

He Came–He Saw–He Conquered! Kenyan Dan Sets Brilliant New Bunrana 5K Course Record

Dan Tanui ran himself into the legends of North West running on a sunny late May Evening at the 13th staging of the Sean Furey Insurances 5K Road Race in the North Donegal Seaside Town of Bunrana.

The Omagh based Kenyan is in Ireland with compatriot Eric Koech as part of the Project Africa set up and both have been racing regularly all over Ireland in recent months. An easy one-two in the Inishowen Half Marathon on Sunday 8th May was their introduction to sunny Bunrana and on their return for the City of Derry Spartans annual Bunrana 5K on Wednesday evening 25th May, the sun shone again as Dan galloped to a brilliant 13m 57s victory to the delight of the massed ranks of appreciative spectators.

Sub 14 minute are rare in these parts and Dan's barnstorming effort was truly inspirational, he was a man on a mission and looked absolutely magnificent on the out and back, officially certified Bunrana course. With only two corners to be negotiated on the otherwise straight, flat and definitely fast Bunrana course, plus a favourable wind on the outward first 2.5k, he went clear of the opposition on the sheltered return section, storming up the testing hill at just before 4K to push hard for home on the final downhill 500 metres and smash his countryman Freddy Sittuk's, 14m 18s course record.

Eric Koech followed in 14m 33s, Foyle Valley's Scott Rankin was third with a 14m 37s PB

and the top 7 finishers all broke 15 minutes. The top 19 were under 16 minutes as right down the 200 plus field ,PB,s were amassed in spades.

Letterkenny AC star Natasha Adams retained her female race title with an impressive 16m 29s effort, 8 seconds faster than her 2015 clocking and behind her the Spartans Catherine Whoriskey posted 17m 19s , 28 seconds faster than last year with course debutante Natalie Hall of Acorns AC third in 18m 35s.

Post race facebook activity included congratulations from Freddy Sittuk who will face Dan and Eric in Derry's Walled City Marathon on Sunday 5th June next. Freddy flagged up a possible Bunrana 5k head to head with Dan next year and paid tribute to the potential of the Bunrana course as a possible big time circuit contender —Dreams have to start somewhere!!!!

The 2017 date is likely to be either Wednesday 24th May or Wednesday 31st May.....dependent on other relevant race dates. Watch this space!

