

ST. JOHNSTON / CARRIGANS 5K, 2013

Sunday, 20 January 2013

Lifford Athletic Club held the first race in its New Year 5K series last Sunday in St. Johnston and Carrigans. On a cold but dry morning, 240 hardy athletes took to the start line, with juveniles tackling a mile route, with the majority of runners taking on the 5K course straddling the picturesque Foyle river.

Local lad Dean Toland running for the Finn Valley club emerged victorious for the second year in a row, knocking twelve seconds off last years time to come home in 16.23. Second runner home was Foyle Valley's Adrian McGowan in 16.51, with David Taylor third in 17.31. In the Senior Women's category, it was a Lifford AC one, two and three with Anne Marie McGlynn emerging victorious coming home in 17.51, a women's course record. Natasha Adams was second home in 18.37, with team mate Claire McGuigan third in 18.52.

In the Women's V1 category, Lifford AC's Amanda Monaghan was first home in 23.56, followed by Laura Corbett 24.54 and Carmel Hoynes 25.04. In the V2, Letterkenny AC's Ruth McCrudden was first in 26.13, followed by Roisin McGinley 27.11 and Sharon O'Kane 27.34. In the V3, Finn Valley's Gloria Donaghey was first in 23.45, with Leslie Brown and Betty Burns first in the the V4 and V5 categories respectively.

In the Men's V1 category, Kenneth O'Donnell was first home in 18.39, followed by Lifford's Eddie Kelly 18.53 and Ciaran Bovaird 20.02. In the V2, it was a Finn Valley one, two, with Raymond Doherty 19.00 coming in ahead of Joe Carlin 20.04 with Letterkenny's Paul Cosgrove third in 20.10. In the V3 category, Letterkenny's Joe English was first home in 18.43 followed by Roy Hunter in 21.02 and Shaun O'Donnell in 22.31. In the V4, Tir Chonaill's Donal Haughey was first home in 20.40, Richard

Raymond 21.03 second, and Paddy Donaghey 21.38 third. In the V5, Letterkenny AC's Brian McBride was the winner in 20.48, followed by Malcolm McCausland 21.29 and Anthony Murray 22.25.

In the Junior Women's category, City of Derry's Hannah McGowan led the way in 20.43, followed by Finn Valley's Eloise Carlin 23.13 and Lifford's Shannon Craig 24.54 in third. In the Junior Men's race, Letterkenny AC's Enda McBride was first home in 18.25 followed by City of Derry's Zachary McGowan [18.30] and Shane Gallagher 20.14 in third.

In the juvenile races, Lifford AC's Alan McGinley was first home followed by Letterkenny's Ben Carr, and Lifford AC's Karen Gallagher in third. In the Under 9 girls age group, Alisha Cuskelly was the winner, with Oran Gallagher first in the boys. Aine Marie McBride won the girls Under 11 race, with Dean Quigley winning the boys. In the Under 13's, Olivia Cuskelly and Niall Quinn were winners of the girls and boys races respectively, while in the Under 15 category, Claudia Cuskelly and Alan McGinley were the winners of their respective races.

Thanks to Kildrum Tigers FC and the Fisherman's Inn for the use of their facilities. Thanks also to everyone that helped out with race organisation and marshalling the course. Finally, thanks to the committee members that made sandwiches, cakes, etc for the after race refreshments.

After a very successful turnout in St Johnston, the series moves to Raphoe next week Sunday 27th January with another 10:00am start. All athletes taking part last Sunday are now pre-registered for next weeks race and its simply a case of turning up and collecting your number. For new entrants, pre-registration can be done on line at liffordac.com. Cost of entry is

€5 for the 5K and €3 for the juvenile mile. For further information, contact Brendan on 086-6007847.

