

West Waterford A.C.,**Round Tower Hotel Ardmore 5 mile Friday 26th May 2023**

Place	Number	Name	Club	Category	Time	Pace
1	162	Ciobanu,Sergio	Clonliffe Harriers	Male Senior	00:25:07	00:05:01
2	118	Fitzgerald,Pat	Waterford A.C.	Male Senior	00:26:02	00:05:12
3	94	Gorman,Dermot	Carrick-on-Suir A.C.	Male 40	00:26:05	00:05:13
4	126	Coakley,Donal	Leevale A.C.	Male Senior	00:26:21	00:05:16
5	72	O'Brien,Craig	Ferrybank A.C.	Male Senior	00:26:40	00:05:20
6	166	Murphy,Noel	Waterford A.C.	Male Senior	00:26:50	00:05:22
7	168	Aherne,Mick	West Waterford A.C.	Male 40	00:27:37	00:05:31
8	82	Mc Sweeney,Seamus	St. Nicholas A.C.	Male 50	00:27:58	00:05:36
9	190	Price,Mark	Waterford A.C.	Male Senior	00:28:00	00:05:36
10	142	Spelman,John	East Cork A.C.	Male Senior	00:28:38	00:05:44
11	151	Gough,Dermot	West Waterford A.C.	Male 40	00:29:01	00:05:48
12	112	Early,Noel	St. Catherine's A.C.	Male 40	00:29:34	00:05:55
13	187	Drohan,Walter	West Waterford A.C.	Male 45	00:29:42	00:05:56
14	174	Cronin,Michaél	Youghal A.C.	Male Senior	00:29:47	00:05:57
15	93	O Driscoll,Adrian	Carrigaline A.C.	Male Senior	00:30:03	00:06:01
16	55	Hennebry,Conor	West Waterford A.C.	Male Senior	00:30:09	00:06:02
17	84	Whelan,James	West Waterford A.C.	Male 45	00:30:10	00:06:02
18	141	Travers,Jason		Male 45	00:30:38	00:06:08
19	148	Veale,Kate	West Waterford A.C.	Female Senior	00:30:44	00:06:09
20	153	Donaghy,Declan		Male Senior	00:30:48	00:06:10
21	61	Costigan,Pat	St. Catherine's A.C.	Male 50	00:30:50	00:06:10
22	175	Murphy,Mags	Mallow AC	Female 40	00:30:51	00:06:10
23	101	Keogh,Mossie	West Waterford A.C.	Male 45	00:30:59	00:06:12
24	158	Beecher,John	St. Catherine's A.C.	Male 40	00:31:01	00:06:12
25	46	O Connor,David	St. Catherine's A.C.	Male Senior	00:31:18	00:06:16
26	146	Flavin,James		Male Senior	00:31:43	00:06:21
27	96	Hickey,Andrew	West Waterford A.C.	Male 45	00:31:45	00:06:21
28	138	Morgan,Louise	Ferrybank A.C.	Female 40	00:31:47	00:06:21
29	95	Dunford,Michael	West Waterford A.C.	Male 55	00:31:55	00:06:23
30	32	Cullen,Alan	West Waterford A.C.	Male 45	00:32:06	00:06:25
31	108	Russell,Kieran	West Waterford A.C.	Male 45	00:32:26	00:06:29
32	13	Walsh,Eoin	West Waterford A.C.	Male 45	00:32:30	00:06:30
33	48	Cliffe,Mark	West Waterford A.C.	Male 40	00:32:53	00:06:35
34	43	Coffey,Gearoid	West Waterford A.C.	Male Junior	00:33:05	00:06:37
35	78	Bedell,Toby		Male 50	00:33:11	00:06:38
36	140	Hogan,Tom	West Waterford A.C.	Male 45	00:33:13	00:06:39
37	110	Grant,Pat		Male 45	00:33:23	00:06:41
38	161	Cashman,John	Midleton A.C.	Male 55	00:33:48	00:06:46
39	160	Aherne,Neilus	Midleton A.C.	Male 65	00:33:48	00:06:46
40	99	Collins,Stephen	St. Catherine's A.C.	Male Senior	00:33:50	00:06:46
41	155	Bookle,Eamonn	St. Josephs AC	Male 50	00:33:52	00:06:46
42	35	Coughlan,Cody		Male Junior	00:33:52	00:06:46
