

**National 5m
Mens Individual Results
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.
6	4	301	Robert CORBALLY	00:26:11	MS	Dundrum South Dublin 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.
13	7	356	Nathan HARPUR	00:27:14	MS	Skerries A.C.
18	8	316	Sergey DOLGY	00:27:39	MS	Liffey Valley A.C.
21	9	434	Damian MURPHY	00:27:53	MS	West Waterford A.C.
33	10	303	Derek CRAMMOND	00:28:37	MS	Sli Cualann A.C.
48	11	287	Garry CANTWELL	00:29:12	MS	West Waterford A.C.
57	12	6835	Chris MCGUIGAN	00:29:38	MS	Omagh Harriers A.C.
75	13	395	Oscar LUBLINER	00:30:25	MS	Dundrum South Dublin A.C.
79	14	342	Patrick FOX	00:30:32	MS	Liffey Valley A.C.
104	15	484	Cathal REYNOLDS	00:31:19	MS	West Waterford 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.
147	18	296	Cian CONNOLLY	00:32:54	MS	Tir Chonaill A.C.
169	19	431	Oisin MURPHY	00:33:50	MS	Liffey Valley A.C.
232	20	15	Lee PARKER	00:35:30	MS	Clane A.C.
237	21	380	Paul KELLY	00:35:35	MS	Lusk A.C.
247	22	343	James FREEMAN	00:35:46	MS	Lusk A.C.
253	23	16	David COMISKEY	00:35:53	MS	Clonliffe Harriers A.C.
306	24	31	Liam DUNNE	00:37:17	MS	Dunshaughlin A.C.
316	25	505	Daniel TOOMEY	00:37:38	MS	Lusk A.C.
354	26	421	John MEEHAN	00:38:36	MS	Mullingar Harriers A.C.
435	27	422	Vincent MELODY	00:40:25	MS	Civil Service Harriers A.C.
454	28	244	Conor AKINTOLA	00:41:05	MS	North East Runners A.C.

**National 5m
Mens Individual Results
Pheonix Park
11th June 2023**

718	29	454	Simon O'CONNOR	00:46:06	MS	Lusk 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.
871	32	499	Cameron SOANE	00:50:02	MS	Glendalough Harriers A.C.

Place	Cat Pos.	Bib	Name		Sub Cat	Club
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.
12	3	110	Pierce GEOGHEGAN	00:26:59	M35	Liffey Valley A.C.
16	4	352	Matthew GLITZ	00:27:35	M35	Portmarnock A.C.
19	5	493	Thomas SHERLOCK	00:27:44	M35	Clonliffe Harriers A.C.
24	6	376	Ciarain KELLY	00:27:58	M35	Crusaders 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.
47	9	517	Eoghan WRAFTER	00:29:12	M35	Raheny Shamrock A.C.
101	10	34	Niall FOX	00:31:17	M35	Kilcoole A.C.
107	11	218	Keith LUNDERS	00:31:28	M35	Liffey Valley A.C.
212	12	96	Eoghan CAFFREY	00:35:02	M35	Civil Service Harriers A.C.
215	13	26	Ian NOLAN	00:35:08	M35	Donore Harriers A.C.
230	14	338	Gary FLANAGAN	00:35:29	M35	Lusk A.C.
274	15	99	Alan J KAVANAGH	00:36:34	M35	Crusaders A.C.
362	16	35	Michael NOLAN	00:38:50	M35	Kilcoole A.C.
548	17	500	Elad SOLOMON	00:43:10	M35	Crusaders A.C.
594	18	369	Antanas JONUSAS	00:43:52	M35	Portlaoise A.C.
652	19	314	Conor DIXON	00:44:44	M35	Dundrum South Dublin A.C.

