

Shiels and Stack impressive winners of Cara Bundoran 10

Saturday, 01 March 2014

Keith Shiels, Foyle Valley and local girl Fiona Stack, running in the colours of Raheny Shamrocks were impressive winners of the Cara Bundoran 10 held in ideal conditions at the popular seaside resort town on Saturday 1st March. Shiels had the company of Eoghan McGinley, Rathfarnham, Glenn Phair, Annadale Striders and Gerard Gallagher to the eight miles mark. The Derry man made a decisive break as the entered the famous and breath

taking Rogay loop and a downhill finish to the beach car park. The winning margin over McGinley a former Cranford AC athlete extended out to 35 seconds with Lisnaskea's Phair twenty seconds further back.

Local lass Fiona Stack, Raheny, was a very popular winner of the women's section and was delighted with a PB time of 59mins 34secs. Breege Connolly, from nearby Tullaghan and North Belfast was 14

seconds behind with former Marathon Olympian Catriona Jennings fifty second behind in third place.

The overall event, 10miles/ 10K on Saturday and 5k on Friday evening, attracted 1,500 athletes, had superb organisation, an outstanding array of prizes, thanks to sponsors Cara Pharmacies and was blessed with weather associated with summer time in the popular tourist town.

CARA
PHARMACY & BEAUTY

Cara
Bundoran Run
Challenge

10m

pharmacy
www.carapharmacy.com

Cara Pharmacy is a progressive, independent, vibrant pharmacy group consisting of 12 stores in counties Cavan, Fermanagh, Donegal, Sligo and Leitrim. Our business is twofold and is primarily divided into Pharmacy Services and Retail.

At Cara Pharmacy, we aim to be the leaders in our Industry by delivering Excellence in Customer service, Exceptional value for money, and an Unrivalled product range at Unbeatable prices.

We focus on the integrity of the product we are selling, the efficiency of our procedures to ensure the right product is in the right place at the right time and finally the experience, which comes from the friendly, helpful, genuinely caring, passionate team members that work at Cara Pharmacy.

We are delighted to be selected as one of
"Deloitte Best Managed Companies 2012"

Deloitte
Best Managed
Companies

1

Find us on

with Tir Chon
Donegal Athletic

10 MILE WINNER
Fiona Stack

Fiona Stack ladies winner of the Cara Bundoran 10mile with Canice Nicholas, Cara Pharmacy

Category Winners 10 Miles

Senior Men 10 Miles

- 1 Keith Shiels, Foyle Valley 51:31
- 2 Eoghan McGinley, Rathfarnham WSAFA 52:06
- 3 Glenn Phair, Annadale Striders, Belfast 52:26

Male M40

- 1 Paul Ward, Tir Chonaill AC 56:41
- 2 Michael Murphy, Tullamore Harriers, 58:20
- 3 James Crampsey City of Derry Spartans 58:42

Male M50

- 1 Gerard Duddy 1:01:59
- 2 John Molloy 1:04:55
- 3 Richard McCarthy 1:05:42

Male M60

- 1 Enda Whelan, 1:13:27
- 2 Christy Mc Monagle 1:15:22
- 3 Paddy Croal 1:16:02

Male Junior

- 1 Diarmaid Mac a Blaind 1:04:24
- 2 David McGurrin 1:05:20

Senior Women 10 Miles

- 1 Fiona Stack 59:34
- 2 Breege Connolly 59:46
- 3 Caitriona Jennings 1:00:36

Female 40

- 1 Philomena Gallagher 1:11:10
- 2 Roseanne Mitchell 1:12:00
- 3 Karen Dolan 1:13:00

Female 50

- 1 Lucy Brennan 1:06:36
- 2 Mary Furey 1:17:06
- 3 Bernadette McNeely 1:20:53

Female 60

- 1 Rose Hunter Young 1:32:03
- 2 Margaret Warnock 1:33:36
- 3 Kate Farrell 1:39:22

Category Winners 10k

SM

- 1 Shane Brady 35:30
- 2 Gregory Murphy 37:06
- 3 John McElhill 38:35

Male 40

- 1 Gerry Gallagher 37:27
- 2 Ray Gillen North Sligo AC 40:04
- 3 Shaun Paul Byrne 43:21

Male 50

- 1 Paul McDermott 42:17
- 2 Philip Morrison 42:24
- 3 Donal Haughey 42:26

Male 60

- 1 Clifford Thompson 51:21
- 2 Liam Sweeney 56:54

Male Junior

- 1 Mark McGunness 37:12
- 2 Daniel Mannion 43:14
- 3 Neil Shanley 46:57

Female Senior

- 1 Teresa McGloin 36:52
- 2 Patricia Mc Cosker 40:20
- 3 Andrea Horgan North Sligo AC 41:42

Female 40

- 1 Fiona Lenehan 47:39
- 2 Barbara-Anne O'Regan 49:18
- 3 Kay Drummond 51:46

Female 50

- 1 Jacqueline Harvey 48:24
- 2 Vera Haughey 48:29
- 3 Fiona Gallagher 56:11

Female 60

- 1 Mary Martin 53:21
- 2 Geraldine Boyce 59:24
- 3 Kathleen O Flaherty 1:28:24

Female Junior

- 1 Gabrielle McGloin 49:33
- 2 Claudia Coughlin 56:03
- 3 Elaine McLoone 1:02:49



First three in M40 10 miles with Canice Nicholas Cara



First three in Bundoran 10k -Women's Race with Canice Nicolas Cara



The Irish Army work in unison at the Cara Bundoran 10

Results 10 Mile

Pl.	Name	Club/City/Country	Cat.	Subcat.	#	Net	Gross
1	» Keith Shiels	Foyle Valley	M	MS	493	(51:31)	51:31
2	» Eoghain Mcginley	Rathfarnham W.S.A.F. A.C.	M	MS	618	(52:06)	52:06
3	» Glenn Phair		M	MS	734	(52:26)	52:26
4	» Gerard Gallagher	Finn Valley	M	MS	56	(52:39)	52:39
5	» Tudor Moldovan		M	MS	627	(52:49)	52:49
6	» Liam Feely	North Leitrim	M	MS	489	(53:20)	53:20
7	» Julio Cesar Castro	Kilmurry Ibrickane North Clare A C	M	MS	419	(53:38)	53:38
8	» Richard Gorman	Sligo AC	M	MS	310	(53:57)	53:57
9	» Paul Ward	Tir Chonaill AC	M	M40	225	(56:41)	56:41
10	» Dennis Scott	North Down AC	M	MS	420	(57:48)	57:48
11	» Brian Mcgread	Omagh Harriers	M	MS	449	(58:18)	58:18
12	» Michael Murphy	Tullamore Harriers	M	M40	7	(58:20)	58:20
13	» Aidan Mcmoreland		M	MS	490	(58:25)	58:25

Pl.	Name	Club/City/Country	Cat.	Subcat.	#	Net	Gross
14	» James Crampsey	City of Derry Spartans	M	M40	586	(58:42)	58:42
15	» Fiona Stack	Raheny Shamrock AC	F	FS	306	(59:34)	59:34
16	» Sean Dudgeon	Lifford AC	M	MS	300	(59:44)	59:44
17	» Breege Connolly	North Belfast Harriers	F	FS	645	(59:46)	59:46
18	» Paul Kelly	Lifford AC	M	MS	602	(59:48)	59:48
19	» Caitriona Jennings	Rathfarnham W.S.A.F. A.C.	F	FS	669	(1:00:36)	1:00:36
20	» Natasha Adams	Lifford AC	F	FS	105	(1:00:44)	1:00:44
21	» Heather Foley		F	FS	549	(1:00:57)	1:00:57
22	» Michael O'connell	Sligo AC	M	M40	15	(1:01:03)	1:01:03
23	» Danielle Fegan	Armagh AC	F	FS	720	(1:01:17)	1:01:17
24	» Derek Somerville	Omagh Harriers	M	M40	639	(1:01:24)	1:01:24
25	» Patrick Mccrory	Omagh Harriers	M	M40	615	(1:01:39)	1:01:39
26	» Damien Kennedy	Sligo AC	M	MS	603	(1:01:39)	1:01:39
27	» Bill Duncan		M	M40	679	(1:01:45)	1:01:45
28	» Gerard Duddy	City of Derry Spartans	M	M50	563	(1:01:59)	1:01:59
29	» Liam Doherty	Cranford AC	M	MS	516	(1:02:20)	1:02:20
30	» John Sweeney		M	MS	655	(1:02:20)	1:02:20
31	» Noel Diver	Rosses AC	M	MS	577	(1:02:29)	1:02:29
32	» Barry Lennon	Raheny Shamrock AC	M	MS	70	(1:02:30)	1:02:30
33	» Frank Mulrine		M	MS	371	(1:02:32)	1:02:32
34	» Kevin Kiernan	Sligo AC	F	FS	6	(1:02:35)	1:02:35
35	» Niall Barry	Letterkenny AC	M	MS	160	(1:02:46)	1:02:46
36	» Gareth Kerrigan	Milford AC	M	MS	544	(1:02:53)	1:02:53
37	» Brian Kinsella	Queens Triathlon Club	M	MS	62	(1:02:58)	1:02:58
38	» Gavin Dolan		M	MS	394	(1:03:03)	1:03:03
39	» Eddie Kelly	Lifford AC	M	M40	539	(1:03:06)	1:03:06
40	» Michael Logue	Rosses AC	M	MS	316	(1:03:10)	1:03:10
41	» Michael Walsh		M	M40	691	(1:03:14)	1:03:14
42	» Steven Loughlin	Newbridge AC	M	MS	201	(1:03:40)	1:03:40
43	» Kevin Wallace		M	MS	380	(1:03:40)	1:03:50

