Pos Bib Firstname	LastName	Cat	Club	Finish Cl	hiptime F	lalfway
1 532 Brian	Campbell	MO	Willowfield Harriers	01:14:26 0	-	00:37:05
2 529 Andrew	Considine	MO	North Belfast Harriers	01:16:30 0	-	00:38:08
3 586 Don	Travers	M40	Newry City Runners	01:17:02 0		00:38:11
4 508 Desi	Foley	MO	Newry City Runners	01:17:02 0		00:38:55
5 536 Chris	Moren	MO	Willowfield Harriers	01:10:57 0		00:39:20
6 624 Steve	Darby	M45	UK Netrunner	01:21:02 0		00:40:01
7 376 Ryan	Moore	MO	Beechmount Harriers	01:21:02 0		00:40:38
8 473 Roger	Pannell	M40	Ballydrain Harriers	01:21:36 0		00:40:38
9 557 Gareth	Lyons	MO	Ballydrain Harriers	01:21:36 0		00:40:38
10 655 Michael	Fitzpatrick	M45	North Belfast Harriers	01:22:00 0		00:40:38
11 394 Greg	Lucy	MO	Willowfield Harriers	01:22:05 0		00:41:07
12 379 Alan	Johnston	M45	Murlough AC	01:22:07 0		00:41:06
13 76 Ben	Caughers	MO	North Down AC	01:22:51 0		00:40:40
14 184 Bryan	Edgar	M50	Springwell Running Club	01:23:00 0		00:41:08
15 599 Gerard	Heaney	MO	St Peters AC	01:23:12 0		00:40:31
16 623 Hannah	Oldroyd	FO	UK Netrunner	01:23:12 0		00:41:40
17 753 Karen	Alexander	FO	ok wet anner	01:24:14 0		00:42:20
18 378 Chris	Denton	M40	Springwell Running Club	01:24:25 0		00:41:16
19 652 Seamus	Kelly	MO	Ballymena Runners AC	01:24:51 0		00:41:48
20 549 Caitriona	Jennings	FO	Rathfarnham WSAF	01:24:54 0	_	00:42:30
21 344 Maeve	Lavery	FO	Natinalinain W5/N	01:25:47 0		00:42:09
22 172 Colum	Gaile	MO		01:26:09 0		00:42:55
23 601 Jamie	Tomaselli	MO	St Peters AC	01:26:18 0		00:42:45
24 524 Richard	Coey	M40	Ballydrain Harriers	01:26:26 0		00:42:43
25 428 Joe	McCann	M45	Newcastle AC	01:26:50 0		00:42:58
26 432 John	Mulhern	MO	Sperrin Harriers	01:26:56 0		00:42:23
27 390 Rory	Kane	M40	North Belfast Harriers	01:27:09 0		00:43:16
28 522 Mark	Rushby	M45	Peninsula Triathlon Club	01:27:17 0		00:44:14
29 429 Robin	Montgomery	M45	Orangegrove AC	01:27:24 0		00:43:10
30 545 lan	Brankin	M40	Peninsula Triathlon Club	01:27:25 0		00:42:55
31 519 Darrel	Cooper	MO		01:27:29 0		
32 66 Thomas	Leitch	M40	Orangegrove Athletics Club	01:27:50 0		00:42:57
33 220 Eamon	Wilson	МО	3-8-8-6-6-6-6-6-6-6-6-6-6-6-6-6-6-6-6-6-	01:28:02 0		00:43:40
34 761 Andrew	Telford	МО		01:28:16 0		00:43:48
35 741 Sandy	McBride	МО		01:28:23 0		00:44:40
36 691 Murray	Dellor	МО	East Down AC	01:28:25 0		00:44:31
37 770 William	Thompson	M50		01:28:30 0		00:43:19
38 434 Ross	Mercer	МО		01:28:31 0		00:43:01
39 767 Conor	Doris	МО		01:28:42 0		00:43:39
40 320 lan	Campton	M45		01:28:45 0	01:28:43	00:44:30
41 723 Brendan	Grew		North Belfast Harriers	01:28:49 0		00:44:31
42 142 Conor	Diver	M40		01:28:52 0		00:44:30
43 527 Jenny	Swann	МО	Ballydrain Harriers	01:28:55 0		00:43:42
44 768 David	Noble	МО	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	01:28:55 0		00:42:52
45 192 Curtis	McCaw	МО	Ballydrain Harriers	01:29:05 0		00:43:01
46 676 Stephen	Smartt	M45	,	01:29:05 0		00:44:30
47 457 Colin	Garrett	MO	Ballydrain Harriers	01:29:16 0		00:43:12
48 359 Paul	Skillen	МО	Mallusk Harriers	01:29:18 0		00:44:31
49 715 Mark	McLaren	МО		01:29:33 0		00:44:28
50 642 Emmett	O'Hara	M40		01:29:40 0		00:44:15
51 722 Gareth	Grew	МО	North Belfast Harriers	01:29:41 0		00:44:30

52	509 James	Lappin	MO	Ballydrain Harriers	01:29:44	01:29:43	00:43:52
53	553 Brian	Derby	M50	Dub Runners	01:29:50	01:29:47	00:43:49
54	480 Robert	Wilson	M55	Willowfield Harriers	01:29:56	01:29:56	00:44:40
55	395 David	Proctor	MO	Willowfield Harriers	01:30:04	01:30:04	00:45:37
56	588 Thomas	Moore	M40	Spring Well Running Club	01:30:09	01:30:08	00:44:28
57	600 Martsje	Hell	FO	North Belfast Harriers	01:30:18	01:30:15	00:43:28
58	426 John	McConnell	M40	Belfast Harriers	01:30:18	01:30:14	00:43:37
59	383 Cesare	Carcano	MO		01:30:49	01:30:37	00:45:17
60	504 Fabrice	Scoupe	M40		01:31:00	01:30:57	00:43:43
61	702 Drew	Fowler	MO	Ballydrain Harriers	01:31:19	01:31:16	00:45:11
62	447 Paul	McCullagh	M55		01:31:20	01:31:15	00:45:49
63	179 Alan	Ross	M45		01:31:31	01:31:26	00:45:49
64	776 Thomas	Craig	MO		01:31:39	01:31:38	00:44:31
65	659 Anna	Schwaiger	FO	Tus Neuenrade, Germany	01:31:43	01:31:43	00:44:22
66	526 Norman	Mawhinney	M55	Ballydrain Harriers	01:31:49	01:31:44	00:42:29
67	778 Jason	Ratcliffe	M40		01:31:54	01:31:53	00:44:48
68	370 Stephen	McCloskey	M45		01:32:08	01:32:07	00:44:38
69	243 Colin	Simpson	M45	North Belfast Harriers	01:32:13	01:32:12	00:45:36
70	6 Craig	Bradley	MO	Ballydrain Harriers	01:32:27	01:32:24	00:44:49
71	757 Sean	Murphy	MO		01:32:29	01:32:27	00:45:35
72	212 Louise	Smith	F40	North Belfast Harriers	01:32:30	01:32:28	00:45:37
73	327 Kevin	McVeigh	M50	City of Lisburn AC	01:32:31	01:32:28	00:45:52
74	315 Raymond	Stanex	M40	Ballydrain Harriers	01:32:33	01:32:30	00:44:53
75	626 Neill	Ritchie	M40		01:32:41	01:32:39	00:46:01
76	635 Rioghan	McClean	МО	St Peters AC	01:32:53	01:32:51	00:46:02
77	754 Anne	Fitzpatrick	FO		01:32:55	01:32:51	00:46:01
78	52 Stephen	Martin	MO		01:32:58	01:32:56	00:44:05
79	500 Ronan	Toland	MO		01:33:03	01:33:00	00:46:21
80	123 Leslie	Wilkinson	M55	North Down AC	01:33:37	01:33:35	00:45:53
81	385 Mark	Shields	M45	North Belfast Harriers	01:33:43	01:33:40	00:45:50
82	384 Marc	Butler	MO		01:33:52	01:33:49	00:46:56
83	689 Sean	Nickell	M40	MCI	01:33:54	01:33:52	00:45:56
84	697 Matthew	Thompson	MO		01:33:57	01:33:40	00:47:18
85	330 Evan	Boyce	MO	Ballydrain Harriers	01:34:25	01:34:22	00:46:25
86	75 Neil	Mercer	M40	Albertville Harriers	01:34:34	01:34:30	00:46:57
87	275 Michael	Forrester	MO	Willowfield	01:34:43	01:34:36	00:46:02
88	397 Stuart	McIver	MO	Ballydrain Harriers	01:35:10	01:35:07	00:47:19
89	542 Stephen	Irvine	M40	Dub Runners	01:35:12	01:35:08	00:47:57
90	90 Jim	Larkin	MO	Dub Runners of Belfast	01:35:16	01:35:10	00:47:19
91	342 Diane	Watson	F40	City of Lisburn AC	01:36:03	01:36:00	00:45:52
92	692 Simon	Robinson	M40	NDAC	01:36:05	01:36:03	00:45:55
93	201 Natalie	Thompson	FO		01:36:06	01:36:01	00:47:57
94	268 Philip	Carson	M40	Ballydrain Harriers	01:36:09	01:36:03	00:47:55
95	341 Gary	Watton	M45		01:36:09	01:36:03	00:49:15
96	638 Nathan	Brown	MO		01:36:12	01:36:00	00:45:55
97	109 Valerie	McDonough	F40	North Down AC	01:36:20	01:36:12	00:47:33
98	318 Amanda	Perry	F40	Ballydrain Harriers	01:36:29	01:36:27	00:46:57
99	699 Ryan	Logan	MO	Ballymena Runners AC	01:36:32	01:36:25	00:48:34
100	706 Conall	McGleenan	M40		01:36:36	01:36:30	00:46:14
101	749 Timothy	Holland	M40		01:36:41	01:36:36	00:49:12
102	288 Michael	Brown	MO		01:36:46	01:36:45	00:47:35
103	672 Martin	Steele	M45		01:37:04	01:36:49	00:48:30

104	535 Neal	Hunniford	МО	Ballydrain Harriers	01:37:08	01:37:01	00:46:56
_	424 Bill	Harvey	M40	Nics		01:37:09	00:48:01
	292 Bobby	Boal	MO	Larne Athletic		01:37:10	00:48:19
	664 Amy-May	Garvey	FO			01:37:11	00:48:39
	472 John	Palmer	M45			01:37:08	00:46:34
	155 Peter	Cosgrove	M45			01:37:19	00:48:37
110	418 Athanasia	Sevastaki	F40	North Belfast Harriers		01:37:34	00:48:10
	488 Angus	McCready	M45			01:37:40	00:48:03
	206 Eamon	, McCaighy	M50	Jog Lisburn	01:37:50	01:37:45	00:49:10
113	537 Andrew	Wightman	M40	S	01:37:53	01:37:50	00:47:19
114	152 Seamus	Reid	МО	Belfast Frontrunners	01:38:04	01:38:01	00:48:17
115	51 Johnny	Greer	МО		01:38:08	01:38:00	00:48:33
116	207 Fiona	Prue	F45	Ballydrain Harriers	01:38:11	01:38:10	00:48:19
117	492 Paul	Edgar	МО	Ballydrain Harriers	01:38:20	01:38:17	00:47:19
118	261 Stuart	McAllister	МО	•	01:38:33	01:38:30	00:52:29
119	750 Chris	Stothers	МО		01:38:33	01:38:20	00:48:58
120	670 Andrew	Strutt	МО		01:38:35	01:38:22	00:48:39
121	255 Oliver	Strong	M45		01:38:35	01:38:29	00:47:50
122	181 Daniel	Jack	МО	Beechmount Harriers	01:38:42	01:38:39	00:48:44
123	738 Miroslav	Malec	МО		01:38:52	01:38:51	00:48:31
124	237 Ciaran	O'Neill	МО		01:38:57	01:38:54	00:47:11
125	328 Stephen	Watterson	M45	Ballydrain Harriers	01:39:04	01:38:58	00:48:03
126	732 Nigel	Cree	M40	•	01:39:14	01:39:11	00:50:07
127	498 Robin	Gillespie	M40		01:39:17	01:39:15	00:48:04
128	392 Michael	O'Donoghue	M40	Orangegrove AC	01:39:18	01:39:08	00:50:16
129	312 Irene	Clements	F50	Enniskillen Running Club	01:39:20	01:39:11	00:48:46
130	430 Jacqueline	McIlrath	F40	Ballymena Runners AC	01:39:22	01:39:16	00:49:06
131	223 Andy	Gibson	МО		01:39:25	01:39:20	00:51:42
132	645 Andrew	Cummings	M45	Jog Lisburn	01:39:33	01:39:30	00:49:08
133	530 Colin	Hoey	M45	Ballynulto Runners	01:39:33	01:39:31	00:49:26
134	409 Alan	Ladd	MO	Mallusk Harriers	01:39:34	01:39:20	00:51:03
135	662 Gregg	Quinn	MO		01:39:34	01:39:32	00:48:26
136	407 John	O'Neill	MO	Narrows Tri Club	01:39:49	01:39:36	00:48:56
137	163 Aoibhinn	Clinton	FO	Ballydrain Harriers	01:39:56	01:39:48	00:49:33
138	103 Hugh	Oram	MO	Murlough AC	01:39:58	01:39:50	00:49:55
139	205 Helen	Weir	F40	North Belfast Harriers	01:39:59	01:39:55	00:48:52
140	150 Glenn	McKibbin	MO		01:40:10	01:39:57	00:49:05
141	332 Colin	Funston	MO		01:40:16	01:40:06	00:49:04
142	164 James	Wilson	MO	Lisburn Athletics Club	01:40:16	01:40:05	00:50:43
143	640 Colm	McMullan	MO	Dromore AC	01:40:30	01:40:18	00:50:52
144	279 Helen	Perry	FO	Belfast Running Club	01:40:33	01:40:27	00:50:31
145	43 John	Nelson	M50	Belfast Running Club	01:40:35	01:40:30	00:50:31
146	766 David	Valley	MO		01:40:38	01:40:34	00:49:22
147	273 Damian	Cranney	M40		01:40:41	01:40:34	00:49:29
148	677 Trevor	Denton	M50	N I Civil Service AC	01:40:44	01:40:28	00:50:56
149	693 Stephen	McStravick	M40		01:40:50	01:40:33	00:50:45
150	696 Hugh	Dixon	M55		01:40:53	01:40:46	00:49:38
151	461 Paul	Dane	MO		01:40:54	01:40:50	00:48:39
	470 Sam	Hogg	M65	Lagan Valley AC	01:41:00	01:40:41	00:50:20
	185 Marty	Redmond	M40			01:40:58	00:49:56
154	773 Noel	Moan	MO		01:41:12	01:40:58	00:50:11
155	570 Gary	Curran	MO	Crossgar Harriers	01:41:13	01:40:55	00:51:07

	_						
	362 John	Kinney	M40			01:41:10	00:48:35
	306 Brian	McDonald	МО	Mallusk Harriers		01:41:18	00:51:11
	666 Brian	Smith	MO			01:41:17	00:50:36
	462 Paul	Gordon	M45	Albertville Harriers		01:41:12	
	780 Martin	O'Neill	M50			01:41:10	00:51:45
	755 Jason	Conley	MO			01:41:20	00:48:04
	704 Stuart	Hatfield	MO			01:41:14	00:48:47
	343 Kevin	Briggs	MO	Peninsula Triathlon Club		01:41:16	00:50:38
164	615 Aidan	Black	M40			01:41:24	
165	73 Colin	Walker	M40	North Down AC	_	01:41:32	00:47:33
	658 Tommy	Boyle	Mo			01:41:32	
	772 Neill	Walker	FO			01:41:41	
168	173 Eamon	O'Reilly	M40	North Down AC	01:41:46	01:41:31	00:51:41
169	271 Paddy	Ritchie	M45	Ballydrain Harriers	01:41:48	01:41:38	00:50:21
170	130 Gary	Long	M45	Ballydrain Harriers	01:41:50	01:41:43	00:50:17
171	78 Russell	Armour	MO		01:41:51	01:41:11	00:52:33
172	190 Stephen	Wilson	MO	Ballydrain Harriers	01:41:51	01:41:44	00:50:17
173	684 lain	Bruce	M45		01:41:52	01:41:36	00:51:16
174	606 Mark	Hamill	M50	Dub Runners	01:42:03	01:41:58	00:50:49
175	688 Dermott	McKeague	MO		01:42:06	01:42:02	00:49:24
176	554 Stephen	Brady	M50		01:42:17	01:42:07	00:54:58
177	654 Michael	Englishby	M40	Newry City Runners	01:42:23	01:42:22	00:49:30
178	495 Brian	Keegan	M50		01:42:27	01:42:18	00:52:28
179	515 Richard	Kerr	МО		01:42:34	01:42:15	00:51:57
	671 Gerald	Quinn	МО			01:42:25	00:51:07
	235 Darren	Martin	M40	Ballydrain Harriers		01:42:34	
	540 Gordon	Glass	M45			01:42:37	00:48:46
183	37 Alan	Kerby	MO			01:42:40	00:51:01
184		Irwin	MO		-	01:42:34	
	286 Colin	McCrum	M50			01:42:47	00:51:05
	613 Anna	McArdle	FO			01:42:42	00:51:25
	170 Joe	Ervine	M40			01:42:29	
	546 Jillian	Redpath	F40			01:42:48	
189		Moffett		Belfast running		01:43:04	
	478 Louise	Jones	FO	Belfast Running Club		01:42:40	00:51:19
	736 Shannon	Clegg	FO	bellast Kullilling Club		01:43:02	
	551 Patrick	McCambridge		North Belfast Harriers		01:43:13	
	148 Darren	Houston	M40			01:43:10	00:50:35
				Orangegrove		01:43:19	
	259 Ross	Hamilton	MO				
	132 Simon	Philips	M45			01:43:16	00:51:28
	520 Michael	Dines	MO			01:43:16	00:50:53
	177 Gary	Tweedie	M40	5 H 1		01:43:16	00:50:52
198	1 Andrew	Evans	MO	Ballydrain Harriers		01:43:26	00:50:38
	653 Kenneth	Perry	MO			01:43:25	00:51:27
200		Cassells	FO			01:43:28	
	627 Johnny	Bell	MO			01:43:29	00:51:53
	680 Rodney	Corrigan	MO	Orangegrove AC		01:43:32	00:52:27
	229 John	Donnelly	M45	Ballymena Runners AC		01:43:43	
	572 Gillian	Logan	FO			01:43:48	00:51:39
205	16 Stephen	McConnell	MO			01:43:35	00:51:32
	669 Stephen	Pickering	MO	Termoneeny		01:43:44	
207	637 Brandan	Grew	M50		01:43:56	01:43:41	00:52:26

•		_			04 40 <b>=</b> 0		
	8 367 Neil	Burns	MO			01:43:45	00:51:55
	9 585 Anne	Havern	FO	Newry City Runners		01:43:59	00:52:09
	0 440 Duncan	Chambers	M45	Ballydrain Harriers		01:44:02	00:50:27
	1 710 Thomas	Martin	MO			01:43:58	00:50:41
	2 451 Colin	Campbell	MO			01:44:06	00:52:05
	3 285 Michael	Kelso	M50	Apes Runnign Club		01:44:10	00:52:29
	4 584 Anthony	McKinley	MO	Albertville Harriers	01:44:24	01:43:54	00:51:56
21	5 122 Paul	Lockett	M40		01:44:24	01:44:06	00:52:59
21	6 354 Keith	Gilmore	MO		01:44:24	01:44:04	00:51:26
21	7 563 Anthony	Lavery	MO	Albertville Harriers	01:44:25	01:43:55	00:51:56
21	8 233 Matthew	Brown	MO		01:44:28	01:43:41	00:51:47
21	9 38 David	Moore	MO		01:44:31	01:44:26	00:51:28
22	0 65 Donal	Hull	M50	Lurgan Town FC	01:44:38	01:44:08	00:50:20
22	1 724 John	McGuigan		North Belfast Harriers	01:44:39	01:44:27	00:52:29
22	2 725 Sean	McShane		North Belfast Harriers	01:44:39	01:44:28	00:52:29
22	3 602 Andrew	McDermott	МО	Dub Runners	01:44:41	01:44:41	00:48:11
22	4 667 Stuart	MacPherson	МО		01:44:44	01:44:26	00:53:33
22	5 349 Tom	Clarke	M55		01:44:44	01:44:14	00:52:31
22	6 517 Paul	Devlin	МО		01:44:53	01:44:34	00:49:02
22	7 603 Robert	Murray	M45	Seapark AC	01:44:53	01:44:49	00:51:15
22	8 525 Amanda	, Jackson	F40	Ballydrain Harriers	01:44:55	01:44:50	00:51:56
22	9 44 Paul	Kirkwood	МО	,	01:45:00	01:44:30	00:52:40
	0 502 Paul	Bracken	МО			01:44:46	00:53:24
	1 232 Peter	Glass	M40			01:44:56	00:51:02
	2 234 Keren	Martin	FO	Ballydrain Harriers		01:45:11	00:52:22
	3 616 Brian	Duggan	M40	Danyaran Harriers		01:44:57	00:52:50
	4 219 Steven	Donegan	MO			01:45:16	00:51:43
	5 331 Steven	Wardle	MO			01:45:44	00:52:28
	6 203 Alan	Massey	M40			01:45:43	00:52:28
	7 139 Graeme	Stringer	MO			01:45:41	00:54:11
	8 352 Barry	Shaw	MO			01:45:41	00:54:11
	9 713 Darren	Caufield	MO			01:45:31	
	0 175 Kurtis	Hunter	MO			01:45:58	
	1 648 Eamonn	Sheehan	MO	Sperrin Harriers		01:46:06	00:53:38
	2 625 Andrew	Rowan	MO	эрени напнега		01:45:59	00:50:14
