

Round Tower Ardmore 5 Mile Road Race					
Friday 22nd May 2026					
Place	Name	Clubl	Category	Time	Pace
1	CONNELL, Aidan	West Waterford A.C.	Male 40	0:25:12	05:02.3
2	CIOBANU, Sergiu	Clonliffe Harriers	Male 40	0:25:21	05:04.1
3	HENNESSY, Pat	West Waterford A.C.	Sn Male	0:26:58	05:23.5
4	MURPHY, Noel	Waterford A.C.	Male 40	0:27:22	05:28.3
5	MURPHY, Daniel	Waterford A.C.	Jn Male	0:27:33	05:30.5
6	CAVANAGH, Conor	Waterford A.C.	Sn Male	0:27:43	05:32.5
7	BERESFORD, Liam	West Waterford A.C.	Sn Male	0:27:58	05:35.5
8	CORBETT, Michael	St. Finbarrs	Male 50	0:28:05	05:36.9
9	HENNEBRY, Conor	West Waterford A.C.	Sn Male	0:28:46	05:45.1
10	WALSH, Mark	West Waterford A.C.	Sn Male	0:28:56	05:47.1
11	O'CONNELL, Fiachra	Individual	Sn Male	0:28:58	05:47.5
12	TIDESWELL, Kealy	Clonmel A.C.	Fem 40	0:29:07	05:49.3
13	O'CONNELL, Cathal	St. Finbarrs	Male 60	0:29:07	05:49.3
14	GOUGH, Dermot	West Waterford A.C.	Male 45	0:29:33	05:54.5
15	KEOGH, Mossie (Jn)	Individual	Sn Male	0:29:48	05:57.5
16	O'NEILL, Thomás	Youghal A.C.	Sn Male	0:29:49	05:57.7
17	KEOGH, Mossie	West Waterford A.C.	Male 45	0:30:21	06:04.1
18	FLYNN, Anthony	West Waterford A.C.	Sn Male	0:30:46	06:09.1
19	BARRY, Niall	West Waterford A.C.	Male 45	0:30:59	06:11.7
20	WHELAN, James	West Waterford A.C.	Male 50	0:30:59	06:11.7
21	LAVAN, Martin	West Waterford A.C.	Male 45	0:31:04	06:12.7
22	WALSH, Kyle	Individual	Sn Male	0:31:05	06:12.9
23	COADE, James	West Waterford A.C.	Sn Male	0:31:17	06:15.3
24	RYAN, Aidan	West Waterford A.C.	Sn Male	0:31:40	06:19.9
25	FITZGERALD, James	Tried and Tested	Male 40	0:31:47	06:21.3
26	BENNETT, Tom	Blackwater A.C.	Male 40	0:31:52	06:22.3
27	HICKEY, Alan	Individual	Male 45	0:31:54	06:22.7
28	KITSON, Jack	West Waterford A.C.	Sn Male	0:31:59	06:23.7
29	HORGAN, Barry	Clonmel A.C.	Male 45	0:32:09	06:25.7
30	MASSEY, Adam	Individual	Sn Male	0:32:12	06:26.3
31	KIELY, Rohan	Swaby Sessions	Sn Male	0:32:14	06:26.7
32	DROHAN, Andrew	Individual	Male 50	0:32:20	06:27.9
33	O'REGAN, Ger	Middleton A.C.	Male 55	0:32:21	06:28.1
34	MORRISSEY, Tommy	Individual	Sn Male	0:32:22	06:28.3
35	HICKEY, Davy	Individual	Jn Male	0:32:23	06:28.5
36	POLLARD, Kevin	Individual	Sn Male	0:32:27	06:29.3
37	O'BRIEN, Jamie	West Waterford A.C.	Sn Male	0:32:29	06:29.7
38	MOORE, David	West Waterford A.C.	Male 40	0:32:38	06:31.5
39	LAVAN, Ronan	Individual	Sn Male	0:32:39	06:31.7
40	TOBIN, Angela	West Waterford A.C.	Fem 35	0:32:43	06:32.5
41	NOLAN, Jack	West Waterford A.C.	Sn Male	0:32:45	06:32.9
42	CULLEN, Pdraig	Individual	Male 40	0:32:47	06:33.3
43	SHEEHAN, Natalie	West Waterford A.C.	Fem 40	0:32:48	06:33.5

44	SHARP, Lachlan	Individual	Sn Male	0:32:50	06:33.9
45	CULLEN, Alan	West Waterford A.C.	Male 50	0:32:52	06:34.3
