

Superb Murray Goes So Close To Buncrana 5K Irish Mens Course Record

St Joseph's Creggan teacher, Gary Murray stormed to a cracking 14m 35s victory at Wednesday night's eleventh staging of the prestigious Sean Furey Insurances Buncrana 5K, just missing fellow Donegal man Ciaran Doherty's Irish male course record by a single second, as over 200 runners enjoyed the good conditions and the fast course by the Lough Swilly shore.

Murray and runner up Declan Reed were well clear by the first kilometre and a sustained charge by the St Malachys man saw him get so close to Doherty's 2013 record of 14m 34s. Behind him the Derry Spartan belied his M40 status with another fine effort, clocking 14m 47s, one second quicker than last year when he also finished runner up. Completing the podium places was Finn Valley's Barry Harron in 15m 16s, just a few strides and one second ahead the top M45 Pauric McKinney's excellent 15m 17s.

The Derry men Noel Logan of the Spartans and Foyle Valley's Chris McGuinness filled out the top six with 15m 20s, a PB, and 15m 32s respectively.

In an equally exciting Women's race Teresa McGloin of Finn Valley significantly improved her



best time on the course with a swift 16m 17s and was chased home in 16m 35s by Lifford's Natasha Adams. The winning time was some ten seconds down on Maria McCambridge's 16m 07s 2010 womens course record. This pair were always clear of the opposition which was led home in third spot by the always impressive Sarah Lindsay of Foyle Valley, with a strong 18m 54s effort.



The next three finishers were almost together in the downhill dash to the line with just over a second separating them. Fourth spot was secured by Maeve Maher McWilliams of the NW Tri Club in 19m 18s while it took the electronic chip timing to separate Inishowen's Theresa Doherty and the F55 winner Ruth Magill of Lagan Valley on 19m 19s.

The four to score team races were also well contested with the male Spartans retaining their title from Letterkenny and Foyle Valley, Declan Reed and Noel Logan being well supported by Greg Roberts, 15m 41s and Connor Doherty with a 15m 42s PB.

Irene McFadden, Nakita Burke, Naoise Enright and Jane McGinley combined well to give Letterkenny the Women's team title with the Spartans and Foyle Valley completing the top three.

AGE GROUP WINNERS.

Apart from the age group winners already mentioned the male Spartans had James Brown impress as M40 winner on 15m 52s and Michael Melarkey's 17m 01s gave him the M U20 victory. Letterkenny had the top M35 Ivan Toner on 15m 50s and top M60, Brian McBride, 21m 23s. Michael McKnight ran 17m 40s for the M50 award, Joe McCarthy, back in City of Derry colours was the top M55 with 18m 32s and Desmond Brownlie of Lagan Valley was the top M65 on 28m 47s.

Sisters Jackie McGinley and Paula McGilloway were the leading F45 and F50 finishers, posting 19m 26s and 21m 41s respectively. Theresa Doherty's fine 5th overall gave her the F35 prize; Eimer Gallen of Finn Valley was the leadinf F40 with 21m 06s and Emma McGilloway ran 20m 43s to claim the f U20 crown.

