

**National 10m
Womens Age Categories
Pheonix Park
23rd July 2023**

Place	Cat Pos.	Bib	Name	Gross Time	Sub Cat	Club
34	1	503	Meghan RYAN	00:58:03	FS	Dundrum South Dublin A.C.
47	2	198	Fiona CLINTON	00:59:15	FS	Dundrum South Dublin A.C.
50	3	245	Kealey TIDESWELL	00:59:25	FS	Clonmel A.C.
81	4	52	Maebh BRANNIGAN	01:02:20	FS	Galway City Harriers A.C.
84	5	120	Katie WILSON	01:02:41	FS	Wexford Marathon A.C.
95	6	527	Serena TUFFY	01:04:04	FS	Dundrum South Dublin A.C.
99	7	515	Niamh STAUNTON	01:04:41	FS	St Abbans A.C.
186	8	140	Leanne BUTLER	01:12:28	FS	Kilkenny City Harriers A.C.
195	9	540	Katie YOUNG	01:13:18	FS	Newbridge A.C.
199	10	426	Deirdre MCGING	01:13:37	FS	Sportsworld A.C.
218	11	311	Sinead CURRIE	01:14:44	FS	Raheny Shamrock A.C.
259	12	416	Aoibheann MCCOLGAN	01:17:43	FS	Inishowen A.C.
285	13	366	Stephanie HAWKINS	01:20:47	FS	Liffey Valley A.C.
345	14	204	Sinead BOLAND	01:30:22	FS	Iveragh A.C.
359	15	132	Kathy DOYLE	01:31:50	FS	Clane A.C.
370	16	280	Abbi BRENNAN	01:34:12	FS	Tallaght A.C.
393	17	229	Alison SHORTEN	01:44:37	FS	Cherry Orchard RC
394	18	312	Mary E DAVIS	01:45:47	FS	Blackrock A. C.
403	19	500	Samantha RYAN	01:50:29	FS	Garristown Flyers A.C.
411	20	348	Holly FURLONG	01:56:37	FS	Blackrock A. C.

Place	Cat Pos.	Bib	Name	Gross Time	Sub Cat	Club
69	1	382	Catherine THORNTON	01:01:31	F35	Galway City Harriers A.C.
98	2	159	Grace KENNEDY	01:04:38	F35	Donore Harriers A.C.
147	3	115	Tara DARCY	01:08:25	F35	Tallaght A.C.
159	4	496	Brigid REILLY	01:09:50	F35	Liffey Valley A.C.
163	5	449	Amy MORIARTY	01:10:12	F35	Donore Harriers A.C.

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197	6	118	Sandra YOUNG	01:13:26	F35	United Striders A.C.
204	7	235	Joanne SMITH	01:13:49	F35	Brothers Pearse A.C.
211	8	357	Orla GORDON	01:14:33	F35	Liffey Valley A.C.
215	9	183	Michelle JENNINGS	01:14:42	F35	Newbridge A.C.
219	10	184	Michelle KENNY	01:14:58	F35	Newbridge A.C.
220	11	302	Rachel COLE	01:15:04	F35	Sli Cualann A.C.
228	12	505	Olivia SEXTON	01:15:36	F35	Portmarnock A.C.
302	13	143	Aoife BRADY	01:22:32	F35	Liffey Valley A.C.
332	14	577	Laura SULLIVAN	01:26:48	F35	Portmarnock A.C.
334	15	117	Liz CONWAY	01:27:09	F35	United Striders A.C.
349	16	119	Stephanie DAVIS	01:30:44	F35	United Striders A.C.
360	17	37	Emily GLEN	01:31:59	F35	Crusaders A.C.
388	18	538	Helen WHITE	01:43:01	F35	Garristown Flyers A.C.
396	19	537	Lynne WHELEHAN SHEEHAN	01:46:01	F35	Sli Cualann A.C.

