





# Sterling 5k Results

Jul 5 2023



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Next race: [GNI 5k](#)

Wed Jul 19 at 8pm

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Pos	Name	Cat	Prize	Time	Company	Team
1	Mark Walsh		M1	00:15:43	Dept of Ed	M-A-3
2	Barry Twohig	0/40M	M2	00:15:57	Emerald Fencing	
3	Duncan Hartwick		M3	00:15:59	Diomac	M-A-1
4	Donal Coakley		M4	00:16:16	Gilead Sciences	
5	John Longan			00:16:30	Dept of Ed	M-A-3
6	Sean Twohig			00:16:33	Cork County Council	
7	Nick Hogan	0/40M	0/40M1	00:16:38	UCC	M-A-2
8	Martin Dineen			00:16:50	Diomac	M-A-1
9	Paul Cashman	0/40M	0/40M2	00:16:55	Douglas Credit Union	
10	Lizzie Lee	0/40F	F1	00:17:25	Apple	
11	Cullen Lynch			00:17:28	Red Hat Ltd	
12	Alan O'Brien	0/40M	0/40M3	00:17:31	McCarthy Insurance Group	
13	Tim Long			00:17:32	Diomac	M-A-1
14	Hannah Steeds		F2	00:17:33	Eli Lilly	
15	Alfie Davis	0/45M	0/45M1	00:17:34	UCC	M-A-2
16	Cathal O'Connell	0/60M	0/60M1	00:17:44	UCC	M-A-2
17	James Grufferty	0/40M		00:17:54	Glanmire Medical Centre	
18	Alan O'Sullivan	0/40M		00:17:59	Red Hat Ltd	
19	John Moloney	0/40M		00:18:09	Hollywood Coaches	
20	Tobi Grab	0/45M	0/45M2	00:18:13	Apple	M-C-2
21	Jp Treacy			00:18:15	Cork City Council	
22	Cian McParland	0/40M		00:18:17	Navy	
23	David Comber			00:18:18	Temp Reg	
24	Paul Spiteri	0/40M		00:18:19	Midleton Collective	
25	Michelle Kenny	0/40F	F3	00:18:21	Dept of Ed	F-B-1
26	Adrian O'Driscoll			00:18:23	Musgrave	M-C-1
27	John Cronin			00:18:30	MTU	
28	Nigel Lucas	0/40M		00:18:32	Stryker	
29	Trevor Woods	0/50M	0/50M1	00:18:36	UCC	M-B-3
30	Declan O'Donovan			00:18:40	Temp Reg	
31	Colm O Connor	0/40M		00:18:41	OpenText	
32	Richard Bourke	0/45M	0/45M3	00:18:44	Musgrave	M-C-1
33	Conor Kelly			00:18:44	Temp Reg	
34	Gary O'Sullivan	0/50M	0/50M2	00:18:45	Dept of Ed	M-A-3
35	Meadhbh Moynihan		F4	00:18:49	Complete Financial	
36	Martin Lynch	0/60M	0/60M2	00:18:52	Boston Scientific	
37	Stephen Geoghegan	0/50M	0/50M3	00:19:01	Dell Technologies	M-B-1
38	Sean Burke			00:19:10	MSD Brinny	
39	Vincent O'Sullivan			00:19:17	Temp Reg	
40	Vicki Spiteri	0/35F	0/35F1	00:19:19	HSE	F-A-1
41	Siobhan Daly	0/40F	0/40F1	00:19:20	Diomac	
42	Cathal Prior	0/45M		00:19:22	Eli Lilly	M-C-3
43	Andrew Kenneally			00:19:27	Temp Reg	
44	Ivan Sheehan	0/45M		00:19:27	Qualcomm	
45	Keith Lee	0/40M		00:19:32	VMware	
46	Ciaran Courtney	0/45M		00:19:34	Eli Lilly	M-C-3
47	Sean Russell			00:19:35	Apple	M-C-2
48	Karl Preston			00:19:35	Biomarin	
49	Mark Bulman	0/55M	0/55M1	00:19:38	Army	
50	Andrea Bickerdik			00:19:41	Temp Reg	
51	Paul Cleary	0/45M		00:19:41	CPO	
52	Ken Mulcahy	0/50M		00:19:42	BASF IRELAND	
53	David Delaney	0/40M		00:19:42	Depuy Synthes	
54	Irene Eighan	0/40F	0/40F2	00:19:44	Sterling	F-A-2
55	Martin Leahy	0/55M	0/55M2	00:19:44	Gilead Sciences	
56	Barry Hodnett			00:19:46	Biomarin	
57	Brendan Gildea			00:19:52	Biomarin	
58	Mike McGrath	0/60M	0/60M3	00:19:55	MTU	
59	Mark Cronin	0/45M		00:19:59	Midleton Collective	
60	Ken Dermody	0/40M		00:19:59	Stryker	
61	Rosaleen Mackeown	0/45F	0/45F1	00:20:00	Run with Ros	
62	Brendan O'Mahony			00:20:02	Temp Reg	
63	Conor Friel			00:20:03	Temp Reg	
64	Dermot Gallagher	0/45M		00:20:04	Biomarin	M-B-2
65	Philip Hayes			00:20:11	Temp Reg	
66	Brian Linehan	0/60M		00:20:19	G4S Security	

