

## Race 5 - Parkanaur Forest Saturday 10th Feburary 2018



Place	Bib No	Name	Club	Category	Lap 1 (5.23K) Time	Lap 2 (5.43K) Time	Lap 3 (5.43K) Time	Chip Time	Gun Time	Ave Pace
1	11	Gary Slevin	City of Derry Spartans	MO	18:18	18:59	19:18	56:34	56:36	5:39/M
2	43	Eoin Hughes	Acorns AC	MO	18:19	19:21	19:42	57:21	57:22	5:44/M
3	57	Christopher McGuire	Glaslough Harriers	MO	18:25	19:25	19:47	57:37	57:37	5:46/M
4	103	Shane Donnelly	Unaffiliated	MO	18:59	20:19	20:29	59:46	59:47	5:59/M
5	74	Paddy Corr	Unaffiliated	M50	19:17	20:27	20:36	1:00:20	1:00:22	6:02/M
6	105	Seamus Bradley	Unaffiliated	MO	19:40	20:35	20:39	1:00:53	1:00:54	6:05/M
7	64	Martin Rea	North Belfast Harriers	M40	20:26	21:53	22:18	1:04:36	1:04:37	6:28/M
8	1	Cathy McCourt	Athletics NI	F40	21:12	22:03	22:06	1:05:20	1:05:21	6:32/M
9	70	Adrian Devlin	Sperrin Harriers	МО	20:56	22:19	22:19	01:05:34	01:05:34	6:33/M
10	108	Dermot McCabe	Island Tri Club	M45	21:15	22:27	22:45	1:06:26	1:06:27	6:39/M
11	81	Nigel Grier	Dromore AC	M55	21:34	22:40	22:38	1:06:51	1:06:53	6:41/M
12	77	Brendan Gildernew	Sperrin Harriers	МО	21:36	22:59	23:05	1:07:38	1:07:41	6:46/M
13	39	Garreth Murray	Unaffiliated	МО	22:05	22:56	22:41	1:07:40	1:07:43	6:46/M
14	92	Michael Faloon	Unaffiliated	M40	22:00	23:02	23:20	1:08:20	1:08:23	6:50/M
15	46	Paul McLaughlin	Sperrin Harriers	M55	21:53	23:12	24:18	1:09:23	1:09:25	6:56/M
16	95	Eamon Canavan	Galbally Runners	МО	22:31	23:56	23:32	1:09:55	1:09:59	7:00/M
17	54	Brian Bradley	Sperrin Harriers	M50	22:10	23:31	24:34	1:10:13	1:10:16	7:01/M
18	15	Paul Connolly	Ballymena Runners AC	M50	22:16	23:58	24:03	1:10:16	1:10:18	7:02/M
19	47	Ronan Owens	Unaffiliated	MO	23:16	24:25	22:52	1:10:28	1:10:34	7:03/M
20	99	John Bradley	Unaffiliated	МО	22:24	23:50	24:31	1:10:43	1:10:46	7:04/M
21	34	Ray Kerr	Knockmanny	M40	22:44	24:03	24:01	1:10:44	1:10:50	7:04/M
22	63	Gerard McNamara	North Belfast Harriers	M45	22:19	24:01	24:38	1:10:58	1:11:00	7:06/M
23	75	Ciaran Donaghy	Unaffiliated	MO	24:29	23:32	23:03	1:10:55	1:11:05	7:06/M
24	28	Graeme O'Hara	County Antrim Harriers	M40	23:10	24:29	24:38	1:12:13	1:12:19	7:13/M
25	83	Olivia Mullin	Greencastle AC	F35	23:49	24:32	24:43	1:13:02	1:13:06	7:18/M
26	24	Karen McLaughlin	Springwell Running Club	F45	23:17	25:05	25:32	1:13:51	1:13:55	7:23/M
27	51	Nigel Davidson	Unaffiliated	M40	23:19	25:00	25:35	1:13:52	1:13:55	7:23/M
28	25	Colin Simpson	North Belfast Harriers	M50	23:44	25:10	25:31	1:14:23	1:14:26	7:26/M
29	94	Noel McElhone	Carmen Runners	MO	24:43	24:40	25:32	1:14:52	1:14:55	7:29/M
30	56	Gareth Cardwell	Keep Er Lit	M45	24:05	25:05	25:45	1:14:53	1:14:56	7:29/M
31	80	Kevin Terry	Unafilliated	MO	24:52	25:40	25:14	1:15:40	1:15:47	7:34/M
32	85	Martin McCourt	NI Civil Service AC	M45	23:16	26:07	27:05	1:16:25	1:16:29	7:39/M
33	73	Aidan MacManus	Olympian Triathlon Club	M40	25:09	26:04	25:22	1:16:28	1:16:36	7:39/M
34	97	Laura Mitchell	Sperrin Harriers	FO	24:29	26:03	26:30	1:16:58	1:17:03	7:42/M
35	16	Kenneth Reid	Unaffiliated	M50	23:34	26:58	26:28:00	01:17:00	01:17:00	7:42/M
36	35	Jim Breen	Springwell Running Club	M60	25:09	26:09	26:07	1:17:22	1:17:27	7:44/M
37	5	Sean Paul McCann	Unaffiliated	MO	25:14	25:58	26:15	1:17:22	1:17:28	7:44/M
38	19	Robert McCormack	Unaffiliated	M55	24:36	26:29	27:23	1:18:23	1:18:29	7:50/M
39		Marty Kilpatrick	County Antrim Harriers	MO	23:51	26:08	28:32	1:18:27	1:18:32	7:51/M
40	90	Ryan McElhatton	Unaffiliated	MO	26:24	26:02	26:08	1:18:29	1:18:35	7:51/M



## Race 5 - Parkanaur Forest Saturday 10th Feburary 2018



Place   Bib No Name			••	lat t	T				al	<u> </u>	
42   76   Damien McCaffery   Sperrin Harriers   M45   26624   26613   26600   1:18:30   1:18:38   7:51/M     43   113   Martin Fox   Unaffiliated   M45   25:16   26:51   26:45   1:18:41   1:18:53   7:52/M     44   96   Gavin O'Hagan   Sperrin Harriers   M40   26:04   26:35   26:13   1:18:45   1:18:53   7:52/M     45   114   Toirieach Gourley   Sperrin Harriers   M50   26:04   26:35   26:13   1:18:45   1:19:04   7:55/M     46   111   Patry Hughes   Sperrin Harriers   M55   26:15   26:24   26:39   1:19:12   1:19:19   7:55/M     47   41   Neir Purvis   Ballymena Runners AC   M0   25:25   26:44   27:71   1:19:20   1:19:27   7:55/M     48   9   Unda Petiticrew   Ballymena Runners AC   F50   25:37   26:42   27:13   1:19:30   1:19:27   7:55/M     49   40   Nathan Rea   Unaffiliated   M0   25:34:00   28:04   26:47:00   0:12:025   3:03/M     50   78   Mark Thompson   Tri Units   M0   27:26   26:34   26:50   1:20:31   1:20:31   1:20:31     51   48   Norman Fuller   Sperrin Harriers   M50   24:58   27:08   29:17   1:12:10   1:12:48   8:09/M     52   32   Andrew Topping   Unaffiliated   M50   26:52   27:45   27:16   1:21:44   1:15:48   8:09/M     53   38   Brendan Grew   Unaffiliated   M55   27:06   27:32   27:16   1:21:44   1:15:48   8:09/M     54   101   Aidan Black   Unaffiliated   M40   26:52   27:45   27:16   1:21:44   1:15:48   8:10/M     55   38   Nicola Gillespie   Sperrin Harriers   M50   26:52   27:45   27:16   1:22:44   1:15:48   8:10/M     55   38   Nicola Gillespie   Sperrin Harriers   M60   26:52   27:45   27:59   1:22:37   1:22:37   1:22:40   8:16/M     55   35   Olem Patterson   Omagh Frugby Football Club   M45   26:59   27:50   27:59   1:22:37   1:22:38   8:10/M     55   35   Olem Patterson   Omagh Frugby Football Club   M45   26:69   27:50   27:59   1:22:37   1:22:38   8:10/M     56   35   Olem Patterson   Omagh Frugby Football Club   M45   26:69   27:50   27:59   1:22:37   1:22:38   8:10/M     57   52   Robert Harriers   M60   27:38   27:38   27:36   1:22:37   1:22:38   8:10/M     57   52   Robert Har				Club	1						Ave Pace
113   Martin Fox											
48	-		I	1 '							
46	-										
