

# Lifford A.C. New Year 3 Race Series 2012

				Points				Times			
Position	First Name	Surname	Club	St.Johnston/ Carrigans 5K	Raphoe 5K	Lifford 5K	Total	St.Johnston/ Carrigans 5K	Raphoe 5K	Lifford 5K	Best
				15th Jan	22nd Jan	29th Jan		15th Jan	22nd Jan	29th Jan	
<b>Senior Women</b>											
1	Catherine	Lilburn	City Of Derry	10	10	8	28	19.20	19.07	19.07	19.07
2	Gemma	McGinty	Foyle Valley	8	8		16	24.17	24.02		24.02
3	Samantha	Wilkinson	Finn Valley A C	6	6	1	13	24.31	24.50	24.16	24.16
4	Joyce	McKittrick	Lifford A C	5	5	1	11	25.12	25.18	24.49	24.49
5	Noreen	McGettigan	Letterkenny AC			10	10			19.05	19.05
6	Tina	Smyth	Lifford A C	Fit4Life	3	3	7	27.06	26.15	26.24	26.15
7	Miriam	Bonar	Finn Valley A C			6	6			20.40	20.40
8	Clare	Devenney	Finn Valley A C			5	5			21.22	21.22
9	Helena	Hynes	Lifford A C	Fit4Life	4	1	5	26.11		25.46	25.46
10	Ailish	Patton	Finn Valley A C			4	4			21.29	21.29
11	Aoife	McGranaghan	Unattached		4		4		25.52		25.52
12	Margaret	McConnell	Unattached	2	2		4	27.21	28.14		27.21
13	Maria	McGonagle	Finn Valley A C			3	3			21.53	21.53
14	Sinead	Kelly	Lifford A C	1	1	1	3	42.15	29.46	27.05	27.05
15	Lorraine	Connolly	Lifford A C	Fit4Life	1	1	3	29.55	29.13	28.08	28.08
16	Sonia	Gavin	Lifford A C	Fit4Life	1	1	3	33.35	32.46	30.20	30.20
17	Tracey	Hayes	Lifford A C	Fit4Life	1	1	3	34.00	31.47	30.29	30.29
18	Catherine	Mortimore	Lifford A C	Fit4Life	1	1	3	35.12	32.47	32.22	32.22
19	Olivia	Gillen	Unattached	1	1	1	3	42.15	38.26	35.15	35.15
20	Joanne	Craig	Lifford A C	Fit4Life	1	1	3	38.11	37.20	36.03	36.03
21	Caitriona	Lynch	Lifford A C	Fit4Life	1	1	3	42.26	43.05	41.02	41.02
22	Tracey	Harley	Inishowen A C			2	2			23.01	23.01
23	Rachel	Friel	Lifford A C	Fit4Life	1	1	2	28.26		27.44	27.44
24	Victoria	Kelly	Lifford A C	1	1		2	32.36	30.05		30.05
25	Sophie	Kelly	Unattached		1	1	2		31.35	31.03	31.03
26	Carmel	Colhoun	Lifford A C	Fit4Life		1	2		33.11	31.22	31.22
27	Sheila	Quigley	Lifford A C		1	1	2		34.44	32.02	32.02
28	Aileen	McCullagh	Unattached		1	1	2		38.27	34.44	34.44
29	Gráinne	Gallagher	Inishowen A C			1	1			23.03	23.03
30	Clíodhna	Dunne	Finn Valley A C			1	1			24.02	24.02
31	Sonya	McGrory	Inishowen A C			1	1			25.54	25.54
32	Patricia	Lucas	Finn Valley A C			1	1			28.19	28.19
33	Elaine	Grant	Finn Valley A C	1			1	29.20			29.20
34	Sapphire	Doherty	Unattached	1			1	30.42			30.42
35	Emer	Friel	Unattached			1	1			32.24	32.24
36	Mary	Byrne	Finn Valley A C			1	1			32.26	32.26

Position	First Name	Surname	Club	Points				Times				
				St.Johnston/ Carrigans 5K	Raphoe 5K	Lifford 5K	Total	St.Johnston/ Carrigans 5K	Raphoe 5K	Lifford 5K	Best	
				15th Jan	22nd Jan	29th Jan		15th Jan	22nd Jan	29th Jan		
