

Pos	Bib	Firstname	Lastname	Gender	Cat
1	5223	Trevor	Woodside	M	M40
2	51	Ryan	Delaney	M	MO
3	5243	Lee	Stewart	M	M35
4	5465	Dean	Willis	M	M35
5	5111	Eoghan	Bradley	M	MO
6	5174	Sean	O'Neill	M	MO
7	5134	Matthew	McMurray	M	MO
8	5073	Dorian	Palmowski	M	M50
9	5529	Cathaoir	Cassidy	M	M35
10	5015	Marty	Cushnahan	M	M45
11	5074	Rafal	Kowalski	M	M45
12	5048	Adam	Kozlowski	M	M45
13	5311	Dylan	Cleary	M	MO
14	5294	Richard	Glasgow	M	M35
15	5001	Cameron	Lovatt	M	MO
16	5354	Shaun	Carton	M	M60
17	5359	Mark	Adamson	M	M35
18	5151	Kevin	Harper	M	M50
19	5005	Bo	Morrison	M	M40
20	5101	Oisin	Diamond	M	MO
21	5030	Gary	Freeman	M	M35
22	5091	Anthony	Jenkins	M	MO
23	5259	Craig	Thornton	M	MO
24	5067	Christopher	Larmour	M	MO
25	5336	Richard	Shiels	M	M40
26	52	Hannah	Delaney	F	FO
28	35	Nathan	Hodge	M	M35
29	5360	Nena	Cormican	F	F40
30	5300	Sandra	Dunseath	F	F50
31	5054	Anthony	Wilkinson	M	M40
32	5344	Steve	McCamley	M	M55
33	5303	Rebecca	Jordan	F	FO
34	5140	Lewis	Frew	M	MO
35	5107	Chris	Franklin	M	M40
36	5999	Nuala	Muldoon	F	F45
37	5504	Timothy	Sloan	M	MO
38	5319	Gerard	Cochrane	M	M40
39	5247	Jack	Hiles	M	M35
40	5312	Mary	Slocum	F	F60
41	5231	Tony	McElvanna	M	M60
42	5388	Carla	Frazer	F	F35
43	5145	Fionnbharr	Diamond	M	MO
44	5508	Jonny	Rogan	M	M45
45	5025	Eamon	Smith	M	MO
46	5315	Judith	Nixon	F	F50
47	5142	Richard	McCarron	M	M45

48	5347 Sean	Purvis	M	MO
49	5394 Joel	McFetridge	M	M40
51	5122 Sean	Toner	M	MO
52	5502 Sam	Doey	F	F40
53	5530 Tony	Cushnahan	M	MO
54	5472 Sarah	Wilson	F	F45
55	5439 Rodney	Livingstone	M	M55
56	5253 Gerard	Smith	M	M50
57	5070 Jai James	Mccloskey	M	MJ
58	5175 Conor	Griffin	M	MO
59	5215 Nathan	Mccleave	M	MO
60	5069 Naomi	Mccloskey	F	FO
61	5239 Hannah	Rosbotham	F	FO
62	5036 Jamie	Scullion	M	MO
63	5033 Leo	Mulcahy	M	M50
64	5485 Philip	Brown	M	M35
65	5522 Kirsten	Montgomery	F	FO
66	5366 Sean	O'Neill	M	MO
67	5473 Heather	Beattie	F	F40
68	5376 Mark	Cleland	M	M40
69	5237 Lee	McCrudden	M	MO
70	5192 David	Campbell	M	M35
71	5505 Ciara	Madden	F	FO
72	5304 Tommy	Cheng	M	MO
73	5014 Skye	Walker	F	FO
74	5244 Claire	McGurk	F	F35
75	5168 patrick	murray	M	M40
76	5440 Rifat	Balku	M	MO
77	5532 Robin	Ellis	M	MO
78	5277 Richard	Gordon	M	M35
79	5028 Derek	Dougan	M	M60
80	5419 Rhys	Lemon	M	MO
81	5326 Ciara	Parker	F	F40
82	5002 Martina	Javorska	F	F45
83	5302 Thomas	McSorley	M	MO
84	5044 Stewart	Hoey	M	M40
85	5141 Donal	Madden	M	M55
86	5399 Nial	Hogan	M	MO
87	5221 Phil	Totten	M	MO
88	5076 Jonathan	Nevin	M	MO
89	5037 Claire	Scott	F	F50
90	5038 Christy	Cushnahan	M	M45
91	5526 Ryan	Burnett	M	MO
92	5296 Ross	Pearson	M	M35
93	5387 Mark	Richards	M	M50
94	5380 Alasdair	Irvine	M	M35
95	5241 Jason	Reid	M	M35

