

# Podium 4 Sport Seeley Cup 10K

Saturday 19th November 2011

Pos	No	Name	Club	Cat	Finish	5K	M/F Pos	Cat Pos
1	891	Andrew Ledwith	Armagh AC Non Scoring	MO	30:47	15:24	1	1
2	25	Paddy HAMILTON	Annadale Striders	MO	30:48	15:23	2	2
3	849	Mark Christie	Mullingar Harriers	MO	30:55	15:23	3	3
4	20	Andrew AGNEW	Annadale Striders	MO	31:03	15:23	4	4
5	901	Patrick Brennan	Letterkenny AC	MO	31:09	26:43	5	5
6	834	Jarlath Falls	Ballymena & Antrim AC	MO	31:50	15:35	6	6
7	757	Shane Kerr	Armagh AC	MO	32:18	16:08	7	7
8	27	Eddie MCGINLEY	Annadale Striders	MO	32:23	15:23	8	8
9	888	Allan O'Hara	North Belfast Harriers	M35	32:28	16:14	9	1
<b>10</b>	<b>639</b>	<b>Niall Robinson</b>	<b>North Down AC</b>	<b>MO</b>	<b>32:32</b>	<b>15:43</b>	<b>10</b>	<b>9</b>
11	213	Connor MAGILL	North Belfast Harriers	MO	32:39	16:07	11	10
12	121	Scott RANKIN	Foyle Valley AC	MO	32:41	16:07	12	11
13	738	Emmett Mc Ginty	City of Derry AC Spartans	MO	32:45	16:15	13	12
14	117	Brendan TEER	East Down AC	MO	32:46	16:10	14	13
15	13	Paul ROWAN	Willowfield Harriers	M45	32:55	16:10	15	1
16	22	Owen CARLETON	Annadale Striders	MO	33:02	16:09	16	14
17	758	Michael Fox	Armagh AC	MO	33:03	16:19	17	15
18	7	Patrick LINDEN	Willowfield Harriers	MO	33:13	16:18	18	16
19	660	Noel Logan	City of Derry AC Spartans	MO	33:18	16:18	19	17
20	23	Paul CARROLL	Annadale Striders	M40	33:21	16:19	20	1
<b>21</b>	<b>234</b>	<b>Francis MARSH</b>	<b>North Down AC</b>	<b>M45</b>	<b>33:25</b>	<b>16:36</b>	<b>21</b>	<b>2</b>
22	760	Pete Matthews	Armagh AC	MO	33:34	16:19	22	18
<b>23</b>	<b>230</b>	<b>Michael DYER</b>	<b>North Down AC</b>	<b>MO</b>	<b>33:39</b>	<b>16:36</b>	<b>23</b>	<b>19</b>
24	206	Darryl BLAIR	North Belfast Harriers	MO	33:41	16:34	24	20
25	28	Steve MCGRORY	Annadale Striders	M40	33:43	16:36	25	2
26	756	Richard Turkington	Armagh AC	M35	33:56	16:51	26	2
27	6	Ryan HOLT	Willowfield Harriers	MJ	33:58	16:34	27	1
28	656	Richard Johnston		MO	34:03	16:29	28	21
29	38	Simon TAYLOR	Annadale Striders	MO	34:06	16:37	29	22
30	851	Liam Venney	East Down AC	MO	34:08	16:59	30	23
31	768	Dermot Kerr	Armagh AC	M50	34:16	16:58	31	1
32	77	Russell HUGHES	Co Antrim Harriers	MO	34:16	17:14	32	24
33	300	Conan MCCAUGHEY	St Peters AC	MO	34:16	17:11	33	25
34	93	Andrew HICKS	Dromore AC	MO	34:17	16:58	34	26
35	24	Kevin EGAN	Annadale Striders	MO	34:21	16:59	35	27
36	615	Phil WOOD		M35	34:33	17:00	36	3
37	722	Paul Heron	Larne AC	M35	34:43	17:08	37	4
38	886	Eddie Cooke	North Belfast Harriers	MO	34:45	16:58	38	28
39	908	Gary Crossan	Letterkenny AC	M40	34:50	17:19	39	3
<b>40</b>	<b>226</b>	<b>Christopher BRYAN</b>	<b>North Down AC</b>	<b>MO</b>	<b>34:53</b>	<b>17:04</b>	<b>40</b>	<b>29</b>
41	339	Stuart BROWN		MO	34:54	17:04	41	30
42	904	Kevin Ferry	Letterkenny AC	M35	34:54	17:17	42	5
43	34	Niall O'NEILL	Annadale Striders	M35	34:56	17:31	43	6
44	140	Justin MAXWELL	Larne AC	MO	34:58	17:04	44	31
45	190	David O'FLAHERTY	Newcastle AC	MO	35:05	17:23	45	32
46	16	Matthew WILSON	Willowfield Harriers	MO	35:09	17:26	46	33
47	30	Conor MCMULLAN	Annadale Striders	M35	35:09	17:31	47	7
48	759	Paul Finnegan	Armagh AC	MO	35:12	17:23	48	34
49	37	James STRAWBRIDGE	Annadale Striders	MO	35:14	17:04	49	35
50	903	Garvan Walker	Letterkenny AC	MO	35:15	17:13	50	36
51	637	Brian Crossan		M35	35:15	17:26	51	8
52	32	Eoin MULLAN	Annadale Striders	MO	35:19	17:31	52	37
53	3	Duncan BELL	Willowfield Harriers	M40	35:23	17:14	53	4
54	57	James TURTLE	Ballymena Runners AC	M45	35:23	17:42	54	3

55	18	Andrew WRIGHT	Willowfield Harriers	MJ	35:27	17:31	55	2
56	889	Gareth Grew	North Belfast Harriers	M40	35:34	17:25	56	5
57	29	Andy MCKEE	Annadale Striders	MO	35:37	17:34	57	38
58	848	Hazel Murphy	Dundrum South Dublin Ac	FO	35:41	17:35	1	1
<b>59</b>	<b>716</b>	<b>Mark Weir</b>	<b>North Down AC</b>	<b>M35</b>	<b>35:43</b>	<b>17:48</b>	<b>58</b>	<b>9</b>
60	98	Julie TURLEY	Dromore AC	FO	35:52	17:36	2	2
61	905	Paul McGlinchey	Letterkenny AC	MO	35:54	17:29	59	39
62	884	Gladys Ganiel	North Belfast Harriers	FO	35:59	17:40	3	3
63	791	Adam Clansey	St. Malachys AC	MO	36:01	17:53	60	40
64	828	Nigel Grier	Dromore AC	M50	36:02	17:48	61	2
65	900	Barry Meehan	Letterkenny AC	MO	36:04	17:53	62	41
66	188	Mark KENDALL	Newcastle AC	M35	36:05	17:48	63	10
67	761	Kris Muldoon	Armagh AC	MO	36:06	17:15	64	42
68	712	Paul Elliott	North Belfast Harriers	M55	36:11	17:39	65	1
69	833	Bernard Brady	Larne AC	M45	36:12	17:47	66	4
70	724	Michael Magee	Beechmount Harriers	M40	36:19	17:36	67	6
71	220	Alan RITCHIE	North Belfast Harriers	MO	36:22	17:50	68	43
72	806	Ben Morrow	Ballymena Runners AC	MO	36:26	17:48	69	44
73	191	Brendan QUAIL	Newcastle AC	MO	36:29	17:59	70	45
74	36	Marty SOUTHWOOD	Annadale Striders	M35	36:33	18:04	71	11
<b>75</b>	<b>575</b>	<b>Dennis SCOTT</b>		<b>MO</b>	<b>36:40</b>	<b>18:12</b>	<b>72</b>	<b>46</b>
76	765	Denis Kerr	Armagh AC	M45	36:44	18:07	73	5
77	192	David STEELE	Newcastle AC	MO	36:48	18:03	74	47
78	130	Eamonn MCLAUGHLIN	Lagan Valley AC	M35	36:51	18:13	75	12
79	55	Kevin O BOYLE	Ballymena Runners AC	MO	36:54	18:10	76	48
80	136	Frank SHARKEY	Lagan Valley AC	M50	36:58	18:19	77	3
81	919	Humphrey Murphy	Letterkenny AC	M45	37:00	18:27	78	6
82	44	Noel CONNOR	Ballymena Runners AC	M45	37:01	18:11	79	7
83	684	Phelim McAllister	Larne AC	MO	37:02	18:07	80	49
84	887	Breege Connolly	North Belfast Harriers	FO	37:04	18:17	4	4
85	256	Gary KEENAN	Orangetown AC	M45	37:05	18:23	81	8
86	924	Sean Lavery	City of Derry AC Spartans	M45	37:06	18:24	82	9
87	695	Seamus Melanophy	St Peters AC	M40	37:08	18:28	83	7
88	217	Eoin MCQUILLAN	North Belfast Harriers	MO	37:18	18:09	84	50
89	790	Liam Keenan	East Down AC	M45	37:19	18:22	85	10
90	856	Sean Featherstone	Newry Triathlon Club	MO	37:23	18:30	86	51
91	786	David Lonnen	City of Lisburn AC	M45	37:26	18:42	87	11
92	910	John Daly	Letterkenny AC	M40	37:26	18:35	88	8
93	4	Adrian BELL	Willowfield Harriers	MO	37:29	18:30	89	52
94	11	Chris MOREN	Willowfield Harriers	MO	37:30	18:28	90	53
<b>95</b>	<b>242</b>	<b>Glen WILLIS</b>	<b>North Down AC</b>	<b>MJ</b>	<b>37:30</b>	<b>18:03</b>	<b>91</b>	<b>3</b>
96	951	Michael Bennett	Ballymena Runners AC	M35	37:30	18:19	92	13
97	26	Michael LEVELLY	Annadale Striders	M45	37:35	18:13	93	12
98	280	Brian KINSELLA	Sligo	MO	37:46	18:59	94	54
99	830	Ciaran Graham	Foyle Valley AC	M40	37:47	19:01	95	9
100	979	Samuel Muillar	BAAC	MO	37:48	17:25	96	55
101	124	Gary DAVISON	Knockagh Nutters	M50	37:50	18:22	97	4
102	5	Karl DINES	Willowfield Harriers	M50	37:53	18:22	98	5
103	21	Steve CAIRNS	Annadale Striders	M40	37:59	18:30	99	10
104	145	Marcus MC CLINTOCK	Letterkenny AC	M35	38:05	18:37	100	14
105	653	David Lynch	Olympian Youth Club	MO	38:06	18:22	101	56
106	223	Travis TODD	North Belfast Harriers	MO	38:07	18:48	102	57
107	850	Neill Weir		MO	38:07	18:42	103	58
<b>108</b>	<b>227</b>	<b>Gerry COY</b>	<b>North Down AC</b>	<b>M50</b>	<b>38:12</b>	<b>19:03</b>	<b>104</b>	<b>6</b>
109	216	John MCGUIGAN	North Belfast Harriers	M35	38:13	18:48	105	15
110	952	Neil Heaney	St Patricks AC Newry	MJ	38:14	18:36	106	4
111	745	Maurice Harte	Bessbrook	M35	38:15	18:42	107	16
112	417	Eamon HILL		M45	38:22	19:07	108	13
113	644	Brian Ferry		M35	38:23	19:07	109	17

