

# Milford 5k 2010

Place	Race No.	Time	FirstName	Surname	Category	Club
1	489	14.51	Ciaran	Doherty	SM	Letterkenny A C
2	422	15.23	Ian	Ward	SM	Finn Valley A C
3	170	15.59	Kevin	Holian	SM	Finn Valley A C
4	160	16.12	Michael	Black	SM	Letterkenny A C
5	420	16.16	Ivan	Toner	SM	Letterkenny A C
6	465	16.22	Dermot	Brennan	JM	Finn Valley A C
7	411	16.27	Colin	Mc Nulty	SM	Finn Valley A C
8	472	16.53	Sean	Mc Gettigan	SM	Finn Valley A C
9	438	17.15	Pat	Hegarty	M45+	Finn Valley A C
10	461	17.15	John	Daly	SM	Letterkenny A C
11	425	17.19	Martin	Gormley	M40+	Letterkenny A C
12	416	17.34	David	Kenneally	M40+	Thurles Crokes A.C.
13	497	17.36	P.J	Boyce	M40+	Cranford A C
14	417	17.41	Jude	O' Donnell	M35+	Individual
15	171	17.43	Hugh	Duffy	SM	Cranford A C
16	424	17.43	Aidan	Mc Kenna	SM	Letterkenny A C
17	480	17.51	Noel	Diver	SM	Individual
18	406	17.54	Sean	Kerrs	JM	Tír Chonaill A C
19	483	17.56	Jason	King	M35+	Letterkenny A C
20	409	17.58	John	Duffy	M45+	Shettleston Harriers
21	404	17.59	Pat	Gallagher	M40+	Individual
22	469	18.13	Ciaran	Kelly	M40+	Finn Valley A C
23	161	18.15	Gary	Gillespie	SM	Rosses A.C.
24	481	18.17	Fionualla	Diver	SW	Letterkenny A C
25	491	18.19	Daniel	Carr	JM	Letterkenny A C
26	457	18.23	Ciaran	Gallagher	SM	Letterkenny A C
27	433	18.26	Hugh	Gallagher	SM	Finn Valley A C
28	407	18.27	Shéila	Regan	SW	Letterkenny A C
29	473	18.29	Sean	Mc Fadden	SM	Letterkenny A C
30	165	18.31	Pat	O' Donnell	SM	Individual
31	484	18.46	Ciaran	O' Donnell	M40+	Letterkenny A C

<b>32</b>	467	19.08	Andy	Scanlan	M45+	Finn Valley A C
<b>33</b>	471	19.12	John	Morrison	M40+	Individual
<b>34</b>	168	19.15	Joseph	Gallagher	SM	Individual
<b>35</b>	468	19.23	Daniel	Cullen	SM	Individual
<b>36</b>	460	19.24	Garvan	Mc Closkey	M40+	Letterkenny A C
<b>37</b>	450	19.27	Leah	Duggan	JW	Milford A C
<b>38</b>	434	19.29	Michael	Collins	M40+	Inishowen A C
<b>39</b>	439	19.34	Joe	Hegarty	M45+	Individual
<b>40</b>	431	19.35	Pádraig	Friel	SM	Letterkenny A C
<b>41</b>	485	19.36	Christopher	Murray	JM	Cranford A C
<b>42</b>	418	19.36	Darragh	Mc Gettigan	JM	Milford A C
<b>43</b>	456	19.40	Miriam	Bonnar	W35+	Finn Valley A C
<b>44</b>	437	19.44	Seamus	Doherty	JM	Individual
<b>45</b>	421	19.48	Jim	Shields	M60+	Finn Valley A C
<b>46</b>	470	19.51	Patrick	Sweeney	SM	Individual
<b>47</b>	432	19.53	Glen	Duncan	SM	Individual
<b>48</b>	401	19.54	Liam	Mc Ginty	M40+	Individual
<b>49</b>	403	20.10	Joseph	Casey	M40+	Individual
<b>50</b>	459	20.12	Gerry	Gribbon	M40+	Individual
<b>51</b>	458	20.21	P.J.	Lyons	SM	Individual
<b>52</b>	156	20.34	Paul	Friel	M40+	Individual
<b>53</b>	410	20.35	Andrew	Duffy	JM	Shettleston Harriers
<b>54</b>	500	20.40	Liam	Marley	M50+	Cranford A C
<b>55</b>	423	20.44	Terry	Mc Fadden	SM	Individual
<b>56</b>	486	20.48	Darren	Wallace	M35+	Individual
<b>57</b>	430	20.54	Jerome	Burke	SM	Individual
<b>58</b>	427	20.59	Alec	Mc Conigley	JM	Individual
<b>59</b>	496	21.05	John	Mc Elwaine	M35+	Individual
<b>60</b>	415	21.10	Brendan	Delap	M50+	Letterkenny A C
<b>61</b>	495	21.18	Paul	Wilkison	M35+	Individual
<b>62</b>	419	21.25	Johnny	Ward	M45+	Tír Chonail A C
<b>63</b>	412	21.37	Evan	Hewitt	JM	Individual
<b>64</b>	452	21.40	Vera	Haughey	W50+	Tír Chonail A C
<b>65</b>	440	21.41	Brian	Duffy	M35+	Individual

