

**NI & Ulster Junior, Inter & Masters Cross Country  
Championships  
Saturday 30th January 2010**

JUNIOR MEN								
Pos	Name	Club	Lap1	Lap2	Lap3	Lap4	Lap5	Finish
1	Michael McKillop	St Malachy's AC	00:06:47	00:06:59	00:06:55	00:06:53	00:06:51	00:34:23
2	Aiden McGowan	St Malachy's AC	00:06:47	00:06:59	00:06:55	00:06:56	00:06:59	00:34:34
3	Declan Reed	City of Derry Spartans	00:06:47	00:06:59	00:06:55	00:06:59	00:07:13	00:34:51
4	Robbie Idle	St Malachy's AC	00:06:48	00:06:59	00:07:10	00:07:15	00:07:17	00:35:27
5	Noel Carroll	Shercock AC	00:06:48	00:07:05	00:07:20	00:07:22	00:07:15	00:35:47
6	Christopher Johnston	Letterkenny						00:35:55
7	Ryan McDermott	Dromore AC	00:06:48	00:07:05	00:07:24	00:07:38	00:07:33	00:36:26
8	Phillip Goss	North Belfast	00:06:54	00:07:21	00:07:24	00:07:34	00:07:22	00:36:34
9	Niall Robinson	North Down AC	00:06:53	00:07:23	00:07:33	00:07:37	00:07:18	00:36:41
10	Brendan Murphy	City of Derry Spartans	00:06:58	00:07:25	00:07:29	00:07:31	00:07:30	00:36:51
11	Adam Clancy	St Malachy's AC	00:07:06	00:07:21	00:07:28	00:07:35	00:07:30	00:36:59
12	Simon Seaton	North Down AC	00:07:15	00:07:27	00:07:25	00:07:35	00:07:26	00:37:06
13	Jason Walsh	Omagh Harriers	00:07:03	00:07:24	00:07:30	00:07:43	00:07:37	00:37:15
14	Connor Magill	North Belfast	00:07:13	00:07:28	00:07:25	00:07:35	00:07:43	00:37:22
15	Stephen Rooney	St Malachy's AC	00:06:49	00:07:21	00:07:42	00:07:50	00:07:48	00:37:28
16	Mark Patterson	North Down AC	00:07:00	00:07:33	00:07:43	00:07:49	00:07:36	00:37:39
17	James Speight	Omagh Harriers	00:06:59	00:07:32	00:07:40	00:07:54	00:07:36	00:37:40
18	James Budde	North Down AC	00:07:03	00:07:40	00:07:51	00:07:52	00:07:37	00:38:00
19	Paul McGlinchey	Letterkenny	00:07:12	00:07:32	00:07:50	00:07:54	00:07:46	00:38:12
20	Martin Rea	North Belfast	00:07:15	00:07:34	00:07:43	00:07:53	00:07:53	00:38:16
21	Kevin Carlin	City of Derry Spartans	00:06:59	00:07:37	00:07:59	00:08:12	00:07:57	00:38:43
22	Nick Arkensparr	North Down AC	00:07:21	00:07:52	00:07:52	00:07:55	00:07:52	00:38:50
23	John Frazer	St Malachy's AC	00:07:15	00:07:45	00:07:56	00:08:02	00:07:57	00:38:53
24	Scott Rankin	Foyle Valley AC	00:07:12	00:07:50	00:08:02	00:08:12	00:08:06	00:39:20
25	Gerry Duddy	City of Derry Spartans	00:07:39	00:07:55	00:08:00	00:07:59	00:07:51	00:39:22
26	Marcus Devine	Springwell Running Club	00:07:15	00:07:55	00:08:09	00:08:14	00:08:08	00:39:40
27	Michael Finnigan	City of Derry Spartans	00:07:15	00:07:58	00:08:09	00:08:15	00:08:11	00:39:46
28	Alan O'Hara	North Belfast	00:07:32	00:07:56	00:08:08	00:08:15	00:08:17	00:40:06
29	Thomas Simpson	North Down AC	00:07:48	00:08:07	00:08:12	00:08:13	00:08:03	00:40:20
30	Ryan Snodgrass	Foyle Valley AC	00:07:42	00:08:10	00:08:14	00:08:13	00:08:07	00:40:24
31	Chris McGuinness	Foyle Valley AC	00:07:34	00:08:01	00:08:16	00:08:22	00:08:18	00:40:29
32	Declan Doherty	Foyle Valley AC	00:07:31	00:08:00	00:08:19	00:08:38	00:08:29	00:40:56
33	Gary Slevin	City of Derry Spartans	00:07:50	00:08:17	00:08:22	00:08:33	00:08:24	00:41:24
34	Brian Kelly	Foyle Valley AC						00:41:40
35	Paddy Hamill	North Belfast	00:07:38	00:08:29	00:08:35	00:08:41	00:08:33	00:41:54
36	Martin McLaughlin	Omagh Harriers	00:08:09	00:08:32	00:08:37	00:08:45	00:08:45	00:42:47
37	Michael Meenagh	Omagh Harriers	00:08:18	00:08:48	00:08:40	00:08:35	00:08:43	00:43:03
38	Nicholas McMenamin	City of Derry Spartans						00:43:22
39	Cathal McLaughlin	Foyle Valley AC	00:08:04	00:08:46	00:09:16	00:09:28	00:09:01	00:44:34
40	Michael Devine	Springwell Running Club	00:08:29	00:09:04	00:09:13	00:09:21	00:09:26	00:45:32

