

Flagstaff to Carlingford 2024

June 16, 2024

RESULTS - PROVISIONAL

M Open - 11 miles 3000ft

Pos	No.	Name	Club	Cat	Time	Behind
1st	143	Keith Johnston	Armagh AC	M	01:47:38	
2nd	65	Ashley Crutchley	Newcastle and District AC	M	01:47:46	+00:00:08
3rd	159	Paul Mcanespie	Armagh AC	MV50	01:47:57	+00:00:19
4th	188	Jonny Steede	Glens Runners	MV40	01:49:26	+00:01:48
5th	79	Adam Cunningham	Mourne Runners	M	01:54:49	+00:07:11
6th	181	Jack Proctor	BARF	M	01:55:10	+00:07:32
7th	153	John Marrs	Glens Runners	MV45	01:55:32	+00:07:54
8th	189	Ryan Stewart	Unattached	M	01:56:31	+00:08:53
9th	139	David Hicks	Newcastle and District AC	MV40	01:57:29	+00:09:51
10th	194	Lorcan Vallely	Armagh AC	MV40	01:57:40	+00:10:02
11th	84	Ronan Davison-Kernan	BARF	M	02:01:44	+00:14:06
12th	141	William Imrie	BARF	M	02:01:46	+00:14:08
13th	161	Jonathan McCloy	BARF	M	02:03:35	+00:15:57
14th	168	Deon McNeilly	Newcastle and District AC	MV60	02:04:10	+00:16:32
15th	111	William Fleck	Ballymena Runners	MV45	02:04:54	+00:17:16
16th	145	Andy Keeling	Unattached	MV40	02:05:35	+00:17:57
17th	136	Con Halpin	Unattached	M	02:06:58	+00:19:20
18th	166	Declan McGrellis	BARF	MV50	02:08:28	+00:20:50
19th	167	Dominic McLarnon	Glens Runners	MV45	02:10:46	+00:23:08
20th	52	Johnny Conway	Unattached	MV40	02:11:20	+00:23:42
21st	164	Peter McEvoy	Mourne Runners	M	02:12:10	+00:24:32
22nd	191	Peter Tees	Springwell Running Club	M	02:12:35	+00:24:57
23rd	177	Gerry Murphy	Glenmore AC	MV40	02:13:06	+00:25:28
24th	138	Sam Herron	Mourne Runners	MV40	02:13:31	+00:25:53
25th	28	Owen Boden	Mourne Runners	MV45	02:13:54	+00:26:16
26th	51	Warren Cartmill	Newry AC	MV55	02:13:57	+00:26:19
27th	199	Joe Wilson	Unattached	MV40	02:14:02	+00:26:24
28th	182	Peter Purcell	BARF	M	02:16:25	+00:28:47
29th	19	Mark Alexander	Ballymena Runners	MV50	02:16:38	+00:29:00
30th	140	Stephen Hoey	Jog Lisburn Running Club	MV55	02:17:57	+00:30:19
31st	193	John Trainor	Unattached	MV50	02:18:05	+00:30:27
32nd	144	Mike Jordan	Brothers Pearse AC	M	02:19:20	+00:31:42
33rd	147	Colm Kelly	BARF	MV45	02:19:48	+00:32:10
34th	146	Gareth Kelly	Armagh AC	MV45	02:23:42	+00:36:04
35th	184	Ian Rainey	Unattached	MV40	02:23:47	+00:36:09
36th	178	Francis Nugent	Blayney Rockets	MV55	02:24:13	+00:36:35
37th	156	Maurice Mc Cartan	IMRA	MV45	02:24:56	+00:37:18
38th	169	Ivan Millar	Mourne Runners	MV50	02:26:58	+00:39:20
39th	195	Liam Vines	Unattached	MV50	02:28:10	+00:40:32
40th	151	Karl Maguire	Unattached	MV40	02:28:20	+00:40:42
41st	48	Conan Brown	Glens Runners	M	02:29:36	+00:41:58
42nd	27	Alan Ayling	IMRA	MV45	02:34:00	+00:46:22
43rd	160	Ronan McBride	Armagh AC	MV40	02:34:30	+00:46:52
44th	176	Kevin Murdock	Team Purple	MV55	02:36:52	+00:49:14
45th	158	Ciarán McAleenan	Mourne Runners	MV60	02:38:37	+00:50:59