43	139	Henley,Catherine		Female Senior	00:33:54	00:06:47
44	100	Hahesy,Ray	West Waterford A.C.	Male 55	00:33:59	00:06:48
45	185	Mulcahy,John	St. Catherine's AC	Male Senior	00:34:02	00:06:48
46	20	Nixon,David	West Waterford A.C.	Male Senior	00:34:13	00:06:51

47	54	O Connor, Gerard	West Waterford A.C.	Male 60	00:34:15	00:06:51
48	66	Drohan, Eveleen	West Waterford A.C.	Female 45	00:34:17	00:06:51
49	18	Murray, Conor	West Waterford A.C.	Male 55	00:34:20	00:06:52
50	114	Henneberry, Jim		Male 40	00:34:23	00:06:53
51	2	Hayes, Shane	West Waterford A.C.	Male Senior	00:34:28	00:06:54
52	60	Fitzgerald, Liam	West Waterford A.C.	Male 50	00:34:42	00:06:56
53	87	Mc Gee, Paul		Male 55	00:34:46	00:06:57
54	85	Foley, Linda	West Waterford A.C.	Female 35	00:34:47	00:06:57
55	188	Drohna, Evan	West Waterford A.C.	Male Junior	00:34:48	00:06:58
56	28	Kshirsagar, Rajendra		Male 40	00:34:51	00:06:58
57	150	Cunningham, Drew		Male Senior	00:35:03	00:07:01
58	149	Brunnock, Paddy		Male 40	00:35:07	00:07:01
59	27	Duggan, Peter	St, Joseph's ac	Male 50	00:35:10	00:07:02
60	103	Moore, Grainne	West Waterford A.C.	Female Junior	00:35:12	00:07:02
61	9	O Donovan, Niamh	West Waterford A.C.	Female Senior	00:35:18	00:07:04
62	11	Carey, Patrick	West Waterford A.C.	Male 40	00:35:20	00:07:04
63	107	Nireachtagain, Tara	West Waterford A.C.	Female Senior	00:35:26	00:07:05
64	159	Cronin, Denis	Mallow AC	Male 60	00:35:28	00:07:06
65	14	Tobin, Martin	West Waterford A.C.	Male 55	00:35:30	00:07:06
66	178	Beausang, Patrick	West Waterford A.C.	Male Senior	00:35:33	00:07:07
67	184	Gardais, Apolline	Individual	Male Senior	00:35:37	00:07:07
68	127	Cashman, David		Male Senior	00:35:40	00:07:08
69	98	Power, Micheal	West Waterford A.C.	Male 40	00:35:51	00:07:10
70	191	Aherne, Stephen	Individual	Male Senior	00:35:52	00:07:10
71	58	Coughlan, Peter		Male 40	00:35:53	00:07:11
72	192	Aherne, Jack	Individual	Male Senior	00:35:54	00:07:11
73	53	O Mahony, Donal		Male 40	00:36:07	00:07:13
74	81	Ilisley, Stephanie	West Waterford A.C.	Female 60	00:36:10	00:07:14
75	180	Gleeson, Cathal	West Waterford A.C.	Male 45	00:36:16	00:07:15
76	50	O Mahony, Tony	West Waterford A.C.	Male 55	00:36:26	00:07:17
77	181	Hayes, Kevin	St. Catherines	Male 45	00:36:38	00:07:20
78	12	Clince, Liam	West Waterford A.C.	Male 60	00:36:44	00:07:21
79	86	Ilisley, Ronald		Male 60	00:36:46	00:07:21
80	137	Stenson, Alan		Male Senior	00:36:46	00:07:21
81	62	O Flynn, Pdraig		Male 55	00:36:57	00:07:23
82	71	Burke, Patricia		Female 40	00:36:59	00:07:24
83	186	Salmon, Joe	West Waterford A.C.	Male 50	00:37:01	00:07:24
84	122	Dwyer, Tony		Male Senior	00:37:04	00:07:25
85	67	Pope, Gareth	West Waterford A.C.	Male 45	00:37:14	00:07:27
86	157	O'Grady, Billy	Newcastle	Male 55	00:37:18	00:07:28
