

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

Place	Cat Pos.	Bib	Name	Net Time	Gross Time	Sub Cat	Club
47	1	189	Lizzie LEE	16:46	16:47	F40	Leevale A.C.
49	2	377	Ellen MORAN	16:50	16:53	FS	Galway City Harriers A.C.
56	3	385	Clóna MURPHY	16:57	16:58	FS	Dublin City Harriers A.C.
68	4	353	Kate MCDONALD	17:16	17:18	FS	Ballyroan Abbeyleix & District A.C.
70	5	182	Ciara WILSON	17:25	17:25	FS	D.M.P. A.C.
85	6	233	Laura BUCKLEY	17:47	17:50	FS	Dunboyne A.C.
90	7	235	Ellen BYRNE	17:52	17:54	FS	Dublin City Harriers A.C.
93	8	459	Laura TUIE	17:56	17:58	FS	Clonliffe Harriers A.C.
99	9	183	Sinead CRONIN	18:02	18:05	FS	Dublin City Harriers A.C.
109	10	334	Clara KINSELLA	18:16	18:19	FS	Rathfarnham W.S.A.F. A.C.
111	11	65	Lisa WARD	18:21	18:22	FS	Lucan Harriers A.C.
124	12	108	Aisling O'CONNOR	18:36	18:37	FS	Rathfarnham W.S.A.F. A.C.
137	13	192	Aine CRIMIN	18:41	18:49	FS	Raheny Shamrock A.C.
138	14	339	Roisin LEAHY	18:42	18:50	FS	Raheny Shamrock A.C.
146	15	426	Jen PRESTON	18:50	18:54	FS	Liffey Valley A.C.
150	16	134	Eimear ENGLISH	18:51	18:57	FS	Dunboyne A.C.
156	17	37	Aoife NÍ BHROIN	18:42	19:00	FS	Dublin City Harriers A.C.
157	18	405	Elle O'DRISCOLL	18:56	19:00	FS	Liffey Valley A.C.
160	19	87	Niamh HEANEY	18:57	19:04	FS	Omagh Harriers A.C.
169	20	38	Aislinn MOORHOUSE	19:10	19:13	FS	Dublin City Harriers A.C.
171	21	4	Meghan MCCARTHY	19:06	19:13	FS	Kilkenny City Harriers A.C.
177	22	218	Sarah BATESON	19:14	19:16	FS	Clonliffe Harriers A.C.
178	23	197	Laura CULLEN	19:11	19:17	FS	Civil Service Harriers A.C.
206	24	404	Mollie O'DONNELL	19:36	19:41	FS	Liffey Valley A.C.
212	25	166	Eabhadh MULTANEY	19:35	19:46	FS	Tullamore Harriers A.C.
227	26	2063	Hannah FOLEY	19:53	19:55	FS	Celbridge A.C.
258	27	257	Sinead CURRIE	20:16	20:25	FS	Raheny Shamrock A.C.
262	28	330	Aisling KILLILEA	20:14	20:28	FS	Clonliffe Harriers A.C.
270	29	435	Aoibhe ROONEY	20:23	20:33	FS	Raheny Shamrock A.C.
280	30	239	Emma CAMPBELL	20:27	20:41	FS	Clonliffe Harriers A.C.
289	31	1948	Molly RICKARD	20:41	20:51	FS	Raheny Shamrock A.C.
301	32	138	Leanne BUTLER	20:57	21:06	FS	Kilkenny City Harriers A.C.
345	33	288	Clodagh FOLEY	21:40	21:50	FS	Raheny Shamrock A.C.
356	34	211	Clare FOX	21:51	21:59	FS	Raheny Shamrock A.C.
361	35	103	Mary CRONIN	21:55	22:05	FS	Raheny Shamrock A.C.
364	36	365	Rebecca MCLOUGHLIN	22:01	22:08	FS	Liffey Valley A.C.
368	37	409	Isabelle O'LEARY	21:00	22:14	FS	Portmarnock A.C.
375	38	423	Palina PIANKOVA	22:17	22:22	FS	Liffey Valley A.C.
402	39	2073	Laura PRESTON	22:45	22:53	FS	Raheny Shamrock A.C.
406	40	332	Aoife KINAHAN	22:44	22:59	FS	Clonliffe Harriers A.C.
407	41	106	Seona O'KEEFFE	21:50	22:59	FS	Raheny Shamrock A.C.
438	42	102	Emily STEWART	22:10	23:30	FS	Raheny Shamrock A.C.
439	43	174	Emily CUNNIFFE	21:56	23:31	FS	Donore Harriers A.C.
494	44	104	Eimear O'KEEFFE	23:15	24:28	FS	Raheny Shamrock A.C.

