

37th Annual Oliver McCullagh Greencastle 5 Mile Road Race - Co Tyrone

Monday 26th December 2022

www.Greencastle5.com

Place	Bib No	Name	Club	Cat	Mile 1			Mile 3			Mile 4			Mile 5			Chip Time	Gun Time	Average Pace
					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace			
1	5	James Edgar	City of Lisburn AC	MO	1	4:42	4:40	1	14:23	4:47	1	19:54	4:58	1	24:35	4:55	24:33	24:35	4:55/M
2	2	Neil Johnston	Annadale Striders	MO	2	4:42	4:40	2	14:32	4:50	2	19:59	4:59	2	24:50	4:58	24:48	24:50	4:58/M
3	3	Paddy Robb	St Malachys AC	MO	4	4:43	4:41	4	14:52	4:57	4	20:37	5:09	3	25:24	5:04	25:22	25:24	5:04/M
4	8	Conall McClean	St Malachys AC	MO	3	4:43	4:43	3	14:52	4:57	3	20:33	5:08	4	25:27	5:05	25:27	25:27	5:05/M
5	246	Lughaidh Mallon	Lagan Valley AC	MJ	5	5:01	4:59	6	15:42	5:13	5	21:48	5:27	5	26:56	5:23	26:54	26:56	5:23/M
6	11	John Lenehan	City of Derry AC Spartans	MO				5	15:40					6	27:05		27:03	27:05	5:25/M
7	167	Tristan Kelly	Finn Valley AC	MJ	6	5:02	5:00	7	15:50	5:16	6	22:10	5:32	7	27:25	5:29	27:23	27:25	5:29/M
8	1	Grace Carson	Mid Ulster AC	FO	8	5:13	5:10	8	16:18	5:25	7	22:21	5:35	8	27:37	5:31	27:35	27:37	5:31/M
9	252	Ricky Johnston	Jog Lisburn	MO	7	5:12	5:09	9	16:23	5:27	8	22:44	5:41	9	28:21	5:40	28:19	28:21	5:40/M
10	10	Martin McKenna	Armagh AC	M45	12	5:18	5:18	10	16:44	5:35	9	23:07	5:47	10	28:28	5:42	28:28	28:28	5:42/M
11	7	Paul Barbour	Omagh Harriers	MO	16	5:24	5:22	11	16:52	5:37	10	23:08	5:47	11	28:31	5:42	28:29	28:31	5:42/M
12	50	Daniel Gallagher	Omagh Harriers	MO	11	5:17	5:14	14	16:54	5:37	12	23:28	5:51	12	28:55	5:46	28:52	28:55	5:46/M
13	235	Mark Monteith	Victoria Park and Connswater AC	MO	13	5:20	5:17	15	16:54	5:37	11	23:26	5:51	13	28:56	5:47	28:53	28:56	5:47/M
14	18	Colly Harkin	Omagh Harriers	MO	14	5:21	5:18	18	16:56	5:38	13	23:28	5:51	14	28:58	5:47	28:56	28:58	5:47/M
15	13	Pete Tuohey	Strive Racing Club	MO	15	5:22	5:20	12	16:54	5:37	14	23:30	5:52	15	29:02	5:48	29:00	29:02	5:48/M
16	33	Jack Meegan		MO									16	29:08		29:08	29:08	5:50/M	
17	296	Jarlath Falls	Ballymena & Antrim AC	MO	19	5:27	5:24	20	17:09	5:42	15	23:38	5:54	17	29:17	5:51	29:14	29:17	5:51/M
18	282	Phil Adams	Omagh Harriers	MO	18	5:26	5:23	19	17:03	5:40	17	23:50	5:57	18	29:22	5:52	29:19	29:22	5:52/M
19	380	Paul Coyle	Strabane Triathlon Club	M40	20	5:29	5:26	22	17:12	5:43	18	23:50	5:57	19	29:25	5:53	29:23	29:25	5:53/M
20	158	Tom Calvert	Knareborough Striders	MO	21	5:29	5:27	21	17:11	5:43	21	23:55	5:58	20	29:26	5:53	29:24	29:26	5:53/M
21	382	Conor Maguire	Omagh Triathlon Club	MO	23	5:31	5:31				22	24:02		21	29:35	5:55	29:35	29:35	5:55/M
22	517	David Gormley	Dundrum South Dublin	MO	36	5:51	5:47	27	17:45	5:54	25	24:20	6:04	22	29:39	5:55	29:35	29:39	5:55/M
23	525	Bernard McCullagh	Omagh Harriers	MO	9	5:13	5:11	17	16:55	5:38	19	23:52	5:58	23	29:40	5:56	29:38	29:40	5:56/M
24	509	Sean Diamond	Omagh Harriers	MO	10	5:14	5:11	16	16:55	5:37	20	23:54	5:58	24	29:45	5:56	29:42	29:45	5:56/M
25	21	Ian Keys	North Belfast Harriers	MO	25	5:34	5:31	23	17:24	5:47	23	24:10	6:02	25	29:52	5:58	29:49	29:52	5:58/M
26	486	Eamonn Donnelly	Omagh Harriers	M40	22	5:30	5:27	24	17:27	5:48	24	24:15	6:03	26	29:59	5:59	29:56	29:59	5:59/M
27	22	David Marshall	Metro Aberdeen	MO	24	5:32	5:29	25	17:31	5:50	26	24:24	6:05	27	30:00	5:59	29:57	30:00	5:59/M
28	31	Chris McKeown	Olympian TC	M40	29	5:41	5:38	29	17:52	5:56	28	24:51	6:12	28	30:33	6:06	30:31	30:33	6:06/M
29	19	Patrick McCrory	Omagh Harriers	M50	33	5:49	5:46	28	17:51	5:56	27	24:43	6:10	29	30:36	6:07	30:33	30:36	6:07/M
30	17	Connor Martin	Strive Racing Club	M40	26	5:35	5:33	26	17:45	5:54	29	24:52	6:13	30	30:44	6:08	30:41	30:44	6:08/M
31	685	Chris McGuigan	Omagh Harriers	M55	35	5:50	5:47	31	18:03	6:00	30	24:59	6:14	31	30:47	6:09	30:44	30:47	6:09/M
32	523	Peter Cush	Galbally Runners	MO	39	5:51	5:48	33	18:05	6:01	34	25:02	6:15	32	30:52	6:10	30:49	30:52	6:10/M
33	594	Aidan Borchers	Omagh Harriers	MO	41	5:52	5:48	32	18:05	6:00	35	25:04	6:15	33	30:52	6:10	30:48	30:52	6:10/M
34	709	Sean McAnallen		MO							37	25:23		34	31:04	6:11	30:55	31:04	6:11/M
35	544	Ciaran McCarroll	Finn Valley AC	MJ							31	25:00		35	31:05	6:12	31:02	31:05	6:12/M
36	363	Sean Hasson	Ballymena Runners	MO	48	6:00	5:54	41	18:28	6:07	40	25:27	6:20	36	31:06	6:12	31:00	31:06	6:12/M
37	16	Delfim Pimentel		M55	37	5:51	5:49	34	18:05	6:01	32	25:02	6:15	37	31:07	6:13	31:05	31:07	6:13/M
38	204	Gary Hearn	Flying Machines	M40	30	5:45	5:41	36	18:13	6:03	36	25:16	6:18	38	31:09	6:13	31:04	31:09	6:13/M

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					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace			
39	70	Oliver McBride		MO	49	6:01	5:54	38	18:23	6:06	38	25:25	6:20	39	31:12	6:13	31:06	31:12	6:13/M
40	494	Luke Donnelly	Carmen Runners	MJ	28	5:39	5:36	30	18:02	6:00	33	25:02	6:15	40	31:13	6:14	31:10	31:13	6:14/M
41	563	Denis Cush	Delfims Runners	M50	43	5:57	5:53				39	25:26		41	31:19	6:15	31:16	31:19	6:15/M
42	144	John Hasson	Ballymena Runners	M50				42	18:28	6:07	42	25:32	6:22	42	31:21	6:15	31:15	31:21	6:15/M
43	42	David Graham	Mallusk Harriers	MO	31	5:46	5:42	37	18:20	6:05	43	25:33	6:22	43	31:32	6:18	31:28	31:32	6:18/M
44	483	Thomas Doherty	Termoneeny Running Club	M50	27	5:39	5:35	35	18:09	6:02	45	25:34	6:23	44	31:36	6:19	31:33	31:36	6:19/M
45	572	Tony Scullion	Ballymena Runners	M40	52	6:04	5:58				41	25:31		45	31:37	6:18	31:31	31:37	6:18/M
46	192	William McCausland	Omagh Harriers	MJ	38	5:51	5:46	39	18:25	6:07	44	25:34	6:22	46	31:42	6:19	31:37	31:42	6:19/M
47	371	Adrian Devlin	Sperrin Harriers	M40	17	5:26	5:23	13	16:54	5:37	16	23:45	5:56	47	31:45	6:20	31:42	31:45	6:20/M
48	28	Conor Rafferty	Blackpool Frontrunners	MO	65	6:14	6:04	49	18:48	6:13	49	26:04	6:29	48	31:53	6:21	31:43	31:53	6:21/M
49	510	Patrick Nugent	Armagh AC	MJ				40	18:27	6:09	46	25:54	6:29	49	32:01	6:24	32:01	32:01	6:24/M
50	635	Rachel Gibson	North Down AC	FO	40	5:52	5:50	44	18:40	6:13	47	25:59	6:29	50	32:04	6:24	32:02	32:04	6:24/M
51	110	Mark McKeown	Armagh AC	M45	32	5:48	5:44				50	26:08		51	32:07	6:25	32:03	32:07	6:25/M
52	35	Nick Ledwold	CLC Striders	MO	53	6:07	5:57	45	18:44	6:11	51	26:11	6:30	52	32:13	6:25	32:03	32:13	6:25/M
53	566	Ben Dolan	Run for Enda	MO	46	5:59	5:53	43	18:35	6:10	48	26:02	6:29	53	32:22	6:27	32:15	32:22	6:27/M
54	145	Daire Hasson	Ballycastle Runners	MO	45	5:59	5:54	50	18:51	6:15	53	26:15	6:33	54	32:26	6:28	32:20	32:26	6:28/M
55	364	Nick Campbell	Gortin Goats	MO	66	6:14	6:08	53	19:12	6:22	54	26:23	6:34	55	32:29	6:29	32:23	32:29	6:29/M
56	336	Jonathan Dempsey	Acorns AC	M55	34	5:49	5:46	46	18:44	6:14	52	26:14	6:33	56	32:30	6:29	32:27	32:30	6:29/M
57	20	Marty McDermott	Omagh Harriers	M50	42	5:57	5:53	48	18:48	6:15	55	26:32	6:37	57	32:35	6:30	32:31	32:35	6:30/M
58	689	Fearghal Ward	Omagh Harriers	MO	55	6:08	6:03	52	19:10	6:22	58	26:40	6:39	58	32:37	6:30	32:32	32:37	6:30/M
59	27	Rob McBain	VRAC	M40	47	6:00	5:54				57	26:40		59	32:43	6:31	32:37	32:43	6:31/M
60	463	Martin Corcoran	Omagh Harriers	M45	83	6:36	6:22	70	19:27	6:24	62	26:43	6:37	60	32:44	6:30	32:30	32:44	6:30/M
61	679	Niamh Heaney	Omagh Harriers	FO	72	6:17	6:11	59	19:18	6:24	56	26:40	6:38	61	32:50	6:33	32:43	32:50	6:33/M
62	611	Martin Loughran	Strive Racing Club	M40				65	19:21		65	26:48	6:41	62	32:51	6:34	32:48	32:51	6:34/M
63	338	Shane Donnelly		MO	68	6:16	6:13	64	19:21	6:26	64	26:48	6:41	63	32:56	6:34	32:52	32:56	6:34/M
64	326	Jason Maxwell		MO	51	6:02	5:56	47	18:46	6:13	59	26:41	6:39	64	32:59	6:35	32:53	32:59	6:35/M
65	101	Sean McDaid	Keep Er Lit	M40				61	19:19		63	26:46	6:40	65	33:02	6:35	32:54	33:02	6:35/M
66	636	Martin McLaughlin	Omagh Harriers	M60	57	6:09	6:06	62	19:19	6:25	66	26:53	6:43	66	33:04	6:36	33:01	33:04	6:36/M
67	500	Liam McArt		MO	54	6:07	6:03	51	19:08	6:21	61	26:41	6:39	67	33:06	6:36	33:01	33:06	6:36/M
68	434	Darrell Brogan	Omagh Harriers	MO	71	6:16	6:12	58	19:17	6:24	67	26:55	6:43	68	33:10	6:37	33:05	33:10	6:37/M
69	496	Martin McIvor	Omagh Harriers	M40	70	6:16	6:10	68	19:25	6:26	69	27:05	6:45	69	33:14	6:38	33:08	33:14	6:38/M
70	259	Peter McNamee		MO				56	19:14		60	26:41	6:39	70	33:15	6:38	33:10	33:15	6:38/M
71	280	Keith Weir	Orangetown AC	M40	76	6:26	6:17	72	19:32	6:28	71	27:11	6:46	71	33:23	6:39	33:14	33:23	6:39/M
72	377	John McDonnell	Enniskillen RC	M50	50	6:02	5:59	57	19:16	6:24	70	27:08	6:46	72	33:30	6:41	33:27	33:30	6:41/M
73	708	Jamie McKeown		MO	62	6:12	6:03	69	19:25	6:25	76	27:18	6:47	73	33:32	6:41	33:23	33:32	6:41/M
74	244	Philip Hughes		MO	64	6:14	6:09	60	19:18	6:25	68	27:04	6:45	74	33:33	6:42	33:29	33:33	6:42/M
75	625	Eamon Bradley	Omagh Harriers	MO	74	6:22	6:17	78	19:42	6:32	79	27:21	6:49	75	33:34	6:42	33:29	33:34	6:42/M
76	435	Vincent McCaffrey	PACE Running Club	M55				67	19:25		74	27:16	6:47	76	33:36	6:42	33:30	33:36	6:42/M
77	596	Shane Taggart	Keep Er Lit	M45				71	19:32		73	27:14	6:47	77	33:36	6:42	33:30	33:36	6:42/M

