

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

Place	Cat Pos.	Bib	Name	Time	Age Cat	Club
1	1	347	Patricia JACKMAN	00:27:17	FS	Waterford A.C.
2	2	519	Hannah STEEDS	00:27:33	FS	Leevale A.C.
3	3	620	Meghan RYAN	00:27:58	FS	Dundrum South Dublin A.C.
4	4	294	Mila GELDENHUYS	00:28:53	FS	Galway City Harriers A.C.
5	5	271	Aoife CLEARY	00:29:02	FS	Crusaders A.C.
6	6	216	Maebh BRANNIGAN	00:29:27	FS	Galway City Harriers A.C.
7	7	579	Aoife CARR	00:29:46	FS	Dublin City Harriers A.C.
8	8	470	Sarah KELLY	00:29:59	FS	City of Derry Spartans
10	9	543	Serena TUFFY	00:30:14	FS	Dundrum South Dublin A.C.
12	10	145	Ciara BRADY	00:30:46	FS	Raheny Shamrock A.C.
13	11	558	Lisa GAUGHRAN	00:30:59	FS	Dundrum South Dublin A.C.
14	12	576	Ruth WILSON	00:31:12	FS	Dundrum South Dublin A.C.
15	13	104	Sarah DIAMOND	00:31:16	FS	Kilcoole A.C.
18	14	301	Clíodhna TUTTY BARDON	00:32:11	FS	Liffey Valley A.C.
24	15	584	Emily CUNNIFFE	00:32:53	FS	Donore Harriers A.C.
28	16	425	Michelle MAHER	00:33:06	FS	Galway City Harriers A.C.
30	17	225	Elizabeth MAHER	00:33:13	FS	Galway City Harriers A.C.
36	18	548	Ellen CRONIN	00:34:44	FS	Liffey Valley A.C.
49	19	236	Amy COOKE	00:35:58	FS	Galway City Harriers A.C.
53	20	555	Clodagh FOLEY	00:36:14	FS	Raheny Shamrock A.C.
62	21	546	Muireann BROWNE	00:36:51	FS	Raheny Shamrock A.C.
68	22	26	Lareese DUNNE	00:37:40	FS	Raheny Shamrock A.C.
78	23	311	Aishling FARRELL	00:39:26	FS	Lusk A.C.
80	24	2040	Danielle HUGHES	00:39:30	FS	Waterstown Warriors
81	25	50	Katie GROGAN	00:39:30	FS	Cherry Orchard Running A.C.
87	26	466	Keri LYNCH	00:40:42	FS	Cherry Orchard Running A.C.
90	27	409	Amy SMYTH	00:41:12	FS	Blackrock (Dublin) A.C.
94	28	503	Karen ALANIS CORTES	00:41:27	FS	Brothers Pearse A.C.
95	29	204	April HOLT	00:41:33	FS	LSA A.C.
96	30	126	Erica CASEY	00:41:33	FS	Lusk A.C.
102	31	218	Nicola BURKE	00:42:17	FS	Clonliffe Harriers A.C.
104	32	300	Michelle SKEATH	00:42:39	FS	Liffey Valley A.C.
107	33	344	Emma DOODY	00:43:10	FS	Tallaght A.C.
113	34	190	Julia DALY	00:44:54	FS	Castleknock Running Club
121	35	2199	Leanne MCCORMACK	00:46:57	FS	Cherry Orchard Running A.C.
125	36	2143	Mandy DONOHOE	00:47:44	FS	Cherry Orchard Running A.C.
127	37	209	Sarah O'MAHONY	00:48:08	FS	Donore Harriers A.C.
130	38	180	Eva CASEY	00:49:06	FS	Tallaght A.C.
135	39	106	Jody FARRELL	00:49:42	FS	Liberties Running Club

