

**Carrigans 3 Race Series 2016 5K**  
**Overall Finish List**  
**January 09, 2016**  
**Results By Lifford AC Chip Timing Systems**

<b>Place</b>	<b>Name</b>	<b>Team</b>	<b>Bib No</b>	<b>Chip Time</b>	<b>Gun Time</b>	<b>Gender</b>
1	Shiels Keith	Individual	202	15:52	15:52	M
2	Doherty Matt	Derry Track Club	14	15:56	15:56	M
3	McCallion John	Limerick AC	276	16:03	16:04	M
4	Collins Ciaran	Carmen Runners	123	16:06	16:06	M
5	Gallen Oisin	Finn Valley AC	227	16:14	16:14	M
6	Cox Martin	Derry Track Club	126	16:16	16:17	M
7	Crossan Darragh	Derry Track Club	18	17:05	17:05	M
8	McBride Jack	Finn Valley AC	410	17:16	17:17	M
9	McLaughlin Cathal	Derry Track Club	13	17:16	17:17	M
10	Kelly Paul	Lifford Strabane AC	143	17:24	17:25	M
11	McGettigan Sean	Finn Valley AC	437	17:36	17:36	M
12	Elliott Niall	Lifford Strabane AC	465	17:37	17:38	M
13	McDevitt Conor	Foyle Valley AC	94	17:41	17:42	M
14	McGonagle Ciaran	Rosses AC	352	17:46	17:46	M
15	McElwaine Charlie	Lifford Strabane AC	458	17:50	17:50	M
16	Coyle Paul	Lifford Strabane AC	360	17:52	17:54	M
17	Murphy Terry	Foyle Valley AC	104	17:59	18:00	M
18	Devenney Martin	Individual	379	18:31	18:32	M
19	Quinn Damian	Omagh Harriers AC	26	18:34	18:37	M
20	Duncan Bill	Lifford Strabane AC	149	18:36	18:37	M
21	Diver Mark	Letterkenny AC	435	18:39	18:41	M
22	McGrinder Michael	Lifford Strabane AC	96	18:40	18:42	M
23	Dunleavy Martin	Foyle Valley AC	174	18:41	18:44	M
24	Millar Christopher	Derry Track Club	21	18:49	18:52	M
25	Melaugh Kenny	Healthy Bon Fitness	418	18:53	18:54	M
26	Dillon Paul	Individual	356	18:57	18:59	M
27	Bigger Robert	Derry Track Club	22	18:59	19:00	M
28	Connolly Kevin	Derry Track Club	53	18:59	19:00	M
29	Callaghan Philip	Inishowen AC	237	18:54	19:02	M
30	McGee Kevin	Rosses AC	353	19:08	19:09	M
31	Kelly Eddie	Lifford Strabane AC	432	19:12	19:16	M
32	Gallagher Gary	Lifford Strabane AC	346	19:17	19:18	M
33	McFadden Gary	Foyle Valley AC	121	19:19	19:20	M
34	Cole Aron	Foyle Valley AC	262	19:23	19:25	M
35	McGrinder Brandon	Individual	99	19:30	19:31	M
36	Russell David	Individual	17	19:30	19:33	M
37	Crossan Shaun	Kickboxing LK	61	19:44	19:44	M
38	McFadden Paul	Individual	380	19:47	19:48	M
39	Deery Shaun	Derry Track Club	74	19:56	19:58	M
40	Mackey Barry	Letterkenny AC	242	20:06	20:08	M
41	Cole Sam	City of Derry Spartans AC	263	20:04	20:09	M
42	Duncan Michael	Lifford Strabane AC	48	20:08	20:10	M
43	Kelly Stephen	Owen Roes GFC	399	20:05	20:14	M
44	Carlin Dominic	Lifford Strabane AC	220	20:13	20:16	M
45	Neely Gary	Swanlings	429	20:16	20:17	M
46	McFadden John	Letterkenny AC	471	20:17	20:19	M
47	Donaghey James	Convoy AC	67	20:20	20:21	M
48	Connolly Eamon	Aghyaran Road Runners	424	20:24	20:24	M
49	Mailey Noel	Convoy AC	299	20:23	20:24	M
50	Devine Gerard	Owen Roes GFC	404	20:16	20:25	M
51	Cox Trevor	Individual	15	20:28	20:30	M