		Salters		Saanark AC		01:46:00	
	3 252 Caroline	Welsh	FO	Seapark AC		01:46:00	
	4 628 Mark		M40	Seapark AC			00:52:09
	5 576 Gary	Connolly	M50	Seapark AC		01:46:03	00:52:08
	6 582 Stuart	McCrackin	M40	Duk Dungan		01:46:02	
	7 441 Richard	Donald	MO	Dub Runners		01:46:12	00:49:01
	8 709 lan	Grant	MO	Orangegrove AC		01:46:08	00:52:50
	9 716 Greg	Shelvin	MO			01:46:19	
	0 781 Navarro	Carlos	M50			01:46:20	00:53:06
	1 587 Stuart	Campbell	MO	Albertville Harriers		01:46:07	00:54:09
	2 550 lta	McCambridge		North Belfast Harriers		01:46:22	
	3 262 Stephen	Phillips	MO			01:46:34	00:52:32
	4 695 Michael	Harris	M45	Jog Lisburn		01:47:00	00:51:08
	5 711 Jonathan	Davis	MO			01:47:11	
	6 289 Scott	Harbinson	M40			01:47:05	00:51:15
	7 456 Tina	Davies	FO	Dromore AC		01:47:49	00:52:58
	8 636 Lynne	Kerr	F50	North Down AC		01:47:25	00:52:57
25	9 208 Debbie	McVeigh	FO		01:48:06	01:47:54	00:53:08

260 386 Nessa         Agnew         F4 O         Dub Runners         O1.48.08         01.48.02         0525.07           261 756 Brian         Grimes         M50         01.48.09         01.24.02         0052.07           262 410 Heather         Baron         F40         Orangegrove Athletics Club         01.48.16         01.48.05         0053.20           263 73 Grahath         Weston         M40         Orangegrove AC         01.48.19         01.48.10         0053.20           265 307 Neill         Scott         M40         Orangegrove AC         01.48.12         01.48.02         005.33.31           266 565 Shyue Le         Ng         M0         Orangegrove AC         01.48.26         01.48.02         005.33.31           268 439 Philip         McConvey         M45         01.48.27         01.48.20         005.35.42           270 227 Christopher         Malbon         M65         01.48.24         01.48.33         01.48.23         005.35.5           271 412 Gray         Irwin         M55         01.48.24         01.48.33         01.48.33         005.35.5           272 308 Stephen         Dunn         M40         01.48.45         01.48.31         005.24.2           273 475 Aidan         Ormsby         M40	_		206 N		<b>540</b>	D   D	04 40 00	04 40 02	00 50 07
262   410   Heather   Baron   F40   Orangegrove Athletics   Di. 148.16   Di. 148.06   Oi.53.20   Oi.52.20   Oi.52.20   Oi.54.07   Oi.54.07   Oi.54.07   Oi.54.07   Oi.54.07   Oi.54.07   Oi.55.20   Oi.54.07   Oi.54.07				_		Dub Runners			
263 746 Carolyn         Beattie         F40         Orangegrove AC         01:48:16         01:48:00         00:53:20           264 733 Jonathan         Weston         M45         Orangegrove AC         01:48:10         01:48:10         00:53:20           265 58 Or Mell         Koct         M40         Urides: 01:48:10         01:48:20         01:48:20         00:53:31           267 593 James         Johnston         M45         Urides: 70:48:05         00:58:04         00:53:31           269 744 Peter         McConvey         M45         Urides: 70:48:05         01:48:20         01:48:20         00:53:24           270 227 Christopher Malbon         M0         Urides: 70:48:05         00:53:24         01:48:41         01:48:30         00:53:25           272 14 12 Graph         Jones         M50         Urides: 70:48:41         01:48:43         01:48:30         00:51:12           273 417 Stephen         Jones         M50         Urides: 70:48:47         01:48:30         00:51:12           273 417 Stephen         McMillian         M55         East Antrim Harriers         01:48:30         01:48:30         00:53:32           278 5 Stephen         McMillian         M55         East Antrim Harriers         01:49:00         01:48:20         00:53:22									
264 733 Jonathan         Weston         M45         Orangegrove AC         01:48:16 01:48:07 00:53:20 00:50:15           265 307 Neill         Scott         M40         01:48:19 01:48:10 00:50:15           266 6565 Shyue Le         Ng         M0         01:48:20 01:48:20 00:50:15           266 595 Shyue Le         Ng         M0         01:48:27 01:48:00 00:58:04           268 439 Philip         McEvor         M45         01:48:27 01:48:20 00:53:24           269 744 Peter         McConvey         M45         01:48:27 01:48:23 00:53:24           270 227 Christopher Malbon         M0         01:48:41 01:48:33 00:53:26           271 412 Gray         Inwin         M50         01:48:41 01:48:33 00:54:22           273 30 Stephen         Jones         M50         01:48:43 01:48:31 00:51:12           273 417 Stephen         Dunn         M0         01:48:47 01:48:30 00:54:12           274 210 Thomas         Allison         M5         01:48:47 01:48:30 00:54:32           275 35 Samuel         Cameron         M40         01:49:30 01:48:30 00:51:55           278 575 Noisin         Byrne         F55         Dub Runners         01:49:00 01:48:20 00:55:01           278 578 Samuel         Anderson         M40         01:49:00 01:48:20 00:55:02           278 578 Sarmuel						Out to the latine Club			
265         307 Neill         Scott         M40         0         1:48:19         01:48:12         00:50:15           266         656 Shyue Le         Ng         MO         01:48:26         01:48:20         01:48:20         01:48:20         00:33:31           267         793 James         Johnston         M45         01:48:29         01:48:20         00:53:54           269         744 Peter         McConvey         M45         01:48:37         01:48:30         00:35:24           270         227 Christopher Malbon         MO         01:48:43         01:48:33         00:35:24           271         412 Gray         Irwin         M55         01:48:44         01:48:35         00:54:29           273         417 Stephen         Jones         M50         01:48:45         01:48:34         00:51:12           273         417 Stephen         Jonn         M40         01:48:49         01:48:30         00:51:12           274         210 Thomas         Allison         M0         01:48:49         01:48:30         00:51:52           275         475 Saban         Mrmin         F45         Dub Runners         01:49:03         01:48:30         00:53:23           278         585 Samuel			•						
266 656 Shyue Le         Ng         MO         O1:48:27 01:48:20 01:48:00 00:58:03           267 593 James         Johnston         M45         O1:48:27 01:48:21 01:60:50 00:58:04           268 439 Philip         McEvoy         M45         O1:48:37 01:48:37 01:48:33 00:53:24           269 744 Peter         McConvey         M45         O1:48:37 01:48:35 00:53:56           270 227 Christopher Malbon         MO         O1:48:41 01:48:35 00:53:56           271 412 Gray         Irwin         M55         O1:48:45 01:48:31 00:51:12           273 308 Stephen         Jones         M50         O1:48:45 01:48:31 00:51:12           273 417 Stephen         Dun         M40         O1:48:45 01:48:31 00:51:12           274 210 Thomas         Allison         MO         O1:48:49 01:48:19 00:51:55           275 A75 Aidan         Ormsby         M40         O1:48:90 01:48:30 00:51:55           277 375 Roisin         Byrne         F45         Dub Runners         O1:49:00 01:48:20 00:56:02           279 558 Samuel         Anderson         M45         O1:49:00 01:48:20 00:56:02           281 506 David         Geddes         M40         O1:49:10 01:48:49 00:56:02           282 405 Natalie         Bowbanks         F0         NDAC         O1:49:10 01:48:49 00:53:35           28						Orangegrove AC			
267         593 James         Johnston         M45         O1:48:27         01:48:27         01:48:20         00:58:04           268         439 Philip         McEvoy         M45         01:48:37         01:48:21         00:53:54           269         744 Petre         McConvey         M45         01:48:43         01:48:37         01:48:43         01:48:37         01:53:56           271         412 Gray         Irwin         M55         01:48:44         01:47:35         00:54:24           272         308 Stephen         Jones         M50         01:48:43         01:48:39         01:51:12           273         417 Stephen         Jones         M50         01:48:49         01:48:49         01:48:19         00:51:12           274         417 Stephen         Jones         M50         01:48:49         01:48:39         00:51:15           274         45 Addan         Ormsby         M40         01:48:49         01:48:19         00:51:35           275         475 Addan         McMillan         M55         East Antrim Harriers         01:49:00         01:48:19         00:53:23           277         375 Rolisn         Byrne         F45         Dub Runners         01:49:00         01:48:29									
268 439 Philip         McConvey         M45         01:48:29 01:48:21 00:53:54         269 744 Peter         McConvey         M45         01:48:37 01:48:23 00:53:24         20:53:54         270 227 Christopher Malbon         MO         01:48:44 01:48:35 00:53:56         271 412 Gray         Irwin         M55         01:48:44 01:48:35 00:53:56         272 308 Stephen         Jones         M50         01:48:44 01:48:31 00:53:22         272 308 Stephen         Dunn         M40         01:48:45 01:48:31 00:51:24         273 417 Stephen         Dunn         M40         01:48:49 01:48:31 00:51:32         272:42         210 Thomas         Allison         MO         01:48:49 01:48:31 00:51:32         272:42         210 Thomas         Allison         MO         01:48:49 01:48:30 00:53:32         278 546 469 Marty         McMillan         M55         East Antrim Harriers         01:49:00 01:48:30 00:53:32         278 578 folkin         Byrne         F45         Dub Runners         01:49:00 01:48:20 00:53:32         278 578 folkin         Cameron         M40         01:49:00 01:49:00 01:48:20 00:53:32         278 578 folkin         Cameron         M40         01:49:00 01:49:00 01:48:20 00:53:32         278 578 folkin         Cameron         M40         01:49:10 01:49:00 01:49:10 00:53:32         278 578 folkin         Cameron         M40         01:49:10 01:49:10 01:49:10 00:53:32         278 578 folkin         Geddes			•	-					
269 744 Peter         McConvey         M45         01:48:37 01:48:37 01:48:35 00:53:24         270 227 Christopher Malbon         MO         01:48:41 01:48:35 00:53:56         00:53:56           271 412 Gray         Irwin         M55         01:48:45 01:48:45 00:53:15         00:51:12           272 308 Stephen         Dones         M50         01:48:45 01:48:31 00:51:12         00:51:12           273 417 Stephen         Dunn         M40         01:48:47 01:48:39 00:52:44         00:52:44           274 210 Thomas         Allison         MO         01:48:49 01:48:19 00:54:34         00:53:35           275 475 Aidan         Ormsby         M40         01:48:53 01:48:38 00:51:55         00:53:35           277 375 Roisin         Byrne         F45         Dub Runners         01:49:00 01:48:59 00:56:02         00:56:02           279 558 Samuel         Anderson         M45         01:49:00 01:49:10 01:48:59 00:56:02         00:56:02           280 357 Philip         Ladd         MO         01:49:16 01:49:50 00:58:02         00:56:02           281 506 David         Geddes         M40         01:49:16 01:49:50 00:53:57         00:53:12           282 405 Natalie         Bowbanks         F0         01:49:15 01:49:50 00:53:57         00:53:12           283 496 Sally         Worl		_							
270         227 Christopher Malbon         MO         01:48:44         01:48:44         01:48:35         00:53:56           271         412 Gray         Irwin         M55         01:48:44         01:48:31         00:51:12           272         308 Stephen         Jones         M50         01:48:47         01:48:31         00:51:12           273         417 Stephen         Dunn         M40         01:48:47         01:48:39         00:52:44           274         210 Thomas         Allison         MO         01:48:49         01:48:39         00:52:44           275         475 Aidan         Ormsby         M40         01:48:50         01:48:30         00:53:35           276         469 Marty         McMillan         M55         East Antrim Harriers         01:49:00         01:48:29         00:53:23           275         358 Samuel         Anderson         M40         01:49:06         01:48:29         00:56:01           280         357 Philip         Lad         M0         01:49:11         01:48:59         00:53:23           281         306 David         Geddes         M40         01:49:15         01:49:16         01:48:59         00:53:18           282         405 Natalie			•	•					
271 412 Gray         Irwin         M55         01:48:44 01:47:53 00:54:29         272 308 Stephen         Jones         M50         01:48:45 01:48:35 00:51:29         272 308 Stephen         Jones         M50         01:48:47 01:48:45 01:48:31 00:51:24         274 210 Thomas         Allison         MO         01:48:49 01:48:39 00:52:44         274 210 Thomas         Allison         MO         01:48:49 01:48:30 00:51:35         20:51:35         276 459 Marty         McMillan         M55         East Antrim Harriers         01:49:03 01:48:58 00:51:35         20:53:35         277 375 Roisin         Byrne         F45         Dub Runners         01:49:06 01:48:29 00:56:02         279 558 Samuel         Anderson         M45         01:49:06 01:49:10 01:48:59 00:56:02         279 558 Samuel         Anderson         M45         01:49:06 01:49:10 01:48:59 00:56:02         279 558 Samuel         Anderson         M45         01:49:10 01:49:06 01:48:29 00:56:02         279 558 Samuel         Anderson         M45         01:49:06 01:49:10 01:48:59 00:56:02         279 558 Samuel         Anderson         M45         01:49:06 01:49:16 01:48:59 00:56:02         279 558 Samuel         Anderson         M45         01:49:06 01:49:16 01:48:59 00:56:02         279 56:02         279 56:02         279 56:02         279 56:02         279 56:02         279 56:02         279 56:02         279 56:02         279 56:02         279 56:02				•					00:53:24
