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Pos	Bib	Firstname	LastName	Cat	Club	Student	Finish	Chiptime	1838m	3676m	1324m
1	2	Paul	Pollock	МО	Annadale Striders		00:14:21	00:14:20	00:05:11	00:05:17	00:03:54
2	285	Glenn	Phair	МО	Annadale Striders		00:14:52	NoChip			
3	6	Scott	Rankin	МО	Foyle Valley AC		00:14:53	00:14:53	00:05:16	00:05:39	00:03:59
4	3	Andrew	Agnew	МО	Annadale Striders		00:15:06	00:15:06	00:05:16	00:05:36	00:04:15
5	325	Gareth	Hill	МО	Ballymena & Antrim AC		00:15:20	00:15:19	00:05:25	00:05:43	00:04:12
6	199	Andrew	Wright	MJ	Willowfield Harriers	S	00:15:31	00:15:30	00:05:36	00:05:51	00:04:05
7	322	Neil	Johnston	МО	Springwell Running Club	S	00:15:38	00:15:37	00:05:36	00:05:50	00:04:12
8	205	Christy	Conlon	MJ	Beechmount Harriers	S	00:15:44	00:15:44	00:05:36	00:05:51	00:04:18
9	4	Paul	Rowan	M45	Willowfield Harriers		00:15:46	00:15:46	00:05:47	00:05:50	00:04:11
10	506	James	Budde	МО	North Down AC		00:15:51	00:15:50	00:05:39	00:05:58	00:04:15
11	94	Gavin	Corey	МО	Dig Deep Coaching		00:16:00	00:15:59	00:05:39	00:05:59	00:04:23
12	575	Noel	Logan	МО	City of Derry Spartans		00:16:00	00:15:59	00:05:36	00:05:52	00:04:33
13	300	Conor	Curran	M35	North Belfast Harriers		00:16:02	00:16:01	00:05:45	00:05:56	00:04:22
14	526	Matthew	McCooke	МО	Ballymena Runners AC		00:16:03	00:16:02	00:05:40	00:06:01	00:04:22
15	297	Darryl	Blair	МО	North Belfast Harriers		00:16:05	00:16:04	00:05:45	00:05:56	00:04:26
16	256	Andrew	Considine	M35	North Belfast Harriers		00:16:06	00:16:05	00:05:49	00:06:04	00:04:14
17	473	Neil	McCartan	МО	East Down AC	S	00:16:06	00:16:09	00:05:40	00:06:05	00:04:23
18	188	Stephen	Wylie	МО	North Down AC		00:16:08	00:16:08	00:05:44	00:06:03	00:04:23
19	511	Mark	McKinstry	МО	North Belfast Harriers		00:16:11	00:16:10	00:05:45	00:06:03	00:04:24
20	458	Jarlath	Falls	МО	Ballymena & Antrim AC		00:16:13	00:16:12	00:05:44	00:06:05	00:04:25
21	599	Ryan	Sharkey	МО	Lagan Valley AC	Student	00:16:13	00:16:15	00:06:03	00:05:57	00:04:14
22	588	Owen	Carleton	МО	Annadale Striders		00:16:14	00:16:13	00:05:42	00:06:09	00:04:24
23	5	Ann-Marie	McGlynn	FO	Lifford AC		00:16:15	00:16:15	00:05:49	00:06:04	00:04:23
24	262	Brendan	Grew	МО	North Belfast Harriers		00:16:23	00:16:21	00:05:50	00:06:06	00:04:28
25	272	Dennis	Scott	МО	North Down AC		00:16:32	00:16:30	00:05:58	00:06:12	00:04:23
26	405	Matt	Wray	M45	Ballymena & Antrim AC		00:16:34	00:16:33	00:06:01	00:06:10	00:04:24





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27	174	Nigel	McKibbin	M40	Dromore AC		00:16:36	00:16:36	00:05:55	00:06:15	00:04:26
28	293	Oisin	O'Callaghan	MJ	Newry City Runners AC	S	00:16:40	00:16:38	00:05:38	00:06:22	00:04:41
29	321	Francis	Marsh	M45	North Down AC		00:16:43	00:16:42	00:05:55	00:06:22	00:04:27
30	305	Michael	Bennett	M35	Ballymena Runners AC		00:16:44	00:16:42	00:06:00	00:06:12	00:04:33
31	359	Neill	Weir	M35	Lunchtime Legends		00:16:45	00:16:44	00:06:00	00:06:12	00:04:35
32	113	Daniel	McCabe	МО	Queens University AC	S	00:16:49	00:16:47	00:05:57	00:06:22	00:04:31
33	499	Neville	O'Neill	МО	Olympian Triathlon Club		00:16:51	00:16:50	00:06:03	00:06:17	00:04:32
34	312	Natasha	Adams	F35	Lifford AC		00:16:53	00:16:51	00:06:04	00:06:17	00:04:32
35	161	James	Trainor	МО	Dub Running Club		00:16:56	00:16:54	00:06:09	00:06:17	00:04:31
36	620	John	McGuigan	M40	North Belfast Harriers		00:17:02	00:17:00	00:06:12	00:06:21	00:04:31
37	369	John	Craig	МО	Orangegrove AC		00:17:03	00:17:00	00:06:10	00:06:26	00:04:28
38	310	Stephen	Walker	M35	North Belfast Harriers		00:17:05	00:17:03	00:06:05	00:06:24	00:04:36
39	386	Craig	Hutchinson	M50	Larne AC		00:17:07	00:17:05	00:06:08	00:06:25	00:04:35
40	193	Daragh	Reynolds	МО	Olympian Triathlon Club	S	00:17:08	00:17:07	00:06:06	00:06:31	00:04:33
41	202	Conor	Magee	MJ	Beechmount Harriers	S	00:17:08	00:17:07	00:06:09	00:06:27	00:04:34
42	398	Andrew	McKee	МО	Annadale Striders		00:17:09	00:17:07	00:06:11	00:06:25	00:04:34
43	603	Niall	Farquharson	МО	North Belfast Harriers		00:17:09	00:17:06	00:06:08	00:06:26	00:04:36
44	328	Paul	Horan	M35	North Belfast Harriers		00:17:10	00:17:08	00:06:09	00:06:27	00:04:36
45	178	Chris	Denton	M40	Springwell Running Club		00:17:13	00:17:11	00:06:19	00:06:22	00:04:33
46	288	John	Black	МО	North Belfast Harriers		00:17:14	00:17:10	00:06:19	00:06:21	00:04:34
47	587	Harry	Speers	МО			00:17:16	00:17:15	00:06:06	00:06:31	00:04:40
48	204	Kian	Bittles	MJ	Beechmount Harriers	S	00:17:23	00:17:23	00:06:10	00:06:27	00:04:47
49	166	Paul	Elliott	M60	North Belfast Harriers		00:17:25	00:17:24	00:06:14	00:06:32	00:04:40
50	464	Michael	Kelly	M35			00:17:29	00:17:27	00:06:06	00:06:38	00:04:46
51	9	Christopher	Moren	МО	Willowfield Harriers		00:17:30	00:17:28	00:06:28	00:06:31	00:04:31
52	376	Brian	McKee	M45			00:17:31	00:17:29	00:06:14	00:06:33	00:04:45
53	585	Michael	Stewart	M45	Dromore AC		00:17:33	00:17:31	00:06:17	00:06:35	00:04:42





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54	604	David	Losty	M40	Invictus Triathlon Club		00:17:33	00:17:31	00:06:18	00:06:33	00:04:43
55	366	James	Savage	M35	East Down AC		00:17:35	00:17:30	00:06:20	00:06:30	00:04:46
56	370	David	Proctor	МО	Willowfield Harriers		00:17:36	00:17:34	00:06:27	00:06:33	00:04:37
57	539	Noel	Connor	M50	Ballymena Runners AC		00:17:40	00:17:38	00:06:22	00:06:37	00:04:42
58	565	Dave	Lonnen	M45	City of Lisburn AC		00:17:42	00:17:41	00:06:19	00:06:35	00:04:49
59	291	Brendan	Quail	МО	Newcastle & District AC	S	00:17:43	00:17:41	00:06:22	00:06:37	00:04:44
60	207	Pearse	McCormick	MJ	Beechmount Harriers	S	00:17:48	00:17:43	00:06:09	00:06:44	00:04:56
61	304	Laurence	Johnston	M55	North Belfast Harriers		00:17:51	00:17:50	00:06:13	00:06:42	00:04:58
62	595	Lloyd	Hannigan	МО	North Down AC		00:17:51	00:17:48	00:06:28	00:06:41	00:04:43
63	414	Gregory	Lucy	МО			00:17:53	00:17:51	00:06:25	00:06:46	00:04:44
64	592	Lauren	Quee	FO		Student	00:17:53	00:17:52	00:06:28	00:06:38	00:04:48
65	609	Paul	McAllister	M35	North Belfast Harriers		00:17:54	00:17:52	00:06:19	00:06:47	00:04:49
66	338	Joe	Craney	МО	Orangegrove AC		00:17:56	00:17:52	00:06:26	00:06:40	00:04:51
67	271	Michel	Le Velly	M45	Annadale Striders		00:17:57	00:17:56	00:06:24	00:06:42	00:04:52
68	356	David	Turtle	M35	HiElbow		00:17:57	00:17:54	00:06:28	00:06:38	00:04:51
69	123	Vaughan	Purnell	M40	Invictus Triathlon Squad		00:17:59	00:17:58	00:06:27	00:06:41	00:04:52
70	308	Nick	Irvine	M35	North Down AC		00:18:00	00:17:58	00:06:28	00:06:46	00:04:48
71	596	Kent	Swann	МО	North Belfast Harriers		00:18:02	00:18:01	00:06:18	00:06:40	00:05:04
72	554	Kevin	Harkin	МО		Student	00:18:04	00:17:58	00:06:29	00:06:45	00:04:51
73	621	Mark	Lennon	МО			00:18:05	00:18:00	00:06:27	00:06:46	00:04:53
74	145	Thomas	Leitch	M40	Orangegrove AC		00:18:07	00:18:06	00:06:26	00:06:43	00:04:59
75	251	Helen	Stockdale	F45	FINN VALLEY		00:18:07	00:18:05	00:06:28	00:06:45	00:04:54
76	616	Colum	Caughey	M40	Clones AC		00:18:07	00:18:04	00:06:21	00:06:52	00:04:54
77	203	Peter	Gracey	MJ	Beechmount Harriers	S	00:18:08	00:18:06	00:06:15	00:06:59	00:04:54
78	230	Sean	McCann	M45	Beechmount Harriers		00:18:08	00:18:06	00:06:39	00:06:45	00:04:45
79	229	Gavin	Crilly	МО		S	00:18:09	00:18:07	00:06:31		19:18:11
80	396	Colin	Drain	M35	Beechmount Harriers		00:18:10	00:18:08	00:06:29	00:06:45	00:04:58





