

Carrick-on-Suir Road Runners AC**Summer Series 2023****Race 1: Ballyneale 5k Sponsored by MSD****Friday April 21st 7.30 pm**

Finishing Position	Race Number	Name	Finish Time	Pace (Min/Mile)	Club	Age Category
1	283	GORMAN, Dermot	00:16:05	05:10.5	Carrick AC	Mens Over 40
2	287	MURPHY, Noel	00:16:38	05:21.1	Waterford AC	Senior Men
3	261	MURPHY, Damien	00:16:43	05:22.7	West Waterford	Senior Men
4	436	BEHAN, John	00:16:50	05:25.0	Dublin Front Runners AC	Senior Men
5	1556	PRICE, Mark	00:16:55	05:26.6		Senior Men
6	289	RICE, Louis	00:17:07	05:30.4	Fethard	Senior Men
7	279	DROHAN, Barry	00:17:54	05:45.6	Carrick AC	Senior Men
8	818	ANDRE, Emmanuel	00:18:13	05:51.7	Dundrum	Junior Boys
9	253	O'KEEFFE, Eugene	00:18:15	05:52.3	Carrick AC	Mens Over 50
10	264	CLEERE, Sharon	00:18:19	05:53.6	Thurles Crokes	Ladies Over 40
11	292	DUNPHY, Dylan	00:18:21	05:54.3		Senior Men
12	273	CARR, Ciaran	00:18:23	05:54.9	Newbridge AC	Mens Over 40
13	444	RYAN, Michael	00:18:42	06:01.0	Dundrum	Mens Over 40
14	299	O'LOUGHLIN, Michael	00:18:45	06:02.0		Senior Men
15	822	TIDSWELL, Keely	00:18:46	06:02.3	Clonmel AC	Ladies Over 35
16	271	REYNOLDS, Cathal	00:18:54	06:04.9	West Waterford	Senior Men
17	293	FRAHER, Keith	00:19:03	06:07.8	Carrick AC	Mens Over 45
18	294	TRACEY, Tim	00:19:07	06:09.1	Carrick AC	Senior Men
19	295	O'DONOGHUE, Eddie	00:19:10	06:10.0	Clonmel AC	Mens Over 45
20	923	COFFEY, Gearoid	00:19:14	06:11.3	West Waterford	Junior Boys
21	254	PRENDERGAST, Niall	00:19:20	06:13.2		Senior Men
22	266	RYAN, Austin	00:19:29	06:16.1	Thurles Crokes	Mens Over 50
23	320	ROCHE, Patrick	00:19:33	06:17.4	Carrick AC	Mens Over 45
24	269	GRAHAM, Brian	00:19:35	06:18.1	Carrick AC	Mens Over 40
25	290	RICE, Fintan	00:19:40	06:19.7	Fethard	Mens Over 55
26	322	MAHONY, Louise	00:19:50	06:22.9	Ballyrohan ac	Ladies Over 35
27	1525	HAHESSY, Benny	00:19:55	06:24.5	Carrick AC	Mens Over 50
28	288	O'HANLON, Tommy	00:20:06	06:28.0		Senior Men
29	278	MOLLOY, Mary	00:20:27	06:34.8	Kingsriver AC	Ladies Over 45
30	925	COMMINS, Donal	00:20:48	06:41.6		Senior Men
31	251	DOWNEY, Andrew	00:20:49	06:41.9	Carrick AC	Mens Over 45
32	298	HOGAN, Tom	00:20:51	06:42.5	West Waterford	Mens Over 45
33	276	BUTLER, Robert	00:20:51	06:42.5		Senior Men
34	442	TYNAN, Sean	00:20:52	06:42.8		Senior Men
35	270	WHELAN, Sarah	00:20:54	06:43.5	Clonmel AC	Ladies Over 40
36	1526	O'SULLIVAN, John	00:21:01	06:45.7	Waterford AC	Mens Over 40
37	260	MOORE, Grainne	00:21:11	06:49.0	West Waterford	Junior Girls
38	258	COFFEY, Brendan	00:21:25	06:53.5	Clonmel AC	Mens Over 40
39	325	ROCHE, Aine	00:21:35	06:56.7	Clonmel AC	Ladies Over 40
40	321	CONCANNON, Mick	00:21:46	07:00.2	West Waterford	Mens Over 60
41	819	BURKIN, Johnny	00:22:04	07:06.0	West Waterford	Senior Men
42	286	CARROLL, John	00:22:07	07:07.0	Carrick AC	Mens Over 55
43	263	OWENS, Sean	00:22:11	07:08.3	MSD	Mens Over 50
44	1557	LANIGAN, Dermot	00:22:21	07:11.5	Carrick AC	Mens Over 40

