

# 2021-08-07 Tri-The-Lough results

Rank	Bib	Name	Last Name	Age Cat	Club	Swim	Pos	T1	Cycle	Pos	Km/hr	T2	Run	Pos	Finish	Gap Time
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## Sprint

1.	111	Luke	McCarron	M20-24	Cambridge Uni TC	00:10:12	2.	00:00:43	00:30:44	2.	39,0	00:00:43	00:16:13	1.	<b>00:58:37</b>	-
2.	119	Bernard	McCullagh	M30-34	Omagh TC	00:11:33	4.	00:00:20	00:31:57	3.	37,5	00:00:33	00:18:20	3.	<b>01:02:44</b>	+4:07
3.	116	Erin	McConnell	F20-24	Peninsula TC	00:09:53	1.	00:00:27	00:34:07	14.	35,1	00:00:38	00:19:21	8.	<b>01:04:29</b>	+5:51
4.	99	Conor	Maguire	M25-29	Omagh TC	00:12:15	11.	00:00:30	00:32:41	6.	36,7	00:00:36	00:18:30	5.	<b>01:04:34</b>	+5:57
5.	148	Emmett	Mullan	M25-29	NWTC	00:11:29	3.	00:00:22	00:33:09	10.	36,1	00:00:31	00:19:53	11.	<b>01:05:25</b>	+6:48
6.	150	Brendan	Murphy	M35-39	Peninsula TC	00:12:45	16.	00:00:39	00:33:48	13.	35,4	00:00:30	00:18:13	2.	<b>01:05:58</b>	+7:20
7.	107	Dermot	Mccabe	M50-54		00:13:11	17.	00:00:44	00:32:29	4.	36,9	00:00:39	00:19:12	6.	<b>01:06:16</b>	+7:38
8.	68	Oliver	Harkin	M45-49											<b>01:06:27</b>	+7:50
9.	83	James	Keenan	M45-49	Cuilcagh TC	00:12:09	9.	00:00:25	00:32:36	5.	36,7	00:00:40	00:21:10	19.	<b>01:07:03</b>	+8:25
10.	105	Shane	Mc Nulty	M45-49	247 Triathlon Club	00:14:18	36.	00:00:59	00:32:46	7.	36,6	00:00:51	00:18:24	4.	<b>01:07:20</b>	+8:43
11.	182	Tom	Williamson	M16-19	Down TC	00:11:45	6.	00:00:24	00:34:46	25.	34,5	00:00:45	00:20:12	14.	<b>01:07:54</b>	+9:17
12.	154	Peter	Neill	M45-49	Omagh TC	00:13:27	23.	00:01:21	00:32:55	9.	36,4	00:00:45	00:19:28	9.	<b>01:07:58</b>	+9:20
13.	34	Kian	Divin	M20-24	Northwest	00:12:15	10.	00:00:28	00:34:45	24.	34,5	00:00:38	00:20:03	13.	<b>01:08:10</b>	+9:33
14.	17	Eoghan	Conlon	M20-24		00:13:12	19.	00:01:18	00:34:11	15.	35,1	00:00:38	00:19:29	10.	<b>01:08:50</b>	+10:12
15.	79	Michael	Holland	M35-39	Omagh TC	00:11:52	7.	00:00:28	00:33:27	12.	35,8	00:00:54	00:22:48	45.	<b>01:09:31</b>	+10:53
16.	71	Cormac	Harte	M20-24		00:13:56	29.	00:01:04	00:35:12	33.	34,0	00:00:43	00:19:19	7.	<b>01:10:16</b>	+11:39
17.	75	Shaun	Heaney	M35-39	NWTC	00:12:19	12.	00:00:45	00:34:28	19.	34,8	00:00:44	00:22:10	35.	<b>01:10:29</b>	+11:51
18.	18	John	Connaghan	M60	Olympian Triathlon	00:13:56	30.	00:00:47	00:34:32	21.	34,7	00:00:39	00:21:16	20.	<b>01:11:12</b>	+12:35
19.	56	Mark	Gallagher	M45-49		00:14:01	32.	00:00:57	00:34:13	16.	35,0	00:01:04	00:22:17	38.	<b>01:12:34</b>	+13:56
20.	141	Thomas	Moore	M50-54	Triangle Triathlon Club	00:12:30	13.	00:00:54	00:35:40	41.	33,6	00:00:43	00:22:57	52.	<b>01:12:46</b>	+14:09
