

## HILL AND DALE GETS UNDERWAY IN CASTLEWELLAN

Here we go again!

The Newcastle AC annual Hill and Dale series got underway at Castlewellan on Thursday night. Old rivalries were renewed or re-ignited after another hard winters training as 285 hardy souls assembled. I have been reliably informed that 666 runners had registered for the series and much excitement was generated by efforts to find 'the beast' in the pack. Rumours of it being the 'biggest' Hill and Dale race ever were immediately confirmed by the arrival of Joe McCann.

The start line is positioned in front of Castlewellan Lake with the Castle in the background and makes for a spectacular setting. Unfortunately by the time the race started a heavy mist had descended but this did not dampen the enthusiasm of the runners.

On the dot of 7.30pm the whistle blew and official race starter, Frank Morgan, got the runners underway. The start of this race is akin to a herd of buffalo stampeding to a water hole. It is important however to remember to pace yourself and not get too carried away with the atmosphere. There is over 5 miles of running and 1080 feet of climbing involved with a couple of stings in the tail.

In the men's race, Willy McKee, got off to a swift start hotly pursued by Luke McMullan. This is Luke's first Hill and Dale in 6 years having spent much of his recent time training for triathlons. Jonathan Scott from Mourne Runners and the impressive Neil Carty followed close behind. Willy did not falter however and finished over one-and-a-half minutes ahead of the chasing pack. A very impressive start indeed. Luke came second with Jonathan and the evergreen Neil Carty now in the Vet 50 category taking fourth place.

In the ladies race, Karen Wilton, won the race in an impressive time of 37:47 closely followed by Esther Dickson. Karen had a fantastic race and no doubt will be a regular feature in the races to come. In third place was Aine Gosling of Newcastle AC. It is great to see Aine back after enjoying a brilliant career as a Junior runner.

Other great performances throughout the field were recorded by some category wins for Deon McNeilly (MV55), Dave Fulcher (MV60), Sinead McKibbin (FV40), Aine McNeill (FV50).

The truly international flavour of the series was evidenced by the presence of young Spanish runner, Gonzalo Lopez de Miguel. Gonzalo won the Male Junior race and finished in fifth position overall. Gonzalo is from Alicante in Spain. Rumour has it that Spanish ultra runner, Killian Jornet, is set to make an appearance next year.

Further excitement was caused when sources revealed that Olympic medallist, Katarina Johnson-Thompson, had flown in from the Commonwealth games in the Gold Coast to take part only for it to be revealed that it was her namesake, Claire Johnson-Thompson from Banbridge AC. Fellow Banbridge AC runner, Cathal McNiff, got a good foundering whilst his son, Patrick, is presently warm weather

training in Spain. A particular wag was heard to comment “Where is the justice in that?”

A few other runners are worthy of mention.

Fintan McGreevy has hung up his foot-balling boots having just retired and finished in a very respectable 85<sup>th</sup> place.

The old John ‘Hen’ Kelly and Neil Carty rivalry has resumed and the final outcome of this is eagerly awaited by keen observers of the series. Mind you, Tollymore, is very much Hen’s stomping ground so who knows what the result will be this Thursday night.

A word of mention to all the helpers and marshals. Thanks to marshal-in-chief, Jerome McCrickard, who also doubled up as a sweeper on the night. It is just as well he was wearing a fluorescent top – by the time he came off Slievenaslat the sun had set and the marshals were turning on the flood lights. Also, to assistant ‘course markers’, Mark King, Stephen Wallace and Stephen Knight, who kept the show on the road and made sure that the arrows pointed in the right directions. All under the very watchful eye of Eamonn McCrickard. Particular gratitude is expressed to Wallace’s Sawdust Services!

Thanks to all the volunteers who gave up their own time and helped in the running of the race. Thanks also to Martin McMullan for the use of his premises and all the extra help involved.

The post race prize giving was held in Maginns. Thanks to Marty and staff for providing a great spread once again. Particular thanks to Darragh McCrickard for his hard work and effort and also to Nadia Rodgers for writing the excellent programme which ensured that the results and category winners were available very quickly after the race ended.

