

Tony McGowan Run 2023

Finisher List 1/2 Marathon



Rank	Bib	Name	Last Name	Sex	Club	Age Cat	Age Rank	Time Per Km	Gap Time	Gun Time	Nett Time
1/2 Marathon											
1.	1216	Matthew	Mcmeekin	m	Sligo ac	SM		3:25	-	01:11:27	01:11:27
2.	1287	Barry	Sheil	m	Longford ac	M40		3:27	+1:00	01:12:27	01:12:27
3.	1072	James	Elgar	m	Galway city harriers	SM		3:30	+1:55	01:13:22	01:13:22
4.	1019	Dessie	Burke	m	West sligo a.c	M40	1.	3:32	+2:36	01:14:03	01:14:03
5.	1022	Michael	Canty	m	Moy valley ac	M40	2.	3:51	+9:16	01:20:43	01:20:43
6.	1203	John	Mckenna	m	Omagh harriers	SM	1.	3:53	+10:04	01:21:31	01:21:30
7.	1069	Aidan	Dowd	m	No	SM	2.	4:01	+12:50	01:24:17	01:24:14
8.	317	Adrian	Smith	m	Roscommon harriers	M40	3.	4:02	+12:55	01:24:22	01:24:21
9.	1319	John	Scott	m	Longford ac		1.	4:02	+13:09	01:24:36	01:24:34
10.	1305	Feargal	Walshe	m		SM	3.	4:07	+14:40	01:26:07	01:26:03
11.	1086	Heather	Foley	f	Sligo ac	F40		4:08	+15:13	01:26:40	01:26:40
12.	1030	Damien	Cawley	m		M40	4.	4:11	+16:14	01:27:41	01:27:39
13.	1233	James	Murphy	m	Enniskillen rc	M40	5.	4:12	+16:43	01:28:10	01:28:08
14.	1008	Tom	Birmingham	m		M40	6.	4:15	+17:34	01:29:01	01:28:57
15.	1310	Adrian	Wróbel	m	Longford athletics club	M40	7.	4:15	+17:47	01:29:14	01:29:12
16.	1079	John	Fitzmaurice	m	Roscommon harriers	M50	1.	4:16	+17:58	01:29:25	01:29:24
17.	1270	David	Regan	m		SM	4.	4:16	+18:02	01:29:29	01:29:24
18.	1138	Ken	Kennedy	m	Carrick ac	M40	8.	4:16	+18:05	01:29:32	01:29:31
19.	1314	Ricki	Wynne	m		Relay M	1.	4:16	+18:09	01:29:36	01:29:36
20.	1240	Michelle	Needham	f	Westport ac	F40		4:17	+18:10	01:29:37	01:29:37
21.	1308	Johnny	Williams	m	Moylty ac	SM	5.	4:17	+18:13	01:29:40	01:29:38
22.	1126	Sean	Irwin	m	Coran ac	M50	2.	4:17	+18:21	01:29:48	01:29:48
23.	1306	Dermot	Washington	m	Washfitness running	M40	9.	4:17	+18:24	01:29:51	01:29:48
24.	1015	Brendan	Brett	m	Corran ac	M50	3.	4:17	+18:28	01:29:55	01:29:55
25.	1063	James	Dolan	m		M50	4.	4:18	+18:50	01:30:17	01:30:13
26.	1228	Bartos	Browska	m	Ssp	SM	6.	4:19	+19:00	01:30:27	01:30:25
27.	1034	Paul	Clarke	m	Killinkere running club	M50	5.	4:19	+19:08	01:30:35	01:30:34
28.	1257	Piotr	Obara	m	No club	M40	10.	4:20	+19:27	01:30:54	01:30:46
29.	1299	Niall	Towey	m		M40	11.	4:25	+21:18	01:32:45	01:32:36
30.	1159	Paul	Little	m	Lough key triathlon club	SM	7.	4:26	+21:39	01:33:06	01:33:01
31.	1058	Eoghan	Devins	m		SM	8.	4:27	+21:45	01:33:12	01:33:08

