

MILFORD 5K 2009
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PLACE	TIME	RACE NO.	FIRST NAME	SURNAME	CATEGORY	CLUB
1	15.44	142	Tyrone	Mc Cullagh	SM	Individual
2	16.16	157	Johnathon	Patton	SM	Letterkenny AC
3	16.33	117	Pauric	O' Donnell	SM	Letterkenny AC
4	16.41	107	Joe	Mc Kinney	M40+	Inishowen AC
5	17.04	111	Gavin	Crawford	SM	Letterkenny AC
6	17.09	148	Eddie	Sweeney	SM	Letterkenny AC
7	17.16	102	Teresa	Mc Gloin	SW	Finn Valley AC
8	17.48	135	Geard	Mc Granaghan	SM	Individual
9	17.53	131	Michael	Louge	SM	Cranford AC
10	17.55	108	Ciaran	O' Donnell	M40+	Letterkenny AC
11	17.59	145	Brian	Crossan	SM	Individual
12	18.00	120	Michael	Duffy	SM	Cranford AC
13	18.03	119	Gerry	Mc Monagle	M45+	Letterkenny AC
14	18.15	105	Aidan	Mc Kenna	M35+	Letterkenny AC
15	18.22	106	Helena	Crossan	SW	Inishowen AC
16	18.23	115	Hugo	Duggan	SM	Milford A C
17	18.32	116	Hugh	Gallagher	M55+	Letterkenny AC
18	18.33	146	Paul	Doherty	SM	Individual
19	18.36	147	Paul	Cullen	SM	Individual
20	19.17	137	Bernard	Mc Glinchey	SM	Individual
21	19.23	118	John	Morrissey	M40+	Individual
22	19.27	128	Joe	Gallagher	SM	Individual
23	19.31	127	Anthony	O' Hanlon	M45+	Individual
24	19.38	138	Fionnuala	Diver	SW	Letterkenny AC
25	19.56	153	Sean	Bradley	SM	Individual
26	19.56	112	Richard	Raymond	M50+	Letterkenny AC
27	20.15	121	Shéila	Regan	SW	Letterkenny AC
28	20.17	122	Lester	Dobson	M40+	Letterkenny AC
29	20.23	139	Garvin	Mc Closkey	M40+	Letterkenny AC
30	20.43	124	Ciaran	Kelly	M40+	Individual
31	20.54	123	Cliona	Dunne	SW	Finn Valley AC
32	21.00	114	Raymond	Doherty	M40+	Individual
33	21.14	150	Michael	Collins	M40+	Inishowen AC
34	21.29	125	Conor	Ferry	JM	Individual
35	21.35	141	Eamon	Duffy	M40+	Individual
36	21.40	113	James	Gibbons	M45+	Finn Valley AC
37	22.04	130	Kevin	Barker	SM	Individual
38	22.36	101	Gloria	Donaghey	W50+	Finn Valley AC
39	22.38	129	Brendan	Mc Bride	M40+	Individual
40	22.42	132	Mark	Anderson	SM	Individual
41	22.57	126	Eamonn	Gillespie	M60+	Milford A C
42	23.04	154	Darren	Mc Laughlin	SM	Individual
43	23.05	155	Michael	Porter	SM	Individual
44	23.06	143	Liam	Mc Ginty	M40+	Individual
45	23.17	149	Breege	Collins	W40+	Inishowen AC
46	23.19	144	Helena	Crossan	SW	Individual
47	23.38	133	Michael	Mc Fadden	SM	Individual

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48	23.42	152	Ciaran	Mc Elroy	M35+	Individual
49	23.42	156	Michael	Mc Daid	SM	Individual
50	23.54	136	Joe	Langan	SM	Individual
51	23.56	134	Monica	Mc Granaghan	SW	Individual
52	24.43	140	Noel	Duffy	SM	Individual
53	24.43	103	Paddy	Bond	M50+	Finn Valley AC
54	24.47	104	Pat	Mc Kenna	W35+	Individual
55	26.39	151	Georgina	Dixon	SW	Inishowen AC
Total Runners:		55				