

Ballyduff 5 Mile					
No.	Name	Club	Cat	Time	Pace
1	QUINLAN, Frank	Waterford A.C	M40	0:26:50	05:21.9
2	SWIFT, Trevor	Waterford A.C	S/M	0:28:38	05:43.5
3	KYNES, David	Kilcoole	S/M	0:28:56	05:47.1
4	FOLEY, Alex	Waterford A.C	J/M	0:29:06	05:49.1
5	CUDDIHY, Brian	Waterford A.C	S/M	0:29:15	05:50.9
6	KEOGH, Mossie	West Waterford A.C	M40	0:29:19	05:51.7
7	HEARNE, Steven	Waterford A.C	S/M	0:30:08	06:01.5
8	LYNCH, Kevin	No Club	M40	0:30:30	06:05.9
9	WYSE, Paul	Waterford Huffers & Puffers	M40	0:30:49	06:09.7
10	HAHESY, Raymond	West Waterford A.C	M50	0:30:53	06:10.5
11	BAGGE, Jake	No Club		0:30:59	06:11.7
12	LANGFORD, Mark	No Club	S/M	0:31:20	06:15.9
13	FITZGERALD, Terry	Carrick Triathlon	S/M	0:31:25	06:16.9
14	CODD, Vinnie	Waterford A.C	M40	0:31:27	06:17.3
15	O'KEEFFE, Paudie	Clonmel AC	M40	0:31:32	06:18.3
16	LANIGAN, David	St Josephs A.C	M40	0:31:37	06:19.3
17	GUIRY, John	Waterford A.C	M40	0:31:38	06:19.5
18	CHIZHIKOV, Yevgeniy	West Waterford A.C	M45	0:31:39	06:19.7
19	ROCHE, Dave	No Club	M40	0:32:06	06:25.1
20	RYAN, Eamonn	Focus on Fitness	S/M	0:32:09	06:25.7
21	O'SULLIVAN, John	Balance Fitness	S/M	0:32:20	06:27.9
22	LEAHY, Emma	No Club	S/F	0:32:55	06:34.9
23	GOUGH, Joe	West Waterford A.C	M60	0:33:12	06:38.3
24	ASPEL, Brendan	Waterford A.C	M45	0:33:28	06:41.5
25	CROTTY, John	N/A	S/M	0:33:41	06:44.1
26	MOLLOY, Shane	Carrick Triathlon	S/M	0:33:47	06:45.3
27	O'DONOVAN, Elaine	St Josephs A.C	S/F	0:33:50	06:45.9
28	DOWNEY, John	West Waterford A.C	M45	0:33:51	06:46.1
29	DE PAOR, Daithi	No Club	M45	0:33:54	06:46.7
30	O'BRIEN, Craig	Ferrybank	J/M	0:34:05	06:48.9
31	MULCAHY, Mark	Saturday Road Runners	S/M	0:34:20	06:51.9
32	KAVANAGH, Thomas	No Club	S/M	0:34:25	06:52.9
33	VEALE, Kate	West Waterford A.C	S/F	0:34:29	06:53.7
34	MCDONNELL, Shane	Saturday Road Runners	M45	0:34:45	06:56.9
35	CANTWELL, Gerry	West Waterford A.C	M55	0:34:57	06:59.3
36	MOLLOY, Mary	Carrick-on-Suir AC	F35	0:35:02	07:00.3
37	TOBIN, Martin	West Waterford A.C	M50	0:35:07	07:01.3
38	DWYER, Anthony	West Waterford A.C	M55	0:35:09	07:01.7
39	HORAN, Evelyn	No Club	F35	0:35:10	07:01.9
40	POWER, Tyrone	No Club	S/M	0:35:15	07:02.8
41	MARSHALL, Evan	No Club		0:35:19	07:03.6
42	CARLIN, Anthony	West Waterford A.C	M40	0:35:34	07:06.6
43	LANE, Claudia	Waterford A.C	F45	0:35:50	07:09.8
44	BARRY, John	DSC	M50	0:36:36	07:19.0
45	CHIZHIKOVA, Diana	West Waterford A.C	F35	0:37:25	07:28.8
46	MYERS, Jay	No Club	M50	0:37:29	07:29.6
47	DALTON, John	Ballyduff A.F.C.	M45	0:37:48	07:33.4
