

## St Patrick's Day 5k held in Gransha, Derry in aid of the Foyle Hospice

### RANKIN AND BOGLE, TOP MEN AT GRANSHA AND GLENARIFF

As expected some top local runners were prominent over a busy St. Patricks weekend with impressive race wins for Scott Rankin in Gransha and Allan Bogle in Waterfoot, both on Saturday and a runners up spot for Keith Shields in Tyrone on Sunday. Bogle and Rankin repeated their 2012 victories, with impressive performances at the St Patricks Weekend 5K road race in Gransha and the Glenariff 6 mile Mountain Run in Waterfoot, respectively.

Keith Shields finished second behind winner and defending Altamuskin 5 mile road race champion Stephen Duncan on Sunday and Richard Johnston also looked good with a sub 15 minute runners up finish in Gransha as close to 150 surprisingly benign weather conditions. Lifford's former top Irish international performer Ann Marie McGlynn took the womens honours with an excellent 16m 52s clocking to win by almost two minutes.

We begin with Allan Bogle's welcome return to competitive action and the City of Derry Spartan saw off all challengers to retain the Glenariff Mountain run title on Saturday. Staged in wet and miserable conditions this 6 miler incorporates 1,100 feet of climbing, out of and back to Waterfoot village in the Antrim Glens and kick starts the NI Mountain Runners Association Grand Prix series for 2013.

Bogle was a comfortable winner, was never headed and his 44m 39s clocking saw him home clear of a chasing trio,

Stephen Cunningham Mourne Runners, 45m 04s; Paul McAnespie Armagh AC, 45m 06s and North Belfast's Neil Carthy, 45m 09s. Last year it all went downhill for the Spartan after his Waterfoot win but hopefully he is now back in the groove and can sustain a competitive summer season on the mountains circuit.

Omagh Harrier Stephen Duncan was another to repeat a 2012 win as he posted 25m 54s to claim another Altamuskin 5 mile road race title. Foyle Valley's Keith Shields ran well for second in 26m 25s with the young Enniskillen lad Connor McCaughey third on 26m 53s as over 200 finishers were recorded at the Tyrone event.

Host club athlete Ruari Finnegan ran 16m 05s to win Sunday's Letterkenny 5k road race which also attracted close to 200 runners as Ivan Toner and Michael Black battled out the minor placings, clocking 16m 40s and 16m 44s in the sprint to the line. No locals made the trip to Downpatrick for the annual Jimmys 10K road race, won in 31m 01s by Annadales Eddie McGinley from Clonliffe Harrier Gary O'Hanlon whose 31m 39s just got him home ahead of Annadales James O'Hare's 31m 41s and the 31m 43s of Alan O'Hara from NBH.

### TOP RANKIN AT SPEEDY GRANSHA 5K

Foyle Valley's Scott Rankin impressed yet again with a 14m 49s gun to tape win at Saturday's annual St Patricks Weekend 5k in Gransha. The inform Valley athlete was always out front and fully deserved his victory, a replica

of last year's impressive front running win. He was only closed down in the later stges by City of Derry's Richard Johnston who broke from the chasing pack before the 2k mark and was delighted to post his first ever sub 15m 5K clocking, with a superb 14m 56s behind his flying rival.

Gary Slevin was third on 15m 41s, eight seconds ahead of clubmate Chris McPeake who was breaking 16m for the first time. Nick Cassidy was next on 15m 59s, just a second clear of Cathal Logue with Foyle Valley's Adrian McGowan posting a fine 16m 03 s, so close to cracking a coveted barrier in 5K racing.

Lifford's AnnMarie McGlynn showed her ability with a cracking run in the Womens race, posting a brilliant 16m 52s to finish well clear of runner up, her clubmate Claire McGuigan's 18m 30s and the 18m 59s of the Spartans Miriam Bridge. Good runs also from the leading Master, Paul McCafferty, in 8th place with 16m 15s and another M45 James Crampsey who ducked under the 17m barrier with a 16m 59s post as he chased the female winner home.

An excellent turnout of 150 runners including many first timers, enjoyed the favourable Saturday morning conditions and the proceeds raised will be going to local charity, the Foyle Hospice. The Gransha race always kick starts the local road race scene and last weekend's successful event will certainly whet the appetite of local runners for the first of the 2013 Furey Insurances 5K series, set for the Bay Road circuit on Wednesday evening 10th April next, with a 7 30pm

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start. More details to follow  
soon.

