Results Round-Up - Sunday March 3rd

With Spring in the air, it was a very busy weekend for club runners (and consequently your humble correspondent), with the club represented far and wide in a range of distances

NI & Ulster U16 Indoor Championships

Cadence Hamilton put in another incredible performance, running a PB 00:05:02 🎉 for the 1500m, *just* pipped for a podium place by 0.03s - a fantastic result considering she had run a very strong 800m just a few hours before

This performance sees Cadence qualify for the All Ireland Juvenile Championships in Athlone in April 🎉

Cambridge Half Marathon

Emma Greer made the trip to Cambridge to complete the Cambridge Half Marathon, smashing out a new PB of 01:54:00 🎉

Bundoran 10 Miler

Closer to home, Patrick McEvoy and Johnny Breen made a break for the border to take part in the Bundoran 10 Miler, where the wind rolled in off the Atlantic making the last few miles a challenge but didn't prevent Patrick setting his PB for the course

- Patrick McEvoy 01:01:48
- JohnnyBreen 01:14:11

Carlingford Half Marathon

The club was also well represented at the Carlingford Half Marathon, where a difficult headwind for the last 4 miles made for tough going, but that didn't prevent Linda Farquhar from achieving a PB nor Kevin Greene record his 2nd fastest time for the Half

- Mark Willis 01:24:22
- Sean Farquhar 01:32:16
- Mervyn Molyneaux 01:36:09
- Eileen Stevenson 01:36:18
- Linda Farquhar 01:42:15 (PB 🎉)
- Kevin Greene 01:46:32

Lurgan Park Hospice Run

On our doorstep, the Lurgan Park 10k and 5k in aid of Southern Area Hospice was once again very well supported by club runners, with many finishing high up the field.

10k

Sean Montgomery	00:36:10 (2nd Male 🎉)
Gillian McCrory	00:37:01 (1st Lady 🎉)
Daniel Harte	00:39:02
Kieran Flanagan	00:43:32
Sammy Haughian	00:44:10
Paul Casey	00:46:09
Dom McGeough	00:47:03
Paddy Conwell	00:47:13
Kieran Robinson	00:52:56
Maeve Haughey	00:58:13
Bryan Conwell	01:00:00
Aine McDonald	01:06:43
Sarah McGeough	01:09:20

5k

Harley McDowell	00:18:15 (1st 🎉)
Michael Wheavil	00:21:38
Steven Craig	00:25:43
Rosie Turkington	00:25:55
Kevin Greene (and pram)	00:29:16
Linda Hyde	00:32:00
Debbie McDowell	00:32:08
Lauren Beattie	00:34:12
Lucy Lavery	--:--:-- (2nd Girl 🎉)
Zoe McCrory	–:--:--

Parkrun

Runners were out in force again at Parkrun across the country

Queens

- Daniel Adams 00:20:14
- Janice Adams 00:28:14

City Park

Special mention to Patsy Magee on racking up 150 Parkruns and Paul Casey for coming 1st in his age group🎉

- Martin McConaghy 00:21:08
- Harley McDowell 00:22:36
- Dom McGeough 00:23:10
- Paul Casey 00:24:09 (🎉)
- Beverley Balfour 00:25:58
- Elizabeth Deacon 00:26:00
- Patsy Magee 00:27:11 (🎉)
- Debbie McDowell 00:31:13
- Gillian Colan-O'Leary 00:32:35
- Sarah McGeough 00:32:54

Rockhampton

- Seamus Toman 00:26:04

Junior Parkrun

- Wyatt McMahon 00:09:34
- Sarah Armstrong 00:11:10
- Arthur Murdock 00:12:53
- Jenny O'Hagan 00:12:56
- Lucy Campbell 00:13:32
- Sheelin McLaverty 00:13:58