

Championship Results 2025

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

Race	Pos	Name	Cat	Time
Seeley Cup 10km	1	David Conliffe	M45	00:37:14
Craic 10km	2	Sean McIntyre	M60	00:44:56
Seeley Cup 10km	3	Tony Scullion	M50	00:45:37
Jmmy's Ten	4	Stephen Lemon	M45	00:46:15
Seaton Classic Bangor 10km	6	Paul O'Hare	M60	00:53:57
Seaton Classic Bangor 10km	7	Arthur Watson	M55	01:00:36
Jmmy's Ten	8	Ray Murray	M70	01:14:59

Men's 5 Mile Championship – After 7 of 7 Races

Race	Pos	Name	Cat	Time
Fairhill 5 Mile	1	David Conliffe	M45	00:29:24
CS Lewis 5 Mile	2	Sean McIntyre	M60	00:37:11
CS Lewis 5 Mile	2	Stephen Lemon	M45	00:37:11
Whitehead 5 Mile	4	Paul O'Hare	M60	00:44:28
CS Lewis 5 Mile	5	Arthur Watson	M55	00:46:54
CS Lewis 5 Mile	6	Ray Murray	M70	00:59:47

Men's 10 Mile Championship after 3 of 3 Races

Race	Pos	Name	Cat	Time
Portaferry 10 Mile	1	Stephen Lemon	M45	01:22:10
Armagh10 Mile	2	Paul O'Hare	M60	01:26:34

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

Race	Pos	Name	Cat	Time
Belfast Half Marathon	1	David Conliffe	M45	01:22:03
Omagh Half Marathon	2	Paul O'Hare	M60	02:04:36
Belfast Half Marathon	3	Robbie Burrows	M45	02:09:47
Lisburn Half Marathon	4	Arthur Watson	M55	02:14:27
Belfast Half Marathon	5	Ray Murray	M70	02:55:40

Men's Marathon Championships

Race	Pos	Name	Cat	Time
London Marathon	1	David Conliffe	M45	03:03:55
Belfast City Marathon	2	Alasdair Macinnes	M55	04:28:10
Dublin Marathon	3	John Crawford	M40	04:30:44
Dublin Marathon	4	Paul O'Hare	M60	04:53:15

Ladies 10km Cup – After 8 of 8 Races

Race	Pos	Name	Cat	Time
Craic 10km	1	Anne Moore	F45	00:44:56
Seeley Cup 10km	2	Melissa McConaghy	F40	00:49:31
Jmmy's Ten	3	Naomi Magowan	F40	00:51:50
Seaton Classic Bangor 10km	4	Janice McCartney	F60	01:00:46
Jmmy's Ten	5	Mary Robb	F50	01:05:42
Craic 10km	6	Emma McCracken	F45	01:06:17
Craic 10km	7	Clare Walsh	F50	01:08:45
Belfast Women's 10km	8	Sam Anderson	F55	01:18:06

Ladies 5 Mile Championship – After 7 of 7 Races

Race	Pos	Name	Cat	Time
Ards 5 Mile	1	Naomi Magowan	F40	00:41:26
CS Lewis 5 Mile	2	Melissa McConaghy	F45	00:42:10
Ards 5 Mile	3	Janice McCartney	F60	00:48:34
CS Lewis 5 Mile	4	Mary Robb	F50	00:49:24
CS Lewis 5 Mile	5	Emma McCracken	F45	00:51:06
CS Lewis 5 Mile	6	Sam Anderson	F50	01:03:53

Ladies 10 Mile Championship after 3 of 3 Races

Race	Pos	Name	Cat	Time
Larne 10 Mile	1	Naomi Magowan	F40	01:26:27
Larne 10 Mile	2	Nuala Collins	F45	01:39:49
Larne 10 Mile	3	Sam Anderson	F50	02:14:39

Ladies Half Marathon Championship – after 6 of 6 Races

Race	Pos	Name	Cat	Time
Antrim Coast Half Marathon	1	Tracey Atkinson	F45	01:27:32
Omagh Half Marathon	2	Anne Moore	F45	01:49:26
Belfast Half Marathon	3	Melissa McConaghy	F45	01:56:05
Belfast Half Marathon	4	Naomi Magowan	F40	01:57:44
Belfast Half Marathon	5	Mary Robb	F50	02:15:48
Belfast Half Marathon	6	Janice McCartney	F60	02:21:16
Belfast Half Marathon	7	Catherin Couzens	F45	02:29:27
Belfast Half Marathon	8	Emma McCracken	F45	02:30:38
Antrim Coast Half Marathon	9	Sam Anderson	F55	03:06:09
Ards Half Marathon	10	Clare Walsh	F50	03:14:19

Ladies Marathon Championships

Race	Pos	Name	Cat	Time
Belfast City Marathon	1	Tracey Atkinson	F45	02:56:50
Belfast City Marathon	2	Anne Moore	F45	03:28:21
Belfast City Marathon	3	Naomi Magowan	F40	04:22:57
Belfast City Marathon	4	Anne McNally	F50	04:27:29

Age Graded Competition

Pos	Name	Percentage	Location/Date	Time
1	David Conliffe	86.24%	Belfast Victoria 22/02/25	00:16:50
2	Tracey Atkinson	85.97%	Belfast Victoria 17/05/25	00:18:39
3	Gerry Mitchell	73.29%	Stormont 23/08/25	00:26:50
4	Alasdair MacInnes	69.79%	Stormont 19/04/25	00:22:24
5	Barry Spiers	69.15%	Wallace Lisburn	00:21:30
6	Stephen Lemon	66.69%	Newry Greenway 16/08/25	00:21:46
7	Paul O'Hare	63.83%	Paisley Park 22/11/25	00:26:02
8	Janice McCartney	61.59%	Comber 22/11/25	00:31:04
9	Ivan Baxter	58.27%	Comber 26/07/25	00:41:42
10	Arthur Watson	58.05%	Belfast Victoria 15/11/25	00:26:42
11	Melissa McConaghy	44.87%	Queen's Belfast 9/08/25	00:35:24

Chip times, if available, will be used for all events.