

Podium4Sport Seeley Cup 10k 2024

Finisher List 10km

Bib	Pos.	Name	Club	AG	Chip Time	Gun Time
10km						
60	1	Bhrane GIBREBRHAN	Annadale Striders	M	0:29:59	0:29:59
231	2	Conall MCCLEAN	CNDR Track Club	M	0:30:00	0:30:00
229	3	Luke KELLY	CNDR Track Club	M	0:30:32	0:30:32
27	4	Tom MORAN	Dunshaughlon AC	M	0:30:37	0:30:37
10	5	Christopher FIELDING	City of Derry Spartans	M	0:30:46	0:30:46
582	6	Craig MCMEECHAN	North Down AC	M	0:30:47	0:30:48
89	7	Cameron STEWART	Annadale Striders	M	0:30:51	0:30:51
381	8	Luke DINSMORE	Annadale Striders	M	0:30:54	0:30:54
519	9	Conán MCCAUGHEY	North Belfast Harriers	M	0:30:56	0:30:56
609	10	Robbie HAGEN	Newcastle & District AC	M	0:31:05	0:31:05
382	11	Neil JOHNSTON	Annadale Striders	M	0:31:12	0:31:13
86	12	Jimmy SLOAN	Annadale Striders	M	0:31:17	0:31:17
52	13	Stephen CONNOLLY	Annadale Striders	M35	0:31:21	0:31:21
243	14	Sean MELARKEY	City of Derry Spartans	M	0:31:31	0:31:32
230	15	Tony MCCAMBRIDGE	CNDR Track Club	M	0:31:51	0:31:51
321	16	Aaron MCGRADY	East Down AC	M35	0:32:04	0:32:04
189	17	James GRACEY	Beechmount Harriers AC	M	0:32:07	0:32:07
228	18	Conor GALLAGHER	CNDR Track Club	M	0:32:08	0:32:09
225	19	Fionntán CAMPBELL	CNDR Track Club	M	0:32:11	0:32:12
551	20	Mark CARBERRY	North Down AC	M	0:32:13	0:32:14
87	21	Jonathan SPRATT	Annadale Striders	M	0:32:13	0:32:14
2547	22	Matthew MCMEEKIN	Sligo AC	M	0:32:29	0:32:30
64	23	Timothy JOHNSTON	Annadale Striders	M	0:32:36	0:32:37
691	24	Patrick MCCOLL	RoadRunners AC	M	0:32:46	0:32:47
88	25	Adam SPRATT	Annadale Striders	M	0:32:52	0:32:53
762	26	Shane DONNELLY	Strive Racing Club	M35	0:32:53	0:32:53
74	27	Brandon MCKEOWN	Annadale Striders	M	0:32:53	0:32:54
985	28	Peter THOMPSON	Victoria Park & Connswater	M	0:32:58	0:32:58
986	29	Ronan TOLAND	Victoria Park & Connswater	M45	0:33:02	0:33:04
226	30	Paul CARTY	CNDR Track Club	M	0:33:08	0:33:08
767	31	Pete TUOHEY	Strive Racing Club	M	0:33:20	0:33:20
588	32	Garry MORROW	North Down AC	M40	0:33:18	0:33:21
51	33	Lochlainn CONNOLLY	Annadale Striders	M35	0:33:21	0:33:23
77	34	Simon MURRAY	Annadale Striders	M40	0:33:22	0:33:23
61	35	Hannah GILLILAND	Annadale Striders	F	0:33:24	0:33:26
633	36	Sean DIAMOND	Omagh Harriers	M	0:33:23	0:33:26
891	37	Matthew MCCAFFREY		M	0:33:27	0:33:27
151	38	Chris DRYSDALE	Ballydrain Harriers AC	M	0:33:27	0:33:28
2504	39	Christopher DEAN	Willowfield Harriers	M35	0:33:28	0:33:29
556	40	Daniel DINES	North Down AC	M	0:33:34	0:33:35
68	41	Ciaran MCKENDRY	Annadale Striders	M40	0:33:38	0:33:40
518	42	Lorcan MCCANN	North Belfast Harriers	M	0:33:39	0:33:41
28	43	Martin MULDOON	North Belfast Harriers	M50	0:33:41	0:33:43
458	44	John JACKSON	Lagan Valley AC	M35	0:33:42	0:33:44

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Bib	Pos.	Name	Club	AG	Chip Time	Gun Time
54	45	Daniel COULTER	Annadale Striders	M	0:33:43	0:33:50
876	46	Darragh MCCULLAGH		M	0:33:49	0:33:51
71	47	Ronan MCAREE	Annadale Striders	M	0:33:52	0:33:54
240	48	Aaron MCCAULEY	City of Derry Spartans	M	0:33:59	0:34:00
640	49	Chris MCNICKLE	Springwell RC	M	0:34:12	0:34:14
464	50	Nakita BURKE	Letterkenney	F35	0:34:15	0:34:15
254	51	Craig HARRISON	Dromore AC	M40	0:34:16	0:34:16
631	52	Phil ADAMS	Omagh Harriers	M40	0:34:20	0:34:22
2506	53	Oliver DUFFIELD	Willowfield Harriers	M	0:34:21	0:34:23
612	54	Patrick MCDAID	Newcastle & District AC	M	0:34:22	0:34:24
565	55	James GRAHAM	North Down AC	M35	0:34:29	0:34:29
478	56	Lee O'BOYLE	Mallusk Harriers	M40	0:34:27	0:34:31
527	57	Matthew MCCOMBE	North Belfast Harriers	M	0:34:33	0:34:34
94	58	John MCGUIRE	Armagh AC	M45	0:34:35	0:34:36
539	59	James TRAINOR	North Belfast Harriers	M35	0:34:35	0:34:36
823	60	Bliadhan GLAS		M	0:34:41	0:34:43
2521	61	Jacob MCKITTRICK	Willowfield Harriers	M	0:34:49	0:34:50
184	62	Kris WILSON	Ballydrain Harriers AC	M	0:34:49	0:34:51
526	63	Gavin MCCAFFREY	North Belfast Harriers	M	0:34:50	0:34:52
407	64	Adam BOYD	Keep 'er Lit	M40	0:34:52	0:34:53
678	65	Mark TOURISH	Rise Running Club	M	0:34:54	0:34:55
383	66	Conor O'RAWE	Highgate Harriers	M	0:34:58	0:35:01
480	67	Mark SMITH	Mallusk Harriers	M55	0:35:01	0:35:03
700	68	Ciaran REA	RoadRunners AC	M40	0:35:06	0:35:08
368	69	Conor SMYTH	Galbally Runners	M	0:35:03	0:35:08
692	70	Brendan MCNALLY	RoadRunners AC	M40	0:35:07	0:35:09
2515	71	Russell HUGHES	Willowfield Harriers	M40	0:35:05	0:35:10
300	72	Neil CURRAN	East Down AC	M45	0:35:09	0:35:10
696	73	Dallan MCALEENAN	RoadRunners AC	M45	0:35:09	0:35:11
53	74	Philip COOPER	Annadale Striders	M45	0:35:10	0:35:12
765	75	Aidan O HAGAN	Strive Racing Club	M45	0:35:13	0:35:13
337	76	Adam WITHERS	East Down AC	M	0:35:13	0:35:15
610	77	Simon HODGE	Newcastle & District AC	M40	0:35:14	0:35:18
512	78	John KEARNEY	North Belfast Harriers	M	0:35:19	0:35:21
837	79	Thomas HORNER		M40	0:35:20	0:35:23
474	80	Peter HUGHES	Mallusk Harriers	M40	0:35:18	0:35:23
285	81	Ross MERCER	East Antrim Harriers	M45	0:35:21	0:35:24
251	82	Roger AIKEN	Dromore AC	M40	0:35:23	0:35:25
619	83	Ruairi DONNELLY	Newry City Runners	M40	0:35:22	0:35:25
493	84	Justin BLOOMER	Mid Ulster AC	M	0:35:24	0:35:26
34	85	Joshua ROLLOOS		M	0:35:25	0:35:28
581	86	Josh MCDOWELL	North Down AC	M	0:35:26	0:35:28
253	87	Evan EVANS	Dromore AC	M40	0:35:27	0:35:29
351	88	Kyle WILSON	Flying Machines Running Club	M40	0:35:23	0:35:29
352	89	David LAIRD	Foyle Valley AC	M	0:35:32	0:35:33

