

Defence Forces 5k Results

Oct 13 2024



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Next race: [Clearstream / Deutsche Börse Cork 5k](#)

Sun Nov 17 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 | Nathan O Leary | | M-1 | 00:15:41 | Army | M-B-2 |
| 2 | Andrew Sheehan | | | 00:16:33 | Temp Reg | |
| 3 | Tim O'Connor | 0/45M | M-2 | 00:16:37 | Uisce Éireann | M-B-3 |
| 4 | Michael Quirke | | | 00:16:38 | Temp Reg | |
| 5 | Paul Cashman | 0/45M | M-3 | 00:16:39 | Elevate Credit Union | |
| 6 | Alfie Davis | 0/45M | 0/45M1 | 00:16:54 | UCC | M-A-2 |
| 7 | Dara O'Carroll | | | 00:17:33 | Depuy Synthes | |
| 8 | Tim Twomey | | | 00:17:43 | Temp Reg | |
| 9 | Alan O'Sullivan | 0/40M | 0/40M1 | 00:17:51 | Red Hat Ltd | |
| 10 | Adrian O'Driscoll | 0/40M | 0/40M2 | 00:17:54 | Musgrave | |
| 11 | Trevor Woods | 0/50M | 0/50M1 | 00:17:59 | UCC | M-A-2 |
| 12 | James Grufferty | 0/40M | 0/40M3 | 00:18:06 | Glanmire Medical Centre | |
| 13 | Barry Murphy | 0/50M | 0/50M2 | 00:18:07 | Eli Lilly | M-B-1 |
| 14 | Joao Perocco | | | 00:18:10 | Temp Reg | |
| 15 | Donal Coffey | | | 00:18:14 | Temp Reg | |
| 16 | Gerard Geary | | | 00:18:17 | Fota Collection | |
| 17 | Tobi Grab | 0/45M | 0/45M2 | 00:18:26 | Apple | M-A-3 |
| 18 | Jason Histon | | | 00:18:30 | Stryker | |
| 19 | Stephen Geoghegan | 0/50M | 0/50M3 | 00:18:33 | Dell Technologies | M-A-1 |
| 20 | Thomas Fox | 0/55M | 0/55M1 | 00:18:40 | RDJ Solicitors | |
| 21 | Brendan Kearney | | | 00:18:41 | Temp Reg | |
| 22 | Linda O Connor | 0/50F | F-1 | 00:18:49 | Musgrave | |
| 23 | Stephen Coady | | | 00:18:55 | Temp Reg | |
| 24 | Luke Kiely | | | 00:18:56 | Ken's Track Club | |
| 25 | Colin Morrison | 0/50M | | 00:18:58 | Logitech | |
| 26 | Kevin R O'Regan | | | 00:19:19 | Business Platforms | |
| 27 | Gearóid Lennon | | | 00:19:21 | AtData | |
| 28 | Kieran Twomey | 0/60M | 0/60M1 | 00:19:22 | John O'Connell & Co Accountants | |
| 29 | John Leo | 0/40M | | 00:19:23 | Laya Healthcare | |
| 30 | Martin Lynch | 0/60M | 0/60M2 | 00:19:28 | Boston Scientific | |
| 31 | Andrew Rodrigues | 0/50M | | 00:19:41 | Dell Technologies | M-A-1 |
| 32 | John Santry | 0/40M | | 00:19:43 | Dell Technologies | M-A-1 |
| 33 | Edmond O'Sullivan | 0/60M | 0/60M3 | 00:19:45 | Midleton Collective | |
| 34 | Peter Desmond | | | 00:19:46 | Temp Reg | |
| 35 | Mark Bulman | 0/60M | | 00:19:51 | Army | M-B-2 |
| 36 | Brendan Gildea | | | 00:19:52 | Biomarin | |
| 37 | Ronan Corkery | | | 00:19:55 | Musgrave | |
| 38 | Gwen Conroy | 0/45F | F-2 | 00:20:03 | Dept of Ed | F-A-1 |
| 39 | Kelly Fitzgerald | | | 00:20:04 | Temp Reg | |
| 40 | Fiachra Lynn | | | 00:20:07 | Biomarin | |
| 41 | Stephen Crowley | | | 00:20:16 | Janssen | |
| 42 | Ciarán O'Callaghan | 0/50M | | 00:20:21 | Cork County Council | |
| 43 | Victor Baraza | | | 00:20:25 | OpenText | |