37	Rhonda	Porter	Lifford A C			1	1			33.12	33.12	
38	Rose	Byrne	Unattached			1	1			34.40	34.40	
39	Lorraine	Gillespie	Unattached		1		1		34.43		34.43	
40	Alice	McConnell	Unattached		1		1		35.41		35.41	
41	Joanne	McGinley	Lifford A C	Fit4Life		1	1			36.02	36.02	
42	Aoife	McDermott	Unattached			1	1			37.11	37.11	
43	Kirsty	Curran	Unattached		1		1		38.04		38.04	
44	Martina	McElwaine	Lifford A C			1	1			42.29	42.29	
<b>V1 - Women 40+</b>												
1	Isabella	Breslin	Lifford A C		10	10	10	30	24.09	23.59	23.23	23.23
2	Audrey	Friel	Lifford A C	Fit4Life	8	5	8	21	28.34	27.52	27.41	27.41
3	Mariea	McGinley	Lifford A C	Fit4Life	5	4	6	15	29.55	29.06	28.18	28.18
4	Audrey	Mortimore	Lifford A C	Fit4Life	4	3	5	12	30.58	30.35	29.12	29.12
5	Laura	Corbett	Letterkenny AC			8		8		24.06		24.06
6	Jane	Watt	Unattached			6		6		25.24		25.24
7	Carla	Hutton Crossan	Unattached		6			6	29.50			29.50
8	Roisin	McGinley	Lifford A C	Fit4Life	3	2		5	32.11	31.42		31.42
9	Lorraine	Gillespie	Unattached				4	4			32.02	32.02
10	Audrey	Crawford					3	3			32.26	32.26
11	Edel	Friel	Lifford A C		1	1	1	3	44.14	42.20	40.52	40.52
12	Christine	McGinley	Lifford A C		2			2	36.49			36.49
13	Anne Marie	Lynch	Finn Valley A C				1	1			32.52	32.52
14	Mary	Gallagher	Lifford A C			1		1		32.55		32.55
15	Diane	Barron	Unattached		1			1	42.24			42.24
<b>V2 - Women 45+</b>												
1	Dympna	Barrett	Unattached		10	10	10	30	25.27	24.59	24.19	24.19
2	Ruth	McCrudden	Unattached		8	8	8	24	26.56	26.47	26.55	26.47
3	Karen	Petersen	Unattached		4	5	4	13	36.42	34.54	33.40	33.40
4	Anne	Lynch	Lifford A C	Fit4Life		6	5	11		34.04	33.15	33.15
5	Rosemary	Boggs	Lifford A C	Fit4Life	3	4	3	10	38.11	37.29	35.31	35.31
6	Wendy	Casey	Lifford A C	Fit4Life	2	3	2	7	42.24	39.08	39.48	39.08
7	Alice	Devenney	Unattached		6			6	29.19			29.19
8	Sharon	Scanlon	Finn Valley A C				6	6			31.21	31.21
9	Natasha	Moore	Unattached		5			5	31.05			31.05
<b>V3 - Women 50+</b>												
1	Betty	Burns	Lifford A C	Fit4Life	10	6	5	21	36.19	35.03	33.51	33.51
2	Vera	Haughey	Tír Chónaill			10	10	20		23.01	22.27	22.27
3	Joan	Colhoun	Lifford A C	Fit4Life	8	5	4	17	36.48	35.52	35.42	35.42

				Points				Times			
Position	First Name	Surname	Club	St.Johnston/ Carrigans 5K	Raphoe 5K	Lifford 5K	Total	St.Johnston/ Carrigans 5K	Raphoe 5K	Lifford 5K	Best
				15th Jan	22nd Jan	29th Jan		15th Jan	22nd Jan	29th Jan	
4	Jackie	Harvey	Tír Chónaill		8	8	16		23.40	23.01	23.01
5	Joan	McHugh	Lifford A C	Fit4Life	6	2	3	11	43.03	43.36	41.47
6	Mary	Martin	Finn Valley A C			6	6			26.26	26.26
7	Majella	Wilson	Lifford A C		4		4		36.45		36.45
8	Leslie	Brown	Unattached		3		3		39.16		39.16
<b>Junior Women</b>											
1	Amy	McDaid	City Of Derry		10	10	10	30	20.18	20.44	20.58
