Run for Rescue 2023

December 09, 2023

RESULTS - PROVISIONAL

M Open

Pos	Name	Club	Cat	Time	Behind
1st	Tom Crudgington	Newcastle AC	MU20	**00:40:58**	
2nd	Adam Cunningham	Mourne Runners	MV35	**00:42:17**	+00:01:19
3rd	Joshua McAtee	Mourne Runners	M	**00:42:55**	+00:01:57
4th	Patrick McDaid	Newcastle AC	MU20	**00:43:08**	+00:02:10
5th	Ethan McMullan	Newcastle AC	MU20	**00:43:15**	+00:02:17
6th	Tiarnan McManus	St Michael's AC	MU20	**00:43:47**	+00:02:49
7th	Oliver Playfair	North Down AC	MU20	**00:43:51**	+00:02:53
8th	John Marrs	Glens Runners	MV40	**00:44:46**	+00:03:48
9th	David Smyth	Newcastle AC	MV35	**00:45:29**	+00:04:31
10th	Gareth Lyons	North Belfast Harriers	MV45	**00:45:57**	+00:04:59
11th	Paul Rooney	Unattached	MV40	**00:46:08**	+00:05:10
12th	Roger Aiken	Dromore AC	MV40	**00:46:11**	+00:05:13
13th	Maurice Harte	Newry AC	MV45	**00:46:47**	+00:05:49
14th	Dominic McLarnon	Glens Runners	MV40	**00:47:10**	+00:06:12
15th	Big Sean Donnelly	Unattached	MV35	**00:47:16**	+00:06:18
16th	Conor Morrow	Unattached	M	**00:48:19**	+00:07:21
17th=	Jack Proctor	BARF	M	**00:48:27**	+00:07:29
17th=	Gareth Blair	East Antrim Harriers	MV45	**00:48:27**	+00:07:29
19th	Josh Muckian	Slieve Gullion	MU20	**00:48:29**	+00:07:31
20th	Damien McDaid	Newcastle AC	MV45	**00:48:38**	+00:07:40
21st	Clive Bailey	Mourne Runners	MV50	**00:48:42**	+00:07:44
22nd	Ciaran Brennan	Newcastle AC	M	**00:48:51**	+00:07:53
23rd	Rónán Davison-Kernan	BARF	M	**00:49:23**	+00:08:25
24th	Euan McIntosh	Newcastle AC	MU20	**00:49:55**	+00:08:57
25th	Stephen Graham	Newcastle AC	MV35	**00:50:51**	+00:09:53
26th	Mark Alexander	Ballymena Runners	MV50	**00:51:45**	+00:10:47
27th	James Cuffey	East Down ac	M	**00:51:50**	+00:10:52
28th	Adam Lyons	Unattached	MV35	**00:52:26**	+00:11:28
29th	Peter Tees	Springwell RC	MV35	**00:52:38**	+00:11:40
30th	Thomas Jennings	Unattached	MV40	**00:52:43**	+00:11:45
31st	Delfim Pimentel	Unattached	MV55	**00:53:11**	+00:12:13
32nd	Yasin Brannigan	Newcastle AC	MU20	**00:53:16**	+00:12:18
33rd	Cameron Brush	BARF	M	**00:53:45**	+00:12:47
34th	Mark Dugan	Ballydrain Harriers	MV55	**00:54:01**	+00:13:03
35th	Ryan McDonald	Newcastle AC	MV40	**00:54:03**	+00:13:05
36th	Warren Cartmill	Newry AC	MV50	**00:54:05**	+00:13:07
37th	Peter McEvoy	Mourne Runners	MV35	**00:54:08**	+00:13:10
38th	Andrew Willis	Jog Lisburn	MV50	**00:54:15**	+00:13:17
39th	Neville Ross	Unattached	MV45	**00:54:19**	+00:13:21
40th	Stephen Hoey	Jog Lisburn	MV55	**00:54:25**	+00:13:27
41st	Niall Gibney	East Down AC	MV45	**00:54:28**	+00:13:30
42nd	Pearse Brogan	Newcastle AC	M	**00:54:34**	+00:13:36
43rd	Micky Flynn	Newcastle AC	MV40	**00:54:41**	+00:13:43
44th	Edmund Bell	Unattached	M	**00:54:44**	+00:13:46
45th	Richard Graham	Unattached	MV35	**00:54:58**	+00:14:00
46th	Colin McGinty	Omagh Harriers	MV35	**00:54:59**	+00:14:01
47th	Joe Wilson	Unattached	MV40	**00:55:03**	+00:14:05
48th	Graham Hill	Ballydrain Harriers	MV50	**00:55:07**	+00:14:09