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81	390	Pete	Barbour	M40	Ballydrain Harriers		00:18:12	00:18:11	00:06:27	00:06:52	00:04:54
82	623	Claire	Connor	FO	North Belfast Harriers	Student	00:18:12	00:18:10	00:06:22	00:06:51	00:05:00
83	226	lan	Farr	M40	Willowfield Harriers		00:18:13	00:18:09	00:06:31	00:06:44	00:04:59
84	445	Rachel	Gibson	FO	North Down AC	S	00:18:16	00:18:14	00:06:29	00:06:51	00:04:57
85	568	Matthew	McKibbin	МО		Student	00:18:16	00:18:10	00:06:29	00:06:46	00:05:01
86	319	Corey	Brown	MJ	North Down AC	S	00:18:19	00:18:17	00:06:31	00:06:55	00:04:54
87	508	Lorna	Fitzpatrick	FO	Queens University AC	S	00:18:21	00:18:19	00:06:29	00:06:54	00:04:59
88	222	Graeme	McNabb	МО	Orangegrove AC		00:18:22	00:18:18	00:06:28	00:06:51	00:05:04
89	431	Chris	Collins	МО	East Antrim Harriers		00:18:23	00:18:20	00:06:37	00:06:46	00:05:00
90	546	Gareth	Blair	M35	X-MTB		00:18:23	NoChip			
91	20	Peter	Williamson	МО	Olympian Triathlon Club		00:18:24	00:18:22	00:06:29	00:06:56	00:05:00
92	626	Dee	Murray	M45	East Down AC		00:18:24	00:18:19	00:06:33	00:06:56	00:04:56
93	582	Andrew	McMurray	МО	Invictus Triathlon Club		00:18:25	00:18:23	00:06:24	00:06:54	00:05:08
94	201	Lorcan	Magee	MJ	Beechmount Harriers	S	00:18:26	00:18:24	00:06:13	00:06:40	00:05:33
95	598	Heather	Foley	FO			00:18:27	00:18:26	00:06:26	00:06:56	00:05:06
96	243	Ciaran	McKendry	МО			00:18:28	00:18:23	00:06:46	00:06:57	00:04:46
97	584	Gillian	Burns	F40	Dromore AC		00:18:28	00:18:26	00:06:30	00:06:56	00:05:03
98	627	Paul	Curley	МО	North Belfast Harriers		00:18:29	00:18:25	00:06:42	00:06:54	00:04:55
99	483	Paul	Carlisle	M35	Lagan Valley AC		00:18:30	00:18:27	00:06:32	00:06:59	00:05:00
100	579	John	Patience	M50	North Belfast Harriers		00:18:31	00:18:29	00:06:35	00:06:58	00:04:59
101	410	Michael	Sinton	МО	Lisburn Triathlon Club		00:18:32	00:18:28	00:06:22	00:06:46	00:05:25
102	170	Terry	Eakin	M60	North Down AC		00:18:33	00:18:29	00:06:48	00:06:53	00:04:53
103	383	Adam	McCormick	МО	Willowfield Harriers		00:18:33	00:18:29	00:06:45	00:06:55	00:04:54
104	111	Conor	Pollock	МО			00:18:34	00:18:32	00:06:27	00:06:58	00:05:10
105	404	Drew	Knox	M50	North Belfast Harriers		00:18:34	00:18:31	00:06:33	00:06:55	00:05:07
106	424	Patrick	McGarrity	МО			00:18:35	00:18:31	00:06:30	00:07:01	00:05:04
107	432	Rory	Kane	M35	North Belfast Harriers		00:18:35	00:18:32	00:06:35	00:06:59	00:05:02





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108	179	Gerry	O Doherty	M55	Springwell Running Club		00:18:36	00:18:33	00:06:36	00:07:00	00:05:00
109	144	James	Robinson	МО	East Coast AC		00:18:37	00:18:35	00:06:28	00:07:04	00:05:06
110	450	Ciaran	Dohery	МО	Beechmount Harriers		00:18:40	00:18:39	00:06:35	00:06:59	00:05:07
111	613	Colin	Garrett	M35	Ballydrain Harriers		00:18:40	00:18:35	00:06:41	00:07:03	00:04:56
112	573	David	Jackson	M45	Springwell Running Club		00:18:42	00:18:35	00:06:34	00:06:55	00:05:14
113	612	Conor	Moffett	МО			00:18:43	00:18:38	00:07:07	00:06:45	00:04:52
114	617	Marty	McKibbin	МО	Dundrum CLG		00:18:48	00:18:40	00:06:48	00:07:05	00:04:55
115	384	Mark	McLaren	МО			00:18:49	00:18:41	00:06:49	00:07:02	00:04:58
116	491	Liam	Keenan	M50	East Down AC		00:18:49	00:18:47	00:06:53	00:07:00	00:04:57
117	515	Robert	Wilson	M55	Willowfield Harriers		00:18:50	00:18:10	00:06:46	00:06:58	00:05:06
118	316	Karl	Dines	M50	Willowfield Harriers		00:18:51	00:18:48	00:06:51	00:07:03	00:04:58
119	120	Judi	Graham	FO	North Belfast Harriers		00:18:52	00:18:50	00:06:39	00:07:10	00:05:04
120	169	Ben	Caughers	МО	North Down AC		00:18:52	00:18:48	00:06:46	00:07:04	00:05:03
121	517	Caitriona	McGloin	FJ	Balmoral Harriers	S	00:18:53	00:18:51	00:06:33	00:07:10	00:05:11
122	261	Philip	Brines	M50	Tokyo Banana !		00:18:55	00:18:54	00:06:36	00:07:15	00:05:05
123	141	Ross	Neely	МО			00:18:56	00:18:49	00:06:47	00:07:07	00:05:04
124	25	David	Conliffe	M35			00:19:00	00:18:55	00:06:58	00:07:04	00:04:59
125	101	Stephen	Orr	M35	Orangegrove AC		00:19:01	00:18:56	00:07:06	00:07:07	00:04:49
126	208	Michael	Rogan	MJ	Beechmount Harriers	S	00:19:01	00:19:00	00:06:21	00:07:22	00:05:19
127	237	Julie	Murphy	F35	Lagan Valley AC		00:19:01	00:18:58	00:06:47	00:07:02	00:05:13
128	409	Philip	Donnelly	МО	North Belfast Harriers		00:19:01	00:19:00	00:06:46	00:07:08	00:05:08
129	381	Paul	McCullagh	M55	City of Lisburn AC		00:19:03	00:18:55	00:07:04	00:07:05	00:04:54
130	387	lan	Wright	M40			00:19:03	00:18:58	00:06:54	00:07:06	00:05:04
131	100	Richard	McCartney	M35			00:19:04	00:19:02	00:06:36	00:07:16	00:05:13
132	156	Fernando	Ayala	M35	Siervos Mexico		00:19:04	00:19:02	00:06:50	00:07:14	00:05:01
133	629	Catherine	O'Connor	FO	East Down AC		00:19:07	00:19:03	00:06:45	00:07:09	00:05:13
134	209	Gerrie	Short	F40	Beechmount Harriers		00:19:08	00:19:06	00:06:49	00:07:06	00:05:14





