

Jimmy's 10K
17th March 2013

Pos	Bib	Name	Cat	Club	Finish	Chiptime	Firsthalf	SecondHalf
1	4	Eddie McGinley	MO	Annadale Striders	00:31:01	00:31:01	00:15:15	00:15:47
2	2	Gary O'Hanlon	M35	Clonliffe	00:31:39	00:31:38	00:15:28	00:16:11
3	301	James O'Hare	MO	Annadale Striders	00:31:41	00:31:41	00:15:35	00:16:06
4	598	Alan O'Hara	M35	North Belfast Harriers	00:31:43	00:31:43	00:15:35	00:16:09
5	3	Brendan Teer	MO	East Down AC	00:32:07	00:32:06	00:15:36	00:16:32
6	374	Eamon White	M40	North Belfast Harriers	00:33:03	00:33:03	00:15:57	00:17:07
7	261	Paul Carroll	M40	Annadale Striders	00:34:18	00:34:18	00:16:34	00:17:45
8	5	Andrew Hicks	MO	Dromore AC	00:34:32	00:34:31	00:16:47	00:17:45
9	422	Dennis Scott	MO	North Down AC	00:34:32	00:34:30	00:17:12	00:17:21
10	169	Edward Cooke	MO	North Belfast Harriers	00:34:38	00:34:36	00:16:47	00:17:51
11	569	Nat Glenn	M45	Larne AC	00:34:39	00:34:39	00:17:11	00:17:28
12	299	Mark Kendall	M35	Newcastle & District AC	00:34:43	00:34:42	00:17:17	00:17:27
13	706	Seamus Lynch	MO		00:34:49	00:34:47	00:17:12	00:17:38
14	6	David O'Flaherty	MO	Newcastle AC	00:35:05	00:35:04	00:17:12	00:17:53
15	237	James Brown	M35	Larne AC	00:35:17	00:35:14	00:17:13	00:18:05
16	10	Gladys Ganiel O'Neill	F35	North belfast Harriers	00:35:20	00:35:18	00:17:26	00:17:54
17	505	Bernard Brady	M45	Larne AC	00:35:32	00:35:29	00:17:21	00:18:12
18	317	Martin Willcox	M40	East Down AC	00:35:34	00:35:31	00:17:21	00:18:13
19	428	Greg Lavery	M35	Larne AC	00:35:36	00:35:34	00:17:26	00:18:11
20	565	James Budde	MO	North Down AC	00:35:39	00:35:38	00:17:21	00:18:19
21	254	Christopher Moren	MO	Willowfield Harriers	00:35:41	00:35:38	00:17:41	00:18:01
22	465	David Steele	M35	Newcastle & District AC	00:35:43	00:35:41	00:17:30	00:18:13
23	485	Richard Coey	M35		00:35:47	00:35:45	00:17:34	00:18:14
24	43	Mark Milligan	M35		00:35:49	00:35:47	00:17:21	00:18:28
25	701	Michael King	MO		00:35:54	00:35:53	00:17:20	00:18:35
26	497	Barrie Atkinson	M35	East Down AC	00:35:58	00:35:56	00:17:18	00:18:40
27	347	Conor McMullan	M35	Annadale Striders	00:36:00	00:35:58	00:17:38	00:18:23
28	536	Eoin McQuillan	MO		00:36:07	00:36:05	00:17:42	00:18:26
29	218	Nigel Grier	M50	Dromore	00:36:09	00:36:07	00:17:45	00:18:25
30	789	Travis Todd	MO	North Belfast Harriers	00:36:25	00:36:24	00:17:42	00:18:44
31	324	Peter Savage	M40	North Belfast Harriers	00:36:36	00:36:34	00:17:45	00:18:52
32	713	Chris Speers	MO		00:36:51	00:36:49	00:18:02	00:18:49
33	733	Team Christies Runners	R	Mixed relay	00:37:08	00:37:08	00:16:19	00:20:50
34	594	Andy Guy	M35		00:37:21	00:37:18	00:18:09	00:19:12
35	263	Alan Johnston	M40	Murlough AC	00:37:23	00:37:20	00:18:13	00:19:10
36	499	Gerry Coy	M50	North Down AC	00:37:49	00:37:47	00:18:38	00:19:12
37	784	Ryan Henry Amando Bamislile	R	Willowfield Harriers	00:37:52	00:37:52	00:19:44	00:18:08
38	580	John Kelly	M45		00:37:53	00:37:50	00:18:45	00:19:09
39	758	Clare Connor	FO	North Belfast Harriers	00:38:08	00:38:06	00:18:39	00:19:29
40	391	Liam Keenan	M45	East Down AC	00:38:18	00:38:16	00:19:00	00:19:18
41	479	David Wright	M45	Lagan Valley	00:38:21	00:38:17	00:18:54	00:19:27
42	99	Vaughan Purnell	M40	Invictus Triathlon Squad	00:38:28	00:38:26	00:18:51	00:19:38
43	523	Brendan Donnelly	MO		00:38:39	00:38:37	00:18:51	00:19:49
44	243	Norman Smyth	M45		00:38:44	00:38:41	00:19:00	00:19:44
45	364	James Savage	M35	East Down AC	00:38:44	00:38:38	00:19:17	00:19:27
46	102	Dominic McGreevy	M55	Newcastle & District AC	00:38:45	00:38:42	00:18:51	00:19:55
47	189	Colm Murtagh	MO	Castlewellan ac	00:38:51	00:38:47	00:19:13	00:19:39
48	707	Mark Lennon	MO		00:39:02	00:38:58	00:18:40	00:20:23
49	599	Eamon Hill	M50	Olympian Triathlon Club	00:39:03	00:39:01	00:19:12	00:19:52
50	7	Julie Balmer	F35	North Down AC	00:39:08	00:39:07	00:19:10	00:19:59
51	731	Damian McQuade	M35		00:39:12	00:39:08	00:19:07	00:20:05
52	588	Ciara Coffey	FO		00:39:13	00:39:09	00:19:26	00:19:48
53	684	Team Atkinson	R		00:39:15	00:39:15	00:17:19	00:21:57
54	145	Dee Murray	M40		00:39:19	00:39:15	00:19:16	00:20:03
55	334	Patrick Hamill	M35	Beechmount Harriers	00:39:20	00:39:16	00:19:25	00:19:56
56	9	Catriona McCorkell	FO	Lagan Valley	00:39:22	00:39:18	00:19:30	00:19:53
57	457	Jim Breen	M55	Springwell Running Club	00:39:23	00:39:18	00:19:32	00:19:51
58	415	Pj McCrickard	M35	Newcastle & District AC	00:39:25	00:39:25	00:19:31	00:19:54
59	320	Andrew Acheson	M35	ORANGEGROVE	00:39:31	00:39:27	00:19:15	00:20:16
60	757	James Robinson	MO	Larne AC	00:39:33	00:39:27	00:19:04	00:20:30

61	740 Gillian Burns	F40	Dromore	00:39:35	00:39:32	00:19:11	00:20:24
62	398 Colin Stevenson	M45	Ballydrain Harriers	00:39:36	00:39:28	00:19:31	00:20:05
63	214 Arran Rutledge	M35	North Belfast Harriers	00:39:45	00:39:39	00:19:35	00:20:11
64	108 Ryan Armstrong	M45	Ballymena Runners AC	00:39:46	00:39:41	00:19:23	00:20:23
65	45 Michael Cultra	M35	East Down AC	00:39:52	00:39:47	00:19:23	00:20:29
66	281 Declan Morgan	M35	City of Lisburn AC	00:39:52	00:39:49	00:19:26	00:20:26
67	477 John Murphy	M40	North Belfast Harriers	00:39:55	00:39:51	00:19:35	00:20:21
68	527 Johnny Wilson	M35		00:39:55	00:39:50	00:19:34	00:20:22
69	59 David Noble	M35	Larne AC	00:39:56	00:39:50	00:19:33	00:20:23
70	32 Phil Gilmore	M40	Ballydrain Harriers	00:40:05	00:39:56	00:19:36	00:20:29
71	441 Philip Vint	M45	East Down AC	00:40:06	00:40:03	00:19:34	00:20:33
72	286 Damian O'Donnell	M40		00:40:09	00:40:04	00:19:37	00:20:32
73	810 David Smyth	MO		00:40:10	00:40:05	00:19:15	00:20:56
74	279 John McAleavey	M45		00:40:12	00:40:05	00:19:54	00:20:19
