

East Cork Athletics Division 5000m Senior Championship Results - Sunday 23rd July 2023, Mardyke

Womens Individual Results

Pos	Forename	Surname	Category	Club	Time
1	Eadaoin	Giltinan	Senior Women	East Cork AC	20.44.0



Mens Individual Results

Pos	Forename	Surname	Category	Club	Time
1	James	McCarthy	Senior Men	East Cork AC	16.21.7
2	David	Maher	Senior Men	Carraig na bhFear AC	17.08.2
3	Peter	Howie	Senior Men	Ballymore Cobh AC	17.09.9

Overall Results

Pos	Forename	Surname	Category	Club	Time
1	James	McCarthy	Senior Men	East Cork AC	16.21.7
2	David	Maher	Senior Men	Carraig na bhFear AC	17.08.2
3	Peter	Howie	Senior Men	Ballymore Cobh AC	17.09.9
4	Micheal	Cronin	Senior Men	Youghal AC	17.31.4
5	John	Spelman	Senior Men	East Cork AC	18.12.8
6	Joseph	Daly	Senior Men	Carraig na bhFear AC	18.22.8
7	Willie	Walsh	Senior Men	Carraig na bhFear AC	19.34.1
8	Rian	O'Luasa	Senior Men	Carraig na bhFear AC	20.02.2
9	Ger	O'Regan	Senior Men	Midleton AC	20.14.3
10	Eadaoin	Giltinan	Senior Women	East Cork AC	20.44.0
11	Denis	McCarthy	Senior Men	East Cork AC	26.19.9