



1	202	Tom	Crudgington	Male	Newcastle ac	0:17:23	0:17:23
2	98	Adam	Harvey	Male	Victoria Park and Connswater AC	0:17:46	0:17:46
3	148	Gregory	Croft	Male	Flying Machines Running Club	0:17:56	0:17:56
4	173	Martin	Willcox	Male	East Down Athletics Club	0:18:28	0:18:28
5	217	David	Smyth	Male		0:18:32	0:18:30
6	174	Matthew	Halus	Male	Scrabo Striders	0:19:20	0:19:17
7	211	Norman	McWhinney	Male	Scrabo Striders	0:19:39	0:19:38
8	160	Johnny	Millar	Male		0:19:43	0:19:43
9	146	Graeme	McGowan	Male	Scrabo Striders	0:20:09	0:20:07
10	96	Bernard	McAnulty	Male		0:20:19	0:20:17
11	189	Scott	North	Male		0:20:29	0:20:27
12	152	Jake	McFarland	Male		0:20:33	0:20:30

13	171	Mark	McCormick	Male		0:20:33	0:20:31
14	99	Adam	Jones	Male		0:20:36	0:20:34
15	137	Gareth	Davies	Male	Scrabo Striders	0:20:46	0:20:43
16	204	Trevor	McFarland	Male	Atlas Running Club	0:20:57	0:20:54
17	72	Naomi	Uprichard	Female	Dromore AC	0:20:59	0:20:58
18	210	Sarah	Benton	Female	North Down AC	0:21:06	0:21:04
19	107	Andrew	Barr	Male		0:21:14	0:21:13
20	134	Eoin	McClelland	Male		0:21:21	0:21:19
21	115	Christopher	Haire	Male		0:21:23	0:21:20
22	133	Eamon	McCann	Male	Dromore AC	0:21:29	0:21:28
23	176	Nigel	Shevlin	Male		0:21:33	0:21:30
24	218	Andrew	Simpson	Male	Newry city	0:21:33	0:21:31
25	116	Colin	Moore	Male	Saintfield Striders	0:21:51	0:21:47
26	120	Daniel	Haire	Male		0:21:58	0:21:55
27	200	Ted	Stokes	Male		0:22:26	0:22:10
28	161	Jordan	Scott	Male		0:22:43	0:22:21
29	103	Alan	Hughes	Male		0:22:43	0:22:39
30	181	Philip	Barr	Male		0:22:45	0:22:43
31	105	Alan	Patterson	Male		0:22:46	0:22:44
32	199	Steven	Hanna	Male	Scrabo Striders	0:22:47	0:22:38

33	136	Ernest	Hall	Male		0:22:55	0:22:53
34	206	Harry	McCready	Male	Scrabo Striders	0:23:00	0:23:00
35	113	Chris	Burns	Male	Scrabo Striders	0:23:01	0:22:54
36	132	Drew	Cranston	Male		0:23:20	0:23:08
37	184	Richard	Stephens	Male		0:23:26	0:23:24
38	216	James	McCracken	Male	Dromore AC	0:23:29	0:23:28
39	183	Richard	Carter	Male	Jog Lisburn	0:23:31	0:23:25
40	144	George	Johnston	Male	Scrabo Striders	0:23:34	0:23:23
41	108	Andrew	Curry	Male	Ward Park Runners	0:23:42	0:23:41
42	77	Noeleen	McKillop	Female	Ballymena Runners	0:23:44	0:23:37
43	209	Paula	Simpson	Female	Northdown AC	0:23:55	0:23:52
44	179	Peter	Bowles	Male	Dromore AC	0:24:01	0:23:50
45	188	Sam	Pinkney	Male	Jog Lisburn	0:24:07	0:24:01
46	125	David	Reid	Male	Jog Lisburn	0:24:13	0:24:06
47	153	James	Lyons	Male	Ballydrain Harriers	0:24:18	0:24:11
48	222	Karen	Wilton	Female	Jog Lisburn	0:24:19	0:24:11
49	12	Cheridan	Scott	Female		0:24:20	0:23:59
50	147	Graham	Campbell	Male	Dee Runners	0:24:30	0:24:25
51	215	Greg	McClure	Male	North Belfast Harriers	0:24:34	0:24:25
52	187	Sam	Cochrane	Male	Barn Runners	0:24:36	0:24:32

