

Seven Sevens 2023

August 12, 2023

RESULTS - PROVISIONAL

M Open - 30.5 miles 2600m

Pos	No.	Name	Club	Cat	Time	Behind
1st	425	Adam Cunningham	Mourne Runners	M	03:54:44	
2nd	461	Joshua Mcatee	Mourne Runners	M	04:04:12	+00:09:28
3rd	413	Shane Lynch	Glenmore AC	MV40	04:06:52	+00:12:08
4th	409	Jonny Steede	Glens Runners	MV40	04:10:08	+00:15:24
5th	483	Keith Johnston	Armagh AC	M	04:29:22	+00:34:38
6th	487	Alan Ritchie	Unattached	M	04:34:53	+00:40:09
7th=	412	Aidan McMoreland	Unattached	MV40	04:37:03	+00:42:19
7th=	411	Donal McMorland	Glenmore AC	MV40	04:37:03	+00:42:19
9th	423	Mark McElroy	Newry AC	MV40	04:39:21	+00:44:37
10th	481	William Imrie	BARF NI	M	04:50:24	+00:55:40
11th	472	Conor Savage	BARF NI	M	04:54:23	+00:59:39
12th	478	Billy Reed	East Antrim Harriers	MV55	04:54:29	+00:59:45
13th	455	Liam Cotter	UCC Orienteers	MU23	04:59:21	+01:04:37
14th	410	David McKeague	North Down AC	MV45	05:02:01	+01:07:17
15th	415	James Lappin	Ballydrain Harriers	MV45	05:02:41	+01:07:57
16th	462	Roger Aiken	Dromore AC	MV40	05:08:23	+01:13:39
17th	479	Andy Keeling	IMRA	MV40	05:11:30	+01:16:46
18th	449	Tim Wilson	BARF NI	MV45	05:16:15	+01:21:31
19th	446	Lorcan Vallely	Armagh AC	MV40	05:17:28	+01:22:44
20th	459	Conor Morrow	NI Mountain Running Association	M	05:24:29	+01:29:45
21st	466	Dan Earnshaw	Unattached	MU23	05:25:25	+01:30:41
22nd	486	Dale Mathers	Mourne Runners	MV55	05:25:52	+01:31:08
23rd	480	Luke Tarry	BARF NI	M	05:31:54	+01:37:10
24th	482	Philip McGavock	Roe Valley Cycling Club	MV40	05:36:25	+01:41:41
25th	477	Liam Vines	Imra	MV50	05:39:35	+01:44:51
26th	417	Darren Crawley	Unattached	MV45	05:40:34	+01:45:50
27th	422	Jp Thomas	Dromore AC	MV40	05:42:19	+01:47:35
28th	441	Graham Smyth	Lagan Valley AC	MV40	05:43:58	+01:49:14
29th	440	Declan McGrellis	BARF NI	MV50	05:44:28	+01:49:44
30th	474	Joshua Chambers	Unattached	M	05:48:48	+01:54:04
31st	437	Colin Brennan	Springwell Running Club	MV60	05:49:28	+01:54:44
32nd	414	Cameron Brush	BARF NI	M	05:53:29	+01:58:45
33rd	445	Rory Mulvaney	Newry AC	M	05:54:16	+01:59:32
34th	485	Mark Stringer	BARF NI	M	05:55:07	+02:00:23
35th	457	Alan Elwood	Dromore AC	MV50	05:55:24	+02:00:40
36th	453	Nicki McPeak	IMRA	MV45	05:55:25	+02:00:41
37th	467	Owen Boden	Mourne Runners	MV45	05:59:21	+02:04:37
38th	460	Peter McEvoy	Mourne Runners	M	05:59:44	+02:05:00
39th	448	Richard Leahy	Unattached	MV50	06:08:28	+02:13:44
40th	458	Simon Reeve	North Belfast Harriers	MV45	06:12:14	+02:17:30
41st	475	Brian Brannigan	Newcastle and District AC	MV60	06:12:59	+02:18:15
42nd	433	Kevin Hamill	North East Runners	MV50	06:19:48	+02:25:04
43rd	465	Brian Mc Morrow	Unattached	M	06:19:55	+02:25:11
44th	444	Mark Elliott	Ballydrain Harriers	MV50	06:25:03	+02:30:19
45th	476	Alan Richardson	Unattached	MV45	06:25:54	+02:31:10
46th	428	Shirhaan Hameed	Springwell Running Club	MV40	06:29:33	+02:34:49
47th	431	John Pugh	Dee Runners	M	06:32:17	+02:37:33
48th	438	Maol Larkin	Unattached	M	06:33:53	+02:39:09