Pl.	Name	Club/City/Country	Cat.	Subcat.	#	Net	Gross
43	» Kevin Wallace		M	MS	380	(1:03:40)	1:03:50
44	» Damian McBride	Milford AC	M	MS	523	(1:04:01)	1:04:01
45	» Padraig Friel	Letterkenny AC	M	MS	494	(1:04:07)	1:04:07
46	» Diarmaid Mac a Blaind	Tir Chonaill AC	M	MJ	652	(1:04:18)	1:04:24
47	» Joe Nevin	BAA	M	MS	330	(1:04:32)	1:04:32
48	» Martin Brennan		M	MS	100	(1:04:43)	1:04:43
49	» David Porter	Inishowen AC	M	MS	542	(1:04:35)	1:04:49
50	» Claire Mcguigan	Lifford AC	F	FS	472	(1:04:52)	1:04:52
51	» Con McLaughlin		M	MS	698	(1:04:53)	1:04:53
52	» John Molloy		M	M50	574	(1:04:55)	1:04:55
53	» David Mc Gurrin		M	MJ	373	(1:05:10)	1:05:20
54	» Ronan Matthews		M	MS	109	(1:05:18)	1:05:29
55	» Tom Thompson	Finn Valley	M	M40	305	(1:05:35)	1:05:35
56	» Richard Mccarthy	Tir Chonaill AC	M	M50	614	(1:05:42)	1:05:42
57	» Brendan Brett	South Sligo AC	M	M40	193	(1:06:04)	1:06:04
58	» Gerry Mcmanus		M	M50	622	(1:06:26)	1:06:26
59	» Brian Mccrea		M	MS	61	(1:06:29)	1:06:35
60	» Lucy Brennan	Sligo AC	F	F50	308	(1:06:36)	1:06:36
61	» Kieran Howard		M	M40	500	(1:06:43)	1:06:49
62	» Shaun Boyce		M	MS	656	(1:07:13)	1:07:13
63	» Christopher Goan		M	MS	352	(1:07:07)	1:07:16
64	» Andy Finan	BAA	M	MS	398	(1:07:25)	1:07:27
65	» Paul Deering	Sligo AC	M	M40	228	(1:07:31)	1:07:32
66	» Martin Faughan		M	MS	498	(1:07:38)	1:07:38
67	» Ciaran Mcsherry	Enniskillen RC	M	MS	624	(1:07:30)	1:07:40
68	» Late entry				659	(1:08:04)	1:08:05
69	» Roly Black	Foyle Valley	M	M40	283	(1:07:55)	1:08:11
70	» Paddy Mccormick	Termoneeny Running Club	M	MS	474	(1:08:09)	1:08:21
71	» John J Coyle		M	MS	575	(1:08:20)	1:08:26
72	» John Taylor		M	M50	641	(1:08:15)	1:08:30

Pl.	Name	Club/City/Country	Cat.	Subcat.	#	Net	Gross
73	» Conor McGandy	Omagh Tri Club	M	MS	556	(1:08:42)	1:08:42
74	» Gabriel Mc Crossan	Letterkenny AC	M	M50	289	(1:08:45)	1:08:46
75	» Joseph Clarke		M	MS	585	(1:08:39)	1:08:49
76	» Dominic Carlin	Lifford AC	M	M40	152	(1:08:50)	1:08:50
77	» Finbarr Gallagher		M	M40	733	(1:08:58)	1:09:00
78	» Ben McCron		M	M40	683	(1:08:42)	1:09:07
79	» Dennis Forker	Rosses AC	M	MS	496	(1:08:57)	1:09:09
80	» Michael Devenney	United Health Group	M	M40	479	(1:09:08)	1:09:09
81	» Adrian Burns	Enniskillen RC	M	MS	63	(1:09:05)	1:09:10
82	» Kieran Mcmonagle		M	MS	411	(1:09:09)	1:09:11
83	» Paul Mc Grath	South Sligo AC	M	M40	102	(1:09:15)	1:09:16
84	» Gerry Lee	South Sligo AC	M	M40	244	(1:09:19)	1:09:19
85	» Brian McDonagh	Sligo AC	M	MS	502	(1:09:10)	1:09:20
86	» Patrick Given		M	MS	414	(1:09:09)	1:09:21
87	» Michael Lyttle	Foyle Valley	M	M50	569	(1:09:09)	1:09:22
88	» Donal Carron		M	MS	727	(1:09:14)	1:09:32
89	» Kieran Coyle	United Health Group	M	MS	480	(1:09:34)	1:09:34
90	» Dermot Granaghan	Finn Valley	M	M40	598	(1:09:35)	1:09:35
91	» Tim Flanagan	Milford AC	M	M40	93	(1:09:26)	1:09:35
92	» Liam Mc Hugh		M	M50	470	(1:09:40)	1:09:40
93	» Thomas Duffy		M	MS	444	(1:09:34)	1:09:43
94	» Fergal Duffy		M	M40	446	(1:09:34)	1:09:43
95	» Paul Donnelly		M	M40	101	(1:09:31)	1:09:43
96	» Sean Carlin		M	M40	686	(1:09:31)	1:09:44
97	» Colm Clancy		M	MS	416	(1:09:41)	1:09:48
98	» Martin Feeney		M	M50	591	(1:09:47)	1:09:57
99	» Peter McAleer	Omagh Tri Club	M	M40	326	(1:09:58)	1:09:59
100	» Sean Crossan	Finn Valley	M	M40	189	(1:10:04)	1:10:05
101	» Dave Slater		M	MS	703	(1:10:06)	1:10:11
102	» Martin McGlynn		M	MS	705	(1:10:01)	1:10:11

Pl.	Name	Club/City/Country	Cat.	Subcat.	#	Net	Gross
103	» Denis Boner	Rosses AC	M	M40	442	(1:10:11)	1:10:26
104	» Stephen Maxwell		M	MS	608	(1:10:17)	1:10:27
105	» Marie Boyle	Letterkenny AC	F	FS	1001	(1:10:33)	1:10:33
106	» Seamus Doherty	Foyle Valley	M	M40	125	(1:10:21)	1:10:33
107	» Martin Donnelly	Letterkenny 24/7	M	M40	181	(1:10:22)	1:10:35
108	» Clint Doherty		M	MS	713	(1:10:05)	1:10:35
109	» Ben Mcgonagle	Rosses AC	M	MS	620	(1:10:26)	1:10:41
110	» Noel Hoey	Tir Chonaill AC	M	M40	197	(1:10:58)	1:10:59
111	» Shane Gallagher		M	MS	302	(1:11:10)	1:11:10
112	» Phiomena Gallagher		F	F40	303	(1:11:09)	1:11:10
113	» Rory O Connor		F	F40	520	(1:10:57)	1:11:12
114	» Paul Kelly		M	MS	746	(1:10:53)	1:11:14
115	» Pat Mc Crea	Lifford AC	M	M50	462	(1:11:15)	1:11:19
116	» Gerard Campbell	Lifford AC	M	M40	584	(1:11:28)	1:11:28
117	» John Coyle	Lifford AC Fit 4 Life	M	M40	115	(1:11:38)	1:11:38
118	» Barney Mckay		M	M50	621	(1:11:42)	1:11:49
119	» John O'brien		M	MS	258	(1:11:50)	1:11:52
120	» Roseanne Mitchell	Sligo AC	F	F40	626	(1:11:51)	1:12:00
121	» Luke Campbell		M	MS	583	(1:11:43)	1:12:04
122	» Paul Burke		M	MS	508	(1:11:54)	1:12:09
123	» Declan Coyle		M	MS	475	(1:11:48)	1:12:13
124	» Vincent Duffy		M	M40	572	(1:11:35)	1:12:19
125	» Karen Dolan	Enniskillen RC	F	F40	2480	(1:12:20)	1:12:20
126	» Gerard Kilfeather	North Sligo AC	M	M50	571	(1:12:05)	1:12:20
127	» Neil Monahan	Order of Dagon	M	MS	355	(1:12:25)	1:12:25
128	» Amy Spratt		F	FS	216	(1:12:25)	1:12:25
129	» Damien Doherty	Foyle Valley	M	MS	485	(1:12:04)	1:12:26
130	» Kevin Lawless		M	MS	23	(1:12:11)	1:12:27
131	» Lawrence Maguire		M	MS	194	(1:12:04)	1:12:28
132	» Declan Boyle		M	M40	663	(1:12:31)	1:12:32

