		uff 5 Mile RoadRace Frida			
Place	Name	Team	Time	Category	Pace
1	POWER, Trevor	Waterford A.C.	0:26:30	Male Senior	05:17.9
2	MURPHY, Noel	Waterford A.C.	0:28:00	Male Senior	05:35.9
3	ROWE, Dean	Gowran	0:28:17	Male Senior	05:39.3
4	O'BRIEN, Craig	Ferrybank A.C.	0:30:06	Male Junior	06:01.1
5	AHERNE, Michael	N/A	0:30:40	Male Senior	06:07.9
6	MARSHALL, Evan	Waterford A.C.	0:30:51	Male Junior	06:10.1
7	LOUGHNANE, Madeline	Thurles Crokes	0:30:56	Female Senior	06:11.1
8	GOUGH, Dermot	N/A	0:31:40	Male Senior	06:19.9
9	GUIRY, John	Saturday Road Runners	0:31:50	Male40	06:21.9
10	GRANT, Pat	Ferrybank A.C.	0:32:08	Male40	06:25.5
11	LYNCH, Kevin	N/A	0:32:16	Male40	06:27.1
12	HAHESY, Ray	West Waterford A.C.	0:32:31	Male 50	06:30.1
13	HORGAN, Barry	Clonmel A.C.	0:32:40	Male40	06:31.9
14	WALSH, Thomas	Thomastown	0:33:16	Male 50	06:39.1
15	BRENNAN, Grainne	N/A	0:33:18	Female Senior	06:39.5
16	DOONAN, Naomi	Saturday Road Runners	0:33:45	Female 40	06:44.9
17	HAYES, Kevin	St. Catherines	0:33:57	Male40	06:47.3
18	QUINLAN, William	Saturday Road Runners	0:33:59	Male40	06:47.7
19	WALSH, Eoin	Saturday Road Runners	0:34:04	Male40	06:48.7
20	O'SULLIVAN, John	Waterford A.C.	0:34:16	Male Senior	06:51.1
21	GEARY, Conor	Swaby Sessions	0:34:23	Male 50	06:52.5
22	MULCAHY, Mark	Saturday Road Runners	0:34:37	Male Senior	06:55.3
23	HORGAN, Elaine	Clonmel A.C.	0:34:58	Female Senior	06:59.5
24	O'ROURKE, Jamie	Saturday Road Runners	0:35:05	Male40	07:00.9
25	DWYER, Anthony	West Waterford A.C.	0:35:10	Male 50	07:01.9
26	TORPEY, Barry	Carrick On Suir A.C.	0:35:14	Male40	07:02.6
27	BROPHY, John Paul	N/A	0:35:17	Male Senior	07:03.2
28	LYONS, Benvon	N/A	0:35:19	Female 40	07:03.6
29	BRENNAN, Lucia	Kings River A.C.	0:35:27	Female Senior	07:05.2
30	BUDDS, Liam	N/A	0:35:55	Male40	07:10.8
31	HARAN, Evelyn	N/A	0:35:57	Female 40	07:11.2
32	CARLIN, Anthony	West Waterford A.C.	0:35:57	Male40	07:11.2
33	QUINLAN, Janet	Saturday Road Runners	0:36:02	Female Senior	07:12.2
34	HOGAN, Tom	West Waterford A.C.	0:36:04	Male40	07:12.6
35	MC DONALD, Michelle	St. Senans A.C.	0:36:22	Female Senior	07:16.2
36	JACKMAN, Brian	Saturday Road Runners	0:36:24	Male 50	07:16.6
37	CONCANNON, Mick	West Waterford A.C.	0:36:26	Male 50	07:10.0
38	BURKIN, Johnny	West Waterford A.C.	0:36:33	Male Senior	07:18.4
39	MOLLOY, Mary	Carrick On Suir A.C.	0:37:00	Female 40	07:23.8
40	MARY, Enzo	Carrick On Suir A.C.	0:37:04	Male Junior	07:24.6
41	DROHAN, Eveleen	West Waterford A.C.	0:37:14	Female 40	07:26.6
42	WALSH, David	Saturday Road Runners	0:37:20	Male40	07:27.8
43	VAN DER VALK, T.J.	N/A	0:37:37	Male 50	07:31.2

44	LANE, Claudia	Waterford A.C.	0:37:37	Female 40	07:31.2
45	CARLIN, David	N/A	0:37:54	Male Senior	07:31.2
46	NI FHAOLAIN, Sinead	West Waterford A.C.	0:38:03	Female Senior	07:34.0
47	KAVANAGH, Thomas	N/A	0:38:14	Male Senior	07:38.6
48	POWER, Onra	West Waterford A.C.	0:38:33	Female 50	07:38.0
	·	Adele's Gazelles			