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677	90	Seosamh MAHON	Rise Running Club	M45	0:35:33	0:35:33
44	91	Terence MURPHY	ANI Unattached	M40	0:35:29	0:35:35
63	92	Calum IRVINE	Annadale Striders	M35	0:35:35	0:35:37
576	93	Francis MARSH	North Down AC	M55	0:35:38	0:35:41
766	94	Kieran SCULLION	Ballymena Runners	M45	0:35:40	0:35:43
69	95	Conor MCMULLAN	Annadale Striders	M50	0:35:42	0:35:44
573	96	Mickael LE NU	North Down AC	M	0:35:44	0:35:47
522	97	Colin MCDOWELL	North Belfast Harriers	M55	0:35:46	0:35:48
725	98	Martin STRACHAN	Scrabo Striders	M40	0:35:46	0:35:50
989	99	Stuart WILSON	Victoria Park & Connswater	M40	0:35:48	0:35:52
187	100	Ryan DONNELLY	Beechmount Harriers AC	M	0:35:53	0:35:54
973	101	Nathan MCALEESE	Victoria Park & Connswater	M35	0:35:51	0:35:55
821	102	Conor GEOGHEGAN		M35	0:35:53	0:35:56
132	103	Tony SCULLION	Ballymena Runners	M40	0:35:58	0:36:01
258	104	Nigel MCKIBBIN	Dromore AC	M55	0:36:01	0:36:03
595	105	Dennis SCOTT	North Down AC	M35	0:36:01	0:36:04
2503	106	Duncan CORRIE	Willowfield Harriers	M35	0:36:02	0:36:05
600	107	Thomas STEELE	North Down AC	M40	0:36:02	0:36:05
327	108	Catherine O'CONNOR	East Down AC	F35	0:36:03	0:36:05
906	109	Andrew NIXON		M35	0:36:04	0:36:08
70	110	Leo MCSWEENEY	Annadale Striders	M	0:36:07	0:36:09
341	111	James DOWNEY	Flying Machines Running Club	M35	0:36:07	0:36:13
84	112	Craig REA	Annadale Striders	M	0:36:12	0:36:14
779	113	Gavin MURRAY	Tafelta AC	M45	0:36:16	0:36:18
124	114	Jack MCKENNA	Ballymena Runners	M	0:36:18	0:36:19
207	115	Ciaran TONER	Belfast Running Club	M40	0:36:18	0:36:21
216	116	Adrian MARTIN	Carmen Runners	M40	0:36:17	0:36:23
687	117	David KELLY	RoadRunners AC	M40	0:36:22	0:36:24
483	118	Andrew MCCREA	Monkstown Spartans AC	M40	0:36:21	0:36:24
2540	119	Neill WEIR	Willowfield Harriers	M45	0:36:23	0:36:25
941	120	Jeremy STRONG		M35	0:36:22	0:36:27
421	121	Gary MCFALL	Keep 'er Lit	M40	0:36:21	0:36:27
764	122	Andrew NEWELL	Strive Racing Club	M	0:36:27	0:36:31
615	123	Brendan MCQUAID	Newcastle & District AC	M40	0:36:29	0:36:33
574	124	Andy LOWRY	North Down AC	M40	0:36:30	0:36:34
387	125	Sean MCCULLAGH	Island TC	M	0:36:30	0:36:36
138	126	Jonathan MCCLOY	Belfast Assoc RC & FR	M35	0:36:34	0:36:37
115	127	Daniel HANNA	Ballymena Runners	M	0:36:34	0:36:37
999	128	Tim BROWNLIE	Willowfield Harriers	M45	0:36:36	0:36:38
414	129	Darren IRWIN	Keep 'er Lit	M45	0:36:38	0:36:39
686	130	Sabarish IYER	RoadRunners AC	M35	0:36:37	0:36:40
73	131	Robyn MCKEE	Annadale Striders	F	0:36:37	0:36:40
76	132	Andrew MULLEN	Annadale Striders	M	0:36:41	0:36:45
392	133	Michael MCLERNON	Jog Lisburn	M40	0:36:41	0:36:47
602	134	Dean VARLEY	North Down AC	M	0:36:46	0:36:50

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524	135	Sarah MCNUTT	North Belfast Harriers	F35	0:36:49	0:36:52
507	136	Conor CURRAN	North Belfast Harriers	M45	0:36:49	0:36:52
578	137	Aaron MCAULEY	North Down AC	M45	0:36:47	0:36:53
785	138	David AHERN		M45	0:36:53	0:36:54
173	139	Jamie ORR	Ballydrain Harriers AC	M	0:36:50	0:36:54
2525	140	Jamie MORRIS	Willowfield Harriers	M	0:36:55	0:36:55
708	141	Ryan MCMULLAN	Saintfield Striders	M35	0:36:50	0:36:55
969	142	Adam HARVEY	Victoria Park & Connswater	M35	0:36:51	0:36:55
190	143	Sarah LAVERY	Beechmount Harriers AC	F	0:36:52	0:36:56
119	144	Dale KIRKWOOD	Ballymena Runners	M35	0:36:50	0:36:58
732	145	Stephen MCLAUGHLIN	Springwell RC	M35	0:36:54	0:36:58
296	146	Matt BEZZANT	East Down AC	M	0:36:56	0:36:58
154	147	Ryan GALWAY	Ballydrain Harriers AC	M35	0:36:57	0:36:59
625	148	David CONLIFFE	NI Civil Service AC	M45	0:36:58	0:37:01
570	149	N IRVINE	North Down AC	M45	0:37:00	0:37:02
486	150	Richard BELL	Mourne Runners	M45	0:37:01	0:37:04
575	151	Declan MAGEE	North Down AC	M45	0:37:01	0:37:06
244	152	Judith STORM	City of Derry Spartans	F35	0:37:07	0:37:09
587	153	Katie MOORE	North Down AC	F	0:37:05	0:37:09
804	154	James ABRAHAM	Victoria Park & Connswater	M	0:37:05	0:37:10
775	155	James LAVERTY	Tafelta AC	M35	0:37:08	0:37:11
118	156	Brendan KERR	Ballymena Runners	M40	0:37:04	0:37:11
798	157	Gregory CROFT		M40	0:37:07	0:37:12
991	158	Kyle ARBUTHNOT	Willowfield Harriers	M	0:37:09	0:37:14
579	159	Alan MCCONNELL	North Down AC	M40	0:37:11	0:37:15
874	160	Ciaran MCCORMICK		M35	0:37:08	0:37:15
2523	161	Christopher MOREN	Willowfield Harriers	M40	0:37:11	0:37:16
237	162	Ronan HEALY	City of Derry Spartans	M50	0:37:11	0:37:18
806	163	Ben DILWORTH		M	0:37:13	0:37:18
2505	164	Alistair DUFFIELD	Willowfield Harriers	M50	0:37:15	0:37:18
498	165	Niall ARMSTRONG	North Belfast Harriers	M	0:37:13	0:37:19
205	166	Callum ROBINSON	Belfast Running Club	M	0:37:14	0:37:20
635	167	John CLOSE		M35	0:37:14	0:37:22
693	168	David MCCOMB	RoadRunners AC	M35	0:37:22	0:37:24
508	169	David CURRAN	North Belfast Harriers	M50	0:37:18	0:37:24
297	170	Paul BURNS	East Down AC	M50	0:37:24	0:37:26
298	171	Dermot CAHILL	East Down AC	M45	0:37:22	0:37:27
2529	172	David PROCTOR	Willowfield Harriers	M40	0:37:23	0:37:28
131	173	Jamie SCOTT	Ballymena Runners	M	0:37:23	0:37:28
263	174	John WARD	Dromore AC	M45	0:37:27	0:37:30
562	175	Jonathan GIBSON	North Down AC	M40	0:37:31	0:37:34
380	176	Kevin O'BOYLE	Glens Runners	M45	0:37:32	0:37:36
47	177	Harriet BUSWELL	Annadale Striders	F	0:37:33	0:37:36
534	178	Arran RUTLEDGE	North Belfast Harriers	M45	0:37:37	0:37:37
739	179	James WEIR	Springwell RC	M35	0:37:31	0:37:38

