

North west 10k

2009

| <i>Place</i> | <i>Time</i> | <i>No.</i> | <i>FirstName</i> | <i>Surname</i> | <i>Category</i> | <i>Club</i> |
|--------------|-------------|------------|------------------|----------------|-----------------|----------------|
| 1 | 32.52 | 1 | Pauric | Mc Kinney | SM | Letterkenny AC |
| 2 | 33.02 | 471 | Eoin | Mc Ginley | SM | Cranford AC |
| 3 | 33.32 | 62 | Johnathon | Patton | SM | Letterkenny AC |
| 4 | 33.34 | 275 | Emmet | Mc Ginty | SM | City Of Derry |
| 5 | 34.01 | 409 | John | Byrne | SM | Mayo A C |
| 6 | 34.16 | 5282 | Gary | Crossan | MM35+ | Letterkenny AC |
| 7 | 34.33 | 52 | Ivan | Toner | SM | Letterkenny AC |
| 8 | 35.12 | 151 | John | Mc Glinchey | MM40+ | Finn Valley AC |
| 9 | 35.15 | 5 | Ciaran | Bannon | SM | Letterkenny AC |
| 10 | 35.20 | 139 | Pauric | O' Donnell | SM | Letterkenny AC |
| 11 | 35.21 | 484 | Eddie | Sweeney | SM | Letterkenny AC |
| 12 | 35.25 | 221 | Ciaran | O' Sullivan | SM | Letterkenny AC |
| 13 | 35.58 | 158 | Joe | Mc Kinney | MM40+ | Inishowen AC |
| 14 | 36.13 | 303 | Andrew | Connolly | SM | Letterkenny AC |
| 15 | 36.15 | 60 | Hugh | Duffy | SM | Cranford AC |
| 16 | 36.23 | 6 | Martin | Gormley | MM40+ | Letterkenny AC |
| 17 | 36.37 | 446 | James | Browne | MM35+ | Inishowen AC |
| 18 | 36.56 | 55 | Charlie | Page | MM35+ | Letterkenny AC |
| 19 | 37.05 | 291 | Paul | Mc Glinchey | SM | Letterkenny AC |
| 20 | 37.16 | 178 | John | Daly | MM35+ | Letterkenny AC |
| 21 | 37.29 | 53 | Paul | Toner | MM35+ | Letterkenny AC |
| 22 | 37.41 | 11 | Ciaran | Higgins | SM | Letterkenny AC |
| 23 | 37.41 | 5200 | Darren | Mc Glinchey | JM | Finn Valley AC |
| 24 | 38.00 | 242 | Philip | Mullan | MM40+ | Springwell |
| 25 | 38.02 | 257 | Richard | Mc Carthy | MM40+ | Tír Chonail AC |
| 26 | 38.05 | 486 | PJ | Boyce | MM40+ | Cranford AC |
| 27 | 38.12 | 199 | Joe | English | MM40+ | Letterkenny AC |
| 28 | 38.26 | 394 | Sean | Mc Shane | SM | Individual |
| 29 | 38.27 | 467 | Garvan | Walker | SM | Individual |
| 30 | 38.32 | 380 | Finbarr | Gallagher | MM40+ | Inishowen AC |
| 31 | 38.34 | 358 | Paddy | Doherty | MM50+ | Inishowen AC |
| 32 | 38.42 | 317 | James | Crossan | SM | Individual |
| 33 | 38.44 | 256 | Joe | Mac Carthy | MM50+ | Individual |
| 34 | 38.57 | 373 | Alan | Mitchell | SM | Finn Valley AC |
| 35 | 39.01 | 269 | Philip | Donaghy | MM35+ | City Of Derry |

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|----|-------|------|-----------|--------------|-------|------------------|
| 36 | 39.08 | 222 | John | Mc Clafferty | SM | Cranford AC |
| 37 | 39.12 | 326 | Dessie | Mc Shane | MM40+ | Individual |
| 38 | 39.13 | 363 | Michael | Duffy | SM | Cranford AC |
| 39 | 39.33 | 168 | Dominic | Ryan | JM | Individual |
| 40 | 39.35 | 54 | Kevin | Toner | MM60+ | Letterkenny AC |
