



**NORTH COAST
LEISURE**



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architects

Pos	Bib	Name	Category	Club	Swim	Trans1	Cycle	Trans2	Run	Finish
1	17	barry convey	M35-39	Newry & Mourne TC	00:16:36	00:01:59	00:59:47	00:00:59	00:41:53	02:01:13
2	166	rhodri jones	M30-34	Triangle TC	00:13:53	00:01:45	01:04:09	00:00:46	00:41:30	02:02:01
3	9	Alistair Duffield	M40-44		00:13:33	00:02:22	01:06:29	00:00:50	00:40:29	02:03:41
4	109	Jonathan Hooper	M30-34	Invictus TC	00:15:28	00:01:55	01:04:55	00:00:42	00:41:27	02:04:24
5	178	Sean Featherstone	M30-34	Newry & Mourne TC	00:15:47	00:02:20	01:04:15	00:00:59	00:42:24	02:05:43
6	34	Chris Speers	M30-34	Peninsula TC	00:14:23	00:01:49	01:07:58	00:00:41	00:41:17	02:06:07
7	21	Benjamin Christman	M25-29	Queens University TC	00:14:36	00:01:52	01:05:14	00:00:54	00:43:55	02:06:28
8	137	Michael McCarron	M45-49	Triangle TC	00:15:02	00:02:05	01:08:03	00:01:34	00:41:06	02:07:47
9	39	Clifford Rodgers	M40-44	Olympian TC	00:14:36	00:01:44	01:05:47	00:00:57	00:44:52	02:07:55
10	161	Philip Castles	M35-39	TUNA TC	00:16:22	00:02:23	01:06:03	00:01:11	00:42:44	02:08:41
11	133	Mark Millar	M30-34		00:16:32	00:02:51	01:04:20	00:01:05	00:44:05	02:08:50
12	12	Alvaro San Miguel	M30-34	NorthWest TC	00:14:10	00:01:58	01:07:32	00:01:14	00:44:19	02:09:11
13	139	Michael Sinton	M30-34	Lisburn TC	00:15:31	00:02:19	01:07:11	00:00:56	00:43:42	02:09:38
14	145	Nigel Carlisle	M35-39		00:16:43	00:02:26	01:08:38	00:01:19	00:40:47	02:09:51
15	69	EAMON HILL	M50-54	Olympian TC	00:16:17	00:02:49	01:07:10	00:01:39	00:43:05	02:10:59
16	103	Jason Taggart	M25-29		00:16:38	00:02:45	01:06:56	00:01:05	00:43:58	02:11:20
17	56	David McAvoy	M35-39		00:16:02	00:02:31	01:09:58	00:00:52	00:42:44	02:12:05
18	90	Greg Foster	M35-39	Invictus TC	00:14:56	00:02:17	01:08:27	00:01:40	00:44:51	02:12:09
19	82	Gavin Corey	M16-19		00:16:56	00:04:12	01:08:12	00:01:16	00:41:56	02:12:30
20	107	Johnny Boylan	M30-34	Invictus TC	00:16:13	00:01:57	01:07:47	00:01:08	00:45:32	02:12:35
21	112	julie murphy	F35-39	Triangle TC	00:14:21	00:01:55	01:11:59	00:00:45	00:43:55	02:12:54
22	130	Mark Yeates	M30-34		00:18:04	00:02:46	01:09:50	00:01:01	00:41:35	02:13:15
23	134	matthew Allum	M25-29	Olympian TC	00:16:34	00:02:20	01:10:41	00:00:46	00:43:08	02:13:27
24	157	peter hughes	M40-44	Triangle TC	00:15:23	00:02:53	01:07:10	00:00:48	00:47:43	02:13:54
25	4	alan McElhinney	M45-49	Triangle TC	00:16:14	00:03:01	01:10:31	00:00:52	00:44:52	02:15:28
26	119	kevin osullivan	M40-44	NorthWest TC	00:18:09	00:02:27	01:09:13	00:00:58	00:44:44	02:15:29
