

DONEGAL 5K, SPRING SERIES RACE 2

Saturday Morning, 13 April 2013



Pic: Declan Gillespie, Sl Liag, Paul Ward, Tir Chonaill, and Mark Boyle Tir Chonaill.

Paul Ward continued his excellent road running form when he came home in an impressive 17minutes time in Race 2 of the Tir Chonaill AC Spring Series at Donegal Town on Saturday morning. The Ballyshannon, M40, had exactly 60ses to spare on Sliabh Liag newcomer Declan Gillespie with 16 years old Mark Boyle in 3rd in 18:50. Siobhan

Gallagher was a popular winner of the women's section 20:23 from Sharon McGowan, 22:19 and Sharon Meehan 22:26. The club would like to thanks all the participants who took part, the numerous club stewards and the Gardai for excellent organisation plus the social committee headed up by Brenda Morris for the very welcome hospitality afterwards.

The final race in the series takes place on Sunday morning the 28th April -10am start on a course that is recognised as accurate in distance, flat, fast and safe.

Pos	Name	Club	Category	Time
1	Paul Ward	Tír Chonaill AC		17.00
2	Declan Gillespie	Sliabh Liag		18.00
3	Mark Boyle	Tír Chonaill AC		18.50
4	Raymond Doherty	Individual		19.21
5	John Coyle	Tír Chonaill AC		19.33
6	Siobhan Gallagher	Individual		20.23
7	Donal Haughey	Tír Chonaill AC		20.30
8	Brian McGonagle	Individual		20.32
9	Sean O'Leary	Finn Valley AC		20.41
10	Andy Scanlon	Finn Valley AC		21.07
11	Martin Gallagher	Tír Chonaill AC		21.10
12	Kevin McGlynn	Tír Chonaill AC		21.16
13	Diarmuid O'Donnabh	Sliabh Liag		21.26
14	Sean Cassidy	Tír Chonaill AC		21.30
15	Anthony Murray	Individual		21.44
16	Rodney Irwin	Individual		21.54
17	Brian McMullin	Tír Chonaill AC		22.00
18	Pauric McNern			22.12

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Pos	Name	Club	Category	Time
19	Cathal McGinley	Individual		22.18
20	Sharon McGowan	Tír Chonaill AC		22.19
21	Sharon Meehan	Tír Chonaill AC		22.26
22	Philomena Gallagher	Tír Chonaill AC		22.49
23	Declan McGroary	Individual		23.09
24	Harry Walsh	Individual		23.20
25	James McHugh	Individual		23.42
26	Ronan Doherty	Tír Chonaill AC		23.49
27	Pauric McGroarty	Tír Chonaill AC		23.53
28	Claire Battles	Individual		23.57
29	Orla Doogan	Tír Chonaill AC		24.50
30	Jamie Crawford	Tír Chonaill AC		24.52
31	Ralph Wilson	Tír Chonaill AC		24.54
32	Anne Cannon	Individual		25.32
33	Alan Heneghan	Individual		26.01
34	Frances Spencer	Individual		27.00
35	Alison Murray	Individual		27.09
36	Geraldine McMenami	Individual		27.12
37	Joanne Duddy	Individual		27.38
38	Deirdre McGuinness	Individual		28.07
39	Donna Curran	Individual		28.07
40	Lorna Lee Curran	Individual		28.07
41	Angela Gallagher	Individual		28.10
42	Brigid Moohan	Individual		28.10
43	Grannia McElhinney	Individual		28.38
44	Carol Molloy	Individual		28.40
45	Ann Marie Reynolds	Individual		28.45
46	Phil Byrne	Individual		28.58
47	Sarah McGroary	Tír Chonaill AC		28.59
48	Catherine Coughlan	Tír Chonaill AC		29.25
49	Caroline Ward	Individual		30.35
50	Angela McMullin	Individual		30.40
51	Rachael Crawford	Tír Chonaill AC		31.25
52	Mary Crawford	Tír Chonaill AC		32.45
53	Majella Cunningham	Individual		33.32
54	Breege Haughey	Individual		38.00
55	Sara Anderson	Individual		38.40
56	Kathleen Anderson	Individual		38.40
57	Denis Slevin	Tír Chonaill AC		43.10
58	Carmel Murrin	Tír Chonaill AC		43.15
59	Aoife Slevin	Tír Chonaill AC		43.15