

# 39th Annual Oliver McCullagh Greencastle 5mile Road Race - 26th December 2024

[www.Greencastle5.com](http://www.Greencastle5.com)

Pos	BIB	Name	Club	Cat	Mile1			Mile 3			Mile 4			Mile 5			Chip Time	Gun Time	Average Pace
					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace			

## WHEELCHAIR RACE

1	8	Paul Hannon	Armagh	WC	1			1			1			1				<b>36:36</b>	7:19/M
2	742	Team Kerr	Team Kerr	WC	2	8:31	8:30	2	26:58	8:59	2	45:12	11:18	2	59:22	11:52	59:21	<b>59:22</b>	11:52/M

## OVERALL FINISH LIST

1	4	Conall McClean	Candor Track Club	MO	2	4:43	4:43	1	14:21	4:47	1	19:38	4:55	1	24:07	4:49	24:07	<b>24:07</b>	4:49/M
2	1	Jack O'Farrell	Newry AC	MO	1	4:43	4:42	2	14:22	4:47	2	19:49	4:57	2	24:53	4:58	24:52	<b>24:53</b>	4:58/M
3	3	Neil Johnston	Annadale Striders	MO	3	4:44	4:43	3	14:38	4:52	3	20:12	5:03	3	25:00	5:00	25:00	<b>25:00</b>	5:00/M
4	6	Eoin Mullan	Omagh Harriers	M40	4	4:44	4:44	4	14:43	4:54	5	20:32	5:08	4	25:14	5:03	25:14	<b>25:14</b>	5:03/M
5	5	Luke Dinsmore	Annadale Striders	MO	5	4:44	4:44	5	14:44	4:54	4	20:30	5:07	5	25:23	5:05	25:23	<b>25:23</b>	5:05/M
6	414	Mackenzie Kotrys	Bedford & County AC	MJ	9	4:58	4:58	6	15:37	5:12	6	21:43	5:26	15	27:03	5:24	27:02	<b>27:03</b>	5:24/M
7	2	John Lenehan	City of Derry AC Spartans	M40	7	4:52	4:51	8	15:35	5:12	10	21:59	5:30	6	27:05	5:25	27:05	<b>27:05</b>	5:25/M
8	409	Barry Kelly		MO	6	4:45	4:45	7	15:28	5:09	17	21:59	5:30	8	27:09	5:26	27:09	<b>27:09</b>	5:26/M
9	316	John Gordon	Newham & Essex	MO	8	4:54	4:53	9	15:44	5:14	12	22:08	5:32	10	27:20	5:28	27:20	<b>27:20</b>	5:28/M
10	259	Tristan Kelly	Finn Valley AC	MO	11	5:01	5:01	12	16:05	5:22	11	22:30	5:38	7	27:38	5:32	27:38	<b>27:38</b>	5:32/M
11	229	Michael Crawley		MO	17	5:06	5:05	11	16:07	5:22	9	22:29	5:37	11	27:44	5:33	27:43	<b>27:44</b>	5:33/M
12	16	Sean Diamond	Omagh Harriers	MO	22	5:18	5:17	13	16:25	5:28	7	22:37	5:39	9	27:48	5:33	27:47	<b>27:48</b>	5:33/M
13	9	Pete Tuohey	Strive Racing Club	MO	10	5:00	5:00	10	16:01	5:20	16	22:32	5:38	13	27:50	5:34	27:49	<b>27:50</b>	5:34/M
14	690	Bernard McCullagh	Omagh Harriers	MO	15	5:03	5:03	14	16:11	5:24	15	22:42	5:40	12	27:58	5:35	27:57	<b>27:58</b>	5:35/M
15	14	Paul Finnegan	Armagh AC	M45	14	5:03	5:03	16	16:12	5:24					28:01		28:01	<b>28:01</b>	5:36/M
16	530	Fergus McGirr	Enniskillen RC	M50	13	5:03	5:02	15	16:11	5:24	14	22:39	5:40	18	28:03	5:37	28:03	<b>28:03</b>	5:37/M
17	340	David Marshall	Metro Aberdeen	M40	23	5:18	5:18	22	16:44	5:35	13	23:10	5:47	14	28:30	5:42	28:29	<b>28:30</b>	5:42/M
18	8	Catherine Whoriskey	City of Derry AC Spartans	FO	28	5:26	5:24	26	16:56	5:38	8	23:17	5:49	17	28:41	5:44	28:39	<b>28:41</b>	5:44/M
19	131	Joe Duggan	Armagh AC	MJ	16	5:03	5:03	17	16:20	5:26	29	23:10	5:48	29	28:48	5:46	28:48	<b>28:48</b>	5:46/M
20	785	Phil Adams	Omagh Harriers	M40	29	5:26	5:25	19	16:44	5:34	22	23:25	5:51	19	28:49	5:46	28:48	<b>28:49</b>	5:46/M
21	401	Conor O'Rawe	North Belfast Harriers	MO	19	5:11	5:10	18	16:29	5:29	42	23:31	5:52	16	28:52	5:46	28:51	<b>28:52</b>	5:46/M
22	291	Conor McLaughlin	Omagh Harriers	MO	34	5:30	5:28	21	16:56	5:38	18	23:33	5:53	20	28:58	5:47	28:56	<b>28:58</b>	5:47/M
23	408	John McGuire	Armagh AC	M45	18	5:08	5:07	20	16:27	5:29	33	23:21	5:50	30	28:59	5:48	28:59	<b>28:59</b>	5:48/M
24	264	Sean McAnallen	Dessies Harriers	MO	33	5:30	5:28	25	16:57	5:38	19	23:35	5:53	21	29:01	5:48	28:59	<b>29:01</b>	5:48/M
25	301	Mark Smith	Mallusk Harriers	M55	24	5:19	5:18	23	16:45	5:35	23	23:26	5:51	32	29:06	5:49	29:05	<b>29:06</b>	5:49/M
26	639	Matthew McCullagh	Glenelly GAC	MO	25	5:19	5:18	27	16:52	5:37	24	23:35	5:53	26	29:12	5:50	29:11	<b>29:12</b>	5:50/M
27	38	Ian Keys	North Belfast Harriers	MO	20	5:16	5:15	24	16:43	5:34	34	23:36	5:54	38	29:24	5:53	29:23	<b>29:24</b>	5:53/M
28	15	Colly Harkin	Omagh Harriers	MO	26	5:20	5:19	29	16:59	5:39	26	23:47	5:56	34	29:30	5:54	29:29	<b>29:30</b>	5:54/M
29	499	Stephen McKenna	Knockmany Runners	M45	27	5:21	5:19	30	17:04	5:41	38	24:01	6:00	24	29:36	5:55	29:35	<b>29:36</b>	5:55/M
30	386	Jason Maxwell	Strabane Triathlon Club	MO	41	5:41	5:38	28	17:19	5:45	25	24:03	6:00	27	29:41	5:56	29:38	<b>29:41</b>	5:56/M
31	462	Andrew Newell	North Belfast Harriers	MO	42	5:41	5:39	33	17:31	5:50	21	24:10	6:02	28	29:48	5:57	29:46	<b>29:48</b>	5:57/M
32	40	Niall Armstrong	North Belfast Harriers	MO	30	5:29	5:27	36	17:22	5:47	28	24:12	6:03	33	29:52	5:58	29:50	<b>29:52</b>	5:58/M

33	410	David Conliffe	NI Civil Service AC	M45	35	5:31	5:30	35	17:23	5:47	37	24:19	6:04	23	29:54	5:58	29:52	<b>29:54</b>	5:58/M
34	523	Tommy Hughes	Strive Racing Club	M60	31	5:29	5:29	34	17:20	5:46	31	24:11	6:03	37	29:58	5:59	29:57	<b>29:58</b>	5:59/M
35	457	Aaron Rush	Armagh AC	MO	21	5:16	5:14	32	17:04	5:41	47	24:11	6:02	46	30:03	6:00	30:01	<b>30:03</b>	6:00/M
36	267	Jack Meegan		MO	46	5:45	5:44	38	17:40	5:53	32	24:31	6:08	22	30:06	6:01	30:05	<b>30:06</b>	6:01/M
37	648	Paul Coyle	Strabane Triathlon Club	M45	32	5:29	5:27	37	17:24	5:47	46	24:27	6:06	36	30:13	6:02	30:11	<b>30:13</b>	6:02/M
38	238	John Gillespie	Galbally Runners	M40	38	5:36	5:35	31	17:24	5:48	35	24:19	6:04	48	30:17	6:03	30:15	<b>30:17</b>	6:03/M
39	208	Declan Leonard	Killyclogher GAC	MO	45	5:45	5:40	39	17:40	5:52	36	24:35	6:08	40	30:23	6:04	30:18	<b>30:23</b>	6:04/M
40	75	Conor Rafferty	Edinburgh Frontrunners	MO	51	5:54	5:50	43	17:59	5:59	27	24:48	6:11	31	30:27	6:05	30:24	<b>30:27</b>	6:05/M
41	325	Peter Cush	Galbally Runners	MO	37	5:35	5:34	40	17:39	5:52	52	24:49	6:12	47	30:44	6:08	30:42	<b>30:44</b>	6:08/M
42	102	Chris Hamilton	Ballymena & Antrim AC	MO	40	5:39	5:36	45	17:47	5:55	53	24:58	6:14	39	30:45	6:09	30:43	<b>30:45</b>	6:09/M
43	368	Gary Devine	Clann na nGael Walk Jog Run	M45	78	6:09	5:57	42	18:13	6:01	30	25:04	6:13	42	30:53	6:08	30:42	<b>30:53</b>	6:08/M
44	12	Delfim Pimentel		M55	39	5:39	5:38	41	17:43	5:54	49	24:51	6:13	54	30:55	6:11	30:55	<b>30:55</b>	6:11/M
45	193	Michael Spencer		MO	44	5:44	5:41	47	18:06	6:01	40	25:06	6:16	44	30:56	6:11	30:53	<b>30:56</b>	6:11/M
46	771	Fearghal Ward	Omagh Harriers	MO	54	5:54	5:51	52	18:29	6:09	41	25:31	6:22	25	31:07	6:13	31:04	<b>31:07</b>	6:13/M
47	280	Adam Baker	Monaghan Phoenix AC	M40	36	5:31	5:31	44	17:39	5:53	72	25:12	6:18	49	31:12	6:14	31:12	<b>31:12</b>	6:14/M
48	345	David Lenagh		MO	52	5:54	5:51	48	18:21	6:06	45	25:23	6:20	45	31:14	6:14	31:11	<b>31:14</b>	6:14/M
49	18	Pat McCrory	Omagh Harriers	M55	48	5:54	5:51	46	18:06	6:01	54	25:19	6:19	51	31:21	6:16	31:18	<b>31:21</b>	6:16/M
50	855	Fabian O'Neill	Omagh Harriers	M40	67	6:03	6:00	49	18:31	6:09	39	25:28	6:21	57	31:36	6:19	31:33	<b>31:36</b>	6:19/M
51	843	Chris McGuigan	Omagh Tri Club	M55	59	6:01	5:59	55	18:39	6:12	44	25:41	6:25	50	31:42	6:20	31:40	<b>31:42</b>	6:20/M
52	388	Rory Loughran		MO	79	6:10	6:05	50	18:42	6:12	43	25:44	6:25	70	31:58	6:22	31:52	<b>31:58</b>	6:22/M
53	19	William McCausland	Omagh Harriers	MJ	49	5:54	5:51	53	18:29	6:09	62	25:52	6:27	63	32:04	6:24	32:01	<b>32:04</b>	6:24/M
54	575	Seanan Collins	Galbally Runners	MO	72	6:05	5:59	51	18:36	6:10	50	25:45	6:25	78	32:04	6:24	31:58	<b>32:04</b>	6:24/M
55	787	Denis Cush	Killyyarry Runners	M50	63	6:02	5:59	59	18:41	6:13	59	26:03	6:30	52	32:06	6:25	32:03	<b>32:06</b>	6:25/M
56	53	David graham	Mallusk Harriers	MO	107	6:27	6:17	62	19:12	6:21	51	26:21	6:33	41	32:09	6:24	32:00	<b>32:09</b>	6:24/M
57	580	Paul McAnespie	Armagh AC	M50	50	5:54	5:53	65	18:41	6:14	55	25:56	6:29	71	32:11	6:26	32:10	<b>32:11</b>	6:26/M
58	195	Jake Bunworth	Other	MO	56	5:55	5:52	60	18:36	6:11	64	25:59	6:29	64	32:12	6:26	32:09	<b>32:12</b>	6:26/M
59	633	Benny McElholm	Revoultion training & fitness	M40	61	6:01	5:58	57	18:40	6:12	57	26:01	6:29	67	32:14	6:26	32:10	<b>32:14</b>	6:26/M
60	166	Philip McDonald	Sligo AC	MO	58	5:59	5:57	63	18:44	6:14	66	26:12	6:32	53	32:15	6:27	32:13	<b>32:15</b>	6:27/M
61	78	Leroy Mills	Revolution fitness and trainin	M40											32:16		32:16	<b>32:16</b>	6:27/M
62	780	Barry Dolan	Omagh Harriers	MJ	97	6:21	6:15	64	19:07	6:20	60	26:29	6:36	43	32:17	6:26	32:11	<b>32:17</b>	6:26/M
63	48	Declan Morrison	Sperrin Harriers	M45	47	5:45	5:42	58	18:24	6:07	85	26:14	6:33	72	32:29	6:29	32:25	<b>32:29</b>	6:29/M
64	404	Conor McCourt		MO	66	6:03	6:00	61	18:47	6:15	75	26:23	6:35	61	32:33	6:30	32:30	<b>32:33</b>	6:30/M
65	510	Eoghan Mac Cú Uladh	Glenelly GAC	MO	99	6:22	6:13	56	19:01	6:17	63	26:23	6:34	74	32:40	6:30	32:31	<b>32:40</b>	6:30/M
66	649	Aidan McGale		MO	74	6:06	6:02	68	18:57	6:17	67	26:24	6:35	86	32:45	6:32	32:41	<b>32:45</b>	6:32/M
67	34	Conor McCullagh		M45	108	6:27	6:19	74	19:28	6:27	48	26:35	6:37	62	32:47	6:32	32:39	<b>32:47</b>	6:32/M
68	625	Robbie Porter	Killyclogher GAC	MO	80	6:11	6:04	54	18:47	6:13	90	26:37	6:38	65	32:50	6:32	32:42	<b>32:50</b>	6:32/M
69	505	Michael Duddy	Melvin WJR	M45	71	6:04	6:01	78	19:11	6:22	73	26:47	6:41	56	32:54	6:34	32:51	<b>32:54</b>	6:34/M
70	194	Tony Toner	Tafelta AC	M60	75	6:06	6:03	79	19:13	6:23	65	26:39	6:39	73	32:55	6:34	32:52	<b>32:55</b>	6:34/M
71	126	Gary Hearn	Flying Machines Running Clu	M45	43	5:42	5:39	82	18:57	6:18	71	26:29	6:36	99	32:57	6:35	32:54	<b>32:57</b>	6:35/M
72	602	Paul McLaughlin	Sperrin Harriers	M55	68	6:03	5:59	70	19:00	6:19	94	26:52	6:42	55	32:58	6:35	32:54	<b>32:58</b>	6:35/M
73	662	Conor McGuinness	Craigbane	MO	76	6:07	6:00	66	18:57	6:17	95	26:49	6:41	58	32:58	6:34	32:51	<b>32:58</b>	6:34/M
74	415	Shane McManus	Omagh Harriers	MO	82	6:12	6:06	71	19:09	6:21	79	26:54	6:42	60	33:03	6:36	32:58	<b>33:03</b>	6:36/M
75	36	Joan Maguire	Dromore AC	F40	124	6:38	6:31	67	19:28	6:27	58	26:49	6:41	83	33:09	6:36	33:01	<b>33:09</b>	6:36/M
76	772	Eamon Bradley	Omagh Harriers	MO	81	6:12	6:08	72	19:11	6:22	83	26:58	6:44	69	33:11	6:37	33:07	<b>33:11</b>	6:37/M
77	852	Ryan Pritchard	Omagh Harriers	M40	87	6:14	6:09	87	19:33	6:30	68	27:02	6:45	82	33:21	6:39	33:17	<b>33:21</b>	6:39/M
78	904	Patrick Quinn		MO	105	6:26	6:19	69	19:18	6:24	76	26:55	6:42	96	33:22	6:39	33:15	<b>33:22</b>	6:39/M

79	564	Scott Isherwood		MO	53	5:54	5:51	76	18:58	6:19	107	27:04	6:45	91	33:29	6:41	33:26	<b>33:29</b>	6:41/M
80	210	Liam Mc Peake	Omagh Harriers	M40	101	6:25	6:19	86	19:43	6:32	78	27:23	6:49	59	33:32	6:41	33:26	<b>33:32</b>	6:41/M
81	178	Oliver McBride		MO	57	5:55	5:52	77	18:59	6:19	99	26:59	6:44	122	33:37	6:43	33:34	<b>33:37</b>	6:43/M
82	141	Aisling Fegan	Armagh AC	FO	95	6:21	6:17	91	19:41	6:32	77	27:20	6:49	76	33:37	6:43	33:33	<b>33:37</b>	6:43/M
83	321	Peter McNamee		MO	139	6:48	6:39	83	20:02	6:38	61	27:25	6:49	84	33:44	6:43	33:36	<b>33:44</b>	6:43/M
84	22	Cahir Mullin	Greencastle AC	MJ	65	6:03	5:56	94	19:28	6:27	102	27:31	6:51	85	33:51	6:45	33:45	<b>33:51</b>	6:45/M
85	233	Ruairi McGovern	Dromore GAC	MO	100	6:22	6:13	84	19:37	6:29	91	27:27	6:50	90	33:52	6:45	33:43	<b>33:52</b>	6:45/M
86	364	Kevin Donnelly	Mallusk Harriers	M50	73	6:05	6:01	80	19:15	6:24	154	27:41	6:54	68	33:54	6:46	33:50	<b>33:54</b>	6:46/M
87	315	Connor O'Donnell		MO	114	6:31	6:16	75	19:34	6:26	93	27:25	6:48	120	34:02	6:46	33:48	<b>34:02</b>	6:46/M
88	519	Pádraig Jordan	Armagh AC	MJ	55	5:54	5:53	89	19:14	6:24	118	27:26	6:51	123	34:04	6:49	34:03	<b>34:04</b>	6:49/M
89	756	Terry Canning	Omagh Harriers	M50	84	6:13	6:10	92	19:33	6:30	98	27:33	6:53	110	34:07	6:49	34:04	<b>34:07</b>	6:49/M
90	469	Garreth Murphy		MO	145	6:51	6:42	108	20:32	6:47	56	27:50	6:55	79	34:09	6:48	33:59	<b>34:09</b>	6:48/M
91	389	Peter Fox	Greencastle GAC	MO	438	8:51	8:10	73	21:50	7:03	20	28:29	6:57	35	34:14	6:42	33:32	<b>34:14</b>	6:42/M
92	174	Anthony Duffy	Enniskillen RC	MO	85	6:13	6:11	81	19:25	6:28	130	27:42	6:55	111	34:17	6:51	34:15	<b>34:17</b>	6:51/M
93	529	Conor Pancott		MO	169	7:00	6:51	95	20:26	6:45	70	27:57	6:57	93	34:24	6:51	34:14	<b>34:24</b>	6:51/M
94	202	Daniel Mills	Galbally Runners	MO	62	6:02	6:01	114	19:49	6:36	136	28:07	7:02	81	34:26	6:53	34:25	<b>34:26</b>	6:53/M
95	671	Ciaran Breen	Omagh Harriers	MO	89	6:14	6:08	88	19:34	6:29	123	27:47	6:55	132	34:28	6:52	34:22	<b>34:28</b>	6:52/M
96	531	Lauren Molloy	Omagh Harriers	FJ	157	6:55	6:45	105	20:35	6:48	81	28:19	7:02	66	34:32	6:52	34:21	<b>34:32</b>	6:52/M
97	632	Gerard Coyle	Strabane Triathlon Club	M45	86	6:14	6:09	85	19:32	6:29	173	28:03	7:00	118	34:41	6:55	34:36	<b>34:41</b>	6:55/M
98	323	Nigel Mills		M40	70	6:04	6:00	93	19:26	6:27	178	28:01	6:59	139	34:45	6:56	34:40	<b>34:45</b>	6:56/M
99	324	Sean (speedy) Mccusk	Trillick GAC	M65	69	6:04	6:04								34:45		34:45	<b>34:45</b>	6:57/M

