

# Cork Mental Health 5k Results

Nov 20 2022



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Next race: [Cork Simon Turkey Trot](#)

Sun Dec 18 at 11am. **Dress up!**

*The course was measured and marked by Jones Counter courtesy of Kevin Cummins (A.A.I. Certified course measurer)*

Men			Women	
1	John Meade		1	Hannah Steeds
2	Eric Curran		2	Carol Finn
3	Barry Twohig		3	Meadhbh Moynihan
<b>Category Winners</b>				
			<b>0/35</b>	
			1	Suzanne Alcock
			2	Geraldine Hartnett
			3	Yan Zhang
<b>0/40</b>			<b>0/40</b>	
1	Brian Murphy		1	Irene Eighan
2	Nick Hogan		2	Karina Murphy
3	Paul Cashman		3	Margaret Hegarty
<b>0/45</b>			<b>0/45</b>	
1	Finbar O'Dwyer		1	Gwen Conroy
2	Tim O'Connor		2	Siobhan Holland
3	Alfie Davis		3	Elaine Guinane
<b>0/50</b>			<b>0/50</b>	
1	Stephen Geoghegan		1	Linda O' Sullivan
2	Ger O'Regan		2	Sheila Magorrian
3	Enda Kiernan		3	Fiona Downey
<b>0/55</b>			<b>0/55</b>	
1	Cathal O'Connell		1	Mary Buckley
2	Thomas Fox		2	Colette Ryan
3	Liam Murphy		3	Maretta Brennan
<b>0/60</b>			<b>0/60</b>	
1	Martin Lynch		1	Mary Sweeney
2	Edmond O'Sullivan		2	Frances O'Connor
3	Mike McGrath		3	Amanda Cooney
<b>0/65</b>			<b>0/65</b>	
1	Michael Murphy		1	Marion Lyons
2	Bob Anglin		2	
3	Willie O'Riordan		3	
<b>0/70</b>				
1	Bernard Sisk			
2				
3				
<b>W/C</b>				
1	Jerry Forde			