| 44 | Michael Murphy | 0/65M | 0/65M1 | 00:20:26 | Sterling | |
| 45 | Ken Carey | 0/65M | 0/65M2 | 00:20:29 | Carey Tools | |
| 46 | Dario Giuliano | 0/45M | 0/45M3 | 00:20:30 | Apple | M-A-3 |
| 47 | Brian Linehan | 0/60M | | 00:20:31 | G4S Security | |
| 48 | Adil Cahit Ansaroglu | 0/40M | | 00:20:36 | Apple | M-A-3 |
| 49 | Gerard Down | 0/65M | 0/65M3 | 00:20:45 | Down | |
| 50 | Mark Bryan | 0/45M | | 00:20:48 | Bandon Motors | |
| 51 | Mairead Perez | 0/50F | F-3 | 00:20:48 | AOK COMPUTER SERVICE | |
| 52 | Conor Jones | | | 00:20:50 | Eli Lilly | M-B-1 |
| 53 | Daniel McCarthy | | | 00:20:51 | Boston Scientific | |
| 54 | Steven Denehan | | | 00:20:53 | Temp Reg | |
| 55 | Vikki Donnelly | 0/35F | 0/35F1 | 00:20:57 | Dept of Ed | F-A-1 |
| 56 | Martin Daly | 0/50M | | 00:20:58 | Dell Technologies | M-C-2 |
| 57 | David Levy | | | 00:20:59 | CPO | |
| 58 | Garrett Coghlan | 0/50M | | 00:20:59 | MTU | M-C-1 |
| 59 | Michael Naughton | 0/55M | 0/55M2 | 00:21:03 | Complete Financial | |
| 60 | Jonathan Lowther | 0/45M | | 00:21:04 | Eli Lilly | M-B-1 |
| 61 | Conor Finn | 0/40M | | 00:21:11 | FBD Insurance | |
| 62 | Tony Neal | 0/55M | 0/55M3 | 00:21:14 | MTU | M-C-1 |
| 63 | Philip Hayes | | | 00:21:14 | Temp Reg | |
| 64 | Mary Buckley | 0/60F | 0/60F1 | 00:21:18 | HSE | F-B-1 |
| 65 | Steve O'Connell | | | 00:21:20 | MTU | M-C-1 |
| 66 | James Lehive | | | 00:21:23 | Temp Reg | |

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| | | | | | | |
|-----|--------------------------|-------|--------|----------|--------------------------|-------|
| 67 | Stephen Lynch | | | 00:21:23 | Uisce Éireann | M-B-3 |
| 68 | Jj Murphy | 0/65M | | 00:21:27 | Dept of Ed | |
| 69 | Bob Anglim | 0/65M | | 00:21:29 | Navy | |
| 70 | Anna Collins O'Neill | 0/55F | 0/55F1 | 00:21:30 | Cork Garda | |
| 71 | Andrew O'Callaghan | 0/55M | | 00:21:31 | Blarney Woolen Mills | |
| 72 | David O'Donovan | | | 00:21:31 | Temp Reg | |
| 73 | Teu O Hailpin | 0/45M | | 00:21:33 | Apple | |
| 74 | Jack Coyle | | | 00:21:35 | Temp Reg | |
| 75 | Ed Dunphy | | | 00:21:36 | Cork City Council | |
| 76 | Damien Malone | 0/45M | | 00:21:39 | Merck | |
| 77 | Antonio Castaldo | 0/60M | | 00:21:41 | Storefit Ltd | |
| 78 | Marc Cashman | 0/40M | | 00:21:50 | Teamwork.com | |
| 79 | Damien O'Riordan | | | 00:21:53 | Fota Collection | |
| 80 | Mary Sweeney | 0/60F | 0/60F2 | 00:21:58 | Fit4Life | |
| 81 | Jer Creedon | 0/45M | | 00:22:00 | UCC | M-A-2 |
| 82 | Michael Doona | 0/40M | | 00:22:12 | MTU | M-C-3 |
| 83 | Donal O'Donoghue | 0/55M | | 00:22:16 | TD-Synnex | |
| 84 | Noel O'Connor | 0/65M | | 00:22:16 | Dell Technologies | M-C-2 |
| 85 | Paula Mulcahy | 0/50F | 0/50F1 | 00:22:20 | UCC | F-B-1 |
| 86 | Sean Murphy | | | 00:22:30 | Temp Reg | |
| 87 | Patrick Murphy | 0/60M | | 00:22:33 | Navy | |
| 88 | Aaron O'Sullivan | | | 00:22:34 | O'Sullivan | |