96	5165	Conor	O Kane	M	MO
97	5396	Nathan	Linton	M	MJ
98	5197	Richard	Young	M	M40
99	5332	Maria	McAtamney	F	FJ
100	5507	Michael	Grindy	M	MO
101	5129	Peter	Gamble	M	M35
102	5113	Mark	Fenton	M	MO
103	5272	noel	magee	M	M60
104	5392	Gillian	Francis	F	F50
105	5441	Naoishe	Shannon	F	F35
106	5450	Colin	Overend	M	M40
107	5260	Adam	Thornton	M	MO
108	5449	Peter	Mitchell	M	MO
109	5358	Adam	Glasgow	M	MO
110	5218	Yesten	Smith	M	M45
111	5438	Robin	Kitchen	M	M40
112	5173	Chris	Brown	M	M45
113	5050	Emma	Wood	F	F35
114	5524	Emma	Wood	F	F35
115	5190	Maurice	Mulvenna	M	M60
116	5391	John	Mulholland	M	M70
117	5506	Stephen	Kingsbury	M	M35
118	5230	Richard	Gormley	M	M45
119	5436	Rorzo	Ferguson	M	M40
120	5510	Jason	Smyth	M	M35
121	56	Ryan	Faulkner	M	M35
122	5477	Darran	Turtle	M	M45
123	5172	Martin	Dunphy	M	M60
124	5169	Darcie	Murray	F	FJ
125	5292	Joe	Smyth	M	MO
126	5090	Ray	Brownlie	M	M45
127	5492	Keith	Biggerstaff	M	M40
128	5414	Danielle	McCaughern	F	FO
129	5495	Louise	Montgomery	F	F35
130	5459	Will	Shaw	M	M40
131	5161	Nigel	Kane	M	M45
132	5112	Keeva	Madden	F	FO
133	5410	Dylan	Bailie	M	MO
134	5209	Deaglan	Conlon	M	MO
135	5201	Kelly	Moore	F	F45
136	5470	Eunan	mcnally	M	MJ
137	5416	Jessica	Hutchings	F	FO
138	5105	Michelle	Hanna	F	F40
139	5346	Ian	Paget	M	M50
140	5481	Molly	McCrory	F	FO
141	5082	Norah	Gilliland	F	F40
142	5301	Peter	McSorley	M	M50

143	5137 Philip	Doyle	M	M40
144	5193 Ivor	Robinson	M	M65
145	5232 Francis	Nugent	M	M65
146	5496 Erin	OKane	F	FO
147	5509 Orla	Higgins	F	FO
148	5061 Danny	Collins	M	M50
149	5144 William	Watters	M	M55
150	5071 Alyson	Graham	F	F50
151	5059 david	mcwhirter	M	M55
152	5029 Thomas	Smith	M	MO
153	5019 Simon	Harron	M	M35
154	5284 Caolan	McCann	M	MO
155	5393 Fiona	McKay	F	FO
156	5501 David	Doey	M	M45
157	5367 Emma	Suiter	F	F35
158	5252 Simon	Crooks	M	MO
159	5352 Sarahjane	Dickson	F	F45
160	5333 Tracy	McAtamney	F	F45
161	5256 Jordan	Millar	M	MO
162	5461 David	Beattie	M	MO
163	5462 Eoin	Morrow	M	MO
164	5423 Chris	Boyd	M	M40
165	5167 Marianne	McLarnon	F	FO
166	5114 Ruairí	Fisher	M	MO
167	5010 Aidyrunner	Hughes	M	M55
168	5158 Manuel	Molar	M	MO
169	5437 Wayne	McReynolds	M	M40
170	5428 Leah	Mcfetridge	F	FJ
171	5007 Shauna	Kennedy	F	F40
172	5187 Callum	Obrien	M	MO
173	5351 Shaun	Kelly	M	M50
174	5518 Pamela	Phelan	F	F45
175	5389 Jemma	Johnston	F	FO
176	5355 DENIS	O NEILL	M	M40
177	5096 Katie	Hughes	F	F40
178	5511 Danielle	Hill	F	FO
179	5248 Jonathan	Owens	M	M40
180	5521 Ryan	Grace	M	MO
181	5271 Chrissie	Harris	F	F40
182	5273 WILLIAM	OLPHERT	M	M50
183	5279 Mick	O'Neill	M	M50
184	5246 Colleen	Regan	F	F35
185	5404 Peter	Phelan	M	M50
186	5027 Bronagh	kearney	F	FO
187	5316 Lyndsey	Young	F	F45
188	5405 Martina	Thomson	F	F45
189	5159 Rosie	Ohara	F	FO