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					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace			
78	561	Benny McElholm		M40	73	6:21	6:13	74	19:37	6:30	78	27:20	6:48	78	33:42	6:43	33:33	33:42	6:43/M
79	390	Pauline McGurren		F40				75	19:39	6:32	80	27:23	6:50	79	33:44	6:44	33:40	33:44	6:44/M
80	385	Aidan Molloy	Omagh Harriers	M50	56	6:09	6:06	63	19:19	6:25	72	27:12	6:47	80	33:49	6:45	33:45	33:49	6:45/M
81	437	Laura McGarrity	Galbally Runners	FO	58	6:09	6:06	55	19:13	6:23	77	27:19	6:49	81	33:55	6:46	33:52	33:55	6:46/M
82	670	Fergal O'Donnell	Galbally Runners	M40	61	6:11	6:07	54	19:13	6:23	75	27:17	6:48	82	33:58	6:47	33:54	33:58	6:47/M
83	109	Gary Devine	Clann na nGael Walk Jog Run	M45	196	7:36	6:47	88	20:24	6:32	83	27:47	6:44	83	33:59	6:38	33:10	33:59	6:38/M
84	571	Adam McComb		MO	59	6:10	6:06	77	19:41	6:32	81	27:43	6:55	84	34:04	6:48	34:00	34:04	6:48/M
85	607	Eoin Stapleton		MO	189	7:31	7:10	112	20:54	6:51	94	28:09	6:57	85	34:06	6:45	33:45	34:06	6:45/M
86	400	David Hayes		MO	111	6:48	6:37	85	20:17	6:42	82	27:45	6:54	86	34:10	6:48	33:59	34:10	6:48/M
87	105	Michael Duncan	Lifford/Strabane AC	M60				79	19:46		85	27:52	6:56	87	34:13	6:49	34:06	34:13	6:49/M
88	449	Jake Bunworth		MO	121	6:54	6:32	82	20:11	6:36	86	27:54	6:53	88	34:20	6:48	33:58	34:20	6:48/M
89	754	Terry Canning	Harriers	M50	123	6:54	6:43	86	20:17	6:42	89	27:59	6:57	89	34:21	6:50	34:10	34:21	6:50/M
90	365	Brendan Gildernew	Sperrin Harriers	M40	84	6:36	6:30	87	20:22	6:45	90	28:03	6:59	90	34:29	6:53	34:23	34:29	6:53/M
91	250	David Aiken		MO				66	19:22		88	27:56	6:58	91	34:30	6:53	34:25	34:30	6:53/M
92	766	Brendan Burns	Pomeroy	MO	60	6:10	6:02	73	19:37	6:30	87	27:54	6:57	92	34:34	6:53	34:26	34:34	6:53/M
93	446	Sean Toner		MO	44	5:58	5:55	80	19:57	6:38	93	28:09	7:01	93	34:35	6:54	34:32	34:35	6:54/M
94	284	Richard Duffy	Omagh Harriers	M50	69	6:16	6:11	76	19:39	6:31	84	27:50	6:56	94	34:37	6:54	34:32	34:37	6:54/M
95	684	Jarleth Loughran		M45	122	6:54	6:38	91	20:29	6:44	91	28:05	6:58	95	34:38	6:53	34:23	34:38	6:53/M
96	652	Anon Anon	Errigal Ciaran GAC	MO	63	6:13	6:05	89	20:25	6:46	95	28:10	7:01	96	34:44	6:55	34:36	34:44	6:55/M
97	404	Jonny McKane	Rebel PT	MO	93	6:41	6:26	83	20:14	6:40	92	28:09	6:59	97	34:49	6:55	34:33	34:49	6:55/M
98	277	Adrian Moore	Melvin WJR	M45	106	6:47	6:39	94	20:35	6:49	96	28:21	7:04	98	34:49	6:56	34:41	34:49	6:56/M
99	68	Colin McGinty	Omagh Harriers	MO	81	6:33	6:29	95	20:36	6:51	101	28:28	7:06	99	34:52	6:58	34:48	34:52	6:58/M
100	402	Colm O'Brien	Dromore GAC	M45	77	6:27	6:21	90	20:26	6:47	97	28:24	7:05	100	34:56	6:58	34:50	34:56	6:58/M
101	353	Gerard Coyle	Strabane Triathlon Club	M40	136	7:04	6:54	96	20:38	6:49	99	28:27	7:04	101	35:05	6:59	34:54	35:05	6:59/M
102	218	Eamon Tracey	Greencastle GAC	MO	97	6:43	6:36	97	20:38	6:50	103	28:33	7:07	102	35:05	7:00	34:58	35:05	7:00/M
103	430	Paul McNulty	Gortin GAC	MO	114	6:49	6:40	117	21:04	6:58	106	28:50	7:10	103	35:07	7:00	34:58	35:07	7:00/M
104	443	Tony Toner	Termoneeney Running Club	M60	67	6:16	6:11	84	20:16	6:44	98	28:25	7:05	104	35:07	7:01	35:03	35:07	7:01/M
105	543	Darran Lagan	Omagh Triathlon Club	M45	169	7:24	7:04	110	20:53	6:51	100	28:27	7:02	105	35:13	6:59	34:53	35:13	6:59/M
106	297	Garreth Murphy		MO	105	6:46	6:36	122	21:11	7:00	109	28:51	7:10	106	35:15	7:01	35:05	35:15	7:01/M
107	119	Michael Higgins	Magherafelt Harriers	MO	118	6:53	6:42				105	28:43		107	35:16	7:01	35:04	35:16	7:01/M
108	687	Dylan Sloan	Omagh Harriers	MO	79	6:30	6:18	81	20:05	6:37	102	28:32	7:05	108	35:20	7:02	35:08	35:20	7:02/M
109	227	Declan Morrison	Sperrin Harriers	M45	153	7:12	6:55	114	20:59	6:54	113	28:58	7:10	109	35:26	7:02	35:10	35:26	7:02/M
110	556	Nigel Mills		MO	126	6:56	6:45	109	20:52	6:54	110	28:51	7:10	110	35:28	7:03	35:17	35:28	7:03/M
111	216	Anna Donnelly	Keep Er Lit	F40	90	6:39	6:35	93	20:35	6:50	108	28:50	7:12	111	35:29	7:05	35:24	35:29	7:05/M
112	391	Shane McManus	Omagh Harriers	MO	117	6:53	6:43	107	20:51	6:54	112	28:58	7:12	112	35:32	7:04	35:22	35:32	7:04/M
113	606	Fionn Corry	Omagh Harriers	MJ	212	7:45	7:28	132	21:17	7:00	120	29:12	7:14	113	35:32	7:03	35:15	35:32	7:03/M
114	554	Lorcan Healy	Omagh Harriers	MO	159	7:16	7:04	138	21:22	7:03	111	28:56	7:11	114	35:33	7:04	35:21	35:33	7:04/M
115	622	Vinnie McAtee	Knockmany Runners	M45	104	6:46	6:33	92	20:32	6:46	104	28:42	7:07	115	35:36	7:04	35:22	35:36	7:04/M
116	448	Aidan Toner		MO	188	7:29	7:17	147	21:37	7:08	130	29:28	7:19	116	35:40	7:05	35:27	35:40	7:05/M

37th Annual Oliver McCullagh Greencastle 5 Mile Road Race - Co Tyrone

Monday 26th December 2022

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Place	Bib No	Name	Club	Cat	Mile 1			Mile 3			Mile 4			Mile 5			Chip Time	Gun Time	Average Pace
					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace			
117	704	Shea Conway	CBS Cross Country	MJ	213	7:45	7:28	133	21:17	7:00	119	29:12	7:14	117	35:41	7:05	35:24	35:41	7:05/M
118	374	Raymond Thom	Sperrin Harriers	M55	99	6:43	6:34	99	20:44	6:52	114	28:59	7:13	118	35:41	7:06	35:32	35:41	7:06/M
119	706	Rory Loughlan		MO	157	7:14	6:56	103	20:49	6:51	107	28:50	7:08	119	35:44	7:05	35:26	35:44	7:05/M
120	217	JJ Maguire	Cullion Runners	M60	88	6:38	6:30	101	20:47	6:53	116	29:07	7:15	120	35:45	7:07	35:37	35:45	7:07/M
121	681	Kevin McCullagh		M40	113	6:48	6:40	128	21:14	7:02	121	29:14	7:16	121	35:46	7:07	35:37	35:46	7:07/M
122	369	Darragh O'Neill	Omagh Triathlon Club	MO	78	6:27	6:20	98	20:40	6:51	117	29:08	7:15	122	35:47	7:08	35:40	35:47	7:08/M
123	465	Alistair Shaw	Springwell Running Club	M40	140	7:06	6:53	119	21:09	6:58	125	29:20	7:17	123	35:51	7:07	35:37	35:51	7:07/M
124	697	Sean Canavan	Omagh St Endas	MO				145	21:35		132	29:28	7:14	124	35:52	7:04	35:18	35:52	7:04/M
125	471	Brian Bradley	Sperrin Harriers	M55										125	35:54		35:54	35:54	7:11/M
126	209	Alexa James	Annadale Striders	FO	94	6:42	6:26	108	20:51	6:52	115	29:02	7:12	126	35:54	7:08	35:38	35:54	7:08/M
127	568	Vincy Hollywood	Sperrin Harriers	M55	98	6:43	6:34	104	20:50	6:54	134	29:30	7:20	127	36:04	7:11	35:55	36:04	7:11/M
128	489	Henry Monteith	Other	MO	115	6:49	6:41	102	20:49	6:54	123	29:17	7:17	128	36:06	7:12	35:58	36:06	7:12/M
129	442	Patrick Meenagh	Beragh Red Knights GAC	MO	137	7:05	6:48	125	21:13	6:59	124	29:19	7:16	129	36:11	7:11	35:54	36:11	7:11/M
130	40	Niall McDermott	Omagh Triathlon Club	MO	100	6:44	6:37	134	21:18	7:04	133	29:29	7:21	130	36:14	7:13	36:06	36:14	7:13/M
131	690	Julian McKeown	Carmen AC	M50	138	7:06	6:48	118	21:07	6:56	138	29:37	7:20	131	36:14	7:11	35:55	36:14	7:11/M
132	663	Niamh Campbell	Mid Ulster AC	FJ	82	6:34	6:30	121	21:10	7:02	127	29:27	7:21	132	36:14	7:14	36:10	36:14	7:14/M
133	381	Carol Gourley	Sperrin Harriers	F35	92	6:41	6:36	100	20:46	6:54	118	29:12	7:17	133	36:14	7:14	36:10	36:14	7:14/M
134	591	Barry McGillion		MO	131	7:00	6:45	123	21:11	6:59	122	29:15	7:15	134	36:19	7:13	36:04	36:19	7:13/M
135	521	Angus Fyffe		MO	179	7:26	6:58	137	21:21	6:58	126	29:24	7:14	135	36:19	7:10	35:51	36:19	7:10/M
136	345	Siobh? Quinn	Armagh AC	FO	86	6:37	6:29	105	20:50	6:54	128	29:27	7:20	136	36:20	7:14	36:12	36:20	7:14/M
137	627	Gavin Rushe	Carmen Runners	MO	141	7:07	6:52	126	21:13	6:59	139	29:41	7:22	137	36:21	7:13	36:05	36:21	7:13/M
138	36	Dominic McCartan	Carmen Runners	M60	87	6:37	6:33	115	21:00	6:59	129	29:27	7:21	138	36:22	7:16	36:18	36:22	7:16/M
139	341	David Tierney	Omagh St Enda's GAC	MO	85	6:37	6:30	116	21:01	6:58	140	29:44	7:24	139	36:23	7:15	36:16	36:23	7:15/M
140	273	Liz OBrien		F40	158	7:15	7:02	127	21:13	7:00	131	29:28	7:19	140	36:28	7:15	36:15	36:28	7:15/M
141	201	Dawn Houston	Eglinton Road Runners	F40	129	6:59	6:59	129	21:15	7:05	136	29:34	7:24	141	36:30	7:18	36:30	36:30	7:18/M
142	375	Ciaran Daly		MO	303	8:25	8:02	173	22:17	7:18	155	30:12	7:27	142	36:35	7:14	36:12	36:35	7:14/M
143	421	Anne Paul	City of Derry AC Spartans	F60	91	6:39	6:35	113	20:59	6:58	137	29:36	7:23	143	36:37	7:19	36:33	36:37	7:19/M
144	631	Brendan McVeigh		M45	163	7:19	7:01	152	21:42	7:08	142	29:53	7:24	144	36:40	7:16	36:22	36:40	7:16/M
145	301	Ciar? Wright	Mallusk Harriers	MO	181	7:26	7:13	156	21:50	7:12	144	29:58	7:26	145	36:43	7:18	36:30	36:43	7:18/M
146	256	Barry McGarvey	Knockmany Runners	M45	80	6:33	6:26	111	20:53	6:56	135	29:33	7:22	146	36:43	7:19	36:36	36:43	7:19/M
147	678	Niall Heaney	Omagh Harriers	M55				120	21:09		141	29:45	7:25	147	36:44	7:20	36:38	36:44	7:20/M
148	629	Robin Montgomery	Oranegrove AC	M50	120	6:54	6:44	130	21:16	7:02	146	30:01	7:28	148	36:46	7:19	36:36	36:46	7:19/M
149	414	Oran McAleer	Omagh Triathlon Club	MJ	216	7:48	7:31	175	22:17	7:20	157	30:14	7:29	149	36:49	7:18	36:31	36:49	7:18/M
150	664	Dara Daly	Omagh Harriers	MJ	130	7:00	6:49	131	21:16	7:02	149	30:04	7:28	150	36:52	7:20	36:42	36:52	7:20/M
151	585	Eugene Liam McCar	Omagh Triathlon Club	MO	145	7:08	6:59	165	22:09	7:20	145	30:00	7:28	151	36:55	7:21	36:45	36:55	7:21/M
152	232	Damian Kelly	Sperrin Harriers	M55	107	6:47	6:43	124	21:13	7:03	143	29:54	7:27	152	37:00	7:23	36:56	37:00	7:23/M
153	147	Jason Procter	Na Fianna Runners	M45	148	7:10	6:59	157	21:50	7:13	156	30:14	7:31	153	37:03	7:22	36:52	37:03	7:22/M
154	502	Eileen Murtagh	Na Fianna Runners	F40	150	7:11	7:01	150	21:41	7:10	150	30:05	7:29	154	37:06	7:23	36:55	37:06	7:23/M
155	503	Stephen Leonard	Na Fianna Runners	M55	154	7:13	7:02	149	21:41	7:10	148	30:04	7:28	155	37:06	7:23	36:56	37:06	7:23/M

