

## Craigavon Lakes 10K Results

No.	Bib	Name	5k Time	10k Gun Time	10k Chip Time	Club	Age	Gender
1.	753	Neill Weir	00:16:20	00:33:04	00:33:04	Willowfield Harriers	42	Mal
2.	791	Gary Henderson	00:16:57	00:34:21	00:34:21	ARMAGH AC	49	Mal
3.	728	Paul Rowan	00:17:00	00:35:00	00:35:00	Willow field Harriers	53	Mal
4.	842	Hughie Taggart	00:18:13	00:36:18	00:36:16	Keep we lit	45	Mal
5.	769	Shane Coney	00:17:43	00:36:50	00:36:49	Keeper-lit	40	Mal
6.	711	Robert Morrison	00:18:13	00:36:51	00:36:51	Albertville harriers	44	Mal
7.	811	Colin Mcdowell	00:18:12	00:37:42	00:37:41		49	Mal
8.	703	John Mcmanus	00:18:44	00:37:59	00:37:58	Hunters Bog Trotters	36	Mal
9.	765	Conor Brogan	00:19:10	00:38:08	00:38:05		29	Mal
10.	676	Barry Kirkland	00:19:03	00:38:28	00:38:26		46	Mal
11.	673	Stefan Kennedy	00:19:23	00:38:32	00:38:31		35	Mal
12.	818	Seamus Melanophy	00:19:06	00:38:47	00:38:45	St Peters	50	Mal
13.	737	Louise Smith	00:19:09	00:38:59	00:38:58	North Belfast Harriers b	48	Fem
14.	744	Paul Trainor	00:19:28	00:39:04	00:39:01		30	Mal
15.	743	James Trainor	00:19:29	00:39:05	00:39:02	North Belfast Harriers	33	Mal
16.	681	Nathan Lindsay	00:19:15	00:39:33	00:39:31	Queen University AC	20	Mal
17.	779	Kevin Donnelly	00:19:11	00:39:48	00:39:46	Mallusk Harriers	45	Mal
18.	802	Roman Lichnovsky	00:19:29	00:39:57	00:39:55	TUNA TC	19	Mal
19.	679	Emmanuel Le Fouler	00:20:06	00:40:51	00:40:42	St Peter's AC	42	Mal
20.	609	Niall Bradshaw	00:20:22	00:41:12	00:41:07	Saintfield Striders	37	Mal
21.	807	Robert Mcallister	00:20:34	00:41:21	00:41:20	Acorns AC	48	Mal
22.	694	Kerrie Mccourt	00:20:39	00:41:29	00:41:24		26	Fem
23.	635	Donna Evans	00:20:23	00:41:30	00:41:28	Clones AC	52	Fem
24.	804	Patrick Mc Evoy	00:20:22	00:41:36	00:41:32	st peters ac	47	Mal
25.	758	Jim Wright	00:20:16	00:41:39	00:41:28		48	Mal
26.	732	Shaun Scullion	00:20:40	00:41:40	00:41:37		53	Mal
27.	822	Michael Murray	00:20:41	00:41:55	00:41:53	Emmetts Running Club	29	Mal
28.	600	John Adams	00:21:08	00:42:18	00:42:13		52	Mal
29.	820	Noel Morgan	00:21:07	00:42:36	00:42:30		51	Mal
30.	819	Stephen Mone	00:21:04	00:42:42	00:42:29		35	Mal
31.	631	Roberta Dornan	00:20:51	00:42:44	00:42:42	North Down AC	44	Fem
32.	747	Richard Wait	00:21:08	00:42:55	00:42:53		55	Mal
33.	638	Declan Fanthorpe	00:20:45	00:43:07	00:43:06	Monaghan Town Runners	46	Mal
34.	613	Niall Carson	00:20:10	00:43:18	00:43:17	Newcastle AC	46	Mal
