

**National 10m
Women Individual Results
Pheonix Park
20th July 2025**

Place	Cat Pos.	Bib	Name	Time	Age Cat	Club
1	1	660	Meghan RYAN	00:57:57	FS	Dundrum South Dublin A.C.
2	2	367	Jessica CRAIG	00:58:22	FS	North Down A.C.
3	3	591	Dee GRADY	00:59:09	FS	Ennis Track A.C.
4	4	267	Mila GELDENHUYS	00:59:26	FS	Galway City Harriers A.C.
6	5	261	Maebh BRANNIGAN	01:02:22	FS	Galway City Harriers A.C.
8	6	310	Mollie O'DONNELL	01:04:00	FS	Liffey Valley A.C.
9	7	8415	Jessica PICONE	01:04:05	FS	Clonliffe Harriers A.C.
10	8	251	Ruth WILSON	01:04:39	FS	Dundrum South Dublin A.C.
11	9	277	Sarah DIAMOND	01:04:41	FS	Kilcoole A.C.
12	10	538	Louise FOGARTY	01:05:33	FS	Moyne A.C.
15	11	287	Emma DOYLE	01:06:28	FS	Leevale A.C.
18	12	249	Sophie CHISHOLM	01:06:43	FS	Dundrum South Dublin A.C.
20	13	259	Blaithnaid PATTON	01:06:54	FS	Finn Valley A.C.
28	14	307	Clíodhna TUTTY BARDON	01:08:52	FS	Liffey Valley A.C.
30	15	557	JEN PRESTON	01:09:47	FS	Liffey Valley A.C.
35	16	92	Daniela CIUPAC	01:11:45	FS	Civil Service Harriers A.C.
37	17	375	Valeriia PETROVA	01:12:06	FS	North Sligo A.C.
40	18	304	Siobhan NUGENT	01:13:11	FS	Liffey Valley A.C.
49	19	2545	Muireann BROWNE	01:15:01	FS	Raheny Shamrock A.C.
81	20	79	Katie GROGAN	01:22:06	FS	Cherry Orchard Running A.C.
88	21	715	Cheryl BERMINGHAM	01:23:37	FS	Cherry Orchard Running A.C.
89	22	707	Leaha FUREY	01:23:37	FS	Cherry Orchard Running A.C.
92	23	329	Erica CASEY	01:24:39	FS	Lusk A.C.
95	24	2226	Sive CAREY	01:25:11	FS	Liberties Running Club
100	25	272	Tessa MCALISTER	01:26:29	FS	Glens Runners
112	26	560	April HOLT	01:29:21	FS	LSA A.C.
116	27	117	Nicola BURKE	01:30:26	FS	Clonliffe Harriers A.C.
119	28	137	Nicole LUDLOW	01:32:03	FS	Coolock Running Club A.C.
129	29	661	Gabriela SEGURA	01:35:25	FS	Crusaders A.C.
132	30	62	Sophia KING	01:36:43	FS	Castleknock Running Club
133	31	716	Sarah WARD	01:37:01	FS	Cherry Orchard Running A.C.
138	32	511	Alicia JOHNSTON	01:38:35	FS	Clonmel A.C.
139	33	559	Eva CASEY	01:39:02	FS	Tallaght A.C.
153	34	2511	Alicia DONOGHUE	01:41:20	FS	Porterstown Panthers
154	35	283	Sinead BANFIELD	01:41:56	FS	Le Chéile A.C.
158	36	134	Leanne BRADY	01:42:32	FS	Coolock Running Club A.C.
161	37	705	Sarah FEE	01:43:19	FS	Boyne A.C.

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Place	Cat Pos.	Bib	Name	Time	Age Cat	Club
171	38	290	Jody FARRELL	01:46:42	FS	Liberties Running Club
172	39	57	Julia DALY	01:47:17	FS	Castleknock Running Club
175	40	159	Shauna BEATTY	01:48:46	FS	D15 Running Club A.C.
179	41	114	Aoife O'SULLIVAN	01:49:36	FS	Clane A.C.
180	42	63	Alicia LAW	01:49:36	FS	Castleknock Running Club
184	43	445	Emily ROSSLER	01:49:49	FS	Sportsworld A.C.
186	44	60	Katie DERHAM	01:50:58	FS	Castleknock Running Club
190	45	585	Niamh CORCORAN	01:51:29	FS	D15 Running Club A.C.
196	46	627	Jade KELLY	01:54:54	FS	Ballymun A.C.
200	47	675	Rachel WALSH	01:55:05	FS	Liberties Running Club
217	48	164	Rachel MOONEY	02:02:41	FS	D15 Running Club A.C.
218	49	180	Dnyanada KULKARNI	02:02:45	FS	Donore Harriers A.C.
220	50	2316	Lana COLE	02:03:03	FS	Shelters Running Community A.C.
221	51	520	Niamh SMYTH	02:03:11	FS	Ballymun A.C.
227	52	6291	Ciara O'CONNOR	02:12:42	FS	Shelters Running Community A.C.

