

NORTHWEST 10K 2009

PAGE 1 OF 11

PLACE	TIME.	NUMBER	FIRST NAME	SURNAME	CATEGORY	CLUB
1	32.52	1	Pauric	Mc Kinney	SM	Letterkenny AC
2	33.02	471	Eoin	Mc Ginley	SM	Cranford AC
3	33.32	62	Johnathon	Patton	SM	Letterkenny AC
4	33.34	275	Emmet	Mc Ginty	SM	City Of Derry
5	34.01	409	John	Byrne	SM	Mayo A C
6	34.16	5282	Gary	Crossan	MM35+	Letterkenny AC
7	34.33	52	Ivan	Toner	SM	Letterkenny AC
8	35.12	151	John	Mc Glinchey	MM40+	Finn Valley AC
9	35.15	5	Ciaran	Bannon	SM	Letterkenny AC
10	35.20	139	Pauric	O' Donnell	SM	Letterkenny AC
11	35.21	484	Eddie	Sweeney	SM	Letterkenny AC
12	35.25	221	Ciaran	O' Sullivan	SM	Letterkenny AC
13	35.58	158	Joe	Mc Kinney	MM40+	Inishowen AC
14	36.13	303	Andrew	Connolly	SM	Letterkenny AC
15	36.15	60	Hugh	Duffy	SM	Cranford AC
16	36.23	6	Martin	Gormley	MM40+	Letterkenny AC
17	36.37	446	James	Browne	MM35+	Inishowen AC
18	36.56	55	Charlie	Page	MM35+	Letterkenny AC
19	37.05	291	Paul	Mc Glinchey	SM	Letterkenny AC
20	37.16	178	John	Daly	MM35+	Letterkenny AC
21	37.29	53	Paul	Toner	MM35+	Letterkenny AC
22	37.41	5200	Darren	Mc Glinchey	JM	Finn Valley AC
23	37.41	11	Ciaran	Higgins	SM	Letterkenny AC
24	38.00	242	Philip	Mullan	MM40+	Springwell
25	38.02	257	Richard	Mc Carthy	MM40+	Tír Chonail AC
26	38.05	486	PJ	Boyce	MM40+	Cranford AC
27	38.12	199	Joe	English	MM40+	Letterkenny AC
28	38.26	394	Sean	Mc Shane	SM	Individual
29	38.27	467	Garvan	Walker	SM	Individual
30	38.32	380	Finbarr	Gallagher	MM40+	Inishowen AC
31	38.34	358	Paddy	Doherty	MM50+	Inishowen AC
32	38.42	317	James	Crossan	SM	Individual
33	38.44	256	Joe	Mac Carthy	MM50+	Individual
34	38.57	373	Alan	Mitchell	SM	Finn Valley AC
35	39.01	269	Philip	Donaghy	MM35+	City Of Derry
36	39.08	222	John	Mc Clafferty	SM	Cranford AC
37	39.12	326	Dessie	Mc Shane	MM40+	Individual
38	39.13	363	Michael	Duffy	SM	Cranford AC
39	39.33	168	Dominic	Ryan	JM	Individual
40	39.35	54	Kevin	Toner	MM60+	Letterkenny AC
41	39.42	5275	Eddie	Mc Meniman	MM40+	Finn Valley AC
42	39.53	286	Jimmy	Renfrew	MM40+	Individual
43	39.58	117	Brian	Mc Monigle	SM	Individual
44	39.59	9	Ben	George	MM35+	Letterkenny AC
45	40.03	223	Aidan	Mc Kenna	MM35+	Letterkenny AC
46	40.13	460	Kay	Byrne	SW	Finn Valley AC