| 89 | Colm Menton | 0/50M | | 00:22:37 | MTU | M-C-3 |
| 90 | David Lynch | 0/55M | | 00:22:38 | MTU | M-C-3 |
| 91 | Karen O'Leary | 0/40F | 0/40F1 | 00:22:39 | HSE | F-B-1 |
| 92 | Michael Creed | 0/60M | | 00:22:40 | Happy Feet | |
| 93 | Carmel Parnell | 0/65F | 0/65F1 | 00:22:45 | Cork Shops | |
| 94 | Keith Buckley | 0/40M | | 00:22:46 | Avondhu MF | |
| 95 | Dave O'Leary | 0/40M | | 00:22:50 | MTU | |
| 96 | Conor O'Mahony | 0/45M | | 00:22:55 | UCC | |
| 97 | Stephen Crowley | 0/40M | | 00:22:59 | Johnson & Johnson | |
| 98 | Anthony Coughlan | | | 00:23:03 | Cork University Hospital | |
| 99 | Sinead Fitzgerald | 0/45F | 0/45F1 | 00:23:04 | Clearstream | |
| 100 | Conor Foley | | | 00:23:05 | Temp Reg | |
| 101 | Denis Carroll | 0/65M | | 00:23:08 | Happy Feet | |
| 102 | Sean Lynch | | | 00:23:09 | Uisce Éireann | M-B-3 |
| 103 | Cathal Gaffney | | | 00:23:10 | Temp Reg | |
| 104 | Michael Coughlan | | | 00:23:12 | Temp Reg | |
| 105 | Rosemary Milton | | | 00:23:23 | Temp Reg | |
| 106 | Iolo Pearse | | | 00:23:30 | Complete Financial | |
| 107 | David O'Callaghan | | | 00:23:34 | Temp Reg | |
| 108 | Siobhan O'Callaghan | | | 00:23:36 | Temp Reg | |
| 109 | Ian O'Brien | 0/50M | | 00:23:46 | Mondelez | |
| 110 | Willie O'Riordan | 0/70M | 0/70M1 | 00:23:46 | Army | M-B-2 |
| 111 | Tim McCormack | 0/50M | | 00:23:54 | Dell Technologies | M-C-2 |
| 112 | Mossy Shanahan | 0/65M | | 00:24:10 | Shanahan | |
| 113 | Norman Allen | 0/65M | | 00:24:16 | CH Marine | |
| 114 | Con Twomey | | | 00:24:19 | Temp Reg | |
| 115 | Anthony Walsh | 0/60M | | 00:24:28 | Apple | |
| 116 | Michael Comyns | 0/55M | | 00:24:35 | Cork Garda | |
| 117 | Aaron Crowley | | | 00:24:41 | Temp Reg | |
| 118 | Kasia Jurkiewicz | 0/35F | 0/35F2 | 00:24:45 | Apple | F-C-1 |
| 119 | Michael Óg Manley | 0/40M | | 00:24:46 | HSE | |
| 120 | Catherine Reidy | | | 00:24:56 | Temp Reg | |
| 121 | Kieran Daly | 0/55M | | 00:25:08 | DruidEir Ltd | |
| 122 | Nicholas Morassutti | 0/45M | | 00:25:12 | Statkraft | |
| 123 | Kitty Harrington Buckley | 0/60F | 0/60F3 | 00:25:15 | HSE | |
| 124 | Jane Power | 0/50F | 0/50F2 | 00:25:24 | Douglas Meet and Train | F-B-2 |
| 125 | Liam O'Shea | | | 00:25:26 | Temp Reg | |
| 126 | Miguel Iriarte | | | 00:25:27 | Temp Reg | |
| 127 | Maeve O'Sullivan | | | 00:25:27 | Temp Reg | |
| 128 | Gerry O'Keefe | | | 00:25:29 | Temp Reg | |
| 129 | Siobhan Lillis | 0/45F | 0/45F2 | 00:25:30 | Apple | F-C-1 |
| 130 | Fiona Downey | 0/50F | 0/50F3 | 00:25:31 | MTU | F-C-2 |
| 131 | Barry Marshall | | | 00:25:31 | Ørsted | |
| 132 | Ger Marshall | 0/65M | | 00:25:31 | Certus | |
| 133 | Conor Roche | 0/45M | | 00:25:40 | ISS Ireland | |

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| | | | | | | |
|-----|----------------------|-------|--------|----------|------------------------|-------|