| 41 | 39.42 | 5275 | Eddie | Mc Meniman | MM40+ | Finn Valley AC |
| 42 | 39.53 | 286 | Jimmy | Renfrew | MM40+ | Individual |
| 43 | 39.58 | 117 | Brian | Mc Monigle | SM | Individual |
| 44 | 39.59 | 9 | Ben | George | MM35+ | Letterkenny AC |
| 45 | 40.03 | 223 | Aidan | Mc Kenna | MM35+ | Letterkenny AC |
| 46 | 40.13 | 460 | Kay | Byrne | SW | Finn Valley AC |
| 47 | 40.19 | 136 | Leslie | Ashe | MM50+ | Springwell |
| 48 | 40.22 | 277 | Drew | Doherty | MM40+ | Finn Valley AC |
| 49 | 40.31 | 290 | Dara | Crossan | SM | Individual |
| 50 | 40.35 | 295 | Adrian | Toye | SM | Individual |
| 51 | 40.37 | 314 | Martin | Mooney | SM | Inishowen AC |
| 52 | 40.41 | 301 | Aaron | Whoriskey | SM | Individual |
| 53 | 40.44 | 188 | Colin | Mooney | SM | Individual |
| 54 | 40.46 | 348 | Paul | Campbell | SM | Individual |
| 55 | 40.49 | 293 | Greg | Campbell | SM | Letterkenny AC |
| 56 | 40.53 | 10 | Eamon | Cush | MM40+ | Individual |
| 57 | 41.05 | 336 | Adrian | Boyle | SM | Individual |
| 58 | 41.09 | 410 | Cian | Friel | SM | Individual |
| 59 | 41.11 | 5256 | Brian | Crossan | SM | Individual |
| 60 | 41.16 | 120 | Kevin | Mc Devitt | MM40+ | Individual |
| 61 | 41.17 | 316 | Colin | Mc Nulty | MM35+ | Individual |
| 62 | 41.19 | 463 | Fionnuala | Diver | SW | Letterkenny AC |
| 63 | 41.20 | 280 | Daniel | Carr | JM | Letterkenny AC |
| 64 | 41.21 | 161 | Eunan | Scanlon | MM35+ | Finn Valley AC |
| 65 | 41.26 | 491 | Jason | King | MM35+ | Individual |
| 66 | 41.30 | 29 | Peter | Kardos | MM35+ | Individual |
| 67 | 41.38 | 390 | Gordan | Thompson | SM | Individual |
| 68 | 41.41 | 237 | Brian | Rodgers | MM35+ | Individual |
| 69 | 41.45 | 5293 | Martin | Gillespie | MM40+ | Individual |
| 70 | 41.51 | 313 | Vincent | Hegarty | SM | Inishowen AC |
| 71 | 41.56 | 126 | James | Bradshaw | MM40+ | Tír Chonaille AC |
| 72 | 41.58 | 383 | Cliona | Dunne | SW | Finn Valley AC |
| 73 | 41.58 | 268 | Daniel | Fury | SM | Individual |
| 74 | 42.03 | 459 | Pat | O' Donnell | SM | Individual |
| 75 | 42.05 | 397 | Seamus | Sweeney | SM | Individual |

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|-----|-------|------|--------------|------------|-------|----------------------|
| 76 | 42.06 | 7 | Gerry | Ryan | MM50+ | Letterkenny AC |
| 77 | 42.07 | 157 | Seamus | Rodgers | MM35+ | Individual |
| 78 | 42.08 | 147 | Ciaran | Mc Monagle | SM | Individual |
| 79 | 42.08 | 359 | Edward | O' Donnell | SM | Individual |
| 80 | 42.09 | 432 | Laura | Flynn | MW40+ | Rathfarnham WSAF A C |
| 81 | 42.13 | 134 | Conor | Delap | SM | Letterkenny AC |
| 82 | 42.18 | 65 | Dekek | Gillespie | SM | Individual |
| 83 | 42.18 | 198 | Jillian | Watson | SW | Springwell |
| 84 | 42.19 | 98 | Richard | Rraymond | MM50+ | Letterkenny AC |
| 85 | 42.21 | 381 | Michael | Donaghey | MM40+ | Individual |
