

West Waterford Athletic Club**AHS Tuning Ballinroad 5k Friday 9 May 2025. 7:30 pm**

Place	Name	Club	Catefory	Time	Pace
1	FITZGERALD, Evan	West Waterford A.C.	Male Sn	0:14:49	04:46.0
2	FITZGERALD, Pat	Waterford A.C.	Male Sn	0:15:37	05:01.5
3	CONNELL, Aidan	West Waterford A.C.	Male 40	0:16:08	05:11.5
4	MURPHY, Damian	West Waterford A.C.	Male Sn	0:16:10	05:12.1
5	CAVANAGH, Conor	Waterford A.C.	Male Sn	0:16:21	05:15.6
6	MURPHY, Noel	Waterford A.C.	Male 40	0:16:30	05:18.5
7	HENNEBRY, Conor	West Waterford A.C.	Male Sn	0:16:39	05:21.4
8	O'BRIEN, Craig	Ferrybank A.C.	Male Sn	0:16:52	05:25.6
9	COFFEY, John	West Waterford A.C.	Male 45	0:16:56	05:26.9
10	DONAGHY, Declan	Waterford A.C.	Male Sn	0:16:59	05:27.9
11	FLYNN, Paul	Tramore A.C.	Male Sn	0:17:18	05:34.0
12	BERESFORD, Liam	West Waterford A.C.	Male Sn	0:17:20	05:34.6
13	CANTWELL, Gary	West Waterford A.C.	Male Sn	0:17:26	05:36.6
14	MULLIGAN, Conor	Individual	Male Sn	0:17:32	05:38.5
15	KENNEDY, Paul	West Waterford A.C.	Male Sn	0:17:43	05:42.0
16	GOUGH, Dermot	West Waterford A.C.	Male 45	0:17:46	05:43.0
17	FLYNN, Mark	West Waterford A.C.	Male Sn	0:17:51	05:44.6
18	O'KEEFFE, Eugene	Carrick On Suir A.C.	Male 55	0:18:11	05:51.0
19	KLAVA, Dzintars	West Waterford A.C.	Male 45	0:18:15	05:52.3
20	O'CALLAGHAN, Sean	Togher A.C.	Male 50	0:18:20	05:53.9
21	BEHAN, Laura	Individual	Female SN	0:18:24	05:55.2
22	LOOBY, Brian	West Waterford A.C.	Male Sn	0:18:26	05:55.9
23	LAVAN, Martin	West Waterford A.C.	Male 40	0:18:50	06:03.6
24	BARRY, Niall	West Waterford A.C.	Male 45	0:18:58	06:06.2
25	O'NEILL, Dermot	West Waterford A.C.	Male 50	0:19:04	06:08.1
26	COADY, Mark	Youghal A.C.	Male Sn	0:19:06	06:08.7
27	DONNELLY, David	West Waterford A.C.	Male 45	0:19:08	06:09.4
28	CURTIN, Trisha	Youghal A.C.	Female SN	0:19:16	06:12.0
29	HOGAN, Tom	West Waterford A.C.	Male 45	0:19:18	06:12.6
30	TRAVERS, Jason	Individual	Male 50	0:19:26	06:15.2
31	CUSACK, Nigel	Individual	Male 45	0:19:28	06:15.8
32	CLIFFORD, Peter	Individual	Male Sn	0:19:30	06:16.5
33	TOBIN, Angela	West Waterford A.C.	Female 35	0:19:31	06:16.8
34	LUCEY, Sean	Eagle A.C.	Male Sn	0:19:34	06:17.7
35	O'DONOVAN, Dermot	West Waterford A.C.	Male 45	0:19:39	06:19.4
36	SWABY, Brian	Individual	Male 45	0:19:41	06:20.0
37	COLEMAN, Conor	West Waterford A.C.	Male Sn	0:19:42	06:20.3
38	CULLEN, Alan	West Waterford A.C.	Male 45	0:19:44	06:21.0
39	HALLEY, Paschal	Waterford A.C.	Male 55	0:19:46	06:21.6
40	HURNEY, Gary	West Waterford A.C.	Male 40	0:19:47	06:21.9

41	O'GORMAN, Thomas	Individual	Male 40	0:20:00	06:26.1
42	HOGAN, Alan	West Waterford A.C.	Male 40	0:20:01	06:26.4
43	MOORE, David	West Waterford A.C.	Male 40	0:20:01	06:26.4
44	SHEEHAN, Natalie	West Waterford A.C.	Female 35	0:20:02	06:26.8
45	CONNORS, James	West Waterford A.C.	Male 40	0:20:05	06:27.7