At the end of the race, a blue Trespass bag with a red coat was left behind. This can be collected at the Tollymore race on Thursday night.

Please note that the next race is this Thursday night at Tollymore with approximately 5.5 miles running with 900 feet of climbing. Registration is from 6.15pm. Please remember to bring your number and full body cover just in case.

Well done to all involved on a great night.

Report by the Eagle.

**Hill and Dale 2018 Series - Race 1**  
**Castlewellan 12/04/2018**

Pos	Barcode	Name	Club	Category	Finish Time	Cat Points
1	398	William Mckee	Mourne Runners*	MOpen	00:32:46	1
2	416	Luke McMullan	Newcastle AC*	MOpen	00:34:21	2
3	568	Jonathan Scott	Mourne Runners*	MOpen	00:34:26	3
4	84	Neil Carty	North Belfast Harriers*	MV50	00:35:11	1
5	289	Gonzalo Lopez de Miguel	C.A Apolana Alicante	MJunior	00:35:15	1
6	426	David McNeilly	Newcastle AC*	MV35	00:35:26	1
7	397	John McKee	Mourne Runners*	MOpen	00:35:36	4
8	309	Mark Malone	Unattached	MOpen	00:35:42	5
9	516	Colin Pascoe	BARF*	MV40	00:35:53	1
10	616	Peter Thompson	BARF*	MOpen	00:36:10	6
11	418	Rory McMullan	Newcastle AC*	MOpen	00:36:19	7
12	76	Paul Carlin	Newcastle AC*	MOpen	00:36:39	8
13	33	Richard Bell	Mourne Runners*	MV40	00:36:54	2
14	476	Aidan Murray	Newry City Runners*	MV35	00:37:02	2
15	534	Lorcan Quinn	Newcastle AC*	MOpen	00:37:05	9
16	427	Deon McNeilly	Newcastle AC*	MV55	00:37:12	1
17	255	John Kelly	Newcastle AC*	MV50	00:37:20	2
18	381	Colm McGarry	Belfast Running Club*	MV35	00:37:21	3
19	511	Jack OHare	Newcastle AC*	MV40	00:37:29	3
20	515	Duddy Parr	Newry City Runners*	MV35	00:37:39	4
21	655	Karen Wilton	Jog Lisburn*	FV45	00:37:47	1
22	550	Alexandre Rio	Unattached	MOpen	00:37:57	10
23	254	Gareth Kelly	3 Ways AC*	MV40	00:38:09	4
24	486	John Neill	East Antrim Harriers*	MV40	00:38:33	5
25	420	Stephen McNally	Newcastle AC*	MV35	00:38:38	5
26	126	Esther Dickson	Newry AC*	FOpen	00:38:47	1
27	618	Steven Todd	DUB Runners*	MV45	00:38:49	1
28	383	Liam McGarry	Belfast Running Club*	MV40	00:38:58	6
29	83	Warren Cartmill	Newry AC*	MV45	00:39:00	2
30	51	Oisin Brennan	Springwell*	MJunior	00:39:05	2
31	403	Marty Mckibbin	Dundrum clg	MOpen	00:39:08	11
32	457	Declan Morgan	City of Lisburn*	MV40	00:39:14	7
33	563	Sean Russell	Club not listed	MOpen	00:39:30	12
34	465	Martin Mullan	BARF*	MV40	00:39:31	8
35	283	Paul Le Blanc	Newry AC*	MV55	00:39:37	2
36	614	John Thomas	Dromore AC*	MV35	00:40:01	6
37	297	Gareth Macauley	Newcastle AC*	MOpen	00:40:02	13
38	441	Connaire McVeigh	Unattached	MV40	00:40:13	9
39	188	David Graham	Armagh AC *	MV45	00:40:15	3
40	466	RORY Mulvaney	Newry AC*	MOpen	00:40:17	14
41	195	Andy Gregg	Larne AC*	MV50	00:40:19	3
42	55	Jim Brown	BARF*	MV55	00:40:24	3
43	414	Colm McMullan	Dromore AC*	MV40	00:40:31	10
44	592	Mark Stephens	LVO	MOpen	00:40:39	15
45	243	Thomas Jennings	CrossFit Infected	MV35	00:40:42	7
46	229	paul hollywood	Armagh AC *	MV45	00:40:53	4
47	108	Jonny Crutchley	Newcastle AC*	MV35	00:40:59	8
48	150	Paul Edgar	Ballydrain Harriers*	MV40	00:41:06	11
49	494	Francis Nugent	Blaney Rockets*	MV50	00:41:09	4
50	347	Jonathan McCloy	Ballymena Runners*	MOpen	00:41:11	16
51	311	William Marks	Mourne Runners*	MV40	00:41:14	12



