

## MILFORD 5K 2010

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PLACE	RACE NO.	TIME	FIRSTNAME	SURNAME	CATEGORY	CLUB
1	489	14.51	CIARAN	DOHERTY	SM	LETTERKENNY A C
2	422	15.23	IAN	WARD	SM	FINN VALLEY A C
3	170	15.59	KEVIN	HOLIAN	SM	FINN VALLEY A C
4	160	16.12	MICHAEL	BLACK	SM	LETTERKENNY A C
5	420	16.16	IVAN	TONER	SM	LETTERKENNY A C
6	465	16.22	DERMOT	BRENNAN	JM	FINN VALLEY A C
7	411	16.27	COLIN	MC NULTY	SM	FINN VALLEY A C
8	472	16.53	SEAN	MC GETTIGAN	SM	FINN VALLEY A C
9	438	17.15	PAT	HEGARTY	M45+	FINN VALLEY A C
10	461	17.15	JOHN	DALY	SM	LETTERKENNY A C
11	425	17.19	MARTIN	GORMLEY	M40+	LETTERKENNY A C
12	416	17.34	DAVID	KENNEALLY	M40+	THURLES CROKES A.C.
13	497	17.36	P.J	BOYCE	M40+	CRANFORD A C
14	417	17.41	JUDE	O' DONNELL	M35+	INDIVIDUAL
15	171	17.43	HUGH	DUFFY	SM	CRANFORD A C
16	424	17.43	AIDAN	MC KENNA	SM	LETTERKENNY A C
17	480	17.51	NOEL	DIVER	SM	INDIVIDUAL
18	406	17.54	SEAN	KERRS	JM	TÍR CHONAILL A C
19	483	17.56	JASON	KING	M35+	LETTERKENNY A C
20	409	17.58	JOHN	DUFFY	M45+	SHETTLESTON HARRIERS
21	404	17.59	PAT	GALLAGHER	M40+	INDIVIDUAL
22	469	18.13	CIARAN	KELLY	M40+	FINN VALLEY A C
23	161	18.15	GARY	GILLESPIE	SM	ROSSES A.C.
24	481	18.17	FIONUALLA	DIVER	SW	LETTERKENNY A C
25	491	18.19	DANIEL	CARR	JM	LETTERKENNY A C
26	457	18.23	CIARAN	GALLAGHER	SM	LETTERKENNY A C
27	433	18.26	HUGH	GALLAGHER	SM	FINN VALLEY A C
28	407	18.27	SHÉILA	REGAN	SW	LETTERKENNY A C
29	473	18.29	SEAN	MC FADDEN	SM	LETTERKENNY A C
30	165	18.31	PAT	O' DONNELL	SM	INDIVIDUAL
31	484	18.46	CIARAN	O' DONNELL	M40+	LETTERKENNY A C
32	467	19.08	ANDY	SCANLAN	M45+	FINN VALLEY A C
33	471	19.12	JOHN	MORRISAN	M40+	INDIVIDUAL
34	168	19.15	JOSEPH	GALLAGHER	SM	INDIVIDUAL
35	468	19.23	DANIEL	CULLEN	SM	INDIVIDUAL
36	460	19.24	GARVAN	MC CLOSKEY	M40+	LETTERKENNY A C
37	450	19.27	LEAH	DUGGAN	JW	MILFORD A C
38	434	19.29	MICHAEL	COLLINS	M40+	INISHOWEN A C
39	439	19.34	JOE	HEGARTY	M45+	INDIVIDUAL
40	431	19.35	PÁDRAIG	FRIEL	SM	LETTERKENNY A C
41	485	19.36	CHRISTOPHER	MURRAY	JM	CRANFORD A C
42	418	19.36	DARRAGH	MC GETTIGAN	JM	MILFORD A C
43	456	19.40	MIRIAM	BONNAR	W35+	FINN VALLEY A C
44	437	19.44	SEAMUS	DOHERTY	JM	INDIVIDUAL
45	421	19.48	JIM	SHIELDS	M60+	FINN VALLEY A C

