

CARRICK-ON-SUIR AC SUMMER SERIES 2016**Race 5- Piltown 10K****Friday 29th July 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	0:34:10	MAUNSELL, Kevin	Clonmel AC	Senior Men	05:29.8	710
2	0:34:15	MOORE, Kevin	Dundrum	Senior Men	05:30.6	695
3	0:34:40	MURPHY, Brian	Carrick AC	Senior Men	05:34.6	652
4	0:34:45	SHEIL, Niall	St Killians	Senior Men	05:35.4	440
5	0:35:14	JOHNSON, Mick	Churchhill runners	Senior Men	05:40.1	698
6	0:35:21	COLEMAN, Kevin		Senior Men	05:41.2	711
7	0:35:28	WALSH, Derek	Carrick AC	Senior Men	05:42.4	635
8	0:36:09	GUNNER, Val	Churchhill runners	Mens Over 40	05:48.9	699
9	0:36:47	HEARNE, Steven	Waterford AC	Senior Men	05:55.1	704
10	0:36:51	MAHER, Ken		Mens Over 40	05:55.7	673
11	0:36:53	O'DONNELL, Aaron	Carrick AC	Senior Men	05:56.0	653
12	0:37:09	BALANT, Sebastian	Waterford AC	Senior Men	05:58.6	493
13	0:37:15	ROCHE, Patrick	Carrick AC	Senior Men	05:59.6	670
14	0:38:00	LYNCH, Kevin		Mens Over 40	06:06.8	696
15	0:38:10	MURRAY, Ger		Mens Over 45	06:08.4	642
16	0:38:11	CARTHY, Jackie	Kilmore ac	Ladies Over 45	06:08.6	439
17	0:38:24	BOOKLE, Patrick	St Josephs	Mens Over 45	06:10.7	491
18	0:38:39	DOWNEY, Andrew	Carrick AC	Mens Over 40	06:13.1	705
19	0:38:51	NOLAN, John	Waterford AC	Senior Men	06:15.0	645
20	0:38:52	LANIGAN, David	St Josephs	Mens Over 40	06:15.2	649
21	0:39:09	RYAN, Michael	St Josephs	Senior Men	06:17.9	497
22	0:39:15	POWER, Anthony		Senior Men	06:18.9	646
23	0:39:17	DAVIS, Anthony	Clonmel Triathlon Club	Mens Over 40	06:19.2	692
24	0:39:19	FORRISTAL, Sally	St Josephs	Senior Ladies	06:19.5	499
25	0:39:36	DELANEY, Sean		Mens Over 45	06:22.3	498
26	0:39:37	MALONE, Caoilte	KCH	Senior Ladies	06:22.4	634
27	0:39:50	BURKE, Raymond		Senior Men	06:24.5	640
28	0:40:05	DERMODY, Stephen		Mens Over 45	06:26.9	496
29	0:40:19	HAHESSY, Benny	Carrick Triathlon Club	Mens Over 40	06:29.2	707
30	0:40:30	BARRY, Keith		Mens Over 45	06:30.9	641
31	0:41:07	O'SULLIVAN, John	Balance Fitness	Senior Men	06:36.9	680
32	0:41:11	DOWLING, Donna	KCH	Ladies Over 35	06:37.5	633
33	0:41:17	O'DONOGHUE, Eddie	Clonmel AC	Senior Men	06:38.5	691
34	0:41:33	O'DRISCOLL, Keith	Waterford AC	Senior Men	06:41.1	441
35	0:41:36	DE PAOR, Daithi		Mens Over 45	06:41.6	686
36	0:41:40	CROTTY, John		Senior Men	06:42.2	647
37	0:41:44	DERMODY, Paul	Kilkenny Tri	Senior Men	06:42.8	495
38	0:41:45	KIELY, Shane		Senior Men	06:43.0	706
39	0:41:49	CUDDIHY, Brian	Waterford AC	Senior Men	06:43.7	676
40	0:41:57	GRAHAM, Brian	Carrick AC	Senior Men	06:44.9	494
41	0:42:09	CARROLL, Bill	Thomastown AC	Mens Over 45	06:46.9	654
42	0:42:13	CASEY, Noel	Dundrum	Senior Men	06:47.5	657
43	0:42:34	KISSANE, Eoin	united striders	Mens Over 45	06:50.9	659
44	0:42:39	KAVANAGH, Thomas		Senior Men	06:51.7	655
45	0:43:00	LENIHAN, Paul	West Waterford	Mens Over 45	06:55.1	636
46	0:43:09	NOLAN, Pat	Waterford AC	Mens Over 40	06:56.5	669
47	0:43:11	BYRNE, John		Mens Over 40	06:56.8	500
48	0:43:40	MOLLOY, Mary	Carrick AC	Ladies Over 35	07:01.5	656
49	0:44:03	FLAHERTY, David	Carrick Triathlon Club	Mens Over 40	07:05.2	671
50	0:44:52	POWER, Jim		Senior Men	07:13.1	664
51	0:45:04	TORPEY, Barry	Carrick AC	Mens Over 45	07:15.0	700
52	0:45:12	GROGAN, Michael	Churchhill runners	Mens Over 45	07:16.3	679
53	0:45:15	BARRY, Donal	Moglass	Mens Over 40	07:16.8	681
54	0:45:22	CUNNIGHAM, Peter	West Waterford	Senior Men	07:17.9	644
55	0:45:28	KENNEDY, Daniel	Clonmel AC	Senior Men	07:18.9	685
56	0:45:46	BYRNE, Anna	Clonmel AC	Ladies Over 50	07:21.8	682
57	0:45:47	LATHAM, Tony		Mens Over 55	07:21.9	703