## St Patricks Day 5k - Derry in aid of Foyle Hospice

Place		Forename	Surname	Club	Catg	Mins	Secs
1	97	Scott	Rankin	Foyle Valley AC	MO	14	49
2	134	Richard	Johnston	City Of Derry	MO	14	56
3	123	Gary	Slevin	City Of Derry	MO	15	41
4	135	Christopher	Mc Peake	City Of Derry	MO	15	49
5	95	Nick	Cassidy	City Of Derry	MO	15	59
6	101	Cathal	Logue	City Of Derry	MO	16	00
7	69	Adrian	Mc Gowan	Foyle Valley AC	MO	16	03
8	74	Paul	Mc Cafferty	City Of Derry	M45	16	15
9	86	Daniel	Hannigan	Lifford A.C	MO	16	39
10	119	Michael	Finnegan	City Of Derry	MO	16	49
11	132	Gavin	Stevenson	City Of Derry	MO	16	51
12	84	Annmarie	Mc Glynn	Lifford A.C	FO	16	52
13	72	James	Crampsey	City Of Derry	M45	16	59
14	109	Benny	Mullan	City Of Derry	M40	17	11
15	82	Paul	Kelly	Unattached	MO	17	12
16	124a	Mark	Mullan	City Of Derry	MO	17	26
17	79	Sean	Dudgeon	Lifford A.C	MO	17	28
18	85	Bill	Duncan	Lifford A.C	M45	17	34
19	124	Patrick	Mahon	City Of Derry	MO	17	35
20	80	Paul	Kelly	Lifford A.C	MO	17	36
21	90	Brian	Kelly	Foyle Valley AC	M40	17	42
22	73	Gary	O Donnell	City Of Derry	M35	17	43
23	83	Eddie	Kelly	Lifford A.C	M40	17	45
24	68	Dwain	Robb	Inishowen AC	MO	17	55
25	91	Liam	Murray	Unattached	MO	18	09
26	150	Gerard	Conway	park spirit ac	M35	18	14
27	122	Pat	Gallagher	Inishowen AC	M35	18	15
28	102	Damien	Mc Ginty	City Of Derry	M50	18	19
29	128	John	Tyre	Foyle Valley AC	MO	18	26
30	81	Claire	Mc Guigan	Lifford A.C	FO	18	30
31	100	Dermot	Connolly	City Of Derry	M50	18	31
32	70	Michael	Mc Gowan	Foyle Valley AC	MO	18	32
33	76	Chris	Ryan	Foyle Valley AC	M40	18	40
34	123a	Marty	Dunleavy	Foyle Valley AC	m45	18	49
35	77	Maurice	Sharkey	Lifford A.C	M35	18	50
36	157	Ambrose	Moore	Unattached	M45	18	52
37	94	Mick	Harkin	Inishowen AC	M40	18	57
38	64	Peter	Lilburn	City Of Derry	M55	18	58
39	158	Miriam	Bridge	City Of Derry	FO	18	59
40	65	Joesph	Quinn	Magee	M50	19	03
41	87	Kevin	Mc Menamin	Lifford A.C	M35	19	08
42	114	Jackie	McGinley	City Of Derry	F40	19	14
43	93	Mark	McHale	Unattached	M35	19	23
44	67	Sean	Conway	City Of Derry	M0	19	30
45	107	Adrian	Kelly	North West Tri Club	MO	19	34

46	103	Paul	Coyle	Foyle Valley AC	M35	19	39
47	88	Paul	Bradley	North West Tri Club	M45	19	51
48	99	Mark	Mc Clintock	Foyle Valley AC	M35	19	51
49	156	Jarlath	Fearon	North West Tri Club	M45	19	59
50	89	Gordan	Moore	Unattached	M50	20	12
51	155	Gerard	Mc Elhinney	park spirit ac	M45	20	13
52	129	Paul	Bradley	Maiden City Academy	M45	20	32
53	148	Mark	Quinn	Unattached	M45	20	34
54	140	Richard	McGee	Foyle Valley AC	MO	20	35
55	136	Richard	Clarke	Unattached	MO	20	41
56	106	Declan	McGill	Foyle Valley AC	M35	20	51
57	141	Conor	McIlween	Foyle Valley AC	MO	21	00
58	111	Gavin	McElwee	North West Tri Club	M40	21	07
59	98	Triaha	Mc Clintock	Foyle Valley AC	F35	21	08
60	120	Paul	Melly	Unattached	MO	21	24
61	66	Janeen	Leese	City Of Derry	FO	21	27
62	63	Sean	Mooney	BOLT	M35	21	43
63	96	Sarah	Kivelahan	City Of Derry	FO	21	48
64	78	Ciara	Fraser	City Of Derry	FO	21	57
65	5	Seamus	Ward	Born to Run	MO	22	06
66	104	John	Monaghan	Unattached	M45	22	07
67	154	Karen	Cutliffe	City Of Derry	F40	22	07
68	151	Stephen	Crumley	Unattached	MO	22	11
69	113	Harry	Shields	Unattached	M50	22	17
70	225	Kevin	Logan		0	22	25
71	110	Bridgeen	Canavan	City Of Derry	F45	22	42
72	252	Paul	Brady		0 0	22	53
73	112	Raymond	Tracy	Unattached	M50	23	00
74	126a	Kieran	Harrigan	Club Core	M40	23	04
75	108	Declan	Porteous	Unattached	MO	23	14
76	126	Claire	Connor	City Of Derry	F45	23	22
77	149	Caoimhe	Walsh	City Of Derry	FJ	23	25
78	129a	Kyle	Crawford	Unattached	MO	23	36
79	75	Ella	Ryan	Foyle Valley AC	FJ	23	39
80	137	Sean	Harrigan	Unattached	M35	23	45
81	133	Roisin	Lynch	City Of Derry	F60	23	56
82	130	Barry	Toorish	Unattached	M50	24	27
83	128a	Paul	Irwin	Club Core	M35	24	28
84	28	Sean	Barton	Born to Run	MO	25	22
85	139	Gary	Gill	Unattached	MO	25	26
86	127	Grainne	Kearns	City Of Derry	FO	25	36
87	22	Charlotte	Simpson	Born to Run	FO	25	38
88	121	Patsy	Doherty	OMEGA	M50	25	52
89	122a	Linda	Hall	City Of Derry	F45	25	57
90	138	Brendan	McLaughlin	Unattached	MO	26	05
91	23	Luke	Coyle	Born to Run	MO	26	15
92	159	Emmett	Kerr	Unattached	MO	26	27
93	62	Nicola	Duffy	Unattached	F40	26	27

