

# The 40th Flagstaff to Carlingford Race

June 16, 2019

## RESULTS - PROVISIONAL

### Race - MU21 11 miles 3000ft

Pos	No.	Name	Club	Cat	Time	Behind
1st	81	Oisín Brennan	Springwell AC	MU21	01:48:32	

### Race - M including MU21, MV40, MV45, MV50, MV55, MV60, MV65, MV70 11 m

Pos	No.	Name	Club	Cat	Time	Behind
1st	65	Seamus Lynch	Newcastle AC	M	01:40:37	
2nd	369	Shane Lynch	Glenmore AC	M	01:45:24	+00:04:47
3rd	81	Oisín Brennan	Springwell AC	MU21	01:48:32	+00:07:55
4th	353	Neil Andrews	East Down AC	M	01:50:25	+00:09:48
5th	370	Paul McAnespie	Armagh AC	MV45	01:53:04	+00:12:27
6th	99	Andrew Tees	Orangetown AC	M	01:57:56	+00:17:19
7th	93	Steven Shields	Unattached	M	02:01:26	+00:20:49
8th	66	Pete Grant	Newcastle AC	MV50	02:01:29	+00:20:52
9th	64	Alistair Haddow	Unattached	MV55	02:01:54	+00:21:17
10th	88	Paul Hollywood	Armagh AC	MV45	02:03:03	+00:22:26
11th	360	Cathal McGreevy	Newry AC	MV50	02:04:09	+00:23:32
12th	92	Barry Mullan	Springwell AC	MV40	02:04:23	+00:23:46
13th	97	Ronan Davison Kernan	BARF	M	02:04:36	+00:23:59
14th	77	Rory Mulvaney	Newry AC	M	02:06:56	+00:26:19
15th	347	Adam Ervine	Newry AC	M	02:06:58	+00:26:21
16th	98	Jim Brown	BARF	MV55	02:07:16	+00:26:39
17th	80	Colin Brennan	Springwell AC	MV55	02:07:40	+00:27:03
18th	357	Tim Lowry	Ballymena Runners	MV45	02:08:28	+00:27:51
19th	69	Michael Burton	IMRA	MV55	02:09:05	+00:28:28
20th	76	Craig McCauley	Mourne Runners	MV45	02:09:35	+00:28:58
21st	374	Bryan Magee	Larne AC	MV45	02:09:52	+00:29:15
22nd	364	Gary Warnock	Unattached	M	02:10:39	+00:30:02
23rd	373	Francis Nugent	Blaney Rockets	MV50	02:11:10	+00:30:33
24th	359	Alan Elwood	Dromore AC	MV45	02:11:27	+00:30:50
25th	95	Matt Crawford	BARF	M	02:12:02	+00:31:25
26th	345	Fearghal Delaney	Armagh AC	M	02:12:38	+00:32:01
27th	87	Lorcan Vallely	Armagh AC	M	02:13:59	+00:33:22
28th	355	Gerry Kingston	Newcastle AC	MV55	02:14:08	+00:33:31
29th	363	Andrew Wallace	Ballydrain Harriers	MV50	02:17:14	+00:36:37
30th	78	Mark Haynes	Armagh AC	MV40	02:18:45	+00:38:08
31st	79	Gareth Kelly	Armagh AC	MV40	02:19:06	+00:38:29
32nd	348	Paul Le Blanc	Newry AC	MV55	02:19:15	+00:38:38
33rd	82	Mark Weir	North Down AC	MV45	02:20:14	+00:39:37
34th	367	Leo Murray	Tir Chonaill AC	MV50	02:21:06	+00:40:29
35th	85	Shane McKenna	Unattached	M	02:22:55	+00:42:18
36th	86	Ciaran McAleenan	Mourne Runners	MV55	02:30:32	+00:49:55
37th	358	David Bell	Mourne Runners	MV55	02:32:19	+00:51:42
38th	354	Kevin Grogan	Unattached	MV60	02:33:32	+00:52:55
39th	84	Stephen McCaffrey	Unattached	M	02:33:35	+00:52:58
40th	70	Damian Cunningham	Mourne Runners	MV50	02:35:57	+00:55:20
41st	346	Horace de Courcy Wheeler	Dromore AC	MV55	02:41:28	+01:00:51
42nd	68	Graeme Potter	Riada Triathlon	M	02:43:44	+01:03:07
43rd	96	Richard Gamble	BARF	MV45	02:44:36	+01:03:59
44th	75	Ricky Cowan	Mourne Runners	MV70	02:57:23	+01:16:46

