

AUTO POWER RATHGORMACK 5 2011 RESULTS

Posn	Number	Name	Club	Category	Time	Pace
1	109	MURPHY, Brian	Carrick AC	Senior Men	0:26:26	05:17.6
2	51	SHEIL, Niall	St Killians	Senior Men	0:27:12	05:26.8
3	114	KEANE, Martin	Dundrum	Senior Men	0:28:05	05:37.4
4	57	ALEXANDER, Ross	Coolquill	Senior Men	0:28:18	05:40.0
5	118	RYAN, David		Senior Men	0:28:27	05:41.8
6	26	CANTWELL, Gary	KCK	Junior Boys	0:28:40	05:44.4
7	17	DOHERTY, Declan	Thurles Crokes	Men Over 40	0:28:46	05:45.6
8	115	KEANE, Donal	Dundrum	Senior Men	0:28:58	05:48.0
9	133	ROCHE, Patrick	Carrick AC	Senior Men	0:29:02	05:48.8
10	4	O'SULLIVAN, Pat	Carrick AC	Men Over 40	0:29:12	05:50.8
11	90	MURPHY, Sean	united striders	Senior Men	0:29:27	05:53.8
12	82	KEHOE, Jason	St Killians	Senior Men	0:29:38	05:56.0
13	18	WATERS, David	Carrick AC	Senior Men	0:29:57	05:59.8
14	27	O'CEALLAIGH, Niall	Clonmel AC	Men Over 40	0:30:09	06:02.3
15	63	BUDDS, Liam	West Waterford	Senior Men	0:30:13	06:03.1
16	9	CRONIN, Brendan	Carrick AC	Men Over 50	0:30:14	06:03.3
17	104	O'GORMAN, Richard	Clonmel AC	Men Over 45	0:30:16	06:03.7
18	3	NOLAN, Pat	Waterford AC	Senior Men	0:30:18	06:04.1
19	5	GOUGH, Joe	West Waterford	Men Over 55	0:30:25	06:05.5
20	127	O'CONNELL, Michael	Carrick AC	Senior Men	0:30:35	06:07.5
21	97	DANAGHER, Margaret	Templemore	Senior Ladies	0:30:44	06:09.3
22	23	CASEY, Liam	Clonmel AC	Men Over 40	0:30:45	06:09.5
23	83	MCCARTHY, Maria		Ladies Over 35	0:30:58	06:12.1
24	21	LYNCH, Kevin		Senior Men	0:30:59	06:12.3
25	91	FLYNN, Declan	West Waterford	Men Over 50	0:31:00	06:12.5
26	32	O'FLAHERTY, Nigel	Clonmel AC	Senior Men	0:31:08	06:14.1
27	59	FANNING, Owen	Ballynonty	Senior Men	0:31:16	06:15.7
28	61	BRUNNOCK, Johnny	Carrick AC	Senior Men	0:31:18	06:16.1
29	22	O'LOUGHLIN, Gerard	Clonmel AC	Men Over 40	0:31:21	06:16.7
30	86	NOLAN, Derek	Clonmel AC	Men Over 45	0:31:35	06:19.5
31	10	CANTWELL, Gerry	West Waterford	Men Over 50	0:31:44	06:21.3
32	132	BARRY, Keith	Carrick AC	Men Over 40	0:31:46	06:21.7
33	19	RYAN, Austin	Thurles Crokes	Senior Men	0:31:48	06:22.1
34	134	HAHESSY, Benny		Senior Men	0:31:51	06:22.7
35	100	KERVICK, Patrick	Carrick AC	Senior Men	0:32:29	06:30.3
36	12	O'LEARY, Ted	West Waterford	Men Over 40	0:32:32	06:30.9
37	56	CAREY, John		Men Over 40	0:32:34	06:31.3
38	31	FAHEY, Kieran		Men Over 40	0:32:45	06:33.5
39	130	EGAN, Tom	Carrick AC	Men Over 40	0:32:47	06:33.9
