

West Waterford Athletic Club

Deise College Dungarvan 10k Friday 5th July 2024

Place	Name	Club	Category	Time	Pace
1	CONNELL, Aidan	West Waterford A.C.	M40	0:34:26	06:53.1
2	HENNEBRY, Conor	West Waterford A.C.	M Senior	0:34:31	06:54.1
3	CAVANAGH, Conor	Waterford A.C.	M Senior	0:34:43	06:56.5
4	ZAKIS, Raivis	West Waterford A.C.	M40	0:34:47	06:57.3
5	HODGE, John	West Waterford A.C.	M45	0:36:33	07:18.4
6	DERMODY, Lauren	Castlecomer A.C.	F Senior	0:36:42	07:20.2
7	O'CONNOR, David	St Catherines	M Senior	0:36:51	07:22.0
8	TIDESWELL, Kealy	Clonmel A.C.	F40	0:36:53	07:22.4
9	O'KEEFFE, Eugene	Carrick On Suir A.C.	M55	0:37:29	07:29.6
10	WALSH, Kyle	N/A	M Senior	0:37:50	07:33.8
11	HURLEY, Larry	Tramore AC	M50	0:39:23	07:52.4
12	HOLMES, Martin	West Waterford A.C.	M Senior	0:39:37	07:55.2
13	WHELAN, James	West Waterford A.C.	M50	0:39:41	07:56.0
14	WALSH, Eoin (74)	West Waterford A.C.	M50	0:39:59	07:59.6
15	BRENNAN, Grainne	Carrick On Suir A.C.	F Senior	0:40:36	08:07.0
16	LAVAN, Martin	West Waterford A.C.	M40	0:40:40	08:07.8
17	TRAVERS, Jason	West Waterford A.C.	M50	0:40:43	08:08.4
18	HORGAN, Barry	Clonmel A.C.	M45	0:40:45	08:08.8
19	NIXON, David	West Waterford A.C.	M Senior	0:40:47	08:09.2
20	BUCKLEY, Jude	Youghal A.C.	M Junior	0:40:56	08:11.0
21	HAHESY, Ray	West Waterford A.C.	M60	0:40:58	08:11.4
22	TOBIN, Angela	West Waterford A.C.	F35	0:40:58	08:11.4
23	CONNORS, James	West Waterford A.C.	M40	0:41:06	08:13.0
24	DONNELLY, David	West Waterford A.C.	M45	0:41:08	08:13.4
25	HEYLIN, Siobhain	Waterford A.C.	F Senior	0:41:17	08:15.2
26	LUCEY, Sean	Eagle AC	M Senior	0:41:22	08:16.2
27	HORGAN, Elaine	Clonmel A.C.	F45	0:41:30	08:17.8
28	KELLY, Joe	West Waterford A.C.	M55	0:41:36	08:19.0
29	CLIFFE, Mark	West Waterford A.C.	M45	0:41:38	08:19.4
30	O'NEILL, Tom	N/A	M Senior	0:41:43	08:20.4
31	MOORE, Grainne	West Waterford A.C.	F Senior	0:41:45	08:20.8
32	CLIFFORD, Peter	West Waterford A.C.	M Senior	0:41:54	08:22.6
33	COSGRAVE, Donnacha	West Waterford A.C.	M45	0:42:07	08:25.2
34	NOLAN, Jack	West Waterford A.C.	M Senior	0:42:27	08:29.2
35	DUNFORD, Michael	West Waterford A.C.	M55	0:42:35	08:30.8
36	BEHAN, Diane	Waterford A.C.	F50	0:42:50	08:33.8
37	O'CONNOR, Eric	N/A	M Senior	0:43:04	08:36.6
38	CHIZHIKOV, Yevgeniy	West Waterford A.C.	M50	0:43:08	08:37.4
39	HOGAN, Tom	West Waterford A.C.	M45	0:43:32	08:42.2