NORTHWEST 10K 2009
PAGE 2 OF 11

47	40.19	136	Leslie	Ashe	MM50+	Springwell
48	40.22	277	Drew	Doherty	MM40+	Finn Valley AC
49	40.31	290	Dara	Crossan	SM	Individual
50	40.35	295	Adrian	Toye	SM	Individual
51	40.37	314	Martin	Mooney	SM	Inishowen AC
52	40.41	301	Aaron	Whoriskey	SM	Individual
53	40.44	188	Colin	Mooney	SM	Individual
54	40.46	348	Paul	Campbell	SM	Individual
55	40.49	293	Greg	Campbell	SM	Letterkenny AC
56	40.53	10	Eamon	Cush	MM40+	Individual
57	41.05	336	Adrian	Boyle	SM	Individual
58	41.09	410	Cian	Friel	SM	Individual
59	41.11	5256	Brian	Crossan	SM	Individual
60	41.16	120	Kevin	Mc Devitt	MM40+	Individual
61	41.17	316	Colin	Mc Nulty	MM35+	Individual
62	41.19	463	Fionnuala	Diver	SW	Letterkenny AC
63	41.20	280	Daniel	Carr	JM	Letterkenny AC
64	41.21	161	Eunan	Scanlon	MM35+	Finn Valley AC
65	41.26	491	Jason	King	MM35+	Individual
66	41.30	29	Peter	Kardos	MM35+	Individual
67	41.38	390	Gordan	Thompson	SM	Individual
68	41.41	237	Brian	Rodgers	MM35+	Individual
69	41.45	5293	Martin	Gillespie	MM40+	Individual
70	41.51	313	Vincent	Hegarty	SM	Inishowen AC
71	41.56	126	James	Bradshaw	MM40+	Tir Chonaill AC
72	41.58	383	Cliona	Dunne	SW	Finn Valley AC
73	41.58	268	Daniel	Fury	SM	Individual
74	42.03	459	Pat	O' Donnell	SM	Individual
75	42.05	397	Seamus	Sweeney	SM	Individual
76	42.06	7	Gerry	Ryan	MM50+	Letterkenny AC
77	42.07	157	Seamus	Rodgers	MM35+	Individual
78	42.08	359	Edward	O' Donnell	SM	Individual
79	42.08	147	Ciaran	Mc Monagle	SM	Individual
80	42.09	432	Laura	Flynn	MW40+	Rathfarnham WSAF A C
81	42.13	134	Conor	Delap	SM	Letterkenny AC
82	42.18	65	Dekek	Gillespie	SM	Individual
83	42.18	198	Jillian	Watson	SW	Springwell
84	42.19	98	Richard	Rraymond	MM50+	Letterkenny AC
85	42.21	381	Michael	Donaghey	MM40+	Individual
86	42.30	480	Noel	Lynch	MM40+	Letterkenny AC
87	42.32	472	John	Grant	SM	Individual
88	42.35	5262	Dominic	Gildea	SM	Individual
89	42.37	475	Feilim	Clancy	SM	Individual
90	42.43	220	Louis	Bradley	MM50+	Individual
91	42.47	22	Glen	Duncan	SM	Individual
92	42.47	61	Norman	Spratt	MM40+	Letterkenny AC
93	42.48	417	Ciaran	Gramham	MM35+	Individual
94	42.51	429	Stephen	Travers	MM40+	Individual

NORTHWEST 10K 2009
PAGE 3 OF 11

95	42.52	112	Jim	Toye	MM35+	Individual
96	42.55	367	Gavin	Hunter	SM	Individual
97	42.57	489	Declan	Caldwell	SM	Individual
98	43.02	285	Rosemary	Bogle	MW45+	Finn Valley AC
99	43.03	30	Freddie	Mc Bride	MM35+	Individual
100	43.04	50	Lester	Dobson	MM35+	Letterkenny AC
101	43.06	468	Anthony	Mc Daid	SM	Individual
102	43.07	172	John	Baxter	MM50+	Individual
103	43.10	33	Matt	Reid	MM35+	Individual
104	43.11	287	Ciaran	Mc Monagle	SM	Individual
105	43.18	342	Paul	Mc Fadden	SM	Individual
106	43.20	145	John-Anthony	Mc Mullan	SM	Individual
107	43.24	5277	Hugh	Gallagher	SM	Finn Valley AC
108	43.31	105	Mark	Bolton	MM35+	Letterkenny AC
109	43.32	236	Darren	Beecroft	MM40+	Individual
110	43.33	497	Geard	Murray	SM	Individual
111	43.33	407	Joe	Gallagher	MM35+	Individual
112	43.34	364	Eddie	Duffy	SM	Cranford AC
113	43.45	189	Garvin	Mc Closkey	MM40+	Letterkenny AC
114	43.50	311	Peter	Mc Kinney	MM50+	Inishowen AC
115	43.51	186	Hugh	Breslin	SM	Individual
116	43.55	80	Geard	Mullen	MM35+	Letterkenny AC
117	43.58	70	Padraig	Friel	SM	Individual
118	44.01	368	Pat	Gallagher	MM35+	Individual
119	44.02	122	Connor	Bogan	JM	Individual
120	44.03	270	Teresa	Doherty	SW	Inishowen AC
121	44.04	5273	James	Gibbons	MM40+	Finn Valley AC
122	44.08	252	Marie	Rooney	MW45+	Tír Chonail AC
123	44.13	375	Raymond	Doherty	MM40+	Individual
124	44.23	5265	Sean	Tiamahad	SM	Individual
125	44.27	23	Aaron	Barnett	SM	Individual
126	44.35	347	Paddy	Hannigan	MM40+	Letterkenny AC
127	44.45	5263	Helen	Kennedy	MW40+	Letterkenny AC
128	44.48	305	Malachy	People	MM40+	Individual
129	44.52	254	Annemarie	Power	MW35+	Individual
130	44.52	378	Elaine	Morrow	SW	Letterkenny AC
131	44.57	125	Connor	Boyce	MM35+	Individual
132	45.05	476	Shaun	Clancy	SM	Individual
133	45.05	78	Conor	Carlin	MM35+	Individual
134	45.08	202	Terence	Boyle	SM	Individual
135	45.09	338	John	Anderson	SM	Individual
136	45.16	273	Arthur	Devlin	MM40+	Individual
137	45.20	111	Paul	Cosgrove	MM40+	Individual
138	45.20	436	Michael	Devlin	SM	Individual
139	45.24	149	Ronan	Gildea	SM	Individual
140	45.24	217	Frank	Roche	MM35+	Individual
141	45.26	25	Paul	O' Gara	MM35+	Individual
142	45.33	248	David	Whoriskey	SM	Individual