40	58	ROCHE, Aine	Clonmel AC	Senior Ladies	0:32:53	06:35.1
41	128	MORKAN, Conor	Clonmel AC	Senior Men	0:32:54	06:35.3
42	92	MALONE, Emmett	united striders	Senior Men	0:32:55	06:35.5
43	105	DENN, James	Fethard	Senior Men	0:32:59	06:36.3
44	89	FLYNN, Phyliss	West Waterford	Ladies Over 45	0:33:07	06:37.9
45	112	SMYTH, Leslie	Coolquill	Men Over 55	0:33:10	06:38.5
46	67	MOLLOY, Paul		Senior Men	0:33:14	06:39.3
47	25	BROWNE, John		Senior Men	0:33:19	06:40.3
48	121	O'BRIEN, James	Clonmel AC	Senior Men	0:33:20	06:40.5
49	94	BARRY, Joe	West Waterford	Senior Men	0:33:23	06:41.1
50	125	GRAHAM, Brian		Senior Men	0:33:26	06:41.7
51	1	BRUNNOCK, Paul	West Waterford	Men Over 40	0:33:36	06:43.7
52	120	MORONEY, Tom	West Waterford	Men Over 50	0:33:37	06:43.9
53	35	O'MEARA, Andrew	Carrick AC	Men Over 40	0:33:59	06:48.3
54	66	MURPHY, Peter	Waterford AC	Senior Men	0:34:07	06:49.9

55	13	LONG, Edward		Men Over 40	0:34:13	06:51.1
56	96	ALEXANDER, Matt	Coolquill	Men Over 55	0:34:21	06:52.7
57	14	GRIFFIN, Ger		Senior Men	0:34:30	06:54.5
58	111	CLIFFE, Mark	West Waterford	Senior Men	0:34:37	06:55.9
59	11	O'GRADY, Billy	Clonmel AC	Men Over 45	0:34:45	06:57.5
60	129	LOWE, Sean		Senior Men	0:35:15	07:03.5
61	93	TOBIN, David		Senior Men	0:35:16	07:03.7
62	2	DOOL, Serena		Senior Ladies	0:35:21	07:04.7
63	55	HAYES, Ray		Men Over 40	0:35:27	07:05.9
64	131	O'MEARA, John	Carrick AC	Men Over 40	0:35:30	07:06.5
65	107	CUNNINGHAM, Teresa		Ladies Over 40	0:35:32	07:06.9
66	126	JOHNSON, Dave	Clonmel AC	Men Over 40	0:35:32	07:06.9
67	72	FREYNEY, Michael		Men Over 40	0:35:34	07:07.3
68	81	MCHALE, Andrew		Men Over 40	0:35:41	07:08.7
69	119	BURKE, Ray	West Waterford	Men Over 45	0:35:42	07:08.9
70	37	LASTE, John	Clonmel AC	Men Over 45	0:35:47	07:09.9
71	113	IVORS, Martin	Coolquill	Men Over 55	0:35:58	07:12.1
72	53	ORMOND, Michael		Men Over 60	0:36:09	07:14.3
73	7	CURRAN, Philip		Junior Boys	0:36:19	07:16.4
74	117	DERMODY, Paul		Senior Men	0:36:21	07:16.8
75	95	O'CONNOR, Jerry	West Waterford	Men Over 45	0:36:35	07:19.6
76	136	BRUNNOCK, Paddy	Carrick AC	Senior Men	0:36:35	07:19.6
77	36	CORCORAN, Mark		Senior Men	0:37:03	07:25.2
78	34	O'MEARA, Eamonn		Men Over 45	0:37:09	07:26.4
79	40	UICHUIRRIN, Josie	West Waterford	Ladies Over 45	0:37:29	07:30.4
80	137	POWER, Bernadette	Waterford AC	Senior Ladies	0:37:52	07:35.0