2	Shannon	Craig	Lifford A C		8	6	4	18	25.39	25.12	26.02
3	Kathleen	Craig	Lifford A C		4	4	5	13	28.55	26.07	25.05
4	Nicole	Cuskelly	Lifford A C		6	3	3	12	25.40	26.25	26.14
5	Hannah	McGowan	City Of Derry			1	8	9		33.01	22.18
6	Claudia	Cuskelly	Lifford A C		5	2	2	9	27.02	28.05	27.40
7	Gillian	Marley	Milford AC				6	6			23.08
8	Caroline	Marley	Milford AC			5		5		25.47	25.47
9	Ellie	Green	Lifford A C		3		1	4	31.59		27.56
10	Alisha	Coll	Unattached		2		1	3	37.59		37.59
11	Yasmine	Friel	Lifford A C		1	1	1	3	44.13	39.06	39.38
12	Lauren	Lynch	Lifford A C				1	1			28.40
13	Amy	Quigley	Lifford A C				1	1			31.02
14	Alisha	Coll	Unattached				1	1			34.08

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					15th Jan	22nd Jan	29th Jan		15th Jan	22nd Jan	29th Jan	
<b>Senior Men</b>												
1	Keith	Shiels	Foyle Valley			10	4	14		16.51	16.32	16.32
2	Daniel	Hannigan	Lifford A C		6	6	1	13	17.35	17.42	17.23	17.23
3	Dean	Toland	Finn Valley A C		10		2	12	16.35		16.52	16.35
4	James	Crossan	Lifford A C		5	5	1	11	17.37	17.45	18.17	17.37
5	John Paul	Williamson	City Of Derry				10	10			15.50	15.50
6	Patrick	Mahon	Foyle Valley		2	8		10	17.52	17.37		17.37
7	Darren	McGlinchey	Finn Valley A C				8	8			15.57	15.57
8	Michael	Finnegan	City Of Derry		8			8	17.16			17.16
9	James	Flanagan	Tír Chónaill				6	6			16.00	16.00
10	Gerard	Gallagher	Finn Valley A C				5	5			16.15	16.15
11	Aidan	Callaghan	24/7 Triathlon		4			4	17.42			17.42
12	Gerard	McGranaghan	Letterkenny A C			4		4		17.47		17.47
13	Kevin	Connolly	Lifford A C		1	3		4	18.12	18.03		18.03
14	Ivan	Toner	Letterkenny A C				3	3			16.49	16.49
15	Marcus	McClintock	Letterkenny A C		3			3	17.50			17.50
16	Brendan	Boggs	Unattached		1	1	1	3	20.14	19.55	19.16	19.16
17	Maurice	Sharkey	Lifford A C		1	1	1	3	19.48	19.56	19.25	19.25
18	Paul	Lynch	Unattached		1	1	1	3	20.54	20.47	20.19	20.19
19	Gerard	Crawford	Lifford A C		1	1	1	3	22.40	22.58	22.30	22.30
20	Alan	Lyttle	Unattached		1	1	1	3	24.23	22.56	22.48	22.48
21	Christopher	Cuskelly	Lifford A C	Fit4Life	1	1	1	3	24.47	23.59	22.53	22.53
22	Kevin	McMenamin	Lifford A C		1	1	1	3	24.10	23.23	23.20	23.20
23	David	Oliver	Unattached		1	1	1	3	24.39	24.39	24.13	24.13
24	Joe	Gavin	Lifford A C	Fit4Life	1	1	1	3	28.09	28.45	25.51	25.51
25	John	McDaid	24/7 Triathlon		1	1	1	3	27.38	26.51	27.09	26.51
26	Darren	Bovaird	Unattached		1	1	1	3	35.37	35.25	34.14	34.14
27	Brian J	Breslin	Lifford A C			1	1	2		18.56	18.07	18.07
28	Michael	Duffy	Cranford A C		1		1	2	18.32		18.27	18.27
29	Jude	O'Donnell	Unattached			2		2		18.33		18.33
30	Hugh	Coll	Milford A C		1	1		2	18.45	18.52		18.45
31	Martin	Devenney	Lifford A C			1	1	2		19.19	18.59	18.59