190	5012	Laura	Gilmour	F	FO
191	5023	Chris	Burbage	M	M35
192	5026	Meghan	Jones	F	F35
193	5350	Siobhán	Mallon	F	F40
194	5327	David	Burdett	M	M65
195	5458	Richard	Railton	M	M45
196	5395	Jiri	Pavelka	M	M45
197	5110	John	Lambe	M	MO
198	5211	Edward	Eastham	M	MO
199	5087	Zamuda	Namukuye	F	F45
200	5020	LORRAINE	McConnell	F	F55
201	5341	Rachael	Macaulay	F	FO
202	5251	Jonny	Crooks	M	MO
203	5040	Erica	Mc Allister	F	F55
204	5467	Niamh	McGowan	F	FO
205	5095	Cathy	Waring	F	F50
206	5471	Elzbieta	Pajakowska	F	F40
207	5408	Stephanie	McClure-Vieussens	F	FO
208	5370	Grace	Reid	F	FO
209	5537	Chloe	Storey	F	FO
210	5008	Pippa	Knowles	F	FO
211	5224	Clare	McIlveen	F	F35
212	5317	Lyndsay	Morgan	F	F35
213	5205	Muirinn	Mccloskey	F	FO
214	5094	Timothy	Johnston	M	MO
215	5043	Louise	McNicholl	F	FO
216	5361	Shannon	Smillie	F	FO
217	5491	Shaun	McCormick	M	M40
218	5275	Michelle	Dineen	F	F50
219	5531	Paul	McCorry	M	MO
220	5204	Harry	Gribbin	M	M55
221	5424	Andrea	McGuigan	F	F35
222	5099	Tiernan	McAleer	M	MO
223	5022	Jessica	Mahdi	F	FO
224	5402	Kerrie	MacKerracher	F	F45
225	5261	Keri	Thornton	F	FO
226	5184	Cathy	Morrow	F	F40
227	5407	Gena	Notman	F	F35
228	5206	Sinead	Tribello	F	FO
229	5456	Kathryn	Alexander	F	F45
230	5454	Nichola	McGregor	F	F50
231	5320	Colin	Murdy	M	M50
232	5202	Liam	Mycroft	M	M65
233	5177	Wesley	Allen	M	M40
234	5363	Tracey	Parke	F	F50
235	5009	Tina	Chan	F	F35
236	5413	Nichola	McQuitty	F	F35

237	5427	Ciara	McDonnell	F	F45
238	5262	Joel	Thornton	M	MO
239	5371	Emma	Kinnaird	F	F50
240	5276	Elaine	Comiskey	F	F40
241	5055	Nicola	Goodall	F	F40
242	5186	Joesel	Begino	M	MO
243	5457	Fiona	McLornan	F	FO
244	5432	Deirdre	Johnston	F	F55
245	5116	Lauren	Linton	F	FO
246	5269	DEANA	HARVEY	F	F45
247	5356	Kerri	Kirkpatrick	F	FO
248	5295	Grace	Rea	F	FO
249	5321	Joanne	Murdy	F	F50
250	5188	Sharon	Bell	F	F60
251	5089	Diane	Hawthorne	F	F50
252	5322	Robert	Atkinson	M	M55
253	5233	Alan	Napier	M	M60
254	5236	Louise	Cooper	F	F35
255	5268	Kim	Robinson	F	FO
256	5072	Michelle	Mcintosh	F	F55
257	5534	Aralea	Gunasekera	F	FO
258	5013	Colm	Smyth	M	M45
259	5503	Neil	Bevington	M	M45
260	5085	Freya	Murray	F	FJ
261	5337	Kieran	Lavery	M	M35
262	5075	Melissa	Shields	F	F55
263	5533	Steven	Eagan	M	MO
264	5266	Hannah	Smith	F	FO
265	5283	Sarah	Bateson	F	FO
266	5235	Erin	Moore	F	FO
267	5479	Deirdre	Graffin	F	F50
268	5390	Lauren	Brown	F	FO
269	5098	Hazel	Hughes	F	F60
270	5031	Rebecca	Hand	F	FO
271	5065	Diane Laverne	Inns	F	F55
272	5406	Vicki	McConnell	F	F40
273	5254	Elaine	Smith	F	F45
274	5353	William	Connor	M	M40
275	5299	Agnes	Doran	F	F45
276	5381	Roy	White	M	M70
277	5490	Shaun	Mccormick	M	MJ
279	5119	Kali	Hopkins	F	FO
280	5118	Scarlett	Collins	F	FO
282	5411	Neil	Crowe	M	M40
283	5412	Olivia	Crowe	F	FJ
284	5258	Rachel	McGuigan	F	FO
285	5125	Harper	Jackson	F	FJ

286	5331 Amy	Mulholland	F	FO
287	5330 SEAN	LYNCH	M	M35
288	5041 Christopher	Harris	M	M35
289	5060 Jenny	Keenan	F	F35
290	5182 Grace	Casey	F	F50
291	5489 Erin	Scullion	F	FJ
292	5166 Andrea	Adair	F	F40
293	5409 Jemma	Gurney	F	FO
294	5357 James	Kirkpatrick	M	MO
295	5084 Dermot	Murray	M	M55
296	5487 James	Scullion	M	M40
297	5219 Aimée	Ireland	F	FJ
298	5282 Liam	Hodge	F	FJ
299	5345 Clare	McCreight	F	F40
300	5281 Donna	Hodge	F	FO
301	5103 Teresa	Mc Cann	F	F60
302	5469 marie clare	McNally	F	F40
303	5525 Jacinta	Brankin	F	F55
304	5185 Estery	Chipfupa	F	FO
305	5062 Amy	Zucarelli-Collins	F	F45
306	5200 Chloe	Bevin	F	FO
307	5077 Pauline	Bunting	F	F55
308	5078 Abbie	Lacey	F	FO
309	5127 Stuart	Jackson	M	M45
310	5324 Rebekkah	Erskine	F	FO
311	5444 Iryna	Kennedy	F	F55
312	5535 Oanh	Nguyen	F	FO
313	5339 Denise	Martin	F	F50
314	5226 Shelly	McFall	F	F35
315	5329 Claire	McIvor	F	F45
316	5447 Maisie	Wallace	F	FJ
317	5448 Emma	Wallace	F	FO
318	5079 Suzanne	Rollins	F	F35
319	5153 John	Connolly	M	M45
320	5032 Emma	Owens	F	F40
321	5415 Katelyn	McConkey	F	FO
322	5446 Marvie	Cadena	M	MO
323	5278 Emma	Gordon	F	F35
324	5130 Alana	Gamble	F	F35
325	5267 Fiona	Elliott	F	FO
326	5249 Naomi	Sefton	F	F35
327	5238 Julie	Wood	F	F50
328	5148 Atriece	Adaszkiwicz	F	FO
329	5514 Erica	Magowan	F	FO
330	5080 Gosia	Palmowska	F	F40
331	5328 Ann-Marie	Burdett	F	F55
332	5433 Sarah-Jane	McCosh	F	F35