M Open

Pos	Name	Club	Cat	Time	Behind
49th	Chris Law	BARF	M	00:55:12	+00:14:14
50th	Dominic McGreevey	Newcastle AC	MV65	00:55:34	+00:14:36
51st	Martin Coughlan	Unattached	MV50	00:55:48	+00:14:50
52nd	Barry Holland	Crossfit	MV35	00:55:49	+00:14:51
53rd	Ivan Millar	Unattached	MV50	00:56:15	+00:15:17
54th	Michael Harris	Jog Lisburn	MV55	00:56:20	+00:15:22
55th	Adam Truesdale	Unattached	M	00:56:42	+00:15:44
56th	Ethan Lappin	Coastal Runners	MU20	00:57:01	+00:16:03
57th	Clive Coffey	Physic & Co	MV55	00:57:31	+00:16:33
58th	Stephen Begley	Albertville Harriers	MV55	00:58:27	+00:17:29
59th	Wilson McAlister	Jog Moira	MV60	00:58:32	+00:17:34
60th	Leslie Wilkinson	North Down AC	MV65	00:58:34	+00:17:36
61st	Zach Askham	BARF	M	00:58:35	+00:17:37
62nd	Michael James Welsh	Newry AC	M	00:58:49	+00:17:51
63rd	Brian McLornan	Unattached	MV40	00:58:55	+00:17:57
64th	Gareth McKeown	Unattached	MV60	00:59:00	+00:18:02
65th	Andrew Harvey	BARF	MV50	00:59:02	+00:18:04
66th	Ernest Hall	Newcastle AC	MV70	00:59:11	+00:18:13
67th	Nigel Playfair	North Down AC	MV50	00:59:12	+00:18:14
68th	David Bell	Mourne Runners	MV60	00:59:20	+00:18:22
69th	Colin Masson	Unattached	MV50	00:59:24	+00:18:26
70th	Duncan Millar	Ballymena Runners	MV45	00:59:44	+00:18:46
71st	Brian Geddis	North Down AC	MV65	01:00:06	+00:19:08
72nd	Michael Welsh	Newry AC	MV55	01:00:56	+00:19:58
73rd	Stephen Murdock	Mourne Runners	MV65	01:01:07	+00:20:09
74th	Gary Longridge	BARF	MV45	01:01:35	+00:20:37
75th	Andrew Mc Gibbon	BARF	MV55	01:02:21	+00:21:23
76th	Brian Welch	Unattached	MV55	01:02:32	+00:21:34
77th	Leslie Mulholland	Dromore AC	MV60	01:02:34	+00:21:36
78th	Steven Morgan	BARF	MV50	01:03:53	+00:22:55
79th	Paddy Mallon	BARF	MV60	01:03:54	+00:22:56
80th	Adrian Mullan	DTC	MV50	01:04:33	+00:23:35
81st	Frank Rea	North Down AC	MV65	01:04:38	+00:23:40
82nd	Hugh Suffern	Dromore AC	MV65	01:05:12	+00:24:14
83rd	Hazel McLaughlin	Lagan Valley AC	MV45	01:05:23	+00:24:25
84th	Conor Farnan	Physio & Co	MV55	01:06:43	+00:25:45
85th	Simon Wilson	Jog Lisburn	MV45	01:06:58	+00:26:00
86th	Matt Jess	Jog Moira	MV45	01:07:29	+00:26:31
87th	Diarmaid Mac Auley	Newry Tri Club	MV60	01:07:47	+00:26:49
88th	Stephen Dunlop	Jog Lisburn	MV65	01:08:21	+00:27:23
89th	Colin Ramsden	Jog Lisburn	MV55	01:08:36	+00:27:38
90th	John McConnell	Jog Lisburn	MV50	01:09:00	+00:28:02
91st	Ian Dyer	Jog Lisburn	MV50	01:10:12	+00:29:14
92nd	Willy Hoey	Dark Peak	MV55	01:10:13	+00:29:15
93rd	Michael Morrow	Dromore AC	MV65	01:10:53	+00:29:55
94th	Philip Ward	Unattached	MV45	01:12:48	+00:31:50
95th	Dave Fulcher	Murlough AC	MV65	01:12:54	+00:31:56
96th	Billy Reed	East Antrim Harriers	MV55	01:13:34	+00:32:36

