

RESULTS

MEN

Existing record 24.26 min – Paul Rowan (2003)

1 st	Jim Benson (Belfast)	27.39 min
2 nd	Matthew Wilson (Belfast)	27.57 min
3 rd	Brian Barron (Belfast)	28.36 min
4 th	Christopher Moren (Belfast)	28.54 min
5 th	Paul Woodman (Belfast)	29.13 min
6 th	Darren McKee (Bangor)	29.16 min
7 th	Douglas Grant (Bangor)	29.38 min
8 th	Ryan Henry (Belfast)	30.40 min
9 th	Brendan Kirk (Bangor)	30.55 min
10 th	Paul McIlwaine (Belfast)	30.57 min
11 th	David Proctor (Belfast)	30.58 min
12 th	Gerard McNamara (Belfast)	31.02 min
13 th	Adrian Daye (Lisburn)	31.51 min
14 th	David McKeague (Bangor)	32.20 min
15 th	Andrew Muir (Holywood)	32.48 min
16 th	Paul Durey (Newtownards)	33.00 min
17 th	Michael Riddell (Bangor)	33.02 min
18 th	Jonathan McGrath (Bangor)	33.10 min
19 th	John McGarvey (Newtownards)	33.28 min
20 th	John O'Neill (Portaferry)	33.50 min
21 st	Greg Mason (Portaferry)	33.52 min
22 nd	Michael Cultra (Ardglass)	33.59 min
23 rd	Andrew Gray (Newtownards)	34.10 min
24 th	Paul Condner (Lisburn)	34.16 min
25 th	Kyle Gibson (Bangor)	34.41 min
26 th	Neil Long (Newtownards)	34.59 min
27 th	Craig Long (Newtownards)	35.07 min
28 th	Edward Salmon (Newtownards)	35.29 min
29 th	Paul Frazer (Newtownards)	35.37 min
30 th	Thomas Carson (Belfast)	35.51 min
31 st	Michael Steney (Bangor)	36.08 min
32 nd	Sammy Daye (Derryboye)	36.33 min
33 rd	Barry Coleman (Carrickfergus)	37.22 min
34 th	Richard Fleming (Bangor)	37.24 min
35 th	Tim McCallan (Sion Mills)	37.35 min
36 th	Ryan Jamison (Newtownards)	37.52 min
37 th	Andy Troughton (Newtownards)	37.57 min
38 th	Warren Patton (Newtownards)	38.00 min

39 th	Thomas O'Hagan (Belfast)	38.02 min
40 th	Craig Newberry (Bangor)	38.36 min
41 st	Neil Williams (Ballygowan)	38.39 min
42 nd	Steven Wilson (Holywood))	38.55 min
43 rd	Colin Goudy (Carrowdore)	39.09 min
44 th	Andrew Donaldson (Comber)	39.17 min
45 th	Steve Wilson (Donaghadee)	40.07 min
46 th	Gavin Wilson (Belfast)	40.17 min
47 th	Philip Dynes (Kircubbin)	40.36 min
48 th	Jamie Conroy (Comber)	40.38 min
49 th	Barry Holland (Carryduff)	40.54 min
50 th	Alan Briers (Belfast)	41.09 min
51 st	Neil Martin (Newtownards)	42.00 min
52 nd	Geoff Johnston (Newtownards)	42.12 min
53 rd	David Rainey (Dundonald)	46.20 min
54 th	Mark Drennan (Bangor)	48.48 min.

LADIES

Existing record 29.55 min – Shireen Crumpton (2009)

1 st	Roberta Dornan (Bangor)	31.10 min
2 nd	Elaine Connor (Whitehead)	31.47 min
3 rd	Angela Burns (Belfast)	32.12 min
4 th	Lorraine McConville (Bangor)	34.44 min
5 th	Stephanie Hambling (Bangor)	35.40 min
6 th	Alison Downey (Belfast)	38.35 min
7 th	Carol Boal (Bangor)	39.02 min
8 th	Connie Hydes (Paisley)	39.58 min
9 th	Sharon Dickenson (Belfast)	40.51 min
10 th	Henrietta Mason (Portaferry)	41.58 min
11 th	Anne-Marie McDevitt (Belfast)	43.20 min
12 th	Maxine McCullough (Kircubbin)	43.47 min
13 th	Emma Hingston (Comber)	44.33 min
14 th	Christine Orr (Lisbane)	45.00 min
15 th	Laura Farling (Jordanstown)	45.45 min
16 th	Margaret Furst (Bangor)	46.14 min
17 th	Karen Barker (Comber)	46.17 min
18 th	Sheena Bishop (Comber)	46.49 min
19 th	Wendy Thompson (Newtownards)	47.50 min
20 th	Susan Anderson (Ballygowan)	47.56 min
21 st	(Joint) Catherine Thyles (Belfast)	52.51 min
21 st	(Joint) Mavis McCallen (Belfast)	52.51 min
23 rd	Claire Cox (Belfast)	52.53 min

24 th	Natasha Todd (Comber)	53.21 min
25 th	Mary Martin (Comber)	53.22 min.

MEN VETS (45 and Over)

Existing record 28.01 min – Matt Shields (2002)

1 st	Aaron Stronge (Killinchy)	27.49 min	<u>NEW RECORD</u>
2 nd	Gary Keenan (Belfast)	28.22 min	
3 rd	Robert Wilson (Bangor)	30.32 min	
4 th	Roy Bill (Newtownards)	31.33 min	
5 th	Stephen Purdie (Bangor)	31.57 min	
6 th	Kenneth Hughes (Kircubbin)	35.16 min	
7 th	Stuart Neale (Kilmore)	36.08 min	
8 th	Gary Hamilton (Newtownards)	36.13 min	
9 th	(Joint) Jim Clinton (Belfast)	36.27 min	
9 th	(Joint) Arthur Crowe (Cloughey))	36.27 min	
11 th	Graham Hill (Bangor)	36.34 min	
12 th	Steve Murray (Newtownards)	37.13 min	
13 th	Paul Leckey (Kilbright)	37.28 min	
14 th	Paul O'Hare (Belfast)	38.21 min	
15 th	Ean McClure (Newtownards)	38.27 min	
16 th	Alan Keys (Newtownards)	38.30 min	
17 th	John Scott (Bangor)	40.15 min	
18 th	John Baird (Newtownards)	40.27 min	
19 th	Ian Watson (Bangor)	41.15 min	
20 th	Dessie Campbell (Newtownards)	42.15 min	
21 st	Michael Murphy (Newtownards)	43.35 min	
22 nd	Ivan Baxter (Belfast)	44.39 min	
23 rd	Jimmy Nolan (Belfast)	47.26 min.	

LADY VETS (45 and Over)

Existing record 32.22 min – Ruth Magill (2009)

1 st	Frances Mitchell (Holywood)	38.35 min
2 nd	Alison Hill (Bangor)	47.07 min
3 rd	Lynn Cooke (Comber)	47.45 min
4 th	Jacqueline Briers (Belfast)	47.56 min
5 th	Shirelle Stewart (Newtownards)	50.33 min
6 th	Bridget Nodder (Comber)	56.06 min
7 th	Barbara McKeever (Belfast)	56.08 min

BOYS (16 and Under)

Existing record 28.16 min – Ryan Holt (2009)

1 st	William Hutton (Millisle)	29.35 min
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GIRLS (16 and Under)

Existing record 34.09 min – Jessica Craig (2005)

1st Francesca Brown (Conlig)

35.36 min.