

**Ardmore 5 Mile Road Race**

Place	Name	Team	Category	Time	Pace	No.
1	O'LEARY, Kevin	East Cork	Senior Male	0:26:59	05:23.7	120
2	FLYNN, Anthony	West Waterford A.C.	Senior Male	0:27:39	05:31.7	239
3	ROWE, Mark	West Waterford A.C.	Male O/40	0:27:45	05:32.9	201
4	STILWELL, Sean	West Waterford A.C.	Senior Male	0:28:22	05:40.3	171
5	DEVINE, Ken	U.C.C.	Male O/50	0:28:29	05:41.7	156
6	O'CONNELL, Cathal	U.C.C.	Male O/50	0:28:31	05:42.1	150
7	KEOGH, Mossie	West Waterford A.C.	Male O/40	0:28:37	05:43.3	170
8	HENNESSY, Pat	N/A	Senior Male	0:28:43	05:44.5	86
9	DOLPHIN, Michael	Leevale	Senior Male	0:28:52	05:46.3	184
10	CURRAN, Peter	N/A	Senior Male	0:29:21	05:52.1	69
11	ROCHE, Patrick	Carrick On Suir A.C.	Senior Male	0:29:26	05:53.1	138
12	HAHESY, Ray	West Waterford A.C.	Male O/50	0:29:28	05:53.5	16
13	FITZGERALD, Pat	West Waterford A.C.	Senior Male	0:29:34	05:54.7	12
14	TRAVERS, Jason	West Waterford A.C.	Male O/40	0:29:40	05:55.9	173
15	CULLEN, Alan	West Waterford A.C.	Male O/40	0:29:46	05:57.1	257
16	DONNELLY, Enda	West Waterford A.C.	Male O/40	0:29:57	05:59.3	9
17	DROHAN, Walter	West Waterford A.C.	Male O/40	0:30:19	06:03.7	260
18	MOLONEY, Michael	West Waterford A.C.	Senior Male	0:30:24	06:04.7	193
19	DUNFORD, Michael	West Waterford A.C.	Male O/50	0:30:26	06:05.1	197
20	WHELAN, James	West Waterford A.C.	Male O/40	0:30:46	06:09.1	174
21	CONNORS, Jimmy	West Waterford A.C.	Senior Male	0:31:06	06:13.1	280
22	REILLY, Liam	N/A	Junior Male	0:31:12	06:14.3	131
23	MAHONY, Tomas	West Waterford A.C.	Male O/45	0:31:19	06:15.7	109
24	O'SULLIVAN, John	Balance Fitness	Senior Male	0:31:26	06:17.1	211
25	LONGAN, Tom	West Waterford A.C.	Male O/40	0:31:27	06:17.3	271
26	KEANE, Jack	N/A	Junior Male	0:31:37	06:19.3	249
27	CHIZHIKOV, Yevgeniy	West Waterford A.C.	Male O/45	0:31:53	06:22.5	61
28	KIRBY, Dan	N/A	Senior Male	0:31:56	06:23.1	104
29	BARRY, Niall	Tried and Tested	Senior Male	0:31:57	06:23.3	281
30	KISSANE, John	U.C.C.	Male O/45	0:32:01	06:24.1	157
31	HOGAN, Tom	West Waterford A.C.	Male O/40	0:32:14	06:26.7	90
32	VEALE, Kate	West Waterford A.C.	Senior Female	0:32:15	06:26.9	180
33	CASHIN, Eamonn	West Waterford A.C.	Senior Male	0:32:21	06:28.1	3
34	GRANELL, Francisco	N/A	Male O/45	0:32:38	06:31.5	283
35	O'MAHONEY, Tony	N/A	Senior Male	0:32:41	06:32.1	268
36	KELLY, Joe	West Waterford A.C.	Male O/45	0:32:46	06:33.1	287
37	MURPHY, Kenny	N/A	Senior Male	0:32:48	06:33.5	265
38	PRENDERGAST, Sandra	West Waterford A.C.	Senior Female	0:33:05	06:36.9	199
39	MURPHY, Paul	N/A	Senior Male	0:33:06	06:37.1	119
40	REILLY, Gerard	N/A	Male O/45	0:33:10	06:37.9	128
