

Deise College Dungarvan 10k Friday 8th July 2022 at 7.30pm

Place	Name	Club	Category	Time	Pace
1	HENNESSY, Pat	West Waterford A.C.	Male Senior	0:32:46	05:16.3
2	ZAKIS, Raivis	West Waterford A.C.	Male 40	0:34:06	05:29.2
3	KELLY, Keith	N/A	Male 40	0:34:55	05:37.0
4	MC KENZIE, Tom	N/A	Male Senior	0:35:18	05:40.7
5	O'CONNOR, Adam	United Striders	Male Senior	0:35:37	05:43.8
6	FURLONG, Michael	N/A	Male Senior	0:36:32	05:52.6
7	COLEMAN, Conor	West Waterford A.C.	Male Senior	0:36:38	05:53.6
8	HEALY, Pdraig	West Waterford A.C.	Male Senior	0:36:54	05:56.2
9	O'CONNOR, Alan	United Striders	Male 45	0:37:25	06:01.2
10	MURPHY, John	Grange/Fermoy A.C.	Male 50	00:37:26	06:04.7
11	TRAVERS, Jason	West Waterford A.C.	Male 45	0:37:47	06:18.9
12	MC CANN, Angela	Clonmel A.C.	Female 50	0:39:15	06:21.6
13	RYAN, Billy	West Waterford A.C.	Male Senior	0:39:32	06:22.1
14	KEOGH, Mossie	West Waterford A.C.	Male 45	0:39:35	06:24.8
15	VEALE, Kate	West Waterford A.C.	Female Senior	0:39:52	06:27.9
16	MORGAN, Louise	Ferrybank A.C.	Female 40	0:40:11	06:28.0
17	GOUGH, Joe	West Waterford A.C.	Male 60	0:40:12	06:29.8
18	HAHESY, Ray	West Waterford A.C.	Male 50	0:40:23	06:31.3
19	FURLONG, James	N/A	Male Senior	0:40:32	06:31.6
20	COLLINS, Niall	West Waterford A.C.	Male Senior	0:40:34	06:32.1
21	KELLY, Ed	N/A	Male 40	0:40:37	06:32.6
22	POWER, Shane	West Waterford A.C.	Male Senior	0:40:47	06:33.7
23	FITZGERALD, Kelly	West Waterford A.C.	Female Senior	0:40:48	06:33.8
24	CHIZHIKOV, Yevgeniy	West Waterford A.C.	Male 50	0:40:49	06:34.0
25	RUSSELL, Kieran	N/A	Male 45	0:40:51	06:34.3
26	O'DONOVAN, Dermot	West Waterford A.C.	Male 40	0:41:30	06:40.6
27	O'CONNOR, Luca	United Striders	Male Junior	0:41:35	06:41.4
28	RYAN, Alan	West Waterford A.C.	Male 50	0:42:15	06:47.8
29	O'CONNOR, Beth	United Striders	Female 45	0:42:51	06:53.6
30	FITZGERALD, Liam	West Waterford A.C.	Male 50	0:43:07	06:56.2
31	RYAN, Tish	Dundrum A.C.	Female 40	0:43:14	06:57.3
32	MURRAY, Conor	West Waterford A.C.	Male 50	0:43:31	07:00.1
33	O'SULLIVAN, John	Waterford A.C.	Male 40	0:43:50	07:03.1
34	BEHAN, Diane	Waterford A.C.	Female 50	0:43:52	07:03.4
35	O'REGAN, Eddie	Youghal A.C.	Male 60	0:44:10	07:06.3
36	HOGAN, Tom	West Waterford A.C.	Male 45	0:44:16	07:07.3
37	KELLY, Joe	West Waterford A.C.	Male 50	0:44:36	07:10.5
38	MANSFIELD, Sinead	West Waterford A.C.	Female 35	0:44:48	07:12.5
39	O'MAHONY, Donal	West Waterford A.C.	Male 40	0:44:58	07:14.1
40	LANGLEY, Elaine	N/A	Female 35	0:45:12	07:16.3
41	DUGGAN, Peter	St Josephs A.C	Male 50	0:45:13	07:16.5
42	CLINCE, Liam	West Waterford A.C.	Male 60	0:45:23	07:18.1
43	DONNELLY, David	West Waterford A.C.	Male 40	0:45:25	07:18.4

