

TÍR CHONAILL AC - BALLYSHANNON 5K - 2010
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POS	TIME	NO.	NAME	CATEGORY	CLUB
1	15.11	289	CIARAN DOHERTY	SM	LETTERKENNY AC
2	15.46	271	IVAN TONER	SM	LETTERKENNY AC
3	16.06	273	Brian Thursby-Phelm	MM35	Letterkenny AC
4	16.06	234	Paul McGlinchey	SM	Letterkenny AC
5	16.12	235	James Brown	MM35	Inishowen AC
6	16.15	256	Neil Faulkner	MM40	Letterkenny AC
7	16.32	214	Ultan McNasser	SM	Sligo AC
8	16.42	213	Alen Kearins	SM	Sligo AC
9	16.51	287	Colin Browne	SM	Individual
10	16.51	252	Teresa McGloin	SW	Finn Valley AC
11	17.09	270	Marty Gormley	MM40	Letterkenny AC
12	17.17	201	Michael Gilroy	MM35	Sligo AC
13	17.21	302	Connor McCullagh	SM	Individual
14	17.21	261	Mel Casserly	MM35	Sligo AC
15	17.23	272	Marcus McLintock	MM35	Letterkenny AC
16	17.23	232	Steve Finnigan	MM40	Sligo AC
17	17.43	278	Kevin McDevitt	MM40	Individual
18	17.45	52	Jonathan Kennedy	SM	Tír Chonail AC
19	17.52	207	Christy McPartland	MM35	Sligo AC
20	18.07	290	Adrian Callaghan	MM35	Letterkenny AC
21	18.11	276	Ciaran O'Donnell	MM40	Letterkenny AC
22	18.15	240	Helen Crossan	MW40	Inishowen AC
23	18.17	279	Ciaran Gallagher	SM	Individual
24	18.24	249	Kay Byrne	MW40	Finn Valley AC
25	18.27	283	Rory Connor	MM40	Sligo AC
26	18.27	231	Mark Burns	SM	Sligo AC
27	18.42	209	John Molloy	MM50	Individual
28	18.43	267	Stephen Travers	MM40	Tír Chonail AC
29	18.52	309	Eoghan Shanley	JM	Tír Chonail AC
30	19.00	221	Conor Boyce	MM35	Cranford AC
31	19.08	294	Glen Duncan	SM	Individual
32	19.10	307	Jummy Currid	MM35	Individual
33	19.12	291	Raymond Doherty	MM40	Finn Valley AC
34	19.17	264	Clíodhna Dunne	SW	Finn Valley AC
35	19.20	236	Michael Gallagher	MM40	Tír Chonail AC
36	19.25	296	Padraig Friel	SM	Individual
37	19.25	228	Gabriel McCrossan	MM40	Letterkenny AC
38	19.25	210	Gerry McManus	MM40	Tír Chonail AC
39	19.25	206	Declan Byrne	MM50	Sligo AC
40	19.42	275	Margaret Kelly	MW35	Letterkenny AC
41	19.49	306	Cyril Walsh	MM35	Individual
42	19.49	212	Paul McGee	SM	Tír Chonail AC
43	19.53	227	John Foy	MM35	Sligo AC