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Pos	No.	Name	Club	Cat	Time	Behind
46th	57	Martin Coughlan	Unattached	MV50	02:40:18	+00:52:40
47th	174	Padraig Muldoon	Armagh AC	MV55	02:40:32	+00:52:54
48th	148	Paul Le Blanc	Newry AC	MV60	02:42:30	+00:54:52
49th	163	Mick McDonald	Unattached	M	02:43:48	+00:56:10
50th	198	Brian Wilson	Newcastle and District AC	MV50	02:44:52	+00:57:14
51st	180	Anthony O'Reilly	Unattached	MV45	02:47:08	+00:59:30
52nd	172	Aaron Montgomery	Newry AC	MV45	02:48:05	+01:00:27
53rd	135	Frankie Gorman	Blayney Rockets AC	MV60	02:52:27	+01:04:49
54th	170	Jason Monaghan	Blayney Rockets	M	02:52:30	+01:04:52
55th	197	Trevor Wilson	BARF	MV60	02:56:30	+01:08:52
56th	157	Andrew Mc Gibbon	BARF	MV55	03:03:08	+01:15:30
57th	175	Bernard Mullan	Springwell RC	M	03:11:53	+01:24:15
58th	187	Stuart Scott	IMRA	MV40	03:15:22	+01:27:44
59th	179	Brendan Oboyle	Unattached	M	03:17:48	+01:30:10
60th	49	Clarke Campbell	BARF	MV55	03:28:03	+01:40:25
61st	173	Steven Morgan	BARF	MV50	03:29:42	+01:42:04
62nd	89	Ghislain Demeuldre	Victoria Park and Connswater AC	MV55	03:44:41	+01:57:03
63rd	190	Ian Taylor	BARF	MV70	04:40:54	+02:53:16

F Open - 11 miles 3000ft

Pos	No.	Name	Club	Cat	Time	Behind
1st	102	Esther Dickson	Newry AC	FV35	02:05:58	
2nd	137	Martsje Hell	North Belfast Harriers	FV35	02:06:40	+00:00:42
3rd	68	Tanya Cumming	Newcastle and District AC	FV40	02:12:14	+00:06:16
4th	183	Rebecca Quinn	IMRA	FV45	02:14:42	+00:08:44
5th	162	Naomi McCurry	Glens Runners	FV35	02:16:20	+00:10:22
6th	142	Alexa James	Carmen Runners	F	02:26:07	+00:20:09
7th	106	Shirley Farnan	BARF	FV55	02:38:09	+00:32:11
8th	122	Nicola Frizelle	Unattached	FV35	02:42:16	+00:36:18
9th	110	Danielle Fegan	Armagh AC	F	02:42:23	+00:36:25
10th	171	Kathleen Monteverde	BARF	FV60	03:03:18	+00:57:20
11th	4	Ruth Aiken	Ballymena Runners	FV45	03:03:29	+00:57:31
12th	91	Sharon Dickenson	Mourne Runners	FV45	03:36:52	+01:30:54
13th=	61	Carolyn Crawford	Springwell RC	FV40	03:44:41	+01:38:43
13th=	185	Claire Reid	Victoria Park and Connswater AC	FV35	03:44:41	+01:38:43
13th=	192	Adele Tomb	Springwell	FV50	03:44:41	+01:38:43

MV40 - 11 miles 3000ft

Pos	No.	Name	Club	Cat	Time	Behind
1st	188	Jonny Steede	Glens Runners	MV40	01:49:26	
2nd	139	David Hicks	Newcastle and District AC	MV40	01:57:29	+00:08:03
3rd	194	Lorcan Vallely	Armagh AC	MV40	01:57:40	+00:08:14
4th	145	Andy Keeling	Unattached	MV40	02:05:35	+00:16:09
5th	52	Johnny Conway	Unattached	MV40	02:11:20	+00:21:54

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MV40 - 11 miles 3000ft

Pos	No.	Name	Club	Cat	Time	Behind
6th	177	Gerry Murphy	Glenmore AC	MV40	02:13:06	+00:23:40
7th	138	Sam Herron	Mourne Runners	MV40	02:13:31	+00:24:05
8th	199	Joe Wilson	Unattached	MV40	02:14:02	+00:24:36
9th	184	Ian Rainey	Unattached	MV40	02:23:47	+00:34:21
10th	151	Karl Maguire	Unattached	MV40	02:28:20	+00:38:54
11th	160	Ronan McBride	Armagh AC	MV40	02:34:30	+00:45:04
12th	187	Stuart Scott	IMRA	MV40	03:15:22	+01:25:56

MV45 - 11 miles 3000ft

Pos	No.	Name	Club	Cat	Time	Behind
1st	153	John Marrs	Glens Runners	MV45	01:55:32	
2nd	111	William Fleck	Ballymena Runners	MV45	02:04:54	+00:09:22
3rd	167	Dominic McLarnon	Glens Runners	MV45	02:10:46	+00:15:14
4th	28	Owen Boden	Mourne Runners	MV45	02:13:54	+00:18:22
5th	147	Colm Kelly	BARF	MV45	02:19:48	+00:24:16
6th	146	Gareth Kelly	Armagh AC	MV45	02:23:42	+00:28:10
7th	156	Maurice Mc Cartan	IMRA	MV45	02:24:56	+00:29:24
8th	27	Alan Ayling	IMRA	MV45	02:34:00	+00:38:28
9th	180	Anthony O'Reilly	Unattached	MV45	02:47:08	+00:51:36
10th	172	Aaron Montgomery	Newry AC	MV45	02:48:05	+00:52:33