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Place	Cat Pos.	Bib	Name	Time	Age Cat	Club
5	1	209	Aedin CORR	01:01:39	F35	Donore Harriers A.C.
21	2	199	Amy MORIARTY	01:07:51	F35	Donore Harriers A.C.
26	3	2541	Sharon O'DOWD	01:08:37	F35	Mullingar Harriers A.C.
42	4	334	Úna MAYOCK	01:13:20	F35	Mayo A.C.
46	5	311	Stephanie HAWKINS	01:14:33	F35	Liffey Valley A.C.
47	6	127	Catherine HARVEY	01:14:49	F35	Clonliffe Harriers A.C.
71	7	373	Louise O'CONNOR	01:20:29	F35	North Sligo A.C.
98	8	328	Jennifer KIERNAN	01:25:50	F35	Lusk A.C.
102	9	6290	Ciara DOWLING	01:26:42	F35	Civil Service Harriers A.C.
104	10	271	Ciara O'BOYLE	01:27:02	F35	Glens Runners
109	11	171	Danielle CULLEN	01:28:49	F35	D15 Running Club A.C.
126	12	315	Megan REYNOLDS	01:34:54	F35	LOVE2RUN A.C.
134	13	492	Eimear RABBITT	01:37:06	F35	Waterstown Warriors A.C.
135	14	718	Leanne MCCORMACK	01:38:07	F35	Cherry Orchard Running A.C.
136	15	712	Veronika SOLNICKOVA	01:38:07	F35	Cherry Orchard Running A.C.
137	16	170	Sarra LACKEN	01:38:09	F35	D15 Running Club A.C.
140	17	162	Stacey DEMPSEY	01:39:05	F35	D15 Running Club A.C.
143	18	21	Denise BRADY	01:39:13	F35	Blackrock (Dublin) A.C.
147	19	86	Ellen BRADY	01:39:58	F35	Civil Service Harriers A.C.
155	20	654	Aine RAHILL	01:42:04	F35	East Breffni A.C.
162	21	514	Elaine STONE	01:43:30	F35	Dublin Front Runners A.C.
167	22	652	Sarah O'SHEA	01:45:41	F35	Shelters Running Community A.C.
169	23	698	Leanne LAWLESS	01:45:48	F35	Ballymun A.C.
170	24	540	Lisa MCENTEE	01:45:54	F35	Mullingar Harriers A.C.
177	25	618	Catherine DUNNE	01:48:53	F35	Shelters Running Community A.C.
192	26	635	Rachel MADILL	01:52:42	F35	Ringsend Running Club
193	27	681	Nadia DORAN	01:53:07	F35	Liberties Running Club
206	28	717	Hayley FARRELL	01:55:43	F35	Cherry Orchard Running A.C.
219	29	727	Catriona MAGUIRE	02:02:46	F35	Coolock Running Club A.C.
230	30	662	Deborah SHERIDAN	02:25:55	F35	Coolock Running Club A.C.

