

Pos	Bib	Firstname	LastName	Cat	Club	Student	Finish	Chiptime	1910m	1910m	1180m	Pos
1	249	Conor	Bradley	MO	City of Derry AC Spartans		00:14:44	00:14:44	00:05:25	00:05:39	00:03:41	1
2	804	Danny	Mooney	MO	Letterkenny AC		00:14:48	00:14:48	00:05:25	00:05:39	00:03:45	2
3	255	Ben	Branagh	MO	St Malachy's AC		00:14:48	00:14:48	00:05:25	00:05:39	00:03:45	3
4	1052	Neill	Johnston	MO	Springwell Running Club		00:14:51	00:14:51	00:05:25	00:05:40	00:03:48	4
5	1053	Chris	Madden	MO	City of Lisburn AC		00:15:06	00:15:06	00:05:25	00:05:41	00:04:01	5
6	757	Mark	McKinstry	MO	North Belfast Harriers		00:15:19	00:15:18	00:05:24	00:05:44	00:04:12	6
7	533	Gareth	Hill	M35			00:15:24	00:15:23	00:05:34	00:05:47	00:04:03	7
8	762	Craig	McMeechan	MJ	North Down AC		00:15:25	00:15:24	00:05:35	00:05:47	00:04:04	8
9	478	Lindsay	Gordon	MO	North Belfast Harriers		00:15:27	00:15:26	00:05:36	00:05:46	00:04:06	9
10	617	Noel	Logan	MO	City of Derry AC Spartans		00:15:30	00:15:29	00:05:34	00:05:47	00:04:10	10
11	733	Chris	McGuinness	M35	Foyle Valley AC		00:15:31	00:15:30	00:05:34	00:05:47	00:04:10	11
12	741	Jonathan	McKee	MO	Springwell Running Club		00:15:33	00:15:33	00:05:35	00:05:47	00:04:12	12
13	1026	Neill	Weir	M40	Willowfield Harriers		00:15:36	00:15:35	00:05:35	00:05:47	00:04:16	13
14	623	Seamus	Lynch	MO	Newcastle & District AC		00:15:37	00:15:36	00:05:37	00:05:50	00:04:10	14
15	753	Michael	McKillop	MO	North Belfast Harriers		00:15:38	00:15:37	00:05:38	00:05:58	00:04:04	15
16	210	Andrew	Annett	MO	North Belfast Harriers		00:15:41	00:15:41	00:05:34	00:05:48	00:04:20	16
17	1029	Jonathan	Whan	MO	City of Lisburn AC		00:15:44	00:15:44	00:05:36	00:05:52	00:04:17	17
18	770	Patrick	McNiff	MJ	Banbridge AC		00:15:47	00:15:46	00:05:35	00:05:55	00:04:18	18
19	659	Vincent	McAlister	M35			00:15:49	00:15:48	00:05:38	00:05:54	00:04:17	19
20	853	Stephen	O'Gorman	MO	Dromore AC		00:15:50	00:15:50	00:05:39	00:05:52	00:04:20	20
21	243	Alex	Boyd	MJ	Lagan Valley AC		00:15:58	00:15:58	00:05:36	00:06:06	00:04:18	21
22	739	Darrell	McKee	M35	Acorns AC		00:16:01	00:16:00	00:05:40	00:06:06	00:04:16	22
23	346	Michael	Crawley	MO			00:16:01	00:16:01	00:05:35	00:05:58	00:04:29	23
24	481	Philip	Goss	MO	North Belfast Harriers		00:16:01	00:16:01	00:05:49	00:06:01	00:04:13	24
25	684	Conall	McClellan	MJ	St Malachy's AC		00:16:02	00:16:02	00:05:49	00:06:00	00:04:14	25
26	456	Gerard	Gallagher	MO	Finn Valley AC		00:16:03	00:16:03	00:05:54	00:05:56	00:04:14	

27	358	Conor	Curran	M40	North Belfast Harriers		00:16:04	00:16:03	00:05:47	00:06:03	00:04:15	
28	671	Tony	McCambridge	MJ	St Malachy's AC		00:16:04	00:16:04	00:05:49	00:06:01	00:04:16	Pos
29	317	Lochlainn	Connolly	MO	Belfast Running Club	S	00:16:06	00:16:05	00:05:49	00:06:01	00:04:18	1
30	784	Aaron	Meharg	MO	Acorns AC		00:16:08	00:16:07	00:05:42	00:06:04	00:04:23	2
31	670	Conal	McCambridge	MO	North Belfast Harriers		00:16:11	00:16:10	00:05:38	00:06:08	00:04:26	3
32	984	Kent	Swann	MO	North Belfast Harriers		00:16:13	00:16:12	00:05:53	00:05:56	00:04:25	4
33	1002	Max	Travers	MO	Annadale Striders	S	00:16:17	00:16:16	00:05:49	00:06:02	00:04:27	5
34	324	Edward	Cooke	MO	North Belfast Harriers		00:16:18	00:16:17	00:05:47	00:06:04	00:04:29	6
35	1060	Kerry	O'Flaherty	F35	Newcastle & District AC		00:16:18	00:16:18	00:05:50	00:06:00	00:04:29	7
36	920	Paul	Rowan	M50	Willowfield Harriers		00:16:20	00:16:18	00:05:57	00:06:02	00:04:21	8
37	931	Dennis	Scott	MO	North Down AC		00:16:21	00:16:19	00:05:56	00:06:12	00:04:14	9
38	506	Zak	Hanna	MO	Newcastle & District AC		00:16:20	00:16:20	00:05:39	00:06:10	00:04:32	10
39	645	Francis	Marsh	M50	North Down AC		00:16:21	00:16:20	00:05:55	00:06:07	00:04:20	11
40	1057	Emma	Mitchell	FO	Queen's University Belfast		00:16:27	00:16:27	00:05:50	00:06:12	00:04:26	12
41	545	Russell	Hughes	MO	Willowfield Harriers		00:16:28	00:16:26	00:05:54	00:06:08	00:04:27	13
42	1047	Stephen	Wylie	MO			00:16:27	00:16:27	00:06:01	00:06:06	00:04:21	14
43	818	Garry	Morrow	M35	Willowfield Harriers		00:16:29	00:16:28	00:05:54	00:06:08	00:04:27	15
44	483	Peter	Gracey	MJ	Beechmount Harriers		00:16:32	00:16:30	00:05:54	00:06:17	00:04:22	16
45	552	Chris	Hutchinson	MO	Invictus Triathlon Club		00:16:32	00:16:29	00:06:10	00:06:06	00:04:17	17
46	1056	Stuart	Kennedy	M45	Beechmount Harriers		00:16:35	00:16:33	00:05:58	00:06:12	00:04:25	18
47	285	Johnny	Canning	MO	Foyle Valley AC		00:16:35	00:16:34	00:05:57	00:06:13	00:04:26	19
48	298	Peter	Carty	MJ	Lagan Valley AC		00:16:37	00:16:37	00:05:55	00:06:16	00:04:27	20
49	457	Shane	Gallagher	MO	Finn Valley AC		00:16:37	00:16:37	00:05:54	00:06:06	00:04:38	21
50	566	Timothy	Johnston	MO	Mourne Runners		00:16:38	00:16:37	00:06:05	00:06:16	00:04:19	22
51	876	Thomas	Patterson	MJ	North Down AC		00:16:39	00:16:38	00:05:58	00:06:16	00:04:26	23
52	297	Neil	Carty	M50	North Belfast Harriers		00:16:39	00:16:38	00:05:57	00:06:14	00:04:29	24
53	886	Niall	Porter	MO	Omagh Harriers		00:16:44	00:16:42	00:06:07	00:06:14	00:04:25	25
54	987	Brian	Taggart	M40	Sperrin Harriers	S	00:16:47	00:16:44	00:06:10	00:06:12	00:04:26	26
55	722	Owen	McGinnity	MJ	Beechmount Harriers		00:16:47	00:16:44	00:05:57	00:06:16	00:04:36	27
56	847	Kevin	O'Boyle	M35			00:16:48	00:16:46	00:05:58	00:06:16	00:04:35	28
57	315	David	Conliffe	M40	PACE Running Club		00:16:49	00:16:47	00:06:09	00:06:17	00:04:25	29
58	320	Paul	Conway	MO	Sperrin Harriers		00:16:50	00:16:48	00:06:10	00:06:12	00:04:29	30
59	845	Stephen	Nicholson	M35	PACE Running Club		00:16:51	00:16:48	00:06:14	00:06:15	00:04:23	31

60	512	Aaron	Harrison	MJ	Ballydrain Harriers		00:16:51	00:16:50	00:06:00	00:06:22	00:04:30
61	322	Oliver	Cook	MO	PACE Running Club		00:16:53	00:16:50	00:06:13	00:06:10	00:04:31
62	301	Ben	Caughers	MO	North Down AC		00:16:52	00:16:51	00:05:58	00:06:17	00:04:39
63	882	Chris	Pollock	MO	Queens University AC	S	00:16:53	00:16:51	00:06:04	00:06:19	00:04:31
64	329	Mark	Cornett	MO	St Peters AC		00:16:54	00:16:49	00:06:10	00:06:15	00:04:29
65	790	Andrew	Milligan	MJ	North Belfast Harriers		00:16:54	00:16:53	00:05:58	00:06:22	00:04:35
66	674	Connor	McCann	MJ	North Belfast Harriers		00:16:55	00:16:55	00:05:54	00:06:19	00:04:43
67	351	Darragh	Crossan	MO	Foyle Valley AC		00:17:00	00:17:00	00:05:54	00:06:29	00:04:38
68	1045	Matt	Wray	M50	ANI		00:17:02	00:17:00	00:06:09	00:06:20	00:04:34
69	811	Christopher	Moren	M35	Willowfield Harriers		00:17:02	00:17:00	00:06:19	00:06:21	00:04:23
70	409	Ethan	Dunn	MJ	Ballydrain Harriers		00:16:58	00:16:57	00:05:59	00:06:30	00:04:30
71	736	Andrew	McIntyre	MO	Orangetown AC		00:17:03	00:16:58	00:06:20	00:06:17	00:04:27
72	1035	Jason	Wilson	MO	Ballymena Runners AC		00:17:03	00:17:02	00:06:11	00:06:23	00:04:30
73	637	Patrick	Mahon	MO	City of Derry AC Spartans		00:17:07	00:17:04	00:06:15	00:06:18	00:04:35
74	772	John	McQuade	MO	Queens University AC	S	00:17:09	00:17:07	00:06:01	00:06:25	00:04:44
75	383	Chris	Diamond	MO	Annadale Striders		00:17:12	00:17:10	00:06:08	00:06:31	00:04:34
76	743	Ciaran	McKendry	M35	Annadale Striders		00:17:14	00:17:09	00:06:16	00:06:26	00:04:33
77	572	Ed	Kelly	M40	Dromore AC		00:17:11	00:17:09	00:06:15	00:06:26	00:04:32
78	1065	Martin	Rea	M45	North Belfast Harriers		00:17:14	00:17:11	00:06:11	00:06:26	00:04:38
79	1063	Jessica	Craig	FO	North Down AC		00:17:15	00:17:13	00:06:14	00:06:22	00:04:39
80	372	Chris	Denton	M40	Springwell Running Club		00:17:16	00:17:13	00:06:14	00:06:24	00:04:39
81	746	Vincent	McKenna	MO		S	00:17:17	00:17:13	00:06:22	00:06:20	00:04:36
82	948	Vernon	Shiels	M35	North Belfast Harriers		00:17:18	00:17:13	00:06:17	00:06:19	00:04:43
83	373	Ciaran	Denvir	MO	East Down AC		00:17:20	00:17:18	00:06:08	00:06:29	00:04:44
84	933	Fabrice	Scoupe	M40	Belfast Running Club		00:17:22	00:17:18	00:06:13	00:06:22	00:04:47
85	236	Kevin	Bigmore	M35	Acorns AC		00:17:23	00:17:20	00:06:24	00:06:25	00:04:34
86	717	Colm	McGarry	M35	Belfast Running Club		00:17:27	00:17:23	00:06:24	00:06:32	00:04:32
87	985	Sinead	Sweeney	FO	Queens University AC	S	00:17:24	00:17:22	00:06:12	00:06:29	00:04:45
88	765	Conor	McMullan	M40	Annadale Striders		00:17:28	00:17:25	00:06:31	00:06:25	00:04:32
89	402	Simon	Doyle	M40	Belfast Running Club		00:17:28	00:17:25	00:06:19	00:06:34	00:04:36
90	475	Nat	Glenn	M50	North Belfast Harriers		00:17:29	00:17:23	00:06:26	00:06:30	00:04:34
91	558	Nick	Irvine	M35	North Down AC		00:17:26	00:17:24	00:06:20	00:06:34	00:04:34
92	748	Chris	McKeown	MO	Olympian Triathlon Club		00:17:29	00:17:27	00:06:22	00:06:28	00:04:40

