

Bib	Athlete	Club	Gender	Laps	Lap1	Lap2	Lap3	Lap4	Lap5	Lap6	Lap7	Lap8	Lap9	Lap10	Lap11	Lap12	Lap13	Lap14	Lap15	Lap16	Lap17	Lap18	Lap19	Lap20	Lap21	Lap22	Lap23	Lap24	Lap25	Lap26	Lap27	Lap28	Lap29	Lap30	Lap31	Lap32	Lap33	Lap34	Lap35	Lap36	Lap37					
1	2 Keith Russell	Team Ireland	Male	37	0:44:56	0:46:03	0:45:43	0:46:20	0:46:14	0:45:54	0:46:47	0:46:38	0:45:51	0:46:31	0:47:22	0:45:09	0:46:30	0:46:10	0:45:59	0:45:58	0:46:39	0:46:32	0:45:48	0:45:59	0:44:10	0:44:55	0:44:25	0:42:06	0:45:08	0:43:38	0:44:33	0:45:11	0:44:39	0:45:33	0:45:22	0:45:03	0:46:49	0:46:37	0:44:51	0:46:34	0:46:39	0:42:46				
2	125 Cathal McParland	Team Ireland	Male	36	0:51:00	0:52:10	0:50:47	0:50:20	0:51:48	0:50:50	0:46:50	0:51:02	0:48:02	0:49:48	0:44:11	0:46:35	0:48:58	0:46:31	0:45:59	0:50:48	0:50:17	0:48:38	0:46:31	0:51:06	0:47:07	0:45:58	0:48:56	0:50:19	0:47:26	0:45:35	0:47:26	0:45:35	0:50:28	0:51:48	0:52:03	0:51:44	0:50:53	0:54:32	0:46:34	0:50:16	0:53:37	0:51:03				
3	6 Paul Cromie	Team England	Male	34	0:51:15	0:52:15	0:51:06	0:48:42	0:45:47	0:37:39	0:49:12	0:45:31	0:45:40	0:47:15	0:49:17	0:46:37	0:46:11	0:50:56	0:47:19	0:51:04	0:49:27	0:50:40	0:52:11	0:49:18	0:47:14	0:48:58	0:50:17	0:48:00	0:51:44	0:50:27	0:50:34	0:52:01	0:50:59	0:51:15	0:53:59	0:50:49	0:52:34	0:50:16	0:53:37	0:51:03						
4	22 Paul Kruger	Team England	Male	34	0:46:02	0:45:30	0:45:27	0:46:18	0:46:16	0:45:56	0:45:33	0:44:19	0:44:30	0:44:25	0:44:09	0:45:43	0:46:12	0:45:42	0:46:00	0:44:42	0:48:22	0:47:25	0:48:47	0:47:22	0:49:16	0:44:25	0:43:23	0:49:10	0:47:21	0:47:10	0:47:54	0:46:12	0:46:18	0:48:32	0:47:25	0:48:40	0:50:57	0:56:12								
5	9 Eoin Keith	Team Ireland	Male	29	0:48:54	0:50:24	0:50:19	0:50:18	0:50:50	0:50:16	0:51:38	0:51:24	0:50:30	0:51:49	0:51:09	0:50:34	0:50:02	0:50:00	0:50:49	0:51:47	0:50:38	0:52:09	0:51:07	0:49:16	0:47:52	0:49:38	0:50:15	0:51:10	0:51:47	0:50:40	0:51:57	0:55:27														
6	107 Billy Reed	Team Ireland	Male	28	0:49:16	0:51:00	0:48:29	0:48:22	0:50:50	0:50:17	0:49:35	0:48:42	0:51:01	0:51:32	0:51:11	0:50:42	0:50:15	0:50:23	0:50:44	0:51:34	0:51:47	0:50:39	0:52:45	0:51:11	0:49:19	0:47:59	0:48:58	0:50:16	0:51:16	0:50:02	0:50:33	0:52:14														
7	60 Adam McKee	Ballydrain Harriers	Male	27	0:49:02	0:51:30	0:51:17	0:50:53	0:50:55	0:47:50	0:53:25	0:51:07	0:47:50	0:49:39	0:51:04	0:52:19	0:50:12	0:52:03	0:47:17	0:51:07	0:53:59	0:55:22	0:55:17	0:51:15	0:49:38	0:51:34	0:49:35	0:53:34	0:55:29	0:57:10																
8	11 Jill McCann	Team Ireland	Female	26	0:50:50	0:51:11	0:50:34	0:50:40	0:51:35	0:51:13	0:54:45	0:51:00	0:53:49	0:51:38	0:53:15	0:52:31	0:51:26	0:53:34	0:55:17	0:55:18	0:55:48	0:55:23	0:55:15	0:53:17	0:52:19	0:52:48	0:55:38	0:56:46	0:57:27	0:58:02																
9	40 Mike Raffan	Team Scotland	Male	26	0:40:12	0:41:14	0:39:14	0:39:55	0:40:43	0:35:24	0:43:29	0:42:51	0:43:44	0:43:44	0:44:09	0:46:19	0:47:58	0:47:58	0:45:29	0:46:27	0:45:54	0:48:20	0:48:57	0:50:00	0:45:13	0:44:23	0:46:28	0:45:35	0:47:30	0:48:06	0:51:44															
