

West Waterford Athletic Club Ahs Tuning Ballinroad 5k

Friday 8th May 2026

PLACE	NAME	CLUB	TIME	CAT	PACE
1	POWER, Micheál	West Waterford A.C.	0:14:28	Sn Male	04:39.3
2	O'CONNOR, Adam	United Striders A.C.	0:15:46	Sn Male	05:04.4
3	MAC MURCHADHA, Naoise	West Waterford A.C.	0:16:01	Sn Male	05:09.2
4	MURPHY, Damian	West Waterford A.C.	0:16:05	Sn Male	05:10.5
5	O'LOUGHLIN, Michael	Individual	0:16:07	Sn Male	05:11.1
6	BEHAN, John	Kilkenny City Harriers	0:16:12	Sn Male	05:12.7
7	STOKES, Séan	Individual	0:16:23	Sn Male	05:16.3
8	BYRNE, Brian	West Waterford A.C.	0:16:31	Male 45	05:18.9
9	MURPHY, Daniel	Waterford A.C.	0:16:44	Jn Male	05:23.0
10	KYNES, David	Focus On Fitness	0:16:46	Male 40	05:23.7
11	MULLIGAN, Conor	West Waterford A.C.	0:16:47	Sn Male	05:24.0
12	COFFEY, John	West Waterford A.C.	0:16:48	Male 45	05:24.3
13	BERESFORD, Liam	West Waterford A.C.	0:16:52	Sn Male	05:25.6
14	O'BRIEN, Craig	Ferrybank A.C.	0:17:06	Sn Male	05:30.1
15	MC KNIGHT, Morgan	Swaby Sessions	0:17:13	Sn Male	05:32.4
16	COLEMAN, Conor	West Waterford A.C.	0:17:14	Sn Male	05:32.7
17	SWIFT, Trevor	Runners	0:17:24	Male 45	05:35.9
18	O'CONNOR, Alan	United Striders A.C.	0:17:33	Male 50	05:38.8
19	WALSH, Mark	West Waterford A.C.	0:17:38	Sn Male	05:40.4
20	TIDESWELL, Kealy	Clonmel A.C.	0:17:44	Fem 40	05:42.4
21	BROWNE, Aaron	Individual	0:17:56	Sn Male	05:46.2
22	HOLMES, Martin	West Waterford A.C.	0:18:07	Sn Male	05:49.8
23	COADE, James	West Waterford A.C.	0:18:10	Sn Male	05:50.7
24	O'KEEFFE, Eugene	Carrick On Suir A.C.	0:18:12	Male 55	05:51.4
25	MOORE, Jake	St. Finbarrs	0:18:15	Sn Male	05:52.3
26	QUINLAN, Frank	Waterford A.C.	0:18:17	Male 50	05:53.0
27	BROWNE, Niall	K.C.K. A.C.	0:18:22	Sn Male	05:54.6
28	BARRY, Niall	West Waterford A.C.	0:18:25	Male 45	05:55.5
29	BEHAN, Laura	Individual	0:18:27	Fem Sn	05:56.2
30	WHELAN, James	West Waterford A.C.	0:18:28	Male 50	05:56.5
31	KIELY, Rohan	Individual	0:18:35	Sn Male	05:58.8
32	LAWLOR, Kevin	Individual	0:18:42	Sn Male	06:01.0
33	CROWLEY, Matthew	Cork Track Club A.C.	0:18:43	Sn Male	06:01.3
34	LAVAN, Martin	West Waterford A.C.	0:18:44	Male 45	06:01.7
35	O'MAHONY, Donal	West Waterford A.C.	0:18:49	Male 45	06:03.3
36	RYAN, Aidan	West Waterford A.C.	0:18:53	Sn Male	06:04.6

37	KITSON, Jack	West Waterford A.C.	0:18:56	Sn Male	06:05.5
38	O'NEILL, Dermot	West Waterford A.C.	0:18:57	Male 55	06:05.8
39	RYAN, Dermot	West Waterford A.C.	0:18:59	Male 50	06:06.5
40	BURKE, Will	Tramore A.C.	0:19:00	Male 45	06:06.8
41	WALSH, Kyle	Individual	0:19:10	Sn Male	06:10.0
42	CULLEN, Alan	West Waterford A.C.	0:19:19	Male 50	06:12.9
43	DUNPHY, Dylan	Waterford A.C.	0:19:21	Sn Male	06:13.6
44	HICKEY, Davy	Individual	0:19:21	Jn Male	06:13.6