46	HELLEBOID, Damien	Togher A.C.	Male Sn	0:20:06	06:28.0
47	KELLY, Joe	West Waterford A.C.	Male 55	0:20:12	06:30.0
48	GOUGH, Joe	West Waterford A.C.	Male 70	0:20:13	06:30.3
49	LANNON, Patrick	West Waterford A.C.	Male 50	0:20:16	06:31.3
50	KSHIRSAGAR, Rajendra	Waterford A.C.	Male 45	0:20:18	06:31.9
51	KENNEDY, Pdraig	West Waterford A.C.	Male 45	0:20:23	06:33.5
52	DUNNE, Colin	Tramore A.C.	Male Sn	0:20:26	06:34.5
53	LYNCH, Richie	St Catherines	Male 40	0:20:29	06:35.4
54	CUNNINGHAM, Drew	West Waterford A.C.	Male Sn	0:20:31	06:36.1
55	FLYNN, Anthony	West Waterford A.C.	Male Sn	0:20:35	06:37.4
56	KIRWAN, Dwayne	Individual	Male Sn	0:20:35	06:37.4
57	HURNEY, Jack	Individual	Male Sn	0:20:45	06:40.6
58	MC GIBNEY, Jimmy	Waterford A.C.	Male 55	0:20:45	06:40.6
59	ORGAN, Jamie	Individual	Male Sn	0:20:46	06:40.9
60	DROHAN, Eveleen	West Waterford A.C.	Female 45	0:20:47	06:41.2
61	SULLIVAN, James	West Waterford A.C.	Male Sn	0:20:50	06:42.2
62	POWER, Shane	West Waterford A.C.	Male Sn	0:20:50	06:42.2
63	NOLAN, Jack	West Waterford A.C.	Male Sn	0:20:54	06:43.5
64	KELLEHER, Kenneth	Individual	Male Sn	0:20:56	06:44.1
65	FITZGERALD, Pat	West Waterford A.C.	Male 45	0:21:00	06:45.4
66	BREATHNACH, Eoin	Waterford A.C.	Male 45	0:21:04	06:46.7
67	FITZGERALD, Brendan	Individual	Male 50	0:21:08	06:48.0
68	FLYNN, John	West Waterford A.C.	Male 55	0:21:10	06:48.6
69	CHIZHIKOV, Yevgeniy	West Waterford A.C.	Male 50	0:21:12	06:49.3
70	BUCKLEY, Keith	.Grange Fermoy A.C	Male 40	0:21:13	06:49.6
71	O'RIORDAN, Jack	Individual	Male 50	0:21:17	06:50.9
72	FORAN, Tom	West Waterford A.C.	Male 45	0:21:20	06:51.9
73	CLIFFE, Mark	West Waterford A.C.	Male 45	0:21:23	06:52.8
74	VALDEFIORI, Simone Italo	Individual	Male 40	0:21:26	06:53.8
75	RYAN, Gerard	Fethard A.C.	Female JN	0:21:28	06:54.4
76	DWYER, Tony	Individual	Male Sn	0:21:30	06:55.1
77	WHITE, Stephen	Waterford A.C.	Male Sn	0:21:36	06:57.0
78	WALL, Kate	Clonmel A.C.	Female 45	0:21:38	06:57.7
79	WALSH, Eoin (74)	West Waterford A.C.	Male 50	0:21:41	06:58.6
80	COLLINS, Daniel	.Grange Fermoy A.C	Male Sn	0:21:44	06:59.6
81	HOULIHAN, Conor	Individual	Male Sn	0:21:46	07:00.2
82	HYNES, Jody	West Waterford A.C.	Male 45	0:21:47	07:00.5
83	CUNNINGHAM, Peter	West Waterford A.C.	Male 40	0:21:50	07:01.5

84	FOLEY, Linda	West Waterford A.C.	Female 35	0:21:53	07:02.5
85	DUGGAN, Darragh	Individual	Male 40	0:21:56	07:03.4
86	POWER, Micheal	West Waterford A.C.	Male 40	0:21:57	07:03.8
87	CUMMINS, Michael	West Waterford A.C.	Male 45	0:21:58	07:04.1
88	MOORE, Grainne	West Waterford A.C.	Female SN	0:22:08	07:07.3
89	TOBIN, Martin	West Waterford A.C.	Male 60	0:22:11	07:08.3
90	PHELAN, Rachel	West Waterford A.C.	Female SN	0:22:13	07:08.9
91	HOLMES, Ciara	Individual	Female 35	0:22:14	07:09.2
92	WALSH, Tina	Carrick On Suir A.C.	Female 35	0:22:16	07:09.9