35.	621	Jamie Collins	00:21:08	00:43:25	00:43:20		23	Mal
36.	763	Ross Bingham	00:21:28	00:43:37	00:43:36		52	Mal
37.	725	Caghy Rice	00:21:35	00:43:48	00:43:45		41	Fem
38.	721	Stuart Patterson	00:21:58	00:43:53	00:43:30		29	Mal
39.	643	Sam Foster	00:21:07	00:43:54	00:43:47		17	Mal
40.	627	Liz Dawson	00:21:38	00:44:13	00:44:11	Lagan Valley AC	38	Fem
41.	798	John Kerr	00:22:03	00:44:19	00:43:59		43	Mal
42.	664	Kevin Haughian	00:21:57	00:44:19	00:44:11	St Peter's Ac	39	Mal
43.	662	Stephen Mark Haughey	00:22:01	00:44:22	00:44:11	Emmetts Running Club	46	Mal
44.	801	Erik Lichnovsky	00:22:07	00:44:26	00:44:23	TUNA TC	45	Mal
45.	695	James Mccracken	00:21:52	00:44:29	00:44:29	Dromore AC	56	Mal
46.	836	Breige Russell	00:21:48	00:44:31	00:44:28	Dromore AC	30	Fem
47.	845	Rosemary White	00:22:48	00:44:33	00:44:10	Jog Moira	48	Fem
48.	843	Gary Tedford	00:21:52	00:44:55	00:44:52		41	Mal
49.	764	Kris Blakely	00:21:00	00:45:11	00:45:04		29	Mal
50.	691	Alan Mccolgan	00:22:16	00:45:13	00:45:05		28	Mal
51.	601	Eraj Amirraghi	00:22:15	00:45:17	00:45:09		35	Mal
52.	825	Brian O'Donnell	00:21:52	00:45:20	00:45:13	Sperrin Harriers	31	Mal
53.	788	Wayne Haffey	00:22:16	00:45:41	00:45:29		41	Mal
54.	704	Michelle McMullan	00:22:15	00:45:43	00:45:32	Improve on the move	39	Fem
55.	738	Stephen Smyth	00:22:15	00:45:48	00:45:41		48	Mal
56.	837	Ciara Ryan	00:22:44	00:46:24	00:46:00		44	Fem

57.	705	Oisã-N Mcquillan	00:22:38	00:46:27	00:46:19		36	Mal
58.	606	Przemyslaw Bochnia	00:22:58	00:46:31	00:46:17		39	Mal
59.	780	Alan Dowey	00:22:40	00:46:32	00:46:16		37	Mal
60.	689	Mark Mccartan	00:22:45	00:46:33	00:46:07		38	Mal
61.	720	Stuart O'Hara	00:23:26	00:46:34	00:46:28		35	Mal
62.	693	Daniel Mccormick	00:22:32	00:46:37	00:46:28		28	Mal
63.	785	Eamonn Greene	00:21:37	00:47:02	00:46:53		37	Mal
64.	770	Patrick Conwell	00:22:56	00:47:02	00:46:52	St Peter's ac	57	Mal
65.	767	John Cawley	00:22:57	00:47:03	00:46:53	St Peter's AC	58	Mal
66.	699	John Mcilroy	00:22:51	00:47:03	00:46:59	None	49	Mal
67.	817	Keith Megaw	00:23:13	00:47:16	00:47:11	None	44	Mal
68.	792	Connell Jackson	00:23:42	00:47:29	00:47:22		38	Mal
69.	774	Sean Devlin	00:23:16	00:47:34	00:47:11	Kernan running club	55	Mal
70.	748	Trevor Walker	00:23:36	00:47:36	00:47:23		47	Mal
71.	726	Stephen Roddy	00:23:32	00:47:40	00:47:25	None	53	Mal
72.	727	Darren Roddy	00:22:56	00:47:40	00:47:23		25	Mal
73.	636	Jonathan Fairley	00:24:53	00:47:43	00:47:29	Fitness factory lurgan	44	Mal