Pl.	Name	Club/City/Country	Cat.	Subcat.	#	Net	Gross
133	» Anthony Mcdaid		M	MS	576	(1:12:27)	1:12:32
134	» Shaun Colhoun		M	M40	452	(1:12:34)	1:12:34
135	» Tony Grant	Foyle Valley	M	M50	280	(1:12:19)	1:12:40
136	» John Mc Kinley		M	M40	532	(1:12:33)	1:12:42
137	» Darren Beecroft		M	M40	704	(1:12:29)	1:12:45
138	» Paul Ferry		M	MS	415	(1:12:30)	1:12:46
139	» Noreen Mcgettigan		F	FS	347	(1:12:43)	1:12:47
140	» John Quigley		M	M40	710	(1:12:30)	1:12:51
141	» Michael Begley		M	MS	120	(1:12:45)	1:13:00
142	» Padraig Mcsharry		M	M40	229	(1:12:56)	1:13:01
143	» Niall Diamond		M	M40	744	(1:13:00)	1:13:02
144	» John Kane		M	M40	364	(1:12:47)	1:13:04
145	» Thomas Doherty		M	M50	143	(1:13:06)	1:13:06
146	» Pauric Mc Nern	Bruckless Road Runners	M	MS	17	(1:12:51)	1:13:08
147	» Darrell Mc Nern		M	MS	611	(1:12:42)	1:13:17
148	» Ita Kelky	Omagh Harriers	F	F40	447	(1:13:18)	1:13:24
149	» Enda Whelan	Sligo AC	M	M60	136	(1:13:27)	1:13:27
150	» Stephen Travers		M	M40	174	(1:13:29)	1:13:31
151	» Eddie Sherry	Clones AC	M	MS	666	(1:13:31)	1:13:34
152	» Owen Bonner	Rosses AC	M	M40	71	(1:13:35)	1:13:45
153	» Julie McMullin	Tir Chonaill AC	F	F40	219	(1:13:45)	1:13:47
154	» Paul Mcgee	Tir Chonaill AC	M	MS	222	(1:13:49)	1:13:50
154	» James Ruane		M	MS	67	(1:13:07)	1:13:50
156	» Stephen Byrne		M	MS	337	(1:13:37)	1:13:52
157	» John Mcdonnell	Enniskillen RC	M	M40	324	(1:13:42)	1:13:53
158	» Keith Burns		M	MS	696	(1:13:34)	1:13:56
159	» Ronan O'reilly	Green Watch Central	M	MS	200	(1:13:38)	1:14:02
160	» Eamon Towey	The Black Sheep	M	MS	77	(1:13:51)	1:14:05
161	» Ciaran McCaffrey	Clones AC	M	M40	665	(1:14:05)	1:14:07
162	» John Sweeney		M	M50	144	(1:14:08)	1:14:08

Pl.	Name	Club/City/Country	Cat.	Subcat.	#	Net	Gross
163	» Claire Quinn		F	F40	299	(1:14:06)	1:14:10
164	» Sinead Mccann	Omagh Tri Club	F	FS	515	(1:14:04)	1:14:11
165	» Simon Stephens		M	MS	180	(1:13:51)	1:14:12
166	» David Reddington		M	MS	169	(1:14:28)	1:14:28
167	» Peter McKenna		M	MS	697	(1:14:08)	1:14:30
168	» Rodney Irwin		M	M40	658	(1:13:59)	1:14:34
169	» Albert Law		M	M50	745	(1:14:41)	1:14:41
170	» Liam Maguire	Lifford AC	M	M40	38	(1:14:45)	1:14:46
171	» David Neill		M	MS	628	(1:14:02)	1:14:47
172	» Gerard Mc Cauley		M	MS	51	(1:14:52)	1:14:52
173	» Sonia Carey	Civil Service Harriers	F	FS	106	(1:14:55)	1:14:55
174	» Darren Madden	fit4life longford	M	MS	393	(1:14:55)	1:14:58
175	» Kieran Brett	South Sligo AC	M	M40	507	(1:14:58)	1:14:59
175	» David Wylie	Foyle Valley	M	M40	527	(1:14:39)	1:14:59
177	» Danny Browne	Pettigo Runners	M	M40	4	(1:14:38)	1:15:02
178	» Trevor Mcdaid	North Leitrim	M	M40	159	(1:15:02)	1:15:03
179	» Paul McGuckin	Tir Chonaill AC	M	M40	537	(1:15:02)	1:15:03
180	» Adrian McHugh		M	M40	675	(1:15:05)	1:15:06
181	» Fintan Greenan		M	M40	599	(1:15:10)	1:15:10
182	» Eilish Bell		F	F40	458	(1:14:50)	1:15:18
183	» Christy Mc Monagle		M	M60	313	(1:15:20)	1:15:22
184	» James Kearns		M	M40	497	(1:15:16)	1:15:37
185	» Gary Reynolds	Sligo AC	M	M40	635	(1:15:27)	1:15:42
186	» Lesley Ann Culkin		F	FS	83	(1:15:54)	1:16:01
187	» Paddy Croal	North Leitrim	M	M60	719	(1:15:30)	1:16:02
188	» Conor Mcgonagle	Finn Valley	M	M40	535	(1:15:46)	1:16:07
189	» Gerard Crawford	Lifford AC Fit 4 Life	M	MS	518	(1:16:06)	1:16:07
190	» Brian Rice		M	MS	528	(1:15:51)	1:16:08
191	» Marie Harper		F	FS	344	(1:16:10)	1:16:10
192	» Sharon Meehan	Tir Chonaill AC	F	FS	179	(1:16:11)	1:16:11

Pl.	Name	Club/City/Country	Cat.	Subcat.	#	Net	Gross
193	» Michael Mc Bride		M	M50	81	(1:16:11)	1:16:19
194	» Liam Bromley		M	M40	94	(1:16:21)	1:16:21
195	» Ben Power		M	MS	687	(1:16:07)	1:16:22
196	» Nigel Barry		M	MS	348	(1:15:57)	1:16:29
197	» Amanda Monaghan	Lifford AC	F	F40	390	(1:16:32)	1:16:33
198	» Ronan Brennan		M	MS	443	(1:16:18)	1:16:38
199	» Sean McMorrow		M	M40	735	(1:16:40)	1:16:40
200	» Stanley Hunter		M	M40	369	(1:16:25)	1:16:42
201	» Gavin Patton		M	M40	351	(1:16:29)	1:16:43
202	» Gavin Gerrard	Tir Chonail AC	M	MS	298	(1:16:39)	1:16:45
203	» Deirdre Deering	Sligo AC	F	F40	227	(1:16:48)	1:16:49
204	» Ray Monaghan	Foyle Valley	M	MS	460	(1:16:32)	1:16:52
205	» Andrea Kennedy		F	F40	676	(1:16:45)	1:16:53
206	» Maria Magee	Enniskillen RC	F	F40	606	(1:16:45)	1:16:53
207	» Michael Duncan		M	M50	699	(1:17:00)	1:17:03
208	» Mary Furey	Tireragh AC	F	F50	10	(1:16:47)	1:17:06
209	» Elizabeth Brady		F	FS	399	(1:17:05)	1:17:07
210	» Michael Gallagher		M	M40	595	(1:16:50)	1:17:11
211	» Barry Mccrystal		M	MS	476	(1:16:56)	1:17:13
212	» Gerard Mccafferty	Tir Chonail AC	M	M40	482	(1:17:20)	1:17:20
213	» Brian McGee		M	MS	661	(1:16:47)	1:17:24
214	» Marcus White	Ballisodare	M	M40	9	(1:16:58)	1:17:24
215	» Denise Mc Elroy	Enniskillen RC	F	F40	378	(1:17:13)	1:17:25
216	» Michael McMenamin		M	M40	739	(1:17:14)	1:17:26
217	» Gerard Quinn		M	MS	241	(1:16:56)	1:17:33
218	» Michael Kellegher	South Sligo AC	M	M50	286	(1:17:37)	1:17:39
219	» Linda Walsh		F	F40	690	(1:17:43)	1:17:43
220	» Declan Cox		M	M40	684	(1:17:20)	1:17:46
221	» Conor Hayes	Lifford AC	M	M40	540	(1:17:49)	1:17:50
222	» Mark Mc Donnell		M	MS	459	(1:17:39)	1:17:56

