

**SPAR Laganside 10K**  
**Sunday 6th September 2009**

Pos	Bib	Name	Cat	Cat Rank	Club	Finish
1	1619	Josphat Boit	MO	(01)	Clonliffe Harriers	00:31:55
2	1827	Brian Campbell	MO	(02)	Willowfield Harriers	00:32:07
3	1552	Conor Flannigan	MO	(03)	North Belfast Harriers	00:32:44
4	1311	Francis Marsh	MV40	(01)	North Down AC	00:33:08
5	1864	Eamon White	MV40	(02)	u/a	00:33:10
6	1564	gregory walsh	MV40	(03)	North Belfast Harriers	00:33:13
7	1738	Des Woods	MV40	(04)	Mourne Runners	00:33:17
8	1545	Martin Rea	MO	(04)	North Belfast Harriers	00:33:26
9	1614	Justin Maxwell	MO	(05)	Larne AC	00:33:33
10	1685	Simon Seaton	MO	(06)	North Down AC	00:33:43
11	1265	Neil Douglas	MV35	(01)	Ballymena Runners AC	00:33:46
12	1354	connor magill	MO	(07)	u/a	00:34:12
13	1556	Brian mckee	MV40	(05)	Dromore AC	00:34:14
14	1634	Jim Benson	MV40	(06)	North Belfast Harriers	00:34:18
15	1259	Conor Curran	MO	(08)	NC	00:34:19
16	1546	Eoin Mullan	MO	(09)	Abbey AC	00:34:20
17	1658	Gareth Grew	MV35	(02)	North Belfast Harriers	00:34:31
18	1536	Brendan Teer	MO	(10)	East Down A.C.	00:34:40
19	1626	Mark Weir	MV35	(03)	North Down AC	00:34:59
20	1411	Pete Barbour	MV35	(04)	u/a	00:35:02
21	1615	John Carlisle	MO	(11)	North Down AC	00:35:05
22	1856	Philip Goss	MO	(12)	North Belfast Harriers	00:35:05
23	1652	Rory Loughran	MV35	(05)	canal court runners	00:35:21
24	1533	Nathaniel Martin Glenn	MV40	(07)	Larne AC	00:35:25
25	1699	malachy mc ateer	MV40	(08)	north east runners	00:35:33
26	1343	Gladys Ganiel O'Neill	FO	(01)	Abbey AC	00:35:37
27	1706	Teresa McGloin	FO	(02)	Finn Valley AC	00:35:55
28	1622	Jordan Stokes	MJ	(01)	North Down AC	00:35:58
29	1761	Nigel Grier	MV45	(01)	Dromore AC	00:36:01
30	1776	Patrick Hamill	MO	(13)	Harriers	00:36:14
31	1727	Brendan Murphy	MO	(14)	City of Derry Spartans	00:36:15
32	1251	Craig Hutchinson	MV45	(02)	Larne AC	00:36:22
33	1698	andrew hicks	MO	(15)	Burren A.C.	00:36:32
34	1246	Sharon Trimble	FO	(03)	North Belfast Harriers	00:36:45
35	1846	Aaron Bell	MO	(16)	u/a	00:36:49
36	1377	Gerry Coy	MV45	(03)	North Down AC	00:36:59
37	1537	Liam Keenan	MV45	(04)	East Down A.C.	00:37:00
38	1368	Liam McDonagh	MO	(17)	u/a	00:37:02
39	1788	Paul Tyro	MO	(18)	Abbey AC	00:37:08
40	1840	Declan Doherty	MO	(19)	Foyle Valley AC	00:37:12
41	1425	Damien McNeill	MV40	(09)	Larne AC	00:37:13
42	1515	paul mcilwaine	MV35	(06)	u/a	00:37:14
43	1204	JIM NEWBERRY	MV55	(01)	North Belfast Harriers	00:37:18