

# Seeley Cup 10K 19<sup>th</sup> November 2011-11-20

## Results for North Down AC Athletes

### Women

Pos	No	Name	Cat	Finish	5K	F Pos	Cat Pos
121	749	Julie Balmer	F35	38:37	19:12	5	1
217	957	Debbie Matchett	F40	40:56	20:01	13	3
268	239	Ange PERROTT	F35	42:35	21:09	19	3
336	739	Valerie McDonough	F40	44:35	22:06	28	7
451	241	Andrea THOMPSON	FO	47:32	23:33	54	19
452	225	Sarah BENTON	F40	47:33	23:11	55	11
534	229	Alison DOWNEY	F40	49:43	24:39	83	20
561	177	Marie DEVINE	F45	50:33	25:00	92	11
639	950	Kathy Graham	FO	53:17	25:41	122	40

### Men

Pos	No	Name	Cat	Finish	5K	M Pos	Cat Pos
10	639	Niall Robinson	MO	32:32	15:43	10	9
21	234	Francis MARSH	M45	33:25	16:36	21	2
23	230	Michael DYER	MO	33:39	16:36	23	19
40	226	Christopher BRYAN	MO	34:53	17:04	40	29
59	716	Mark Weir	M35	35:43	17:48	58	9
75	575	Dennis Scott	MO	36:40	18:12	72	46
95	242	Glen WILLIS	MJ	37:30	18:03	91	3
108	227	Gerry COY	M50	38:12	19:03	104	6
145	232	Douglas GRANT	M40	39:08	19:13	140	19
170	179	Simon ROBINSON	M40	39:46	20:05	164	26
207	178	Michael RIDDELL	M35	40:37	20:00	195	36
214	981	Gary Swenarton	M60	40:53	19:55	202	2
225	709	Paul Duffy	M40	41:10	20:19	212	37
231	244	Stephen WISE	M50	41:28	20:10	217	15
240	237	Andrew MUIR	M35	41:50	21:07	224	45
327	980	Fred Murdoch	M65	44:00	21:47	302	2
333	233	Nick IRVINE	MO	44:27	21:29	306	102
396	235	John MCGARVEY	MO	46:00	23:29	353	111
430	231	Paul GALLOWAY	M40	47:11	23:07	380	68
447	748	David Balmer	M35	47:28	23:38	394	80
535	243	Steven WILSON	MO	49:43	24:40	452	130