

<b>West Waterford A.C.</b>					
<b>Ahs Tuning Ballinroad 5k Friday 12th May 2023</b>					
<b>Place</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>Time</b>	<b>Pace</b>
1	FITZGERALD, Evan	Clonmel A.C.	Male Senior	0:15:28	03:05.6
2	GORMAN, Dermot	Carrick On Suir A.C.	Male 40	0:15:44	03:08.8
3	MURPHY, Noel	Waterford A.C.	Male Senior	0:16:01	03:12.2
4	O'BRIEN, Craig	Ferrybank A.C.	Male Senior	0:16:09	03:13.8
5	AHERNE, Michael	West Waterford A.C.	Male 40	0:16:21	03:16.2
6	GOUGH, Dermot	West Waterford A.C.	Male 40	0:16:51	03:22.2
7	KYNES, David	Focus On Fitness	Male Senior	0:17:07	03:25.4
8	HEALY, Padraig	West Waterford A.C.	Male Senior	0:17:11	03:26.2
9	DROHAN, Walter	West Waterford A.C.	Male 45	0:17:44	03:32.8
10	SHANAHAN, Denis	Individual	Male 45	0:17:45	03:33.0
11	VEALE, Kate	West Waterford A.C.	Female Senior	0:17:46	03:33.2
12	FITZGERALD, Pat	West Waterford A.C.	Male 40	0:17:54	03:34.8
13	RYAN, Billy	West Waterford A.C.	Male Senior	0:18:01	03:36.2
14	O'KEEFFE, Eugene	Carrick On Suir A.C.	Male 50	0:18:04	03:36.8
15	HENNEBRY, Conor	West Waterford A.C.	Male Senior	0:18:07	03:37.4
16	KENNEDY, Paul	West Waterford A.C.	Male Senior	0:18:16	03:39.2
17	DUNPHY, Dylan	West Waterford A.C.	Male Senior	0:18:22	03:40.4
18	REYNOLDS, Cathal	West Waterford A.C.	Male Senior	0:18:35	03:43.0
19	O'CONNOR, David	St Catherines	Male Senior	0:18:49	03:45.8
20	MORGAN, Louise	Ferrybank A.C.	Female 40	0:18:54	03:46.8
21	BARRY, Niall	West Waterford A.C.	Male 40	0:18:56	03:47.2
22	COFFEY, Gearoid	West Waterford A.C.	Male Junior	0:18:57	03:47.4
23	AMIOT, Ancelin	Individual	Male Senior	0:19:02	03:48.4
24	KIRWAN, Martin	Individual	Male 45	0:19:05	03:49.0
25	RUSSELL, Kieran	West Waterford A.C.	Male 45	0:19:05	03:49.0
26	NIXON, David	West Waterford A.C.	Male 45	0:19:13	03:50.6
27	CULLEN, Alan	West Waterford A.C.	Male 45	0:19:16	03:51.2
28	DWANE, Cathal	Individual	Male 40	0:19:17	03:51.4
29	WALSH, Eoin (74)	West Waterford A.C.	Male 45	0:19:18	03:51.6
30	HEARNE, Mark	Saturday Road Runners	Male Senior	0:19:22	03:52.4
31	DONNELLY, David	West Waterford A.C.	Male 45	0:19:23	03:52.6
32	BEDELL, Toby	Tried and Tested	Male 45	0:19:26	03:53.2
33	CLIFFE, Mark	West Waterford A.C.	Male 40	0:19:36	03:55.2
34	O'MAHONY, Donal	West Waterford A.C.	Male 40	0:19:43	03:56.6
35	HORGAN, Barry	Clonmel A.C.	Male 45	0:19:58	03:59.6
36	CHIZHIKOV, Yevgeniy	West Waterford A.C.	Male 50	0:20:01	04:00.2
37	HOGAN, Tom	West Waterford A.C.	Male 45	0:20:03	04:00.6
38	HALLAHAN, Jamie	Individual	Male Senior	0:20:04	04:00.8
39	HURNEY, Gary	Individual	Male 40	0:20:07	04:01.4
40	HEYLIN, Siobhain	Waterford A.C.	Female Senior	0:20:08	04:01.6
