

## Carrick-on-Suir Road Runners AC

### Summer Series 2022

#### Race 2: O'Neill Pharmacy Portlaw 5 Mile Friday May 6th 7.30 pm

Finishing Position	Race Number	Name	Finish Time	Pace (Min/Mile)	Club	Age Category
1	149	HENNESSY, Pat	00:25:02	05:00.3	West Waterford	Senior Men
2	104	MURPHY, Noel	00:25:32	05:06.3	Waterford AC	Senior Men
3	101	O'BRIEN, Chris	00:25:34	05:06.7	Ferrybank	Senior Men
4	119	O'DWYER, Darren	00:25:52	05:10.3	Clonliffe Harriers	Senior Men
5	102	ZAKIS, Ravis	00:26:26	05:17.1	West Waterford	Mens Over 40
6	99	HARTY, Tony	00:26:33	05:18.5	West Limerick	Mens Over 45
7	110	FLAVIN, Marc	00:26:36	05:19.1	West Waterford	Mens Over 40
8	144	FITZGERALD, Pat	00:26:54	05:22.7		Senior Men
9	153	STOREY, Aubrey	00:27:18	05:27.5	Tramore ac	Mens Over 40
10	152	PORTER, Adam	00:27:21	05:28.1	Waterford AC	Mens Over 40
11	97	QUINLAN, Tony	00:27:23	05:28.5	Waterford AC	Mens Over 40
12	118	ROCHE, Warren	00:27:30	05:29.9	Ferrybank	Senior Men
13	113	GOUGH, Dermot	00:27:41	05:32.1	West Waterford	Mens Over 40
14	125	O'LEARY, Philip	00:27:57	05:35.3	Tramore ac	Mens Over 40
15	111	CUDDIHY, Martin	00:28:24	05:40.7	Waterford AC	Mens Over 40
16	124	MORAN, Paul	00:28:43	05:44.5	KCH	Mens Over 45
17	164	AHERN, Michael	00:28:47	05:45.3	West Waterford	Mens Over 40
18	161	SLATTERY, Brian	00:28:54	05:46.7	Tramore ac	Mens Over 45
19	106	FITZGERALD, Ruth	00:29:15	05:50.9	Waterford AC	Ladies Over 35
20	98	O'KEEFFE, Eugene	00:29:46	05:57.1	Carrick AC	Mens Over 50
21	160	SWABY, Brian	00:30:24	06:04.7	Swaby Sessions	Mens Over 40
22	109	FIELDING, Liam	00:30:48	06:09.5	Carrick AC	Mens Over 45
23	155	CONNORS, Jimmy	00:31:27	06:17.3	West Waterford	Senior Men
24	174	CURTIN, Shane	00:31:30	06:17.9	Waterford AC	Senior Men
25	158	FINN, Tommy	00:31:34	06:18.7	Carrick AC	Mens Over 40
26	157	HAHESSY, Ray	00:31:36	06:19.1	West Waterford	Mens Over 55
27	107	DE PAOR, Daithi	00:31:45	06:20.9	Focus on Fitness	Mens Over 55
28	114	MAHONY, Louise	00:31:58	06:23.5		Ladies Over 35
29	146	PHELAN, Jason	00:32:18	06:27.5		Mens Over 50
30	145	PONCE DE LEON, Miguel	00:32:28	06:29.5	Carrick AC	Mens Over 45
31	129	DUNFORD, Michael	00:32:34	06:30.7	West Waterford	Mens Over 55
32	112	WALSH, Eoin	00:32:39	06:31.7		Mens Over 45
33	95	FARRELL, David	00:32:43	06:32.5	St Killians	Senior Men
34	154	O'SULLIVAN, John	00:32:56	06:35.1	Waterford AC	Mens Over 40
35	151	MAHONY, Joan	00:33:13	06:38.5		Ladies Over 40
36	167	POWER, Dermot	00:33:30	06:41.9	Saturday Road Runners	Mens Over 60
37	108	DUNNE, Dylan	00:33:40	06:43.9		Senior Men
38	116	MALONEY, Michael	00:33:42	06:44.3	Clonmel AC	Mens Over 40
39	96	GAULE, James	00:33:52	06:46.3		Mens Over 45
40	142	DOWNEY, Michael	00:34:03	06:48.5	Tramore ac	Mens Over 45