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67	Edward Barry			00:20:21	Malachy Walsh and Partners	
68	Conor Fox			00:20:23	Temp Reg	
69	Andrew Rodrigues	0/50M		00:20:26	Dell Technologies	M-B-1
70	Joe O'Loughlin	0/50M		00:20:28	Musgrave	M-C-1
71	Andrew McDonald	0/40M		00:20:31	BNY Mellon	
72	Denis Browne	0/60M		00:20:33	Apple	M-C-2
73	Aidan Crowley			00:20:34	Bus Eireann	
74	Donnacha Moynihan	0/55M	0/55M3	00:20:35	Complete Financial	
75	Dara O'Sullivan			00:20:36	Temp Reg	
76	Mike O Connor	0/40M		00:20:38	OpenText	
77	Sean McGlynn			00:20:40	Cork County Council	
78	Avril Crowley	0/50F	0/50F1	00:20:45	Harty Tax Consulting	
79	Ken Nyhan	0/45M		00:20:46	OpenText	
80	Ryan Kruschel			00:20:47	Eli Lilly	M-C-3
81	John O'Connell	0/50M		00:20:50	Stryker	
82	Matteo Manaserro			00:20:51	Novozymes One Health Cork	
83	Siobhan Holland	0/45F	0/45F2	00:20:53	Sterling	F-A-2
84	Dario Giuliano	0/45M		00:20:53	Apple	
85	Johan Risser	0/45M		00:21:13	Apple	
86	Kevin Dalton	0/50M		00:21:20	UCC	M-B-3
87	Adil Cahit Ansaroglu	0/40M		00:21:23	Apple	
88	Denis Lane			00:21:32	Biomarin	M-B-2
89	Emma Doyle			00:21:34	MMOS Engineers	
90	Seán O'Brien	0/55M		00:21:37	Cork County Council	
91	Patrick Ryan	0/50M		00:21:38	Dell Technologies	M-B-1
92	John Santry	0/40M		00:21:40	Dell Technologies	
93	Graham Bickerstaffe			00:21:42	Temp Reg	
94	Dave Sheehan	0/40M		00:21:42	Musgrave	
95	Mary Buckley	0/55F	0/55F1	00:21:43	HSE	F-A-1
96	Ray Wallace			00:21:44	The Salon (Ballincollig)	
97	Josephine Kelleher	0/50F	0/50F2	00:21:46	HSE	
98	Flor O'Mahony			00:21:50	Biomarin	M-B-2
99	Adelle O'Connor	0/50F	0/50F3	00:21:50	HSE	
100	Rudhan Fitzgerald			00:21:55	Temp Reg	
101	Geraldine Hartnett	0/35F	0/35F2	00:21:59	Avondhu MF	F-C-1
102	Mairead Perez	0/50F		00:22:00	AOK COMPUTER SERVICE	
103	Olga O'Loughlin	0/40F	0/40F3	00:22:01	Musgrave	
104	Ger Menihane	0/55M		00:22:03	Navy	
105	John Cremin			00:22:07	Temp Reg	
106	Gary Gibbons	0/50M		00:22:08	Dell Technologies	
107	Philip Canty			00:22:09	Temp Reg	
108	Paul Healy	0/50M		00:22:12	Computer Data Source	
109	John Buttimer	0/40M		00:22:16	Bus Eireann	
110	Paul Barry	0/40M		00:22:18	Cork County Council	
111	Mary O Connell	0/50F		00:22:19	CPO	F-C-2
112	Damien Malone	0/40M		00:22:20	Merck	
113	Michael John O'Mahony - Sterling			00:22:22	Temp Reg	
114	Zachary Kelleher			00:22:24	Temp Reg	
115	Eoin O'Hanlon	0/55M		00:22:24	Apple	
116	Dave Deasy	0/40M		00:22:26	Irish Distillers Pernod Ricard	
117	Paula Kenneally			00:22:27	Temp Reg	
118	John Scannell	0/50M		00:22:29	Apple	
119	Ann Riordan	0/50F		00:22:30	The Salon (Ballincollig)	
120	David Lynch	0/55M		00:22:31	MTU	
121	Conor McMahan	0/55M		00:22:32	The Salon (Ballincollig)	
122	Ian O'Brien	0/50M		00:22:35	Mondelez	
123	Sheila Magorrian	0/50F		00:22:44	Avondhu MF	F-C-1
124	Orla Crosbie	0/55F	0/55F2	00:22:44	UCC	F-B-2
125	Donal O'Donoghue	0/55M		00:22:44	TD-Synnex	
126	Marc Cashman	0/40M		00:22:48	Teamwork	
127	Pat Fogarty	0/55M		00:22:58	ESB	
128	Nihad Zarkik	0/40M		00:22:58	Apple	
129	Bernie Smith			00:22:59	Temp Reg	
130	Rhona Dempsey	0/40F		00:23:00	Eli Lilly	
131	Declan Rice	0/40M		00:23:03	Eli Lilly	
132	Sebastian Murphy			00:23:04	Apple	
133	Dan Twohig	0/45M		00:23:08	Cork County Council	