Place	Time	Race No.	Name:	Category	Club
1	16.23	196	Dean Toland	SM	Finn Valley AC
2	16.51	200	Adrian McGowan	SM	Foyle Valley AC
3	17.31	172	David Taylor	SM	Unattached
4	17.51	199	Ann Marie McGlynn	SW	Lifford AC
5	17.59	165	James Crossan	SM	Lifford AC
6	18.13	201	Declan Doherty	SM	Foyle Valley AC
7	18.17	3	Darragh Crossan	SM	Lifford AC
8	18.25	274	Enda McBride	JM	Letterkenny AC
9	18.28	183	Patrick Mahon	SM	Unattached
10	18.30	60	Zachary McGowan	JM	City Of Derry Spartans AC
11	18.36	167	Paul Kelly	SM	Lifford AC
12	18.37	101	Natasha Adams	SW	Lifford AC
13	18.39	157	Kenneth O'Donnell	V1	Unattached
14	18.40	211	Colin Dean	SM	24/7 Triathlon
15	18.43	17	Joseph English	V3	Letterkenny AC
16	18.48	105	Conor Gallagher	SM	Lifford AC
17	18.52	51	Martin Devenney	SM	Lifford AC
18	18.52	70	Claire McGuigan	SW	Lifford AC
19	18.53	40	Eddie Kelly	V1	Lifford AC
20	18.55	210	Paddy McDaid	SM	Letterkenny AC
21	19.00	191	Raymond Doherty	V2	Finn Valley AC
22	19.01	96	Pauric Breslin	SM	Unattached
23	19.37	267	Noel Gallagher	SM	Unattached
24	19.38	212	Amy McDaid	SW	City Of Derry Spartans AC
25	19.38	243	Stephen O'Donnell	SM	Unattached
26	19.39	900		SM	Unattached
27	19.43	108	Brendan Boggs	SM	Unattached
28	20.01	115	Paul Murray	SM	Unattached
29	20.02	192	Ciaran Bovaird	V1	Unattached
30	20.04	166	Joe Carlin	V2	Finn Valley AC
31	20.05	57	Kevin McMenamin	SM	Lifford AC
32	20.10	205	Paul Cosgrove	V2	Letterkenny AC
33	20.14	148	Shane Gallagher	JM	Unattached
34	20.16	260	Seamus Morrison	V1	Letterkenny AC
35	20.33	248	Daire O'Mahony	JM	Lifford AC
36	20.35	269	Paul Dillon	SM	Unattached
37	20.36	255	Michael O'Hara	SM	Unattached
38	20.37	202	Michael McGowan	SM	Foyle Valley AC
39	20.40	46	Donal Haughey	V4	Tír Chonail AC
40	20.41	114	Curly Coyle	SM	Unattached
41	20.43	61	Hannah McGowan	JW	City Of Derry Spartans AC
42	20.43	152	Gareth McGee	V1	City Of Derry Spartans AC
43	20.46	266	Michael Madden	SM	Unattached
44	20.48	275	Brian McBride	V5	Letterkenny AC
45	20.52	74	Gerard Campbell	V2	Lifford AC
46	20.53	100	Declan Carlin	V1	Finn Valley AC
47	20.54	154	Tony Gallagher	V2	Finn Valley AC
48	21.02	247	Roy Hunter	V3	Unattached
49	21.03	206	Richard Raymond	V4	Letterkenny AC

<i>Place</i>	<i>Time</i>	<i>Race No.</i>	<i>Name:</i>	<i>Category</i>	<i>Club</i>
50	21.08	159	Shaun Boyce	SM	Unattached
51	21.14	164	Darren Price	SM	Unattached
52	21.29	149	Malcolm McCausland	V5	Unattached
53	21.38	190	Paddy Donaghey	V4	Unattached
54	21.39	142	Jarlath Duffy	V1	Unattached
55	21.41	37	Stephen Burns	SM	Unattached
56	21.42	182	Jamie Gallagher	SM	Unattached
57	21.48	106	Ciarán French	SM	Unattached
58	21.54	95	Gerard Crawford	SM	Lifford AC
59	21.55	220	Jason Ward	SM	Unattached
60	22.01	85	Conor Callaghan	SM	Unattached
61	22.07	43	Cathal Roarty	V2	Letterkenny AC
62	22.07	252	Pádraig mag Loingsigh	V2	Lifford AC
63	22.08	208	Enda Carr	V1	Letterkenny AC
64	22.09	245	Joe Gavin	V1	Lifford AC
65	22.12	129	John McGettigan	SM	Lifford AC
66	22.12	253	Michael Murphy	SM	Unattached
67	22.14	181	Pauric Hilferty	SM	Unattached
68	22.25	99	Anthony Murray	V5	Unattached
69	22.26	221	Glenn Bovaird	SM	Unattached
70	22.26	195	Dean O'Donnell	SM	Unattached
71	22.30	276	Seamus McLaughlin	SM	Unattached
72	22.31	231	Shaun O'Donnell	V3	Unattached
73	22.34	133	Ryan Caulfield	SM	Unattached
74	22.35	241	Barry Gallagher	SM	Unattached
75	22.36	103	Conor Hayes	V1	Lifford AC
76	22.36	233	Mark O'Kane	SM	Unattached
77	22.36	113	Joe Coyle	SM	Unattached
78	22.39	217	Rosemary Heaney	SW	Unattached
79	22.40	197	Paul Duddy	V1	Unattached
80	22.45	227	Siobhán Gallagher	SW	Letterkenny AC
81	22.46	71	Mark Donaghey	V1	Lifford AC
82	22.46	175	Sean Dudgeon	SM	Lifford AC
83	22.50	239	Shane Keaveney	SM	Unattached
84	22.50	14	Richard Finney	SM	Unattached
85	23.00	232	Eugene McGinley	V2	Unattached
86	23.02	230	Charlie McElwaine	JM	Lifford AC
87	23.09	214	Foxy Martrin	V1	Unattached
88	23.10	174	Cronan Scanlon	SM	Finn Valley AC
89	23.11	226	Noel Lynch	V2	Letterkenny AC
90	23.11	132	James McBride	V5	Unattached
91	23.12	282	Aoife McElwaine	SW	Unattached
92	23.13	122	Eloise Carlin	JW	Finn Valley AC
93	23.17	259	Paddy Gildea	SM	Unattached
94	23.21	121	Ronan Gallen	SM	Unattached
95	23.23	168	James Whoriskey	SM	Unattached
96	23.30	93	Catherine Logue	SW	Lifford AC
97	23.31	228	Tommy Hill	V2	Letterkenny AC
98	23.39	184	Gemma McGinty	SW	Unattached
99	23.42	229	John McElwaine	SM	Lifford AC
100	23.45	134	Gloria Donaghey	V3	Finn Valley AC

