

Furey Insurances 5k Series 2013

Race 1 - Bay Road

Wednesday, 10 April 2013

Wednesday nights Bay Road 5K attracted over 150 runners and Declan Reed and Catherine Whoriskey were crowned NI 5K Road Champions after impressive efforts against quality opposition on the tight three lap circuit. Reed retained his individual title and led his City of Derry squad in a successful defence of the team honours while Whoriskey's superb run yielded a pb of 18m 18s but the female Spartans lost their team crown to a very strong Omagh Harriers trio.

However local runners were pretty dominant across the board as the Furey Insurances 5K Series got off to a flying start. Reed and Foyle Valley's Scott Rankin were ahead from the gun and despite being chased down mid race by another Spartan Richard Johnston, they fought out the final meters with only a second separating them on the line. Reed clocked 15m 12s to Rankin's 15m 13s with the hard working Johnston taking championship bronze on 15m 18s. A terrific upfront battle between the three of them with a clear indication of more exciting duels to come.

With Gary Slevin stepping up brilliantly to finish fourth on 16m 03s the red vests A squad comfortably retained the NI championship. Foyle Valley missed Keith Shields and Rankin was supported by Chris

McGuinness 11th and Pius McIntyre 13th for team bronze. A great example of team packing saw the Spartans B string, Paul McCafferty 5th and top M45, James Brown 7th and first M40 and Colin Roberts 8th, take well deserved team silver behind their front liners.

Springwell's talented Neill Johnston took the male U20 award in sixth while Spartans Nick Cassidy and the returning Greg Roberts completed the top ten. Mark Mullan ran 17m 36s for the top M35 finisher, North Belfast's Laurence Johnston, Jim Breen of Springwell and Ballymena Runners Ray Curran were the leading M50, M55 and M60 respectively. Lagan Valley's John Glover was first M60 and Springwell's Jim Platt the top M65 as the age group awards showcased the input of several different clubs.

The womens race witnessed a terrific tactical run from Catherine Whoriskey who came through just before half way and kept the opposition at bay superbly, taking the win by four seconds from Springwell's Gemma Turley, 18m 22s, and Michelle Strum of Omagh Harriers on 18m 35s. With the top F40 Julie Butler not far behind on 18m 40s and leading female U20 Sara Moore next on 19m 01s the Omagh women easily took the

team championship from the Spartans and Inishowen AC.

Jackie McGinley and her sister Paula McGilloway completed the scoring Spartans trio and Evelyn McGinley, Henrietta Elves and Eilish Galbraith gave Inishowen Team bronze. Former winner Cathy McCourt of North Belfast returned to competitive action with a 19m 20s run and took the F35 prize, Paula McGilloway looked good for the F45 award as did the F50 winner Una Gavin.

Inishowen wheelchair athlete Karol Doherty took the course in his stride, sorry on his wheels, clocking 17m 34s to finish well up in the big field.

The awards were presented at the post race function in the UUMagee Sports Centre which provided an excellent event HQ, by Declan McCarthy of Atlanfish and Dara Furey of Furey Insurances. Race two in the series is in Bunrana on Wednesday May 29th at 7 30pm. Further information on this one will be available soon.

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incorporating NI 5k Championships, sponsored by Atlanfish (Declan McCarthy)						
Pos	Bib	Firstname	Lastname	Club	Category	Finish
1	225	Declan	Reed	City of Derry Spartans AC	M35	0:15:12
2	210	Scott	Rankin	Foyle Valley AC	MO	0:15:13
3	246	Richard	Johnston	City of Derry Spartans AC	MO	0:15:18
4	247	Gary	Slevin	City of Derry Spartans AC	MO	0:16:03
5	178	Paul	McCafferty	City of Derry Spartans AC	M45	0:16:07
6	235	Neil	Johnston	Springwell Running Club	BU20	0:16:07
7	276	James	Brown	City of Derry Spartans AC	M40	0:16:08
8	226	Colly	Roberts	City of Derry Spartans AC	M40	0:16:11
9	300	Greg	Roberts	City of Derry Spartans AC	MO	0:16:13
10	355	Nick	Cassidy	City of Derry Spartans AC	MO	0:16:20
11	189	Chris	McGuinness	Foyle Valley AC	MO	0:16:26
12	291	Adam	Friel	Letterkenny ac	MO	0:16:40
13	278	Pius	McIntyre	Foyle Valley AC	MO	0:16:47
14	280	Stephen	Connor	Foyle Valley AC	MO	0:16:55