MV50 - 11 miles 3000ft

Pos	No.	Name	Club	Cat	Time	Behind
1st	159	Paul Mcanespie	Armagh AC	MV50	01:47:57	
2nd	166	Declan McGrellis	BARF	MV50	02:08:28	+00:20:31
3rd	19	Mark Alexander	Ballymena Runners	MV50	02:16:38	+00:28:41
4th	193	John Trainor	Unattached	MV50	02:18:05	+00:30:08
5th	169	Ivan Millar	Mourne Runners	MV50	02:26:58	+00:39:01
6th	195	Liam Vines	Unattached	MV50	02:28:10	+00:40:13
7th	57	Martin Coughlan	Unattached	MV50	02:40:18	+00:52:21
8th	198	Brian Wilson	Newcastle and District AC	MV50	02:44:52	+00:56:55
9th	173	Steven Morgan	BARF	MV50	03:29:42	+01:41:45

MV55 - 11 miles 3000ft

Pos	No.	Name	Club	Cat	Time	Behind
1st	51	Warren Cartmill	Newry AC	MV55	02:13:57	
2nd	140	Stephen Hoey	Jog Lisburn Running Club	MV55	02:17:57	+00:04:00
3rd	178	Francis Nugent	Blayney Rockets	MV55	02:24:13	+00:10:16
4th	176	Kevin Murdock	Team Purple	MV55	02:36:52	+00:22:55
5th	174	Padraig Muldoon	Armagh AC	MV55	02:40:32	+00:26:35
6th	157	Andrew Mc Gibbon	BARF	MV55	03:03:08	+00:49:11
7th	49	Clarke Campbell	BARF	MV55	03:28:03	+01:14:06
8th	89	Ghislain Demeuldre	Victoria Park and Connswater AC	MV55	03:44:41	+01:30:44

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MV60 - 11 miles 3000ft

Pos No.	Name	Club	Cat	Time	Behind
1st 168	Deon McNeilly	Newcastle and District AC	MV60	02:04:10	
2nd 158	Ciarán McAleenan	Mourne Runners	MV60	02:38:37	+00:34:27
3rd 148	Paul Le Blanc	Newry AC	MV60	02:42:30	+00:38:20
4th 135	Frankie Gorman	Blayney Rockets AC	MV60	02:52:27	+00:48:17
5th 197	Trevor Wilson	BARF	MV60	02:56:30	+00:52:20

MV70 - 11 miles 3000ft

Pos No.	Name	Club	Cat	Time	Behind
1st 190	Ian Taylor	BARF	MV70	04:40:54	

FV35 - 11 miles 3000ft

Pos No.	Name	Club	Cat	Time	Behind
1st 102	Esther Dickson	Newry AC	FV35	02:05:58	
2nd 137	Martsje Hell	North Belfast Harriers	FV35	02:06:40	+00:00:42
3rd 162	Naomi McCurry	Glens Runners	FV35	02:16:20	+00:10:22
4th 122	Nicola Frizelle	Unattached	FV35	02:42:16	+00:36:18
5th 185	Claire Reid	Victoria Park and Connswater AC	FV35	03:44:41	+01:38:43

FV40 - 11 miles 3000ft

Pos No.	Name	Club	Cat	Time	Behind
1st 68	Tanya Cumming	Newcastle and District AC	FV40	02:12:14	
2nd 61	Carolyn Crawford	Springwell RC	FV40	03:44:41	+01:32:27

FV45 - 11 miles 3000ft

Pos No.	Name	Club	Cat	Time	Behind
1st 183	Rebecca Quinn	IMRA	FV45	02:14:42	
2nd 4	Ruth Aiken	Ballymena Runners	FV45	03:03:29	+00:48:47
3rd 91	Sharon Dickenson	Mourne Runners	FV45	03:36:52	+01:22:10

FV50 - 11 miles 3000ft

Pos No.	Name	Club	Cat	Time	Behind
1st 192	Adele Tomb	Springwell	FV50	03:44:41	

FV55 - 11 miles 3000ft

Pos No.	Name	Club	Cat	Time	Behind
1st 106	Shirley Farnan	BARF	FV55	02:38:09	

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FV60 - 11 miles 3000ft

<u>Pos</u>	<u>No.</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time Behind</u>
1st	171	Kathleen Monteverde	BARF	FV60	03:03:18