

# CARRICK-ON-SUIR AC SUMMER SERIES 2014

## Race 3 – Deadmans 5 Mile Friday 6<sup>th</sup> June 2014 – 7.30 pm

| <i>Place</i> | <i>Time</i> | <i>Name</i>           | <i>Team</i>            | <i>Age Category</i> | <i>Pace min<br/>/mile</i> | <i>Race<br/>No.</i> |
|--------------|-------------|-----------------------|------------------------|---------------------|---------------------------|---------------------|
| 1            | 0:26:41     | SHEIL, Niall          | St Killians            | Senior Men          | 05:20.6                   | 344                 |
| 2            | 0:26:47     | MURPHY, Noel          | Waterford AC           | Senior Men          | 05:21.8                   | 358                 |
| 3            | 0:26:50     | COGHLAN, Alban        | Crusaders AC           | Senior Men          | 05:22.4                   | 376                 |
| 4            | 0:27:03     | RYAN, David           | Clonmel AC             | Mens Over 40        | 05:25.0                   | 348                 |
| 5            | 0:27:26     | FOGARTY, Tony         | Templemore             | Senior Men          | 05:29.6                   | 402                 |
| 6            | 0:27:42     | BYRNE, Brian          | West Waterford         | Senior Men          | 05:32.8                   | 450                 |
| 7            | 0:28:21     | O'SULLIVAN, Pat       | Carrick AC             | Mens Over 45        | 05:40.6                   | 418                 |
| 8            | 0:28:43     | BOLAND, Jimmy         | Clonmel AC             | Senior Men          | 05:45.0                   | 422                 |
| 9            | 0:28:53     | O'DONNELL, Aaron      | Carrick AC             | Senior Men          | 05:47.0                   | 420                 |
| 10           | 0:29:07     | MURPHY, Damien        | West Waterford         | Senior Men          | 05:49.8                   | 333                 |
| 11           | 0:29:10     | SMYTH, David          | Rayweir                | Mens Over 40        | 05:50.4                   | 363                 |
| 12           | 0:29:16     | KEANE, Martin         | Dundrum                | Senior Men          | 05:51.6                   | 338                 |
| 13           | 0:29:30     | NOLAN, Derek          | Clonmel AC             | Mens Over 50        | 05:54.4                   | 404                 |
| 14           | 0:29:31     | GUINAN, PJ            | West Waterford         | Mens Over 45        | 05:54.6                   | 369                 |
| 15           | 0:29:53     | O'CEALLAIGH, Niall    | Clonmel AC             | Mens Over 45        | 05:59.0                   | 449                 |
| 16           | 0:29:53     | O'DWYER, Martina      | Carrick AC             | Ladies Over 35      | 05:59.0                   | 398                 |
| 17           | 0:29:56     | CLINTON, Ronan        |                        | Mens Over 40        | 05:59.6                   | 346                 |
| 18           | 0:29:59     | KEANE, Donal          | Dundrum                | Senior Men          | 06:00.2                   | 337                 |
| 19           | 0:30:06     | BARCOE, Lyndon        | Gowran AC              | Senior Men          | 06:01.6                   | 350                 |
| 20           | 0:30:15     | MURPHY, Martin        |                        | Senior Men          | 06:03.5                   | 462                 |
| 21           | 0:30:33     | BOOKLE, Patrick       | St Josephs             | Mens Over 45        | 06:07.1                   | 423                 |
| 22           | 0:30:37     | GOUGH, Joe            | West Waterford         | Mens Over 60        | 06:07.9                   | 430                 |
| 23           | 0:30:41     | LANDERS, Aidan        |                        | Senior Men          | 06:08.7                   | 468                 |
| 24           | 0:30:42     | MAHONY, Tomas         | West Waterford         | Mens Over 40        | 06:08.9                   | 336                 |
| 25           | 0:30:44     | LYNCH, Kevin          |                        | Senior Men          | 06:09.3                   | 490                 |
| 26           | 0:30:58     | DOWNEY, Andrew        | Carrick AC             | Mens Over 40        | 06:12.1                   | 377                 |
| 27           | 0:31:08     | MCFADDEN, Cornelius   | Clonmel AC             | Mens Over 45        | 06:14.1                   | 381                 |
