

G.S.K 5 Mile Race Friday 17 August 2018. 7:30 pm					
Place	Name	Club	Category	Time	Pace
1	DONOGHUE, Tim	East Cork	SM	0:25:49	05:09.7
2	LEARY, Kevin	East Cork	SM	0:26:30	05:17.9
3	O'SULLIVAN, Rory	St. Finbarr's	M40	0:26:40	05:19.9
4	ZAKIS, Raivis	West Waterford A.C.	SM	0:26:42	05:20.3
5	MURPHY, Noel	Waterford A.C.	SM	0:27:02	05:24.3
6	FITZGERALD, Evan	Clonmel A.C.	JM	0:27:19	05:27.7
7	MC CARTHY, Jamie	Waterford A.C.	JM	0:27:36	05:31.1
8	SHEEHAN, Nigel	Youghal A.C.	SM	0:28:03	05:36.5
9	KLAVA, Dzintars	West Waterford A.C.	M40	0:28:09	05:37.7
10	O'CONNOR, Alan	United Striders	M40	0:28:17	05:39.3
11	HENNESSY, Pat	West Waterford A.C.	SM	0:28:20	05:39.9
12	FLAVIN, Marc	West Waterford A.C.	SM	0:28:22	05:40.3
13	SMITH, Danny	N/A	M40	0:28:38	05:43.5
14	O'RIORDAN, Cian	West Waterford A.C.	JM	0:28:42	05:44.3
15	COYNE, Colin	St Abbans	M40	0:29:10	05:49.9
16	WHELAN, James	West Waterford A.C.	M45	0:29:11	05:50.1
17	STILWELL, Sean	West Waterford A.C.	SM	0:29:25	05:52.9
18	POWER, Shane	West Waterford A.C.	SM	0:29:29	05:53.7
19	DOLPHIN, Michael	Leevale	SM	0:29:30	05:53.9
20	O'SULLIVAN, Michael	Carrick On Suir A.C.	M45	0:29:33	05:54.5
21	RYAN, Colm	West Waterford A.C.	SM	0:29:34	05:54.7
22	KEARNEY, Shane	St. Catherines	M40	0:29:35	05:54.9
23	O'DONOVAN, Dermot	West Waterford A.C.	M40	0:29:36	05:55.1
24	FORRISTAL, Sally	St Josephs A.C	SF	0:29:40	05:55.9
25	O'RIORDAN, Shane	West Waterford A.C.	SM	0:29:59	05:59.7
26	DUNNE, John	Tullamore Harriers	SM	0:30:11	06:02.1
27	BURKE, Raymond	Carrick On Suir A.C.	M40	0:30:15	06:02.9
28	LOUGHNANE, Madeline	Thurles Crokes	F35	0:30:15	06:02.9
29	GOUGH, Dermot	N/A	SM	0:30:52	06:10.3
30	CODD, Vinny	Waterford A.C.	M40	0:30:55	06:10.9
31	VEALE, Kate	West Waterford A.C.	SF	0:31:02	06:12.3
32	DUNFORD, Michael	West Waterford A.C.	M50	0:31:05	06:12.9
33	CULLEN, Alan	West Waterford A.C.	M40	0:31:08	06:13.5
34	LYNCH, Kevin	N/A	M40	0:31:11	06:14.1
35	BOOKLE, Patrick	St Josephs A.C	M50	0:31:13	06:14.5
36	HAHESSY, Benny	Carrick On Suir A.C.	M45	0:31:17	06:15.3
37	GRANT, Gary	N/A	M40	0:31:26	06:17.1
38	TRAVERS, Jason	West Waterford A.C.	M40	0:31:33	06:18.5
39	NIXON, Aaron	N/A	SM	0:31:36	06:19.1
40	MURRAY, Stephen	N/A	SM	0:31:37	06:19.3
41	BARRY, Niall	West Waterford A.C.	SM	0:31:40	06:19.9
42	BYRNE, Garret	West Waterford A.C.	M40	0:31:41	06:20.1
43	MASON, Trevor	West Waterford A.C.	M45	0:31:42	06:20.3
44	HORGAN, Barry	Clonmel A.C.	M40	0:31:44	06:20.7
45	O'CONNOR, Johnny	West Waterford A.C.	M50	0:31:51	06:22.1
46	LONGAN, Tom	West Waterford A.C.	M45	0:31:52	06:22.3
47	HAHESY, Ray	West Waterford A.C.	M50	0:32:00	06:23.9
48	BARRY, Keith	N/A	M45	0:32:13	06:26.5
49	CLIFFE, Mark	West Waterford A.C.	SM	0:32:15	06:26.9
50	CASEY, Kevin	West Waterford A.C.	M40	0:32:16	06:27.1

51	O'GORMAN, Richard	Clonmel A.C.	M50	0:32:30	06:29.9
52	O'LEARY, Ted	West Waterford A.C.	M45	0:32:31	06:30.1
