Senior Race - F including F35, F40, F45, F50, F55, FU23 3.9 miles 2680ft

Pos	Name	Club	Cat	Time	Behind
1st	Grace Elizabeth Neville	Newcastle AC	F	01:08:23	
2nd	Bernadette O'Kane	Dub Runners	F	01:09:13	+00:00:5
3rd	Kathleen Monteverde	BARF	F55	01:10:41	+00:02:1
4th	Hazel McLaughlin	Lagan Valley AC	F40	01:13:19	+00:04:5
5th	Bronagh McInerney	Newcastle AC	F45	01:19:30	+00:11:0
6th	Sharon Dickenson	Lagan Valley AC	F40	01:44:14	+00:35:5
7th	Helen Cassidy	Physio & McCormac	F40	01:55:40	+00:47:1
8th	Ita Monaghan	Olympian	F	01:56:00	+00:47:3
9th	Aine McNeill	Dromore AC	F50	01:56:19	+00:47:5
	Cara Jeffery	North Down AC	F40	m2-3	
	Shileen O'Kane	Lagan Valley AC	F50	m3	

Senior Race - F40 3.9 miles 2680ft

Pos	Name	Club	Cat	Time	Behind
1st	Hazel McLaughlin	Lagan Valley AC	F40	01:13:19	
2nd	Sharon Dickenson	Lagan Valley AC	F40	01:44:14	+00:30:5
3rd	Helen Cassidy	Physio & McCormac	F40	01:55:40	+00:42:2
	Cara Jeffery	North Down AC	F40	m2-3	

Senior Race - F45 3.9 miles 2680ft

Pos	Name	Club	Cat	Time	Behind
1st	Bronagh McInerney	Newcastle AC	F45	01:19:30	

Senior Race - F50 3.9 miles 2680ft

Pos	Name	Club	Cat	Time	Behind
1st	Aine McNeill	Dromore AC	F50	01:56:19	
	Shileen O'Kane	Lagan Valley AC	F50	m3	

Senior Race - F55 3.9 miles 2680ft

Pos	Name	Club	Cat	Time	Behind
1st	Kathleen Monteverde	BARF	F55	01:10:41	

Senior Race - M including M35, M40, M45, M50, M55, M60, M65, M70, MU23 3.9 miles 2680ft

Pos	Name	Club	Cat	Time	Behind
1st	David Hicks	Newcastle AC	M35	00:49:29	
2nd	Mark Stephens	Lagan Valley Orienteers	M	00:50:47	+00:01:1
3rd	Timothy Johnston	Mourne Runners	M	00:51:03	+00:01:3
4th	Stephen Cunningham	Mourne Runners	M40	00:51:33	+00:02:0
5th	Jonathan Scott	Mourne Runners	M	00:53:47	+00:04:1
6th	Oisin Brennan	Springwell Running Club	MU23	00:54:00	+00:04:3
7th	Alex Brennan	Springwell Running Club	M45	00:54:20	+00:04:5
8th	Colum Campbell	Unattached	M40	00:54:27	+00:04:5
9th	Jonathan Graham	Mourne Runners	M	00:55:20	+00:05:5

Senior Race - M including M35, M40, M45, M50, M55, M60, M65, M70, MU23 3.9 miles 2680ft

Pos	Name	Club	Cat	Time	Behind
10th	Pete Grant	Newcastle AC	M50	00:55:41	+00:06:1
11th	Clive Bailey	Mourne Runners	M45	00:56:08	+00:06:3
12th	Garth McGimpsey	Mourne Runners	M35	00:56:33	+00:07:0
13th	Niall Gibney	East Down AC	M40	00:59:49	+00:10:2
14th	Alistair Haddow	Unattached	M50	00:59:53	+00:10:2
15th	Gary Warnock	Unattached	M35	01:01:10	+00:11:4
16th	Alan Elwood	Dromore	M45	01:01:38	+00:12:0
17th	Ricky Hanna	Mourne Runners	M	01:02:26	+00:12:5
18th	Colin Brennan	Springwell Running Club	M55	01:03:26	+00:13:5
19th	Paul Hollywood	Armagh AC	M45	01:03:30	+00:14:0
20th	Gary McEvoy	Newcastle AC	M35	01:03:32	+00:14:0
21st	Declan Morgan	City of Lisburn AC	M40	01:03:51	+00:14:2
22nd	Gareth McKeown	BARF	M55	01:06:18	+00:16:4
23rd	Noel Carr	Newry AC	M40	01:06:25	+00:16:5
24th	Robin Montgomery	Orangegrove AC	M45	01:06:56	+00:17:2
25th	Craig McCauley	Mourne Runners	M45	01:07:17	+00:17:4
26th	David Graham	Armagh AC	M45	01:08:14	+00:18:4
27th	Ryan McDonald	Newcastle AC	M	01:09:35	+00:20:0
28th	Chris Ragg	Unattached	M35	01:09:39	+00:20:1
29th	Sean Maguire	Blayney Rockets	M45	01:09:42	+00:20:1
30th	Alan Magee	Dromore AC	M45	01:09:47	+00:20:1
31st	Graeme Potter	Riada Triathlon Club	M	01:09:57	+00:20:2
32nd	Ciaran McAleenan	Mourne Runners	M55	01:10:09	+00:20:4
33rd	Mark Weir	North Down AC	M45	01:11:37	+00:22:0
34th	Stephen Bickerstaff	Unattached	M55	01:13:00	+00:23:3
35th	Peter McAvoy	Unattached	M	01:14:55	+00:25:2
36th	Jim Larkin	Dub Runners	M40	01:15:54	+00:26:2
37th	Maurice Fitzmaurice	Unattached	M45	01:19:23	+00:29:5
38th	Ricky Cowan	Mourne Runners	M65	01:23:44	+00:34:1
39th	Tony McGuckin	Acorns AC	M40	01:26:20	+00:36:5
40th	Ian McCullough	BARF	M70	01:29:11	+00:39:4
41st	Nigel McKinney	Newcastle AC	M45	01:55:37	+01:06:0
42nd	Cormac Muldoon	Unattached	M60	01:55:43	+01:06:1
43rd	Trevor Wilson	BARF	M55	01:55:48	+01:06:1
44th	Andrew Mc Gibbon	BARF	M50	01:55:51	+01:06:2
45th	Stephen Stewart	Ballydrain Harriers	M50	01:55:56	+01:06:2
46th	Gerard Moore	Blayney Rockets	M60	01:56:11	+01:06:4
	Ian Taylor	BARF	M70	m2-3	
	Trevor Patterson	North Down AC	M45	m2-3	

