

# GRANGE OPEN 4 MILE ROAD RACE 1983

August 1983

By Ollie Thomas  
Archive : Pat McManus

## Senior Men 4 Miles

Pos	Name	Club	Time
1	James Hogan	Ballina	19.42
2	Ronnie Naylor	Ballina	19.58
3	Michael Crampsie	Letterkenny	20.04
4	Michael Carney	North Sligo	20.12
5	Michael Casey	Sligo	20.28
6	Eugene McCarrick	Clonliffe Harriers	20.42
7	Paddy Murray	Ballina	21.16
8	Kevin Watters		21.30
9	Tommy Coyle	Monaghan Phoenix	21.33
10	Brendan Meehan	Monaghan Phoenix	21.43
11	Gerry Kilfeather	North Sligo	21.47
12	Ralph Wilson	South Donegal Harriers	21.59
13	Bertie McGuinn	North Sligo	21.59
14	Pat McManus	South Donegal Harriers	22.28
15	Ray Flynn	Calry	22.37
16	Padraig Hurley	South Donegal Harriers	22.56
17	Des Coughlan	South Donegal Harriers	23.00
18	Paul Flynn	Calry	23.01
19	Sean Keenaghan	South Donegal Harriers	23.20
20	JJ Devanney	Ballina	23.34
21	Joe McCaffrey	North Sligo	23.44
22	Padraig Smith	North Sligo	23.50
23	PJ Patton	South Donegal Harriers	23.52
24	G McCabe	South Donegal Harriers	23.52
25	Joe Flannery	South Donegal Harriers	24.10
26	Seamus McGowan	Calry	24.28
27	Mary Naylor	Ballina	24.34
28	John Langan		25.12
29	Tony Leonard	Calry	25.18
30	Catherine Rooney		25.26
31	Heather Stewart	Letterkenny	25.35
32	Gerard O'Connor	North Sligo	25.58
33	Robert Kennedy	Sligo	26.27
34	Philomena Gallagher	South Donegal Harriers	26.38
35	John Gallagher	Calry	26.38
36	Ann Roberts	Sligo	26.45
37	Deloras Gallagher	Calry	27.42
38	Kevin Carlin		31.58
39	Philomena Lockhart		33.17
40	Martina Moffat		35.17
41	Bridie Murray		39.00

## Senior Men 4 Mile Team

1	Ballina	1, 2, 7, 20	30
2	North Sligo	4, 11, 13, 21	49
3	South Donegal Harriers	12, 14, 16, 17	59

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## 3000M Youths

Pos	Name	Club	Time
1	Michael Casey	Sligo AC	8.44
2	Paul Ritchie	South Donegal Harriers	8.56
3	Jimmy Langan	North Sligo	9.33
4	John McSharry	North Sligo	9.47
5	Denis Haran	North Sligo	10.14
6	Robert Kennedy	Sligo AC	11.06
7	Paul Roper	North Sligo	12.01

## 1500M Woman

Pos	Name	Club	Time
1	Sinead Gallagher	Ballyshannon	4.49
2	Rosalyn Campbell	Castlebar	4.54
3	Pauline Campbell	Castlebar	5.02
4	Catherine Rooney	Castlebar	5.08
5	Helen Doyle	Sligo AC	5.09
6	Kathleen Coyle	Sligo AC	5.14
7	RoseMary	O'Connor	5.18
8	Siobhan Gallagher	Ballyshannon	5.21
9	Siobhan McMahan	North Sligo	5.23
10	Michelle Roper	North Sligo	5.29
11	Annette Smith	Enfield	5.48
12	Mary Burns		6.08
	Philomena Lockhart		6.22
	Martina Muffat		6.28