

IFF 5k Results

Jan 21 2024



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Next race: [Janssen 5k](#)

Sun Feb 11 at 10am

AGM - Jan 25 at 8pm. Silversprings Convention Centre

*The course was measured and marked by
 Jones Counter courtesy of Kevin Cummins
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Pos	Name	Cat	Prize	Time	Company	Team
1	Ben Leen Smith			00:15:35	Temp Reg	
2	Eoghan O'Connor		M-1	00:15:36	Ken's Track Club	
3	James Hayes		M-2	00:15:38	Dept of Ed	M-A-1
4	Jeremiah Sheehan		M-3	00:15:38	Dept of Ed	M-A-1
5	Mark Walsh			00:15:42	Dept of Ed	M-A-1
6	Aidan Noone			00:15:44	Dept of Ed	M-A-2
7	Anthony Mannix			00:15:46	Dell Technologies	M-A-3
8	Brian G Murphy	0/40M	0/40M1	00:15:55	Uisce Éireann	
9	John Meade	0/40M	0/40M2	00:16:08	Dept of Ed	M-A-2
10	Aidan Maher			00:16:12	Temp Reg	
11	Michael Herlihy	0/40M	0/40M3	00:16:19	Stride ACE	
12	Kristaps Liepins			00:16:30	Stryker	
13	John Longan			00:16:43	Dept of Ed	M-A-2
14	Ray O'Connell	0/40M		00:16:45	Ørsted	
15	Charlie Gaffney			00:17:00	Temp Reg	
16	Andrew Hobbs			00:17:07	Johnson Controls	
17	Alfie Davis	0/45M	0/45M1	00:17:17	UCC	
18	Peter Howie			00:17:20	Amneal Pharmaceuticals	
19	Gary Sleith			00:17:26	Apple	
20	Kian Kelly			00:17:28	Temp Reg	
21	Jason O'Mahony	0/40M		00:17:29	Dell Technologies	M-A-3
22	Michael Burn			00:17:31	Temp Reg	
23	Kevin Gilleece	0/40M		00:17:39	Davy Stockbrokers	
24	Declan O'Donoghue			00:17:55	Temp Reg	
25	John Cronin			00:17:57	MTU	
26	Joseph Daly			00:18:03	Abbvie	
27	Sean O'Brien	0/40M		00:18:04	Dept of Ed	M-B-1
28	Edmond Byrne	0/50M	0/50M1	00:18:07	UCC	
29	Paul Cashman	0/45M	0/45M2	00:18:13	Douglas Credit Union	
30	John Murphy	0/50M	0/50M2	00:18:15	McCarthy Insurance Group	