333	5280	Tracey	Getty	F	F45
334	5323	Lynsey	Rainey	F	F40
335	5255	Ryan	Millar	M	M35
336	5442	Ciara	Walsh	F	F35
337	5225	Shannon	Black	F	FO
338	5171	Jodie	Beattie	F	FJ
339	5227	Maisie	Turley mc lernon	F	FO
340	5183	Sarah	Calvin	F	F40
341	5155	Trevor	Fleming	M	M60
342	5523	Erin	Hanna	F	FO
343	5064	Connaire	Agnew	M	MO
344	5154	Mandy	McMaster	F	F50
345	5108	Sharon	Townsley	F	F50
346	5189	Amy	Byrne	F	FO
347	5049	Jenni	Beattie	F	F35
348	5293	Sarena	Clarke	F	F55
349	5234	Sarah	McLaughlin	F	F35
350	5417	Helen	Prince	F	F40
351	5422	Elaine Joy	Baynosa	F	F35
352	5063	Barry	Agnew	M	M55
353	5222	Pat	O'Driscoll	M	M75
354	5464	Ruth	Harkness	F	F55
355	5382	Pearl	Henry	F	F60
356	5086	Stephanie	Murray	F	F40
357	5035	Deirdre	McCabe	F	F60
358	5486	Patricia	Delargy dubois	F	F50
359	5476	Annalise	Walker	F	FO
360	5270	DAVID	HARVEY	M	M45
361	5368	Gary	Watters	M	M40
362	5369	Danielle	Watters	F	F35
363	5478	Nichola	Rainey	F	F35
364	5210	Ellie	Gillen	F	FO
365	5115	Michelle	Hannaway	F	F40
366	5146	Rachel	Grogan	F	FO
367	5207	John	Lee	M	M45
368	5374	Ruby	Craig	F	FJ
369	5199	Brooklyn	Herron	F	FO
370	5348	Danielle	Quinn	F	F35
371	5136	Cheryl	Sullivan	F	F45
372	5287	Fiona	Magee	F	F60
373	5338	Joanne	Scullion	F	F40
374	5021	Lillian	Magee	F	F45
375	5335	Renee	Linton	F	F50
376	5513	Ashleigh	Hunt	F	FO
377	5216	Noelleen	Finnigan	F	F55
378	5131	Laura	Walker	F	F35
379	5373	LINDSAY	Garrett	F	F40

380	5117 Gillian	Surgenor	F	FO
381	5288 Annemarie	Smith	F	F65
382	5265 Dolores	Cuss	F	F40
383	5512 Diane	McMullan	F	F40
384	5398 Francesca	Bedell	F	FO
385	5482 Marlyn	Munnis	F	F50
386	5493 Sharon	Lucas	F	F50
387	5421 Alice	Murray	F	FO
388	5097 Kathleen	Watson	F	F55
389	5397 Matthew	Carson	M	MO
390	5274 Susanne	Comiskey	F	F40
391	5475 Vanessa	Tweed	F	F35
392	5474 Jessica	Tweed	F	FO
393	5245 Sean	McGurk	M	M35
394	5228 Chloe	Anderson	F	FO
395	5220 Eámon	Ireland	M	M50
396	5463 Alex	McMenamin	F	F50
397	5494 Sarah	Lamont	F	FO
398	5257 Leah	Hull	F	FO
399	5515 Riya	Rane	F	FJ
400	5150 Deirdre	Rafferty	F	F60
401	5149 Nick	Rafferty	M	M60
402	5109 Jayne	McCormack	F	F35
403	5460 Christina	Flannigan	F	F45
404	5263 Joanne	Baker	F	F40
405	5194 Robert	Gillen	M	M40
406	5011 Claire	Corscadden	F	F40
407	5016 Ryan	Crooks	M	MO
408	5466 Jillian	Thompson	F	F45
409	5403 Kelly	Hallissey	F	FO
410	5452 James	Cameron	M	MO
411	5451 Ian	Cameron	M	M55
412	5364 Nicola	Mckenna	F	F45
413	5126 Beau	Jackson	M	MJ
414	5468 Simone	McFadden	F	F35
415	5057 Alison	Houston	F	F60
416	5307 Claire	Campbell	F	F45
417	5306 Edele	Woods	M	M40
418	5083 Michael	McKay	M	M55
419	5056 Jennifer	Lloyd	F	F45
420	5289 Patricia	McAuley	F	F45
421	5500 George	Dougherty	M	M50
422	5426 Jaclyn	Richardson	F	F40
423	5400 Catherine	Todd	F	F45
424	5052 Sophie	Craythorne	F	FJ
425	5051 Steven	Craythorne	M	M40
426	5217 michelle	winters	F	F45