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Pos	Name	Cat	Prize	Time	Company	Team
1	Joe Cocoman			00:15:42	Temp Reg	
2	John Meade	0/40A	M1	00:15:44	Dept of Ed	
3	Eric Curran		M2	00:15:46	Merck	
4	Barry Twohig	0/40A	M3	00:16:08	Emerald Fencing	
5	Brian Murphy	0/40A	0/40A1	00:16:15	OpenText	
6	Barry Meade			00:16:22	Temp Reg	
7	Nick Hogan	0/40A	0/40A2	00:16:25	UCC	M-A-1
8	Paul Cashman	0/40A	0/40A3	00:16:28	Douglas Credit Union	
9	Peter Hanrahan			00:16:30	Temp Reg	
10	James Grufferty	0/40A		00:16:34	Glanmire Medical Centre	
11	Maurice Feehan			00:16:36	Ervia	M-A-2
12	Finbar O'Dwyer	0/45B	0/45B1	00:16:44	CPO	M-C-3
13	Tim O'Connor	0/45B	0/45B2	00:16:48	Ervia	M-A-2
14	Alfie Davis	0/45B	0/45B3	00:16:52	UCC	M-A-1
15	David Buckley	0/40A		00:16:56	Stryker	
16	Steven Darby			00:17:01	MTU	M-B-1
17	Kate McDonald			00:17:03	Temp Reg	
18	Cathal O'Connell	0/55D	0/55D1	00:17:09	UCC	M-A-1
19	Hannah Steeds		F1	00:17:11	Eli Lilly	
20	Connor Mcrory	0/40A		00:17:12	Navy	
21	Sean Blackburn			00:17:14	Temp Reg	
22	Aaron Cahill			00:17:16	Ervia	M-A-2
23	Wislaw Sosnowski			00:17:23	Temp Reg	
24	Sheldon Kirkwood			00:17:43	MTU	M-B-1
25	Fiachra O'Connell			00:17:47	Temp Reg	
26	Tobi Grab	0/45B		00:17:51	Apple	M-C-2
27	David Kearney			00:18:06	Temp Reg	
28	Carol Finn		F2	00:18:08	Carol Finn Physical Therapy	
29	Ryall McCarthy			00:18:22	Temp Reg	
30	Damian Buttmer			00:18:23	Stryker	
31	Cathal Prior	0/45B		00:18:24	Eli Lilly	
32	Stephen Geoghegan	0/50C	0/50C1	00:18:26	Dell Technologies	M-C-1
33	Brian Ahern	0/45B		00:18:28	Cognex Irl Ltd	
34	Conor Casey	0/40A		00:18:29	Dell Technologies	M-C-1
35	Jason O'Mahony	0/40A		00:18:32	Dell Technologies	M-C-1
36	Meadhbh Moynihan		F3	00:18:32	Complete Financial	F-B-1
37	Thomas Fox	0/55D	0/55D2	00:18:34	Ronan Daly Jermyn Solicitors	
38	Linda O' Sullivan	0/50K	0/50K1	00:18:35	HSE	F-A-2
39	Martin Lynch	0/60E	0/60E1	00:18:43	Boston Scientific	
40	Aaron Kelly			00:18:44	Temp Reg	
41	Jack Kennedy			00:19:01	Temp Reg	
42	Ger O'Regan	0/50C	0/50C2	00:19:04	Midleton Collective	
43	Peter Morgan			00:19:05	Temp Reg	
44	Alan O'Sullivan			00:19:09	Red Hat Ltd	
45	Edmond O'Sullivan	0/60E	0/60E2	00:19:16	Midleton Collective	
46	Paul Cleary	0/45B		00:19:26	CPO	M-C-3
47	Michael O'Donoghue	0/40A		00:19:28	Trellix	
48	Irene Eighan	0/40I	0/40I1	00:19:30	Novartis	F-A-1
49	Mike McGrath	0/60E	0/60E3	00:19:32	MTU	M-B-1
50	Liam Murphy	0/55D	0/55D3	00:19:41	Pepsico	
51	Kieran O'Donoghue	0/40A		00:19:43	Valleyview Farm	
52	Karina Murphy	0/40I	0/40I2	00:19:49	PUNCH Consulting Engineers	
53	Ciaran Courtney	0/45B		00:19:50	Eli Lilly	
54	Jonathon Moriarty	0/40A		00:19:52	Apple	M-C-2
55	Michael Murphy	0/65F	0/65F1	00:19:54	Novartis	
56	Kieran Twomey	0/55D		00:19:59	John O'Connell & Co Accountants	
57	Sean O'Callaghan			00:20:02	Temp Reg	
58	Kieran Lynch	0/45B		00:20:04	Ervia	M-A-3
59	Damien O'Riordan			00:20:06	Fota Collection	
60	Paddy Coleman			00:20:09	Temp Reg	
61	Denis Browne	0/60E		00:20:13	Apple	M-C-2
62	Ken Dermody	0/40A		00:20:19	Janssen	
63	Enda Kiernan	0/50C	0/50C3	00:20:20	Cork County Council	
64	Suzanne Alcock	0/35H	0/35H1	00:20:22	Dept of Ed	
65	Donnacha Moynihan	0/55D		00:20:33	Complete Financial	
66	Joe O'Loughlin	0/50C		00:20:36	Musgrave	