10	39 Barry MacLuchlin	Team Scotland	Male	26	0:46:00	0:45:57	0:45:43	0:46:17	0:44:31	0:45:52	0:46:49	0:45:41	0:46:20	0:46:26	0:45:01	0:46:13	0:46:08	0:45:55	0:46:10	0:46:13	0:46:24	0:47:05	0:48:07	0:47:22	1:00:03	0:44:43	0:45:37	0:48:16	0:47:32	0:51:44																
11	12 Johnny Breen	Team Ireland	Male	26	0:48:55	0:50:55	0:50:43	0:46:18	0:50:53	0:46:40	0:50:09	0:48:31	0:51:04	0:49:43	0:49:52	0:47:14	0:44:43	0:48:34	0:46:19	0:47:07	0:51:30	0:49:05	0:52:33	0:51:13	0:49:29	0:46:52	0:50:20	0:50:15	0:57:28	0:57:09																
12	23 Martyn Taylor	Team England	Male	26	0:49:00	0:50:25	0:50:31	0:48:44	0:46:17	0:47:27	0:46:55	0:46:50	0:49:03	0:49:47	0:48:52	0:48:41	0:50:14	0:52:18	0:50:56	0:53:28	0:51:58	0:50:40	0:53:06	0:53:16	0:51:23	0:50:50	0:50:55	0:52:44	0:52:16	0:58:01																
13	105 Sarah Kinnear	County Antrim Harriers/ Team Ireland	Female	26	0:52:27	0:53:29	0:51:52	0:52:43	0:52:12	0:53:32	0:55:05	0:53:32	0:54:09	0:53:34	0:54:22	0:53:34	0:52:27	0:53:50	0:55:22	0:55:19	0:54:08	0:55:25	0:54:32	0:53:22	0:52:16	0:52:01	0:55:39	0:51:48	0:57:27	0:58:02																
14	121 Mary Keenan	Muck Hogs	Female	25	0:50:58	0:51:29	0:50:51	0:51:06	0:51:35	0:51:24	0:54:48	0:51:04	0:50:53	0:51:39	0:53:33	0:52:32	0:52:18	0:53:37	0:55:17	0:55:20	0:55:50	0:55:22	0:54:57	0:53:13	0:51:25	0:51:50	0:55:38	0:56:57	0:58:02																	
15	4 David Stevenson	Team Ireland	Male	25	0:50:42	0:51:31	0:51:11	0:48:23	0:47:28	0:48:52	0:51:40	0:49:48	0:48:26	0:49:46	0:51:09	0:50:40	0:50:20	0:51:07	0:50:49	0:51:06	0:51:38	0:48:27	0:52:10	0:51:14	0:49:36	0:49:49	0:50:25	0:51:50	0:53:51																	
16	74 Stuart McIver	Ballydrain Harriers	Male	24	0:46:03	0:46:16	0:45:44	0:46:59	0:46:58	0:46:44	0:46:49	0:45:58	0:50:55	0:49:37	0:52:57	0:52:29	0:51:28	0:49:57	0:50:43	0:51:07	0:51:50	0:50:44	0:52:14	0:51:15	0:49:40	0:48:16	0:46:25	0:48:17																		
17	54 Stephen Perry		Male	24	0:51:51	0:51:15	0:51:15	0:51:02	0:51:40	0:50:57	0:53:32	0:52:38	0:49:49	0:52:48	0:49:27	0:51:08	0:51:08	0:53:09	0:51:10	0:53:37	0:53:54	0:53:30	0:51:32	0:49:24	0:50:38	0:48:49	0:49:01																			
18	43 Ross Mackey	Team Scotland	Male	24	0:50:47	0:50:24	0:50:53	0:50:44	0:51:42	0:50:27	0:52:05	0:50:15	0:51:03	0:51:42	0:52:47	0:50:47	0:51:50	0:51:30	0:51:38	0:52:05	0:55:58	0:55:29	0:56:02	0:53:31	0:53:40	0:56:27	0:53:28	0:53:36																		
19	18 Andrew Smith	Team England	Male	24	0:54:57	0:54:46	0:54:58	0:54:26	0:55:53	0:52:54	0:55:39	0:54:17	0:54:52	0:54:60	0:55:39	0:54:17	0:54:52	0:55:47	0:56:25	0:50:51	0:55:25	0:56:07	0:56:23	0:57:31	0:57:57	0:53:37	0:57:06	0:57:38	0:57:08																	
