

**National 5m
Mens Individual Results
Pheonix Park
29th June 2025**

Place	Cat Pos.	Bib	Name	Time	Age Cat	Club
1	1	97	Emmet JENNINGS	00:24:19	MS	Dundrum South Dublin A.C.
2	2	278	Kane COLLINS	00:24:25	MS	Donore Harriers A.C.
3	3	476	Jamie BYRNE	00:24:42	MS	Dundrum South Dublin A.C.
4	4	309	Dylan WRIGHT	00:24:51	MS	Lucan Harriers A.C.
5	5	478	Vinny CONNOLLY	00:25:02	MS	Mullingar Harriers A.C.
7	6	438	Michael BRADY	00:25:06	MS	Raheny Shamrock A.C.
8	7	625	Eoin SMYTH	00:25:11	MS	Tara A.C.
10	8	325	Kevin DOONEY	00:25:28	MS	Raheny Shamrock A.C.
11	9	610	Liam MULLIGAN	00:25:43	MS	Drogheda and District A.C.
13	10	571	Sean QUINN	00:25:58	MS	Dundrum South Dublin A.C.
17	11	572	Colm ROCHE	00:26:33	MS	Celbridge A.C.
21	12	568	Kevin MOORE	00:26:41	MS	Mullingar Harriers A.C.
23	13	316	Andy NEVIN	00:26:47	MS	Mullingar Harriers A.C.
25	14	624	Philip SIMPSON	00:26:52	MS	Dundrum South Dublin A.C.
26	15	317	Ian MCCORMACK	00:26:57	MS	Mullingar Harriers A.C.
29	16	85	Christopher MCLOUGHLIN	00:27:10	MS	Dublin City Harriers A.C.
40	17	493	Shane ASHMORE	00:28:13	MS	Donore Harriers A.C.
45	18	522	Paddy MURPHY	00:28:34	MS	Liffey Valley A.C.
50	19	602	Jamie MALONE	00:29:04	MS	Tullamore Harriers A.C.
53	20	11	Patrick FOX	00:29:09	MS	Liffey Valley A.C.
54	21	586	Sean DORAN	00:29:15	MS	Clonliffe Harriers A.C.
58	22	469	Luke PARNELL	00:29:31	MS	Cherry Orchard Running A.C.
61	23	115	Richard FINEGAN	00:29:45	MS	Liffey Valley A.C.
62	24	549	Tj O'BRIEN	00:29:58	MS	U.C.D. A.C.
64	25	607	Keith MCGRANE	00:30:01	MS	Liberties Running Club
67	26	2034	Dean HAYDEN	00:30:19	MS	Ballymun A.C.
69	27	1864	Mikel CRISOSTOMO	00:30:27	MS	Crusaders A.C.
73	28	86	Tiernan CAULFIELD	00:30:40	MS	Dublin Front Runners A.C.
74	29	419	Eoghan O'KELLY	00:30:44	MS	Donore Harriers A.C.
82	30	188	Kevin MCLOUGHLIN	00:31:17	MS	Tallaght A.C.
87	31	495	Glen ATKINS	00:31:37	MS	Raheny Shamrock A.C.
91	32	281	Conor RAY	00:31:57	MS	Donore Harriers A.C.
95	33	429	Keelan DEVLIN ROBERTS	00:32:12	MS	Le Chéile A.C.
100	34	1861	Edward FORESTER	00:32:22	MS	Crusaders A.C.