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					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace			
156	473	Darragh Morris	Greencastle GAC	MJ	110	6:48	6:41	139	21:23	7:05	147	30:03	7:29	156	37:08	7:24	37:01	37:08	7:24/M
157	234	John Gallagher	Strabane Triathlon Club	M45	144	7:08	6:57	146	21:36	7:08	151	30:08	7:29	157	37:08	7:23	36:57	37:08	7:23/M
158	508	Niall Diamond	Omagh Harriers	M50	146	7:09	6:56	144	21:34	7:07	152	30:11	7:30	158	37:10	7:23	36:57	37:10	7:23/M
159	90	Sean McGuinness	Team 16	MO				142	21:32		154	30:12	7:27	159	37:13	7:22	36:50	37:13	7:22/M
160	93	James Hepburn	Sperrin Harriers	M40	232	7:54	7:35	170	22:13	7:18	153	30:11	7:28	160	37:19	7:24	37:00	37:19	7:24/M
161	83	Gary Mc Nulty	Gortin GAC	MO	119	6:54	6:44	141	21:27	7:06	162	30:29	7:35	161	37:23	7:27	37:14	37:23	7:27/M
162	335	Owen Largey		MO	89	6:38	6:30	135	21:18	7:03	160	30:24	7:34	162	37:25	7:27	37:17	37:25	7:27/M
163	548	Barry McCann	Omagh Triathlon Club	M60	142	7:07	6:46	155	21:46	7:08	164	30:32	7:33	163	37:26	7:25	37:05	37:26	7:25/M
164	588	Martin McGurk		MO	112	6:48	6:41	140	21:24	7:05	159	30:23	7:34	164	37:34	7:29	37:26	37:34	7:29/M
165	30	Aoife McKeown	Road Runners AC	F40	183	7:27	7:12	168	22:11	7:19	170	30:50	7:39	165	37:36	7:28	37:21	37:36	7:28/M
166	322	Ciara Woods	Omagh Harriers	F45	170	7:24	7:14	176	22:22	7:24	173	30:58	7:42	166	37:42	7:30	37:32	37:42	7:30/M
167	355	Davey Hamilton	Carmen Runners	M60	186	7:27	7:08	179	22:24	7:22	167	30:43	7:36	167	37:45	7:29	37:26	37:45	7:29/M
168	552	Cahir Mullin	Greencastle AC	MJ	75	6:24	6:21	143	21:34	7:10	158	30:19	7:34	168	37:48	7:33	37:44	37:48	7:33/M
169	346	Finbar Kelly		M50	134	7:02	6:52	153	21:42	7:11	163	30:30	7:35	169	37:48	7:31	37:37	37:48	7:31/M
170	94	Daniel Mills	Pomeroy Plunketts GAC	MO	185	7:27	7:12	148	21:38	7:08	166	30:42	7:37	170	37:51	7:31	37:36	37:51	7:31/M
171	478	Darren Rutledge	Run for Enda	M45	128	6:57	6:45	151	21:41	7:10	172	30:55	7:41	171	37:51	7:32	37:39	37:51	7:32/M
172	514	Mark Garrity	Other	MO	165	7:20	6:58	159	21:51	7:10	165	30:33	7:33	172	37:52	7:30	37:30	37:52	7:30/M
173	501	Darren Quinn		MO							182	31:15		173	37:52	7:27	37:13	37:52	7:27/M
174	650	Ronan O'Sullivan	Errigal Ciaran GAC	MJ	210	7:44	7:21	161	21:53	7:10	161	30:25	7:31	174	37:53	7:30	37:30	37:53	7:30/M
175	358	David Quinn	Omagh Harriers	MJ	214	7:45	7:28	164	22:08	7:17	174	31:01	7:41	175	37:53	7:31	37:36	37:53	7:31/M
176	545	Paul Fitzgerald	Omagh Harriers	MO	201	7:38	7:22				176	31:08		176	37:56	7:32	37:40	37:56	7:32/M
177	516	Colm McGrath		MO	161	7:18	7:10	169	22:13	7:22	168	30:48	7:40	177	38:00	7:34	37:52	38:00	7:34/M
178	505	Conor McNamee	Carmen Runners	MO	192	7:34	7:14	171	22:14	7:18	175	31:04	7:41	178	38:04	7:33	37:45	38:04	7:33/M
179	454	Niall Armstrong	North Belfast Harriers	MO	225	7:52	7:38				183	31:17		179	38:06	7:34	37:52	38:06	7:34/M
180	602	Shaun McDermott	Dromore AC	M45	127	6:57	6:46	160	21:52	7:14	169	30:49	7:40	180	38:07	7:35	37:56	38:07	7:35/M
181	142	Ryan Doherty		MO	277	8:14	7:29	195	22:49	7:21	181	31:15	7:38	181	38:09	7:29	37:24	38:09	7:29/M
182	673	Dominic Carlin	Lifford Strabane AC	M50	133	7:01	6:54	162	21:54	7:16	171	30:55	7:42	182	38:10	7:37	38:03	38:10	7:37/M
183	705	Pete Slevin		MO	299	8:24	7:35	194	22:49	7:20	190	31:26	7:39	183	38:12	7:28	37:22	38:12	7:28/M
184	290	Domhnall McFarlane	Toyama JETs	MO	257	8:05	7:47	203	23:03	7:35	184	31:18	7:45	184	38:14	7:35	37:56	38:14	7:35/M
185	372	Paul O'ara	Sperrin Harriers	MO	236	7:55	7:39	200	23:00	7:35	179	31:10	7:44	185	38:18	7:37	38:03	38:18	7:37/M
186	701	Caoimhe McLoughlin		FO	207	7:40	7:26	180	22:25	7:24	178	31:09	7:44	186	38:22	7:38	38:08	38:22	7:38/M
187	661	Gerry Tuohey	Greencastle	M45	237	7:56	7:33	198	22:50	7:29	185	31:19	7:44	187	38:25	7:36	38:02	38:25	7:36/M
188	694	Conor Gallagher		M50	270	8:11	7:52	241	23:47	7:49	212	31:58	7:55	188	38:31	7:38	38:12	38:31	7:38/M
189	683	Eoghan McElduff		MO	211	7:44	7:36	206	23:06	7:39	194	31:32	7:51	189	38:33	7:41	38:25	38:33	7:41/M
190	467	Eadaoin Fox	Sperrin ?g Ladies	FO	178	7:25	7:14	166	22:10	7:19	180	31:14	7:46	190	38:34	7:41	38:23	38:34	7:41/M
191	432	David McGlade		MO	103	6:46	6:39	163	22:08	7:20	187	31:23	7:49	191	38:35	7:42	38:28	38:35	7:42/M
192	610	Darragh Ward	Omagh Harriers	MJ	109	6:48	6:41	136	21:21	7:05				192	38:35		38:28	38:35	7:42/M
193	583	P A Harley	Tattyreagh GAC	M40	224	7:52	7:37	197	22:50	7:32	198	31:40	7:51	193	38:38	7:41	38:23	38:38	7:41/M
194	323	Adam Campbell	Carmen Runners	MO	193	7:34	7:15	172	22:16	7:19	195	31:34	7:49	194	38:39	7:40	38:20	38:39	7:40/M

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					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace			
195	350	Dylan McFarlane	Broughderg Beasts	MJ	147	7:09	6:51	154	21:44	7:09	177	31:08	7:42	195	38:39	7:40	38:21	38:39	7:40/M
196	38	Miroslav Malec		M40	208	7:41	7:24	191	22:45	7:29	196	31:34	7:49	196	38:39	7:40	38:22	38:39	7:40/M
197	32	Orla McGandy	Roadrunners AC	FO	180	7:26	7:11	183	22:28	7:24	188	31:24	7:47	197	38:40	7:41	38:24	38:40	7:41/M
198	612	Michael Ward	Omagh Harriers	M55	124	6:55	6:50	174	22:17	7:24	189	31:25	7:50	198	38:42	7:43	38:37	38:42	7:43/M
199	447	Kevin Toner		MO				204	23:04		201	31:42	7:50	199	38:44	7:40	38:22	38:44	7:40/M
200	156	Marcus Conway	Greencastle AC	MJ	342	8:52	8:23	240	23:47	7:46	200	31:40	7:48	200	38:45	7:39	38:16	38:45	7:39/M
201	354	Ivor Smyth		M55	182	7:26	7:17	187	22:38	7:30	191	31:30	7:50	201	38:52	7:45	38:43	38:52	7:45/M
202	278	Feargal Garvin	North East Runners	M45	241	7:57	7:39				213	32:00		202	38:53	7:43	38:35	38:53	7:43/M
203	220	John McElroy	Galbally Runners	M40				212	23:17	7:36	210	31:51	7:51	203	38:56	7:41	38:27	38:56	7:41/M
204	333	Decky Duffy	Melvin WJR	M40	171	7:24	7:15	190	22:44	7:32	204	31:44	7:54	204	38:58	7:46	38:49	38:58	7:46/M
205	325	Gerard Meehan	Omagh Triathlon Club	M40	132	7:01	6:53	167	22:10	7:21	186	31:21	7:48	205	38:59	7:46	38:51	38:59	7:46/M
206	387	Marc Potts		MO	202	7:38	7:24	196	22:50	7:32	192	31:30	7:49	206	38:59	7:45	38:45	38:59	7:45/M
207	331	Bosco McShane		M40	164	7:19	7:06	158	21:50	7:12	199	31:40	7:52	207	39:02	7:46	38:48	39:02	7:46/M
208	86	Brian McGlone	Knockmany Runners	M50	281	8:15	7:46	201	23:00	7:31	206	31:46	7:50	208	39:03	7:43	38:34	39:03	7:43/M
209	191	Jessica Gracey	Run for Enda	FO	139	7:06	6:58	182	22:28	7:27	197	31:38	7:53	209	39:04	7:47	38:56	39:04	7:47/M
210	54	Annemarie McKernan	Keep Er Lit	F45	143	7:08	7:03	188	22:38	7:31	209	31:49	7:56	210	39:06	7:48	39:01	39:06	7:48/M
211	81	Patrick Withers	Omagh Harriers	MO	151	7:12	7:00	186	22:38	7:29	203	31:44	7:53	211	39:09	7:47	38:57	39:09	7:47/M
212	641	Aidan Kelly	Beragh Red Knights	MO	116	6:52	6:45	178	22:23	7:25	205	31:45	7:55	212	39:11	7:49	39:04	39:11	7:49/M
213	765	Niall Kerr		MO	172	7:24	7:12	184	22:31	7:26	208	31:47	7:54	213	39:13	7:48	39:01	39:13	7:48/M
214	764	Orla McSorley		FO	173	7:24	7:12	185	22:31	7:26	207	31:47	7:54	214	39:13	7:48	39:01	39:13	7:48/M
215	224	Barry O'Neill	Gortin GAC	MO	156	7:13	7:04	177	22:22	7:24	193	31:30	7:50	215	39:23	7:51	39:13	39:23	7:51/M
216	180	Fran McAtee	Omagh Triathlon Club	M50	166	7:21	7:09	193	22:47	7:32	202	31:44	7:53	216	39:23	7:50	39:11	39:23	7:50/M
217	313	Gavin Gallagher	Omagh Harriers	M45	275	8:13	7:54	242	23:50	7:50	229	32:29	8:03	217	39:23	7:49	39:03	39:23	7:49/M
218	438	Paul Hughes	Delfims Runners	M45	190	7:32	7:10	199	22:54	7:31	211	31:55	7:54	218	39:24	7:48	39:02	39:24	7:48/M
219	481	Rob Whelan		M40	311	8:30	7:58	246	23:56	7:48	233	32:34	8:01	219	39:26	7:47	38:54	39:26	7:47/M
220	468	Sorcha Mullan	Tattyreagh GAC	FJ	256	8:05	7:44				219	32:17		220	39:28	7:50	39:08	39:28	7:50/M
221	360	Ella Quinn	Omagh Harriers	FO	258	8:05	7:45	225	23:33	7:44	218	32:16	7:59	221	39:29	7:50	39:09	39:29	7:50/M
222	186	Joseph McGuigan		M60	263	8:07	7:48	231	23:39	7:47	214	32:05	7:57	222	39:30	7:50	39:10	39:30	7:50/M
223	57	Brian Kerrigan	Clann na nGael Walk Jog Run	M45	294	8:21	7:32				226	32:25		223	39:33	7:45	38:44	39:33	7:45/M
224	383	Francisca Aviles		F35	175	7:25	7:14	211	23:16	7:42	230	32:30	8:05	224	39:33	7:52	39:22	39:33	7:52/M
225	597	Emma Taggart	Keep Er Lit	F45	244	7:59	7:37	214	23:20	7:39	216	32:15	7:58	225	39:34	7:50	39:12	39:34	7:50/M
226	511	Ciara Nugent	Armagh AC	FJ	152	7:12	7:05	189	22:40	7:31	215	32:11	8:01	226	39:42	7:55	39:35	39:42	7:55/M
227	389	Patrick Wright		MO	278	8:14	7:49	226	23:36	7:44	221	32:18	7:58	227	39:43	7:51	39:17	39:43	7:51/M
228	458	Elaine Kerlin	Omagh Harriers	F35	222	7:51	7:39	215	23:21	7:43	223	32:20	8:02	228	39:44	7:54	39:32	39:44	7:54/M
229	304	Reece Barr	The Burt Boggers	MO	242	7:59	7:36	217	23:23	7:40	217	32:16	7:58	229	39:46	7:53	39:23	39:46	7:53/M
230	289	Ciaran Maguirr	B.M.A.S	MO	259	8:05	7:47	224	23:31	7:45	224	32:22	8:01	230	39:47	7:54	39:29	39:47	7:54/M
231	103	Craig Badger	Acorns AC	MO	375	9:15	8:48	287	24:45	8:06	248	33:11	8:11	231	39:48	7:52	39:21	39:48	7:52/M
232	315	Kevin Clarke		MO	291	8:20	7:57	219	23:25	7:41	235	32:39	8:04	232	39:51	7:54	39:28	39:51	7:54/M
233	595	Karl McCormack	Glenelly GAC	MJ	149	7:10	7:05	181	22:27	7:27	240	32:49	8:11	233	39:54	7:58	39:49	39:54	7:58/M