48	VAN DER FALK, T.J.	Waterford A.C	M50	0:38:00	07:35.8
49	DUNFORD, Ann	West Waterford A.C	F50	0:38:20	07:39.8
50	O'CONNOR, Mag	St Josephs A.C	F40	0:38:23	07:40.4
51	WHELAN, Alan	Waterford A.C	M45	0:38:56	07:47.0
52	BROPHY, John Paul	No Club	S/M	0:39:14	07:50.6
53	O'CONNELL, Hillary	Waterford A.C	S/F	0:39:17	07:51.2
54	MOORE, Niall	No Club	S/M	0:39:26	07:53.0
55	MCCARTHY, Michael (57)	No Club	M55	0:39:44	07:56.6
56	COFFEY, Brigid	No Club	F45	0:39:53	07:58.4

<b>No.</b>	<b>Name</b>	<b>Club</b>	<b>Cat</b>	<b>Time</b>	<b>Pace</b>
57	BURKE, Ray	West Waterford A.C	M50	0:39:59	07:59.6
58	WADE, Michael	West Waterford A.C	M55	0:40:29	08:05.6
59	LANIGAN, Susan	St Josephs A.C	F40	0:41:00	08:11.8
60	POWER, Onra	West Waterford A.C	F50	0:41:02	08:12.2
61	POWER, Ronan	N/A	M40	0:41:03	08:12.4
62	STEPHENSON, John	No Club	M55	0:41:09	08:13.6
63	CURRAN, Eamonn	West Waterford A.C	M45	0:41:32	08:18.2
64	QUINN, Trisha	Waterford Triathlon	F35	0:42:34	08:30.6
65	HOBAN, Philip	No Club	M45	0:42:35	08:30.8
66	O'DWYER, Derek	Carrick-on-Suir AC	S/M	0:42:38	08:31.4
67	O'BRIEN, Martin	No Club	S/M	0:43:16	08:39.0
68	HENNEBRY, Ruth	Waterford Huffers & Puffers	F35	0:43:20	08:39.8
69	WALSH, Deirdre	Carrick-on-Suir AC	F35	0:43:46	08:45.0
70	HARTLEY, Pauline	No Club	F35	0:44:05	08:48.8
71	KENNEDY, Kathleen	Waterford A.C	F55	0:44:40	08:55.8
72	LENIHAN, Siobhan	West Waterford A.C	F45	0:45:02	09:00.2
73	O'SULLIVAN, Caroline	No Club	S/F	0:45:25	09:04.8
74	CURRAN, Aileen	No Club	F45	0:45:28	09:05.4
75	TIMMINS, Una	No Club	F45	0:45:30	09:05.8
76	HALLIGAN, Eamonn	No Club	M50	0:45:36	09:07.0
77	HALLIGAN, Deirdre	No Club	F45	0:45:45	09:08.8
78	PHELAN, Carrie	No Club	F35	0:45:52	09:10.2
79	CONNOLLY, Paul	Waterford Huffers & Puffers	M45	0:45:56	09:11.0
80	CONNOLLY, Tina	Waterford A.C	F50	0:46:09	09:13.6
81	VAN DER FALK, Rosie	Waterford A.C	F50	0:46:10	09:13.8
82	POWER, Margaret	Carrick-on-Suir AC	F55	0:46:38	09:19.4
83	O'DONOVAN, Sean	Carrick-on-Suir AC	M55	0:46:56	09:23.0
84	CODD, Siobhan	No Club	F45	0:47:49	09:33.6
85	MOORE, Charlie	No Club		0:48:47	09:45.2
86	MOORE, Susie	No Club	F35	0:50:03	10:00.4
87	LAFFEN, Julie	Ballyduff	F40	0:50:30	10:05.8
88	WALSH, Fiona	Ballyduff	F40	0:50:31	10:06.0
89	DUNNE, Sinead	Carrick-on-Suir AC	S/F	0:50:59	10:11.6
90	O'DONOGHUE, Donal	Little Island	M45	0:52:02	10:24.2
91	MURPHY, Elaine	No Club	F40	0:53:35	10:42.8
92	MYERS, Tricia	No Club	F50	0:54:20	10:51.8
93	TIERNAN, Louise	No Club	F40	0:56:59	11:23.6