31	Tobi Grab	0/45M	0/45M3	00:18:18	Apple	
32	Michelle Kenny	0/40F	F-1	00:18:23	Dept of Ed	F-A-1
33	Trevor Woods	0/50M	0/50M3	00:18:28	UCC	
34	Denis O'Neill	0/45M		00:18:38	Nestle	
35	Willie Walsh	0/45M		00:18:43	Army	
36	John Hartnett	0/40M		00:18:43	Army	
37	Alan O'Sullivan	0/40M		00:18:44	Red Hat Ltd	
38	Shane Collins			00:18:47	Statkraft	
39	Jack Murphy			00:18:47	True Layer	
40	Paul O'Brien	0/40M		00:18:49	Stryker	
41	Thomas Fox	0/55M	0/55M1	00:18:55	Ronan Daly Jermyn Solicitors	
42	Seamus Levy			00:18:57	Temp Reg	
43	Breda Gaffney	0/50F	F-2	00:18:59	Avondhu MF	
44	Conor Friel			00:19:08	Maryborough Hotel @ Spa	
45	Michael O'Donoghue			00:19:12	Temp Reg	
46	Stephen Geoghegan	0/50M		00:19:17	Dell Technologies	M-A-3
47	Linda O'Connor	0/45F	F-3	00:19:34	Musgrave	F-B-1
48	Ken Mulcahy	0/55M	0/55M2	00:19:37	BASF IRELAND	
49	Michael Mulcahy	0/45M		00:19:39	Dell Technologies	M-C-1
50	Mark Bulman	0/60M	0/60M1	00:19:44	Army	
51	Irene Eighan	0/40F	0/40F1	00:19:46	Sterling	F-A-2
52	Gearóid Lennon			00:19:46	AtData	
53	Paul Griffin	0/40M		00:19:55	Uisce Éireann	
54	Will O'leary			00:19:58	Uisce Éireann	
55	Francisco Jaen			00:19:58	Temp Reg	
56	John Dorgan	0/40M		00:20:01	Alcon	
57	Kieran Twomey	0/55M	0/55M3	00:20:04	John O'Connell & Co Accountants	
58	Kieran Crowley	0/50M		00:20:13	Janssen	
59	Joe O'Loughlin	0/50M		00:20:16	Musgrave	M-C-2
60	Brendan Hallissey	0/45M		00:20:17	ESB	
61	Martin Lynch	0/60M	0/60M2	00:20:19	Boston Scientific	
62	Jack Ahern			00:20:21	Merck	
63	Dario Giuliano	0/45M		00:20:21	Apple	
64	Ciaran Fogarthy			00:20:24	Temp Reg	
65	Ciaran Courtney	0/45M		00:20:27	Eli Lilly	M-C-3
66	Gerard Geary			00:20:28	Fota Collection	

