

Table 1

	Delamont	10k				
placed	Name	club	Gender	Time		
1	Karen Wilton	Jog Lisburn running club	F	42.20		
2	Jonny Gregg	Newry A C	M	44.29		
3	Robert Beattie	Ballydrain Harriers	M	51.05		
4	Glen Porter		M	51.27		
5	David Adams	Saintfield Striders	M	52.22		
6	David Cupples		M	53.14		
7	Ian Mairs		M	53.58		
8	Donal Smith	East Down A C	M	55.07		
9	Thomas Johnston		M	55.23		
10	David Shepherd	Crossgar Harriers	M	55.28		
11	Claire Porter		F	58.27		
12	David Kilner		M	59.47		
13	Julia Gorman		F	1.00.06		
14	Vincent McClorey		M	1.00.49		
15	Jacky Wallace		F	1.01.29		
16	Lynsey Morton		F	1.01.52		
17	Patrick Smith		M	1.02.08		
18	Samuel Ferguson		M	1.03.59		
19	Vicky McVeigh		F	1.04.36		
20	David Davidson	Jog Lisburn running club	M	1.09.26		
21	Gareth Hanna		M	1.09.30		
22	Nora Gilbody	Ormeau Runners	F	1.16.00		
23	Stephen Davidson		M	1.20.04		

	Delamont	5k		
Placed	Name	Club	Gender	Time
1	Kyle Ross	Ballydrain Harriers	M	21.00
2	Paul Lloyd	East Down A C	M	21.39
3	Eam0n McCann	Murlough A C	M	22.04
4	Callum Kent	East Down A C	M	24.49
5	Leah Calvert	Murlough A C	F	27.01
6	Roger Pollen		M	27.10
7	Fiona Coles		F	29.32
8	Holly Gordon		F	29.35
9	Abby McConnell		F	30.47
10	Emily Boyd		F	33.02
11	Danielle Logan		F	34.40
12	Marea-louise Martin	Saintfield striders	F	37.08
13	Rayme McCartan	Mourne Runners	M	37.27
14	Gina McGoldrick		F	41.32
15	Sean McCashen		M	44.03
16	Teresa Armstrong	Murlough A C	F	44.49
17	Lorraine Murtagh	Murlough A C	F	44.51