NORTHWEST 10K 2009
PAGE 4 OF 11

143	45.36	164	Michael	Tunney	MM50+	Individual
144	45.41	179	Don	Rosney	JM	Letterkenny AC
145	45.42	276	Tony	O' Donnell	SM	Cranford AC
146	45.48	250	Owen	Logue	SM	Individual
147	45.51	360	Geard	Devine	SM	Individual
148	45.52	304	Jim	Platt	MM50+	Springwell
149	45.59	327	Garrett	Mc Daid	SM	Individual
150	46.03	487	Ben	Anston	SM	Individual
151	46.04	354	Seamus	Ferry	MM40+	Individual
152	46.05	414	Seamus	Mc Daid	MM35+	Inishowen AC
153	46.06	415	Elizabeth	Mc Daid	MW35+	Inishowen AC
154	46.16	466	Catherine	O' Neil	SW	Individual
155	46.16	294	Nat	Doherty	MM35+	Individual
156	46.17	102	Alan	Donnellan	SM	Individual
157	46.23	343	Jim	Mc Laughlin	MM50+	Individual
158	46.24	73	Basil	Malone	SM	Individual
159	46.25	344	Catherine	Gibbons	JW	Letterkenny AC
160	46.27	324	Chris	Mc Guinness	SM	Individual
161	46.28	428	Kenny	Friel	SM	Individual
162	46.29	159	Tom	Bangert	MM50+	Individual
163	46.32	389	Gareth	Linton	MM35+	Individual
164	46.32	5287	Emmet	Rushe	SM	Individual
165	46.33	231	Dara	Kerrane	MM35+	Individual
166	46.33	5251	Lee	Gooch	MM35+	Individual
167	46.34	140	Rory	O' Donnell	SM	Individual
168	46.35	144	Justin	Toner	MM35+	Individual
169	46.41	45	Kevin	Harkin	SM	Individual
170	46.42	34	Maura	Kearns	SW	Individual
171	46.44	418	Paul	Kelly	SM	Individual
172	46.45	300	Martin	Wallace	SM	Individual
173	46.46	171	Gerarrd	Baxter	SM	Individual
174	46.47	376	Brian	Boyle	SM	Mullingar Harriers
175	46.48	235	Ivan	Matthews	SM	Individual
176	46.49	266	Patrick	Mc Glynn	SM	Individual
177	46.50	251	Sharon	Mc Gowan	MM40+	Individual
178	46.54	219	Frankie	Lavelle	MM35+	Individual
179	46.55	113	Mark	Canning	SM	Individual
180	46.59	103	Paul	Murphy	JM	Individual
181	47.00	496	John	Ireland	JM	Individual
182	47.01	332	Gloria	Donaghey	MW45+	Finn Valley AC
183	47.05	243	Caitriona	Gallagher	SW	Individual
184	47.19	352	Michael	Devenny	MM35+	Individual
185	47.20	431	Sam	Campbell	MM40+	Individual
186	47.20	448	Clive	Bell	MM50+	Inishowen AC
187	47.24	312	Sean	Doherty	SM	Inishowen AC
188	47.25	449	Geff	Turtle	MM40+	Individual
189	47.30	412	Michael	Mc Fadden	SM	Individual
190	47.31	284	Tara	Friel	MW35+	Individual