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Rank	Bib	Name	Last Name	Sex	Club	Age Cat	Age Rank	Time Per Km	Gap Time	Gun Time	Nett Time
32.	1320	Nicola	Casey	f		F40		4:27	+21:51	01:33:18	01:33:16
33.	1172	Deirdre	Martin	f	Carrick on shannon	SF	1.	4:28	+22:19	01:33:46	01:33:41
34.	1039	Niall	Comerton	m		M40	12.	4:29	+22:30	01:33:57	01:33:52
35.	1207	Aidan	Mckiernan	m		M40	13.	4:31	+23:24	01:34:51	01:34:46
36.	1176	Brian	Mc morrow	m	Newtownmanor	SM	9.	4:32	+23:42	01:35:09	01:35:05
37.	1046	Jonathan	Craven	m	Harristown striders	M40	14.	4:33	+23:46	01:35:13	01:35:09
38.	1163	Sean	Lynch	m	0	M40	15.	4:33	+23:54	01:35:21	01:35:12
39.	1322	Wayne	Odonoghue	m	None		2.	4:33	+23:58	01:35:25	01:35:20
40.	1189	Aidan	Mcgale	m	Dromore	SM	10.	4:33	+23:59	01:35:26	01:35:23
41.	1156	David	Lipsett	m		M40	16.	4:33	+24:05	01:35:32	01:35:27
42.	1175	Mark	Mc gowan	m	No club	M40	17.	4:33	+24:05	01:35:32	01:35:27
43.	1234	Vernon	Murphy	m	Belfast running club	M40	18.	4:34	+24:09	01:35:36	01:35:33
44.	1255	Lisa	O'rouke	f	Ait ac	F50	1.	4:34	+24:12	01:35:39	01:35:35
45.	1242	Sinead	Nolan	f	Longford ac	F40	1.	4:36	+25:00	01:36:27	01:36:24
46.	1047	Eamonn	Cronin	m		SM	11.	4:39	+26:09	01:37:36	01:37:33
47.	1111	Shane	Harron	m		SM	12.	4:39	+26:11	01:37:38	01:37:35
48.	1101	John	Gilbane	m	Allen gaels	M40	19.	4:41	+26:41	01:38:08	01:38:03
49.	1262	Juan jesus	Perez herrera	m	Sligo ac	M40	20.	4:41	+26:46	01:38:13	01:38:09
50.	1017	James	Brogan	m	Loughkey triclub	M50	6.	4:43	+27:18	01:38:45	01:38:39
51.	1311	Fiona	Wynne	f		SF	2.	4:43	+27:22	01:38:49	01:38:44
52.	1013	Anne	Brady	f	Longford ac	F40	2.	4:43	+27:22	01:38:49	01:38:45
53.	1147	Lorcan	Kirwan	m	Lough ley	SM	13.	4:43	+27:32	01:38:59	01:38:57
54.	1098	George	Garvey	m	Not applicable	M40	21.	4:44	+27:38	01:39:05	01:38:59
55.	1033	Elaine	Clarke	f	No	SF	3.	4:44	+27:47	01:39:14	01:39:09
56.	1141	Ciaran	Kiely	m	Liffey outsiders	SM	14.	4:45	+28:05	01:39:32	01:39:12
57.	1108	David	Green	m		Relay M	2.	4:45	+28:10	01:39:37	01:39:35
58.	1279	Noel	Scally	m		Relay M	3.	4:45	+28:10	01:39:37	01:39:35
59.	1225	John	Meehan	m		SM	15.	4:46	+28:21	01:39:48	01:39:40
60.	1229	Shane	Morrison	m		SM	16.	4:46	+28:39	01:40:06	01:39:58
61.	1070	Barry	Dowd	m		M40	22.	4:47	+28:45	01:40:12	01:40:06
62.	1157	William	Little	m	Lough key triathlon club	SM	17.	4:47	+28:43	01:40:10	01:40:09
63.	1137	Matthew	Kelly	m	M40	23.	4:48	+29:01	01:40:28	01:40:25
64.	1048	Fintan	Cruse	m		M40	24.	4:48	+29:01	01:40:28	01:40:25