93	763	Jamie	McMeechan	MO	North Down AC		00:17:30	00:17:28	00:06:00	00:06:44	00:04:47
94	806	Ryan	Moore	MO	For Palestine		00:17:31	00:17:29	00:06:12	00:06:33	00:04:48
95	738	Brian	McKee	M50			00:17:30	00:17:29	00:06:10	00:06:30	00:04:51
96	417	Paul	Elliott	M60	Beechmount Harriers		00:17:31	00:17:30	00:06:17	00:06:35	00:04:40
97	216	Amando	Bamisile	MJ	North Belfast Harriers		00:17:32	00:17:30	00:06:00	00:06:30	00:05:03
98	561	Claudia	Jalon	FO	AD Marathon	S	00:17:35	00:17:33	00:06:19	00:06:34	00:04:44
99	695	Barry	McConville	MO	Newcastle & District AC		00:17:36	00:17:34	00:06:15	00:06:34	00:04:48
100	952	Michael	Sinton	MO	Lisburn Triathlon Club		00:17:36	00:17:31	00:06:21	00:06:30	00:04:47
101	254	Bernard	Brady	M50			00:17:33	00:17:30	00:06:29	00:06:28	00:04:38
102	421	John	Ewing	MJ	North Down AC		00:17:36	00:17:35	00:06:14	00:06:39	00:04:44
103	267	Amy	Bulman	F35	Willowfield Harriers		00:17:38	00:17:37	00:06:20	00:06:34	00:04:45
104	318	Noel	Connor	M55	Ballymena Runners AC		00:17:41	00:17:40	00:06:23	00:06:36	00:04:43
105	399	Laura	Douglas	FO		S	00:17:40	00:17:37	00:06:14	00:06:42	00:04:44
106	868	Conor	O'Rawe	MJ	North Belfast Harriers		00:17:42	00:17:39	00:06:08	00:06:42	00:04:52
107	843	John	Nicholson	M40	PACE Running Club		00:17:44	00:17:42	00:06:17	00:06:37	00:04:51
108	676	Barry	McCarroll	M40			00:17:44	00:17:40	00:06:25	00:06:32	00:04:47
109	482	James Jack	Gracey	MJ	Beechmount Harriers		00:17:44	00:17:40	00:06:22	00:06:39	00:04:44
110	434	Oisín	Fearon	MO		S	00:17:47	00:17:43	00:06:38	00:06:39	00:04:32
111	1005	Paul	Tyro	M35	Orangethorne AC		00:17:46	00:17:40	00:06:21	00:06:38	00:04:48
112	960	Mark	Smith	M45	Mallusk Harriers		00:17:49	00:17:47	00:06:26	00:06:39	00:04:45
113	822	Colm	Mullan	M40	Acorns AC		00:17:47	00:17:44	00:06:24	00:06:36	00:04:47
114	265	Tim	Brownlie	M35			00:17:50	00:17:45	00:06:38	00:06:31	00:04:42
115	685	Lorcan	McClellan	MJ	St Malachy's AC	S	00:17:48	00:17:46	00:06:11	00:06:46	00:04:51
116	758	Niall	McKnight	MJ	Lagan College		00:17:49	00:17:44	00:06:38	00:06:38	00:04:33
117	766	Andrew	McMurray	M35	Invictus Triathlon Club		00:17:49	00:17:44	00:06:27	00:06:30	00:04:53
118	871	Stephen	Orr	M40	Orangethorne AC		00:17:51	00:17:45	00:06:39	00:06:40	00:04:34
119	278	Greg	Calvin	MO	Orangethorne AC		00:17:54	00:17:49	00:06:36	00:06:33	00:04:46
120	604	Paul	Le Blanc	M55	Newry AC		00:17:53	00:17:49	00:06:24	00:06:44	00:04:45
121	608	Raymond	Leitch	M40	Victoria Park & Connswater AC		00:17:54	00:17:49	00:06:37	00:06:39	00:04:39
122	922	Mark	Rushby	M45	peninsula triathlon club		00:17:54	00:17:51	00:06:27	00:06:39	00:04:49
123	429	Ian	Farr	M45	Willowfield Harriers		00:17:55	00:17:51	00:06:37	00:06:38	00:04:41
124	605	Michel	Le Velly	M50	Annadale Striders		00:17:56	00:17:53	00:06:31	00:06:41	00:04:45
125	400	Chris	Downey	M35	North Down AC		00:17:56	00:17:50	00:06:29	00:06:44	00:04:43

126	574	Nigel Kelly	M35	Ballydrain Harriers		00:17:57	00:17:53	00:06:40	00:06:37	00:04:40
127	462	Stephen Garland	MO	Belfast Running Club		00:17:58	00:17:54	00:06:25	00:06:49	00:04:45
128	455	Barry Gallagher	M35	Finn Valley AC		00:17:58	00:17:57	00:06:26	00:06:42	00:04:51
129	303	Davd Clarke	M55	North Belfast Harriers		00:17:59	00:17:58	00:06:21	00:06:48	00:04:52
130	999	Denise Toner	F35	Clones AC		00:18:00	00:17:58	00:06:22	00:06:43	00:04:56
131	361	Gary Dane	MO	Victoria Park & Connswater AC		00:17:58	00:17:56	00:06:31	00:06:46	00:04:42
132	470	Daniel Girvin	MO	East Coast AC		00:18:02	00:17:57	00:06:36	00:06:38	00:04:50
133	570	Gary Keenan	M50	Victoria Park & Connswater AC		00:18:02	00:17:59	00:06:37	00:06:41	00:04:45
134	1011	Mark Walker	M45	Marathon Club Ireland		00:18:03	00:17:59	00:06:35	00:06:38	00:04:52
135	708	Sean McDaid	M35			00:18:06	00:18:04	00:06:21	00:06:50	00:04:56
136	599	Maeve Lavery	FO	City of Lisburn AC		00:18:07	00:18:03	00:06:39	00:06:39	00:04:50
137	627	Hughie MacKin	MO	Newry AC		00:18:07	00:18:03	00:06:31	00:06:44	00:04:53
138	288	Paul Carlisle	M40	Lagan Valley AC		00:18:04	00:18:01	00:06:38	00:06:43	00:04:45
139	894	Mark Rafferty	MO	Annadale Striders		00:18:05	00:18:01	00:06:32	00:06:39	00:04:55
140	776	Piaras McShane	MJ	North Belfast Harriers		00:18:07	00:18:04	00:06:17	00:06:51	00:04:59
141	649	David Massey	M40	North Down AC		00:18:05	00:18:04	00:06:20	00:06:49	00:04:58
142	360	Enda Daly	M35	Acorns AC		00:18:08	00:18:03	00:06:30	00:06:47	00:04:52
143	274	Philip Cairnduff	MO	Lagan Valley AC		00:18:08	00:18:04	00:06:34	00:06:43	00:04:52
144	1013	James Wallace	M50	North Belfast Harriers		00:18:09	00:18:04	00:06:36	00:06:48	00:04:46
145	939	Frank Sharkey	M55	Lagan Valley AC		00:18:09	00:18:04	00:06:39	00:06:45	00:04:45
146	1000	James Topping	MJ	Larne AC	S	00:18:09	00:18:07	00:06:30	00:06:49	00:04:52
147	669	Brendan McCambridge	MJ	North Belfast Harriers		00:18:13	00:18:09	00:06:24	00:06:51	00:04:59
148	517	Mark Harvey	M35	Olympian Triathlon Club		00:18:10	00:18:09	00:06:42	00:06:47	00:04:42
149	997	Ronan Toland	M35			00:18:12	00:18:09	00:06:45	00:06:43	00:04:45
150	1059	Shalene McMurray	FO	Newcastle & District AC		00:18:13	00:18:11	00:06:13	00:06:52	00:05:09
151	393	Danny Donaldson	MO	Mallusk Harriers		00:18:18	00:18:13	00:06:35	00:06:43	00:05:01
152	458	Noel Gallagher Ww	M35	Newcastle & District AC		00:18:13	00:18:09	00:06:40	00:06:42	00:04:53
153	626	John MacAulay	MO			00:18:19	00:18:11	00:06:32	00:06:40	00:05:08
154	616	Ian Lockington	M40	Victoria Park & Connswater AC		00:18:19	00:18:14	00:06:37	00:06:41	00:05:01
155	473	Ethang Glenn	MJ	North Belfast Harriers		00:18:20	00:18:14	00:06:31	00:07:03	00:04:47
156	589	Jack Kitson	MO	Foyle Valley AC	S	00:18:21	00:18:17	00:06:27	00:06:51	00:05:03
157	502	Peter Hamilton	M50			00:18:21	00:18:18	00:06:29	00:06:59	00:04:54
158	653	Norman Mawhinney	M55	Ballydrain Harriers		00:18:23	00:18:21	00:06:33	00:06:51	00:04:59

159	420	Evan	Evans	MO	Dromore AC		00:18:20	00:18:15	00:06:32	00:06:48	00:05:01
160	996	Steven	Todd	M45	Dub Running Club		00:18:24	00:18:17	00:06:41	00:06:52	00:04:52
161	332	Alastair	Shaw	MO	Springwell Running Club		00:18:22	00:18:18	00:06:31	00:06:42	00:05:10
162	1078	Esther	Dickson	FO	Newry AC		00:18:24	00:18:21	00:06:34	00:06:54	00:04:57
163	300	Cathal	Cassidy	M35	Acorns AC		00:18:25	00:18:20	00:06:34	00:06:58	00:04:54
164	347	Jason	Crean	MO	Acorns AC		00:18:27	00:18:24	00:06:34	00:06:57	00:04:56
165	390	Catherine	Diver	F40	Beechmount Harriers		00:18:26	00:18:24	00:06:36	00:06:56	00:04:55
166	374	Brian	Derby	M50	Dub Running Club		00:18:27	00:18:25	00:06:41	00:06:52	00:04:56
167	444	Chris	Fleming	M35	Olympian Triathlon Club		00:18:28	00:18:24	00:06:52	00:06:52	00:04:45
168	846	Rebekah	Nixon	FJ	Dromore AC		00:18:30	00:18:28	00:06:36	00:06:56	00:04:59
169	364	Alex	Davidson	M40	Mallusk Harriers		00:18:30	00:18:27	00:06:35		
170	425	Eric	Fairfield	M40	Orangetown AC		00:18:31	00:18:29	00:06:34	00:06:54	00:05:04
171	668	John	McCaffrey	MO	Newry AC		00:18:32	00:18:29	00:06:37	00:07:03	00:04:53
172	632	Andrew	Magill	MO	Ballydrain Harriers		00:18:35	00:18:33	00:06:34	00:07:08	00:04:54
173	777	Sean	McShane	M40	North Belfast Harriers		00:18:32	00:18:28	00:06:42	00:06:50	00:05:01
174	576	Luke	Kelly	MJ	North Belfast Harriers		00:18:36	00:18:32	00:06:32	00:07:00	00:05:05
175	595	James	Lappin	M40	Ballydrain Harriers		00:18:36	00:18:33	00:06:44	00:06:57	00:04:56
176	600	Sarah	Lavery	FO	Beechmount Harriers		00:18:38	00:18:35	00:06:36	00:07:04	00:04:58
177	597	Anthony	Lavery	M35	Albertville Harriers		00:18:38	00:18:33	00:06:50	00:06:53	00:04:56
178	454	Romana	Gafriller	FO	Belfast Running Club		00:18:37	00:18:33	00:06:42	00:06:59	00:04:56
179	834	Nicholas	Napier	M35			00:18:38	00:18:33	00:06:44	00:07:00	00:04:55
180	528	Richard	Hetherington	M35	Seapark AC		00:18:42	00:18:37	00:06:43	00:07:00	00:05:00
181	734	Ronan	McIlvenny	MO		S	00:18:40	00:18:33	00:06:34	00:07:01	00:05:05
182	870	Eamonn	O'Reilly	M45	North Down AC		00:18:38	00:18:34	00:06:48	00:06:56	00:04:55
183	841	Andrew	Newell	MO		S	00:18:43	00:18:36	00:06:46	00:07:04	00:04:54
184	555	Eamonn	Hynes	M35			00:18:49	00:18:37	00:07:07	00:06:48	00:04:55
185	432	Timothy	Farrow	MO			00:18:43	00:18:34	00:07:02	00:06:50	00:04:52
186	294	Zoe	Carruthers	FO	City of Lisburn AC		00:18:50	00:18:48	00:06:34	00:07:12	00:05:06
187	716	Conor	McGandy	MO	Olympian Triathlon Club		00:18:49	00:18:44	00:06:56	00:06:59	00:04:55
188	991	Ann	Terek	F50	City of Lisburn AC		00:18:44	00:18:41	00:06:41	00:06:57	00:05:07
189	921	Jake	Rushby	MJ	North Down AC		00:18:54	00:18:51	00:06:48	00:07:07	00:05:01
190	213	Niall	Armstrong	MJ	North Belfast Harriers		00:18:56	00:18:50	00:06:55	00:07:02	00:05:00
191	703	Paul	McCullagh	M55	City of Lisburn AC		00:18:53	00:18:43	00:07:00	00:06:59	00:04:55