| 28           | 0:31:09     | BRUNNOCK, John        | Carrick AC             | Senior Men          | 06:14.3                   | 448                 |
| 29           | 0:31:12     | DWYER, Michael        | West Waterford         | Mens Over 45        | 06:14.9                   | 493                 |
| 30           | 0:31:14     | COLBERT, Des          | Waterford AC           | Senior Men          | 06:15.3                   | 375                 |
| 31           | 0:31:24     | HAHESSY, Benny        | Carrick Triathlon Club | Mens Over 40        | 06:17.3                   | 486                 |
| 32           | 0:31:29     | LARKIN, William       | Clonmel AC             | Mens Over 40        | 06:18.3                   | 426                 |
| 33           | 0:31:35     | O'DONOGHUE, Eddie     | Clonmel AC             | Senior Men          | 06:19.5                   | 397                 |
| 34           | 0:31:37     | CASEY, Liam           | Clonmel AC             | Mens Over 45        | 06:19.9                   | 454                 |
| 35           | 0:31:43     | MURRAY, Ger           |                        | Mens Over 45        | 06:21.1                   | 429                 |
| 36           | 0:31:55     | MCCANN, Angela        | Clonmel AC             | Ladies Over 40      | 06:23.5                   | 403                 |
| 37           | 0:32:10     | O'SULLIVAN, John      | Carrick AC             | Mens Over 40        | 06:26.5                   | 460                 |
| 38           | 0:32:21     | HORGAN, Barry         | Clonmel AC             | Senior Men          | 06:28.7                   | 457                 |
| 39           | 0:32:25     | MALONEY, Jim          | Thurles Crokes         | Mens Over 50        | 06:29.5                   | 453                 |
| 40           | 0:32:35     | ROZANSKI, Emmanuel    | Waterford AC           | Senior Men          | 06:31.5                   | 417                 |
| 41           | 0:32:45     | O'DONOVAN, Eamon      |                        | Senior Men          | 06:33.5                   | 399                 |
| 42           | 0:32:46     | RYAN, Noel            | Ballynonty             | Senior Men          | 06:33.7                   | 401                 |
| 43           | 0:32:46     | EGAN, Tom             | Carrick AC             | Mens Over 40        | 06:33.7                   | 372                 |
| 44           | 0:32:50     | LONGAN, Tom           | West Waterford         | Mens Over 40        | 06:34.5                   | 467                 |
| 45           | 0:33:02     | HALL, Stevie          | Waterford AC           | Mens Over 40        | 06:36.9                   | 345                 |
| 46           | 0:33:06     | BARCOE, Maurice       | Gowran AC              | Senior Men          | 06:37.7                   | 424                 |
| 47           | 0:33:13     | KAVANGH, Thomas       |                        | Senior Men          | 06:39.1                   | 488                 |
| 48           | 0:33:15     | KENNEALLY, Edmund     |                        | Mens Over 45        | 06:39.5                   | 439                 |
| 49           | 0:33:18     | WARD, Seamus          | Carrick AC             | Mens Over 45        | 06:40.1                   | 388                 |
| 50           | 0:33:19     | CONDON, Kevin         | Carrick Triathlon Club | Senior Men          | 06:40.3                   | 384                 |
| 51           | 0:33:24     | PONCE DE LEON, Miguel |                        | Mens Over 40        | 06:41.3                   | 332                 |
| 52           | 0:33:27     | MOLLOY, Mary          |                        | Ladies Over 35      | 06:41.9                   | 443                 |
| 53           | 0:33:36     | MORONEY, Tom          | West Waterford         | Mens Over 55        | 06:43.7                   | 438                 |
| 54           | 0:33:42     | CLIFFE, Mark          | West Waterford         | Senior Men          | 06:44.9                   | 455                 |
| 55           | 0:33:45     | TOBIN, David          |                        | Mens Over 40        | 06:45.5                   | 365                 |
| 56           | 0:33:48     | BRENNAN, Ger          |                        | Senior Men          | 06:46.1                   | 435                 |