74.	668	Samuel Hill	00:23:11	00:48:01	00:47:37		30	Mal
75.	678	Michael Lavery	00:23:51	00:48:04	00:47:54		47	Mal
76.	776	Stuart Dickinson	00:24:14	00:48:04	00:47:41	Jog Moira	40	Mal
77.	675	Peter Kingham	00:24:07	00:48:08	00:47:53		32	Mal
78.	698	Ellen Mcgrattan	00:24:20	00:48:09	00:48:05	Craigavon lakers	51	Fem
79.	624	Laura Corr	00:23:56	00:48:12	00:48:09	Craigavon Lakers	35	Fem
80.	709	Chris Montgomery	00:23:51	00:48:14	00:47:58		63	Mal
81.	682	Darren Mallon	00:24:24	00:48:16	00:47:57		43	Mal
82.	729	Deirdre Ryan-Delaney	00:24:06	00:48:18	00:47:54	Derrytresk Runners	46	Fem
83.	714	Thompson Neil	00:24:17	00:48:19	00:48:07		46	Mal
84.	614	Andrew Cassells	00:24:01	00:48:34	00:48:27		35	Mal
85.	808	Joe McAufield	00:23:24	00:48:36	00:48:30		49	Mal
86.	796	Ciaran Kearney	00:23:43	00:48:58	00:48:51	Belfast BRC	51	Mal
87.	630	Bill Devlin	00:23:55	00:49:00	00:48:50	St Peters	68	Mal
88.	786	Niall Greene	00:23:24	00:49:14	00:49:03		16	Mal
89.	660	Adam Harrison	00:24:31	00:49:35	00:49:12		20	Mal
90.	701	Sarah Mckitterick	00:24:33	00:49:39	00:49:16		19	Fem
91.	834	Jason Rolston	00:23:54	00:49:45	00:49:34		46	Mal
92.	828	Marta Quinn	00:25:27	00:49:51	00:49:26		36	Fem
93.	659	Kate Hanratty	00:24:02	00:49:56	00:49:51		46	Fem
94.	809	Helen Mccartan	00:24:49	00:49:57	00:49:54	Dromore AC	45	Fem
95.	835	Amanda Russell	00:24:42	00:50:06	00:50:03	Dromore AC	56	Fem
96.	824	Tracey Odonnell	00:24:18	00:50:08	00:49:53		39	Fem
97.	760	Garry Archer	00:24:19	00:50:10	00:50:02		41	Mal
98.	645	Siobhan Freeman	00:23:57	00:50:16	00:50:13	Craigavon Lakers	40	Fem
99.	663	Declan Haughey	00:24:11	00:50:21	00:50:09	Emmetts Running Club	28	Mal
100.	717	Bobby Newell	00:24:08	00:50:24	00:50:01		46	Mal
101.	840	Ivan Stringer	00:24:51	00:50:29	00:50:25	Craigavon Lakers	48	Mal
102.	821	Karl Murphy	00:24:53	00:50:29	00:50:25	Acorns AC	54	Mal
103.	674	David Kilner	00:24:31	00:50:33	00:50:23		49	Mal
104.	685	Bryony May	00:25:19	00:50:33	00:50:20		47	Fem
105.	608	Gavin Boyle	00:24:46	00:50:33	00:50:30	Craigavon Lakers	42	Mal
106.	734	Stepnen Sharpe	00:24:25	00:50:43	00:50:27		54	Mal
107.	829	Mark Rhodes	00:25:34	00:50:49	00:50:38	Acorns AC	40	Mal
108.	612	Ian Campbell	00:24:56	00:50:58	00:50:49		42	Mal
109.	692	Ursula Mcconville	00:24:31	00:51:02	00:50:53		52	Fem
110.	816	Declan Mcshane	00:25:10	00:51:04	00:51:00		58	Mal