272 308 Stephen         Jones         M50         01:48:45         01:48:45         01:48:37         00:51:12           273 417 Stephen         Dunn         M40         01:48:47         01:48:39         00:52:44           275 475 Aidan         Ormsby         M40         01:48:49         01:48:39         00:51:55           276 469 Marty         McMillan         M55         East Antrim Harriers         01:49:00         01:48:30         00:53:35           277 375 Roisin         Byrne         F45         Dub Runners         01:49:00         01:48:29         00:56:02           279 558 Samuel         Anderson         M45         01:49:06         01:48:29         00:56:02           281 506 David         Geddes         M40         01:49:15         01:49:16         01:48:59         00:53:72           281 506 David         Geddes         M40         01:49:15         01:49:16         01:48:59         00:53:57           282 405 Natalie         Bowbarks         F0         NDAC         01:49:19         01:48:49         00:54:08           284 764 Claire         Oliphant         F40         01:49:19         01:49:49         00:54:08           285 186 David         Weir         M45         01:49:14         01:49:14	2	70	227 Christopher	Malbon	MO		01:48:41	01:48:35	
273 417 Stephen         Dunn         M40         01:48:47 01:48:39 01:48:19 00:52:44           274 210 Thomas         Allison         MO         01:48:49 01:48:19 00:54:35           275 475 Aidan         Ormsby         M40         01:48:53 01:48:38 00:51:55           276 469 Marty         McMillan         M55         East Antrim Harriers         01:49:00 01:48:59 00:53:23           278 559 Martin         Cameron         M40         01:49:03 01:48:29 00:56:02           279 558 Samuel         Anderson         M45         01:49:06 01:48:29 00:56:02           280 357 Philip         Ladd         MO         01:49:15 01:49:03 00:52:22           281 506 David         Geddes         M40         01:49:15 01:49:03 00:52:32           282 405 Natalie         Bowbanks         FO         01:49:15 01:49:03 00:52:32           283 2 Cara         Hamilton         FO         NDAC         01:49:19 01:49:49 00:54:48           284 764 Claire         Oliphant         F40         01:49:21 01:49:16 00:53:15           285 658 Brian         Weir         M45         01:49:34 01:49:19 01:49:40 00:53:45           286 518 David         Weir         M45         01:49:34 01:49:19 00:52:20           287 685 Brian         Weir         M45         01:49:34 01:49:34 01:49:20 00:53:45 <t< td=""><td>2</td><td>71</td><td>412 Gray</td><td>Irwin</td><td>M55</td><td></td><td>01:48:44</td><td>01:47:53</td><td>00:54:29</td></t<>	2	71	412 Gray	Irwin	M55		01:48:44	01:47:53	00:54:29
274         210 Thomas         Allison         MO         01:48:49         01:48:49         01:48:38         00:51:55           276         469 Marty         McMillan         M55         East Antrim Harriers         01:49:00         01:48:38         00:53:35           277         375 Roisin         Byrne         F45         Dub Runners         01:49:00         01:48:29         00:53:23           279         558 Samuel         Anderson         M45         01:49:06         01:48:29         00:56:02           280         357 Philip         Lad         M0         01:49:16         01:49:09         01:48:29         00:56:01           281         506 David         Geddes         M40         01:49:16         01:49:09         00:53:25           283         2 Cara         Hamilton         FO         NDAC         01:49:19         01:48:49         00:53:15           284         764 Claire         Oliphant         FO         NDAC         01:49:19         01:49:10         00:53:15           285         496 Sally         Moore         F40         01:49:19         01:49:10         00:53:15           286         518 David         Wylie         M45         01:49:34         01:49:10         00:5	2	72	308 Stephen	Jones	M50				00:51:12
275         475 Aidan         Ormsby         M40         O1:48:53         01:48:38         00:51:55           276         469 Marty         McMillan         M55         East Antrim Harriers         01:49:00         01:48:30         00:53:35           277         375 Roisin         Byrne         F45         Dub Runners         01:49:06         01:48:29         00:56:02           278         559 Martin         Cameron         M40         01:49:11         01:48:29         00:56:01           280         357 Philip         Ladd         M0         01:49:11         01:48:59         00:53:23           281         506 David         Gedes         M40         01:49:15         01:49:60         01:48:59         00:53:57           283         2 Cara         Hamilton         FO         NDAC         01:49:19         01:48:49         00:53:57           284         764 Claire         Oliphant         F40         01:49:19         01:49:49         00:53:57           285         5496 Sally         Moore         F40         01:49:21         01:49:40         00:53:45           286         518 David         Wylie         M40         01:49:21         01:49:40         00:53:45           287 <td>2</td> <td>73</td> <td>417 Stephen</td> <td>Dunn</td> <td>M40</td> <td></td> <td>01:48:47</td> <td>01:48:39</td> <td>00:52:44</td>	2	73	417 Stephen	Dunn	M40		01:48:47	01:48:39	00:52:44
276         469 Marty         McMillan         M55         East Antrim Harriers         01:49:00         01:48:30         00:53:23           277         375 Roisin         Byrne         F45         Dub Runners         01:49:06         01:48:59         00:56:02           279         558 Samuel         Anderson         M45         01:49:16         01:48:28         00:56:01           280         357 Philip         Ladd         MO         01:49:15         01:49:15         01:49:30         00:52:32           281         506 David         Geddes         M40         01:49:16         01:49:16         00:53:32           282         405 Natalie         Bowbanks         FO         NDAC         01:49:19         01:49:49         00:53:32           284         764 Claire         Oliphant         F40         01:49:19         01:49:49         00:54:08           285         496 Sally         Moore         F40         01:49:21         01:49:16         00:53:15           286         518 David         Wylie         M40         01:49:34         01:49:16         00:53:45           287         685 Brian         Weir         M45         01:49:40         01:49:43         01:49:29         00:53:45 <td>2</td> <td>74</td> <td>210 Thomas</td> <td>Allison</td> <td>MO</td> <td></td> <td>01:48:49</td> <td>01:48:19</td> <td>00:54:34</td>	2	74	210 Thomas	Allison	MO		01:48:49	01:48:19	00:54:34
277         375 Roisin         Byrne         F45         Dub Runners         01:49:03         01:48:29         00:56:02           278         559 Martin         Cameron         M40         01:49:06         01:48:29         00:56:02           279         558 Samuel         Anderson         M45         01:49:16         01:48:28         00:56:02           281         506 David         Geddes         M40         01:49:15         01:49:16         01:49:30         00:52:32           282         405 Natalie         Bowbanks         FO         01:49:10         01:49:19         01:49:49         00:53:57           283         2 Cara         Hamilton         FO         NDAC         01:49:19         01:49:49         00:54:08           284         764 Claire         Oliphant         F40         01:49:19         01:49:19         00:53:15           285         96 Sally         Moore         F40         01:49:19         01:49:19         00:53:15           286         518 David         Wylie         M40         01:49:49         01:49:19         00:52:32           288         194 Richard         Gregg         M40         01:49:40         01:49:49         00:52:42           293	2	75	475 Aidan	Ormsby	M40		01:48:53	01:48:38	00:51:55
278         559 Martin         Cameron         M40         01:49:06         01:49:06         01:48:29         00:56:01           279         558 Samuel         Anderson         M45         01:49:16         01:48:29         00:56:01           280         357 Philip         Ladd         MO         01:49:11         01:48:29         00:52:32           281         506 David         Geddes         M40         01:49:16         01:49:19         01:49:30         00:52:32           282         405 Natalie         Bowbanks         FO         01:49:10         01:49:19         01:49:49         00:54:08           284         764 Claire         Oliphant         F40         01:49:19         01:49:10         00:54:18           285         496 Sally         Moore         F40         01:49:21         01:49:10         00:53:15           285         596 Sally         Moore         F40         01:49:32         01:49:10         00:53:13           285         194 Richard         Gregg         M40         01:49:33         01:49:20         00:53:45           288         194 Richard         Gregg         M40         01:49:43         01:49:33         00:52:42           289 James         Sheridan	2	76	469 Marty	McMillan	M55	East Antrim Harriers	01:49:00	01:48:30	00:53:35
279         558 Samuel         Anderson         M45         01:49:06         01:49:10         01:49:12         00:56:02           280         357 Philip         Ladd         MO         01:49:11         01:49:58         00:51:29           281         506 David         Geddes         M40         01:49:15         01:49:15         01:49:15         01:49:59         00:53:57           282         405 Natalie         Bowbanks         FO         NDAC         01:49:19         01:48:49         00:54:08           284         764 Claire         Oliphant         F40         01:49:19         01:49:40         00:54:18           285         518 David         Wylie         M40         01:49:41         01:49:40         00:53:15           286         518 David         Wylie         M40         01:49:44         01:49:30         00:53:15           286         518 David         Wylie         M40         01:49:44         01:49:30         00:52:30           287         685 Brian         Weir         M45         01:49:44         01:49:33         00:55:16           288         194 Richard         Gregg         M40         01:49:44         01:49:43         01:50:24           291 <t< td=""><td>2</td><td>77</td><td>375 Roisin</td><td>Byrne</td><td>F45</td><td>Dub Runners</td><td>01:49:03</td><td>01:48:59</td><td>00:53:23</td></t<>	2	77	375 Roisin	Byrne	F45	Dub Runners	01:49:03	01:48:59	00:53:23
280         357 Philip         Ladd         MO         01:49:11         01:49:15         01:49:03         00:52:32           281         506 David         Geddes         M40         01:49:15         01:49:03         00:52:32           282         405 Natalie         Bowbanks         FO         01:49:16         01:49:16         01:48:49         00:54:08           283         2 Cara         Hamilton         FO         NDAC         01:49:19         01:49:40         00:54:08           284         764 Claire         Oliphant         F40         01:49:19         01:49:06         00:54:18           285         496 Sally         Moore         F40         01:49:34         01:49:19         00:52:30           286         518 David         Wylie         M40         01:49:34         01:49:19         00:52:30           287         685 Brian         Weir         M45         01:49:38         01:49:19         00:52:40           288         194 Richard         Gregg         M40         01:49:43         01:49:49         00:52:42           289         194 Sarah         Benton         F45         North Down AC         01:49:59         01:49:49         00:52:42           291 <t< td=""><td>2</td><td>78</td><td>559 Martin</td><td>Cameron</td><td>M40</td><td></td><td>01:49:06</td><td>01:48:29</td><td>00:56:02</td></t<>	2	78	559 Martin	Cameron	M40		01:49:06	01:48:29	00:56:02
281         506 David         Geddes         M40         01:49:15         01:49:16         01:49:39         00:52:32           282         405 Natalie         Bowbanks         FO         NDAC         01:49:19         01:48:59         00:53:57           283         2 Cara         Hamilton         FO         NDAC         01:49:19         01:49:10         00:54:08           284         764 Claire         Oliphant         F40         01:49:12         01:49:10         00:53:15           285         496 Sally         Moore         F40         01:49:21         01:49:31         00:53:15           286         518 David         Wylie         M40         01:49:34         01:49:31         00:52:30           287         685 Brian         Weir         M45         01:49:38         01:49:33         00:55:45           288         194 Richard         Gregg         M40         01:49:43         01:49:33         00:55:46           289         403 Stephen         Orrmsby         M0         01:49:43         01:49:47         00:52:42           291         458 Mark         Jamison         F45         North Down AC         01:49:59         01:49:47         00:52:42           293         <	2	79	558 Samuel	Anderson	M45		01:49:06	01:48:29	00:56:01
282	2	.80	357 Philip	Ladd	MO		01:49:11	01:48:58	00:51:29
283         2 Cara         Hamilton         FO         NDAC         01:49:19         01:48:49         00:54:08           284         764 Claire         Oliphant         F40         01:49:19         01:49:10         00:54:18           285         496 Sally         Moore         F40         01:49:21         01:49:10         00:52:315           286         518 David         Wylie         M40         01:49:34         01:49:32         00:52:30           287         685 Brian         Weir         M45         01:49:43         01:49:33         00:55:06           288         194 Richard         Gregg         M40         01:49:43         01:49:33         00:55:06           289         403 Stephen         Ormsby         M0         01:49:43         01:49:28         00:54:12           290         319 Sarah         Benton         F45         North Down AC         01:49:59         01:49:29         00:52:42           291         458 Mark         Jamison         M0         01:49:59         01:49:29         00:52:49           294         493 Stephner         Black         M5         01:50:50         01:50:50         01:50:15         00:52:49           294         493 Stephner	2	81	506 David	Geddes	M40		01:49:15	01:49:03	00:52:32