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Bib	Pos.	Name	Club	AG	Chip Time	Gun Time
79	180	Niall O'GORMAN	Annadale Striders	M50	0:37:39	0:37:43
343	181	Stewart KIRKLAND	Flying Machines Running Club	M35	0:37:35	0:37:44
680	182	Nicola BLACK	RoadRunners AC	F40	0:37:46	0:37:46
694	183	Martin MCKENNA	RoadRunners AC	M45	0:37:42	0:37:46
32	184	Ben PROCTOR	Willowfield Harriers	M	0:37:47	0:37:47
342	185	Gary HEARN	Flying Machines Running Club	M45	0:37:41	0:37:47
689	186	Pamela KIRK	RoadRunners AC	F40	0:37:44	0:37:47
116	187	Sean HASSON	Ballymena Runners	M	0:37:46	0:37:48
2514	188	Emma Laura Martin HORNER	Willowfield Harriers	F35	0:37:41	0:37:48
427	189	Dermot MCCABE	Keep 'er Lit	M50	0:37:43	0:37:49
572	190	Maol LARKIN	North Down AC	M	0:37:42	0:37:49
144	191	Brian BOGLE	Ballydrain Harriers AC	M45	0:37:41	0:37:49
495	192	Sam LINTON	Mid Ulster AC	M40	0:37:47	0:37:50
559	193	Chris DOWNEY	North Down AC	M45	0:37:44	0:37:51
671	194	Reuben MOORE	Portadown RC	M	0:37:45	0:37:52
153	195	Paul FLYNN	Ballydrain Harriers AC	M40	0:37:47	0:37:52
373	196	Robert MARTIN	Glenlough Running Club	M35	0:37:48	0:37:53
350	197	Mark SMITH	Flying Machines Running Club	M35	0:37:45	0:37:53
894	198	David MCCLEAN		M	0:37:51	0:37:54
246	199	Kelly NEELY	City of Lisburn AC	F45	0:37:53	0:37:56
14	200	Ryan HAND		M40	0:37:52	0:37:57
970	201	Ben HOLDEN	Victoria Park & Connswater	M35	0:37:54	0:37:58
415	202	Brendan KELLY	Keep 'er Lit	M45	0:37:50	0:37:58
525	203	Matthew MCNUIT	North Belfast Harriers	M35	0:37:56	0:37:58
12	204	Stephen GRAY		M45	0:37:55	0:37:59
699	205	John QUINN	RoadRunners AC	M40	0:37:56	0:38:00
330	206	Hannah SOMANI	East Down AC	F	0:37:55	0:38:00
2522	207	Conor MOFFETT	Willowfield Harriers	M	0:38:01	0:38:01
982	208	Mark SHIELDS	Victoria Park & Connswater	M55	0:38:00	0:38:02
514	209	Michael LAMONT	North Belfast Harriers	M	0:37:59	0:38:02
325	210	Joe NAPIER	East Down AC	M45	0:38:04	0:38:06
605	211	Ciaran BRENNAN	Newcastle & District AC	M	0:38:06	0:38:08
15	212	Lorcan HUGHES		M	0:38:05	0:38:09
140	213	Michael PURCELL	Belfast Assoc RC & FR	M35	0:38:07	0:38:09
56	214	Catriona EDINGTON	Annadale Striders	F	0:38:06	0:38:10
92	215	Stephen WYLIE	Annadale Striders	M40	0:38:08	0:38:10
49	216	Paul CARLISLE	Annadale Striders	M50	0:38:05	0:38:11
83	217	Mark RAFFERTY	Annadale Striders	M35	0:38:07	0:38:12
360	218	Peter CUSH	Galbally Runners	M	0:38:02	0:38:13
239	219	Stephen JAMISON	City of Derry Spartans	M45	0:38:15	0:38:15
75	220	Tom MILLS	Annadale Striders	M	0:38:12	0:38:16
657	221	Eoghan GRIBBIN	PACE RC	M35	0:38:11	0:38:18
2530	222	Daniel PUGH	Willowfield Harriers	M	0:38:14	0:38:18
655	223	Oliver COOK	PACE RC	M35	0:38:11	0:38:19
295	224	Barrie ATKINSON	East Down AC	M45	0:38:15	0:38:20

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33	225	Conall RICE		M	0:38:18	0:38:21
701	226	Rob WALKER	RoadRunners AC	M45	0:38:17	0:38:21
603	227	Colin WALKER	North Down AC	M45	0:38:14	0:38:22
750	228	Harley MCDOWELL	St Peters AC	M	0:38:20	0:38:24
416	229	Barry KIRKLAND	Keep 'er Lit	M50	0:38:22	0:38:26
146	230	William BROWN	Ballydrain Harriers AC	M40	0:38:22	0:38:27
661	231	Ricky MCKNIGHT	PACE RC	M45	0:38:21	0:38:28
174	232	Dovydas PLIAUGA	Ballydrain Harriers AC	M	0:38:19	0:38:28
19	233	David LENAGH		M35	0:38:23	0:38:29
192	234	Ryan MCLAUGHLIN	Beechmount Harriers AC	M35	0:38:27	0:38:31
954	235	Gary WATSON		M	0:38:31	0:38:32
920	236	Nathan ROBINSON		M	0:38:30	0:38:33
879	237	Conor MCGANDY		M35	0:38:30	0:38:35
998	238	David BOYD	Willowfield Harriers	M45	0:38:22	0:38:35
234	239	Darren COYLE	City of Derry Spartans	M50	0:38:34	0:38:35
748	240	Ethan HEADLEY	St Peters AC	M	0:38:30	0:38:37
617	241	Francis TUMELTY	Newcastle & District AC	M50	0:38:32	0:38:37
2526	242	Toby NIBLOCK	Willowfield Harriers	M	0:38:28	0:38:38
569	243	Kevin HARKIN	North Down AC	M	0:38:31	0:38:38
846	244	Edward KEARNEY		M35	0:38:32	0:38:38
2510	245	Ben FORREST	Willowfield Harriers	M	0:38:31	0:38:39
182	246	Andy THOMSON	Ballydrain Harriers AC	M40	0:38:31	0:38:39
292	247	Trevor MCROBERTS	East Coast AC	M35	0:38:36	0:38:40
653	248	Tim OBRIEN	Olympia Triathlon club	M35	0:38:30	0:38:41
271	249	Paul MCCURRY	Dub Runners	M	0:38:35	0:38:41
535	250	Maurice SAVAGE	North Belfast Harriers	M35	0:38:38	0:38:41
760	251	Alan RITCHIE	St Peters AC	M35	0:38:42	0:38:42
340	252	Craig ADAIR	Flying Machines Running Club	M35	0:38:36	0:38:43
749	253	Ryan HENDERSON	St Peters AC	M40	0:38:35	0:38:44
841	254	Thomas IRELAND		M35	0:38:41	0:38:45
545	255	Aaron BEGGS	North Down AC	M35	0:38:41	0:38:46
716	256	Andy HAYLETT	Scrabo Striders	M40	0:38:42	0:38:47
758	257	Patricia O'HAGAN	St Peters AC	F40	0:38:39	0:38:47
147	258	Gareth BROWN	Ballydrain Harriers AC	M40	0:38:41	0:38:47
698	259	Paul QUINN	RoadRunners AC	M45	0:38:44	0:38:48
172	260	Stuart NEALE	Ballydrain Harriers AC	M50	0:38:45	0:38:50
2534	261	Odeta SIDLAUSKAITE	Willowfield Harriers	F40	0:38:49	0:38:51
48	262	David CARLISLE	Annadale Striders	M45	0:38:46	0:38:52
160	263	Stuart KELLY	Ballydrain Harriers AC	M45	0:38:50	0:38:52
347	264	Neil MCKEE	Flying Machines Running Club	M	0:38:54	0:38:54
560	265	Darren EDGAR	North Down AC	M	0:38:51	0:38:56
134	266	James TURTLE	Ballymena Runners	M55	0:38:54	0:38:58
803	267	Matt DEVLIN		M	0:38:55	0:39:00
719	268	Norman MAWHINNEY	Scrabo Striders	M60	0:38:57	0:39:01
932	269	Michael SINTON		M40	0:38:57	0:39:04

Podium4Sport Seeley Cup 10k 2024

Finisher List 10km

Bib	Pos.	Name	Club	AG	Chip Time	Gun Time
346	270	Pierce MCDONALD	Flying Machines Running Club	M35	0:39:01	0:39:06
791	271	Eamonn CANAVAN		M40	0:39:01	0:39:07
208	272	Nicholas WALLACE	Belfast Running Club	M40	0:39:01	0:39:07
365	273	Aimee MULLIN	Galbally Runners	F	0:39:01	0:39:08
990	274	Matthew ALLEN	Willowfield Harriers	M	0:39:13	0:39:13
511	275	Laurence JOHNSTON	North Belfast Harriers	M60	0:39:10	0:39:13
745	276	Paul MCLAUGHLIN	Sperrin Harriers	M55	0:39:10	0:39:14
166	277	Richard MCALPIN	Ballydrain Harriers AC	M40	0:39:05	0:39:15
248	278	Zoe CARRUTHERS	Corstorphine AAC	F	0:39:05	0:39:15
843	279	Shane MCCANN		M	0:39:12	0:39:16
637	280	Gemma BLAKE	Orangethorne AC	F45	0:39:06	0:39:16
645	281	Sean TANUVASA	Orangethorne AC	M	0:39:07	0:39:17
717	282	Gary LYTTLE	Scrabo Striders	M40	0:39:11	0:39:18
662	283	Mark MCCLENAGHAN	PACE RC	M40	0:39:08	0:39:18
345	284	Conor MCCORMAC	Flying Machines Running Club	M	0:39:19	0:39:19
819	285	Conor GALLAGHER		M	0:39:12	0:39:21
728	286	Robert BEST	Seapark AC	M35	0:39:15	0:39:24
711	287	Matt BELL	Scrabo Striders	M35	0:39:23	0:39:28
827	288	Cliff HAMILTON		M45	0:39:19	0:39:29
2502	289	Thomas CARSON	Willowfield Harriers	M50	0:39:27	0:39:34
241	290	Gemma MCGINTY	City of Derry Spartans	F35	0:39:31	0:39:34
608	291	Frank CUNNINGHAM	Newcastle & District AC	M35	0:39:30	0:39:34
738	292	Maurice WALKER	Springwell RC	M55	0:39:31	0:39:35
429	293	Cathal O'HAGAN	Keep 'er Lit	M45	0:39:29	0:39:36
616	294	Sinead MURTAGH	Newcastle & District AC	F40	0:39:33	0:39:38
289	295	Gary WILSON	East Antrim Harriers	M60	0:39:31	0:39:38
235	296	Jack CRAMPSEY	City of Derry Spartans	M	0:39:38	0:39:40
808	297	Ray DOHERTY		M45	0:39:30	0:39:40
155	298	Neil GRAFFIN	Ballydrain Harriers AC	M40	0:39:32	0:39:40
681	299	Paul BUTCHER	RoadRunners AC	M50	0:39:39	0:39:41
697	300	John MCNALLY	RoadRunners AC	M40	0:39:39	0:39:41
880	301	Matthew MCGARRITY		M	0:39:36	0:39:41
179	302	Matthew STANEX	Ballydrain Harriers AC	M	0:39:33	0:39:43
353	303	Ryan MCCALLION	Foyle Valley AC	M40	0:39:34	0:39:44
975	304	Joseph MCKAY	Victoria Park & Connswater	M35	0:39:39	0:39:45
504	305	Dermot COY	North Belfast Harriers	M45	0:39:37	0:39:45
435	306	Fionn WHITEHOUSE	Keep 'er Lit	M	0:39:40	0:39:47
638	307	Mark SLOAN	Newry City Runners	M50	0:39:41	0:39:49
2517	308	Richard KENNEDY	Willowfield Harriers	M35	0:39:42	0:39:49
673	309	Gregory ROBERTS	Portadown RC	M	0:39:39	0:39:50
439	310	Mackenzie LYNCH	Larne AC	M	0:39:47	0:39:52
774	311	Ryan KELLY	Tafelta AC	M35	0:39:47	0:39:53
909	312	Donal O'REILLY		M	0:39:45	0:39:53
943	313	Conor SWEENEY		M40	0:39:41	0:39:54
157	314	Mark HILL	Ballydrain Harriers AC	M	0:39:48	0:39:56

