

Les Jones 10K

Friday 13th May 2011

Pos	Bib	Firstname	LastName	Cat Club	Finish	M/F Pos	Cat Pos
1	210	Alan	O'Hara	M35 North Belfast Harriers	33:32	1	1
2	1	Paul	Carroll	M40 Annadale Striders	34:19	2	1
3	3	Mark	Wright	M40 Annadale Striders	34:31	3	2
4	6	Neil	Douglas	M40 Ballymena Runners AC	34:40	4	3
5	197	Michael	Fitzpatrick	M40 North Belfast Harriers	35:18	5	4
6	13	Brian	Mckee	M45 Dromore AC	35:19	6	1
7	200	Andrew	Hicks	MO Dromore AC	35:19	7	1
8	225	Matthew	Wilson	MO Willowfield Harriers	36:01	8	2
9	29	Nat	Glenn	M45 Larne AC	36:03	9	2
10	2	Martin	Southwood	M35 Annadale Striders	36:06	10	2
11	110	Brendan	Grew	MO	36:19	11	3
12	55	Michael	Lyons	MO Queens Triathlon Club	36:22	12	4
13	237	Liam	Venney	MO East Down AC	36:29	13	5
14	202	Malachy	McAteer	M40	36:51	14	5
15	220	Paddy	Hamill	M35 North Belfast Harriers	36:52	15	3
16	37	David	Brady	M45 North Belfast Harriers	36:53	16	3
17	185	Breege	Connolly	FO North Belfast Harriers	37:06	1	1
18	201	Neil	McCarton	MO East Down AC	37:18	17	6
19	67	Seamus	Melanophy	M40 St Peters	37:23	18	6
20	180	Michael	Magee	M40 Beechmount Harriers	37:30	19	7
21	84	Andy	Buchanan	MO	37:35	20	7
22	191	Johnny	Boylan	MO Queens Triathlon Club	37:41	21	8
23	23	Simon	Reeve	M35 Fermanagh Orienteers	37:41	22	3.5
24	77	Christopher	Moren	MO Willowfield Harriers	37:45	23	9
25	64	Bryan	Edgar	M45 Springwell Running Club	37:46	24	4
26	206	Brian	Heron	M35 Larne AC	37:51	25	4.2
27	169	Paul	Elliott	M55	37:51	26	1
28	116	Liam	Keenan	M45	37:55	27	5
29	179	Eamonn	McLaughlin	M35 Lagan Valley AC	37:57	28	4.9
30	52	Thomas	Leitch	M35 Orangegrove AC	38:01	29	5.6
31	146	Ryan	Moore	MO	38:10	30	10
32	155	Conor	Reilly	MO	38:38	31	11
33	234	Richard	Coe	M35	38:40	32	6.3
34	66	John	Mccambridge	M40 St Peters	38:43	33	8
35	8	Peter	Toal	MO Beechmount Harriers	38:46	34	12
36	43	Darren	Mckee	MO North Down AC	38:47	35	13
37	219	Robert	Wilson	M50 Willowfield Harriers	38:50	36	1
38	63	Alan	Shaw	M45 Sperrin Harriers	38:53	37	6
39	124	Joel	Lindsay	M40	38:54	38	9
40	32	Michael	Dobbs	M35 Lisburn	39:04	39	7
41	18	Peter	Morrison	M35 Dub Running Club	39:13	40	7.7
42	224	Marty	McMillan	M50 East Antrim AC	39:18	41	2
43	194	Neil	Darby	M45	39:21	42	7
44	27	Jason	Ratcliffe	M35 Lagan Valley AC	39:21	43	8.4
45	242	Graham	Armour	MO	39:31	44	14
46	41	Roberta	Dornan	F35 North Down AC	39:34	2	1
47	205	Paul	Gaskell	M35 Lagan Valley AC	39:43	45	9.1
48	16	Brian	Derby	M45 Dub Running Club	39:50	46	8
49	98	Jonathan	Dawson	MO	39:54	47	15
50	182	David	Lynch	MO OTC	40:11	48	16
51	189	Johnny	Davis	M50 Lagan Valley AC	40:20	49	3
