



CRAIGAVON



SPORTS
ADVISORY
COUNCIL

Craigavon



Triathlon 1982



SPORT FOR ALL EVENT



CHAIRMAN'S ADDRESS OF WELCOME AND THANKS

The Craigavon Sports Advisory Council are proud to be the first promoters of this novel continuous 15 mile event - an occasion which, we believe, will be the fore-runner of many such similar events throughout the 80s.

The organisation of this Triathlon required a high level of co-operation with many agencies and we are particularly indebted to:

- the Craigavon Borough Council and the Sports Council for Northern Ireland for their financial and administrative assistance,
- the management and staff of the recreational facilities in use today,
- the members of the voluntary first aid organisations on duty,
- the officials of YSAU and Portadown Swimming Clubs,
- the RUC Community Relations and Traffic Divisions,
- Creamline Products Ltd who provided milk at the finish for all entrants,
- local sports retailers, Sidney Beckett and Tom Tedford, who donated prizes for local entrants,
- the local newspapers, Portadown News and Lurgan Mail, who provided excellent coverage in the 3-month build-up period,
- and finally you, the participant, without whom there would be no event. We congratulate you on your triathlon - try anything attitude. Long may you retain this zest to accept and overcome a challenge.

Same time, next year?

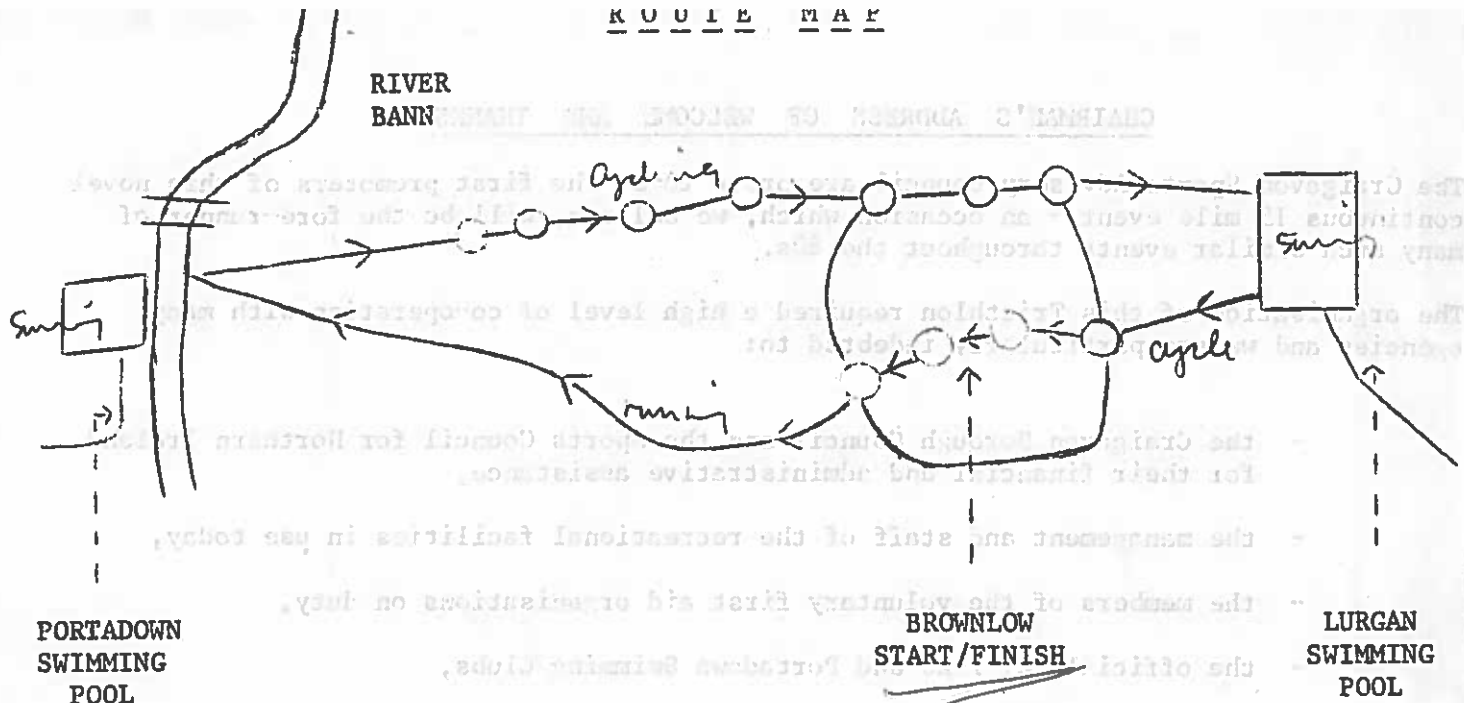
TOM TEDFORD
Chairman CSAC

THE BIG THREE IN EIGHTY-THREE

- | | |
|--|--|
| <p>1 <u>Swimming</u> - 2 mile/1 hour indoor
Swimalon</p> <p>Proposed date: Saturday 26 March</p> <p>Information from:</p> <p>UBIASA
House of Sport
Upper Malone Road
BELFAST BT9 5LA</p> | <p>3 <u>Cycling</u> - 100 mile
Lough Neagh Monster Tour</p> <p>Proposed date: Saturday 28 May</p> <p>Information from:</p> <p>Ulster Cancer Foundation
40 Eglantine Avenue
BELFAST BT9 6DX</p> |
| <p>2 <u>Running</u> - 26.2 miles
Belfast Marathon</p> <p>Proposed date: Monday 2 May</p> <p>Information from:</p> <p>City Marathon
Belfast Leisure Services Dept
City Hall
BELFAST BT1 5JA</p> | <p>4 Information about other Aerobic
Events</p> <p>eg walking, orienteering, fell-
running, cycle tours, sea swims,
fun runs etc from:</p> <p>Sports Council for Northern Ireland
House of Sport
Upper Malone Road
BELFAST BT9 5LA</p> |

ROUTE MAP

RIVER
BANN



CRAIGAVON TRIATHLON ROUTE

RUN 4 - 5 MILES

Brownlow Recreation Centre to
Roundabout D to
Roundabout E turning left along
Moyraverty West Road: turn right into
Bluestone Road: turn right into
Old Lurgan Road which becomes
Killicomaine Road up to
Gilford Road Roundabout; bear right into
Carrickblacker Road up to
Edenderry Roundabout; then
Bridge Street over River Bann into
High Street turning at traffic lights into
Thomas street to
Portadown Swimming Pool.

SWIM 0.5 MILES (24 LENGTHS)

CYCLE 7 MILES

Portadown Swimming Pool turn right into
Thomas Street then bear left into
William Street turning right into the
High Street following traffic flow over River Bann into
Bridge Street bearing left on to
Lurgan Road through
Roundabouts 8, 7, 6, 5, 4, 3, 2, 1 into
Edward Street over Francis Street traffic lights
Follow traffic flow around Shankill Church into Main Street
Continue length of Main Street turning left at traffic lights into
Robert Street to
Lurgan Swimming Pool.

