Friday evening seen a good representation of the club attending the Greyabbey 5/10K.

Race conditions were good; dry no wind and not majorly warm.

Overall the event was well attend, lots of club support was present.

The race was underway with both events starting at the same time.

North Down were in contention for podium finishes and team events.

The 10k event was won in a time of 35:35 by Ben Caughers

Colin Walker was 2nd club member home in a time of 39:56, followed shortly after by David Massey in a time of 40:45

Frank Rea finished in a time of 42:42.

Catherine Roberts and Keith Gilmore had a close finish with 43:06, 43:10 respectively.

In a field of 144 competitors all North Down were in the top 100, great result for all runners.

The 5K event was also well attended by North Down.

Gareth Watton finished 5th with a time of 18:34, the leader pack in this event was very strong and Gareth challenged well.

Junior athlete Oliver Smith put in a performance with a time of 20:28, followed by Hollie Massey with a time of 23:52. These two young athletes along with Gemma McCairn won the 1st team in the 5K event.

Also in the 5K event out of a field of over 100 competitors North Down were all top 100 finishers.

Sarah Benton also brought home a trophy for 1st Lady in her age category

Overall a great nights running and well attended by the club, with lots of support from the side-lines.

10K Finishers

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Pos** | **Time** | **Cat** | **Num** | **Name** | **Club** |
| 1 | 35.35 | MO | 495 | Ben Caughers | North Down AC |
| 13 | 39.56 | M40 | 482 | Colin Walker | North Down AC |
| 16 | 40.45 | M40 | 409 | David Massey | North Down AC |
| 26 | 42.42 | M55 | 413 | Frank Rea | North Down AC |
| 29 | 43.06 | F40 | 436 | Catherine Roberts | North Down AC |
| 30 | 43.10 | M35 | 473 | Keith Gilmore | North Down AC |
| 40 | 45.00 | M40 | 533 | John Ferguson | North Down AC |
| 41 | 45.07 | F45 | 474 | Sarah Benton | North Down AC |
| 53 | 47.14 | M35 | 544 | Andrew Muir | North Down AC |
| 55 | 47.39 | F45 | 437 | Jill Aicken | North Down AC |
| 64 | 49.00 | M45 | 535 | James Barr | North Down AC |
| 66 | 49.07 | F40 | 508 | Heidi Rodgers | North Down AC |
| 83 | 53.07 | F35 | 422 | Clare Smith | North Down AC |
| 91 | 53.49 | F35 | 498 | Lindsay Doulton | North Down AC |
| 92 | 54.01 | M40 | 539 | Gavin McDonnell | North Down AC |

5K Finishers

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Pos** | **Time** | **Cat** | **Num** | **Name** | **Club** |
| 5 | 18.34 | MO | 45 | Gareth Watton | North Down AC |
| 10 | 20.28 | MJ | 38 | Oliver Smith | North Down AC |
| 16 | 23.52 | FJ | 24 | Hollie Massey | North Down AC |
| 18 | 24.19 | FO | 42 | Gemma McAnirn | North Down AC |
| 20 | 25.04 | F50 | 40 | Marie Devine | North Down AC |
| 22 | 27.42 | F45 | 457 | Kathryn Blomley | North Down AC |
| 91 | 52.40 | F50 | 67 | Janice McCartney | North Down AC |