52	474	John Murphy	North Belfast Harriers*	MV45	00:41:19	5
53	400	Gareth Mckeown	BARF*	MV55	00:41:21	4
54	374	Mark McElroy	Team Purple	MV35	00:41:28	9
55	49	Colin Brennan	Springwell*	MV55	00:41:30	5
<b>56</b>	<b>186</b>	<b>Aine Gosling</b>	<b>Newcastle AC*</b>	<b>FV35</b>	<b>00:41:35</b>	<b>1</b>
57	571	Fabrice Scoupe	Belfast Running Club*	MV45	00:41:40	6
58	641	Paul Watson	Newcastle AC*	MV50	00:41:48	5
59	340	Joseph McCarroll	knockmany Runners	MOpen	00:41:51	17
60	211	Adam Heanen	NI Civil Service AC*	MV35	00:42:02	10
61	28	Stephen Begley	Albertville Harriers *	MV50	00:42:06	6
62	569	Jordan Scott	Albertville Harriers *	MOpen	00:42:23	18
63	643	Deirdre Weatherall	East Down AC*	FOpen	00:42:26	2
64	593	Michael Stephens	Club not listed	MOpen	00:42:29	19
65	459	Jonny Mornin	Mourne Runners*	MV35	00:42:31	11
66	93	Clive Coffey	Physio & Co	MV50	00:42:33	7
67	329	Colm McAlinden	Mourne Runners*	FV35	00:42:35	2
68	181	John Patrick Gilroy	Newcastle AC*	MOpen	00:42:36	20
69	185	Frankie Gorman	Blaney Rockets*	MV50	00:42:39	8
<b>70</b>	<b>405</b>	<b>Sinead Mckibbin</b>	<b>Unattached</b>	<b>FV40</b>	<b>00:42:42</b>	<b>1</b>
71	281	Gerard Lawless	Unattached	MV35	00:42:46	12
72	608	LYNDESEY TAYLOR	City of Lisburn*	FOpen	00:42:48	3
73	537	Sarah Quinn	Unattached	FOpen	00:42:50	4
74	507	Bernadette O'kane	DUB Runners*	FOpen	00:42:52	5
75	337	Eamon McCann	Murlough AC*	MV45	00:42:57	7
76	664	Kieran McShane	Dundrum CLG	MOpen	00:43:01	21
77	238	Nigel Jeff	Buxton Athletic Club	MV50	00:43:15	9
78	469	Kevin Murdock	Team Purple	MV50	00:43:17	10
79	390	Declan McGrellis	BARF*	MV45	00:43:20	8
80	147	Mark Dugan	Ballydrain Harriers*	MV50	00:43:24	11
81	278	Jim Larkin	DUB Runners*	MV40	00:43:26	13
82	596	Lee Stewart	Mourne Runners*	MOpen	00:43:28	22
83	590	Barry Spiers	NI Civil Service AC*	MV40	00:43:30	14
84	127	Neill Dickson	Unattached	MV45	00:43:34	9
85	389	Fintan McGreevy	Club not listed	MV35	00:43:39	13
86	291	Ryan Love	DUB Runners*	MV40	00:43:46	15
87	175	Niall Gibney	East Down AC*	MV40	00:43:49	16
88	109	Michael Cultra	East Down AC*	MV40	00:43:54	17
89	540	Chris Ragg	Unattached	MV35	00:43:55	14
90	513	Hugh Oram	Murlough AC*	MV40	00:43:58	18
91	7	David Allen	Albertville Harriers *	MV55	00:44:00	6
92	605	Jonathan Swann	Ballydrain Harriers*	MV35	00:44:02	15
93	483	Ronan Mynes	Newry AC*	MV45	00:44:07	10
94	89	Stephen Cassidy	Physio & Co	MV45	00:44:08	11
95	163	Maurice Fitzmaurice	Unattached	MV45	00:44:10	12
96	44	Cathal Brannigan	Unattached	MV35	00:44:12	16
97	312	Darren Marshall	Unattached	MV40	00:44:19	19
98	157	Michael Englishby	Newcastle AC*	MV40	00:44:20	20
99	658	Mark Wright	Unattached	MV35	00:44:21	17
100	42	Craig Bradley	Ballydrain Harriers*	MV35	00:44:27	18
101	222	Graham Hill	Ballydrain Harriers*	MV45	00:44:28	13
102	380	Gary Mcgale	Newry City Runners*	MV45	00:44:31	14
103	575	Alistair Shaw	Springwell*	MV35	00:44:32	19
104	404	Ronan Mckibbin	Unattached	MV35	00:44:38	20
105	153	Mark Elliott	Ballydrain Harriers*	MV45	00:44:45	15
106	632	David Wallace	Mourne Runners*	MV40	00:44:50	21



