## Seeley Cup 10K Road Race & Athletics NI Championship

## **Saturday 17th November 2012**

Pos	Bib	Name	Club	Category	Finish	FirstHalf	SecondHalf	Chiptime	M/F Pos	Cat Pos
1	758	Paul Pollock	Annadale Striders	MO	30:40	15:28	15:12	30:40	1	1
2	756	Paddy Hamilton	Annadale Striders	MO	30:49	15:28	15:21	30:49	2	2
3	171	Scott Rankin	Foyle Valley AC	MO	31:38	15:28	16:10	31:38	3	3
4	760	Owen Carleton	Annadale Striders	MO	31:43	15:29	16:15	31:43	4	4
5	271	Alan O'Hara	North Belfast Harriers	M35	32:10	16:01	16:10	32:10	5	1
6	278	Eamon White	North Belfast Harriers	M40	32:12	16:02	16:11	32:12	6	1
7	158	Brendan Teer	East Down AC	MO	32:17	16:01	16:16	32:17	7	5
8	704	Jarlath Falls	Ballymena and Antrim A.C.	MO	32:44	16:13	16:31	32:44	8	6
9	273	Adam Boyd	North Belfast Harriers	MO	32:51	16:13	16:38	32:51	9	7
10	765	Keith Purdy	Annadale Striders	MO	33:04	16:23	16:41	33:04	10	8
11	918	James Speight	Finn Valley AC	MO	33:05	16:20	16:45	33:05	11	9
12	727	Conan McCaughey	Enniskillen RC	MO	33:05	16:31	16:35	33:04	12	10
13	23	Richard Turkington	Armagh A.C.	M35	33:09	16:30	16:39	33:09	13	2
14	695	Shane Kerr	Armagh AC	MO	33:11	16:30	16:41	33:10	14	11
15	694	Noel Carroll	Shercock AC	MO	33:12	16:23	16:49	33:12	15	12
16	736	Michael Dyer	North Down AC	MO	33:12	16:17	16:56	33:12	16	13
17	769	Steve McGrory	Annadale Striders	M40	33:14	16:31	16:44	33:14	17	2
18	332	Jordan Stokes	North Down AC	MO	33:15	16:38	16:38	33:15	18	14
19	293	Darryl Blair	North Belfast Harriers	MO	33:17	16:24	16:53	33:17	19	15
20	12	Paul Rowan	Willowfield Harriers	M45	33:19	16:30	16:50	33:19	20	1
21	621	Andrew Hicks	Dromore AC	MO	33:21	16:31	16:51	33:21	21	16
22	277	Conor Curran	North Belfast Harriers	M35	33:22	16:37	16:46	33:22	22	3
23	933	Andrew Annett	Mourne Runners	MO	33:30	16:31	17:00	33:30	23	17
24	327	Francis Marsh	North Down AC	M45	33:35	16:37	16:58	33:34	24	2
25	696	Leroy Brady	Armagh AC	M35	33:36	16:37	16:59	33:34	25	4
26	282	Tommy Hughes	North Belfast Harriers	M50	33:38	16:38	17:01	33:38	26	1
27	3	Andrew Wright	Willowfield Harriers	MO	33:39	16:50	16:49	33:39	27	18
28	303	Paul Blaney	North Belfast Harriers	M40	33:42	16:38	17:04	33:42	28	3

29	305	Neil Carty	North Belfast Harriers	M45	33:49	16:39	17:11	33:48	29	3
30		Ryan Holt	Willowfield Harriers	MO	33:51			33:50	30	19
	1	•				16:38	17:13			
31	320	Mark Patterson	North Down AC	MO	33:56	16:38	17:18	33:56	31	20
32	766	Eoin Mullan	Annadale Striders	MO	34:01	16:46	17:15	33:59	32	21
33	717	Neil Johnston	Springwell Running Club	MO	34:07	16:41	17:26	34:07	33	22
34	201	Justin Maxwell	Larne AC	MO	34:14	16:39	17:35	34:12	34	23
35	817	Kerry Harty	Newcastle & District AC	FO	34:23	16:56	17:28	34:24	1	1
36	842	Luke McMullan	Newcastle & District AC	MO	34:24	17:04	17:21	34:23	35	24
37	27	Dermot Kerr	Armagh AC	M50	34:26	16:50	17:37	34:25	36	2
38	307	Andrew Considine	North Belfast Harriers	M35	34:50	17:17	17:33	34:50	37	5
39	771	Mark Wright	Annadale Striders	M40	34:51	17:18	17:34	34:51	38	4
40	751	Craig Hutchinson	Larne AC	M50	34:54	17:18	17:36	34:54	39	3
41	683	Barry Meegan		MO	34:54	17:17	17:37	34:54	40	25
42	670	Johnny Park	Orangegrove AC	M40	34:54	17:19	17:36	34:54	41	5
43	386	Adam Clansey	St Malachy's	MO	34:55	16:53	18:02	34:55	42	26
44	264	Gladys Ganiel O'Neill	North Belfast Harriers	F35	34:58	17:17	17:42	34:58	2	1
45	764	James Strawbridge	Annadale Striders	MO	34:59	17:07	17:53	34:59	43	27
46	331	<b>Dennis Scott</b>	North Down AC	MO	35:00	17:27	17:33	35:00	44	28
47	4	Christopher Moren	Willowfield Harriers	MO	35:02			35:01	45	29
48	186	Frank Sharkey	Lagan Valley AC	M50	00.35.04			35:04	46	4
49	101	Michael Magee	Beechmount Harriers	M40	35:04	17:27	17:38	35:03	47	6
50	77	James Turtle	Ballymena Runners AC	M45	35:08	17:34	17:34	35:08	48	4
51	311	Brendan Grew	North Belfast Harriers	MO	35:09	17:34	17:35	35:09	49	30
52	847	Neil McCartan	East Down AC	MO	35:11	17:11	18:01	35:11	50	31
53	281	Gareth Grew	North Belfast Harriers	M40	35:11	17:37	17:35	35:11	51	7
54	369	Brian Kinsella	Queens Triathlon Club	MO	35:13	17:10	18:03	35:13	52	32
55	838	Mark Kendall	Newcastle & District AC	M35	35:16	17:18	17:58	35:16	53	6
56	799	Paul Finnegan	Armagh AC	МО	35:16	17:26	17:50	35:16	54	33
57	306	Michael Fitzpatrick	North Belfast Harriers	M40	35:21	17:41	17:41	35:21	55	8
58	156	Barrie Atkinson	East Down AC	M35	35:22	17:20	18:03	35:22	56	7
59	476	Brian Young		MO	35:25	17:36	17:50	35:25	57	34
60	735	Mark Weir	North Down AC	M40	35:26	17:37	17:49	35:23	58	9
61	87	Matthew Cooke	Ballymena Runners AC	MO	35:26	17:25	18:01	35:26	59	35
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62	82	Michael Bennet	Ballymena Runners AC	M35	35:27	17:37	17:50	35:27	60	8	
63	279	Eddie Cooke	North Belfast Harriers	MO	35:27	16:55	18:32	35:26	61	36	
64	287	Eoin McQuillan	North Belfast Harriers	MO	35:29	17:41	17:49	35:29	62	37	
65	490	Cathal Grant		MO	35:30	17:07	18:23	35:29	63	38	
66	136	Peter Murtagh	Dromore AC	M45	35:32	17:47	17:45	35:27	64	5	
67	191	Wayne Morrow	Larne A.C.	MO	35:32	17:35	17:58	35:32	65	39	
68	812	Nigel Grier	Dromore AC	M50	35:37	17:44	17:53	35:37	66	5	
69	336	Stephen Wylie	North Down AC	MO	35:43	17:35	18:09	35:43	67	40	
70	767	Conor McMullan	Annadale Striders	M35	35:44	18:02	17:43	35:44	68	9	
71	221	John Fitzpatrick	Murlough AC	M35	35:50	17:35	18:16	35:50	69	10	
72	677	Dale Mathers	Newry City Runners AC	M45	35:52	18:00	17:53	35:52	70	6	
73	556	Richard Coey		M35	35:52	17:45	18:08	35:50	71	11	
74	566	Vincent McAllister		MO	35:53	17:45	18:09	35:53	72	41	
75	823	Eamon McLaughlin	Lagan Valley AC	M35	35:55	17:53	18:02	35:55	73	12	
76	834	David Steele	Newcastle & District AC	M35	35:56	17:56	18:00	35:56	74	13	
77	236	Brendan Quail	Newcastle & District AC	MO	36:06	18:01	18:06	36:05	75	42	
78	200	Greg Lavery	Larne AC	M35	36:08	17:46	18:23	36:08	76	14	
79	295	Jim Benson	North Belfast Harriers	M45	36:11	17:51	18:21	36:09	77	7	
80	697	Frank Conway	Armagh AC	M45	36:13	17:45	18:29	36:13	78	8	
81	202	Bernard Brady	Larne AC	M45	36:17	17:47	18:30	36:17	79	9	
82	25	Lochlainn Connolly	Armagh AC	MO	36:23	17:50	18:34	36:22	80	43	
83	90	Jack Neeson	Ballymena Runners AC	MO	36:25	17:49	18:37	36:25	81	44	
84	304	Peter Savage	North Belfast Harriers	M40	36:28	17:54	18:35	36:28	82	10	
85	816	Timmy Johnston		MO	36:31	18:20	18:11	36:31	83	45	
86	548	Neill Weir		M35	36:33	17:55	18:38	36:31	84	15	
87	648	Diarmuid O'Kane	Sperrin Harriers	M35	36:42	17:56	18:47	36:40	85	16	
88	232	Michael King	murlough athletic club	MO	36:42	17:41	19:02	36:42	86	46	
89	284	Travis Todd	North Belfast Harriers	MO	36:47	17:53	18:55	36:47	87	47	
90	692	Paul Thompson	Springwell Running Club	MO	36:48	18:18	18:31	36:42	88	48	
91	272	Alan Ritchie	North Belfast Harriers	MO	36:52	17:54	18:59	36:51	89	49	
92	24	Aaron Parks	Armagh AC	MO	36:56	18:17	18:40	36:56	90	50	
93	283	Simon Reeve	North Belfast Harriers	M35	36:57	18:00	18:57	36:57	91	17	
94	808	Liam McArt		MO	36:57	18:14	18:44	36:57	92	51	

95 137	Michael Stewart	Dromore AC	M40	37:01	18:20	18:42	37:01	93	11
96 395	John McConnell	Up & Runners	M40	37:25	18:48	18:38	37:25	94	12
97 267	Laurence Johnston	North Belfast Harriers	M50	37:27	18:34	18:53	37:27	95	6
98 710	Dermot Farquharson		M35	37:32	18:48	18:44	37:17	96	18
99 32	Pete Barbour	Ballydrain Harriers	M40	37:32	18:28	19:05	37:32	97	13
100 209	Aidan McKenna	Letterkenny AC	M40	37:33	18:37	18:56	37:31	98	14
101 313	Kent Swann	North Belfast Harriers	MO	37:35	18:41	18:54	37:35	99	52
102 820	Sean Featherstone	Newry City Runners AC	MO	37:43	18:09	19:34	37:43	100	53
103 444	Mark Walker		M40	37:44	18:45	18:59	37:42	101	15
104 5	<b>David Proctor</b>	Willowfield Harriers	MO	37:48	18:45	19:03	37:47	102	54
105 16	Mervyn Chambers	Willowfield Harriers	M45	37:48	18:41	19:08	37:48	103	10
106 66	Jonny Graham	Ballymena Runners AC	M35	37:49	19:07	18:42	37:49	104	19
107 387	John McCambridge	St Peters	M45	37:50	18:42	19:08	37:50	105	11
108 276	Claire Connor	North Belfast Harriers	FO	37:50	18:41	19:09	37:50	3	2
109 826	Stephen Begley	Albertville Harriers	M45	37:53	19:01	18:52	37:51	106	12
110 635	Julian Grimes	Sperrin Harriers	M40	37:58	18:42	19:17	37:54	107	16
111 709	Niall Farquharson	North Belfast Harriers	MO	38:02	18:56	19:07	37:47	108	55
112 843	John Kelly	Newcastle & District AC	M45	38:05	18:53	19:12	38:05	109	13
113 902	Angela Speight		FO	38:08	18:46	19:22	38:08	4	3
114 440	Andrew Burns		M45	38:08	18:47	19:22	38:05	110	14
115 143	Brian Derby	Dub Running Club	M45	38:16	18:49	19:27	38:13	111	15
116 778	Maurice Harte	Bessbrook	M35	38:16	18:54	19:23	38:12	112	20
117 553	Greg Lucy		MO	38:18	18:50	19:29	38:18	113	56
118 8	Robert Wilson	Willowfield Harriers	M50	38:18	19:09	19:10	38:16	114	7
119 328	Jessica Craig	North Down AC	FO	38:20	18:50	19:31	38:20	5	4
120 22	David Allen	Albertville Harriers	M50	38:22	19:03	19:19	38:18	115	8
121 211	Glen Duncan	Letterkenny AC	MO	38:23	18:53	19:30	38:21	116	57
122 370	Thomas O'Hagan	Queen's Triathlon Club	MO	38:24	19:04	19:20	38:18	117	58
123 794	Liam Keenan	East Down AC	M45	38:25	19:08	19:18	38:25	118	16
124 860	Stephen Harding		M35	38:26	18:48	19:38	38:19	119	21
125 841	Paul Watson	Newcastle & District AC	M45	38:28	18:52	19:36	38:28	120	17
126 299	Joe Norney	North Belfast Harriers	MO	38:29	19:19	19:10	38:29	121	59
127 270	Patsy Hamill	North Belfast Harriers	M35	38:31	19:10	19:21	38:28	122	22

128 3	300	John McGuigan	North Belfast Harriers	M40	38:33	19:02	19:31	38:33	123	17	
129	7	Karl Dines	Willowfield Harriers	M50	38:34	19:03	19:31	38:26	124	9	
130 4	454	Peter Williams		MO	38:34	19:08	19:26	38:30	125	60	
131 5	569	Sean McDaid		MO	38:35	18:56	19:40	38:35	126	61	
132 6	572	Danielle Fegan	Armagh AC	FO	38:41	18:55	19:46	38:41	6	5	
133 2	290	Robert Irvine	North Belfast Harriers	M50	38:41	19:12	19:30	38:41	127	10	
134 8	335	Brendan Donnelly	Newcastle & District AC	MO	38:42	18:52	19:51	38:42	128	62	
135 6	591	David Jackson	Springwell Running Club	M40	38:44	19:10	19:35	38:40	129	18	
136	15	Ryan Henry	Willowfield Harriers	MO	38:44	19:05	19:39	38:44	130	63	
137 7	754	Jason Ratcliffe	Lagan Valley AC	M35	38:45	19:14	19:32	38:43	131	23	
138 6	553	Andrew Acheson	Orangegrove AC	M35	38:46	19:22	19:24	38:44	132	24	
139	93	Scott Henderson	Banbridge AC	MO	38:47			38:39	133	64	
140 3	330	Nick Irvine	North Down AC	MO	38:50	19:12	19:38	38:48	134	65	
141 1	153	Glenn Nixon	East Antrim Harriers	MO	38:50	19:08	19:43	38:45	135	66	
142 4	147	Conor Diver		M35	38:58	19:19	19:39	38:58	136	25	
143 8	394	David Wright		M40	38:58	19:01	19:58	38:51	137	19	
144 7	772	Michel Levelly	Annadale Striders	M45	38:59	18:46	20:13	38:59	138	18	
145 7	715	Adrian Devlin	Sperrin Harriers	MO	38:59	19:20	19:39	38:55	139	67	
146 1	111	Declan Morgan	City of Lisburn AC	M35	39:00	19:15	19:46	39:00	140	26	
147 2	291	James Wallace	North Belfast Harriers	M50	39:00	19:27	19:34	39:00	141	11	
148 4	466	Ciara Coffey		FO	39:01	19:01	20:01	38:59	7	6	
149 3	380	Jim Breen	Springwell Running Club	M55	39:11	19:33	19:38	39:11	142	1	
150 7	784	Jim McKeown		M45	39:11	19:17	19:55	39:10	143	19	
151 2	210	Padraig Friel	Letterkenny AC	M35	39:12	19:16	19:57	39:10	144	27	
152 2	238	Stephen Stokes	Newry City Runners AC	M35	39:14	19:49	19:26	39:06	145	28	
153	9	Matthew Wilson	Willowfield Harriers	MO	39:14	19:21	19:53	39:09	146	68	
154 8	388	Mark Lennon		MO	39:15	19:04	20:11	39:15	147	69	
155 5	535	Liam Fitzpatrick		M45	39:16	19:18	19:58	39:16	148	20	
156 9	931	Ryan O'Neill	Sperrin Harriers	MO	39:16	19:54	19:23	39:16	149	70	
157 1	150	Drew Knox	East Antrim Harriers	M50	39:18	19:08	20:11	39:14	150	12	
158 7	714	Gavin Wylie	Sperrin Harriers	MO	39:20	19:50	19:30	39:15	151	71	
159 8	377	Michael Dunford	Burren AC	M45	39:21	19:27	19:55	39:21	152	21	
160 1	183	Gary Davison	Knockagh Nutters	M50	39:22	19:12	20:10	39:22	153	13	
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161	317	Julie Balmer	North Down AC	F35	39:24	19:25	19:59	39:22	8	2
162	833	Aidan Brown	Newcastle & District AC	M35	39:26	19:35	19:51	39:17	154	29
163	329	Rachel Gibson	North Down AC	FO	39:28	19:28	20:00	39:26	9	7
164	205	Nigel Kane	LARNE ATHLETIC CLUB	M40	39:30	19:42	19:48	39:27	155	20
165	673	Geraldine Branagh	Dromore AC	F45	39:30	19:20	20:10	39:30	10	1
166	239	Sean Goodman	Newry City Runners AC	MO	39:35	19:53	19:43	39:24	156	72
167	840	Jerome McCrickard	Newcastle & District AC	M40	39:36	19:36	20:01	39:28	157	21
168	198	James Robinson	Larne AC	MO	39:37	19:15	20:23	39:37	158	73
169	661	Anne Paul	City of Derry AC Spartans	F50	39:40			39:40	11	1
170	298	John Black	North Belfast Harriers	MO	39:42	19:51	19:52	39:42	159	74
171	252	Sean McIntyre	NI Civil Service AC	M50	39:44	19:42	20:02	39:40	160	14
172	152	Chris Collins	East Antrim Harriers	MO	39:45	19:36	20:09	39:40	161	75
173	301	Philip Donnelly	North Belfast Harriers	MO	39:47	19:31	20:17	39:47	162	76
174	775	Paul Curran		M45	39:49	19:59	19:50	39:43	163	22
175	368	Juan Botella	Playas de Malaga	M35	39:50	19:43	20:07	39:50	164	30
176	629	lan Farr		M40	39:50	19:59	19:52	39:46	165	22
177	922	Ryan Quigley	Newcastle AC	MO	39:51			39:40	166	77
178	26	Paul Murphy	Armagh AC	M45	39:52	19:34	20:18	39:50	167	23
179	844	Pj McCrickard	Newcastle & District AC	M35	39:53			39:43	168	31
180	353	Mark McFeeters	Orangegrove AC	MO	39:54	19:58	19:56	39:54	169	78
181	116	Gavin Malone	Club Pulse Runners	M35	39:55	19:29	20:26	39:52	170	32
182	432	Terry Mullan		M35	40:00			40:00	171	33
183	138	Gillian Burns	Dromore AC	F40	40:03			40:03	12	1
184	297	Greg McClure	North Belfast Harriers	M55	40:05	20:02	20:04	39:55	172	2
185	37	Colin Stevenson	Ballydrain Harriers	M45	40:06	19:27	20:40	40:01	173	24
186	254	Ivo Damkat	NI Civil Service AC	MO	40:07	19:18	20:50	40:05	174	79
187	71	Paul Wallace	Ballymena Runners AC	M40	40:08	19:54	20:15	39:59	175	23
188	668	Gerry Mc Eneaney	n.e.r.	M45	40:08	19:59	20:10	40:08	176	25
189	738	Paul McCabe		M35	40:10	20:07	20:04	40:05	177	34
190	893	Mark Millar		MO	40:11	20:11	20:01	40:02	178	80
191	310	Gerry Gribbon	North Belfast Harriers	M50	40:12	19:55	20:18	40:04	179	15
192	821	Gareth Cardwell	Sperrin Harriers	M40	40:13	19:48	20:26	40:13	180	24
193	652	Conor Martin	Sperrin Harriers	MO	40:14	19:40	20:34	40:07	181	81

