

Clashmore 5k 07/06/2019

Place	Name	Club	Cat	Time	Pace
1	MANSFIELD, David	Clonmel A.C.	MS	0:15:44	05:03.7
2	LEDINGHAM, James	Kilkenny City Harriers	MS	0:16:04	05:10.2
3	ZAKIS, Raivis	West Waterford A.C.	MS	0:16:42	05:22.4
4	STACK, Liam	Ferrybank A.C.	MS	0:17:03	05:29.2
5	FOGARTY, Tony	Templemore A.C.	MS	0:17:17	05:33.7
6	KENNEALLY, Kevin	West Waterford A.C.	MS	0:17:31	05:38.2
7	MURPHY, John	Grange/Fermoy A.C.	M45	0:17:37	05:40.1
8	RYAN, Billy	West Waterford A.C.	MS	0:18:19	05:53.6
9	DROHAN, Walter	West Waterford A.C.	M45	0:18:36	05:59.1
10	CULLEN, Alan	West Waterford A.C.	M40	0:18:37	05:59.4
11	POWER, Declan	N/A	MS	0:18:39	06:00.0
12	LONGAN, John	St. Finbarr's	MS	0:18:40	06:00.4
13	WHELAN, James	West Waterford A.C.	M45	0:18:42	06:01.0
14	FLYNN, Darren	Grange/Fermoy A.C.	M45	0:18:49	06:03.3
15	HAHESSY, Benny	Carrick On Suir A.C.	M45	0:19:01	06:07.1
16	LANDERS, Brian	Youghal A.C.	M45	0:19:05	06:08.4
17	DUGGAN, Peter	St Josephs A.C	M45	0:19:06	06:08.7
18	CONNICK, Shane	Ferrybank A.C.	MS	0:19:08	06:09.4
19	HAHESY, Ray	West Waterford A.C.	M55	0:19:18	06:12.6
20	KENNEDY, Pdraig	West Waterford A.C.	M40	0:19:20	06:13.2
21	MC CARTHY, Sean	Clonmel A.C.	M45	0:19:31	06:16.8
22	HOGAN, Tom	West Waterford A.C.	M40	0:19:36	06:18.4
23	PRENDERGAST, Emmett	Clonmel A.C.	MS	0:19:42	06:20.3
24	O'GORMAN, Richard	Clonmel A.C.	M50	0:19:46	06:21.6
25	SHEEHAN, Natalie	West Waterford A.C.	FS	0:19:47	06:21.9
26	HILL, Willie	N/A	M40	0:19:51	06:23.2
27	HORGAN, Barry	N/A	M40	0:19:52	06:23.5
28	O'KELLY, David	N/A	MS	0:19:54	06:24.2
29	CASEY, Kevin	West Waterford A.C.	M40	0:19:56	06:24.8
30	RYAN, Dermot	West Waterford A.C.	M45	0:19:57	06:25.1
31	MORGAN, Louise	Ferrybank A.C.	F40	0:20:02	06:26.8
32	O'LEARY, Ted	West Waterford A.C.	M50	0:20:09	06:29.0
33	MULCAHY, John	St. Catherines	MS	0:20:15	06:30.9
34	MASON, Trevor	West Waterford A.C.	M45	0:20:17	06:31.6
35	CASHMAN, John	Midleton A.C.	M50	0:20:19	06:32.2
36	WALSH, Eoin	Saturday Road Runners	M45	0:20:21	06:32.9
37	CHIZHIKOV, Yevgeniy	West Waterford A.C.	M45	0:20:24	06:33.8
38	HOGAN, John Paul	West Waterford A.C.	MS	0:20:32	06:36.4
39	MURRAY, Conor	West Waterford A.C.	M50	0:20:39	06:38.7
40	ILSLEY, Ron	St Nicholas	M55	0:20:47	06:41.2
41	RYAN, Kevin	West Waterford A.C.	MS	0:20:56	06:44.1
42	HICKEY, Brendan	St. Catherines	M40	0:20:57	06:44.5
43	BRUNNOCK, Johnny	Carrick On Suir A.C.	M40	0:20:58	06:44.8
44	SALMON, Joe	West Waterford A.C.	M50	0:20:58	06:44.8
45	GLEESON, Cathal E.	West Waterford A.C.	M40	0:20:59	06:45.1
46	HORGAN, Elaine	Clonmel A.C.	F35	0:21:00	06:45.4

