

**National 5k
Mens Individual Results
Pheonix Park
20th May 2023**

Place	Cat Pos.	Bib	Name	Net Time	Gross Time	Sub Cat	Club
1	1	383	Pierre MURCHAN	14:26	14:26	SM	Dublin City Harriers A.C.
2	2	411	Jake O'REGAN	14:36	14:36	SM	St. Johns A.C.
3	3	438	David SCANLON	14:58	14:58	SM	Rathfarnham W.S.A.F. A.C.
4	4	244	Stephen CASHIN	15:07	15:07	SM	Clonliffe Harriers A.C.
5	5	69	David TROY	15:10	15:10	SM	Lucan Harriers A.C.
6	6	252	Ben COUGHLAN	15:11	15:11	SM	Clonliffe Harriers A.C.
8	7	290	William FOX	15:18	15:18	SM	St Abbans A.C
9	8	450	Eoin TAGGART	15:19	15:19	SM	Clonliffe Harriers A.C.
10	9	277	Mahad Mohamed Egaal jadda	15:21	15:21	SM	Clonliffe Harriers A.C.
13	10	469	Conall WHELAN	15:40	15:42	SM	Ballyroan Abbeyleix & District A.C.
15	11	280	Aaron FARRELL	15:49	15:49	SM	Dunboyne A.C.
16	12	241	Sean CARRIGG	15:50	15:51	SM	Clonliffe Harriers A.C.
18	13	292	Robert FREWEN	15:53	15:53	SM	Raheny Shamrock A.C.
23	14	213	Geoffrey ALEXANDRE	15:58	15:58	SM	Liffey Valley A.C.
24	15	20	Sean HEASLIP OWENS	15:57	15:58	SM	Clonliffe Harriers A.C.
25	16	392	Mark NAYLOR	16:00	16:00	SM	Liffey Valley A.C.
26	17	399	Dylan O'BRIEN	16:02	16:02	SM	Raheny Shamrock A.C.
31	18	268	Sergey DOLGY	16:14	16:14	SM	Liffey Valley A.C.
32	19	242	David CARROLL	16:15	16:16	SM	Liffey Valley A.C.
34	20	345	James LYNCH	16:19	16:20	SM	Carrick Aces A.C.
35	21	303	Nathan HARPUR	16:19	16:20	SM	Skerries A.C.
37	22	369	Barry MEEHAN	16:26	16:28	SM	Raheny Shamrock A.C.
45	23	237	Conor BYRNE	16:44	16:44	SM	Galway City Harriers A.C.
51	24	351	Matthew MCCOMBE	16:51	16:54	SM	North Belfast A.C.
53	25	26	Alex AINSWORTH	16:56	17:00	SM	Crusaders A.C.
58	26	271	Lee DUDDY	16:55	16:57	SM	Clonliffe Harriers A.C.
59	27	318	Paul KEENAN	16:59	17:01	SM	Clonliffe Harriers A.C.
66	28	297	Conor GALVIN	17:11	17:12	SM	Liffey Valley A.C.
69	29	111	Donagh POWELL	17:19	17:23	SM	Rathfarnham W.S.A.F. A.C.
71	30	46	Ray LAHART	17:22	17:25	SM	Gowran A.C.
86	31	389	Cian MURRAY	17:45	17:50	SM	Clonliffe Harriers A.C.
101	32	289	Patrick FOX	18:04	18:06	SM	Liffey Valley A.C.
118	33	151	Tomas WALSH	18:23	18:29	SM	Tinryland A.C.
136	34	129	Cathal O'HARA	18:43	18:49	SM	Crusaders A.C.
155	35	92	Jeff MOORE	18:43	19:00	SM	Raheny Shamrock A.C.
166	36	420	Lee PARKER	19:02	19:11	SM	Clane A.C.
193	37	283	Cormac FENTON	19:17	19:30	SM	Crusaders A.C.
218	38	388	Oisín MURPHY	19:41	19:53	SM	Liffey Valley A.C.
241	39	220	Padraig BEGLIN	20:04	20:17	SM	Mullingar Harriers A.C.
254	40	386	Sean MURPHY	20:02	20:06	SM	Dundrum South Dublin A.C.
256	41	2	Mark BUTLER	20:12	21:22	SM	Templeogue A.C.
264	42	75	Damian WHITE	20:16	20:23	SM	Lusk A.C.
291	43	465	Liam WARD	20:41	20:29	SM	Clonliffe Harriers A.C.
306	44	146	Richie JUDGE	21:07	20:54	SM	Navan A.C.

