

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

| Place | Cat Pos. | Bib | Name                    | Net Time | Sub Cat | Club                        |
|-------|----------|-----|-------------------------|----------|---------|-----------------------------|
| 27    | 1        | 485 | Meghan RYAN             | 00:28:07 | FS      | Dundrum South Dublin A.C.   |
| 55    | 2        | 347 | Edel GAFFNEY            | 00:29:32 | FS      | Trim A.C.                   |
| 60    | 3        | 401 | Sorcha MCALLISTER       | 00:29:46 | FS      | Dublin City Harriers A.C.   |
| 69    | 4        | 387 | Clara KINSELLA          | 00:30:15 | FS      | Rathfarnham W.S.A.F. A.C.   |
| 81    | 5        | 458 | Niamh O'CONNOR          | 00:30:34 | FS      | Tullamore Harriers A.C.     |
| 83    | 6        | 304 | Sinead CRONIN           | 00:30:39 | FS      | Dublin City Harriers A.C.   |
| 90    | 7        | 30  | Serena TUFFY            | 00:30:51 | FS      | Dundrum South Dublin A.C.   |
| 92    | 8        | 142 | Aisling O'CONNOR        | 00:30:57 | FS      | Rathfarnham W.S.A.F. A.C.   |
| 99    | 9        | 450 | Sheila O'BYRNE          | 00:31:17 | FS      | Sli Cualann A.C.            |
| 119   | 10       | 425 | Aislinn MOORHOUSE       | 00:31:55 | FS      | Dublin City Harriers A.C.   |
| 121   | 2        | 293 | Isabella Tomkin BEDDY   | 00:31:57 | FS      | Dundrum South Dublin A.C.   |
| 185   | 11       | 460 | Niamh O'DONOVAN         | 00:34:17 | FS      | West Waterford A.C.         |
| 225   | 12       | 108 | Leanne BUTLER           | 00:35:27 | FS      | Kilkenny City Harriers A.C. |
| 242   | 13       | 443 | Tara NIREACHTAGAIN      | 00:35:36 | FS      | West Waterford A.C.         |
| 244   | 14       | 299 | Carmel COONEY           | 00:35:39 | FS      | Crusaders A.C.              |
| 276   | 15       | 249 | Emma PRZYMUSINSKA       | 00:36:35 | FS      | Lusk A.C.                   |
| 419   | 16       | 281 | Veronica BURKE          | 00:40:03 | FS      | Balbriggan & District A.C.  |
| 424   | 17       | 514 | Eleanor WHYTE           | 00:40:08 | FS      | Galway City Harriers A.C.   |
| 450   | 18       | 432 | Ruth MURPHY             | 00:40:58 | FS      | Liffey Valley A.C.          |
| 488   | 19       | 501 | Sofia STEFANOFF         | 00:41:50 | FS      | West Waterford A.C.         |
| 671   | 20       | 280 | Heather BROWNING        | 00:45:00 | FS      | Liffey Valley A.C.          |
| 680   | 21       | 129 | Melissa THOMPSON        | 00:45:23 | FS      | Liffey Valley A.C.          |
| 687   | 22       | 276 | Abbi BRENNAN            | 00:45:38 | FS      | Tallaght 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.         |
| 1228  | 25       | 95  | Aisling MCEVOY O'CONNOR | 01:02:40 | FS      | Celbridge A.C.              |

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

| Place | Cat Pos. | Bib | Name               | Net Time | Sub Cat | Club                        |
|-------|----------|-----|--------------------|----------|---------|-----------------------------|
| 116   | 1        | 126 | Grace KENNEDY      | 00:31:51 | F35     | Donore Harriers A.C.        |
| 181   | 2        | 480 | Brigid REILLY      | 00:34:13 | F35     | Liffey Valley A.C.          |
| 194   | 3        | 37  | Orla GORDON        | 00:34:26 | F35     | Liffey Valley A.C.          |
| 227   | 4        | 340 | Linda FOLEY        | 00:35:28 | F35     | West Waterford A.C.         |
| 353   | 5        | 442 | Sinead NI FHAOLAIN | 00:38:36 | F35     | West Waterford A.C.         |
| 509   | 6        | 230 | Sinead BOLAND      | 00:42:15 | F35     | Kilcoole A.C.               |
| 559   | 7        | 295 | Rachel COLE        | 00:43:19 | F35     | Sli Cualann A.C.            |
| 586   | 8        | 239 | Ellen BRADY        | 00:43:43 | F35     | Civil Service Harriers A.C. |
| 656   | 9        | 477 | Nicola PURCELL     | 00:44:46 | F35     | Navan A.C.                  |
| 865   | 10       | 495 | Patricia SIMPSON   | 00:49:53 | F35     | Newry City Runner A.C.      |
| 887   | 11       | 513 | Helen WHITE        | 00:50:49 | F35     | Garristown Flyers A.C.      |
| 1249  | 12       | 428 | Orla MULHERN       | 01:04:43 | F35     | Celbridge A.C.              |
| 1281  | 13       | 89  | Ana Maria RODRIGO  | 01:09:38 | F35     | Donore Harriers A.C.        |