32	Annraoi	Cheevers	Letterkenny A C		1	1		2	19.37	19.13		19.13
33	Paul	Dillon	Unattached			1	1	2		19.59	20.14	19.59
34	Mark	O'Sullivan	Unattached		1		1	2	21.35		21.03	21.03
35	Gary	Gallagher	Lifford A C	Fit4Life		1	1	2		21.46	21.13	21.13

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				15th Jan	22nd Jan	29th Jan		15th Jan	22nd Jan	29th Jan	
36	Dwayne	Long	Finn Valley A C	1		1	2	22.03		21.17	21.17
37	Patrick	McNamee	Unattached	1	1		2	21.34	21.19		21.19
38	Warren	Blackburn	Unattached		1	1	2		25.20	21.33	21.33
39	Kevin	Doherty	Unattached	1	1		2	22.14	21.51		21.51
40	Ronan	Gallen	Unattached	1	1		2	23.22	21.55		21.55
41	Eunan	Scanlon	Finn Valley A C	1	1		2	22.27	22.01		22.01
42	Ryan	Dorrian	Unattached	1	1		2	22.26	22.10		22.10
43	Terry	McDevitt	Unattached	1		1	2	23.41		22.34	22.34
44	Darren	Lynch	Unattached	1	1		2	22.42	23.06		22.42
45	Eddie	Duffy	Unattached	1		1	2	22.54		22.52	22.52
46	Colm	Hassan	Unattached		1	1	2		24.01	23.41	23.41
47	William	Friel	Unattached	1		1	2	23.50		23.56	23.50
48	Trevor	McGlynn	Strabane Track Club	1		1	2	25.48		24.13	24.13
49	John	Craig	Lifford A C	1	1		2	28.09	28.34		28.09
50	Enda	Glacken	Unattached	1	1		2	28.42	29.02		28.42
51	Brian	Kelly	Lifford A C	1	1		2	32.36	30.05		30.05
52	Sean	McGettigan	Finn Valley A C			1	1			17.06	17.06
53	Shane	McNulty	Finn Valley A C			1	1			17.35	17.35
54	Ciaran	Toner	Letterkenny A C			1	1			17.54	17.54
55	Ciaran	Coll	Unattached	1			1	18.29			18.29
56	Colin	Dean	24/7 Triathlon	1			1	18.32			18.32
57	Michael	Logue	Rosses A C	1			1	18.42			18.42
58	Noel	Gallagher	Unattached	1			1	19.01			19.01
59	Michael	Gallagher	Finn Valley A C			1	1			19.04	19.04
60	Brian	Ferry	Unattached		1		1		19.05		19.05
61	Gareth	McLaughlin	Inishowen A C	1			1	19.24			19.24
62	Graeme	Colhoun	Unattached			1	1			19.34	19.34
63	Gary	Quinn	Unattached		1		1		19.46		19.46
64	Mark	McCauley	Unattached	1			1	19.53			19.53
65	Garvan	Mulligan	Unattached		1		1		20.00		20.00
66	Sean	McBride	Unattached		1		1		20.09		20.09
67	Glen	Duncan	Letterkenny A C		1		1		20.18		20.18
68	Ciaran	Bovaird	Unattached	1			1	20.42			20.42
69	Daniel	Duggan	Unattached		1		1		20.52		20.52
70	Vinnie	Gallagher	Lifford A C	1			1	20.58			20.58
71	Sean	Bonner	Unattached			1	1			21.32	21.32
72	Jonny	McGinty	Unattached	1			1	21.33			21.33
73	Roy	Hunter	Unattached	1			1	21.35			21.35

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					15th Jan	22nd Jan	29th Jan		15th Jan	22nd Jan	29th Jan	
74	Curly	Coyle	Unattached				1	1			21.53	21.53
75	Mark	McClure	Unattached				1	1			22.06	22.06
76	Shane	Keaveney	Unattached			1		1		22.15		22.15
77	Tom	Ross	Unattached		1			1	22.18			22.18
78	David	Crawford	Unattached				1	1			22.22	22.22