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Place	Cat Pos.	Bib	Name	Time	Age Cat	Club
104	35	186	Eddie O'BRIEN	00:32:30	MS	Galtee Runners A.C.
107	36	304	Joseph WHITTLE	00:32:42	MS	Liffey Valley A.C.
120	37	89	Derek FITZPATRICK	00:33:12	MS	Dunboyne A.C.
132	38	463	Derek DALY	00:34:10	MS	Ballymun A.C.
135	39	1994	Adam BLUETT	00:34:40	MS	Dublin Front Runners A.C.
150	40	530	Reece SHERRY	00:35:44	MS	Shelters Running Community A.C.
163	41	520	Robbie MCGUINNESS	00:36:56	MS	Liberties Running Club
175	42	219	David REILLY	00:38:38	MS	Clonliffe Harriers A.C.
185	43	35	Calvin KEARNEY	00:40:01	MS	Ballymun A.C.
195	44	249	Jordan CROWTHER	00:41:08	MS	Castleknock Running Club
215	45	359	Alex LEONARD	00:44:33	MS	D15 Running Club A.C.
220	46	105	Ian KAVANAGH	00:45:47	MS	Liberties Running Club
223	47	5	Ryan CONNOR	00:46:40	MS	Cherry Orchard Running A.C.
243	48	611	Adam MURPHY	00:53:53	MS	North Clondalkin Running Club A.C.
247	49	164	Nathan GRIFFIN	00:55:22	MS	St. Coca's A.C.
251	50	354	Ryan TRAVERS	00:58:10	MS	D15 Running Club A.C.
256	51	9	Daniel DEININGER	00:59:28	MS	Dunboyne A.C.
258	52	217	John GODFREY	00:59:38	MS	Ballymun A.C.
259	53	369	Graeme MOONEY	00:59:50	MS	D15 Running Club A.C.
260	54	39	Ronan CLARKE	00:59:55	MS	Carrick-on-Shannon A.C.

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Place	Cat Pos.	Bib	Name	Time	Age Cat	Club
6	1	597	Kieran KELLY	00:25:03	M35	Raheny Shamrock A.C.
9	2	508	Kyle DOHERTY	00:25:13	M35	City of Derry Spartans
12	3	243	Kieran REGAN	00:25:49	M35	Brothers Pearse A.C.
14	4	544	Colm TURNER	00:25:58	M35	Brothers Pearse A.C.
19	5	553	Robert CORBALLY	00:26:36	M35	Dundrum South Dublin A.C.
20	6	276	Wayne WALDRON	00:26:39	M35	Donore Harriers A.C.
27	7	596	James KEEGAN	00:26:58	M35	Mullingar Harriers A.C.
31	8	574	Thomas SHERLOCK	00:27:21	M35	Clonliffe Harriers A.C.
36	9	622	Terry SHANLEY	00:27:52	M35	Clane A.C.
47	10	608	Sean MEEHAN	00:28:54	M35	Cherry Orchard Running A.C.
51	11	233	William QUILL	00:29:04	M35	Donore Harriers A.C.
65	12	198	Joe HOLT	00:30:01	M35	LSA A.C.
72	13	398	Mark KILCOYNE	00:30:33	M35	Blackrock (Dublin) A.C.
77	14	450	Niall O'CONNOR	00:31:07	M35	Tallaght A.C.
78	15	119	Robert COLLINS	00:31:08	M35	Liffey Valley A.C.
92	16	196	Kishor SHELAK	00:32:03	M35	Donore Harriers A.C.
99	17	496	Kieran BEAUSANG	00:32:19	M35	Donore Harriers A.C.
106	18	284	John Paul O'HANLON	00:32:36	M35	Donore Harriers A.C.
109	19	477	James FOLEY	00:32:49	M35	Liffey Valley A.C.
115	20	182	Jay BOWEN	00:32:59	M35	Civil Service Harriers A.C.
117	21	343	Shaun MCCARVILLE	00:33:01	M35	Tallaght A.C.
118	22	439	Richard DEENEY	00:33:02	M35	Rathfarnham W.S.A.F. A.C.
122	23	187	Alejandro CAVALLO	00:33:22	M35	Liffey Valley A.C.
130	24	511	Dara PEYTON	00:33:51	M35	Clonliffe Harriers A.C.
133	25	609	Chris MOORE	00:34:15	M35	Lusk A.C.
142	26	535	Vincent MELODY	00:35:04	M35	Civil Service Harriers A.C.
160	27	475	Koffi KPOGLO	00:36:23	M35	Donore Harriers A.C.
164	28	125	Daniel TOOMEY	00:36:58	M35	Lusk A.C.
168	29	485	Gerard NOLAN	00:37:51	M35	Liberties Running Club
170	30	603	Keith MCCANN	00:37:55	M35	Coolock Running Club A.C.
192	31	242	Martin MOONEY	00:40:42	M35	Bray Runners A.C.
199	32	484	Paul MCGRATH	00:41:26	M35	Liberties Running Club
216	33	200	Colm KERR	00:44:52	M35	Liffey Valley A.C.
224	34	24	Alan DOYLE	00:46:48	M35	Dunboyne A.C.