SWIM 0.5 MILES (24 LENGTHS)

CYCLE 2 MILES

Lurgan Swimming Pool up to
Robert Street traffic lights turning right into
Main Street to Town Hall turning left into
Union Street which becomes
Tandragee Road through
Roundabouts 6 and 5 back to
Brownlow Recreation Centre.

LIST OF PARTICIPANTS

NO	NAME	TOWN	DOB	AFFILIATION (IF ANY)
1	Paul Abraham	CRAIGAVON	26 07 56	
2	Clair Agnew	AHOUGHILL	23 12 52	
3	William Armstrong	OMAGH	09 06 58	
4	Colin Armstrong	CRAIGAVON	17 10 57	
5	Maurice Bankhead	CRAIGAVON	25 02 50	
6	Geraldine Bankhead	CRAIGAVON	31 08 50	
7	Adam Barnhill	BELFAST	24 10 61	
8	Philip Beattie	CRAIGAVON	10 11 52	
9	Gerald Beattie	CRAIGAVON	03 01 60	
10	Pamela Bell	NEWTOWNARDS	14 08 60	
11	Alison Bennington	BELFAST	24 09 54	
12	Geoffrey Benson	CRAIGAVON	12 03 52	
13	Ralph Best	CARRICKFERGUS	08 04 50	
14	Mervyn Betts	BELFAST	14 03 65	Bangor Swimming Club
15	David Blair	LIMAVADY	30 04 53	North West Orienteers
16	Liam Bohan	LIMERICK	24 10 59	King's Hospital Swimming Club
17	David Bonar	BALLYMENA	27 11 62	Ballymena Swimming Club
18	Alexander Bonar	BALLYMENA	29 01 64	Portstewart Sub Aqua Club
19	Thomas Bradley	COLERAINE	12 09 60	Coleraine Council
20	Gerry Brannigan	ARMAGH	23 10 63	
21	Malcolm Brown	BELFAST	16 09 48	QUB PE Centre
22	Declan Brown	CRAIGAVON	07 06 59	
23	Colin Brown	NEWTOWNARDS	06 11 57	
24	Phillip Browne	BELFAST	11 03 52	
25	Fraser Buchanan	LISBURN	10 07 65	Lisburn Swimming Club
26	James Burton	BELFAST	26 02 38	Helen's Bay Lifeguard Club
27	Alana Byers	BELFAST	11 04 65	New Northern Swimming Club
28	Gregory Byers	BELFAST	11 05 66	New Northern Swimming Club
29	Ian Cairns	CRAIGAVON	22 09 64	
30	Ann Cairns	ENNISKILLEN	26 08 51	Enniskillen C&A Club
31	Stephen Cairns	ENNISKILLEN	07 11 52	Enniskillen C&A Club
32	Erwin Cameron	BELFAST	20 08 56	
33	Dawn Carson	BELFAST	20 04 58	
34	Ian Cassidy	CRAIGAVON	31 05 64	
35	Sean Cavlin	ARMAGH	26 02 66	Armagh Swimming Club
36	Andrea Christie	KESH		
37	Samuel Clarke	BELFAST	05 02 64	
38	Brian Cleland	BELFAST	21 11 61	
39	Jeffrey Conway	CRAIGAVON	23 04 58	
40	Neil Cooper	BANGOR	24 04 60	Bangor Swimming Club
41	Brian Cooper	BALLYMENA	04 08 38	
42	Daniel Corr	CRAIGAVON	17 06 44	
43	Paul Creaney	CRAIGAVON	19 06 65	
44	Ita Cregan	BELFAST	12 01 58	
45	Eamonn Cullen	CRAIGAVON	22 02 63	
46	Keith Cullen	CRAIGAVON	23 04 65	
47	Nigel Dalton	BELFAST	23 07 64	New Northern Swimming Club
48	James Darragh	BELFAST	08 03 60	QUB PE Centre
49	Pamela Denver	CRAIGAVON	12 02 65	
50	Nadine Dodds	ARMAGH	28 08 65	Armagh Swimming Club
51	Linda Donnan	NEWTOWNARDS	02 09 59	
52	Gary Dorman	BANBRIDGE	09 05 64	
53	Mark Dornan	BELFAST	11 01 63	Leander Swimming Club
54	Trevor Douglas	MARKETHILL	24 10 54	
55	Peter Duke	BELFAST	31 01 58	Instonians Rugby Club
56	John Dunne	NEWTOWNABBEY	24 04 53	
57	Gwenda Earley	DOWNPATRICK	30 06 57	Down Leisure Centre
58	Richard Ferguson	BELFAST	22 08 35	
59	Melvyn Ferson	MAGHERAFELT	08 01 64	
60	Tony Fitzpatrick	CRAIGAVON	12 07 62	

