

Championship Results 2019

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

Men's 10km Championship – After 7 of 9 Races

Race	Pos	Name	Cat	Time
Titanic Quarter 10km	1	Neil Curran	M40	00:35:57
Greyabbey 10km	2	Philip Carson	MO	00:40:29
Jimmy's Ten	3	John O'Hagan	M60	00:45:35
Titanic Quarter 10km	4	Sean McIntyre	M55	00:45:44
Titanic Quarter 10km	5	Michael Williamson	M40	00:46:12
Greyabbey 10km	6	John Callaghan	M50	00:49:11
Titanic Quarter 10km	7	Arthur Watson	M45	00:49:45
Titanic Quarter 10km	8	Paul O'Hare	M55	00:51:52
Jimmy's Ten	9	Robbie Burrows	M40	00:52:59
Titanic Quarter 10km	10	Ivan Baxter	M75	01:08:53

Ladies 10km Cup – After 7 of 9 Races

Race	Pos	Name	Cat	Time
Greyabbey 10km	1	Heidi Rodgers	F45	00:52:58
Greyabbey 10km	2	Brenda Cunning	F45	01:00:14
Titanic Quarter 10km	3	Maura Hennessy	F40	01:03:10
Jimmy's Ten	4	Shirley Telford	F40	01:06:13
Titanic Quarter 10km	5	Clare Walsh	F45	01:06:48

Age Graded Competition

Pos	Name	Percentage	Location/Date	Time
1	David Conliffe	83.27%	Belfast Victoria (6/07/19)	16:38
2	Michael Kelly	66.89%	Antrim (06/04/19)	25:04

Men's Half Marathon Championship – After 5 of 6 Races

Larne Half	1	David Conliffe	M40	01:18:48
Larne Half	2	Adam Heanen	M35	01:36:16
Lisburn Half	3	Sean McIntyre	M55	01:40:38
Larne Half	4	Barry Spiers	M45	01:42:10
Ards Half	5	Michael Williamson	M40	01:45:00
Lisburn Half	6	John Callaghan	M50	01:50:42
Lisburn Half	7	Paul O'Hare	M55	01:51:01
Lisburn Half	8	Arthur Watson	M45	01:59:04
Larne Half	9	Martin McCourt	M45	01:59:43
Ards Half	10	Robbie Burrows	M40	02:13:12

Ladies Half Marathon Championship – After 5 of 6 Races

Larne Half	1	Tracey Atkinson	F40	01:28:48
Lisburn Half	2	Clare Walsh	F45	02:05:37
Lisburn Half	3	Brenda Cunning	F45	02:16:29

Men's Marathon Championships

London Marathon	1	David Conliffe	M40	02:58:52
London Marathon	2	Adam Heanen	M35	03:34:47
Walled City Marathon	3	Paul O'Hare	M55	04:14:55

Ladies Marathon Championships

Belfast Marathon	1	Tracey Atkinson	F40	03:08:37
Helsinki Marathon	2	Anne McNally	F45	04:44:11
Belfast Marathon	3	Brenda Cunning	F45	05:20:37

Men's 10 Mile Championship after 2 of 3 Races

Portaferry 10 Mile	1	Neil Curran	M40	01:00:32
Portaferry 10 Mile	2	Michael Williamson	M40	01:18:55

Ladies 10 Mile Championship after 2 of 3 Races

Portaferry 10 Mile	1	Heidi Rodgers	F45	01:32:06
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