu	Clonliffe Harriers A.C.	Male Senior	0:15:10	04:52.8
2	HENNESSY, Pat	West Waterford A.C.	Male Senior	0:15:19	04:55.7
3	CURRAN, Sean	West Waterford A.C.	Male Senior	0:16:08	05:11.5
4	MURPHY, Noel	Waterford A.C.	Male Senior	0:16:11	05:12.4
5	KELLY, Keith	Youghal A.C.	Male 40	0:16:17	05:14.4
6	FITZGERALD, Pat	Waterford A.C.	Male Senior	0:16:20	05:15.3
7	ZAKIS, Raivis	West Waterford A.C.	Male 40	0:16:23	05:16.3
8	MURPHY, Damian	West Waterford A.C.	Male Senior	0:16:41	05:22.1
9	BLACKWELL, Mark	West Waterford A.C.	Male Senior	0:16:48	05:24.3
10	LONGAN, John	St. Finbarrs	Male Senior	0:17:15	05:33.0
11	SANTRY, Fiona	East Cork A.C.	Female 35	0:17:43	05:42.0
12	KEANE, Martin	Dundrum A.C.	Male 40	0:17:53	05:45.2
13	MURPHY, John	Grange/Fermoy A.C.	Male 50	0:17:59	05:47.2
14	FITZGERALD, Pat	West Waterford A.C.	Male 40	0:18:08	05:50.1
15	TIDESWELL, Kealy	Clonmel A.C.	Female 35	0:18:22	05:54.6
16	RYAN, Billy	West Waterford A.C.	Male Senior	0:18:23	05:54.9
17	KEOGH, Mossie	West Waterford A.C.	Male 45	0:18:28	05:56.5
18	O'DONOVAN, Dermot	West Waterford A.C.	Male 40	0:18:45	06:02.0
19	BARRETT, Clare	D.M.P. A.C.	Female Senior	0:18:49	06:03.3
20	NIXON, David	N/A	Male 45	0:19:06	06:08.7
21	HAHESSY, Benny	Carrick On Suir A.C.	Male 45	0:19:10	06:10.0
22	VEALE, Kate	West Waterford A.C.	Female Senior	0:19:13	06:11.0
23	FITZGERALD, Kelly	West Waterford A.C.	Female Senior	0:19:21	06:13.6
24	HAHESY, Ray	West Waterford A.C.	Male 55	0:19:21	06:13.6
25	HEFFERNAN, Gregory	Individual	Male 55	0:19:25	06:14.9
26	O'KEEFFE, Bill	St. Catherines	Male 55	0:19:33	06:17.4
27	MC CANN, Angela	Clonmel A.C.	Female 50	0:19:39	06:19.4
28	MOORE, Jake	N/A	Male Senior	0:19:42	06:20.3
29	CHIZHIKOV, Yevgeniy	West Waterford A.C.	Male 50	0:19:43	06:20.6
30	BAILEY, Michael	Mooreabbey Milers	Male Senior	0:19:45	06:21.3
31	REYNOLDS, Cathal	N/A	Male Senior	0:19:47	06:21.9
32	KEANE, Mary	Dundrum A.C.	Female Senior	0:19:49	06:22.6
33	RYAN, Tish	Dundrum A.C.	Female 40	0:19:51	06:23.2
34	HORGAN, Barry	Clonmel A.C.	Male 45	0:19:57	06:25.1
35	WHELAN, James	West Waterford A.C.	Male 45	0:20:01	06:26.4
36	WALSH, Eoin	Individual	Male 45	0:20:04	06:27.4
37	DUGGAN, Peter	St Josephs A.C	Male 50	0:20:15	06:30.9
38	FITZGERALD, Liam	West Waterford A.C.	Male 50	0:20:21	06:32.9
39	BEAUSANG, Patrick	West Waterford A.C.	Male Senior	0:20:34	06:37.1
40	CASHMAN, John	Midleton A.C.	Male 55	0:20:36	06:37.7
41	O'SULLIVAN, John	Waterford A.C.	Male 40	0:20:37	06:38.0
42	O'MAHONY, Donal	West Waterford A.C.	Male 40	0:20:42	06:39.6
43	FLAVIN, Shane	West Waterford A.C.	Male Senior	0:20:45	06:40.6
44	MURRAY, Conor	West Waterford A.C.	Male 55	0:20:53	06:43.2