427	5435	Kirstie	French	F	F35
428	5305	Laura	Mooney	F	FO
429	5434	Helen	Taylor	F	F35
430	5156	Kathy	Fleming	F	F55
431	5483	Bronach	Tohill	F	FO
432	5484	Megan	Fleming	F	FO
433	5453	Matthew	Kernohan	M	MO
434	5334	Bobbi	Linton	F	FO
435	5420	Sarah	Brown	F	F55
436	5034	Amy	Drury	F	FO
437	5418	Patti	Hayes	F	F40
438	5286	Kelly	McCullough	F	F40
439	5264	Beth	McCrea	F	FO
440	5379	Aaron	McKenna	M	M45
441	5378	Keeley	McKenna	F	FO
442	5528	Lisa Maria	Hendriks	F	FO
443	5527	Jos	Weiring	M	MO
444	5520	Sinead	Drury	F	FO
445	5024	Nicola	Sloane	F	FO
446	5401	Fiona	Rolston	F	F55
447	5443	Denise	Pimenta	F	F60
448	5147	Lauren	McLaughlin	F	F35
449	5178	Pamela	Minford	F	F40
450	5093	Andrea	Jamison	F	F50
451	5445	Ciara	Curran	F	F35
452	5018	Jacqueline	Williamson	F	F50
453	5092	Tina	Beckett	F	F45
454	5004	Danielle	Harris	F	FO
455	5160	Chloe	Ohara	F	FO
456	5538	Rebecca	Edgar	F	FO
457	5539	Renee	Hendricks	F	FO
458	5536	Fiona	O'carroll	F	FO
459	5313	Heather	Johnston	F	FO
460	5497	Fiadh	MILLAR	F	FJ
461	5498	Gemma	MILLAR	F	F35
462	5499	Olly	Millar	M	M45
463	5128	Lyndsey	Jackson	F	F40
464	5003	Diane	Lynn	F	F50
465	5053	Lynn	Beattie	F	F60
466	5138	Jacqueline	Creighan	F	F50
467	5058	Stacey	Mcwilliams	F	F40
468	5143	Krystelle	Wood	F	F40
469	5309	Emmet	Mcglinchey	M	MJ
470	5308	Maire-Ann	Mcglinchey	F	FO
471	5310	PJ	Mcglinchey	M	MJ
472	5365	Nicole	Mckenna	F	FO
473	5120	Candice Vimbai	Masekesa	F	F40

474	5377	Maya	Dávila	F	FO
475	5488	Anna	Scullion	M	MJ
476	5212	Ethan	Beggs	M	MO
477	5213	Chloe	McDowell	F	FO
478	5349	Michele	Mawoyo	F	F35
479	5121	Christine	Maponga	F	F40

Club	Finish	Chiptime
Scrabo striders	0:18:52	0:18:46
	0:18:54	0:18:52
Mts training	0:18:56	0:18:56
NDAC	0:19:27	0:19:24
	0:19:28	0:19:26
	0:19:53	0:19:49
	0:20:03	0:20:00
	0:20:12	0:20:10
	0:20:13	0:20:07
	0:20:14	0:20:12
Run Anon	0:20:14	0:20:13
Rasharkin Runners	0:20:14	0:20:13
	0:20:24	0:20:20
Acorns AC	0:20:27	0:20:20
	0:20:27	0:20:22
Social strides NI	0:20:35	0:20:30
Springwell RC	0:20:41	0:20:37
	0:20:43	0:20:37
	0:20:43	0:20:39
North Belfast Harriers	0:20:46	0:20:43
	0:20:48	0:20:46
Run Anon	0:20:48	0:20:48
	0:20:49	0:20:47
	0:20:50	0:20:45
	0:20:52	0:20:44
	0:20:53	0:20:51
	0:20:53	0:20:51
	0:20:54	0:20:50
Ballymena Runners	0:20:55	0:20:52
Magherafelt Harriers	0:20:57	0:20:57
	0:20:58	0:20:54
Carryduff Running Club	0:21:03	0:21:02
	0:21:04	0:20:57
	0:21:06	0:20:56
	0:21:06	0:20:52
North Belfast Hrs	0:21:06	0:21:06
	0:21:10	0:20:59
	0:21:11	0:21:09
	0:21:12	0:21:02
Ward Park Runners	0:21:13	0:21:11
Run - Anon	0:21:15	0:21:13
Lagan Valley	0:21:15	0:21:12
	0:21:25	0:21:23
	0:21:27	0:21:25
	0:21:30	0:21:15
Dromore AC	0:21:32	0:21:29
	0:21:34	0:21:27