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Place	Cat Pos.	Bib	Name	Time	Age Cat	Club
150	40	130	Orla HEALY	00:52:02	FS	Moyne A.C.
161	41	473	Shauna BEATTY	00:53:17	FS	D15 Running Club A.C.
169	42	355	Sarah SMITHERS	00:53:59	FS	D15 Running Club A.C.
178	43	269	Annalise MOORE	00:55:37	FS	Crookstown Millview A.C.
187	44	253	Grace MULHERN	00:57:25	FS	Cherry Orchard Running A.C.
188	45	2095	Tracy WALSH	00:57:26	FS	Ballymun A.C.
199	46	453	Mia O'TOOLE	01:00:24	FS	Galway City Harriers A.C.
204	47	370	Rachel MOONEY	01:01:42	FS	D15 Running Club A.C.
207	48	396	Susan OLIVER	01:02:16	FS	Shelters Running Community A.C.
209	49	70	Dnyanada KULKARNI	01:02:23	FS	Donore Harriers A.C.

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Place	Cat Pos.	Bib	Name	Time	Age Cat	Club
9	1	283	Aedin CORR	00:30:11	F35	Donore Harriers A.C.
20	2	231	Amy MORIARTY	00:32:25	F35	Donore Harriers A.C.
23	3	614	Sharon O'DOWD	00:32:50	F35	Mullingar Harriers A.C.
42	4	431	Orla GORDON	00:35:22	F35	Liffey Valley A.C.
85	5	305	Ruth MURPHY	00:39:57	F35	Liffey Valley A.C.
91	6	59	Ciara DOWLING	00:41:17	F35	Civil Service Harriers A.C.
103	7	68	Danielle CULLEN	00:42:25	F35	D15 Running Club A.C.
117	8	67	Sarra LACKEN	00:46:20	F35	D15 Running Club A.C.
119	9	479	Nadia DORAN	00:46:52	F35	Liberties Running Club
128	10	472	Stacey DEMPSEY	00:48:09	F35	D15 Running Club A.C.
133	11	307	Jessica MOLLOY	00:49:36	F35	Lucan Harriers A.C.
134	12	299	Lyndsey CLOAKE	00:49:41	F35	Liberties Running Club
138	13	556	Melissa FRAZER	00:51:11	F35	Cherry Orchard Running A.C.
144	14	74	Susan LAWLOR	00:51:24	F35	Donore Harriers A.C.
148	15	588	Catherine DUNNE	00:51:42	F35	Shelters Running Community A.C.
163	16	385	Grace BUCKLEY	00:53:32	F35	Shelters Running Community A.C.
164	17	583	Edel CULLEN	00:53:32	F35	Coolock Running Club A.C.
172	18	239	Suzanne MCKEEVER	00:54:31	F35	Ballymun A.C.
177	19	266	Gemma DWYER	00:55:22	F35	Coolock Running Club A.C.
179	20	606	Helen MCDERMOTT	00:55:44	F35	Boyne A.C.
183	21	612	Sadie MURTAGH	00:56:16	F35	Dublin Front Runners A.C.
197	22	192	Lisa MCENTEE	01:00:11	F35	Mullingar Harriers A.C.
205	23	447	Michelle MACKEY	01:01:50	F35	D15 Running Club A.C.
211	24	397	Tara TIERNEY	01:02:28	F35	Shelters Running Community A.C.
212	25	536	Lyndsey MORGAN	01:02:42	F35	D15 Running Club A.C.

