

**National 5m  
Mens Individual Results  
Pheonix Park  
23rd June 2024**

Place	Cat Pos.	Bib	Name	Gross Time	Age Cat	Club
1	1	379	Kieran KELLY	00:24:11	MS	Raheny Shamrock A.C.
2	2	370	Luke JOHNSTON	00:24:29	MS	Moy Valley A.C.
3	3	355	Ian GUIDEN	00:24:46	MS	Clonliffe Harriers A.C.
4	4	345	Evan FITZGERALD	00:25:03	MS	West Waterford A.C.
7	5	243	Jake O'REGAN	00:25:19	MS	St. John's A.C.
9	6	26	Conor BURKE	00:25:34	MS	Celbridge A.C.
11	7	292	Michael BRADY	00:26:07	MS	Raheny Shamrock A.C.
12	8	276	Geoffrey ALEXANDRE	00:26:38	MS	Liffey Valley A.C.
15	9	483	Colm ROCHE	00:26:45	MS	Celbridge A.C.
28	10	448	Mark NAYLOR	00:27:27	MS	Liffey Valley A.C.
31	11	508	Kahumburuka TUAHUKU	00:27:46	MS	Tallaght A.C.
32	12	224	Sean MCGARRITY	00:27:47	MS	Clonliffe Harriers A.C.
37	13	169	David CALLAGHAN	00:28:14	MS	Tallaght A.C.
39	14	417	James MCKENNA	00:28:16	MS	Liffey Valley A.C.
54	15	439	Conor MURPHY	00:29:10	MS	Dublin City Harriers A.C.
81	16	220	Conor LUCEY	00:31:09	MS	Donore Harriers A.C.
85	17	438	Eoin MURPHY	00:31:20	MS	Naas A.C.
102	18	487	Rory RUTTLEDGE	00:32:34	MS	Clonliffe Harriers A.C.
112	19	250	Marc WALSH	00:33:30	MS	Donore Harriers A.C.
129	20	443	Stephen MURPHY	00:34:48	MS	Donore Harriers A.C.
130	21	144	Patrick NOLAN	00:34:54	MS	Raheny Shamrock A.C.
133	22	505	Daniel TOOMEY	00:35:01	MS	Lusk A.C.
138	23	325	Evan DEVANEY	00:35:16	MS	Donore Harriers A.C.
157	24	506	Cillian TRAYNOR	00:37:04	MS	Liffey Valley A.C.
158	25	546	Juan GARCIA RIQUELME	00:37:26	MS	LOVE2RUN A.C.
165	26	383	Ian KELLY	00:38:25	MS	Coolock Running Club A.C.
171	27	210	Calvin KEARNEY	00:39:01	MS	Ballymun A.C.
173	28	334	Dylan DOYLE	00:39:13	MS	Cherry Orchard Running A.C.
174	29	141	Oisin MCCABE	00:39:18	MS	Raheny Shamrock A.C.
175	30	305	John BYRNE	00:39:23	MS	Dublin Front Runners A.C.
185	31	336	Evan DUFFY	00:40:08	MS	Ratoath A.C.
193	32	481	David REILLY	00:41:09	MS	Clonliffe Harriers A.C.

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209	33	197	Simon COSGRAVE	00:47:12	MS	Kilcoole A.C.
215	34	496	Jagmeet SIDHU	00:49:16	MS	Coolock Running Club A.C.
216	35	174	Graeme MOONEY	00:50:01	MS	D15 Running Club A.C.
220	36	436	Ronan MULHALL	00:50:52	MS	Donore Harriers A.C.
222	37	216	Craig CULLEN	00:51:25	MS	Coolock Running Club A.C.
228	38	520	Conor WYNNE WALSH	01:02:14	MS	Raheny Shamrock A.C.
230	39	485	Eamon RONAN	01:03:57	MS	Dublin Front Runners A.C.
232	40	516	Matthew WARD	01:05:50	MS	Coolock Running Club A.C.

