

**National 5m
Full Results List
Pheonix Park
11th June 2023**

Place	Cat Pos.	Bib	Name	Net Time	Sub Cat	Club
1	1	368	Emmet JENNINGS	00:24:27	MS	Dundrum South Dublin A.C.
2	2	466	Jake O'REGAN	00:24:29	MS	St. Johns A.C.
3	3	221	David TROY	00:25:20	MS	Lucan Harriers A.C.
4	1	297	Stephen CONROY	00:25:31	M35	Celbridge A.C.
5	2	463	Brian O'KELLY	00:25:54	M35	Crusaders A.C.
6	4	301	Robert CORBALLY	00:26:11	MS	Dundrum South Dublin A.C.
7	1	69	Kevin DONAGHER	00:26:18	M40	Rathfarnham W.S.A.F. A.C.
9	5	263	Geoffrey ALEXANDRE	00:26:36	MS	Liffey Valley A.C.
10	6	440	Mark NAYLOR	00:26:37	MS	Liffey Valley A.C.
11	1	73	Brian GERAGHTY	00:26:42	M45	Sli Cualann A.C.
12	3	110	Pierce GEOGHEGAN	00:26:59	M35	Liffey Valley A.C.
13	7	356	Nathan HARPUR	00:27:14	MS	Skerries A.C.
14	2	453	David O'CONNOR	00:27:23	M40	Celbridge A.C.
15	3	403	David MCCONN	00:27:30	M40	Donore Harriers A.C.
16	4	352	Matthew GLITZ	00:27:35	M35	Portmarnock A.C.
17	2	467	Ian O'REILLY	00:27:37	M45	Brothers Pearse A.C.
18	8	316	Sergey DOLGY	00:27:39	MS	Liffey Valley A.C.
19	5	493	Thomas SHERLOCK	00:27:44	M35	Clonliffe Harriers A.C.
20	4	470	Danny O'SULLIVAN	00:27:51	M40	Donore Harriers A.C.
21	9	434	Damian MURPHY	00:27:53	MS	West Waterford A.C.
22	1	413	Pauric MCKINNEY	00:27:56	M55	Inishowen A.C.
23	1	48	Kenny MCANDREW	00:27:57	M50	Metro St. Brigid's A.C.
24	6	376	Ciarain KELLY	00:27:58	M35	Crusaders A.C.
26	2	396	Brendan LYNG	00:28:04	M50	United Striders A.C.
27	1	485	Meghan RYAN	00:28:07	FS	Dundrum South Dublin A.C.
28	5	88	Peter O'TOOLE	00:28:11	M40	Crusaders A.C.
29	6	66	John SHANAHAN	00:28:11	M40	Raheny Shamrock A.C.
30	7	261	Mick AHERN	00:28:11	M40	West Waterford A.C.

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Pheonix Park
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31	3	507	Des TREMBLE	00:28:14	M50	Donore Harriers A.C.
33	10	303	Derek CRAMMOND	00:28:37	MS	Sli Cualann A.C.
34	7	447	Robert O'BRIEN	00:28:39	M35	Brothers Pearse A.C.
35	8	248	Mark HOGAN	00:28:39	M35	Raheny Shamrock A.C.
36	4	272	Liam BRADLEY	00:28:39	M50	Inishowen A.C.
37	2	20	Paul COWHIE	00:28:43	M55	Crusaders A.C.
38	3	317	John DONLON	00:28:45	M45	Clonliffe Harriers A.C.
41	3	404	Sean MCCREERY	00:28:56	M55	Rathfarnham W.S.A.F. A.C.
42	4	416	Martin MCLUCAS	00:28:58	M55	Inishowen A.C.
43	5	411	John MCGRATH	00:29:07	M50	United Striders A.C.
44	6	4	Tom GAVIN	00:29:07	M50	Blackrock Dublin A.C.
46	7	284	Peter BYRNE	00:29:11	M50	Omagh Harriers A.C.
47	9	517	Eoghan WRAFTER	00:29:12	M35	Raheny Shamrock A.C.
