





# ESB Cross Country 5k Results

Jan 7 2024



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Next race: [Dupont-IFF 5k](#)  
 Sun Jan 21 at 10am

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

Pos	Name	Cat	Prize	Time	Company	Team
1	Barry Twohig	0/40M	M1	00:17:54	Emerald Fencing	
2	Michael Harrington	0/50M	M2	00:18:00	Harrington Upvc Ltd	
3	Trevor Cummins	0/40M	M3	00:18:07	Train with Trevor	
4	Tim O'Connor	0/45M	0/45M1	00:18:34	Uisce Éireann	M-A-1
5	Nick Hogan	0/40M	0/40M1	00:19:00	UCC	M-B-2
6	Ray O'Connell	0/40M	0/40M2	00:19:22	Ørsted	
7	Shane Cooney	0/45M	0/45M2	00:19:25	Eirgrid	
8	Cathal Prior	0/50M	0/50M1	00:19:27	Eli Lilly	M-B-1
9	Darren McCann			00:19:53	Navy	
10	John Cronin			00:19:59	MTU	M-C-1
11	Donal Collins			00:20:23	Temp Reg	
12	Sean O'Brien	0/40M	0/40M3	00:20:27	Dept of Ed	M-B-3
13	Rory O'Donovan			00:20:31	Uisce Éireann	M-A-1
14	Brendan Cassidy			00:20:37	MSD Brinny	
15	Jack Murphy			00:20:43	True Layer	
16	Cornelius Marshall	0/45M	0/45M3	00:20:48	HSE	
17	Kevin Griffin	0/60M	0/60M1	00:20:53	Diomac	
18	Tobi Grab	0/45M		00:21:02	Apple	M-A-2
19	Martin Collier			00:21:10	Temp Reg	
20	Jp Treacy			00:21:12	Cork City Council	
21	Diarmuid Kiely	0/45M		00:21:13	Uisce Éireann	M-A-1
22	Eoin Lombard			00:21:14	Apple	M-A-2
23	Brian Russell	0/40M		00:21:18	Eli Lilly	M-B-1
24	Marc Gaspar			00:21:19	Temp Reg	
25	John Hartnett	0/40M		00:21:20	Army	
26	Siobhan Hoare	0/45F	F1	00:21:22	Bon Secours	
27	Breda Gaffney	0/50F	F2	00:21:29	Avondhu MF	F-A-1
28	Stephen Geoghegan	0/50M	0/50M2	00:21:36	Dell Technologies	
29	Denis O'Neill	0/45M		00:21:39	Nestle	
30	Colm Lucey			00:21:49	Temp Reg	
31	Kieran Twomey	0/55M	0/55M1	00:21:50	John O'Connell & Co Accountants	
32	Carmel Crowley	0/55F	F3	00:21:57	Stockhealth	
33	Gary Grant			00:22:02	Eli Lilly	M-B-1
34	Nial O'Leary	0/50M	0/50M3	00:22:08	UCC	M-B-2
35	Shane Collins			00:22:11	Statkraft	M-A-3
36	Linda O'Connor	0/45F	0/45F1	00:22:15	Musgrave	
37	Noel Carr	0/55M	0/55M2	00:22:29	Diomac	
38	Paul Griffin	0/40M		00:22:43	Uisce Éireann	
39	Mark Bulman	0/60M	0/60M2	00:22:51	Army	
40	Richard Hawkins	0/55M	0/55M3	00:22:58	Janssen	
41	Dave Sheehan	0/40M		00:22:59	Musgrave	M-C-2
42	Bryan Gallwey			00:23:01	Temp Reg	
43	Brendan Hallissey	0/45M		00:23:02	ESB	
44	Kieran Crowley	0/50M		00:23:06	Janssen	
45	Conor Finn	0/40M		00:23:06	FBD Insurance	
46	Vincent Foley	0/40M		00:23:11	Happy Feet	
47	Neil O'Donovan			00:23:13	Temp Reg	
48	Sean Lyons			00:23:13	Temp Reg	
49	Brendan Mcevoy			00:23:15	Temp Reg	
50	Sally-Ann Lynch			00:23:36	Medica	
51	Siobhan Walsh	0/40F	0/40F1	00:23:43	Abbvie	
52	Siobhan O'Leary			00:23:51	Temp Reg	
53	Dermot Gallagher	0/45M		00:23:53	Biomarin	
54	Sean Lucey			00:23:54	Temp Reg	
55	Eoin Daly			00:23:59	Apple	M-A-2
56	Jj Murphy	0/65M	0/65M1	00:24:02	Dept of Ed	M-B-3
57	Robert Walsh			00:24:05	Apple	
58	Liam Lynch	0/65M	0/65M2	00:24:09	HSE	
59	Dario Giuliano	0/45M		00:24:18	Apple	
60	Adil Cahit Ansaroglu	0/40M		00:24:18	Apple	
61	Andrew O'Callaghan	0/55M		00:24:26	Blarney Woolen Mills	
62	Will O'Leary			00:24:28	Uisce Éireann	
63	Cian Quigley	0/40M		00:24:32	Dept of Ed	M-B-3
64	Michael Naughton	0/50M		00:24:33	Complete Financial	
65	Fabio Alvarez			00:24:36	Temp Reg	
66	Michael O'Connor			00:24:36	Temp Reg	