46         111         Patsy Hughes         Sperrin Harriers         M55         26:15         26:24         26:39         1:19:12         1:19:12         1:19:12         1:19:27         7:55/M           47         41         Neil Purvis         Ballymena Runners AC         FSO         25:37         26:42         27:13         1:19:30         1:19:27         7:55/M           48         9         Linda Petticrew         Ballymena Runners AC         FSO         25:37         26:42         27:31         1:19:30         1:20:31         2:20         2:20         2:20         2:20         2:20         2:20         2:20         2:20         2:20         2:21         3:20         2:21         3:20         2:21         3:20         2:21:61         1:21:44         1:20:44         1:20:44         1:20:44         1:20:44				Sperrin Harriers							
41 Neil Purvis   Ballymena Runners AC   MO   25:25   26:44   27:17   1:19:20   1:19:27   7:55/M     48 9	45	114	Toirleach Gourley		M40			27:46		1:19:04	
49		111	Patsy Hughes	Sperrin Harriers	M55						
49         40         Nathan Rea         Unaffiliated         MO         25:34:00         28:04         26:47:00         01:20:25         8:03/M           50         78         Mark Thompson         Tri Limits         MO         27:26         26:34         26:50         1:20:39         1:20:51         8:04/M           51         48         Norman Fuller         Sperrin Harriers         M50         24:58         27:08         29:17         1:21:20         1:21:24         8:04/M           52         32         Andrew Topping         Unaffiliated         M55         22:06         27:32         27:16         1:21:44         21:24         8:09/M           54         101         Aidan Black         Unaffiliated         M40         26:52         27:45         27:16         1:21:44         1:21:54         8:10/M           55         38         Nicola Gillespie         Sperrin Harriers         F35         26:24         27:34         28:29         1:22:37         1:22:34         1:22:34         1:22:34         1:22:34         1:22:34         1:22:34         1:22:34         1:22:34         1:22:34         1:22:34         1:22:34         1:22:34         1:22:34         1:22:34         1:22:34         1:22:34         1:	47	41	Neil Purvis	Ballymena Runners AC	MO	25:25	26:44		1:19:20		7:56/M
50         78         Mark Thompson         Tri Limits         MO         27:26         26:34         26:50         1:20:31         1:20:51         8:04/M           51         48         Norman Fuller         Sperrin Harriers         M50         24:58         27:08         29:17         1:21:20         1:21:24         8:09/M           52         32         Andrew Topping         Unaffiliated         M50         23:54         28:15         29:33:00         01:21:42         8:09/M           53         98         Brendan Grew         Unaffiliated         M55         27:06         27:32         27:16         1:21:44         1:21:54         8:10/M           54         101         Aidan Black         Unaffiliated         M40         26:52         27:45         27:16         1:21:44         1:21:54         8:10/M           55         33         Nicola Gillespie         Sperrin Harriers         F35         26:24         27:34         28:29         1:22:31         1:22:28         8:14/M           56         53         Glen Patterson         Omagh Rugby Football Club         M45         26:50         27:50         27:59         1:22:37         1:22:40         8:16/M           57         52		9	Linda Petticrew	Ballymena Runners AC		25:37				1:19:34	
51         48         Norman Fuller         Sperin Harriers         M50         24:58         27:08         29:17         1:21:20         1:21:42         8:08/M           52         32         Andrew Topping         Unaffiliated         M50         23:54         28:15         29:33:00         01:21:42         01:21:42         01:21:42         01:21:42         01:21:44         1:21:54         8:10/M           53         98         Brendan Grew         Unaffiliated         M40         26:52         27:34         28:16         1:21:44         1:21:54         8:10/M           55         38         Nicola Gillespie         Sperrin Harriers         F35         26:24         27:34         28:29         1:22:37         1:22:48         8:10/M           55         35         Glenn Patterson         Omagh Rugby Football Club         M45         26:50         27:50         27:59         1:22:37         1:22:40         8:16/M           57         52         Roger Harkness         Omagh Rugby Football Club         M45         26:50         27:50         27:59         1:22:37         1:22:40         8:16/M           58         26         Verity Cornford         Orangegrove AC         F40         27:38         27:43	49	40	Nathan Rea	Unaffiliated	MO	25:34:00	28:04	26:47:00	01:20:25	01:20:25	8:03/M
52         32         Andrew Topping         Unaffiliated         M50         23:54         28:15         29:33:00         01:21:42         81:0/M           53         98         Brendan Grew         Unaffiliated         M55         27:06         27:32         27:16         11:21:44         12:154         81:0/M           54         101         Aidan Black         Unaffiliated         M40         26:52         27:45         27:16         11:21:44         12:154         81:0/M           55         38         Nicola Gillespie         Sperrin Harriers         F35         26:24         27:34         28:29         1:22:37         122:28         81:16/M           56         53         Glenn Patterson         Omagh Rugby Football Club         M45         26:50         27:50         27:59         1:22:37         122:40         81:6/M           57         52         Roger Harkness         Omagh Tri Club         M45         26:49         27:51         27:59         1:22:37         122:40         81:6/M           58         26         Verity Cornford         Orangegrow AC         F40         27:38         27:36         12:2:59         12:2:58         81:7/M           60         14         Nomit Belfast	50	78	Mark Thompson	Tri Limits	MO	27:26	26:34	26:50	1:20:39	1:20:51	8:04/M
