

An Tobar Ardmore 5, 12 August 2011

Place	Name	Team	Cat	Time	Pace
1	QUINLAN, Frank	Waterford A.C	S/M	0:26:20	05:15.9
2	DEEGAN, Paul	Gowran A.C	M/45	0:26:38	05:19.5
3	ROCHFORD, Conor	St. Senans A.C	J/M	0:26:55	05:22.9
4	HAYES, Frank	East Cork	M/40	0:27:13	05:26.5
5	STILLWELL, Sean	West Waterford A.C	S/M	0:27:34	05:30.7
6	LEAHY, John	West Waterford A.C	S/M	0:28:07	05:37.3
7	BOLGER, Kevin	Rathfarnhan	S/M	0:28:15	05:38.9
8	SWABY, Brian	Waterford A.C	S/M	0:28:25	05:40.9
9	WATERS, David	Carrick-on-Suir AC	S/M	0:28:38	05:43.5
10	CANTWELL, Gary	K.C.K	J/M	0:28:43	05:44.5
11	ROCHE, Patrick	Carrick-on-Suir AC	S/M	0:28:44	05:44.7
12	STILWELL, Richard		J/M	0:28:51	05:46.1
13	MALONE, Kevin	Waterford A.C	S/M	0:28:56	05:47.1
14	BALDWIN, Jim	Waterford A.C	M/40	0:29:00	05:47.9
15	FALCONER, Tommy	Carrick-on-Suir AC	S/M	0:29:02	05:48.3
16	WALSH, Joe		S/M	0:29:23	05:52.5
17	TOWEY, David		S/M	0:29:24	05:52.7
18	DALTON, Marc	Midleton A.C	S/M	0:29:25	05:52.9
19	NOLAN, John	Waterford A.C	S/M	0:29:26	05:53.1
20	FLYNN, Patrick	Ferrybank	S/M	0:29:27	05:53.3
21	DUGGAN, Peter	St Josephs A.C	M/40	0:29:29	05:53.7
22	MCCARTHY, Martin	West Waterford A.C	M/45	0:29:32	05:54.3
23	MASON, Trevor	West Waterford A.C	S/M	0:29:33	05:54.5
24	O'BRIEN, Martin	Youghal A.C	M/45	0:29:47	05:57.3
25	LEAHY, Tom	West Waterford A.C	S/M	0:29:48	05:57.5
26	NOLAN, Pat	Waterford A.C	S/M	0:29:49	05:57.7
27	HAYES, Martin	West Waterford A.C	M/45	0:29:51	05:58.1
28	DWYER, Michael	non-affiliated	M/40	0:29:54	05:58.7
29	BUDDS, Liam	West Waterford A.C	S/M	0:29:58	05:59.5
30	O'CONNELL, Michael	Carrick-on-Suir AC	S/M	0:30:03	06:00.5
31	CAHILL, Maurice	Youghal A.C	S/M	0:30:11	06:02.1
32	FEENEY, Des	West Waterford A.C	S/M	0:30:13	06:02.5
33	DUNFORD, Michael	West Waterford A.C	M/45	0:30:18	06:03.5
34	MALONE, John		S/M	0:30:31	06:06.1
35	LANNEN, Patrick	West Waterford A.C	S/M	0:30:33	06:06.5
36	DULLEA, Eoin	Waterford A.C	S/M	0:30:37	06:07.3
37	COFFEY, Philip	Carrignavar, Cork	M/40	0:30:41	06:08.1
38	CANTWELL, Gerry	West Waterford A.C	M/50	0:30:52	06:10.3
39	FANNING, Owen	Balnonty	S/M	0:30:53	06:10.5
40	COLLINS, Gary	West Waterford A.C	S/M	0:30:59	06:11.7
41	WALSH, Corinna	West Waterford A.C	F/35	0:31:02	06:12.3
42	LYNCH, Kevin		S/M	0:31:09	06:13.7
43	VEALE, James	West Waterford A.C	M/45	0:31:15	06:14.9
44	COADY, Tom	Midleton A.C	M/55	0:31:16	06:15.1
45	MURRAY, Ger		M/40	0:31:18	06:15.5
46	MURPHY, Damien	West Waterford A.C	J/M	0:31:20	06:15.9
47	NOLAN, Derek	Clonmel AC	S/M	0:31:22	06:16.3
48	O'MEARA, Fergal	Midleton A.C	M/40	0:31:32	06:18.3
