

**Ford 5k Results 2019**

| <b>Position</b> | <b>Barcode</b> | <b>Name</b>              | <b>Time</b>     | <b>Category</b> | <b>Club</b>                |
|-----------------|----------------|--------------------------|-----------------|-----------------|----------------------------|
| <b>1</b>        | <b>39</b>      | <b>David O'Flaherty</b>  | <b>00:16:07</b> | <b>MV35</b>     | <b>Newcastle AC*</b>       |
| <b>2</b>        | <b>179</b>     | <b>Christopher Devin</b> | <b>00:16:15</b> | <b>MV40</b>     | <b>Newry City Runners*</b> |
| 3               | 153            | Gordon Graham            | 00:16:29        | MV35            | East Down AC*              |
| 4               | 188            | Wesley McDowell          | 00:16:38        | MV40            | Dromore AC*                |
| <b>5</b>        | <b>194</b>     | <b>Daniel Molloy</b>     | <b>00:16:44</b> | <b>MOpen</b>    | <b>Newcastle AC*</b>       |
| 6               | 96             | Andrew Hicks             | 00:16:51        | MOpen           | Dromore AC*                |
| 7               | 57             | Connaire McVeigh         | 00:16:53        | MV40            | Newcastle AC*              |
| <b>8</b>        | <b>182</b>     | <b>Laura Graham</b>      | <b>00:17:00</b> | <b>FOpen</b>    | <b>Mourne Runners*</b>     |
| 9               | 173            | Aidan Brown              | 00:17:18        | MV35            | Newcastle AC*              |
| 10              | 83             | Mark Casey               | 00:17:23        | MV35            | Newcastle AC*              |
| <b>11</b>       | <b>157</b>     | <b>Alan Johnston</b>     | <b>00:17:37</b> | <b>MV45</b>     | <b>Murlough AC*</b>        |
| 12              | 191            | Jonny Crutchley          | 00:17:39        | MV35            | Newcastle AC*              |
| 13              | 38             | Chris Diamond            | 00:17:45        | MV35            | Annadale Striders *        |
| 14              | 54             | Brian McVeigh            | 00:18:00        | MV35            | Newcastle AC*              |
| 15              | 70             | Benoit le Houerou        | 00:18:04        | MV40            | Newcastle AC*              |
| 16              | 31             | Colin Drain              | 00:18:07        | MV40            | Beechmount Harriers*       |
| 17              | 154            | David Smyth              | 00:18:10        | MOpen           | Unattached                 |
| 18              | 195            | Frank Cunningham         | 00:18:12        | MOpen           | Newcastle AC*              |
| 19              | 119            | Catherine O'Connor       | 00:18:14        | FOpen           | East Down AC*              |
| <b>20</b>       | <b>125</b>     | <b>Tom Crudginton</b>    | <b>00:18:23</b> | <b>U16 Male</b> | <b>Newcastle AC*</b>       |
| 21              | 30             | Mark Rafferty            | 00:18:26        | MOpen           | Annadale Striders *        |
| 22              | 41             | Brendan Havern           | 00:18:29        | MV35            | Unattached                 |
| 23              | 115            | Sean Haughian            | 00:18:30        | MV40            | Unattached                 |
| 24              | 495            | Paul Byrne               | 00:18:42        | MV45            | Newcastle AC*              |
| 25              | 171            | Simon McCartan           | 00:18:54        | MOpen           | Newcastle AC*              |
| <b>26</b>       | <b>97</b>      | <b>Damien Mulholland</b> | <b>00:18:56</b> | <b>MV55</b>     | <b>Newry City Runners*</b> |
| 27              | 127            | Mari Troeng              | 00:19:05        | FOpen           | Newcastle AC*              |
| 28              | 62             | Damien Maguire           | 00:19:06        | MV40            | Newry City Runners*        |
| 29              | 197            | Brendan McQuaid          | 00:19:10        | MV35            | Newcastle AC*              |
| 30              | 113            | Colin Armstrong          | 00:19:11        | MV35            | Dromore AC*                |
| 31              | 176            | Paul Lloyd               | 00:19:13        | MV40            | East Down AC*              |
| 32              | 145            | Marc Reid                | 00:19:23        | MOpen           | Bryansford GAC             |
| 33              | 225            | Kieran Morgan            | 00:19:25        | MV35            | Newcastle AC*              |
| 34              | 61             | Michael McCormick        | 00:19:26        | MV55            | North Belfast Harriers*    |
| 35              | 35             | Paddy Hannan             | 00:19:33        | MOpen           | Newry City Runners*        |
| 36              | 202            | Adodghan Fegan           | 00:19:38        | MOpen           | Bryansford GAC             |