111.	799	Conor Kilpatrick	00:25:38	00:51:19	00:51:14		39	Mal
112.	782	Stephen Francey	00:25:20	00:51:22	00:51:15		50	Mal
113.	733	Collins Sean	00:29:15	00:51:25	00:51:00	The fitzone foundation	45	Mal
114.	666	Stuart Henderson	00:26:41	00:51:29	00:51:04		30	Mal
115.	610	Laura Brady	00:26:41	00:51:29	00:51:05		33	Fem
116.	646	Richard Fulton	00:25:43	00:51:32	00:51:18		58	Mal

117.	633	Kevin Duggan	00:25:16	00:51:38	00:51:25		38	Mal
118.	616	Roisin Catney	00:26:01	00:51:47	00:51:25	Jog Moira	46	Fem
119.	815	Comghal Mcquillan	00:24:35	00:51:59	00:51:51		29	Mal
120.	718	Bernie Oconnor	00:25:32	00:52:05	00:51:54	Triple A (Autism,Action,Arma	53	Fem
121.	607	Jessica Boyd	00:25:18	00:52:07	00:51:53		24	Fem
122.	715	Caroline Nelson	00:25:51	00:52:10	00:51:49	Jog Moira	48	Fem
123.	626	Catherine Crilly	00:24:59	00:52:16	00:51:55		33	Fem
124.	706	Vicky Mcveigh	00:26:40	00:52:24	00:52:24		40	Fem
125.	696	Julie Mccracken	00:25:05	00:52:25	00:52:13	Rathfriland Runners	32	Fem
126.	683	Lisa Mallon	00:26:52	00:52:33	00:52:12		22	Fem
127.	773	Steve Dallas	00:26:25	00:52:33	00:52:21	Acorns AC	35	Mal
128.	625	Stephen Coulter	00:25:00	00:52:40	00:52:34		41	Mal
129.	762	Anne Baxter	00:25:55	00:52:42	00:52:39		52	Fem
130.	670	Sinead Kelly	00:26:28	00:53:04	00:52:43	Jog Moira	38	Fem
131.	661	Jayne Harrison	00:26:14	00:53:04	00:52:41		47	Fem
132.	619	Craig Collen	00:26:27	00:53:07	00:52:50		40	Mal
133.	754	Elaine Weston	00:26:11	00:53:18	00:53:09	Orangethorne AC	41	Fem
134.	640	Orla Fanthorpe	00:24:05	00:53:21	00:53:03		21	Fem
135.	814	Claire Mclernon	00:26:03	00:53:22	00:53:12	Dromore AC	33	Fem
136.	771	Jason Crawford	00:26:45	00:53:27	00:53:16	AcornsAC	37	Mal
137.	628	Brá-D Deery	00:26:21	00:53:27	00:53:05		38	Fem
138.	712	Lynsey Morton	00:26:44	00:53:37	00:53:27		39	Fem
139.	615	Chris Catling	00:28:33	00:53:59	00:53:59	Armagh AC	20	Mal
140.	823	Egidijus Naujokaitis	00:26:06	00:54:02	00:53:58	Craigavon Lakers	36	Mal
141.	841	James Swan	00:26:33	00:54:05	00:53:51		41	Mal
142.	761	Damien Atkinson	00:26:42	00:54:15	00:54:03	Sperrin Harriers	32	Mal
143.	690	Vincent McClorey	00:26:27	00:54:26	00:54:16		40	Mal
144.	719	Caoimhe O'Gorman	00:25:05	00:55:18	00:55:05	Newry City Runners	25	Fem
145.	667	Phillippa Henry	00:26:59	00:55:19	00:54:59	Jog Moira	41	Fem
146.	731	Karen Scott	00:27:09	00:55:20	00:54:58	Jog Moira	52	Fem
147.	671	Aisling Kelly	00:26:41	00:55:20	00:55:05	Mid Ulster Runners	41	Fem