| 86 | 42.30 | 480 | Noel | Lynch | MM40+ | Letterkenny AC |
| 87 | 42.32 | 472 | John | Grant | SM | Individual |
| 88 | 42.35 | 5262 | Dominic | Gildea | SM | Individual |
| 89 | 42.37 | 475 | Feilim | Clancy | SM | Individual |
| 90 | 42.43 | 220 | Louis | Bradley | MM50+ | Individual |
| 91 | 42.47 | 22 | Glen | Duncan | SM | Individual |
| 92 | 42.47 | 61 | Norman | Spratt | MM40+ | Letterkenny AC |
| 93 | 42.48 | 417 | Ciaran | Gramham | MM35+ | Individual |
| 94 | 42.51 | 429 | Stephen | Travers | MM40+ | Individual |
| 95 | 42.52 | 112 | Jim | Toye | MM35+ | Individual |
| 96 | 42.55 | 367 | Gavin | Hunter | SM | Individual |
| 97 | 42.57 | 489 | Declan | Caldwell | SM | Individual |
| 98 | 43.02 | 285 | Rosemary | Bogle | MW45+ | Finn Valley AC |
| 99 | 43.03 | 30 | Freddie | Mc Bride | MM35+ | Individual |
| 100 | 43.04 | 50 | Lester | Dobson | MM35+ | Letterkenny AC |
| 101 | 43.06 | 468 | Anthony | Mc Daid | SM | Individual |
| 102 | 43.07 | 172 | John | Baxter | MM50+ | Individual |
| 103 | 43.10 | 33 | Matt | Reid | MM35+ | Individual |
| 104 | 43.11 | 287 | Ciaran | Mc Monagle | SM | Individual |
| 105 | 43.18 | 342 | Paul | Mc Fadden | SM | Individual |
| 106 | 43.20 | 145 | John-Anthony | Mc Mullan | SM | Individual |
| 107 | 43.24 | 5277 | Hugh | Gallagher | SM | Finn Valley AC |
| 108 | 43.31 | 105 | Mark | Bolton | MM35+ | Letterkenny AC |
| 109 | 43.32 | 236 | Darren | Beecroft | MM40+ | Individual |
| 110 | 43.33 | 407 | Joe | Gallagher | MM35+ | Individual |
| 111 | 43.33 | 497 | Geard | Murray | SM | Individual |
| 112 | 43.34 | 364 | Eddie | Duffy | SM | Cranford AC |
| 113 | 43.45 | 189 | Garvin | Mc Closkey | MM40+ | Letterkenny AC |
| 114 | 43.50 | 311 | Peter | Mc Kinney | MM50+ | Inishowen AC |
| 115 | 43.51 | 186 | Hugh | Breslin | SM | Individual |

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|-----|-------|------|-----------|------------|-------|----------------|
| 116 | 43.55 | 80 | Geard | Mullen | MM35+ | Letterkenny AC |
| 117 | 43.58 | 70 | Padraig | Friel | SM | Individual |
| 118 | 44.01 | 368 | Pat | Gallagher | MM35+ | Individual |
| 119 | 44.02 | 122 | Connor | Bogan | JM | Individual |
| 120 | 44.03 | 270 | Teresa | Doherty | SW | Inishowen AC |
| 121 | 44.04 | 5273 | James | Gibbons | MM40+ | Finn Valley AC |
| 122 | 44.08 | 252 | Marie | Rooney | MW45+ | Tír Chonail AC |
| 123 | 44.13 | 375 | Raymond | Doherty | MM40+ | Individual |
| 124 | 44.23 | 5265 | Sean | Tiamahad | SM | Individual |
| 125 | 44.27 | 23 | Aaron | Barnett | SM | Individual |
| 126 | 44.35 | 347 | Paddy | Hannigan | MM40+ | Letterkenny AC |
| 127 | 44.45 | 5263 | Helen | Kennedy | MW40+ | Letterkenny AC |
| 128 | 44.48 | 305 | Malachy | People | MM40+ | Individual |
| 129 | 44.52 | 254 | Annemarie | Power | MW35+ | Individual |
| 130 | 44.52 | 378 | Elaine | Morrow | SW | Letterkenny AC |
