

CARRICK-ON-SUIR AC SUMMER SERIES 2017**Race 5- Piltown 10K****Friday 28th July 2017 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	0:33:50	COUGHLAN, Alban	Crusaders AC	Senior Men	05:26.6	438
2	0:34:13	MURPHY, Brian	Carrick AC	Senior Men	05:30.3	359
3	0:34:40	WALSH, Derek	Carrick AC	Mens Over 40	05:34.6	452
4	0:35:50	ROWE, Dean	Gowran AC	Senior Men	05:45.9	463
5	0:36:45	SHANAHAN, Danny	Thomastown AC	Senior Men	05:54.7	457
6	0:37:32	WALSH, Colm	Waterford AC	Senior Men	06:02.3	456
7	0:37:42	FITZGERALD, Pat	West Waterford	Senior Men	06:03.9	356
8	0:38:04	GRANT, Pat		Mens Over 40	06:07.5	327
9	0:38:10	TRAVIS, Jason	West Waterford	Mens Over 40	06:08.4	325
10	0:38:36	DELANEY, Sean		Mens Over 45	06:12.6	426
11	0:38:41	HASSEY, Ray	West Waterford	Mens Over 50	06:13.4	357
12	0:38:56	LYNCH, Kevin		Mens Over 40	06:15.8	460
13	0:39:17	CONNORS, Jimmy	West Waterford	Senior Men	06:19.2	447
14	0:39:22	MALONEY, Billy	Clonmel AC	Senior Men	06:20.0	374
15	0:39:28	GOUGH, Joe	West Waterford	Mens Over 60	06:21.0	353
16	0:39:32	FENNELLY, Philip		Mens Over 45	06:21.6	360
17	0:39:35	HAHESSY, Benny	Carrick AC	Mens Over 40	06:22.1	212
18	0:39:40	KIRBY, Dan		Senior Men	06:22.9	373
19	0:39:46	KIELY, Shane		Mens Over 40	06:23.9	431
20	0:39:56	POWER, Anthony		Senior Men	06:25.5	424
21	0:40:03	LANIGAN, David	St Josephs	Mens Over 40	06:26.6	440
22	0:40:04	O'SHAUGHNESSY, Michael	KCH	Mens Over 50	06:26.8	435
23	0:40:04	MARTIN, Lar	Clonmel AC	Mens Over 40	06:26.8	346
24	0:40:07	VEALE, Kate	West Waterford	Senior Ladies	06:27.2	448
25	0:40:17	DERMODY, Paul	Kilkenny Tri	Senior Men	06:28.9	395
26	0:40:45	HOGAN, Tom	West Waterford	Mens Over 40	06:33.4	449
27	0:41:32	BRAZIL, Jonathan	Waterford AC	Senior Men	06:40.9	323
28	0:41:44	MORRISSEY, Eamonn	Dundrum	Senior Men	06:42.8	371
29	0:41:45	CROTTY, John		Senior Men	06:43.0	425
30	0:41:51	WALSH, Gerry	Thomastown AC	Senior Men	06:44.0	372
31	0:41:51	WARD, Seamus	Carrick AC	Mens Over 45	06:44.0	354
32	0:41:56	BRANNIGAN, Sinead	Waterford AC	Senior Ladies	06:44.8	347
33	0:41:57	GRAHAM, Brian	Carrick AC	Senior Men	06:44.9	330
34	0:42:00	FLAHERTY, David	Carrick Triathlon Club	Mens Over 40	06:45.4	345
35	0:42:12	CARTER, Alan		Senior Men	06:47.4	375
36	0:42:15	MACKEN, Suzie		Ladies Over 35	06:47.8	335
37	0:42:16	BRUNNOCK, John		Mens Over 40	06:48.0	370
38	0:42:45	HOYNASKY, Peter		Mens Over 40	06:52.7	333
39	0:43:03	PONCE DE LEON, Miguel	Carrick AC	Mens Over 40	06:55.6	451
40	0:43:12	O'DWYER, Michael		Mens Over 50	06:57.0	427
41	0:43:13	ARMSTRONG, Laura	Dundrum	Senior Ladies	06:57.2	365
42	0:43:41	FOX, James	Carrick AC	Mens Over 45	07:01.7	362
43	0:43:43	O'KEEFFE, Eugene		Mens Over 45	07:02.0	398
44	0:43:45	TOBIN, Martin	West Waterford	Mens Over 50	07:02.3	391
45	0:44:00	CROGAN, Michael		Mens Over 50	07:04.7	336
46	0:44:05	CLINCE, Liam	West Waterford	Mens Over 55	07:05.5	393
47	0:44:40	MULDOWNEY, Catriona	KCH	Senior Ladies	07:11.2	361
48	0:44:49	MOLLOY, Mary	Carrick AC	Ladies Over 35	07:12.6	428
49	0:45:50	CONCANNON, Mick	West Waterford	Mens Over 50	07:22.4	369
50	0:46:02	TIERNEY, John		Mens Over 50	07:24.4	322