53         98         Brendan Grew         Unaffiliated         M55         27:06         27:32         27:16         1:21:44         1:21:54         8:10/M           54         101         Aidan Black         Unaffiliated         M40         26:52         27:45         27:16         1:21:44         121:45         8:10/M           55         38         Nicola Gillespie         Sperrin Harriers         F35         26:24         27:34         28:29         1:22:37         122:40         8:14/M           56         53         Glenn Patterson         Omagh Tri Club         M45         26:50         27:50         27:59         1:22:37         122:40         8:16/M           57         52         Roger Harkness         Omagh Tri Club         M45         26:49         27:51         27:59         1:22:37         122:40         8:16/M           58         26         Verity Cornford         Orangegrove AC         F40         27:38         27:43         27:35         1:22:52         1:22:59         8:17/M           59         45         Damien Coey         Lissan Runners         MO         26:19         28:15         28:25         1:22:59         8:17/M           61         12         Katrina M	51	48	Norman Fuller	Sperrin Harriers	M50	24:58	27:08	29:17	1:21:20	1:21:24	8:08/M
54         101         Aidan Black         Unaffiliated         M40         26:52         27:45         27:16         1:21:44         1:21:54         8:10/M           55         38         Nicola Gillespie         Sperrin Harriers         F35         26:24         27:34         28:29         1:22:37         1:22:40         8:16/M           56         53         Glenn Patterson         Omagh Rugby Football Club         M45         26:50         27:59         1:22:37         1:22:40         8:16/M           57         52         Roger Harkness         Omagh Tri Club         M45         26:49         27:51         27:59         1:22:37         1:22:40         8:16/M           58         26         Verity Cornford         Orangegrove AC         F40         27:38         27:43         27:36         1:22:52         1:22:52         1:22:59         8:17/M           60         14         Naomi Hutchinson         Ballymena Runners         MO         26:19         28:15         28:25         1:22:52         1:22:59         8:13/M           61         12         Katrina McAuley         North Beffast Harriers         F35         27:33         27:34         27:53         1:22:59         1:23:05         8:18/M <tr< td=""><td>52</td><td>32</td><td>Andrew Topping</td><td>Unaffiliated</td><td>M50</td><td>23:54</td><td>28:15</td><td>29:33:00</td><td>01:21:42</td><td>01:21:42</td><td>8:09/M</td></tr<>	52	32	Andrew Topping	Unaffiliated	M50	23:54	28:15	29:33:00	01:21:42	01:21:42	8:09/M
55         38         Nicola Gillespie         Sperrin Harriers         F35         26:24         27:34         28:29         1:22:23         1:22:28         8:14/M           56         53         Glenn Patterson         Omagh Rugby Football Club         M45         26:50         27:50         27:59         1:22:37         1:22:40         8:16/M           57         52         Roger Harkness         Omagh Tri Club         M45         26:49         27:51         27:59         1:22:37         1:22:40         8:16/M           58         26         Verity Cornford         Orangegrove AC         F40         27:38         27:43         27:36         1:22:52         1:22:59         8:17/M           59         45         Damien Coey         Lissan Runners         MO         26:19         28:15         28:25         1:22:52         1:22:59         8:17/M           60         14         Naomi Hutchinson         Ballymena Runners AC         FO         27:36         27:34         27:53         1:22:59         1:23:05         8:18/M           61         12         Katrina McAuley         North Belfast Harriers         F35         27:33         27:37         27:54         1:22:59         1:23:05         8:18/M <t< td=""><td>53</td><td>98</td><td>Brendan Grew</td><td>Unaffiliated</td><td>M55</td><td>27:06</td><td>27:32</td><td>27:16</td><td>1:21:44</td><td>1:21:54</td><td>8:10/M</td></t<>	53	98	Brendan Grew	Unaffiliated	M55	27:06	27:32	27:16	1:21:44	1:21:54	8:10/M
56         53         Glenn Patterson         Omagh Rugby Football Club         M45         26:50         27:50         27:59         1:22:37         1:22:40         8:16/M           57         52         Roger Harkness         Omagh Tri Club         M45         26:49         27:51         27:59         1:22:37         1:22:40         8:16/M           58         26         Verity Cornford         Orangegrove AC         F40         27:38         27:43         27:36         1:22:52         1:22:52         1:22:59         8:17/M           59         45         Damien Coey         Lissan Runners         MO         26:19         28:15         28:25         1:22:52         1:22:59         8:17/M           60         14         Naomi Hutchinson         Ballymena Runners AC         FO         27:36         27:34         27:53         1:22:59         1:23:05         8:18/M           61         12         Katrina McAuley         North Belfast Harriers         F35         27:33         27:37         27:54         1:22:59         1:23:05         8:18/M           62         13         Kevin McCann         North Belfast Harriers         M45         27:32         28:36         26:53         1:22:59         1:23:05         8	54	101	Aidan Black	Unaffiliated	M40	26:52	27:45	27:16	1:21:44	1:21:54	8:10/M
