

Flagstaff to Carlingford 2023

June 18, 2023

RESULTS - PROVISIONAL

Race - M Open 11 miles 3000ft

Pos	Name	Club	Cat	Time	Behind
1st	Shane Lynch	Glenmore AC	MV40	01:47:29	
2nd	Jonny Steede	Glens Runners	MV40	01:47:50	+00:00:21
3rd	Andrew Tees	BARF	MV40	01:49:43	+00:02:14
4th	Ryan Stewart	Unnattached	M	01:49:55	+00:02:26
5th	Paul McAnespie	Armagh AC	MV50	01:50:14	+00:02:45
6th	Keith Johnston	Armagh AC	M	01:50:23	+00:02:54
7th	Donal McMorland	Glenmore AC	MV40	01:57:33	+00:10:04
8th	John Marrs	Glens Runners	MV40	01:57:42	+00:10:13
9th	Jonathan McCloy	BARF	M	01:59:52	+00:12:23
10th	Adam Cunningham	Mourne Runners	M	02:04:14	+00:16:45
11th	Jack Proctor	BARF	M	02:07:35	+00:20:06
12th	Mark McElroy	Newry AC	MV40	02:07:37	+00:20:08
13th	Rónán Davison-Kernan	BARF	M	02:07:49	+00:20:20
14th	Conor Morrow	NIMRA	M	02:08:07	+00:20:38
15th	Lorcan Vallely	Armagh AC	MV40	02:10:40	+00:23:11
16th	Dominic McLarnon	Glens Runners	MV40	02:10:44	+00:23:15
17th	Niall Wheeler	Glens Runners	MV40	02:10:46	+00:23:17
18th	Stephen Hoey	Jog Lisburn Running Club	MV55	02:11:23	+00:23:54
19th	Warren Cartmill	Newry AC	MV50	02:11:40	+00:24:11
20th	David Smyth	Newcastle AC	M	02:12:05	+00:24:36
21st	Billy Reed	East Antrim Harriers	MV55	02:15:39	+00:28:10
22nd	Sam Herron	Mourne Runners	MV40	02:15:53	+00:28:24
23rd	Maurice Harte	Newry AC	MV45	02:18:10	+00:30:41
24th	Wayne McGuigan	Slieve Gullion Runners	M	02:22:17	+00:34:48
25th	Declan McGrellis	BARF	MV50	02:22:44	+00:35:15
26th	Gareth Blair	East Antrim Harriers	MV45	02:23:34	+00:36:05
27th	William Fleck	Ballymena Runners	MV45	02:23:37	+00:36:08
28th	Mark Alexander	Ballymena Runners	MV50	02:23:44	+00:36:15
29th	Alan Elwood	Dromore AC	MV50	02:24:27	+00:36:58
30th	Colin Brennan	Springwell Running Club	MV60	02:25:06	+00:37:37
31st	Padraig Muldoon	Armagh AC	MV55	02:27:19	+00:39:50
32nd	Paul Moore	BARF	MV45	02:27:59	+00:40:30
33rd	Clive Coffey	Physio and Co	MV55	02:28:47	+00:41:18
34th	Craig McCauley	Mourne Runners	MV50	02:30:58	+00:43:29
35th	Pearse Brogan	Newcastle AC	M	02:31:38	+00:44:09
36th	Laurence Dorman	Mourne Runners	MV45	02:31:44	+00:44:15
37th	Francis Nugent	NIMRA	MV55	02:32:05	+00:44:36
38th	Simon Reeve	North Belfast Harriers	MV45	02:32:51	+00:45:22
39th	Colin McGinty	Omagh Harriers	M	02:48:49	+01:01:20
40th	Chris Jenkins	Victoria Park and Connswater	M	02:49:03	+01:01:34
41st	Joe Wilson	Unnattached	MV40	02:49:32	+01:02:03
42nd	Ronan McBride	Armagh AC	MV40	02:51:20	+01:03:51
43rd	Ciarán McAleenan	Mourne Runners	MV60	02:52:39	+01:05:10
44th	Shirhaan Hameed	Springwell Running Club	MV40	02:52:44	+01:05:15
45th	Ronan McAuley	Unnattached	M	02:52:49	+01:05:20
46th	David Bell	Mourne Runners	MV60	02:54:28	+01:06:59
47th	Ian Rainey	NIMRA	MV40	02:58:17	+01:10:48
48th	Andrew McGibbon	BARF	MV55	03:06:52	+01:19:23

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Pos	Name	Club	Cat	Time	Behind
49th	Andrew Wallace	Ballydrain Harriers	MV55	03:24:47	+01:37:18
50th	Alan Beatty	Unnattached	MV55	03:43:12	+01:55:43
51st	Liam Smyth	Murlough AC	MV50	03:45:57	+01:58:28
52nd	Ricky Cowan	Mourne Runners	MV70	03:53:18	+02:05:49
53rd	Ian Taylor	BARF	MV75	04:45:52	+02:58:23

Race - F Open 11 miles 3000ft

Pos	Name	Club	Cat	Time	Behind
1st	Esther Dickson	Newry AC	F	02:10:29	
2nd	Alexa James	Carmen Runners	F	02:22:30	+00:12:01
3rd	Ciara Coffey	Newry AC	FV40	02:48:31	+00:38:02
4th	Patricia Shields	Murlough AC	FV60	03:24:36	+01:14:07
5th	Ruth Aiken	Ballymena Runners	FV45	03:24:51	+01:14:22
6th	Rachel Wallace	Newcastle AC	F	03:41:15	+01:30:46
7th	Carolyn Crawford	Springwell Running Club	FV40	03:43:32	+01:33:03
8th	Adele Tomb	Springwell Harriers	FV50	03:43:33	+01:33:04
9th	Sharon Dickenson	Mourne Runners	FV45	03:44:54	+01:34:25
	Shirley Farnan	BARF	FV55	m6	