52	168	Ian	Wright	M35	40:24	50	9.8
53	22	Francis	Tumelty	M40 East Down AC	40:24	51	10
54	89	Pascal	Chappaz	MO	40:27	52	17
55	5	Ray	Curran	M55 Ballymena Runners AC	40:27	53	2
56	233	Sean	McIntyre	M50 NICS AC	40:42	54	4
57	47	Andrew	Acheson	MO Orangegrove AC	40:42	55	18
58	196	Adrian	Daye	M35 Derryboye Harriers	40:44	56	10.5
59	175	Suzanne	Higgins	FO Lagan Valley AC	41:03	3	2
60	249	Mark	Lennon	MO	41:09	57	19
61	215	Mark	McGivern	M35 Newry Tri Club	41:13	58	11.2
62	231	Catriona	McCorkell	FO Lagan Valley AC	41:22	4	3
63	162	Michael	Thompson	MO	41:30	59	20
64	50	Ian	Farr	M40 Orangegrove AC	41:30	60	11
65	38	Louise	Smith	F40 North Belfast Harriers	41:50	5	1
66	209	Irwin	Speirs	M60 Sperrin Harriers	41:50	61	1

67	174	Gary	Swenarton	M60 North Down AC	41:52	62	2
68	198	Nick	Irvine	MO North Down AC	41:57	63	21
69	26	Julie	Murphy	FO Lagan Valley AC	41:59	6	4
70	187	Conan	McCarnon	MO	42:01	64	22
71	17	Stephen	Lyons	M40 Dub Running Club	42:06	65	12
72	173	Jonathan	Dewart	MO	42:23	66	23
73	188	David	Woodhouse	M45 North Belfast Harriers	42:31	67	9
74	76	Roisin	Hughes	FO Up and Runners	42:44	7	5
75	31	Michael	Mccann	MJ Larne AC	42:47	68	1
76	143	Heather	Mclarnon	FO	42:48	8	6
77	95	Michael	Cultra	MO	42:50	69	24
78	232	Thomas	McCorry	M35	42:58	70	11.9
79	97	Rosie	Daly	FO	42:59	9	7
80	150	John	Murphy	M40	42:59	71	13
81	62	Andrew	Stevenson	MO Seapark AC	43:05	72	25
82	28	Ian	Brennan	M45 Larne AC	43:18	73	10
83	108	Phil	Gilmore	M40	43:27	74	14
84	35	David	Stewart	M50 Murlough AC	43:28	75	5
85	72	Colin	Simpson	M40 Up & Runners	43:40	76	15
86	229	Mark	Shields	M40	43:54	77	16
87	151	Paul	Nixon	MO	43:58	78	26
88	71	Ivan	Prue	M35 Up & Runners	44:09	79	12.6
89	235	Brian	Grimet	M50 Dub Runners	44:15	80	6
90	101	Russell	Erskine	MO	44:17	81	27
91	60	Neil	Porter	M35 Seapark AC	44:17	82	13.3
92	157	Steven	Robinson	M35	44:25	83	14
93	153	Chris	O'Hara	MO	44:32	84	28
94	104	Stephen	Ferguson	M40	44:38	85	17
95	46	Paul	Beattie	M45 Olympian Triathlon Club	45:00	86	11
96	212	William	Howard	M50 Lagan Valley AC	45:00	87	7
97	186	Brian	Wilson	M45 East Down AC	45:06	88	12
98	199	Timothy	McCormick	MO	45:13	89	29
99	133	Fergal	Mccann	M45	45:18	90	13
100	42	John	Mcgarvey	MO North Down AC	45:23	91	30
101	208	Fred	Murdoch	M65 North Down AC	45:33	92	1
102	74	James	Weir	MO Up & Runners	45:33	93	31
103	152	John	O'Connor	MO	45:51	94	32
104	30	John	Mccann	M40 Larne AC	45:52	95	18
105	96	Frank	Cunningham	MO	45:55	96	33
106	170	Ron	Gardiner	M45	46:08	97	14
107	239	Andrew	McGibbon	M40 BARF	46:09	98	19
108	176	David	Tate	M40 Willowfield Harriers	46:18	99	20