**National 5m
Mens Individual Results
Pheonix Park
11th June 2023**

Place	Cat Pos.	Bib	Name	Net Time	Sub Cat	Club
7	1	69	Kevin DONAGHER	00:26:18	M40	Rathfarnham W.S.A.F. 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.
20	4	470	Danny O'SULLIVAN	00:27:51	M40	Donore Harriers 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.
49	8	226	David DALY	00:29:14	M40	Skerries A.C.
52	9	504	Chris TIGHE	00:29:24	M40	Brothers Pearse A.C.
59	10	451	David O'CALLAGHAN	00:29:44	M40	Tallaght 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.
67	13	235	Matt MCGUINNESS	00:30:11	M40	Clonliffe Harriers 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.
87	16	478	Darrell REAMSBOTTOM	00:30:45	M40	Raheny Shamrock 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.
98	19	374	Owen KELLY	00:31:16	M40	Blackrock Dublin A.C.
108	20	377	John Paul KELLY	00:31:34	M40	Metro St. Brigid's 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.
120	24	427	Patrick MULDOON	00:31:57	M40	Mullingar Harriers A.C.
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.
173	27	309	Stephen DAWSON	00:33:58	M40	Donore Harriers A.C.
196	28	12	Colm CONNOLLY	00:34:36	M40	Celbridge A.C.

**National 5m
Mens Individual Results
Pheonix Park
11th June 2023**

206	29	345	Robbie FURLONG	00:34:53	M40	Tallaght A.C.
312	30	138	Robert, Thomas MANGAN	00:37:35	M40	Raheny Shamrock A.C.
321	31	430	Richard MURPHY	00:37:47	M40	Clane A.C.
359	32	2	John AHERNE	00:38:45	M40	Blackrock Dublin A.C.
375	33	496	Sunil SINGH	00:39:00	M40	Civil Service Harriers A.C.
438	34	231	Paul LARKIN	00:40:30	M40	Raheny Shamrock A.C.
499	35	46	Dave CANNON	00:42:00	M40	Lusk A.C.
588	36	290	Andre CAVANAGH	00:43:46	M40	LOVE2RUN A.C.
1226	37	86	Francis FAY	01:02:19	M40	Cilles A.C.

Place	Cat Pos.	Bib	Name	Net Time	Sub Cat	Club
11	1	73	Brian GERAGHTY	00:26:42	M45	Sli Cualann A.C.
17	2	467	Ian O'REILLY	00:27:37	M45	Brothers Pearse A.C.
38	3	317	John DONLON	00:28:45	M45	Clonliffe Harriers A.C.
54	4	80	Colin COYNE	00:29:32	M45	St Abbans A.C.
56	5	492	Craig SCOTT	00:29:35	M45	Donore Harriers A.C.
65	6	216	Brian FORAN	00:30:04	M45	Donore Harriers A.C.
82	7	398	Peter MAGUIRE	00:30:35	M45	Edenderry A.C.
89	8	333	Gavan FARRELL	00:30:50	M45	Skerries A.C.
105	9	417	Anthony MCMAHON	00:31:21	M45	Liffey Valley A.C.
111	10	325	Keith DRISCOLL	00:31:43	M45	Kilcoole A.C.
133	11	355	Jarlath GROARKE	00:32:14	M45	Brothers Pearse A.C.
137	12	475	John POWER	00:32:24	M45	Skerries A.C.
156	13	344	Gavin FURLONG	00:33:11	M45	Portmarnock 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.
233	16	23	Ray ARMSTRONG	00:35:31	M45	Donore Harriers A.C.
249	17	224	Dan WALLACE	00:35:47	M45	Raheny Shamrock A.C.

