

AHS TUNING BALLINROAD 5K 10 May 2024. 7:30 pm

PLACE	NAME	CLUB	CATEGORY	TIME	PACE
1	BLACKWELL, Mark	West Waterford A.C.	M Senior	0:16:05	05:10.5
2	CONNELL, Aidan	West Waterford A.C.	M 40	0:16:13	05:13.1
3	ZAKIS, Raivis	West Waterford A.C.	M 40	0:16:15	05:13.7
4	O'BRIEN, Craig	Ferrybank A.C.	M Senior	0:16:28	05:17.9
5	HENNEBRY, Conor	West Waterford A.C.	M Senior	0:16:34	05:19.8
6	CULLINANE, David	Ferrybank A.C.	M 40	0:16:41	05:22.1
7	CAVANAGH, Conor	Waterford A.C.	M Senior	0:16:55	05:26.6
8	GIBSON, Alan	West Waterford A.C.	M 40	0:17:07	05:30.4
9	O'KEEFFE, Eugene	Carrick On Suir A.C.	M 55	0:17:42	05:41.7
10	O'LOUGHLIN, Michael	Individual	M Senior	0:17:43	05:42.0
11	COFFEY, John	West Waterford A.C.	M 40	0:17:54	05:45.6
12	O'CONNOR, David	St Catherines	M Senior	0:18:17	05:53.0
13	HURLEY, Larry	Tramore A.C.	M 50	0:18:33	05:58.1
14	BERESFORD, Liam	West Waterford A.C.	M Senior	0:18:36	05:59.1
15	WALSH, Kyle	Individual	M Senior	0:18:41	06:00.7
16	MULCAHY, Sarah	St Catherines	F Senior	0:18:42	06:01.0
17	O'CONNOR, William	Galtee Runners	M 55	0:18:45	06:02.0
18	BARRY, Niall	West Waterford A.C.	M 40	0:18:50	06:03.6
19	LAVAN, Martin	West Waterford A.C.	M 40	0:18:52	06:04.2
20	NIXON, David	West Waterford A.C.	M Senior	0:18:54	06:04.9
21	BALOSTRO, Benedetta	Togher A.C.	F Senior	0:18:56	06:05.5
22	WHITE, Stephen	Waterford A.C.	M Senior	0:18:58	06:06.2
23	POWER, Anthony	Clonmel A.C.	M 60	0:19:08	06:09.4
24	BRENNAN, Grainne	Carrick On Suir A.C.	F Senior	0:19:12	06:10.7
25	HICKEY, Alan	Individual	M 45	0:19:17	06:12.3
26	TOBIN, Angela	West Waterford A.C.	F 35	0:19:21	06:13.9
27	MOORE, Grainne	West Waterford A.C.	F Senior	0:19:21	06:13.6
28	WALSH, Eoin (74)	West Waterford A.C.	M 50	0:19:23	06:14.2
29	BEECHER, John	St Catherines	M 40	0:19:24	06:14.5
30	MAHONY, Joan	Waterford A.C.	F 45	0:19:28	06:15.8
31	BEDELL, Toby	Tried and Tested	M 50	0:19:29	06:16.1
32	CULLEN, Alan	West Waterford A.C.	M 45	0:19:31	06:16.8
33	TRAVERSO, Lorenzo	Togher A.C.	M Senior	0:19:33	06:17.4
34	COUGHLAN, Cody	Individual	M Junior	0:19:40	06:19.7
35	HOLMES, Martin	West Waterford A.C.	M Senior	0:19:43	06:20.6
36	COSGRAVE, Donnacha	West Waterford A.C.	M 45	0:19:44	06:21.0
37	HEYLIN, Siobhain	Waterford A.C.	F Senior	0:19:45	06:21.3
38	KELLY, Joe	West Waterford A.C.	M 55	0:19:46	06:21.6
39	LANGLEY, Elaine	West Waterford A.C.	F 35	0:19:47	06:21.9
40	CONNORS, James	West Waterford A.C.	M 40	0:19:48	06:22.3
41	WHELAN, James	West Waterford A.C.	M 50	0:19:52	06:23.5
42	HAHESY, Ray	West Waterford A.C.	M 60	0:19:54	06:24.2
43	HEARNE, Mark	Saturday Road Runners	M Senior	0:20:03	06:27.1
44	HOGAN, Tom	West Waterford A.C.	M 45	0:20:04	06:27.4