75	156 Darren Hamilton	M35		00:40:13	00:40:11	00:19:35	00:20:38
76	431 Denise Logue	FO	Ballydrain Harriers	00:40:18	00:40:08	00:19:49	00:20:29
77	548 Mark Boyd	MO		00:40:22	00:40:20	00:19:18	00:21:05
78	803 Gerry McEnearney	M50	NER	00:40:24	00:40:21	00:19:46	00:20:39
79	408 Ross Deering	MJ	Ballydrain Harriers	00:40:30	00:40:25	00:20:04	00:20:26
80	294 Mark Shields	M45	North Belfast Harriers	00:40:37	00:40:31	00:19:46	00:20:51
81	151 Greg McClure	M55	North Belfast Harriers	00:40:41	00:40:37	00:20:14	00:20:27
82	274 John Kelly	M50	Newcastle & District AC	00:40:52	00:40:46	00:19:47	00:21:05
83	308 Colin Drain	M35	Beechmount Harriers	00:41:02	00:40:57	00:19:34	00:21:29
84	365 Eric Montgomery	M55	Lagan Valley AC	00:41:04	00:40:59	00:19:56	00:21:09
85	578 Mark McLaren	MO		00:41:12	00:41:03	00:19:34	00:21:39
86	474 Caroline O'Hare	FJ	Gateshead	00:41:15	00:41:13	00:19:37	00:21:38
87	322 Peter Young	M55		00:41:19	00:41:15	00:20:14	00:21:06
88	168 Mark Gilmour	MO		00:41:26	00:41:11	00:21:07	00:20:19
89	183 Joe Napier	M35		00:41:28	00:41:22	00:20:03	00:21:26
90	207 Eamonn Hamill	MO		00:41:43	00:41:38	00:19:45	00:21:58
91	404 Norman Mawhinney	M55	Ballydrain Harriers	00:41:47	00:41:41	00:19:34	00:22:13
92	571 Danny O'Boyle	M35		00:41:49	00:41:45	00:20:14	00:21:36
93	203 Samuel Gill	M45		00:41:50	00:41:42	00:20:19	00:21:32
94	264 Ronan McKibbin	MO		00:41:55	00:41:48	00:20:07	00:21:48
95	403 Mark Earney	M40	Ballydrain Harriers	00:41:58	00:41:45	00:20:40	00:21:19
96	188 Sinead Murtagh	FO		00:41:59	00:41:50	00:20:30	00:21:30
97	351 Paul Keary	M40		00:41:59	00:41:51	00:20:38	00:21:21
98	379 Michael McDonald	MO		00:42:04	00:41:39	00:21:01	00:21:03
99	36 Jr Loudon	M35		00:42:05	00:41:48	00:20:38	00:21:27
100	198 Niall Carson	M40	Newcastle & District AC	00:42:05	00:42:00	00:20:10	00:21:55
101	354 David Massey	M35		00:42:05	00:42:01	00:20:23	00:21:43
102	399 Evan Boyce	M35	Ballydrain Harriers	00:42:07	00:41:51	00:20:53	00:21:15
103	676 Team Millennium Duo	R		00:42:08	00:42:08	00:20:36	00:21:33
104	721 Matthew McGarrity	MO		00:42:08	00:41:58	00:20:11	00:21:57
105	361 Peter Morgan	M40	East Down AC	00:42:10	00:42:06	00:20:12	00:21:59
106	215 Donal Ward	M45	Castlewellan ac	00:42:11	00:42:06	00:20:17	00:21:54
107	225 Mark McFeeters	MO	Orangetown AC	00:42:11	00:42:03	00:21:07	00:21:04
108	572 Gavin Smyth	MO		00:42:11	00:41:53	00:21:08	00:21:04
109	11 Dermot Cahill	MO	East Down AC	00:42:17	00:42:10	00:20:29	00:21:48
110	285 Ruth Magill	F50	Lagan Valley	00:42:17	00:42:14	00:20:40	00:21:37
111	480 Tony Brennan	M50	East Down AC	00:42:23	00:42:16	00:20:27	00:21:56
112	52 Niall King	M40	Castlewellan ac	00:42:28	00:42:23	00:20:42	00:21:46
113	439 Naoise McLoughlin	M40		00:42:36	00:42:27	00:20:42	00:21:55
114	269 Diane Watson	F40	City of Lisburn AC	00:42:38	00:42:31	00:20:45	00:21:53
115	722 Ruairi Hardiment	MO		00:42:40	00:42:34	00:21:07	00:21:34
116	418 Robbie Marsh	M35	Newry City Runners AC	00:42:41	00:42:36	00:20:55	00:21:46
117	719 Stephen Torney	MO		00:42:41	00:42:35	00:21:07	00:21:34
118	390 Cheryl Denvir	F35	East Down AC	00:42:42	00:42:31	00:20:51	00:21:52
119	190 James Flanagan	MO		00:42:50	00:42:21	00:21:15	00:21:35
120	238 Dave Fulcher	M55	Murlough AC	00:42:52	00:42:42	00:21:09	00:21:43
121	112 Stephen Heasley	M45	East Down AC	00:43:03	00:42:49	00:21:03	00:22:00
122	801 Brian McGivern	M40		00:43:06	00:43:00	00:21:10	00:21:57
123	103 Hugh Ross	M55		00:43:09	00:43:06	00:21:08	00:22:02
124	70 Stephen Donnelly	M55		00:43:13	00:43:06	00:21:18	00:21:56

125	235	Joe Finnegan	M40	Newry City Runners AC	00:43:15	00:43:03	00:21:18	00:21:57
126	781	Andrew Telford	MO		00:43:22	00:43:14	00:20:57	00:22:25
127	58	Don Mc Mahon	M60		00:43:26	00:43:19	00:21:14	00:22:13
128	469	Kieran Trainor	M45		00:43:26	00:43:23	00:20:51	00:22:36
129	111	Wendy Davis	FO	Lagan Valley AC	00:43:28	00:43:23	00:21:35	00:21:54
130	494	Jeffrey Breen	M40	rgu	00:43:30	00:43:25	00:20:57	00:22:34
131	451	Geoff Smyth	M35	Team Smudge	00:43:32	00:43:28	00:21:06	00:22:26
132	323	David Higgins	M35		00:43:34	00:43:21	00:21:14	00:22:21
133	397	Colin Garrett	M35	Ballydrain Harriers	00:43:34	00:43:18	00:21:56	00:21:39
134	117	Carina Burns	FO		00:43:37	00:43:29	00:20:58	00:22:39
135	714	Declan McCormick	M50		00:43:38	00:43:25	00:21:48	00:21:51
136	730	Declan Magee	MO		00:43:40	00:43:31	00:21:15	00:22:26
137	768	Gareth Murdock	M35	Newry City Runners	00:43:50	00:43:46	00:21:37	00:22:14
138	555	Philip Murdock	M40		00:43:52	00:43:41	00:21:01	00:22:52
139	513	Kevin Briggs	M35		00:43:57	00:43:36	00:22:06	00:21:52
140	147	Timmy Burns	MO		00:44:01	00:43:54	00:21:47	00:22:15
141	206	Athanasia Sevastaki	F35	North Belfast Harriers	00:44:02	00:43:57	00:21:30	00:22:32
142	256	Patricia Mc Kibbin	FO		00:44:06	00:43:59	00:21:22	00:22:44
143	163	Brian Hughes	MO		00:44:08	00:43:52	00:22:06	00:22:03
144	160	Michael Skelcher	M40		00:44:11	00:43:59	00:21:53	00:22:18
145	774	Robert Lynn	M35		00:44:14	00:44:06	00:21:32	00:22:42
146	104	Kieran McVeigh	M35	Invictus Triathlon Squad	00:44:16	00:44:09	00:21:11	00:23:06
147	682	Team Rising Stars	R		00:44:16	00:44:16	00:23:40	00:20:37
148	298	Catherine O'Connor	FO	East Down AC	00:44:17	00:43:30	00:22:46	00:21:32
149	211	Richard McGreevy	M40		00:44:22	00:44:09	00:21:37	00:22:46
150	496	Gordon Wilkinson	M45	North Down AC	00:44:24	00:44:23	00:21:41	00:22:44
151	737	David Allen	M45	Dromore	00:44:25	00:44:21	00:21:11	00:23:14
152	194	Brian Connolly	M40		00:44:26	00:44:05	00:21:52	00:22:35
153	213	Matthew Kelly	MO		00:44:33	00:44:15	00:22:01	00:22:32