27	128	Mark Vaudrey	M35-39	Lisburn TC	00:17:27	00:02:34	01:08:53	00:00:54	00:46:08	02:15:54
28	49	Damian Mckeown	M40-44		00:19:03	00:02:06	01:08:32	00:01:07	00:45:27	02:16:13
29	77	Gary McDonald	M35-39	TUNA TC	00:18:14	00:03:17	01:10:09	00:01:17	00:43:19	02:16:14



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30	197 Thomas Moore	M40-44	Triangle TC	00:16:08	00:03:38	01:11:27	00:01:21	00:43:56	02:16:29
31	52 daniel quigley	M20-24	NorthWest TC	00:15:18	00:02:24	01:10:59	00:03:01	00:45:00	02:16:41
32	35 Chris McNevison	M30-34	Lisburn TC	00:16:45	00:03:39	01:09:30	00:01:16	00:45:37	02:16:45
33	48 Cormac Bradley	M40-44		00:18:00	00:03:13	01:10:44	00:01:32	00:44:11	02:17:38
34	23 Tony McNulty	M45-49	Olympian TC	00:16:16	00:02:28	01:12:52	00:01:07	00:45:21	02:18:02
35	28 bryce irvine	M40-44	Hi-Elbow TC	00:17:46	00:01:55	01:05:57	00:01:21	00:51:20	02:18:18
36	2 AARON STEELE	M25-29		00:17:20	00:02:17	01:12:17	00:00:53	00:45:35	02:18:20
37	174 Ryan Craig	M30-34		00:14:52	00:02:56	01:14:12	00:01:34	00:44:51	02:18:23
38	67 Desmond Mc Ilkenny	M35-39	Lisburn TC	00:16:49	00:03:16	01:11:13	00:01:17	00:46:02	02:18:35
39	102 Jason Thompson	M40-44		00:17:31	00:04:02	01:10:38	00:01:31	00:45:06	02:18:46
40	122 Larry McAteer	M40-44	Hi-Elbow TC	00:16:43	00:02:43	01:13:28	00:01:05	00:45:31	02:19:27
41	140 Neil Cooper	M50-54		00:13:41	00:02:12	01:14:04	00:01:28	00:48:07	02:19:31
42	99 james lemon	M45-49	Peninsula TC	00:18:55	00:02:34	01:08:30	00:00:49	00:48:48	02:19:34
43	177 Sam Wallis	M35-39		00:18:27	00:04:27	01:11:04	00:01:53	00:43:57	02:19:47
44	41 Colm Watters	M30-34		00:14:00	00:04:23	01:13:00	00:02:06	00:46:29	02:19:56
45	98 james beattie	M40-44	NorthWest TC	00:16:30	00:02:46	01:13:59	00:01:34	00:45:12	02:19:59
46	159 Peter Soden	M40-44		00:17:00	00:03:22	01:12:44	00:01:10	00:45:48	02:20:03
47	164 Philip Owens	M40-44	Triangle TC	00:17:26	00:03:13	01:11:38	00:01:20	00:46:34	02:20:09
48	190 stephen turner	M45-49	Peninsula TC	00:17:19	00:02:52	01:12:11	00:01:15	00:46:43	02:20:17
49	108 jonathan wilson	M35-39	Triangle TC	00:16:53	00:03:23	01:14:30	00:01:50	00:43:54	02:20:27
50	182 Stefan Treacy	M35-39		00:17:38	00:02:40	01:13:39	00:01:08	00:46:03	02:21:07
51	187 Stephen Flanagan	M25-29	Olympian TC	00:17:21	00:02:44	01:14:42	00:01:20	00:45:06	02:21:12
52	55 David Losty	M40-44		00:18:08	00:02:41	01:17:21	00:01:23	00:41:42	02:21:13
53	22 Brendan Connor	M45-49	NorthWest TC	00:17:50	00:02:51	01:12:35	00:01:17	00:46:52	02:21:23
54	44 conor mulkerns	M30-34		00:18:35	00:03:03	01:13:26	00:00:53	00:45:40	02:21:35