45	LAVAN, Ronan	Individual	0:19:22	Sn Male	06:13.9
46	MOORE, David	West Waterford A.C.	0:19:22	Male 40	06:13.9
47	KIRWAN, Martin	Focus On Fitness	0:19:24	Male 50	06:14.5
48	TRAVERS, Jason	Individual	0:19:27	Male 50	06:15.5
49	HORGAN, Barry	Clonmel A.C.	0:19:28	Male 45	06:15.8
50	HALLAHAN, Patrick	Individual	0:19:30	Male 40	06:16.5
51	COLLINS, Gary	West Waterford A.C.	0:19:32	Male 45	06:17.1
52	LANDERS, Isaac	Youghal A.C.	0:19:33	Jn Male	06:17.4
53	NOLAN, Jack	West Waterford A.C.	0:19:34	Sn Male	06:17.7
54	CLIFFE, Kahlan	Individual	0:19:35	Sn Male	06:18.1
55	LYNCH, Kevin	Individual	0:19:36	Male 50	06:18.4
56	POWER, Shane	West Waterford A.C.	0:19:44	Male 40	06:21.0
57	FITZPATRICK, Richie	Carrick On Suir A.C.	0:19:47	Sn Male	06:21.9
58	HOGAN, Tom	West Waterford A.C.	0:19:48	Male 50	06:22.3
59	CULLEN, Pdraig	Individual	0:19:48	Male 40	06:22.3
60	SHARP, Lachlan	Individual	0:19:49	Sn Male	06:22.6
61	O'KELLY, David	Clonmel A.C.	0:19:50	Sn Male	06:22.9
62	TOBIN, Angela	West Waterford A.C.	0:19:50	Fem 35	06:22.9
63	WALSH, Eoin (74)	West Waterford A.C.	0:19:51	Male 50	06:23.2
64	FITZGERALD, Pat	West Waterford A.C.	0:19:58	Male 45	06:25.5
65	CUSACK, Nigel	Individual	0:19:59	Male 50	06:25.8
66	CARROLL, Harry	Individual	0:19:59	Jn Male	06:25.8
67	WALL, Kate	Clonmel A.C.	0:20:02	Fem 50	06:26.8
68	DONNELLY, David	West Waterford A.C.	0:20:08	Male 45	06:28.7
69	UPTON, Barry	Individual	0:20:09	Sn Male	06:29.0
70	REILLY, Aidan	Individual	0:20:10	Sn Male	06:29.3
71	FLYNN, Sandra	West Waterford A.C.	0:20:12	Fem 35	06:30.0
72	DOHERTY, Ryan	Runners	0:20:13	Sn Male	06:30.3
73	COLLINS, Daniel	Grange Fermoy A.C	0:20:17	Sn Male	06:31.6
74	FORAN, Tom	West Waterford A.C.	0:20:22	Male 45	06:33.2
75	KENNEDY, Pdraig	West Waterford A.C.	0:20:25	Male 45	06:34.2

76	REILLY, Gerard	West Waterford A.C.	0:20:31	Male 55	06:36.1
77	O'DONNELL, Sean	Swaby Sessions	0:20:33	Sn Male	06:36.7
78	O'HARE, Colm	West Waterford A.C.	0:20:33	Sn Male	06:36.7
79	O'SULLIVAN, John	Waterford A.C.	0:20:34	Male 45	06:37.1
80	MAHONY, Joan	Waterford A.C.	0:20:35	Fem 45	06:37.4
81	PRENDERGAST, Shauna	Individual	0:20:35	Fem Sn	06:37.4
82	GALVIN, Sean	Individual	0:20:38	Sn Male	06:38.3
83	ENRIGHT, Donncha	Individual	0:20:38	Sn Male	06:38.3
84	FLYNN, Anthony	West Waterford A.C.	0:20:44	Sn Male	06:40.3
85	DWYER, Tony	Individual	0:20:46	Sn Male	06:40.9
86	CONNORS, James	West Waterford A.C.	0:20:47	Male 40	06:41.2
87	CHIZHIKOV, Yevgeny	West Waterford A.C.	0:20:47	Male 55	06:41.2
88	O'DONOVAN, Niamh	West Waterford A.C.	0:20:49	Fem 35	06:41.9
89	HURNEY, Gary	West Waterford A.C.	0:20:52	Male 45	06:42.8
90	HEYLIN, Colm	Individual	0:20:54	Male 40	06:43.5
91	MOORE, Anne	West Waterford A.C.	0:20:56	Fem 45	06:44.1
