

Clashmore 5 Mile Road Race 2017

Place	Name	Team	Category	Time	Pace
1	O'LEARY, Kevin	East Cork	Senior Male	0:27:28	05:29.5
2	ZAKIS, Raivis	West Waterford A.C.	Senior Male	0:27:39	05:31.7
3	STILWELL, Sean	West Waterford A.C.	Senior Male	0:27:56	05:35.1
4	HENNESSY, Pat	N/A	Senior Male	0:28:59	05:47.7
5	COLBERT, Des	Waterford A.C.	Male O/40	0:29:04	05:48.7
6	KEOGH, Mossie	West Waterford A.C.	Male O/40	0:29:08	05:49.5
7	MULLANEY, Conor	West Waterford A.C.	Junior Male	0:29:22	05:52.3
8	HAHESY, Ray	West Waterford A.C.	Male O/50	0:30:26	06:05.1
9	DONNELLY, Enda	West Waterford A.C.	Male O/40	0:30:40	06:07.9
10	DUNFORD, Michael	West Waterford A.C.	Male O/50	0:31:12	06:14.3
11	CULLEN, Alan	West Waterford A.C.	Male O/40	0:31:23	06:16.5
12	MALONE, Sylvia	Waterford A.C.	Female O/40	0:31:46	06:21.1
13	CONNORS, Jimmy	West Waterford A.C.	Senior Male	0:31:49	06:21.7
14	CHIZHIKOV, Yevgeniy	West Waterford A.C.	Male O/45	0:32:16	06:27.1
15	WHELAN, James	West Waterford A.C.	Male O/40	0:32:25	06:28.9
16	DUGGAN, Peter	St Josephs A.C	Male O/45	0:33:28	06:41.5
17	MASON, Trevor	West Waterford A.C.	Male O/40	0:33:31	06:42.1
18	VEALE, Kate	West Waterford A.C.	Senior Female	0:33:34	06:42.7
19	SALMON, Joe	West Waterford A.C.	Male O/45	0:33:39	06:43.7
20	LYONS, Alan	West Waterford A.C.	Senior Male	0:33:48	06:45.5
21	TOBIN, Martin	West Waterford A.C.	Male O/50	0:33:56	06:47.1
22	REILLY, Gerard	N/A	Male O/45	0:33:58	06:47.5
23	FITZGERALD, Aidan	N/A	Senior Male	0:34:25	06:52.9
24	HOGAN, Tom	West Waterford A.C.	Male O/40	0:34:28	06:53.5
25	FITZGERALD, Pat	West Waterford A.C.	Senior Male	0:34:46	06:57.1
26	O'LEARY, Ted	West Waterford A.C.	Male O/45	0:34:47	06:57.3
27	CLINCE, Liam	West Waterford A.C.	Male O/55	0:34:49	06:57.7
28	ILSLEY, Ron	N/A	Male O/55	0:34:51	06:58.1
29	CLIFFE, Mark	West Waterford A.C.	Senior Male	0:35:01	07:00.1
30	CASEY, Kevin	West Waterford A.C.	Senior Male	0:35:04	07:00.7
31	KEANE, Mush	West Waterford A.C.	Senior Male	0:35:24	07:04.6
32	O'REGAN, Eddie	Youghal A.C.	Male O/55	0:35:28	07:05.4
33	CALLAGHAN, Micheal	West Waterford A.C.	Male O/45	0:35:29	07:05.6
34	HOGAN, Steve	N/A	Senior Male	0:35:37	07:07.2
35	FITZGERALD, Sam	N/A		0:35:43	07:08.4
36	BURKIN, Johnny	N/A	Senior Male	0:35:44	07:08.6
37	BUCKLEY, John	N/A	Male O/45	0:36:06	07:13.0
38	DWYER, Anthony	West Waterford A.C.	Male O/55	0:36:23	07:16.4
39	LEDINGHAM, Dermot	Youghal A.C.	Male O/55	0:36:32	07:18.2
40	O'DONNELL, Kenneth	West Waterford A.C.	Male O/45	0:36:51	07:22.0
41	GRIFFIN, John	Cork BHAA	Male O/45	0:36:57	07:23.2
42	HAMILL, Robert	Youghal A.C.	Male O/40	0:37:15	07:26.8
43	COFFEY, Brigid	Tried and Tested	Female O/45	0:37:52	07:34.2
44	MC CAUL, Tom	Youghal A.C.	Male O/45	0:37:59	07:35.6
45	FITZGERALD, Alice	West Waterford A.C.	Female O/50	0:38:03	07:36.4