135 162 Andrew Johnston M40 Oromore AC 00:19:10 00:19:07 00:06:48 00:07:14 00:05:08   136 320 Ciaran Farren MJ North Down AC S 00:19:12 00:19:07 00:06:58 00:07:09 00:05:01   137 19 Greg McClure M55 North Belfast Harriers 00:19:16 00:19:10 00:06:58 00:07:07 00:05:11   138 150 Patrick Dewar MO Olympian Triathlon Club 00:19:16 00:19:11 00:06:49 00:07:19 00:05:11   140 31 Desmond Fahy M45 Orangegrove AC 00:19:19 00:19:15 00:07:05 00:07:08 00:05:01   142 611 Yasmin Wilson M40 Ballymena & Antrim AC Student 00:19:19 00:19:18 00:07:05 00:07:12 00:05:28   142 615 Wasmin McVeigh M45 City of Lisburn AC 10:19:19 00:19:11 00:07:05 <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> <th>/</th> <th></th> <th></th> <th></th>									/			
137 19 Greg McClure M55 North Belfast Harriers 00:19:15 00:19:10 00:06:58 00:70:7 00:05:11   138 150 Patrick Dewar MO Olympian Triathlon Club 00:19:16 00:19:11 00:06:53 00:07:13 00:05:11   139 363 Rebecca Murtagh FO Dromore AC \$ 00:19:17 00:19:15 00:06:39 00:07:19 00:05:11   140 31 Desmond Fahy M45 Orangegrove AC 00:19:19 00:19:15 00:07:05 00:07:20 00:05:13   141 S21 Mark Earney M40 Ballydrain Harriers 00:19:19 00:19:19 00:07:25 00:07:05 00:07:21 00:05:13   142 611 Yasmin Wilson FO Ballymena & Antrim AC Student 00:19:19 00:19:11 00:06:50 00:07:22 00:05:28   143 30 Kevin McVeigh M45 City of Lisburn AC 50:19:20 00:19:11 <td>135</td> <td>162</td> <td>Andrew</td> <td>Johnston</td> <td>M40</td> <td>Dromore AC</td> <td></td> <td>00:19:10</td> <td>00:19:07</td> <td>00:06:48</td> <td>00:07:14</td> <td>00:05:08</td>	135	162	Andrew	Johnston	M40	Dromore AC		00:19:10	00:19:07	00:06:48	00:07:14	00:05:08
138   150	136	320	Ciaran	Farren	MJ	North Down AC	S	00:19:12	00:19:07	00:06:55	00:07:09	00:05:09
139 363 Rebecca Murtagh FO Dromore AC S 00:19:17 00:19:16 00:06:49 00:07:19 00:05:10   140 31 Desmond Fahy M45 Orangegrove AC 00:19:19 00:19:15 00:07:05 00:07:08 00:05:07   141 521 Mark Earney M40 Ballydrain Harriers 00:19:19 00:19:15 00:07:05 00:07:01 00:05:13   142 611 Yasmin Wilson FO Ballymena & Antrim AC Student 00:19:19 00:19:13 00:06:30 00:07:22 00:05:28   143 30 Kevin McVeigh M45 City of Lisburn AC 00:19:20 00:19:11 00:06:57 00:07:13 00:04:57   145 56 Martin Cox M45 North Belfast Harriers 00:19:20 00:19:17 00:06:55 00:07:16 00:05:08   145 296 Raymond Milligan M45 East 00:19:21 00:19:17 00:06:54 00	137	19	Greg	McClure	M55	North Belfast Harriers		00:19:15	00:19:10	00:06:58	00:07:07	00:05:11
140 31 Desmond Fahy M45 Orangegrove AC 00:19:19 00:19:15 00:07:05 00:07:08 00:05:07   141 521 Mark Earney M40 Ballydrain Harriers 00:19:19 00:19:15 00:07:05 00:07:01 00:05:13   142 611 Yasmin Wilson FO Ballymena & Antrim AC Student 00:19:19 00:19:18 00:06:30 00:07:22 00:05:28   143 30 Kevin McVeigh M45 City of Lisburn AC 00:19:20 00:19:11 00:07:11 00:07:13 00:04:57   144 556 Martin Cox M45 North Belfast Harriers 00:19:20 00:19:17 00:06:57 00:07:16 00:05:09   145 296 Raymond Milligan M45 East 00:19:21 00:19:17 00:06:56 00:07:16 00:05:09   147 240 Niall Carson M40 Newcastle & District AC 00:19:24 00:19:29 00:06:54 00:07:16<	138	150	Patrick	Dewar	МО	Olympian Triathlon Club		00:19:16	00:19:11	00:06:53	00:07:13	00:05:11
141 521 Mark Earney M40 Ballydrain Harriers 00:19:19 00:19:15 00:07:05 00:07:01 00:05:13   142 611 Yasmin Wilson FO Ballymena & Antrim AC Student 00:19:19 00:19:18 00:06:30 00:07:22 00:05:28   143 30 Kevin McVeigh M45 City of Lisburn AC 00:19:20 00:19:11 00:07:11 00:07:13 00:04:57   144 556 Martin Cox M45 North Belfast Harriers 00:19:20 00:19:17 00:06:56 00:07:16 00:05:09   145 296 Raymond Milligan M45 East 00:19:21 00:19:17 00:06:56 00:07:16 00:05:10   146 380 Roger McCance MO 00:19:23 00:19:17 00:06:56 00:07:16 00:05:10   147 240 Niall Carson M40 Newcastle & District AC 00:19:23 00:19:19 00:06:54 00:07:16 00:05:14	139	363	Rebecca	Murtagh	FO	Dromore AC	S	00:19:17	00:19:16	00:06:49	00:07:19	00:05:10
142 611 Yasmin Wilson FO Ballymena & Antrim AC Student 00:19:19 00:06:30 00:07:22 00:05:28   143 30 Kevin McVeigh M45 City of Lisburn AC 00:19:20 00:19:11 00:07:11 00:07:13 00:04:57   144 556 Martin Cox M45 North Belfast Harriers 00:19:20 00:19:17 00:06:57 00:07:16 00:05:09   145 296 Raymond Milligan M45 East 00:19:21 00:19:16 00:06:56 00:07:16 00:05:10   146 380 Roger McCance MO 00:19:23 00:19:17 00:07:09 00:07:06 00:05:08   147 240 Niall Carson M40 Newcastle & District AC 00:19:24 00:19:19 00:06:54 00:07:18 00:05:14   148 563 Mal McCay M35 00:19:24 00:19:29 00:06:37 00:07:18 00:05:19   150 497	140	31	Desmond	Fahy	M45	Orangegrove AC		00:19:19	00:19:15	00:07:05	00:07:08	00:05:07
143 30 Kevin McVeigh M45 City of Lisburn AC 00:19:20 00:19:11 00:07:11 00:07:13 00:04:57   144 556 Martin Cox M45 North Belfast Harriers 00:19:20 00:19:17 00:06:57 00:07:16 00:05:09   145 296 Raymond Milligan M45 East 00:19:21 00:19:16 00:06:56 00:07:16 00:05:10   146 380 Roger McCance MO 00:19:23 00:19:17 00:07:09 00:07:06 00:05:08   147 240 Niall Carson M40 Newcastle & District AC 00:19:24 00:19:19 00:06:54 00:07:18 00:05:14   148 563 Mal McCay M35 00:19:24 00:19:22 00:07:02 00:07:17 00:05:07   149 290 Alexandra Kirk FO Springwell Running Club S 00:19:22 00:06:37 00:07:19 00:05:29   150 497	141	521	Mark	Earney	M40	Ballydrain Harriers		00:19:19	00:19:15	00:07:05	00:07:01	00:05:13
144 556 Martin Cox M45 North Belfast Harriers 00:19:20 00:19:17 00:06:57 00:07:16 00:05:09   145 296 Raymond Milligan M45 East 00:19:21 00:19:16 00:06:56 00:07:16 00:05:10   146 380 Roger McCance MO 00:19:23 00:19:17 00:07:09 00:07:06 00:05:08   147 240 Niall Carson M40 Newcastle & District AC 00:19:24 00:19:29 00:07:02 00:07:18 00:05:14   148 563 Mal McCay M35 00:19:24 00:19:22 00:07:02 00:07:17 00:05:07   149 290 Alexandra Kirk FO Springwell Running Club S 00:19:25 00:19:22 00:06:37 00:07:17 00:05:29   150 497 Jennifer Black F35 BARF 00:19:25 00:19:18 00:07:13 00:05:17   151 605 James </td <td>142</td> <td>611</td> <td>Yasmin</td> <td>Wilson</td> <td>FO</td> <td>Ballymena &amp; Antrim AC</td> <td>Student</td> <td>00:19:19</td> <td>00:19:18</td> <td>00:06:30</td> <td>00:07:22</td> <td>00:05:28</td>	142	611	Yasmin	Wilson	FO	Ballymena & Antrim AC	Student	00:19:19	00:19:18	00:06:30	00:07:22	00:05:28
145 296 Raymond Milligan M45 East 00:19:21 00:19:16 00:06:56 00:07:16 00:05:10   146 380 Roger McCance MO 00:19:23 00:19:17 00:07:09 00:07:06 00:05:08   147 240 Niall Carson M40 Newcastle & District AC 00:19:24 00:19:19 00:06:54 00:07:18 00:05:14   148 563 Mal McCay M35 00:19:24 00:19:22 00:07:02 00:07:17 00:05:07   149 290 Alexandra Kirk FO Springwell Running Club S 00:19:25 00:19:22 00:06:37 00:07:19 00:05:29   150 497 Jennifer Black F35 BARF 00:19:25 00:19:18 00:06:52 00:07:18 00:05:17   151 605 James Marron MO North Belfast Harriers S 00:19:25 00:19:20 00:06:55 00:07:15 00:05:17   152	143	30	Kevin	McVeigh	M45	City of Lisburn AC		00:19:20	00:19:11	00:07:11	00:07:13	00:04:57
146 380 Roger McCance MO 00:19:23 00:19:17 00:07:06 00:05:08   147 240 Niall Carson M40 Newcastle & District AC 00:19:24 00:19:19 00:06:54 00:07:18 00:05:14   148 563 Mal McCay M35 00:19:24 00:19:22 00:07:02 00:07:17 00:05:07   149 290 Alexandra Kirk FO Springwell Running Club S 00:19:25 00:19:22 00:06:37 00:07:19 00:05:29   150 497 Jennifer Black F35 BARF 00:19:25 00:19:18 00:06:52 00:07:18 00:05:17   151 605 James Marron MO North Belfast Harriers 00:19:25 00:19:22 00:06:52 00:07:17 00:05:17   152 344 Damian Marquess MJ North Belfast Harriers S 00:19:26 00:19:19 00:06:55 00:07:15 00:05:17   153	144	556	Martin	Cox	M45	North Belfast Harriers		00:19:20	00:19:17	00:06:57	00:07:16	00:05:09
147 240 Niall Carson M40 Newcastle & District AC 00:19:24 00:19:19 00:06:54 00:07:18 00:05:14   148 563 Mal McCay M35 00:19:24 00:19:24 00:07:02 00:07:17 00:05:07   149 290 Alexandra Kirk FO Springwell Running Club S 00:19:25 00:19:22 00:06:37 00:07:19 00:05:29   150 497 Jennifer Black F35 BARF 00:19:25 00:19:18 00:06:52 00:07:18 00:05:17   151 605 James Marron MO North Belfast Harriers 00:19:25 00:19:22 00:06:52 00:07:17 00:05:17   152 344 Damian Marquess MJ North Belfast Harriers S 00:19:26 00:19:19 00:06:55 00:07:15 00:05:17   153 382 John Murphy M45 North Belfast Harriers S 00:19:26 00:19:19 00:06:55	145	296	Raymond	Milligan	M45	East		00:19:21	00:19:16	00:06:56	00:07:16	00:05:10
148 563 Mal McCay M35 00:19:24 00:19:22 00:07:02 00:07:17 00:05:07   149 290 Alexandra Kirk FO Springwell Running Club S 00:19:25 00:19:22 00:06:37 00:07:19 00:05:29   150 497 Jennifer Black F35 BARF 00:19:25 00:19:18 00:06:52 00:07:18 00:05:17   151 605 James Marron MO North Belfast Harriers 00:19:25 00:19:22 00:06:52 00:07:17 00:05:17   152 344 Damian Marquess MJ North Belfast Harriers S 00:19:26 00:19:19 00:06:55 00:07:15 00:05:17   153 382 John Murphy M45 North Belfast Harriers 00:19:26 00:19:22 00:06:57 00:07:15 00:05:14   154 250 Laurie Wilkinson MO S 00:19:28 00:19:29 00:07:19 00:07:13 00:05:14 <td>146</td> <td>380</td> <td>Roger</td> <td>McCance</td> <td>МО</td> <td></td> <td></td> <td>00:19:23</td> <td>00:19:17</td> <td>00:07:09</td> <td>00:07:06</td> <td>00:05:08</td>	146	380	Roger	McCance	МО			00:19:23	00:19:17	00:07:09	00:07:06	00:05:08
149 290 Alexandra Kirk FO Springwell Running Club S 00:19:25 00:19:22 00:06:37 00:07:19 00:05:29   150 497 Jennifer Black F35 BARF 00:19:25 00:19:18 00:06:52 00:07:18 00:05:17   151 605 James Marron MO North Belfast Harriers 00:19:25 00:19:22 00:06:52 00:07:17 00:05:17   152 344 Damian Marquess MJ North Belfast Harriers S 00:19:26 00:19:19 00:06:55 00:07:15 00:05:17   153 382 John Murphy M45 North Belfast Harriers S 00:19:26 00:19:20 00:06:55 00:07:15 00:05:14   154 250 Laurie Wilkinson MO S 00:19:26 00:19:20 00:06:56 00:07:13 00:05:20   155 323 Ethan McKnight MJ Lagan College S 00:19:28 00:19:24	147	240	Niall	Carson	M40	Newcastle & District AC		00:19:24	00:19:19	00:06:54	00:07:18	00:05:14
150 497 Jennifer Black F35 BARF 00:19:25 00:19:18 00:06:52 00:07:18 00:05:17   151 605 James Marron MO North Belfast Harriers 00:19:25 00:19:22 00:06:52 00:07:17 00:05:17   152 344 Damian Marquess MJ North Belfast Harriers S 00:19:26 00:19:19 00:06:55 00:07:15 00:05:17   153 382 John Murphy M45 North Belfast Harriers 00:19:26 00:19:22 00:06:57 00:07:15 00:05:14   154 250 Laurie Wilkinson MO S 00:19:28 00:19:19 00:06:56 00:07:13 00:05:20   155 323 Ethan McKnight MJ Lagan College S 00:19:28 00:19:24 00:06:59 00:07:19 00:05:11   156 395 Paul Lyons MJ Newry City Runners AC S 00:19:29 00:19:20 00:06:53	148	563	Mal	McCay	M35			00:19:24	00:19:22	00:07:02	00:07:17	00:05:07
151 605 James Marron MO North Belfast Harriers 00:19:25 00:19:22 00:06:52 00:07:17 00:05:17   152 344 Damian Marquess MJ North Belfast Harriers S 00:19:26 00:19:19 00:06:55 00:07:15 00:05:17   153 382 John Murphy M45 North Belfast Harriers 00:19:26 00:19:22 00:06:57 00:07:15 00:05:14   154 250 Laurie Wilkinson MO S 00:19:28 00:19:19 00:06:56 00:07:13 00:05:20   155 323 Ethan McKnight MJ Lagan College S 00:19:28 00:19:24 00:06:59 00:07:19 00:05:11   156 395 Paul Lyons MJ Newry City Runners AC S 00:19:29 00:19:20 00:06:53 00:07:18 00:05:19   157 513 Jonathan Bradshaw M35 Up & Runners 00:19:29 00:19:21 00:07	149	290	Alexandra	Kirk	FO	Springwell Running Club	S	00:19:25	00:19:22	00:06:37	00:07:19	00:05:29
152 344 Damian Marquess MJ North Belfast Harriers S 00:19:26 00:19:19 00:06:55 00:07:15 00:05:17   153 382 John Murphy M45 North Belfast Harriers 00:19:26 00:19:22 00:06:57 00:07:15 00:05:14   154 250 Laurie Wilkinson MO S 00:19:28 00:19:19 00:06:56 00:07:13 00:05:20   155 323 Ethan McKnight MJ Lagan College S 00:19:28 00:19:24 00:06:59 00:07:19 00:05:11   156 395 Paul Lyons MJ Newry City Runners AC S 00:19:29 00:19:20 00:06:53 00:07:18 00:05:19   157 513 Jonathan Bradshaw M35 Up & Runners 00:19:29 00:19:21 00:07:07 00:07:09 00:05:13   158 532 Raymond Stanex M40 Ballydrain Harriers 00:19:20 00:07:00 00:07	150	497	Jennifer	Black	F35	BARF		00:19:25	00:19:18	00:06:52	00:07:18	00:05:17
153 382 John Murphy M45 North Belfast Harriers 00:19:26 00:19:22 00:06:57 00:07:15 00:05:14   154 250 Laurie Wilkinson MO S 00:19:28 00:19:19 00:06:56 00:07:13 00:05:20   155 323 Ethan McKnight MJ Lagan College S 00:19:28 00:19:24 00:06:59 00:07:19 00:05:11   156 395 Paul Lyons MJ Newry City Runners AC S 00:19:29 00:19:20 00:06:53 00:07:18 00:05:19   157 513 Jonathan Bradshaw M35 Up & Runners 00:19:29 00:19:21 00:07:07 00:07:09 00:05:13   158 532 Raymond Stanex M40 Ballydrain Harriers 00:19:29 00:19:24 00:06:59 00:07:16 00:05:14   159 215 Rory Rankin MO S 00:19:31 00:19:28 00:06:59 00:07:19 <	151	605	James	Marron	МО	North Belfast Harriers		00:19:25	00:19:22	00:06:52	00:07:17	00:05:17
154 250 Laurie Wilkinson MO S 00:19:28 00:19:19 00:06:56 00:07:13 00:05:20   155 323 Ethan McKnight MJ Lagan College S 00:19:28 00:19:24 00:06:59 00:07:19 00:05:11   156 395 Paul Lyons MJ Newry City Runners AC S 00:19:29 00:19:20 00:06:53 00:07:18 00:05:19   157 513 Jonathan Bradshaw M35 Up & Runners 00:19:29 00:19:21 00:07:07 00:07:09 00:05:13   158 532 Raymond Stanex M40 Ballydrain Harriers 00:19:29 00:19:24 00:06:59 00:07:16 00:05:14   159 215 Rory Rankin MO S 00:19:31 00:19:20 00:07:00 00:07:21 00:05:14   160 378 Debbie Matchett F45 Ballydrain Harriers 00:19:31 00:19:28 00:06:59 00:07:19	152	344	Damian	Marquess	MJ	North Belfast Harriers	S	00:19:26	00:19:19	00:06:55	00:07:15	00:05:17
155 323 Ethan McKnight MJ Lagan College S 00:19:28 00:19:24 00:06:59 00:07:19 00:05:11   156 395 Paul Lyons MJ Newry City Runners AC S 00:19:29 00:19:20 00:06:53 00:07:18 00:05:19   157 513 Jonathan Bradshaw M35 Up & Runners 00:19:29 00:19:21 00:07:07 00:07:09 00:05:13   158 532 Raymond Stanex M40 Ballydrain Harriers 00:19:29 00:19:24 00:06:59 00:07:16 00:05:14   159 215 Rory Rankin MO S 00:19:30 00:19:20 00:07:00 00:07:12 00:05:10   160 378 Debbie Matchett F45 Ballydrain Harriers 00:19:31 00:19:28 00:06:59 00:07:19 00:05:14	153	382	John	Murphy	M45	North Belfast Harriers		00:19:26	00:19:22	00:06:57	00:07:15	00:05:14
156 395 Paul Lyons MJ Newry City Runners AC S 00:19:29 00:19:20 00:06:53 00:07:18 00:05:19   157 513 Jonathan Bradshaw M35 Up & Runners 00:19:29 00:19:21 00:07:07 00:07:09 00:05:13   158 532 Raymond Stanex M40 Ballydrain Harriers 00:19:29 00:19:24 00:06:59 00:07:16 00:05:14   159 215 Rory Rankin MO S 00:19:30 00:19:20 00:07:00 00:07:21 00:05:10   160 378 Debbie Matchett F45 Ballydrain Harriers 00:19:31 00:19:28 00:06:59 00:07:19 00:05:14	154	250	Laurie	Wilkinson	МО		S	00:19:28	00:19:19	00:06:56	00:07:13	00:05:20
157 513 Jonathan Bradshaw M35 Up & Runners 00:19:29 00:19:21 00:07:07 00:07:09 00:05:13   158 532 Raymond Stanex M40 Ballydrain Harriers 00:19:29 00:19:24 00:06:59 00:07:16 00:05:14   159 215 Rory Rankin M0 S 00:19:30 00:19:20 00:07:00 00:07:21 00:05:10   160 378 Debbie Matchett F45 Ballydrain Harriers 00:19:31 00:19:28 00:06:59 00:07:19 00:05:14	155	323	Ethan	McKnight	MJ	Lagan College	S	00:19:28	00:19:24	00:06:59	00:07:19	00:05:11
158 532 Raymond Stanex M40 Ballydrain Harriers 00:19:29 00:19:24 00:06:59 00:07:16 00:05:14   159 215 Rory Rankin MO S 00:19:30 00:19:20 00:07:00 00:07:21 00:05:10   160 378 Debbie Matchett F45 Ballydrain Harriers 00:19:31 00:19:28 00:06:59 00:07:19 00:05:14	156	395	Paul	Lyons	MJ	Newry City Runners AC	S	00:19:29	00:19:20	00:06:53	00:07:18	00:05:19
159 215 Rory Rankin MO S 00:19:30 00:19:20 00:07:00 00:07:21 00:05:10   160 378 Debbie Matchett F45 Ballydrain Harriers 00:19:31 00:19:28 00:06:59 00:07:19 00:05:14	157	513	Jonathan	Bradshaw	M35	Up & Runners		00:19:29	00:19:21	00:07:07	00:07:09	00:05:13
160 378 Debbie Matchett F45 Ballydrain Harriers 00:19:31 00:19:28 00:06:59 00:07:19 00:05:14	158	532	Raymond	Stanex	M40	Ballydrain Harriers		00:19:29	00:19:24	00:06:59	00:07:16	00:05:14
	159	215	Rory	Rankin	МО		S	00:19:30	00:19:20	00:07:00	00:07:21	00:05:10
161 426 Gerard McAleenan M40 Newry City Runners AC 00:19:33 00:19:30 00:06:57 00:07:18 00:05:20	160	378	Debbie	Matchett	F45	Ballydrain Harriers		00:19:31	00:19:28	00:06:59	00:07:19	00:05:14
	161	426	Gerard	McAleenan	M40	Newry City Runners AC		00:19:33	00:19:30	00:06:57	00:07:18	00:05:20