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312	45	291	James FREEMAN	21:04	21:19	SM	Lusk A.C.
315	46	101	Patrick NOLAN	20:05	21:13	SM	Raheny Shamrock A.C.
366	47	77	Daniel TOOMEY	21:56	22:43	SM	Lusk A.C.
394	48	43	Liam DUNNE	21:27	22:13	SM	Dunshaughlin A.C.
424	49	372	Vincent MELODY	21:59	23:14	SM	Civil Service Harriers A.C.
518	50	401	Simon O'CONNOR	24:27	24:56	SM	Lusk A.C.
529	51	186	James DIXON	22:07	25:00	SM	Greystones & District A.C.
536	52	212	Conor AKINTOLA	23:46	24:46	SM	North East Runners A.C.
589	53	236	Jacob BYRNE	24:48	26:12	SM	Dublin Front Runners A.C.

Place	Cat Pos.	Bib	Name	Net Time	Gross Time	Sub Cat	Club
11	1	379	Kevin MORIARTY	15:28	15:28	M35	Raheny Shamrock A.C.
14	2	22	Cathal MCHALE	15:46	15:46	M35	Clonliffe Harriers A.C.
17	3	394	Karl NOLAN	15:52	15:52	M35	Clonliffe Harriers A.C.
27	4	440	Thomas SHERLOCK	16:04	16:07	M35	Clonliffe Harriers A.C.
28	5	275	Ronan DUNPHY	16:08	16:08	M35	Skerries A.C.
40	6	62	Anthony SHARKEY	16:32	16:33	M35	LSA A.C.
48	7	203	Robert O'BRIEN	16:49	16:49	M35	Brothers Pearse A.C.
52	8	441	Niall SHERLOCK	16:50	16:55	M35	Clonliffe Harriers A.C.
57	9	21	Anthony DORAN	16:58	17:00	M35	Clonliffe Harriers A.C.
106	10	344	Keith LUNDERS	18:15	18:17	M35	Liffey Valley A.C.
149	11	49	Niall FOX	18:49	18:56	M35	Kilcoole A.C.
167	12	461	Wayne WALDRON	19:03	19:12	M35	Donore Harriers A.C.
189	13	321	Jim KELLY	19:13	19:25	M35	Donore Harriers A.C.
209	14	245	Alejandro CAVALLO	19:34	19:45	M35	Liffey Valley A.C.
215	15	28	Ian NOLAN	19:40	19:49	M35	Donore Harriers A.C.
346	16	156	Alan J KAVANAGH	21:42	21:57	M35	Crusaders A.C.
353	17	52	Michael NOLAN	21:37	21:51	M35	Kilcoole A.C.
444	18	313	Michael JUDGE	21:58	23:33	M35	Crusaders A.C.
447	19	447	Elad SOLOMON	23:25	24:25	M35	Crusaders A.C.
489	20	312	Antanas JONUSAS	23:07	24:36	M35	Portlaoise A.C.
508	21	205	Conor DIXON	23:15	23:39	M35	Dundrum South Dublin A.C.
601	22	421	Jason PARKER	24:49	36:28	M35	Kilcoole A.C.
999	23	47	Matt RYAN	24:35	26:26	M35	Gowran A.C.

Place	Cat Pos.	Bib	Name	Net Time	Gross Time	Sub Cat	Club
12	1	109	Kevin DONAGHER	15:40	15:40	M40	Rathfarnham W.S.A.F. A.C.
19	2	121	Niall O'CALLAGHAN	15:53	15:54	M40	West Limerick A.C.
33	3	410	Cillian O'LEARY	16:16	16:16	M40	Raheny Shamrock A.C.
36	4	155	Ger FORDE	16:22	16:23	M40	Crusaders A.C.
39	5	414	Patrick O'REILLY	16:32	16:33	M40	Civil Service Harriers A.C.
42	6	215	Ciarán AYLWARD	16:35	16:36	M40	Rathfarnham W.S.A.F. A.C.
72	7	454	Chris TIGHE	17:25	17:26	M40	Brothers Pearse A.C.
77	8	232	David BROWNE	17:30	17:33	M40	Newbridge A.C.