<b>Finishing Position</b>	<b>Race Number</b>	<b>Name</b>	<b>Finish Time</b>	<b>Pace (Min/Mile)</b>	<b>Club</b>	<b>Age Category</b>
41	127	COMERFORD, Colin	00:34:19	06:51.7	Saturday Road Runners	Mens Over 45
42	139	O'NEILL, Dermot	00:34:42	06:56.3		Mens Over 50
43	172	O'DONOGHUE, Donal	00:34:48	06:57.5	Watergrass Hill	Mens Over 55
44	133	CONCANNON, Mick	00:34:51	06:58.1	West Waterford	Mens Over 55
45	168	TOBIN, Martin	00:35:05	07:00.9	West Waterford	Mens Over 55
46	100	MOLLOY, Mary	00:35:11	07:02.1	Kingsriver AC	Ladies Over 40
47	122	LYONS, Johnny	00:35:23	07:04.4	Carrick AC	Mens Over 40
48	147	O'DRISCOLL, Keith	00:35:32	07:06.2	Waterford AC	Mens Over 40
49	150	WALSH, Paul	00:35:37	07:07.2		Mens Over 50
50	131	KELLY, Joe	00:35:44	07:08.6	West Waterford	Mens Over 50
51	132	O'MAHONY, Tony	00:35:47	07:09.2	West Waterford	Mens Over 50
52	169	BURKIN, Johnny	00:35:49	07:09.6	West Waterford	Senior Men
53	166	CARROLL, John	00:35:53	07:10.4	Carrick AC	Mens Over 55
54	105	FITZGERALD, Ann	00:35:57	07:11.2	Waterford AC	Ladies Over 55
55	120	DEE, John	00:35:58	07:11.4		Senior Men
56	128	O'MARA, Clodagh	00:35:59	07:11.6	Saturday Road Runners	Ladies Over 40
57	117	MULCAHY, Mark	00:36:51	07:22.0		Mens Over 40
58	171	RYAN, George	00:37:09	07:25.6	Waterford AC	Mens Over 40
59	130	LYONS, Andrea	00:37:13	07:26.4	Carrick Triathlon Club	Ladies Over 35
60	159	WALSH, David	00:37:30	07:29.8		Mens Over 45
61	175	PARLE, Pat	00:37:31	07:30.0	Carrick AC	Mens Over 60
62	156	POWER, Deirdre	00:37:36	07:31.0	Carrick AC	Ladies Over 40
63	137	KAVANAGH, Thomas	00:37:38	07:31.4		Senior Men
64	143	NUGENT, Colm	00:37:42	07:32.2		Senior Men
65	173	MURPHY, Michael	00:38:25	07:40.8	Saturday Road Runners	Mens Over 40
66	148	MURPHY, Peter	00:38:32	07:42.2	Saturday Road Runners	Senior Men
67	136	COFFEY, Bridget	00:38:34	07:42.6	West Waterford	Ladies Over 50
68	165	WALSH, Tina	00:38:49	07:45.6	Carrick AC	Senior Ladies
69	135	POWER, Mags	00:40:45	08:08.8	Carrick AC	Ladies Over 55
70	115	MURPHY, Shane	00:42:02	08:24.2		Mens Over 40
71	103	MURPHY, Jane	00:42:26	08:29.0	Waterford AC	Ladies Over 35
72	176	GAFFNEY, Andrea	00:42:53	08:34.4	West Waterford	Ladies Over 50
73	121	WALSH, Yvonne	00:43:16	08:39.0	Carrick AC	Ladies Over 40
74	170	WALSH, Bridget	00:43:28	08:41.4	Carrick AC	Ladies Over 45
75	141	KIRWAN, Eimear	00:44:29	08:53.6		Ladies Over 40
76	123	PROCTOR, Pascal	00:45:03	09:00.4	West Waterford	Mens Over 60
77	126	POWER, Conor	00:45:25	09:04.8	Carrick AC	Mens Over 40
78	140	O'NEILL, Brona	00:47:39	09:31.6		Ladies Over 50
79	163	MORRIS, Cathy	00:48:49	09:45.6	Carrick AC	Ladies Over 50
80	134	CURRY, Edel	00:49:02	09:48.2	West Waterford	Ladies Over 35
81	162	KEATING, Geraldine	00:49:05	09:48.8	Carrick AC	Ladies Over 55

There were 81 competitors.