87	189	Murray, Paul	Individual	Male Senior	00:37:21	00:07:28
88	5	O Donoghue, Donal	Watergrasshill A.C.	Male 55	00:37:29	00:07:30
89	129	Moore, Anne		Female 45	00:37:30	00:07:30
90	130	Moore, David	West Waterford A.C.	Male Senior	00:37:31	00:07:30
91	136	Drohan, Noel	West Waterford A.C.	Male 50	00:37:36	00:07:31
92	39	O Leary, Ted	St. Catherine's A.C.	Male 50	00:37:47	00:07:33
93	33	Nolan, Jack		Male Senior	00:37:51	00:07:34
94	10	Hynes, Jody	West Waterford A.C.	Male 45	00:37:56	00:07:35

95	145	McCarthy,David	Youghal A.C.	Male 55	00:38:02	00:07:36
96	171	Burns,Liam	Youghal A.C.	Male 50	00:38:09	00:07:38
97	144	Bulman,George	Youghal A.C.	Male 60	00:38:10	00:07:38
98	7	Ryan,James	West Waterford A.C.	Male Senior	00:38:11	00:07:38
99	143	O Connell,Colm	West Waterford A.C.	Male 50	00:38:13	00:07:39
100	117	Kinsella,Rose	West Waterford A.C.	Female 40	00:38:34	00:07:43
101	88	Mc Gee,Jackie		Female 50	00:38:46	00:07:45
102	26	Mc Grath,Donall		Male Senior	00:38:49	00:07:46
103	115	Burkin,Johnny	West Waterford A.C.	Male Senior	00:38:52	00:07:46
104	121	Dwyer,Anthony	West Waterford A.C.	Male 65	00:38:59	00:07:48
105	177	Hallissey,Bryan	West Waterford A.C.	Male 45	00:39:09	00:07:50
106	45	Coffey,Brigid	West Waterford A.C.	Female 50	00:39:14	00:07:51
107	119	Ni Fhaolain,Sinead	West Waterford A.C.	Female 35	00:39:17	00:07:51
108	164	Tierney,John	Individual	Male 55	00:39:27	00:07:53
109	83	Verling,Cait	West Waterford A.C.	Female 45	00:39:33	00:07:55
110	109	Bannon,Orla	West Waterford A.C.	Female 40	00:39:40	00:07:56
111	102	Moore,Sandra	West Waterford A.C.	Female 50	00:40:06	00:08:01
112	113	Power,Simone	West Waterford A.C.	Female 45	00:40:08	00:08:02
113	163	Murphy,Peter	Saturday Road Runners	Male Senior	00:40:27	00:08:05
114	52	O Neill,William		Male Senior	00:40:28	00:08:06
115	89	Lacey,Geraldine	West Waterford A.C.	Female 45	00:40:31	00:08:06
116	22	Walsh,Brian	West Waterford A.C.	Male 40	00:40:32	00:08:06
117	124	Hawkes,Alan		Male Senior	00:40:37	00:08:07
118	4	Walsh,Eoin	West Waterford A.C.	Male Senior	00:40:46	00:08:09
119	172	Nolan,Pádraig	Individual	Male 50	00:40:53	00:08:11
120	131	Keane,Ornaith	West Waterford A.C.	Female Senior	00:41:01	00:08:12
121	170	Hickey,Sinead	Killarney Valley AC	Female 35	00:41:09	00:08:14
122	37	Lannen,Patrick		Male 50	00:41:23	00:08:17
123	70	Power,Paul	West Waterford A.C.	Male 40	00:42:00	00:08:24
124	105	Young,Shay	West Waterford A.C.	Male 45	00:42:00	00:08:24
125	36	Lannen,Joanne		Female 45	00:42:22	00:08:28
126	25	Bourke,Catherine	West Waterford A.C.	Female 45	00:42:23	00:08:29
127	154	Keating,Nicky	Individual	Male 55	00:42:27	00:08:29
128	135	Reilly,Olivia	West Waterford A.C.	Female 45	00:42:51	00:08:34
129	173	Mc Kenna,Noel	West Waterford A.C.	Male 60	00:42:54	00:08:35