	0:21:35	0:21:31
Pace Running Club / Brown Shoes Triathlon club	0:21:38	0:21:30
	0:21:40	0:21:36
	0:21:40	0:21:35
	0:21:44	0:21:41
North Down AC	0:21:45	0:21:41
Ballymena Runners AC	0:21:46	0:21:42
Run Anon	0:21:59	0:21:57
	0:22:07	0:21:59
Benchmark Fitness	0:22:12	0:22:06
	0:22:12	0:22:11
	0:22:13	0:22:05
Ballymena and Antrim athletics club	0:22:16	0:22:13
	0:22:17	0:22:14
Runanon	0:22:18	0:22:04
Seapark	0:22:18	0:22:12
Glenlough Runners	0:22:19	0:22:12
	0:22:20	0:22:15
North Down AC	0:22:21	0:22:14
	0:22:28	0:22:20
	0:22:32	0:22:27
Runfit Causeway	0:22:37	0:22:32
	0:22:37	0:22:33
Belfast Running Club	0:22:37	0:22:31
Ballymena Runners	0:22:38	0:22:34
Magherafelt harriers	0:22:40	0:22:40
	0:22:44	0:22:39
	0:22:50	0:22:46
	0:22:50	0:22:49
	0:22:54	0:22:41
Ballymena Runners	0:22:54	0:22:54
THE ENGINE ROOM	0:22:56	0:22:31
Pace Running Club	0:22:57	0:22:54
PACE running club	0:22:57	0:22:54
	0:23:02	0:22:38
	0:23:08	0:23:01
Killycon Runners	0:23:10	0:23:01
	0:23:13	0:23:11
	0:23:19	0:22:29
Ballymena Runners	0:23:24	0:23:21
North Down AC	0:23:31	0:23:22
	0:23:33	0:23:23
	0:23:40	0:23:40
	0:23:48	0:23:39
Pace	0:23:50	0:23:41
	0:23:51	0:23:25
North Belfast Harriers	0:23:54	0:23:41

	0:23:58	0:23:44
Acorns AC	0:24:01	0:23:39
	0:24:02	0:23:37
	0:24:03	0:23:58
	0:24:04	0:23:20
	0:24:05	0:24:02
	0:24:07	0:23:58
Pace	0:24:08	0:23:59
PACE Running Club	0:24:12	0:24:02
	0:24:12	0:23:53
	0:24:13	0:23:33
	0:24:19	0:24:14
	0:24:19	0:23:39
	0:24:20	0:24:10
	0:24:22	0:24:10
	0:24:23	0:24:16
Benchmark	0:24:25	0:24:19
Girls & Goals	0:24:26	0:24:16
Girls & Goals	0:24:26	0:24:16
	0:24:33	0:24:07
Pace Running Club	0:24:34	0:24:24
	0:24:36	0:23:50
Pace running club	0:24:38	0:24:29
	0:24:39	0:24:30
TeamMcKillop Coaching	0:24:39	0:24:36
North Belfast Harriers	0:24:39	0:24:35
	0:24:46	0:24:13
Ballycastle	0:24:50	0:24:43
	0:24:52	0:24:48
	0:24:55	0:24:50
	0:24:59	0:24:53
County Antrim Harriers	0:25:03	0:24:42
	0:25:12	0:25:04
	0:25:18	0:25:05
	0:25:20	0:24:39
	0:25:25	0:24:56
	0:25:26	0:25:18
	0:25:30	0:25:17
	0:25:31	0:25:24
	0:25:32	0:25:18
	0:25:35	0:25:18
Engine Room	0:25:36	0:25:11
	0:25:39	0:25:26
County Antrim Harriers	0:25:39	0:25:21
	0:25:40	0:25:29
	0:25:41	0:25:38
	0:25:42	0:25:19

	0:25:54	0:25:33
Ballymena Runners	0:25:57	0:25:52
Run-Anon	0:26:01	0:25:48
	0:26:01	0:25:43
	0:26:06	0:25:31
	0:26:06	0:25:59
	0:26:11	0:25:50
Scrabo Striders	0:26:12	0:25:53
Lonely Goat	0:26:12	0:25:46
	0:26:14	0:25:58
	0:26:15	0:25:43
	0:26:16	0:26:07
PACE	0:26:17	0:26:05
	0:26:17	0:25:59
	0:26:18	0:26:11
	0:26:19	0:25:45
	0:26:23	0:26:08
Pace running club	0:26:23	0:26:18
	0:26:26	0:25:50
	0:26:28	0:26:23
	0:26:28	0:26:24
	0:26:32	0:25:49
	0:26:33	0:26:12
Jog Lisburn	0:26:37	0:26:13
Mallusk harriers	0:26:41	0:26:27
	0:26:47	0:26:44
	0:26:53	0:26:47
	0:26:56	0:26:36
	0:27:00	0:26:30
	0:27:03	0:26:56
	0:27:05	0:26:41
	0:27:06	0:26:47
	0:27:09	0:27:04
	0:27:12	0:27:11
	0:27:14	0:26:58
TeamMcKillop Coaching	0:27:17	0:27:16
	0:27:21	0:26:52
	0:27:25	0:27:09
	0:27:25	0:26:43
RunAnon	0:27:27	0:27:07
Run-Anon	0:27:28	0:27:17
	0:27:28	0:27:06
	0:27:32	0:27:12
	0:27:35	0:26:49
	0:27:38	0:27:36
Ballymena Runners	0:27:46	0:27:38
	0:27:48	0:27:05

