

Round Tower Ardmore 5 24th May 2024

Place	Name	Club	Category	Time	Pace
1	CIOBANU, Sergiu	Clonliffe Harriers	M40	0:25:06	05:01.1
2	WALSH, Mark	Leevale A.C.	Male Seniiior	0:25:18	05:03.5
3	FITZGERALD, Pat	Waterford A.C.	Male Seniiior	0:25:59	05:11.7
4	COAKLEY, Donal	Leevale A.C.	Male Seniiior	0:26:09	05:13.7
5	CONNELL, Aidan	West Waterford A.C.	M40	0:26:39	05:19.7
6	MC CARTHY, James	East Cork	Male Seniiior	0:26:49	05:21.7
7	ZAKIS, Raivis	West Waterford A.C.	M40	0:26:55	05:22.9
8	O'BRIEN, Craig	Ferrybank A.C.	Male Seniiior	0:27:05	05:24.9
9	MURPHY, Damian	West Waterford A.C.	Male Seniiior	0:27:09	05:25.7
10	KELLY, Keith	Youghal A.C.	M45	0:27:26	05:29.1
11	KEARNS, Daryl	West Waterford A.C.	M40	0:28:05	05:36.9
12	MC SWEENEY, Seamus	Grange/Fermoy A.C.	M50	0:28:12	05:38.3
13	CAVANAGH, Conor	Waterford A.C.	Male Seniiior	0:28:16	05:39.1
14	GIBSON, Alan	West Waterford A.C.	M40	0:28:32	05:42.3
15	TIDESWELL, Kealy	Clonmel A.C.	F40	0:28:34	05:42.7
16	O'CONNOR, David	St Catherines	Male Seniiior	0:29:01	05:48.1
17	DONAGHY, Declan	Individual	Male Seniiior	0:29:27	05:53.3
18	COFFEY, John	West Waterford A.C.	M40	0:29:48	05:57.5
19	MURPHY, John	Grange/Fermoy A.C.	M50	0:29:51	05:58.1
20	GOUGH, Dermot	West Waterford A.C.	M40	0:30:07	06:01.3
21	WALSH, Kyle	N/A	Male Seniiior	0:30:24	06:04.7
22	COFFEY, Gearoid	West Waterford A.C.	Male Seniiior	0:30:47	06:09.3
23	FLYNN, Anthony	West Waterford A.C.	Male Seniiior	0:30:59	06:11.7
24	O'REGAN, Ger	Midleton A.C.	M55	0:31:02	06:12.3
25	NIXON, David	West Waterford A.C.	Male Seniiior	0:31:26	06:17.1
26	MULCAHY, Sarah	St Catherines	Female Senior	0:31:37	06:19.3
27	WALSH, Maurice	Youghal A.C.	M40	0:31:49	06:21.7
28	WALSH, Eoin (74)	West Waterford A.C.	M50	0:31:51	06:22.1
29	CRONIN, Mark	Midleton A.C.	M45	0:31:53	06:22.5
30	HORGAN, Barry	Clonmel A.C.	M45	0:31:56	06:23.1
31	AHERN, Derek	Midleton A.C.	M45	0:31:57	06:23.3
32	MC SWINEY, Hugh	Leevale A.C.	Male Seniiior	0:31:59	06:23.7
33	LEAHY, Emma	N/A	Female Senior	0:32:17	06:27.3
34	LAVAN, Martin	West Waterford A.C.	M40	0:32:20	06:27.9
35	WHELAN, James	West Waterford A.C.	M50	0:32:33	06:30.5
36	COUGHLAN, Cody	N/A	Male Junior	0:32:36	06:31.1
37	BEDELL, Toby	Tried and Tested	M50	0:32:38	06:31.5
38	CONNORS, James	West Waterford A.C.	M40	0:32:40	06:31.9
39	MOORE, Grainne	West Waterford A.C.	Female Senior	0:32:42	06:32.3

40	TOBIN, Angela	West Waterford A.C.	F35	0:32:44	06:32.7
41	CULLEN, Alan	West Waterford A.C.	M45	0:32:46	06:33.1
42	CASHMAN, John	Middleton A.C.	M55	0:32:47	06:33.3
43	TRAVERS, Jason	West Waterford A.C.	M50	0:32:47	06:33.3