195   165   David Somerville   Enniskillen RC   MO   40:18   19:45   20:34   40:18   183   83   196   149   Andy Liddle   East Antrim Harriers   M40   40:19   19:58   20:22   40:12   184   25   197   634   Kevin Murphy   Sperrin Harriers   M50   40:21   20:02   20:19   40:15   185   16   198   911   Colm Turley   Dromore AC   MO   40:21   20:12   20:09   40:16   186   84   199   336   Late Entry   City of Lisburn AC   FO   40:22   19:38   20:44   40:22   40:20   107   Judith Lowry   City of Lisburn AC   FO   40:23   18:33   21:50   40:23   187   26   20:57   40:23   187   26   20:57   40:23   187   26   20:57   40:23   187   26   20:57   40:23   187   26   20:57   40:23   187   26   20:57   40:23   187   26   20:57   40:23   187   26   20:57   40:23   187   26   20:57   40:23   187   26   20:57   40:23   187   26   20:57   40:23   187   26   20:57   40:23   187   26   20:57   40:23   187   26   20:57   40:23   187   26   20:57   40:23   187   26   20:57   40:23   187   26   20:57   40:23   187   26   20:57   40:23   187   26   20:57   40:24   20:57   40:25   4	194 434	Daniel Mervyn		МО	40:18	19:22	20:56	40:11	182	82
197   634   Kevin Murphy   Sperrin Harriers   M50   40:21   20:02   20:19   40:15   185   16   198   911   Colm Turley   Dromore AC   M0   40:21   20:12   20:09   40:16   186   84   199   936   Late Entry   40:22   20:010   40:23   19:38   20:44   40:22   20:010   107   Judith Lowry   City of Lisburn AC   FO   40:23   19:26   20:57   40:23   13   8   8   8   10   10   10   10   10	195 165	David Somerville	Enniskillen RC	MO	40:18	19:45	20:34	40:18	183	83
198 911   Colm Turley   Dromore AC	196 149	Andy Liddle	East Antrim Harriers	M40	40:19	19:58	20:22	40:12	184	25
199 936	197 634	Kevin Murphy	Sperrin Harriers	M50	40:21	20:02	20:19	40:15	185	16
200         107         Judith Lowry         City of Lisburn AC         FO         40:23         19:26         20:57         40:23         13         8           201         783         Dave Lonnen         city of lisburn         M45         40:23         18:33         21:50         40:23         187         26           202         644         Irwin Spiers         Sperrin Harriers         M60         40:27         19:49         20:38         40:24         188         1           203         258         Colin McClean         NORTH         M0         40:29         20:04         20:25         40:18         190         86           205         401         Desmond Fahy         M0         40:29         20:04         20:25         40:18         190         86           205         441         Desmond Fahy         M0         40:30         20:09         20:21         40:22         191         26           206         335         Melissa Eccles         North Down AC         FO         40:30         20:09         20:21         40:22         191         27           207         684         Pat Doole         Termoney Running Club         M50         40:33         20:09	198 911	Colm Turley	Dromore AC	MO	40:21	20:12	20:09	40:16	186	84
201 783	199 936	Late Entry			40:22	19:38	20:44	40:22		
202         644         Irwin Spiers         Sperrin Harriers         M60         40:27         19:49         20:38         40:24         188         1           203         258         Colin McClean         NORTH         MO         40:29         20:04         20:25         40:18         190         86           204         520         Jonathan Dewart         MO         40:29         20:04         20:25         40:18         190         86           205         441         Desmond Fahy         MO         40:30         20:08         20:22         40:22         191         26           206         335         Melissa Eccles         North Down AC         FO         40:33         20:04         20:29         40:25         192         17           208         95         Norman Smyth         banbridge athletics club         M45         40:35         20:03         20:32         40:35         193         27           209         633         Rodney Young         Sperrin Harriers         M40         40:33         20:04         20:22         40:35         193         27           210         215         Michael McCormick         Lunchtime Legends         M50         40:32	200 107	Judith Lowry	City of Lisburn AC	FO	40:23	19:26	20:57	40:23	13	8
203         258         Colin McClean         NORTH         MO         40:29         204         20:25         40:18         190         86           204         520         Jonathan Dewart         MO         40:29         20:04         20:25         40:18         190         86           205         441         Desmond Fahy         M40         40:30         20:08         20:22         40:22         191         26           206         335         Melissa Eccles         North Down AC         FO         40:30         20:09         20:21         40:28         14         9           207         684         Pat Doole         Termoney Running Club         M50         40:33         20:04         20:29         40:25         192         17           208         95         Norman Smyth         banbridge athletics club         M45         40:35         20:03         20:32         40:35         193         27           209         633         Rodney Young         Sperrin Harriers         M40         40:38         20:07         20:31         40:31         194         27           215         Michael McCormick         Lunchtime Legends         M50         40:39         20:14 <td>201 783</td> <td>Dave Lonnen</td> <td>city of lisburn</td> <td>M45</td> <td>40:23</td> <td>18:33</td> <td>21:50</td> <td>40:23</td> <td>187</td> <td>26</td>	201 783	Dave Lonnen	city of lisburn	M45	40:23	18:33	21:50	40:23	187	26
204         520         Jonathan Dewart         MO         40:29         20:04         20:25         40:18         190         86           205         441         Desmond Fahy         M40         40:30         20:08         20:22         40:22         191         26           206         335         Melissa Eccles         North Down AC         FO         40:30         20:09         20:21         40:28         14         9           207         684         Pat Doole         Termoney Running Club         M50         40:33         20:04         20:29         40:25         192         17           208         95         Norman Smyth         banbridge athletics club         M45         40:35         20:03         20:32         40:35         193         27           209         633         Rodney Young         Sperrin Harriers         M40         40:38         20:07         20:31         40:31         194         27           210         215         Michael McCormick         Lunchtime Legends         M50         40:39         20:14         20:25         40:33         196         28           211         292         Mark Shields         North Belfast Harriers         M45	202 644	Irwin Spiers	Sperrin Harriers	M60	40:27	19:49	20:38	40:24	188	1
205         441         Desmond Fahy         Morth Down AC         FO         40:30         20:08         20:22         40:22         191         26           206         335         Melissa Eccles         North Down AC         FO         40:30         20:09         20:21         40:28         14         9           207         684         Pat Doole         Termoney Running Club         M50         40:33         20:04         20:29         40:25         192         17           208         95         Norman Smyth         banbridge athletics club         M45         40:35         20:03         20:32         40:35         193         27           209         633         Rodney Young         Sperrin Harriers         M40         40:38         20:07         20:31         40:31         194         27           210         215         Michael McCormick         Lunchtime Legends         M50         40:39         20:18         20:25         40:31         194         27           210         215         Mark Shields         North Belfast Harriers         M45         40:42         20:18         20:25         40:33         196         28           211         292         Mark Shields <td>203 258</td> <td>Colin McClean</td> <td>NORTH</td> <td>MO</td> <td>40:29</td> <td></td> <td></td> <td>40:29</td> <td>189</td> <td>85</td>	203 258	Colin McClean	NORTH	MO	40:29			40:29	189	85
206         335         Melissa Eccles         North Down AC         FO         40:30         20:09         20:21         40:28         14         9           207         684         Pat Doole         Termoney Running Club         M50         40:33         20:04         20:29         40:25         192         17           208         95         Norman Smyth         banbridge athletics club         M45         40:35         20:03         20:32         40:35         193         27           209         633         Rodney Young         Sperrin Harriers         M40         40:38         20:07         20:31         40:31         194         27           210         215         Michael McCormick         Lunchtime Legends         M50         40:39         20:14         20:25         40:29         195         18           211         292         Mark Shields         North Belfast Harriers         M45         40:42         20:18         20:25         40:33         196         28           211         292         Mark Shields         North Belfast Harriers         M0         40:43         20:16         20:28         40:36         197         87           213         809         Domini	204 520	Jonathan Dewart		MO	40:29	20:04	20:25	40:18	190	86
207 684         Pat Doole         Termoney Running Club         M50         40:33         20:04         20:29         40:25         192         17           208 95         Norman Smyth         banbridge athletics club         M45         40:35         20:03         20:32         40:35         193         27           209 633         Rodney Young         Sperrin Harriers         M40         40:38         20:07         20:31         40:31         194         27           210 215         Michael McCormick         Lunchtime Legends         M50         40:39         20:14         20:25         40:29         195         18           211 292         Mark Shields         North Belfast Harriers         M45         40:42         20:18         20:25         40:33         196         28           212 800         Aaron Bell         M0         40:43         20:16         20:28         40:36         197         87           213 809         Dominic McInerney         Murlough AC         M45         40:45         20:24         20:22         40:33         198         29           214 827         Eddie Carville         crossmaglen rangers         M0         40:46         20:19         20:28         40:41 <td< td=""><td>205 441</td><td>Desmond Fahy</td><td></td><td>M40</td><td>40:30</td><td>20:08</td><td>20:22</td><td>40:22</td><td>191</td><td>26</td></td<>	205 441	Desmond Fahy		M40	40:30	20:08	20:22	40:22	191	26
208         95         Norman Smyth         banbridge athletics club         M45         40:35         20:03         20:32         40:35         193         27           209         633         Rodney Young         Sperrin Harriers         M40         40:38         20:07         20:31         40:31         194         27           210         215         Michael McCormick         Lunchtime Legends         M50         40:39         20:14         20:25         40:29         195         18           211         292         Mark Shields         North Belfast Harriers         M45         40:42         20:18         20:25         40:33         196         28           212         800         Aaron Bell         M0         40:43         20:16         20:28         40:36         197         87           213         809         Dominic McInerney         Murlough AC         M45         40:45         20:24         20:22         40:33         198         29           214         827         Eddie Carville         crossmaglen rangers         M0         40:46         20:19         20:28         40:41         199         88           215         213         Kieran Coyle         Letterkenny	206 335	Melissa Eccles	North Down AC	FO	40:30	20:09	20:21	40:28	14	9
209 633         Rodney Young         Sperrin Harriers         M40         40:38         20:07         20:31         40:31         194         27           210 215         Michael McCormick         Lunchtime Legends         M50         40:39         20:14         20:25         40:29         195         18           211 292         Mark Shields         North Belfast Harriers         M45         40:42         20:18         20:25         40:33         196         28           212 800         Aaron Bell         M0         40:43         20:16         20:28         40:36         197         87           213 809         Dominic McInerney         Murlough AC         M45         40:45         20:24         20:22         40:33         198         29           214 827         Eddie Carville         crossmaglen rangers         M0         40:46         20:19         20:28         40:41         199         88           215 213         Kieran Coyle         Letterkenny AC         M0         40:48         20:30         20:18         40:45         200         89           216 856         Eric Montgomery         Lagan Valley AC         M55         40:50         20:18         20:32         40:46         201	207 684	Pat Doole	Termoney Running Club	M50	40:33	20:04	20:29	40:25	192	17
210         215         Michael McCormick         Lunchtime Legends         M50         40:39         20:14         20:25         40:29         195         18           211         292         Mark Shields         North Belfast Harriers         M45         40:42         20:18         20:25         40:33         196         28           212         800         Aaron Bell         MO         40:43         20:16         20:28         40:36         197         87           213         809         Dominic McInerney         Murlough AC         M45         40:45         20:24         20:22         40:33         198         29           214         827         Eddie Carville         crossmaglen rangers         M0         40:46         20:19         20:28         40:41         199         88           215         213         Kieran Coyle         Letterkenny AC         M0         40:48         20:30         20:18         40:45         200         89           216         856         Eric Montgomery         Lagan Valley AC         M55         40:50         20:18         20:32         40:46         201         3           217         825         Phillip McNeill         East Antrim Harrie	208 95	Norman Smyth	banbridge athletics club	M45	40:35	20:03	20:32	40:35	193	27
211       292       Mark Shields       North Belfast Harriers       M45       40:42       20:18       20:25       40:33       196       28         212       800       Aaron Bell       MO       40:43       20:16       20:28       40:36       197       87         213       809       Dominic McInerney       Murlough AC       M45       40:45       20:24       20:22       40:33       198       29         214       827       Eddie Carville       crossmaglen rangers       MO       40:46       20:19       20:28       40:41       199       88         215       213       Kieran Coyle       Letterkenny AC       MO       40:48       20:30       20:18       40:45       200       89         216       856       Eric Montgomery       Lagan Valley AC       M55       40:50       20:18       20:32       40:46       201       3         217       825       Phillip McNeill       East Antrim Harriers       MO       40:50       20:14       20:37       40:35       202       90         218       14       Gavin Warden       Willowfield Harriers       MO       40:53       19:56       20:58       40:43       203       91 <td>209 633</td> <td>Rodney Young</td> <td>Sperrin Harriers</td> <td>M40</td> <td>40:38</td> <td>20:07</td> <td>20:31</td> <td>40:31</td> <td>194</td> <td>27</td>	209 633	Rodney Young	Sperrin Harriers	M40	40:38	20:07	20:31	40:31	194	27
212       800       Aaron Bell       MO       40:43       20:16       20:28       40:36       197       87         213       809       Dominic McInerney       Murlough AC       M45       40:45       20:24       20:22       40:33       198       29         214       827       Eddie Carville       crossmaglen rangers       MO       40:46       20:19       20:28       40:41       199       88         215       213       Kieran Coyle       Letterkenny AC       MO       40:48       20:30       20:18       40:45       200       89         216       856       Eric Montgomery       Lagan Valley AC       M55       40:50       20:18       20:32       40:46       201       3         217       825       Phillip McNeill       East Antrim Harriers       MO       40:50       20:14       20:37       40:35       202       90         218       14       Gavin Warden       Willowfield Harriers       MO       40:53       19:56       20:58       40:43       203       91         219       302       Roisin Hughes       North Belfast Harriers       FO       40:54       20:14       20:40       40:54       15       10 <td>210 215</td> <td>Michael McCormick</td> <td>Lunchtime Legends</td> <td>M50</td> <td>40:39</td> <td>20:14</td> <td>20:25</td> <td>40:29</td> <td>195</td> <td>18</td>	210 215	Michael McCormick	Lunchtime Legends	M50	40:39	20:14	20:25	40:29	195	18
213         809         Dominic McInerney         Murlough AC         M45         40:45         20:24         20:22         40:33         198         29           214         827         Eddie Carville         crossmaglen rangers         MO         40:46         20:19         20:28         40:41         199         88           215         213         Kieran Coyle         Letterkenny AC         MO         40:48         20:30         20:18         40:45         200         89           216         856         Eric Montgomery         Lagan Valley AC         M55         40:50         20:18         20:32         40:46         201         3           217         825         Phillip McNeill         East Antrim Harriers         MO         40:50         20:14         20:37         40:35         202         90           218         14         Gavin Warden         Willowfield Harriers         MO         40:53         19:56         20:58         40:43         203         91           219         302         Roisin Hughes         North Belfast Harriers         FO         40:54         20:14         20:40         40:54         15         10           202         892         Ray Mc Convil	211 292	Mark Shields	North Belfast Harriers	M45	40:42	20:18	20:25	40:33	196	28
214         827         Eddie Carville         crossmaglen rangers         MO         40:46         20:19         20:28         40:41         199         88           215         213         Kieran Coyle         Letterkenny AC         MO         40:48         20:30         20:18         40:45         200         89           216         856         Eric Montgomery         Lagan Valley AC         M55         40:50         20:18         20:32         40:46         201         3           217         825         Phillip McNeill         East Antrim Harriers         MO         40:50         20:14         20:37         40:35         202         90           218         14         Gavin Warden         Willowfield Harriers         MO         40:53         19:56         20:58         40:43         203         91           219         302         Roisin Hughes         North Belfast Harriers         FO         40:54         20:14         20:40         40:54         15         10           220         892         Ray Mc Conville         Newry AC         M35         40:55         20:15         20:40         40:55         204         35           221         28         Martin Gillespie <td>212 800</td> <td>Aaron Bell</td> <td></td> <td>MO</td> <td>40:43</td> <td>20:16</td> <td>20:28</td> <td>40:36</td> <td>197</td> <td>87</td>	212 800	Aaron Bell		MO	40:43	20:16	20:28	40:36	197	87
215         213         Kieran Coyle         Letterkenny AC         MO         40:48         20:30         20:18         40:45         200         89           216         856         Eric Montgomery         Lagan Valley AC         M55         40:50         20:18         20:32         40:46         201         3           217         825         Phillip McNeill         East Antrim Harriers         MO         40:50         20:14         20:37         40:35         202         90           218         14         Gavin Warden         Willowfield Harriers         MO         40:53         19:56         20:58         40:43         203         91           219         302         Roisin Hughes         North Belfast Harriers         FO         40:54         20:14         20:40         40:54         15         10           220         892         Ray Mc Conville         Newry AC         M35         40:55         20:15         20:40         40:55         204         35           221         28         Martin Gillespie         Armagh AC         MO         40:55         20:22         20:54         40:55         205         92           222         248         Mark McGivern	213 809	Dominic McInerney	Murlough AC	M45	40:45	20:24	20:22	40:33	198	29
216         856         Eric Montgomery         Lagan Valley AC         M55         40:50         20:18         20:32         40:46         201         3           217         825         Phillip McNeill         East Antrim Harriers         MO         40:50         20:14         20:37         40:35         202         90           218         14         Gavin Warden         Willowfield Harriers         MO         40:53         19:56         20:58         40:43         203         91           219         302         Roisin Hughes         North Belfast Harriers         FO         40:54         20:14         20:40         40:54         15         10           220         892         Ray Mc Conville         Newry AC         M35         40:55         20:15         20:40         40:55         204         35           221         28         Martin Gillespie         Armagh AC         MO         40:55         20:02         20:54         40:55         205         92           222         248         Mark McGivern         Newry Triathlon Club         M35         40:55         20:13         20:43         40:55         206         36           223         389         Andrew McIntyre <td>214 827</td> <td>Eddie Carville</td> <td>crossmaglen rangers</td> <td>MO</td> <td>40:46</td> <td>20:19</td> <td>20:28</td> <td>40:41</td> <td>199</td> <td>88</td>	214 827	Eddie Carville	crossmaglen rangers	MO	40:46	20:19	20:28	40:41	199	88
217         825         Phillip McNeill         East Antrim Harriers         MO         40:50         20:14         20:37         40:35         202         90           218         14         Gavin Warden         Willowfield Harriers         MO         40:53         19:56         20:58         40:43         203         91           219         302         Roisin Hughes         North Belfast Harriers         FO         40:54         20:14         20:40         40:54         15         10           220         892         Ray Mc Conville         Newry AC         M35         40:55         20:15         20:40         40:55         204         35           221         28         Martin Gillespie         Armagh AC         MO         40:55         20:02         20:54         40:55         205         92           222         248         Mark McGivern         Newry Triathlon Club         M35         40:55         20:13         20:43         40:55         206         36           223         389         Andrew McIntyre         Up & Runners         MO         40:57         20:28         20:29         40:44         207         93           224         850         Paul McCullagh	215 213	Kieran Coyle	Letterkenny AC	MO	40:48	20:30	20:18	40:45	200	89
218         14         Gavin Warden         Willowfield Harriers         MO         40:53         19:56         20:58         40:43         203         91           219         302         Roisin Hughes         North Belfast Harriers         FO         40:54         20:14         20:40         40:54         15         10           220         892         Ray Mc Conville         Newry AC         M35         40:55         20:15         20:40         40:55         204         35           221         28         Martin Gillespie         Armagh AC         M0         40:55         20:02         20:54         40:55         205         92           222         248         Mark McGivern         Newry Triathlon Club         M35         40:55         20:13         20:43         40:55         206         36           223         389         Andrew McIntyre         Up & Runners         M0         40:57         20:28         20:29         40:44         207         93           224         850         Paul McCullagh         City of Lisburn AC         M50         40:57         20:13         20:44         40:48         208         19           225         61         Rodney Livingstone	216 856	Eric Montgomery	Lagan Valley AC	M55	40:50	20:18	20:32	40:46	201	3
219 302       Roisin Hughes       North Belfast Harriers       FO       40:54       20:14       20:40       40:54       15       10         220 892       Ray Mc Conville       Newry AC       M35       40:55       20:15       20:40       40:55       204       35         221 28       Martin Gillespie       Armagh AC       M0       40:55       20:02       20:54       40:55       205       92         222 248       Mark McGivern       Newry Triathlon Club       M35       40:55       20:13       20:43       40:55       206       36         223 389       Andrew McIntyre       Up & Runners       M0       40:57       20:28       20:29       40:44       207       93         224 850       Paul McCullagh       City of Lisburn AC       M50       40:57       20:13       20:44       40:48       208       19         225 61       Rodney Livingstone       Ballymena Runners AC       M40       40:57       19:59       20:58       40:57       209       28	217 825	Phillip McNeill	East Antrim Harriers	MO	40:50	20:14	20:37	40:35	202	90
220         892         Ray Mc Conville         Newry AC         M35         40:55         20:15         20:40         40:55         204         35           221         28         Martin Gillespie         Armagh AC         MO         40:55         20:02         20:54         40:55         205         92           222         248         Mark McGivern         Newry Triathlon Club         M35         40:55         20:13         20:43         40:55         206         36           223         389         Andrew McIntyre         Up & Runners         MO         40:57         20:28         20:29         40:44         207         93           224         850         Paul McCullagh         City of Lisburn AC         M50         40:57         20:13         20:44         40:48         208         19           225         61         Rodney Livingstone         Ballymena Runners AC         M40         40:57         19:59         20:58         40:57         209         28	218 14	Gavin Warden	Willowfield Harriers	MO	40:53	19:56	20:58	40:43	203	91
221       28       Martin Gillespie       Armagh AC       MO       40:55       20:02       20:54       40:55       205       92         222       248       Mark McGivern       Newry Triathlon Club       M35       40:55       20:13       20:43       40:55       206       36         223       389       Andrew McIntyre       Up & Runners       MO       40:57       20:28       20:29       40:44       207       93         224       850       Paul McCullagh       City of Lisburn AC       M50       40:57       20:13       20:44       40:48       208       19         225       61       Rodney Livingstone       Ballymena Runners AC       M40       40:57       19:59       20:58       40:57       209       28	219 302	Roisin Hughes	North Belfast Harriers	FO	40:54	20:14	20:40	40:54	15	10
222       248       Mark McGivern       Newry Triathlon Club       M35       40:55       20:13       20:43       40:55       206       36         223       389       Andrew McIntyre       Up & Runners       MO       40:57       20:28       20:29       40:44       207       93         224       850       Paul McCullagh       City of Lisburn AC       M50       40:57       20:13       20:44       40:48       208       19         225       61       Rodney Livingstone       Ballymena Runners AC       M40       40:57       19:59       20:58       40:57       209       28	220 892	Ray Mc Conville	Newry AC	M35	40:55	20:15	20:40	40:55	204	35
223       389       Andrew McIntyre       Up & Runners       MO       40:57       20:28       20:29       40:44       207       93         224       850       Paul McCullagh       City of Lisburn AC       M50       40:57       20:13       20:44       40:48       208       19         225       61       Rodney Livingstone       Ballymena Runners AC       M40       40:57       19:59       20:58       40:57       209       28	221 28	Martin Gillespie	Armagh AC	MO	40:55	20:02	20:54	40:55	205	92
224       850       Paul McCullagh       City of Lisburn AC       M50       40:57       20:13       20:44       40:48       208       19         225       61       Rodney Livingstone       Ballymena Runners AC       M40       40:57       19:59       20:58       40:57       209       28	222 248	Mark McGivern	Newry Triathlon Club	M35	40:55	20:13	20:43	40:55	206	36
225 61 Rodney Livingstone Ballymena Runners AC M40 40:57 19:59 20:58 40:57 <b>209 28</b>	223 389	Andrew McIntyre	Up & Runners	MO	40:57	20:28	20:29	40:44	207	93
	224 850	Paul McCullagh	City of Lisburn AC	M50	40:57	20:13	20:44	40:48	208	19
226 671 Corord McNally Sporrin Harriors N25 41:01 41:01	225 61	Rodney Livingstone	Ballymena Runners AC	M40	40:57	19:59	20:58	40:57	209	28
220 0/1 Geraru ivicivally Sperificularities ivi35 41:01 41:01 <b>210 37</b>	226 671	Gerard McNally	Sperrin Harriers	M35	41:01			41:01	210	37

