

North Leitrim's Liam Feely wins Tír Chonaill AC's March Hare 5k

Blustery and at times heavy rain and hailstones did not deter the large turnout of runners and joggers that successfully negotiated the March Hare 5k in Donegal Town this morning. North Leitrim's Liam Feely and Project Africa's Martin Cox fought a battle throughout before the Connaught man out sprinted the Tyrone man in the run in to the finish pen.

A most encouraging feature of the event was the large number of Couch to 5k athletes that succeeded in finishing-many completing their first ever 5k

March Hare 5k Donegal Town 1st March 2015



Position	Numbe	Time	Name	Category	Club
1	1165	16.06	Liam Feely	SM	North Leitrim A.C.
2	1216	16.08	Martin Cox	SM	Project Africa
3	1337	19.12	John O'Brien	SM	Tir Chonaill A.C.
4	1349	19.27	Daniel Mannion	U20M	Tir Chonaill A.C.
5	1369	19.48	Brian McCabe	SM	St Nauls Runners
6	1364	19.54	Richard McCarthy	O50M	Tir Chonaill A.C.
7	1351	20.28	Donal Haughey	O50M	Tir Chonaill A.C.
8	1166	21.14	Stephen Travers	O50M	Tir Chonaill A.C.
9	1176	21.27	Ryan O'Donnell	SM	No Club
10	1376	21.31	James Boyle	SM	No Club
11	1159	21.51	Andrew Gilchrist	SM	Tir Chonaill A.C.
12	1371	21.55	John McElwaine	SM	Lifford A.C.
13	1356	22.02	Sean Kennedy	SM	No Club
14	1167	22.10	Hugo Clancy	O50M	North Leitrim A.C.
15	1357	22.41	Joe Flannery	O60M	Ballyshannon Rugby Club
16	1365	22.59	Donna Furey	SW	Tir Chonaill A.C.
17	1359	23.08	Aidan McGlynn	SM	No Club
18	1184	23.10	Jason Graham	SM	Tir Chonaill A.C.
19	1363	23.16	Vera Haughey	O50W	Tir Chonaill A.C.
20	1372	23.24	Paddy McGlynn	U20M	Tir Chonaill A.C.
21	1368	23.52	Gloria Donaghey	O50W	Finn Valley A.C.
22	1200	23.54	Mary Gallagher	O50W	No Club
23	1199	23.55	Seanie McDevitt	O40M	No Club

