

32nd Annual Greencastle 5mile Road Race - 26th December 2017

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Pos	BIB	Name	Club	Cat	Mile2			Mile 3			Mile 4			Mile 5			Chip Time	Gun Time	Average Pace
					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace			

WHEELCHAIR RACE

1	10	Paul Hanna		WC	1	7:30	3:45				2	24:55		1	29:55	5:00	29:55	29:55	5:59/M
2	618	Karol Doherty	Innishowen	WC	2	8:26	4:13	1	18:01	9:34	1	29:14	11:13	2	36:10	6:56	36:10	36:10	7:14/M

OVERALL FINISH LIST

Pos	BIB	Name	Club	Cat	Mile2			Mile 3			Mile 4			Mile 5			Chip Time	Gun Time	Average Pace
					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace			
1	1	Paul Pollock	Annadale Striders	MO	1	9:03	4:32	1	14:16	5:12	1	19:49	5:33	1	24:31	4:41	24:31	24:31	4:54/M
2	2	Scott Rankin	Foyle Valley AC	MO	2	9:13	4:37	2	14:40	5:27	3	20:41	6:00	2	25:29	4:48	25:29	25:29	5:06/M
3	4	Eoghan Joseph Totten	Newcastle District AC	MO	3	9:24	4:42	3	14:55	5:30	2	20:50	5:55	3	25:49	4:59	25:49	25:49	5:10/M
4	8	Aaron Doherty	City of Derry AC Spartans	MO	4	9:38	4:49	6	15:21	5:43	4	21:25	6:04	8	26:39	5:13	26:39	26:39	5:20/M
5	5	John Lenehan	City of Derry AC Spartans	MO	5	9:53	4:56	5	15:35	5:42	5	21:52	6:16	4	26:51	4:59	26:51	26:51	5:22/M
6	7	Eoin Hughes	Acorns AC	MO	6	9:53	4:57	4	15:35	5:42	6	21:53	6:17	5	27:00	5:07	27:00	27:00	5:24/M
7	682	Jarlath Falls	Ballymena & Antrim	MO	7	10:03	5:02	11	15:53	5:50	8	22:14	6:21	12	27:37	5:22	27:37	27:37	5:31/M
8	15	Joseph Kennedy	Foyle Valley AC	MO	8	10:19	5:10	7	16:03	5:44	7	22:22	6:19	9	27:39	5:17	27:39	27:39	5:32/M
9	836	Chris McGurk	Glaslough Harriers	MO	12	10:19	5:09	9	16:09	5:49	9	22:33	6:24	7	27:46	5:12	27:46	27:46	5:33/M
10	13	Pierce McCullagh	Sperrin Harriers	MO	14	10:19	5:10	8	16:08	5:49	12	22:43	6:34	6	27:55	5:12	27:55	27:55	5:35/M
11	46	John Muddeman	Notts AC	MO	10	10:19	5:09	12	16:09	5:50	11	22:43	6:33	15	28:09	5:26	28:09	28:09	5:38/M
12	9	Johnny Canning	Foyle Valley AC	MO	9	10:19	5:10	10	16:09	5:50	15	22:51	6:42	23	28:24	5:33	28:24	28:24	5:41/M
13	3	Emma Mitchell	Queens University Belfast AC	FO	15	10:21	5:10	15	16:25	6:04	14	23:04	6:38	13	28:28	5:24	28:27	28:28	5:41/M
14	21	Garreth McCullagh	Lifford/Strabane AC	M40	11	10:19	5:09	13	16:19	5:59	32	23:19	7:00	10	28:40	5:21	28:39	28:40	5:44/M
15	6	Paul Barbour		MO	20	10:57	5:29	14	17:00	6:02	10	23:27	6:26	16	28:53	5:26	28:53	28:53	5:47/M
16	738	Caitriona Jennings	Letterkenny Athletic Club	F35	13	10:19	5:10	16	16:25	6:06	27	23:19	6:53	28	28:57	5:38	28:57	28:57	5:47/M
17	709	Paul McAnespie	Armagh AC	M45	16	10:44	5:22	18	16:56	6:12	13	23:34	6:38	30	29:13	5:39	29:13	29:13	5:51/M
18	526	Kevin McCloy		MO	22	10:59	5:29	17	17:09	6:10	21	23:59	6:50	14	29:24	5:24	29:23	29:24	5:53/M
19	22	Michael Kerr	Carmen Runners	M40	29	11:02	5:31	20	17:15	6:12	18	24:01	6:46	18	29:28	5:27	29:28	29:28	5:54/M
20	44	Niall Moroney		MO	19	10:56	5:26	21	17:09	6:13	22	23:59	6:50	20	29:29	5:30	29:25	29:29	5:53/M
21	16	Conor Maguire	Omagh Harriers	MO	17	10:47	5:24	19	16:59	6:12	28	23:53	6:53	26	29:29	5:36	29:29	29:29	5:54/M
22	183	Joseph Haynes	Armagh AC	MJ	21	10:58	5:29	25	17:18	6:19	17	24:03	6:45	19	29:33	5:29	29:32	29:33	5:54/M
23	57	David Marshall		MO	18	10:51	5:26	24	17:09	6:17	25	24:02	6:52	22	29:34	5:31	29:33	29:34	5:55/M
24	918	Chris McGuigan	Omagh Triathlon	M55	34	11:05	5:32	22	17:22	6:17	16	24:06	6:43	21	29:36	5:30	29:35	29:36	5:55/M
25	321	John McQuade	Derry City Track Cub	MO	33	11:03	5:32	26	17:23	6:20	24	24:15	6:51	31	29:54	5:39	29:54	29:54	5:59/M
26	54	Lauren Wilson	Edinburgh Athletic Club	FO	32	11:03	5:31	28	17:24	6:20	26	24:17	6:53	34	29:59	5:41	29:58	29:59	6:00/M
27	14	Pete Neill	Omagh Harriers	M45	44	11:23	5:41	35	17:49	6:26	20	24:38	6:48	17	30:05	5:26	30:04	30:05	6:01/M
28	178	Martin McGirr	Acorns AC	MO	26	11:00	5:30	27	17:20	6:20	34	24:22	7:01	36	30:06	5:43	30:05	30:06	6:01/M
29	725	Sean Corry	Omagh Harriers	MJ	43	11:22	5:40	36	17:50	6:27	30	24:47	6:57	11	30:10	5:22	30:07	30:10	6:01/M
30	41	Brendan Moroney	Westbury Harriers	MO	39	11:20	5:38	23	17:37	6:17	19	24:25	6:47	38	30:15	5:49	30:11	30:15	6:02/M

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					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Time	Time	Pace
31	18	Piarais McShane	North Belfast Harriers	MJ	45	11:23	5:41	34	17:49	6:26	29	24:44	6:54	25	30:17	5:33	30:16	30:17	6:03/M
32	129	Gerry O'Connell	Marino Institute of Educa	M55	27	11:01	5:31	33	17:26	6:25	40	24:38	7:11	32	30:18	5:40	30:18	30:18	6:04/M
33	832	Dennis Cush		M45	36	11:13	5:37	32	17:38	6:24	31	24:37	6:59	33	30:18	5:40	30:18	30:18	6:04/M
34	907	David Gormely	Derry Track Club	MO	42	11:21	5:39	29	17:43	6:22	35	24:47	7:03	24	30:21	5:33	30:17	30:21	6:03/M
35	451	Stephen Nicholson	PACE Running Club	MO	46	11:24	5:42	43	17:59	6:34	23	24:49	6:50	29	30:28	5:38	30:27	30:28	6:05/M
36	109	Peter Williams		MO	31	11:02	5:31	30	17:25	6:22	44	24:44	7:18	41	30:36	5:51	30:36	30:36	6:07/M
37	11	Delfim Pimentel		M50	35	11:13	5:37	31	17:38	6:24	33	24:39	7:00	58	30:43	6:04	30:43	30:43	6:09/M
38	381	Simon Reeve	North Belfast Harriers	M40	28	11:01	5:30	44	17:38	6:36	42	24:54	7:16	39	30:45	5:51	30:44	30:45	6:09/M
39	686	Mark Haynes	Armagh AC	M40	37	11:14	5:37	41	17:48	6:34	37	24:56	7:07	40	30:48	5:51	30:47	30:48	6:09/M
40	445	Joe McCrory		MO	25	10:59	5:29	45	17:38	6:38	41	24:50	7:12	55	30:52	6:02	30:50	30:52	6:10/M
41	282	Thomas Leitch	Victoria Park & Connswate	M45	47	11:25	5:43	38	17:58	6:32	36	25:02	7:04	42	30:54	5:51	30:53	30:54	6:11/M
42	785	Cathy McCourt	Badoney Runners	FO	30	11:02	5:31	46	17:41	6:38	47	25:01	7:20	45	30:55	5:53	30:54	30:55	6:11/M
43	502	Noel Tierney	Fit-2-Function	MO	24	10:59	5:29	48	17:39	6:40	50	25:02	7:22	43	30:55	5:52	30:54	30:55	6:11/M
44	126	John Hasson	Ballymena Runners	M45	48	11:26	5:42	40	17:59	6:33	38	25:08	7:09	37	30:56	5:47	30:54	30:56	6:11/M
45	12	Dermott Kerr	Armagh AC	M55	50	11:26	5:43	39	17:59	6:32	45	25:19	7:20	51	31:18	5:58	31:18	31:18	6:16/M
46	455	Ryan Gray	Trillick GAC	MJ	49	11:26	5:41	42	18:00	6:34	39	25:10	7:09	77	31:24	6:13	31:20	31:24	6:16/M
47	814	Damien Cox	Omagh Harriers	M45	41	11:21	5:40	47	18:01	6:39	54	25:27	7:26	49	31:24	5:57	31:22	31:24	6:16/M
48	777	Martin McIvor	Omagh Harriers	MO	54	11:32	5:46	53	18:14	6:42	56	25:42	7:27	35	31:25	5:43	31:23	31:25	6:17/M
49	619	Tommy Hughes	Termoneeny Running Club	M55	40	11:20	5:40	50	18:00	6:40	57	25:28	7:27	50	31:25	5:57	31:25	31:25	6:17/M
50	58	Pete Tuohey	Acorns AC	MO	23	10:59	5:29	51	17:40	6:40	76	25:22	7:42	63	31:30	6:07	31:28	31:30	6:18/M
51	150	Rachel Kane	DH Runners	FO	38	11:15	5:37	63	18:04	6:48	62	25:37	7:33	44	31:30	5:52	31:28	31:30	6:18/M
52	34	Martin McLaughlin	Omagh Harriers	M55	53	11:31	5:45	55	18:15	6:43	48	25:36	7:20	46	31:31	5:54	31:30	31:31	6:18/M
53	507	Shane McGlone	Carmen Runners	MO	66	11:51	5:54	65	18:44	6:52	49	26:05	7:21	27	31:44	5:38	31:40	31:44	6:20/M
54	430	Adrian Devlin	Sperrin Harriers	MO	63	11:50	5:54	37	18:22	6:32	53	25:48	7:25	56	31:51	6:02	31:49	31:51	6:22/M
55	25	Brendan Collins	Project Africa Athletics	MO	72	11:56	5:55	52	18:38	6:41	46	25:59	7:20	47	31:54	5:54	31:46	31:54	6:21/M
56	767	Derek Somerville	Omagh Harriers	M50	52	11:31	5:46	56	18:15	6:44	63	25:51	7:35	60	31:58	6:07	31:57	31:58	6:23/M
57	634	Damien Murray	Enniskillen RC	MJ	80	12:01	6:01	54	18:45	6:43	52	26:09	7:24	48	32:06	5:56	32:06	32:06	6:25/M
58	340	Shane Murphy		MO	65	11:51	5:53	49	18:31	6:40	58	26:00	7:28	69	32:09	6:09	32:04	32:09	6:25/M
59	270	Keith Weir	The Flaming Gooches	MO	59	11:41	5:51	58	18:25	6:44	69	26:04	7:38	76	32:17	6:12	32:17	32:17	6:27/M
60	744	Eugene Liam McCarroll	Fintona GAC	MO	95	12:16	6:03	59	19:01	6:44	43	26:18	7:16	52	32:18	6:00	32:08	32:18	6:26/M
61	26	Alexandre Pimentel		MJ	67	11:53	5:55	60	18:41	6:47	61	26:14	7:33	65	32:23	6:08	32:20	32:23	6:28/M
62	783	Paul McLaughlin	Sperrin Harriers	M50	57	11:35	5:47	66	18:28	6:53	84	26:16	7:47	71	32:27	6:11	32:25	32:27	6:29/M
63	713	Brian Fitzgerald		MO	64	11:50	5:53	75	18:47	6:56	70	26:26	7:39	79	32:40	6:13	32:34	32:40	6:31/M
64	848	Sean Diamond	Omagh Harriers	MJ	82	12:02	6:00	71	18:56	6:54	64	26:33	7:36	62	32:40	6:07	32:36	32:40	6:31/M
65	834	Dara Sweeny	Carmen Runners	M45	92	12:13	6:05	69	19:07	6:53	60	26:39	7:32	54	32:40	6:00	32:37	32:40	6:31/M
66	195	Duncan Emery	West 4 Harriers	M40	71	11:55	5:55	87	18:59	7:03	85	26:47	7:47	53	32:47	6:00	32:42	32:47	6:32/M
67	102	Eimear Nicholl	St. Peters AC	FO	60	11:42	5:49	76	18:39	6:56	104	26:37	7:57	74	32:48	6:11	32:44	32:48	6:33/M
68	916	Terry Cunningham	Omagh Harriers	M45	83	12:02	6:01	72	18:57	6:54	77	26:40	7:42	67	32:48	6:08	32:47	32:48	6:33/M
69	186	Michael Duncan	Lifford/Strabane AC	M55	74	11:59	5:59	67	18:53	6:53	89	26:42	7:49	64	32:50	6:08	32:48	32:50	6:34/M
70	443	Ciaran Maguire	B.M.R.C	MO	51	11:28	5:44	105	18:39	7:11	100	26:35	7:55	83	32:51	6:15	32:50	32:51	6:34/M

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71	830	Sean McDaid		MO	77	12:00	5:58	85	19:01	7:01	78	26:45	7:43	61	32:52	6:07	32:47	32:52	6:33/M
72	563	Andrew Newell		MO	70	11:54	5:56	62	18:43	6:48	110	26:45	8:01	66	32:53	6:08	32:51	32:53	6:34/M
73	659	Jonathan dempsey	Acorns AC	M50	56	11:35	5:48	81	18:35	6:59	94	26:28	7:52	108	32:54	6:26	32:54	32:54	6:35/M
74	500	Enda McNulty	Lifford/Strabane AC	M45	88	12:12	6:05	73	19:07	6:55	65	26:44	7:36	70	32:55	6:10	32:52	32:55	6:34/M
75	831	Eirin McDaid	Ranelagh Marriers	MO	75	11:59	5:57	84	19:01	7:01	73	26:42	7:40	78	32:55	6:13	32:50	32:55	6:34/M
76	298	Sorcha Mullan	Omagh Harriers	FJ	85	12:07	6:00	70	19:01	6:54	72	26:41	7:39	86	32:58	6:16	32:50	32:58	6:34/M
77	467	Robert Gallagher	MCI	M40	86	12:11	6:04	77	19:08	6:57	88	26:57	7:49	68	33:07	6:09	33:03	33:07	6:37/M
78	393	Rory McCann		MO	105	12:30	6:12	99	19:39	7:08	55	27:06	7:27	57	33:09	6:03	33:03	33:09	6:37/M
79	139	Desmond Fahy	Orangetown AC	M45	94	12:13	6:05	80	19:13	6:59	83	26:59	7:46	72	33:11	6:11	33:08	33:11	6:38/M
80	555	Garreth Murphy		MO	111	12:38	6:18	78	19:36	6:57	51	27:00	7:24	73	33:12	6:11	33:08	33:12	6:38/M
81	309	Sean Loughran	Knockmany Runners	M40	90	12:13	6:04	74	19:09	6:56	66	26:46	7:36	112	33:13	6:27	33:08	33:13	6:38/M
82	908	Oistin McAteer	BST	MO	113	12:39	6:14	79	19:37	6:58	59	27:07	7:30	59	33:14	6:06	33:02	33:14	6:36/M
83	683	Raymond Doherty	Finn Valley AC	M55	78	12:01	6:00	83	19:00	6:59	81	26:45	7:44	124	33:17	6:31	33:15	33:17	6:39/M
84	130	Geoff Sproule	Lifford/Strabane AC	M45	76	11:59	5:59	68	18:53	6:53	115	26:58	8:04	90	33:18	6:20	33:16	33:18	6:39/M
85	290	Martin Loughran	Acorns AC	MO	73	11:56	5:58	86	18:59	7:02	93	26:51	7:52	131	33:26	6:34	33:24	33:26	6:41/M
86	923	Mark Farquhar	Tri Limits	MO	62	11:43	5:51	101	18:52	7:08	130	27:03	8:10	113	33:30	6:27	33:29	33:30	6:42/M
87	421	Hugh Sally	Omagh St Endas GAC	MO	68	11:53	5:56	95	19:00	7:06	137	27:12	8:12	89	33:32	6:19	33:30	33:32	6:42/M
88	30	Dominic McCartan	Carrickmore	M55	100	12:25	6:12	131	19:44	7:18	71	27:23	7:39	75	33:35	6:11	33:35	33:35	6:43/M
89	616	Dylan Sloan	Run For Enda	MO	61	11:43	5:51	110	18:56	7:12	122	27:04	8:08	123	33:36	6:31	33:34	33:36	6:43/M
90	45	Kieran Moroney		MO	136	12:56	6:20	57	19:40	6:44	67	27:18	7:37	93	33:39	6:21	33:22	33:39	6:40/M
91	211	Noreen Fegan	Armagh AC	F50	89	12:12	6:05	90	19:18	7:05	99	27:14	7:55	118	33:43	6:29	33:40	33:43	6:44/M
92	774	Aidan Molloy	Omagh Harriers	M45	124	12:45	6:19	94	19:52	7:06	75	27:33	7:41	87	33:50	6:17	33:43	33:50	6:45/M
93	281	Brian Thom	Acorns AC	M45	99	12:25	6:11	88	19:30	7:05	107	27:31	8:00	92	33:52	6:21	33:48	33:52	6:46/M
94	433	Cormac McBride	Glenelly	MJ	128	12:51	6:22	64	19:41	6:49	82	27:26	7:45	107	33:53	6:26	33:45	33:53	6:45/M
95	349	Conor O'Rawe		MJ	96	12:17	6:08	107	19:29	7:11	132	27:39	8:10	88	33:59	6:19	33:57	33:59	6:47/M
96	175	Niall McAlynn		MO	107	12:32	6:13	141	19:54	7:22	97	27:49	7:54	80	34:03	6:14	33:57	34:03	6:47/M
97	701	Gary Devine	Clann na nGael	M40	148	13:04	6:21	61	19:52	6:48	80	27:36	7:44	115	34:05	6:28	33:42	34:05	6:44/M
98	145	Ray Cameron	North Belfast Harriers	M40	87	12:11	6:04	91	19:17	7:05	140	27:31	8:13	136	34:06	6:35	34:02	34:06	6:48/M
99	883	Aodhan O'Donnell	Dromore GFC	MO	69	11:54	5:50	154	19:21	7:27	162	27:47	8:25	91	34:07	6:20	33:52	34:07	6:46/M

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					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Time	Time	Pace
100	216	Martin McKenna	Armagh AC	M40	123	12:45	6:21	98	19:53	7:08	86	27:42	7:48	104	34:07	6:25	34:04	34:07	6:49/M
101	318	Colin Daly		MO	119	12:41	6:15	100	19:50	7:08	98	27:45	7:55	97	34:08	6:22	33:56	34:08	6:47/M
102	152	Jonathan McKane	Rebel PT	MO	79	12:01	5:59	125	19:18	7:16	145	27:33	8:14	138	34:09	6:36	34:06	34:09	6:49/M
103	464	Martin Lundy	Marple Runners	M55	112	12:39	6:15	121	19:55	7:15	91	27:46	7:51	109	34:13	6:26	34:03	34:13	6:49/M
104	310	Leanne Sands	Acorns AC	FO	137	12:56	6:28	106	20:07	7:11	79	27:52	7:44	94	34:13	6:21	34:13	34:13	6:51/M
105	750	Cassie Lagan	Omagh Harriers	FJ	97	12:17	6:08	109	19:29	7:12	125	27:39	8:09	133	34:14	6:34	34:12	34:14	6:50/M
106	752	Shane Taggart	Keep er Lit	M40	91	12:13	6:06	127	19:30	7:17	134	27:41	8:11	143	34:20	6:38	34:18	34:20	6:52/M
107	708	Aidan Kelly	Carrickmore Éire Óg	MO	120	12:42	6:18	103	19:53	7:10	106	27:52	7:59	116	34:21	6:28	34:14	34:21	6:51/M