192	838	Tim	Nelson	MO		S	00:18:57	00:18:50	00:06:24	00:07:11	00:05:22
193	411	Mark	Earney	M45	Ballydrain Harriers		00:18:53	00:18:47	00:06:59	00:06:53	00:05:02
194	490	Sarahjane	Guiney	F35	Albertville Harriers		00:18:56	00:18:53	00:06:48	00:07:04	00:05:05
195	680	James	McCaughey	MJ	North Down AC		00:18:54	00:18:52	00:06:39	00:07:04	00:05:12
196	215	Philip	Baillie	MO	North Down AC		00:18:56	00:18:52	00:06:30	00:07:12	00:05:15
197	955	Stephen	Smartt	M45	Willowfield Harriers		00:18:58	00:18:52	00:06:43	00:07:07	00:05:09
198	422	Desmond	Fahy	M45	Orangethorne AC		00:18:57	00:18:52	00:06:53	00:07:04	00:05:00
199	832	Eoin	Napier	M40			00:18:58	00:18:51	00:06:44	00:07:02	00:05:13
200	1020	Michael	Walsh	M45	Enniskillen Running Club		00:18:59	00:18:55	00:06:55	00:07:02	00:05:03
201	388	Karl	Dines	M55	Willowfield Harriers		00:18:59	00:18:56	00:06:43	00:07:08	00:05:09
202	893	Cathal	Quinn	MO			00:19:00	00:18:55	00:06:48	00:07:01	00:05:13
203	1010	Colin	Walker	M40	North Down AC		00:19:03	00:19:01	00:06:43	00:07:04	00:05:18
204	827	Julie	Murphy	F40	Lagan Valley AC		00:19:01	00:18:56	00:06:52	00:07:04	00:05:06
205	380	Frankie	Devlin	M50	City of Lisburn AC		00:19:01	00:18:56	00:06:48	00:07:14	00:05:00
206	867	Ciara	O'Rawe	FJ	North Belfast Harriers		00:19:05	00:19:00	00:07:00	00:07:10	00:04:56
207	1025	Harry	Watton	M50	Willowfield Harriers		00:19:02	00:18:58	00:06:57	00:07:05	00:05:01
208	242	Evan	Boyce	M40	Ballydrain Harriers		00:19:06	00:18:59	00:07:05	00:07:02	00:05:00
209	1037	James	Wilson	M35	City of Lisburn AC		00:19:08	00:19:02	00:06:56	00:07:07	00:05:06
210	355	Frank	Cunningham	MO	Newcastle & District AC		00:19:08	00:19:00	00:06:59	00:07:10	00:04:59
211	571	Niamh	Kellett	F35	East Down AC		00:19:17	00:19:12	00:07:02	00:07:10	00:05:06
212	965	Susan	Smyth	F35	Dromore AC		00:19:14	00:19:12	00:06:51	00:07:10	00:05:13
213	259	Philip	Brines	M55	Lagan Valley AC		00:19:09	00:19:06	00:06:42	00:07:13	00:05:15
214	667	Callum	McCabe	MJ	Lagan Valley AC		00:19:14	00:19:13	00:06:37	00:07:24	00:05:14
215	496	Natalie	Hall	F35	Acorns AC		00:19:17	00:19:13	00:06:47	00:07:19	00:05:11
216	250	Craig	Bradley	MO	Ballydrain Harriers		00:19:16	00:19:09	00:07:05	00:07:05	00:05:07
217	840	James	Newberry	M60	North Belfast Harriers		00:19:20	00:19:19	00:07:00	00:07:11	00:05:11
218	699	Eimear	McCracken	FO	City of Lisburn AC		00:19:21	00:19:17	00:07:00	00:07:12	00:05:10
219	437	Kristoffer	Fegan	M35	Newcastle & District AC		00:19:18	00:19:12	00:07:04	00:07:16	00:04:58
220	612	Sarah	Lindsay	FO	North Down AC		00:19:12	00:19:09	00:06:46	00:07:14	00:05:13
221	989	Andrew	Tees	M35	Orangethorne AC		00:19:13	00:19:07	00:07:08	00:07:12	00:04:54
222	823	Philip	Mulligan	M50	North Down AC		00:19:24	00:19:20	00:07:01	00:07:14	00:05:10
223	235	Laura	Bickerstaff	FO	Dromore AC		00:19:21	00:19:19	00:06:42	00:07:14	00:05:25
224	660	Paula	McAllister	F35	Ballymena Runners AC		00:19:25	00:19:21	00:06:57	00:07:15	00:05:14

225	941	Eamon	Sheridan	MJ	North Belfast Harriers		00:19:23	00:19:09	00:07:02	00:07:16	00:05:06
226	428	Joseph	Fanning	MO		S	00:19:24	00:19:09	00:07:24	00:06:56	00:05:04
227	687	Daniel	McClelland	MO	Ballymena Runners AC		00:19:26	00:19:19	00:07:18	00:07:09	00:05:00
228	562	Cameron	Jenkins	MJ	North Down AC		00:19:26	00:19:23	00:06:26	00:07:29	00:05:32
229	348	Matthew	Cromie	MO	Mallusk Harriers		00:19:28	00:19:23	00:06:36	00:07:25	00:05:27
230	665	Paddy	McAuley	M35	Albertville Harriers		00:19:27	00:19:23	00:06:58	00:07:18	00:05:12
231	579	Andrew Kenn	Kennedy	MO			00:19:27	00:19:25	00:06:48	00:07:11	00:05:29
232	835	Noel	Napier	M40			00:19:26	00:19:19	00:06:53	00:07:18	00:05:16
233	514	Cormac	Harte	MO	QUB TRI	S	00:19:34	00:19:28	00:07:00	00:07:23	00:05:13
234	656	Gerard	McAleenan	M40	Newry City Runners		00:19:30	00:19:21	00:07:14	00:07:09	00:05:08
235	885	Leila	Ponziani	FJ	Lagan Valley AC		00:19:31	00:19:29	00:06:42	00:07:30	00:05:20
236	413	Melissa	Eccles	FO	North Down AC		00:19:29	00:19:23	00:06:54	00:07:18	00:05:19
237	590	Andrew	Knapton	MO	Burren AC	S	00:19:33	00:19:27	00:06:55	00:07:24	00:05:15
238	691	Greg	McClure	M60	North Belfast Harriers		00:19:35	00:19:28	00:07:14	00:07:14	00:05:07
239	775	Patrick	McShane	M40	Albertville Harriers		00:19:33	00:19:27	00:07:06	00:07:16	00:05:12
240	945	Mark	Shields	M50	North Belfast Harriers		00:19:25	00:19:19	00:06:54	00:07:20	00:05:12
241	864	Sean	O'Neill	MO	Cool House	S	00:19:34	00:19:20	00:07:17	00:07:09	00:05:09
242	500	David	Hamilton	MO	Ballymena Runners AC		00:19:35	00:19:32	00:06:47	00:07:28	00:05:21
243	219	Michael	Barton	M35	Ballydrain Harriers		00:19:34	00:19:28	00:07:03	00:07:20	00:05:12
244	252	Richard	Bradley	M40	NI Duathlon		00:19:33	00:19:26	00:07:06	00:07:17	00:05:11
245	727	Conor	McGrath	MJ	Lagan Valley AC		00:19:34	00:19:32	00:06:43	00:07:32	00:05:20
246	990	Andrew	Telford	MO	East Down AC		00:19:36	00:19:27	00:06:54	00:07:18	00:05:24
247	661	Richard	McAlpin	M35	Ballydrain Harriers		00:19:36	00:19:28	00:07:12	00:07:18	00:05:06
248	1014	Nicholas	Wallace	M35	Belfast Running Club		00:19:36	00:19:31	00:07:01	00:07:16	00:05:20
249	909	James	Robinson	MO	East Coast AC		00:19:37	00:19:32	00:06:53	00:07:20	00:05:25
250	940	Alan	Shaw	M50	Acorns AC		00:19:38	00:19:32	00:07:09	00:07:18	00:05:12
251	802	Eric	Montgomery	F60	Lagan Valley AC		00:19:41	00:19:37	00:06:51	00:07:21	00:05:30
252	1046	Ian	Wright	M45			00:19:37	00:19:32	00:07:10	00:07:16	00:05:12
253	859	Shileen	O'Kane	F45	Lagan Valley AC		00:19:38	00:19:36	00:06:51	00:07:24	00:05:24
254	520	Matthew	Haugh	MO		S	00:19:42	00:19:32	00:06:45	00:07:20	00:05:37
255	892	Clair	Quigley	F35	North Down AC		00:19:44	00:19:38	00:07:09	00:07:16	00:05:19
256	419	David	Jackson	M45	Springwell Running Club		00:19:43	00:19:36	00:07:12	00:07:12	00:05:19
257	774	Fiona	McQuillan	F35	North Down AC		00:19:45	00:19:40	00:07:09	00:07:16	00:05:21