47	CLIFFE, Mark	West Waterford A.C.	M40	0:21:01	06:45.7
48	DWYER, Anthony	West Waterford A.C.	M60	0:21:10	06:48.6
49	TOBIN, Martin	West Waterford A.C.	M55	0:21:17	06:50.9
50	BUCKLEY, John	N/A	M45	0:21:20	06:51.9
51	DWYER, Tony	West Waterford A.C.	MJ	0:21:28	06:54.4
52	DROHAN, Eveleen	West Waterford A.C.	F40	0:21:30	06:55.1
53	KIELY, Leonora	West Waterford A.C.	FS	0:21:43	06:59.3
54	FOLEY, Gavin	N/A	MS	0:21:46	07:00.2
55	CANTWELL, Gerry	West Waterford A.C.	M60	0:21:48	07:00.9
56	FITZGERALD, Liam	West Waterford A.C.	M45	0:21:49	07:01.2
57	KENNEDY, Claire	West Waterford A.C.	FS	0:21:54	07:02.8
58	DOHERTY, Debra	West Waterford A.C.	F35	0:21:57	07:03.8
59	O'DONOGHUE, Donal	Watergrasshill A.C,	M50	0:22:09	07:07.6
60	JACKMAN, Brian	N/A	M50	0:22:13	07:08.9
61	FOLEY, Linda	West Waterford A.C.	FS	0:22:13	07:08.9
62	RYAN, Colm	West Waterford A.C.	MS	0:22:14	07:09.2
63	GRIFFIN, Cormac	GE Healthcare	M40	0:22:16	07:09.9
64	RYAN, Karen	West Waterford A.C.	F40	0:22:29	07:14.1
65	LEONARD, John	West Waterford A.C.	M50	0:22:32	07:15.0
66	LEDINGHAM, Dermot	Youghal A.C.	M55	0:22:43	07:18.6
67	O'REGAN, Eddie	Youghal A.C.	M60	0:22:43	07:18.6
68	BARRY, Jim	West Waterford A.C.	M40	0:22:57	07:23.1
69	NI FHAOLAIN, Sinead	West Waterford A.C.	F35	0:23:01	07:24.4
70	COFFEY, Brigid	West Waterford A.C.	F45	0:23:04	07:25.3
71	DRENNAN, Angeline	West Waterford A.C.	F40	0:23:18	07:29.8
72	CUSACK, Niall	N/A	M45	0:23:20	07:30.5
73	O'CONNOR, Gerry	West Waterford A.C.	M55	0:23:23	07:31.4
74	HYNES, Jody	N/A	M40	0:23:24	07:31.8
75	DUNFORD, Pat	West Waterford A.C.	M50	0:23:33	07:34.7
76	SHEEHAN, Eithne	Youghal A.C.	F50	0:23:51	07:40.5
77	POWER, Patrick	West Waterford A.C.	M55	0:23:54	07:41.4
78	MOORE, Anne	West Waterford A.C.	F40	0:24:08	07:45.9
79	KEATING, Antoinette	Youghal A.C.	F40	0:24:12	07:47.2
80	O'BRIEN, Ellen	N/A	FS	0:24:20	07:49.8
81	BYRNE, Máiread	West Waterford A.C.	F45	0:24:23	07:50.7
82	CURRAN, Ray	West Waterford A.C.	M50	0:24:28	07:52.4
83	KELLY, Christopher	West Waterford A.C.	M50	0:24:33	07:54.0
84	KIELY, Catriona	West Waterford A.C.	F45	0:24:42	07:56.9
85	COLLINS, John	N/A	M50	0:24:43	07:57.2
86	MULVIHILL, Dara	Waterford A.C.	M40	0:24:44	07:57.5
87	CARROLL, Kieran	N/A	M45	0:24:46	07:58.1
88	LONGAN, Fiona	West Waterford A.C.	F40	0:24:47	07:58.5
89	DUNNE, Sinead	Carrick On Suir A.C.	F35	0:24:55	08:01.0
90	WALSH, Carol	Tried and Tested	F35	0:24:58	08:02.0
91	POWER, Owen	West Waterford A.C.	M40	0:25:03	08:03.6
92	KINSELLA, Rose	West Waterford A.C.	F35	0:25:03	08:03.6
93	POWER, Onra	West Waterford A.C.	F50	0:25:08	08:05.2
94	GUIRY, Michelle	Touraneena Road Runners	FS	0:25:16	08:07.8