162	177	Frankie	Devlin	M45	City of Lisburn AC		00:19:34	00:19:27	00:07:05	00:07:14	00:05:17
163	550	Anthony	Lavery	M35	Albertville Harriers		00:19:35	00:19:31	00:07:07	00:07:13	00:05:16
164	590	Ruth	Magill	F55	Lagan Valley AC		00:19:36	00:19:32	00:07:04	00:07:18	00:05:14
165	597	Simon	Jolly	M35			00:19:41	00:19:35	00:07:09	00:07:21	00:05:11
166	602	Simon	Robinson	M40	North Down AC		00:19:44	00:19:40	00:07:03	00:07:20	00:05:21
167	533	Colm	Flanagan	МО			00:19:45	00:19:40	00:06:49	00:07:31	00:05:25
168	253	Evan	Boyce	M35	Ballydrain Harriers		00:19:46	00:19:39	00:07:08	00:07:18	00:05:20
169	415	Ronan	McIlvenny	МО		S	00:19:49	00:19:43	00:07:00	00:07:25	00:05:25
170	631	Ciaran	McKeown	МО	Kilkhams Creegan	Student	00:19:51	00:19:43	00:07:18	00:07:28	00:05:06
171	82	Peter	Keys	МО	Queen's Triathlon Club		00:19:52	00:19:44	00:07:04	00:07:26	00:05:22
172	112	Amy	Mc Daid	FO	Derry city track club		00:19:52	00:19:49	00:06:53	00:07:40	00:05:20
173	407	Daniel	Atkinson	MJ	East Down AC	S	00:19:54	00:19:49	00:07:13	00:07:24	00:05:18
174	436	Ronald	Gardiner	M50	City of Lisburn AC		00:19:54	00:19:47	00:07:22	00:07:24	00:05:08
175	302	Chris	Diamond	МО			00:19:57	00:19:50	00:06:59	00:07:39	00:05:20
176	343	Ray	Cameron	M35	North Belfast Harriers		00:19:57	00:19:52	00:06:57	00:07:20	00:05:40
177	394	Allyson	O'Toole	F35	East Coast AC		00:19:58	00:19:54	00:07:13	00:07:27	00:05:18
178	108	Peter	Carty	MJ	Lagan Valley AC	S	00:20:02	00:19:57	00:07:01	00:07:38	00:05:24
179	562	Peter	Finke	МО		Student	00:20:02	00:19:58	00:07:31	00:07:19	00:05:13
180	490	Stephen	McCartan	M50	East Down AC		00:20:03	00:19:58	00:07:19	00:07:29	00:05:17
181	167	Joseph	Drain	M45	North Belfast Harriers		00:20:04	00:19:55	00:07:11	00:07:31	00:05:22
182	269	Dáire	McCartan	FJ	Beechmount Harriers	S	00:20:05	00:20:03	00:06:51	00:07:43	00:05:32
183	43	Mark	McFeeters	МО	Orangegrove AC		00:20:06	00:19:59	00:07:14	00:07:30	00:05:22
184	134	Molly	Brennan	FJ	Springwell Running Club	S	00:20:06	00:20:03	00:07:02	00:07:41	00:05:24
185	87	Ronnie	Smart	M45	Olympian Triathlon Club		00:20:07	00:20:03	00:07:15	00:07:28	00:05:25
186	116	Bill	Rafferty	M45			00:20:09	00:20:05	00:06:58	00:07:37	00:05:36
187	277	Maeve	Lavery	FO	Dub Running Club		00:20:09	00:20:05	00:07:02	00:07:35	00:05:32
188	630	Conor	O'Rawe	MJ	North Belfast Harriers		00:20:12	00:20:05	00:07:12	00:07:41	00:05:20