Senior Race - M35 3.9 miles 2680ft

Pos	Name	Club	Cat	Time	Behind
1st	David Hicks	Newcastle AC	M35	00:49:29	
2nd	Garth McGimpsey	Mourne Runners	M35	00:56:33	+00:07:0
3rd	Gary Warnock	Unattached	M35	01:01:10	+00:11:4
4th	Gary McEvoy	Newcastle AC	M35	01:03:32	+00:14:0
5th	Chris Ragg	Unattached	M35	01:09:39	+00:20:1

Senior Race - M40 3.9 miles 2680ft

Pos	Name	Club	Cat	Time	Behind
1st	Stephen Cunningham	Mourne Runners	M40	00:51:33	
2nd	Colum Campbell	Unattached	M40	00:54:27	+00:02:5
3rd	Niall Gibney	East Down AC	M40	00:59:49	+00:08:1
4th	Declan Morgan	City of Lisburn AC	M40	01:03:51	+00:12:1
5th	Noel Carr	Newry AC	M40	01:06:25	+00:14:5
6th	Jim Larkin	Dub Runners	M40	01:15:54	+00:24:2
7th	Tony McGuckin	Acorns AC	M40	01:26:20	+00:34:4

Senior Race - M45 3.9 miles 2680ft

Pos	Name	Club	Cat	Time	Behind
1st	Alex Brennan	Springwell Running Club	M45	00:54:20	
2nd	Clive Bailey	Mourne Runners	M45	00:56:08	+00:01:4
3rd	Alan Elwood	Dromore	M45	01:01:38	+00:07:1
4th	Paul Hollywood	Armagh AC	M45	01:03:30	+00:09:1
5th	Robin Montgomery	Orangegrove AC	M45	01:06:56	+00:12:3
6th	Craig McCauley	Mourne Runners	M45	01:07:17	+00:12:5
7th	David Graham	Armagh AC	M45	01:08:14	+00:13:5
8th	Sean Maguire	Blayney Rockets	M45	01:09:42	+00:15:2
9th	Alan Magee	Dromore AC	M45	01:09:47	+00:15:2
10th	Mark Weir	North Down AC	M45	01:11:37	+00:17:1
11th	Maurice Fitzmaurice	Unattached	M45	01:19:23	+00:25:0
12th	Nigel McKinney	Newcastle AC	M45	01:55:37	+01:01:1
	Trevor Patterson	North Down AC	M45	m2-3	

Senior Race - M50 3.9 miles 2680ft

Pos	Name	Club	Cat	Time	Behind
1st	Pete Grant	Newcastle AC	M50	00:55:41	
2nd	Alistair Haddow	Unattached	M50	00:59:53	+00:04:1
3rd	Andrew Mc Gibbon	BARF	M50	01:55:51	+01:00:1
4th	Stephen Stewart	Ballydrain Harriers	M50	01:55:56	+01:00:1

Senior Race - M55 3.9 miles 2680ft

Pos	Name	Club	Cat	Time	Behind
1st	Colin Brennan	Springwell Running Club	M55	01:03:26	
2nd	Gareth McKeown	BARF	M55	01:06:18	+00:02:5
3rd	Ciaran McAleenan	Mourne Runners	M55	01:10:09	+00:06:4
4th	Stephen Bickerstaff	Unattached	M55	01:13:00	+00:09:3
5th	Trevor Wilson	BARF	M55	01:55:48	+00:52:2

Senior Race - M60 3.9 miles 2680ft

Pos	Name	Club	Cat	Time	Behind
1st	Cormac Muldoon	Unattached	M60	01:55:43	
2nd	Gerard Moore	Blayney Rockets	M60	01:56:11	+00:00:2

Senior Race - M65 3.9 miles 2680ft

Pos	Name	Club	Cat	Time	Behind
1st	Ricky Cowan	Mourne Runners	M65	01:23:44	

Senior Race - M70 3.9 miles 2680ft

Pos	Name	Club	Cat	Time	Behind
1st	Ian McCullough	BARF	M70	01:29:11	
	Ian Taylor	BARF	M70	m2-3	

Senior Race - MU23 3.9 miles 2680ft

Pos	Name	Club	Cat	Time	Behind
1st	Oisin Brennan	Springwell Running Club	MU23	00:54:00	