154	419	Caroline Wade	FO	Newry City Runners AC	00:44:34	00:44:17	00:22:06	00:22:28
155	462	Timothy Polley	M40		00:44:34	00:44:15	00:22:07	00:22:28
156	355	Desi McHenry	M65	Willowfield TH	00:44:35	00:44:11	00:22:04	00:22:31
157	526	Aidy Winters	M35		00:44:36	00:44:32	00:21:49	00:22:48
158	490	Ciaran Andrews	MO		00:44:38	00:44:26	00:22:06	00:22:32
159	552	Mark Magill	MO		00:44:38	00:44:19	00:22:04	00:22:35
160	180	David Ritchie	M35		00:44:39	00:44:15	00:22:31	00:22:08
161	417	David Smith	M50		00:44:39	00:44:29	00:22:06	00:22:34
162	306	Eamonn Tumelty	M60		00:44:41	00:44:34	00:21:53	00:22:49
163	530	Alan Johnston	M35		00:44:43	00:44:17	00:22:17	00:22:26
164	93	Neil Curran	M35	Strangford FC	00:44:46	00:44:18	00:22:37	00:22:10
165	410	Stuart McIver	M35	Ballydrain Harriers	00:44:47	00:44:31	00:22:09	00:22:38
166	442	Mark McDowell	M35	East Down AC	00:44:51	00:44:38	00:22:05	00:22:47
167	94	Hugh Oram	M35	Murlough AC	00:44:53	00:44:35	00:22:16	00:22:38
168	162	Coly McGivern	M40	Murlough AC	00:44:54	00:44:45	00:21:36	00:23:19
169	506	Rhonda Brady	F40	Larne AC	00:44:55	00:44:46	00:22:07	00:22:48
170	720	Chris Perry	MO		00:44:57	00:44:46	00:22:06	00:22:51
171	718	Barry Fitzsimmons	MO		00:45:00	00:44:51	00:22:14	00:22:47
172	793	Gerard O'Connor	MO		00:45:00	00:44:12	00:22:46	00:22:15
173	695	Team The Prenters	R		00:45:02	00:45:02	00:21:54	00:23:08
174	800	Ciaran Tobin	M50	Trim	00:45:04	00:44:55	00:22:08	00:22:57
175	681	Team Matthew & Tony	R		00:45:06	00:45:06	00:21:56	00:23:11
176	126	Gareth Fitzsimons	M45	EDAC	00:45:07	00:45:02	00:21:45	00:23:22
177	807	Melanie Minshull	F45	City of Lisburn AC	00:45:09	00:45:02	00:22:07	00:23:02
178	760	Martin Cox	M45	North Belfast Harriers	00:45:10	00:45:02	00:21:29	00:23:41
179	557	Declan Magee	M45		00:45:11	00:45:02	00:21:45	00:23:27
180	595	Fionnuala McCourt	F55	Lagan Valley AC	00:45:11	00:45:08	00:22:09	00:23:03
181	430	Stephen Ross	M35		00:45:12	00:45:09	00:21:49	00:23:24
182	405	Olivia Brown	FJ	Ballydrain Harriers	00:45:13	00:44:56	00:22:05	00:23:09
183	573	Lewis Rodgers	MO		00:45:19	00:44:42	00:22:16	00:23:04
184	449	Andrew McCormick	M35		00:45:20	00:45:06	00:22:11	00:23:10
185	133	Gareth Baggley	MO		00:45:21	00:45:13	00:22:06	00:23:15
186	458	Tracey McDowell	F35	EDAC	00:45:25	00:45:08	00:22:18	00:23:07
187	514	Barry Blaney	M35		00:45:27	00:45:11	00:22:35	00:22:53
188	29	Kevin McCormick	M45	East Down AC	00:45:28	00:45:14	00:22:11	00:23:17

189	137	Lisa McConnell	F45	ORANGEGROVE	00:45:32	00:45:18	00:22:07	00:23:25
190	508	Jim Campbell	M35		00:45:33	00:45:19	00:21:53	00:23:41
191	37	Barry Gracey	MO		00:45:35	00:45:19	00:22:06	00:23:30
192	288	Gareth Kelly	MO	East Down AC	00:45:47	00:45:28	00:22:02	00:23:46
193	113	Stevie Fitzsimons	M35		00:45:51	00:45:32	00:22:34	00:23:17
194	754	Mairin McAleenan	F40	Leitrim ladies	00:45:52	00:45:26	00:22:41	00:23:12
195	161	Dominic Flanagan	MO	Lisburn Triathlon Club	00:45:55	00:45:41	00:22:09	00:23:47
196	42	Tom McClean	M45	East Down AC	00:45:57	00:45:39	00:22:19	00:23:39
197	546	Conor O'Hare	MO		00:45:57	00:45:43	00:22:50	00:23:07
198	13	Paul Magee	M35		00:45:59	00:45:39	00:22:17	00:23:42
199	482	Mary Quinn	F45	banbridge athletics club	00:46:03	00:45:51	00:22:31	00:23:32
200	568	Janete Bailie	F35		00:46:03	00:45:52	00:22:40	00:23:23
201	105	Conor Currie	M35		00:46:09	00:45:58	00:22:30	00:23:40
202	778	Stephen Dunn	MO		00:46:12	00:45:36	00:22:54	00:23:18
203	125	Ricky Martin	M40		00:46:14	00:45:47	00:22:48	00:23:26
204	452	Paul Gilchrist	M35		00:46:22	00:46:07	00:22:31	00:23:51
205	78	Sam Hogg	M65	Lagan Valley AC	00:46:27	00:46:07	00:22:29	00:23:59
206	502	Joe Craney	MO		00:46:28	00:46:21	00:22:05	00:24:23
207	483	Gary Scott	M50		00:46:29	00:46:09	00:23:18	00:23:12
208	143	Janice Reid	F45	Dromore AC	00:46:34	00:46:23	00:22:35	00:24:00
209	79	Ciaran Doyle	M35		00:46:39	00:46:04	00:23:20	00:23:19
210	96	Richard Hand	M50	Dromore AC	00:46:41	00:46:30	00:22:41	00:24:00
211	381	Paul Leneghan	M45		00:46:42	00:46:27	00:22:37	00:24:06
212	177	Conor Preshaw	MO		00:46:50	00:46:28	00:22:53	00:23:57
213	184	Mark McIntyre	M40	peninsula triathlon club	00:46:50	00:46:18	00:23:00	00:23:50
214	91	Gareth Reilly	M35	Strangford FC	00:46:51	00:46:23	00:23:15	00:23:37
215	20	Robin Wilson	M45	Ballydrain Harriers	00:46:54	00:46:38	00:22:33	00:24:22
216	596	Barry Curran	M35		00:46:55	00:46:38	00:23:09	00:23:47
217	155	Catherine Devlin	F35	Dromore	00:46:56	00:46:39	00:23:07	00:23:49
218	492	Natalie Davidson	F35	County Antrim Harriers	00:47:01	00:46:56	00:22:25	00:24:37
219	193	Joseph Rogan	M35		00:47:05	00:46:20	00:23:41	00:23:25
220	564	Desmond Oneill	M45		00:47:05	00:46:51	00:23:18	00:23:47
221	685	Team Murray'S Again	R		00:47:07	00:47:07	00:24:14	00:22:54
222	201	Patrick Flanagan	MO	Teconnaught GFC	00:47:09	00:47:09	00:22:25	00:24:44
223	672	Team Newcastle Ac'S Best	R		00:47:11	00:47:11	00:23:12	00:23:59
224	121	Paul Gruhn	MO		00:47:12	00:47:01	00:23:01	00:24:11
225	393	Mark George	M35		00:47:12	00:47:04	00:22:40	00:24:33
226	421	Michael Magee	MJ		00:47:12	00:46:49	00:22:34	00:24:39
227	453	Grainne Doherty	F35	Beechmount Harriers	00:47:14	00:46:57	00:23:06	00:24:08
228	116	Declan Rice	M45	Newcastle AC	00:47:15	00:47:07		
229	255	Mark Keane	MO		00:47:16	00:46:49	00:23:30	00:23:46
230	259	Niamh Kellett	FO		00:47:16	00:46:48	00:23:15	00:24:02
231	80	Paul Denvir	M35		00:47:17	00:46:55	00:22:53	00:24:24
232	802	James Bradley	M35		00:47:21	00:47:06	00:23:03	00:24:18
233	216	Philip Kinsella	M40	East Down AC	00:47:22	00:47:03	00:23:15	00:24:08
234	226	Sean Devine	MO		00:47:23	00:47:18	00:22:23	00:25:00