46	TRAVERS, Jason	Individual	Male 50	0:32:53	06:34.5
47	HOGAN, Tom	West Waterford A.C.	Male 50	0:32:56	06:35.1
48	FOLEY, Daniel	Individual	Jn Male	0:32:58	06:35.5
49	O'DONOVAN, Niamh	West Waterford A.C.	Fem 35	0:33:05	06:36.9
50	BURKE, Will	Tramore A.C.	Male 45	0:33:07	06:37.3
51	POWER, Shane	West Waterford A.C.	Male 40	0:33:09	06:37.7
52	HENNESSY, Sarah	Herdsmen Harriers	Fem 35	0:33:11	06:38.1
53	O'KELLY, David	Clonmel A.C.	Sn Male	0:33:20	06:39.9
54	KELLY, Joe	West Waterford A.C.	Male 55	0:33:39	06:43.7
55	CUSACK, Nigel	Swaby Sessions	Male 50	0:33:47	06:45.3
56	LANDERS, Isaac	Youghal A.C.	Jn Male	0:33:51	06:46.1
57	FORAN, Tom	West Waterford A.C.	Male 45	0:33:53	06:46.5
58	HOGAN, Barry	Middleton A.C.	Male 55	0:33:54	06:46.7
59	PICKERING, Tadhg	Individual	Male 55	0:34:05	06:48.9
60	DROHAN, Evan	Individual	Sn Male	0:34:10	06:49.9
61	HALLAHAN, Jamie	Individual	Sn Male	0:34:18	06:51.5
62	WALL, Kate	Clonmel A.C.	Fem 50	0:34:19	06:51.7
63	CASHMAN, David	Individual	Male 40	0:34:22	06:52.3
64	HAHESY, Ray	West Waterford A.C.	Male 60	0:34:24	06:52.7
65	UPTON, Barry	Individual	Sn Male	0:34:27	06:53.3
66	CURRAN, Cathal	Individual	Sn Male	0:34:29	06:53.7
67	NIXON, David	West Waterford A.C.	Male 40	0:34:31	06:54.1
68	CONWAY, Louise	Individual	Fem Sn	0:34:33	06:54.5
69	COLLINS, Daniel	Grange Fermoy A.C	Sn Male	0:34:47	06:57.3
70	HYNES, Jody	West Waterford A.C.	Male 45	0:35:01	07:00.1
71	COLIVET, Martin	West Waterford A.C.	Sn Male	0:35:04	07:00.7
72	DUNFORD, Michael	West Waterford A.C.	Male 60	0:35:07	07:01.3
73	ENRIGHT, Donncha	Individual	Sn Male	0:35:11	07:02.1
74	O'SULLIVAN, John	Waterford A.C.	Male 45	0:35:13	07:02.4
75	CHIZHIKOV, Yevgeny	West Waterford A.C.	Male 55	0:35:14	07:02.6
76	MOORE, Anne	West Waterford A.C.	Fem 45	0:35:23	07:04.4
77	RUSSELL, Kieran	West Waterford A.C.	Male 45	0:35:25	07:04.8
78	CUNNINGHAM, Drew	West Waterford A.C.	Sn Male	0:35:33	07:06.4
79	PHELAN, Rachel	West Waterford A.C.	Fem Sn	0:35:38	07:07.4
80	DROHAN, Noel	West Waterford A.C.	Male 55	0:35:43	07:08.4
81	LANGLEY, Elaine	West Waterford A.C.	Fem 40	0:35:44	07:08.6
82	HORGAN, Elaine	Clonmel A.C.	Fem 45	0:35:57	07:11.2
83	BUTLER, Quan	Individual	Sn Male	0:36:01	07:12.0
84	CASHMAN, John	Middleton A.C.	Male 60	0:36:02	07:12.2
85	KEOGH, Kate	West Waterford A.C.	Fem Sn	0:36:03	07:12.4
86	KERWICK, Paddy	Individual	Male 45	0:36:13	07:14.4
87	MULLARKEY, Michael	Individual	Male 45	0:36:22	07:16.2
88	VALDIFIORI, Simone Italo	Individual	Male 45	0:36:24	07:16.6
89	POWER, David	West Waterford A.C.	Male 40	0:36:26	07:17.0

90	CONNOLLY, Ray	Individual	Sn Male	0:36:38	07:19.4
91	TOBIN, Martin	West Waterford A.C.	Male 60	0:36:46	07:21.0
92	O'DONOGHUE, Tony	West Waterford A.C.	Sn Male	0:36:47	07:21.2
