

Old Head Financial Ballinameela 5k Friday 19 July 2024. 7:30 pm

Place	Name	Club	Category	Time	Pace
1	FITZGERALD, Evan	West Waterford A.C.	M Senior	0:15:09	04:52.5
2	O'BRIEN, Conor	Dooneen AC	M Senior	0:15:46	05:04.4
3	GORMAN, Dermot	Carrick On Suir A.C.	M40	0:15:51	05:06.0
4	BLACKWELL, Mark	West Waterford A.C.	M Senior	0:15:54	05:07.0
5	WADE, Robbie	Individual	M40	0:15:55	05:07.3
6	CONNELL, Aidan	West Waterford A.C.	M40	0:15:56	05:07.6
7	O'FLAITHEARTAIGH, Naoise	Individual	M Senior	0:16:26	05:17.2
8	HENNEBRY, Conor	West Waterford A.C.	M Senior	0:16:28	05:17.9
9	LONGAN, John	St. Finbarrs	M Senior	0:16:32	05:19.2
10	DUFFY, Alan	Individual	M Senior	0:16:39	05:21.4
11	KEARNS, Daryl	West Waterford A.C.	M40	0:16:41	05:22.1
12	COLEMAN, Mikey	N/A	M Senior	0:16:43	05:22.7
13	RUANE, Padraig	Kilkenny City Harriers	M Senior	0:16:58	05:27.5
14	CAVANAGH, Conor	Waterford A.C.	M Senior	0:17:19	05:34.3
15	HODGE, John	West Waterford A.C.	M45	0:17:26	05:36.6
16	COFFEY, Gearoid	West Waterford A.C.	M Senior	0:17:27	05:36.9
17	O'CONNOR, David	St Catherines	M Senior	0:17:28	05:37.2
18	DUGGAN, Joey	St Josephs A.C	M Senior	0:17:32	05:38.5
19	BENNETT, Tom	Blackwater A.C.	M40	0:17:41	05:41.4
20	O'NEILL, Ciara	Clonmel A.C.	F Senior	0:17:41	05:41.4
21	CASEY, James	Individual	M Senior	0:17:46	05:43.0
22	COFFEY, John	West Waterford A.C.	M40	0:17:47	05:43.3
23	WALSH, Kyle	Individual	M Senior	0:17:48	05:43.6
24	O'KEEFFE, Eugene	Carrick On Suir A.C.	M55	0:17:56	05:46.2
25	HEALY, Padraig	West Waterford A.C.	M Senior	0:18:02	05:48.1
26	RYAN, Billy	West Waterford A.C.	M Senior	0:18:29	05:56.8
27	HOLMES, Martin	West Waterford A.C.	M Senior	0:18:49	06:03.3
28	BARRY, Niall	West Waterford A.C.	M40	0:18:59	06:06.5
29	VEALE, Kate	West Waterford A.C.	F Senior	0:19:01	06:07.1
30	WHELAN, James	West Waterford A.C.	M50	0:19:03	06:07.8
31	NIXON, David	West Waterford A.C.	M Senior	0:19:14	06:11.3
32	AHEARNE, P.J.	Youghal A.C.	M Senior	0:19:16	06:12.0
33	TRAVERS, Jason	West Waterford A.C.	M50	0:19:21	06:13.6
34	WALSH, Eoin (74)	West Waterford A.C.	M50	0:19:23	06:14.2
35	FITZGERALD, Pat	West Waterford A.C.	M40	0:19:27	06:15.5
36	BEDELL, Toby	Tried and Tested	M50	0:19:29	06:16.1
37	DONNELLY, David	West Waterford A.C.	M45	0:19:31	06:16.8
38	TOBIN, Angela	West Waterford A.C.	F35	0:19:37	06:18.7
39	COSGRAVE, Donnacha	West Waterford A.C.	M45	0:19:44	06:21.0
40	HAHESY, Ray	West Waterford A.C.	M60	0:19:45	06:21.3