Gerry Lynch

**Sean Furey Insurances
Buncrana 5k - 28th May 2014**

Place	BIB	Name	Club	Category	Time
1	6	Gary Murray	St Malachys	MO	14:35.26
2	7	Declan Reed	City of Derry Spartans	M40	14:47.94
3	9	Barry Harron	Finn Valley	M35	15:16.80
4	5	Pauric Kinney	Inishowen AC	M45	15:17.57
5	167	Noel Lagan	City of Derry Spartans	MO	15:20.15
6	10	Chris McGuinness	Foyle valley	MO	15:32.42
7	4	Greg Roberts	City of Derry Spartans	MO	15:41.24
8	122	Conor Doherty	City of Derry Spartans	MO	15:42.18
9	11	Ivan Toner	Letterkenny AC	M35	15:50.73
10	88	James Brown	City of Derry Spartans	M40	15:52.49
11	205	Pauric Breslin	Letterkenny AC	MO	16:02.74
12	151	Paul McGlinchey	Letterkenny AC	M35	16:08.02
13	112	Pius McIntyre	Foyle valley	MO	16:16.08
14	3	Theresa McGloin	Finn Valley	F35	16:17.70
15	15	Paul McCafferty	City of Derry Spartans	M45	16:23.30
16	123	Ciaran McGonagle	Rosses AC	M35	16:24.83
17	107	Shane McNulty	Finn Valley	M35	16:30.90
18	8	Natasha Adams	Lifford AC	F35	16:35.02
19	89	Michael Murphy	City of Derry Spartans	M35	16:38.56
20	14	Matt McLaughlin	Foyle valley	MO	16:46.03
21	153	Barry Meehan	Letterkenny AC	MO	16:49.19
22	39	Eddie Quigley	City of Derry Spartans	MO	16:55.28
23	30	Michael Melarkey	City of Derry Spartans	MJ	17:01.03
24	43	Malcolm McGee	Inishowen AC	M35	17:02.40
25	134	Conor Moore	Omagh Harriers	MO	17:06.51
26	50	John Sweeney	Cranford AC	MO	17:06.96
27	81	Jim Harkin	Inishowen AC	M35	17:11.24
28	56	Noel Diver	Rosses AC	MO	17:12.91
29	186	Raymond Birch	Letterkenny AC	M35	17:14.09
30	133	Oisin Donnelly	Omagh Harriers	MJ	17:14.54
31	183	Roy McGilloway	U/A	MJ	17:17.83
32	118	Brian McKee	U/A	M45	17:18.69
33	45	Cathal Logue	City of Derry Spartans	MO	17:23.48
34	51	Paul Kelly	Lifford AC	MO	17:24.38
35	137	Enda McBride	LAC	MJ	17:28.87
36	171	Patrick Mahon	City of Derry Spartans	MO	17:31.39
37	201	Brian McCrea	Finn Valley	M35	17:34.39
38	206	Phillip Callaghan	Inishowen AC	M40	17:40.13
39	119	Michael McKnight	U/A	M50	17:40.20
40	25	David Porter	Inishowen AC	MO	17:43.35

41	85	Niall Barry	Letterkenny AC	M35	17:44.22
42	127	Odhran McKane	City of Derry Spartans	MJ	17:45.28
43	162	Ciaran O'Donnell	Letterkenny AC	M45	17:51.27
44	60	Liam Murray	U/A	M35	17:54.78
45	52	Pat Gallagher	Inishowen AC	M40	17:56.53
46	114	Darren Price	LAC	M35	17:56.77
47	96	Shaun Mor	Inishowen AC	M35	17:58.38
48	62	Shaun Boyce	U/A	MJ	17:58.48
49	110	Gavin Cranford	24/7 Triathlon club	M35	18:02.18
50	111	Paul Dillon	24/7 Triathlon club	MO	18:02.47
51	24	Mark Hunter	24/7 Triathlon	MO	18:02.60
52	32	Zachary McGowan	Derry City TC	MJ	18:07.88
53	179	Micheal Mullin	Omagh Harriers	MJ	18:10.80
54	182	Mark Unton	Foyle valley	M35	18:22.70
55	181	Rory Grant	U/A	MO	18:24.41
56	31	Peter Melarkey	City of Derry Spartans	MJ	18:29.19
57	75	Stewart Magee	Letterkenny AC	MO	18:30.10
58	98	Stefan McCrossan	U/A	MJ	18:31.44
59	23	Joseph McCarthy	City of Derry Spartans	M55	18:32.67
60	185	Alvoro San Miguel	NWTC	MO	18:35.11
61	203	Adrian Kelly	NWTC	MO	18:39.57
62	191	Charlie Page	Letterkenny AC	M40	18:40.60
63	208	Mark Devir	U/A	MO	18:48.83
64	68	Michael Devenney	Irvinestown RC	M45	18:49.72
65	74	Sarah Lindsay	Foyle valley	FO	18:54.79
66	117	Rooney Cambell	Foyle valley	M40	18:56.68
67	124	Paul McGettigan	Milford AC	MO	18:56.84
68	103	Benny McDaid	U/A	MO	18:58.09
69	104	Christopher Crampsey	City of Derry Spartans	MJ	19:04.85
70	53	Michael Collins	Inishowen AC	M45	19:06.61
71	94	Vinny Hegarty	Inishowen AC	M35	19:08.83
72	95	Seamus Doherty	Inishowen AC	M35	19:08.98
73	29	Kevin McMenamin	Lifford AC	M35	19:10.01
74	42	Sean Conway	City of Derry Spartans	MO	19:10.43
75	173	Eugene McGettigan	Letterkenny AC	M35	19:14.85
76	157	Tim Flanagan	Milford AC	M45	19:14.99
77	218	Rory McLaughlin	NWTC	M45	19:15.06
78	152	Shaun McMenamin	Inishowen AC	M50	19:17.62
79	142	Maeve Maher	NWTC	FO	19:18.63
80	145	Emmett Derry	U/A	MO	19:19.61
81	168	Theresa Doherty	Inishowen AC	F35	19:19.78
82	100	Ruth Magill	Lagan Valley	F55	19:19.83
83	109	John Cassidy	U/A	MO	19:21.60
84	214	Dean Toland	U/A	MO	19:24.67