Place	Cat Pos.	Bib	Name	Gross Time	Age Cat	Club
5	1	166	Kenneth ROGERS	00:25:05	M35	St. John's A.C.
6	2	329	Jon-Jo DOHERTY	00:25:06	M35	Finn Valley A.C.
8	3	79	Martin HOARE	00:25:24	M35	Celbridge A.C.
17	4	492	Anthony SHARKEY	00:26:53	M35	Raheny Shamrock A.C.
25	5	346	Ian FITZGERALD	00:27:19	M35	Donore Harriers A.C.
26	6	374	Aidan JONES	00:27:19	M35	Raheny Shamrock A.C.
27	7	247	Thomas SHERLOCK	00:27:19	M35	Clonliffe Harriers A.C.
30	8	145	David JACKSON	00:27:44	M35	Raheny Shamrock A.C.
34	9	291	Anthony BRADY	00:28:00	M35	Coolock Running Club A.C.
55	10	67	Colin DALY	00:29:19	M35	Skerries A.C.
60	11	239	Gerard KIRWAN	00:29:31	M35	Clonliffe Harriers A.C.
67	12	81	Anthony DOWLING	00:29:53	M35	Celbridge A.C.
70	13	469	Néill O'SHEA	00:29:57	M35	Dublin Front Runners A.C.
71	14	3	Liam MYCROFT	00:30:04	M35	Blackrock (Dublin) A.C.
75	15	139	John TUMILTY	00:30:13	M35	North East Runners A.C.
80	16	22	Alan MCANDREW	00:31:09	M35	Blackrock (Dublin) A.C.
86	17	494	Kishor SHELAK	00:31:20	M35	Donore Harriers A.C.
87	18	160	Luke LENNON	00:31:30	M35	Sli Cualann A.C.
91	19	311	Alejandro CAVALLO	00:31:36	M35	Liffey Valley A.C.
100	20	127	Robert LYNCH	00:32:26	M35	Le Chéile A.C.
105	21	528	Paul GANNON	00:32:43	M35	Raheny Shamrock A.C.
106	22	461	John Paul O'HANLON	00:32:55	M35	Donore Harriers A.C.
120	23	101	Ger BONASS	00:34:22	M35	Coolock Running Club A.C.

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140	24	349	James FOLEY	00:35:47	M35	Liffey Valley A.C.
149	25	103	Jay PRESTON	00:36:33	M35	Coolock Running Club A.C.
179	26	277	Shane ANDREWS	00:39:46	M35	Coolock Running Club A.C.
201	27	236	Alan FITZPATRICK	00:45:00	M35	Artane/Beaumont RC A.C.
208	28	543	Mark BROWNE	00:46:55	M35	Kells A.C.
211	29	58	Ian CAMPBELL	00:47:32	M35	Portmarnock A.C.
213	30	331	Darren DONNELLY	00:47:54	M35	Artane/Beaumont RC A.C.
227	31	522	Christopher BURNS	01:00:51	M35	Ballymun A.C.

Place	Cat Pos.	Bib	Name	Gross Time	Age Cat	Club
10	1	523	Sergiu CIOBANU	00:25:52	M40	Clonliffe Harriers A.C.
14	2	78	David O'CONNOR	00:26:42	M40	Celbridge A.C.
16	3	354	Colin GRIFFIN	00:26:51	M40	Ballinamore A.C.
18	4	182	Fearghal DELANEY	00:26:54	M40	Armagh AC
20	5	452	Kenneth NUGENT	00:27:00	M40	Donore Harriers A.C.
24	6	454	Dean NUGENT	00:27:17	M40	Armagh AC
36	7	217	Stefan KENNEDY	00:28:11	M40	Armagh AC
42	8	248	Lorcan VALLELY	00:28:21	M40	Armagh AC
43	9	429	Karl MILLIGAN	00:28:25	M40	Brothers Pearse A.C.
47	10	80	Garry CRIBBIN	00:28:47	M40	Celbridge A.C.
52	11	431	Simon MONDS	00:29:07	M40	Liffey Valley A.C.
58	12	387	Daire KENNY	00:29:26	M40	Metro/St. Brigid's A.C.
66	13	504	Chris TIGHE	00:29:48	M40	Brothers Pearse A.C.
68	14	446	Paul NAGLE	00:29:54	M40	Brothers Pearse A.C.
74	15	181	Conor BARRY	00:30:12	M40	St Abbans A.C
93	16	68	Gerard DALY	00:31:52	M40	Skerries A.C.
99	17	435	Patrick MULDOON	00:32:22	M40	Mullingar Harriers A.C.
111	18	138	Martin TYNAN	00:33:29	M40	Newbridge A.C.
121	19	515	Gerald WALSH	00:34:23	M40	Clonliffe Harriers A.C.
123	20	482	Owen ROBINSON	00:34:36	M40	Metro/St. Brigid's A.C.
135	21	397	Keith LENNON	00:35:02	M40	St. L. O'Toole A.C.
143	22	107	Enda CLARKE	00:35:56	M40	Crusaders A.C.
147	23	75	Anthony DUNNE	00:36:13	M40	Brothers Pearse A.C.

