

CARRICK-ON-SUIR AC SUMMER SERIES 2016**Race 1- Faugheen 5k****Friday 22 April 2016 7.30 pm****Results for All Competitors in finish order**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Age Category</i>	<i>Pace min/mile</i>	<i>Race No</i>
1	0:15:45	SHEIL, Niall	St Killians	Senior Men	05:04.1	26
2	0:15:49	MOORE, Kevin	Dundrum	Senior Men	05:05.3	94
3	0:15:56	MURPHY, Damien	West Waterford	Senior Men	05:07.6	30
4	0:16:00	SHANAHAN, Denis	Thurles Crokes	Mens Over 40	05:08.9	34
5	0:16:22	SMITH, Danny	Ballynonty	Senior Men	05:16.0	1
6	0:16:36	WALSH, Derek	Carrick AC	Senior Men	05:20.5	73
7	0:16:37	GALLAGHER, Brian	Ferrybank	Senior Men	05:20.8	80
8	0:16:50	COLEMAN, Kevin		Senior Men	05:25.0	68
9	0:16:52	RYAN, Michael J	Dundrum	Senior Men	05:25.6	3
10	0:16:55	CUDDIHY, Brian	Waterford AC	Senior Men	05:26.6	126
11	0:16:56	HAYDEN, John	Focus on Fitness	Senior Men	05:26.9	53
12	0:16:58	RYAN, Dermot	West Waterford	Mens Over 40	05:27.5	39
13	0:17:06	CURRAN, Kenny	Ballynonty	Mens Over 40	05:30.1	102
14	0:17:16	ROCHE, Patrick	Carrick AC	Senior Men	05:33.3	74
15	0:17:18	O'BRIEN, Keith	Clonmel AC	Mens Over 40	05:34.0	97
16	0:17:20	COLBERT, Des	Waterford AC	Mens Over 40	05:34.6	79
17	0:17:25	RYAN, Michael	Dundrum	Senior Men	05:36.2	99
18	0:17:35	GUINAN, PJ	Waterford AC	Mens Over 45	05:39.5	11
19	0:17:53	CODD, Vinny	Waterford AC	Mens Over 40	05:45.2	52
20	0:17:55	FITZGERALD, Terry	Carrick Triathlon Club	Senior Men	05:45.9	128
21	0:17:59	NOLAN, Pat	Waterford AC	Mens Over 40	05:47.2	5
22	0:18:00	KEANE, Walter	Waterford AC	Mens Over 55	05:47.5	40
23	0:18:01	O'SULLIVAN, Michael	Carrick AC	Mens Over 40	05:47.8	96
24	0:18:04	MORRISSEY, Eamonn		Senior Men	05:48.8	122
25	0:18:11	ROWE, Dean	St Josephs	Senior Men	05:51.0	41
26	0:18:13	MALONE, Sylvia	Waterford AC	Ladies Over 40	05:51.7	60
27	0:18:29	CARROLL, Brian	Clonmel AC	Mens Over 40	05:56.8	27
28	0:18:31	CASEY, Liam	Clonmel AC	Mens Over 45	05:57.5	23
29	0:18:37	CORMACK, Pat	Ballynonty	Mens Over 40	05:59.4	36
30	0:18:42	HORE, Anna Leigh	Kilmore ac	Senior Ladies	06:01.0	4
31	0:18:48	DOWNEY, Andrew	Carrick AC	Mens Over 40	06:02.9	112
32	0:19:01	DULLAGHAN, Suzanne	Waterford AC	Ladies Over 40	06:07.1	12
33	0:19:02	GRAHAM, Brian	Carrick AC	Senior Men	06:07.5	25
34	0:19:05	O'SULLIVAN, John	Balance Fitness	Senior Men	06:08.4	104
35	0:19:11	BOURKE, Tom	Clonmel AC	Mens Over 50	06:10.3	121
36	0:19:13	MURPHY, Ger	Carrick AC	Senior Men	06:11.0	31
37	0:19:15	GRIFFIN, Maria	St Josephs	Ladies Over 45	06:11.6	9
38	0:19:17	COUGHLAN, Eoghan	Carrick AC	Senior Men	06:12.3	35
39	0:19:18	FLAHERTY, David	Carrick Triathlon Club	Mens Over 40	06:12.6	57
40	0:19:21	BATTYE, Ed	Waterford AC	Senior Men	06:13.6	2
41	0:19:23	ROCHE, Aine	Clonmel AC	Senior Ladies	06:14.2	51