114	831	Teague Whoriskey	Foyle Valley AC	M40	38:24	19:03	110	11
115	182	Brendan DONNELLY	Newcastle & District AC	MO	38:27	19:06	111	59
116	895	Scott Galbraith	City of Derry AC Spartans	M35	38:27	19:02	112	18
117	299	John MCCAMBRIDGE	St Peters AC	M45	38:28	18:54	113	14
118	125	Vaughan PURNELL		M40	38:31	19:09	114	12
119	71	Peter LILBURN	City of Derry AC Spartans	M55	38:31	18:56	115	2
120	929	Ronan Toland		MO	38:32	19:01	116	60
121	749	Julie Balmer	North Down AC	F35	38:37	19:12	5	1
122	342	Andrew BURNS		M45	38:38	19:07	117	15
123	301	Pat DOOLE	Termoneeny	M45	38:40	19:08	118	16
124	135	Jason RATCLIFFE	Lagan Valley AC	M35	38:41	18:59	119	19
125	866	Don Harte	Newry City Runners	M40	38:44	19:13	120	13
126	611	Jay WIGGAN		MO	38:45	19:19	121	61
127	788	Mark Smith		M40	38:45	19:10	122	14
128	676	Brian Heron	Larne AC	M35	38:46	18:24	123	20
129	667	Martin McGirr	Sperrin Harriers	MO	38:48	19:21	124	62
130	983	Daniel McCabe		MJ	38:50	19:06	125	5
131	293	Jim BREEN	Springwell Running Club	M55	38:51	19:07	126	3
132	275	Sean MCDAID	Seapark AC	MO	38:51	18:48	127	63
133	269	Niall O'GORMAN	Phoenix CC	M40	38:54	18:46	128	15
134	589	Stephen STOKES		M35	38:56	19:35	129	21
135	143	Paul TILSON	Larne AC	M40	38:57	19:13	130	16
136	899	Aidan Mckenna	Letterkenny AC	M40	38:59	18:45	131	17
137	857	Philip Donaghy	City of Derry AC Spartans	M40	38:59	19:01	132	18
138	183	Nathan MC COMB	Newcastle & District AC	MJ	39:00	18:48	133	6
139	377	Conor DIVER		M35	39:01	19:14	134	22
140	114	Mark MCDOWELL	East Down AC	M35	39:02	19:04	135	23
141	181	Richard BELL	Newcastle & District AC	M35	39:04	18:46	136	24
142	538	Eoghan MURPHY		MO	39:05	19:10	137	64
143	194	Paul WATSON	Newcastle AC	M45	39:07	19:06	138	17
144	283	Darren CROZIER	Sperrin Harriers	M35	39:08	19:18	139	25
145	232	<b>Douglas GRANT</b>	<b>North Down AC</b>	<b>M40</b>	<b>39:08</b>	<b>19:13</b>	140	19
146	108	Colin DAVIDSON	East Antrim Harriers	M45	39:09	19:39	141	18
147	958	Sean McCann	Lunchtime Legends	M40	39:09	19:27	142	20
148	289	Alan SHAW	Sperrin Harriers	M45	39:11	19:12	143	19
149	812	Scott Henderson	Banbridge AC	MJ	39:13	19:17	144	7
150	792	John McConnell	Up and Runners	M35	39:20	19:16	145	26
151	773	Jim McKeown		M45	39:22	19:15	146	20
152	17	Robert WILSON	Willowfield Harriers	M50	39:23	19:25	147	7
153	879	Andrew Stevenson	Seapark AC	MO	39:23	19:40	148	65
154	214	John MARQUESS	North Belfast Harriers	M40	39:28	19:47	149	21
155	112	Joe MCBRIDE	East Antrim Harriers	M45	39:29	33:40	150	21
156	12	David PROCTOR	Willowfield Harriers	MO	39:30	19:41	151	66
157	292	Johnny WILSON	Springwell Running Club	M35	39:30	19:56	152	27
158	110	Drew KNOX	East Antrim Harriers	M50	39:33	19:18	153	8
159	826	Tom Mills	Ballymena Runners AC	M40	39:34	19:17	154	22
160	528	Christopher MEENAN		M35	39:37	19:37	155	28
161	847	Warren Cartmill	Newry Triathlon Club	M40	39:38	19:16	156	23
162	291	Rodney YOUNG	Sperrin Harriers	M40	39:39	19:42	157	24
163	65	Michael DUNFORD	Burren AC	M45	39:39	19:31	158	22
164	142	James ROBINSON	Larne AC	MO	39:40	19:23	159	67
165	210	Claire CONNOR	North Belfast Harriers	FO	39:41	19:23	6	5
166	781	Glenn Nixon		MO	39:43	34:02	160	68
167	189	Joe MCCANN	Newcastle AC	M40	39:44	19:25	161	25
168	557	Ken O'SULLIVAN		MO	39:45	20:01	162	69
169	132	Eric MONTGOMERY	Lagan Valley AC	M55	39:45	19:25	163	4
170	179	<b>Simon ROBINSON</b>	<b>North Down AC</b>	<b>M40</b>	<b>39:46</b>	<b>20:05</b>	164	26
171	282	Gareth CARDWELL	Sperrin Harriers	M40	39:47	19:31	165	27
172	638	Peter Morrison	Dub Running Club	M35	39:48	19:46	166	29