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M Open

Pos	Name	Club	Cat	Time	Behind
97th	Michael Young	Unattached	M	01:13:35	+00:32:37
98th	Joe McMahon	Murlough AC	MV65	01:14:00	+00:33:02
99th	Tim Hunniford	Portadown RC	MV45	01:15:24	+00:34:26
100th	David Hollywood	Jog Lisburn	MV40	01:22:14	+00:41:16
101st	Gareth Kelly	Armagh AC	MV45	01:43:04	+01:02:06

F Open

Pos	Name	Club	Cat	Time	Behind
1st	Alexa James	Carmen Runners	F	00:53:10	
2nd	Karen Wilton	Jog Lisburn	FV50	00:53:50	+00:00:40
3rd	Catriona Edington	Unattached	F	00:53:57	+00:00:47
4th	Bernadette Quinn	Springwell RC	FV35	00:54:13	+00:01:03
5th	Amanda Perry	Ballydrain Harriers	FV50	00:58:22	+00:05:12
6th	Catherine McIntosh	Newcastle AC	FV45	00:59:00	+00:05:50
7th	Nicola McIntyre	Jog Moira	FV50	00:59:33	+00:06:23
8th	Sophie Truesdale	Down Triathlon Club	F	01:00:19	+00:07:09
9th	Aoife Magee	Lagan Valley AC	FU20	01:00:36	+00:07:26
10th	Sharon Ramsden	Jog Lisburn	FV45	01:01:04	+00:07:54
11th	Una Megoran	Unattached	FV45	01:01:31	+00:08:21
12th	Fiona Simms	BARF	F	01:01:38	+00:08:28
13th	Debbie Mingout	Ballydrain Harriers	FV45	01:01:45	+00:08:35
14th	Susan Linklater	Shetland AAC	FV65	01:03:57	+00:10:47
15th	Joanne McCauley	Portadown Running Club	FV45	01:04:34	+00:11:24
16th	Vicki Truesdale	Down Triathlon Club	F	01:04:41	+00:11:31
17th	Pamela Bailey	Unattached	FV45	01:04:57	+00:11:47
18th	Patricia Shields	Murlough AC	FV60	01:05:20	+00:12:10
19th	Sinead McMullan	Crossfit	FV40	01:05:30	+00:12:20
20th	Angela Kerr	Newcastle AC	FV45	01:05:52	+00:12:42
21st	Ruth Hollywood	Jog Lisburn	FV35	01:06:58	+00:13:48
22nd	Laura Devlin	Crossfit	FV40	01:07:03	+00:13:53
23rd	Janice Reid	Dromore AC	FV60	01:10:06	+00:16:56
24th	Joy McMinn	Unattached	FV40	01:10:08	+00:16:58
25th	Carolyn Crawford	Springwell RC	FV40	01:10:31	+00:17:21
26th	Orla McElroy	NIMRA	FV55	01:11:09	+00:17:59
27th	Sarah Steer	Orangegrove AC	FV35	01:11:38	+00:18:28
28th	Victoria Ward	BARF	F	01:11:40	+00:18:30
29th	Kim McCourt	North Down AC	FV40	01:12:47	+00:19:37
30th	Chloe Reed	East Antrim Harriers	F	01:13:34	+00:20:24
31st	Emma Donnelly	Ballymena Runners	FV45	01:14:15	+00:21:05
32nd	Naomi Montgomery	Coastal Runners	FV40	01:14:16	+00:21:06
33rd	Wendy Fleming	Dromore AC	FV45	01:15:37	+00:22:27
34th	Tracy McCaughey	Murlough AC	FV55	01:16:44	+00:23:34
35th	Judith Robinson	Murlough AC	FV55	01:17:48	+00:24:38
36th	Denise O'Hagan	Unattached	FV50	01:24:21	+00:31:11
37th	Pauline O'Hara	BARF	FV60	01:24:23	+00:31:13
38th	Julie Collins	Jog Lisburn	FV45	01:24:43	+00:31:33
39th	Allison Steenson	Jog Lisburn	FV40	01:24:46	+00:31:36