Finishing Position	Race Number	Name	Finish Time	Pace (Min/Mile)	Club	Age Category
45	280	HALLISSEY, Bryan	00:22:59	07:23.7	West Waterford	Mens Over 45
46	297	POWER, Deirdre	00:23:29	07:33.4	Carrick AC	Ladies Over 40
47	443	PARLE, Pat	00:23:29	07:33.4	Carrick AC	Mens Over 60
48	823	POWER, Linda	00:23:33	07:34.7		Ladies Over 45
49	284	LYNCH, Zoe	00:23:37	07:35.9		Senior Ladies
50	267	KENNEDY, Derek	00:24:00	07:43.3		Mens Over 45
51	924	COFFEY, Bridget	00:24:10	07:46.6	West Waterford	Ladies Over 50
52	274	MADDEN, Dean	00:24:22	07:50.4		Senior Men
53	324	COONEY, Aoife	00:25:09	08:05.6		Senior Ladies
54	277	EGAN, Tom	00:25:23	08:10.1	Carrick AC	Mens Over 50
55	275	BUTLER, Laura	00:25:28	08:11.7		Senior Ladies
56	285	MCGRATH, Sinead	00:25:30	08:12.3		Senior Ladies
57	445	WALSH, Yvonne	00:25:37	08:14.6	Carrick AC	Ladies Over 45
58	259	MOORE, Sandra	00:25:42	08:16.2	West Waterford	Ladies Over 50
59	430	O'DONNELL, Paul	00:26:13	08:26.1	Carrick AC	Mens Over 40
60	920	POWER, Onra	00:26:33	08:32.6	West Waterford	Ladies Over 55
61	265	POWER, Conor	00:26:51	08:38.4	Carrick AC	Mens Over 40
62	282	O'RIORDAN, Jason	00:26:57	08:40.3		Senior Men
63	825	HARRIS, Amy	00:26:59	08:40.9	Carrick AC	Senior Ladies
64	821	O'NEILL, Maura	00:27:09	08:44.2	Carrick AC	Ladies Over 55
65	820	WALSH, Bridget	00:27:22	08:48.4	Carrick AC	Ladies Over 45
66	257	CONWAY, Glen	00:27:24	08:49.0		Mens Over 45
67	439	POWER, Monica	00:27:27	08:50.0		Ladies Over 40
68	262	COAKLEY, Michael	00:27:32	08:51.6	West Waterford	Mens Over 55
69	296	KELLY, Siobhan	00:27:36	08:52.9	Carrick AC	Ladies Over 50
70	300	O'SHEA, Yvonne	00:27:43	08:55.1		Ladies Over 55
71	824	DUNNE, Jackie	00:27:54	08:58.6	Carrick AC	Ladies Over 55
72	268	CRONIN, Ann	00:28:04	09:01.9	Carrick AC	Ladies Over 55
73	281	HIGGINS, Sharon	00:28:07	09:02.8	West Waterford	Ladies Over 40
74	319	PURCELL, Louise	00:28:13	09:04.8		Ladies Over 40
75	318	HANLON, Margaret	00:28:20	09:07.0		Ladies Over 50
76	922	CURRAN, Eamon	00:29:02	09:20.5	West Waterford	Mens Over 50
77	323	O'DWYER, Derek	00:29:30	09:29.5	Carrick AC	Senior Men
78	427	SULLIVAN, James	00:29:30	09:29.5	Carrick AC	Mens Over 60
79	291	MURPHY, Hillary	00:30:13	09:43.4	Waterford AC	Ladies Over 35
80	256	DUNNE, Sinead	00:30:36	09:50.8	Carrick AC	Ladies Over 35
81	438	KENT, Eleanor	00:31:34	10:09.4		Ladies Over 55
82	437	POWER, Elaine	00:31:35	10:09.8		Ladies Over 50
83	317	NOLAN, Gillian	00:31:36	10:10.1		Ladies Over 40
84	272	HALLINAN, Gary	00:32:25	10:25.9		Mens Over 40
85	441	GRACE, Carmel	00:32:33	10:28.4		Ladies Over 40
86	440	O'NEILL, Elaine	00:32:35	10:29.1		Senior Ladies
87	921	CLANCY, Deirdre	00:33:13	10:41.3	West Waterford	Ladies Over 55

There were 87 competitors.