Gerry Lynch

Sean Furey Insurance Buncrana 5k

Place	Bib	Name	Gender	AG	Club	Time
1.	640	Dan Tanui	m	MO	Project Africia	13:57
2.	641	Eric Koech	m	MO	Project Africia	14:33
3.	523	Scott Rankin	m	MO	Foyle Valley AC	14:37
4.	600	Danny Mooney	m	MO	Letterkenny A.C.	14:38
5.	551	Barry Harron	m	M35	Finn Valley AC	14:41
6.	771	Ciaran Doherty	m	M40	Letterkenny A.C.	14:43
7.	581	Conor Bradley	m	MO	City of Derry Spartans	14:55
8.	569	Mark McKinstry	m	MO	North Belfast Harriers	15:10
9.	767	Gary Slevin	m	MO	City of Derry Spartans	15:20
10.	680	Pauric Breslin	m	MO	Letterkenny A.C.	15:24
11.	539	Keith Shields	m	M40	Foyle Valley AC	15:29
12.	607	Dermot McElhinney	m	M45	City of Derry Spartans	15:31
13.	617	Pauric McKinney	m	M50	Inishowen AC	15:37
14.	610	Kyle Doherty	m	MO	City of Derry Spartans	15:37
15.	558	Darrel McKee	m	M35	Acorns AC	15:37
16.	599	David McMenamin	m	MO	Inishowen AC	15:39
17.	673	Mark McPaul	m	MO	Finn Valley AC	15:46
18.	591	Emmett McGinty	m	MO	City of Derry Spartans	15:47
19.	548	Michael Crawley	m	MO	U/A	15:52
20.	678	Ciaran Mc Gonagle	m	M35	Rosses AC	16:01
21.	584	Toner Ivan	m	M35	Letterkenny A.C.	16:13
22.	573	Paul McCafferty	m	M45	City of Derry Spartans	16:15
23.	672	Kevin O'Boyle	m	M35	U/A	16:17
24.	681	Shane Mc Nulty	m	M35	Finn Valley AC	16:17
25.	626	Michael Murphy	m	M40	City of Derry Spartans	16:19
26.	510	Johnny Canning	m	MO	Foyle Valley AC	16:20
27.	611	Conor McDowell	m	MO	City of Derry Spartans	16:22
28.	770	John Mc Elhill	m	M35	Finn Valley AC	16:23
29.	690	Adam Friel	m	MO	Letterkenny A.C.	16:25
30.	512	Natasha Adams	f	FO	Letterkenny A.C.	16:29
31.	638	Enda Mc Bride	m	MU20	Letterkenny A.C.	16:30
32.	659	James Speight	m	MO	Finn Valley AC	16:31
33.	691	Liam Doherty	m	M35	Letterkenny A.C.	16:32
34.	533	Conor McDevitt	m	MO	Foyle Valley AC	16:32
35.	561	Martin Loughran	m	M35	Acorns AC	16:32
36.	590	Odhran McKane	m	MU20	City of Derry Spartans	16:35
37.	526	David Porter	m	MO	Inishowen AC	16:35
38.	544	Matt McLaughlin	m	MO	Foyle Valley AC	16:35
39.	650	Raymond Birch	m	MO	Letterkenny A.C.	16:36
40.	755	Seamus O'Donnell	m	M40	Finn Valley AC	16:44
41.	597	Oran Gartland	m	MU20	Foyle Valley AC	16:50
42.	764	Philip Callaghan	m	M40	Inishowen AC	16:51
43.	516	Noel Diver	m	MO	Rosses AC	16:52
44.	686	Denis Cush	m	M40		16:53
45.	633	Aidan O Hagan	m	MO	Acorns AC	16:57
46.	684	Shane Gallagher	m	MO	Finn Valley AC	17:00

