

CARRICK-ON-SUIR AC SUMMER SERIES 2019**Race 4 - Piltown 10K****Friday 26th July 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	0:32:12	MAUNSELL, Kevin	Clonmel AC	Senior Men	05:10.8	388
2	0:34:51	MTINSI, Trust	KCH	Senior Men	05:36.4	1284
3	0:35:06	STACK, Liam	Ferrybank	Senior Men	05:38.8	189
4	0:35:38	O'DONNELL, Aaron	Carrick AC	Senior Men	05:44.0	497
5	0:36:22	DEEGAN, Paul	Gowran AC	Mens Over 50	05:51.0	500
6	0:36:41	O'CONNOR, Eamonn	KCH	Senior Men	05:54.1	1266
7	0:36:54	CROWLEY, Jonathan	St Senans	Senior Men	05:56.2	1414
8	0:36:57	MAHER, Ken		Mens Over 40	05:56.7	1342
9	0:36:58	O'BRIEN, Greg	Ferrybank	Junior Boys	05:56.8	188
10	0:37:03	MALONEY, Billy	Clonmel AC	Senior Men	05:57.6	1290
11	0:37:09	CALLE, Adrian		Senior Men	05:58.6	1458
12	0:37:10	FORRISTAL, Sally	St Josephs	Senior Ladies	05:58.8	483
13	0:37:21	KEBEDE, Fkadu		Senior Men	06:00.5	1220
14	0:37:35	O'DRISCOLL, Brendan	Waterford AC	Senior Men	06:02.8	1232
15	0:37:44	KIRWAN, Martin	Focus on Fitness	Mens Over 45	06:04.2	489
16	0:37:51	BOWEN, Anthony	Clonmel AC	Senior Men	06:05.4	407
17	0:38:04	CODD, Vinny	Waterford AC	Mens Over 40	06:07.5	498
18	0:38:26	MCCANN, Angela	Clonmel AC	Ladies Over 45	06:11.0	1224
19	0:38:42	DELANEY, Sean	Marino	Mens Over 50	06:13.6	1202
20	0:38:54	O'KEEFFE, Eugene	Carrick AC	Mens Over 50	06:15.5	426
21	0:39:08	LOUGHNANE, Madeline	Thurles Crokes	Ladies Over 35	06:17.7	492
22	0:39:19	O'SULLIVAN, Michael	Carrick AC	Mens Over 45	06:19.5	487
23	0:39:44	NOLAN, John	Waterford AC	Senior Men	06:23.5	484
24	0:39:45	HAHESSY, Benny	Carrick AC	Mens Over 45	06:23.7	1422
25	0:40:02	NOLAN, Pat	Waterford AC	Mens Over 40	06:26.4	481
26	0:40:07	WAUGH, Stuart	Thomastown AC	Senior Men	06:27.2	419
27	0:40:11	MALONE, Caoilte	Thomastown AC	Senior Ladies	06:27.9	1294
28	0:40:21	WALSH, Gerry	Thomastown AC	Senior Men	06:29.5	1330
29	0:40:29	FENLEY, Vivian	Kingsriver AC	Mens Over 50	06:30.8	1308
30	0:40:38	DICKENSON, Ken	Focus on Fitness	Senior Men	06:32.2	1270
31	0:40:40	COADY, John		Senior Men	06:32.6	499
32	0:40:41	DOWNEY, Andrew	Carrick AC	Mens Over 45	06:32.7	1426
33	0:40:46	JACOB, Brian	Focus on Fitness	Senior Men	06:33.5	423
34	0:40:56	TRACEY, Tim		Junior Boys	06:35.1	482
35	0:41:03	CARROLL, John	Carrick AC	Mens Over 55	06:36.3	1316
36	0:41:10	FENNELLY, Philip	Kingsriver AC	Mens Over 45	06:37.4	1236
37	0:41:15	RYAN, Donal	Clonmel AC	Mens Over 45	06:38.2	1338
38	0:41:40	MCDONNELL, Shane	Saturday Road Runners	Mens Over 50	06:42.2	199
39	0:41:50	MULDOWNEY, Catriona	KCH	Ladies Over 35	06:43.8	1238
40	0:41:51	FLAHERTY, David	Carrick Triathlon Club	Mens Over 45	06:44.0	1344
41	0:41:55	MARTIN, Lar		Mens Over 45	06:44.6	485
42	0:41:57	GROGAN, Michael	KCH	Mens Over 50	06:44.9	477
43	0:41:59	CASHMAN, John	Midleton	Mens Over 55	06:45.3	1446
44	0:42:06	O'SULLIVAN, John	Waterford AC	Senior Men	06:46.4	1230
45	0:42:13	LAHART, Denis	Kingsriver AC	Mens Over 45	06:47.5	1328
46	0:42:22	DEWBERRY, Johann		Mens Over 45	06:49.0	1346
47	0:42:32	POWER, Robert		Senior Men	06:50.6	1222
48	0:42:35	MILWALL, Henry		Senior Men	06:51.1	1306