81	41	O'DONOGHUE, Donal		Men Over 40	0:38:22	07:41.0
82	101	GRINSELL, Joe	Clonmel AC	Men Over 60	0:38:26	07:41.8
83	38	DOWNEY, Andrew	Carrick AC	Senior Men	0:38:39	07:44.4
84	99	CASEY, Rosie	Clonmel AC	Senior Ladies	0:38:42	07:45.0
85	52	PRENDERGAST, Edmund	Clonmel AC	Men Over 50	0:39:05	07:49.6
86	62	QUINN, Tommy	Clonmel AC	Men Over 55	0:39:18	07:52.2
87	116	LONERGAN, Adrian		Senior Men	0:39:22	07:53.0
88	98	POWER, Ricky	West Waterford	Men Over 50	0:39:26	07:53.8
89	103	O'GORMAN, Miriam	Clonmel AC	Ladies Over 40	0:39:27	07:54.0
90	73	O'DONOVAN, Sean	Carrick AC	Men Over 50	0:39:31	07:54.8
91	85	GAFFNEY, Andrea	West Waterford	Ladies Over 40	0:39:53	07:59.2
92	108	CRONIN, Ann	Carrick AC	Ladies Over 45	0:40:09	08:02.4
93	135	HOULIHAN, Geraldine	Carrick AC	Ladies Over 45	0:40:25	08:05.6
94	39	KIRWAN, Assumpta		Ladies Over 50	0:40:34	08:07.4
95	24	POWER, Onra	West Waterford	Ladies Over 45	0:41:00	08:12.6
96	54	PROCTOR, Pascal	West Waterford	Men Over 55	0:41:08	08:14.2
97	6	CURRAN, Jurate		Ladies Over 35	0:41:26	08:17.8
98	28	MASSEY, Anne	West Waterford	Ladies Over 35	0:41:28	08:18.2
99	20	O'DONNELL, Paul	Carrick AC	Senior Men	0:41:52	08:23.0
100	42	MCCARTHY, Michael	West Waterford	Men Over 50	0:41:55	08:23.6
101	122	CONNOLLY, Brian		Men Over 40	0:42:04	08:25.4
102	29	KIELY, Catriona	West Waterford	Ladies Over 35	0:42:09	08:26.4
103	84	CROWLEY, Eamon	Clonmel AC	Men Over 60	0:42:35	08:31.7
104	102	O'GORMAN, Mary	Clonmel AC	Ladies Over 50	0:43:48	08:46.3
105	110	BUTLER, Aine	Clonmel AC	Ladies Over 40	0:44:03	08:49.3
106	123	QUINLAN, Mags	Carrick AC	Ladies Over 40	0:44:31	08:54.9
107	15	LATCHFORD, Katherine		Ladies Over 50	0:44:41	08:56.9
108	16	LACEY, Marrison		Ladies Over 55	0:44:42	08:57.1
109	30	TOBIN, Jackie		Ladies Over 40	0:45:07	09:02.1
110	69	MCNALLY, John		Men Over 40	0:45:53	09:11.3
111	71	CONDON, Ian		Men Over 40	0:45:55	09:11.7
112	88	HILL, David			0:46:16	09:15.9

113	87	HILL, Gemma		Ladies Over 45	0:46:21	09:16.9
114	60	O'NEILL, Sandra	Carrick AC	Ladies Over 35	0:46:26	09:17.9
115	124	AYLWARD, Karri	Carrick AC	Senior Ladies	0:46:50	09:22.7
116	70	HOOTON, Mary	Kill Roadrunners	Ladies Over 50	0:47:00	09:24.7
117	64	HEYLIN, Roisin		Senior Ladies	0:47:52	09:35.1
118	33	O'BRIEN, Alison		Senior Ladies	0:47:53	09:35.3
119	106	GOUGH, Terri	West Waterford		0:50:09	10:02.6
120	8	HEARNE, Emma		Senior Ladies	0:52:38	10:32.4