227	97	Gregory Elliott	Banbridge RC	MO	41:01	20:03	20:59	41:01	211	94
228	665	Philip Haslett	Albertville Harriers	M50	41:02	20:12	20:51	40:59	212	20
229	151	Jim Finlay	East Antrim Harriers	M45	41:03	20:30	20:33	40:50	213	30
230	199	David Noble	Larne AC	M35	41:05	19:54	21:12	41:00	214	38
231	573	Clive Weatherhead		M40	41:05	20:36	20:29	40:41	215	29
232	373	Jay Wiggan	ROAD RUNNERS CLUB	M35	41:05	20:00	21:06	40:57	216	39
233	334	<b>Debbie Matchett</b>	North Down AC	F45	41:06	20:12	20:54	41:06	16	2
234	78	Colin Hoey	Ballymena Runners AC	M40	41:07	20:37	20:30	41:01	217	30
235	497	Nigel McClintock		MO	41:08	20:38	20:30	40:59	218	95
236	184	Shileen O'Kane	Lagan Valley AC	F40	41:08	20:13	20:56	41:08	17	2
237	742	Colm McGarry	Armagh AC	MO	41:09	19:11	21:59	41:07	219	96
238	259	Arran Rutledge	North Belfast Harriers	M35	41:11	20:21	20:50	41:11	220	40
239	280	Francis McCaffrey	North Belfast Harriers	M55	41:13			41:13	221	4
240	268	John Murphy	North Belfast Harriers	M40	41:18	20:08	21:11	41:18	222	31
241	474	Paul Carlisle		M35	41:19	20:32	20:47	41:10	223	41
242	552	Ronan Owens		MO	41:20	20:20	21:00	41:09	224	97
243	243	Gerard Mc Aleenan	Newry City Runners AC	M35	41:21	20:04	21:18	41:11	225	42
244	689	Colly Gallagher	Sperrin Harriers	M40	41:21	20:31	20:51	41:13	226	32
245	557	Ali Robinson		F35	41:22	20:22	21:00	41:22	18	3
246	415	Philip Brines		M50	41:25	20:20	21:06	41:18	227	21
247	583	Tinash Hwara		MO	41:28	20:12	21:17	41:24	228	98
248	487	Thomas McCorry		M40	41:29	20:30	20:59	41:29	229	33
249	321	<b>Andrew Muir</b>	North Down AC	M35	41:32	20:52	20:40	41:22	230	43
250	596	Ruth Magill		F50	41:33	20:31	21:02	41:28	19	2
251	837	Niall Carson	Newcastle & District AC	M40	41:35	20:38	20:57	41:28	231	34
252	701	Aidan Mc Closkey	Letterkenny Athletic Club	M35	41:35	20:31	21:04	41:35	232	44
253	819	Allan McCullough	Larne AC	M40	41:36	20:26	21:10	41:31	233	35
254	723	Gary McArdle	Newry City Runners AC	MO	41:37			41:29	234	99
255	904	Chris Reid	Ballydrain Harriers	MO	41:39	20:34	21:05	41:39	235	100
256	161	Michael McKeown	East Down AC	M45	41:42	20:23	21:19	41:38	236	31
257	567	Michael McAllister		MO	41:43	20:37	21:06	41:43	237	101
258	185	Jonathan Irvine	Lagan Valley AC	M40	41:48	21:03	20:46	41:42	238	36
259	20	Michael Mulvenna	Albertville Harriers	M50	41:50	20:28	21:22	41:44	239	22

260 134	Colin Armstrong	Dromore AC	MO	41:51	20:50	21:02	41:51	240	102
261 269	Sean McShane	North Belfast Harriers	M35	41:53	19:38	22:15	41:53	241	45
262 135	Rebecca Murtagh	Dromore AC	FO	41:54	20:18	21:36	41:54	20	11
263 866	Reg Kapur		M45	41:55	20:46	21:09	41:55	242	32
264 40	Robin Wilson	Ballydrain Harriers	M40	41:58	20:34	21:25	41:51	243	37
265 935	Late Entry			41:58	20:19	21:40	41:55		
266 104	Kevin McVeigh	BILLY WHIZZ	M45	42:01	20:55	21:07	41:54	244	33
267 603	Evan Boyce		M35	42:07	20:50	21:18	41:57	245	46
268 588	Gerald Morgan		M35	42:08	20:47	21:22	42:01	246	47
269 181	Michael Burke	Individual	MO	42:09	21:11	20:59	41:59	247	103
270 884	Dominic Clarke		M45	42:11	20:59	21:12	42:05	248	34
271 640	Geraldine Quigley	Larne AC	F35	42:11	20:50	21:21	42:06	21	4
272 240	Louise Bagnall	Newry City Runners AC	FO	42:12	21:27	20:46	42:03	22	12
273 477	Peter Young		M55	42:13	21:11	21:03	41:55	249	5
274 601	Cooper McClure		M40	42:13	21:32	20:42	41:57	250	38
275 397	Ivan Prue	Up and Runners	M40	42:13	20:49	21:25	42:08	251	39
276 262	Lance Breen	North Belfast Harriers	M40	42:15			42:01	252	40
277 141	Alwyn McKee	Dromore AC	M45	42:16	21:11	21:06	42:16	253	35
278 245	Joe Finnegan	Newry City Runners AC	M40	42:19	20:56	21:24	42:12	254	41
279 337	Ange Perrott	North Down AC	F35	42:20	20:57	21:24	42:12	23	5
280 244	Pat Rocks	Newry City Runners AC	M60	42:26	21:27	21:00	42:04	255	2
281 168	Karen Dolan	Enniskillen RC	F45	42:30	20:48	21:42	42:26	24	3
282 249	Ronan Kimbley	Newry Triatlon Club	M40	42:31	21:38	20:54	42:17	256	42
283 89	Peter Fleming	Ballymena Runners AC	M40	42:32	21:05	21:28	42:23	257	43
284 133	Ernest Hall	Dromore AC	M60	42:33	20:51	21:42	42:29	258	3
285 67	Simon Finlay	Ballymena Runners AC	MO	42:34	21:26	21:08	42:24	259	104
286 207	Gabriel Mc Crossan	Letterkenny AC	M45	42:35	21:04	21:32	42:30	260	36
287 479	Ken Dougan		M50	42:36	21:04	21:33	42:27	261	23
288 682	Dave Fulcher	Murlough AC	M55	42:37	21:26	21:11	42:24	262	6
289 867	<b>David Seaton</b>	North Down AC	M65	42:37	21:02	21:35	42:36	263	1
290 779	Stephen Smartt	Lunchtime Legends	M40	42:38	21:07	21:31	42:32	264	44
291 505	Alistair Kane		M35	42:38			42:17	265	48
292 747	William Roberts	Albertville Harriers	M55	42:38			42:34	266	7

293 938	Late Entry			42:40			42:23		
294 882	Richard Raymond	Letterkenny AC	M55	42:40	21:02	21:38	42:36	267	8
295 789	David Lambon		M45	42:41	21:15	21:27	42:25	268	37
296 43	Norman Mawhinney	Ballydrain Harriers	M50	42:42	20:46	21:57	42:34	269	24
297 632	Adam Skeet		MO	42:42	21:23	21:20	42:36	270	105
298 146	Mike Smith	<b>Dub Running Club</b>	M60	42:46			42:35	271	4
299 385	Ciara Toner	Springwell Running Club	FO	42:47	21:04	21:43	42:39	25	13
300 343	Ralph Coetzee	ORANGEGROVE	M40	42:47	21:21	21:26	42:44	272	45
301 857	Keith Clarke	tri limits	M35	42:48			42:42	273	49
302 399	Paul Brannigan	Up and Runners	M55	42:49	21:09	21:40	42:39	274	9
303 698	Chris Barrett	Co Antrim Harriers	M50	42:50	21:22	21:28	42:50	275	25
304 145	<b>Brian Grimes</b>	<b>Dub Running Club</b>	M50	42:52	21:29	21:24	42:52	276	26
305 914	Gerard McAuley	East Down AC	MO	42:54	21:18	21:36	42:41	277	106
306 748	Stephen Heasley	East Down AC	M45	42:55	21:38	21:17	42:36	278	38
307 879	James McDonagh		MO	42:56	21:47	21:10	42:40	279	107
308 572	Gerry Bolt-Heverin		M35	42:57	21:03	21:55	42:51	280	50
309 703	Patrick Goodman		MO	42:58	21:08	21:51	42:41	281	108
310 394	Colin Simpson	Up & Runners	M45	42:59	21:11	21:48	42:51	282	39
311 563	Ben Trowell		M45	43:02	21:35	21:27	42:53	283	40
312 154	Peter Morgan	East Down AC	M35	43:07	21:19	21:49	42:59	284	51
313 699	Diane Watson	City of Lisburn AC	F40	43:08	21:06	22:02	43:08	26	3
314 361	Raymond Leitch	Orangegrove AC	M35	43:14	21:46	21:29	43:14	285	52
315 716	Martin Cox	North Belfast Harriers	M45	43:17	21:09	22:08	43:11	286	41
316 678	Lawerence Malone	duleer ac	M50	43:18	21:27	21:52	43:18	287	27
317 578	Timmy Burns		MO	43:18	21:40	21:39	43:11	288	109
318 811	Mark Vaudrey	Lisburn Triathlon Club	MO	43:20	21:41	21:40	42:54	289	110
319 869	Thomas McGuinness		MO	43:23	20:57	22:27	43:12	290	111
320 865	Michael Jenkins	North Down AC	M40	43:24			43:15	291	46
321 348	Gavin Marshall	Orangegrove AC	M35	43:26			43:10	292	53
322 688	Michael Kirk-Smith	dub runners	M60	43:28	21:12	22:16	43:16	293	5
323 473	Ryan Armstrong		M45	43:40	21:26	22:14	43:29	294	42
324 526	Martin Craig		M40	43:42	22:04	21:39	43:28	295	47
325 791	<b>Gordon Wilkinson</b>	North Down AC	M45	43:43	21:48	21:55	43:40	296	43