49	0:42:43	DOWNEY, John	West Waterford	Mens Over 45	06:52.3	408
50	0:42:45	RYAN, Eamonn	Focus on Fitness	Senior Men	06:52.7	387

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	0:42:46	MCGUIRE, Courtney	Clonmel AC	Junior Girls	06:52.8	412
52	0:42:51	O'HARA, Philip	KCH	Mens Over 40	06:53.6	415
53	0:42:57	CROTTY, John		Senior Men	06:54.6	469
54	0:42:59	O'BRIEN, Jim	Focus on Fitness	Mens Over 45	06:54.9	470
55	0:43:04	BRADLEY, Shane	Churchhill runners	Senior Men	06:55.7	479
56	0:43:07	DOOCEY, Rebecca	Clonmel AC	Ladies Over 40	06:56.2	1276
57	0:43:10	PONCE DE LEON, Miguel	Carrick AC	Mens Over 45	06:56.7	1416
58	0:43:34	SOMERS, Barry		Senior Men	07:00.5	1188
59	0:43:38	O'SHAUGHNESSY, Billy		Mens Over 45	07:01.2	490
60	0:43:40	CUDDIHY, Ray		Mens Over 45	07:01.5	1310
61	0:44:01	O'DWYER, William		Senior Men	07:04.9	424
62	0:44:11	MAHONY, Tony	West Waterford	Mens Over 50	07:06.5	1198
63	0:44:12	BLACKMORE, Ethan		Senior Men	07:06.7	1280
64	0:44:13	HOGAN, David	KCH	Mens Over 45	07:06.8	1340
65	0:44:19	LANIGAN, Dermot	Carrick AC	Senior Men	07:07.8	1320
66	0:44:20	HOGAN, Tom	West Waterford	Mens Over 40	07:07.9	491
67	0:44:26	CONCANNON, Mick	West Waterford	Mens Over 55	07:08.9	471
68	0:44:30	CUNNINGHAM, Theresa		Ladies Over 45	07:09.6	1282
69	0:44:37	DUNFORD, Pat	West Waterford	Mens Over 50	07:10.7	473
70	0:44:54	KAVANAGH, Thomas		Senior Men	07:13.4	429
71	0:44:57	KENNY, Cathy		Ladies Over 50	07:13.9	488
72	0:44:59	LYONS, Johnny		Senior Men	07:14.2	416
73	0:45:09	PRENDERGAST, Mary		Senior Ladies	07:15.8	427
74	0:45:17	MOLLOY, Mary	Carrick AC	Ladies Over 40	07:17.1	486
75	0:45:21	DOHERTY, Michelle	Clonmel AC	Ladies Over 45	07:17.8	1304
76	0:45:23	BURKE, Johnny	West Waterford	Senior Men	07:18.1	1336
77	0:45:25	MURPHY, Barry		Mens Over 40	07:18.4	432
78	0:45:26	HEYLIN, Siobhan		Senior Ladies	07:18.6	1228
79	0:45:30	KENNEDY, Claire	West Waterford	Senior Ladies	07:19.2	428
80	0:45:35	CARROLL, Bill	Thomastown AC	Mens Over 45	07:20.0	1326
81	0:45:42	BROWN, Thomas	Focus on Fitness	Mens Over 60	07:21.1	422
82	0:45:45	WALSH, Angela	Clonmel AC	Ladies Over 35	07:21.6	1274
83	0:45:46	MURPHY, Peter	Saturday Road Runners	Senior Men	07:21.8	1182
84	0:45:56	CULLEN, Dermot	Saturday Road Runners	Mens Over 40	07:23.4	417
85	0:46:09	MAUNSELL, Nicola	Clonmel AC	Ladies Over 45	07:25.5	1178
86	0:46:41	HARRIS, Brian		Mens Over 60	07:30.6	410
87	0:46:57	GRIFFITH, Moire		Ladies Over 35	07:33.2	1286
88	0:47:10	DOOCEY, Michael	Clonmel Triathlon Club	Mens Over 40	07:35.3	1278
89	0:47:24	O'BRIEN, Emer	Fitness with Emer	Ladies Over 45	07:37.6	478
90	0:47:26	HEYLIN, Colm		Senior Men	07:37.9	1242
91	0:47:36	O'DONOGHUE, Donal	Watergrass Hill	Mens Over 50	07:39.5	1424
92	0:47:47	WHELAN, Niamh	Thomastown AC	Senior Men	07:41.3	418
93	0:47:48	HUGH, Ursula	Waterford AC	Senior Ladies	07:41.4	1248
94	0:47:58	PATTERSON, Ian	Clonmel AC	Mens Over 40	07:43.0	411
95	0:48:03	NI FAOLAIN, Sinead	West Waterford	Ladies Over 35	07:43.8	1172
96	0:48:38	DUNFORD, Ann	West Waterford	Ladies Over 50	07:49.5	472