173	823	Hugh Bradley		MO	39:49	20:01	167	70
174	440	Brendan KIRK		M45	39:52	19:57	168	23
175	777	Dominic McInerney	Murlough AC	M45	39:52	19:48	169	24
176	915	Adrian Callaghan	Letterkenny AC	M35	39:53	20:04	170	30
177	73	Declan MORGAN	City of Lisburn AC	MO	39:54	19:44	171	71
178	180	Gerry MCENEANEY	NER	M45	39:56	19:46	172	25
179	855	Glenn Monaghan	Newry Triathlon Club	M35	39:59	19:50	173	31
180	894	Christy McMonagle	City of Derry AC Spartans	M65	40:00	19:58	174	1
181	762	John Vernon	Armagh AC	MO	40:00	19:18	175	72
182	839	Ciaran Bradley	Foyle Valley AC	M40	40:00	19:48	176	28
183	261	David REID	Orangethorne AC	MO	40:04	20:17	177	73
184	219	Claire PRENTER	North Belfast Harriers	FO	40:04	20:06	7	6
185	287	Kevin MURPHY	Sperrin Harriers	M50	40:06	19:44	178	9
186	254	Ian FARR	Orangethorne AC	M40	40:07	19:58	179	29
187	923	Noreen McGettigan	Letterkenny AC	F35	40:09	19:43	8	2
188	75	Philip MCBRIDE	Club Moto	M35	40:10	19:46	180	32
189	221	Louise SMITH	North Belfast Harriers	F40	40:11	19:40	9	1
190	807	Murray Deller	Larne AC	MO	40:12	19:38	181	74
191	146	Seamus LINDEN	Lunchtime Legends	M40	40:13	20:03	182	30
192	657	David Vint	Newry City Runners AC	M50	40:15	19:46	183	10
193	294	James MCMULLAN	Springwell Running Club	M50	40:16	20:05	184	11
194	268	Ryan MCTIER	Peninsula Triathlon	M35	40:18	20:00	185	33
195	120	Billy ORR	Foyle Valley AC	M50	40:21	19:56	186	12
196	111	Andy LIDDLE	East Antrim Harriers	M40	40:22	19:57	187	31
197	854	Mark McGivern	Newry Triathlon Club	M35	40:23	19:45	188	34
198	918	Padraig Friel	Letterkenny AC	M35	40:24	19:39	189	35
199	977	Karen Dolan	Enniskillen RC	F40	40:25	34:22	10	2
200	285	Colly GALLAGHER	Sperrin Harriers	M40	40:26	20:00	190	32
201	205	Sean MCINTYRE	NICS AC	M50	40:27	20:00	191	13
202	911	Ciaran O'Donnell	Letterkenny AC	M40	40:27	20:21	192	33
203	126	Ruth MAGILL	Lagan Valley AC	F50	40:27	19:49	11	1
204	149	Richard HANNA	Mourne Runners	MO	40:33	19:50	193	75
205	710	Patrick Moore		M45	40:35	19:48	194	26
206	209	Angela BURNS	North Belfast Harriers	FO	40:35	19:59	12	7
<b>207</b>	<b>178</b>	<b>Michael RIDDELL</b>	<b>North Down AC</b>	<b>M35</b>	<b>40:37</b>	<b>20:00</b>	195	36
208	204	Ronan KIMBLEY	Newry Triathlon Club	M40	40:38	20:03	196	34
209	151	Paul BYRNE	Murlough AC	M35	40:41	19:46	197	37
210	982	Irwin Spiers		M60	40:42	19:42	198	1
211	689	Matthew Allum	Olympian Triathlon Club	MO	40:43	20:18	199	76
212	779	Shane Gallagher		MO	40:45	20:07	200	77
213	845	Paul McCandless	Foyle Valley AC	MO	40:50	20:05	201	78
<b>214</b>	<b>981</b>	<b>Gary Swenarton</b>	<b>North Down AC</b>	<b>M60</b>	<b>40:53</b>	<b>19:55</b>	202	2
215	212	Robert IRVINE	North Belfast Harriers	M50	40:54	20:26	203	14
216	941	Gary Stitt	Ballymena & Antrim AC	MO	40:54	20:17	204	79
217	957	Debbie Matchett	North Down AC	F40	40:56	20:01	13	3
218	52	Jonny GRAHAM	Ballymena Runners AC	M35	40:57	20:29	205	38
219	470	Ray MC CONVILLE		M35	40:58	20:15	206	39
220	883	Greg McClure	North Belfast Harriers	M55	41:01	20:26	207	5
221	630	Norman Smyth	Banbridge AC	M40	41:02	20:07	208	35
222	721	Aaron Parks	Armagh AC	MO	41:05	19:40	209	80
223	50	Peter FLEMING	Ballymena Runners AC	M35	41:07	35:19	210	40
224	784	Paul Curran		M40	41:08	20:46	211	36
<b>225</b>	<b>709</b>	<b>Paul Duffy</b>	<b>North Down AC</b>	<b>M40</b>	<b>41:10</b>	<b>20:19</b>	212	37
226	352	Cesare CARCANO		M35	41:11	20:13	213	41
227	863	Alan Laverty	Olympian Triathlon Club	MO	41:13	20:04	214	81
228	104	Justin MC GORMAN	Dub Running Club	M35	41:16	20:03	215	42
229	176	Michael SINTON		MO	41:17	20:19	216	82
230	634	Alison Rankin	Springwell Running Club	F40	41:18	20:14	14	4
<b>231</b>	<b>244</b>	<b>Stephen WISE</b>	<b>North Down AC</b>	<b>M50</b>	<b>41:28</b>	<b>20:10</b>	217	15

232	133	Shileen O'KANE	Lagan Valley AC	F40	41:34	20:17	15	5
233	196	Mike BARNETT	Newry City Runners AC	M35	41:37	20:40	218	43
234	664	Niall Majury		M45	41:40	20:06	219	27
235	70	Catherine LILBURN	City of Derry AC Spartans	FO	41:41	20:45	16	8
236	531	Christopher MILLAR		MO	41:47	20:21	220	83
237	865	Liam Hutchinson	Newry Triathlon Club	M35	41:47	20:59	221	44
238	340	Bob BROWN		M40	41:48	20:07	222	38
239	782	Alec Reece	QUB TRI	MO	41:50	20:51	223	84
<b>240</b>	<b>237</b>	<b>Andrew MUIR</b>	<b>North Down AC</b>	<b>M35</b>	<b>41:50</b>	<b>21:07</b>	<b>224</b>	<b>45</b>
241	581	Kirk SLAON		MO	41:50	20:41	225	85
242	618	Ciaran WRIGHT		MO	41:51	21:00	226	86
243	643	Paul McCabe		M35	41:52	20:27	227	46
244	385	Gillian DOUGLAS		F50	41:56	20:39	17	2
245	40	Barry HUGHES	Armagh AC	MO	41:57	35:36	228	87
246	715	Colin Drain		M35	41:59	20:57	229	47
247	284	Trevor DALLAS	Sperrin Harriers	M55	42:00	20:47	230	6
248	890	Paul Murphy	Armagh AC	M45	42:00	21:01	231	28
249	215	Francis MCCAFFREY	North Belfast Harriers	M50	42:01	19:59	232	16
250	472	Thomas MC CORRY		M40	42:03	20:51	233	39
251	396	Stephen FARR		M35	42:03	20:37	234	48
252	320	Ivan PRUE	Up & Runners	M35	42:04	20:43	235	49
253	103	Brian GRIMES	Dub Running Club	M50	42:07	20:43	236	17
254	382	Merwyn DONALDSON		M55	42:08	20:52	237	7
255	128	Andrew EDWARDS	Lagan Valley AC	M45	42:08	20:26	238	29
256	408	Sean GOODMAN		MO	42:13	20:56	239	88
257	67	Donal MURDOCK	Burren AC	M40	42:15	20:47	240	40
258	917	Glen Duncan	Letterkenny AC	MO	42:17	20:27	241	89
259	403	David GEDDES		M40	42:20	20:05	242	41
260	461	Robert MAGEE		MO	42:22	20:55	243	90
261	694	Michael McKeown		M45	42:22	20:39	244	30
262	767	Dominic Clark	Armagh AC	M45	42:24	21:10	245	31
263	371	Rosie DALY		FO	42:28	20:40	18	9
264	938	Marty McMillan	East Antrim Harriers	M50	42:28	20:24	246	18
265	341	Michael BURKE		MO	42:31	21:02	247	91
266	632	Lawerence Malone		M50	42:33	20:49	248	19
267	840	Mark McCullough	Banbridge AC	MJ	42:34	20:59	249	8
268	239	Ange PERROTT	North Down AC	F35	42:35	21:09	19	3
269	127	Francis BOAL	Lagan Valley AC	M60	42:36	20:39	250	3
270	459	Stephen LYONS		M40	42:36	21:08	251	42
271	53	Rodney LIVINGSTONE	Ballymena Runners AC	M40	42:37	20:50	252	43
272	804	Robin Gillespie		M35	42:37	21:00	253	50
273	524	Eddie MCQUILLAN		M50	42:40	21:08	254	20
274	809	Neill Ritchie		M35	42:41	21:09	255	51
275	578	Mark SHIELDS		M45	42:45	20:56	256	32
276	794	Jim Walker	East Antrim Harriers	M50	42:46	21:03	257	21
277	202	Stephen O HARE	Newry Triathlon Club	M45	42:47	20:37	258	33
278	92	Ernest HALL	Dromore AC	M60	42:49	20:59	259	4
279	434	Stephen KELLY		MJ	42:49	21:22	260	9
280	810	Geraldine Quigley	Larne AC	F35	42:52	20:59	20	4
281	825	Fionnuala McCourt	Lagan Valley AC	F50	42:53	20:57	21	3
282	431	Alastair KANE		M35	42:53	21:43	261	52
283	144	Emmett WOODS	Larne AC	M45	42:55	21:05	262	34
284	328	Jim BLANEY		M45	42:57	21:05	263	35
285	471	Cathal MC CONVILLE		M35	42:57	21:09	264	53
286	443	David LAMBON		M40	42:59	21:38	265	44
287	147	Stephen SMARTT	Lunchtime Legends	M40	43:01	21:17	266	45
288	772	Jim Mervin		M35	43:02	21:07	267	54
289	398	Paul FLYNN		M55	43:05	21:07	268	8
290	675	Stephen Lynch		M40	43:07	21:07	269	46