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67	Martin Daly	0/50M		00:20:28	Dell Technologies	M-C-1
68	Patrick O'Donnell			00:20:29	Cloudera	
69	Siobhán O'Leary	0/50F	0/50F1	00:20:30	SOL Learning	
70	Niamh O'Connor	0/40F	0/40F2	00:20:32	SIVUH	
71	Aileen Noone	0/35F	0/35F1	00:20:33	Dept of Ed	F-A-1
72	Ken Nyhan	0/45M		00:20:35	OpenText	
73	Keith Buckley	0/40M		00:20:38	Avondhu MF	
74	Conor Cronin			00:20:40	Temp Reg	
75	Denis Cotter			00:20:40	Apple	M-B-2
76	Michael Murphy	0/65M	0/65M1	00:20:41	Sterling	
77	Mairead Perez	0/50F	0/50F2	00:20:42	AOK COMPUTER SERVICE	
78	Brendan Healy			00:20:43	Teagasc	
79	Annmarie Burns	0/35F	0/35F2	00:20:45	MTU	
80	Marie Kelly	0/35F	0/35F3	00:20:45	Mercy Hospital	
81	Delisha Duran			00:20:46	Midleton Collective	
82	Killian Byrne			00:20:47	Temp Reg	
83	Katie Walsh			00:20:48	Temp Reg	
84	Paul Penney			00:20:49	Cloudera	
85	Avril Crowley	0/50F	0/50F3	00:20:51	Harty Tax Consulting	
86	Jj Murphy	0/65M	0/65M2	00:20:54	Dept of Ed	M-B-1
87	Adil Cahit Ansaroglu	0/40M		00:21:03	Apple	M-B-2
88	Siobhan Holland	0/45F	0/45F1	00:21:04	Sterling	F-A-2
89	Piotr Niziolek			00:21:05	Temp Reg	
90	Kieran O'Donoghue			00:21:07	Temp Reg	
91	Pat McEvoy	0/40M		00:21:16	Laya Healthcare	
92	Conor Finn	0/40M		00:21:18	FBD Insurance	
93	Michael Naughton	0/50M		00:21:18	Complete Financial	
94	Graham Bickerstaffe	0/45M		00:21:19	Cork Bearing Co.	
95	Laura Rooney	0/45F	0/45F2	00:21:19	Merck	F-B-2
96	Gerald Wyse			00:21:21	Temp Reg	
97	Sinead Dorgan	0/40F	0/40F3	00:21:25	SIVUH	
98	Owen Wright	0/40M		00:21:29	Wright	
99	Cian Quigley	0/40M		00:21:31	Dept of Ed	M-B-1
100	Alexander De Gaye	0/40M		00:21:34	Apple	M-B-2
101	Stephen Hunt	0/40M		00:21:35	Apple	
102	Seán O'Brien	0/55M		00:21:37	Cork County Council	
103	John Santry	0/40M		00:21:38	Dell Technologies	M-C-1
104	Siobhan Walsh	0/40F		00:21:41	Abbie	
105	Alix Carey			00:21:44	Carey Tools	
106	Clodagh Fitzgerald			00:21:45	Temp Reg	
107	Ken Carey	0/65M	0/65M3	00:22:02	Carey Tools	
108	Brendan McEvoy	0/50M		00:22:03	Cork City Council	
109	Andrew O'Callaghan	0/55M		00:22:07	Blarney Woolen Mills	
110	Andrew O'Callaghan			00:22:09	Temp Reg	
111	Mary Buckley	0/55F		00:22:09	HSE	
112	Dara O'Sullivan			00:22:11	Temp Reg	
113	Tony Neal	0/55M		00:22:12	MTU	
114	Declan Rice	0/40M		00:22:12	Eli Lilly	M-C-3
115	Michael Doona	0/40M		00:22:14	MTU	
116	Trevor Moore	0/45M		00:22:18	Musgrave	M-C-2
117	Katie Ni Loingsigh	0/35F		00:22:19	UCC	
118	Tj Brosnan			00:22:24	Ørsted	
119	Paul Barry	0/40M		00:22:27	Cork County Council	
120	Josephine Kelleher	0/50F		00:22:30	HSE	
121	Mary Sweeney	0/60F		00:22:34	Fit4Life	F-C-1
122	Noel O'Connor	0/65M		00:22:35	Dell Technologies	
123	David Curtin			00:22:37	Uisce Éireann	
124	Cathal Martin			00:22:39	Apple	
125	Marc Cashman	0/40M		00:22:40	Teamwork.com	
126	Denis Kelleher			00:22:40	Temp Reg	
127	John O'Mahony			00:22:40	Temp Reg	
128	Rhona Dempsey	0/40F		00:22:41	Eli Lilly	F-C-2
129	Kieran McManamon	0/50M		00:22:48	UCC	
130	Michael Beirne			00:22:52	Temp Reg	
131	Donal Fallon	0/40M		00:22:53	HSE	
132	Brian O'Callaghan			00:22:56	Uisce Éireann	
133	Manus Mitchell	0/50M		00:22:57	Pepsico	

