

BAY ROAD 5K HONOURS GO TO VISITORS BUT SPARTANS DO TEAM CHAMPIONSHIP DOUBLE

Despite local runners featuring prominently in the upfront action at Wednesday night's Bay Road 5K the individual NI championship honours went to Annadale Striders very impressive Glenn Phair and Finn Valley's equally impressive Helen Stockdale but between them the local City of Derry Spartans and Foyle Valley squads mopped up the bulk of the team medals on offer on a good night for road running..

Phair was involved in a great battle with Scott Rankin and defending champion Declan Reed in the mens race on the quick Bay Road lap course, and got clear late on to post a fabulous winning 14m 47s , with Rankin next on 14m 52s and Reed on 15m 01s. It was fast and furious all the way and the spectators were treated to a tense battle between three top athletes.

The team race was not so tight with defending champions City of Derry retaining the three to score team championship from Foyle Valley and the Spartans B string. Declan Reed was well supported by Noel Logan, getting back into the groove with a 15m 43s 4th place finish and Connor Doherty 7th with 15m 58s his first ever sub 16m run for the 5K distance. Scott Rankin, Chris McGuinness

5th and Pius McIntyre 12th were the Valley scorers and Paul McCafferty 8th, Michael Murphy 15th and Eddie Quigley 19th comprised the Spartans bronze medal team.

Sarah Lindsay was backed up by Charlene Slevin 10th and Allison Creane 16th to claim team silver as the local women did the business on home turf.



NI Champions with ANI President Gary Keenan

Behind Helen Stockdale in the Womens race was the improving Sara Lindsay of Foyle Valley with a good 18m 52s effort and the Spartans Hannah Shields on 19m 09s took the individual bronze medal. The red vests went one better than last year in the team race as Shields was superbly supported by Angeline McShane 7th and Sarah Kivlehan 8th to clinch team championship honours, their 18 points total getting them home ahead of city rivals Foyle Valley on 28 and further back Ballymena Runners with 43 points.

A total of 17 different clubs were represented in the race and among the age group winners were the Spartans duo, Philip Donaghy M40 and Paul McCafferty M45. The awards including the championship medals were presented post race by the new ANI President Gary Keenan of the Orangegroove club who travelled especially for that purpose.

Bay Road 5k - NI 5k Championships
City of Derry Spartans AC

Place	Number	Name	Surname	Club	Cat	Mins	Secs
1	25	Glenn	Phair	Annadale Striders	MO	14 :	47
2	2	Scott	Rankin	Foyle Valley AC	MO	14 :	52
3	49	Declan	Reed	City of Derry Spartans AC	M40	15 :	1
4	55	Noel	Logan	City of Derry Spartans AC	MO	15 :	43
5	69	Chris	McGuinness	Foyle Valley AC	MO	15 :	46
6	3	Barrie	Athinson	East Down AC	M35	15 :	57
7	95	Conor	Doherty	City of Derry Spartans AC	MO	15 :	58
8	17	Paul	McCafferty	City of Derry Spartans AC	M45	16 :	14
9	48	Paul	McGinley	Letterkenny AC	M35	16 :	17
10	54	Mark	Wright	Annadale Striders	M45	16 :	23
11	65	Matt	Wray	Ballymena & Antrim AC	M45	16 :	33
12	67	Pius	McIntyre	Foyle Valley AC	MO	16 :	45
13	99	Craig	Hutchinson	Larne	M50	16 :	51
14	47	Barry	Meehan	Letterkenny AC	MO	16 :	58
15	44	Michael	Murphy	City of Derry Spartans AC	M35	17 :	8
16	46	Paul	White	Foyle Valley AC	MO	17 :	20
17	76	Connor	McCullagh	Derry City Track Club	M35	17 :	28
18	63	Kevin	O'Boyle	Ballymena Runners	M35	17 :	29
19	34	Eddie	Quigley	City of Derry Spartans AC	MO	17 :	30
20	85	Laurence	Johnston	North Belfast Harriers	M55	17 :	31
21	64	Noel	Connor	Ballymena Runners	M50	17 :	32
22	30	James	Wallace	North Belfast Harriers	M50	17 :	38
23	57	Kevin	Harkin	U/A	MJ	17 :	40
24	10	Philip	Donaghy	City of Derry Spartans AC	M40	17 :	43
25	7	Aron	Cole		0 M40	17 :	56
26	84	Michael	McKnight	Tokyo Banannas	M50	17 :	57
27	51	Declan	Doherty	Foyle Valley AC	MO	18 :	0
28	27	Helen	Stockdale	Finn Valley AC	F46	18 :	12
29	66	Dessie	Hegarty	Foyle Valley AC	MO	18 :	13
30	35	Darren	Wallace	Foyle Valley AC	MO	18 :	15
31	5	Oisin	Brennan	Springwell	MJ	18 :	18
32	15		Linton	Foyle Valley AC	M35	18 :	22
33	23	Gerry	O'Doherty	Springwell	M55	18 :	24
34	102	Shaun	Moore	Inishowen AC	M35	18 :	31
35	36	Connor	Donaghey	Foyle Valley AC	MO	18 :	35
36	40	Jarlath	Fearon	NWTC	M50	18 :	38
37	18	Joseph	McCarthy	U/A	M55	18 :	40
38	42	Emmett	Harkin	Foyle Valley AC	MO	18 :	41
39	72	Adrian	Kelly	NWTC	MO	18 :	47
40	81	Alvaro	San Miguel	NWTC	MO	18 :	50
41	80	Sarah	Lindsay	Foyle Valley AC	FO	18 :	52
42	74	Joe	Strunks	Blast Run	M35	18 :	56
43	103	Seamus	Doherty	Inishowen AC	M35	18 :	57
44	58	Hannah	Shields	City of Derry Spartans AC	F48	19 :	9
45	61	Robert	Wilson	Willowfield Harriers	M55	19 :	13
46	45	Frankie	Bradley	Foyle Valley AC	M35	19 :	14
47	83	Debbie	Matchett	Ballydrain	F45	19 :	16
48	52	Jim	Breen	Springwell	M55	19 :	19

