

Ballinameela 5k 2017

<u>Place</u>	<u>Name</u>	<u>Team</u>	<u>Category</u>	<u>Time</u>	<u>Pace</u>	<u>Entry</u>
1	ZAKIS, Raivis	West Waterford A.C.	Senior Male	0:16:09	05:11.8	345
2	KEARNS, Daryl	West Waterford A.C.	Senior Male	0:17:07	05:30.4	353
3	FLAVIN, Marc	West Waterford A.C.	Senior Male	0:17:40	05:41.1	355
4	FORRISTAL, Sally	St Josephs A.C	Senior Female	0:18:27	05:56.2	325
5	DUGGAN, Peter	St Josephs A.C	Male O/45	0:18:30	05:57.2	378
6	CULLEN, Alan	West Waterford A.C.	Male O/40	0:18:39	06:00.0	379
7	KIRBY, Dan	N/A	Senior Male	0:18:58	06:06.2	309
8	LEAHY, Tom	West Waterford A.C.	Male O/40	0:18:59	06:06.5	369
9	BURKE, Raymond	Carrick On Suir A.C.	Male O/40	0:19:02	06:07.5	391
10	WHELAN, James	West Waterford A.C.	Male O/40	0:19:03	06:07.8	314
11	HAMILTON , Andrew	N/A	Senior Male	0:19:20	06:13.2	398
12	VEALE, Kate	West Waterford A.C.	Senior Female	0:19:33	06:17.4	344
13	O'MAHONEY, Tony	West Waterford A.C.	Senior Male	0:19:39	06:19.4	403
14	O'LEARY, Ted	West Waterford A.C.	Male O/45	0:19:44	06:21.0	348
15	LONGAN, Tom	West Waterford A.C.	Male O/40	0:19:50	06:22.9	407
16	TOBIN, Martin	West Waterford A.C.	Male O/50	0:20:16	06:31.3	312
17	CASEY, Kevin	West Waterford A.C.	Senior Male	0:20:20	06:32.6	359
18	BARRY, Joe	West Waterford A.C.	Senior Male	0:20:33	06:36.7	346
19	PRENDERGAST, Emmett	Clonmel A.C.	Senior Male	0:20:34	06:37.1	390
20	BURKIN, Johnny	N/A	Senior Male	0:20:40	06:39.0	382
21	KELLY, Sinead	saint abbotts	Senior Female	0:20:41	06:39.3	389
22	KIELY, Leonora	West Waterford A.C.	Senior Female	0:20:46	06:40.9	396
23	FLAVIN, Shane	Finisk Valley A.C.	Senior Male	0:20:48	06:41.6	319
24	LONGAN, John	N/A	Senior Male	0:20:51	06:42.5	334
25	DWYER, Anthony	West Waterford A.C.	Male O/60	0:20:53	06:43.2	371
26	O'MAHONEY, Tony	West Waterford A.C.	Male O/45	0:20:58	06:44.8	405
27	CLIFFE, Ian	N/A	Senior Male	0:20:59	06:45.1	401
28	MC CARTHY, Terry	N/A	Senior Male	0:21:00	06:45.4	400
29	CANTWELL, Gerry	West Waterford A.C.	Male O/55	0:21:03	06:46.4	347
30	SHEEHAN, Natalie	N/A	Senior Female	0:21:14	06:49.9	337
31	MC CARTHY, Padraig	limerick ac	Male O/45	0:21:29	06:54.8	377
32	FITZGERALD, Pat	West Waterford A.C.	Senior Male	0:21:41	06:58.6	385
33	GLEESON, Cathal E.	West Waterford A.C.	Male O/40	0:21:51	07:01.8	412
34	CONCANNON, Mick	West Waterford A.C.	Male O/50	0:21:55	07:03.1	383
35	DROHAN, Eveleen	N/A	Female O/40	0:21:57	07:03.8	335
36	MOYA ROSA, Emilio	West Waterford A.C.	Senior Male	0:21:58	07:04.1	358
37	WHELAN, Kieran	N/A		0:21:59	07:04.4	349
38	SANDFORD, Martin	West Waterford A.C.	Male O/60	0:21:59	07:04.4	375
39	NICHOLSON, Natalie	St. Catherines		0:22:01	07:05.1	356
40	CUSACK, Ruairi	N/A	Junior Male	0:22:23	07:12.1	361
41	CASEY, James	N/A	Senior Male	0:22:33	07:15.4	404
42	O'DONOGHUE, Donal	Little Island	Male O/50	0:22:46	07:19.5	374
43	KENNEDY, Daniel	Clonmel Tri Club	Senior Male	0:22:47	07:19.9	392
44	COFFEY, Brigid	West Waterford A.C.	Female O/45	0:22:54	07:22.1	339
45	NUGENT, Sharon	West Waterford A.C.	Female O/35	0:23:11	07:27.6	384
46	POWER, Onra	West Waterford A.C.	Female O/50	0:23:19	07:30.2	313
47	O'DONNELL, Kenneth	West Waterford A.C.	Male O/45	0:23:24	07:31.8	402
48	BRUNNOCK, Paul	West Waterford A.C.	Male O/45	0:23:25	07:32.1	406
49	MOORE, Sandra	West Waterford A.C.	Female O/45	0:23:28	07:33.0	330
50	CHIZHIKOVA, Diana	West Waterford A.C.	Female O/35	0:23:40	07:36.9	386
51	CURRAN, Eamonn	West Waterford A.C.	Male O/45	0:23:57	07:42.4	380
52	HEARNE, Margaret	West Waterford A.C.	Female O/35	0:24:18	07:49.1	315
53	MORONEY, Nicola	Tried and Tested	Female O/35	0:24:22	07:50.4	327
54	DORAN, Eddie	West Waterford A.C.	Male O/45	0:24:27	07:52.0	323
55	BEATTY, Brian	West Waterford A.C.	Male O/40	0:24:31	07:53.3	310
56	HALLAHAN, Donna	West Waterford A.C.	Senior Female	0:24:32	07:53.6	410
57	PROCTOR, Paschal	West Waterford A.C.	Male O/60	0:24:45	07:57.8	357
58	CUSACK, Niall	N/A	Male O/45	0:24:48	07:58.8	360

