

Place	Number	TI Number	Name	Surname	Sex	Cat	Club	Swim	T1	Cycle	T2	Run	Finish
1	35	10027434	Darren	Dunne	Male	20-29	Nenagh TC	0:11:16	0:00:30	0:28:03	0:00:21	0:19:21	0:59:30
2	36	10000359	Ross	Higgins	Male	30-39	Limerick TC	0:11:17	0:00:24	0:30:03	0:00:22	0:19:19	1:01:25
3	9	10001564	Ger	Bowen	Male	30-39	GoTri TC	0:11:55	0:00:34	0:29:17	0:00:30	0:19:14	1:01:29
4	44	10033049	Alan	Kenny	Male	30-39	3D TC	0:13:43	0:00:39	0:29:12	0:00:30	0:17:27	1:01:30
5	50	10036953	Richard	Chapman	Male	40-49	Limerick TC	0:13:07	0:00:32	0:29:00	0:00:24	0:20:34	1:03:37
6	37	10033850	Gary	Scully	Male	30-39	Nenagh TC	0:13:08	0:00:30	0:31:51	0:00:26	0:18:03	1:03:57
7	107	10000671	Dave	Murphy	Male		Trilogy Triathlon Club	0:13:12	0:00:26	0:30:18	0:00:26	0:20:31	1:04:54
8	39	10004491	Stephan	Teeling lynch	Male	30-39	GoTri TC	0:12:22	0:00:30	0:28:44	0:00:30	0:23:12	1:05:18
9	110	10003281	Seamus	Fingleton	Male	40-49	Trilogy Triathlon Club	0:14:41	0:00:26	0:30:26	0:00:22	0:20:26	1:06:21
10	45	10028524	Maurice	Moroney	Male	30-39	Boru TC	0:16:03	0:00:50	0:29:46	0:00:29	0:20:38	1:07:46
11	38	10052768	Nenagh	Relay	Relay		Nenagh TC	0:12:17	0:00:27	0:34:25	0:00:22	0:20:37	1:08:09
12	48	10036454	Ryan	Connolly	Male	16-17	Predator TC	0:14:17	0:00:23	0:32:28	0:00:21	0:20:51	1:08:19
13	68	10052933	John	Malone	Male	40-49	South Coast TC	0:17:38	0:00:55	0:30:58	0:00:34	0:19:03	1:09:07
14	121	10000972	Niall	Kavanagh	Male	Over50	Trilogy Triathlon Club	0:14:31	0:00:34	0:30:49	0:00:31	0:22:47	1:09:12
15	69	10030537	Nick	O'dwyer	Male	Over50	Limerick TC	0:18:56	0:01:11	0:28:17	0:00:42	0:21:02	1:10:07
16	136	10045076	Alan	Davis	Male	40-49		0:17:17	0:01:11	0:30:55	0:00:15	0:21:25	1:11:04
17	82	10043597	Anthony	Harpur	Male	40-49	Wexford TC	0:20:16	0:01:40	0:29:15	0:00:44	0:19:13	1:11:08
18	97	10045576	John	Corcoran	Male	40-49	Trilogy Triathlon Club	0:13:51	0:00:55	0:31:09	0:00:24	0:25:10	1:11:28
19	92	10043995	Enda	Dooley	Male	40-49	Galway TC	0:16:23	0:01:28	0:32:37	0:00:48	0:20:18	1:11:33
20	195	10034378	Mark	Crawford	Male	30-39	Nenagh TC	0:17:04	0:01:31	0:30:53	0:00:32	0:21:37	1:11:37
21	118	10053790	William	Kerr	Male		Trilogy Triathlon Club	0:15:10	0:00:35	0:34:37	0:00:30	0:20:52	1:11:43
22	192	10029632	Eoin	Buckley	Male	30-39	Nenagh TC	0:17:42	0:01:43	0:32:18	0:00:41	0:19:42	1:12:07
23	51	10032391	Brian	Mcloughlin	Male	30-39	Nenagh TC	0:14:57	0:00:51	0:33:24	0:00:36	0:22:27	1:12:15
24	52	10000206	Edward	O'Meara	Male	40-49	Nenagh TC	0:14:47	0:00:52	0:33:52	0:00:35	0:22:20	1:12:26
25	171	10057372	Gitta	Cahill	Female	Over50		0:23:45	0:04:21	0:43:24	0:01:06	0:43:44	1:56:18
26	161	10053021	Brendan	Mc Nerney	Male	30-39	Galway TC	0:21:57	0:00:48	0:30:55	0:00:33	0:18:59	1:13:11