| 131 | 44.57 | 125 | Connor | Boyce | MM35+ | Individual |
| 132 | 45.05 | 78 | Conor | Carlin | MM35+ | Individual |
| 133 | 45.05 | 476 | Shaun | Clancy | SM | Individual |
| 134 | 45.08 | 202 | Terence | Boyle | SM | Individual |
| 135 | 45.09 | 338 | John | Anderson | SM | Individual |
| 136 | 45.16 | 273 | Arthur | Devlin | MM40+ | Individual |
| 137 | 45.20 | 436 | Michael | Devlin | SM | Individual |
| 138 | 45.20 | 111 | Paul | Cosgrove | MM40+ | Individual |
| 139 | 45.24 | 149 | Ronan | Gildea | SM | Individual |
| 140 | 45.24 | 217 | Frank | Roche | MM35+ | Individual |
| 141 | 45.26 | 25 | Paul | O' Gara | MM35+ | Individual |
| 142 | 45.33 | 248 | David | Whoriskey | SM | Individual |
| 143 | 45.36 | 164 | Michael | Tunney | MM50+ | Individual |
| 144 | 45.41 | 179 | Don | Rosney | JM | Letterkenny AC |
| 145 | 45.42 | 276 | Tony | O' Donnell | SM | Cranford AC |
| 146 | 45.48 | 250 | Owen | Logue | SM | Individual |
| 147 | 45.51 | 360 | Geard | Devine | SM | Individual |
| 148 | 45.52 | 304 | Jim | Platt | MM50+ | Springwell |
| 149 | 45.59 | 327 | Garrett | Mc Daid | SM | Individual |
| 150 | 46.03 | 487 | Ben | Anston | SM | Individual |
| 151 | 46.04 | 354 | Seamus | Ferry | MM40+ | Individual |
| 152 | 46.05 | 414 | Seamus | Mc Daid | MM35+ | Inishowen AC |
| 153 | 46.06 | 415 | Elizabeth | Mc Daid | MW35+ | Inishowen AC |
| 154 | 46.16 | 466 | Catherine | O' Neil | SW | Individual |
| 155 | 46.16 | 294 | Nat | Doherty | MM35+ | Individual |

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|-----|-------|------|-----------|-------------|-------|--------------------|
| 156 | 46.17 | 102 | Alan | Donnellan | SM | Individual |
| 157 | 46.23 | 343 | Jim | Mc Laughlin | MM50+ | Individual |
| 158 | 46.24 | 73 | Basil | Malone | SM | Individual |
| 159 | 46.25 | 344 | Catherine | Gibbons | JW | Letterkenny AC |
| 160 | 46.27 | 324 | Chris | Mc Guinness | SM | Individual |
| 161 | 46.28 | 428 | Kenny | Friel | SM | Individual |
| 162 | 46.29 | 159 | Tom | Bangert | MM50+ | Individual |
| 163 | 46.32 | 389 | Gareth | Linton | MM35+ | Individual |
| 164 | 46.32 | 5287 | Emmet | Rushe | SM | Individual |
| 165 | 46.33 | 5251 | Lee | Gooch | MM35+ | Individual |
| 166 | 46.33 | 231 | Dara | Kerrane | MM35+ | Individual |
| 167 | 46.34 | 140 | Rory | O' Donnell | SM | Individual |
| 168 | 46.35 | 144 | Justin | Toner | MM35+ | Individual |
| 169 | 46.41 | 45 | Kevin | Harkin | SM | Individual |
| 170 | 46.42 | 34 | Maura | Kearns | SW | Individual |
| 171 | 46.44 | 418 | Paul | Kelly | SM | Individual |
| 172 | 46.45 | 300 | Martin | Wallace | SM | Individual |
| 173 | 46.46 | 171 | Gerarrd | Baxter | SM | Individual |
| 174 | 46.47 | 376 | Brian | Boyle | SM | Mullingar Harriers |
| 175 | 46.48 | 235 | Ivan | Matthews | SM | Individual |