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67	Gwen Conroy	0/45J	0/45J1	00:20:37	Musgrave	F-C-2
68	Dermot Gallagher	0/45B		00:20:40	Novartis	
69	Keith Buckley	0/40A		00:20:43	Avondhu MF	
70	Siobhan Holland	0/45J	0/45J2	00:20:44	Novartis	F-A-1
71	Geraldine Hartnett	0/35H	0/35H2	00:20:48	Avondhu MF	F-C-1
72	Mary Sweeney	0/60M	0/60M1	00:20:51	Fit4Life	F-B-2
73	Bob Anglin	0/65F	0/65F2	00:20:54	Navy	
74	Dario Giuliano	0/45B		00:21:08	Apple	
75	Margaret Hegarty	0/40I	0/40I3	00:21:09	UCC	
76	Michael Naughton	0/50C		00:21:14	CES	
77	Conor O'Donovan			00:21:21	Temp Reg	
78	Martin Hill	0/55D		00:21:30	MTU	
79	Adil Cahit Ansaroglu	0/40A		00:21:35	Apple	
80	Anthony Coughlan			00:21:36	Temp Reg	
81	Mary Buckley	0/55L	0/55L1	00:21:37	HSE	F-A-2
82	Stephen O'Brien			00:21:50	Temp Reg	
83	Ken Nyhan	0/45B		00:21:54	OpenText	
84	Stephen O'Connell			00:21:54	Temp Reg	
85	Denis Carroll	0/60E		00:21:56	Blarney Woolen Mills	
86	Grace Hunter	0/40I		00:21:56	SX Engineering	
87	Jason Lake			00:21:58	Temp Reg	
88	David Lynch	0/55D		00:21:59	MTU	
89	Sheila Magorrian	0/50K	0/50K2	00:22:02	Avondhu MF	F-C-1
90	Noel O'Connor	0/60E		00:22:03	Dell Technologies	
91	Ian O'Brien	0/45B		00:22:18	Mondelez	
92	Anthony Neal	0/50C		00:22:19	MTU	
93	Yvonne Sheahan	0/40I		00:22:22	Apex Funds	
94	Paul Healy	0/50C		00:22:23	Computer Data Source	
95	Ray Wallace			00:22:25	Temp Reg	
96	Fiona Downey	0/50K	0/50K3	00:22:30	MTU	
97	Patrick Ryan			00:22:35	Temp Reg	
98	Karen McHugh			00:22:35	Temp Reg	
99	Richard Gleeson	0/60E		00:22:36	Cork Mental Health	
100	Angeles Amoedo-Perez	0/50K		00:22:37	Cork Shops	
101	Donal O Donoghue	0/55D		00:22:37	TD-Synnex	
102	Tom O'Riordan	0/45B		00:22:37	Avoncourt Packaging	
103	Elaine Guinane	0/45J	0/45J3	00:22:41	Dept of Ed	
104	Brian Melican			00:22:42	Temp Reg	
105	Willie O'Riordan	0/65F	0/65F3	00:22:45	Army	
106	Alan Daly			00:22:48	Temp Reg	
107	Donal Fallon			00:23:03	Cork Mental Health	
108	Frank Keane			00:23:04	Temp Reg	
109	Glenn Lacey	0/60E		00:23:12	Musgrave	
110	Micheal Looney			00:23:15	Temp Reg	
111	Anne Wolfe	0/50K		00:23:19	Joyce Wolfe Physiotherapy	
112	Siobhan Healy	0/40I		00:23:20	HSE	
113	Gillian Cotter	0/45J		00:23:21	UCC	
114	Conor Nolan			00:23:22	Temp Reg	
115	Mareffa Mills			00:23:25	Temp Reg	
116	Brendan Deane	0/55D		00:23:26	MTU	
117	Marie-Therese Brady	0/45J		00:23:39	Pfizer Ringaskiddy	
118	Paul Cotter	0/60E		00:23:39	UCC	
119	Ciaran O'Laighin	0/45B		00:23:41	Dell Technologies	
120	Sean Lynch			00:23:42	Ervia	M-A-3
121	Declan Rice	0/40A		00:23:43	Eli Lilly	
122	Emma Doyle			00:23:45	Temp Reg	
123	Karen O'Leary	0/40I		00:23:49	Cork Mental Health	
124	Sheila Culfield			00:23:58	Temp Reg	
125	Billy Menton	0/65F		00:23:59	ESB	
126	Jane Power	0/50K		00:24:06	Douglas Meet and Train	
127	Ross Hunter			00:24:10	Temp Reg	
128	Yan Zhang	0/35H	0/35H3	00:24:20	UCC	
129	Tony O'Brien	0/60E		00:24:21	Dept of Ed	
130	Seamus Cahill	0/60E		00:24:25	CPO	M-C-3
131	James Spillane	0/45B		00:24:27	Logitech	
132	Brian Johnston	0/45B		00:24:29	Apple	
133	Emer Cussen			00:24:32	Temp Reg	