61	Robert Fitzpatrick	BELFAST	14 06 61	
62	Norman Fleming	ANTRIM	06 05 39	
63	David Fleming	BELFAST	22 09 62	
64	Peter Fox	LONDONDERRY	17 01 63	
65	Rory Friel	BELFAST	26 06 56	Cathal Brugha Swimming Club
66	Barry Fullerton	BALLYMENNA	22 07 58	Ballymena Road Club
67	Robert Gardiner	CRAIGAVON	03 05 49	
68	Arnold Gardner	BELFAST	04 04 66	New Northern Swimming Club
69	David Gillespie	CRAIGAVON	31 12 54	Bannview Squash Club
70	Nigel Girvan	CRAIGAVON	13 04 62	
71	John Glover	BELFAST	06 05 47	Shorts Athletics Club
72	Brian Gorman	BELFAST	27 09 58	Belfast Rowing Club
73	Neill Grainger	CRAIGAVON	25 10 46	UB Irish Swimming Association
74	Ronald Grant	CULLYBACKY	22 05 49	Ballymena Road Club
75	Mervyn Hall	CRAIGAVON	28 06 44	Banbridge Cycle Club
76	Dean Halliday	BELFAST	25 07 66	New Northern Swimming Club
77	Gerrard Hart	ARMAGH	21 09 58	
78	Thomas Heaney	NEWTOWARDS	01 09 65	Bangor Swimming Club
79	Roy Henderson	CRAIGAVON	22 04 40	
80	Brenda Henderson	NEWTOWNABBEY	16 09 55	
81	Colin Henderson	LISBURN	28 02 49	NI Orienteering Association
82	Bruce Henderson	LIMAVADY	02 06 47	North West Orienteers
83	Ronald Henry	CRAIGAVON	14 12 49	
84	Colin Herron	ARMAGH	13 09 58	
85	Rita Hoy	BELFAST	09 04 58	
86	Paul Hoy	BELFAST	28 12 62	
87	Bernie Hughes	CRAIGAVON	15 06 57	
88	Elizabeth Irvine	BELFAST	06 02 58	
89	Chris Johnston	BELFAST	20 03 67	New Northern Swimming Club
90	Ted Jones	BELFAST	06 12 43	Duncairn Harriers
91	Philip Kelly	BELFAST	01 01 53	Andersonstown Leisure Centre
92	Eileen Kelly	BELFAST	06 12 55	QUB Sub Aqua Club
93	Seamus Kelly	BELFAST	19 01 35	YHANI Fellwalkers
94	Keith Kilpatrick	CRAIGAVON	05 05 60	
95	Griffith Kirkpatrick	BANGOR	27 05 48	
96	Laurence Lavery	CRAIGAVON	07 07 55	Ninjitsu Karate
97	Stephen Lavery	CRAIGAVON	26 07 60	Ninjitsu Karate
98	Robert Leetch	CRAIGAVON	11 02 58	
99	Kenneth Little	CRAIGAVON	14 09 60	
100	Liam Little	CRAIGAVON	05 05 44	Lurgan Cycling Club
101	Desmond Loughrey	BELFAST	02 12 49	
102	Tom Lynass	CRAIGAVON	12 10 64	
103	Lesley Lynch	CRAIGAVON	29 01 65	YSAU Swimming Club
104	Jacqueline MacIntyre	BANGOR	14 11 64	Bangor Swimming Club
105	Bronagh Magee	CRAIGAVON	14 01 64	YSAU Swimming Club
106	Fiona Maginess	ARMAGH	26 08 66	Armagh Swimming Club
107	Gordon Manly	BELFAST	16 07 48	
108	Kieran Martin	CRAIGAVON	05 03 57	Ninjitsu Karate
109	Tommy Mason	BELFAST	04 01 55	
110	James McAteer	BELFAST	13 06 56	
111	Sheila McAvoy	BELFAST	01 09 48	
112	George McAvoy	BELFAST	16 07 45	
113	Mary McCabe	CRAIGAVON	27 05 56	
114	Paul McCann	DOWNPATRICK	30 01 64	Down Leisure Centre
115	Patrick McCauley	BELFAST	13 02 55	
116	Bill McCausland	OMAGH	30 08 56	
117	Stuart McClatchey	CRAIGAVON	22 01 64	
118	Tommy McConville	CRAIGAVON	05 02 36	
119	Christine McConville	ARMAGH	29 09 64	Armagh Swimming Club
120	Gary McConville	CRAIGAVON	10 03 61	Ninjitsu Karate

121	Martina McConville	ARMAGH	27 06 62	Armagh Swimming Club
122	Willie McCullough	DOWNPATRICK	06 05 62	Down Leisure Centre
123	Liam McDonagh	BELFAST	13 10 55	
124	Johr. McDowell	CRAIGAVON	06 02 61	Lurgan Road Club
125	Trevor McDowell	CRAIGAVON	12 08 65	
126	Paul McGarvey	CRAIGAVON	27 06 57	Portadown Rugby Club
127	Christopher McGorry	COOKSTOWN	09 05 62	Cookstown Swimming Club
128	Joan McGread	OMAGH	08 10 62	Queen's PE Centre
129	Winnifred McGread	BELFAST	28 03 59	
130	Newell McGuinness	CRAIGAVON	25 06 59	
131	Desmond McHenry	LISBURN	19 01 47	
132	James McIlveen	BELFAST	16 02 57	
133	Alistair McKittrick	CRAIGAVON	10 06 63	
134	Martin McLaughlin	NEWTOWNABBEY	30 04 64	Cyprus Cycling Club
135	Shaun McMenamin	DERRY	07 09 47	Foyle Marathon Club
136	Paul McNally	BELFAST	29 12 64	
137	Damian McSorley	OMAGH	05 05 66	Omagh Leisure Centre
138	Trevor McVeigh	BELFAST	07 07 60	
139	Thomas Melville	NEWTOWNABBEY	01 09 61	Shankill Leisure Centre
140	Joseph Mitchell	CRAIGAVON	31 07 36	
141	Paul Monaghan	LAURENCETOWN	29 06 56	
142	John Monteith	BELFAST	17 06 55	Instonians Rugby Club
143	Paul Morgan	DOWNPATRICK	16 10 63	Down Leisure Centre
144	Linda Morrison	BELFAST	06 03 58	
145	Terence Morrison	NEWTOWNARDS	10 08 58	Leander Swimming Club
146	Geoffrey Mulligan	CRAIGAVON	12 02 65	Sierra-Leone Group
147	Noel Munnis	BANGOR	17 12 58	New Northern Swimming Club
148	John Murdock	BALLYCLARE	14 09 55	
149	Con O'Callaghan	BELFAST	05 02 35	Sports Council
150	Aidan O'Callaghan	BANBRIDGE	16 03 59	
151	Kenneth O'Hare	COOKSTOWN	29 03 65	Cookstown Swimming Club
152	Elizabeth O'Neill	BELFAST	27 07 52	
153	Michael O'Sullivan	CRAIGAVON	10 08 64	Waringstown Youth Club
154	Sheila Orr	CRAIGAVON	27 09 58	Portadown Hockey Club
155	Gary Osborne	CRAIGAVON	30 07 66	Waringstown Youth Club
156	Brian Owens	BALLYCLARE	04 11 58	
157	Norman Patterson	NEWTOWNABBEY	14 08 58	Antrim Judo Club
158	Norman Pepper	CRAIGAVON	12 08 39	
159	Greer Poots	DROMORE	07 01 56	Bann Cycling Club
160	Siobhan Quinn	CRAIGAVON	07 04 60	
161	Patrick Rafferty	ARMAGH	15 10 55	Armagh Swimming Club
162	Liam Raffo	BELFAST	21 06 66	
163	Reg Rea	BELFAST	17 11 56	Polytechnic Sub Aqua Club
164	Kieran Reilly	BELFAST	21 07 59	Andersonstown Leisure Centre
165	Nuala Rice	DOWNPATRICK	14 07 65	Down Leisure Centre
166	Amanda Rodgers	BELFAST	24 01 60	
167	Mark Rodgers	DOWNPATRICK	01 08 63	Down Leisure Centre
168	Alan Rodgers	ARMAGH	28 05 63	Armagh Swimming Club
169	John Rodgers	BELFAST	24 05 54	
170	Siobhan Ross	DOWNPATRICK	16 09 64	Down Leisure Centre
171	James Ross	BELFAST	28 08 58	Shankill Leisure Centre
172	David Russell	CRAIGAVON	05 11 51	
173	Charles Russell	NEWTOWNABBEY	06 04 52	
174	Roger Scott	MONEYMORE	04 04 62	
175	Barry Scott	BELFAST	23 05 47	Belfast Rowing Club
176	Diane Sloan	BANGOR	06 11 58	Bangor Swimming Club
177	Edward Smith	BELFAST	04 04 51	
178	Sally Ann Spencer	BALLYMENA	11 02 64	Ballymena Swimming Club
179	Richard Stevens	CRAIGAVON	26 05 61	
180	Christopher Strang	CRAIGAVON	23 04 61	

