



**Athletics Wicklow
Intermediate Cross Country
Championships
Avondale Forest Park,
Rathdrum
12 October, 2025**



WOMEN

Individual Placings

Place	Scoring Place	Bib No	First Name	Surname	Club	Time
1	1	533	Anna-May	WOODS	Lakeshore Striders	16:22
2	2	658	Emily	RYAN	Parnell	16:39
3	3	560	Laura	QUERL	Lakeshore Striders	17:55
4	4	485	Joanne	CUMMINS	Kilcoole	18:04
5	5	634	Rachel	CLARKE	Parnell	18:08
6	6	457	Emma	BARRY	Kilcoole	18:11
7	7	657	Debbie	GRIFFIN	Parnell	18:11
8	8	460	Angela	MORRISSEY	Kilcoole	19:54
9	9	561	Jenny	MILTON	Lakeshore Striders	20:35
10	10	667	Eibhlin	WHELAN	Parnell	21:37

Team Places

Team Place	Place	Scoring Place	Bib No	First Name	Surname	Club	Time	Team Score
1	1	1	533	Anna-May	WOODS	Lakeshore Striders	16:22	
	3	3	560	Laura	QUERL	Lakeshore Striders	17:55	
	9	9	561	Jenny	MILTON	Lakeshore Striders	20:35	
								13
2	2	2	658	Emily	RYAN	Parnell	16:39	
	5	5	634	Rachel	CLARKE	Parnell	18:08	
	7	7	657	Debbie	GRIFFIN	Parnell	18:11	
								14
3	4	4	485	Joanne	CUMMINS	Kilcoole	18:04	
	6	6	457	Emma	BARRY	Kilcoole	18:11	
	8	8	460	Angela	MORRISSEY	Kilcoole	19:54	
								18

MEN

Individual Placings

Place	Bib No	First Name	Surname	Club	Time
1	488	Reuben	WHELAN	Kilcoole	26:17
2	642	Ben	MANGAN	Parnell	26:24
3	659	Tim	IVERS	Parnell	26:45
4	464	Darragh	FLYNN (1990)	Kilcoole	26:54
5	465	Christopher	LUMSDEN	Kilcoole	27:10
6	486	Ben	BUTLER	Kilcoole	27:37
7	532	Anthony	O'ROURKE	Lakeshore Striders	24:47
8	535	Peter	O'CONNELL	Lakeshore Striders	28:04
9	30	Paraic	DOYLE	Aughrim	28:38
10	665	Robert	MURPHY	Parnell	28:40
11	562	Steven	BYRNE	Lakeshore Striders	28:46
12	733	Martin	KAVANAGH	Roundwood & District	28:59
13	563	Jim	WALSH	Lakeshore Striders	29:08
14	536	Shane	CONNOLLY	Lakeshore Striders	29:11
15	377	Ian	BRENNAN	Inbhear Dee	29:20
16	538	David	O'BRIEN	Lakeshore Striders	29:41
17	854	Stanislaw	CHROMIK	St Benedict Inbhear Mór	29:50
18	150	Conor	MAHER	Bray Runners	30:04
19	843	Gerard	BRENNAN	St Benedict Inbhear Mór	30:17
20	844	Gavin	GRIFFITHS	St Benedict Inbhear Mór	30:57
21	537	James	WOODS	Lakeshore Striders	30:59
22	846	Davis	OPLUCANS	St Benedict Inbhear Mór	31:34
23	842	Slawomir	BOSY	St Benedict Inbhear Mór	31:38
24	487	Darragh	FLYNN (1985)	Kilcoole	31:44
25	378	Paul	KELLY	Inbhear Dee	31:59
26	845	Kevin	GROOME	St Benedict Inbhear Mór	32:30
27	643	Philip	O'TOOLE	Parnell	32:40
28	663	Cormac	O'CEALLAIGH	Parnell	33:28
29	379	Andrew	SULLIVAN	Inbhear Dee	34:34
30	147	Tim	DUNWOODY	Bray Runners	36:07
31	45	Henry	CONWAY	Aughrim	37:43

TEAM PLACES

Team Place	Place	Scoring Place	Bib No	First Name	Surname	Club	Time	Team Score
1	1	1	488	Reuben	WHELAN	Kilcoole	26:17	
	4	4	464	Darragh	FLYNN (1990)	Kilcoole	26:54	
	5	5	465	Christopher	LUMSDEN	Kilcoole	27:10	
	6	6	486	Ben	BUTLER	Kilcoole	27:37	
								16
2	2	2	642	Ben	MANGAN	Parnell	26:24	
	3	3	659	Tim	IVERS	Parnell	26:45	
	10	9	665	Robert	MURPHY	Parnell	28:40	
	27	21	643	Philip	O'TOOLE	Parnell	32:40	
								35
3	7	7	532	Anthony	O'ROURKE	Lakeshore Striders	24:47	
	8	8	535	Peter	O'CONNELL	Lakeshore Striders	28:04	
	11	10	562	Steven	BYRNE	Lakeshore Striders	28:46	
	13	11	563	Jim	Walsh	Lakeshore Striders	29:08	
								36
4	17	14	854	Stanislaw	CHROMIK	St Benedict Inbhear Mór	29:50	
	19	15	843	Gerard	BRENNAN	St Benedict Inbhear Mór	30:17	
	20	16	844	Gavin	GRIFFITHS	St Benedict Inbhear Mór	30:57	
	22	17	846	Davis	OPLUCANS	St Benedict Inbhear Mór	31:34	
								62