

ESB X Country 5k Results

Jan 5 2020



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Next race: [Dupont FMC 5k](#)

Sun Jan 12 at 11am

AGM is Thurs Jan 8 - 8pm - Ambassador Hotel

The course was measured and marked by Jones Counter

| Men | | | Women | |
|-------------------------|--------------------|--|-------------|-----------------------|
| 1 | Sean Mggrath | | 1 | Grainne O'Donnell |
| 2 | Shane Cooney | | 2 | Jennifer Goggin Walsh |
| 3 | Patrick Roche | | 3 | Linda O Connor |
| | | | | |
| | | | | |
| Category Winners | | | | |
| | | | 0/35 | |
| | | | | 1 Anna Matilainen |
| | | | | 2 Mary Casey |
| | | | | 3 Karen O'Leary |
| 0/40 | | | 0/40 | |
| 1 | Feargal O'Shea | | 1 | Siobhan Hoare |
| 2 | Tobi Grab | | 2 | Siobhan Holland |
| 3 | Trevor Collins | | 3 | Olga O'Sullivan |
| | | | | |
| 0/45 | | | 0/45 | |
| 1 | Stephen Geoghegan | | 1 | Mary O Connell |
| 2 | Cathal Prior | | 2 | Marie-Therese Brady |
| 3 | Shane O Rourke | | 3 | Rachael O'Callaghan |
| | | | | |
| 0/50 | | | 0/50 | |
| 1 | Kieran Crowley | | 1 | Colette Ryan |
| 2 | Andre Brodkorb | | 2 | Celia O'Regan |
| 3 | Padraig Sheahan | | 3 | Yvonne Gough |
| | | | | |
| 0/55 | | | 0/55 | |
| 1 | John Cashman | | 1 | Joan Ennis |
| 2 | Martin Lynch | | 2 | Mary Sweeney |
| 3 | Mark Bulman | | 3 | Aine Murphy |
| | | | | |
| 0/60 | | | 0/60 | |
| 1 | Neilus Aherne | | 1 | Betty O'Riordan |
| 2 | Ken Carey | | 2 | Felicity Dawson |
| 3 | Denis Carroll | | 3 | Kay Birch |
| | | | | |
| 0/65 | | | 0/65 | |
| 1 | Joe Gough | | 1 | Marion Lyons |
| 2 | Chris Carroll | | 2 | Kathleen O'Connell |
| 3 | Andrew O'Farrell | | 3 | |
| | | | | |
| 0/70 | | | | |
| 1 | Richard Piotrowski | | | |
| 2 | Ken Higgs | | | |
| 3 | Paddy Gyves | | | |
| | | | | |
| 0/75 | | | | |
| 1 | John O'Leary | | | |