181	Roger Telford	BELFAST	28 07 51	
182	Ernest Tolland	BELFAST	12 03 50	
183	Kenneth Turkington	CRAIGAVON	03 01 62	YSAU Swimming Club
184	Denis Uprichard	CRAIGAVON	17 01 49	
185	Mark Uprichard	CRAIGAVON	05 08 66	Knocknamuckey BB
186	William Wallace	NEWTOWNABBEY	22 05 36	Irish LD Swimming Association
187	James Ward	BELFAST	15 02 43	
188	Patrick Waters	BELFAST	18 02 39	
189	Rosemary Watters	BELFAST	16 01 59	Queen's Ladies' Boat Club
190	Paul Whittington	BALLYCLARE	05 05 59	
191	Robert Wilson	CARRICKFERGUS	04 12 64	Donegall Swimming Club
192	Raymond Wright	LISBURN	17 07 55	
193	Thomas Young	BELFAST	04 03 51	
194	Laurence Andrews	CRAIGAVON	02 11 54	
195	Martin Byrne	CRAIGAVON	19 08 55	
196	Paul Lenehan	CRAIGAVON	25 06 57	
197	Violet McBride	KILKEEL		Portadown Hockey Club
198	George McNeill	DROMORE	22 12 56	
199	William Nellins	RICHILL	18 10 54	
200	Joe Raffo	BELFAST	01 05 45	

THE TRIATHLON T-SHIRT

You must have a permanent memento to mark your participation in this inaugural Craigavon Triathlon.

Order TODAY the special commemorative polyester T-shirt bearing the Triathlon logo in blue. The special printing process used ensures a colour fast permanent finish.

This is your LAST opportunity to order the T-shirt in time for 25 September.

Send NOW a cheque/postal order for £2.95 (includes post and packing and VAT) to:

Craigavon Triathlon
Brownlow Recreation Centre
CRAIGAVON
BT65 6DL

State clearly the size required:

Small	34"/36"
Medium	36"/38"
Large	40"/42"

1 FINAL INSTRUCTIONS AND ADVICE

PLEASE TAKE TIME TO READ THESE INSTRUCTIONS CAREFULLY AND TO DO AS REQUESTED. THEY ARE DESIGNED TO HELP YOU AS MUCH AS POSSIBLE. YOUR CO-OPERATION IS NEEDED TO ENSURE A SUCCESSFUL AND MEMORABLE EVENT FOR ALL CONCERNED.

THANK YOU.

2 MEDICAL ADVICE

Do not participate if you have 'flu, if you are unwell from any other cause or if you are on a course of antibiotics or other drugs for an infection.

Do not participate if you are complaining of a pain in the chest, arms or head, if you notice unusual breathlessness or if you have any other unusual symptoms. At least consult a doctor to ensure the symptoms are not important.

Finally, avoid being competitive! The object of the Triathlon is to get there but not necessarily before the next person.

3 BEFORE YOU LEAVE HOME

A safe bicycle is your first priority.

Your bicycle must be fitted with effective brakes, have tyres in good condition and have a bell or horn fitted. It should be adjusted to suit you. Sitting on the saddle you should be able to touch the ground with the balls of both feet and your handlebars should be level with your saddle. All nuts and bolts should be tight, as should all fittings and your chain tension should be adjusted properly.

It is suggested that you bring the following clothing:

- Running and cycling gear suitable for both dry and wet weather;
- Towel(s), swim suit, goggles contained in a plastic bag with your name/number clearly marked on it;
- Track suit, extra T-shirt and shorts;
- Number of small safety pins.

4 FIRST CHECK-IN POINT - PORTADOWN POOL

You are advised to arrive at Portadown Pool NOT LESS than 1 hour before your start. Pool staff will accept custody of your cycle and clearly identify it by sticking your number on the saddle. It is in your own interest to immobilise your bike with a padlock and chain.

You should give your swimming and cycling gear, contained in a plastic bag with your name/number clearly marked on it, to the pool staff.

- 4 You should then proceed directly to BROWNLOW RECREATION CENTRE, approximate distance away 5 miles. You should make arrangements to do this eg by sharing a car as the organisers will NOT be providing link transport. If you have spare seats in your car be generous to your fellow participants!

5 SECOND CHECK-IN POINT - BROWNLOW RECREATION CENTRE

You are advised to arrive at Brownlow Centre NOT LESS than 30 minutes before your start.

There is limited car parking space immediately outside the centre. When this is full use the additional parking space at the two nearby schools. Please do NOT park on the grass verges, the main road or the access roads to the centre. This will cause unnecessary and possibly dangerous hazards to participants at the start and at the finish.

The Centre has ample changing, showering and toilet facilities for both sexes. It is suggested not to bring valuables with you. After changing into your running gear collect your number at the appropriate desk.

The self adhesive plastic tag should be put to the front of your vest so that your number is clearly visible at all times. Additionally it may be secured with small safety pins. Take a final opportunity to check the route of the Triathlon, particularly the starting and finishing points. If you have any doubts/difficulties go to the TROUBLE-SHOOTING DESK.

You are now ready to proceed to the starting area. Remember there are four group starts, staggered exactly 30 minutes apart. Make sure you report for the correct one.

6 THE START

Only official entrants with the Craigavon Triathlon number will be permitted into the starting area. There will be no exceptions to this.

The event starts with Group 1 at precisely 10.00 am; Groups 2, 3 and 4 follow at exactly 10.30 am, 11.00 am and 11.30 am, respectively. Take great care and have patience at the start: please do not sprint or surge forward as this can be hazardous. Look after yourself and your fellow participants. Do not get too anxious. You have 15 miles ahead of you and upwards of 2 hours to sort things out.

7 ALONG THE COURSE

You will have been provided with a route map and this must be exactly adhered to. As well there will be RUC personnel/marshals acting as traffic controllers/direction indicators.

Please be cautious on the public highway. The roads will not be closed. The safety of each entrant is his/her own concern. When running, please look before changing from one side of the road to the other and if there is a footpath or grass verge preferably use this.

There will be drink stations and toilets ONLY at the Start/Finish and at Portadown and Lurgan Swimming Pools.

- 7 There will be ambulance cover and first aid personnel along the course but it is the organisers' earnest wish that these will not be required.

If you hear an ambulance or police siren move IMMEDIATELY to the left hand side of the road, as close to the kerb/verge as possible.

There will be several check points along the course recording the numbers as they pass by. Make sure your number is worn on the front and is clearly visible at all times. These check points will 'phone information back to the Brownlow Centre which will verify that the participants have in fact completed the full Triathlon before the results are announced.

3 PORTADOWN POOL

On arrival report at the recorder's desk and collect your deposited swimming/cycling gear and numbered swimming hat. Proceed through the changing rooms and enter the bath side through the foot-bath/showering point. Do not run along the bath side.

The starting point for the 24 lengths will be the shallow end.