| Place | Cat Pos. | Bib | Name                  | Net Time | Sub Cat | Club                    |
|-------|----------|-----|-----------------------|----------|---------|-------------------------|
| 174   | 1        | 121 | Janice DOYLE          | 00:33:58 | F40     | Brothers Pearse A.C.    |
| 193   | 2        | 318 | Paula DONNELLAN WALSH | 00:34:24 | F40     | Mayo A.C.               |
| 199   | 3        | 8   | Suzanne LUNDY         | 00:34:40 | F40     | Brothers Pearse A.C.    |
| 218   | 4        | 75  | Hannah NOLAN          | 00:35:11 | F40     | Sli Cualann 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.    |
| 336   | 7        | 243 | Rachel EUSTACE        | 00:38:10 | F40     | Clonliffe Harriers A.C. |

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

|      |    |     |                                 |          |     |                         |
|------|----|-----|---------------------------------|----------|-----|-------------------------|
| 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.        |
| 448  | 10 | 483 | Fiona REINHARDT                 | 00:40:48 | F40 | Lusk A.C.               |
| 463  | 11 | 82  | Edel FITZGERALD                 | 00:41:12 | F40 | Star Of The Sea A.C.    |
| 528  | 12 | 383 | Suzanne KENNY                   | 00:42:38 | F40 | Donore Harriers A.C.    |
| 580  | 13 | 251 | Aideen O'CONNOR                 | 00:43:38 | F40 | Clonliffe Harriers A.C. |
| 623  | 14 | 56  | Joanne REID                     | 00:44:18 | F40 | Na Fianna A.C.          |
| 657  | 15 | 308 | Michelle DAWSON                 | 00:44:46 | F40 | Donore Harriers A.C.    |
| 673  | 16 | 58  | Leanne KAVANAGH                 | 00:45:06 | F40 | Portmarnock A.C.        |
| 682  | 17 | 269 | Anne BELTON                     | 00:45:30 | F40 | Sportsworld A.C.        |
| 748  | 18 | 322 | Lorraine DOWLING                | 00:46:39 | F40 | Le Cheile A.C.          |
| 802  | 19 | 375 | Orla KELLY                      | 00:47:47 | F40 | Blackrock Dublin A. C.  |
| 877  | 20 | 49  | Barbara REAMSBOTTOM             | 00:50:16 | F40 | Mid Sutton A.C.         |
| 1053 | 21 | 123 | Emma PATTON                     | 00:55:38 | F40 | Celbridge A.C.          |
| 1202 | 22 | 102 | Maria Elena DE BLAS<br>MENENDEZ | 01:01:07 | F40 | Donore Harriers A.C.    |

| Place | Cat Pos. | Bib | Name               | Net Time | Sub Cat | Club                 |
|-------|----------|-----|--------------------|----------|---------|----------------------|
| 61    | 1        | 223 | Zoe QUINN          | 00:29:48 | F45     | Raheny Shamrock A.C. |
| 77    | 2        | 457 | Catherine O'CONNOR | 00:30:28 | F45     | Sli Cualann A.C.     |
| 128   | 3        | 381 | Tara KENNEDY       | 00:32:07 | F45     | Raheny Shamrock A.C. |
| 131   | 4        | 68  | Mary WALSH         | 00:32:11 | F45     | Raheny Shamrock A.C. |
| 150   | 5        | 456 | Aoife O'CONNOR     | 00:33:01 | F45     | Raheny Shamrock A.C. |
| 157   | 6        | 10  | Sinead TIGHE       | 00:33:16 | F45     | Brothers Pearse A.C. |
| 176   | 7        | 38  | Susan MURNANE      | 00:34:08 | F45     | Limerick A.C.        |
| 207   | 8        | 400 | Edel MARTYN        | 00:34:54 | F45     | Dunboyne A.C.        |
| 214   | 9        | 386 | Christine KINSELLA | 00:35:05 | F45     | Brothers Pearse A.C. |
| 219   | 10       | 508 | Kathleen TRUNK     | 00:35:13 | F45     | Lucan Harriers A.C.  |
| 224   | 11       | 423 | Claire MILLAR      | 00:35:22 | F45     | Celbridge A.C.       |