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Place	Cat Pos.	Bib	Name	Time	Age Cat	Club
228	35	471	Niall HERBERT	00:48:10	M35	D15 Running Club A.C.
232	36	357	Edson FERREIRA	00:49:09	M35	Glendalough Harriers A.C.
248	37	265	David BURNS	00:55:22	M35	Coolock Running Club A.C.
257	38	368	Mick MOONEY	00:59:36	M35	D15 Running Club A.C.
261	39	371	Ian MOONEY	00:59:58	M35	D15 Running Club A.C.

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Place	Cat Pos.	Bib	Name	Time	Age Cat	Club
16	1	297	James DORAN	00:26:12	M40	Killarney Valley A.C.
22	2	49	David O'CONNOR	00:26:45	M40	Celbridge A.C.
24	3	619	David POWER	00:26:50	M40	Rathfarnham W.S.A.F. A.C.
28	4	569	Karl NOLAN	00:27:05	M40	Clonliffe Harriers A.C.
32	5	82	Kenneth NUGENT	00:27:22	M40	Donore Harriers A.C.
57	6	613	Paul NAGLE	00:29:27	M40	Brothers Pearse A.C.
71	7	1579	Peter O'TOOLE	00:30:30	M40	Crusaders A.C.
94	8	137	John TUMILTY	00:32:08	M40	North East Runners A.C.
96	9	10	Peter BOWE	00:32:15	M40	Liffey Valley A.C.
98	10	274	Owen MCNAMEE	00:32:17	M40	Donore Harriers A.C.
105	11	228	Gavin NOLAN	00:32:30	M40	Lucan Harriers A.C.
113	12	19	Gerard DALY	00:32:53	M40	Skerries A.C.
119	13	96	Simon GIBNEY	00:33:11	M40	Dundrum South Dublin A.C.
124	14	280	Robert DUNNE	00:33:25	M40	Donore Harriers A.C.
128	15	573	Luke RYDER	00:33:47	M40	Liffey Valley A.C.
134	16	222	Ben HICKEY	00:34:28	M40	Celbridge A.C.
138	17	474	Trevor MACKEN	00:34:44	M40	D15 Running Club A.C.
145	18	14	Pauric MCBREARTY	00:35:16	M40	Metro/St. Brigid's A.C.
159	19	110	David MITCHELL	00:36:20	M40	Liffey Valley A.C.
162	20	133	Patrick MULDOON	00:36:52	M40	Mullingar Harriers A.C.
166	21	497	Ger BONASS	00:37:11	M40	Coolock Running Club A.C.
172	22	444	Patrick SINNOTT	00:38:26	M40	Tallaght A.C.
174	23	539	Sylvester TAKAZA	00:38:33	M40	Ballymun A.C.
177	24	140	Waldemar OCHAB	00:39:10	M40	Polish Runners Club Ireland A.C.
181	25	416	Gregory LOWRY	00:39:37	M40	Coolock Running Club A.C.
182	26	55	Philip HANNA	00:39:47	M40	Civil Service Harriers A.C.
186	27	57	Sunil SINGH	00:40:01	M40	Civil Service Harriers A.C.
211	28	491	Jason WARD	00:44:02	M40	Liberties Running Club
214	29	533	Kris MCKEE	00:44:28	M40	Ward Park Runners
227	30	459	Gary PURDUE	00:47:49	M40	Coolock Running Club A.C.
236	31	230	Brian KEARNS	00:51:05	M40	Celbridge A.C.
241	32	362	Neil KELSH	00:52:54	M40	D15 Running Club A.C.
245	33	381	Stuart GOODALL	00:54:13	M40	Shelters Running Community A.C.
249	34	32	Eric BANEHAM	00:57:01	M40	Artane/Beaumont Running Club A.C.
250	35	263	David DINEEN	00:57:05	M40	Clonliffe Harriers A.C.
254	36	506	Andrew HANSON	00:59:24	M40	Castleknock Running Club