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87	9	302	Keith GREENE	17:46	17:50	M40	Lusk A.C.
113	10	319	Owen KELLY	18:18	18:26	M40	Blackrock A.C.
117	11	83	Pauric BRADY	18:26	18:29	M40	Mullingar Harriers A.C.
121	12	223	Peter BOWE	18:30	18:32	M40	Liffey Valley A.C.
127	13	456	Peter TOOMEY	18:37	18:41	M40	Rathfarnham W.S.A.F. A.C.
128	14	253	Mark CULHANE	18:33	18:43	M40	Blackrock A.C.
130	15	381	Patrick MULDOON	18:37	18:45	M40	Mullingar Harriers A.C.
132	16	94	Francesco PETRONI	18:43	18:46	M40	Raheny Shamrock A.C.
134	17	468	Tom WARD	18:45	18:47	M40	Liffey Valley A.C.
148	18	413	Niall O'REILLY	18:49	18:55	M40	Metro St. Brigids A.C.
191	19	416	Bernard O'SULLIVAN	19:26	19:29	M40	Liffey Valley A.C.
199	20	355	Paul MCDONNELL	19:23	19:33	M40	Drogheda & District A.C.
239	21	429	Eoin RAFTER	19:51	20:04	M40	Clonliffe Harriers A.C.
339	22	5	John AHERNE	21:31	21:47	M40	Blackrock A.C.
357	23	169	Robert Thomas MANGAN	21:42	22:00	M40	Raheny Shamrock A.C.
385	24	2056	Richard MURPHY	21:19	22:36	M40	Clane A.C.
463	25	444	Sunil SINGH	22:46	23:58	M40	Civil Service Harriers A.C.
502	26	72	Dave CANNON	23:12	24:31	M40	Lusk A.C.
740	27	320	Paul KELLY	29:15	29:23	M40	Crusaders A.C.
798	28	122	Francis FAY	29:04	30:42	M40	Cilles A.C.

Place	Cat Pos.	Bib	Name	Net Time	Gross Time	Sub Cat	Club
20	1	107	David KIRWIN	15:55	15:55	M45	Raheny Shamrock A.C.
21	2	1136	Kieron SCULLION	15:55	15:56	M45	Ballymena Runners A.C.
22	3	305	Shane HAYES	15:55	15:56	M45	Sligo A.C.
29	4	8	Ian O'REILLY	16:08	16:09	M45	Brothers Pearse A.C.
30	5	113	Brian GERAGHTY	16:13	16:13	M45	Sli Cualann A.C.
41	6	116	Colin COYNE	16:33	16:36	M45	St Abbans A.C.
44	7	286	Paul FLEMING	16:40	16:42	M45	Rathfarnham W.S.A.F. A.C.
54	8	258	Alfie DAVIS	16:57	16:57	M45	Leevale A.C.
55	9	432	Ciaran REILLY	16:57	16:58	M45	Liffey Valley A.C.
60	10	180	Pdraig MAHONY	16:58	17:01	M45	Brothers Pearse A.C.
64	11	299	Derek GILMARTIN	17:03	17:06	M45	Celbridge A.C.
97	12	34	Fred KIERNAN	17:52	18:03	M45	Donore Harriers A.C.
100	13	44	Peter MAGUIRE	17:59	18:06	M45	Edenderry A.C.
125	14	112	Gavan FARRELL	18:31	18:38	M45	Skerries A.C.
139	15	16	Roy STONELEY	18:35	18:50	M45	Clonliffe Harriers A.C.
141	16	270	Keith DRISCOLL	18:44	18:52	M45	Kilcoole A.C.
158	17	144	Cathal HENRY	18:57	19:03	M45	Lusk A.C.
163	18	425	John POWER	19:08	19:10	M45	Skerries A.C.
200	19	293	Gavin FURLONG	19:14	19:33	M45	Portmarnock A.C.
224	20	153	Seamus PEPPARD	19:32	19:55	M45	Carrick Aces A.C.
275	21	79	Conor SHERRY	20:19	20:35	M45	Lusk A.C.
309	22	417	Damien O'SULLIVAN	21:04	21:15	M45	Lucan Harriers A.C.
373	23	157	Mark DEVINE	22:08	22:22	M45	Donore Harriers A.C.