258	677	Dáire	McCartan	FJ	Beechmount Harriers	00:19:48	00:19:47	00:06:49	00:07:37	00:05:23
259	819	Brendan	Mulgrew	M45	Belfast Running Club	00:19:41	00:19:36	00:06:58	00:07:22	00:05:22
260	1017	Adrian	Walsh	M55		00:19:49	00:19:47	00:07:09	00:07:23	00:05:18
261	798	Fiontan	Monaghan - Mcc	MJ	Beechmount Harriers	00:19:46	00:19:41	00:06:54	00:07:38	00:05:15
262	1038	Stephen	Wise	M55	North Down AC	00:19:50	00:19:42	00:07:02	00:07:23	00:05:26
263	564	Andrew	Johnston	M45	Dromore AC	00:19:46	00:19:43			
264	1009	James	Vint	MO		00:19:47	00:19:36	00:07:15	00:07:25	00:05:08
265	648	Alan	Massey	M40	North Down AC	00:19:49	00:19:42	00:07:09	00:07:23	00:05:17
266	981	Brendan	Stone	M35	Lisburn Triathlon Club	00:19:52	00:19:49	00:07:01	00:07:28	00:05:24
267	850	Michael	O'Donoghue	M40	Orangethrove AC	00:19:50	00:19:42	00:07:23	00:07:17	00:05:11
268	214	Tracey	Atkinson	F35	Albertville Harriers	00:19:50	00:19:45	00:07:11	00:07:24	00:05:17
269	1023	Diane	Watson	F40	City of Lisburn AC	00:19:54	00:19:51	00:06:55	00:07:33	00:05:27
270	756	Anthony	McKinley	M35	Albertville Harriers	00:19:53	00:19:47	00:07:17	00:07:22	00:05:14
271	204	David	Allen	M55	Albertville Harriers	00:19:55	00:19:50	00:07:10	00:07:23	00:05:23
272	884	Glen	Pollock	M50	Olympian Triathlon Club	00:19:54	00:19:49	00:07:10	00:07:27	00:05:18
273	895	David	Ramsey	MO	Bdo	00:19:58	00:19:41	00:07:15	00:07:17	00:05:27
274	731	Gary	McGuckin	M40	Acorns AC	00:19:55	00:19:51	00:07:08	00:07:28	00:05:19
275	276	Colin	Caldwell	M45	North Down AC	00:19:53	00:19:47	00:07:13	00:07:22	00:05:19
276	553	Emma	Hutchinson	FJ	Ballymena & Antrim AC	00:19:56	00:19:55	00:06:52	00:07:46	00:05:19
277	1001	Jonathan	Topping	MJ	Larne AC	00:19:45	00:19:41	00:07:11	00:07:24	00:05:11
278	395	Steven	Donegan	MO	North Down AC	00:19:57	00:19:51	00:07:11	00:07:29	00:05:19
279	396	John	Donnelly	M45	Ballymena Runners AC	00:19:57	00:19:49	00:07:24	00:07:17	00:05:17
280	732	John Paul	McGuckin	M35	Acorns AC	00:19:58	00:19:51	00:07:08	00:07:30	00:05:21
281	463	Brian	Geddis	M55	North Down AC	00:19:58	00:19:52	00:07:17	00:07:23	00:05:20
282	618	Darren	Lonergan	M35		00:20:00	00:19:51	00:07:35	00:07:27	00:04:59
283	801	Robin	Montgomery	M45	Orangethrove AC	00:20:03	00:19:55	00:07:23	00:07:17	00:05:24
284	855	Graeme	O'Hara	M40	Co Antrim Harriers	00:20:06	00:19:58	00:07:18	00:07:27	00:05:22
285	203	David	Allen	M50	Dromore AC	00:20:08	00:20:06	00:07:14	00:07:30	00:05:26
286	688	Peter	McClelland	M35	North Belfast Harriers	00:20:04	00:19:55	00:07:13	00:07:28	00:05:24
287	543	Darren	Houston	M45	Orangethrove AC	00:20:12	00:20:09	00:07:23	00:07:18	00:05:32
288	663	Eugene	McAuley	M50	Acorns AC	00:20:15	00:20:09	00:07:15	00:07:27	00:05:33
289	237	Jennifer	Black	F40	Victoria Park & Connswater AC	00:20:04	00:19:57	00:07:26	00:07:27	00:05:12
290	904	Cathy	Rice	F35		00:20:10	00:20:04	00:07:18	00:07:33	00:05:21

291	848	Martin	O'Brien	M40	Orangetrove AC		00:20:03	00:19:55	00:07:23	00:07:19	00:05:21
292	1068	Hal	McGonigle	MO			00:20:17	00:20:05	00:07:18	00:07:32	00:05:28
293	851	Ben	O'Driscoll	MO			00:20:18	00:20:08	00:07:23	00:07:30	00:05:26
294	314	Ciaran	Coney	MO		S	00:20:18	00:20:01	00:07:38	00:07:20	00:05:21
295	754	Seamus	McKillop	M50	City of Lisburn AC		00:20:19	00:20:10	00:07:30	00:07:31	00:05:19
296	467	Keith	Gilmore	M35	North Down AC		00:20:20	00:20:14	00:07:13	00:07:36	00:05:32
297	912	Pat	Rocks	M60	Newry City Runners		00:20:22	00:20:14	00:07:29	00:07:31	00:05:23
298	844	Roger	Nicholson	M50	Belfast Assoc RC & FR		00:20:24	00:20:18	00:07:20	00:07:41	00:05:24
299	971	Ian	Steele	M50	Invictus Triathlon Club		00:20:20	00:20:10	00:07:41	00:07:31	00:05:09
300	418	Linda	Emery	F40	Finn Valley AC		00:20:26	00:20:21	00:07:22	00:07:35	00:05:31
301	970	John	Steele	M50	North Belfast Harriers		00:20:23	00:20:18	00:07:22	00:07:41	00:05:21
302	644	Les	Maneely	M40	Acorns AC		00:20:27	00:20:17	00:07:26	00:07:31	00:05:30
303	888	Conor	Preshaw	MO	Olympian Triathlon Club		00:20:30	00:20:21	00:07:19	00:07:38	00:05:34
304	662	Caitlin	McAuley	FO	Beechmount Harriers		00:20:34	00:20:31	00:06:54	00:08:02	00:05:39
305	950	Richard	Siebenaller	MO		S	00:20:35	00:20:29	00:07:11	00:07:52	00:05:33
306	666	Dean	McBride	M35	Co Antrim Harriers		00:20:32	00:20:23	00:07:22	00:07:42	00:05:29
307	371	Ghislain	Demeuldre	M50	Willowfield Harriers		00:20:32	00:20:20	00:07:41	00:07:31	00:05:21
308	559	Amanda	Jackson	F40	Ballydrain Harriers		00:20:33	00:20:26	00:07:37	00:07:32	00:05:25
309	234	Roger	Beyssat	M45	Ormeau Runners		00:20:36	00:20:26	00:07:23	00:07:31	00:05:42
310	586	Marty	Kilpatrick	MO	Co Antrim Harriers		00:20:42	00:20:36	00:07:13	00:07:42	00:05:47
311	711	Valerie	McDonough	F45	North Down AC		00:20:42	00:20:36	00:07:19	00:07:43	00:05:41
312	450	Kirsti	Foster	FJ	East Down AC		00:20:38	00:20:31	00:07:21	00:07:43	00:05:35
313	231	Mark	Bell	MO			00:20:46	00:20:34	00:07:24	00:07:48	00:05:35
314	544	Barry	Hughes	MO			00:20:38	00:20:30	00:07:25	00:07:39	00:05:34
315	751	Sandra	McKeown	FO	Acorns AC		00:20:42	00:20:32	00:07:26	00:07:40	00:05:37
316	854	Eugene	O'Gorman	M35			00:20:34	00:20:31	00:07:09	00:07:48	00:05:38
317	1043	Jonathan	Wray	M40	Scrabo Striders		00:20:47	00:20:30	00:07:46	00:07:41	00:05:21
318	610	Joshua	Leslie	MO	Queens University AC	S	00:20:49	00:20:42	00:07:10	00:07:47	00:05:53
319	205	Matthew	Allen	MO	Mallusk Harriers		00:20:51	00:20:39	00:07:49	00:07:43	00:05:21
320	386	A N	Other				00:20:49	00:20:45	00:06:47	00:08:18	00:05:45
321	257	Molly	Brennan	FJ	Springwell Running Club		00:20:45	00:20:40	00:07:14	00:07:53	00:05:39
322	534	Graham	Hill	M45	Ballydrain Harriers		00:20:50	00:20:42	00:07:38	00:07:43	00:05:31
323	436	Gareth	Fegan	MO	Omagh Harriers		00:20:55	00:20:48	00:07:18	00:08:01	00:05:38

324	953	Ciaran	Skillen	M35	Mallusk Harriers		00:20:55	00:20:48	00:07:42	00:07:43	00:05:31
325	505	Neil	Hanley	MO			00:20:57	00:20:49	00:07:22	00:07:53	00:05:42
326	548	Ciaran	Hunter	M50			00:20:48	00:20:40	00:07:33	00:07:46	00:05:30
327	624	Paul	Lyons	MO			00:20:56	00:20:38	00:08:17	00:07:32	00:05:08
328	815	James	Morrison	MO	Queens University AC	S	00:20:45	00:20:31	00:07:45	00:07:27	00:05:35
329	903	Stephen	Reid	M50	City of Lisburn AC		00:20:52	00:20:42	00:07:36	00:07:44	00:05:33
330	291	Samuel	Carr	MJ	North Belfast Harriers		00:20:56	00:20:41	00:07:34	00:07:43	00:05:40
331	493	James	Hadley-Piggin	MJ		S	00:20:56	00:20:47	00:07:45	00:07:46	00:05:27
332	812	Adam	Morgan	MJ	East Down AC		00:20:56	00:20:49	00:07:26	00:07:49	00:05:42
333	928	Leanne	Sands	FO	Acorns AC		00:21:00	00:20:49	00:07:28	00:08:03	00:05:31
334	416	Mark	Elliott	M45	Ballydrain Harriers		00:20:57	00:20:49	00:07:43	00:07:48	00:05:26
335	508	Dinny	Harkin	M35	Albertville Harriers		00:21:01	00:20:54	00:07:27	00:07:55	00:05:40
336	447	Aoibhinn	Flynn	FO	Ballydrain Harriers		00:20:55	00:20:50	00:07:28	00:07:47	00:05:41
337	679	Daniel	McCarthy	MO			00:21:02	00:20:49	00:07:45	00:07:57	00:05:21
338	223	Olivia	Baxter	FO	Lagan Valley AC		00:21:12	00:21:07	00:07:35	00:07:57	00:05:41
339	831	Lewis	Murray	M35			00:21:08	00:20:57	00:07:22	00:07:49	00:05:58
340	629	Dearbhla	Magee	FO	Newcastle & District AC		00:21:13	00:21:07	00:07:29	00:07:53	00:05:52
341	1018	David	Walsh	MO	Queens University AC	S	00:21:15	00:21:01	00:07:50	00:07:53	00:05:33
342	898	Jillian	Redpath	F40	Dromore AC	S	00:21:03	00:20:57	00:07:36	00:07:50	00:05:38
343	913	Roisin	Rocks	FO	Newry City Runners		00:21:15	00:21:07	00:07:45	00:07:59	00:05:32
344	828	Sean	Murphy	M50	Albertville Harriers		00:21:15	00:21:10	00:07:45	00:07:52	00:05:39
345	524	Natasha	Henderson	FO	Co Antrim Harriers		00:21:12	00:21:03	00:07:53	00:07:46	00:05:34
346	651	Stuart	Mathieson	MO		S	00:21:03	00:20:48	00:07:52	00:07:49	00:05:23
347	484	Ian	Grant	M35	Orangegrove AC		00:21:19	00:21:04	00:07:51	00:07:49	00:05:41
348	983	Oliver	Stranney	M35			00:21:18	00:21:10	00:07:25	00:07:55	00:05:59
349	609	Paul	Leonard	MO	Bdo	S	00:21:20	00:20:58	00:07:42	00:08:01	00:05:38
350	995	Brian	Todd	M65	Orangegrove AC		00:21:22	00:21:13	00:07:42	00:07:59	00:05:41
351	387	Brendan	Digney	MO	QUB TRI	S	00:21:25	00:21:11	00:07:36	00:08:08	00:05:42
352	326	Colin	Cooney	M45			00:21:26	00:21:13	00:07:47	00:07:49	00:05:50
353	944	Gary	Shields	M45			00:21:27	00:21:19	00:07:45	00:07:59	00:05:44
354	808	Joanne	Moran	F35	North Down AC		00:21:30	00:21:22	00:07:51	00:07:57	00:05:44
355	485	Neil	Grant	MO			00:21:32	00:21:28	00:07:50	00:07:55	00:05:48
356	974	Michael	Stevenson	M50	North Down AC		00:21:37	00:21:29	00:07:52	00:07:59	00:05:48