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58	0:45:49	CONCANNON, Mick	West Waterford	Mens Over 50	07:22.3	660
59	0:45:50	VALDIFRORE, Simone		Senior Men	07:22.4	650
60	0:47:19	MURPHY, Shane		Senior Men	07:36.8	658
61	0:47:27	O'SHAUGHNESSY, Emer		Ladies Over 45	07:38.0	677
62	0:48:04	MURPHY, Patrick		Senior Men	07:44.0	709
63	0:48:09	LAFFAN, Kieran	Waterford Triathlon Club	Mens Over 45	07:44.8	672
64	0:48:12	O'SHAUGHNESSY, Michael	KCH	Mens Over 50	07:45.3	675
65	0:48:14	MCCARTHY, Cora		Ladies Over 45	07:45.6	678
66	0:48:36	BRENNAN, Ger		Senior Men	07:49.1	697
67	0:48:49	O'MEARA, John		Mens Over 45	07:51.2	687
68	0:48:52	PRENDERGAST, Bernie	West Waterford	Ladies Over 55	07:51.7	667
69	0:49:25	FLAHERTY, Marian	Clonmel AC	Ladies Over 40	07:57.0	683
70	0:49:52	COADY, Wayne	Carrick AC	Senior Men	08:01.4	639
71	0:50:02	O'DWYER, Derek	Carrick AC	Senior Men	08:03.0	674
72	0:50:06	POWER, Onra	West Waterford	Ladies Over 50	08:03.6	713
73	0:50:21	LANIGAN, Susan	St Josephs	Ladies Over 40	08:06.0	648
74	0:50:23	LONG, Fiona		Junior Girls	08:06.4	702
75	0:50:49	MASSEY, Anne	West Waterford	Ladies Over 40	08:10.5	651
76	0:51:30	CUNNINGHAM, Michelle	West Waterford	Senior Ladies	08:17.1	643
77	0:52:22	O'NEILL, Kevin		Senior Men	08:25.5	708
78	0:53:17	MCGRATH, Ted		Mens Over 55	08:34.4	688
79	0:53:37	PHELAN, Leanne		Senior Ladies	08:37.6	701
80	0:53:46	O'DONOGHUE, Donal		Mens Over 45	08:39.0	712
81	0:54:09	HARTLEY, Pauline		Ladies Over 35	08:42.7	637
82	0:54:10	KENNEDY, Kathleen	Waterford AC	Ladies Over 55	08:42.9	668
83	0:54:34	HARTE, Sinead		Ladies Over 35	08:46.7	492
84	0:54:43	HENNEBRY, Ruth	Huffers & Puffers	Ladies Over 35	08:48.2	662
85	0:55:05	HALLINAN, Gary	Clonmel AC	Senior Men	08:51.7	684
86	0:55:44	LENIHAN, Siobhan	West Waterford	Ladies Over 45	08:58.0	638
87	0:55:57	HOULIHAN, Geraldine	Carrick AC	Ladies Over 50	09:00.1	694
88	0:56:06	STAPLETON, Rosemary	Huffers & Puffers	Ladies Over 35	09:01.5	663
89	0:56:38	BARRY, Kevin	Right4UFitness	Senior Men	09:06.7	690
90	0:57:32	DONOVAN, Sean		Mens Over 55	09:15.4	632
91	0:59:30	BARRY, CLAIRE	Right4UFitness	Ladies Over 40	09:34.4	689
92	1:01:00	DUNNE, Sinead	Carrick AC	Senior Ladies	09:48.8	665
93	1:01:20	WHITE, Scott	Carrick Triathlon Club	Mens Over 45	09:52.1	661
94	1:02:54	WHITE, Michael	Waterford AC	Mens Over 55	10:07.2	442
95	1:05:28	DUNNE, Sean	Carrick AC	Senior Men	10:32.0	666
96	1:06:26	GOUGH, Terri	West Waterford	Ladies Over 55	10:41.3	693

There were 96 finishers in the All Competitors category.