79	Kieran	Sweeney	Unattached			1		1		22.48		22.48
80	Dermot	Gallagher	Unattached				1	1			23.10	23.10
81	Joe	Coyle	Unattached				1	1			23.16	23.16
82	Enda	Corry	clg Sean Mac Cumhailis		1			1	23.21			23.21
83	Luke	Glacken	Unattached			1		1		24.08		24.08
84	Edgars	Gailis	Unattached		1			1	24.20			24.20
85	Cathal	McBride	Unattached			1		1		24.38		24.38
86	Daniel	Morrissey	Unattached		1			1	24.56			24.56
87	Adrian	O'Donnell	Unattached			1		1		25.42		25.42
88	Michael	Wray	Unattached		1			1	25.43			25.43
89	Donal	Bonner	Finn Valley A C				1	1			25.46	25.46
90	Bertram	Barrett	Lifford A C		1			1	25.48			25.48
91	Mark	Devenney	Unattached				1	1			25.54	25.54
92	Seamus	Mahon	Unattached			1		1		26.19		26.19
93	Chris	O'Donnell	Unattached		1			1	26.19			26.19
94	Aidan	Gallagher	Lifford A C				1	1			26.20	26.20
95	Brendan	McElhinney	Unattached			1		1		26.38		26.38
96	Barry	McCosker	Unattached				1	1			26.48	26.48
97	Shane	Doran	Unattached		1			1	28.10			28.10
98	Vaidas	Adomaitis	Lifford A C		1			1	30.42			30.42
99	Martin	Quigley	Lifford A C				1	1			31.07	31.07
100	Ciaran	Gallagher	Unattached			1		1		32.55		32.55
101	John	McElwaine	Lifford A C				1	1			42.29	42.29
102	Daniel	Watson	Unattached		1			1	43.48			43.48
103	Michael	Blayney	Unattached		1			1	45.57			45.57
104	Paul	Meehan	Unattached		1			1	45.57			45.57
105	Kevin	Piper	Unattached					0				-
<b>V1 - Men 40+</b>												
1	Humphrey	Murphy	Letterkenny A C		10	10	10	30	17.40	17.37	17.28	17.28
2	Gary	McGee	City Of Derry		8	4	6	18	17.54	18.15	17.32	17.32
3	Martin	Gormley	Letterkenny A C		6	6	5	17	17.55	17.53	17.46	17.46
4	Martin	Irwin	Finn Valley A C		4	5		9	18.41	18.09		18.09
5	Marcus	McClintock	Letterkenny A C				8	8			17.29	17.29

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				15th Jan	22nd Jan	29th Jan		15th Jan	22nd Jan	29th Jan	
6	Martin	O'Halloran	Tír Chónaill		8		8		17.52		17.52
7	Garvan	McCloskey	Letterkenny A C	2	3	3	8	19.56	20.05	19.32	19.32
8	Raymond	Doherty	Finn Valley A C	3	2	2	7	19.55	20.06	19.36	19.36
9	Dara	McNulty	Foyle Valley	5			5	18.39			18.39
10	Bill	Duncan				4	4			18.27	18.27
11	Andy	Scanlon	Finn Valley A C	1	1	1	3	20.31	21.03	20.35	20.31
12	Gabriel	McCrossan	Letterkenny A C	1	1	1	3	21.08	21.16	20.49	20.49
13	Sean	McGinley	Lifford A C	Fit4Life	1	1	3	21.19	21.14	21.06	21.06
14	Paddy	Gallagher	Lifford A C	Fit4Life	1	1	3	26.18	22.33	21.27	21.27
15	Gerard	Campbell	Lifford A C		1	1	3	22.23	21.56	21.56	21.56
16	Brian	McKinney	Lifford A C	Fit4Life	1	1	3	27.26	26.49	26.08	26.08
17	Conor	Hayes	Lifford A C		1	1	3	34.00	31.47	30.29	30.29
18	Andrew	Petersen	Unattached		1	1	3	36.42	34.54	33.40	33.40
19	Ciaran	Bovaird	Unattached		1	1	2		20.42	20.20	20.20