93	WALSH, Eoin	West Waterford A.C.	Male Sn	0:22:16	07:09.9
94	FROLICH, Mika	Individual	Male Sn	0:22:17	07:10.2
95	NYHAN, Liz	West Waterford A.C.	Female 50	0:22:19	07:10.8
96	HEARN, Madeleine	West Waterford A.C.	Female 35	0:22:21	07:11.5
97	DROHAN, Pauline	West Waterford A.C.	Female 50	0:22:24	07:12.5
98	KEANE, Mikey	Individual	Male 40	0:22:33	07:15.4
99	LENNON, Paul	Individual	Male 45	0:22:34	07:15.7
100	MC GRATH, Donall	West Waterford A.C.	Male Sn	0:22:35	07:16.0
101	O'DONOGHUE, Tony	West Waterford A.C.	Male Sn	0:22:39	07:17.3
102	MURRAY, Conor	West Waterford A.C.	Male 55	0:22:40	07:17.6
103	STOREY, Norah	Tramore A.C.	Female 50	0:22:40	07:17.6
104	MC GRATH, Johnny	Individual	Male 50	0:22:41	07:17.9
105	CONDON, David	Individual	Male 40	0:22:46	07:19.5
106	O'CONNOR, Katherine	West Waterford A.C.	Female 45	0:22:51	07:21.1
107	COLIVET, Martin	Individual	Male Sn	0:22:53	07:21.8
108	WHELAN, Peter	Individual	Male 55	0:22:57	07:23.1
109	LOOBY, Donal	Individual	Male 60	0:22:59	07:23.7
110	BARRY, Céire	West Waterford A.C.	Female SN	0:23:00	07:24.0
111	O'CONNELL, Colm	West Waterford A.C.	Male 50	0:23:03	07:25.0
112	MC CLOSKEY, Ellen	Individual	Female SN	0:23:04	07:25.3
113	KAVANAGH, Thomas	Individual	Male 40	0:23:10	07:27.3
114	HURNEY, Patrick	Individual	Male Sn	0:23:14	07:28.5
115	O'DONOGHUE, Donal	Watergrasshill A.C.	Male 55	0:23:21	07:30.8
116	SMYTH, Gary	Individual	Male 40	0:23:25	07:32.1
117	MC CARTHY, Noeleen	Tramore A.C.	Female 45	0:23:26	07:32.4
118	POWER, Deirdre	Carrick On Suir A.C.	Female 40	0:23:32	07:34.3
119	CONNELL, Fiona	West Waterford A.C.	Female 40	0:23:32	07:34.3
120	BEHAN, Diane	Waterford A.C.	Female 55	0:23:38	07:36.3
121	PHELAN, Eamon	West Waterford A.C.	Male 60	0:23:39	07:36.6
122	WALL, Brian	Individual	Male 40	0:23:46	07:38.8
123	CASSIN, Rebecca	j & N Coaching	Female 35	0:23:51	07:40.5
124	HAHESY, Ray	West Waterford A.C.	Male 60	0:23:56	07:42.1
125	CASHMAN, John	Middleton A.C.	Male 60	0:23:56	07:42.1
126	AHEARNE, Neilus	Middleton A.C.	Male 65	0:23:57	07:42.4

127	O'HARE, Sean	Tried and Tested	Male Sn	0:23:58	07:42.7
128	MOORE, Sandra	West Waterford A.C.	Female 50	0:24:05	07:45.0
129	MOLONEY, Aimee	West Waterford A.C.	Female SN	0:24:14	07:47.9
130	POWER, Margaret	Carrick On Suir A.C.	Female 65	0:24:16	07:48.5
131	O'ROURKE, Joe	West Waterford A.C.	Male 60	0:24:18	07:49.1
132	RYAN, Ellen	West Waterford A.C.	Female SN	0:24:20	07:49.8
133	MEAGHER, James	West Waterford A.C.	Male 50	0:24:21	07:50.1
134	DARCY, Karen	Individual	Female 35	0:24:22	07:50.4
135	KEATING, Helen	West Waterford A.C.	Female SN	0:24:22	07:50.4
136	BOLAND, Mark	Individual	Male Sn	0:24:24	07:51.1
137	HERLIHY, Niall	West Waterford A.C.	Male Sn	0:24:31	07:53.3
138	O'KEEFFE, Cliona	West Waterford A.C.	Female 40	0:24:34	07:54.3