53	158	John	Patterson	Male		0:24:37	0:24:34
54	203	Tom	Pritchard	Male	Ward Park Runners	0:24:40	0:24:33
55	111	Bobby	McGonigal	Male	Scrabo Striders	0:24:48	0:24:44
56	122	David	Crudgington	Male	Murlough AC	0:24:51	0:24:46
57	121	Darren	Johnston	Male	Scrabo Striders	0:24:52	0:24:46
58	4	Amanda	Martin	Female	Scrabo Striders	0:24:54	0:24:44
59	139	Gary	Patterson	Male		0:24:55	0:24:51
60	7	Bethany	Coulter	Female		0:25:03	0:24:32
61	186	Ryan	Green	Male	Murlough AC	0:25:16	0:25:13
62	117	Colin	Verth	Male	Scrabo Striders	0:25:24	0:25:15
63	220	Trevor	Woodside	Male	Jog Lisburn	0:25:24	0:25:19
64	149	Heath	Graham	Male	Scrabo Striders	0:25:25	0:25:19
65	46	Julie	Moore	Female	Saintfield Striders	0:25:26	0:25:21
66	123	David	Mcwhirter	Male	East Coast Athletic Club	0:25:54	0:25:47
67	213	Peter	Simpson	Male	Newry city	0:25:59	0:25:58
68	168	Mark	Halus	Male	Scrabo Striders	0:26:16	0:26:11
69	81	Paula	Haire	Female		0:26:23	0:26:18
70	145	George	McGonigal	Male	Scrabo Striders	0:26:26	0:26:20
71	114	Chris	Edwards	Male	Scrabo Striders	0:26:28	0:26:22
72	18	Claire	Steele	Female	Derwent Runners	0:26:29	0:26:24

73	164	Lee	McDowell	Male		0:26:30	0:26:18
74	159	John	Ringland	Male		0:26:30	0:26:18
75	191	Stephen	Dunlop	Male	Jog Lisburn	0:26:31	0:26:25
76	76	Nicole	Lowe	Female		0:26:35	0:26:31
77	82	Rachel	McDowell	Female		0:26:37	0:26:10
78	3	Alina	Biskupska	Female	North Belfast Harriers	0:26:41	0:26:31
79	212	Gerald	Mitchell	Male		0:26:46	0:26:41
80	47	Julie	Preston	Female		0:26:50	0:26:35
81	71	Naomi	Savidge	Female	Jog Lisburn	0:26:56	0:26:51
82	95	Zara	Johnston	Female	Scrabo Striders	0:26:56	0:26:49
83	102	Alan	Davis	Male		0:26:57	0:26:43
84	170	Mark	Magowan	Male		0:27:04	0:26:53
85	192	Stephen	Haire	Male		0:27:07	0:26:57
86	151	Ian	Frazer	Male	Scrabo Striders	0:27:10	0:26:55
87	30	Fiona	McAvoy	Female	Scrabo Striders	0:27:16	0:27:05
88	52	Katy	Lyttle	Female	Scrabo Striders	0:27:17	0:27:06
89	138	Gary	Parker	Male		0:27:24	0:27:14
90	219	Thomas	McKinstry	Male	North Belfast Harriers	0:27:26	0:27:14
91	205	Trevor	Walker	Male		0:27:43	0:27:23
92	104	Alan	Lawson	Male		0:27:50	0:27:41