| 37              | 60             | Chris Clarke             | 00:19:44        | MOpen           | Unattached                 |
| 38              | 82             | Stephen Graham           | 00:19:46        | MOpen           | Newcastle AC*              |
| 39              | 84             | Gerard Mcauley           | 00:19:47        | MV40            | Newcastle AC*              |
| 40              | 163            | Niall O'Higgins          | 00:19:49        | MOpen           | Bryansford GAC             |
| 41              | 170            | Ryan McDonald            | 00:19:50        | MV35            | Newcastle AC*              |
| 42              | 128            | John O'Higgins           | 00:19:55        | MOpen           | Unattached                 |
| <b>43</b>       | <b>81</b>      | <b>Mark Holland</b>      | <b>00:20:11</b> | <b>MV50</b>     | <b>Unattached</b>          |
| 44              | 77             | Pearce McCann            | 00:20:16        | MOpen           | St. John's                 |
| 45              | 496            | Aidan Poland             | 00:20:22        | MV40            | Newry City Runners*        |
| 46              | 80             | Declan McCormick         | 00:20:23        | MV55            | Murlough AC*               |
| <b>47</b>       | <b>139</b>     | <b>Aine Fegan</b>        | <b>00:20:29</b> | <b>FV45</b>     | <b>Newry City Runners*</b> |
| 48              | 66             | Franky McGivern          | 00:20:29        | MV40            | Newcastle AC*              |
| <b>49</b>       | <b>102</b>     | <b>Sean Donegan</b>      | <b>00:20:33</b> | <b>MJunior</b>  | <b>Bryansford GAC</b>      |
| 50              | 148            | Adrian Howard            | 00:20:40        | MV35            | Unattached                 |
| 51              | 493            | Brendan Moore            | 00:20:41        | MV40            | Bryansford GAC             |
| 52              | 213            | Liam O'Higgins           | 00:20:43        | MOpen           | Unattached                 |
| 53              | 141            | Daniel McAlinden         | 00:20:45        | MV35            | Newry City Runners*        |

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|-----------|------------|-------------------------|-----------------|-------------------|----------------------------|
| <b>54</b> | <b>71</b>  | <b>Brendan Connolly</b> | <b>00:20:46</b> | <b>MV65</b>       | <b>Unattached</b>          |
| 55        | 101        | José Cabrera            | 00:20:48        | MV40              | Fionn MacCumhaill's, Dalla |
| 56        | 152        | Ruby McNiff             | 00:20:50        | FOpen             | Dromore AC*                |
| <b>57</b> | <b>56</b>  | <b>Ernest Hall</b>      | <b>00:20:52</b> | <b>MV60</b>       | <b>Dromore AC*</b>         |
| 58        | 53         | David Vint              | 00:21:00        | MV55              | Newry City Runners*        |
| 59        | 146        | Gary Cull               | 00:21:01        | MV40              | Unattached                 |
| 60        | 49         | Erin Havern             | 00:21:02        | FOpen             | Dromore AC*                |
| 61        | 52         | James McCracken         | 00:21:09        | MV55              | Dromore AC*                |
| 62        | 498        | Darren McAnallen        | 00:21:22        | MOpen             | Bryansford GAC             |
| 63        | 58         | Kevin O'Neill           | 00:21:26        | MV35              | Unattached                 |
| 64        | 88         | Briege Russell          | 00:21:30        | FOpen             | Dromore AC*                |
| 65        | 108        | Michael Agurlar         | 00:21:38        | MV45              | Unattached                 |
| 66        | 79         | Cathal McNiff           | 00:21:39        | MV55              | Dromore AC*                |
| 67        | 198        | Daniel McDonald         | 00:21:45        | MOpen             | Bryansford GAC             |
| 68        | 143        | Cathal Grant            | 00:21:51        | MV60              | Unattached                 |
| 69        | 40         | Fionn McKibbin          | 00:22:01        | MJunior           | Bryansford GAC             |
| 70        | 94         | Gillian Stevens         | 00:22:09        | FV45              | Murlough AC*               |
| 71        | 209        | Lewis Casement          | 00:22:18        | MJunior           | Bryansford GAC             |
| 72        | 177        | James Ashdown           | 00:22:22        | MV55              | Murlough AC*               |
| 73        | 212        | Paul McCullough         | 00:22:28        | MV55              | Banbridge                  |
| <b>74</b> | <b>16</b>  | <b>Pauline Counsell</b> | <b>00:22:29</b> | <b>FV35</b>       | <b>Dromore AC*</b>         |