20	Paul	Cosgrove	Letterkenny A C		1	1	2		23.23	21.52	21.52
21	Brian	Breslin	Lifford A C		1	1	2	22.45		23.23	22.45
22	Adrian	Crawford	Finn Valley A C		1		2	27.19	26.46		26.46
23	Declan	McCallion	Unattached		1	1	2		28.47	27.30	27.30
24	Maurice	Toland	Unattached		1		2	35.37	35.25		35.25
25	Manus	Quinn	City Of Derry			1	1			19.51	19.51
26	Manus	Coyle	City Of Derry	1			1	20.17			20.17
27	Seamus	Morrison	Letterkenny A C		1		1		20.36		20.36
28	Martin	Anderson	Finn Valley A C			1	1			20.39	20.39
29	Tony	Gallagher	Finn Valley A C	1			1	21.19			21.19
30	Raymond	McGahey	Unattached		1		1		21.23		21.23
31	Shaun	Colhoun	Unattached		1		1		21.55		21.55
32	Conor	McGonagle	Finn Valley A C			1	1			22.02	22.02
33	Dominic	Carlin	Unattached		1		1		22.06		22.06
34	Vincent	McLoughlin	Unattached		1		1		22.53		22.53
35	Kevin	Earley	Phoenix Park		1		1		24.52		24.52
36	Michael	McCaffrey	Unattached		1		1		27.25		27.25
37	Ernie	Russell	Unattached	1			1	27.30			27.30
38	Dessie	McGinty	Unattached	1			1	29.21			29.21
39	Miguel	Casalins	Unattached			1	1			40.40	40.40
<b>V2 - Men 50+</b>											
1	Joe	English	Letterkenny A C	10	10	6	26	17.55	18.13	18.00	17.55
2	Jimmy	Renfrew	Enniskillen	8	8	8	24	18.21	19.03	17.56	17.56
3	Peter	Lilburn	City Of Derry	6	6	5	17	18.48	19.07	18.22	18.22

					Points				Times			
Position	First Name	Surname	Club		St.Johnston/ Carrigans 5K	Raphoe 5K	Lifford 5K	Total	St.Johnston/ Carrigans 5K	Raphoe 5K	Lifford 5K	Best
					15th Jan	22nd Jan	29th Jan		15th Jan	22nd Jan	29th Jan	
4	Michael	Gallagher	Unattached		5	4	2	11	19.43	20.10	19.59	19.43
5	Dominic	Boner	Finn Valley A C				10	10			16.53	16.53
6	Malcolm	McCausland	City Of Derry		4	3	1	8	20.05	20.28	20.16	20.05
7	Drew	Doherty	Finn Valley A C			5		5		19.23		19.23
8	Hugh	O'Donnell	Unattached		3	1	1	5	21.15	21.31	20.49	20.49
9	Mark	Connolly	Finn Valley A C				4	4			18.36	18.36
10	Richard	McCarthy	Tír Chónaill				3	3			18.42	18.42
11	Roy	Hunter	Unattached			2	1	3		20.53	20.36	20.36
12	Frankie	Murray	clg Robert Emmets		1	1	1	3	23.45	23.42	22.51	22.51
13	Joe	Gallen	Lifford A C	Fit4Life	1	1	1	3	25.03	25.13	24.13	24.13
14	Kevin	O'Neill	Foyle Valley		1	1	1	3	27.00	27.10	27.00	27.00
15	Kevin	Lynch	Lifford A C	Fit4Life	1	1	1	3	30.07	29.27	28.46	28.46
16	Clement	Clarke	Lifford A C	Fit4Life	1	1	1	3	32.47	30.32	30.15	30.15
17	Liam	Marley	Cranford A C			1	1	2		21.00	20.24	20.24
18	Kevin	Greenan	Unattached		2			2	22.39			22.39
19	Michael	Roulstone	Lifford A C	Fit4Life	1		1	2	22.52		24.13	22.52
20	Johnny	Ward	Tír Chónaill				1	1			20.51	20.51
21	Richard	Raymond	Letterkenny A C			1		1		21.12		21.12
22	Brendan	Patton	Finn Valley A C				1	1			22.07	22.07
23	James	Maguire	Finn Valley A C				1	1			22.35	22.35