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Place	Cat Pos.	Bib	Name	Time	Age Cat	Club
17	1	282	Grace KENNEDY	00:32:03	F40	Donore Harriers A.C.
21	2	117	Lynn DEVITT	00:32:49	F40	Liffey Valley A.C.
29	3	194	Lorna QUINN	00:33:11	F40	Sportsworld A.C.
38	4	78	Ariana BALL	00:35:01	F40	Donore Harriers A.C.
47	5	617	Claire PHELAN	00:35:54	F40	St. Abbans A.C
63	6	604	Ruth MCCARTHY	00:36:52	F40	Derg A.C.
79	7	443	Thelma MCLOUGHLIN	00:39:27	F40	Tallaght A.C.
84	8	1	Clare FOLEY	00:39:44	F40	St. Coca's A.C.
93	9	247	Tina DALY	00:41:27	F40	Brothers Pearse A.C.
106	10	41	June O'NEILL	00:42:58	F40	Castleknock Running Club
122	11	1510	Carol MURRAY	00:47:14	F40	Tallaght A.C.
129	12	234	Claire D'ARCY	00:49:06	F40	LOVE2RUN A.C.
146	13	88	Tamara HOWARD	00:51:30	F40	Duleek and District A.C.
154	14	481	Catherine KANE	00:52:40	F40	Liberties Running Club
156	15	250	Fiona O'REILLY	00:52:44	F40	Castleknock Running Club
158	16	394	Elaine LYNCH	00:52:57	F40	Shelters Running Community A.C.
173	17	390	Brenda FERRIS	00:54:57	F40	Shelters Running Community A.C.
174	18	392	Lisa THURLOW	00:54:58	F40	Shelters Running Community A.C.
180	19	391	Lisa MULLARNEY	00:55:46	F40	Shelters Running Community A.C.
181	20	593	Sarah IRWIN	00:56:02	F40	Ballymun A.C.
192	21	334	Fiona MURPHY	00:58:32	F40	Shelters Running Community A.C.
193	22	1992	Marie CAHILL	00:58:33	F40	Shelters Running Community A.C.
195	23	618	Tanya PIGOTT	00:59:00	F40	Ballymun A.C.
201	24	393	Jennifer GREENE LALLY	01:00:49	F40	Shelters Running Community A.C.
206	25	383	Sinéad MCAULEY	01:02:16	F40	Shelters Running Community A.C.
208	26	587	Anita DOYLE	01:02:22	F40	Ballymun A.C.
210	27	238	Karen DUFFY	01:02:27	F40	Ballymun A.C.

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Place	Cat Pos.	Bib	Name	Time	Age Cat	Club
22	1	293	Clodagh EGAN	00:32:49	F45	Galway City Harriers A.C.
34	2	260	Gemma TREACY	00:34:27	F45	Civil Service Harriers A.C.
35	3	615	Aine O'REILLY	00:34:42	F45	Mullingar Harriers A.C.
37	4	550	Charlotte CONNOLLY	00:35:00	F45	Monaghan Town Runners A.C.
40	5	313	Suzette MCENTEE	00:35:09	F45	Monaghan Town Runners A.C.
43	6	342	Aoife PARRELLA	00:35:33	F45	Star of the Sea A.C.
48	7	100	Jennifer FORAN	00:35:58	F45	Garristown Flyers A.C.
54	8	134	Linda CUNNINGHAM	00:36:19	F45	Mullingar Harriers A.C.
57	9	432	Karen SAVAGE	00:36:33	F45	LOVE2RUN A.C.
59	10	84	Andrea MCARDLE	00:36:40	F45	Drogheda and District A.C.
60	11	215	Marie HOULIHAN	00:36:47	F45	Metro/St. Brigid's A.C.
64	12	81	Claire MULLIGAN	00:36:52	F45	Donore Harriers A.C.
65	13	285	Helen DILLON	00:37:10	F45	Drogheda and District A.C.
71	14	504	Jennie DICKER	00:38:15	F45	Brothers Pearse A.C.
82	15	202	Clodagh MOORE	00:39:32	F45	Artane/Beaumont Running Club A.C.
88	16	167	Sarah Jane KINSELLA	00:41:06	F45	Tallaght A.C.
100	17	258	Monika RAJCA	00:42:08	F45	Civil Service Harriers A.C.
105	18	93	Emer MADDEN	00:42:46	F45	Dunboyne A.C.
110	19	523	Fiona ALLEN	00:44:28	F45	Lucan Harriers A.C.
111	20	360	Janet KELSH	00:44:43	F45	D15 Running Club A.C.
116	21	488	Natalie SHANAHAN	00:45:47	F45	Liberties Running Club
118	22	264	Andrea LEGGETT	00:46:39	F45	Coolock Running Club A.C.
120	23	482	Lisa KELLEHER	00:46:52	F45	Liberties Running Club
126	24	486	Lisa PLUNKETT	00:47:50	F45	Liberties Running Club
131	25	467	Karen LYNCH	00:49:22	F45	Cherry Orchard Running A.C.
132	26	402	Valerie Ann REANEY	00:49:35	F45	Shelters Running Community A.C.
137	27	353	Orla MOORE	00:51:07	F45	D15 Running Club A.C.
139	28	256	Sharon HERBERT	00:51:11	F45	Cherry Orchard Running A.C.
140	29	255	Blaza CONNELL	00:51:15	F45	Cherry Orchard Running A.C.
143	30	1991	Elizabeth MCGUIGAN	00:51:22	F45	Dunboyne A.C.
145	31	538	Seona CONWAY	00:51:27	F45	Ratoath A.C.
147	32	349	Debbie MCMAHON	00:51:40	F45	Dunboyne A.C.
151	33	452	Michelle LEYDON	00:52:05	F45	Brothers Pearse A.C.
155	34	490	Fiona SMITH	00:52:41	F45	Liberties Running Club
160	35	170	Kim DUIGNAM	00:53:14	F45	Up and Out Fitness A.C.
170	36	492	Laura AINSCOUGH	00:54:10	F45	Ballymun A.C.
171	37	403	Karen DOLLARD	00:54:11	F45	Shelters Running Community A.C.
176	38	289	Elaine VELLA	00:55:10	F45	Dunboyne A.C.
184	39	418	Sarah MURPHY	00:56:30	F45	Donore Harriers A.C.