48	11	287	Garry CANTWELL	00:29:12	MS	West Waterford A.C.
49	8	226	David DALY	00:29:14	M40	Skerries A.C.
50	5	441	Eddie NEWMAN	00:29:18	M55	Mullingar Harriers A.C.
51	6	399	Patrick MALONE	00:29:20	M55	Newbridge A.C.
52	9	504	Chris TIGHE	00:29:24	M40	Brothers Pearse A.C.
54	4	80	Colin COYNE	00:29:32	M45	St Abbans A.C.
55	2	347	Edel GAFFNEY	00:29:32	FS	Trim A.C.
56	5	492	Craig SCOTT	00:29:35	M45	Donore Harriers A.C.
57	12	6835	Chris MCGUIGAN	00:29:38	MS	Omagh Harriers A.C.
58	1	50	Willie O'DONOGHUE	00:29:40	M60	Mooreabbey Milers A.C.
59	10	451	David O'CALLAGHAN	00:29:44	M40	Tallaght A.C.
60	3	401	Sorcha MCALLISTER	00:29:46	FS	Dublin City Harriers A.C.
61	1	223	Zoe QUINN	00:29:48	F45	Raheny Shamrock A.C.
62	11	354	Dermot GOUGH	00:29:51	M40	West Waterford A.C.
63	12	465	Conor O'LOUGHLIN	00:29:59	M40	Liffey Valley A.C.
64	7	436	Colm MURRAY	00:30:02	M55	Rathfarnham W.S.A.F. A.C.
65	6	216	Brian FORAN	00:30:04	M45	Donore Harriers A.C.

67	13	235	Matt MCGUINNESS	00:30:11	M40	Clonliffe Harriers A.C.
68	2	247	Kevin GRIFFIN	00:30:14	M60	An Riocht A.C.
69	4	387	Clara KINSELLA	00:30:15	FS	Rathfarnham W.S.A.F. A.C.
70	14	109	Brendan KEARNEY	00:30:18	M40	Le Cheile A.C.
71	15	254	Conor BARRY	00:30:19	M40	St Abbans A.C.
72	8	424	Aidan MOLLOY	00:30:21	M50	Omagh Harriers A.C.
73	9	52	James CRIBBIN	00:30:22	M50	Mullingar Harriers A.C.
74	8	452	Pat O'CALLAGHAN	00:30:23	M55	United Striders A.C.
75	13	395	Oscar LUBLINER	00:30:25	MS	Dundrum South Dublin A.C.
77	2	457	Catherine O'CONNOR	00:30:28	F45	Sli Cualann A.C.
78	9	321	Gerry DORE	00:30:30	M55	Tallaght A.C.
79	14	342	Patrick FOX	00:30:32	MS	Liffey Valley A.C.
81	5	458	Niamh O'CONNOR	00:30:34	FS	Tullamore Harriers A.C.
82	7	398	Peter MAGUIRE	00:30:35	M45	Edenderry A.C.
83	6	304	Sinead CRONIN	00:30:39	FS	Dublin City Harriers A.C.
84	10	324	Keith DOWNEY	00:30:42	M55	Skerries A.C.
87	16	478	Darrell REAMSBOTTOM	00:30:45	M40	Raheny Shamrock A.C.
89	8	333	Gavan FARRELL	00:30:50	M45	Skerries A.C.
90	7	30	Serena TUFFY	00:30:51	FS	Dundrum South Dublin A.C.
91	10	494	Dermot SHIELDS	00:30:54	M50	Rathfarnham W.S.A.F. A.C.
92	8	142	Aisling O'CONNOR	00:30:57	FS	Rathfarnham W.S.A.F. A.C.
93	1	389	Michelle LANNON	00:30:58	F50	Carrick On Shannon A.C.
94	17	320	Gareth DOOLEY	00:30:58	M40	Tallaght A.C.
95	18	473	Francesco PETRONI	00:31:00	M40	Raheny Shamrock A.C.
97	11	406	Marty MCDERMOTT	00:31:14	M50	Omagh Harriers A.C.
98	19	374	Owen KELLY	00:31:16	M40	Blackrock Dublin A.C.