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134	Karen O'Leary	0/40F		00:23:09	Cork Mental Health	
135	Anthony Coughlan			00:23:09	HSE	
136	Colin O'Brien			00:23:10	Temp Reg	
137	Kelly Foley			00:23:12	Temp Reg	
138	Kate Crowley			00:23:13	MSD Brinny	
139	Bernard Corrigan			00:23:15	Temp Reg	
140	Derry Keane			00:23:18	Temp Reg	
141	Colm Kennedy	0/50M		00:23:21	MSD Brinny	
142	Aaron Scott	0/40M		00:23:23	MTU	
143	Patrick Murphy	0/55M		00:23:26	Navy	
144	Keith Robertson			00:23:26	Thermo Fisher Scientific	
145	Mary Sweeney	0/60F	0/60F1	00:23:29	Fit4Life	
146	Paul W Hurley	0/40M		00:23:35	Biomarin	
147	Willie O Riordan	0/65M	0/65M1	00:23:36	Army	
148	Susan Cardiff			00:23:42	MSD Brinny	
149	Darragh Kiely	0/40M		00:23:45	Dell Technologies	
150	William Wallace			00:23:45	The Salon (Ballincollig)	
151	David O'Sullivan	0/40M		00:23:47	Stryker	
152	Ian O Sullivan	0/45M		00:23:48	MTU	
153	Stuart Roche			00:23:49	Temp Reg	
154	Michael O'Sullivan	0/45M		00:23:50	Merck	
155	Tim McCormack	0/50M		00:23:50	Dell Technologies	
156	Mossy Shanahan	0/65M	0/65M2	00:23:50	Shanahan	
157	Richie Gough	0/40M		00:23:52	OrthoXel	
158	Gillian Cotter	0/45F	0/45F3	00:23:53	UCC	F-B-2
159	Adolfo Garcia	0/45M		00:23:55	Apple	
160	Richard Piotrowski	0/75M	0/70M1	00:23:57	The Edge Sports Shop	
161	Mike Sahn - Sterling			00:23:57	Temp Reg	
162	Dave O'Leary	0/40M		00:23:58	MTU	
163	Niall Buckley			00:24:01	Temp Reg	
164	Colin Murray			00:24:03	UCC	M-B-3
165	Kate Murphy			00:24:05	Temp Reg	
166	Kieran McManamon	0/50M		00:24:08	UCC	
167	Maria Madigan	0/45F		00:24:09	Tower Medical Centre	
168	Liam Cusack	0/45M		00:24:09	Biomarin	
169	Rodger Condon			00:24:10	Biomarin	
170	Jamie Kent			00:24:13	Temp Reg	
171	Billy Menton	0/65M	0/65M3	00:24:13	ESB	
172	Damien Manning	0/50M		00:24:14	MSD Brinny	
173	Aine O'Leary			00:24:16	Cork City Council	
174	Louise Coleman			00:24:22	Biomarin	
175	Gerard O'Mahony			00:24:24	Temp Reg	
176	Brendan Deane	0/55M		00:24:25	MTU	
177	Keith Ryan			00:24:26	Temp Reg	
178	Ronan Ryan			00:24:26	Apple	
179	Yan Zhang	0/35F	0/35F3	00:24:32	UCC	
180	John O Driscoll	0/50M		00:24:37	MSD Brinny	
181	Anne Wolfe	0/50F		00:24:43	Joyce Wolfe Physiotherapy	
182	Tony O'Brian			00:24:46	Temp Reg	
183	Colin Murphy	0/45M		00:24:51	Legal IT	
184	Andrew Geaney	0/65M		00:24:55	Apple	
185	David Lee			00:24:58	Musgrave	
186	Glenn Leacey	0/60M		00:24:59	Musgrave	
187	Maire Fox	0/40F		00:25:01	MSD Brinny	
188	Conor Roche			00:25:05	Temp Reg	
189	Jim Walsh	0/50M		00:25:08	PM Group	
190	Cian Shalloe			00:25:10	BNY Mellon	
191	Paul Cotter	0/60M		00:25:21	UCC	
192	Ciaran O'Laighin	0/45M		00:25:24	Dell Technologies	
193	George Bullman	0/65M		00:25:25	MTU	
194	Aoife O'driscoll	0/45F		00:25:26	CITCO	
195	Kitty Harrington Buckley	0/55F	0/55F3	00:25:30	HSE	
196	Kieran Daly			00:25:30	Temp Reg	
197	Claire McGonagle	0/55F		00:25:31	Janssen	
198	Tom Kiely - Sterling			00:25:31	Temp Reg	
199	Ciaran Goggin			00:25:33	Temp Reg	
200	Marie-Therese Brady	0/45F		00:25:35	Pfizer	