291	272	Gillian CORDNER	Seapark AC	F35	43:08	21:16	22	5
292	395	Des FAHY		M40	43:10	21:14	270	47
293	973	Cathal McNiff		M50	43:10	21:18	271	22
294	921	Marie Boyle	Letterkenny AC	FO	43:10	21:20	23	10
295	800	Philip Haslett	Albertville Harriers	M50	43:13	21:00	272	23
296	415	Adam HARVEY		MO	43:14	21:51	273	92
297	727	Michael McCambridge	Hielbow Triathlon Club	MO	43:17		274	93
298	832	Martin Mullan		M35	43:17	21:28	275	55
299	207	Lance BREEN	North Belfast Harriers	M40	43:17	21:21	276	48
300	580	Andrew SHIMMIN		M40	43:18	21:17	277	49
301	827	Gareth Shannon		MO	43:19	21:57	278	94
302	763	Anthony Hunter	Armagh AC	M40	43:20	21:50	279	50
303	798	Ian Wright		M35	43:21	21:22	280	56
304	652	Neil Porter	Seapark AC	M40	43:27	21:15	281	51
305	322	Paul BRANNIGAN	Up & Runners	M55	43:28	21:06	282	9
306	195	Pat ROCKS	Newry City Runners	M55	43:29	21:51	283	10
307	678	Peter Straghan		MO	43:33	21:09	284	95
308	252	Desi MCHENRY	Olympian Triathlon Club	M60	43:35	21:27	285	5
309	374	Jonathan DEWART		MO	43:36	21:51	286	96
310	351	Mark CANNING		MO	43:36	21:35	287	97
311	218	Aodhán O'REILLY	North Belfast Harriers	MO	43:41	21:13	288	98
312	648	Gerald Morgan	Canal Court Runners	M35	43:43	21:12	289	57
313	858	Heather McLarnon	City of Lisburn AC	FO	43:43	21:14	24	11
314	134	Ron O'NEILL	Lagan Valley AC	M50	43:45	21:30	290	24
315	173	David STEWART	Murlough AC	M50	43:47	21:31	291	25
316	949	Sean McCann		M35	43:48	21:17	292	58
317	861	Gavin Oakes	East Down AC	MO	43:50	21:54	293	99
318	380	Thomas DONAGHY		MO	43:52	21:43	294	100
319	350	Ciaran CAMPBELL		M40	43:53	21:51	295	52
320	769	Cormac Muldoon	Armagh AC	M50	43:54	21:17	296	26
321	540	John MURPHY		M40	43:54	21:58	297	53
322	685	William Roberts	Albertville Harriers	M55	43:54	21:09	298	11
323	99	Mike SMITH	Dub Running Club	M60	43:55	21:08	299	6
324	896	Don Campbell	Omagh Harriers	M45	43:56	21:31	300	36
325	965	Hazel McLaughlin	Lagan Valley AC	F35	43:58	21:51	25	6
326	916	Gerard Mullen	Letterkenny AC	M35	44:00	22:05	301	59
<b>327</b>	<b>980</b>	<b>Fred Murdoch</b>	<b>North Down AC</b>	<b>M65</b>	<b>44:00</b>	<b>21:47</b>	<b>302</b>	<b>2</b>
328	489	Lorraine MCCONVILLE		F40	44:04	21:18	26	6
329	559	Richard PLUNKETT		M40	44:13	22:02	303	54
330	137	Ian BRENNAN	Larne AC	M45	44:14	21:05	304	37
331	933	Jennifer Ashby	East Antrim Harriers	F35	44:15	22:00	27	7
332	480	David MCCAMLEY		MO	44:25	21:47	305	101
<b>333</b>	<b>233</b>	<b>Nick IRVINE</b>	<b>North Down AC</b>	<b>MO</b>	<b>44:27</b>	<b>21:29</b>	<b>306</b>	<b>102</b>
334	267	Rodney MCKINSTRY	Orangethorne AC	MO	44:28	22:10	307	103
335	662	Dave Fulcher	Murlough AC	M50	44:31	22:18	308	27
336	739	Valerie McDonough	North Down AC	F40	44:35	22:06	28	7
337	945	Brendan McCann		M40	44:36	22:23	309	55
338	808	Dominic Kearns	Banbridge AC	M45	44:37	22:18	310	38
339	286	Gerard MCNALLY	Sperrin Harriers	M35	44:38	21:52	311	60
340	156	Phil HODGE	Murlough AC	MO	44:39	22:13	312	104
341	913	Richard Raymond	Letterkenny AC	M55	44:42	21:56	313	12
342	359	Colm CLEARY		MO	44:42	21:59	314	105
343	577	Athanasia SEVASTAKI		F35	44:44	22:01	29	8
344	138	Drew GIRVIN	Larne AC	M40	44:47	21:42	315	56
345	912	Garvin McCloskey	Letterkenny AC	M45	44:47	22:20	316	39
346	922	Irene McFadden	Letterkenny AC	FO	44:47	22:20	30	12
347	211	Tony FORDE	North Belfast Harriers	M45	44:56	21:36	317	40
348	15	David TATE	Willowfield Harriers	M40	44:57	21:56	318	57
349	87	Ian CARDWELL	Dromore AC	M40	44:59	22:26	319	58

350	389	Sam DUNN		M55	45:00	22:24	<b>320</b>	<b>13</b>
351	955	Denis Campbell		M35	45:02	21:54	<b>321</b>	<b>61</b>
352	165	Coly MCGIVERN	Murlough AC	M35	45:03	21:37	<b>322</b>	<b>62</b>
353	169	Hugh ORAM	Murlough AC	M35	45:03	22:40	<b>323</b>	<b>63</b>
354	655	Ian Gibson	MCB Runners	M45	45:03	22:27	<b>324</b>	<b>41</b>
355	598	Gary TWEEDIE		M35	45:05	23:02	<b>325</b>	<b>64</b>
356	766	Brendan Grew	Armagh AC	M45	45:05	21:59	<b>326</b>	<b>42</b>
357	746	Paddy Reilly		MO	45:05	21:47	<b>327</b>	<b>106</b>
358	425	Paula JACKSON		F35	45:09	21:59	<b>31</b>	<b>9</b>
359	623	Jonathan Fay	City of Lisburn AC	MO	45:11	21:40	<b>328</b>	<b>107</b>
360	354	Thomas CARSON		M40	45:13	22:39	<b>329</b>	<b>59</b>
361	877	Mackin Mary	Dromore AC	F55	45:15	22:12	<b>32</b>	<b>1</b>
362	984	Joanne McKendry		F35	45:22	22:48	<b>33</b>	<b>10</b>
363	63	Kevin MCVEIGH	BILLY WHIZZ	M45	45:23	22:28	<b>330</b>	<b>43</b>
364	61	Jason HARRIS	BILLY WHIZZ	M45	45:23	22:29	<b>331</b>	<b>44</b>
365	476	Ruth MCAREAVEY		F35	45:23	22:31	<b>34</b>	<b>11</b>
366	610	Philip WHITTEN		M40	45:26	22:40	<b>332</b>	<b>60</b>
367	713	David Calvert		M40	45:28	22:17	<b>333</b>	<b>61</b>
368	735	Kerry Fokkens		F40	45:29	22:25	<b>35</b>	<b>8</b>
369	201	Garreth THORNTON	Newry City Runners AC	MO	45:29	22:13	<b>334</b>	<b>108</b>
370	898	Rodney Greer	Dromore AC	M40	45:33	22:15	<b>335</b>	<b>62</b>
371	405	William GILLESPIE		MO	45:36	38:56	<b>336</b>	<b>109</b>
372	197	Patricia BROWN	Newry City Runners AC	F50	45:37	22:41	<b>36</b>	<b>4</b>
373	956	Camilla McGranaghan	City of Derry AC Spartans	F35	45:37	22:18	<b>37</b>	<b>12</b>
374	198	Paul CLOSE	Newry City Runners AC	M40	45:37	22:41	<b>337</b>	<b>63</b>
375	348	Daniel CAMPBELL		M40	45:37	39:01	<b>338</b>	<b>64</b>
376	164	Donna MCCUSKER	Murlough AC	F35	45:37	22:12	<b>38</b>	<b>13</b>
377	897	Patricia Campbell	Omagh Harriers	F45	45:38	22:29	<b>39</b>	<b>1</b>
378	686	Bobbie Irvine	Seapark AC	M45	45:38	22:59	<b>339</b>	<b>45</b>
379	747	Wendy McClean	Banbridge AC	F45	45:39	22:32	<b>40</b>	<b>2</b>
380	934	Shaun Henry		M50	45:40	22:13	<b>340</b>	<b>28</b>
381	109	Jim DAVISON	East Antrim Harriers	M50	45:40	22:24	<b>341</b>	<b>29</b>
382	80	Greg HOPKINS	Co Antrim Harriers	M55	45:42	22:33	<b>342</b>	<b>14</b>
383	327	Graham BEATTIE		M40	45:42	22:33	<b>343</b>	<b>65</b>
384	750	Raymond Mc Sherry		M55	45:43	22:26	<b>344</b>	<b>15</b>
385	478	Davy MCBRIDE		M35	45:43	22:56	<b>345</b>	<b>65</b>
386	81	Ruth MORRISON	Co Antrim Harriers	F40	45:44	22:23	<b>41</b>	<b>9</b>
387	942	Patricia McKibbin		FO	45:44	22:40	<b>42</b>	<b>13</b>
388	542	Miguel Angel NAVARRETE-GUTIERREZ		M35	45:44	22:13	<b>346</b>	<b>66</b>
389	432	Patrick KEATLEY		M45	45:45	23:39	<b>347</b>	<b>46</b>
390	876	Aine McNeill	Dromore AC	F45	45:48	22:28	<b>43</b>	<b>3</b>
391	719	Denis McKay	East Down AC	M35	45:49	22:32	<b>348</b>	<b>67</b>
392	378	Damien DOHERTY		M35	45:53	23:06	<b>349</b>	<b>68</b>
393	613	Paul WILLIAMS		M45	45:54	22:44	<b>350</b>	<b>47</b>
394	394	Andrew EVANS		MO	45:56	22:37	<b>351</b>	<b>110</b>
395	148	Doug SMITH	Lunchtime Legends	M50	45:58	22:28	<b>352</b>	<b>30</b>
<b>396</b>	<b>235</b>	<b>John MCGARVEY</b>	<b>North Down AC</b>	<b>MO</b>	<b>46:00</b>	<b>23:29</b>	<b>353</b>	<b>111</b>
397	932	Eddie Blayney	East Antrim Harriers	M50	46:01	22:33	<b>354</b>	<b>31</b>
398	570	John ROSS		M55	46:02	23:08	<b>355</b>	<b>16</b>
399	752	Paul O'Hare	NICS AC	M50	46:04	22:42	<b>356</b>	<b>32</b>
400	84	Colin ARMSTRONG	Dromore AC	MO	46:04	22:19	<b>357</b>	<b>112</b>
401	723	Neal McCarthy		M35	46:05	22:49	<b>358</b>	<b>69</b>
402	249	Damian MURRAY	Olympian Triathlon Club	M50	46:05	22:57	<b>359</b>	<b>33</b>
403	259	Elizabeth LEITCH	Orangegrove AC	F40	46:08	23:07	<b>44</b>	<b>10</b>
404	62	Pete MCCANNY	BILLY WHIZZ	M45	46:11	23:01	<b>360</b>	<b>48</b>
405	141	Vincent MCCUSKER	Larne AC	M35	46:12	22:29	<b>361</b>	<b>70</b>
406	48	Kelly COURTNEY	Ballymena Runners AC	FO	46:13	22:49	<b>45</b>	<b>14</b>
407	563	Robert REYNOLDS		M40	46:14	23:14	<b>362</b>	<b>66</b>
408	545	Simon NELSON		M40	46:18	23:06	<b>363</b>	<b>67</b>