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101	23.46	53	Danny Burns	V5	Lifford AC
102	23.51	88	William Doherty	SM	Unattached
103	23.56	141	Amanda Monaghan	V1	Lifford AC
104	24.04	72	John Craig	SM	Lifford AC
105	24.09	145	Óran Brown	U13	Lifford AC
106	24.11	283	Barry White	SM	Unattached
107	24.12	160	Michael Harley	SM	Unattached
108	24.13	130	Paddy Brennan	SM	Unattached
109	24.24	32	Deborah Conroy	SW	Lifford AC
110	24.27	176	Samantha Wilkinson	SW	Finn Valley AC
111	24.31	5	Wesley McKane	SM	Finn Valley AC
112	24.34	179	Leoni Cooke	SW	Lifford AC
113	24.39	125	Ciaran McHugh	SM	Unattached
114	24.51	35	Declan McCallion	V2	Lifford AC
115	24.54	162	Laura Corbett	V1	Unattached
116	24.54	139	Shannon Craig	JW	Lifford AC
117	25.04	9	Carmel Hoynes	V1	Lifford AC
118	25.09	188	Paddy Tourish	V2	Lifford AC
119	25.11	107	Ciaran McBrearty	JM	Lifford AC
120	25.20	56	Jacqui Timoney	SW	Lifford AC
121	25.38	144	Andrea McGavigan	SW	Lifford AC
122	25.38	143	Daniel McGavigan	V1	Lifford AC
123	25.39	189	John Quinn	SM	Unattached
124	25.46	36	Anthea Hegarty	SW	Lifford AC
125	25.49	45	Sinéad Kelly	SW	Lifford AC
126	25.53	73	Kathleen Craig	JW	Lifford AC
127	25.54	140	Wilson Craig	JM	Lifford AC
128	25.54	1	Liam Daly	V3	Lifford AC
129	25.55	112	Sinéad McLaughlin	SW	Lifford AC
130	26.05	163	Gary Williamson	SM	Unattached
131	26.13	15	Ruth McCrudden	V2	Letterkenny AC
132	26.20	94	Arlene McDermott	SW	Lifford AC
133	26.20	234	Marie McColgan	V1	Finn Valley AC
134	26.26	136	Mia Coyle	SW	Lifford AC
135	26.30	281	Jenny Sheils	SW	Unattached
136	26.37	177	Nicole Cuskelly	JW	Lifford AC
137	26.38	272	Jane Watt	V1	Unattached
138	26.53	86	Ursula Coyle	SW	Lifford AC
139	26.53	258	Deirdre Friel	V1	Unattached
140	26.56	244	Sonia Gavin	SW	Lifford AC
141	27.00	254	Elaine Connolly	SW	Unattached
142	27.00	79	Kevin Lynch	V3	Lifford AC
143	27.09	33	Sharon Carlin	V1	Lifford AC
144	27.11	126	Roisin McGinley	V2	Lifford AC
145	27.13	169	Audrey Friel	V1	Lifford AC
146	27.22	279	Mary van Ruiven	SW	Unattached
147	27.30	65	Gerald Harkin	SM	Inishowen AC
148	27.34	171	Sharon O'Kane	V2	Unattached
149	27.47	123	Aiden Gallen	U15	Unattached
150	27.53	151	Gerry Crawford	V3	Lifford AC
151	27.54	225	Lauren Lynch	JW	Lifford AC