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201	Mary Cotter	0/60F	0/60F2	00:25:35	Sterling	
202	Deirdre Murphy	0/45F		00:25:36	Pfizer	
203	Alison Draper			00:25:36	Temp Reg	
204	Ciaran Dineen			00:25:37	Temp Reg	
205	David Hurley	0/50M		00:25:42	Musgrave	
206	Kasia Jurkiewicz	0/35F		00:25:44	Apple	
207	Brian Smyth	0/40M		00:25:45	Cork City Council	
208	Proinnsias O'Keefe	0/60M		00:25:46	VMware	
209	Paul Geoghegan			00:25:50	Temp Reg	
210	Colette Ryan	0/55F		00:25:50	Douglas Meet and Train	
211	Liam Monaher			00:25:52	Sterling	
212	Michael O'Mahony	0/55M		00:25:52	MTU	
213	Elaine Rodrigues	0/50F		00:25:53	UCC	
214	Edel Kelleher			00:25:56	Temp Reg	
215	Saoirse Corrigan			00:26:01	Temp Reg	
216	Eamon Hutton			00:26:08	Temp Reg	
217	Michael Feheny			00:26:14	Temp Reg	
218	Stephen Murphy	0/60M		00:26:16	Auto Valet	
219	Mayte Gomez	0/50F		00:26:24	Eli Lilly	
220	Norma Reidy	0/45F		00:26:26	MTU	
221	Marco Cosenza	0/50M		00:26:30	Apple	
222	Olive McCarthy	0/50F		00:26:32	UCC	
223	Liz O'Brien	0/50F		00:26:33	Novozymes One Health Cork	
224	Ger Marshall	0/65M		00:26:34	Certus	
225	Gerard Rasmussen	0/65M		00:26:37	MTU	
226	Tomy Desmond			00:26:38	Temp Reg	
227	Anaëlle Goupil	0/40F		00:26:37	Apple	
228	Daniel Woods			00:26:38	Abbvie	
229	J J Casey	0/65M		00:26:40	An Post/Eir	
230	David Coen			00:26:46	Happy Feet	
231	Erin O'Leary			00:26:56	Temp Reg	
232	Barrie Drennan	0/60M		00:27:01	Midleton Collective	
233	Brian Cahill	0/45M		00:27:01	MTU	
234	Mary Toohey	0/40F		00:27:03	Thermo Fisher Scientific	
235	Mick Dooley	0/55M		00:27:04	CPO	
236	Darren Mcconnon			00:27:07	Temp Reg	
237	Mags Moran			00:27:08	Temp Reg	
238	Laura Murphy			00:27:09	Temp Reg	
239	Dara Brady			00:27:09	PM Group	
240	Denis Fitzgerald			00:27:11	Dept of Ed	
241	Maire Ui Chonghaile	0/60F		00:27:15	Dept of Ed	F-B-1
242	Rodney Daunt	0/60M		00:27:16	Daunt Instrumentation	
243	Susan Lyne	0/45F		00:27:17	EY	
244	James Kingston			00:27:22	Uisce Éireann	
245	Oonagh Duggan	0/50F		00:27:24	Fota Collection	
246	Cliona O'geran	0/45F		00:27:26	Janssen	
247	Sean Coen	0/55M		00:27:33	Happy Feet	
248	Martha McNamara	0/60F		00:27:39	Merck	
249	Batt Kearney	0/65M		00:27:43	Blarney Woolen Mills	
250	Aine Murphy	0/60F		00:27:49	UCC	
251	John Walshe			00:27:50	Temp Reg	
252	Maeve O'Hagan	0/35F		00:27:53	SIVUH	
253	Allen Cotter	0/40M		00:28:01	UCC	
254	Carmel Geaney	0/65F	0/65F1	00:28:07	ESB	
255	Shane Flaherty			00:28:10	Temp Reg	
256	Yvonne Gough	0/55F		00:28:15	Cork City Council	
257	Michael Coakley	0/55M		00:28:30	Cork County Council	
258	John Fitzgerald	0/55M		00:28:31	Cork County Council	
259	Charles Nicholl	0/40M		00:28:35	Pfizer	
260	Stephanie Maguire			00:28:46	Temp Reg	
261	Nora O Flynn	0/55F		00:28:48	CPO	F-C-2
262	Brendan Walsh			00:28:50	Temp Reg	
263	Eimear O'Keefe			00:29:05	Temp Reg	
264	Conor Hannon			00:29:12	Temp Reg	
265	Kevin Phelan			00:29:13	Temp Reg	
266	Amanda Cooney	0/60F		00:29:27	Marymount	
267	Catherine Davis	0/45F		00:29:34	Thermo Fisher Scientific	