Podium4Sport Seeley Cup 10k 2024

Finisher List 10km

Bib	Pos.	Name	Club	AG	Chip Time	Gun Time
824	315	Patrick GOODMAN		M45	0:39:44	0:39:56
158	316	Sam HUGHES	Ballydrain Harriers AC	M55	0:39:48	0:39:57
516	317	Declan LIGGETT	North Belfast Harriers	M35	0:40:00	0:40:00
469	318	Kevin DONNELLY	Mallusk Harriers	M50	0:39:52	0:40:00
401	319	James HUNTER	Jog Moira	M40	0:39:51	0:40:03
729	320	David FOSTER	Seapark AC	M40	0:39:56	0:40:05
864	321	Joan MAGUIRE		F40	0:40:01	0:40:07
548	322	Simon BOYLE	North Down AC	M55	0:40:00	0:40:07
211	323	Kieran TAGGART	Ballygalget AC	M45	0:39:56	0:40:08
466	324	Stephen ARMOUR	Mallusk Harriers	M35	0:39:59	0:40:08
72	325	Eimear MCCRACKEN	Annadale Striders	F40	0:40:10	0:40:10
388	326	Glenn MURPHY	Island TC	M40	0:40:03	0:40:11
714	327	Gareth DAVIES	Scrabo Striders	M45	0:40:06	0:40:13
586	328	Fiona MCQUILLAN	North Down AC	F40	0:40:08	0:40:14
62	329	Kirsten HERPE	Annadale Striders	F	0:40:13	0:40:17
442	330	William THOMPSON	Larne AC	M60	0:40:14	0:40:19
323	331	Dee MURRAY	East Down AC	M55	0:40:13	0:40:20
412	332	Brendan GILDERNEW	Keep 'er Lit	M45	0:40:04	0:40:20
93	333	Barry LYNCH	Armagh AC	M35	0:40:15	0:40:23
917	334	Conor RICE		M50	0:40:17	0:40:24
20	335	Nathan MACMANUS		M	0:40:15	0:40:24
862	336	Thomas MACAULAY		M50	0:40:18	0:40:25
994	337	Anna BLAKE	Willowfield Harriers	F	0:40:18	0:40:26
120	338	Mark MCCAUL	Ballymena Runners	M40	0:40:18	0:40:26
80	339	Tim O'MALLEY	Annadale Striders	M40	0:40:19	0:40:27
810	340	Oisin DUFFY		M	0:40:22	0:40:28
358	341	Mark REID	Foyle Valley AC	M50	0:40:19	0:40:29
685	342	Ciaran HARRIS	RoadRunners AC	M	0:40:25	0:40:29
663	343	Joel MCFETRIDGE	PACE RC	M40	0:40:22	0:40:30
784	344	Gary ADDIS		M35	0:40:24	0:40:31
972	345	Barry LOGUE	Victoria Park & Connswater	M45	0:40:27	0:40:32
563	346	Rachel GIBSON	North Down AC	F	0:40:33	0:40:33
893	347	Moore MCCARTNEY		M40	0:40:24	0:40:38
912	348	Conor POLLOCK		M40	0:40:33	0:40:40
672	349	Mark REYNOLDS	Portadown RC	M50	0:40:36	0:40:43
424	350	Elaine MCGUCKIN	Keep 'er Lit	F40	0:40:36	0:40:44
542	351	Tom AGNEW	North Down AC	M35	0:40:37	0:40:45
78	352	Noel NAPIER	Annadale Striders	M50	0:40:39	0:40:45
23	353	Ruairdri MCILROY		M	0:40:32	0:40:46
965	354	Ghislain DEMEULDRE	Victoria Park & Connswater	M55	0:40:34	0:40:46
2544	355	Paul FITCHIE	Ward Park Runners	M45	0:40:35	0:40:47
456	356	Michael GILLAN	Lagan Valley AC	M50	0:40:39	0:40:48
634	357	Shane MCMANUS	Omagh Harriers	M	0:40:37	0:40:49
2512	358	Eoin FRANCIS	Willowfield Harriers	M	0:40:39	0:40:49
393	359	Katie PARKER	Jog Lisburn	F	0:40:34	0:40:50

Podium4Sport Seeley Cup 10k 2024

Finisher List 10km

Bib	Pos.	Name	Club	AG	Chip Time	Gun Time
589	360	Philip MULLIGAN	North Down AC	M60	0:40:42	0:40:50
440	361	Phillip MCNEILL	Larne AC	M45	0:40:44	0:40:51
825	362	Oliver GOVETT		M40	0:40:44	0:40:55
57	363	Ellen ERSKINE	Annadale Striders	F	0:40:51	0:40:56
2537	364	David STEVENSON	Willowfield Harriers	M45	0:40:49	0:40:58
666	365	Paul O'KANE	PACE RC	M50	0:40:51	0:40:59
186	366	Paul CATTERSON	Beechmount Harriers AC	M55	0:40:49	0:40:59
503	367	April CLARKE	North Belfast Harriers	F	0:40:56	0:41:00
376	368	Josh MONTGOMERY	Glenlough Running Club	M	0:40:59	0:41:04
394	369	Hazel PARKER	Jog Lisburn	F45	0:40:56	0:41:06
406	370	Jenny STEELE	Jog Moira	F35	0:40:54	0:41:07
907	371	Garvan O'CONNOR		M45	0:41:02	0:41:09
434	372	Gemma WHITEHOUSE	Keep 'er Lit	F45	0:41:02	0:41:09
374	373	Gary MONTGOMERY	Glenlough Running Club	M40	0:41:05	0:41:10
952	374	Chris TYNDALL		M40	0:40:52	0:41:11
485	375	Martin WEATHERSTONE	Monkstown Spartans AC	M45	0:41:01	0:41:12
463	376	Shileen O'KANE	Lagan Valley AC	F55	0:41:10	0:41:13
980	377	Roy ROULSTON	Victoria Park & Connswater	M45	0:41:09	0:41:17
279	378	Peter FRASER	East Antrim Harriers	M40	0:41:14	0:41:18
170	379	Sarah MOORCROFT	Ballydrain Harriers AC	F	0:41:13	0:41:22
137	380	Cian YOUNG	Ballymena Runners	M35	0:41:16	0:41:25
24	381	Catherine MCKENNA		M	0:41:21	0:41:26
359	382	Frankie CONLAN	Galbally Runners	M40	0:41:12	0:41:26
302	383	Jonathan GELSTON	East Down AC	M	0:41:22	0:41:29
847	384	Aaron KELLY		M	0:41:30	0:41:30
643	385	Michael O'DONOGHUE	Orangetown AC	M45	0:41:17	0:41:33
759	386	Deaglan O'HAGAN	St Peters AC	M40	0:41:25	0:41:33
848	387	John KELLY		M60	0:41:29	0:41:34
737	388	Aaron STEELE	Springwell RC	M40	0:41:26	0:41:38
139	389	Samuel MCVICKORS	Belfast Assoc RC & FR	M40	0:41:30	0:41:40
817	390	Cormac FLANNERY		M	0:41:32	0:41:40
294	391	Hannah OTOOLE	East Coast AC	F	0:41:37	0:41:41
390	392	Joseph CONLON	Jog Lisburn	M55	0:41:31	0:41:42
734	393	Ciara MCSHERRY	Springwell RC	F35	0:41:32	0:41:43
854	394	Billy LOGUE		M45	0:41:35	0:41:43
683	395	Dominic DONNELLY	RoadRunners AC	M40	0:41:33	0:41:44
705	396	Simon DAVEY	Saintfield Striders	M	0:41:32	0:41:46
868	397	Conor MCCANN		M	0:41:41	0:41:47
895	398	Damien MCKENNA		M35	0:41:38	0:41:49
777	399	Claire MCATAMNEY	Tafelta AC	F	0:41:42	0:41:50
840	400	Tom HUNTER		M55	0:41:47	0:41:51
91	401	Charlotte WATSON	Annadale Striders	F	0:41:50	0:41:55
102	402	Timothy BAMBER	Ballymena Runners	M35	0:41:57	0:41:57
16	403	Roisin IRVINE	Beechmount Harriers AC	F45	0:41:57	0:41:57
312	404	Eamon KELLY	East Down AC	M50	0:41:46	0:41:58