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F Open

Pos	Name	Club	Cat	Time	Behind
40th	Ann McAlarney	Murlough AC	FV60	**01:33:06**	+00:39:56
41st	Anne Boyle	Unattached	F	**01:34:02**	+00:40:52
42nd	Lyndsey Kelly	Armagh AC	FU20	**01:43:03**	+00:49:53

MU20

Pos	Name	Club	Cat	Time	Behind
1st	Tom Crudgington	Newcastle AC	MU20	**00:40:58**	
2nd	Patrick McDaid	Newcastle AC	MU20	**00:43:08**	+00:02:10
3rd	Ethan McMullan	Newcastle AC	MU20	**00:43:15**	+00:02:17
4th	Tiarnan McManus	St Michael's AC	MU20	**00:43:47**	+00:02:49
5th	Oliver Playfair	North Down AC	MU20	**00:43:51**	+00:02:53
6th	Josh Muckian	Slieve Gullion	MU20	**00:48:29**	+00:07:31
7th	Euan McIntosh	Newcastle AC	MU20	**00:49:55**	+00:08:57
8th	Yasin Brannigan	Newcastle AC	MU20	**00:53:16**	+00:12:18
9th	Ethan Lappin	Coastal Runners	MU20	**00:57:01**	+00:16:03

MV35

Pos	Name	Club	Cat	Time	Behind
1st	Adam Cunningham	Mourne Runners	MV35	**00:42:17**	
2nd	David Smyth	Newcastle AC	MV35	**00:45:29**	+00:03:12
3rd	Big Sean Donnelly	Unattached	MV35	**00:47:16**	+00:04:59
4th	Stephen Graham	Newcastle AC	MV35	**00:50:51**	+00:08:34
5th	Adam Lyons	Unattached	MV35	**00:52:26**	+00:10:09
6th	Peter Tees	Springwell RC	MV35	**00:52:38**	+00:10:21
7th	Peter McEvoy	Mourne Runners	MV35	**00:54:08**	+00:11:51
8th	Richard Graham	Unattached	MV35	**00:54:58**	+00:12:41
9th	Colin McGinty	Omagh Harriers	MV35	**00:54:59**	+00:12:42
10th	Barry Holland	Crossfit	MV35	**00:55:49**	+00:13:32

MV40

Pos	Name	Club	Cat	Time	Behind
1st	John Marrs	Glens Runners	MV40	**00:44:46**	
2nd	Paul Rooney	Unattached	MV40	**00:46:08**	+00:01:22
3rd	Roger Aiken	Dromore AC	MV40	**00:46:11**	+00:01:25
4th	Dominic McLarnon	Glens Runners	MV40	**00:47:10**	+00:02:24
5th	Thomas Jennings	Unattached	MV40	**00:52:43**	+00:07:57
6th	Ryan McDonald	Newcastle AC	MV40	**00:54:03**	+00:09:17
7th	Micky Flynn	Newcastle AC	MV40	**00:54:41**	+00:09:55
8th	Joe Wilson	Unattached	MV40	**00:55:03**	+00:10:17
9th	Brian McLornan	Unattached	MV40	**00:58:55**	+00:14:09
10th	David Hollywood	Jog Lisburn	MV40	**01:22:14**	+00:37:28

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MV45

Pos	Name	Club	Cat	Time	Behind
1st	Gareth Lyons	North Belfast Harriers	MV45	**00:45:57**	
2nd	Maurice Harte	Newry AC	MV45	**00:46:47**	+00:00:50
3rd	Gareth Blair	East Antrim Harriers	MV45	**00:48:27**	+00:02:30
4th	Damien McDaid	Newcastle AC	MV45	**00:48:38**	+00:02:41
5th	Neville Ross	Unattached	MV45	**00:54:19**	+00:08:22
6th	Niall Gibney	East Down AC	MV45	**00:54:28**	+00:08:31
7th	Duncan Millar	Ballymena Runners	MV45	**00:59:44**	+00:13:47
8th	Gary Longridge	BARF	MV45	**01:01:35**	+00:15:38
9th	Hazel McLaughlin	Lagan Valley AC	MV45	**01:05:23**	+00:19:26
10th	Simon Wilson	Jog Lisburn	MV45	**01:06:58**	+00:21:01
11th	Matt Jess	Jog Moira	MV45	**01:07:29**	+00:21:32
12th	Philip Ward	Unattached	MV45	**01:12:48**	+00:26:51
13th	Tim Hunniford	Portadown RC	MV45	**01:15:24**	+00:29:27
14th	Gareth Kelly	Armagh AC	MV45	**01:43:04**	+00:57:07