49	CASHMAN, John	Midleton A.C	M/45	0:31:34	06:18.7
50	MURRAY, Conor	West Waterford A.C	M/40	0:31:40	06:19.9
51	ASPEL, Brendan	Waterford A.C	M/40	0:31:46	06:21.1

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52	CHIZHIKOV, Yevgeniy	West Waterford A.C	M/40	0:31:48	06:21.5
53	LEONARD, Helen	Rathfarnhan	F/35	0:31:54	06:22.7
54	O'LEARY, Ted	West Waterford A.C	M/40	0:31:54	06:22.7
55	WALL, Norma	West Waterford A.C	F/35	0:31:59	06:23.7
56	CARROLL, Denis	Eagle A.C	M/50	0:32:10	06:25.9
57	O'RIORDAN, Eoin	West Waterford A.C	S/M	0:32:37	06:31.3
58	MULLINS, John		M/45	0:32:47	06:33.3
59	FITZGERALD, Pat	West Waterford A.C	S/M	0:32:53	06:34.5
60	TYNAN, Michael		S/M	0:32:54	06:34.7
61	FORDE, Edward		S/M	0:33:01	06:36.1
62	KELLEHER, Denis	Midleton A.C	M/45	0:33:02	06:36.3
63	O'GORMAN, Michael	N/A	S/M	0:33:06	06:37.1
64	NOLAN, Brian	Midleton A.C	S/M	0:33:07	06:37.3
65	BARRY, Joe	West Waterford A.C	S/M	0:33:13	06:38.5
66	BRUNNOCK, Paul	West Waterford A.C	M/40	0:33:13	06:38.5
67	QUINLAN, Fergal		M/40	0:33:15	06:38.9
68	WHELAN, Gavin	N/A	J/M	0:33:16	06:39.1
69	MORONEY, Tom	West Waterford A.C	M/50	0:33:24	06:40.7
70	CLIFFE, Mark	West Waterford A.C	S/M	0:33:25	06:40.9
71	KELLY, Richard	West Waterford A.C	M/45	0:33:34	06:42.7
72	BEHAN, Diane	Waterford A.C	F/40	0:33:46	06:45.1
73	DOWNEY, John	West Waterford A.C	M/40	0:33:56	06:47.1
74	POWER, Kevin		M/40	0:33:59	06:47.7
75	CAHILL, Breda	Midleton A.C	F/40	0:34:12	06:50.3
76	MURPHY, Esther		F/35	0:34:14	06:50.7
77	BURKE, Ray	West Waterford A.C	M/45	0:34:18	06:51.5
78	O'MAHONEY, Johnny	Youghal A.C	M/45	0:34:20	06:51.9
79	RIORDAN, John	Waterford A.C	S/M	0:34:35	06:54.9
80	LINDOP, Don		S/M	0:34:41	06:56.1
81	HAYES, Ray	Carrick Triathlon	M/40	0:34:42	06:56.3
82	CALLAGHAN, Micheal	West Waterford A.C	M/40	0:34:55	06:58.9
83	TIDESWELL, Keeley	Clonmel AC	S/F	0:34:57	06:59.3
84	BOSWORTH, Tom	West Waterford A.C	S/M	0:35:03	07:00.5
85	COSTIN, Jamie	non-affiliated	S/M	0:35:03	07:00.5
86	O'NEILL, Seamie		M/50	0:35:09	07:01.7
87	WALL, Triona	West Waterford A.C	F/35	0:35:14	07:02.6
88	COLEMAN, Kieran	West Waterford A.C	S/M	0:35:15	07:02.8
89	NYHAN, Liz	West Waterford A.C	F/35	0:35:24	07:04.6
90	BRUNNOCK, Paddy	Carrick-on-Suir AC	S/M	0:35:35	07:06.8
91	LEDDINGHAM, Dermot	Youghal A.C	M/45	0:35:37	07:07.2
92	SHARP, Gavin	N/A	M/55	0:35:42	07:08.2
93	POWER, Kevin		M/45	0:35:48	07:09.4
94	POWER, Billy		M/45	0:35:55	07:10.8
95	UI CHUIRRIN, Josie	West Waterford A.C	F/50	0:36:07	07:13.2
96	CORCORAN, Mark		S/M	0:36:10	07:13.8