Podium4Sport Seeley Cup 10k 2024

Finisher List 10km

Bib	Pos.	Name	Club	AG	Chip Time	Gun Time
106	405	Robert CLYDE	Ballymena Runners	M55	0:41:59	0:41:59
104	406	Hall BOOTH	Ballymena Runners	M50	0:41:56	0:42:04
420	407	Peter MCATASNEY	Keep 'er Lit	M35	0:42:00	0:42:07
593	408	Clair QUIGLEY	North Down AC	F45	0:41:55	0:42:07
445	409	John WRIGHT	Larne AC	M35	0:41:59	0:42:08
836	410	Terence HOLLYWOOD		M40	0:41:55	0:42:08
214	411	Deryl MCCAULEY	County Antrim Harriers	M40	0:41:59	0:42:09
541	412	Colin WILLETTS	North Belfast Harriers	M40	0:42:00	0:42:11
795	413	Damien CONNOLLY		M45	0:42:00	0:42:11
334	414	Declan TEAGUE	East Down AC	M55	0:42:05	0:42:11
723	415	Niall MCIVER	Scrabo Striders	M45	0:42:02	0:42:12
149	416	Daniel CLARKE	Ballydrain Harriers AC	M40	0:41:57	0:42:13
238	417	Catherine HRIBAR	City of Derry Spartans	F40	0:42:06	0:42:14
935	418	Taylor SMYTH		M	0:42:06	0:42:15
601	419	Lisa TOMALIN	North Down AC	F35	0:42:08	0:42:17
293	420	Gavin MCKAY	East Coast AC	M35	0:42:13	0:42:19
449	421	Kate BRADLEY	Lagan Valley AC	F40	0:42:09	0:42:20
547	422	Sarah BENTON	North Down AC	F50	0:42:12	0:42:22
783	423	Lindsey SHAW	Tafelta AC	F	0:42:15	0:42:24
747	424	Eddie VIETRINAS	Sperrin Harriers	M35	0:42:15	0:42:27
966	425	Steve GOAN	Victoria Park & Connswater	M40	0:42:12	0:42:28
278	426	James FINLAY	East Antrim Harriers	M55	0:42:21	0:42:29
611	427	Sam MCNEILLY	Newcastle & District AC	F35	0:42:20	0:42:31
459	428	Lauren KELSO	Lagan Valley AC	F	0:42:24	0:42:32
268	429	Robert KING	Dub Runners	M35	0:42:28	0:42:33
992	430	Lois ARBUTHNOT	Willowfield Harriers	F	0:42:20	0:42:34
2527	431	Ryan NUGENT	Willowfield Harriers	M50	0:42:19	0:42:34
194	432	Paul CORTHORN	Belfast Running Club	M45	0:42:28	0:42:38
845	433	Louise JONES		F40	0:42:25	0:42:39
532	434	Fionnuala O'HARE	North Belfast Harriers	F	0:42:29	0:42:41
379	435	Paula MCCARTHY	Glens Runners	F40	0:42:32	0:42:41
976	436	Kyle MONTGOMERY	Victoria Park & Connswater	M40	0:42:24	0:42:42
43	437	Ryan O'NEILL	Albertville Harriers	M	0:42:31	0:42:45
712	438	Michael BURGESS	Scrabo Striders	M35	0:42:34	0:42:46
863	439	Trevor WOODSIDE	Scrabo Striders	M40	0:42:35	0:42:48
129	440	Denver ROBB	Ballymena Runners	M45	0:42:38	0:42:48
90	441	Ben STOCKS	Annadale Striders	M40	0:42:43	0:42:48
159	442	Chris JACKSON	Ballydrain Harriers AC	M	0:42:41	0:42:49
45	443	Aaron ORR	ANI Unattached	M35	0:42:39	0:42:50
740	444	Brian BRADLEY	Sperrin Harriers	M60	0:42:44	0:42:50
721	445	Graeme MCGOWAN	Scrabo Striders	M40	0:42:39	0:42:51
413	446	Carol GOURLEY	Keep 'er Lit	F40	0:42:36	0:42:51
855	447	Darren LONERGAN		M45	0:42:54	0:42:54
506	448	Kevin CROSSLEY	North Belfast Harriers	M50	0:42:40	0:42:54
461	449	Ciaran MCKENNA	Lagan Valley AC	M40	0:42:45	0:42:54

Podium4Sport Seeley Cup 10k 2024

Finisher List 10km

Bib	Pos.	Name	Club	AG	Chip Time	Gun Time
751	450	Donogh MCLAVERTY	St Peters AC	M35	0:42:46	0:42:55
713	451	James COLE-BOYLE	Scrabo Striders	M35	0:42:43	0:42:56
887	452	Lauren MCMURTRY		F	0:42:48	0:42:59
37	453	Ian HOBSON	Acorns AC	M50	0:42:46	0:42:59
857	454	Jr LOUDON		M45	0:42:52	0:43:00
180	455	Colin STEVENSON	Ballydrain Harriers AC	M55	0:42:48	0:43:00
310	456	Niamh KELLETT	East Down AC	F40	0:43:00	0:43:00
494	457	Declan LEUNG	Mid Ulster AC	M40	0:42:46	0:43:04
453	458	Richard EDWARDS	Lagan Valley AC	M55	0:43:05	0:43:05
261	459	Jillian REDPATH	Dromore AC	F50	0:42:50	0:43:05
735	460	Fiona PRUE	Springwell RC	F55	0:42:55	0:43:05
744	461	Damian KELLY	Sperrin Harriers	M55	0:42:55	0:43:06
113	462	Jimmy GRAHAM	Ballymena Runners	M40	0:42:59	0:43:07
247	463	Ian STEELE	City of Lisburn AC	M55	0:43:00	0:43:09
861	464	Paul LYONS		M	0:42:58	0:43:11
436	465	James CRAWFORD	Larne AC	M45	0:43:07	0:43:12
418	466	Leanne MC KENNA	Keep 'er Lit	F40	0:42:58	0:43:12
558	467	Lindsay DOULTON	North Down AC	F45	0:43:03	0:43:13
651	468	Anna LAWThER	Olympia Triathlon club	F	0:42:57	0:43:14
110	469	John DONNELLY	Ballymena Runners	M55	0:43:05	0:43:14
752	470	Mairead MCMANUS	St Peters AC	F40	0:43:04	0:43:14
753	471	John MCMANUS	St Peters AC	M40	0:43:05	0:43:15
344	472	Anna KIRKLAND	Flying Machines Running Club	F	0:43:07	0:43:15
223	473	Stephen O'NEILL	Carryduff Running Club	M45	0:43:07	0:43:19
99	474	Mark ADAIR	Ballymena Runners	M40	0:43:13	0:43:20
348	475	Robert MILLAR	Flying Machines Running Club	M45	0:43:13	0:43:21
629	476	Peter O'HARA	NIMAA	M60	0:43:14	0:43:22
838	477	Andrew HOWES		M60	0:43:15	0:43:23
567	478	Luke HAMILTON	North Down AC	M	0:43:18	0:43:27
652	479	Kerry MCGRILLEN	Olympia Triathlon club	F40	0:43:18	0:43:28
949	480	Peter TRIMBLE	Invictus Triathlon Club	M40	0:43:17	0:43:30
242	481	Kerrie MCILMOYLE	City of Derry Spartans	F45	0:43:16	0:43:31
630	482	Eamon HILL	Olympian Triathlon	M60	0:43:24	0:43:32
743	483	James HEPBURN	Sperrin Harriers	M40	0:43:22	0:43:32
220	484	Kevin KING	Carryduff Running Club	M40	0:43:10	0:43:33
362	485	Gerard JONES	Galbally Runners	M45	0:43:16	0:43:33
773	486	Louise JOHNSTON	Tafelta AC	F35	0:43:25	0:43:35
21	487	Emily MARTIN		M	0:43:36	0:43:38
404	488	Alan SCOTT	Jog Moira	M55	0:43:31	0:43:41
510	489	Joseph GALLAGHER	North Belfast Harriers	M60	0:43:34	0:43:41
538	490	Brian STEWART	North Belfast Harriers	M60	0:43:30	0:43:42
564	491	Keith GILMORE	North Down AC	M45	0:43:31	0:43:43
338	492	James WRIGHT	East Down AC	M	0:43:24	0:43:43
979	493	Peter NICHOLSON	Victoria Park & Connswater	M55	0:43:29	0:43:45
958	494	Brian WELCH		M55	0:43:31	0:43:46