NORTHWEST 10K 2009
PAGE 5 OF 11

Place	Time	No.	FirstName	Surname	Category	Club
191	47.32	474	Derek	Barry	SM	Individual
192	47.44	8	Eoin	George	SM	Individual
193	47.45	310	Kevin	Fox	JM	Individual
194	47.47	184	Gabrial	Mc Crossan	MM40+	Individual
195	47.55	457	Patrick	Martin	MM40+	Individual
196	47.58	41	Paul	Ferns	MM40+	Individual
197	47.58	191	Vera	Haughey	MW40+	Tír Chonaill AC
198	48.01	5255	Cian	Mc CAUL	JM	Individual
199	48.02	469	Abigail	Aiken	SW	Individual
200	48.04	123	Ronan	Brophy	MM40+	Letterkenny AC
201	48.10	464	Michael	Doherty	MM40+	Individual
202	48.13	323	Brian	Mc Daid	SM	Individual
203	48.17	282	Eamonn	Gillespie	MM50+	Individual
204	48.17	5289	Cliff	Smith	MM40+	Individual
205	48.17	321	Paul	Mc Daid	SM	Individual
206	48.20	411	Jim	Hynes	MM50+	Finn Valley AC
207	48.22	315	Mark	Nicholas	MM35+	Individual
208	48.24	485	Michael	McKeown	SM	Individual
209	48.27	227	Shane	Crossan	MM35+	Individual
210	48.27	408	Sarah	Syron	SW	Mayo A C
211	48.28	40	Mike	Flanagan	MM40+	Individual
212	48.29	213	Pauric	Monaghan	SM	Individual
213	48.33	74	John	Gorman	MM35+	Individual
214	48.35	374	Pauric	Mitchell	MM40+	Individual
215	48.36	478	Garet	Duffy	MM45+	Individual
216	48.42	152	Kevin	Piper	SM	Individual
217	48.47	353	Ciaran	Kelly	MM40+	Individual
218	48.47	165	Gary	Mc Quaid	MM35+	Individual
219	48.54	309	Maurice	Sharkey	SM	Individual
220	48.54	406	Donal	Cox	MM35+	Individual
221	48.58	340	Noel	Mc Croary	SM	Individual
222	49.02	160	Ian	Mc Quaid	SM	Individual
223	49.07	261	Callum	Molloy	JM	Individual
224	49.10	24	Alan	Pearson	SM	Individual
225	49.18	146	Paddy	Mc Shane	MM40+	Individual
226	49.23	284	Tara	Friel	MW35+	Individual
227	49.26	258	Andrew	Mc Nulty	MM40+	Individual
228	49.27	228	Ciaran	Mc Glynn	SM	Individual
229	49.28	56	Camilla	Page	SW	Individual
230	49.29	450	Orla	Doherty	MW40+	Individual
231	49.31	204	Audrey	Parke	MW40+	Individual
232	49.39	133	Jimmy	Gildea	MM50+	Letterkenny AC
233	49.40	208	Eddie	Kelly	MM35+	Individual
234	49.41	413	Sean	O' Leary	MM40+	Individual
235	49.42	490	Eamon	Walsh	SM	Individual
236	49.43	115	Fin	Begley	SW	Individual
237	49.44	230	Joe	Molloy	MM35+	Individual