Place	Cat Pos.	Bib	Name	Gross Time	Sub Cat	Club
104	1	203	Jane BANDILA	01:05:03	F40	Dunboyne A.C.
107	2	50	Claire NIFHAIRCHEALLAIGH	01:05:20	F40	Dunboyne A.C.
109	3	300	Gillian CLYNE	01:05:25	F40	Clane A.C.
116	4	80	Emma BOLAND	01:05:44	F40	Newbridge A.C.
145	5	374	Mairead HOGAN	01:08:20	F40	Dunboyne A.C.
158	6	57	Jacinta MULROE	01:09:41	F40	Kilkenny City Harriers A.C.
174	7	299	Crona CLOHISY	01:11:03	F40	Sportsworld A.C.
176	8	463	Hannah NOLAN	01:11:10	F40	Sli Cualann A.C.
180	9	293	Karina CASH	01:11:38	F40	Newbridge A.C.
181	10	282	Vikki BROWNE	01:11:43	F40	Newbridge A.C.
214	11	564	Kate KENNEDY	01:14:40	F40	Templemore A.C.
222	12	100	Deirdre LYNCH	01:15:14	F40	Skerries A.C.
230	13	208	Paula DONNELLAN WALSH	01:15:53	F40	Mayo A.C.

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237	14	532	Dunlaith WARD	01:16:13	F40	Kilcoole A.C.
238	15	372	Suzie HENLEYWILLIS	01:16:15	F40	Donore Harriers A.C.
240	16	573	Claire PHELAN	01:16:23	F40	St Abbans A.C.
250	17	239	Jane GLYNN	01:17:14	F40	Drogheda & District A.C.
256	18	60	Nessa SMYTH	01:17:26	F40	LOVE2RUN A.C.
261	19	222	Cara O'TOOLE	01:17:53	F40	Celbridge A.C.
273	20	16	Charlene CARTY	01:19:15	F40	Blackrock A. C.
276	21	410	Emer MADDEN	01:19:29	F40	Dunboyne A.C.
278	22	192	Karen SLYE	01:19:37	F40	Raheny Shamrock A.C.
281	23	168	Sharon WHEELER	01:20:28	F40	Sli Cualann A.C.
291	24	367	Jacqueline HEANEY	01:21:10	F40	St Benedict Inbhear Mor A.C.
295	25	285	Nora BUTLER	01:21:34	F40	Glendalough Harriers A.C.
327	26	574	Fiona REINHARDT	01:25:54	F40	Lusk A.C.
339	27	98	Laura FARRELLY	01:28:31	F40	Ratoath A.C.
348	28	78	Joanne REID	01:30:40	F40	Na Fianna A.C.
353	29	212	Aoife KEANE	01:31:09	F40	Tallaght A.C.
358	30	38	Paula BRADSHAW	01:31:45	F40	Crusaders A.C.
363	31	327	Linda EARLEY	01:32:43	F40	Celbridge A.C.
381	32	342	Irene FOLEY	01:39:11	F40	Lucan Harriers A.C.
390	33	454	Kathleen MURPHY	01:44:00	F40	Dunshaughlin A.C.
397	34	413	Naoimh MAHON	01:47:36	F40	Tallaght A.C.
412	35	156	Emma PATTON	01:58:01	F40	Celbridge A.C.
414	36	246	Linda WALSH FOX	01:58:47	F40	Dunshaughlin A.C.

Place	Cat Pos.	Bib	Name	Gross Time	Sub Cat	Club
67	1	241	Sorcha LOUGHNANE	01:01:18	F45	Donore Harriers A.C.
97	2	254	Catherine O'CONNOR	01:04:27	F45	Sli Cualann A.C.
127	3	457	Michelle NEEDHAM	01:06:53	F45	Westport A.C.
131	4	394	Tara KENNEDY	01:07:00	F45	Raheny Shamrock A.C.

