

Rank	Mens Club Team	Total Time	Rank	Womens Club Teams
1	Annadale Striders	58.48	1	Annadale Striders
2	Lagan Valley	62.18	2	Willowfield
3	North Belfast	62.45	3	North Down
4	St Peters Lurgan	63.57	4	St Peters Lurgan
5	Newcastle & Dist	64.35	5	Keep Er Lit
6	North Down	64.39	6	Tafelta
7	Clonliffe	66.20	7	Victoria Park and Connswater
8	Ballymena Runners	66.22	8	North Belfast
8	Willowfield	66.52	9	Lagan Valley
9	East Down	67.17	10	Dromore
10	Keep Er Lit	67.18	11	We Run Belfast
11	Dromore	67.59	12	Mallusk Harriers
12	Victoria Park and Connswater	68.45	13	Orangegrove
13	Orangegrove	69.13	14	Scrabo Striders
14	City of Lisburn	71.01		
15	Mallusk Harriers	71.08		
16	Beechmount	71.22		
17	Ballydrain	73.32		
18	Scrabo Striders	76.00		
19	Tafelta	82.41		

Total Time

69.50

73.30

75.01

75.44

77.19

77.29

77.36

79.17

79.20

86.22

89.21

90.39

101.23

102.28