| 134 | Martin Butler | 0/60M | | 00:25:40 | Butler | |
| 135 | Clare Murphy | 0/45F | 0/45F3 | 00:25:42 | UCC | F-B-1 |
| 136 | Anne-Marie Sheehan | 0/35F | 0/35F3 | 00:25:44 | Logitech | |
| 137 | Elaine Rodrigues | 0/55F | 0/55F2 | 00:25:45 | UCC | |
| 138 | Chris Carroll | 0/70M | | 00:25:53 | HSE | |
| 139 | Fergus O'Halloran | 0/50M | | 00:25:55 | Complete Financial | |
| 140 | Frances O'Connor | 0/65F | | 00:25:56 | Dept of Ed | |
| 141 | J J Casey | 0/65M | | 00:25:57 | An Post/Eir | |
| 142 | Norma Reidy | 0/45F | | 00:25:58 | MTU | F-C-2 |
| 143 | Annabel Golden | 0/55F | 0/55F3 | 00:25:59 | Business Platforms | |
| 144 | Pat Walsh | 0/60M | | 00:25:59 | Business Platforms | |
| 145 | Claire McGonagle | 0/55F | | 00:26:03 | Janssen | |
| 146 | John Kiely | | | 00:26:03 | Temp Reg | |
| 147 | Megan Kenneally | | | 00:26:06 | Temp Reg | |
| 148 | Aine Murphy | 0/60F | | 00:26:08 | UCC | |
| 149 | Darragh O'Mahony | 0/45M | | 00:26:12 | Statkraft | |
| 150 | Mick Murphy | 0/60M | | 00:26:17 | MOB DOORS | |
| 151 | Anaëlle Goupil | 0/40F | 0/40F2 | 00:26:18 | Apple | |
| 152 | Gary Dineen | | | 00:26:20 | Gas Networks Ireland | |
| 153 | Helena Coleman | 0/50F | | 00:26:26 | Logitech | |
| 154 | Martin Neville | 0/50M | | 00:26:29 | Depuy Synthes | |
| 155 | Marco Cosenza | 0/50M | | 00:26:33 | Apple | |
| 156 | Pierce Decourcy | | | 00:26:38 | Temp Reg | |
| 157 | Niamh Kelly | | | 00:26:41 | Eli Lilly | |
| 158 | Brendan Deane | 0/55M | | 00:26:42 | MTU | |
| 159 | Mary O'Halloran | 0/50F | | 00:26:49 | Complete Financial | |
| 160 | Proinsias O'Keeffe | 0/60M | | 00:27:02 | VMware | |
| 161 | Tony Neiland | 0/55M | | 00:27:11 | Merck | |
| 162 | Ken Nyhan | 0/45M | | 00:27:13 | OpenText | |
| 163 | Olwyn Post | 0/45F | | 00:27:13 | OpenText | |
| 164 | Donie O'Connell | 0/70M | | 00:27:19 | Middleton Collective | |
| 165 | Andrew Geaney | 0/65M | | 00:27:27 | Apple | |
| 166 | Michael Dunne | 0/75M | | 00:27:28 | UCC | |
| 167 | Una Buckley | 0/45F | | 00:27:31 | Dell Technologies | |
| 168 | Sean Coen | 0/60M | | 00:27:34 | Happy Feet | |
| 169 | Vincent O'Neill | 0/55M | | 00:27:35 | Dell Technologies | |
| 170 | Mary Collins | | | 00:27:38 | Temp Reg | |
| 171 | John Walshe | | | 00:27:39 | Temp Reg | |
| 172 | Niamh Casey | 0/45F | | 00:27:44 | Dept of Ed | |
| 173 | Ciara O'Keeffe | | | 00:27:50 | Apple | |
| 174 | Geraldine Murray | | | 00:27:56 | Temp Reg | |
| 175 | Batt Kearney | 0/65M | | 00:27:58 | Blarney Woolen Mills | |
| 176 | Joe Conroy | 0/60M | | 00:27:58 | Dell Technologies | |
| 177 | Tom O'Neill | 0/65M | | 00:28:05 | CPO | |
| 178 | Sarah Gleeson | 0/35F | | 00:28:08 | Gas Networks Ireland | |
| 179 | Brian Morrissey | 0/45M | | 00:28:08 | Cork City Council | |
| 180 | Colette Ryan | 0/55F | | 00:28:10 | Douglas Meet and Train | F-B-2 |
| 181 | Kay Allen | | | 00:28:13 | Temp Reg | |