NORTHWEST 10K 2009
PAGE 6 OF 11

238	49.55	2273	John	Gerry	SM	Individual
239	50.02	439	Michael	Mc Brearty	SM	Individual
240	50.10	492	Margaret	O' Donnell	MW45+	Inishowen AC
241	50.22	470	Jane	Mc Ginley	SW	Individual
242	50.29	238	Ronan	Stewart	SM	Individual
243	50.30	5276	Shane	Browne	SM	Individual
244	50.31	39	Eimear	Mc Clafferty	SW	Individual
245	50.32	430	Mark	O' Sullivan	SM	Individual
246	50.33	27	Adrian	Costigan	SM	Individual
247	50.34	391	Trevor	Linton	MM40+	Individual
248	50.35	5274	Johnny	Corcoran	SM	Individual
249	50.39	369	Henry	Downey	SM	Individual
250	50.41	89	Adrian	Gill	SM	Individual
251	50.44	5284	Jonathon	Jacob	JM	Individual
252	50.46	47	Beth	Sampson	SW	Individual
253	50.51	48	Kyle	Sampson	SM	Individual
254	50.52	461	Joe	Devenny	MM40+	Individual
255	51.01	443	Eoin	Fogorty	SM	Individual
256	51.03	5285	Frank	Erwin	MM40+	Individual
257	51.06	350	Michelle	Duffy	SW	Letterkenny AC
258	51.08	483	Stephen	Johnston	MM40+	Individual
259	51.09	190	Mel	Mc Kinney	SM	Individual
260	51.10	370	Mark	Smith	SM	Individual
261	51.11	37	Sharon	Greene	SW	Individual
262	51.11	456	Kevin	Mc Daid	SM	Individual
263	51.16	104	James	Mc Erlane	MM40+	Individual
264	51.17	46	John	Ferry	MM40+	Individual
265	51.18	35	Rory	Garland	SM	Individual
266	51.19	283	Dympna	Barret	MW40+	Individual
267	51.21	325	David	Kenny	SM	Individual
268	51.27	20	Kevin	Harley	SM	Letterkenny AC
269	51.28	101	Michael	Fitzgearld	MM50+	Individual
270	51.29	349	Gerard	Mc Fadden	MM40+	Individual
271	51.33	450	Orla	Doherty	MW40+	Individual
272	51.33	82	Joseph	Browne	SM	Individual
273	51.34	2274	Keith	Mc Daid	SM	Individual
274	51.37	362	Martin	Collins	MM40+	Individual
275	51.37	271	Pat	Gallagher	MM40+	Individual
276	51.38	86	Donall	O' Cnaimhsi	MM35+	Individual
277	51.42	28	Philip	Ryan	MM40+	Individual
278	51.42	438	Eddie	Moore	SM	Individual
279	51.43	396	Aidrian	Mc Garvey	SM	Individual
280	51.44	128	Seamus	Temple	MM50+	Letterkenny AC
281	51.45	71	Jonathan	Doherty	SM	Individual
282	51.46	458	Martin	Greene	SM	Individual
283	51.47	212	Dermott	Higgins	MM40+	Individual
284	51.48	427	David	Robb	SM	Individual
285	51.49	346	Liam	Mc Carron	MM35+	Individual

NORTHWEST 10K 2009
PAGE 7 OF 11

286	51.50	234	Ronan	Mc Elwane	MM35+	Individual
287	51.56	64	Anthony	Moran	MM35+	Individual
288	51.57	437	Shane	O' Donnell	MM50+	Individual
289	51.58	410	Cian	Friel	SM	Individual
290	51.59	110	Julie	Cassidy	SW	Individual
291	52.03	5280	Michael	Boyle	MM35+	Individual
292	52.17	193	Robbie	Megonnety	SM	Individual
293	52.18	420	Martin	Donnelly	MM35+	Individual
294	52.19	433	Peter	Gavigan	MM35+	Individual
295	52.24	330	Catriona	Ruddy	MW35+	Inishowen AC
296	52.25	278	Dermot	Gallagher	SM	Individual
297	52.26	114	Aoife	Boyce	SW	Inishowen AC
298	52.27	180	Bernie	Cunningham	SW	Individual
299	52.28	279	Seamus	Morrison	MM40+	Letterkenny AC
300	52.35	148	Alison	Mc Monagle	SW	Individual
301	52.37	137	Seamus	Lyons	MM40+	Individual
302	52.39	124	Paul	Patton	MM40+	Individual
303	52.40	329	Eamon	Mc Daid	MM50+	Individual
304	52.51	5261	Eunan	Gormley	MM40+	Individual
305	52.52	328	Paul	Mc Daid	MM40+	Individual
306	52.53	403	Martin	Mc Coyle	SM	Individual
307	52.54	119	Emily	Bonner	SW	Individual
308	52.55	88	Danny	Boyle	MM50+	Individual
309	52.56	302	Aoife	Mc Granahan	SW	Individual
310	53.02	196	Sinéad	Friel	SW	Individual
311	53.03	5288	Noel	Mc Bride	MM40+	Individual
312	53.04	5292	Sean	Mc Crudden	MM40+	Individual
313	53.08	201	Bill	Vaughan	MM40+	Individual
314	53.14	210	Brendan	Delap	MM50+	Letterkenny AC
315	53.16	322	Mark	Mc Daid	SM	Individual
316	53.18	200	Lisa	Walsh	SW	Individual
317	53.20	135	Mick	Bourke	MM50+	Individual
318	53.20	72	Áine	O' Callaghan	SW	Individual
319	53.23	296	David	Oliver	MM45+	Individual
320	53.24	253	Liza-Jane	Jorque	MW40+	Individual
321	53.25	79	Ann	Carroll	MW45+	Individual
322	53.31	87	Robert	Hickey	SM	Individual
323	53.36	298	Heather	Oliver	MW40+	Individual
324	53.41	255	Andy	Stuart	MM40+	Individual
325	53.42	404	Dean	Barron	SM	Individual
326	53.45	85	Shaun	Tullu	MW40+	Individual
327	53.45	405	Darren	Robb	SM	Individual
328	53.46	385	Ivan	Irwin	MM35+	Individual
329	53.49	341	Mary	Heraghty	MW45+	Individual
330	53.55	109	Damien	Mc Goohan	SM	Individual
331	54.01	5257	Ohad	Kihdvid	SM	Individual
332	54.02	156	Rory	Kennedy	MM40+	Individual
333	54.03	19	Finola	Ferry	SW	Individual