41	O'HARE, Colm	West Waterford A.C.	M Senior	0:19:46	06:21.6
42	DROHAN, Eveleen	West Waterford A.C.	F45	0:19:49	06:22.6
43	FIVES, Declan	Blackrock A.C.	M40	0:19:55	06:24.5
44	LANGLEY, Elaine	West Waterford A.C.	F35	0:19:58	06:25.5
45	O'CHEALLAIGH, Niall	Clonmel A.C.	M55	0:19:58	06:25.5
46	DWYER, Eoin	Individual	M Senior	0:19:59	06:25.8
47	HRIBAR, Catherine	City of Derry Spartans	F40	0:20:13	06:30.3
48	CASHMAN, John	Middleton A.C.	M60	0:20:16	06:31.3
49	KELLY, Joe	West Waterford A.C.	M55	0:20:17	06:31.6
50	CHIZHIKOV, Yevgeniy	West Waterford A.C.	M50	0:20:18	06:31.9
51	HOGAN, Tom	West Waterford A.C.	M45	0:20:23	06:33.5
52	BEHAN, Diane	Waterford A.C.	F50	0:20:24	06:33.8
53	HURNEY, Gary	West Waterford A.C.	M40	0:20:39	06:38.7
54	FALVEY, Kevin	N/A	M40	0:20:42	06:39.6
55	PATWELL, Brian	Individual	M40	0:20:49	06:41.9
56	SALMON, Joe	West Waterford A.C.	M55	0:20:50	06:42.2
57	NOLAN, Jack	West Waterford A.C.	M Senior	0:20:51	06:42.5
58	O'SULLIVAN, John	Waterford A.C.	M40	0:20:52	06:42.8
59	DUGGAN, Peter	St Josephs	M50	0:20:57	06:44.5
60	O'HALLORAN, Sean	Individual	M40	0:20:58	06:44.8
61	WHELAN, Martin	Individual	M55	0:21:01	06:45.7
62	HYNES, Jody	West Waterford A.C.	M45	0:21:02	06:46.1
63	POWER, Micheál	West Waterford A.C.	M Senior	0:21:02	06:46.1
64	FLYNN, John	West Waterford A.C.	M55	0:21:05	06:47.0
65	KEANE, Michael	West Waterford A.C.	M40	0:21:08	06:48.0
66	KSHIRSAGAR, Rajendra	Waterford A.C.	M45	0:21:10	06:48.6
67	O'CONNOR, Gerry	West Waterford A.C.	M60	0:21:11	06:49.0
68	CUNNINGHAM, Peter	West Waterford A.C.	M40	0:21:19	06:51.5
69	CUNNINGHAM, Drew	West Waterford A.C.	M Senior	0:21:23	06:52.8
70	MURRAY, Conor	West Waterford A.C.	M55	0:21:26	06:53.8
71	HYNDS, Jamie	West Waterford A.C.	M Senior	0:21:28	06:54.4
72	DALY, Josh	N/A	M Senior	0:21:30	06:55.1
73	FOLEY, Linda	West Waterford A.C.	F35	0:21:40	06:58.3
74	HAYES, John Joe	Tried and Tested	M45	0:21:42	06:58.9
75	FITZGERALD, Liam	West Waterford A.C.	M50	0:21:52	07:02.2
76	O'DONOGHUE, Donal	Watergrasshill A.C.	M55	0:21:57	07:03.8
77	MOLONEY, Martina	Mooreabbey Milers	F40	0:22:04	07:06.0
78	O'DONNELL, Kenneth	West Waterford A.C.	M50	0:22:05	07:06.3
79	BERGIN, Patrick	West Waterford A.C.	M Senior	0:22:09	07:07.6
80	KAVANAGH, Thomas	Individual	M40	0:22:12	07:08.6
81	O'RIORDAN, Jack	Individual	M50	0:22:19	07:10.8
82	TOBIN, Martin	West Waterford A.C.	M60	0:22:24	07:12.5
83	MC GRATH, Stephen	Individual	M Senior	0:22:26	07:13.1