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

498	45	387	Ruth MURPHY	24:09	24:29	FS	Liffey Valley A.C.
523	46	198	Aisling O'SULLIVAN	23:39	24:53	FS	Kilcoole A.C.
532	47	472	Eleanor WHYTE	23:43	24:57	FS	Galway City Harriers A.C.
534	48	371	Grace MEIKLE	23:38	24:57	FS	Raheny Shamrock A.C.
539	49	251	Abbey CORR	23:48	25:02	FS	Dublin City Harriers A.C.
619	50	228	Heather BROWNING	26:22	26:42	FS	Liffey Valley A.C.
620	51	452	Melissa THOMPSON	26:23	26:43	FS	Liffey Valley A.C.
706	52	265	Marta DIAZ	27:12	28:43	FS	Sportsworld A.C.
782	53	436	Samantha RYAN	28:39	30:20	FS	Garristown Flyers A.C.

Place	Cat Pos.	Bib	Name	Net Time	Gross Time	Sub Cat	Club
81	1	294	Edel GAFFNEY	17:44	17:45	F35	Trim A.C.
152	2	367	Eva MCNELIS	18:53	18:58	F35	Dunboyne A.C.
173	3	30	Grace KENNEDY	19:05	19:14	F35	Donore Harriers A.C.
202	4	350	Caroline MCCARTHY	19:25	19:34	F35	Donore Harriers A.C.
216	5	24	Aisling ANDREWS	19:45	19:51	F35	Clonliffe Harriers A.C.
237	6	378	Amy MORIARTY	19:53	20:03	F35	Donore Harriers A.C.
247	7	428	Lorna QUINN	20:03	20:10	F35	Sportsworld A.C.
273	8	56	Orla GORDON	20:28	20:34	F35	Liffey Valley A.C.
277	9	471	Pam WHITE	20:30	20:37	F35	Donore Harriers A.C.
286	10	160	Brigid REILLY	20:43	20:50	F35	Liffey Valley A.C.
381	11	100	Aisling MCNALLY	22:14	22:28	F35	Raheny Shamrock A.C.
436	12	90	Laura SULLIVAN	22:15	23:29	F35	Portmarnock A.C.
441	13	59	Aoife BRADY	23:26	23:32	F35	Liffey Valley A.C.
656	14	443	Patricia SIMPSON	25:57	27:16	F35	Newry City Runners A.C.
725	15	135	Helen WHITE	27:29	29:07	F35	Garristown Flyers A.C.
799	16	127	Clare MOLLOY	29:09	30:42	F35	St. Cocas A.C.
1025	17	124	Ana Maria RODRIGO	34:24	37:31	F35	Donore Harriers A.C.

Place	Cat Pos.	Bib	Name	Net Time	Gross Time	Sub Cat	Club
96	1	331	Caoimhe KILROY	17:59	18:03	F40	Metro St. Brigids A.C.
120	2	86	Michelle COX	18:26	18:30	F40	Newbridge A.C.
154	3	221	Emma BOLAND	18:55	18:59	F40	Newbridge A.C.
172	4	222	Sheila BOURKE	19:09	19:14	F40	Lusk A.C.
197	5	14	Gemma TREACY	19:27	19:33	F40	Civil Service Harriers A.C.
219	6	231	Vikki BROWNE	19:48	19:53	F40	Newbridge A.C.
220	7	324	Fiona KENNA	19:43	19:53	F40	Drogheda & District A.C
293	8	33	Ariana BALL	20:47	20:57	F40	Donore Harriers A.C.
317	9	243	Karina CASH	21:19	21:24	F40	Newbridge A.C.
321	10	195	Deirdre MCCRAE	21:15	21:28	F40	Galway City Harriers A.C.
377	11	466	Dunlaith WARD	21:12	22:25	F40	Kilcoole A.C.
414	12	76	Fiona REINHARDT	22:45	23:06	F40	Lusk A.C.
478	13	118	Edel FITZGERALD	23:59	24:13	F40	Star Of The Sea A.C.
479	14	226	Carmel BREEN	24:07	24:14	F40	Sportsworld A.C.
530	15	187	Lisa MULCHINOCK	23:42	24:56	F40	Kilcoole A.C.