327 909       Raymond Monaghan       M45       43:45       43:41       298       44         328 188       Darren Swail       Lagan Valley AC       M40       43:47       21:33       22:15       43:42       299       48         329 114       Martina McEvoy       Club Pulse Runners       F45       43:47       22:03       22:14       43:27       27       4         330 864       Jim Hughes       Beechmount Harriers       M55       43:48       21:54       21:54       43:36       300       11         331 899       Feargal O'Kane       M0       M3:50       21:47       43:29       302       54         333 711       Naoise McLoughlin       M40       43:51       22:05       21:47       43:49       303       49         334 518       David Clarke       M35       43:53       21:14       22:40       43:47       304       55         336 558       Graeme McNabb       M0       43:57       21:28       22:30       43:47       305       56         337 488       David Montgomery       M40       43:57       21:28       22:30       43:47       307       50         338 652       Fergal McErboy       North Down AC	326 21	Robin Nelson	Albertville Harriers	M55	43:44	21:57	21:47	43:37	297	10
329 114         Martina McEvoy         Club Pulse Runners         F45         43:47         22:03         21:44         43:27         27         4           330 864         Jim Hughes         Beechmount Harriers         M55         43:48         21:54         21:54         43:36         300         11           331 899         Feargal O'Kane         M0         43:50         22:05         21:47         43:29         302         54           333 711         Naoise McLoughlin         M40         43:52         22:05         21:47         43:49         303         49           334 518         David Clarke         M35         43:53         21:14         22:40         43:47         304         55           335 852         Fergal McElroy         Sperrin Harriers         M35         43:55         21:29         22:26         43:47         304         55           336 558         Graeme McNabb         M0         43:56         21:29         22:26         43:47         305         56           338 863         Valerie McDonough         North Down AC         F40         43:58         21:29         22:30         43:47         28         4           434 268         Mary MacKin <t< td=""><td>327 909</td><td>Raymond Monaghan</td><td></td><td>M45</td><td>43:45</td><td></td><td></td><td>43:41</td><td>298</td><td>44</td></t<>	327 909	Raymond Monaghan		M45	43:45			43:41	298	44
330         864         Jim Hughes         Beechmount Harriers         M55         43:48         21:54         21:54         43:36         300         11           331         899         Feargal O'Kane         M0         43:50         22:05         21:47         43:29         302         54           332         625         Karl Webb         M35         43:51         22:05         21:47         43:29         302         54           333         711         Naoise McLoughlin         M40         43:52         21:24         43:45         303         49           334         518         David Clarke         M5         43:53         21:14         22:40         43:47         304         55           335         852         Fergal McElroy         Sperrin Harriers         M35         43:53         21:14         22:40         43:47         305         56           335         852         Fergal McElroy         Sperrin Harriers         M35         43:53         21:28         22:26         43:47         305         56           335         852         Fergal McRoath         M0         43:58         21:42         22:21         43:47         307         50 <td>328 188</td> <td>Darren Swail</td> <td>Lagan Valley AC</td> <td>M40</td> <td>43:47</td> <td>21:33</td> <td>22:15</td> <td>43:42</td> <td>299</td> <td>48</td>	328 188	Darren Swail	Lagan Valley AC	M40	43:47	21:33	22:15	43:42	299	48
331   899   Feargal O'Kane   MO   43:50   43:40   301   112   332   625   Karl Webb   M35   43:51   22:05   21:47   43:29   302   54   333   711   Naoise McLoughlin   M40   M3:52   43:53   21:14   22:40   43:45   303   49   334   518   David Clarke   M35   M3:53   21:14   22:40   43:47   304   55   335   852   Fergal McElroy   Sperrin Harriers   M35   M3:55   21:29   22:26   M3:47   305   56   336   558   Graeme McNabb   M0   M3:56   Table McDonough   Morth Down AC   M0   M3:57   21:28   22:30   M3:47   305   56   336   37   Malthew Tumelty   East Down AC   M0   M3:58   21:42   22:17   M3:47   28   4   4   4   4   4   4   4   4   4	329 114	Martina McEvoy	Club Pulse Runners	F45	43:47	22:03	21:44	43:27	27	4
332 625         Karl Webb         M35         43:51         22:05         21:47         43:29         302         54           333 711         Naoise McLoughlin         M40         43:52         43:45         303         49           334 518         David Clarke         M35         43:55         21:29         22:26         43:47         304         55           335 852         Fergal McElroy         Sperrin Harriers         M35         43:55         21:29         22:26         43:47         305         56           336 558         Graeme McNabb         M0         43:56         21:28         22:30         43:47         307         50           338 863         Valerie McDonough         North Down AC         F40         43:58         21:42         22:17         43:47         307         50           338 9 157         Matthew Tumelty         East Down AC         M0         44:00         22:14         21:42         22:17         43:47         307         50           341 208         Marie Boyle         Letterkenny AC         F0         44:05         21:42         22:24         44:05         30         14           342 687         Neal McCarthy         Newry Triathlon Club	330 864	Jim Hughes	Beechmount Harriers	M55	43:48	21:54	21:54	43:36	300	11
333         711         Naoise McLoughlin         M40         43:52         43:45         303         49           334         518         David Clarke         M35         43:53         21:14         22:40         43:47         304         55           335         852         Fergal McBlroy         Sperrin Harriers         M35         43:55         21:29         22:26         43:47         305         56           336         558         Graeme McNabb         M00         43:56	331 899	Feargal O'Kane		MO	43:50			43:40	301	112
334 518         David Clarke         M35 43:53         21:14 22:40         43:47 304         55           335 852         Fergal McElroy         Sperrin Harriers         M35 43:55         21:29         22:26         43:47 305         56           336 558         Graeme McNabb         M0 43:57         21:28         22:30         43:47 307         50           337 488         David Montgomery         North Down AC         F40 43:58         21:42         22:17 43:47         28         4           339 157         Matthew Tumelty         East Down AC         M0 44:00         22:14         21:46 43:50         308         114           340 773         Mary Mackin         Dromore AC         F55 44:01         21:58         22:03         43:52         29         1           341 208         Marie Boyle         Letterkenny AC         F0         44:05         21:49         22:17         43:48         309         14           342 687         Neal McCarthy         Newry Triathlon Club         M35         44:05         21:49         22:17         43:48         309         57           343 347         Darren Marshall         Orangegrove AC         M35         44:07         22:18         21:50         43:52         310<	332 625	Karl Webb		M35	43:51	22:05	21:47	43:29	302	54
335         852         Fergal McElroy         Sperrin Harriers         M35         43:55         21:29         22:26         43:47         305         56           336         558         Graeme McNabb         MO         43:57         21:28         22:30         43:47         307         50           338         863         Valerie McDonough         North Down AC         F40         43:58         21:42         22:17         43:47         28         4           339         157         Matthew Tumelty         East Down AC         MO         44:00         22:14         21:46         43:50         308         114           340         773         Mary MacKin         Dromore AC         F55         44:01         21:58         22:03         43:52         29         1           341         208         Marie Boyle         Letterkenny AC         F0         44:05         21:42         22:03         43:52         29         1           341         208         Marie Boyle         Letterkenny AC         F0         44:05         21:49         22:17         43:48         309         57           343         347         Darren Marshall         Orangegrove AC         M35	333 711	Naoise McLoughlin		M40	43:52			43:45	303	49
336 558   Graeme McNabb   MO   43:56   43:35   306   113   337 488   David Montgomery   M40   43:57   21:28   22:30   43:47   307   50   338 863   Valerie McDonough   North Down AC   F40   43:58   21:42   22:17   43:47   28   4   43:59   157   Matthew Tumelty   East Down AC   MO   44:00   22:14   21:46   43:50   308   114   307   73   Mary MacKin   Dromore AC   F55   44:01   21:58   22:03   43:52   29   1   341 208   Marie Boyle   Letterkenny AC   F0   44:05   21:42   22:24   44:05   30   14   342 687   Neal McCarthy   Newry Triathlon Club   M35   44:05   21:49   22:17   43:48   309   57   343 347   Darren Marshall   Orangegrove AC   M35   44:07   22:18   21:50   43:52   310   58   344 708   Joe Craney   MO   44:08   21:51   22:17   43:56   311   115   347 651   Paul Martin   Sperrin Harriers   M50   44:11   22:24   21:48   43:57   313   116   347 651   Paul Martin   Sperrin Harriers   M50   44:11   22:24   21:48   43:57   314   28   348 642   Darren Warnock   Sperrin Harriers   M35   44:13   22:30   21:44   43:56   316   52   32   32   33   349   363   Darren Houston   Orangegrove AC   M40   44:13   22:30   21:44   43:56   316   52   348 642   Darren Warnock   Sperrin Harriers   M35   44:13   22:30   21:44   43:56   316   52   348 642   Darren Warnock   Sperrin Harriers   M35   44:13   22:30   21:44   43:56   316   52   32   32   32   33   33   33   33	334 518	David Clarke		M35	43:53	21:14	22:40	43:47	304	55
337         488         David Montgomery         M40         43:57         21:28         22:30         43:47         307         50           338         863         Valerie McDonough         North Down AC         F40         43:58         21:42         22:17         43:47         28         4           339         157         Matthew Tumelty         East Down AC         MO         44:00         22:14         21:46         43:50         308         114           340         773         Mary MacKin         Dromore AC         F55         44:01         21:58         22:03         43:52         29         1           341         208         Marie Boyle         Letterkenny AC         F0         44:05         21:42         22:24         44:05         30         14           342         687         Neal McCarthy         Newry Triathlon Club         M35         44:05         21:49         22:17         43:48         309         57           343         347         Darren Marshall         Orangegrove AC         M35         44:07         22:18         21:50         43:56         311         115           345         571         Malachy Keenan         M0         44:08	335 852	Fergal McElroy	Sperrin Harriers	M35	43:55	21:29	22:26	43:47	305	56
338         863         Valerie McDonough         North Down AC         F40         43:58         21:42         22:17         43:47         28         4           339         157         Matthew Tumelty         East Down AC         MO         44:00         22:14         21:46         43:50         308         114           340         773         Mary MacKin         Dromore AC         F55         44:01         21:58         22:03         43:52         29         1           341         208         Marie Boyle         Letterkenny AC         F0         44:05         21:42         22:24         44:05         30         14           342         687         Neal McCarthy         Newry Triathlon Club         M35         44:05         21:49         22:17         43:48         309         57           343         347         Darren Marshall         Orangegrove AC         M35         44:05         21:49         22:17         43:56         311         115           344         708         Joe Craney         M0         44:08         22:19         21:50         43:52         310         58           344         719         Mark McCullough         Banbridge AC         M0	336 558	Graeme McNabb		MO	43:56			43:35	306	113
339         157         Matthew Tumelty         East Down AC         MO         44:00         22:14         21:46         43:50         308         114           340         773         Mary MacKin         Dromore AC         F55         44:01         21:58         22:03         43:52         29         1           341         208         Marie Boyle         Letterkenny AC         FO         44:05         21:42         22:24         44:05         30         14           342         687         Neal McCarthy         Newry Triathlon Club         M35         44:05         21:49         22:17         43:48         309         57           343         347         Darren Marshall         Orangegrove AC         M35         44:07         22:18         21:50         43:52         310         58           344         708         Joe Craney         M0         44:08         22:19         21:50         43:52         310         58           345         571         Malachy Keenan         M0         44:08         22:19         21:50         43:55         311         115           346         719         Mark McCullough         Banbridge AC         M0         44:09	337 488	David Montgomery		M40	43:57	21:28	22:30	43:47	307	50
340         773         Mary MacKin         Dromore AC         F55         44:01         21:58         22:03         43:52         29         1           341         208         Marie Boyle         Letterkenny AC         FO         44:05         21:42         22:24         44:05         30         14           342         687         Neal McCarthy         Newry Triathlon Club         M35         44:05         21:49         22:17         43:48         309         57           343         347         Darren Marshall         Orangegrove AC         M35         44:07         22:18         21:50         43:52         310         58           344         708         Joe Craney         M0         44:08         21:51         22:17         43:56         311         115           345         571         Malachy Keenan         M0         44:08         22:19         21:50         43:56         311         115           346         719         Mark McCullough         Banbridge AC         M0         44:09         21:40         22:29         43:57         313         116           347         651         Paul Martin         Sperrin Harriers         M50         44:11 <t< td=""><td>338 863</td><td>Valerie McDonough</td><td>North Down AC</td><td>F40</td><td>43:58</td><td>21:42</td><td>22:17</td><td>43:47</td><td>28</td><td>4</td></t<>	338 863	Valerie McDonough	North Down AC	F40	43:58	21:42	22:17	43:47	28	4
341 208         Marie Boyle         Letterkenny AC         FO         44:05         21:42         22:24         44:05         30         14           342 687         Neal McCarthy         Newry Triathlon Club         M35         44:05         21:49         22:17         43:48         309         57           343 347         Darren Marshall         Orangegrove AC         M35         44:07         22:18         21:50         43:52         310         58           344 708         Joe Craney         M0         44:08         21:51         22:17         43:56         311         115           345 571         Malachy Keenan         M40         44:08         22:19         21:50         43:56         312         51           346 719         Mark McCullough         Banbridge AC         M0         44:09         21:40         22:29         43:57         313         116           347 651         Paul Martin         Sperrin Harriers         M50         44:11         22:24         21:48         43:57         314         28           348 642         Darren Warnock         Sperrin Harriers         M35         44:13         22:30         21:44         43:56         316         52	339 157	Matthew Tumelty	East Down AC	MO	44:00	22:14	21:46	43:50	308	114
342         687         Neal McCarthy         Newry Triathlon Club         M35         44:05         21:49         22:17         43:48         309         57           343         347         Darren Marshall         Orangegrove AC         M35         44:07         22:18         21:50         43:52         310         58           344         708         Joe Craney         MO         44:08         21:51         22:17         43:56         311         115           345         571         Malachy Keenan         M40         44:08         22:19         21:50         43:56         312         51           346         719         Mark McCullough         Banbridge AC         MO         44:09         21:40         22:29         43:57         313         116           347         651         Paul Martin         Sperrin Harriers         M50         44:11         22:24         21:48         43:57         314         28           348         642         Darren Warnock         Sperrin Harriers         M35         44:13         22:30         21:44         43:56         316         52           350         620         Nigel Armstrong         M0         44:13         22:30	340 773	Mary MacKin	Dromore AC	F55	44:01	21:58	22:03	43:52	29	1
343         347         Darren Marshall         Orangegrove AC         M35         44:07         22:18         21:50         43:52         310         58           344         708         Joe Craney         MO         44:08         21:51         22:17         43:56         311         115           345         571         Malachy Keenan         M40         44:08         22:19         21:50         43:56         312         51           346         719         Mark McCullough         Banbridge AC         MO         44:09         21:40         22:29         43:57         313         116           347         651         Paul Martin         Sperrin Harriers         M50         44:11         22:24         21:48         43:57         314         28           348         642         Darren Warnock         Sperrin Harriers         M35         44:13         22:30         21:44         43:56         316         52           350         620         Nigel Armstrong         M0         44:14         21:35         22:40         44:07         318         118           351         676         Chris Downey         M0         44:14         21:38         22:37         44:06 </td <td>341 208</td> <td>Marie Boyle</td> <td>Letterkenny AC</td> <td>FO</td> <td>44:05</td> <td>21:42</td> <td>22:24</td> <td>44:05</td> <td>30</td> <td>14</td>	341 208	Marie Boyle	Letterkenny AC	FO	44:05	21:42	22:24	44:05	30	14
344 708       Joe Craney       MO       44:08       21:51       22:17       43:56       311       115         345 571       Malachy Keenan       M40       44:08       22:19       21:50       43:56       312       51         346 719       Mark McCullough       Banbridge AC       MO       44:09       21:40       22:29       43:57       313       116         347 651       Paul Martin       Sperrin Harriers       M50       44:11       22:24       21:48       43:57       314       28         348 642       Darren Warnock       Sperrin Harriers       M35       44:13       22:24       21:48       43:57       314       28         349 363       Darren Houston       Orangegrove AC       M40       44:13       22:30       21:44       43:56       316       52         350 620       Nigel Armstrong       M0       44:14       21:35       22:40       44:07       317       117         351 676       Chris Downey       M0       44:14       21:35       22:40       44:07       318       118         352 471       Ian Tinson       M45       44:14       21:38       22:37       44:06       319       45	342 687	Neal McCarthy	Newry Triathlon Club	M35	44:05	21:49	22:17	43:48	309	57
345         571         Malachy Keenan         M40         44:08         22:19         21:50         43:56         312         51           346         719         Mark McCullough         Banbridge AC         MO         44:09         21:40         22:29         43:57         313         116           347         651         Paul Martin         Sperrin Harriers         M50         44:11         22:24         21:48         43:57         314         28           348         642         Darren Warnock         Sperrin Harriers         M35         44:13         22:20         21:44         43:56         316         52           349         363         Darren Houston         Orangegrove AC         M40         44:13         22:30         21:44         43:56         316         52           350         620         Nigel Armstrong         M0         44:14         21:35         22:40         44:07         317         117           351         676         Chris Downey         M0         44:14         21:35         22:40         44:07         318         118           352         471         Ian Tinson         M45         44:14         21:38         22:37         44:06 </td <td>343 347</td> <td>Darren Marshall</td> <td>Orangegrove AC</td> <td>M35</td> <td>44:07</td> <td>22:18</td> <td>21:50</td> <td>43:52</td> <td>310</td> <td>58</td>	343 347	Darren Marshall	Orangegrove AC	M35	44:07	22:18	21:50	43:52	310	58
346         719         Mark McCullough         Banbridge AC         MO         44:09         21:40         22:29         43:57         313         116           347         651         Paul Martin         Sperrin Harriers         M50         44:11         22:24         21:48         43:57         314         28           348         642         Darren Warnock         Sperrin Harriers         M35         44:13         22:30         21:44         43:56         316         59           349         363         Darren Houston         Orangegrove AC         M40         44:13         22:30         21:44         43:56         316         52           350         620         Nigel Armstrong         M0         44:14         21:35         22:40         44:07         317         117           351         676         Chris Downey         M0         44:14         21:35         22:40         44:07         318         118           352         471         Ian Tinson         M45         44:14         21:38         22:37         44:06         319         45           353         813         Robert Workman         Springwell Running Club         M55         44:16         22:03	344 708	Joe Craney		MO	44:08	21:51	22:17	43:56	311	115
347 651         Paul Martin         Sperrin Harriers         M50         44:11         22:24         21:48         43:57         314         28           348 642         Darren Warnock         Sperrin Harriers         M35         44:13         22:24         21:48         43:57         314         28           349 363         Darren Houston         Orangegrove AC         M40         44:13         22:30         21:44         43:56         316         52           350 620         Nigel Armstrong         M0         44:14         21:35         22:40         44:07         317         117           351 676         Chris Downey         M0         44:14         21:35         22:40         44:07         318         118           352 471         Ian Tinson         M45         44:14         21:38         22:37         44:06         319         45           353 813         Robert Workman         Springwell Running Club         M55         44:16         22:03         22:13         43:53         320         12           354 113         Fergal McKeown         Club Pulse Runners         M45         44:18         21:59         22:20         44:00         321         46           355 739	345 571	Malachy Keenan		M40	44:08	22:19	21:50	43:56	312	51
348         642         Darren Warnock         Sperrin Harriers         M35         44:13         22:30         21:44         43:56         316         52           349         363         Darren Houston         Orangegrove AC         M40         44:13         22:30         21:44         43:56         316         52           350         620         Nigel Armstrong         MO         44:14         21:35         22:40         44:07         318         118           351         676         Chris Downey         MO         44:14         21:35         22:40         44:07         318         118           352         471         Ian Tinson         M45         44:14         21:38         22:37         44:06         319         45           353         813         Robert Workman         Springwell Running Club         M55         44:16         22:03         22:13         43:53         320         12           354         113         Fergal McKeown         Club Pulse Runners         M45         44:18         21:59         22:20         44:00         321         46           355         739         Ricky Martin         M40         44:21         22:05         22:16	346 719	Mark McCullough	Banbridge AC	MO	44:09	21:40	22:29	43:57	313	116
349         363         Darren Houston         Orangegrove AC         M40         44:13         22:30         21:44         43:56         316         52           350         620         Nigel Armstrong         MO         44:14         21:35         22:40         44:07         317         117           351         676         Chris Downey         MO         44:14         21:35         22:40         44:07         318         118           352         471         Ian Tinson         M45         44:14         21:38         22:37         44:06         319         45           353         813         Robert Workman         Springwell Running Club         M55         44:16         22:03         22:13         43:53         320         12           354         113         Fergal McKeown         Club Pulse Runners         M45         44:18         21:59         22:20         44:00         321         46           355         739         Ricky Martin         M40         44:21         22:05         22:16         43:55         322         53           356         924         Gareth Lowry         MO         44:21         22:11         22:10         44:01         323	347 651	Paul Martin	Sperrin Harriers	M50	44:11	22:24	21:48	43:57	314	28
350 620       Nigel Armstrong       MO       44:14       44:07       317       117         351 676       Chris Downey       MO       44:14       21:35       22:40       44:07       318       118         352 471       Ian Tinson       M45       44:14       21:38       22:37       44:06       319       45         353 813       Robert Workman       Springwell Running Club       M55       44:16       22:03       22:13       43:53       320       12         354 113       Fergal McKeown       Club Pulse Runners       M45       44:18       21:59       22:20       44:00       321       46         355 739       Ricky Martin       M40       44:21       22:05       22:16       43:55       322       53         356 924       Gareth Lowry       MO       44:21       22:11       22:10       44:01       323       119         357 73       Ray Curran       Ballymena Runners AC       M55       44:23       22:22       22:01       44:23       324       13	348 642	Darren Warnock	Sperrin Harriers	M35	44:13			44:09	315	59
351 676       Chris Downey       MO       44:14       21:35       22:40       44:07       318       118         352 471       Ian Tinson       M45       44:14       21:38       22:37       44:06       319       45         353 813       Robert Workman       Springwell Running Club       M55       44:16       22:03       22:13       43:53       320       12         354 113       Fergal McKeown       Club Pulse Runners       M45       44:18       21:59       22:20       44:00       321       46         355 739       Ricky Martin       M40       44:21       22:05       22:16       43:55       322       53         356 924       Gareth Lowry       MO       44:21       22:11       22:10       44:01       323       119         357 73       Ray Curran       Ballymena Runners AC       M55       44:23       22:22       22:01       44:23       324       13	349 363	Darren Houston	Orangegrove AC	M40	44:13	22:30	21:44	43:56	316	52
352       471       Ian Tinson       M45       44:14       21:38       22:37       44:06       319       45         353       813       Robert Workman       Springwell Running Club       M55       44:16       22:03       22:13       43:53       320       12         354       113       Fergal McKeown       Club Pulse Runners       M45       44:18       21:59       22:20       44:00       321       46         355       739       Ricky Martin       M40       44:21       22:05       22:16       43:55       322       53         356       924       Gareth Lowry       M0       44:21       22:11       22:10       44:01       323       119         357       73       Ray Curran       Ballymena Runners AC       M55       44:23       22:22       22:01       44:23       324       13	350 620	Nigel Armstrong		MO	44:14			44:07	317	117
353       813       Robert Workman       Springwell Running Club       M55       44:16       22:03       22:13       43:53       320       12         354       113       Fergal McKeown       Club Pulse Runners       M45       44:18       21:59       22:20       44:00       321       46         355       739       Ricky Martin       M40       44:21       22:05       22:16       43:55       322       53         356       924       Gareth Lowry       M0       44:21       22:11       22:10       44:01       323       119         357       73       Ray Curran       Ballymena Runners AC       M55       44:23       22:22       22:01       44:23       324       13	351 676	Chris Downey		MO	44:14	21:35	22:40	44:07	318	118
354 113       Fergal McKeown       Club Pulse Runners       M45       44:18       21:59       22:20       44:00       321       46         355 739       Ricky Martin       M40       44:21       22:05       22:16       43:55       322       53         356 924       Gareth Lowry       MO       44:21       22:11       22:10       44:01       323       119         357 73       Ray Curran       Ballymena Runners AC       M55       44:23       22:22       22:01       44:23       324       13	352 471	Ian Tinson		M45	44:14	21:38	22:37	44:06	319	45
355 739 Ricky Martin M40 44:21 22:05 22:16 43:55 <b>322 53</b> 356 924 Gareth Lowry MO 44:21 22:11 22:10 44:01 <b>323 119</b> 357 73 Ray Curran Ballymena Runners AC M55 44:23 22:22 22:01 44:23 <b>324 13</b>	353 813	Robert Workman	Springwell Running Club	M55	44:16	22:03	22:13	43:53	320	12
356 924 Gareth Lowry MO 44:21 22:11 22:10 44:01 <b>323 119</b> 357 73 Ray Curran Ballymena Runners AC M55 44:23 22:22 22:01 44:23 <b>324 13</b>	354 113	Fergal McKeown	Club Pulse Runners	M45	44:18	21:59	22:20	44:00	321	46
357 73 Ray Curran Ballymena Runners AC M55 44:23 22:22 22:01 44:23 <b>324 13</b>	355 739	Ricky Martin		M40	44:21	22:05	22:16	43:55	322	53
· · · · · · · · · · · · · · · · · · ·	356 924	Gareth Lowry		MO	44:21	22:11	22:10	44:01	323	119
358 70 Sharon Harvey Ballymena Runners AC F35 44:23 22:22 22:02 44:17 <b>31 6</b>	357 73	Ray Curran	Ballymena Runners AC	M55	44:23	22:22	22:01	44:23	324	13
	358 70	Sharon Harvey	Ballymena Runners AC	F35	44:23	22:22	22:02	44:17	31	6