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65.	1307	Emily	Whitney	f		F40	3.	4:48	+29:20	01:40:47	01:40:43
66.	1265	Eilis	Quinn	f		SF	4.	4:52	+30:28	01:41:55	01:41:48
67.	1309	Gene	Woods	m	Lough key tri club	M40	25.	4:52	+30:27	01:41:54	01:41:51
68.	1170	Lucy	Mannion	f	Fitness goose run club	SF	5.	4:52	+30:40	01:42:07	01:42:03
69.	1231	Noel	Mulhern	m		M50	7.	4:56	+31:56	01:43:23	01:43:05
70.	1193	Declan	Mcgovern	m		SM	18.	4:56	+31:59	01:43:26	01:43:19
71.	1291	Gregory	Smyth	m		M50	8.	4:57	+32:10	01:43:37	01:43:19
72.	1315	Jarek	Wyszynski	m	Ks gornik walbrzych	M40	26.	4:56	+32:02	01:43:29	01:43:27
73.	1077	James	Feeley	m		M40	27.	4:57	+32:12	01:43:39	01:43:36
74.	1140	Cathal	Kielty	m		SM	19.	4:58	+32:35	01:44:02	01:43:43
75.	1142	Ronan	Kielty	m		SM	20.	4:58	+32:47	01:44:14	01:43:55
76.	1298	Michael	Tormey	m	Not applicable	M40	28.	4:57	+32:30	01:43:57	01:43:55
77.	1292	Gary	Spencer	m		M40	29.	4:58	+32:36	01:44:03	01:43:59
78.	1261	Glenn	Patterson	m	Sligo rowing club	SM	21.	4:58	+32:37	01:44:04	01:44:00
79.	1277	Mary	Roussilhe	f		F40	4.	4:58	+32:41	01:44:08	01:44:02
80.	1005	Stephen	Beirne	m	Carrick ac	SM	22.	4:58	+32:44	01:44:11	01:44:04
81.	1162	Raymond	Logan	m		M50	9.	4:58	+32:49	01:44:16	01:44:10
82.	1174	Janice	Mc cartin	f	Not applicable	F40	5.	5:00	+33:14	01:44:41	01:44:33
83.	1152	Brendan	Larkin	m		M40	30.	4:59	+33:08	01:44:35	01:44:33
84.	1088	Alan	French	m		M40	31.	5:01	+33:38	01:45:05	01:45:03
85.	1321	N.N.	1321					5:02	+34:10	01:45:37	01:45:24
86.	1112	Gary	Harron	m		SM	23.	5:02	+34:11	01:45:38	01:45:31
87.	1318	Eamon	McEvoy	m	None	M50	10.	5:03	+34:31	01:45:58	01:45:50
88.	1276	Steven	Rosney	m		SM	24.	5:03	+34:30	01:45:57	01:45:51
89.	1184	Paula	Mccourt	f	Non applicable	F40	6.	5:04	+34:49	01:46:16	01:46:12
90.	1186	Stephen	Mcdermott	m	Longford ac	M40	32.	5:05	+35:13	01:46:40	01:46:37
91.	1290	Neil	Slevin	m	Ballimore ac	SM	25.	5:06	+35:21	01:46:48	01:46:43
92.	1071	Gary	Dwyer	m	Tullamore harriers	M40	33.	5:06	+35:28	01:46:55	01:46:47
93.	1053	Niall	Curneen	m		SM	26.	5:07	+35:52	01:47:19	01:47:04
94.	1251	Anthony	O reilly	m	Smugglers cc	M40	34.	5:07	+35:56	01:47:23	01:47:07
95.	1065	Paul	Donohoe	m		SM	27.	5:07	+35:55	01:47:22	01:47:10
96.	1035	Darren	Cole	m	Ssp	SM	28.	5:07	+35:56	01:47:23	01:47:17
97.	1155	Catherine	Lipsett	f	North sligo ac	F40	7.	5:08	+36:03	01:47:30	01:47:25