148.	623	Christine Connolly	00:27:48	00:55:25	00:55:12		55	Fem
149.	618	Catherine Coffey	00:27:24	00:55:29	00:55:08	Jog Moira	38	Fem
150.	795	Matthe Kane	00:27:21	00:55:38	00:55:08	Roy's Runners	36	Mal
151.	716	Becca Neville	00:28:09	00:55:40	00:55:14		28	Fem
152.	611	Claire Calderwood	00:27:45	00:55:57	00:55:42	Jog Moira	43	Fem
153.	256	Dechlan Haughian	00:27:47	00:56:19	00:55:49	Craigavon Lakers	56	Mal
154.	688	Joe Mcanearney	00:27:49	00:56:19	00:55:51	St Peters	56	Mal
155.	655	Richard Hand	00:27:48	00:56:21	00:55:53		56	Mal
156.	797	Aaron Kennedy	00:27:50	00:56:21	00:55:54		31	Mal
157.	794	Julie Jordan	00:27:42	00:56:27	00:56:08		47	Fem
158.	700	David Mcivor	00:28:13	00:56:28	00:56:11	Fitzone SRG	52	Mal
159.	629	Angela Devlin	00:28:14	00:56:32	00:56:17		40	Fem
160.	800	Niamh Laverty	00:27:56	00:56:51	00:56:28		47	Fem
161.	833	Oonagh Rolston	00:27:48	00:56:55	00:56:33		45	Fem
162.	603	Tammy Aston	00:28:17	00:57:20	00:57:18		44	Fem
163.	735	Adam Silcock	00:27:48	00:57:35	00:57:06	Craigavon lakers	18	Mal
164.	736	Sharon Sinton	00:28:20	00:57:45	00:57:42	TGEE runners	45	Fem
165.	639	Dessie Fanthorpe	00:28:59	00:57:47	00:57:17		60	Mal
166.	622	Colette Coney	00:28:13	00:57:48	00:57:32		40	Fem
167.	766	Orlaigh Campbell	00:28:20	00:57:51	00:57:34	Fitzone SRG	22	Fem
168.	742	Fionnuala Toman	00:28:20	00:57:52	00:57:35	Fitzone	43	Fem
169.	669	Una Hoy	00:28:16	00:57:55	00:57:36		41	Fem
170.	844	David Telford	00:27:53	00:58:03	00:57:50		51	Mal
171.	632	Judith Dowey	00:28:04	00:58:12	00:57:50	Newmills Church	35	Fem
172.	827	Mandy O'Neill	00:28:08	00:58:16	00:58:01		35	Fem
173.	813	Barry Mckermitt	00:28:55	00:58:25	00:58:02		54	Mal
174.	831	Katherine Rice	00:28:10	00:58:32	00:58:10		43	Fem
175.	830	Anne Rice	00:28:56	00:58:34	00:58:15		43	Fem
176.	790	Tina Harper	00:28:03	00:58:42	00:58:34		33	Fem

177.	789	Nigel Hampton	00:27:58	00:58:45	00:58:17		39	Mal
178.	637	Paula Falloon	00:28:58	00:59:13	00:58:50	No club	25	Fem
179.	749	Tracy Walker	00:28:41	00:59:25	00:59:05	Jog Moira	41	Fem
180.	730	Jeff Scott	00:28:09	00:59:36	00:59:26		38	Mal
181.	605	Nicholas Bell	00:30:24	00:59:36	00:59:13	Fitzone SRG	56	Mal
182.	658	Aideen Hannon	00:29:02	01:00:07	00:59:48		39	Fem
183.	741	Carla Tennyson	00:29:02	01:00:07	00:59:48		30	Fem
184.	602	Allan Armstrong	00:28:17	01:00:15	01:00:11		33	Mal
185.	684	Geraldine Mallon	00:30:03	01:00:18	00:59:56	Jog moira	55	Fem
