

Ballymac 5 Mile Friday 20 July 2018. 7:30 pm

Place	Name	Team	Catg.	Time	No
1	LEARY, Kevin	East Cork	SM	0:26:29	42
2	ZAKIS, Raivis	West Waterford A.C.	SM	0:26:58	135
3	HENNESSY, Pat	West Waterford A.C.	SM	0:28:16	87
4	FLAVIN, Marc	West Waterford A.C.	SM	0:28:26	19
5	KEBEDE, Fikadu	N/A	SM	0:28:37	180
6	SMITH, Danny	N/A	M40	0:28:39	145
7	RYAN, Colm	West Waterford A.C.	SM	0:28:43	194
8	RYAN, Dermot	West Waterford A.C.	M40	0:28:54	137
9	O'RIORDAN, Shane	West Waterford A.C.	SM	0:29:34	122
10	TRAVERS, Jason	West Waterford A.C.	M40	0:29:39	171
11	WHELAN, James	West Waterford A.C.	M40	0:30:03	8
12	STILWELL, Sean	West Waterford A.C.	SM	0:30:11	132
13	POWER, Shane	West Waterford A.C.	SM	0:30:17	146
14	O'ROURKE, John	Tried and Tested	SM	0:30:18	221
15	CANTWELL, Gary	St. Albans	SM	0:30:47	228
16	LOUGHNANE, Madeline	Thurles Crokes	F35	0:30:52	21
17	BURKE, Raymond	Carrick On Suir A.C.	M40	0:30:57	213
18	AHERNE, Michael	N/A	SM	0:31:10	181
19	CULLEN, Alan	West Waterford A.C.	M40	0:31:12	201
20	CONNORS, Jimmy	West Waterford A.C.	SM	0:31:17	40
21	GRANT, Gary	N/A	M40	0:31:22	81
22	HAHESSY, Benny	Carrick On Suir A.C.	M45	0:31:25	207
23	RYAN, Dermot	N/A	SM	0:31:29	646
24	ABERNEATHY, Michael	Midleton A.C.	SM	0:31:37	78
25	GOUGH, Dermot	N/A	SM	0:31:46	225
26	LYNCH, Kevin	N/A	M40	0:31:49	671
27	BARRY, Keith	N/A	M45	0:31:52	167
28	VEALE, Kate	West Waterford A.C.	SF	0:31:53	110
29	LONGAN, Tom	West Waterford A.C.	M45	0:32:27	650
30	O'LEARY, Ted	West Waterford A.C.	M45	0:32:32	170
31	GLEESON, Cathal E.	West Waterford A.C.	M40	0:32:49	647
32	KELLY, Joe	West Waterford A.C.	M45	0:33:07	67
33	FOLEY, Gavin	N/A	SM	0:33:25	205
34	HEFFERNAN, Pat	Moyglass	M55	0:33:28	673
35	O'GORMAN, Richard	Clonmel A.C.	M50	0:33:34	152
36	KENNEDY, Pdraig	West Waterford A.C.	SM	0:33:47	96
37	POWER, Anthony	Clonmel A.C.	M55	0:33:52	148
38	DONNELLY, David	Tried and Tested	M40	0:33:53	129
39	WALSH, Eoin	Saturday Road Runners	M40	0:33:55	178
40	TOBIN, Martin	West Waterford A.C.	M50	0:34:02	9
41	CALLAGHAN, Micheal	West Waterford A.C.	M45	0:34:14	32

42	MULCAHY, Mark	Saturday Road Runners	SM	0:34:18	175
43	CANTWELL, Gerry	West Waterford A.C.	M55	0:34:23	123
44	DWYER, Anthony	West Waterford A.C.	M55	0:34:33	46
45	HORGAN, Elaine	Clonmel A.C.	F35	0:34:35	92
46	RYAN, Kevin	N/A	SM	0:34:40	114
47	DROHAN, Noel	West Waterford A.C.	M45	0:34:41	645
48	O'MAHONEY, Tony	West Waterford A.C.	M50	0:34:56	61
49	WALLEY, Elaine	Clonmel Tri Club	F40	0:35:02	113
50	HOGAN, Tom	West Waterford A.C.	M40	0:35:18	227
51	FANNING, Declan	N/A	SM	0:35:19	198
52	DOHERTY, Michelle	Clonmel A.C.	F40	0:35:29	217
53	CLIFFE, Mark	West Waterford A.C.	SM	0:35:30	672
54	CASEY, Kevin	West Waterford A.C.	M40	0:35:32	66
55	DUNFORD, Pat	West Waterford A.C.	M50	0:35:35	204
56	MURRAY, Conor	West Waterford A.C.	M50	0:35:38	5
57	JACKMAN, Brian	Saturday Road Runners	M50	0:35:40	223
58	HENNESSY, Trevor	N/A	SM	0:36:07	195
59	BUDDS, Liam	N/A	M40	0:36:18	184
60	MAHONY, Decky	N/A	M40	0:36:28	200
61	KAVANAGH, Liam	West Waterford A.C.	M55	0:36:42	93
62	DROHAN, Eveleen	West Waterford A.C.	F40	0:36:43	15
63	MC GRATH, Johnny	N/A	M40	0:37:04	649
64	DUDEK, Stan	N/A	SM	0:37:12	139
65	RYAN, Donal	Clonmel A.C.	M45	0:37:14	155
66	WALL, Kate	Clonmel A.C.	F40	0:37:30	158
67	SANDFORD, Martin	West Waterford A.C.	M55	0:37:31	676
68	WALSH, David	Saturday Road Runners	M40	0:37:37	224
69	POWER, Patrick	West Waterford A.C.	M55	0:37:44	41
70	HALLINAN, Jody	West Waterford A.C.	M45	0:37:48	83
71	DWYER, Tony	West Waterford A.C.	JM	0:37:49	214
72	COFFEY, Brigid	West Waterford A.C.	F45	0:37:51	126
73	MC NALLY, David	West Waterford A.C.	M50	0:37:53	674
74	DRENNAN, Angeline	West Waterford A.C.	F40	0:38:00	24
75	FITZGERALD, Liam	West Waterford A.C.	M45	0:38:22	60
76	CLINCE, Liam	West Waterford A.C.	M55	0:38:25	26
77	DOHERTY, Debra	West Waterford A.C.	F35	0:38:25	36
78	O'DONOGHUE, Donal	Little Island	M50	0:38:30	30
79	NUGENT, Sharon	West Waterford A.C.	F35	0:38:31	59
80	NI FHAOLAIN, Sinead	West Waterford A.C.	SF	0:38:32	678
81	CLEARY, Peter	N/A	M40	0:38:41	133
82	WHELAN, Gillian	Touraneena Road Runners	F35	0:38:45	124
83	FOLEY, Linda	West Waterford A.C.	SF	0:38:46	230