32nd Annual Greencastle 5mile Road Race - 26th December 2017

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Pos	BIB	Name	Club	Cat	Mile2			Mile 3			Mile 4			Mile 5			Chip Time	Gun Time	Average Pace
					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace			
108	971	Brendan Burns	Pomeroy	MO	121	12:42	6:18	104	19:53	7:10	118	28:00	8:06	99	34:24	6:23	34:16	34:24	6:51/M
109	17	Sean McShane	North Belfast Harriers	M40	122	12:44	6:19	108	19:56	7:12	101	27:53	7:56	125	34:25	6:32	34:19	34:25	6:52/M
110	933	Joe McAleer		MO	127	12:51	6:22	118	20:06	7:15	95	27:59	7:53	105	34:25	6:25	34:18	34:25	6:52/M
111	187	Nigel Mills	Revolution training and f	MO	103	12:28	6:11	129	19:46	7:17	121	27:53	8:07	130	34:27	6:33	34:20	34:27	6:52/M
112	197	Stephen Webb	Clapham Chasers	MO	109	12:37	6:17	123	19:53	7:16	154	28:12	8:18	82	34:27	6:15	34:23	34:27	6:53/M
113	416	Philip Jenkinson		MO	138	12:56	6:18	82	19:56	6:59	129	28:06	8:10	95	34:29	6:22	34:08	34:29	6:50/M
114	782	Brian Bradley	Sperrin Harriers	M50	101	12:26	6:12	132	19:45	7:19	158	28:06	8:21	98	34:29	6:23	34:27	34:29	6:53/M
115	182	Edward Carville		MO	145	13:02	6:26	97	20:10	7:08	68	27:48	7:37	162	34:32	6:44	34:22	34:32	6:52/M
116	603	Gary Toner	Loughmacrory GAC	MO	55	11:32	5:46	120	18:48	7:15	265	28:01	9:12	122	34:32	6:31	34:32	34:32	6:54/M
117	551	Jason O'Neill	Sperrin Harriers	M45	117	12:41	6:18	124	19:57	7:16	96	27:52	7:54	152	34:33	6:41	34:28	34:33	6:54/M
118	112	Edwina Ternan	Orangetown AC	FO	134	12:53	6:22	113	20:07	7:13	111	28:09	8:02	114	34:37	6:28	34:27	34:37	6:53/M
119	423	Hayley Ballard	Omagh	FO	116	12:40	6:17	117	19:55	7:14	109	27:56	8:01	150	34:38	6:41	34:31	34:38	6:54/M
120	722	Jacob Corry	Omagh Harriers	MJ	93	12:13	6:05	89	19:19	7:05	172	27:52	8:32	180	34:43	6:50	34:38	34:43	6:56/M
121	934	Sean McAleer		MO	126	12:51	6:22	119	20:06	7:15	147	28:21	8:14	102	34:46	6:25	34:39	34:46	6:56/M
122	691	Shane Donnelly		MO	125	12:47	6:21	112	20:01	7:13	119	28:07	8:06	159	34:51	6:43	34:45	34:51	6:57/M
123	196	Kevin Gormley	Mornington Chasers	MO	104	12:29	6:11	137	19:50	7:21	157	28:11	8:20	157	34:54	6:42	34:47	34:54	6:57/M
124	527	Jordan Quinn	Dregish GAC	MO				840	20:35	20:35	102	28:32	7:57	100	34:56	6:24	34:38	34:56	6:56/M
125	362	Colm Sherry	Augher	MO	133	12:53	6:17	102	20:03	7:09	124	28:12	8:08	169	34:58	6:46	34:38	34:58	6:56/M
126	689	Vincy Hollywood	Greencastle AC	M50	108	12:34	6:15	142	19:57	7:22	135	28:08	8:11	184	35:00	6:52	34:56	35:00	6:59/M
127	815	Shane McGace		M45	102	12:26	6:12	136	19:48	7:21	179	28:25	8:36	137	35:01	6:35	34:58	35:01	7:00/M
128	857	Eoghan McElduff	NA	MO	175	13:20	6:38	115	20:34	7:14	92	28:27	7:52	135	35:02	6:35	34:56	35:02	6:59/M
129	828	Barry Loughran	Acorns AC	M45	153	13:07	6:31	143	20:31	7:24	117	28:37	8:06	103	35:02	6:25	34:56	35:02	6:59/M
130	622	Ben Dolan		MJ										848	35:03	6:59	34:57	35:03	6:59/M
131	200	Terry Ferguson		MO	141	12:59	6:21	122	20:15	7:16	153	28:33	8:17	120	35:03	6:30	34:45	35:03	6:57/M
132	721	Aisling Murray	Carmen Runners	FO	142	12:59	6:28	130	20:17	7:17	120	28:24	8:07	145	35:03	6:39	35:01	35:03	7:00/M
133	233	Brian Geddis		M60	106	12:30	6:14	145	19:55	7:24	167	28:26	8:30	141	35:04	6:37	35:02	35:04	7:00/M
134	675	Jonathan McSorley	Muck Hogs	MO	81	12:02	6:00	166	19:37	7:35	204	28:25	8:47	149	35:06	6:40	35:04	35:06	7:01/M
135	956	James Donaghy		MJ	152	13:06	6:26	140	20:28	7:22	133	28:39	8:11	111	35:06	6:27	34:51	35:06	6:58/M
136	670	Fabian O'Neill		MO	169	13:17	6:31	155	20:45	7:28	112	28:47	8:02	96	35:10	6:22	34:55	35:10	6:59/M
137	214	Paul Hughes		M40	98	12:22	6:09	138	19:43	7:21	197	28:28	8:44	158	35:11	6:43	35:06	35:11	7:01/M
138	957	Padraig Donovan		MO	210	13:48	6:47	128	21:05	7:17	90	28:55	7:50	85	35:11	6:16	34:57	35:11	6:59/M
139	452	Richard Duffy	Omagh Harriers	M45	161	13:12	6:31	116	20:27	7:14	116	28:32	8:05	161	35:16	6:43	35:05	35:16	7:01/M
140	763	Ella Quinn	Omagh Harriers	FJ	84	12:07	6:02	183	19:47	7:40	217	28:40	8:52	140	35:17	6:37	35:13	35:17	7:03/M
141	873	Oliver Murphy	Acorns AC	M45	157	13:10	6:34	139	20:32	7:22	141	28:46	8:13	129	35:19	6:33	35:16	35:19	7:03/M
142	434	Sinead Sweeney	Queens University Belfast AC	FO	58	11:40	5:49	111	18:53	7:12	201	27:40	8:47	374	35:20	7:39	35:17	35:20	7:03/M
143	702	Conleth Moran		MO	176	13:21	6:31	146	20:46	7:24	123	28:55	8:08	106	35:21	6:26	35:01	35:21	7:00/M
144	263	Joe Crean		MO	130	12:52	6:23	160	20:23	7:31	173	28:56	8:33	101	35:21	6:25	35:15	35:21	7:03/M
145	531	Geoffrey Turkington		M45	183	13:29	6:42	96	20:36	7:07	149	28:51	8:14	119	35:21	6:30	35:16	35:21	7:03/M
146	470	John McCullagh	Dub Running Club	M45	115	12:40	6:17	152	20:07	7:27	171	28:39	8:32	170	35:27	6:47	35:21	35:27	7:04/M
147	288	Cathal Armstrong		MO	211	13:50	6:47	134	21:10	7:20	108	29:11	8:00	81	35:27	6:15	35:10	35:27	7:02/M

32nd Annual Greencastle 5mile Road Race - 26th December 2017

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Pos	BIB	Name	Club	Cat	Mile 2			Mile 3			Mile 4			Mile 5			Chip	Gun	Average
					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Time	Time	Pace
148	1005	John Nugent	Armagh AC	MJ	206	13:46	6:49	153	21:14	7:27	103	29:12	7:57	84	35:27	6:15	35:18	35:27	7:04/M
149	742	John Conlon		MO	150	13:05	6:20	133	20:25	7:20	113	28:29	8:04	210	35:29	6:59	35:05	35:29	7:01/M
150	168	Paul Bracken	Jog Moira	M40	155	13:09	6:30	135	20:30	7:21	163	28:57	8:26	132	35:32	6:34	35:22	35:32	7:04/M
151	350	James McCabe	Omagh Harriers	M40	154	13:09	6:29	147	20:34	7:25	159	28:57	8:22	142	35:35	6:38	35:24	35:35	7:05/M
152	784	Olivia Mullin	Greencastle AC	F35	164	13:13	6:35	158	20:42	7:29	148	28:57	8:14	146	35:37	6:39	35:34	35:37	7:07/M
153	324	Luke O'Neill		MO	177	13:21	6:32	114	20:35	7:13	131	28:46	8:10	185	35:38	6:52	35:21	35:38	7:04/M
154	657	Tommy Gartland	Knockmany Runners	M60	131	12:52	6:24	159	20:23	7:30	181	29:00	8:37	144	35:39	6:38	35:34	35:39	7:07/M
155	948	Enda Harpur	KC Runners	M45	146	13:03	6:29	162	20:34	7:31	146	28:49	8:14	181	35:40	6:50	35:35	35:40	7:07/M
156	140	Terry McCullagh		M55	114	12:39	6:18	180	20:20	7:40	176	28:55	8:35	165	35:40	6:44	35:35	35:40	7:07/M
157	863	Niall Kerlin	Clann na nGael W/J/R	MO	196	13:37	6:37	92	20:43	7:05	128	28:53	8:10	186	35:46	6:52	35:23	35:46	7:05/M
158	837	Cathal Conlin		M40	147	13:03	6:26	149	20:29	7:25	152	28:46	8:17	234	35:51	7:05	35:40	35:51	7:08/M
159	496	Richard Gibson		M40	224	13:56	6:46	126	21:13	7:17	114	29:17	8:04	139	35:54	6:36	35:29	35:54	7:06/M
160	652	Colm Hicks		MO	199	13:42	6:47	157	21:12	7:29	127	29:22	8:10	126	35:55	6:32	35:46	35:55	7:09/M
161	717	Gareth Maguire		MO	139	12:58	6:26	181	20:39	7:40	169	29:10	8:31	168	35:56	6:45	35:49	35:56	7:10/M
162	402	Veronica Nellins		F35	178	13:21	6:37	164	20:53	7:32	151	29:11	8:17	175	35:59	6:48	35:52	35:59	7:10/M
163	632	Toirleach Gourley	Sperrin Harriers	M40	110	12:38	6:16	222	20:33	7:54	178	29:09	8:36	196	36:05	6:55	35:59	36:05	7:12/M
164	895	Barry McCann	Omagh Triathlon Club	M55	189	13:33	6:40	190	21:15	7:42	155	29:34	8:18	128	36:07	6:33	35:54	36:07	7:11/M
165	122	John Bradley		MO	295	14:42	6:57	93	21:49	7:06	74	29:30	7:41	151	36:11	6:41	35:23	36:11	7:05/M
166	400	James Donnelly	Dromore GAC	MO	171	13:17	6:31	161	20:48	7:31	168	29:20	8:31	190	36:14	6:54	35:58	36:14	7:12/M
167	761	Noel Conway	Greencastle GAC	MO	174	13:20	6:34	179	20:59	7:39	170	29:31	8:31	160	36:15	6:43	36:03	36:15	7:13/M
168	812	Finbar Kells		M40	135	12:54	6:26	185	20:35	7:41	192	29:18	8:42	204	36:15	6:57	36:13	36:15	7:15/M
169	667	Glen McKenna	Omagh Harriers	M40	162	13:12	6:36	148	20:38	7:25	216	29:30	8:51	193	36:24	6:54	36:24	36:24	7:17/M
170	892	Henry O'Neill	Leghlands AC	MO	279	14:33	7:08	170	22:09	7:36	87	29:58	7:48	110	36:25	6:26	36:07	36:25	7:13/M
171	132	Ben McCrory	4 Amigos	M45	248	14:10	6:51	156	21:38	7:28	139	29:52	8:13	134	36:27	6:34	35:58	36:27	7:12/M
172	829	Sean Carlin	Lifford/Strabane	M50	163	13:12	6:32	172	20:49	7:36	200	29:35	8:45	183	36:27	6:51	36:18	36:27	7:16/M
173	371	Owen Largey		MO	143	13:02	6:26	219	20:56	7:54	211	29:45	8:49	166	36:31	6:45	36:20	36:31	7:16/M
174	768	Martin Corcoran	Omagh Harriers	M40	289	14:37	7:01	151	22:04	7:26	105	30:02	7:57	127	36:35	6:33	35:59	36:35	7:12/M
175	382	Brian Todd	Orangetown AC	M65	182	13:28	6:44	186	21:10	7:41	184	29:49	8:38	173	36:38	6:48	36:38	36:38	7:20/M
176	63	Amanda Donnelly	Sperrin Harriers	F35	160	13:12	6:33	195	20:58	7:45	212	29:48	8:49	188	36:42	6:54	36:36	36:42	7:19/M
177	484	Conor Quinn		MO	132	12:53	6:23	192	20:38	7:44	248	29:42	9:04	221	36:45	7:02	36:39	36:45	7:20/M
178	388	Paul Cox	Drumragh	M45	263	14:23	6:59	144	21:48	7:24	150	30:03	8:15	155	36:46	6:42	36:20	36:46	7:16/M
179	86	Brendan Furey	McNally Swords CC	M40	195	13:37	6:41	189	21:19	7:42	165	29:47	8:27	209	36:47	6:59	36:30	36:47	7:18/M
180	858	Dean Groogan		MO	186	13:30	6:44	177	21:09	7:39	208	29:58	8:48	177	36:48	6:50	36:46	36:48	7:21/M
181	212	Brian Gormley		M40	156	13:10	6:27	163	20:42	7:31	263	29:54	9:12	191	36:49	6:54	36:33	36:49	7:19/M
182	447	Ita Kelly	Finn Valley AC	F45	159	13:11	6:35	182	20:51	7:40	266	30:05	9:14	164	36:50	6:44	36:48	36:50	7:22/M
183	417	Ciaran Slane	Fitter Younger	MO	129	12:51	6:22	191	20:34	7:42	268	29:49	9:14	217	36:51	7:02	36:43	36:51	7:21/M
184	188	Ciara Largey	Omagh Triathlon Club	FO	167	13:14	6:33	247	21:16	8:02	187	29:56	8:39	200	36:52	6:56	36:44	36:52	7:21/M
185	602	Eamonn McAtasney		M40	172	13:18	6:39	211	21:09	7:51	203	29:57	8:47	201	36:53	6:56	36:53	36:53	7:23/M
186	515	Michael McKeown		M50	188	13:32	6:43	210	21:23	7:50	190	30:03	8:40	182	36:54	6:51	36:48	36:54	7:22/M
187	38	Anne Marie McKernan		F40	205	13:46	6:51	187	21:28	7:41	180	30:05	8:36	179	36:55	6:50	36:50	36:55	7:22/M

32nd Annual Greencastle 5mile Road Race - 26th December 2017

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					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Time	Time	Pace
188	120	Ivor Smyth		M50	221	13:55	6:51	205	21:44	7:48	161	30:09	8:25	178	36:59	6:50	36:45	36:59	7:21/M
189	963	Kieran Campbell	Sperrin Harriers	M45	197	13:40	6:46	239	21:40	8:00	186	30:20	8:39	154	37:02	6:42	36:54	37:02	7:23/M
190	859	Sarah Broderick	Carmen Runners	FO	200	13:43	6:47	199	21:30	7:47	164	29:57	8:27	248	37:06	7:09	36:57	37:06	7:23/M
191	661	Padraig Muldoon	Armagh AC	M50	213	13:51	6:48	208	21:42	7:50	191	30:23	8:41	167	37:09	6:45	36:52	37:09	7:22/M
192	425	Aidan McGale	Dromore GAC	MO	170	13:17	6:32	176	20:56	7:39	233	29:56	9:00	271	37:11	7:14	36:56	37:11	7:23/M
193	567	Carl Fivey	Dursley Running Club	MO	201	13:43	6:47	200	21:30	7:47	195	30:14	8:43	207	37:13	6:59	37:05	37:13	7:25/M
194	53	Brendan Montague	Omagh Harriers	M60	187	13:31	6:46	214	21:24	7:52	220	30:17	8:52	216	37:17	7:00	37:17	37:17	7:27/M
195	306	Calum Morrison	The Unelite Athlete	MO	168	13:14	6:33	203	21:02	7:48	312	30:31	9:28	171	37:19	6:48	37:11	37:19	7:26/M
196	967	Jonathan Tierney		MO	180	13:27	6:34	245	21:29	8:01	221	30:22	8:52	205	37:20	6:58	37:00	37:20	7:24/M
197	462	Seamus Taggart		M45	208	13:46	6:51	218	21:40	7:53	193	30:22	8:42	206	37:21	6:58	37:16	37:21	7:27/M
198	867	Shane Coyle		MO	212	13:51	6:48	150	21:17	7:25	229	30:16	8:58	238	37:22	7:05	37:05	37:22	7:25/M
199	177	James Hepburn	Sperrin Harriers	MO	243	14:05	6:54	207	21:55	7:49	126	30:05	8:09	285	37:22	7:16	37:05	37:22	7:25/M

Pos	BIB	Name	Club	Cat	Mile2			Mile 3			Mile 4			Mile 5			Chip	Gun	Average
					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Time	Time	Pace
200	617	Peter Gormley	Omagh Harriers	M60	194	13:36	6:44	220	21:30	7:54	206	30:19	8:48	239	37:25	7:05	37:16	37:25	7:27/M
201	852	Dymphs Rockett Healy		F55	118	12:41	6:17	171	20:17	7:36	196	29:02	8:44	538	37:26	8:24	37:19	37:26	7:28/M
202	851	Jamie Turbett	Club Turbo	MO	287	14:37	6:52	173	22:14	7:37	136	30:26	8:11	212	37:26	7:00	36:33	37:26	7:19/M
203	24	Kevin Conway	Acorns AC	M40	190	13:33	6:45	167	21:09	7:36	232	30:09	8:59	306	37:30	7:20	37:27	37:30	7:29/M
204	461	Paul McGirr	Omagh Harriers	MO	165	13:13	6:33	165	20:46	7:32	363	30:32	9:46	211	37:32	7:00	37:25	37:32	7:29/M
205	79	Michael O'Donoghue	Orangetown AC	M40	193	13:36	6:43	196	21:22	7:46	230	30:21	8:58	264	37:34	7:12	37:24	37:34	7:29/M
206	301	Seamus Arkinson	Knockmany Runners	M50	185	13:29	6:42	198	21:16	7:46	270	30:33	9:16	228	37:36	7:03	37:31	37:36	7:30/M
207	458	Mark Fullen	Carmen Runners	MO	240	14:04	6:56	202	21:52	7:47	205	30:40	8:47	202	37:37	6:56	37:23	37:37	7:29/M
208	368	Doc Martin	Magherafelt Harriers	M55	217	13:53	6:54	213	21:45	7:52	210	30:34	8:48	226	37:38	7:03	37:33	37:38	7:31/M
209	889	Conall O'Mairtin	An Eaglais CLG	MO	219	13:54	6:49	201	21:41	7:47	207	30:30	8:48	257	37:41	7:11	37:25	37:41	7:29/M
210	506	Eoin George	Pulse	MO	305	14:49	7:15	229	22:47	7:58	138	31:00	8:12	156	37:42	6:42	37:23	37:42	7:29/M
211	153	Siobhán Hughes	Carmen Runners	FO	181	13:28	6:39	279	21:37	8:09	214	30:28	8:51	273	37:44	7:15	37:34	37:44	7:31/M
212	1006	Patrick Nugent	Armagh AC	MJ	233	13:59	6:56	267	22:04	8:05	182	30:42	8:37	218	37:44	7:02	37:36	37:44	7:31/M
213	311	Patrick O'Neill		MO	368	15:21	7:09	178	23:01	7:39	144	31:15	8:14	121	37:46	6:30	36:43	37:46	7:21/M
214	538	Paul Fitzgerald	Drumragh GFC	MO	151	13:06	6:29	289	21:18	8:12	301	30:43	9:25	230	37:47	7:04	37:40	37:47	7:32/M
215	952	James Mc Crory	Omagh Harriers	M50	203	13:44	6:46	223	21:39	7:54	252	30:47	9:07	215	37:47	7:00	37:35	37:47	7:31/M
216	745	Don Callan		MO	166	13:14	6:34	275	21:22	8:07	273	30:39	9:17	254	37:50	7:10	37:44	37:50	7:33/M
217	939	Peter Slevin		MO	140	12:58	6:22	324	21:21	8:22	317	30:51	9:30	208	37:51	6:59	37:35	37:51	7:31/M
218	95	Liam Dean	PACE Running Club	M50	249	14:10	6:58	235	22:10	7:59	209	30:59	8:48	189	37:53	6:54	37:39	37:53	7:32/M
219	245	John McElroy	Mid Ulster Runners	MO	231	13:58	6:53	206	21:48	7:49	202	30:35	8:47	298	37:54	7:18	37:41	37:54	7:32/M
220	369	Patrick Hughes	Sperrin Harriers	M55	227	13:56	6:53	226	21:53	7:56	237	30:54	9:00	213	37:54	7:00	37:42	37:54	7:32/M
221	396	Russell Robinson	Foglish Harriers	M40	209	13:47	6:49	188	21:29	7:42	281	30:50	9:20	231	37:54	7:04	37:44	37:54	7:33/M
222	266	Mark McCavert	Omagh	MO	276	14:31	7:04	168	22:07	7:36	222	31:01	8:54	192	37:56	6:54	37:33	37:56	7:31/M
223	669	Gary McLean	Tri Limits	MO	220	13:55	6:50	234	21:54	7:59	228	30:51	8:57	233	37:56	7:05	37:42	37:56	7:32/M
224	29	Franic Mallon		M45	242	14:05	6:58	215	21:58	7:53	175	30:34	8:35	322	37:58	7:24	37:49	37:58	7:34/M

