

CARRICK-ON-SUIR AC SUMMER SERIES 2019**Race 2- Portlaw 5 Mile****Friday 3rd May 2019 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 | 0:26:30 | SHEIL, Niall | St Killians | Mens Over 40 | 05:17.9 | 345 |
| 2 | 0:26:37 | MURPHY, Noel | Waterford AC | Senior Men | 05:19.3 | 459 |
| 3 | 0:27:03 | ROCHE, Warren | Ferrybank | Senior Men | 05:24.5 | 347 |
| 4 | 0:27:13 | KEBEDE, Fkadu | | Senior Men | 05:26.5 | 445 |
| 5 | 0:27:17 | FLAVIN, Marc | West Waterford | Senior Men | 05:27.3 | 156 |
| 6 | 0:27:36 | O'BRIEN, Craig | Ferrybank | Junior Boys | 05:31.1 | 340 |
| 7 | 0:27:45 | SWIFT, Trevor | | Mens Over 40 | 05:32.9 | 287 |
| 8 | 0:27:47 | WALSH, Derek | Carrick AC | Mens Over 40 | 05:33.3 | 444 |
| 9 | 0:28:08 | COLBERT, Des | Waterford AC | Mens Over 40 | 05:37.5 | 435 |
| 10 | 0:28:15 | O'LEARY, Philip | | Mens Over 40 | 05:38.9 | 352 |
| 11 | 0:29:03 | RYAN, Michael | Dundrum | Senior Men | 05:48.5 | 353 |
| 12 | 0:29:33 | CARTHY, Jackie | Kilmore ac | Ladies Over 45 | 05:54.5 | 346 |
| 13 | 0:29:34 | RYAN, Michael J | Dundrum | Senior Men | 05:54.7 | 360 |
| 14 | 0:29:36 | BOOKLE, Patrick | St Josephs | Mens Over 50 | 05:55.1 | 153 |
| 15 | 0:29:37 | GUINAN, PJ | Waterford AC | Mens Over 45 | 05:55.3 | 338 |
| 16 | 0:29:49 | DROHAN, Walter | West Waterford | Mens Over 45 | 05:57.7 | 279 |
| 17 | 0:29:50 | ROCHE, Patrick | Carrick AC | Mens Over 40 | 05:57.9 | 281 |
| 18 | 0:29:52 | O'SULLIVAN, Michael | Carrick AC | Mens Over 45 | 05:58.3 | 276 |
| 19 | 0:29:58 | O'DONNELL, Aaron | Carrick AC | Senior Men | 05:59.5 | 274 |
| 20 | 0:29:59 | FITZGERALD, Pat | West Waterford | Senior Men | 05:59.7 | 362 |
| 21 | 0:30:12 | HAHESSY, Benny | Carrick AC | Mens Over 45 | 06:02.3 | 372 |
| 22 | 0:30:20 | POWER, Anthony | | Senior Men | 06:03.9 | 294 |
| 23 | 0:30:27 | LOUGHNANE, Madeline | Thurles Crokes | Ladies Over 35 | 06:05.3 | 152 |
| 24 | 0:30:30 | HASSEY, Ray | West Waterford | Mens Over 55 | 06:05.9 | 363 |
| 25 | 0:30:44 | NOLAN, Pat | Waterford AC | Mens Over 40 | 06:08.7 | 434 |
| 26 | 0:31:04 | O'DWYER, Darren | | Mens Over 45 | 06:12.7 | 282 |
| 27 | 0:31:20 | CARROLL, John | Carrick AC | Mens Over 55 | 06:15.9 | 277 |
| 28 | 0:31:31 | LYNCH, Kevin | | Mens Over 40 | 06:18.1 | 296 |
| 29 | 0:31:34 | DUGGAN, Peter | St Josephs | Mens Over 45 | 06:18.7 | 370 |
| 30 | 0:31:36 | HOGAN, Tom | West Waterford | Mens Over 40 | 06:19.1 | 447 |
| 31 | 0:31:39 | O'SULLIVAN, John | | Senior Men | 06:19.7 | 286 |
| 32 | 0:31:46 | CLIFFE, Mark | West Waterford | Senior Men | 06:21.1 | 446 |
| 33 | 0:31:51 | MACKAY, Tommy | Saturday Road Runners | Mens Over 40 | 06:22.1 | 160 |
| 34 | 0:31:52 | AHERNE, Neilus | Midleton AC | Mens Over 60 | 06:22.3 | 437 |