109	82	Graham	Beattie	M40	46:20	100	21
110	246	Michelle	Bradley	FO	46:21	10	8
111	140	Colin	Mcilveen	M50	46:25	101	8
112	159	Paul	Seacroft	M45	46:27	102	15
113	105	Claire	Forth	F45	46:31	11	1
114	238	Mark	Adair	M35	46:43	103	14.7
115	117	Malachy	Keenan	M40	46:43	104	22
116	214	James	Lemon	M45	46:44	105	16
117	39	Sarah	Benton	F40 North Down AC	46:51	12	2
118	44	Andrew	Muir	MO North Down AC	47:05	106	34
119	12	Mary	Mackin	F55 Dromore AC	47:07	13	1
120	245	Oliver	Quinn	M50	47:16	107	9
121	178	Andy	Troughton	MO	47:21	108	35
122	107	William	Gillespie	MO	47:21	109	36
123	137	Peter	Mcevoy	M40	47:23	110	23
124	228	Peter	Turkington	M55 Mourne Runners	47:24	111	3
125	147	David	Moorhead	MO	47:28	112	37
126	14	Janice	Reid	F45 Dromore AC	47:29	14	2
127	125	Stuart	Lynn	M40	47:34	113	24
128	53	Louise	Lemon	FO Orangegrove AC	47:38	15	9
129	45	Heather	Bamford	F50 Olympian Triathlon Club	47:41	16	1
130	65	Jim	Platt	M65 Springwell Running Club	47:43	114	2
131	230	Kevin	McNamara	M50	47:43	115	10
132	11	Wendy	Fleming	FO Dromore AC	48:02	17	10
133	118	Stephen	Kelly	MJ	48:04	116	2
134	218	Richard	Watt	MO	48:09	117	38
135	34	Marguerite	Robinson	F40 Murlough AC	48:11	18	3
136	217	David	McConnell	M45	48:12	118	17
137	221	Aidan	Cushnahan	M40	48:13	119	25
138	128	Kevin	Mawhinney	M50	48:16	120	11

139	92	Martin	Craig	M35	48:17	121	15.4
140	111	Richard	Hand	M45	48:27	122	18
141	134	Nicola	Mccleery	F35	48:30	19	2
142	247	Fredrick	Hamond	M60 Lagan Valley AC	48:37	123	3
143	87	Thomas	Carson	M40	48:38	124	26
144	24	Aidan	Brewster	M35 Lagan Valley AC	48:44	125	16.1
145	158	Oscar	Sanchez	M35	49:22	126	16.8
146	91	Barry	Coleman	M50	49:35	127	12
147	213	Julie Anne	Lewis	F40	49:48	20	4
148	112	Jamie	Hill	M35	49:48	128	17.5
149	127	Colin	Masson	M40	49:59	129	27
150	57	Lynsey	Grant	FO Seapark AC	50:02	21	11
151	207	Ivor	Russell	MO	50:09	130	39
152	132	Bareny	Mccann	M45	50:16	131	19
153	56	Simon	Fuller	MO Seapark AC	50:17	132	40
154	88	Corona	Cassidy	FO	50:22	22	12
155	36	Paul	O'Hare	M45 NICS AC	50:26	133	20
156	144	Desy	Metrustry	M40	50:43	134	28
157	73	Adrian	Sproule	MO Up & Runners	50:46	135	41
158	94	John	Cully	M40	50:53	136	29
159	193	Gavin	Millington	M40	50:55	137	30
160	160	Glenn	Smyth	M45	51:02	138	21
161	10	Louise	Smart	FO Co Antrim Harriers	51:03	23	13
162	240	Peter	Mellotte	M55 NEMO	51:21	139	4
163	121	Gary	Lawther	M50	51:23	140	13
164	61	Neil	Reynolds	M45 Seapark AC	51:24	141	22
165	7	Brigid	Quinn	F65 Ballymena Runners AC	51:29	24	1
166	181	Dyvonne	Harris	F35 Ballymena Runners AC	51:29	25	3
