

## East Cork Athletics Division 5000m Senior Championship Results - Wednesday July 13th 2022, MTU

The East Cork Athletics Division 5000m Championships were held in MTU on Wednesday the 13th of July 2022.

### Womens Individual Results

Pos	Forename	Surname	Category	Club	Time
1	Fiona	O'Donoghue	Senior Women	East Cork AC	18.03.00
2	Vicki	Spiteri	Senior Women	Midleton AC	19.43.50
3	Niamh	O'Connor	Senior Women	East Cork AC	20.17.70

### Mens Individual Results

Pos	Forename	Surname	Category	Club	Time
1	Frank	O'Brien	Senior Men	East Cork AC	16.04.00
2	Tony	Forristal	Senior Men	Midleton AC	16.47.70
3	Michael	Furlong	Senior Men	East Cork AC	17.24.50

### Overall Results

Pos	Forename	Surname	Category	Club	Time
1	Frank	O'Brien	Senior Men	East Cork AC	16.04.00
2	Tony	Forristal	Senior Men	Midleton AC	16.47.70
3	Michael	Furlong	Senior Men	East Cork AC	17.24.50
4	Willie	Walsh	Senior Men	Carraig na bhFear AC	17.45.60
5	Fiona	O'Donoghue	Senior Women	East Cork AC	18.03.00
6	Shane	Meyler	Senior Men	Ballymore Cobh AC	18.25.50
7	Gerard	Geary	Senior Men	Fota Island Running Club	18.59.70
8	Peter	Gilley	Senior Men	Ballymore Cobh AC	19.05.00
9	Rian	O'Luasa	Senior Men	Carraig na bhFear AC	19.14.90
10	Peter	Howie	Senior Men	Ballymore Cobh AC	19.32.30
11	John	Aherne	Senior Men	Midleton AC	19.41.00
12	Vicki	Spiteri	Senior Women	Midleton AC	19.43.50
13	Niamh	O'Connor	Senior Women	East Cork AC	20.17.70
14	Annalise	Hutch	Senior Women	East Cork AC	20.26.40
15	Suzanne	Alcock	Senior Women	Ballymore Cobh AC	21.14.00
16	Bob	Anglin	Senior Men	Ballymore Cobh AC	21.44.40
17	Donal	O'Donoghue	Senior Men	Watergrasshill AC	21.47.00
18	John	Maher	Senior Men	Carraig na bhFear AC	24.24.10
19	Denis	McCarthy	Senior Men	East Cork AC	25.20.20