**National 5m
Mens Individual Results
Pheonix Park
11th June 2023**

257	18	114	Tom SUMMERVILLE	00:36:00	M45	Lusk 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.
289	21	429	Neil MULVEY	00:36:54	M45	LOVE2RUN A.C.
324	22	124	Mark DEVINE	00:37:55	M45	Donore Harriers A.C.
338	23	268	David BEGGAN	00:38:12	M45	Lusk A.C.
389	24	47	Padraig KEANE	00:39:29	M45	Metro St. Brigid's A.C.
412	25	275	Peter BRENNAN	00:39:54	M45	Tallaght A.C.
468	26	132	Richie KENNEALLY	00:41:18	M45	Raheny Shamrock A.C.
517	27	53	Cormac MURRAY	00:42:24	M45	Mullingar Harriers A.C.
645	28	93	David DE LA VEGA	00:44:37	M45	Ratoath A.C.
693	29	313	Robert DEVEREUX	00:45:41	M45	Dublin Front Runners A.C.
754	30	139	Sean BRETT	00:46:43	M45	Sportsworld A.C.
938	31	7	Joe HAUGH	00:52:09	M45	Brothers Pearse A.C.

Place	Cat Pos.	Bib	Name	Net Time	Sub Cat	Club
23	1	48	Kenny MCANDREW	00:27:57	M50	Metro St. Brigid's A.C.
26	2	396	Brendan LYNG	00:28:04	M50	United Striders A.C.
31	3	507	Des TREMBLE	00:28:14	M50	Donore Harriers A.C.
36	4	272	Liam BRADLEY	00:28:39	M50	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.
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.
91	10	494	Dermot SHIELS	00:30:54	M50	Rathfarnham W.S.A.F. A.C.
97	11	406	Marty MCDERMOTT	00:31:14	M50	Omagh Harriers A.C.
102	12	331	Alan FARRELL	00:31:17	M50	Donore Harriers A.C.

**National 5m
Mens Individual Results
Pheonix Park
11th June 2023**

123	13	339	Keith FLEMING	00:31:58	M50	Raheny Shamrock A.C.
154	14	271	Patrick BOWE	00:33:08	M50	Moyne A.C.
163	15	120	Barry THORNTON	00:33:28	M50	Blackrock Dublin A.C.
179	16	391	Anthony LEE	00:34:12	M50	Raheny Shamrock 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.
241	19	229	John STOKES	00:35:36	M50	Tallaght A.C.
281	20	409	Owen MCFEELY	00:36:43	M50	Civil Service Harriers A.C.
302	21	90	Owen MCKINNEY	00:37:15	M50	Inishowen A.C.
400	22	350	John GLEESON	00:39:38	M50	Donore Harriers A.C.
421	23	476	Malcolm PRINCE	00:40:07	M50	Liffey Valley A.C.
668	24	101	John CURRAN	00:44:58	M50	Donore Harriers A.C.
876	25	33	John SHERIDAN	00:50:14	M50	Irish Mountain Cardio A.C.
1215	26	335	Gerard FAY	01:01:53	M50	Raheny Shamrock A.C.
1301	27	274	Brendan BRADY	01:15:24	M50	Waterstown Warriors A.C.

Place	Cat Pos.	Bib	Name	Net Time	Sub Cat	Club
22	1	413	Pauric MCKINNEY	00:27:56	M55	Inishowen A.C.
37	2	20	Paul COWHIE	00:28:43	M55	Crusaders 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.
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.
64	7	436	Colm MURRAY	00:30:02	M55	Rathfarnham W.S.A.F. A.C.
74	8	452	Pat O'CALLAGHAN	00:30:23	M55	United Striders A.C.
78	9	321	Gerry DORE	00:30:30	M55	Tallaght A.C.
84	10	324	Keith DOWNEY	00:30:42	M55	Skerries A.C.
125	11	245	Noel CARR	00:32:02	M55	An Ríocht A.C.