37th Annual Oliver McCullagh Greencastle 5 Mile Road Race - Co Tyrone

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Place	Bib No	Name	Club	Cat	Mile 1			Mile 3			Mile 4			Mile 5			Chip Time	Gun Time	Average Pace
					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace			
234	52	Patrick Largey		M65	221	7:51	7:43	222	23:29	7:47	228	32:28	8:05	234	39:55	7:57	39:47	39:55	7:57/M
235	249	Padraig OKane		M40	308	8:27	8:09	250	24:03	7:55	238	32:44	8:07	235	39:55	7:55	39:37	39:55	7:55/M
236	356	Colm McCusker		M45	280	8:14	8:14	233	23:41	7:54	237	32:44	8:11	236	39:59	8:00	39:59	39:59	8:00/M
237	159	Niamh Calvert		F35	176	7:25	7:14	202	23:00	7:36	227	32:28	8:04	237	40:01	7:58	39:50	40:01	7:58/M
238	522	Brian McCullagh		M45	187	7:27	7:18				222	32:18		238	40:05	7:59	39:56	40:05	7:59/M
239	106	Amanda Donnelly		F40	199	7:38	7:21	210	23:15	7:39	232	32:34	8:04	239	40:06	7:58	39:49	40:06	7:58/M
240	581	Clare Donnelly	Carmen Runners	FJ	135	7:04	7:00	192	22:47	7:34	220	32:17	8:03	240	40:09	8:01	40:05	40:09	8:01/M
241	423	Ronan McAleer	Dromore GAC	MO	203	7:39	7:25	209	23:12	7:39	231	32:33	8:05	241	40:10	7:59	39:56	40:10	7:59/M
242	573	Nena Cormican		F35	228	7:53	7:35	205	23:04	7:35	243	32:56	8:10	242	40:13	7:59	39:55	40:13	7:59/M
243	614	Samuel Watson		MJ	195	7:36	7:19	213	23:20	7:41	225	32:24	8:02	243	40:13	7:59	39:57	40:13	7:59/M
244	762	Laura Harkin		FO				243	23:54		236	32:42	8:06	244	40:15	8:00	39:58	40:15	8:00/M
245	317	Michelle McCoy	Olympian Triathlon Club	F35	313	8:32	8:06	255	24:07	7:54	245	33:02	8:09	245	40:18	7:58	39:52	40:18	7:58/M
246	472	Michaela Fox		FO	191	7:33	7:21	207	23:10	7:40	234	32:38	8:07	246	40:19	8:01	40:07	40:19	8:01/M
247	533	Maggie McSorley		FJ							241	32:52		247	40:22	7:59	39:56	40:22	7:59/M
248	307	Philip Hunter		M45				299	25:00	8:04	260	33:31	8:11	248	40:22	7:55	39:35	40:22	7:55/M
249	279	Lorc? Garvin		MJ	240	7:57	7:39				249	33:12		249	40:28	8:02	40:10	40:28	8:02/M
250	44	Liam Dean	PACE Running Club	M55	271	8:11	7:45	245	23:56	7:50	252	33:15	8:12	250	40:32	8:01	40:06	40:32	8:01/M
251	229	Peter McAenly		M50	167	7:21	7:12	220	23:25	7:45	239	32:48	8:10	251	40:34	8:05	40:25	40:34	8:05/M
252	433	Damien O'Neill	Omagh Harriers	M40	227	7:53	7:33	228	23:37	7:46	244	32:59	8:10	252	40:38	8:03	40:17	40:38	8:03/M
253	593	Eamon Coyle	Melvin WJR	M50	174	7:25	7:17	208	23:11	7:41	242	32:52	8:11	253	40:40	8:06	40:32	40:40	8:06/M
254	46	Christopher George		MO	369	9:11	8:55	340	25:57	8:34	281	33:54	8:25	254	40:42	8:05	40:26	40:42	8:05/M
255	672	Benny Ward	Carmen AC	M40	292	8:21	7:51	244	23:55	7:48	246	33:03	8:08	255	40:48	8:03	40:17	40:48	8:03/M
256	580	Allan Wilson	Notts AC	M45	295	8:22	7:59	249	24:03	7:54	257	33:27	8:16	256	40:49	8:05	40:26	40:49	8:05/M
257	237	Linda Petticrew	Ballymena Runners	F55	218	7:49	7:29	227	23:37	7:46	253	33:16	8:14	257	40:52	8:06	40:32	40:52	8:06/M
258	567	Niall Gallagher		MO	234	7:55	7:41	229	23:37	7:48	247	33:09	8:14	258	40:55	8:08	40:41	40:55	8:08/M
259	506	Gerard Campbell	Lifford/Strabane AC	M55	177	7:25	7:18	234	23:41	7:51	262	33:33	8:22	259	40:58	8:10	40:50	40:58	8:10/M
260	608	Peter Gormley	Omagh Harriers	M65	209	7:42	7:30	239	23:46	7:51	254	33:18	8:17	260	40:59	8:09	40:47	40:59	8:09/M
261	175	Caoimhe McElduff		FO	341	8:51	8:23	292	24:54	8:09	273	33:47	8:20	261	41:01	8:07	40:33	41:01	8:07/M
262	618	Aidan McGale		MO	397	9:27	8:53	297	24:59	8:08	275	33:49	8:19	262	41:02	8:06	40:28	41:02	8:06/M
263	558	Enda Donnelly		M40	253	8:04	7:36	235	23:43	7:45	251	33:13	8:11	263	41:02	8:07	40:34	41:02	8:07/M
264	444	Ciaran Toner		MO				266	24:19		261	33:33	8:18	264	41:02	8:08	40:40	41:02	8:08/M
265	63	Mark Girvan	Rebel Runners	M45	332	8:43	8:30	313	25:16	8:21	283	33:54	8:25	265	41:03	8:10	40:50	41:03	8:10/M
266	343	Patrick Millar	Ballymena Runners	M65	265	8:08	7:53	268	24:21	8:02	264	33:37	8:21	266	41:10	8:11	40:55	41:10	8:11/M
267	104	Joanne Fingleton	Sperrin Harriers	F35	249	8:03	7:46	257	24:11	7:58	269	33:44	8:22	267	41:11	8:11	40:55	41:11	8:11/M
268	668	David Moore	Naomh Eoghan GAA	MO	290	8:19	7:57	253	24:06	7:55	280	33:53	8:23	268	41:11	8:10	40:49	41:11	8:10/M
269	460	Shea Donnelly	CBS Omagh	MJ	343	8:53	8:22	265	24:18	7:56	267	33:41	8:18	269	41:12	8:08	40:41	41:12	8:08/M
270	121	Michael Herron		M55	162	7:19	7:12	216	23:21	7:45	263	33:33	8:22	270	41:12	8:13	41:05	41:12	8:13/M
271	189	James Kearney		MO	312	8:31	7:57	271	24:25	7:57	285	33:56	8:21	271	41:13	8:08	40:38	41:13	8:08/M
272	578	Nicola Donnelly	Dregish GAC	F35	317	8:35	8:13	320	25:28	8:22	294	34:07	8:27	272	41:15	8:11	40:54	41:15	8:11/M

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Place	Bib No	Name	Club	Cat	Mile 1			Mile 3			Mile 4			Mile 5			Chip Time	Gun Time	Average Pace
					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace			
273	308	Ivor Russell	Knockmany Runners	M40	274	8:13	7:46	262	24:12	7:55	265	33:37	8:18	273	41:19	8:10	40:52	41:19	8:10/M
274	601	Leroy Mills		MO	217	7:48	7:37	248	23:57	7:55	274	33:49	8:24	274	41:20	8:14	41:08	41:20	8:14/M
275	515	Michelle McMahan	Cullyhanna	FO	305	8:26	8:04	284	24:37	8:05	272	33:45	8:21	275	41:20	8:12	40:58	41:20	8:12/M
276	621	Aisling Stapleton	St Michael? AC	FO	273	8:12	7:51	260	24:11	7:57	268	33:41	8:20	276	41:22	8:12	41:01	41:22	8:12/M
277	537	Paul McCormack		MO	436	9:48	9:00	342	26:00	8:24	303	34:18	8:23	277	41:23	8:07	40:35	41:23	8:07/M
278	228	Raphael McBride		MO	245	7:59	7:31	237	23:44	7:45	256	33:26	8:15	278	41:23	8:11	40:55	41:23	8:11/M
279	193	Aine Donnelly	Dromore GAC	FO	254	8:04	7:37	236	23:43	7:45	250	33:13	8:12	279	41:26	8:12	40:59	41:26	8:12/M
280	302	Martin Kolbohm	Sperrin Harriers	M60	266	8:09	7:49	259	24:11	7:57	270	33:44	8:21	280	41:28	8:14	41:08	41:28	8:14/M
281	756	Ryan Conway	Greencastle	M40	380	9:18	9:18	311	25:15	8:25				281	41:29		41:29	41:29	8:18/M
282	134	Andrew Campbell		MO	358	9:06	8:24	316	25:20	8:13	297	34:11	8:22	282	41:34	8:10	40:52	41:34	8:10/M
283	131	Colum Beggs	Greencastle GAC	MO	326	8:40	8:15	294	24:57	8:10	298	34:11	8:27	283	41:35	8:14	41:10	41:35	8:14/M
284	616	Sharon McGinn	Omagh Harriers	F40	302	8:25	8:02	276	24:30	8:02	292	34:06	8:26	284	41:35	8:14	41:12	41:35	8:14/M
285	129	Dermot Devine		M45	200	7:38	7:28	238	23:45	7:52	259	33:31	8:20	285	41:36	8:17	41:26	41:36	8:17/M
286	124	Seamus McDermott		M40				230	23:38		258	33:29	8:21	286	41:37	8:18	41:32	41:37	8:18/M
287	241	Oisin Hayes	KC Runners	MJ				263	24:15		277	33:50	8:25	287	41:38	8:17	41:25	41:38	8:17/M
288	162	Matthew Ledwold		MJ	206	7:40	7:30	251	24:04	7:58	278	33:50	8:25	288	41:38	8:18	41:29	41:38	8:18/M
289	666	Shea Daly	Killyclogher	MJ	205	7:39	7:20	221	23:25	7:42	288	34:02	8:26	289	41:39	8:16	41:19	41:39	8:16/M
290	294	John Moore	Run for Enda	M50	412	9:36	8:53	314	25:19	8:12	304	34:22	8:25	290	41:40	8:11	40:57	41:40	8:11/M
291	163	Tanya Quinn	Sperrin Harriers	F45	239	7:57	7:52	280	24:32	8:09	293	34:07	8:31	291	41:43	8:20	41:38	41:43	8:20/M
292	470	Paul McLaughlin	Sperrin Harriers	M55	243	7:59	7:46	279	24:32	8:06	287	34:02	8:27	292	41:44	8:18	41:31	41:44	8:18/M
293	202	Hannah Ledwold		FO	267	8:09	7:58	274	24:28	8:06	284	33:56	8:26	293	41:45	8:19	41:34	41:45	8:19/M
294	24	Niall McCrory		M40	251	8:03	7:47	256	24:09	7:57	276	33:49	8:23	294	41:45	8:18	41:29	41:45	8:18/M
295	99	Calum Morrison		MO	289	8:19	7:58	254	24:07	7:55	282	33:54	8:23	295	41:48	8:17	41:26	41:48	8:17/M
296	604	Anna Hempenstall	KC Runners	FJ				275	24:29		302	34:17	8:27	296	41:49	8:16	41:20	41:49	8:16/M
297	236	Terry McCullagh		M60	279	8:14	7:53	269	24:21	8:00	291	34:05	8:26	297	41:50	8:18	41:29	41:50	8:18/M
298	750	Patsy Hughes	Sperrin Harriers	M60	250	8:03	7:47	258	24:11	7:58	271	33:45	8:22	298	41:55	8:20	41:39	41:55	8:20/M
299	166	Martin Toal	Acorns AC	M60	247	8:00	7:42	267	24:20	8:00	290	34:04	8:27	299	41:58	8:20	41:39	41:58	8:20/M
300	150	Aidy OGara	Kildress GAC	M40	282	8:15	7:59				295	34:08		300	42:00	8:21	41:44	42:00	8:21/M
301	72	Declan Rafferty	Pomeroy Runners	M50	283	8:15	7:59	302	25:03	8:16	296	34:09	8:28	301	42:00	8:21	41:44	42:00	8:21/M
302	659	Brian Devlin	Greencastle	MO	377	9:17	8:46	304	25:07	8:12	301	34:16	8:26	302	42:02	8:18	41:31	42:02	8:18/M
303	550	Barry Murphy	Galbally Runners	M45	248	8:01	7:47	261	24:11	7:59	266	33:38	8:21	303	42:07	8:23	41:53	42:07	8:23/M
304	671	Fearghal McDonald		M50	321	8:38	8:13	296	24:58	8:11	309	34:32	8:32	304	42:12	8:21	41:47	42:12	8:21/M
305	82	Chris Withers		M60				252	24:05		286	33:59	8:28	305	42:14	8:26	42:08	42:14	8:26/M
306	686	Aidan McCreesh		M40	235	7:55	7:40	264	24:17	8:01	305	34:22	8:32	306	42:16	8:24	42:02	42:16	8:24/M
307	605	Dominic Garvin		M45	319	8:36	8:18	289	24:47	8:10	299	34:11	8:28	307	42:22	8:25	42:04	42:22	8:25/M
308	254	Hugh Gormley	Drumquin GAC	MJ	223	7:51	7:32	283	24:36	8:06	307	34:24	8:31	308	42:25	8:25	42:06	42:25	8:25/M
309	223	Patrick O'Neill		MO	298	8:24	8:06	272	24:25	8:02	318	34:56	8:40	309	42:30	8:26	42:12	42:30	8:26/M
310	127	Cillian Ellis		MJ	125	6:55	6:50	223	23:29	7:48	279	33:51	8:27	310	42:30	8:29	42:25	42:30	8:29/M
311	45	Alison Mitchell	Best Athletics	FO				351	26:23	8:42	326	35:11	8:44	311	42:30	8:27	42:15	42:30	8:27/M