57         52         Roger Harkness         Omagh Trì Club         M45         26:49         27:51         27:59         1:22:37         1:22:40         8:16/M           58         26         Verity Cornford         Orangegrove AC         F40         27:38         27:43         27:36         1:22:52         1:22:58         8:17/M           60         14         Naomi Hutchinson         Ballymena Runners AC         FO         27:36         27:34         27:53         1:22:58         1:23:05         8:18/M           61         12         Katrina McAuley         North Belfast Harriers         F35         27:33         27:37         27:54         1:22:59         1:23:05         8:18/M           62         13         Kevin McCann         North Belfast Harriers         M45         27:24         28:36         26:53         1:22:59         1:23:05         8:18/M           63         55         Mark Patterson         Unaffiliated         M40         27:42         28:01         1:23:03         1:23:07         8:18/M           64         69         Tanya Quinn         Sperrin Harriers         F40         26:12         28:07         29:04         1:23:23         1:23:41         8:20/M           65         <	55	38	Nicola Gillespie	Sperrin Harriers	F35	26:24	27:34	28:29	1:22:23	1:22:28	8:14/M
58         26         Verity Cornford         Oragegrove AC         F40         27:38         27:43         27:36         1:22:52         1:22:58         8:17/M           59         45         Damien Coey         Lissan Runners         MO         26:19         28:15         28:25         1:22:52         1:22:59         8:17/M           60         14         Naomi Hutchinson         Ballymena Runners AC         FO         27:34         27:34         27:53         1:22:59         1:23:05         8:18/M           61         12         Katrina McAuley         North Belfast Harriers         F35         27:33         27:37         27:54         1:22:59         1:23:05         8:18/M           62         13         Kevin McCann         North Belfast Harriers         M45         27:35         28:36         26:53         1:22:59         1:23:05         8:18/M           63         55         Mark Patterson         Unaffiliated         M40         27:42         27:24         28:01         1:23:03         8:18/M           64         69         Tanya Quinn         Sperrin Harriers         F40         26:12         28:07         29:04         1:23:32         1:23:41         8:23:07           65         72<	56	53	Glenn Patterson	Omagh Rugby Football Club	M45	26:50	27:50	27:59	1:22:37	1:22:40	8:16/M
59         45         Damien Coey         Lissan Runners         MO         26:19         28:15         28:25         1:22:52         1:22:59         8:17/M           60         14         Naomi Hutchinson         Ballymena Runners AC         FO         27:36         27:34         27:53         1:22:59         1:23:05         8:18/M           61         12         Katrina McAuley         North Belfast Harriers         F35         27:35         28:36         26:53         1:22:59         1:23:05         8:18/M           63         55         Mark Patterson         Unaffiliated         M40         27:42         27:24         28:01         1:23:03         8:18/M           64         69         Tanya Quinn         Sperrin Harriers         F40         26:12         28:07         29:04         1:23:23         1:23:24         8:20/M           65         72         Anthony O'Neill         Sperrin Harriers         M55         26:26         28:06         29:07         1:23:32         1:23:24         8:20/M           66         29         Aolibheann Bartley         Enniskillen Running Club         F35         26:21         28:29         29:01         1:23:47         1:23:52         8:23/M           67	57	52	Roger Harkness	Omagh Tri Club	M45	26:49	27:51	27:59	1:22:37	1:22:40	8:16/M
60         14         Naomi Hutchinson         Ballymena Runners AC         FO         27:36         27:34         27:53         1:22:58         1:23:05         8:18/M           61         12         Katrina McAuley         North Belfast Harriers         F35         27:33         27:37         27:54         1:22:59         1:23:05         8:18/M           62         13         Kevin McCann         North Belfast Harriers         M45         27:35         28:36         26:53         1:22:59         1:23:05         8:18/M           63         55         Mark Patterson         Unaffiliated         M40         27:42         28:01         1:23:03         123:02         8:18/M           64         69         Tanya Quinn         Sperrin Harriers         F40         26:12         28:07         29:04         1:23:23         1:23:24         8:20/M           65         72         Anthony O'Neill         Sperrin Harriers         M55         26:26         28:06         29:07         1:23:32         1:23:43         1:23:52         8:21/M           67         36         Donna McLaughlin         North Belfast Harriers         F45         27:33         27:54         28:24         1:23:47         1:23:52         8:23/M	58	26	Verity Cornford	Orangegrove AC	F40	27:38	27:43	27:36	1:22:52	1:22:58	8:17/M
61         12         Katrina McAuley         North Belfast Harriers         F35         27:33         27:37         27:54         1:22:59         1:23:05         8:18/M           62         13         Kevin McCann         North Belfast Harriers         M45         27:35         28:36         26:53         1:22:59         1:23:05         8:18/M           63         55         Mark Patterson         Unaffiliated         M40         27:42         27:24         28:01         1:23:03         1:23:07         8:18/M           64         69         Tanya Quinn         Sperrin Harriers         F40         26:12         28:07         29:04         1:23:23         1:23:24         8:20/M           65         72         Anthony O'Neill         Sperrin Harriers         M55         26:26         28:06         29:07         1:23:32         1:23:41         8:21/M           66         29         Aoibheann Bartley         Enniskillen Running Club         F35         26:21         28:29         29:01         1:23:47         1:23:52         8:23/M           67         36         Donna McLaughlin         North Belfast Harriers         F45         27:33         27:54         28:24         1:23:47         1:23:53         8:23/M <td>59</td> <td>45</td> <td>Damien Coey</td> <td>Lissan Runners</td> <td>MO</td> <td>26:19</td> <td>28:15</td> <td>28:25</td> <td>1:22:52</td> <td>1:22:59</td> <td>8:17/M</td>	59	45	Damien Coey	Lissan Runners	MO	26:19	28:15	28:25	1:22:52	1:22:59	8:17/M