NORTHWEST 10K 2009
PAGE 8 OF 11

334	54.04	5254	Lenny	Stewart	MM40+	Individual
335	54.05	108	Michele	Kelly	MW40+	Inishowen AC
336	54.06	319	Tricia	Wilson	SW	Individual
337	54.07	42	Noelle	Mollohan	SW	Individual
338	54.08	262	Michael	Nester	MM35+	Individual
339	54.11	209	Aisling	Kelly	SW	Individual
340	54.17	203	Laura	Corbett	MW35+	Letterkenny AC
341	54.19	143	Seamus	Diver	MM35+	Individual
342	54.21	195	Fiachra	Mc Gee	SM	Individual
343	54.25	194	Sean	Mc Gee	SM	Individual
344	54.25	99	Dessie	Black	MM50+	Letterkenny AC
345	54.25	100	Alister	Black	MM35+	Letterkenny AC
346	54.27	267	James	Mc Brearty	SM	Individual
347	54.32	166	Liam	Campbell	MM40+	Individual
348	54.34	384	Joseph	Devlin	SM	Individual
349	54.38	399	Edwin	Doherty	SM	Individual
350	54.42	176	Karen	Kelly	SW	Individual
351	54.58	131	Rodney	Mc Keague	SM	Individual
352	55.00	154	Des	Doherty	MM40+	Individual
353	55.00	121	Chris	Allison	SM	Individual
354	55.13	400	Annmarie	Bose	MW40+	Individual
355	55.25	477	Raymond	Dolan	MM50+	Individual
356	55.31	206	Andrew	Snowball	MM35+	Individual
357	55.37	351	Monica	Mc Granaghan	SW	Individual
358	55.39	388	Jenny	Craig	SW	Individual
359	55.44	127	Noel	Malon	MM40+	Individual
360	55.45	5345	Ray	Durack	MM40+	Individual
361	55.47	377	Ronan	Bonner	SM	Individual
362	55.48	37	Sharon	Greene	SW	Individual
363	55.53	429	Stephen	Travers	MM40+	Individual
364	56.11	495	Jessica	Tonis	MW35+	Individual
365	56.13	162	Trevor	Russel	MM35+	Individual
366	56.16	265	Susananne	Gallagher	MW35+	Individual
367	56.17	5286	Lee	Hegarty	JM	Individual
368	56.19	5258	John	Quinn	MM40+	Individual
369	56.20	272	Brona	O' Gara	SW	Individual
370	56.32	462	Gerard	Harkin	SM	Individual
371	56.34	163	Kieran	Diver	MM35+	Individual
372	56.36	297	Noel	Hegarty	MM35+	Individual
373	56.37	32	Aoife	Nash	SW	Individual
374	56.38	211	Mary	Higgins	MW35+	Individual
375	56.45	355	Avril	Roulston	SW	Individual
376	56.48	382	Paddy	Gallagher	SM	Individual
377	56.51	16	Pat	Mc Dermott	MM35+	Individual
378	56.52	225	Kevin	Hennessey	MM50+	Letterkenny AC
379	57.11	226	Leanne	Doherty	SW	Individual
380	57.18	232	Barry	Murphy	SM	Individual
381	57.19	31	Nora	Mc Fadden	MW40+	Individual