Podium4Sport Seeley Cup 10k 2024

Finisher List 10km

Bib	Pos.	Name	Club	AG	Chip Time	Gun Time
200	495	Aidan MCPEAKE	Belfast Running Club	M50	0:43:37	0:43:47
530	496	Bo MORRISON	North Belfast Harriers	M40	0:43:29	0:43:48
210	497	Andrew GARRETT	Ballygalget AC	M35	0:43:35	0:43:49
349	498	David SKELTON	Flying Machines Running Club	M	0:43:42	0:43:49
339	499	Peter MCEVOY	Enniskillen RC	M45	0:43:32	0:43:50
13	500	Ernest HALL	Newcastle & District AC	M60	0:43:44	0:43:51
443	501	Paul TILSON	Larne AC	M50	0:43:51	0:43:57
108	502	Paul CONNOLLY	Ballymena Runners	M60	0:43:46	0:44:00
993	503	Andrew BELL	Willowfield Harriers	M35	0:43:44	0:44:01
145	504	Kirsty BOGLE	Ballydrain Harriers AC	F45	0:43:47	0:44:02
978	505	Anne MOORE	Victoria Park & Connswater	F45	0:43:47	0:44:02
481	506	Ciaran WRIGHT	Mallusk Harriers	M40	0:43:52	0:44:03
6	507	Niall CROWLEY		M	0:43:57	0:44:05
496	508	Eileen MURTAGH	Na Fianna AC	F45	0:43:56	0:44:06
122	509	John MCCLELLAND	Ballymena Runners	M45	0:44:02	0:44:13
724	510	Craig SIMPSON	Scrabo Striders	M40	0:43:59	0:44:13
2507	511	Jasmine ELLISON	Willowfield Harriers	F	0:44:06	0:44:17
814	512	Modestas EIDEJUS		M	0:44:06	0:44:20
284	513	Jonathan MARTIN	East Antrim Harriers	M50	0:44:09	0:44:20
29	514	Paul O'DRISCOLL		M40	0:44:06	0:44:21
175	515	Garth SCATES	Ballydrain Harriers AC	M45	0:44:11	0:44:23
1	516	Johnny BOGUES		M	0:44:10	0:44:23
405	517	Paul SILCOCK	Jog Moira	M35	0:44:07	0:44:23
544	518	Christopher BALLENTINE	North Down AC	M40	0:44:14	0:44:24
675	519	Paul MARSHALL	Rasharkin Runners	M50	0:44:08	0:44:26
580	520	Valerie MCDONOUGH	North Down AC	F50	0:44:18	0:44:31
477	521	Nuala MULDOON	Mallusk Harriers	F45	0:44:23	0:44:32
2501	522	Eve BURNS	Willowfield Harriers	F	0:44:19	0:44:34
307	523	John HANNA	East Down AC	M45	0:44:14	0:44:35
885	524	Barry MCKENNA		M40	0:44:22	0:44:36
646	525	Edwina TERNAN	Orangetown AC	F40	0:44:24	0:44:38
39	526	Alan SHAW	Acorns AC	M55	0:44:38	0:44:38
669	527	Rory CAMPBELL	Portadown RC	M	0:44:32	0:44:39
946	528	Alexander TITOV		M45	0:44:31	0:44:41
58	529	Cory FINES	Annadale Striders	M	0:44:26	0:44:43
183	530	Alexander WATTS	Ballydrain Harriers AC	M	0:44:30	0:44:43
664	531	Adrian MCMULLAN	PACE RC	M60	0:44:32	0:44:45
411	532	Anna DONNELLY	Keep 'er Lit	F45	0:44:36	0:44:46
447	533	Madison BOWYER	Lagan Valley AC	F	0:44:39	0:44:49
448	534	Cormac BRADLEY	Lagan Valley AC	M50	0:44:51	0:44:51
642	535	Robin MONTGOMERY	Orangetown AC	M50	0:44:40	0:44:52
472	536	Bradie HOGG	Mallusk Harriers	F	0:44:45	0:44:57
308	537	Stephen HEASLEY	East Down AC	M55	0:44:36	0:44:58
283	538	David LENNON	East Antrim Harriers	M55	0:44:49	0:45:00
549	539	Glynis BOYLE	North Down AC	F60	0:44:52	0:45:00

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Finisher List 10km

Bib	Pos.	Name	Club	AG	Chip Time	Gun Time
805	540	Paul DICKSON		M40	0:44:46	0:45:02
7	541	Jack DICKSON		M	0:44:46	0:45:02
870	542	Sinead MCCARRY		F40	0:44:54	0:45:02
245	543	Brian ARMSTRONG	City of Lisburn AC	M55	0:44:50	0:45:02
215	544	Jack WILSON		M	0:45:03	0:45:03
329	545	Seamus SAVAGE	East Down AC	M40	0:44:53	0:45:05
2524	546	Stephen MORRIS	Willowfield Harriers	M50	0:44:55	0:45:06
2511	547	Kirsti Charlotte FOSTER	Willowfield Harriers	F	0:44:56	0:45:07
960	548	Declan MCGRELLIS	Belfast Assoc RC & FR	M50	0:44:54	0:45:07
682	549	Peter CAMPBELL	RoadRunners AC	M45	0:44:57	0:45:09
786	550	William ANDREWS		M35	0:44:51	0:45:12
884	551	Eilis MCKAY		F35	0:45:08	0:45:13
264	552	Colin WATSON	Dromore AC	M55	0:45:08	0:45:17
316	553	Sharon MADINE	East Down AC	F55	0:44:58	0:45:19
968	554	Caitriona HAMILTON	Victoria Park & Connswater	F40	0:45:02	0:45:20
482	555	Mandy YAU-WILSON	Mallusk Harriers	F40	0:45:08	0:45:20
543	556	Nick ANDERSON	North Down AC	M45	0:45:13	0:45:21
620	557	James IRWIN	Newry City Runners	M	0:45:09	0:45:22
81	558	Marianne OLIER	Annadale Striders	F	0:45:23	0:45:29
820	559	Conor GARRITY		M40	0:45:05	0:45:31
971	560	Raymond LEITCH	Victoria Park & Connswater	M50	0:45:19	0:45:39
822	561	Wilson MCALLISTER	Jog Moira	M60	0:45:33	0:45:41
133	562	Jim STEWART	Ballymena Runners	M60	0:45:26	0:45:42
2520	563	Katie MCKITTRICK	Willowfield Harriers	F	0:45:31	0:45:43
684	564	Jamie GODEFROY	RoadRunners AC	M45	0:45:30	0:45:44
695	565	Aoife MCKEOWN	RoadRunners AC	F40	0:45:35	0:45:46
314	566	Kieran KEOWN	East Down AC	M40	0:45:53	0:45:53
911	567	Hannah ORCHARD		F	0:45:38	0:45:54
250	568	Will ROBINSON	Dee Runners	M40	0:45:39	0:45:56
273	569	Kirstie ANNETT	East Antrim Harriers	F35	0:45:47	0:45:59
272	570	Sean MCINTYRE	Dub Runners	M60	0:45:50	0:45:59
898	571	Ronan MCQUILLAN		M	0:45:50	0:45:59
236	572	Jim DOYLE	City of Derry Spartans	M60	0:45:47	0:45:59
276	573	Jonathan CRAIG	East Antrim Harriers	M50	0:45:49	0:46:00
398	574	Andrew WILLIS	Jog Lisburn	M50	0:45:56	0:46:07
772	575	Niamh GRIBBEN	Tafelta AC	F45	0:45:59	0:46:11
255	576	Brian HILLEN	Dromore AC	M40	0:45:55	0:46:12
203	577	Brendan MULGREW	Belfast Running Club	M55	0:45:54	0:46:12
981	578	Athanasia SEVASTAKI	Victoria Park & Connswater	F50	0:46:01	0:46:16
741	579	Richard FOX	Sperrin Harriers	M50	0:46:04	0:46:17
555	580	Olivia CUMMING	North Down AC	F	0:46:01	0:46:17
265	581	Clifford WYLIE	Dromore AC	M35	0:46:02	0:46:18
492	582	Claire O'ROURKE	Murlough AC	F40	0:46:00	0:46:19
475	583	Brendan MCGEOWN	Mallusk Harriers	M50	0:46:09	0:46:21
596	584	Claire SCOTT	North Down AC	F50	0:46:22	0:46:22