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					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace			
312	79	Ciara Donnelly		FO	261	8:06	7:39	273	24:27	8:00	310	34:33	8:32	312	42:33	8:25	42:06	42:33	8:25/M
313	569	John McGinn	Run for Enda	M60	327	8:40	8:17	307	25:11	8:16	316	34:52	8:37	313	42:37	8:27	42:14	42:37	8:27/M
314	710	Michael Clarke	Greencastle	MJ	101	6:45	6:38	232	23:40	7:51	300	34:11	8:31	314	42:40	8:31	42:33	42:40	8:31/M
315	420	Blathnaid Hendron	Maghery Sean McDermotts	FO	160	7:18	7:10	247	23:57	7:56	308	34:28	8:35	315	42:45	8:31	42:37	42:45	8:31/M
316	59	Chris McIvor	KC Runners	M50	268	8:10	7:54	291	24:51	8:12	314	34:48	8:38	316	42:45	8:30	42:29	42:45	8:30/M
317	436	John Fee	Enniskillen RC	M50	198	7:38	7:38	270	24:22	8:07	312	34:40	8:40	317	42:46	8:33	42:46	42:46	8:33/M
318	155	Eoghan Conway	Greencastle AC	MJ	96	6:42	6:39	218	23:25	7:47	289	34:03	8:30	318	42:51	8:33	42:47	42:51	8:33/M
319	584	Caolan Tracey	Greencastle GAC	MJ	95	6:42	6:39	285	24:41	8:12	306	34:23	8:35	319	42:52	8:34	42:48	42:52	8:34/M
320	141	Brian Stewart	North Belfast Harriers	M70	285	8:18	8:01	295	24:58	8:14	322	35:02	8:42	320	42:52	8:31	42:36	42:52	8:31/M
321	233	Sean McGroary	Tattyreagh GAC	MO	284	8:16	7:36				320	34:59		321	42:54	8:27	42:14	42:54	8:27/M
322	639	Melissa Campbell		FO	427	9:45	9:01	336	25:54	8:23	325	35:10	8:37	322	42:55	8:26	42:11	42:55	8:26/M
323	403	Anthony O'Neill	Sperrin Harriers	M60	226	7:52	7:39	282	24:35	8:07	317	34:55	8:41	323	42:56	8:32	42:42	42:56	8:32/M
324	56	Jenny Forde	Croydon Harriers	FO							327	35:13		324	42:56	8:35	42:56	42:56	8:35/M
325	613	Enda Clarke		MO	376	9:15	8:44	319	25:26	8:18	333	35:24	8:43	325	43:00	8:30	42:29	43:00	8:30/M
326	759	Siobhan Gorman	KC Runners	FO	293	8:21	8:05	300	25:01	8:15	321	35:00	8:41	326	43:02	8:33	42:46	43:02	8:33/M
327	555	Niall McLoughlin		MO	324	8:39	8:15	305	25:09	8:15	315	34:49	8:36	327	43:04	8:32	42:39	43:04	8:32/M
328	168	Bryan Kelly		M50	230	7:54	7:44	303	25:06	8:19	330	35:22	8:48	328	43:04	8:35	42:55	43:04	8:35/M
329	71	Erika Kudrenko	Acorns AC	F40	344	8:54	8:27	331	25:47	8:26	339	35:35	8:47	329	43:11	8:33	42:44	43:11	8:33/M
330	422	Ashley Turner		M40	194	7:35	7:23	281	24:34	8:07	319	34:57	8:41	330	43:12	8:36	43:00	43:12	8:36/M
331	531	Maria Harkin	Tattyreagh GAC	FO	315	8:32	8:15	312	25:16	8:19	331	35:22	8:46	331	43:14	8:35	42:57	43:14	8:35/M
332	487	Aisling Fox		FO	238	7:56	7:44	286	24:42	8:10	323	35:03	8:43	332	43:16	8:37	43:03	43:16	8:37/M
333	623	Shannon McGowan		FO	220	7:51	7:38	278	24:31	8:06	313	34:42	8:38	333	43:16	8:37	43:03	43:16	8:37/M
334	283	Bernie O'Donnell	Omagh Harriers	F50	260	8:05	7:54	301	25:03	8:17	334	35:25	8:49	334	43:20	8:38	43:09	43:20	8:38/M
335	370	Don McKernan		M40	335	8:45	8:15	306	25:11	8:13	328	35:13	8:41	335	43:25	8:35	42:55	43:25	8:35/M
336	37	Wendy Ledwold		F60	231	7:54	7:44	288	24:46	8:12	324	35:10	8:45	336	43:28	8:40	43:18	43:28	8:40/M
337	702	Ronan McGrath		MO	323	8:38	8:14	315	25:19	8:18	340	35:40	8:49	337	43:37	8:39	43:13	43:37	8:39/M
338	268	Damien McKenna		M40	409	9:35	9:00	326	25:35	8:20	348	36:00	8:51	338	43:38	8:36	43:02	43:38	8:36/M
339	165	Charles Mulligan		MO	454	10:00	9:17	349	26:15	8:31	351	36:11	8:52	339	43:43	8:36	42:59	43:43	8:36/M
340	265	Matthew McFadden	Killeeshil GAC	M45	373	9:14	8:37	310	25:15	8:13	311	34:34	8:29	340	43:48	8:38	43:11	43:48	8:38/M
341	266	Patrick Moxon	Knockmany Runners	M40				332	25:50		337	35:33	8:47	341	43:48	8:40	43:21	43:48	8:40/M
342	306	Alice Bradley	Dub Running Club	F40	426	9:45	8:59	357	26:32	8:35	352	36:14	8:52	342	43:49	8:37	43:03	43:49	8:37/M
343	466	Nigel Brannigan	Omagh St Enda's GAC	MO	215	7:47	7:38	321	25:30	8:27	329	35:15	8:47	343	43:50	8:44	43:41	43:50	8:44/M
344	707	Dualta McKee		MO	262	8:07	7:46	293	24:55	8:11	336	35:26	8:46	344	43:51	8:42	43:30	43:51	8:42/M
345	700	Kevin O'Brien	Drom GFC	M40	357	9:04	8:36	334	25:54	8:29	344	35:56	8:52	345	43:54	8:41	43:26	43:54	8:41/M
346	97	Trevor Beattie	Run for Enda	M40	418	9:42	9:00	353	26:24	8:34	341	35:46	8:46	346	43:55	8:39	43:13	43:55	8:39/M
347	416	Caolan Hendron	Maghery Sean McDermotts	MO	184	7:27	7:21	290	24:49	8:14	342	35:49	8:56	347	43:55	8:46	43:48	43:55	8:46/M
348	188	Therese Mullan		F60	331	8:42	8:23	345	26:06	8:36	345	35:57	8:55	348	43:56	8:43	43:36	43:56	8:43/M
349	349	Desmond Gormley	Omagh Harriers	M55	322	8:38	8:24	322	25:31	8:25	335	35:25	8:48	349	43:57	8:44	43:42	43:57	8:44/M
350	314	Joseph O'Kane	Drumquin GAC	MJ	197	7:37	7:17	298	25:00	8:13	332	35:22	8:46	350	44:04	8:45	43:44	44:04	8:45/M