107	331	Wilson McAlister	Jog Moira	MV55	00:44:52	7
108	631	Andrew Wallace	Ballydrain Harriers*	MV50	00:44:56	12
109	265	Hamish Kerr	Club not listed	MOpen	00:45:01	23
110	351	Declan McCormick	Murlough AC*	MV50	00:45:02	13
111	456	Cathal Morgan	Newry City Runners*	MOpen	00:45:05	24
112	299	Bryan Magee	Larne AC*	MV45	00:45:21	16
113	402	conor McKibbin	Club not listed	MV40	00:45:23	22
<b>114</b>	<b>424</b>	<b>Aine McNeill</b>	<b>Dromore AC*</b>	<b>FV50</b>	<b>00:45:25</b>	<b>1</b>
115	615	David Thompson	Unattached	MV40	00:45:26	23
116	114	Donna Daly	Newcastle AC*	FV35	00:45:29	3
117	349	Vincent McConville	Unattached	MV40	00:45:38	24
118	117	Jonathan Davis	Jog Lisburn*	MOpen	00:45:39	25
119	267	Tim Kerr	Club not listed	MV45	00:45:40	17
<b>120</b>	<b>199</b>	<b>Ernest Hall</b>	<b>Dromore AC*</b>	<b>MV65</b>	<b>00:45:47</b>	<b>1</b>
121	59	David Buchanan	BARF*	MV35	00:45:48	21
122	330	Danny McAlinden	Unattached	MV35	00:45:49	22
123	620	Mark Toner	CrossFit Infected	MOpen	00:45:51	26
124	646	Barry WELLS	Newcastle AC*	MV55	00:45:55	8
125	15	Sean Armstrong	Murlough AC*	MV50	00:45:58	14
126	517	RICHARD PATTERSON	Unattached	MOpen	00:46:00	27
127	189	Joanne Graham	Mourne Runners*	FV35	00:46:04	4
128	263	Ronan Kernan	Unattached	MOpen	00:46:07	28
129	498	Michael O'Donoghue	Orangethicket AC*	MV40	00:46:11	25
130	488	Grace Elizabeth Neville	Newcastle AC*	FOpen	00:46:13	6
131	445	Will Miscampbell	Olympian Tri	MV40	00:46:21	26
132	41	Paul Bracken	Jog Moira	MV40	00:46:25	27
133	69	Gary Cairns	Newcastle AC*	MV45	00:46:29	18
134	633	Nicholas Wallace	Belfast Running Club*	MV35	00:46:31	23
135	298	Alan Magee	Dromore AC*	MV45	00:46:34	19
136	85	Gareth Casement	Unattached	MV40	00:46:36	28
137	434	Charlie McQuillan	Club not listed	MV35	00:46:39	24
138	409	Nigel McKinney	Newcastle AC*	MV45	00:46:40	20
139	256	Jonny Kelly	East Down AC*	MV40	00:46:50	29
140	158	CONOR FARRELL	Unattached	MV35	00:46:54	25
141	408	Johnny McKinley	Dromore AC*	MV45	00:47:00	21
142	90	Stephen Cassidy	Murlough AC*	MV45	00:47:02	22
143	375	Gary McEvoy	Unattached	MV35	00:47:15	26
144	304	Sean Maguire	Blaney Rockets*	MV40	00:47:32	30
145	213	David Hendron	Unattached	MV35	00:47:35	27
<b>146</b>	<b>173</b>	<b>Dave Fulcher</b>	<b>Murlough AC*</b>	<b>MV60</b>	<b>00:47:41</b>	<b>1</b>
147	107	John Crawley	Unattached	MV50	00:47:44	15
148	417	Martin McMullan	CrossFit Infected	MV40	00:47:47	31
149	539	Martin Rafter	Blaney Rockets*	MV55	00:47:49	9
150	460	martin morrison	BARF*	MV45	00:47:54	23
151	385	Franky Mcgivern	Newcastle AC*	MV40	00:47:58	32
152	308	Anthony Malone	Blaney Rockets*	MV35	00:48:06	28
153	8	Barry Anderson	Kernan Running Club*	MV45	00:48:11	24
154	66	Kevin Burns	Mourne Runners*	MV40	00:48:20	33
155	645	Brian Welch	Unattached	MV50	00:48:24	16
156	160	Seamus Fearon	Unattached	MOpen	00:48:27	29
157	485	Michael Neeson	Murlough AC*	MV35	00:48:41	29
158	362	Declan McCrory	Armagh AC *	MV55	00:48:54	10
159	470	Kevin Murney	Burren AC*	MV40	00:48:58	34
160	662	Aoife Scott	Dublin Bay Running Club	FOpen	00:48:59	7
161	506	John O'Higgins	Newcastle AC*	MOpen	00:49:06	30