Pl.	Name	Club/City/Country	Cat.	Subcat.	#	Net	Gross
223	» Noel Crossan		M	MS	554	(1:17:45)	1:18:02
224	» Alison O Sullivan	North Sligo AC	F	F40	553	(1:17:54)	1:18:06
225	» Damien Conlon		M	MS	49	(1:18:00)	1:18:10
226	» Nicola Forde		F	FS	593	(1:18:02)	1:18:11
227	» Paul Doherty		M	M40	716	(1:17:47)	1:18:14
228	» Danny Gamble		M	M40	117	(1:17:53)	1:18:17
229	» Joe Molloy		M	M40	465	(1:18:15)	1:18:19
230	» John Mahon		M	MS	304	(1:17:46)	1:18:20
231	» Paul Mcdaid		M	MS	564	(1:18:12)	1:18:22
232	» Michael Rodgers	Rosses AC	M	M40	579	(1:18:09)	1:18:22
233	» Paul Mc Namee	Lifford AC	M	M40	610	(1:18:20)	1:18:24
234	» John Doherty		M	M40	714	(1:18:03)	1:18:30
235	» Mark Burns		M	MS	391	(1:18:25)	1:18:31
236	» Neil Diamond		M	M40	451	(1:18:25)	1:18:34
237	» Gary Marshall	Foyle Valley	M	M40	58	(1:18:16)	1:18:35
238	» Mairead Cullen		F	FS	741	(1:18:40)	1:18:40
239	» Aidan Mcgonigle		M	MS	255	(1:18:25)	1:18:50
240	» Ciaran O Brien		M	MS	292	(1:18:30)	1:18:53
241	» Finbarr Bermingham		M	MS	723	(1:18:16)	1:18:56
242	» Sean Cassidy	Tir Chonaill AC	M	M40	559	(1:18:44)	1:18:58
243	» Francie Gallagher		M	M40	477	(1:18:48)	1:18:59
244	» Kevin Mc Glynn	Tir Chonaill AC	M	M40	96	(1:18:46)	1:19:01
245	» Barry Duffy	Tir Chonaill AC	M	M40	207	(1:19:07)	1:19:07
246	» Caroline Spratt		F	F40	257	(1:19:04)	1:19:09
247	» Patrick Mcgurn	Pettigo Runners	M	M40	124	(1:19:04)	1:19:10
248	» Sharon Mc Gowan	Tir Chonaill AC	F	F40	509	(1:19:13)	1:19:14
249	» William Parke		M	M60	356	(1:19:13)	1:19:16
250	» Emma Casserley Mc Cann	North Sligo AC	F	FS	40	(1:19:00)	1:19:17
251	» Tahira Khan		F	FS	110	(1:19:17)	1:19:17
252	» Claire Flood	Tir Chonaill AC	F	F40	592	(1:19:21)	1:19:21

Pl.	Name	Club/City/Country	Cat.	Subcat.	#	Net	Gross
253	» Brian McMullin	Tir Chonaill AC	M	M40	220	(1:19:20)	1:19:23
254	» Jane Mcdevitt	Tir Chonaill AC	F	F40	616	(1:19:13)	1:19:29
255	» Margaret Shiels		F	F40	740	(1:19:25)	1:19:31
256	» Clare Masterson		F	FS	206	(1:19:29)	1:19:36
257	» Nuala Gallagher	Omagh Harriers	F	FS	644	(1:19:42)	1:19:42
258	» Sean P Cassidy	Pettigo Runners	M	MS	89	(1:19:36)	1:19:53
259	» Donal Curran		M	MS	495	(1:19:43)	1:19:56
260	» Colin Mooney		M	MS	396	(1:19:57)	1:19:59
261	» Bernie O Donnell	Omagh Harriers	F	F40	131	(1:19:49)	1:20:01
262	» Ciaran Donnellan	Sligo AC	M	M50	441	(1:19:52)	1:20:06
263	» Tom Sheridan	Tom Sheridan	M	MS	188	(1:19:31)	1:20:07
264	» John Mc Gurl		M	MS	82	(1:20:07)	1:20:07
265	» John Elliott	Calry A/C	M	M40	204	(1:20:00)	1:20:26
266	» Gary Gallagher		M	M40	437	(1:20:03)	1:20:30
267	» Late entry		M	M50	692	(1:20:20)	1:20:32
268	» Sean Mcglone		M	MS	18	(1:20:31)	1:20:34
269	» Paul B Mc Gee		M	M40	525	(1:19:58)	1:20:35
270	» Pauline Henry	Sligo AC	F	FS	162	(1:20:29)	1:20:36
271	» Lorraine Lynch	Civil Service Harriers	F	FS	107	(1:20:41)	1:20:41
272	» Barry Mcardle		M	M40	297	(1:20:18)	1:20:43
273	» David Leivy		M	MS	742	(1:20:32)	1:20:45
274	» Mark Donaghey	Lifford AC	M	M40	285	(1:20:48)	1:20:52
275	» Theresa Mcaleer	Omagh Tri Club	F	F40	327	(1:20:53)	1:20:53
276	» Bernadette Mcneely		F	F50	256	(1:20:48)	1:20:53
277	» Kevin Coyle		M	MS	192	(1:20:31)	1:20:55
278	» Paul McDevitt	Tir Chonaill AC	M	M40	646	(1:20:47)	1:21:02
279	» Ingrid Foley		F	F40	338	(1:20:35)	1:21:03
280	» Deirdre Dillon		F	F50	588	(1:21:02)	1:21:05
281	» Gary Murphy		M	MS	430	(1:20:30)	1:21:06
282	» Hugh Sally		M	MS	638	(1:20:53)	1:21:06

Pl.	Name	Club/City/Country	Cat.	Subcat.	#	Net	Gross
283	» Noel Darcy		M	MS	370	(1:20:42)	1:21:08
284	» Claire Maguire		F	F40	732	(1:21:10)	1:21:10
285	» Padraig Mag Loingsigh		M	M40	700	(1:20:33)	1:21:12
286	» Ronnie Jooohnson	Enniskillen RC	M	M50	600	(1:21:01)	1:21:17
287	» Anthony Malone		M		252	(1:21:06)	1:21:20
288	» Mary Rutledge	Church Hill Ladies Running club	F	F40	333	(1:21:04)	1:21:23
289	» Ann Moore	Mullingar Harriers	F	F40	248	(1:21:12)	1:21:25
290	» Conor Donnelly		M	MS	461	(1:21:11)	1:21:25
291	» Sarah Perry	Tir Chonaill AC	F	FS	64	(1:21:15)	1:21:26
292	» Roisin Mcdonnell	Enniskillen RC	F	F40	617	(1:21:16)	1:21:27
293	» Kirk Mccourt		M	MS	427	(1:21:13)	1:21:31
294	» Niall Corry		M	MS	471	(1:21:23)	1:21:33
295	» Liam Cleary	Lifford AC	M	M40	175	(1:21:36)	1:21:41
296	» Gloria Donaghey	Finn Valley	F	F50	55	(1:21:41)	1:21:44
297	» Sean Gilbride		M	M40	558	(1:21:42)	1:21:50
298	» Loretta Cullen	Tir Chonaill AC	F	F40	135	(1:21:45)	1:21:50
299	» Bronagh Heverin	Glenties	F	F40	291	(1:21:42)	1:21:51
300	» Danielle Corey	Dub Runners Of Belfast	F	FS	557	(1:21:41)	1:21:54
301	» Mary Ketterer		F	FS	605	(1:21:40)	1:21:57
302	» Sean Byrne		M	M50	728	(1:21:58)	1:22:00
303	» Leon Gorman		M	MS	667	(1:21:27)	1:22:00
304	» Patrick McGee		M	M40	660	(1:21:23)	1:22:01
305	» John Byrne		M	MS	582	(1:21:59)	1:22:04
306	» Linda Higgins	Sligo AC	F	F40	88	(1:21:44)	1:22:04
307	» Leoni Cooke	Lifford AC	F	FS	202	(1:22:02)	1:22:05
308	» Paddy Tourish		M	M50	48	(1:22:02)	1:22:06
309	» Jackie Harvey		F	FS	521	(1:22:05)	1:22:06
310	» Garrett Mc Carron	Lifford AC	M	MS	492	(1:22:06)	1:22:10
311	» Karl Doherty		M	MS	680	(1:22:05)	1:22:11
312	» Eric Pierce		M	M50	634	(1:21:37)	1:22:13