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67	Stephen Lynch			00:24:40	Uisce Éireann	
68	Emily Cronin			00:24:41	Temp Reg	
69	Jason Dunne	0/50M		00:24:46	Statkraft	M-A-3
70	Steve O'Connell			00:24:51	MTU	M-C-1
71	Tom Collins			00:24:58	Temp Reg	
72	Adrian O'Connor			00:25:02	Temp Reg	
73	Avril Crowley	0/50F	0/50F1	00:25:03	Harty Tax Consulting	
74	Martin Lynch	0/60M	0/60M3	00:25:03	Boston Scientific	
75	Stephen Hunt	0/40M		00:25:07	Apple	
76	Joe O'Loughlin	0/50M		00:25:11	Musgrave	M-C-2
77	Conor O'Mahony	0/45M		00:25:11	UCC	M-B-2
78	Tomas Norris			00:25:13	Temp Reg	
79	David Lynch	0/55M		00:25:17	MTU	M-C-1
80	Edel Buckley	0/35F	0/35F1	00:25:19	Apple	F-B-2
81	John Hogan			00:25:19	Temp Reg	
82	Rob Flynn	0/40M		00:25:20	Apple	
83	Lisa Crowley	0/50F	0/50F2	00:25:26	HSE	F-A-2
84	Alan McGuinness	0/55M		00:25:33	Depuy Synthes	
85	Margaret Hegarty	0/40F	0/40F2	00:25:36	UCC	F-B-1
86	Declan Rice	0/40M		00:25:41	Eli Lilly	
87	Denis Kelleher			00:25:45	Temp Reg	
88	Cathal Hickey			00:25:58	Temp Reg	
89	Graham Bickerstaf			00:25:59	Temp Reg	
90	Steve Palmer	0/50M		00:26:09	Fota Collection	
91	David Curtin			00:26:10	Uisce Éireann	
92	Paul Healy	0/50M		00:26:12	Computer Data Source	
93	Tony Neal	0/55M		00:26:15	MTU	M-C-3
94	Geraldine Hartnett	0/40F	0/40F3	00:26:17	Avondhu MF	F-A-1
95	George Bullman	0/65M	0/65M3	00:26:24	MTU	M-C-3
96	Yücel Erol	0/50M		00:26:27	Apple	
97	Colm Menton	0/50M		00:26:29	MTU	M-C-3
98	Marie Therese Buckley	0/40F		00:26:30	HSE	F-A-2
99	Siobhan Holland	0/45F	0/45F2	00:26:32	Sterling	
100	Denis Cogan			00:26:34	Temp Reg	
101	Manus Mitchell			00:26:37	Temp Reg	
102	Tony Sanchez			00:26:39	Deloitte	
103	Peter McCluskey			00:26:43	Temp Reg	
104	Alan Carey			00:26:45	Temp Reg	
105	Gillian Cotter	0/45F	0/45F3	00:26:49	UCC	F-B-1
106	Denis Looney	0/55M		00:26:49	Marriott Vacations Worldwide	
107	Joost Holwerda	0/40M		00:27:00	Apple	
108	Damien Malone			00:27:01	Temp Reg	
109	Eddie O'Regan	0/65M		00:27:03	Eureka Army Surplus	
110	Ronan Foy	0/40M		00:27:05	Statkraft	M-A-3
111	Ray Wallace			00:27:06	Temp Reg	
112	Maria Madigan	0/45F		00:27:07	Fit 4 Life	
113	Martin O'Leary	0/40M		00:27:07	Eli Lilly	
114	Pat Murphy			00:27:15	Temp Reg	
115	David Harrington			00:27:21	Apple	
116	Antonio Castaldo	0/60M		00:27:22	Storefit Ltd	
117	Ciaran O Conghaile			00:27:24	Dept of Ed	
118	Chris Carroll	0/70M	0/70M1	00:27:25	HSE	
119	Kevin McCarthy	0/45M		00:27:26	MSD Brinny	
120	Tamara Lopez	0/40F		00:27:33	Prarion Ltd	
121	Keith Buckley	0/40M		00:27:36	Avondhu MF	
122	Glenn Leacey	0/60M		00:27:41	Musgrave	M-C-2
123	John Morrissey	0/55M		00:27:46	UCC	
124	Michael Comyns	0/55M		00:27:49	Cork Garda	
125	Kitty Harrington Buckley	0/55F	0/55F1	00:28:06	HSE	
126	Aaron Scott	0/40M		00:28:08	MTU	
127	Ita Kirwan	0/55F	0/55F2	00:28:16	Cork County Council	
128	Sheila Trunwit	0/50F	0/50F3	00:28:22	Dept of Ed	F-C-1
129	Catherine Clancy	0/55F	0/55F3	00:28:22	Feeney Builders	
130	Andrew Geaney	0/65M		00:28:32	Apple	
131	Seamus Cahill	0/50M		00:28:33	CPO	
132	Patrick Murphy	0/65M		00:28:43	Bus Eireann	
133	Maire Ui Chonghaile	0/65F	0/65F1	00:28:46	Dept of Ed	F-C-1