97	TUTTY, Vincent	West Waterford A.C	M/45	0:36:12	07:14.2
98	JOHNSON, Cyril		M/45	0:36:14	07:14.6
99	DUNFORD, Ann	West Waterford A.C	F/45	0:36:18	07:15.4
100	DUNFORD, Pat	West Waterford A.C	M/45	0:36:19	07:15.6
101	O'NEILL, Andrea	non-affiliated	S/F	0:36:25	07:16.8
102	KELLY, William		M/45	0:36:30	07:17.8
103	SMYTH, Conor		J/M	0:36:37	07:19.2

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104	MULLARKEY, Martin	non-affiliated	M/40	0:36:38	07:19.4
105	DRENNAN, Angeline	West Waterford A.C	F/35	0:36:42	07:20.2
106	CASEY, Cathal		M/40	0:36:46	07:21.0
107	PRENDERGAST, Bernie	West Waterford A.C	F/50	0:36:48	07:21.4
108	WADE, Michael	West Waterford A.C	M/50	0:36:53	07:22.4
109	WYLEY, Ger	West Waterford A.C	M/45	0:36:57	07:23.2
110	KELLEHER, Con	Waterford A.C	M/55	0:36:58	07:23.4
111	LENIHAN, Frank	Togher A.C	M/60	0:37:14	07:26.6
112	O'DONOGHUE, Donal		M/40	0:37:18	07:27.4
113	GRINSELL, Joe	Clonmel CC	M/60	0:37:24	07:28.6
114	LANIGAN, Paul	Waterford A.C	S/M	0:37:30	07:29.8
115	POWER, Richie (59)	West Waterford A.C	M/50	0:37:42	07:32.2
116	LINDOP, Andy		M/50	0:37:50	07:33.8
117	SMYTH, Paddy		M/45	0:37:54	07:34.6
118	TUTTY, Pat	West Waterford A.C	M/50	0:37:56	07:35.0
119	DELANEY, John		M/45	0:37:58	07:35.4
120	DWYER, Tracy	West Waterford A.C	F/35	0:37:59	07:35.6
121	O'CUIRRIN, Michael	West Waterford A.C	M/50	0:38:07	07:37.2
122	MORRISSEY, Pat	West Waterford A.C	M/40	0:38:12	07:38.2
123	HEADPHONE, Wearer	Carrick-on-Suir AC	S/M	0:38:15	07:38.8
124	QUINLAN, Paul		S/M	0:38:28	07:41.4
125	HEFFERNAN, Geraldine	West Waterford A.C	F/35	0:38:36	07:43.0
126	MOORE, Kay	Carrigaline	F/40	0:38:39	07:43.6
127	DONNELLY, Honor		F/35	0:38:39	07:43.6
128	GAFFNEY, Andrea	West Waterford A.C	F/40	0:38:41	07:44.0
129	CURRAN, P.J.	West Waterford A.C	M/50	0:38:42	07:44.2
130	O'LEARY, John	Leevale	M/65	0:38:50	07:45.8
131	WALSHE, John	East Cork	M/60	0:39:20	07:51.8
132	MCCARTHY, Danny	Midleton A.C	M/60	0:39:29	07:53.6
133	O'BRIEN, Michael	N/A		0:39:31	07:54.0
134	WILLIAMS, Gavin		J/M	0:39:32	07:54.2
135	MASSEY, Anne	West Waterford A.C	F/35	0:39:34	07:54.6
136	WALSH, Clare	West Waterford A.C	S/F	0:39:37	07:55.2
137	FITZGERALD, James		S/M	0:39:39	07:55.6
138	DEEGAN, Michael	West Waterford A.C	M/55	0:39:42	07:56.2
139	O'SHAUGHNESSY, Jim		M/50	0:39:47	07:57.2
140	CONCANNON, Mick		M/45	0:39:52	07:58.2
141	POWER, Onra	West Waterford A.C	F/45	0:39:56	07:59.0
142	MURPHY, Jane		S/F	0:40:08	08:01.4
143	PROCTOR, Pascal F.	West Waterford A.C	M/55	0:40:14	08:02.6
144	LINDOP, Conor		J/M	0:40:18	08:03.4