NORTHWEST 10K 2009
PAGE 9 OF 11

382	57.30	494	Degan	Mc Bride	MW40+	Individual
383	57.32	249	Ciara	Gallagher	SW	Individual
384	57.42	177	Rebecca	Moore	SW	Individual
385	57.42	5290	Deirdre	Rodden	MW35+	Individual
386	57.44	26	Gretta	Beckett	SW	Individual
387	57.50	277	Drew	Doherty	MM40+	Finn Valley AC
388	57.52	279	Seamus	Morrison	MM40+	Letterkenny AC
389	57.52	278	Dermot	Gallagher	SM	Individual
390	57.53	481	Paul	Doherty	MM35+	Individual
391	58.03	187	Catherine	Watters	SW	Individual
392	58.03	173	Eamonn	Roarty	SM	Individual
393	58.05	5279	Noel	Robb	MM40+	Individual
394	58.17	327	Garrett	Mc Daid	SM	Individual
395	58.19	2275	Patrick	Mc Brearty	SM	Individual
396	58.22	5279	Noel	Robb	MM40+	Individual
397	58.25	224	Pat	Mc Kenna	MW35+	Individual
398	58.41	331	Olibhe	Coyne	SW	Individual
399	58.52	167	John	Ross	MM35+	Individual
400	59.02	244	Mairead	Gallagher	MW40+	Individual
401	59.07	386	Gus	O' Driscoll	MM35+	Individual
402	59.13	333	David	Greene	MM50+	Individual
403	59.17	205	Rose-Marie	Bonnar	MW45+	Individual
404	59.18	14	Robert	Queen	SM	Individual
405	59.19	216	Sharon	Mc Carthy	MW45+	Individual
406	59.26	447	Joleen	Gallagher	SW	Individual
407	59.26	345	Roisin	Mitchell	SW	Individual
408	59.28	392	Tom	Gallagher	MM50+	Individual
409	59.35	421	Jarlath	Duffy	MM35+	Individual
410	59.38	132	Jacinta	Mc Brearty	MW35+	Individual
411	59.39	308	Sean	Doherty	MM35+	Individual
412	59.42	445	Sinead	Dillon	MW35+	Individual
413	59.47	44	Shéila	Mortimer	MW45+	Individual
414	59.49	150	Mary	Mc Namara	SW	Inishowen AC
415	59.51	5266	Daniel	Nelis	JM	Individual
416	60.00	444	Roisin	Diver	SW	Individual
417	60.06	455	Paul	Murray	SM	Individual
418	60.07	247	Mary	Doherty	MW40+	Individual
419	60.12	426	Patricia	Jordan	MW35+	Individual
420	60.12	170	Mairead	Hannlon	SW	Individual
421	60.15	423	John	Mc Feely	MM40+	Individual
422	60.29	94	Nóra	Anderson	SW	Individual
423	60.36	175	Mary	Doherty	SW	Individual
424	60.40	318	Berni	Sweeney	SW	Individual
425	60.52	493	Hugh	Denis	MM45+	Individual
426	61.08	292	Patricia	Barnett	MW35+	Inishowen AC
427	61.09	335	Siobhain	Mc Auley	MW40+	Individual
428	61.20	118	Brendan	Hilley	MM35+	Individual
429	61.21	5260	Garret	Hayes	SM	Individual

