

FUREY INSURANCE 5K BUNCRANA

Wednesday Evening, 29 May 2013

Wednesday night's Furey Insurances 5K in balmy Buncrana saw superb winning runs from Letterkenny's Ciaran Doherty and Lifford's Anne Marie McGlynn, to underline yet again the deserved reputation of the event as the premier 5K in the North West.

Doherty was pushed hard to just before the 3K mark by Derry athletes Declan Reed and Scott Rankin but from there he was imperious, speeding to a stunning new Irish best on the course of 14m 34s, taking six seconds off Joe McAlister's previous record figures. McGlynn ran a new pb of 16m 32s, the second fastest female clocking on the course as she finished well clear of the opposition in an excellent 19th overall.

In ideal racing conditions over 260 starters lined up and the huge turnout of spectators were treated to a series of impressive performances. The prevailing North West wind and warm temperatures combined to aid fast times and they were there in abundance on the night as the athletes took full advantage.

Doherty, Reed and Rankin were clear from the gun, chased by

Emmet McGinty who in turn was pursued by a large chasing pack. The following wind was a bonus on the first 2k plus and they had the advantage of turning onto the sheltered back road on the way to the finish. Doherty upped the ante from the turn and came home an impressive winner, 14 seconds ahead of Reed whose 14m 48 s equalled his 5K road pb and Rankin took third on 15m even.

Doherty's time was the fastest ever on the course by an Irish runner, the all comers record of 14m 18s was set last year by Kenyan Freddie Sittu. Freddie is currently in the North West but sat out the Wednesday night action. McGinty held on for fourth with a good 15m 12s, in fifth was Pauric McKinney, the top M45 with a decent 15m 25s. Gary Slevin and Colin Roberts were next on 15m 35s and 15m 38s and Roberts claimed the M40 category prize.

McGlynn was a clear female winner, always going away from her opposition and looked really smooth for her 16m 32s winning time. Behind her two notable runs from Springwell's Gemma Turley, a pb of 18m 06s and Spartans teenager Amy McDaid,

whose 18m 38s run was perhaps her best road race performance ever.

The four to score team prizes went to the male Spartans who packed well for an easy win ahead of 2012 winners Foyle Valley and Letterkenny while Inishowen led home by fourth placer Kim McLaughlin, saw off the female Spartans and Finn Valley.

Reflecting the pulling power of the race the age group awards went to athletes from a wide array of clubs, Letterkenny, Lagan Valley, Inishowen, City of Derry, Finn Valley, North Belfast Harriers, Springwell and NW Tri club all had athletes on the podium.

Pos	Bib	Name	Club	Cat	Time
1	240	Ciaran Doherty	Letterkenny AC	M35	14:34.050
2	102	Declan Deed	City of Derry Spartans AC	M35	14:48.310
3	67	Scott Rankin	Foyle Valley	M0	15:00.660
4	50	Emmett McGinty	City of Derry Spartans AC	M0	15:12.250
5	115	Pauric McKinney	Inishowen AC	M45	15:25.200
6	114	Gary Slevin	City of Derry Spartans AC	M0	15:34.870
7	119	Colin Roberts	City of Derry Spartans AC	M40	15:37.570
8	59	Brendan Murphy	City of Derry Spartans AC	M0	15:42.290
9	103	James Brown	City of Derry Spartans AC	M40	15:52.200
10	118	Pius McIntyre	Foyle Valley	M0	15:56.460
11	108	Dean Toland	Finn Valley AC	M0	16:01.940
12	24	Kevin Ferry	Letterkenny AC	M40	16:05.080
13	116	Colin Watson	Finn Valley AC	M35	16:09.300
14	100	Chris McGuinness	Foyle Valley	M0	16:16.100
15	201	Paul McGlinchey	Letterkenny AC	M0	16:19.630
16	185	Stephen Connor	Foyle Valley	M0	16:22.410
17	41	Paul McCafferty	City of Derry Spartans AC	M45	16:26.690
18	51	Ann-Marie McGlynn	Lifford AC	F0	16:32.110