284 764 Claire         Oliphant         F40         01:49:19         01:49:16         00:54:18           285 496 Sally         Moore         F40         01:49:21         01:49:16         00:53:15           286 518 David         Wylie         M40         01:49:34         01:49:34         01:49:19         00:52:30           287 685 Brian         Weir         M45         01:49:38         01:49:38         01:49:30         00:55:06           288 403 Stephen         Ormsby         MO         01:49:43         01:49:43         00:52:42           290 319 Sarah         Benton         F45         North Down AC         01:49:52         01:49:47         00:52:42           291 458 Mark         Jamison         MO         01:49:59         01:49:49         00:52:49           292 58 James         Sheridan         MO         Dub Runners         01:50:05         01:49:59         00:52:49           293 450 Stephen         Black         M45         01:50:05         01:49:59         00:52:49           294 493 Stephney         McGivern         FO         City of Lisburn AC         01:50:32         01:50:02         00:54:50           295 581 Lmma         Moley         FO         Clubpulse Runners         01:50:34         01:50:3	2	82	405 Natalie	Bowbanks	FO		01:49:16	01:48:59	00:53:57
284 764 Claire         Oliphant         F40         01:49:19         01:49:16         00:54:18           285 496 Sally         Moore         F40         01:49:21         01:49:16         00:53:15           286 518 David         Wylie         M40         01:49:34         01:49:34         01:49:19         00:52:30           287 685 Brian         Weir         M45         01:49:38         01:49:38         01:49:30         00:55:06           288 403 Stephen         Ormsby         MO         01:49:43         01:49:43         00:52:42           290 319 Sarah         Benton         F45         North Down AC         01:49:52         01:49:47         00:52:42           291 458 Mark         Jamison         MO         01:49:59         01:49:49         00:52:49           292 58 James         Sheridan         MO         Dub Runners         01:50:05         01:49:59         00:52:49           293 450 Stephen         Black         M45         01:50:05         01:49:59         00:52:49           294 493 Stephney         McGivern         FO         City of Lisburn AC         01:50:32         01:50:02         00:54:50           295 581 Lmma         Moley         FO         Clubpulse Runners         01:50:34         01:50:3	2	83	2 Cara	Hamilton	FO	NDAC	01:49:19	01:48:49	00:54:08
285         496 Sally         Moore         F40         01:49:21         01:49:21         01:49:14         00:53:15           286         518 David         Wylie         M40         01:49:34         01:49:34         01:49:30         00:52:30           287         685 Brian         Weir         M45         01:49:38         01:49:20         00:53:45           288         194 Richard         Gregg         M40         01:49:41         01:49:33         00:55:06           289         403 Stephen         Ormsby         MO         01:49:41         01:49:32         00:52:42           290         319 Sarah         Benton         F45         North Down AC         01:49:52         01:49:47         00:52:42           291         458 Mark         Jamison         MO         01:49:59         01:49:49         00:52:49           292         58 James         Sheridan         MO         Dub Runners         01:50:05         01:49:59         00:52:49           293         450 Stephen         Black         M45         01:50:21         01:50:11         00:52:16           294         493 Stephney         McGivern         FO         City of Lisburn AC         01:50:32         01:50:20         00:54:50						-			
286         518 David         Wylie         M40         01:49:34         01:49:34         01:49:30         00:52:30           287         685 Brian         Weir         M45         01:49:38         01:49:38         01:49:33         00:55:06           288         194 Richard         Gregg         M40         01:49:41         01:49:33         00:55:06           289         403 Stephen         Ormsby         MO         01:49:43         01:49:28         00:54:12           290         319 Sarah         Benton         F45         North Down AC         01:49:52         01:49:47         00:52:42           291         458 Mark         Jamison         MO         01:49:59         01:49:49         00:53:45           292         58 James         Sheridan         MO         Dub Runners         01:50:50         01:49:59         00:52:49           293         450 Stephen         Black         M45         01:50:21         01:50:21         00:52:49           294         493 Stephney         McGivern         FO         City of Lisburn AC         01:50:32         01:50:30         00:54:50           295         253 Christopher         Boyd         MO         01:50:36         01:50:30         00:54:50				•					
287       685 Brian       Weir       M45       01:49:38       01:49:20       00:53:45         288       194 Richard       Gregg       M40       01:49:41       01:49:33       00:55:06         289       403 Stephen       Ormsby       M0       01:49:43       01:49:28       00:54:12         290       319 Sarah       Benton       F45       North Down AC       01:49:52       01:49:47       00:52:42         291       458 Mark       Jamison       M0       01:49:59       01:49:59       00:52:42         292       58 James       Sheridan       M0       Dub Runners       01:50:05       01:49:59       00:52:49         293       450 Stephen       Black       M45       01:50:05       01:49:59       00:52:49         294       493 Stephney       McGivern       FO       City of Lisburn AC       01:50:32       01:50:02       00:54:53         295       253 Christopher       Boyd       M0       01:50:34       01:50:18       00:54:50         296       366 Martyn       Weir       M50       01:50:34       01:50:33       00:54:50         299       67 Paul       Quinn       M0       Ballydrain Harriers       01:50:49       01:50:45			•						
288 194 Richard       Gregg       M40       01:49:41       01:49:43       00:55:06         289 403 Stephen       Ormsby       MO       01:49:43       01:49:28       00:54:12         290 319 Sarah       Benton       F45       North Down AC       01:49:52       01:49:47       00:52:42         291 458 Mark       Jamison       MO       01:49:59       01:49:49       00:53:45         292 58 James       Sheridan       MO       Dub Runners       01:50:05       01:49:59       00:52:49         293 450 Stephen       Black       M45       01:50:21       01:50:11       00:55:16         294 493 Stephney       McGivern       FO       City of Lisburn AC       01:50:32       01:50:02       00:54:53         295 253 Christopher Boyd       MO       01:50:34       01:50:18       00:54:50         296 366 Martyn       Weir       M50       01:50:34       01:50:18       00:54:50         297 561 Emma       Moley       FO       Clubpulse Runners       01:50:39       01:50:33       00:54:50         298 583 David       Wade       Mo       01:50:49       01:50:49       01:50:33       00:54:50         300 61 David       Boyd       MO       Ballydrain Harriers       01:51:04<				•					
289 403 Stephen       Ormsby       MO       01:49:43       01:49:28       00:54:12         290 319 Sarah       Benton       F45       North Down AC       01:49:52       01:49:47       00:52:42         291 458 Mark       Jamison       MO       01:49:59       01:49:59       01:49:49       00:53:45         292 58 James       Sheridan       MO       Dub Runners       01:50:05       01:49:59       00:52:49         293 450 Stephen       Black       M45       01:50:21       01:50:11       00:55:16         294 493 Stephney       McGivern       FO       City of Lisburn AC       01:50:32       01:50:02       00:54:53         295 253 Christopher Boyd       MO       01:50:34       01:50:34       01:50:18       00:54:50         296 366 Martyn       Weir       M50       01:50:36       01:50:34       01:50:34       00:54:50         297 561 Emma       Moley       FO       Clubpulse Runners       01:50:39       01:50:33       00:54:50         298 583 David       Wade       Mo       01:50:49       01:50:33       00:50:45         299 67 Paul       Quinn       MO       Ballydrain Harriers       01:50:55       01:50:45       00:54:50         300 512 Debbie       Mi									
290         319 Sarah         Benton         F45         North Down AC         01:49:52         01:49:47         00:52:42           291         458 Mark         Jamison         MO         Dub Runners         01:49:59         01:49:59         00:53:45           292         58 James         Sheridan         MO         Dub Runners         01:50:05         01:49:59         00:52:49           293         450 Stephen         Black         M45         01:50:21         01:50:11         00:55:16           294         493 Stephney         McGivern         FO         City of Lisburn AC         01:50:32         01:50:02         00:54:53           295         253 Christopher         Boyd         MO         01:50:34         01:50:18         00:54:50           296         366 Martyn         Weir         M50         01:50:36         01:50:32         00:54:50           297         561 Emma         Moley         FO         Clubpulse Runners         01:50:39         01:50:33         00:54:40           298         583 David         Wade         Mo         01:50:49         01:50:33         00:54:50           300         661 David         Boyd         MO         Ballydrain Harriers         01:50:55									
291 458 Mark       Jamison       MO       Dub Runners       01:49:59 01:49:42 00:53:45       292 58 James       Sheridan       MO       Dub Runners       01:50:05 01:49:59 00:52:49       293 450 Stephen       Black       M45 50:51:10 00:55:16       294 493 Stephney       McGivern       FO       City of Lisburn AC       01:50:32 01:50:02 00:54:53       295 253 Christopher Boyd       MO       01:50:34 01:50:18 00:54:50       296 366 Martyn       Weir       M50 01:50:34 01:50:33 00:50:45       295 253 Christopher Boyd       MO       01:50:36 01:50:24 00:54:20       295 253 Christopher Boyd       MO       01:50:34 01:50:38 01:50:18 00:54:50       296 366 Martyn       Weir       M50 01:50:34 01:50:39 01:50:33 00:54:30       295 253 Christopher Boyd       MO       01:50:36 01:50:34 01:50:33 00:54:50       296 253 Christopher Boyd       MO       01:50:36 01:50:34 01:50:33 00:54:50       296 366 Martyn       Weir       M50 01:50:49 01:50:33 00:54:50       297 250:33 00:54:50       297 250:33 00:54:50       298 253 Christopher Boyd       Moley       FO       Clubpulse Runners       01:50:50:30 01:50:33 00:50:43       20:50:43 20:50:33 00:50:45       20:50:43 20:50:33 00:50:45       20:50:43 20:50:33 00:50:45       20:50:45 20:50:33 00:50:45       20:50:45 20:50:30 00:50:45       20:50:45 20:50:30 00:50:45       20:50:45 20:50:30 00:50:45       20:50:45 20:50:45 20:50:20 00:50:45       20:50:45 20:50:45 20:50:45 20:50:20 00:50:45       20:50:45 20:50:45 20:50:45 20:50:45 20:50:			•	•		North Down AC			
292         58 James         Sheridan         MO         Dub Runners         01:50:05         01:49:59         00:52:49           293         450 Stephen         Black         M45         01:50:21         01:50:11         00:55:16           294         493 Stephney         McGivern         FO         City of Lisburn AC         01:50:32         01:50:02         00:54:50           295         253 Christopher Boyd         MO         01:50:34         01:50:34         01:50:18         00:54:50           296         366 Martyn         Weir         M50         01:50:36         01:50:34         01:50:32         00:54:50           297         561 Emma         Moley         FO         Clubpulse Runners         01:50:39         01:50:33         00:50:45           298         583 David         Wade         Mo         01:50:49         01:50:33         00:54:40           299         67 Paul         Quinn         MO         Ballydrain Harriers         01:50:55         01:50:45         00:52:22           301         512 Debbie         Mingout         F40         Ballydrain Harriers         01:51:04         01:50:48         00:54:50           302         313 Kathryn         Young         FO         01:51:30 <td></td> <td></td> <td></td> <td></td> <td></td> <td>North Bown 10</td> <td></td> <td></td> <td></td>						North Bown 10			
293       450 Stephen       Black       M45       01:50:21 01:50:12 01:50:12 00:55:16         294       493 Stephney       McGivern       FO       City of Lisburn AC       01:50:32 01:50:02 00:54:53         295       253 Christopher Boyd       MO       01:50:34 01:50:34 01:50:18 00:54:50         296       366 Martyn       Weir       M50       01:50:36 01:50:24 00:54:29         297       561 Emma       Moley       FO       Clubpulse Runners       01:50:39 01:50:33 00:50:45         298       583 David       Wade       Mo       01:50:49 01:50:33 00:54:05         300       661 David       Boyd       MO       Ballydrain Harriers       01:50:55 01:50:55 00:50:45 00:52:22         301       512 Debbie       Mingout       F40       Ballydrain Harriers       01:51:04 01:50:49 00:54:09         302       313 Kathryn       Young       FO       01:51:10 01:50:48 00:51:10       00:54:10         303       12 Yvonne       Cooke       FO       01:51:33 01:51:10 01:50:49 00:55:23         305       211 Nigel       Keenan       MO       01:51:33 01:51:16 00:51:16 00:56:01         306       760 Colm       Devlin       M45       01:51:37 01:51:30 00:53:32         307       650 Kate       Moffett       FO						Duh Runners		-	