357	755	Julie	McKimm	F40	Orangethrove AC		00:21:35	00:21:28	00:08:01	
358	408	Marlaine	Duffy	F45	Albertville Harriers		00:21:39	00:21:33	00:07:56	00:07:59 00:05:45
359	584	James	Kieran	MO			00:21:37	00:21:28	00:08:04	00:07:59 00:05:36
360	793	Beverley	Mitchell	F35	Albertville Harriers		00:21:41	00:21:35	00:07:56	00:07:59 00:05:46
361	874	Fiona	Patterson	F45	Willowfield Harriers		00:21:45	00:21:39	00:07:49	00:08:08 00:05:49
362	414	Andrew	Edwards	M50	Lagan Valley AC		00:21:47	00:21:43	00:07:45	00:08:13 00:05:50
363	389	Andrew	Diver	M40	Mallusk Harriers		00:21:40	00:21:32	00:07:27	00:08:18 00:05:56
364	862	Ryan	O'Neill	MO			00:21:45	00:21:32	00:08:08	00:08:02 00:05:35
365	263	Patricia	Brown	F55	Newry City Runners		00:21:50	00:21:43	00:07:50	00:08:06 00:05:54
366	761	Gerard	McLoughlin	M35	Belfast Running Club		00:21:52	00:21:36	00:08:18	00:07:54 00:05:41
367	814	Barry	Morris	M65	City of Lisburn AC		00:21:58	00:21:53	00:08:02	00:08:11 00:05:47
368	224	Pauline	Bayliss	F40	Orangethrove AC		00:22:00	00:21:45	00:08:07	
369	1064	Rory	Rankin	MO			00:21:55	00:21:43	00:08:14	00:08:05 00:05:37
370	646	Jonathan	Martin	M45			00:21:56	00:21:44	00:08:01	00:08:07 00:05:50
371	807	Gareth	Moore	M40			00:21:52	00:21:41	00:07:47	
372	594	Jonathan	Kyle	MO	Bdo		00:21:59	00:21:47	00:07:48	00:08:24 00:05:49
373	988	Maeve	Taylor	F45	WHITEHEAD RUNNERS		00:22:04	00:21:56	00:07:55	00:08:13 00:05:58
374	961	Rachel	Smith	FO	Lagan Valley AC	S	00:22:07	00:22:03	00:07:38	
375	1012	James	Wall	MO		S	00:22:11	00:22:03	00:08:13	00:08:08 00:05:51
376	282	Stephanie	Campbell	F35			00:22:00	00:21:51	00:08:08	00:07:56 00:05:57
377	825	Stephen	Mulvenna	M50	North Down AC		00:21:59	00:21:47	00:08:08	00:08:02 00:05:50
378	240	Gary	Blythe	M45	North Belfast Harriers		00:22:09	00:21:55	00:07:53	00:08:22 00:05:55
379	541	Elaine	Holmes	F50	North Belfast Harriers		00:22:12	00:21:55	00:08:28	00:08:12 00:05:33
380	631	Rebecca	Magee	FJ	Dromore AC		00:22:02	00:21:56	00:07:46	00:08:19 00:05:58
381	430	Emmanuel	Farrelly	M35	Scrabo Striders		00:22:09	00:21:52	00:08:20	00:08:02 00:05:48
382	578	Suzanne	Kennedy	FO	Dub Running Club		00:21:57	00:21:50	00:07:59	00:08:11 00:05:48
383	1024	Elizabeth	Watt	F45	Victoria Park & Connswater AC		00:22:10	00:21:58	00:08:09	00:08:08 00:05:54
384	906	Paddy	Ritchie	M45	Ballydrain Harriers		00:22:13	00:21:48	00:08:07	00:08:06 00:06:01
385	712	Glenn	McEwan	MO	Albertville Harriers		00:22:15	00:22:01	00:08:22	00:08:12 00:05:41
386	226	Robert	Beattie	M45	Ballydrain Harriers		00:22:18	00:22:08	00:07:49	00:08:21 00:06:09
387	681	Martin	McCauley	MO	St Peters AC		00:22:21	00:22:14	00:07:48	00:08:35 00:05:59
388	707	Niamh	McDaid	FO	Letterkenny AC		00:22:23	00:22:23	00:08:03	00:08:28 00:05:53
389	292	Sandy	Carr	F35	North Belfast Harriers		00:22:13	00:21:56	00:08:09	00:08:09 00:05:55

390	287	Lyle	Carleton	M50	North Belfast Harriers	00:22:24	00:22:07	00:08:36	00:08:15	00:05:34	
391	709	Cian	McDonald	MJ	Ballymena & Antrim AC	00:22:27	00:22:23	00:07:15	00:08:40	00:06:33	
392	780	Kevin	McVeigh	M50	City of Lisburn AC	00:22:17	00:22:04	00:08:30	00:08:02	00:05:46	
393	621	Ronan	Loughra	MO		00:22:22	00:22:16	00:07:34	00:08:27	00:06:23	
394	280	Niall	Campbell	MO		00:22:29	00:22:11	00:08:30	00:08:07	00:05:53	
395	881	Sandy	Plumb	M45	North Belfast Harriers	00:22:28	00:22:23	00:08:05	00:08:24	00:06:00	
396	225	Carolyn	Beattie	F40	Orangegrove AC	00:22:41	00:22:26	00:08:34	00:08:17	00:05:51	
397	737	Alex	McKeag	M45	Ballydrain Harriers	00:22:31	00:22:19	00:08:36	00:08:13	00:05:44	
398	795	Ita	Monaghan	FO		00:22:40	00:22:25	00:08:19	00:08:32	00:05:49	
399	740	Diane	McKee	F45	Dromore AC	00:22:37	00:22:31	00:08:10	00:08:19	00:06:09	
400	724	Stephney	McGivern	FO	Willowfield Harriers	00:22:33	00:22:25	00:08:02	00:08:24	00:06:07	
401	973	Jane	Stevenson	F40	North Down AC	00:22:41	00:22:33	00:08:20	00:08:27	00:05:55	
402	652	Kevin	Mawhinney	M60		00:22:34	00:22:23	00:08:08	00:08:34	00:05:53	
403	207	Stephen	Anderson	M45	Orangegrove AC	00:22:42	00:22:26	00:08:47	00:08:36	00:05:20	
404	673	Chris	McCann	MO	QUB TRI	00:22:40	00:22:27	00:08:25	00:08:22	00:05:54	
405	241	Kirsty	Bogle	F35	Ballydrain Harriers	00:22:40	00:22:29	00:08:18	00:08:30	00:05:54	
406	245	David	Boyd	MO	Ballydrain Harriers	00:22:45	00:22:30	00:08:28	00:08:27	00:05:51	
407	264	Louise	Browne	F35	Orangegrove AC	00:22:50	00:22:39	00:08:14	00:08:38	00:06:00	
408	261	David	Brown	M45	KPMC	00:22:52	00:22:36	00:08:35	00:08:30	00:05:47	
409	837	Robin	Nelson	M60	Albertville Harriers	00:22:42	00:22:36	00:08:21	00:08:23	00:05:59	
410	453	Stuart	Gaffikin	MO	Bdo	00:22:47	00:22:41	00:08:26	00:08:23	00:05:59	
411	954	Paul	Skillen	M40	Mallusk Harriers	00:22:48	00:22:36	00:08:06	00:08:34	00:06:10	
412	1019	Linda	Walsh	F45	Enniskillen Running Club	00:22:47	00:22:41	00:08:16	00:08:24	00:06:08	
413	889	Mark	Purdon	M50	Ballydrain Harriers	00:22:46	00:22:37	00:08:16	00:08:28	00:06:03	
414	675	Pete	McCanny	M50	BILLY WHIZZ	00:22:44	00:22:30	00:08:26	00:08:22	00:05:57	
415	547	Gary	Hunsdale	M40	Scrabo Striders	00:22:52	00:22:38	00:08:24	00:08:27	00:06:02	
416	693	Paul	McClurkin	M40	Ballymena Runners AC	00:22:54	00:22:41	00:08:23	00:08:33	00:05:59	
417	836	John	Neill	M50	Orangegrove AC	00:22:56	00:22:40	00:08:26	00:08:33	00:05:58	
418	232	Andrew	Bennett	MO	Orangegrove AC	00:22:48	00:22:39	00:09:01	00:09:27	00:07:08	
419	968	Heather	Stanex	F45	Ballydrain Harriers	00:22:49	00:22:40	00:08:31	00:08:25	00:05:54	
420	536	Kelly	Hobson	F35	WHITEHEAD RUNNERS	00:22:56	00:22:46	00:08:19	00:08:34	00:06:04	
421	805	Micheal	Moore	MO		S	00:23:05	00:22:51	00:08:29	00:08:46	00:05:51
422	427	Ciara	Falls	FO		S	00:23:03	00:22:53	00:08:12	00:08:37	00:06:14

423	1016	Kathryn	Walls	F40	Willowfield Harriers		00:23:03	00:22:57	00:08:17	00:08:32	00:06:15
424	471	Karen	Glanville	F45	WHITEHEAD RUNNERS		00:22:58	00:22:49	00:08:10	00:08:39	00:06:10
425	601	James	Law	MJ			00:23:04	00:22:52	00:08:16	00:08:18	00:06:32
426	698	Eadaoin	McCourt	FO		S	00:22:57	00:22:40	00:08:26	00:08:28	00:06:04
427	283	Stuart	Campbell	MO	Albertville Harriers		00:23:11	00:22:57	00:08:23	00:08:43	00:06:06
428	1027	Adam	Welsh	MO		S	00:22:56	00:22:46	00:08:24	00:08:28	00:06:04
429	560	Suneil	Jain	M40			00:23:05	00:22:53	00:08:21	00:08:31	00:06:15
430	694	Alison	McConnell	F50	Olympian Triathlon Club		00:23:05	00:22:59	00:08:19	00:08:33	00:06:15
431	615	Tun Yin	Lo	MO		S	00:23:06	00:22:50	00:08:25	00:08:41	00:06:02
432	211	Rebecca	Archer	FO			00:23:13	00:22:56	00:08:53	00:08:20	00:06:00
433	710	Callum	McDonnell	MJ		S	00:23:04	00:22:53	00:08:29	00:08:29	00:06:06
434	718	John	McGarvey	M35	North Down AC		00:23:14	00:23:07	00:08:38	00:08:36	00:06:02
435	821	David	Mullan	M40	Mallusk Harriers		00:23:13	00:23:02	00:08:20	00:08:43	00:06:12
436	516	Harvey	Harvey	M50	Glens Runners		00:23:15	00:23:05	00:08:33	00:08:35	00:06:09
437	607	Maurice	Leeson	M55	City of Lisburn AC		00:23:15	00:22:59	00:08:36	00:08:34	00:06:06
438	401	Nicola	Downey	FO	North Down AC		00:23:15	00:23:07	00:08:27	00:08:47	00:06:01
439	497	David	Hamill	M45	Co Antrim Harriers		00:23:08	00:22:57	00:08:19	00:08:38	00:06:11
440	312	Colin	Colligan	M55			00:23:12	00:23:00	00:08:19	00:08:32	00:06:22
441	934	Sinead	Scullion	F40	Ballymena Runners AC		00:23:15	00:22:58	00:08:49	00:08:23	00:06:04
442	313	Fearghal	Comaskey	MO		S	00:23:15	00:23:04	00:08:29	00:08:41	00:06:06
443	856	Fionnuala	O'Hare	FO			00:23:08	00:22:57	00:08:16	00:08:39	00:06:14
444	591	John	Knocker	M60	Tafelta AC		00:23:18	00:23:09	00:08:38	00:08:29	00:06:12
445	962	Rory	Smith	M45			00:23:17	00:23:03	00:08:29	00:08:39	00:06:10
446	334	Mark	Coughlan	MO		S	00:23:16	00:22:58	00:08:33	00:08:35	00:06:09
447	273	Joanne	Busch	F40	Belfast Running Club		00:23:15	00:23:05	00:08:31	00:08:35	00:06:09
448	423	Iseult	Fahy	FJ	Orangetown AC		00:23:18	00:23:12	00:07:57	00:08:57	00:06:25
449	932	Stan	Scott	M60	Jog Lisburn Running Club		00:23:19	00:23:06	00:08:39	00:08:31	00:06:11
450	979	Stephen	Stewart	M50	Ballydrain Harriers		00:23:23	00:23:10	00:08:37	00:08:36	00:06:11
451	686	Peter	McClellan	M45			00:23:17	00:23:13	00:08:26	00:08:50	00:06:02
452	689	Niall	McClements	MO		S	00:23:28	00:23:17	00:08:25	00:08:42	00:06:22
453	946	Gerard	Shields	M55			00:23:13	00:23:04	00:08:26	00:08:35	00:06:13
454	1040	Aine	Woodman	FO	PACE Running Club		00:23:21	00:23:13	00:08:20	00:08:48	00:06:14
455	937	Athanasia	Sevastaki	F40			00:23:24	00:23:19	00:08:25	00:08:44	00:06:16