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Pos	Bib	Name	Club	Cat	Time
19	36	Martin Irwin	Finn Valley AC	M40	16:36.350
20	158	Mark McBrearty	Lifford AC	M0	16:36.530
21	16	Karol Doherty	U/A	Wheelchair	16:10.300
22	12	Brian Crossan	U/A	M35	16:44.540
23	162	Noel Logan	City of Derry Spartans AC	M0	16:47.060
24	45	Paddy McDaid	Letterkenny AC	M35	17:07.750
25	208	Gerard Doherty	Inishowen AC	M0	17:09.550
26	150	Adrian Boyle	Foyle Valley	M35	17:11.400
27	214	Sean Dudgeon	Lifford AC	M0	17:12.870
28	23	Brian Ferry	Letterkenny AC	M35	17:15.980
29	113	Laurence Johnston	North Belfast Harriers	M50	17:16.840
30	206	Liam Doherty	Cranford AC	M35	17:19.360
31	132	Bill Duncan	Lifford AC	M45	17:20.590
32	154	Aidan Mckenna	Letterkenny AC	M40	17:25.200
33	144	Adrian Toye	Letterkenny AC	M0	17:28.800
34	20	Connor Donaghey	Foyle Valley	M0	17:30.020
35	176	Raymond Birch	Letterkenny AC	M0	17:30.450
36	153	Barry Meehan	Letterkenny AC	M0	17:32.040
37	61	Liam Murray	U/A	M0	17:32.740
38	125	David Jackson	Springwell RC	M45	17:32.760
39	26	Padraig Friel	Letterkenny AC	M35	17:33.480
40	225	Pauric Breslin	U/A	M0	17:37.510
41	233	Brendan Devlin	U/A	M35	17:40.390
42	157	Dwaine Robb	Inishowen AC	M0	17:48.780
43	210	PJ Boyce	Cranford AC	M40	17:49.800
44	137	Shane Doherty	Inishowen AC	M0	17:53.220
45	112	Michael McKnight	U/A	M50	17:55.740
46	33	Brendan Irvin	Finn Valley AC	M35	17:57.010
47	32	Ronan Hegarty	U/A	MJ	18:00.150
48	164	Daniel Quigley	Cool running	M0	18:01.410
49	165	James Beattie	Born to Run	M35	18:03.610
50	48	Gareth McGee	City of Derry Spartans AC	M40	18:04.940
51	239	Gemma Turley	Springwell RC	F0	18:06.080
52	169	Gareth Kerrigan	Milford AC	M0	18:06.370
53	53	Zachary McGowan	City of Derry Spartans AC	MJ	18:06.980
54	2	Niall Barry	Letterkenny AC	M35	18:07.020
55	139	Pat Gallagher	Inishowen AC	M35	18:13.950
56	209	Michael Murphy	U/A	M35	18:17.440
57	264	Shaun McDaid	Inishowen AC	M40	18:20.160
58	83	Dermot Connolly	City of Derry Spartans AC	M50	18:20.490
59	72	Darren Wallace	Foyle Valley	M0	18:22.250
60	121	Hugh Duffy	Cranford AC	M0	18:25.660
61	179	Ardal McDermott	U/A	M35	18:26.900
62	4	Jim Breen	Springwell RC	M55	18:27.060
63	168	Brian Doherty	Milford AC	M0	18:27.630
64	65	Darren Price	U/A	M0	18:28.140
65	213	Paul mcMonagle	Letterkenny AC	M0	18:28.600
66	111	Jim Newberry	North Belfast Harriers	M60	18:29.990
67	151	Sean Bradley	U/A	M35	18:30.970
68	94	Jarlath Fearon	NWTC	M50	18:31.790
69	127	Ciaran O'Donnell	Letterkenny AC	M40	18:34.350
70	142	Alvaro San Miguel	NWTC	M0	18:35.760
71	101	Amy McDaid	City of Derry Spartans AC	FJ	18:37.670

