

Championship Results 2023

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
Titanic 10km	1	David Conliffe	M45	00:35:57
Seeley Cup 10km	2	Tony Scullion	M50	00:43:26
Greyabbey 10km	3	Sean McIntyre	M55	00:45:55
Greyabbey 10km	4	Stephen Lemon	M45	00:49:07
Seeley Cup 10km	5	Alasdair MacInnes	M55	00:51:38
Jimmy's Ten	6	Mark Browne	M45	00:54:58
Titanic 10km	7	Paul O'Hare	M60	00:55:17
Jimmy's Ten	8	Robbie Burrows	M40	00:55:32
Bangor 10km	9	John Crawford	M40	00:57:58
Titanic 10km	10	John Callaghan	M55	00:59:42
Bangor 10km	11	Arthur Watson	M50	01:01:23
Jimmy's Ten	12	Ray Murray	M65	01:21:32

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

Connswater 5 Mile	1	David Conliffe	M45	00:29:25
Connswater 5 Mile	2	Sean McIntyre	M60	00:36:20
Ards 5 Mile	3	Stephen Lemon	M45	00:39:34
Portrush 5 Mile	4	Jim Breen	M65	00:48:04
Ards 5 Mile	5	Arthur Watson	M50	00:48:41
Connswater 5 Mile	6	Paul O'Hare	M60	00:48:44

Men's 10 Mile Championship after 3 of 3 Races

Race	Pos	Name	Cat	Time
Portaferry 10 Mile	1	Stephen Lemon	M45	01:21:54
Portaferry 10 Mile	2	Robbie Burrows	M45	01:32:17

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

Race	Pos	Name	Cat	Time
Antrim Coast Half	1	David Conliffe	M45	01:19:19
Antrim Coast Half	2	Adam Heanen	M40	01:36:33
Antrim Coast Half	3	Barry Spiers	M45	01:36:42
Lisburn Half Marathon	4	Sean McIntyre	M60	01:41:49
Antrim Coast Half	5	John Crawford	M40	02:00:19
Ards Half Marathon	6	Robbie Burrows	M45	02:06:09
Omagh Half Marathon	7	Paul O'Hare	M60	02:07:55
Waterside Half	8	Jim Breen	M65	02:10:15
Belfast City Half Marathon	9	Mark Browne	M45	02:13:41
Lisburn Half Marathon	10	Arthur Watson	M50	02:14:08
Belfast City Half Marathon	11	John Callaghan	M55	02:16:55
Belfast City Half Marathon	12	Ray Murray	M65	02:51:50

Men's Marathon Championships

Race	Pos	Name	Cat	Time
Chicago Marathon	1	David Conliffe	M45	02:58:21
Belfast City Marathon	2	Barry Spiers	M45	03:28:34
Belfast City Marathon	3	Adam Heanen	M40	03:30:22
Dublin Marathon	4	Sean McIntyre	M60	03:42:10
Berlin Marathon	5	Arthur Watson	M50	05:01:20

Ladies 10km Cup – After 8 of 8 Races

Race	Pos	Name	Cat	Time
Seeley Cup 10km	1	Anne Moore	F45	00:43:23
Seeley Cup 10km	2	Anne McNally	F50	00:53:57
Greyabbey 10km	3	Clare Walsh	F45	01:13:01

Ladies 5 Mile Championship – After 5 of 5 Races

Ards 5 Mile	1	Samantha Anderson	F55	01:14:56
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Ladies 10 Mile Championship after 3 of 3 Races

Race	Pos	Name	Cat	Time
Larne 10 Mile	1	Clare Walsh	F45	01:55:24

Ladies Half Marathon Championship – after 6 of 6 Races

Race	Pos	Name	Cat	Time
Omagh Half	1	Anne Moore	F45	01:45:55
Belfast City Half	2	Janice McCartney	F55	02:32:34
Antrim Coast Half	3	Clare Walsh	F50	02:34:46

Ladies Marathon Championships

Race	Pos	Name	Cat	Time
Belfast City Marat	1	Anne McNally	F50	04:36:30
London Marathon	2	Clare Walsh	F50	06:21:11

Age Graded Competition

Pos	Name	Percentage	Location/Date	Time
1	David Conliffe	85.02%	Victoria parkrun 4/3/23	00:16:48
2	Anne Moore	76.30%	Victoria parkrun 11/11/23	00:21:14
3	Sean McIntyre	75.37%	Ormeau parkrun 17/06/23	00:21:39
4	Tony Scullion	73.59%	Antrim parkrun 25/11/2023	00:20:42
5	Barry Spiers	73.53%	Dunleath parkrun 11/02/23	00:19:54
6	Michael Kelly	67.73%	Stormont parkrun 18/11/23	00:26:02
7	Paul O'Hare	59.24%	Waterworks parkrun 23/09/23	00:27:19