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

595	16	84	Joanne REID	25:07	26:20	F40	Na Fianna A.C.
638	17	143	Fiona ALLEN	25:28	27:02	F40	Lucan Harriers A.C.
672	18	162	Diane ARGAUD	26:08	27:42	F40	Lucan Harriers A.C.
743	19	287	Irene FOLEY	27:54	29:30	F40	Lucan Harriers A.C.
1034	20	130	Maria Elena DE BLAS	34:34	37:40	F40	Donore Harriers A.C.
1103	21	178	Emma DEERING	37:09	40:28	F40	Kilcoole A.C.

Place	Cat Pos.	Bib	Name	Net Time	Gross Time	Sub Cat	Club
102	1	210	Zoe QUINN	18:03	18:06	F45	Raheny Shamrock A.C.
175	2	91	Mary WALSH	19:11	19:16	F45	Raheny Shamrock A.C.
196	3	325	Tara KENNEDY	19:28	19:32	F45	Raheny Shamrock A.C.
222	4	60	Susan MURNANE	19:48	19:54	F45	Limerick A.C.
265	5	349	Edel MARTYN	20:21	20:31	F45	Dunboyne A.C.
283	6	458	Kathleen TRUNK	20:43	20:47	F45	Lucan Harriers A.C.
294	7	45	Jennifer FORAN	20:46	21:00	F45	Garristown Flyers A.C.
299	8	96	Helen CARR	20:56	21:05	F45	Raheny Shamrock A.C.
304	9	333	Christine KINSELLA	21:04	21:09	F45	Brothers Pearse A.C.
333	10	373	Claire MILLAR	21:35	21:40	F45	Celbridge A.C.
337	11	78	Karen GREENE	21:44	21:44	F45	Lusk A.C.
344	12	74	Louisa FAHY	21:32	21:49	F45	Lusk A.C.
370	13	322	Gemma KELLY	22:15	22:16	F45	Mullingar Harriers A.C.
380	14	256	Linda CUNNINGHAM	22:25	22:27	F45	Mullingar Harriers A.C.
497	15	172	Aifric Ni CHAOLLAI	23:09	24:29	F45	Rathfarnham W.S.A.F. A.C.
614	16	53	Niamh HATTON	25:01	26:37	F45	Kilcoole A.C.
618	17	361	Catherine MCKEON	26:29	26:42	F45	Donore Harriers A.C.
622	18	140	Sinead FARRELL	26:35	26:47	F45	Lucan Harriers A.C.
675	19	439	Lourda SCOTT	26:09	27:43	F45	Kilcoole A.C.
754	20	269	Triona DRISCOLL	28:00	29:38	F45	Kilcoole A.C.
755	21	431	Corina REDFERN	28:01	29:38	F45	Metro St. Brigids A.C.
771	22	308	Mairead HEFFERNAN	28:27	30:02	F45	Trim A.C.
800	23	117	Breda HAYDEN	29:09	30:43	F45	St. Cocas A.C.
801	24	137	Gillian FARRELLY	29:06	30:43	F45	Kilcoole A.C.
847	25	165	Celeste DERMODY	30:17	31:50	F45	North Westmeath A.C.
860	26	39	Denise CONNELL	30:49	32:14	F45	Dunboyne A.C.
919	27	136	Emer VAHEY	30:46	34:03	F45	Kilcoole A.C.
1053	28	29	Tracey CLARKE	35:12	38:10	F45	Donore Harriers A.C.
1104	29	188	Sinead CORCORAN	37:09	40:28	F45	Kilcoole A.C.
1145	30	158	Audrey GAHAN	44:06	44:06	F45	Donore Harriers A.C.

Place	Cat Pos.	Bib	Name	Net Time	Gross Time	Sub Cat	Club
131	1	337	Michelle LANNON	18:44	18:45	F50	Carrick-On-Shannon A.C.
253	2	68	Breda SMYTH	20:12	20:15	F50	Lucan Harriers A.C.
257	3	1432	Sarah BENTON	20:18	20:24	F50	North Down A.C.
267	4	97	Lorraine BYRNE	20:22	20:32	F50	Raheny Shamrock A.C.
287	5	301	Tricia GOUGH	20:47	20:51	F50	Lucan Harriers A.C.