99	9	450	Sheila O'BYRNE	00:31:17	FS	Sli Cualann A.C.
101	10	34	Niall FOX	00:31:17	M35	Kilcoole A.C.
102	12	331	Alan FARRELL	00:31:17	M50	Donore Harriers A.C.
103	3	300	Niall COPPINGER	00:31:18	M60	Sli Cualann A.C.

104	15	484	Cathal REYNOLDS	00:31:19	MS	West Waterford A.C.
105	9	417	Anthony MCMAHON	00:31:21	M45	Liffey Valley A.C.
106	1	143	Norman MAWHINNEY	00:31:24	M65	Scrabo Striders A.C.
107	11	218	Keith LUNDERS	00:31:28	M35	Liffey Valley A.C.
108	20	377	John Paul KELLY	00:31:34	M40	Metro St. Brigid's A.C.
110	4	266	Sean BAILEY	00:31:38	M60	Dunboyne A.C.
111	10	325	Keith DRISCOLL	00:31:43	M45	Kilcoole A.C.
113	21	506	Peter TOOMEY	00:31:46	M40	Rathfarnham W.S.A.F. A.C.
114	22	219	Peter BOWE	00:31:48	M40	Liffey Valley A.C.
115	23	236	Pauric BRADY	00:31:50	M40	Mullingar Harriers A.C.
116	1	126	Grace KENNEDY	00:31:51	F35	Donore Harriers A.C.
119	10	425	Aislinn MOORHOUSE	00:31:55	FS	Dublin City Harriers A.C.
120	24	427	Patrick MULDOON	00:31:57	M40	Mullingar Harriers A.C.
121	2	293	Isabella Tomkin BEDDY	00:31:57	F35	Dundrum South Dublin A.C.
123	13	339	Keith FLEMING	00:31:58	M50	Raheny Shamrock A.C.
125	11	245	Noel CARR	00:32:02	M55	An Ríocht A.C.
128	3	381	Tara KENNEDY	00:32:07	F45	Raheny Shamrock A.C.
130	1	1	Niamh O'SULLIVAN	00:32:09	F60	An Ríocht A.C.
131	4	68	Mary WALSH	00:32:11	F45	Raheny Shamrock A.C.
133	11	355	Jarlath GROARKE	00:32:14	M45	Brothers Pearse A.C.
134	5	70	Martin KELLY	00:32:15	M60	Rathfarnham W.S.A.F. A.C.
135	2	233	Eddie WALSH	00:32:22	M65	Tinryland A.C.
137	12	475	John POWER	00:32:24	M45	Skerries A.C.
138	2	474	Linda PHELAN	00:32:26	F50	Celbridge A.C.
140	3	510	Michael WALSH	00:32:36	M65	Brothers Pearse A.C.
142	16	270	Paul BOWE	00:32:39	MS	Moycarkey Coolcree A.C.
144	17	433	Neil MURPHY	00:32:42	MS	Navan A.C.
145	3	468	Teresa O'REILLY	00:32:47	F50	Celbridge A.C.
146	12	328	Tom FAGAN	00:32:54	M55	Donore Harriers A.C.
147	18	296	Cian CONNOLLY	00:32:54	MS	Tir Chonaill A.C.

148	6	488	Sean RYAN	00:32:55	M60	Civil Service Harriers A.C.
149	13	330	Alan FAIRBROTHER	00:33:00	M55	Brothers Pearse A.C.
150	5	456	Aoife O'CONNOR	00:33:01	F45	Raheny Shamrock A.C.
152	14	419	Brian MCWEENEY	00:33:03	M55	Raheny Shamrock A.C.
154	14	271	Patrick BOWE	00:33:08	M50	Moyne A.C.
156	13	344	Gavin FURLONG	00:33:11	M45	Portmarnock A.C.
157	6	10	Sinead TIGHE	00:33:16	F45	Brothers Pearse A.C.
160	2	2055	Mary SLOCUM	00:33:22	F60	Ward Park Runners
161	25	359	Tiernan HEANEY	00:33:25	M40	St Benedict Inbhear Mor A.C.
