

NICSAC Championship Series 2024

	No of Races	Stormont Cross	Jimmy's Ten	Craig 10km	Whitehead 5 Mile	Omagh Half	Larne 10Mile	C'water 5Mile	Lisburn Half	Comber 10km	Belfast Women's 10km	Ards Half	P'ferry 10Mile	Cookstown 5Mile	Mallusk 5Mile	S T C 10km	Strangford 10km	Portrush 5Mile	Antrim Coast Half	Waterside Half	Ards 5Mile	Handicap 5km	Belfast Half	Bangor 10km	Armagh 10Mile	Seeley Cup 10km	Marathon Points *	Total Points	
Name		Country																											
Sean McIntyre	8	10		20				18					20		19	19						19	19			19		163	
Arthur Watson	7	29		18				17		19									19				18				19	139	
Paul O'Hare	6	10			20								18		18							18			20		18	122	
Stephen Lemon	5	10	20				20	19		20			19															108	
David Conliffe	5	20						20								20							20			20		100	
Tony Scullion	3	10													20					20		20						70	
John Callaghan	2	10		17																			17					44	
Mark Browne	1	10		19																								29	
Ivan Baxter	1	10																				16						26	
Adam Heanen	1																		20									20	
John Crawford	1																									20	20		
Robbie Burrows	1		19																									19	
Ray Murray	1		18																									18	
Al MacInnes	1																					17						17	
Michael Kelly		10																										10	
Stewart Malcolm		10																										10	
Michael Williamson		10																										10	
Joe Quinn		10																										10	
																												0	
Emma McCracken	11	20		19			20				20						20				19	20	17	17	18	18	16	206	
Naomi Magowan	10							20		20		20				20					20	19	18	19	20	19		195	
Anne Moore	7	10				20			20													18	20	20	20		20	19	147
Janice McCartney	7	19	20	20				19		19											18			16				131	
Clare Walsh	5	28		18							19										16		16					97	
Melissa McConaghy	2																						19				17	36	
Anne McNally	2																										28	28	
Samantha Anderson	1	10																			17							27	
Tracey Atkinson	1																										20	20	
Nuala Collins	1																							18				18	
Heidi Rodgers		10																										10	
Mags Mathieson		10																										10	
																												0	

* 10 points awarded for completing a marathon, see below for marathons completed – points for ranking in marathon championships will be added in December

** Stormont Cross Country points include 10 bonus points for volunteers

Marathon Times for 2023/2024

Female

Tracey Atkinson	Time	Points	
London Marathon April 2024	03:03:41	10	Best Time
Ranking Points		10	
Total Points to date		20	

Anne Moore	Time	Points	
Longford Marathon	03:35:42	10	Best Time
Ranking Points		9	
Total Points to date		19	

Anne McNally	Time	Points	
Belfast City Marathon May 2024	04:37:40	10	Best Time
Lighthouse Run Marathon June 24	05:04:18	10	
Ranking Points		8	
Total Points to date		28	

Melissa McConaghy	Time	Points	
Belfast City Marathon May 2024	04:47:22	10	Best Time
Ranking Points		7	
Total Points to date		17	

Emma McCracken	Time	Points	
Belfast City Marathon May 2024	05:35:20	10	Best Time
Ranking Points		6	
Total Points to date		16	

Male

John Crawford	Time	Points	
Dublin Marathon	04:27:25	10	Best Time
Ranking Points		10	
Total Points to date		20	

Arthur Watson	Time	Points	
Amsterdam Marathon	04:56:26	10	Best Time
Ranking Points		9	
Total Points to date		19	