

# MILFORD 5K 2011

Place	Race No.	Time	FirstName	Surname	Category	Club
1	132	16.07	Chris	Johnston	SM	Letterkenny A C
2	68	16.19	Dermot	Brennan	SM	Finn Valley A C
3	5	16.25	Keith	Shields	M35+	Foyle Valley
4	4	16.35	Teresa	Mc Gloin	SW	Finn Valley A C
5	69	16.38	Ciaran	Carlin	M40+	Finn Valley A C
6	7	17.12	Jude	O' Donnell	M35+	Individual
7	64	17.14	P.J	Boyce	M45+	Cranford A C
8	84	17.18	Noel	Diver	SM	Rosses A.C.
9	6	17.25	Martin	Gormley	M45+	Letterkenny A C
10	103	17.41	Gerard	Mc granaghan	SM	Individual
11	2	17.44	Deon	Toland	SM	Individual
12	12	17.45	Pat	Hegarty	M50+	Finn Valley A C
13	1	17.46	Aidan	Mc Kenna	M40+	Letterkenny A C
14	56	17.47	Ryan	Porter	JM	Finn Valley A C
15	104	17.50	Brian	Crossan	SM	Individual
16	45	17.51	Glen	Duncan	SM	Letterkenny A C
17	95	18.10	Darren	Wallace	SM	Individual
18	106	18.12	John	Mc Callian	JM	Individual
19	77	18.14	Brian	Ferry	SM	Individual
20	65	18.14	Michael	Penrose	M45+	Finn Valley A C
21	102	18.18	Jason	King	M40+	Letterkenny A C
22	66	18.32	Michael	Gallagher	SM	Finn Valley A C
23	135	18.34	Brian	Gallagher	SM	Individual
24	10	18.36	Patrick	Gallagher	JM	Individual
25	91	18.41	Noreen	Mc Gettigan	SW	Letterkenny A C
26	100	18.43	Joseph	Mc Bride	JM	Individual
27	43	18.48	Seamus	Doherty	JM	Letterkenny A C
28	134	19.02	Joe	Gallagher	SM	Individual
29	23	19.03	Hugh	Coyle	M35+	Individual
30	38	19.07	Charlie	O' Donnell	SM	Individual
31	30	19.15	Hugh	Gallagher	M50+	Letterkenny A C

<b>32</b>	59	19.16	Shiela	Regan	SW	Letterkenny A C
<b>33</b>	83	19.18	Tim	Flanagan	M45+	Individual
<b>34</b>	25	19.20	David	Mc Nish	M40+	Individual
<b>35</b>	70	19.21	Paul	Shiels	SM	Milford A C
<b>36</b>	76	19.23	D.B.	Shiels	M40+	Individual
<b>37</b>	125	19.25	Cronan	Gallagher	SM	Letterkenny A C
<b>38</b>	71	19.33	Michael	Gallagher	M50+	Individual
<b>39</b>	3	19.44	Julie	Murphy	W35+	Lagan Valley
<b>40</b>	79	19.46	Mark	Bolton	SM	Letterkenny A C
<b>41</b>	108	19.55	Paul	Mathews	SM	Individual
<b>42</b>	39	19.57	Jerome	Burke	SM	Individual
<b>43</b>	88	20.00	Gerard	Mullen	SM	Letterkenny A C
<b>44</b>	35	20.02	S.P.	Byrne	SW	Finn Valley A C
<b>45</b>	27	20.03	Brendan	Mc Bride	M45+	Individual
<b>46</b>	47	20.07	Martin	Anderson	M40+	Finn Valley A C
<b>47</b>	37	20.10	Johnny	Ward	M50+	Tir Chonail A C
<b>48</b>	74	20.12	Liam	Mallet	M50+	Cranford A C
<b>49</b>	48	20.21	Duane	Long	SM	Finn Valley A C
<b>50</b>	36	20.23	Kenneth	Graham	M35+	Individual
<b>51</b>	15	20.24	Mauus	Boyce	SM	Individual
<b>52</b>	9	20.25	Tony	Gallagher	M45+	Finn Valley A C
<b>53</b>	34	20.27	Manus	Peoples	M50+	Individual
<b>54</b>	140	20.30	Noel	Lynch	M40+	Letterkenny A C
<b>55</b>	54	20.35	Eugene	Gallen	SM	Finn Valley A C
<b>56</b>	8	20.37	Hugh	O' Donnell	M45+	Individual
<b>57</b>	90	20.39	Richard	Raymond	M55+	Letterkenny A C
<b>58</b>	16	20.44	James	Gibbons	M45+	Finn Valley A C
<b>59</b>	17	20.50	Sean	O' Leary	M45+	Finn Valley A C
<b>60</b>	18	20.55	Christopher	Murray	JM	Cranford A C
<b>61</b>	78	21.05	Chris	Coyle	SM	Individual
<b>62</b>	40	21.08	Nikata	Burke	SW	Finn Valley A C
<b>63</b>	32	21.09	Adian	Cannon	M35+	Individual
<b>64</b>	101	21.12	Enda	Mc Bride	JM	Letterkenny A C
<b>65</b>	60	21.16	Aoife	Mc Hugh	SW	Individual