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134	David Hurley	0/50C		00:24:33	Musgrave	
135	Patrick Murphy	0/60E		00:24:48	Bus Eireann	
136	Gerard Rasmussen	0/60E		00:24:59	MTU	
137	Colette Ryan	0/55L	0/55L2	00:25:06	Douglas Meet and Train	
138	Joe Murphy	0/65F		00:25:17	Cork City Council	
139	Frances O'Connor	0/60M	0/60M2	00:25:18	Dept of Ed	
140	Andrew Geaney	0/65F		00:25:19	Apple	
141	Elaine Moore	0/40I		00:25:23	Musgrave	F-C-2
142	Trevor Moore	0/45B		00:25:24	Musgrave	
143	Edel Buckley	0/35H		00:25:28	Apple	
144	Claudio Couto			00:25:36	CES	
145	Andrew O'Farrell	0/65F		00:25:37	Pfizer	
146	Proinnsias O'Keefe	0/60E		00:25:42	VMware	
147	Danny Madden			00:25:43	Temp Reg	
148	Dermot Duggan			00:25:44	Temp Reg	
149	Mary O'Halloran	0/50K		00:25:47	Complete Financial	F-B-1
150	Vincent O'Neill	0/55D		00:25:48	Dell Technologies	
151	Mark Sheehan			00:25:49	Temp Reg	
152	J J Casey	0/65F		00:26:05	An Post/Eir	
153	Marion Lyons	0/65N	0/65N1	00:26:07	Fit4Life	F-B-2
154	Maretta Brennan	0/55L	0/55L3	00:26:15	MTU	
155	Tom O'Neill	0/65F		00:26:18	CPO	
156	Denise Cullinane	0/50K		00:26:19	CSO	
157	Niamh O'Brien			00:26:28	Temp Reg	
158	Yvonne Gough	0/50K		00:26:39	Cork City Council	
159	James Spillane			00:26:47	Temp Reg	
160	Caroline O'Callaghan			00:27:01	Temp Reg	
161	Molly O'Callaghan			00:27:08	Temp Reg	
162	Connie Lynch			00:27:09	Temp Reg	
163	Olive McCarthy	0/45J		00:27:13	UCC	
164	Niamh Twomey	0/40I		00:27:22	Cork Mental Health	
165	Angela O Mahony	0/50K		00:27:29	Avondhu MF	
166	Glen Barrett			00:27:35	Temp Reg	
167	Charlie Nicholl	0/40A		00:27:42	Pfizer	
168	Sinead Phillips	0/50K		00:27:44	Eli Lilly	
169	Carla Kennedy			00:27:54	Temp Reg	
170	Margo Dynan			00:28:02	Temp Reg	
171	Sheila White	0/40I		00:28:07	Cork Mental Health	
172	Deirdre Fallon			00:28:07	Temp Reg	
173	John Fitzgerald	0/55D		00:28:20	Cork County Council	
174	Paul Forrest			00:28:37	Temp Reg	
175	Brian Cahill	0/45B		00:28:51	MTU	
176	Siobhan O'Driscoll			00:29:04	Temp Reg	
177	Ann Sheehan			00:29:07	Temp Reg	
178	Serena Kenny			00:29:07	Temp Reg	
179	Patrice Cooney	0/55L		00:29:10	Cooney	
180	Amanda Cooney	0/60M	0/60M3	00:29:12	Marymount	
181	Michael Coakley	0/55D		00:29:20	Cork County Council	
182	Bernard Sisk	0/70G	0/70G1	00:29:22	Sisk Builders	
183	Carmel Geaney	0/60M		00:29:26	ESB	
184	Mary Mulcahy	0/60M		00:29:32	Bank of Ireland	
185	Batt Kearney	0/65F		00:29:41	Blarney Woolen Mills	
186	Kay Birch	0/60M		00:29:46	CSO	
187	Grace O'Shea Cronin			00:29:47	Temp Reg	
188	Betty O'Riordan	0/65N		00:30:12	The Movement Macroom	
189	John Sheahan			00:30:13	Temp Reg	
190	Tony Dunne	0/70G		00:30:30	Avondhu MF	
191	Ann Hayes	0/65N		00:30:32	HSE	
192	Patricia Goulding			00:30:47	Temp Reg	
193	Aine Murphy	0/60M		00:30:50	UCC	
194	Gene Cotter			00:30:50	Temp Reg	
195	Anne Sheehy	0/65N		00:30:59	Sheehy	
196	Brian Lyons			00:30:59	Ervia	M-A-3
197	Frank Linehan	0/70G		00:31:15	FIservices	
198	Bridie O'Leary	0/65N		00:31:19	Cork Mental Health	
199	Donal Fennessy	0/55D		00:31:21	Douglas Meet and Train	
200	Denis Condon	0/70G		00:31:35	Condon	