92	REILLY, Conor	Individual	0:20:58	Sn Male	06:44.8
93	BRENNAN, Ray	Individual	0:21:02	Sn Male	06:46.1
94	CLIFFE, Mark	West Waterford A.C.	0:21:09	Male 45	06:48.3
95	TOBIN, Martin	West Waterford A.C.	0:21:13	Male 60	06:49.6
96	POWER, Rich	Individual	0:21:14	Sn Male	06:49.9
97	PHELAN, Rachel	West Waterford A.C.	0:21:15	Fem Sn	06:50.3
98	CLIFFE, Noel	West Waterford A.C.	0:21:17	Sn Male	06:50.9
99	COLIVET, Martin	West Waterford A.C.	0:21:18	Sn Male	06:51.2
100	O'RIORDAN, Jack	Individual	0:21:20	Male 55	06:51.9
101	KERWICK, Paddy	Individual	0:21:21	Male 45	06:52.2
102	RUSSELL, Kieran	West Waterford A.C.	0:21:23	Male 45	06:52.8
103	POWER, David	West Waterford A.C.	0:21:23	Male 40	06:52.8
104	MC GRATH, Johnny	Individual	0:21:26	Male 50	06:53.8
105	RYAN, Gerard	Fethard A.C.	0:21:27	Sn Male	06:54.1
106	O'CONNOR, Beth	United Striders A.C.	0:21:27	Fem 50	06:54.1
107	O'DONOGHUE, Tony	West Waterford A.C.	0:21:29	Sn Male	06:54.8
108	WALSH, Tina	Carrick On Suir A.C.	0:21:30	Fem 35	06:55.1
109	HYNES, Jody	West Waterford A.C.	0:21:31	Male 45	06:55.4
110	WALSH, Tony	Individual	0:21:36	Male 40	06:57.0
111	LANGLEY, Elaine	West Waterford A.C.	0:21:38	Fem 40	06:57.7
112	MC GRATH, John Luke	Individual	0:21:45	Sn Male	06:59.9
113	PRENDERGAST, Marykate	Individual	0:21:47	Fem Sn	07:00.5
114	RYAN, Ciaran	Individual	0:21:48	Sn Male	07:00.9

115	DROHAN, Noel	West Waterford A.C.	0:21:51	Male 55	07:01.8
116	NI REACHTAGAIN, Tara	West Waterford A.C.	0:21:53	Fem 35	07:02.5
117	JOYCE, John	Individual	0:21:54	Sn Male	07:02.8
118	BRENNAN, Bill	Individual	0:21:58	Sn Male	07:04.1
119	O'HALLORAN, Sean	Individual	0:22:06	Male 40	07:06.7
120	ROCHE, Gary	Individual	0:22:13	Male 45	07:08.9
121	CONNOLLY, Ray	Individual	0:22:17	Sn Male	07:10.2
122	DOWNEY, Sean	Individual	0:22:19	Sn Male	07:10.8
123	BRUNNOCK, Johnny	West Waterford A.C.	0:22:23	Male 50	07:12.1
124	BARRY, Céire	West Waterford A.C.	0:22:27	Fem 35	07:13.4
125	FITZGERALD, Patrick	Individual	0:22:28	Sn Male	07:13.7
126	FROLICH, Mika	Individual	0:22:36	Sn Male	07:16.3
127	HARNEY, Alan	West Waterford A.C.	0:22:36	Male 45	07:16.3
128	HAHESY, Ray	West Waterford A.C.	0:22:41	Male 60	07:17.9
129	MOONEY, Declan	Individual	0:22:41	Male 55	07:17.9
130	SWIFT, Quinn	Individual	0:22:42	Jn Male	07:18.2
131	LYNCH, Stephen	Individual	0:22:44	Sn Male	07:18.9
132	POWER, Deirdre	Carrick On Suir A.C.	0:22:49	Fem 45	07:20.5
133	KENNEDY, Siobhain	West Waterford A.C.	0:22:52	Fem 60	07:21.5
134	HAYES, Seamus	West Waterford A.C.	0:22:53	Male 40	07:21.8
135	TORPEY, Barry	Carrick On Suir A.C.	0:22:56	Male 55	07:22.8
136	MURRAY, Conor	West Waterford A.C.	0:23:04	Sn Male	07:25.3
137	O'ROURKE, Joe	West Waterford A.C.	0:23:06	Male 60	07:26.0