55	26 Brian Loughridge	M45-49	Olympian TC	00:15:40	00:02:33	01:13:39	00:00:53	00:49:14	02:21:57
56	88 Graeme Montgomery	M45-49		00:16:45	00:02:42	01:11:56	00:02:32	00:48:21	02:22:14
57	31 Charles Russell	M60-64	Triangle TC	00:17:29	00:02:07	01:12:17	00:01:14	00:49:10	02:22:15
58	96 James Cooke	M55-59	Olympian TC	00:19:30	00:02:47	01:10:18	00:01:24	00:48:32	02:22:30
59	83 Gearoid Conerney	M35-39	Triangle TC	00:19:53	00:03:24	01:13:22	00:01:14	00:44:41	02:22:32



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60	116	Kay Hack	F45-49	Triangle TC	00:16:42	00:02:11	01:10:52	00:01:06	00:52:26	02:23:15
61	206	Julian grimes	M40-44	Triangle T C	00:19:43	00:04:26	01:12:35	00:01:41	00:44:57	02:23:20
62	173	Ronan Short	M30-34	Wicklow TC	00:20:43	00:02:47	01:08:36	00:01:29	00:49:53	02:23:27
63	132	Mark Magreehan	M35-39	Peninsula TC	00:17:19	00:02:57	01:13:32	00:01:36	00:48:27	02:23:49
64	16	ashley moore	M50-54		00:17:04	00:04:02	01:08:35	00:01:31	00:52:55	02:24:05
65	106	John-Joe Muldoon	M45-49	Triangle TC	00:16:50	00:03:37	01:11:49	00:04:21	00:47:36	02:24:11
66	180	Simon Feehan	M45-49	NorthWest TC	00:17:01	00:02:16	01:12:08	00:00:53	00:51:57	02:24:13
67	78	Gary Kendall	M50-54	Triangle TC	00:18:33	00:02:45	01:12:55	00:01:52	00:48:17	02:24:20
68	194	Taryn McCoy	F35-39	Peninsula TC	00:16:40	00:02:53	01:15:20	00:01:25	00:48:31	02:24:47
69	203	david griffin	M30-34		00:18:43	00:03:21	01:18:31	00:01:17	00:43:51	02:25:42
70	6	alexander stewart	M40-44	Lisburn TC	00:16:25	00:03:20	01:14:46	00:01:17	00:50:26	02:26:12
71	115	KATHERINE WOODS	F25-29	Triangle TC	00:17:57	00:04:08	01:13:17	00:01:34	00:49:31	02:26:25
72	127	Mark Shannon	M30-34	Triangle TC	00:19:21	00:04:22	01:12:18	00:01:50	00:48:44	02:26:33
73	85	Gerald Morgan	M40-44		00:18:15	00:03:58	01:14:28	00:01:13	00:49:02	02:26:54
74	153	Paul Beattie	M45-49	Olympian TC	00:18:43	00:04:54	01:12:52	00:01:48	00:48:52	02:27:07
75	189	Stephen Whelan	M45-49	Hi-Elbow TC	00:21:14	00:03:18	01:11:25	00:01:55	00:49:20	02:27:10
76	209	Gareth McAllister	M45-49		00:18:16	00:02:42	01:13:22	00:01:55	00:51:05	02:27:19
77	32	Cheryl Cardwell	F40-44	Triangle TC	00:18:34	00:02:53	01:15:31	00:01:25	00:49:05	02:27:26
78	11	Allister Laird	M40-44	NorthWest TC	00:18:17	00:03:15	01:15:32	00:01:21	00:49:03	02:27:26
79	3	Aaron Ballantyne	M45-49		00:17:02	00:04:08	01:15:34	00:02:06	00:48:40	02:27:27
80	208	Peter Quinn	M50-54		00:19:19	00:03:13	01:13:26	00:01:04	00:50:26	02:27:27
81	75	Gareth Archer	M50-54	Peninsula TC	00:16:24	00:02:38	01:16:52	00:01:16	00:51:14	02:28:22
82	142	Nelson Shanks	M25-29	Lisburn TC	00:18:34	00:03:17	01:12:36	00:01:10	00:53:03	02:28:38