Race - MV40 11 miles 3000ft

Pos	Name	Club	Cat	Time	Behind
1st	Shane Lynch	Glenmore AC	MV40	01:47:29	
2nd	Jonny Steede	Glens Runners	MV40	01:47:50	+00:00:21
3rd	Andrew Tees	BARF	MV40	01:49:43	+00:02:14
4th	Donal McMorland	Glenmore AC	MV40	01:57:33	+00:10:04
5th	John Marrs	Glens Runners	MV40	01:57:42	+00:10:13
6th	Mark McElroy	Newry AC	MV40	02:07:37	+00:20:08
7th	Lorcan Vallely	Armagh AC	MV40	02:10:40	+00:23:11
8th	Dominic McLarnon	Glens Runners	MV40	02:10:44	+00:23:15
9th	Niall Wheeler	Glens Runners	MV40	02:10:46	+00:23:17
10th	Sam Herron	Mourne Runners	MV40	02:15:53	+00:28:24
11th	Joe Wilson	Unnattached	MV40	02:49:32	+01:02:03
12th	Ronan McBride	Armagh AC	MV40	02:51:20	+01:03:51
13th	Shirhaan Hameed	Springwell Running Club	MV40	02:52:44	+01:05:15
14th	Ian Rainey	NIMRA	MV40	02:58:17	+01:10:48

Race - MV45 11 miles 3000ft

Pos	Name	Club	Cat	Time	Behind
1st	Maurice Harte	Newry AC	MV45	02:18:10	
2nd	Gareth Blair	East Antrim Harriers	MV45	02:23:34	+00:05:24
3rd	William Fleck	Ballymena Runners	MV45	02:23:37	+00:05:27
4th	Paul Moore	BARF	MV45	02:27:59	+00:09:49
5th	Laurence Dorman	Mourne Runners	MV45	02:31:44	+00:13:34
6th	Simon Reeve	North Belfast Harriers	MV45	02:32:51	+00:14:41

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Race - MV50 11 miles 3000ft

Pos	Name	Club	Cat	Time	Behind
1st	Paul McAnespie	Armagh AC	MV50	01:50:14	
2nd	Warren Cartmill	Newry AC	MV50	02:11:40	+00:21:26
3rd	Declan McGrellis	BARF	MV50	02:22:44	+00:32:30
4th	Mark Alexander	Ballymena Runners	MV50	02:23:44	+00:33:30
5th	Alan Elwood	Dromore AC	MV50	02:24:27	+00:34:13
6th	Craig McCauley	Mourne Runners	MV50	02:30:58	+00:40:44
7th	Liam Smyth	Murlough AC	MV50	03:45:57	+01:55:43

Race - MV55 11 miles 3000ft

Pos	Name	Club	Cat	Time	Behind
1st	Stephen Hoey	Jog Lisburn Running Club	MV55	02:11:23	
2nd	Billy Reed	East Antrim Harriers	MV55	02:15:39	+00:04:16
3rd	Padraig Muldoon	Armagh AC	MV55	02:27:19	+00:15:56
4th	Clive Coffey	Physio and Co	MV55	02:28:47	+00:17:24
5th	Francis Nugent	NIMRA	MV55	02:32:05	+00:20:42
6th	Andrew McGibbon	BARF	MV55	03:06:52	+00:55:29
7th	Andrew Wallace	Ballydrain Harriers	MV55	03:24:47	+01:13:24
8th	Alan Beatty	Unnattached	MV55	03:43:12	+01:31:49

Race - MV60 11 miles 3000ft

Pos	Name	Club	Cat	Time	Behind
1st	Colin Brennan	Springwell Running Club	MV60	02:25:06	
2nd	Ciarán McAleenan	Mourne Runners	MV60	02:52:39	+00:27:33
3rd	David Bell	Mourne Runners	MV60	02:54:28	+00:29:22

Race - MV70 11 miles 3000ft

Pos	Name	Club	Cat	Time	Behind
1st	Ricky Cowan	Mourne Runners	MV70	03:53:18	

Race - MV75 11 miles 3000ft

Pos	Name	Club	Cat	Time	Behind
1st	Ian Taylor	BARF	MV75	04:45:52	

Race - FV40 11 miles 3000ft

Pos	Name	Club	Cat	Time	Behind
1st	Ciara Coffey	Newry AC	FV40	02:48:31	
2nd	Carolyn Crawford	Springwell Running Club	FV40	03:43:32	+00:55:01

Race - FV45 11 miles 3000ft

Pos	Name	Club	Cat	Time	Behind
1st	Ruth Aiken	Ballymena Runners	FV45	03:24:51	
2nd	Sharon Dickenson	Mourne Runners	FV45	03:44:54	+00:20:03

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Race - FV50 11 miles 3000ft

Pos	Name	Club	Cat	Time Behind
1st	Adele Tomb	Springwell Harriers	FV50	03:43:33

Race - FV55 11 miles 3000ft

Pos	Name	Club	Cat	Time Behind
	Shirley Farnan	BARF	FV55	m6

Race - FV60 11 miles 3000ft

Pos	Name	Club	Cat	Time Behind
1st	Patricia Shields	Murlough AC	FV60	03:24:36