Pl.	Name	Club/City/Country	Cat.	Subcat.	#	Net	Gross
313	» Mary Duffy		F	F40	445	(1:22:14)	1:22:14
314	» Caroline Kennedy Moran	Bruckless Road Runners	F	F40	36	(1:22:00)	1:22:17
315	» Michael Mc Grinder	Lifford AC	M	M40	510	(1:22:14)	1:22:19
316	» Joe Gallen	Lifford AC Fit 4 Life	M	M50	121	(1:22:22)	1:22:24
317	» Brian Murray	Balbriggan Road Runners	M	MS	673	(1:22:28)	1:22:28
318	» Pauline Love		F	F50	717	(1:22:08)	1:22:28
319	» Sonya O'connell		F	F40	522	(1:22:24)	1:22:33
320	» Mary Hoey	Tir Chonail AC	F	F40	196	(1:22:33)	1:22:35
321	» Liam Daly	Lifford AC	M	M50	682	(1:22:34)	1:22:37
322	» Sharon Hamilton	Finn Valley	F	F40	176	(1:22:34)	1:22:38
323	» Ursula Coyle	Lifford AC Fit 4 Life	F	F40	114	(1:22:32)	1:22:39
324	» Joe Mc Nulty	Lifford AC Fit 4 Life	M	M40	45	(1:22:38)	1:22:42
325	» Iggy Houston	Fit 4 Life Lifford AC	M	M40	87	(1:22:43)	1:22:45
326	» Padraic Lenehan		M	MS	212	(1:22:41)	1:22:50
327	» Sean Devlin		M	M50	736	(1:22:26)	1:22:51
328	» Johanne Mc Colgan	Inishowen AC	F	FS	609	(1:22:45)	1:22:53
329	» Robert Mitchell	Lifford AC	M	MS	648	(1:23:02)	1:23:05
330	» Saranna Gallagher		M	M40	73	(1:23:08)	1:23:08
331	» Jason Regan		M	MS	689	(1:23:00)	1:23:12
332	» Adrian Power	Enniskillen RC	M	M50	536	(1:23:02)	1:23:16
333	» James Whoriskey		M	MS	643	(1:23:06)	1:23:20
334	» Fionnuala Silke	Sligo AC	F	FS	14	(1:23:13)	1:23:22
335	» Stephen Montgomery		M	MS	217	(1:23:00)	1:23:25
336	» Michael Roulstone	Lifford AC Fit 4 Life	M	M50	551	(1:23:17)	1:23:27
337	» Peter Coyle	BOLT	M	M40	235	(1:23:13)	1:23:30
338	» Laura Dillon	Sligo AC	F	FS	233	(1:23:03)	1:23:30
339	» Seán Rogers		M	MS	568	(1:23:05)	1:23:33
340	» Sean Mccartan		M	M40	517	(1:23:09)	1:23:36
341	» Lorraine Furey	Civil Service Harriers	F	FS	108	(1:23:38)	1:23:38
342	» Rodney Farry		M	MS	550	(1:23:00)	1:23:39

Pl.	Name	Club/City/Country	Cat.	Subcat.	#	Net	Gross
343	» Aileen Doherty		F	FS	707	(1:23:39)	1:23:41
344	» Ann Donoghue	Tir Chonaill AC	F	F50	513	(1:23:41)	1:23:47
345	» Donal Gormley		M	MS	709	(1:23:13)	1:23:48
346	» Simon Langan		M	MS	13	(1:23:04)	1:23:48
347	» Eleanor Rooney		F	F40	657	(1:23:50)	1:23:51
348	» Paddy Gallagher	Creeslough Road Runners	M	MS	596	(1:24:03)	1:24:04
349	» Ann Morrow		F	F50	186	(1:23:57)	1:24:04
350	» Noelle Galvan	Sligo AC	F	FS	315	(1:24:01)	1:24:11
351	» Elizabeth Deane		F	FS	140	(1:24:03)	1:24:11
352	» Deborah Dawson	Tir Chonaill AC	F	FS	8	(1:24:04)	1:24:11
353	» Fiona Farragher		F	FS	232	(1:23:46)	1:24:13
354	» Ciaran Doherty	United Health Group	M	MS	478	(1:23:54)	1:24:16
355	» Chris Kelly		M	M40	28	(1:24:00)	1:24:32
356	» Linda Mcdaid	Inishowen AC	F	FS	385	(1:24:30)	1:24:37
357	» Danny Burns	Lifford AC Fit 4 Life	M	M60	69	(1:24:34)	1:24:38
358	» Jason MCGarrigle	Tir Chonaill AC	M	MS	25	(1:24:26)	1:24:44
359	» Darren Reid	Lifford AC	M	M40	39	(1:24:45)	1:24:45
360	» Tj Wilson		M	M40	103	(1:24:37)	1:24:46
361	» Colm Ferriter		M	MS	22	(1:24:07)	1:24:46
362	» Joseph Watson		M	MS	2719	(1:24:03)	1:24:47
363	» Christopher McCabe		M	MS	672	(1:24:04)	1:24:47
364	» Majella McLaughlin		F	FS	708	(1:24:48)	1:24:49
365	» Kevin Kearns		M	M40	601	(1:24:27)	1:24:50
366	» Shane Stuart		M	MS	278	(1:24:43)	1:25:12
367	» Edwina Sweeney		F	F40	541	(1:25:07)	1:25:13
368	» Deirdre Boland	Tireragh AC	F	FS	548	(1:24:50)	1:25:18
369	» Marcelo Sousi		M	MS	743	(1:25:03)	1:25:18
369	» Ronan Kennedy		M	MS	231	(1:25:18)	1:25:18
371	» Yvette Raymond	Sligo AC	F	FS	484	(1:24:52)	1:25:19
372	» Sharon Carlin	Lifford AC Fit 4 Life	F	F40	239	(1:25:24)	1:25:24

Pl.	Name	Club/City/Country	Cat.	Subcat.	#	Net	Gross
373	» Noel Mc Nulty	Fit 4 Life Lifford AC	M	M50	218	(1:25:17)	1:25:29
374	» Stephen Mccafferty	Foyle Valley	M	M50	524	(1:25:18)	1:25:33
375	» Michelle Donaghy	Inishowen AC	F	F40	301	(1:25:20)	1:25:33
376	» Liam Quinn		M	MS	240	(1:25:00)	1:25:37
377	» Stephen Crawford	Lifford AC Fit 4 Life	M	MS	157	(1:25:33)	1:25:37
378	» Gareth Scahill		M	MS	74	(1:25:26)	1:25:38
379	» Eileen Ward	Tir Chonail AC	F	F40	224	(1:25:35)	1:25:38
379	» Martina Couhglin		F	F40	251	(1:25:34)	1:25:38
381	» Colm Towey	Ballaghaderreen	M	MS	342	(1:25:27)	1:25:39
382	» Eamon Mc Kenna	Pettigo Runners	M	M40	3	(1:25:16)	1:25:40
383	» Richard Orr		M	M40	573	(1:25:41)	1:25:41
384	» David O Rourke		M	M40	721	(1:25:03)	1:25:41
385	» Mark Mcgowan		M	M40	570	(1:24:59)	1:25:41
386	» Gregory O'loughlin		M	M50	534	(1:25:17)	1:25:44
387	» Brian Keenan		M	M50	287	(1:25:30)	1:25:48
388	» Rachel Friel	Lifford AC	F	FS	519	(1:25:41)	1:25:49
389	» Rosaleen Doherty		F	FS	317	(1:25:35)	1:25:54
390	» Paul Caprani		M	M40	164	(1:25:27)	1:25:54
391	» Diarmaid Keon	MSC Tri	M	M40	405	(1:25:33)	1:26:03
392	» Riona Mc Henry		F	FS	560	(1:25:56)	1:26:05
393	» Annmarie Dalton		F	FS	738	(1:25:35)	1:26:05
394	» Dermot Devine		M	M40	20	(1:25:45)	1:26:08
395	» Mary Gallagher		F	F50	113	(1:26:11)	1:26:17
396	» Sean Mc Devitt		M	M40	191	(1:26:09)	1:26:17
397	» Terry Hughes		M	MS	426	(1:25:58)	1:26:19
398	» Packie Boner		M	M40	47	(1:25:45)	1:26:23
399	» Ciara Ruane		F	FS	66	(1:25:45)	1:26:27
399	» Caroline Ryan		F	FS	647	(1:25:49)	1:26:27
401	» Katrina Finnigan	Tireragh AC	F	F40	11	(1:26:34)	1:26:34
402	» Gavin Macarthur	Order of Dagon	M	M40	75	(1:26:43)	1:26:44