	0:27:49	0:27:24
	0:27:50	0:27:15
	0:27:51	0:27:05
Acorns AC	0:27:51	0:27:28
Social Strides NI	0:27:53	0:27:35
	0:27:57	0:27:24
	0:27:57	0:27:24
	0:27:57	0:27:42
	0:28:02	0:27:47
Pace	0:28:02	0:27:56
East Coast AC	0:28:03	0:27:33
	0:28:03	0:27:41
	0:28:04	0:27:29
ECAC	0:28:05	0:27:34
	0:28:05	0:27:38
	0:28:07	0:27:51
	0:28:08	0:27:59
Nike	0:28:09	0:27:31
	0:28:10	0:27:31
	0:28:11	0:27:52
North Belfast Harriers	0:28:14	0:27:55
Scrabo striders	0:28:16	0:27:48
	0:28:19	0:28:17
Killycon Runners	0:28:21	0:28:12
Sperrin Harriers	0:28:23	0:27:47
	0:28:26	0:27:51
	0:28:27	0:28:11
VRNI	0:28:28	0:28:22
Engine Room	0:28:29	0:28:11
	0:28:30	0:28:16
Invictus	0:28:30	0:27:51
	0:28:32	0:28:08
	0:28:33	0:28:11
	0:28:40	0:28:22
	0:28:42	0:28:23
	0:28:44	0:28:34
	0:28:45	0:28:32
	0:28:45	0:28:04
	0:28:46	0:28:37
Social Strides	0:28:46	0:28:34
Social Strides NI	0:28:46	0:28:33
	0:28:48	0:27:57
Athenry AC	0:28:49	0:28:36
	0:28:50	0:28:10
	0:28:51	0:28:31
Transform	0:28:52	0:28:17
	0:28:52	0:28:46

Ballymena Runners	0:28:53	0:28:45
	0:28:55	0:28:43
Run Anon	0:28:56	0:28:50
Carryduff Running Club	0:29:00	0:28:30
Mallusk Harriers	0:29:01	0:28:49
	0:29:03	0:28:58
NA	0:29:04	0:28:51
	0:29:10	0:28:52
	0:29:11	0:29:01
JOG MOIRA	0:29:15	0:28:45
	0:29:16	0:28:59
	0:29:17	0:29:04
	0:29:19	0:28:29
Larne AC	0:29:21	0:28:43
Larne AC	0:29:22	0:28:45
Pace	0:29:22	0:29:10
	0:29:24	0:28:45
	0:29:26	0:29:03
	0:29:28	0:28:52
Larne A/C	0:29:28	0:28:51
	0:29:31	0:28:58
North Belfast Harriers	0:29:32	0:29:11
	0:29:38	0:29:20
	0:29:39	0:29:27
	0:29:39	0:29:00
Larne AC	0:29:40	0:29:01
	0:29:42	0:29:18
	0:29:43	0:28:58
	0:29:45	0:29:36
	0:29:48	0:29:12
	0:29:48	0:29:29
	0:29:51	0:29:16
Pace	0:29:58	0:29:22
	0:29:59	0:27:47
Banbridge Athletics Club	0:30:03	0:29:35
	0:30:04	0:29:47
Run Anon	0:30:06	0:30:01
	0:30:07	0:29:50
	0:30:08	0:29:47
	0:30:09	0:29:59
VRNI	0:30:11	0:29:53
	0:30:13	0:29:53
	0:30:13	0:29:53
	0:30:17	0:30:03
	0:30:17	0:30:03
	0:30:18	0:29:55
	0:30:20	0:29:49

	0:30:20	0:29:53
	0:30:21	0:29:52
	0:30:22	0:29:51
Knockbracken Runners	0:30:23	0:30:08
	0:30:24	0:30:16
	0:30:25	0:29:35
Knockbracken Runners	0:30:34	0:30:20
	0:30:37	0:29:52
	0:30:43	0:30:27
	0:30:51	0:30:11
	0:30:54	0:30:04
	0:30:58	0:30:14
	0:30:58	0:30:54
	0:30:59	0:30:37
	0:30:59	0:30:55
PACE	0:31:00	0:30:50
	0:31:01	0:30:44
Run anon	0:31:02	0:30:43
	0:31:08	0:30:51
	0:31:11	0:31:05
	0:31:11	0:31:01
Knockbracken runners	0:31:13	0:30:57
Knockbracken runners	0:31:13	0:30:58
	0:31:16	0:30:44
	0:31:18	0:30:44
Saintfield Striders	0:31:19	0:30:36
	0:31:22	0:30:59
Termoneeney Running club	0:31:23	0:30:49
	0:31:25	0:31:07
	0:31:28	0:31:08
	0:31:29	0:30:57
	0:31:29	0:30:57
	0:31:37	0:31:16
	0:31:38	0:31:17
	0:31:42	0:31:13
	0:31:44	0:31:32
	0:31:44	0:31:43
	0:31:45	0:31:33
	0:31:49	0:31:37
	0:31:53	0:31:08
	0:31:55	0:31:47
	0:31:56	0:31:34
	0:32:00	0:31:23
	0:32:00	0:31:14
	0:32:00	0:31:22
Social Strides NI	0:32:01	0:31:40
	0:32:10	0:31:52