Place	Name	Team	Bib No	Chip Time	Gun Time	Gender
52	McIlveen Conor	Derry Track Club	78	20:30	20:32	M
53	Molloy Sean	Foyle Valley AC	347	20:33	20:37	M
54	Boyle Gavin	Individual	266	20:38	20:40	M
55	Craig Wilson	Lifford Strabane AC	494	20:43	20:45	M
56	Freney William	Raphoe Road Runners	388	20:43	20:45	M
57	McDaid Amy	Derry Track Club	50	20:46	20:47	F
58	Duncan Richie	Castlefinn Running Club	376	20:50	20:55	M
59	Boggs Brendan	Individual	401	20:46	20:56	M
60	Montague Brendan	Omagh Harriers AC	27	20:59	21:00	M
61	McCarron Garrett	Lifford Strabane AC	456	21:00	21:06	M
62	McConnell Gerard	Swanlings	327	21:04	21:06	M
63	McNulty Joe	Lifford Strabane AC	177	21:08	21:13	M
64	Nallen Seamus	24/7 Letterkenny Triathlon Club	287	21:12	21:16	M
65	Duddy Paul	Melvin WJR	272	21:21	21:24	M
66	Mullan Annalisa	Foyle Valley AC	222	21:24	21:26	F
67	McNamee Paul	Lifford Strabane AC	38	21:26	21:29	M
68	Ferna Paul	Individual	273	21:21	21:30	M
69	Mullen Harvey	Lifford Strabane AC	35	21:35	21:36	M
70	Moore Damien	Lifford Strabane AC	454	21:35	21:38	M
71	McGinley Pauric	Letterkenny Cycling Club	408	21:35	21:38	M
72	Shiels Stephen	Letterkenny AC	415	21:36	21:39	M
73	Hunter Angus	Individual	243	21:36	21:40	M
74	Dunbar Gary	Lifford Strabane AC	230	21:35	21:41	M
75	Campbell Gerard	Lifford Strabane AC	107	21:40	21:42	M
76	Maguire Liam	Lifford Strabane AC	165	21:39	21:43	M
77	Kelly Ita	Lifford Strabane AC	44	21:41	21:44	F
78	Bangert Ton	Lifford Strabane AC	41	21:45	21:47	M
79	McElwaine John	Lifford Strabane AC	460	21:47	21:51	M
80	Burns Stephen	Lifford Strabane AC	259	21:51	21:53	M
81	Hoynes Raymond	Lifford Strabane AC	486	21:50	21:56	M
82	McMenamin Sean	Aghyaran Road Runners	423	21:55	21:57	M
83	Ashmore Chris	Run For Fun Letterkenny	300	21:55	22:00	M
84	McGrath Aaron	Lifford Strabane AC	113	21:57	22:01	M
85	Cleary Liam	Lifford Strabane AC	340	21:58	22:03	M
86	Cuskelly Christopher	Lifford Strabane AC	163	22:04	22:06	M
87	O'Neill Lyndsey	Donadea Running Club	283	22:05	22:07	F
88	Haigney Deirdre	Individual	46	22:06	22:10	F
89	Gallen Dessie	KCR	344	22:08	22:15	M
90	Stewart Sane	Individual	348	22:15	22:18	M
91	Shiels Margaret	Letterkenny AC	414	22:16	22:19	F
92	Marsh Adrian	Individual	261	22:18	22:21	M
93	Houston Michael	City of Derry Spartans AC	253	22:20	22:24	M
94	Elves Henrietta	Inishowen AC	122	22:19	22:24	F
95	McManus Shane	Lifford Strabane AC	282	22:20	22:25	M
96	Gallagher Paul	Individual	226	22:18	22:25	M
97	McCrossan Jude	Individual	295	22:25	22:26	M
98	Canning Pearce	Individual	191	22:24	22:27	M
99	McNulty David	Lifford Strabane AC	393	22:24	22:28	M
100	magLionsigh Pádraig	Lifford Strabane AC	224	22:27	22:30	M
101	Nash Aoife	Letterkenny AC	413	22:28	22:31	F
102	McLaughlin Patricia	Inishowen AC	111	22:35	22:42	F
103	Quinn Terence	Raphoe Road Runners	390	22:49	22:49	M
