

DONEGAL 5K, SPRING SERIES RACE 3

Sunday Morning, 28 April 2013

Local club athletes Paul Ward and Siobhan Gallagher were impressive category winners when the 3rd and final 5k of the Tír Chonaill AC Spring Series was held on Sunday morning in Donegal Town. Paul was followed home by ever improving Declan Gillespie, Sl Liag and St Naul's GAA mentor Brian McCabe. Siobhan had Philomena Gallagher and Linda Ward close on her heels at the finish line.

At the presentation of prizes afterwards Eamon Harvey, on behalf of the organising club, congratulated thanked all the runners/walkers that had supported the series in large numbers, the local organising committee for the smooth running of the event and for providing hospitality. He encouraged all to support the upcoming Donegal Grand Prix Road Race Series and in particular the North West 10k

next Sunday and local races in the series at Ballyshannon on Friday 10th April - 7:30 start and Donegal Town on Friday 31st April -7:30 start.

Pos	Name	Surname	Club	Time
1	Paul	Ward	Tír Chonaill AC	17.11
2	Declan	Gillespie	Sliabh Liag	17.51
3	Brian	McCabe	Individual	18.41
4	Conor	McCann	North Sligo A.C	18.47
5	John	Molloy	Individual	18.50
6	Joe	Melly	Individual	20.05
7	Siobhan	Gallagher	Individual	20.09
8	Brian	McGonagle	Individual	20.14
9	Shaun	Boyce	Individual	20.19
10	Pauric	McNern	Bruckless Road Runners	21.13
11	Sean	Cassidy	Tír Chonaill AC	21.18
12	Rodney	Irwin	Individual	21.31
13	Brian	McMullin	Tír Chonaill AC	21.31
14	Stephen	Foy	Individual	21.36
15	Michael	Murphy	Individual	21.39
16	Cathal	McGinley	Individual	22.02
17	Philomena	Gallagher	Tír Chonaill AC	22.03
18	Linda	Ward	Tír Chonaill AC	22.07
19	Conor	Gallagher	Individual	22.11
20	Sharon	McGowan	Tír Chonaill AC	22.13
21	Declan	McGroary	Individual	22.27
22	Paddy	McGlynn	Tír Chonaill AC	22.53
23	Padraig	Lenehan	Individual	23.00
24	Gregory	O'Loughlin	Individual	23.10
25	Denis	Slevin	Tír Chonaill AC	23.18
26	Harry	Walsh	Individual	23.24
27	Jackie	Harvey	Tír Chonaill AC	23.25
28	James	McHugh	Individual	23.25
29	Sean	Kennedy	Individual	23.43
30	Yvonne	Molloy	Individual	24.09
31	Claire	Battles	Individual	24.53
32	Alan	Hedeghan	Individual	24.55
33	Alan	McGroary	Individual	25.12
34	Mary	Rice	Individual	25.18
35	Nonie	Melly	Individual	25.28
36	Orla	Mackle	Tír Chonaill AC	26.03
37	Jane	Flannery	Individual	26.12
38	Ian	Melly	Individual	26.40
39	Caroline	Kennedy	Bruckless Road Runners	26.51

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Pos	Name	Surname	Club	Time
40	Aoife	Mackle	Tír Chonaill AC	27.15
41	Anne	Duke	Fit4Life	27.22
42	Conor	Gallagher	Individual	27.22
43	Hugh	McNulty	Individual	27.38
44	Carol	Molloy	Individual	27.59
45	Frances	Spencer	Individual	28.10
46	Sarah	McGonigle	Individual	29.02
47	Bried	Meehan	Individual	29.12
48	Pat	Byrne	Individual	29.38
49	Michael	Murphy	Individual	29.38
50	Adam	Maziri	Tír Chonaill AC	31.09
51	Anne	Cannon	Individual	31.11
52	Majella	Cunningham	Individual	31.56
53	Padraig	Lenahan	Individual	31.59
54	Mary	Furey	Individual	35.15
55	Linda	O'Donnell	Individual	37.15
56	Pauline	McGroary	Individual	37.15
57	Sofia	Maziri	Tír Chonaill AC	45.26
58	Aoife	Slevin	Individual	45.27
59	Rosemary	Carr	Individual	45.29
60	Amy	Cunningham	Individual	46.57