32nd Annual Greencastle 5mile Road Race - 26th December 2017

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Pos	BIB	Name	Club	Cat	Mile2			Mile 3			Mile 4			Mile 5			Chip	Gun	Average
					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Time	Time	Pace
225	944	Conor McGread	Killyclougher	MO	266	14:25	7:07	209	22:15	7:50	188	30:55	8:40	245	38:02	7:07	37:51	38:02	7:34/M
226	891	Catherine O'Neill	Leglands A.C	F35	281	14:33	7:17	169	22:09	7:36	213	30:59	8:49	225	38:03	7:03	38:03	38:03	7:37/M
227	460	Darragh O'Neill		MO	314	14:52	7:20	261	22:57	8:04	143	31:11	8:14	194	38:06	6:54	37:53	38:06	7:35/M
228	51	Ryan Pritchard		MO	346	15:06	7:13	194	22:52	7:45	160	31:16	8:24	195	38:11	6:55	37:30	38:11	7:30/M
229	412	Eoin Hughes	Carmen Runners	MO	144	13:02	6:25	240	21:03	8:00	336	30:40	9:36	351	38:12	7:32	38:00	38:12	7:36/M
230	636	Patrick Donnelly	Eglish GAC	M45	218	13:53	6:49	216	21:47	7:53	258	30:58	9:11	288	38:15	7:17	38:01	38:15	7:36/M
231	879	Ruari Grimes		MO	311	14:51	7:15	236	22:51	8:00	194	31:33	8:42	153	38:15	6:41	37:54	38:15	7:35/M
232	731	Peter McAleer	Fatboys	M50	261	14:22	7:08	262	22:26	8:04	174	31:01	8:34	281	38:17	7:16	38:10	38:17	7:38/M
233	439	Domhnall McFarlane	Toyama JET	MO	264	14:24	7:07	224	22:19	7:55	189	30:59	8:40	292	38:17	7:17	38:08	38:17	7:38/M
234	676	Anna Donnelly	Armagh AC	F35	192	13:35	6:45	292	21:48	8:13	275	31:06	9:18	261	38:19	7:12	38:14	38:19	7:39/M
235	872	Conor Donnelly		M45	179	13:23	6:38	336	21:49	8:26	289	31:12	9:22	243	38:19	7:07	38:12	38:19	7:38/M
236	253	Liz Watt	Victoria Park and Connsua	F45	284	14:35	7:07	231	22:34	7:58	185	31:13	8:39	246	38:22	7:08	38:01	38:22	7:36/M
237	162	Mary Keenan	Muck Hogs	FO	256	14:18	6:59	233	22:17	7:59	215	31:08	8:51	272	38:23	7:15	38:03	38:23	7:37/M
238	395	Jonathan Browne	Clann na Gael Walk/Jog/Ru	MO	294	14:41	7:10	242	22:43	8:01	183	31:21	8:38	224	38:24	7:03	38:02	38:24	7:36/M
239	406	Damian McElholm		MO	347	15:06	7:16	197	22:53	7:46	156	31:14	8:20	255	38:25	7:11	37:49	38:25	7:34/M
240	472	Jacqueline Mulligan	Acorns AC	F40	239	14:04	7:01	274	22:12	8:07	236	31:12	9:00	262	38:25	7:12	38:22	38:25	7:40/M
241	584	Conor McErlean	Glasgow Triathlon Club	M40	241	14:05	6:47	249	22:07	8:02	302	31:33	9:25	187	38:26	6:53	37:55	38:26	7:35/M
242	658	Oonagh Maguire	Knockmany Runners	F35	207	13:46	6:51	285	21:58	8:11	256	31:08	9:10	305	38:28	7:20	38:23	38:28	7:41/M
243	847	Niall Diamond	Omagh Harriers	M45	222	13:55	6:52	255	21:59	8:04	306	31:27	9:27	236	38:32	7:05	38:20	38:32	7:40/M
244	827	Barry Morris	Carmen Runners	M40	253	14:14	7:02	217	22:07	7:53	253	31:16	9:08	289	38:33	7:17	38:23	38:33	7:41/M
245	334	David McGlade		MO	173	13:19	6:38	312	21:39	8:19	338	31:17	9:37	303	38:36	7:19	38:32	38:36	7:42/M
246	888	Damien Kerr	Magherafelt	M50	202	13:44	6:44	304	22:00	8:16	300	31:25	9:24	263	38:38	7:12	38:22	38:38	7:40/M
247	975	Fergus McCrossan	Dregish	M40	236	14:02	6:59	291	22:15	8:13	259	31:27	9:11	260	38:39	7:12	38:35	38:39	7:43/M
248	116	Linda Petticrew	Ballymena Runners	F50	230	13:58	6:54	277	22:07	8:09	308	31:35	9:27	242	38:42	7:06	38:32	38:42	7:42/M
249	428	Tristan Kelly		MJ	465	16:21	7:44	174	23:59	7:38	142	32:13	8:13	117	38:42	6:28	37:48	38:42	7:34/M
250	723	Naomai Corry	Omagh Harriers	F45	149	13:04	6:30	334	21:30	8:25	425	31:37	10:07	232	38:42	7:04	38:38	38:42	7:44/M
251	176	Colm McCusker		M40	260	14:21	7:04	237	22:21	8:00	271	31:37	9:16	237	38:43	7:05	38:30	38:43	7:42/M
252	878	Paul McAleer		MO	310	14:50	7:15	238	22:51	8:00	226	31:48	8:56	197	38:43	6:55	38:23	38:43	7:41/M
253	166	Malachy Smyth		M50	269	14:29	7:05	252	22:32	8:03	238	31:33	9:01	276	38:49	7:15	38:30	38:49	7:42/M
254	921	Francis McCullagh		MO	285	14:35	7:07	253	22:39	8:03	234	31:39	9:00	251	38:50	7:10	38:29	38:50	7:42/M
255	286	Tanya Quinn	Sperrin Harriers	F40	235	14:02	6:59	266	22:07	8:05	323	31:39	9:31	253	38:50	7:10	38:46	38:50	7:45/M
256	62	Padraig O'Fril		MO	216	13:53	6:48	347	22:22	8:29	257	31:33	9:10	291	38:51	7:17	38:34	38:51	7:43/M
257	456	Norman Fuller	Sperrin Harriers	M50	282	14:33	7:08	272	22:40	8:07	243	31:43	9:03	247	38:52	7:08	38:34	38:52	7:43/M
258	911	Nialmh Doyle	Newcastle AC	FJ	229	13:57	6:52	284	22:08	8:11	296	31:32	9:23	309	38:53	7:21	38:40	38:53	7:44/M
259	435	Mark Sweeney		M55	334	15:00	7:15	175	22:38	7:38	225	31:34	8:55	315	38:56	7:21	38:26	38:56	7:41/M
260	897	Tina O'Connor	NAAS	FO	278	14:32	7:04	227	22:30	7:57	242	31:32	9:02	323	38:56	7:24	38:30	38:56	7:42/M
261	864	Conor Moore	Carmen Runners	MO	158	13:10	6:32	301	21:26	8:15	344	31:05	9:39	414	38:57	7:51	38:50	38:57	7:46/M
262	826	Vincent McAtee	Knockmany Runners	M40	246	14:09	6:58	250	22:12	8:02	314	31:41	9:29	283	38:58	7:16	38:45	38:58	7:45/M
263	735	Kieran Carlin		MO	369	15:22	7:22	184	23:03	7:41	198	31:48	8:44	259	39:00	7:12	38:21	39:00	7:40/M
264	741	Gary McAleer		M40	389	15:34	7:27	193	23:19	7:45	166	31:49	8:29	268	39:02	7:13	38:21	39:02	7:40/M

32nd Annual Greencastle 5mile Road Race - 26th December 2017

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					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace			
265	876	Lucy McDermott	Omagh Triathlon Club	F40	250	14:11	6:57	271	22:18	8:06	291	31:41	9:22	317	39:03	7:21	38:44	39:03	7:45/M
266	914	Stephen McAleer		MO	324	14:55	7:17	244	22:56	8:01	224	31:52	8:55	258	39:03	7:11	38:42	39:03	7:44/M
267	459	Dean Corey	Sperrin Harriers	M40	223	13:55	6:55	282	22:06	8:10	328	31:40	9:33	321	39:04	7:24	38:59	39:04	7:48/M
268	403	John Nellins		MO	296	14:43	7:17	287	22:55	8:12	223	31:49	8:54	274	39:05	7:15	38:55	39:05	7:47/M
269	221	Emmet McFadden		MO	316	14:53	7:19	263	22:58	8:04	244	32:01	9:03	229	39:05	7:03	38:50	39:05	7:46/M
270	124	Andrew Aiken		MO	198	13:42	6:41	278	21:51	8:09	359	31:36	9:45	342	39:06	7:30	38:47	39:06	7:45/M
271	684	Fergal McCarney	Drumragh Sarsfields	MO	184	13:29	6:42	273	21:37	8:07	339	31:15	9:37	412	39:06	7:51	39:00	39:06	7:48/M
272	968	Laura Harkin		FO	268	14:27	7:03	286	22:38	8:11	241	31:40	9:01	334	39:07	7:26	38:47	39:07	7:45/M
273	364	Kevin Duggan	Team X	M45	265	14:24	7:04	295	22:38	8:13	307	32:05	9:27	227	39:09	7:03	38:52	39:09	7:46/M
274	780	Kathryn Sweeney	Killyclogher GAC	FO	255	14:17	7:04	246	22:18	8:01	357	32:02	9:44	241	39:09	7:06	39:00	39:09	7:48/M
275	690	Liam Maguire	Lifford/Strabane AC	M45	238	14:03	6:57	314	22:23	8:20	342	32:02	9:38	244	39:10	7:07	39:01	39:10	7:48/M
276	114	Francis Boal	Lagan Valley AC	M65	228	13:57	6:54	283	22:08	8:11	382	31:59	9:51	256	39:11	7:11	39:01	39:11	7:48/M
277	471	Paul McNamee	Lifford/Strabane AC	M50	245	14:09	6:58	290	22:21	8:12	326	31:53	9:32	297	39:12	7:18	38:59	39:12	7:48/M
278	19	Conor McWilliams	Acorns AC	MO	244	14:08	7:02	317	22:29	8:21	310	31:57	9:28	269	39:12	7:14	39:09	39:12	7:50/M
279	588	Shannen Gray		FO	318	14:53	7:17	248	22:56	8:02	239	31:57	9:01	287	39:14	7:17	38:55	39:14	7:47/M
280	161	Joe McCann	Magherafelt Harriers	MO	325	14:56	7:16	221	22:50	7:54	249	31:56	9:05	300	39:15	7:19	38:50	39:15	7:46/M
281	960	Matthew Og McGleena		MJ	301	14:48	7:17	258	22:52	8:04	255	32:02	9:09	290	39:20	7:17	39:05	39:20	7:49/M
282	525	Dermot Mitchell	KC Runners	MO	291	14:39	7:09	313	22:59	8:19	251	32:07	9:07	265	39:20	7:12	38:59	39:20	7:48/M
283	267	Stuart Morrow		MO	329	14:58	7:23	264	23:04	8:05	267	32:18	9:14	220	39:20	7:02	39:07	39:20	7:49/M
284	655	Rpn Gardiner	City	M40	396	15:40	7:30	259	23:44	8:04	218	32:36	8:52	163	39:21	6:44	38:40	39:21	7:44/M
285	638	Tomas Barrett	Eglishe GAC	MO	290	14:39	7:12	315	23:00	8:21	285	32:21	9:21	214	39:22	7:00	39:07	39:22	7:49/M
286	128	Sean Hasson		MJ	191	13:35	6:46	342	22:03	8:28	389	31:58	9:54	328	39:23	7:25	39:19	39:23	7:52/M
287	694	Gerard Corcoran		M40	288	14:37	7:09	212	22:29	7:51	295	31:52	9:23	352	39:24	7:32	39:04	39:24	7:49/M
288	238	James Kearney	St Lawrences Manchester	MO	391	15:35	7:22	243	23:36	8:01	219	32:29	8:52	199	39:25	6:55	38:32	39:25	7:42/M
289	840	Noel Donaghy	Loves Promeroy	M40	330	14:59	7:30	230	22:57	7:58	279	32:17	9:20	252	39:27	7:10	39:27	39:27	7:53/M
290	265	Brian Neill	Knockmany Runners	M45	348	15:09	7:25	257	23:13	8:04	240	32:15	9:01	278	39:30	7:15	39:12	39:30	7:50/M
291	136	Michael Barnett	Knockmany Runners	M40	327	14:57	7:11	256	23:01	8:04	261	32:13	9:12	296	39:32	7:18	38:57	39:32	7:47/M
292	91	Ronan Donnelly		MO	343	15:05	7:24	268	23:11	8:05	329	32:45	9:33	176	39:34	6:49	39:17	39:34	7:51/M
293	562	Gareth McCrossan		M40	225	13:56	6:50	322	22:19	8:22	348	31:59	9:40	365	39:37	7:38	39:21	39:37	7:52/M
294	521	David Bolger		M40	274	14:30	7:05	204	22:19	7:48	376	32:09	9:50	337	39:38	7:28	39:17	39:38	7:51/M
295	503	Gerard Turbitt	Omagh Triathlon Club	M60	304	14:49	7:16	306	23:05	8:16	272	32:23	9:17	282	39:39	7:16	39:21	39:39	7:52/M
296	60	Clare Mullin		FO	273	14:30	7:07	321	22:52	8:22	305	32:19	9:26	314	39:41	7:21	39:24	39:41	7:53/M
297	446	Roddy McIvor	Sperrin Harriers	M50	252	14:13	6:58	296	22:27	8:13	362	32:12	9:45	338	39:41	7:28	39:24	39:41	7:53/M
298	541	Barry Campbell		MO	390	15:34	7:28	337	24:00	8:26	199	32:46	8:45	198	39:42	6:55	39:04	39:42	7:49/M
299	932	Barry McNulty	Greencastle	MO	355	15:13	7:20	241	23:14	8:01	262	32:27	9:12	293	39:44	7:17	39:11	39:44	7:50/M

Pos	BIB	Name	Club	Cat	Mile2			Mile 3			Mile 4			Mile 5			Chip Time	Gun Time	Average
					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace			
300	469	David Moore	Newtownstewart GAA	MO	313	14:52	7:09	265	22:57	8:05	320	32:28	9:30	284	39:45	7:16	39:11	39:45	7:50/M
301	639	Peter Conlon	Dungannon	M45	257	14:18	7:02	330	22:43	8:24	330	32:17	9:34	336	39:45	7:27	39:30	39:45	7:54/M

32nd Annual Greencastle 5mile Road Race - 26th December 2017

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					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Time	Time	Pace
302	70	Adrian Finlay		MO	345	15:06	7:13	232	23:05	7:58	280	32:25	9:20	308	39:46	7:21	39:05	39:46	7:49/M
303	218	Colum Beggs	Greencastle GAC	MO	280	14:33	7:07	326	22:56	8:23	333	32:31	9:35	302	39:51	7:19	39:31	39:51	7:54/M
304	712	Cathy Cunningham	Omagh Triathlon Club	F45	306	14:49	7:16	331	23:14	8:24	283	32:34	9:20	286	39:51	7:17	39:33	39:51	7:55/M
305	825	John McIvor		MO	344	15:05	7:24	288	23:18	8:12	325	32:50	9:32	223	39:53	7:03	39:35	39:53	7:55/M
306	937	James Slater		M40	378	15:26	7:28	270	23:33	8:06	274	32:50	9:17	222	39:53	7:03	39:22	39:53	7:52/M
307	413	Kevin Campbell		M40	395	15:39	7:29	225	23:36	7:56	231	32:35	8:59	301	39:54	7:19	39:13	39:54	7:51/M
308	806	Aidrian O'Kane	Pigeon Top Runners	MO	307	14:50	7:21	372	23:29	8:39	269	32:44	9:14	266	39:57	7:12	39:49	39:57	7:58/M
309	92	Eoghan Donnelly		MJ	360	15:17	7:29	281	23:27	8:09	303	32:53	9:26	240	39:59	7:06	39:40	39:59	7:56/M
310	596	Barry Murphy		M40	214	13:52	6:52	407	22:46	8:53	299	32:11	9:24	399	39:59	7:48	39:51	39:59	7:58/M
311	576	Ginny Johnson	Penny Lane Striders Liver	F40	232	13:59	6:56	382	22:43	8:44	379	32:34	9:51	335	40:01	7:27	39:55	40:01	7:59/M
312	629	Liam Mossey	Gortin GAC	MJ	272	14:30	7:11	410	23:25	8:55	324	32:57	9:32	235	40:02	7:05	39:54	40:02	7:59/M
313	217	Dessie Rooney		M55	247	14:10	7:00	305	22:26	8:16	463	32:48	10:21	270	40:02	7:14	39:53	40:02	7:59/M
314	480	Martin Kolbohm		M55	321	14:54	7:14	280	23:03	8:09	327	32:36	9:33	332	40:03	7:26	39:38	40:03	7:56/M
315	764	David Quinn	Omagh Harriers	MJ	234	14:01	6:59	348	22:31	8:30	331	32:06	9:34	439	40:05	7:58	40:00	40:05	8:00/M
316	255	Joe McNulty	Precision Plumbing Servic	M45	237	14:03	6:57	360	22:37	8:34	352	32:20	9:42	386	40:05	7:44	39:56	40:05	7:59/M
317	144	Kevin Treanor		M45	302	14:48	7:11	354	23:20	8:31	277	32:39	9:19	333	40:06	7:26	39:39	40:06	7:56/M
318	781	Ciaran O'Loughlin		MO	406	15:46	7:13	299	24:00	8:14	309	33:28	9:28	147	40:09	6:40	38:48	40:09	7:46/M
319	508	Brenda McKenna		FO	300	14:48	7:19	293	23:01	8:13	319	32:31	9:30	381	40:14	7:42	40:04	40:14	8:01/M
320	273	Gavin Reid	Metro Aberdeen Running Cl	M50	356	15:16	7:27	325	23:39	8:22	290	33:02	9:22	267	40:15	7:13	39:53	40:15	7:59/M
321	663	Claire Murphy	St Helens Tri	F40	303	14:49	7:15	297	23:02	8:13	368	32:50	9:47	331	40:17	7:26	39:58	40:17	8:00/M
322	644	Neil Donnelly	Carmen Runners	MO	349	15:09	7:23	356	23:41	8:32	250	32:48	9:07	346	40:19	7:30	39:57	40:19	7:59/M
323	843	Aidy O'Gara	Kildress	MO	333	14:59	7:21	228	22:57	7:57	351	32:40	9:42	383	40:23	7:43	40:06	40:23	8:01/M
324	354	Tom Dowey	East Down AC	M60	258	14:19	7:06	353	22:50	8:31	394	32:46	9:55	362	40:24	7:37	40:17	40:24	8:03/M
325	807	Paul Maguire	Pigeon Top Runners	MO	308	14:50	7:22	373	23:29	8:39	343	33:08	9:39	277	40:24	7:15	40:17	40:24	8:03/M
326	582	Martin McBride	Olympic	MO	275	14:31	7:04	333	22:56	8:25	410	32:58	10:02	330	40:24	7:26	40:02	40:24	8:00/M
327	252	Aidan Kelly	Beragh Red Knights GAC	MO	204	13:46	6:51	374	22:27	8:40	421	32:33	10:06	415	40:25	7:51	40:21	40:25	8:04/M
328	954	Micky Hicks	Castledawson	MO	259	14:19	7:05	364	22:56	8:36	384	32:49	9:53	360	40:25	7:35	40:15	40:25	8:03/M
329	224	Barry Gormley		MO	424	15:56	7:41	254	24:00	8:03	247	33:04	9:04	310	40:25	7:21	39:52	40:25	7:58/M
330	493	Ivor Russell	Knockmany Runners	MO	317	14:53	7:18	303	23:09	8:15	332	32:44	9:35	377	40:26	7:41	40:07	40:26	8:01/M
331	127	Aine Hasson	Ballymena Runners	F45	337	15:02	7:26	332	23:26	8:24	371	33:16	9:49	250	40:26	7:10	40:15	40:26	8:03/M
332	822	Patrick McElhatton	Greencastle	MJ	405	15:46	7:42	327	24:10	8:24	334	33:46	9:36	148	40:27	6:40	40:04	40:27	8:01/M
333	239	John Lilley	Ballymena Runners	M50	351	15:10	7:22	251	23:13	8:03	318	32:43	9:30	392	40:29	7:45	40:04	40:29	8:01/M
334	598	Donna Mooney		F40	383	15:30	7:35	346	23:59	8:29	235	33:00	9:00	349	40:32	7:32	40:12	40:32	8:02/M
335	533	Colin McGinty		MO	226	13:56	6:54	422	22:54	8:58	383	32:47	9:52	387	40:32	7:44	40:24	40:32	8:05/M
336	949	Richard McLaughlin	NA	M40	361	15:18	7:28	300	23:33	8:14	340	33:11	9:38	324	40:35	7:24	40:13	40:35	8:03/M
337	94	Patrick Largey		M60	350	15:10	7:23	367	23:48	8:38	264	33:00	9:12	364	40:38	7:37	40:15	40:38	8:03/M
338	375	Darren Boyle		M45	271	14:29	7:08	345	22:59	8:29	396	32:56	9:57	384	40:40	7:43	40:26	40:40	8:05/M
339	880	Sean McGlinchey		M40	331	14:59	7:25	351	23:30	8:31	377	33:20	9:50	312	40:42	7:21	40:33	40:42	8:07/M
340	821	Shea McElhatton	Greencastle	MJ	403	15:46	7:41	329	24:10	8:24	315	33:40	9:29	219	40:42	7:02	40:19	40:42	8:04/M
341	240	Conal Furey	Glenelly GAC	MO	380	15:27	7:26	311	23:46	8:19	293	33:10	9:23	358	40:45	7:35	40:08	40:45	8:02/M