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189	294	Eoghan	O'Callaghan	MJ	Newry City Runners AC	S	00:20:13	00:20:06	00:07:28	00:07:32	00:05:13
190	594	Matthew	McNutt	МО			00:20:13	00:20:08	00:07:07	00:07:40	00:05:27
191	601	Jessica	Scott	FJ	North Down AC		00:20:14	00:20:18	00:07:07	00:07:45	00:05:22
192	260	Chris	Pollock	MJ		S	00:20:16	00:20:11	00:06:51	00:07:58	00:05:28
193	275	Lucy	Backus	FO		S	00:20:16	00:20:13	00:07:13	00:07:40	00:05:25
194	295	Gavin	Oakes	M35	East		00:20:17	00:20:12	00:07:17	00:07:33	00:05:29
195	408	Wendy	Davis	FO	Lagan Valley AC		00:20:18	00:20:14	00:07:23	00:07:39	00:05:17
196	610	Andrew	Edwards	M50	Lagan Valley AC		00:20:20	00:20:17	00:07:16	00:07:39	00:05:26
197	318	Paul	Williams	M50	North Belfast Harriers		00:20:21	00:20:17	00:07:17	00:07:36	00:05:29
198	217	Dylan	McBride	MJ	Willowfield Harriers	S	00:20:24	00:20:25	00:07:07	00:07:48	00:05:30
199	247	Pat	Rocks	M60	Newry City Runners AC		00:20:26	00:20:20	00:07:28	00:07:32	00:05:27
200	391	Louise	Lemon	FO	Orangegrove AC		00:20:30	00:20:26	00:07:19	00:07:37	00:05:35
201	498	Joost	Dessing	M35			00:20:31	00:20:22	00:07:26	00:07:39	00:05:27
202	213	Brian	Todd	M60	Orangegrove AC		00:20:32	00:20:25	00:07:19	00:07:43	00:05:30
203	608	David	Lambon	M45			00:20:33	00:20:26	00:07:25	00:07:39	00:05:29
204	430	David	Tate	M45	Willowfield Harriers		00:20:34	00:20:29	00:07:22	00:07:43	00:05:30
205	38	lan	Shek	МО		S	00:20:35	00:20:29	00:07:34	00:07:42	00:05:20
206	289	Matthew	Scott	MJ		S	00:20:36	00:20:28	00:07:38	00:07:43	00:05:16
207	447	Marc	Butler	МО			00:20:36	00:20:29	00:07:37	00:07:42	00:05:18
208	326	Roger	Nicholson	M45	B.A.R.F.		00:20:42	00:20:35	00:07:36	00:07:46	00:05:22
209	500	Kevin	Briggs	M35	peninsula triathlon club		00:20:42	00:20:38	00:07:07	00:07:49	00:05:47
210	255	Jon	Hilditch	МО	HiElbow		00:20:44	00:20:37	00:07:33	00:07:47	00:05:25
211	360	Lyndsey	Pronger	FO	Orangegrove AC		00:20:44	00:20:40	00:06:59	00:07:53	00:05:52
212	181	Deborah	Gilliland	FJ	Queens University AC	S	00:20:48	00:20:44	00:07:02	00:07:59	00:05:48
213	198	Andrew	Allen	M45			00:20:49	00:20:38	00:07:43	00:07:40	00:05:26
214	241	Stephen	Johnston	M40			00:20:50	00:20:42	00:07:29	00:07:47	00:05:35
215	126	Toni	Buchanan	FJ	Lagan Valley AC	S	00:20:51	00:20:49	00:07:00	00:08:05	00:05:46





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216	206	Orhran	Copeland	MJ	Beechmount Harriers	S	00:20:51	00:20:48	00:07:14	00:07:49	00:05:49
217	210	Lewis	McKenna	MJ	Beechmount Harriers	S	00:20:51	00:20:47	00:07:14	00:07:50	00:05:49
218	335	Paul	McGovern	M35	Orangegrove AC		00:20:51	00:20:46	00:15:12		19:20:53
219	543	Richard	Watt	M35			00:20:52	00:20:46	00:07:18	00:07:49	00:05:46
220	252	Michael	O'Donoghue	M35	Orangegrove AC		00:20:53	00:20:47	00:07:33	00:07:46	00:05:35
221	292	Kevin	Martin	МО		S	00:20:55	00:20:42	00:07:36	00:07:44	00:05:35
222	505	Ethan	Dunn	MJ	Dromore AC		00:20:57	00:20:54	00:06:45	00:08:19	00:05:55
223	12	Gordon	Wilkinson	M50	North Down AC		00:20:58	00:20:55	00:07:33	00:07:54	00:05:32
224	443	Ivor	Russell	M35	Dub Running Club		00:20:59	00:20:52	00:07:30	00:07:54	00:05:35
225	371	Stephen	Reid	M45			00:21:03	00:20:56	00:07:29	00:07:50	00:05:44
226	540	Eamon	McHugh	МО			00:21:03	00:20:58	00:07:42	00:07:57	00:05:25
227	276	Catherine	Roberts	F40	North Down AC		00:21:05	00:21:00	00:07:30	00:07:47	00:05:48
228	494	Cillian	Short	M50	City of Lisburn AC		00:21:06	00:20:58	00:07:36	00:07:51	00:05:40
229	377	Jinghua	Zhang	МО		S	00:21:09	00:21:02	00:07:28	00:08:10	00:05:32
230	176	Nathan	McBride	MJ	Willowfield Harriers	S	00:21:10	00:20:58	00:07:20	00:08:09	00:05:43
231	197	Sam	Fenton	MJ	North Down AC		00:21:10	00:21:06	00:07:16	00:07:46	00:06:09
232	23	Simon	Doyle	M35			00:21:13	00:21:03	00:07:38	00:07:48	00:05:48
233	183	Kieran	McMahon	M40	East Down AC		00:21:14	00:21:08	00:07:25	00:08:11	00:05:39
234	535	Dominic	Flanagan	МО			00:21:14	00:21:08	00:07:35	00:07:55	00:05:44
235	600	Anna	Scott	FJ	North Down AC		00:21:15	00:21:10	00:07:19	00:08:09	00:05:48
236	118	Ronan	McKenna	МО		S	00:21:18	00:21:11	00:07:45	00:07:56	00:05:39
237	350	Kirsty	Elliott	FO		S	00:21:19	00:21:07	00:07:51	00:07:50	00:05:40
238	488	Joseph	Kerr	МО			00:21:20	00:21:09	00:07:52	00:07:49	00:05:40
239	472	Susanna	Allen	F50	Bally		00:21:21	00:21:16	00:07:33	00:08:07	00:05:41
240	352	Louise	Smart	FO	County Antrim Harriers		00:21:22	00:21:18	00:07:42	00:07:58	00:05:42
241	146	Jason	Reid	МО	North Belfast Harriers		00:21:23	00:21:16	00:07:45	00:07:58	00:05:41
242	219	Eimear	McCracken	FO	Newry City Runners AC		00:21:23	00:21:18	00:07:33	00:08:01	00:05:50





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243	419	Jack	Carberry	M70	North Belfast Harriers		00:21:23	00:21:17	00:07:44	00:07:59	00:05:41
244	572	Fergal	O'Connor	МО		Student	00:21:23	00:21:14	00:07:33	00:08:06	00:05:45
245	522	Niall	Armstrong	MJ	North Belfast Harriers	S	00:21:24	00:21:17	00:07:41	00:08:16	00:05:29
246	18	Jim	Derby	M35			00:21:25	00:21:19	00:07:34	00:08:02	00:05:50
247	1	Paul	Wilson	МО			00:21:27	00:21:21	00:07:40	00:08:13	00:05:35
248	388	David	Moan	M40			00:21:28	00:21:20	00:07:56	00:08:03	00:05:30
249	412	Stephen	Garland	МО			00:21:29	00:21:22	00:07:37	00:08:06	00:05:47
250	476	Lauren	Hutchinson	FJ	Newry City Runners AC	S	00:21:29	00:21:27	00:07:37	00:08:13	00:05:40
251	462	Helen	Collins	F35	County Antrim Harriers		00:21:31	00:21:26	00:08:00	00:07:56	00:05:36
252	541	Olivia	Diamond	FJ	Balmoral Harriers	S	00:21:32	00:21:29	00:07:28	00:08:12	00:05:52
253	239	Jerome	Farrell	M40	Newcastle & District AC		00:21:33	00:21:23	00:07:50	00:08:02	00:05:42
254	346	Rioghnach	Catney	FJ	North Belfast Harriers	S	00:21:33	00:21:26	00:07:40	00:08:12	00:05:42
255	298	Nikki	Heywood	FO	North Down AC		00:21:34	00:21:28	00:07:50	00:08:04	00:05:42
256	593	Sarah	Quee	FO			00:21:37	00:21:32	00:07:29	00:08:10	00:05:59
257	74	Kathryn	Walls	F35	Dromore AC		00:21:39	00:21:36	00:07:42	00:08:03	00:05:55
258	459	Andrew	Diver	M35			00:21:43	00:21:33	00:08:06	00:07:55	00:05:43
259	334	lan	Grant	МО	Orangegrove AC		00:21:44	00:21:40	00:07:31	00:08:20	00:05:53
260	423	Martin	Murdoch	M60			00:21:47	00:21:45	00:07:43	00:08:13	00:05:53
261	152	Jason	Harris	M45	BILLY WHIZZ		00:21:50	00:21:41	00:07:48	00:08:16	00:05:48
262	460	Catherine	Diver	F35			00:21:51	00:21:47	00:07:36	00:08:20	00:05:56
263	475	Rod	McCance	МО			00:21:53	00:21:47	00:07:33	00:08:26	00:05:55
264	487	Conor	Ward	МО			00:21:55	00:21:44	00:08:18	00:08:05	00:05:33
265	530	Gary	Mc Hugh	M40			00:21:56	00:21:50	00:07:44	00:08:15	00:05:58
266	26	Ben	Lambon	МО		S	00:21:58	00:21:50	00:08:01	00:08:08	00:05:50
267	53	Peter	Mitchell	МО		S	00:21:59	00:20:54	00:08:25	00:07:47	00:05:48
268	518	Anne	Moore	F35	Orangegrove AC		00:21:59	00:21:53	00:07:59	00:08:10	00:05:51
269	514	Ruth	Morrison	F40	County Antrim Harriers		00:22:03	00:21:57	00:07:59	00:08:11	00:05:53





270	547	Julie	McKimm	F35	Orangegrove AC		00:22:04	00:21:59	00:07:59	00:08:09	00:05:56
271	68	Chloe	Crossley	FJ	Willowfield Harriers	S	00:22:05	00:21:58	00:07:43	00:08:23	00:06:00
272	429	Callum	McCabe	MJ	Lagan Valley AC	S	00:22:05	00:21:48	00:08:38	00:08:05	00:05:23
273	527	Jo	Patterson	FO	Orangegrove AC		00:22:06	00:21:58	00:07:56	00:08:17	00:05:54
274	58	Clive	Acheson	МО	Queens University AC	S	00:22:07	00:22:01	00:07:22	00:08:31	00:06:15
275	501	Karl	Oakes	МО		S	00:22:08	00:22:01	00:08:13	00:08:14	00:05:42
276	110	John	Johnston	M40	North Belfast Harriers		00:22:10	00:22:04	00:07:51	00:08:19	00:06:01
277	349	Lisa	Barrett	FO	County Antrim Harriers		00:22:10	00:22:05	00:08:01	00:08:17	00:05:53
278	528	Christopher	Barrett	M50	County Antrim Harriers		00:22:10	00:22:06	00:08:01	00:08:15	00:05:55
279	454	Janette	Bailie	F35	Dromore AC		00:22:13	00:22:10	00:08:01	00:08:16	00:05:57
280	418	John	Nelson	M50	Belfast Running Club	S	00:22:15	00:22:07	00:08:14	00:08:19	00:05:42
281	80	Gerard	McLoughlin	M35			00:22:16	00:22:10	00:08:10	00:08:08	00:05:59
282	545	Paul	Conlon	M45	Beechmount Harriers		00:22:17	00:22:11	00:08:05	00:08:15	00:05:57
283	606	Chris	McCann	МО		Student	00:22:18	00:22:07	00:08:13	00:08:18	00:05:48
284	439	Orla	Smith	FJ	Lagan Valley AC		00:22:21	00:22:18	00:07:45	00:08:22	00:06:15
285	479	Paul	Devine	M35			00:22:23	00:22:10	00:08:02	00:08:21	00:06:01
286	442	Andrea	Heslip	F40	Dromore AC		00:22:24	00:22:21	00:08:03	00:08:19	00:06:03
287	155	Doug	Smith	M55	Lunchtime Legends		00:22:25	00:22:19	00:07:42	00:08:32	00:06:12
288	259	Joy	McAleer	F50	Orangegrove AC		00:22:28	00:22:23	00:08:00	00:08:23	00:06:06
289	484	Andrea	Thompson	FO	peninsula triathlon club		00:22:31	00:22:22	00:08:24	00:08:08	00:05:59
290	549	Matthew	Grave	МО			00:22:31	00:22:27	00:07:25	00:08:53	00:06:13
291	485	Nessa	Agnew	F40	Dub Running Club		00:22:32	00:22:26	00:08:05	00:08:28	00:06:01
292	168	Siobhan	Drain	F45	North Belfast Harriers		00:22:33	00:22:24	00:08:13	00:08:22	00:06:00
293	456	Eoin	McCann	MJ	Belfast Running Club	S	00:22:35	00:22:30	00:08:10	00:08:36	00:05:50
294	153	Martin	Doherty	M35	Orangegrove AC		00:22:36	00:22:24	00:08:14	00:08:35	00:05:48
295	478	Emma	Kerr	FO	Invictus Triathlon Club		00:22:36	00:22:26	00:08:18	00:08:17	00:06:02
296	267	Kevin	Mawhinney	M55			00:22:37	00:22:21	00:08:18	00:08:31	00:05:49