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15	1	148	Cillian O'LEARY	00:26:05	M45	Raheny Shamrock A.C.
18	2	223	Ronan TOLAND	00:26:33	M45	Victoria Park & Connswater
30	3	340	Colin COYNE	00:27:18	M45	St. Abbans A.C
37	4	589	Bernard GERAGHTY	00:28:01	M45	Donore Harriers A.C.
41	5	545	Lorcan VALLELY	00:28:15	M45	Armagh AC
42	6	582	Gerard CLERKIN	00:28:16	M45	Clonliffe Harriers A.C.
43	7	2	Kieran SCULLION	00:28:26	M45	Ballymena Runners
56	8	560	Shane KEVILLE	00:29:23	M45	Tuam A.C.
60	9	335	Nigel ROY	00:29:40	M45	Skerries A.C.
84	10	591	Cathal HENRY	00:31:28	M45	Lusk A.C.
101	11	601	Declan LYNCH	00:32:25	M45	Donore Harriers A.C.
102	12	118	Bernard O'SULLIVAN	00:32:27	M45	Liffey Valley A.C.
108	13	109	Neil DUFFY	00:32:42	M45	Liffey Valley A.C.
131	14	76	Keith CREEDON	00:33:56	M45	Donore Harriers A.C.
136	15	162	Eoin O'BRIEN	00:34:41	M45	Sportsworld A.C.
140	16	252	John MCCORMACK	00:34:53	M45	Celbridge A.C.
146	17	83	John DILLON	00:35:18	M45	Donore Harriers A.C.
156	18	387	Darren SCANLON	00:36:07	M45	Shelters Running Community A.C.
178	19	37	Aleksei IVANOV	00:39:13	M45	Bray Runners A.C.
187	20	434	David BEGGAN	00:40:01	M45	Lusk A.C.
188	21	54	Keith FARRELL	00:40:03	M45	Civil Service Harriers A.C.
189	22	310	Vimal Kumar SATYARTHY	00:40:04	M45	Lucan Harriers A.C.
203	23	534	Stephen DOWNEY	00:42:35	M45	LOVE2RUN A.C.
204	24	181	Alan ROGERS	00:42:52	M45	Up and Out Fitness A.C.
221	25	487	David SHANAHAN	00:45:47	M45	Liberties Running Club
229	26	598	Eric LACEY	00:48:45	M45	Raheny Shamrock A.C.
233	27	235	Damian BOLGER	00:49:24	M45	LOVE2RUN A.C.
234	28	1583	Mauro VERROCCHIO	00:49:26	M45	Crusaders A.C.
235	29	174	Keith NELSON	00:50:46	M45	Artane/Beaumont Running Club A.C.
239	30	384	Gary SEERY	00:52:24	M45	Shelters Running Community A.C.
242	31	267	Gerard BOSHELL	00:53:44	M45	Coolock Running Club A.C.
244	32	351	Gordon HUGHES	00:53:59	M45	D15 Running Club A.C.
253	33	405	David GALVIN	00:59:00	M45	Shelters Running Community A.C.