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201	Michael Van Der Poel	0/60E		00:31:37	Apple	
202	Tadgh Hanley	0/50C		00:31:58	G.E. Healthcare	
203	Francis Tynan			00:32:0	Temp Reg	
204	Angela Tobin	0/60M		00:32:39	HSE	
205	Ron Heaphy	0/60E		00:32:41	AOK COMPUTER SERVICE	
206	Alan O'Keefe	0/60E		00:32:42	AOK COMPUTER SERVICE	
207	Mary Corbett O'Rourke	0/50K		00:32:47	John Healy Gates	
208	Caitriona Sweeney			00:33:22	Temp Reg	
209	Alan Healy			00:33:23	Temp Reg	
210	Joan McCarthy	0/65N		00:33:26	Bank of Ireland	
211	Claire Wallace			00:33:26	Temp Reg	
212	Laura O'Sullivan			00:33:32	Temp Reg	
213	Dolores Slyne			00:33:33	Temp Reg	
214	Megan O'Neill			00:33:36	Temp Reg	
215	Fiona Malone			00:33:47	Temp Reg	
216	Carmel Hehir			00:33:48	Temp Reg	
217	Lucey Cronin Lettis			00:34:43	Temp Reg	
218	Colin Lettis			00:34:43	Temp Reg	
219	Joanna Murphy			00:34:59	Temp Reg	
220	Trish Barrett			00:35:42	Temp Reg	
221	Patricia Duggan			00:35:47	Temp Reg	
222	Catriona O'Flynn			00:35:48	Temp Reg	
223	Sinead O'Flynn			00:36:02	Temp Reg	
224	Karen O'Sullivan	0/35H		00:36:06	Medicall	
225	Maggie Dunne	0/65N		00:36:21	Avondhu MF	
226	Deirdre Sheahan			00:36:51	Temp Reg	
227	Deirdre Delaney			00:37:35	Temp Reg	
228	Fiona Doyle			00:37:37	Temp Reg	
229	Patrick Fitzgibbon	0/65F		00:38:49	Dept of Ed	
230	Sinead Power	0/50K		00:40:04	Marymount	
231	Eileen Nelligan			00:40:08	Temp Reg	
232	Jerry Forde	W/C	W/C1		HSE	