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15	232	Michael	Magee	Beechmount Harriers	M45	0:17:00
16	217	Philip	Tweedie	Springwell Running Club	M45	0:17:02
17	196	Conor	Moore	Omagh Harriers A	MO	0:17:07
18	142	Karol	Doherty	U/A	WCH	0:17:34
19	146	Oisin	Donnelly	Omagh Harriers A	BU20	0:17:24
20	237	Bill	Duncan	Lifford ac	M45	0:17:25
21	144	Connor	Donaghey	Foyle Valley AC	MO	0:17:36
22	361	Mark	Mullan	City of Derry Spartans AC	M35	0:17:36
23	199	Benny	Mullan	City of Derry Spartans AC	M40	0:17:39
24	295	Gerard	doherty	Inishowen AC	MO	0:17:39
25	283	David	McMenamin	U/A	MO	0:17:41
26	290	Laurence	Johnston	North Belfast Harriers	M50	0:17:44
27	139	Brendan	Collins	Omagh Harriers A	BU20	0:17:50
28	230	Noel	Connor	Ballymena Runners	M50	0:17:50
29	191	Jason	Mcleister	U/A	MO	0:17:51
30	239	Paul	Slavin	Foyle Valley AC	MO	0:17:57
31	168	Jonny	Graham	Ballymena Runners	M35	0:18:03
32	293	Ciaran	McBride	Letterkenny ac	MO	0:18:09
33	234	Mike	Keely	City of Derry Spartans AC	M45	0:18:10
34	240	Michael	Kelly	U/A	M40	0:18:10
35	279	Philip	Donaghey	City of Derry Spartans AC	M40	0:18:14
36	216	Brian	Tweedie	Springwell Running Club	BU20	0:18:17
37	219	Catherine	Whoriskey	City of Derry Spartans AC	FO	0:18:18
38	215	Gemma	Turley	Springwell Running Club	FO	0:18:22
39	227	Dermot	Connolly	City of Derry Spartans AC	M50	0:18:24
40	238	Robert	Wilson	Willowfield Harriers	M50	0:18:28
41	213	Michelle	Strum	Omagh Harriers B	FO	0:18:35
42	183	Declan	McCay	Foyle Valley AC	M35	0:18:37
43	289	Karl	Dines	Willowfield Harriers	M50	0:18:38
44	136	Julie	Buttler	Omagh Harriers B	F40	0:18:40
45	206	Jack	O'Neill	Omagh Harriers A	BU20	0:18:40
46	287	Chris	Ryan	Foyle Valley AC	M40	0:18:41
47	555	Sean	McDaid	Inishowen AC	M40	0:18:44
48	188	Zachary	McGowan	City of Derry Spartans AC	BU20	0:18:48
49	207	Alan	Orr	Foyle Valley AC	MO	0:18:49
50	177	Oran	McBride	City of Derry Spartans AC	M45	0:18:59
51	135	Jim	Breen	Springwell Running Club	M55	0:19:01
52	197	Sara	Moore	Omagh Harriers B	GU20	0:19:01
53	202	Gerry	O'Doherty	Springwell Running Club	M55	0:19:04
54	221	Marty	Dunleavy	Foyle Valley AC	M45	0:19:04
55	343	Shaun	Mor	Inishowen AC	M35	0:19:06
56	175	Peter	Lilburn	City of Derry Spartans AC	M55	0:19:10
57	179	Seamus	McCallion	Foyle Valley AC	M50	0:19:15
58	284	John	Edgar	City of Derry Spartans AC	MO	0:19:18
59	182	Joseph	McCarthy	Foyle Valley AC	M50	0:19:19
60	224	Cathy	McCourt	North Belfast Harriers	F35	0:19:20
61	218	Darren	Wallace	Foyle Valley AC	MO	0:19:23