24	1375	24.29	Jackie Harvey	O50W	Tir Chonaill A.C.
25	1214	24.39	Pat Byrne	O50M	Killybegs
26	1353	25.21	Aine Cleary	SW	No Club
27	1342	25.36	Orla Mackle	U20W	Tir Chonaill A.C.
28	1343	25.42	Paul McGowan	O40M	Tir Chonaill A.C.
29	1215	25.42	Billy Broderick	O50M	Killybegs
30	1341	25.42	Sharon McGowan	O40W	Tir Chonaill A.C.
31	1338	25.54	Josephine O'Brien	SW	Tir Chonaill A.C.
32	1370	26.01	Lee McCabe	U20M	St Nauls Runners
33	1354	26.12	Michelle McGarrigle	O40W	No Club
34	1374	26.28	Rena Brogan	O40W	Tir Chonaill A.C.
35	1358	26.34	Anne McGlynn	SW	Tir Chonaill A.C.
36	1212	26.58	John Ward	O40M	Tir Chonaill A.C.
37	1208	27.01	Brian McShane	SM	Tir Chonaill A.C.
38	1367	27.08	Ralph Wilson	O50M	No Club
39	1175	27.15	Mary Campbell	O50W	Tir Chonaill A.C.
40	1362	27.27	Lisa Hoey	SW	Tir Chonaill A.C.
41	1339	27.33	Bried Meehan	O40W	Tir Chonaill A.C.
42	1360	27.42	David Sweeney	O40M	Tir Chonaill A.C.
43	1347	28.18	Carol Molloy	SW	Tir Chonaill A.C.
44	1203	28.44	Eilish Meehan	U20W	Tir Chonaill A.C.
45	1202	28.49	Kate Meehan	O40W	Tir Chonaill A.C.
46	1190	28.54	Robert Johnston	O40M	No Club
47	1350	28.57	Cara McGonagle	U20W	Tir Chonaill A.C.
48	1158	29.01	Gillian Graham	U20W	Tir Chonaill A.C.
49	1170	29.07	Wendy McGinty	O40W	No Club
50	1186	29.15	Amanda Jane Hanna	O40W	Tir Chonaill A.C.
51	1213	29.32	Claire Downey	SW	Tir Chonaill A.C.
52	1211	29.32	Caroline Ward	O40W	Tir Chonaill A.C.
53	1335	29.34	Pia Quinn	U20W	Tir Chonaill A.C.
54	1336	29.34	Denise Quinn	SW	Tir Chonaill A.C.
55	1178	29.40	Christine Gorman	SW	No Club
56	1209	30.06	Sean McGroary	O40M	Tir Chonaill A.C.
57	1205	30.19	Joan Kelly	20w	Ballyshannon
58	1169	30.32	Anita Patterson	SW	Tir Chonaill A.C.
59	1218	30.36	Deirdre O'Donnell	SW	Tir Chonaill A.C.
60	1161	31.08	Sarah McNeely	JW	Tir Chonaill A.C.
61	1361	31.12	Sarah Sweeney	O40W	Tir Chonaill A.C.
62	1187	31.14	Mary Canavan	O40W	Tir Chonaill A.C.
63	1345	31.15	Maeve Espey	SW	Tir Chonaill A.C.
64	1352	31.33	Kathleen McGarry	SW	Tir Chonaill A.C.
65	1191	31.40	Geraldine Boyle	SW	Tir Chonaill A.C.
66	1192	31.40	Patrick Boye	SM	Tir Chonaill A.C.
67	1207	31.42	Mary Mullarkey	O50W	Tir Chonaill A.C.
68	1340	31.54	Martina McMennamin	O40W	Tir Chonaill A.C.
69	1164	32.04	Edel Travers	SW	Tir Chonaill A.C.
70	1377	32.11	Ann Martin	O40W	Tir Chonaill A.C.
71	1219	32.11	Sonia Ritchie	SW	Tir Chonaill A.C.
72	1217	32.43	Marie Wryht	O50W	Tir Chonaill A.C.
73	1366	32.54	Karen Murray	SW	No Club
74	1174	32.55	Nigel Bustard	SM	Tir Chonaill A.C.
75	1172	32.58	Andrea McHugh	O50W	Tir Chonaill A.C.
76	1346	33.02	Anne-Marie Clemmett	O40W	Tir Chonaill A.C.
77	1332	33.03	Esther Cassidy	SW	Tir Chonaill A.C.
78	1333	33.04	Selene Cassidy	SW	Tir Chonaill A.C.
79	1344	33.05	Jayne McCafferty	SW	No Club
80	1173	33.13	Ann Kennedy	SW	Tir Chonaill A.C.
81	1197	33.15	Lorraine Campbell	O40W	Tir Chonaill A.C.
82	1201	33.25	Lisa O'Driscoll	O40W	Tir Chonaill A.C.
83	1194	33.32	Delores Ward	SW	Tir Chonaill A.C.

84	1183	33.53	Linda Kennedy	O40W	Tir Chonaill A.C.
85	1177	33.54	Samantha McNulty	SW	No Club
86	1180	33.58	Ann McHugh	O50W	Tir Chonaill A.C.
87	1348	34.11	Majella Travers McHugh	SW	Tir Chonaill A.C.
88	1163	34.13	Patricia McNeely	O40W	Tir Chonaill A.C.
89	1334	34.15	David Hanna	O40M	Tir Chonaill A.C.
90	1196	34.18	Matthew McElhinney	U20M	Tir Chonaill A.C.
91	1162	34.25	Mary McNulty	O40W	Tir Chonaill A.C.
92	1331	34.28	Aisling Lowther	SW	Tir Chonaill A.C.
93	1355	35.02	Helena Kennedy	SW	No Club
94	1160	35.06	Declan Travers	SM	Tir Chonaill A.C.
95	1204	35.08	Claire Ward	O40W	Tir Chonaill A.C.
96	1181	35.15	Sarah Morrison	SW	Tir Chonaill A.C.
97	1188	35.22	Jillian McCullins	SW	Tir Chonaill A.C.
98	1195	35.32	Patricia McCallog	O50W	Tir Chonaill A.C.
99	1157	35.32	Frances Gilchrist	SW	Tir Chonaill A.C.
100	1193	35.36	Nicole Robinson	U20W	Tir Chonaill A.C.
101	1182	35.38	Louise Reilly	O40W	Tir Chonaill A.C.
102	1179	36.07	Susie Page	SW	Tir Chonaill A.C.
103	1210	36.44	Caroline Walsh	O40W	Tir Chonaill A.C.
104	1185	37.00	Donna Frizzell	O40W	Tir Chonaill A.C.
105	1373	37.05	Mary Doogan	O40W	Tir Chonaill A.C.
106	1168	37.44	Sarah White	O40W	North Leitrim A.C.
107	1198	38.35	Alice McShea	U20W	Tir Chonaill A.C.
108	1171	40.33	Noelle Graham	SW	Tir Chonaill A.C.
109	1189	40.47	Sandra Johnston	O40W	Tir Chonaill A.C.
110	1206	40.51	Samantha McElhinney	U20W	Tir Chonaill A.C.