359 351	Darren Moan	Orangegrove AC	M40	44:27	22:19	22:09	44:13	325	54
360 261	Kilian Woods	North Belfast Harriers	MO	44:29	22:23	22:06	44:14	326	120
361 428	Graham Beattie		M40	44:30	22:32	21:58	44:17	327	55
362 371	Peter Keys	Queen's Triathlon Club	MO	44:31	21:57	22:34	44:14	328	121
363 49	<b>David Henderson</b>	Ballydrain Harriers	M50	44:31	22:04	22:28	44:17	329	29
364 706	Deirdre Ní Dhuibhir	Rosses AC	FO	44:32	21:54	22:38	44:32	32	15
365 554	Eamon O'Carroll		M35	44:33	22:26	22:07	44:21	330	60
366 381	Karen McLaughlin	Springwell Running Club	F40	44:33	22:03	22:30	44:12	33	5
367 247	Stephen O Hare	Newry Tri Club	M45	44:36	22:24	22:13	44:22	331	47
368 119	Joe Winters	Club Pulse Runners	MO	44:36	22:18	22:19	44:18	332	122
369 660	Jason O'Neill	Sperrin Harriers	M40	44:38	22:19	22:19	44:32	333	56
370 534	Michael O'Kane		M35	44:38	22:10	22:29	44:23	334	61
371 41	Andrew Wallace	Ballydrain Harriers	M40	44:39	22:12	22:27	44:26	335	57
372 79	Michael Scott	Ballymena Runners AC	M55	44:39	22:08	22:32	44:28	336	14
373 602	David Cowan		M50	44:41	22:37	22:04	44:17	337	30
374 192	Daniel Magill	Larne AC	MO	44:42	22:22	22:20	44:42	338	123
375 654	Shelley Tomlins	unattached	F40	44:46	22:27	22:19	44:32	34	6
376 539	Oscar Sanchez		M35	44:47	22:31	22:16	44:35	339	62
377 929	Matthew Dolan		M35	44:49	21:39	23:11	44:41	340	63
378 217	David Stewart	Murlough AC	M50	44:49	22:17	22:33	44:42	341	31
379 274	Athanasia Sevastaki	North Belfast Harriers	F35	44:50	22:17	22:33	44:50	35	7
380 818	Peter Drennan	fit and running	M35	44:52	22:22	22:30	44:43	342	64
381 804	Marguerite Robinson	Murlough AC	F45	44:52	22:34	22:18	44:39	36	5
382 876	Paul Vennard		MO	44:52	22:17	22:36	44:38	343	124
383 878	Ryan Murphy		MO	44:52	21:47	23:06	44:36	344	125
384 890	Dominic Kearns	Banbridge RC	M45	44:53	22:33	22:20	44:41	345	48
385 690	Denise Havern	ballyholland	FO	44:54	21:52	23:02	44:45	37	16
386 357	Sile Brennan	Orangegrove AC	FO	44:55			44:42	38	17
387 624	Michael Wylie		MO	44:56	22:31	22:25	44:39	346	126
388 364	Louise Lemon	Orangegrove AC	FO	44:56	22:30	22:26	44:47	39	18
389 605	Brendan McCann		M40	44:56	22:55	22:01	44:38	347	58
390 260	John Burns	North Belfast Harriers	M45	44:57	22:23	22:34	44:42	348	49
391 106	Jason Harris	BILLY WHIZZ	M45	44:57	22:02	22:56	44:49	349	50

392	326	<b>Catherine Roberts</b>	North Down AC	F35	44:57	22:54	22:04	44:34	40	8
393	752	Ian Cardwell	Dromore AC	M45	44:59	22:29	22:31	44:45	350	51
394	743	Patrick Healy	Foyle Valley	MO	45:03	22:35	22:28	44:56	351	127
395	29	Paul Donnelly	Armagh AC	MO	45:03	22:24	22:40	45:03	352	128
396	627	David McConnell		M50	45:06	22:29	22:38	44:43	353	32
397	903	Marie-Therese Speight		F50	45:06			44:54	41	3
398	610	Christopher Woods		MO	45:07	23:19	21:48	44:47	354	129
399	19	Danny Magill	Albertville Harriers	M50	45:11	23:05	22:07	44:57	355	33
400	457	Joe McCrisken		MO	45:12	22:41	22:31	44:45	356	130
401	155	Tom McClean	East Down AC	M45	45:12	22:19	22:53	44:52	357	52
402	58	Jayne Ross	Ballymena Runners AC	FO	45:13	22:25	22:48	45:00	42	19
403	675	Martin O'Brien		M35	45:14	22:48	22:27	44:58	358	65
404	362	Darren Moffett	Orangegrove AC	M40	45:16	22:14	23:02	45:16	359	59
405	849	Jim Clinton	North Belfast Harriers	M50	45:17	22:26	22:51	45:00	360	34
406	103	Roger Nicholson	BILLY WHIZZ	M45	45:17			45:11	361	53
407	222	Laura Devlin	Murlough AC	FO	45:18	22:10	23:08	45:10	43	20
408	906	Chris McNevison		MO	45:18	22:07	23:12	44:55	362	131
409	870	Conall O'Rourke		MO	45:20	22:31	22:49	44:58	363	132
410	322	Jill Aicken	North Down AC	F40	45:23	22:24	22:59	45:13	44	7
411	325	John McGarvey	North Down AC	MO	45:24	22:39	22:45	45:17	364	133
412	545	Lorraine McConville		F40	45:25	22:33	22:52	45:04	45	8
413	725	Paul Williams	North Belfast Harriers	M45	45:25	22:27	22:58	45:03	365	54
414	828	Oliver Mc Cullagh	City of Derry AC Spartans	M60	45:27	22:25	23:03	45:18	366	6
415	579	Trevor Morrison		M50	45:29	22:26	23:03	45:19	367	35
416	582	Natalie Ferguson		F45	45:31			45:19	46	6
417	718	Colin O'Doherty	<b>Dub Running Club</b>	MO	45:33			45:21	368	134
418	354	Elizabeth Leitch	Orangegrove AC	F40	45:34	22:51	22:43	45:20	47	9
419	925	Elizabeth Leitch	Orangegrove AC	F40	45:34	22:51	22:43	45:20	48	10
420	91	John Donnelly	Ballymena Runners AC	M40	45:36	23:12	22:24	45:21	369	60
421	147	David Conliffe	<b>Dundrod Racers</b>	M35	45:37	23:22	22:16	45:15	370	66
422	163	Paul Leneghan	Elite Athletes	M45	45:39	22:40	22:59	45:11	371	55
423	443	Cormac Austin		M40	45:40	22:59	22:41	45:21	372	61
424	62	Gerry McLaughlin	Ballymena Runners AC	M50	45:40	22:23	23:18	45:32	373	36

425 355	Stephen Anderson	Orangegrove AC	M45	45:40	22:47	22:53	45:21	374	56
426 889	Wendy McClean	Banbridge AC	F45	45:41	23:17	22:24	45:29	49	7
427 94	Gary Henderson	Banbridge AC	M45	45:41	23:17	22:25	45:29	375	57
428 18	Anthony Lavery	Albertville Harriers	M35	45:44	23:06	22:39	45:29	376	67
429 855	John Paul Murdock		MO	45:45			45:37	377	135
430 96	Desmond O'Neill	Banbridge RC	M45	45:47	23:09	22:38	45:36	378	58
431 831	Mark King	Newcastle AC	M45	45:51	22:52	23:00	45:40	379	59
432 797	Hugh Oram	Murlough AC	M35	45:52	23:10	22:42	45:40	380	68
433 802	Jonny Kinney		M40	45:54	22:53	23:02	45:26	381	62
434 372	Michael Davis	Queen's Triathlon Club (QUBTri)	M40	46:00	23:05	22:56	45:40	382	63
435 421	Ross Davidson		MO	46:01	23:24	22:38	45:38	383	136
436 446	<b>Hugh Harrison</b>		M45	46:05			45:50	384	60
437 422	Christopher Bryson		M40	46:08	23:34	22:34	45:50	385	64
438 737	Stephen Farr		M35	46:08	22:40	23:28	46:04	386	69
439 129	Glenn Smart	Co Antrim Harriers	MO	46:10	23:00	23:10	46:10	387	137
440 501	Ruairi Donnelly		MO	46:12	23:14	22:58	45:48	388	138
441 500	Mark Simpson		M35	46:12	23:14	22:58	45:48	389	70
442 871	Martina Doyle	Up & Runners	FO	46:15	22:33	23:42	46:07	50	21
443 533	Cormac McGreevey		M35	46:16	22:48	23:28	46:01	390	71
444 142	Janice Reid	Dromore AC	F45	46:17	23:06	23:11	46:08	51	8
445 76	Stephen Brown	Ballymena Runners AC	M50	46:17	23:12	23:06	46:04	391	37
446 127	Natalie Davidson	Co Antrim Harriers	F35	46:18	22:50	23:28	46:18	52	9
447 39	Olivia Brown	Ballydrain Harriers	FO	46:18	22:44	23:34	46:05	53	22
448 822	Niall Gallagher	Sperrin	M40	46:19	23:25	22:55	46:04	392	65
449 483	CiaráN Wright		MO	46:19	22:41	23:39	46:09	393	139
450 341	Lisa McConnell	ORANGEGROVE	F45	46:20	23:16	23:05	46:06	54	9
451 132	Richard Hand	Dromore AC	M50	46:21	23:27	22:55	45:57	394	38
452 57	<b>Kelly Courtney</b>	Ballymena Runners AC	F35	46:22	22:49	23:34	46:16	55	10
453 508	Davin Hanlon		M35	46:25	23:17	23:08	46:04	395	72
454 456	Thomas Brown		M40	46:26	24:09	22:18	45:56	396	66
455 814	<b>Roslind Overend</b>	Springwell Running Club	FO	46:27	23:34	22:54	46:03	56	23
456 173	Gary Rutherford	Foyle Valley AC	MO	46:29	22:09	24:20	46:18	397	140
457 511	Colin Duffin		M35	46:31	23:30	23:01	46:09	398	73