162	26	306	Mark CULHANE	00:33:27	M40	Blackrock Dublin A.C.
163	15	120	Barry THORNTON	00:33:28	M50	Blackrock Dublin A.C.
165	1	455	Angela O'CONNOR	00:33:35	F55	Mayo A.C.
169	19	431	Oisin MURPHY	00:33:50	MS	Liffey Valley A.C.
170	15	408	Frank MCDONALD	00:33:51	M55	Celbridge A.C.
171	4	6897	Sarah BENTON	00:33:52	F50	North Down A.C.
172	5	509	Colette TUOHY	00:33:54	F50	Mayo A.C.
173	27	309	Stephen DAWSON	00:33:58	M40	Donore Harriers A.C.
174	1	121	Janice DOYLE	00:33:58	F40	Brothers Pearse A.C.
176	7	38	Susan MURNANE	00:34:08	F45	Limerick A.C.
177	4	315	Eugene DOHERTY	00:34:10	M65	Sliabh Bhuide Rovers A.C.
178	16	133	Michael FINN	00:34:12	M55	Slaney Olympic A.C.
179	16	391	Anthony LEE	00:34:12	M50	Raheny Shamrock A.C.
181	3	480	Brigid REILLY	00:34:13	F35	Liffey Valley A.C.
185	11	460	Niamh O'DONOVAN	00:34:17	FS	West Waterford A.C.
186	17	445	Peter NUGENT	00:34:17	M50	Donore Harriers A.C.
187	18	59	Brendan LOWE	00:34:18	M50	Portmarnock A.C.
189	2	55	Mary STUART	00:34:19	F55	Mullingar Harriers A.C.
190	1	426	Pauline MORAN	00:34:22	F65	Mayo A.C.
193	2	318	Paula DONNELLAN WALSH	00:34:24	F40	Mayo A.C.
194	4	37	Orla GORDON	00:34:26	F35	Liffey Valley A.C.

196	28	12	Colm CONNOLLY	00:34:36	M40	Celbridge A.C.
199	3	8	Suzanne LUNDY	00:34:40	F40	Brothers Pearse A.C.
200	6	348	Una GAINES	00:34:41	F50	Lusk A.C.
203	7	43	Breda SMYTH	00:34:47	F50	Lucan Harriers A.C.
204	3	74	Debbie GRIFFIN	00:34:50	F55	Sli Cualann A.C.
205	17	18	Declan GRANT	00:34:51	M55	Clonliffe Harriers A.C.
206	29	345	Robbie FURLONG	00:34:53	M40	Tallaght A.C.
207	8	400	Edel MARTYN	00:34:54	F45	Dunboyne A.C.
210	1	36	Brian MCGRATH	00:35:01	M70	Le Cheile A.C.
212	12	96	Eoghan CAFFREY	00:35:02	M35	Civil Service Harriers A.C.
214	9	386	Christine KINSELLA	00:35:05	F45	Brothers Pearse A.C.
215	13	26	Ian NOLAN	00:35:08	M35	Donore Harriers A.C.
218	4	75	Hannah NOLAN	00:35:11	F40	Sli Cualann A.C.
219	10	508	Kathleen TRUNK	00:35:13	F45	Lucan Harriers A.C.
221	14	97	Michael GLEESON	00:35:15	M45	Clonliffe Harriers A.C.
223	15	98	Shane ROONEY	00:35:20	M45	Clonliffe Harriers A.C.
224	11	423	Claire MILLAR	00:35:22	F45	Celbridge A.C.
225	12	108	Leanne BUTLER	00:35:27	FS	Kilkenny City Harriers A.C.
226	2	42	Mary BROWNE	00:35:27	F65	Lucan Harriers A.C.
227	5	340	Linda FOLEY	00:35:28	F35	West Waterford A.C.
228	12	326	Eveleen DROHAN	00:35:28	F45	West Waterford A.C.
230	14	338	Gary FLANAGAN	00:35:29	M35	Lusk A.C.
232	20	15	Lee PARKER	00:35:30	MS	Clane A.C.
