

Championship Results 2013

10km Championships – Final Position

		Name	Cat	Time	
Seeley Cup	1	Mervyn Chambers	M50	00:37:47	** Winner** - Congratulations Mervyn
Dessie's 10km	2	Jim Breen	M55	00:38:53	
Seeley Cup	3	Kevin Murphy	M50	00:39:26	
Seeley Cup	4	Sean McIntyre	M50	00:39:38	
Greyabbey 10km	5	Ivo Damkat	MO	00:40:19	
Seeley Cup	6	Marcus McAuley	M50	00:42:15	
Greyabbey 10km	7	John O'Hagan	M55	00:42:43	
Seeley Cup	8	Philip Carson	MO	00:42:57	
Seeley Cup	9	Gareth Reilly	M35	00:44:26	
Seeley Cup	10	Paul O'Hare	M50	00:46:29	
Seeley Cup	11	Naomhin McGarrity	F35	00:47:05	
Greyabbey 10km	12	Helen Ryan	FO	00:47:24	
Greyabbey 10km	13	James Edge	M55	00:48:52	
Seeley Cup	14	Heidi Rodgers	F35	00:51:58	
Seeley Cup	15	Janice Sheppey	F45	00:53:01	
Jimmy's Ten	16	Shirley Telford	F35	00:54:17	
Bangor 10km	17	Janice McCartney	F45	00:56:38	
Jimmy's Ten	18	Jackie Robinson	F45	00:56:51	
Jimmy's Ten	19	Ivan Baxter	M70	00:59:31	
Bangor 10km	20	Avril Neill	F50	01:07:21	

Ladies Cup – Final Position

Seeley Cup	1	Naomhin McGarrity	F35	00:47:05	** Winner** - Congratulations Naomhin
Bangor 10km	2	Helen Ryan	FO	00:47:21	
Seeley Cup	3	Heidi Rodgers	F35	00:51:58	
Seeley Cup	4	Janice Sheppey	F45	00:53:01	
Jimmy's Ten	5	Shirley Telford	F35	00:54:17	
Bangor 10km	6	Janice McCartney	F45	00:56:38	
Jimmy's Ten	7	Jackie Robinson	F45	00:56:51	
Bangor 10km	8	Avril Neill	F50	01:07:21	

Half Marathon Championships – Final Position

Omagh Half	1	Jim Breen	M55	01:27:16	** Winner** - Congratulations Jim
Ards Half	2	Helen Ryan	FO	01:46:38	
Waterside Half	3	Paul O'Hare	M50	01:48:40	
Ards Half	4	Gareth Reilly	MO	01:51:05	
Ards Half	5	James Edge	M55	01:51:24	
Ards Half	6	Heidi Rodgers	FO	02:09:03	
Ards Half	7	Janice McCartney	F45	02:12:51	
Ards Half	8	Janice Sheppey	F45	02:17:16	

10 Mile Championship – Final Position

Limavady 10	1	Jim Breen	M55	01:04:17	** Winner** - Congratulations Jim
Armagh 10	2	Kevin Murphy	M50	01:06:33	
Portaferry 10	3	Sean McIntyre	M50	01:08:04	
Portaferry 10	4	Ivo Damkat	MO	01:08:55	
Portaferry 10	5	Philip Carson	MO	01:11:57	
Armagh 10	6	Paul O'Hare	M50	01:16:20	
Armagh 10	7	Helen Ryan	FO	01:19:58	
Portaferry 10	8	Gillian Hynes	F35	01:26:58	
Portaferry 10	9	Heidi Rodgers	F35	01:30:23	