

## **Rathgormack 5 Mile 2013**

Friday 12 July 2013. 7:30 pm

### **Provisional Results for All Competitors in finish order.**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mile</i>	<i>Race No</i>
1	0:24:57	CIOBANU, Sergiu	Clonliffe Harriers	Senior Men	04:59.8	732
2	0:26:08	ZAKIS, Ravis	West Waterford	Senior Men	05:14.0	742
3	0:26:43	MURPHY, Brian	Carrick AC	Senior Men	05:21.0	740
4	0:26:49	SHEIL, Niall	St Killians	Senior Men	05:22.2	588
5	0:28:31	ROCHE, Patrick	Carrick AC	Senior Men	05:42.6	736
6	0:29:04	WALSH, Derek	Carrick AC	Senior Men	05:49.2	730
7	0:29:31	CANTWELL, Gary	KCK	Senior Men	05:54.6	622
8	0:29:41	FALCONER, Tommy	Carrick AC	Senior Men	05:56.6	671
9	0:30:07	KEANE, Walter	Waterford AC	Mens Over 50	06:01.8	661
10	0:30:51	LYNCH, Kevin		Senior Men	06:10.7	646
11	0:30:53	MOCLAIR, Michael	Fethard	Senior Men	06:11.1	778
12	0:31:17	MCCANN, Angela	Clonmel AC	Ladies Over 40	06:15.9	760
13	0:31:26	LACEY, Larry	St Josephs	Mens Over 55	06:17.7	612
14	0:31:35	O'DWYER, Martina	Carrick AC	Ladies Over 35	06:19.5	673
15	0:31:44	O'SULLIVAN, Michael	Carrick AC	Mens Over 40	06:21.3	620
16	0:32:10	HAHESSY, Benny	Carrick Triathlon Club	Mens Over 40	06:26.5	656
17	0:32:12	RYAN, Michael	St Josephs	Senior Men	06:26.9	762
18	0:32:36	GOUGH, Joe	West Waterford	Mens Over 60	06:31.7	624
19	0:33:07	FANNING, Owen	Ballynonty	Senior Men	06:37.9	650
20	0:33:33	JOCIUS, Donotos	Sports world	Senior Men	06:43.1	679
21	0:33:40	KIRBY, Dan		Senior Men	06:44.5	766
22	0:33:44	LARKIN, William	Kilsheelan	Mens Over 40	06:45.3	663
23	0:33:57	MURRAY, Ger		Mens Over 45	06:47.9	669
24	0:34:00	FOX, James	Carrick AC	Mens Over 40	06:48.5	628
25	0:34:12	CLIFFE, Mark	West Waterford	Senior Men	06:50.9	689
26	0:34:55	REIDY, Brendan	Waterford AC	Mens Over 45	06:59.5	665
27	0:34:58	O'CONNOR, Justin	Clonmel AC	Senior Men	07:00.1	685
28	0:34:59	FORRISTAL, Sally	St Josephs	Senior Ladies	07:00.3	636
29	0:35:05	MCGOWAN, Sean	Waterford AC	Mens Over 55	07:01.5	720
30	0:35:08	BARCOE, Maurice	Gowran AC	Senior Men	07:02.1	728
31	0:35:21	BAWDEN, David	united striders	Mens Over 45	07:04.7	701
32	0:35:32	KAVANGH, Thomas		Senior Men	07:06.9	738
33	0:35:36	HOGAN, Stephan		Senior Men	07:07.7	634
34	0:35:37	CROTTY, John		Senior Men	07:07.9	770
35	0:35:55	GRAHAM, Brian		Senior Men	07:11.5	657
36	0:35:57	CROTTY, Dan		Mens Over 40	07:11.9	734
37	0:35:59	MURRAY, Joe		Mens Over 40	07:12.3	752
38	0:36:04	BEHAN, Diane	Waterford AC	Ladies Over 40	07:13.3	610
39	0:36:18	HOGAN, Tom		Senior Men	07:16.2	632
40	0:36:22	BOLAND, Maurice	Clonmel AC	Mens Over 55	07:17.0	640
41	0:36:43	EDWARDS, Michael		Mens Over 50	07:21.2	675
42	0:36:48	HALPIN, Andrew		Senior Men	07:22.2	582
43	0:37:03	O'SHEA, David		Senior Men	07:25.2	746
44	0:37:09	READE, Aidan		Mens Over 40	07:26.4	712
45	0:37:15	MOLLOY, Mary	Clonmel AC	Ladies Over 35	07:27.6	630
46	0:37:27	O'CALLAGHAN, Declan		Senior Men	07:30.0	750
47	0:37:31	O'NEILL, Conor	West Waterford	Mens Over 40	07:30.8	654
48	0:37:36	HALPIN, Andrew	Clonmel AC	Mens Over 45	07:31.8	716
49	0:37:39	MORRISSEY, Liam		Senior Men	07:32.4	584
50	0:37:52	O'MEARA, Andrew	Carrick AC	Mens Over 40	07:35.0	774
51	0:38:04	O'MEARA, Eamonn		Mens Over 45	07:37.4	695
52	0:38:06	GLASCOTT, Robert	Carrick AC	Mens Over 45	07:37.8	648

