

Ballinameela 5k Friday 21 July 2023. 7:30 pm

Place	Name	Club	Time	Category	Pace
1	GORMAN, Dermot	Carrick On Suir A.C.	0:15:43	Male 40	05:03.4
2	FITZGERALD, Pat	Waterford A.C.	0:15:43	Male Senior	05:03.4
3	MURPHY, Noel	Waterford A.C.	0:16:34	Male Senior	05:19.8
4	BLACKWELL, Mark	West Waterford A.C.	0:16:38	Male Senior	05:21.1
5	LONGAN, John	St. Finbarr's	0:16:40	Male Senior	05:21.8
6	RUANE, Padraig	Kilkenny City Harriers	0:16:53	Male Senior	05:25.9
7	BUCKLEY, Darragh	St. Senans A.C.	0:17:00	Male Senior	05:28.2
8	HEALY, Padraig	West Waterford A.C.	0:17:04	Male Senior	05:29.5
9	HENNEBRY, Conor	West Waterford A.C.	0:17:05	Male Senior	05:29.8
10	DUGGAN, Joey	St Josephs A.C	0:17:09	Male Senior	05:31.1
11	COLEMAN, Mikey	Crusaders	0:17:19	Male Senior	05:34.3
12	CANTWELL, Gary	West Waterford A.C.	0:17:20	Male Senior	05:34.6
13	AHEARNE, Michael	West Waterford A.C.	0:17:22	Male 40	05:35.3
14	CROWLEY, Matthew	Cork Track Club A.C.	0:17:23	Male Senior	05:35.6
15	FLANNERY, Aidan	Clonmel A.C.	0:17:27	Male Senior	05:36.9
16	WALSH, Kyle	N/A	0:17:44	Male Senior	05:42.4
17	TIDESWELL, Kealy	Clonmel A.C.	0:17:59	Female 40	05:47.2
18	DUNPHY, Dylan	Waterford A.C.	0:18:02	Male Senior	05:48.1
19	SMYTH, David	Waterford A.C.	0:18:08	Male 50	05:50.1
20	VEALE, Kate	West Waterford A.C.	0:18:16	Female Senior	05:52.6
21	BECKERS, Eelco	Clonmel A.C.	0:18:17	Male 50	05:53.0
22	O'DUFFY, Mark	Kilkenny City Harriers	0:18:25	Male 40	05:55.5
23	STILWELL, Richard	West Waterford A.C.	0:18:27	Male Senior	05:56.2
24	FITZGERALD, James	Tried and Tested	0:18:37	Male 40	05:59.4
25	O'KEEFFE, Eugene	Carrick On Suir A.C.	0:18:41	Male 55	06:00.7
26	LYONS, Leo	N/A	0:18:47	Male Senior	06:02.6
27	COUGHLAN, Cody	N/A	0:18:59	Male Junior	06:06.5
28	BENNETT, Tom	Blackwater A.C.	0:19:03	Male 40	06:07.8
29	WALSH, Eoin (74)	West Waterford A.C.	0:19:04	Male 45	06:08.1
30	NIXON, David	West Waterford A.C.	0:19:07	Male 45	06:09.1
31	FRAHER, Keith	Carrick On Suir A.C.	0:19:13	Male 45	06:11.0
32	BARRY, Keith	St. Catherines	0:19:17	Male 45	06:12.3
33	RYAN, Paul	N/A	0:19:19	Male 45	06:12.9
34	MULCAHY, Sarah	St. Catherines	0:19:21	Female Senior	06:13.6
35	BEDELL, Toby	Tried and Tested	0:19:23	Male 45	06:14.2
36	HEFFERNAN, Gregory	N/A	0:19:25	Male 55	06:14.9
37	AHEARNE, P.J.	Youghal A.C.	0:19:31	Male Senior	06:16.8
38	LAVAN, Martin	West Waterford A.C.	0:19:33	Male 40	06:17.4
39	HORGAN, Barry	Clonmel A.C.	0:19:42	Male 45	06:20.3
40	O'DONOVAN, Niamh	West Waterford A.C.	0:19:47	Female Senior	06:21.9
41	ARTIGLIA, Alain	EAC	0:19:58	Male 40	06:25.5