45	NOLAN, Jack	West Waterford A.C.	M Senior	0:20:12	06:30.0
46	TRAVERS, Jason	West Waterford A.C.	M 50	0:20:16	06:31.3

47	O'SULLIVAN, Eithan	Individual	M Senior	0:20:18	06:31.9
48	MURPHY, Claire	Individual	F Senior	0:20:19	06:32.2
49	KOSTIC, Milan	West Waterford A.C.	M Senior	0:20:22	06:33.2
50	MOLLOY, Mary	Kings River	F 45	0:20:24	06:33.8
51	TOBIN, Martin	West Waterford A.C.	M 60	0:20:25	06:34.2
52	CASHMAN, John	Middleton A.C.	M 55	0:20:26	06:34.5
53	BEHAN, Diane	Waterford A.C.	F 50	0:20:29	06:35.4
54	CHIZHIKOV, Yevgeniy	West Waterford A.C.	M 50	0:20:34	06:37.1
55	O'SULLIVAN, John	Waterford A.C.	M 40	0:20:36	06:37.7
56	HURNEY, Gary	West Waterford A.C.	M 40	0:20:44	06:40.3
57	KELLY, Joe (Jn)	Individual	M Junior	0:20:46	06:40.9
58	KELLY, Marie	Individual	F 35	0:20:47	06:41.2
59	CUNNINGHAM, Drew	West Waterford A.C.	M Senior	0:20:53	06:43.2
60	DUGGAN, Peter	St Josephs	M 50	0:21:05	06:47.0
61	O'MAHONY, Tony (Jn)	Individual	M Senior	0:21:07	06:47.7
62	O'RIORDAN, Jack	Individual	M 50	0:21:08	06:48.0
63	JACKMAN, Mark	Individual	M 45	0:21:09	06:48.3
64	LYNCH, Breda	St Catherines	F 35	0:21:12	06:49.3
65	HENNEBERRY, Jim	Individual	M 40	0:21:13	06:49.6
66	BRUNNOCK, Johnny	West Waterford A.C.	M 45	0:21:17	06:50.9
67	STAPLETON, Clodagh	West Waterford A.C.	F Junior	0:21:18	06:51.2
68	KAVANAGH, Thomas	Individual	M 40	0:21:19	06:51.5
69	MC GRATH, Donall	Individual	M Senior	0:21:21	06:52.2
70	FORAN, Tom	West Waterford A.C.	M 45	0:21:22	06:52.5
71	POPE, Gareth	West Waterford A.C.	M 45	0:21:23	06:52.8
72	RONAYNE, Roisin	St Catherines	F 45	0:21:26	06:53.8
73	HYNES, Jody	West Waterford A.C.	M 45	0:21:35	06:56.7
74	WALSH, Paul	Waterford A.C.	M 50	0:21:40	06:58.3
75	HAYES, John Joe	West Waterford A.C.	M 45	0:21:43	06:59.3
76	O'CONNOR, Fionan	Individual	M 40	0:21:46	07:00.2
77	PHELAN, Eamonn	West Waterford A.C.	M 60	0:21:48	07:00.9
78	COFFEY, Sean	Individual	M Junior	0:21:49	07:01.2
79	HYNES, Paula	Kilkenny City Harriers	F 40	0:21:51	07:01.8
80	MOORE, Anne	West Waterford A.C.	F 45	0:21:53	07:02.5
81	O'CONNOR, Johnny	West Waterford A.C.	M 55	0:21:55	07:03.1
82	HALPIN, Richie	Individual	M 40	0:21:56	07:03.4
83	YOUNG, Owen	Individual	M Senior	0:21:57	07:03.8
84	CLINCE, Liam	West Waterford A.C.	M 60	0:21:58	07:04.1
85	O'DONOGHUE, Donal	Watergrasshill A.C.	M 55	0:21:59	07:04.4
86	CUNNINGHAM, Peter	West Waterford A.C.	M 40	0:22:05	07:06.3
87	LYONS, Andrea	Carrick On Suir Tri Club	F 35	0:22:06	07:06.7
88	WALSH, Eoin	West Waterford A.C.	M Senior	0:22:08	07:07.3
89	STOREY, Norah	Tramore A.C.	F 45	0:22:12	07:08.6
90	FITZGERALD, Pat	West Waterford A.C.	M 40	0:22:13	07:08.9
