

Deise College Dungarvan 10k**Friday 7 July 2023. 7:30 pm**

Place	Name	Team	Category	Time	Pace
1	CIOBANU, Sergiu	Clonliffe Harriers A.C.	Male Senior	0:31:08	05:00.5
2	FITZGERALD, Evan	Clonmel A.C.	Male Senior	0:31:26	05:03.4
3	MURPHY, Noel	Waterford A.C.	Male Senior	0:34:49	05:36.1
4	BLACKWELL, Mark	West Waterford A.C.	Male Senior	0:35:30	05:42.7
5	HENNEBRY, Conor	West Waterford A.C.	Male Senior	0:36:23	05:51.2
6	GOUGH, Dermot	West Waterford A.C.	Male 40	0:36:31	05:52.5
7	CAVANAGH, Conor	Sportsworld A.C.	Male Senior	0:36:52	05:55.9
8	SLATTERY, Brian	Tramore AC	Male 45	0:37:21	06:00.5
9	WHELAN, James	West Waterford A.C.	Male 45	0:38:05	06:07.6
10	EARLY, Noel	St. Catherines	Male 40	0:38:13	06:08.9
11	MORIARTY, Tadgh	N/A	Male Senior	0:38:20	06:10.0
12	WALSH, Kyle	N/A	Male Senior	0:38:26	06:11.0
13	O'CONNOR, David	St. Catherines	Male Senior	0:38:41	06:13.4
14	VEALE, Kate	West Waterford A.C.	Female Senior	0:38:51	06:15.0
15	DUNPHY, Dylan	Waterford A.C.	Male Senior	0:38:54	06:15.5
16	COLEMAN, Mikey	Crusaders	Male Senior	0:39:09	06:17.9
17	O'DRISCOLL, Adrian	Carrigaline A.C.	Male Senior	0:39:13	06:18.6
18	O'CONNOR, Willie	Galtee Runners	Male 50	0:39:17	06:19.2
19	BEECHER, John	St. Catherines	Male Senior	0:39:31	06:21.4
20	RYAN, Alan	West Waterford A.C.	Male 50	0:40:01	06:26.3
21	WALSH, Eoin (74)	West Waterford A.C.	Male 45	0:40:05	06:26.9
22	MAHONY, Ciaran	N/A	Male Senior	0:41:08	06:37.1
23	COUGHLAN, Cody	N/A	Male Junior	0:41:12	06:37.7
24	BEDELL, Toby	Tried and Tested	Male 45	0:41:25	06:39.8
25	KELLY, Mark	N/A	Male Senior	0:41:28	06:40.3
26	O'DONOVAN, Niamh	West Waterford A.C.	Female Senior	0:41:29	06:40.4
27	AHEARNE, P.J.	Youghal A.C.	Male Senior	0:41:39	06:42.0
28	HORGAN, Elaine	Clonmel A.C.	Female 40	0:41:43	06:42.7
29	HEARNE, Mark	Saturday Road Runners	Male Senior	0:41:54	06:44.5
30	CULLEN, Alan	West Waterford A.C.	Male 45	0:42:04	06:46.1
31	CONNORS, Jimmy	West Waterford A.C.	Male 40	0:42:06	06:46.4
32	O'HARE, Colm	West Waterford A.C.	Male Senior	0:42:07	06:46.5
33	MULCAHY, Sarah	St. Catherines	Female Senior	0:42:10	06:47.0
34	KENNEDY, Sean	Cork Track Club A.C.	Male Senior	0:42:13	06:47.5
35	DONNELLY, David	West Waterford A.C.	Male 45	0:42:19	06:48.5
36	LAVAN, Martin	West Waterford A.C.	Male 40	0:42:23	06:49.1
37	MC PHEE, Deirdre	Western Australia Mar. Club	Female 35	0:42:24	06:49.3
38	HEYLIN, Siobhain	Waterford A.C.	Female Senior	0:42:33	06:50.7
39	FITZGERALD, Pat	West Waterford A.C.	Male 40	0:42:44	06:52.5