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

|      |    |     |                    |          |     |                             |
|------|----|-----|--------------------|----------|-----|-----------------------------|
| 228  | 12 | 326 | Eveleen DROHAN     | 00:35:28 | F45 | West Waterford A.C.         |
| 243  | 13 | 125 | Audrey GAHAN       | 00:35:38 | F45 | Donore Harriers A.C.        |
| 277  | 14 | 307 | Linda CUNNINGHAM   | 00:36:37 | F45 | Mullingar Harriers A.C.     |
| 307  | 15 | 329 | Louisa FAHY        | 00:37:24 | F45 | Lusk A.C.                   |
| 366  | 16 | 392 | Fiona LEHENY       | 00:38:57 | F45 | Sportsworld A.C.            |
| 501  | 17 | 84  | Ciara LOSTY        | 00:42:02 | F45 | Waterstown Warriors 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. |
| 672  | 20 | 127 | Catherine MCKEON   | 00:45:03 | F45 | Donore Harriers A.C.        |
| 740  | 21 | 237 | Linda NI GHORMAIN  | 00:46:30 | F45 | LSA A.C.                    |
| 886  | 22 | 479 | Corina REDFERN     | 00:50:49 | F45 | Metro St. Brigid's 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.               |
| 984  | 25 | 40  | Sarah ROUX         | 00:53:13 | F45 | LSA A.C.                    |
| 1094 | 26 | 131 | Celeste DERMODY    | 00:57:10 | F45 | North Westmeath A.C.        |
| 1219 | 27 | 100 | Tracey CLARKE      | 01:02:10 | F45 | Donore Harriers A.C.        |

| Place | Cat Pos. | Bib  | Name               | Net Time | Sub Cat | Club                    |
|-------|----------|------|--------------------|----------|---------|-------------------------|
| 93    | 1        | 389  | Michelle LANNON    | 00:30:58 | F50     | Carrick On Shannon A.C. |
| 138   | 2        | 474  | Linda PHELAN       | 00:32:26 | F50     | Celbridge A.C.          |
| 145   | 3        | 468  | Teresa O'REILLY    | 00:32:47 | F50     | 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.               |
| 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.     |
| 251   | 8        | 220  | Lorraine HEFFERNAN | 00:35:52 | F50     | Lucan Harriers 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.          |

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

|     |    |     |                  |          |     |                             |
|-----|----|-----|------------------|----------|-----|-----------------------------|
| 275 | 11 | 256 | Lucy DARCY       | 00:36:34 | F50 | Sportsworld 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.     |
| 295 | 14 | 17  | Orla DEIGHAN     | 00:37:06 | F50 | Clonliffe Harriers A.C.     |
| 311 | 15 | 225 | Rose KIDD        | 00:37:33 | F50 | Raheny Shamrock A.C.        |
| 323 | 16 | 13  | Pozo MARIA       | 00:37:54 | F50 | Civil Service Harriers A.C. |
| 337 | 17 | 141 | Angela EUSTACE   | 00:38:11 | F50 | Donore Harriers A.C.        |
| 356 | 18 | 407 | Denise MCDONALD  | 00:38:41 | F50 | Brothers Pearse A.C.        |
| 477 | 19 | 273 | Marie BRADLEY    | 00:41:33 | F50 | Sportsworld A.C.            |
| 492 | 20 | 312 | Nuala DERVAN     | 00:41:55 | F50 | Rathfarnham W.S.A.F. A.C.   |
| 513 | 21 | 21  | Sharon WOODS     | 00:42:20 | F50 | Crusaders A.C.              |
| 520 | 22 | 402 | Michelle MCCABE  | 00:42:26 | F50 | Celbridge A.C.              |
| 533 | 23 | 292 | Angela CHARLTON  | 00:42:45 | F50 | Raheny Shamrock A.C.        |
| 593 | 24 | 103 | Dana MACKEY      | 00:43:52 | F50 | Donore Harriers A.C.        |
| 643 | 25 | 294 | Mary COLCLOUGH   | 00:44:33 | F50 | Sportsworld A.C.            |
| 915 | 26 | 382 | Lorraine KENNY   | 00:51:22 | F50 | Blackrock Dublin A. C.      |
| 989 | 27 | 113 | Ruth FRENCH      | 00:53:18 | F50 | Lucan Harriers A.C.         |