41	O'RIORDAN, Jack	Individual	Male 50	0:20:17	04:03.4
42	MOORE, Grainne	West Waterford A.C.	Female Junior	0:20:18	04:03.6

43	HORGAN, Elaine	Clonmel A.C.	Female 40	0:20:20	04:04.0
44	TOBIN, Martin	West Waterford A.C.	Male 55	0:20:23	04:04.6
45	HENNEBERRY, Jim	WVC	Male 40	0:20:24	04:04.8
46	KSHIRSAGAR, Rajendra	Individual	Male 40	0:20:25	04:05.0
47	COUGHLAN, Cody	Individual	Male Junior	0:20:27	04:05.4
48	STOREY, Norah	Tramore A.C.	Female 45	0:20:31	04:06.2
49	HENLEY, Catherine	Individual	Female Senior	0:20:33	04:06.6
50	DWYER, Tony	West Waterford A.C.	Male Senior	0:20:38	04:07.6
51	FITZGERALD, Liam	West Waterford A.C.	Male 50	0:20:41	04:08.2
52	FLYNN, John	Individual	Male 55	0:20:43	04:08.6
53	POWER, Jamie	Individual	Male 45	0:20:44	04:08.8
54	KAVANAGH, Thomas	Individual	Male Senior	0:20:45	04:09.0
55	COFFEY, Pat	Clonmel A.C.	Male 55	0:20:46	04:09.2
56	BUTLER, Shane	Individual	Female Senior	0:20:48	04:09.6
57	MURRAY, Conor	West Waterford A.C.	Male 55	0:20:49	04:09.8
58	HAHESY, Ray	West Waterford A.C.	Male 55	0:20:50	04:10.0
59	HAYES, Shane	West Waterford A.C.	Male Senior	0:20:50	04:10.0
60	COUGHLAN, Peter	Individual	Male 40	0:20:51	04:10.2
61	BRENNAN, Grainne	Carrick On Suir A.C.	Female Senior	0:20:59	04:11.8
62	O'CONNOR, Gerry	West Waterford A.C.	Male 60	0:21:02	04:12.4
63	MOORE, David	West Waterford A.C.	Male Senior	0:21:03	04:12.6
64	O'SULLIVAN, John	Waterford A.C.	Male 40	0:21:06	04:13.2
65	DWYER, Grainne	Individual	Female Senior	0:21:08	04:13.6
66	BERGIN, Patrick	West Waterford A.C.	Male Senior	0:21:09	04:13.8
67	CONCANNON, Mick	West Waterford A.C.	Male 60	0:21:12	04:14.4
68	KOSTIC, Milan	West Waterford A.C.	Male Senior	0:21:25	04:17.0
69	ILSLEY, Ron	West Waterford A.C.	Male 60	0:21:30	04:18.0
70	BRUNNOCK, Paddy	Individual	Male 40	0:21:34	04:18.8
71	BRUNNOCK, Johnny	Individual	Male 45	0:21:35	04:19.0
72	DUGGAN, Peter	St Josephs	Male 50	0:21:38	04:19.6
73	MAHONY, Tomas	West Waterford A.C.	Male 50	0:21:42	04:20.4
74	POWER, Michael	West Waterford A.C.	Male Senior	0:21:43	04:20.6
75	BEHAN, Diane	Waterford A.C.	Female 50	0:21:46	04:21.2
76	PHELAN, Eamonn	Individual	Male 60	0:21:47	04:21.4
77	O'MAHONY, Tony	West Waterford A.C.	Male 55	0:21:48	04:21.6
78	RYAN, James	West Waterford A.C.	Male Senior	0:21:50	04:22.0
79	STENSON, Alan	Individual	Male Senior	0:21:50	04:22.0
80	MURRAY, Paul	Individual	Male Senior	0:21:51	04:22.2
81	LANIGAN, Dermot	Carrick On Suir A.C.	Male 40	0:21:52	04:22.4
82	KENNEDY, Siobhain	Individual	Female 60	0:21:54	04:22.8
83	ILSLEY, Stephanie	West Waterford A.C.	Female 60	0:21:59	04:23.8
84	NOLAN, Jack	Individual	Male Senior	0:22:03	04:24.6
85	WHELAN, Nigel	Individual	Male Senior	0:22:04	04:24.8