44	CLIFFE, Mark	West Waterford A.C.	M45	0:32:48	06:33.5
45	DROHAN, Eveleen	West Waterford A.C.	F45	0:32:53	06:34.5
46	KELLY, Joe	West Waterford A.C.	M55	0:33:06	06:37.1
47	COSGRAVE, Donnacha	West Waterford A.C.	M45	0:33:08	06:37.5
48	COADE, James	N/A	Male Seniiior	0:33:11	06:38.1
49	HORGAN, Elaine	Clonmel A.C.	F40	0:33:12	06:38.3
50	CANNY, Niamh	Ballincollig A.C.	F40	0:33:17	06:39.3
51	FITZGERALD, Pat	West Waterford A.C.	M40	0:33:46	06:45.1
52	BEHAN, Diane	Waterford A.C.	F50	0:33:50	06:45.9
53	DUNFORD, Michael	West Waterford A.C.	M55	0:33:51	06:46.1
54	MURPHY, Ian	Youghal A.C.	M55	0:33:57	06:47.3
55	CHIZHIKOV, Yevgeniy	West Waterford A.C.	M50	0:34:02	06:48.3
56	WHITE, Stephen	Waterford A.C.	Male Seniiior	0:34:09	06:49.7
57	DEMPSEY, Rhona	St. Finbarr's	F40	0:34:11	06:50.1
58	DUGGAN, Peter	St Josephs	M50	0:34:13	06:50.5
59	RYAN, Patricia	Dundrum A.C.	F40	0:34:14	06:50.7
60	MOYA ROSA, Emilio	N/A	Male Seniiior	0:34:22	06:52.3
61	GUNNIP, David	N/A	M50	0:34:26	06:53.1
62	HOGAN, Tom	West Waterford A.C.	M45	0:34:30	06:53.9
63	DONNELLY, David	West Waterford A.C.	M45	0:34:32	06:54.3
64	HENNEBERRY, Jim	Individual	M40	0:34:35	06:54.9
65	NOLAN, Jack	West Waterford A.C.	Male Seniiior	0:34:41	06:56.1
66	O'SULLIVAN, John	Waterford A.C.	M40	0:34:47	06:57.3
67	HURNEY, Gary	West Waterford A.C.	M40	0:34:48	06:57.5
68	QUEALLY, Jack	N/A	Male Seniiior	0:35:05	07:00.9
69	TOBIN, Martin	West Waterford A.C.	M60	0:35:10	07:01.9
70	MURPHY, Claire	Individual	Female Senior	0:35:11	07:02.1
71	CUNNINGHAM, Drew	West Waterford A.C.	Male Seniiior	0:35:17	07:03.2
72	POPE, Gareth	West Waterford A.C.	M45	0:35:20	07:03.8
73	FOLEY, Linda	West Waterford A.C.	F35	0:35:23	07:04.4
74	CUNNINGHAM, Peter	West Waterford A.C.	M40	0:35:24	07:04.6
75	CROWLEY, Avril	East Cork	F45	0:35:25	07:04.8
76	WHELAN, Martin	N/A	M55	0:35:29	07:05.6
77	O'DONOGHUE, Donal	Watergrasshill A.C.	M55	0:35:36	07:07.0
78	MURRAY, Conor	West Waterford A.C.	M55	0:35:37	07:07.2
79	RYAN, Aidan	N/A	Male Seniiior	0:35:46	07:09.0
80	HYNDS, Jamie	West Waterford A.C.	Male Seniiior	0:35:49	07:09.6

81	WALSH, Nicholas	Le Cheile A.C.	M40	0:35:50	07:09.8
82	CLINCE, Liam	West Waterford A.C.	M60	0:35:51	07:10.0
83	PHELAN, Eamonn	West Waterford A.C.	M60	0:35:52	07:10.2
84	SALMON, Joe	West Waterford A.C.	M55	0:35:53	07:10.4
85	O'CONNOR, Fionan	Individual	M40	0:35:56	07:11.0
86	O'CONNOR, Gerry	West Waterford A.C.	M60	0:36:10	07:13.8
87	LYNCH, Breda	St. Catherines	F35	0:36:20	07:15.8
88	MC GRATH, Donall	Individual	Male Seniiior	0:36:31	07:18.0
89	HYNES, Jody	West Waterford A.C.	M45	0:36:32	07:18.2