167	131	Maura	Mcardle	F35	51:33	26	4
168	86	Alison	Carroll	F45	51:40	27	3
169	227	Gordon	Crockard	MO	51:43	142	42
170	9	Andy	Bridge	M45 Belfast Assoc RC & FR	52:09	143	23
171	83	Christopher	Bryson	M35	52:11	144	18.2
172	68	Alan	Briers	M40 Up & Runners	52:13	145	31
173	167	Gavin	Wilson	MO	52:15	146	43
174	54	Stephen	Markwell	M50 Orangegrove AC	52:21	147	14
175	19	Martin	Teggart	M55 Dub Running Club	52:23	148	5
176	114	Kieran	Hunt	M50	52:25	149	15
177	195	Marian	Mach	M55 Seapark AC	52:28	150	6
178	126	Neil	Martin	MO	52:31	151	44
179	248	Mannix	McAlister	M15 North Belfast Harriers	52:47	152	1
180	142	Shaun	Mckittrick	MO	52:50	153	45
181	20	Oonagh	BréTéChé	FO East Down AC	52:52	28	14
182	49	Leona	Cowan	F35 Orangegrove AC	52:54	29	5
183	184	Noel	Brush	M45	52:56	154	24
184	120	Sophie	Kidd	FO	53:02	30	15
185	15	Joanne	Corey	FO Dub Running Club	53:04	31	16
186	171	Gabby	Gardiner	FO	53:09	32	17
187	241	Michael	Black	M55 NEMO	53:09	155	7
188	129	George	Mc Neill	M50	53:24	156	16
189	226	Marc	Irvine	MO Seapark AC	53:27	157	46
190	106	John	French	M35	53:31	158	18.9
191	122	Maurice	Leeson	M50	53:35	159	17
192	243	Gillian	Duggan	MO	53:38	160	47
193	48	Eleanor	Acheson	FO Orangegrove AC	53:40	33	18
194	244	Patrick	Duggan	MO	53:40	161	48
195	236	David	Knox	M50	53:46	162	18
196	90	Sarah	Cole	FO	53:51	34	19
197	192	Trevor	Morrison	M50	53:54	163	19
198	79	William	Baird	M50	53:55	164	20
199	141	Norman	McKeown	M50	54:13	165	21
200	119	Conor	Keown	M35	54:28	166	19.6
201	145	Terence	Mitchell	M65	54:38	167	3
202	154	Philip	Orr	M45	54:48	168	25
203	99	Megan	Dinsmore	FO	54:55	35	20
204	21	Colm	Mc Neill	M50 East Down AC	55:03	169	22
205	183	Damian	McCorry	M50	55:04	170	23
206	177	Paul	Martin	M35	55:05	171	20.3
207	93	Ruth	Crymble	FO	55:06	36	21
208	172	Blair	Martin	M45	55:17	172	26
209	165	Barry	Vance	M55	55:19	173	8
210	33	Shauna	Mckenny	FO Murlough AC	55:34	37	22

211	109	Gerard	Graham	MO	55:55	174	49
212	164	Marie-Claire	Turley	FO	56:18	38	23
213	216	Karen	McConnell	F45 Olympian	56:29	39	4
214	80	Catherine	Baxter	F35	57:02	40	6
215	78	Andrew	Allen	M40	57:03	175	32
216	190	Andrew	Clint	MO	57:17	176	50
217	222	Jim	Kelly	M60	57:39	177	4
218	103	David Robert James	Fannin	M40	57:43	178	33
219	135	Lisa	Mcconaghy	FO	58:28	41	24
220	113	Alison	Honan	F45	59:58	42	5
221	59	Barbara	Porter	FO Seapark AC	01:00:46	43	25
222	204	Jacqueline	Briers	F45 Up & Runners	01:01:50	44	6
223	139	Jacqueline	Mcgrath	FO	01:07:42	45	26
224	69	Linda	Craig	F50 Up & Runners	01:08:18	46	2
225	51	Tanya	Farr	F40 Orangegrove AC	01:08:18	47	5