62         13         Kevin McCann         North Belfast Harriers         M45         27:35         28:36         26:53         1:22:59         1:23:05         8:18/M           63         55         Mark Patterson         Unaffiliated         M40         27:42         27:24         28:01         1:23:03         1:23:07         8:18/M           64         69         Tanya Quinn         Sperrin Harriers         F40         26:12         28:07         29:04         1:23:23         1:23:24         8:20/M           65         72         Anthony O'Neill         Sperrin Harriers         M55         26:26         28:06         29:07         1:23:32         1:23:41         8:21/M           66         29         Aoibheann Bartley         Enniskillen Running Club         F35         26:21         28:29         29:01         1:23:47         1:23:52         8:23/M           67         36         Donna McLaughlin         North Belfast Harriers         F45         27:33         27:54         28:24         1:23:47         1:23:53         8:23/M           68         79         Ian Erskine         Unaffiliated         MO         27:39         27:15         29:00         1:23:43         1:23:55         8:22/M	60	14	Naomi Hutchinson	Ballymena Runners AC	FO	27:36	27:34	27:53	1:22:58	1:23:05	8:18/M
63         55         Mark Patterson         Unaffiliated         M40         27:42         27:24         28:01         1:23:03         1:23:07         8:18/M           64         69         Tanya Quinn         Sperrin Harriers         F40         26:12         28:07         29:04         1:23:23         1:23:24         8:20/M           65         72         Anthony O'Neill         Sperrin Harriers         M55         26:26         28:06         29:07         1:23:23         1:23:41         8:21/M           66         29         Aoibheann Bartley         Enniskillen Running Club         F35         26:21         28:29         29:01         1:23:47         1:23:52         8:23/M           67         36         Donna McLaughlin         North Belfast Harriers         F45         27:33         27:54         28:24         1:23:47         1:23:53         8:23/M           68         79         lan Erskine         Unaffiliated         M0         27:39         27:15         29:00         1:23:43         1:23:55         8:22/M           69         7         Glenn McGall         Ballymena Runners AC         M50         27:36         27:35         28:51         1:23:55         1:24:03         8:24/M	61	12	Katrina McAuley	North Belfast Harriers	F35	27:33	27:37	27:54	1:22:59	1:23:05	8:18/M
64         69         Tanya Quinn         Sperrin Harriers         F40         26:12         28:07         29:04         1:23:23         1:23:24         8:20/M           65         72         Anthony O'Neill         Sperrin Harriers         M55         26:26         28:06         29:07         1:23:32         1:23:41         8:21/M           66         29         Aoibheann Bartley         Enniskillen Running Club         F35         26:21         28:29         29:01         1:23:47         1:23:52         8:23/M           67         36         Donna McLaughlin         North Belfast Harriers         F45         27:33         27:54         28:24         1:23:47         1:23:53         8:23/M           68         79         lan Erskine         Unaffiliated         M0         27:39         27:15         29:00         1:23:43         1:23:55         8:22/M           69         7         Glenn McGall         Ballymena Runners AC         M50         27:36         27:35         28:51         1:23:55         8:24/M           70         82         Adrian Morrison         Sperrin Harriers         M40         27:04         27:47         29:16         1:23:59         1:24:03         8:24/M           71	62	13	Kevin McCann	North Belfast Harriers	M45	27:35	28:36	26:53	1:22:59	1:23:05	8:18/M
64         69         Tanya Quinn         Sperrin Harriers         F40         26:12         28:07         29:04         1:23:23         1:23:24         8:20/M           65         72         Anthony O'Neill         Sperrin Harriers         M55         26:26         28:06         29:07         1:23:32         1:23:41         8:21/M           66         29         Aoibheann Bartley         Enniskillen Running Club         F35         26:21         28:29         29:01         1:23:47         1:23:52         8:23/M           67         36         Donna McLaughlin         North Belfast Harriers         F45         27:33         27:15         29:00         1:23:43         1:23:53         8:23/M           68         79         Ian Erskine         Unaffiliated         M0         27:39         27:15         29:00         1:23:43         1:23:55         8:22/M           69         7         Glenn McGall         Ballymena Runners AC         M50         27:36         27:35         28:51         1:23:55         8:24/M           70         82         Adrian Morrison         Sperrin Harriers         M40         27:04         27:47         29:16         1:23:59         1:24:03         8:24/M           71	63	55	Mark Patterson	Unaffiliated	M40	27:42	27:24	28:01	1:23:03	1:23:07	8:18/M