Pos	BIB	Name	Club	Cat	Mile1			Mile 3			Mile 4			Mile 5			Chip	Gun	Average
					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Time	Time	Pace
100	821	Aidy Finlay	KC Runners	M40	109	6:27	6:21	90	19:47	6:34	143	28:08	7:01	115	34:45	6:56	34:39	<b>34:45</b>	6:56/M
101	713	Ryan Gumley		MO	91	6:17	6:08	117	20:06	6:39	141	28:28	7:05	87	34:49	6:56	34:40	<b>34:49</b>	6:56/M
102	809	Joanne Campbell		FO	94	6:21	6:17	103	19:58	6:38	106	28:03	7:00	153	34:51	6:57	34:47	<b>34:51</b>	6:57/M
103	52	Mark McKeown	Armagh AC	M50	96	6:21	6:15	98	19:52	6:35	157	28:19	7:03	103	34:51	6:57	34:45	<b>34:51</b>	6:57/M
104	912	Braden Barr		MO	64	6:02	5:58	111	19:49	6:35	160	28:18	7:03	117	34:54	6:58	34:50	<b>34:54</b>	6:58/M
105	800	Darren Pritchard	KC Runners	MO	88	6:14	6:09	99	19:44	6:33	192	28:23	7:05	105	34:55	6:58	34:51	<b>34:55</b>	6:58/M
106	824	Colin Hicks		MO	174	7:03	6:50	142	21:12	6:59	74	28:48	7:09	77	35:06	6:58	34:52	<b>35:06</b>	6:58/M
107	255	Dominic McGrath		MO	187	7:12	6:49	107	20:52	6:50	82	28:38	7:04	98	35:07	6:57	34:44	<b>35:07</b>	6:57/M
108	803	shane Taggart	Keep Er Lit	M45	104	6:26	6:21	110	20:12	6:42	147	28:35	7:07	121	35:13	7:01	35:07	<b>35:13</b>	7:01/M
109	318	Shane Coyle	Greencastle GAC	MO	220	7:22	7:02	100	20:53	6:51	84	28:42	7:06	102	35:13	6:59	34:53	<b>35:13</b>	6:59/M
110	423	Sam Clements		MO	144	6:50	6:27	118	20:40	6:45	109	28:47	7:06	94	35:13	6:58	34:50	<b>35:13</b>	6:58/M
111	250	Wayne Haffey	Flying Machines	M45	98	6:22	6:16	125	20:20	6:45	171	28:52	7:12	92	35:17	7:02	35:11	<b>35:17</b>	7:02/M
112	397	Mark Doherty		M40	130	6:43	6:25	104	20:22	6:41	113	28:31	7:03	159	35:19	7:00	35:01	<b>35:19</b>	7:00/M
113	309	Damien McKenna	Dromore Runners	MO	83	6:13	6:06	101	19:45	6:33	188	28:23	7:04	192	35:20	7:03	35:13	<b>35:20</b>	7:03/M
114	731	Sean Gillespie	Omagh Triathlon Club	MO	181	7:10	6:46	96	20:39	6:45	148	29:03	7:10	80	35:22	7:00	34:58	<b>35:22</b>	7:00/M
115	385	Paul McGettigan		MO	241	7:29	6:58	113	21:16	6:55	86	29:05	7:09	75	35:23	6:58	34:51	<b>35:23</b>	6:58/M
116	820	Cian McConnell	Gortin	MJ	77	6:08	6:02	128	20:09	6:41	139	28:29	7:06	185	35:25	7:04	35:19	<b>35:25</b>	7:04/M
117	680	Ryan Loughran	Pomeroy Plunketts GAC	MO	113	6:28	6:20	97	19:58	6:37	183	28:34	7:07	173	35:26	7:04	35:18	<b>35:26</b>	7:04/M
118	700	Plunkett Donnelly	Omagh Harriers	MO	133	6:46	6:39	109	20:28	6:47	164	28:58	7:13	100	35:27	7:04	35:20	<b>35:27</b>	7:04/M
119	502	Conan McSorley	2Castles Olympic Boxing Club	MJ	60	6:01	5:57	146	20:11	6:42	175	28:44	7:10	148	35:30	7:05	35:26	<b>35:30</b>	7:05/M
120	417	Adrian Moore	Melvin WJR	M45	119	6:36	6:32	127	20:36	6:51	125	28:49	7:11	137	35:32	7:06	35:28	<b>35:32</b>	7:06/M
121	603	Kieran McGeary		MO	106	6:26	6:23	164	20:48	6:55	104	28:52	7:12	127	35:33	7:06	35:29	<b>35:33</b>	7:06/M

122	7	Brian Bradley	Sperrin Harriers	M60	102	6:25	6:20	135	20:28	6:47	165	28:58	7:13	113	35:34	7:06	35:29	<b>35:34</b>	7:06/M
123	540	Robert Gallagher		M50	129	6:43	6:40	132	20:45	6:54	133	29:03	7:15	101	35:34	7:06	35:31	<b>35:34</b>	7:06/M
124	466	Marli Mulgrew		MO	150	6:52	6:41	119	20:43	6:51	100	28:43	7:08	178	35:37	7:05	35:26	<b>35:37</b>	7:05/M
125	60	Kevin McDermott	Run for Enda	MO	194	7:13	6:54	124	21:10	6:57	69	28:40	7:05	193	35:37	7:04	35:19	<b>35:37</b>	7:04/M
126	300	Conall McCann	Killyclogher GAC	MO	127	6:41	6:33	148	20:54	6:55	112	29:02	7:14	116	35:39	7:06	35:30	<b>35:39</b>	7:06/M
127	554	Harry Stephenson		MO	154	6:54	6:27	115	20:41	6:45	114	28:51	7:06	155	35:39	7:02	35:12	<b>35:39</b>	7:02/M
128	579	Tommy Gartland	Knockmany Runners	M65	122	6:38	6:31	139	20:43	6:52	135	29:01	7:14	136	35:43	7:07	35:36	<b>35:43</b>	7:07/M
129	813	Johnny McSorley	Drumquin	M40					20:28	6:49	163	28:58	7:15	149	35:44	7:09	35:44	<b>35:44</b>	7:09/M
130	486	Miceal O'Donnell	Omagh Harriers	MO	111	6:28	6:21	112	20:15	6:42	209	29:03	7:14	133	35:44	7:07	35:37	<b>35:44</b>	7:07/M
131	735	Brian McConnell	Glenelly GAC	MO	141	6:48	6:41	120	20:42	6:51	132	28:59	7:13	168	35:50	7:09	35:43	<b>35:50</b>	7:09/M
132	341	Barry O'Neill	Carmen Runners	M40	117	6:34	6:26	121	20:28	6:46	189	29:06	7:14	147	35:51	7:09	35:43	<b>35:51</b>	7:09/M
133	30	Darren McCusker		MO	123	6:38	6:29	154	20:53	6:55	149	29:17	7:17	114	35:53	7:09	35:44	<b>35:53</b>	7:09/M
134	394	James Doherty		MO	239	7:29	6:57	106	21:08	6:52	108	29:14	7:11	128	35:55	7:05	35:24	<b>35:55</b>	7:05/M
135	484	Rudi McCartney		MO					21:21	7:07	103	29:25	7:21	104	35:56	7:11	35:56	<b>35:56</b>	7:11/M
136	755	Bosco McShane	Na Fianna runners	M45	159	6:55	6:45	116	20:43	6:51	181	29:19	7:17	129	36:00	7:10	35:50	<b>36:00</b>	7:10/M
137	550	Colin Bebbington	Other	M50	152	6:54	6:40	137	20:57	6:54	137	29:15	7:15	145	36:00	7:09	35:46	<b>36:00</b>	7:09/M
138	624	John Kehoe	Glaslough Harriers	MO	147	6:52	6:39	140	20:58	6:55	105	29:02	7:13	195	36:00	7:10	35:48	<b>36:00</b>	7:10/M
139	710	Dsmian Kelly	Sperrin Harriers	M55	134	6:46	6:42	163	21:06	7:01	119	29:19	7:19	141	36:03	7:12	35:59	<b>36:03</b>	7:12/M
140	527	Anne Paul	City of Derry AC Spartans	F60	116	6:32	6:28	144	20:42	6:52	159	29:10	7:17	177	36:03	7:12	35:59	<b>36:03</b>	7:12/M
141	242	David Mc Glade		MO	126	6:40	6:34	161	20:58	6:58	128	29:14	7:17	162	36:04	7:12	35:58	<b>36:04</b>	7:12/M
142	906	Oisin O Donnell	Craigbane	MO					21:23	7:04	97	29:20	7:18	171	36:11	7:12	36:02	<b>36:11</b>	7:12/M
143	786	Niall Gillespie	Omagh Tri Club	MO	203	7:16	6:54	122	21:10	6:56	111	29:18	7:14	181	36:12	7:10	35:50	<b>36:12</b>	7:10/M
144	37	Philip McNamee	Run for Enda	M75	112	6:28	6:23	141	20:36	6:50	204	29:19	7:19	180	36:13	7:14	36:08	<b>36:13</b>	7:14/M
145	442	Kevin Toner		MO	195	7:13	6:58	159	21:29	7:05	96	29:25	7:18	154	36:13	7:12	35:59	<b>36:13</b>	7:12/M
146	699	Bronagh Mossey	Gortin GAC	FO	294	7:52	7:24	126	21:51	7:08	89	29:41	7:18	106	36:14	7:09	35:46	<b>36:14</b>	7:09/M
147	805	Keelan Campbell		M40	128	6:43	6:33	143	20:52	6:54	158	29:20	7:18	188	36:16	7:13	36:07	<b>36:16</b>	7:13/M
148	684	Vinnie McAtee	Knockmany Runners	M45	222	7:22	7:02	134	21:25	7:01	115	29:36	7:19	143	36:20	7:12	36:00	<b>36:20</b>	7:12/M
149	437	Conor Nelson		MO	180	7:09	6:55	166	21:32	7:06	120	29:45	7:23	124	36:25	7:14	36:11	<b>36:25</b>	7:14/M
150	465	John O'Kane		MJ	132	6:45	6:38	158	21:01	6:58	121	29:13	7:17	230	36:26	7:16	36:19	<b>36:26</b>	7:16/M
151	621	Barry McGarvey		M45	92	6:19	6:15	174	20:46	6:54	187	29:24	7:20	205	36:27	7:17	36:23	<b>36:27</b>	7:17/M
152	592	Ciara Woods	Omagh Harriers	F45	137	6:47	6:41	129	20:49	6:54	211	29:38	7:23	167	36:29	7:16	36:22	<b>36:29</b>	7:16/M
153	808	Peter McGinn	Run for Enda	MO	173	7:03	6:55	173	21:31	7:08	117	29:42	7:24	151	36:29	7:16	36:21	<b>36:29</b>	7:16/M
154	343	Gavin Winters	Dromore GAC	M45	110	6:27	6:18	153	20:42	6:51	221	29:33	7:21	190	36:30	7:16	36:20	<b>36:30</b>	7:16/M
155	468	Anna Donnelly	Keep Er Lit	F45	118	6:34	6:31	168	20:59	6:59	199	29:41	7:25	160	36:31	7:18	36:28	<b>36:31</b>	7:18/M
156	584	Alan Lyons	Carmen Runners	M40	177	7:06	6:51	165	21:27	7:04	126	29:41	7:22	169	36:32	7:15	36:17	<b>36:32</b>	7:15/M
157	814	Shane Donnelly	Kildress	MO	218	7:21	7:06	130	21:23	7:03	150	29:48	7:23	144	36:33	7:16	36:18	<b>36:33</b>	7:16/M
158	754	Eileen Murtagh	Na Fianna runners	F45	135	6:46	6:41	157	21:02	6:59	177	29:35	7:23	199	36:35	7:18	36:30	<b>36:35</b>	7:18/M
159	320	Gerry Tuohey		M50	140	6:48	6:40	156	21:03	6:58	194	29:43	7:24	174	36:35	7:18	36:28	<b>36:35</b>	7:18/M
160	120	Sean Brogan		M40	161	6:56	6:44	175	21:24	7:04	153	29:49	7:25	156	36:37	7:17	36:26	<b>36:37</b>	7:17/M
161	118	Cathal Corr		MO	217	7:21	7:00	136	21:24	7:01	138	29:44	7:21	182	36:38	7:15	36:16	<b>36:38</b>	7:15/M
162	367	Pauline McGurran		F45	148	6:52	6:42	172	21:19	7:03	168	29:51	7:25	152	36:38	7:18	36:28	<b>36:38</b>	7:18/M
163	312	Daniel Lynch	Other	M45	370	8:22	7:42	102	21:58	7:06	87	29:48	7:17	163	36:38	7:12	35:58	<b>36:38</b>	7:12/M
164	95	Sean Corry	Omagh Harriers	MO	227	7:25	7:09	145	21:35	7:06	152	30:00	7:26	126	36:40	7:17	36:24	<b>36:40</b>	7:17/M
165	237	John Bradley		MO	323	8:03	7:35	147	22:14	7:15	92	30:05	7:24	146	36:50	7:16	36:21	<b>36:50</b>	7:16/M
166	567	Shea Donnelly	Omagh Harriers	MJ	90	6:15	6:11	240	21:25	7:07	186	30:02	7:29	158	36:51	7:21	36:46	<b>36:51</b>	7:21/M
167	91	Emma O'Neill		FO	158	6:55	6:50	152	21:09	7:01	185	29:46	7:25	212	36:52	7:21	36:47	<b>36:52</b>	7:21/M