84	STOREY, Norah	Tramore AC	F45	0:22:27	07:13.4
85	WALSH, Eoin	West Waterford A.C.	M Senior	0:22:33	07:15.4
86	CONNELL, Fiona	West Waterford A.C.	F40	0:22:39	07:17.3
87	MOORE, Sandra	West Waterford A.C.	F50	0:22:41	07:17.9
88	GLEESON, Cathal E.	West Waterford A.C.	M45	0:22:51	07:21.1
89	PHELAN, Eamonn	West Waterford A.C.	M60	0:22:54	07:22.1
90	LUCEY, Ben	Individual	M Senior	0:22:56	07:22.8
91	DROHAN, Noel	West Waterford A.C.	M50	0:23:02	07:24.7
92	DALY, Kieran	West Waterford A.C.	M40	0:23:08	07:26.6
93	KIRBY, Dan	West Waterford A.C.	M Senior	0:23:12	07:27.9
94	HAYES, Shane	West Waterford A.C.	M40	0:23:12	07:27.9
95	MURRAY, Paul	West Waterford A.C.	M Senior	0:23:15	07:28.9
96	WALSH, Brian	West Waterford A.C.	M40	0:23:16	07:29.2
97	O'RIORDAN, Eoin	West Waterford A.C.	M50	0:23:17	07:29.5
98	MC GRATH, Tomas	West Waterford A.C.	M Senior	0:23:18	07:29.8
99	HUGHES, Elaine	St Benedict Inbhear Mór A.C.	F40	0:23:21	07:30.8
100	MEAGHER, James	Individual	M50	0:23:23	07:31.4
101	PRENDERGAST, Aisling	Individual	F Senior	0:23:27	07:32.7
102	TORPEY, Barry	Carrick On Suir A.C.	M50	0:23:28	07:33.0
103	O'DONOGHUE, Tony	Individual	M Senior	0:23:30	07:33.7
104	BENNETT, Chloe Eileen	Waterford Triathlon Club	F Senior	0:23:31	07:34.0
105	MC CARTHY, Sarah	N/A	F35	0:24:05	07:45.0
106	WALSH, Tina	Carrick On Suir A.C.	F35	0:24:09	07:46.2
107	KING, Tim	N/A	M Senior	0:24:15	07:48.2
108	BURKIN, Johnny	West Waterford A.C.	M Senior	0:24:17	07:48.8
109	MOONEY, Lorena	Individual	F45	0:24:20	07:49.8
110	DARCY, Karen	Individual	F35	0:24:21	07:50.1
111	O'FLYNN, Pdraig	Touraneena Road Runners	M55	0:24:22	07:50.4
112	FORDE, Kevin	West Waterford A.C.	M60	0:24:30	07:53.0
113	KEANE, Ornaithe	West Waterford A.C.	F Senior	0:24:32	07:53.6
114	COFFEY, Brigid	West Waterford A.C.	F50	0:24:33	07:54.0
115	BOLAND, Mairead	Garristown Flyers A.C.	F35	0:24:35	07:54.6
116	O'CHEALLAIGH, Helen	Clonmel A.C.	F55	0:24:35	07:54.6
117	O'NEILL, Stephen	Individual	M50	0:24:39	07:55.9
118	O'KEEFFE, Gareth	Individual	M45	0:24:42	07:56.9
119	O'BRIEN, Ellen	Individual	F Senior	0:24:44	07:57.5
120	O'ROURKE, Joe	West Waterford A.C.	M60	0:24:52	08:00.1
121	LENIHAN, Mark	West Waterford A.C.	M55	0:24:59	08:02.3
122	BRENNAN, Noel	West Waterford A.C.	M55	0:25:07	08:04.9
123	LEAHY, Helen	West Waterford A.C.	F40	0:25:08	08:05.2

124	COSGRAVE, Brendan	Individual	M Senior	0:25:09	08:05.6
125	UI MHURCHADHA, Kerrie	West Waterford A.C.	F35	0:25:12	08:06.5
126	HIGGINS, Sharon	West Waterford A.C.	F40	0:25:20	08:09.1
127	FITZGERALD, Kelly	West Waterford A.C.	F Senior	0:25:23	08:10.1
128	NI FHAOLAIN, Sinead	West Waterford A.C.	F40	0:25:23	08:10.1
129	GAFFNEY, Andrea	West Waterford A.C.	F55	0:25:31	08:12.6
130	CRONIN, Michael	Individual	M55	0:25:32	08:13.0
131	CUMMINS, Michael	Individual	M40	0:25:35	08:13.9
132	DALY, Kim	West Waterford A.C.	F35	0:25:41	08:15.8
133	MURRAY, Jacqui	West Waterford A.C.	F35	0:25:43	08:16.5
134	POWER, Onra	West Waterford A.C.	F55	0:25:47	08:17.8
135	BOURKE, Catherine	West Waterford A.C.	F45	0:25:59	08:21.6
136	MULCAHY, Kevin	N/A	M55	0:26:03	08:22.9
137	POWER, Rose	West Waterford A.C.	F50	0:26:04	08:23.3
138	MC GRATH, Paul	N/A	M55	0:26:08	08:24.5
139	O'BRIEN, William	Individual	M55	0:26:11	08:25.5
140	DWYER, Anthony	West Waterford A.C.	M65	0:26:18	08:27.8
141	MASSEY, Anne	West Waterford A.C.	F50	0:26:20	08:28.4
142	POPE, Carol	West Waterford A.C.	F45	0:26:21	08:28.7
143	ORMONDE, Fiona	West Waterford A.C.	F45	0:26:22	08:29.0
144	CUNNINGHAM, Michelle	West Waterford A.C.	F40	0:26:23	08:29.4
145	UI CHUIRRIN, Josie	West Waterford A.C.	F60	0:26:28	08:31.0
146	LUCEY, Colm	N/A	M50	0:26:30	08:31.6
147	REYNOLDS, Aisling	N/A	F Senior	0:26:33	08:32.6
148	LONGAN, Fiona	West Waterford A.C.	F45	0:27:05	08:42.9
149	HACKETT, James	Tried and Tested	M40	0:27:06	08:43.2
150	ORMONDE, Brian	West Waterford A.C.	M50	0:27:07	08:43.5
151	UI CHONDUIN, Vanessa	N/A	F40	0:27:10	08:44.5
152	WADDING, Clíodhna	N/A	F Senior	0:27:10	08:44.5
153	DALY, Deirdre	West Waterford A.C.	F40	0:27:31	08:51.2
154	CARROLL, Kieran	Individual	M50	0:27:32	08:51.6
155	MANSFIELD, Louise	N/A	F Senior	0:27:33	08:51.9
156	CURRAN, Eamonn	West Waterford A.C.	M50	0:27:34	08:52.2
157	CUMMINS, Mary	Individual	F Senior	0:27:41	08:54.5
158	CURRAN, Steven	West Waterford A.C.	M40	0:27:42	08:54.8
159	LUCEY, Sarah	N/A	F Senior	0:27:43	08:55.1
160	GOONAN, Honor		F45	0:27:46	08:56.1
161	BRENNAN, Mary	Greenway Joggers A.C.	F50	0:27:51	08:57.7
162	COFFEY WALL, Joyce	Individual	F45	0:27:52	08:58.0
163	MULLANEY, Paddy	Individual	M55	0:27:59	09:00.3
164	HEALY, Brian	West Waterford A.C.	M55	0:27:59	09:00.3