You may swim in any one of the six lanes. The chief official may advise you to swim in a particular lane suitable for your particular ability and to avoid over crowding. Weaker swimmers are advised to use the two outside lanes, stronger swimmers are advised to use the two centre lanes. Do you know your approximate time for 800 metres?

Each lane will accommodate up to at least eight swimmers providing all concerned obey simple 'traffic' rules, ie swim in a chain fashion, lanes 1, 3 and 5 swimming anti-clock-wise and lanes 2, 4 and 6 swimming clock-wise. It is more difficult to overtake in swimming than in running or cycling. Be sensible and above all do not try to swim over the top of a slower participant ahead. Swim around him/her. Overtaking just before the end of a length is probably the best time.

You are not allowed to use artificial aids eg swim fins, hand paddles, buoyancy devices. You are not allowed to deliberately walk in the shallow end or deliberately pull yourself along the wall or lane ropes. Failure to comply means you will be deemed a non-finisher.

Don't worry if you lose count as you swim. Your total number of lengths will be recorded by an official at the pool end. These officials will be counting down ie 24, 22, 20 etc lengths TO GO. In the event of a disagreement between the participant and the official, the official's decision is final.

If you wish to stop and rest during the swim the most sensible time to do this is at either end. Stay in the corner of the lane so as not to impede the other swimmers.

If during a length you become tired or get a mouthful of water of water don't panic. Tread water, keeping your head and face clear.

If necessary, hold on to the side to the pool or the lane rope.

Then slowly complete the length either using breaststroke or lying on your back kicking your feet and sculling gently with your hands.

If necessary, rest at the pool end before proceeding.

After changing remember to bring your swimming gear and your numbered hat with you. You will need these in Lurgan!

9 CYCLING

Collect your cycle from outside the pool and follow the route to the Lurgan Pool.

All cyclists have a legal duty to obey the rules of the road. Those rules are there to protect you - not to impede or restrict you - and you should remember that the cyclist is one of the most vulnerable of road users.

ALWAYS ride close to the near side of the road.

NEVER ride more than two abreast and move into single file on busy narrow roads.

ALWAYS keep both hands on the handlebars (except of course when signalling) and both feet on the pedals.

ALWAYS look to check that it is safe to move out, turn, slow down or stop.

ALWAYS give sharp, clear signals in good time - and give other road-users time to react. Giving a right-turn signal for example does not entitle you automatically to turn right - it must be done without inconvenience to other road-users.

ALWAYS obey road signs especially 'STOP' signs, traffic and pedestrian lights and 'GIVE WAY' signs.

ALWAYS obey the RUC marshals on points duties at roundabouts and busy intersections.

10 LURGAN POOL

On arrival give your bike for safekeeping to the pool staff. If possible, immobilise it. Then report at the recorder's desk. Proceed through the changing rooms and enter the bath side through the footbath/showering point. Do not run along the bath side.

The starting point for the 24 lengths will be the shallow end. You may swim in any one of the six lanes. The chief official may advise you to swim in a particular lane eg weaker swimmers in the 2 outside lanes.

The regulations are the same as those previously given in detail for the Portadown Pool.

After changing remember to take away with you ALL your gear.

11 THE FINISH

Collect your cycle from outside the pool. Follow the route to the Brownlow Centre, obeying all the rules of the road as outlined previously.

By this time you may be tired, perhaps exhausted! Whatever you do don't 'collapse' on the finish line.

Cross the finish line and KEEP CYCLING. Your position and time will not be recorded until you pass through the 'funnel' and 'pens' (about 20 metres past the finishing line). Don't allow anyone to pass you at this stage.

- 11 A steward will remove the adhesive tag from your vest and simultaneously a second steward will call out your time. A third steward will record your number and your position.

You will then be presented with your well earned commemorative plaque - make sure you look after it!

Please Note: The officials at the finishing area will not know your exact finishing position so please don't pester them for details. This information can only be collated when the last participant of Group 4 finishes. The organisers hope to post this information to you direct by the end of September.

YOU CAN NOW RELAX !! CONGRATULATIONS ! WELL DONE !!

SEE YOU AGAIN NEXT YEAR -- BE SURE TO BRING A FRIEND OR TWO !!

PRESENTATION CEREMONY

This will be held at 2.00 pm or as soon thereafter as is conveniently possible. Please stay for it!

Each finisher will be awarded a commemorative plaque. This will be presented as you complete the course.

Further plaques will be awarded to the fastest female and male in each of three age categories:

Category A 16 - 30 years on day of event

B 31 - 45 years on day of event

C 46 years and older on day of event.

Further prizes, a £10 gift voucher and a sports bag, have been presented by sports retailers, Sidney Beckett and Tom Tedford, to be awarded to the fastest female and male (irrespective of age) Craigavon participants.

GROUP 1 10.00 AM START

14	Mervyn Betts	93	Seamus Kelly
16	Liam Bohan	103	Lesley Lynch
17	David Bonar	104	Jacqueline MacIntyre
18	Alexander Bonar	105	Bronagh Magee
22	Declan Brown	106	Fiona Maginess
25	Fraser Buchanan	118	Christine McConville
26	James Burton	119	Tommy McConville
27	Alana Byers	121	Martina McConville
28	Gregory Byers	127	Christopher McGorry
35	Sean Carlin	140	Joseph Mitchell
40	Neil Cooper	144	Terence Morrison
43	Paul Creaney	147	Noel Minnis
47	Nigel Dalton	150	Con O'Callaghan
50	Nadine Dodds	151	Kenneth O'Hare
53	Mark Dornan	161	Patrick Rafferty
58	Richard Ferguson	163	Reg Rea
65	Rory Friel	167	Alan Rodgers
67	Robert Gardiner	173	David Russell
68	Arnold Gardner	176	Diane Sloan
73	Naill Grainger	178	Sally Ann Spencer
76	Dean Halliday	183	Kenneth Turkington
78	Thomas Heaney	186	William Wallace
89	Chris Johnston	187	James Ward
91	Philip Kelly	191	Robert Wilson
92	Eileen Kelly		

GROUP 2 10.30 AM START

1	Paul Abraham	55	Peter Duke
3	William Armstrong	56	John Dunne
4	Colin Armstrong	59	Melvyn Ferson
7	Adam Barnhill	60	Tony Fitzpatrick
8	Philip Beattie	61	Robert Fitzpatrick
9	Gerald Beattie	63	David Fleming
12	Geoffrey Benson	64	Peter Fox
15	David Blair	66	Barry Fullerton
19	Thomas Bradley	69	David Gillespie
20	Gerry Brannigan	70	Nigel Girvan
23	Colin Brown	72	Brian Gorman
24	Philip Browne	77	Gerrard Hart
29	Ian Cairns	84	Colin Herron
31	Stephen Cairns	86	Paul Hoy
32	Erwin Cameron	94	Keith Kilpatrick
34	Ian Cassidy	97	Stephen Lavery
37	Samuel Clarke	96	Laurence Lavery
38	Brian Cleland	98	Robert Leetch
39	Jeffrey Conway	99	Kenneth Little
45	Eamonn Cullen	102	Tom Lynass
46	Keith Cullen	108	Kieran Martin
48	James Darragh	109	Tommy Mason
52	Gary Dorman	110	James McAteer
54	Trevor Douglas	114	Paul McCann