93	FITZGERALD, Patrick	Individual	Sn Male	0:36:49	07:21.6
94	MAHONY, Tomas	West Waterford A.C.	Male 55	0:36:51	07:22.0
95	HICKEY, Sinead	Killarney Valley A.C.	Fem 40	0:36:52	07:22.2
96	BRUNNOCK, Johnny	West Waterford A.C.	Male 50	0:36:57	07:23.2
97	FLYNN, John	West Waterford A.C.	Male 55	0:37:01	07:24.0
98	BRENNAN, Ray	Individual	Sn Male	0:37:02	07:24.2
99	JOYCE, John	Individual	Sn Male	0:37:06	07:25.0
100	ROCHE, Gary	Individual	Male 45	0:37:17	07:27.2
101	BEHAN, Diane	Waterford A.C.	Fem 55	0:37:19	07:27.6
102	POWER, Patrick	West Waterford A.C.	Male 60	0:37:39	07:31.6
103	BRENNAN, Bill	Individual	Sn Male	0:37:54	07:34.6
104	LAI, Alex	Individual	Sn Male	0:37:59	07:35.6
105	KELLY, Eoin	Individual	Sn Male	0:38:02	07:36.2
106	HAYES, John Joe	West Waterford A.C.	Male 50	0:38:05	07:36.8
107	MURPHY, Peter	Saturday Road Runners	Male 40	0:38:07	07:37.2
108	REA, Michael	Mallow A.C.	Male 60	0:38:10	07:37.8
109	HENNEBERRY, Jim	Individual	Male 45	0:38:10	07:37.8
110	KAVANAGH, Thomas	West Waterford A.C.	Male 40	0:38:17	07:39.2
111	CONNOLLY, Liam	Clonmel A.C.	Male 40	0:38:20	07:39.8
112	LYNCH, Stephen	Individual	Sn Male	0:38:22	07:40.2
113	POWER, Simone	West Waterford A.C.	Fem 45	0:38:22	07:40.2
114	WALSH, Brian	West Waterford A.C.	Male 45	0:38:31	07:42.0
115	LACEY, Geraldine	West Waterford A.C.	Fem 45	0:38:32	07:42.2
116	MC GRATH, Johnny	Individual	Male 50	0:38:37	07:43.2
117	BARRY, Céire	West Waterford A.C.	Fem 35	0:38:38	07:43.4
118	BEAUSANG, Patrick	West Waterford A.C.	Sn Male	0:38:48	07:45.4
119	HYNDS, Jamie	West Waterford A.C.	Male 40	0:38:58	07:47.4
120	MURPHY, Gerard	Duhallow A.C.	Male 40	0:39:05	07:48.8
121	DWANE, Kelly	Individual	Fem 35	0:39:08	07:49.4
122	POWER, Kieran	Individual	Sn Male	0:39:20	07:51.8
123	MASSEY, Richard	Individual	Male 50	0:39:40	07:55.8
124	O'DONOGHUE, Donal	Watergrasshill A.C.	Male 55	0:39:44	07:56.6
125	O'ROURKE, Joe	West Waterford A.C.	Male 60	0:39:45	07:56.8
126	CLIFFE, Noel	West Waterford A.C.	Sn Male	0:39:46	07:57.0
127	RYAN, Henry	Individual	Sn Male	0:39:47	07:57.2
128	MC GRATH, Freida	West Waterford A.C.	Fem 35	0:39:50	07:57.8
129	HURNEY, Patrick	Individual	Sn Male	0:39:55	07:58.8
130	CARROLL, Rachel	Youghal A.C.	Fem Sn	0:40:08	08:01.4
131	KILGANNON, David	Youghal A.C.	Male 50	0:40:08	08:01.4
132	O'CONNOR, Gerry	West Waterford A.C.	Male 60	0:40:11	08:02.0
133	BERGIN, Patrick	West Waterford A.C.	Sn Male	0:40:13	08:02.4
134	WALL, Tom	j & N Coaching	Male 45	0:40:14	08:02.6

135	COFFEY, Brigid	West Waterford A.C.	Fem 55	0:40:23	08:04.4
136	MOONEY, Declan	Individual	Male 55	0:40:26	08:05.0
137	RYAN, Ellen	West Waterford A.C.	Fem Sn	0:40:27	08:05.2
138	KENNEDY, Alan	Clonmel A.C.	Male 45	0:40:27	08:05.2
139	BRYAN, Jamie	Individual	Sn Male	0:41:11	08:14.0