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Place	Cat Pos.	Bib	Name	Time	Age Cat	Club
7	1	477	Caroline HASSETT	01:03:50	F40	Templemore A.C.
16	2	208	Grace KENNEDY	01:06:31	F40	Donore Harriers A.C.
22	3	155	Aoife QUIGLEY	01:07:54	F40	Crusaders A.C.
160	4	1560	Aoife TALTY	01:09:35	F40	Raheny Shamrock A.C.
39	5	191	Ariana BALL	01:13:01	F40	Donore Harriers A.C.
43	6	443	Lorna QUINN	01:13:51	F40	Sportsworld A.C.
48	7	2303	Claire PHELAN	01:14:59	F40	St. Abbans A.C
54	8	534	Louise KELLY	01:16:22	F40	Donore Harriers A.C.
56	9	632	Fidelma LAVIN	01:16:41	F40	Coolock Running Club A.C.
59	10	374	Marie MCDONALD	01:16:59	F40	North Sligo A.C.
77	11	456	Jacqueline HEANEY	01:21:28	F40	St. Benedict Inbhear Mór A.C.
79	12	376	Ewelina LASON	01:21:42	F40	Polish Runners Club Ireland A.C.
93	13	175	Julie-Ann GAHAN	01:25:03	F40	D15 Running Club A.C.
101	14	43	Tina DALY	01:26:40	F40	Brothers Pearse A.C.
107	15	2486	Sharon CULLEN	01:27:35	F40	D15 Running Club A.C.
108	16	689	Eimear CONNOLLY	01:28:41	F40	Artane/Beaumont Running Club A.C.
122	17	673	Jenny JONES	01:33:39	F40	Liberties Running Club
125	18	207	Michelle DAWSON	01:34:24	F40	Donore Harriers A.C.
130	19	593	Sile MCINTYRE	01:35:37	F40	Lucan Harriers A.C.
141	20	497	Marie DEEGAN	01:39:08	F40	Gowran A.C.
144	21	177	Jacqueline PRUNTY	01:39:23	F40	D15 Running Club A.C.
146	22	7	Linnea DUNNE	01:39:27	F40	Artane/Beaumont Running Club A.C.
163	23	677	Tracey DOOLIN	01:44:05	F40	Liberties Running Club
166	24	680	Rosaleen DEVLIN	01:45:23	F40	Liberties Running Club
168	25	667	Lisa THURLOW	01:45:41	F40	Shelters Running Community A.C.
183	26	699	Sarah IRWIN	01:49:46	F40	Ballymun A.C.
187	27	56	Marijana PANCEVSKI	01:50:59	F40	Castleknock Running Club
191	28	515	Sinead DOHERTY	01:51:50	F40	Dublin Front Runners A.C.
198	29	649	Fiona MURPHY	01:55:01	F40	Shelters Running Community A.C.
199	30	676	Catherine KANE	01:55:04	F40	Liberties Running Club
201	31	2225	Carina COMERFORD	01:55:06	F40	Liberties Running Club
207	32	313	Claire D'ARCY	01:56:21	F40	LOVE2RUN A.C.
211	33	584	Lisa SHINE	01:56:53	F40	Crusaders A.C.
226	34	427	Jennifer GREENE LALLY	02:12:41	F40	Shelters Running Community A.C.
228	35	426	Louise EGLINGTON	02:12:42	F40	Shelters Running Community A.C.
229	36	66	Emma PATTON	02:13:01	F40	Celbridge A.C.
231	37	656	Lesley REDMOND	02:25:55	F40	Coolock Running Club A.C.

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13	1	1665	Catherine O'CONNOR	01:05:36	F45	Sli Cualann A.C.
14	2	230	Mairead HOGAN	01:06:24	F45	Dunboyne A.C.
17	3	596	Emma BOLAND	01:06:39	F45	Newbridge A.C.
24	4	7144	Joan HOGAN	01:08:11	F45	Clane A.C.
25	5	45	Dee O'KEEFFE	01:08:23	F45	Brothers Pearse A.C.
27	6	266	Clodagh EGAN	01:08:43	F45	Galway City Harriers A.C.
33	7	379	Mary HARTE	01:10:57	F45	Portmarnock A.C.
34	8	44	Alli COLL	01:11:02	F45	Brothers Pearse A.C.
41	9	693	Deirdre DEEGAN	01:13:16	F45	Balbriggan and District A.C.
52	10	214	Andrea MCARDLE	01:16:09	F45	Drogheda and District A.C.
55	11	349	Linda CUNNINGHAM	01:16:30	F45	Mullingar Harriers A.C.
57	12	39	Janice DOYLE	01:16:42	F45	Brothers Pearse A.C.
58	13	195	Claire MULLIGAN	01:16:44	F45	Donore Harriers A.C.
61	14	666	Sinead STAUNTON	01:17:29	F45	Sportsworld A.C.
63	15	335	Marie HOULIHAN	01:18:13	F45	Metro/St. Brigid's A.C.
64	16	636	Sorcha MALONE	01:18:13	F45	Porterstown Panthers
69	17	25	Charlene CARTY	01:20:16	F45	Blackrock (Dublin) A.C.
72	18	706	Jennie DICKER	01:20:34	F45	Brothers Pearse A.C.
85	19	279	Gillian KAVANAGH	01:23:10	F45	Kilkenny City Harriers A.C.
96	20	269	Jennifer FORAN	01:25:13	F45	Garristown Flyers A.C.
97	21	104	Sonia CAREY	01:25:14	F45	Civil Service Harriers A.C.
111	22	72	Aoife MOONEY	01:29:08	F45	Celbridge A.C.
118	23	674	Natalie SHANAHAN	01:31:42	F45	Liberties Running Club
120	24	536	Lorna MCCARTHY	01:32:04	F45	Dunshaughlin A.C.
121	25	87	Leonie MACAULEY	01:32:53	F45	Civil Service Harriers A.C.
123	26	2298	Valerie Ann REANEY	01:34:12	F45	Shelters Running Community A.C.
124	27	577	Andrea LEGGETT	01:34:24	F45	Coolock Running Club A.C.
142	28	42	Michelle LEYDON	01:39:09	F45	Brothers Pearse A.C.
149	29	236	Elaine VELLA	01:40:58	F45	Dunboyne A.C.
152	30	721	Denise SWEENEY	01:41:20	F45	Cherry Orchard Running A.C.
157	31	2223	Jessica WALSH	01:42:08	F45	Liberties Running Club
160	32	513	Tish LOUGHREY	01:42:59	F45	Dublin Front Runners A.C.
165	33	701	Leona HARDIMAN	01:45:12	F45	Ballymun A.C.
176	34	615	Karen DOLLARD	01:48:52	F45	Shelters Running Community A.C.
181	35	240	Elizabeth MCGUIGAN	01:49:37	F45	Dunboyne A.C.