168	73	Kieran Corcoran	Run for Enda	MO	256	7:37	7:23	155	21:52	7:13	122	30:05	7:28	172	36:57	7:20	36:42	<b>36:57</b>	7:20/M
169	846	Martin McLaughlin		M60	143	6:50	6:45	191	21:28	7:08	134	29:46	7:25	229	36:58	7:23	36:53	<b>36:58</b>	7:23/M
170	254	Domhnall McFarline	Toyama JETs	MO	312	8:00	7:34	192	22:38	7:24	80	30:23	7:29	112	36:59	7:19	36:33	<b>36:59</b>	7:19/M
171	591	Samuel Watson		MJ	289	7:50	7:16	131	21:52	7:06	142	30:14	7:25	157	37:02	7:18	36:28	<b>37:02</b>	7:18/M
172	306	Nuala Muldoon	Mallusk Harriers	F45	155	6:54	6:43	181	21:26	7:05	169	29:58	7:27	208	37:03	7:22	36:51	<b>37:03</b>	7:22/M
173	61	Liam Dean	PACE Running Club	M55	243	7:30	7:19	211	22:21	7:23	129	30:36	7:36	108	37:09	7:24	36:58	<b>37:09</b>	7:24/M
174	239	Edwina Ternan	Orangegrove AC	F40	215	7:20	7:08	183	21:54	7:14	146	30:17	7:31	176	37:10	7:23	36:57	<b>37:10</b>	7:23/M
175	444	Darren Rutledge	Run for Enda	M45	167	6:59	6:53	195	21:40	7:11	248	30:42	7:39	97	37:10	7:25	37:04	<b>37:10</b>	7:25/M
176	328	Raymond Thom	Sperrin Harriers	M55	182	7:10	6:59	202	21:56	7:15	176	30:29	7:34	142	37:14	7:24	37:02	<b>37:14</b>	7:24/M
177	23	Eoghan Rua Mullin	Greencastle AC	MJ	120	6:36	6:29	198	21:19	7:04	193	29:58	7:28	244	37:14	7:25	37:07	<b>37:14</b>	7:25/M
178	853	colin O'Kane	KC	MO	115	6:32	6:26	179	21:02	6:58	239	30:01	7:29	236	37:16	7:26	37:09	<b>37:16</b>	7:26/M
179	903	Kevin Armstrong	Pomeroy	MO	164	6:57	6:48	150	21:10	7:00	226	30:03	7:29	232	37:17	7:26	37:08	<b>37:17</b>	7:26/M
180	609	Leo Quinn	Pomeroy Plunketts GAC	MO	162	6:56	6:47	151	21:09	7:00	229	30:03	7:29	234	37:17	7:26	37:08	<b>37:17</b>	7:26/M
181	514	Dawn Houston	Eglinton Road Runners	F40	138	6:48	6:34	171	21:14	7:00	216	30:04	7:28	235	37:18	7:25	37:04	<b>37:18</b>	7:25/M
182	644	Mark Carroll	Drumragh GAC	MO	234	7:28	7:03	189	22:05	7:13	174	30:37	7:33	135	37:19	7:23	36:53	<b>37:19</b>	7:23/M
183	721	Ronan McGrath		MO	389	8:31	7:49	162	22:50	7:22	101	30:52	7:33	95	37:20	7:19	36:37	<b>37:20</b>	7:19/M
184	743	Ian Ferguson	RFE	M55	168	6:59	6:52	194	21:39	7:11	242	30:41	7:39	125	37:21	7:27	37:14	<b>37:21</b>	7:27/M
185	257	Owen Largey		MO	93	6:19	6:15	196	21:01	6:59	288	30:15	7:33	225	37:27	7:28	37:22	<b>37:27</b>	7:28/M
186	399	Nathan Fox	Run for Enda	MO	170	7:02	6:55	193	21:41	7:11	230	30:36	7:37	166	37:27	7:28	37:19	<b>37:27</b>	7:28/M
187	802	F O'Kane		M45	146	6:52	6:46	228	21:55	7:16	144	30:17	7:33	221	37:27	7:28	37:21	<b>37:27</b>	7:28/M
188	107	Adam McAleer		MO	249	7:33	7:20	236	22:42	7:30	155	31:08	7:44	89	37:31	7:28	37:18	<b>37:31</b>	7:28/M
189	456	Conor O'Kane	Pigeon Top Running Club	MO	297	7:53	7:33	133	21:55	7:12	161	30:25	7:31	220	37:34	7:27	37:14	<b>37:34</b>	7:27/M
190	849	Conor Corey		MO	269	7:43	7:17	206	22:30	7:21	124	30:44	7:34	165	37:35	7:26	37:08	<b>37:35</b>	7:26/M
191	557	Marcus Taggart	Run for Enda	M50	172	7:03	6:56	190	21:41	7:11	274	30:51	7:41	140	37:35	7:30	37:28	<b>37:35</b>	7:30/M
192	331	Ruairi Monaghan		MO	176	7:05	6:55	201	21:50	7:13	195	30:30	7:35	210	37:36	7:29	37:26	<b>37:36</b>	7:29/M
193	199	Eoin Heagney	Sperrin Harriers	MO	207	7:18	7:02	197	22:01	7:15	172	30:32	7:34	213	37:40	7:29	37:24	<b>37:40</b>	7:29/M
194	854	Brian Devlin	Greencastle	MO	197	7:13	6:55	180	21:43	7:08	197	30:25	7:32	258	37:45	7:29	37:27	<b>37:45</b>	7:29/M
195	115	Brian Maguire		M40	447	8:53	8:16	123	22:50	7:24	88	30:40	7:31	215	37:48	7:26	37:11	<b>37:48</b>	7:26/M
196	458	Shauna O'Neill		FO	390	8:32	7:12	149	22:45	7:08	145	31:08	7:27	130	37:49	7:18	36:29	<b>37:49</b>	7:18/M
197	130	Martin Duggan		M45	255	7:37	7:17	207	22:25	7:22	179	31:00	7:40	161	37:50	7:30	37:30	<b>37:50</b>	7:30/M
198	144	Simon Jones		MO	296	7:52	7:20	160	22:10	7:13	162	30:39	7:32	224	37:50	7:28	37:18	<b>37:50</b>	7:28/M
199	205	Niall Brogan		MO	200	7:16	7:01	213	22:08	7:18	210	30:56	7:40	187	37:52	7:31	37:37	<b>37:52</b>	7:31/M

Pos	BIB	Name	Club	Cat	Mile1			Mile 3			Mile 4			Mile 5			Chip Time	Gun Time	Average Pace
					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace			
200	694	Daniel Fox	Loughmacrory GAC	MO	196	7:13	7:04	250	22:27	7:26	166	30:57	7:42	186	37:53	7:33	37:44	<b>37:53</b>	7:33/M
201	134	Anthony Bradley	Omagh Harriers	MO	156	6:55	6:49	273	22:21	7:25	292	31:37	7:53	88	37:58	7:34	37:52	<b>37:58</b>	7:34/M
202	683	Dara McPeake		MJ	326	8:04	7:34	138	22:08	7:13	215	30:57	7:37	202	37:59	7:30	37:30	<b>37:59</b>	7:30/M
203	561	Laura Fitzpatrick	Omagh Triathlon Club	F35	198	7:15	6:54	182	21:47	7:09	254	30:51	7:37	219	38:00	7:32	37:38	<b>38:00</b>	7:32/M
204	862	Michelle Donnelly		F35	225	7:24	7:13	215	22:19	7:23	196	31:01	7:43	198	38:01	7:34	37:50	<b>38:01</b>	7:34/M
205	861	Deirdre Haigney		F50	224	7:24	7:13	217	22:20	7:23	200	31:02	7:43	196	38:01	7:34	37:50	<b>38:01</b>	7:34/M
206	72	Nigel Corcoran	Run for Enda	MO	253	7:36	7:22	170	22:03	7:16	202	30:46	7:38	247	38:03	7:34	37:48	<b>38:03</b>	7:34/M
207	122	Conor Donaghy		MO	188	7:12	7:00	204	21:58	7:15	224	30:50	7:40	231	38:04	7:34	37:52	<b>38:04</b>	7:34/M
208	691	Brendan McVeigh	Tri Limits	M45	262	7:39	7:15	199	22:23	7:20	170	30:54	7:38	223	38:05	7:32	37:41	<b>38:05</b>	7:32/M
209	669	Glen McKenna		M50	205	7:17	7:05	214	22:10	7:20	208	30:57	7:41	217	38:06	7:35	37:55	<b>38:06</b>	7:35/M
210	453	Cáelainn McQuaid	Lagan Valley AC	FO	165	6:57	6:43	238	22:06	7:17	218	30:56	7:41	228	38:09	7:35	37:55	<b>38:09</b>	7:35/M

211	508	Benny Ward	Carmen Runners	M40	183	7:11	6:56	178	21:39	7:08	277	30:50	7:39	254	38:10	7:35	37:55	<b>38:10</b>	7:35/M
212	379	Cillian Ellis		MJ	280	7:48	7:19	186	22:25	7:18	203	31:08	7:40	203	38:10	7:32	37:41	<b>38:10</b>	7:32/M
213	664	Colm Sherry	Augher GAC	MO	334	8:09	7:36	167	22:33	7:20	182	31:08	7:39	204	38:11	7:32	37:38	<b>38:11</b>	7:32/M
214	570	Tess Donnelly	Omagh Harriers	FJ	125	6:40	6:32	209	21:30	7:07	368	31:17	7:47	194	38:15	7:37	38:07	<b>38:15</b>	7:37/M
215	103	Aaron O'Hagan		MO	248	7:33	7:19	237	22:42	7:29	205	31:26	7:48	164	38:17	7:37	38:03	<b>38:17</b>	7:37/M
216	834	Eamon Rea		MO	233	7:27	7:02	205	22:14	7:16	236	31:12	7:42	209	38:18	7:34	37:52	<b>38:18</b>	7:34/M
217	657	Paul McGinley		MO	441	8:52	8:13	169	23:18	7:33	116	31:29	7:43	183	38:23	7:33	37:44	<b>38:23</b>	7:33/M
218	498	Brian Stewart	North Belfast Harriers	M70	235	7:28	7:16	231	22:34	7:27	225	31:27	7:49	189	38:24	7:38	38:12	<b>38:24</b>	7:38/M
219	278	Malachy Smyth		M55	252	7:36	7:14	219	22:34	7:24	206	31:18	7:44	211	38:24	7:37	38:03	<b>38:24</b>	7:37/M
220	474	Conal Furey	Glenelly GAC	MO	149	6:52	6:45	187	21:28	7:07	311	30:51	7:41	311	38:25	7:39	38:17	<b>38:25</b>	7:39/M
221	539	Gemma Skeath	Omagh Triathlon Club	F35	201	7:16	6:55	200	22:00	7:13	287	31:14	7:43	245	38:30	7:38	38:09	<b>38:30</b>	7:38/M
222	682	Eugene Liam McCarroll	Fintona GAC	MO	295	7:52	7:30	301	23:31	7:43	110	31:38	7:49	184	38:32	7:38	38:10	<b>38:32</b>	7:38/M
223	563	John Fitzpatrick		MO	184	7:11	6:48	188	21:48	7:08	346	31:26	7:46	214	38:34	7:38	38:11	<b>38:34</b>	7:38/M
224	179	Patrick Withers	Omagh Harriers	MO	163	6:57	6:48	242	22:07	7:20	258	31:12	7:46	284	38:38	7:42	38:30	<b>38:38</b>	7:42/M
225	916	Nelson Young		M40	131	6:44	6:38	185	21:20	7:04	343	30:56	7:43	355	38:40	7:43	38:33	<b>38:40</b>	7:43/M
226	506	Davey Hamilton	Carmen Runners	M60	189	7:12	6:51	184	21:47	7:09	260	30:52	7:38	371	38:42	7:40	38:21	<b>38:42</b>	7:40/M
227	637	Trudy Young		FO	166	6:59	6:48	284	22:29	7:26	219	31:20	7:47	274	38:43	7:43	38:33	<b>38:43</b>	7:43/M
228	789	Raymond Henderson		M40	286	7:50	7:23	203	22:36	7:23	222	31:27	7:45	252	38:47	7:40	38:20	<b>38:47</b>	7:40/M
229	542	Gerard Corcoran		M45	261	7:39	7:14	210	22:30	7:21	246	31:32	7:47	241	38:47	7:40	38:22	<b>38:47</b>	7:40/M
230	217	Damien McKenna	Knockmany Runners	M45	214	7:20	7:07	224	22:22	7:23	245	31:24	7:48	280	38:49	7:43	38:36	<b>38:49</b>	7:43/M
231	196	Sean Toner		MO	199	7:15	7:00	256	22:33	7:26	249	31:36	7:50	250	38:54	7:44	38:38	<b>38:54</b>	7:44/M
232	376	Seamus McDermott		M40	313	8:00	7:30	276	23:27	7:39	156	31:54	7:51	201	38:56	7:41	38:26	<b>38:56</b>	7:41/M
233	571	Toby Donnelly	Omagh Harriers	MJ	121	6:37	6:32	222	21:36	7:10	379	31:30	7:51	290	38:58	7:47	38:53	<b>38:58</b>	7:47/M
234	752	Jonathan McBride	Trilimits	M50	299	7:54	7:29	233	23:01	7:32	265	32:08	7:56	175	39:00	7:43	38:35	<b>39:00</b>	7:43/M
235	552	Rory Bebbington		MJ	336	8:09	7:48	218	23:05	7:34	304	32:25	8:01	119	39:02	7:44	38:40	<b>39:02</b>	7:44/M
236	41	Robert McMurray		M40	212	7:20	7:02	285	22:51	7:31	191	31:30	7:48	303	39:02	7:45	38:44	<b>39:02</b>	7:45/M
237	240	Michael O'Kane		MO	283	7:49	7:33	255	23:07	7:37	184	31:43	7:52	255	39:03	7:45	38:46	<b>39:03</b>	7:45/M
238	326	Siobhan Quinn	Armagh AC	F35	151	6:53	6:47	257	22:11	7:22	327	31:40	7:54	275	39:04	7:48	38:58	<b>39:04</b>	7:48/M
239	548	Declan Campbell		MO	273	7:47	7:23	246	23:00	7:32	250	32:03	7:55	200	39:04	7:44	38:40	<b>39:04</b>	7:44/M
240	512	Aodhan McGrath		MO	272	7:44	7:15	234	22:52	7:27	207	31:38	7:47	287	39:06	7:43	38:36	<b>39:06</b>	7:43/M
241	553	Ben Shields	Other	MJ	339	8:10	7:48	208	23:00	7:33	319	32:24	8:01	134	39:06	7:45	38:45	<b>39:06</b>	7:45/M
242	224	Liam Mc Glinchey	Run for Enda	MO	211	7:20	7:10	229	22:24	7:25	318	31:47	7:54	259	39:08	7:48	38:58	<b>39:08</b>	7:48/M
243	93	Fionn Corry	Omagh Harriers	MJ	422	8:48	8:21	289	24:21	7:58	127	32:35	8:02	109	39:09	7:44	38:42	<b>39:09</b>	7:44/M
244	811	David Tierney	Run for Enda	MO	305	7:58	7:33	239	23:07	7:34	237	32:05	7:55	207	39:10	7:45	38:45	<b>39:10</b>	7:45/M
245	794	Matthew Og McGleena	Eglisk	MO	408	8:41	8:02	259	24:01	7:47	167	32:32	7:58	131	39:13	7:43	38:34	<b>39:13</b>	7:43/M
246	891	Aidan Kelly	Beragh Red Knights GAC	M40	136	6:47	6:41	247	22:00	7:18	340	31:35	7:52	330	39:14	7:50	39:08	<b>39:14</b>	7:50/M
247	67	Maeve Largey	Dub Running Club	F35	204	7:16	7:04	294	22:51	7:33	270	32:00	7:57	243	39:15	7:49	39:03	<b>39:15</b>	7:49/M
248	865	Aishling Porter		FO	208	7:18	7:10	254	22:35	7:29	303	31:55	7:57	261	39:15	7:49	39:07	<b>39:15</b>	7:49/M
249	223	Shaun Henry	Belfast Running Club	M60	274	7:47	7:24	226	22:50	7:29	213	31:38	7:49	334	39:18	7:47	38:54	<b>39:18</b>	7:47/M
250	356	Ronan Mc Elhatton		MJ	327	8:04	7:33	212	22:56	7:28	220	31:47	7:49	307	39:20	7:46	38:49	<b>39:20</b>	7:46/M
251	521	Mairead Henry		FO	216	7:21	7:08	216	22:16	7:21	275	31:26	7:48	392	39:21	7:50	39:08	<b>39:21</b>	7:50/M
252	147	IVOR SMYTH		M55	153	6:54	6:49	221	21:53	7:16	404	31:58	7:58	278	39:22	7:52	39:18	<b>39:22</b>	7:52/M
253	83	Jenny Forde	Croydon Harriers	FO	281	7:49	7:19	241	22:59	7:30	257	32:03	7:53	260	39:24	7:47	38:54	<b>39:24</b>	7:47/M
254	751	Sean Og Harte	Greencastle	MJ	393	8:34	7:59	227	23:37	7:41	231	32:32	7:59	170	39:24	7:46	38:49	<b>39:24</b>	7:46/M
255	243	Jack O'Hanlon		MO	247	7:32	7:17	262	22:52	7:33	233	31:48	7:53	322	39:24	7:50	39:10	<b>39:24</b>	7:50/M
256	832	Catriona Doyle		FO	361	8:21	7:58	260	23:41	7:46	212	32:29	8:02	197	39:28	7:49	39:05	<b>39:28</b>	7:49/M