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268	Dolores Casey	0/50F		00:29:36	Cork County Council	
269	Shane Walsh	0/50M		00:29:43	Landsbridge	
270	Ger Kiely	0/70M		00:29:44	UCC	
271	Joe Murphy	0/65M		00:29:47	Cork City Council	
272	Anne Sheehy	0/65F		00:29:51	Fit4Life	
273	Frankie Kelleher			00:30:03	Temp Reg	
274	Caterina Nugent			00:30:04	MMOS Engineers	
275	Brian O'Shea	0/45M		00:30:05	OrthoXel	
276	Bernard Sisk	0/75M		00:30:06	Sisk Builders	
277	Martina Luttrell			00:30:07	Temp Reg	
278	Eddie Kelleher - Sterling			00:30:11	Temp Reg	
279	Hubert Crowe	0/45M		00:30:14	Red Hat Ltd	
280	John Cagney	0/55M		00:30:24	Dell Technologies	
281	Maire Ryan			00:30:28	Temp Reg	
282	Ann Hayes	0/65F		00:30:34	HSE	
283	Alan O'Keefe	0/60M		00:30:46	AOK COMPUTER SERVICE	
284	Nora Gould			00:31:07	Temp Reg	
285	Eleanor O'Driscoll	0/40F		00:31:13	Thermo Fisher Scientific	
286	Jamie Russell			00:31:26	OrthoXel	
287	Chuck Lamere	0/60M		00:31:31	PM Group	
288	Frank Linehan	0/70M		00:31:39	Flservices	
289	Jimmy Murray	0/75M		00:31:39	Cork Mental Health	
290	Donal Fennessy	0/55M		00:31:49	Douglas Meet and Train	
291	Mirzemi Ozga			00:32:11	Temp Reg	
292	Kerry Constant	0/65M		00:32:12	Constant	
293	Lisa Roset	0/50F		00:32:21	MTU	
294	Therese Flannery	0/55F		00:32:24	Dept of Ed	
295	Joan McCarthy	0/65F		00:33:23	Bank of Ireland	
296	Catherine Foley	0/40F		00:33:42	Cork City Council	
297	Siobhan Foley	0/40F		00:33:42	Merck	
298	Aoife Mcmanamon			00:33:43	Temp Reg	
299	Denis Condon	0/70M		00:34:06	Condon	
300	Denise Marionne			00:34:23	Bon Secours	
301	Michael Van Der Poel	0/65M		00:34:46	Apple	
302	Bernice Glavin	0/60F		00:34:46	HSE	
303	Megan Toner			00:34:53	AIB	
304	Natalia Morais Correa			00:35:45	MMOS Engineers	
305	Fiona Ni Dhuil	0/45F		00:37:42	Cork Simon	
306	Grace Gould			00:38:54	Temp Reg	
307	William Gould			00:38:55	Temp Reg	