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| Pos | Name | Cat | Prize | Time | Company | Team |
|-----|-----------------------|-------|--------|----------|------------------------------|-------|
| 1 | Sean Mgrath | | M1 | 00:18:36 | S M G Garden Maintenance | |
| 2 | Shane Cooney | 0/40A | M2 | 00:19:0 | PM Group | |
| 3 | Patrick Roche | 0/40A | M3 | 00:19:09 | Surehaul Renault-Trucks | |
| 4 | Feargal O'Shea | 0/40A | 0/40A1 | 00:19:43 | Musgrave | M-A-2 |
| 5 | Dylan Kennedy | | | 00:19:57 | Temp Reg | |
| 6 | John Moloney | | | 00:19:59 | Temp Reg | |
| 7 | Conrad Daly | | | 00:20:03 | Cork County Council | |
| 8 | Kieran Crowley | 0/50C | 0/50C1 | 00:20:07 | Janssen | M-A-3 |
| 9 | Tobi Grab | 0/40A | 0/40A2 | 00:20:12 | Apple | M-A-1 |
| 10 | Owen Dywer | | | 00:20:13 | Temp Reg | |
| 11 | Alex Barry | | | 00:20:24 | Temp Reg | |
| 12 | Grainne O'Donnell | 0/35H | F1 | 00:20:54 | Kumon Douglas | |
| 13 | Jennifer Goggin Walsh | 0/35H | F2 | 00:21:01 | Novartis | F-A-1 |
| 14 | Martin Collier | | | 00:21:13 | Temp Reg | |
| 15 | Trevor Collins | 0/40A | 0/40A3 | 00:21:20 | VMware | |
| 16 | Andre Brodkorb | 0/50C | 0/50C2 | 00:21:22 | Brodkorb | |
| 17 | Joe Gough | 0/65F | 0/65F1 | 00:21:25 | Mileeven Ltd | |
| 18 | Thomas Munsela | | | 00:21:27 | Temp Reg | |
| 19 | Gerard Geary | | | 00:21:31 | Fota Collection | |
| 20 | John O'Mahoney | | | 00:21:33 | VMware | |
| 21 | Stephen Geoghegan | 0/45B | 0/45B1 | 00:21:35 | Dell-EMC | M-B-1 |
| 22 | Neilus Aherne | 0/60E | 0/60E1 | 00:21:37 | Midleton Town Council | M-B-3 |
| 23 | Padraig Sheahan | 0/50C | 0/50C3 | 00:21:39 | DCP Plastics Ltd | |
| 24 | Ivan Sheehan | | | 00:21:41 | Temp Reg | |
| 25 | Henry Millwood | | | 00:21:43 | Temp Reg | |
| 26 | Cathal Prior | 0/45B | 0/45B2 | 00:21:45 | Eli Lilly | |
| 27 | Michael Colohan | | | 00:21:48 | Army | |
| 28 | Edward O'Mahoney | 0/40A | | 00:21:51 | CBC staff | |
| 29 | Bryan Gallwey | | | 00:22:06 | Eli Lilly | |
| 30 | Linda O Connor | 0/45J | F3 | 00:22:09 | Musgrave | F-A-2 |
| 31 | David Tipping | 0/40A | | 00:22:11 | Apple | M-A-1 |
| 32 | Lorna Wolfe | | | 00:22:12 | Joyce Wolfe Physiotherapy | |
| 33 | Eoin Cashman | | | 00:22:16 | Temp Reg | |
| 34 | John Cashman | 0/55D | 0/55D1 | 00:22:22 | Flanagan Print | |
| 35 | Ben Leahy | | | 00:22:24 | Temp Reg | |
| 36 | Mick Connern | 0/40A | | 00:22:26 | Pat Hennerty Office Supplies | |
| 37 | Richard Hawkins | 0/50C | | 00:22:28 | Janssen | M-A-3 |
| 38 | John Kissane | 0/50C | | 00:22:40 | UCC | M-B-2 |
| 39 | Paul Hutchinson | 0/40A | | 00:22:44 | Bearing Point | |
| 40 | Alan McGuinness | 0/50C | | 00:22:45 | Depuy Synthes | |
| 41 | Joan Ennis | 0/55L | 0/55L1 | 00:22:48 | Avondhu MF | |
| 42 | Conor Finn | | | 00:22:52 | Temp Reg | |
| 43 | Brendan Hallisey | 0/40A | | 00:22:55 | ESB | |
| 44 | Martin Lynch | 0/55D | 0/55D2 | 00:22:57 | Boston Scientific | |
| 45 | Steve O'Connell | | | 00:22:58 | Temp Reg | |
| 46 | Niall O'Donovan | | | 00:23:02 | Temp Reg | |
| 47 | Catrena Santry | | | 00:23:04 | Temp Reg | |
| 48 | Denis Carroll | | | 00:23:12 | Temp Reg | |
| 49 | Padraig Mahon | | | 00:23:19 | Temp Reg | |
| 50 | Ger O'Regan | 0/50C | | 00:23:22 | Midleton Town Council | M-B-3 |
| 51 | Dave Sheehan | | | 00:23:23 | Musgrave | M-A-2 |
| 52 | Shane O Rourke | 0/45B | 0/45B3 | 00:23:24 | CIT | M-C-2 |
| 53 | Brieuc Penault | | | 00:23:25 | Apple | M-A-1 |
| 54 | Diarmuid Kennelly | | | 00:23:29 | Depuy Synthes | |
| 55 | Siobhan Hoare | 0/40I | 0/40I1 | 00:23:31 | Bon Secours | |
| 56 | Richard Piotrowski | 0/70G | 0/70G1 | 00:23:34 | The Edge Sports Shop | |
| 57 | Mark Bulman | 0/55D | 0/55D3 | 00:23:35 | Army | |
| 58 | Colm Lehane | | | 00:23:35 | Temp Reg | |
| 59 | Graham Bickerstaffe | 0/45B | | 00:23:35 | Cork Bearing Co. | |
| 60 | SEan Lyons | | | 00:23:42 | Temp Reg | |
| 61 | Ruairi O'Brien | | | 00:23:43 | Musgrave | M-A-2 |
| 62 | John Casey | 0/55D | | 00:23:47 | Permanent Tsb | |
| 63 | Ken Carey | 0/60E | 0/60E2 | 00:23:53 | Carey Tools | |
| 64 | Dermot Gallagher | | | 00:23:55 | Novartis | |
| 65 | Pedro Nova | | | 00:24:01 | Temp Reg | |
| 66 | John Santry | | | 00:24:02 | Dell-EMC | M-B-1 |
| 67 | Denis Carroll | 0/60E | 0/60E3 | 00:24:02 | Blarney Woolen Mills | |