MV50

Pos	Name	Club	Cat	Time	Behind
1st	Clive Bailey	Mourne Runners	MV50	**00:48:42**	
2nd	Mark Alexander	Ballymena Runners	MV50	**00:51:45**	+00:03:03
3rd	Warren Cartmill	Newry AC	MV50	**00:54:05**	+00:05:23
4th	Andrew Willis	Jog Lisburn	MV50	**00:54:15**	+00:05:33
5th	Graham Hill	Ballydrain Harriers	MV50	**00:55:07**	+00:06:25
6th	Martin Coughlan	Unattached	MV50	**00:55:48**	+00:07:06
7th	Ivan Millar	Unattached	MV50	**00:56:15**	+00:07:33
8th	Andrew Harvey	BARF	MV50	**00:59:02**	+00:10:20
9th	Nigel Playfair	North Down AC	MV50	**00:59:12**	+00:10:30
10th	Colin Masson	Unattached	MV50	**00:59:24**	+00:10:42
11th	Steven Morgan	BARF	MV50	**01:03:53**	+00:15:11
12th	Adrian Mullan	DTC	MV50	**01:04:33**	+00:15:51
13th	John McConnell	Jog Lisburn	MV50	**01:09:00**	+00:20:18
14th	Ian Dyer	Jog Lisburn	MV50	**01:10:12**	+00:21:30

MV55

Pos	Name	Club	Cat	Time	Behind
1st	Delfim Pimentel	Unattached	MV55	**00:53:11**	
2nd	Mark Dugan	Ballydrain Harriers	MV55	**00:54:01**	+00:00:50
3rd	Stephen Hoey	Jog Lisburn	MV55	**00:54:25**	+00:01:14
4th	Michael Harris	Jog Lisburn	MV55	**00:56:20**	+00:03:09
5th	Clive Coffey	Physic & Co	MV55	**00:57:31**	+00:04:20
6th	Stephen Begley	Albertville Harriers	MV55	**00:58:27**	+00:05:16
7th	Michael Welsh	Newry AC	MV55	**01:00:56**	+00:07:45
8th	Andrew Mc Gibbon	BARF	MV55	**01:02:21**	+00:09:10
9th	Brian Welch	Unattached	MV55	**01:02:32**	+00:09:21
10th	Conor Farnan	Physio & Co	MV55	**01:06:43**	+00:13:32
11th	Colin Ramsden	Jog Lisburn	MV55	**01:08:36**	+00:15:25
12th	Willy Hoey	Dark Peak	MV55	**01:10:13**	+00:17:02

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MV55

Pos	Name	Club	Cat	Time	Behind
13th	Billy Reed	East Antrim Harriers	MV55	01:13:34	+00:20:23

MV60

Pos	Name	Club	Cat	Time	Behind
1st	Wilson McAlister	Jog Moira	MV60	00:58:32	
2nd	Gareth McKeown	Unattached	MV60	00:59:00	+00:00:28
3rd	David Bell	Mourne Runners	MV60	00:59:20	+00:00:48
4th	Leslie Mulholland	Dromore AC	MV60	01:02:34	+00:04:02
5th	Paddy Mallon	BARF	MV60	01:03:54	+00:05:22
6th	Diarmaid Mac Auley	Newry Tri Club	MV60	01:07:47	+00:09:15

MV65

Pos	Name	Club	Cat	Time	Behind
1st	Dominic McGreevey	Newcastle AC	MV65	00:55:34	
2nd	Leslie Wilkinson	North Down AC	MV65	00:58:34	+00:03:00
3rd	Brian Geddis	North Down AC	MV65	01:00:06	+00:04:32
4th	Stephen Murdock	Mourne Runners	MV65	01:01:07	+00:05:33
5th	Frank Rea	North Down AC	MV65	01:04:38	+00:09:04
6th	Hugh Suffern	Dromore AC	MV65	01:05:12	+00:09:38
7th	Stephen Dunlop	Jog Lisburn	MV65	01:08:21	+00:12:47
8th	Michael Morrow	Dromore AC	MV65	01:10:53	+00:15:19
9th	Dave Fulcher	Murlough AC	MV65	01:12:54	+00:17:20
10th	Joe McMahon	Murlough AC	MV65	01:14:00	+00:18:26