91	KSHIRSAGAR, Rajendra	Waterford A.C.	M 45	0:22:14	07:09.2
92	RYAN, Gerard	Fethard A.C.	F Junior	0:22:15	07:09.6
93	KENNEALLY, Declan	Individual	M Senior	0:22:16	07:09.9
94	FARRELL, Eanna	Individual	M Senior	0:22:18	07:10.5

95	MORONEY, Nicola	West Waterford A.C.	F 40	0:22:24	07:12.5
96	MURRAY, Paul	West Waterford A.C.	M Senior	0:22:25	07:12.8
97	SAUNDERSON, Jessica	West Waterford A.C.	F 40	0:22:28	07:13.7
98	KIRBY, Dan	West Waterford A.C.	M Senior	0:22:30	07:14.4
99	WALL, Rob	Individual	M 50	0:22:33	07:15.4
100	O'DONNELL, Kenneth	West Waterford A.C.	M 50	0:22:50	07:20.8
101	O'CONNELL, Colm	West Waterford A.C.	M 50	0:22:51	07:21.1
102	O'BRIEN, Ian	Individual	M 40	0:22:53	07:21.8
103	FLYNN, Joe	Individual	M Senior	0:22:55	07:22.4
104	LACEY, Geraldine	West Waterford A.C.	F 45	0:22:58	07:23.4
105	MOORE, Sandra	West Waterford A.C.	F 50	0:23:06	07:26.0
106	O'DRISCOLL, Keith	Waterford A.C.	M 45	0:23:07	07:26.3
107	BAILEY, Donal	Carrick On Suir A.C.	M 40	0:23:11	07:27.6
108	CRONIN, Michael	Individual	M 55	0:23:21	07:30.8
109	CURRAN, Steven	West Waterford A.C.	M 40	0:23:27	07:32.7
110	O'RIORDAN, Eoin	West Waterford A.C.	M 50	0:23:29	07:33.4
111	HURNEY, Patrick	Individual	M Senior	0:23:31	07:34.0
112	WHELAN, Peter	Individual	M 55	0:23:33	07:34.7
113	POWER, Michael	West Waterford A.C.	M 40	0:23:47	07:39.2
114	TORPEY, Barry	Carrick On Suir A.C.	M 50	0:23:52	07:40.8
115	PHELAN, Rachel	West Waterford A.C.	F Senior	0:23:53	07:41.1
116	BANNON, Orla	West Waterford A.C.	F 40	0:23:57	07:42.4
117	HAYES, Michael	West Waterford A.C.	M 60	0:23:59	07:43.0
118	DALY, Kim	West Waterford A.C.	F 35	0:24:03	07:44.3
119	LENIHAN, Mark	West Waterford A.C.	M 55	0:24:04	07:44.6
120	O'ROURKE, Joe	West Waterford A.C.	M 60	0:24:04	07:44.6
121	CONCANNON, Mick	West Waterford A.C.	M 60	0:24:07	07:45.6
122	O'DONOGHUE, Tony	Individual	M Senior	0:24:08	07:45.9
123	HAYES, Seamus	West Waterford A.C.	M 40	0:24:10	07:46.6
124	NI FHAOLAIN, Sinead	West Waterford A.C.	F 40	0:24:14	07:47.9
125	VERLING, Cait	West Waterford A.C.	F 45	0:24:14	07:47.9
126	TOBIN, Seamus	Individual	M 45	0:24:18	07:49.1
127	BLACKETT, Sarah	Tramore A.C.	F Senior	0:24:27	07:52.0
128	COFFEY, Brigid	West Waterford A.C.	F 50	0:24:29	07:52.7
129	DARCY, Anita	Individual	F 35	0:24:31	07:53.3
130	GAFFNEY, Andrea	West Waterford A.C.	F 55	0:24:32	07:53.6
131	MOONEY, Lorena	Individual	F 45	0:24:36	07:54.9
132	LEAHY, Helen	West Waterford A.C.	F 40	0:24:50	07:59.4
133	CONWAY, Glen	Individual	M 45	0:24:52	08:00.1
134	FITZGERALD, Liam	West Waterford A.C.	M 50	0:24:53	08:00.4
135	POWER, Margaret	Carrick On Suir A.C.	F 60	0:24:54	08:00.7
136	NOLAN, Pdraig	Individual	M 50	0:24:59	08:02.3