409	349	Des CAMPBELL		M35	46:18	23:06	364	71
410	700	Stephen Dummigan		M35	46:20	22:39	365	72
411	506	Julian MCGRATH		M35	46:28	22:41	366	73
412	451	James LEMON		M45	46:34	22:42	367	49
413	797	Drew Taggart		MO	46:35	22:50	368	113
414	817	Matthew Allen	Ballymena Runners AC	M50	46:36	23:07	369	34
415	824	Michelle Bradley		FO	46:36	23:15	46	15
416	795	Bob McGarvey		M35	46:37	23:30	370	74
417	796	Gary Nicholl	Lagan Valley AC	M70	46:43	23:02	371	1
418	811	Gary Henderson	Banbridge AC	M45	46:45	23:32	372	50
419	771	Dermot Coy		MO	46:46	23:48	373	114
420	819	Shelley Tomlins		F35	46:48	22:48	47	14
421	576	Michael SCOTT		M55	46:49	23:36	374	17
422	411	Richard HAND		M45	46:50	23:22	375	51
423	491	Patrick MCCORMICK		M35	46:52	22:56	376	75
424	260	Louise LEMON	Orangetown AC	FO	46:54	23:07	48	16
425	483	Sean MCCANN		M35	46:54	23:41	377	76
426	58	Andrea HESLIP	Banbridge AC	F35	47:01	22:49	49	15
427	298	Jim PLATT	Springwell RunningClub	M65	47:05	23:02	378	3
428	66	Deirdre DUNFORD	Burren AC	F45	47:08	23:10	50	4
429	486	Ryan MCCLURE		MO	47:10	22:57	379	115
<b>430</b>	<b>231</b>	<b>Paul GALLOWAY</b>	<b>North Down AC</b>	<b>M40</b>	<b>47:11</b>	<b>23:07</b>	<b>380</b>	<b>68</b>
431	250	Gareth OSBORNE	Olympian Triathlon Club	MO	47:14	23:59	381	116
432	960	Patrick McGuckian		M50	47:15	22:48	382	35
433	537	Terry MULLAN		M35	47:16	23:21	383	77
434	501	Brian MCGILL		M35	47:17	22:36	384	78
435	419	Charles HUTCHISON		M45	47:19	22:56	385	52
436	246	Mark BARR	Olympian Triathlon Club	M45	47:20	23:59	386	53
437	583	Glenn SMYTH		M45	47:22	23:28	387	54
438	864	Ciaran McGrath		M35	47:23	24:09	388	79
439	469	Con MC ALISTER		MO	47:24	24:36	389	117
440	481	Patrick MCCANN		M50	47:24	22:59	390	36
441	89	Wendy FLEMING	Dromore AC	FO	47:24	23:20	51	17
442	97	Janice REID	Dromore AC	F45	47:24	23:08	52	5
443	356	Donal CASSIDY		MO	47:25	24:57	391	118
444	717	Stephen Anderson		M40	47:25	23:59	392	69
445	60	Martin TRAINOR	BGM Runners	M40	47:25	24:05	393	70
446	560	Lyndsey PRONGER		FO	47:27	23:02	53	18
<b>447</b>	<b>748</b>	<b>David Balmer</b>	<b>North Down AC</b>	<b>M35</b>	<b>47:28</b>	<b>23:38</b>	<b>394</b>	<b>80</b>
448	64	Roger NICHOLSON	BILLY WHIZZ	M45	47:29	23:13	395	55
449	673	Ryan Armstrong		M40	47:29	22:53	396	71
450	669	Darren Moan		M40	47:30	23:32	397	72
451	241	Andrea THOMPSON	North Down AC	FO	47:32	23:33	54	19
452	225	Sarah BENTON	North Down AC	F40	47:33	23:11	55	11
453	937	Marc Irvine	Seapark AC	MO	47:36	24:36	398	119
454	115	Tracey MCDOWELL	East Down AC	F35	47:37	23:39	56	16
455	361	David CONLIFFE		MO	47:42	24:17	399	120
456	447	Andy LEATHEM		M40	47:46	24:11	400	73
457	546	Bryan NIXON		MO	47:46	24:11	401	121
458	867	Claire Scott	Peninsula Triathlon	F35	47:48	23:08	57	17
459	83	Kevin MCCORMICK	Crossgar	M45	47:48	23:11	402	56
460	521	Brian MCNALLY		M40	47:49	23:55	403	74
461	680	John Welshman	MCB Runners	M50	47:49	22:49	404	37
462	978	Margeret Shields	Letterkenny AC	F40	47:50	23:10	58	12
463	325	Stephen Gump BALLARD		M50	47:51	24:35	405	38
464	862	Nigel Farr		M50	47:51	23:42	406	39
465	780	Brendan Gallagher		MO	47:53	22:22	407	122
466	703	Patsy McNeice	BGM Runners	M50	47:55	24:27	408	40
467	726	Leann Gibson	Orangetown AC	FO	47:55	23:16	59	20