95	WALSHE, John	Road Runners	M60	0:25:17	08:08.1
96	BARRY, Geraldine	West Waterford A.C.	F45	0:25:18	08:08.4
97	TUTTY, Vincent	West Waterford A.C.	M50	0:25:24	08:10.4
98	HANNIGAN, Darren	N/A	MS	0:25:39	08:15.2
99	LEDINGHAM, Sarah	N/A	FS	0:25:39	08:15.2
100	WADE, Michael	West Waterford A.C.	M55	0:25:43	08:16.5
101	CUSACK, Aisling	West Waterford A.C.	F35	0:25:46	08:17.5
102	O'REILLY, Breda	West Waterford A.C.	F40	0:25:54	08:20.0
103	VEALE, Pearl	West Waterford A.C.	F40	0:25:58	08:21.3
104	O'HANLON, Claire	N/A	F35	0:25:59	08:21.6
105	MOYNIHAN, Micheal	West Waterford A.C.	M60	0:26:07	08:24.2
106	NI FHOGHLU, Grainne	West Waterford A.C.	F40	0:26:09	08:24.9
107	COAKLEY, Michael	West Waterford A.C.	M55	0:26:10	08:25.2
108	CONCANNON, Mick	West Waterford A.C.	M55	0:26:11	08:25.5
109	O'BRIEN, Fiona	N/A	F35	0:26:12	08:25.8
110	O'DRISCOLL, Ann	N/A	F40	0:26:19	08:28.1
111	O'NEILL, Sheila	N/A	F35	0:26:22	08:29.0
112	DUFFY, Sarah	West Waterford A.C.	F40	0:26:26	08:30.3
113	LANIGAN, Natasha	West Waterford A.C.	F40	0:26:43	08:35.8
114	RYAN, Patrick	West Waterford A.C.	M55	0:26:45	08:36.4
115	CARROLL, Phil	West Waterford A.C.	F60	0:26:49	08:37.7
116	DUNNE, Sean	Carrick On Suir A.C.	MS	0:26:57	08:40.3
117	FITZPATRICK, Mary	Carrick On Suir A.C.	F55	0:27:02	08:41.9
118	FLYNN, Mairead	West Waterford A.C.	F50	0:27:05	08:42.9
119	KEATING, Marie	West Waterford A.C.	FS	0:27:17	08:46.7
120	DWYER, Liam	N/A	M60	0:27:20	08:47.7
121	KEOGH, Catherine	West Waterford A.C.	F35	0:27:22	08:48.4
122	CUMMINS, Mary	N/A	FS	0:27:23	08:48.7
123	KEATING, Phillipa	Tried and Tested	FS	0:27:38	08:53.5
124	CONDON, Catherine	West Waterford A.C.	F50	0:27:54	08:58.6
125	MORONEY, Nicola	Tried and Tested	F35	0:28:00	09:00.6
126	O'DONOVAN, Vincent	West Waterford A.C.	M60	0:28:01	09:00.9
127	POWER, Rose	West Waterford A.C.	F45	0:28:03	09:01.5
128	O'BRIEN, Pdraig	N/A	M40	0:28:06	09:02.5
129	DEEGAN, Michael	West Waterford A.C.	M60	0:28:37	09:12.5
130	CONWAY, Margaret	West Waterford A.C.	F55	0:28:43	09:14.4
131	DUNNE, Jackie	Carrick On Suir A.C.	F55	0:29:03	09:20.9
132	POWER HICKEY, Therese	West Waterford A.C.	F35	0:29:04	09:21.2
133	CURRAN, Eamonn	West Waterford A.C.	M45	0:29:26	09:28.3
134	TOOMEY, Jenny	N/A	FS	0:30:12	09:43.1
135	MOORE, Marie	West Waterford A.C.	F60	0:30:21	09:46.0
136	RYAN, Denis	West Waterford A.C.	M40	0:30:22	09:46.3
137	CARROLL, Regina	Touraneena Road Runners	F50	0:30:32	09:49.5
138	MAHER, Sandra	N/A	F35	0:30:43	09:53.0
139	VEALE, Mary	West Waterford A.C.	F40	0:30:45	09:53.7
140	O'CONNELL, Pat	West Waterford A.C.	M40	0:30:48	09:54.6
141	LEAHY, Helen	N/A	F35	0:30:53	09:56.3
142	LEAHY, Joanne	West Waterford A.C.	F35	0:30:54	09:56.6

143	O'REGAN, Celia	Youghal A.C.	F50	0:31:13	10:02.7
144	COONEY, Siobhan	Youghal A.C.	F55	0:31:13	10:02.7
145	WALSH, David	N/A	M40	0:31:20	10:04.9
146	MURPHY, Elaine	West Waterford A.C.	F35	0:31:53	10:15.6
147	HARTY, Niamh	N/A	F40	0:31:54	10:15.9
148	CASEY, Orla	West Waterford A.C.	F50	0:31:58	10:17.2
149	HALLINAN, Aisling	Touraneena Road Runners	FS	0:32:03	10:18.8
150	MURPHY, Lorna	N/A	FS	0:32:24	10:25.5
151	CURRAN, Olivia	N/A	FJ	0:32:30	10:27.5
152	CAMPBELL, Eileen	West Waterford A.C.	F45	0:32:30	10:27.5
153	O'RIORDAN, Fiona	West Waterford A.C.	F55	0:32:31	10:27.8
154	CLANCY, Deirdre	West Waterford A.C.	F60	0:32:34	10:28.8
155	HALLINAN, Grainne	Touraneena Road Runners	F45	0:32:38	10:30.0
156	MOORE, Aoife	West Waterford A.C.	FS	0:34:30	11:06.1
157	WALSH, Claire	N/A	F35	0:35:13	11:19.9
158	KIELY, Margaret	N/A	F60	0:35:24	11:23.5
159	DALTON, Claire	N/A	F40	0:35:56	11:33.8