257	748	Mark Harte	Loughmacrory	MJ	350	8:18	7:43	177	22:47	7:24	305	32:07	7:53	266	39:28	7:47	38:53	<b>39:28</b>	7:47/M
258	733	Chris McIvor	Run for Enda	MO	185	7:11	7:05	292	22:45	7:33	337	32:19	8:03	227	39:31	7:53	39:25	<b>39:31</b>	7:53/M
259	701	Francie O'Neill	Galbally Runners	M55	221	7:22	7:12	307	23:06	7:39	286	32:20	8:02	226	39:31	7:52	39:21	<b>39:31</b>	7:52/M
260	352	Odhran McDonald		MO	277	7:48	7:23	275	23:15	7:37	235	32:13	7:57	256	39:33	7:50	39:08	<b>39:33</b>	7:50/M
261	209	Callum Leonard	Tattyreagh GAC	MO	103	6:26	6:21	280	21:55	7:17	449	32:25	8:05	218	39:34	7:54	39:28	<b>39:34</b>	7:54/M
262	517	Joseph O kane	Drumquin GAC	MJ	358	8:20	7:51	305	24:02	7:51	180	32:37	8:02	191	39:34	7:49	39:05	<b>39:34</b>	7:49/M
263	758	James McCabe	Omagh Harriers	M45	497	9:18	8:07	244	24:31	7:47	131	32:48	7:54	150	39:35	7:41	38:24	<b>39:35</b>	7:41/M
264	66	Kevin campbell	Omagh Harriers	M45	317	8:02	7:37	235	23:10	7:35	253	32:14	7:57	264	39:35	7:50	39:11	<b>39:35</b>	7:50/M
265	784	Micky Lennon		MO	285	7:50	7:34	264	23:11	7:38	255	32:14	8:00	265	39:36	7:52	39:20	<b>39:36</b>	7:52/M
266	292	Pauric Quinn	Omagh Triathlon Club	M60	319	8:02	7:42	296	23:38	7:46	190	32:16	7:59	262	39:37	7:51	39:16	<b>39:37</b>	7:51/M
267	101	Cathy Hamilton	PACE Running Club	F55	258	7:38	7:25	266	23:00	7:36	298	32:20	8:02	248	39:37	7:53	39:24	<b>39:37</b>	7:53/M
268	449	Harry Matthews		MO	230	7:26	6:59	220	22:24	7:19	268	31:32	7:47	418	39:39	7:50	39:12	<b>39:39</b>	7:50/M
269	724	Cathal McCarron	Omagh St Enda's GAC	MO	192	7:12	6:58	278	22:41	7:29	331	32:11	7:59	294	39:41	7:53	39:26	<b>39:41</b>	7:53/M
270	652	Micky Collins	Omagh Triathlon Club	M50	282	7:49	7:28	274	23:16	7:38	223	32:08	7:57	325	39:45	7:53	39:23	<b>39:45</b>	7:53/M
271	848	Cathal O'Neill	Clann na gael	M50	311	8:00	7:39	253	23:15	7:38	256	32:19	8:00	285	39:46	7:53	39:26	<b>39:46</b>	7:53/M
272	416	Ruairi McGowan	Omagh Harriers	MO	245	7:30	7:11	299	23:08	7:36	321	32:33	8:04	270	39:56	7:55	39:36	<b>39:56</b>	7:55/M
273	181	Brian O Donnell		M55	231	7:26	7:17	313	23:13	7:41	297	32:31	8:06	279	39:56	7:57	39:47	<b>39:56</b>	7:57/M
274	595	Julian McKeown	Carmen Runners	M50	228	7:26	6:56	248	22:40	7:23	384	32:35	8:01	272	39:59	7:54	39:28	<b>39:59</b>	7:54/M
275	628	Bronagh McCrory	Carmen Runners	FO	357	8:19	7:54	267	23:42	7:45	252	32:45	8:05	239	39:59	7:55	39:34	<b>39:59</b>	7:55/M
276	445	Nick Ledwold		MO	301	7:55	7:38	344	24:00	7:54	325	33:28	8:18	107	40:00	7:57	39:43	<b>40:00</b>	7:57/M
277	451	Terry mc cullagh		M65	226	7:25	7:07	297	23:02	7:35	323	32:29	8:03	299	40:00	7:57	39:43	<b>40:00</b>	7:57/M
278	719	John McDermott	Strabane Triathlon Club	MO	142	6:49	6:44	293	22:24	7:26	377	32:17	8:03	354	40:01	7:59	39:55	<b>40:01</b>	7:59/M
279	366	Matthew Mullin		MO	267	7:41	7:23	287	23:13	7:38	309	32:35	8:04	292	40:03	7:57	39:44	<b>40:03</b>	7:57/M
280	140	Patrick Crossey		MO	293	7:52	7:25	281	23:21	7:38	267	32:29	8:01	324	40:06	7:56	39:39	<b>40:06</b>	7:56/M
281	448	Dermot Monaghan		MO	238	7:29	7:09	282	22:59	7:33	326	32:27	8:02	332	40:06	7:57	39:46	<b>40:06</b>	7:57/M
282	32	Joshua Lervy		MJ	443	8:52	8:13	225	23:54	7:45	328	33:23	8:11	138	40:06	7:53	39:27	<b>40:06</b>	7:53/M
283	518	Matthew Devlin	Killyclogher GAC	MO	263	7:39	7:19	330	23:34	7:45	295	32:52	8:08	242	40:07	7:57	39:47	<b>40:07</b>	7:57/M
284	804	Emma Taggart	Keep Er Lit	F45	251	7:34	7:23	304	23:16	7:41	306	32:36	8:06	301	40:08	7:59	39:57	<b>40:08</b>	7:59/M
285	831	Eilis Doyle		FO	359	8:20	7:57	263	23:41	7:46	262	32:46	8:06	267	40:08	7:57	39:45	<b>40:08</b>	7:57/M
286	337	Caoimhe McElduff		FO	371	8:22	7:51	314	24:09	7:53	214	32:58	8:07	222	40:08	7:56	39:38	<b>40:08</b>	7:56/M
287	180	Chris Withers	Omagh Harriers	M65	179	7:09	7:06	315	22:56	7:38	348	32:37	8:09	318	40:12	8:02	40:09	<b>40:12</b>	8:02/M
288	281	Patrick Wright		M40	246	7:31	7:20	320	23:23	7:44	299	32:42	8:08	296	40:12	8:00	40:02	<b>40:12</b>	8:00/M
289	339	Ciaron Johnson		M45	342	8:12	7:32	295	23:47	7:42	280	32:58	8:05	238	40:13	7:54	39:32	<b>40:13</b>	7:54/M
290	483	Ryan Hodson		MO	276	7:48	7:30	326	23:40	7:48	240	32:41	8:06	306	40:13	7:59	39:56	<b>40:13</b>	7:59/M
291	626	James Rushe	Sperrin Harriers	M55	315	8:01	7:34	232	23:07	7:33	364	32:53	8:07	268	40:15	7:58	39:48	<b>40:15</b>	7:58/M
292	559	Gary Funston	hunterbell Health And Fitness	MO	175	7:04	6:55	265	22:25	7:25	450	32:55	8:12	257	40:15	8:01	40:06	<b>40:15</b>	8:01/M
293	915	Pauric McGowan		MO	548	9:39	7:26	223	24:40	7:29	140	33:01	7:42	246	40:17	7:37	38:04	<b>40:17</b>	7:37/M
294	616	Denis Borimskij	Omagh Triathlon Club	M40	279	7:48	7:14	288	23:20	7:35	307	32:41	8:02	327	40:18	7:57	39:44	<b>40:18</b>	7:57/M
295	583	Katie O'Rourke	Omagh Triathlon Club	F40	257	7:38	7:27	318	23:29	7:46	269	32:37	8:07	342	40:19	8:01	40:07	<b>40:19</b>	8:01/M
296	494	Hannah Ledwold		FO	321	8:03	7:45	308	23:48	7:50	272	32:57	8:10	269	40:19	8:00	40:01	<b>40:19</b>	8:00/M
297	665	Sean McGuinness	McGuinness Rockets	MO	178	7:09	6:56	298	22:46	7:31	410	32:54	8:10	282	40:20	8:01	40:07	<b>40:20</b>	8:01/M
298	841	Donall Sweeney		M40	268	7:43	7:31	351	23:51	7:53	232	32:46	8:09	313	40:20	8:02	40:09	<b>40:20</b>	8:02/M
299	447	Decky Duffy	Melvin WJR	M45	444	8:52	8:13	261	24:13	7:51	243	33:15	8:09	216	40:23	7:57	39:44	<b>40:23</b>	7:57/M

Pos	BIB	Name	Club	Cat	Mile1			Mile 3			Mile 4			Mile 5			Chip Time	Gun Time	Average Pace
					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace			

300	216	Rory O'Connor	Knockmany Runners	M45	223	7:23	7:10	291	22:56	7:34	390	32:57	8:11	293	40:26	8:02	40:12	<b>40:26</b>	8:02/M
301	96	Paul Dunne	Mullingar Harriers	MO	236	7:28	7:12	324	23:20	7:41	365	33:06	8:13	253	40:26	8:02	40:10	<b>40:26</b>	8:02/M
302	424	Maura Kirk	Glenelly GAC	FO	264	7:40	7:24	323	23:32	7:45	330	33:02	8:12	289	40:31	8:03	40:15	<b>40:31</b>	8:03/M
303	452	Richard Donnell		MO	213	7:20	7:10	290	22:53	7:34	423	33:09	8:15	273	40:32	8:04	40:22	<b>40:32</b>	8:04/M
304	137	Stephen Mullin		MO	383	8:26	7:54	272	23:51	7:46	273	33:01	8:07	309	40:34	8:00	40:02	<b>40:34</b>	8:00/M
305	467	Alex Gibson	KC Runners	FO	330	8:06	7:55	332	24:03	7:57	227	32:57	8:12	326	40:34	8:05	40:23	<b>40:34</b>	8:05/M
306	113	Simon Allen	Enniskillen RC	MO	332	8:06	7:35	319	23:57	7:49	276	33:07	8:09	297	40:38	8:01	40:07	<b>40:38</b>	8:01/M
307	590	Dominic Carlin	Lifford/Strabane AC	M50	232	7:27	7:24	363	23:44	7:54	341	33:20	8:19	263	40:41	8:08	40:38	<b>40:41</b>	8:08/M
308	471	Myles McElduff	Greencastle GAC	MJ	395	8:35	7:59	243	23:46	7:43	332	33:16	8:10	283	40:42	8:01	40:07	<b>40:42</b>	8:01/M
309	256	Ciarán Maguire	BMAS	MO	365	8:21	7:56	306	24:04	7:53	278	33:15	8:13	288	40:43	8:04	40:18	<b>40:43</b>	8:04/M
310	258	Laura O'Neill		FO	160	6:55	6:50	176	21:24	7:06	576	32:49	8:11	390	40:43	8:08	40:38	<b>40:43</b>	8:08/M
311	818	eamon Coyle	Melvin WJR	M50	425	8:49	8:09	271	24:13	7:51	266	33:20	8:10	277	40:44	8:01	40:04	<b>40:44</b>	8:01/M
312	555	Bernie O'Donnell	Omagh Harriers	F50	265	7:41	7:26	322	23:32	7:46	349	33:14	8:15	298	40:45	8:06	40:30	<b>40:45</b>	8:06/M
313	581	Niall McDermott	Omagh Triathlon Club	MO	270	7:44	7:21	349	23:51	7:49	251	32:54	8:08	377	40:45	8:05	40:23	<b>40:45</b>	8:05/M
314	562	Craig Badger	Acorns AC	MO	275	7:48	7:30	286	23:19	7:40	366	33:06	8:12	351	40:49	8:06	40:31	<b>40:49</b>	8:06/M
315	45	Aravon McCann		F55	240	7:29	7:23	334	23:27	7:47	369	33:15	8:17	314	40:49	8:09	40:43	<b>40:49</b>	8:09/M
316	638	Plunkett Hart	Sperrin Harriers	MO	431	8:50	8:13	309	24:35	7:59	228	33:29	8:13	276	40:53	8:03	40:16	<b>40:53</b>	8:03/M
317	745	Niall Corey		MJ	278	7:48	7:21	300	23:26	7:40	363	33:11	8:11	346	40:54	8:05	40:27	<b>40:54</b>	8:05/M
318	537	Seamus Coyle	Run for Enda	M50	190	7:12	7:04	258	22:31	7:28	441	32:58	8:13	394	40:55	8:09	40:47	<b>40:55</b>	8:09/M
319	372	Ryan Treanor	Keep Er Lit	MO	453	8:54	8:19	279	24:23	7:56	201	33:05	8:08	376	40:57	8:04	40:22	<b>40:57</b>	8:04/M
320	864	Luke Monaghan	KC	MO	504	9:20	8:36	251	24:34	7:57	151	32:59	8:04	399	40:57	8:03	40:13	<b>40:57</b>	8:03/M
321	863	Matthew Og Monaghan	KC	MO	503	9:20	8:35	252	24:35	7:57	198	33:17	8:08	335	40:57	8:03	40:13	<b>40:57</b>	8:03/M
322	709	Grace Dowding		FO	433	8:51	8:09	277	24:18	7:52	291	33:34	8:13	304	41:06	8:05	40:25	<b>41:06</b>	8:05/M
323	533	Ivor Russell	Knockmany Runners	M40	266	7:41	7:20	312	23:28	7:42	400	33:31	8:18	323	41:07	8:09	40:46	<b>41:07</b>	8:09/M
324	909	Niall Murray	Tattyreagh	MO	547	9:39	7:25	230	24:44	7:30	271	33:53	7:55	237	41:08	7:47	38:54	<b>41:08</b>	7:47/M
325	586	Wendy Ledwold		F60	322	8:03	7:46	340	24:05	7:56	317	33:28	8:18	358	41:13	8:11	40:56	<b>41:13</b>	8:11/M
326	792	Cathal O'Brien	Loughmacrory	M40	463	8:58	8:23	317	24:46	8:04	284	33:59	8:21	240	41:14	8:08	40:39	<b>41:14</b>	8:08/M
327	778	Michael Ward	Omagh Harriers	M55	209	7:19	7:11	375	23:46	7:53	381	33:40	8:23	316	41:16	8:14	41:08	<b>41:16</b>	8:14/M
328	685	Paul-Dwane McMenam		MO	470	9:02	7:41	335	25:01	7:53	244	34:03	8:11	233	41:17	7:59	39:57	<b>41:17</b>	7:59/M
329	715	Ali Morrow		FO	206	7:18	7:10	346	23:24	7:45	416	33:36	8:22	343	41:17	8:14	41:09	<b>41:17</b>	8:14/M
330	767	Niall Heaney	Omagh Harriers	M55	500	9:19	8:06	311	25:05	7:57	234	34:03	8:13	251	41:21	8:02	40:08	<b>41:21</b>	8:02/M
331	796	Sean Paul Brown		M40	351	8:18	7:53	354	24:28	8:01	290	33:43	8:20	328	41:22	8:11	40:57	<b>41:22</b>	8:11/M
332	490	Niall McGonigle		MO	356	8:19	7:55	352	24:28	8:01	289	33:43	8:20	331	41:23	8:12	40:59	<b>41:23</b>	8:12/M
333	782	Michael Gillespie		MO	284	7:49	7:34	325	23:42	7:49	373	33:32	8:19	375	41:23	8:13	41:07	<b>41:23</b>	8:13/M
334	460	Paddy McCartan		MO	292	7:51	7:31	268	23:14	7:38	421	33:29	8:17	402	41:28	8:14	41:08	<b>41:28</b>	8:14/M
335	333	Colum Beggs	Greencastle GAC	MO	354	8:19	7:51	303	24:00	7:51	359	33:45	8:19	353	41:29	8:12	41:00	<b>41:29</b>	8:12/M
336	211	Shaun Paskin	KC Runners	MO	316	8:01	7:29	341	24:04	7:51	354	33:47	8:19	350	41:30	8:12	40:58	<b>41:30</b>	8:12/M
337	618	Aileen Henry		FO	378	8:23	8:23	370	24:45	8:15	285	33:59	8:30	310	41:32	8:18	41:32	<b>41:32</b>	8:18/M
338	459	Paul McCusker	Knockmany Runners	M40	347	8:16	7:43	367	24:35	8:01	315	33:58	8:21	319	41:33	8:12	41:01	<b>41:33</b>	8:12/M
339	596	Ursula Coyle	Lifford/Strabane AC	F55	376	8:23	7:54	355	24:34	8:01	322	33:59	8:23	315	41:34	8:13	41:05	<b>41:34</b>	8:13/M
340	138	Maeve McGlinchey	Galbally Runners	FO	340	8:10	7:44	361	24:24	7:59	308	33:45	8:20	378	41:37	8:14	41:11	<b>41:37</b>	8:14/M
341	727	Gary O'Kane	Run for Enda	MO	455	8:56	8:20	350	25:03	8:09	294	34:19	8:26	249	41:37	8:12	41:02	<b>41:37</b>	8:12/M
342	847	Clare Maguire	Omagh Tri Club	F55	400	8:37	8:05	359	24:49	8:06	301	34:09	8:24	300	41:40	8:14	41:08	<b>41:40</b>	8:14/M
343	425	Eoin Gallagher		MO	506	9:20	8:31	283	24:51	8:01	296	34:09	8:20	302	41:41	8:10	40:52	<b>41:41</b>	8:10/M
344	788	Eoghan McElduff		MO	300	7:54	7:37	336	23:54	7:52	344	33:32	8:19	430	41:41	8:17	41:24	<b>41:41</b>	8:17/M
345	203	Katrina Badger		FO	291	7:51	7:38	360	24:04	7:57	339	33:38	8:22	420	41:45	8:19	41:33	<b>41:45</b>	8:19/M



346	204	Gareth Badger		MO	290	7:51	7:38	357	24:03	7:57	283	33:15	8:16	485	41:45	8:19	41:33	<b>41:45</b>	8:19/M
347	154	Mark Girvan	Belfast Frontrunners	M50	449	8:53	8:19	338	24:54	8:07	371	34:43	8:32	206	41:46	8:14	41:12	<b>41:46</b>	8:14/M
348	148	Gerard Kelly	Strabane Sigerson's GAC	MO	459	8:57	8:15	353	25:06	8:08	241	34:06	8:21	341	41:47	8:13	41:05	<b>41:47</b>	8:13/M
349	689	Ross Mcivor		MO	343	8:12	7:44	380	24:43	8:05	316	34:06	8:25	345	41:48	8:16	41:21	<b>41:48</b>	8:16/M
350	429	Benjamin Knox		MO	254	7:36	7:10	362	23:50	7:48	409	33:56	8:23	386	41:50	8:17	41:23	<b>41:50</b>	8:17/M
351	348	Carol Donaghy	Derrytresk GAC	F45											41:52		41:52	<b>41:52</b>	8:22/M
352	740	Thady Joyce	2 Castles Boxing Club	MO	186	7:12	7:07	391	23:51	7:56	374	33:43	8:25	437	41:54	8:22	41:50	<b>41:54</b>	8:22/M
353	503	Paul Hughes	Delfims Runners	M50	271	7:44	7:32	302	23:24	7:44	444	33:52	8:25	406	41:55	8:21	41:43	<b>41:55</b>	8:21/M
354	219	Rapha McBride	Glenelly GAC	MO	368	8:21	7:48	316	24:09	7:52	352	33:52	8:20	412	41:56	8:16	41:22	<b>41:56</b>	8:16/M
355	698	Tony Mossey	Gortin GAC	MO	428	8:50	8:19	347	24:56	8:08	324	34:24	8:28	321	42:00	8:18	41:29	<b>42:00</b>	8:18/M
356	910	Gemma Begley	Carrickmore	F35	364	8:21	8:04	396	25:05	8:16	279	34:16	8:30	357	42:01	8:21	41:44	<b>42:01</b>	8:21/M
357	829	Caolan Hendron	Maghery	MO	298	7:53	7:39	404	24:42	8:09	388	34:40	8:37	271	42:03	8:22	41:49	<b>42:03</b>	8:22/M
358	192	Malachy Neeson	St Michael's GAC Lissan	M55	381	8:25	7:56	365	24:43	8:05	329	34:12	8:26	391	42:06	8:20	41:38	<b>42:06</b>	8:20/M
359	235	Sarah Quinn	Omagh Harriers	FJ	413	8:45	8:02	327	24:39	7:59	353	34:21	8:25	367	42:09	8:17	41:26	<b>42:09</b>	8:17/M
360	655	Hugh Gormley	Drumquin GAC	MJ	288	7:50	7:21	269	23:13	7:35	387	33:10	8:10	582	42:09	8:20	41:40	<b>42:09</b>	8:20/M
361	588	Barry Winters		M40	556	9:43	8:47	249	24:57	8:00	282	34:09	8:18	403	42:09	8:15	41:14	<b>42:09</b>	8:15/M
362	198	Bryan Kelly	Carmen Runners	M50	308	7:59	7:41	369	24:21	8:01	429	34:39	8:35	295	42:09	8:22	41:51	<b>42:09</b>	8:22/M
363	283	Cameron Mitchell		MO	341	8:11	7:56	384	24:46	8:11	345	34:24	8:33	366	42:11	8:23	41:57	<b>42:11</b>	8:23/M
364	163	Jack Greene		MJ	411	8:44	8:05	270	24:07	7:50	380	34:01	8:21	441	42:15	8:19	41:37	<b>42:15</b>	8:19/M
365	622	Elsie McGarvey		F40	309	7:59	7:36	358	24:11	7:56	420	34:26	8:31	379	42:19	8:23	41:56	<b>42:19</b>	8:23/M
366	307	James O'Reilly		MO	415	8:46	8:15	388	25:25	8:18	264	34:31	8:30	368	42:19	8:22	41:49	<b>42:19</b>	8:22/M
367	39	Tanya Quinn	Sperrin Harriers	F45	306	7:58	7:55	383	24:33	8:10	406	34:39	8:39	362	42:25	8:28	42:21	<b>42:25</b>	8:28/M
368	149	Kieran Devine		MO	219	7:21	7:12	310	23:07	7:39	418	33:22	8:18	604	42:26	8:27	42:16	<b>42:26</b>	8:27/M
369	355	Michael McGinn		MO	193	7:12	7:04	373	23:38	7:50	407	33:43	8:24	521	42:26	8:27	42:17	<b>42:26</b>	8:27/M
370	741	John McHugh		M45	318	8:02	7:45	345	24:07	7:57	414	34:16	8:30	433	42:26	8:26	42:09	<b>42:26</b>	8:26/M
371	717	Gary Blevins		M50	404	8:40	8:09	337	24:39	8:03	394	34:41	8:33	361	42:27	8:23	41:56	<b>42:27</b>	8:23/M
372	868	Anna Crean		F35	372	8:22	8:05	395	25:05	8:16	362	34:50	8:38	329	42:29	8:26	42:12	<b>42:29</b>	8:26/M
373	650	Ruairi McCusker		MO	529	9:33	8:53	372	25:58	8:26	263	35:04	8:36	281	42:29	8:22	41:49	<b>42:29</b>	8:22/M
374	382	Darren Treanor	Island Triathlon Club	M40	451	8:54	8:19	329	24:49	8:05	386	34:46	8:33	359	42:31	8:23	41:57	<b>42:31</b>	8:23/M
375	532	Gerry McTague		M40	377	8:23	7:38	321	24:14	7:50	467	34:52	8:32	338	42:32	8:22	41:48	<b>42:32</b>	8:22/M
376	143	Patrick Largey		M70	303	7:56	7:47	399	24:41	8:11	372	34:31	8:36	408	42:34	8:29	42:25	<b>42:34</b>	8:29/M
377	654	Sean Gormley	Drumquin GAC	MJ					24:29		412	34:38	8:32	397	42:35	8:25	42:05	<b>42:35</b>	8:25/M
378	158	Ryan Clarke		MO	491	9:14	8:35	343	25:19	8:13	356	35:03	8:36	305	42:35	8:23	41:56	<b>42:35</b>	8:23/M
379	226	Susanna Allen	Ballymena Runners	F60	388	8:31	7:55	371	24:56	8:06	408	35:02	8:37	320	42:38	8:24	42:01	<b>42:38</b>	8:24/M
380	797	Tanya Kelly	Loughmacrory	F35	373	8:22	7:57	368	24:41	8:06	360	34:27	8:31	439	42:40	8:27	42:15	<b>42:40</b>	8:27/M
381	200	John Kerlin	Run for Enda	M65	331	8:06	7:55	339	24:07	7:59	499	34:56	8:42	365	42:43	8:31	42:33	<b>42:43</b>	8:31/M
382	651	Emma Clarke		FO	481	9:10	8:31	342	25:13	8:11	376	35:05	8:37	336	42:46	8:25	42:07	<b>42:46</b>	8:25/M
383	681	Malachy McGuinness	McGuinness Rockets	M60	320	8:03	7:36	386	24:39	8:04	391	34:39	8:33	419	42:46	8:28	42:19	<b>42:46</b>	8:28/M
384	900	Ciara Clarke	Carmen Runners	FO	424	8:49	8:14	406	25:38	8:21	320	35:03	8:37	347	42:46	8:26	42:12	<b>42:46</b>	8:26/M
385	538	Caoimhín Coyle	Carrickmore Eire Og	MJ	287	7:50	7:38	379	24:20	8:03	480	35:02	8:43	360	42:48	8:31	42:36	<b>42:48</b>	8:31/M
386	319	Maggie Ferris	Drumquin GAC	F45	402	8:38	8:01	377	25:07	8:10	358	34:51	8:34	398	42:49	8:26	42:12	<b>42:49</b>	8:26/M
387	774	Therese Mullan	KC	F65	499	9:19	8:38	401	26:05	8:28	281	35:16	8:39	312	42:50	8:26	42:09	<b>42:50</b>	8:26/M
388	799	John McGinn	Run for Enda	M65	399	8:36	8:14	449	25:50	8:29	335	35:22	8:45	291	42:50	8:30	42:28	<b>42:50</b>	8:30/M
389	604	Louise Kelly		FO	250	7:34	7:30	420	24:35	8:10	411	34:44	8:40	425	42:51	8:33	42:47	<b>42:51</b>	8:33/M
390	734	Fionnbharr Donaghy		MO	171	7:03	6:54	421	24:04	7:58	432	34:22	8:34	490	42:54	8:33	42:45	<b>42:54</b>	8:33/M
391	327	Eibhlin Largey		FO	360	8:20	7:51	387	24:57	8:09	401	35:00	8:38	400	42:58	8:30	42:29	<b>42:58</b>	8:30/M