| 176 | 46.49 | 266 | Patrick | Mc Glynn | SM | Individual |
| 177 | 46.50 | 251 | Sharon | Mc Gowan | MM40+ | Individual |
| 178 | 46.54 | 219 | Frankie | Lavelle | MM35+ | Individual |
| 179 | 46.55 | 113 | Mark | Canning | SM | Individual |
| 180 | 46.59 | 103 | Paul | Murphy | JM | Individual |
| 181 | 47.00 | 496 | John | Ireland | JM | Individual |
| 182 | 47.01 | 332 | Gloria | Donaghey | MW45+ | Finn Valley AC |
| 183 | 47.05 | 243 | Caitriona | Gallagher | SW | Individual |
| 184 | 47.19 | 352 | Michael | Devenny | MM35+ | Individual |
| 185 | 47.20 | 431 | Sam | Campbell | MM40+ | Individual |
| 186 | 47.20 | 448 | Clive | Bell | MM50+ | Inishowen AC |
| 187 | 47.24 | 312 | Sean | Doherty | SM | Inishowen AC |
| 188 | 47.25 | 449 | Geff | Turtle | MM40+ | Individual |
| 189 | 47.30 | 412 | Michael | Mc Fadden | SM | Individual |
| 190 | 47.31 | 284 | Tara | Friel | MW35+ | Individual |
| 191 | 47.32 | 474 | Derek | Barry | SM | Individual |
| 192 | 47.44 | 8 | Eoin | George | SM | Individual |
| 193 | 47.45 | 310 | Kevin | Fox | JM | Individual |
| 194 | 47.47 | 184 | Gabrial | Mc Crossan | MM40+ | Individual |
| 195 | 47.55 | 457 | Patrick | Martin | MM40+ | Individual |

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|-----|-------|------|---------|-----------|-------|----------------|
| 196 | 47.58 | 191 | Vera | Haughey | MW40+ | Tír Chonail AC |
| 197 | 47.58 | 41 | Paul | Ferns | MM40+ | Individual |
| 198 | 48.01 | 5255 | Cian | Mc CAUL | JM | Individual |
| 199 | 48.02 | 469 | Abigail | Aiken | SW | Individual |
| 200 | 48.04 | 123 | Ronan | Brophy | MM40+ | Letterkenny AC |
| 201 | 48.10 | 464 | Michael | Doherty | MM40+ | Individual |
| 202 | 48.13 | 323 | Brian | Mc Daid | SM | Individual |
| 203 | 48.17 | 282 | Eamonn | Gillespie | MM50+ | Individual |
| 204 | 48.17 | 321 | Paul | Mc Daid | SM | Individual |
| 205 | 48.17 | 5289 | Cliff | Smith | MM40+ | Individual |
| 206 | 48.20 | 411 | Jim | Hynes | MM50+ | Finn Valley AC |
| 207 | 48.22 | 315 | Mark | Nicholas | MM35+ | Individual |
| 208 | 48.24 | 485 | Michael | McKeown | SM | Individual |
| 209 | 48.27 | 227 | Shane | Crossan | MM35+ | Individual |
| 210 | 48.27 | 408 | Sarah | Syron | SW | Mayo A C |
| 211 | 48.28 | 40 | Mike | Flanagan | MM40+ | Individual |
| 212 | 48.29 | 213 | Pauric | Monaghan | SM | Individual |
| 213 | 48.33 | 74 | John | Gorman | MM35+ | Individual |
| 214 | 48.35 | 374 | Pauric | Mitchell | MM40+ | Individual |
| 215 | 48.36 | 478 | Garet | Duffy | MM45+ | Individual |
| 216 | 48.42 | 152 | Kevin | Piper | SM | Individual |
| 217 | 48.47 | 353 | Ciaran | Kelly | MM40+ | Individual |
| 218 | 48.47 | 165 | Gary | Mc Quaid | MM35+ | Individual |
| 219 | 48.54 | 406 | Donal | Cox | MM35+ | Individual |
| 220 | 48.54 | 309 | Maurice | Sharkey | SM | Individual |
| 221 | 48.58 | 340 | Noel | Mc Croary | SM | Individual |
