

Annadale Striders Night of 3000m's

Friday 2nd June 2023 Mary Peters Track

Results

Place	Bib	3000m Men Race 1				
1	6	Sadaq	Farhan	Annadale Striders	09:36.21	U20M
2	4	Ashley	Crutchley	unattached	09:39.04	U20M
3	11	Ian	Keys	North Belfast Harriers	09:42.53	SM
4	19	Mark	Smith	Mallusk Harriers	10:04.74	M50
5	17	Callum	Robinson	Belfast Running Club	10:12.09	SM
6	12	Ciaran	McCaffrey	Annadale Striders	10:21.26	SM
7	8	Darragh	Hamill	Keep 'er Lit	10:23.93	SM
8	16	Ben	Proctor	Willowfield Harriers	10:30.83	U17M
9	9	Oran	Kane	Ward Park Runners	10:36.47	M35
10	2	Kevin	Brookfield	Ward Park Runners	10:37.61	M40
11	14	Kyle	Montgomery	Victoria Park & Connswater	10:43.39	M40
12	7	Ben	Gilmore	Guildford & Godalming AC	10:49.46	M45
13	1	Niall	Armstrong	North Belfast Harriers	10:55.97	SM
14	15	Brendan	Mulgrew	Belfast Running Club	11:05.86	M50
15	5	Gary	Cull	Murlough AC	11:09.96	M45

Place	Bib	3000m Men Race 2				
1	24	Conor	Irving	Queens AC	09:12.07	SM
2	34	Ronan	Toland	Victoria Park & Connswater	09:13.99	M45
3	51	Chris	Pollock	Annadale Striders	09:21.93	SM
4	33	Jack	Russell	North Down AC	09:28.59	M40
5	36	Nhial	TuyTuy	Annadale Striders	09:32.30	SM
6	38	Adam	Withers	East Down AC	09:32.78	SM
7	31	Leo	McSweeney	Annadale Striders	09:32.93	SM
8	23	Ronan	Fitzpatrick	Newry AC	09:36.11	SM
9	28	Colin	McDowell	North Belfast Harriers	09:37.61	M50
10	30	Pauric	McKinney	unattached	09:39.25	M55
11	22	Evan	Evans	Dromore AC	09:40.22	M40
12	27	Ronan	Mcaree	St Malachys AC	09:44.72	U20M
13	35	Ciaran	Toner	Belfast Running Club	09:46.52	M40
14	37	John	Ward	Dromore AC	09:46.55	M40
15	21	Neil	Curran	East Down AC	09:47.52	M45
16	26	Francis	Marsh	North Down AC	09:48.07	M55
17	29	Nigel	McKibbin	Dromore AC	09:52.29	M50

Place	Bib	3000m Men Race 3					
1	46	Lorcan	McGurk	City of Lisburn AC	08:47.24	SM	
2	49	Sean	Melarkey	City of Derry Spartans	08:48.10	SM	
3	39	Paul	Carty	CNDR Track Club	08:53.85	SM	
4	43	Gareth	Lyons	North Belfast Harriers	08:57.24	M45	
5	40	Lochlainn	Connelly	Annadale Striders	08:58.69	M35	
6	42	Conor	Curran	North Belfast Harriers	09:00.47	M45	
7	52	Declan	Reed	City of Derry Spartans	09:01.37	M45	
8	44	Mark	Malone	Newry AC	09:02.47	M35	
9	56	Noah	Watt	Loughview AC	09:08.34	U15M	
10	47	Ronan	McIlvenny	Annadale Striders	09:16.83	SM	
11	55	Alastair	Rodger	Annadale Striders	09:17.60	SM	
12	41	Mark	Cornett	North Belfast Harriers	09:19.71	SM	
13	50	Chris	Moran	North Down AC	09:22.98	M45	
14	53	Hugo	Reilly-Stewart	North Belfast Harriers	09:27.18	U20M	
15	48	Jamie	McMeechan	North Down AC	09:29.26	SM	
16	54	Alan	Ritchie	St Peter's	09:36.57	SM	

Place	Bib	3000m Women Race 4				
1	59	Rachel	Gibson	North Down AC	09:38.52	SW
2	63	Robyn	Mckee	Annadale Striders	09:51.67	SW
3	68	Denise	Toner	Cookham Running Club	09:52.44	W45
4	66	Catherine	O'Connor	East Down AC	09:56.13	W35
5	57	Dearbhla	Cox	Annadale Striders	10:19.60	SW
6	65	Kate	Mulholland	St Peter's AC	10:24.46	SW
7	64	Joanne	Mills	Newcastle & District AC	10:25.77	SW
8	62	Eimear	McCracken	Annadale Striders	10:55.16	W40
9	67	Roseann	Spence	Annadale Striders	11:07.01	W35
10	61	Kirsten	Herpe	Annadale Striders	11:12.76	SW

Place	Bib	3000m Men Race 5				
1	73	Brhane	Gebrebrhan	Annadale Striders	08:24.14	SM
2	80	Craig	McMeechan	North Down AC	08:25.40	SM
3	71	Gary	Crummy	Newry AC	08:27.07	SM
4	69	John	Craig	Annadale Striders	08:27.28	M35
5	78	Conan	McCaughey	North Belfast Harriers	08:30.08	SM
6	82	Oran	O'Hare	Dublin City Harriers	08:30.39	SM
7	75	Matthew	Lavery	North Belfast Harriers	08:32.04	SM
8	74	Luke	Kelly	CNDR Track Club	08:34.15	U20M
9	76	Gavin	McCaffrey	North Belfast Harriers	08:34.27	SM
10	77	Neil	McCartan	East Down AC	08:37.90	SM
11	87	Cameron	Stewart	Annadale Striders	08:38.78	SM
12	85	Jimmy	Sloan	Annadale Striders	08:40.31	SM
13	86	Jonathan	Spratt	Annadale Striders	08:43.06	SM
14	81	Eanna	O Bradaigh	Dundrum South Dublin AC	08:44.03	SM
15	83	Cathoir	Purvis	North Belfast Harriers	08:50.84	SM