233	16	23	Ray ARMSTRONG	00:35:31	M45	Donore Harriers A.C.
234	18	51	Paul BYRNE	00:35:33	M55	Mullingar Harriers A.C.
235	5	238	Vincent O'NEIL	00:35:34	M65	Civil Service Harriers A.C.
237	21	380	Paul KELLY	00:35:35	MS	Lusk A.C.
239	4	305	Helena CROSSAN	00:35:35	F55	Inishowen A.C.
241	19	229	John STOKES	00:35:36	M50	Tallaght A.C.
242	13	443	Tara NIREACHTAGAIN	00:35:36	FS	West Waterford A.C.

243	13	125	Audrey GAHAN	00:35:38	F45	Donore Harriers A.C.
244	14	299	Carmel COONEY	00:35:39	FS	Crusaders A.C.
247	22	343	James FREEMAN	00:35:46	MS	Lusk A.C.
249	17	224	Dan WALLACE	00:35:47	M45	Raheny Shamrock A.C.
251	8	220	Lorraine HEFFERNAN	00:35:52	F50	Lucan Harriers A.C.
252	19	469	Samson OSAS	00:35:52	M55	Dunshaughlin A.C.
253	23	16	David COMISKEY	00:35:53	MS	Clonliffe Harriers A.C.
255	7	487	Brendan RYAN	00:35:55	M60	Tallaght A.C.
257	18	114	Tom SUMMERVILLE	00:36:00	M45	Lusk A.C.
259	9	353	Tricia GOUGH	00:36:02	F50	Lucan Harriers A.C.
267	10	414	Sandra MCLAUGHLIN	00:36:21	F50	Celbridge A.C.
268	20	341	Joseph FOWLER	00:36:28	M55	Clonliffe Harriers A.C.
270	5	60	Adrienne ATKINS	00:36:29	F55	Raheny Shamrock A.C.
272	19	262	Nicholas ALEXANDER	00:36:31	M45	Raheny Shamrock A.C.
273	20	471	Damien O'SULLIVAN	00:36:32	M45	Lucan Harriers A.C.
274	15	99	Alan J KAVANAGH	00:36:34	M35	Crusaders A.C.
275	11	256	Lucy DARCY	00:36:34	F50	Sportsworld A.C.
276	15	249	Emma PRZYMUSINSKA	00:36:35	FS	Lusk A.C.
277	14	307	Linda CUNNINGHAM	00:36:37	F45	Mullingar Harriers A.C.
279	5	511	Dunlaith WARD	00:36:41	F40	Kilcoole A.C.
280	6	361	Suzie HENLEYWILLIS	00:36:41	F40	Donore Harriers A.C.
281	20	409	Owen MCFEELY	00:36:43	M50	Civil Service Harriers A.C.
285	12	222	Geraldine MCHALE	00:36:48	F50	Lusk A.C.
286	13	54	Emer O'HANLON	00:36:51	F50	Mullingar Harriers A.C.
289	21	429	Neil MULVEY	00:36:54	M45	LOVE2RUN A.C.
292	21	405	Maurice MCCROHAN	00:37:03	M55	Clonliffe Harriers A.C.
295	14	17	Orla DEIGHAN	00:37:06	F50	Clonliffe Harriers A.C.
302	21	90	Owen MCKINNEY	00:37:15	M50	Inishowen A.C.
303	8	437	Sreedevan NAIR	00:37:15	M60	Blackrock Dublin A.C.
306	24	31	Liam DUNNE	00:37:17	MS	Dunshaughlin A.C.

307	15	329	Louisa FAHY	00:37:24	F45	Lusk A.C.
311	15	225	Rose KIDD	00:37:33	F50	Raheny Shamrock A.C.
312	30	138	Robert, Thomas MANGAN	00:37:35	M40	Raheny Shamrock A.C.
316	25	505	Daniel TOOMEY	00:37:38	MS	Lusk A.C.
317	2	27	Barry POTTS	00:37:40	M70	Donore Harriers A.C.
321	31	430	Richard MURPHY	00:37:47	M40	Clane A.C.