| Place | Cat Pos. | Bib | Name              | Net Time | Sub Cat | Club                    |
|-------|----------|-----|-------------------|----------|---------|-------------------------|
| 165   | 1        | 455 | Angela O'CONNOR   | 00:33:35 | F55     | Mayo A.C.               |
| 189   | 2        | 55  | Mary STUART       | 00:34:19 | F55     | Mullingar Harriers A.C. |
| 204   | 3        | 74  | Debbie GRIFFIN    | 00:34:50 | F55     | Sli Cualann A.C.        |
| 239   | 4        | 305 | Helena CROSSAN    | 00:35:35 | F55     | Inishowen A.C.          |
| 270   | 5        | 60  | Adrienne ATKINS   | 00:36:29 | F55     | Raheny Shamrock A.C.    |
| 331   | 6        | 285 | Nora BYRNE        | 00:38:05 | F55     | Raheny Shamrock A.C.    |
| 386   | 7        | 502 | Anne SWEENEY      | 00:39:26 | F55     | Sportsworld A.C.        |
| 407   | 8        | 130 | Paula SIMPSON     | 00:39:45 | F55     | North Down A.C.         |
| 508   | 9        | 250 | Catherine GILMORE | 00:42:14 | F55     | Sportsworld A.C.        |

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

|      |    |     |                   |          |     |                  |
|------|----|-----|-------------------|----------|-----|------------------|
| 610  | 10 | 76  | Siobhan CLARKE    | 00:44:10 | F55 | Sportsworld A.C. |
| 796  | 11 | 461 | Audrai O'DRISCOLL | 00:47:37 | F55 | Sportsworld A.C. |
| 983  | 12 | 393 | Vivienne LENNON   | 00:53:11 | F55 | Dunboyne A.C.    |
| 1029 | 13 | 106 | Susan BYRNE       | 00:54:34 | F55 | Dunboyne 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.   |

| Place | Cat Pos. | Bib  | Name             | Net Time | Sub Cat | Club                      |
|-------|----------|------|------------------|----------|---------|---------------------------|
| 130   | 1        | 1    | Niamh O'SULLIVAN | 00:32:09 | F60     | An Ríocht A.C.            |
| 160   | 2        | 2055 | Mary SLOCUM      | 00:33:22 | F60     | Ward Park Runners         |
| 432   | 3        | 78   | Eileen ROWLAND   | 00:40:19 | F60     | Sportsworld A.C.          |
| 459   | 4        | 71   | Catherine KELLY  | 00:41:07 | F60     | Rathfarnham W.S.A.F. A.C. |
| 484   | 5        | 228  | Ellen LAVIN      | 00:41:43 | F60     | Sportsworld A.C.          |
| 1000  | 6        | 119  | Lorna CULLEN     | 00:53:25 | F60     | St. Cocas A.C.            |

| Place | Cat Pos. | Bib | Name             | Net Time | Sub Cat | Club                |
|-------|----------|-----|------------------|----------|---------|---------------------|
| 190   | 1        | 426 | Pauline MORAN    | 00:34:22 | F65     | Mayo A.C.           |
| 226   | 2        | 42  | Mary BROWNE      | 00:35:27 | F65     | Lucan Harriers A.C. |
| 416   | 3        | 264 | Liz ARKINS       | 00:39:58 | F65     | Lucan Harriers A.C. |
| 1291  | 4        | 111 | Josephine DIGNAM | 01:12:32 | F65     | Lucan Harriers A.C. |

| Place | Cat Pos. | Bib | Name              | Net Time | Sub Cat | Club                 |
|-------|----------|-----|-------------------|----------|---------|----------------------|
| 441   | 1        | 64  | Mary LYNCH        | 00:40:36 | F70     | Raheny Shamrock A.C. |
| 524   | 2        | 448 | Eileen O'BRIEN    | 00:42:33 | F70     | Lucan Harriers A.C.  |
| 844   | 3        | 253 | Mary NOLAN HICKEY | 00:49:02 | F70     | Sli Cualann A.C.     |