WOMEN

Pos	Name	Category	Age Group	Club	Lap1	Lap2	Finish
1	Christy McMonagle	M65		City of Derry Spartans	00:08:23	00:08:45	00:17:08
2	Jim Platt	M65		Unattached			00:19:55
1	Cathy McCourt	F35		North Belfast	00:07:42	00:08:03	00:15:44
2	Julie Turley	Inter		Dromore AC	00:07:47	00:08:12	00:15:59
3	Catriona Mc Granaghan	F35		Finn Valley AC	00:07:51	00:08:18	00:16:08
4	Louise Smith	F35		North Belfast	00:08:01	00:08:12	00:16:12
5	Stephanie Hambling	F40		North Down AC	00:08:04	00:08:12	00:16:15
6	Kay Byrne	F45		Finn Valley AC	00:07:59	00:08:23	00:16:21
7	Geraldine Branagh	F45		Dromore AC	00:07:59	00:08:28	00:16:27
8	Amanda Perry	Inter Female	F35	North Belfast	00:08:15	00:08:23	00:16:38
9	Alwynne Shannon	F45		Mourne Runners	00:08:15	00:08:30	00:16:45
10	Roberta Dornan	Inter Female		North Down AC	00:08:10	00:08:38	00:16:48
11	Rona Harkers	Inter Female	F40	Lagan Valley A	00:08:11	00:08:39	00:16:50
12	Rachel Gibson	Junior Female		City of Lisburn AC	00:08:13	00:08:44	00:16:57
13	Jessica Craig	Junior Female		North Down AC	00:08:19	00:08:47	00:17:05
14	Marina Campbell	Inter Female		City of Derry Spartans	00:08:19	00:08:51	00:17:09
15	Nicola Simpson	Inter Female		North Down AC	00:08:17	00:08:56	00:17:12
16	Debbie Matchett	F40		North Down AC	00:08:35	00:08:43	00:17:18
17	Ruth Magill	Inter Female	F50	Lagan Valley A	00:08:31	00:08:47	00:17:18
18	Allison Rankin	F35		Springwell Running Club	00:08:40	00:08:40	00:17:20
19	Anne Sandford	F40		Newcastle & District AC	00:08:37	00:08:44	00:17:20
20	Geraldine Quigley	Inter Female	F35	North Belfast	00:08:26	00:09:00	00:17:26
21	Sara Moore	Junior Female		Omagh Harriers	00:08:31	00:09:01	00:17:31
22	Jaqueline McGinley	Inter Female	F40	City of Derry Spartans	00:08:43	00:08:55	00:17:37
23	Bridgeen Byrne	F45		City of Derry Spartans	00:08:45	00:09:25	00:18:10
24	Cheryl Cardwell	F35		Sperrin Harriers	00:09:02	00:09:20	00:18:21
25	Hannah Shields	F45		City of Derry Spartans	00:08:41	00:09:55	00:18:35
26	Miriam Bonner	F35		Finn Valley AC	00:08:52	00:09:48	00:18:40
27	Paula Jackson	Inter Female	F35	North Belfast	00:09:18	00:09:54	00:19:11
28	Mary Hipsley	F40		Finn Valley AC	00:09:24	00:10:01	00:19:24
29	Patricia Campbell	F40		Omagh Harriers	00:09:27	00:10:01	00:19:28
30	Clara Fraser	Inter Female		City of Derry Spartans	00:09:36	00:10:03	00:19:38
31	Gloria Donaghey	F50		Finn Valley AC	00:09:46	00:10:11	00:19:56
32	Róisín Lynch	Inter Female	F60	City of Derry Spartans	00:10:03	00:10:23	00:20:25
33	Claire Lawn	Junior Female		Omagh Harriers	00:10:16	00:11:14	00:21:30