86	HEARN, Madeleine	West Waterford A.C.	Female 35	0:22:05	04:25.0
87	HAYES, John Joe	West Waterford A.C.	Male 45	0:22:13	04:26.6
88	O'CONNOR, Katherine	Individual	Female 40	0:22:14	04:26.8

89	DOWNEY, Sean	Individual	Male Senior	0:22:16	04:27.2
90	QUIRKE, Jason	Individual	Male Senior	0:22:19	04:27.8
91	MOORE, Anne	West Waterford A.C.	Female 45	0:22:20	04:28.0
92	CLINCE, Liam	West Waterford A.C.	Male 60	0:22:21	04:28.2
93	MC GRATH, Donall	Individual	Male Senior	0:22:21	04:28.2
94	DALYBOZHUK, Taras	ABP Cahir	Male 50	0:22:23	04:28.6
95	SALMON, Joe	West Waterford A.C.	Male 50	0:22:26	04:29.2
96	LANNEN, Pat	West Waterford A.C.	Male 50	0:22:32	04:30.4
97	O'LEARY, Ted	St Catherines	Male 50	0:22:41	04:32.2
98	WALSH, Eoin	West Waterford A.C.	Male Senior	0:22:44	04:32.8
99	HYNES, Paula	Tullaroan A.C.	Female 35	0:22:45	04:33.0
100	FARRELL, Elaine	Ferrybank A.C.	Female 35	0:22:47	04:33.4
101	LISNYCHUK, Ihor	Individual	Male Senior	0:22:54	04:34.8
102	O'DONOGHUE, Donal	Watergrasshill A.C.	Male 55	0:22:56	04:35.2
103	BARRY, Jim	West Waterford A.C.	Male 45	0:22:57	04:35.4
104	MOYA ROSA, Emilio	Individual	Male Senior	0:23:02	04:36.4
105	WALSH, Brian	West Waterford A.C.	Male 40	0:23:05	04:37.0
106	POWER, Deirdre	Carrick On Suir A.C.	Female 40	0:23:12	04:38.4
107	NI FHAOLAIN, Sinead	West Waterford A.C.	Female 35	0:23:27	04:41.4
108	TOBIN, Seamus	Individual	Male 40	0:23:29	04:41.8
109	O'BRIEN, Ian	Individual	Male 40	0:23:30	04:42.0
110	MORRISSEY, David	Individual	Male Senior	0:23:34	04:42.8
111	CEBRIAN, Juan	Individual	Male 45	0:23:35	04:43.0
112	DWYER, Anthony	West Waterford A.C.	Male 65	0:23:38	04:43.6
113	DALY, Kim	West Waterford A.C.	Female 35	0:23:40	04:44.0
114	WALSH, Tina	Carrick On Suir A.C.	Female 35	0:23:41	04:44.2
115	LENIHAN, Mark	West Waterford A.C.	Male 50	0:23:41	04:44.2
116	O'NEILL, William	Individual	Male Senior	0:23:43	04:44.6
117	MURRAY, Niamh	Individual	Female Senior	0:23:43	04:44.6
118	O'ROURKE, Joe	West Waterford A.C.	Male 60	0:23:47	04:45.4
119	MORRISSON, John	St Catherines	Male 50	0:23:48	04:45.6
120	BANNON, Orla	West Waterford A.C.	Female 35	0:23:51	04:46.2
121	NOLAN, Padraig	Individual	Male 50	0:23:53	04:46.6
122	HUGHES, Theresa	Individual	Female Senior	0:23:58	04:47.6
123	LONGAN, Fiona	West Waterford A.C.	Female 40	0:24:03	04:48.6
124	MOORE, Sandra	West Waterford A.C.	Female 50	0:24:05	04:49.0
125	FOLEY, Linda	West Waterford A.C.	Female 35	0:24:06	04:49.2
126	VERLING, Cait	West Waterford A.C.	Female 45	0:24:07	04:49.4
127	LYNCH, Brienne	West Waterford A.C.	Female 35	0:24:12	04:50.4
128	MURPHY, Kieran	St Catherines	Male 45	0:24:14	04:50.8
129	MAHONY, Marie	Individual	Female 45	0:24:24	04:52.8