83	154	Paul Holland	M30-34		00:19:16	00:04:26	01:12:51	00:01:49	00:51:00	02:29:20
84	84	Gerald mc kinney	M35-39	NorthWest TC	00:20:01	00:03:40	01:17:17	00:01:09	00:47:20	02:29:25
85	101	James Taylor	M55-59	Peninsula TC	00:18:25	00:02:32	01:17:27	00:01:11	00:50:01	02:29:35
86	150	Patrick Keatley	M45-49	Peninsula TC	00:19:03	00:03:45	01:17:33	00:01:57	00:47:20	02:29:35
87	73	Eugene McLaughlin	M35-39		00:17:30	00:03:03	01:18:25	00:02:01	00:48:58	02:29:55
88	198	Tim Brown	M30-34	Olympian TC	00:20:12	00:05:25	01:18:47	00:01:21	00:44:24	02:30:07
89	171	Roger Poland	M40-44	Triangle TC	00:18:41	00:03:14	01:15:56	00:01:28	00:50:58	02:30:15



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90	176	Sam Uprichard	M35-39	TUNA TC	00:17:47	00:03:02	01:18:23	00:01:15	00:49:51	02:30:16
91	183	stephen elliott	M45-49	Hi-Elbow TC	00:17:50	00:03:55	01:20:39	00:01:47	00:46:25	02:30:34
92	53	daron askin	M40-44	Triangle TC	00:18:21	00:03:20	01:18:27	00:01:40	00:49:09	02:30:54
93	81	Gavin Eakin	M35-39		00:15:04	00:03:23	01:18:31	00:01:26	00:52:50	02:31:12
94	7	Alfred Day	M50-54	Olympian TC	00:16:13	00:05:41	01:14:39	00:02:53	00:51:50	02:31:14
95	170	Rob Tuffin	M35-39		00:16:46	00:03:56	01:19:18	00:00:45	00:50:32	02:31:15
96	136	Michael Anderson	M35-39	Hi-Elbow TC	00:21:35	00:02:52	01:10:43	00:01:58	00:54:15	02:31:21
97	172	RONAN O'REILLY	M35-39	Lisburn TC	00:18:40	00:03:58	01:18:15	00:01:58	00:48:34	02:31:23
98	192	steve millership	M40-44		00:18:36	00:04:23	01:14:58	00:01:46	00:52:10	02:31:51
99	25	BRIAN MCLORNAN	M30-34	Queens University TC	00:17:47	00:03:07	01:16:48	00:02:22	00:52:04	02:32:06
100	138	Michael Deeney	M40-44		00:18:01	00:03:13	01:19:03	00:01:26	00:50:38	02:32:18
101	123	lewis waterworth	M40-44	Peninsula TC	00:16:17	00:02:44	01:13:32	00:01:14	00:58:55	02:32:41
102	120	Kevin Holly	M30-34		00:16:42	00:03:45	01:22:00	00:02:49	00:47:53	02:33:06
103	181	Sonia Knox	F40-44		00:19:59	00:03:48	01:22:16	00:01:33	00:46:26	02:34:02
104	19	Barry McMullan	M40-44		00:18:42	00:03:33	01:20:21	00:01:31	00:50:19	02:34:24
105	147	Paddy Johns	M45-49		00:19:57	00:02:11	01:13:45	00:00:59	00:57:46	02:34:37
106	62	Deirdre Johnston	F40-44		00:17:25	00:06:05	01:20:37	00:02:03	00:48:45	02:34:53
107	91	gregory dunlop	M40-44		00:19:58	00:04:59	01:15:18	00:02:44	00:51:57	02:34:54
108	207	Davy Patterson	M50-54	Triangle T C	00:17:58	00:04:24	01:15:56	00:01:17	00:55:25	02:34:57
109	24	Brian Sinclair	M35-39	Triangle TC	00:18:53	00:02:14	01:17:13	00:01:00	00:56:14	02:35:32