94	7	Brenda	Harkin	Born to Run	FO	26	42
95	125a	Stephen	Corrigan	Unattached	M45	26	45
96	131	Paul	Sherridan	Unattached	M50	26	53
97	127a	Leeanne	Doherty	Club Core	FO	26	59
98	9	Mark	Quigley	Born to Run	MO	27	00
99	20	Joe	Brolly	Born to Run	MO	27	00
100	21	Joanne	Smith	Born to Run	FO	27	07
101	125	Petrina	McGlinchey	Unattached	F40	27	18
102	105	Ryan	Cunningham	Unattached	MO	27	43
103	18	Patrina	Hamilton	Born to Run	FO	27	53
104	152	Kim	Elliot	Unattached	FO	28	01
105	117	Aine	Taylor	BOLT	F40	28	45
106	115	Aisling	Thomasius	BOLT	F40	28	45
107	118	Caitriona	Doherty	BOLT	F35	28	58
108	116	Reba	Obrien	BOLT	F40	29	34
109	61	Tara	McKinney	Unattached	F35	29	47
110	10	Deborah	Cross	Born to Run	FO	29	55
111	6	Lorraine	Barbour	Born to Run	FO	30	04
112	25	Bernie	Mullan	Born to Run	FO	30	04
113	144	Patsy	Carlin	BOLT	M50	30	21
114	160	Neli	Dimitrova		0 FO	30	35
115	153	Claire	Gallagher	Unattached	FO	30	58
116	142	Stephen	Doherty	Unattached	M40	31	09
117	143	Kerry	O Donnell	Unattached	F35	31	09
118	146	Mark	Toland	Unattached	MJ	31	11
119	145	Gareth	Hinds	Unattached	MO	31	11
120	11	Mandy	Gormley	Born to Run	FO	31	42
121	12	Ashling	Hutton	Born to Run	FO	31	43
122	14	Charles	O Neill	Born to Run	MO	32	04
123	147	Karen	Coyle	oak leaf	FO	32	27
124	3	Karen	McIntyre	Born to Run	FO	32	36
125	1	Connor	Doherty	Born to Run	MO	33	03
126	15	George	Harkin	Born to Run	MO	33	07
127	19	Leona	Mc Henry	Born to Run	FO	33	07
128	92	Janet	O Kane	BOLT	F45	33	23
129	71	Declan	Thompson	Springtown Running Club	M40	33	23
130	8	Sharon	Duddy	Born to Run	FO	33	36
131	24	Elizabeth	Quigley	Born to Run	FO	36	00
132	0	Aine	Barton	Born to Run	FO	36	02
133	30	Shane	Mc Gilloway	Born to Run	MO	37	45
134	31	Lucy	Mc Gilloway	Born to Run	FO	38	54
135	2	Eliaha	Duffy	Born to Run	FO	38	56
136	16	Cathy	Mcanespie	Born to Run	FO	40	45
137	26	Elaine	Doherty	Born to Run	FO	42	29
138	29	David	Doherty	Born to Run	MO	42	29
139	4	Anna	Roddes	Born to Run	FO	43	33
140	27	Charlie	Mc Menamin	Born to Run	MO	43	33