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Place	Cat Pos.	Bib	Name	Time	Age Cat	Club
185	40	90	Eimear MCKAY	00:56:33	F45	Dunboyne A.C.
196	41	333	Lucia LEGGETT	00:59:57	F45	Shelters Running Community A.C.
198	42	379	Louise IVERS	01:00:11	F45	D15 Running Club A.C.
203	43	404	Natalie BEATTY	01:01:42	F45	D15 Running Club A.C.
167	44	2009	Leanne BRADY	00:53:56	F45	Coolock Running Club A.C.

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16	1	248	Michelle LANNON	00:31:52	F50	Carrick-on-Shannon A.C.
25	2	541	Sinead TIGHE	00:32:57	F50	Brothers Pearse A.C.
31	3	315	Criona REID	00:33:55	F50	Mullingar Harriers A.C.
44	4	147	Lorraine BYRNE	00:35:34	F50	Raheny Shamrock A.C.
50	5	1244	Geraldine MCHALE	00:36:00	F50	Lusk A.C.
58	6	454	Marie Louise JOHNSTON	00:36:39	F50	Mullingar Harriers A.C.
67	7	308	Kathleen TRUNK	00:37:32	F50	Lucan Harriers A.C.
72	8	337	Fiona LEHENY	00:38:28	F50	Sportsworld A.C.
74	9	45	Claire MILLAR	00:38:39	F50	Celbridge A.C.
83	10	262	Siobhan MCCARTHY	00:39:37	F50	Clonliffe Harriers A.C.
92	11	272	Angela EUSTACE	00:41:21	F50	Donore Harriers A.C.
97	12	585	Catherine DEMPSEY	00:41:37	F50	Clonliffe Harriers A.C.
109	13	63	Yvonne MCDONNAGH	00:43:49	F50	Clonliffe Harriers A.C.
115	14	36	Linda STAPLETON	00:45:46	F50	Bray Runners A.C.
124	15	298	Niamh MCCANN	00:47:44	F50	Liberties Running Club
136	16	352	Tracey SMART	00:50:41	F50	D15 Running Club A.C.
165	17	430	Niamh MCCANN	00:53:35	F50	Liberties Running Club
166	18	547	Lisa SHIELDS	00:53:37	F50	Raheny Shamrock A.C.
168	19	458	Trish MCLOUGHLIN	00:53:58	F50	Coolock Running Club A.C.
175	20	69	Liliana Patricia MOLINA OLINTERO	00:55:07	F50	Donore Harriers A.C.
191	21	9300	Maeve BRANIGAN	00:58:21	F50	Porterstown Panthers
200	22	388	Anne SCANLON	01:00:41	F50	Shelters Running Community A.C.
202	23	376	Caroline POWER	01:01:21	F50	Porterstown Panthers
213	24	621	Sarah SHAKESPEAR	01:02:50	F50	LOVE2RUN A.C.

