

Championship Results 2019

Finish Times are used in the results except for Marathons (Chip Times used)

Men's 10km Championship – After 2 of 9 Races

Race	Pos	Name	Cat	Time
Titanic Quarter 10km	1	Neil Curran	M40	00:35:57
Jimmy's Ten	2	John O'Hagan	M60	00:45:35
Titanic Quarter 10km	3	Sean McIntyre	M55	00:45:44
Titanic Quarter 10km	4	Michael Williamson	M40	00:49:02
Titanic Quarter 10km	5	Arthur Watson	M45	00:49:45
Titanic Quarter 10km	6	Paul O'Hare	M55	00:51:52
Jimmy's Ten	7	Robbie Burrows	M40	00:52:59
Titanic Quarter 10km	8	Ivan Baxter	M75	01:08:53

Ladies 10km Cup – After 2 of 9 Races

Race	Pos	Name	Cat	Time
Titanic Quarter 10km	1	Brenda Cunning	F45	01:02:21
Titanic Quarter 10km	2	Maura Hennessy	F40	01:03:10
Jimmy's Ten	3	Shirley Telford	F40	01:06:13
Titanic Quarter 10km	4	Clare Walsh	F45	01:06:48

Age Graded Competition

Pos	Name	Percentage	Location/Date	Time
1	David Conliffe	83.18%	Belfast Victoria (16/02/19)	16:39
2	Michael Kelly	66.89%	Antrim (06/04/19)	25:04

Men's Half Marathon Championship – After 2 of 5 Races

Larne Half	1	David Conliffe	M40	01:18:48
Larne Half	2	Adam Heanen	M35	01:36:16
Larne Half	3	Barry Spiers	M45	01:42:10
Omagh Half	4	Paul O'Hare	M55	01:54:51
Larne Half	5	Martin McCourt	M45	01:59:43
Larne Half	6	Michael Williamson	M40	01:59:45

Ladies Half Marathon Championship – After 2 of 5 Races

Larne Half	1	Tracey Atkinson	F40	01:28:48
Larne Half	2	Clare Walsh	F45	02:13:09

Men's Marathon Championships

London Marathon	1	David Conliffe	M40	02:58:52
London Marathon	2	Adam Heanen	M35	03:34:47

Ladies Marathon Championships