| 57           | 0:34:04     | CASEY, Donal          | Clonmel AC             | Mens Over 45        | 06:49.3                   | 469                 |
| 58           | 0:34:06     | TOBIN, John           | Clonmel AC             | Senior Men          | 06:49.7                   | 441                 |
| 59           | 0:34:16     | HALPIN, Andrew        |                        | Senior Men          | 06:51.7                   | 367                 |
| 60           | 0:34:24     | LEE, Wayne            | Waterford AC           | Mens Over 40        | 06:53.3                   | 415                 |
| 61           | 0:34:29     | CROTTY, Dan           |                        | Mens Over 40        | 06:54.3                   | 412                 |
| 62           | 0:34:30     | CALLAGHAN, Michael    | West Waterford         | Mens Over 40        | 06:54.5                   | 459                 |
| 63           | 0:34:31     | MCCARTHY, Niall       | Clonmel AC             | Mens Over 40        | 06:54.7                   | 379                 |

| <b>Place</b> | <b>Time</b> | <b>Name</b>          | <b>Team</b>       | <b>Age Category</b> | <b>Pace min /mile</b> | <b>Race No.</b> |
|--------------|-------------|----------------------|-------------------|---------------------|-----------------------|-----------------|
| 64           | 0:34:32     | O'DRISCOLL, Keith    | Waterford AC      | Senior Men          | 06:54.9               | 374             |
| 65           | 0:34:54     | MEEHAN, Richard      | Ballynonty        | Mens Over 50        | 06:59.3               | 393             |
| 66           | 0:35:01     | CLARKE, Irene        | West Waterford    | Ladies Over 45      | 07:00.7               | 437             |
| 67           | 0:35:06     | MAHER, Lisa          | Kilkenny Harriers | Ladies Over 35      | 07:01.7               | 440             |
| 68           | 0:35:16     | O'MEARA, John        |                   | Mens Over 40        | 07:03.7               | 407             |
| 69           | 0:35:21     | FLAHERTY, David      |                   | Mens Over 40        | 07:04.7               | 433             |
| 70           | 0:35:32     | BURKE, Ray           | West Waterford    | Mens Over 50        | 07:06.9               | 405             |
| 71           | 0:35:33     | LANIGAN, Paul        | Waterford AC      | Mens Over 40        | 07:07.1               | 483             |
| 72           | 0:35:47     | KELLY, Philip        |                   | Mens Over 40        | 07:09.9               | 373             |
| 73           | 0:35:48     | LONERGAN, Adrian     |                   | Senior Men          | 07:10.1               | 396             |
| 74           | 0:35:54     | O'SULLIVAN, Killian  |                   | Senior Men          | 07:11.3               | 347             |
| 75           | 0:36:02     | O'MEARA, Eamonn      |                   | Mens Over 45        | 07:12.9               | 406             |
| 76           | 0:36:06     | BYRNE, Anna          | Clonmel AC        | Ladies Over 45      | 07:13.7               | 451             |
| 77           | 0:36:08     | LASTE, John          | Clonmel AC        | Mens Over 50        | 07:14.1               | 385             |
| 78           | 0:36:10     | BEHAN, Diane         | Waterford AC      | Ladies Over 40      | 07:14.5               | 391             |
| 79           | 0:36:19     | HOGAN, Tom           | West Waterford    | Senior Men          | 07:16.4               | 458             |
| 80           | 0:36:20     | DOOCEY, Rebecca      | Clonmel AC        | Ladies Over 35      | 07:16.6               | 465             |
| 81           | 0:36:22     | O DONOVAN, Niamh     | West Waterford    | Senior Ladies       | 07:17.0               | 456             |
| 82           | 0:36:28     | O'CONNOR, Yvonne     | Clonmel AC        | Ladies Over 40      | 07:18.2               | 432             |
| 83           | 0:36:34     | RIORDAN, John        | Waterford AC      | Senior Men          | 07:19.4               | 378             |
| 84           | 0:36:51     | KELLEHER, Con        | Waterford AC      | Mens Over 60        | 07:22.8               | 425             |
| 85           | 0:36:51     | PRENDERGAST, Edmund  | Clonmel AC        | Mens Over 50        | 07:22.8               | 496             |