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151	24	295	Peter BROSNAN	00:36:46	M40	Lusk A.C.
153	25	356	John HAIGNEY	00:36:50	M40	Moynalty A.C.
177	26	489	Robert RYAN	00:39:26	M40	Coolock Running Club A.C.
178	27	357	Philip HANNA	00:39:35	M40	Civil Service Harriers A.C.
181	28	327	David DEVLIN	00:39:54	M40	D15 Running Club A.C.
189	29	177	Gregory LOWRY	00:40:29	M40	Coolock Running Club A.C.
196	30	284	Eric BANEHAM	00:43:24	M40	Coolock Running Club A.C.
200	31	92	Gary PURDUE	00:44:38	M40	Coolock Running Club A.C.
203	32	164	David MCHUGH	00:45:18	M40	Sportsworld A.C.
207	33	459	Greg O'FLAHERTY	00:46:54	M40	Coolock Running Club A.C.
214	34	503	Jason THOMPSON	00:48:04	M40	Ballymun A.C.
218	35	368	Damian HUTCHINSON	00:50:44	M40	Dublin Front Runners A.C.
223	36	307	Kevin CADWELL	00:51:25	M40	Coolock Running Club A.C.
225	37	1	Francis FAY	00:55:29	M40	Cilles A.C.
229	38	432	Stephen MONKS	01:02:17	M40	D15 Running Club A.C.

Place	Cat Pos.	Bib	Name	Gross Time	Age Cat	Club
13	1	498	Paul SMITH	00:26:40	M45	Drogheda and District A.C.
21	2	83	Gavin MCGLINCHEY	00:27:03	M45	City of Derry Spartans
35	3	319	Colin COYNE	00:28:07	M45	St Abbans A.C.
53	4	351	Derek GILMARTIN	00:29:07	M45	Celbridge A.C.
64	5	186	Wesley NOLAN	00:29:37	M45	Metro/St. Brigid's A.C.
73	6	342	Gavan FARRELL	00:30:07	M45	Skerries A.C.
76	7	245	Mark RADLEY	00:30:29	M45	West Waterford A.C.
88	8	221	Eamon SPILLANE	00:31:33	M45	Dundrum South Dublin A.C.
90	9	381	Owen KELLY	00:31:35	M45	Blackrock (Dublin) A.C.
96	10	393	Jacek LATALA	00:32:09	M45	Lucan Harriers A.C.
101	11	456	Eoin O'BRIEN	00:32:34	M45	Sportsworld A.C.
107	12	53	Robert NAIK	00:33:04	M45	Metro/St. Brigid's A.C.
118	13	241	Steven LOUGHLIN	00:34:15	M45	Newbridge A.C.
124	14	458	Fearghal O'CONNOR	00:34:40	M45	Tallaght A.C.
141	15	426	Darren MEIKLE	00:35:51	M45	Raheny Shamrock A.C.
152	16	395	Neal LEDDY	00:36:50	M45	Marathon Club Ireland A.C.

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159	17	367	Vikash HURRY	00:37:32	M45	Dunleer A.C.
162	18	285	David BEGGAN	00:38:02	M45	Lusk A.C.
176	19	369	Aleksei IVANOV	00:39:23	M45	Bray Runners A.C.
182	20	183	Tomas AHERN	00:39:58	M45	Drogheda and District A.C.
187	21	312	Andre CAVANAGH	00:40:21	M45	LOVE2RUN A.C.
191	22	398	Keiron LEWIS	00:40:34	M45	North Clondalkin Running Club A.C.
197	23	179	Robert DEVEREUX	00:43:32	M45	Dublin Front Runners A.C.
206	24	513	Michael WALLS	00:46:18	M45	Skerries A.C.
219	25	95	Gerard BOSHELL	00:50:50	M45	Coolock Running Club A.C.
226	26	180	Stephen DOWNEY	00:58:01	M45	LOVE2RUN A.C.