456	550	Fintan	Hurl	M35	Orangegrove AC		00:23:25	00:23:14	00:08:34	00:08:40	00:06:12
457	786	Jill	Mellon	F50			00:23:26	00:23:16	00:08:22	00:08:47	00:06:17
458	1007	Julia	Velicky	FO			00:23:29	00:23:18	00:08:18	00:08:52	00:06:19
459	657	Joy	McAlear	F50	City of Lisburn AC		00:23:29	00:23:21	00:08:17	00:08:42	00:06:30
460	682	Cliff	McCausland	M50	North Down AC		00:23:22	00:23:13	00:08:22	00:08:44	00:06:17
461	268	Derek	Bunting	M50	Belfast Assoc RC & FR		00:23:31	00:23:22	00:08:33	00:08:49	00:06:10
462	879	Stephen	Phillips	MO	People's front of independent runners		00:23:22	00:23:15	00:08:22	00:08:53	00:06:09
463	206	Harry	Anderson	MO		S	00:23:25	00:23:03	00:08:59	00:08:36	00:05:50
464	593	Patrycja	Kuchta	FO	Ballydrain Harriers		00:23:29	00:23:20	00:08:28	00:08:56	00:06:06
465	293	Dean	Carroll	MO	Drumragh Sarsfields	S	00:23:34	00:23:27	00:08:14	00:08:51	00:06:30
466	768	Heather	McNeilly	FO	Ballydrain Harriers		00:23:39	00:23:30	00:08:47	00:08:39	00:06:13
467	567	Sara	Johnston	FO	Seapark AC		00:23:41	00:23:32	00:08:34	00:08:50	00:06:18
468	510	Colin	Harper	MO	Scrabo Striders		00:23:32	00:23:14	00:08:42	00:08:47	00:06:04
469	260	Mark	Brooks	MO	Victoria Park & Connswater AC		00:23:29	00:23:14	00:08:15	00:08:53	00:06:22
470	398	Dom	Dorris	M40	Larne AC		00:23:41	00:23:35	00:08:40	00:08:54	00:06:08
471	972	Alan	Steen	M35	Scrabo Striders		00:23:43	00:23:24	00:08:46	00:08:44	00:06:14
472	789	Ian	Millgate	M40	Orangegrove AC		00:23:44	00:23:30	00:08:49	00:08:54	00:06:02
473	251	Paul	Bradley	M45	Acorns AC	S	00:23:35	00:23:30	00:08:52	00:08:33	00:06:11
474	368	Dermot	Dawson	M60	Albertville Harriers		00:23:36	00:23:23	00:08:33	00:08:46	00:06:18
475	515	Gerald	Harvey	M60	Orangegrove AC		00:23:36	00:23:30	00:08:28	00:08:53	00:06:16
476	200	Marsha	Abbott	F40	Acorns AC		00:23:38	00:23:19	00:08:42	00:08:43	00:06:13
477	568	Colm	Keenan	M50	City of Lisburn AC		00:23:32	00:23:16	00:08:42	00:08:40	00:06:10
478	202	Andrew	Allen	M50	Orangegrove AC		00:23:43	00:23:28	00:08:58	00:08:46	00:06:00
479	397	Danielle	Donohoe	FO			00:23:42	00:23:28	00:08:45	00:08:50	00:06:09
480	272	Barry	Burns	M35			00:23:43	00:23:28	00:08:57	00:08:46	00:06:01
481	692	Anne	McClurg	F45	Ballydrain Harriers		00:23:44	00:23:34	00:08:48	00:08:47	00:06:11
482	551	Alper	Hutchinson	MJ	Ballydrain Harriers		00:23:46	00:23:38	00:08:26	00:08:55	00:06:26
483	658	Alan	McAlister	M35			00:23:47	00:23:24	00:09:05	00:08:36	00:06:07
484	861	Emma	O'Neill	FO	Queens University AC	S	00:23:47	00:23:39			
485	491	Malcolm	Guy	M60			00:23:32	00:23:20	00:08:37	00:08:43	00:06:14
486	466	Eve	Gilmore	FJ	Ballydrain Harriers		00:23:47	00:23:39	00:08:27	00:08:55	00:06:27
487	212	Alison	Armstrong	FO		S	00:23:48	00:23:40			
488	713	Brian	McFarland	M50	Orangegrove AC		00:23:52	00:23:40	00:08:51	00:08:41	00:06:21

489	998	Shelley	Tomlins	F45	Ballymena Runners AC		00:23:54	00:23:44	00:08:16	00:09:28	00:06:11
490	229	Laura	Bell	FO		S	00:23:54	00:23:40	00:08:50	00:08:45	00:06:19
491	366	Denise	Davison	F45	Ballydrain Harriers		00:23:43	00:23:33	00:08:48	00:08:46	00:06:10
492	1008	Matej	Velicky	MO			00:23:57	00:23:47	00:08:26	00:09:01	00:06:31
493	507	Rosemary	Hargan	F55	Tafelta AC		00:24:01	00:23:52	00:08:56	00:08:48	00:06:18
494	875	Glenn	Patterson	M45			00:23:56	00:23:34	00:09:10	00:08:39	00:06:07
495	270	Conleth	Burns	M35			00:24:02	00:23:44	00:09:10	00:08:52	00:06:02
496	907	Jason	Harris	M50			00:23:55	00:23:41	00:08:36	00:08:59	00:06:21
497	783	Emma	McWilliams	F45	Orangegrove AC		00:23:59	00:23:52	00:08:45	00:08:52	00:06:23
498	702	Anne	McCullagh	F55	City of Lisburn AC		00:24:10	00:23:54	00:08:48	00:08:51	00:06:32
499	498	Patricia	Hamill	F45	Co Antrim Harriers		00:24:03	00:23:49	00:08:23	00:09:01	00:06:39
500	217	Kaifan	Bao	MO		S	00:24:07	00:23:54	00:08:49	00:08:39	00:06:40
501	248	Alice	Bradley	F35			00:24:08	00:23:51	00:08:43	00:08:52	00:06:34
502	785	Joan	Melanophy	F45	St Peters AC		00:24:04	00:24:00	00:08:38	00:09:16	00:06:11
503	929	Reg	Sanlon	M65	Orangegrove AC		00:24:00	00:23:45	00:08:51	00:08:47	00:06:23
504	611	John	Lester	M45			00:24:06	00:23:53	00:08:23	00:08:52	00:06:52
505	345	Jason	Crawford	MO	Acorns AC		00:24:13	00:23:55	00:08:53	00:08:54	00:06:28
506	794	Andrea	Mockford	F35	Ballydrain Harriers		00:24:06	00:23:58	00:08:47	00:08:52	00:06:29
507	365	Vic	Davis	F45	Albertville Harriers		00:24:06	00:23:58	00:08:43	00:08:55	00:06:29
508	1039	Walter	Wong	MO		S	00:24:12	00:23:56	00:08:32	00:08:38	00:07:04
509	863	Sandy	O'Neill	M50	Ballydrain Harriers		00:24:17	00:24:06	00:08:47	00:08:52	00:06:39
510	367	Robert	Davison	M50	Saintfield Striders		00:24:19	00:24:07	00:08:48	00:09:07	00:06:25
511	305	Chris	Cleary	M40	Ballydrain Harriers		00:24:19	00:24:07	00:08:53	00:09:02	00:06:25
512	309	James	Cole	MO			00:24:25	00:24:11	00:08:56	00:09:13	00:06:16
513	460	Gabby	Gardiner	FO	City of Lisburn AC		00:24:20	00:24:11	00:09:07	00:08:57	00:06:18
514	296	Stephen	Carson	MO		S	00:24:23	00:24:09	00:08:30	00:09:07	00:06:47
515	880	Jim	Platt	M70	Springwell Running Club		00:24:27	00:24:19	00:09:00	00:08:59	00:06:29
516	227	John	Beggs	M50	North Belfast Harriers		00:24:26	00:24:09	00:09:02	00:09:01	00:06:24
517	957	Clare	Smith	F35	North Down AC		00:24:14	00:24:03	00:08:57	00:08:51	00:06:27
518	540	Niall	Holloway	MO			00:24:21	00:24:07	00:08:58	00:08:57	00:06:27
519	513	Claire	Harrison	FO	Ballydrain Harriers		00:24:26	00:24:09	00:08:52	00:09:06	00:06:29
520	1022	Madeleine	Warren	FO		S	00:24:26	00:24:02			
521	290	Anita	Caroux	F40	Albertville Harriers		00:24:11	00:24:04	00:08:35	00:09:02	00:06:35

522	258	Aidan	Brewster	M45	Lagan Valley AC	00:24:23	00:24:20	00:08:26	00:09:17	00:06:41
523	735	Philip	McIlwrath	M40	North Belfast Harriers	00:24:24	00:24:05	00:09:10	00:09:02	00:06:13
524	1066	Brian	Tyro	MO		00:24:26	00:24:09	00:09:02	00:08:58	00:06:27
525	1034	Ian	Wilson	M50	Orangethorne AC	00:24:24	00:24:08	00:08:47	00:08:59	00:06:38
526	890	Wendy	Purdon	F45	Ballydrain Harriers	00:24:24	00:24:12	00:08:48	00:09:04	00:06:33
527	382	Rosin	Devlin	FO	QUB TRI	00:24:24	00:24:14	00:08:56	00:09:04	00:06:24
528	279	Andrew	Campbell	M50		00:24:27	00:24:09	00:09:12	00:08:52	00:06:23
529	269	Jill	Burgess	F45	Ballydrain Harriers	00:24:27	00:24:09	00:08:52	00:09:06	00:06:30
530	445	Lisa	Fleming	F45	Orangethorne AC	00:24:26	00:24:11	00:09:07	00:08:59	00:06:20
531	701	Neil	McCready	M40	Mallusk Harriers	00:24:31	00:24:17	00:09:06	00:09:07	00:06:20
532	745	Ciaran	McKenna	MO	MSc Software Development S	00:24:35	00:24:15	00:09:06	00:09:09	00:06:20
533	634	Patricia	Magill	F45	Orangethorne AC	00:24:38	00:24:23	00:08:49	00:09:10	00:06:40
534	654	Jacqueline	Maxwell	F55	Orangethorne AC	00:24:44	00:24:38	00:09:16	00:09:07	00:06:22
535	465	Alison	Gibson	F55	City of Lisburn AC	00:24:45	00:24:38	00:08:56	00:09:19	00:06:31
536	719	Barry	McGee	MO		00:24:48	00:24:38	00:09:06	00:09:10	00:06:32
537	556	Gillian	Hynes	F40	Victoria Park & Connswater AC	00:24:49	00:24:38	00:09:06	00:09:08	00:06:36
538	415	Lauren	Elder	FO	Bdo	00:24:44	00:24:28	00:08:44	00:09:20	00:06:41
539	426	Emma	Falloon	FO		00:24:57	00:24:34	00:10:02	00:09:08	00:05:49
540	499	Patrick	Hamill	M50	Mallusk Harriers	00:24:56	00:24:48	00:08:45	00:09:26	00:06:46
541	820	Catherine	Mullan	F40	Mallusk Harriers	00:24:40	00:24:27	00:09:03	00:09:06	00:06:32
542	277	Edward	Caldwell	M60		00:25:02	00:24:42	00:09:16	00:09:06	00:06:41
543	744	Aileen	McKenna	FO		00:24:54	00:24:37	00:09:07	00:09:08	00:06:40
544	525	Paula	Hennessy	F35	PACE Running Club	00:24:56	00:24:46	00:09:04	00:09:18	00:06:35
545	542	Robin	Horner	M55	Ballydrain Harriers	00:24:57	00:24:45	00:08:53	00:09:26	00:06:39
546	403	Maria	Dreme	FO		00:24:59	00:24:50	00:08:58	00:09:19	00:06:44
547	262	Jennifer	Brown	F40	Ballydrain Harriers	00:25:06	00:24:56	00:09:08	00:09:16	00:06:43
548	704	Lynn	McCullough	F45	North Belfast Harriers	00:25:04	00:24:48	00:09:05	00:09:12	00:06:49
549	546	Susan	Hughes	FO	Ballydrain Harriers	00:25:06	00:24:48	00:08:54	00:09:31	00:06:42
550	1044	Jordan	Wray	MO		00:25:07	00:24:53	00:09:11	00:09:22	00:06:35
551	271	John	Burns	M45	North Belfast Harriers	00:25:04	00:24:47	00:09:05	00:09:11	00:06:49
552	810	Lorraine	Moreland	F50	Albertville Harriers	00:25:08	00:24:55	00:09:07	00:09:17	00:06:44
553	720	Colin	McGettrick	M40		00:25:13	00:25:02	00:08:52	00:09:55	00:06:27
554	800	Ben	Magee	MO	-	00:25:16	00:24:58	00:09:02	00:09:23	00:06:53