294         493 Stephney         McGivern         FO         City of Lisburn AC         01:50:32         01:50:02         00:54:53           295         253 Christopher Boyd         MO         01:50:34         01:50:18         00:54:50           296         366 Martyn         Weir         M50         01:50:36         01:50:24         00:54:29           297         561 Emma         Moley         FO         Clubpulse Runners         01:50:39         01:50:33         00:50:45           298         583 David         Wade         Mo         01:50:49         01:50:33         00:54:30           299         67 Paul         Quinn         MO         01:50:55         01:50:53         00:54:05           300         661 David         Boyd         MO         Ballydrain Harriers         01:50:55         01:50:45         00:52:22           301         512 Debbie         Mingout         F40         Ballydrain Harriers         01:51:04         01:50:45         00:54:59           302         313 Kathryn         Young         FO         01:51:00         01:51:10         01:50:49         00:55:00           304         547 Luis         Garcia-Verdug M45         01:51:33         01:51:30         00:55:03 <t< td=""><td></td><td></td><td></td><td></td><td></td><td>Das Rainiers</td><td></td><td></td><td></td></t<>						Das Rainiers			
295       253 Christopher Boyd       MO       01:50:34       01:50:34       00:54:50         296       366 Martyn       Weir       M50       01:50:36       01:50:24       00:54:29         297       561 Emma       Moley       FO       Clubpulse Runners       01:50:39       01:50:33       00:50:45         298       583 David       Wade       Mo       01:50:49       01:50:33       00:54:30         299       67 Paul       Quinn       MO       01:50:55       01:50:53       00:54:05         300       661 David       Boyd       MO       Ballydrain Harriers       01:50:55       01:50:45       00:52:22         301       512 Debbie       Mingout       F40       Ballydrain Harriers       01:51:04       01:50:48       00:54:59         302       313 Kathryn       Young       FO       01:51:10       01:50:48       00:54:10         303       12 Yvonne       Cooke       FO       01:51:21       01:50:49       00:55:00         304       547 Luis       Garcia-Verdug M45       01:51:33       01:51:35       01:51:36       01:51:30       00:55:01         306       760 Colm       Devlin       M45       01:51:37       01:51:30       00:54:5			•			City of Lishurn AC			
296 366 Martyn       Weir       M50       O1:50:36 01:50:34 00:54:29         297 561 Emma       Moley       FO       Clubpulse Runners       O1:50:39 01:50:33 00:50:45         298 583 David       Wade       Mo       O1:50:49 01:50:33 00:54:30         299 67 Paul       Quinn       MO       O1:50:55 01:50:55 01:50:53 00:54:05         300 661 David       Boyd       MO       Ballydrain Harriers       O1:50:55 01:50:45 00:52:22         301 512 Debbie       Mingout       F40       Ballydrain Harriers       O1:51:04 01:50:45 00:54:50         302 313 Kathryn       Young       FO       O1:51:10 01:50:48 00:54:10         303 12 Yvonne       Cooke       FO       O1:51:21 01:50:49 00:55:00         304 547 Luis       Garcia-Verdug M45       O1:51:33 01:51:15 00:55:03         305 211 Nigel       Keenan       MO       O1:51:36 01:51:16 00:56:01         306 760 Colm       Devlin       M45       O1:51:37 01:51:30 00:53:32         307 650 Kate       Moffett       FO       Dub Runners       O1:51:37 01:51:20 00:52:44         309 59 James       Barr       M45 North Down AC       O1:51:40 01:51:00 00:55:12         310 758 Daniel       Wilson       M45       O1:51:48 01:51:40 00:55:12						city of Lisbuill Ac			
297 561 Emma       Moley       FO       Clubpulse Runners       01:50:39 01:50:33 00:50:45         298 583 David       Wade       Mo       01:50:49 01:50:33 00:54:30         299 67 Paul       Quinn       MO       01:50:55 01:50:55 01:50:53 00:54:05         300 661 David       Boyd       MO       Ballydrain Harriers       01:50:55 01:50:45 00:52:22         301 512 Debbie       Mingout       F40       Ballydrain Harriers       01:51:04 01:50:49 00:54:59         302 313 Kathryn       Young       FO       01:51:10 01:50:48 00:54:10         303 12 Yvonne       Cooke       FO       01:51:21 01:50:49 00:55:00         304 547 Luis       Garcia-Verdug M45       01:51:33 01:51:15 00:55:23         305 211 Nigel       Keenan       MO       01:51:36 01:51:16 00:56:01         306 760 Colm       Devlin       M45       01:51:37 01:51:30 00:53:32         307 650 Kate       Moffett       FO       Dub Runners       01:51:38 01:51:29 00:52:44         309 59 James       Barr       M45 North Down AC       01:51:40 01:51:00 00:55:12         310 758 Daniel       Wilson       M45       North Down AC       01:51:48 01:51:34 00:55:12			•	•					
298 583 David       Wade       Mo       01:50:49 01:50:33 00:54:30         299 67 Paul       Quinn       MO       01:50:55 01:50:53 00:54:05         300 661 David       Boyd       MO Ballydrain Harriers       01:50:55 01:50:45 00:52:22         301 512 Debbie       Mingout       F40 Ballydrain Harriers       01:51:04 01:50:54 00:54:59         302 313 Kathryn       Young       FO 01:51:10 01:50:48 00:54:10         303 12 Yvonne       Cooke FO 01:51:21 01:50:49 00:55:00         304 547 Luis       Garcia-Verdug M45 00:55:23         305 211 Nigel       Keenan MO 01:51:36 01:51:16 00:56:01         306 760 Colm       Devlin M45 00:53:32         307 650 Kate       Moffett FO Dub Runners       01:51:37 01:51:26 00:54:58         308 595 Robert       Eadie M40 01:51:38 01:51:29 00:52:44         309 59 James       Barr M45 North Down AC 01:51:40 01:51:00 00:55:51         310 758 Daniel       Wilson M45 00:55:12			•			Clubrulea Punnare			
299 67 Paul       Quinn       MO       01:50:55 01:50:53 00:54:05         300 661 David       Boyd       MO       Ballydrain Harriers       01:50:55 01:50:45 00:52:22         301 512 Debbie       Mingout       F40       Ballydrain Harriers       01:51:04 01:50:54 00:54:59         302 313 Kathryn       Young       FO       01:51:10 01:50:48 00:54:10         303 12 Yvonne       Cooke       FO       01:51:21 01:50:49 00:55:00         304 547 Luis       Garcia-Verdug M45       01:51:33 01:51:15 00:55:23         305 211 Nigel       Keenan       MO       01:51:36 01:51:16 00:56:01         306 760 Colm       Devlin       M45       01:51:37 01:51:30 00:53:32         307 650 Kate       Moffett       FO       Dub Runners       01:51:37 01:51:26 00:54:58         308 595 Robert       Eadie       M40       01:51:38 01:51:29 00:52:44         309 59 James       Barr       M45 North Down AC       01:51:40 01:51:00 00:55:51         310 758 Daniel       Wilson       M45       01:51:48 01:51:34 00:55:12				•		Clubpuise Nullilers			
300 661 David       Boyd       MO       Ballydrain Harriers       01:50:55 01:50:45 00:52:22         301 512 Debbie       Mingout       F40       Ballydrain Harriers       01:51:04 01:50:54 00:54:59         302 313 Kathryn       Young       FO       01:51:10 01:50:48 00:54:10         303 12 Yvonne       Cooke       FO       01:51:21 01:50:49 00:55:00         304 547 Luis       Garcia-Verdug M45       01:51:33 01:51:15 00:55:23         305 211 Nigel       Keenan       MO       01:51:36 01:51:16 00:56:01         306 760 Colm       Devlin       M45       01:51:37 01:51:30 00:53:32         307 650 Kate       Moffett       FO       Dub Runners       01:51:37 01:51:26 00:54:58         308 595 Robert       Eadie       M40       01:51:38 01:51:29 00:52:44         309 59 James       Barr       M45 North Down AC       01:51:40 01:51:00 00:55:51         310 758 Daniel       Wilson       M45       North Down AC       01:51:48 01:51:34 00:55:12									
301 512 Debbie       Mingout       F40       Ballydrain Harriers       01:51:04 01:50:54 00:54:59         302 313 Kathryn       Young       FO       01:51:10 01:50:48 00:54:10         303 12 Yvonne       Cooke       FO       01:51:21 01:50:49 00:55:00         304 547 Luis       Garcia-Verdug M45       01:51:33 01:51:15 00:55:23         305 211 Nigel       Keenan       MO       01:51:36 01:51:16 00:56:01         306 760 Colm       Devlin       M45       01:51:37 01:51:30 00:53:32         307 650 Kate       Moffett       FO       Dub Runners       01:51:37 01:51:26 00:54:58         308 595 Robert       Eadie       M40       01:51:38 01:51:29 00:52:44         309 59 James       Barr       M45 North Down AC       01:51:40 01:51:00 00:55:51         310 758 Daniel       Wilson       M45       01:51:48 01:51:34 00:55:12				·		Dallydrain Harriors			
302       313 Kathryn       Young       FO       01:51:10 01:50:48 00:54:10         303       12 Yvonne       Cooke       FO       01:51:21 01:50:49 00:55:00         304       547 Luis       Garcia-Verdug M45       01:51:33 01:51:15 00:55:23         305       211 Nigel       Keenan       MO       01:51:36 01:51:16 00:56:01         306       760 Colm       Devlin       M45       01:51:37 01:51:30 00:53:32         307       650 Kate       Moffett       FO       Dub Runners       01:51:37 01:51:26 00:54:58         308       595 Robert       Eadie       M40       01:51:38 01:51:29 00:52:44         309       59 James       Barr       M45 North Down AC       01:51:40 01:51:00 00:55:51         310       758 Daniel       Wilson       M45       01:51:48 01:51:34 00:55:12				•					
303       12 Yvonne       Cooke       FO       01:51:21 01:50:49 00:55:00         304       547 Luis       Garcia-Verdug M45       01:51:33 01:51:15 00:55:23         305       211 Nigel       Keenan MO       01:51:36 01:51:16 00:56:01         306       760 Colm       Devlin M45       01:51:37 01:51:30 00:53:32         307       650 Kate       Moffett       FO Dub Runners       01:51:37 01:51:26 00:54:58         308       595 Robert       Eadie       M40       01:51:38 01:51:29 00:52:44         309       59 James       Barr       M45 North Down AC       01:51:40 01:51:00 00:55:51         310       758 Daniel       Wilson       M45       01:51:48 01:51:34 00:55:12				_		banyurani narriers			
304 547 Luis       Garcia-Verdug M45       01:51:33 01:51:15 00:55:23         305 211 Nigel       Keenan       MO       01:51:36 01:51:16 00:56:01         306 760 Colm       Devlin       M45       01:51:37 01:51:30 00:53:32         307 650 Kate       Moffett       FO       Dub Runners       01:51:37 01:51:26 00:54:58         308 595 Robert       Eadie       M40       01:51:38 01:51:29 00:52:44         309 59 James       Barr       M45 North Down AC       01:51:40 01:51:00 00:55:51         310 758 Daniel       Wilson       M45       01:51:48 01:51:34 00:55:12			•	-					
305       211 Nigel       Keenan       MO       01:51:36 01:51:16 00:56:01         306       760 Colm       Devlin       M45       01:51:37 01:51:30 00:53:32         307       650 Kate       Moffett       FO Dub Runners       01:51:37 01:51:26 00:54:58         308       595 Robert       Eadie       M40       01:51:38 01:51:29 00:52:44         309       59 James       Barr       M45 North Down AC       01:51:40 01:51:00 00:55:51         310       758 Daniel       Wilson       M45       01:51:48 01:51:34 00:55:12									
306 760 Colm       Devlin       M45       01:51:37 01:51:30 00:53:32         307 650 Kate       Moffett       FO Dub Runners       01:51:37 01:51:26 00:54:58         308 595 Robert       Eadie       M40 01:51:38 01:51:29 00:52:44         309 59 James       Barr       M45 North Down AC 01:51:40 01:51:00 00:55:51         310 758 Daniel       Wilson       M45 00:55:12									
307 650 Kate       Moffett       FO       Dub Runners       01:51:37 01:51:26 00:54:58         308 595 Robert       Eadie       M40       01:51:38 01:51:29 00:52:44         309 59 James       Barr       M45 North Down AC 01:51:40 01:51:00 00:55:51         310 758 Daniel       Wilson       M45 00:55:12			-						
308 595 Robert       Eadie       M40       01:51:38 01:51:29 00:52:44         309 59 James       Barr       M45 North Down AC       01:51:40 01:51:00 00:55:51         310 758 Daniel       Wilson       M45       01:51:48 01:51:34 00:55:12						Duk Dunna :			
309       59 James       Barr       M45       North Down AC       01:51:40       01:51:00       00:55:51         310       758 Daniel       Wilson       M45       01:51:48       01:51:34       00:55:12						Dub Kunners			
310 758 Daniel Wilson M45 01:51:48 01:51:34 00:55:12						Namb Day AC			
						North Down AC			
311 466 Clarie Nelson FO Belfast Running Club 01:51:51 01:51:35 00:54:34						nulficial no. 1 Cl. 1			
	3	11	466 Clarie	iveison	FU	Beirast Kunning Club	01:51:51	01:51:35	UU:54:34

312 721 Michael Duffy MO 01:51:55 01:51 313 260 Tara McBride F45 Northern Ireland Civil Service 01:52:09 01:51	:31 00:55:17
313 260 Tara McBride F45 Northern Ireland Civil Service 01:52:00 01:51	
314 324 Robert McFerran M50 01:52:15 01:52	
315 108 Graeme Philson M40 01:52:16 01:51	
316 400 Allan Macleod MO 01:52:16 01:52	
317 371 Karen Ritchie F40 01:52:16 01:51	
318 353 Mark Englefield M40 01:52:18 01:52	
319 338 Damian McLarnon MO 01:52:23 01:52	
320 552 Eamon McCambridge MO 01:52:24 01:52	
321 568 Patrick McEvoy M40 01:52:30 01:52	
322 363 Ralph Lavery MO 01:52:30 01:52	
323 347 Mark Todd M40 Apes Runnign Club 01:52:30 01:52	:22 00:53:01
324 668 Ashleigh Collim FO Orange Grove 01:52:36 01:52	:07 00:56:40
325 580 Jane McCann FO 01:52:45 01:52	:20 00:56:10
326 608 Heather Smyth FO Ballydrain Harriers 01:52:46 01:52	:30 00:54:54
327 316 Heather Stanex F40 Ballydrain Harriers 01:52:46 01:52	:31 00:56:03
328 503 David Ferguson MO 01:52:53 01:52	:47 00:53:00
329 382 Emma Sheehy FO North Belfast Harriers 01:52:55 01:52	:25 00:56:05
330 497 Attracta Magennis F45 Newry City Runners 01:52:56 01:52	:54 00:55:51
331 720 Richard Willis MO 01:52:57 01:52	:40 00:55:13
332 425 Zoe McCarter FO 01:52:58 01:52	:56 00:53:28
333 24 Darren Kennedy M40 01:53:06 01:52	:54 00:52:34
334 111 Colin Brannigan M45 01:53:06 01:52	:36 00:56:26
335 544 Joanne Moran FO North Down AC 01:53:07 01:52	:43 00:56:26
336 777 Charlie Ataliotis M50 01:53:10 01:52	
337 701 David Geary M40 01:53:14 01:52	
338 136 Andrew Allen M45 01:53:14 01:52	