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135	5	83	Mary WALSH	01:07:11	F45	Raheny Shamrock A.C.
184	6	370	Mairead HEFFERNAN	01:11:55	F45	Trim A.C.
194	7	526	Kathleen TRUNK	01:13:09	F45	Lucan Harriers A.C.
196	8	35	Vanessa MCSHANE	01:13:21	F45	Croghan A.C.
207	9	158	Audrey GAHAN	01:14:16	F45	Donore Harriers A.C.
210	10	444	Claire MILLAR	01:14:28	F45	Celbridge A.C.
227	11	237	Orla JORDAN	01:15:34	F45	Sportsworld A.C.
236	12	561	Maeve HEGARTY	01:16:09	F45	Skerries A.C.
242	13	545	Helen CARR	01:16:36	F45	Raheny Shamrock A.C.
252	14	178	Yvonne MCMAHON	01:17:20	F45	Drogheda & District A.C.
279	15	309	Linda CUNNINGHAM	01:19:44	F45	Mullingar Harriers A.C.
286	16	507	Karen SHEEHAN	01:20:53	F45	LOVE2RUN A.C.
288	17	464	Martina NOLAN-JONES	01:21:00	F45	Sportsworld A.C.
293	18	166	Dawn BANNATYNE	01:21:25	F45	SAINT
301	19	135	Tracey CLARKE	01:22:21	F45	Donore Harriers A.C.
304	20	195	Louise O'BRIEN	01:22:53	F45	Brothers Pearse A.C.
310	21	341	Olive FOGARTY	01:23:20	F45	Sportsworld A.C.
340	22	201	Bernie BYRNE	01:28:48	F45	Sli Cualann A.C.
341	23	224	Tara QUIRKE	01:28:56	F45	Dundrum South Dublin A.C.
351	24	430	Loretta MCHUGH	01:31:00	F45	LOVE2RUN A.C.
372	25	274	Aoife BRADY	01:34:13	F45	LOVE2RUN A.C.
373	26	392	Karen KELLY	01:34:53	F45	Cherry Orchard RC
379	27	460	Sile NOLAN	01:38:36	F45	Kilcoole A.C.
398	28	373	Alison HERLIHY	01:47:54	F45	Lucan Harriers A.C.
399	29	504	Lourda SCOTT	01:48:10	F45	Iveragh A.C.
401	30	125	Sarah ROUX	01:48:36	F45	LSA A.C.
409	31	260	Gillian FARRELLY	01:56:10	F45	Kilcoole A.C.
416	32	165	Celeste DERMODY	02:01:23	F45	North Westmeath A.C.
420	33	480	Siobhan O'LEARY	02:09:55	F45	Celbridge A.C.

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72	1	546	Barbara CLEARY	01:01:35	F50	Donore Harriers A.C.
103	2	566	Michelle LANNON	01:04:58	F50	Carrick-On-Shannon A.C.
105	3	559	Breda GAFFNEY	01:05:16	F50	Mallow A.C.
142	4	528	Colette TUOHY	01:07:58	F50	Mayo A.C.
151	5	5413	Sarah BENTON	01:09:04	F50	North Down A.C.
188	6	240	Aisling KIRWAN	01:12:43	F50	Sli Cualann A.C.
198	7	161	Carmel KEENAN	01:13:29	F50	Drogheda & District A.C.
203	8	65	Lorraine HEFFERNAN	01:13:46	F50	Lucan Harriers A.C.
224	9	221	Emer O'HANLON	01:15:21	F50	Mullingar Harriers A.C.
247	10	358	Tricia GOUGH	01:17:01	F50	Lucan Harriers A.C.
249	11	77	Criona REID	01:17:07	F50	Mullingar Harriers A.C.
258	12	177	Angela EUSTACE	01:17:35	F50	Donore Harriers A.C.
262	13	435	Sandra MCLAUGHLIN	01:17:53	F50	Celbridge A.C.
264	14	19	Niamh MURPHY	01:18:14	F50	Brothers Pearse A.C.
268	15	32	Orla DEIGHAN	01:19:04	F50	Clonliffe Harriers A.C.
305	16	403	Barbara LOWTH BYRNE	01:23:00	F50	Drogheda & District A.C.
316	17	99	Anna Marie CROSBIE	01:24:15	F50	Shercock A.C.
354	18	14	Sinéad HOWARD	01:31:21	F50	Blackrock A. C.
355	19	541	Alison ADAMS	01:31:24	F50	Marathon Club Ireland A.C.
375	20	47	Helen MCLOUGHLIN	01:36:54	F50	Dunboyne A.C.
378	21	136	Dana MACKEY	01:38:18	F50	Donore Harriers A.C.
384	22	295	Ciara CLANCY	01:40:13	F50	LOVE2RUN A.C.
385	23	395	Lorraine KENNY	01:41:20	F50	Blackrock A. C.
402	24	431	Amanda MCKEVITT	01:49:18	F50	Cherry Orchard RC
410	25	499	Nicky ROWLEY	01:56:11	F50	Suncroft A.C.
422	26	543	Cathy BOURKE	02:10:43	F50	Clonmel A.C.

