

Clashmore 5 Mile 2016

Place	Name	Team	Category	Time	Pace
1	SMITH, Danny	Balnonty	S/M	0:27:24	05:28.7
2	KENNEALLY, Kevin	West Waterford A.C	S/M	0:28:51	05:46.1
3	FLYNN, Anthony	West Waterford A.C	S/M	0:29:14	05:50.7
4	KEOGH, Mossie	West Waterford A.C	S/M	0:29:49	05:57.7
5	KINSELLA, Alan	No Club	S/M	0:30:03	06:00.5
6	O'DONOVAN, Dermot	West Waterford A.C	S/M	0:30:51	06:10.1
7	HAHESY, Raymond	West Waterford A.C	M/50	0:30:58	06:11.5
8	HAYES, Martin	West Waterford A.C	M/50	0:31:17	06:15.3
9	CHIZHIKOV, Yevgeniy	West Waterford A.C	M/45	0:31:24	06:16.7
10	CULLEN, Alan	West Waterford A.C	M/40	0:31:25	06:16.9
11	TOWEY, David	West Waterford A.C	M/40	0:31:26	06:17.1
12	SHASBY, Stephen	West Waterford A.C	S/M	0:31:32	06:18.3
13	MAHONY, Thomas	West Waterford A.C	M/45	0:31:40	06:19.9
14	FITZGERALD, Pat	West Waterford A.C	S/M	0:31:56	06:23.1
15	DUGGAN, Peter	St Josephs A.C	M/45	0:32:28	06:29.5
16	DONNELLY, Enda	West Waterford A.C	M/40	0:32:40	06:31.9
17	WHELAN, James	West Waterford A.C	M/40	0:33:11	06:38.1
18	O'SULLIVAN, Sean	Midleton A.C	M/45	0:33:26	06:41.1
19	SALMON, Joe	West Waterford A.C	M/45	0:33:32	06:42.3
20	O'LEARY, Ted	West Waterford A.C	M/45	0:33:38	06:43.5
21	ILSLEY, Ron	No Club	M/55	0:34:01	06:48.1
22	POPE, Gareth	West Waterford A.C	S/M	0:34:06	06:49.1
23	HOGAN, Tom	West Waterford A.C	M/40	0:34:20	06:51.9
24	KEANE, Mush	West Waterford A.C	S/M	0:34:38	06:55.5
25	MOLLOY, Mary	Carrick-on-Suir AC	F/35	0:34:41	06:56.1
26	O'CONNOR, Gerry	West Waterford A.C	M/50	0:34:47	06:57.3
27	CARLIN, Anthony	West Waterford A.C	M/40	0:34:50	06:57.9
28	GLEESON, Cathal E	West Waterford A.C	M/40	0:34:59	06:59.7
29	DWYER, Anthony	West Waterford A.C	M/55	0:35:03	07:00.5
30	CLINCE, Liam	West Waterford A.C	M/50	0:35:12	07:02.3
31	O'REGAN, Eddie	Youghal A.C	M/55	0:35:16	07:03.0
32	FLAVIN, Laura	West Waterford A.C	F/35	0:35:22	07:04.2
33	ILSLEY, Stephanie	No Club	F/50	0:35:43	07:08.4
34	POWER, Patrick	West Waterford A.C	M/50	0:35:46	07:09.0
35	BARRY, Joe	West Waterford A.C	S/M	0:35:55	07:10.8
36	COSTIGAN, Pat	No Club	M/45	0:35:56	07:11.0
37	COLEMAN, Tomas	West Waterford A.C	M/45	0:36:28	07:17.4
38	CASEY, Kevin	West Waterford A.C	S/M	0:36:31	07:18.0
39	LEDINGHAM, Dermot	Youghal A.C	M/50	0:36:59	07:23.6
40	O'DONOGHUE, Donal	Little Island	M/45	0:37:10	07:25.8
41	O'MAHOONEY, Johnny	Youghal A.C	M/50	0:37:17	07:27.2
42	CHIZHIKOVA, Diana	West Waterford A.C	F/35	0:37:36	07:31.0
43	TOBIN, Martin	West Waterford A.C	M/50	0:37:38	07:31.4
44	RYAN, Karen	West Waterford A.C	F/40	0:37:43	07:32.4
45	SHALLOE, Triona	West Waterford A.C	S/F	0:37:50	07:33.8
46	TUTTY, Michael (93)	West Waterford A.C	S/M	0:38:08	07:37.4
47	POWER, Simone	No Club	F/35	0:38:27	07:41.2
48	LAWN, Charlie		M/60	0:38:39	07:43.6
49	ORMONDE, Brian	West Waterford A.C	M/40	0:38:46	07:45.0
50	CRONIN, Pa	No Club	M/40	0:38:53	07:46.4
51	DRENNAN, Angeline	West Waterford A.C	F/40	0:38:55	07:46.8
52	PHELAN, Rachel	No Club	S/F	0:39:06	07:49.0
53	PHELAN, Eamon	West Waterford A.C	M/50	0:39:07	07:49.2
54	COFFEY, Brigid	West Waterford A.C	F/45	0:39:17	07:51.2
55	COOGAN, Darren		M/40	0:39:23	07:52.4