49	LENNON, Irene		0:38:36	Female 40	07:43.0
50	O'ROURKE, Joe	West Waterford A.C.	0:38:37	Male 50	07:43.2
51	COFFEY, Brigid	West Waterford A.C.	0:39:09	Female 40	07:49.6
52	DWYER, Tony	West Waterford A.C.	0:39:13	Male Junior	07:50.4
53	TIERNEY, John	Waterford A.C.	0:39:23	Male 50	07:52.4
54	AYLWARD, P.J.	N/A	0:39:29	Male Senior	07:53.6
55	BURKE, Damien	N/A	0:39:31	Male40	07:54.0
56	CLEARY, Paul	N/A	0:39:31	Male40	07:54.0
57	ROBINSON, Freddie	N/A	0:39:36	Male40	07:55.0
58	O'DONOGHUE, Donal	Little Island	0:39:45	Male 50	07:56.8
59	ROWE, Paul	N/A	0:39:47	Male40	07:57.2
60	KELLY, Christopher	West Waterford A.C.	0:39:54	Male 50	07:58.6
61	MC CARTHY, Michael	N/A	0:40:03	Male 50	08:00.4
62	POWER, Deirdre	Carrick On Suir A.C.	0:40:04	Female Senior	08:00.6
63	MC NAMARA, Catherine	N/A	0:40:35	Female 40	08:06.8
64	FLYNN, Sharon	Saturday Road Runners	0:41:07	Female 50	08:13.2
65	REA, Kathy	Saturday Road Runners	0:41:07	Female Senior	08:13.2
66	BUTLER, Michael	N/A	0:41:21	Male40	08:16.0
67	MC LOUGHLIN, Delores	Kings River A.C.	0:41:27	Female 40	08:17.2
68	O'DWYER, Derek	Carrick On Suir A.C.	0:41:28	Male Senior	08:17.4
69	POWER, Margaret	Carrick On Suir A.C.	0:41:30	Female 50	08:17.8
70	O'CONNOR, Frances	Tramore AC	0:42:20	Female 50	08:27.8
71	GAFFNEY, Andrea	West Waterford A.C.	0:42:20	Female 40	08:27.8
72	NORRIS, Keith	N/A	0:42:35	Male Senior	08:30.8
73	FLYNN, Don	N/A	0:43:43	Male 50	08:44.4
74	DUNPHY, Mark	N/A	0:43:43	Male40	08:44.4
75	HALLIGAN, Eamonn	N/A	0:43:44	Male 50	08:44.6
76	COUNIHAN, Una	N/A	0:43:48	Female 40	08:45.4
77	COUNIHAN, Brendan	N/A		Male40	
		•	0:44:00 0:44:02		08:47.8
78	DUNNE, Sean	Carrick On Suir A.C.		Male Senior	08:48.2
79	HALLIGAN, Deirdre	N/A	0:44:16	Female 50	08:51.0
80	DUNNE, Sinead	Carrick On Suir A.C.	0:44:40	Female Senior	08:55.8
81	PROCTOR, Paschal	West Waterford A.C.	0:44:53	Male 50	08:58.4
82	O'BRIEN, Deirdre	Kings River A.C.	0:44:56	Female Senior	08:59.0
83	ROBINSON, Carolina	Waterford A.C.	0:45:35	Female 40	09:06.8
84	NUGENT, Sharon	West Waterford A.C.	0:45:37	Female Senior	09:07.2
85	BULLEN, Katie	West Waterford A.C.	0:45:39	Female Senior	09:07.6
86	MURRAY, Conor	West Waterford A.C.	0:46:02	Male 50	09:12.2
87	DOHERTY, Debra	West Waterford A.C.	0:46:05	Female Senior	09:12.8
88	CROWLEY, Hazel	West Waterford A.C.	0:46:05	Female Senior	09:12.8
89	VAN DER VALK, Rosie	Waterford A.C.	0:46:07	Female 50	09:13.2
90	KENT, Catherine	N/A	0:46:22	Female 40	09:16.2
91	HASSETT, Caoimhe	N/A	0:47:27	Female Junior	09:29.2
92	REILLY, Bonnie	N/A	0:47:28	Female Junior	09:29.4
93	DUNNE, Jackie	Carrick On Suir A.C.	0:48:31	Female 50	09:42.0
94	WALSH, Aislinn	Stoneyford A.C.	0:48:31	Female Senior	09:42.0

95	GLASCOTT, Ber	Carrick On Suir A.C.	0:48:49	Female 50	09:45.6
96	DOVEY, Jennifer	N/A	0:53:50	Female Senior	10:45.8
97	PHELAN, Laura	N/A	0:58:29	Female Senior	11:41.6
98	PHELAN, Thomas	N/A	0:58:29	Male Senior	11:41.6