162	547	Janice Reid	Dromore AC*	FV50	00:49:09	2
163	528	Mark Pruzina	BARF*	MV50	00:49:11	17
164	240	Joe Jeffery	Ballydrain Harriers*	MV45	00:49:12	25
165	431	Cathal McNiff	Banbridge AC*	MV55	00:49:14	11
166	252	Domnic Kearns	Banbridge AC*	MV55	00:49:16	12
167	635	Philip Ward	BARF*	MV40	00:49:17	35
168	300	Declan Magee	Newcastle AC*	MV50	00:49:19	18
169	111	Mickey Cunningham	Unattached	MV55	00:49:22	13
170	21	Adrian Baron	ACKC	MV55	00:49:24	14
171	453	Aaron Montgomery	Newry City Runners*	MV40	00:49:25	36
172	607	John Taylor	East Down AC*	MV40	00:49:32	37
173	552	Paddy Ritchie	Ballydrain Harriers*	MV45	00:49:40	26
174	133	Alastair Donaghy	Ballymena Runners*	MV50	00:49:43	19
175	597	Stephen Stewart	Ballydrain Harriers*	MV50	00:49:45	20
176	140	Aidan Downey	Unattached	MOpen	00:49:47	31
177	583	John Sinton	Runwell lub not listed	MV60	00:49:49	2
178	450	Jason Monaghan	Blaney Rockets*	MOpen	00:49:53	32
179	578	Thomas Shields	Unattached	MV35	00:49:57	30
180	86	Paul Casement	Crossgar Harriers	MV35	00:49:59	31
181	71	Clarke Campbell	BARF*	MV50	00:50:00	21
182	369	Paddy McDonald	East Down AC*	MV45	00:50:02	27
183	13	Anne-Marie Annett	Mourne Runners*	FV35	00:50:04	5
184	566	Claire Scott	North Down AC*	FV45	00:50:06	2
185	665	Joy Morgan	Unattached	FV50	00:50:10	3
186	439	Sean McShane	North Belfast Harriers*	MJunior	00:50:13	3
187	438	Sean McShane	North Belfast Harriers*	MV45	00:50:15	28
188	20	Jacqueline Barbour	Newcastle AC*	FV40	00:50:16	2
189	288	Sean Looby	Murlough AC*	MV35	00:50:18	32
190	663	Johnny Walsh	Mossley AFC	MV35	00:50:22	33
191	413	Nigel McMorris	Unattached	MV55	00:50:23	15
192	120	Cheryl Denvir	East Down AC*	FV40	00:50:28	3
193	350	Paul McCormac	Physio & Co	MV50	00:50:31	22
194	599	Wayne Storey	Unattached	MV40	00:50:33	38
<b>195</b>	<b>202</b>	<b>Brian Hamilton</b>	<b>East Down AC*</b>	<b>MV70</b>	<b>00:50:36</b>	<b>1</b>
196	102	Verity Cornford	Orangetown AC*	FV40	00:50:38	4
197	561	Eric Ruddle	Newcastle AC*	MV45	00:50:40	29
198	60	Derek Bunting	BARF*	MV50	00:50:42	23
199	103	Ricky Cowan	Mourne Runners*	MV65	00:50:43	2
200	46	Jay Brannigan	CrossFit Infected	MV35	00:50:49	34
201	346	Peter McClean	Unattached	MV50	00:50:50	24
202	461	Michael Morrow	Dromore AC*	MV60	00:50:53	3
203	526	Nigel Proctor	Banbridge AC*	MV50	00:50:55	25
204	560	Billy Rowan	Club not listed	MV70	00:51:02	2
205	536	Mary Quinn	NIMRA*	MV50	00:51:03	26
<b>206</b>	<b>401</b>	<b>Janet McKeown</b>	<b>Unattached</b>	<b>FV60</b>	<b>00:51:06</b>	<b>1</b>
207	524	Alison Prentice	Unattached	FV50	00:51:06	4
208	261	Joe Kenneally	Newcastle AC*	MV45	00:51:11	30
209	264	Angela Kerr	Newcastle AC*	FV40	00:51:13	5
210	557	Keith Rooney	Unattached	MV35	00:51:16	35
211	110	Lorna Cunningham	Newcastle AC*	FV45	00:51:18	3
212	522	Charlie Power	Unattached	MOpen	00:51:19	33
213	365	Ian McCullough	BARF*	MV70	00:51:22	3
214	318	Nicola Mathers	Newcastle AC*	FV35	00:51:26	6
215	338	Joe McCann	Newcastle AC*	MV45	00:51:27	31
216	179	James Gillespie	Club not listed	MV40	00:51:29	39