32nd Annual Greencastle 5mile Road Race - 26th December 2017

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Pos	BIB	Name	Club	Cat	Mile2			Mile 3			Mile 4			Mile 5			Chip	Gun	Average
					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Time	Time	Pace
342	40	Don McKenna		MO	371	15:23	7:27	316	23:44	8:21	341	33:22	9:38	326	40:47	7:24	40:17	40:47	8:03/M
343	534	Louise Hall	Carmen Runners	F40	286	14:37	7:13	309	22:55	8:18	456	33:13	10:17	357	40:48	7:35	40:36	40:48	8:07/M
344	1011	Malcolm McCullough	Sperrin Harriers	M40	267	14:26	7:08	401	23:18	8:52	428	33:27	10:09	311	40:48	7:21	40:38	40:48	8:08/M
345	635	Aisling McCallan	Carrickmore GAC	F40	400	15:44	7:40	320	24:07	8:22	282	33:27	9:20	318	40:49	7:22	40:25	40:49	8:05/M
346	753	Emma Taggart	Run for enda	F40	404	15:46	7:34	294	23:59	8:13	276	33:18	9:18	347	40:50	7:31	40:12	40:50	8:02/M
347	33	Eamon Campbell	Ardboe	M60	299	14:47	7:18	350	23:18	8:30	365	33:05	9:46	388	40:50	7:44	40:38	40:50	8:08/M
348	262	Anna Crean	Dub Running Club	FO	366	15:20	7:36	335	23:46	8:25	355	33:29	9:43	329	40:55	7:25	40:46	40:55	8:09/M
349	427	Una Corrigan	Omagh Triathlon Club	F35	435	15:59	7:42	339	24:26	8:27	227	33:23	8:57	348	40:55	7:31	40:19	40:55	8:04/M
350	778	Paul McClean	Tri Limits TC	MO	312	14:51	7:18	366	23:28	8:37	409	33:31	10:02	327	40:56	7:25	40:40	40:56	8:08/M
351	32	Seamus Quinn	Ardboe	M60				841	23:26	7:45	366	33:14	9:47	380	40:56	7:42	40:44	40:56	8:09/M
352	314	Chris Fox	North Belfast Harriers	MO	262	14:23	7:06	387	23:08	8:45	460	33:28	10:19	339	40:57	7:29	40:45	40:57	8:09/M
353	410	John Teague	Dromore GAC	MO	215	13:52	6:49	409	22:47	8:54	423	32:54	10:07	452	40:57	8:02	40:42	40:57	8:08/M
354	740	Martin Lilly	Drumragh GAC	MO	478	16:30	7:54	260	24:35	8:04	246	33:39	9:04	304	40:59	7:19	40:15	40:59	8:03/M
355	685	Gavin McGinty		MO	381	15:27	7:31	302	23:43	8:15	391	33:38	9:54	316	41:00	7:21	40:34	41:00	8:07/M
356	478	Liam Nicholas	Glenelly GAC	MO	332	14:59	7:22	269	23:06	8:06	372	32:55	9:49	480	41:04	8:09	40:49	41:04	8:10/M
357	123	Alice Bradley		F35	455	16:12	7:41	298	24:26	8:14	292	33:49	9:22	280	41:05	7:16	40:14	41:05	8:03/M
358	1002	Seamy Conway	Greencastle	MO	352	15:11	7:24	349	23:42	8:30	370	33:31	9:48	366	41:09	7:38	40:46	41:09	8:09/M
359	736	Karl McKenna	Augher GAC	MO	251	14:12	6:56	369	22:51	8:38	461	33:11	10:20	440	41:10	7:58	40:50	41:10	8:10/M
360	665	Chris Murphy	St Helens Tri	M45	410	15:48	7:44	343	24:17	8:28	311	33:46	9:28	325	41:10	7:24	40:49	41:10	8:10/M
361	833	Tiernan McNamee	NA	MO	412	15:50	7:24	276	23:58	8:08	297	33:22	9:23	406	41:12	7:49	40:09	41:12	8:02/M
362	254	Darren Pritchard	Drumragh GAC	MO	340	15:04	7:12	377	23:46	8:42	439	33:59	10:13	294	41:17	7:17	40:36	41:17	8:07/M
363	154	Dan Hughes	Carmen Runners	M60	341	15:04	7:32	414	24:00	8:56	347	33:40	9:40	370	41:19	7:38	41:19	41:19	8:16/M
364	901	Eamon Rohan		MO	429	15:57	7:44	341	24:25	8:27	345	34:04	9:39	275	41:20	7:15	40:50	41:20	8:10/M
365	207	Anthony O'Neill	Sperrin Harriers	M55	328	14:58	7:21	384	23:43	8:44	401	33:42	9:58	367	41:20	7:38	41:02	41:20	8:12/M
366	474	Robert Robinson	Foglish Harriers	MO	326	14:56	7:19	361	23:31	8:35	432	33:41	10:10	378	41:23	7:42	41:04	41:23	8:13/M
367	223	Seamus Bradley		MO	444	16:06	7:44	338	24:33	8:27	245	33:36	9:03	403	41:26	7:49	40:47	41:26	8:09/M
368	335	Tracy Murray	Knockmany Runners	F40	365	15:20	7:27	358	23:54	8:34	403	33:55	10:01	345	41:26	7:30	41:00	41:26	8:12/M
369	749	Niall McDermott		MO	319	14:53	7:20	397	23:45	8:51	361	33:30	9:45	429	41:26	7:56	41:13	41:26	8:15/M
370	529	Oonagh Donaghy	Bounds Green Harriers	F35	402	15:45	7:38	365	24:22	8:36	337	34:00	9:37	341	41:29	7:29	40:59	41:29	8:12/M
371	885	Ronan Quinn	Pomeroy	MO	372	15:23	7:34	362	23:58	8:35	316	33:28	9:29	462	41:32	8:04	41:16	41:32	8:15/M
372	143	Denise Doherty		F45	459	16:17	7:49	308	24:35	8:18	260	33:47	9:12	390	41:32	7:45	40:52	41:32	8:10/M
373	247	Brian McGlone	Knockmany Runners	M45	439	16:01	7:42	318	24:23	8:22	322	33:55	9:31	363	41:33	7:37	40:54	41:33	8:11/M
374	74	Sean Harvey	Glens Runners	M55	358	15:17	7:18	310	23:36	8:18	450	33:51	10:15	379	41:33	7:42	40:53	41:33	8:11/M
375	497	Steven Gibson	100 Marathon Club	M40	476	16:28	7:54	319	24:51	8:22	278	34:10	9:19	319	41:34	7:23	40:53	41:34	8:11/M
376	720	Martin Toal		M55	453	16:12	7:43	393	25:01	8:49	294	34:24	9:23	249	41:34	7:09	40:47	41:34	8:09/M
377	142	Neil Donnelly		MO	338	15:02	7:20	400	23:54	8:52	408	33:56	10:02	369	41:35	7:38	41:13	41:35	8:15/M
378	215	Lenice McAleer	Bristol up and runners	FO	374	15:25	7:24	323	23:48	8:22	284	33:08	9:20	544	41:35	8:26	40:58	41:35	8:12/M
379	524	Kevin Kelly	KC Runners	M40	292	14:40	7:10	398	23:31	8:51	488	34:03	10:32	355	41:37	7:33	41:17	41:37	8:15/M
380	135	Damien Coey	Lissan Runners	MO	408	15:47	7:42	375	24:28	8:40	321	33:59	9:31	373	41:39	7:39	41:15	41:39	8:15/M
381	906	Mark Jenkinson		FO	388	15:33	7:36	423	24:31	8:58	374	34:22	9:50	307	41:42	7:20	41:20	41:42	8:16/M

32nd Annual Greencastle 5mile Road Race - 26th December 2017

www.Greencastle5.com

Pos	BIB	Name	Club	Cat	Mile2			Mile 3			Mile 4			Mile 5			Chip Time	Gun Time	Average
					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace			
382	353	Keith Robinson		M45	420	15:52	7:45	390	24:40	8:47	358	34:24	9:44	295	41:42	7:17	41:20	41:42	8:16/M
383	972	Tony McCormick		MO	297	14:45	7:19	412	23:40	8:55	397	33:38	9:57	463	41:43	8:04	41:36	41:43	8:19/M
384	157	Peter McAnenly		M45	293	14:40	7:17	446	23:47	9:06	413	33:51	10:04	433	41:48	7:57	41:40	41:48	8:20/M
385	380	Karen Kelly		F40	384	15:30	7:35	363	24:05	8:35	367	33:53	9:47	427	41:49	7:55	41:29	41:49	8:18/M
386	729	Michael Molloy	Pomeroy Runners	M50	353	15:11	7:32	392	24:00	8:49	411	34:04	10:03	398	41:52	7:48	41:44	41:52	8:21/M
387	569	Nichola Fitzgerald		FO	320	14:53	7:24	433	23:55	9:01	434	34:06	10:11	408	41:57	7:50	41:50	41:57	8:22/M
388	509	Mark McKenna		MO	373	15:23	7:37	357	23:56	8:33	387	33:50	9:54	493	42:02	8:11	41:52	42:02	8:22/M
389	268	Jennifer Morrow	Omagh Triathlon Club	FO	335	15:00	7:24	379	23:44	8:43	482	34:14	10:29	417	42:06	7:52	41:53	42:06	8:23/M
390	511	Seamus Sharkey	Clann na nGael	M50	387	15:33	7:36	383	24:18	8:44	354	34:01	9:42	472	42:08	8:06	41:45	42:08	8:21/M
391	766	Paul Brogan		MO	623	18:07	8:37	340	26:34	8:27	177	35:10	8:36	203	42:08	6:57	41:14	42:08	8:15/M
392	770	Kevin Gormley	Carmen Runners	M40	254	14:16	7:04	443	23:22	9:05	495	33:57	10:35	500	42:10	8:12	42:02	42:10	8:24/M
393	232	Katie Canavan	Californian Cruisers	FO	379	15:27	7:31	402	24:20	8:52	406	34:22	10:02	400	42:11	7:48	41:45	42:11	8:21/M
394	771	Paul McCullagh	Pomeroy	M40	377	15:26	7:31	355	23:58	8:32	446	34:12	10:14	443	42:12	7:59	41:48	42:12	8:22/M
395	535	Dermot Donaghy	Eglisk GAC	MO	283	14:34	7:10	418	23:31	8:57	457	33:50	10:18	535	42:14	8:23	41:58	42:14	8:24/M
396	285	Tim Townsend	Lagan Valley AC	M55	323	14:54	7:17	406	23:48	8:53	500	34:25	10:36	411	42:16	7:51	41:54	42:16	8:23/M
397	810	Eoin Mulgrew	NA	MO	354	15:13	7:26	427	24:13	9:00	443	34:27	10:13	401	42:16	7:49	41:54	42:16	8:23/M
398	564	Mairead Kerr		F40	448	16:08	7:52	328	24:32	8:24	424	34:40	10:07	371	42:19	7:39	41:55	42:19	8:23/M
399	351	Michael McGlade		M50	414	15:50	7:43	381	24:35	8:44	313	34:04	9:29	526	42:23	8:19	41:58	42:23	8:24/M

Pos	BIB	Name	Club	Cat	Mile2			Mile 3			Mile 4			Mile 5			Chip Time	Gun Time	Average
					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace			
400	231	Ryan Canavan	California Cruisers	MO	386	15:32	7:33	385	24:16	8:44	486	34:49	10:32	356	42:24	7:34	41:58	42:24	8:24/M
401	352	Chloe McGlade		FO	413	15:50	7:43	386	24:35	8:44	440	34:48	10:13	359	42:24	7:35	41:59	42:24	8:24/M
402	274	Darren O'Neill	Termoneeny Running Club	M45	447	16:07	7:52	404	25:00	8:53	349	34:42	9:41	382	42:25	7:43	42:01	42:25	8:24/M
403	711	Ruth Harkness	Pensby runners	F35	393	15:38	7:40	344	24:07	8:29	430	34:17	10:09	491	42:28	8:11	42:09	42:28	8:26/M
404	295	Niall Mullan		MO	428	15:57	7:46	394	24:47	8:50	475	35:12	10:25	279	42:29	7:16	42:04	42:29	8:25/M
405	465	Kathy McAleer	Carrickmore GAC	F35	434	15:59	7:48	370	24:38	8:38	433	34:49	10:11	375	42:30	7:40	42:05	42:30	8:25/M
406	626	Barney McAleer	Omagh Harriers	M45	336	15:00	7:24	480	24:20	9:19	449	34:35	10:15	425	42:30	7:54	42:18	42:30	8:28/M
407	209	Stephanie Henry	Sperrin Harriers	F40	364	15:19	7:33	420	24:17	8:57	469	34:41	10:24	413	42:33	7:51	42:20	42:33	8:28/M
408	378	Lisa Fitzpatrick	Sperrin Harriers	F40	342	15:04	7:26	465	24:15	9:11	471	34:40	10:24	421	42:33	7:53	42:20	42:33	8:28/M
409	66	Barry Moore	Sperrin Harriers	M40	445	16:06	7:49	371	24:46	8:39	400	34:44	9:58	419	42:37	7:53	42:08	42:37	8:26/M
410	185	Colette McCusker	Drumquin GAC	F35	407	15:46	7:46	432	24:48	9:01	375	34:38	9:50	447	42:39	8:00	42:25	42:39	8:29/M
411	597	Nuala Grogan	Omagh Harriers	F50	451	16:11	7:58	388	24:58	8:46	364	34:44	9:46	431	42:40	7:56	42:25	42:40	8:29/M
412	645	Garry Monaghan	Acorns AC	M50	421	15:54	7:45	368	24:32	8:38	447	34:47	10:14	422	42:41	7:54	42:17	42:41	8:27/M
413	505	Oisin Coyle	Greencastle AC	MJ	394	15:39	7:43	563	25:31	9:52	373	35:21	9:49	313	42:42	7:21	42:28	42:42	8:30/M
414	293	Nuala McKay	PACE Running Club	FO	422	15:54	7:40	396	24:45	8:51	386	34:39	9:53	461	42:43	8:03	42:08	42:43	8:26/M
415	844	Thomas Dolan	The Flaming Gooches	MO	419	15:51	7:48	430	24:53	9:01	385	34:46	9:53	437	42:45	7:58	42:29	42:45	8:30/M
416	302	Frank McKenna	Glaslough Harriers Jolly Joggers	M50	452	16:11	7:51	405	25:05	8:53	378	34:56	9:50	404	42:46	7:49	42:15	42:46	8:27/M
417	280	Jeanette McCarney		FO	509	16:56	8:07	389	25:43	8:46	288	35:05	9:21	376	42:47	7:41	42:04	42:47	8:25/M
418	938	Patrick Slevin		M40	315	14:52	7:19	437	23:55	9:03	522	34:43	10:47	482	42:53	8:09	42:37	42:53	8:31/M

32nd Annual Greencastle 5mile Road Race - 26th December 2017

www.Greencastle5.com

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					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Time	Time	Pace
419	578	Liam McAuley	Galbally Runners	MO	362	15:18	7:34	457	24:28	9:09	508	35:10	10:42	385	42:54	7:43	42:44	42:54	8:33/M
420	426	Gavin Corrigan	Omagh Triathlon Club	MO	496	16:46	8:03	391	25:35	8:48	369	35:23	9:48	354	42:56	7:33	42:16	42:56	8:27/M
421	261	Gloria Donaghey	Finn Valley AC	F55	385	15:31	7:44	475	24:47	9:16	445	35:01	10:14	432	42:58	7:57	42:56	42:58	8:35/M
422	929	Gerard Magee	Greencastle	MO	472	16:25	8:00	447	25:31	9:06	287	34:53	9:21	469	42:59	8:06	42:34	42:59	8:31/M
423	756	Mark Eccles		M45	431	15:58	7:45	428	24:59	9:00	435	35:10	10:11	418	43:03	7:52	42:35	43:03	8:31/M
424	522	Stephen Sharkey	KC Runners	MO	376	15:26	7:28	474	24:41	9:15	467	35:04	10:22	441	43:03	7:58	42:32	43:03	8:30/M
425	754	Deborah Curran		FO	485	16:35	7:54	352	25:06	8:31	381	34:57	9:51	477	43:06	8:08	42:18	43:06	8:28/M
426	442	Geraldine Tuohey		F50	482	16:33	8:04	417	25:30	8:57	350	35:13	9:42	420	43:06	7:53	42:40	43:06	8:32/M
427	158	Catherine Ferguson		FO	397	15:41	7:38	453	24:50	9:08	405	34:52	10:01	515	43:09	8:16	42:43	43:09	8:33/M
428	732	Theresa McAleer	Fatboys	F50	409	15:47	7:47	431	24:49	9:01	441	35:02	10:13	481	43:12	8:09	42:58	43:12	8:36/M
429	165	Catriona Campbell		F40	497	16:47	8:10	441	25:52	9:05	360	35:38	9:45	368	43:16	7:38	42:48	43:16	8:34/M
430	953	Mark Mc Crory	Killyclogher	MO	442	16:05	7:56	438	25:08	9:03	479	35:37	10:28	372	43:17	7:39	43:04	43:17	8:37/M
431	87	Martin O'Neill	Brackaville Owen Roes GAC	MO	359	15:17	7:29	399	24:09	8:51	573	35:17	11:08	448	43:18	8:01	42:59	43:18	8:36/M
432	498	Greg McMullan	Knockmany Runners	M55	450	16:10	7:50	455	25:19	9:09	407	35:21	10:02	434	43:19	7:58	42:48	43:19	8:34/M
433	890	Barry Fox	Carrickmore	MO	527	17:05	8:12	359	25:40	8:34	422	35:47	10:06	361	43:23	7:36	42:42	43:23	8:32/M
434	489	Barry O'Neill	Sperrin Harriers	M50	357	15:16	7:35	452	24:25	9:08	519	35:12	10:47	496	43:24	8:12	43:18	43:24	8:40/M
435	346	Thomas Hamilton		MO	631	18:13	8:35	478	27:30	9:17	254	36:39	9:08	174	43:27	6:48	42:24	43:27	8:29/M
436	271	Chris Withers		M55	411	15:49	7:53	472	25:02	9:13	392	34:57	9:55	561	43:28	8:31	43:25	43:28	8:41/M
437	333	Lorraine McKeown		F40	425	15:56	7:45	378	24:39	8:43	536	35:34	10:54	435	43:32	7:58	43:06	43:32	8:37/M
438	860	Adrian Morris	Sperrin	M40	498	16:47	8:05	419	25:45	8:57	431	35:55	10:10	397	43:43	7:48	43:06	43:43	8:37/M
439	585	Gerard Devine	Errigal Ciaran GAC	MO	544	17:17	8:07	307	25:34	8:17	459	35:53	10:19	409	43:43	7:50	42:40	43:43	8:32/M
440	896	Sean McGuigan	Killeeshil	M55	503	16:53	8:11	395	25:43	8:50	454	36:00	10:17	395	43:47	7:46	43:15	43:47	8:39/M
441	884	Mickey McLann	Beragh	M45	399	15:43	7:38	477	25:00	9:16	505	35:39	10:38	492	43:50	8:11	43:22	43:50	8:40/M
442	718	John Kehoe	Kehoes	MO	437	16:01	7:47	458	25:10	9:09	496	35:46	10:35	459	43:50	8:03	43:22	43:50	8:40/M
443	90	Marty J O'Neill	Acorns AC	M40	604	17:55	8:28	380	26:38	8:43	304	36:04	9:26	394	43:50	7:46	42:50	43:50	8:34/M
444	866	Johnny McMenamin	Strabane	MO	477	16:29	7:53	515	26:02	9:33	455	36:20	10:17	344	43:51	7:30	43:08	43:51	8:38/M
445	548	John Conway		M55	416	15:51	7:41	439	24:56	9:04				847	43:52	8:40	43:22	43:52	8:40/M
446	936	Jackie Donnelly		FO	418	15:51	7:46	502	25:17	9:25	472	35:42	10:24	488	43:52	8:10	43:32	43:52	8:42/M
447	614	Francis McVeigh	Galbally	MO	440	16:02	7:44	444	25:08	9:06	427	35:17	10:08	587	43:55	8:38	43:20	43:55	8:40/M
448	877	Padraig McDermott	Omagh Harriers	MJ	462	16:20	7:56	470	25:33	9:12	412	35:37	10:03	522	43:56	8:19	43:27	43:56	8:41/M
449	875	Padraig McDermott	Omagh Triathlon Club	M40	463	16:20	7:56	469	25:33	9:12	415	35:37	10:04	525	43:57	8:19	43:28	43:57	8:42/M
450	574	Gareth Thompson		MO	495	16:44	8:07	451	25:52	9:07	404	35:54	10:01	454	43:57	8:02	43:26	43:57	8:41/M
451	419	Mickey Toner	Loughmacrory Lions	M45	426	15:56	7:52	411	24:52	8:55	501	35:29	10:36	559	43:59	8:30	43:45	43:59	8:45/M
452	601	Gerard Meehan		MO	339	15:03	7:24	496	24:26	9:23	503	35:04	10:37	642	44:00	8:55	43:44	44:00	8:45/M
453	887	Andrew Elliott		M55	491	16:39	8:04	468	25:52	9:12	418	35:57	10:05	457	44:01	8:03	43:28	44:01	8:42/M
454	313	Zoe Ni Dhuinn-Bhig		FO	529	17:07	8:11	416	26:03	8:56	395	36:00	9:56	449	44:01	8:01	43:15	44:01	8:39/M
455	431	Sharon McCullagh	Glenelly	F45	501	16:50	8:09	450	25:58	9:07	452	36:15	10:17	393	44:01	7:45	43:29	44:01	8:42/M
456	517	Ciaran Mullin		MO	433	15:59	7:48	488	25:19	9:20	492	35:53	10:33	475	44:01	8:08	43:37	44:01	8:43/M
457	947	John Joe McCullagh	Omagh Triathlon Club	M50	586	17:43	8:25	481	27:03	9:19	335	36:39	9:36	320	44:02	7:23	43:08	44:02	8:38/M
458	970	Emma Harkin		FJ	270	14:29	7:05	570	24:23	9:53	611	35:50	11:27	499	44:02	8:12	43:43	44:02	8:45/M