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49	50	Ruth	Magill	Lagan Valley AC	F55	19 :	24
50	87	Maeve	Maher-Williams	NWTC	FO	19 :	35
51	89	Geraldine	Quigley	Larne	F35	19 :	45
52	75	Christopher	Crampsey	City of Derry Spartans AC	MJ	19 :	48
53	94	Connor	Friel	NWTC	M35	20 :	13
54	11	Michael	Gallagher	Foyle Valley AC	M50	20 :	18
55	62	Ryan	Leonard	Foyle Valley AC	M35	20 :	22
56	100	Angeline	McShane	City of Derry Spartans AC	FO	20 :	22
57	37	Sarah	Kivelehan	City of Derry Spartans AC	FO	20 :	25
58	59	Declan	McGill	Foyle Valley AC	M35	20 :	30
59	88	Gordy	Moore	U/A	M55	20 :	32
60	28	John	Storey	Foyle Valley AC	M35	20 :	38
61	21	Sean	Molloy		0 M40	20 :	42
62	13	Eoin	Kivelehan	Blast Run	M35	20 :	44
63	86	Katherine	Woods	Springwell	FO	20 :	49
64	82	Peter	McCamphill	NWTC	MO	20 :	57
65	97	Charlene	Slevin	Foyle Valley AC	FO	21 :	15
66	38	Susanne	Allen	Ballymena Runners	F52	21 :	21
67	24	Randal	Parlour	Foyle Valley AC	M40	21 :	22
68	43	Martin	Bell	U/A	M50	21 :	23
69	41	Francis	Boal	Lagan Valley AC	M65	21 :	25
70	90	Linda	Petticrew	Ballymena Runners	F49	21 :	27
71	78	Paul	Melly	Omega	M35	21 :	30
72	92	David	Nicholson	Ballymena Runners	M65	21 :	34
73	14	Elizabeth	Leitch	Orangetown AC	F40	21 :	36
74	31	Paula	Wallace	North Belfast Harriers	F47	21 :	40
75	68	Paula	McGilloway	City of Derry Spartans AC	F51	21 :	44
76	98	Packy	Deehan	Foyle Valley AC	M50	21 :	45
77	9	Allison	Creane	Foyle Valley AC	FO	22 :	51
78	32	Una	Gavin	City of Derry Spartans AC	F54	22 :	9
79	16	Jacqueline	Maxwell	Orangetown AC	F50	22 :	16
80	26	Kieran	Phelan	Foyle Valley AC	M35	22 :	47
81	6	Brigean	Canavan	City of Derry Spartans AC	F45	22 :	48
82	73	Robbie	Griffin	U/A	MO	22 :	48
83	60	Terry	O'Doherty	U/A	M45	23 :	4
84	39	Hugh	Young	Orangetown AC	M70	23 :	18
85	106	Patsy	Cunningham	NWTC	M50	23 :	45
86	53	Jim	Platt	Springwell	M70	24 :	1
87	79	Patsy	Doherty	Foyle Valley AC	M50	24 :	12
88	12	Eugene	Hutcheon		0 M35	24 :	17
89	70	Martin	O'Hagan	U/A	M45	24 :	23
90	91	Brigid	Quinn	Ballymena Runners	F65	24 :	42
91	101	Liam	McShane	U/A	MO	25 :	11
92	39	Hugh	Young	Orangetown AC	M70	25 :	25
93	104	Graham	McCorkell	U/A	MO	26 :	14
94	93	Linda	Hall	City of Derry Spartans AC	F50	26 :	44
95	96	Bridgeen	Byrne	City of Derry Spartans AC	F53	26 :	44
96	19	Freya	McClements	U/A	FO	27 :	2
97	105	Brenda	McShane	U/A	FO	28 :	17

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98	71	Ailish	McLaughlin	U/A	FO	32	:	17
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