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297	273	Alexander	Powell	МО		S	00:22:38	00:22:27	00:08:14	00:08:25	00:06:01
298	71	Peter	McCanny	M45	BILLY WHIZZ		00:22:39	00:22:30	00:08:25	00:08:27	00:05:48
299	392	Ben	McFeeters	МО	Comber Rockets		00:22:39	00:22:25	00:08:12	00:08:18	00:06:10
300	542	Niall	Lawlor	МО			00:22:40	00:22:33	00:08:14	00:08:44	00:05:43
301	413	Rachel	Lyle	F35	Orangegrove AC		00:22:41	00:22:38	00:08:12	00:08:26	00:06:04
302	245	William	McCracken	F65	Newry City Runners AC		00:22:42	00:22:37	00:07:52	00:08:38	00:06:13
303	618	Emma	McWilliams	F40	Orangegrove AC		00:22:42	00:22:38	00:08:05	00:08:38	00:06:00
304	86	Sean	O'Neill	МО			00:22:43	00:22:39	00:17:01		19:22:45
305	235	William	Millsopp	МО		S	00:22:44	00:22:35	00:07:44	00:08:42	00:06:19
306	200	John	McGarvey	M35	North Down AC		00:22:45	00:22:39	00:08:16	00:08:49	00:05:41
307	434	Jonathan	Martin	M40			00:22:45	00:22:35	00:07:54	00:08:41	00:06:11
308	474	Yuri	MacHado	МО		S	00:22:47	00:22:38	00:08:09	00:08:34	00:06:05
309	34	Fionntan	Quinn	MJ		S	00:22:49	00:22:28	00:08:07	00:08:29	00:06:13
310	24	Sean	McLernon	МО			00:22:50	00:22:40	00:08:11	00:08:27	00:06:13
311	286	Jacqueline	Maxwell	F50	Orangegrove AC		00:22:50	00:22:43	00:08:16	00:08:27	00:06:07
312	284	David	Knox	МО		S	00:22:51	00:22:39	00:08:01	00:08:44	00:06:07
313	333	Joan	Melanophy	F40	St Peters AC		00:22:51	00:22:47	00:08:06	00:08:46	00:06:00
314	62	Brian	McLean	M35			00:22:55	00:22:44	00:08:18	00:08:27	00:06:12
315	171	Richard	Hand	M50	Dromore AC		00:22:55	00:22:44	00:08:21	00:08:29	00:06:06
316	591	Colin	Colligan	M50			00:22:56	00:22:47	00:08:08	00:08:35	00:06:14
317	119	Liam	Cassidy	МО		S	00:22:59	00:22:45	00:08:49	00:08:20	00:05:50
318	446	Ronan	O'Flaherty	МО	Foyle Valley AC		00:23:03	00:22:56	00:08:04	00:08:37	00:06:24
319	133	Craig	McKinley	МО	Dromore AC	S	00:23:04	00:22:53	00:08:20	00:08:34	00:06:11
320	238	Philip	McCullagh	M40			00:23:05	00:22:56	00:08:16	00:08:41	00:06:10
321	422	Damien	Duffy	M45			00:23:06	00:22:53	00:08:37	00:08:25	00:06:05
322	374	Daniel	Miller	MJ		S	00:23:09	00:23:00	00:08:01	00:08:21	00:06:48
323	489	Kate	Hanratty	F40			00:23:09	00:23:00	00:08:20	00:08:37	00:06:13





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324	503	Jack	Ferguson	MJ		S	00:23:09	00:23:04	00:16:19		19:23:11
325	332	Jill	Thornton	FO		S	00:23:10	00:22:59	00:08:02	00:08:37	00:06:32
326	214	David	Graham	МО	Lagan Valley AC		00:23:12	00:22:58	00:08:33	00:08:43	00:05:57
327	574	John	Lowry	МО			00:23:12	00:23:03	00:07:58	00:08:43	00:06:32
328	448	Jit	Kok	MJ		S	00:23:14	00:23:03	00:08:22	00:08:35	00:06:18
329	477	Darragh	Maloney	МО			00:23:14	00:23:05	00:08:04	00:08:45	00:06:26
330	40	Grainne	Byrne	FO		S	00:23:15	00:23:03	00:08:43	00:08:39	00:05:55
331	17	Paddy	Reilly	M35			00:23:16	00:23:11	00:08:27	00:08:43	00:06:07
332	85	Paul	McFlynn	МО		S	00:23:25	00:23:10	00:08:23	00:08:48	00:06:15
333	29	Jianxun	Wang	МО		S	00:23:28	00:23:23	00:07:55	00:08:34	00:07:00
334	544	Britta	Stime	FO		S	00:23:29	00:23:25	00:08:17	00:08:49	00:06:25
335	578	Roisin	Byrne	F45	Dub Running Club		00:23:30	00:23:23	00:08:09	00:08:53	00:06:29
336	107	Patrick	Hamill	M45			00:23:32	00:23:28	00:08:00	00:09:01	00:06:31
337	139	Joanna	McArdle	FO	Belfast Running Club		00:23:32	00:23:21	00:08:17	00:08:46	00:06:30
338	331	Ben	Loughran	МО			00:23:33	00:23:19	00:09:08	00:08:30	00:05:55
339	93	Gerard	Shields	M50	Cardinal O'Donnells GAC		00:23:35	00:23:30			19:23:37
340	44	Franco	Labbate	МО		S	00:23:37	00:23:25	00:08:44	00:08:35	00:06:20
341	282	Fragkoulis	Kanavaris	МО		S	00:23:37	00:23:23	00:09:06	00:08:32	00:06:00
342	278	Liam	McCollum	M45			00:23:38	00:23:30	00:07:57	00:09:12	00:06:31
343	512	Naomi	Lusty	FO	County Antrim Harriers		00:23:39	00:23:31	00:08:53	00:08:37	00:06:10
344	59	Gary	Hunsdale	M40			00:23:41	00:23:29	00:08:32	00:08:49	00:06:21
345	11	Mark	Coughlan	МО		S	00:23:42	00:23:27	00:08:48	00:08:48	00:06:07
346	274	Sharon	Dickenson	F35	Orangegrove AC		00:23:42	00:23:37	00:08:17	00:08:55	00:06:32
347	280	Siti Norhafilah	Haji Aji	FO		S	00:23:43	00:23:29	00:12:45		19:23:45
348	64	Derek	Bunting	M45	Belfast Running Club		00:23:45	00:23:37	00:08:35	00:09:08	00:06:02
349	163	Lisa	Milligan	F40	East Down AC		00:23:48	00:23:38	00:08:53	00:08:47	00:06:09
350	75	Adam	Slingsby	МО			00:23:52	00:23:41	00:08:27	00:08:56	00:06:30





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351	212	Philip	Burn	МО		S	00:23:52	00:23:42	00:08:31	00:08:59	00:06:23
352	279	Rachel	Long	FO			00:23:53	00:23:48	00:08:19	00:09:06	00:06:28
353	362	Stephen	McGrath	МО			00:23:56	00:23:39	00:08:49	00:08:48	00:06:20
354	622	Rachael	Sands	F35	Queens Triathlon Club		00:23:56	00:23:47	00:08:34	00:08:52	00:06:31
355	411	Suzanne	Nolan	F55			00:23:59	00:23:47	00:09:01	00:08:56	00:06:03
356	525	Gerry	Gormley	M40			00:24:01	00:23:44	00:08:36	00:08:54	00:06:32
357	576	Angela	Wilson	F35			00:24:03	00:23:59	00:08:17	00:09:12	00:06:35
358	221	Kevin	Kelly	M40			00:24:05	00:23:50	00:09:22	00:08:44	00:06:00
359	122	Sentao	Li	МО		S	00:24:06	00:23:59	00:07:38	00:10:21	00:06:08
360	385	David	Howell	M45			00:24:06	00:23:51	00:09:05	00:08:55	00:06:07
361	482	Nicola	Leonard	FO			00:24:08	00:23:56	00:09:01	00:08:56	00:06:12
362	520	Jim	Harris	M65	Orangegrove AC		00:24:08	00:24:01	00:08:22	00:09:30	00:06:16
363	246	Lynn	McCullough	F45	North Belfast Harriers		00:24:09	00:23:59	00:08:47	00:08:57	00:06:26
364	16	Maurice	Leeson	M50			00:24:10	00:23:56	00:08:58	00:08:57	00:06:16
365	401	Betty	McCartan	F50	East Down AC		00:24:10	00:24:00	00:08:53	00:08:47	00:06:31
366	90	Gerald	Harvey	M60			00:24:11	00:24:05	00:08:31	00:09:14	00:06:28
367	147	Leigh	Robinson	МО		S	00:24:11	00:23:53	00:08:50	00:08:51	00:06:30
368	192	Tom	Wylie	M50	Mallusk Harriers		00:24:13	00:24:06	00:08:59	00:09:01	00:06:14
369	33	Paddy	Quinn	M45			00:24:14	00:23:54	00:08:51	00:08:48	00:06:36
370	449	Karl	McVeigh	МО			00:24:16	00:24:01	00:08:50	00:09:05	00:06:22
371	84	Trevor	Patterson	M45	North Down AC		00:24:18	00:24:13	00:08:51	00:09:05	00:06:23
372	195	Alexandra	Simpson	FO		S	00:24:18	00:24:11	00:09:02	00:09:00	00:06:17
373	510	Emer	Bussmann	FO	Queens Triathlon Club		00:24:19	00:24:09	00:09:20	00:08:43	00:06:17
374	524	Gerard	Crawford	M45			00:24:24	00:24:08	00:08:51	00:08:59	00:06:35
375	399	Mark	Eastwood	МО	Belfast Running Club	S	00:24:25	00:24:16	00:08:43	00:09:06	00:06:37
376	425	Stephanie	Campbell	FO			00:24:26	00:24:08	00:09:23	00:08:43	00:06:20
377	375	Paul	Miller	M45			00:24:27	00:24:12	00:09:18	00:08:59	00:06:12