21.	139	Eddie	Molloy	M40-44	Omagh TC	00:16:38	85.	00:00:59	00:33:25	11.	35,9	00:01:02	00:20:59	16.	<b>01:13:05</b>	+14:27
22.	85	Peter	Kelly	M45-49		00:14:32	39.	00:01:07	00:34:59	28.	34,2	00:00:42	00:21:50	26.	<b>01:13:12</b>	+14:35
23.	27	Cathy	Cunningham	F50-54	Omagh TC	00:12:41	15.	00:00:38	00:35:39	40.	33,6	00:00:41	00:24:05	72.	<b>01:13:46</b>	+15:08
24.	81	Gary	Jeffers	M30-34	Tri Limits TC	00:20:13	128.	00:01:16	00:30:04	1.	39,9	00:00:35	00:21:55	29.	<b>01:14:05</b>	+15:27
25.	16	Ruairi	Conlon	M20-24		00:13:37	25.	00:01:23	00:37:57	72.	31,6	00:00:11	00:21:02	17.	<b>01:14:12</b>	+15:34
26.	88	Gerard	Kenny	M55-59	Setanta Triathlon Club	00:16:16	77.	00:00:42	00:35:03	30.	34,2	00:00:37	00:21:44	24.	<b>01:14:23</b>	+15:46
27.	163	Glen	Pollock	M55-59	Olympian Triathlon	00:14:07	35.	00:00:43	00:35:26	37.	33,8	00:00:42	00:23:29	63.	<b>01:14:30</b>	+15:52
28.	63	Peter	Glass	M45-49	Armagh Pikekickers	00:16:19	79.	00:01:04	00:34:25	18.	34,8	00:00:57	00:21:46	25.	<b>01:14:33</b>	+15:56
29.	162	Anne	Paul	F55-59	Triangle Triathlon Club	00:13:42	27.	00:01:49	00:36:48	54.	32,5	00:00:41	00:21:31	21.	<b>01:14:33</b>	+15:56
30.	177	Howard	Triggs	M55-59	Kilkenny Triathlon Club	00:15:25	58.	00:00:53	00:34:17	17.	34,9	00:00:59	00:23:03	53.	<b>01:14:40</b>	+16:02
31.	173	Gary	Sleith	M35-39		00:15:08	52.	00:01:38	00:36:56	58.	32,4	00:01:09	00:19:56	12.	<b>01:14:49</b>	+16:11
32.	59	Noel	Gilheany	M60	Cuilcagh TC	00:13:45	28.	00:00:35	00:35:20	35.	33,9	00:00:55	00:24:15	75.	<b>01:14:51</b>	+16:14
33.	8	Emmet	Boyle	M40-44	Northwest	00:14:57	50.	00:00:57	00:35:02	29.	34,2	00:00:55	00:23:07	55.	<b>01:15:00</b>	+16:23
34.	106	Oran	McAlear	M16-19	Omagh TC	00:15:47	63.	00:00:30	00:34:58	27.	34,3	00:00:34	00:23:15	58.	<b>01:15:05</b>	+16:28
35.	151	Fiona	Murphy	F30-34		00:11:35	5.	00:00:36	00:39:17	90.	30,5	00:00:40	00:23:05	54.	<b>01:15:15</b>	+16:37

Rank	Bib	Name	Last Name	Age Cat	Club	Swim	Pos	T1	Cycle	Pos	Km/hr	T2	Run	Pos	Finish	Gap Time
36.	12	Thomas	Cassidy	M35-39		00:13:59	31.	00:01:41	00:35:27	38.	33,8	00:00:43	00:23:24	61.	01:15:15	+16:38
37.	128	Kerrie	Mcilmoyle	F40-44	Triangle Triathlon Club	00:16:08	73.	00:01:33	00:34:50	26.	34,4	00:00:51	00:21:59	30.	01:15:23	+16:46
38.	152	Conan	Murray	M35-39	Northwest	00:14:22	37.	00:01:31	00:35:55	43.	33,3	00:00:42	00:22:54	49.	01:15:26	+16:48
39.	142	Daniel	Moore	M20-24	Cuilcagh TC	00:15:16	54.	00:01:22	00:35:20	34.	33,9	00:01:25	00:22:05	33.	01:15:29	+16:51
40.	33	Paul	Diver	M45-49		00:12:06	8.	00:00:54	00:37:17	60.	32,1	00:00:40	00:24:33	80.	01:15:31	+16:54
41.	6	Denis	Borimskij	M35-39	Omagh TC	00:14:52	45.	00:01:05	00:36:45	53.	32,6	00:00:57	00:22:09	34.	01:15:51	+17:13