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Pos	Bib	Name	Club	Cat	Time
72	242	Clint Doherty	Letterkenny 24/7	M35	18:38.030
73	90	Shaun Moore	Inishowen AC	M35	18:39.900
74	184	Johnny McClaren	NWTC	M35	18:41.380
75	107	Paddy Ward	Letterkenny AC	M55	18:41.450
76	241	Kevin McMenamin	Lifford AC	M35	18:44.100
77	40	Stewart Magee	U/A	M0	18:44.690
78	250	Brendan Friel	U/A	M0	18:45.480
79	122	Mick Harkin	Inishowen AC	M40	18:45.670
80	39	Peter Lilburn	City of Derry Spartans AC	M55	18:45.920
81	11	Kieran Coyle	Letterkenny AC	M35	18:47.590
82	166	Martin McGinley	U/A	M40	18:48.710
83	134	Marty Dunleavy	Foyle Valley	M45	18:49.260
84	261	Robert Gallagher	U/A	M35	18:50.830
85	63	Gerry O'Doherty	Springwell RC	M55	18:51.500
86	135	Kim McLaughlin	Inishowen AC	F0	18:54.350
87	136	Benny McDaid	Inishowen AC	M0	18:55.130
88	260	Seamus Morrison	Letterkenny AC	M40	18:56.700
89	268	John Cassidy	U/A	MJ	18:59.760
90	88	Barry Kearney	U/A	M40	19:00.470
91	10	Michael Collins	Inishowen AC	M45	19:01.140
92	230	Kevin O'Sullivan	NWTC	M40	19:01.590
93	141	Maeve Maher-McWilliams	NWTC	F0	19:08.760
94	175	Colly O'Donnell	Kickboxing LK	M40	19:09.930
95	205	Shaun McMenamin	U/A	M50	19:10.780
96	211	Ben George	Letterkenny AC	M35	19:12.460
97	220	Adrian Callaghan	Letterkenny AC	M40	19:14.630
98	87	Eugene McGettigan	Letterkenny AC	M35	19:19.580
99	203	Thomas Farren	U/A	M40	19:20.070
100	215	Tony Gallagher	Finn Valley AC	M45	19:20.430
101	161	Paul Cosgrove	Letterkenny AC	M45	19:21.180
102	216	Catherine Dooher	Finn Valley AC	F0	19:22.640
103	138	Cathal Harvey	U/A	M0	19:23.010
104	18	Seamus Doherty	U/A	M35	19:23.080
105	19	Theresa Doherty	Inishowen AC	F0	19:31.010
106	120	Ciara Toner	Springwell RC	F0	19:32.960
107	29	Michael Gallagher	Foyle Valley	M50	19:33.490
108	49	Jackie McGinley	City of Derry Spartans AC	M40	19:35.470
109	42	Malcolm McCausland	Lifford AC	M60	19:45.720
110	231	James mcConnell	NWTC	M40	19:49.140
111	123	Frances Judge	Letterkenny AC	F45	19:50.260
112	152	Boyd Robinson	U/A	M35	19:51.470
113	171	Emmett Mullan	NWTC	MJ	19:53.270
114	68	Andrew Stoddart	U/A	M0	19:54.420
115	106	Jamie Friel	U/A	M35	20:02.860
116	183	Ciara Neary	U/A	F0	20:03.930
117	124	Gerard Mullen	Letterkenny AC	M40	20:07.970
118	64	Charlie O'Donnell	Letterkenny AC	M35	20:15.340
119	226	Aron Cole	U/A	M40	20:16.520
120	128	Richard Raymond	Letterkenny AC	M55	20:17.870
121	146	Darren Beecroft	Letterkenny AC	M45	20:21.200
122	133	Gary Gumbleton	U/A	M0	20:25.790
123	187	Pawel Dudek	U/A	M40	20:25.900
124	197	David Henry	U/A	M0	20:27.500