47.	594	Colin McNulty	m	M40	Foyle Valley AC	17:03
48.	565	James Wallace	m	M50	North Belfast Harriers	17:04
49.	635	Terry Murphy	m	M40	Foyle Valley AC	17:08
50.	658	Kevin Ferry	m	M40	Letterkenny A.C.	17:10
51.	653	Martin Lynch	m	MO	Milford A.C.	17:14
52.	644	Emmett Kennedy	m	MO	Foyle Valley AC	17:17
53.	527	Catherine Whoriskey	f	FO	City of Derry Spartans	17:19
54.	563	Dermot O'Kane	m	M40	Acorns AC	17:24
55.	682	Anthony Doherty	m	M45	Milford A.C.	17:28
56.	671	Mark Diver	m	MO	Letterkenny A.C.	17:35
57.	706	Gavin Crawford	m	M35	24-7 Triathlon Club	17:36
58.	705	Paul Dillon	m	MO	24-7 Triathlon Club	17:37
59.	628	Frank Chaney	m	M45	U/A	17:38
60.	564	Colm Mullan	m	M35	Acorns AC	17:39
61.	627	Gerard Bogle	m	M50	Finn Valley AC	17:42
62.	547	Martin McLucas	m	M45	Inishowen AC	17:43
63.	645	Joe Kennedy	m	MO	U/A	17:44
64.	517	Eddie Quigley	m	M35	City of Derry Spartans	17:44
65.	760	Martin Devenney	m	MO	Letterkenny A.C.	17:44
66.	769	Barry Gallagher	m	MO	Finn Valley AC	17:45
67.	652	Hugh Coll	m	M40	Milford A.C.	17:48
68.	694	Edward Sweeney	m	M35	Cranford A.C.	17:52
69.	549	Martin McGirr	m	M35	Acorns AC	17:58
70.	571	Aidan McKenna	m	M45	Letterkenny A.C.	18:02
71.	579	Karol Kelly	m	MO	BH FC	18:05
72.	574	Kevin Connolly	m	M40	Derry Track Club	18:06
73.	534	Philip Donaghy	m	M45	City of Derry Spartans	18:07
74.	623	Aron Cole	m	M40	Foyle Valley AC	18:09
75.	589	Frankie Bradley	m	M35	Foyle Valley AC	18:10
76.	662	James Donaghey	m	M45	Convoy AC	18:10
77.	603	Marty Dunleavy	m	M50	Foyle Valley AC	18:12
78.	615	Ben George	m	M40	Letterkenny A.C.	18:15
79.	630	Declan Mc Gill	m	M35	Foyle Valley AC	18:15
80.	774	Sean Mc Fadden	m	MO	Letterkenny A.C.	18:16
81.	631	Colly O Donnell	m	M40	Letterkenny A.C.	18:16
82.	692	Declan Mc Bride	m	MO	Cranford A.C.	18:24
83.	525	Peter Lilburn	m	M60	City of Derry Spartans	18:27
84.	660	Brian Doherty	m	M40	Milford A.C.	18:27
85.	675	Damian Murphy	m	M40	Raphoe Road Runners	18:29
86.	654	Daniel Doherty	m	MU20	Inishowen AC	18:29
87.	752	Rodney Campbell	m	M45	Foyle Valley AC	18:31
88.	709	Kevin McFadden	m	M40	Run Blast	18:32
89.	559	Natalie Hall	f	FO	Acorns AC	18:35
90.	554	Brian Thom	m	M45	Acorns AC	18:35
91.	528	Martina McMullan	f	F45	Foyle Valley AC	18:41
92.	699	Darren Hunter	m	MO	U/A	18:44
93.	618	Dan Friel	m	MO	U/A	18:44
94.	657	Paul Cosgrove	m	M50	Letterkenny A.C.	18:52
95.	585	McGinley Jane	f	F35	Letterkenny A.C.	19:01
96.	634	Gary McFadden	m	M40	Foyle Valley AC	19:03

97.	596	Paul Colhoun	m	M45	Born 2 Run	19:05
98.	761	Barry Mackey	m	M50	Letterkenny A.C.	19:06
99.	578	Barry Timlin	m	MO	Arsenal-Forever	19:07
100.	586	Cathy McCourt	f	F40	U/A	19:09
101.	616	Adrian Callaghan	m	M40	Letterkenny A.C.	19:10
102.	651	Gavin Doherty	m	MO	NWTC	19:12
103.	629	Mark Nolan	m	M40	Inishowen AC	19:12
104.	768	Michael J Gallagher	m	M40	Finn Valley AC	19:13
105.	550	Sean Mooney	m	M40	Foyle Valley AC	19:16
106.	530	Raymond Hoynes	m	M45	Lifford Strabane AC	19:17
107.	593	Paddy Slevin	m	MU20	Foyle Valley AC	19:18
108.	765	Chris Ryan	m	M45	Foyle Valley AC	19:19
109.	676	Mark Linton	m	M35	Foyle Valley AC	19:26
110.	580	Andy McInroy	m	M40	U/A	19:27
111.	622	Gemma McGinty	f	FO	Foyle Valley AC	19:35
112.	540	Mark Hunter	m	MO	24/7	19:41
113.	763	Gwyn Yemm	m	MO	Run for Fun	19:41
114.	697	Paul Lee	m	M45	Letterkenny A.C.	19:43
115.	2570	Sean Harkin	m	M40	Foyle Valley AC	19:43
116.	595	Grainne Neill	f	F50	Foyle Valley AC	19:44
117.	509	Sean Molloy	m	M40	Foyle Valley AC	19:45
118.	624	Marty Ross	m	M40	U/A	19:50
119.	643	Bobby Collins	m	M55	Project Africia	19:51
120.	619	Eamon Abel	m	M50	U/A	19:53
121.	513	Eoin Sheehy	m	M40	Milford A.C.	19:54
122.	605	Amy Mcdaid	f	FO	Derry Track Club	19:55
123.	519	Leslie Haire	m	M40	U/A	19:59
124.	541	Glenn Gallagher	m	MO	U/A	20:02
125.	601	Sara-Marie Doherty	f	FO	Inishowen AC	20:03
126.	632	Paul Sweeney	m	M40	Letterkenny A.C.	20:06
127.	553	Lisa Simpson	f	F35	Acorns AC	20:10
128.	687	Peter Cush	m	MU20		20:12
129.	535	Rory Mooney	m	MO	Foyle Valley AC	20:18
130.	664	Eugene Mc Auley	m	M50	Acorns AC	20:19
131.	698	Deirdre Quigg	f	F35	Foyle Valley AC	20:23
132.	620	Annalisa Mullan	f	F35	Foyle Valley AC	20:25
133.	604	Rory Grant	m	MO	U/A	20:26
134.	704	Natasha Kelly	f	FO	24-7 Triathlon Club	20:28
135.	542	Deirdre Shields	f	F35	Foyle Valley AC	20:28
136.	637	Eoin McCourt	m	MO	Blast	20:34
137.	537	Mark McClintock	m	M40	Foyle Valley AC	20:34
138.	685	Richard Burke	m	MO	Rise	20:38
139.	567	Bernard McLaughlin	m	M40	U/A	20:44
140.	560	Francis Purvis	m	M50	Acorns AC	20:47
141.	555	Annemarie McKernan	f	F35	Acorns AC	20:47
142.	674	Sheila Doherty	f	FO	Inishowen AC	20:48
143.	781	Billy Dowling	m	M35	U/A	20:48
144.	772	Michael Mc Laughlin	m	M55	Rise	20:49
145.	606	Michael Gallagher	m	M55	Foyle Valley AC	20:51
146.	588	Mark Gillespie	m	M40	FV	20:51

