#### June 01, 2024 RESULTS - PROVISIONAL

## M Open - 10 miles 2200ft

Pos	No.	Name	Club	Cat	Time	Behind
1st	94	Tim Johnston	Annadale Striders	М	01:14:44	
2nd	23	Ryan Stewart	Unattached	М	01:15:23	+00:00:39
3rd	77	Ashley Crutchley	Newcastle and District AC	MU23	01:15:58	+00:01:14
4th	64	Glynn Johnston	BARF			+00:05:14
5th		Adam Cunningham	Mourne Runners	М		+00:06:17
6th	4	Jonny Steede	Glens Runners			+00:07:56
7th	21	Lee O'Boyle	Mallusk Harriers			+00:08:24
8th	93	David Hicks	Newcastle and District AC			+00:10:29
9th	18	John Marrs	Glens Runners			+00:11:18
10th		Jack Proctor	BARF	M		+00:11:46
11th				M		+00:12:06
		Jonathan McCloy	BARF			+00:12:00
12th		Billy Reed William Imrie	East Antrim Harriers			
13th	-		BARF	M		+00:17:23
14th	-	Gareth Blair	East Antrim Harriers			+00:20:23
15th		Stephen Hoey	Jog Lisburn Running Club			+00:20:25
16th			Glenlough Running Club			+00:20:33
		William Fleck	Ballymena Runners			+00:20:38
18th	69	Owen Boden	Mourne Runners	MV45	01:36:00	+00:21:16
19th		Dominic McLarnon	Glens Runners	MV45		+00:21:49
20th	63	Andrew McParland	BARF	М	01:36:43	+00:21:59
21st	28	Mark Dugan	Ballydrain Harriers	MV55	01:36:50	+00:22:06
22nd	83	Thomas Craig	Larne AC	М	01:36:54	+00:22:10
23rd	89	Peter McEvoy	Mourne Runners	М	01:37:29	+00:22:45
24th	58	Jonny Hobson	Dromore AC	MV40	01:39:20	+00:24:36
25th	5	Andrew Topping	East Coast AC	MV60	01:39:37	+00:24:53
26th	92	Ismail Karauzum	Scrabo Striders	MV50	01:39:42	+00:24:58
27th	60	Joe Wilson	Unattached	MV40	01:40:06	+00:25:22
28th	40	lan Thompson	Unattached	MV40	01:40:09	+00:25:25
29th	54	Shirhaan Hameed	Springwell Running Club	MV45	01:40:21	+00:25:37
30th	49	Andrew Willis	Jog Lisburn Running Club	MV50	01:40:28	+00:25:44
31st	26	Conan Brown	Glens Runners	М	01:43:12	+00:28:28
32nd		Andy Gregg	Larne AC	MV55	01:43:47	+00:29:03
33rd		lan Rainey	Newry AC	MV40	01:44:34	+00:29:50
34th		Robin Parsons	Unattached			+00:31:49
35th		Zachary Askham	BARF	М		+00:32:51
36th		Wilson McAlister	Jog Moira			+00:33:02
37th		Martin Coughlan	Unattached			+00:34:10
38th		Brendan Oboyle	Victoria Park Harriers and Tower Hamlets AC	M		+00:34:56
39th		Pearse Brogan	Newcastle and District AC	M		+00:35:06
40th		Chris Brown	Seapark AC			+00:35:44
4001 41st		James Hunter	•			+00:35:56
41st 42nd		Simon Hamilton	Jog Moira			
			Portadown Running Club			+00:37:03
43rd		Jason Wilson	Ballymena Runners	M		+00:37:20
44th		Duncan Millar	Ballymena Runners			+00:37:59
45th	14	Paul Moore	BARF	MV45	U1:53:10	+00:38:26

#### June 01, 2024 RESULTS - PROVISIONAL

## M Open - 10 miles 2200ft

Pos	No.	Name	Club	Cat	Time	Behind
46th	59	Tim Burns	East Antrim Harriers	MV40	01:54:01	+00:39:17
47th	24	Jonny Rowntree	Springwell Running Club	М	01:54:41	+00:39:57
48th	67	Caolán Tierney	Unattached	М	01:55:26	+00:40:42
49th	35	Jonathan Doran	Unattached	М	01:57:30	+00:42:46
50th	80	Seb Mingout	Unattached	MV50	01:57:33	+00:42:49
51st	45	Stephen Ferguson	NI Masters Athletic Association	MV55	01:58:35	+00:43:51
52nd	55	Andrew Wallace	Ballydrain Harriers	MV55	02:00:48	+00:46:04
53rd	10	Anton Piatek	Mallusk Harriers	MV40	02:01:55	+00:47:11
54th	22	Michael Dodds	BARF	М	02:02:09	+00:47:25
55th	85	Conor Farnan	BARF	MV55	02:02:27	+00:47:43
56th	48	James Inglis	Glenlough Running Club	MV40	02:03:00	+00:48:16
57th	91	James Hughes	Springwell Running Club	MV50	02:05:51	+00:51:07
58th	38	Steven McIntyre	Jog Moira	MV50	02:06:06	+00:51:22
59th	9	Owen Fulton	Mallusk Harriers	MV45	02:10:53	+00:56:09
60th	44	Stephen Wilson	East Coast AC	MV50	02:12:13	+00:57:29
61st	32	Colin Hoey	Ballymena Runners	MV50	02:25:48	+01:11:04