186.	739	Katharine Strain	00:29:06	01:00:38	01:00:20		52	Fem
187.	755	Anne Williams	00:30:00	01:01:46	01:01:37		37	Fem
188.	752	Nichola-Jane Weir	00:29:31	01:01:53	01:01:27		28	Fem
189.	757	Catherine Woods	00:30:09	01:01:59	01:01:38	Jog Moira	52	Fem
190.	649	Janet Gibson	00:30:32	01:02:01	01:01:48	Altnamackin Runners	44	Fem
191.	651	Mal Graham	00:30:28	01:02:01	01:01:43		47	Mal
192.	708	Melanie Meredith	00:30:22	01:02:11	01:02:08	Tgee runners	46	Fem
193.	756	Janet Williamson	00:31:07	01:02:34	01:02:13	Jog Moira	47	Fem
194.	713	Karen Muldoon	00:31:06	01:02:37	01:02:15	Jog Moira	50	Fem
195.	839	Jonathan Skelly	00:29:25	01:02:52	01:02:45		28	Mal
196.	810	Katherine Mcconville	00:31:19	01:03:24	01:03:08		26	Fem
197.	781	Lynette Ferguson	00:30:54	01:03:57	01:03:34		35	Fem
198.	759	Wilson Alan	00:31:11	01:04:08	01:03:46		60	Mal
199.	653	Jamie Guiney	00:29:39	01:04:18	01:04:01		41	Mal
200.	687	Niamh Mc Corry	00:31:36	01:05:00	01:04:46		27	Fem
201.	806	Roisin Mc Kerr	00:31:34	01:05:01	01:04:46		35	Fem
202.	783	Beryl Greaves	00:31:31	01:05:24	01:05:08		46	Fem
203.	784	Erin Greaves	00:31:30	01:05:30	01:05:13		15	Fem
204.	778	Melissa Donaldson	00:31:29	01:05:38	01:05:21		30	Fem
205.	617	Ann Catney	00:31:41	01:05:45	01:05:23	Jog Moira	54	Fem
206.	772	Aoife Currie	00:31:37	01:05:58	01:05:35		44	Fem
207.	751	Malachy Wallace	00:32:05	01:06:15	01:05:47		60	Mal
208.	746	Lilita Vaschenko	00:32:13	01:06:25	01:06:07	Fitzone SRG	32	Fem
209.	805	Sean Mc Keown	00:32:05	01:06:27	01:06:01	Fitzone SRG	47	Mal
210.	657	Siobhan Hanna	00:32:48	01:06:28	01:06:08		48	Fem
211.	656	Paul Hanna	00:32:46	01:06:28	01:06:09		56	Mal
212.	650	David Gibson	00:34:22	01:06:55	01:06:55		59	Mal
213.	838	Ashleigh Skelly	00:34:00	01:07:45	01:07:39		26	Fem
214.	652	Angela Graham	00:33:17	01:08:31	01:08:13	SRG	39	Fem
215.	702	Cara McMahan	00:34:16	01:08:53	01:08:32		34	Fem
216.	620	Nicola Collins	00:33:17	01:09:06	01:08:48	The fit zone foundation	44	Fem
217.	724	Joanne Quinn	00:33:38	01:09:06	01:08:48	Social running club. Craigavo	35	Fem
218.	697	Lisa McCullough	00:33:36	01:09:07	01:08:49	Srg fitzone	33	Fem
219.	648	Wendy Gardiner	00:33:22	01:10:15	01:09:46		59	Fem
220.	647	Wendy Gardiner	00:33:22	01:10:15	01:09:45		59	Fem
221.	680	Lindy Leathem	00:35:21	01:13:29	01:13:14		51	Fem
222.	826	Martin O'Neill	00:34:17	01:14:26	01:14:07	Fitzone SRG	36	Mal
223.	832	Jack Robb	00:37:34	01:17:00	01:16:52		23	Mal