

# 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 McFarlane | 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  | Gun          | Average |
|-----|-----|-------------------|----------------------|-----|-------|------|------|--------|-------|------|--------|-------|------|--------|-------|------|-------|--------------|---------|
|     |     |                   |                      |     | Rank  | Time | Pace | Rank   | Time  | Pace | Rank   | Time  | Pace | Rank   | Time  | Pace | Time  | 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   | Eglis                  | 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 McMenamin |                      | 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 Time | Gun Time     | Average Pace |
|-----|-----|--------------------|----------------------|-----|-------|-------|------|--------|-------|------|--------|-------|------|--------|-------|------|-----------|--------------|--------------|
|     |     |                    |                      |     | Rank  | Time  | Pace | Rank   | Time  | Pace | Rank   | Time  | Pace | Rank   | 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 | Daiithi 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 McMahan      | 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 |