392	76	Mark Robertson	Edinburgh Fronrunners	M55	445	8:53	8:18	385	25:29	8:18	350	35:10	8:39	373	43:01	8:29	42:26	<b>43:01</b>	8:29/M
393	817	Michelle Skeath	Liffey Valley	FO	335	8:09	7:48	408	25:03	8:14	389	35:01	8:40	432	43:11	8:34	42:50	<b>43:11</b>	8:34/M
394	674	Una Corrigan	Omagh Harriers	F45	476	9:04	8:26	389	25:43	8:22	333	35:14	8:39	396	43:12	8:31	42:34	<b>43:12</b>	8:31/M
395	446	Ronan Hurson		MJ	307	7:59	7:29	331	23:54	7:48	472	34:33	8:31	511	43:12	8:32	42:42	<b>43:12</b>	8:32/M
396	901	Aidan Neeson	St Michaels Lissan	MJ	380	8:25	7:56	366	24:43	8:05	302	34:02	8:24	614	43:14	8:33	42:45	<b>43:14</b>	8:33/M
397	492	Elisia Treanor		FO	382	8:26	8:08					35:10		424	43:17	8:36	42:59	<b>43:17</b>	8:36/M
398	666	Shaun Connolly	Run for Enda	M50	397	8:36	8:14	435	25:43	8:27	347	35:23	8:45	389	43:17	8:35	42:55	<b>43:17</b>	8:35/M
399	365	Shane O'g Mullin		MO	302	7:55	7:36	407	24:48	8:10	413	34:57	8:40	472	43:21	8:37	43:03	<b>43:21</b>	8:37/M

Pos	BIB	Name	Club	Cat	Mile1			Mile 3			Mile 4			Mile 5			Chip	Gun	Average
					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Time	Time	Pace
400	419	Rory Rushe		MJ	555	9:43	9:00	409	26:36	8:38	247	35:39	8:44	348	43:22	8:32	42:39	<b>43:22</b>	8:32/M
401	56	Liam Doherty	Strabane Triathlon Club	M40	546	9:39	8:28	394	26:20	8:23	310	35:42	8:38	370	43:31	8:28	42:20	<b>43:31</b>	8:28/M
402	461	Anthony O'Neill	Sperrin Harriers	M60	418	8:46	8:14	393	25:27	8:18	402	35:31	8:45	409	43:35	8:37	43:03	<b>43:35</b>	8:37/M
403	236	Alice Bradley	Dub Running Club	F40	537	9:36	8:55	382	26:07	8:29	383	36:03	8:51	308	43:36	8:35	42:55	<b>43:36</b>	8:35/M
404	614	Gabriel McAree	Glaslough Harriers	M55	237	7:28	7:20	457	24:47	8:13	456	35:21	8:48	457	43:39	8:42	43:31	<b>43:39</b>	8:42/M
405	703	Diane McCann	KC Runners	F55	419	8:46	8:15	402	25:32	8:20	399	35:35	8:46	416	43:41	8:38	43:10	<b>43:41</b>	8:38/M
406	176	Dwayne Mcgurk		MO	521	9:29	8:45	400	26:14	8:30	395	36:16	8:53	286	43:43	8:36	43:00	<b>43:43</b>	8:36/M
407	576	Breannain Collins	Galbally Runners	MO	387	8:31	8:12	438	25:40	8:27	431	35:59	8:55	356	43:44	8:41	43:25	<b>43:44</b>	8:41/M
408	781	Una McKay	NSW AFL Masters	F45	325	8:04	7:41	433	25:10	8:16	448	35:40	8:49	421	43:46	8:41	43:23	<b>43:46</b>	8:41/M
409	801	Paul McConville		MO	528	9:33	9:33					36:07		344	43:49	8:46	43:49	<b>43:49</b>	8:46/M
410	277	Rosemary Hargan	Other	F65	379	8:23	8:08	454	25:40	8:28	396	35:42	8:52	431	43:51	8:43	43:36	<b>43:51</b>	8:43/M
411	421	Clarence Ballantine		MO	601	10:08	8:57	405	26:57	8:35	293	36:14	8:46	349	43:57	8:33	42:46	<b>43:57</b>	8:33/M
412	692	Ciara McCoy		FO	533	9:34	8:59	444	26:47	8:44	300	36:06	8:53	374	43:57	8:40	43:22	<b>43:57</b>	8:40/M
413	702	Justin Sweeney		MO	532	9:34	8:29	378	26:03	8:20	397	36:05	8:45	382	43:59	8:35	42:54	<b>43:59</b>	8:35/M
414	807	Peadar McCullagh	Gortin	MJ	191	7:12	7:05	410	24:06	8:00	492	34:53	8:42	608	44:00	8:47	43:53	<b>44:00</b>	8:47/M
415	656	Kevin Clarke		MO	489	9:13	8:34	356	25:25	8:15	428	35:42	8:46	458	44:01	8:40	43:22	<b>44:01</b>	8:40/M
416	161	Breda McDaid		F35	530	9:34	8:59	447	26:47	8:44	338	36:21	8:57	333	44:01	8:41	43:26	<b>44:01</b>	8:41/M
417	245	Michael McCrory	Sperrin Harriers	M55	385	8:28	8:01	451	25:43	8:25	484	36:26	9:00	317	44:02	8:43	43:35	<b>44:02</b>	8:43/M
418	905	Eoin Quinn		MO	242	7:29	7:20	480	25:09	8:20	415	35:19	8:48	527	44:03	8:47	43:53	<b>44:03</b>	8:47/M
419	613	Conor Quinn	Pomeroy Runners	MO	210	7:20	7:11	374	23:45	7:52	610	35:33	8:51	486	44:03	8:47	43:55	<b>44:03</b>	8:47/M
420	189	Erin O'Hagan		FO	569	9:50	9:04	423	26:53	8:42	334	36:24	8:55	337	44:05	8:40	43:18	<b>44:05</b>	8:40/M
421	212	Rory Kelly		M40	396	8:35	8:15	436	25:44	8:28	361	35:29	8:47	509	44:06	8:45	43:47	<b>44:06</b>	8:45/M
422	914	Tadhg Goodwin	Dromore Runners	MJ	405	8:40	8:11	348	24:47	8:06	422	35:02	8:38	607	44:08	8:44	43:39	<b>44:08</b>	8:44/M
423	560	Catherine McMurray	Other	F35	479	9:07	8:26	412	26:03	8:27	419	36:17	8:54	385	44:11	8:42	43:29	<b>44:11</b>	8:42/M
424	668	Shea Conway	Loughmacrory GAC	MO	644	10:21	9:15	427	27:26	8:47	259	36:30	8:51	339	44:11	8:37	43:05	<b>44:11</b>	8:37/M
425	672	David Quinn		MO	646	10:21	9:15	426	27:25	8:46	261	36:30	8:51	340	44:11	8:37	43:05	<b>44:11</b>	8:37/M
426	136	Maxine McMenemy	Sperrin Harriers	F50	328	8:05	7:52	416	25:02	8:16	512	35:58	8:56	448	44:13	8:48	43:59	<b>44:13</b>	8:48/M
427	384	Terence Devine	Newtownstewart GAC	MO	483	9:11	8:19	418	26:11	8:26	398	36:14	8:50	401	44:13	8:40	43:20	<b>44:13</b>	8:40/M
428	911	Neil McGarvey	Run for Enda	MO	353	8:19	8:01	446	25:32	8:25	453	36:05	8:57	428	44:14	8:47	43:56	<b>44:14</b>	8:47/M
429	247	Chloe Devine	Owen Roe O'Neill's GAC	FO	608	10:11	9:11	376	26:39	8:33	367	36:25	8:51	369	44:14	8:39	43:14	<b>44:14</b>	8:39/M
430	630	JJ McCullagh	Olympian Triathlon Club	M50	348	8:16	7:47	417	25:14	8:15					44:17		43:48	<b>44:17</b>	8:46/M
431	612	Adrian McKinney	Omagh Triathlon Club	M60	409	8:42	8:16	429	25:47	8:27	425	36:03	8:54	443	44:18	8:46	43:52	<b>44:18</b>	8:46/M
432	500	Gerard Turbitt	Omagh Triathlon Club	M70	355	8:19	7:53	434	25:26	8:20	485	36:10	8:56	427	44:18	8:46	43:52	<b>44:18</b>	8:46/M
433	378	Erin McDermott		FJ	437	8:51	8:22	461	26:15	8:35	351	35:57	8:52	466	44:19	8:46	43:50	<b>44:19</b>	8:46/M
434	913	Catherine Goodwin	Dromore Runners	F45	416	8:46	8:16	415	25:42	8:24	426	35:58	8:52	465	44:20	8:46	43:51	<b>44:20</b>	8:46/M

435	290	Catherine Byrne		FO	362	8:21	8:04	398	25:05	8:16	498	35:53	8:54	482	44:21	8:49	44:05	<b>44:21</b>	8:49/M
436	889	Stephen Clarke	Carmen Harriers	M55	448	8:53	8:19	403	25:40	8:22	496	36:28	8:59	384	44:21	8:45	43:47	<b>44:21</b>	8:45/M
437	577	Gary Quinn		MO	346	8:14	7:55	462	25:40	8:27	430	35:59	8:55	467	44:21	8:49	44:03	<b>44:21</b>	8:49/M
438	310	Stephanie Cathers	Eskermore Harriers	F35	435	8:51	8:19	467	26:21	8:36	375	36:12	8:55	444	44:27	8:47	43:55	<b>44:27</b>	8:47/M
439	298	Patrick Millar	Ballymena Runners	M60	591	10:06	8:54	411	27:01	8:36	342	36:36	8:51	380	44:29	8:39	43:17	<b>44:29</b>	8:39/M
440	411	Mark McCrory		MO	456	8:56	8:25	428	26:01	8:30	433	36:20	8:57	434	44:30	8:48	44:00	<b>44:30</b>	8:48/M
441	262	Francis Mckenna	Dub Running Club	M55	536	9:36	8:55	381	26:07	8:29	355	35:50	8:48	518	44:32	8:46	43:51	<b>44:32</b>	8:46/M
442	536	Kornel Lovei		MO	337	8:09	7:40	441	25:20	8:17	488	36:05	8:54	483	44:33	8:49	44:03	<b>44:33</b>	8:49/M
443	400	Martin Toal	Newbridge AC	M60	454	8:54	8:04	437	26:03	8:24	434	36:23	8:54	435	44:34	8:45	43:44	<b>44:34</b>	8:45/M
444	358	Declan Campbell	Tri Limits	M50	304	7:57	7:40	430	25:02	8:15	503	35:52	8:54	524	44:35	8:51	44:17	<b>44:35</b>	8:51/M
445	896	Unknown Male Runner		MO	665	10:28	10:28								44:35		44:35	<b>44:35</b>	8:55/M
446	282	Dominic McMulkin		MO	518	9:28	8:42	390	26:08	8:27	436	36:28	8:56	429	44:38	8:46	43:52	<b>44:38</b>	8:46/M
447	729	Brian McGlinchey		MO	465	9:00	8:26	492	26:47	8:44	238	35:46	8:48	555	44:39	8:49	44:06	<b>44:39</b>	8:49/M
448	768	Aodhan Gallen		MO	429	8:50	8:19	419	25:50	8:26	520	36:47	9:04	381	44:40	8:50	44:10	<b>44:40</b>	8:50/M
449	334	Niamh Scullion		FO	375	8:23	8:06	478	26:01	8:35	459	36:35	9:05	422	44:42	8:53	44:25	<b>44:42</b>	8:53/M
450	168	Colm McGuone		M40	452	8:54	8:20	422	25:55	8:27	452	36:27	8:59	452	44:44	8:50	44:11	<b>44:44</b>	8:50/M
451	472	Michael McElduff	Greencastle GAC	MJ	392	8:33	7:58	392	25:14	8:13	523	36:13	8:55	496	44:46	8:50	44:12	<b>44:46</b>	8:50/M
452	839	Stephen Cassidy	Errigal Ciaran	MO	574	9:53	9:53	364	26:10	8:43	403	36:15	9:04	494	44:48	8:58	44:48	<b>44:48</b>	8:58/M
453	697	Andrew Ferguson	Omagh Harriers	M40	625	10:16	9:03	425	27:20	8:42	314	36:43	8:52	423	44:50	8:43	43:36	<b>44:50</b>	8:43/M
454	753	Marty McDermott	Omagh Harriers	M50	621	10:16	9:02	424	27:20	8:42	312	36:42	8:52	426	44:50	8:43	43:36	<b>44:50</b>	8:43/M
455	190	Eamon O'Hagan		MJ	570	9:50	9:04	432	26:57	8:44	370	36:45	9:00	417	44:51	8:49	44:05	<b>44:51</b>	8:49/M
456	375	Karen McDermott		F40	434	8:51	8:21	475	26:26	8:39	417	36:39	9:03	445	44:54	8:53	44:24	<b>44:54</b>	8:53/M
457	908	Tony McCormick	RFE	M45	324	8:03	7:43	484	25:46	8:29	469	36:24	9:01	499	44:58	8:56	44:38	<b>44:58</b>	8:56/M
458	59	Joanne Corey	Sperrin Harriers	F40	386	8:28	8:18	491	26:15	8:42	474	36:55	9:11	410	44:58	8:58	44:48	<b>44:58</b>	8:58/M
459	783	Brian McMullan		MO	329	8:06	7:49	471	25:40	8:28	509	36:34	9:05	473	44:59	8:56	44:42	<b>44:59</b>	8:56/M
460	369	Una McGlinchey		FO	502	9:19	8:44	485	27:02	8:49	385	36:59	9:06	411	45:03	8:53	44:27	<b>45:03</b>	8:53/M
461	287	John Moore	Run for Enda	M55	643	10:21	10:21	522	28:37	9:32	336	38:11	9:33	179	45:04	9:01	45:04	<b>45:04</b>	9:01/M
462	636	Eamon McGarrity		MO	461	8:58	8:25	450	26:12	8:33	382	36:07	8:54	586	45:06	8:55	44:33	<b>45:06</b>	8:55/M
463	795	Dessie McAleer	Omagh Tri Club	M60	482	9:10	8:39	494	26:58	8:49	378	36:52	9:05	449	45:07	8:55	44:36	<b>45:07</b>	8:55/M
464	544	Eamonn Campbell	Ardboe GAC	M65	515	9:27	9:27	458	26:46	8:55	424	37:02	9:16	415	45:07	9:01	45:07	<b>45:07</b>	9:01/M
465	269	Katie Canavan	Knockmany Runners	F35	462	8:58	8:20	456	26:16	8:33	427	36:33	8:59	507	45:09	8:54	44:31	<b>45:09</b>	8:54/M
466	779	Claire Murphy	St Helens Tri	F45	471	9:02	8:27	452	26:17	8:34	477	36:57	9:06	438	45:09	8:55	44:34	<b>45:09</b>	8:55/M
467	106	Mark Havlin	Gortin GAC	MO	345	8:13	7:59	414	25:09	8:18	553	36:21	9:02	569	45:16	9:00	45:02	<b>45:16</b>	9:00/M
468	119	Caolan O'Hagan		MO	344	8:13	7:59	413	25:09	8:18	554	36:20	9:02	584	45:19	9:01	45:05	<b>45:19</b>	9:01/M
469	317	Chilea Hamilton	Sperrin Harriers	FO	333	8:07	7:53	479	25:45	8:31	507	36:40	9:07	513	45:20	9:01	45:07	<b>45:20</b>	9:01/M
470	828	Gavin Slane	Greencastle	MO	543	9:38	8:56	397	26:22	8:33	461	36:56	9:04	475	45:21	8:56	44:39	<b>45:21</b>	8:56/M
471	645	Frank McKenna		M60	363	8:21	8:11	498	26:16	8:42	482	36:58	9:12	469	45:21	9:02	45:12	<b>45:21</b>	9:02/M
472	165	Samuel Knox		MO	349	8:18	7:52	511	26:24	8:39	457	36:58	9:08	479	45:24	9:00	44:58	<b>45:24</b>	9:00/M
473	252	Paul Noonan		M55	490	9:13	8:38	440	26:24	8:36	470	37:02	9:07	480	45:28	8:59	44:53	<b>45:28</b>	8:59/M
474	213	Kate Flanigan		FO	495	9:15	8:23	455	26:32	8:33	458	37:06	9:04	474	45:31	8:56	44:38	<b>45:31</b>	8:56/M
475	430	Sonya Gibson		FO	421	8:47	8:19	481	26:29	8:40	451	37:00	9:08	492	45:33	9:01	45:04	<b>45:33</b>	9:01/M
476	182	Patrick Fox		MO	446	8:53	8:23	431	25:59	8:30	557	37:12	9:11	463	45:33	9:01	45:03	<b>45:33</b>	9:01/M
477	418	Damian Rushe		M50	553	9:42	8:59	464	27:11	8:49	442	37:38	9:14	393	45:35	8:58	44:52	<b>45:35</b>	8:58/M
478	605	Emma Bradley	Run for Enda	FO	398	8:36	8:10	472	26:10	8:35	537	37:15	9:12	464	45:36	9:02	45:10	<b>45:36</b>	9:02/M
479	762	Martin Fox		M55	460	8:58	8:15	476	26:33	8:37	454	37:06	9:06	488	45:37	8:59	44:54	<b>45:37</b>	8:59/M
480	475	Claire Sheerin		FO	442	8:52	8:27	469	26:23	8:39	486	37:07	9:11	500	45:42	9:03	45:16	<b>45:42</b>	9:03/M