104	O'Donnell Shaun	Swanlings	329	22:46	22:49	M
105	Raymond Richard	Letterkenny AC	277	22:49	22:52	M
106	Hunter Roy	Individual	1	22:49	22:52	M
107	Houston Dympna	Individual	438	22:51	22:57	F

Place	Name	Team	Bib No	Chip Time	Gun Time	Gender
108	Logue Paul	Individual	470	22:54	23:05	M
109	Alexander Ian	Individual	459	23:03	23:07	M
110	Deans Joseph	Lifford Strabane AC	476	23:03	23:10	M
111	Kelly Aidan	Swanlings	341	23:08	23:11	M
112	McCrory Stephen	Individual	417	23:09	23:11	M
113	Lafferty Stephen	Urney St Columbas	68	23:02	23:13	M
114	Kelly Tiernan	Individual	377	23:17	23:17	M
115	Kelly Anthony	Individual	378	23:16	23:17	M
116	Friel Rachel	Lifford Strabane AC	187	23:16	23:21	F
117	Timoney Jacqui	Lifford Strabane AC	190	23:15	23:21	F
118	Coyle Chris	Individual	481	23:24	23:26	M
119	McElroy Maria	Melvin WJR	139	23:21	23:27	F
120	Doherty Tommy	Drumoghill Running Club	152	23:21	23:28	M
121	Coyle Ursula	Lifford Strabane AC	186	23:23	23:29	F
122	Houston Carl	Castlefinn Running Club	381	23:25	23:30	M
123	Boyle Eugene	Castlefinn Running Club	357	23:26	23:31	M
124	Lindsay Rodney	Individual	127	23:25	23:33	M
125	Conroy Deborah	Lifford Strabane AC	195	23:27	23:33	F
126	McGrath Aidan	Lifford Strabane AC	114	23:27	23:34	M
127	Grant Danielle	Inishowen AC	434	23:33	23:38	F
128	McNabb Joanne	Finn Valley Fit for Life	219	23:35	23:39	F
129	Lafferty Ronan	Individual	66	23:29	23:40	M
130	Lynch Noel	Letterkenny AC	416	23:43	23:46	M
131	Doherty Paddy	Individual	199	23:45	23:56	M
132	Doherty Brian	Swanlings	430	23:59	24:01	M
133	Woods Paul	Individual	425	23:52	24:11	M
134	McGeehan Evelyn	Finn Valley Fit for Life	212	24:09	24:13	F
135	Sproule Jonathan	Individual	194	24:13	24:16	M
136	Houston Paul	Individual	440	24:13	24:20	M
137	Donaghey Mark	Lifford Strabane AC	173	24:15	24:22	M
138	McGrath Oran	Lifford Strabane AC	116	24:19	24:24	M
139	Ferguson Lisa	Finn Valley Fit for Life	216	24:21	24:25	F
140	McConnell Eamon	Castlefinn Running Club	489	24:18	24:25	M
141	Molloy John	Individual	108	24:23	24:28	M
142	McGoldrick Elaine	Castlefinn Running Club	491	24:21	24:28	F
143	Boal Ricky	Individual	446	24:33	24:37	M
144	Duffy Declan	Individual	395	24:33	24:38	M
145	Purcell Loretto	Individual	447	24:36	24:40	F
146	Porter Gerard	Individual	439	24:36	24:40	M
147	Malone Catherine	Individual	293	24:38	24:43	F
148	McDevitt Patrick	Individual	88	24:27	24:43	M
149	Bates Emma	Convoy AC	349	24:37	24:43	F
150	O'Donnell Emma	Convoy AC	362	24:40	24:46	F
151	Harley Tracy	Inishowen AC	135	24:44	24:49	F
152	McGinley Roisin	Lifford Strabane AC	171	24:45	24:52	F
153	McArdle Barry	Lifford Strabane AC	467	24:44	24:54	M
154	McAlear Declan	Lifford Strabane AC	386	24:46	24:56	M
155	McGrinder Lorraine	Lifford Strabane AC	103	24:58	25:00	F
156	Molloy Yvonne	Individual	89	24:55	25:01	F