468	820	Gina Quinn	Banbridge AC	F40	47:57	23:15	<b>60</b>	<b>13</b>
469	541	Gerry MURRAY		M55	47:58	23:15	<b>409</b>	<b>18</b>
470	273	Lynsey GRANT	Seapark AC	F35	47:59	24:36	<b>61</b>	<b>18</b>
471	566	Alastair RIDDELL		M40	48:02	23:45	<b>410</b>	<b>75</b>
472	671	Garry Dunne		M35	48:03	24:17	<b>411</b>	<b>81</b>
473	948	Gary Mitchell		M45	48:04	23:58	<b>412</b>	<b>57</b>
474	94	Russell KENNEDY	Dromore AC	M40	48:04	23:44	<b>413</b>	<b>76</b>
475	86	Ian BATES	Dromore AC	M50	48:04	23:31	<b>414</b>	<b>41</b>
476	661	Rose McGovern	Seapark AC	FO	48:07	24:36	<b>62</b>	<b>21</b>
477	412	Keith HANNA		M40	48:11	24:19	<b>415</b>	<b>77</b>
478	334	Brian BRADLEY		MO	48:11	24:29	<b>416</b>	<b>123</b>
479	683	Lukasz Bochenek		MO	48:14	23:38	<b>417</b>	<b>124</b>
480	976	Aidan Brewster	Lagan Valley AC	M40	48:15	23:33	<b>418</b>	<b>78</b>
481	649	Davin Hanlon		M35	48:16	24:09	<b>419</b>	<b>82</b>
482	437	Anne KILLEN		F35	48:16	23:58	<b>63</b>	<b>19</b>
483	91	Kerry HALL	Dromore AC	F40	48:17	23:51	<b>64</b>	<b>14</b>
484	488	David MCCONNELL		M45	48:18	23:31	<b>420</b>	<b>58</b>
485	553	Conor O'NEILL		M40	48:19	23:37	<b>421</b>	<b>79</b>
486	539	Colum MURPHY		MO	48:19	22:52	<b>422</b>	<b>125</b>
487	535	Michael MORRISSEY		M45	48:20	23:44	<b>423</b>	<b>59</b>
488	939	Frankey McGivern	North Belfast Harriers	F45	48:21	23:46	<b>65</b>	<b>6</b>
489	564	Steven REYNOLDS		M35	48:22	24:19	<b>424</b>	<b>83</b>
490	85	Janette BAILIE	Dromore AC	F35	48:27	23:45	<b>66</b>	<b>20</b>
491	388	Colin DUFFIN		M35	48:27	24:38	<b>425</b>	<b>84</b>
492	926	Ronald Walker		M45	48:28	23:31	<b>426</b>	<b>60</b>
493	569	Jarlath RODGERS		M40	48:28	23:46	<b>427</b>	<b>80</b>
494	816	Susanna Allen	Ballymena Runners AC	F45	48:29	24:04	<b>67</b>	<b>7</b>
495	670	Oliver Murphy	Sperrin Harriers	M40	48:29	23:30	<b>428</b>	<b>81</b>
496	606	Tanya WEIR		FO	48:33	23:47	<b>68</b>	<b>22</b>
497	961	Richard Watt		MO	48:36	22:59	<b>429</b>	<b>126</b>
498	368	David CRAIG		M35	48:38	24:18	<b>430</b>	<b>85</b>
499	682	Helen McCartan	Dromore AC	F35	48:38	23:53	<b>69</b>	<b>21</b>
500	974	Shaun Friel		M35	48:42	24:26	<b>431</b>	<b>86</b>
501	477	John MCAREE		M35	48:45	24:25	<b>432</b>	<b>87</b>
502	925	Sharon Kelly	City of Lisburn AC	F50	48:46	24:10	<b>70</b>	<b>5</b>
503	170	Gerard ROWE	Murlough AC	M45	48:50	24:20	<b>433</b>	<b>61</b>
504	732	Brona Bell	Dub Running Club	FO	48:51	24:43	<b>71</b>	<b>23</b>
505	568	Nigel ROBINSON		M45	48:52	24:08	<b>434</b>	<b>62</b>
506	878	Gerry Heverin	Stranmillis Circuits	M35	48:56	23:28	<b>435</b>	<b>88</b>
507	875	Heather Baxter	Larne AC	F40	48:56	24:41	<b>72</b>	<b>15</b>
508	688	Christopher Bryson		M40	48:59	25:05	<b>436</b>	<b>82</b>
509	512	Rachael MCKEOGH		FO	49:01	24:26	<b>73</b>	<b>24</b>
510	414	Hugh HARRISON		M45	49:01	24:53	<b>437</b>	<b>63</b>
511	518	Peter MCKINNEY		M45	49:02	23:47	<b>438</b>	<b>64</b>
512	654	Laura McKenzie		F45	49:05	24:41	<b>74</b>	<b>8</b>
513	72	Catherine LAGAN	City of Derry AC Spartans	FO	49:06	22:18	<b>75</b>	<b>25</b>
514	277	Edward SIMPSON	Seapark AC	M65	49:07	23:52	<b>439</b>	<b>4</b>
515	972	Trevor Spiers		M40	49:12	23:35	<b>440</b>	<b>83</b>
516	944	Shane Leonard		MO	49:15	23:20	<b>441</b>	<b>127</b>
517	609	Raymond WHITEWAY		M45	49:15	25:07	<b>442</b>	<b>65</b>
518	307	Sile BRENNAN	Up & Runners	FO	49:17	24:37	<b>76</b>	<b>26</b>
519	593	Neil TOTTEN		MO	49:18	24:41	<b>443</b>	<b>128</b>
520	705	Fran O'Rourke	BGM Runners	M45	49:18	24:58	<b>444</b>	<b>66</b>
521	184	Sam MCNEILLY	Newcastle & District AC	MO	49:18	23:39	<b>445</b>	<b>129</b>
522	200	Maureen O HARE	Newry City Runners AC	F40	49:18	25:03	<b>77</b>	<b>16</b>
523	19	Thomas LINTON	Alberville Harriers	M50	49:19	24:21	<b>446</b>	<b>42</b>
524	435	Louise KENNEDY		FO	49:20	25:03	<b>78</b>	<b>27</b>
525	624	Barry Coleman		M50	49:23	23:52	<b>447</b>	<b>43</b>
526	79	Lisa MONTGOMERY	Co Antrim Harriers	FO	49:24	24:26	<b>79</b>	<b>28</b>

527	78	Richard MASON	Co Antrim Harriers	M40	49:26	24:24	448	84
528	814	Mark McIntyre	Peninsula Triathlon	M40	49:28	24:15	449	85
529	305	Ronnie DONALDSON		M65	49:30	25:21	450	5
530	258	Raymond LEITCH	Orangetrove AC	M35	49:30	24:39	451	89
531	131	Letitia MEENAN	Lagan Valley AC	F40	49:34	24:23	80	17
532	433	Grainne KEENAN		F40	49:35	24:25	81	18
533	402	Louise GAULT		F40	49:38	24:31	82	19
534	229	Alison DOWNEY	North Down AC	F40	49:43	24:39	83	20
<b>535</b>	<b>243</b>	<b>Steven WILSON</b>	<b>North Down AC</b>	<b>MO</b>	<b>49:43</b>	<b>24:40</b>	<b>452</b>	<b>130</b>
536	532	Trevor MORRISON		M50	49:46	24:24	453	44
537	393	Mojgan ESMAILY		F45	49:51	38:26	84	9
538	852	Patrick McCusker	Raparees	MO	49:52	24:16	454	131
539	281	Russell BELL	Sperrin Harriers	M35	49:53	24:48	455	90
540	95	Gordon LIGHTBODY	Dromore AC	M35	49:56	24:47	456	91
541	548	Brian O'CONNELL		M35	49:59	24:09	457	92
542	355	Mark CASSIDY		M35	50:06	24:56	458	93
543	158	Damian HORISK	Murlough AC	M40	50:07	24:29	459	86
544	522	Kevin MCNAMARA		M50	50:07	25:18	460	45
545	401	Niall GALLAGHER		M35	50:10	24:51	461	94
546	452	Paul LENEGHAN		M45	50:10	24:28	462	67
547	324	Aisling ALLUM		FO	50:11	24:49	85	29
548	467	Peter MATCHETT		M50	50:12	42:47	463	46
549	799	Michael McGuckin		M40	50:12	24:33	464	87
550	160	Carol MC MENAMIN	Murlough AC	F45	50:13	25:12	86	10
551	500	James MCGARRIGLE		M35	50:13	24:44	465	95
552	262	Emma SMITH	Orangetrove AC	F35	50:13	24:49	87	22
553	642	Daniel Jack		MO	50:14	24:19	466	132
554	302	Mark MCGINLEY	Translink AC	M35	50:25	26:03	467	96
555	372	Hugh DALY		M35	50:25	25:56	468	97
556	347	Ursula CAMPBELL		F40	50:26	25:43	88	21
557	106	Maureen OLIVER	Dub Running Club	F55	50:29	24:47	89	2
558	329	Chris BOWMAN		M45	50:29	25:09	469	68
559	508	Kelly MCKEE		F40	50:29	39:57	90	22
560	155	Ann GEORGE	Murlough AC	F50	50:32	24:47	91	6
561	177	Marie DEVINE	North Down AC	F45	50:33	25:00	92	11
562	276	Neil REYNOLDS	Seapark AC	M45	50:35	25:09	470	69
563	319	Jim MURRAY	Up & Runners	M45	50:36	24:42	471	70
564	76	Irene DOWNEY	Co Antrim Harriers	F45	50:37	24:38	93	12
565	253	Ralph COETZEE	Orangetrove AC	M40	50:39	24:48	472	88
566	420	Jack HUTCHISON		MJ	50:39	24:59	473	10
567	959	Steven Phillips	Fit n Running	M45	50:40	24:29	474	71
568	318	Sean MURRAY	Up & Runners	M40	50:43	24:43	475	89
569	966	Michael Black	NEMO	M55	50:44	24:44	476	19
570	744	Louise Ferguson	Dromore AC	F40	50:45	24:49	94	23
571	871	Paddy Close		MO	50:48	26:01	477	133
572	162	Adrian MCCARTAN	Murlough AC	M45	50:50	24:46	478	72
573	818	Geoff McKibbin		M45	50:51	25:37	479	73
574	789	Paul Gruhn	Dub Running Club	MO	50:53	24:40	480	134
575	493	Clare MCCOY		FO	50:54	25:40	95	30
576	874	Drew Crawford	North Belfast Harriers	M70	50:54	25:39	481	2
577	278	Becky TOPPING	Seapark AC	FJ	50:57	25:09	96	1
578	504	Orla MCGINNIS		FO	51:00	25:11	97	31
579	449	Maurice LEESON		M50	51:06	26:07	482	47
580	822	Barry Conway	Sperrin Harriers	MO	51:07	25:09	483	135
581	423	Kerri IRVINE		FO	51:09	25:42	98	32
582	365	Edwin COULTER		M45	51:10	26:07	484	74
583	311	Shane CAHER	Up & Runners	M40	51:12	25:19	485	90
584	424	Danielle IRVINE		FO	51:13	25:43	99	33
585	616	Kilian WOODS		MO	51:14	26:02	486	136