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### Race - M including MU21, MV40, MV45, MV50, MV55, MV60, MV65, MV70 11 m

Pos	No.	Name	Club	Cat	Time	Behind
45th	83	Jason Shevlin	Armagh AC	MV45	03:00:14	+01:19:37
46th	74	Alan Beattie	Unattached	MV50	03:11:05	+01:30:28
47th	72	W J Brown	Mourne Runners	MV65	03:11:48	+01:31:11
48th	71	Stuart McNeilly	Unattached	M	03:11:55	+01:31:18
49th	372	Martin Rafter	Blayney Rockets	MV50	03:19:35	+01:38:58
50th	89	Michael Murphy	Lagan Valley Orienteers	MV55	03:20:36	+01:39:59
51st	365	Charlie McQuillan	Jog Moira	M	03:24:27	+01:43:50

### Race - MV40 11 miles 3000ft

Pos	No.	Name	Club	Cat	Time	Behind
1st	92	Barry Mullan	Springwell AC	MV40	02:04:23	
2nd	78	Mark Haynes	Armagh AC	MV40	02:18:45	+00:14:22
3rd	79	Gareth Kelly	Armagh AC	MV40	02:19:06	+00:14:43

### Race - MV45 11 miles 3000ft

Pos	No.	Name	Club	Cat	Time	Behind
1st	370	Paul McAnespie	Armagh AC	MV45	01:53:04	
2nd	88	Paul Hollywood	Armagh AC	MV45	02:03:03	+00:09:59
3rd	357	Tim Lowry	Ballymena Runners	MV45	02:08:28	+00:15:24
4th	76	Craig McCauley	Mourne Runners	MV45	02:09:35	+00:16:31
5th	374	Bryan Magee	Larne AC	MV45	02:09:52	+00:16:48
6th	359	Alan Elwood	Dromore AC	MV45	02:11:27	+00:18:23
7th	82	Mark Weir	North Down AC	MV45	02:20:14	+00:27:10
8th	96	Richard Gamble	BARF	MV45	02:44:36	+00:51:32
9th	83	Jason Shevlin	Armagh AC	MV45	03:00:14	+01:07:10

### Race - MV50 11 miles 3000ft

Pos	No.	Name	Club	Cat	Time	Behind
1st	66	Pete Grant	Newcastle AC	MV50	02:01:29	
2nd	360	Cathal McGreevy	Newry AC	MV50	02:04:09	+00:02:40
3rd	373	Francis Nugent	Blayney Rockets	MV50	02:11:10	+00:09:41
4th	363	Andrew Wallace	Ballydrain Harriers	MV50	02:17:14	+00:15:45
5th	367	Leo Murray	Tir Chonaill AC	MV50	02:21:06	+00:19:37
6th	70	Damian Cunningham	Mourne Runners	MV50	02:35:57	+00:34:28
7th	74	Alan Beattie	Unattached	MV50	03:11:05	+01:09:36
8th	372	Martin Rafter	Blayney Rockets	MV50	03:19:35	+01:18:06

### Race - MV55 11 miles 3000ft

Pos	No.	Name	Club	Cat	Time	Behind
1st	64	Alistair Haddow	Unattached	MV55	02:01:54	
2nd	98	Jim Brown	BARF	MV55	02:07:16	+00:05:22
3rd	80	Colin Brennan	Springwell AC	MV55	02:07:40	+00:05:46
4th	69	Michael Burton	IMRA	MV55	02:09:05	+00:07:11
5th	355	Gerry Kingston	Newcastle AC	MV55	02:14:08	+00:12:14
6th	348	Paul Le Blanc	Newry AC	MV55	02:19:15	+00:17:21