66         29         Aoibheann Bartley         Enniskillen Running Club         F35         26:21         28:29         29:01         1:23:47         1:23:52         8:23/M           67         36         Donna McLaughlin         North Belfast Harriers         F45         27:33         27:54         28:24         1:23:47         1:23:53         8:23/M           68         79         lan Erskine         Unaffiliated         MO         27:39         27:15         29:00         1:23:43         1:23:55         8:22/M           69         7         Glenn McGall         Ballymena Runners AC         M50         27:36         27:35         28:51         1:23:55         1:24:03         8:24/M           70         82         Adrian Morrison         Sperrin Harriers         M40         27:04         27:47         29:16         1:23:59         1:24:08         8:24/M           71         104         Mickey Molloy         Unaffiliated         M50         27:24         28:09         28:34         1:23:58         1:24:08         8:24/M           72         8         Alison Foster         Ballymena Runners AC         F45         27:27         28:34         29:13         1:25:11         1:25:15         8:34/M	64	69	Tanya Quinn	Sperrin Harriers	F40	26:12	28:07	29:04		1:23:24	8:20/M
67         36         Donna McLaughlin         North Belfast Harriers         F45         27:33         27:54         28:24         1:23:47         1:23:53         8:23/M           68         79         Ian Erskine         Unaffiliated         MO         27:39         27:15         29:00         1:23:43         1:23:55         8:22/M           69         7         Glenn McGall         Ballymena Runners AC         M50         27:36         27:35         28:51         1:23:55         1:24:03         8:24/M           70         82         Adrian Morrison         Sperrin Harriers         M40         27:04         27:47         29:16         1:23:59         1:24:08         8:24/M           71         104         Mickey Molloy         Unaffiliated         M50         27:24         28:09         28:34         1:23:58         1:24:08         8:24/M           72         8         Alison Foster         Ballymena Runners AC         F45         27:27         28:34         29:13         1:25:11         1:25:15         8:31/M           73         33         Elaine Holmes         North Belfast Harriers         F50         27:35         28:39         29:31         1:25:40         1:25:46         8:34/M	65	72	Anthony O'Neill	Sperrin Harriers	M55	26:26	28:06	29:07	1:23:32	1:23:41	8:21/M
68         79         Ian Erskine         Unaffiliated         MO         27:39         27:15         29:00         1:23:43         1:23:55         8:22/M           69         7         Glenn McGall         Ballymena Runners AC         M50         27:36         27:35         28:51         1:23:55         1:24:03         8:24/M           70         82         Adrian Morrison         Sperrin Harriers         M40         27:04         27:47         29:16         1:23:59         1:24:08         8:24/M           71         104         Mickey Molloy         Unaffiliated         M50         27:24         28:09         28:34         1:23:58         1:24:08         8:24/M           72         8         Alison Foster         Ballymena Runners AC         F45         27:27         28:34         29:13         1:25:11         1:25:15         8:31/M           73         33         Elaine Holmes         North Belfast Harriers         F50         27:35         28:39         29:31         1:25:40         1:25:46         8:34/M           74         91         Darren Boyle         Unaffiliated         M45         27:53         29:12         28:45         1:25:41         1:25:51         8:34/M           75	66	29	Aoibheann Bartley	Enniskillen Running Club	F35	26:21	28:29	29:01	1:23:47	1:23:52	8:23/M
69         7         Glenn McGall         Ballymena Runners AC         M50         27:36         27:35         28:51         1:23:55         1:24:03         8:24/M           70         82         Adrian Morrison         Sperrin Harriers         M40         27:04         27:47         29:16         1:23:59         1:24:08         8:24/M           71         104         Mickey Molloy         Unaffiliated         M50         27:24         28:09         28:34         1:23:58         1:24:08         8:24/M           72         8         Alison Foster         Ballymena Runners AC         F45         27:27         28:34         29:13         1:25:11         1:25:15         8:31/M           73         33         Elaine Holmes         North Belfast Harriers         F50         27:35         28:39         29:31         1:25:40         1:25:46         8:34/M           74         91         Darren Boyle         Unaffiliated         M45         27:53         29:12         28:45         1:25:41         1:25:51         8:34/M           75         44         Shane Curtis         Lissan Runners         M0         27:31         28:58         29:35         1:25:59         1:26:06         8:36/M           76 <td>67</td> <td>36</td> <td>Donna McLaughlin</td> <td>North Belfast Harriers</td> <td>F45</td> <td>27:33</td> <td>27:54</td> <td>28:24</td> <td>1:23:47</td> <td>1:23:53</td> <td>8:23/M</td>	67	36	Donna McLaughlin	North Belfast Harriers	F45	27:33	27:54	28:24	1:23:47	1:23:53	8:23/M
69         7         Glenn McGall         Ballymena Runners AC         M50         27:36         27:35         28:51         1:23:55         1:24:03         8:24/M           70         82         Adrian Morrison         Sperrin Harriers         M40         27:04         27:47         29:16         1:23:59         1:24:08         8:24/M           71         104         Mickey Molloy         Unaffiliated         M50         27:24         28:09         28:34         1:23:58         1:24:08         8:24/M           72         8         Alison Foster         Ballymena Runners AC         F45         27:27         28:34         29:13         1:25:11         1:25:15         8:31/M           73         33         Elaine Holmes         North Belfast Harriers         F50         27:35         28:39         29:31         1:25:40         1:25:46         8:34/M           74         91         Darren Boyle         Unaffiliated         M45         27:53         29:12         28:45         1:25:41         1:25:51         8:34/M           75         44         Shane Curtis         Lissan Runners         MO         27:31         28:58         29:35         1:25:40         1:26:06         8:36/M           76 <td>68</td> <td>79</td> <td>lan Erskine</td> <td>Unaffiliated</td> <td>MO</td> <td>27:39</td> <td>27:15</td> <td>29:00</td> <td>1:23:43</td> <td>1:23:55</td> <td>8:22/M</td>	68	79	lan Erskine	Unaffiliated	MO	27:39	27:15	29:00	1:23:43	1:23:55	8:22/M