147.	608	Stephen Shields	m	M45	Letterkenny A.C.	20:52
148.	614	Shauna Guthrie	f	F0	Finn Valley AC	20:52
149.	543	Aileen Doherty	f	F35	Inishowen AC	20:54
150.	518	Billy Orr	m	M50	Foyle Valley AC	20:55
151.	696	Paddy Tourish	m	M50	Lifford Strabane AC	20:59
152.	602	Shelagh Murray	f	F45	City of Derry Spartans	20:59
153.	532	Ita Kelly	f	F45	Lifford Strabane AC	20:59
154.	647	Peter McLaughlin	m	M60	NWTC	20:59
155.	762	Janeen Leese	f	F0	City of Derry Spartans	21:01
156.	668	Marie Rooney	f	F55	Tir Chonaill AC	21:08
157.	625	Emma McGilloway	f	FU20	Foyle Valley AC	21:09
158.	689	Damian Downey	m	M45	Inishowen AC	21:11
159.	568	Siobhan McLaughlin	f	F35	Inishowen AC	21:16
160.	636	Andy McDermott	m	M45	Inish Fitness	21:17
161.	520	Brigeen Canavan	f	F45	City of Derry Spartans	21:24
162.	656	Joe Boyce	m	M0		21:27
163.	693	John Sweeney	m	M0	Milford A.C.	21:27
164.	642	John J Cannon	m	M55	Tir Chonaill AC	21:32
165.	538	Hugh Hegarty	m	M45	Foyle Valley AC	21:33
166.	515	Jacqui Timoney	f	F35	Lifford Strabane AC	21:36
167.	557	Stacey Hinfey	f	F35	Acorns AC	21:38
168.	545	Stuart Bulloch	m	M45	Run Blast	21:38
169.	700	Stephen McCrory	m	M40	Awesome	21:38
170.	777	Aidan Kelly	m	M40	Swanling	21:40
171.	679	Gary Mc Bride	m	M0		21:40
172.	753	Paula McGilloway	f	F50	City of Derry Spartans	21:42
173.	582	Paul Doherty	m	M45	Run for Fun	21:48
174.	583	Mcglynn Trevor	m	M35	Lifford Strabane AC	21:55
175.	613	Denise Doherty	f	F45	Foyle Valley AC	22:03
176.	759	Eugene McGinley	m	M50	Raphoe Road Runners	22:06
177.	592	Charlene McGinty	f	F0	Foyle Valley AC	22:09
178.	572	Patricia McKenna	f	F45	Letterkenny A.C.	22:11
179.	751	Catherine Moran	f	F55	Foyle Valley AC	22:11
180.	524	Paul Murray	m	M40	U/A	22:11
181.	702	Ciaran Logue	m	M0	Eglinton Road Runners	22:12
182.	577	Seamus Carlin	m	M35	Inishowen AC	22:13
183.	639	Brian Mc Bride	m	M60	Letterkenny A.C.	22:13
184.	667	Jackie Harvey	f	F55	Tir Chonaill AC	22:22
185.	655	Ruth Doherty	f	F40	Inishowen AC	22:23
186.	609	Noel Lynch	m	M45	Letterkenny A.C.	22:25
187.	531	Robert McNamee	m	M40	NWTC	22:26
188.	683	Denis Kelly	m	M45		22:26
189.	663	Danny Sharkey	m	M55	U/A	22:33
190.	757	Orla Moran	f	F40	Foyle Valley AC	22:38
191.	536	Trish McClintock	f	F40	Foyle Valley AC	22:38
192.	575	Marion Boyle	f	F50	Foyle Valley AC	22:40
193.	665	Vera Haughey	f	F50	Tir Chonaill AC	22:51
194.	598	Sam Faulkner	m	M0	Run for Fun Letterkenny	22:53
195.	695	Liam Daly	m	M50	Lifford Strabane AC	22:59
196.	514	Lisa O'Donnell	f	F0	City of Derry Spartans	23:15

