

Championship Results 2019

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

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

Race	Pos	Name	Cat	Time
Seeley Cup 10km	1	David Conliffe	M40	00:33:53
Seeley Cup 10km	2	Neil Curran	M40	00:35:33
Seeley Cup 10km	3	Philip Carson	MO	00:38:57
Seeley Cup 10km	4	Stewart Malcolm	M40	00:41:52
Seeley Cup 10km	5	Tony Scullion	M50	00:43:01
Seeley Cup 10km	6	Sean McIntyre	M55	00:43:32
Jimmy's Ten	7	John O'Hagan	M60	00:45:35
Titanic Quarter 10km	8	Michael Williamson	M40	00:46:12
Seeley Cup 10km	9	John Callaghan	M50	00:48:38
Titanic Quarter 10km	10	Arthur Watson	M45	00:49:45
Titanic Quarter 10km	11	Paul O'Hare	M55	00:50:07
Jimmy's Ten	12	Robbie Burrows	M40	00:52:59
Bangor 10km	13	John Wisoner	M55	01:07:19
Titanic Quarter 10km	14	Ivan Baxter	M75	01:08:53
Bangor 10km	15	Raymond Murray	M65	01:09:53

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

Larne Half	1	David Conliffe	M40	01:18:48
Belfast Half	2	Neil Curran	M40	01:19:50
Belfast Half	3	Philip Carson	MO	01:29:29
Larne Half	4	Adam Heanen	M35	01:36:16
Belfast Half	5	Stewart Malcolm	M40	01:39:50
Lisburn Half	6	Sean McIntyre	M55	01:40:38
Belfast Half	7	Barry Spiers	M45	01:41:01
Belfast Half	8	Michael Williamson	M40	01:43:17
Lisburn Half	9	John Callaghan	M50	01:50:42
Lisburn Half	10	Paul O'Hare	M55	01:51:01
Belfast Half	11	Mark Browne	M40	01:51:45
Lisburn Half	12	Arthur Watson	M45	01:59:04
Larne Half	13	Martin McCourt	M45	01:59:43
Ards Half	14	Robbie Burrows	M40	02:13:12
Belfast Half	15	Raymond Murray	M65	02:14:30

Men's Marathon Championships

London Marathon	1	David Conliffe	M40	02:58:52
London Marathon	2	Adam Heanen	M35	03:34:47
Dublin Marathon	3	John Callaghan	M50	04:12:16
Walled City Marathon	4	Paul O'Hare	M55	04:14:55

Men's 10 Mile Championship after 3 of 3 Races

Portaferry 10 Mile	1	Neil Curran	M40	01:00:32
Armagh 10 Mile	2	Michael Williamson	M40	01:16:46
Armagh 10 Mile	3	Paul O'Hare	M55	01:28:24

Ladies 10km Cup – After 9 of 9 Races

Race	Pos	Name	Cat	Time
Greyabbey 10km	1	Heidi Rodgers	F45	00:52:58
Bangor 10km	2	Gillian Hynes	F45	00:54:27
Seeley Cup 10km	3	Clare Walsh	F45	00:55:43
Greyabbey 10km	4	Brenda Cuning	F45	01:00:14
Titanic Quarter 10km	5	Maura Hennessy	F40	01:03:10
Jimmy's Ten	6	Shirley Telford	F40	01:06:13
Bangor 10km	7	Lynn Kirkpatrick	F35	01:09:53
Bangor 10km	8	Mary Robb	F45	01:10:00

Ladies Half Marathon Championship – After 6 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 Cuning	F45	02:16:29

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 Cuning	F45	05:20:37

Ladies 10 Mile Championship after 3 of 3 Races

Portaferry 10 Mile	1	Heidi Rodgers	F45	01:32:06
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Age Graded Competition

Pos	Name	Percentage	Location/Date	Time
1	David Conliffe	83.27%	Belfast Victoria (6/07/19)	16:38
2	Mervyn Chambers	81.09%	Bangor (22/12/18)	18:57
3	Michael Kelly	66.89%	Antrim (06/04/19)	25:04
4	Paul O'Hare	62.24%	Waterworks(15/06/19)	25:07
5	Arthur Watson	62.05%	Belfast Victoria (27/07/19)	23:35