235	316	Gordon Richardson	M45		00:47:23	00:46:45	00:24:02	00:23:21
236	296	Sam McNeilly	FO	Newcastle & District AC	00:47:25	00:47:18	00:22:42	00:24:44
237	339	Willie McCracken	M65	Newry City Runners	00:47:28	00:47:11	00:23:32	00:23:57
238	144	Wendy Fleming	F35	Dromore AC	00:47:29	00:47:19	00:23:10	00:24:20
239	368	Cahir King	MO		00:47:29	00:47:06	00:23:17	00:24:12
240	76	Miguel Robinson	M40	BARF	00:47:34	00:47:17	00:23:11	00:24:24
241	799	Ann Tobin	F50	Trim	00:47:38	00:47:28	00:23:26	00:24:13
242	797	Lagan Valley Colts	R		00:47:50	00:47:50	00:22:09	00:25:42
243	69	Frankie Black	MO		00:47:54	00:47:28	00:23:46	00:24:08
244	157	Ian Bates	M50	Dromore AC	00:47:56	00:47:42	00:23:12	00:24:45
245	761	Team Lauren	R		00:47:56	00:47:56	00:21:27	00:26:29
246	373	Gregory Dunlop	M40		00:48:03	00:47:40	00:23:40	00:24:23
247	498	William Findlay	MJ	East Down AC	00:48:04	00:47:51	00:25:06	00:22:59
248	71	Clarke Campbell	M45		00:48:06	00:47:47	00:24:00	00:24:06
249	370	Philip Campbell	MO		00:48:08	00:47:35	00:23:54	00:24:15
250	512	David Devenney	MO		00:48:09	00:48:09	00:22:15	00:25:54
251	786	John Smith	MO	RGU	00:48:12	00:48:06	00:23:20	00:24:52
252	119	Ben Shields	MJ		00:48:14	00:48:00	00:23:18	00:24:56

253	507	Johnnie Keenan	MO		00:48:15	00:47:46	00:24:02	00:24:13
254	459	Julie McKimm	F35	Orangegrove AC	00:48:16	00:48:00	00:23:51	00:24:25
255	671	Team Nac Messers	R		00:48:17	00:48:17	00:23:13	00:25:04
256	698	Team Logie Bears	R		00:48:30	00:48:21	00:22:59	00:25:32
257	790	Stephen Moffett	MO		00:48:32	00:48:12	00:23:43	00:24:50
258	509	Conaill McGrady	M40		00:48:40	00:48:22	00:23:50	00:24:50
259	723	Aine Hughes	FO		00:48:41	00:48:17	00:23:52	00:24:49
260	387	Jim Warnock	M50		00:48:42	00:48:33	00:23:16	00:25:26
261	342	Colin Shields	M35		00:48:43	00:48:15	00:24:12	00:24:32
262	118	Paul O'Hare	M50	NI Civil Service AC	00:48:45	00:48:38	00:23:54	00:24:52
263	149	Adrian Magee	M40		00:48:46	00:47:56	00:24:29	00:24:17
264	795	Eddie Salmon	M40		00:48:47	00:48:39	00:23:39	00:25:09
265	554	Helen McCartan	F35		00:48:49	00:48:37	00:24:07	00:24:42
266	776	Stephen Hamilton	M40		00:48:49	00:48:42	00:23:38	00:25:11
267	24	Paul Burke	M35		00:48:50	00:48:27	00:25:07	00:23:43
268	185	Gerry McGuckin	M55		00:48:54	00:48:38	00:24:05	00:24:49
269	262	Alison Carroll	F45		00:48:54	00:48:36	00:24:11	00:24:43
270	341	David Barr	MO		00:48:54	00:48:19	00:24:46	00:24:08
271	717	Tim Collins	MO		00:48:56	00:48:50	00:23:14	00:25:43
272	739	Mandy Russell	F50	Dromore	00:48:56	00:48:43	00:24:04	00:24:52
273	716	Patrick Moore	MO		00:48:57	00:48:47	00:23:14	00:25:43
274	785	Martin McNeill	M40		00:48:59	00:48:44	00:23:53	00:25:07
275	124	Susan Smyth	FO	Dromore AC	00:49:02	00:48:48	00:23:28	00:25:34
276	550	Robert Green	M50		00:49:05	00:48:50	00:23:52	00:25:13
277	340	Ronan Barr	MO		00:49:06	00:48:32	00:24:46	00:24:20
278	493	Mark Fitzsimons	M35		00:49:07	00:48:47	00:23:28	00:25:39
279	197	Andrea Thompson	FO	North Down AC	00:49:08	00:48:45	00:23:47	00:25:21
280	794	Jamie Fitzpatrick	MJ		00:49:11	00:48:46	00:24:56	00:24:15
281	455	John Breen	M35		00:49:18	00:48:58	00:24:29	00:24:49
282	358	Colum Surginor	M40	East Down AC	00:49:20	00:48:58	00:24:32	00:24:49
283	500	John Manley	M45	East Down AC	00:49:20	00:48:59	00:24:32	00:24:49
284	309	Russell Young	MO		00:49:22	00:49:13	00:22:33	00:26:50
285	356	Stuart Irvine	M40		00:49:23	00:49:02	00:23:59	00:25:25
286	476	Tom McMeekin	MJ	East Down AC	00:49:23	00:49:11	00:25:06	00:24:17
287	470	Alex Danks	MJ		00:49:24	00:49:17	00:23:44	00:25:41
288	575	Mark Curran	M40		00:49:24	00:49:03	00:24:09	00:25:15
289	346	Helen Ryan	FO	NI Civil Service AC	00:49:25	00:49:00	00:24:53	00:24:33
290	782	Geoff Harper	M35		00:49:25	00:48:53	00:25:07	00:24:19
291	762	Niall Smyth	MO		00:49:30	00:49:22	00:24:45	00:24:46
292	250	Michael Heaney	M45		00:49:33	00:49:13	00:24:43	00:24:50
293	313	Jerome Farrell	M35		00:49:34	00:49:25	00:23:56	00:25:38
294	738	Diane McKee	F45	Dromore	00:49:39	00:49:28	00:24:03	00:25:37
295	728	Ernie Hall	M60	Dromore	00:49:41	00:49:39	00:24:03	00:25:39
296	253	Cecelia McCutcheon	FO		00:49:43	00:49:11	00:24:58	00:24:45
297	181	Karen Ritchie	F40		00:49:44	00:49:15	00:24:39	00:25:05
298	187	Jane McEvoy	F40		00:49:44	00:49:18	00:24:58	00:24:46
299	516	Kim McDonald	F45		00:49:49	00:49:36	00:24:38	00:25:11
300	8	Kana Akimoto	FO		00:49:53	00:49:42	00:24:35	00:25:18
301	559	Daryll Madine	M35		00:49:56	00:49:32	00:24:05	00:25:51
302	231	Damien Curran	MO		00:49:57	00:49:31	00:23:48	00:26:09
303	246	Gordon Thompson	M45		00:49:57	00:49:41	00:23:55	00:26:02
304	138	Kerry Ralph	M35	ORANGEGROVE	00:49:59	00:49:38	00:24:45	00:25:15
305	186	Chris Bowman	M45	Murlough AC	00:50:00	00:49:35	00:24:47	00:25:14
306	566	Oonagh Breteche	F35		00:50:00	00:49:34	00:25:07	00:24:53
307	729	John Smith	M35		00:50:00	00:49:47	00:24:00	00:26:01
308	460	Stephen Brady	M35	Burrendale Hotel	00:50:01	00:49:26	00:25:35	00:24:27
309	755	James Lyons	M40		00:50:01	00:49:32	00:25:06	00:24:55
310	66	Marie Devine	F45	North Down AC	00:50:03	00:49:39	00:24:58	00:25:05
311	89	Lisa Robinson	FO		00:50:04	00:49:35	00:24:42	00:25:23
312	14	Michael O'Donoghue	M35		00:50:07	00:49:55	00:25:21	00:24:46
313	461	Mark Jervis	MO		00:50:07	00:49:57	00:23:44	00:26:23
314	140	Carolanne Smith	F35		00:50:08	00:49:32	00:25:31	00:24:37
315	440	Conor Anderson	MO		00:50:08	00:49:34	00:25:07	00:25:02
316	287	Sharon O'Donnell	F40		00:50:09	00:49:55	00:24:39	00:25:31

317	487	Charlie Mount	M50		00:50:10	00:49:47	00:25:24	00:24:47
318	518	Stephen Hughes	M35		00:50:12	00:49:32	00:25:22	00:24:51