323	16	13	Pozo MARIA	00:37:54	F50	Civil Service Harriers A.C.
324	22	124	Mark DEVINE	00:37:55	M45	Donore Harriers A.C.
331	6	285	Nora BYRNE	00:38:05	F55	Raheny Shamrock A.C.
336	7	243	Rachel EUSTACE	00:38:10	F40	Clonliffe Harriers A.C.
337	17	141	Angela EUSTACE	00:38:11	F50	Donore Harriers A.C.
338	23	268	David BEGGAN	00:38:12	M45	Lusk A.C.
340	1	91	Pat COLLINS	00:38:17	M75	Liffey Valley A.C.
353	6	442	Sinead NI FHAOLAIN	00:38:36	F35	West Waterford A.C.
354	26	421	John MEEHAN	00:38:36	MS	Mullingar Harriers A.C.
356	18	407	Denise MCDONALD	00:38:41	F50	Brothers Pearse A.C.
359	32	2	John AHERNE	00:38:45	M40	Blackrock Dublin A.C.
362	16	35	Michael NOLAN	00:38:50	M35	Kilcoole A.C.
366	16	392	Fiona LEHENY	00:38:57	F45	Sportsworld A.C.
369	8	373	Sharon KEILTHY	00:38:58	F40	Raheny Shamrock A.C.
371	9	134	Sharon WHEELER	00:38:59	F40	Sli Cualann A.C.
373	3	72	William BELTON	00:39:00	M70	Sli Cualann A.C.
374	22	459	Aodh O'CONNOR	00:39:00	M55	Brothers Pearse A.C.
375	33	496	Sunil SINGH	00:39:00	M40	Civil Service Harriers A.C.
386	7	502	Anne SWEENEY	00:39:26	F55	Sportsworld A.C.
389	24	47	Padraig KEANE	00:39:29	M45	Metro St. Brigid's A.C.
390	23	446	Gregory O'BEIRNE	00:39:30	M55	Raheny Shamrock A.C.
400	22	350	John GLEESON	00:39:38	M50	Donore Harriers A.C.
405	24	397	Desmond LYONS	00:39:44	M55	Raheny Shamrock A.C.
407	8	130	Paula SIMPSON	00:39:45	F55	North Down A.C.

412	25	275	Peter BRENNAN	00:39:54	M45	Tallaght A.C.
416	3	264	Liz ARKINS	00:39:58	F65	Lucan Harriers A.C.
419	16	281	Veronica BURKE	00:40:03	FS	Balbriggan & District A.C.
421	23	476	Malcolm PRINCE	00:40:07	M50	Liffey Valley A.C.
424	17	514	Eleanor WHYTE	00:40:08	FS	Galway City Harriers A.C.
432	3	78	Eileen ROWLAND	00:40:19	F60	Sportsworld A.C.
435	27	422	Vincent MELODY	00:40:25	MS	Civil Service Harriers A.C.
438	34	231	Paul LARKIN	00:40:30	M40	Raheny Shamrock A.C.
441	1	64	Mary LYNCH	00:40:36	F70	Raheny Shamrock A.C.
447	25	439	Stephen NAUGHTON	00:40:47	M55	Mullingar Harriers A.C.
448	10	483	Fiona REINHARDT	00:40:48	F40	Lusk A.C.
450	18	432	Ruth MURPHY	00:40:58	FS	Liffey Valley A.C.
454	28	244	Conor AKINTOLA	00:41:05	MS	North East Runners A.C.
459	4	71	Catherine KELLY	00:41:07	F60	Rathfarnham W.S.A.F. A.C.
463	11	82	Edel FITZGERALD	00:41:12	F40	Star Of The Sea A.C.
468	26	132	Richie KENNEALLY	00:41:18	M45	Raheny Shamrock A.C.
477	19	273	Marie BRADLEY	00:41:33	F50	Sportsworld A.C.
484	5	228	Ellen LAVIN	00:41:43	F60	Sportsworld A.C.
488	19	501	Sofia STEFANOFF	00:41:50	FS	West Waterford A.C.