32nd Annual Greencastle 5mile Road Race - 26th December 2017

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Pos	BIB	Name	Club	Cat	Mile2			Mile 3			Mile 4			Mile 5			Chip	Gun	Average
					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Time	Time	Pace
459	171	Pamela McNally	BST	F35	522	17:04	8:12	448	26:10	9:06	380	36:02	9:51	446	44:03	8:00	43:23	44:03	8:41/M
460	928	Sharon Grimley		F45	469	16:23	7:58	454	25:32	9:09	470	35:56	10:24	506	44:11	8:14	43:44	44:11	8:45/M
461	758	Emma McBride		FO	552	17:21	8:22	425	26:20	8:59	419	36:26	10:05	396	44:13	7:47	43:35	44:13	8:43/M
462	581	Pat McBride	Olympic	M70	423	15:55	7:52	534	25:34	9:38	516	36:19	10:45	426	44:14	7:55	44:02	44:14	8:48/M
463	881	Aisling McAleer	Beragh	FO	483	16:34	8:02	461	25:45	9:10	499	36:21	10:36	428	44:17	7:55	43:46	44:17	8:45/M
464	299	Oisín Mullan	Tattyreagh GAC	MO	554	17:21	8:17	415	26:18	8:56	417	36:23	10:05	438	44:21	7:58	43:33	44:21	8:43/M
465	115	Maeve Largey	Smiley Paces	FO	441	16:03	7:50	508	25:31	9:27	515	36:16	10:45	474	44:23	8:07	44:00	44:23	8:48/M
466	138	Carina Moran		FO	508	16:56	8:11	466	26:08	9:12	444	36:22	10:13	460	44:26	8:03	43:52	44:26	8:46/M
467	824	Briege Warnock	Sperrin Og	FO	382	15:29	7:34	562	25:21	9:52	556	36:25	11:03	466	44:30	8:05	44:09	44:30	8:50/M
468	272	Maire Gallagher		FO	415	15:51	7:42	526	25:26	9:35	546	36:23	10:56	479	44:32	8:09	44:04	44:32	8:49/M
469	1012	Lyle Noble		MO	277	14:32	7:13	581	24:30	9:58	650	36:19	11:48	507	44:34	8:14	44:29	44:34	8:54/M
470	147	Therese Connery	Magherafelt Harriers	F45	504	16:53	8:11	467	26:05	9:12	476	36:31	10:25	456	44:34	8:03	44:02	44:34	8:48/M
471	414	Garvan McCann	Fintona GAC	MO	454	16:12	7:52	435	25:14	9:02	484	35:45	10:30	623	44:36	8:51	44:07	44:36	8:49/M
472	530	Shomeek Mukerji	Bounds Green Harriers	MO	375	15:25	7:27	505	24:52	9:26	559	35:56	11:04	611	44:41	8:45	44:09	44:41	8:50/M
473	317	Catherine Goodwin	Dromore	F40	468	16:22	7:55	501	25:48	9:25	489	36:21	10:32	529	44:41	8:20	44:09	44:41	8:50/M
474	924	Stephen Quinn		MO	298	14:46	7:18	442	23:51	9:05	642	35:36	11:44	665	44:42	9:06	44:31	44:42	8:54/M
475	429	Paul McAloon	Rahoney Runners	MO	309	14:50	7:20	429	23:51	9:01	643	35:36	11:44	663	44:42	9:06	44:31	44:42	8:54/M
476	278	William McGarrigle	Fingal Triathlon Club	MO	515	17:00	8:11	449	26:08	9:07	453	36:25	10:17	519	44:43	8:18	44:04	44:43	8:49/M
477	305	Donall Sally	Omagh	MO	458	16:15	7:59	631	26:33	10:18	402	36:34	10:00	485	44:44	8:10	44:26	44:44	8:53/M
478	125	Eoghan McMenamin	KC Runners	MO	457	16:15	7:58	536	25:54	9:39	502	36:31	10:37	503	44:45	8:13	44:26	44:45	8:53/M
479	698	Rory O'Loughlin		M40	610	17:59	8:21	460	27:09	9:10	414	37:14	10:04	353	44:46	7:32	43:29	44:46	8:42/M
480	501	Damien Hamill		M55	475	16:28	8:02	518	26:01	9:33	438	36:14	10:12	568	44:47	8:32	44:22	44:47	8:52/M
481	31	Ciaran McCaffrey	1ZERO1	M50	516	17:01	8:01	445	26:07	9:06	481	36:37	10:29	487	44:47	8:10	43:47	44:47	8:45/M
482	869	Robin	Omagh Triathlon Club	M50	587	17:43	8:41	485	27:03	9:19	356	36:46	9:43	470	44:53	8:06	44:31	44:53	8:54/M
483	359	Michael Phillips	Omagh Triathlon Club	MO	588	17:43	8:41	486	27:03	9:20	353	36:46	9:42	473	44:53	8:07	44:31	44:53	8:54/M
484	249	John Loughran	Acorns AC	MO	560	17:23	8:15	456	26:32	9:09	416	36:37	10:04	514	44:54	8:16	44:01	44:54	8:48/M
485	336	Michael MacSorley		M55	531	17:08	8:17	493	26:29	9:21	437	36:41	10:11	498	44:54	8:12	44:19	44:54	8:52/M
486	331	Fergal McCann		M40	512	16:58	8:08	463	26:09	9:11	474	36:35	10:25	527	44:54	8:19	44:11	44:54	8:50/M
487	330	Shane McKenna		MO	511	16:58	8:07	464	26:09	9:11	436	36:21	10:11	574	44:55	8:33	44:11	44:55	8:50/M
488	905	Cathal O'Kane	Dungiven	MO	602	17:54	8:38	476	27:10	9:16	393	37:06	9:55	405	44:56	7:49	44:17	44:56	8:51/M
489	361	Denise Dallas	Acorns AC	F55	593	17:46	8:30	436	26:49	9:02	468	37:13	10:24	389	44:58	7:45	44:12	44:58	8:50/M
490	607	Noleen Carland		FO	392	15:37	7:40	539	25:18	9:40	574	36:27	11:08	570	45:00	8:33	44:42	45:00	8:56/M
491	514	Leona Carson	R Running Club	F35	571	17:31	8:22	491	26:52	9:21	466	37:15	10:22	391	45:01	7:45	44:14	45:01	8:51/M
492	870	David Knox		MO	528	17:07	8:17	459	26:17	9:10	491	36:51	10:33	489	45:01	8:10	44:29	45:01	8:54/M
493	748	Andrew Magee		M40	473	16:25	7:57	489	25:46	9:20	583	37:00	11:14	467	45:06	8:05	44:33	45:06	8:55/M
494	193	Adelaide Strain		F50	487	16:37	8:14	519	26:11	9:33	480	36:40	10:29	554	45:09	8:29	45:01	45:09	9:00/M
495	468	Bernard Morris	Sperrin Wheelers	M40	367	15:21	7:29	540	25:02	9:41	629	36:41	11:38	555	45:11	8:29	44:48	45:11	8:58/M
496	1010	Mark Meenan		MO				842	25:36	8:26	553	36:38	11:02	583	45:15	8:36	44:55	45:15	8:59/M
497	608	Stephen Brophy	Drumragh GAC	M45	575	17:37	8:27	484	26:56	9:19	429	37:06	10:09	484	45:16	8:09	44:33	45:16	8:55/M
498	491	Dwanye McGurk		MO	574	17:34	8:30	421	26:32	8:58	514	37:16	10:43	445	45:16	8:00	44:41	45:16	8:56/M

32nd Annual Greencastle 5mile Road Race - 26th December 2017

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Pos	BIB	Name	Club	Cat	Mile2			Mile 3			Mile 4			Mile 5			Chip	Gun	Average
					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Time	Time	Pace
499	97	Eimear Colton	Run For Enda	FJ	658	18:40	8:51	537	28:20	9:40	298	37:44	9:24	350	45:17	7:32	44:19	45:17	8:52/M

Pos	BIB	Name	Club	Cat	Mile2			Mile 3			Mile 4			Mile 5			Chip	Gun	Average
					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Time	Time	Pace
500	915	Michael Clarke	Greencastle	MJ	436	16:00	7:58	648	26:27	10:27	398	36:25	9:58	635	45:18	8:53	45:14	45:18	9:03/M
501	874	Michael Gannon	Kilkenny	M40	370	15:22	7:33	503	24:49	9:26	613	36:17	11:27	659	45:20	9:02	45:03	45:20	9:01/M
502	449	Erika Kudrenko	Acorns AC	F35	558	17:22	8:24	426	26:22	8:59	541	37:18	10:55	465	45:23	8:05	44:47	45:23	8:57/M
503	1003	Martha Nugent	Armagh AC	FJ	466	16:22	8:06	546	26:07	9:45	557	37:11	11:03	504	45:25	8:14	45:16	45:25	9:03/M
504	769	Eibhlín Largey		FO	430	15:57	7:46	600	26:01	10:03	530	36:54	10:53	563	45:25	8:31	45:00	45:25	9:00/M
505	73	Rebecca Campbell	Acorns AC	FO	621	18:07	8:39	479	27:25	9:18	426	37:34	10:08	416	45:26	7:52	44:37	45:26	8:55/M
506	818	Aidan Clarke	Greencastle	MO	545	17:17	8:22	424	26:16	8:59	521	37:04	10:47	536	45:27	8:23	44:54	45:27	8:59/M
507	696	Rory O'Brien	Loughmacrory GAC	MO	638	18:17	8:40	498	27:40	9:23	390	37:35	9:54	423	45:29	7:54	44:31	45:29	8:54/M
508	181	Aidan Jones		MO	460	16:17	7:57	566	26:10	9:52	533	37:04	10:54	545	45:31	8:26	45:08	45:31	9:02/M
509	117	Joseph McKinless	Acorns AC	M40	605	17:55	8:28	434	26:57	9:02	448	37:12	10:14	521	45:31	8:18	44:31	45:31	8:54/M
510	862	Eimear O'Kane	Clann na nGael W/J/R	FO	488	16:37	8:08	500	26:03	9:25	535	36:57	10:54	578	45:32	8:34	45:10	45:32	9:02/M
511	89	Pamela Kane	PACE Running Club	F35	506	16:56	8:10	517	26:30	9:33	485	37:01	10:31	562	45:32	8:31	44:55	45:32	8:59/M
512	180	Nicola Wylie	PACE Running Club	F40	507	16:56	8:09	524	26:31	9:34	507	37:13	10:41	524	45:32	8:19	44:55	45:32	8:59/M
513	846	Seamus Hussey		M60	609	17:58	8:36	408	26:52	8:53	494	37:28	10:35	476	45:36	8:08	44:50	45:36	8:58/M
514	118	Clodagh McKinless	Acorns AC	FO	601	17:54	8:28	440	26:59	9:05	493	37:34	10:35	458	45:38	8:03	44:38	45:38	8:56/M
515	291	Mairead O'Kane		FO	401	15:44	7:38	646	26:11	10:26	572	37:18	11:07	530	45:40	8:21	45:10	45:40	9:02/M
516	296	Aine Conway		FO	417	15:51	7:41	608	25:59	10:07	617	37:27	11:28	497	45:40	8:12	45:11	45:40	9:02/M
517	757	Maureen Eccles	Carmen Runners	F45	521	17:03	8:18	538	26:44	9:40	498	37:20	10:36	528	45:40	8:20	45:13	45:40	9:03/M
518	170	Hugh McAleer	Knockmany Runners	M55	519	17:03	8:22	495	26:26	9:23	523	37:15	10:49	542	45:40	8:25	45:22	45:40	9:04/M
519	149	Magdalena Wawryszuk	Muck Hogs	FO	471	16:24	8:02	521	25:59	9:34	581	37:13	11:14	553	45:42	8:28	45:20	45:42	9:04/M
520	244	John Frizelle		MO	590	17:44	8:26	482	27:04	9:19	487	37:36	10:32	468	45:42	8:06	44:49	45:42	8:58/M
521	407	Bronagh McNamee	RISE Running Club	FO	553	17:21	8:20	490	26:43	9:21	520	37:30	10:47	505	45:44	8:14	45:02	45:44	9:00/M
522	1007	Joseph Nugent	Armagh AC	M55	467	16:22	8:06	547	26:08	9:45	555	37:11	11:03	579	45:46	8:35	45:37	45:46	9:07/M
523	27	John Corey		M50	540	17:15	8:08	494	26:37	9:21	542	37:33	10:56	510	45:48	8:15	44:49	45:48	8:58/M
524	625	Eilish McAleer	Run for Enda	F40	446	16:07	7:51	572	26:00	9:53	614	37:28	11:28	543	45:55	8:26	45:29	45:55	9:06/M
525	133	Maria Martán Sánchez		F35	649	18:24	8:43	597	28:27	10:03	399	38:25	9:58	340	45:55	7:29	44:57	45:55	8:59/M
526	345	Russell Lucas		M50	632	18:13	8:35	471	27:26	9:12	465	37:48	10:22	471	45:55	8:06	44:52	45:55	8:58/M
527	312	Mark Sampson		MO	619	18:05	8:40	545	27:51	9:45	420	37:56	10:05	444	45:56	7:59	45:11	45:56	9:02/M
528	577	Cathal Gormley	Cool Running A Carrickmor	M55	566	17:27	8:29	535	27:06	9:38	478	37:34	10:27	539	45:58	8:24	45:27	45:58	9:05/M
529	651	Beth Bradley		FO	432	15:58	7:55	611	26:07	10:08	568	37:14	11:07	608	45:59	8:44	45:49	45:59	9:10/M
530	739	Paul Lilly	Drumragh GAC	MO	595	17:49	8:33	413	26:44	8:55	462	37:06	10:21	637	46:00	8:54	45:18	46:00	9:04/M
531	420	John McFarlane	Broughderg Beasts	M45	549	17:20	8:27	511	26:48	9:28	537	37:43	10:55	534	46:07	8:23	45:40	46:07	9:08/M
532	164	Nichola Hegarty		F40	518	17:02	8:17	529	26:39	9:37	578	37:52	11:13	512	46:09	8:16	45:41	46:09	9:08/M
533	917	Anne Loughran	Carmen Runners	F40	513	16:58	8:13	525	26:33	9:34	592	37:51	11:17	520	46:09	8:18	45:35	46:09	9:07/M
534	184	Julie Devine	Owen Roes	F45	517	17:01	8:17	532	26:39	9:37	577	37:53	11:13	513	46:09	8:16	45:42	46:09	9:08/M
535	861	Kieran Morrison	Sperrin Harriers	MJ	514	17:00	8:11	528	26:36	9:36	605	37:58	11:21	495	46:10	8:11	45:33	46:10	9:07/M

32nd Annual Greencastle 5mile Road Race - 26th December 2017

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					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Time	Time	Pace
536	236	Orlagh Brownlow	Acorns AC	FO	581	17:42	8:33	499	27:06	9:23	532	38:00	10:54	490	46:10	8:10	45:35	46:10	9:07/M
537	643	Karen Donnelly	Carmen Runners	F40	461	16:19	7:59	588	26:20	10:01	590	37:37	11:16	575	46:11	8:33	45:48	46:11	9:10/M
538	203	Jame Knipe		MJ	711	19:21	9:13	607	29:28	10:07	388	39:23	9:54	172	46:11	6:48	45:16	46:11	9:03/M
539	910	Jacinta Doye	Newcastle AC	F55	537	17:12	8:30	564	27:04	9:52	526	37:54	10:50	517	46:12	8:17	45:58	46:12	9:12/M
540	418	Vincent McAleer	Glenhull Giants	MO	550	17:20	8:27	510	26:48	9:27	539	37:44	10:55	556	46:13	8:29	45:47	46:13	9:09/M
541	572	Collette Keenan	Carmen Runners	FO	523	17:04	8:23	592	27:07	10:02	564	38:13	11:06	450	46:14	8:01	45:57	46:14	9:11/M
542	373	Ciaran O'Shiel		MO	743	19:45	9:24	462	28:56	9:10	286	38:17	9:21	436	46:15	7:58	45:19	46:15	9:04/M
543	225	Ciaran Gormley		MO	536	17:12	8:19	509	26:39	9:27	560	37:44	11:04	564	46:15	8:31	45:41	46:15	9:08/M
544	819	Emma Clarke	Sperrin Og	FO	486	16:35	8:01	483	25:55	9:19	639	37:39	11:43	585	46:16	8:37	45:41	46:16	9:08/M
545	316	Amanda Boyd	Maguiresbridge Running Cl	F40	484	16:34	8:11	513	26:05	9:30	595	37:24	11:18	633	46:16	8:52	46:02	46:16	9:12/M
546	580	Liam Harvey		M40	713	19:23	9:10	492	28:45	9:21	442	38:58	10:13	299	46:17	7:19	45:14	46:17	9:03/M
547	246	Michelle McGlone	Knockmany Runners	F45	569	17:30	8:24	543	27:15	9:45	504	37:53	10:37	560	46:24	8:31	45:41	46:24	9:08/M
548	219	Jerome McDowell		M50	577	17:40	8:11	520	27:14	9:33	545	38:11	10:56	501	46:24	8:13	45:05	46:24	9:01/M
549	277	Rose Corr	Pomeroy Runners	F50	481	16:32	8:06	550	26:18	9:46	609	37:44	11:25	593	46:25	8:41	46:04	46:25	9:13/M
550	666	Claire McElduff	None	FO	526	17:05	8:24	606	27:11	10:06	552	38:14	11:02	494	46:25	8:11	46:08	46:25	9:14/M
551	227	Shauna Gormley		FO	530	17:07	8:17	523	26:42	9:34	554	37:45	11:03	594	46:27	8:41	45:53	46:27	9:11/M
552	966	Joseph McCullagh		MO	489	16:38	8:09	531	26:16	9:37	596	37:35	11:19	636	46:29	8:53	46:09	46:29	9:14/M
553	913	Conor Blee		MO	591	17:44	8:33	527	27:21	9:36	513	38:04	10:43	541	46:29	8:25	45:51	46:29	9:10/M
554	845	Grace McKenna	Augher	FO	693	19:05	8:59	403	27:58	8:52	477	38:25	10:27	464	46:30	8:04	45:23	46:30	9:05/M
555	454	Connor Martin	Sperrin Harriers	MO	652	18:25	8:41	512	27:54	9:28	509	38:36	10:42	424	46:30	7:54	45:26	46:30	9:05/M
556	882	Pat Donnelly	Loughmacrory	M60	559	17:23	8:26	522	26:57	9:34	558	38:01	11:04	558	46:31	8:30	46:00	46:31	9:12/M
557	595	Lesley-Ann Donnell	Hyde Park Harriers	FO	656	18:36	9:18	473	27:50	9:13	518	38:36	10:45	430	46:32	7:56	46:32	46:32	9:18/M
558	823	Joe Warnock	Greencastle	MO	456	16:13	7:55	487	25:33	9:20	737	38:19	12:45	508	46:34	8:14	46:10	46:34	9:14/M
559	23	Sinead Kerr	Carmen Runners	F35	542	17:15	8:21	542	26:58	9:43	582	38:13	11:14	531	46:34	8:21	46:01	46:34	9:12/M
560	119	Duncan Motherwell		M40	607	17:55	8:28	514	27:27	9:32	512	38:11	10:43	537	46:35	8:24	45:35	46:35	9:07/M
561	432	Gail McBride	Glenelly	F40	470	16:24	7:57	573	26:18	9:54	651	38:07	11:49	552	46:36	8:28	46:05	46:36	9:13/M
562	332	Liam Gormley		MO	634	18:14	8:42	376	26:55	8:41	497	37:31	10:35	664	46:38	9:06	45:46	46:38	9:09/M
563	927	Aisling Donnelly	Carmen Runners	FO	637	18:16	8:54	556	28:07	9:50	483	38:37	10:30	451	46:38	8:01	46:09	46:38	9:14/M
564	850	Kevin McLaughlin		M50	583	17:42	8:29	541	27:26	9:43	548	38:24	10:58	509	46:39	8:15	45:54	46:39	9:11/M
565	50	Gerry McDermott	Omagh Harriers	M55	655	18:35	8:50	516	28:08	9:33	473	38:34	10:25	502	46:47	8:13	45:51	46:47	9:10/M
566	415	Mary McCullagh		F40	500	16:49	8:17	604	26:54	10:05	616	38:22	11:28	551	46:50	8:27	46:35	46:50	9:19/M
567	106	Gemma Roddy	Ballygalget AC	F40	493	16:40	8:12	619	26:53	10:12	640	38:37	11:44	511	46:53	8:15	46:37	46:53	9:19/M
568	573	Niall Gallagher		MO	363	15:19	7:35	625	25:35	10:15	701	37:59	12:24	638	46:54	8:54	46:45	46:54	9:21/M
569	568	Eimear Teague		FO	510	16:58	8:09	565	26:50	9:52	635	38:32	11:41	532	46:55	8:22	46:15	46:55	9:15/M
570	297	Steve Turner	Badoney Runners	M40	647	18:23	8:48	504	27:50	9:26	538	38:45	10:55	483	46:55	8:09	46:07	46:55	9:13/M
571	674	Neil McSorley	MCI	MO	589	17:44	8:28	568	27:37	9:53	551	38:39	11:02	518	46:57	8:17	46:09	46:57	9:14/M
572	399	Bernie McGurk	Melvin	F55	494	16:41	8:16	624	26:56	10:15	600	38:16	11:20	600	46:59	8:42	46:50	46:59	9:22/M
573	276	Gabriel McAree		M50	539	17:15	8:38	615	27:25	10:10	527	38:16	10:50	615	47:04	8:48	47:04	47:04	9:25/M
574	646	Terence Mohan		MO	427	15:56	7:52	669	26:37	10:41	627	38:15	11:38	619	47:05	8:49	46:52	47:05	9:22/M
575	163	Judith Bracken	Jog Moira	F40	520	17:03	8:17	583	27:02	9:59	589	38:18	11:16	620	47:08	8:49	46:39	47:08	9:20/M

