

CARRICK-ON-SUIR AC SUMMER SERIES 2016**Race 1- Portlaw 5 Mile****Friday 6th May 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	0:25:22	MURPHY, Brian	Carrick AC	Senior Men	05:04.3	238
2	0:25:49	QUINLAN, Frank	Waterford AC	Mens Over 40	05:09.7	201
3	0:26:05	SHEIL, Niall	St Killians	Senior Men	05:12.9	144
4	0:26:52	SMITH, Danny	Ballynonty	Senior Men	05:22.3	140
5	0:27:00	MURPHY, Noel	Waterford AC	Senior Men	05:23.9	314
6	0:27:21	SWABY, Brian	Waterford AC	Senior Men	05:28.1	249
7	0:27:22	WALSH, Derek	Carrick AC	Senior Men	05:28.3	204
8	0:27:26	BOLAND, Jimmy	Clonmel AC	Senior Men	05:29.1	178
9	0:27:57	HAYDEN, John	Focus on Fitness	Senior Men	05:35.3	274
10	0:28:00	O'LEARY, Philip	Focus on Fitness	Senior Men	05:35.9	207
11	0:28:13	CUDDIHY, Brian	Waterford AC	Senior Men	05:38.5	158
12	0:28:31	HEARNE, Steven	Waterford AC	Senior Men	05:42.1	221
13	0:28:34	FITZGERALD, Pat	Cork Triathlon Club	Senior Men	05:42.7	275
14	0:28:45	SMYTH, David	Waterford AC	Mens Over 40	05:44.9	294
15	0:28:54	ROCHE, Patrick	Carrick AC	Senior Men	05:46.7	317
16	0:29:17	NOLAN, Pat	Waterford AC	Mens Over 40	05:51.3	220
17	0:29:19	KEANE, Walter	Waterford AC	Mens Over 55	05:51.7	223
18	0:29:21	WYSE, Paul		Mens Over 40	05:52.1	205
19	0:29:21	QUINLAN, Tony	Waterford AC	Senior Men	05:52.1	222
20	0:29:23	NOLAN, John	Waterford AC	Senior Men	05:52.5	169
21	0:29:25	CARTHY, Jackie	Kilmore ac	Ladies Over 45	05:52.9	141
22	0:29:33	CODD, Vinny	Waterford AC	Mens Over 40	05:54.5	181
23	0:29:37	GRANT, Pat		Senior Men	05:55.3	160
24	0:29:44	ANNAN, Claire	Clonmel AC	Senior Ladies	05:56.7	143
25	0:29:47	O'SULLIVAN, Michael	Carrick AC	Mens Over 40	05:57.3	273
26	0:29:57	BUTLER, Stephen	Waterford Triathlon Club	Senior Men	05:59.3	168
27	0:30:00	MURRAY, Ger		Mens Over 45	05:59.9	163
28	0:30:06	MALONE, Sylvia	Waterford AC	Ladies Over 40	06:01.1	161
29	0:30:06	MOLONEY, Michael		Senior Men	06:01.1	179
30	0:30:07	HOGAN, Alan	West Waterford	Senior Men	06:01.3	173
31	0:30:07	MAHONY, Tomas	West Waterford	Mens Over 45	06:01.3	316
32	0:30:11	O'SULLIVAN, Pat		Mens Over 50	06:02.1	191
33	0:30:13	CUDDIHY, Martin	Waterford AC	Senior Men	06:02.5	242
34	0:30:14	FORRISTAL, Sally	St Josephs	Senior Ladies	06:02.7	225
35	0:30:20	HAHESSY, Ray	West Waterford	Mens Over 50	06:03.9	241
36	0:30:20	HAHESSY, Benny	Carrick Triathlon Club	Mens Over 40	06:03.9	296
37	0:30:33	DOWNEY, Andrew	Carrick AC	Mens Over 40	06:06.5	297
38	0:30:41	HORE, Anna Leigh	Kilmore ac	Senior Ladies	06:08.1	142
39	0:31:14	O'DONOVAN, Eileen	St Josephs	Senior Ladies	06:14.7	243
40	0:31:17	O'SULLIVAN, John	Balance Fitness	Senior Men	06:15.3	217
41	0:31:23	WALSH, Paul	Waterford AC	Mens Over 45	06:16.5	193
42	0:31:26	EVANS, Darrell	Waterford Triathlon Club	Mens Over 45	06:17.1	183
43	0:31:30	DWYER, Michael	West Waterford	Mens Over 45	06:17.9	310
44	0:31:44	O'SULLIVAN, John	Carrick AC	Mens Over 40	06:20.7	231