165	GUIRY, Michelle	Touraneena Road Runners	F Senior	0:28:05	09:02.2
166	LOWRY, Conor	Individual	M Senior	0:28:23	09:08.0
167	CRONIN, Colleen	Individual	F Senior	0:28:25	09:08.6
168	HALLINAN, Garry	Individual	M40	0:28:34	09:11.5
169	COLEMAN, Kieran	Individual	M50	0:28:35	09:11.8
170	DUFFY, Jean	Individual	F55	0:28:41	09:13.8
171	MOORE, Susie	Greenway Joggers A.C.	F45	0:29:03	09:20.9
172	WHELAN, Margaret	West Waterford A.C.	F65	0:29:12	09:23.7
173	MOORE, Susan	Clonmel A.C.	F50	0:29:15	09:24.7
174	POWER, Moya	Individual	F45	0:29:26	09:28.3
175	PROCTOR, Paschal	West Waterford A.C.	M70	0:29:30	09:29.5
176	MOYNIHAN, Micheal	West Waterford A.C.	M65	0:29:37	09:31.8
177	WHELAN DEVINE, Deirdre	West Waterford A.C.	F40	0:29:53	09:36.9
178	VEALE, Mary	West Waterford A.C.	F45	0:29:59	09:38.9
179	CRONOLLY, Rita	West Waterford A.C.	F55	0:30:03	09:40.2
180	LUCEY, Rebecca	Individual	F Senior	0:30:04	09:40.5
181	MANLEY, Marie	Individual	F55	0:30:13	09:43.4
182	LANIGAN, Natasha	West Waterford A.C.	F45	0:30:15	09:44.0
183	O'DONOVAN, Vincent	West Waterford A.C.	M65	0:30:16	09:44.3
184	KELLY, Ava	Individual	F Senior	0:31:04	09:59.8
185	WRIGHT, Sarah	Individual	F35	0:31:10	10:01.7
186	HOGAN, Emma	N/A	F35	0:31:38	10:10.7
187	WALSH, Tina	N/A	F35	0:31:41	10:11.7
188	JUDGE, Michelle	Individual	F Senior	0:31:46	10:13.3
189	DALTON, Nicola	Touraneena Road Runners	F40	0:32:14	10:22.3
190	PRENDERGAST, Louise	Touraneena Road Runners	F35	0:32:40	10:30.7
191	WALSH, Mary	Touraneena Road Runners	F55	0:32:58	10:36.5
192	REYNOLDS, David	West Waterford A.C.	M65	0:33:04	10:38.4
193	BOURKE, Cahty	Clonmel A.C.	F50	0:33:12	10:41.0
194	BREATHNACH, Denise	Individual	F40	0:34:37	11:08.3
195	OLUSANYA, Michelle	Individual	F50	0:34:52	11:13.2
196	COLLENDER, Martin	West Waterford A.C.	M50	0:34:57	11:14.8
197	DROHAN, Pauline	Individual	F50	0:34:59	11:15.4
198	O'DONNELL, Ali	N/A	F Senior	0:37:29	12:03.7
199	VEALE, Caoimhe	N/A	F Senior	0:37:30	12:04.0
200	O'LEARY, Tina	West Waterford A.C.	F35	0:37:55	12:12.1
201	MONAHAN, Billy	Individual	M Senior	0:38:03	12:14.6
202	CURRY, Edel	West Waterford A.C.	F35	0:39:37	12:44.9

203	COAKLEY, Michael	West Waterford A.C.	M60	0:39:37	12:44.9
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