319	743	Gareth Rice	MO		00:50:12	00:49:22	00:25:32	00:24:41
320	369	Louise King	MO		00:50:13	00:49:50	00:24:04	00:26:09
321	139	Damien Smith	M35		00:50:16	00:49:40	00:25:31	00:24:45
322	223	Anne McCormick	F50	Murlough AC	00:50:19	00:49:53	00:24:52	00:25:28
323	450	Mark Maguire	M40		00:50:23	00:49:54	00:25:09	00:25:14
324	495	Roger Byrne	M35	East Down AC	00:50:23	00:50:05	00:24:43	00:25:41
325	443	Simon McGrattan	M40	East Down AC	00:50:28	00:50:03	00:25:07	00:25:22
326	521	Aurla McLoughlin	F35		00:50:29	00:49:59	00:25:08	00:25:21
327	30	Alan Logan	M40		00:50:35	00:49:58	00:25:27	00:25:08
328	371	Ryan Curran	MO		00:50:37	00:50:08	00:24:02	00:26:35
329	520	Andrew Mc Connell	MO		00:50:38	00:49:59	00:25:29	00:25:10
330	432	Ciaran Smith	MO		00:50:39	00:49:59	00:25:29	00:25:10
331	115	Philip Hynds	M50		00:50:42	00:50:25	00:24:47	00:25:55
332	53	Helen King	F35		00:50:45	00:50:32	00:25:02	00:25:44
333	463	Jamie Harris	MJ		00:50:46	00:50:23	00:23:54	00:26:52
334	519	Patsy McAuley	MO		00:50:48	00:50:07	00:25:22	00:25:26
335	319	Joy McAleer	F50	Oranegrove AC	00:50:49	00:50:30	00:25:00	00:25:49
336	378	Brian Galloway	M55	Super Circuits Team	00:50:51	00:50:22	00:25:09	00:25:42
337	38	Michael McCreesh	M35		00:50:52	00:50:30	00:24:52	00:26:01
338	396	Claire Shields	FO	Ballydrain Harriers	00:50:52	00:50:35	00:25:45	00:25:07
339	481	Sonya Curran	F35	banbridge athletics club	00:50:54	00:50:44	00:24:41	00:26:13
340	454	Bernie Regan	F50	Larne AC	00:50:55	00:50:30	00:25:04	00:25:51
341	74	Niall McNicol	MJ		00:50:57	00:50:25	00:25:09	00:25:49
342	87	Carol Annesley	F45	East Antrim Harriers	00:51:02	00:50:44	00:24:59	00:26:03
343	304	Linda Cunningham	F45	East Down Athletics Club	00:51:04	00:50:39	00:25:07	00:25:57
344	705	Barry Walsh	M40		00:51:07	00:50:34	00:25:03	00:26:04
345	338	Eimear McCracken	FO	Newry City Runners	00:51:08	00:50:48	00:25:06	00:26:03
346	791	Mark Ramsey	MO		00:51:08	00:50:44	00:25:34	00:25:34
347	97	Tony Doglay	M40		00:51:10	00:50:33	00:25:44	00:25:26
348	199	Pauline Carson	F35		00:51:14	00:50:48	00:25:15	00:26:00
349	674	Team Hr	R		00:51:23	00:51:23	00:25:47	00:25:37
350	220	Pamela Young	FO		00:51:25	00:51:18	00:24:51	00:26:35
351	15	Jonathan Stewart	M45	Oranegrove AC	00:51:28	00:51:17	00:25:08	00:26:20
352	23	Grainne Teggart	FO		00:51:29	00:50:59	00:25:08	00:26:22
353	475	Trish Magill	F40	ORANGEGROVE	00:51:30	00:51:15	00:25:05	00:26:26
354	591	Michelle McCann	F40		00:51:35	00:51:08	00:25:34	00:26:02
355	531	Sarah Hynds	FO		00:51:44	00:51:02	00:26:08	00:25:37
356	563	Robert Pollock	M55		00:51:47	00:51:15	00:25:23	00:26:24
357	110	Joe Cunningham	M45		00:51:48	00:51:10	00:25:44	00:26:04
358	240	Thelma McCullough	F55	North Belfast Harriers	00:51:53	00:51:31	00:25:34	00:26:19
359	389	Sinead Kinsella	F35		00:52:01	00:51:35	00:25:35	00:26:27
360	683	Team The Hare And Tortoise	R		00:52:03	00:52:03	00:27:19	00:24:45
361	547	Luke Gelston	MJ		00:52:06	00:51:36	00:25:07	00:26:59
362	700	Colin Haddick	M60		00:52:08	00:51:30	00:25:54	00:26:15
363	704	Darragh Magee	MO		00:52:08	00:51:27	00:25:49	00:26:20
364	412	Edward McClory	MO		00:52:11	00:51:56	00:25:24	00:26:47
365	129	Darren Harris	M35		00:52:12	00:51:37	00:25:15	00:26:57
366	158	Clara Kerr	FO	UFC	00:52:16	00:52:09	00:25:05	00:27:12
367	538	Ashlene McGeough	FO		00:52:17	00:52:06	00:26:08	00:26:09
368	234	Mark Johnston	M35	East Down AC	00:52:20	00:52:06	00:26:02	00:26:18
369	773	Paul Smyth	MO		00:52:20	00:52:14	00:24:40	00:27:41
370	81	Emma O'Reilly	FO		00:52:30	00:52:00	00:25:38	00:26:53
371	232	Arlene McMullan	FO	East Down AC	00:52:31	00:52:16	00:26:03	00:26:29
372	233	Sinead McMullan	FO	East Down AC	00:52:31	00:52:17	00:26:03	00:26:28
373	82	Kate Montgomery	F55	Lagan Valley AC	00:52:32	00:52:13	00:25:45	00:26:47
374	107	Adrian Mc Dowell	M40		00:52:33	00:51:59	00:26:42	00:25:52
375	372	Stephen Rice	M45		00:52:38	00:52:25	00:25:34	00:27:05
376	386	Martin Brady	M40		00:52:42	00:52:06	00:26:30	00:26:12
377	556	Ruairi Sharvin	MJ		00:52:46	00:52:18	00:27:11	00:25:35
378	771	Maggi Gibson	F45		00:52:47	00:52:38	00:25:55	00:26:52
379	765	Kathryn Prendergast	FO		00:52:48	00:52:15	00:26:17	00:26:32
380	170	Neil Kennedy	MO	Ultimate Fitness Centre	00:52:49	00:52:39	00:24:45	00:28:04

381	687	Team Rossers	R		00:52:50	00:52:50	00:26:15	00:26:35
382	77	Monica McCrickard	F40	Leitrim ladies	00:52:52	00:52:25	00:25:36	00:27:17
383	22	Gary Denvir	MO		00:52:53	00:52:20	00:25:33	00:27:21
384	711	Laura Watson	FO		00:52:53	00:52:42	00:26:32	00:26:21
385	753	Linda Rogan	F45	Castlewellan ac	00:52:53	00:52:43	00:26:32	00:26:22
386	12	Jo-Ann Magee	F35		00:52:58	00:52:37	00:25:55	00:27:03
387	178	Joan Gracey	FO		00:52:58	00:52:22	00:26:34	00:26:24
388	179	Judith Loudon	F35		00:52:58	00:52:22	00:26:33	00:26:25
389	732	Gabriel Crawford	M60		00:53:05	00:52:30	00:25:57	00:27:09
390	446	Claire McStravock	FO		00:53:07	00:52:54	00:26:07	00:27:00
391	230	Karen Rooney	F45		00:53:08	00:52:56	00:26:07	00:27:01
392	585	Maura King	F60		00:53:09	00:52:25	00:26:23	00:26:46
393	542	Gavin McNeill	M50		00:53:13	00:52:42	00:25:59	00:27:15
394	88	Mags Flynn	F35	East Down AC	00:53:14	00:52:52	00:26:05	00:27:09
395	489	Fiadhnaid Brady	FJ		00:53:15	00:52:47	00:25:38	00:27:37
396	277	Ciara Magee	F35	Ultimate Fitness Centre (UFC)	00:53:20	00:52:57	00:25:57	00:27:23
397	120	Clare Carson	F40		00:53:21	00:52:43	00:26:22	00:27:00
398	796	Robert Brown	M50		00:53:27	00:52:43	00:27:16	00:26:11
399	152	Debbie McVeigh	FO		00:53:28	00:52:42	00:26:39	00:26:49
400	673	Team Smyth	R		00:53:28	00:52:45	00:26:58	00:26:31