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98.	1223	Richard	Meaney	m		SM	29.	5:10	+36:57	01:48:24	01:48:11
99.	1252	Declan	O shaughnessy	m		SM	30.	5:11	+37:06	01:48:33	01:48:24
100.	1078	Finbarr	Feely	m	Loughkey triathlon club	M40	35.	5:10	+37:03	01:48:30	01:48:26
101.	1024	Gerard	Carroll	m		SM	31.	5:11	+37:08	01:48:35	01:48:28
102.	1196	Gavin	Mcguinness	m		M40	36.	5:11	+37:08	01:48:35	01:48:29
103.	1110	John	Griffin	m	Finn valley ac	M50	11.	5:12	+37:25	01:48:52	01:48:39
104.	1116	Keith	Healy	m	Castlerea crusaders ac	SM	32.	5:11	+37:18	01:48:45	01:48:41
105.	1171	Alan	Mannion	m	Collooney sligo	M50	12.	5:12	+37:33	01:49:00	01:48:49
106.	1253	Aoife	O'connor	f	Corran ac	SF	6.	5:13	+37:46	01:49:13	01:48:53
107.	1074	John	Farrell	m	Brendan doyle running	M40	37.	5:12	+37:44	01:49:11	01:49:03
108.	1160	James	Little	m	Acorns	M60	1.	5:13	+38:04	01:49:31	01:49:16
109.	1209	Paul	Mclaughlin	m		SM	33.	5:13	+37:55	01:49:22	01:49:16
110.	1288	James	Sheridan	m		M40	38.	5:13	+38:01	01:49:28	01:49:21
111.	1042	Cora	Connolly	f			1.	5:14	+38:13	01:49:40	01:49:34
112.	1245	Shane	O Doherty	m		Relay M	4.	5:14	+38:13	01:49:40	01:49:35
113.	1313	James	Wynne	m		M50	13.	5:15	+38:35	01:50:02	01:49:54
114.	1271	Mark	Reilly	m		M40	39.	5:15	+38:47	01:50:14	01:50:08
115.	1150	Peter	Langan	m	No.	SM	34.	5:18	+39:39	01:51:06	01:51:02
116.	1061	Paddy	Doherty	m	Finn valley ac	M50	14.	5:18	+39:48	01:51:15	01:51:02
117.	1109	Kevin	Greenan	m		M60	2.	5:18	+39:47	01:51:14	01:51:07
118.	1293	Adrian	Taheny	m	Boyle ac	M50	15.	5:19	+40:11	01:51:38	01:51:23
119.	1117	Andrew	Hession	m		M50	16.	5:21	+40:39	01:52:06	01:52:00
120.	1144	Theresa	Kilgannon	f	Sligo trail runners	SF	7.	5:21	+40:52	01:52:19	01:52:11
121.	1145	Imelda	Kilkenny	f		F40	8.	5:22	+41:07	01:52:34	01:52:24
122.	1118	Vincent	Hickey	m		M50	17.	5:23	+41:32	01:52:59	01:52:42
123.	1259	Darren	O'rourke	m		M40	40.	5:23	+41:20	01:52:47	01:52:44
124.	1052	David	Culligan	m		SM	35.	5:24	+41:45	01:53:12	01:53:04
125.	1256	Ewelina	Obara	f	No club	F40	9.	5:24	+41:47	01:53:14	01:53:05
126.	1232	Cait	Mullooly	f		SF	8.	5:25	+42:16	01:53:43	01:53:26
127.	1185	Joe	Mcdermott	m	Bohan school of running	M50	18.	5:25	+42:06	01:53:33	01:53:26
128.	1129	Dillon	Keane	m		SM	36.	5:27	+42:56	01:54:23	01:54:05
129.	1272	James	Hussey	m		SM	37.	5:28	+43:13	01:54:40	01:54:31
130.	1076	John	Fee	m	Enniskillen run club	M50	19.	5:29	+43:37	01:55:04	01:54:51