70         82         Adrian Morrison         Sperrin Harriers         M40         27:04         27:47         29:16         1:23:59         1:24:08         8:24/M           71         104         Mickey Molloy         Unaffiliated         M50         27:24         28:09         28:34         1:23:58         1:24:08         8:24/M           72         8         Alison Foster         Ballymena Runners AC         F45         27:27         28:34         29:13         1:25:11         1:25:15         8:31/M           73         33         Elaine Holmes         North Belfast Harriers         F50         27:35         28:39         29:31         1:25:40         1:25:46         8:34/M           74         91         Darren Boyle         Unaffiliated         M45         27:53         29:12         28:45         1:25:41         1:25:51         8:34/M           75         44         Shane Curtis         Lissan Runners         MO         27:31         28:58         29:35         1:25:59         1:26:06         8:36/M           76         61         Richard Fox         Sperrin Harriers         M40         27:04         29:03         30:04         1:26:12         8:37/M           78         84	69	7	Glenn McGall	Ballymena Runners AC	M50	27:36	27:35	28:51	1:23:55	1:24:03	
71         104         Mickey Molloy         Unaffiliated         M50         27:24         28:09         28:34         1:23:58         1:24:08         8:24/M           72         8         Alison Foster         Ballymena Runners AC         F45         27:27         28:34         29:13         1:25:15         8:31/M           73         33         Elaine Holmes         North Belfast Harriers         F50         27:35         28:39         29:31         1:25:40         1:25:46         8:34/M           74         91         Darren Boyle         Unaffiliated         M45         27:53         29:12         28:45         1:25:41         1:25:46         8:34/M           75         44         Shane Curtis         Lissan Runners         M0         27:31         28:58         29:35         1:25:51         8:34/M           76         61         Richard Fox         Sperrin Harriers         M40         27:04         29:03         30:04         1:26:06         8:37/M           77         6         Alastair Donaghy         Ballymena Runners AC         M50         26:50         29:12         30:27         1:26:24         1:26:37         8:39/M           79         68         Stephanie Henry         Sperrin	70	82	Adrian Morrison	Sperrin Harriers	M40	27:04	27:47	29:16	1:23:59	1:24:08	8:24/M
73         33         Elaine Holmes         North Belfast Harriers         F50         27:35         28:39         29:31         1:25:40         8:34/M           74         91         Darren Boyle         Unaffiliated         M45         27:53         29:12         28:45         1:25:41         1:25:51         8:34/M           75         44         Shane Curtis         Lissan Runners         M0         27:31         28:58         29:35         1:25:59         1:26:06         8:36/M           76         61         Richard Fox         Sperrin Harriers         M40         27:04         29:03         30:04         1:26:06         1:26:12         8:37/M           77         6         Alastair Donaghy         Ballymena Runners AC         M50         26:50         29:12         30:27         1:26:24         1:26:30         8:38/M           78         84         Suzanne Bigmore         Acorns AC         F35         27:39         29:07         29:50         1:26:29         1:26:37         8:39/M           79         68         Stephanie Henry         Sperrin Harriers         F40         27:39         29:18         29:39         1:26:33         1:26:37         8:39/M	71	104	Mickey Molloy	Unaffiliated	M50	27:24	28:09	28:34	1:23:58	1:24:08	
74         91         Darren Boyle         Unaffiliated         M45         27:53         29:12         28:45         1:25:41         1:25:51         8:34/M           75         44         Shane Curtis         Lissan Runners         MO         27:31         28:58         29:35         1:25:59         1:26:06         8:36/M           76         61         Richard Fox         Sperrin Harriers         M40         27:04         29:03         30:04         1:26:06         1:26:12         8:37/M           77         6         Alastair Donaghy         Ballymena Runners AC         M50         26:50         29:12         30:27         1:26:24         1:26:30         8:38/M           78         84         Suzanne Bigmore         Acorns AC         F35         27:39         29:07         29:50         1:26:29         1:26:37         8:39/M           79         68         Stephanie Henry         Sperrin Harriers         F40         27:39         29:18         29:39         1:26:33         1:26:37         8:39/M	72	8	Alison Foster	Ballymena Runners AC	F45	27:27	28:34	29:13	1:25:11	1:25:15	8:31/M
74         91         Darren Boyle         Unaffiliated         M45         27:53         29:12         28:45         1:25:41         1:25:51         8:34/M           75         44         Shane Curtis         Lissan Runners         MO         27:31         28:58         29:35         1:25:59         1:26:06         8:36/M           76         61         Richard Fox         Sperrin Harriers         M40         27:04         29:03         30:04         1:26:06         1:26:12         8:37/M           77         6         Alastair Donaghy         Ballymena Runners AC         M50         26:50         29:12         30:27         1:26:24         1:26:30         8:38/M           78         84         Suzanne Bigmore         Acorns AC         F35         27:39         29:07         29:50         1:26:29         1:26:37         8:39/M           79         68         Stephanie Henry         Sperrin Harriers         F40         27:39         29:18         29:39         1:26:33         1:26:37         8:39/M	73	33	Elaine Holmes	North Belfast Harriers	F50	27:35	28:39	29:31	1:25:40	1:25:46	8:34/M