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44	19.55	238	Noel Hoey	MM40	Tír Chonaill AC
45	19.55	282	Cindy McCarthy	MW40	Sligo AC
46	19.57	277	Richard Raymond	MM50	Letterkenny AC
47	19.57	219	Miriam Bonner	MW35	Finn Valley AC
48	19.57	253	Mark Connolly	MM50	Finn Valley AC
49	20.07	298	Maurice Sharkey	SM	Individual
50	20.09	220	Mary Connolly	SW	Finn Valley AC
51	20.20	208	Barry Duffy	MM40	Tír Chonaill AC
52	20.27	251	Wesley McCormick	SM	Individual
53	20.27	263	Gareth Byrne	SM	Individual
54	20.32	288	Liam McGinty	MM40	Individual
55	20.35	242	Canice Nicholas	MM35	Tír Chonaill AC
56	20.36	216	Maurice McLoughlin	MM40	Individual
57	20.40	301	Marie Rooney	MW50	Tír Chonaill AC
58	20.54	226	Sean Cassidy	MM40	Tír Chonaill AC
59	21.09	250	Sarah Byrne	SW	Finn Valley AC
60	21.15	204	Paul McDevitt	MM40	Tír Chonaill AC
61	21.16	259	Johnny Ward	MM40	Tír Chonaill AC
62	21.16	229	Sinead Donagher	MW35	Tír Chonaill AC
63	21.20	218	Martin Gallagher	MM35	Tír Chonaill AC
64	21.30	285	Karen Dolan	MW35	Enniskillen AC
65	21.36	265	Vera Haughey	MW40	Tír Chonaill AC
66	21.40	233	Brenda Norris	MW40	Tír Chonaill AC
67	21.54	295	Jerome Burke	SM	Individual
68	22.02	304	Mary Gilmartin	MW40	North Sligo AC
69	22.04	202	Bernadette Gilroy	SW	Sligo AC
70	22.08	260	Paul McGuckin	MM40	Tír Chonaill AC
71	22.15	266	Sharon Meehan	SW	Tír Chonaill AC
72	22.18	297	Faye McManus	SW	Enniskillen AC
73	22.32	299	Amanda Morrow	SW	Individual
74	22.32	257	John Cunningham	MM40	Individual
75	22.40	268	Gerry McCafferty	MM40	Tír Chonaill AC
76	22.44	205	Jane McDevitt	MW40	Tír Chonaill AC
77	22.50	258	Pat McManus	MM50	Tír Chonaill AC
78	22.57	303	Brian McMullin	MM40	Tír Chonaill AC
79	23.24	239	Donagh Keon	MM40	Individual
80	23.25	305	Amy Spratt	SW	North Sligo AC
81	23.48	254	Eleanor Rooney	MW40	Tír Chonaill AC
82	24.01	241	Susan McGrath	SW	Inishowen AC
83	24.06	308	William Britton	MM40	Individual
84	24.18	223	David McLoone	SM	Individual
85	24.23	292	Caroline Ryan	SW	Individual
86	24.27	215	Claire Flood	MW40	Individual
87	24.46	300	Mick Lucey	MM50	Individual

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88	24.49	280	Laura O'Shea	MW35	Sligo AC
89	24.56	269	Diarmuid Keon	Mm40	Tír Chonaill AC
90	25.03	255	Nora Timoney	MW40	Tír Chonaill AC
91	25.06	313	Claire Elliott	JW	Enniskillen AC
92	25.06	224	Ciaran Ferguson	SM	Individual
93	25.27	281	Martina Sherlock	MW40	Sligo AC
94	25.36	284	Jill Connor	MW40	Sligo AC
95	26.05	243	David Phelan	MM40	Carrick On Shannon AC
96	26.14	293	Desmond Brownlie	MM50	Lagan Valley AC
97	26.47	230	Paul O'Loughlin	MM40	Individual
98	26.53	217	DD Gallogley	MW35	Individual
99	27.02	237	Helen Gillen	MW35	North Sligo AC
100	27.02	274	Karen Lockhart	MW35	North Sligo AC
101	27.41	225	Lorraine O'Mahoney	SW	Individual
102	27.55	222	Marita Leonard	SW	Individual
103	28.34	286	Linda Long	MW40	Enniskillen AC
104	28.59	310	Michael Shanley	MM40	Tír Chonaill AC
105	28.59	211	Martina McGee	MW35	Tír Chonaill AC
106	29.58	244	Barry Brown	MM35	Carrick On Shannon AC
107	29.58	245	Colm Enright	SM	Sligo IT
108	30.16	246	Pamela Zarb	MW35	Individual
109	30.38	248	Ashleen Gallagher	JW	Individual
110	30.53	203	Valerie Moore	MW40	Individual
111	30.59	315	Mark Elliott	JM	Enniskillen AC
112	31.08	311	Kim Hassard	MW50	Enniskillen AC
113	32.14	312	Mervin Elliott	MM50	Individual
114	36.03	314	Yvonne Elliott	MW40	Enniskillen AC
115	36.28	262	Suzanne Byrne	SW	Individual
116	36.28	247	Coleen Whelan	MW35	Individual