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Place	Bib No	Name	Club	Cat	Mile 1			Mile 3			Mile 4			Mile 5			Chip Time	Gun Time	Average Pace
					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace			
351	662	Declan Campbell		M50	204	7:39	7:33	309	25:15	8:23	346	35:58	8:58	351	44:07	8:48	44:01	44:07	8:48/M
352	65	Christopher Hayes	KC Runners	M45	246	8:00	8:00				338	35:35		352	44:11	8:50	44:11	44:11	8:50/M
353	344	Dan Hughes	Carmen Runners	M65	309	8:27	8:19	329	25:45	8:32	343	35:51	8:56	353	44:12	8:49	44:03	44:12	8:49/M
354	376	Barry Daly		MO	333	8:43	8:20	324	25:31	8:23	347	35:59	8:54	354	44:18	8:47	43:55	44:18	8:47/M
355	225	Paul McCarron		MO	314	8:32	7:56	335	25:54	8:26	353	36:16	8:55	355	44:20	8:45	43:44	44:20	8:45/M
356	170	Lisa Kelly	Omagh Harriers	F45	269	8:11	8:00	323	25:31	8:27	354	36:16	9:01	356	44:22	8:50	44:10	44:22	8:50/M
357	504	antonia reid		FO	325	8:39	8:22	337	25:55	8:32	361	36:28	9:03	357	44:22	8:49	44:04	44:22	8:49/M
358	407	Gabriel McAree	Glaslough Harriers Jolly Joggers	M55	370	9:11	8:34	365	26:37	8:40	356	36:21	8:56	358	44:23	8:45	43:46	44:23	8:45/M
359	651	Ruairi O'Sullivan	Errigal Ciaran GAC	MJ	330	8:42	8:18	339	25:56	8:31	360	36:24	9:00	359	44:23	8:48	43:59	44:23	8:48/M
360	395	Christopher Keane		MO	297	8:23	8:06	327	25:39	8:27	355	36:18	9:00	360	44:27	8:50	44:10	44:27	8:50/M
361	111	Liam Doherty		MO	366	9:10	8:21	359	26:33	8:35	362	36:29	8:55	361	44:27	8:44	43:38	44:27	8:44/M
362	589	Catriona McAleer		F50	393	9:24	8:52	382	27:02	8:50	367	36:36	9:01	362	44:29	8:47	43:57	44:29	8:47/M
363	691	Niall Barker		M60	362	9:09	8:26	355	26:26	8:34	372	36:45	9:01	363	44:29	8:45	43:46	44:29	8:45/M
364	87	Aravon McCann	Maguiresbridge Running Club	F50				318	25:24		365	36:33	9:04	364	44:31	8:51	44:15	44:31	8:51/M
365	309	Sean O'onnell	Run for Enda	M50	473	10:05	9:22	388	27:12	8:50	385	36:57	9:04	365	44:35	8:46	43:52	44:35	8:46/M
366	538	Maureen Eccles	Carmen Runners	F50	310	8:28	8:09	330	25:46	8:29	350	36:04	8:56	366	44:36	8:51	44:16	44:36	8:51/M
367	214	Leona Carson		F40	401	9:30	8:43	360	26:33	8:35	373	36:47	9:00	367	44:37	8:46	43:49	44:37	8:46/M
368	574	Colin Brogan		MO	296	8:22	8:07	328	25:39	8:28	357	36:23	9:02	368	44:37	8:52	44:22	44:37	8:52/M
369	564	Jacqueline Donnelly	KC Runners	F35				384	27:04		376	36:51	9:06	369	44:38	8:50	44:09	44:38	8:50/M
370	91	Malachy McGuinness		M55	287	8:18	7:54	317	25:23	8:20	349	36:03	8:55	370	44:39	8:51	44:15	44:39	8:51/M
371	397	Pamela Kane	East Antrim Harriers	F40	365	9:10	8:32	348	26:15	8:32	366	36:35	9:00	371	44:40	8:49	44:03	44:40	8:49/M
372	361	Paul Flanagan		MO	389	9:22	8:50	373	26:48	8:45	381	36:53	9:06	372	44:42	8:50	44:11	44:42	8:50/M
373	152	Eamon McGarrity		MO	451	9:59	9:22	390	27:13	8:52	368	36:37	9:00	373	44:44	8:49	44:06	44:44	8:49/M
374	562	Kate Ballard	Orangetown AC	FO	402	9:31	9:01	383	27:04	8:51	377	36:51	9:06	374	44:45	8:51	44:16	44:45	8:51/M
375	135	Rebekah Caunt		FO	421	9:43	9:02	379	26:57	8:45	374	36:50	9:02	375	44:47	8:49	44:05	44:47	8:49/M
376	271	Kate Flanigan		FO	431	9:47	9:07	362	26:34	8:38	369	36:38	9:00	376	44:49	8:50	44:09	44:49	8:50/M
377	493	Michelle Skeath	Liffey Valley AC	FO	334	8:44	8:08	347	26:14	8:33	363	36:31	8:59	377	44:51	8:51	44:14	44:51	8:51/M
378	657	Sean Og Harte	Greencastle	MJ	435	9:48	9:19	416	27:40	9:04	396	37:20	9:13	378	45:00	8:54	44:31	45:00	8:54/M
379	617	Aishling Porter		FO	353	9:03	8:54	381	27:01	8:57	391	37:13	9:16	379	45:01	8:58	44:52	45:01	8:58/M
380	160	Frank McKenna		M55	368	9:11	8:34	358	26:33	8:39	380	36:52	9:04	380	45:01	8:53	44:24	45:01	8:53/M
381	318	Peter Gillespie		MO	391	9:24	8:53	386	27:06	8:52	371	36:40	9:02	381	45:01	8:54	44:31	45:01	8:54/M
382	491	Cillian Tuohey	Greencastle GAC	MJ	447	9:58	9:20	361	26:33	8:38	370	36:38	9:00	382	45:02	8:53	44:23	45:02	8:53/M
383	576	Peter Donnelly	Coalisland Fianna GAC	MO	318	8:35	8:14	341	25:59	8:32	364	36:31	9:03	383	45:03	8:56	44:42	45:03	8:56/M
384	319	Vincent McAleer		M40	329	8:41	8:15	343	26:04	8:33	382	36:55	9:07	384	45:14	8:57	44:47	45:14	8:57/M
385	298	Gary O'Kane	Run for Enda	MO	415	9:38	9:04	377	26:55	8:47	388	37:03	9:07	385	45:15	8:56	44:41	45:15	8:56/M
386	674	Dwayne McGurk		MO	407	9:35	9:01	370	26:46	8:44	379	36:52	9:05	386	45:20	8:57	44:46	45:20	8:57/M
387	492	Colly Tuohey	Greencastle GAC	M40	453	10:00	9:21	378	26:56	8:46	392	37:15	9:09	387	45:21	8:57	44:43	45:21	8:57/M
388	699	Beth Hicks		FO				356	26:30		390	37:07	9:10	388	45:24	8:59	44:57	45:24	8:59/M
389	112	Michaela Flanagan		FO	388	9:21	8:50	374	26:48	8:46	387	37:00	9:07	389	45:24	8:59	44:53	45:24	8:59/M

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Place	Bib No	Name	Club	Cat	Mile 1			Mile 3			Mile 4			Mile 5			Chip	Gun	Average
					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Time	Time	Pace
390	85	Michelle McGlone	Knockmany Runners	F50	429	9:46	9:15	401	27:24	8:58	398	37:25	9:14	390	45:33	9:00	45:02	45:33	9:00/M
391	761	Patrick Mc Cormack		M55	252	8:03	7:52	308	25:12	8:20	375	36:51	9:10	391	45:37	9:05	45:26	45:37	9:05/M
392	366	Brian Meenan		M45	233	7:54	7:39	338	25:55	8:33	386	36:59	9:11	392	45:37	9:04	45:21	45:37	9:04/M
393	95	Ryan Conway	Greencastle GAC	MO	386	9:20		391	27:14		395	37:20	**:00	393	45:38	0:00	0:02	45:38	0:00/M
394	351	Ryan McFarlane	Broughderg Beasts	MJ	339	8:49	8:21	350	26:18	8:37	383	36:55	9:07	394	45:38	9:02	45:11	45:38	9:02/M
395	626	Mary Cumiskey	Carmen Runners	FO	328	8:41	8:21	354	26:26	8:42	394	37:19	9:15	395	45:41	9:04	45:21	45:41	9:04/M
396	577	Megan Hempenstall	Loughmacrory GAC	FJ	337	8:48	8:19	352	26:24	8:38	384	36:56	9:07	396	45:44	9:03	45:15	45:44	9:03/M
397	133	Paul Campbell	Other	MO	403	9:31	8:49	364	26:37	8:38	397	37:22	9:10	397	45:46	9:01	45:03	45:46	9:01/M
398	498	Una Corrigan	Omagh Harriers	F40	467	10:04	9:18	422	27:46	9:00	401	37:37	9:13	398	45:48	9:00	45:02	45:48	9:00/M
399	497	Gavin Corrigan	Omagh Triathlon Club	M40	466	10:03	9:17	423	27:46	9:00	402	37:37	9:13	399	45:49	9:01	45:04	45:49	9:01/M
400	560	Enda McSorley		MO	349	9:00	8:35	372	26:47	8:47	408	37:48	9:21	400	45:56	9:06	45:30	45:56	9:06/M
401	461	Tess Donnelly	Our Lady of Lourdes PS	FJ	304	8:26	8:22	395	27:19	9:05	407	37:48	9:26	401	45:57	9:11	45:53	45:57	9:11/M
402	347	Alyson Noone	Run for Enda	F55	394	9:25	9:10	424	27:48	9:11	406	37:46	9:23	402	46:01	9:09	45:47	46:01	9:09/M
403	655	Laura Lee O'Donnell	Sperrin Og	F35	445	9:57	9:18	405	27:29	8:57	405	37:45	9:17	403	46:03	9:05	45:25	46:03	9:05/M
404	29	Mark Robertson	Blackpool Frontrunners	M50	433	9:48	9:07	403	27:28	8:56	409	37:51	9:18	404	46:04	9:05	45:23	46:04	9:05/M
405	392	Bernie Pearson	KC Runners	F40				396	27:19		414	37:59	9:22	405	46:12	9:08	45:42	46:12	9:08/M
406	328	Kevin McQuaid	Fintona GAC	MO				325	25:33		403	37:39	9:18	406	46:14	9:10	45:48	46:14	9:10/M
407	412	Dermot Hughes		M45	385	9:20	8:39	375	26:54	8:44	411	37:56	9:19	407	46:15	9:07	45:33	46:15	9:07/M
408	303	Joaquin Vila Garcia	Jalape? Hoppers	MO	300	8:25	8:01	344	26:04	8:33	359	36:23	9:00	408	46:16	9:10	45:52	46:16	9:10/M
409	348	John McFarlane	Broughderg Beasts	M50	340	8:49	8:22	371	26:47	8:47	415	38:01	9:24	409	46:22	9:11	45:55	46:22	9:11/M
410	698	Eorann O'Neill	Ards	FO	229	7:53	7:43	346	26:10	8:40	399	37:28	9:20	410	46:25	9:15	46:15	46:25	9:15/M
411	440	Sinead O'Kane	Run for Enda	F40	471	10:04	9:19	425	27:52	9:02	425	38:28	9:26	411	46:28	9:09	45:43	46:28	9:09/M
412	138	Finnuala Mullin		F35							419	38:20		412	46:29	9:12	46:01	46:29	9:12/M
413	292	Paul Cassidy	Olympian Triathlon Club	M55	390	9:22	8:50	385	27:04	8:51	412	37:57	9:21	413	46:31	9:12	45:59	46:31	9:12/M
414	288	Sean Dolan	Drumragh GAC	M50	382	9:19	8:50	398	27:21	8:57	432	38:42	9:33	414	46:34	9:13	46:05	46:34	9:13/M
415	546	Gareth McCrossan		M45	398	9:27	9:27	400	27:23	9:08	404	37:43	9:26	415	46:34	9:19	46:34	46:34	9:19/M
416	565	Peter Dolan	Run for Enda	M55				438	28:10		435	38:43	9:30	416	46:36	9:11	45:53	46:36	9:11/M
417	628	Maeve Holland		F40	346	8:54	8:31	380	26:59	8:52	410	37:51	9:22	417	46:37	9:15	46:14	46:37	9:15/M
418	680	Dervla Heaney	Omagh Harriers	FO	419	9:43	9:11	389	27:12	8:54	430	38:38	9:32	418	46:37	9:13	46:06	46:37	9:13/M
419	542	Owen McDonnell		MO	396	9:26	9:05	421	27:46	9:08	417	38:06	9:26	419	46:39	9:16	46:18	46:39	9:16/M
420	452	Simon Cairns		MO	448	9:58	9:37	433	28:06	9:15	420	38:21	9:30	420	46:41	9:16	46:19	46:41	9:16/M
421	541	Roisin McDonnell		F50	395	9:26	9:06	420	27:45	9:08	413	37:58	9:24	421	46:41	9:16	46:21	46:41	9:16/M
422	688	Conor Blee		MO	408	9:35	9:03	419	27:45	9:04	416	38:05	9:23	422	46:43	9:14	46:11	46:43	9:14/M
423	373	Claire McCullagh	Greencastle AC	F35	442	9:55	9:17				424	38:28		423	46:43	9:13	46:05	46:43	9:13/M
424	255	Elsie McGarvey	Knockmany Runners	F40	355	9:03	8:42	366	26:41	8:47	389	37:04	9:11	424	46:50	9:18	46:29	46:50	9:18/M
425	172	Ciara Lynch	Knockmany Runners	F45	356	9:03	8:42	367	26:41	8:47	393	37:18	9:14	425	46:52	9:18	46:31	46:52	9:18/M
426	272	Rory Flanigan		MO	469	10:04	9:22	451	28:42	9:20	439	38:47	9:31	426	46:59	9:15	46:17	46:59	9:15/M
427	213	Marie Maguire	Cullion Runners	F55	468	10:04	9:29	436	28:10	9:12	445	38:59	9:36	427	47:00	9:17	46:25	47:00	9:17/M
428	321	Noreen McDermott		F40	399	9:28	9:05	387	27:10	8:56	427	38:35	9:33	428	47:03	9:20	46:40	47:03	9:20/M