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134	Robert Fitzgerald			00:22:59	Temp Reg	
135	Sheila Caulfield	0/35F		00:22:59	DT Fitness	
136	Peter Stubbs			00:23:03	Pfizer	
137	Anna Collins O'Neill	0/50F		00:23:07	Cork Garda	
138	Chris Geary			00:23:08	Temp Reg	
139	Colm Menton	0/50M		00:23:13	MTU	M-B-3
140	John O'Reilly	0/40M		00:23:17	Fota Collection	
141	Ciaran O Conghaile			00:23:20	Dept of Ed	
142	Tamara Lopez	0/40F		00:23:25	Prarion Ltd	
143	John Mccarthy			00:23:30	Temp Reg	
144	Cliona Lynch			00:23:42	Temp Reg	
145	Kevin McCarthy	0/45M		00:23:43	MSD Brinny	
146	Francis Maunsell	0/50M		00:23:47	Merck	
147	Colin Morrison	0/50M		00:23:48	Logitech	
148	Eddie O'Regan	0/65M		00:23:54	Eureka Army Surplus	
149	Maria Madigan	0/45F	0/45F3	00:23:56	Fit 4 Life	
150	Vincent Murphy			00:23:58	Temp Reg	
151	Dave O'Leary	0/40M		00:24:00	MTU	M-B-3
152	Orla Crosbie	0/55F		00:24:07	UCC	
153	Adolfo Garcia	0/45M		00:24:09	Apple	
154	Kevin O'Keefe	0/40M		00:24:18	Gas Networks Ireland	
155	Ion Negulescu	0/40M		00:24:19	Apple	
156	Willie O'Riordan	0/65M		00:24:21	Army	
157	Des White	0/60M	0/60M3	00:24:24	Avondhu MF	
158	Paul Healy	0/50M		00:24:25	Computer Data Source	
159	Raquel Baeta Correa			00:24:32	Uisce Éireann	
160	James Spillane	0/45M		00:24:36	Logitech	
161	David O' Sullivan	0/45M		00:24:38	Ørsted	
162	Alex Lodenkemper			00:24:41	Arup	
163	Mary Cotter	0/60F		00:24:42	Sterling	
164	Antonio Castaldo	0/60M		00:24:46	Storefit Ltd	
165	Brian Johnston	0/45M		00:24:53	Apple	
166	David Harrington			00:24:54	Apple	
167	Donal O'Donoghue	0/55M		00:24:57	TD-Synnex	
168	Eamonn Horgan			00:25:00	PFGI	
169	Dan Kennedy	0/70M	0/70M1	00:25:01	Dept of Ed	
170	Ciaran Stone			00:25:02	Temp Reg	
171	Ross Thomson	0/50M		00:25:03	Cognex Irl Ltd	
172	Niamh Hennessy	0/35F		00:25:08	Merck	F-B-2
173	Glenn Lacey	0/60M		00:25:14	Musgrave	M-C-2
174	Denis Carroll	0/60M		00:25:18	Happy Feet	
175	Ita Kirwan	0/55F		00:25:20	Cork County Council	
176	Pandu Thukaram			00:25:22	Eli Lilly	M-C-3
177	Andrew Geaney	0/65M		00:25:29	Apple	
178	Barry Cleary	0/45M		00:25:29	Eli Lilly	
179	Darren O' Sullivan			00:25:34	Janssen	
180	Megan Murphy			00:25:34	Temp Reg	
181	Maria Daniela Soare			00:25:35	Apple	
182	Kitty Harrington Buckley	0/55F		00:25:42	HSE	
183	Niamh Morrissey	0/35F		00:25:46	Army	
184	Declan Maunsal			00:25:46	Temp Reg	
185	Imelda Lyons			00:25:47	Temp Reg	
186	Aine Murphy	0/60F		00:25:50	UCC	
187	Gerard Rasmussen	0/65M		00:25:55	MTU	M-B-3
188	Joseph Culloty	0/40M		00:25:57	Sterling	
189	Colette Ryan	0/55F		00:25:57	Douglas Meet and Train	
190	Orla Ahern			00:25:59	Apple	
191	Pierce De Courcy			00:26:05	Temp Reg	
192	Anthony Walsh	0/60M		00:26:10	Apple	
193	Des Lyons	0/50M		00:26:14	PFGI	
194	Patrick Murphy	0/65M		00:26:19	Bus Eireann	
195	Una Duffy			00:26:25	Temp Reg	
196	Mary O'Halloran	0/50F		00:26:29	Complete Financial	
197	Marco Cosenza	0/50M		00:26:30	Apple	
198	Brendan Deane	0/55M		00:26:33	MTU	
199	Reynolds O Donovan	0/55M		00:26:35	SIVUH	
200	Micheletighe	0/40F		00:26:38	SIVUH	