555	504	Patricia	Hampson	F35		00:25:08	00:24:57	00:08:57	00:09:22	00:06:51
556	266	Orlagh	Brownlow	FO	Acorns AC	00:25:09	00:24:50	00:09:28	00:09:31	00:06:11
557	986	Cyra	Sweeney	FO	Bdo	00:25:15	00:24:58	00:08:51	00:09:36	00:06:48
558	978	Louise	Stewart	FO		00:25:09	00:24:58	00:08:59	00:09:27	00:06:44
559	349	Pauline	Crompton	F55	Dromore AC	00:25:10	00:25:01	00:09:09	00:09:19	00:06:43
560	896	Anna	Rankin	F40	Orangegrove AC	00:25:23	00:25:07	00:09:19	00:09:25	00:06:41
561	750	Neil	McKeown	M35		00:25:18	00:25:01	00:09:22	00:09:30	00:06:27
562	887	Jenny	Powell	F40	Orangegrove AC	00:25:22	00:25:06	00:09:19	00:09:24	00:06:40
563	573	Phil	Duffield	M50		00:25:19	00:25:00	00:09:13	00:09:12	00:06:55
564	330	John	Corr	M55		00:25:21	00:25:12	00:09:28	00:09:18	00:06:36
565	782	Claire	McVey	FO		00:25:18	00:25:00	00:09:30	00:09:25	00:06:24
566	549	Julie	Hunter	F35	Seapark AC	00:25:28	00:25:23	00:09:08	00:09:33	00:06:48
567	725	Nicola	McGoldrick	F40		00:25:23	00:25:09	00:08:56	00:09:37	00:06:51
568	803	Kate	Montgomery'S	F60	Lagan Valley AC	00:25:31	00:25:26	00:09:09	00:09:37	00:06:46
569	295	Gerry	Carson	M75	Victoria Park & Connswater AC	00:25:24	00:25:07	00:09:03	00:09:29	00:06:53
570	628	Adrian	Magee	M45	Crossgar Harriers	00:25:28	00:25:04	00:09:55	00:09:17	00:06:17
571	923	Karen	Russell	F40	Orangegrove AC	00:25:33	00:25:16	00:09:26	00:09:23	00:06:46
572	749	Hayley	McKeown	FO		00:25:30	00:25:14	00:09:21	00:09:30	00:06:40
573	233	Camilla	Bertolini	FO		00:25:36	00:25:27	00:08:37	00:08:23	00:05:49
574	253	Hilary	Bradshaw	FO	Orangegrove AC	00:25:35	00:25:18	00:09:25	00:09:23	00:06:47
575	501	Fiona	Hamilton	F40		00:25:51	00:25:31	00:09:50	00:09:33	00:06:29
576	522	Donna	Healey	F50		00:25:53	00:25:43	00:09:19	00:09:34	00:07:02
577	577	Heather	Kennedy	F35	Jog Lisburn Running Club	00:25:39	00:25:25	00:09:10	00:09:34	00:06:56
578	529	Aaron	Hill	M45	Belfast Running Club	00:25:54	00:25:33	00:09:10	00:09:50	00:06:55
579	404	Sandra	Drysdale	F35	Ballydrain Harriers	00:25:40	00:25:28	00:09:20	00:09:29	00:06:52
580	438	Sheena	Ferguson	F45	Willowfield Harriers	00:25:40	00:25:29	00:09:23	00:09:28	00:06:49
581	412	Rosi	Earney	F45	Ballydrain Harriers	00:25:49	00:25:37	00:09:08	00:09:37	00:07:05
582	910	Cathy	Robson	F45		00:25:54	00:25:33	00:09:45	00:09:34	00:06:36
583	220	Laura	Barturen	FO		00:25:50	00:25:40	00:08:59	00:09:35	00:07:17
584	321	Alice	Coogan	FO		00:25:58	00:25:36	00:10:03	00:09:23	00:06:34
585	435	Thomas	Fee	M75	Banbridge AC	00:25:57	00:25:33	00:09:32	00:09:39	00:06:46
586	992	Ivan	Thompson	M55	Albertville Harriers	00:25:59	00:25:46	00:09:28	00:09:47	00:06:45
587	410	James	Earls	MJ		00:26:00	00:25:45	00:09:25	00:09:42	00:06:55

588	1006	Claire	Ussher	F40	Jog Lisburn Running Club	00:26:06	00:25:52	00:09:22	00:09:43	00:07:02
589	391	David	Doey	M35	Orangethorne AC	00:25:58	00:25:41	00:09:25	00:09:42	00:06:52
590	405	Stephen	Drysdale	M35	Ballydrain Harriers	00:26:04	00:25:52	00:09:25	00:09:44	00:06:55
591	993	Patricia	Thompson	F45	St Peters AC	00:26:07	00:25:50	00:09:36	00:09:39	00:06:53
592	1036	Sarah	Wilson	F35	Orangethorne AC	00:26:09	00:25:53	00:09:44	00:09:35	00:06:51
593	915	Colin	Rodgers	M55		00:26:32	00:26:25	00:10:00	00:10:01	00:06:32
594	943	Ed	Shields	M55		00:26:33	00:26:25	00:09:43	00:09:44	00:07:07
595	310	Barry	Coleman	M55		00:26:31	00:26:20	00:09:17	00:09:58	00:07:18
596	771	Leona	McPeake	F35		00:26:07	00:25:57	00:09:19	00:09:46	00:07:02
597	353	Caroline	Crothers	F35	North Down AC	00:26:16	00:26:05	00:09:52	00:09:48	00:06:37
598	286	Eileen	Carleton	F50		00:26:42	00:26:32	00:09:35	00:09:51	00:07:18
599	328	Sharon	Corken	F40	Orangethorne AC	00:23:43	00:23:28	00:08:58	00:08:46	00:06:00
600	565	Jeff	Johnston	M40	Lagan Valley orienteers	00:26:37	00:26:16	00:09:55	00:09:45	00:06:59
601	779	Helen	McToal	F45	Acorns AC	00:26:39	00:26:21	00:09:37	00:09:49	00:07:15
602	468	Phil	Gilmore	M45	Ballydrain Harriers	00:23:46	00:23:37	00:08:26	00:08:54	00:06:27
603	476	Katie	Glover	FJ	East Coast AC	00:26:43	00:26:28	00:09:25	00:10:14	00:07:05
604	817	Steve	Morrison	M50		00:26:51	00:26:39	00:09:59	00:09:52	00:07:01
605	433	Catherine	Fearon	FO	Orangethorne AC	00:26:59	00:26:44	00:09:52	00:09:55	00:07:12
606	672	Isaac	McCance	MO		00:26:42	00:23:32	00:11:58	00:08:49	00:05:57
607	816	Michele	Morrison	F50		00:26:53	00:26:42	00:09:40	00:10:03	00:07:11
608	331	Damien	Corridan	M35		00:26:56	00:26:29	00:09:50	00:10:11	00:06:56
609	464	Michael	Gennery	M40		00:26:48	00:26:28	00:10:17	00:09:24	00:07:08
610	1070	Matthew	Henderson	MO		00:26:49	00:23:37	00:11:58	00:08:49	00:06:04
611	951	Paula	Simpson	F45	North Down AC	00:26:56	00:26:45	00:10:02	00:09:58	00:06:57
612	622	Orlaith	Lynch	FJ		00:27:01	00:26:44	00:09:42	00:10:20	00:07:00
613	350	Sheena	Crone	F35	Scrabo Striders	00:27:05	00:26:44	00:09:52	00:10:04	00:07:10
614	221	Robin	Bates	M50		00:27:03	00:26:40	00:10:13	00:09:40	00:07:11
615	354	Kathy	Cullen	F40		00:27:08	00:26:54	00:09:48	00:10:15	00:07:06
616	201	Glenn	Adair	M45	Belfast Running Club	00:27:04	00:26:40	00:10:05	00:09:58	00:07:03
617	379	Eileen	Devlin	F50		00:27:15	00:26:58	00:09:42	00:10:19	00:07:14
618	1049	Hugh	Young	M75	Ballydrain Harriers	00:27:06	00:26:48	00:10:06	00:09:56	00:07:05
619	1030	Lisa	White	FO	Mallusk Harriers	00:27:16	00:26:56	00:10:04	00:10:10	00:07:03
620	521	Gary	Hazlett	M45		00:27:10	00:26:48	00:10:11	00:10:00	00:07:01

621	342	Stephen	Craig	M55	Orangegroove AC	00:27:13	00:26:57	00:09:47	00:10:06	00:07:21	
622	557	Claire	Ingram	F35	Ballydrain Harriers	00:27:15	00:26:53	00:09:52	00:10:04	00:07:20	
623	714	Sharon	McFarland	F50	Orangegroove AC	00:27:19	00:27:02	00:10:15	00:10:07	00:06:59	
624	787	Pauline	Millar	F45		00:27:16	00:27:08	00:10:00	00:10:01	00:07:15	
625	918	Andrew	Rollins	MO		00:27:20	00:27:03	00:10:00	00:10:10	00:07:12	
626	613	Xuedi	Liu	FO		S	00:27:19	00:27:09	00:10:02	00:10:11	00:07:08
627	919	Peter	Rollins	M60		00:27:22	00:27:03	00:10:00	00:10:09	00:07:14	
628	218	Roisin	Barr	FO		00:27:41	00:27:26	00:10:13	00:10:13	00:07:17	
629	486	Andrea	Green	FO	North Down AC	00:27:22	00:27:11	00:10:08	00:10:09	00:07:07	
630	459	Colin	Galloway	M45	Ballydrain Harriers	00:27:29	00:27:10	00:10:15	00:10:07	00:07:07	
631	452	Margaret	Furst	F55		00:27:35	00:27:25	00:09:59	00:10:09	00:07:28	
632	647	Valerie	Martin	F40	Ballydrain Harriers	00:27:47	00:27:29	00:10:15	00:10:07	00:07:26	
633	325	Evelyn	Cooke	F50	Larne AC	00:27:37	00:27:22	00:10:01	00:10:11	00:07:26	
634	764	Bronagh	McMullan	F35	Albertville Harriers	00:27:39	00:27:26	00:09:49	00:10:32	00:07:19	
635	538	Judith	Hoey	F45	Ballydrain Harriers	00:26:34	00:26:22	00:09:36			
636	865	Chingyee	Ooi	FO		S	00:27:39	00:27:32	00:09:05	00:10:57	00:07:39
637	935	Elaine	Scullion	F35	Ballymena Runners AC	00:27:47	00:27:30	00:09:58	00:10:20	00:07:30	
638	1042	Toni	Kisimova	FO	Scrabo Striders	00:27:49	00:27:31	00:10:13	00:10:12	00:07:25	
639	966	Adrian	Sproule	MO	Orangegroove AC	00:27:45	00:27:27	00:10:35	00:10:07	00:07:04	
640	767	Bernadette	McNabb	FO	Ormeau Runners	00:27:51	00:27:32	00:10:12	00:10:15	00:07:25	
641	451	Glenn	Frazer	M45	North Down AC	00:27:47	00:27:35	00:10:04	00:10:15	00:07:29	
642	1031	Melinda	Wilkinson	F45	Orangegroove AC	00:27:41	00:27:26	00:10:10	00:10:11	00:07:20	
643	474	Gordon	Glenn	M45	North Belfast Harriers	00:27:49	00:26:26	00:09:49	00:11:15	00:06:45	
644	523	Norman	Hegan	MO	Bdo	00:27:50	00:27:35	00:10:18	00:10:25	00:07:08	
645	602	Ruth	Law	F40		S	00:27:50	00:27:37	00:10:13	00:10:16	00:07:22
646	614	Emma	Lloyd	FO	Willowfield Harriers	00:27:51	00:27:39	00:10:20	00:10:18	00:07:15	
647	705	Jill	McCune	F35		00:27:53	00:27:35	00:10:17	00:10:12	00:07:25	
648	228	Kellie	Bell	F40	Ballydrain Harriers	00:27:57	00:27:37	00:10:40	00:10:14	00:07:04	
649	947	Laura	Shiels	FO		00:27:54	00:27:31	00:10:21	00:10:09	00:07:24	
650	842	Stephen	Newell	MO		00:27:57	00:27:38	00:09:52	00:10:23	00:07:43	
651	394	Tiffany	Donaldson	FO	Mallusk Harriers	00:27:56	00:27:36	00:09:59	00:10:37	00:07:20	
652	902	Ian	Reid	M40	Orangegroove AC	00:28:01	00:27:41	00:10:49	00:10:08	00:07:05	
653	977	Hannah	Stewart	FO		S	00:28:15	00:27:53	00:10:13	00:10:23	00:07:40