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| | | | | | | |
|-----|--------------------------|-------|--------|----------|---------------------------|-------|
| 68 | Adil Cahit Ansaroglu | | | 00:24:04 | Apple | M-C-1 |
| 69 | Sven Winubst | 0/40A | | 00:24:10 | Apple | M-C-1 |
| 70 | Cian O'Connor | | | 00:24:12 | Temp Reg | |
| 71 | Michael Óg Manley | | | 00:24:13 | Breastcheck | |
| 72 | Cian Quigley | | | 00:24:14 | Dept of Ed | M-B-2 |
| 73 | Anna Matilainen | 0/35H | 0/35H1 | 00:24:16 | Apple | F-C-1 |
| 74 | Pat Dalton | | | 00:24:20 | Temp Reg | |
| 75 | Vincent Groarke | 0/50C | | 00:24:23 | Analog Devices | |
| 76 | Michael Daly | 0/45B | | 00:24:25 | Navy | |
| 77 | Denis Cogan | | | 00:24:30 | Temp Reg | |
| 78 | Richie Fitzgerald | 0/45B | | 00:24:32 | Murphys Rock | |
| 79 | Siobhan Holland | 0/40I | 0/40I2 | 00:24:34 | Novartis | F-A-1 |
| 80 | Pat Fogarty | 0/55D | | 00:24:37 | ESB | |
| 81 | Darragh Kiely | | | 00:24:43 | Dell-EMC | M-B-1 |
| 82 | Krystian Waligra | | | 00:24:46 | Temp Reg | |
| 83 | Jack Moore | | | 00:24:47 | Temp Reg | |
| 84 | Kieran O'Sullivan | | | 00:24:49 | Itron Management Services | |
| 85 | Mary Sweeney | 0/55L | 0/55L2 | 00:24:50 | Fit4Life | F-B-1 |
| 86 | Eddie O'Regan | 0/60E | | 00:24:51 | Janssen | M-A-3 |
| 87 | Ken Higgs | 0/70G | 0/70G2 | 00:24:54 | UCC | M-B-2 |
| 88 | Thomas Norris | | | 00:24:55 | Solarwinds | |
| 89 | Pat Murphy | 0/60E | | 00:24:55 | UCC | M-B-2 |
| 90 | Michael Naughton | 0/50C | | 00:24:56 | Community Centre | |
| 91 | Tom Hannon | 0/60E | | 00:25:01 | UCC | |
| 92 | Glen Lacey | 0/55D | | 00:25:08 | Musgrave | M-C-3 |
| 93 | Paul Healy | 0/45B | | 00:25:13 | Simply Suits | |
| 94 | Boris Deswart | | | 00:25:21 | Temp Reg | |
| 95 | Colm Menton | 0/45B | | 00:25:23 | CIT | M-C-2 |
| 96 | Trevor Moore | 0/40A | | 00:25:23 | Musgrave | M-C-3 |
| 97 | Richard Bourke | 0/40A | | 00:25:26 | Musgrave | M-C-3 |
| 98 | Jason O'Mahony | | | 00:25:30 | Dell-EMC | |
| 99 | Ger Enright | 0/50C | | 00:25:35 | Musgrave | |
| 100 | Paddy Rogers | 0/50C | | 00:25:39 | Pfizer | |
| 101 | Olga O'Sullivan | 0/40I | 0/40I3 | 00:25:40 | Dell-EMC | |
| 102 | Norman Allen | | | 00:25:41 | Temp Reg | |
| 103 | Bran McCarthy | | | 00:25:45 | Temp Reg | |
| 104 | Tony O'Brien | 0/55D | | 00:25:51 | Dept of Ed | M-B-2 |
| 105 | Brendan Deane | 0/50C | | 00:25:57 | CIT | M-C-2 |
| 106 | Yücel Erol | 0/45B | | 00:26:05 | Apple | M-C-1 |
| 107 | Chris Carroll | 0/65F | 0/65F2 | 00:26:09 | HSE | |
| 108 | Camile Bouhier | | | 00:26:14 | Temp Reg | |
| 109 | Colin Murphy | 0/45B | | 00:26:20 | Legal IT | |
| 110 | Andrew O'Farrell | 0/65F | 0/65F3 | 00:26:21 | Pfizer | |
| 111 | Colm Herlihy | 0/40A | | 00:26:22 | Cork Mental Health | |
| 112 | John Morrissey | 0/50C | | 00:26:26 | UCC | |
| 113 | Patrick Murphy | 0/50C | | 00:26:31 | Navy | |
| 114 | Rose Lapierre | | | 00:26:33 | Temp Reg | |
| 115 | Ronan Todd | 0/40A | | 00:26:34 | CPO | |
| 116 | David Hurley | 0/45B | | 00:26:35 | Musgrave | |
| 117 | Walter Higgins | 0/45B | | 00:26:38 | IBM | |
| 118 | Mary O Connell | 0/45J | 0/45J1 | 00:26:39 | CPO | F-C-2 |
| 119 | Marie-Therese Brady | 0/45J | 0/45J2 | 00:26:40 | Pfizer | |
| 120 | Iolo Pearse | | | 00:26:41 | Complete Financial | |
| 121 | Mick Dooley | 0/50C | | 00:26:46 | CPO | |
| 122 | Alan O'Halloran | | | 00:26:49 | Dell-EMC | |
| 123 | Don Ryan | | | 00:26:53 | Temp Reg | |
| 124 | Denis O'Regan | | | 00:26:54 | Temp Reg | |
| 125 | Michael Comyns | 0/50C | | 00:26:58 | Cork Garda | |
| 126 | Seamus Cahill | 0/55D | | 00:27:02 | CPO | |
| 127 | Dario Giuliano | 0/40A | | 00:27:04 | Apple | |
| 128 | Aine Murphy | 0/55L | 0/55L3 | 00:27:10 | UCC | |
| 129 | Kitty Harrington Buckley | 0/55L | | 00:27:20 | HSE | F-B-2 |
| 130 | Rachael O'Callaghan | 0/45J | 0/45J3 | 00:27:24 | Cork Shops | |
| 131 | Paul Maccotter | 0/60E | | 00:27:34 | UCC | |
| 132 | James Spillane | 0/40A | | 00:27:37 | Logitech | |
| 133 | Martin Butler | | | 00:27:39 | Temp Reg | |
| 134 | Mary Histin De Barra | | | 00:27:43 | Temp Reg | |
| 135 | Batt Kearney | 0/60E | | 00:27:47 | Blarney Woolen Mills | |