139	LENIHAN, Mark	West Waterford A.C.	Male 55	0:24:36	07:54.9
140	CLINCE, Liam	West Waterford A.C.	Male 60	0:24:37	07:55.3
141	FLYNN, Katie	Individual	Female SN	0:24:42	07:56.9
142	TOBIN, Evelyn	Individual	Female 40	0:24:43	07:57.2
143	MURRAY, Jacqui	West Waterford A.C.	Female 35	0:24:44	07:57.5
144	GAFFNEY, Andrea	West Waterford A.C.	Female 55	0:24:46	07:58.1
145	UI MHURCHADHA, Kerrie	West Waterford A.C.	Female 40	0:24:47	07:58.5
146	CURRAN, Darragh	Individual	Male Sn	0:25:00	08:02.7
147	O'BRIEN, Ellen	Individual	Female SN	0:25:01	08:03.0
148	LEAHY, Helen	West Waterford A.C.	Female 40	0:25:05	08:04.3
149	MC GUIRE, Craig	Individual	Male Sn	0:25:11	08:06.2
150	HAYES, Michael	Individual	Male 60	0:25:15	08:07.5
151	CLIFFE, Noel	Individual	Male Sn	0:25:16	08:07.8
152	DWANE, Kelly	Individual	Female SN	0:25:18	08:08.4
153	DWANE, Emma	West Waterford A.C.	Female SN	0:25:19	08:08.8
154	POWER, Onra	West Waterford A.C.	Female 55	0:25:21	08:09.4
155	BEECHINOR, Martina	West Waterford A.C.	Female 50	0:25:22	08:09.7
156	WALSH, Carol	Tried and Tested	Female 40	0:25:25	08:10.7
157	O'CHUIRRIN, Micheal	West Waterford A.C.	Male 65	0:25:27	08:11.3
158	GUIRY, Michelle	Touraneena Road Runners	Female SN	0:25:28	08:11.7
159	RYAN, Caroline	West Waterford A.C.	Female 45	0:25:35	08:13.9
160	RYAN, Alan	West Waterford A.C.	Male 50	0:25:36	08:14.2
161	UI CHUIRRIN, Josie	West Waterford A.C.	Female 60	0:25:39	08:15.2
162	ORMONDE, Brian	West Waterford A.C.	Male 50	0:25:41	08:15.8
163	KELLY, Melanie	West Waterford A.C.	Female 60	0:25:46	08:17.5
164	GLEESON, Cathal E.	West Waterford A.C.	Male 45	0:25:53	08:19.7
165	POWER, Owen	West Waterford A.C.	Male 50	0:25:58	08:21.3
166	ORMONDE, Fiona	West Waterford A.C.	Female 45	0:26:00	08:22.0
167	CARROLL, Kieran	Individual	Male 50	0:26:07	08:24.2
168	CURRAN, Ray	West Waterford A.C.	Male 55	0:26:10	08:25.2

169	YOUNG, Cian	Individual	Male Sn	0:26:11	08:25.5
170	YOUNG, Shay	West Waterford A.C.	Male 45	0:26:12	08:25.8
171	MULCAHY, Kevin	West Waterford A.C.	Male 55	0:26:13	08:26.1
172	WYNNE, Rachel	Individual	Female SN	0:26:16	08:27.1
173	CROWE, Cathriona	West Waterford A.C.	Female 50	0:26:27	08:30.7
174	O'FLYNN, Pdraig	Touraneena Road Runners	Male 55	0:26:29	08:31.3
175	WOODS, John	West Waterford A.C.	Male 40	0:26:36	08:33.5
176	MORRISSON, John	St Catherines	Male 55	0:26:40	08:34.8
177	DALY, Deirdre	West Waterford A.C.	Female 45	0:26:44	08:36.1
178	POPE, Carol	West Waterford A.C.	Female 50	0:26:46	08:36.8
179	O'ROURKE, Eileen	Individual	Female 40	0:26:49	08:37.7
180	POWER, Rose	West Waterford A.C.	Female 50	0:26:50	08:38.1
181	KIELY, Sinead	West Waterford A.C.	Female 35	0:26:50	08:38.1
182	DWYER, Anthony	Individual	Male 65	0:26:53	08:39.0
183	BRADFIELD, Linda	West Waterford A.C.	Female 50	0:26:58	08:40.6