130	POWER, Margaret	Carrick On Suir A.C.	Female 60	0:24:25	04:53.0
131	FRISBY, Crea	Individual	Female Junior	0:24:31	04:54.2
132	CONWAY, Glen	Individual	Male 45	0:24:42	04:56.4
133	LANNEN, Joanne	Individual	Female 45	0:24:54	04:58.8
134	POWER, Mark	Individual	Male Senior	0:24:58	04:59.6

135	DIAKOV, Ivam	Individual	Male Senior	0:24:58	04:59.6
136	BOURKE, Catherine	West Waterford A.C.	Female 45	0:25:02	05:00.4
137	POWER, Rose	West Waterford A.C.	Female 50	0:25:03	05:00.6
138	RYAN, Helen	Individual	Female 45	0:25:04	05:00.8
139	GRANT, Paul	Individual	Male 40	0:25:05	05:01.0
140	FLYNN, Sharon	Saturday Road Runners	Female 55	0:25:12	05:02.4
141	MURPHY, Maura	St Catherines	Female 40	0:25:20	05:04.0
142	KEANE, Ornaith	West Waterford A.C.	Female Senior	0:25:25	05:05.0
143	POWER, Conor	Carrick On Suir A.C.	Male 40	0:25:37	05:07.4
144	WHITE, John David	West Waterford A.C.	Male Senior	0:25:37	05:07.4
145	BARRY, Geraldine	West Waterford A.C.	Female 45	0:25:39	05:07.8
146	SEXTON, Bernie	Carrick On Suir A.C.	Female 60	0:25:43	05:08.6
147	LEONARD, John	West Waterford A.C.	Male 55	0:25:46	05:09.2
148	LEAHY, Helen	West Waterford A.C.	Female 40	0:25:51	05:10.2
149	KEATING, Helen	West Waterford A.C.	Female Senior	0:25:55	05:11.0
150	MC GEE, Brian	Individual	Male 50	0:25:59	05:11.8
151	REILLY, Olivia	West Waterford A.C.	Female 45	0:26:06	05:13.2
152	COLLINS, Niamh	West Waterford A.C.	Female Senior	0:26:07	05:13.4
153	GAFFNEY, Andrea	West Waterford A.C.	Female 50	0:26:11	05:14.2
154	FERNCOMBE, Cassandra	Individual	Female Senior	0:26:15	05:15.0
155	POWER, Onra	West Waterford A.C.	Female 55	0:26:17	05:15.4
156	CUDDIHY, Monica	Individual	Female 40	0:26:18	05:15.6
157	O'DWYER, Aisling	Individual	Female Senior	0:26:19	05:15.8
158	BRADFIELD, Linda	West Waterford A.C.	Female 50	0:26:23	05:16.6
159	MC KENNA, Noel	West Waterford A.C.	Male 60	0:26:41	05:20.2
160	KELLY, Siobhan	Carrick On Suir A.C.	Female 50	0:26:54	05:22.8
161	EICHELMANN, Patricia	West Waterford A.C.	Female 45	0:27:05	05:25.0
162	CHIZHIKOVA, Diana	West Waterford A.C.	Female 40	0:27:15	05:27.0
163	O'BRIEN, Jim	West Waterford A.C.	Male 50	0:27:18	05:27.6
164	COSTIN, Sean	Finisk Valley A.C.	Male 50	0:27:32	05:30.4
165	CURRAN, Eamonn	West Waterford A.C.	Male 50	0:27:38	05:31.6
166	BERESFORD, Jimmy	Individual	Male 55	0:27:49	05:33.8
167	O'HENEY, Anne	Individual	Female Senior	0:27:59	05:35.8
168	O'CONNELL, Jillian	Individual	Female 45	0:28:03	05:36.6
169	O'MAHONEY, Susan	West Waterford A.C.	Female 45	0:28:04	05:36.8
170	HARRIS, Amy	Carrick On Suir A.C.	Female Senior	0:28:08	05:37.6
171	POWER, Anne Marie	Individual	Female 45	0:28:18	05:39.6