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378	22	Choon Wei	Vun	МО	Queens University AC		00:24:28	00:24:23	00:07:46	00:09:29	00:07:14
379	125	Niamh	Cassidy	FO		S	00:24:32	00:24:23	00:09:09	00:09:03	00:06:22
380	427	Raymond	Leitch	M40	Orangegrove AC		00:24:32	00:24:20	00:09:22	00:08:52	00:06:19
381	428	Sharon	Corken	F35	Orangegrove AC		00:24:32	00:24:20	00:09:22	00:08:53	00:06:18
382	309	Helen	Irvine	F35	North Down AC		00:24:36	00:24:26	00:08:39	00:09:21	00:06:37
383	264	Emma	McDade	FO			00:24:38	00:24:24	00:09:03	00:09:04	00:06:32
384	342	Carol	Annesley	F45	County Antrim Harriers		00:24:38	00:24:31	00:08:53	00:09:10	00:06:35
385	372	Neil	McKeown	МО			00:24:38	00:24:26	00:08:46	00:09:20	00:06:32
386	140	David	Kirkwood	МО			00:24:44	00:24:33	00:08:31	00:09:43	00:06:30
387	266	Barry	Coleman	M50			00:24:45	00:24:37	00:08:48	00:09:10	00:06:48
388	194	Evie	Watts	FJ		S	00:24:47	00:24:41	00:09:03	00:09:09	00:06:36
389	35	Kerry	Harkin	F40			00:24:49	00:24:38	00:09:05	00:09:15	00:06:30
390	70	Thomas	Fee	M70	Banbridge Athletic Club		00:24:49	00:24:41	00:08:57	00:09:18	00:06:35
391	36	Mervyn	Crail	M50			00:24:51	00:24:39	00:08:31	00:09:15	00:07:07
392	128	Rod	Leckie	M45	Lagan Valley AC		00:24:52	00:24:37	00:09:11	00:09:24	00:06:17
393	154	Brian	McIvor	M45			00:24:58	00:24:44	00:09:26	00:09:10	00:06:22
394	435	Andrew	S	M50	Seapark AC		00:24:59	00:24:48	00:09:25	00:09:12	00:06:24
395	628	Kevin	McNamara	M50			00:25:00	00:24:48	00:09:27	00:09:09	00:06:25
396	400	Paul	Gruhn	МО	Orangegrove AC		00:25:02	00:24:54	00:08:50	00:09:48	00:06:25
397	452	Julie	Hunter	FO			00:25:02	00:24:53	00:09:01	00:09:23	00:06:39
398	614	Aedin	O'Neill	FO			00:25:03	00:24:54	00:09:07	00:09:17	00:06:40
399	185	Suzanne	Cobain	FO		S	00:25:04	00:24:50	00:10:07	00:09:02	00:05:56
400	420	Yuyun	Chen	МО		S	00:25:04	00:24:56	00:07:44	00:10:14	00:07:06
401	354	Emma	Savage	FJ		S	00:25:05	00:24:49	00:09:23	00:09:14	00:06:29
402	465	Alanah	McCombe	FO			00:25:05	00:24:54	00:09:27	00:09:10	00:06:28
403	559	Eddie	Crawford	M35			00:25:05	00:24:53	00:09:04	00:09:07	00:06:55
404	624	Kieran	Keown	МО	Duncairn Dopes		00:25:05	00:24:55	00:09:16	00:09:20	00:06:30





405	337	Nigel	Hamilton	M45			00:25:07	00:24:58	00:09:20	00:09:19	00:06:29
406	281	Franco	Mayanglambam	МО		S	00:25:08	00:24:54	00:09:25	00:09:17	00:06:27
407	353	Louise	Monaghan	FJ		S	00:25:09	00:24:52	00:09:23	00:09:13	00:06:33
408	315	Andy	Brennan	МО			00:25:11	00:25:03	00:08:55	00:09:25	00:06:52
409	191	Selina	Myles	FO	Orangegrove AC		00:25:12	00:24:59	00:09:27	00:09:11	00:06:35
410	306	Martin	Brady	M40			00:25:14	00:25:03	00:09:37	00:09:18	00:06:19
411	336	Lisa	Montgomery	F35	County Antrim Harriers		00:25:14	00:25:06	00:09:20	00:09:20	00:06:35
412	507	Deirdre	Duggan	FO	Queens Triathlon Club	S	00:25:15	00:25:05	00:09:23	00:09:22	00:06:31
413	529	Alice	Bradley	FO			00:25:15	00:24:59	00:09:13	00:09:23	00:06:40
414	468	Paul	Bracken	M35			00:25:17	00:25:01	00:09:12	00:09:28	00:06:38
415	552	Kate	Keenan	FO		Student	00:25:18	00:25:02	00:09:50	00:09:12	00:06:17
416	553	Brennan	Mckeag	МО		Student	00:25:18	00:25:01	00:09:50	00:09:12	00:06:17
417	486	Ciara	Lynch	FO		S	00:25:20	00:25:03	00:09:50	00:09:12	00:06:19
418	121	Joanne	Busch	F35	Belfast Running Club		00:25:22	00:25:11	00:09:05	00:09:37	00:06:42
419	457	Irene	Downey	F50	County Antrim Harriers		00:25:22	00:25:14	00:08:57	00:09:31	00:06:55
420	114	Alan	Davidson	МО			00:25:23	00:25:07	00:09:45	00:09:23	00:06:16
421	220	Clare	Carson	F40			00:25:25	00:25:10	00:09:26	00:09:17	00:06:44
422	98	Michael	Miscampbell	МО			00:25:27	00:25:13	00:19:03		19:25:29
423	368	Wilson	McAlister	M50			00:25:30	00:25:22	00:09:15	00:09:10	00:07:06
424	367	Adam	McAlister	MJ		S	00:25:32	00:25:25	00:09:15	00:09:20	00:06:59
425	345	John	Marquess	M45	North Belfast Harriers		00:25:33	00:25:23	00:09:10	00:09:34	00:06:50
426	172	Gemma	McAnirn	FO	North Down AC	S	00:25:34	00:25:24	00:09:21	00:09:31	00:06:43
427	57	Adrian	Sproule	МО			00:25:35	00:25:21	00:09:42	00:09:35	00:06:19
428	299	Una	Martin	F50			00:25:39	00:25:30	00:09:15	00:09:31	00:06:54
429	28	Coral	Trainor	FO		S	00:25:40	00:25:29	00:09:14	00:09:38	00:06:49
430	492	Ewelina	Rutecka	FO			00:25:43	00:25:35	00:09:00	00:09:34	00:07:09
431	73	Joanne	Maguire	FO	Dub Running Club		00:25:44	00:25:36	00:09:08	00:09:52	00:06:46





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432	137	Rachel Marie	McIlgorm	FO		S	00:25:44	00:25:33	00:09:26	00:09:34	00:06:45
433	615	Carl	King	M50	Olympian Triathlon Club		00:25:48	00:25:41	00:08:54	00:09:44	00:07:11
434	96	Runhao	Long	МО	Queens University AC		00:25:49	00:25:42	00:08:32	00:10:00	00:07:18
435	453	Chong	Shing Yin	FO		S	00:25:50	00:25:34	00:09:15	00:09:27	00:07:10
436	65	Stephen	Phillips	МО			00:25:51	00:25:39	00:09:18	00:09:42	00:06:52
437	373	Hayley	Sherwin	FO			00:25:51	00:25:39	00:09:26	00:09:41	00:06:45
438	45	Aaron	Hill	M45			00:25:55	00:25:40	00:09:28	00:09:39	00:06:49
439	481	Julie	Leonard	F50			00:25:55	00:25:43	00:09:27	00:09:34	00:06:55
440	348	Colm	McNeill	M55	East Down AC		00:25:57	00:25:46	00:09:11	00:09:47	00:07:00
441	15	Ronan	Campbell	M35			00:25:58	00:25:47	00:09:25	00:09:36	00:06:58
442	314	Gareth	Mason	МО			00:26:02	00:25:54	00:09:19	00:09:59	00:06:45
443	451	Beryl	Graham	F50			00:26:02	00:25:52	00:09:29	00:09:37	00:06:56
444	561	Natalie	Cranney	F35			00:26:03	00:25:50	00:09:23	00:09:50	00:06:51
445	175	Luke	Hanley	МО		S	00:26:13	00:26:07	00:09:02	00:10:07	00:07:05
446	589	Maureen	Oliver	F55	Dub Running Club		00:26:14	00:26:06	00:09:32	00:09:33	00:07:10
447	355	Joe	Frey	M55	Lagan Valley AC		00:26:16	00:26:12	00:09:13	00:09:59	00:07:05
448	287	Matthew	Power	МО		S	00:26:19	00:26:09	00:09:16	00:09:53	00:07:12
449	265	Ruth	McDade	FO			00:26:21	00:26:07	00:09:33	00:09:42	00:07:07
450	307	Cathy	Robson	F45			00:26:21	00:26:05	00:10:06	00:09:32	00:06:44
451	566	Wendy	McCorry	F35			00:26:24	00:26:09	00:09:46	00:09:41	00:06:58
452	504	Christina	Kelly	F35		S	00:26:25	00:26:08	00:09:52	00:09:33	00:07:01
453	303	Shannon	McKinney	FJ		S	00:26:30	00:26:19	00:19:19		19:26:32
454	570	Sarah	Breen	FO		Student	00:26:30	00:26:23	00:09:28	00:09:52	00:07:11
455	571	Diane	Hutchinson	FO			00:26:30	00:26:22	00:09:28	00:09:53	00:07:11
456	61	Colin	Rodgers	M55			00:26:32	00:26:18	00:09:31	00:09:46	00:07:16
457	60	Pauline	Millar	F45			00:26:34	00:26:20	00:09:37	00:09:47	00:07:11
458	440	Kim	Kearney	F45	Jog Belfast	S	00:26:34	00:26:20	00:09:42	00:09:46	00:07:07





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459	536	Helen	Flanagan	FO			00:26:37	00:26:30	00:09:34	00:09:48	00:07:15
460	228	Christopher	Linter	МО			00:26:38	00:26:23	00:09:44	00:09:47	00:07:08
461	495	Lai-Yan	Li	FO		S	00:26:38	00:26:28	00:09:34	00:09:47	00:07:18
462	538	Jennifer	Murphy	FO		S	00:26:38	00:26:29	00:09:34	00:09:47	00:07:18
463	397	Aisling	McFall	FO		S	00:26:39	00:26:21	00:09:33	00:10:02	00:07:05
464	502	Patrick	Connolly	M55			00:26:42	00:26:31	00:09:06	00:10:20	00:07:17
465	509	David	Hayes	МО		S	00:26:43	00:26:26	00:09:29	00:10:00	00:07:15
466	66	Una	Short	F50			00:26:45	00:26:29	00:09:43	00:09:50	00:07:13
467	466	Christine	Neeson	F40	County Antrim Harriers		00:26:45	00:26:36	00:09:46	00:09:50	00:07:11
468	480	Catherine	Fearon	FO		S	00:26:50	00:26:36	00:09:40	00:09:54	00:07:17
469	583	Alister	MacGregor	M55	Jog Lisburn	Student	00:26:57	00:26:41	00:09:58	00:09:54	00:07:07
470	523	Claire	Crawford	FO			00:26:59	00:26:44	00:09:35	00:09:56	00:07:29
471	254	Claire	Crutchley	FO			00:27:00	00:26:52	00:09:52	00:10:00	00:07:09
472	558	Donna	McAuley	FO			00:27:03	00:26:51	00:09:33	00:10:07	00:07:25
473	357	Lisa	Stewart	FO		S	00:27:05	00:26:49	00:09:59	00:10:04	00:07:04
474	88	Peter	Gallagher	M45			00:27:06	00:26:57	00:09:56	00:10:08	00:07:04
475	89	Peter	Fitzsimons	M45			00:27:06	00:26:56	00:09:56	00:10:08	00:07:03
476	148	Claire	Hill	FO		S	00:27:08	00:26:50	00:09:39	00:10:11	00:07:18
477	329	Andrew	Rollins	МО			00:27:14	00:27:00	00:09:42	00:10:05	00:07:28
478	330	Peter	Rollins	M55			00:27:14	00:27:01	00:09:42	00:10:05	00:07:29
479	444	Carol	Leckie	F55			00:27:17	00:27:07	00:09:58	00:10:05	00:07:15
480	393	Reuben	McFeeters	MJ	Comber Rockets	S	00:27:18	00:27:03	00:10:59	00:10:01	00:06:19
481	81	Eimear	Cox	FO		S	00:27:19	00:27:10	00:09:09	00:10:55	00:07:17
482	313	Alan	Steen	МО			00:27:23	00:27:06	00:10:19	00:10:00	00:07:05
483	437	Gabrielle	Gardiner	FO		S	00:27:23	00:27:08	00:09:44	00:10:14	00:07:25
484	283	Samuel	English	МО		S	00:27:24	00:27:10	00:09:51	00:10:15	00:07:19
485	555	Paul	McKay	МО		Student	00:27:26	00:27:08	00:09:22	00:10:39	00:07:26