42	HEYLIN, Siobhain	Waterford A.C.	0:20:01	Female Senior	06:26.4
43	MOORE, Jake	N/A	0:20:03	Male Senior	06:27.1
44	DUGGAN, Peter	St Josephs A.C	0:20:07	Male 50	06:28.4
45	CUNNINGHAM, Drew	West Waterford A.C.	0:20:11	Male Senior	06:29.7

46	HORGAN, Elaine	Clonmel A.C.	0:20:13	Female 40	06:30.3
47	KELLY, Joe	West Waterford A.C.	0:20:14	Male 50	06:30.6
48	BRENNAN, Grainne	Carrick On Suir A.C.	0:20:17	Female Senior	06:31.6
49	O'SULLIVAN, Killian	Carrick On Suir A.C.	0:20:17	Male Senior	06:31.6
50	HAHESY, Ray	West Waterford A.C.	0:20:19	Male 55	06:32.2
51	FITZGERALD, Liam	West Waterford A.C.	0:20:24	Male 50	06:33.8
52	CHIZHIKOV, Yevgeniy	West Waterford A.C.	0:20:26	Male 50	06:34.5
53	LANGLEY, Elaine	West Waterford A.C.	0:20:29	Female 35	06:35.4
54	HOGAN, Tom	West Waterford A.C.	0:20:31	Male 45	06:36.1
55	HALPIN, Anne Marie	Clonmel A.C.	0:20:34	Female 45	06:37.1
56	O'RIORDAN, Jack	N/A	0:20:39	Male 50	06:38.7
57	DROHAN, Eveleen	West Waterford A.C.	0:20:41	Female 45	06:39.3
58	O'SHEA, Alan	Clonmel A.C.	0:20:44	Male 40	06:40.3
59	HOLMES, Lucy	West Waterford A.C.	0:20:45	Female Senior	06:40.6
60	AHERN, Neilus	Midleton A.C.	0:20:47	Male 65	06:41.2
61	O'CONNOR, Gerry	West Waterford A.C.	0:20:49	Male 60	06:41.9
62	CASHMAN, John	Midleton A.C.	0:20:52	Male 55	06:42.8
63	KSHIRSAGAR, Rajendra	N/A	0:20:53	Male 40	06:43.2
64	TOBIN, Martin	West Waterford A.C.	0:20:54	Male 55	06:43.5
65	SALMON, Joe	West Waterford A.C.	0:20:55	Male 55	06:43.8
66	O'DONNELL, Kenneth	West Waterford A.C.	0:20:56	Male 50	06:44.1
67	HURNEY, Gary	N/A	0:20:58	Male 40	06:44.8
68	COUGHLAN, Peter	N/A	0:20:58	Male 40	06:44.8
69	POWER, Michael	West Waterford A.C.	0:20:59	Male 40	06:45.1
70	MOLLOY, Mary	Kings River A.C.	0:20:59	Female 45	06:45.1
71	RYZINSKI, Wojciech	Clonmel A.C.	0:21:00	Male 40	06:45.4
72	PRENDERGAST, Emmett	Clonmel A.C.	0:21:03	Male 40	06:46.4
73	HENNEBERRY, Jim	N/A	0:21:20	Male 40	06:51.9
74	O'SULLIVAN, John	Waterford A.C.	0:21:21	Male 40	06:52.2
75	KAVANAGH, Thomas	N/A	0:21:24	Male Senior	06:53.1
76	NOLAN, Jack	West Waterford A.C.	0:21:31	Male Senior	06:55.4
77	HENLEY, Catherine	West Waterford A.C.	0:21:36	Female Senior	06:57.0
78	MULLARKEY, Michael	N/A	0:21:38	Male 40	06:57.7
79	LENIHAN, Michael	West Waterford A.C.	0:21:39	Male Senior	06:58.0
80	O'MAHONY, Tony	West Waterford A.C.	0:21:53	Male 55	07:02.5
81	HYNES, Jody	West Waterford A.C.	0:21:54	Male 45	07:02.8
82	CONCANNON, Mick	West Waterford A.C.	0:21:59	Male 60	07:04.4
83	MOYA ROSA, Emilio	N/A	0:22:00	Male Senior	07:04.7
84	MC GRATH, Donall	N/A	0:22:02	Male Senior	07:05.4