401	67	Sean Murray	M40	Up & Runners	00:53:30	00:53:00	00:25:51	00:27:39
402	688	Team Masterson	R		00:53:31	00:53:31	00:25:59	00:27:32
403	433	Vivien Davidson	F55		00:53:34	00:52:57	00:26:31	00:27:03
404	429	Barry Reynolds	MO		00:53:36	00:53:20	00:25:56	00:27:41
405	448	Conor Moore	MJ		00:53:37	00:52:55	00:26:58	00:26:40
406	586	Eithne Murphy	F45		00:53:38	00:53:01	00:26:55	00:26:43
407	511	Seamus McLernon	M55		00:53:46	00:53:16	00:26:13	00:27:33
408	549	Miceal Haughian	MO		00:53:46	00:53:20	00:26:02	00:27:44
409	423	Michael Smyth	M45		00:53:51	00:53:11	00:27:14	00:26:38
410	236	Megan Breen	FO		00:53:52	00:53:25	00:26:57	00:26:55
411	693	Team Emma Gorman / Ben Healey	R		00:53:53	00:53:53	00:25:13	00:28:40
412	375	Maeve Galloway	FO	Super Circuits Team	00:53:54	00:53:25	00:26:23	00:27:32
413	525	Michelle Middleton	F40		00:53:56	00:53:29	00:26:32	00:27:24
414	551	Beverley Martin	F50		00:53:58	00:53:46	00:26:08	00:27:51
415	196	Kevan Owens	M40	castlewellan gac	00:53:59	00:53:52	00:25:19	00:28:40
416	712	Edwin Mitchell	M55		00:54:00	00:53:32	00:26:48	00:27:13
417	686	Team The Cheese Puffs	R		00:54:07	00:54:07	00:27:20	00:26:47
418	427	John Oakes	M35	Dromore AC	00:54:13	00:54:08	00:25:58	00:28:16
419	528	Gerald O'Donnell	M35		00:54:15	00:53:37	00:26:36	00:27:39
420	402	Julia Moore	F35	Ballydrain Harriers	00:54:17	00:53:59	00:27:20	00:26:57
421	697	Team Carroll	R		00:54:18	00:54:18	00:27:06	00:27:12
422	811	Iryna Kennedy	F45	Lagan Valley AC	00:54:24	00:53:58	00:26:53	00:27:32
423	522	Leanne Jennings	FO		00:54:28	00:54:25	00:27:00	00:27:28
424	401	Heather Stanex	F40	Ballydrain Harriers	00:54:30	00:54:12	00:27:20	00:27:11
425	808	Carol Faulkner	FO		00:54:36	00:54:10	00:26:19	00:28:18
426	515	Elaine Hall	F40		00:54:37	00:54:13	00:27:04	00:27:34
427	153	Cormac McCavera	MO		00:54:44	00:54:06	00:26:19	00:28:26
428	349	Lisa Ross	FO		00:54:47	00:54:02	00:27:22	00:27:25
429	770	Colette McCoe	F45		00:54:47	00:54:39	00:26:08	00:28:40
430	376	Gemma King	FO	Super Circuits Team	00:54:53	00:54:22	00:27:23	00:27:30
431	752	Anthony Quinn	M40		00:54:55	00:54:08	00:28:40	00:26:16
432	55	Christopher Campbell	MO		00:54:56	00:54:09	00:26:57	00:28:00
433	239	Grainne McAlarney	FO		00:54:56	00:54:42	00:26:41	00:28:15
434	331	Andrew Flinn	MO		00:54:59	00:54:41	00:25:35	00:29:24
435	28	Finbar Heaney	M40		00:55:00	00:54:25	00:27:36	00:27:25
436	136	Shirley Telford	F35	NI Civil Service AC	00:55:03	00:54:17	00:27:16	00:27:47
437	200	Linda Tumelty	F45		00:55:05	00:54:29	00:27:34	00:27:32
438	128	Eamon Moore	M35		00:55:10	00:54:37	00:27:31	00:27:39
439	574	Liz O'Hagan	F40		00:55:12	00:54:38	00:26:51	00:28:21
440	792	Damian Mulholland	MO		00:55:15	00:55:00	00:26:49	00:28:26
441	377	Maurice King	M60	Super Circuits Team	00:55:18	00:54:47	00:27:22	00:27:56
442	302	Paula Savage	F35	East Down AC	00:55:21	00:54:59	00:27:22	00:27:59
443	315	Cathy Morgan	F35	Leitrim ladies	00:55:22	00:54:58	00:27:00	00:28:23
444	150	Clare Forster	FO	East Down AC	00:55:31	00:55:04	00:26:54	00:28:37

445	132 Ian McCracken	M55		00:55:34	00:54:57	00:27:38	00:27:57
446	746 Darren Fitzpatrick	M35		00:55:43	00:55:05	00:26:36	00:29:08
447	764 Brendan King	MO		00:55:47	00:55:05	00:27:00	00:28:48
448	394 Andrea Jackson	F35	Ballydrain Harriers	00:55:48	00:55:29	00:27:20	00:28:28
449	464 Ben Harris	MO		00:55:51	00:55:28	00:27:15	00:28:37
450	694 Team East Down'S Finest	R		00:55:52	00:55:52	00:27:33	00:28:20
451	248 Sean Sealey	M40		00:55:53	00:55:06	00:27:44	00:28:10
452	775 Lisa Liggett	F40		00:55:54	00:55:17	00:27:43	00:28:12
453	380 Sharon Carew	F40	eastdown athletics club	00:55:55	00:55:35	00:27:30	00:28:26
454	692 Team Eimear Connor	R		00:55:56	00:55:56	00:27:33	00:28:24
455	486 Deirdre Mount	F45	East Down Athletics Club	00:55:58	00:55:34	00:27:25	00:28:34
456	267 Hugh Daly	M40		00:55:59	00:55:26	00:27:18	00:28:41
457	330 Cathy Degan	FO	EDAC	00:55:59	00:55:42	00:26:38	00:29:21
458	49 Elaine Cromie	F35		00:56:00	00:55:46	00:27:02	00:28:58
459	392 Carmel Tumelty	F40	East Down AC	00:56:01	00:55:48	00:27:42	00:28:20
460	561 Francis Tumelty	M40		00:56:01	00:55:48	00:27:41	00:28:20
461	154 Declan Green	MO		00:56:09	00:55:42	00:27:18	00:28:51
462	348 Catherine Gilchrist	F35		00:56:09	00:55:24	00:27:24	00:28:46
463	501 Roisin Gaffney	F50	East	00:56:09	00:55:46	00:27:25	00:28:44
464	92 Orla McGreevy	FO		00:56:18	00:55:45	00:28:01	00:28:18
465	148 Roisin Torney	FO	Ultimate Fitness Centre	00:56:19	00:55:46	00:26:57	00:29:23
466	257 Jenny Fitzsimons	FO		00:56:19	00:55:47	00:26:57	00:29:23
467	587 Michael Murphy	M50		00:56:19	00:55:42	00:27:51	00:28:29
468	100 Leah Milligan	FO		00:56:20	00:55:48	00:26:57	00:29:24
469	570 Jin Murray	M45		00:56:21	00:55:40	00:27:55	00:28:27
470	780 Ann Marie Williams	F45		00:56:23	00:55:58	00:28:27	00:27:57
471	266 Valerie Denvir	F35	Ultimate Fitness Centre	00:56:28	00:55:55	00:27:32	00:28:56
472	275 Margaret Rowntree	F50		00:56:34	00:55:50	00:27:48	00:28:47
473	702 Claire Scullion	FO		00:56:34	00:56:06	00:28:09	00:28:26
474	726 Grainne Cupples	FO		00:56:36	00:56:03	00:27:32	00:29:04
475	54 Patrick Small	M35		00:56:37	00:56:15	00:27:28	00:29:10
476	146 Janine Murray	FO		00:56:37	00:56:06	00:27:12	00:29:25
477	539 Anita McGeough	F45		00:56:37	00:56:27	00:27:52	00:28:45
478	312 Lisa O'Neill	FO		00:56:39	00:56:25	00:28:17	00:28:22
479	360 Martin Brogan	M45	castlewellan gac	00:56:39	00:56:26	00:27:48	00:28:52
480	337 Rodney Carville	M40		00:56:42	00:56:05	00:27:09	00:29:34
481	748 Mark Wallace	MO		00:56:42	00:56:33	00:27:45	00:28:57