| 86           | 0:36:53     | CONDON, Robbie       |                   | Senior Men          | 07:23.2               | 349             |
| 87           | 0:36:57     | O'BRIEN, Emer        | Carrick AC        | Ladies Over 40      | 07:24.0               | 392             |
| 88           | 0:37:03     | FLEMING, Jim         | West Waterford    | Mens Over 45        | 07:25.2               | 416             |
| 89           | 0:37:07     | BOLAND, Maurice      | Clonmel AC        | Mens Over 55        | 07:26.0               | 444             |
| 90           | 0:37:08     | MAHER, Ann           | Clonmel AC        | Ladies Over 40      | 07:26.2               | 410             |
| 91           | 0:37:09     | O'GRADY, Billy       | Newcastle         | Mens Over 45        | 07:26.4               | 395             |
| 92           | 0:37:18     | WALSH, Martin        | Clonmel AC        | Mens Over 45        | 07:28.2               | 447             |
| 93           | 0:37:29     | PARLE, Pat           |                   | Mens Over 55        | 07:30.4               | 334             |
| 94           | 0:37:46     | DOOCEY, Michael      | Clonmel AC        | Senior Men          | 07:33.8               | 466             |
| 95           | 0:37:55     | PRENDERGAST, Noel    | Clonmel AC        | Mens Over 45        | 07:35.6               | 452             |
| 96           | 0:37:55     | COONEY, John         | Clonmel AC        | Mens Over 40        | 07:35.6               | 463             |
| 97           | 0:38:05     | POWER, Ann           |                   | Ladies Over 50      | 07:37.6               | 472             |
| 98           | 0:38:23     | WELLS, Liam          |                   | Mens Over 45        | 07:41.2               | 484             |
| 99           | 0:38:31     | KAVANAGH, Gerard     |                   | Mens Over 45        | 07:42.8               | 409             |
| 100          | 0:38:38     | MASSEY, Anne         | West Waterford    | Ladies Over 40      | 07:44.2               | 434             |
| 101          | 0:38:40     | PRENDERGAST, Bernie  | West Waterford    | Ladies Over 50      | 07:44.6               | 495             |
| 102          | 0:38:50     | O'SHEA, Ed           |                   | Mens Over 40        | 07:46.6               | 474             |
| 103          | 0:38:51     | MURPHY, Jane         |                   | Senior Ladies       | 07:46.8               | 461             |
| 104          | 0:39:12     | O'NEILL, Maura       | Carrick AC        | Ladies Over 50      | 07:51.0               | 471             |
| 105          | 0:39:18     | HEARNE, Madeline     |                   | Senior Ladies       | 07:52.2               | 475             |
| 106          | 0:39:23     | NAGLE, Donna         | Clonmel AC        | Senior Ladies       | 07:53.2               | 436             |
| 107          | 0:39:27     | ALLEN, Wayne         | Waterford         | Senior Men          | 07:54.0               | 470             |
| 108          | 0:39:34     | CAMPBELL, John       |                   | Mens Over 50        | 07:55.4               | 380             |
| 109          | 0:39:44     | O'NEILL, Caroline    |                   | Ladies Over 40      | 07:57.4               | 366             |
| 110          | 0:39:47     | KIRBY, Breda         |                   | Senior Ladies       | 07:58.0               | 368             |
| 111          | 0:39:49     | HANLON, John         |                   | Mens Over 45        | 07:58.4               | 339             |
| 112          | 0:39:52     | LONERGAN, Keith      |                   | Senior Men          | 07:59.0               | 341             |
| 113          | 0:39:58     | NEVIN, Lynda         |                   | Senior Ladies       | 08:00.2               | 501             |
| 114          | 0:40:10     | HEARNE, Hearne       |                   | Senior Ladies       | 08:02.6               | 492             |
| 115          | 0:40:12     | MCGARRY, Ruth        |                   | Senior Ladies       | 08:03.0               | 428             |
| 116          | 0:40:25     | GAFFNEY, Andrea      | West Waterford    | Ladies Over 40      | 08:05.6               | 335             |
| 117          | 0:41:05     | O'DONOGHUE, Caroline | Clonmel AC        | Ladies Over 35      | 08:13.6               | 431             |
| 118          | 0:41:09     | MCGRATH, Ted         |                   | Mens Over 50        | 08:14.4               | 427             |