217	134	Brian Donaghy	no club	MV35	00:51:30	36
218	602	Ian Stringer	Physio & Co	MV50	00:51:31	27
219	274	Stephen Knight	Newcastle AC*	MV50	00:51:33	28
220	360	Monica McCrickard	Leitrim Ladies	FV45	00:51:34	4
221	554	Kathryn Robinson Getty		FV35	00:51:35	7
222	182	David Glass	Unattached	MV50	00:51:37	29
<b>223</b>	<b>275</b>	<b>Ann Lacey</b>		<b>FV55</b>	<b>00:51:39</b>	<b>1</b>
224	176	Michael Gibson	BARF*	MV40	00:51:42	40
225	519	Eamonn Patton	Unattached	MV35	00:51:43	37
226	573	Catriona Shatwell	Team Runwell	FV50	00:51:45	5
227	251	Dawson Jones	Club not listed	MV40	00:51:47	41
228	184	Hazel Glenn	Unattached	FV40	00:51:49	6
229	88	Helen Cassidy	Physio & Co	FV40	00:52:09	7
230	356	Ian McCracken	Unattached	MV55	00:52:11	16
231	584	Ed Smith	Lunchtime Legends	MV65	00:52:16	3
232	647	Seamus White	Newcastle AC*	MV55	00:52:28	17
233	391	Peter McGuckin	Lunchtime Legends	MV65	00:52:35	4
234	53	Andy Bridge	BARF*	MV50	00:52:49	30
235	489	Victoria Newell	Mourne Runners*	FOpen	00:54:34	8
236	518	Trevor Patterson	North Down AC*	MV45	00:54:47	32
237	475	Lorna Murphy	Newry City Runners*	FV50	00:54:53	6
238	336	Damian McCann	Newry City Runners*	MV45	00:54:54	33
239	27	Ian Bates	Dromore AC*	MV55	00:54:58	18
240	394	Nicola McIntyre	Club not listed	FV45	00:55:05	5
241	29	Christopher Bell	Unattached	MOpen	00:55:20	34
242	68	Paddy Butler	Club not listed	MV40	00:55:23	42
243	216	Pamela Herron	Mourne Runners*	FV35	00:55:32	8
244	523	Michael Power	Murlough AC*	MV50	00:55:39	31
245	166	Lisa Fleming	Orangetown AC*	FV45	00:55:57	6
246	125	Sharon Dickenson	Lagan Valley AC*	FV40	00:56:01	8
247	473	Fiona Murphy	Ballydrain Harriers*	FV50	00:56:13	7
248	553	Judith Robinson	Murlough AC*	FV50	00:56:16	8
249	171	Christine Forker	Team Runwell	FOpen	00:56:36	9
250	639	Philip Waterworth	BARF*	MV35	00:56:54	38