41	GLEESON, Cathal E.	West Waterford A.C.	Male O/40	0:33:11	06:38.1	81
42	BRANIGAN, Sinead	Waterford A.C.	Senior Female	0:33:18	06:39.5	237
43	SALMON, Joe	West Waterford A.C.	Male O/45	0:33:19	06:39.7	262
44	TOBIN, Martin	West Waterford A.C.	Male O/50	0:33:21	06:40.1	35
45	O'MAHONEY, Tony	West Waterford A.C.	Male O/45	0:33:30	06:41.9	266
46	KENNEALLY, Julie	Youghal A.C.	Senior Female	0:33:41	06:44.1	93
47	CASEY, Kevin	West Waterford A.C.	Senior Male	0:33:48	06:45.5	222
48	KEANE, Mush	West Waterford A.C.	Senior Male	0:34:12	06:50.3	261
49	HOGAN, Barry	St. Nicholas' AC	Male O/45	0:34:28	06:53.5	245
50	GEARY, Ben	U.C.C.	Male O/45	0:34:33	06:54.5	168
51	CLANCY, Liam	West Waterford A.C.	Male O/55	0:34:48	06:57.5	191
52	BURKIN, Johnny	N/A	Senior Male	0:34:50	06:57.9	247
53	DWYER, Anthony	West Waterford A.C.	Male O/60	0:34:56	06:59.1	203
54	HALLISSEY, Bryan	West Waterford A.C.	Male O/40	0:35:03	07:00.5	85

55	GRIFFIN, John	Blarney Wollen Mills	Male O/45	0:35:12	07:02.3	143
56	CRONIN, Pat	N/A	Male O/40	0:35:16	07:03.0	293
57	COLEMAN, Tomas	West Waterford A.C.	Male O/50	0:35:23	07:04.4	189
58	MAHONY, Ciaran	N/A	Junior Male	0:35:28	07:05.4	108
59	MURRAY, Conor	West Waterford A.C.	Male O/50	0:35:32	07:06.2	274
60	O'MUIRI, Lorcan	N/A	Male O/40	0:35:38	07:07.4	209
61	WILLIAMS, Gareth	N/A	Junior Male	0:35:46	07:09.0	185
62	BARRY, Joe	West Waterford A.C.	Senior Male	0:35:47	07:09.2	272
63	WHITE, Maria	West Waterford A.C.	Female O/40	0:35:48	07:09.4	141
64	GAFFNEY, David	West Waterford A.C.	Male O/40	0:35:55	07:10.8	80
65	RYAN, Eamonn	N/A	Senior Male	0:35:56	07:11.0	279
66	DUNNE, Declan	U.C.C.	Male O/40	0:35:59	07:11.6	163
67	PHELAN, Rachel	N/A	Senior Female	0:36:10	07:13.8	241
68	COTTER, Gillian	U.C.C.	Female O/40	0:36:11	07:14.0	164
69	COFFEY, Brigid	Tried and Tested	Female O/45	0:36:14	07:14.6	65
70	SANDFORD, Martin	N/A	Male O/65	0:36:28	07:17.4	270
71	PHELAN, Eamonn	N/A	Male O/50	0:36:39	07:19.6	240
72	LEE, Catriona	West Waterford A.C.	Female O/35	0:36:46	07:21.0	107
73	KENNEDY, Claire	West Waterford A.C.	Senior Female	0:36:47	07:21.2	95
74	DROHAN, Eveleen	N/A	Female O/35	0:36:52	07:22.2	74
75	ORMONDE, Brian	West Waterford A.C.	Male O/45	0:36:53	07:22.4	28
76	POWER, Patrick	West Waterford A.C.	Male O/55	0:37:02	07:24.2	282
77	MULLALLY, Emmett	N/A	Senior Male	0:37:06	07:25.0	115
78	FITZGERALD, Alice	West Waterford A.C.	Female O/50	0:37:12	07:26.2	214
79	GEE, Micheal	N/A	Senior Male	0:37:17	07:27.2	47
80	DRENNAN, Angeline	West Waterford A.C.	Female O/40	0:37:36	07:31.0	73
81	CURRAN, Eamonn	West Waterford A.C.	Male O/45	0:37:37	07:31.2	277
82	ORMONDE, Fiona	West Waterford A.C.	Female O/35	0:37:49	07:33.6	26