76         61         Richard Fox         Sperrin Harriers         M40         27:04         29:03         30:04         1:26:06         1:26:12         8:37/M           77         6         Alastair Donaghy         Ballymena Runners AC         M50         26:50         29:12         30:27         1:26:24         1:26:30         8:38/M           78         84         Suzanne Bigmore         Acorns AC         F35         27:39         29:07         29:50         1:26:29         1:26:37         8:39/M           79         68         Stephanie Henry         Sperrin Harriers         F40         27:39         29:18         29:39         1:26:33         1:26:37         8:39/M	74	91	Darren Boyle	Unaffiliated	M45	27:53	29:12	28:45	1:25:41	1:25:51	
76         61         Richard Fox         Sperrin Harriers         M40         27:04         29:03         30:04         1:26:06         1:26:12         8:37/M           77         6         Alastair Donaghy         Ballymena Runners AC         M50         26:50         29:12         30:27         1:26:24         1:26:30         8:38/M           78         84         Suzanne Bigmore         Acorns AC         F35         27:39         29:07         29:50         1:26:29         1:26:37         8:39/M           79         68         Stephanie Henry         Sperrin Harriers         F40         27:39         29:18         29:39         1:26:33         1:26:37         8:39/M	75		•	Lissan Runners	MO	27:31	28:58	29:35			
77       6       Alastair Donaghy       Ballymena Runners AC       M50       26:50       29:12       30:27       1:26:24       1:26:30       8:38/M         78       84       Suzanne Bigmore       Acorns AC       F35       27:39       29:07       29:50       1:26:29       1:26:37       8:39/M         79       68       Stephanie Henry       Sperrin Harriers       F40       27:39       29:18       29:39       1:26:33       1:26:37       8:39/M	76	61	Richard Fox	Sperrin Harriers	M40	27:04	29:03			1:26:12	-
78         84         Suzanne Bigmore         Acorns AC         F35         27:39         29:07         29:50         1:26:29         8:39/M           79         68         Stephanie Henry         Sperrin Harriers         F40         27:39         29:18         29:39         1:26:37         8:39/M		6	Alastair Donaghy	Ballymena Runners AC	M50	26:50	29:12	30:27		1:26:30	8:38/M
79 68 Stephanie Henry Sperrin Harriers F40 27:39 29:18 29:39 1:26:33 1:26:37 8:39/M				•							
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## Race 5 - Parkanaur Forest Saturday 10th Feburary 2018



Place	Bib No	Name	Club	Category	Lap 1 (5.23K) Time	Lap 2 (5.43K) Time	Lap 3 (5.43K) Time	<b>Chip Time</b>	<b>Gun Time</b>	Ave Pace
81	100	Joanne O'Donnell	North Fermanagh Fitness Club	F40	27:25	29:20	30:06	1:26:46	1:26:52	8:41/M
82	89	David McKenna	Dublin Front Runners AC	M55	27:04	29:44	30:24	1:27:10	1:27:13	8:43/M
83	18	Robin Alexander	Ballymena Runners AC	M50	27:40	29:09	30:33	1:27:16	1:27:24	8:44/M
84	66	Nigel McMorris	Unaffiliated	M55	27:41	29:36	30:07	1:27:18	1:27:26	8:44/M
85	65	Denise Dallas	Acorns AC	F55	28:38	29:32	29:26	1:27:28	1:27:37	8:45/M
86	110	Martin Donaghy	Sperrin Harriers	M55	28:40	29:24	30:42	1:28:38	1:28:46	8:52/M
87	71	Tomas Barrett	Unaffiliated	MO	29:12	29:44	30:28	1:29:17	1:29:25	8:56/M
88	67	Lisa Fitzpatrick	Sperrin Harriers	F40	28:06	30:53	31:10	1:30:05	1:30:10	9:01/M
89	88	Colin Thom	Acorns AC	M50	28:24	30:54	31:22	1:30:36	1:30:41	9:04/M
90	87	Jane Thom	Sperrin Harriers	F45	28:24	30:54	31:33	1:30:47	1:30:52	9:05/M
91	23	Stephanie Johnston	Ballymena Runners AC	F40	29:11	31:10	31:24	1:31:40	1:31:46	9:10/M
92	62	Peter Mitchell	Sperrin Harriers	MO	28:33	30:58	32:40	1:32:06	1:32:12	9:13/M
93	86	Tom Wylie	Unaffiliated	M55	29:00	31:11	32:05	1:32:10	1:32:17	9:13/M
94	112	Barry O'Neill	Sperrin Harriers	M50	29:31	30:59	31:54	1:32:16	1:32:24	9:14/M
95	22	Jonathan Johnston	Ballymena Runners AC	M45	28:10	31:32	33:51	1:33:27	1:33:35	9:21/M
96	109	Louise Kelly	Sperrin Harriers	F40	30:57	31:39	32:17	1:34:42	1:34:54	9:28/M
97	31	Tiarnan Rafferty	Galbally Runners	MO	28:47	33:07	35:53	1:37:40	1:37:48	9:46/M
98	106	Julie Deery	Unaffiliated	F45	31:34	32:40	33:40	1:37:47	1:37:55	9:47/M
99	37	George Gribben	Orangegrove AC	M60	31:39	33:01	34:14	1:38:45	1:38:55	9:53/M
100	2	Harry Armstrong	Ballymena Runners AC	M50	32:15	34:37	33:11	1:39:54	1:40:04	9:59/M
101	3	Elaine Montgomery	Springwell Running Club	F45	32:15	34:38	36:07	1:42:52	1:43:01	10:17/M
102	49	Barry Moore	Sperrin Harriers	M40	30:31	34:29	38:23	1:43:13	1:43:25	10:19/M
103	20	Brigid Quinn	Ballymena Runners AC	F70	34:20	36:23	36:30	1:47:07	1:47:14	10:43/M
104	50	Judith Black	Acorns AC	F45	34:31	36:26	37:53	1:48:39	1:48:50	10:52/M
105	107	Gary Johnston	Tri Limits	МО	34:22	36:17	38:15	1:48:43	1:48:55	10:52/M
106	58	Evelyn Cawley	Unaffiliated	F40	34:31	36:48	37:52	1:49:02	1:49:12	10:54/M
107	10	Terry Foley	Ballymena Runners AC	M50	34:19	36:43	38:43	1:49:34	1:49:46	10:57/M
108	4	Andrea Linton	Sperrin Harriers	F45	31:37	37:51	40:52	1:50:14	1:50:21	11:01/M
109	93	Ciara Coyle	Unaffiliated	F40	31:37	37:51	40:52	1:50:13	1:50:21	11:01/M
110	17	David Stewart	Sperrin Harriers	M40	35:30	34:30	41:03	1:50:52	1:51:03	11:05/M
111	60	Lorraine Abernethy	Springwell Running Club	F45	35:08	39:38	40:15	1:54:51	1:55:02	11:29/M
112	30	Patsi Doey	Acorns AC	FO	36:04	40:12	42:26	1:58:32	1:58:43	11:51/M
113	21	Bernadette-Rose Carmichael	Ballymena Runners AC	F50	35:47	41:55	46:42	2:04:14	2:04:25	12:25/M
DNF	42	Sharon Dickenson	Affliated (Unattached)	F40	28:51					