GROUP 3 11.00 am START

6	Geraldine Bankhead	142	John Monteith
30	Ann Cairns	143	Paul Morgan
111	Sheila McAvoy	146	Geoffrey Mulligan
115	Patrick McCauley	148	John Murdock
116	Bill McCausland	149	Aidan O'Callaghan
117	Stuart McClatchey	153	Michael O'Sullivan
120	Gary McConville	155	Gary Osborne
122	Willie McCullough	156	Brian Owens
123	Liam McDonagh	157	Norman Patterson
124	John McDowell	159	Greer Poots
125	Trevor McDowell	162	Liam Raffo
126	Paul McGarvey	164	Kieran Reilly
130	Newell McGuinness	166	Mark Rodgers
132	James McIlveen	168	John Rodgers
133	Alistair McKittrick	171	James Ross
134	Martin McLaughlin	172	Charles Russell
136	Paul McNally	174	Roger Scott
137	Damian McSorley	179	Richard Stevens
138	Trevor McVeigh	180	Christopher Strang
139	Thomas Melville	184	Mark Uprichard
141	Paul Monaghan	190	Paul Whittington
194	Laurence Andrews	192	Raymond Wright
195	Martin Byrne	198	George McNeill
197	Paul Lenehan	199	Williams Nellins

GROUP 4 11.30 am START

2	Clair Agnew	90	Ted Jones
5	Maurice Bankhead	95	Griffith Kirkpatrick
10	Pamela Bell	100	Liam Little
11	Alison Bennington	101	Desmond Loughrey
13	Ralph Best	107	Gordon Manly
21	Malcolm Brown	112	George McAvoy
33	Dawn Carson	113	Mary McCabe
36	Andrea Christie	128	Joan McGread
41	Brian Cooper	129	Winnifred McGread
42	Daniel Corr	131	Desmond McHenry
44	Ita Cregan	135	Shaun McMenamin
49	Pamela Denver	145	Linda Morrison
51	Linda Donnan	152	Elizabeth O'Neill
57	Gwenda Earley	154	Sheila Orr
62	Norman Fleming	158	Norman Pepper
71	John Glover	160	Siobhan Quinn
74	Ronald Grant	165	Nuala Rice
75	Mervyn Hall	169	Amanda Rodgers
79	Roy Henderson	170	Siobhan Ross
80	Brenda Henderson	175	Barry Scott
81	Colin Henderson	177	Edward Smith
82	Bruce Henderson	181	Roger Telford
83	Ronald Henry	182	Ernest Tolland
85	Rita Hoy	185	Denis Uprichard
87	Bernie Hughes	188	Patrick Waters
88	Elizabeth Irvine	189	Rosemary Watters
		193	Thomas Young
		196	Violet McBride
		200	Joe Raffo

Finish Brownlow

Port a new pool.