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Finisher List 10km

Bib	Pos.	Name	Club	AG	Chip Time	Gun Time
333	585	John TAYLOR	East Down AC	M45	0:46:01	0:46:22
853	586	Mark LENNON		M40	0:46:23	0:46:23
2516	587	Lee KELLY	Willowfield Harriers	M35	0:46:09	0:46:23
2536	588	Emma STEVENSON	Willowfield Harriers	F45	0:46:12	0:46:24
849	589	Joseph KENNEDY		M45	0:46:11	0:46:25
636	590	Pauline BAYLISS	Orangethorne AC	F45	0:46:27	0:46:27
38	591	Kate SEMPLE	Acorns AC	F45	0:46:16	0:46:30
984	592	Stuart THOM	Victoria Park & Connswater	M50	0:46:15	0:46:32
18	593	Steve KING		M60	0:46:17	0:46:33
59	594	Ellie GETTINBY	Annadale Striders	F	0:46:27	0:46:34
658	595	Chris JOHNSTON	PACE RC	M35	0:46:22	0:46:35
926	596	Stephen RUNALLS		M40	0:46:35	0:46:35
489	597	Paul KANE	Murlough AC	M35	0:46:16	0:46:36
444	598	M TODD	Larne AC	M50	0:46:31	0:46:37
490	599	Lauranne MCMULLAN	Murlough AC	F50	0:46:20	0:46:40
171	600	Katherine MOORE	Ballydrain Harriers AC	F40	0:46:28	0:46:40
167	601	Jonathan MCKNIGHT	Ballydrain Harriers AC	M45	0:46:29	0:46:41
165	602	Stuart MCIVER	Ballydrain Harriers AC	M45	0:46:32	0:46:44
957	603	Stephen WEIR		M35	0:46:23	0:46:47
2543	604	Dawn DALY	Ward Park Runners	F35	0:46:43	0:46:48
454	605	Jenny FINLAY	Lagan Valley AC	F35	0:46:39	0:46:50
967	606	Graeme GOURLEY	Victoria Park & Connswater	M45	0:46:48	0:46:54
647	607	Stephen UPRICHARD	Orangethorne AC	M	0:46:42	0:46:58
500	608	Vincent BRADLEY	North Belfast Harriers	M60	0:46:45	0:46:59
185	609	Roisin BLUE	Beechmount Harriers AC	F40	0:47:01	0:47:14
270	610	Neil MCCAFFERTY	Dub Runners	M	0:47:01	0:47:15
665	611	Frances MCMULLAN	PACE RC	F60	0:47:04	0:47:17
921	612	Peter ROBSON		M60	0:47:04	0:47:19
850	613	Stuart KENNEDY		M55	0:47:12	0:47:26
866	614	Ronan MC ALEER		M40	0:47:04	0:47:26
402	615	Jane LEATHAM	Jog Moira	F	0:47:06	0:47:28
945	616	Damien TAYLOR		M45	0:47:10	0:47:32
715	617	Robert MCCORMACK	Cavehill and Valley	M60	0:47:23	0:47:38
780	618	Barry NEESON	Tafelta AC	M45	0:47:30	0:47:42
212	619	Michael CHILDS	County Antrim Harriers	M	0:47:30	0:47:45
794	620	Christine CLARKE		F50	0:47:36	0:47:53
26	621	Fiontan MONAGHAN MCCULLOUGH	Olympian Triathlon	M	0:47:42	0:47:55
196	622	Adam FULLARTON-HEALEY	Belfast Running Club	M55	0:47:38	0:47:58
30	623	Donal O'KANE	Olympian Triathlon	M40	0:47:47	0:48:00
112	624	Alison FOSTER	Ballymena Runners	F50	0:47:47	0:48:01
944	625	Gary TAYLOR		M45	0:47:40	0:48:03
4	626	Claire CASSELLS		F40	0:47:46	0:48:04
656	627	Gillian FRANCIS	PACE RC	F45	0:48:05	0:48:05
2535	628	Ashley SOFLEY	Willowfield Harriers	M	0:47:52	0:48:07
191	629	Domhnall MACAULEY	Beechmount Harriers AC	M60	0:47:59	0:48:14

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Finisher List 10km

Bib	Pos.	Name	Club	AG	Chip Time	Gun Time
2	630	Marion BROWN		F55	0:48:00	0:48:16
130	631	Raymond RUCK	Ballymena Runners	M60	0:48:01	0:48:17
902	632	Deborah MURRAY		F45	0:48:01	0:48:21
260	633	Judith NIXON	Dromore AC	F50	0:48:17	0:48:23
256	634	Christine HOOKE	Dromore AC	F35	0:48:06	0:48:24
690	635	Catherine LITTLE	RoadRunners AC	F40	0:48:15	0:48:26
111	636	Eleanor FORREST REID	Ballymena Runners	F50	0:48:02	0:48:26
142	637	William ALEXANDER	Ballydrain Harriers AC	M45	0:48:13	0:48:33
468	638	Johnny CAREY	Mallusk Harriers	M40	0:48:25	0:48:34
835	639	Shaun HENRY	Belfast Running Club	M60	0:48:23	0:48:37
322	640	Paddy MCDONALD	East Down AC	M50	0:48:25	0:48:44
471	641	Owen FULTON	Mallusk Harriers	M45	0:48:28	0:48:47
452	642	Adam BROWN	Lagan Valley AC	M35	0:48:33	0:48:49
262	643	Rebecca STEWART	Dromore AC	F	0:48:35	0:48:53
277	644	Hannah ESLER	East Antrim Harriers	F	0:48:34	0:48:53
400	645	Paul BRACKEN	Jog Moira	M45	0:48:36	0:48:57
403	646	Nicola MCINTYRE	Jog Moira	F50	0:48:36	0:48:58
484	647	Stephen WALLACE	Monkstown Spartans AC	M45	0:48:46	0:48:58
441	648	Ashlynn RODGERS	Larne AC	F	0:48:55	0:49:02
336	649	Marcus WISEMAN	East Down AC	M	0:48:45	0:49:05
936	650	Paula SMYTH		F50	0:48:45	0:49:05
722	651	Michael MCCANN		M	0:48:45	0:49:07
257	652	Russell KENNEDY	Dromore AC	M50	0:48:56	0:49:07
162	653	Jonathan LILLY	Ballydrain Harriers AC	M55	0:48:53	0:49:09
252	654	Michael BROWN	Dromore AC	M35	0:48:56	0:49:12
584	655	June MCMINN	North Down AC	F60	0:48:54	0:49:13
143	656	Shane ANDREWS	Ballydrain Harriers AC	M35	0:48:55	0:49:16
988	657	Simon WATSON	Victoria Park & Connswater	M60	0:48:58	0:49:16
428	658	Ita MCVEIGH	Keep 'er Lit	F45	0:49:00	0:49:19
423	659	Fintan MCGUCKIN	Keep 'er Lit	M45	0:49:15	0:49:19
419	660	Megan MCALISTER	Keep 'er Lit	F	0:49:00	0:49:20
888	661	Thomas MCNEILL		M55	0:49:12	0:49:22
923	662	Brian ROSS		M50	0:49:08	0:49:26
438	663	Thomas LINTON	Larne AC	M60	0:49:16	0:49:28
828	664	David HAMILTON		M40	0:49:08	0:49:29
517	665	Eoin MCCANN	North Belfast Harriers	M	0:49:16	0:49:31
621	666	Joanne MCCLUSKEY	Newry City Runners	F50	0:49:11	0:49:31
2528	667	Craig POSNETT	Willowfield Harriers	M45	0:49:16	0:49:35
2542	668	Andrew CURRY	Ward Park Runners	M50	0:49:18	0:49:35
977	669	Richard MOORE	Victoria Park & Connswater	M55	0:49:36	0:49:36
202	670	Jill MELLON	Belfast Running Club	F60	0:49:14	0:49:37
169	671	Simon MOFFETT	Ballydrain Harriers AC	M50	0:49:22	0:49:39
731	672	Peter JACK	Springwell RC	M60	0:49:24	0:49:41
649	673	Rachel WOODMAN	Orangetown AC	F45	0:49:29	0:49:45
668	674	Julie BEATTIE	Portadown RC	F55	0:49:32	0:49:46

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Finisher List 10km

Bib	Pos.	Name	Club	AG	Chip Time	Gun Time
858	675	Abi LYLE		F35	0:49:29	0:49:46
916	676	Francis REYNOLDS		M50	0:49:33	0:49:47
781	677	Padraig O'KANE	Tafelta AC	M40	0:49:38	0:49:51
332	678	Nuala TAYLOR	East Down AC	F45	0:49:31	0:49:52
942	679	Fiona SUTHERLAND		F50	0:49:40	0:49:52
177	680	Heather STANEX	Ballydrain Harriers AC	F50	0:49:35	0:49:54
987	681	Kristaps VILDE	Victoria Park & Connswater	M40	0:49:39	0:49:58
156	682	Heather HENRY-WILSON	Ballydrain Harriers AC	F	0:49:38	0:49:59
386	683	Ellie KELSO	Island TC	F	0:49:47	0:50:00
2539	684	Una WARNOCK	Willowfield Harriers	F40	0:49:42	0:50:00
501	685	Mark BROOKS	North Belfast Harriers	M55	0:49:48	0:50:01
654	686	Gary BOYLE	PACE RC	M55	0:49:48	0:50:03
2541	687	Rhiannon CARVER	Ward Park Runners	F45	0:49:53	0:50:04
2532	688	Simon REEVE	Willowfield Harriers	M35	0:49:48	0:50:06
2509	689	Chris FLEMING	Willowfield Harriers	M40	0:50:07	0:50:07
746	690	Declan MORRISON	Sperrin Harriers	M45	0:49:52	0:50:07
168	691	Kaitlyn MOFFETT	Ballydrain Harriers AC	F	0:49:54	0:50:13
473	692	Lorna MCMURRAY	Scrabo Striders	F35	0:50:00	0:50:14
859	693	Reece LYNCH		M	0:49:58	0:50:20
704	694	Steven PAUL	RoadRunners AC	M35	0:50:09	0:50:25
790	695	Damian CAMPBELL		M55	0:50:10	0:50:25
818	696	Michael FULLERTON		M60	0:49:57	0:50:33
25	697	Sarah MCMAHON		M	0:50:28	0:50:36
852	698	Mark KINKAID		M60	0:50:26	0:50:42
266	699	Maighread IRELAND	Down Triathlon Club	F	0:50:26	0:50:44
41	700	Sean WILSON	Acorns AC	M35	0:50:34	0:50:49
948	701	Jonathan TODD		M35	0:50:49	0:50:49
479	702	Sarah SCULLION-GALLAGHER	Mallusk Harriers	F35	0:50:32	0:50:50
709	703	Sara MITCHELL	Saintfield Striders	F50	0:50:34	0:50:52
249	704	Graham CAMPBELL	Dee Runners	M60	0:50:37	0:50:55
123	705	Gerry MCCLINTOCK	Ballymena Runners	F45	0:50:35	0:50:56
372	706	Lui HURSON	Glenlough Running Club	M	0:50:39	0:50:56
287	707	Mark PAINE	East Antrim Harriers	M	0:50:36	0:50:56
793	708	Dion CLARKE		F	0:50:48	0:51:05
181	709	Nic STIRK	Ballydrain Harriers AC	M60	0:50:47	0:51:07
331	710	Elisha SURGINOR	Down Triathlon Club	F	0:50:47	0:51:08
742	711	Paula GLASGOW	Sperrin Harriers	F45	0:50:54	0:51:09
886	712	Clare MCKNIGHT		F	0:51:05	0:51:18
384	713	Wendy CHAMBERS	Island TC	F50	0:51:17	0:51:30
924	714	Bernard ROSS		M50	0:51:16	0:51:34
126	715	Patrick MILLAR	Ballymena Runners	M60	0:51:11	0:51:35
688	716	Patrick KERR	RoadRunners AC	M45	0:51:20	0:51:37
776	717	Eamon MCBRIDE	Tafelta AC	M40	0:51:21	0:51:40
796	718	Alex CORNETT		M40	0:51:24	0:51:45
546	719	Nicole BELL	North Down AC	F40	0:51:35	0:51:55