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

296	6	356	Valerie MCDONOUGH	20:55	21:02	F50	North Down A.C.
335	7	360	Geraldine MCHALE	21:30	21:43	F50	Lusk A.C.
354	8	364	Sandra MCLAUGHLIN	21:53	21:58	F50	Celbridge A.C.
359	9	18	Orla DEIGHAN	21:48	22:02	F50	Clonliffe Harriers A.C.
374	10	2064	Niamh MURPHY	22:15	22:22	F50	Brothers Pearse A.C.
408	11	170	Angela EUSTACE	22:51	23:01	F50	Donore Harriers A.C.
412	12	358	Ingrid MCGOVERN	22:56	23:03	F50	Brothers Pearse A.C.
416	13	23	Aine MCCANN	22:54	23:09	F50	Clonliffe Harriers A.C.
421	14	2065	Denise MCDONALD	23:05	23:12	F50	Brothers Pearse A.C.
473	15	338	Claire LAUDER	22:51	24:06	F50	Kilcoole A.C.
476	16	36	Sinead WELDON	22:52	24:10	F50	Drogheda & District A.C
599	17	175	Dana MACKEY	26:11	26:24	F50	Donore Harriers A.C.
705	18	326	Lorraine KENNY	27:05	28:38	F50	Blackrock A.C.
716	19	63	Christina VAN AESCH	28:41	28:59	F50	Lucan Harriers A.C.
767	20	142	Ruth FRENCH	28:24	29:58	F50	Lucan Harriers A.C.
1127	21	390	Aveen MURRAY	39:00	42:20	F50	Kilcoole A.C.

Place	Cat Pos.	Bib	Name	Net Time	Gross Time	Sub Cat	Club
104	1	314	Annette KEALY	18:08	18:12	F55	Raheny Shamrock A.C.
248	2	81	Mary STUART	20:10	20:12	F55	Mullingar Harriers A.C.
303	3	204	Rita DALY RAVENHILL	21:03	21:07	F55	Tullamore Harriers A.C.
320	4	93	Adrienne ATKINS	21:24	21:28	F55	Raheny Shamrock A.C.
325	5	67	Anne WHELAN	21:28	21:31	F55	Lucan Harriers A.C.
383	6	247	Carol CLARKE	22:22	22:32	F55	North Belfast A.C.
391	7	201	Nora BYRNE	22:38	22:42	F55	Raheny Shamrock A.C.
431	8	185	Mary KEALY	22:04	23:21	F55	Galway City Harriers A.C.
490	9	164	Paula SIMPSON	24:21	24:26	F55	North Down A.C.
528	10	311	Ailish HUDSON	24:48	24:56	F55	Brothers Pearse A.C.
582	11	255	Therese CULLEN	24:38	26:02	F55	Edenderry A.C.
628	12	406	Audrai O'DRISCOLL	26:47	26:55	F55	Sportsworld A.C.
681	13	128	Emma CASEY	26:16	27:49	F55	Blackrock A.C.
772	14	341	Vivienne LENNON	28:39	30:03	F55	Dunboyne A.C.
788	15	41	Susan BYRNE	29:06	30:31	F55	Dunboyne A.C.
865	16	375	Pamela MOLONEY	30:42	32:19	F55	Tallaght A.C.
1098	17	464	Bernadette WALSH	36:48	39:49	F55	Waterstown Warriors A.C.
1135	18	309	Deirdre HENCHY	40:03	43:03	F55	Edenderry A.C.
1165	19	285	Trish FITZGERALD	49:56	49:56	F55	Raheny Shamrock A.C.

Place	Cat Pos.	Bib	Name	Net Time	Gross Time	Sub Cat	Club
182	1	418	Niamh O'SULLIVAN	19:18	19:19	F60	An Riocht A.C.
230	2	446	Mary SLOCUM	19:56	19:59	F60	WPR
347	3	234	Fiona BYRNE	21:42	21:52	F60	Civil Service Harriers A.C.
392	4	114	Eileen ROWLAND	22:35	22:42	F60	Sportsworld A.C.
631	5	50	Margaret LENNOX	25:21	26:58	F60	Kilcoole A.C.
826	6	150	Lorna CULLEN	28:20	31:16	F60	St. Cocas A.C.

National 5k
Womens Individual Results
Pheonix Park
20th May 2023

Place	Cat Pos.	Bib	Name	Net Time	Gross Time	Sub Cat	Club
295	1	64	Mary BROWNE	20:59	21:01	F65	Lucan Harriers A.C.
579	2	317	Bernie KEARNS	25:44	26:00	F65	Raheny Shamrock A.C.
1132	3	141	Josephine DIGNAM	42:24	42:44	F65	Lucan Harriers A.C.

Place	Cat Pos.	Bib	Name	Net Time	Gross Time	Sub Cat	Club
470	1	200	Mary LYNCH	23:59	24:03	F70	Raheny Shamrock A.C.
573	2	398	Eileen O'BRIEN	25:42	25:45	F70	Lucan Harriers A.C.