140	O'NEILL, Sam	Individual	Sn Male	0:41:13	08:14.4
141	CULLEN, Annette	Individual	Fem 45	0:41:32	08:18.2
142	BEECHINOR, Martina	West Waterford A.C.	Fem 50	0:41:33	08:18.4
143	LONGAN, Fiona	West Waterford A.C.	Fem 45	0:41:35	08:18.8
144	GRIGOR, Jessica	West Waterford A.C.	Fem Jn	0:41:45	08:20.8
145	ORMONDE, Fiona	West Waterford A.C.	Fem 45	0:41:49	08:21.6
146	O'CONNELL, Margaret	West Waterford A.C.	Fem 45	0:42:02	08:24.2
147	KENNEDY, Derek	Individual	Male 50	0:42:09	08:25.6
148	MEAGHER, James	West Waterford A.C.	Male 50	0:42:33	08:30.4
149	YOUNG, Cian	Individual	Sn Male	0:42:35	08:30.8
150	POWER, Micheal	Individual	Male 45	0:42:36	08:31.0
151	O'CONNOR, Claire	Individual	Fem 40	0:42:37	08:31.2
152	ORMONDE, Brian	West Waterford A.C.	Male 50	0:42:38	08:31.4
153	MAGUIRE, Jack	Individual	Sn Male	0:42:44	08:32.6
154	O'BRIEN, Morgan	Individual	Sn Male	0:42:44	08:32.6
155	MAGUIRE, Callan	Individual	Sn Male	0:42:45	08:32.8
156	VAN DER VALK, T.J.	Individual	Male 60	0:42:49	08:33.6
157	MOLONEY, Shane	Individual	Sn Male	0:42:50	08:33.8
158	CROWLEY, Charlie	Individual	Male 45	0:42:58	08:35.4
159	MURRAY, Jacqui	West Waterford A.C.	Fem 35	0:43:04	08:36.6
160	FLAVIN, Cyril	West Waterford A.C.	Male 45	0:43:06	08:37.0
161	CUNNINGHAM, Peter	West Waterford A.C.	Male 45	0:43:07	08:37.2
162	LANDERS, Gillian	Individual	Fem 45	0:43:08	08:37.4
163	DWANE, Kate	Tried and Tested	Fem Sn	0:43:09	08:37.6
164	DUGGAN, Amy	West Waterford A.C.	Fem Sn	0:43:13	08:38.4
165	RYAN, Aoife	Individual	Fem Sn	0:43:26	08:41.0
166	CARR, Billy	Individual	Male 65	0:43:42	08:44.2
167	RYAN, Sean	Individual	Sn Male	0:43:46	08:45.0
168	STACK, Eoin	West Waterford A.C.	Sn Male	0:43:47	08:45.2
169	UNIACKE, Roisin	Individual	Fem Sn	0:43:48	08:45.4
170	DWYER, Anthony	Individual	Male 65	0:43:52	08:46.2
171	BARRY, Aidan	Individual	Male 55	0:43:59	08:47.6
172	CURRAN, Eamonn	West Waterford A.C.	Male 50	0:45:04	09:00.6
173	BARRY, Geraldine	West Waterford A.C.	Fem 50	0:45:08	09:01.4
174	CROWE, Catriona	West Waterford A.C.	Fem 50	0:45:25	09:04.8
175	FLYNN, Jevon	West Waterford A.C.	Sn Male	0:45:27	09:05.2
176	FOLEY, Linda	West Waterford A.C.	Fem 35	0:45:34	09:06.6
177	POWER, Rose	West Waterford A.C.	Fem 55	0:45:35	09:06.8
178	HIGGINS, Sharon	West Waterford A.C.	Fem 45	0:45:39	09:07.6
179	LEHNHOFF, Claire	West Waterford A.C.	Fem 35	0:45:50	09:09.8
180	REDDY, Emma	Individual	Fem Sn	0:45:56	09:11.0

181	SHEEHAN, Claire	Individual	Fem 45	0:46:11	09:14.0
182	RYAN, Denis	West Waterford A.C.	Male 45	0:46:12	09:14.2
183	CAHILL, Mary	West Waterford A.C.	Fem 55	0:46:22	09:16.2
184	BROOK, Annebelle	Individual	Fem 35	0:46:22	09:16.2
185	DALY, Patrycja	West Waterford A.C.	Fem 50	0:46:23	09:16.4