32nd Annual Greencastle 5mile Road Race - 26th December 2017

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Pos	BIB	Name	Club	Cat	Mile2			Mile 3			Mile 4			Mile 5			Chip	Gun	Average
					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Time	Time	Pace
576	977	Coalan Devlin		MJ	322	14:54	7:25	670	25:35	10:41	698	37:58	12:22	675	47:09	9:11	47:05	47:09	9:25/M
577	226	Annemaire Gormley		FO	546	17:18	8:22	553	27:06	9:48	586	38:22	11:15	624	47:13	8:51	46:38	47:13	9:20/M
578	776	Claire Doran		FO	628	18:10	8:47	530	27:48	9:37	511	38:31	10:42	607	47:15	8:44	46:38	47:15	9:20/M
579	775	Ann Marie Doran	Jog Lisburn	F35	629	18:10	8:47	533	27:48	9:37	510	38:31	10:42	603	47:15	8:44	46:38	47:15	9:20/M
580	84	Fiona McCullagh	Carmen Runners	F35	538	17:13	8:19	627	27:30	10:16	579	38:44	11:13	566	47:15	8:31	46:40	47:15	9:20/M
581	714	Hazel Keys	Mournederg	F40	534	17:10	8:19	577	27:07	9:57	571	38:15	11:07	655	47:16	9:01	46:44	47:16	9:21/M
582	715	Raymond Coyle	Greencastle AC	M45	443	16:05	7:56	616	26:16	10:11	682	38:28	12:11	631	47:20	8:52	47:06	47:20	9:25/M
583	650	Rosa Bradley		FO	474	16:27	8:09	731	27:39	11:12	584	38:54	11:14	548	47:21	8:27	47:12	47:21	9:26/M
584	326	Beth Sampson		FO	618	18:05	8:40	544	27:51	9:45	549	38:49	10:58	577	47:23	8:34	46:39	47:23	9:20/M
585	327	Kyle Sampson		MO	617	18:05	8:40	549	27:51	9:46	550	38:50	10:58	576	47:24	8:34	46:38	47:24	9:20/M
586	697	Bernie McQuade	Omagh Harriers	F55	557	17:22	8:24	591	27:24	10:01	604	38:45	11:21	590	47:26	8:40	46:52	47:26	9:22/M
587	703	Lorna Martin		F60	556	17:22	8:24	589	27:24	10:01	603	38:45	11:21	595	47:27	8:41	46:53	47:27	9:23/M
588	303	Geraldine McKenna	Glaslough Harriers Jolly Joggers	F50	490	16:39	8:14	603	26:44	10:05	664	38:40	11:56	625	47:32	8:51	47:21	47:32	9:28/M
589	99	Richard Irvine		M40	636	18:16	8:45	551	28:03	9:47	529	38:56	10:52	597	47:38	8:42	46:51	47:38	9:22/M
590	401	Martin Conway	Badoney Runners	M45	582	17:42	8:28	580	27:40	9:58	606	39:03	11:22	580	47:38	8:35	46:52	47:38	9:22/M
591	589	Marion Gray		F40	584	17:43	8:35	594	27:46	10:02	585	39:01	11:15	589	47:40	8:39	47:07	47:40	9:25/M
592	571	Seamus Coyle		M45	438	16:01	7:54	633	26:21	10:19	679	38:30	12:09	673	47:40	9:10	47:28	47:40	9:30/M
593	173	Tracey McAlynn		FO	505	16:54	8:23	626	27:10	10:16	607	38:33	11:23	667	47:41	9:07	47:33	47:41	9:31/M
594	294	Jenny McCurry		FO	562	17:24	8:28	555	27:14	9:49	654	39:06	11:52	582	47:42	8:36	47:14	47:42	9:27/M
595	151	Brigid Quinn	Ballymena Runners	F70	532	17:08	8:29	621	27:21	10:12	610	38:47	11:25	645	47:45	8:57	47:34	47:45	9:31/M
596	868	Meave Conway	Greencastle	F35	576	17:39	8:25	593	27:42	10:02	612	39:09	11:27	596	47:51	8:41	47:02	47:51	9:24/M
597	35	Louise McCullagh	Badoney Runners	F35	543	17:16	8:22	590	27:17	10:01	658	39:11	11:53	612	47:57	8:46	47:25	47:57	9:29/M
598	734	Gary McElhatton		M40	692	19:04	9:03	497	28:27	9:23	506	39:07	10:39	627	47:58	8:51	47:00	47:58	9:24/M
599	121	Petrina Mulroe	Piranha triathlon club	FO	671	18:47	9:05	557	28:37	9:50	543	39:33	10:56	549	48:01	8:27	47:23	48:01	9:29/M

Pos	BIB	Name	Club	Cat	Mile2			Mile 3			Mile 4			Mile 5			Chip	Gun	Average
					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Time	Time	Pace
600	760	Denise Bebbington		F40	683	18:59	9:02	507	28:26	9:26	544	39:22	10:56	602	48:06	8:43	47:10	48:06	9:26/M
601	520	Gerry Kinsella		M50	630	18:11	8:42	569	28:04	9:53	593	39:22	11:17	604	48:06	8:44	47:19	48:06	9:28/M
602	131	Decky Cox	4 Amigos	M45	499	16:48	8:10	552	26:36	9:47	633	38:16	11:39	762	48:07	9:51	47:39	48:07	9:32/M
603	759	Colin Bebbington		M40	682	18:59	9:30	506	28:26	9:26	464	38:48	10:22	690	48:07	9:18	48:07	48:07	9:37/M
604	1008	John Meenan		M55	606	17:55	8:48	639	28:18	10:22	618	39:47	11:28	533	48:10	8:23	47:51	48:10	9:34/M
605	955	James Nugent	Pomeroy	MO	592	17:46	8:36	637	28:07	10:21	608	39:33	11:25	588	48:11	8:38	47:36	48:11	9:31/M
606	633	Neil Mallon		MO	702	19:16	9:12	554	29:05	9:49	540	40:01	10:55	486	48:11	8:10	47:20	48:11	9:28/M
607	930	Megan McGoldrick	Killyclogher	FO	639	18:18	8:55	558	28:09	9:50	517	38:54	10:45	694	48:14	9:20	47:45	48:14	9:33/M
608	688	Damien Rafferty		MO	810	21:12	10:08	574	31:07	9:55	346	40:47	9:39	343	48:17	7:30	47:21	48:17	9:28/M
609	103	Maura Gallagher		FO	603	17:54	8:38	561	27:46	9:51	615	39:14	11:28	661	48:18	9:04	47:39	48:18	9:32/M
610	141	Fiona McAleer		FO	666	18:46	9:02	620	28:59	10:12	561	40:04	11:05	516	48:21	8:17	47:39	48:21	9:32/M
611	213	Kate McAleer		FO	541	17:15	8:19	595	27:18	10:03	626	38:54	11:36	728	48:27	9:33	47:50	48:27	9:34/M
612	71	Paul Bradley	Acorns AC	M45	627	18:09	8:35	652	28:40	10:31	665	40:38	11:57	407	48:28	7:50	47:28	48:28	9:30/M

32nd Annual Greencastle 5mile Road Race - 26th December 2017

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Pos	BIB	Name	Club	Cat	Mile2			Mile 3			Mile 4			Mile 5			Chip	Gun	Average
					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Time	Time	Pace
613	704	Danielle Daly	Badoney Ladies	FO	687	19:01	9:04	567	28:54	9:52	624	40:30	11:36	442	48:29	7:59	47:36	48:29	9:31/M
614	134	Sinead Sheils		F45	650	18:24	8:44	596	28:27	10:03	570	39:34	11:07	644	48:32	8:57	47:35	48:32	9:31/M
615	716	Brendan Murphy	Letterkenny Athletic Club	MO	648	18:23	8:43	601	28:27	10:03	567	39:34	11:07	646	48:32	8:57	47:35	48:32	9:31/M
616	710	Emma Coyle		FO	688	19:01	9:04	571	28:55	9:53	623	40:30	11:35	453	48:33	8:02	47:39	48:33	9:32/M
617	813	Gemma McCullagh	Omagh	F35	502	16:52	8:23	694	27:45	10:52	652	39:35	11:50	649	48:35	8:59	48:28	48:35	9:42/M
618	637	Roisin Donnelly	Eglis GAC	F45	579	17:41	8:43	610	27:49	10:08	621	39:21	11:31	683	48:37	9:15	48:22	48:37	9:40/M
619	695	Orlagh McElhone		F35	643	18:20	8:56	576	28:15	9:55	580	39:29	11:14	669	48:38	9:09	48:10	48:38	9:38/M
620	969	Maria Harkin		FO	480	16:31	8:06	653	27:03	10:31	687	39:19	12:15	692	48:39	9:19	48:19	48:39	9:40/M
621	55	Lois Wilson	Jog Lisburn	F55	615	18:04	8:42	632	28:23	10:19	622	39:58	11:34	605	48:42	8:44	48:01	48:42	9:36/M
622	950	Francis Nugent	pomeroy	M50	613	18:03	8:45	602	28:07	10:04	660	40:01	11:53	598	48:44	8:42	48:10	48:44	9:38/M
623	504	Louise Coyle	Greencastle AC	F40	524	17:04	8:26	651	27:32	10:28	667	39:31	11:58	678	48:44	9:13	48:30	48:44	9:42/M
624	384	Niall Mulrine	Augher GAC	MO	479	16:30	8:06	664	27:08	10:37	729	39:48	12:40	641	48:44	8:55	48:26	48:44	9:41/M
625	962	Gemma Begleg	Carmen Runners	FO	776	20:27	9:49	586	30:27	10:00	458	40:46	10:19	455	48:49	8:02	48:00	48:49	9:36/M
626	322	Laurie McGurk		F35	680	18:56	8:52	578	28:54	9:57	562	39:59	11:05	622	48:50	8:50	47:38	48:50	9:32/M
627	101	Luke McCarroll		MO	672	18:47	9:02	605	28:54	10:06	591	40:11	11:17	618	48:59	8:48	48:15	48:59	9:39/M
628	229	Garry Gormley		MO	600	17:53	8:40	623	28:08	10:14	655	40:01	11:52	651	49:01	9:00	48:27	49:01	9:41/M
629	706	Chloe Wilson		FO	464	16:21	7:58	689	27:12	10:51	739	39:58	12:46	676	49:11	9:12	48:45	49:11	9:45/M
630	762	Michelle Kelly		FO	555	17:22	8:22	678	28:06	10:44	674	40:11	12:05	648	49:11	8:59	48:33	49:11	9:43/M
631	81	Aisling McCann	Maguiresbridge Running Cl	FO	695	19:07	9:12	641	29:31	10:23	531	40:25	10:53	613	49:12	8:46	48:27	49:12	9:41/M
632	80	Aravon McCann	Maguiresbridge Running Cl	F45	694	19:07	9:12	640	29:30	10:23	524	40:20	10:49	632	49:12	8:52	48:28	49:12	9:42/M
633	817	Nuala Clarke	Sperrin Og	F50	547	17:19	8:23	645	27:45	10:25	669	39:45	12:00	715	49:12	9:26	48:38	49:12	9:44/M
634	202	Caroline Dalzell	Armagh AC	F40	710	19:21	9:13	609	29:29	10:07	576	40:41	11:12	565	49:13	8:31	48:18	49:13	9:40/M
635	677	Charlie McShane	Clann na Gael GAC	M45	725	19:33	9:15	584	29:32	9:59	594	40:50	11:18	557	49:20	8:29	48:16	49:20	9:39/M
636	546	Thomas McQuaid		M60	622	18:07	8:49	630	28:25	10:18	638	40:08	11:43	679	49:22	9:13	48:53	49:22	9:47/M
637	490	Denis Mullin		MO	580	17:42	8:33	667	28:22	10:39	628	40:00	11:38	699	49:22	9:21	48:46	49:22	9:45/M
638	307	Thomas McDonald	Sperrin Harriers	M60	568	17:29	8:30	719	28:34	11:04	670	40:36	12:01	616	49:24	8:48	48:54	49:24	9:47/M
639	802	Arthur Connolly	Mourne Derg	M65	697	19:12	9:07	612	29:21	10:09	598	40:41	11:19	606	49:25	8:44	48:26	49:25	9:41/M
640	958	Annette McGleenan		F45	573	17:33	8:39	635	27:54	10:20	685	40:08	12:14	688	49:26	9:17	49:10	49:26	9:50/M
641	260	Michaela Donaghy		FO	645	18:21	8:58	598	28:24	10:03	636	40:06	11:42	696	49:27	9:20	49:03	49:27	9:49/M
642	259	Martin Donaghy	Sperrin Harriers	M55	646	18:21	8:59	599	28:24	10:03	637	40:06	11:42	695	49:27	9:20	49:03	49:27	9:49/M
643	919	Aideen Monaghan		F45	681	18:59	9:02	548	28:44	9:45	653	40:36	11:51	628	49:28	8:51	48:33	49:28	9:43/M
644	903	Angela Monaghan	Kildress	FO	730	19:35	9:22	579	29:33	9:58	563	40:39	11:05	621	49:29	8:50	48:38	49:29	9:44/M
645	372	Nicholas O'Shiel		M55	742	19:45	9:24	587	29:45	10:00	587	41:02	11:16	550	49:29	8:27	48:33	49:29	9:43/M
646	871	Nuala Murray		M40	570	17:31	8:28	638	27:53	10:22	676	39:59	12:05	727	49:32	9:32	48:56	49:32	9:47/M
647	550	Linda Marshall	Ballygalget AC	F50	704	19:18	9:07	618	29:30	10:12	597	40:50	11:19	599	49:32	8:42	48:28	49:32	9:42/M
648	942	Aodan Coyle	Pomeroy	MJ				843	27:58	27:58	656	39:51	11:53	739	49:32	9:41	49:32	49:32	9:54/M
649	386	Clare McCague		FO	669	18:46	9:05	559	28:37	9:50	647	40:24	11:46	672	49:34	9:09	48:57	49:34	9:47/M
650	235	Bronagh Stockman	Acorns AC	F45	624	18:07	8:46	654	28:39	10:32	668	40:39	11:59	647	49:38	8:59	49:03	49:38	9:49/M
651	513	Noel Susie Doherty		M60	728	19:34	9:18	614	29:44	10:10	566	40:51	11:06	629	49:43	8:51	48:45	49:43	9:45/M
652	512	Donal Doherty		M70	729	19:34	9:18	613	29:44	10:09	569	40:51	11:07	630	49:43	8:52	48:45	49:43	9:45/M