40	CLIFFE, Mark	West Waterford A.C.	Male 40	0:42:51	06:53.6
41	CUNNINGHAM, Drew	West Waterford A.C.	Male Senior	0:42:59	06:54.9
42	CHIZHIKOV, Yevgeniy	West Waterford A.C.	Male 50	0:43:15	06:57.5
43	CASEY, Derek	N/A	Male Senior	0:43:31	07:00.1
44	CUMMINS, Pat	N/A	Male Senior	0:43:32	07:00.2
45	HAHESY, Ray	West Waterford A.C.	Male 55	0:43:34	07:00.5
46	NIXON, David	West Waterford A.C.	Male 45	0:43:59	07:04.6
47	AHEARNE, Neilus	Midleton A.C.	Male 60	0:44:03	07:05.2
48	MOORE, Grainne	West Waterford A.C.	Female Junior	0:44:05	07:05.5
49	O'SULLIVAN, John	Waterford A.C.	Male 40	0:44:08	07:06.0
50	CROTTY, Colin	N/A	Male 45	0:44:13	07:06.8
51	COFFEY, Pat	Clonmel A.C.	Male 55	0:44:17	07:07.5
52	HAYES, Kevin	St. Catherines	Male 45	0:44:21	07:08.1
53	O'RIORDAN, Jack	N/A	Male 50	0:44:33	07:10.0
54	TOBIN, Martin	West Waterford A.C.	Male 55	0:44:36	07:10.5
55	DWYER, Tony	West Waterford A.C.	Male Senior	0:44:38	07:10.8
56	CONCANNON, Mick	West Waterford A.C.	Male 60	0:44:40	07:11.2
57	HOGAN, Tom	West Waterford A.C.	Male 45	0:44:46	07:12.1
58	O'DONNELL, Kenneth	West Waterford A.C.	Male 50	0:44:56	07:13.7
59	GLEESON, Cathal E.	West Waterford A.C.	Male 45	0:45:00	07:14.4
60	O'MAHONY, Donal	West Waterford A.C.	Male 40	0:45:01	07:14.5
61	BURKE, Patricia	N/A	Female 40	0:45:11	07:16.2
62	DUGGAN, Peter	St Josephs A.C	Male 50	0:45:13	07:16.5
63	POWER, Michael	West Waterford A.C.	Male Senior	0:45:15	07:16.8
64	SALMON, Joe	West Waterford A.C.	Male 50	0:45:16	07:17.0
65	BEHAN, Patrick	N/A	Male Senior	0:45:31	07:19.4
66	O'CONNOR, Gerry	West Waterford A.C.	Male 60	0:45:38	07:20.5
67	MAHONY, Tomas	West Waterford A.C.	Male 50	0:45:41	07:21.0
68	COUGHLAN, Peter	N/A	Male 40	0:45:55	07:23.2
69	HYNES, Jody	West Waterford A.C.	Male 45	0:45:56	07:23.4
70	O'MAHONY, Tony	West Waterford A.C.	Male 55	0:45:57	07:23.6
71	STOREY, Norah	Tramore AC	Female 45	0:46:00	07:24.0
72	HAYES, Seamus	West Waterford A.C.	Male Senior	0:46:24	07:27.9
73	MC GRATH, Donall	N/A	Male Senior	0:46:27	07:28.4
74	CLINCE, Liam	West Waterford A.C.	Male 60	0:46:31	07:29.0
75	WALSH, Nicholas	Le Cheile A.C.	Male 40	0:46:38	07:30.2
76	DROHAN, Eveleen	West Waterford A.C.	Female 45	0:46:43	07:31.0
77	CANTWELL, Gerry	West Waterford A.C.	Male 60	0:46:44	07:31.1
78	O'CONNELL, Kieran	N/A	Male Senior	0:46:46	07:31.4
79	FITZPATRICK, Ross	N/A	Male Senior	0:47:08	07:35.0
80	KSHIRSAGAR, Rajendra	N/A	Male 40	0:47:09	07:35.1
81	O'HARE, Sean	Tried and Tested	Male Senior	0:47:11	07:35.5
82	BURKIN, Johnny	West Waterford A.C.	Male Senior	0:47:13	07:35.8