157	Carberry James	Individual	371	24:52	25:02	M
158	Roulstone Michael	Lifford Strabane AC	196	24:57	25:04	M
159	Bell Rachel	Raphoe Road Runners	473	25:08	25:08	F
160	O'Brien Paul	Lifford Strabane AC	106	25:03	25:11	M
161	Coyle Viona	Individual	445	25:07	25:12	F
162	Keys Claire	Lifford Strabane AC	197	25:06	25:14	F
163	Friel John	Lifford Strabane AC	207	25:06	25:15	M

Place	Name	Team	Bib No	Chip Time	Gun Time	Gender
164	McCauley Ciaran	Lifford Strabane AC	444	25:12	25:20	M
165	McGrory Sonya	Inishowen AC	431	25:16	25:21	F
166	Elder Steven	Individual	56	25:18	25:23	M
167	Faulkner Sam	Run For Fun Letterkenny	140	25:15	25:24	M
168	Shields Chris	Lifford Strabane AC	306	25:15	25:26	M
169	McCrossan Harriet	Lifford Strabane AC	294	25:26	25:28	F
170	Harvey Cora	Finn Valley Fit for Life	213	25:32	25:36	F
171	Bangert Marjan	Lifford Strabane AC	40	25:35	25:41	F
172	Martin Mary	Finn Valley Fit for Life	232	25:39	25:43	F
173	O'Hagan Breda	Run For Fun Letterkenny	309	25:37	25:45	F
174	Breslin Isabella	Lifford Strabane AC	402	25:45	25:52	F
175	Breslin Brian	Lifford Strabane AC	403	25:46	25:52	M
176	Breslin Eddie	Lifford Strabane AC	275	25:44	25:54	M
177	Porter Rhonda	Lifford Strabane AC	339	25:49	25:55	F
178	Friel Michael	Individual	450	25:43	25:55	M
179	McDaid Linda	Inishowen AC	453	26:06	26:12	F
180	McCurdy Mark	Individual	321	26:03	26:15	M
181	O'Hagan Fintan	Castlefinn Running Club	394	26:12	26:17	M
182	Gallen Joe	Lifford Strabane AC	342	26:15	26:23	M
183	Kelly Martin	Individual	178	26:08	26:24	M
184	Ferry Hayleigh	Individual	487	26:22	26:26	F
185	Cuskelly Alisha	Lifford Strabane AC	161	26:34	26:36	F
186	Molloy Clare	Individual	245	26:28	26:39	F
187	Bonnar Clement	Individual	443	26:33	26:42	M
188	Monaghan Damian	Lifford Strabane AC	455	26:33	26:42	M
189	McCallion Declan	Lifford Strabane AC	251	26:44	26:53	M
190	Macbeth Linda	Raphoe Road Runners	407	26:46	26:53	F
191	Cooke Paul	Urney St Columbas	71	26:47	26:59	M
192	McGowan Raymond	Individual	397	26:50	27:00	M
193	Gallagher Anita	Run For Fun Letterkenny	292	26:52	27:01	F
194	Jansen Paula	Finn Valley Fit for Life	231	27:00	27:04	F
195	Connaughton Sean	KCR	373	26:51	27:05	M
196	Bryson Helena	Lifford Strabane AC	448	26:55	27:07	F
197	Quigley Catherine	Lifford Strabane AC	421	27:04	27:11	F
198	Ward Gerry	Individual	452	27:01	27:13	M
199	Doran Angela	Individual	449	27:09	27:15	F
200	Gibson Marie	Letterkenny AC	183	27:13	27:17	F
201	Craig Kathleen	Lifford Strabane AC	499	27:18	27:21	F
202	Cuskelly Olivia	Lifford Strabane AC	162	27:16	27:23	F
203	Green Ellie	Lifford Strabane AC	10	27:22	27:25	F
204	Doherty Pius	Lifford Strabane AC	274	27:17	27:28	M
205	Duffy Kate	Lifford Strabane AC	109	27:22	27:29	F
206	McGavigan Andrea	Lifford Strabane AC	188	27:20	27:29	F
207	Gibson Sarah	Lifford Strabane AC	374	27:26	27:29	F