90	POWER, Micheál	West Waterford A.C.	Male Seniiior	0:36:34	07:18.6
91	HAYES, John Joe	Tried and Tested	M45	0:36:36	07:19.0
92	DOOLAN, Eddie	N/A	M40	0:36:37	07:19.2
93	BARRY, Louise	Midleton A.C.	F40	0:36:50	07:21.8
94	BUCKLEY, Mark	N/A	M40	0:36:57	07:23.2
95	KENNEALLY, Declan	N/A	Male Seniiior	0:37:00	07:23.8
96	KAVANAGH, Thomas	N/A	M40	0:37:09	07:25.6
97	CONNELL, Fiona	West Waterford A.C.	F35	0:37:15	07:26.8
98	WALSH, Eoin	West Waterford A.C.	Male Seniiior	0:37:15	07:26.8
99	MOORE, Anne	West Waterford A.C.	F45	0:37:17	07:27.2
100	MOORE, David	West Waterford A.C.	M40	0:37:17	07:27.2
101	O'MAHONY, Donal	West Waterford A.C.	M40	0:37:20	07:27.8
102	KIRBY, Dan	West Waterford A.C.	Male Seniiior	0:37:22	07:28.2
103	GAFFNEY, Emmet	N/A	M40	0:37:24	07:28.6
104	KSHIRSAGAR, Rajendra	Waterford A.C.	M45	0:37:25	07:28.8
105	HYNDS, Louise	West Waterford A.C.	F35	0:37:25	07:28.8
106	O'CONNELL, Colm	West Waterford A.C.	M50	0:37:36	07:31.0
107	PAWLIK, Krzysztof	Youghal A.C.	M40	0:37:51	07:34.0
108	FITZGERALD, Liam	West Waterford A.C.	M50	0:37:59	07:35.6
109	FORAN, Tom	West Waterford A.C.	M45	0:37:59	07:35.6
110	POWER, David	Individual	M40	0:38:17	07:39.2
111	POWER, Shane	West Waterford A.C.	Male Seniiior	0:38:18	07:39.4
112	LACEY, Geraldine	West Waterford A.C.	F45	0:38:19	07:39.6
113	MOORE, Sandra	West Waterford A.C.	F50	0:38:22	07:40.2
114	MURRAY, Paul	West Waterford A.C.	Male Seniiior	0:38:25	07:40.8
115	KINSELLA, Rose	West Waterford A.C.	F40	0:38:39	07:43.6
116	PAWLIK, Anna	Youghal A.C.	F35	0:38:39	07:43.6
117	O'BRIEN, Morgan	N/A	Male Seniiior	0:38:40	07:43.8
118	BURNS, Liam	Youghal A.C.	M55	0:38:49	07:45.6
119	OLSSON, Jim	N/A	Male Seniiior	0:38:50	07:45.8
120	WILLIAMS, Siobhan	Midleton A.C.	F50	0:38:52	07:46.2
121	SAUNDERS, Jamie	St. Finbarr's	Male Seniiior	0:38:55	07:46.8

122	BANNON, Orla	West Waterford A.C.	F40	0:39:18	07:51.4
123	DOYLE, Leanne	Brendan's Running Club	F35	0:39:30	07:53.8
124	MULCAHY, Katie	N/A	Female Senior	0:39:41	07:56.0
125	O'DONOGHUE, Elaine	Riverstick Kinsale A.C.	F45	0:39:42	07:56.2
126	VERLING, Cait	West Waterford A.C.	F45	0:39:55	07:58.8
127	COFFEY, Brigid	West Waterford A.C.	F50	0:39:56	07:59.0
128	O'DONOGHUE, Tony	N/A	Male Seniiior	0:39:59	07:59.6
129	KEANE, Ornaith	West Waterford A.C.	Female Senior	0:40:06	08:01.0
130	QUEALLY, Catherine	N/A	Female Senior	0:40:08	08:01.4
131	MC GRATH, Freida	N/A	Female Senior	0:40:21	08:04.0
132	PHELAN, Rachel	West Waterford A.C.	Female Senior	0:40:29	08:05.6
133	RYAN, Sean	N/A	Male Seniiior	0:40:37	08:07.2
134	O'FLYNN, Pdraig	Touraneena Road Runners	M55	0:40:42	08:08.2