40	BUCKLEY, Mark	N/A	M40	0:43:48	08:45.4
41	DUGGAN, Peter	St Josephs A.C	M50	0:44:04	08:48.6
42	CONCANNON, Mick	West Waterford A.C.	M60	0:44:11	08:50.0
43	O'SULLIVAN, John	Waterford A.C.	M40	0:44:18	08:51.4
44	SALMON, Joe	West Waterford A.C.	M55	0:44:20	08:51.8
45	HURNEY, Gary	West Waterford A.C.	M40	0:44:25	08:52.8
46	MAHONY, Tomas	West Waterford A.C.	M50	0:44:28	08:53.4
47	FOLEY, Linda	West Waterford A.C.	F35	0:44:33	08:54.4
48	FLYNN, John	West Waterford A.C.	M55	0:44:39	08:55.6
49	CROWLEY, Avril	East Cork	F45	0:44:48	08:57.4
50	O'MAHONY, Tony	West Waterford A.C.	M55	0:44:59	08:59.6
51	MURRAY, Conor	West Waterford A.C.	M55	0:45:08	09:01.4
52	TOBIN, Martin	West Waterford A.C.	M60	0:45:14	09:02.6
53	HYNES, Jody	West Waterford A.C.	M45	0:45:16	09:03.0
54	HOLLAND, Anne Marie	Youghal A.C.	F45	0:45:18	09:03.4
55	O'DONOGHUE, Donal	Watergrasshill A.C.	M55	0:45:28	09:05.4
56	PHELAN, Eamonn	West Waterford A.C.	M60	0:45:32	09:06.2
57	FARRELL, Eanna	N/A	M Senior	0:45:38	09:07.4
58	LENIHAN, Michael	West Waterford A.C.	M Senior	0:45:43	09:08.4
59	HAYES, John Joe	Tried and Tested	M45	0:45:56	09:11.0
60	RYAN, Aidan	N/A	M Senior	0:45:59	09:11.6
61	POWER, Micheál	West Waterford A.C.	M Senior	0:46:03	09:12.4
62	CLINCE, Liam	West Waterford A.C.	M60	0:46:19	09:15.6
63	O'GORMAN, Thomas	N/A	M Senior	0:46:22	09:16.2
64	MORONEY, Nicola	West Waterford A.C.	F40	0:46:48	09:21.4
65	MC GRATH, Donall	Individual	M Senior	0:47:13	09:26.4
66	CONNELL, Fiona	West Waterford A.C.	F40	0:47:19	09:27.6
67	VAN DER VALK, T.J.	Waterford A.C.	M60	0:47:31	09:30.0
68	O'CONNOR, Gerry	West Waterford A.C.	M60	0:47:43	09:32.4
69	STAPLETON, Clodagh	West Waterford A.C.	F Junior	0:47:46	09:33.0
70	O'MAHONY, Donal	West Waterford A.C.	M40	0:47:55	09:34.8
71	O'CONNELL, Colm	West Waterford A.C.	M50	0:47:58	09:35.4
72	STOREY, Norah	Tramore AC	F45	0:48:05	09:36.8
73	HICKEY, Alan	N/A	M45	0:48:08	09:37.4
74	HALPIN, Richie	N/A	M40	0:48:09	09:37.6
75	O'DONNELL, Kenneth	West Waterford A.C.	M50	0:48:11	09:38.0
76	LACEY, Geraldine	West Waterford A.C.	F45	0:48:20	09:39.8
77	NI FHAOLAIN, Sinead	West Waterford A.C.	F40	0:48:22	09:40.2
78	MOORE, Sandra	West Waterford A.C.	F50	0:48:23	09:40.4
79	DROHAN, Noel	West Waterford A.C.	M50	0:48:35	09:42.8
80	GLEESON, Cathal E.	West Waterford A.C.	M45	0:48:38	09:43.4
81	O'RIORDAN, Eoin	West Waterford A.C.	M50	0:48:46	09:45.0