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11	1	594	Annette KEALY	00:30:38	F55	Raheny Shamrock A.C.
27	2	212	Maria DOLAN	00:33:06	F55	Raheny Shamrock A.C.
32	3	424	Edel SOMERS	00:34:02	F55	Dunboyne A.C.
33	4	224	Sarah BENTON	00:34:13	F55	North Down AC
41	5	244	Pauline ROBERTSON	00:35:21	F55	Brothers Pearse A.C.
51	6	232	Rita DALY RAVENHILL	00:36:06	F55	Tullamore Harriers A.C.
52	7	270	Orla O'FLYNN	00:36:14	F55	Crusaders A.C.
55	8	525	Emer O'HANLON	00:36:24	F55	Mullingar Harriers A.C.
66	9	46	Michelle MCCABE	00:37:13	F55	Celbridge A.C.
75	10	47	Sandra MCLAUGHLIN	00:38:50	F55	Celbridge A.C.
86	11	2017	Jenny COLBERT	00:40:04	F55	Raheny Shamrock A.C.
89	12	616	Lisa O'NEILL	00:41:08	F55	Ratoath A.C.
99	13	56	Clodagh VAHEY	00:41:47	F55	Civil Service Harriers A.C.
108	14	339	Anne SWEENEY	00:43:42	F55	Sportsworld A.C.
123	15	205	Paula SIMPSON	00:47:30	F55	North Down AC
141	16	528	Angela CHARLTON	00:51:15	F55	Raheny Shamrock A.C.
142	17	6280	Valerie MCALLORUM	00:51:19	F55	Porterstown Panthers
159	18	48	Hilda DAWSON	00:53:03	F55	Celbridge A.C.
182	19	433	Noelle CARR	00:56:15	F55	Lucan Harriers A.C.
186	20	2080	Elaine REDMOND	00:57:25	F55	Ballymun A.C.
194	21	590	Liz HARVEY	00:58:59	F55	Ballymun A.C.

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19	1	237	Niamh O'SULLIVAN	00:32:23	F60	An Ríocht A.C.
26	2	131	Mary STUART	00:33:01	F60	Mullingar Harriers A.C.
39	3	320	Maura DERVIN	00:35:03	F60	Mullingar Harriers A.C.
46	4	193	Glynis BOYLE	00:35:45	F60	North Down AC
61	5	494	Adrienne ATKINS	00:36:51	F60	Raheny Shamrock A.C.
77	6	42	Bridget O'BRIEN	00:39:22	F60	Celbridge A.C.
101	7	113	Margaret O'FRIEL	00:42:12	F60	Liffey Valley A.C.
112	8	428	Orla MHIC SUIBHNE	00:44:52	F60	Killarney Valley A.C.
149	9	415	Margaret MOLONEY	00:51:43	F60	Civil Service Harriers A.C.
153	10	489	Angela SHEFFIELD	00:52:37	F60	Liberties Running Club
190	11	374	Christine HANNEY	00:58:08	F60	Porterstown Panthers

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56	1	152	Sheelagh JONES	00:36:25	F65	Rathfarnham W.S.A.F. A.C.
69	2	210	Mary BROWNE	00:37:54	F65	Mayo A.C.
73	3	157	Loreto LACEY	00:38:28	F65	Skerries A.C.
152	4	413	Patricia CLARKE	00:52:30	F65	Cherry Orchard Running A.C.
157	5	121	Rosemary GAINE	00:52:56	F65	Lucan Harriers A.C.

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45	1	292	Christine KENNEDY	00:35:37	F70	Galway City Harriers A.C.
76	2	142	Mary LYNCH	00:39:00	F70	Raheny Shamrock A.C.
98	3	318	Brigid MCCABE	00:41:39	F70	Mullingar Harriers A.C.
114	4	122	Eileen O'BRIEN	00:45:23	F70	Lucan Harriers A.C.
189	5	623	Colette SHANNON	00:57:33	F70	Ballymun A.C.

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Place	Cat Pos.	Bib	Name	Time	Age Cat	Club
70	1	206	Eileen KENNY	00:38:04	F75	Tullamore Harriers A.C.
162	2	203	Phyllis BROWNE	00:53:29	F75	Star of the Sea A.C.