27	143	10039031	Chris	Hackett	Male	30-39	Ennis TC	0:17:30	0:00:56	0:31:55	0:00:46	0:22:11	1:13:17
28	151	10005222	Paul	Walsh	Male	40-49	Nenagh TC	0:17:08	0:01:33	0:33:07	0:00:40	0:20:51	1:13:20
29	61	10015083	Rita	Boland	Female	30-39	GoTri TC	0:17:25	0:00:43	0:32:16	0:00:25	0:22:32	1:13:21
30	113	10004859	Alan	Hewison	Male		Trilogy Triathlon Club	0:17:41	0:00:52	0:33:18	0:00:40	0:21:24	1:13:56
31	18	10000193	Paul	Burgin	Male	40-49	Naas TC	0:17:10	0:01:09	0:31:52	0:00:40	0:23:10	1:14:02
32	90	10021786	John	O'carroll	Male	40-49	Galway TC	0:16:09	0:01:13	0:33:01	0:00:51	0:23:01	1:14:15
33	153	10045522	Alex	Stewart	Female	16-17	Limerick TC	0:13:08	0:00:58	0:36:33	0:00:27	0:23:21	1:14:26
34	135	10035592	Michael	Kelly	Male	Over50	Boru TC	0:19:08	0:01:16	0:34:17	0:00:37	0:19:19	1:14:37
35	134	10034316	Eoin	Mockler	Male	30-39		0:18:48	0:01:45	0:33:26	0:00:25	0:20:18	1:14:42
36	40	10056396	Paul	Smithers	Male	30-39		0:13:04	0:01:29	0:34:25	0:00:49	0:24:58	1:14:43
37	76	10026998	Michael	Clancy	Male	Over50	Limerick TC	0:17:23	0:00:53	0:31:14	0:00:31	0:24:52	1:14:53
38	71	10063002	Oliver	Foley	Male	40-49	Limerick TC	0:17:47	0:01:00	0:33:02	0:00:24	0:23:11	1:15:23
39	150	10063161	Fergal	Duffy	Male	40-49		0:17:37	0:02:18	0:32:54	0:00:30	0:22:13	1:15:32
40	66	10000350	Vanessa	Fenton	Female	40-49	Piranha TC	0:13:48	0:00:56	0:35:47	0:00:46	0:24:23	1:15:39
41	96	10022274	Paul	Dorrell	Male	Over50	Boru TC	0:18:06	0:00:50	0:30:29	0:00:51	0:25:24	1:15:40
42	102	10057230	David	Egan	Male	Over50	Trilogy Triathlon Club	0:13:13	0:01:13	0:35:16	0:00:49	0:25:10	1:15:40
43	59	10001223	Jason	Hanrahan	Male	40-49	West Clare TC	0:17:51	0:00:49	0:33:48	0:00:40	0:22:55	1:16:04
44	86	10003800	Colm	Carty	Male	30-39	Boru TC	0:17:40	0:01:25	0:32:42	0:01:30	0:23:00	1:16:17
45	77	10040636	Pawel	Debakowski	Male	30-39		0:17:15	0:01:39	0:34:33	0:00:26	0:22:27	1:16:20
46	89	10020362	Gary	Madden	Male	40-49	Boru TC	0:18:05	0:01:25	0:35:08	0:00:18	0:21:47	1:16:44
47	85	10067463	Hilkka	Kontro	Female	30-39		0:17:25	0:01:52	0:36:12	0:00:39	0:20:42	1:16:49
48	72	10003473	Laurence	Begley	Male	40-49		0:17:45	0:00:53	0:34:13	0:00:28	0:23:51	1:17:09
49	58	10034938	Gerry	Mcintyre	Male	40-49	Limerick TC	0:16:59	0:01:30	0:34:57	0:00:39	0:23:17	1:17:22
50	157	10052518	John	Halpin	Male	20-29		0:18:50	0:02:05	0:33:37	0:00:33	0:22:18	1:17:23
51	103	10047051	Gareth	Madden	Male		Trilogy Triathlon Club	0:17:34	0:00:54	0:31:31	0:00:53	0:26:35	1:17:25
52	49	10014767	Dermot	Hayes	Male	40-49	Limerick TC	0:17:50	0:00:46	0:32:15	0:00:37	0:26:02	1:17:30
53	42	10024915	Matt	Crowe	Male	40-49	Tipperary TC	0:15:48	0:01:47	0:33:36	0:00:50	0:25:32	1:17:33