46	PHELAN, Rachel	N/A	Senior Female	0:38:09	07:37.6
47	DRENNAN, Angeline	West Waterford A.C.	Female O/40	0:38:13	07:38.4
48	LEE, Catriona	West Waterford A.C.	Female O/35	0:38:22	07:40.2
49	DUNFORD, Ann	West Waterford A.C.	Female O/50	0:38:36	07:43.0
50	PHELAN, Eamonn	N/A	Male O/50	0:38:50	07:45.8
51	POWER, Patrick	West Waterford A.C.	Male O/55	0:38:57	07:47.2
52	POWER, Onra	West Waterford A.C.	Female O/50	0:39:13	07:50.4
53	LYONS, Andrea	N/A	Senior Female	0:39:33	07:54.4
54	GEE, Micheal	N/A	Senior Male	0:39:41	07:56.0
55	COOGAN, Darren	West Waterford A.C.	Male O/40	0:39:56	07:59.0
56	O'DONOGHUE, Donal	Little Island	Male O/50	0:39:59	07:59.6
57	PRENDERGAST, Bernie	West Waterford A.C.	Female O/50	0:40:29	08:05.6
58	MOORE, Sandra	West Waterford A.C.	Female O/40	0:40:36	08:07.0
59	BARRY, Joe	West Waterford A.C.	Senior Male	0:40:39	08:07.6
60	BRUNNOCK, Paul	West Waterford A.C.	Male O/45	0:40:40	08:07.8
61	MITCHELL, Paul	Ardmore Road Runners	Male O/40	0:40:41	08:08.0
62	CHIZHIKOVA, Diana	West Waterford A.C.	Female O/35	0:40:44	08:08.6
63	EICHELMANN-DALY, Patrycja	Youghal A.C.	Female O/40	0:40:58	08:11.4
64	BEER, Mark	Blackwater A.C.	Male O/45	0:41:25	08:16.8
65	BULLEN, Katie	West Waterford A.C.	Female O/35	0:41:43	08:20.4
66	MOYNIHAN, Micheal	West Waterford A.C.	Male O/55	0:41:58	08:23.4
67	HIGGINS, Sharon	West Waterford A.C.	Female O/35	0:42:00	08:23.8
68	PROCTOR, Paschal	West Waterford A.C.	Male O/55	0:42:24	08:28.6
69	GAFFNEY, Andrea	West Waterford A.C.	Female O/45	0:42:25	08:28.8
70	TREACY, John	Ballintotis Fit4Life	Male O/45	0:42:26	08:29.0
71	NUGENT, Sharon	West Waterford A.C.	Female O/35	0:42:34	08:30.6
72	DOHERTY, Debra	West Waterford A.C.	Senior Female	0:42:35	08:30.8
73	O'MAHONY, John	Ardmore Road Runners	Male O/50	0:43:06	08:37.0
74	CROWLEY, Hazel	N/A	Senior Female	0:43:13	08:38.4
75	KENNEDY, Kathleen	Waterford A.C.	Female O/50	0:43:25	08:40.8
76	RUSSELL, Caroline	West Waterford A.C.	Female O/45	0:43:28	08:41.4
77	CONWAY, Margaret	West Waterford A.C.	Female O/50	0:43:53	08:46.4
78	BERESFORD, Evelyn	West Waterford A.C.	Female O/45	0:45:09	09:01.6
79	FLYNN, Mairead	West Waterford A.C.	Female O/50	0:45:33	09:06.4
80	BARRY, Geraldine	West Waterford A.C.	Female O/40	0:45:35	09:06.8
81	BARRY, Geraldine (75)	West Waterford A.C.	Female O/40	0:45:36	09:07.0
82	BRODERICK, Diane	Ballintotis Fit4Life	Female O/45	0:45:36	09:07.0
83	WALSH, Marie	West Waterford A.C.	Female O/40	0:46:31	09:18.0
84	CAHILL, Mary	West Waterford A.C.	Female O/45	0:46:50	09:21.8
85	CASEY, Eleanor	West Waterford A.C.	Female O/40	0:46:51	09:22.0
86	CURRAN, Eamonn	West Waterford A.C.	Male O/45	0:47:01	09:24.0
87	CONDON, Catherine	West Waterford A.C.	Female O/50	0:47:40	09:31.8
88	DOWLEY, Michelle	N/A	Senior Female	0:48:09	09:37.6
89	POWER HICKEY, Therese	West Waterford A.C.	Female O/35	0:48:52	09:46.2
90	COAKLEY, Michael	West Waterford A.C.	Male O/50	0:49:12	09:50.2
91	O'BRIEN, Evelyn	Ardmore Road Runners	Senior Female	0:49:27	09:53.2
92	WALSH, Mary	Runners	Female O/50	0:51:18	10:15.4
93	MC GRATH, Joanie	West Waterford A.C.	Female O/45	0:51:31	10:18.0

94	HODGKISS, Vanessa	Sheffield	Senior Female	0:52:11	10:26.0
95	HAHESY, Deirdre	West Waterford A.C.	Female O/45	0:54:10	10:49.8
96	DEE, Irene	West Waterford A.C.	Female O/40	0:54:10	10:49.8
97	CLANCY, Deirdre	West Waterford A.C.	Female O/50	0:54:30	10:53.8
98	MANSFIELD, Jackie	Ardmore Road Runners	Female O/45	0:54:33	10:54.4
99	SANDFORD, Liam	West Waterford A.C.	Male O/55	0:55:26	11:05.0
100	FOLEY, John	West Waterford A.C.	Male O/55	0:56:01	11:12.0
101	MOORE, Marie	West Waterford A.C.	Female O/50	0:56:59	11:23.6
102	CONWAY, Noelle	West Waterford A.C.	Female O/50	0:57:00	11:23.8