83	NUGENT, Sharon	West Waterford A.C.	Female O/35	0:38:08	07:37.4	52
84	O'DONOGHUE, Donal	Little Island	Male O/50	0:38:09	07:37.6	25
85	MORRISSEY, John	U.C.C.	Male O/45	0:38:11	07:38.0	155
86	O'CHUIRRIN, Micheal	West Waterford A.C.	Male O/55	0:38:19	07:39.6	21
87	HOGAN, John Paul	West Waterford A.C.	Senior Male	0:38:28	07:41.4	89
88	O'BRIEN, Anthony	N/A	Senior Male	0:38:31	07:42.0	275
89	YOUNG, Shay	West Waterford A.C.	Male O/40	0:38:33	07:42.4	142
90	MURPHY, Aine	U.C.C.	Female O/55	0:38:46	07:45.0	151
91	CUNNINGHAM, Michelle	West Waterford A.C.	Female O/35	0:38:52	07:46.2	8
92	O'MEARA, Tom	U.C.C.	Male O/45	0:38:56	07:47.0	144
93	O'MAHONY, Diarmuid	N/A	Senior Male	0:38:58	07:47.4	233
94	MOLONEY, Simon	West Waterford A.C.	Senior Male	0:38:59	07:47.6	111
95	POWER, Simone	N/A	Female O/40	0:39:02	07:48.2	215
96	DUGGAN, Sean	N/A	Junior Male	0:39:07	07:49.2	232
97	MOORE, Sandra	West Waterford A.C.	Female O/40	0:39:15	07:50.8	113
98	BULLEN, Katie	West Waterford A.C.	Female O/35	0:39:29	07:53.6	38
99	EICHELMANN-DALY, Patrycja	Youghal A.C.	Female O/40	0:39:38	07:55.4	227
100	WALSH, Chloe	N/A	Senior Female	0:39:43	07:56.4	140
101	COADY, Mark	N/A	Senior Male	0:39:44	07:56.6	64
102	KIRBY, Joy	N/A	Female O/35	0:39:45	07:56.8	264
103	CURRAN, Ray	West Waterford A.C.	Male O/50	0:39:51	07:58.0	223
104	MC GRATH, Paul	West Waterford A.C.	Male O/50	0:39:53	07:58.4	253
105	MOYNIHAN, Micheal	West Waterford A.C.	Male O/60	0:40:19	08:03.6	224
106	LYONS, Kieran	N/A	Male O/40	0:40:21	08:04.0	202
107	FINNEGAN, Michelle	West Waterford A.C.	Female O/45	0:40:23	08:04.4	77
108	HIGGINS, Sharon	West Waterford A.C.	Female O/35	0:40:29	08:05.6	87
109	UI CHUIRRIN, Josie	West Waterford A.C.	Female O/55	0:40:32	08:06.2	37
110	COOGAN, Darren	West Waterford A.C.	Male O/40	0:40:46	08:09.0	68

111	POWER, Owen	West Waterford A.C.	Male O/40	0:40:57	08:11.2	236
112	PROCTOR, Paschal	West Waterford A.C.	Male O/65	0:41:00	08:11.8	30
113	GAFFNEY, Andrea	West Waterford A.C.	Female O/45	0:41:01	08:12.0	79
114	DOHERTY, Debra	West Waterford A.C.	Senior Female	0:41:05	08:12.8	72
115	MASSEY, Anne	West Waterford A.C.	Female O/45	0:41:26	08:17.0	206
116	MANNIX, Ger	U.C.C.	Senior Male	0:41:27	08:17.2	154
117	KIELY, Catriona	West Waterford A.C.	Female O/45	0:41:31	08:18.0	102
118	COTTER, Alan	U.C.C.	Senior Male	0:41:36	08:19.0	167
119	GOOD, Breda	U.C.C.	Female O/40	0:41:45	08:20.8	162
120	POWER, Rose	West Waterford A.C.	Female O/45	0:42:09	08:25.6	123
121	MORRISSEY, Pat	West Waterford A.C.	Male O/45	0:42:18	08:27.4	212
122	RUSSELL, Caroline	West Waterford A.C.	Female O/45	0:42:39	08:31.6	33