654	495	Alan	Hall	M35		00:27:59	00:27:39	00:10:50	00:10:20	00:06:50	
655	319	David	Conway	M40		00:28:07	00:27:56	00:09:20	00:10:41	00:08:06	
656	356	Johanna	Cunningham	FO	S	00:28:24	00:28:01	00:10:58	00:10:40	00:06:47	
657	778	Kerrie	McSparran	F35		00:28:20	00:28:03	00:10:10	00:10:27	00:07:44	
658	980	Bronagh	Stockman	F45	Acorns AC	00:28:16	00:27:57	00:10:21	00:10:24	00:07:32	
659	554	Kristin	Hutchinson	FO		00:28:17	00:27:54	00:10:50	00:10:22	00:07:06	
660	469	Michael	Gilmore	M50	Ballydrain Harriers	00:28:25	00:28:06	00:10:16	00:10:19	00:07:51	
661	222	Duncan	Baxter	M35	Mallusk Harriers	00:28:20	00:28:08	00:09:44	00:10:38	00:08:00	
662	949	Una	Short	F50	City of Lisburn AC	00:28:41	00:28:25	00:10:21	00:10:38	00:07:44	
663	633	Carla	Magill	FO		00:28:43	00:28:23	00:10:23	00:10:38	00:07:43	
664	304	Paul	Clarke	M45		00:28:37	00:28:17	00:10:41	00:10:45	00:07:12	
665	472	Catherine	Glen	FO	QUB TRI	S	00:28:48	00:28:37	00:10:36	00:10:40	00:07:33
666	1041	Darren	Wray	M45		00:28:34	00:28:20	00:10:15	00:10:45	00:07:35	
667	575	Clare	Kelly	F40	North Belfast Harriers	00:28:34	00:28:24	00:09:47	00:10:38	00:08:09	
668	598	Jacklyn	Lavery	F40	Bdo	00:28:38	00:28:18	00:11:16	00:10:19	00:07:05	
669	872	Conor	Owens	M40		00:28:53	00:28:30	00:10:46	00:10:51	00:07:18	
670	363	Mark	Davey	M40		00:28:53	00:28:30	00:10:46	00:10:51	00:07:18	
671	375	Catherine	Devine	FO	Bdo	00:28:57	00:28:36	00:10:19	00:10:44	00:07:54	
672	284	Claudia	Canhoto	FO		S	00:28:48	00:28:37	00:10:35	00:10:41	00:07:33
673	852	Pat	O'Driscoll	M65	North Down AC	00:29:08	00:29:04	00:10:53	00:10:36	00:07:40	
674	982	Jean	Stone	F55	Orangetown AC	00:28:50	00:28:32	00:10:49	00:10:37	00:07:25	
675	813	Oonagh	Morley	FO		00:29:18	00:29:00	00:10:13	00:11:06	00:07:59	
676	603	Sophie	Law	FJ		00:28:50	00:28:37	00:10:26	00:10:31	00:07:54	
677	477	Una	Gordon	FO		S	00:29:09	00:29:04	00:09:51	00:11:11	00:08:07
678	866	Zoe	Ooi	FO		S	00:29:19	00:29:13	00:09:49	00:11:13	00:08:18
679	1033	Gavin	Wilson	M35		00:29:11	00:28:49	00:10:21	00:10:46	00:08:05	
680	930	Adrienne	Savage	F45	Orangetown AC	00:29:08	00:29:04	00:10:49	00:10:41	00:07:39	
681	532	Elaine	Hill	F40	Albertville Harriers	00:29:11	00:29:04	00:10:48	00:10:47	00:07:38	
682	208	Susan	Anderson	F45	Orangetown AC	00:29:23	00:29:05	00:10:53	00:10:51	00:07:40	
683	924	Kathryn	Russell	FO		00:29:23	00:29:16	00:10:17	00:11:01	00:08:06	
684	826	Fiona	Murphy	F50	Ballydrain Harriers	00:29:25	00:29:05	00:10:25	00:11:06	00:07:54	
685	781	Stephanie	McVeigh	FO	Ballydrain Harriers	00:29:21	00:29:02	00:10:59	00:10:49	00:07:33	
686	531	Caroline	Hill	F40	North Belfast Harriers	00:29:26	00:29:04	00:11:04	00:10:45	00:07:38	

687	809	Lesley	Moreland	F50	Ballydrain Harriers	00:29:28	00:29:09	00:10:59	00:10:49	00:07:41	
688	511	Jim	Harris	M65	Orangegrove AC	00:29:33	00:29:23	00:09:58	00:11:28	00:08:08	
689	530	Carol	Hill	F50	Belfast Running Club	00:29:43	00:29:24	00:10:56	00:10:55	00:07:53	
690	569	Eileen	Keenan	F50	North Belfast Harriers	00:29:43	00:29:22	00:11:05	00:10:50	00:07:49	
691	706	Julie	McCusker	F35		00:29:44	00:29:25	00:10:56	00:11:02	00:07:47	
692	537	Hannes	Hoeffle	M35		00:29:44	00:29:35	00:10:25	00:11:14	00:08:06	
693	407	Joan	Duffy	F45	Belfast Running Club	00:29:43	00:29:24	00:10:56	00:10:55	00:07:53	
694	849	Paula	O'Brien	F50		00:30:06	00:29:46	00:10:56	00:11:02	00:08:08	
695	742	Barbara	McKeever	F50	Albertville Harriers	00:30:10	00:30:02	00:10:43	00:11:15	00:08:13	
696	519	Jason	Hassard	MO		S	00:30:14	00:29:49	00:10:51	00:11:33	00:07:51
697	527	Pearl	Henry	F55	Larne AC	00:30:33	00:30:17	00:11:04	00:11:19	00:08:12	
698	526	Mary	Henry	FO		00:30:37	00:29:59	00:11:32	00:11:31	00:07:35	
699	942	Roisin	Sherlock	F40	run-anon	00:30:44	00:30:30	00:11:03	00:11:25	00:08:17	
700	696	Christopher	McCooney	MO		S	00:30:31	00:30:09	00:10:54	00:11:40	00:07:58
701	760	Roisin	McLaughlin	FO		00:30:42	00:30:22	00:11:28	00:11:14	00:08:02	
702	384	Kate	Diamond	F55		00:30:51	00:30:32	00:11:47	00:11:14	00:07:52	
703	378	Christine	Devlin	FO	Bdo	00:30:56	00:30:41	00:11:39	00:11:21	00:07:58	
704	442	Isabelle	Fitzpatrick	F50		00:30:54	00:30:36	00:10:52	00:11:55	00:08:08	
705	824	Fiona	Mulvenna	FO		00:30:57	00:30:35	00:11:16	00:11:45	00:07:57	
706	975	Michael	Stevenson	M50		00:30:56	00:30:47	00:10:23	00:11:51	00:08:44	
707	788	Sonia	Millar	F40	North Belfast Harriers	00:31:08	00:30:47	00:11:22	00:11:34	00:08:14	
708	256	Ciara	Brennan	FO	Bdo	00:31:04	00:30:48	00:11:15	00:11:38	00:08:12	
709	239	Kyrtina	Blair	FO	Bdo	00:31:00	00:30:45	00:11:31	00:11:28	00:08:02	
710	635	Ann	Maguire	FO	Bdo	00:31:04	00:30:47	00:11:15	00:11:38	00:08:12	
711	683	Noreen	McCausland	F55	North Down AC	00:31:16	00:31:03	00:11:29	00:11:30	00:08:18	
712	796	Kathy	Monaghan	F50		00:31:24	00:31:02				
713	441	Chloe	Fitzpatrick	FJ		00:31:27	00:31:10	00:10:51	00:11:48	00:08:48	
714	369	Sheila	Dawson	F60		00:31:29	00:31:08	00:11:38	00:11:29	00:08:23	
715	362	Christine	Davey	F40		00:31:30	00:31:05	00:11:48	00:11:25	00:08:17	
716	873	Jennifer	Owens	F35		00:31:30	00:31:06	00:11:48	00:11:25	00:08:17	
717	563	Michael	Jennings	M45	Bdo	00:31:30	00:31:15	00:11:42	00:11:45	00:08:04	
718	431	Karen	Farrelly	F35	Scrabo Striders	00:31:43	00:31:25	00:11:27	00:11:54	00:08:23	
719	246	Dermot	Boyd	M65	Mallusk Harriers	00:31:54	00:31:34	00:11:23	00:12:12	00:08:21	

720	925	Anderson	Ruth	F35	North Belfast Harriers	00:32:03	00:31:42	00:11:27	00:11:54	00:08:43
721	792	Fiona	Milne	FO		00:32:03	00:31:43	00:11:45	00:11:47	00:08:32
722	1048	Graham	Young	M35		00:32:11	00:31:50			
723	967	Janet	Sproule	F45	Ormeau Runners	00:32:37	00:32:16	00:11:51	00:12:20	00:08:27
724	488	Andrew	Grimley	MO	North Belfast Harriers	00:32:53	00:32:32	00:11:21	00:11:29	00:10:04
725	275	Cecilia	Caldwell	F55		00:33:03	00:32:42			
726	726	Molly	McGowan	FO		00:33:06	00:32:52	00:11:04	00:12:46	00:09:18
727	914	Fiona	Roddy	FO		00:33:14	00:32:58	00:11:46	00:12:20	00:09:09
728	302	Suzy	Cavill Gill	F35	Scrabo Striders	00:33:22	00:33:33			
729	905	Caroline	Richardson	F40	Scrabo Striders	00:33:26	00:33:33			
730	244	Anne	Boyd	F60	Mallusk Harriers	00:34:19	00:33:59	00:12:00	00:12:53	00:09:27
731	336	Leona	Coulter	F35		00:34:44	00:34:31	00:12:28		
732	797	Lucy	Monaghan	FO	north fermanagh fitness club S	00:33:55	00:33:33			
733	335	Jennifer	Coulter	FO		00:34:53	00:34:40	00:12:31		
734	690	Katherine	McCloskey	FO	Mallusk Harriers	00:35:24	00:35:03			
735	830	Finn	Murphy	MO		00:36:11	00:35:03	00:12:56	00:13:40	00:09:36
736	492	Jo	Haddock	F40	Bdo	00:39:25	00:39:05	00:13:50	00:15:00	00:10:36
737	289	Kelly	Carlisle	F35	Mallusk Harriers	00:39:25	00:39:06	00:13:49	00:15:00	00:10:36
738	926	Rosy	Ryan	F40	North Belfast Harriers	00:39:26	00:39:03	00:14:12	00:15:00	00:10:16
739	489	Helen	Grimley	F45	North Belfast Harriers	00:39:35	00:39:11	00:14:12	00:15:00	00:10:24

Mens Teams	Points
North Belfast Harriers A	46
North Belfast Harriers B	114
Willowfield Harriers	129
North Down AC	132
St Malachy's AC	161
North Belfast Harriers	209
Beechmount Harriers	229
Acorns AC	236
Annadale Striders	265
Foyle Valley AC	266
PACE Running Club	272
Belfast Running Club	277
Newcastle & District AC	284
Springwell Running Club	315
Lagan Valley AC	323
North Down AC	323
North Belfast Harriers	331
City of Lisburn AC	377
Ballydrain Harriers	387
Orangetown AC	394
Dromore AC	462
North Belfast Harriers	481
Victoria Park & Connswater AC	495
Willowfield Harriers	541
Olympian Triathlon Club	545

Club	Points
City of Lisburn AC	66
North Down AC	89
Beechmount Harriers	101
Lagan Valley AC	108
Dromore AC	112
Albertville Harriers	166
North Down AC	204
Acorns AC	214
Willowfield Harriers	218
Ballydrain Harriers	243
Orangetown AC	261
North Belfast Harriers	289
City of Lisburn AC	357
Ballydrain Harriers	397
Ballymena Runners AC	411
Orangetown AC	448
Ballydrain Harriers	460
North Down AC	544
Ballydrain Harriers	552
Belfast Running Club	561
Albertville Harriers	562
Orangetown AC	568
Orangetown AC	687
Bdo	693
Ballydrain Harriers	716
Mallusk Harriers	771
Orangetown AC	849
Ballydrain Harriers	872
Scrabo Striders	878
North Belfast Harriers	904
Bdo	967