53	GLEESON, Cathal E.	West Waterford A.C.	M40	0:32:44	06:32.7
54	MC CARTHY, Sean	Clonmel A.C.	M45	0:32:57	06:35.3
55	FOLEY, Gavin	N/A	SM	0:33:00	06:35.9
56	BEDELL, Toby	Tried and Tested	M45	0:33:03	06:36.5
57	KELLY, Joe	West Waterford A.C.	M45	0:33:07	06:37.3
58	WALSH, Eoin	Saturday Road Runners	M40	0:33:16	06:39.1
59	O'SULLIVAN, John	Waterford A.C.	SM	0:33:26	06:41.1
60	HANLEY, Ellen	Grange/Fermoy A.C.	F40	0:33:28	06:41.5
61	COLLINS, Gary	West Waterford A.C.	SM	0:33:29	06:41.7
62	KEANE, Kieran	N/A	SM	0:33:32	06:42.3
63	KENNEDY, Padraig	West Waterford A.C.	SM	0:33:33	06:42.5
64	KEANE, Colin	N/A	SM	0:33:38	06:43.5
65	CARROLL, John	Carrick On Suir A.C.	M50	0:33:39	06:43.7
66	ISLEY, Ron	N/A	M55	0:33:42	06:44.3
67	O'KELLY, David	N/A	SM	0:33:54	06:46.7
68	PRENDERGAST FLYNN, Sandra	West Waterford A.C.	SF	0:33:57	06:47.3
69	DONNELLY, David	Tried and Tested	M40	0:34:05	06:48.9
70	MURPHY, Kieran	St. Catherines	M40	0:34:14	06:50.7
71	O'DONOGHUE, Eddie	Clonmel A.C.	M40	0:34:21	06:52.1
72	CHIZHIKOV, Yevgeniy	West Waterford A.C.	M45	0:34:27	06:53.3
73	QUIGLEY, John	N/A	SM	0:34:29	06:53.7
74	CASHMAN, John	Midleton A.C.	M50	0:34:30	06:53.9
75	DEE CARTER, Paul	Tried and Tested	M45	0:34:32	06:54.3
76	O'MAHONEY, Tony	West Waterford A.C.	M50	0:34:33	06:54.5
77	RUSSELL, Kieran	N/A	M40	0:34:34	06:54.7
78	HOGAN, Tom	West Waterford A.C.	M40	0:34:37	06:55.3
79	DWYER, Anthony	West Waterford A.C.	M60	0:34:38	06:55.5
80	MURRAY, Conor	West Waterford A.C.	M50	0:34:44	06:56.7
81	CANTWELL, Gerry	West Waterford A.C.	M60	0:34:46	06:57.1
82	ISLEY, Stephanie	N/A	F55	0:34:48	06:57.5
83	HOGAN, Alan	West Waterford A.C.	SM	0:34:55	06:58.9
84	COONAN, Justin	West Waterford A.C.	M50	0:34:57	06:59.3
85	TOBIN, Martin	West Waterford A.C.	M50	0:34:59	06:59.7
86	HORGAN, Elaine	Clonmel A.C.	F35	0:35:03	07:00.5
87	BUDDS, Liam	N/A	M40	0:35:11	07:02.1
88	CONCANNON, Mick	West Waterford A.C.	M55	0:35:12	07:02.3
89	CUSACK, Ruairi	N/A	JM	0:35:29	07:05.6
90	BAILEY, Michael	N/A	SM	0:35:38	07:07.4
91	BULMAN, George	Youghal A.C.	M60	0:35:40	07:07.8
92	HOGAN, John Paul	West Waterford A.C.	SM	0:35:41	07:08.0
93	COFFEY, Pat	Clonmel A.C.	M50	0:35:44	07:08.6
94	DROHAN, Eveleen	West Waterford A.C.	F40	0:35:49	07:09.6
95	O'CONNOR, Beth	United Striders	F40	0:35:55	07:10.8
96	HOLMES, Lucy	West Waterford A.C.	JF	0:35:56	07:11.0
97	KIELY, Mikie	N/A	SM	0:36:11	07:14.0
98	BURKIN, Johnny	West Waterford A.C.	SM	0:36:17	07:15.2
99	JACKMAN, Brian	Saturday Road Runners	M50	0:36:22	07:16.2

100	DOHERTY, Debra	West Waterford A.C.	F35	0:36:24	07:16.6
101	HAMILL, Robert	Youghal A.C.	M45	0:36:30	07:17.8
102	MOYA ROSA, Emilio	West Waterford A.C.	SM	0:36:32	07:18.2
103	BARRY, Joe	West Waterford A.C.	M40	0:36:35	07:18.8
104	KAVANAGH, Liam	West Waterford A.C.	M55	0:36:37	07:19.2
105	MOLLOY, Mary	Carrick On Suir A.C.	F40	0:36:39	07:19.6
