

BALLYSHANNON 5K 2013

TÍR CHONAILL ATHLETICS CLUB

10 March 2013

The second of the Donegal Grand Prix Series of Road Races was hosted by Tír Chonaill Athletics Club in Ballyshannon on Friday Night last and drew an excellent entry from across the North West and found Female and Male winners, Natasha Adams, Lifford AC and Keith Shields, Foyle Valley recording notable winning times of 17mins 29secs and 15mins 14 secs.

Adams a member of the rejuvenated Lifford Club had nearly three minutes to spare

at the finish while Shields, fresh from his impressive victory in the North West 10k five days earlier was pushed all the way by Enniskillen's Conan McCaughey, 15mins25secs and 2012 winner James Speight, Finn Valley, 15mins 36secs.

Following the event Eamon Harvey, representing the host club, thanked all who competed, club members who organised, stewarded, provided hospitality and produced official results within 15minutes of the finish of the

race. He also thanked the Sciol Colmcille for the use of facilities and the Gardai for their support on the night. Paul O'Gara, Chairman of Tír Chonaill AC, presented prizes the following category winners. The perpetual PJ Branley Cups to the winning male and female were presented by members of the Branley Family.

Pos	Name	Surname	Club	Time
1	Keith	Shiels	Foyle Valley A.C.	15.14
2	Conan	McCaughey	Enniskillen Racing Club	15.25
3	James	Speight	Finn Valley	15.36
4	Kevin	McGlone	Sligo A C	16.29
5	Paul	McGlinchey	Letterkenny A.C.	16.33
6	Paul	Ward	Tír Chonaill AC	16.34
7	Shane	McNulty	Finn Valley	16.44
8	Stephen	Connor	Foyle Valley A.C.	16.45
9	Ultan	McNasser	Sligo A C	17.08
10	Eoin	McManus	MSC Tri	17.14
11	David	Kearins	Sligo A C	17.23
12	Natasha	Adams	Lifford AC	17.29
13	Graham	Allen	Fit4Life	17.39
14	Padraig	Friel	Letterkenny A.C.	17.42
15	Martin	Devenny	Lifford AC	17.47
16	Liam	Murray	Individual	17.49
17	Kevin	Corran	Sportsworld A.C.	17.55
18	Adrian	Toye	Letterkenny A.C.	18.00
19	Hugh	Coll	Individual	18.02
20	John	Molloy	Individual	18.16
21	Ciaran	Clancy	MSC Tri	18.33
22	Colin	McNulty	Finn Valley	18.42
23	Paul	McMonagle	Letterkenny A.C.	18.45
24	Richard	McCarthy	Tír Chonaill AC	18.48
25	Ciaran	O'Donnell	Letterkenny A.C.	18.49
26	Rory	Connor	Sligo A C	18.51
27	Ollie	Thomas	Tír Chonaill AC	19.00
28	Kieran	Coyle	Letterkenny A.C.	19.02
29	Tony	Hegarty	Individual	19.12
30	Paul	Deering	Sligo A C	19.20
31	Joe	Melly	Individual	19.28
32	Brian	Johnson	Enniskillen Racing Club	19.29
33	Paul	Cosgove	Letterkenny A.C.	19.31
34	Mark	Burns	Sligo A C	19.35

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35	Frances	Judge	Letterkenny A.C.	19.37
36	Noel	Hoey	Tír Chonaill AC	19.38
37	Brendan	Hoey	Tír Chonaill AC	19.45
38	Martin	Cox	North Belfast Harriers	19.55
39	Irene	McFadden	Letterkenny A.C.	20.00
40	Cathal John	Harvey	Individual	20.01
41	Brian	McGonagle	Individual	20.06
42	Gerard	Kilfeather	Individual	20.10
43	Mary	Connolly	Finn Valley	20.15
44	Richard	Raymond	Letterkenny A.C.	20.23
45	Noel	Thomas	Tír Chonaill AC	20.24
46	Donal	Haughey	Tír Chonaill AC	20.42
47	Aidan	McGonigle	Tír Chonaill AC	20.44
48	Marie	Boyle	Letterkenny A.C.	20.45
49	Rodney	Irwin	Individual	20.49
50	Julie	McMullin	Tír Chonaill AC	20.54
51	Sean	Cassidy	Tír Chonaill AC	20.56
52	Miriam	Bonar	Finn Valley	21.01
53	Ronan	McMullin	Tír Chonaill AC	21.07
54	Gerard	McCafferty	Tír Chonaill AC	21.09
55	Paul	McDevitt	Tír Chonaill AC	21.12
56	Mary	Hippesley	Finn Valley	21.25
57	Brian	McMullin	Tír Chonaill AC	21.30
58	Linda	Ward	Tír Chonaill AC	21.31
59	Deirdre	Deering	Sligo A C	21.35
60	Anthony	Murray	Individual	21.53
61	Claire	Flood	Tír Chonaill AC	21.57
62	MarieTherese	Speight	Finn Valley	21.58
63	Canice	Nicholas	Tír Chonaill AC	22.02
64	Stephen	Clawson	Enniskillen Racing Club	22.08
65	Serena	McDaid	Individual	22.15
66	Lorraine	McDaid	Individual	22.19
67	Pat	Byrne	Killybegs A C	22.19
68	Sinead	McGowan	Tír Chonaill AC	22.23
69	Keenan	Deering	Sligo A C	22.27
70	Gloria	Donaghy	Finn Valley	22.40
71	Amanda	McFadden	Individual	22.42
72	Ann	Donoghoe	Tír Chonaill AC	23.05
73	David	McLoone	Individual	23.06
74	Kay	Drummond	Tír Chonaill AC	23.24
75	Ashlean	McGeehan	Finn Valley	23.37
76	Evelyn	McGeehan	Finn Valley	23.46
77	Ollie	Harvey	Individual	23.51
78	Ralph	Wilson	Individual	23.51
79	Carmel	Gormley	Tír Chonaill AC	23.54
80	Deborah	Dawson	Tír Chonaill AC	24.08
81	Caroline	McLoone	Individual	24.18
82	Lynda	Loughlin	Tír Chonaill AC	24.19
83	Mary	Rice	Individual	24.41
84	Claire	Currid	Tír Chonaill AC	24.58
85	Martina	McGee	Tír Chonaill AC	25.07
86	Richard	Hurst	Individual	25.09
87	Nonie	Melly	Individual	25.41

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88	Eric	Kelly	Individual	25.55
89	Shauna	McGeehan	Letterkenny A.C.	26.09
90	Desmond	Brownlie	Lagan Valley	26.48
91	Diane	McGarrigle	Finn Valley	28.59
92	Amanda	Witherow	Finn Valley	30.00
93	Sarah	Meehan	MSC Tri	31.00
94	Ann	Morrow	Individual	31.00
95	Helen	Roper	Fit4Life	31.44
96	Aisling	Sheerin	Individual	33.38
97	Cora	O'Brien	Individual	33.38
99	Jennifer	Liston	Individual	33.39