208	Craig John	Lifford Strabane AC	493	27:25	27:30	M
209	Donaghy Michelle	Inishowen AC	451	27:35	27:41	F
210	Crossan Kelly Margaret	Raphoe Road Runners	297	27:42	27:42	F
211	Ferguson Conor	Individual	468	27:32	27:42	M
212	Corcoran Jonny	Individual	398	27:32	27:43	M
213	Walsh Jason	Lifford Strabane AC	257	27:35	27:44	M
214	Meehan David	Lifford Strabane AC	463	27:39	27:48	M
215	Harper Mary	Convoy AC	364	27:43	27:49	F
216	Hall Tanya	Convoy AC	363	27:43	27:49	F
217	Doherty Pete	Individual	469	27:51	27:51	M
218	Friel Caroline	Individual	204	27:52	27:57	F
219	Slevin Enda	Raphoe Road Runners	301	27:59	27:59	M

Place	Name	Team	Bib No	Chip Time	Gun Time	Gender
220	Mullen Clara	Lifford Strabane AC	36	27:47	28:01	F
221	McGranaghan Mary	Raphoe Road Runners	305	27:55	28:03	F
222	Green Rhonda	Lifford Strabane AC	7	27:51	28:04	F
223	Mullen Mary	Lifford Strabane AC	33	27:51	28:04	F
224	Gallen Aiden	Individual	345	28:12	28:12	M
225	Curran Elizabeth	Individual	426	27:59	28:15	F
226	Meehan Rajesh	Raphoe Road Runners	389	28:10	28:17	M
227	Weir Paula	Individual	461	28:18	28:18	F
228	Green James	Convoy AC	480	28:34	28:44	M
229	Bonnar Mary	Individual	442	28:39	28:46	F
230	Lowry Brian	Individual	308	28:34	28:47	M
231	Hunter Sarah	Drumoghill Running Club	3	28:42	28:51	F
232	Gallagher James	St Johnston Men on the Move	441	28:43	28:57	M
233	Donnell Anne	Lifford Strabane AC	392	28:58	29:07	F
234	Cairns Yvonne	Lifford Strabane AC	483	28:51	29:07	F
235	McCurdy Caroline	Lifford Strabane AC	314	29:00	29:08	F
236	Crawford Paul	Lifford Strabane AC	269	29:07	29:17	M
237	O'Donnell Grace	Convoy AC	427	29:16	29:23	F
238	Smith Derek	Melvin WJR	406	29:11	29:23	M
239	McGee Charlene	Individual	260	29:16	29:23	F
240	Gillen Sarah	Convoy AC	428	29:17	29:23	F
241	Fisher Majella	Run For Fun Letterkenny	366	29:23	29:32	F
242	Gallagher Oliver	St Johnston Men on the Move	336	29:36	29:36	M
243	Kelly John	St Johnston Men on the Move	337	29:30	29:36	M
244	Carberry Colette	Run For Fun Letterkenny	367	29:36	29:46	F
245	McGrath Linda	Lifford Strabane AC	112	29:35	29:47	F
246	Gillespie Shelley	Convoy AC	382	29:49	29:56	F
247	Parkinson Rosemary	Convoy AC	288	29:49	29:56	F
248	Mullen Kate	Lifford Strabane AC	129	29:47	29:57	F
249	McKittrick Joyce	Lifford Strabane AC	387	29:46	29:57	F
250	Sharkey Gerard	Individual	411	29:46	29:58	M
251	Jamieson Alistair	Individual	457	29:46	30:00	M
252	Clarke Clement	Lifford Strabane AC	351	30:08	30:18	M
253	O'Donnell Sinead	Individual	284	30:14	30:27	F
254	McHugh Emer	Individual	176	30:24	30:36	F
255	McCurdy Michael	Lifford Strabane AC	326	30:22	30:36	M
256	HegartyBrogan Mary	Run For Fun Letterkenny	304	30:30	30:38	F
257	Stevenson Katelyn	Lifford Strabane AC	409	30:36	30:45	F
258	Hoynes Carmel	Lifford Strabane AC	484	30:34	30:45	F