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201	Ella O'Brien			00:26:40	Temp Reg	
202	Ian O'Brien	0/50M		00:26:45	Mondelez	
203	Margaret Murphy	0/55F		00:26:45	Complete Financial	
204	Maire Ui Chonghaile	0/65F		00:26:49	Dept of Ed	
205	Michael Dunne	0/75M	0/75M1	00:26:51	UCC	
206	Maeve O'Hagan	0/35F		00:26:51	SIVUH	
207	Paul O'Rouke	0/40M		00:26:51	Cognex Irl Ltd	
208	Brendan Coughlan			00:26:57	Temp Reg	
209	Martin Butler	0/60M		00:27:02	Butler	
210	Dale Burkley	0/40F		00:27:08	Uisce Éireann	
211	Cemalettin Ozturk	0/40M		00:27:09	MTU	
212	J J Casey	0/65M		00:27:18	An Post/Eir	
213	Mick Dooley	0/55M		00:27:18	CPO	
214	Elaine Moore	0/40F		00:27:26	Musgrave	F-B-1
215	Lauren Murphy			00:27:32	Temp Reg	
216	Danny McInnis			00:27:54	Logitech	
217	Vinny Raphael			00:28:00	Tecomet	
218	Deirdre O'Keefe	0/40F		00:28:01	Mercy Hospital	
219	Aleksander Bochenski	0/40M		00:28:02	Tecomet	
220	Sinead O'Brien			00:28:05	Temp Reg	
221	Maggie Stack			00:28:15	Temp Reg	
222	Aisling O'Breien			00:28:18	Temp Reg	
223	Jane Power	0/50F		00:28:22	Douglas Meet and Train	
224	Michael Daly	0/50M		00:28:24	Navy	
225	Batt Kearney	0/65M		00:28:25	Blarney Woolen Mills	
226	Yvonne Gough	0/55F		00:28:28	Cork City Council	
227	Alice Macilwraith			00:28:30	Gas Networks Ireland	
228	Martin Fogarty			00:28:33	Temp Reg	
229	Catherine McCarthy	0/40F		00:28:45	MTU	
230	Celia O'Regan	0/55F		00:28:48	Eureka Army Surplus	
231	Ciara O'keeffe			00:28:51	Apple	
232	Dympna Murphy	0/55F		00:28:53	Cork City Council	
233	Aoife Lyons	0/35F		00:29:03	Business Platforms	
234	Mary Mulcahy	0/60F		00:29:05	Bank of Ireland	
235	Sebastain Wozniak	0/45M		00:29:05	Tecomet	
236	Brian O'shea	0/45M		00:29:06	Tecomet	
237	Jose Antonio			00:29:06	Tecomet	
238	Ann Bogan			00:29:11	Temp Reg	
239	Emer O'Keefe			00:29:26	PwC	
240	Ann Parle			00:29:27	Temp Reg	
241	Rachel Mcclemants			00:29:56	Temp Reg	
242	Sinead Hegarthy			00:30:05	Temp Reg	
243	Jack O'Connell			00:30:15	Logitech	
244	Anne Sheehy	0/65F		00:30:19	Fit4Life	F-C-1
245	Eleanor O'Driscoll	0/40F		00:30:33	Eli Lilly	F-C-2
246	Ron Heaphy	0/60M		00:30:40	AOK COMPUTER SERVICE	
247	Jholauris Carvalhais			00:30:44	Apple	
248	Sonya Walsh	0/50F		00:31:16	Army	
249	Patricia Casey	0/50F		00:31:50	Public Sector	
250	Sarah Mccormac			00:31:51	Temp Reg	
251	Ray Foley			00:31:51	Temp Reg	
252	Fiona Shine			00:31:51	Temp Reg	
253	Julie Sexton			00:31:54	Temp Reg	
254	Jason O'Mahony	0/50M		00:31:56	MTU	
255	Jimmy Murray	0/75M		00:32:04	Cork Mental Health	
256	Siobhan Manning	0/45F		00:32:44	AOK COMPUTER SERVICE	
257	Ursula Ziemaiwiz			00:32:51	Temp Reg	
258	Denis Condon	0/70M	0/70M2	00:33:26	Condon	
259	Conor O'Sullivan	0/45M		00:33:53	Statkraft	
260	Elizabeth Horan	0/55F		00:34:29	Horan	
261	Ann McCarthy	0/55F		00:34:37	McCarthy	
262	Ruth Lois Good	0/60F		00:34:58	Good	
263	Joan McCarthy	0/65F		00:35:33	Bank of Ireland	
264	Alan O'Keefe	0/60M		00:35:33	AOK COMPUTER SERVICE	
265	Tyrelle Kenneally			00:38:00	Temp Reg	
266	Frank Lenihan			00:38:47	Temp Reg	

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