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Place	Cat Pos.	Bib	Name	Time	Age Cat	Club
33	1	346	Barry MINNOCK	00:27:31	M50	Tullamore Harriers A.C.
34	2	329	Ciaran MCCARTHY	00:27:34	M50	Raheny Shamrock A.C.
44	3	168	Ger HARTNETT	00:28:32	M50	Tuam A.C.
49	4	18	Paul FLEMING	00:28:58	M50	Rathfarnham W.S.A.F. A.C.
52	5	22	Sean BURKE	00:29:06	M50	Tuam A.C.
63	6	527	Terry KEOGH	00:29:59	M50	Raheny Shamrock A.C.
66	7	581	Eric CHAMP	00:30:05	M50	Raheny Shamrock A.C.
68	8	600	Niall LYNCH	00:30:26	M50	Donore Harriers A.C.
70	9	65	Brian O'REILLY	00:30:28	M50	Clonliffe Harriers A.C.
75	10	524	James CRIBBIN	00:30:56	M50	Mullingar Harriers A.C.
80	11	501	Paul MCDONNELL	00:31:16	M50	Blackrock (Dublin) A.C.
85	12	169	Gearoid HEALY	00:31:32	M50	Tuam A.C.
88	13	114	Paul BALFE	00:31:42	M50	Liffey Valley A.C.
90	14	599	David LEONARD	00:31:48	M50	Sliabh Bhuide Rovers A.C.
93	15	502	Nicholas DONNELLY	00:32:07	M50	Blackrock (Dublin) A.C.
112	16	314	Patrick BOWE	00:32:51	M50	Moyne A.C.
114	17	183	Owen MCKINNEY	00:32:57	M50	Inishowen A.C.
152	18	80	Paul NUNAN	00:35:46	M50	Donore Harriers A.C.
153	19	246	Alan CONROY	00:35:47	M50	Brothers Pearse A.C.
155	20	173	Dylan BARRY	00:36:05	M50	Wexford Marathon A.C.
157	21	71	Mark DEVINE	00:36:07	M50	Donore Harriers A.C.
167	22	211	Darragh SHIELDS	00:37:18	M50	Raheny Shamrock A.C.
171	23	60	Peter DOYLE	00:38:07	M50	Clane A.C.
173	24	195	Seamus PEPPARD	00:38:30	M50	Carrick Aces A.C.
180	25	214	Neal LEDDY	00:39:35	M50	Marathon Club Ireland A.C.
183	26	500	Stephen BURKE	00:39:47	M50	Lusk A.C.
184	27	437	Nick ALEXANDER	00:39:59	M50	Raheny Shamrock A.C.
191	28	77	John GLEESON	00:40:39	M50	Donore Harriers A.C.
196	29	595	John KEANE	00:41:10	M50	Dublin Front Runners A.C.
198	30	120	Ron HOGAN	00:41:13	M50	LOVE2RUN A.C.
200	31	1307	John O'SULLIVAN	00:41:47	M50	Blackrock (Dublin) A.C.
201	32	389	John FORMAN	00:41:47	M50	Shelters Running Community A.C.
206	33	154	David DE LA VEGA	00:42:55	M50	Ratoath A.C.
222	34	146	Gerard FAY	00:46:14	M50	Raheny Shamrock A.C.
231	35	345	Peter BRENNAN	00:48:49	M50	Tallaght A.C.
237	36	499	Graham BRADLEY	00:51:35	M50	D15 Running Club A.C.
238	37	330	Derek SHERRY	00:51:39	M50	Shelters Running Community A.C.
35	1	514	Vivian FOLEY	00:27:37	M55	Eagle A.C.

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38	2	79	Des TREMBLE	00:28:03	M55	Donore Harriers A.C.
46	3	515	Liam BRADLEY	00:28:52	M55	Inishowen A.C.
48	4	20	Kevin THOMPSON	00:28:55	M55	Skerries A.C.
55	5	17	Seanie MEYLER	00:29:16	M55	Omagh Harriers
59	6	516	Martin MCLUCAS	00:29:31	M55	Inishowen A.C.
76	7	153	Colm MURRAY	00:30:59	M55	Rathfarnham W.S.A.F. A.C.
81	8	273	Peter GAFFNEY	00:31:16	M55	Donore Harriers A.C.
97	9	141	Denis FARRELL	00:32:15	M55	Portmarnock A.C.
111	10	291	Sean BROWNE	00:32:50	M55	Dundrum South Dublin A.C.
121	11	25	Eddie MCGRATH	00:33:16	M55	Liffey Valley A.C.
123	12	567	Brian MCWEENEY	00:33:24	M55	Raheny Shamrock A.C.
125	13	561	Anthony LEE	00:33:35	M55	Raheny Shamrock A.C.
127	14	505	Alan FAIRBROTHER	00:33:45	M55	Brothers Pearse A.C.
129	15	279	Peter NUGENT	00:33:50	M55	Donore Harriers A.C.
141	16	542	Eamonn TROY	00:35:00	M55	Dunboyne A.C.
151	17	64	Andrew EUSTACE	00:35:45	M55	Clonliffe Harriers A.C.
165	18	570	David O'DONNELL	00:37:05	M55	Crusaders A.C.
190	19	580	Tom CASSIDY	00:40:31	M55	Coolock Running Club A.C.
193	20	423	Ray MITCHELL	00:40:43	M55	Dunboyne Athletic Club
197	21	28	Anthony RICE	00:41:11	M55	Ratoath A.C.
202	22	161	Tim MURPHY	00:41:59	M55	Sportsworld A.C.
212	23	411	Aodh O'CONNOR	00:44:15	M55	Brothers Pearse A.C.
225	24	575	Alan SMITH	00:47:05	M55	Dublin Front Runners A.C.
230	25	288	Liam BURKE	00:48:45	M55	Dunboyne A.C.
240	26	245	Christopher JONES	00:52:51	M55	Brothers Pearse A.C.
246	27	331	Adam DUMBRELL	00:54:49	M55	Shelters Running Community A.C.
252	28	532	Noel WILLIAMSON	00:58:48	M55	St. Andrews A.C.
262	38	2051	Paul MAHER	01:00:46	M55	Waterstown Warriors