NORTHWEST 10K 2009
PAGE 10 OF 11

430	61.39	5253	Martin	Canning	MM35+	Individual
431	61.48	454	Derek	Murray	SM	Individual
432	61.48	233	Mary	Ruddy	MW40+	Individual
433	61.48	473	Martina	Toner	SW	Individual
434	61.52	174	Mariosa	Doherty	SW	Finn Valley AC
435	61.59	129	Stephen	Maguire	MM35+	Individual
436	62.06	5291	Mary	Wheelan	SW	Individual
437	62.09	264	Libby	duffy	SW	Individual
438	62.12	320	Derek	Flannagan	MM35+	Individual
439	62.19	83	Paulette	Alexander	SW	Individual
440	62.19	81	Teresa	Alexander	SW	Individual
441	62.31	361	Karen	Quigley	SW	Individual
442	62.38	5264	Thomas	Imrich	SM	Individual
443	63.02	259	Colm	Hassan	SM	Individual
444	63.05	357	Susan	Mc Grath	MW45+	Inishowen AC
445	63.10	416	Fiona	Gramham	MW40+	Individual
446	63.11	356	Pauline	Doherty	MW45+	Inishowen AC
447	63.18	155	Bridget	Moore	MW40+	Individual
448	63.20	185	Jennifer	Scott	MW40+	Individual
449	63.22	84	Marjorie	Mc Fadden	MW40+	Individual
450	63.30	2272	Veronica	Carron	MW40+	Individual
451	64.05	281	Tanya	Harrisson	SW	Individual
452	64.10	5250	Niamh	Canningg	MW40+	Individual
453	64.10	192	Frank	Flood	MM50+	Individual
454	64.34	18	Jennifer	Barr	SW	Individual
455	64.34	17	Suzanne	Gilmore	SW	Individual
456	64.34	299	Daniel	Sweeney	SM	Individual
457	64.37	169	Joe	Coyle	SM	Individual
458	64.37	401	Alan	Dullaghan	SM	Individual
459	64.57	63	Paul	Quinn	SM	Individual
460	65.07	365	Eunan	Duffy	MM35+	Individual
461	65.07	366	Alan	Martin	MM35+	Individual
462	65.08	181	Orla	Taylor	SW	Individual
463	65.08	372	Noreen	Boyle	SW	Individual
464	65.08	182	Catriona	Boyle	SW	Individual
465	65.12	422	Caroline	Boyle	SW	Individual
466	65.17	371	JulieAnne	Boyle	SW	Individual
467	65.20	395	Kellie	Googman	SW	Individual
468	65.28	5281	Brid	O' Gara	MW45+	Individual
469	65.34	424	Pauline	Mc Fadden	SW	Individual
470	65.46	434	Lisa	Mc Grudden	SW	Individual
471	65.49	441	Chris	Mc Feely	MM40+	Individual
472	65.56	402	Sean	Barron	MM40+	Individual
473	66.10	5278	Marina	Boyle	MW35+	Individual
474	66.22	130	Deirdre	Temple	MW35+	Individual
475	66.22	5267	David	Byrne	SM	Individual
476	66.39	5208	Owen	Kelly	JM	Individual
477	66.46	453	Necip	Gereck	MM40+	Individual

NORTHWEST 10K 2009
PAGE 11 OF 11

478	66.46	190	Mel	Mc Kinney	SM	Individual
479	66.49	307	Grainne	Sheridan	SW	Individual
480	66.55	263	Phil	Morrison	MM50+	Individual
481	67.06	452	Emma	Harte	SW	Individual
482	67.38	5269	Moria	Byrne	SW	Individual
483	67.56	66	Brenda	O' Neill	MW40+	Individual
484	68.08	334	Connie	Houston	SW	Individual
485	68.31	141	Kelly	Gallagher	SW	Individual
486	68.35	245	Bridget	Gallagher	SW	Individual
487	68.36	246	Martina	Craig	SW	Individual
488	69.00	482	Lynne	Patton	SW	Individual
489	69.10	479	Lisa	Patton	SM	Individual
490	69.52	306	Sile	Gallagher	MW35+	Individual
491	69.54	218	Brian	Frame	MM40+	Individual
492	69.59	498	Angela	Gilligan	MW40+	Individual
493	70.04	107	Sean	O' Donnell	JM	Individual
494	70.21	379	John	Nugent	MM50+	Individual
495	70.25	274	Lynne	Ramsey	MW35+	Individual
496	70.35	5272	Aisling	Gallagher	JW	Finn Valley AC
497	71.22	289	Richie	Bajasala	SM	Individual
498	71.56	280	Daniel	Carr	JM	Letterkenny AC
499	72.14	281	Tanya	Harrison	SW	Individual
500	72.56	398	Eileen	Duggan	MW35+	Individual
501	72.57	95	Alan	Mc Nally	MM35+	Individual
502	73.29	198	Jillian	Watson	SW	Springwell
503	73.54	58	Orla	Feeney	SW	Individual
504	74.13	288	Denise	O' Leary	MW35+	Individual
505	74.18	142	Mary	Kessack	SW	Individual
506	75.28	440	Jimmy	Harte	MM50+	Letterkenny AC
507	75.38	197	Fiona	Temple	SW	Individual
508	75.48	499	Cathy	Bonner	MW45+	Individual
509	75.48	500	Grace	Green	MW45+	Individual
510	75.56	183	Michelle	Hennessy	SW	Individual
511	78.30	153	Coriona	Bond	SW	Individual
512	80.00	442	Kevin	Gallagher	MM40+	Individual
Total Runners:		512				