135	MURPHY, Peter	Saturday Road Runners	Male Seniiior	0:40:47	08:09.2
136	MOONEY, Lorena	Individual	F45	0:40:52	08:10.2
137	ORMONDE, Fiona	West Waterford A.C.	F45	0:40:54	08:10.6
138	DARCY, Anita	Individual	F35	0:40:57	08:11.2
139	DARCY, Karen	Individual	F35	0:41:24	08:16.6
140	BLAIKLOCK, Adam	St. Catherines	M40	0:41:25	08:16.8
141	WALSH, Brian	West Waterford A.C.	M40	0:41:30	08:17.8
142	MURRAY, Jacqui	West Waterford A.C.	F35	0:41:41	08:20.0
143	CURTIN, Liz	West Waterford A.C.	F40	0:41:57	08:23.2
144	POWER, Simone	Individual	F45	0:41:59	08:23.6
145	BARRON, Lucy	Individual	Female Senior	0:42:05	08:24.8
146	FLYNN, Jevon	Individual	Male Seniiior	0:42:06	08:25.0
147	O'CAOIMH, Evanne	N/A	F50	0:42:10	08:25.8
148	KEATING, Helen	West Waterford A.C.	Female Senior	0:42:11	08:26.0
149	POWER, Onra	West Waterford A.C.	F55	0:42:17	08:27.2
150	DWYER, Anthony	West Waterford A.C.	M65	0:42:27	08:29.2
151	MEAGHER, James	N/A	M50	0:42:27	08:29.2
152	DURAND, Michelle	West Waterford A.C.	F55	0:42:28	08:29.4
153	MORRISSON, John	St Catherines	M55	0:42:34	08:30.6
154	WALSH, Denise	West Waterford A.C.	F40	0:42:36	08:31.0
155	LEAHY, Helen	West Waterford A.C.	F40	0:42:52	08:34.2
156	POWER, Owen	West Waterford A.C.	M45	0:42:54	08:34.6
157	POWER, Patrick	Individual	M60	0:42:54	08:34.6
158	CROWE, Cathriona	West Waterford A.C.	F50	0:42:59	08:35.6
159	BEECHINOR, Martina	West Waterford A.C.	F50	0:43:04	08:36.6
160	POWER, Rose	West Waterford A.C.	F50	0:43:07	08:37.2
161	DELANEY, Cáit	Individual	Female Senior	0:43:13	08:38.4

162	POWER, Claire	Individual	F35	0:43:16	08:39.0
163	HAYES, Michael	West Waterford A.C.	M60	0:43:18	08:39.4
164	O'CONNOR, Kevin	Eagle A.C.	M50	0:43:21	08:40.0
165	RUSSELL, Caroline	West Waterford A.C.	F50	0:43:26	08:41.0
166	BRENNAN, Noel	West Waterford A.C.	M55	0:43:27	08:41.2
167	KEATING, Keating	N/A	M55	0:43:38	08:43.4
168	POWER, Emma	Individual	F55	0:43:47	08:45.2
169	BRADFIELD, Linda	West Waterford A.C.	F50	0:43:48	08:45.4
170	KING, Tim	Individual	Male Seniiior	0:43:51	08:46.0
171	FORDE, Kevin	West Waterford A.C.	M60	0:44:14	08:50.6
172	FITZGERALD, Susan	Middleton A.C.	F50	0:44:27	08:53.2
173	KELLY, Melanie	Individual	F60	0:44:30	08:53.8
174	DALY, Patricja	West Waterford A.C.	F45	0:44:34	08:54.6
175	GLEESON, Cathal E.	West Waterford A.C.	M45	0:45:05	09:00.8
176	ORMONDE, Brian	West Waterford A.C.	M50	0:45:06	09:01.0
177	HIGGINS, Sharon	West Waterford A.C.	F40	0:45:12	09:02.2
178	POPE, Carol	West Waterford A.C.	F45	0:45:14	09:02.6
179	FOX, Barry	N/A	Male Seniiior	0:45:17	09:03.2
180	UI CHUIRRIN, Josie	West Waterford A.C.	F60	0:45:27	09:05.2