85	WALSH, Sareen	Clonmel A.C.	0:22:06	Female 50	07:06.7
86	ILSLEY, Stephanie	West Waterford A.C.	0:22:13	Female 60	07:08.9
87	HAYES, Seamus	West Waterford A.C.	0:22:20	Male Senior	07:11.2
88	FARRELL, Elaine	Ferrybank A.C.	0:22:23	Female 35	07:12.1
89	CLINCE, Liam	West Waterford A.C.	0:22:30	Male 60	07:14.4
90	DROHAN, Noel	West Waterford A.C.	0:22:31	Male 50	07:14.7
91	WALSH, Eoin	West Waterford A.C.	0:22:31	Male Senior	07:14.7
92	MAHER, James	N/A	0:22:45	Male 40	07:19.2

93	WHELAN, Nigel	N/A	0:22:47	Male Senior	07:19.9
94	O'DONOGHUE, Donal	Watergrasshill A.C,	0:22:53	Male 55	07:21.8
95	O'FLYNN, Pdraig	Touraneena Road Runners	0:22:54	Male 55	07:22.1
96	DOWNEY, Sean	N/A	0:22:55	Male Senior	07:22.4
97	WALSH, David	N/A	0:23:00	Male 45	07:24.0
98	NI FHAOLAIN, Sinead	West Waterford A.C.	0:23:03	Female 35	07:25.0
99	ILSLEY, Ron	West Waterford A.C.	0:23:11	Male 60	07:27.6
100	MULCAHY, Mark	N/A	0:23:22	Male 40	07:31.1
101	MURRAY, Niamh	N/A	0:23:32	Female Senior	07:34.3
102	O'KEEFFE, Robert	N/A	0:23:43	Male Senior	07:37.9
103	WALSH, Tina	Carrick On Suir A.C.	0:23:49	Female 35	07:39.8
104	O'LEARY, Ted	St. Catherines	0:23:54	Male 50	07:41.4
105	BAILEY, Donal	N/A	0:24:05	Male 40	07:45.0
106	MEEGAN, Eddie	Clonmel A.C.	0:24:07	Male 50	07:45.6
107	DWYER, Anthony	West Waterford A.C.	0:24:11	Male 65	07:46.9
108	VERLING, Cait	West Waterford A.C.	0:24:18	Female 45	07:49.1
109	MC GRATH, Eoin	West Waterford A.C.	0:24:29	Male Senior	07:52.7
110	CONWAY, Glen	N/A	0:24:40	Male 45	07:56.2
111	COFFEY, Brigid	West Waterford A.C.	0:24:48	Female 50	07:58.8
112	O'ROURKE, Joe	West Waterford A.C.	0:24:49	Male 60	07:59.1
113	LENIHAN, Mark	West Waterford A.C.	0:24:50	Male 50	07:59.4
114	HEALY, Eibhin	N/A	0:25:05	Female Senior	08:04.3
115	FLAVIN, Shane	West Waterford A.C.	0:25:12	Male Senior	08:06.5
116	CHIZHIKOVA, Diana	West Waterford A.C.	0:25:29	Female 40	08:12.0
117	HIGGINS, Sharon	West Waterford A.C.	0:25:32	Female 40	08:13.0
118	BARRY, Joe	West Waterford A.C.	0:25:33	Male 45	08:13.3
119	BOURKE, Catherine	West Waterford A.C.	0:25:34	Female 45	08:13.6
120	MC GRATH, Paul	West Waterford A.C.	0:25:37	Male 55	08:14.6
121	CUMMINS, Mary	N/A	0:25:40	Female Senior	08:15.5
122	HEALY, Brian	West Waterford A.C.	0:25:43	Male 55	08:16.5
123	POWER, Onra	West Waterford A.C.	0:25:52	Female 55	08:19.4
124	O'BRIEN, William	N/A	0:26:02	Male 55	08:22.6
125	KELLY, John	Carrick On Suir A.C.	0:26:05	Male Senior	08:23.6
126	GUILLY, Linda	West Waterford A.C.	0:26:07	Female 40	08:24.2
127	LEAHY, Helen	West Waterford A.C.	0:26:27	Female 40	08:30.7