42.	158	Darragh	O'Neill	M35-39	Omagh TC	00:14:45	44.	00:01:16	00:36:55	57.	32,4	00:00:46	00:22:12	36.	01:15:56	+17:19
43.	183	Aoife	Wilson	F20-24		00:13:12	18.	00:00:16	00:37:48	70.	31,7	00:00:42	00:23:59	70.	01:15:58	+17:21
44.	38	Gavin	Doherty	M40-44	Northwest	00:14:29	38.	00:01:02	00:36:22	49.	32,9	00:00:48	00:23:16	59.	01:15:59	+17:21
45.	134	Peter	Mclaughlin	M65-69	Northwest	00:14:53	47.	00:00:55	00:36:17	47.	33,0	00:00:45	00:23:11	57.	01:16:04	+17:26
46.	25	Stephen	Cross	M50-54	Armagh Pikekickers	00:13:17	20.	00:01:02	00:36:19	48.	33,0	00:01:19	00:24:05	73.	01:16:04	+17:26
47.	86	Jason	Kelly	M35-39	Omagh TC	00:17:36	101.	00:00:36	00:34:29	20.	34,7	00:00:53	00:22:54	48.	01:16:30	+17:53
48.	13	Joe	Clarke	M35-39		00:14:44	43.	00:01:00	00:35:11	32.	34,0	00:00:50	00:24:46	85.	01:16:33	+17:56
49.	77	Dean	Herron	M35-39		00:16:19	78.	00:01:43	00:35:45	42.	33,5	00:00:48	00:22:01	31.	01:16:38	+18:00
50.	114	Graeme	Mccluskey	M50-54	TUNA TC	00:16:03	72.	00:00:59	00:36:15	45.	33,0	00:00:47	00:22:38	42.	01:16:45	+18:07
51.	30	Mark	Daffy	M45-49	Omagh TC	00:14:38	42.	00:01:22	00:35:25	36.	33,8	00:00:59	00:24:22	78.	01:16:47	+18:10
52.	103	Barry	Mc eleney	M30-34	247 Triathlon Club	00:13:26	21.	00:00:54	00:37:22	62.	32,1	00:01:15	00:23:54	68.	01:16:53	+18:15
53.	178	Gerard	Turbitt	M65-69	Omagh TC	00:14:33	40.	00:00:53	00:36:13	44.	33,1	00:01:26	00:23:58	69.	01:17:05	+18:28
54.	133	Conor	Mclaughlin	M30-34		00:16:03	71.	00:00:59	00:37:26	63.	32,0	00:01:05	00:21:40	22.	01:17:14	+18:37
55.	41	Thomas	Downey	M50-54	Cuilcagh TC	00:18:39	112.	00:00:45	00:34:36	22.	34,6	00:00:59	00:22:16	37.	01:17:16	+18:38
56.	123	Shane	McGale	M50-54	Omagh TC	00:13:41	26.	00:00:48	00:38:47	86.	30,9	00:00:46	00:23:30	64.	01:17:33	+18:55
57.	125	Peter	Mcguigan	M20-24	Armagh Pikekickers	00:13:28	24.	00:00:45	00:38:14	75.	31,3	00:00:52	00:24:14	74.	01:17:35	+18:57
58.	42	Clare	Duffield	F45-49		00:15:49	66.	00:01:06	00:37:19	61.	32,1	00:00:44	00:22:41	43.	01:17:41	+19:03
59.	49	Kevin	Feely	M35-39	Tri an Mhi TC	00:13:26	22.	00:01:19	00:34:42	23.	34,5	00:00:59	00:27:38	111.	01:18:05	+19:28
60.	96	Amy	Lundy	F16-19	Northwest	00:12:33	14.	00:00:32	00:37:50	71.	31,7	00:00:40	00:26:55	106.	01:18:32	+19:54
61.	40	Martin	Donnelly	M50-54	247 Triathlon Club	00:15:49	67.	00:00:46	00:38:15	76.	31,3	00:00:54	00:22:57	51.	01:18:43	+20:06
62.	109	Barry	McCann	M60	Omagh TC	00:16:33	84.	00:01:40	00:36:28	51.	32,8	00:00:45	00:23:20	60.	01:18:47	+20:10
63.	160	Philip	Owens	M45-49	Triangle Triathlon Club	00:14:02	33.	00:01:33	00:36:41	52.	32,7	00:00:56	00:25:44	95.	01:18:57	+20:20