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Finisher List 10km

Bib	Pos.	Name	Club	AG	Chip Time	Gun Time
801	720	Michael DALY		M45	0:51:59	0:51:59
497	721	Gerry ANDERSON	North Belfast Harriers	M55	0:51:55	0:52:16
318	722	Tom MCCLEAN	East Down AC	M55	0:51:57	0:52:17
892	723	Pete MCCANNY		M60	0:52:08	0:52:24
2513	724	Georgia HAMILL	Willowfield Harriers	F	0:52:14	0:52:32
896	725	Mark MCKEOWN		M50	0:52:09	0:52:33
457	726	Fred HAMOND	Lagan Valley AC	M60	0:52:24	0:52:42
320	727	Ashley MCGRADY	East Down AC	F	0:52:21	0:52:42
213	728	Irene DOWNEY	County Antrim Harriers	F60	0:52:29	0:52:50
315	729	Lesley KEOWN	East Down AC	F35	0:52:40	0:53:01
313	730	Maureen KELLY	East Down AC	F55	0:52:43	0:53:03
913	731	Victoria PRATT		F	0:52:49	0:53:14
899	732	Erin MONTGOMERY		M50	0:53:02	0:53:15
198	733	Donna HEALEY	Belfast Running Club	F55	0:52:56	0:53:18
101	734	Billy BAMBER	Ballymena Runners	M60	0:53:09	0:53:26
2545	735	Paula MONTGOMERY	Ward Park Runners	F60	0:53:17	0:53:29
309	736	Gavin HYNDS	East Down AC	M45	0:53:19	0:53:30
583	737	Lisa MCMEECHAN	North Down AC	F50	0:53:15	0:53:35
905	738	Sean MURRAY		M50	0:53:20	0:53:42
648	739	Elaine WESTON	Orangethorne AC	F45	0:53:27	0:53:45
301	740	Clare FORSTER	East Down AC	F40	0:53:29	0:53:49
856	741	Mark LINDSAY		M	0:53:39	0:53:58
385	742	Andrew JACKSON	Island TC	M45	0:53:57	0:54:11
641	743	Judith MCCANN	Orangethorne AC	F45	0:53:49	0:54:12
299	744	Alison CARROLL	East Down AC	F60	0:54:04	0:54:25
955	745	Dominic WEIR		M	0:54:26	0:54:26
2519	746	Darren MCCracken	Willowfield Harriers	M40	0:54:10	0:54:27
324	747	Janine MURRAY	East Down AC	F40	0:54:09	0:54:30
533	748	Jason REID	North Belfast Harriers	M35	0:54:07	0:54:31
667	749	Mark RICHARDS	PACE RC	M50	0:54:24	0:54:39
107	750	Gemma CLYDE	Ballymena Runners	F	0:54:25	0:54:44
604	751	Sarah WILSON	North Down AC	F40	0:54:26	0:54:44
598	752	Paula SIMPSON	North Down AC	F55	0:54:31	0:54:44
813	753	Michael EDGAR		M55	0:54:45	0:54:45
2538	754	Kathryn WALLS	Willowfield Harriers	F45	0:54:29	0:54:46
811	755	Owen DULY		M	0:54:33	0:54:52
995	756	Agnieszka BORYS-GILMOUR	Willowfield Harriers	F45	0:54:36	0:54:54
370	757	Ciara BLACK	Glenlough Running Club	F45	0:54:43	0:55:01
117	758	Sam JACKSON	Ballymena Runners	M60	0:55:10	0:55:10
674	759	Noreen BRIZZELL	Rasharkin Runners	F50	0:54:51	0:55:14
961	760	Gillian WIMPRESS		F40	0:55:15	0:55:29
718	761	Naomi MAGOWAN	Scrabo Striders	F40	0:55:18	0:55:42
996	762	Natalie BOYCE	Willowfield Harriers	F50	0:55:33	0:55:52
199	763	Portia LARLEE	Belfast Running Club	F	0:55:33	0:55:56
627	764	Paul O'HARE	NI Civil Service AC	M60	0:55:45	0:56:00

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Finisher List 10km

Bib	Pos.	Name	Club	AG	Chip Time	Gun Time
35	765	Paul SMITH		M35	0:55:38	0:56:02
568	766	Sophie HAMILTON	North Down AC	F	0:55:36	0:56:03
659	767	Karen JOHNSTON	PACE RC	F35	0:55:37	0:56:03
378	768	Margaret QUINN	Glenlough Running Club	F50	0:56:01	0:56:20
2508	769	Nicola EMERSON	Willowfield Harriers	F	0:56:09	0:56:28
328	770	Marguerite ROBINSON	East Down AC	F55	0:56:12	0:56:32
450	771	Aidan BREWSTER	Lagan Valley AC	M50	0:56:16	0:56:36
889	772	Mark MCREYNOLDS		M	0:56:20	0:56:37
304	773	Wayne GILES	East Down AC	M60	0:56:18	0:56:40
644	774	Jenny POWELL	Orangetown AC	F45	0:56:23	0:56:45
934	775	David SMITH		M55	0:56:41	0:57:03
799	776	Shane CROWLEY		M	0:56:49	0:57:09
281	777	Pamela KANE	East Antrim Harriers	F40	0:56:56	0:57:17
127	778	Norman MURPHY	Ballymena Runners	M60	0:57:32	0:57:57
730	779	Andrew SMYTH	Seapark AC	M60	0:57:56	0:58:20
136	780	Skye WALKER	Ballymena Runners	F	0:58:16	0:58:37
135	781	Darren WALKER	Ballymena Runners	M45	0:58:16	0:58:38
950	782	Mary-Jo TUMELTY		F	0:58:43	0:58:58
844	783	Nicola MCCANN		F	0:58:42	0:58:59
391	784	Christine MCDONNELL	Jog Lisburn	F40	0:58:51	0:59:09
860	785	John LYNCH		M60	0:58:55	0:59:13
613	786	Rory MCMULLAN	Newcastle & District AC	M	0:59:14	0:59:14
830	787	Hugh HARRISON		M55	0:58:50	0:59:14
918	788	Aislinn RICE		F50	0:58:54	0:59:16
953	789	Emme WALLACE		F45	0:58:57	0:59:16
204	790	Eamon RAFFERTY	Belfast Running Club	M40	0:58:59	0:59:21
816	791	Pamela FIELD		F55	1:00:33	1:00:59
399	792	Lois WILSON	Jog Lisburn	F60	1:01:01	1:01:13
389	793	Celene BREEN	Jog Lisburn	F50	1:01:01	1:01:13
275	794	Norman CAUGHEY	East Antrim Harriers	M60	1:01:24	1:01:46
881	795	Emma MCGREEVY		F	1:01:31	1:01:54
465	796	David MCWHIRTER	Lonely Goat RC	M55	1:02:05	1:02:25
754	797	Joan MELANOPHY	St Peters AC	F50	1:02:20	1:02:38
940	798	Nadine STEWART		F	1:03:21	1:03:48
141	799	Ian TAYLOR	Belfast Assoc RC & FR	M60	1:04:31	1:04:46
937	800	Glenn SMYTH		M60	1:05:17	1:05:37
930	801	Colm SEELEY		M35	1:05:53	1:06:10
513	802	Eadaoin KELLY	North Belfast Harriers	F35	1:06:00	1:06:23
523	803	Martin MCLARNON	North Belfast Harriers	M45	1:06:57	1:07:19
720	804	Emma MCCRACKEN	Scrabo Striders	F45	1:07:18	1:07:41
956	805	Jack WEIR		M	1:07:41	1:08:06
224	806	Brian ROCKS	Carryduff Running Club	M45	1:09:56	1:10:21
871	807	Myles MCCARTAN		M55	1:13:13	1:13:33

Number of records: 807