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53	0:38:14	DUNFORD, Ann	West Waterford	Ladies Over 45	07:39.4	677
54	0:38:24	O'BRIEN, Emer	Carrick AC	Ladies Over 40	07:41.4	626
55	0:38:33	CUNNIGHAM, Peter	West Waterford	Senior Men	07:43.2	748
56	0:38:34	O'DONOVAN, Sean	Carrick AC	Mens Over 50	07:43.4	586
57	0:38:41	FOLEY, John	West Waterford	Mens Over 60	07:44.8	652
58	0:38:50	O'DRISCOLL, Keith	Waterford AC	Senior Men	07:46.6	726
59	0:38:53	KELLEHER, Con	Waterford AC	Mens Over 60	07:47.2	714
60	0:38:59	HENNESSY, Breda	St Josephs	Ladies Over 40	07:48.4	638
61	0:39:20	GREENE, Matt	Carrick AC	Mens Over 45	07:52.6	691
62	0:39:29	TEBAY, Albert	Waterford AC	Mens Over 45	07:54.4	667
63	0:39:44	PROCTOR, Pascal	West Waterford	Mens Over 60	07:57.4	699
64	0:39:47	HEARNE, Joy	Carrick Triathlon Club	Senior Ladies	07:58.0	644
65	0:40:19	GAFFNEY, Andrea	West Waterford	Ladies Over 40	08:04.4	697
66	0:40:26	PRENDERGAST, Bernie	West Waterford	Ladies Over 50	08:05.8	683
67	0:40:37	QUINN, Eimear		Senior Ladies	08:08.0	618
68	0:40:38	O'CONNOR, Jerry	West Waterford	Mens Over 50	08:08.2	658
69	0:40:48	GRINSELL, Joe	Clonmel AC	Mens Over 60	08:10.2	655
70	0:41:17	HIGGINS, Sharon	West Waterford	Senior Ladies	08:16.0	592
71	0:41:18	BRUNNOCK, Paul	West Waterford	Mens Over 45	08:16.2	591
72	0:41:33	CROWLEY, Eamon	Clonmel AC	Mens Over 60	08:19.2	718
73	0:42:01	LONERGAN, Keith		Senior Men	08:24.8	687
74	0:42:14	MCCARTHY, Michael		Mens Over 55	08:27.4	768
75	0:42:16	MURRAY, Elaine		Ladies Over 40	08:27.8	693
76	0:42:41	HOULIHAN, Geraldine	Carrick AC	Ladies Over 50	08:32.9	764
77	0:42:57	CRONIN, Ann	Carrick AC	Ladies Over 50	08:36.1	616
78	0:42:59	MACKAY, Peter		Senior Men	08:36.5	642
79	0:43:06	POWER, Ger		Mens Over 45	08:37.9	758
80	0:43:07	POWER, Onra	West Waterford	Ladies Over 45	08:38.1	772
81	0:43:09	PHELAN, Peter		Senior Men	08:38.5	756
82	0:43:34	KIRWAN, Assumpta		Ladies Over 50	08:43.5	754
83	0:44:11	PHELAN, Leanne		Senior Ladies	08:50.9	744
84	0:44:18	POWER, Eamonn	Carrick AC	Mens Over 55	08:52.3	722
85	0:45:14	GAVIN, Eoin		Mens Over 40	09:03.5	614
86	0:45:43	BURKE, Stephen		Senior Men	09:09.3	681
87	0:46:36	WALL, Catriona		Ladies Over 35	09:19.9	776
88	0:49:04	GREENE, Gemma		Ladies Over 45	09:49.6	659
89	0:49:59	GENC, Sue	West Waterford	Ladies Over 40	10:00.6	590
90	0:53:50	GOUGH, Terri	West Waterford	Ladies Over 55	10:46.8	724

There were 90 finishers in the All Competitors category