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					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace			
429	427	Odran Smith		M45	351	9:00	8:36	413	27:38	9:05	426	38:35	9:33	429	47:07	9:21	46:43	47:07	9:21/M
430	98	Martin Donaghy	Sperrin Harriers	M60	387	9:21	8:50	402	27:27	8:59	423	38:27	9:29	430	47:08	9:19	46:37	47:08	9:19/M
431	154	Brian Mulligan		MO	462	10:02	9:19	428	28:01	9:06	436	38:44	9:30	431	47:11	9:18	46:28	47:11	9:18/M
432	507	Aidy O'Kane	Pigeon Top Running Club	M50	413	9:38	9:11	431	28:06	9:13	434	38:42	9:34	432	47:15	9:22	46:48	47:15	9:22/M
433	203	Ashley Donald	Omagh Triathlon Club	M50	345	8:54	8:25	406	27:29	9:00	428	38:36	9:32	433	47:17	9:22	46:49	47:17	9:22/M
434	123	Karen McDermott		F40	272	8:12	8:07	376	26:55	8:57	418	38:15	9:33	434	47:19	9:27	47:14	47:19	9:27/M
435	539	Sean McCaughey	Trillick GAC	MO	350	9:00	8:34	427	27:57	9:10	447	39:01	9:39	435	47:21	9:23	46:55	47:21	9:23/M
436	48	Martin O'Neill	Brackaville Owen Roes GAC	MO	383	9:19	8:53	409	27:36	9:03	452	39:07	9:41	436	47:21	9:23	46:56	47:21	9:23/M
437	495	Kieran Taggart	Run for Enda	M60				414	27:39		438	38:46	9:42	437	47:25	9:29	47:25	47:25	9:29/M
438	164	Maeve Largey		F35	347	8:57	8:37	392	27:15	8:58	429	38:38	9:34	438	47:33	9:27	47:13	47:33	9:27/M
439	763	Gavin McCrossan		MO	168	7:22	7:15	368	26:45	8:53	421	38:22	9:34	439	47:37	9:30	47:31	47:37	9:30/M
440	695	Maria McGale	Dromore	FO	441	9:55	9:20	430	28:05	9:10	441	38:50	9:34	440	47:42	9:25	47:07	47:42	9:25/M
441	520	Mickey McCann	Omagh Harriers	M50	414	9:38	9:05	429	28:04	9:10	450	39:05	9:38	441	47:43	9:26	47:10	47:43	9:26/M
442	757	Amy McFadden	KC Runners	FO	425	9:45	9:11	432	28:06	9:11	442	38:54	9:35	442	47:46	9:26	47:12	47:46	9:26/M
443	270	Ruth Flanigan		FO	464	10:03	9:22	441	28:12	9:10	453	39:14	9:38	443	47:50	9:26	47:09	47:50	9:26/M
444	275	Ruth Flanigan		FO	434	9:48	9:07	418	27:42	9:01	431	38:41	9:30	444	47:50	9:26	47:10	47:50	9:26/M
445	47	Aoibheann McVeigh		FO	320	8:37	8:23	397	27:20	9:02	422	38:24	9:33	445	47:55	9:32	47:41	47:55	9:32/M
446	758	Bronwyn Gibson	KC Runners	FO	428	9:45	9:11	434	28:07	9:11	448	39:03	9:37	446	47:57	9:29	47:23	47:57	9:29/M
447	696	Katie Canavan	California Flyers	F35	406	9:34	8:59	412	27:37	9:01	437	38:44	9:32	447	47:58	9:29	47:23	47:58	9:29/M
448	153	Lisa Fitzpatrick	Sperrin Harriers	F45	288	8:19	8:10	410	27:36	9:09	451	39:07	9:44	448	48:01	9:34	47:51	48:01	9:34/M
449	386	Steven Potts		MO	255	8:04	7:50	394	27:17	9:01	444	38:58	9:41	449	48:01	9:34	47:48	48:01	9:34/M
450	281	Pascal McBride	Brighton Bounders	MO				369	26:46		433	38:42	9:34	450	48:04	9:31	47:37	48:04	9:31/M
451	703	Eamon McGrath	Run for Enda	M60	430	9:46	9:10	452	28:43	9:22	462	39:47	9:48	451	48:08	9:30	47:32	48:08	9:30/M
452	406	Kate McAree	Glaslough Harriers Jolly Joggers	F55				407	27:34		443	38:57	9:43	452	48:10	9:37	48:05	48:10	9:37/M
453	419	Ros Hendron	Maghery Sean McDermotts	FO	264	8:07	8:00	399	27:22	9:05	457	39:31	9:51	453	48:20	9:38	48:12	48:20	9:38/M
454	368	Conor McKenna	Carmen Runners	M55	354	9:03	8:43	404	27:28	9:03	458	39:32	9:48	454	48:25	9:37	48:05	48:25	9:37/M
455	177	Eamonn Rush		M55	378	9:17	8:55	454	28:46	9:28	454	39:17	9:44	455	48:28	9:37	48:06	48:28	9:37/M
456	669	Katie Rose Donnelly	Omagh Harriers	FJ	352	9:00	8:40	408	27:35	9:05	449	39:05	9:41	456	48:32	9:38	48:12	48:32	9:38/M
457	624	Ruairi McCusker		MO	474	10:05	9:36	459	28:56	9:29	455	39:19	9:42	457	48:35	9:37	48:05	48:35	9:37/M
458	157	Emma Conway	Greencastle AC	FJ	306	8:26	8:22	393	27:16	9:04	440	38:49	9:41	458	48:36	9:42	48:32	48:36	9:42/M
459	206	Gerry McDermott	Run for Enda	M60	476	10:06	9:22	457	28:52	9:23	459	39:43	9:45	459	48:43	9:36	47:59	48:43	9:36/M
460	394	Brendan McGettigan		MO	458	10:01	9:29	481	29:48	9:45	478	40:32	10:00	460	48:45	9:39	48:13	48:45	9:39/M
461	379	Michael McElduff	Greencastle GAC	MJ	359	9:08	8:40	443	28:16	9:16	464	39:47	9:50	461	48:49	9:40	48:21	48:49	9:40/M
462	413	Aisling O'Kane	Run for Enda	FO	461	10:02	9:28	449	28:36	9:21	465	39:50	9:49	462	48:51	9:40	48:18	48:51	9:40/M
463	547	Eilish McAleer	Run for Enda	F45	501	10:24	9:39	465	29:16	9:30	474	40:12	9:52	463	48:52	9:37	48:07	48:52	9:37/M
464	197	Darina Fyffe		FO				453	28:43		475	40:15	9:54	464	48:52	9:39	48:14	48:52	9:39/M
465	637	Mairead McDonald		F50	460	10:02	9:22	458	28:52	9:24	473	40:11	9:53	465	48:54	9:39	48:14	48:54	9:39/M
466	146	Albert Law	Omagh Harriers	M65	498	10:23	9:57	505	30:32	10:02	487	40:55	10:07	466	48:56	9:42	48:30	48:56	9:42/M
467	619	Austin McGrath	Run for Enda	M50	443	9:56	9:14	437	28:10	9:09	472	40:10	9:52	467	48:59	9:39	48:16	48:59	9:39/M

37th Annual Oliver McCullagh Greencastle 5 Mile Road Race - Co Tyrone

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Place	Bib No	Name	Club	Cat	Mile 1			Mile 3			Mile 4			Mile 5			Chip Time	Gun Time	Average Pace
					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace			
468	84	Michael Mccrory	Sperrin Harriers	M55	336	8:47	8:30	417	27:41	9:08	460	39:44	9:52	468	49:04	9:45	48:47	49:04	9:45/M
469	426	Ryan Clarke	Greencastle GAC	MO	316	8:34	8:11	447	28:27	9:21	456	39:28	9:46	469	49:05	9:44	48:41	49:05	9:44/M
470	451	Theonas Chartomat		MO	475	10:06	9:29	513	30:40	10:01	499	41:13	10:09	470	49:06	9:42	48:29	49:06	9:42/M
471	411	M?re McSorley		FO	286	8:18	8:05	435	28:08	9:18	467	39:54	9:56	471	49:08	9:47	48:55	49:08	9:47/M
472	222	John McCann	Run for Enda	M70	404	9:32	9:08	455	28:47	9:28	471	40:07	9:56	472	49:14	9:46	48:49	49:14	9:46/M
473	660	Donal Donnelly	Greencastle	MJ	348	8:59	8:53	440	28:11	9:22	463	39:47	9:55	473	49:17	9:50	49:11	49:17	9:50/M
474	751	Barry O'Neill	Sperrin Harriers	M55	371	9:13	8:55	446	28:25	9:22	476	40:24	10:01	474	49:21	9:48	49:02	49:21	9:48/M
475	418	Lesley-Ann Donnell	Hyde Park Harriers	F35	524	10:39	9:52	480	29:46	9:40	489	40:56	10:02	475	49:26	9:44	48:39	49:26	9:44/M
476	464	Maggie Ferris	Drumquin GAC	F45				448	28:34		470	40:07	9:56	476	49:29	9:49	49:07	49:29	9:49/M
477	295	Claire Shaw		F50	400	9:28	9:10	450	28:40	9:27	469	40:01	9:56	477	49:35	9:52	49:18	49:35	9:52/M
478	401	Brian Donnelly		M50	477	10:07	9:23	461	29:06	9:27	479	40:35	9:58	478	49:37	9:47	48:54	49:37	9:47/M
479	692	Sean Curran	OTC	M55				460	28:57	9:24	490	40:56	10:03	479	49:41	9:47	48:55	49:41	9:47/M
480	575	Sheena O'Neill		F55	515	10:28	9:43	492	29:58	9:44	480	40:36	9:58	480	49:41	9:47	48:56	49:41	9:47/M
481	329	Michael Hughes		MO	379	9:17	8:42	468	29:19	9:35	483	40:51	10:04	481	49:44	9:50	49:08	49:44	9:50/M
482	248	Conor McWilliams		M40	492	10:17	9:32	472	29:36	9:37	494	41:06	10:05	482	49:44	9:48	48:59	49:44	9:48/M
483	677	David Knox		M60	482	10:11	9:22	489	29:55	9:42	492	41:03	10:04	483	49:46	9:47	48:56	49:46	9:47/M
484	527	Pauline McKeever	Galbally Runners	F45	417	9:42	9:20				482	40:51		484	49:52	9:54	49:30	49:52	9:54/M
485	682	Aoibhin Canavan		FJ	423	9:44	9:13	456	28:49	9:26	484	40:53	10:06	485	49:53	9:52	49:21	49:53	9:52/M
486	424	Catherine Doran	Drumquin GAC	F45	514	10:28	9:50	484	29:52	9:45	485	40:54	10:04	486	49:53	9:51	49:14	49:53	9:51/M
487	665	Aideen Daly	Run for Enda	F45	440	9:53	9:18	494	30:00	9:48	507	41:26	10:13	487	49:53	9:52	49:19	49:53	9:52/M
488	73	Jim Mullan		M50	422	9:44	9:07	439	28:11	9:11	481	40:47	10:03	488	49:57	9:52	49:20	49:57	9:52/M
489	205	Harry Smyth		M45	432	9:47	9:07	466	29:17	9:32	501	41:16	10:09	489	49:59	9:52	49:19	49:59	9:52/M
490	211	Pamela McNally		F40	483	10:12	9:30	474	29:40	9:39	488	40:55	10:04	490	50:05	9:53	49:24	50:05	9:53/M
491	312	Brendan OKane		M55	372	9:13	8:49	445	28:20	9:18	461	39:46	9:51	491	50:06	9:56	49:41	50:06	9:56/M
492	183	Sean Healy	Omagh Triathlon Club	M65	481	10:11	9:22	479	29:46	9:39	498	41:12	10:06	492	50:20	9:54	49:31	50:20	9:54/M
493	519	Mairead Sweeney	Run for Enda	F60	507	10:26	9:40	477	29:44	9:39	505	41:23	10:09	493	50:22	9:55	49:36	50:22	9:55/M
494	654	Ruairi McDonald	An Caislean Glas	MJ				442	28:15		466	39:54	9:57	494	50:26	10:04	50:19	50:26	10:04/M
495	456	Kate McCrossan	Run for Enda	FO	518	10:30	9:39	491	29:57	9:42	496	41:11	10:05	495	50:30	9:56	49:39	50:30	9:56/M
496	457	Gillian Mccrossan		FO	519	10:30	9:39	490	29:57	9:42	497	41:11	10:05	496	50:31	9:56	49:40	50:31	9:56/M
497	320	Onagh Martin		F35	444	9:56	9:34	464	29:10	9:36	491	41:00	10:10	497	50:31	10:02	50:09	50:31	10:02/M
498	620	Megan Martin	Run for Enda	FO	450	9:59	9:51	495	30:02	9:58	508	41:39	10:23	498	50:33	10:05	50:24	50:33	10:05/M
499	752	Stephen Brophy		M50	472	10:05	9:39	469	29:25	9:40	495	41:07	10:11	499	50:35	10:02	50:09	50:35	10:02/M
500	291	Shauna McKeown	Glenelly GAC	F45	486	10:13	9:26	473	29:39	9:37	504	41:23	10:09	500	50:38	9:58	49:52	50:38	9:58/M
501	210	Emma Donnelly		FO	494	10:19	9:33	483	29:50	9:41	502	41:18	10:08	501	50:48	10:00	50:02	50:48	10:00/M
502	269	Yvonne Pope	Staff Moorlands AC	F55	410	9:36	9:13	462	29:07	9:35	503	41:19	10:14	502	50:52	10:06	50:29	50:52	10:06/M
503	311	Pauline O'Kane		F55	437	9:49	9:25	470	29:32	9:43	506	41:26	10:16	503	50:53	10:06	50:29	50:53	10:06/M
504	676	Denis Mullin		MO	480	10:10	9:36	498	30:16	9:54	511	41:45	10:18	504	50:54	10:04	50:20	50:54	10:04/M
505	528	Declan McKeever	Eglish GAC	M45	416	9:41	9:18	463	29:09	9:35	500	41:14	10:13	505	50:57	10:07	50:34	50:57	10:07/M
506	439	Michelle O'Neill	Run for Enda	F45	506	10:26	9:39	496	30:04	9:46	515	41:55	10:17	506	51:03	10:03	50:16	51:03	10:03/M