32nd Annual Greencastle 5mile Road Race - 26th December 2017

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Pos	BIB	Name	Club	Cat	Mile2			Mile 3			Mile 4			Mile 5			Chip	Gun	Average
					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Time	Time	Pace
653	899	Eoghan Conway	Greencastle	MJ	597	17:50	8:44	642	28:14	10:23	747	41:06	12:52	586	49:44	8:37	49:21	49:44	9:52/M
654	241	Ciara Furey	Glenelly GAC	FO	784	20:36	9:51	647	31:02	10:26	490	41:35	10:32	478	49:44	8:09	48:50	49:44	9:46/M
655	441	Shona McKenna		FJ	565	17:27	8:31	710	28:26	10:58	722	41:04	12:37	601	49:47	8:43	49:21	49:47	9:52/M
656	765	Una Brogan		FO	620	18:06	8:50	724	29:15	11:09	602	40:37	11:21	680	49:51	9:13	49:25	49:51	9:53/M
657	440	Fiona McKenna		F40	564	17:27	8:31	709	28:26	10:58	700	40:49	12:22	657	49:51	9:01	49:25	49:51	9:53/M
658	680	Nuala Donnelly	Beragh Red Knights GAC	F35	598	17:51	8:42	629	28:08	10:17	684	40:22	12:13	726	49:54	9:32	49:27	49:54	9:53/M
659	705	Susan Young	Mournederg	F50	551	17:21	8:25	663	27:57	10:35	735	40:41	12:43	682	49:55	9:14	49:23	49:55	9:53/M
660	865	Oonagh Bradley	Carmen Runners	FO	612	18:02	8:44	682	28:47	10:45	680	40:58	12:10	654	49:59	9:01	49:25	49:59	9:53/M
661	751	Patrick McAnespie		M45	757	20:03	9:29	617	30:15	10:12	547	41:12	10:57	614	49:59	8:47	48:54	49:59	9:47/M
662	59	Karen Mullin		FO	626	18:09	8:56	688	28:58	10:49	625	40:34	11:36	713	50:01	9:26	49:43	50:01	9:57/M
663	641	Mairead Sweeney		F55	625	18:08	8:46	707	29:05	10:57	661	40:59	11:54	674	50:10	9:10	49:33	50:10	9:55/M
664	925	KerryLee Devlin		F35	653	18:29	8:50	681	29:14	10:45	659	41:08	11:53	660	50:11	9:02	49:21	50:11	9:52/M
665	323	Sean McGurk		MO	716	19:23	9:06	730	30:36	11:12	599	41:56	11:20	523	50:15	8:19	49:02	50:15	9:48/M
666	528	Niamh Donaghy		FO	561	17:24	8:27	721	28:29	11:05	711	40:57	12:27	698	50:18	9:21	49:47	50:18	9:57/M
667	839	Sean Dolan	Omagh Harriers	M45	747	19:49	9:23	575	29:45	9:55	662	41:39	11:54	591	50:19	8:40	49:16	50:19	9:51/M
668	894	Gary Slane		M40	449	16:08	8:00	712	27:10	11:02	699	39:33	12:22	812	50:21	10:47	50:12	50:21	10:02/M
669	49	Ciara Webb	Edinburgh Triathletes	F35	668	18:46	9:03	658	29:20	10:33	671	41:22	12:01	652	50:23	9:00	49:42	50:23	9:56/M
670	355	Donna Meehan		FO	736	19:38	9:25	628	29:55	10:17	644	41:40	11:44	609	50:24	8:44	49:36	50:24	9:55/M
671	275	Kate McAree	Glaslough jolly joggers	F50	535	17:10	8:30	729	28:22	11:11	696	40:43	12:20	743	50:25	9:42	50:14	50:25	10:03/M
672	926	Patrick McGregor		MO	398	15:42	7:48	779	27:35	11:53	785	41:01	13:25	708	50:25	9:23	50:18	50:25	10:04/M
673	389	Carmel Leonard	KC Runners	F60	793	20:54	9:57	585	30:54	9:59	565	42:00	11:06	571	50:33	8:33	49:33	50:33	9:55/M
674	450	Cathal McElhone		MO	594	17:46	8:33	692	28:39	10:52	707	41:05	12:26	723	50:34	9:29	49:54	50:34	9:59/M
675	920	Danielle Lappin	kildress	F40	739	19:41	9:26	691	30:34	10:52	588	41:50	11:16	610	50:35	8:44	49:44	50:35	9:57/M
676	898	Marcus Conway	Greencastle	MJ	567	17:29	8:33	680	28:14	10:44	754	41:10	12:55	712	50:36	9:26	50:12	50:36	10:02/M
677	668	Gabriel Brogan	Pomeroy Runners	MO	596	17:50	8:43	643	28:14	10:24	750	41:07	12:53	720	50:36	9:28	50:12	50:36	10:02/M
678	398	Patrick Scullion		M75	611	18:02	8:43	695	28:56	10:53	690	41:12	12:16	711	50:37	9:24	50:01	50:37	10:00/M
679	973	Benny McLaughlin		M40	807	21:08	10:08	622	31:22	10:13	528	42:14	10:51	540	50:38	8:24	49:47	50:38	9:57/M
680	615	Deborah McCartan		F35	690	19:02	9:18	679	29:46	10:44	686	42:02	12:15	584	50:38	8:36	50:11	50:38	10:02/M
681	772	Donna McCullagh	Badoney Runners	FO	608	17:56	8:42	699	28:51	10:55	710	41:19	12:27	706	50:42	9:23	50:10	50:42	10:02/M
682	242	Jake McFarland		MJ	766	20:14	9:46	661	30:50	10:35	619	42:19	11:29	546	50:46	8:26	50:04	50:46	10:01/M
683	243	Trevor McFarland		M45	765	20:14	9:46	662	30:50	10:35	620	42:19	11:29	547	50:46	8:27	50:04	50:46	10:01/M
684	849	Sharon McLaughlin		F50	700	19:14	9:15	686	30:02	10:47	646	41:48	11:46	653	50:49	9:01	50:04	50:49	10:01/M
685	773	Una Hackett	Carmen Runners	F50	686	19:01	9:13	677	29:44	10:43	704	42:09	12:24	592	50:50	8:40	50:13	50:50	10:03/M
686	575	John Turner		M45	572	17:32	8:23	644	27:57	10:25	763	41:06	13:08	752	50:51	9:44	50:04	50:51	10:01/M
687	931	Joanne McGoldrick	Killyclogher	F40	640	18:18	8:53	738	29:37	11:18	657	41:30	11:53	700	50:51	9:21	50:18	50:51	10:04/M
688	946	Roisin Montague	Muckhogs	F35	706	19:18	9:14	659	29:52	10:34	525	40:42	10:49	783	50:52	10:09	50:02	50:52	10:00/M
689	379	Philip McKay		M65	599	17:53	8:42	690	28:44	10:51	716	41:17	12:33	730	50:52	9:34	50:23	50:52	10:05/M
690	630	Maura Montague	Knockmany Runners	F40	705	19:18	9:14	660	29:52	10:34	673	41:57	12:04	639	50:52	8:54	50:02	50:52	10:00/M
691	679	Johnny McShane	Clann na Gael GAC	M40	727	19:33	9:15	582	29:33	9:59	749	42:26	12:53	567	50:58	8:32	49:54	50:58	9:59/M
692	485	Brigid McBride	Lifford/Strabane AC	F50	764	20:12	9:45	671	30:53	10:41	575	42:04	11:10	650	51:04	9:00	50:22	51:04	10:04/M

32nd Annual Greencastle 5mile Road Race - 26th December 2017

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					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace			
693	621	Dervla Dolan		FJ	657	18:39	9:00	676	29:23	10:43	732	42:04	12:41	670	51:13	9:09	50:33	51:13	10:07/M
694	620	Peter Dolan		M50	659	18:40	9:00	675	29:23	10:42	731	42:04	12:41	671	51:13	9:09	50:33	51:13	10:07/M
695	107	Paula Roddy	Ballygalget AC	F35	585	17:43	8:32	742	29:04	11:21	755	42:01	12:56	684	51:17	9:16	50:38	51:17	10:08/M
696	424	Kevin Bogle		M50	785	20:37	9:48	649	31:04	10:27	631	42:44	11:39	573	51:18	8:33	50:16	51:18	10:03/M
697	93	Linda Hayes		F45	786	20:37	9:48	650	31:05	10:27	630	42:44	11:39	572	51:18	8:33	50:16	51:18	10:03/M
698	320	Emma Hood		FO	548	17:19	8:34	758	28:55	11:36	728	41:35	12:40	747	51:19	9:43	51:07	51:19	10:13/M
699	609	Stephen Conlon	Pomeroy Plunketts GAC	M50	673	18:47	9:04	708	29:45	10:57	677	41:53	12:07	716	51:20	9:27	50:41	51:20	10:08/M

Pos	BIB	Name	Club	Cat	Mile2			Mile 3			Mile 4			Mile 5			Chip Time	Gun Time	Average Pace
					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace			
700	673	Eoin Garvin		MO	800	21:02	9:53	728	32:14	11:11	451	42:30	10:16	643	51:27	8:56	50:11	51:27	10:02/M
701	838	Shane McAlynn	NA	M40	533	17:09	8:30	773	28:57	11:48	771	42:11	13:13	689	51:29	9:18	51:20	51:29	10:16/M
702	42	George Buckley		M55	677	18:50	9:05	674	29:33	10:42	720	42:08	12:34	703	51:30	9:22	50:49	51:30	10:10/M
703	43	Ruth Buckley		FO	678	18:51	9:05	673	29:33	10:42	721	42:08	12:34	704	51:30	9:22	50:49	51:30	10:10/M
704	943	Nuala Slater		F40	676	18:49	9:09	714	29:52	11:02	693	42:10	12:18	701	51:32	9:21	51:01	51:32	10:12/M
705	902	Michelle Duff	Loughmacrory	F40	696	19:11	9:11	665	29:49	10:37	702	42:14	12:24	691	51:33	9:18	50:42	51:33	10:08/M
706	900	Pauline O'Kane	Termoneeney Running Club	F50	684	18:59	9:11	696	29:54	10:54	695	42:13	12:19	693	51:33	9:19	50:55	51:33	10:11/M
707	904	Rachael Maguire	Kildress	FO	737	19:38	9:24	687	30:26	10:48	688	42:42	12:15	640	51:38	8:55	50:48	51:38	10:10/M
708	328	Donna Graham	Didsbury Runners	F35	720	19:27	9:16	697	30:22	10:55	634	42:03	11:40	732	51:40	9:37	50:45	51:40	10:09/M
709	854	Yvonne Pope	Staff Staffmoarlands AC	F50	723	19:31	9:27	666	30:10	10:38	724	42:48	12:38	634	51:41	8:52	51:03	51:41	10:13/M
710	540	Ciara McElroy		FO	664	18:45	9:11	713	29:48	11:02	715	42:21	12:32	705	51:43	9:22	51:20	51:43	10:16/M
711	886	Sharon Devlin		FO	774	20:26	9:50	655	30:59	10:32	632	42:39	11:39	662	51:44	9:05	50:56	51:44	10:11/M
712	945	Seamus McShane	Clann na gael	M45	722	19:31	9:14	700	30:27	10:56	666	42:26	11:58	697	51:46	9:20	50:43	51:46	10:09/M
713	156	Anne Gallagher	Loughmacrory GAC	F50	701	19:15	9:13	717	30:19	11:04	730	43:00	12:40	617	51:48	8:48	50:59	51:48	10:12/M
714	329	Adele Sampson	Yeovil Town RRC	FO	665	18:45	9:00	684	29:31	10:45	718	42:05	12:33	754	51:52	9:47	51:07	51:52	10:13/M
715	779	Angelene McBride		FO	791	20:52	9:56	656	31:25	10:33	601	42:45	11:20	668	51:53	9:07	50:53	51:53	10:11/M
716	438	Briege Nugent		FO	663	18:44	9:07	683	29:30	10:45	726	42:09	12:39	746	51:53	9:43	51:23	51:53	10:17/M
717	1009	Claire Meenan		FO	667	18:46	9:14	698	29:42	10:55	692	41:59	12:17	775	51:59	9:59	51:40	51:59	10:20/M
718	338	Martin McNally		M45	670	18:46	9:11	711	29:48	11:01	683	42:02	12:13	773	51:59	9:57	51:34	51:59	10:19/M
719	96	Barry Colton		M55	741	19:43	9:23	634	30:03	10:19	708	42:30	12:26	725	52:01	9:31	51:04	52:01	10:13/M
720	172	Teresa Meegan	Kn	F45	703	19:17	9:18	703	30:15	10:57	706	42:40	12:25	721	52:09	9:28	51:26	52:09	10:17/M
721	357	Michelle O'Neill		F40	616	18:04	8:59	725	29:14	11:09	734	41:57	12:42	784	52:09	10:12	52:01	52:09	10:24/M
722	358	Kerry-Anne McAlynn		F40	525	17:04	8:29	780	28:58	11:53	775	42:16	13:18	767	52:09	9:53	52:02	52:09	10:24/M
723	365	Clare O'Kane	Termoneeney Running Club	F45	726	19:33	9:28	723	30:40	11:06	678	42:48	12:08	709	52:12	9:24	51:34	52:12	10:19/M
724	155	Moiria Quinn	Loughmacrory GAC	F50	719	19:27	9:19	693	30:19	10:52	727	42:59	12:39	677	52:12	9:13	51:23	52:12	10:17/M
725	105	Donna Roddy	Ballygalget AC	FO	685	18:59	9:10	748	30:26	11:27	725	43:06	12:39	666	52:13	9:07	51:32	52:13	10:18/M
726	47	Sharon McGucken		MO	788	20:42	9:48	672	31:24	10:42	649	43:12	11:47	681	52:26	9:14	51:20	52:26	10:16/M
727	856	Maggie McCrory	Badoney Runners	FO	635	18:15	8:47	720	29:20	11:04	741	42:11	12:50	787	52:27	10:15	51:46	52:27	10:21/M
728	700	Derryl McQuade	Omagh Harriers	M40	733	19:36	9:27	747	31:03	11:26	641	42:47	11:44	748	52:31	9:44	51:48	52:31	10:22/M
729	909	Seana McQuade	KC Runners	FO	734	19:37	9:26	734	30:54	11:17	663	42:50	11:55	740	52:31	9:41	51:47	52:31	10:21/M

32nd Annual Greencastle 5mile Road Race - 26th December 2017

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					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Time	Time	Pace
730	543	Shauna Hurson		F35	674	18:48	9:11	739	30:07	11:19	723	42:44	12:37	755	52:32	9:47	52:07	52:32	10:25/M
731	481	Korina Carson	R Running Club	F35	715	19:23	9:18	733	30:40	11:16	744	43:32	12:51	658	52:34	9:01	51:47	52:34	10:21/M
732	579	Sharon Harvey		F35	714	19:23	9:10	745	30:48	11:25	672	42:53	12:04	745	52:37	9:43	51:34	52:37	10:19/M
733	592	Alanagh Treanor	Carrickmore GAC	FO	644	18:20	8:56	760	29:59	11:39	758	43:01	13:01	734	52:38	9:37	52:09	52:38	10:26/M
734	570	Declan McDermott	Carmen Runners	MO	775	20:26	9:49	560	30:18	9:51	534	41:12	10:54	833	52:38	11:26	51:49	52:38	10:22/M
735	519	Maeve McCullagh		F35	708	19:20	9:22	740	30:41	11:21	719	43:15	12:33	707	52:39	9:23	52:03	52:39	10:25/M
736	308	Stephen McCourt	KC Runners	M40	735	19:37	9:26	736	30:55	11:17	675	43:01	12:05	738	52:40	9:39	51:55	52:40	10:23/M
737	48	Louise O'Neill	NBR	FO	812	21:12	10:08	636	31:33	10:20	689	43:49	12:15	626	52:40	8:51	51:43	52:40	10:21/M
738	495	David Pelissier		MO				844	29:56	9:48	772	43:13	13:16	717	52:41	9:28	52:08	52:41	10:26/M
739	672	Lorcan Garvin		MJ	798	21:02	9:53	789	33:14	12:12	648	45:01	11:46	402	52:50	7:49	51:34	52:50	10:19/M
740	671	Feargal Garvin		M40	799	21:02	9:53	790	33:14	12:12	645	45:01	11:46	410	52:51	7:50	51:35	52:51	10:19/M
741	342	Una McAree	Glaslough Harriers	F50	614	18:03	8:56	765	29:46	11:43	770	43:00	13:13	766	52:53	9:53	52:41	52:53	10:32/M
742	208	Megan Fyffe		FO	698	19:12	9:10	750	30:41	11:28	705	43:06	12:24	756	52:55	9:48	52:03	52:55	10:25/M
743	662	Margaret Muldoon		F50	724	19:32	9:16	704	30:29	10:57	738	43:15	12:46	753	53:02	9:46	52:02	53:02	10:24/M
744	201	Ryan Duffy		MO	762	20:08	10:04	716	31:12	11:04	703	43:37	12:24	714	53:03	9:26	53:03	53:03	10:37/M
745	893	Sean Slane	Carrickmore	MO	675	18:48	9:04	735	30:06	11:17	759	43:07	13:01	777	53:08	10:01	52:27	53:08	10:29/M
746	52	Ciarán Canavan	Omagh St Endas GAC	MO	662	18:43	9:09	808	31:25	12:41	691	43:42	12:17	724	53:13	9:30	52:46	53:13	10:33/M
747	556	Lynn Donnelly	Dub Running Club	F50	707	19:19	9:21	746	30:46	11:26	733	43:28	12:41	757	53:17	9:49	52:40	53:17	10:32/M
748	510	John Toner		MO	492	16:40	8:15	802	29:05	12:25	781	42:28	13:23	816	53:20	10:51	53:11	53:20	10:38/M
749	347	Ryan Lucas		MO	769	20:22	9:40	732	31:36	11:14	697	43:58	12:21	710	53:22	9:24	52:20	53:22	10:28/M
750	628	Peter Mossey	Dundee Dalriada	M55	660	18:41	9:02	778	30:34	11:53	768	43:46	13:12	736	53:24	9:38	52:47	53:24	10:33/M
751	537	Desmond Brownlie	Lagan Valley AC	M70	633	18:13	9:05	762	29:53	11:40	795	43:28	13:34	779	53:29	10:01	53:26	53:29	10:41/M
752	337	Teresa McGarvey	Badoney Runners	F45	770	20:25	9:49	702	31:22	10:56	712	43:51	12:29	737	53:30	9:39	52:43	53:30	10:33/M
753	912	Mary McGlinchey	Badoney Runners	FO	773	20:26	9:49	701	31:22	10:56	694	43:41	12:18	758	53:31	9:50	52:43	53:31	10:33/M
754	397	Lisa McGarvey	Badoney runners	F35	771	20:25	9:49	705	31:23	10:57	681	43:33	12:10	774	53:31	9:57	52:43	53:31	10:33/M
755	98	Ian Linton		M40	789	20:45	10:23	685	31:31	10:46	717	44:05	12:33	719	53:34	9:28	53:34	53:34	10:43/M
756	363	Mary T Slane		F55	755	20:01	9:35	726	31:12	11:11	743	44:03	12:51	733	53:40	9:37	52:49	53:40	10:34/M
757	922	Aoife McElduff		FO	654	18:31	9:02	766	30:16	11:45	799	43:59	13:42	742	53:41	9:42	53:13	53:41	10:39/M
758	707	Sinead Furey		FO	783	20:35	9:51	706	31:33	10:57	753	44:27	12:54	687	53:45	9:17	52:51	53:45	10:34/M
759	339	Ciara Dolan	Flaming Gouches	F35	795	20:55	9:56	657	31:28	10:33	736	44:12	12:44	731	53:48	9:35	52:44	53:48	10:33/M
760	69	Terry McCabe		M50	717	19:25	9:23	781	31:24	11:59	740	44:13	12:48	735	53:51	9:38	53:11	53:51	10:38/M
761	374	Gordon Graham		MO	813	21:14	10:19	755	32:49	11:34	714	45:20	12:31	569	53:53	8:32	53:16	53:53	10:39/M
762	523	Pauline Sharkey	KC Runners	F35	738	19:39	9:26	737	30:57	11:18	757	43:56	12:59	772	53:53	9:56	53:05	53:53	10:37/M
763	549	Aidan Dolan	Ballygalget AC	M60	794	20:55	9:55	668	31:35	10:40	713	44:05	12:30	761	53:56	9:51	52:52	53:56	10:34/M
764	623	Janine Rodgers	KC Runners	FO	758	20:06	9:41	715	31:09	11:03	756	44:08	12:58	765	54:01	9:52	53:16	54:01	10:39/M
765	191	Maria McGale	Dromore	FO	661	18:43	9:08	752	30:16	11:33	774	43:34	13:17	799	54:02	10:28	53:36	54:02	10:43/M
766	853	Lorcan Healy		MO	740	19:43	9:24	757	31:19	11:36	742	44:10	12:51	769	54:04	9:53	53:08	54:04	10:38/M
767	801	Conor Eannetta	Omagh Triathlon Club	M40	796	20:57	10:01	722	32:03	11:05	709	44:30	12:27	729	54:04	9:33	53:09	54:04	10:38/M
768	687	Chanel McLaughlin		FO	811	21:12	10:08	751	32:45	11:33	751	45:39	12:53	581	54:15	8:35	53:18	54:15	10:40/M
769	148	Iwona Roman-Lukasik	Muck Hogs	FO	563	17:25	8:32	785	29:30	12:05	809	43:34	14:03	811	54:16	10:42	53:55	54:16	10:47/M

32nd Annual Greencastle 5mile Road Race - 26th December 2017

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Pos	BIB	Name	Club	Cat	Mile2			Mile 3			Mile 4			Mile 5			Chip	Gun	Average
					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Time	Time	Pace
770	405	Karen McCullagh	Muck Hogs	FO	651	18:24	9:02	782	30:24	11:59	773	43:41	13:17	808	54:17	10:35	53:56	54:17	10:47/M
771	284	Judith Erwee-Townser	Lagan Valley AC	F55	732	19:36	9:16	759	31:12	11:36	769	44:25	13:12	763	54:17	9:52	53:12	54:17	10:38/M
772	189	Ged King	Termoneeney Running Club	M40	753	19:55	9:35	749	31:23	11:27	748	44:16	12:52	780	54:17	10:01	53:31	54:17	10:42/M
773	487	Teresa Kirk	Lifford/Strabane AC	F50	763	20:11	9:45	718	31:16	11:04	779	44:38	13:22	751	54:23	9:44	53:41	54:23	10:44/M
774	820	Claire O'Brien	Greencastle	FJ	699	19:13	9:18	764	30:55	11:41	813	45:02	14:07	702	54:24	9:22	53:46	54:24	10:45/M
775	835	Shauna McDonnell		F40	752	19:54	9:34	753	31:27	11:33	761	44:31	13:03	768	54:24	9:53	53:38	54:24	10:44/M
776	85	Pauline Maguire	Drumlish Runners	F50	750	19:53	9:34	754	31:27	11:33	760	44:31	13:03	770	54:25	9:53	53:38	54:25	10:44/M
777	959	Matthew McGleenan		M45	691	19:02	9:23	763	30:43	11:40	752	43:37	12:54	817	54:35	10:57	54:18	54:35	10:52/M
778	258	Sinead Rice	Acorns AC	F40	718	19:26	9:20	741	30:48	11:21	806	44:47	13:58	764	54:39	9:52	53:52	54:39	10:46/M
779	518	Orla McCullagh		FO	709	19:20	9:23	770	31:08	11:47	798	44:50	13:41	781	54:53	10:03	54:17	54:53	10:51/M
780	82	Sharon Hurson		FO	749	19:51	9:39	796	32:09	12:17	777	45:29	13:19	718	54:57	9:28	54:24	54:57	10:53/M
781	237	Elaine Mallaghan		F35	748	19:51	9:39	795	32:07	12:16	778	45:29	13:21	722	54:58	9:29	54:25	54:58	10:53/M
782	664	John Monaghan		M65	756	20:03	9:44	756	31:38	11:35	764	44:48	13:09	785	55:03	10:14	54:26	55:03	10:53/M
783	600	Niamh McCrory		FO				845	31:22	10:19	805	45:19	13:56	759	55:09	9:50	54:44	55:09	10:57/M
784	210	Darina Fyffe		FO	754	20:01	9:35	774	31:50	11:48	789	45:16	13:26	771	55:10	9:54	54:18	55:10	10:52/M
785	222	Ethna Largey		F60	751	19:54	9:26	769	31:41	11:47	776	44:59	13:18	786	55:15	10:15	54:14	55:15	10:51/M
786	457	Carmel Fuller	Sperrin Harriers	F50	767	20:20	9:39	777	32:13	11:52	787	45:39	13:26	749	55:23	9:44	54:21	55:23	10:52/M
787	808	Karen McDermott	Aughnamemangan Runners	F35	778	20:31	9:50	743	31:54	11:23	767	45:06	13:11	790	55:25	10:18	54:34	55:25	10:55/M
788	809	Roisin Bradley	Aughnaennangan Runners	F40	777	20:30	9:51	744	31:54	11:23	765	45:06	13:11	791	55:25	10:19	54:36	55:25	10:55/M
789	56	John Kerlin		M60	689	19:02	9:25	784	31:06	12:04	803	44:57	13:50	803	55:28	10:30	55:16	55:28	11:03/M
790	681	Una Barrett		FO	578	17:40	8:43	839	34:18	16:37	746	47:11	12:52	656	56:12	9:01	55:58	56:12	11:12/M
791	392	Wendy McLean		F40	782	20:34	9:52	792	32:48	12:13	784	46:13	13:25	776	56:14	10:00	55:23	56:14	11:05/M
792	391	Leigh Stirrup	Vegan Runners	M45	780	20:34	9:52	791	32:48	12:13	783	46:13	13:25	778	56:14	10:01	55:23	56:14	11:05/M
793	367	Emma Isherwood		FJ	817	21:30	10:17	786	33:37	12:06	792	47:09	13:32	685	56:26	9:16	55:30	56:26	11:06/M
794	366	Marcus Isherwood		M40	816	21:30	10:17	787	33:37	12:06	793	47:09	13:32	686	56:26	9:16	55:30	56:26	11:06/M
795	733	Brendan McElhatton		M60	814	21:15	10:08	775	33:07	11:52	745	45:59	12:51	801	56:29	10:30	55:30	56:29	11:06/M
796	499	Anne Carlin		F55	822	21:52	10:34	771	33:40	11:47	762	46:48	13:08	741	56:30	9:41	55:46	56:30	11:09/M
797	624	Fiona Potter	KC Runners	F35	759	20:06	9:40	798	32:26	12:20	802	46:11	13:44	792	56:30	10:19	55:45	56:30	11:09/M
798	660	Louise Jones	KC Runners	FO	761	20:07	9:42	799	32:27	12:20	801	46:12	13:44	789	56:31	10:18	55:47	56:31	11:09/M
799	631	Catherine Swift	KC Runners	F35	760	20:07	9:42	801	32:32	12:25	796	46:11	13:39	797	56:37	10:25	55:53	56:37	11:11/M