339 592 Sean Murphy M50 Albertville Harriers 01:53:19 01:53	
340 222 Graeme Black MO 01:53:28 01:53	
341 649 Neville Anderson MO 01:53:30 01:53	
342 657 Karl Meredith MO 01:53:32 01:53	
343 372 Simon Cummings M45 01:53:34 01:53	
344 423 Shaun O'Loughlin M50 01:53:34 01:53	
345 467 Rod Forsythe M40 01:53:35 01:53	
346 309 Ryan Dorrian MO 01:53:37 01:53	
347 287 Jill Burgess F45 Ballydrain Harriers 01:53:40 01:53	
348 323 Holly Hunniford FO Ballydrain Harriers 01:53:40 01:53	
349 581 Alex Davidson M40 Mallusk Harriers 01:53:41 01:53	
350 193 Darren Lappin M40 01:53:47 01:53	
350 193 Darreit Lappin M40 01:53:47 01:53 351 743 Barbara Fleming-OwenF45 Newry City Runners 01:53:50 01:53	
352 707 Mark Patterson M45 01:53:56 01:53	
353 322 Claudia Bedford FO 01:54:00 01:53	
354 325 Heidi Rodgers F40 NDAC 01:54:01 01:53	
355 620 Brian Shankey M40 01:54:06 01:53	
356 617 Marty Timlin M45 01:54:14 01:54	
357 700 Lesley Johnston FO 01:54:16 01:53	
358 679 Simon Bell MO 01:54:18 01:54	
359 682 Zara Baird FO 01:54:18 01:54	
360 64 David Baird M60 01:54:19 01:53	
361 83 Terry Hamilton MO Belfast Running Club 01:54:25 01:53	
362 591 Gareth Fegan MO East Down AC 01:54:27 01:54	
363 126 Lee Tate MO 01:54:33 01:54	:07 00:56:57

	_						
	611 Noel	McAllister	MO	Spring Well Running Club		01:54:17	
	351 Derek	Wright	M50	Ballydrain Harriers	01:54:35		00:55:22
	590 Jonathan	Lilly	M45	Ballydrain Harriers		01:54:22	
	248 Amanda	Peoples	F45		01:54:42		00:57:41
	459 Charise	Boal	FO		01:54:43		00:55:31
369	20 Glenn	Porter	MO		01:54:45		00:55:10
	270 Scott	Gilliland	MO		01:54:47		00:57:40
371	3 Stephen	Bingham	МО		01:54:48		00:56:53
372	53 John	McGarvey	МО	North Down AC	01:54:55		00:57:18
	277 Richard	McAlpine	MO	Ballydrain Harriers	01:54:59		00:52:13
	166 Janice	Scott	FO		01:55:13		00:56:10
	543 Paul	Leonard	M40			01:55:12	
	345 Paul	Moore	MO	Ballydrain Harriers	01:55:27		00:57:29
	141 Tori	Smyth	FO	Ballydrain Harriers	01:55:28		00:56:30
	476 Hugh	Harrison	M50		01:55:34		00:57:34
	267 Marion	Brown	F40	Ballydrain Harriers	01:55:44		00:56:12
380	5 Julie	Preston	FO		01:56:09		00:55:41
381	77 Aidan	Walsh	M45		01:56:13		00:59:10
	618 Laura	Coulter	FO		01:56:15		00:58:05
383	445 Allan	Kesson	M40	Ballydrain Harriers	01:56:25	01:55:56	00:58:40
384	283 Patrick	McKenna	M40		01:56:31	01:56:17	00:56:50
385	188 Michael	Power	M50	Murlough AC	01:56:36	01:55:50	00:59:58
386	485 Patricia	Thompson	F45	St Peters AC	01:56:42	01:56:35	00:57:28
387	479 David	Smyth	M50		01:56:45	01:56:16	00:58:30
388	759 Ralf	Meir	M45		01:56:45	01:56:15	00:54:45
389	589 Neil	Jamison	MO		01:56:53	01:56:31	00:58:04
	145 Eileen	Jack	FO	Doochmount Harriors AC	01.56.56	04 56 50	
390	143 Elleell	Jack	FU	Beechmount Harriers AC	01:20:20	01:56:50	00:56:49
	133 Tristan	Gawn	MO	Beechmount namers AC	01:56:57		00:56:49
				Beechmount namers AC		01:56:33	
391 392	133 Tristan	Gawn	МО	Beechmount namers AC	01:56:57	01:56:33 01:57:00	00:59:32
391 392 393	133 Tristan 96 Stuart	Gawn Burnside	MO MO	Ballydrain Harriers	01:56:57 01:57:02	01:56:33 01:57:00 01:56:35	00:59:32 00:54:33
391 392 393 394	133 Tristan 96 Stuart 303 Adrian	Gawn Burnside McMenamin	MO MO M40		01:56:57 01:57:02 01:57:05	01:56:33 01:57:00 01:56:35 01:56:35	00:59:32 00:54:33 00:59:44
391 392 393 394 395	133 Tristan 96 Stuart 303 Adrian 269 Graham	Gawn Burnside McMenamin Hill	MO MO M40 M45		01:56:57 01:57:02 01:57:05 01:57:05 01:57:06	01:56:33 01:57:00 01:56:35 01:56:35	00:59:32 00:54:33 00:59:44 00:59:45 00:59:08
391 392 393 394 395 396	133 Tristan 96 Stuart 303 Adrian 269 Graham 455 Paul	Gawn Burnside McMenamin Hill Mitchell	MO MO M40 M45 M45		01:56:57 01:57:02 01:57:05 01:57:05 01:57:06 01:57:06	01:56:33 01:57:00 01:56:35 01:56:35 01:56:33	00:59:32 00:54:33 00:59:44 00:59:45 00:59:08 00:58:07
391 392 393 394 395 396 397	133 Tristan 96 Stuart 303 Adrian 269 Graham 455 Paul 300 Corona	Gawn Burnside McMenamin Hill Mitchell Cassidy	MO MO M40 M45 M45		01:56:57 01:57:02 01:57:05 01:57:05 01:57:06 01:57:06 01:57:07	01:56:33 01:57:00 01:56:35 01:56:35 01:56:33 01:56:36	00:59:32 00:54:33 00:59:44 00:59:45 00:59:08 00:58:07 00:59:21
391 392 393 394 395 396 397 398	133 Tristan 96 Stuart 303 Adrian 269 Graham 455 Paul 300 Corona 244 Stuart	Gawn Burnside McMenamin Hill Mitchell Cassidy Neill	MO MO M40 M45 M45 FO MO		01:56:57 01:57:02 01:57:05 01:57:05 01:57:06 01:57:06 01:57:07	01:56:33 01:57:00 01:56:35 01:56:35 01:56:33 01:56:36 01:56:38 01:56:44	00:59:32 00:54:33 00:59:44 00:59:45 00:59:08 00:58:07 00:59:21
391 392 393 394 395 396 397 398 399	133 Tristan 96 Stuart 303 Adrian 269 Graham 455 Paul 300 Corona 244 Stuart 119 Sharon	Gawn Burnside McMenamin Hill Mitchell Cassidy Neill McClements	MO M40 M45 M45 FO MO		01:56:57 01:57:02 01:57:05 01:57:05 01:57:06 01:57:06 01:57:07 01:57:20	01:56:33 01:57:00 01:56:35 01:56:35 01:56:36 01:56:36 01:56:38 01:56:44 01:57:00	00:59:32 00:54:33 00:59:44 00:59:45 00:59:08 00:58:07 00:59:21 00:58:52
391 392 393 394 395 396 397 398 399 400	133 Tristan 96 Stuart 303 Adrian 269 Graham 455 Paul 300 Corona 244 Stuart 119 Sharon 737 Laura	Gawn Burnside McMenamin Hill Mitchell Cassidy Neill McClements Christmann	MO M40 M45 M45 FO MO FO		01:56:57 01:57:02 01:57:05 01:57:05 01:57:06 01:57:06 01:57:07 01:57:20 01:57:23	01:56:33 01:57:00 01:56:35 01:56:35 01:56:33 01:56:36 01:56:38 01:56:44 01:57:00 01:56:57	00:59:32 00:54:33 00:59:44 00:59:45 00:59:08 00:58:07 00:59:21 00:58:52 00:59:23
391 392 393 394 395 396 397 398 399 400 401	133 Tristan 96 Stuart 303 Adrian 269 Graham 455 Paul 300 Corona 244 Stuart 119 Sharon 737 Laura 415 Paul	Gawn Burnside McMenamin Hill Mitchell Cassidy Neill McClements Christmann Lyons	MO MO M40 M45 M45 FO MO FO FO M45	Ballydrain Harriers	01:56:57 01:57:02 01:57:05 01:57:06 01:57:06 01:57:07 01:57:20 01:57:23 01:57:25 01:57:28	01:56:33 01:57:00 01:56:35 01:56:35 01:56:33 01:56:36 01:56:38 01:56:44 01:57:00 01:56:57	00:59:32 00:54:33 00:59:44 00:59:45 00:59:08 00:58:07 00:59:21 00:58:52 00:59:23 00:58:31 00:58:31
391 392 393 394 395 396 397 398 399 400 401 402	133 Tristan 96 Stuart 303 Adrian 269 Graham 455 Paul 300 Corona 244 Stuart 119 Sharon 737 Laura 415 Paul 373 Andrew	Gawn Burnside McMenamin Hill Mitchell Cassidy Neill McClements Christmann Lyons Cambridge	MO M40 M45 M45 FO MO FO FO M45 M50		01:56:57 01:57:02 01:57:05 01:57:06 01:57:06 01:57:07 01:57:20 01:57:23 01:57:25 01:57:28 01:57:32	01:56:33 01:57:00 01:56:35 01:56:35 01:56:36 01:56:36 01:56:44 01:57:00 01:56:57 01:57:00	00:59:32 00:54:33 00:59:44 00:59:45 00:59:08 00:58:07 00:59:21 00:58:52 00:59:23 00:58:31 00:58:31 00:57:51
391 392 393 394 395 396 397 398 399 400 401 402 403	133 Tristan 96 Stuart 303 Adrian 269 Graham 455 Paul 300 Corona 244 Stuart 119 Sharon 737 Laura 415 Paul 373 Andrew 299 Claire 187 Simon	Gawn Burnside McMenamin Hill Mitchell Cassidy Neill McClements Christmann Lyons Cambridge Harrison Jenkinson	MO M40 M45 M45 FO MO FO FO M45 M50 F40	Ballydrain Harriers	01:56:57 01:57:02 01:57:05 01:57:06 01:57:06 01:57:07 01:57:20 01:57:23 01:57:25 01:57:28 01:57:32	01:56:33 01:57:00 01:56:35 01:56:35 01:56:33 01:56:36 01:56:38 01:56:44 01:57:00 01:56:57 01:57:00 01:57:17	00:59:32 00:54:33 00:59:44 00:59:45 00:59:08 00:58:07 00:59:21 00:58:52 00:59:23 00:58:31 00:58:31 00:57:51
391 392 393 394 395 396 397 398 399 400 401 402 403	133 Tristan 96 Stuart 303 Adrian 269 Graham 455 Paul 300 Corona 244 Stuart 119 Sharon 737 Laura 415 Paul 373 Andrew 299 Claire 187 Simon 189 Christopher	Gawn Burnside McMenamin Hill Mitchell Cassidy Neill McClements Christmann Lyons Cambridge Harrison Jenkinson	MO M40 M45 M45 FO MO FO FO M45 M50 F40 MO	Ballydrain Harriers	01:56:57 01:57:02 01:57:05 01:57:05 01:57:06 01:57:06 01:57:20 01:57:23 01:57:25 01:57:28 01:57:32 01:57:34	01:56:33 01:57:00 01:56:35 01:56:35 01:56:36 01:56:36 01:56:44 01:57:00 01:57:00 01:57:00 01:57:17 01:57:25 01:57:24	00:59:32 00:54:33 00:59:44 00:59:45 00:59:08 00:58:07 00:59:21 00:58:52 00:59:23 00:58:31 00:58:31 00:57:51 00:56:16 00:56:50
391 392 393 394 395 396 397 398 399 400 401 402 403 404 405	133 Tristan 96 Stuart 303 Adrian 269 Graham 455 Paul 300 Corona 244 Stuart 119 Sharon 737 Laura 415 Paul 373 Andrew 299 Claire 187 Simon 189 Christopher 11 Stephen	Gawn Burnside McMenamin Hill Mitchell Cassidy Neill McClements Christmann Lyons Cambridge Harrison Jenkinson Dean McClure	MO M40 M45 M45 FO MO FO M45 M50 F40 MO MO M40	Ballydrain Harriers  Ballydrain Harriers	01:56:57 01:57:02 01:57:05 01:57:06 01:57:06 01:57:07 01:57:20 01:57:23 01:57:25 01:57:28 01:57:34 01:57:34 01:57:36 01:57:43	01:56:33 01:57:00 01:56:35 01:56:35 01:56:33 01:56:38 01:56:44 01:57:00 01:57:00 01:57:17 01:57:25 01:57:24 01:57:12	00:59:32 00:54:33 00:59:44 00:59:45 00:59:08 00:58:07 00:59:21 00:58:52 00:59:23 00:58:31 00:57:51 00:56:16 00:56:50 01:00:28
391 392 393 394 395 396 397 398 399 400 401 402 403 404 405 406	133 Tristan 96 Stuart 303 Adrian 269 Graham 455 Paul 300 Corona 244 Stuart 119 Sharon 737 Laura 415 Paul 373 Andrew 299 Claire 187 Simon 189 Christopher 11 Stephen 35 Gillian	Gawn Burnside McMenamin Hill Mitchell Cassidy Neill McClements Christmann Lyons Cambridge Harrison Jenkinson Dean McClure Strudwick	MO M40 M45 M45 FO MO FO M45 M50 F40 MO MO M40 FO	Ballydrain Harriers	01:56:57 01:57:02 01:57:05 01:57:06 01:57:06 01:57:07 01:57:20 01:57:23 01:57:25 01:57:28 01:57:32 01:57:34 01:57:34 01:57:43 01:57:43	01:56:33 01:57:00 01:56:35 01:56:33 01:56:36 01:56:38 01:56:44 01:57:00 01:56:57 01:57:17 01:57:25 01:57:24 01:57:12 01:57:35	00:59:32 00:54:33 00:59:44 00:59:08 00:59:08 00:59:21 00:59:21 00:58:52 00:59:23 00:58:31 00:57:51 00:56:16 00:56:50 01:00:28 00:57:34
391 392 393 394 395 396 397 398 399 400 401 402 403 404 405 406 407	133 Tristan 96 Stuart 303 Adrian 269 Graham 455 Paul 300 Corona 244 Stuart 119 Sharon 737 Laura 415 Paul 373 Andrew 299 Claire 187 Simon 189 Christopher 11 Stephen 35 Gillian 579 Emily	Gawn Burnside McMenamin Hill Mitchell Cassidy Neill McClements Christmann Lyons Cambridge Harrison Jenkinson Dean McClure Strudwick Paisley	MO M40 M45 M45 FO MO FO M45 M50 F40 MO MO M40 FO	Ballydrain Harriers  Ballydrain Harriers  Seapark AC	01:56:57 01:57:02 01:57:05 01:57:06 01:57:06 01:57:07 01:57:20 01:57:23 01:57:25 01:57:28 01:57:32 01:57:34 01:57:36 01:57:47 01:57:47	01:56:33 01:57:00 01:56:35 01:56:35 01:56:36 01:56:38 01:56:44 01:57:00 01:57:00 01:57:17 01:57:25 01:57:24 01:57:12 01:57:35 01:57:26	00:59:32 00:59:43 00:59:44 00:59:08 00:59:08 00:58:07 00:59:21 00:58:52 00:59:23 00:58:31 00:58:31 00:57:51 00:56:16 00:56:50 01:00:28 00:57:34 00:58:36
391 392 393 394 395 396 397 398 399 400 401 402 403 404 405 406 407 408	133 Tristan 96 Stuart 303 Adrian 269 Graham 455 Paul 300 Corona 244 Stuart 119 Sharon 737 Laura 415 Paul 373 Andrew 299 Claire 187 Simon 189 Christopher 11 Stephen 35 Gillian 579 Emily 674 Mary	Gawn Burnside McMenamin Hill Mitchell Cassidy Neill McClements Christmann Lyons Cambridge Harrison Jenkinson Dean McClure Strudwick Paisley Van Niekerk	MO M40 M45 M45 FO MO FO FO M45 M50 F40 MO MO MO M40 FO FO M40	Ballydrain Harriers  Ballydrain Harriers  Seapark AC  Belfast Running Club	01:56:57 01:57:02 01:57:05 01:57:06 01:57:06 01:57:07 01:57:20 01:57:23 01:57:25 01:57:28 01:57:32 01:57:34 01:57:34 01:57:43 01:57:47 01:57:51	01:56:33 01:57:00 01:56:35 01:56:33 01:56:36 01:56:38 01:56:44 01:57:00 01:57:17 01:57:25 01:57:25 01:57:24 01:57:12 01:57:35 01:57:26 01:57:21	00:59:32 00:54:33 00:59:44 00:59:08 00:59:08 00:58:07 00:59:21 00:58:52 00:59:23 00:58:31 00:57:51 00:56:16 00:56:50 01:00:28 00:57:34 00:59:14
391 392 393 394 395 396 397 398 399 400 401 402 403 404 405 406 407 408 409	133 Tristan 96 Stuart 303 Adrian 269 Graham 455 Paul 300 Corona 244 Stuart 119 Sharon 737 Laura 415 Paul 373 Andrew 299 Claire 187 Simon 189 Christopher 11 Stephen 35 Gillian 579 Emily 674 Mary 294 Heidi	Gawn Burnside McMenamin Hill Mitchell Cassidy Neill McClements Christmann Lyons Cambridge Harrison Jenkinson Dean McClure Strudwick Paisley Van Niekerk Evans	MO M40 M45 M45 FO MO FO FO M45 MO MO M40 FO FO M40 FO	Ballydrain Harriers  Ballydrain Harriers  Seapark AC	01:56:57 01:57:02 01:57:05 01:57:06 01:57:06 01:57:07 01:57:20 01:57:23 01:57:25 01:57:28 01:57:32 01:57:34 01:57:36 01:57:43 01:57:47 01:57:51 01:57:51	01:56:33 01:57:00 01:56:35 01:56:35 01:56:33 01:56:38 01:56:38 01:56:44 01:57:00 01:57:70 01:57:25 01:57:25 01:57:24 01:57:25 01:57:26 01:57:26 01:57:26	00:59:32 00:54:33 00:59:44 00:59:08 00:59:08 00:59:21 00:59:21 00:58:52 00:59:23 00:58:31 00:57:51 00:56:16 00:56:50 01:00:28 00:57:34 00:59:14 00:57:30
391 392 393 394 395 396 397 398 399 400 401 402 403 404 405 406 407 408 409	133 Tristan 96 Stuart 303 Adrian 269 Graham 455 Paul 300 Corona 244 Stuart 119 Sharon 737 Laura 415 Paul 373 Andrew 299 Claire 187 Simon 189 Christopher 11 Stephen 35 Gillian 579 Emily 674 Mary 294 Heidi 364 Jennifer	Gawn Burnside McMenamin Hill Mitchell Cassidy Neill McClements Christmann Lyons Cambridge Harrison Jenkinson Dean McClure Strudwick Paisley Van Niekerk Evans Mulvenna	MO M40 M45 M45 FO MO FO FO M45 M50 F40 MO MO M40 FO FO M40 FO FO	Ballydrain Harriers  Ballydrain Harriers  Seapark AC  Belfast Running Club	01:56:57 01:57:02 01:57:05 01:57:06 01:57:06 01:57:07 01:57:20 01:57:23 01:57:28 01:57:28 01:57:36 01:57:34 01:57:36 01:57:43 01:57:43 01:57:51 01:57:51 01:57:51	01:56:33 01:57:00 01:56:35 01:56:35 01:56:33 01:56:38 01:56:44 01:57:00 01:57:00 01:57:17 01:57:25 01:57:24 01:57:24 01:57:25 01:57:24 01:57:26 01:57:26 01:57:21	00:59:32 00:59:43 00:59:44 00:59:45 00:59:08 00:58:07 00:59:21 00:58:52 00:59:23 00:58:31 00:58:31 00:57:51 00:56:16 00:56:50 01:00:28 00:57:34 00:58:36 00:59:14 00:57:30 00:57:27