| 222 | 49.02 | 160 | Ian | Mc Quaid | SM | Individual |
| 223 | 49.07 | 261 | Callum | Molloy | JM | Individual |
| 224 | 49.10 | 24 | Alan | Pearson | SM | Individual |
| 225 | 49.18 | 146 | Paddy | Mc Shane | MM40+ | Individual |
| 226 | 49.23 | 284 | Tara | Friel | MW35+ | Individual |
| 227 | 49.26 | 258 | Andrew | Mc Nulty | MM40+ | Individual |
| 228 | 49.27 | 228 | Ciaran | Mc Glynn | SM | Individual |
| 229 | 49.28 | 56 | Camilla | Page | SW | Individual |
| 230 | 49.29 | 450 | Orla | Doherty | MW40+ | Individual |
| 231 | 49.31 | 204 | Audrey | Parke | MW40+ | Individual |
| 232 | 49.39 | 133 | Jimmy | Gildea | MM50+ | Letterkenny AC |
| 233 | 49.40 | 208 | Eddie | Kelly | MM35+ | Individual |
| 234 | 49.41 | 413 | Sean | O' Leary | MM40+ | Individual |
| 235 | 49.42 | 490 | Eamon | Walsh | SM | Individual |

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|-----|-------|------|----------|--------------|-------|----------------|
| 236 | 49.43 | 115 | Fin | Begley | SW | Individual |
| 237 | 49.44 | 230 | Joe | Molloy | MM35+ | Individual |
| 238 | 49.55 | 2273 | John | Gerry | SM | Individual |
| 239 | 50.02 | 439 | Michael | Mc Brearty | SM | Individual |
| 240 | 50.10 | 492 | Margaret | O' Donnell | MW45+ | Inishowen AC |
| 241 | 50.22 | 470 | Jane | Mc Ginley | SW | Individual |
| 242 | 50.29 | 238 | Ronan | Stewart | SM | Individual |
| 243 | 50.30 | 5276 | Shane | Browne | SM | Individual |
| 244 | 50.31 | 39 | Eimear | Mc Clafferty | SW | Individual |
| 245 | 50.32 | 430 | Mark | O' Sullivan | SM | Individual |
| 246 | 50.33 | 27 | Adrian | Costigan | SM | Individual |
| 247 | 50.34 | 391 | Trevor | Linton | MM40+ | Individual |
| 248 | 50.35 | 5274 | Johnny | Corcoran | SM | Individual |
| 249 | 50.39 | 369 | Henry | Downey | SM | Individual |
| 250 | 50.41 | 89 | Adrian | Gill | SM | Individual |
| 251 | 50.44 | 5284 | Jonathon | Jacob | JM | Individual |
| 252 | 50.46 | 47 | Beth | Sampson | SW | Individual |
| 253 | 50.51 | 48 | Kyle | Sampson | SM | Individual |
| 254 | 50.52 | 461 | Joe | Devenny | MM40+ | Individual |
| 255 | 51.01 | 443 | Eoin | Fogorty | SM | Individual |
| 256 | 51.03 | 5285 | Frank | Erwin | MM40+ | Individual |
| 257 | 51.06 | 350 | Michelle | Duffy | SW | Letterkenny AC |
| 258 | 51.08 | 483 | Stephen | Johnston | MM40+ | Individual |
| 259 | 51.09 | 190 | Mel | Mc Kinney | SM | Individual |
| 260 | 51.10 | 370 | Mark | Smith | SM | Individual |
| 261 | 51.11 | 37 | Sharon | Greene | SW | Individual |
| 262 | 51.11 | 456 | Kevin | Mc Daid | SM | Individual |
| 263 | 51.16 | 104 | James | Mc Erlane | MM40+ | Individual |
| 264 | 51.17 | 46 | John | Ferry | MM40+ | Individual |
| 265 | 51.18 | 35 | Rory | Garland | SM | Individual |
| 266 | 51.19 | 283 | Dympna | Barret | MW40+ | Individual |