59	CROWLEY, Hazel	N/A	Senior Female	0:24:53	08:00.4	411
60	FLYNN, Mairead	West Waterford A.C.	Female O/50	0:25:01	08:03.0	305
61	MULCAHY, Darren	N/A	Senior Male	0:25:06	08:04.6	370
62	O'CONNELL, Hilary	Waterford A.C.	Senior Female	0:25:09	08:05.6	408
63	HIGGINS, Sharon	West Waterford A.C.	Female O/35	0:25:13	08:06.8	321
64	MASSEY, Anne	West Waterford A.C.	Female O/45	0:25:23	08:10.1	304
65	NOLAN, Paraig	N/A	Male O/45	0:25:45	08:17.1	352
66	DROHAN, Dermot	N/A	Male O/45	0:26:00	08:22.0	318
67	WALSH, Carol	Tried and Tested	Senior Female	0:26:12	08:25.8	324
68	MULCAHY, Jennie	N/A	Senior Female	0:26:12	08:25.8	326
69	HICKEY, Stephanie	Ballymac Runners	Female O/45	0:26:17	08:27.4	381
70	LEO, Breda	limerick ac	Female O/45	0:26:21	08:28.7	376
71	CLANCY, James	N/A	Senior Male	0:26:22	08:29.0	363
72	MC CARTHY, Mark	N/A	Male O/45	0:26:25	08:30.0	332
73	COAKLEY, Michael	West Waterford A.C.	Male O/50	0:27:08	08:43.8	350
74	WHITE, Jennifer	N/A	Female O/35	0:27:26	08:49.6	393
75	GUIRY, Michelle	Touraneena Road Runners	Senior Female	0:27:37	08:53.2	387
76	HALLAHAN, Karen	N/A	Senior Female	0:27:49	08:57.0	409
77	O'DONOVAN, Vincent	West Waterford A.C.	Male O/55	0:27:55	08:59.0	373
78	KEARNS, Mary	N/A	Senior Female	0:28:07	09:02.8	399
79	POWER, Owen	West Waterford A.C.	Male O/40	0:28:08	09:03.2	351
80	CONDON, Catherine	West Waterford A.C.	Female O/50	0:28:23	09:08.0	354
81	O'CONNOR, Teresa	N/A	Female O/60	0:28:28	09:09.6	338
82	JACKMAN, Toni	N/A	Female O/40	0:28:53	09:17.6	368
83	CULLINANE, Tricia	West Waterford A.C.	Female O/35	0:29:08	09:22.5	322
84	CASEY, Mary	N/A	Female O/50	0:29:13	09:24.1	364
85	WALSH, Mary	Touraneena Road Runners	Female O/50	0:29:19	09:26.0	341
86	O'HARA, Christine	N/A	Female O/45	0:29:21	09:26.6	362
87	MANSFIELD, Evan	Cappoquin Rowing Club	Junior Male	0:29:31	09:29.9	317
88	GOULDING, Denise	N/A	Female O/40	0:29:40	09:32.8	365
89	LINNEEN, Anne Marie	Blackwater A.C.	Female O/35	0:29:46	09:34.7	372
90	MANSFIELD, Amanda	West Waterford A.C.	Female O/45	0:29:59	09:38.9	316
91	HERRON, Ann	Copper Coast	Female O/40	0:30:11	09:42.7	308
92	GOONAN, Honor	Touraneena Road Runners	Female O/35	0:30:37	09:51.1	342
93	BARRY, Laura	Touraneena Road Runners	Senior Female	0:31:08	10:01.1	388
94	TUTTY, Michael	N/A	Male O/55	0:31:19	10:04.6	397
95	MOORE, Sinead	West Waterford A.C.	Female O/45	0:31:20	10:04.9	394
96	HOGAN, Laurissa	Ballymac Runners	Senior Female	0:31:27	10:07.2	331
97	POWER, Anne Marie	N/A	Female O/40	0:31:36	10:10.1	320
98	MORRISSEY, Amanda	Ballymac Runners	Female O/35	0:31:54	10:15.9	329
99	HALLINAN, Grainne	Touraneena Road Runners	Female O/45	0:31:59	10:17.5	333
100	CLANCY, Deirdre	West Waterford A.C.	Female O/60	0:32:16	10:23.0	343
101	MURRAY, Marita	N/A	Female O/35	0:32:16	10:23.0	328
102	O'CONNELL, Kathleen	N/A	Female O/55	0:33:05	10:38.7	367
103	COLBERT, Grace	Copper Coast	Female O/45	0:33:22	10:44.2	340
104	KINGSTON, Joyce	N/A	Female O/55	0:33:41	10:50.3	366
105	DROHAN, Pauline	N/A	Female O/45	0:36:41	11:48.2	336
106	LYNCH, Mairead	Ballymac Runners	Female O/35	0:38:06	12:15.6	395