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| | | | | | | |
|-----|----------------------|-------|--------|----------|------------------------|-------|
| 136 | J J Casey | 0/60E | | 00:27:52 | An Post/Eir | |
| 137 | Antony Neal | 0/50C | | 00:27:53 | CIT | |
| 138 | Richard English | | | 00:27:55 | Temp Reg | |
| 139 | Andrew Geaney | 0/60E | | 00:27:57 | Apple | |
| 140 | Niamh Sheehan | | | 00:28:05 | Complete Financial | |
| 141 | Olga O'Loughlin | 0/40I | | 00:28:11 | Musgrave | F-A-2 |
| 142 | Joe O'Loughlin | 0/45B | | 00:28:12 | Musgrave | |
| 143 | Dermot O'Sullivan | | | 00:28:15 | Temp Reg | |
| 144 | Marco Cosenza | 0/45B | | 00:28:19 | Apple | |
| 145 | Vince Gallagher | 0/45B | | 00:28:20 | Phelans Pharmacy | |
| 146 | John O'Driscoll | 0/60E | | 00:28:26 | FAS | |
| 147 | Cillian Moran | | | 00:28:41 | Temp Reg | |
| 148 | Paul O'Rourke | | | 00:28:44 | Temp Reg | |
| 149 | Barrie Drennan | 0/60E | | 00:28:46 | Amarex | |
| 150 | Mary Casey | 0/35H | 0/35H2 | 00:28:48 | Logitech | |
| 151 | Donie O'Connell | 0/65F | | 00:28:58 | Midleton Town Council | M-B-3 |
| 152 | Donal Fennessey | | | 00:29:04 | Temp Reg | |
| 153 | Paddy Gyves | 0/70G | 0/70G3 | 00:29:07 | Itw Hi-Cone | |
| 154 | Olive McCarthy | 0/45J | | 00:29:16 | UCC | |
| 155 | Shane Carew | 0/40A | | 00:29:28 | Cork Mental Health | |
| 156 | Kieran Stone | | | 00:29:37 | Temp Reg | |
| 157 | Tom Desmond | | | 00:29:38 | Temp Reg | |
| 158 | Nora Flynn | 0/55L | | 00:29:43 | CPO | F-C-2 |
| 159 | Dan Metzger | 0/45B | | 00:29:50 | Apple | |
| 160 | Betty O'Riordan | 0/60M | 0/60M1 | 00:29:51 | The Movement Macroom | |
| 161 | John Hayes | 0/60E | | 00:29:55 | FAS | |
| 162 | Ian O'Brien | 0/45B | | 00:30:01 | Mondelez | |
| 163 | Colette Ryan | 0/50K | 0/50K1 | 00:30:04 | Douglas Meet and Train | |
| 164 | Philip Bunney | | | 00:30:09 | Temp Reg | |
| 165 | Celia O'Regan | 0/50K | 0/50K2 | 00:30:12 | HSE | F-B-2 |
| 166 | Patrick Fitzgibbon | 0/65F | | 00:30:15 | Dept of Ed | M-B-2 |
| 167 | Mary O'Halloran | 0/45J | | 00:30:16 | Complete Financial | |
| 168 | Sharyn O'Callaghan | 0/45J | | 00:30:17 | Cork Shops | |
| 169 | Joe Salvini | | | 00:30:20 | Temp Reg | |
| 170 | Sean Coen | 0/55D | | 00:30:32 | Musgrave | |