85	180	Jacob Corry	Omagh Harriers	MJ	19:25.85
86	46	Jackie McGinley	City of Derry Spartans	F45	19:26.23
87	188	Colly O'Donnell	LAC	M40	19:27.08
88	17	Anthony McDaid	U/A	M35	19:27.21
89	202	Alan McCrea	U/A	MO	19:40.90
90	28	Mark Nolan	Inishowen AC	M35	19:47.08
91	220	David McFadden	U/A	MO	19:48.01
92	154	Declan McGill	Foyle valley	M35	19:48.34
93	121	Niall Crossan	U/A	MO	19:48.56
94	116	John Cannon	Tir Chonall AC	M55	19:49.08
95	21	Mark McClintock	Foyle valley	M35	19:50.63
96	141	Tony Gallagher	Finn Valley	M45	19:53.41
97	113	Sara Marie Doherty	Inishowen AC	FO	19:53.91
98	26	Liam McHugh	Finn Valley	M50	19:54.47
99	166	Irene McFadden	Letterkenny AC	F35	19:55.28
100	207	Olly Duffy	U/A	M35	20:04.09
101	165	Nakita Burke	Letterkenny AC	FO	20:06.29
102	131	Gary Gumbleton	Foyle valley	MO	20:09.47
103	132	Adrian Donnelly	Omagh Harriers	M40	20:11.01
104	126	Trevor Doherty	U/A	MO	20:12.60
105	63	Karen O'Donnell	Olympian	FO	20:13.13
106	224	Naoise Enright	Letterkenny AC	F35	20:14.56
107	223	Paul Lee	U/A	M45	20:25.10
108	184	Kealan McDermott	U/A	MJ	20:28.67
109	18	Mark McFadden	U/A	M40	20:30.89
110	108	Pawel Dudek	U/A	M40	20:31.42
111	20	Sarah Kivelehan	City of Derry Spartans	FO	20:32.40
112	59	Jane McGinley	Letterkenny AC	F35	20:33.75
113	147	Kevin Greenan	U/A	M55	20:39.13
114	156	Seamus Ferry	Milford AC	M45	20:42.59
115	140	Emma McGilloway	U/A	FJ	20:43.84
116	128	Oisin Doherty	U/A	MJ	20:48.74
117	99	Darrly McGee	Inishowen AC	MO	20:52.26
118	174	Charlene McGinty	Foyle valley	FO	20:55.36
119	64	CJ Bermingham	Inishowen AC	M40	20:55.51
120	209	Gerard McConnell	U/A	M35	20:55.72
121	164	Serena McDaid	Letterkenny AC	F35	20:56.96
122	37	Liam Maguire	Lifford AC	M40	20:58.88
123	70	Leoni Mullan	Lifford AC	FO	20:58.93
124	97	Gabriel McCrossan	Letterkenny AC	M50	21:01.65
125	69	Eimear Gallen	Finn Valley	F40	21:06.24
126	216	Richard Clarke	U/A	MO	21:07.39
127	170	Gemma McGinty	Foyle valley	FO	21:10.62
128	199	Michael Logue	U/A	M40	21:20.12