586	257	Eleanor Acheson	Orangegrove AC	FO	51:15	25:55	100	34
587	487	Philip MCCONNELL		M50	51:15	25:11	487	48
588	409	Beryl GRAHAM		F50	51:24	25:25	101	7
589	641	Julie Hunter	Seapark AC	FO	51:24	25:22	102	35
590	446	Gary LAWTHER		M50	51:24	26:32	488	49
591	187	Paul FEGAN	Newcastle AC	M35	51:25	25:02	489	98
592	633	Victoria Mulholland	Seapark AC	FO	51:26	25:36	103	36
593	444	Sasha LAMBON		F40	51:27	26:04	104	24
594	358	Matt CLARKE		M40	51:29	25:25	490	91
595	314	Eimear KING	Up & Runners	FO	51:37	25:54	105	37
596	43	Colm ROSS	Ballymena & Antrim AC	M55	51:39	25:19	491	20
597	970	Sean O'Neill		M50	51:42	24:55	492	50
598	672	Ciaran Rogan		M45	51:43	25:06	493	75
599	736	David Taylor		M45	51:46	24:46	494	76
600	601	David WARING		M35	51:51	26:37	495	99
601	484	Myles MCCARTAN		M40	51:52	25:16	496	92
602	458	James LYONS		M40	51:53	24:26	497	93
603	152	Christine BYRNE	Murlough AC	F35	51:55	25:55	106	23
604	556	Joanne ORR		F35	52:01	26:11	107	24
605	969	Aidan Dawson		M40	52:01	25:36	498	94
606	387	Phil DUFFIELD		M45	52:02	25:47	499	77
607	346	Brian CALLAN		M40	52:04	25:58	500	95
608	742	Ursula Kiely		FO	52:05	26:14	108	38
609	208	John BURNS	North Belfast Harriers	M40	52:07	26:02	501	96
610	502	Gavin MCGILLY		MO	52:08	25:19	502	137
611	562	Clare-Louise RANKIN		FO	52:10	26:34	109	39
612	56	Brigid QUINN	Ballymena Runners AC	F65	52:11	25:57	110	1
613	711	Diane Moore		F40	52:12	25:25	111	25
614	647	Nathan Adams	AXA	MO	52:13	27:26	503	138
615	813	Mary Downey	Banbridge AC	F45	52:14	25:45	112	13
616	946	Sean McCann		M35	52:15	25:53	504	100
617	674	Linda Creegan	Newry City Runners AC	F45	52:18	25:43	113	14
618	681	Emma Mc Williams	Up and Runners	F40	52:20	25:33	114	26
619	400	Simon FULLER		MO	52:22	25:38	505	139
620	375	Sharon DICKENSON		F35	52:23	25:38	115	25
621	429	Geoff JOHNSTON		M40	52:27	26:10	506	97
622	968	Peter Watson		MO	52:28	25:26	507	140
623	520	Frances MCMULLAN		F50	52:36	25:47	116	8
624	418	Barry HOLLAND		M40	52:37	26:10	508	98
625	404	Michael GILLAN		M35	52:44	25:46	509	101
626	248	Anne MAGEEAN	Olympian Triathlon Club	F50	52:45	44:53	117	9
627	971	Thomas Sloane		MO	52:48	23:51	510	141
628	770	Jamesey Vallely	Armagh AC	M60	52:50	25:58	511	7
629	947	Peter Papafio		M45	52:54	25:42	512	78
630	306	Martin GILLESPIE		MO	52:59	25:57	513	142
631	386	Stuart DOWNES		M35	52:59	26:26	514	102
632	304	Neil BARNFIELD		M40	52:59	25:57	515	99
633	203	Eddie CARVILLE	Newry Triathlon Club	MO	53:02	26:06	516	143
634	751	Joan Carroll		F50	53:03	26:22	118	10
635	255	Tanya FARR	Orangegrove AC	F40	53:06	25:59	119	27
636	41	Alastair DUNCAN	AXA	M45	53:08	25:39	517	79
637	330	Jacqui BOYD		F45	53:16	26:11	120	15
638	474	Gillian MCADAM		F35	53:17	26:34	121	26
639	950	Kathy Graham	North Down AC	FO	53:17	25:41	122	40
640	975	Oonagh Bretche	East Down AC	FO	53:18	25:42	123	41
641	503	Jo MCGINLEY		F35	53:21	26:26	124	27
642	496	Margaret MCDERMOTT	Banbridge AC	F35	53:26	27:10	125	28
643	704	Gary Beattie	BGM Runners	M40	53:28	26:35	518	100
644	599	Kathryn WALLS		F35	53:28	26:13	126	29

645	308	Alan BRIERS	Up & Runners	M40	53:28	25:21	<b>519</b>	<b>101</b>
646	605	Stephen WATTERS		MO	53:31	26:06	<b>520</b>	<b>144</b>
647	604	Gerry WATTERS		M60	53:32	26:06	<b>521</b>	<b>8</b>
648	96	Judith NIXON	Dromore AC	F35	53:32	26:10	<b>127</b>	<b>30</b>
649	163	Eileen MCCARTAN	Murlough AC	F40	53:37	27:51	<b>128</b>	<b>28</b>
650	507	Shirley MCGUCKIN		F35	53:40	26:05	<b>129</b>	<b>31</b>
651	407	Glenda GIRVIN		F40	53:40	26:05	<b>130</b>	<b>29</b>
652	410	Heidi GUILD		F40	53:41	26:25	<b>131</b>	<b>30</b>
653	587	Noelene STEELE		F40	53:42	26:25	<b>132</b>	<b>31</b>
654	279	Yvonne WILSON	Seapark AC	FO	53:42	26:35	<b>133</b>	<b>42</b>
655	54	John NEESON	Ballymena Runners AC	M50	53:57	26:15	<b>522</b>	<b>51</b>
656	326	Jo BAXTER		F35	53:58	26:44	<b>134</b>	<b>32</b>
657	523	Marie MCNAMEE		FO	53:59	26:16	<b>135</b>	<b>43</b>
658	466	Shauna MARTIN		F35	54:00	26:35	<b>136</b>	<b>33</b>
659	263	Nichola THOMSON	Orangethorne AC	F35	54:05	27:42	<b>137</b>	<b>34</b>
660	536	Jim MORTON		M45	54:08	25:38	<b>523</b>	<b>80</b>
661	45	Mabel MCFALL	Ballymena Runners AC	F50	54:13	26:16	<b>138</b>	<b>11</b>
662	101	Joanne COREY	Dub Running Club	FO	54:18	27:03	<b>139</b>	<b>44</b>
663	157	Nuala HORISK	Murlough AC	F35	54:21	26:17	<b>140</b>	<b>35</b>
664	168	Jill MURPHY	Murlough AC	F45	54:21	26:34	<b>141</b>	<b>16</b>
665	430	Conor JOHNSTON		MO	54:23	26:33	<b>524</b>	<b>145</b>
666	554	Rory O'NEILL		M35	54:26	26:42	<b>525</b>	<b>103</b>
667	963	Hugh Daly		M35	54:27	26:06	<b>526</b>	<b>104</b>
668	928	Mark Vance		M35	54:28	26:46	<b>527</b>	<b>105</b>
669	693	Bill Devlin		M60	54:28	24:50	<b>528</b>	<b>9</b>
670	312	Ruth EARLY	Up & Runners	F40	54:35	27:11	<b>142</b>	<b>32</b>
671	370	Hugh CUSHNAN		MO	54:41	26:06	<b>529</b>	<b>146</b>
672	448	Carol LECKIE		F50	54:41	27:16	<b>143</b>	<b>12</b>
673	462	Trina MAGINN		FO	54:45	27:03	<b>144</b>	<b>45</b>
674	628	Moira Hamilton	Seapark AC	F50	54:53	27:29	<b>145</b>	<b>13</b>
675	574	John SAYERS		M40	54:54	27:18	<b>530</b>	<b>102</b>
676	498	David MCDONNELL		MO	54:56	27:59	<b>531</b>	<b>147</b>
677	679	Stefan Williams		MJ	54:59	26:57	<b>532</b>	<b>11</b>
678	547	Eamon O'CARROLL		M35	54:59	26:57	<b>533</b>	<b>106</b>
679	465	Neil MARTIN		MO	55:04	27:38	<b>534</b>	<b>148</b>
680	741	Ciaran Maguire	Ballycastle Runners	M35	55:09	27:23	<b>535</b>	<b>107</b>
681	331	Ian BOYD		M45	55:15	26:48	<b>536</b>	<b>81</b>
682	774	Norman McQuitty		M65	55:19	27:51	<b>537</b>	<b>6</b>
683	720	Jo-Ann Magee		F35	55:21	27:59	<b>146</b>	<b>36</b>
684	859	Gerard Maguire		M35	55:23	26:34	<b>538</b>	<b>108</b>
685	264	Melinda WILKINSON	Orangethorne AC	F40	55:25	27:32	<b>147</b>	<b>33</b>
686	753	Terence McAteer		M35	55:32	27:43	<b>539</b>	<b>109</b>
687	617	Donna WOODS		F40	55:42	47:35	<b>148</b>	<b>34</b>
688	373	Anna DECATUR		FO	55:43	28:57	<b>149</b>	<b>46</b>
689	366	Ruth COUSINS		F40	55:46	27:47	<b>150</b>	<b>35</b>
690	663	Brenda Coleman	Carrickcruppen AC	F45	56:03	27:41	<b>151</b>	<b>17</b>
691	464	Teresa MALLON		F40	56:05	27:47	<b>152</b>	<b>36</b>
692	844	Jonny Erskine		MJ	56:09	29:27	<b>540</b>	<b>12</b>
693	552	Katherine O'LOINGSIGH		F35	56:09	26:42	<b>153</b>	<b>37</b>
694	309	Jacqueline BRIERS	Up & Runners	F45	56:13	27:34	<b>154</b>	<b>18</b>
695	571	Andrew SANDS		MO	56:15	27:58	<b>541</b>	<b>149</b>
696	869	Clifford Winters		MO	56:18	28:40	<b>542</b>	<b>150</b>
697	596	Michael TURLEY		M45	56:18	28:21	<b>543</b>	<b>82</b>
698	555	Christine ORR		F40	56:21	27:19	<b>155</b>	<b>37</b>
699	123	Ivan BAXTER		M70	56:23	27:47	<b>544</b>	<b>3</b>
700	778	Therese McInerney	Murlough AC	F40	56:23	28:11	<b>156</b>	<b>38</b>
701	167	Paula MCKIBBIN	Murlough AC	F40	56:27	28:11	<b>157</b>	<b>39</b>
702	597	Stephen TURNER		M45	56:29	22:23	<b>545</b>	<b>83</b>
703	116	John OAKES	East Down AC	M35	56:33	27:48	<b>546</b>	<b>110</b>