138	CURRAN, Steven	West Waterford A.C.	0:23:07	Male 40	07:26.3
139	CONNELL, Fiona	West Waterford A.C.	0:23:10	Fem 40	07:27.3
140	CONNOLLY, Liam	Clonmel A.C.	0:23:20	Male 40	07:30.5
141	KEATING, Helen	West Waterford A.C.	0:23:25	Fem Sn	07:32.1
142	HAYES, John Joe	West Waterford A.C.	0:23:29	Male 50	07:33.4
143	RYAN, Henry	Individual	0:23:33	Sn Male	07:34.7
144	FLYNN, John	West Waterford A.C.	0:23:36	Male 55	07:35.6
145	GLEESON, Cathal E.	West Waterford A.C.	0:23:41	Male 50	07:37.2
146	HERLIHY, Niall	West Waterford A.C.	0:23:42	Sn Male	07:37.6
147	MC GRATH, Freida	West Waterford A.C.	0:23:44	Fem 35	07:38.2
148	DWANE, Kelly	Individual	0:23:50	Fem 35	07:40.1
149	KENNEDY, Alan	Clonmel A.C.	0:23:50	Male 45	07:40.1
150	BANNON, Orla	West Waterford A.C.	0:23:52	Fem 40	07:40.8
151	WALL, Tom	j & N Coaching	0:23:57	Male 45	07:42.4
152	HENLEY, Catherine	West Waterford A.C.	0:23:58	Fem Sn	07:42.7
153	STACK, Eoin	West Waterford A.C.	0:24:00	Sn Male	07:43.3

154	GAFFNEY, Andrea	West Waterford A.C.	0:24:05	Fem 55	07:45.0
155	DELANEY, Stephen	Individual	0:24:07	Jn Male	07:45.6
156	MURPHY, Gerard	Individual	0:24:08	Male 40	07:45.9
157	CONWAY, Glen	Individual	0:24:09	Male 50	07:46.2
158	TOWEY, Daniel	Individual	0:24:13	Jn Male	07:47.5
159	WHELAN, Peter	Individual	0:24:17	Male 60	07:48.8
160	GRIGOR, Jessica	West Waterford A.C.	0:24:20	Fem Jn	07:49.8
161	O'DONOGHUE, Donal	Watergrasshill A.C.	0:24:22	Male 55	07:50.4
162	MEAGHER, James	West Waterford A.C.	0:24:28	Male 50	07:52.4
163	DALY, Kim	West Waterford A.C.	0:24:29	Fem 35	07:52.7
164	RYAN, Ellen	West Waterford A.C.	0:24:32	Fem Sn	07:53.6
165	RYAN, Helen	West Waterford A.C.	0:24:37	Fem 60	07:55.3
166	LONGAN, Fiona	West Waterford A.C.	0:24:41	Fem 45	07:56.5
167	CULLEN, Annette	Individual	0:24:45	Fem 45	07:57.8
168	CARROLL, Rachel	Youghal A.C.	0:24:47	Fem Sn	07:58.5
169	O'NEILL, Sam	Individual	0:24:49	Sn Male	07:59.1
170	LASTE, John	Fethard A.C.	0:24:55	Male 60	08:01.0
171	CROWLEY, Charlie	Individual	0:24:59	Male 45	08:02.3
172	MASSEY, Richard	Individual	0:25:01	Male 50	08:03.0
173	MOLONEY, Shane	Individual	0:25:03	Sn Male	08:03.6
174	BOLGER, Clodagh	Individual	0:25:14	Fem Sn	08:07.2
175	MC NALLY, David	West Waterford A.C.	0:25:27	Male 55	08:11.3
176	CANTWELL, Kelly	Individual	0:25:30	Fem 35	08:12.3
177	MEEHAN, Maighread	Individual	0:25:44	Fem Sn	08:16.8
178	COLLINS, Ellen	Individual	0:25:45	Fem Sn	08:17.1
179	UI CHUIRRIN, Josie	West Waterford A.C.	0:25:53	Fem 60	08:19.7
180	COCKERILL, James	Individual	0:25:55	Male 40	08:20.4
181	VAN DER VALK, T.J.	Individual	0:25:58	Male 60	08:21.3
182	ORMONDE, Fiona	West Waterford A.C.	0:26:03	Fem 45	08:22.9
183	ORMONDE, Brian	West Waterford A.C.	0:26:03	Male 50	08:22.9