110	74	GABRIEL McGUINNESS	M50-54	NorthWest TC	00:21:50	00:05:49	01:10:13	00:01:33	00:56:12	02:35:35
111	87	Graeme Evans	M30-34	Triangle TC	00:20:12	00:04:54	01:18:06	00:02:26	00:50:01	02:35:38
112	79	Gavin McKevitt	M40-44	Lisburn TC	00:19:35	00:03:10	01:20:53	00:01:06	00:51:30	02:36:12
113	94	ian crowe	M45-49		00:20:02	00:04:39	01:24:58	00:01:48	00:45:08	02:36:33
114	184	Stephen Keown	M30-34	Triangle TC	00:17:18	00:05:05	01:20:18	00:01:39	00:53:07	02:37:25
115	212	Paul Lappin			00:19:10	00:03:16	01:24:17	00:02:00	00:48:47	02:37:28
116	86	Gillian Armstrong	F30-34	Olympian TC	00:16:54	00:04:10	01:22:28	00:01:01	00:53:00	02:37:32
117	92	Helen Murray	F40-44	Hi-Elbow TC	00:19:58	00:04:22	01:18:09	00:01:26	00:54:09	02:38:02
118	54	Dave Harris	M35-39	Fingal TC	00:18:57	00:04:41	01:22:26	00:02:00	00:50:29	02:38:30
119	167	Richard Patterson	M45-49	TUNA TC	00:17:58	00:04:46	01:21:11	00:01:48	00:53:01	02:38:42



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120	210	Philip Magill	M40-44		00:18:26	00:04:44	01:15:50	00:01:45	00:58:31	02:39:14
121	169	ricky mcmaster	M45-49		00:18:22	00:06:15	01:16:43	00:02:02	00:55:55	02:39:15
122	71	anne watt	F45-49		00:18:54	00:04:29	01:19:59	00:01:36	00:54:25	02:39:21
123	196	Thomas Linton	M50-54	Hi-Elbow TC	00:18:11	00:05:03	01:22:05	00:02:51	00:51:34	02:39:42
124	38	Clare Duffield	F35-39		00:19:27	00:04:30	01:22:52	00:03:25	00:49:31	02:39:43
125	68	theresa Fearon	F50-54		00:18:37	00:05:56	01:22:01	00:01:13	00:52:02	02:39:48
126	60	David Balmer	M35-39	Peninsula TC	00:17:46	00:03:43	01:22:29	00:01:15	00:54:43	02:39:53
127	135	mervyn kelly	M45-49	Triangle TC	00:15:39	00:03:39	01:15:07	00:04:13	01:02:09	02:40:45
128	18	BARRY MAIRS	M35-39		00:25:30	00:02:37	01:22:10	00:01:34	00:49:33	02:41:21
129	124	Louise Togneri	F50-54	Peninsula TC	00:20:06	00:03:43	01:16:02	00:01:11	01:00:43	02:41:43
130	205	liam mcdermott	M45-49	Omagh T C	00:21:08	00:04:18	01:24:22	00:01:42	00:50:19	02:41:47
131	30	Douglas Finlay	M40-44	Triangle TC	00:20:21	00:06:17	01:21:05	00:02:03	00:52:02	02:41:47
132	160	nigel martin	M45-49		00:25:24	00:05:03	01:20:43	00:01:35	00:49:35	02:42:19
133	100	JAMES MC OSCAR	M35-39		00:20:42	00:07:22	01:16:43	00:02:28	00:56:00	02:43:12
134	113	JULIE ALEXANDER	F40-44		00:17:46	00:03:32	01:27:13	00:01:26	00:53:26	02:43:21
135	162	Philip Boyd	M50-54	Olympian TC	00:17:33	00:05:40	01:17:37	00:01:40	01:01:10	02:43:39
136	211	Michael Livingstone			00:17:50	00:06:33	01:28:17	00:01:53	00:49:45	02:44:17
137	5	Alastair Sweetnam	M30-34	Olympian TC	00:20:12	00:04:35	01:28:43	00:01:56	00:49:05	02:44:30