44	ILSLEY, Ron	West Waterford A.C.	Male 60	0:45:33	07:19.7
45	O'RIORDAN, Jack	N/A	Male 50	0:45:56	07:23.4
46	CONCANNON, Mick	West Waterford A.C.	Male 50	0:46:23	07:27.7
47	KIELY, Timmy	N/A	Male 45	0:46:38	07:30.2
48	DEE, Michael	N/A	Male Senior	0:46:58	07:33.4
49	MORRISSEY, Christopher	N/A	Male Senior	0:47:24	07:37.6
50	MC HUGH, Siobhan	N/A	Female 50	0:47:42	07:40.5
51	FLAVIN, Shane	West Waterford A.C.	Male Senior	0:48:07	07:44.5
52	ILSLEY, Stephanie	West Waterford A.C.	Female 50	0:48:14	07:45.6
53	NI REACHTAGAIN, Tara	West Waterford A.C.	Female Senior	0:48:18	07:46.2
54	O'DONOGHUE, Donal	Watergrasshill A.C.	Male 50	0:48:22	07:46.9
55	MOLONEY, Aimee	West Waterford A.C.	Female Senior	0:48:26	07:47.5
56	DWYER, Anthony	West Waterford A.C.	Male 60	0:48:31	07:48.3
57	HYNES, Jody	West Waterford A.C.	Male 45	0:48:40	07:49.8
58	GAFFNEY, Emmet	N/A	Male Senior	0:49:05	07:53.8
59	KAVANAGH, Thomas	N/A	Male Senior	0:49:10	07:54.6
60	PHELAN, Rachel	N/A	Female Senior	0:49:23	07:56.7
61	PHELAN, Eamonn	N/A	Male 50	0:49:23	07:56.7
62	TOBIN, Martin	West Waterford A.C.	Male 50	0:49:42	07:59.8
63	O'MAHONY, Tony	West Waterford A.C.	Male 50	0:49:52	08:01.4
64	MOLONEY, Thomas	N/A	Male 45	0:50:23	08:06.4
65	WHYTE, Brian	N/A	Male Senior	0:50:40	08:09.1
66	JEFFERY, John	N/A	Male 40	0:51:01	08:12.5
67	COTTIER, Oragh	N/A	Female Senior	0:51:04	08:13.0
68	O'CONNELL, Colm	N/A	Male 45	0:51:16	08:14.9
69	O'FLYNN, Pdraig	N/A	Male 50	0:51:35	08:17.9
70	BEHAN, Patrick	N/A	Male Senior	0:52:04	08:22.6
71	POWER, Patrick	West Waterford A.C.	Male 60	0:52:40	08:28.4
72	MC FARLAND, David	N/A	Male Senior	0:52:42	08:28.7
73	MOORE, Sandra	West Waterford A.C.	Female 50	0:53:53	08:40.1
74	O'ROURKE, Joe	West Waterford A.C.	Male 50	0:54:08	08:42.6
75	POWER, Rose	West Waterford A.C.	Female 50	0:54:09	08:42.7
76	DALY, Kim	West Waterford A.C.	Female 35	0:54:14	08:43.5
77	MORRISON, John	St. Catherines	Male 50	0:54:33	08:46.6
78	RYAN, Oliver	N/A	Male 45	0:54:49	08:49.2
79	FURLONG, Jim	N/A	Male 60	0:54:58	08:50.6
80	CUSACK, Aisling	West Waterford A.C.	Female 40	0:55:17	08:53.7
81	EICHELMANN, Patricia	West Waterford A.C.	Female 45	0:56:47	09:08.1
82	BERESFORD, Jean	West Waterford A.C.	Female 50	0:57:09	09:11.7
83	MC FARLAND, Kate	N/A	Female Senior	0:57:35	09:15.9
84	BERESFORD, Jimmy	N/A	Male 50	0:57:54	09:18.9
85	BARRY, Geraldine	West Waterford A.C.	Female 45	0:58:21	09:23.3
86	GUILLY, Linda	West Waterford A.C.	Female 40	0:58:39	09:26.2
87	COSTIN, Sean	Finisk Valley A.C.	Male 50	0:59:30	09:34.4
88	HACKETT, Annabelle	Finisk Valley A.C.	Female Senior	0:59:59	09:39.0

89	O'BRIEN, Mary	Finisk Valley A.C.	Female 50	0:59:59	09:39.0
90	O'REGAN, Celia	Youghal A.C.	Female 50	1:01:15	09:51.3
91	RUSSELL, Caroline	West Waterford A.C.	Female 50	1:01:19	09:51.9
92	O'DONOVAN, Vincent	West Waterford A.C.	Male 60	1:01:24	09:52.7
93	KELLY, Christopher	West Waterford A.C.	Male 50	1:01:50	09:56.9
94	DALY, Deirdre	West Waterford A.C.	Female 40	1:02:01	09:58.7
95	O'MAHONEY, Susan	West Waterford A.C.	Female 45	1:02:01	09:58.7
96	HEALY, Brian	N/A	Male 50	1:02:37	10:04.5
97	DWYER, Clodagh	N/A	Female Senior	1:02:57	10:07.7
98	MULCAHY, Darren	N/A	Male 40	1:03:23	10:11.9
99	LEAHY, Helen	West Waterford A.C.	Female 40	1:04:26	10:22.0
100	CRONIN, Deirdre	N/A	Female 35	1:04:43	10:24.7
101	CURRAN, Eamonn	West Waterford A.C.	Male 50	1:05:01	10:27.6
102	CURRY, Edel	West Waterford A.C.	Female 35	1:06:26	10:41.3
103	COAKLEY, Michael	West Waterford A.C.	Male 50	1:06:27	10:41.5
104	WALSH, Mary	Touraneena Road Runners	Female 50	1:06:59	10:46.6
105	MOORE, Eileen	N/A	Female 35	1:08:21	10:59.8
106	VARNEY, Emma	N/A	Female Senior	1:09:08	11:07.4
107	DESMOND, Catherine	N/A	Female 40	1:10:16	11:18.3
108	CLANCY, Deirdre	West Waterford A.C.	Female 50	1:11:32	11:30.5
109	HOGAN, Patricia	Youghal A.C.	Female 50	1:13:21	11:48.1
110	BOLAND, Mairead	N/A	Female 40	1:13:28	11:49.2
111	KELLY, Zara	Youghal A.C.	Female 35	1:13:30	11:49.5
112	CONNON, Aoife	N/A	Female 45	1:13:30	11:49.5