| 171 | John O'Leary | 0/70G | | 00:30:34 | Bookdeal | |
| 172 | Marion Lyons | 0/65N | 0/65N1 | 00:30:35 | Fit4Life | F-B-1 |
| 173 | Mary Mulcahy | 0/55L | | 00:30:38 | Bank of Ireland | |
| 174 | John O'Callaghan | 0/50C | | 00:30:46 | Complete Financial | |
| 175 | Laura Holland | 0/40I | | 00:30:48 | Apple | F-C-1 |
| 176 | Claire Lomasney | | | 00:30:52 | Temp Reg | |
| 177 | Elaine Moore | 0/40I | | 00:30:55 | Musgrave | |
| 178 | Karen O'Leary | 0/35H | 0/35H3 | 00:31:11 | Cork Mental Health | |
| 179 | Michael Coakley | 0/55D | | 00:31:18 | Cork County Council | |
| 180 | Yvonne Gough | 0/50K | 0/50K3 | 00:31:20 | Pfizer | |
| 181 | Bernard Sisk | 0/70G | | 00:31:24 | Sisk Builders | |
| 182 | Mike Dorley | 0/40A | | 00:31:37 | Midleton Town Council | |
| 183 | Kevin Mulcahy | | | 00:31:39 | Temp Reg | |
| 184 | Maretta Brennan | 0/50K | | 00:31:42 | CIT | |
| 185 | Margaret Murphy | 0/50K | | 00:31:44 | Complete Financial | |
| 186 | Clare Forde | 0/35H | | 00:31:46 | Fota Collection | |
| 187 | Niall King | | | 00:31:56 | Solarwinds | |
| 188 | Paul McSweeney | 0/50C | | 00:31:58 | Fota Collection | |
| 189 | Mick Travers | 0/55D | | 00:32:21 | Bus Eireann | |
| 190 | Fiona Shine | 0/50K | | 00:32:47 | MSC | |
| 191 | Jean Cotter | | | 00:33:14 | G.E. Healthcare | |
| 192 | Brian Flaherty | 0/40A | | 00:33:22 | Musgrave | |
| 193 | Cian Kiely | | | 00:33:39 | Temp Reg | |
| 194 | Felicity Dawson | 0/60M | 0/60M2 | 00:33:42 | The Movement Macroom | |
| 195 | Stephen O'Keffee | | | 00:34:24 | Temp Reg | |
| 196 | Kay Birch | 0/60M | 0/60M3 | 00:34:41 | CSO | |
| 197 | Finbarr Kiely | 0/55D | | 00:34:43 | HSE | |
| 198 | Michael Van Der Poel | 0/60E | | 00:34:45 | Apple | |
| 199 | Eleanor Baldwin | 0/50K | | 00:34:54 | CIT | |
| 200 | Geraldine Curtin | 0/60M | | 00:35:0 | Eureka Army Surplus | |
| 201 | Jim O'Callaghan | 0/60E | | 00:36:55 | O'Callaghan Plastering | |
| 202 | Noreen O'Callaghan | | | 00:36:55 | Temp Reg | |
| 203 | Kathleen O'Connell | 0/65N | 0/65N2 | 00:36:56 | Midleton Town Council | |

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|-----|--------------|-------|----------|------------|--|
| 204 | Denis Condon | 0/65F | 00:36:56 | Condon | |
| 205 | Mary Toher | 0/60M | 00:52:20 | Dept of Ed | |
| | | | | | |