458	650	Oliver Murphy	Sperrin Harriers	M40	46:31	22:37	23:54	46:17	399	67
459	912	Seamus McKillop		M45	46:32	22:55	23:37	46:05	400	61
460	731	Oliver Quinn		M50	46:32	23:05	23:28	46:20	401	39
461	649	Ciara Coyle	Sperrin Harriers	F35	46:32	22:55	23:38	46:32	57	11
462	409	Michael Gillan		M35	46:33	23:08	23:25	46:11	402	74
463	469	Paul Glendinning		M35	46:34	23:19	23:15	46:13	403	75
464	128	Louise Smart	Co Antrim Harriers	FO	46:35	23:00	23:35	46:35	58	24
465	112	Grainne Keenan	City of Lisburn AC	F40	46:36	23:18	23:18	46:23	59	11
466	580	Sam Dunn		M55	46:37	23:27	23:10	46:37	404	15
467	318	David Balmer	North Down AC	M35	46:37	23:22	23:16	46:24	405	76
468	540	Alison Gilliland		F35	46:37	23:35	23:02	46:12	60	12
469	105	Pete McCanny	BILLY WHIZZ	M45	46:40	22:47	23:54	46:32	406	62
470	530	Mark McKeown		M35	46:40	23:44	22:57	46:23	407	77
471	266	Jack Carberry	North Belfast Harriers	M65	46:40	22:26	24:15	46:25	408	2
472	568	Catherine Hughes		FO	46:41	23:05	23:37	46:41	61	25
473	64	Gerry McKenna	Ballymena Runners AC	M50	46:42	23:21	23:21	46:28	409	40
474	203	Rhonda Brady	Larne AC	F40	46:43	23:08	23:36	46:43	62	12
475	639	Donald Smith		M40	46:45	23:05	23:41	46:45	410	68
476	581	Teresa Fearon		F45	46:45	23:23	23:23	46:19	63	10
477	125	Mairead Hughes	Club Pulse Runners	FO	46:48	23:29	23:20	46:30	64	26
478	848	Fearghal Connolly	newry	MO	46:51	23:24	23:27	46:32	411	141
479	123	Martin Trainor	Club Pulse Runners	M40	46:53	23:47	23:07	46:33	412	69
480	65	Fiona Stephens	Ballymena Runners AC	F40	46:55	23:22	23:33	46:41	65	13
481	503	Patrick McCann		M50	46:56	23:18	23:39	46:34	413	41
482	319	Sarah Benton	North Down AC	F40	46:58	23:11	23:47	46:46	66	14
483	242	Patricia Brown	Newry City Runners AC	F50	46:58	23:25	23:33	46:48	67	4
484	895	Gavin McKevitt	Lisburn Triathlon Club	M40	46:58	23:42	23:17	46:33	414	70
485	352	Julie McKimm	Orangegrove AC	F35	47:00	23:30	23:31	46:44	68	13
486	54	Mark Osmer	Ballymena Runners AC	M45	47:02	23:20	23:43	46:50	415	63
487	140	Aine McNeill	Dromore AC	F45	47:03			46:53	69	11
488	33	Raymond Stanex	Ballydrain Harriers	M40	47:06	23:09	23:58	46:54	416	71
	263	Ciaran Browne	North Belfast Harriers	M40	47:08	23:31	23:38	46:59	417	72
490	374	Douglas Finlay	Sperrin Harriers	M40	47:11	23:23	23:48	46:56	418	73

491 375	Tanya Black	Sperrin Harriers	F35	47:12	23:03	24:09	47:12	70	14
492 478	Paula Jackson		F40	47:13	22:56	24:18	47:05	71	15
493 806	Willie McCracken	<b>Newry City Runners</b>	M65	47:14	23:20	23:55	46:54	419	3
494 700	Jerome Farrell		M35	47:17	23:10	24:07	47:08	420	78
495 406	Andrew Cross		M35	47:18	23:37	23:41	47:07	421	79
496 289	Paula Wallace	North Belfast Harriers	F40	47:18	23:39	23:40	47:05	72	16
497 744	Nigel Farr		M50	47:19	23:49	23:30	47:08	422	42
498 131	Julia Kelly	Dromore AC	FO	47:20	23:43	23:37	47:01	73	27
499 685	George Lee	Armagh AC	M35	47:22	23:38	23:44	47:11	423	80
500 110	Orla Smyth	City of Lisburn AC	FO	47:23	23:19	24:04	47:11	74	28
501 379	James Platt	Springwell Running Club	M70	47:24	23:29	23:55	47:09	424	1
502 868	Gary McIlhennon	Murlough AC	M40	47:25	23:43	23:43	47:13	425	74
503 172	Catherine Moran	Foyle Valley AC	F50	47:26	23:44	23:43	47:02	75	5
504 780	Janette Bailie	Dromore AC	F35	47:29			47:11	76	15
505 926	Hugh Daly	Club Pulse Runners	MO	47:29	24:04	23:26	47:11	426	142
506 122	Clodagh O'Neill	Club Pulse Runners	FO	47:30	24:04	23:26	47:09	77	29
507 547	Shaun Henry		M45	47:30	23:34	23:56	47:13	427	64
508 741	Alan McKeown		M35	47:31	24:28	23:03	47:12	428	81
509 915	Peter Dickson		M40	47:31	23:40	23:51	47:10	429	75
510 50	Alexius Mulholland	Ballyholland PC	F35	47:32	23:36	23:57	47:17	78	16
511 377	Russell Bell	Sperrin Harriers	M40	47:33	23:39	23:54	47:18	430	76
512 913	Paul Rogan	East Down AC	M40	47:40	24:14	23:26	47:29	431	77
513 139	Louise Gault	Dromore AC	F40	47:40	24:15	23:26	47:21	79	17
514 506	Peter McKinney		M45	47:40	23:45	23:56	47:22	432	65
515 359	Pauline Bayliss	Orangegrove AC	F35	47:41			47:24	80	17
516 733	Joanne Long		F35	47:43	23:46	23:58	47:21	81	18
517 512	Peter Rush		MO	47:45	23:49	23:57	47:24	433	143
518 796	Adrian Magee		M40	47:47	24:41	23:07	47:17	434	78
519 599	Raymond Whiteway		M45	47:48	23:42	24:06	47:31	435	66
520 645	Michael McCrory	Sperrin Harriers	M45	47:48	24:43	23:05	47:29	436	67
521 666	David Kelly	Ballydrain Harriers	M50	47:54	23:29	24:25	47:46	437	43
522 667	Heather Kelly	Ballydrain Harriers	F45	47:54	23:20	24:35	47:47	82	12
523 669	Noel McAllister		MO	47:58	23:50	24:08	47:29	438	144

524 92	Patrick Millar	Ballymena Runners AC	M50	48:04	24:46	23:18	47:39	439	44
525 182	Colm Cleary	Individual	MO	48:04	24:17	23:47	47:42	440	145
526 729	Nessa Agnew	<b>Dub Running Club</b>	F40	48:05	23:56	24:10	47:53	83	18
527 577	Rose McGovern		FO	48:07	23:38	24:30	47:44	84	30
528 166	Linzi Davidson	Enniskillen RC	F40	48:09	24:28	23:42	47:49	85	19
529 830	Jeff Curry	Up and Runners	M40	48:11	24:36	23:36	47:45	441	79
530 174	Ryan Gordon	gary's coal men	M35	48:14	23:18	24:56	48:07	442	82
531 464	Stuart Thompson		MO	48:15	23:57	24:19	47:59	443	146
532 662	Chris Currie		MO	48:15	24:10	24:05	47:52	444	147
533 10	Janet Wright	Willowfield Harriers	F35	48:16	24:22	23:55	47:55	86	19
534 522	Richard Oliver		MO	48:16	23:45	24:32	48:07	445	148
535 622	Nick Orr		M50	48:17	23:54	24:24	48:07	446	45
536 854	Rob Brien		M40	48:18			48:05	447	80
537 286	John Johnston	North Belfast Harriers	M35	48:22	24:02	24:21	48:08	448	83
538 86	Matthew Allen	Ballymena Runners AC	M50	48:26	24:07	24:20	48:16	449	46
539 538	Paul Seacroft		M45	48:28			48:14	450	68
540 237	Declan Rice	Newcastle & District AC	M45	48:30			48:20	451	69
541 805	Helen McCartan	Dromore AC	F35	48:31	24:04	24:27	48:21	87	20
542 190	John T Glover	Lagan Valley AC	M65	48:35	24:54	23:42	48:24	452	4
543 516	Maurice Leeson		M50	48:36	24:16	24:21	48:19	453	47
544 829	David Cochrane		M50	48:39	24:05	24:34	48:12	454	48
545 641	Patricia Crawford	Murlough AC	F50	48:40	23:30	25:11	48:32	88	6
546 99	Peter Toal	<b>Beechmount Harriers</b>	MO	48:40	24:16	24:25	48:14	455	149
547 681	Bobby Hanna	Lagan Valley AC	M60	48:42	24:54	23:48	48:30	456	7
548 124	Miceal Carlisle	Club Pulse Runners	M50	48:42	24:13	24:29	48:24	457	49
549 216	Ann George	Murlough AC	F55	48:44	24:22	24:22	48:22	89	2
550 410	Conor O'Neill		M40	48:46	23:53	24:54	48:42	458	81
551 787	Charlie Ataliotis	East Down AC	M50	48:50	24:11	24:39	48:29	459	50
552 108	Alison Gibson	City of Lisburn AC	F50	48:52	24:25	24:28	48:39	90	7
553 927	Michael Degan	East Down AC	M50	48:57	24:06	24:52	48:57	460	51
554 777	Matthew Kelly		MO	48:58	24:24	24:34	48:37	461	150
555 85	Susanna Allen	Ballymena Runners AC	F45	48:58			48:34	91	13
556 776	Gareth Kelly		MO	48:58	24:24	24:34	48:38	462	151

558 462 Jack Sherry M40 49:01 25:04 23:57 48:38 <b>464</b>	2
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570 680 Danny Browne M40 49:16 23:40 25:36 48:54 <b>471</b>	•
571 618 Kevin McCormick M45 49:16 24:41 24:35 48:56 <b>472</b>	
572 880 Kevin McNamara M50 49:17 25:04 24:13 48:52 <b>473</b>	•
573 59 Christine Caulfield Ballymena Runners AC F40 49:18 24:26 24:52 49:04 <b>97</b>	2
574 342 Kerry Ralph ORANGEGROVE M35 49:21 24:51 24:31 49:04 <b>474</b>	5
575 702 David Brady M35 49:24 24:38 24:47 48:56 <b>475</b>	<b>;</b>
576 531 Edwin Coulter M45 49:25 25:02 24:23 49:16 <b>476</b>	
577 928 Dorit McCann F35 49:26 24:42 24:44 49:15 <b>98</b>	2
578 861 Stuart McLean M40 49:26 24:28 24:59 49:11 <b>477</b>	,
579 486 Jarlath Rodgers M40 49:29 25:00 24:30 49:17 <b>478</b>	•
580 226 Anne McCormick Murlough AC F50 49:30 24:56 24:34 49:06 <b>99</b>	
581 411 Jacqueline McIlrath F35 49:31 24:27 25:05 49:12 <b>100</b>	}
582 674 Maureen Oliver dub runners of belfast F55 49:34 24:41 24:53 49:23 <b>101</b>	
583 195 Ian Brennan Larne AC M45 49:34 24:55 24:40 49:11 <b>479</b>	}
584 646 Ciara Mullin Sperrin Harriers FO 49:40 24:42 24:59 49:27 <b>102</b>	•
585 148 Carol Annesley East Antrim Harriers F45 49:40 24:35 25:05 49:30 <b>103</b>	<b>,</b>
·	4
587 555 Michael Davis Jr MO 49:45 23:05 26:40 49:24 <b>481 1</b>	5
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590 643	Shauna Young	Sperrin Harriers	FO	49:52	24:58	24:54	49:33	105	33
591 312	Jason Reid	North Belfast Harriers	MO	49:52	25:06	24:47	49:31	483	156
592 480	Nora Douds		FO	49:54	24:40	25:15	49:44	106	34
593 30	Ken Vance	AXA	M50	49:56	24:36	25:21	49:44	484	53
594 774	William Hoey	Peninsula Tri Club	M45	49:56	24:36	25:21	49:45	485	75
595 626	Philip McConnell		M55	49:57	24:37	25:21	49:35	486	17
596 48	Heather Ritchie	Ballydrain Harriers	FO	50:02	24:44	25:19	49:46	107	35
597 367	Frances McMullan	PACE	F50	50:02	24:50	25:13	49:45	108	9
598 541	Charles Ferguson		M35	50:05	25:27	24:38	49:39	487	87
599 17	Marie McNamee	Willowfield Harriers	F35	50:06	24:35	25:32	50:06	109	24
600 815	Maura Mc Ardle	dub runners	F35	50:09	25:07	25:02	49:54	110	25
601 445	Lyndsey Jackson		FO	50:10	25:22	24:48	49:54	111	36
602 458	Laura Callan		FO	50:11			49:53	112	37
603 333	<b>Trevor Patterson</b>	North Down AC	M40	50:15	24:43	25:33	50:08	488	88
604 358	Jacqueline Maxwell	Orangegrove AC	F50	50:16	25:21	24:55	49:50	113	10
605 525	Jonathan Mulholland		M35	50:21	24:22	26:00	49:55	489	88
606 350	Chris Woods	Orangegrove AC	M45	50:22	24:30	25:53	50:08	490	76
607 130	Kim McDonald	Dromore A C	F45	50:25	25:06	25:19	50:05	114	17
608 231	Michelle McCann	Murlough AC	F40	50:27	25:30	24:58	50:04	115	23
609 845	Joe McCann	Newcastle & District AC	M40	50:27	25:29	24:59	50:04	491	89
610 900	Dave Cordner		MO	50:31	26:16	24:15	50:04	492	157
611 589	Barry Holland		M45	50:33	25:05	25:29	50:16	493	77
612 891	Harry Mitchell	Dromore AC	M55	50:37	25:06	25:32	50:18	494	18
613 177	Paddy Duffin	Glens Runners	M45	50:38	25:01	25:37	50:19	495	78
614 527	Denise Dickson		F35	50:39	25:17	25:22	50:14	116	26
615 206	Monica McCrickard	Leitrim ladies	F40	50:40	25:12	25:28	50:31	117	24
616 896	Kerry Hall	Dromore AC	F40	50:55	25:06	25:50	50:35	118	25
617 83	John Neeson	Ballymena Runners AC	M50	51:01	24:53	26:09	50:49	496	54
618 560	Gavin McCrystal		M40	51:02	25:44	25:18	50:38	497	90
619 316	<b>Marie Devine</b>	North Down AC	F45	51:02	25:31	25:31	50:38	119	18
620 559	Alan Braithwaite		M40	51:02	25:44	25:19	50:38	498	91
621 887	Debbie McVeigh	Class Fitness	FO	51:02	25:43	25:20	50:33	120	38
622 846	Louise McQuade		FO	51:04	25:33	25:31	50:47	121	39