97	0:48:40	DALY, Michael		Mens Over 50	07:49.8	1288
98	0:48:50	POWER, Deirdre	Carrick AC	Ladies Over 35	07:51.4	1302
99	0:48:57	WHITE, Marion	West Waterford	Ladies Over 45	07:52.5	1174
100	0:48:59	KELLY, Mary	Carrick AC	Ladies Over 40	07:52.8	1240
101	0:49:10	DOLLARD, Andy	kilmacow	Mens Over 55	07:54.6	1196
102	0:49:13	O'NEILL, Avean		Senior Ladies	07:55.1	1226
103	0:49:28	EADE, Sean		Mens Over 40	07:57.5	1262
104	0:49:30	BLACKMORE, Robert		Senior Men	07:57.8	468
105	0:49:40	CLEARY, Aoife	Thomastown	Ladies Over 40	07:59.4	1264
106	0:49:48	DOHERTY, Michelle		Ladies Over 35	08:00.7	1292

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>
107	0:50:27	MERRIMAN, Daniel		Senior Men	08:07.0	1272
108	0:50:28	WALSH, Niall		Senior Men	08:07.2	1244
109	0:50:29	LYONS, Gillian	Waterford Triathlon Club	Ladies Over 35	08:07.3	1200
110	0:50:31	HENNEBRY, Ann	Focus on Fitness	Ladies Over 50	08:07.6	1298
111	0:50:52	MOCLAIR, Michael	Fethard	Senior Men	08:09.7	1412
112	0:50:56	NORRIS, Eoghan	Carrick Triathlon Club	Mens Over 45	08:11.0	1194
113	0:51:11	HEYLIN, Claire	Senior Ladies		08:11.7	1180
114	0:51:37	JOLLY, Liz	St Senans	Ladies Over 45	08:14.1	1216
115	0:51:46	O'CALLAGHAN, Valerie	St Senans	Ladies Over 40	08:18.3	1312
116	0:51:54	POWER, Onra	West Waterford	Ladies Over 50	08:19.7	1234
117	0:52:35	KENNEDY, Gretta	Gowran AC	Senior Ladies	08:21.0	1300
118	0:52:35	MURPHY, Jane	Waterford AC	Senior Ladies	08:27.6	1254
119	0:52:36	GRACE, Darren	Carrick Triathlon Club	Senior Men	08:27.6	1324
120	0:52:37	KENNEDY, Ruth	Gowran AC	Junior Girls	08:27.8	1332
121	0:54:19	CONWAY, Joe	Mens Over 60		08:27.9	421
122	0:54:27	WINDLE, Aileen	Focus on Fitness	Ladies Over 45	08:44.3	480
123	0:54:50	LONG, Andrew	Junior Boys		08:45.6	1186
124	0:54:55	WALSH, Michael	Senior Men		08:49.3	1322
125	0:55:00	TIERNEY, John	Waterford AC	Mens Over 50	08:50.1	409
126	0:55:01	PHELAN, Leanne	Fitness with Emer	Senior Ladies	08:50.9	1296
127	0:55:03	POWER, Jimmy	Carrick AC	Mens Over 55	08:51.1	1268
128	0:55:14	KELLY, Siobhan	Fitness with Emer	Ladies Over 45	08:51.4	1246
129	0:55:21	DUNNE, Sean	Carrick AC	Senior Men	08:53.2	1334
130	0:55:26	LAMBE, John	Mens Over 40		08:54.3	431
131	0:55:33	MURPHY, Hillary	Waterford AC	Senior Ladies	08:55.1	1190
132	0:55:40	KENNEDY, Kathleen	Waterford AC	Ladies Over 55	08:56.2	200
133	0:55:41	BYRNE, Stephaine	Clonmel AC	Senior Ladies	08:57.4	1176
134	0:55:45	PHELAN, Ciara	St Senans	Ladies Over 35	08:57.5	1218
135	0:56:30	LONG, Shelly	Senior Ladies		08:58.2	1184
136	0:56:35	NAGLE, Sinead	Carrick AC	Ladies Over 40	09:05.4	1192
137	0:56:57	CRONIN, Ann	Carrick AC	Ladies Over 55	09:06.2	425
138	0:57:13	BOURKE, Glenn	Senior Men		09:09.8	420
139	0:57:45	DUNGAN, Sean	Mens Over 55		09:12.3	467
140	0:58:17	KENNEDY, Tom	Gowran AC	Mens Over 60	09:17.5	1170
141	0:58:17	MORRIS, Tom	Mens Over 60		09:22.6	1456
142	0:58:43	JACOB, Katie	Focus on Fitness	Senior Ladies	09:22.6	386
143	1:00:14	CUDDIHY, Conor	Senior Men		09:26.8	1314

There were 143 finishers in the All Competitors category.