64.	35	Liam	DOHERTY	M35-39		00:14:53	46.	00:01:14	00:37:08	59.	32,3	00:01:15	00:24:39	83.	01:19:11	+20:34
65.	69	Jude	Harkin	M20-24		00:16:31	83.	00:01:51	00:36:49	55.	32,5	00:00:37	00:23:28	62.	01:19:17	+20:40
66.	168	Barry	Rogers	M40-44	Omagh TC	00:15:48	65.	00:01:30	00:35:38	39.	33,6	00:00:53	00:25:29	93.	01:19:20	+20:42
67.	153	Frances	Murray	F45-49	Brown Shoes TC	00:14:57	51.	00:01:16	00:37:35	65.	31,9	00:01:23	00:24:17	77.	01:19:29	+20:52
68.	94	Anna	Lawther	F25-29		00:15:58	68.	00:01:16	00:38:41	85.	31,0	00:01:04	00:22:49	46.	01:19:50	+21:12
69.	5	Justin	Bloomer	M25-29		00:22:59	136.	00:01:51	00:32:54	8.	36,4	00:02:03	00:20:18	15.	01:20:08	+21:30
70.	120	Lucy	McDermott	F45-49	Omagh TC	00:16:54	89.	00:00:50	00:38:33	81.	31,1	00:00:49	00:23:08	56.	01:20:16	+21:38
71.	89	Emma	Kerr	F35-39	Olympian Triathlon	00:15:18	56.	00:00:50	00:38:35	83.	31,0	00:00:58	00:24:39	84.	01:20:23	+21:45
72.	43	Andrew	Duffy	M30-34		00:17:30	100.	00:01:18	00:38:16	77.	31,3	00:01:03	00:22:23	40.	01:20:32	+21:55
73.	167	Pauric	Quinn	M55-59	Omagh TC	00:17:07	94.	00:01:02	00:37:46	68.	31,7	00:01:12	00:23:46	67.	01:20:55	+22:18
74.	37	Garrett	Doherty	M40-44	247 Triathlon Club	00:17:18	97.	00:01:15	00:38:32	80.	31,1	00:01:04	00:22:48	44.	01:20:58	+22:20
75.	82	Rachel	Jones	F35-39		00:14:02	34.	00:00:55	00:37:38	67.	31,8	00:01:00	00:27:40	112.	01:21:18	+22:40
76.	48	Pauric	Feely	M30-34		00:19:19	117.	00:01:19	00:35:10	31.	34,1	00:01:13	00:24:23	79.	01:21:27	+22:49

Rank	Bib	Name	Last Name	Age Cat	Club	Swim	Pos	T1	Cycle	Pos	Km/hr	T2	Run	Pos	Finish	Gap Time
77.	110	Eugene	McCarroll	M30-34		00:16:24	80.	00:01:41	00:41:32	107.	28,8	00:00:31	00:21:43	23.	01:21:53	+23:15
78.	1	Seamus	Arkinson	M55-59	Omagh TC	00:17:02	92.	00:01:54	00:36:50	56.	32,5	00:01:07	00:24:59	88.	01:21:54	+23:17
79.	179	Gary	Wallace	M35-39	Omagh TC	00:18:28	111.	00:01:52	00:38:06	73.	31,4	00:01:11	00:22:19	39.	01:21:58	+23:21
80.	98	Philip	Magill	M50-54	Riada TC	00:15:15	53.	00:01:46	00:37:38	66.	31,8	00:01:16	00:26:05	99.	01:22:03	+23:25
81.	29	Liam	Curran	M45-49	Omagh TC	00:15:17	55.	00:01:24	00:39:17	91.	30,5	00:01:08	00:25:05	92.	01:22:13	+23:36
82.	15	Justin	Conaty	M45-49	Omagh TC	00:16:42	87.	00:01:58	00:36:24	50.	32,9	00:01:15	00:26:00	98.	01:22:21	+23:43
83.	132	Ryan	McLaughlin	M35-39	Olympian Triathlon	00:19:18	116.	00:01:16	00:38:10	74.	31,4	00:00:46	00:22:53	47.	01:22:25	+23:48
84.	45	Michael	Duncan	M55-59		00:18:51	113.	00:02:18	00:38:35	84.	31,0	00:01:55	00:21:07	18.	01:22:49	+24:11