**National 5m
Mens Individual Results
Pheonix Park
11th June 2023**

146	12	328	Tom FAGAN	00:32:54	M55	Donore Harriers A.C.
149	13	330	Alan FAIRBROTHER	00:33:00	M55	Brothers Pearse A.C.
152	14	419	Brian MCWEENEY	00:33:03	M55	Raheny Shamrock A.C.
170	15	408	Frank MCDONALD	00:33:51	M55	Celbridge A.C.
178	16	133	Michael FINN	00:34:12	M55	Slaney Olympic A.C.
205	17	18	Declan GRANT	00:34:51	M55	Clonliffe Harriers A.C.
234	18	51	Paul BYRNE	00:35:33	M55	Mullingar Harriers A.C.
252	19	469	Samson OSAS	00:35:52	M55	Dunshaughlin A.C.
268	20	341	Joseph FOWLER	00:36:28	M55	Clonliffe Harriers A.C.
292	21	405	Maurice MCCROHAN	00:37:03	M55	Clonliffe Harriers A.C.
374	22	459	Aodh O'CONNOR	00:39:00	M55	Brothers Pearse A.C.
390	23	446	Gregory O'BEIRNE	00:39:30	M55	Raheny Shamrock A.C.
405	24	397	Desmond LYONS	00:39:44	M55	Raheny Shamrock A.C.
447	25	439	Stephen NAUGHTON	00:40:47	M55	Mullingar Harriers A.C.
541	26	77	Padraic MORAN	00:43:01	M55	Sportsworld A.C.
565	27	217	Stephen O'BEIRNE	00:43:24	M55	Dunboyne A.C.
1039	28	32	John CALLINAN	00:55:09	M55	Edenderry A.C.

Place	Cat Pos.	Bib	Name	Net Time	Sub Cat	Club
58	1	50	Willie O'DONOGHUE	00:29:40	M60	Mooreabbey Milers A.C.
68	2	247	Kevin GRIFFIN	00:30:14	M60	An Ríocht A.C.
103	3	300	Niall COPPINGER	00:31:18	M60	Sli Cualann A.C.
110	4	266	Sean BAILEY	00:31:38	M60	Dunboyne A.C.
134	5	70	Martin KELLY	00:32:15	M60	Rathfarnham W.S.A.F. A.C.
148	6	488	Sean RYAN	00:32:55	M60	Civil Service Harriers A.C.
255	7	487	Brendan RYAN	00:35:55	M60	Tallaght A.C.
303	8	437	Sreedevan NAIR	00:37:15	M60	Blackrock Dublin A.C.
545	9	337	Anthony FITZSIMONS	00:43:06	M60	Raheny Shamrock A.C.

**National 5m
Mens Individual Results
Pheonix Park
11th June 2023**

591	10	28	Paul MACARDLE	00:43:50	M60	Drogheda & District A.C.
1066	11	137	Joe MCKENNA	00:56:14	M60	Moynalty A.C.

Place	Cat Pos.	Bib	Name	Net Time	Sub Cat	Club
106	1	143	Norman MAWHINNEY	00:31:24	M65	Scrabo Striders A.C.
135	2	233	Eddie WALSH	00:32:22	M65	Tinryland A.C.
140	3	510	Michael WALSH	00:32:36	M65	Brothers Pearse A.C.
177	4	315	Eugene DOHERTY	00:34:10	M65	Sliabh Bhuide Rovers A.C.
235	5	238	Vincent O'NEIL	00:35:34	M65	Civil Service Harriers A.C.
630	6	418	Enda MCMORROW	00:44:22	M65	Dundrum South Dublin A.C.
742	7	128	Hugh MCDONNELL	00:46:35	M65	Drogheda & District A.C.
1214	8	24	Ray HOLMES	01:01:48	M65	Donore Harriers A.C.
1299	9	85	Brendan LOSTY	01:15:14	M65	Waterstown Warriors A.C.

Place	Cat Pos.	Bib	Name	Net Time	Sub Cat	Club
210	1	36	Brian MCGRATH	00:35:01	M70	Le Cheile A.C.
317	2	27	Barry POTTS	00:37:40	M70	Donore Harriers A.C.
373	3	72	William BELTON	00:39:00	M70	Sli Cualann A.C.

Place	Cat Pos.	Bib	Name	Net Time	Sub Cat	Club
340	1	91	Pat COLLINS	00:38:17	M75	Liffey Valley A.C.
732	2	394	Trevor LLOYD	00:46:23	M75	Sportsworld A.C.
1176	3	6822	Martin KEANE	00:59:35	M75	Athenry A.C.