391 392 393 394 395 396 397 398 399 400 401 402 403 404 405 406 407 408 409 410 411	133 Tristan 96 Stuart 303 Adrian 269 Graham 455 Paul 300 Corona 244 Stuart 119 Sharon 737 Laura 415 Paul 373 Andrew 299 Claire 187 Simon 189 Christopher 11 Stephen 35 Gillian 579 Emily 674 Mary 294 Heidi 364 Jennifer 57 Diarmuid	Gawn Burnside McMenamin Hill Mitchell Cassidy Neill McClements Christmann Lyons Cambridge Harrison Jenkinson Dean McClure Strudwick Paisley Van Niekerk Evans Mulvenna Sands	MO M40 M45 M45 FO MO FO FO M45 M50 F40 MO M40 FO FO M40 FO FO M40 FO M0	Ballydrain Harriers  Ballydrain Harriers  Seapark AC  Belfast Running Club	01:56:57 01:57:02 01:57:05 01:57:06 01:57:06 01:57:07 01:57:20 01:57:23 01:57:25 01:57:28 01:57:32 01:57:34 01:57:34 01:57:43 01:57:47 01:57:51 01:57:51 01:57:51 01:57:59 01:58:00	01:56:33 01:57:00 01:56:35 01:56:35 01:56:36 01:56:38 01:56:44 01:57:00 01:57:17 01:57:25 01:57:25 01:57:24 01:57:12 01:57:26 01:57:26 01:57:21 01:57:26 01:57:38	00:59:32 00:54:33 00:59:44 00:59:45 00:59:08 00:58:07 00:59:21 00:58:52 00:59:23 00:58:31 00:57:51 00:56:16 00:56:50 01:00:28 00:57:34 00:59:14 00:57:30 00:57:27 00:57:52
391 392 393 394 395 396 397 398 399 400 401 402 403 404 405 406 407 408 409 410 411 412	133 Tristan 96 Stuart 303 Adrian 269 Graham 455 Paul 300 Corona 244 Stuart 119 Sharon 737 Laura 415 Paul 373 Andrew 299 Claire 187 Simon 189 Christopher 11 Stephen 35 Gillian 579 Emily 674 Mary 294 Heidi 364 Jennifer 57 Diarmuid 264 Graeme	Gawn Burnside McMenamin Hill Mitchell Cassidy Neill McClements Christmann Lyons Cambridge Harrison Jenkinson Dean McClure Strudwick Paisley Van Niekerk Evans Mulvenna Sands McGowan	MO M40 M45 M45 FO MO FO FO M45 MO MO M40 FO FO M40 FO MO MO	Ballydrain Harriers  Ballydrain Harriers  Seapark AC  Belfast Running Club	01:56:57 01:57:02 01:57:05 01:57:06 01:57:06 01:57:07 01:57:20 01:57:23 01:57:25 01:57:28 01:57:32 01:57:34 01:57:36 01:57:47 01:57:47 01:57:51 01:57:51 01:57:59 01:58:00 01:58:00	01:56:33 01:57:00 01:56:35 01:56:35 01:56:33 01:56:38 01:56:38 01:56:44 01:57:00 01:57:70 01:57:25 01:57:25 01:57:24 01:57:26 01:57:26 01:57:21 01:57:21 01:57:21 01:57:21 01:57:21 01:57:21	00:59:32 00:54:33 00:59:44 00:59:08 00:59:08 00:59:21 00:59:21 00:58:52 00:59:23 00:58:31 00:57:51 00:56:16 00:56:16 00:56:50 01:00:28 00:57:34 00:57:34 00:57:30 00:57:27 00:57:52 00:54:12
391 392 393 394 395 396 397 398 399 400 401 402 403 404 405 406 407 408 409 410 411 412 413	133 Tristan 96 Stuart 303 Adrian 269 Graham 455 Paul 300 Corona 244 Stuart 119 Sharon 737 Laura 415 Paul 373 Andrew 299 Claire 187 Simon 189 Christopher 11 Stephen 35 Gillian 579 Emily 674 Mary 294 Heidi 364 Jennifer 57 Diarmuid 264 Graeme 514 Joanne	Gawn Burnside McMenamin Hill Mitchell Cassidy Neill McClements Christmann Lyons Cambridge Harrison Jenkinson Dean McClure Strudwick Paisley Van Niekerk Evans Mulvenna Sands McGowan Kelly	MO M40 M45 M45 FO MO FO FO M45 M50 F40 MO M40 FO FO M40 FO M40 FO M0 FO FO M0 FO M0 FO M0 FO FO M0 FO FO M0 FO FO FO M0 FO FO FO M0 FO	Ballydrain Harriers  Ballydrain Harriers  Seapark AC  Belfast Running Club	01:56:57 01:57:02 01:57:05 01:57:06 01:57:06 01:57:07 01:57:20 01:57:23 01:57:25 01:57:28 01:57:36 01:57:36 01:57:36 01:57:43 01:57:47 01:57:51 01:57:51 01:57:51 01:57:59 01:58:00 01:58:03 01:58:10	01:56:33 01:57:00 01:56:35 01:56:35 01:56:33 01:56:38 01:56:44 01:57:00 01:57:00 01:57:17 01:57:25 01:57:24 01:57:25 01:57:26 01:57:26 01:57:21 01:57:26 01:57:38 01:57:38 01:57:38	00:59:32 00:54:33 00:59:44 00:59:45 00:59:08 00:58:07 00:59:21 00:58:52 00:59:23 00:58:31 00:57:51 00:56:16 00:56:50 01:00:28 00:57:34 00:57:34 00:57:30 00:57:27 00:57:52 00:54:12 00:58:53
391 392 393 394 395 396 397 398 399 400 401 402 403 404 405 406 407 408 409 410 411 412 413 414	133 Tristan 96 Stuart 303 Adrian 269 Graham 455 Paul 300 Corona 244 Stuart 119 Sharon 737 Laura 415 Paul 373 Andrew 299 Claire 187 Simon 189 Christopher 11 Stephen 35 Gillian 579 Emily 674 Mary 294 Heidi 364 Jennifer 57 Diarmuid 264 Graeme	Gawn Burnside McMenamin Hill Mitchell Cassidy Neill McClements Christmann Lyons Cambridge Harrison Jenkinson Dean McClure Strudwick Paisley Van Niekerk Evans Mulvenna Sands McGowan	MO M40 M45 M45 FO MO FO FO M45 MO MO M40 FO FO M40 FO MO MO	Ballydrain Harriers  Ballydrain Harriers  Seapark AC  Belfast Running Club	01:56:57 01:57:02 01:57:05 01:57:06 01:57:06 01:57:07 01:57:20 01:57:23 01:57:25 01:57:32 01:57:34 01:57:34 01:57:36 01:57:43 01:57:47 01:57:51 01:57:51 01:57:51 01:57:51 01:57:51 01:57:51 01:57:51 01:57:51 01:57:51	01:56:33 01:57:00 01:56:35 01:56:35 01:56:33 01:56:38 01:56:38 01:56:44 01:57:00 01:57:70 01:57:25 01:57:25 01:57:24 01:57:26 01:57:26 01:57:21 01:57:21 01:57:21 01:57:21 01:57:21 01:57:21	00:59:32 00:54:33 00:59:44 00:59:45 00:59:08 00:58:07 00:59:21 00:58:52 00:59:23 00:58:31 00:57:51 00:56:16 00:56:50 01:00:28 00:57:34 00:57:34 00:57:30 00:57:27 00:57:52 00:54:12 00:58:53 00:59:11

		- 1					
_	296 Grant	Buchanan	MO			01:57:44	
	399 Gordon	Coutts	MO			01:58:01	00:59:21
	249 Michael	Stevenson	M45			01:57:56	00:58:20
	419 Tessa	Cairns	FO			01:57:54	00:58:30
	381 Girvan	Boyle	M45			01:58:15	00:57:00
421						01:58:15	
	120 James	McClements	MO			01:57:48	00:59:20
423	633 Steven	Allawya	MO		01:58:23	01:57:53	00:59:46
424	276 Gary	Adams	M45	Ballydrain Harriers	01:58:34	01:58:28	00:52:04
425	291 Paul	Myatt	M50		01:58:35	01:58:04	01:00:07
426	486 David	Whyte	M45	Ards Boxing Club	01:58:36	01:58:06	01:00:07
427	560 Brian	Murray	M40		01:58:38	01:58:14	00:57:46
428	703 Alaistair	Benson	MO		01:58:41	01:58:15	00:58:22
429	358 Danny	McVicker	M45		01:58:46	01:58:13	01:01:07
430	160 Emmanuel	Farrelly	МО		01:58:47	01:58:21	00:58:58
431	365 Barry	O'Reilly	M40		01:58:49	01:58:36	00:58:11
	433 James	Trimble	МО		01:58:51	01:58:21	00:56:16
433	97 Daniel	Wiliamson	МО		01:58:54	01:58:18	01:00:27
	131 Patricia	Magill	F45	Orangegrove AC		01:58:41	00:59:34
	162 Philip	McCullagh	M45	0.4808.0107.0		01:58:31	00:57:27
	771 Paul	Acheson	M65			01:58:53	00:59:58
	221 Emma	Henry	FO			01:58:50	00:59:23
	355 Ashley	Brand	FO			01:58:50	00:59:24
	295 Sandra	Drysdale	FO	Palludrain Harriors		01:58:37	00:56:46
		Cunliffe		Ballydrain Harriers		01:58:42	
	161 Andrew		MO F40	Della due in Heurieus			00:59:28
	301 Shirley	McCloskey	F40	Ballydrain Harriers		01:58:56	00:57:48
	231 Dan	McCutcheon	M40	Ford Day of A.C.		01:58:59	01:00:21
_	102 Clare	Carson	F40	East Down AC		01:59:03	00:56:29
	380 Geoffrey	McDowell	M45			01:59:10	00:57:01
	225 Philip	Poag	M40	Seapark AC		01:58:58	00:58:53
	727 Patrick	McShane		North Belfast Harriers		01:58:57	00:59:43
	686 Matthew	Power	MO			01:59:16	00:57:23
	726 Paul	Williams		North Belfast Harriers		01:59:03	
	121 Thomas	Steele	MO			01:59:19	
	165 Simon	Cheung	M50			02:00:01	01:00:09
451		Mercer	FO			02:00:24	00:59:44
	272 Verity	Cornford	FO	Orangegrove	02:00:30	01:59:52	00:59:59
453	641 Joan	Barr	F45		02:01:05	02:01:01	00:57:49
454	482 John	Mallon	M50		02:01:56	02:01:36	00:57:54
455	414 Seamus	McNally	M45	Newry Triathlon Club	02:01:56	02:01:42	00:57:54
456	178 Majella	Corrigan	F40		02:01:59	02:01:33	01:00:08
457	48 Michael	Hamer	MO		02:02:19	02:01:52	00:58:32
458	333 Neil	Martin	MO		02:02:21	02:01:59	01:01:09
459	444 Barbara	Kesson	FO	Ballydrain Harriers	02:02:29	02:01:59	01:00:19
460	731 Conran	Stewart	МО		02:02:46	02:02:08	00:58:26
461	528 Michael	Loughhan	МО		02:02:54	02:02:24	01:00:09
	128 Scott	Craig	M50	Ballydrain Harriers		02:02:25	00:59:59
	745 Colin	Haddick	M65	•		02:02:27	00:59:33
	752 Samuel	Lewis	M45			02:02:37	01:00:08
	597 Pauline	Love	F55	Enniskillen Running Club		02:02:39	00:59:32
	346 Lindsay	Cosgrove	FO	Ballydrain Harriers		02:03:00	
	310 Rosi	Earney	F45	Ballydrain Harriers		02:02:45	
		,		,			

400	25 Kl	A	N 4 4 O		02.02.40	02-02-40	01.00.06
468		Anderson	M40			02:02:48	
	690 Christopher		MO			02:03:02	
	257 Susanna	Beare	FO			02:03:02	
	143 lan	Calderwood	M45			02:03:42	
472		Spence	MO			02:03:49	
	293 Emily	Boal	FO	Larne Athletic		02:03:47	
	748 David	McGimpsey	M60			02:04:00	01:01:03
475	19 Gareth	Kinnear	M40			02:03:51	
	730 TODD	Stewart	MO			02:04:04	
477	40 Ronan	O'Flaherty	MO	Dub Runners		02:04:41	
	571 Angus	Mawhinney	MO			02:04:18	
	705 Selina	Lewis	FO			02:04:27	
	169 Kevan	Downer	M45			02:04:39	00:57:36
	698 Mark	Gilmore	M40			02:04:34	00:58:20
	258 Peter	Bourke	MO			02:04:41	01:00:32
483	569 Emma	Crawford	FO		02:05:05	02:04:33	01:01:36
484	146 Kerry	Skimin	FO			02:04:36	
485	88 Rob	Browne	M40		02:05:07	02:04:37	01:02:57
486	646 Zara	Fulton	FO		02:05:12	02:04:46	01:01:08
487	598 Mark	Rocks	M50	Belfast Running Club	02:05:15	02:04:45	01:00:32
488	39 David	Gordon	M50		02:05:15	02:04:44	01:01:47
489	391 Glen	Chapman	MO		02:05:18	02:04:43	01:01:27
490	117 Julie-anne	Caughey	F40	Ballydrain Harriers	02:05:19	02:04:53	01:01:08
491	567 Stuart	Withers	MO		02:05:25	02:04:55	01:03:32
492	474 John	Gargan	МО		02:05:27	02:05:00	
493	105 Joanne	Cook	FO		02:05:29	02:05:01	
494	769 Noel	Moan (senior)	M60		02:05:32	02:05:19	01:02:21
495	747 Sonia	Morgan	FO		02:05:37	02:05:15	01:02:11
496	171 Clare	Russell	F40	North Down AC	02:05:38	02:05:14	01:02:25
497	153 Kathryn	Ryan	F40		02:05:53	02:05:41	01:01:16
		•					
498	388 Alison	McDowell	F40		02:05:54	02:05:44	01:02:27
	596 John			Willowfield Harriers			
499	596 John	Proctor	M60	Willowfield Harriers	02:06:05	02:06:05	01:00:11
499 500	596 John 718 Stephen	Proctor Alexander		Willowfield Harriers	02:06:05 02:06:06		01:00:11 00:58:22
499 500 501	596 John 718 Stephen 9 Lyn	Proctor	M60 M50 F40	Willowfield Harriers	02:06:05 02:06:06 02:06:07	02:06:05 02:05:47	01:00:11 00:58:22 01:05:00
499 500	596 John 718 Stephen 9 Lyn 14 Chris	Proctor Alexander McClure	M60 M50	Willowfield Harriers	02:06:05 02:06:06 02:06:07 02:06:08	02:06:05 02:05:47 02:05:36	01:00:11 00:58:22 01:05:00 01:01:54
499 500 501 502 503	596 John 718 Stephen 9 Lyn 14 Chris 10 Carol	Proctor Alexander McClure Freeland Mounce	M60 M50 F40 MO F45	Willowfield Harriers	02:06:05 02:06:06 02:06:07 02:06:08 02:06:12	02:06:05 02:05:47 02:05:36 02:05:31	01:00:11 00:58:22 01:05:00 01:01:54 01:05:00
499 500 501 502 503 504	596 John 718 Stephen 9 Lyn 14 Chris 10 Carol 644 Rodney	Proctor Alexander McClure Freeland Mounce McCaughey	M60 M50 F40 M0 F45 M40	Willowfield Harriers	02:06:05 02:06:06 02:06:07 02:06:08 02:06:12 02:06:25	02:06:05 02:05:47 02:05:36 02:05:31 02:05:42 02:06:03	01:00:11 00:58:22 01:05:00 01:01:54 01:05:00 01:00:18
499 500 501 502 503 504 505	596 John 718 Stephen 9 Lyn 14 Chris 10 Carol 644 Rodney 643 Andrew	Proctor Alexander McClure Freeland Mounce McCaughey Clarke	M60 M50 F40 MO F45 M40 MO	Willowfield Harriers	02:06:05 02:06:06 02:06:07 02:06:08 02:06:12 02:06:25 02:06:25	02:06:05 02:05:47 02:05:36 02:05:31 02:05:42 02:06:03 02:06:03	01:00:11 00:58:22 01:05:00 01:01:54 01:05:00 01:00:18 01:00:18
499 500 501 502 503 504 505 506	596 John 718 Stephen 9 Lyn 14 Chris 10 Carol 644 Rodney 643 Andrew 398 Eddie	Proctor Alexander McClure Freeland Mounce McCaughey Clarke Salmon	M60 M50 F40 MO F45 M40 MO	Willowfield Harriers	02:06:05 02:06:06 02:06:07 02:06:08 02:06:12 02:06:25 02:06:25 02:06:29	02:06:05 02:05:47 02:05:36 02:05:31 02:05:42 02:06:03 02:06:03 02:05:56	01:00:11 00:58:22 01:05:00 01:01:54 01:05:00 01:00:18 01:00:18 00:58:56
499 500 501 502 503 504 505 506 507	596 John 718 Stephen 9 Lyn 14 Chris 10 Carol 644 Rodney 643 Andrew 398 Eddie 393 Mark	Proctor Alexander McClure Freeland Mounce McCaughey Clarke Salmon Leathem	M60 M50 F40 M0 F45 M40 M0 M45 M45		02:06:05 02:06:06 02:06:07 02:06:08 02:06:12 02:06:25 02:06:25 02:06:29 02:06:34	02:06:05 02:05:47 02:05:36 02:05:31 02:05:42 02:06:03 02:06:03 02:05:56 02:05:47	01:00:11 00:58:22 01:05:00 01:01:54 01:05:00 01:00:18 01:00:18 00:58:56 00:59:49
499 500 501 502 503 504 505 506 507	596 John 718 Stephen 9 Lyn 14 Chris 10 Carol 644 Rodney 643 Andrew 398 Eddie 393 Mark 573 Conall	Proctor Alexander McClure Freeland Mounce McCaughey Clarke Salmon Leathem Bell	M60 M50 F40 MO F45 M40 MO M45 M45	Willowfield Harriers  Crossgar Harriers	02:06:05 02:06:06 02:06:07 02:06:08 02:06:12 02:06:25 02:06:25 02:06:34 02:06:38	02:06:05 02:05:47 02:05:36 02:05:31 02:05:42 02:06:03 02:06:03 02:05:56 02:05:47 02:06:18	01:00:11 00:58:22 01:05:00 01:01:54 01:05:00 01:00:18 01:00:18 00:58:56 00:59:49 01:00:48
499 500 501 502 503 504 505 506 507 508 509	596 John 718 Stephen 9 Lyn 14 Chris 10 Carol 644 Rodney 643 Andrew 398 Eddie 393 Mark 573 Conall 209 Barry	Proctor Alexander McClure Freeland Mounce McCaughey Clarke Salmon Leathem Bell McKeating	M60 M50 F40 M0 F45 M40 M0 M45 M45 M0		02:06:05 02:06:06 02:06:07 02:06:08 02:06:12 02:06:25 02:06:25 02:06:34 02:06:38 02:06:50	02:06:05 02:05:47 02:05:36 02:05:31 02:05:42 02:06:03 02:06:03 02:05:56 02:05:47 02:06:18 02:06:29	01:00:11 00:58:22 01:05:00 01:01:54 01:05:00 01:00:18 01:00:18 00:58:56 00:59:49 01:00:48 01:02:37
499 500 501 502 503 504 505 506 507 508 509 510	596 John 718 Stephen 9 Lyn 14 Chris 10 Carol 644 Rodney 643 Andrew 398 Eddie 393 Mark 573 Conall 209 Barry 708 Ben	Proctor Alexander McClure Freeland Mounce McCaughey Clarke Salmon Leathem Bell McKeating Patterson	M60 M50 F40 M0 F45 M40 M0 M45 M0 M0 M0		02:06:05 02:06:06 02:06:07 02:06:08 02:06:12 02:06:25 02:06:25 02:06:34 02:06:38 02:06:50 02:07:07	02:06:05 02:05:47 02:05:36 02:05:31 02:05:42 02:06:03 02:06:03 02:05:56 02:05:47 02:06:18 02:06:29 02:06:33	01:00:11 00:58:22 01:05:00 01:01:54 01:05:00 01:00:18 01:00:18 00:58:56 00:59:49 01:00:48 01:02:37 00:58:02
499 500 501 502 503 504 505 506 507 508 509 510	596 John 718 Stephen 9 Lyn 14 Chris 10 Carol 644 Rodney 643 Andrew 398 Eddie 393 Mark 573 Conall 209 Barry 708 Ben 200 Diane	Proctor Alexander McClure Freeland Mounce McCaughey Clarke Salmon Leathem Bell McKeating Patterson Woods	M60 M50 F40 M0 F45 M40 M0 M45 M0 M0 M0 M0 F50		02:06:05 02:06:06 02:06:08 02:06:12 02:06:25 02:06:25 02:06:34 02:06:34 02:06:38 02:06:50 02:07:07 02:07:12	02:06:05 02:05:47 02:05:36 02:05:31 02:05:42 02:06:03 02:06:03 02:05:56 02:05:47 02:06:18 02:06:29 02:06:33 02:07:04	01:00:11 00:58:22 01:05:00 01:01:54 01:05:00 01:00:18 01:00:18 00:58:56 00:59:49 01:00:48 01:02:37 00:58:02 01:01:40
499 500 501 502 503 504 505 506 507 508 509 510 511	596 John 718 Stephen 9 Lyn 14 Chris 10 Carol 644 Rodney 643 Andrew 398 Eddie 393 Mark 573 Conall 209 Barry 708 Ben 200 Diane 377 Kelly	Proctor Alexander McClure Freeland Mounce McCaughey Clarke Salmon Leathem Bell McKeating Patterson Woods Andrews	M60 M50 F40 M0 F45 M40 M0 M45 M0 M0 M0 F50 F0	Crossgar Harriers	02:06:05 02:06:06 02:06:07 02:06:08 02:06:12 02:06:25 02:06:25 02:06:34 02:06:34 02:06:50 02:07:07 02:07:12 02:07:12	02:06:05 02:05:47 02:05:36 02:05:31 02:05:42 02:06:03 02:05:56 02:05:47 02:06:18 02:06:29 02:06:33 02:07:04 02:06:55	01:00:11 00:58:22 01:05:00 01:01:54 01:05:00 01:00:18 00:58:56 00:59:49 01:00:48 01:02:37 00:58:02 01:01:40 00:58:57