184	WALSH, Deirdre	West Waterford A.C.	Female SN	0:26:59	08:40.9
185	UI CHONDUIN, Vanessa	Individual	Female 40	0:27:00	08:41.3
186	NOLAN, Gerard	Individual	Male 40	0:27:01	08:41.6
187	POWER, Darragh	Individual	Male Sn	0:27:06	08:43.2
188	CUMMINS, Mary	Individual	Female SN	0:27:10	08:44.5
189	HIGGINS, Sarah	Individual	Female 40	0:27:15	08:46.1
190	MITCHELL, Ross	Individual	Male Sn	0:27:16	08:46.4
191	KIELY, Katie	Individual	Female 45	0:27:25	08:49.3
192	WADDING, Clíodhna	Individual	Female SN	0:27:26	08:49.6
193	MC GRATH, Aislinn	Individual	Female SN	0:27:29	08:50.6
194	DERMODY, Siobhan	Carrick On Suir A.C.	Female SN	0:27:35	08:52.5
195	O'BRIEN, Fiona	Individual	Female 40	0:27:38	08:53.5
196	O'NEILL, Linda	West Waterford A.C.	Female 45	0:27:44	08:55.4
197	WALSH, Orla	West Waterford A.C.	Female 35	0:27:50	08:57.4
198	HEALY, Brian	Individual	Male 55	0:27:51	08:57.7
199	CORBETT, Pdraig	West Waterford A.C.	Male Sn	0:27:56	08:59.3
200	MITCHELL, Rhys	Individual	Male Sn	0:27:57	08:59.6
201	CAULFIELD, Amy	Individual	Female SN	0:27:59	09:00.3
202	LEHNHOFF, Claire	West Waterford A.C.	Female 35	0:28:00	09:00.6
203	SINNOTT, Geraldine	West Waterford A.C.	Female 50	0:28:05	09:02.2
204	BRENNAN, Mary	Greenway Joggers A.C.	Female 50	0:28:09	09:03.5
205	WHELAN, Margaret	West Waterford A.C.	Female 65	0:28:10	09:03.8
206	CLEARY, Margaret	Individual	Female 40	0:28:12	09:04.4
207	O'ROURKE, Fiona	West Waterford A.C.	Female 45	0:28:14	09:05.1
208	DUGGAN, Amy	West Waterford A.C.	Female SN	0:28:14	09:05.1
209	PHELAN, Niamh	Individual	Female SN	0:28:15	09:05.4

210	O'DONOVAN, Vincent	West Waterford A.C.	Male 65	0:28:17	09:06.0
211	O'GORMAN, Paul	Individual	Male 60	0:28:19	09:06.7
212	HOGAN, Denise	Individual	Female 40	0:28:21	09:07.3
213	OBRIEN, Mary	Individual	Female 65	0:28:22	09:07.7
214	WALSH, Ian	Individual	Male 50	0:28:26	09:08.9
215	BYRNE, Molly	Individual	Female 50	0:28:36	09:12.2
216	DUGGAN, Gillian	Individual	Female 40	0:28:47	09:15.7
217	FENNELL, Aisling	Individual	Female SN	0:28:51	09:17.0
218	MC GIBNEY, Laura	Tramore A.C.	Female 50	0:28:54	09:18.0
219	BARRY, Laura	Touraneena Road Runners	Female SN	0:28:55	09:18.3
220	O'DONNELL, Ali	Individual	Female SN	0:28:58	09:19.2
221	CUMMINS, Aoife	Individual	Female 35	0:29:19	09:26.0
222	FARRELL, Aisling	Individual	Female SN	0:29:20	09:26.3
223	PROCTOR, Paschal	West Waterford A.C.	Male 70	0:29:22	09:27.0
224	KEARNS, Mary	Individual	Female 40	0:29:25	09:27.9
225	RONAYNE, Margo	Individual	Female 45	0:29:26	09:28.3
226	SEWARD, Maura	West Waterford A.C.	Female 45	0:29:27	09:28.6
227	GOUGH, Sinead	Individual	Female 40	0:29:32	09:30.2
228	HALLY, Eamon	West Waterford A.C.	Male 40	0:29:34	09:30.8
229	VEALE, Mary	West Waterford A.C.	Female 45	0:29:50	09:36.0