184	RYAN, Denis	West Waterford A.C.	0:26:04	Male 45	08:23.3
185	TOBIN, Cheyanne	Individual	0:26:05	Fem Sn	08:23.6
186	UNIACKE, Roisin	Individual	0:26:06	Fem Sn	08:23.9
187	CURRAN, Eamonn	West Waterford A.C.	0:26:09	Male 50	08:24.9
188	WALSH, Lucy	Individual	0:26:15	Fem Sn	08:26.8
189	COSGRAVE, Martina	Individual	0:26:34	Fem 45	08:32.9
190	UNIACKE, Robyn	Individual	0:26:35	Fem Sn	08:33.2
191	DWYER, Anthony	Individual	0:26:50	Male 65	08:38.1
192	O'DWYER, Donal	West Waterford A.C.	0:26:56	Male 55	08:40.0

193	ALLEN, Tom	Individual	0:27:05	Sn Male	08:42.9
194	COFFEY, Brigid	West Waterford A.C.	0:27:06	Fem 55	08:43.2
195	GLAVIN, Jessica	Individual	0:27:10	Fem Sn	08:44.5
196	HIGGINS, Sharon	West Waterford A.C.	0:27:12	Fem 45	08:45.1
197	POWER, Rose	West Waterford A.C.	0:27:13	Fem 50	08:45.5
198	DROHAN, Dermot	Individual	0:27:17	Male 55	08:46.7
199	VAN DER VALK, Rosie	Individual	0:27:18	Fem 60	08:47.1
200	HARTLEY, Pauline	Individual	0:27:18	Fem 45	08:47.1
201	HOGAN, Denise	Individual	0:27:23	Fem 45	08:48.7
202	SINNOTT, Geraldine	West Waterford A.C.	0:27:25	Fem 50	08:49.3
203	CORBETT, Pdraig	West Waterford A.C.	0:27:27	Sn Male	08:50.0
204	BARRY, Geraldine	West Waterford A.C.	0:27:28	Fem 50	08:50.3
205	BERESFORD, Jimmy	Individual	0:27:32	Male 60	08:51.6
206	WALSH, Tina	Individual	0:27:33	Fem 35	08:51.9
207	WALSH, Ian	MSD	0:27:37	Male 55	08:53.2
208	FLYNN, Jevon	West Waterford A.C.	0:27:38	Sn Male	08:53.5
209	FOLEY, Linda	West Waterford A.C.	0:27:39	Fem 35	08:53.8
210	ARCHER, Charlotte	Individual	0:27:40	Fem Sn	08:54.1
211	KIRWAN, Katie	Individual	0:27:43	Fem Sn	08:55.1
212	MC SWEENEY, Rebecca	Individual	0:27:48	Fem Sn	08:56.7
213	CROWE, Catriona	West Waterford A.C.	0:27:52	Fem 50	08:58.0
214	POPE, Carol	West Waterford A.C.	0:27:53	Fem 50	08:58.3
215	MAHER, Olivere	Individual	0:27:59	Fem 55	09:00.3
216	O'REILLY, Breda	West Waterford A.C.	0:28:13	Fem 45	09:04.8
217	KIELY, Annabel	Individual	0:28:17	Fem Jn	09:06.0
218	HARTY, Rachel	Individual	0:28:18	Fem Sn	09:06.4
219	POWER, Owen	West Waterford A.C.	0:28:26	Male 50	09:08.9
220	COAKLEY, Michael	West Waterford A.C.	0:28:34	Male 60	09:11.5
221	TOBIN, Dane	Individual	0:28:38	Sn Male	09:12.8
222	HAYES, Mark	Individual	0:28:39	Male 40	09:13.1
223	BURNS, Niall	Individual	0:28:42	Male 55	09:14.1
224	RONAYNE, Margo	Individual	0:28:44	Fem 45	09:14.7
225	WALSH, Amy	Individual	0:28:47	Fem Sn	09:15.7
226	WHELAN, Margaret	West Waterford A.C.	0:28:49	Fem 65	09:16.3
227	WALL, Mecca	Individual	0:28:52	Fem 35	09:17.3
228	VEALE, Caoimhe	West Waterford A.C.	0:28:55	Fem Sn	09:18.3
229	CURRAN, Clara	Individual	0:28:57	Fem Sn	09:18.9
230	MORRISSON, John	West Waterford A.C.	0:28:59	Male 55	09:19.6