624 786         Glenn Smyth         M45         51:11         24:59         26:12         50:50         499         79           625 705         Sean O'Neill         MO         51:17         25:47         25:31         50:54         500         158           626 810         Therese McInerney         Murlough AC         F45         51:25         25:04         26:22         51:13         123         19           627 253         Gillian Hynes         NI Civil Service AC         F35         51:27         25:30         25:57         50:59         124         27           628 604         Sean McCann         M35         51:30         26:27         25:04         51:32         50:10         89           630 930         Emer Bussmann         Queens Tri Club         F0         51:32         25:09         26:23         51:32         125         40           631 189         Christine Swail         Lagan Valley AC         F40         51:32         25:09         26:23         51:32         125         40           632 598         Joe McMahon         M55         51:33         26:01         51:33         51:06         503         19           632 480         Trick Milewell         M1	623 798	Lena Turner		F40	51:06	25:27	25:40	50:56	122	26
625 705         Sean O'Neill         Mo         51:17         25:47         25:31         50:54         500         158           626 810         Therese McInerney         Murlough AC         F45         51:25         25:40         26:22         51:13         123         19           628 604         Sean McCann         M35         51:30         26:27         25:04         51:13         501         89           629 424         Mark Browne         M35         51:30         26:14         25:17         51:02         502         90           630 930         Emer Bussmann         Queens Tri Club         F0         51:32         25:09         26:23         51:32         125         40           631 189         Christine Swail         Lagan Valley AC         F40         51:32         25:09         26:23         51:32         125         40           632 980         Joe McMahon         M55         51:33         26:01         25:33         51:06         503         19           633 223         Sean Devlin         Murlough AC         M0         51:34         25:09         26:26         51:15         504         159           634 885         Angela Hollywood         F0										
February   Murlough AC   F45   51:25   25:04   26:22   51:13   123   19		•								158
627         253         Gillian Hynes         NI Civil Service AC         F35         51:27         25:30         25:57         50:59         124         27           628         604         Sean McCann         M35         51:30         26:27         25:04         51:13         501         89           629         424         Mark Browne         M35         51:30         26:14         25:17         51:02         502         90           630         930         Emer Bussmann         Queens Tri Club         F0         51:32         25:09         26:23         51:32         125         40           631         189         Christine Swail         Lagan Valley AC         F40         51:32         25:09         26:26         51:15         504         199           633         223         Sean Devlin         Murlough AC         M0         51:33         26:01         25:33         51:06         503         19           634         885         Angela Hollywood         F0         51:35         25:00         26:15         51:12         505         92           636         785         Lorraine Whiteweay         Dromore AC         F40         51:35         25:40 <td< td=""><td></td><td></td><td>Murlough AC</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>			Murlough AC							
629         424         Mark Browne         M35         51:30         26:14         25:17         51:02         502         90           630         930         Emer Bussmann         Queens Tri Club         FO         51:32         25:09         26:23         51:32         125         40           631         189         Christine Swail         Lagan Valley AC         F40         51:32         51:02         22         27           632         598         Joe McMahon         M05         51:33         26:01         25:33         51:06         503         19           634         885         Angela Hollywood         FO         51:35         25:20         26:15         51:12         505         92           635         460         Francis Kennedy         M0         51:35         25:20         26:15         51:12         505         92           635         460         Francis Kennedy         Dromore AC         F40         51:35         25:24         25:41         51:19         128         28           637         449         Simon Willis         M0         51:36         25:40         25:57         51:25         506         93           638	627 253	•	_	F35		25:30	25:57	50:59	124	
630         930         Emer Bussmann         Queens Tri Club         FO         51:32         25:09         26:23         51:32         125         40           631         189         Christine Swail         Lagan Valley AC         F40         51:32         51:02         126         27           632         598         Joe McMahon         MS         51:33         26:01         25:33         51:06         503         19           633         223         Sean Devlin         Murlough AC         MO         51:34         25:09         26:26         51:15         504         159           634         885         Angela Hollywood         FO         51:35	628 604	Sean McCann		M35	51:30	26:27	25:04	51:13	501	89
631         189         Christine Swail         Lagan Valley AC         F40         51:32         51:32         51:22         126         27           632         598         Joe McMahon         M55         51:33         26:01         25:33         51:06         503         19           633         223         Sean Devlin         Murlough AC         MO         51:35	629 424	Mark Browne		M35	51:30	26:14	25:17	51:02	502	90
632         598         Joe McMahon         Murlough AC         M55         51:33         26:01         25:33         51:06         503         19           633         223         Sean Devlin         Murlough AC         MO         51:34         25:09         26:26         51:15         504         159           634         4885         Angela Hollywood         FO         51:35         51:20         26:15         51:12         505         92           635         460         Francis Kennedy         Mod         51:35         25:20         26:15         51:12         505         92           636         785         Lorraine Whiteweay         Dromore AC         F40         51:35         25:20         26:15         51:12         506         93           638         449         Simon Willis         Mod         51:36         25:40         25:57         51:25         506         93           638         442         Graeme Harrison         MO         51:38         25:11         26:27         51:33         507         160           639         400         Sean Murray         Up and Runners         MO         51:44         26:07         25:34         51:33	630 930	Emer Bussmann	Queens Tri Club	FO	51:32	25:09	26:23	51:32	125	40
633         223         Sean Devlin         Murlough AC         MO         51:34         25:09         26:26         51:15         504         159           634         885         Angela Hollywood         FO         51:35         51:24         127         41           635         460         Francis Kennedy         M40         51:35         25:20         26:15         51:12         505         92           636         785         Lorraine Whiteweay         Dromore AC         F40         51:35         25:54         25:41         51:19         128         28           637         449         Simon Willis         M40         51:36         25:40         25:57         51:13         507         160           639         400         Sean Murray         Up and Runners         M40         51:40         25:10         26:31         51:22         508         94           640         883         Thomas Fee         M70         51:41         26:07         25:34         51:31         509         2           641         56         Alison Foster         Ballymena Runners AC         F40         51:46         25:20         26:27         51:32         129         29	631 189	Christine Swail	Lagan Valley AC	F40	51:32			51:22	126	27
634         885         Angela Hollywood         FO         51:35         25:20         26:15         51:24         127         41           635         460         Francis Kennedy         M40         51:35         25:20         26:15         51:12         505         92           636         785         Lorraine Whiteweay         Dromore AC         F40         51:35         25:54         25:41         51:19         128         28           637         449         Simon Willis         M40         51:36         25:40         25:57         51:25         506         93           638         442         Graeme Harrison         M40         51:36         25:11         26:27         51:13         507         160           639         400         Sean Murray         Up and Runners         M40         51:40         25:10         26:31         51:22         508         94           640         883         Thomas Fee         M70         51:41         26:07         25:34         51:31         509         2           641         56         Alison Foster         Ballymena Runners AC         F40         51:46         25:20         26:27         51:32         129	632 598	Joe McMahon	-	M55	51:33	26:01	25:33	51:06	503	19
635 460         Francis Kennedy         M40         51:35         25:20         26:15         51:12         505         92           636 785         Lorraine Whiteweay         Dromore AC         F40         51:35         25:54         25:41         51:19         128         28           637 449         Simon Willis         M40         51:36         25:40         25:57         51:25         506         93           638 442         Graeme Harrison         M0         51:38         25:11         26:27         51:13         507         160           639 400         Sean Murray         Up and Runners         M40         51:40         25:10         26:31         51:22         508         94           640 883         Thomas Fee         M70         51:41         26:07         25:34         51:31         509         2           641 56         Alison Foster         Ballymena Runners AC         F40         51:46         25:20         26:27         51:32         129         29           642 647         Hannah Su         Sperrin Harriers         FO         51:47         25:53         25:54         51:29         130         42           643 80         Karen Ritchie         Ballymen	633 223	Sean Devlin	Murlough AC	MO	51:34	25:09	26:26	51:15	504	159
636 785         Lorraine Whiteweay         Dromore AC         F40         51:35         25:54         25:41         51:19         128         28           637 449         Simon Willis         M40         51:36         25:40         25:57         51:25         506         93           638 442         Graeme Harrison         M0         51:38         25:11         26:27         51:13         507         160           639 400         Sean Murray         Up and Runners         M40         51:40         25:10         26:31         51:22         508         94           640 883         Thomas Fee         M70         51:41         26:07         25:34         51:31         509         2           641 56         Alison Foster         Ballymena Runners AC         F40         51:46         25:20         26:27         51:32         129         29           642 647         Hannah Su         Sperrin Harriers         FO         51:47         25:53         25:54         51:29         130         42           643 80         Karen Ritchie         Ballymena Runners AC         F40         51:49         25:19         26:30         51:35         131         30           644 170         Stu	634 885	Angela Hollywood		FO	51:35			51:24	127	41
637 449         Simon Willis         M40         51:36         25:40         25:57         51:25         506         93           638 442         Graeme Harrison         MO         51:38         25:11         26:27         51:13         507         160           639 400         Sean Murray         Up and Runners         M40         51:40         25:10         26:31         51:22         508         94           640 883         Thomas Fee         M70         51:41         26:07         25:34         51:31         509         2           641 56         Alison Foster         Ballymena Runners AC         F40         51:46         25:20         26:27         51:32         129         29           642 647         Hannah Su         Sperrin Harriers         F0         51:47         25:53         25:54         51:29         130         42           643 80         Karen Ritchie         Ballymena Runners AC         F40         51:49         25:19         26:30         51:35         131         30           644 170         Stuart Campbell         Forrest Flump         M0         51:50         25:48         26:03         51:28         510         161           645 529         Tho	635 460	Francis Kennedy		M40	51:35	25:20	26:15	51:12	505	92
638 442         Graeme Harrison         MO         51:38         25:11         26:27         51:13         507         160           639 400         Sean Murray         Up and Runners         M40         51:40         25:10         26:31         51:22         508         94           640 883         Thomas Fee         M70         51:41         26:07         25:34         51:31         509         2           641 56         Alison Foster         Ballymena Runners AC         F40         51:46         25:20         26:27         51:32         129         29           642 647         Hannah Su         Sperrin Harriers         FO         51:47         25:53         25:54         51:29         130         42           643 80         Karen Ritchie         Ballymena Runners AC         F40         51:49         25:19         26:30         51:35         131         30           644 170         Stuart Campbell         Forrest Flump         M0         51:51         25:13         26:30         51:28         510         161           645 607         Stephen Stewart         M40         51:53         26:02         25:51         51:36         512         96           647 179	636 785	Lorraine Whiteweay	Dromore AC	F40	51:35	25:54	25:41	51:19	128	28
639 400         Sean Murray         Up and Runners         M40         51:40         25:10         26:31         51:22         508         94           640 883         Thomas Fee         M70         51:41         26:07         25:34         51:31         509         2           641 56         Alison Foster         Ballymena Runners AC         F40         51:46         25:20         26:27         51:32         129         29           642 647         Hannah Su         Sperrin Harriers         FO         51:47         25:53         25:54         51:29         130         42           643 80         Karen Ritchie         Ballymena Runners AC         F40         51:49         25:19         26:30         51:35         131         30           644 170         Stuart Campbell         Forrest Flump         M0         51:50         25:48         26:03         51:28         510         161           645 607         Stephen Stewart         M40         51:51         25:13         26:38         51:35         511         95           646 529         Thomas Conlon         M40         51:53         26:02         25:15         51:36         512         96           647 179         Pa	637 449	Simon Willis		M40	51:36	25:40	25:57	51:25	506	93
640         883         Thomas Fee         M70         51:41         26:07         25:34         51:31         509         2           641         56         Alison Foster         Ballymena Runners AC         F40         51:46         25:20         26:27         51:32         129         29           642         647         Hannah Su         Sperrin Harriers         FO         51:47         25:53         25:54         51:29         130         42           643         80         Karen Ritchie         Ballymena Runners AC         F40         51:49         25:19         26:30         51:35         131         30           644         170         Stuart Campbell         Forrest Flump         MO         51:50         25:48         26:03         51:28         510         161           645         607         Stephen Stewart         M40         51:51         25:13         26:38         51:35         511         95           646         529         Thomas Conlon         M40         51:53         26:02         25:51         51:36         512         96           647         179         Pat McToal         Glens Runners         M50         51:55         26:08 <td< td=""><td>638 442</td><td>Graeme Harrison</td><td></td><td>MO</td><td>51:38</td><td>25:11</td><td>26:27</td><td>51:13</td><td>507</td><td>160</td></td<>	638 442	Graeme Harrison		MO	51:38	25:11	26:27	51:13	507	160
641         56         Alison Foster         Ballymena Runners AC         F40         51:46         25:20         26:27         51:32         129         29           642         647         Hannah Su         Sperrin Harriers         FO         51:47         25:53         25:54         51:29         130         42           643         80         Karen Ritchie         Ballymena Runners AC         F40         51:49         25:19         26:30         51:35         131         30           644         170         Stuart Campbell         Forrest Flump         MO         51:50         25:48         26:03         51:28         510         161           645         607         Stephen Stewart         M40         51:51         25:13         26:38         51:35         511         95           646         529         Thomas Conlon         M40         51:53         26:02         25:51         51:36         512         96           647         179         Pat McToal         Glens Runners         M50         51:55         26:08         25:48         51:33         513         55           648         664         Alan Briers         M40         52:00         26:15         <	639 400	Sean Murray	Up and Runners	M40	51:40	25:10	26:31	51:22	508	94
642 647         Hannah Su         Sperrin Harriers         FO         51:47         25:53         25:54         51:29         130         42           643 80         Karen Ritchie         Ballymena Runners AC         F40         51:49         25:19         26:30         51:35         131         30           644 170         Stuart Campbell         Forrest Flump         MO         51:50         25:48         26:03         51:28         510         161           645 607         Stephen Stewart         M40         51:51         25:13         26:38         51:35         511         95           646 529         Thomas Conlon         M40         51:53         26:02         25:51         51:36         512         96           647 179         Pat McToal         Glens Runners         M50         51:55         26:08         25:48         51:33         513         55           648 664         Alan Briers         M40         52:00         26:15         25:46         51:39         514         97           649 726         Aine Fraser         FO         52:11         26:13         25:59         51:54         132         43           651 430         Rory O'Neill         M40	640 883	Thomas Fee		M70	51:41	26:07	25:34	51:31	509	2
643         80         Karen Ritchie         Ballymena Runners AC         F40         51:49         25:19         26:30         51:35         131         30           644         170         Stuart Campbell         Forrest Flump         MO         51:50         25:48         26:03         51:28         510         161           645         607         Stephen Stewart         M40         51:51         25:13         26:38         51:35         511         95           646         529         Thomas Conlon         M40         51:53         26:02         25:51         51:36         512         96           647         179         Pat McToal         Glens Runners         M50         51:55         26:08         25:48         51:33         513         55           648         664         Alan Briers         M40         52:00         26:15         25:46         51:39         514         97           649         726         Aine Fraser         FO         52:11         26:13         25:59         51:54         132         43           650         613         David Adams         M0         52:12         25:53         26:19         51:56         516         98	641 56	Alison Foster	Ballymena Runners AC	F40	51:46	25:20	26:27	51:32	129	29
644 170         Stuart Campbell         Forrest Flump         MO         51:50         25:48         26:03         51:28         510         161           645 607         Stephen Stewart         M40         51:51         25:13         26:38         51:35         511         95           646 529         Thomas Conlon         M40         51:53         26:02         25:51         51:36         512         96           647 179         Pat McToal         Glens Runners         M50         51:55         26:08         25:48         51:33         513         55           648 664         Alan Briers         M40         52:00         26:15         25:46         51:39         514         97           649 726         Aine Fraser         FO         52:11         26:13         25:59         51:54         132         43           650 613         David Adams         M0         52:12         26:24         25:48         51:44         515         162           651 430         Rory O'Neill         M40         52:12         25:53         26:19         51:56         516         98           652 53         Colm Ross         Ballymena & Antrim AC         M55         52:21         25	642 647	Hannah Su	Sperrin Harriers	FO	51:47	25:53	25:54	51:29	130	42
645 607         Stephen Stewart         M40         51:51         25:13         26:38         51:35         511         95           646 529         Thomas Conlon         M40         51:53         26:02         25:51         51:36         512         96           647 179         Pat McToal         Glens Runners         M50         51:55         26:08         25:48         51:33         513         55           648 664         Alan Briers         M40         52:00         26:15         25:46         51:39         514         97           649 726         Aine Fraser         FO         52:11         26:13         25:59         51:54         132         43           650 613         David Adams         MO         52:12         26:24         25:48         51:44         515         162           651 430         Rory O'Neill         M40         52:12         25:53         26:19         51:56         516         98           652 53         Colm Ross         Ballymena & Antrim AC         M55         52:21         25:57         26:24         51:54         51:54         517         20           653 439         Richard Hetherington         MO         52:22         25:37<	643 80	Karen Ritchie	Ballymena Runners AC	F40	51:49	25:19	26:30	51:35	131	30
646         529         Thomas Conlon         M40         51:53         26:02         25:51         51:36         512         96           647         179         Pat McToal         Glens Runners         M50         51:55         26:08         25:48         51:33         513         55           648         664         Alan Briers         M40         52:00         26:15         25:46         51:39         514         97           649         726         Aine Fraser         FO         52:11         26:13         25:59         51:54         132         43           650         613         David Adams         M0         52:12         26:24         25:48         51:44         515         162           651         430         Rory O'Neill         M40         52:12         25:53         26:19         51:56         516         98           652         53         Colm Ross         Ballymena & Antrim AC         M55         52:21         25:57         26:24         51:54         517         20           653         439         Richard Hetherington         M0         52:22         25:37         26:45         51:59         518         163	644 170	Stuart Campbell	Forrest Flump	MO	51:50	25:48	26:03	51:28	510	161
647 179         Pat McToal         Glens Runners         M50         51:55         26:08         25:48         51:33         513         55           648 664         Alan Briers         M40         52:00         26:15         25:46         51:39         514         97           649 726         Aine Fraser         FO         52:11         26:13         25:59         51:54         132         43           650 613         David Adams         M0         52:12         26:24         25:48         51:44         515         162           651 430         Rory O'Neill         M40         52:12         25:53         26:19         51:56         516         98           652 53         Colm Ross         Ballymena & Antrim AC         M55         52:21         25:57         26:24         51:54         517         20           653 439         Richard Hetherington         M0         52:22         25:37         26:45         51:59         518         163           654 433         Padraig Dobbin         M0         52:24         26:40         25:45         52:02         519         164	645 607	Stephen Stewart		M40	51:51	25:13	26:38	51:35	511	95
648       664       Alan Briers       M40       52:00       26:15       25:46       51:39       514       97         649       726       Aine Fraser       FO       52:11       26:13       25:59       51:54       132       43         650       613       David Adams       MO       52:12       26:24       25:48       51:44       515       162         651       430       Rory O'Neill       M40       52:12       25:53       26:19       51:56       516       98         652       53       Colm Ross       Ballymena & Antrim AC       M55       52:21       25:57       26:24       51:54       517       20         653       439       Richard Hetherington       MO       52:22       25:37       26:45       51:59       518       163         654       433       Padraig Dobbin       MO       52:24       26:40       25:45       52:02       519       164	646 529	Thomas Conlon		M40	51:53	26:02	25:51	51:36	512	96
649 726       Aine Fraser       FO       52:11       26:13       25:59       51:54       132       43         650 613       David Adams       MO       52:12       26:24       25:48       51:44       515       162         651 430       Rory O'Neill       M40       52:12       25:53       26:19       51:56       516       98         652 53       Colm Ross       Ballymena & Antrim AC       M55       52:21       25:57       26:24       51:54       517       20         653 439       Richard Hetherington       MO       52:22       25:37       26:45       51:59       518       163         654 433       Padraig Dobbin       MO       52:24       26:40       25:45       52:02       519       164	647 179	Pat McToal	Glens Runners	M50	51:55	26:08	25:48	51:33	513	55
650 613         David Adams         MO         52:12         26:24         25:48         51:44         515         162           651 430         Rory O'Neill         M40         52:12         25:53         26:19         51:56         516         98           652 53         Colm Ross         Ballymena & Antrim AC         M55         52:21         25:57         26:24         51:54         517         20           653 439         Richard Hetherington         MO         52:22         25:37         26:45         51:59         518         163           654 433         Padraig Dobbin         MO         52:24         26:40         25:45         52:02         519         164	648 664	Alan Briers		M40	52:00	26:15	25:46	51:39	514	97
651 430       Rory O'Neill       M40       52:12       25:53       26:19       51:56       516       98         652 53       Colm Ross       Ballymena & Antrim AC       M55       52:21       25:57       26:24       51:54       517       20         653 439       Richard Hetherington       MO       52:22       25:37       26:45       51:59       518       163         654 433       Padraig Dobbin       MO       52:24       26:40       25:45       52:02       519       164	649 726	Aine Fraser		FO	52:11	26:13	25:59	51:54	132	43
652         53         Colm Ross         Ballymena & Antrim AC         M55         52:21         25:57         26:24         51:54         517         20           653         439         Richard Hetherington         MO         52:22         25:37         26:45         51:59         518         163           654         433         Padraig Dobbin         MO         52:24         26:40         25:45         52:02         519         164	650 613	David Adams		MO	52:12	26:24	25:48	51:44	515	162
653 439 Richard Hetherington       MO 52:22 25:37 26:45 51:59       518 163         654 433 Padraig Dobbin       MO 52:24 26:40 25:45 52:02 519 164	651 430	Rory O'Neill		M40	52:12	25:53	26:19	51:56	516	98
654 433 Padraig Dobbin MO 52:24 26:40 25:45 52:02 <b>519 164</b>	652 53	Colm Ross	Ballymena & Antrim AC	M55	52:21	25:57	26:24	51:54	517	20
	653 439	Richard Hetherington		MO	52:22	25:37	26:45	51:59	518	163
655 746 Famon McAulov Foylo Vallov AC MO 52:25 25:40 26:46 52:10 530 465	654 433	Padraig Dobbin		MO	52:24	26:40	25:45	52:02	519	164
033 740 Edition IVICAULEY FUYIE VAILEY AC IVIO 32.23 23.40 20.40 32.19 <b>520 165</b>	655 746	Eamon McAuley	Foyle Valley AC	MO	52:25	25:40	26:46	52:19	520	165