93	156	Jason	Reid	Male	North Belfast Harriers	0:27:54	0:27:41
94	214	Hugh	Dickson	Male		0:28:01	0:27:41
95	135	Eric	Lyons	Male		0:28:01	0:27:41
96	67	Martina	Finn	Female	Scrabo Striders	0:28:08	0:27:57
97	50	Karen	Wilson	Female	Scrabo Striders	0:28:20	0:28:14
98	129	Dee	Patterson	Male	Scrabo Striders	0:28:34	0:28:27
99	20	Clio	McGrath	Female		0:28:38	0:28:33
100	124	David	Orwin	Male	LVO	0:28:40	0:28:28
101	55	Kirsty	Davidson	Female	Ward Park Runners	0:28:40	0:28:20
102	17	Claire	Fleming	Female	Ward Park Runners	0:28:46	0:28:29
103	43	Joyce	Nickell	Female	Ward Park Runners	0:28:47	0:28:29
104	207	Calum	McCready	Male	Scrabo Striders	0:28:54	0:28:48
105	86	Sarah	Luce	Female	Scrabo Striders	0:28:56	0:28:50
106	34	Hazel	Crudgington	Female	Murlough AC	0:28:57	0:28:53
107	42	Jolene	Hughes	Female		0:29:46	0:29:33
108	14	Chrissie	Harris	Female		0:29:48	0:29:43
109	49	Karen	Warnock	Female	Scrabo Striders	0:29:52	0:29:42
110	91	Sonya	Summersgill	Female	Scrabo Striders	0:30:05	0:29:58
111	45	Judith	Boyd	Female	Scrabo Striders	0:30:05	0:29:59
112	119	Craig	Stephens	Male		0:30:07	0:30:03

113	22	Deirdre	Armstrong	Female	Saintfield Striders	0:30:11	0:30:04
114	118	Craig	McAlister	Male		0:30:20	0:30:11
115	208	linda	Dornan	Female	Saintfield Striders	0:30:24	0:30:14
116	11	Cathy	Skelton	Female		0:30:36	0:30:31
117	28	Emily	Skelton	Female		0:30:36	0:30:31
118	165	Mark	Anderson	Male	Ward Park Runners	0:30:41	0:30:21
119	13	Cherry	McVeigh	Female		0:30:54	0:30:39
120	196	Steven	Green	Male		0:31:03	0:30:43
121	141	Geoff	Curry	Male		0:31:04	0:30:43
122	157	John	McIlroy	Male		0:31:04	0:30:43
123	2	Alexandra	Jones	Female		0:31:07	0:30:53
124	48	Karen	Clarke	Female	Scrabo Striders	0:31:14	0:31:03
125	53	Kelly	Morrow	Female	Ward Park Runners	0:31:17	0:30:57
126	26	Elaine	Boyd	Female	Ward Park Runners	0:31:29	0:31:11
127	63	Lorraine	Adams	Female	Scrabo Striders	0:31:32	0:31:16
128	177	Paul	Campbell	Male		0:31:43	0:31:24
129	35	Heather	Doherty	Female	Ward Park Runners	0:31:44	0:31:26
130	75	Nicola	Williams	Female	Ward Park Runners	0:31:45	0:31:26
131	87	Sarah	Milligan	Female		0:31:54	0:31:41
132	41	Joanne	Larkin	Female	Ward Park Runners	0:31:59	0:31:40

133	73	Natasha	Graham	Female	Scrabo Striders	0:32:02	0:31:50
134	56	Laura	Patrick	Female		0:32:07	0:31:44
135	150	Hugh	Lyons	Male	Scrabo Striders	0:32:10	0:31:57
136	74	Nicola	Forsythe	Female	Scrabo Striders	0:32:15	0:32:07
137	131	Des	Reid	Male	Belfast Running Club	0:32:20	0:32:05
138	97	Aaron	Hill	Male	Belfast Running Club	0:32:20	0:32:05
139	29	Fiona	Collins	Female	Ward Park Runners	0:32:26	0:32:07
140	142	George	Hamill	Male		0:32:28	0:32:07
141	223	Conrad	Kirk	Male		0:32:28	0:32:07
142	32	Georgia	McGonigal	Female	Scrabo Striders	0:32:29	0:32:07
143	100	Adrian	Holloway	Male		0:32:30	0:32:16
144	180	Peter	Mcgonigal	Male	Scrabo Striders	0:32:30	0:32:18
145	106	Alan	Perry	Male		0:32:50	0:32:28
146	6	Angela	Mawhinney	Female	Big Fish Runners	0:32:56	0:32:47
147	109	Arthur	Spence	Male	Ward Park Runners	0:32:58	0:32:47
148	60	Linda	Ingram	Female		0:33:04	0:32:52
149	10	Caroline	Carberry	Female		0:33:07	0:32:52
150	68	Martine	Magee	Female		0:33:09	0:32:51
151	101	Alan	Craig	Male	Ward Park Runners	0:33:21	0:32:59
152	221	Caroline	McCaldin	Female		0:33:25	0:33:17