482	749 Clare Quinn	F35		00:56:42	00:55:53	00:28:40	00:28:02
483	46 Robert Miskelly	M70		00:56:46	00:56:19	00:27:43	00:29:03
484	176 Carol Deegan	F35		00:56:48	00:56:09	00:28:43	00:28:05
485	127 Karen Trainor	F35		00:56:49	00:56:10	00:28:43	00:28:06
486	414 Eileen Jack	FO		00:56:49	00:56:09	00:27:19	00:29:30
487	503 Daniel Jack	MO		00:56:49	00:56:09	00:27:18	00:29:32
488	411 Donna Mc Cullagh	FO	Castlewellan ac	00:56:54	00:56:41	00:27:20	00:29:34
489	592 Bill Cash	M65		00:56:57	00:56:19	00:28:28	00:28:29
490	426 Gregory Hughes	M50		00:56:59	00:56:41	00:28:07	00:28:53
491	577 Helen Sexton	F35		00:57:03	00:56:51	00:28:01	00:29:02
492	25 Cathy Burke	F35	East Down AC	00:57:06	00:56:43	00:26:23	00:30:43
493	517 Rachel Bradley	FO		00:57:14	00:56:42	00:28:04	00:29:11
494	224 Bobby Milligan	M50		00:57:22	00:56:31	00:28:46	00:28:36
495	805 Gary Laverty	M45	Saul	00:57:26	00:56:49	00:29:42	00:27:45
496	244 Sandra Hassan	F55		00:57:27	00:57:02	00:28:38	00:28:50
497	175 Claire McCartan	F35		00:57:31	00:57:03	00:28:17	00:29:14
498	212 Margaret McNabb	F55		00:57:33	00:56:49	00:28:37	00:28:56
499	83 Jackie Robinson	F45		00:57:34	00:56:51	00:28:37	00:28:57
500	344 Bernadette McCabe	F35	Leitrim ladies	00:57:34	00:57:09	00:27:30	00:30:05
501	708 Naomi Lennon	FO		00:57:40	00:57:10	00:27:58	00:29:42
502	305 Neil Gelston	MO		00:57:41	00:57:35	00:27:20	00:30:22
503	60 Barry McKermitt	M45		00:57:49	00:57:10	00:28:35	00:29:14
504	39 Shane Magee	MO		00:57:50	00:57:40	00:27:52	00:29:59
505	252 Joanne Carson	F40		00:57:52	00:57:23	00:27:57	00:29:56
506	583 Vincent Perry	M50		00:57:53	00:57:11	00:28:43	00:29:10
507	61 Adrian McComiskey	M40		00:57:55	00:57:16	00:28:33	00:29:22
508	756 Jenny McLeigh	F40		00:57:56	00:57:16	00:28:57	00:28:59

509	192	Mark Foster	M35		00:58:04	00:57:44	00:27:45	00:30:20
510	541	Aaron Vinaccia	MJ		00:58:06	00:57:36	00:27:19	00:30:48
511	597	Kathy McGrattan	F35		00:58:08	00:57:46	00:28:25	00:29:44
512	19	Martina Keenan	F40		00:58:10	00:57:22	00:29:20	00:28:50
513	445	Rayanne Denvir	FO		00:58:18	00:57:44	00:28:30	00:29:48
514	251	Roisin Muldoon	F50		00:58:25	00:57:53	00:28:47	00:29:38
515	272	Shan McMullan	F45		00:58:27	00:58:05	00:28:46	00:29:42
516	788	Paul Fitzsimmons	M45	East Down AC	00:58:31	00:57:54	00:28:35	00:29:56
517	576	Kevin Pryce	M40		00:58:33	00:58:03	00:28:48	00:29:45
518	699	Relay Team Quail	R		00:58:33	00:58:33	00:26:39	00:31:54
519	582	Maeve Ledlie	F35		00:58:35	00:57:50	00:29:07	00:29:28
520	677	Team East Down Wheelers	R		00:58:36	00:58:36	00:30:14	00:28:22
521	292	Bronagh Moore	F35		00:58:40	00:57:58	00:28:53	00:29:47
522	293	Colin Moore	M40		00:58:40	00:57:57	00:28:53	00:29:47
523	438	Sarah King	FO	QUB Triathlon club	00:58:42	00:58:13	00:28:44	00:29:59
524	437	Kieran Quinn	F35		00:58:44	00:58:01	00:29:03	00:29:41
525	436	Kyle Rogan	M35		00:58:46	00:58:03	00:29:03	00:29:43
526	333	Paul Kelly	M45		00:58:48	00:58:07	00:27:46	00:31:02
527	258	Vicki Hamilton	F45	Seapark AC	00:58:49	00:58:13	00:29:35	00:29:15
528	328	John Cochrane	M45		00:58:51	00:58:42	00:28:37	00:30:14
529	435	Anne Rogan	F35		00:58:52	00:58:09	00:29:04	00:29:48
530	135	Alasdair Finlayson	M50		00:58:53	00:58:16	00:28:54	00:29:59
531	383	Orla Russell	FO		00:59:04	00:58:39	00:29:05	00:30:00
532	413	Louise Brady	FO	Burrendale Hotel	00:59:04	00:58:39	00:29:05	00:30:00
533	327	Joe Cochrane	M50		00:59:05	00:58:56	00:28:40	00:30:25
534	529	Joanne Braniff	FO		00:59:07	00:58:56	00:28:32	00:30:35
535	407	Rosi Earney	F40	Ballydrain Harriers	00:59:10	00:58:50	00:28:56	00:30:15
536	95	Marian Hayes	F50	East Antrim Harriers	00:59:14	00:58:54	00:29:00	00:30:15
537	307	Maria Tumelty	FO		00:59:14	00:58:46	00:28:59	00:30:15
538	222	Judith Spence	F40	Murlough AC	00:59:15	00:58:52	00:28:33	00:30:43
539	227	Lorna Thomas	F35		00:59:21	00:58:58	00:28:21	00:31:00
540	265	Sharon Corken	F35	Orangegrove AC	00:59:21	00:58:41	00:29:49	00:29:32
541	51	John Hewitt	M45	Glenavy Harriers	00:59:22	00:58:47	00:29:33	00:29:49
542	50	Oonagh Hewitt	F40	Glenavy Harriers	00:59:23	00:58:49	00:29:33	00:29:51
543	273	Mary Boyd	F40	Orangegrove AC	00:59:23	00:58:43	00:29:22	00:30:02
544	689	Team Tumelty	R		00:59:23	00:59:23	00:28:32	00:30:52
545	385	Ciara Burns	F35		00:59:34	00:59:10	00:29:05	00:30:29
546	31	Elaine Cunningham	FO		00:59:35	00:58:53	00:29:24	00:30:11
547	488	Paul Savage	MO		00:59:36	00:58:48	00:29:11	00:30:26
548	271	Allison Montgomery	F45	Seaforde Rookies	00:59:37	00:59:13	00:29:05	00:30:33
549	86	Katrina Hynds	F40		00:59:41	00:59:09	00:29:47	00:29:54
550	357	Leeanne Buchanan	FO		00:59:43	00:58:53	00:29:46	00:29:57
551	553	Selena Mussen	FO		00:59:55	00:59:25	00:29:21	00:30:35
552	388	Michael Kinsella	M35		00:59:58	00:59:32	00:28:16	00:31:43
553	27	Nora McElderry	F45		01:00:05	00:59:33	00:29:21	00:30:44
554	444	Denis McKay	M35	East Down AC	01:00:06	00:59:28	00:29:48	00:30:19
555	763	Kevin Magee	M50		01:00:07	00:59:48	00:29:48	00:30:20
556	447	Ivan Baxter	M70	N I CIVIL SERVICE A C	01:00:11	00:59:31	00:29:01	00:31:11
557	68	Hugh Murray	M40		01:00:15	00:59:34	00:29:06	00:31:10
558	456	Nichola Kinnear	F45		01:00:19	00:59:31	00:30:51	00:29:29
559	384	Tayra McKee	F35	Invictus TC	01:00:22	00:59:40	00:30:06	00:30:17
560	434	Marie Nicholson	F50		01:00:27	00:59:49	00:29:47	00:30:40
561	270	Alan Montgomery	M45	Orangegrove AC	01:00:30	01:00:14	00:28:23	00:32:08
562	416	Alice McGill	FO	UFC Downpatrick	01:00:33	01:00:01	00:29:20	00:31:14
563	366	Hazel Crudington	F40	Murlough AC	01:00:45	01:00:14	00:30:29	00:30:17
564	134	Joanne Brittain	FO		01:00:53	01:00:07	00:30:17	00:30:36