20	35 Karen Wells [Nicol]	Team Scotland	Female	24	0:51:11	0:51:45	0:52:50	0:52:10	0:53:26	0:53:13	0:54:22	0:54:09	0:54:14	0:53:59	0:54:46	0:57:45	0:53:05	0:53:38	0:53:38	0:54:32	0:55:54	0:55:13	0:56:00	0:56:13	0:56:23	0:56:05	0:56:42	0:58:38																		
21	84 Simon Connaughton		Male	24	0:44:56	0:46:03	0:45:41	0:46:20	0:46:14	0:46:47	0:45:52	0:46:32	0:47:20	0:44:46	0:46:30	0:46:10	0:45:41	0:45:57	0:46:39	0:46:34	0:50:04	0:51:30	0:38:15	0:45:58	0:47:49	0:55:02	1:03:30																			
22	77 Vincent McMath		Male	24	0:51:49	0:46:07	0:45:37	0:44:54	0:45:47	0:50:46	0:51:44	0:51:22	0:54:00	0:50:47	0:50:03	0:53:46	0:56:17	0:51:29	0:55:33	0:53:02	0:56:05	0:57:18	0:54:31	0:57:08	0:49:23	0:51:49	0:53:13	1:00:01																		
23	14 Lorraine Collier	Team England	Female	23	0:49:14	0:51:14	0:50:49	0:50:24	0:51:04	0:50:52	0:50:33	0:50:58	0:51:20	0:52:45	0:50:44	0:51:49	0:53:35	0:52:51	0:52:01	0:53:16	0:54:45	0:54:20	0:54:39	0:55:51	0:59:11	1:09:51																				
24	16 Guy Bettinson	Team England	Male	21	0:45:50	0:48:12	0:46:14	0:47:14	0:47:34	0:46:48	0:48:02	0:47:55	0:47:34	0:48:42	0:49:01	0:46:49	0:49:08	0:47:44	0:46:19	0:47:46	0:46:31	0:47:31	0:49:50	0:50:28	0:49:36																					
25	120 Glenn McNamara		Male	20	0:51:01	0:45:56	0:46:16	0:50:19	0:50:51	0:45:55	0:52:19	0:47:38	0:52:42	0:51:23	0:53:07	0:46:43	0:47:02	0:47:48	0:47:08	0:49:40	0:49:47	0:51:03	0:55:55	0:48:28																						
26	19 Andy Persson	Team England	Male	20	0:49:13	0:51:33	0:50:41	0:52:22	0:51:54	0:51:38	0:55:09	0:51:46	0:53:51	0:54:08	0:55:25	0:53:48	0:52:24	0:54:32	0:54:56	0:54:04	0:56:04	0:55:37	0:57:25	1:00:47																						
27	42 Graham Connolly	Team Scotland	Male	19	0:50:53	0:51:12	0:50:51	0:50:23	0:51:09	0:50:53	0:54:22	0:59:34	0:58:30	0:51:59	0:50:11	0:52:45	0:53:46	0:56:17	0:51:29	0:55:33	0:53:02	0:56:05	0:57:18	0:54:31	0:57:08	0:49:23	0:51:49	0:53:13	1:00:25																	
28	1 Bobbie Irvine	Team Ireland	Male	19	0:50:40	0:50:56	0:50:40	0:50:43	0:51:00	0:51:17	0:52:02	0:53:24	0:52:56	0:51:51	0:52:45	0:53:16	0:51:42	0:53:44	0:55:27	0:52:19	0:55:57	0:55:40	0:54:23																							
29	75 Neil Scott		Male	19	0:54:19	0:54:30	0:54:20	0:51:27	0:51:09	0:51:06	0:50:44	0:52:37	0:53:36	0:54:01	0:52:13	0:53:49	0:53:22	0:51:53	0:51:47	0:53:00	0:55:23	0:52:22	0:55:18																							
30	45 Tom Owens	Team Wales	Male	19	0:50:24	0:49:53	0:50:19	0:51:16	0:51:18	0:50:31	0:51:32	0:50:57	0:51:00	0:51:40	0:52:11	0:50:34	0:51:08	0:50:59	0:50:44	0:51:00	0:52:44	0:53:33	0:57:54																							
31	65 Adrian Boyd		Male	19	0:52:14	0:53:27	0:52:51	0:52:13	0:52:26	0:53:32	0:55:02	0:53:34	0:54:08	0:53:35	0:54:45	0:54:37	0:55:36	0:55:06	0:55:37	0:55:20	0:56:21	0:55:29	1:01:33																							
32	62 Wayne McGuigan	Sieve Gullion runners	Male	19	0:52:02	0:51:39	0:50:36	0:50:18	0:50:53	0:50:51	0:51:42	0:52:17	0:53:56	0:51:50	0:53:20	0:50:42	0:46:58	0:45:59	0:46:10	0:49:35	0:48:14	0:49:50	1:02:45																							