

LIFFORD 5K - 19 JUNE 2009

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PLACE	TIME	RACE NO.	NAME	CATEGORY	CLUB
1	15.10	565	Noel Collins	SM	Omagh Harriers
2	15.12	557	James Flanagan	SM	Finn Valley AC
3	15.15	505	Pauric Mc Kinney	MM40+	Letterkenny AC
4	15.41	586	Jonathon Patton	MM35+	Letterkenny AC
5	15.56	516	Ivan Toner	SM	Letterkenny AC
6	16.06	564	Dominic Boner	MM40+	Finn Valley AC
7	16.13	571	Ciaran Bannan	SM	Letterkenny AC
8	16.30	553	John Mc Glinchey	MM40+	Finn Valley AC
9	16.35	533	Ciaran O' Sullivan	SM	Letterkenny AC
10	16.45	563	James Brown	MM35+	Inishowen AC
11	16.46	508	Hugh Duffy	SM	Cranford AC
12	16.51	513	Sean Mc Fadden	SM	Letterkenny AC
13	17.05	543	Paul Mc Glinchey	SM	Letterkenny AC
14	17.07	584	Humprey Murphy	MM40+	Letterkenny AC
15	17.17	581	Adrian Gillespie	SM	Finn Valley AC
16	17.20	514	John Daly	MM35+	Letterkenny AC
17	17.23	544	Darragh Crossan	SM	Letterkenny AC
18	17.24	554	Charlie Page	MM35+	Letterkenny AC
19	17.26	585	Alan Mitchell	SM	Finn Valley AC
20	17.27	532	Martin Gormley	MM40+	Letterkenny AC
21	17.34	530	John Mc Elhill	SM	Finn Valley AC
22	17.36	525	Paddy Doherty	MM50+	Inishowen AC
23	17.51	526	Bernard Mc Cabe	MM50+	Finn Valley AC
24	18.03	512	Ciaran O' Donnell	MM40+	Letterkenny AC
25	18.07	509	Colin Mc Nulty	MM35+	Finn Valley AC
26	18.10	510	Aidan Mc Kenna	MM35+	Letterkenny AC
27	18.11	502	Shane Breslin	SM	Individual
28	18.11	504	Mark Connolly	MM50+	Individual
29	18.13	517	Kevin Toner	MM50+	Letterkenny AC
30	18.14	524	Martin Mooney	SM	Inishowen AC
31	18.17	503	Charlie Breslin	SM	Individual
32	18.29	506	Kay Byrne	WW45+	Finn Valley AC
33	18.35	539	Michael Gallagher	MM35+	Individual
34	18.37	528	Adrian Callaghan	MM35+	Letterkenny AC
35	18.41	529	Eunan Scanlon	MM35+	Finn Valley AC
36	18.42	551	Peter Lilburn	MM50+	Sparta NW
37	18.46	569	Gerard Higgins	MM40+	Sligo A C
38	18.54	556	Garvin Mc Closkey	MM40+	Letterkenny AC
39	18.58	523	Vinny Hegarty	SM	Inishowen AC
40	18.58	501	Paul Gallagher	MM40+	Individual
41	19.02	534	Conor Delap	SM	Letterkenny AC
42	19.10	548	Brendan Mc Cole	MM40+	Individual
43	19.16	575	Shane Doherty	SM	Inishowen AC
44	19.18	540	Clíodhna Dunne	SW	Finn Valley AC
45	19.23	552	Noel Lynch	MM40+	Letterkenny AC
46	19.27	522	Pat Gallagher	MM35+	Individual
47	19.41	555	Richard Raymond	MM50+	Letterkenny AC

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48	19.52	583	Mark Mc Glinchey	SM	Individual
49	20.00	580	Patrick Mc Glynn	SM	Individual
50	20.16	531	Andy Scanlon	MM40+	Aghyaran
51	20.30	560	Seamus Curran	MM50+	Individual
52	20.32	515	Gerard Mullen	MM35+	Letterkenny AC
53	20.33	518	Gerry Ryan	MM50+	Letterkenny AC
54	20.39	527	Michael Collins	MM40+	Inishowen AC
55	20.42	507	Gabriel Mc Crossan	MM40+	Individual
56	20.42	542	Joe Casey	MM40+	Individual
57	20.43	576	Malachy Peoples	MM40+	Individual
58	20.46	562	Lester Speer	MM40+	Individual
59	21.05	588	Pauric Mitchell	MM50+	Individual
60	21.07	568	Adam Armstrong	JM	Omagh Harriers
61	21.08	567	Adrian Mc Crossan	JM	Omagh Harriers
62	21.14	519	Vera Haughey	WW45+	Tír Chonaill AC
63	21.15	541	Danny Sharkey	MM50+	Individual
64	21.19	566	Mark Gray	SM	Omagh Harriers
65	21.26	549	Kieran Kelly	MM40+	Individual
66	21.31	521	Sharon Meehan	SW	Tír Chonaill AC
67	21.35	574	Sean O' Leary	MM40+	Individual
68	21.38	579	Kevin Mc Menamin	SM	Individual
69	22.15	545	Gloria Donaghey	WW45+	Finn Valley AC
70	22.27	546	Terry Thompson	MM40+	Individual
71	22.44	582	Michael Patton	SM	Individual
72	22.48	520	Jackie Harvey	WW45+	Tír Chonaill AC
73	23.09	578	Martin Doherty	MM40+	Individual
74	23.10	570	Pauline Henry	SW	Sligo A C
75	23.53	587	Méabh Mc Elduff	JW	Omagh Harriers
76	24.00	511	James Mc Erlane	MM40+	Individual
77	24.06	559	Sean Porter	MM40+	Individual
78	24.09	547	Brendan Quinn	MM35+	Individual
79	24.13	573	Laura Corbett	WW35+	Letterkenny AC
80	24.15	536	Noelle Mollohan	SW	Individual
81	24.34	550	Orla McGroary	SW	Individual
82	25.05	577	Susan Mc Grath	SW	Inishowen AC
83	25.30	538	Eimear Mc Clafferty	SW	Individual
84	25.42	572	Mairead Mc Ginty	SW	24/7
85	25.54	558	TJ Maxwell	SM	Individual
86	26.12	535	Trisha Jordin	SW	24/7
87	27.09	537	Louise Roddy	SW	Individual
88	27.23	561	Veronica Curran	WW40+	Individual
Total Finishers:		88			