137	O'CONNOR, Gerry	West Waterford A.C.	M 60	0:25:05	08:04.3
138	ORMONDE, Fiona	West Waterford A.C.	F 45	0:25:08	08:05.2
139	MORRISSON, John	St Catherines	M 55	0:25:09	08:05.6
140	DARCY, Karen	Individual	F 35	0:25:10	08:05.9
141	RYAN, Helen	Individual	F 45	0:25:10	08:05.9
142	FLYNN, Katie	Individual	F Senior	0:25:14	08:07.2

143	BARRON, Lucy	Individual	F Senior	0:25:21	08:09.4
144	FLYNN, Jevon	Individual	M Senior	0:25:22	08:09.7
145	UI MHURCHADHA, Kerri e	West Waterford A.C.	F 35	0:25:22	08:09.7
146	POWER, Onra	West Waterford A.C.	F 55	0:25:24	08:10.4
147	BRENNAN, Noel	West Waterford A.C.	M 55	0:25:30	08:12.3
148	MURRAY, Jacqui	West Waterford A.C.	F 35	0:25:31	08:12.6
149	KEATING, Helen	West Waterford A.C.	F Senior	0:25:32	08:13.0
150	SEXTON, Bernie	Carrick On Suir A.C.	F 60	0:25:33	08:13.3
151	DURAND, Michelle	West Waterford A.C.	F 55	0:25:36	08:14.2
152	BEECHINOR, Martina	West Waterford A.C.	F 50	0:25:37	08:14.6
153	KING, Tim	Individual	M Senior	0:25:42	08:16.2
154	KELLY, John	Carrick On Suir A.C.	M Senior	0:25:45	08:17.1
155	CROWE, Cathriona	West Waterford A.C.	F 50	0:25:49	08:18.4
156	GLEESON, Cathal E.	West Waterford A.C.	M 45	0:25:54	08:20.0
157	WALSH, Brian	West Waterford A.C.	M 40	0:25:59	08:21.6
158	DWYER, Anthony	West Waterford A.C.	M 65	0:26:01	08:22.3
159	FARRELL, Roisin	Individual	F Senior	0:26:02	08:22.6
160	RUSSELL, Caroline	West Waterford A.C.	F 50	0:26:07	08:24.2
161	CURTIN, Liz	Individual	F 40	0:26:13	08:26.1
162	POWER, Rose	West Waterford A.C.	F 50	0:26:20	08:28.4
163	HIGGINS, Sharon	West Waterford A.C.	F 40	0:26:25	08:30.0
164	CROWLEY, Claire	Individual	F Senior	0:26:29	08:31.3
165	WOODS, John	West Waterford A.C.	M 40	0:26:37	08:33.9
166	LEHNHOFF, Claire	West Waterford A.C.	F 35	0:26:39	08:34.5
167	FORDE, Kevin	West Waterford A.C.	M 60	0:26:46	08:36.8
168	O'FLYNN, Pdraig	Touraneena Road Runners	M 55	0:26:47	08:37.1
169	LASTE, John	West Waterford A.C.	M 60	0:26:57	08:40.3
170	MEAGHER, James	Individual	M 50	0:26:59	08:40.9
171	POWER, Fern	West Waterford A.C.	F 35	0:27:04	08:42.6
172	TUTTY, George	Individual	M 45	0:27:06	08:43.2
173	O'SULLIVAN, Nigel	Individual	M 50	0:27:08	08:43.8
174	DALY, Patrycja	West Waterford A.C.	F 45	0:27:10	08:44.5
175	FOLEY, Linda	West Waterford A.C.	F 35	0:27:13	08:45.5
176	FOLEY, Gavin	Individual	M 40	0:27:13	08:45.5
177	CUMMINS, Michael	Individual	M 40	0:27:14	08:45.8
178	HIGGINS, Sarah	Individual	F 40	0:27:19	08:47.4
179	O'REILLY, Breda	West Waterford A.C.	F 45	0:27:20	08:47.7
180	CAHILL, Mary	West Waterford A.C.	F 50	0:27:24	08:49.0
181	CUNNINGHAM, Michelle	West Waterford A.C.	F 40	0:27:25	08:49.3