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131.	1151	Carl	Lange	m	Fitness goose run club	SM	38.	5:29	+43:37	01:55:04	01:54:55
132.	1051	Loretta	Cullen	f	Tir choill a/c	F50	2.	5:30	+43:51	01:55:18	01:55:08
133.	1027	Irene	Casey	f	Boyle ac	SF	9.	5:31	+44:22	01:55:49	01:55:37
134.	1100	Amanda	Casidy	f	Boyle ac	F40	10.	5:31	+44:22	01:55:49	01:55:37
135.	1205	Tonita	Mckeon	f	Drumshanbo ac	F40	11.	5:33	+44:49	01:56:16	01:56:01
136.	1302	Christine	Van Zeill	f			2.	5:33	+44:59	01:56:26	01:56:16
137.	1164	Martin	Lynch	m	Knocks running club	M50	20.	5:34	+45:14	01:56:41	01:56:28
138.	1244	Claire	O doherty	f	Sligo running club	F50	3.	5:34	+45:17	01:56:44	01:56:34
139.	1238	Angela	Naughton	f		F60	1.	5:34	+45:27	01:56:54	01:56:45
140.	1130	Noel	Keaveney	m	Sligo triathlon club	M60	3.	5:35	+45:36	01:57:03	01:56:56
141.	1029	Aine	Caslin	f	Dont have one	SF	10.	5:36	+46:04	01:57:31	01:57:19
142.	1122	Dermot	Horan	m		M40	41.	5:36	+46:03	01:57:30	01:57:20
143.	1041	Clare	Connellan	f	Aughrim kilmore	SF	11.	5:36	+46:03	01:57:30	01:57:20
144.	1212	Blathnaid	Mcloughlin	f	Brendan doyle running	SF	12.	5:36	+46:02	01:57:29	01:57:21
145.	1187	Pauric	Mcdermott	m	Omg ac	M50	21.	5:37	+46:12	01:57:39	01:57:27
146.	1131	Thomas	Keaveney	m		SM	39.	5:36	+46:09	01:57:36	01:57:29
147.	1106	Ethel	Goldrick	f	Rooskey running club	SF	13.	5:37	+46:14	01:57:41	01:57:33
148.	1312	Christian	Wynne	m		SM	40.	5:39	+46:55	01:58:22	01:58:08
149.	1154	Colin	Linehan	m	N/a	M40	42.	5:38	+46:44	01:58:11	01:58:11
150.	1177	Bernie	Mc neely	f	Non	F60	2.	5:39	+47:10	01:58:37	01:58:28
151.	1201	Padraig	Mckenna	m	Brendan doyle running	M50	22.	5:41	+47:34	01:59:01	01:58:43
152.	1230	Ellen	Muldoon	f		SF	14.	5:40	+47:31	01:58:58	01:58:46
153.	1026	Stephen	Carty	m	Louth key tc	SM	41.	5:41	+47:41	01:59:08	01:58:51
154.	1021	Evelyn	Cafferty	f		F50	4.	5:42	+48:15	01:59:42	01:59:21
155.	1011	Paul	Bracken	m	Brendan doyle running	M50	23.	5:43	+48:18	01:59:45	01:59:27
156.	1219	John	Mcnulty	m	Ssp	SM	42.	5:43	+48:17	01:59:44	01:59:36
157.	1133	Mary	Keenan	f	Castlerea crusaders ac	F40	12.	5:46	+49:22	02:00:49	02:00:38
158.	1195	Nick	Mcgowan	m		M50	24.	5:46	+49:25	02:00:52	02:00:38
159.	1304	Nora	Walsh	f		SF	15.	5:47	+49:59	02:01:26	02:01:14
160.	1119	Dee	Hickson	f	Not applicable	F40	13.	5:48	+50:04	02:01:31	02:01:16
161.	1127	Cathy	Kane	f	Ballyfin	F40	14.	5:49	+50:40	02:02:07	02:01:47
162.	1125	James	Hussey	m		SM	43.	5:49	+50:37	02:02:04	02:01:55
163.	1073	Nicola	Fahy	f		SF	16.	5:51	+51:07	02:02:34	02:02:22