<b>66</b>	129	21.22	Kevin	Loughrey	SM	Individual
<b>67</b>	87	21.26	Seamus	Ferry	M40+	Individual
<b>68</b>	28	21.42	Kathleen	Mc Nulty	W35+	Individual
<b>69</b>	137	21.49	Steven	Shiels	M40+	Individual
<b>70</b>	115	21.52	Declan	Mc Clafferty	SM	Individual
<b>71</b>	82	21.53	Marie	Boyle	SW	Individual
<b>72</b>	89	21.54	C.J.	Mc Ginley	M40+	Letterkenny A C
<b>73</b>	144	21.55	Joe	Bliss	SM	Individual
<b>74</b>	96	22.10	Cathal	Roarty	M45+	24/7 Triathlon
<b>75</b>	126	22.15	Jack	Lynch	SM	Individual
<b>76</b>	92	22.17	Shane	Mc Crunnen	M40+	Individual
<b>77</b>	41	22.17	Vera	Haughey	W45+	Tír Chonail A C
<b>78</b>	33	22.20	James	Doherty	M60+	Individual
<b>79</b>	26	22.27	Noreen	Bonner	W50+	Finn Valley A C
<b>80</b>	46	22.28	Gloria	Donaghey	W50+	Finn Valley A C
<b>81</b>	75	22.36	Jillian	Marley	JW	Milford A C
<b>82</b>	138	22.40	Nancy	Mc Namee	W45+	Finn Valley A C
<b>83</b>	136	22.57	Shane	Black	JM	Individual
<b>84</b>	118	22.59	Michael	Kerr	M35+	Individual
<b>85</b>	44	23.17	Nigel	Black	M40+	Letterkenny A C
<b>86</b>	57	23.24	Jackie	Harvey	W35+	Finn Valley A C
<b>87</b>	22	23.27	Marrrian	Kerr	W35+	Individual
<b>88</b>	113	23.34	Shane	Friel	JM	Individual
<b>89</b>	42	23.35	Jackie	Harvey	W50+	Tír Chonail A C
<b>90</b>	24	23.37	Rosemary	Mc Nish	W40+	Individual
<b>91</b>	63	23.39	James	Mc Ginley	SM	Individual
<b>92</b>	81	23.42	Raymond	Coyle	SM	Individual
<b>93</b>	29	23.48	Charmian	O' Brien	SW	Individual
<b>94</b>	55	23.52	Cornan	Scanlan	M35+	Finn Valley A C
<b>95</b>	133	23.55	Katie	Friel	SW	Individual
<b>96</b>	14	24.01	Maura	O' Grady	W45+	Individual
<b>97</b>	111	24.04	Grace	Friel	W45+	Individual
<b>98</b>	93	24.08	Joe	O' Donnell	M40+	Individual
<b>99</b>	50	24.09	Gaynor	Hindley	W50+	Finn Valley A C

<b>100</b>	58	24.22	Marie	Harper	SW	Finn Valley A C
<b>101</b>	62	24.28	Lasairiana	Mc Hugh	SW	Finn Valley A C
<b>102</b>	131	24.33	Debbie	Houston	SW	Individual
<b>103</b>	13	24.42	Dympia	English	W45+	Individual
<b>104</b>	53	24.45	Caroline	Maguire	W40+	Finn Valley A C
<b>105</b>	117	24.49	Rory	Friel	SM	Individual
<b>106</b>	20	24.50	Sylester	Hiemstra	M40+	Individual
<b>107</b>	67	25.11	Laura	Corbett	W40+	Letterkenny A C
<b>108</b>	85	25.17	Jo	Flanagan	W45+	Individual
<b>109</b>	109	25.37	Brendan	Sherdan	M40+	Individual
<b>110</b>	112	25.43	Denise	Duddy	SW	Individual
<b>111</b>	94	25.53	Ruth	Mc Crudden	W40+	Individual
<b>112</b>	80	26.16	Frances	Coyle	SW	Individual
<b>113</b>	97	26.20	Mary	Martin	W55+	Finn Valley A C
<b>114</b>	114	26.22	Shauna	Walsh	SW	Individual
<b>115</b>	61	26.28	Sinead	Black	SW	Individual
<b>116</b>	98	27.57	Joanne	Kilmartin	W35+	Individual
<b>117</b>	51	28.05	Sinead	Collins	W35+	Finn Valley A C
<b>118</b>	49	28.05	Siobhan	Byrne	W50+	Finn Valley A C
<b>119</b>	11	28.07	John	Mc Daid	SM	Individual
<b>120</b>	52	28.16	Denise	Harper	W45+	Finn Valley A C
<b>121</b>	110	29.26	Valerie	Mc Ginley	W50+	Rosses A.C.
<b>122</b>	99	31.24	Geardline	Kilmartin	W45+	Individual
<b>123</b>	105	31.39	Deirdre	Gormley	W40+	Individual
<b>124</b>	119	34.14	Christine	Coyle	SW	Individual
<b>125</b>	145	34.14	Aideen	Mc Fadden	SW	Individual
<b>126</b>	31	35.20	Ann	Gallagher	W50+	Individual
<b>127</b>	142	39.02	Paul	O' Hara	SM	Individual
<b>128</b>	128	39.03	Mary	O' Hara	SW	Individual
<b>129</b>	139	39.14	Angela	O' Donnell	SW	Individual
<b>130</b>	141	39.46	Bernie	Nash	SW	Individual

*Total Runners: 130*