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486	218	Audrey	Chew	FO		S	00:27:28	00:27:23	00:09:36	00:10:23	00:07:30
487	249	Hannah	McCoppin	FO	Mallusk Harriers	S	00:27:33	00:27:20	00:10:11	00:10:11	00:07:11
488	103	Eileen	Devlin	F45			00:27:35	00:27:19	00:10:04	00:10:10	00:07:21
489	557	Catherine	O'Boyle	FO	Mid Ulster AC	Student	00:27:46	00:27:29	00:09:37	00:10:20	00:07:50
490	625	Alex	Blackstock	M55	Dub Running Club		00:27:48	00:27:31	00:10:39	00:10:12	00:06:58
491	531	Pat	O'Driscoll	M65	North Down AC		00:27:50	00:27:38	00:10:27	00:10:09	00:07:15
492	496	Christine	Duncan	FO			00:27:59	00:27:47	00:10:34	00:10:14	00:07:11
493	14	Paula	Scally	FO			00:28:00	00:27:41	00:09:33	00:10:59	00:07:29
494	469	Breige	Flynn	FO	Jog Belfast		00:28:05	00:27:50	00:10:18	00:10:19	00:07:28
495	196	Sher Maine	Foo	FO		S	00:28:10	00:28:05	00:10:01	00:10:30	00:07:40
496	164	Rebecca	Millar	FO		S	00:28:12	00:28:05	00:09:26	00:10:37	00:08:10
497	211	Michael	Lee	M55			00:28:20	00:28:07	00:09:51	00:10:30	00:08:00
498	379	Helga	Will	F35	Jog Belfast	S	00:28:20	00:28:09	00:09:35	00:11:01	00:07:45
499	607	Stewart	Clarke	M50			00:28:26	00:28:17	00:09:49	00:10:41	00:07:58
500	586	Desmond	Brownlie	M65	Lagan Valley AC		00:28:30	00:28:25	00:10:00	00:10:41	00:07:50
501	109	Emma	Hughes	FO			00:28:31	00:28:20	00:10:29	00:10:28	00:07:35
		Marie-									
502	433	Therese	McCarney	F45	Jog Belfast	S	00:28:37	00:28:24	00:09:58	00:10:36	00:08:04
503	455	Maureen	Mc Hugh	F50	Belfast Running Club		00:28:38	00:28:23	00:10:13	00:10:35	00:07:52
504	92	Karen	Breen	FO		S	00:28:50	00:28:37	00:10:51	00:10:38	00:07:22
505	91	Jim	Breen	M55	Springwell Running Club		00:28:51	00:28:38	00:10:51	00:10:38	00:07:22
506	548	Ali bin	Zamikhan	МО		Student	00:28:52	00:28:38	00:11:07	00:10:24	00:07:22
507	534	Farrah	Neeson	FJ	County Antrim Harriers	S	00:28:55	00:28:46	00:08:47	00:12:34	00:07:36
508	78	Lucy	Trotter	FO		S	00:28:57	00:28:50	00:10:24	00:11:03	00:07:31
509	39	Louise	Caulfield	FO			00:28:58	00:28:53	00:10:36	00:10:40	00:07:43
510	351	Tariq	Mosa	МО			00:29:05	00:29:03	00:11:36	00:09:27	00:08:03
511	564	Deborah	Morton	F45		Student	00:29:05	00:28:50	00:11:03	00:10:36	00:07:26





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512	263	Adrian	Young	МО			00:29:07	00:28:53	00:09:45	00:10:57	00:08:27
513	52	Ian Antonio	Lee	MJ		S	00:29:20	00:29:10	00:09:24	00:12:01	00:07:56
514	142	Amberlea	Neely	F35			00:29:22	00:29:09	00:10:18	00:11:00	00:08:05
515	339	Leanne	Kerr	FO	Jog Belfast		00:29:25	00:29:10	00:10:39	00:10:52	00:07:55
516	467	Indeea	Neeson	FJ	County Antrim Harriers		00:29:33	00:29:23	00:11:01	00:10:59	00:07:33
517	248	Fidelma	McCoppin	F50	Mallusk Harriers		00:29:35	00:29:22	00:11:00	00:10:52	00:07:43
518	403	Catherine	Hughes	F40	Up & Runners		00:29:37	00:29:08	00:11:02	00:10:53	00:07:44
519	46	Carol	Hill	F45			00:29:38	00:29:23	00:10:33	00:11:04	00:08:02
520	421	Joan	Duffy	F40	Belfast Running Club		00:29:38	00:29:24	00:10:33	00:11:05	00:08:01
521	76	Drew	Neill	M35		S	00:29:43	00:29:29	00:10:17	00:11:15	00:08:11
522	77	Naoimh	Campbell	FO		S	00:29:43	00:29:29	00:10:24	00:11:29	00:07:51
523	115	Julie	McClean	FO			00:29:44	00:29:33	00:10:31	00:11:04	00:08:10
524	402	Maura	McCallion	F40	Up & Runners		00:29:44	00:29:16	00:11:03	00:10:54	00:07:48
525	184	Niamh	McMahon	FO	UUJ	S	00:29:51	00:29:35	00:10:47	00:11:12	00:07:53
526	417	Tracie	МсКее	F40	Jog Belfast	S	00:29:57	00:29:43	00:10:40	00:11:14	00:08:04
527	236	Camille	Guevel	FJ		S	00:30:14	00:30:01	00:11:06	00:10:56	00:08:13
528	519	Mick	Murray	M45	Jog Belfast	S	00:30:16	00:30:05	00:10:50	00:11:18	00:08:09
529	347	Sharron	Sykes	F40	North Belfast Harriers		00:30:25	00:30:15	00:10:51	00:11:28	00:08:07
530	257	Pauline	Walsh	F40			00:30:58	00:30:47	00:11:30	00:11:34	00:07:55
531	327	Frances	Smyth	F55	Up & Runners		00:31:08	00:30:52	00:11:18	00:11:30	00:08:21
532	470	Nuala	O'Connor	F35			00:31:10	00:30:52	00:11:44	00:11:08	00:08:18
533	537	Valerie	Galle	FO		S	00:31:18	00:31:08	00:11:11	00:12:09	00:08:00
534	233	Janet	Flannery	F55			00:31:29	00:31:18	00:11:30	00:11:34	00:08:26
535	619	Ursula	Graham	F40	Orangegrove AC		00:31:34	00:31:21	00:11:27	00:11:37	00:08:32
			Bin Awang								
536	364	Norul Alhakim	Pandin	MO		S	00:31:39	00:31:25	00:09:43	00:13:05	00:08:51
537	106	Tracy	Robson	F45			00:32:00	00:31:44	00:11:44	00:11:35	00:08:42





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538	130	Aideen	McKinney	F40			00:32:05	00:31:50	00:11:24	00:11:47	00:08:56
539	131	Emma	Downey	F35			00:32:05	00:31:50	00:11:16	00:11:55	00:08:55
540	224	Roisin	McConnell	FO		S	00:32:22	00:32:09	00:11:40	00:12:04	00:08:38
541	268	Pamela	Browne	FO		S	00:32:22	00:32:07	00:11:14	00:12:11	00:08:58
542	258	Gary	Hazlett	M45	Queens Triathlon Club		00:32:39	00:32:30	00:11:43	00:12:02	00:08:56
543	567	Jill	Little	F50			00:32:48	00:32:36	00:11:38	00:12:13	00:08:58
544	216	Noemi	Pardellas	МО			00:33:04	00:33:03	00:11:40	00:12:19	00:09:06
545	231	Ciara	Schiefer	FO			00:33:11	00:33:02	00:11:41	00:12:19	00:09:11
546	99	Amy	Kieran	FO			00:33:14	00:33:01	00:11:50	00:12:18	00:09:07
547	189	Adrian	Boyd	МО			00:33:23	00:33:06	00:11:12	00:12:31	00:09:42
548	190	Adele	Boyd	FO			00:33:23	00:33:06	00:11:13	00:12:30	00:09:41
549	97	Dominique	Miscampbell	FO			00:33:25	00:33:13	00:11:51	00:12:32	00:09:03
550	227	Charlotte	Lowry	FO		S	00:33:28	00:33:13	00:11:05	00:12:48	00:09:36
551	160	Nicola	Carey	FO		S	00:33:30	00:33:23	00:11:42	00:12:48	00:09:01
552	105	Cristin	Ryan	FO			00:33:38	00:33:22	00:12:02	00:12:31	00:09:06
553	13	Norah	Scally	F35			00:33:45	00:33:26	00:12:07	00:12:22	00:09:18
554	580	Bronagh	Sweeney	FO			00:33:45	00:33:28	00:12:03	00:12:18	00:09:24
555	463	Sarah	Gowdy	F35			00:33:56	00:33:48	00:11:36	00:12:51	00:09:30
556	54	Emma	Cunningham	FO		S	00:34:00	00:33:43	00:12:04	00:12:19	00:09:38
557	471	Donna	McCartan	F35			00:34:03	00:33:46	00:12:13	00:12:23	00:09:27
558	493	Julie Anne	Blaney	F35			00:34:39	00:34:20	00:12:21	00:12:50	00:09:29
559	581	Debbie	Brown	FO			00:35:10	00:34:55	00:12:35	00:13:04	00:09:32
560	244	Kate	Diamond	F50			00:35:17	00:35:03	00:12:57	00:12:59	00:09:22
561	441	Noelle	Hanna	F55			00:36:09	00:35:57	00:12:47	00:13:31	00:09:52
562	186	Roisin	McMahon	F40			00:36:15	00:35:57			
563	416	Claire	McMullan	F35			00:36:42	00:36:24			





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	Men Teams							
1	Annadale St	29						
	North Belfast							
2	Hrs	63						
3	North Down	82						
	Willowfield							
4	TH	122						
	Female							
	Teams							
1	Lagan Valley	701						
2	North Down	737						
	North Belfast							
3	Hrs	747						
4	Dromore AC	772						