

BUNDORAN 5K 1984

SOUTH DONEGAL HARRIERS 5K SERIES III

03 March 1984

By Ollie Thomas
Archive Pat McManus
Archive Oliver Thomas (Snr)

Donegal Democrat dated 08th March 1984

The final race in the South Donegal Harriers Series of road races took place in Bundoran last Saturday. A field of forty five runners face starter Eamon Harvey on the Kinlough Road at exactly 3:00pm. After a mad charge down the first hill the field began to sort itself out on the uphill section before turning left on the Moy Road. Up front it was certainly a case of the boys being sorted out from the men. The first two Michael Casey and Paul Ritchie are still juniors while the third, Seamus O'Donnell from St. Johnston is only a year or so older. These three finished within 3 seconds of each other while there was then a gap of nearly a minute to the first of the old men, Michael Carney of North Sligo.

Philip McGuinness was 1st O-40. Philip had been injured earlier in the winter and with improved times over the past few weeks he is obviously gaining in confidence. Jackie Lally had a very good run. He paced himself much better this time and came with a storming finish over the final 800m to take another few scalps. Sean Keenaghan returned 18.36 on little training. Sean will be entering the vets stage at the end of 1984 and without a big effort it won't be a major event. However he is a talented athlete and with work, he could be the man to shake up the vets scene in Donegal.

Michael Sandilands who like so many vets is one of athletics gentlemen won the O-50 section for the third time. Jackie Harvey has improved her times in each of the 5000m races. As Jackie McDaid she was one of

Donegal's most promising juveniles a few years ago. Now married to Eamon Harvey, Secretary of South Donegal Harriers and a mother of three, she is set once again to make her mark on the athletics scene.

The Rev. Eric Duncan, busy with his parish work during the last two SDH 5000m was using this race as a tune up towards the Belfast Marathon in May.

As usual the race started on time. Organization under Paddy Donoghue was perfect. Paddy would like to acknowledge the co-operation of Mary Burns in the use of the Astoria for changing and presentations. For the 26 athletes who competed in all three 5000m races, there was a beautiful screen printed plaque sponsored by Harvey Trophies Donegal Town.

Pos	Name	Club	Time
1	Michael Casey (1st U-19)	Sligo	15.44
2	Paul Ritchie	South Donegal Harriers	15.46
3	Seamus O'Donnell	St. Johnston	15.47
4	Michael Carney	North Sligo	16.40
5	Philip McGuinness (1st O-40)	Sligo	16.48
6	Joseph Brennan	Finn Valley	17.04
7	Michael Kelly	North Leitrim	17.12
8	Ralph Wilson	South Donegal Harriers	17.22
9	Donal Haughey	Killybegs	17.37
10	P.J. Leddy (1st O-35)	North Leitrim	17.38
11	Pat McManus	South Donegal Harriers	17.42
12	Thomas McBrearty	Killybegs	18.06
13	Eddie Sweeney	North Leitrim	18.14
14	Jackie Lally	Ballyshannon	18.17
15	Dessie Coughlan	South Donegal Harriers	18.23
16	Pauric Hurley	South Donegal Harriers	18.30
17	Sean Keenaghan	South Donegal Harriers	18.36
18	Sean Kelly	South Donegal Harriers	18.46
19	Declan Toland (1st U-16)	Lifford	18.54
20	Tony Leonard	Calry	18.57
21	Barry Fannon	Ballyshannon	18.58
22	Paddy Donoghue	South Donegal Harriers	19.12
23	Michael Sandilands (1st O-50)	Finn Valley	19.21
24	Ollie Thomas	South Donegal Harriers	19.27

BUNDORAN 5K 1984
SOUTH DONEGAL HARRIERS 5K SERIES III

03 March 1984

By Ollie Thomas
Archive Pat McManus
Archive Oliver Thomas (Snr)

Pos	Name	Club	Time
25	Joe Flannery	South Donegal Harriers	19.29
26	Noel Thomas	South Donegal Harriers	19.31
27	Conal Gillespie	Killybegs	19.56
28	Richard Carty	Bundoran	19.57
29	Noreen Martin (1st lady)	Finn Valley	19.59
30	Oliver Warnock	South Donegal Harriers	20.26
31	Miriam Bradin (2nd lady)	South Donegal Harriers	20.49
32	Barry Rafferty	Ballyshannon	20.59
33	Paddy O'Toole (1st O-45)	South Donegal Harriers	21.39
34	Des Curley	South Donegal Harriers	21.43
35	Jackie Harvey (3rd lady)	South Donegal Harriers	21.44
36	Damien Thomas	South Donegal Harriers	21.54
37	Oliver Thomas (Snr)	South Donegal Harriers	21.55
38	Aidan Rooney	South Donegal Harriers	22.19
39	Carol Warnock	South Donegal Harriers	22.23
40	Rev. Eric Duncan	South Donegal Harriers	22.23
41	Pat Jones	Bundoran	22.59
42	Gerard Warnock	Kinlough	23.06
43	Raymond Warnock	Kinlough	23.12
44	Mary McNeely	South Donegal Harriers	23.51
45	Paddy Carty	Bundoran	24.16
46			
47			
48			
49			
50			
51			
52			
53			
54			
55			
56			
57			
58			
59			
60			
61			
62			
63			
64			
65			
66			
67			
68			
69			
70			
71			
72			