85.	145	Jennifer	Morrow	F35-39	Omagh TC	00:18:24	109.	00:01:19	00:38:35	82.	31,0	00:01:39	00:22:57	50.	01:22:56	+24:18
86.	60	Thomas	Gillespie	M45-49		00:15:45	61.	00:01:01	00:37:46	69.	31,7	00:01:02	00:27:30	110.	01:23:05	+24:28
87.	3	Joanne	Bingham	F55-59	Olympian Triathlon	00:16:01	70.	00:00:26	00:41:13	103.	29,1	00:00:37	00:24:59	89.	01:23:17	+24:40
88.	28	Sean	Curran	M55-59	Omagh TC	00:16:09	74.	00:01:15	00:36:16	46.	33,0	00:00:50	00:28:49	116.	01:23:21	+24:44
89.	117	Michelle	McCoy	F35-39	Olympian Triathlon	00:18:05	106.	00:01:05	00:38:21	78.	31,2	00:00:47	00:25:02	91.	01:23:22	+24:44
90.	169	Charles	Russell	M65-69	Riada TC	00:16:30	82.	00:00:41	00:40:14	95.	29,8	00:00:33	00:25:34	94.	01:23:34	+24:56
91.	91	Rodney	Kingston	M40-44	Cuilcagh TC	00:19:30	119.	00:00:58	00:38:50	87.	30,8	00:00:52	00:23:45	66.	01:23:58	+25:20
92.	121	Niall	McDermott	M35-39	Omagh TC	00:16:10	75.	00:02:23	00:40:32	101.	29,6	00:01:15	00:24:38	82.	01:24:59	+26:22
93.	50	Gareth	Fegan	M35-39	Omagh TC	00:19:27	118.	00:01:05	00:41:44	109.	28,7	00:01:00	00:22:02	32.	01:25:21	+26:43
94.	78	Paul	Higgins	M55-59	TUNA TC	00:17:00	91.	00:01:43	00:41:17	104.	29,0	00:00:58	00:24:38	81.	01:25:39	+27:02
95.	147	Shauna	Mullan	F50-54	Northwest	00:14:56	49.	00:00:57	00:40:31	100.	29,6	00:00:59	00:28:56	117.	01:26:22	+27:44
96.	65	Sean	Gordon	M45-49	Naas TC	00:19:46	121.	00:02:02	00:41:22	106.	28,9	00:00:50	00:22:37	41.	01:26:38	+28:01
97.	143	Rob	Moran	M40-44		00:15:47	64.	00:01:03	00:41:37	108.	28,8	00:01:12	00:27:00	107.	01:26:41	+28:04
98.	19	Brian	Conway	M35-39		00:20:02	126.	00:01:12	00:39:55	94.	30,0	00:00:37	00:24:54	87.	01:26:43	+28:05
99.	149	Joan	Murphy	F45-49	Armagh Pikekickers	00:18:28	110.	00:02:07	00:38:25	79.	31,2	00:01:18	00:26:34	102.	01:26:55	+28:17
100.	136	Paul	McNamee	M55-59		00:19:49	122.	00:01:00	00:38:53	88.	30,8	00:01:11	00:26:38	103.	01:27:33	+28:55
101.	144	Stephen	Morgan	M35-39		00:22:35	134.	00:01:00	00:39:10	89.	30,6	00:00:48	00:24:01	71.	01:27:36	+28:59
102.	161	Brenda	Owens Brady	F45-49	Cavan TC	00:17:04	93.	00:01:42	00:40:43	102.	29,4	00:00:57	00:27:16	109.	01:27:43	+29:06
103.	55	Jane	Friel	F55-59		00:15:37	59.	00:01:55	00:43:05	120.	27,8	00:01:27	00:26:42	104.	01:28:49	+30:11
104.	126	Paul	Mcguinness	M60	Cuilcagh TC	00:15:20	57.	00:02:20	00:42:21	112.	28,3	00:01:08	00:27:44	113.	01:28:54	+30:17
105.	124	Patrick	McGarvey	M45-49		00:17:09	95.	00:01:47	00:42:40	115.	28,1	00:01:01	00:26:50	105.	01:29:29	+30:51
106.	172	Gemma	Skeath	F35-39	Omagh TC	00:17:37	102.	00:01:20	00:41:58	110.	28,5	00:00:44	00:27:48	114.	01:29:30	+30:52