Pl.	Name	Club/City/Country	Cat.	Subcat.	#	Net	Gross
403	» Melissa McIntyre	Inishowen AC	F	FS	543	(1:26:32)	1:26:46
404	» Orla Shovlin Doogan		F	F40	33	(1:26:55)	1:26:55
405	» Anne Cannon		F	F40	95	(1:26:56)	1:26:56
406	» Angela Trimble	Glenties	F	F40	538	(1:26:57)	1:27:03
407	» Gawain Mcbrearty		M	M40	418	(1:27:08)	1:27:08
408	» Therese Hunt	South Sligo AC	F	FS	325	(1:26:43)	1:27:08
409	» Maura O Grady	Milford AC	F	F40	629	(1:26:40)	1:27:08
410	» Margaret Mcglynn		F	FS	50	(1:27:03)	1:27:09
411	» Andrea McElroy		M	M50	654	(1:26:33)	1:27:10
412	» Danielle Boyle		F	FS	331	(1:27:04)	1:27:10
413	» Lorna Gilmartin		F	FS	392	(1:27:11)	1:27:11
414	» Chloe Jinks		F	FS	21	(1:27:10)	1:27:13
415	» Vanessa Foley	Sligo AC	F	F40	5	(1:26:53)	1:27:13
416	» Deborah Conroy	Lifford AC Fit 4 Life	F	FS	130	(1:27:14)	1:27:16
417	» Andrea Mcgavigan	Lifford AC Fit 4 Life	F	FS	230	(1:27:17)	1:27:17
418	» Eilis McClafferty		F	FS	693	(1:27:19)	1:27:19
419	» Rosemary Dewhirst		F	F40	448	(1:27:15)	1:27:21
420	» Eithne Cox		F	F40	694	(1:27:23)	1:27:23
421	» Bernie Mcadam	Clones AC	F	F40	208	(1:27:01)	1:27:24
422	» Carmel Hoynes	Lifford AC Fit 4 Life	F	F40	41	(1:27:25)	1:27:25
423	» Leanne Mccafferty		F	FS	613	(1:26:58)	1:27:25
424	» Goretta Marley	fit for life finn valley	F	F40	607	(1:27:20)	1:27:29
425	» Liam Fitzpatrick		M	MS	137	(1:27:09)	1:27:31
426	» Kieran McElroy		M	M60	653	(1:26:56)	1:27:34
427	» Sarah Mccaffery		F	FS	12	(1:26:53)	1:27:34
428	» Anthony Walsh1960	South Sligo AC	M	M50	86	(1:27:20)	1:27:45
429	» Aishling Kennedy	Sligo AC	F	FS	604	(1:27:48)	1:27:48
430	» Enda Maxwell		M	MS	514	(1:27:42)	1:27:50
431	» Peter O Donnell	Omagh Harriers	M	M40	132	(1:27:49)	1:27:51
432	» Katie Barrett		F	FS	43	(1:27:11)	1:27:54

Pl.	Name	Club/City/Country	Cat.	Subcat.	#	Net	Gross
433	» Lynda Loughlin	Tir Chonaill AC	F	FS	54	(1:27:11)	1:27:55
434	» Clare Doherty		F	FS	434	(1:27:30)	1:27:58
435	» Stacey Blake		F	FS	353	(1:27:31)	1:28:03
436	» Padraig Murphy		M	M40	488	(1:27:45)	1:28:09
437	» Josie Lawler	Milford AC	F	F40	92	(1:27:49)	1:28:18
438	» Sonya Odonnell	Finn Valley	F	FS	389	(1:28:11)	1:28:21
439	» George McCutcheon		M	M50	711	(1:27:56)	1:28:33
440	» Joe Flannery		M	M60	118	(1:28:34)	1:28:46
441	» Andrea Porter	Lifford AC Fit 4 Life	F	FS	221	(1:28:46)	1:28:54
442	» Dolores Mcweeeney		F	FS	625	(1:28:44)	1:28:57
443	» Cillian Costigan		M	MS	487	(1:28:31)	1:29:10
444	» Sean Kennedy		M	MS	322	(1:28:54)	1:29:13
445	» David Craig		M	M50	651	(1:28:54)	1:29:14
446	» Damien Doherty		M	MS	450	(1:28:54)	1:29:16
447	» Eoin MCGowan		M	MS	483	(1:29:14)	1:29:17
448	» Conal Gallagher		M	M40	261	(1:28:46)	1:29:18
449	» Dylan Devitt		M	M40	262	(1:28:47)	1:29:18
450	» Siobhan Killoran		F	FS	473	(1:29:18)	1:29:18
451	» Noel Molloy		M	MS	19	(1:29:12)	1:29:23
452	» Deirdre Lambe	Clones AC	F	FS	234	(1:29:00)	1:29:24
453	» Shirley Harte		F	F40	349	(1:29:01)	1:29:29
454	» Michael Earley		M	MS	590	(1:28:51)	1:29:31
455	» Emily Bonner		F	FS	397	(1:29:36)	1:29:39
456	» Pauline O'conner		F	FS	29	(1:29:21)	1:29:49
457	» Trisha Gillespie	Rosses AC	F	F40	259	(1:29:40)	1:29:53
458	» Dermot Mitchell		M	MS	318	(1:29:47)	1:30:13
459	» Michelle Delaney	Glenties	F	FS	453	(1:30:10)	1:30:16
460	» Enda Hughes		M	M40	98	(1:29:49)	1:30:18
461	» Joanne Cunningham		F	FS	547	(1:29:40)	1:30:23
462	» Greg Mitchell		M	MS	2648	(1:29:54)	1:30:39

Pl.	Name	Club/City/Country	Cat.	Subcat.	#	Net	Gross
463	» Claire Currid	Tir Chonaill AC	F	FS	467	(1:30:31)	1:30:40
464	» Nan Fee		F	FS	722	(1:30:07)	1:30:47
465	» Rory Foley		M	MS	433	(1:30:44)	1:30:51
466	» Stephen Lynch		M	M40	203	(1:30:33)	1:30:55
467	» Paul Me		M	M50	702	(1:30:25)	1:30:56
468	» Erika Ryan		F	FS	701	(1:30:26)	1:30:57
469	» Nora Timoney		F	F50	249	(1:30:52)	1:31:00
470	» Seamus Mccann		M	M50	365	(1:30:39)	1:31:09
471	» Cathy Harvey		F	F40	281	(1:30:57)	1:31:16
472	» Colin Burgess	Queen's Surf Club Belfast	M	MS	2	(1:31:34)	1:31:34
473	» Denise Browne		F	F40	267	(1:30:59)	1:31:38
474	» Anne White		F	F40	165	(1:31:12)	1:31:39
475	» Una O Donnell		F	FS	362	(1:31:15)	1:31:43
476	» Valerie Moore	Tir Chonaill AC	F	F40	183	(1:31:38)	1:31:46
477	» Ericka Murray	ninjas	F	FS	142	(1:31:38)	1:31:47
478	» Roisin Atcheson		F	FS	580	(1:31:23)	1:31:47
479	» David Horn		M	M40	44	(1:31:04)	1:31:48
480	» Ciara Collins		F	FS	363	(1:31:19)	1:31:48
481	» Lisa Mcglynn	Castlefinn Running	F	FS	619	(1:31:31)	1:31:49
482	» Celine Ward		F	F50	642	(1:31:25)	1:31:50
482	» Martina Mcgee	Tir Chonaill AC	F	FS	184	(1:31:42)	1:31:50
484	» Rose Hunter Young	Sligo AC	F	F60	359	(1:31:42)	1:32:03
485	» Siobhan Sweeney		F	FS	640	(1:31:35)	1:32:16
486	» David Mcguinness		M	MS	243	(1:31:35)	1:32:17
487	» Caroline Connelly		F	FS	681	(1:32:23)	1:32:23
488	» Roisin Mc Ginley	Lifford AC	F	F40	438	(1:32:25)	1:32:25
489	» Aisling Gillen	Sligo AC	F	F40	141	(1:32:15)	1:32:37
490	» Brian Conway		M	M40	730	(1:32:23)	1:32:52
491	» Maria Frost		F	FS	533	(1:32:52)	1:32:53
492	» Rhonda Moore		F	FS	269	(1:32:18)	1:32:56