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386	24	382	Neil MULVEY	22:21	22:38	M45	LOVE2RUN A.C.
390	25	219	David BEGGAN	22:24	22:41	M45	Lusk A.C.
435	26	132	Dermot MCCARTHY	22:09	23:25	M45	Dublin Front Runners A.C.
531	27	370	Darren MEIKLE	23:38	24:57	M45	Raheny Shamrock A.C.
617	28	2069	Joe HAUGH	26:31	26:41	M45	Brothers Pearse A.C.
654	29	126	David DE LA VEGA	24:25	27:16	M45	Ratoath A.C.
658	30	264	Robert DEVEREUX	26:03	27:19	M45	Dublin Front Runners A.C.
719	31	240	Rory CARRICK	27:37	29:03	M45	Skerries A.C.

Place	Cat Pos.	Bib	Name	Net Time	Gross Time	Sub Cat	Club
43	1	457	Des TREMBLE	16:40	16:41	M50	Donore Harriers A.C.
50	2	346	Brendan LYNG	16:52	16:54	M50	United Striders A.C.
61	3	225	Liam BRADLEY	16:59	17:02	M50	Inishowen A.C.
74	4	119	Patrick BYRNE	17:26	17:30	M50	Tinryland A.C.
76	5	359	John MCGRATH	17:30	17:32	M50	United Striders A.C.
82	6	391	Colm MURRAY	17:44	17:46	M50	Rathfarnham W.S.A.F. A.C.
84	7	442	Dermot SHIELS	17:42	17:48	M50	Rathfarnham W.S.A.F. A.C.
88	8	120	John BYRNE	17:47	17:51	M50	United Striders A.C.
89	9	267	Thomas DOHERTY	17:49	17:52	M50	Termoneeny
140	10	11	Shane MCCARTHY	18:46	18:52	M50	Celbridge A.C.
142	11	1408	Keith FLEMING	18:48	18:52	M50	Raheny Shamrock A.C.
164	12	380	Philip MORRISSEY	19:03	19:10	M50	Kilcoole A.C.
187	13	224	Patrick BOWE	19:15	19:24	M50	Moyne A.C.
205	14	217	Paul BALFE	19:36	19:40	M50	Liffey Valley A.C.
226	15	340	Anthony LEE	19:53	19:55	M50	Raheny Shamrock A.C.
259	16	202	Patrick WHELAN	20:12	20:25	M50	Lusk A.C.
284	17	362	Barry MCKINNEY	20:32	20:48	M50	Clonliffe Harriers A.C.
311	18	15	Owen MCFEELY	21:09	21:17	M50	Civil Service Harriers A.C.
350	19	300	John GLEESON	21:38	21:55	M50	Donore Harriers A.C.
400	20	125	Owen MCKINNEY	22:39	22:50	M50	Inishowen A.C.
448	21	427	Malcolm PRINCE	23:32	23:40	M50	Liffey Valley A.C.
606	22	131	John CURRAN	24:51	26:30	M50	Donore Harriers A.C.

Place	Cat Pos.	Bib	Name	Net Time	Gross Time	Sub Cat	Club
46	1	363	Pauric MCKINNEY	16:46	16:46	M55	Inishowen A.C.
63	2	27	Paul COWHIE	17:03	17:04	M55	Crusaders A.C.
65	3	48	Martin MCLUCAS	17:04	17:06	M55	Inishowen A.C.
73	4	193	Sean MCCREERY	17:24	17:26	M55	Rathfarnham W.S.A.F. A.C.
78	5	393	Eddie NEWMAN	17:35	17:36	M55	Mullingar Harriers A.C.
105	6	42	Sean BROWNE	18:14	18:16	M55	Dundrum South Dublin A.C.
110	7	3	Pearse COYLE	18:15	18:21	M55	Rathfarnham W.S.A.F. A.C.
116	8	329	Edwin KEVILLE	18:23	18:28	M55	Rathfarnham W.S.A.F. A.C.
122	9	25	Conor FLEMING	18:27	18:33	M55	Clonmel A.C.
144	10	419	Ger O'TOOLE	18:45	18:53	M55	Blackrock A.C.