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62	356	Vinny	Hegarty	Inishowen AC	M35	0:19:25
63	551	Jarlath	Fearon	NWTC	M45	0:19:26
64	248	Kieran	Coyle	U/A	M40	0:19:29
65	195	Ambrose	Moore	U/A	M45	0:19:31
66	231	Ray	Curran	Ballymena Runners	M60	0:19:31
67	341	Eamon	Harkin	NWTC	M40	0:19:31
68	342	Jackie	McGinley	City of Derry Spartans AC	F40	0:19:33
69	286	Peter	Middleton	U/A	MO	0:19:35
70	296	Evelyn	McGinley	Inishowen AC	F35	0:19:41
71	297	Shaun	Heaney	NWTC	MO	0:19:41
72	362	David	O'Neill	U/A	MO	0:19:41
73	208	Billy	Orr	Foyle Valley AC	M50	0:19:43
74	233	Dermot	Drain	Beechmount Harriers	M45	0:19:51
75	143	Seamus	Doherty	U/A	M35	0:19:52
76	228	Kevin	O'Sullivan	NWTC	M40	0:20:04
77	243	Gordon	Moore	U/A	M50	0:20:05
78	149	Michael	Gallagher	Foyle Valley AC	M50	0:20:06
79	181	Mairead	McCann	Omagh Harriers B	F0	0:20:08
80	547	Paul	Bradley	NWTC	M45	0:20:10
81	347	Connor	Friel	U/A	M35	0:20:20
82	134	Alistair	Bratten	U/A	M50	0:20:22
83	170	Deirdre	Haigney	Omagh Harriers B	F35	0:20:29
84	340	John	McKinley	U/A	M40	0:20:31
85	250	Nigel	Morewood	U/A	M35	0:20:32
86	249	Adrian	Kelly	NWTC	MO	0:20:43
87	360	Patrick	Walker	U/A	M40	0:21:03
88	352	Trevor	Cox	U/A	M35	0:21:04
89	186	Tony	McGinn	U/A	M40	0:21:06
90	552	Joe	Coyle	NWTC	MO	0:21:06
91	541	Paula	McGilloway	City of Derry Spartans AC	F45	0:21:09
92	201	Mark	Nolan	Inishowen AC	M35	0:21:11
93	192	Caroline	Millar	Omagh Harriers B	F40	0:21:14
94	353	Aron	Cole	U/A	M40	0:21:17
95	184	Ita	McCullagh	Omagh Harriers B	F40	0:21:22
96	190	Bernard	McLaughlin	U/A	M35	0:21:56
97	556	David	McCafferty	U/A	BU20	0:21:59
98	147	Henrietta	Elves	Inishowen AC	F40	0:22:00
99	288	Dawson	Hinds	NWTC	M40	0:22:01
100	542	Paddy	Gallagher	Foyle Valley AC	M50	0:22:05
101	194	Sean	Mooney	BOLT	M35	0:22:10
102	357	Jeff	McLaughlin	NWTC	M40	0:22:15
103	229	John	Glover	Lagan Valley	M65	0:22:17
104	277	Kevin	Lafferty	U/A	MO	0:22:17
105	174	Eoin	Kivelehan	U/A	M35	0:22:18
106	212	Mark	Strawbridge	U/A	MO	0:22:29
107	241	Annette	McCarron	Foyle Valley AC	F35	0:22:30
108	242	Packy	Deehan	Foyle Valley AC	M45	0:22:30

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109	554	Gareth	Mellon	U/A	M35	0:22:32
110	548	Paul	Melly	OMEGA	MO	0:22:37
111	543	Una	Gavin	City of Derry Spartans AC	F50	0:22:47
112	349	Camilla	McGranaghan	City of Derry Spartans AC	F35	0:22:57
113	244	Bridgeen	Canavan	City of Derry Spartans AC	F45	0:23:07
114	236	Jim	Platt	Springwell Running Club	M70	0:23:09
115	185	Andrea	McElroy	Omagh Harriers B	F50	0:23:13
116	176	Tresaine	McAnenly	Omagh Harriers B	F40	0:23:23
117	141	John	Devlin	U/A	MO	0:23:26
118	203	Terry	O'Doherty	U/A	M40	0:23:29
119	204	Bernie	O'Donnell	Omagh Harriers B	F40	0:23:29
120	294	Pat	Cunningham	NWTC	M50	0:23:31
121	145	Marie	Donnelly	Omagh Harriers B	F35	0:23:32
122	545	Annemarie	O'Donnell	U/A	FO	0:23:42
123	167	Nuala	Gallagher	Omagh Harriers B	FO	0:24:06
124	546	Eilis	Galbraith	Inishowen AC	FO	0:24:28
125	148	Colm	Furey	U/A	M35	0:24:31
126	348	Verona	Campbell	U/A	F45	0:24:32
127	193	Breige	Molloy	Omagh Harriers B	F45	0:24:42
128	214	Barry	Tourish	U/A	M50	0:24:45
129	245	Grainne	Kearns	City of Derry Spartans AC	FO	0:24:48
130	345	Darragh	Crossan	Lifford ac	MO	0:24:55
131	346	Trevor	Kilpatrick	U/A	M35	0:24:55
132	544	Marie	O'Donnell	Inishowen AC	F35	0:25:07
133	169	Mark	Gray	Omagh Harriers A	M35	0:25:17
134	344	Kevin	O'Neill	U/A	M50	0:25:25
135	358	Danielle	Grant	Inishowen AC	FO	0:25:31
136	359	Sonya	McGrory	Inishowen AC	F35	0:25:31
137	553	Martin	Doherty	U/A	M50	0:25:42
138	549	Patsy	Doherty	OMEGA	M50	0:26:52
139	285	Sean	O'Farrell	U/A	M45	0:27:46
140	350	Martina	Gray	U/A	F35	0:29:03
141	351	Tony	Gray	U/A	M35	0:29:03
142	209	Karen	Petersen	U/A	F50	0:29:21
143	281	Catriona	Moran	Cool Running	FO	0:29:51
144	282	Vinny	Brady	Cool Running	M50	0:29:51
145	292	Tara	McKinney	U/A	F35	0:30:12
146	298	Connor	Harkin	U/A	M35	0:24:31
147	171	Charis	Jones	U/A	F35	0:32:29
148	550	Richie	Kelly	radio foyle	M65	0:33:07
149	299	Siobhan	Tourish	U/A	F45	0:33:54
150	220	Katherine	Wilkinson	U/A	FO	0:34:53
151	223	Megan	O'Donnell	BOLT	FO	0:37:55
152	222	Laura	McFadden	BOLT	FO	0:37:56