56	MOYNIHAN, Micheal	West Waterford A.C	M/60	0:39:28	07:53.4
57	GUILLY, Linda	No Club	F/35	0:39:49	07:57.6
58	DROHAN, Eveleen		F/35	0:39:59	07:59.6
59	LYNCH, Martin	No Club	M/45	0:40:26	08:05.0
60	HIGGINS, Sharon	West Waterford A.C	F/35	0:40:30	08:05.8
61	FITZGERALD, Alice	West Waterford A.C	F/50	0:40:33	08:06.4
62	UI CHUIRRIN, Josie	West Waterford A.C	F/50	0:40:38	08:07.4
63	SHEEHAN, Eithne	Youghal A.C	F/50	0:40:39	08:07.6
64	VEALE, Kate	West Waterford A.C	S/F	0:40:41	08:08.0
65	CURRAN, Eamonn	West Waterford A.C	M/40	0:40:46	08:09.0
66	MOORE, Sinead	West Waterford A.C	F/40	0:40:52	08:10.2
67	MASSEY, Anne	West Waterford A.C	F/40	0:41:18	08:15.4
68	MOORE, Sandra	West Waterford A.C	F/40	0:41:20	08:15.8
69	GUIRY, Brian	No Club	S/M	0:41:25	08:16.8
70	KIELY, Catriona	West Waterford A.C	F/40	0:41:34	08:18.6
71	EICHELMANN DALY, Patryja	Youghal A.C	F/40	0:41:39	08:19.6
72	O'ROURKE, Joe	West Waterford A.C	M/50	0:42:01	08:24.0
73	NUGENT, Sharon	West Waterford A.C	F/35	0:42:03	08:24.4
74	KINSELLA, Rose	No Club	S/F	0:42:04	08:24.6
75	WADE, Michael	West Waterford A.C	M/55	0:42:27	08:29.2
76	POWER, Rose	West Waterford A.C	F/45	0:42:28	08:29.4
77	DWYER, Liam	No Club	M/60	0:42:36	08:31.0
78	LANDERS, Rachel	Youghal A.C	F/40	0:42:37	08:31.2
79	LANDERS, Brian	Youghal A.C	M/40	0:42:39	08:31.6
80	CONWAY, Laura	West Waterford A.C	S/F	0:42:49	08:33.6
81	FITZPATRICK, Claire	Touraneena Road Runners	F/40	0:42:52	08:34.2
82	CONDON, Andrew	No Club	S/M	0:42:56	08:35.0
83	PROCTOR, Pascal F.	West Waterford A.C	M/60	0:43:04	08:36.6
84	KEATING, Grainne	Ardmore Road Runners	S/F	0:43:12	08:38.2
85	BREE, Angela	West Waterford A.C	F/40	0:43:14	08:38.6
86	COLLINS, Sean	No Club	M/45	0:43:21	08:40.0
87	CONWAY, Margaret	West Waterford A.C	F/55	0:43:33	08:42.4
88	POWER, Margaret	West Waterford A.C	F/55	0:43:52	08:46.2
89	CLEARY, Philip	West Waterford A.C	M/60	0:43:53	08:46.4
90	CASEY, Eleanor	West Waterford A.C	F/40	0:43:55	08:46.8
91	MURRAY, Serena	N/A	F/40	0:43:56	08:47.0
92	DONOVAN, Vince	West Waterford A.C	M/55	0:43:57	08:47.2
93	POPE, Carol	West Waterford A.C	F/40	0:44:35	08:54.8
94	HALLINAN, Gary	Clonmel AC	S/M	0:44:50	08:57.8
95	RUSSELL, Caroline	West Waterford A.C	F/45	0:44:51	08:58.0
96	WALSH, Darragh	No Club	S/M	0:45:36	09:07.0
97	BARRY (74), Geraldine	West Waterford A.C	F/40	0:45:47	09:09.2
98	BARRY, Geraldine	West Waterford A.C	F/40	0:46:10	09:13.8
99	DOWLEY, Michelle	No Club	S/F	0:47:34	09:30.6
100	HEHIR, Justine	Ardmore Road Runners	S/F	0:47:38	09:31.4
101	TUTTY, Michael	West Waterford A.C	M/50	0:47:39	09:31.6
102	MURPHY, Sonia	Ardmore Road Runners	F/40	0:47:51	09:34.0
103	O'BRIEN, Evelyn	Ardmore Road Runners	S/F	0:48:31	09:42.0
104	BULLMAN, Rebecca	No Club	S/F	0:49:06	09:49.0
105	LANDY RYAN, Ruth	West Waterford A.C	S/F	0:49:24	09:52.6
106	HYLAND, Mary		S/F	0:49:34	09:54.6
107	O'CARROLL, Eileen	West Waterford A.C	F/45	0:49:35	09:54.8
108	O'MAHER, Anne	Ardmore Road Runners	F/45	0:49:52	09:58.2
109	WALSH, Bridie	Ardmore Road Runners	F/45	0:49:53	09:58.4
110	HICKEY, Caroline	No Club	S/F	0:49:55	09:58.8
111	BURKE, Tom	West Waterford A.C	M/65	0:50:12	10:02.2
112	HALLINAN, Grainne	Touraneena Road Runners	F/45	0:51:43	10:20.4

113	REILLY, Olivia	West Waterford A.C	F/40	0:52:15	10:26.8
114	O'KEEFFE, Mary	West Waterford A.C	F/55	0:53:32	10:42.2
115	TOBIN, Kate	Touraneena Road Runners	F/45	0:55:13	11:02.4
116	HOGAN, Mary	West Waterford A.C	F/50	0:56:54	11:22.6
117	MOORE, Marie	West Waterford A.C	F/60	0:57:15	11:26.8
118	CONWAY, Noelle	West Waterford A.C	F/45	0:57:16	11:27.0
119	WHITE, Jennifer	No Club	S/F	1:00:55	12:10.8