NI & Ulster Junior, Inter & Masters Cross Country Championships
Stranorlar, Saturday 30th January 2010
Junior Men

1	187	Michael McKillop	St Malachy's AC	00:34:23
2	180	Aiden McGowan	St Malachy's AC	00:34:34
3	31	Declan Reed	City of Derry Spartans	00:34:51
4	188	Robbie Idle	St Malachy's AC	00:35:27
5	166	Noel Carroll	Shercock AC	00:35:47
6	312	Christopher Johnston	Letterkenny	00:35:55
7	57	Ryan Mcdermott	Dromore AC	00:36:26
8	116	Philip Goss	North Belfast	00:36:34
9	144	Niall Robinson	North Down AC	00:36:41
10	26	Brendan Murphy	City of Derry Spartans	00:36:51
11	179	Adam Clancy	St Malachy's AC	00:36:59
12	147	Simon Seaton	North Down AC	00:37:06
13	161	Jason Walsh	Omagh Harriers	00:37:15
14	108	Connor Magill	North Belfast	00:37:22
15	190	Stephen Rooney	St Malachy's AC	00:37:28
16	140	Mark Patterson	North Down AC	00:37:39
17	160	James speight	Omagh Harriers	00:37:40
18	137	James Budde	North Down AC	00:38:00
19	319	Paul McGlinchey	Letterkenny	00:38:12
20	114	Martin Rea	North Belfast	00:38:16
21	39	Kevin Carlin	City of Derry Spartans	00:38:43
22	145	Nick Arkensparr	North Down AC	00:38:50
23	186	John Frazer	St Malachy's AC	00:38:53
24	99	Scott Rankin	Foyle Valley AC	00:39:20
25	35	Gerry Duddy	City of Derry Spartans	00:39:22
26	41	Michael Finnigan	City of Derry Spartans	00:39:46
27	105	Alan O'Hara	North Belfast	00:40:06
28	148	Thomas Simpson	North Down AC	00:40:20
29	92	Chris Mcguinness	Foyle Valley AC	00:40:29
30	95	Declan Doherty	Foyle Valley AC	00:40:56
31	34	Gary Slevin	City of Derry Spartans	00:41:24
32	115	Paddy Hamill	North Belfast	00:41:54
33	152	Martin Mc.Laughlin	Omagh Harriers	00:42:47
34	163	Michael Meenagh	Omagh Harriers	00:43:03
35	42	Nicholas McMenamin	City of Derry Spartans	00:43:22