186	VAN DER VALK, Rosie	Waterford A.C.	Fem 60	0:46:23	09:16.4
187	HOWLIN, Stephen	Individual	Sn Male	0:46:32	09:18.2
188	CORBETT, Pdraig	West Waterford A.C.	Sn Male	0:46:34	09:18.6
189	POWER, Owen	West Waterford A.C.	Male 50	0:46:47	09:21.2
190	SINNOTT, Geraldine	West Waterford A.C.	Fem 50	0:46:51	09:22.0
191	DROHAN, Dermot	Individual	Male 55	0:46:52	09:22.2
192	HURLEY, Rebekah	Individual	Fem Sn	0:46:52	09:22.2
193	POPE, Carol	West Waterford A.C.	Fem 50	0:47:18	09:27.4
194	BARRY, Patricia	St Catherines	Fem 50	0:47:35	09:30.8
195	TOBIN, Cheyanne	Individual	Fem Sn	0:47:48	09:33.4
196	SEXTON, Finbarr	j & N Coaching	Sn Male	0:47:53	09:34.4
197	O'REILLY, Breda	West Waterford A.C.	Fem 45	0:47:54	09:34.6
198	RUSSELL, Caroline	West Waterford A.C.	Fem 55	0:48:20	09:39.8
199	KEARNS, Mary	Touraneena Road Runners	Fem 40	0:48:30	09:41.8
200	FLYNN, Angela	Individual	Fem Sn	0:48:34	09:42.6
201	BARRY, Colette	West Waterford A.C.	Fem 50	0:48:36	09:43.0
202	CASHMAN, Mary	Individual	Fem 40	0:48:38	09:43.4
203	ROWAN, Martin	Individual	Male 45	0:48:47	09:45.2
204	MC INTYRE, Catherine	West Waterford A.C.	Fem 40	0:49:21	09:52.0
205	FENNELL, Niamh	West Waterford A.C.	Fem Sn	0:49:23	09:52.4
206	KIELY, Annabel	Individual	Fem Jn	0:49:43	09:56.4
207	CAREY, Helen	Individual	Fem 40	0:49:58	09:59.4
208	BOURKE, Pat	Individual	Male 60	0:49:59	09:59.6
209	POWER, Anne Marie	West Waterford A.C.	Fem 45	0:50:02	10:00.2
210	PROCTOR, Paschal	West Waterford A.C.	Male 70	0:50:05	10:00.8
211	LENIHAN, Siobhan	West Waterford A.C.	Fem 55	0:50:06	10:01.0
212	LENIHAN, Mark	West Waterford A.C.	Male 55	0:50:07	10:01.2
213	WOODS, John	West Waterford A.C.	Male 45	0:50:08	10:01.4
214	FOLEY POWER, Linda	West Waterford A.C.	Fem 40	0:50:09	10:01.6
215	BRENNAN, Mary	Greenway Joggers A.C.	Fem 55	0:50:09	10:01.6
216	MORRISSON, John	West Waterford A.C.	Male 55	0:50:10	10:01.8
217	O'DWYER, Donal	West Waterford A.C.	Male 55	0:50:11	10:02.0
218	O'CALLAGHAN, Sarah	Individual	Fem 40	0:50:38	10:07.4
219	TOBIN, Sophie	Ardmore A.C.	Fem 50	0:50:55	10:10.8
220	FITZPATRICK, Kathy	Individual	Fem 55	0:50:56	10:11.0
221	O'DONOVAN, Vincent	West Waterford A.C.	Male 65	0:51:13	10:14.4
222	MURPHY, Jack	Individual	Jn Male	0:51:41	10:20.0
223	MURPHY, Sean	Individual	Sn Male	0:51:42	10:20.2
224	O'DONOVAN, Ann	West Waterford A.C.	Fem 60	0:51:50	10:21.8

225	FOLEY, Deirdre	Individual	Fem 40	0:52:22	10:28.2
226	SHANLEY, Caitriona	Individual	Fem 55	0:52:38	10:31.4
227	MEEHAN, Claire	Individual	Fem 50	0:52:40	10:31.8
228	FERNCOMBE, Katie	Individual	Fem Sn	0:52:43	10:32.4
229	VEALE, Caoimhe	West Waterford A.C.	Fem Sn	0:52:45	10:32.8
230	CUMMINS, Helen	Individual	Fem Sn	0:53:23	10:40.4
231	DROHAN, Pauline	Touraneena Road Runners	Fem 50	0:53:51	10:46.0