172	SINNOTT, Geraldine	West Waterford A.C.	Female 45	0:28:21	05:40.2
173	DWYER, Clodagh	West Waterford A.C.	Female Senior	0:28:28	05:41.6
174	SEWARD, Maura	Individual	Female 40	0:28:31	05:42.2
175	WHELAN, Margaret	West Waterford A.C.	Female 60	0:28:39	05:43.8
176	POWER, Niall	Individual	Male 45	0:28:50	05:46.0
177	CONWAY, Denise	West Waterford A.C.	Female Senior	0:28:54	05:46.8
178	DALY, Deirdre	West Waterford A.C.	Female 40	0:29:15	05:51.0
179	WALSH, Orla	West Waterford A.C.	Female Senior	0:29:16	05:51.2

180	WALSH, Deirdre	West Waterford A.C.	Female Senior	0:29:16	05:51.2
181	MOYNIHAN, Micheal	West Waterford A.C.	Male 65	0:29:18	05:51.6
182	CRONOLLY, Rita	West Waterford A.C.	Female 55	0:29:24	05:52.8
183	MC GEE, Tara	Individual	Female 50	0:29:26	05:53.2
184	DUNNE, Sinead	Carrick On Suir A.C.	Female 35	0:29:28	05:53.6
185	O'DWYER, Derek	Carrick On Suir A.C.	Male Senior	0:29:28	05:53.6
186	FENNELL, Niamh	West Waterford A.C.	Female Senior	0:29:31	05:54.2
187	MC INTYRE, Catherine	West Waterford A.C.	Female 40	0:29:41	05:56.2
188	O'NEILL, Sean	Individual	Male 45	0:29:44	05:56.8
189	CURRY, Edel	West Waterford A.C.	Female 35	0:29:45	05:57.0
190	VEALE, Mary	West Waterford A.C.	Female 45	0:29:47	05:57.4
191	LANIGAN, Natasha	West Waterford A.C.	Female 45	0:29:47	05:57.4
192	COAKLEY, Michael	West Waterford A.C.	Male 55	0:29:49	05:57.8
193	BRACKETT, Siobhan	West Waterford A.C.	Female Senior	0:29:50	05:58.0
194	MURPHY, Hilary	Waterford A.C.	Female 35	0:30:06	06:01.2
195	RUSSELL, Annette	Individual	Female 45	0:30:13	06:02.6
196	COSTIN, Nicola	West Waterford A.C.	Female 45	0:30:14	06:02.8
197	O'MAHONEY, Michelle	Individual	Female 40	0:30:30	06:06.0
198	HACKETT, James	Individual	Male 40	0:30:40	06:08.0
199	KEATING, Geraldine	Carrick On Suir A.C.	Female 60	0:31:09	06:13.8
200	PRENDERGAST, Gillian	Individual	Female 45	0:31:54	06:22.8
201	O'CONNOR, Olga	Individual	Female 40	0:32:27	06:29.4
202	DE BÚRCA, Pádraig	West Waterford A.C.	Male 60	0:33:05	06:37.0
203	DEMPSEY, Luathrenn	Individual	Female 40	0:33:06	06:37.2
204	WHELAN DEVINE, Deirdre	West Waterford A.C.	Female 40	0:33:43	06:44.6
205	COLLENDER, Martin	Individual	Male 50	0:33:43	06:44.6
206	HOSFORD, Pascal	West Waterford A.C.	Male 60	0:34:20	06:52.0
207	GRANT, Teresa	Individual	Female 35	0:34:26	06:53.2
208	KEATING, Rachel	Individual	Female 50	0:36:07	07:13.4
209	HALLINAN, Grainne	Touraneena Road Runners	Female 50	0:36:18	07:15.6
210	TUBBRITT, Joanne	Individual	Female 45	0:36:39	07:19.8
211	TUBRITT, Karen	Individual	Female 50	0:36:44	07:20.8
212	CASHIN, Claire	West Waterford A.C.	Female 35	0:36:50	07:22.0
213	O'BRIEN, Caroline	Individual	Female Senior	0:37:18	07:27.6