| 267 | 51.21 | 325 | David | Kenny | SM | Individual |
| 268 | 51.27 | 20 | Kevin | Harley | SM | Letterkenny AC |
| 269 | 51.28 | 101 | Michael | Fitzgearld | MM50+ | Individual |
| 270 | 51.29 | 349 | Gerard | Mc Fadden | MM40+ | Individual |
| 271 | 51.33 | 450 | Orla | Doherty | MW40+ | Individual |
| 272 | 51.33 | 82 | Joseph | Browne | SM | Individual |
| 273 | 51.34 | 2274 | Keith | Mc Daid | SM | Individual |
| 274 | 51.37 | 271 | Pat | Gallagher | MM40+ | Individual |
| 275 | 51.37 | 362 | Martin | Collins | MM40+ | Individual |

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|-----|-------|------|----------|-------------|-------|----------------|
| 276 | 51.38 | 86 | Donall | O' Cnaimhsi | MM35+ | Individual |
| 277 | 51.42 | 438 | Eddie | Moore | SM | Individual |
| 278 | 51.42 | 28 | Philip | Ryan | MM40+ | Individual |
| 279 | 51.43 | 396 | Aidrian | Mc Garvey | SM | Individual |
| 280 | 51.44 | 128 | Seamus | Temple | MM50+ | Letterkenny AC |
| 281 | 51.45 | 71 | Jonathan | Doherty | SM | Individual |
| 282 | 51.46 | 458 | Martin | Greene | SM | Individual |
| 283 | 51.47 | 212 | Dermott | Higgins | MM40+ | Individual |
| 284 | 51.48 | 427 | David | Robb | SM | Individual |
| 285 | 51.49 | 346 | Liam | Mc Carron | MM35+ | Individual |
| 286 | 51.50 | 234 | Ronan | Mc Elwane | MM35+ | Individual |
| 287 | 51.56 | 64 | Anthony | Moran | MM35+ | Individual |
| 288 | 51.57 | 437 | Shane | O' Donnell | MM50+ | Individual |
| 289 | 51.58 | 410 | Cian | Friel | SM | Individual |
| 290 | 51.59 | 110 | Julie | Cassidy | SW | Individual |
| 291 | 52.03 | 5280 | Michael | Boyle | MM35+ | Individual |
| 292 | 52.17 | 193 | Robbie | Megonnety | SM | Individual |
| 293 | 52.18 | 420 | Martin | Donnelly | MM35+ | Individual |
| 294 | 52.19 | 433 | Peter | Gavigan | MM35+ | Individual |
| 295 | 52.24 | 330 | Catriona | Ruddy | MW35+ | Inishowen AC |
| 296 | 52.25 | 278 | Dermot | Gallagher | SM | Individual |
| 297 | 52.26 | 114 | Aoife | Boyce | SW | Inishowen AC |
| 298 | 52.27 | 180 | Bernie | Cunningham | SW | Individual |
| 299 | 52.28 | 279 | Seamus | Morrison | MM40+ | Letterkenny AC |
| 300 | 52.35 | 148 | Alison | Mc Monagle | SW | Individual |
| 301 | 52.37 | 137 | Seamus | Lyons | MM40+ | Individual |
| 302 | 52.39 | 124 | Paul | Patton | MM40+ | Individual |
| 303 | 52.40 | 329 | Eamon | Mc Daid | MM50+ | Individual |
| 304 | 52.51 | 5261 | Eunan | Gormley | MM40+ | Individual |
| 305 | 52.52 | 328 | Paul | Mc Daid | MM40+ | Individual |
| 306 | 52.53 | 403 | Martin | Mc Coyle | SM | Individual |
| 307 | 52.54 | 119 | Emily | Bonner | SW | Individual |
| 308 | 52.55 | 88 | Danny | Boyle | MM50+ | Individual |
| 309 | 52.56 | 302 | Aoife | Mc Granahan | SW | Individual |
| 310 | 53.02 | 196 | Sinéad | Friel | SW | Individual |
| 311 | 53.03 | 5288 | Noel | Mc Bride | MM40+ | Individual |