182	ORMONDE, Brian	West Waterford A.C.	M 50	0:27:25	08:49.3
183	HALLEY, Eamon	West Waterford A.C.	M 40	0:27:29	08:50.6
184	FITZGERALD, Alice	West Waterford A.C.	F 60	0:27:31	08:51.2
185	MULCAHY, Jessie	Individual	F Senior	0:27:31	08:51.2
186	BARRY, Geraldine	West Waterford A.C.	F 45	0:27:35	08:52.5
187	CAMPBELL, David	West Waterford A.C.	M 55	0:27:41	08:54.5
188	HACKETT, James	Individual	M 40	0:27:42	08:54.8
189	BRADLEY, Aoife	West Waterford A.C.	F 40	0:27:45	08:55.8

190	O'GORMAN, Maria	Individual	F 60	0:27:45	08:55.8
191	O'GORMAN, Paul	Individual	M 60	0:27:46	08:56.1
192	DWANE, Francis	West Waterford A.C.	M 55	0:27:47	08:56.4
193	BERESFORD, Jimmy	Individual	M 55	0:27:49	08:57.0
194	POPE, Carol	West Waterford A.C.	F 45	0:27:55	08:59.0
195	RYAN, Jordan	Individual	M Senior	0:27:56	08:59.3
196	CURRAN, Kieran	Individual	M 45	0:28:01	09:00.9
197	UI CHUIRRIN, Josie	West Waterford A.C.	F 60	0:28:04	09:01.9
198	BRENNAN, Mary	Greenway Joggers A.C.	F 50	0:28:05	09:02.2
199	MOORE, Susie	Greenway Joggers A.C.	F 45	0:28:08	09:03.2
200	CURRAN, Eamonn	West Waterford A.C.	M 50	0:28:10	09:03.8
201	BRADFIELD, Linda	West Waterford A.C.	F 50	0:28:11	09:04.1
202	MC NALLY, Judith	West Waterford A.C.	F 45	0:28:12	09:04.4
203	RYAN, Amy	Individual	F Senior	0:28:20	09:07.0
204	DUNNE, Sean	Carrick On Suir A.C.	M 40	0:28:21	09:07.3
205	SINNOTT, Geraldine	West Waterford A.C.	F 45	0:28:27	09:09.3
206	BERESFORD, Jean	West Waterford A.C.	F 55	0:28:33	09:11.2
207	SHEIL, Niamh	Individual	F 35	0:28:34	09:11.5
208	COSGRAVE, Martina	Individual	F 45	0:28:35	09:11.8
209	CASEY, Eleanor	West Waterford A.C.	F 50	0:28:38	09:12.8
210	DUNNE, Jackie	Carrick On Suir A.C.	F 60	0:28:49	09:16.3
211	SHEEHAN, Claire	Individual	F 45	0:28:50	09:16.7
212	BARRY FERNCOMBE, Zoey	Individual	F Senior	0:28:53	09:17.6
213	VEALE, Mary	West Waterford A.C.	F 45	0:29:14	09:24.4
214	VEALE, Tom	Individual	M 45	0:29:17	09:25.4
215	LANIGAN, Natasha	West Waterford A.C.	F 45	0:29:18	09:25.7
216	CRONOLLY, Rita	West Waterford A.C.	F 55	0:29:25	09:27.9
217	MOYNIHAN, Micheal	West Waterford A.C.	M 65	0:29:29	09:29.2
218	WHELAN, Margaret	West Waterford A.C.	F 60	0:29:35	09:31.2
219	MC INTYRE, Catherine	West Waterford A.C.	F 40	0:29:37	09:31.8
220	COOKE, Mary	Individual	F 50	0:29:39	09:32.4
221	O'NEILL, Linda	West Waterford A.C.	F 45	0:29:40	09:32.8
222	MORRISSEY, Orla	Individual	F 35	0:29:41	09:33.1
223	WALSH, Lisa	Individual	F Senior	0:29:42	09:33.4
224	POWER, Anne Marie	West Waterford A.C.	F 45	0:29:44	09:34.0
225	WHELAN DEVINE, Deirdre	West Waterford A.C.	F 40	0:29:50	09:36.0
226	GUIRY, Michelle	Touraneena Road Runners	F Senior	0:29:53	09:36.9