MV70

Pos	Name	Club	Cat	Time	Behind
1st	Ernest Hall	Newcastle AC	MV70	00:59:11	

FU20

Pos	Name	Club	Cat	Time	Behind
1st	Aoife Magee	Lagan Valley AC	FU20	01:00:36	
2nd	Lyndsey Kelly	Armagh AC	FU20	01:43:03	+00:42:27

FV35

Pos	Name	Club	Cat	Time	Behind
1st	Bernadette Quinn	Springwell RC	FV35	00:54:13	
2nd	Ruth Hollywood	Jog Lisburn	FV35	01:06:58	+00:12:45
3rd	Sarah Steer	Orangegrove AC	FV35	01:11:38	+00:17:25

FV40

Pos	Name	Club	Cat	Time	Behind
1st	Sinead McMullan	Crossfit	FV40	01:05:30	

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FV40

Pos	Name	Club	Cat	Time	Behind
2nd	Laura Devlin	Crossfit	FV40	**01:07:03**	+00:01:33
3rd	Joy McMinn	Unattached	FV40	**01:10:08**	+00:04:38
4th	Carolyn Crawford	Springwell RC	FV40	**01:10:31**	+00:05:01
5th	Kim McCourt	North Down AC	FV40	**01:12:47**	+00:07:17
6th	Naomi Montgomery	Coastal Runners	FV40	**01:14:16**	+00:08:46
7th	Allison Steenson	Jog Lisburn	FV40	**01:24:46**	+00:19:16

FV45

Pos	Name	Club	Cat	Time	Behind
1st	Catherine McIntosh	Newcastle AC	FV45	**00:59:00**	
2nd	Sharon Ramsden	Jog Lisburn	FV45	**01:01:04**	+00:02:04
3rd	Una Megoran	Unattached	FV45	**01:01:31**	+00:02:31
4th	Debbie Mingout	Ballydrain Harriers	FV45	**01:01:45**	+00:02:45
5th	Joanne McCauley	Portadown Running Club	FV45	**01:04:34**	+00:05:34
6th	Pamela Bailey	Unattached	FV45	**01:04:57**	+00:05:57
7th	Angela Kerr	Newcastle AC	FV45	**01:05:52**	+00:06:52
8th	Emma Donnelly	Ballymena Runners	FV45	**01:14:15**	+00:15:15
9th	Wendy Fleming	Dromore AC	FV45	**01:15:37**	+00:16:37
10th	Julie Collins	Jog Lisburn	FV45	**01:24:43**	+00:25:43

FV50

Pos	Name	Club	Cat	Time	Behind
1st	Karen Wilton	Jog Lisburn	FV50	**00:53:50**	
2nd	Amanda Perry	Ballydrain Harriers	FV50	**00:58:22**	+00:04:32
3rd	Nicola McIntyre	Jog Moira	FV50	**00:59:33**	+00:05:43
4th	Denise O'Hagan	Unattached	FV50	**01:24:21**	+00:30:31

FV55

Pos	Name	Club	Cat	Time	Behind
1st	Orla McElroy	NIMRA	FV55	**01:11:09**	
2nd	Tracy McCaughey	Murlough AC	FV55	**01:16:44**	+00:05:35
3rd	Judith Robinson	Murlough AC	FV55	**01:17:48**	+00:06:39

FV60

Pos	Name	Club	Cat	Time	Behind
1st	Patricia Shields	Murlough AC	FV60	**01:05:20**	
2nd	Janice Reid	Dromore AC	FV60	**01:10:06**	+00:04:46
3rd	Pauline O'Hara	BARF	FV60	**01:24:23**	+00:19:03
4th	Ann McAlarney	Murlough AC	FV60	**01:33:06**	+00:27:46

FV65

Pos	Name	Club	Cat	Time	Behind
1st	Susan Linklater	Shetland AAC	FV65	**01:03:57**	