82	O'FLYNN, Pdraig	Touraneena Road Runners	M55	0:48:55	09:46.8
83	O'DONOGHUE, Tony	N/A	M Seniiior	0:49:24	09:52.6
84	DARCY, Anita	Individual	F35	0:49:38	09:55.4
85	KENNEDY, Claire	West Waterford A.C.	F35	0:49:39	09:55.6
86	POWER, Sinead	N/A	F40	0:49:44	09:56.6
87	MEAGHER, James	N/A	M50	0:49:47	09:57.2
88	MURPHY, Peter	Saturday Road Runners	M Seniiior	0:49:57	09:59.2
89	COFFEY, Brigid	West Waterford A.C.	F50	0:49:59	09:59.6
90	DARCY, Karen	Individual	F35	0:50:41	10:08.0
91	CRONIN, Michael	Individual	M55	0:51:17	10:15.2
92	CLIFFE, Kate	N/A	F Senior	0:51:30	10:17.8
93	BREATHNACH, Orna	West Waterford A.C.	F40	0:51:42	10:20.2
94	POWER, Margaret	Carrick On Suir A.C.	F65	0:51:53	10:22.4
95	FORDE, Kevin	West Waterford A.C.	M60	0:52:41	10:32.0
96	BARRY, Céire	West Waterford A.C.	F Senior	0:53:04	10:36.6
97	UI MHURCHADHA, Kerrie	West Waterford A.C.	F35	0:53:11	10:38.0
98	HUGHES, Catherine	Carrick On Suir A.C.	F50	0:53:20	10:39.8
99	PRENDERGAST, Aisling	N/A	F Senior	0:53:35	10:42.8
100	BRENNAN, Noel	West Waterford A.C.	M55	0:53:36	10:43.0
101	LEAHY, Helen	West Waterford A.C.	F40	0:53:54	10:46.6
102	MOONEY, Lorena	Individual	F45	0:53:58	10:47.4
103	O'BRIEN, Grainne	West Waterford A.C.	F Senior	0:54:13	10:50.4
104	FLYNN, Jevon	Individual	M Seniiior	0:54:26	10:53.0
105	CROWE, Cathriona	West Waterford A.C.	F50	0:54:33	10:54.4
106	WHITE, Cathriona	N/A	F40	0:54:45	10:56.8
107	UI CHUIRRIN, Josie	West Waterford A.C.	F60	0:54:52	10:58.2
108	BURKIN, Johnny	West Waterford A.C.	M Seniiior	0:54:56	10:59.0
109	POWER, Onra	West Waterford A.C.	F55	0:55:05	11:00.8
110	BUCKNER, Laura	N/A	F Senior	0:55:20	11:03.8
111	O'CONNOR, Kevin	Eagle AC	M50	0:55:22	11:04.2
112	CUMMINS, Michael	N/A	M40	0:55:24	11:04.6
113	BEECHINOR, Martina	West Waterford A.C.	F50	0:55:38	11:07.4
114	KELLY, Melanie	N/A	F60	0:55:38	11:07.4
115	DALY, Patrycja	West Waterford A.C.	F45	0:55:39	11:07.6
116	POWER, Rose	West Waterford A.C.	F50	0:55:46	11:09.0
117	GAFFNEY, Andrea	West Waterford A.C.	F55	0:56:08	11:13.4
118	KIELY, Melissa	N/A	F40	0:56:19	11:15.6
119	LAMBERT, Kieran	N/A	M Seniiior	0:56:31	11:18.0
120	MULCAHY, Kevin	N/A	M55	0:56:37	11:19.2
121	TUTTY, George	N/A	M45	0:56:47	11:21.2

122	COLLINS, Niamh	West Waterford A.C.	F Senior	0:56:51	11:22.0
123	FLYNN, Katie	Individual	F Senior	0:56:54	11:22.6
124	POWER, Owen	West Waterford A.C.	M45	0:57:15	11:26.8
125	POWER, Robert	N/A	M40	0:57:18	11:27.4
126	HIGGINS, Sharon	West Waterford A.C.	F40	0:57:26	11:29.0
127	O'MAHONY, Kelly	Youghal A.C.	F Senior	0:57:55	11:34.8
128	KIELY, Sinead	West Waterford A.C.	F Senior	0:58:15	11:38.8
129	POWER, Maria	N/A	F35	0:58:32	11:42.2
130	BRENNAN, Mary	Greenway Joggers	F50	0:58:41	11:44.0
131	DWYER, Anthony	West Waterford A.C.	M65	0:58:59	11:47.6
132	CURRAN, Eamonn	West Waterford A.C.	M50	0:59:06	11:49.0
133	VAN DER VALK, Rosie	Waterford A.C.	F60	0:59:26	11:53.0
134	MOORE, Susie	Greenway Joggers	F45	0:59:32	11:54.2
135	CUMMINS, Mary	N/A	F Senior	0:59:36	11:55.0
136	WOODS, John	West Waterford A.C.	M40	0:59:42	11:56.2
137	LENIHAN, Mark	West Waterford A.C.	M55	0:59:42	11:56.2
138	CURRAN, Steven	West Waterford A.C.	M40	0:59:51	11:58.0
139	BARRY, Geraldine	West Waterford A.C.	F50	0:59:53	11:58.4
140	MOLONEY, Thomas	N/A	M45	0:59:54	11:58.6
141	O'ROURKE, Joe	West Waterford A.C.	M60	0:59:54	11:58.6
142	CRONIN, Katie	Youghal A.C.	F Senior	1:00:14	12:02.6
143	FOLEY POWER, Linda	West Waterford A.C.	F40	1:01:07	12:13.2
144	LANDERS, Lisa	N/A	F35	1:02:32	12:30.2
145	REGAN, Julie	N/A	F35	1:02:33	12:30.4
146	MANLEY, Marie	N/A	F55	1:02:41	12:32.0
147	MC CONVIL, Sue	N/A	F50	1:02:56	12:35.0
148	LANIGAN, Natasha	West Waterford A.C.	F45	1:02:59	12:35.6
149	FENNELL, Ruth	West Waterford A.C.	F50	1:03:32	12:42.2
150	WHELAN, Ciara	N/A	F45	1:04:08	12:49.4
151	HAYES, Jacqui	N/A	F50	1:04:08	12:49.4
152	NOONE, Iomhar	West Waterford A.C.	F45	1:06:59	13:23.6
153	WHELAN DEVINE, Deirdre	West Waterford A.C.	F40	1:06:59	13:23.6