



Athletics
Ireland

National 5k
Master Men O35 Team
Pheonix Park
17th May 2025

123.ie

Brothers Pearse A.C. 35-49

1	Runner Name	Time	Sub Category	Total Time
	Colm TURNER	15:38	M35	00:47:30
	Kieran REGAN	15:41	M35	
	Eoin HINCHY	16:12	M40	

Clonliffe Harriers A.C. 35-49

2	Runner Name	Time	Sub Category	Total Time
	Thomas SHERLOCK	16:24	M35	00:50:05
	Anthony DORAN	16:46	M40	
	Mick MCMAHON	16:56	M45	

Skerries A.C. 35-49 A

3	Runner Name	Time	Sub Category	Total Time
	Eoin GALLAGHER	16:07	M35	00:50:33
	Colin DALY	17:05	M35	
	Nigel ROY	17:22	M45	

Clane A.C. 35-49

4	Runner Name	Time	Sub Category	Total Time
	Brian CONROY	15:37	M40	00:52:07
	Terry SHANLEY	16:27	M35	
	Martin KEENAN	20:04	M55	

Raheny Shamrock A.C. 35-49

5	Runner Name	Time	Sub Category	Total Time
	Ciaran MCCARTHY	16:56	M50	00:53:37
	Damien MARTIN	17:59	M60	
	Brian LEAHY	18:43	M45	



Athletics
Ireland

National 5k
Master Men O35 Team
Pheonix Park
17th May 2025

123.ie

Liffey Valley A.C. 35-49

6	Runner Name	Time	Sub Category	Total Time
	Arnaud BENJACAR	17:16	M50	00:55:03
	Donal IREMONGER	18:52	M50	
	Robert COLLINS	18:55	M35	

Rathfarnham W.S.A.F. A.C. 35-49

7	Runner Name	Time	Sub Category	Total Time
	David REIDY	17:47	M45	00:55:19
	Michael MURPHY	17:57	M40	
	Ronan BYRNE	19:35	M45	

Skerries A.C. 35-49 B

8	Runner Name	Time	Sub Category	Total Time
	Colm MCCARTHY	18:01	M40	00:55:37
	Gavan FARRELL	18:28	M45	
	David DALY	19:08	M40	

Donore Harriers A.C. 35-49

9	Runner Name	Time	Sub Category	Total Time
	Kenneth NUGENT	16:51	M40	00:56:06
	Bernard GERAGHTY	17:30	M45	
	Mark DEVINE	21:45	M50	

Dunboyne A.C. 35-49

10	Runner Name	Time	Sub Category	Total Time
	Chris CAMPBELL	17:50	M35	00:56:35
	Barry COMER	18:34	M40	
	Cian MANGAN	20:12	M50	



Athletics
Ireland

National 5k
Master Men O35 Team
Pheonix Park
17th May 2025

123.ie

Lusk A.C. 35-49

11	Runner Name	Time	Sub Category	Total Time
	Cathal HENRY	18:45	M45	00:59:22
	Steve WELDON	19:23	M40	
	Daniel TOOMEY	21:14	M35	

Civil Service Harriers A.C. 35-49

12	Runner Name	Time	Sub Category	Total Time
	Jay BOWEN	19:18	M35	00:59:37
	Noel RYAN	19:55	M50	
	Philip DEMPSEY	20:24	M35	

Balbriggan & District A.C. 35-49

13	Runner Name	Time	Sub Category	Total Time
	Alessandro PORAZZINI	18:06	M40	01:00:32
	Charni PUREWAL	19:38	M55	
	Ivo MILTCHEV	22:49	M50	

Dublin Front Runners A.C. 35-49

14	Runner Name	Time	Sub Category	Total Time
	Joe KEENA	18:55	M45	01:01:26
	Bryan DURKAN	20:20	M45	
	Cathal RIGNEY	22:11	M40	

Blackrock (Dublin) A.C. 35-49

15	Runner Name	Time	Sub Category	Total Time
	Mark KILCOYNE	18:21	M35	01:03:42
	Arik WARSHAGER	21:57	M45	
	Michael WALSHE	23:24	M40	



Athletics
Ireland

National 5k
Master Men O35 Team
Pheonix Park
17th May 2025

123.ie

Dundrum South Dublin A.C. 35-49

16	Runner Name	Time	Sub Category	Total Time
	Simon GIBNEY	19:27	M40	01:03:55
	Jim QUINN	19:39	M55	
	Alan J KAVANAGH	24:50	M35	

Artane/Beaumont Running Club 35-49

17	Runner Name	Time	Sub Category	Total Time
	Emmet DOWLING	20:32	M40	01:09:47
	Robin BLACKMORE	22:21	M50	
	Tony LYNCH	26:54	M60	

Shelters Running Community A.C. 35-49

18	Runner Name	Time	Sub Category	Total Time
	Marcus COWZER	21:27	M45	01:15:27
	Darren SCANLON	21:53	M45	
	Derek SHERRY	32:08	M50	

Coolock Running Club A.C. 35-49

19	Runner Name	Time	Sub Category	Total Time
	Keith MALONE	25:59	M35	01:18:22
	Gary PURDUE	26:11	M40	
	Keith MCCANN	26:12	M35	

D15 Running Club A.C. 35-49

20	Runner Name	Time	Sub Category	Total Time
	John LEONARD	33:56	M50	01:47:25
	Gerard BYRNE	34:47	M50	
	Ian MOONEY	38:42	M35	