45	0:31:46	DE PAOR, Daithi		Mens Over 45	06:21.1	152
46	0:31:50	GRIFFIN, Maria	St Josephs	Ladies Over 45	06:21.9	146
47	0:32:01	BATTYE, Ed	Waterford AC	Senior Men	06:24.1	190
48	0:32:06	FLYNN, Eamonn	Waterford AC	Mens Over 40	06:25.1	148
49	0:32:07	MAHER, Keith		Senior Men	06:25.3	226
50	0:32:14	MURPHY, Ger	Carrick AC	Senior Men	06:26.7	118

Results for All Competitors in finish order

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51	0:32:14	DWYER, Dermot	West Waterford	Mens Over 40	06:26.7	291
52	0:32:15	COUGHLAN, Eoghan	Carrick AC	Senior Men	06:26.9	196
53	0:32:23	KERWICK, Pat	Carrick AC	Senior Men	06:28.5	292
54	0:32:27	GRAHAM, Brian	Carrick AC	Senior Men	06:29.3	194
55	0:32:32	WALSH, Eoin	Saturday Road Runners	Mens Over 40	06:30.3	200
56	0:32:41	FERGUSON, Aisling		Ladies Over 40	06:32.1	156
57	0:32:46	O'LEARY, Ted	West Waterford	Mens Over 45	06:33.1	209
58	0:32:47	WHITTLE, Pat		Senior Men	06:33.3	192
59	0:32:50	FOX, James	Carrick AC	Mens Over 45	06:33.9	282
60	0:32:51	BOLAND, Ann Marie	Clonmel AC	Senior Ladies	06:34.1	162
61	0:32:56	HOGAN, Tom	West Waterford	Mens Over 40	06:35.1	285
62	0:32:57	SULLIVAN, Hillary		Mens Over 40	06:35.3	269
63	0:33:00	TIDSWELL, Keely	Clonmel AC	Senior Ladies	06:35.9	256
64	0:33:11	KAVANAGH, Thomas		Senior Men	06:38.1	210
65	0:33:20	CLINCE, Liam	West Waterford	Mens Over 50	06:39.9	151
66	0:33:27	GUILLERMO, Tapia		Mens Over 40	06:41.3	214
67	0:33:32	CLIFFE, Mark	West Waterford	Senior Men	06:42.3	175
68	0:33:33	MOLLOY, Mary	Carrick AC	Ladies Over 35	06:42.5	212
69	0:33:34	RAINER, Mark	Focus on Fitness	Senior Men	06:42.7	137
70	0:33:35	HAYES, Michael	Tramore ac	Mens Over 40	06:42.9	153
71	0:33:37	NOLAN, Kate	Focus on Fitness	Senior Ladies	06:43.3	279
72	0:33:44	GLEESON, Cathal	West Waterford	Mens Over 40	06:44.7	208
73	0:33:53	WILLIAMS, John Paul	Waterford Triathlon Club	Senior Men	06:46.5	271
74	0:34:00	FLEMING, Jim	West Waterford	Mens Over 45	06:47.9	187
75	0:34:03	MULCAHY, Mark	Saturday Road Runners	Senior Men	06:48.5	240
76	0:34:10	O'NEILL, Dermot		Mens Over 45	06:49.9	182
77	0:34:12	REGAN, Derek		Mens Over 40	06:50.3	245
78	0:34:13	MURPHY, Shane		Senior Men	06:50.5	119
79	0:34:25	BYRNE, John		Mens Over 40	06:52.9	312
80	0:34:27	O'CONNOR, Jerry	West Waterford	Mens Over 50	06:53.3	311
81	0:34:29	JACOB, Brian		Senior Men	06:53.7	233
82	0:34:35	O'MEARA, John		Mens Over 45	06:54.9	319
83	0:34:36	CONDON, Jody	Waterford AC	Mens Over 40	06:55.1	180
84	0:34:36	LEE, Wayne	Waterford AC	Mens Over 40	06:55.1	157
85	0:34:37	O'BRIEN, Jim	Focus on Fitness		06:55.3	159
86	0:34:49	WEIR, Finlay	Waterford AC	Mens Over 40	06:57.7	154
87	0:34:55	CASEY, Kevin	West Waterford	Senior Men	06:58.9	276
88	0:34:58	DOOLAN, Mary	St Josephs	Ladies Over 40	06:59.5	145
89	0:35:16	MCSWEENEY, Ciara	Waterford Triathlon Club	Ladies Over 35	07:03.0	290
90	0:35:17	VACDIFOIORI, Simole	Ferrybank	Senior Men	07:03.2	293
91	0:35:19	MCGIBNEY, Jimmy		Mens Over 45	07:03.6	268