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46	470	19.51	PATRICK	SWEENEY	SM	INDIVIDUAL
47	432	19.53	GLEN	DUNCAN	SM	INDIVIDUAL
48	401	19.54	LIAM	MC GINTY	M40+	INDIVIDUAL
49	403	20.10	JOSEPH	CASEY	M40+	INDIVIDUAL
50	459	20.12	GERRY	GRIBBON	M40+	INDIVIDUAL
51	458	20.21	P.J.	LYONS	SM	INDIVIDUAL
52	156	20.34	PAUL	FRIEL	M40+	INDIVIDUAL
53	410	20.35	ANDREW	DUFFY	JM	SHETTLESTON HARRIERS
54	500	20.40	LIAM	MARLEY	M50+	CRANFORD A C
55	423	20.44	TERRY	MC FADDEN	SM	INDIVIDUAL
56	486	20.48	DARREN	WALLACE	M35+	INDIVIDUAL
57	430	20.54	JEROME	BURKE	SM	INDIVIDUAL
58	427	20.59	ALEC	MC CONIGLEY	JM	INDIVIDUAL
59	496	21.05	JOHN	MC ELWAINE	M35+	INDIVIDUAL
60	415	21.10	BRENDAN	DELAP	M50+	LETTERKENNY A C
61	495	21.18	PAUL	WILKISON	M35+	INDIVIDUAL
62	419	21.25	JOHNNY	WARD	M45+	TÍR CHONAILL A C
63	412	21.37	EVAN	HEWITT	JM	INDIVIDUAL
64	452	21.40	VERA	HAUGHEY	W50+	TÍR CHONAILL A C
65	440	21.41	BRIAN	DUFFY	M35+	INDIVIDUAL
66	455	21.42	GLORIA	DONAGHEY	W50+	FINN VALLEY A C
67	414	22.06	JORDAN	HEWITT	JM	INDIVIDUAL
68	441	22.07	SINÉAD	PEOPLES	SW	TÍR CHONAILL A C
69	466	22.08	MARTIN	ANDERSON	M40+	INDIVIDUAL
70	405	22.27	JAMES	MC ERLANE	M50+	LETTERKENNY A C
71	499	22.39	GILLIAN	MARLEY	JW	MILFORD A C
72	477	22.52	ERIC	PIERCE	M50+	INDIVIDUAL
73	172	23.06	NANCY	MC NAMEE	W45+	FINN VALLEY A C
74	408	23.14	VIVIEN	FRAZER	W40+	KIRKINTULLOCH
75	464	23.22	AOIFE	BOYCE	SW	INDIVIDUAL
76	442	23.37	JOE	MC GLYNN	SM	INDIVIDUAL
77	453	23.39	JACKIE	HARVEY	W45+	TÍR CHONAILL A C
78	162	23.44	FIN	BEGLEY	W35+	INDIVIDUAL
79	435	23.45	DEBBIE	COLLINS	JW	INDIVIDUAL
80	462	23.47	ROSELEEN	GREEN	SW	INDIVIDUAL
81	402	23.52	KATHLEEN	REGAN	W40+	INDIVIDUAL
82	166	23.53	PATRICK	O' DONNELL	SM	INDIVIDUAL
83	164	23.53	MARTIN	GREEN	SM	INDIVIDUAL
84	490	23.57	PAT	CARR	M50+	INDIVIDUAL
85	159	24.47	DANIEL	SWEENEY	SM	INDIVIDUAL
86	498	25.12	CAROLINE	MARLEY	JW	MILFORD A C
87	436	25.15	TANYA	COLLINS	JW	INDIVIDUAL
88	444	25.21	RORY	O' DONNELL	JM	MILFORD A C
89	488	25.50	DESMOND	BROWNLIE	M60+	LAGAN VALLEY
90	479	26.28	DEBBIE	HOUSTON	W35+	MILFORD A C
91	157	26.30	SHANE	FRIEL	JM	INDIVIDUAL

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92	482	26.35	JOANNE	KILMARTIN	SW	INDIVIDUAL
93	493	27.18	RUTH	MC CRUDDEN	W40+	INDIVIDUAL
94	494	27.18	SEAN	MC CRUDDEN	M40+	INDIVIDUAL
95	413	30.18	MARY	HEWITT	JW	INDIVIDUAL
96	463	31.38	UNA	MC COTTER	W40+	INDIVIDUAL