107.	157	Etaoine	O'kane	F40-44		00:15:40	60.	00:01:39	00:45:44	131.	26,2	00:00:33	00:26:23	101.	01:30:01	+31:24
108.	171	Barry	Shannon	M50-54	Cuilcagh TC	00:18:00	105.	00:01:32	00:40:20	98.	29,7	00:01:01	00:29:14	120.	01:30:09	+31:31
109.	156	Damian	O Hagan	M35-39		00:24:35	145.	00:02:02	00:40:16	96.	29,7	00:01:24	00:21:52	28.	01:30:10	+31:32
110.	155	Grainne	O Hagan	F35-39		00:24:37	146.	00:02:01	00:40:18	97.	29,7	00:01:23	00:21:51	27.	01:30:12	+31:35
111.	113	Paul	McClellan	M40-44	Tri Limits TC	00:16:11	76.	00:01:09	00:44:49	125.	26,7	00:00:59	00:27:05	108.	01:30:13	+31:36
112.	26	Paul	Crozier	M25-29		00:19:52	124.	00:01:12	00:42:33	114.	28,1	00:00:55	00:25:46	96.	01:30:20	+31:42
113.	31	Gillian	Den haese	F50-54	Brown Shoes TC	00:17:13	96.	00:01:45	00:45:09	127.	26,5	00:01:20	00:25:00	90.	01:30:29	+31:52
114.	87	Paul	Kelly	M25-29		00:17:00	90.	00:01:29	00:39:29	93.	30,3	00:00:59	00:31:32	133.	01:30:31	+31:53
115.	164	Ann	Pollock	F50-54	Cuilcagh TC	00:14:37	41.	00:01:06	00:44:53	126.	26,7	00:01:08	00:29:13	119.	01:30:59	+32:22
116.	70	Colin	Harkness	M40-44	Omagh TC	00:23:51	142.	00:01:25	00:40:30	99.	29,6	00:00:55	00:24:16	76.	01:31:00	+32:23
117.	7	Gary	Boyd	M45-49		00:16:00	69.	00:01:01	00:42:02	111.	28,5	00:01:04	00:31:16	132.	01:31:25	+32:47

Rank	Bib	Name	Last Name	Age Cat	Club	Swim	Pos	T1	Cycle	Pos	Km/hr	T2	Run	Pos	Finish	Gap Time
118.	62	Sean	Gillespie	M20-24		00:19:40	120.	00:01:58	00:46:02	134.	26,0	00:00:34	00:23:35	65.	01:31:51	+33:13
119.	227	Sean	Healy	M65-69	Omagh TC	00:17:30	99.	00:01:00	00:43:10	121.	27,7	00:00:52	00:29:47	125.	01:32:20	+33:43
120.	118	Jonathan	McCrea	M45-49		00:21:17	130.	00:01:39	00:37:32	64.	31,9	00:01:42	00:31:38	134.	01:33:51	+35:13
121.	21	Una	Corrigan	F40-44	Omagh TC	00:23:05	139.	00:02:16	00:42:45	118.	28,0	00:01:11	00:25:59	97.	01:35:18	+36:40
122.	46	Conor	Eanetta	M45-49	Omagh TC	00:16:29	81.	00:01:39	00:41:19	105.	29,0	00:01:01	00:35:05	141.	01:35:35	+36:58
123.	2	JANINE	BEAZLEY	F35-39	Brown Shoes TC	00:16:48	88.	00:00:54	00:45:35	128.	26,3	00:00:57	00:32:24	136.	01:36:40	+38:02
124.	95	Kevin	Loughran	M35-39	Omagh TC	00:19:49	123.	00:03:32	00:42:42	116.	28,1	00:01:20	00:29:23	124.	01:36:47	+38:09
125.	92	Stuart	Kyle	M40-44	Brown Shoes TC	00:22:01	132.	00:01:19	00:44:12	123.	27,1	00:01:08	00:28:08	115.	01:36:50	+38:12
126.	184	Declan	Woods	M40-44	Armagh Pikekickers	00:17:29	98.	00:02:39	00:45:42	129.	26,2	00:02:09	00:29:22	123.	01:37:23	+38:46
127.	159	Billy	Orr	M60		00:22:40	135.	00:01:05	00:43:04	119.	27,8	00:01:21	00:29:55	127.	01:38:06	+39:28
128.	10	Jonathan	Caldwell	M50-54		00:18:10	107.	00:01:48	00:48:11	143.	24,9	00:01:00	00:29:03	118.	01:38:14	+39:37