Pool



Barr Lurgan Rd
in underhill Rd
7 6 5 4

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→ Lurgan

3

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→ Brownlow



CRAIGAVON



SPORTS
ADVISORY
COUNCIL



Craigavon



Triathlon

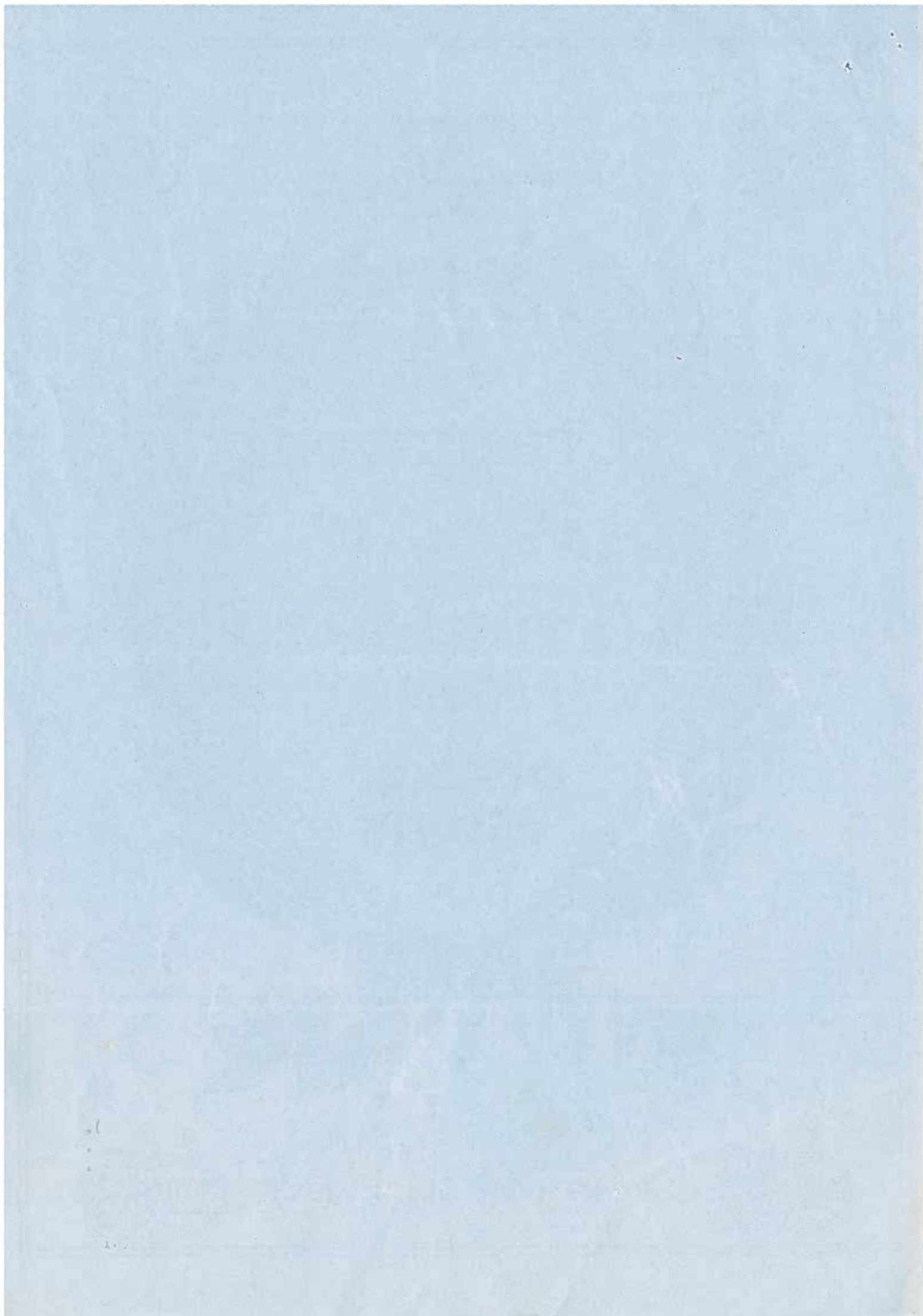
1982

**OFFICIAL
RESULTS**



SPORT FOR ALL EVENT





LIST OF PARTICIPANTS

<u>PL</u>	<u>NO</u>	<u>NAME</u>	<u>TIME</u>	<u>AGE/PL</u>
1	78	Thomas Heaney	1 28 55	MA (1).
2	147	Noel Munnis	1 28 56	MA (2).
3	14	Mervyn Betts	1 29 03	MA (3).
4	131	Desmond McHenry	1 30 29	MB (1).
5	183	Kenneth Turkington	1 31 30	MA (4).
6	91	Philip Kelly	1 32 17	MA (5).
7	89	Chris Johnston	1 33 37	MA (6).
8	28	Gregory Byers	1 34 17	MA (7).
9	43	Paul Creaney	1 35 54	MA (8).
10	25	Fraser Buchanan	1 36 50	MA (9).
11	172	David Russell	1 37 40	MA (10).
12	31	Stephen Cairns	1 38 16	MA (11).
13	176	Diane Sloan	1 40 10	FA (1).
14	145	Terence Morrison	1 40 12	MA (12).
15	151	Kenneth O'Hare	1 40 14	MA (13).
16	67	Robert Gardiner	1 40 17	MB (2).
17	104	Jacqueline Mac Intyre	1 41 47	FA (2).
18	7	Adam Barnhill	1 42 07	MA (14).
19	47	Nigel Dalton	1 42 20	MA (15).
20	71	John Glover	1 43 27	MB (3).
21	149	Con O'Callaghan	1 43 47	MC (1).
22	154	Sheila Orr	1 44 30	FA (3).
23	124	John McDowell	1 44 58	MA (16).
24	187	James Ward	1 45 53	MB (4).
25	32	Erwin Cameron	1 47 00	MA (17).
26	19	Thomas Bradley	1 47 01	MA (18).
27	20	Gerry Brannigan	1 48 02	MA (19).
28	130	Newell McGuinness	1 48 05	MA (20).
29	178	Sally Ann Spencer	1 48 37	FA (4).
30	191	Robert Wilson	1 48 38	MA (21).
31	123	Liam McDonagh	1 49 10	MA (22).
32	72	Brian Gorman	1 49 20	MA (23).
33	1	Paul Abraham	1 49 54	MA (24).
34	196	Paul Lenehan	1 50 51	MA (25).
35	34	Ian Cassidy	1 51 28	MA (26).
36	105	Bronagh Magee	1 51 30	FA (5).
37	79	Roy Henderson	1 51 48	MB (5).
38	133	Alistair McKettrick	1 52 19	MA (27).
39	70	Nigel Girvan	1 52 19	MA (28).
40	107	Gordon Manly	1 52 27	MB (6).
41	139	Thomas Melville	1 52 58	MA (29).
42	157	Norman Patterson	1 53 20	MA (30).
43	182	Ernest Tolland	1 53 32	MB (7).
44	56	John Dunne	1 53 55	MA (31).
45	81	Colin Henderson	1 54 27	MB (8).
46	159	Greer Poots	1 54 48	MA (32).
47	39	Jeffrey Conway	1 55 13	MA (33).
48	192	Raymond Wright	1 55 37	MA (34).
49	160	Siobhan Quinn	1 56 43	FA (6).
50	27	Alana Byers	1 56 51	FA (7).
51	188	Patrick Waters	1 58 01	MB (9).
52	64	Peter Fix	1 58 21	MA (35).
53	63	David Fleming	1 58 23	MA (36).
54	41	Brian Cooper	1 58 23	MB (10).
55	15	David Blair	1 58 24	MA (37).
56	112	George McAvoy	1 58 29	MB (11).
57	143	Paul Morgan	2 00 03	MA (38).
58	125	Trevor McDowell	2 00 12	MA (39).
59	180	Christopher Strang	2 00 22	MA (40).
60	8	Philip Beattie	2 00 24	MA (41).
61	99	Kenneth Little	2 00 36	MA (42).

<u>PL</u>	<u>NO</u>	<u>NAME</u>	<u>TIME</u>	<u>AGE/PL</u>
62	161	Patrick Rafferty	2 00 39	MA (43).
63	150	Aidan O'Callaghan	2 00 47	MA (44).
64	52	Gary Dorman	2 00 58	MA (45).
65	23	Colin Brown	2 01 14	MA (46).
66	146	Geoffrey Mulligan	2 01 48	MA (47).
67	109	Tommy Mason	2 02 11	MA (48).
68	77	Gerrard Hart	2 02 11	MA (49).
69	17	David Bonar	2 02 15	MA (50).
70	186	William Wallace	2 02 28	MC (2).
71	174	Roger Scott	2 02 41	MA (51).
72	118	Tommy McConville	2 03 03	MC (3).
73	116	Bill McCausland	2 03 08	MA (52).
74	94	Keith Kilpatrick	2 03 51	MA (53).
75	177	Edward Smith	2 04 05	MB (12).
76	88	Elizabeth Irvine	2 04 06	FA (8).
77	195	Martin Byrne	2 04 10	MA (54).
78	158	Norman Pepper	2 04 55	MB (13).
79	83	Ronald Henry	2 05 37	MB (14).
80	185	Mark Uprichard	2 06 08	MA (55).
81	110	James McAteer	2 06 14	MA (56).
82	46	Keith Cullen	2 06 47	MA (57).
83	120	Gary McConville	2 07 01	MA (58).
84	169	John Rodgers	2 07 29	MA (59).
85	60	Tony Fitzpatrick	2 07 38	MA (60).
86	11	Alison Bannington	2 07 55	FA (9).
87	166	Amanda Rodgers	2 08 05	FA (11).
88	129	Winnifred McGread	2 08 05	FA (10).
89	38	Brian Cleland	2 08 54	MA (61).
90	73	Neill Grainger	2 09 00	MB (15).
91	69	David Gillespie	2 09 13	MA (62).
92	12	Geoffrey Benson	2 09 25	MA (63).
93	153	Michael O'Sullivan	2 09 28	MA (64).
94	148	John Murdock	2 09 34	MA (65).
95	42	Daniel Corr	2 12 13	MB (16).
96	197	Violet McBride	2 14 21	FA (12).
97	2	Clair Agnew	2 14 22	FA (13).
98	132	James McIlveen	2 14 32	MA (66).
99	48	James Darragh	2 14 58	MA (67).
100	115	Patrick McCauley	2 15 36	MA (68).
101	87	Bernie Hughes	2 15 50	FA (14).
102	173	Charles Russell	2 16 10	MA
103	136	Paul McNally	2 16 56	MA (69).
104	162	Liam Raffo	2 19 57	MA (70).
105	13	Ralph Best	2 19 59	MB (17).
106	98	Robert Leech	2 20 37	MA (71).
107	4	Colin Armstrong	2 20 39	MA (72).
108	156	Brian Owens	2 21 07	MA (73).
109	117	Stuart McClatchey	2 21 07	MA (74).
110	95	Griffith Kirkpatrick	2 21 15	MB (18).
111	163	Reg Rea	2 21 26	MA (75).
112	58	Richard Ferguson	2 21 26	MC (4).
113	96	Laurence Lavery	2 23 28	MA (76).
114	84	Colin Herron	2 24 44	MA (77).
115	54	Trevor Douglas	2 24 50	MA (78).
116	190	Paul Whittington	2 25 08	MA (79).
117	194	Laurence Andrews	2 26 57	MA (81).
118	137	Damian McSorley	2 26 57	MA (80).
119	108	Kieran Martin	2 26 58	MA (82).
120	152	Elizabeth O'Neill	2 27 20	FA (15).
121	9	Gerald Beattie	2 27 47	MA (83).
122	37	Samuel Clarke	2 28 10	MA (84).
123	175	Barry Scott	2 28 15	MB (19).
124	200	Joe Raffo	2 28 39	MB (20).