106	DUDEK, Stan	N/A	SM	0:36:45	07:20.8
107	CONNOLLY, Fergal	West Waterford A.C.	M45	0:36:47	07:21.2
108	WALSH, Pat	Clonmel A.C.	M45	0:36:49	07:21.6
109	VAN DER VALK, T.J.	N/A	M55	0:36:52	07:22.2
110	MASON, Darren	West Waterford A.C.	M45	0:36:54	07:22.6
111	O'CALLAGHAN, Declan	West Waterford A.C.	M40	0:36:55	07:22.8
112	FITZGERALD, Liam	West Waterford A.C.	M45	0:37:01	07:24.0
113	CAHILL, Tommy	Clonmel A.C.	M60	0:37:17	07:27.2
114	CLINCE, Liam	West Waterford A.C.	M55	0:37:24	07:28.6
115	PYNE, Mark	Grange/Fermoy A.C.	M40	0:37:34	07:30.6
116	LEDINGHAM, Dermot	Youghal A.C.	M55	0:37:35	07:30.8
117	O'MAHONY, Sylvie	Youghal A.C.	M60	0:37:36	07:31.0
118	ORGAN, Jamie	N/A	SM	0:37:36	07:31.0
119	DUNFORD, Deirdre	Burrane A.C.	F50	0:37:51	07:34.0
120	TIERNEY, John	Waterford A.C.	M50	0:37:57	07:35.2
121	COFFEY, Brigid	West Waterford A.C.	F45	0:38:05	07:36.8
122	O'DONOGHUE, Donal	Little Island	M50	0:38:11	07:38.0
123	NUGENT, Sharon	West Waterford A.C.	F35	0:38:22	07:40.2
124	FOLEY, Linda	West Waterford A.C.	SF	0:38:22	07:40.2
125	CHIZHIKOVA, Diana	West Waterford A.C.	F35	0:38:36	07:43.0
126	LEE, Catriona	West Waterford A.C.	F35	0:38:38	07:43.4
127	POWER, Onra	West Waterford A.C.	F50	0:38:39	07:43.6
128	NOONAN, Joe	N/A	M40	0:39:03	07:48.4
129	RIORDAN, John	N/A	SM	0:39:09	07:49.6
130	WHELAN, Gillian	Touraneena Road Runners	F35	0:39:10	07:49.8
131	FERNCOMBE, Tony	West Waterford A.C.	SM	0:39:25	07:52.8
132	DWYER, Tony	West Waterford A.C.	JM	0:39:26	07:53.0
133	FRYDAY, Christina	Dundrum A.C.	F40	0:39:31	07:54.0
134	KELLY, Christopher	West Waterford A.C.	M50	0:39:38	07:55.4
135	GAFFNEY, Andrea	West Waterford A.C.	F45	0:39:43	07:56.4
136	PRENDERGAST, Bernie	West Waterford A.C.	F55	0:39:47	07:57.2
137	POWER, Deirdre	Carrick On Suir A.C.	F35	0:39:54	07:58.6
138	O'DWYER, Derek	Carrick On Suir A.C.	SM	0:39:55	07:58.8
139	SANDFORD, Martin	West Waterford A.C.	M60	0:40:14	08:02.6
140	REA, Kathy	Saturday Road Runners	F35	0:40:15	08:02.8
141	CAMPBELL, Johnny	N/A	M55	0:40:17	08:03.2
142	FLYNN, Sharon	Saturday Road Runners	F50	0:40:21	08:04.0
143	CUSACK, Niall	N/A	M45	0:40:24	08:04.6
144	WHITE, Maria	West Waterford A.C.	F45	0:40:26	08:05.0
145	REGAN, David	West Waterford A.C.	M45	0:40:30	08:05.8
146	COSGRAVE, Pdraig	N/A	SM	0:40:35	08:06.8
147	HOGAN, Nuala	West Waterford A.C.	F35	0:40:45	08:08.8
148	BUTLER, Michael	N/A	M40	0:40:46	08:09.0

149	HARRIS, Brian	Adele's Fitness	M60	0:40:50	08:09.8
150	POWER, Margaret	Carrick On Suir A.C.	F55	0:41:02	08:12.2
151	MOYNIHAN, Micheal	West Waterford A.C.	M60	0:41:12	08:14.2
152	CROWLEY, Hazel	West Waterford A.C.	F35	0:41:45	08:20.8
153	FLYNN, Mairead	West Waterford A.C.	F50	0:41:47	08:21.2
154	SHARPE, Gavin	N/A	M60	0:41:55	08:22.8
155	BRUNNOCK, Paul	West Waterford A.C.	M50	0:42:06	08:25.0
156	VERLING, Cait	West Waterford A.C.	F40	0:42:25	08:28.8
157	COLLINS, Paula	West Waterford A.C.	F40	0:42:31	08:30.0