37th Annual Oliver McCullagh Greencastle 5 Mile Road Race - Co Tyrone

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Place	Bib No	Name	Club	Cat	Mile 1			Mile 3			Mile 4			Mile 5			Chip Time	Gun Time	Average Pace
					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace			
507	316	Nuala Clarke		F55	491	10:15	9:29	497	30:10	9:48	509	41:40	10:14	507	51:09	10:05	50:23	51:09	10:05/M
508	132	Rita Colton		F40	452	10:00	9:31				493	41:05		508	51:12	10:09	50:44	51:12	10:09/M
509	92	Niall Colton	Dromore GAC	MO	470	10:04	9:31	471	29:33	9:40	510	41:43	10:18	509	51:20	10:09	50:47	51:20	10:09/M
510	342	Marie Tierney		F40	446	9:58	9:22	475	29:40	9:41	512	41:45	10:17	510	51:28	10:10	50:51	51:28	10:10/M
511	393	Turlough McLaren		MO	456	10:01	9:28	482	29:48	9:45	513	41:51	10:20	511	51:40	10:13	51:07	51:40	10:13/M
512	108	Nichola Hegarty		F45	500	10:24	9:48	487	29:54	9:46	516	42:08	10:23	512	51:56	10:16	51:21	51:56	10:16/M
513	200	Julie Devine	Owen Roe O'Neill's GAC	F50	502	10:24	9:49	488	29:54	9:46	517	42:08	10:23	513	51:57	10:16	51:21	51:57	10:16/M
514	429	Nuala Grogan		F55	488	10:13	9:33	478	29:46	9:42	519	42:23	10:26	514	52:06	10:17	51:27	52:06	10:17/M
515	178	Catherine McDaid		FO	487	10:13	9:26	509	30:33	9:55	518	42:17	10:23	515	52:13	10:17	51:26	52:13	10:17/M
516	310	Bernie Tuohey		F50	509	10:27	10:01	531	31:38	10:24	541	43:46	10:50	516	52:27	10:24	52:01	52:27	10:24/M
517	34	Marco Ledwold		M60	361	9:09	8:57	476	29:43	9:51	520	42:41	10:38	517	52:41	10:30	52:29	52:41	10:30/M
518	711	Tadhg Clarke	Greencastle	MJ	155	7:13	7:08	444	28:16	9:24	486	40:55	10:12	518	52:44	10:32	52:38	52:44	10:32/M
519	653	caillin McDonald	An Caislean Glas	MJ	360	9:08	9:00	515	31:02	10:18	514	41:54	10:27	519	52:44	10:31	52:37	52:44	10:31/M
520	23	Katy Duncan		F40	489	10:15	9:36	504	30:28	9:57	524	42:59	10:35	520	52:51	10:27	52:13	52:51	10:27/M
521	240	Michael Gallagher		MO				507	30:33		522	42:56	10:37	521	52:56	10:29	52:26	52:56	10:29/M
522	693	Joshua Lervy		MJ	449	9:59	9:30	508	30:33	10:01	523	42:57	10:37	522	52:56	10:29	52:27	52:56	10:29/M
523	122	Amanda Boyd	Maguiresbridge Running Club	F45	522	10:37	9:57	521	31:09	10:10	528	43:12	10:38	523	53:03	10:28	52:22	53:03	10:28/M
524	615	Clare Diamond	Omagh Harriers	F55	534	10:58	10:11	527	31:34	10:16	542	43:46	10:45	524	53:05	10:28	52:18	53:05	10:28/M
525	267	Marjorie Cassidy		F50	485	10:12	9:40	519	31:05	10:11	529	43:15	10:41	525	53:06	10:31	52:34	53:06	10:31/M
526	529	Kieran Tracey	Greencastle GAC	M40	438	9:50	9:20	499	30:18	9:56	536	43:35	10:46	526	53:06	10:31	52:36	53:06	10:31/M
527	530	Tarlach Tracey	Greencastle GAC	MJ				500	30:18		537	43:36	10:47	527	53:08	10:32	52:38	53:08	10:32/M
528	409	Fiona Potter	Omagh Harriers	F40	457	10:01	9:47	517	31:03	10:16	526	43:07	10:43	528	53:09	10:35	52:55	53:09	10:35/M
529	462	Tony Kearns		M55	459	10:01	9:47	516	31:03	10:16	527	43:07	10:43	529	53:09	10:35	52:55	53:09	10:35/M
530	459	John Kerlin	Run for Enda	M65	465	10:03	9:49	524	31:20	10:22	531	43:17	10:46	530	53:10	10:35	52:56	53:10	10:35/M
531	208	Seana McQuade	Omagh Harriers	F45	463	10:03	9:49	523	31:19	10:22	530	43:16	10:46	531	53:11	10:35	52:57	53:11	10:35/M
532	553	Eoghan Rua Mullin	Greencastle AC	MJ	219	7:49	7:45	485	29:52	9:56	539	43:40	10:54	532	53:23	10:40	53:19	53:23	10:40/M
533	215	John-Anthony McCu	Greencastle AC	MJ	307	8:27	8:23	486	29:53	9:56	538	43:39	10:54	533	53:26	10:40	53:22	53:26	10:40/M
534	549	Gerard Magee	Greencastle GAC	M55	495	10:21	9:42	526	31:24	10:15	521	42:46	10:32	534	53:29	10:34	52:50	53:29	10:34/M
535	77	Louise O'Neill	North Brooklyn Runners	FO	392	9:24	9:10	506	30:32	10:06	532	43:22	10:47	535	53:34	10:40	53:19	53:34	10:40/M
536	195	Liam Gormley		MO	374	9:14	8:38	501	30:23	9:55	534	43:32	10:44	536	53:38	10:36	53:01	53:38	10:36/M
537	450	Catherine Ferguson		F35	478	10:07	9:30	512	30:40	10:01	533	43:28	10:43	537	53:41	10:37	53:03	53:41	10:37/M
538	64	Brigid Quinn	Ballymena Runners	F70	479	10:09	9:48	529	31:37	10:25	548	44:00	10:55	538	53:48	10:41	53:27	53:48	10:41/M
539	474	Nigel Sterndale		M55	499	10:24	9:42	528	31:36	10:18	551	44:05	10:51	539	53:54	10:38	53:12	53:54	10:38/M
540	126	Pierce McDermott		MJ	384	9:19	9:14	520	31:05	10:20	535	43:33	10:52	540	54:01	10:47	53:55	54:01	10:47/M
541	293	Kathleen Moohan	Run for Enda	F65	504	10:24	9:58	533	31:39	10:24	550	44:02	10:54	541	54:10	10:45	53:44	54:10	10:45/M
542	62	Cathal McElhone		M40	420	9:43	9:12	514	30:57	10:09	549	44:01	10:53	542	54:13	10:44	53:42	54:13	10:44/M
543	330	Brigid McAree	Glaslough Harriers Jolly Joggers	F60	520	10:31	9:45	525	31:22	10:12	546	43:53	10:47	543	54:17	10:42	53:30	54:17	10:42/M
544	67	Anne Breen	Termoneeny Running Club	F55	525	10:40	9:53	535	31:49	10:21	552	44:18	10:53	544	54:23	10:43	53:36	54:23	10:43/M
545	399	Steve Turner	Badoney Runners	M45	529	10:47	9:58	534	31:46	10:19	556	44:48	11:00	545	54:28	10:44	53:39	54:28	10:44/M

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Place	Bib No	Name	Club	Cat	Mile 1			Mile 3			Mile 4			Mile 5			Chip Time	Gun Time	Average Pace
					Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace	Rank	Time	Pace			
546	96	Elaine Mallaghan	Omagh Triathlon Club	F40	513	10:28	9:52	537	32:06	10:30	554	44:34	11:00	546	54:31	10:47	53:55	54:31	10:47/M
547	207	Melissa Meenan	Sperrin ?g Ladies	FO	364	9:10	8:57	503	30:24	10:04	543	43:49	10:54	547	54:38	10:53	54:25	54:38	10:53/M
548	540	James Grogan		MO	516	10:29	9:49	530	31:37	10:19	558	45:03	11:06	548	54:42	10:48	54:02	54:42	10:48/M
549	41	Niamh McCrory		FO	503	10:24	10:05	540	32:31	10:44	557	45:02	11:11	549	54:47	10:53	54:27	54:47	10:53/M
550	638	Unknown Male Parti		MO	526	10:40	10:06	536	32:05	10:30	555	44:41	11:02	550	54:51	10:51	54:17	54:51	10:51/M
551	532	Arthur Connolly		M70	538	11:08	10:28	542	32:39	10:40	559	45:33	11:13	551	55:08	10:54	54:28	55:08	10:54/M
552	231	Conor Eannetta	Omagh Triathlon Club	M45	535	11:06	10:17	539	32:31	10:34	553	44:34	10:56	552	55:29	10:56	54:40	55:29	10:56/M
553	221	Teresa McGarvey	Badoney Runners	F50	508	10:27	10:01	532	31:38	10:24	547	43:54	10:52	553	55:58	11:06	55:32	55:58	11:06/M
554	324	Donna Meehan		F35	517	10:29	9:56	538	32:17	10:35	560	45:33	11:15	554	56:09	11:07	55:36	56:09	11:07/M
555	753	Toby Donnelly	Our Lady of Lourdes PS	MJ	544	11:10	10:31	550	33:11	10:51	567	46:39	11:30	555	56:12	11:07	55:33	56:12	11:07/M
556	598	Seamus Sharkey	Clann na nGael Walk Jog Run	M55	539	11:09	10:42	549	33:07	10:53	562	46:12	11:26	556	56:41	11:15	56:14	56:41	11:15/M
557	599	June Sharkey	Clann na nGael Walk Jog Run	F55	540	11:09	10:43	548	33:07	10:54	563	46:13	11:27	557	56:42	11:15	56:16	56:42	11:15/M
558	115	Joanne McNamee		F35	542	11:10	10:30	552	33:30	10:57	561	45:52	11:18	558	56:44	11:13	56:04	56:44	11:13/M
559	212	Teresa Meegan	Knockmany Runners	F50	536	11:07	11:07	554	33:48	11:16	569	46:40	11:40	559	57:07	11:25	57:07	57:07	11:25/M
560	417	Lynn Donnelly	Dub Running Club	F55	532	10:54	10:10	544	32:53	10:43	566	46:32	11:27	560	57:08	11:17	56:24	57:08	11:17/M
561	587	Roisin McCarroll	Fintona GAC	F35	521	10:33	10:09	545	33:02	10:53	573	46:56	11:38	561	57:10	11:21	56:46	57:10	11:21/M
562	755	Erin Donnelly	Greencastle	FJ	541	11:09	10:31	553	33:30	10:57	568	46:40	11:30	562	57:10	11:18	56:32	57:10	11:18/M
563	405	Emma Gormley		FO	543	11:10	10:31	551	33:11	10:51	570	46:41	11:31	563	57:10	11:18	56:31	57:10	11:18/M
564	117	Sharon Hurson	Omagh Triathlon Club	F35	512	10:27	9:51	543	32:41	10:42	564	46:28	11:28	564	57:13	11:19	56:37	57:13	11:19/M
565	633	Kevin Bogle		F55	510	10:27	9:54	547	33:04	10:50	571	46:49	11:34	565	57:31	11:24	56:58	57:31	11:24/M
566	592	Aoife Bogle	Run for Enda	FO	511	10:27	9:54	546	33:04	10:50	572	46:49	11:34	566	57:31	11:24	56:58	57:31	11:24/M
567	526	Geraldine McCullagh	Run for Enda	F60	455	10:01	9:18	510	30:37	9:58	540	43:40	10:45	567	57:50	11:26	57:08	57:50	11:26/M
568	169	Aidan Kelly	Beragh Red Knights GAC	MO	505	10:25	10:06	541	32:32	10:44	575	47:40	11:50	568	58:14	11:35	57:55	58:14	11:35/M
569	190	Catherine Donnelly		FO				555	34:18		577	48:06	11:49	569	58:57	11:38	58:08	58:57	11:38/M
570	712	Catherine McCormack	Kildress	FO	497	10:21	10:11	558	34:30	11:26	574	47:23	11:48	570	59:02	11:46	58:51	59:02	11:46/M
571	760	Ursula McCormack		F45	496	10:21	10:11	559	34:36	11:29	576	48:05	11:59	571	59:03	11:47	58:53	59:03	11:47/M
572	431	Peter Mossey	Dundee Dalriada	M60	528	10:42	9:59	557	34:25	11:14	578	48:31	11:57	572	59:16	11:42	58:32	59:16	11:42/M
573	640	Donna Wiggett	Stopsley Striders	F45	545	11:12	10:35	561	34:44	11:22	579	48:48	12:03	573	59:31	11:47	58:54	59:31	11:47/M
574	415	Joe Hendron	Maghery Sean McDermotts	M55	523	10:39	10:05	556	34:24	11:17	581	49:27	12:13	574	1:00:06	11:55	59:33	1:00:06	11:55/M
575	39	Nick Rafferty		M55	537	11:08	10:40	562	35:24	11:39	582	49:31	12:16	575	1:00:17	11:58	59:49	1:00:17	11:58/M
576	226	Caroline McCarroll	Knockmany Runners	F50	548	11:41	10:56	564	35:42	11:39	583	49:33	12:12	576	1:00:27	11:56	59:42	1:00:27	11:56/M
577	43	Grace Donnelly		FO	493	10:19	9:33	560	34:41	11:18	580	48:59	12:03	577	1:00:34	11:58	59:48	1:00:34	11:58/M
578	518	Stephen Sweeney		M50	546	11:30	10:39	563	35:30	11:33	584	49:47	12:14	578	1:01:03	12:02	1:00:12	1:01:03	12:02/M
579	78	Desmond Brownlie	Lagan Valley AC	M75	527	10:40	10:35	565	36:00	11:58	585	51:02	12:44	579	1:02:58	12:34	1:02:52	1:02:58	12:34/M
580	139	Catherine McCormack		F60	551	12:48	12:01	569	37:43	12:19	587	52:37	12:58	580	1:04:24	12:43	1:03:37	1:04:24	12:43/M
581	475	Claire McLaughlin		F60	549	11:53	11:34	568	37:34	12:25	586	52:24	13:01	581	1:05:42	13:05	1:05:23	1:05:42	13:05/M
582	586	Peter Breslin		M55	550	12:22	11:34	570	39:04	12:45				582	1:06:34		1:05:46	1:06:34	13:09/M
583	675	Kevin Mullin		M65	547	11:30	10:53							583	1:07:07		1:06:29	1:07:07	13:18/M
584	253	Michael Gormley	Drumquin GAC	MJ	276	8:13	8:13	277	24:30	8:10	255	33:24	8:21						6:41/M