| 182 | Aoife Lyons | 0/35F | | 00:28:20 | Business Platforms | |
| 183 | Denise Cullinane | 0/55F | | 00:28:30 | CSO | |
| 184 | Paddy Gyves | 0/75M | | 00:28:33 | Itw Hi-Cone | |
| 185 | Margaret Murphy | 0/55F | | 00:28:43 | Complete Financial | |
| 186 | Emer O'Keeffe | | | 00:28:45 | PwC | |
| 187 | Roisin Cremin | 0/35F | | 00:28:56 | Highbury | |
| 188 | Ella O'Brien | | | 00:29:16 | Temp Reg | |
| 189 | Sean Andrews | | | 00:29:17 | Temp Reg | |
| 190 | Irene Keohane | 0/50F | | 00:29:21 | Douglas Meet and Train | |
| 191 | Bernard Sisk | 0/75M | | 00:29:29 | Sisk Builders | |
| 192 | Dympna Murphy | 0/60F | | 00:29:49 | Cork City Council | |
| 193 | Linda Hughes | | | 00:29:56 | Temp Reg | |
| 194 | John O'Leary | 0/85M | | 00:30:01 | Bookdeal | |
| 195 | Adrian Foley | 0/55M | | 00:30:07 | Army | |
| 196 | Tadgh Hanley | 0/55M | | 00:30:34 | G.E. Healthcare | |
| 197 | Des White | 0/60M | | 00:30:34 | Avondhu MF | |
| 198 | Lisa Keane | | | 00:30:35 | Temp Reg | |
| 199 | Michael Van Der Poel | 0/65M | | 00:30:48 | Apple | |
| 200 | Patrice Cooney | 0/55F | | 00:31:03 | Complete Financial | |

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| | | | | | | |
|-----|--------------------|-------|--------|----------|----------------------|--|
| 201 | Deborah Twomey | | | 00:31:18 | Temp Reg | |
| 202 | Fabienne Buck | 0/45F | | 00:31:20 | Apple | |
| 203 | Ron Heaphy | 0/60M | | 00:31:24 | AOK COMPUTER SERVICE | |
| 204 | Alan O'Keefe | 0/60M | | 00:31:24 | AOK COMPUTER SERVICE | |
| 205 | Frances O'Sullivan | 0/65F | | 00:31:25 | Dept of Ed | |
| 206 | Therese Flannery | 0/55F | | 00:31:26 | Dept of Ed | |
| 207 | Caitriona Sweeney | | | 00:31:35 | Temp Reg | |
| 208 | Anne Creedon | | | 00:31:35 | Temp Reg | |
| 209 | Jack O'Connell | | | 00:31:36 | Logitech | |
| 210 | Catherine Desmond | 0/45F | | 00:31:37 | PwC | |
| 211 | Jimmy Murray | 0/75M | | 00:31:52 | Cork Mental Health | |
| 212 | Kate Darcy | | | 00:31:59 | Temp Reg | |
| 213 | Clare O'Sullivan | | | 00:31:59 | Temp Reg | |
| 214 | Felicity Dawson | 0/65F | | 00:32:05 | The Movement Macroom | |
| 215 | Kay Birch | | | 00:32:32 | Temp Reg | |
| 216 | Angela Tobin | 0/65F | | 00:32:54 | HSE | |
| 217 | Bridie O'Leary | 0/70F | | 00:33:00 | HSE | |
| 218 | Joan McCarthy | 0/65F | | 00:33:06 | Bank of Ireland | |
| 219 | Catherine Foley | 0/40F | 0/40F3 | 00:33:06 | Cork City Council | |
| 220 | Frank Linehan | 0/70M | | 00:34:41 | Flservices | |
| 221 | Megan Toher | | | 00:35:38 | AIB | |
| 222 | Helen O'Donoghue | 0/70F | | 00:36:59 | O'Donoghue | |
| 223 | Kathleen O'Connell | 0/70F | | 00:37:57 | Midleton Collective | |
| 224 | Sinead Power | 0/50F | | 00:39:10 | Irish Cancer Society | |
| 225 | Bernice Glavin | 0/65F | | 00:41:20 | HSE | |
| 226 | Jerry Forde | W/C | W/C1 | 00:44:26 | HSE | |
| | | | | | | |