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150	1	74	Mary STUART	01:08:53	F55	Mullingar Harriers A.C.
152	2	207	Maura DERVIN	01:09:13	F55	Mullingar Harriers A.C.
169	3	103	Debbie GRIFFIN	01:10:42	F55	Sli Cualann A.C.
170	4	474	Angela O'CONNOR	01:10:42	F55	Mayo A.C.
226	5	64	Anne WHELAN	01:15:25	F55	Lucan Harriers A.C.
234	6	94	Rose KIDD	01:16:04	F55	Raheny Shamrock A.C.
243	7	59	Laura CUNNINGHAM	01:16:48	F55	LOVE2RUN A.C.
257	8	407	Anne LYONS	01:17:32	F55	Clonliffe Harriers A.C.
290	9	164	Paula SIMPSON	01:21:03	F55	North Down A.C.
299	10	556	Caroline FARRELLY	01:21:52	F55	Raheny Shamrock A.C.
311	11	568	Aine MCCANN	01:23:22	F55	Clonliffe Harriers A.C.
347	12	169	Catherine GILMORE	01:30:31	F55	Sportsworld A.C.
362	13	107	Siobhan CLARKE	01:32:33	F55	Sportsworld A.C.
380	14	170	Catherine RONAN	01:39:05	F55	United Striders A.C.
406	15	138	Susan BYRNE	01:51:57	F55	Dunboyne A.C.
407	16	53	Angela O'MAHONY	01:53:18	F55	Grange Fermoy A.C.
408	17	402	Vivienne LENNON	01:53:50	F55	Dunboyne A.C.
415	18	26	Hilda DAWSON	02:01:08	F55	Celbridge A.C.
421	19	25	Trish MURPHY	02:10:19	F55	Celbridge A.C.

Place	Cat Pos.	Bib	Name	Gross Time	Sub Cat	Club
162	1	510	Mary SLOCUM	01:10:00	F60	Ward Park Runners
272	2	360	Grainne GRENNAN	01:19:11	F60	Blackrock A. C.
306	3	22	Ann Marie KEENAN	01:23:07	F60	Carrick-On-Shannon A.C.
356	4	226	Eileen ROWLAND	01:31:26	F60	Sportsworld A.C.

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160	1	448	Pauline MORAN	01:09:52	F65	Mayo A.C.
201	2	236	Mary BROWNE	01:13:42	F65	Lucan Harriers A.C.
294	3	264	Liz ARKINS	01:21:30	F65	Lucan Harriers A.C.

Place	Cat Pos.	Bib	Name	Gross Time	Sub Cat	Club
267	1	9	Eileen KENNY	01:18:33	F70	Athlone A.C.
319	2	93	Mary LYNCH	01:24:32	F70	Raheny Shamrock A.C.
387	3	129	Mary NOLAN HICKEY	01:41:36	F70	Sli Cualann A.C.