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152	27.59	235	Kathy Kelly	V2	Finn Valley AC
153	28.12	280	Louise Shiels	SW	Unattached
154	28.15	203	Mary McDermott	SW	Unattached
155	28.21	104	Tracey Hayes	SW	Lifford AC
156	28.21	84	Andrea Porter	SW	Lifford AC
157	28.28	236	Denise McGahern	SW	Castlefinn Running Club
158	28.40	271	Aine Crossan	V1	Unattached
159	28.43	80	Anne Lynch	V2	Lifford AC
160	28.44	250	Eileen Duggan	V1	Unattached
161	28.46	63	Paula Jansen	SW	Finn Valley AC
162	28.49	90	Yvette Ballantyne	V1	Unattached
163	28.55	278	Liz Gallagher	SW	Unattached
164	28.55	49	Catherine Quigley	SW	Unattached
165	28.57	116	Margaret McConnell	SW	Finn Valley AC
166	29.03	131	Orla Redmond	SW	Unattached
167	29.06	67	Oonagh Harkin	SW	Inishowen AC
168	29.10	204	Catherine McGlinchey	SW	Unattached
169	29.31	249	Anne Kelly	SW	Unattached
170	29.37	222	Rhonda Porter	SW	Lifford AC
171	29.39	237	Tanya Keys	SW	Unattached
172	29.42	4	Rosemary Boggs	V2	Lifford AC
173	29.53	58	Darren Reid	SM	Lifford AC
174	30.19	102	Maureen Gallagher	V1	Unattached
175	30.40	75	Christine McNulty	SW	Lifford AC
176	30.53	118	Mary Mullen	SW	Lifford AC
177	30.54	7	Louise Mailey	SW	Unattached
178	30.54	6	John Mailey	SM	Unattached
179	31.01	82	Sharon Scanlon	V2	Finn Valley AC
180	31.02	81	Andy Scanlon	V2	Finn Valley AC
181	31.11	246	Jacqueline Lafferty	V1	Lifford AC
182	31.33	238	Caroline Clarke	SW	Lifford AC
183	31.46	68	Gráinne Dunne	SW	Lifford AC
184	31.56	161	Amanda Witherow	SW	Unattached
185	32.00	30	Michelle Houston	SW	Lifford AC
186	32.10	277	Lisa McMonagle	SW	Unattached
187	32.24	155	Olivia Gillen	SW	Unattached
188	32.24	156	Paula O'Donnell	SW	Unattached
189	32.25	124	Roisin Kerrigan	SW	Unattached
190	32.26	273	Denise Diver	SW	Unattached
191	32.29	270	Natalia Colmenarejo	SW	Unattached
192	32.46	87	Mairead Doherty	SW	Unattached
193	32.47	153	Sinéad Kelly	SW	Unattached
194	32.55	52	Brenda Burns	SW	Lifford AC
195	32.55	251	Siobhan Kelly	SW	Unattached
196	32.56	110	Tommy McHugh	V4	Unattached
197	33.14	66	Lyndsey Harding	SW	Inishowen AC
198	33.17	137	Abbie Coll	U11	Lifford AC
199	33.29	218	Karen Petersen	V2	Unattached
200	33.29	219	Andrew Petersen	V2	Unattached
201	33.36	69	Jennifer Gallagher	SW	Lifford AC
202	33.38	48	Gráinne Rice	V1	Lifford AC

<i>Place</i>	<i>Time</i>	<i>Race No.</i>	<i>Name:</i>	<i>Category</i>	<i>Club</i>
203	35.46	198	Kathleen Lyon	SW	Unattached
204	35.51	42	Catherine McBride	V1	Lifford AC
205	36.44	55	Betty Burns	V5	Lifford AC
206	39.09	64	Clement Clarke	V3	Lifford AC
207	39.26	97	Leslie Brown	V4	Unattached
208	39.41	39	Sarah McLaughlin	SW	Unattached
209	40.23	50	Carolann Ward	SW	Unattached
210	40.23	224	Jakki Devine	SW	Lifford AC
211	40.24	207	Noeleen McGinty	V3	Lifford AC
212	40.51	194	Hannah Bovaird	Walker	Unattached
213	41.00	268	Ariea McDaid	JW	Unattached
214	41.02	109	Joan McHugh	V3	Lifford AC
215	48.45	158	Caroline McBrearty	V2	Unattached
216	48.45	193	Christina Bovaird	Walker	Unattached

Total Finishers: 216