231	RUSSELL, Caroline	West Waterford A.C.	0:29:04	Fem 55	09:21.2

232	CAREY, Helen	Individual	0:29:06	Fem 40	09:21.8
233	MARTIN, Lee	West Waterford A.C.	0:29:11	Male 50	09:23.4
234	POWER, Anne Marie	West Waterford A.C.	0:29:21	Fem 45	09:26.6
235	O'DONOVAN, Vincent	West Waterford A.C.	0:29:23	Male 65	09:27.3
236	MC INTYRE, Catherine	West Waterford A.C.	0:29:29	Fem 40	09:29.2
237	FOLEY POWER, Linda	West Waterford A.C.	0:29:40	Fem 40	09:32.8
238	BRENNAN, Mary	A.C.	0:29:41	Fem 55	09:33.1
239	KEARNEY, Aisling	Individual	0:29:46	Fem 35	09:34.7
240	KEARNEY, Marie	Individual	0:29:47	Fem Sn	09:35.0
241	MAC GILL, Jackie	Individual	0:29:50	Fem 40	09:36.0
242	AKEHURST, Hayley	Individual	0:29:54	Fem Sn	09:37.3
243	NI MHURCHADHA, Neasa	Individual	0:29:57	Fem 35	09:38.2
244	CURTIN, Geradine	Youghal A.C.	0:30:03	Fem 65	09:40.2
245	KIELY, Maria	Individual	0:30:13	Fem 40	09:43.4
246	POWER, Niall	West Waterford A.C.	0:30:15	Male 50	09:44.0
247	BARRY, Geraldine	West Waterford A.C.	0:30:22	Fem 50	09:46.3
248	COLEMAN, Deirdre	Individual	0:30:25	Fem 40	09:47.2
249	MURPHY, Jack	Individual	0:30:33	Jn Male	09:49.8
250	MURPHY, Sean	Individual	0:30:34	Sn Male	09:50.1
251	HALLEY, Cathy	Individual	0:30:43	Fem 35	09:53.0
252	TOBIN, Sophie	Ardmore A.C.	0:31:05	Fem 50	10:00.1
253	MEEHAN, Claire	Individual	0:31:15	Fem 50	10:03.3
254	O'DONOVAN, Ann	West Waterford A.C.	0:31:16	Fem 60	10:03.7
255	CLEARY, Melissa	Individual	0:31:17	Fem 35	10:04.0
256	MC GRATH, Joanie	West Waterford A.C.	0:31:31	Fem 55	10:08.5
257	CUMMINS, Helen	Individual	0:31:43	Fem Sn	10:12.3
258	DROHAN, Pauline	Runners	0:31:56	Fem 50	10:16.5
259	GRIMES, Aisling	Individual	0:31:59	Fem Sn	10:17.5
260	WALSH, Mary	Individual	0:32:00	Fem Sn	10:17.8
261	BRACKETT, Siobhán	West Waterford A.C.	0:32:01	Fem 35	10:18.1
262	DOOLEY, Stephen	Individual	0:32:43	Sn Male	10:31.6
263	CUNNINGHAM, Paula	Individual	0:33:06	Fem 40	10:39.0
264	MULCAHY, Fiona	Individual	0:33:17	Fem 45	10:42.6
265	WALSH, Louise	Individual	0:33:18	Fem 35	10:42.9
266	LASTE, Ali	j & N Coaching	0:33:28	Fem 40	10:46.1
267	KEANE, Aoire	Glanmire A.C.	0:33:35	Fem Sn	10:48.4
268	LEAHY, Helen	West Waterford A.C.	0:33:36	Fem 45	10:48.7
269	CONNELL, Joanne	Individual	0:33:36	Fem 40	10:48.7
270	CUNNINGHAM, Luka	Individual	0:34:05	Jn Male	10:58.0

271	BOURKE, Cathy	Clonmel A.C.	0:34:51	Fem 50	11:12.8
272	COLLENDER, Martin	West Waterford A.C.	0:35:37	Male 50	11:27.6
273	MANNIX, Jackie	Individual	0:37:38	Fem 40	12:06.6
274	CASEY, Caroline	Individual	0:37:41	Fem 50	12:07.5
275	FORRISTAL, Estelle	Individual	0:37:42	Fem 55	12:07.9
276	MULKEARN, Niamh	Individual	0:42:40	Fem Sn	13:43.8
277	CONNOLLY, Claire	Individual	0:42:41	Fem Sn	13:44.1