92	0:35:23	MALONE, Barry	Waterford AC	Mens Over 45	07:04.4	219
93	0:35:26	SHALLOE, Triona	West Waterford	Senior Ladies	07:05.0	260
94	0:36:00	PARLE, Pat		Mens Over 55	07:11.8	277
95	0:36:13	GRIFFIN, John	Clonmel Triathlon Club	Mens Over 45	07:14.4	174
96	0:36:20	O'DONOGHUE, Donal		Mens Over 45	07:15.8	360
97	0:36:24	TEBAY, Derek	Waterford AC	Mens Over 60	07:16.6	136
98	0:36:26	WALSH, Trevor	Waterford AC	Senior Men	07:17.0	135
99	0:36:27	MAHONY, Joan	Waterford AC	Ladies Over 35	07:17.2	235
100	0:36:46	MURPHY, Patrick		Senior Men	07:21.0	309
101	0:36:48	RYAN, Eamonn	Focus on Fitness	Senior Men	07:21.4	230
102	0:37:00	O'CONNOR, Margaret	St Josephs	Ladies Over 40	07:23.8	202
103	0:37:01	KENNEDY, Robert	Waterford AC	Senior Men	07:24.0	359
104	0:37:03	HEARNE, Edmund	Waterford AC	Senior Men	07:24.4	295
105	0:37:03	POWER, Kevin		Senior Men	07:24.4	138
106	0:37:04	LAFFAN, Kieran	Waterford Triathlon Club	Mens Over 45	07:24.6	218

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107	0:37:07	O'LOUGHLIN, Darren	Carrick AC	Senior Men	07:25.2	197
108	0:37:09	WALSH, Adam		Junior Boys	07:25.6	216
109	0:37:10	WALSH, David		Mens Over 40	07:25.8	215
110	0:37:11	O'SULLIVAN, Denis	Carrick AC	Mens Over 40	07:26.0	232
111	0:37:13	MURPHY, Jane	Waterford AC	Senior Ladies	07:26.4	280
112	0:37:15	GRANT, Michael		Mens Over 50	07:26.8	185
113	0:37:21	CULLEN, Dermot		Senior Men	07:28.0	251
114	0:37:28	HEYLIN, Siobhan	Waterford AC	Senior Ladies	07:29.4	263
115	0:37:29	GOLDING, Alister		Mens Over 40	07:29.6	234
116	0:37:31	WAUGH, Darren		Mens Over 50	07:30.0	278
117	0:37:33	GRIFFIN, Mia	St Josephs	Junior Girls	07:30.4	177
118	0:37:38	MOCKLER, Bernie	Waterford Triathlon Club	Ladies Over 45	07:31.4	165
119	0:37:41	NOLAN, Sinead	Saturday Road Runners	Ladies Over 35	07:32.0	176
120	0:37:54	CULLEN, Ciaran	St Josephs	Mens Over 40	07:34.6	244
121	0:37:57	KEATING, Catherine		Senior Ladies	07:35.2	270
122	0:38:15	KENNEDY, Peter		Mens Over 40	07:38.8	258
123	0:38:18	COADY, Wayne	Carrick AC	Senior Men	07:39.4	283
124	0:38:24	NOLAN, Ger	Waterford Triathlon Club	Mens Over 50	07:40.6	213
125	0:38:34	HEARNE, Madeline		Senior Ladies	07:42.6	318
126	0:38:35	PRENDERGAST, Bernie	West Waterford	Ladies Over 55	07:42.8	307
127	0:38:36	MCCARTHY, Noeleen		Ladies Over 35	07:43.0	150
128	0:38:37	CONDON, David		Mens Over 40	07:43.2	184
129	0:38:38	RELLIS, Sandra	Focus on Fitness	Senior Ladies	07:43.4	248
130	0:38:56	O'CALLAGHAN, Valerie	St Senans	Ladies Over 35	07:47.0	261
131	0:39:10	POWER, Ronan	West Waterford	Mens Over 40	07:49.8	315
132	0:39:25	O'NEILL, Kevin		Senior Men	07:52.8	265
133	0:39:42	WHYTE, Michael		Mens Over 45	07:56.2	224
134	0:39:49	POWER, Onra	West Waterford	Ladies Over 50	07:57.6	172
135	0:39:51	WALSH, Declan		Mens Over 40	07:58.0	254
136	0:39:57	PROCTOR, Pascal	West Waterford	Mens Over 60	07:59.2	253
137	0:40:05	JACKMAN, Brian	Nas Runners	Mens Over 45	08:00.8	199