<b>66</b>	455	21.42	Gloria	Donaghey	W50+	Finn Valley A C
<b>67</b>	414	22.06	Jordan	Hewitt	JM	Individual
<b>68</b>	441	22.07	Sinéad	Peoples	SW	Tír Chonaill A C
<b>69</b>	466	22.08	Martin	Anderson	M40+	Individual
<b>70</b>	405	22.27	James	Mc Erlane	M50+	Letterkenny A C
<b>71</b>	499	22.39	Gillian	Marley	JW	Milford A C
<b>72</b>	477	22.52	Eric	Pierce	M50+	Individual
<b>73</b>	172	23.06	Nancy	Mc Namee	W45+	Finn Valley A C
<b>74</b>	408	23.14	Vivien	Frazer	W40+	Kirkintulloch
<b>75</b>	464	23.22	Aoife	Boyce	SW	Individual
<b>76</b>	442	23.37	Joe	Mc Glynn	SM	Individual
<b>77</b>	453	23.39	Jackie	Harvey	W45+	Tír Chonaill A C
<b>78</b>	162	23.44	Fin	Begley	W35+	Individual
<b>79</b>	435	23.45	Debbie	Collins	JW	Individual
<b>80</b>	462	23.47	Roseleen	Green	SW	Individual
<b>81</b>	402	23.52	Kathleen	Regan	W40+	Individual
<b>82</b>	166	23.53	Patrick	O' Donnell	SM	Individual
<b>83</b>	164	23.53	Martin	Green	SM	Individual
<b>84</b>	490	23.57	Pat	Carr	M50+	Individual
<b>85</b>	159	24.47	Daniel	Sweeney	SM	Individual
<b>86</b>	498	25.12	Caroline	Marley	JW	Milford A C
<b>87</b>	436	25.15	Tanya	Collins	JW	Individual
<b>88</b>	444	25.21	Rory	O' Donnell	JM	Milford A C
<b>89</b>	488	25.50	Desmond	Brownlie	M60+	Lagan Valley
<b>90</b>	479	26.28	Debbie	Houston	W35+	Milford A C
<b>91</b>	157	26.30	Shane	Friel	JM	Individual
<b>92</b>	482	26.35	Joanne	Kilmartin	SW	Individual
<b>93</b>	493	27.18	Ruth	Mc Crudden	W40+	Individual
<b>94</b>	494	27.18	Sean	Mc Crudden	M40+	Individual
<b>95</b>	413	30.18	Mary	Hewitt	JW	Individual
<b>96</b>	463	31.38	Una	Mc Cotter	W40+	Individual