| 312 | 53.04 | 5292 | Sean | Mc Crudden | MM40+ | Individual |
| 313 | 53.08 | 201 | Bill | Vaughan | MM40+ | Individual |
| 314 | 53.14 | 210 | Brendan | Delap | MM50+ | Letterkenny AC |
| 315 | 53.16 | 322 | Mark | Mc Daid | SM | Individual |

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|-----|-------|------|-----------|--------------|-------|----------------|
| 316 | 53.18 | 200 | Lisa | Walsh | SW | Individual |
| 317 | 53.20 | 135 | Mick | Bourke | MM50+ | Individual |
| 318 | 53.20 | 72 | Áine | O' Callaghan | SW | Individual |
| 319 | 53.23 | 296 | David | Oliver | MM45+ | Individual |
| 320 | 53.24 | 253 | Liza-Jane | Jorque | MW40+ | Individual |
| 321 | 53.25 | 79 | Ann | Carroll | MW45+ | Individual |
| 322 | 53.31 | 87 | Robert | Hickey | SM | Individual |
| 323 | 53.36 | 298 | Heather | Oliver | MW40+ | Individual |
| 324 | 53.41 | 255 | Andy | Stuart | MM40+ | Individual |
| 325 | 53.42 | 404 | Dean | Barron | SM | Individual |
| 326 | 53.45 | 85 | Shaun | Tullu | MW40+ | Individual |
| 327 | 53.45 | 405 | Darren | Robb | SM | Individual |
| 328 | 53.46 | 385 | Ivan | Irwin | MM35+ | Individual |
| 329 | 53.49 | 341 | Mary | Heraghty | MW45+ | Individual |
| 330 | 53.55 | 109 | Damien | Mc Goohan | SM | Individual |
| 331 | 54.01 | 5257 | Ohad | Kihdvid | SM | Individual |
| 332 | 54.02 | 156 | Rory | Kennedy | MM40+ | Individual |
| 333 | 54.03 | 19 | Finola | Ferry | SW | Individual |
| 334 | 54.04 | 5254 | Lenny | Stewart | MM40+ | Individual |
| 335 | 54.05 | 108 | Michele | Kelly | MW40+ | Inishowen AC |
| 336 | 54.06 | 319 | Tricia | Wilson | SW | Individual |
| 337 | 54.07 | 42 | Noelle | Mollohan | SW | Individual |
| 338 | 54.08 | 262 | Michael | Nester | MM35+ | Individual |
| 339 | 54.11 | 209 | Aisling | Kelly | SW | Individual |
| 340 | 54.17 | 203 | Laura | Corbett | MW35+ | Letterkenny AC |
| 341 | 54.19 | 143 | Seamus | Diver | MM35+ | Individual |
| 342 | 54.21 | 195 | Fiachra | Mc Gee | SM | Individual |
| 343 | 54.25 | 99 | Dessie | Black | MM50+ | Letterkenny AC |
| 344 | 54.25 | 100 | Alister | Black | MM35+ | Letterkenny AC |
| 345 | 54.25 | 194 | Sean | Mc Gee | SM | Individual |
| 346 | 54.27 | 267 | James | Mc Brearty | SM | Individual |
| 347 | 54.32 | 166 | Liam | Campbell | MM40+ | Individual |
| 348 | 54.34 | 384 | Joseph | Devlin | SM | Individual |
| 349 | 54.38 | 399 | Edwin | Doherty | SM | Individual |
| 350 | 54.58 | 131 | Rodney | Mc Keague | SM | Individual |
| 351 | 55.00 | 154 | Des | Doherty | MM40+ | Individual |
| 352 | 55.00 | 121 | Chris | Allison | SM | Individual |
| 353 | 55.25 | 477 | Raymond | Dolan | MM50+ | Individual |
| 354 | 55.31 | 206 | Andrew | Snowball | MM35+ | Individual |
| 355 | 55.37 | 351 | Monica | Mc Granaghan | SW | Individual |

356 55.39 388 Jenny Craig SW Individual

Total Runners: 356

03 May 2009