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Pos	No.	Name	Club	Cat	Time	Behind
49th	426	Paul Moore	BARF NI	MV45	06:39:46	+02:45:02
50th	424	Brian O'Mahony	Unattached	M	06:41:26	+02:46:42
51st	430	Andrew Willis	Jog Lisburn Running Club	MV50	06:44:33	+02:49:49
52nd	418	Gary Arbuthnot	Willowfield Harriers	MV50	06:45:06	+02:50:22
53rd	454	Ronald Peacock	Unattached	MV45	06:55:40	+03:00:56
54th	447	Mark Weir	North Down AC	MV50	06:56:30	+03:01:46
55th	443	Kevin Murdock	Team Purple	MV55	07:08:11	+03:13:27
56th	464	Shane Molloy	Unattached	M	07:08:50	+03:14:06
57th	442	Marcus Totten	Unattached	M	07:11:23	+03:16:39
58th	404	Paddy Ritchie	Ballydrain Harriers	MV50	07:20:54	+03:26:10
59th	468	Barry Anderson	Jog Moira	MV50	07:36:04	+03:41:20
60th	450	Paul Gilligan	IMRA	MV45	07:36:36	+03:41:52
61st	439	Trevor Wilson	BARF NI	MV60	07:43:19	+03:48:35
62nd	435	Wilson McAlister	Jog Moira	MV60	07:49:54	+03:55:10
63rd	434	Richard Worledge	Unattached	MV65	08:00:12	+04:05:28
64th=	419	Duncan Corrie	Willowfield Harriers	M	08:00:51	+04:06:07
64th=	420	Stephen Morris	Willowfield Harriers	MV45	08:00:51	+04:06:07
66th	405	John Crawley	1ZERO1 AthletesNone	MV55	08:01:48	+04:07:04
67th	470	Brendan McKenna	Unattached	M	08:08:42	+04:13:58
68th	401	Ricky Cowan	Mourne Runners	MV70	08:53:44	+04:59:00
	456	Jonathan McCloy	BARF	M	m6-8	
	473	Joshua Alderdice	Unattached	M	rtd	
	436	Colin McGinty	Omagh Harriers	M	rtd	
	421	Richard Wilson	BARF NI	MV40	rtd	

F Open - 30.5 miles 2600m

Pos	No.	Name	Club	Cat	Time	Behind
1st	452	Esther Dickson	Newry AC	F	04:59:25	
2nd	427	Bernadette Quinn (O'Kane)	Springwell Running Club	F	05:32:00	+00:32:35
3rd	469	Alexa James	Carmen Runners	F	05:49:35	+00:50:10
4th	408	Joanna Wheeler Connon	Glens Runners	FV40	06:12:59	+01:13:34
5th	451	Hazel McLaughlin	Lagan Valley AC	FV45	06:43:57	+01:44:32
6th	432	Nicola McIntyre	Jog Moira	FV50	06:44:45	+01:45:20
7th	429	Shirley Farnan	BARF NI	FV55	06:55:29	+01:56:04
8th	463	Patricia Shields	Murlough AC	FV60	07:26:58	+02:27:33
9th	406	Fiona Simms	BARF NI	F	07:34:34	+02:35:09
10th	416	Aisling Crawley	Unattached	FV45	07:41:27	+02:42:02
11th	471	Marisa Friedrich	Unattached	F	08:08:40	+03:09:15
12th	403	Sarah Steer	Orangetown AC	F	08:36:46	+03:37:21
13th	402	Sharon Dickenson	Mourne Runners	FV45	08:44:19	+03:44:54
	407	Jurgita McCormick	Dromore AC	FV40	rtd	
	484	Louise Armstrong	Unattached	F	rtd	

MU23 - 30.5 miles 2600m

Pos	No.	Name	Club	Cat	Time	Behind
1st	455	Liam Cotter	UCC Orienteers	MU23	04:59:21	

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MU23 - 30.5 miles 2600m

Pos	No.	Name	Club	Cat	Time	Behind
2nd	466	Dan Earnshaw	Unattached	MU23	05:25:25	+00:26:04

MV40 - 30.5 miles 2600m

Pos	No.	Name	Club	Cat	Time	Behind
1st	413	Shane Lynch	Glenmore AC	MV40	04:06:52	
2nd	409	Jonny Steede	Glens Runners	MV40	04:10:08	+00:03:16
3rd=	412	Aidan McMoreland	Unattached	MV40	04:37:03	+00:30:11
3rd=	411	Donal McMorland	Glenmore AC	MV40	04:37:03	+00:30:11
5th	423	Mark McElroy	Newry AC	MV40	04:39:21	+00:32:29
6th	462	Roger Aiken	Dromore AC	MV40	05:08:23	+01:01:31
7th	479	Andy Keeling	IMRA	MV40	05:11:30	+01:04:38
8th	446	Lorcan Vallely	Armagh AC	MV40	05:17:28	+01:10:36
9th	482	Philip McGavock	Roe Valley Cycling Club	MV40	05:36:25	+01:29:33
10th	422	Jp Thomas	Dromore AC	MV40	05:42:19	+01:35:27
11th	441	Graham Smyth	Lagan Valley AC	MV40	05:43:58	+01:37:06
12th	428	Shirhaan Hameed	Springwell Running Club	MV40	06:29:33	+02:22:41
	421	Richard Wilson	BARF NI	MV40	rtd	