181	CURRAN, Eamonn	West Waterford A.C.	M50	0:45:37	09:07.2
182	CONDON, Catherine	West Waterford A.C.	F55	0:45:50	09:09.8
183	CUMMINS, Michael	N/A	M40	0:46:39	09:19.6
184	O'BRIEN, Fiona	N/A	F40	0:46:40	09:19.8
185	TUTTY, George	N/A	M45	0:46:42	09:20.2
186	O'GORMAN, Maria	N/A	F60	0:47:27	09:29.2
187	SINNOTT, Geraldine	West Waterford A.C.	F45	0:47:28	09:29.4
188	BRENNAN, Mary	Greenway Joggers A.C.	F50	0:47:46	09:33.0
189	O'SULLIVAN, Sinead	N/A	F45	0:47:49	09:33.6
190	KELLY, Suzanne	N/A	F45	0:47:50	09:33.8
191	MULCAHY, Jessie	Individual	Female Senior	0:47:52	09:34.2
192	KIELY, Sinead	West Waterford A.C.	Female Senior	0:47:57	09:35.2
193	MULCAHY, Kevin	Individual	M55	0:47:58	09:35.4
194	HICKEY, Siobhan	N/A	F45	0:48:18	09:39.4
195	MOORE, Susie	Greenway Joggers A.C.	F45	0:48:23	09:40.4
196	MORRISSEY, Eithne	Individual	F35	0:48:56	09:47.0
197	FOLEY POWER, Linda	West Waterford A.C.	F40	0:48:58	09:47.4
198	BRADLEY, Aoife	West Waterford A.C.	F40	0:49:40	09:55.8
199	O'BRIEN, Anthony	N/A	M40	0:49:41	09:56.0
200	CONWAY, Julie	N/A	F40	0:49:47	09:57.2
201	GUINEY, Sinead	N/A	F50	0:49:48	09:57.4
202	HEHIR, Sinead	Individual	F35	0:49:49	09:57.6

203	CLEARY, Margaret	Individual	F40	0:49:50	09:57.8
204	MANLEY, Marie	Individual	F55	0:50:03	10:00.4
205	HEALY, Brian	West Waterford A.C.	M55	0:50:07	10:01.2
206	MOYNIHAN, Micheal	West Waterford A.C.	M65	0:50:22	10:04.2
207	PROCTOR, Paschal	West Waterford A.C.	M70	0:50:25	10:04.8
208	FENNELL, Ruth	West Waterford A.C.	F50	0:50:33	10:06.4
209	NOLAN, Kirsty	DMP A.C.	F50	0:50:34	10:06.6
210	GUIRY, Michelle	Touraneena Road Runners	Female Senior	0:50:52	10:10.2
211	MC INTYRE, Catherine	West Waterford A.C.	F40	0:50:59	10:11.6
212	POLAND, Kay	N/A	F55	0:51:03	10:12.4
213	O'DONOVAN, Vincent	West Waterford A.C.	M65	0:51:39	10:19.6
214	MORRISSEY, Susan	N/A	F60	0:52:06	10:25.0
215	WHELAN DEVINE, Deirdre	West Waterford A.C.	F40	0:52:44	10:32.6
216	DALTON, Nicola	Touraneena Road Runners	F40	0:52:58	10:35.4
217	O'ROURKE, Fiona	West Waterford A.C.	F45	0:54:14	10:50.6
218	CUMISKEY, Patrick	West Waterford A.C.	M55	0:54:14	10:50.6
219	PRENDERGAST, Louise	Touraneena Road Runners	F35	0:54:43	10:56.4
220	WALSH, Mary	Touraneena Road Runners	F55	0:54:45	10:56.8
221	O'CALLAGHAN, Sarah	Individual	F35	0:55:05	11:00.8
222	HOSFORD, Pascal	West Waterford A.C.	M60	0:55:38	11:07.4
223	COLLENDER, Martin	N/A	M50	0:55:46	11:09.0
224	HALLINAN, Grainne	Touraneena Road Runners	F50	0:56:10	11:13.8
225	WHYTE, Ciara	Individual	Female Senior	0:57:03	11:24.4
226	CARLTON, Niamh	Individual	Female Senior	0:57:43	11:32.4