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164.	1227	Carmel	Moran	f		SF	17.	5:51	+51:08	02:02:35	02:02:23
165.	1210	Stephen	Mclaughlin	m		SM	44.	5:52	+51:43	02:03:10	02:02:48
166.	1096	James	Gallagher	m		SM	45.	5:52	+51:43	02:03:10	02:02:49
167.	1295	Evelyn	Toher	f		SF	18.	5:55	+52:44	02:04:11	02:04:00
168.	1296	Niall	Toher	m		M40	43.	5:55	+52:44	02:04:11	02:04:01
169.	1178	Jack	Mc nulty	m	Omg belcoo	SM	46.	5:57	+53:23	02:04:50	02:04:38
170.	1192	Tony	Mcgourty	m	Omg ac	M70	1.	5:57	+53:23	02:04:50	02:04:38
171.	1105	Gloria	Gleeson	f		F40	15.	5:58	+53:39	02:05:06	02:04:54
172.	1064	Barney	Donnelly	m	Omg ac	M70	2.	5:58	+53:43	02:05:10	02:04:58
173.	1211	Helen	Mcloughlin	f		SF	19.	5:59	+53:55	02:05:22	02:04:59
174.	1060	Carmel	Dockery	f	Fegh m&o	SF	20.	5:59	+53:57	02:05:24	02:05:05
175.	1278	Pj	Ryan	m		M40	44.	5:59	+54:03	02:05:30	02:05:14
176.	1014	Andy	Bredin	m	Cortober harriers	M40	45.	5:59	+54:08	02:05:35	02:05:18
177.	1202	Vanessa	Mckenna	f		F40	16.	5:59	+54:10	02:05:37	02:05:18
178.	1095	Joanne	Gallagher	f		SF	21.	5:59	+54:05	02:05:32	02:05:22
179.	1089	James	Friel	m		M40	46.	5:59	+54:05	02:05:32	02:05:22
180.	1241	Joanne	Ní dhuinn	f	No	F40	17.	6:00	+54:23	02:05:50	02:05:33
181.	1050	Aine	Cull	f	Drumshanbo ac	F40	18.	6:01	+54:37	02:06:04	02:05:48
182.	1221	Cara	Mcshane	f	Ballycastle runners ac	F40	19.	6:02	+54:59	02:06:26	02:06:07
183.	1057	Gillian	Dennehy	f		F60	3.	6:02	+55:01	02:06:28	02:06:16
184.	1043	Yvonne	Conroy	f	Kilmore	F40	20.	6:02	+55:15	02:06:42	02:06:31
185.	1161	Shane	Loftus	m		M60	4.	6:04	+55:39	02:07:06	02:06:49
186.	1097	Maurice	Gannon	m	.	M50	25.	6:04	+55:41	02:07:08	02:06:54
187.	1182	Marcella	Mccorkell	f	Star	F50	5.	6:04	+55:43	02:07:10	02:06:57
188.	1143	Jerome	Kilbride	m		SM	47.	6:05	+56:07	02:07:34	02:07:16
189.	1268	Laura	Redican	f	G4m&o	SF	22.	6:05	+56:10	02:07:37	02:07:17
190.	1082	Stephanie	Flynn	f	Not applicable	F40	21.	6:05	+56:10	02:07:37	02:07:18
191.	1282	Kate	Scollan	f	Fegh g4m&o	SF	23.	6:05	+56:15	02:07:42	02:07:23
192.	1115	Nance	Hayden	f	Boyle ac	F50	6.	6:05	+56:17	02:07:44	02:07:30
193.	1062	Gerard	Dolan	m	Killygarry running club	M50	26.	6:06	+56:32	02:07:59	02:07:35
194.	1226	Mario	Mik	m	Irish mountain cardio	SM	48.	6:08	+57:08	02:08:35	02:08:28
195.	1166	Liam	Lyons	m		M40	47.	6:09	+57:36	02:09:03	02:08:46
196.	1080	Gabriel	Flynn	m		M40	48.	6:12	+58:36	02:10:03	02:09:47