123	MC SWEENEY, Gerard	St. Nicholas' AC	Male O/50	0:42:45	08:32.8	220
124	POWER, Patrick	Ballymore Cobh A.C.	Senior Male	0:42:46	08:33.0	53
125	POPE, Carol	West Waterford A.C.	Female O/40	0:43:09	08:37.6	235
126	MULCAHY, Mark	U.C.C.	Male O/40	0:43:23	08:40.4	159
127	CASEY, Eleanor	West Waterford A.C.	Female O/40	0:43:50	08:45.8	216
128	CAHILL, Mary	West Waterford A.C.	Female O/45	0:43:53	08:46.4	217
129	CONDON, Catherine	West Waterford A.C.	Female O/50	0:43:56	08:47.0	242
130	MORRISSEY, Garry	West Waterford A.C.	Male O/45	0:44:04	08:48.6	50
131	O'DONOVAN, Vincent	West Waterford A.C.	Male O/55	0:44:06	08:49.0	255
132	BERSEFORD, Evelyn	West Waterford A.C.	Female O/45	0:44:15	08:50.8	58
133	LEAHY, Joanne	West Waterford A.C.	Senior Female	0:44:18	08:51.4	105
134	FOLEY (KAVANAGH), Aine	West Waterford A.C.	Female O/50	0:44:28	08:53.4	263
135	SUPPLE, Michael	N/A	Senior Male	0:45:04	09:00.6	221
136	FITZGERALD, Ciara	N/A	Senior Female	0:45:09	09:01.6	41
137	TOBIN, Sophie	N/A	Female O/40	0:45:28	09:05.4	56
138	ROBLES, Joani	N/A	Female O/45	0:46:06	09:13.0	284
139	DEEGAN, Michael	West Waterford A.C.	Male O/60	0:46:14	09:14.6	194
140	DOWLEY, Michelle	N/A	Senior Female	0:46:17	09:15.2	286
141	BERESFORD, Jean	West Waterford A.C.	Female O/50	0:46:42	09:20.2	292
142	DUFFIN, Ciara	West Waterford A.C.	Female O/35	0:47:07	09:25.2	76
143	TWOHIG, Monica	U.C.C.	Female O/50	0:48:32	09:42.2	160
144	HODGKISS, Vanessa	Sheffield	Senior Female	0:48:40	09:43.8	88
145	POWER HICKEY, Therese	West Waterford A.C.	Female O/35	0:48:46	09:45.0	49
146	FOGARTY, Christine	West Waterford A.C.	Female O/35	0:49:48	09:57.4	78
147	MC GRATH, Joanie	West Waterford A.C.	Female O/45	0:50:36	10:07.0	110
148	FULLER BUCKLEY, Brigid	Blackwater A.C.	Female O/45	0:50:38	10:07.4	15
149	HAHESY, Deirdre	West Waterford A.C.	Female O/45	0:50:40	10:07.8	84
150	DEE, Irene	West Waterford A.C.	Female O/40	0:50:41	10:08.0	226
151	MURRAY, Orna	N/A	Female O/50	0:51:27	10:17.2	20
152	SANDFORD, Liam	West Waterford A.C.	Male O/60	0:51:59	10:23.6	225
153	RYAN, Una	West Waterford A.C.	Female O/40	0:53:31	10:42.0	207
154	CLANCY, Deirdre	West Waterford A.C.	Female O/60	0:53:32	10:42.2	5
155	CLIFFE, Martina	Blackwater A.C.	Female O/50	0:54:43	10:56.4	219
156	KELLEHER, Orlagh	West Waterford A.C.	Female O/35	0:54:47	10:57.2	91
157	READE, Emma	West Waterford A.C.	Senior Female	0:57:00	11:23.8	126
158	FITZGERALD, Aideen	West Waterford A.C.	Female O/50	0:57:07	11:25.2	11
159	MOORE, Marie	West Waterford A.C.	Female O/60	0:59:08	11:49.4	112
160	CONWAY, Noelle	West Waterford A.C.	Female O/60	0:59:09	11:49.6	66