45	HURNEY, Gary	N/A	Male 40	0:20:57	06:44.5

46	KOSTIC, Milan	West Waterford A.C.	Male Senior	0:21:02	06:46.1
47	LANGLEY, Elaine	Individual	Female 35	0:21:12	06:49.3
48	GAFFNEY, Emmet	Individual	Male Senior	0:21:18	06:51.2
49	LAVAN, Martin	N/A	Male 40	0:21:28	06:54.4
50	TOBIN, Martin	West Waterford A.C.	Male 55	0:21:33	06:56.0
51	BUCKLEY, John	N/A	Male 50	0:21:35	06:56.7
52	WHELAN, Nigel	N/A	Male Senior	0:21:39	06:58.0
53	CONCANNON, Mick	West Waterford A.C.	Male 55	0:21:47	07:00.5
54	CLINCE, Liam	West Waterford A.C.	Male 55	0:21:49	07:01.2
55	ISLEY, Ron	West Waterford A.C.	Male 55	0:21:50	07:01.5
56	HYNES, Jody	West Waterford A.C.	Male 45	0:21:53	07:02.5
57	GLEESON, Cathal E.	West Waterford A.C.	Male 45	0:21:58	07:04.1
58	LISNYCHUK, Ihor	N/A	Male Senior	0:22:12	07:08.6
59	MOYA ROSA, Emilio	N/A	Male Senior	0:22:16	07:09.9
60	O'DONOGHUE, Donal	Watergrasshill A.C,	Male 55	0:22:24	07:12.5
61	KAVANAGH, Thomas	N/A	Male Senior	0:22:24	07:12.5
62	ILSLEY, Stephanie	West Waterford A.C.	Female 50	0:22:32	07:15.0
63	WINKLER, Samuel	St. Catherines	Male Senior	0:22:40	07:17.6
64	MC CARTHY, David	Youghal A.C.	Male 55	0:22:42	07:18.2
65	HOGAN, Tom	West Waterford A.C.	Male 45	0:22:51	07:21.1
66	MOLONEY, Aimee	West Waterford A.C.	Female Senior	0:23:01	07:24.4
67	CONNELL, Fiona	West Waterford A.C.	Female 35	0:23:07	07:26.3
68	DWYER, Anthony	West Waterford A.C.	Male 55	0:23:14	07:28.5
69	NYHAN, Finola	N/A	Female Senior	0:23:19	07:30.2
70	KINSELLA, Rose	West Waterford A.C.	Female 35	0:23:24	07:31.8
71	BULMAN, George	Youghal A.C.	Male 55	0:23:24	07:31.8
72	O'MAHONY, Sylvie	Youghal A.C.	Male 55	0:23:25	07:32.1
73	POWER, Deirdre	Carrick On Suir A.C.	Female 40	0:23:31	07:34.0
74	DALY, Josh	N/A	Male Junior	0:23:41	07:37.2
75	O'FLYNN, Pdraig	Individual	Male 55	0:23:43	07:37.9
76	O'BRIEN, Sarah	N/A	Female Senior	0:23:48	07:39.5
77	O'CONNOR, Gerry	West Waterford A.C.	Male 55	0:23:55	07:41.7
78	DALY, Kieran	Individual	Male 40	0:24:03	07:44.3
79	ROONEY, Anthony	Individual	Male 50	0:24:06	07:45.3
80	O'ROURKE, Joe	West Waterford A.C.	Male 55	0:24:10	07:46.6
81	LENIHAN, Mark	West Waterford A.C.	Male 50	0:24:11	07:46.9
82	RYAN, Karen	West Waterford A.C.	Female 45	0:24:19	07:49.5
83	COFFEY, Brigid	West Waterford A.C.	Female 50	0:24:26	07:51.7
84	DALY, Kim	West Waterford A.C.	Female 35	0:24:34	07:54.3
85	POWER, Margaret	Carrick On Suir A.C.	Female 50	0:25:11	08:06.2
86	O'HARE, Sean	N/A	Male Senior	0:25:22	08:09.7
87	GUILLY, Linda	West Waterford A.C.	Female 40	0:25:26	08:11.0
88	COYNE, Sophie	N/A	Female Senior	0:25:28	08:11.7

89	BRYAN, Alan	Individual	Male Senior	0:25:29	08:12.0
90	LOFTUS, Mary Lynne	N/A	Female Senior	0:25:36	08:14.2