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Pos	Bib	Name	Club	Cat	Time
125	155	Trevor Cox	U/A	M35	20:29.100
126	105	Charles Vervial	U/A	MJ	20:32.520
127	191	Sheila Doherty	Inishowen AC	FO	20:33.890
128	178	Marie Boyle	Letterkenny AC	FO	20:33.960
129	160	Hugh Gallagher	Letterkenny AC	M55	20:36.970
130	202	Shaun Heaney	N.W.T.C	MO	20:38.380
131	147	Shane McCormick	U/A	M35	20:38.780
132	246	Nikita Burke	U/A	FO	20:44.960
133	249	Naoise Enright	Letterkenny AC	M35	20:45.150
134	82	Peter McKinney	Inishowen AC	M50	20:46.300
135	238	Hugh Ferry	U/A	MO	20:47.080
136	177	Jane McGinley	Letterkenny AC	FO	20:47.700
137	95	Mary Hipsley	Finn Valley AC	F45	20:56.550
138	222	Ciara Fraser	City of Derry Spartans AC	FO	21:00.180
139	262	Christopher McNulty	U/A	MO	21:14.300
140	55	Bernard McLaughlin	U/A	M35	21:16.420
141	38	Janeen Lesse	City of Derry Spartans AC	FO	21:17.080
142	245	Eimear McClafferty	U/A	FO	21:18.420
143	255	Gerard Doyle	Inishowen AC	M40	21:21.960
144	148	Declan McGill	Foyle Valley	M35	21:22.970
145	60	Anthony Murray	U/A	M60	21:23.320
146	109	Emmett McCarron	U/A	MO	21:28.700
147	110	Darren Toland	U/A	MO	21:30.310
148	269	Noel Lynch	Letterkenny AC	M45	21:34.970
149	47	Darryl McGee	U/A	MO	21:36.230
150	80	Ronan Doherty	Inishowen AC	MO	21:40.120
151	254	Liam Noel Bradley	U/A	M35	21:40.720
152	140	Paul O'Donnell	U/A	MO	21:44.590
153	129	Lorraine McDaid	U/A	FO	21:44.650
154	130	Serena McDaid	U/A	FO	21:46.280
155	207	Charlene McIntyre	U/A	FO	21:49.060
156	89	Thomas Doherty	U/A	M40	21:51.960
157	180	Trina Mhic Dhónaill	U/A	F40	21:53.900
158	244	Theresa Doherty	Inishowen AC	FO	21:55.060
159	131	Amanda McFadden	U/A	FO	21:56.170
160	97	John O'Loughlin	U/A	MO	22:09.350
161	170	Emma-Jo McConnellogue	NWTC	FJ	22:15.970
162	258	Camilla McGranaghan	City of Derry Spartans AC	F35	22:22.060
163	204	Ernie Pollock	U/A	M50	22:23.100
164	232	Sinead O'Brien	U/A	F35	22:26.260
165	17	Ruth Doherty	Inishowen AC	F35	22:30.380
166	9	Breege Collins	Inishowen AC	F40	22:32.940
167	248	Patricia McLaughlin	Inishowen AC	F40	22:33.040
168	163	Claire Connor	City of Derry Spartans AC	F45	22:38.350
169	263	Brendan Conner	NWTC	M45	22:38.670
170	267	Cathal Crossan	U/A	MO	22:39.790
171	86	Seamus Carlin	Boys club boxing	MO	22:40.630
172	237	Eugene McGinley	U/A	M45	22:41.130
173	98	Edward John Grant	U/A	M35	22:41.610
174	188	Terry Doherty	U/A	M40	22:46.930
175	78	Damian Downey	Inishowen AC	M40	22:47.710
176	256	Gary Wade	Born to Run	M40	22:49.990
177	186	Anthony Mcfadden	U/A	MO	22:54.130

