

Championship Results 2022

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

Men's 10km Championship – After 8 of 8 Races

Race	Pos	Name	Cat	Time
Seeley Cup 10km	1	David Conliffe	M45	00:34:47
Seeley Cup 10km	2	Sean McIntyre	M60	00:43:25
Jimmy's Ten	3	Stewart Malcolm	M40	00:44:53
Seeley Cup 10km	4	Stephen Lemon	M45	00:46:32
Jimmy's Ten	5	John O'Hagan	M60	00:48:44
Seeley Cup 10km	6	Mark Browne	M45	00:52:35
Seeley Cup 10km	7	Paul O'Hare	M60	00:54:54
Titanic 10km	8	Arthur Watson	M50	00:57:06
Comber 10km	9	Robbie Burrows	M40	00:57:12
Seeley Cup 10km	10	John Callaghan	M55	01:18:39

Ladies 10km Cup – After 8 of 8 Races

Race	Pos	Name	Cat	Time
Comber 10km	1	Brenda Cunning		01:07:32
Jimmy's Ten	2	Samantha Anderson	F50	01:15:22
Seeley Cup 10km	3	Clare Walsh	F45	01:18:38

Age Graded Competition

Pos	Name	Percentage	Location/Date	Time
1	David Conliffe	85.27%	Belfast Victoria 23/04/2022	00:16:38
2	Sean McIntyre	74.11%	Ormeau 19/11/2022	00:22:01
3	Barry Spiers	72.16%	Dunleath 15/10/2022	00:20:07
4	Adam Heanen	66.06%	Hillsborough Forest 23/07/2022	00:20:58
5	Stephen Lemon	63.96%	Stormont 19/11/2022	00:22:20
6	Ivan Baxter	63.80%	Victoria 19/03/2022	00:34:43
7	Paul O'Hare	59.98%	Waterworks 28/05/2022	00:26:44
8	Janice McCartney	57.43%	Comber 08/10/2022	00:31:57

Men's 5 Mile Championship – After 5 of 5 Races

Ards 5 Mile	1	David Conliffe	M45	00:28:47
Stanley Reid 5 Cookstown	2	Sean McIntyre	M60	00:36:24
Ards 5 Mile	3	Stephen Lemon	M45	00:39:42
Ards 5 Mile	4	Arthur Watson	M50	00:43:37
Ards 5 Mile	5	Paul O'Hare	M60	00:44:58

Ladies 5 Mile Championship – After 5 of 5 Races

Ards 5 Mile	1	Samantha Anderson	F50	01:02:52
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Men's 10 Mile Championship after 3 of 3 Races

Race	Pos	Name	Cat	Time
Portaferry 10 Mile	1	Sean McIntyre	M60	01:15:48
Portaferry 10 Mile	2	Robbie Burrows	M45	01:38:24

Ladies 10 Mile Championship after 3 of 3 Races

Race	Pos	Name	Cat	Time
Larne 10 Mile	1	Samantha Anderson	F50	02:04:07
Larne 10 Mile	2	Clare Walsh	F45	02:04:07

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

Race	Pos	Name	Cat	Time
Belfast City Half Marathon	1	David Conliffe	M45	01:27:53
Antrim Coast Half Marathon	2	Adam Heanen	M40	01:34:33
Belfast City Half Marathon	3	Sean McIntyre	M60	01:35:29
Antrim Coast Half Marathon	4	Barry Spiers	M45	01:42:05
Belfast City Half Marathon	5	Mark Browne	M40	01:57:26
Belfast City Half Marathon	6	Arthur Watson	M50	02:16:49
Lisburn Half Marathon	7	John Callaghan	M55	02:26:31

Ladies Half Marathon Championship – after 6 of 6 Races

Race	Pos	Name	Cat	Time
Lisburn Half	1	Clare Walsh	F45	02:23:39
Ards Half	2	Samantha Anderson	F50	03:12:40

Men's Marathon Championships

Race	Pos	Name	Cat	Time
Dublin Marathon	1	Adam Heanen	M40	03:30:01
London Marathon	2	Sean McIntyre	M60	03:51:50
Belfast City Marathon	3	John Callaghan	M55	04:47:11
New York City Marathon	4	Arthur Watson	M50	05:42:40

Ladies Marathon Championships

Race	Pos	Name	Cat	Time
Belfast City Marathon	1	Anne McNally	F50	04:57:11
Belfast City Marathon	2	Samantha Anderson	F50	06:47:19