42	0:19:26	FLYNN, Eamonn	Waterford AC	Mens Over 40	06:15.2	43
43	0:19:28	DENN, James	Clonmel AC	Senior Men	06:15.8	18
44	0:19:32	CODY, Brian		Senior Men	06:17.1	91
45	0:19:38	HOGAN, Tom	West Waterford	Mens Over 40	06:19.0	66
46	0:19:39	MAHONY, Joan	Waterford AC	Ladies Over 35	06:19.4	32
47	0:19:40	O'DRISCOLL, Keith	Waterford AC	Senior Men	06:19.7	58
48	0:19:49	PROVEN, Neil	Clonmel AC	Mens Over 45	06:22.6	29
49	0:19:50	BUTLER, Tom	Clonmel AC	Mens Over 45	06:22.9	63
50	0:19:52	KERWICK, Pat	Carrick AC	Senior Men	06:23.5	133

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51	0:20:02	BOLAND, Ann Marie	Clonmel AC	Senior Ladies	06:26.8	67
52	0:20:05	CRONIN, Brendan	Carrick AC	Mens Over 55	06:27.7	92
53	0:20:08	MCGRATH, Brendan	Tourneena Runners	Senior Men	06:28.7	78
54	0:20:16	RYAN, George	Waterford AC	Senior Men	06:31.3	98
55	0:20:17	WARD, Seamus	Carrick AC	Mens Over 45	06:31.6	69
56	0:20:24	CASEY, Donal	Clonmel AC	Mens Over 45	06:33.8	22
57	0:20:29	DOOLAN, Mary	St Josephs	Ladies Over 40	06:35.4	7
58	0:20:31	PONCE DE LEON, Miguel		Mens Over 40	06:36.1	71
59	0:20:34	O'MEARA, John		Mens Over 45	06:37.1	106
60	0:20:39	MOLLOY, Mary	Carrick AC	Ladies Over 35	06:38.7	101
61	0:20:43	MULLALLY, Frances	St Josephs	Ladies Over 45	06:40.0	8
62	0:20:55	LEE, Wayne	Waterford AC	Mens Over 40	06:43.8	28
63	0:21:05	BRENNAN, Ger	Senior Men		06:47.0	127
64	0:21:07	BRETT, Kenny	Clonmel AC	Mens Over 40	06:47.7	55
65	0:21:11	FLEMING, Jim	West Waterford	Mens Over 45	06:49.0	16
66	0:21:18	FINN, Tommy	Senior Men		06:51.2	20
67	0:21:20	BEHAN, Diane	Waterford AC	Ladies Over 45	06:51.9	59
68	0:21:27	CAHILL, Tommy	Clonmel AC	Mens Over 60	06:54.1	90
69	0:21:28	O'LOUGHLIN, Darren	Carrick AC	Senior Men	06:54.4	15
70	0:21:32	O'DONOGHUE, Donal		Mens Over 45	06:55.7	62
71	0:21:37	LONERGAN, Jimmy	Clonmel AC	Mens Over 50	06:57.3	134
72	0:21:49	SHALLOE, Triona	West Waterford	Senior Ladies	07:01.2	6
73	0:21:59	DOYLE, Paddy		Mens Over 40	07:04.4	45
74	0:22:09	BLAIR, Gabrielle	Waterford AC	Ladies Over 50	07:07.6	33
75	0:22:10	PARLE, Pat		Mens Over 55	07:07.9	108
76	0:22:12	HEYLIN, Siobhan	Waterford AC	Senior Ladies	07:08.6	14
77	0:22:14	RELLIS, Sandra	Focus on Fitness	Senior Ladies	07:09.2	48
78	0:22:16	HAYDEN, Rhona	Focus on Fitness	Senior Ladies	07:09.9	47
79	0:22:28	O'BRIEN, Emer	Right4UFitness	Ladies Over 45	07:13.7	56
80	0:22:33	COADY, Wayne	Carrick AC	Senior Men	07:15.4	44
81	0:22:34	EGAN, Tom	Carrick AC	Mens Over 40	07:15.7	88
82	0:22:59	MURPHY, Jane	Waterford AC	Senior Ladies	07:23.7	86
83	0:23:18	BOLAND, Maurice	Clonmel AC	Mens Over 60	07:29.8	116
84	0:23:20	HANLON, John		Mens Over 45	07:30.5	70
85	0:23:30	O NEILL, Maura	Carrick AC	Ladies Over 50	07:33.7	107
86	0:23:44	CUNNIGHAM, Peter	West Waterford	Senior Men	07:38.2	83
