

## Championship Results 2024

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

| Race                     | Pos | Name           | Cat | Time     |
|--------------------------|-----|----------------|-----|----------|
| Storming the Castle 10km | 1   | David Conliffe | M45 | 00:36:36 |
| Comber 10km              | 2   | Stephen Lemon  | M45 | 00:45:34 |
| Seeley Cup 10km          | 3   | Sean McIntyre  | M60 | 00:45:50 |
| Seeley Cup 10km          | 4   | Paul O'Hare    | M60 | 00:55:45 |
| Craic 10km               | 5   | Mark Browne    | M45 | 00:58:44 |
| Craic 10km               | 6   | Arthur Watson  | M50 | 00:59:54 |
| Jimmy's Ten              | 7   | Robbie Burrows | M45 | 01:08:22 |
| Jimmy's Ten              | 8   | Ray Murray     | M65 | 01:15:45 |
| Craic 10km               | 9   | John Callaghan | M55 | 01:30:28 |

### Ladies 10km Cup – After 8 of 8 Races

| Race                      | Pos | Name             | Cat | Time     |
|---------------------------|-----|------------------|-----|----------|
| Seeley Cup 10km           | 1   | Anne Moore       | F45 | 00:43:47 |
| Bangor 10km               | 2   | Naomi Magowan    | F40 | 00:54:29 |
| Bangor 10km               | 3   | Nuala Collins    | F45 | 00:56:24 |
| Jimmy's Ten               | 4   | Janice McCartney | F55 | 01:04:52 |
| Bangor 10km               | 5   | Emma McCracken   | F45 | 01:06:12 |
| Belfast City Women's 10km | 6   | Clare Walsh      | F50 | 01:08:57 |

### Age Graded Competition

| Pos | Name            | Percentage | Location/Date             | Time     |
|-----|-----------------|------------|---------------------------|----------|
| 1   | David Conliffe  | 85.38%     | Belfast Victoria 16/11/24 | 00:16:52 |
| 2   | Tracey Atkinson | 84.86%     | Belfast Victoria 06/07/24 | 00:18:43 |
| 3   | Michael Kelly   | 66.98%     | Comber 08/06/24           | 00:26:39 |
| 4   | Stephen Lemon   | 66.56%     | Orangefield 16/03/24      | 00:21:38 |
| 5   | Ivan Baxter     | 64.41%     | Comber 21/09/24           | 00:36:29 |
| 6   | Paul O'Hare     | 59.88%     | Waterworks 06/04/24       | 00:27:15 |

### Men's 5 Mile Championship – After 6 of 6 Races

| Race              | Pos | Name           | Cat | Time     |
|-------------------|-----|----------------|-----|----------|
| Connswater 5 Mile | 1   | David Conliffe | M45 | 00:28:39 |
| Connswater 5 Mile | 2   | Stephen Lemon  | M45 | 00:36:17 |
| Connswater 5 Mile | 3   | Sean McIntyre  | M60 | 00:36:28 |
| Mallusk 5 Mile    | 4   | Tony Scullion  |     | 00:37:09 |
| Whitehead 5 Mile  | 5   | Paul O'Hare    | M60 | 00:45:02 |
| Connswater 5 Mile | 6   | Arthur Watson  | M50 | 00:46:23 |

### Ladies 5 Mile Championship – After 6 of 6 Races

| Race              | Pos | Name              | Cat | Time     |
|-------------------|-----|-------------------|-----|----------|
| Ards 5 Mile       | 1   | Naomi Magowan     | F40 | 00:45:37 |
| Connswater 5 Mile | 2   | Janice McCartney  | F55 | 00:52:42 |
| Ards 5 Mile       | 3   | Emma McCracken    | F45 | 00:52:51 |
| Ards 5 Mile       | 4   | Samantha Anderson | F55 | 01:07:58 |
| Ards 5 Mile       | 5   | Clare Walsh       | F50 | 01:07:59 |

### Men's 10 Mile Championship after 3 of 3 Races

| Race               | Pos | Name          | Cat | Time     |
|--------------------|-----|---------------|-----|----------|
| Portaferry 10 Mile | 1   | Sean McIntyre | M60 | 01:14:21 |
| Larne 10 Mile      | 2   | Stephen Lemon | M45 | 01:19:00 |
| Portaferry 10 Mile | 3   | Paul O'Hare   | M60 | 01:37:46 |

### Ladies 10 Mile Championship after 3 of 3 Races

| Race           | Pos | Name           | Cat | Time     |
|----------------|-----|----------------|-----|----------|
| Armagh 10 Mile | 1   | Naomi Magowan  | F40 | 01:35:49 |
| Larne 10 Mile  | 2   | Emma McCracken | F45 | 01:44:08 |

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

| Race                       | Pos | Name           | Cat | Time     |
|----------------------------|-----|----------------|-----|----------|
| Belfast Half Marathon      | 1   | David Conliffe | M45 | 01:22:19 |
| Antrim Coast Half Marathon | 2   | Adam Heanen    | M40 | 01:31:28 |
| Belfast Half Marathon      | 3   | Sean McIntyre  | M60 | 01:42:54 |
| Waterside Half Marathon    | 4   | Tony Scullion  | M50 | 01:46:59 |
| Antrim Coast Half Marathon | 5   | Arthur Watson  | M50 | 02:10:56 |
| Belfast Half Marathon      | 6   | John Callaghan | M55 | 02:36:19 |

### Ladies Half Marathon Championship – after 6 of 6 Races

| Race                  | Pos | Name              | Cat | Time     |
|-----------------------|-----|-------------------|-----|----------|
| Omagh Half Marathon   | 1   | Anne Moore        | F45 | 01:39:11 |
| Belfast Half Marathon | 2   | Melissa McConaghy | F40 | 02:04:23 |
| Belfast Half Marathon | 3   | Naomi Magowan     | F40 | 02:06:04 |
| Belfast Half Marathon | 4   | Emma McCracken    | F45 | 02:31:28 |
| Belfast Half Marathon | 5   | Clare Walsh       | F50 | 02:37:21 |

### Men's Marathon Championships

| Race               | Pos | Name          | Cat | Time     |
|--------------------|-----|---------------|-----|----------|
| Dublin Marathon    | 1   | John Crawford | M40 | 04:27:25 |
| Amsterdam Marathon | 2   | Arthur Watson | M50 | 04:56:26 |

### Ladies Marathon Championships

| Race                  | Pos | Name              | Cat | Time     |
|-----------------------|-----|-------------------|-----|----------|
| London Marathon       | 1   | Tracey Atkinson   | F45 | 03:03:41 |
| Longford Marathon     | 2   | Anne Moore        | F45 | 03:35:42 |
| Belfast City Marathon | 3   | Anne McNally      | F50 | 04:37:40 |
| Belfast City Marathon | 4   | Melissa McConaghy | F40 | 04:47:22 |
| Belfast City Marathon | 5   | Emma McCracken    | F45 | 05:35:20 |

From 18/04/24 chip times, if available, otherwise finish times will be used for all events.