227	WALSH, Tina	Individual	F 35	0:29:54	09:37.3
228	DE BÚRCA, Pádraig	West Waterford A.C.	M 65	0:30:03	09:40.2
229	KIELY, Sinead	West Waterford A.C.	F Senior	0:30:06	09:41.1
230	MORRISSEY, Eithne	Individual	F 35	0:30:08	09:41.8
231	O'DWYER, Derek	Carrick On Suir A.C.	M Senior	0:30:12	09:43.1
232	LONGAN, Mary	Individual	F 50	0:30:26	09:47.6
233	HOULIHAN, Fionnuala	Individual	F 45	0:31:10	10:01.7
234	BREATHNACH, Orna	West Waterford A.C.	F 40	0:31:11	10:02.0
235	POWER, Niall	Individual	M 45	0:31:12	10:02.4
236	O'DONOVAN, Vincent	West Waterford A.C.	M 65	0:31:12	10:02.4

237	HALLINAN, Aisling	Touraneena Road Runners	F Senior	0:31:20	10:04.9
238	O'MAHONY, Niamh	West Waterford A.C.	F Senior	0:31:22	10:05.6
239	TOBIN, Jackie	West Waterford A.C.	F 55	0:31:27	10:07.2
240	FITZGERALD, Majella	Individual	F 45	0:31:29	10:07.8
241	KEANE O'MAHONY, Denise	Individual	F 45	0:31:30	10:08.2
242	POWER, Sinead	Individual	F 50	0:31:32	10:08.8
243	DUNNE, Sinead	Carrick On Suir A.C.	F 40	0:31:43	10:12.3
244	O'ROURKE, Fiona	West Waterford A.C.	F 45	0:32:07	10:20.1
245	CUMISKEY, Patrick	West Waterford A.C.	M 55	0:32:12	10:21.7
246	AHEARNE, Ann	Individual	F 35	0:32:28	10:26.8
247	PRENDERGAST, Louise	Touraneena Road Runners	F 35	0:32:33	10:28.4
248	WALSH, Eileen	Individual	F 55	0:32:46	10:32.6
249	HOSFORD, Pascal	West Waterford A.C.	M 60	0:33:11	10:40.7
250	BARRY, Laura	Touraneena Road Runners	F Senior	0:33:16	10:42.3
251	WALSH, Margaruite	Individual	F 50	0:33:18	10:42.9
252	WALSH, Claire	Individual	F 50	0:33:35	10:48.4
253	WRIGHT, Sarah	Individual	F 35	0:33:39	10:49.7
254	GOZDEK, Anna	Individual	F 40	0:33:41	10:50.3
255	MILLS, Muriel	Individual	F 45	0:33:44	10:51.3
256	COLLENDER, Martin	Individual	M 50	0:33:57	10:55.5
257	POWER, Ali	Individual	F 45	0:34:07	10:58.7
258	COFFEY WALL, Joyce	Individual	F 45	0:34:11	11:00.0
259	CARTWRIGHT, Caroline	Individual	F 45	0:34:12	11:00.3
260	O'LEARY, Tina	West Waterford A.C.	F 35	0:34:15	11:01.3
261	MONAHAN, Billy	Individual	M Senior	0:34:18	11:02.2
262	MURPHY, Laura	Individual	F 35	0:34:20	11:02.9
263	NOONE, Iomhar	West Waterford A.C.	F 45	0:34:26	11:04.8
264	CASSERLY, Laura	Individual	F Senior	0:34:42	11:09.9
265	DROHAN, Pauline	Individual	F 50	0:34:58	11:15.1
266	WALSH, Mary	Touraneena Road Runners	F 55	0:35:12	11:19.6
267	MURRAY, Orna	Individual	F 55	0:35:18	11:21.5
268	DUGGAN, Aisling	Individual	F 35	0:35:39	11:28.3
269	O'CALLAGHAN, Sarah	Individual	F 35	0:35:45	11:30.2
270	HALLINAN, Grainne	Touraneena Road Runners	F 50	0:35:46	11:30.5
271	FITZGERALD, Hilda	Individual	F 45	0:35:51	11:32.1
272	LONERGAN, Rose	Touraneena Road Runners	F 60	0:37:44	12:08.5