158	WALSHE, John	East Cork	M60	0:42:33	08:30.4
159	MASSEY, Anne	West Waterford A.C.	F45	0:42:34	08:30.6
160	HORGAN, Michelle	West Waterford A.C.	F40	0:42:35	08:30.8
161	CUSACK, Aisling	N/A	F35	0:42:35	08:30.8
162	HORGAN, Thomas	West Waterford A.C.	M45	0:42:36	08:31.0
163	MORRISON, John	St. Catherines	M45	0:42:42	08:32.2
164	MOORE, Sandra	West Waterford A.C.	F45	0:42:44	08:32.6
165	POWER, Rose	West Waterford A.C.	F45	0:42:48	08:33.4
166	KINSELLA, Rose	N/A	F35	0:43:11	08:38.0
167	PROCTOR, Paschal	West Waterford A.C.	M60	0:43:14	08:38.6
168	LANIGAN, Natasha	N/A	F40	0:43:17	08:39.2
169	MURPHY, Elaine	Dundrum A.C.	F45	0:43:37	08:43.2
170	CONWAY, Margaret	West Waterford A.C.	F55	0:43:46	08:45.0
171	EICHELMANN-DALY, Patrycja	West Waterford A.C.	F40	0:43:58	08:47.4
172	O'REILLY, Breda	N/A	F40	0:44:00	08:47.8
173	DUNNE, Sean	Carrick On Suir A.C.	SM	0:44:16	08:51.0
174	DUNNE, Sinead	Carrick On Suir A.C.	SF	0:44:26	08:53.0
175	FITZGERALD, Molly	West Waterford A.C.	F45	0:44:49	08:57.6
176	MOLONEY, Patricia	Dundrum A.C.	F45	0:45:00	08:59.8
177	DEEGAN, Michael	West Waterford A.C.	M60	0:45:29	09:05.6
178	HAYES, Susan	Focus On Fitness	F40	0:45:32	09:06.2
179	VAN DER VALK, Rosie	Waterford A.C.	F50	0:45:34	09:06.6
180	CROWLEY, Eamonn	Clonmel A.C.	M60	0:45:37	09:07.2
181	O'DRISCOLL, Ann	N/A	F40	0:45:41	09:08.0
182	REILLY, Olivia	West Waterford A.C.	F40	0:46:10	09:13.8
183	WALSH, Jackie	N/A	F50	0:46:14	09:14.6
184	BARRY, Geraldine	West Waterford A.C.	F40	0:46:19	09:15.6
185	FEENEY, Jennifer	N/A	SF	0:46:54	09:22.6
186	KEATING, Marie	Touraneena Road Runners	SF	0:47:51	09:34.0
187	BERESFORD, Evelyn	West Waterford A.C.	F45	0:48:00	09:35.8
188	O'DROMA, Liam	N/A	SM	0:48:02	09:36.2
189	HAMILTON, Georgie	N/A	M55	0:48:02	09:36.2
190	HAMILTON, Tony	N/A	M50	0:48:02	09:36.2
191	KEOGH, Catherine	Youghal A.C.	F35	0:48:11	09:38.0
192	CURRAN, Eamonn	West Waterford A.C.	M45	0:48:29	09:41.6
193	RYAN, Denis	West Waterford A.C.	SM	0:48:50	09:45.8
194	CARROLL, Regina	Touraneena Road Runners	F45	0:48:59	09:47.6
195	BURKE, Tom	West Waterford A.C.	M60	0:49:08	09:49.4
196	TRAVERS, Fiona	West Waterford A.C.	F35	0:49:11	09:50.0
197	COAKLEY, Michael	West Waterford A.C.	M50	0:49:24	09:52.6

198	LENIHAN, Tommy	West Waterford A.C.	M55	0:49:30	09:53.8
199	KEARNS, Clodagh	Touraneena Road Runners	SF	0:49:37	09:55.2
200	POWER HICKEY, Therese	West Waterford A.C.	F35	0:49:54	09:58.6
201	PYNE, Niamh	Rathgormack Max Runners	F40	0:50:12	10:02.2
202	MULHALL, Lisa	West Waterford A.C.	F40	0:50:48	10:09.4
203	BURKE, Gayle	N/A	SF	0:51:32	10:18.2
204	HALLINAN, Grainne	Touraneena Road Runners	F45	0:53:02	10:36.2
205	MOORE, Marie	West Waterford A.C.	F55	0:53:52	10:46.2
206	CONWAY, Noelle	West Waterford A.C.	F55	0:53:52	10:46.2
207	CLANCY, Deirdre	West Waterford A.C.	F55	0:55:07	11:01.2
208	BURKE, Louise	N/A	F35	0:55:41	11:08.0