259	Brindle Carmel	Lifford Strabane AC	246	30:42	30:50	F
260	McCrory Denise	Lifford Strabane AC	238	30:43	30:52	F
261	Maxwell Gerard	Lifford Strabane AC	385	30:40	30:54	M
262	Maxwell Sharon	Lifford Strabane AC	383	30:42	30:57	F
263	Strain Ann	Convoy AC	354	30:53	30:59	F
264	McHugh Michael	Individual	179	31:05	31:18	M
265	Porter Angie	Lifford Strabane AC	181	31:05	31:18	F
266	Kerlin John	Individual	244	31:16	31:20	M
267	Sharkey Trazita	Individual	412	31:12	31:25	F
268	Kelly Gerald	Lifford Strabane AC	264	31:25	31:35	M
269	Doherty Lawrence	Lifford Strabane AC	239	31:28	31:39	M
270	Kerlin Stephen	Lifford Strabane AC	185	31:29	31:39	M
271	Mullen Thomas	Lifford Strabane AC	34	31:30	31:41	M
272	Walker Edel	Run For Fun Letterkenny	313	31:41	31:49	F
273	Callaghan Martina	Inishowen AC	233	32:03	32:09	F
274	Long Hazel	Raphoe Road Runners	472	32:40	32:40	F
275	McGranaghan Clare	Individual	334	32:27	32:40	F

Place	Name	Team	Bib No	Chip Time	Gun Time	Gender
276	McGranaghan Lucia	Individual	335	32:27	32:40	F
277	Breslin Ellen Jane	Individual	331	32:30	32:45	F
278	Breslin Bridget	Individual	333	32:31	32:45	F
279	Doherty Rea	Individual	201	32:34	32:46	F
280	Cunningham Chris	Individual	80	32:32	32:48	M
281	McNulty Orla	Lifford Strabane AC	193	32:46	32:55	F
282	McGinley Elaine	Lifford Strabane AC	330	32:43	32:57	F
283	Boggs Rosemary	Lifford Strabane AC	365	32:44	32:57	F
284	Gibson Patrick	Lifford Strabane AC	375	33:09	33:10	M
285	McCurdy Ellie	Lifford Strabane AC	324	32:57	33:12	F
286	Morris McColgan Ellie	Lifford Strabane AC	322	32:57	33:12	F
287	Duffy Emma	Individual	57	33:08	33:17	F
288	McNamee Margaret	Russells Couch to 5K	359	33:15	33:20	F
289	Brolly Christine	Raphoe Road Runners	358	33:17	33:29	F
290	McCurdy Maddy	Lifford Strabane AC	325	33:28	33:42	F
291	Kerlin Lisa	Lifford Strabane AC	184	33:33	33:42	F
292	Clawson Debra	Drumoghill Running Club	5	33:34	33:46	F
293	Connolly Angela	Raphoe Road Runners	43	34:01	34:13	F
294	Nash Coyle Samantha	Raphoe Road Runners	159	34:01	34:13	F
295	Sweeney Neil	Individual	496	34:26	34:26	M
296	Corcoran John	Individual	368	34:42	34:48	M
297	Sweeney Maura	Lifford Strabane AC	497	39:22	39:22	F
298	Kelly Richie	Derry Track Club	215	39:10	39:25	M
299	Walsh Donna	Lifford Strabane AC	258	43:29	43:39	F
300	Costello Marie	Individual	492	48:16	48:34	F
301	Kerrigan Iris	Individual	498	48:16	48:34	F
302	McGee Gareth	Derry Track Club	32	49:20	49:20	M
303	Deans Leah	Lifford Strabane AC	474	50:34	50:51	F
304	Deans Debbie	Lifford Strabane AC	475	50:34	50:51	F
305	McHugh Joan	Lifford Strabane AC	495	50:59	51:16	F
DNF	O'Neill Catriona	Individual	478			F
DNF	Elliott Clare	Lifford Strabane AC	466			F
DNF	Rice Gráinne	Lifford Strabane AC	315			F
DNF	O'Neill James	Individual	477			M
DNF	Gallagher Liz	Individual	208			F
DNF	McCay Stephen	Lifford Strabane AC	361			M