

25th June 2022

Bangor- Ron O'Meara

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|----|--------------------|---------|
| 1 | Jairus Brealey | 20:18.1 |
| 2 | Beth Arentz | 23:13.2 |
| 3 | John Bowers | 24:09.0 |
| 4 | Ian Berry | 26:19.8 |
| 5 | Michael Lenarduzzi | 26:28.6 |
| 6 | Corrin Cusack | 26:46.6 |
| 7 | Fiona Byrne | 27:08.4 |
| 8 | Lucas Cross | 27:20.7 |
| 9 | Hanna Wichgers | 27:54.7 |
| 10 | Ben Wichgers | 27:54.7 |
| 11 | Leonie Arentz | 28:51.7 |
| 12 | Stuart Stolzenberg | 33:13.0 |
| 13 | Geoff Darby | 33:35.4 |