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182	36	241	Debbie MCMAHON	01:49:38	F45	Dunboyne A.C.
188	37	648	Yvonne MULDOON	01:50:59	F45	Castleknock Running Club
194	38	620	June FITZPATRICK	01:53:16	F45	Coolock Running Club A.C.
204	39	714	Niamh HUMPHREYS	01:55:28	F45	Cherry Orchard Running A.C.
208	40	713	Tara LEE	01:56:25	F45	Cherry Orchard Running A.C.
209	41	488	Kim DUIGNAM	01:56:41	F45	Up and Out Fitness A.C.
212	42	633	Lucia LEGGETT	01:57:51	F45	Shelters Running Community A.C.
213	43	663	Niamh SHERIDAN	01:58:10	F45	Porterstown Panthers
215	44	6299	Irene TRAYNOR	02:01:38	F45	Shelters Running Community A.C.
216	45	172	Orla MOORE	02:02:00	F45	D15 Running Club A.C.
222	46	425	Miriam COLE	02:03:20	F45	Shelters Running Community A.C.
232	47	6298	Estelle CHURCHILL	02:26:44	F45	Cilles A.C.

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233	48	141	Celine BOSHELL	02:30:34	F45	Coolock Running Club A.C.
19	1	51	Michelle LANNON	01:06:46	F50	Carrick-on-Shannon A.C.
32	2	494	Michelle NEEDHAM	01:10:33	F50	Westport A.C.
36	3	539	Criona REID	01:11:46	F50	Mullingar Harriers A.C.
44	4	353	Marie Louise JOHNSTON	01:14:21	F50	Mullingar Harriers A.C.
60	5	2301	Maeve HEGARTY	01:17:13	F50	Skerries A.C.
66	6	102	Orla COX	01:18:53	F50	Civil Service Harriers A.C.
74	7	69	Claire MILLAR	01:20:41	F50	Celbridge A.C.
76	8	563	Fionnula GILMARTIN	01:21:15	F50	Annalee A.C.
78	9	428	Gwen SHERRY	01:21:32	F50	Shelters Running Community A.C.
90	10	322	Lorraine HEFFERNAN	01:23:40	F50	Lucan Harriers A.C.
94	11	150	Kate MURRAY	01:25:10	F50	Crusaders A.C.
110	12	178	Tricia HEARY	01:28:51	F50	D15 Running Club A.C.
114	13	226	Christine O'CONNOR	01:29:32	F50	Dunboyne A.C.
117	14	617	Wendy DOWNES	01:31:17	F50	Coolock Running Club A.C.
150	15	31	Sinéad HOWARD	01:41:07	F50	Blackrock (Dublin) A.C.
151	16	112	Mary LAWLER	01:41:09	F50	Clane A.C.
164	17	293	Niamh MCCANN	01:44:59	F50	Liberties Running Club
173	18	603	Liz BISSETT	01:47:28	F50	Ringsend Running Club
174	19	138	Trish MCLOUGHLIN	01:48:15	F50	Coolock Running Club A.C.
178	20	179	Liliana Patricia MOLINA QUINTERO	01:49:05	F50	Donore Harriers A.C.
195	21	27	Barbara QUINLAN	01:54:04	F50	Blackrock (Dublin) A.C.
203	22	719	Sinead SCANLON	01:55:28	F50	Cherry Orchard Running A.C.
214	23	15	Therese BOYLAN	01:58:58	F50	Ballymun A.C.
223	24	316	Sarah SHAKESPEAR	02:04:12	F50	LOVE2RUN A.C.
224	25	562	Cathy BOURKE	02:08:29	F50	Clonmel A.C.