704	438	Ashlyn KIMBLEY		F40	56:45	27:47	158	40
705	379	Raymond DOLAN		M55	56:49	28:10	547	21
706	159	Nicola MATHERS	Murlough AC	FO	56:51	28:25	159	47
707	171	Jane ROWE	Murlough AC	F45	56:51	28:26	160	19
708	492	John MCCOURT		MO	57:11	28:41	548	151
709	549	Michael O'DONOGHUE		M35	57:14	27:22	549	111
710	954	Amy Laverty		FO	57:16	27:54	161	48
711	335	Terence BRADLEY		MO	57:16	28:27	550	152
712	90	David GUINEY	Dromore AC	M50	57:20	27:11	551	52
713	102	Gerard GRAHAM	Dub Running Club	MO	57:24	27:03	552	153
714	271	Caroline CULLEN	QUB TRI	FO	57:29	28:18	162	49
715	529	Colette MEENAN		F60	57:38	28:33	163	1
716	270	Anne DUFFY	QUB TRI	F35	57:41	28:18	164	38
717	602	Isobel WATSON		F40	57:52	28:47	165	41
718	579	Dee SHIMMIN		F40	57:52	28:48	166	42
719	357	Lisa CASSLEY		FO	57:57	28:25	167	50
720	640	Vicki Hamilton	Seapark AC	F40	58:12	28:43	168	43
721	485	Helen MCCARTHY		F35	58:13	28:39	169	39
722	494	Patricia MCCULLOUGH		F50	58:17	27:48	170	14
723	513	Stephen MCKEOGH		M55	58:17	27:39	553	22
724	733	Barry Vance		M55	58:18	28:13	554	23
725	936	Gillian McKee	Seapark AC	F40	58:24	29:15	171	44
726	843	Elliott Moore		MJ	58:25	29:27	555	13
727	499	Barbara MCEVOY		FO	58:25	29:04	172	51
728	323	Lesley ARCHER	UTV Amblers	FO	58:30	29:34	173	52
729	450	Philip LEGGE		MO	58:41	29:52	556	154
730	612	Michael WILLIAMS		MO	58:42	28:11	557	155
731	588	Leigh STIRRUP		M40	58:47	27:55	558	103
732	42	Ken VANCE	AXA	M50	58:48	28:56	559	53
733	964	Chris O'Neill		MO	58:49	28:47	560	156
734	88	Roger DUNCAN	Dromore AC	M35	59:02		561	112
735	421	Helen IRVINE		F35	59:05	28:35	174	40
736	550	Catherine O'GORMAN		FO	59:11	28:47	175	53
737	636	Eileen Paquette		FO	59:12	29:17	176	54
738	363	Lynn COOKE		F55	59:14	29:36	177	3
739	754	Stephen Parker		MO	59:18	28:55	562	157
740	416	Kim HASSARD		F50	59:18	29:21	178	15
741	392	Eyvonne ELLIOTT		F45	59:21	28:56	179	20
742	442	Trevor LAMB		M35	59:24	28:20	563	113
743	479	Karen MCCABREY		F45	59:29	29:26	180	21
744	533	Julie MORRISON		FO	59:39	29:19	181	55
745	534	Clifford MORRISON		M50	59:40	29:19	564	54
746	530	John MERCER		M35	59:48	30:13	565	114
747	931	Lynette Dubois		FO	59:53	30:08	182	56
748	930	Gayle Nixon		F35	59:53	30:08	183	41
749	708	Jacinta White	BGM Runners	FO	59:56	30:01	184	57
750	509	Seamus MCKENNA		M35	59:57	29:11	566	115
751	107	Michael SPOTSWOOD	Duncairn Nomads	M70	59:57	30:23	567	4
752	702	Fergal McKeown	BGM Runners	M40	59:58	29:55	568	104
753	59	Janet BURNS	Banbridge AC	F40	01:00:01	28:25	185	45
754	525	Carol MCQUILLAN		F50	01:00:05	29:19	186	16
755	600	Jonathan WALSH		M35	01:00:43	29:41	569	116
756	729	Tayra McKee		FO	01:01:09	30:20	187	58
757	313	Stella HARRISON	Up & Runners	F50	01:01:13	30:22	188	17
758	953	John Burns		M35	01:01:36	28:28	570	117
759	868	Helen Rose	Peninsula Triathlon	F40	01:01:41	29:06	189	46
760	413	Nuala HARDEN		F35	01:01:53	29:43	190	42
761	399	Valerie FOX		FO	01:01:54	31:43	191	59
762	870	Catherine McGurk		FO	01:02:39	30:05	192	60

763	266	Pauline BAYLISS	Orangegrove AC	F35	01:02:40	29:09	193	43
764	651	Barbara Porter	Seapark AC	F35	01:02:58	30:02	194	44
765	343	Susan BURNS		FO	01:02:59	31:43	195	61
766	68	Tracey FINNEGAN	Carrickcruppen AC	F35	01:03:08	29:41	196	45
767	290	Irwin SPEIRS	Sperrin Harriers	M60	01:03:10	29:44	571	10
768	360	Marc CLEMENTS		M45	01:03:24	30:37	572	84
769	441	Margaret LAFFIN		F45	01:03:27	31:45	197	22
770	161	Ann MCALARNEY	Murlough AC	F50	01:03:35	30:52	198	18
771	962	Mark Drennan		M40	01:03:38	31:38	573	105
772	893	Hayley Mathieson		FO	01:03:41	31:15	199	62
773	892	Margaret Mathieson	Up & Runners	F50	01:03:41	31:15	200	19
774	122	Bernie MCCUSKER	Grove Running Club	F50	01:03:50	31:24	201	20
775	620	Angela WYNNE		FO	01:04:04	30:23	202	63
776	428	Keith JOHNSTON		MO	01:04:05	29:53	574	158
777	321	Frances SMYTH	Up & Runners	F55	01:04:17	31:38	203	4
778	706	Martina McAvoy	BGM Runners	F45	01:04:25	31:24	204	23
779	585	Elizabeth STATHAM		FO	01:04:51	31:20	205	64
780	692	Rachael Stewart		FO	01:04:52	30:34	206	65
781	691	James Anderson		MO	01:04:54	30:34	575	159
782	707	Brea McAvoy	BGM Runners	FO	01:04:55	31:49	207	66
783	166	Maria MCGUIGAN	Murlough AC	F40	01:04:57	31:37	208	47
784	740	Paul McGuigan		M40	01:04:57	31:37	576	106
785	696	Michelle Woulahan	PACE Antrim	F35	01:05:15	31:28	209	46
786	454	Linda LOWRY		F35	01:05:31	32:24	210	47
787	837	William Duddy		M55	01:05:44	31:52	577	24
788	582	Mervyn SMITH		M65	01:05:47	31:59	578	7
789	853	Julie Arthur		F40	01:05:59	31:49	211	48
790	592	Claire TONER		FO	01:06:00	31:57	212	67
791	821	Mihaela Ghita		FO	01:06:01	32:15	213	68
792	586	Cahir STATHAM		MO	01:06:31	32:59	579	160
793	445	Luan LAPPIN		F40	01:06:40	33:23	214	49
794	303	Damien MCNULTY	Translink AC	MO	01:06:59	32:22	580	161
795	544	Joanna NELSON		FO	01:07:12	32:14	215	69
796	666	Craig Young		MO	01:07:12	32:14	581	162
797	315	Maura MCCALLION	Up & Runners	F35	01:08:03	33:01	216	48
798	872	Catherine Hughes		F35	01:08:04	33:01	217	49
799	510	Rachel MCKENZIE	Orangegrove AC	F35	01:08:10	32:44	218	50
800	517	Therese MCKINNEY		F50	01:08:12	33:25	219	21
801	838	Elias Joudeh		M50	01:10:32	34:44	582	55
802	516	Siobhan MCKINNEY		F45	01:11:34	34:21	220	24
803	497	Sinead MCDONNELL		F40	01:11:34	34:52	221	50
804	353	Nicky CARMICHAEL		FO	01:16:10	36:31	222	70

#### Mens Teams of 6

1	Annadale	75
2	Armagh	151
3	North Belfast	206
4	Willowfield	214
5	North Down	248
6	Letterkenny	262
7	Larne	496
8	Newcastle	514
9	Ballymena Runners	542

#### Womens Teams of 3

1	North Belfast	13
2	North Down	37
3	Lagan Valley	47

4	Letterkenny	61
5	Dromore	77
6	City of Derry	128