Pl.	Name	Club/City/Country	Cat.	Subcat.	#	Net	Gross
493	» Karen Mcloren		F	FS	266	(1:32:19)	1:32:57
494	» Jean Brosnan	Pettigo Runners	F	FS	664	(1:32:38)	1:32:58
495	» Paula Jansen	Finn Valley	F	FS	126	(1:33:00)	1:33:00
496	» Adelaide Strain		F	F50	436	(1:32:33)	1:33:00
497	» Jane Flannery		F	FS	213	(1:33:05)	1:33:09
498	» Valerie Lawless		F	FS	24	(1:32:59)	1:33:16
499	» Jennifer McCaffrey		F	FS	649	(1:32:36)	1:33:17
500	» Gerry McMonagle		M	MS	725	(1:33:07)	1:33:19
501	» Thomas Mchugh	Lifford AC Fit 4 Life	M	M50	530	(1:33:18)	1:33:21
502	» Michelle Henry		F	FS	662	(1:33:06)	1:33:23
503	» Tim O Sullivan		M	M40	552	(1:32:51)	1:33:29
504	» Helen Doherty	Finn Valley	F	FS	223	(1:33:33)	1:33:33
505	» Margaret Warnock		F	F60	309	(1:33:36)	1:33:36
506	» Gerry Hone		M	M40	481	(1:33:15)	1:33:42
507	» Louise Mailey	Convoy Running Club	F	FS	506	(1:33:58)	1:33:58
508	» Fiona Temple		F	FS	706	(1:33:48)	1:34:03
509	» Claire Teague		F	FS	341	(1:34:04)	1:34:07
510	» Steve Orme		M	M40	16	(1:33:33)	1:34:10
511	» Fiona Mc Gonigle		F	FS	163	(1:33:48)	1:34:23
512	» Janet Smyth	Church Hill Ladies Running club	F	F50	382	(1:34:04)	1:34:23
513	» Vivienne Kells	Church Hill Ladies Running club	F	F50	332	(1:34:04)	1:34:23
514	» Keith Mc Brearty		M	MS	91	(1:34:00)	1:34:26
515	» Ruth Mccrudden	Letterkenny AC	F	F40	90	(1:34:04)	1:34:33
516	» Alison Jackson	Church Hill Ladies Running club	F	F40	272	(1:34:23)	1:34:42
517	» Cliona Mc Ginn		F	FS	242	(1:34:11)	1:34:43
518	» Patrick McCaul		M	M50	731	(1:34:16)	1:34:45
519	» Jenny Mc Clay		F	F50	2590	(1:34:47)	1:34:47
520	» Eileen Crawford	Lifford AC Fit 4 Life	F	FS	156	(1:34:42)	1:34:47
520	» Christine McNulty	Lifford AC	F	F40	623	(1:34:42)	1:34:47
522	» Declan Mccallion	Lifford AC	M	M40	119	(1:34:47)	1:34:48

Pl.	Name	Club/City/Country	Cat.	Subcat.	#	Net	Gross
523	» Bernadette Kelly		F	F40	27	(1:34:17)	1:34:48
524	» Chris Broughton		M	M40	139	(1:34:10)	1:34:49
525	» Eithne White		F	F40	138	(1:34:10)	1:34:49
526	» Geraldine Loughlin		F	F40	726	(1:34:10)	1:34:50
527	» Francie Boylan		M	MS	439	(1:34:18)	1:34:51
528	» Jennifer Mc Clay		F	F50	2589	(1:34:52)	1:34:52
529	» Pat Lindsay		M	M40	177	(1:34:45)	1:35:06
530	» Mary Boyle	St Nauls Runners	F	F40	2412	(1:34:32)	1:35:10
531	» Joanne Mcgoldrick		F	F40	30	(1:34:59)	1:35:28
532	» Jacqueline Breslin		F	FS	357	(1:35:05)	1:35:31
533	» Mary Hughes		F	F40	99	(1:35:06)	1:35:35
534	» Mel Heron		F	F40	247	(1:35:12)	1:35:44
535	» Rosaleen Beirne	Team Ocean Links	F	F40	150	(1:35:24)	1:35:48
536	» John McDaid		M	MS	715	(1:35:50)	1:35:50
536	» Noel Keaveney	sligo triathlon club	M	M50	170	(1:35:18)	1:35:50
538	» Monica Mcelhinney	Fitness4all	F	F50	402	(1:35:11)	1:35:54
539	» Colleen McMahon		F	FS	737	(1:35:25)	1:35:57
540	» Dympna Boner		F	F40	46	(1:35:47)	1:35:58
541	» Tina McHugh		F	FS	674	(1:35:35)	1:36:10
542	» Vivienne Ryan		F	F40	406	(1:35:28)	1:36:12
543	» Sabineq Walsh		F	F40	68	(1:36:06)	1:36:25
544	» Stephen Mcquaid		M	M40	122	(1:35:46)	1:36:28
545	» Janet Mcgonigle		F	F40	423	(1:36:01)	1:36:34
546	» Grace O Donnell	Convoy Running Club	F	FS	350	(1:36:31)	1:36:51
547	» Julie Mc Crea	Pettigo Runners	F	F40	412	(1:36:45)	1:37:04
548	» Jenny Parkes		F	F40	712	(1:36:30)	1:37:11
549	» Michelle O'donnell	South Sligo AC	F	FS	555	(1:37:03)	1:37:26
550	» Margaret Kelly	South Sligo AC	F	FS	562	(1:37:03)	1:37:26
551	» Emma Davitt	South Sligo AC	F	FS	587	(1:37:03)	1:37:26
552	» Tamara Harvey		F	FS	531	(1:37:20)	1:37:43

Pl.	Name	Club/City/Country	Cat.	Subcat.	#	Net	Gross
553	» Lynn Parke	Convoy Running Club	F	FS	632	(1:37:28)	1:37:47
554	» Marian Connolly		F	FS	678	(1:37:04)	1:37:49
555	» Majella Cunningham	Bruckless Road Runners	F	FS	395	(1:37:37)	1:37:53
556	» Denise Moss	Finn Valley	M	M40	57	(1:37:34)	1:37:54
557	» Samantha Mckiernan	Killgarry	F	F40	128	(1:37:38)	1:37:56
558	» Brenda Owens Brady	Killgarry	F	FS	127	(1:37:39)	1:37:56
559	» Stephen Mc Curdy		M	M40	529	(1:37:58)	1:38:02
560	» Michelle McMackin		F	FS	677	(1:37:23)	1:38:08
561	» Paul O'reilly		M	M50	432	(1:37:43)	1:38:11
562	» Helen Burke	North Sligo AC	F	F40	271	(1:37:45)	1:38:29
563	» Flannery Rosa		F	FS	637	(1:38:27)	1:38:32
564	» Shane O'donnell		M	MS	631	(1:38:12)	1:38:37
565	» Ann Rooney		F	F40	636	(1:38:23)	1:38:46
566	» Anne Burke	South Sligo AC	F	F40	328	(1:38:23)	1:38:46
566	» Laura Burke	South Sligo AC	F	F40	360	(1:38:22)	1:38:46
568	» Sinead Keogh Finnegan	Fitties	F	F40	26	(1:38:23)	1:38:55
569	» Bernie Crossan	Finn Valley	F	F40	190	(1:38:57)	1:39:06
570	» Susan Thompson		F	FS	265	(1:38:29)	1:39:07
571	» Anne Marie Lynch	Finn Valley	F	F40	198	(1:39:09)	1:39:09
572	» Aisling Mcdevitt		F	FS	185	(1:38:54)	1:39:14
573	» Mervyn Elliott		M	M50	383	(1:38:57)	1:39:18
574	» Isabel Gardiner	Run LK	F	F40	401	(1:38:45)	1:39:18
575	» Maire Geoghegan	Run LK	F	F40	578	(1:38:45)	1:39:18
576	» Kate Farrell	Manchester YMCA Harriers	F	F60	294	(1:39:14)	1:39:28
577	» Audrey Crawford	Finn Valley	F	F40	199	(1:38:59)	1:39:35
578	» Davina O'Donnell	Convoy Running Club	F	FS	468	(1:39:17)	1:39:36
579	» Linda Weir	North Fermanagh Fitness Club	F	F40	238	(1:39:04)	1:39:41
580	» Louise Kinane	Team Ocean Links	F	F40	149	(1:39:19)	1:39:44
581	» Joe Breslin	A C Lifford	M	M50	276	(1:39:42)	1:39:46
582	» James Campbell		M	M40	367	(1:39:56)	1:40:04