# F Open - 10 miles 2200ft

Pos	No.	Name	Club	Cat	Time	Behind
1st	27	Naomi McCurry	Glens Runners	F	01:35:37	
2nd	53	Elizabeth Wheeler	Glens Runners	FV45	01:37:06	+00:01:29
3rd	6	Niamh Marrs	Glens Runners	FV40	01:39:39	+00:04:02
4th	71	Ciara Ryan	Unattached	FV45	01:44:23	+00:08:46
5th	41	Alexa James	Carmen Runners	F	01:44:48	+00:09:11
6th	82	Nicola Frizelle	Springwell Running Club	F	01:50:03	+00:14:26
7th	29	Sinead-Marie Mcallister	Larne AC	F	01:50:35	+00:14:58
8th	36	Nicola McIntyre	Jog Moira	FV50	01:52:30	+00:16:53
9th	2	Joanna Wheeler Connon	Glens Runners	FV40	01:53:31	+00:17:54
10th	19	Fiona Simms	BARF	F	01:56:36	+00:20:59
11th	61	Aine McNeill	Dromore AC	FV55	01:58:07	+00:22:30
12th	52	Adele Tomb	Springwell Running Club	FV50	01:58:57	+00:23:20
13th	50	Judith Worthington	Ballymena Runners	FV45	02:02:41	+00:27:04
14th	73	Mary Mackin	Dromore AC	FV65	02:02:55	+00:27:18
15th	11	Carolyn Crawford	Springwell Running Club	FV40	02:03:15	+00:27:38
16th	90	Helen Cassidy	NIMRA	FV50	02:03:19	+00:27:42
17th	12	Vicky Ward	BARF	F	02:07:27	+00:31:50
18th	72	Carol Donaghy	Unattached	FV45	02:07:50	+00:32:13
19th	95	Hazel McLaughlin	Lagan Valley AC	FV45	02:09:07	+00:33:30
20th	16	Juliane Keane	Larne AC	FV50	02:19:14	+00:43:37
21st	15	Karen Houston	BARF	FV40	02:23:18	+00:47:41
	33	Marie Ferguson	Unattached	F	m2 rtd	

June 01, 2024

**RESULTS - PROVISIONAL** 

#### MU23 - 10 miles 2200ft

Pos No. Name Club Cat Time Behind

1st 77 Ashley Crutchley Newcastle and District AC MU23 01:15:58

### MV40 - 10 miles 2200ft

Pos	No.	Name	Club	Cat	Time	Behind
1st	4	Jonny Steede	Glens Runners	MV40	01:22:40	
2nd	21	Lee O'Boyle	Mallusk Harriers	MV40	01:23:08	+00:00:28
3rd	93	David Hicks	Newcastle and District AC	MV40	01:25:13	+00:02:33
4th	13	Stephen Montgomery	Glenlough Running Club	MV40	01:35:17	+00:12:37
5th	58	Jonny Hobson	Dromore AC	MV40	01:39:20	+00:16:40
6th	60	Joe Wilson	Unattached	MV40	01:40:06	+00:17:26
7th	40	lan Thompson	Unattached	MV40	01:40:09	+00:17:29
8th	42	lan Rainey	Newry AC	MV40	01:44:34	+00:21:54
9th	8	Chris Brown	Seapark AC	MV40	01:50:28	+00:27:48
10th	37	James Hunter	Jog Moira	MV40	01:50:40	+00:28:00
11th	59	Tim Burns	East Antrim Harriers	MV40	01:54:01	+00:31:21
12th	10	Anton Piatek	Mallusk Harriers	MV40	02:01:55	+00:39:15
13th	48	James Inglis	Glenlough Running Club	MV40	02:03:00	+00:40:20