481	265	Christopher Sherry		MO	519	9:28	8:47	442	26:39	8:39	550	37:49	9:17	383	45:42	9:00	45:01	<b>45:42</b>	9:00/M
482	707	Sara Kelly		FO	531	9:34	8:59	445	26:47	8:44	392	36:47	9:03	575	45:43	9:02	45:09	<b>45:43</b>	9:02/M
483	678	Peter Dolan	Run for Enda	M55	401	8:37	8:15	487	26:21	8:39	508	37:16	9:13	484	45:45	9:04	45:22	<b>45:45</b>	9:04/M
484	793	Gemma O'Brien	Loughmacrory	F35	498	9:19	8:42	460	26:40	8:41	515	37:37	9:15	436	45:48	9:02	45:11	<b>45:48</b>	9:02/M
485	201	Martin O'Neill	Brackaville Owen Roes GAC	MO	414	8:45	8:17	486	26:28	8:40	542	37:35	9:17	451	45:51	9:05	45:23	<b>45:51</b>	9:05/M
486	902	Paul McCarron		MO	523	9:30	8:40	493	27:18	8:49	489	38:04	9:19	364	45:51	9:00	45:01	<b>45:51</b>	9:00/M
487	234	Cahir McGovern	Dromore GAC	MO	229	7:26	7:17	516	25:37	8:29	562	36:53	9:11	585	45:52	9:09	45:43	<b>45:52</b>	9:09/M
488	547	Thomas McElhatton		MO	310	7:59	7:43	518	26:11	8:38	538	37:17	9:15	503	45:52	9:07	45:36	<b>45:52</b>	9:07/M
489	513	Cathy McCrory	Carmen Runners	F40	604	10:09	9:01	448	27:22	8:45	460	37:57	9:12	395	45:54	8:57	44:46	<b>45:54</b>	8:57/M
490	770	Niall Barker		M60	534	9:35	8:31	488	27:19	8:45	463	37:54	9:13	404	45:55	8:58	44:52	<b>45:55</b>	8:58/M
491	169	Ellie Jane Quinn		FO	432	8:51	8:30	473	26:25	8:41	466	37:02	9:10	558	45:55	9:07	45:34	<b>45:55</b>	9:07/M
492	29	Owen McMackin	Dromore Runners	M40	559	9:46	8:50	474	27:21	8:48	455	37:55	9:15	405	45:56	9:00	45:00	<b>45:56</b>	9:00/M
493	455	Aidy O'Kane	Pigeon Top Running Club	M55	478	9:07	8:44	524	27:24	9:00	445	37:53	9:23	440	46:07	9:09	45:43	<b>46:07</b>	9:09/M
494	842	Justin McGurk	Kildress	M50	450	8:54	8:43	547	27:26	9:05	501	38:15	9:31	387	46:09	9:12	45:58	<b>46:09</b>	9:12/M
495	191	Caoimhe FitzMaurice	Penny Lane Striders	F35	420	8:47	8:23	508	26:50	8:49	531	37:53	9:23	456	46:12	9:10	45:48	<b>46:12</b>	9:10/M
496	25	Breige Molloy	Olympian Triathlon Club	F50	427	8:49	8:23	470	26:22	8:39	541	37:28	9:16	533	46:14	9:10	45:48	<b>46:14</b>	9:10/M
497	406	Brian Mulligan		MO	588	10:01	8:46	477	27:39	8:48	435	38:00	9:11	446	46:14	9:00	44:59	<b>46:14</b>	9:00/M
498	598	Sean Carlin	Lifford/Strabane AC	M55	391	8:32	8:02	483	26:14	8:35	609	38:00	9:23	447	46:15	9:09	45:45	<b>46:15</b>	9:09/M
499	477	Helen Keenan	Liverpool Irish Rovers runnin	FO	469	9:01	8:36	459	26:21	8:39	505	37:12	9:12	602	46:16	9:10	45:51	<b>46:16</b>	9:10/M

Pos	BIB	Name	Club	Cat	Mile1			Mile 3			Mile 4			Mile 5			Chip	Gun	Average
					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Time	Time	Pace
500	377	Pierce McDermott		MJ	412	8:44	8:14	504	26:42	8:44	490	37:28	9:15	556	46:21	9:10	45:51	<b>46:21</b>	9:10/M
501	285	Pauline McKeever	Galbally Runners	F45	560	9:46	9:01	468	27:17	8:50	494	38:04	9:20	455	46:21	9:07	45:36	<b>46:21</b>	9:07/M
502	268	Kevin Murnaghan		M55	554	9:43	8:58	466	27:12	8:49	549	38:22	9:24	407	46:25	9:08	45:39	<b>46:25</b>	9:08/M
503	806	Daihi O'Neill	Greencastle	MJ	259	7:39	7:32	571	26:26	8:46	593	37:57	9:28	495	46:30	9:17	46:23	<b>46:30</b>	9:17/M
504	164	Jonathan Cathers	Eskermore Harriers	MO	439	8:52	8:20	489	26:37	8:41	536	37:41	9:17	548	46:31	9:12	45:59	<b>46:31</b>	9:12/M
505	757	Colin Graham	Trailrun NI	M65	507	9:21	8:29	495	27:10	8:46	545	38:17	9:21	459	46:37	9:09	45:45	<b>46:37</b>	9:09/M
506	276	Eva Conway	Loughmacrory GAC	FJ	457	8:56	8:14	499	26:51	8:43	525	37:51	9:17	535	46:38	9:11	45:56	<b>46:38</b>	9:11/M
507	578	Glenda Donald	KC Runners	F45	406	8:40	8:29	553	27:16	9:01	462	37:51	9:25	539	46:38	9:17	46:27	<b>46:38</b>	9:17/M
508	55	Liam McNeela		MO	314	8:00	7:49	531	26:22	8:43	607	38:03	9:28	508	46:39	9:17	46:27	<b>46:39</b>	9:17/M
509	344	Nicola McAleer		F35	634	10:18	9:11	439	27:28	8:47	464	38:04	9:14	501	46:39	9:06	45:32	<b>46:39</b>	9:06/M
510	634	Ashley Donald	Omagh Triathlon Club	M50	417	8:46	8:20	534	27:09	8:54	522	38:08	9:26	491	46:40	9:15	46:14	<b>46:40</b>	9:15/M
511	491	Aine Campbell		FO	407	8:41	8:19	544	27:09	8:56	493	37:56	9:24	528	46:40	9:16	46:18	<b>46:40</b>	9:16/M
512	271	Matthew Ledwold		MO	338	8:10	7:51	529	26:30	8:44	514	37:26	9:17	626	46:43	9:17	46:25	<b>46:43</b>	9:17/M
513	524	Vincent McAleer	Glenhull Gliders	M45	474	9:03	8:30	496	26:54	8:47	558	38:07	9:24	510	46:45	9:14	46:12	<b>46:45</b>	9:14/M
514	428	Jenni Gibson		FO	508	9:21	8:53	546	27:52	9:08	476	38:32	9:31	450	46:47	9:16	46:19	<b>46:47</b>	9:16/M
515	94	Jacob Corry	Omagh Harriers	MO	426	8:49	8:23	463	26:17	8:37	601	37:50	9:21	593	46:51	9:17	46:25	<b>46:51</b>	9:17/M
516	732	Claudine Oneill	Errigal Ciaran GAC	FO	602	10:09	9:10	443	27:21	8:47	511	38:16	9:19	504	46:51	9:11	45:53	<b>46:51</b>	9:11/M
517	798	Joe Clancy		M40	458	8:57	8:31	521	27:13	8:56	539	38:19	9:29	498	46:52	9:17	46:27	<b>46:52</b>	9:17/M
518	675	Rita McPeake		F50	629	10:17	9:20	465	27:46	8:56	487	38:31	9:23	470	46:55	9:11	45:57	<b>46:55</b>	9:11/M
519	744	John McIvor		M50	484	9:12	8:42	530	27:33	9:01	506	38:27	9:29	481	46:55	9:17	46:25	<b>46:55</b>	9:17/M
520	541	Sin�ad O Neill	Knockmany Runners	F40	592	10:06	9:07	505	28:06	9:02	446	38:35	9:24	460	46:56	9:11	45:56	<b>46:56</b>	9:11/M
521	497	Christine O'Connor	Knockmany Runners	F40	599	10:08	9:09	507	28:11	9:04	437	38:32	9:23	471	46:56	9:11	45:57	<b>46:56</b>	9:11/M
522	856	Mickey McCann	Omagh Harriers	M55	545	9:38	8:55	490	27:24	8:54	502	38:13	9:23	537	47:00	9:15	46:17	<b>47:00</b>	9:15/M
523	370	Deirdre McGlinchey		F50	514	9:26	8:49	519	27:40	9:01	471	38:18	9:26	526	47:01	9:17	46:25	<b>47:01</b>	9:17/M

524	167	Ciarán Blake	Springwell Running Club	MO	513	9:25	8:40	497	27:20	8:52	521	38:19	9:24	525	47:02	9:15	46:17	<b>47:02</b>	9:15/M
525	708	Nora McCullagh		FO	676	10:34	9:30	577	29:24	9:27	357	39:08	9:31	388	47:02	9:12	45:59	<b>47:02</b>	9:12/M
526	482	Ciara Webster	Glenelly GAC	FO	567	9:48	9:12	515	27:58	9:07	479	38:40	9:31	476	47:05	9:18	46:28	<b>47:05</b>	9:18/M
527	63	John O'Neill	Knockmany Runners	M60	660	10:27	9:19	506	28:29	9:07	439	38:52	9:26	442	47:06	9:12	45:58	<b>47:06</b>	9:12/M
528	225	Noleen Conway		F35	697	10:40	9:23	533	29:02	9:15	393	39:03	9:27	413	47:08	9:10	45:51	<b>47:08</b>	9:10/M
529	611	Kate McAree	Glaslough Harriers	F55	374	8:22	8:14	556	27:00	8:57	565	38:17	9:32	567	47:12	9:25	47:04	<b>47:12</b>	9:25/M
530	51	Leigh Stirrup		M50	607	10:11	9:17	512	28:17	9:08	465	38:54	9:30	461	47:14	9:16	46:21	<b>47:14</b>	9:16/M
531	434	Aisling Teague		FO	583	9:59	9:18	482	27:40	9:00	566	38:58	9:34	454	47:15	9:19	46:34	<b>47:15</b>	9:19/M
532	275	Trevor Gallagher	Sperrin Harriers	M45	512	9:25	8:46	509	27:30	8:57	574	38:53	9:34	468	47:16	9:19	46:37	<b>47:16</b>	9:19/M
533	464	John O'Kane		MJ	260	7:39	7:31	610	27:06	8:59	555	38:18	9:33	581	47:16	9:26	47:09	<b>47:16</b>	9:26/M
534	454	Ashley Turner	Revolution Training & Fitness	M40	423	8:48	8:19	500	26:43	8:45	564	38:00	9:23	627	47:17	9:22	46:48	<b>47:17</b>	9:22/M
535	27	Ciara Foley	Running Rebels	F50	492	9:14	8:42	526	27:34	9:01	535	38:38	9:32	515	47:19	9:21	46:47	<b>47:19</b>	9:21/M
536	776	Nuala Loughran	Carmen Harriers	F35	487	9:13	8:52	510	27:19	8:59	556	38:31	9:33	541	47:20	9:24	46:58	<b>47:20</b>	9:24/M
537	110	Oisin Hayes	Run for Enda	MO	585	9:59	8:58	503	27:56	8:59	551	39:07	9:32	453	47:24	9:17	46:23	<b>47:24</b>	9:17/M
538	350	Ronan Mac cann		MO	589	10:03	9:16	538	28:28	9:14	552	39:39	9:43	363	47:25	9:20	46:39	<b>47:25</b>	9:20/M
539	109	Chris Hayes	Run for Enda	M50	586	10:00	8:58	502	27:56	8:58	582	39:23	9:36	414	47:28	9:17	46:27	<b>47:28</b>	9:17/M
540	545	John-Anthony McCulla	Greencastle AC	MJ	244	7:30	7:23	569	26:16	8:43	628	38:20	9:33	612	47:30	9:29	47:23	<b>47:30</b>	9:29/M
541	509	Maureen Eccles	Carmen Runners	F55	473	9:03	8:45	542	27:29	9:04	546	38:37	9:35	561	47:31	9:27	47:13	<b>47:31</b>	9:27/M
542	687	Eilish Mcaleer	Run for Enda	F50	477	9:05	8:41	543	27:32	9:02	575	38:56	9:38	505	47:32	9:25	47:07	<b>47:32</b>	9:25/M
543	844	Angela Coney	Carmen Harriers	F45	488	9:13	8:52	520	27:29	9:03	583	38:57	9:39	514	47:37	9:27	47:16	<b>47:37</b>	9:27/M
544	746	Anna Mae McElfduff	Greencastle	FJ	367	8:21	8:13	625	28:00	9:17	526	39:02	9:44	506	47:38	9:30	47:30	<b>47:38</b>	9:30/M
545	357	Bernadette Henry		FO	472	9:02	8:40	539	27:27	9:02	519	38:24	9:31	622	47:40	9:28	47:18	<b>47:40</b>	9:28/M
546	431	Sean McCarthy		MO	594	10:07	9:02	514	28:15	9:04	504	39:06	9:30	502	47:41	9:19	46:37	<b>47:41</b>	9:19/M
547	833	Jacinta Doyle		F60	562	9:47	9:23	550	28:20	9:19	473	38:59	9:39	520	47:41	9:28	47:18	<b>47:41</b>	9:28/M
548	857	Clare McMahan	Run for Enda	F40	669	10:31	9:17	501	28:26	9:04	516	39:23	9:32	462	47:44	9:18	46:30	<b>47:44</b>	9:18/M
549	582	Gareth McCrossan		M45	516	9:27	8:14	513	27:35	8:47	573	38:58	9:26	538	47:45	9:18	46:32	<b>47:45</b>	9:18/M
550	749	Albert Law	Omagh Harriers	M65	430	8:50	8:37	535	27:14	9:00	599	38:46	9:38	596	47:47	9:31	47:34	<b>47:47</b>	9:31/M
551	58	Kathryn Hackett		F45	609	10:11	9:23	527	28:32	9:14	491	39:18	9:37	487	47:48	9:24	47:00	<b>47:48</b>	9:24/M
552	227	Matthew Allen	Ballymena Runners	M60	549	9:39	8:48	562	28:22	9:10	475	39:02	9:33	549	47:52	9:24	47:01	<b>47:52</b>	9:24/M
553	593	Dermot Mitchell		M40	466	9:00	8:41	554	27:36	9:05	561	38:52	9:38	588	47:52	9:31	47:33	<b>47:52</b>	9:31/M
554	279	Martina McMenamin		FO	468	9:00	8:40	563	27:44	9:08	581	39:10	9:43	529	47:56	9:31	47:35	<b>47:56</b>	9:31/M
555	600	Eóghan Campbell	Tri Limits	MJ	558	9:45	9:01	528	28:05	9:07	578	39:31	9:42	523	48:14	9:30	47:31	<b>48:14</b>	9:30/M
556	57	David Rullo		F45	612	10:13	9:24	573	29:01	9:24	438	39:23	9:39	563	48:17	9:30	47:28	<b>48:17</b>	9:30/M
557	714	Megan Monaghan		FO	681	10:37	9:34	567	29:22	9:27	440	39:45	9:41	493	48:18	9:27	47:16	<b>48:18</b>	9:27/M
558	485	Chris Keane		MO	578	9:55	9:06	586	28:50	9:20	468	39:28	9:40	560	48:21	9:30	47:32	<b>48:21</b>	9:30/M
559	606	Michelle O'Neill	Run for Enda	F50	539	9:37	9:14	570	28:23	9:20	568	39:41	9:50	522	48:24	9:36	48:01	<b>48:24</b>	9:36/M
560	329	Sean O'Donnell	Run for Enda	M50	642	10:20	9:32	525	28:37	9:17	540	39:43	9:44	517	48:25	9:31	47:37	<b>48:25</b>	9:31/M
561	288	Sarah Moore	Run for Enda	FO	641	10:20	9:32	523	28:37	9:16	544	39:44	9:44	516	48:25	9:31	47:37	<b>48:25</b>	9:31/M
562	420	Martin Donaghy	Sperrin Harriers	M60	615	10:14	9:24	561	28:56	9:22	528	39:59	9:47	497	48:33	9:32	47:42	<b>48:33</b>	9:32/M
563	175	Denis Mullin		MO	575	9:53	8:57	548	28:26	9:10	570	39:45	9:42	544	48:34	9:32	47:38	<b>48:34</b>	9:32/M
564	810	Paul Tierney		M45	394	8:35	8:10	598	27:48	9:08	618	39:45	9:50	545	48:35	9:38	48:10	<b>48:35</b>	9:38/M
565	658	Nuala Clarke		F55	541	9:37	8:59	545	28:06	9:09	590	39:36	9:45	587	48:36	9:36	47:58	<b>48:36</b>	9:36/M
566	215	Tiernach Mahon	Melvin WJR	M65	606	10:10	9:17	555	28:48	9:18	579	40:14	9:50	478	48:40	9:33	47:46	<b>48:40</b>	9:33/M
567	607	Markus Barr		MO	624	10:16	9:15	532	28:38	9:12	571	39:59	9:45	519	48:41	9:32	47:40	<b>48:41</b>	9:32/M
568	54	Raymond Finnegan	Armagh AC	M70	600	10:08	9:09	583	29:02	9:21	495	39:49	9:42	583	48:47	9:34	47:48	<b>48:47</b>	9:34/M
569	617	Autumn McLaren		FO	520	9:29	8:40	560	28:09	9:07	592	39:39	9:43	610	48:48	9:36	48:00	<b>48:48</b>	9:36/M