83	FITZGERALD, Liam	West Waterford A.C.	Male 50	0:47:26	07:37.9
84	NOLAN, Jack	N/A	Male Senior	0:47:35	07:39.3
85	WHELAN, Nigel	N/A	Male Senior	0:47:37	07:39.6
86	BUTLER, Jenn	N/A	Female Senior	0:47:39	07:40.0
87	KENNEDY, Claire	West Waterford A.C.	Female 35	0:47:48	07:41.4
88	HAYES, Michael	N/A	Male 40	0:47:51	07:41.9
89	O'DONOGHUE, Donal	Watergrasshill A.C,	Male 55	0:47:59	07:43.2
90	NI FHAOLAIN, Sinead	West Waterford A.C.	Female 35	0:48:03	07:43.8
91	POPE, Gareth	West Waterford A.C.	Male 45	0:48:24	07:47.2
92	KINSELLA, Rose	West Waterford A.C.	Female 40	0:48:41	07:49.9
93	MULCAHY, Mark	Saturday Road Runners	Male 40	0:48:54	07:52.0
94	FARRELL, Elaine	Ferrybank A.C.	Female 35	0:49:03	07:53.5
95	CALZODO, Alba	N/A	Female Senior	0:49:07	07:54.1
96	DWYER, Anthony	West Waterford A.C.	Male 60	0:49:33	07:58.3
97	COFFEY, Brigid	West Waterford A.C.	Female 50	0:49:40	07:59.4
98	MOORE, Sandra	West Waterford A.C.	Female 50	0:50:02	08:03.0
99	VERLING, Cait	West Waterford A.C.	Female 45	0:50:32	08:07.8
100	O'FLYNN, Pdraig	Touraneena Road Runners	Male 55	0:50:34	08:08.1
101	WALSH, Tina	Carrick On Suir A.C.	Female 35	0:50:47	08:10.2
102	KEANE, Ornaith	West Waterford A.C.	Female Senior	0:51:02	08:12.6
103	O'CONNELL, Sarah	N/A	Female 35	0:51:20	08:15.5
104	POWER, Margaret	Carrick On Suir A.C.	Female 60	0:51:31	08:17.3
105	DALY, Kim	West Waterford A.C.	Female 35	0:52:08	08:23.3
106	MURPHY, David	N/A	Male 45	0:52:12	08:23.9
107	POWER, Rose	West Waterford A.C.	Female 50	0:52:34	08:27.4
108	RYAN, Keith	N/A	Male 45	0:52:35	08:27.6
109	LYNCH, Brienne	West Waterford A.C.	Female 35	0:52:49	08:29.8
110	COSTELLOE, Paul	N/A	Male 50	0:52:54	08:30.7
111	MORRISSON, John	St. Catherines	Male 50	0:55:25	08:54.9
112	CHIZHIKOVA, Diana	West Waterford A.C.	Female 40	0:56:08	09:01.9
113	EICHELMANN, Patricia	West Waterford A.C.	Female 45	0:56:13	09:02.7
114	LENIHAN, Mark	West Waterford A.C.	Male 50	0:56:25	09:04.6
115	O'BRIEN, Grainne	West Waterford A.C.	Female Senior	0:56:25	09:04.6
116	LEAHY, Helen	West Waterford A.C.	Female 40	0:56:27	09:04.9
117	BRADFIELD, Linda	West Waterford A.C.	Female 50	0:57:34	09:15.7
118	GUILLY, Linda	West Waterford A.C.	Female 40	0:58:03	09:20.4
119	HIGGINS, Sarah	N/A	Female 40	0:58:28	09:24.4
120	KIELY, Kate	N/A	Female 40	0:58:28	09:24.4
121	MC GRATH, Paul	West Waterford A.C.	Male 55	0:58:44	09:27.0
122	KELLY, Joanna	N/A	Female 40	0:59:23	09:33.2
123	CURRAN, Eamonn	West Waterford A.C.	Male 50	0:59:24	09:33.4
124	O'DONOVAN, Vincent	West Waterford A.C.	Male 60	0:59:56	09:38.6

125	COAKLEY, Michael	West Waterford A.C.	Male 55	1:00:46	09:46.6
126	O'MAHONEY, Susan	West Waterford A.C.	Female 45	1:00:46	09:46.6
127	BOXALL, Cheryl	N/A	Female 45	1:01:05	09:49.7
128	DALY, Deirdre	West Waterford A.C.	Female 40	1:01:19	09:51.9
129	SEWARD, Maura	N/A	Female 40	1:01:42	09:55.6
130	VEALE, Mary	West Waterford A.C.	Female 45	1:02:05	09:59.3
131	CRONOLLY, Rita	West Waterford A.C.	Female 55	1:02:06	09:59.5
132	VEALE, Tom	N/A	Male 45	1:02:06	09:59.5
133	POPE, Carol	West Waterford A.C.	Female 45	1:02:50	10:06.5
134	MAHONY, Diarmuid	N/A	Male Junior	1:03:33	10:13.5
135	CLANCY, Deirdre	West Waterford A.C.	Female 60	1:09:30	11:10.9