Place	Cat Pos.	Bib	Name	Gross Time	Age Cat	Club
19	1	338	Stephen DUNCAN	00:26:56	M50	Omagh Harriers
22	2	412	Ciaran MCCARTHY	00:27:12	M50	Raheny Shamrock A.C.
23	3	194	Liam O'CONNOR	00:27:15	M50	Grange/Fermoy A.C.
29	4	418	Martin MCKENNA	00:27:31	M50	Armagh AC
38	5	424	Seamus MCSWEENEY	00:28:15	M50	Grange/Fermoy A.C.
41	6	289	Liam BRADLEY	00:28:20	M50	Inishowen A.C.
44	7	52	Kenny MCANDREW	00:28:33	M50	Metro/St. Brigid's A.C.
45	8	388	Terry KEOGH	00:28:40	M50	Raheny Shamrock A.C.
49	9	306	Peter BYRNE	00:28:52	M50	Omagh Harriers
50	10	225	Johnny O'SULLIVAN	00:28:57	M50	Grange/Fermoy A.C.
51	11	71	Trevor SWEENEY	00:29:05	M50	Sportsworld A.C.
57	12	380	Brian KELLY	00:29:25	M50	Raheny Shamrock A.C.
62	13	124	John MURPHY	00:29:33	M50	Grange/Fermoy A.C.
63	14	529	Gerard GAVIN	00:29:37	M50	Mullingar Harriers A.C.
69	15	495	Dermot SHIELS	00:29:55	M50	Rathfarnham W.S.A.F. A.C.
72	16	430	Aidan MOLLOY	00:30:06	M50	Omagh Harriers
78	17	415	Barry MCELDUFF	00:30:45	M50	Omagh Harriers
79	18	140	Marty MCDERMOTT	00:31:04	M50	Omagh Harriers
82	19	215	Paul MCDONNELL	00:31:11	M50	Blackrock (Dublin) A.C.
95	20	282	Paul BALFE	00:32:05	M50	Liffey Valley A.C.
97	21	237	Keith FLEMING	00:32:15	M50	Raheny Shamrock A.C.

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103	22	70	Karl SHEVLIN	00:32:41	M50	Sportsworld A.C.
109	23	125	Niall MCGEE	00:33:15	M50	Inishowen A.C.
110	24	491	Gerry SCHLEY	00:33:25	M50	Tallaght A.C.
115	25	542	Owen MCKINNEY	00:33:53	M50	Inishowen A.C.
117	26	74	Alan CONROY	00:34:09	M50	Brothers Pearse A.C.
126	27	340	Andrew EUSTACE	00:34:43	M50	Clonliffe Harriers A.C.
132	28	126	Michael J. O'NEILL	00:35:00	M50	Kilcoole A.C.
137	29	116	Karl BINGHAM	00:35:14	M50	Dublin Bay Running A.C.
139	30	402	Antonio LORENTE MENDEZ	00:35:20	M50	Liffey Valley A.C.
142	31	184	Andrew HANNEY	00:35:53	M50	Kilcoole A.C.
144	32	352	John GLEESON	00:35:56	M50	Donore Harriers A.C.
145	33	111	Paul NUNAN	00:36:01	M50	Donore Harriers A.C.
150	34	316	Andrew CONNOLLY	00:36:33	M50	Dunboyne A.C.
160	35	11	Mark DEVINE	00:37:34	M50	Donore Harriers A.C.
170	36	335	Peter DOYLE	00:38:44	M50	Clane A.C.
188	37	386	Colin KENNY	00:40:25	M50	Sportsworld A.C.
199	38	344	Gerard FAY	00:44:35	M50	Raheny Shamrock A.C.

Place	Cat Pos.	Bib	Name	Gross Time	Age Cat	Club
33	1	419	Pauric MCKINNEY	00:27:49	M55	Inishowen A.C.
46	2	422	Martin MCLUCAS	00:28:46	M55	Inishowen A.C.
48	3	154	Kevin THOMPSON	00:28:50	M55	Skerries A.C.
56	4	414	Patrick MCCRORY	00:29:21	M55	Omagh Harriers
61	5	110	Peter GAFFNEY	00:29:32	M55	Donore Harriers A.C.
65	6	445	Colm MURRAY	00:29:45	M55	Rathfarnham W.S.A.F. A.C.
84	7	427	Seanie MEYLER	00:31:18	M55	Omagh Harriers
89	8	167	Gerry DORE	00:31:34	M55	Tallaght A.C.
98	9	442	Stephen MURPHY	00:32:17	M55	Newbridge A.C.
108	10	299	Aengus BURKE	00:33:11	M55	Portlaoise A.C.
116	11	396	Anthony LEE	00:34:07	M55	Raheny Shamrock A.C.
122	12	535	Liam MCGLYNN	00:34:27	M55	Mullingar Harriers A.C.
125	13	341	Alan FAIRBROTHER	00:34:41	M55	Brothers Pearse A.C.
128	14	378	Michael KEHOE	00:34:46	M55	Raheny Shamrock A.C.