24	Martin	Daly	Unattached				1	1			34.12	34.12
25	Joe	Quinn	Lifford A C		1			1	36.49			36.49
<b>V3 - Men 60+</b>												
1	Christy	McMonagle	City Of Derry		10	10	8	28	20.06	20.33	19.50	19.50
2	Danny	Burns	Lifford A C	Fit4Life	8	8	6	22	24.31	24.50	24.20	24.20
3	Kevin	Toner	Letterkenny A C				10	10			19.41	19.41
<b>Junior Men</b>												
1	Ciaran	Meehan	Lifford A C		8	6	6	20	20.34	20.31	20.06	20.06
2	Zack	McGowan	City Of Derry			8	10	18		19.59	19.10	19.10
3	Orin	McDermott	Finn Valley A C		10		8	18	19.33		19.29	19.29
4	Darren	Gillespie	Lifford A C		6	5		11	20.55	20.36		20.36
5	Conor	Morrison	Letterkenny A C				10	10		19.22		19.22
6	Adam	Doherty	Lifford A C		5	3		8	21.47	21.37		21.37
7	Martin	McHugh	Lifford A C			2	5	7		21.47	20.42	20.42
8	Joseph	McGinley	Lifford A C		4	1	1	6	22.43	22.16	23.14	22.16
9	Alan	McGinley	Lifford A C		3	1	2	6	22.44	22.19	22.24	22.19
10	Jack	Quinn	Unattached				4	4			20.42	20.42

				Points				Times			
Position	First Name	Surname	Club	St.Johnston/ Carrigans 5K	Raphoe 5K	Lifford 5K	Total	St.Johnston/ Carrigans 5K	Raphoe 5K	Lifford 5K	Best
				15th Jan	22nd Jan	29th Jan		15th Jan	22nd Jan	29th Jan	
11	Peter	McGlynn	Lifford A C		4		4		21.21		21.21
12	Conor	Gallagher	clg Robert Emmets			3	3			22.23	22.23
13	Tom	Mullen	Lifford A C	2	1		3	23.36	24.23		23.36
14	Cathal	Leppard	Lifford A C	1	1	1	3	26.42	26.27	25.50	25.50
15	Conor	McGinley	Lifford A C	1	1	1	3	28.21	28.38	27.22	27.22
16	Emmet	Leppard	Lifford A C	1	1	1	3	28.26	28.43	30.53	28.26
17	Gavin	Meehan	Lifford A C		1	1	2		26.03	23.23	23.23
18	Wilson	Craig	Lifford A C	1	1		2	26.19	23.36		23.36
19	Dean	Quigley	Lifford A C		1	1	2		26.30	23.57	23.57
20	Óran	Brown	Lifford A C		1	1	2		28.35	25.06	25.06
21	Brendan	O'Donnell	Lifford A C	1	1		2	34.55	29.25		29.25
22	Dylan	Murtagh	Unattached		1		1		23.10		23.10
23	Samuel	Wilson	Lifford A C		1		1		23.34		23.34
24	Jack	Gillespie	Finn Valley A C		1		1		23.36		23.36
25	Corey	McGettigan	Lifford A C			1	1			23.41	23.41
26	Niall	Quinn	Lifford A C	1			1	24.29			24.29
27	Gareth	Colhoun	Unattached	1			1	25.38			25.38
28	Brian	McCaffrey	Unattached		1		1		25.39		25.39
29	Ronan	O'Donnell	Unattached		1		1		26.38		26.38
30	Conor	Coll	Milford A C	1			1	26.51			26.51
31	Corey	Hayes	Lifford A C			1	1			26.58	26.58
32	Charlie	McElwaine	Lifford A C			1	1			27.18	27.18
33	Aiden	Gallen	Unattached	1			1	29.08			29.08
34	Ronan	Burke	Lifford A C			1	1			30.51	30.51
35	Ben	Connolly	Lifford A C			1	1			30.56	30.56
36	Corbyn	Murtagh	Unattached		1		1		33.01		33.01
37	Cian	McGettigan	Lifford A C			1	1			34.39	34.39
38	Caoimhe	Friel	Unattached			1	1			40.52	40.52
39	Shane	O'Donnell	Lifford A C	1			1	48.16			48.16