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39	1	103	Pauric MCKINNEY	00:28:12	M60	Inishowen A.C.
79	2	129	Willie O'DONOGHUE	00:31:10	M60	Mooreabbey Milers A.C.
83	3	132	Eddie NEWMAN	00:31:17	M60	Mullingar Harriers A.C.
103	4	184	Simon BOYLE	00:32:27	M60	North Down AC
116	5	442	Paul MACGABHANN	00:32:59	M60	Sportsworld A.C.
126	6	34	Aidan MCGRATH	00:33:36	M60	Ballymun A.C.
144	7	38	PAUL TESTER	00:35:07	M60	Brothers Pearse A.C.
148	8	328	Ken DOYLE	00:35:31	M60	Raheny Shamrock A.C.
154	9	565	Liam MCGLYNN	00:35:53	M60	Mullingar Harriers A.C.
158	10	127	John KENNY	00:36:16	M60	Metro/St. Brigid's A.C.
208	11	552	Sean CAHILL	00:43:03	M60	Brothers Pearse A.C.
210	12	559	Martin HUGHES	00:43:38	M60	Liffey Valley A.C.
213	13	94	Stephen O'BEIRNE	00:44:23	M60	Dunboyne A.C.
217	14	207	Gerry O'BRIEN	00:45:01	M60	Dunshaughlin A.C.
255	15	414	Jim GOLDEN	00:59:26	M60	Civil Service Harriers A.C.

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86	1	149	Tom CUDDY	00:31:36	M65	Rathfarnham W.S.A.F. A.C.
89	2	296	Gerry O'CONNELL	00:31:45	M65	Glenmore A.C.
110	3	377	Thomas O'NEILL	00:32:49	M65	Metro/St. Brigid's A.C.
137	4	179	Joe GALLAGHER	00:34:43	M65	North Belfast Harriers
139	5	407	Billy BYRNE	00:34:47	M65	Blackrock (Dublin) A.C.
143	6	6257	Norman MAWHINNEY	00:35:05	M65	Scrabo Striders
147	7	158	Eugene DOHERTY	00:35:19	M65	Sliabh Bhuide Rovers A.C.
179	8	151	Martin KELLY	00:39:34	M65	Rathfarnham W.S.A.F. A.C.
218	9	213	Hugh MCDONNELL	00:45:09	M65	Civil Service Harriers A.C.
219	10	554	Paul FEGAN	00:45:38	M65	Sli Cualann A.C.
226	11	95	Enda MCMORROW	00:47:47	M65	Dundrum South Dublin A.C.

**National 5m
Mens Individual Results
Pheonix Park
29th June 2025**

Place	Cat Pos.	Bib	Name	Time	Age Cat	Club
149	1	510	Vincent O'NEILL	00:35:32	M70	Civil Service Harriers A.C.
161	2	75	Tony KYNES	00:36:24	M70	Donore Harriers A.C.
169	3	197	Brian MCGRATH	00:37:52	M70	Le Chéile A.C.
194	4	518	Seamus KELLY	00:40:43	M70	Le Chéile A.C.
207	5	578	Willie CAHILL	00:42:55	M70	LSA A.C.
209	6	319	Nicky MCCABE	00:43:11	M70	Mullingar Harriers A.C.

**National 5m
Mens Individual Results
Pheonix Park
29th June 2025**

Place	Cat Pos.	Bib	Name	Time	Age Cat	Club
176	1	592	Ken HIGGS	00:39:03	M75	Eagle A.C.
205	2	177	Pat COLLINS	00:42:54	M75	Liffey Valley A.C.