Pos	BIB	Name	Club	Cat	Mile2			Mile 3			Mile 4			Mile 5			Chip	Gun	Average
					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Time	Time	Pace
800	492	Kevin Mullin		M60	806	21:05	10:01	727	32:16	11:11	780	45:39	13:22	819	56:39	11:00	55:37	56:39	11:07/M
801	100	Caroline McCarroll	Knockmany Runners	F45	802	21:03	10:09	768	32:49	11:46	786	46:15	13:26	795	56:40	10:24	55:54	56:40	11:11/M
802	557	Ciaran Donnelly		M50	815	21:15	10:18	776	33:07	11:52	788	46:34	13:26	782	56:42	10:08	56:02	56:42	11:12/M
803	653	Emer Minangh	Rahoney runners	FO	721	19:27	9:38	800	31:51	12:24	810	45:57	14:05	814	56:45	10:48	56:34	56:45	11:19/M
804	488	Emma Phillips	Omagh Triathlon Club	FO	787	20:38	9:56	788	32:45	12:07	818	47:01	14:15	750	56:46	9:44	56:00	56:46	11:12/M
805	593	Christine McErlean	Glasgow Triathlon Club	F40	797	21:00	9:58	767	32:45	11:45	800	46:30	13:44	793	56:50	10:20	55:46	56:50	11:09/M
806	789	Blathnaid Loughran		FO	712	19:23	9:35	817	32:31	13:08	827	47:01	14:29	760	56:51	9:50	56:38	56:51	11:20/M

32nd Annual Greencastle 5mile Road Race - 26th December 2017

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					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Time	Time	Pace
807	811	Cath Kells		F35	746	19:49	9:35	803	32:16	12:26	812	46:22	14:06	800	56:52	10:29	56:12	56:52	11:14/M
808	606	Michaela Carland		FO	679	18:52	9:17	816	31:56	13:04	824	46:23	14:27	807	56:58	10:35	56:41	56:58	11:20/M
809	476	Daphne Powell	Maguiresbridge Running Cl	F40	818	21:34	10:20	761	33:15	11:40	790	46:43	13:28	788	57:00	10:16	56:06	57:00	11:13/M
810	169	Bronagh McAleer	Knockmany Runners	FO	744	19:45	9:39	804	32:17	12:31	804	46:10	13:53	815	57:00	10:49	56:33	57:00	11:19/M
811	613	Harry Bownes	Acorns AC	MJ	642	18:19	9:00	821	31:39	13:19	838	47:20	15:41	744	57:04	9:43	56:45	57:04	11:21/M
812	547	Marie McQuaid		FO	768	20:21	9:57	814	33:12	12:50	794	46:45	13:33	798	57:12	10:26	56:44	57:12	11:21/M
813	72	Riona Donnelly		FO	779	20:33	9:52	797	32:51	12:17	782	46:14	13:23	818	57:13	10:59	56:24	57:13	11:17/M
814	486	Margaret McGarvey	Lifford/Strabane AC	F50	772	20:25	9:52	794	32:40	12:14	814	46:48	14:07	809	57:25	10:36	56:43	57:25	11:21/M
815	494	Ann Gorman	Killyclogher GAC	F50	821	21:52	10:34	772	33:40	11:48	791	47:09	13:29	802	57:40	10:30	56:56	57:40	11:23/M
816	390	Anna Leonard	KC Runners	F60	809	21:10	10:05	807	33:51	12:40	766	47:02	13:11	810	57:40	10:38	56:40	57:40	11:20/M
817	160	Gary Simpson		MJ	641	18:19	9:00	822	31:39	13:20	837	47:20	15:40	794	57:41	10:21	57:23	57:41	11:29/M
818	539	Colleen McDermott		FJ	731	19:35	9:36	826	33:02	13:27	807	47:01	13:58	813	57:49	10:48	57:25	57:49	11:29/M
819	974	Clare McLaughlin		F55	781	20:34	9:51	815	33:35	13:00	797	47:15	13:40	823	58:23	11:08	57:31	58:23	11:30/M
820	816	Gerry Owens		M65	803	21:04	10:08	783	33:06	12:02	808	47:06	13:59	832	58:30	11:23	57:42	58:30	11:32/M
821	610	Aoibhinn Conlon	Pomeroy Plunketts GAC	FJ	804	21:04	10:13	805	33:41	12:37	826	48:10	14:29	804	58:42	10:31	58:03	58:42	11:37/M
822	611	Bláthnaid Conlon	Pomeroy Plunketts GAC	FJ	805	21:04	10:13	806	33:41	12:37	825	48:10	14:29	805	58:42	10:32	58:04	58:42	11:37/M
823	206	Kathy Elkin		FO	824	21:59	10:34	793	34:14	12:14	811	48:20	14:06	796	58:44	10:24	57:52	58:44	11:34/M
824	230	Majella McCullagh	Omagh Triathlon Club	F60	790	20:51	9:57	813	33:41	12:49	819	47:57	14:15	829	59:12	11:15	58:15	59:12	11:39/M
825	755	Catherine Scullion		FO	792	20:54	10:09	810	33:37	12:43	823	48:00	14:23	830	59:16	11:15	58:40	59:16	11:44/M
826	88	Pat O'Loughlin		M75	826	22:09	11:02	820	35:22	13:12	815	49:33	14:11	825	1:00:44	11:10	1:00:39	1:00:44	12:08/M
827	640	Declan Mimnagh	Drumquin	MO	827	22:10	11:02	819	35:22	13:12	816	49:34	14:11	824	1:00:45	11:10	1:00:39	1:00:45	12:08/M
828	146	Geraldine Simpson		F40	830	22:39	11:04	811	35:24	12:44	822	49:47	14:23	821	1:00:49	11:01	1:00:17	1:00:49	12:03/M
829	612	Denise Bownes	Acorns AC	F45	831	22:39	11:04				845	49:47	27:08	820	1:00:49	11:01	1:00:18	1:00:49	12:04/M
830	108	Lucy Conway		F35	825	22:07	10:39				846	50:17	12:22	834	1:01:48	11:30	1:00:58	1:01:48	12:12/M
831	841	Ryan O'Gara	Pomeroy	MJ	808	21:09	10:17	818	34:18	13:08	842	50:16	15:57	836	1:01:53	11:37	1:01:17	1:01:53	12:15/M
832	234	Deirdre Flanagan	Run for Enda	F55	828	22:13	10:37	823	35:36	13:22	828	50:07	14:31	841	1:01:59	11:51	1:00:58	1:01:59	12:12/M
833	411	Siobhan Sweeney	Run For Enda	F60	829	22:14	10:37	824	35:36	13:22	830	50:38	15:01	831	1:02:00	11:22	1:00:59	1:02:00	12:12/M
834	545	Kevin McQuaid		MO	745	19:48	9:30	838	34:47	14:58	844	51:30	16:43	806	1:02:02	10:32	1:01:14	1:02:02	12:15/M
835	376	Patricia McDonnell	Omagh Triathlon Club	F40	843	24:07	11:52	812	36:54	12:46	820	51:10	14:16	826	1:02:23	11:13	1:01:59	1:02:23	12:24/M
836	377	Grant Mackie	Omagh Triathlon Club	M45	841	24:06	11:51	809	36:48	12:41	821	51:09	14:21	828	1:02:23	11:14	1:01:59	1:02:23	12:24/M
837	1001	Ryan McFarlane	Broughderg Beast	MJ	819	21:48	10:40	828	35:21	13:33	834	50:38	15:16	842	1:02:46	12:08	1:02:19	1:02:46	12:28/M
838	1000	Dylan McFarlane	Broughderg Beast	MJ	820	21:48	10:40	827	35:20	13:32	835	50:38	15:17	843	1:02:46	12:08	1:02:19	1:02:46	12:28/M
839	730	Hollie Irwin	Acorns AC	FO	823	21:59	10:35	831	35:50	13:51	836	51:23	15:33	835	1:02:58	11:34	1:02:08	1:02:58	12:26/M
840	842	Louise Donaghy	Pomeroy	F40	832	22:42	10:56	825	36:07	13:25	832	51:20	15:12	840	1:03:08	11:48	1:02:18	1:03:08	12:28/M
841	566	Maeve O'Kane		F35	842	24:07	11:37	834	38:19	14:12	817	52:34	14:15	822	1:03:37	11:03	1:02:44	1:03:37	12:33/M
842	558	Paula Donaghy	Revolution fitness	F35	833	22:50	11:10	830	36:40	13:50	829	51:42	15:01	846	1:04:12	12:30	1:03:42	1:04:12	12:44/M
843	559	Aileen Donaghy	Revolution fitness	FO	834	22:50	11:10	829	36:40	13:50	831	51:42	15:02	845	1:04:12	12:30	1:03:43	1:04:12	12:45/M
844	961	Peter Barber		M50	835	23:06	11:25	836	37:53	14:47	833	53:10	15:16	838	1:04:57	11:46	1:04:40	1:04:57	12:56/M
845	436	Rebecca Wilson	Carmen Runners	F35	837	23:24	11:11	832	37:23	13:58	839	53:12	15:49	839	1:05:00	11:47	1:03:58	1:05:00	12:48/M
846	437	Irene Irwin	Acorns AC	F60	836	23:24	11:11	833	37:23	13:59	840	53:15	15:51	837	1:05:00	11:44	1:03:57	1:05:00	12:47/M

32nd Annual Greencastle 5mile Road Race - 26th December 2017
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					Mile2			Mile 3			Mile 4			Mile 5			Chip	Gun	Average	
Pos	BIB	Name	Club	Cat	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Time	Time	Pace	
847	788	Aife Nicholls		FO	839	24:02	11:55	835	38:36	14:33	843	54:54	16:18	827	1:06:08	11:13	1:05:54	1:06:08	13:11/M	
848	75	Marie Harvey	Glens Runners	F50	838	23:42	11:21	837	38:39	14:57	841	54:36	15:56	844	1:07:00	12:24	1:05:59		1:07:00	13:12/M
849	855	Joesph O'Kane	Drumquinn Wolf Tonnes	MJ	840	24:06	11:36							849	1:12:08	14:15	1:11:14		1:12:08	14:15/M
850	448	Roise Rynne	North Leitrim AC	F40	801	21:03	10:21													
851	20	Albert Law	Omagh Harriers	M60																
852	28	Stevie King		MO																
853	36	Shauna Herron		FO																
854	37	Daniel Herron		MO																
855	39	Paul Noonan		M50																
856	61	Hugh Mullin		M65																
857	64	Hayley Lowry	County Antrim Harriers	F45																
858	65	Eve Lowry		FJ																
859	67	Olivia Murphy	Pomeroy Plunketts GAC	FO																
860	68	Aidan Murphy	Pomeroy Plunketts GAC	MO																
861	76	Shauna McKeown	Lifford/Strabane AC - Gle	F40																
862	77	Terry McCabe		M50																
863	78	Brigid McCloskey	Lifford/Strabane AC	F40																
864	104	Sara McElroy		F35																
865	110	Niall McGinty	Blood Sweat & Tears	MO																
866	111	Enda Murphy		MO																
867	113	John Fisher	RISE Running Club	MO																
868	137	Sandra Barnett		F35																
869	159	Paula Hennessy	PACE Running Club	F35																
870	167	Ciara Donnelly		FO																
871	174	Frankie McAlynn		MO																
872	179	Mark McKeown	Armagh AC	M40																
873	190	Eugene McCullagh	Greencastle AC	M60																
874	192	Sean Canavan	Omagh St Endas GAC	MO																
875	194	Michelle Quinn		F35																
876	198	Deirdre Bradley	Acorns AC	F45																
877	199	Jennifer Bradley	Acorns AC	F45																
878	204	Nicole Coburn		FO																
879	205	Laura Kelly	Badoney Runners	F40																
880	220	Seamus White	Staffs Moorlands AC	M40																
881	228	Stephen Gormley		MO																
882	248	Martin McGirr		MO																
883	250	Kevin Loughran	Acorns AC	MO																
884	251	Catherine McCormack		F55																
885	256	Aideen Mellon	An Charraig Mhor GFC	FJ																
886	257	Sean Mellon	Errigal Ciaran GAC	MO																

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					Mile2			Mile 3			Mile 4			Mile 5			Chip	Gun Time	Average
Pos	BIB	Name	Club	Cat	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Time		Pace
924	536	Gerard Meehab		MO															
925	542	Olivia Coyle		FJ															
926	544	Declan Rafferty	Pomeroy Runners	M45															
927	552	James Campbell		MO															
928	553	Catherine Gormley	Drumquin runners	F40															
929	554	Caira Munroe	Carrickmore GAC	FO															
930	560	Martina Quinn	Revolution fitness	F50															
931	561	Tracy Bratton		F35															
932	565	Conall Kerr		MO															
933	583	Ute Schmitz-Wester	Olympic	F50															
934	586	John Devine	Errigal Ciaran GAC	MO															
935	587	Noel Devine	Errigal Ciaran GAC	MO															
936	590	Linda Devine	Errigal Ciaran GAC	FO															
937	591	Damien Bradley	Leitrim lions	M40															
938	594	David McCoy	Reading Roadrunners	MO															
939	599	Eamonn McAtasney		M40															
940	604	Cathy Collins	Termoneeney Running Club	F35															
941	605	Seamus Devine	Errigal Ciaran GAC	MO															
942	627	Gerard Quinn		M45															
943	642	Pauric Quinn	Omagh Triathlon Club	M50															
944	647	Caoileann McElholm		FJ															
945	648	Caoimhe McElholm		FJ															
946	649	Benny McElholm		MO															
947	654	Edel Kidd	Acorns AC	F40															
948	656	Cathal McEnhill	Muck Hogs	M50															
949	678	Seamus McShane	Clann na Gael GAC	M45															
950	692	Kyle Heron		MO															
951	693	Rosalind Heron		FO															
952	699	Seana Mc Quade	KC Runners	F40															
953	719	Kevin Kehoe	Im Fat	MO															
954	724	Eamonn Corry	Omagh Harriers	M45															
955	726	Aine Donnelly	Clones AC	FO															
956	727	Fiona McElholm	Omagh	FO															
957	728	Shay McElholm		MJ															
958	737	James Walton		MO															
959	743	Patrick Hamill	Apple County	M40															
960	746	Mark O'Neill	Slieve Gallon Climbers	M40															
961	747	Marty Donaghy		MO															
962	804	Martin Fox		M50															
963	805	Martin Taggart	Pigeon Top Runners	MO															

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Pos	BIB	Name	Club	Cat	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Time	Time	Pace
964	1004	Ciara Nugent	Armagh AC	FJ															
965	951	John Rafferty	Pomeroy	MO															
966	Walk	Pauline Mullin		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
967	Walk	Alana Wallace		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
968	Walk	Kathleen Beggs		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
969	Walk	Joanne McLaughlin	Greencastle	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
970	Walk	Paul McLaughlin	Greencastle GAC	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
971	Walk	Justin McCreesh	Colin's Clan	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
972	Walk	Sinead Quinn	Colin's Clan	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
973	Walk	Ellie Jane Quinn	Colin's Clan	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
974	Walk	Bridgin McCreesh	Colin's Clan	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
975	Walk	Ollie McCreesh	Colin's Clan	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
976	Walk	Nuala McCreesh	Colin's Clan	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
977	Walk	Leanne Begley	Colin's Clan	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
978	Walk	Aidan Mc Creesh	Collies Clan	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
979	Walk	Noel Mc Creesh	Collies Clan	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
980	Walk	Martin McCreesh	Colin's Clan	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
981	Walk	Irene McCreesh	Colin's Clan	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
982	Walk	Kacey McCreesh	Colin's Clan	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
983	Walk	Paul Begley	Colin's Clan	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
984	Walk	Mairead Begley	Colin's Clan	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
985	Walk	Una Donnelly	Colin's Clan	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
986	Walk	Kerrie Donnelly	Colin's Clan	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
987	Walk	Amy Donnelly	Colin's Clan	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
988	Walk	Lucy McCreesh	Colin's Clan	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
989	Walk	Ronan Fitzgerald	Colin's Clan	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
990	Walk	Andrea Begley		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
991	Walk	Hannah Begley		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
992	Walk	Eibhlin McCormack		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
993	Walk	Mary Slane		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
994	Walk	Micheal Martin		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
995	Walk	Barney McNally		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
996	Walk	Geraldine McAree	Glaslough Harriers	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
997	Walk	Clare McGillion		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
998	Walk	Michelle O'Flaherty		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
999	Walk	Theresa Riley		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1000	Walk	Paul Hagan	Fintona GAC	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1001	Walk	Melissa Hagan	Fintona GAC	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1002	Walk	Kevin Hagan	Fintona GAC	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1003	Walk	Mary Meenan		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk

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Pos	BIB	Name	Club	Cat	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Time	Time	Pace
1004	Walk	Annemarie Harte		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1005	Walk	Philip McAvoy		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1006	Walk	Kerry Archibald		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1007	Walk	Aiden Molloy		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1008	Walk	Susan Molloy		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1009	Walk	Martina Cullen		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1010	Walk	Simon Warnock		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1011	Walk	Brigid Nugent		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1012	Walk	Brenda Conway		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1013	Walk	Rosemary McCullagh		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1014	Walk	Mary Conway		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1015	Walk	Samantha Norris		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1016	Walk	Gemma McNabb		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1017	Walk	Karen ONeill	Greencastle AC	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1018	Walk	Emma Mitchell	KC Runners	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1019	Walk	Katie Mitchell	KC Runners	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1020	Walk	Mary Holland		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1021	Walk	Michael Holland		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1022	Walk	Eithne McElduff		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1023	Walk	Orlaith McElduff		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1024	Walk	Niamh McElduff		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1025	Walk	Dolores Hagan	Fintona GAC	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1026	Walk	Clodagh Maguire	Fintona GAC	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1027	Walk	Eoin Maguire	Fintona GAC	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1028	Walk	Linda Mulgrew		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1029	Walk	Rosaleen Gormley		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1030	Walk	Sean Gormley		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1031	Walk	Joan Bradley		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1032	Walk	Anthony Bradley		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1033	Walk	Jane Sally	Omagh	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1034	Walk	Caroline Ward		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1035	Walk	Barry McElduff	Carrickmroe	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1036	Walk	Pat Tierney	St Vincent de Paul	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1037	Walk	Claire Corcoran		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1038	Walk	Sinéad Ní Mhearnóg		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1039	Walk	Anne Warnock		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1040	Walk	Louise Murray		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1041	Walk	Ann Murray		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1042	Walk	Mary McCormack		Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
1043	Walk	Christina Fox	Creggan	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk

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