128	O'BRIEN, Grainne	West Waterford A.C.	0:26:27	Female Senior	08:30.7
129	HARRIS, Amy	Carrick On Suir A.C.	0:26:35	Female Senior	08:33.2
130	FLEMING, Jim	West Waterford A.C.	0:26:41	Male 55	08:35.2
131	JACKMAN, Brian	N/A	0:26:41	Male 55	08:35.2
132	WHITE, John David	West Waterford A.C.	0:26:54	Male Senior	08:39.3
133	EICHELMANN, Patricia	West Waterford A.C.	0:26:56	Female 45	08:40.0
134	DUNNE, Jackie	Carrick On Suir A.C.	0:27:10	Female 55	08:44.5
135	BARRY, Geraldine	West Waterford A.C.	0:27:24	Female 45	08:49.0
136	COSTIN, Sean	Finisk Valley A.C.	0:27:34	Male 50	08:52.2
137	GAFFNEY, Andrea	West Waterford A.C.	0:27:35	Female 50	08:52.5
138	MASSEY, Anne	West Waterford A.C.	0:27:38	Female 50	08:53.5

139	CURRAN, Eamonn	West Waterford A.C.	0:27:39	Male 50	08:53.8
140	O'CONNELL, Jillian	N/A	0:28:04	Female 45	09:01.9
141	COAKLEY, Michael	West Waterford A.C.	0:28:20	Male 55	09:07.0
142	POWER, Owen	West Waterford A.C.	0:28:32	Male 45	09:10.9
143	O'MAHONEY, Susan	West Waterford A.C.	0:28:37	Female 45	09:12.5
144	POWER, Moya	N/A	0:28:43	Female 40	09:14.4
145	CALZODO, Alba	N/A	0:28:44	Female Senior	09:14.7
146	COSTELLOE, Niamh	N/A	0:28:45	Female Senior	09:15.1
147	O'DONOVAN, Vincent	West Waterford A.C.	0:28:47	Male 65	09:15.7
148	DALY, Deirdre	West Waterford A.C.	0:28:49	Female 40	09:16.3
149	PROCTOR, Paschal	West Waterford A.C.	0:28:54	Male 65	09:18.0
150	VEALE, Mary	West Waterford A.C.	0:29:02	Female 45	09:20.5
151	CRONOLLY, Rita	West Waterford A.C.	0:29:02	Female 55	09:20.5
152	HAMILL, Robert	Youghal A.C.	0:29:47	Male 50	09:35.0
153	LANIGAN, Natasha	West Waterford A.C.	0:29:59	Female 45	09:38.9
154	MOYNIHAN, Micheal	West Waterford A.C.	0:29:59	Male 65	09:38.9
155	MC INTYRE, Catherine	West Waterford A.C.	0:30:13	Female 40	09:43.4
156	GOUGH, Sinead	N/A	0:30:29	Female 35	09:48.5
157	O'MAHONY, Niamh	West Waterford A.C.	0:31:41	Female Senior	10:11.7
158	KEATING, Geraldine	Carrick On Suir A.C.	0:31:49	Female 60	10:14.3
159	NOLAN, Kirsty	N/A	0:31:59	Female 50	10:17.5
160	FENNELL, Ruth	N/A	0:31:59	Female 45	10:17.5
161	POWER, Ann	N/A	0:32:21	Female 60	10:24.6
162	MAHONY, Danielle	N/A	0:32:45	Female 35	10:32.3
163	O'KEEFFE, Cathy	N/A	0:32:58	Female 60	10:36.5
164	O'DONOVAN, Ann	West Waterford A.C.	0:33:22	Female 60	10:44.2
165	DE BURCA, Pádraig	West Waterford A.C.	0:33:31	Male 65	10:47.1
166	CLANCY, Deirdre	West Waterford A.C.	0:34:18	Female 65	11:02.2
167	HALLINAN, Grainne	Touraneena Road Runners	0:35:18	Female 50	11:21.5
168	O'DROMA, Liam	N/A	0:36:20	Male 40	11:41.5
169	WILMOTT, Fiona	N/A	0:36:23	Female 45	11:42.4