197.	587	Sinead Crawford	f	F35	Inishowen AC	23:16
198.	562	Tracy Quinn	f	F35	Acorns AC	23:20
199.	546	Joyce McKittrick	f	F40	Lifford Strabane AC	23:23
200.	521	Stan McWilliams	m	M60	U/A	23:35
201.	612	Gary McMonagle	m	M45	Blast	23:39
202.	677	Shirley Boyce	f	FO		23:42
203.	552	Paul Bradley	m	M45	Acorns AC	23:43
204.	576	Oonagh McGuigan	f	F45	Lifford Strabane AC	23:46
205.	758	Pauline Sweeney	f	F40	U/A	24:05
206.	688	John Mc Candless	m	M45	Inishowen AC	24:10
207.	708	Dylan Lyons	m	MU20	Inish Fitness	24:18
208.	707	Liam Lyons	m	M40	Inish Fitness	24:18
209.	780	Hugh Ferry	m	MO	U/A	24:30
210.	648	Marc Power	m	MO	NWTC	24:33
211.	773	Peter Mc Lean	m	M55	Letterkenny A.C.	24:58
212.	661	Gloria Donaghey	f	F55	Finn Valley AC	25:12
213.	621	Kate Meehan	f	F50	Foyle Valley AC	25:58
214.	701	Harry Doherty	m	M40		26:19
215.	669	Declan Carey	m	M40	U/A	26:24
216.	703	Damian Logue	m	M50	Eglinton Road Runners	26:53
217.	766	Carlos de La Torre	m	MU20		27:12
218.	710	John Hutchinson	m	MO	U/A	27:50
219.	776	Sienna	f	FU20	U/A	27:50
220.	778	Jason Le Masurier	m	M45	U/A	28:36
221.	779	Geraldine Kelly	f	FO	Edenoughill Road Runners	29:55
222.	670	Sadie Carey	f	F40	U/A	30:13
223.	775	Desmond Brownlie	m	M70	Lagan Valley AC	30:53
224.	649	Keith Louden	m	M40		31:54
225.	646	Mark Rabbett	m	M40	NWTC	31:54
226.	556	Una McGuigian	f	F45	Acorns AC	32:54