MV45 - 30.5 miles 2600m

Pos	No.	Name	Club	Cat	Time	Behind
1st	410	David McKeague	North Down AC	MV45	05:02:01	
2nd	415	James Lappin	Ballydrain Harriers	MV45	05:02:41	+00:00:40
3rd	449	Tim Wilson	BARF NI	MV45	05:16:15	+00:14:14
4th	417	Darren Crawley	Unattached	MV45	05:40:34	+00:38:33
5th	453	Nicki McPeak	IMRA	MV45	05:55:25	+00:53:24
6th	467	Owen Boden	Mourne Runners	MV45	05:59:21	+00:57:20
7th	458	Simon Reeve	North Belfast Harriers	MV45	06:12:14	+01:10:13
8th	476	Alan Richardson	Unattached	MV45	06:25:54	+01:23:53
9th	426	Paul Moore	BARF NI	MV45	06:39:46	+01:37:45
10th	454	Ronald Peacock	Unattached	MV45	06:55:40	+01:53:39
11th	450	Paul Gilligan	IMRA	MV45	07:36:36	+02:34:35
12th	420	Stephen Morris	Willowfield Harriers	MV45	08:00:51	+02:58:50

MV50 - 30.5 miles 2600m

Pos	No.	Name	Club	Cat	Time	Behind
1st	477	Liam Vines	Imra	MV50	05:39:35	
2nd	440	Declan McGrellis	BARF NI	MV50	05:44:28	+00:04:53
3rd	457	Alan Elwood	Dromore AC	MV50	05:55:24	+00:15:49
4th	448	Richard Leahy	Unattached	MV50	06:08:28	+00:28:53
5th	433	Kevin Hamill	North East Runners	MV50	06:19:48	+00:40:13
6th	444	Mark Elliott	Ballydrain Harriers	MV50	06:25:03	+00:45:28
7th	430	Andrew Willis	Jog Lisburn Running Club	MV50	06:44:33	+01:04:58
8th	418	Gary Arbuthnot	Willowfield Harriers	MV50	06:45:06	+01:05:31
9th	447	Mark Weir	North Down AC	MV50	06:56:30	+01:16:55
10th	404	Paddy Ritchie	Ballydrain Harriers	MV50	07:20:54	+01:41:19

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MV50 - 30.5 miles 2600m

Pos	No.	Name	Club	Cat	Time	Behind
11th	468	Barry Anderson	Jog Moira	MV50	07:36:04	+01:56:29

MV55 - 30.5 miles 2600m

Pos	No.	Name	Club	Cat	Time	Behind
1st	478	Billy Reed	East Antrim Harriers	MV55	04:54:29	
2nd	486	Dale Mathers	Mourne Runners	MV55	05:25:52	+00:31:23
3rd	443	Kevin Murdock	Team Purple	MV55	07:08:11	+02:13:42
4th	405	John Crawley	1ZERO1 AthletesNone	MV55	08:01:48	+03:07:19

MV60 - 30.5 miles 2600m

Pos	No.	Name	Club	Cat	Time	Behind
1st	437	Colin Brennan	Springwell Running Club	MV60	05:49:28	
2nd	475	Brian Brannigan	Newcastle and District AC	MV60	06:12:59	+00:23:31
3rd	439	Trevor Wilson	BARF NI	MV60	07:43:19	+01:53:51
4th	435	Wilson McAlister	Jog Moira	MV60	07:49:54	+02:00:26

MV65 - 30.5 miles 2600m

Pos	No.	Name	Club	Cat	Time	Behind
1st	434	Richard Worledge	Unattached	MV65	08:00:12	

MV70 - 30.5 miles 2600m

Pos	No.	Name	Club	Cat	Time	Behind
1st	401	Ricky Cowan	Mourne Runners	MV70	08:53:44	

FV40 - 30.5 miles 2600m

Pos	No.	Name	Club	Cat	Time	Behind
1st	408	Joanna Wheeler	Connon Glens Runners	FV40	06:12:59	
	407	Jurgita McCormick	Dromore AC	FV40	rtd	

FV45 - 30.5 miles 2600m

Pos	No.	Name	Club	Cat	Time	Behind
1st	451	Hazel McLaughlin	Lagan Valley AC	FV45	06:43:57	
2nd	416	Aisling Crawley	Unattached	FV45	07:41:27	+00:57:30
3rd	402	Sharon Dickenson	Mourne Runners	FV45	08:44:19	+02:00:22

FV50 - 30.5 miles 2600m

Pos	No.	Name	Club	Cat	Time	Behind
1st	432	Nicola McIntyre	Jog Moira	FV50	06:44:45	

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FV55 - 30.5 miles 2600m

Pos	No.	Name	Club	Cat	Time Behind
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1st	429	Shirley Farnan	BARF NI	FV55	06:55:29
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FV60 - 30.5 miles 2600m

Pos	No.	Name	Club	Cat	Time Behind
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1st	463	Patricia Shields	Murlough AC	FV60	07:26:58
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