Pl.	Name	Club/City/Country	Cat.	Subcat.	#	Net	Gross
583	» Jennifer Shields		F	FS	565	(1:39:45)	1:40:15
584	» Roisin Rose		F	FS	566	(1:39:45)	1:40:16
585	» BrÁd Mc Cann	Omagh Harriers	F	F60	491	(1:40:00)	1:40:35
586	» Daniel Browne		M	M40	567	(1:40:27)	1:40:38
587	» Grainne Muldoon	Stragella	F	FS	209	(1:40:32)	1:40:55
588	» Carmel Brindle	Lifford AC	F	F40	123	(1:41:04)	1:41:04
589	» Karen Carlin	Fit 4 Life Lifford AC	F	F40	151	(1:40:57)	1:41:04
590	» Michelle Rouse	Lifford AC Fit 4 Life	F	FS	145	(1:40:57)	1:41:07
591	» Marie Mcdaid		F	F40	321	(1:41:14)	1:41:14
592	» Claire Mc Intyre		F	FS	376	(1:40:55)	1:41:25
593	» Michelle Cawley	J2P Coaching	F	FS	501	(1:41:18)	1:41:28
594	» Berni Molloy		F	FS	334	(1:41:00)	1:41:32
595	» Anne Loughran	Carmen Runners	F	FS	546	(1:41:09)	1:41:35
596	» Sharon Hearty		F	F40	455	(1:41:03)	1:41:40
597	» Marie Mc Ateer		F	FS	377	(1:41:12)	1:41:42
598	» Eamon Doherty		M	M40	387	(1:41:41)	1:41:46
599	» Bridgeen Smith		F	FS	388	(1:41:41)	1:41:46
600	» Lorraine Mc Grinder	Lifford AC	F	F40	511	(1:41:47)	1:41:52
601	» Annmarie Roche	Run LK	F	FS	400	(1:42:02)	1:42:02
602	» Carol Bree Galvin	Fitness4all	F	F40	403	(1:41:29)	1:42:13
603	» Ciara Horan		F	FS	499	(1:41:42)	1:42:26
604	» Roseanne Kelly		F	FS	486	(1:42:41)	1:42:51
605	» Catriona Mcdonagh		F	FS	503	(1:42:41)	1:42:52
606	» Margaret Loughlin		F	F40	724	(1:42:17)	1:42:57
607	» Gemma Maguire		F	FS	718	(1:42:27)	1:43:01
608	» Martina Carr		F	FS	374	(1:42:38)	1:43:08
609	» Margarite Bonner		F	FS	581	(1:42:42)	1:43:09
610	» Aine Harrington	Ballygar	F	FS	210	(1:43:23)	1:43:45
611	» Lucy O'Neill		F	FS	695	(1:43:07)	1:43:46
612	» Evelyn Skuce	Church Hill Ladies Running club	F	F50	381	(1:43:29)	1:43:49

Pl.	Name	Club/City/Country	Cat.	Subcat.	#	Net	Gross	
613	» Andrea Mayers		F	F40	226	(1:43:58)	1:43:58	
614	» Donna Maguire		F	FS	263	(1:43:25)	1:44:04	
615	» Tony Kearns		M	M40	671	(1:43:50)	1:44:08	
616	» Lorna O'donnell	Rosses AC	F	F40	630	(1:43:50)	1:44:17	
617	» Sharon Walker		F	FS	268	(1:43:44)	1:44:21	
618	» Michael Mcguigan		M	MS	409	(1:44:37)	1:45:11	
619	» Audra Diver	A C Lifford	F	F40	275	(1:45:00)	1:45:15	
620	» Diane Arbuckle	A C Lifford	F	F40	273	(1:45:00)	1:45:15	
621	» Sian Seaney		F	F40	104	(1:44:46)	1:45:19	
622	» Glenn O' Shaughnessy		M	M40	512	(1:44:57)	1:45:22	
623	» Sharon O' Shaughnessy	Clones AC	F	F40	429	(1:44:56)	1:45:22	
624	» Pauline Mcgoldrick		F	FS	161	(1:44:58)	1:45:33	
625	» Aine Taylor	BOLT	F	F40	386	(1:45:30)	1:45:48	
626	» Adelle Smith	North Fermanagh Fitness Club	F	FS	464	(1:45:40)	1:46:18	
627	» Amanda Smith	North Fermanagh Fitness Club	F	FS	463	(1:45:44)	1:46:22	
628	» Chris Cuningham		M	MS	688	(1:45:43)	1:46:23	
629	» Katherine Williams		F	FS	154	(1:46:30)	1:47:04	
630	» Maria Devlin		F	FS	456	(1:46:34)	1:47:18	
631	» Sinead Collins	Finn Valley	F	FS	172	(1:47:32)	1:47:51	
632	» Margaret Doherty		F	F50	182	(1:47:33)	1:47:51	
633	» Siobhan Byrne		F	F50	173	(1:47:33)	1:47:51	
634	» Natalia Colmenarejo		247	F	F40	417	(1:47:58)	1:48:02
635	» Elaine Kelly		F	FS	561	(1:47:56)	1:48:32	
636	» Aoife Mc Nulty		F	FS	260	(1:48:05)	1:48:39	
637	» Mary Lavelle		F	FS	53	(1:48:07)	1:48:41	
638	» Eyvonne Elliott		F	F40	384	(1:48:36)	1:48:56	
639	» Breda Byrne	Glenties	F	F40	469	(1:48:45)	1:49:17	
640	» Teresa Butler		F	F50	215	(1:49:14)	1:49:47	
641	» Caroline Cunningham	Inishowen AC	F	F40	505	(1:49:43)	1:49:50	
642	» Fiona Ferry		F	FS	729	(1:49:57)	1:49:58	

Pl.	Name	Club/City/Country	Cat.	Subcat.	#	Net	Gross
643	» Elaine Mcginley	Lifford AC Fit 4 Life	F	F40	158	(1:49:25)	1:49:59
644	» Rosemary Boggs	Lifford AC Fit 4 Life	F	F50	153	(1:49:24)	1:50:00
645	» Michelle Houston	Lifford AC Fit 4 Life	F	FS	187	(1:49:25)	1:50:00
646	» Ciara Dolan		F	FS	408	(1:50:34)	1:51:09
647	» Noreen Furey		F	FS	594	(1:50:57)	1:51:23
648	» Olivia Seery	Sligo AC	F	F60	319	(1:51:29)	1:51:51
649	» Michelle O Kane	Drumquin CC	F	F40	466	(1:51:17)	1:51:52
650	» Siobhan Costello	Ballygar	F	FS	211	(1:51:44)	1:52:06
651	» Janet Deane	NFFC	F	F40	421	(1:54:30)	1:55:12
652	» Stephen Deane	NFFC	M	M40	422	(1:54:30)	1:55:12
653	» Katherine Ross		F	FS	270	(1:54:34)	1:55:12
654	» Lisa Price	Fitties	F	FS	526	(1:55:10)	1:55:42
655	» Irene Pender		F	F40	633	(1:54:58)	1:55:43
656	» Fiona Pender		F	F40	346	(1:54:59)	1:55:43
657	» Leela Voss		F	FS	134	(1:55:14)	1:55:59
658	» Julie Voss		F	F50	133	(1:55:14)	1:56:00
659	» Mary Holahan		F	FS	335	(1:56:15)	1:56:51
660	» Maire Mc Geehan		F	FS	336	(1:57:04)	1:57:40
661	» Angela Mc Connell	Castlefinn Running	F	F40	454	(1:57:37)	1:58:13
662	» Martina Callaghan	Inishowen AC	F	F40	410	(1:58:40)	1:58:47
663	» Grainne Rice	Lifford AC Fit 4 Life	F	F40	148	(1:59:45)	1:59:45
664	» Elaine Connolly		F	FS	413	(2:04:34)	2:04:34
664	» Louise MCGroarty		F	FS	440	(2:04:34)	2:04:34
666	» Jennifer Gallagher	Lifford AC Fit 4 Life	F	FS	178	(2:06:00)	2:06:06
667	» Late entry				670	(2:10:43)	2:10:43
668	» Peter Kearns		M	M50	214	(2:10:37)	2:11:23
669	» Marion Elliott		F	FS	205	(23:15:17)	23:15:17