565	709	Seán O'Reilly	MO		01:01:00	01:00:30	00:27:31	00:33:29
566	724	Sarah McGuckin	FO		01:01:14	01:00:45	00:29:46	00:31:28
567	535	Tania Rothwell	F45		01:01:36	01:00:55	00:30:33	00:31:03
568	268	Fionnuala Magee	F35		01:01:53	01:01:19	00:29:49	00:32:05
569	744	Julie Ann O'Hare	F45		01:02:03	01:01:19	00:28:37	00:33:27
570	745	Team Team Ellen	R		01:02:03	01:02:03	00:28:36	00:33:27
571	725	Gary Small	M40		01:02:10	01:01:27	00:30:56	00:31:14
572	680	Team Bionic Biologists	R		01:02:13	01:02:13	00:29:10	00:33:04

573	534	Emma McAnea	FJ		01:02:15	01:01:44	00:29:10	00:33:05
574	478	Jennifer Fegan	F45		01:02:16	01:01:54	00:30:44	00:31:32
575	524	Chris Condie	MO		01:02:31	01:02:14	00:31:55	00:30:36
576	473	Helena McMahon	F40		01:02:36	01:02:15	00:30:44	00:31:52
577	353	Clare Gallagher	FO	UFC	01:02:38	01:02:31	00:30:18	00:32:20
578	468	Amanda Telford	FJ		01:02:38	01:02:11	00:30:40	00:31:59
579	172	Paula McKibbin	F45	Murlough AC	01:02:40	01:02:09	00:30:31	00:32:09
580	424	Grainne McMacken	F45	ORANGEGROVE	01:02:41	01:02:00	00:30:17	00:32:24
581	47	Ryan Craig	MO		01:02:45	01:02:01	00:31:02	00:31:44
582	48	Julie Craig	FO		01:02:45	01:02:02	00:31:02	00:31:43
583	804	Ryan Fitzimons	MO		01:03:16	01:02:36	00:31:13	00:32:03
584	472	Catherine Kielty	FJ		01:03:18	01:03:08	00:30:10	00:33:08
585	537	Matthew Smith	MJ		01:03:21	01:02:37	00:28:18	00:35:04
586	787	Laura Gilchrist	FO		01:03:21	01:02:44	00:30:29	00:32:52
587	579	Chelsie Morrison	FO		01:03:22	01:02:43	00:31:01	00:32:22
588	297	Orla Tumelty	FO	UFC, Downpatrick	01:03:24	01:02:39	00:32:06	00:31:18
589	703	Danny Murray	M60		01:03:28	01:02:52	00:31:03	00:32:25
590	106	Denise Savage	FO		01:03:32	01:02:56	00:30:31	00:33:01
591	195	Sharon McCombe	FO	Ultimate Fitness Centre	01:03:43	01:02:59	00:32:06	00:31:38
592	567	Cathrina Kielty	F35		01:03:46	01:03:00	00:32:12	00:31:34
593	249	Patricia Muldoon	F40		01:03:51	01:03:19	00:31:51	00:32:00
594	64	Michelle Poland	FO	Murlough AC	01:03:59	01:03:32	00:30:22	00:33:37
595	229	Roisin Brannigan	F45		01:04:12	01:03:27	00:31:54	00:32:19
596	291	Pauline Lynch	F35		01:04:12	01:03:26	00:31:54	00:32:19
597	280	Michael Spotswood	M75	Duncairn Nomads	01:04:23	01:03:51	00:32:04	00:32:20
598	532	Jennifer Rea	FO		01:04:23	01:04:07	00:30:35	00:33:49
599	696	Team Montys	R		01:04:23	01:03:49	00:32:03	00:32:20
600	759	Orla Beattie	FO		01:04:31	01:04:18	00:31:26	00:33:05
601	247	Susan Sealey	F40		01:04:50	01:04:03	00:32:05	00:32:45
602	241	Kellyann McKinney	FO		01:04:52	01:04:04	00:31:44	00:33:08
603	242	Susan McKinney	FO		01:04:52	01:04:03	00:31:45	00:33:07
604	590	Niamh McMahon	FJ		01:04:54	01:04:04	00:32:11	00:32:44
605	533	Mo Mc Keown	FO		01:05:03	01:04:47	00:30:20	00:34:44
606	335	Pdraigin Bingham	F35	Beechmount Harriers	01:05:37	01:04:56	00:31:59	00:33:38
607	209	Catherine Hughes	F40		01:05:52	01:05:10	00:33:20	00:32:32
608	484	Heather Scott	F50		01:06:02	01:05:17	00:32:02	00:34:01
609	691	Team Brady Rivals Team One	R		01:06:33	01:06:33	00:38:19	00:28:14
610	690	Team Brady Rivals Team Two	R		01:06:34	01:06:34	00:38:20	00:28:15
611	40	Flora Crawford	FO		01:06:53	01:06:13	00:33:02	00:33:52
612	420	Samantha Anderson	F40	NI Civil Service AC	01:07:06	01:06:26	00:33:01	00:34:05
613	217	Eva McAlea	F35		01:07:10	01:06:40	00:32:51	00:34:19
614	276	Pierce Magee	MO		01:07:37	01:07:27	00:31:39	00:35:58
615	208	Maura McCallion	F40	Up and Runners	01:07:42	01:07:00	00:33:20	00:34:22
616	210	Elaine Mullen	F40		01:07:42	01:07:01	00:33:21	00:34:22
617	164	Helen Quinn	F50		01:08:13	01:07:30	00:33:23	00:34:51
618	165	Margot Deeny	F50		01:08:13	01:07:29	00:33:19	00:34:55
619	284	Marcella Laverty	F55	UFC Downpatrick	01:08:15	01:07:30	00:33:02	00:35:13
620	326	Donna Lennon	FO		01:08:57	01:08:11	00:33:12	00:35:46
621	325	Paul O'Neill	MO		01:08:58	01:08:10	00:33:13	00:35:45
622	295	Diane Steele	FO		01:09:03	01:08:38	00:33:42	00:35:22
623	544	Diane Hylands	F45		01:09:12	01:08:29	00:33:54	00:35:19
624	141	Susan Kinney	F35		01:10:22	01:07:45	00:36:04	00:34:19
625	142	Jonny Kinney	M40		01:10:22	01:07:44	00:36:04	00:34:19
626	777	Helen Nabi	F40		01:10:37	01:09:57	00:33:21	00:37:16
627	166	Morrow Dympna	F40		01:10:43	01:09:55	00:36:00	00:34:44
628	167	Robert Morrow	M40		01:10:43	01:09:55	00:35:59	00:34:44
629	540	Marie Houston	FO		01:10:54	01:10:09	00:33:49	00:37:06
630	466	Eleanor Telford	F55		01:11:11	01:10:42	00:34:08	00:37:03
631	467	Angie Telford	F40		01:11:11	01:10:42	00:34:09	00:37:03
632	245	Diane McKissick	F45	Seaforde Rookies	01:11:32	01:11:07	00:34:32	00:37:00
633	352	Elwen Watters	F35	UFC	01:11:45	01:11:38	00:33:27	00:38:19
634	278	Rachel McKenzie	F40	Orangegroove AC	01:11:54	01:11:13	00:34:21	00:37:33
635	750	Roisin McMahon	F40		01:12:12	01:11:23	00:34:48	00:37:25
636	751	Mairead O'Connor	FO		01:12:12	01:11:22	00:34:34	00:37:38

637	289	Dana Marie Kelly	FO	01:12:47	01:12:03	00:35:35	00:37:13
638	562	Niall McNicholl	M55	01:12:50	01:12:15	00:34:51	00:37:59
639	675	Team Palatine Peeps	R	01:12:53	01:12:26	00:34:37	00:38:16
640	809	Ciaran McNally	M35	01:12:53	01:12:26	00:34:37	00:38:17
641	130	Louise Gordon	FO	01:13:14	01:12:31	00:35:19	00:37:55
642	545	Dawn Crawford	F50	01:13:17	01:12:33	00:35:34	00:37:43
643	491	Tony O'Connor	M35	01:14:22	01:13:33	00:35:11	00:39:11
644	558	Nuala O'Connor	F35	01:14:23	01:13:34	00:35:11	00:39:12
645	290	Laura Button	FO	01:15:19	01:14:33	00:37:05	00:38:14
646	329	Debra Gordon	FO	01:15:30	01:14:50	00:37:03	00:38:27
647	33	Rosie Brennan	F40	01:15:52	01:15:07	00:37:15	00:38:37
648	336	Mary McGrath	F40	01:19:19	01:18:33	00:38:13	00:41:07