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134	Colin Murphy	0/50M		00:28:47	Legal IT	
135	Kasia Jurkiewicz	0/35F	0/35F2	00:28:51	Apple	F-B-2
136	Alina Neumerzhitskaya			00:28:57	Apple	F-C-2
137	Dan Metzger	0/45M		00:29:06	Apple	
138	Grace Wall			00:29:09	Cork City Council	
139	Denis Carroll	0/60M		00:29:12	Happy Feet	
140	Nicholas Morassutti	0/45M		00:29:13	Statkraft	
141	Marie-Therese Brady	0/50F		00:29:16	Pfizer	
142	Dave Herlihy	0/50M		00:29:58	Fota Collection	
143	Ian O'Brien	0/50M		00:29:59	Mondelez	
144	Michael Coakley	0/60M		00:30:04	Cork County Council	
145	Martin Butler	0/60M		00:30:11	Butler	
146	Barrie Drennan	0/60M		00:30:28	Midleton Collective	
147	Donal O'Donoghue	0/55M		00:30:42	TD-Synnex	
148	Batt Kearney	0/65M		00:30:46	Blarney Woolen Mills	
149	Mick Dooley	0/55M		00:30:50	CPO	
150	Pat Mcevoy			00:31:08	Temp Reg	
151	Martina Beechinor			00:31:11	Temp Reg	
152	Patrica Daly			00:31:11	Temp Reg	
153	J J Casey	0/65M		00:31:28	An Post/Eir	
154	Mark Fuller	0/50M		00:31:33	Merck	
155	Ion Negulescu	0/40M		00:31:35	Apple	
156	Mary O'Halloran	0/50F		00:31:40	Complete Financial	
157	Clara Jacob			00:31:39	Temp Reg	
158	Reynolds O'Donovan	0/55M		00:31:44	SIVUH	
159	Colette Ryan	0/55F		00:31:48	Douglas Meet and Train	
160	David Dunningalvin			00:31:49	Temp Reg	
161	Dale Burkley	0/40F		00:31:49	Uisce Éireann	
162	Fabienne Buck	0/45F		00:31:59	Apple	F-C-2
163	Odai Ameera			00:32:25	Apple	
164	Aine Murphy	0/60F	0/60F1	00:32:26	UCC	
165	Marco Cosenza	0/50M		00:33:13	Apple	
166	Tadgh Hanley	0/55M		00:33:22	G.E. Healthcare	
167	Yvonne Gough	0/55F		00:33:30	Cork City Council	
168	Darragh O'Mahony	0/45M		00:33:37	Statkraft	
169	Mary Mulcahy	0/60F	0/60F2	00:34:05	Bank of Ireland	
170	Ron Heaphy	0/60M		00:34:29	AOK COMPUTER SERVICE	
171	Conor O'Sullivan	0/45M		00:34:41	Statkraft	
172	Patricia Casey	0/50F		00:35:30	Public Sector	
173	Celia O'Regan	0/55F		00:35:50	Eureka Army Surplus	
174	Alan O'Keeffe	0/60M		00:36:08	AOK COMPUTER SERVICE	
175	Donal Fennessy	0/60M		00:37:05	Douglas Meet and Train	
176	Anne Sheehy	0/65F	0/65F2	00:37:22	Fit4Life	
177	Ger O'Connell			00:37:38	Temp Reg	
178	Jimmy Murray	0/75M	0/75M1	00:38:53	Cork Mental Health	
179	Estelle Degand			00:39:31	Temp Reg	
180	Sinead Power	0/50F		00:47:20	Irish Cancer Society	