| 35 | 0:31:56 | GUNNIP, David | Waterford AC | Mens Over 45 | 06:23.1 | 455 |
| 36 | 0:32:19 | BRAZIL, David | Saturday Road Runners | Mens Over 40 | 06:27.7 | 159 |
| 37 | 0:32:23 | BROPHY, John Paul | Waterford AC | Senior Men | 06:28.5 | 440 |
| 38 | 0:32:26 | PONCE DE LEON, Miguel | Carrick AC | Mens Over 45 | 06:29.1 | 343 |
| 39 | 0:32:38 | MCMANUS, David | Saturday Road Runners | Mens Over 50 | 06:31.5 | 439 |
| 40 | 0:32:50 | MCGRATH, Michael | | Mens Over 50 | 06:33.9 | 298 |
| 41 | 0:32:57 | CASHMAN, John | Midleton AC | Mens Over 50 | 06:35.3 | 438 |
| 42 | 0:33:06 | POWER, Dermot | Saturday Road Runners | Mens Over 55 | 06:37.1 | 368 |
| 43 | 0:33:21 | HALLEY, Pascal | Waterford AC | Mens Over 50 | 06:40.1 | 157 |
| 44 | 0:33:32 | TORPEY, Barry | Carrick AC | Mens Over 45 | 06:42.3 | 450 |
| 50 | 0:33:57 | O'DWYER, Anthony | West Waterford | Mens Over 60 | 06:47.3 | 285 |
| 46 | 0:34:03 | DE PAOR, Daithi | | Mens Over 50 | 06:48.5 | 454 |
| 47 | 0:34:11 | HOGAN, Noel | West Waterford | Mens Over 40 | 06:50.1 | 275 |
| 48 | 0:34:18 | MURPHY, Peter | Saturday Road Runners | Senior Men | 06:51.5 | 158 |
| 49 | 0:34:35 | BATTYE, Ed | Saturday Road Runners | Senior Men | 06:54.9 | 284 |
| 50 | 0:34:44 | BURKIN, Johnny | West Waterford | Senior Men | 06:56.7 | 456 |
| 51 | 0:34:52 | LANIGAN, Dermot | Carrick AC | Senior Men | 06:58.3 | 464 |
| 52 | 0:34:52 | DWYER, Tony | | Junior Boys | 06:58.3 | 365 |

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> |
|--------------|-------------|---------------------|-----------------------|---------------------|--------------------------|--------------------|
| 53 | 0:34:55 | O'CALLAGHAN, Declan | West Waterford | Mens Over 45 | 06:58.9 | 453 |
| 54 | 0:35:04 | POWER, Cian | | Senior Men | 07:00.7 | 288 |
| 55 | 0:35:05 | BROPHY, Jeff | Carrick AC | Senior Men | 07:00.9 | 366 |
| 56 | 0:35:26 | BOWDEN, Patrick | | Mens Over 50 | 07:05.0 | 154 |
| 57 | 0:35:29 | VANDERVALK, DJ | Waterford AC | Mens Over 55 | 07:05.6 | 461 |
| 58 | 0:35:41 | MULLALLY, Frances | St Josephs | Ladies Over 50 | 07:08.0 | 436 |
| 59 | 0:36:03 | KAVANAGH, Thomas | | Senior Men | 07:12.4 | 369 |
| 60 | 0:36:07 | WALSH, David | Saturday Road Runners | Mens Over 40 | 07:13.2 | 448 |
| 61 | 0:36:16 | O'DONOGHUE, Donal | Watergrass Hill | Mens Over 50 | 07:15.0 | 466 |
| 62 | 0:36:18 | FOX, James | Carrick AC | Mens Over 45 | 07:15.4 | 272 |
| 63 | 0:36:31 | VAULS, Stephen | | Mens Over 45 | 07:18.0 | 364 |
| 64 | 0:36:34 | DUGGAN, Patrick | | Mens Over 45 | 07:18.6 | 999 |
| 65 | 0:36:44 | O'CONNOR, Margaret | St Josephs | Ladies Over 45 | 07:20.6 | 344 |
| 66 | 0:36:50 | CULLEN, Dermot | Saturday Road Runners | Mens Over 40 | 07:21.8 | 337 |
| 67 | 0:36:56 | PRENDERGAST, Bernie | West Waterford | Ladies Over 55 | 07:23.0 | 463 |