153	182	Rayme	McCartan	Male	Mourne Runners	0:33:46	0:33:37
154	27	Elaine	McGonigal	Female	Scrabo Striders	0:34:06	0:33:54
155	9	Carol	Graham	Female	Scrabo Striders	0:34:06	0:33:55
156	54	Kim	Cochrane	Female	Scrabo Striders	0:34:23	0:34:14
157	126	David	Straghan	Male		0:34:28	0:34:13
158	78	Pamela	Gass	Female		0:34:28	0:34:13
159	89	Sharon	McCracken	Female	BARF	0:35:08	0:34:33
160	85	Sally	Reaney	Female	Ward Park Runners	0:35:28	0:35:09
161	61	Lorna	Dorman	Female		0:35:30	0:35:04
162	57	Lauren	Williams	Female	Ward Park Runners	0:35:31	0:35:04
163	140	Gary	Strain	Male		0:35:32	0:35:05
164	83	Rebecca	Wilson	Female		0:35:41	0:35:25
165	93	Vicky	Ferris	Female		0:35:41	0:35:26
166	64	Louise	Booth	Female	Scrabo Striders	0:35:59	0:35:42
167	23	Donna	Dugan	Female	Scrabo Striders	0:36:05	0:35:51
168	143	George	Johnston	Male		0:36:07	0:35:49
169	31	Gabrielle	Holloway	Female		0:36:12	0:35:55
170	19	Claire	Thomson	Female	Ward Park Runners	0:36:23	0:35:47
171	62	Lorna	Thrush	Female	Ward Park Runners	0:36:39	0:36:19
172	33	Hazel	Cash	Female		0:36:40	0:36:30

173	8	Carissa	Holloway	Female		0:36:48	0:36:33
174	38	Jennifer	McAteer	Female	Scrabo Striders	0:36:50	0:36:34
175	36	Jayne	Chambers	Female	Ward Park Runners	0:36:53	0:36:34
176	44	Joyce	Thomson	Female	Ward Park Runners	0:36:58	0:36:38
177	58	Lee	Caughey	Female	Ballyhalbert Harriers	0:37:09	0:37:01
178	92	Terry	Murray	Female	Ward Park Runners	0:37:10	0:36:52
179	70	Nancy	Brown	Female		0:37:17	0:37:05
180	40	Joanna	Birch	Female	Ballyhalbert Harriers	0:37:18	0:37:07
181	65	Lynn	McGonigal	Female	Scrabo Striders	0:38:03	0:37:53
182	112	Bruce	Thomson	Male	Ward Park Runners	0:38:58	0:38:35
183	128	David	Yell	Male	Ward Park Runners	0:39:28	0:39:06
184	59	Linda	Angus	Female	Ward Park Runners	0:39:28	0:39:06
185	5	Angela	Briggs	Female	Ward Park Runners	0:39:29	0:39:06
186	201	Terry	Davidson	Male		0:40:10	0:39:45
187	90	Shirley	Davidson	Female		0:40:11	0:39:45
188	16	Claire	Dobbin	Female		0:40:40	0:40:16
189	24	Donna	Johnston	Female	Scrabo Striders	0:40:55	0:40:18
190	175	Neil	McCormick	Male	Wednesday Night Runners	0:43:37	0:43:23
191	162	Kyle	Murphy	Male		0:45:14	0:45:13
192	88	Sharon	Gamble	Female	Scrabo Striders	0:45:39	0:45:22

193	94	Wilma	Dunlop	Female	Jog Lisburn	0:46:12	0:46:03
------------	-----------	--------------	---------------	---------------	--------------------	----------------	----------------

Updated 5th Nov 2023 14:56

Get In Touch