**MASTERS**

Pos	Name	Category	Club	Lap1	Lap2	Lap3	Finish
1	Steven Duncan	M35	Omagh Harriers	00:06:36	00:06:39	00:06:47	00:26:51
2	Pauric McKinney		Letterkenny	00:06:36	00:06:44	00:06:54	00:27:06
3	Dave Morwood	M35	Annadale Striders	00:06:36	00:06:50	00:06:56	00:27:20
4	Ciaran Doherty		Letterkenny				00:27:43
5	Colin Roberts	M40	City of Derry Spartans	00:06:37	00:07:02	00:07:08	00:27:49
6	Paul Carroll	M40	Annadale Striders	00:06:38	00:07:04	00:07:10	00:28:10
7	Mark Wright	M40	Annadale Striders	00:06:39	00:07:10	00:07:19	00:28:26
8	Gary Crossan		Letterkenny	00:06:50	00:07:16	00:07:20	00:28:45
9	Francis Marsh	M40	North Down AC	00:06:54	00:07:19	00:07:23	00:28:55
10	Neil Carty	M40	North Belfast A	00:07:02	00:07:22	00:07:26	00:29:16
11	Paul Blaney	M35	North Belfast A	00:07:01	00:07:23	00:07:33	00:29:26
12	Ciaran Kavanagh	M40	Annadale Striders	00:07:05	00:07:28	00:07:32	00:29:30
13	Brian Mckee	M45	Dromore AC	00:07:06	00:07:27	00:07:33	00:29:39
14	Kieran Carlin	M40	Finn Valley AC 'A'	00:06:57	00:07:35	00:07:42	00:29:51
15	Neil Faulkner		Letterkenny	00:07:06	00:07:32	00:07:38	00:29:57
16	Canice Nicholls	M35	Tir Chonaill	00:07:06	00:07:32	00:07:42	00:30:06
17	Dominic Bonar	M45	Finn Valley AC 'A'	00:07:07	00:07:34	00:07:51	00:30:20
18	Paul McCafferty	M40	City of Derry Spartans	00:07:06	00:07:40	00:07:54	00:30:26
19	Johnny Ward	M40	Tir Chonaill	00:07:09	00:07:42	00:07:53	00:30:29
20	Dale Mathers	M45	Newry City Runners AC	00:07:19	00:07:45	00:07:49	00:30:30
21	Declan McCarthy	M45	City of Derry Spartans	00:07:20	00:07:45	00:07:49	00:30:32
22	James Turtle	M40	Ballymena Runners	00:07:23	00:07:50	00:08:03	00:31:13
23	Gerard Bogle	M45	Finn Valley AC 'A'	00:07:13	00:08:07	00:08:04	00:31:13
24	Noel Connor	M45	Ballymena Runners	00:07:34	00:07:57	00:08:05	00:31:36
25	Dermot Connolly	M50	City of Derry Spartans	00:07:33	00:07:58	00:08:10	00:31:44
26	Tom Thompson	M35	Finn Valley AC 'A'	00:07:33	00:08:00	00:08:08	00:31:46
27	Ray Curran	M55	Ballymena Runners	00:07:38	00:08:04	00:08:07	00:31:46
28	Charlie Page		Letterkenny	00:07:38	00:08:01	00:08:17	00:32:00
29	Philip Mullan	M40	Springwell Running Club	00:07:42	00:08:04	00:08:12	00:32:05
30	Karl Dines	M45	Willowfield Harriers	00:07:32	00:08:06	00:08:18	00:32:13
31	Richard Mccarthy	M50	Tir Chonaill	00:07:53	00:08:11	00:08:17	00:32:29
32	Robert Wilson	M40	Willowfield Harriers	00:07:42	00:08:17	00:08:22	00:32:31
33	David Allen	M45	Albertville Harriers	00:07:35	00:08:13	00:08:19	00:32:35
34	Stuart Kennedy	M40	North Belfast A	00:07:33	00:08:16	00:08:31	00:32:39
35	Eddie Bell	M45	Abbey AC	00:07:45	00:08:15	00:08:25	00:32:48
36	Noel Thomas	M40	Tir Chonaill	00:08:00	00:08:13	00:08:21	00:32:49
37	Oran McBride	M40	City of Derry Spartans	00:07:46	00:08:17	00:08:28	00:32:49
38	Gerry Coy	M50	North Down AC	00:08:00	00:08:19	00:08:26	00:32:58
39	Gerry O'Doherty	M50	Springwell Running Club	00:07:43	00:08:19	00:08:32	00:33:04
40	Nigel Mckibbin	M40	Dromore AC	00:07:31	00:08:19	00:08:33	00:33:07
41	Bryan Edgar	M45	Springwell Running Club	00:08:03	00:08:18	00:08:28	00:33:15
42	Michael Gallagher	M40	Tir Chonaill	00:08:05	00:08:35	00:08:43	00:33:58
43	Adrian Callaghan		Letterkenny	00:08:12	00:08:35	00:08:45	00:34:13