| 119          | 0:41:12     | SKELLY, Eileen       | Carrick AC        | Ladies Over 50      | 08:15.0               | 494             |
| 120          | 0:41:14     | WHELAN, Damien       |                   | Mens Over 40        | 08:15.4               | 394             |
| 121          | 0:41:18     | RUSSELL, Michelle    | Carrick AC        | Senior Ladies       | 08:16.2               | 386             |
| 122          | 0:41:25     | CRONIN, Ann          | Carrick AC        | Ladies Over 50      | 08:17.6               | 400             |
| 123          | 0:41:44     | FLYNN, Sinead        |                   | Ladies Over 35      | 08:21.4               | 419             |
| 124          | 0:41:53     | MCCARTHY, Michael    | West Waterford    | Mens Over 55        | 08:23.2               | 411             |
| 125          | 0:41:54     | HOULIHAN, Geraldine  | Carrick AC        | Ladies Over 50      | 08:23.4               | 442             |
| 126          | 0:42:06     | FREANEY, Kevin       |                   | Senior Men          | 08:25.8               | 489             |
| 127          | 0:42:11     | KENT, Eleanor        | Carrick AC        | Ladies Over 45      | 08:26.8               | 413             |
| 128          | 0:42:26     | WARD, Melanie        | Carrick AC        | Ladies Over 40      | 08:29.9               | 387             |
| 129          | 0:42:28     | FRAHER, Keith        | Clonmel AC        | Senior Men          | 08:30.3               | 342             |
| 130          | 0:42:31     | POWER, Eamonn        |                   | Mens Over 60        | 08:30.9               | 343             |
| 131          | 0:42:55     | BOURKE, Oonagh       |                   | Ladies Over 35      | 08:35.7               | 476             |
| 132          | 0:43:01     | KIRWAN, Assumpta     |                   | Ladies Over 55      | 08:36.9               | 491             |
| 133          | 0:43:04     | STUART, Samantha     |                   | Senior Ladies       | 08:37.5               | 364             |
| 134          | 0:43:44     | HALLINAN, Gary       | Clonmel AC        | Senior Men          | 08:45.5               | 445             |
| 135          | 0:43:55     | O'SULLIVAN, Breffini |                   | Senior Men          | 08:47.7               | 362             |

| <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> |
|--------------|-------------|--------------------|----------------|---------------------|-----------------------|-----------------|
| 136          | 0:44:02     | POWER, Stacey      | Waterford AC   | Senior Ladies       | 08:49.1               | 473             |
| 137          | 0:44:34     | DOYLE, CIARA       |                | Ladies Over 40      | 08:55.5               | 485             |
| 138          | 0:44:35     | DONOVAN, Siobhan   |                | Senior Ladies       | 08:55.7               | 487             |
| 139          | 0:44:59     | NORRIS, Valerie    | stoneford      | Ladies Over 40      | 09:00.5               | 389             |
| 140          | 0:44:59     | CAHILL, Lisa       |                | Ladies Over 35      | 09:00.5               | 446             |
| 141          | 0:45:42     | O CEALLAIGH, Helen | Clonmel AC     | Ladies Over 45      | 09:09.1               | 408             |
| 142          | 0:47:27     | TOBIN, Laura       | Carrick AC     | Senior Ladies       | 09:30.1               | 340             |
| 143          | 0:48:40     | QUIGLEY, Colette   |                | Ladies Over 40      | 09:44.8               | 382             |
| 144          | 0:48:41     | FOLEY, Michelle    |                | Ladies Over 40      | 09:45.0               | 383             |
| 145          | 0:50:33     | MOORE, Marie       | West Waterford | Ladies Over 55      | 10:07.4               | 371             |
| 146          | 0:50:36     | GOUGH, Terri       | West Waterford | Ladies Over 55      | 10:08.0               | 464             |
| 147          | 0:51:32     | CASHILL, Eamon     | West Waterford | Senior Men          | 10:19.2               | 414             |
| 148          | 0:51:33     | CONWAY, Noelle     | West Waterford | Ladies Over 55      | 10:19.4               | 370             |
| 149          | 0:56:46     | O CONNOR, Becky    |                | Junior Girls        | 11:22.1               | 359             |

There were 149 finishers.