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136	15	170	Joe PEPPER	00:35:10	M55	Tallaght A.C.
146	16	90	Joseph FOWLER	00:36:08	M55	Clonliffe Harriers A.C.
148	17	296	Neil BROWN	00:36:27	M55	Crusaders A.C.
154	18	433	Robbie MOORE	00:36:51	M55	Crusaders A.C.
155	19	1320	Niall BUCKLEY	00:36:53	M55	Raheny Shamrock A.C.
161	20	47	Hari MENON	00:37:39	M55	Kilcoole A.C.
166	21	545	Jim BROWNE	00:38:29	M55	Sportsworld A.C.
168	22	472	Malcolm PRINCE	00:38:38	M55	Liffey Valley A.C.
169	23	280	Brendan ATKINS	00:38:39	M55	Raheny Shamrock A.C.
190	24	97	Paul WHITE	00:40:32	M55	Coolock Running Club A.C.
192	25	279	Mark ARNOLD	00:41:03	M55	Scrabo Striders
198	26	96	Tom CASSIDY	00:43:55	M55	Coolock Running Club A.C.
210	27	372	Christopher JONES	00:47:15	M55	Brothers Pearse A.C.
212	28	405	Desmond LYONS	00:47:48	M55	Raheny Shamrock A.C.
40	1	366	Tommy HUGHES	00:28:18	M60	Strive Racing Club
59	2	449	Eddie NEWMAN	00:29:29	M60	Mullingar Harriers A.C.
77	3	13	Willie O'DONOGHUE	00:30:31	M60	Mooreabbey Milers A.C.
94	4	406	Barry MACKEY	00:31:54	M60	Letterkenny A.C.
104	5	64	Martin KELLY	00:32:42	M60	Rathfarnham W.S.A.F. A.C.
127	6	149	Ken DOYLE	00:34:45	M60	Raheny Shamrock A.C.
131	7	21	Aidan MCGRATH	00:35:00	M60	Ballymun A.C.
163	8	447	Sreedevan NAIR	00:38:05	M60	Blackrock (Dublin) A.C.
204	9	87	Anthony O'BRIEN	00:45:43	M60	Clonliffe Harriers A.C.
224	10	468	John O'ROURKE	00:53:17	M60	Celbridge A.C.
231	11	512	Matt WADE	01:05:38	M60	Raheny Shamrock A.C.
234	12	196	Patrick O'CALLAGHAN	01:37:58	M60	Blackrock (Dublin) A.C.

Place	Cat Pos.	Bib	Name	Gross Time	Age Cat	Club
83	1	66	Norman MAWHINNEY	00:31:14	M65	Scrabo Striders
92	2	187	Tom CUDDY	00:31:42	M65	Rathfarnham W.S.A.F. A.C.
113	3	514	Michael WALSH	00:33:38	M65	Brothers Pearse A.C.
114	4	6	Mattie COLEMAN	00:33:44	M65	Ballina A.C.
119	5	328	Eugene DOHERTY	00:34:15	M65	Sliabh Bhuide Rovers A.C.

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164	6	519	Gerry WOODS	00:38:07	M65	Tallaght A.C.
167	7	530	Tony KYNES	00:38:36	M65	Donore Harriers A.C.
172	8	38	Kenneth CRONIN	00:39:05	M65	Donore Harriers A.C.
180	9	69	Denis(Danny) GREEN	00:39:49	M65	Sli Cualann A.C.
202	10	114	Hugh MCDONNELL	00:45:17	M65	Drogheda and District A.C.
217	11	2	Liam MYCROFT	00:50:05	M65	Athenry A.C.

Place	Cat Pos.	Bib	Name	Gross Time	Age Cat	Club
134	1	389	Martin KERR	00:35:02	M70+	Milford A.C.
156	2	12	Brian MCGRATH	00:37:03	M70+	Le Chéile A.C.
195	3	222	Joe COOPER	00:43:22	M70+	Liffey Valley A.C.
205	4	208	Philip MAGNIER	00:46:10	M70+	Athenry A.C.
183	5	129	Pat COLLINS	00:39:59	M70+	Liffey Valley A.C.
184	6	479	Paddy REILLY	00:40:05	M70+	Liffey Valley A.C.
186	7	37	Barry POTTS	00:40:16	M70+	Donore Harriers A.C.
194	8	4	Albert KEENAN	00:42:34	M70+	Newbridge A.C.
221	9	162	Trevor LLOYD	00:51:25	M70+	Sportsworld A.C.
233	10	209	Martin KEANE	01:14:33	M70+	Athenry A.C.