656 265	John Marquess	North Belfast Harriers	M45	52:36	26:15	26:21	52:13	521	80
657 897	Judith Nixon	Dromore AC	F40	52:42	26:25	26:18	52:24	133	31
658 712	<b>Geoff Johnston</b>		M40	52:43	25:55	26:48	52:25	522	99
659 403	Trina Maginn		FO	52:43	26:12	26:32	52:25	134	44
660 178	Mary Duffin	Glens Runners	F50	52:46	26:29	26:17	52:24	135	11
661 60	Bridget Quinn	Ballymena Runners AC	F65	52:46	27:04	25:43	52:21	136	1
662 51	Cathy Mathers	Ballyholland running club	F40	52:54	26:21	26:33	52:38	137	32
663 366	Patricia Magill	Orangegrove Athletics CLub	F40	52:56	26:37	26:20	52:29	138	33
664 536	Norman McQuitty		M65	53:00	27:05	25:55	52:37	523	5
665 630	Johnny Bouma		M40	53:00	25:56	27:05	52:47	524	100
666 730	Pauline hutchinson		FO	53:03	27:12	25:52	52:39	139	45
667 402	Simon Edwards	UTV Amblers	M35	53:05	27:17	25:49	52:39	525	91
668 118	Richard Cull	Club Pulse Runners	M35	53:05	26:34	26:32	52:43	526	92
669 472	John Collins		M45	53:06	25:50	27:17	52:53	527	81
670 574	Aimee Weatherhead		FO	53:08	26:48	26:21	52:44	140	46
671 824	Maria Concagh		F40	53:12	26:26	26:47	53:00	141	34
672 461	Liz Carson		F45	53:13	26:34	26:40	52:49	142	20
673 616	Ciaran Rogan		M45	53:17	25:35	27:43	53:12	528	82
674 345	Jonathan Stewart	Orangegrove AC	M45	53:24	26:33	26:52	52:58	529	83
675 493	<b>Gerry Watters</b>		M65	53:28			53:18	530	6
676 923	Aidan Corry		MO	53:33	25:16	28:17	53:21	531	166
677 875	Heidi Rodgers	NI Civil Service AC	F35	53:34	27:17	26:17	53:06	143	28
678 448	Olivia O'Leary		FO	53:35	27:01	26:34	53:15	144	47
679 749	Alicia Crangle-Weir		F40	53:38	27:21	26:18	53:12	145	35
680 515	Helen Irvine		F35	53:43	25:59	27:45	53:30	146	29
681 921	<b>Bridget Rodgers</b>		FO	54:00	27:17	26:44	53:30	147	48
682 218	Shauna McKenny	Murlough AC	FO	54:01	27:00	27:02	53:51	148	49
683 790	Sasha Lambon		F40	54:02	26:53	27:10	53:49	149	36
684 475	Joanne Martin		F40	54:11	26:55	27:17	53:39	150	37
685 792	Patrick McNeice	Club Pulse Runners	M55	54:12			53:52	532	21
686 745	Angeline Sloan		FO	54:13	26:23	27:51	54:00	151	50
687 121	Teresa Rodgers	Club Pulse Runners	FO	54:24	27:03	27:22	53:59	152	51
688 251	Ivan Baxter	NI Civil Service AC	M70	54:25	27:23	27:02	53:55	533	3

689 908	Shona Murray	Murlough AC	F40	54:26	27:28	26:59	54:01	153	38
690 591	Roz Corry		FO	54:35	27:04	27:31	54:13	154	52
691 937	Late Entry			54:56	26:16	28:41	54:56		
692 225	Nicola Mathers	Murlough AC	FO	54:59	27:35	27:24	54:32	155	53
693 429	Gerard Maguire		M35	55:14	26:00	29:15	54:59	534	93
694 874	AedíN O'Neill	Up & Runners	FO	55:19	28:17	27:03	55:01	156	54
695 740	Colleen Brown	Foyle Valley AC	FO	55:22	27:03	28:19	55:15	157	55
696 219	Jill Murphy	Murlough AC	F45	55:22	27:18	28:04	54:58	158	21
697 853	Laura Matchett		F40	55:33	27:56	27:38	55:21	159	39
698 360	Melinda Wilkinson	Orangegrove AC	F40	55:34	27:39	27:55	55:16	160	40
699 438	Robert Logan		M50	55:36	28:04	27:33	55:16	535	56
700 436	Derek Reid		M40	55:36	28:04	27:33	55:15	536	101
701 532	Mark Laffin		M50	55:42	27:58	27:44	55:21	537	57
702 623	Nigel Laffin		M45	55:42	27:58	27:44	55:21	538	84
703 612	Neal Skelton		M50	55:43	26:57	28:46	55:30	539	58
704 732	Shirley Telford	NICSAC	F35	55:43	28:12	27:31	55:11	161	30
705 590	Cathy Robson		F40	55:46	28:35	27:11	55:22	162	41
706 420	Jennifer Curley		FO	55:47	27:18	28:30	55:31	163	56
707 416	Nichola Kinnear		F45	55:59	28:09	27:51	55:29	164	22
708 175	Rory McMillan	gary's coal men	M35	56:00			55:53	540	94
709 514	Bill Maul		M50	56:03	27:46	28:18	55:37	541	59
710 611	Olivia Neacy		F50	56:04			56:00	165	12
711 656	Deidre Bradley	Sperrin Harriers	F40	56:08	28:02	28:07	55:51	166	42
712 52	Joanne Clarke	Ballyholland running club	F35	56:09	26:23	29:46	55:53	167	31
713 117	Glenda Meehan	Club Pulse Runners	F40	56:09	27:25	28:45	55:50	168	43
714 144	Alex Blackstock	<b>Dub Running Club</b>	M60	56:14	27:42	28:32	56:02	542	8
715 224	Paula McKibbin	Murlough AC	F45	56:17	27:45	28:33	56:05	169	23
716 314	Pat O'Driscoll	North Down AC	M60	56:18	29:16	27:03	55:50	543	9
717 663	Jacqueline Briers		F45	56:19	28:32	27:47	55:51	170	24
718 550	Lynsey Perkins		FO	56:26	26:59	29:28	56:03	171	57
719 84	Paula Lorimer	Ballymena Runners AC	F35	56:30	27:37	28:53	56:14	172	32
720 523	Claire Scullion		FO	56:44	27:53	28:52	56:35	173	58
721 423	Carol-Anne Gribben		FO	56:45	28:10	28:35	56:25	174	59

722 1	120	Jacinta White	Club Pulse Runners	FO	56:47	28:48	27:59	56:22	175	60
723 9	905	Noeleen Gorman	Up and Runners	FO	56:51	28:17	28:34	56:33	176	61
724 6	638	Neil Corken	NI Civil Service AC	M45	56:54	28:19	28:36	56:25	544	85
725 3	324	Janice McCartney	North Down AC	F45	56:55	28:18	28:37	56:26	177	25
726 8	873	Jamie McShane		FO	56:58	28:45	28:13	56:35	178	62
727 6	600	Diane Moore		F45	57:01	27:15	29:46	56:51	179	26
728 5	517	Neal McAlindon		M40	57:01	27:15	29:46	57:01	545	102
<b>729</b> 3	393	Stella Harrison	Up & Runners	F50	57:05	28:50	28:16	56:49	180	13
730	34	<b>Heather Stanex</b>	Ballydrain Harriers	F40	57:20	28:35	28:45	57:03	181	44
731 6	615	Mark Mc Kenna		MO	57:51	28:16	29:36	57:28	546	167
732 4	451	Anna Greene		FO	57:58	29:50	28:09	57:32	182	63
733 4	418	Joanne Powell		F35	58:02	28:47	29:16	57:43	183	33
734 7	728	Sarah McKeever		FO	58:04			57:40	184	64
735 4	408	Neil Gillan		M35	58:20	27:36	30:44	57:57	547	95
736 9	916	Cathy Degan	East Down AC	FO	58:20	28:14	30:07	58:12	185	65
737 5	593	Padraigin Bingham		F35	58:26	28:53	29:33	58:04	186	34
738 4	455	John Mercer		M35	58:35	29:43	28:52	58:08	548	96
739 3	349	Mary Boyd	Orangegrove AC	F40	58:36	28:39	29:58	58:09	187	45
740 8	862	Fionnuala McAllister		FO	58:45	29:08	29:37	58:24	188	66
741 4	407	Tommy Hassan		M35	58:46	29:37	29:09	58:19	549	97
742 5	575	Stephen Moynihan		M35	59:02	28:38	30:25	58:37	550	98
743 7	788	Jenni Barkley		FO	59:03	28:25	30:38	58:45	189	67
744 8	803	Gerard McStravick		MO	59:11			58:46	551	168
745 7	781	Karl McCrum		M35	59:24	27:57	31:28	58:59	552	99
746 2	227	Norah Walsh	Murlough AC	F40	59:27	29:37	29:51	59:01	190	46
747 2	220	Selena Mussen	Murlough AC	FO	59:27	29:36	29:52	59:00	191	68
748 2	228	Ann McAlarney	Murlough AC	F50	59:28	29:37	29:51	59:02	192	14
749 4	452	Jenny Greene		FO	59:32	29:50	29:43	59:06	193	69
750 4	498	Anne MacKin		F40	59:35	29:36	29:59	59:09	194	47
751 1	194	<b>Emmett Woods</b>	Larne AC	M45	59:38	29:57	29:42	59:16	553	86
752 1	193	Michele Woods	Larne AC	F45	59:39	29:57	29:43	59:15	195	27
753 4	463	Jonathan Montgomery		M40	59:50	29:52	29:58	59:34	554	103
754 5	521	Barbara Higgins		F35	01:00:04	29:43	30:22	59:39	196	35

755 858	Sandra Harrison	unattached	F35	01:00:08	29:13	30:55	59:45	197	36
756 81	Sharon Stephens	Ballymena Runners AC	F45	01:00:09			59:41	198	28
757 419	Trevor Lamb		M35	01:00:10	29:19	30:51	59:45	555	100
758 383	Kenneth Bacon	Springwell Running Club	M50	01:00:21	30:31	29:50	59:54	556	60
759 587	Orla McGreevy		FO	01:00:33			01:00:18	199	70
760 585	Sophie Boyd		FO	01:00:41	28:57	31:44	01:00:35	200	71
761 46	Claire McBride	Ballydrain Harriers	FO	01:00:43	31:28	29:16	01:00:24	201	72
762 47	Julia Moore	Ballydrain Harriers	F35	01:00:44	31:28	29:16	01:00:26	202	37
763 45	Natalie Lowry	Ballydrain Harriers	FO	01:00:48	31:29	29:20	01:00:30	203	73
764 584	Harriet Bradford		FO	01:00:56	28:58	31:59	01:00:52	204	74
765 164	Paula Leneghan	Elite Athletes	F45	01:01:09	29:55	31:15	01:00:41	205	29
766 859	Tracey Quinn		F35	01:01:22	29:42	31:41	01:01:06	206	38
767 565	Katrina Hynds		F40	01:01:26	29:45	31:41	01:01:11	207	48
768 35	Rosi Earney	Ballydrain Harriers	F40	01:01:33	30:24	31:09	01:01:16	208	49
769 657	Elaine Hargan	Sperrin Harriers	FO	01:01:35	30:20	31:16	01:01:18	209	75
770 597	Connor McCann		M35	01:01:53	30:18	31:36	01:01:35	557	101
771 390	Catherine Fearon	Up & Runners	FO	01:01:57	30:17	31:41	01:01:38	210	76
772 42	Michael Gilmore	Ballydrain Harriers	M45	01:02:17			01:01:58	558	87
773 586	James Surginor		MO	01:02:22	31:09	31:13	01:02:01	559	169
774 576	Fiona Walls		F45	01:02:27	31:52	30:35	01:02:00	211	30
775 492	Gerry Watters		M40	01:02:55	30:27	32:28	01:02:38	560	104
776 919	Michael Spotswood	<b>Duncairn Nomads</b>	M70	01:03:27	32:06	31:21	01:03:03	561	4
777 655	Mareen Mallon	Sperrin Harriers	F45	01:03:29	30:23	33:06	01:03:11	212	31
778 489	Fiona McIver		F40	01:03:29	31:51	31:38	01:03:09	213	50
779 594	Ciara McCausland		FO	01:03:46	30:21	33:26	01:03:31	214	77
780 614	Jennie Shiels		F35	01:03:47	30:56	32:51	01:03:26	215	39
781 619	Sarah Murray-Gates		FO	01:03:48	30:56	32:52	01:03:27	216	78
782 392	Maura McCallion	Up & Runners	F40	01:04:03	32:31	31:33	01:03:43	217	51
783 537	Catherine Hughes		F40	01:04:03	32:31	31:33	01:03:43	218	52
784 241	Maureen O Hare	Newry City Runners AC	F45	01:04:36	31:50	32:46	01:04:06	219	32
785 628	Ashlyn Kimbley		M40	01:04:36	31:50	32:46	01:04:06	562	105
786 468	Maria Louise Curran		FO	01:04:42	32:33	32:10	01:04:19	220	79
787 426	Claire Shields		F35	01:04:43	32:33	32:11	01:04:21	221	40

788 75	Liz Brown	Ballymena Runners AC	F50	01:04:55	31:50	33:06	01:04:27	222	15
789 465	Margaret Laffin		F45	01:04:57	32:22	32:35	01:04:36	223	33
790 485	Joseph Page		MO	01:05:01	28:36	36:25	01:04:40	563	170
791 55	Ann Parkhill	Ballymena Runners AC	F50	01:05:35	32:33	33:02	01:05:07	224	16
792 807	Anita Campbell	Newry City Runners AC	F45	01:05:40	32:30	33:11	01:05:14	225	34
793 917	Darwin McCullough		MO	01:06:14	32:32	33:43	01:05:58	564	171
794 801	Susan Kinney		F35	01:07:11	33:04	34:07	01:06:42	226	41
795 412	Sonia Evans		F35	01:07:27	33:01	34:27	01:07:07	227	42
796 115	Brea McEvoy	Club Pulse Runners	FO	01:07:36	32:59	34:38	01:07:13	228	80
797 907	Dennis Heaney		M60	01:08:02	31:47	36:15	01:07:36	565	10
798 63	Sarah McLaughlin	Ballymena Runners AC	FO	01:09:10	32:13	36:57	01:08:52	229	81
799 686	Mark McKavanagh	Armagh AC	M45	01:10:52	32:37	38:15	01:10:41	566	88
800 396	Frances Smyth	Up & Runners	F55	01:11:32	35:28	36:04	01:11:12	230	4
801 398	Barbara McKeever	Up and Runners	F45	01:11:32	35:27	36:05	01:11:14	231	35

## **Mens Teams**

Annadale	66
North Belfast	87
North Down	191
Armagh	226
Willowfield	327
Larne	451
Newcastle	466
Ballymena Runners	527
Dromore	670
East Down	746
Sperrin	811
Newry CR	930
Lagan Valley	988
Letterkenny	1041
East Antrim	1045
Springwell	1186

Orangegrove	1229
Albertville	1275
Ballydrain	1346
Murlough	1675
Up & Runners	15499

Womens Teams					
North Belfast	20				
North Down	22				
Dromore	42				
Newcastle	96				
City of Lisburn	98				
Springwell	114				
Orangegrove	124				
Ballymena Runners	128				
Murlough	167				
Enniskillen	203				
Sperrin	229				
Ballydrain	242				
Larne	278				
Dub Runners	294				
Up & Runners	386				
NICSAC	428				
(North Down B)	53				
(North Down C)	112				