570	764	Odran Smith	TC is the way	M45	436	8:51	8:37	607	28:15	9:20	614	40:06	9:58	530	48:52	9:43	48:37	<b>48:52</b>	9:43/M
571	207	Anne Gallagher	Loughmacrory GAC	F60	571	9:52	8:57	552	28:26	9:11	580	39:53	9:45	594	48:54	9:36	47:59	<b>48:54</b>	9:36/M
572	44	Ciara Donnelly		F35	626	10:17	9:16	536	28:41	9:13	567	39:59	9:45	573	48:55	9:35	47:54	<b>48:55</b>	9:35/M
573	79	Karen Donaghy	Running Rebels	F35	572	9:52	9:20	593	29:02	9:30	497	39:50	9:49	605	48:55	9:41	48:23	<b>48:55</b>	9:41/M
574	308	Gerry McDermott	Run for Enda	M60	577	9:54	9:07	517	28:05	9:06	612	39:56	9:47	591	48:57	9:38	48:10	<b>48:57</b>	9:38/M
575	443	Eimear Sweeney	Knockmany Runners	F45	595	10:07	9:08	558	28:47	9:16	572	40:08	9:47	557	49:01	9:36	48:02	<b>49:01</b>	9:36/M
576	232	Linda Weir		F50	587	10:01	9:00	551	28:35	9:11	585	40:03	9:46	592	49:05	9:37	48:04	<b>49:05</b>	9:37/M
577	790	Stephen Maguire	Run for Enda	MO	636	10:19	9:26	568	29:04	9:24	530	40:07	9:49	578	49:05	9:38	48:12	<b>49:05</b>	9:38/M
578	336	Rachel Devlin		FO	667	10:30	9:19	574	29:18	9:22	481	40:01	9:43	609	49:09	9:36	47:58	<b>49:09</b>	9:36/M
579	335	Patrick Devlin		M60	668	10:31	9:19	572	29:18	9:22	513	40:14	9:46	568	49:09	9:36	47:58	<b>49:09</b>	9:36/M
580	845	Pat McCormack		M55	627	10:17	9:32	603	29:37	9:38	517	40:34	9:57	512	49:14	9:42	48:29	<b>49:14</b>	9:42/M
581	526	David Knox		M65	505	9:20	8:52	609	28:46	9:26	584	40:14	9:57	598	49:16	9:45	48:47	<b>49:16</b>	9:45/M
582	493	Kerry McConnell		FO	384	8:28	8:11	624	28:03	9:15	638	40:16	10:00	597	49:17	9:48	49:00	<b>49:17</b>	9:48/M
583	716	Niamh Monaghan		FO	682	10:37	9:35	565	29:22	9:27	533	40:26	9:51	552	49:18	9:39	48:15	<b>49:18</b>	9:39/M
584	556	John Paul Coyle	Pomeroy Plunketts GAC	MO	440	8:52	8:31	590	27:57	9:12	559	39:12	9:43	682	49:18	9:47	48:57	<b>49:18</b>	9:47/M
585	623	Alan Rodgers	Run for Enda	M50	694	10:39	9:26	578	29:30	9:25	534	40:33	9:50	532	49:19	9:37	48:05	<b>49:19</b>	9:37/M
586	720	Peter O'Neill		MO	566	9:48	9:03	549	28:21	9:12	622	40:23	9:55	580	49:21	9:43	48:36	<b>49:21</b>	9:43/M
587	88	Shauna McKeown	Glenelly GAC	F50	603	10:09	9:14	592	29:18	9:28	547	40:26	9:53	571	49:22	9:41	48:27	<b>49:22</b>	9:41/M
588	435	Jackie Stantini		F35	721	10:58	9:36	612	30:26	9:41	443	40:54	9:53	489	49:25	9:37	48:03	<b>49:25</b>	9:37/M
589	351	Aine Mac cann		FO	590	10:04	9:17	537	28:28	9:14	619	40:27	9:55	590	49:28	9:44	48:42	<b>49:28</b>	9:44/M
590	725	Marie Maguire	Cullion Runners	F55	652	10:25	9:35	594	29:35	9:35	529	40:38	9:57	572	49:34	9:45	48:44	<b>49:34</b>	9:45/M
591	892	JJ Maguire	Cullion Runners	M60	648	10:22	9:33	595	29:35	9:35	510	40:30	9:55	603	49:34	9:45	48:45	<b>49:34</b>	9:45/M
592	760	Fiona Potter		F40	662	10:28	9:34	559	29:08	9:24	595	40:39	9:56	579	49:36	9:44	48:42	<b>49:36</b>	9:44/M
593	693	Tony Kearns		M55	664	10:28	9:34	557	29:08	9:24	597	40:39	9:56	576	49:37	9:44	48:42	<b>49:37</b>	9:44/M
594	114	Donna Graham		F40	593	10:07	9:07	635	29:53	9:38	518	40:50	9:58	543	49:38	9:44	48:39	<b>49:38</b>	9:44/M
595	686	Eimear Hagan		FO	640	10:20	9:16	604	29:42	9:33	524	40:41	9:55	577	49:38	9:43	48:35	<b>49:38</b>	9:43/M
596	33	Adrian McCann		M45	645	10:21	9:29	581	29:13	9:27	589	40:43	9:58	574	49:39	9:45	48:47	<b>49:39</b>	9:45/M
597	353	Claire McCaughey		FO	672	10:32	9:30	588	29:31	9:29	548	40:39	9:54	600	49:42	9:44	48:40	<b>49:42</b>	9:44/M
598	129	Sheena O'Neill		F55	666	10:29	10:29	582	29:22	9:47	569	40:41	10:10	595	49:42	9:56	49:42	<b>49:42</b>	9:56/M
599	303	Eimear Kelly		FJ	689	10:38	9:36	580	29:30	9:29	587	40:59	9:59	536	49:45	9:45	48:43	<b>49:45</b>	9:45/M

Pos	BIB	Name	Club	Cat	Mile1			Mile 3			Mile 4			Mile 5			Chip Time	Gun Time	Average Pace
					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace			
600	777	Niamh McCrory		FO	486	9:13	8:45	587	28:11	9:15	649	40:31	10:01	623	49:47	9:52	49:20	<b>49:47</b>	9:52/M
601	629	Margaret McCaul	Run for Enda	F50	713	10:50	9:35	617	30:19	9:42	478	40:59	9:56	553	49:52	9:43	48:37	<b>49:52</b>	9:43/M
602	673	Caoimhe Lynch		FO	678	10:34	9:19	541	28:59	9:15	621	41:01	9:57	570	49:56	9:44	48:42	<b>49:56</b>	9:44/M
603	667	Sarah Conway		FO	677	10:34	9:19	540	28:59	9:15	623	41:02	9:57	564	49:56	9:44	48:41	<b>49:56</b>	9:44/M
604	436	George Stantini		M55	723	11:01	9:38	608	30:26	9:41	447	40:55	9:53	599	49:57	9:43	48:35	<b>49:57</b>	9:43/M
605	551	Denise Bebbington		F45	633	10:18	9:42	602	29:36	9:40	563	40:53	10:04	606	49:59	9:53	49:23	<b>49:59</b>	9:53/M
606	704	Donal Griffin		MO	693	10:39	9:26	564	29:23	9:23	532	40:26	9:48	653	50:00	9:45	48:46	<b>50:00</b>	9:45/M
607	815	Cillian tuohey	Greencastle	MJ	526	9:32	8:55	628	29:11	9:31	630	41:16	10:10	540	50:05	9:53	49:27	<b>50:05</b>	9:53/M
608	816	Colly Tuohey	Greencastle	M45	527	9:32	8:55	626	29:11	9:31	624	41:14	10:09	550	50:05	9:53	49:27	<b>50:05</b>	9:53/M
609	769	Declan Carron	Enniskillen	MO	714	10:51	8:55	627	30:30	9:31	483	41:13	9:49	559	50:06	9:38	48:11	<b>50:06</b>	9:38/M
610	543	Seamus Quinn	Ardboe GAC	M70	576	9:54	8:43	599	29:07	9:19	617	41:03	9:58	618	50:17	9:49	49:06	<b>50:17</b>	9:49/M
611	670	Aoife Bermingham		FO	684	10:38	9:35	566	29:23	9:27	591	40:53	9:58	646	50:21	9:52	49:18	<b>50:21</b>	9:52/M
612	642	Michael Herron	Carmen Runners	M55	690	10:39	9:34	618	30:08	9:41	596	41:39	10:09	531	50:24	9:52	49:20	<b>50:24</b>	9:52/M

613	677	Ross McLachlan		MO	719	10:54	9:51	579	29:46	9:34	603	41:23	10:05	601	50:26	9:53	49:24	<b>50:26</b>	9:53/M
614	718	Thomas Hamilton		M40	702	10:43	9:38	674	31:42	10:12	527	42:44	10:25	352	50:28	9:53	49:23	<b>50:28</b>	9:53/M
615	127	Patsi Doey		FO	485	9:12	9:00	640	29:06	9:38	637	41:18	10:17	615	50:31	10:04	50:18	<b>50:31</b>	10:04/M
616	398	Mark Neeson		M50	695	10:40	10:12	575	29:28	9:40	602	41:02	10:09	654	50:35	10:02	50:08	<b>50:35</b>	10:02/M
617	574	Stephen Sweeney		M50	656	10:26	9:14	634	30:12	9:40	594	41:43	10:08	562	50:37	9:53	49:25	<b>50:37</b>	9:53/M
618	407	Charles Mulligan		MO	647	10:22	9:07	576	29:11	9:18	668	41:52	10:09	546	50:41	9:53	49:26	<b>50:41</b>	9:53/M
619	440	Mairead Sweeney	Run for Enda	F60	542	9:38	9:13	630	29:19	9:38	631	41:25	10:15	628	50:41	10:03	50:17	<b>50:41</b>	10:03/M
620	43	Nicole Kerr		FO	610	10:12	9:35	589	29:15	9:33	577	40:40	10:01	673	50:42	10:01	50:05	<b>50:42</b>	10:01/M
621	297	Emma Donnelly		FO	639	10:19	9:27	629	30:00	9:43	611	41:50	10:15	551	50:42	9:58	49:49	<b>50:42</b>	9:58/M
622	248	Dylan McFarlane		MO	475	9:03	8:30	620	28:33	9:20	665	41:08	10:09	656	50:46	10:02	50:12	<b>50:46</b>	10:02/M
623	347	Oonagh McNally		FO	552	9:42	8:55	623	29:16	9:30	640	41:31	10:11	620	50:46	10:00	49:59	<b>50:46</b>	10:00/M
624	302	Aimee Kelly		FO	688	10:38	9:36	585	29:32	9:30	613	41:24	10:06	638	50:47	9:57	49:45	<b>50:47</b>	9:57/M
625	812	Marie Tierney	Run for Enda	F40	573	9:53	9:20	605	29:16	9:34	627	41:20	10:12	648	50:49	10:03	50:15	<b>50:49</b>	10:03/M
626	473	Nigel Sterndale		M60	522	9:29	8:58	638	29:20	9:36	615	41:12	10:10	655	50:49	10:03	50:17	<b>50:49</b>	10:03/M
627	294	Jack McGinn	Dynamo Catford	MO	735	11:09	10:14	664	31:43	10:16	560	42:59	10:31	372	50:49	9:59	49:54	<b>50:49</b>	9:59/M
628	750	Hannah Scullion	Bellaghy	FO	525	9:32	9:04	613	29:00	9:30	648	41:20	10:13	649	50:50	10:04	50:22	<b>50:50</b>	10:04/M
629	112	Dymphna Healy	Run for Enda	F60	579	9:56	9:12	622	29:28	9:35	625	41:31	10:12	642	50:56	10:02	50:12	<b>50:56</b>	10:02/M
630	244	Greg McMullan	Knockmany Runners	M60	705	10:44	9:35	632	30:28	9:46	606	42:09	10:15	542	50:57	9:58	49:48	<b>50:57</b>	9:58/M
631	62	Kathleen Moohan Brad	Run for Enda	F65	622	10:16	9:37	636	30:06	9:49	604	41:44	10:16	631	51:03	10:05	50:24	<b>51:03</b>	10:05/M
632	688	Geraldine McCullagh	Run for Enda	F60	623	10:16	9:37	633	30:01	9:47	608	41:45	10:17	629	51:03	10:05	50:24	<b>51:03</b>	10:05/M
633	427	Simon Thompson Fridg		MO	550	9:39	8:50	660	30:06	9:46	639	42:19	10:23	547	51:09	10:04	50:20	<b>51:09</b>	10:04/M
634	246	Julie Devine	Owen Roe O'Neill's GAC	F50	654	10:25	9:25	600	29:41	9:33	647	42:00	10:15	621	51:14	10:03	50:14	<b>51:14</b>	10:03/M
635	249	Nichola Hegarty		F45	653	10:25	9:25	591	29:35	9:31	657	42:00	10:15	619	51:15	10:03	50:14	<b>51:15</b>	10:03/M
636	90	Laura McMullan	Ballymena Runners	F45	620	10:16	9:38	611	29:43	9:42	588	41:12	10:09	678	51:16	10:08	50:38	<b>51:16</b>	10:08/M
637	520	Amy Mallon		FO	749	11:46	10:37	678	32:50	10:34	405	42:55	10:27	477	51:21	10:02	50:12	<b>51:21</b>	10:02/M
638	597	Conor Clarke		MO	674	10:33	9:35	584	29:27	9:29	641	41:42	10:11	661	51:22	10:05	50:23	<b>51:22</b>	10:05/M
639	123	Naomi Allen	Enniskillen RC	F40	635	10:18	9:17	644	30:16	9:45	632	42:23	10:20	589	51:23	10:04	50:22	<b>51:23</b>	10:04/M
640	396	Gloria Donaghey	Finn Valley AC	F65	563	9:47	9:08	641	29:43	9:41	642	41:59	10:20	641	51:23	10:09	50:44	<b>51:23</b>	10:09/M
641	392	Stephen Hegarty		MO	731	11:08	9:54	621	30:38	9:48	586	42:06	10:13	640	51:30	10:03	50:16	<b>51:30</b>	10:03/M
642	726	Sean Dolan	Omagh Harriers	M55	544	9:38	9:13	637	29:29	9:41	676	42:19	10:28	624	51:35	10:14	51:10	<b>51:35</b>	10:14/M
643	627	Orlagh Scullion		FO	638	10:19	9:26	615	29:47	9:38	635	41:58	10:16	662	51:39	10:09	50:46	<b>51:39</b>	10:09/M
644	157	Nikola Hempton		FO	717	10:52	9:40	643	30:49	9:52	600	42:21	10:17	637	51:44	10:06	50:32	<b>51:44</b>	10:06/M
645	413	Lorraine Coulter		FO	718	10:52	9:40	642	30:49	9:52	598	42:21	10:17	639	51:44	10:06	50:32	<b>51:44</b>	10:06/M
646	187	Dermot Hughes		M50	637	10:19	9:07	619	29:48	9:32	658	42:15	10:16	652	51:47	10:07	50:35	<b>51:47</b>	10:07/M
647	261	Ciara Shaw		F35	696	10:40	9:27	614	30:08	9:38	651	42:29	10:19	636	51:51	10:08	50:38	<b>51:51</b>	10:08/M
648	765	JJ McCrory	Mountain Harriers	M60	726	11:03	9:57	655	31:18	10:04	605	42:57	10:28	566	51:51	10:09	50:45	<b>51:51</b>	10:09/M
649	125	Catherine Blee		FO	699	10:41	9:37	597	29:54	9:37	633	42:03	10:15	668	51:54	10:10	50:50	<b>51:54</b>	10:10/M
650	222	Rosie McCullagh		FO	700	10:41	9:37	596	29:54	9:37	634	42:03	10:15	667	51:54	10:10	50:50	<b>51:54</b>	10:10/M
651	463	Steve Turner	Carmen Runners	M50	715	10:51	9:42	646	30:50	9:54	643	43:08	10:30	534	51:54	10:09	50:45	<b>51:54</b>	10:09/M
652	661	Aine McNamee	Greencastle GAC	FJ	655	10:26	9:24	616	29:55	9:38	661	42:26	10:21	647	51:55	10:11	50:53	<b>51:55</b>	10:11/M
653	791	Meabh McGleenan	Eglish	FO	538	9:36	8:57	601	28:54	9:25	636	41:06	10:07	716	51:59	10:16	51:20	<b>51:59</b>	10:16/M
654	819	Anita McConnell	Badoney Runners	F50	716	10:51	9:43	645	30:50	9:54	644	43:08	10:30	565	52:03	10:11	50:54	<b>52:03</b>	10:11/M
655	736	Caillin Joe McDonald	Greencastle AC	MJ	551	9:40	9:06	606	29:04	9:30	626	41:08	10:08	717	52:03	10:18	51:28	<b>52:03</b>	10:18/M
656	177	Sineve Cassidy		FO	703	10:43	10:43	673	31:42	10:34	543	42:48	10:42	643	52:14	10:27	52:14	<b>52:14</b>	10:27/M
657	495	Ciara Cassidy		FO	464	8:59	7:49	328	24:53	7:55	313	34:16	8:17	747	52:14	10:13	51:04	<b>52:14</b>	10:13/M
658	620	Sue Burns		F55	630	10:18	9:19	654	30:30	9:50	662	43:01	10:31	617	52:15	10:15	51:17	<b>52:15</b>	10:15/M