84	O'CALLAGHAN, Declan	West Waterford A.C.	M40	0:38:49	75
85	POWER, Onra	West Waterford A.C.	F50	0:38:51	3
86	ENGLISH, Eamonn	Clonmel A.C.	M55	0:38:53	160
87	STAKELUM, Conor	N/A	M45	0:39:22	197
88	HIGGINS, Sharon	West Waterford A.C.	F35	0:39:47	89
89	BRUNNOCK, Paul	West Waterford A.C.	M50	0:39:48	212
90	O'DWYER, Derek	Carrick On Suir A.C.	SM	0:39:52	211
91	BURKIN, Johnny	West Waterford A.C.	SM	0:39:52	203
92	CAHILL, Tommy	Clonmel A.C.	M55	0:39:54	150
93	MC GRATH, Paul	West Waterford A.C.	M50	0:40:00	677
94	RYAN, Emma	Clonmel A.C.	F35	0:40:07	187
95	KELLY, Christopher	West Waterford A.C.	M50	0:40:54	218
96	BULLEN, Katie	West Waterford A.C.	F35	0:41:04	37
97	MOYNIHAN, Micheal	West Waterford A.C.	M55	0:41:20	153
98	MASSEY, Anne	West Waterford A.C.	F45	0:41:30	130
99	GUIRY, Michelle	Touraneena Road Runners	SF	0:41:36	82
100	LONERGAN, Adrian	N/A	M40	0:41:49	675
101	WADE, Michael	West Waterford A.C.	M55	0:41:59	111
102	MOORE, Sandra	West Waterford A.C.	F45	0:42:17	103
103	NI FHOGHLU, Grainne	West Waterford A.C.	F40	0:42:22	151
104	POWER, Rose	West Waterford A.C.	F45	0:42:36	107
105	CROWLEY, Hazel	West Waterford A.C.	F35	0:42:39	648
106	FLYNN, Mairead	West Waterford A.C.	F50	0:42:41	18
107	TUTTY, Vincent	West Waterford A.C.	M50	0:42:42	222
108	LAWLOR, Liz	Cahir Meet and Train	F35	0:42:47	199
109	COSGRAVE, Pdraig	N/A	SM	0:42:57	161
110	MC CARTHY, Danielle	Ballymac Runners	SF	0:43:06	226
111	O'RIORDAN, Geraldine	Ballymac Runners	F45	0:43:12	105
112	EICHELMANN-DALY, Patrycja	West Waterford A.C.	F40	0:43:41	11
113	DEEGAN, Michael	West Waterford A.C.	M55	0:43:43	169
114	COLLINS, Paula	West Waterford A.C.	F40	0:43:44	127
115	HICKEY, Stephanie	Ballymac Runners	F45	0:43:46	191
116	LONERGAN, Danielle	Ballymac Runners	SF	0:43:47	100
117	DWYER, Liam	N/A	M55	0:43:51	77
118	MORRISSON, John	St. Catherines	M45	0:44:16	104
119	CONWAY, Margaret	West Waterford A.C.	F50	0:44:31	54
120	RUSSELL, Caroline	West Waterford A.C.	F45	0:44:31	44
121	DUNNE, Sean	Carrick On Suir A.C.	SM	0:45:28	159
122	HOULIHAN, Ger	Carrick On Suir A.C.	F50	0:46:18	644
123	PROCTOR, Paschal	West Waterford A.C.	M55	0:46:36	109
124	REILLY, Olivia	West Waterford A.C.	F40	0:46:51	7
125	KEATING, Marie	Touraneena Road Runners	SF	0:47:40	95
126	TUTTY, Michael	West Waterford A.C.	M55	0:47:50	173

127	RYAN, Denis	West Waterford A.C.	SM	0:48:20	29
128	BERESFORD, Evelyn	West Waterford A.C.	F45	0:48:37	73
129	RYAN, Nicola	Cahir Meet and Train	F40	0:49:25	154
130	POWER HICKEY, Therese	West Waterford A.C.	F35	0:50:01	56
131	LENIHAN, Tommy	West Waterford A.C.	M55	0:50:45	98
132	CURRAN, Eamonn	West Waterford A.C.	M45	0:50:49	188
133	KEARNS, Clodagh	Touraneena Road Runners	SF	0:51:04	121
134	MOORE, Marie	West Waterford A.C.	F50	0:52:18	131
135	CONWAY, Noelle	West Waterford A.C.	F50	0:52:18	49
136	LONERGAN, Rose	Ballymac Runners	F50	0:53:01	102
137	CLANCY, Deirdre	West Waterford A.C.	F50	0:53:52	4