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Tony McGowan Run 2023

Finisher List 1/2 Marathon



Rank	Bib	Name	Last Name	Sex	Club	Age Cat	Age Rank	Time Per Km	Gap Time	Gun Time	Nett Time
197.	1054	Barbara	Curran	f		F40	22.	6:12	+58:37	02:10:04	02:09:52
198.	1087	Tony	Freeley	m	Freecloud	M50	27.	6:13	+58:56	02:10:23	02:10:02
199.	1075	Orla	Farrell	f	Kiltoghert boxfit club	F40	23.	6:13	+59:03	02:10:30	02:10:20
200.	1237	Micheal	Murtagh	m	Corran ac	M50	28.	6:14	+59:13	02:10:40	02:10:24
201.	1217	Bernie	Mcnabola	f	Star	F50	7.	6:14	+59:15	02:10:42	02:10:29
202.	1040	Teresa	Conlon	f	Kilmore pacemakers	F50	8.	6:14	+59:17	02:10:44	02:10:33
203.	1020	Lucia	Byrne	f		SF	24.	6:15	+59:33	02:11:00	02:10:45
204.	1120	Donna	Hogan	f	Drumshanbo ac	F40	24.	6:17	+60:23	02:11:50	02:11:35
205.	1188	Darryn	Mcdowell	m	Lough key triathlon club	M40	49.	6:18	+60:43	02:12:10	02:12:04
206.	1180	Ciaran	Mcbrien	m		M40	50.	6:19	+61:12	02:12:39	02:12:21
207.	1107	Carmel	Goldrick	f	Boyle athletic	F50	9.	6:20	+61:23	02:12:50	02:12:35
208.	1264	Denise	Quinn	f	Kilmore	F40	25.	6:20	+61:27	02:12:54	02:12:44
209.	1222	Annette	Mcweeney	f	Kilmore	F50	10.	6:21	+61:34	02:13:01	02:12:50
210.	1025	Sherwin	Carter	f	Sligo running club	F50	11.	6:22	+61:57	02:13:24	02:13:14
211.	1286	Marie	Shanley	f	Washfitness rooskey	SF	25.	6:22	+61:58	02:13:25	02:13:14
212.	1158	Jennifer	Little	f	Lough key triathlon club	SF	26.	6:25	+62:59	02:14:26	02:14:12
213.	1149	Barry	Landers	m		M40	51.	6:25	+63:08	02:14:35	02:14:17
214.	1273	Annette	Rogers	f	Washfitness	F50	12.	6:27	+63:41	02:15:08	02:14:49
215.	1206	Grace	Mckeon	f		SF	27.	6:26	+63:38	02:15:05	02:14:49
216.	1317	Ruth	Conlon	f	Boyle ac		3.	6:27	+63:43	02:15:10	02:14:56
217.	1220	Michelle	Mcshane	f		F40	26.	6:28	+64:18	02:15:45	02:15:27
218.	1169	Sheena	Malone	f		F40	27.	6:28	+64:21	02:15:48	02:15:36
219.	1246	Andrea	O dowd	f		SF	28.	6:31	+65:09	02:16:36	02:16:21
220.	1168	Suzanne	Maguire	f	Washfitness	F50	13.	6:31	+65:16	02:16:43	02:16:24
221.	1249	Ronan	O hara	m		M40	52.	6:36	+66:57	02:18:24	02:18:03
222.	1090	Deirdre	Friel	f	Finn valley fit for life	F50	14.	6:38	+67:42	02:19:09	02:18:49
223.	1165	Noel	Lynott	m		M50	29.	6:40	+68:27	02:19:54	02:19:38
224.	1124	Siobhan	Hunt	f	Kilmore pacemakers	F40	28.	6:45	+69:58	02:21:25	02:21:14
225.	1301	Hunt	Trevor	m	Aughrim kilmore	M40	53.	6:44	+69:57	02:21:24	02:21:15
226.	1044	Barry	Cosgrove	m	Sligo tri	M40	54.	6:47	+70:55	02:22:22	02:22:15
227.	1092	Olivia	Gaffney	f		F40	29.	6:50	+72:02	02:23:29	02:23:11
228.	1190	Pamela	Mcgaaran	f		SF	29.	6:51	+72:13	02:23:40	02:23:23
229.	1198	Claire	Mcguire	f		F40	30.	6:52	+72:37	02:24:04	02:23:42

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Tony McGowan Run 2023

Finisher List 1/2 Marathon



Rank	Bib	Name	Last Name	Sex	Club	Age Cat	Age Rank	Time Per Km	Gap Time	Gun Time	Nett Time
230.	1275	Aine	Rolston	f		F40	31.	6:52	+72:37	02:24:04	02:23:42
231.	1254	Yvonne o	O'hara	f		F40	32.	6:55	+73:40	02:25:07	02:24:46
232.	1007	Ellie	Berry	f	Fitness goose run club	SF	30.	7:10	+78:52	02:30:19	02:30:04
233.	1066	Ross	Donovan	m		M40	55.	7:13	+79:53	02:31:20	02:31:02
234.	1263	Caroline	Quinn	f	Wash fitness running	SF	31.	7:13	+79:53	02:31:20	02:31:10
235.	1139	Padraic	Keveney	m		M40	56.	7:14	+80:27	02:31:54	02:31:31
236.	1028	N.N.	1320					7:14	+80:26	02:31:53	02:31:31
237.	1247	Catherine	O dowd	f		F50	15.	7:21	+82:35	02:34:02	02:33:45
238.	1114	Wendi	Harte	f	No club	F40	33.	7:29	+85:41	02:37:08	02:36:52
239.	1148	Aleksander	Kosnik	m		SM	49.	7:29	+85:40	02:37:07	02:36:54
240.	1258	Deirdre	O'dowd	f	Boyle a/c	F40	34.	8:24	+104:42	02:56:09	02:55:47
241.	1248	Caroline	O grady	f	Boyle ac	F40	35.	8:24	+104:43	02:56:10	02:55:47
DNF	1023	Jen	Carey	f	Fitness goose run club	SF					
DNF	1091	Peter	Gaffey	m	Galway city harriers	M40					
DNF	1183	Patricia	Mccormack	f	Boyle ac	F50					

Number of records: 244