129	136	Brian McBride	LAC	M60	21:23.32
130	189	Ollie Harvey	U/A	MO	21:23.54
131	115	Shauna McGeehan	Letterkenny AC	FO	21:24.98
132	72	Emmett Kennedy	Foyle valley	MO	21:36.35
133	73	Ruairi O'Neill	U/A	MO	21:36.87
134	150	Peter McKinney	Inishowen AC	M55	21:39.46
135	47	Paula McGilloway	City of Derry Spartans	F50	21:41.97
136	159	Jamie Friel	Inish Fitness	M35	21:47.49
137	101	Jacqui Maxwell	Orangetrove AC	F50	21:48.38
138	149	Claire Connor	City of Derry Spartans	F45	21:49.80
139	57	William Friel	U/A	M40	21:51.03
140	135	Paddy Tourish	Lifford AC	M50	21:57.29
141	195	Cathal Crossan	U/A	MO	22:04.58
142	139	Jeff McLaughlin	NWTC	M40	22:05.45
143	169	Mairead Doherty	U/A	FO	22:06.30
144	190	Camilla McGranaghan	City of Derry Spartans	F35	22:10.55
145	22	Trish McClintock	Foyle valley	F35	22:13.31
146	160	Andrew Coyle	Inish Fitness	M35	22:19.29
147	40	Brigeeen Canavan	City of Derry Spartans	F45	22:19.30
148	148	Brendan Connor	City of Derry Spartans	M45	22:19.58
149	35	Liam Lyons	Tanya AC	M40	22:22.65
150	76	Benny McDermott	U/A	MO	22:25.83
151	178	Liam Daly	Lifford AC	M50	22:31.52
152	213	Darren Toland	U/A	MO	22:39.46
153	196	Shaun O'Donnell	Lifford AC	M50	22:39.54
154	82	Hugh Ferry	U/A	MO	22:41.64
155	194	Mark Donaghey	Lifford AC	M40	22:42.98
156	92	Denis Kelly	U/A	M45	22:48.19
157	146	Pat Cunningham	NWTC	M50	22:51.75
158	41	Catherine Moran	Foyle valley	F50	22:52.68
159	212	Brendan Boyce	Letterkenny AC	MO	22:55.76
160	36	Rachel Friel	Lifford AC	FO	23:08.91
161	44	Gloria Donaghey	Finn Valley	F55	23:25.64
162	200	Aidan Kelly	U/A	M35	23:25.93
163	163	Eamonn Porter	U/A	MO	23:41.01
164	66	Jackie McLaughlin	Inish Fitness	F40	23:46.70
165	106	Clare Molloy	U/A	F35	23:46.89
166	204	Brendan Duffy	North Pole	M55	23:55.51
167	84	Darren Falconer	U/A	M35	24:06.90
168	65	Mark Doherty	Inishowen AC	M40	24:14.79
169	155	Leon Bradley	U/A	MO	24:18.51
170	138	Tina Lynch	U/A	F35	24:28.56
171	77	Kara Hegarty	U/A	FO	24:30.11
172	105	Kate Meehan	Foyle valley	F50	24:34.25

173	27	Caroline McGonigle	Inishowen AC	F35	24:34.87
174	67	Anthony McLaughlin	Inish Fitness	M40	24:40.09
175	102	Finnuala McCourt	Lagan Valley	F55	24:44.78
176	198	Mary Doherty	U/A	F35	24:58.70
177	130	Johnathan Doherty	Burnfoot	M35	25:01.31
178	19	Oonagh Murphy	U/A	F35	25:19.89
179	172	Anna O'Donnell	Inish Fitness	F40	25:43.58
180	193	James Wallace	U/A	MJ	25:48.87
181	93	Veronica Long	U/A	FO	25:49.81
182	144	Rosemary Graham	Inish Fitness	F35	26:15.25
183	197	Geraldine O'Donnell	U/A	F35	26:28.63
184	215	Conor Gallagher	BOLT	MO	26:35.14
185	1	Colm Furey	U/A	M35	26:45.70
186	161	Fiona Temple	U/A	F35	26:49.82
187	120	Mary Claire Van Zundert	U/A	F35	26:52.42
188	58	Emma McLaughlin	U/A	F35	26:54.45
189	217	Mairead McIntyre	U/A	FO	27:07.65
190	192	Sandra Wallace	U/A	FO	27:24.23
191	225	Aine Gallagher	U/A	FO	28:18.14
192	125	Paddy Gaffey	U/A	MO	28:22.15
193	55	David Eccles	U/A	MO	28:23.25
194	54	Debbie Collins	Inishowen AC	FJ	28:23.44
195	86	Kilgar Porter Jr	U/A	MO	28:30.46
196	87	Kilgar Porter	U/A	M55	28:30.73
197	210	Desmond Brownlie	Lagan Valley	M65	28:54.57
198	78	Chrystelle Strain	U/A	FO	31:27.21
199	91	Claire Doherty	U/A	FO	33:54.90
200	90	Linda McIntyre	U/A	FO	33:54.99
201	219	Louise McIvor	U/A	F40	36:22.74
202	129	Patricia Doherty	Burnfoot	F35	38:11:23
203	79	Donna Moore	U/A	F40	38:12.0
204	80	Catriona Devlin	U/A	FO	38:12.0