| 68 | 0:37:05 | MOLLOY, Mary | Carrick AC | Ladies Over 40 | 07:24.8 | 457 |
| 69 | 0:37:08 | NI FAOLAIN, Sinead | West Waterford | Ladies Over 35 | 07:25.4 | 290 |
| 70 | 0:37:13 | O'CONNELL, Eileen | Carrick AC | Senior Ladies | 07:26.4 | 155 |
| 71 | 0:37:14 | RYAN, Emma | Clonmel AC | Ladies Over 35 | 07:26.6 | 452 |
| 72 | 0:37:15 | PARLE, Pat | | Mens Over 60 | 07:26.8 | 292 |
| 73 | 0:37:27 | CAHILL, Tommy | Clonmel AC | Mens Over 60 | 07:29.2 | 278 |
| 74 | 0:37:35 | POWER, Deirdre | Carrick AC | Ladies Over 35 | 07:30.8 | 280 |
| 75 | 0:37:39 | EGAN, Tom | Carrick AC | Mens Over 45 | 07:31.6 | 295 |
| 76 | 0:37:44 | MURPHY, Shane | | Mens Over 40 | 07:32.6 | 433 |
| 77 | 0:38:00 | ROCHE, Crispin | Ferrybank | Senior Men | 07:35.8 | 348 |
| 78 | 0:38:00 | KELLY, Mary | Carrick AC | Ladies Over 40 | 07:35.8 | 371 |
| 79 | 0:38:37 | WYMBERRY, Kieran | | Mens Over 50 | 07:43.2 | 297 |
| 80 | 0:38:44 | POWER, Mags | Carrick AC | Ladies Over 55 | 07:44.6 | 451 |
| 81 | 0:38:52 | FOLEY, Eoin | Saturday Road Runners | Senior Men | 07:46.2 | 449 |
| 82 | 0:39:49 | CURRAN, Ray | West Waterford | Mens Over 50 | 07:57.6 | 341 |
| 83 | 0:39:51 | BUTLER, Michael | | Mens Over 50 | 07:58.0 | 271 |
| 84 | 0:40:08 | MURPHY, Diana | | Senior Ladies | 08:01.4 | 462 |
| 85 | 0:40:23 | POWER, Onra | West Waterford | Ladies Over 50 | 08:04.4 | 367 |
| 86 | 0:40:31 | WALSH, Tina | Carrick AC | Senior Ladies | 08:06.0 | 289 |
| 87 | 0:40:43 | POWER, Jimmy | Carrick AC | Mens Over 55 | 08:08.4 | 293 |
| 88 | 0:40:49 | O'DWYER, Derek | Carrick AC | Senior Men | 08:09.6 | 283 |
| 89 | 0:40:59 | HEYLIN, Jim | | Mens Over 50 | 08:11.6 | 998 |
| 90 | 0:41:09 | DUNNE, Sinead | Carrick AC | Ladies Over 35 | 08:13.6 | 350 |
| 91 | 0:41:21 | WALSH, Yvonne | Carrick AC | Ladies Over 40 | 08:16.0 | 273 |
| 92 | 0:41:41 | FINNEGAN, Michelle | West Waterford | Ladies Over 45 | 08:20.0 | 291 |
| 93 | 0:41:44 | BUTLER, Michael | | Mens Over 40 | 08:20.6 | 300 |
| 94 | 0:42:14 | CRONIN, Ann | Carrick AC | Ladies Over 55 | 08:26.6 | 441 |
| 95 | 0:43:19 | DUNNE, Sean | Carrick AC | Senior Men | 08:39.6 | 349 |
| 96 | 0:43:29 | VANDERVALK, Rosie | Waterford AC | Ladies Over 55 | 08:41.6 | 460 |
| 97 | 0:43:31 | LYNCH, Joyce | | Ladies Over 35 | 08:42.0 | 342 |
| 98 | 0:44:05 | MANSFIELD, Cathy | Clonmel AC | Ladies Over 45 | 08:48.8 | 361 |
| 99 | 0:44:13 | BLACKMORE, Sinead | Carrick AC | Ladies Over 35 | 08:50.4 | 443 |
| 100 | 0:45:00 | COADY, Shauna | Carrick AC | Senior Ladies | 08:59.8 | 465 |
| 101 | 0:45:11 | FITZPATRICK, Mary | Carrick AC | Ladies Over 55 | 09:02.0 | 299 |
| 102 | 0:45:45 | HOULIHAN, Geraldine | Carrick AC | Ladies Over 55 | 09:08.8 | 458 |

There were 102 finishers.