| 75        | 110        | John Grey               | 00:22:30        | MV40              | Unattached                 |
| 76        | 497        | Jacqueline Barbour      | 00:22:40        | FV45              | Newcastle AC*              |
| 77        | 11         | Anthony O'Hare          | 00:22:42        | MV50              | Unattached                 |
| <b>78</b> | <b>185</b> | <b>Eva Kitchen</b>      | <b>00:22:48</b> | <b>FV40</b>       | <b>Newry City Runners*</b> |
| 79        | 492        | Jurgita McCormick       | 00:22:56        | FV35              | Dromore AC*                |
| 80        | 218        | Matthew McNeilly        | 00:22:58        | MOpen             | St Peters*                 |
| 81        | 65         | Patrick Smith           | 00:23:08        | MV45              | Unattached                 |
| 82        | 43         | Anne Travers            | 00:23:13        | MV40              | Newry City Runners*        |
| 83        | 494        | Conor Moore             | 00:23:18        | U16 Male          | Bryansford GAC             |
| 84        | 168        | Nicola Donnelly         | 00:23:27        | FOpen             | Unattached                 |
| 85        | 174        | Damian McCann           | 00:23:31        | MV45              | Newry City Runners*        |
| 86        | 42         | Jim Malcolmson          | 00:23:33        | MV45              | Newry City Runners*        |
| 87        | 180        | Ian Johnston            | 00:23:34        | MV55              | Unattached                 |
| 88        | 208        | Andrea Armstrong        | 00:23:37        | FV35              | Dromore AC*                |
| 89        | 140        | Helen McCartan          | 00:23:45        | FV45              | Dromore AC*                |
| <b>90</b> | <b>214</b> | <b>Maise McVeigh</b>    | <b>00:23:51</b> | <b>U16 Female</b> | <b>Murlough AC*</b>        |
| 91        | 64         | Aoife McVeigh           | 00:23:52        | FOpen             | Murlough AC*               |
| 92        | 123        | Kathryn Aiken           | 00:23:57        | FV40              | Dromore AC*                |
| 93        | 249        | Vicky McVeigh           | 00:24:06        | FV40              | Unattached                 |
| <b>94</b> | <b>50</b>  | <b>Gillian McNiff</b>   | <b>00:24:18</b> | <b>FV50</b>       | <b>Dromore AC*</b>         |
| 95        | 120        | Julie Cherry            | 00:24:34        | FV40              | Unattached                 |
| 96        | 159        | Declan Rice             | 00:24:52        | MV50              | Newcastle AC*              |
| 97        | 85         | Conor Devlin            | 00:24:59        | MOpen             | Newry City Runners*        |
| 98        | 500        | Donal Smith             | 00:25:00        | MV45              | East Down AC*              |
| 99        | 160        | Noreen Cabrera Rox      | 00:25:02        | FV45              | Fionn MacCumhaill's, Dalla |
| 100       | 75         | Ruth Early              | 00:25:07        | FV45              | Core Fitness NI            |
| 101       | 169        | Luke Williamson         | 00:25:22        | MJunior           | Unattached                 |
| 102       | 161        | Natsha Ferris           | 00:25:31        | FOpen             | Bryansford GAC             |
| 103       | 164        | Heidi Sheridan          | 00:25:33        | U16 Female        | Unattached                 |
| 104       | 162        | Patrick Sheridan        | 00:25:36        | MOpen             | Unattached                 |
| 105       | 76         | Noel Kirkpatrick        | 00:25:44        | MV35              | Unattached                 |

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|            |            |                     |                 |                |                       |
|------------|------------|---------------------|-----------------|----------------|-----------------------|
| 106        | 155        | Ciaran O'Higgins    | 00:25:52        | MOpen          | Unattached            |
| 107        | 17         | Kevin Durkin        | 00:26:02        | MV35           | Bryansford GAC        |
| 108        | 201        | Amy Nicholson       | 00:26:04        | FOpen          | Bryansford GAC        |
| 109        | 220        | Carraig Smith       | 00:26:15        | MJunior        | Bryansford GAC        |
| 110        | 184        | Hermione Sheridan   | 00:26:23        | U16 Female     | Unattached            |
| <b>111</b> | <b>175</b> | <b>Kiara Cairns</b> | <b>00:26:25</b> | <b>FJunior</b> | <b>Bryansford GAC</b> |
| 112        | 27         | Toby Crothers       | 00:26:26        | MJunior        | Bryansford GAC        |
| 113        | 98         | Elaine Mcauley      | 00:26:28        | FV35           | Crossgar Harriers     |