138	0:40:13	CONNOLLY, Paul	Huffers & Puffers	Mens Over 45	08:02.4	170
139	0:40:16	GAFFNEY, Andrea	West Waterford	Ladies Over 45	08:03.0	252
140	0:40:18	O'SULLIVAN, Nigel	Waterford Triathlon Club	Mens Over 40	08:03.4	147
141	0:40:29	MASSEY, Anne	West Waterford	Ladies Over 40	08:05.6	211
142	0:40:33	O'CONNELL, Hilary	Waterford AC	Senior Ladies	08:06.4	313
143	0:40:45	COSTELLO, Joey		Mens Over 45	08:08.8	155
144	0:40:46	BALDWIN, Betty		Ladies Over 50	08:09.0	286
145	0:41:01	CUNNINGHAM, Michelle	West Waterford	Senior Ladies	08:12.0	246
146	0:41:04	KENNEDY, Kathleen	Waterford AC	Ladies Over 55	08:12.6	203
147	0:41:11	BRENNAN, James		Senior Men	08:14.0	227
148	0:41:32	FORAN, Joan		Ladies Over 40	08:18.2	272
149	0:41:41	HENNEBRY, Ruth	Huffers & Puffers	Ladies Over 35	08:20.0	289
150	0:41:44	CONDON, Catherine	West Waterford	Ladies Over 50	08:20.6	288
151	0:41:50	FINNEGAN, Michelle	West Waterford	Ladies Over 40	08:21.8	171
152	0:41:59	BRADFIELD, Linda	West Waterford	Ladies Over 40	08:23.6	198
153	0:42:02	HOULIHAN, Geraldine	Carrick AC	Ladies Over 50	08:24.2	267
154	0:42:07	POWER, Rose	West Waterford	Ladies Over 40	08:25.2	287
155	0:42:16	STAPLETON, Rosemary	Huffers & Puffers	Ladies Over 35	08:27.0	237
156	0:42:31	HARTLEY, Pauline		Ladies Over 35	08:30.0	167
157	0:42:32	LENIHAN, Siobhan	West Waterford	Ladies Over 45	08:30.2	195
158	0:42:32	SHANKEY, Paul		Mens Over 40	08:30.2	264
159	0:42:33	POWER, Deirdre	Carrick AC	Ladies Over 35	08:30.4	262
160	0:42:34	WALSH, Tom		Mens Over 40	08:30.6	300
161	0:42:35	KENNEDY, Derek		Mens Over 40	08:30.8	266
162	0:42:52	BARRY, Geraldine	West Waterford	Ladies Over 40	08:34.2	239

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163	0:43:05	SWABY, Tara	St Senans	Ladies Over 35	08:36.8	250
164	0:43:06	O'BRIEN, James	Waterford Triathlon Club	Mens Over 50	08:37.0	228
165	0:43:12	MELNIKOVA, Ekaterina		Senior Ladies	08:38.2	186
166	0:43:36	TONER, Stephen	Ferrybank	Mens Over 50	08:43.0	139
167	0:43:48	MURPHY, Caroline		Senior Ladies	08:45.4	117
168	0:44:55	DOWLEY, Michelle		Senior Ladies	08:58.8	361
169	0:44:56	JACOB, Katie	Focus on Fitness	Senior Ladies	08:59.0	164
170	0:45:09	O'BRIEN, Tim	Waterford Triathlon Club	Mens Over 45	09:01.6	166
171	0:45:26	BEATTY, Bernard	Ferrybank	Senior Men	09:05.0	281
172	0:45:40	WHITE, Michael	Waterford AC	Mens Over 55	09:07.8	229
173	0:46:00	HIGHLAND, Mary		Senior Ladies	09:11.8	257
174	0:47:07	O'DONOVAN, Sean	Carrick AC	Mens Over 55	09:25.2	255
175	0:47:23	LONG, Ella		Ladies Over 55	09:28.4	247
176	0:47:24	HANLON, Olive		Ladies Over 35	09:28.6	206
177	0:47:50	LENIHAN, Tommy	West Waterford	Mens Over 55	09:33.8	236
178	0:49:47	O'HARA, Patricia		Ladies Over 40	09:57.2	188
179	0:49:49	DUNNE, Colleen		Ladies Over 35	09:57.6	189
180	0:53:41	GOUGH, Terri	West Waterford	Ladies Over 55	10:44.0	284

There were 180 finishers in the All Competitors category.