659	68	Sharon Hurson	Omagh Triathlon Club	F35	596	10:07	9:31	649	30:09	9:51	680	43:02	10:37	616	52:15	10:20	51:39	<b>52:15</b>	10:20/M
660	866	Grainne McSorley		F50	617	10:15	10:15	656	30:35	10:12					52:15		52:15	<b>52:15</b>	10:27/M
661	515	Orla Mullin	Run for Enda	F45	631	10:18	9:35	657	30:39	9:59	652	43:02	10:35	632	52:22	10:20	51:39	<b>52:22</b>	10:20/M
662	569	Erin Donnelly	Sperrin Og Ladies	FJ	494	9:15	8:42	647	29:14	9:34	695	42:26	10:29	671	52:24	10:22	51:52	<b>52:24</b>	10:22/M
663	28	Michelle McMackin	Dromore Runners	F40	680	10:37	9:41	648	30:36	9:54	650	42:57	10:31	650	52:29	10:19	51:33	<b>52:29</b>	10:19/M
664	111	Sean Healy	Omagh Triathlon Club	M70	673	10:33	9:27	653	30:43	9:53	645	43:02	10:29	657	52:39	10:19	51:34	<b>52:39</b>	10:19/M
665	546	Eireann McCullagh	Sperrin Og Ladies	FJ	410	8:43	8:36	659	29:05	9:39	689	42:09	10:31	705	52:40	10:31	52:34	<b>52:40</b>	10:31/M
666	214	Ruth Flanigan		FO	619	10:16	9:23	631	29:58	9:42	663	42:29	10:24	690	52:40	10:21	51:47	<b>52:40</b>	10:21/M
667	86	Terry Foley	Ballymena Runners	M60	618	10:16	9:37	651	30:24	9:55	616	42:17	10:25	699	52:44	10:25	52:05	<b>52:44</b>	10:25/M
668	84	Peter Faith	Ballymena Runners	M55	613	10:13	9:36	652	30:24	9:55	664	42:56	10:35	666	52:44	10:25	52:06	<b>52:44</b>	10:25/M
669	525	Shéa McAleer	Glenhull Gliders	MJ	535	9:35	9:01	672	30:32	10:00	674	43:21	10:42	645	52:48	10:27	52:15	<b>52:48</b>	10:27/M
670	840	Edward McCullagh		MO	605	10:09	9:20	639	30:02	9:44	672	42:46	10:29	685	52:54	10:25	52:05	<b>52:54</b>	10:25/M
671	253	Ryan McFarlane		MJ	501	9:19	8:46	683	30:30	9:59	691	43:36	10:46	644	53:03	10:30	52:30	<b>53:03</b>	10:30/M
672	124	Enya O'Brien	Connexions Run Club Galway	FO	582	9:57	9:21	667	30:35	10:00	666	43:11	10:39	670	53:07	10:30	52:31	<b>53:07</b>	10:30/M
673	763	Emma Conway	Greencastle	FJ	366	8:21	8:13	723	31:26	10:26	653	43:50	10:55	630	53:09	10:36	53:00	<b>53:09</b>	10:36/M
674	197	Michael Donnelly		MO	659	10:27	9:28	658	30:48	9:56	646	43:06	10:32	680	53:11	10:27	52:13	<b>53:11</b>	10:27/M
675	837	Cara Rose Brogan		FJ	564	9:47	9:19	665	30:22	9:58	677	43:11	10:41	681	53:17	10:34	52:48	<b>53:17</b>	10:34/M
676	98	Jim Mullan	Run for Enda	M50	496	9:18	8:43	650	29:22	9:36	732	43:39	10:46	659	53:17	10:32	52:42	<b>53:17</b>	10:32/M
677	838	Mary Kennan	Enniskillen	F40	565	9:48	9:19	666	30:22	9:58	675	43:11	10:41	683	53:18	10:34	52:49	<b>53:18</b>	10:34/M
678	391	Shauna Connolly		FO	732	11:08	9:54	668	31:48	10:11	659	44:15	10:45	613	53:26	10:27	52:13	<b>53:26</b>	10:27/M
679	361	Gerry Owens	Beragh Red Knights GAC	M70	687	10:38	9:54	684	31:49	10:22	656	44:14	10:53	625	53:30	10:33	52:47	<b>53:30</b>	10:33/M
680	295	Sophie Chamas	Omagh Harriers	F35	734	11:09	10:13	663	31:42	10:15	669	44:23	10:52	611	53:32	10:31	52:37	<b>53:32</b>	10:31/M
681	476	Maria Hinds	Run for Enda	F35	670	10:31	9:40	669	31:21	10:10	678	44:13	10:51	635	53:35	10:33	52:44	<b>53:35</b>	10:33/M
682	759	Gerard Magee	Greencastle	M60	663	10:28	9:55	686	31:41	10:22	629	43:45	10:48	669	53:38	10:37	53:05	<b>53:38</b>	10:37/M
683	49	Elaine Mallaghan	Omagh Triathlon Club	F45	598	10:08	9:31	687	31:24	10:16	670	44:06	10:53	675	54:08	10:42	53:32	<b>54:08</b>	10:42/M
684	433	Naomhán Meenan	Greencastle GAC	MJ	480	9:09	8:52	696	30:38	10:07	705	44:04	10:57	684	54:11	10:47	53:54	<b>54:11</b>	10:47/M
685	432	Denise Meenan	Greencastle GAC	F45	493	9:15	8:58	694	30:39	10:07	710	44:08	10:58	677	54:11	10:47	53:54	<b>54:11</b>	10:47/M
686	273	stephen treanor		MO	403	8:39	8:22	662	29:12	9:38	726	43:12	10:44	719	54:14	10:47	53:56	<b>54:14</b>	10:47/M
687	615	Marcus Isherwood		M45	720	10:54	10:01	675	31:55	10:21	667	44:35	10:56	664	54:20	10:41	53:27	<b>54:20</b>	10:41/M
688	998	Fergal Gormley	Carrickmore	M55											54:22		53:19	<b>54:22</b>	10:40/M
689	185	Brona Shaw		F50	649	10:23	9:42	682	31:32	10:17	671	44:15	10:54	692	54:28	10:46	53:48	<b>54:28</b>	10:46/M
690	390	Clodagh Lyons		F45	739	11:12	10:02	685	32:25	10:25	654	44:49	10:55	660	54:28	10:40	53:18	<b>54:28</b>	10:40/M
691	139	Claire McMahon	KC Runners	F40	722	11:00	9:56	690	32:22	10:26	655	44:46	10:56	663	54:30	10:41	53:26	<b>54:30</b>	10:41/M
692	587	Marco Ledwold		M65	568	9:50	9:29	698	31:26	10:22	687	44:27	11:02	679	54:31	10:50	54:11	<b>54:31</b>	10:50/M
693	660	Aoibheann McNamee	Greencastle GAC	FJ	658	10:27	9:25	670	31:18	10:05	699	44:33	10:53	674	54:34	10:42	53:32	<b>54:34</b>	10:42/M
694	373	Naomi Mandal		FO	748	11:46	10:37	679	32:50	10:34	620	44:50	10:55	665	54:34	10:41	53:25	<b>54:34</b>	10:41/M
695	775	Arlene McBride		FO	711	10:49	9:53	689	32:07	10:23	692	45:14	11:05	634	54:35	10:44	53:38	<b>54:35</b>	10:44/M
696	773	niamh Ceyel		FO	712	10:49	9:53	688	32:07	10:23	693	45:15	11:05	633	54:35	10:44	53:38	<b>54:35</b>	10:44/M
697	888	Beth Adams		FO	584	9:59	9:27	699	31:36	10:21	696	44:48	11:04	691	55:00	10:54	54:28	<b>55:00</b>	10:54/M
698	387	Niamh McCrory		FO	736	11:11	11:11	680	32:15	10:45	700	45:31	11:23	651	55:03	11:01	55:03	<b>55:03</b>	11:01/M
699	501	Janina Slavinskaite	Enniskillen RC	F40	628	10:17	9:16	692	31:40	10:13	682	44:36	10:54	702	55:05	10:49	54:03	<b>55:05</b>	10:49/M

Pos	BIB	Name	Club	Cat	Mile1			Mile 3			Mile 4			Mile 5			Chip	Gun	Average
					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Time	Time	Pace
700	241	Danika Nuttall		FO	701	10:42	9:37	701	32:26	10:27	660	44:56	10:58	686	55:06	10:48	54:01	<b>55:06</b>	10:48/M
701	488	Sinead McElhone		FO	511	9:23	9:03	681	30:27	10:02	723	44:20	11:00	712	55:09	10:58	54:49	<b>55:09</b>	10:58/M



702	558	Aoibh Kerr		FO	510	9:23	9:02	671	30:15	9:58	728	44:20	11:00	713	55:09	10:58	54:49	<b>55:09</b>	10:58/M
703	50	Wendy Mclean		F50	671	10:32	10:32	695	31:58	10:39	688	45:02	11:16	688	55:12	11:02	55:12	<b>55:12</b>	11:02/M
704	489	Bronagh Hinds	Run for Enda	F35	729	11:07	10:19	697	32:40	10:37	686	45:39	11:13	658	55:17	10:54	54:29	<b>55:17</b>	10:54/M
705	507	Julie McGregor		F50	517	9:27	9:15	707	31:25	10:24	708	44:53	11:10	698	55:18	11:01	55:06	<b>55:18</b>	11:01/M
706	82	Ciarán Canavan	Acorns AC	MO	704	10:44	9:32	677	31:47	10:12	694	44:58	10:57	704	55:28	10:51	54:16	<b>55:28</b>	10:51/M
707	170	Brigid Quinn	Ballymena Runners	F70	611	10:12	9:58	712	32:32	10:46	683	45:28	11:19	700	55:55	11:08	55:42	<b>55:55</b>	11:08/M
708	183	Lynn Donnelly		F55	657	10:26	9:44	706	32:24	10:34	698	45:37	11:14	706	56:10	11:06	55:28	<b>56:10</b>	11:06/M
709	156	Una McAree		F60	683	10:38	9:38	704	32:24	10:28	704	45:48	11:12	701	56:15	11:03	55:16	<b>56:15</b>	11:03/M
710	155	Brigid McAree		F65	686	10:38	9:38	700	32:19	10:27	709	45:48	11:12	703	56:17	11:04	55:18	<b>56:17</b>	11:04/M
711	511	Patricia Kelly		F55	707	10:47	10:11	717	33:24	10:56	681	46:17	11:25	676	56:20	11:09	55:44	<b>56:20</b>	11:09/M
712	89	Teresa Meegan	Knockmany Runners	F50	706	10:47	9:47	708	32:48	10:36	707	46:17	11:19	687	56:26	11:05	55:26	<b>56:26</b>	11:05/M
713	85	Bronagh Stockman	Acorns AC	F55	675	10:34	9:56	709	32:41	10:41	706	46:08	11:23	694	56:28	11:10	55:50	<b>56:28</b>	11:10/M
714	145	Aisling Jones		F35	616	10:15	9:43	705	32:08	10:32	697	45:20	11:12	723	56:29	11:11	55:57	<b>56:29</b>	11:11/M
715	566	Magdalena Winnicka	Victoria Park and Connswate	F45	724	11:02	10:05	724	34:15	11:06	703	47:38	11:40	554	56:30	11:07	55:33	<b>56:30</b>	11:07/M
716	104	Oonagh McDermott		F35	650	10:24	9:24	703	32:11	10:24	720	45:55	11:14	708	56:39	11:08	55:39	<b>56:39</b>	11:08/M
717	105	Aisling Mc Dermott-D	Carmen Runners	M40	651	10:24	9:24	702	32:11	10:24	718	45:55	11:14	709	56:39	11:08	55:39	<b>56:39</b>	11:08/M
718	42	Andrea McGuckin		F40	661	10:28	9:51	719	33:17	10:53	702	46:39	11:31	689	56:49	11:14	56:12	<b>56:49</b>	11:14/M
719	380	Fintan Ellis		MJ	509	9:22	8:51	713	31:51	10:27	716	45:34	11:16	730	57:03	11:19	56:33	<b>57:03</b>	11:19/M
720	826	Beth Hicks		FO	691	10:39	10:20	722	33:42	11:08	684	46:41	11:35	697	57:03	11:21	56:44	<b>57:03</b>	11:21/M
721	827	Rosa Bradley		FO	692	10:39	10:20	721	33:42	11:08	685	46:41	11:36	696	57:04	11:21	56:45	<b>57:04</b>	11:21/M
722	825	Niall Caron		MO											57:05		57:05	<b>57:05</b>	11:25/M
723	646	Michael MacSorley		M60	744	11:30	10:20	714	34:00	10:57	679	46:54	11:26	693	57:11	11:12	56:01	<b>57:11</b>	11:12/M
724	159	Anne Marie Kerrigan	Portadown Running Club	F45	740	11:13	10:02	710	33:31	10:46	701	46:51	11:25	707	57:25	11:15	56:13	<b>57:25</b>	11:15/M
725	640	Aidan Kelly		M60	737	11:11	10:06	716	33:48	10:54	690	46:53	11:27	710	57:39	11:19	56:33	<b>57:39</b>	11:19/M
726	441	Seana Sweeney		F40	597	10:08	9:43	718	32:47	10:47	719	46:31	11:32	727	57:45	11:28	57:21	<b>57:45</b>	11:28/M
727	393	Patrick Lyons		MJ	202	7:16	6:58	245	22:29	7:24	217	31:19	7:45	750	58:08	11:34	57:50	<b>58:08</b>	11:34/M
728	601	Roisin McCarroll		F35	733	11:09	10:10	711	33:28	10:50	729	47:38	11:40	715	58:27	11:30	57:29	<b>58:27</b>	11:30/M
729	573	Peter Mossey	Dalriada GFC	M60	540	9:37	9:21	732	33:28	11:04	727	47:29	11:48	720	58:34	11:40	58:18	<b>58:34</b>	11:40/M
730	74	Nick Rafferty	Carryduff Running Club	M60	738	11:12	10:23	726	34:27	11:13	711	47:56	11:47	722	59:04	11:39	58:16	<b>59:04</b>	11:39/M
731	635	Erin Hood		FO	632	10:18	9:55	741	35:12	11:36	712	48:43	12:05	695	59:05	11:44	58:42	<b>59:05</b>	11:44/M
732	332	Rachel McBride	Running Rebels	FO	614	10:14	9:41	720	33:12	10:53	717	46:57	11:36	743	59:19	11:45	58:46	<b>59:19</b>	11:45/M
733	676	Maeve Coney		FO	728	11:05	10:02	733	34:56	11:18	721	48:41	11:55	714	59:31	11:42	58:28	<b>59:31</b>	11:42/M
734	305	Holly Kerr	Team Kerr	FO	708	10:47	9:55	715	33:21	10:50	737	48:12	11:50	728	59:32	11:44	58:40	<b>59:32</b>	11:44/M
735	99	Sharon Nuttall		F55	742	11:19	10:13	728	34:50	11:15	722	48:36	11:53	721	59:43	11:43	58:37	<b>59:43</b>	11:43/M
736	26	Conor Eannetta	Omagh Triathlon Club	M50	747	11:35	10:24	727	35:01	11:17	713	48:35	11:51	731	1:00:07	11:47	58:56	<b>1:00:07</b>	11:47/M
737	747	Cillian Dillon	Killyclogher	MJ	746	11:34	11:34	730	35:13	11:44	725	49:09	12:17	725	1:00:21	12:04	1:00:21	<b>1:00:21</b>	12:04/M
738	679	Paul Dillon		M45	745	11:33	10:26	729	35:13	11:22	724	49:08	12:00	726	1:00:21	11:51	59:13	<b>1:00:21</b>	11:51/M
739	349	Martin McNally		M50	710	10:48	10:21	738	35:32	11:42	714	49:08	12:10	729	1:00:29	12:00	1:00:02	<b>1:00:29</b>	12:00/M
740	296	Grace Donnelly		FO	679	10:35	9:42	740	35:23	11:30	715	49:05	12:03	732	1:00:48	11:59	59:56	<b>1:00:48</b>	11:59/M
741	568	Andrew Wallace		M50	725	11:03	10:05	725	34:16	11:06	742	50:07	12:18	724	1:01:16	12:04	1:00:18	<b>1:01:16</b>	12:04/M
742	641	Kerriane Mullin	Run for Enda	FO	709	10:48	10:05	739	35:36	11:38	735	50:20	12:24	718	1:01:21	12:08	1:00:38	<b>1:01:21</b>	12:08/M
743	836	Caela Keenan		FJ	581	9:56	9:28	747	35:25	11:39	731	49:41	12:18	736	1:01:30	12:12	1:01:01	<b>1:01:30</b>	12:12/M
744	835	Paul Caron	Enniskillen	M40	580	9:56	9:56	748	35:25	11:48	730	49:40	12:25	737	1:01:33	12:19	1:01:33	<b>1:01:33</b>	12:19/M
745	830	Joe Hendron	Maghery	M55	685	10:38	9:51	731	34:19	11:11	743	50:20	12:23	734	1:02:07	12:16	1:01:20	<b>1:02:07</b>	12:16/M
746	354	Arthur Connolly		M75	743	11:19	10:49	734	35:16	11:35	739	50:46	12:34	733	1:02:32	12:24	1:02:02	<b>1:02:32</b>	12:24/M
747	77	RUTH GREENAWAY		F35	730	11:07	10:54	742	36:04	11:57	734	50:43	12:38	740	1:02:43	12:30	1:02:30	<b>1:02:43</b>	12:30/M