91	REYNOLDS, Sean	Individual	Male Senior	0:25:37	08:14.6
92	POWER, Rose	West Waterford A.C.	Female 50	0:25:55	08:20.4
93	CUSACK, Aisling	West Waterford A.C.	Female 40	0:26:04	08:23.3
94	GAFFNEY, Andrea	West Waterford A.C.	Female 50	0:26:09	08:24.9
95	CURRAN, Steven	West Waterford A.C.	Male Senior	0:26:27	08:30.7
96	BERESFORD, Jean	West Waterford A.C.	Female 50	0:26:37	08:33.9
97	HEALY, Brian	N/A	Male 50	0:26:40	08:34.8
98	POWER, Johnny	N/A	Male 55	0:26:57	08:40.3
99	COLEMAN, Kieran	Individual	Male 45	0:26:58	08:40.6
100	MC GRATH, Paul	West Waterford A.C.	Male 55	0:27:01	08:41.6
101	MC GRATH, Tomas	West Waterford A.C.	Male Senior	0:27:03	08:42.2
102	EICHELMANN, Patricia	West Waterford A.C.	Female 45	0:27:39	08:53.8
103	DALY, Aaron	Individual	Male 45	0:27:39	08:53.8
104	LAVAN, Emma	N/A	Female 35	0:27:50	08:57.4
105	HALLEY, Eamon	N/A	Male Senior	0:27:51	08:57.7
106	COSTIN, Sean	Finisk Valley A.C.	Male 50	0:27:54	08:58.6
107	BERESFORD, Jimmy	N/A	Male 55	0:28:03	09:01.5
108	HACKETT, Annabelle	Finisk Valley A.C.	Female Senior	0:28:06	09:02.5
109	CURRAN, Eamonn	West Waterford A.C.	Male 50	0:28:16	09:05.7
110	DALY, Deirdre	West Waterford A.C.	Female 40	0:28:23	09:08.0
111	O'MAHONEY, Susan	West Waterford A.C.	Female 45	0:28:24	09:08.3
112	MULHALL, Conor	Finisk Valley A.C.	Male 45	0:28:26	09:08.9
113	O'BRIEN, Mary	Finisk Valley A.C.	Female 50	0:28:33	09:11.2
114	WHELAN, Margaret	West Waterford A.C.	Female 50	0:28:46	09:15.4
115	LEAHY, Helen	West Waterford A.C.	Female 40	0:28:47	09:15.7
116	MC INTYRE, Catherine	West Waterford A.C.	Female 40	0:28:48	09:16.0
117	PROCTOR, Paschal	West Waterford A.C.	Male 55	0:29:15	09:24.7
118	ELSTEAD, Leah	Individual	Female Senior	0:29:19	09:26.0
119	CURRY, Edel	West Waterford A.C.	Female 35	0:29:23	09:27.3
120	BARRY, Laura	Touraneena Road Runners	Female Senior	0:29:24	09:27.6
121	WALSH, Marie	West Waterford A.C.	Female 45	0:29:29	09:29.2
122	CONDON, Catherine	West Waterford A.C.	Female 50	0:29:35	09:31.2
123	CASEY, Eleanor	West Waterford A.C.	Female 45	0:29:36	09:31.5
124	WALSH, Mary	Touraneena Road Runners	Female 50	0:29:43	09:33.7
125	FENNELL, Niamh	West Waterford A.C.	Female Senior	0:29:49	09:35.7
126	O'DONOVAN, Vincent	West Waterford A.C.	Male 55	0:29:50	09:36.0
127	COAKLEY, Michael	West Waterford A.C.	Male 55	0:29:51	09:36.3
128	DUFFY, Sarah	West Waterford A.C.	Female 40	0:30:11	09:42.7
129	COLEMAN, Mary Kate	Individual	Female Senior	0:32:52	10:34.5
130	COLEMAN, Deirdre	N/A	Female 35	0:32:53	10:34.9
131	CLANCY, Deirdre	West Waterford A.C.	Female 50	0:33:35	10:48.4
132	KEARNS, Clodagh	Touraneena Road Runners	Female Senior	0:33:38	10:49.3