251	479	Janine Murray	East Down AC*	FOpen	00:57:23	10
252	52	Oonagh Breteche	East Down AC*	FV40	00:57:24	9
253	532	Wendy Purdon	Ballydrain Harriers*	FV45	00:57:29	7
254	248	Karen Johnston	Ballydrain Harriers*	FV45	00:57:31	8
255	444	Sean Milligan	Newcastle AC*	MV40	00:57:50	43
256	72	Eamon Campbell	Unattached	MV40	00:57:51	44
257	250	Claire Johnston-Thompson	Banbridge AC*	FV40	00:58:06	10
258	162	Charlotte Fisher	Unattached	FV45	00:59:00	9
259	136	Emma Donnelly	Ballymena Runners*	FV40	00:59:02	11
260	95	Nina Coffey	Physio & Co	FV40	00:59:48	12
261	454	Naomi Montgomery	Ballydrain Harriers*	FV35	00:59:51	9
262	570	Karen Scott	Jog Moira	FV50	01:00:07	9
263	640	Stephen Waterworth	BARF*	MV40	01:00:21	45
264	357	Mada McCrea	Jog Moira	FV40	01:00:31	13
265	587	Liam Smyth	Murlough AC*	MV45	01:01:08	34
266	131	David Doey	Orangetown AC*	MV40	01:01:14	46
267	227	Patricia Hogg	Murlough AC*	FV40	01:01:29	14
268	79	Alice Carson	Ballydrain Harriers*	FV40	01:01:33	15
269	410	Diane Mckissick	Murlough AC*	FV50	01:01:49	10
270	130	Adrian Dodds	Ballymena Runners*	MV40	01:02:51	47
271	326	Denise McAlarney	Murlough AC*	FV45	01:03:04	10

272	504	Kookie O'Hagan	Newry AC*	MV60	01:03:15	4
273	666	Jim McAlinden	Unattached	MV40	01:04:36	48
274	115	Judith Dalzell	Orangethrove AC*	FV50	01:05:48	11
275	606	Ian Taylor	BARF*	MV70	01:05:50	4
276	482	Selina Myles	Orangethrove AC*	FV35	01:06:04	10
277	105	Stephen Craig	Orangethrove AC*	MV55	01:07:08	19
<b>278</b>	<b>373</b>	<b>Karen McElroy</b>	<b>Newry City Runners*</b>	<b>FJunior</b>	<b>01:07:58</b>	<b>1</b>
279	65	JANINE BURNS	Newry City Runners*	FV45	01:08:12	11
280	3	Mairead Agnew	Ballymena Runners*	MV45	01:09:34	35
281	512	Matthew Ohare	Unattached	MV55	01:11:24	20
282	359	Jerome McCrickard	Newcastle AC*	MV45	01:11:31	36