129.	101	Anne	Martin	F55-59	Cuilcagh TC	00:20:01	125.	00:01:45	00:45:56	133.	26,1	00:01:12	00:30:11	128.	01:39:06	+40:29
130.	220	Desmond	Mchenry	M70-74		00:17:39	103.	00:01:24	00:42:42	117.	28,0	00:01:28	00:35:55	144.	01:39:10	+40:32
131.	4	Jennifer	Birkenhead	F45-49	Cuilcagh TC	00:25:02	147.	00:01:18	00:46:46	138.	25,6	00:01:29	00:24:50	86.	01:39:28	+40:51
132.	115	Ruth	McComb	F45-49	Olympian Triathlon	00:19:01	114.	00:01:35	00:45:43	130.	26,2	00:01:29	00:31:39	135.	01:39:28	+40:51
133.	67	Karen	Hall	F40-44	Olympian Triathlon	00:16:39	86.	00:01:32	00:46:38	137.	25,7	00:01:19	00:33:45	139.	01:39:56	+41:19
134.	84	Sheena	Kelly	F40-44		00:19:11	115.	00:02:14	00:49:17	145.	24,3	00:00:36	00:29:22	122.	01:40:42	+42:04
135.	93	Albert	Law	M65-69		00:23:33	140.	00:02:27	00:48:42	144.	24,6	00:01:06	00:26:19	100.	01:42:08	+43:31
136.	97	Fergal j	Mackle	M55-59		00:21:55	131.	00:02:59	00:43:14	122.	27,7	00:01:17	00:32:52	137.	01:42:20	+43:42
137.	90	Conleth	Kerr	M45-49	Tri Limits TC	00:26:44	149.	00:01:49	00:42:32	113.	28,2	00:01:06	00:30:23	130.	01:42:36	+43:58
138.	36	Julie	Doherty	F45-49		00:22:21	133.	00:03:02	00:47:50	141.	25,0	00:01:05	00:30:13	129.	01:44:33	+45:56
139.	170	STUART	RYAN	M40-44	Armagh Pikekickers	00:17:53	104.	00:02:00	00:47:26	139.	25,2	00:01:35	00:35:46	143.	01:44:42	+46:04
140.	112	Charlene	Mccaul	F35-39	Tri Limits TC	00:24:11	144.	00:02:52	00:46:18	135.	25,9	00:01:46	00:29:48	126.	01:44:57	+46:19
141.	72	Eilish	Harvey	F40-44	Tri Limits TC	00:26:10	148.	00:02:11	00:44:28	124.	26,9	00:01:16	00:30:58	131.	01:45:05	+46:27
142.	127	Ciaran	McHugh	M50-54	Omagh TC	00:20:43	129.	00:01:40	00:47:57	142.	25,0	00:01:03	00:33:56	140.	01:45:20	+46:43
143.	24	Una	Cregan	F55-59	Olympian Triathlon	00:20:06	127.	00:00:30	00:47:45	140.	25,1	00:02:08	00:35:11	142.	01:45:42	+47:04
144.	108	Sinead	McCafferty	F35-39	Lough Key TC	00:18:18	108.	00:02:24	00:46:24	136.	25,8	00:01:38	00:37:30	145.	01:46:17	+47:40
145.	174	Lisa	Sweeney	F45-49		00:24:08	143.	00:02:04	00:50:30	147.	23,7	00:00:51	00:29:15	121.	01:46:51	+48:13
146.	11	Martina	Callaghan	F45-49	Northwest	00:23:47	141.	00:02:52	00:50:16	146.	23,8	00:00:48	00:32:55	138.	01:50:40	+52:02
147.	44	ROSS	DUNCAN	M30-34	Brown Shoes TC	00:23:00	137.	00:02:38	00:45:46	132.	26,2	00:01:50	00:39:57	146.	01:53:13	+54:35
148.	129	Roisin	McKeever	F40-44	Olympian Triathlon	00:15:47	62.	00:02:43	00:53:48	148.	22,2	00:00:53	00:42:40	147.	01:55:53	+57:16
DNF	102	Sean	Mc Aleer	M20-24		00:14:55	48.	00:01:19								
DNF	140	Anne	Moore	F50-54		00:23:02	138.									