	0:32:13	0:32:05
	0:32:14	0:31:38
	0:32:16	0:31:39
BRAC	0:32:23	0:31:57
	0:32:23	0:31:57
	0:32:23	0:32:16
	0:32:24	0:31:40
	0:32:24	0:31:39
	0:32:25	0:31:53
	0:32:25	0:32:15
	0:32:26	0:31:57
	0:32:27	0:32:12
	0:32:27	0:32:11
	0:32:27	0:32:12
	0:32:30	0:32:23
Pace Running Club	0:32:31	0:32:21
	0:32:33	0:32:10
	0:32:36	0:32:11
	0:32:40	0:32:30
	0:32:47	0:32:18
North Down Athletic Club	0:32:49	0:32:13
None	0:32:53	0:32:21
Larne AC	0:32:55	0:32:14
	0:33:02	0:32:50
	0:33:03	0:32:46
	0:33:06	0:32:44
	0:33:06	0:32:44
JOG MOIRA	0:33:10	0:32:40
	0:33:11	0:32:59
	0:33:12	0:33:00
Ballymena Runners	0:33:13	0:32:59
	0:33:16	0:33:01
Roadrunners	0:33:17	0:32:50
	0:33:17	0:32:50
	0:33:19	0:32:35
	0:33:19	0:32:36
	0:33:23	0:33:13
	0:33:30	0:33:13
Hm Fit	0:33:31	0:32:47
Pace	0:33:34	0:33:23
	0:33:35	0:33:09
	0:33:36	0:33:01
	0:33:37	0:33:05
	0:33:38	0:33:08
	0:33:40	0:33:06
	0:33:43	0:33:19
	0:33:47	0:33:02

HM Fitness	0:33:48	0:33:04	
	0:33:49	0:33:03	
	0:33:51	0:33:04	
	0:33:52	0:33:08	
	0:33:52	0:33:30	
Ballymena Runners	0:33:55	0:33:48	
Social Strides NI	0:33:58	0:33:37	
	0:34:06	0:33:48	
Pace	0:34:07	0:33:56	
	0:34:14	0:34:03	
Carryduff Running Club	0:34:21	0:33:51	
	0:34:21	0:33:45	
	0:34:22	0:33:45	
	0:34:24	0:33:42	
	0:34:32	0:34:02	
	0:34:36	0:33:52	
	0:34:38	0:34:15	
	0:34:40	0:34:12	
	0:34:40	0:33:53	
	0:34:40	0:33:51	
	0:34:41	0:34:13	
	Carryduff Running Club	0:34:44	0:34:15
		0:34:47	0:34:22
0:34:49		0:34:44	
Volume Fitness	0:34:58	0:34:05	
	0:34:58	0:34:54	
	0:35:02	0:34:32	
	0:35:05	0:34:29	
	0:35:09	0:34:40	
PACE Run Club	0:35:09	0:34:47	
	0:35:14	0:34:22	
	0:35:14	0:34:23	
Run Anon	0:35:28	0:35:22	
	0:35:52	0:35:21	
	0:35:57	0:35:28	
Befit Run Club	0:36:02	0:35:26	
	0:36:02	0:35:36	
	0:36:02	0:35:36	
	0:36:07	0:35:27	
East coast	0:36:12	0:35:38	
Ballycastle Runners Athletic Club	0:36:18	0:35:39	
	0:36:20	0:35:49	
	0:36:22	0:36:07	
Larne AC	0:36:26	0:35:45	
	0:36:28	0:36:01	
Coastal Runners	0:36:28	0:36:01	
	0:36:33	0:36:13	

	0:36:38	0:36:06
	0:36:38	0:35:48
	0:36:39	0:36:06
	0:36:48	0:36:18
	0:36:48	0:36:18
	0:36:48	0:36:18
	0:36:50	0:35:58
	0:36:52	0:36:20
	0:36:52	0:36:18
	0:36:56	0:36:09
	0:37:10	0:36:21
	0:37:13	0:36:56
	0:37:24	0:36:38
	0:37:26	0:36:46
	0:37:26	0:36:46
	0:37:35	0:36:47
	0:37:35	0:36:48
	0:37:39	0:36:52
	0:37:48	0:37:12
	0:37:56	0:37:14
	0:37:58	0:37:30
	0:38:11	0:37:42
	0:38:27	0:38:27
East Coast Athletics Club	0:39:14	0:38:40
Run-Anon	0:39:47	0:39:00
	0:39:49	0:39:15
	0:39:51	0:39:31
Ballymena Runners	0:39:54	0:39:18
	0:40:52	0:40:10
	0:40:58	0:40:10
	0:41:15	0:40:26
	0:41:16	0:40:27
Befit running club	0:41:26	0:40:51
	0:41:52	0:41:19
	0:41:52	0:41:19
	0:41:53	0:41:20
	0:42:05	0:41:33
Social Strides NI	0:42:24	0:41:36
	0:42:24	0:41:36
	0:42:33	0:41:42
	0:42:57	0:42:06
Vegan Runners NI	0:43:11	0:42:48
	0:43:13	0:42:46
Magherafelt Harriers	0:43:13	0:42:46
	0:43:13	0:42:47
Nike run club	0:43:29	0:42:52
	0:43:35	0:42:54

Nike Run Club

0:43:38	0:43:01
0:44:33	0:43:43
0:46:49	0:46:10
0:46:50	0:46:11
0:47:25	0:46:43
0:47:26	0:46:44