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181	11	384	Paddy MURPHY	19:09	19:18	M55	Drogheda & District A.C.
184	12	51	Hari MENON	19:14	19:21	M55	Kilcoole A.C.
185	13	368	Brian MCWEENEY	19:20	19:22	M55	Raheny Shamrock A.C.
204	14	279	Alan FAIRBROTHER	19:32	19:36	M55	Brothers Pearse A.C.
211	15	278	Tom FAGAN	19:43	19:46	M55	Donore Harriers A.C.
213	16	229	Neil BROWN	19:39	19:47	M55	Crusaders A.C.
249	17	88	Niall HEANEY	20:06	20:13	M55	Omagh Harriers A.C.
281	18	1	John COSTIGAN	20:38	20:45	M55	Liffey Valley A.C.
292	19	415	Samson OSAS	20:39	20:56	M55	Dunshaughlin A.C.
298	20	31	Dean FULLSTON	20:58	21:05	M55	Donore Harriers A.C.
323	21	306	Karl HEARTY	21:21	21:30	M55	Roscommon Harriers
324	22	352	Maurice MCCROHAN	21:15	21:31	M55	Clonliffe Harriers A.C.
340	23	455	Noel TOBIN	21:40	21:48	M55	Sportsworld A.C.
456	24	448	Mike STAUNTON	23:40	23:52	M55	Drogheda & District A.C.
564	25	397	Stephen O'BEIRNE	24:25	25:38	M55	Dunboyne A.C.
913	26	463	Paul WALSH	32:26	33:55	M55	Waterstown Warriors A.C.

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67	1	246	David CLARKE	17:13	17:15	M60	North Belfast A.C.
83	2	163	Willie O'DONOGHUE	17:47	17:47	M60	Mooreabbey Milers A.C.
103	3	403	Philip O'DOHERTY	18:04	18:07	M60	Clonliffe Harriers A.C.
108	4	250	Niall COPPINGER	18:16	18:19	M60	Sli Cualann A.C.
143	5	216	Sean BAILEY	18:46	18:53	M60	Dunboyne A.C.
147	6	400	Tom O'CONNOR	18:52	18:54	M60	Liffey Valley A.C.
168	7	347	Barry MACKEY	19:09	19:12	M60	Letterkenny A.C.
288	8	451	Paul TESTER	20:46	20:51	M60	Brothers Pearse A.C.
472	9	35	Paul MACARDLE	23:54	24:05	M60	Drogheda & District A.C.
834	10	168	Joe MCKENNA	30:00	31:31	M60	Moynalty A.C.

Place	Cat Pos.	Bib	Name	Net Time	Gross Time	Sub Cat	Club
98	1	173	Norman MAWHINNEY	18:04	18:04	M65	Scrabo Striders
190	2	462	Michael WALSH	19:25	19:28	M65	Brothers Pearse A.C.
225	3	266	Eugene DOHERTY	19:53	19:55	M65	Sliabh Bhuide Rovers A.C.
228	4	110	Sean DOYLE	19:50	19:56	M65	Rathfarnham W.S.A.F. A.C.
290	5	190	Ronald NAYLOR	20:46	20:52	M65	Mayo A.C.
300	6	181	Ronan WARD	20:57	21:05	M65	Civil Service Harriers A.C.
948	7	66	Phelim CASSIDY	31:46	34:47	M65	Lucan Harriers A.C.

Place	Cat Pos.	Bib	Name	Net Time	Gross Time	Sub Cat	Club
268	1	328	Martin KERR	20:29	20:32	M70	Milford A.C.
310	2	55	Brian MCGRATH	21:13	21:17	M70	Le Cheile A.C.
451	3	82	Nicky MCCABE	23:37	23:44	M70	Mullingar Harriers A.C.
1101	4	276	Jim DWYER	37:23	40:24	M70	Lucan Harriers A.C.

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517	1	249	Pat COLLINS	23:31	24:45	M75	Liffey Valley A.C.
677	2	342	Trevor LLOYD	27:35	27:44	M75	Sportsworld A.C.
1024	3	315	Martin KEANE	35:53	37:30	M75	Athenry A.C.