

Saturday 29 April, Sunday 30 April and Monday 1 May 2006

3 day Ironman: (Message from Hazel and Maureen) We would like to thank all of you who encouraged and helped us to complete the 3 day Ironman event on Saturday 29 April, Sunday 30 April and Monday 1 May. We could not have completed all 3 days without your continued help and support, kind words and encouragement. We would particularly like to thank Tommy for helping us with advice on training in all three areas, encouragement when things were not going so well and always being there to support us and finally coming to Coleraine and cycling with us for two laps, otherwise we would have probably just dilly dallied around like we normally do! Thank you Bryce, Darren and Terry for your help with long cycles and for encouraging text messages; Dearbhla for your words of support and for turning up both at Benone and Belfast even though we had finished and gone home!! What a star! To Colette for helping Maureen fight her way through the crowds wandering across her path on her last mile of the marathon through Ormeau Park and to Margaret, Zoe and Joanne for various text messages of support. Finally, we have achieved a fantastic goal thanks to all of you. Thank you Hazel and Maureen

Name	Swim Time	Bike Time	Run Time	Finished Times
Hazel Reid (joint 1 st)	01.17.36	06.53.00	04.41.00	12.51.00
Maureen Dennison (Joint 1 st)	01.13.00	06.53.00	04.45.28	12.51.00