

Run 500m / Swim 600m / Run 3K

	<i>Forename</i>	<i>Surname</i>	<i>Time</i>
1	Craig	Harrison	00:24:06
2	Johnny	Walker	00:24:42
3	Dan	Young	00:25:14
	Steven	Guy	00:25:35
	Mark	Miskelly	00:26:05
	Nik	Jolmes	00:26:58
	Garwei	Ho	00:27:09
	Stevie	Young	00:28:04
	Ondrej	Pisa	00:28:25
	Graham	McCloskey	00:29:00
	Damian	McAlinden	00:29:02
	Michal	Buchta	00:29:03
	Des	Canavan	00:29:20
	K	Lavery	00:29:24
1	Lucie	Rehova	00:29:45
	Campbell	Mitchell	00:30:05
2	Oonagh	Murphy	00:30:43
	Mark	Fitzimmons	00:30:58
	Davy	McClellan	00:31:13
	Erik	Lichnovsky	00:31:42
	Joe	Hendron	00:34:35
3	Anne	Rice	00:34:35
	Joy	McMinn	00:34:45
	Conor	McGeown	00:36:18
	Alicia	Lappin	00:37:48

Swim 300m / Run 1K

	<i>Forename</i>	<i>Surname</i>	<i>Time</i>
	Elaine	Cassidy	00:16:03
	Diane	Mitchel	00:16:13
	Bernadette	McGibbon	00:26:05
	Sarah	Mackle	00:26:18
	Janet	Rowland	00:29:44

Swim 600m / Run 1.5K

	<i>Forename</i>	<i>Surname</i>	<i>Time</i>
1	Jonathon	Wright	00:19:41
	David	Morrow	00:26:17
1	Katrina	Black	00:34:45
	Tara	O'Neill	00:38:06
	Ceara	McCann	00:38:48
	Fiona	Scullion	00:39:33

Swim 600m / Run 3K

	<i>Forename</i>	<i>Surname</i>	<i>Time</i>
1	Conor	Grimes	00:25:00
	David	Hutchinson	00:26:50
1	Alana	Kerr	00:27:52
	Conor	Magee	00:30:18
	Michael	Hicks	00:30:33
	Stephen	Murphy	00:30:42
	Jane	Lavery	00:35:53
	Stephen	McClellan	00:36:18
	Marcus	Totten	00:36:48