130	75	White,John David	West Waterford A.C.	Male Senior	00:43:03	00:08:37
131	111	O Riordan,JP		Male Senior	00:43:14	00:08:39
132	41	Lenihan,Mark	West Waterford A.C.	Male 50	00:43:21	00:08:40
133	73	Keating,Helen	West Waterford A.C.	Female Senior	00:43:22	00:08:40
134	6	Daly,Patricja	West Waterford A.C.	Female 45	00:43:35	00:08:43
135	77	Cusack,Aisling	West Waterford A.C.	Female 40	00:44:23	00:08:53
136	31	O Rourke,Joe		Male 60	00:44:24	00:08:53
137	97	Healy,Brian	West Waterford A.C.	Male 55	00:44:25	00:08:53
138	156	Coakley,Michael	West Waterford A.C.	Male 55	00:45:07	00:09:01
139	69	Bradfield,Linda	West Waterford A.C.	Female 50	00:45:18	00:09:04
140	65	Power,Claire		Female 35	00:45:26	00:09:05
141	165	Morrissey,Pat	West Waterford A.C.	Male 50	00:45:31	00:09:06
142	152	O`Riordan,Eoin	West Waterford A.C.	Male 45	00:45:49	00:09:10

143	104	Collins,Niamh	West Waterford A.C.	Female Senior	00:46:20	00:09:16
144	179	O'Donovan,Vincent	West Waterford A.C.	Male 65	00:46:29	00:09:18
145	182	Collins,Pat	Individual	Male 55	00:46:31	00:09:18
146	38	Leahy,Helen	West Waterford A.C.	Female 40	00:46:43	00:09:21
147	132	O'Brien,Grainne	West Waterford A.C.	Female Senior	00:46:45	00:09:21
148	91	Mansfield,Rosie	West Waterford A.C.	Female 35	00:46:45	00:09:21
149	64	O'Brien,Eileen		Female Senior	00:46:46	00:09:21
150	63	Ballot,Emma		Female Senior	00:47:09	00:09:26
151	44	Seward,Maire		Female 40	00:47:31	00:09:30
152	193	O'Brien,Fiona	Individual	Female 40	00:48:14	00:09:39
153	169	Hogan,Trisha	Youghal A.C.	Female 50	00:48:33	00:09:43
154	24	Moynihan,Micheal		Male 65	00:48:47	00:09:45
155	42	Curran,Eamonn	West Waterford A.C.	Male 50	00:48:58	00:09:48
156	120	Dwyer,Clodagh	West Waterford A.C.	Female Senior	00:49:09	00:09:50
157	16	Daly,Deirdre	West Waterford A.C.	Female 40	00:49:21	00:09:52
158	125	Cronolly,Rita	West Waterford A.C.	Female 55	00:49:23	00:09:53
159	15	Veale,Mary		Female 45	00:49:24	00:09:53
160	183	Fennell,Niamh	West Waterford A.C.	Female Senior	00:49:43	00:09:57
161	116	Conway,Margaret	West Waterford A.C.	Female 60	00:49:54	00:09:59
162	133	Conway,Denise	West Waterford A.C.	Female Senior	00:49:55	00:09:59
163	167	Murphy,Hilary	Waterford A.C.	Female 35	00:49:55	00:09:59
164	123	Costin,Nicola	West Waterford A.C.	Female 45	00:50:38	00:10:08
165	106	Proctor,Paschal	West Waterford A.C.	Male 65	00:51:13	00:10:15
166	176	Ayatwad,Anilkomar	Individual	Male Senior	00:51:20	00:10:16
167	56	Lanigan,Tasha	West Waterford A.C.	Female 45	00:51:28	00:10:18
168	8	McIntyre,Catherine	West Waterford A.C.	Female 40	00:51:50	00:10:22
169	92	Desmond,Catherine		Female 40	00:55:40	00:11:08
170	51	Clancy,Deirdre	West Waterford A.C.	Female 60	00:56:48	00:11:22
171	74	Boland,Mairead		Female 40	01:00:45	00:12:09
172	90	Connon,Aoife		Female 45	01:00:45	00:12:09