| 114        | 134        | Patrick Sheridan    | 00:26:29        | MV50           | Unattached            |
| 115        | 121        | Maeve McCarney      | 00:26:31        | FOpen          | Unattached            |
| 116        | 499        | Dawn Maginnes       | 00:26:32        | FV50           | Albertville Harriers  |
| 117        | 74         | Laura Brennan       | 00:26:34        | FOpen          | Murlough AC*          |
| 118        | 117        | Martin Smith        | 00:26:36        | MV40           | CrossFit Infected     |
| 119        | 199        | Gillian Warnock     | 00:26:39        | FV40           | Murlough AC*          |
| 120        | 172        | Amanda Johnston     | 00:26:40        | FV45           | Murlough AC*          |
| 121        | 210        | Peter Curan         | 00:26:44        | U16 Male       | Newcastle AC*         |
| 122        | 219        | Cheryl Magee        | 00:26:45        | FOpen          | Murlough AC*          |
| 123        | 206        | Stephen McMahon     | 00:26:58        | MV50           | Murlough AC*          |
| <b>124</b> | <b>73</b>  | <b>Thomas Fee</b>   | <b>00:27:08</b> | <b>MV70</b>    | <b>Dromore AC*</b>    |
| 125        | 109        | Gareth Malley       | 00:27:17        | MV35           | Murlough AC*          |
| 126        | 93         | Kate Mulholland     | 00:27:48        | FV50           | Newry City Runners*   |
| 127        | 63         | Charlie Curran      | 00:28:31        | U16 Male       | Unattached            |
| 128        | 95         | Shane Peter Sands   | 00:28:32        | FV45           | S.G.R.                |
| 129        | 186        | Reg Rankin          | 00:29:01        | MV50           | Unattached            |
| 130        | 165        | Ollie Brannigan     | 00:29:08        | U16 Male       | Bryansford GAC        |
| 131        | 183        | Sean J Brannigan    | 00:29:09        | MOpen          | Bryansford GAC        |
| 132        | 59         | Bill Cash           | 00:29:22        | MV65           | Murlough AC*          |
| 133        | 166        | Siobhan Northrop    | 00:29:34        | FOpen          | Murlough AC*          |
| 134        | 187        | Ciara Malley        | 00:29:35        | FOpen          | Jogoff Castlewellan   |
| 135        | 205        | Eugene Grant        | 00:29:37        | MV65           | Unattached            |
| 136        | 158        | Ava Scannell        | 00:29:40        | U16 Female     | Murlough AC*          |
| 137        | 144        | Sean McCashin       | 00:29:44        | MV55           | Kinlar Runners        |
| 138        | 78         | Saoirse Maguire     | 00:30:33        | U16 Female     | Murlough AC*          |
| 139        | 55         | Fergal Maguire      | 00:30:35        | MOpen          | Murlough AC*          |
| 140        | 104        | Fiona Lacey         | 00:30:48        | FV50           | Unattached            |
| 141        | 203        | Darragh Scannell    | 00:30:59        | U16 Male       | Unattached            |
| 142        | 132        | Sarah Scannell      | 00:31:00        | U16 Female     | Murlough AC*          |
| 143        | 204        | Gareth Scannell     | 00:31:01        | MOpen          | Unattached            |
| 144        | 211        | Catherine Scannell  | 00:31:02        | FOpen          | Murlough AC*          |
| 145        | 112        | Stephanie Gribbon   | 00:31:09        | FV35           | Unattached            |
| 146        | 200        | Gareth Toner        | 00:31:10        | MV40           | Bryansford GAC        |
| 147        | 216        | Conor Gribbon       | 00:31:16        | MV35           | Bryansford GAC        |
| 148        | 142        | Alan Grant          | 00:31:17        | MV55           | Unattached            |
| 149        | 150        | Calum McLaughlin    | 00:31:52        | MJunior        | Bryansford GAC        |
| 150        | 192        | Ciaran McLaughlin   | 00:31:53        | MV40           | Bryansford GAC        |
| 151        | 217        | Scarlet Curran      | 00:32:24        | U16 Female     | Unattached            |
| 152        | 215        | Cindy Rush          | 00:32:39        | FOpen          | Unattached            |
| 153        | 190        | Charles McAlinden   | 00:32:41        | MV60           | Newcastle AC*         |
| 154        | 87         | Cathy Bates         | 00:33:06        | FV50           | Unattached            |
| 155        | 37         | Peter Morgan        | 00:33:07        | MV50           | Unattached            |

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|     |     |              |          |      |            |
|-----|-----|--------------|----------|------|------------|
| 156 | 114 | Paula Curran | 00:33:33 | FV40 | Unattached |
|-----|-----|--------------|----------|------|------------|