## Try A Tri

1.	214	Vinnie	MCATEE	M45-49	Omagh TC	00:13:29	20.	00:01:01	00:18:44	1.	64,0	00:01:15	00:11:14	2.	00:45:44	-
2.	207	Justin	Graham	M35-39		00:08:08	2.	00:00:57	00:20:30	3.	58,4	00:01:21	00:15:30	8.	00:46:28	+0:43
3.	53	Nichola k	Fitzgerald	F30-34		00:10:07	5.	00:01:01	00:22:25	6.	53,5	00:00:50	00:14:13	5.	00:48:37	+2:52
4.	224	JOAN	POTTS	F60-64		00:11:04	11.	00:01:41	00:20:55	4.	57,3	00:00:50	00:15:31	9.	00:50:03	+4:18

Rank	Bib	Name	Last Name	Age Cat	Club	Swim	Pos	T1	Cycle	Pos	Km/hr	T2	Run	Pos	Finish	Gap Time
5.	201	Bianca	Crossan	F40-44		00:10:00	4.	00:01:16	00:23:50	10.	50,3	00:01:21	00:14:29	6.	<b>00:50:59</b>	+5:14
6.	176	Corra	Travers	F30-34		00:09:31	3.	00:01:30	00:25:25	17.	47,1	00:03:38	00:12:32	3.	<b>00:52:38</b>	+6:53
7.	213	Noreen	Mc Dermott	F40-44		00:11:02	8.	00:01:06	00:24:55	15.	48,1	00:00:32	00:16:11	13.	<b>00:53:47</b>	+8:02
8.	200	Laura	Colhoun	F35-39	Omagh TC	00:12:05	17.	00:01:05	00:25:02	16.	47,9	00:00:33	00:15:36	10.	<b>00:54:23</b>	+8:38
9.	221	Eoin	McLaughlin	M20-24		00:11:10	12.	00:01:27	00:25:33	18.	46,9	00:01:18	00:14:56	7.	<b>00:54:25</b>	+8:41
10.	215	Kathryn	McBrearty	F40-44		00:10:32	6.	00:02:01	00:22:13	5.	53,9	00:01:13	00:18:31	21.	<b>00:54:32</b>	+8:47
11.	209	Stephen	Harrison	M50-54		00:10:58	7.	00:02:36	00:22:47	7.	52,6	00:01:46	00:16:57	16.	<b>00:55:07</b>	+9:22
12.	202	Ciara	Dolan	F40-44		00:11:03	9.	00:02:27	00:24:00	11.	49,9	00:00:37	00:16:57	15.	<b>00:55:07</b>	+9:22
13.	211	Onagh	Martin	F30-34		00:12:36	19.	00:01:07	00:23:44	8.	50,5	00:00:37	00:17:10	17.	<b>00:55:16</b>	+9:32
14.	222	Tracey	Mimna	F35-39	Olympian Triathlon	00:13:36	21.	00:01:19	00:23:44	9.	50,5	00:00:28	00:16:49	14.	<b>00:55:59</b>	+10:14
15.	212	Clara	Maybin	F30-34		00:12:34	18.	00:01:12	00:24:42	12.	48,5	00:00:34	00:17:16	18.	<b>00:56:20</b>	+10:35
16.	204	Michaela	Donnelly	F30-34	Omagh TC	00:20:52	24.	00:01:57	00:19:30	2.	61,4	00:01:21	00:12:45	4.	<b>00:56:26</b>	+10:42
17.	219	April	McGrory	F30-34		00:11:36	14.	00:01:34	00:24:49	14.	48,3	00:00:44	00:17:57	20.	<b>00:56:42</b>	+10:57
18.	223	Elena	Murphy	F30-34		00:11:39	15.	00:01:24	00:27:06	19.	44,2	00:00:43	00:16:07	12.	<b>00:57:00</b>	+11:15
19.	203	Jane	Donnelly	F20-24		00:11:03	10.	00:01:32	00:27:53	21.	43,0	00:00:39	00:15:54	11.	<b>00:57:03</b>	+11:18
20.	216	Caitlin	McDermott	F16-19		00:07:49	1.	00:01:30	00:32:25	24.	37,0	00:00:41	00:17:43	19.	<b>01:00:10</b>	+14:25
21.	9	Jacqueline	Cadger	F55-59		00:11:12	13.	00:02:31	00:27:23	20.	43,8	00:01:17	00:20:53	22.	<b>01:03:18</b>	+17:34
22.	226	ROBERTA	WHYTE	F55-59		00:14:53	22.	00:01:12	00:32:10	23.	37,2	00:04:42	00:10:31	1.	<b>01:03:29</b>	+17:44
23.	225	Una	Turbitt	F50-54		00:15:03	23.	00:02:00	00:24:43	13.	48,5	00:01:31	00:22:49	23.	<b>01:06:08</b>	+20:24
24.	210	Lucy	Hood	F25-29		00:11:55	16.	00:02:50	00:28:40	22.	41,8	00:03:06	00:23:37	24.	<b>01:10:11</b>	+24:26

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