230	CRONOLLY, Rita	West Waterford A.C.	Female 55	0:29:51	09:36.3
231	CONCANNON, Mick	West Waterford A.C.	Male 60	0:29:52	09:36.6
232	O'MAHONY, Niamh	West Waterford A.C.	Female SN	0:29:55	09:37.6
233	BARRY, Catriona	Waterford Greenway Joggers A.C.	Female 40	0:29:57	09:38.2
234	BERESFORD, Jimmy	Individual	Male 60	0:30:01	09:39.5
235	MOLLOY, Nina	Individual	Female SN	0:30:02	09:39.8
236	FROELICH, Vivien	Individual	Female 50	0:30:16	09:44.3
237	FENNELL, Ruth	West Waterford A.C.	Female 50	0:30:20	09:45.6
238	CYPRANOVA, Tereza	Individual	Female SN	0:30:25	09:47.2
239	NI MHURCHADHA, Neasa	Individual	Female 35	0:30:26	09:47.6
240	DERMODY, Niamh	Carrick On Suir A.C.	Female SN	0:30:28	09:48.2
241	BERESFORD, Jean	Individual	Female 55	0:30:31	09:49.2
242	WRIGHT, Sarah	Individual	Female 35	0:30:40	09:52.1
243	SHANLEY, Caitriona	Individual	Female 55	0:30:50	09:55.3
244	MEEHAN, Claire	Individual	Female 50	0:31:00	09:58.5
245	KELLY, Ava	Individual	Female SN	0:31:02	09:59.1
246	HICKEY, Catherine	Individual	Female 45	0:31:15	10:03.3
247	GLEESON, Maria	Individual	Female 40	0:31:16	10:03.7
248	POWER, Anne Marie	West Waterford A.C.	Female 45	0:31:20	10:04.9
249	O'DONOVAN, Ann	West Waterford A.C.	Female 60	0:31:27	10:07.2
250	ORPEN, Adam	Individual	Male 50	0:31:27	10:07.2

251	RYAN, Denis	West Waterford A.C.	Male 45	0:31:31	10:08.5
252	CASEY, Ciara	West Waterford A.C.	Female 35	0:31:38	10:10.7
253	O'DWYER, Donal	West Waterford A.C.	Male 55	0:31:40	10:11.4
254	POWER, Martin	Individual	Male 50	0:31:47	10:13.6
255	POWER, Ellie	Individual	Female SN	0:31:47	10:14.3
256	WALL, Mecca	Individual	Female 35	0:31:49	10:20.1
257	WALSH, Mary	Touraneena Road Runners	Female 55	0:32:07	10:29.1
258	SALMON, Linda	Ardmore A.C.	Female 50	0:32:35	10:29.7
259	DALTON, Nicola	Touraneena Road Runners	Female 40	0:32:37	10:31.0
260	WHELAN, Lauren	Individual	Female SN	0:32:41	10:33.9
261	VEALE, Caoimhe	West Waterford A.C.	Female SN	0:32:50	10:38.1
262	MURPHY, Elaine	Individual	Male 40	0:33:03	10:42.3
263	CONDON, Urszula	Individual	Female 40	0:33:16	10:46.8
264	HALLINAN, Sheenagh	Touraneena Road Runners	Female SN	0:33:30	10:53.9
265	DROHAN, Noel	West Waterford A.C.	Male 55	0:33:52	10:56.1
266	MARKIEWICZ, Adrianna	Individual	Female SN	0:33:59	10:56.1
267	KEEGAN, Triona	Individual	Female 45	0:33:59	11:04.5
268	PRENDERGAST, Rachel	Individual	Female 45	0:34:25	11:12.8
269	COAKLEY, Michael	West Waterford A.C.	Male 60	0:34:51	11:13.2
270	HOSFORD, Pascal	West Waterford A.C.	Male 65	0:34:52	11:13.2
271	COLLENDER, Martin	West Waterford A.C.	Male 50	0:34:52	11:45.0
272	TOBIN, Jackie	Individual	Female 55	0:36:31	11:45.3
273	TOBIN, Carol	West Waterford A.C.	Female 55	0:36:32	12:33.6
274	HARTY, Hannah	Individual	Female 35	0:39:02	12:37.2
275	IZIDIO PAULA, Lilian	West Waterford A.C.	Female 35	0:39:13	13:05.5