499 500 501 502 503 504 505 506 507 508 509 510 511 512 513	596 John 718 Stephen 9 Lyn 14 Chris 10 Carol 644 Rodney 643 Andrew 398 Eddie 393 Mark 573 Conall 209 Barry 708 Ben 200 Diane 377 Kelly 437 Lisa	Proctor Alexander McClure Freeland Mounce McCaughey Clarke Salmon Leathem Bell McKeating Patterson Woods Andrews Quinn	M60 M50 F40 M0 F45 M40 M0 M45 M0 M0 M0 F50 F0		02:06:05 02:06:06 02:06:08 02:06:12 02:06:25 02:06:25 02:06:34 02:06:38 02:06:50 02:07:07 02:07:12 02:07:21 02:07:28	02:06:05 02:05:47 02:05:36 02:05:31 02:05:42 02:06:03 02:06:03 02:05:56 02:05:47 02:06:18 02:06:29 02:06:33 02:07:04 02:06:55 02:07:12	01:00:11 00:58:22 01:05:00 01:01:54 01:05:00 01:00:18 00:00:18 00:59:49 01:00:48 01:02:37 00:58:02 01:01:40 00:58:57 01:00:35
499 500 501 502 503 504 505 506 507 508 509 510 511 512 513	596 John 718 Stephen 9 Lyn 14 Chris 10 Carol 644 Rodney 643 Andrew 398 Eddie 393 Mark 573 Conall 209 Barry 708 Ben 200 Diane 377 Kelly 437 Lisa 436 Jonathan	Proctor Alexander McClure Freeland Mounce McCaughey Clarke Salmon Leathem Bell McKeating Patterson Woods Andrews Quinn Quinn	M60 M50 F40 M0 F45 M40 M0 M45 M0 M0 M0 F50 F0 M0	Crossgar Harriers Ballydrain Harriers	02:06:05 02:06:06 02:06:07 02:06:08 02:06:12 02:06:25 02:06:25 02:06:34 02:06:34 02:06:38 02:06:50 02:07:07 02:07:12 02:07:21 02:07:28 02:07:29	02:06:05 02:05:47 02:05:36 02:05:31 02:05:42 02:06:03 02:06:03 02:05:56 02:05:47 02:06:18 02:06:29 02:06:33 02:07:04 02:06:55 02:07:12 02:07:14	01:00:11 00:58:22 01:05:00 01:01:54 01:05:00 01:00:18 01:00:18 00:58:56 00:59:49 01:00:48 01:02:37 00:58:02 01:01:40 00:58:57 01:00:35 01:00:35
499 500 501 502 503 504 505 506 507 508 509 510 511 512 513 514 515	596 John 718 Stephen 9 Lyn 14 Chris 10 Carol 644 Rodney 643 Andrew 398 Eddie 393 Mark 573 Conall 209 Barry 708 Ben 200 Diane 377 Kelly 437 Lisa 436 Jonathan 454 Michael	Proctor Alexander McClure Freeland Mounce McCaughey Clarke Salmon Leathem Bell McKeating Patterson Woods Andrews Quinn Quinn Colville	M60 M50 F40 M0 F45 M40 M0 M45 M0 M0 F50 F0 M0 M60	Crossgar Harriers	02:06:05 02:06:06 02:06:07 02:06:08 02:06:12 02:06:25 02:06:25 02:06:34 02:06:38 02:06:50 02:07:07 02:07:12 02:07:21 02:07:21 02:07:28 02:07:29 02:07:32	02:06:05 02:05:47 02:05:36 02:05:31 02:05:42 02:06:03 02:06:03 02:05:56 02:05:47 02:06:18 02:06:29 02:06:33 02:07:04 02:06:55 02:07:12 02:07:14 02:07:09	01:00:11 00:58:22 01:05:00 01:01:54 01:05:00 01:00:18 00:58:56 00:59:49 01:00:48 01:02:37 00:58:02 01:01:40 00:58:57 01:00:35 01:00:35 01:00:35
499 500 501 502 503 504 505 506 507 508 509 510 511 512 513 514 515	596 John 718 Stephen 9 Lyn 14 Chris 10 Carol 644 Rodney 643 Andrew 398 Eddie 393 Mark 573 Conall 209 Barry 708 Ben 200 Diane 377 Kelly 437 Lisa 436 Jonathan 454 Michael 477 Declan	Proctor Alexander McClure Freeland Mounce McCaughey Clarke Salmon Leathem Bell McKeating Patterson Woods Andrews Quinn Quinn Colville Ormsby	M60 M50 F40 M0 F45 M40 M0 M45 M0 M0 F50 F0 F0 M0 M60 M0	Crossgar Harriers Ballydrain Harriers	02:06:05 02:06:06 02:06:07 02:06:08 02:06:12 02:06:25 02:06:25 02:06:34 02:06:34 02:06:38 02:07:07 02:07:07 02:07:12 02:07:21 02:07:21 02:07:28 02:07:29 02:07:32 02:07:53	02:06:05 02:05:47 02:05:36 02:05:31 02:05:42 02:06:03 02:06:03 02:05:56 02:05:47 02:06:18 02:06:29 02:06:33 02:07:04 02:06:55 02:07:12 02:07:14 02:07:09 02:07:23	01:00:11 00:58:22 01:05:00 01:01:54 01:05:00 01:00:18 01:00:18 00:59:49 01:00:48 01:02:37 00:58:02 01:01:40 00:58:57 01:00:35 01:00:35 01:02:28 01:00:38
499 500 501 502 503 504 505 506 507 508 509 511 512 513 514 515 516	596 John 718 Stephen 9 Lyn 14 Chris 10 Carol 644 Rodney 643 Andrew 398 Eddie 393 Mark 573 Conall 209 Barry 708 Ben 200 Diane 377 Kelly 437 Lisa 436 Jonathan 454 Michael 477 Declan 416 Conor	Proctor Alexander McClure Freeland Mounce McCaughey Clarke Salmon Leathem Bell McKeating Patterson Woods Andrews Quinn Quinn Colville Ormsby Ormsby	M60 M50 F40 M0 F45 M40 M0 M45 M0 M0 F50 F0 F0 M0 M60 M0	Crossgar Harriers Ballydrain Harriers	02:06:05 02:06:06 02:06:07 02:06:08 02:06:12 02:06:25 02:06:25 02:06:34 02:06:34 02:06:38 02:06:50 02:07:07 02:07:12 02:07:21 02:07:21 02:07:29 02:07:32 02:07:53	02:06:05 02:05:47 02:05:36 02:05:31 02:05:42 02:06:03 02:06:03 02:05:56 02:05:47 02:06:18 02:06:29 02:06:33 02:07:04 02:06:55 02:07:12 02:07:14 02:07:14 02:07:09 02:07:23 02:07:36	01:00:11 00:58:22 01:05:00 01:01:54 01:05:00 01:00:18 01:00:18 00:58:56 00:59:49 01:00:48 01:02:37 00:58:02 01:01:40 00:58:57 01:00:35 01:00:35 01:00:38 01:00:38
499 500 501 502 503 504 505 506 507 508 509 510 511 512 513 514 515 516 517	596 John 718 Stephen 9 Lyn 14 Chris 10 Carol 644 Rodney 643 Andrew 398 Eddie 393 Mark 573 Conall 209 Barry 708 Ben 200 Diane 377 Kelly 437 Lisa 436 Jonathan 454 Michael 477 Declan	Proctor Alexander McClure Freeland Mounce McCaughey Clarke Salmon Leathem Bell McKeating Patterson Woods Andrews Quinn Quinn Colville Ormsby	M60 M50 F40 M0 F45 M40 M0 M45 M0 M0 F50 F0 F0 M0 M60 M0	Crossgar Harriers Ballydrain Harriers	02:06:05 02:06:06 02:06:07 02:06:08 02:06:12 02:06:25 02:06:25 02:06:34 02:06:34 02:06:50 02:07:07 02:07:12 02:07:21 02:07:21 02:07:28 02:07:29 02:07:32 02:07:53 02:07:53	02:06:05 02:05:47 02:05:36 02:05:31 02:05:42 02:06:03 02:06:03 02:05:56 02:05:47 02:06:18 02:06:29 02:06:33 02:07:04 02:06:55 02:07:12 02:07:14 02:07:09 02:07:23	01:00:11 00:58:22 01:05:00 01:01:54 01:05:00 01:00:18 01:00:18 00:58:56 00:59:49 01:00:48 01:02:37 00:58:02 01:01:40 00:58:57 01:00:35 01:00:35 01:00:38 01:00:38 01:00:38 00:57:05

	195 Heather	Shanks-Miller				02:08:07	
	186 Fiona	McAvoy	F45			02:07:51	
	245 Claire	Weston	FO			02:07:58	
	574 Philip	Weston	МО			02:07:58	01:06:11
	112 Paula	Gray	FO	Momentum Comber		02:08:14	
525	71 Melinda	Wilkinson	F40	Orangegrove AC		02:08:19	
526	490 Rocky	Marmeto	MO			02:08:38	01:01:37
527	47 Kerry	Harkin	F40			02:08:22	
528	46 Mary Clare		F45			02:08:22	
529	70 Sharon	Corken	FO	Orangegroveac AC		02:08:40	01:01:13
530	113 David	McIvor	M45	St Peters		02:08:32	
531	89 Mervyn	Kinney	M60		02:09:10	02:08:40	01:01:41
532	7 Wesley	Wallace	M50	Sea Park AC	02:09:25	02:08:57	01:01:25
533	452 Mark	Foster	M40		02:09:31	02:09:06	01:01:36
534	256 Ruth	Coulter	F40		02:09:36	02:09:06	01:02:51
535	91 Kerrie	Turtle	FO		02:09:39	02:09:22	01:03:21
536	683 David	Carse	M55		02:09:45	02:09:19	01:04:09
537	665 Drew	McKeown	MO		02:09:51	02:09:03	00:58:55
538	489 Karen	Dempster	FO	Ballydrain Harriers	02:09:52	02:09:24	01:02:47
539	278 Stephenie	Smyth	F40	Balldrain Harriers	02:09:52	02:09:24	01:02:48
540	213 Barry	Tate	M55		02:10:03	02:09:35	01:02:28
541	740 Andrew	Davidson	M40		02:10:10	02:09:34	01:02:35
542	266 Maurice	Cairns	M65		02:10:17	02:09:44	01:06:18
543	100 Andrew	Kinney	M45		02:10:22	02:10:08	01:03:13
544	719 Ivan	McKeown	M55		02:11:01	02:10:11	01:03:18
545	607 Jonathan	Fay	МО		02:11:17	02:11:06	01:03:02
546	79 Sarah	McWilliams	FO		02:11:25	02:10:55	01:02:56
547	84 Garry	Cavill	M55		02:11:54	02:11:24	01:03:32
548	311 Helen	McBrinn	F40		02:12:11	02:11:49	01:01:09
549	321 Norman	Kernaghan	M60		02:12:11	02:11:49	01:01:09
550	779 Ronnie	McMurdie	MO		02:12:22	02:11:55	01:04:09
551	182 Victoria	Minnis	FO		02:12:25	02:11:57	01:06:29
552	632 Racheal	Smyth	FO		02:12:27	02:11:50	01:04:27
553	402 Johnny	Bouma	M45		02:12:30	02:12:12	01:04:53
554	251 Jenny	McConnell	F40	Ballydrain Harriers	02:12:32	02:11:59	01:04:47
555	135 Tanya	McGreeghan	F40		02:12:38	02:12:05	01:04:47
556	460 Gavin	Campbell	MO	Ballyholme Striders	02:12:59	02:12:36	00:59:49
557	463 Paul	Davies	M45		02:12:59	02:12:36	00:59:49
558	369 Andrew	Strickland	M40	Ballydrain Harriers	02:13:08	02:12:56	00:57:51
559	18 Beverly	Creighton	FO		02:13:16	02:12:45	01:05:04
560	240 Edward	Quigg	M45		02:13:16	02:12:46	01:01:03
561	774 Annie-Rose	Mulholland	FO		02:13:22	02:12:45	01:06:57
562	284 Karen	McCaughey	F40		02:13:24	02:12:55	01:05:37
563	156 Sarah	Mathison	FO		02:13:28	02:13:03	01:04:53
564	154 Rachel	McClements	FO		02:13:28	02:13:04	01:04:53
565	775 Margaret	Mulholland	F50		02:13:31	02:12:53	01:06:57
566	218 Sarah	Allen	F40		02:13:33	02:13:06	01:07:03
567	507 Michael	Hunter	M55		02:13:34	02:13:04	01:04:35
568	465 Martin	Brady	M40		02:13:40	02:13:10	01:02:49
569	453 Philip	Foster	МО		02:13:42	02:13:17	01:06:42
570	435 Kyle	McComiskey	МО		02:13:43	02:13:11	01:06:03
571	198 Emer	Breen	FO	Penny Lane Striders	02:13:46	02:13:35	01:04:49

E72	107 lim	Droop	MGO	Springwall Bunning Club	02:12:46	02:13:16	01:04:40
	197 Jim 247 Jim	Breen Marcus	M60 M0	Springwell Running Club		02:13:10	01:04:49
574	69 Margaret	Furst	F55			02:13:28	
_	629 Alison	Welsh	FO	Seapark AC		02:13:28	01:04:07
	501 Maura	Hennessy	FO	NICSAC		02:13:38	01:06:49
	622 Jill	Johnston	F40	NICSAC		02:13:38	
	631 Don	Murnin	M40			02:13:49	01:08:19
	619 John	Ossaway	MO			02:13:51	01:08:19
	304 James	Smyth	M60			02:13:43	
	610 Louie	Almario	MO			02:13:52	
	422 Peter	Hilton	MO			02:13:32	01:04:00
	510 Lyndsey	Lappin	FO	Ballydrain Harriers		02:13:51	
	651 Eadaoin	Donaldson	FO	North Belfast Harriers		02:13:55	01:04:52
	729 Thomas	McKinstry	10	North Belfast Harriers		02:14:05	01:04:32
	280 Jack	Carberrry	M65	North Belfast Harriers		02:14:08	01:08:17
	443 Andrew	Harding	M40	Belfast Harriers		02:14:05	01:08:17
	687 Alistair	Collins	M40	bellast rialliers		02:14:03	01:05:55
	116 Caroline		FO			02:14:03	
		Thompson Adair				02:14:25	01:03:53
	694 Ewan		MO	Dallydrain Harriage			00:59:42
	421 Stephen	Beattie	M45	Ballydrain Harriers		02:14:34	01:01:44
	125 Joanne	Tate	FO			02:14:36	01:04:56
	298 Lorraine	Hawkes	FO			02:14:53	01:04:46
	215 Helen	Mullan	FO			02:15:01	
	389 lan	Henderson	M40			02:15:11	
	663 Chris	Clarke	MO			02:15:22	
	224 Robert	Oliver	MO			02:15:13	01:05:57
	106 Lisa	Bell	FO			02:15:36	01:06:28
	114 Helen	Goudie	FO			02:15:36	01:06:28
	191 Ryan	Kerr	MO			02:15:35	01:08:20
601	95 Dale	Collins	MO			02:15:47	
	483 Cecilia	Deeham	F60	BOLT Running Club		02:16:02	
	751 Matthew	O'hare	M50			02:16:02	
604		Hiles	FO			02:16:20	
	274 Lucy	Reid	FO	Barefoot Running NI		02:16:14	
	614 Simon	Gregg	MO			02:16:43	
	739 Brendan	McElhatton	M60			02:16:52	
608	174 Zoey	Horgan	FO			02:16:40	
609		Meegan	FO	Belfast Running Club		02:16:40	
610	329 Ruth	Fitzsimons	FO		02:17:29	02:16:59	01:04:44
	634 Andrea	Cairns	FO		02:17:44	02:17:04	01:07:55
612	317 Sarah	Turner	FO		02:17:50	02:17:16	01:09:34
613	350 Graham	Gibson	M45		02:17:58	02:17:34	01:02:42
614	406 Richard	Worledge	M55		02:18:04	02:17:49	01:06:52
615	176 David	Breen	M45		02:18:15	02:17:38	01:04:40
616	735 Magdelena	Winnicka			02:18:16	02:18:00	01:09:11
617	246 Roy	Spalding	M65		02:18:19	02:17:59	01:04:58
618	539 Kevin	Morgan	M55		02:18:39	02:18:15	01:05:23
619	471 Sabrina	Monaghan	FO		02:18:53	02:18:23	01:05:34
620	763 Paula	McKibben	F50		02:19:23	02:18:53	01:07:54
621	521 Norma	Johnston	F40	Larne AC	02:20:02	02:19:55	01:08:46
622	290 Gary	Donaldson	M45		02:20:03	02:19:43	01:10:21
623	609 Sharon	McKinney	F45		02:20:08	02:20:02	01:08:36

	239 Vicky	Bingham	FO			02:19:58	
	555 Michael	Brady	M45			02:20:17	
	556 Annemarie	_	F45			02:20:17	
	101 Kevin	Kelly	M40			02:21:01	
	396 Lynn	Shanks	F40			02:20:52	
629	8 Alan	Steen	MO			02:21:22	
	124 Lindsay	Green	M65			02:21:22	
	630 David	Peden	MO			02:22:24	
	217 Kenneth	McDowell	MO	Ballydrain Harriers		02:22:42	
	196 Robert	Shanks	M40		-	02:24:10	01:08:14
	605 Maureen	McCourt	F65			02:23:49	
	127 Peter	Walker	MO			02:24:19	
	717 Mark	Carvill	MO			02:24:51	
637	26 David	Gardiner	MO			02:25:26	01:09:32
	168 Colin	Rodgers	M55			02:25:30	
	681 Nathan	Deronja	FO			02:25:46	01:14:45
	538 Lara	Doyle	FO			02:26:01	01:07:30
641	339 Boyd	Cathcart	MO			02:26:49	
642	340 Hannah	Mellon	FO		02:27:21	02:26:50	
643	30 Rachael	Kessell	FO		02:27:31	02:27:03	01:12:18
644	673 Osmond	McClean	M45		02:27:51	02:27:41	01:08:48
645	513 Jennifer	McAteer	FO	Newry City Runners	02:27:58	02:27:36	01:07:57
646	491 Peter	Stevens	MO		02:28:31	02:27:59	01:09:29
647	118 Samantha	Graham	FO		02:28:41	02:27:55	01:11:29
648	129 Gillian	Jordan	FO	Ballydrain Harriers	02:28:48	02:28:20	01:10:26
649	604 Vadims	Jesajevs	MO		02:29:25	02:28:59	01:15:18
650	4 David	Hill	M65		02:30:24	02:30:00	01:08:18
651	639 Jonathan	Brown	M40		02:31:16	02:30:59	01:06:20
652	675 Siobhan	Larkin	F40		02:31:20	02:30:45	01:12:31
653	60 Matthew	Montgomery	MO		02:31:42	02:31:06	01:07:46
654	297 Joanne	McMahon	FO		02:31:55	02:31:25	01:12:30
655	562 Christine	Abernethy	F40	Kernan Run Club	02:31:58	02:31:50	01:10:49
656	254 Clare	McIlveen	FO		02:33:17	02:32:49	01:13:13
657	336 Jack	Hopley	MO		02:35:18	02:34:46	01:09:35
658	335 William	Ennis	MO		02:35:18	02:34:46	01:09:36
659	334 Jennifer	Carse	FO		02:35:19	02:34:47	01:09:38
660	494 Tracy	Gilpin	F40		02:35:23	02:35:00	01:16:26
661	505 Elaine	Shannon	F50		02:35:40	02:34:57	
662	202 Christina	McConnell	FO	Ballydrain Harriers	02:35:51	02:35:21	01:13:15
663	80 Anna	Minnis	F45	Ballydrain Harriers	02:35:51	02:35:23	01:13:16
664	765 Mick	McGuckin	M50	•	02:36:01	02:35:28	01:12:05
665	167 Pauline	Millar	F45		02:36:09	02:35:59	01:15:52
666	180 Hugh	Millar	M50		02:36:09	02:35:39	01:15:45
	594 Nikki	Keery	FO			02:36:14	
	566 Denise	, Knight	F40			02:36:00	
	734 Vicky	Armstrong				02:37:51	
	238 Alyn	McChesney	МО			02:37:26	01:13:50
671	•	Taylor	F45			02:37:50	
672		- ,					
012		Herman	F55		02:38:20	02:37:49	01:15:25
_	27 Kathleen	Herman Foreman	F55 F55			02:37:49 02:38:56	
673	27 Kathleen 28 Christine	Foreman	F55		02:39:27	02:38:56	01:15:26
673 674	27 Kathleen		F55 FO		02:39:27 02:39:50		01:15:26 01:15:49

676	565 Andrea	DaSilva	F50		02:40:25	02:39:55	01:12:53
677	413 Mervyn	Smith	M65		02:41:49	02:41:19	01:18:33
678	481 Ross	Moneypenny	MO		02:43:08	02:43:04	01:15:35
679	305 Lawrence	Burns	M45		02:46:41	02:46:10	01:13:44
680	326 Richard	Conn	M55		02:47:45	02:47:10	01:17:04
681	446 James	Girvan	MO		02:48:37	02:48:13	01:19:09
682	448 Caroline	Girvan	FO		02:48:37	02:48:13	01:19:09
683	81 Jessica	Minnis	FO	Ballydrain Harriers	02:50:03	02:49:35	01:16:50
684	33 Pat	O'Driscoll	M65	North Down AC	02:50:53	02:50:30	01:13:58
685	442 Eoin	Woodman	M65	NICS AC	02:51:07	02:50:37	01:22:35
686	678 Lynsey	Hill	FO		03:03:39	03:03:09	01:24:37
687	42 Paul	Manook	M65		03:06:47	03:06:16	01:29:28