492	20	312	Nuala DERVAN	00:41:55	F50	Rathfarnham W.S.A.F. A.C.
499	35	46	Dave CANNON	00:42:00	M40	Lusk A.C.
501	17	84	Ciara LOSTY	00:42:02	F45	Waterstown Warriors A.C.
508	9	250	Catherine GILMORE	00:42:14	F55	Sportsworld A.C.
509	7	230	Sinead BOLAND	00:42:15	F35	Kilcoole A.C.
513	21	21	Sharon WOODS	00:42:20	F50	Crusaders A.C.
517	27	53	Cormac MURRAY	00:42:24	M45	Mullingar Harriers A.C.
520	22	402	Michelle MCCABE	00:42:26	F50	Celbridge A.C.
524	2	448	Eileen O'BRIEN	00:42:33	F70	Lucan Harriers A.C.
528	12	383	Suzanne KENNY	00:42:38	F40	Donore Harriers A.C.
533	23	292	Angela CHARLTON	00:42:45	F50	Raheny Shamrock A.C.

541	26	77	Padraic MORAN	00:43:01	M55	Sportsworld A.C.
545	9	337	Anthony FITZSIMONS	00:43:06	M60	Raheny Shamrock A.C.
548	17	500	Elad SOLOMON	00:43:10	M35	Crusaders A.C.
559	8	295	Rachel COLE	00:43:19	F35	Sli Cualann A.C.
565	27	217	Stephen O'BEIRNE	00:43:24	M55	Dunboyne A.C.
580	13	251	Aideen O'CONNOR	00:43:38	F40	Clonliffe Harriers A.C.
586	9	239	Ellen BRADY	00:43:43	F35	Civil Service Harriers A.C.
588	36	290	Andre CAVANAGH	00:43:46	M40	LOVE2RUN A.C.
591	10	28	Paul MACARDLE	00:43:50	M60	Drogheda & District A.C.
593	24	103	Dana MACKEY	00:43:52	F50	Donore Harriers A.C.
594	18	369	Antanas JONUSAS	00:43:52	M35	Portlaoise A.C.
610	10	76	Siobhan CLARKE	00:44:10	F55	Sportsworld A.C.
623	14	56	Joanne REID	00:44:18	F40	Na Fianna A.C.
624	18	491	Anne-Maria SCANLON	00:44:19	F45	Sportsworld A.C.
626	19	327	Emily ENNIS	00:44:20	F45	Civil Service Harriers A.C.
630	6	418	Enda MCMORROW	00:44:22	M65	Dundrum South Dublin A.C.
643	25	294	Mary COLCLOUGH	00:44:33	F50	Sportsworld A.C.
645	28	93	David DE LA VEGA	00:44:37	M45	Ratoath A.C.
652	19	314	Conor DIXON	00:44:44	M35	Dundrum South Dublin A.C.
656	10	477	Nicola PURCELL	00:44:46	F35	Navan A.C.
657	15	308	Michelle DAWSON	00:44:46	F40	Donore Harriers A.C.
668	24	101	John CURRAN	00:44:58	M50	Donore Harriers A.C.
671	20	280	Heather BROWNING	00:45:00	FS	Liffey Valley A.C.
672	20	127	Catherine MCKEON	00:45:03	F45	Donore Harriers A.C.
673	16	58	Leanne KAVANAGH	00:45:06	F40	Portmarnock A.C.
680	21	129	Melissa THOMPSON	00:45:23	FS	Liffey Valley A.C.
682	17	269	Anne BELTON	00:45:30	F40	Sportsworld A.C.
687	22	276	Abbi BRENNAN	00:45:38	FS	Tallaght A.C.
693	29	313	Robert DEVEREUX	00:45:41	M45	Dublin Front Runners A.C.
718	29	454	Simon O'CONNOR	00:46:06	MS	Lusk A.C.

732	2	394	Trevor LLOYD	00:46:23	M75	Sportsworld A.C.
740	21	237	Linda NI GHORMAIN	00:46:30	F45	LSA A.C.
742	7	128	Hugh MCDONNELL	00:46:35	M65	Drogheda & District A.C.