<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	0:46:33	BARCOE, Maurice	Gowran AC	Senior Men	07:29.3	397
52	0:46:47	BYRNE, Anna	Clonmel Triathlon Club	Ladies Over 50	07:31.6	230
53	0:46:54	MCHALE, Andrew		Mens Over 50	07:32.7	324
54	0:47:36	LANIGAN, Dermot	Carrick AC	Senior Men	07:39.5	464
55	0:47:41	LATHAM, Tony		Mens Over 55	07:40.3	334
56	0:47:46	DOYLE, Ann Marie	Slaney Olympic	Senior Ladies	07:41.1	433
57	0:47:52	HEYLIN, Siobhan	Waterford AC	Senior Ladies	07:42.1	351
58	0:47:57	O'MEARA, John		Mens Over 45	07:42.9	368
59	0:48:01	BRENNAN, Ger		Senior Men	07:43.5	462
60	0:48:05	SWEETMAN, Michael	Clonmel Triathlon Club	Mens Over 50	07:44.2	367
61	0:48:09	HAYDEN, Rhona	Focus on Fitness	Senior Ladies	07:44.8	399
62	0:48:37	WALSH, Tina	Carrick AC	Senior Ladies	07:49.3	450
63	0:48:46	O'FARRELL, Lenard		Mens Over 40	07:50.7	337
64	0:48:59	O'HARA, Sharon	KCH	Ladies Over 35	07:52.8	439
65	0:49:06	MURPHY, Jane	Waterford AC	Senior Ladies	07:54.0	396
66	0:49:15	O'CALLAGHAN, Valerie	St Senans	Ladies Over 40	07:55.4	444
67	0:49:22	GUNNE, Gary		Mens Over 45	07:56.5	423
68	0:50:11	O'DONOGHUE, Donal		Mens Over 50	08:04.4	436
69	0:50:17	BARRY, Anita	St Josephs	Ladies Over 35	08:05.4	445
70	0:50:34	HARTE, Sinead	Waterford AC	Ladies Over 35	08:08.1	437
71	0:50:44	RYAN, Emma		Ladies Over 35	08:09.7	358
72	0:50:45	LONG, Fiona		Senior Ladies	08:09.9	341
73	0:50:46	LANNIGAN, Susan	St Josephs	Ladies Over 40	08:10.1	349
74	0:50:46	POWER, Onra	West Waterford	Ladies Over 50	08:10.1	465
75	0:50:46	O'DWYER, Derek	Carrick AC	Senior Men	08:10.1	342
76	0:50:59	MCGRATH, Ted		Mens Over 55	08:12.1	332
77	0:51:00	BRUNNOCK, Paddy		Senior Men	08:12.3	461
78	0:51:11	O'SHAUGHNESSY, Emer		Ladies Over 45	08:14.1	348
79	0:51:20	HEARN, Madeline		Senior Ladies	08:15.5	459
80	0:51:30	RYAN, Christopher		Senior Men	08:17.1	344
81	0:51:34	COADY, Jamie		Senior Men	08:17.8	434
82	0:52:10	HEARN, Therese		Senior Ladies	08:23.6	458
83	0:52:31	WALSH, Deirdre	Carrick AC	Ladies Over 35	08:27.0	350
84	0:53:56	BARRON, Alma	St Josephs	Ladies Over 35	08:40.6	432
85	0:54:11	DELAHUNTY, Derek		Senior Men	08:43.0	331
86	0:54:35	CRONIN, Barry		Senior Men	08:46.9	343
87	0:55:08	MURRAY, Pat		Mens Over 55	08:52.2	394
88	0:55:09	MURPHY, Diana		Senior Ladies	08:52.4	441
89	0:55:12	KENNEDY, Kathleen	Waterford AC	Ladies Over 55	08:52.9	363
90	0:55:24	FOSKIN, Patricia	St Senans	Ladies Over 55	08:54.8	328
91	0:55:48	HOULIHAN, Geraldine	Carrick AC	Ladies Over 55	08:58.6	453
92	0:55:49	FRYDAY, Christina	Dundrum	Ladies Over 40	08:58.8	352
93	0:56:59	MURPHY, Elaine		Ladies Over 45	09:10.1	443
94	0:57:22	SHANAHAN, Mary	Dundrum	Ladies Over 35	09:13.8	442
95	0:57:40	COLLINS, Aisling		Senior Ladies	09:16.7	329
96	1:01:06	TENNYSON, Caroline	Fitness with Emer	Ladies Over 40	09:49.8	430
97	1:01:08	O'BRIEN, Susan	Fitness with Emer	Ladies Over 45	09:50.1	326
98	1:01:50	POWER, Katie	Fitness with Emer	Senior Ladies	09:56.9	364
99	1:04:21	MURPHY, David		Mens Over 40	10:21.2	400
100	1:04:29	GLASCOTT, Ber	Carrick AC	Ladies Over 55	10:22.5	392
101	1:05:42	MCGOWAN, Maria	Fitness with Emer	Ladies Over 50	10:34.2	429
102	1:05:45	FOLEY, Michelle	Fitness with Emer	Ladies Over 40	10:34.7	454
103	1:05:46	O'BRIEN, Emer	Fitness with Emer	Ladies Over 45	10:34.9	338
104	1:05:48	HUGHES, Catherine	Fitness with Emer	Ladies Over 45	10:35.2	339
105	1:07:13	CLANCY, Deirdre	West Waterford	Ladies Over 55	10:48.9	455
106	1:10:00	RUSSELL, Suzanne	Fitness with Emer	Ladies Over 35	11:15.7	446

There were 106 finishers in the All Competitors category.