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Place	Cat Pos.	Bib	Name	Time	Age Cat	Club
225	26	653	Caroline POWER	02:09:29	F50	Porterstown Panthers
29	1	366	Sarah BENTON	01:09:19	F55	North Down A.C.
31	2	402	Maria DOLAN	01:10:25	F55	Raheny Shamrock A.C.
38	3	229	Edel SOMERS	01:12:50	F55	Dunboyne A.C.
51	4	7148	Rita DALY RAVENHILL	01:15:55	F55	Tullamore Harriers A.C.
53	5	350	Emer O'HANLON	01:16:18	F55	Mullingar Harriers A.C.
62	6	149	Orla O'FLYNN	01:17:40	F55	Crusaders A.C.
67	7	70	Michelle MCCABE	01:19:18	F55	Celbridge A.C.
68	8	583	Sharon WOODS	01:19:56	F55	Crusaders A.C.
70	9	325	Tricia GOUGH	01:20:23	F55	Lucan Harriers A.C.
75	10	71	Sandra MCLAUGHLIN	01:21:04	F55	Celbridge A.C.
83	11	485	Una MULLEN	01:22:23	F55	Tullamore Harriers A.C.
86	12	13	Aine HASSON	01:23:24	F55	Ballymena Runners
87	13	2302	Lucy DARCY	01:23:36	F55	Sportsworld A.C.
99	14	454	Karen KAVANAGH	01:26:23	F55	St. Abbans A.C
103	15	1701	Olwyn DUNNE	01:26:48	F55	Crusaders A.C.
105	16	724	Philip RICHARDS	01:27:12	F55	Clonliffe Harriers A.C.
106	17	90	Clodagh VAHEY	01:27:29	F55	Civil Service Harriers A.C.
113	18	121	Aine MCCANN	01:29:26	F55	Clonliffe Harriers A.C.
127	19	561	Paula SIMPSON	01:34:55	F55	North Down A.C.
128	20	450	Anne SWEENEY	01:35:16	F55	Sportsworld A.C.
145	21	2527	Sinead OBRIEN	01:39:23	F55	D15 Running Club A.C.
148	22	406	Angela CHARLTON	01:40:54	F55	Raheny Shamrock A.C.
156	23	73	Hilda DAWSON	01:42:04	F55	Celbridge A.C.
185	24	465	Angela O'MAHONY	01:50:00	F55	St. Nicholas A.C.

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205	25	700	Elaine REDMOND	01:55:36	F55	Ballymun A.C.
23	1	346	Mary STUART	01:07:57	F60	Mullingar Harriers A.C.
50	2	2045	Glynis BOYLE	01:15:44	F60	North Down A.C.
65	3	324	Anne WHELAN	01:18:31	F60	Lucan Harriers A.C.
82	4	65	Bridget O'BRIEN	01:22:16	F60	Celbridge A.C.
115	5	298	Margaret O'FRIEL	01:30:20	F60	Liffey Valley A.C.
159	6	692	Grainne MCKEOWN	01:42:38	F60	Balbriggan and District A.C.

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202	7	447	Ellen LAVIN	01:55:14	F60	Sportsworld A.C.
80	1	333	Mary BROWNE	01:22:00	F65	Mayo A.C.
84	2	431	Loreto LACEY	01:23:08	F65	Skerries A.C.
91	3	323	Liz ARKINS	01:24:38	F65	Lucan Harriers A.C.
189	4	317	Rosemary GAINÉ	01:51:05	F65	Lucan Harriers A.C.

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210	5	568	Máirín SHINE	01:56:53	F65	Crusaders A.C.
45	1	265	Christine KENNEDY	01:14:24	F70	Galway City Harriers A.C.
131	2	318	Eileen O'BRIEN	01:36:01	F70	Lucan Harriers A.C.

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197	3	697	Colette SHANNON	01:54:56	F70	Ballymun A.C.
73	1	484	Eileen KENNY	01:20:35	F75	Tullamore Harriers A.C.