145	KIELY, Catriona	West Waterford A.C	F/35	0:40:21	08:04.0
146	MAUNSELL, Declan		S/M	0:40:42	08:08.2
147	CLEARY, Emma		S/F	0:40:49	08:09.6
148	TIDESWELL, Julie	Clonmel CC	F/45	0:40:56	08:11.0
149	MCCARTHY, Michael	N/A	M/50	0:41:40	08:19.8
150	BRADFIELD, Linda	West Waterford A.C	F/35	0:41:58	08:23.4
151	ASPELL, Adrian		S/M	0:42:14	08:26.6
152	LINDOP, Bidy		F/50	0:42:17	08:27.2
153	LENIHAN, Tommy	West Waterford A.C	M/50	0:42:26	08:29.0
154	WALSH, Aidan	West Waterford A.C	S/M	0:42:34	08:30.6
155	MORRISSEY, Moira	Midleton A.C	F/40	0:42:59	08:35.6

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156	WALSH, Marie	West Waterford A.C	S/F	0:43:11	08:38.0
157	FORDE, Jerry	Blarney A.C	M/60	0:43:18	08:39.4
158	SANDFORD, Liam	West Waterford A.C	M/55	0:43:28	08:41.4
159	O'CONNOR, Hugh	West Waterford A.C	M/45	0:43:29	08:41.6
160	CONDON, Ian		M/40	0:43:29	08:41.6
161	STREET, Paddy	non-affiliated	M/45	0:43:36	08:43.0
162	MCGRATH, Susan	West Waterford A.C	S/F	0:43:42	08:44.2
163	BALLOTT, Anna	West Waterford A.C	S/F	0:43:51	08:46.0
164	ORGAN, Kate	West Waterford A.C	F/35	0:44:26	08:53.0
165	TOBIN, Jackie	N/A	F/40	0:44:34	08:54.6
166	KEANE, Kathleen	West Waterford A.C	F/50	0:44:55	08:58.8
167	FITZGERALD, John	N/A	S/M	0:44:57	08:59.2
168	HAYES, Helene	West Waterford A.C	F/55	0:45:06	09:01.0
169	RYAN, Mary Beth		S/F	0:46:00	09:11.8
170	MOLONEY, Marion	West Waterford A.C	F/50	0:46:42	09:20.2
171	COLEMAN, Karen	West Waterford A.C	F/45	0:46:56	09:23.0
172	CRONNOLLY, Rita	West Waterford A.C	F/45	0:47:06	09:25.0
173	MANAHAN, Seamus	West Waterford A.C	M/55	0:47:07	09:25.2
174	MOORE, Dermot		S/M	0:47:43	09:32.4
175	O'KEEFFE, Patricia	Waterford A.C	F/60	0:47:57	09:35.2
176	JORDAN, Colm	Midleton A.C	S/M	0:47:59	09:35.6
177	O'DONNELL, Deirdre	N/A	F/40	0:48:02	09:36.2
178	LINDOP, Art			0:48:27	09:41.2
179	KEANE, Mary	Midleton A.C	F/40	0:48:54	09:46.6
180	MCGRATH, Maria	Midleton A.C	F/40	0:48:54	09:46.6
181	GOUGH, Terri	West Waterford A.C	F/65	0:48:57	09:47.2
182	LINDOP, Frances		S/F	0:48:59	09:47.6
183	GLAVIN, Bernice		F/50	0:49:12	09:50.2
184	O'SHEA, Siobhan	N/A	F/35	0:49:42	09:56.2
185	MURRAY, Sharon		F/35	0:49:47	09:57.2
186	MCCARTHY, Joan	Midleton A.C	F/50	0:50:02	10:00.2
187	LYONS, Anita	West Waterford A.C	F/40	0:50:05	10:00.8
188	BUTLER, Jimmy		M/45	0:50:08	10:01.4
189	O'SULLIVAN, Juliette		F/40	0:50:15	10:02.8
190	MURRAY, Orna		F/40	0:52:59	10:35.6
191	HAHESSY, Deirdre	West Waterford A.C	F/40	0:53:10	10:37.8
192	DEE, Irene		F/40	0:53:32	10:42.2
193	O'RIORDAN, Jason	N/A	S/M	0:53:59	10:47.6