87	0:23:58	O' NEILL, Kevin		Senior Men	07:42.7	132
88	0:23:59	GAFFNEY, Andrea	West Waterford	Ladies Over 45	07:43.0	110
89	0:24:05	POWER, Onra	West Waterford	Ladies Over 50	07:45.0	114
90	0:24:13	BYRNE, Trevor		Senior Men	07:47.5	42
91	0:24:17	WALSH, Tina		Senior Ladies	07:48.8	75
92	0:24:25	PROCTOR, Pascal	West Waterford	Mens Over 60	07:51.4	111
93	0:24:35	LOMBARD, Cora		Ladies Over 50	07:54.6	61
94	0:24:36	MURPHY, Aideen	Right4UFitness	Ladies Over 40	07:54.9	76
95	0:24:41	CUNNINGHAM, Michelle	West Waterford	Senior Ladies	07:56.5	64
96	0:24:43	PHELAN, Leanne		Senior Ladies	07:57.2	129
97	0:24:45	GALVIN, Pat		Mens Over 40	07:57.8	84
98	0:24:47	CRONIN, Ann	Carrick AC	Ladies Over 50	07:58.5	81
99	0:24:56	O'MEARA, Gillian		Senior Ladies	08:01.4	103
100	0:24:57	CUDDIHY, Conor	Carrick AC	Senior Men	08:01.7	50
101	0:25:00	LENIHAN, Siobhan	West Waterford	Ladies Over 45	08:02.7	65
102	0:25:03	BLANCHFIELD, JP		Mens Over 40	08:03.6	77
103	0:25:08	KENNEDY, Lorraine		Ladies Over 35	08:05.2	49
104	0:25:10	KENNEDY, Derek		Mens Over 40	08:05.9	46
105	0:25:15	POWER, Deirdre	Carrick AC	Ladies Over 35	08:07.5	113
106	0:25:36	CASEY, Eleanor	West Waterford	Ladies Over 40	08:14.2	131

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107	0:25:38	CONDON, Catherine	West Waterford	Ladies Over 50	08:14.9	105
108	0:26:05	HOULIHAN, Geraldine	Carrick AC	Ladies Over 50	08:23.6	89
109	0:26:12	RUSSELL, Michelle	Right4UFitness	Ladies Over 35	08:25.8	10
110	0:26:19	SKELLY, Eileen		Ladies Over 50	08:28.1	115
111	0:26:20	BRETT, Jo	Clonmel AC	Ladies Over 40	08:28.4	54
112	0:26:21	WELLS, Claire		Ladies Over 40	08:28.7	38
113	0:26:21	O'NEILL, Bridget	Right4UFitness	Senior Ladies	08:28.7	19
114	0:26:27	NAGLE, Sinead	Carrick AC	Ladies Over 40	08:30.7	124
115	0:26:28	POWER, Conor		Senior Men	08:31.0	87
116	0:26:29	BRETT, Sean		Mens Over 45	08:31.3	24
117	0:26:42	RONAN, Kim		Senior Ladies	08:35.5	13
118	0:26:58	DOWLEY, Michelle		Senior Ladies	08:40.6	72
119	0:27:07	WARD, Melanie	Right4UFitness	Ladies Over 40	08:43.5	21
120	0:27:12	PHELAN, Niamh		Senior Ladies	08:45.1	120
121	0:27:27	PRENDERGAST, Louise	Tourneena Runners	Senior Ladies	08:50.0	93
122	0:27:28	EGAN, Mary		Ladies Over 40	08:50.3	109
123	0:27:47	POWER, Nicola		Ladies Over 35	08:56.4	125
124	0:28:25	DUNNE, Sinead	Carrick AC	Senior Ladies	09:08.6	130
125	0:28:28	LENIHAN, Tommy	West Waterford	Mens Over 55	09:09.6	82
126	0:28:37	HALLINAN, Grainne	Tourneena Runners	Ladies Over 45	09:12.5	95
127	0:29:14	BROXSON, Becky		Ladies Over 35	09:24.4	37
128	0:30:18	O' BRIEN, Kerry		Senior Ladies	09:45.0	100
129	0:30:27	MANSFIELD, Cathy	Clonmel AC	Ladies Over 40	09:47.9	17
130	0:32:30	HOGAN, Mary	West Waterford	Ladies Over 50	10:27.5	85

There were 130 finishers in the All Competitors category