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Pos	Bib	Name	Club	Cat	Time
178	66	Stephen Quigley	Buncrana Hearts FC	M40	22:58.820
179	21	Gloria Donaghey	Finn Valley AC	F50	22:58.910
180	234	Aidan Kelly	U/A	M35	22:59.670
181	172	Shaun O'Donnell	U/A	M50	23:01.540
182	143	Pat Cunningham	NWTC	M50	23:06.470
183	79	John McCandless	Inishowen AC	M40	23:16.170
184	223	Grainne Kearns	City of Derry Spartans AC	F0	23:19.330
185	7	Brigeen Canavan	City of Derry Spartans AC	F45	23:22.900
186	159	William Baldrick	U/A	M35	23:25.920
187	74	Noel Cullen	U/A	M35	23:26.090
188	58	Cathy Moran	Foyle Valley	F50	23:26.390
189	31	Kieran Grant	U/A	M0	23:27.610
190	219	Paul Sweeney	U/A	M35	23:30.190
191	193	Georgina Dixon	U/A	F35	23:30.580
192	167	Alison Hill	U/A	F0	23:36.990
193	117	Marie O'Donnell	Inishowen AC	F35	23:41.630
194	253	Kieran McElroy	U/A	M40	23:43.650
195	99	Connor Harkin	U/A	M35	23:44.120
196	54	Melissa McIntyre	Inishowen AC	F0	23:45.280
197	84	Denis Kelly	U/A	M40	23:46.180
198	13	Joanne Cullen	U/A	F0	23:46.340
199	27	Colm Furey	U/A	M35	23:47.340
200	35	Declan Irwin	U/A	M0	23:51.490
201	104	Eilis Galbraith	Inishowen AC	F0	23:53.710
202	190	Aideen McLaughlin	Inishowen AC	F45	23:59.210
203	189	Evelyn Mcgeehan	Finn Valley AC	F45	24:01.790
204	93	Stephanie Campbell	U/A	F0	24:32.630
205	257	Mark Quigley	Born to Run	M40	24:41.390
206	81	Ilze Kaulina	U/A	F0	24:46.580
207	43	Dessie McCourt	Foyle Valley	M40	24:47.020
208	217	Alison Stoddart	U/A	F0	24:54.080
209	71	Keiron Tourish	U/A	M45	24:56.900
210	251	Francesca Patton	U/A	F0	24:57.580
211	85	Majella McLaughlin	Inishowen AC	F0	24:59.200
212	196	Siabhria O'Flaherty	U/A	F0	25:00.580
213	30	Danielle Grant	Inishowen AC	F0	25:00.670
214	37	Seana Jackson	Inisnowen AC	F40	25:03.740
215	195	Barry Tooristt	NWTC	M50	25:12.730
216	156	Tomas Rodgers	U/A	M0	25:19.760
217	243	Robbie Hale	Cool running	M45	25:23.480
218	227	David Payne	U/A	M35	25:27.460
219	199	Tony Graham	U/A	M35	25:38.140
220	265	Olivia Gillen	Convoy Running Club	F0	25:38.770
221	182	Audrey Friel	Lifford AC	F40	25:53.740
222	266	Aisling Duggan	U/A	FJ	25:57.220
223	212	Patsy Doherty	Omega	M50	26:05.120
224	229	Lousie Friel	U/A	F0	26:13.480
225	52	Caroline McGonigle	U/A	F35	26:13.790
226	247	Jennifer Hegarty	U/A	F35	26:23.650
227	92	Michelle McLaughlin	U/A	F0	26:33.250
228	91	William McLaughlin	U/A	M0	26:33.420
229	236	Elaine Duffy	U/A	F40	26:36.950
230	56	Emma McLaughlin	U/A	F35	26:41.170

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Pos	Bib	Name	Club	Cat	Time
231	224	Michelle Kearney	U/A	F0	26:42.490
232	198	Anne Graham	Inishowen AC	F35	26:44.960
233	192	Noelle Doherty	U/A	F0	26:53.480
234	228	Claire McLaughlin	U/A	F0	27:01.910
235	174	Desmond Brownlie	Lagan Valley AC	M65	27:04.060
236	28	Darren Gallagher	U/A	M0	27:06.060
237	218	Marie Carey	Inishowen AC	F40	27:24.420
238	181	Tracey Hayes	Lifford AC	F35	27:31.630
239	14	Michelle Cullen	U/A	F0	27:44.420
240	77	John Curran	U/A	M0	27:47.250
241	62	Louise O'Connor	Inishowen AC	F35	28:00.530
242	96	Kathleen (Carter) Seevaratn	U/A	F45	28:00.780
243	149	Siobhan Maher	Inishowen AC	F35	28:10.210
244	25	Patrick Fox	U/A	M40	28:11.780
245	73	Maire Fitzpatrick	U/A	F40	28:17.620
246	252	Paula O'Donnell	Finn Valley AC	F35	28:23.580
247	235	Bridie Baldrick	U/A	F60	28:46.270
248	221	Tracey Ojorgjjevski	U/A	F0	28:53.020
249	44	Michael McDaid	U/A	M0	28:54.330
250	194	Mairead McIntyre	U/A	F0	29:20.990
251	6	Jenny Byrne	City of Derry Spartans AC	F40	30:25.580
252	173	Mary O'Donnell	U/A	F45	30:41.930
253	3	Fiona Baylis	City of Derry Spartans AC	F45	30:46.660
254	5	Bridgeen Byrne	City of Derry Spartans AC	F50	32:03.740
255	1	Susan Acton	City of Derry Spartans AC	F40	32:03.810
256	8	Della Canny	Inisnowen AC	F35	32:19.560
257	126	Richie Kelly	U/A	M70	32:19.770
258	75	Jacky Boyd	U/A	F35	32:46.770
259	76	Elizabeth O'Donnell	DBL	F0	32:47.690