AGE/PL	TIME	NAME	WT	PL
MA (42)	2 00 30	Patrick Rafferty	161	82
MA (44)	2 00 37	Adam O'Malley	150	83
MA (46)	2 00 58	Cary Brown	83	84
MA (48)	2 01 14	Colin Brown	23	85
MA (47)	2 01 43	Conor Mulligan	188	86
MA (48)	2 02 11	Tommy Mason	180	87
MA (49)	2 02 11	Gary Hart	73	88
MA (50)	2 02 15	David Bony	17	89
MC (51)	2 02 25	William Wallace	108	90
MA (51)	2 02 41	Robert Scott	154	91
MA (51)	2 02 45	Tommy McConville	118	92
MA (52)	2 02 58	Bill McConville	115	93
MA (52)	2 02 51	Keith Kilpatrick	8	94
MA (52)	2 03 02	Edward Smith	173	95
FA (5)	2 04 08	Elizabeth Irvine	88	96
MA (54)	2 04 10	Barry Byrne	185	97
MA (54)	2 04 25	Thomas Pappas	158	98
MA (54)	2 04 37	Donald Henry	83	99
MA (55)	2 05 08	Mark Litchfield	185	100
MA (55)	2 05 14	James McAlister	110	101
MA (57)	2 05 27	Keith Giffin	48	102
MA (58)	2 05 01	Gary McConville	120	103
MA (58)	2 05 25	John Rodgers	188	104
MA (58)	2 05 38	Tommy Fitzpatrick	80	105
FA (59)	2 05 55	Allison Cunningham	11	106
FA (61)	2 06 07	Amanda Rodgers	188	107
FA (61)	2 06 08	Whitney Rodgers	132	108
MA (61)	2 06 24	Brian Lindsay	38	109
MC (62)	2 06 08	Neil Greiner	73	110
MA (62)	2 06 13	David Kilgus	88	111
MA (62)	2 06 25	Geoffrey Bennett	12	112
MA (64)	2 06 28	John O'Malley	155	113
MA (65)	2 06 34	John Parnock	158	114
MA (65)	2 06 45	Samuel Carr	42	115
FA (65)	2 06 57	Viola Christie	187	116
FA (65)	2 07 37	Cathy Anne	2	117
MA (65)	2 07 42	James McIlven	125	118
MA (67)	2 07 58	James Darragh	88	119
MA (68)	2 08 38	Patrick McAlister	118	120
FA (69)	2 08 50	Brian Hughes	83	121
MA (69)	2 08 10	Charles Russell	153	122
MA (69)	2 08 21	Paul McAlister	188	123
MA (70)	2 08 27	Liam Harte	182	124
MA (70)	2 08 28	Ralph Best	15	125
MA (71)	2 08 32	Robert Lamb	88	126
MA (72)	2 08 38	Colin Armstrong	5	127
MA (73)	2 08 47	John Owens	182	128
MA (74)	2 08 47	Stuart McAlister	117	129
MA (74)	2 08 15	Keith Kirkpatrick	98	130
MA (75)	2 08 28	Reg Ross	108	131
MA (75)	2 08 30	Richard Ferguson	88	132
MA (76)	2 08 38	Laurence Lavery	88	133
MA (77)	2 08 44	Colin Martin	84	134
MA (78)	2 08 50	Trevor Douglas	84	135
MA (78)	2 08 05	Paul Whelan	180	136
MA (81)	2 08 57	Laurence Andrews	188	137
MA (82)	2 08 57	William McAlister	153	138
MA (82)	2 08 58	Kevin Martin	188	139
FA (82)	2 08 30	Elizabeth O'Malley	182	140
MA (83)	2 08 57	Conor Beattie	8	141
MA (84)	2 08 10	Samuel Lark	83	142
MA (84)	2 08 14	Harry Scott	152	143
MA (84)	2 08 38	Jim Laffie	200	144

125	51	Linda Norman	2 29 45	FA (16).
126	10	Pamela Bell	2 29 45	FA (17).
127	122	Willie McCullough	2 31 00	MA (85).
128	24	Phillip Browne	2 31 13	MA (86).
129	113	Mary McCabe	2 31 59	FA (18).
130	93	Seamus Kelly	2 33 49	MC (5).
131	92	Eileen Kelly	2 34 25	FA (19).
132	101	Desmond Loughrey	2 40 49	MB (21).
133	136	Trevor McVeigh	2 43 50	MA (87).
134	111	Sheils McAvoy	2 44 50	FB (1).
135	80	Brenda Henderson	2 45 06	FA (20).
136	57	Gwenda Earley	2 47 35	FA (21).
137	36	Andrea Christie	2 49 35	FA (22).
138	6	Geraldine Bankhead	3 06 20	FB (2).

EVENT STATISTICS

No. of Entrants	200 (maximum limit).
No. of Starters	143
No. of Finishers	138.

	<u>16 - 30 yrs.</u>	<u>31 - 45 yrs.</u>	<u>46 yrs +</u>
Male	87	21	5
Female	22	2	

CRAIGAVON TOP TEN

LURGAN

1.	K. Turkington	1 31 30
2.	P. Creaney	1 35 54
3.	D. Russell	1 37 40
4.	R. Gardiner	1 40 17
5.	J. McDowell	1 44 58
6.	P. Lenehan	1 50 51
7.	B. Magee (F)	1 51 30.
8.	N. Girvan	1 52 19
9.	G. Conway	1 55 13
10.	T. McDowell	2 00 12

PORTADOWN

1.	S. Orr (F)	1 44 30.
2.	P. Abraham	1 49 54.
3.	I Cassidy	1 51 28.
4.	S. Quinn (F)	1 56 43.
5.	C. Strang	2 00 22.
6.	K. Lyttle	2 00 36
7.	G. Mulligan	2 01 48
8.	T. McConville	2 03 03.
9.	N. Pepper	2 04 55.
10.	R. Henry	2 05 37.