138	110	jonathan weir	M16-19		00:20:07	00:03:56	01:20:11	00:01:57	00:58:24	02:44:33
139	165	Raymond Mc Keegan	M45-49		00:23:20	00:05:16	01:22:28	00:01:55	00:51:56	02:44:53
140	97	James Watson	M45-49		00:18:03	00:06:15	01:27:24	00:01:35	00:51:46	02:45:01
141	42	Conaill McGrady McGrady	M40-44		00:19:04	00:05:08	01:24:17	00:02:04	00:54:57	02:45:28
142	118	michaela black	F40-44		00:19:51	00:04:20	01:23:44	00:00:41	00:58:24	02:46:59
143	15	Andrew Harper	F30-34	Olympian TC	00:19:37	00:04:22	01:32:03	00:02:14	00:51:09	02:49:23
144	188	Stephen Weir	M25-29		00:21:15	00:03:19	01:20:59	00:01:12	01:02:47	02:49:31
145	163	Philip McBride	M35-39		00:14:42	00:05:21	01:38:14	00:02:47	00:49:27	02:50:29
146	191	stephen ward	M30-34		00:19:19	00:06:16	01:28:22	00:02:56	00:53:46	02:50:38
147	104	JEFF MC LAUGHLIN	M40-44	NorthWest TC	00:22:25	00:04:28	01:24:30	00:01:16	00:58:25	02:51:01
148	146	Nigel Taylor	M50-54		00:17:44	00:03:31	01:21:31	00:02:45	01:05:50	02:51:18
149	111	Julian LEGGETT	M40-44		00:17:06	00:03:49	01:28:58	00:01:19	01:00:09	02:51:19



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architects

150	66	Desmond Gault	M45-49		00:22:12	00:04:33	01:28:52	00:01:49	00:54:04	02:51:28
151	156	Peter Kelly	M35-39		00:21:55	00:07:10	01:29:29	00:02:42	00:50:31	02:51:45
152	141	Neill Dickson	M40-44		00:23:17	00:05:15	01:26:53	00:02:31	00:54:38	02:52:32
153	20	Ben Greene	M35-39		00:18:43	00:05:59	01:33:58	00:01:58	00:52:24	02:53:00
154	114	Kate Molloy	F30-34		00:20:00	00:03:10	01:33:51	00:00:50	00:55:31	02:53:21
155	95	James Goligher	M35-39		00:24:08	00:02:23	01:32:14	00:02:03	00:53:40	02:54:27
156	14	Andrew Hartley	M35-39		00:20:58	00:03:21	01:23:47	00:01:35	01:06:29	02:56:07
157	148	PATRICIA MCKIBBIN	F30-34		00:19:33	00:04:01	01:42:57	00:02:57	00:47:16	02:56:43
158	76	Gareth Osborne	M35-39	Olympian TC	00:21:17	00:04:22	01:34:04	00:02:51	00:54:58	02:57:30
159	105	John Heatherington	M40-44		00:19:02	00:05:27	01:28:14	00:04:40	01:01:03	02:58:23
160	121	Cathal McOscar	M		00:29:36	00:04:16	01:21:15	00:02:22	01:01:07	02:58:35
161	40	Colin McIlrath	M40-44		00:20:59	00:04:33	01:29:22	00:01:16	01:02:54	02:59:02
162	63	Deirdre Loughran	F25-29	Newry & Mourne TC	00:20:25	00:04:38	01:32:49	00:01:37	00:59:50	02:59:17
163	175	Sam Gordon	M70-74		00:18:56	00:05:17	01:16:23	00:03:48	01:16:31	03:00:53
164	50	Dan Flynn	M40-44		00:20:45	00:03:37	01:32:50	00:02:21	01:01:27	03:00:58
165	179	linda tomb	F40-44	Triangle TC	00:19:56	00:04:39	01:30:27	00:02:22	01:09:53	03:07:15
166	186	Stephen Graham	M30-34	Triangle TC	00:17:39	00:05:08	01:30:29	00:02:29	01:23:47	03:19:30