748	18	322	Lorraine DOWLING	00:46:39	F40	Le Cheile A.C.
754	30	139	Sean BRETT	00:46:43	M45	Sportsworld A.C.
770	30	283	Jacob BYRNE	00:47:02	MS	Dublin Front Runners A.C.
772	31	234	Marek ZARZYCKI	00:47:03	MS	Dublin Front Runners A.C.
796	11	461	Audrai O'DRISCOLL	00:47:37	F55	Sportsworld A.C.
802	19	375	Orla KELLY	00:47:47	F40	Blackrock Dublin A. C.
807	23	3	Mary E. DAVIS	00:47:54	FS	Blackrock Dublin A. C.
835	24	278	Emma BRODERICK	00:48:49	FS	Lucan Harriers A.C.
844	3	253	Mary NOLAN HICKEY	00:49:02	F70	Sli Cualann A.C.
865	11	495	Patricia SIMPSON	00:49:53	F35	Newry City Runner A.C.
871	32	499	Cameron SOANE	00:50:02	MS	Glendalough Harriers A.C.
876	25	33	John SHERIDAN	00:50:14	M50	Irish Mountain Cardio A.C.
877	20	49	Barbara REAMSBOTTOM	00:50:16	F40	Mid Sutton A.C.
886	22	479	Corina REDFERN	00:50:49	F45	Metro St. Brigid's A.C.
887	12	513	Helen WHITE	00:50:49	F35	Garristown Flyers A.C.
915	26	382	Lorraine KENNY	00:51:22	F50	Blackrock Dublin A. C.
938	31	7	Joe HAUGH	00:52:09	M45	Brothers Pearse A.C.
952	23	360	Mairead HEFFERNAN	00:52:24	F45	Trim A.C.
964	24	334	Gillian FARRELLY	00:52:38	F45	Kilcoole A.C.
983	12	393	Vivienne LENNON	00:53:11	F55	Dunboyne A.C.
984	25	40	Sarah ROUX	00:53:13	F45	LSA A.C.
989	27	113	Ruth FRENCH	00:53:18	F50	Lucan Harriers A.C.
1000	6	119	Lorna CULLEN	00:53:25	F60	St. Cocas A.C.
1029	13	106	Susan BYRNE	00:54:34	F55	Dunboyne A.C.
1039	28	32	John CALLINAN	00:55:09	M55	Edenderry A.C.
1053	21	123	Emma PATTON	00:55:38	F40	Celbridge A.C.
1066	11	137	Joe MCKENNA	00:56:14	M60	Moynalty A.C.

**National 5m
Full Results List
Pheonix Park
11th June 2023**

1094	26	131	Celeste DERMODY	00:57:10	F45	North Westmeath A.C.
1176	3	6822	Martin KEANE	00:59:35	M75	Athenry A.C.
1193	14	11	Una CARR	01:00:51	F55	Celbridge A.C.
1194	15	310	Hilda DAWSON	01:00:51	F55	Celbridge A.C.
1202	22	102	Maria Elena De Blas Menendez	01:01:07	F40	Donore Harriers A.C.
1214	8	24	Ray HOLMES	01:01:48	M65	Donore Harriers A.C.
1215	26	335	Gerard FAY	01:01:53	M50	Raheny Shamrock A.C.
1219	27	100	Tracey CLARKE	01:02:10	F45	Donore Harriers A.C.
1226	37	86	Francis FAY	01:02:19	M40	Cilles A.C.
1228	25	95	Aisling MCEVOY O'CONNOR	01:02:40	FS	Celbridge A.C.
1249	13	428	Orla MULHERN	01:04:43	F35	Celbridge A.C.
1281	14	89	Ana Maria RODRIGO	01:09:38	F35	Donore Harriers A.C.
1291	4	111	Josephine DIGNAM	01:12:32	F65	Lucan Harriers A.C.
1299	9	85	Brendan LOSTY	01:15:14	M65	Waterstown Warriors A.C.
1301	27	274	Brendan BRADY	01:15:24	M50	Waterstown Warriors A.C.