

**CARRICK-ON-SUIR AC SUMMER SERIES 2016****Race 4- Rathgormack 5 Mile****Friday 8<sup>th</sup> 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	0:26:48	MURPHY, Brian	Carrick AC	Senior Men	05:21.5	470
2	0:27:08	SHEIL, Niall	St Killians	Senior Men	05:25.5	462
3	0:28:08	BOLAND, Jimmy	Clonmel AC	Senior Men	05:37.5	450
4	0:29:08	HEARNE, Steven	Waterford AC	Senior Men	05:49.5	487
5	0:29:20	CUDDIHY, Brian	Waterford AC	Senior Men	05:51.9	463
6	0:30:05	ROCHE, Patrick	Carrick AC	Senior Men	06:00.9	480
7	0:30:40	CARTHY, Jackie	Kilmore ac	Ladies Over 45	06:07.9	397
8	0:30:45	MORIARTY, Pdraig	St Killians	Mens Over 50	06:08.9	461
9	0:30:56	HAYES, Martin	West Waterford	Mens Over 50	06:11.1	478
10	0:30:58	NOLAN, Pat	Waterford AC	Mens Over 40	06:11.5	464
11	0:31:01	MALONE, Sylvia	Waterford AC	Ladies Over 40	06:12.1	457
12	0:31:30	DOWNEY, Andrew	Carrick AC	Mens Over 40	06:17.9	438
13	0:31:50	POWER, Anthony		Senior Men	06:21.9	475
14	0:31:55	FORRISTAL, Sally	St Josephs	Senior Ladies	06:22.9	414
15	0:31:55	MURRAY, Ger		Mens Over 45	06:22.9	484
16	0:32:38	HAHESSY, Benny	Carrick Triathlon Club	Mens Over 40	06:31.5	490
17	0:32:45	MURPHY, Ger	Carrick AC	Senior Men	06:32.9	481
18	0:33:02	O'SULLIVAN, John	Waterford AC	Senior Men	06:36.3	430
19	0:33:27	HORE, Anna Leigh	Kilmore ac	Senior Ladies	06:41.3	398
20	0:33:38	CROTTY, John		Senior Men	06:43.5	483
21	0:33:55	O CONNOR, Gerry	West Waterford	Mens Over 50	06:46.9	443
22	0:33:56	FOX, James	Carrick AC	Mens Over 45	06:47.1	474
23	0:34:01	LONGAN, Tom	West Waterford	Mens Over 40	06:48.1	485
24	0:34:02	CALLAGHAN, Michael	West Waterford	Mens Over 45	06:48.3	452
25	0:34:10	MALONEY, John		Mens Over 40	06:49.9	421
26	0:34:40	MOLLOY, Mary	Carrick AC	Ladies Over 35	06:55.9	472
27	0:34:44	DWYER, Anthony	West Waterford	Mens Over 55	06:56.7	476
28	0:34:59	CLIFFE, Mark	West Waterford	Senior Men	06:59.7	465
29	0:35:36	BARRY, Joe	West Waterford	Senior Men	07:07.0	479
30	0:35:43	CROTTY, Dan		Mens Over 40	07:08.4	488
31	0:35:49	MURRAY, Joe		Mens Over 45	07:09.6	445
32	0:36:11	CUNNINGHAM, Peter	West Waterford	Senior Men	07:14.0	416
33	0:36:18	O'MEARA, John		Mens Over 45	07:15.4	447
34	0:36:25	MCCARTHY, Sean	Clonmel AC	Mens Over 45	07:16.8	426
35	0:36:50	O DONOVAN, Niamh	West Waterford	Senior Ladies	07:21.8	466
36	0:36:51	KENNEDY, Daniel	Clonmel AC	Senior Men	07:22.0	432
37	0:36:56	PARLE, Pat		Mens Over 55	07:23.0	446
38	0:37:15	EGAN, Tom	Carrick AC	Mens Over 40	07:26.8	451
39	0:37:19	KENNEDY, Ned		Mens Over 40	07:27.6	399
40	0:37:23	BYRNE, Anna	Clonmel AC	Ladies Over 50	07:28.4	459
41	0:37:28	MULLINS, Andrew	Clonmel AC	Senior Men	07:29.4	456
42	0:37:47	FLEMING, Jim	West Waterford	Mens Over 45	07:33.2	455
43	0:38:14	HEARNE, Edmund	Waterford AC	Senior Men	07:38.6	437
44	0:38:29	MCHALE, Andrew		Mens Over 45	07:41.6	418
45	0:38:43	BRUNNOCK, Paul	West Waterford	Mens Over 45	07:44.4	453
46	0:38:57	BOLAND, Maurice	Clonmel AC	Mens Over 60	07:47.2	435
47	0:39:01	GOUGH, Catherina	Focus on Fitness	Ladies Over 40	07:48.0	417
48	0:39:37	LACEY, Trevor		Senior Men	07:55.2	436
49	0:39:47	HIGGINS, Sharon	West Waterford	Ladies Over 35	07:57.2	467
50	0:40:09	POWER, Onra	West Waterford	Ladies Over 50	08:01.6	427

**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>
51	0:40:10	O'DONOGHUE, Donal		Mens Over 45	08:01.8	433
52	0:40:59	O'NEILL, Kevin		Senior Men	08:11.6	448
53	0:41:01	COADY, Wayne	Carrick AC	Senior Men	08:12.0	458
54	0:41:11	CURRAN, Eamon	West Waterford	Mens Over 40	08:14.0	449
55	0:41:19	MASSEY, Anne	West Waterford	Ladies Over 40	08:15.6	482
56	0:41:54	DWYER, Liam		Mens Over 60	08:22.6	469
57	0:41:59	PROCTOR, Pascal	West Waterford	Mens Over 60	08:23.6	429
58	0:42:01	CUNNINGHAM, Michelle	West Waterford	Senior Ladies	08:24.0	415
59	0:42:03	GAFFNEY, Andrea	West Waterford	Ladies Over 45	08:24.4	428
60	0:42:54	MCGRATH, Ted		Mens Over 55	08:34.6	486
61	0:43:19	CONNOLLY, Paul	Huffers & Puffers	Mens Over 45	08:39.6	477
62	0:43:26	MURRAY, Elaine		Ladies Over 45	08:41.0	419
63	0:43:37	O DONOVAN, Catherine	Carrick AC	Ladies Over 40	08:43.2	473
64	0:43:41	HOULIHAN, Geraldine	Carrick AC	Ladies Over 50	08:44.0	471
65	0:44:19	BRUNNOCK, Paddy		Senior Men	08:51.6	431
66	0:44:43	HENNEBRY, Ruth	Huffers & Puffers	Ladies Over 35	08:56.4	468
67	0:44:59	STAPLETON, Rosemary	Huffers & Puffers	Ladies Over 35	08:59.6	420
68	0:46:16	KENNEDY, Aileen		Ladies Over 35	09:15.0	400
69	0:46:18	GENC, Sue	West Waterford	Ladies Over 45	09:15.4	454
70	0:46:27	O'DONOVAN, Sean	Carrick AC	Mens Over 55	09:17.2	489
71	0:47:05	FOX, Alan		Mens Over 40	09:24.8	444
72	0:51:22	LENIHAN, Tommy	West Waterford	Mens Over 55	10:16.2	460
73	0:57:38	FORDE, Jerry	Blarney ESC	Mens Over 60	11:31.4	434

There were 73 finishers in the All Competitors category