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### Race - MV55 11 miles 3000ft

Pos	No.	Name	Club	Cat	Time	Behind
7th	86	Ciaran McAleenan	Mourne Runners	MV55	02:30:32	+00:28:38
8th	358	David Bell	Mourne Runners	MV55	02:32:19	+00:30:25
9th	346	Horace de Courcey Wheeler	Dromore AC	MV55	02:41:28	+00:39:34
10th	89	Michael Murphy	Lagan Valley Orienteers	MV55	03:20:36	+01:18:42

### Race - MV60 11 miles 3000ft

Pos	No.	Name	Club	Cat	Time	Behind
1st	354	Kevin Grogan	Unattached	MV60	02:33:32	

### Race - MV65 11 miles 3000ft

Pos	No.	Name	Club	Cat	Time	Behind
1st	72	W J Brown	Mourne Runners	MV65	03:11:48	

### Race - MV70 11 miles 3000ft

Pos	No.	Name	Club	Cat	Time	Behind
1st	75	Ricky Cowan	Mourne Runners	MV70	02:57:23	

### Race - F including FV40, FV45, FV50 11 miles 3000ft

Pos	No.	Name	Club	Cat	Time	Behind
1st	349	Esther Diickson	Newry AC	F	01:56:37	
2nd	91	Shileen O'Kane	Lagan Valley AC	FV50	02:04:17	+00:07:40
3rd	90	Karen Wilton	Jog Lisburn	FV45	02:08:45	+00:12:08
4th	362	Hazel McLaughlin	Lagan Valley AC	FV40	02:33:36	+00:36:59
5th	361	Paulette Thomson	Newcastle AC	FV45	02:38:13	+00:41:36
6th	368	KaraLee Porter	Mourne Runners	FV40	02:44:33	+00:47:56
7th	94	Lynne Spence	Mourne Runners	F	02:44:35	+00:47:58
8th	352	Ciara Coffey	Newry AC	FV40	03:12:00	+01:15:23
9th	344	Sharon Dickinson	Lagan Valley AC	FV40	03:19:37	+01:23:00
10th	73	Judith Robinson	Murlough AC	FV50	03:20:17	+01:23:40
11th	67	Bronagh McInerney	Newcastle AC	FV45	03:20:55	+01:24:18
12th	366	Nicola McIntyre	Jog Moira	FV45	03:24:24	+01:27:47
13th	371	Madalina McCrea	Jog Moira	FV45	03:57:31	+02:00:54
	356	Ciara Largey	Omagh Harriers	F	rtd	

### Race - FV40 11 miles 3000ft

Pos	No.	Name	Club	Cat	Time	Behind
1st	362	Hazel McLaughlin	Lagan Valley AC	FV40	02:33:36	
2nd	368	KaraLee Porter	Mourne Runners	FV40	02:44:33	+00:10:57
3rd	352	Ciara Coffey	Newry AC	FV40	03:12:00	+00:38:24
4th	344	Sharon Dickinson	Lagan Valley AC	FV40	03:19:37	+00:46:01

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## RESULTS - PROVISIONAL

### Race - FV45 11 miles 3000ft

Pos	No.	Name	Club	Cat	Time	Behind
1st	90	Karen Wilton	Jog Lisburn	FV45	<b>02:08:45</b>	
2nd	361	Paulette Thomson	Newcastle AC	FV45	<b>02:38:13</b>	+00:29:28
3rd	67	Bronagh McInerney	Newcastle AC	FV45	<b>03:20:55</b>	+01:12:10
4th	366	Nicola McIntyre	Jog Moira	FV45	<b>03:24:24</b>	+01:15:39
5th	371	Madalina McCrea	Jog Moira	FV45	<b>03:57:31</b>	+01:48:46

### Race - FV50 11 miles 3000ft

Pos	No.	Name	Club	Cat	Time	Behind
1st	91	Shileen O'Kane	Lagan Valley AC	FV50	<b>02:04:17</b>	
2nd	73	Judith Robinson	Murlough AC	FV50	<b>03:20:17</b>	+01:16:00