### MV45 - 10 miles 2200ft

Pos	No.	Name	Club	Cat	Time	Behind
1st	64	Glynn Johnston	BARF	MV45	01:19:58	
2nd	18	John Marrs	Glens Runners	MV45	01:26:02	+00:06:04
3rd	74	William Fleck	Ballymena Runners	MV45	01:35:22	+00:15:24
4th	69	Owen Boden	Mourne Runners	MV45	01:36:00	+00:16:02
5th	75	Dominic McLarnon	Glens Runners	MV45	01:36:33	+00:16:35
6th	54	Shirhaan Hameed	Springwell Running Club	MV45	01:40:21	+00:20:23
7th	76	Robin Parsons	Unattached	MV45	01:46:33	+00:26:35
8th	14	Paul Moore	BARF	MV45	01:53:10	+00:33:12
9th	9	Owen Fulton	Mallusk Harriers	MV45	02:10:53	+00:50:55

# MV50 - 10 miles 2200ft

Pos	No.	Name	Club	Cat	Time	Behind
1st	57	Gareth Blair	East Antrim Harriers	MV50	01:35:07	
2nd	92	Ismail Karauzum	Scrabo Striders	MV50	01:39:42	+00:04:35
3rd	49	Andrew Willis	Jog Lisburn Running Club	MV50	01:40:28	+00:05:21
4th	46	Martin Coughlan	Unattached	MV50	01:48:54	+00:13:47
5th	34	Simon Hamilton	Portadown Running Club	MV50	01:51:47	+00:16:40
6th	65	Duncan Millar	Ballymena Runners	MV50	01:52:43	+00:17:36
7th	80	Seb Mingout	Unattached	MV50	01:57:33	+00:22:26
8th	91	James Hughes	Springwell Running Club	MV50	02:05:51	+00:30:44
9th	38	Steven McIntyre	Jog Moira	MV50	02:06:06	+00:30:59
10th	44	Stephen Wilson	East Coast AC	MV50	02:12:13	+00:37:06
11th	32	Colin Hoey	Ballymena Runners	MV50	02:25:48	+00:50:41

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#### June 01, 2024 RESULTS - PROVISIONAL

### MV55 - 10 miles 2200ft

Pos	No.	Name	Club	Cat	Time	Behind
1st	62	Billy Reed	East Antrim Harriers	MV55	01:30:24	
2nd	31	Stephen Hoey	Jog Lisburn Running Club	MV55	01:35:09	+00:04:45
3rd	28	Mark Dugan	Ballydrain Harriers	MV55	01:36:50	+00:06:26
4th	39	Andy Gregg	Larne AC	MV55	01:43:47	+00:13:23
5th	45	Stephen Ferguson	NI Masters Athletic Association	MV55	01:58:35	+00:28:11
6th	55	Andrew Wallace	Ballydrain Harriers	MV55	02:00:48	+00:30:24
7th	85	Conor Farnan	BARF	MV55	02:02:27	+00:32:03

#### MV60 - 10 miles 2200ft

Pos	No.	Name	Club	Cat	Time	Behind
1st	5	Andrew Topping	East Coast AC	MV60	01:39:37	
2nd	56	Wilson McAlister	Jog Moira	MV60	01:47:46	+00:08:09

#### FV40 - 10 miles 2200ft

Pos	No.	Name	Club	Cat	Time	Behind
1st	6	Niamh Marrs	Glens Runners	FV40	01:39:39	
2nd	2	Joanna Wheeler Connon	Glens Runners	FV40	01:53:31	+00:13:52
3rd	11	Carolyn Crawford	Springwell Running Club	FV40	02:03:15	+00:23:36
4th	15	Karen Houston	BARF	FV40	02:23:18	+00:43:39

### FV45 - 10 miles 2200ft

Pos	No.	Name	Club	Cat	Time	Behind
1st	53	Elizabeth Wheeler	Glens Runners	FV45	01:37:06	
2nd	71	Ciara Ryan	Unattached	FV45	01:44:23	+00:07:17
3rd	50	Judith Worthington	Ballymena Runners	FV45	02:02:41	+00:25:35
4th	72	Carol Donaghy	Unattached	FV45	02:07:50	+00:30:44
5th	95	Hazel McLaughlin	Lagan Valley AC	FV45	02:09:07	+00:32:01

#### FV50 - 10 miles 2200ft

Pos	No.	Name	Club	Cat	Time	Behind
1st	36	Nicola McIntyre	Jog Moira	FV50	01:52:30	
2nd	52	Adele Tomb	Springwell Running Club	FV50	01:58:57	+00:06:27
3rd	90	Helen Cassidy	NIMRA	FV50	02:03:19	+00:10:49
4th	16	Juliane Keane	Larne AC	FV50	02:19:14	+00:26:44

#### FV55 - 10 miles 2200ft

Pos No. Name	Club	Cat	Time Behind

1st 61 Aine McNeill Dromore AC FV55 01:58:07

June 01, 2024 RESULTS - PROVISIONAL

### FV65 - 10 miles 2200ft

Pos No. Name Club Cat Time Behind

1st 73 Mary Mackin Dromore AC FV65 02:02:55