54	162	10040062	Paraic	Raferly	Male	30-39	Galway TC	0:19:42	0:01:46	0:35:10	0:00:46	0:20:10	1:17:34
55	56	10012060	Sean	Ryan	Male	20-29		0:16:54	0:01:16	0:34:15	0:00:33	0:24:55	1:17:53
56	84	10027649	Brian	O Sullivan	Male	30-39		0:18:42	0:01:32	0:34:13	0:00:27	0:22:59	1:17:54
57	87	10033544	Sean	Crossan	Male	40-49	Longford TC	0:17:28	0:01:57	0:32:12	0:00:47	0:25:40	1:18:04
58	91	10062404	Eoin	Lorigan	Male	30-39	Trilogy Triathlon Club	0:15:19	0:01:32	0:34:53	0:01:02	0:25:26	1:18:12
59	100	10001015	Trish	Nicholls	Female	Over50	Trilogy Triathlon Club	0:15:49	0:00:53	0:35:12	0:00:56	0:25:32	1:18:22
60	117	10046454	Peter	Heffernan	Male		Trilogy Triathlon Club	0:16:23	0:00:52	0:38:12	0:00:45	0:22:25	1:18:37
61	150	10063161	Fergal	Duffy	Male	40-49		0:20:18	0:01:53	0:35:42	0:00:35	0:20:15	1:18:42
62	142	10054745	Nigel	Laffan	Male	30-39	GoTri TC	0:20:14	0:01:14	0:33:26	0:00:31	0:23:21	1:18:46
63	83	10065441	Carl	Jackson	Male	40-49		0:19:39	0:03:21	0:33:21	0:01:06	0:21:21	1:18:48
64	108	10041436	Denis	Kranjec	Male		Trilogy Triathlon Club	0:19:46	0:01:33	0:33:30	0:00:30	0:23:33	1:18:51
65	93	10065499	Lar	Tierney	Male	30-39		0:17:19	0:01:20	0:34:49	0:00:37	0:24:52	1:18:57
66	62	10031563	Niamh	Yelverton	Female	Over50	Limerick TC	0:16:00	0:01:17	0:36:45	0:00:45	0:24:16	1:19:03
67	64	10033874	Rory	Keane	Male	30-39		0:16:19	0:00:54	0:31:19	0:01:00	0:30:05	1:19:37
68	138	10003604	John	Meagher	Male	30-39	Nenagh TC	0:18:55	0:01:18	0:34:37	0:00:37	0:24:19	1:19:47
69	127	10061477	Verona	Smyth	Female	30-39	Tullamore TC	0:17:57	0:01:50	0:35:17	0:00:30	0:24:14	1:19:48
70	169	10066815	Donncha	Houlihan	Male	30-39		0:18:58	0:02:01	0:35:49	0:00:53	0:22:26	1:20:08
71	154	10041890	Tom	Gallahue	Male	40-49	Nenagh TC	0:20:06	0:00:45	0:35:49	0:00:35	0:23:07	1:20:22
72	139	10045452	John	Griffin	Male	40-49		0:21:35	0:02:00	0:32:37	0:00:53	0:23:25	1:20:30
73	60	10010959	Jack	O'halloran	Male	20-29		0:17:29	0:00:38	0:37:46	0:00:33	0:24:42	1:21:08
74	106	10055714	Conor	Heffernan	Male		Trilogy Triathlon Club	0:18:09	0:01:10	0:36:29	0:00:42	0:24:38	1:21:08

75	163	10029876	Barry	Creamer	Male	40-49	Nenagh TC	0:21:51	0:01:14	0:34:04	0:00:39	0:23:22	1:21:09
76	187	10026960	Patrick	Foley	Male	Over50	Predator TC	0:17:51	0:01:04	0:34:55	0:00:41	0:26:49	1:21:19
77	145	10058803	Susan	Hickey	Female	30-39		0:20:31	0:01:20	0:34:37	0:00:49	0:24:40	1:21:56
78	189	10005191	Geraldine	Kyne	Female	40-49	Nenagh TC	0:17:11	0:01:20	0:34:05	0:00:49	0:28:46	1:22:10
79	95	10065172	George	Ryan	Male	40-49		0:19:01	0:02:44	0:33:07	0:00:50	0:26:30	1:22:13
80	155	10061715	David	Moore	Male	30-39		0:19:48	0:01:33	0:35:10	0:00:59	0:24:56	1:22:26
81	188	10054516	Mollie	Foley	Female	16-17	Predator TC	0:14:38	0:01:03	0:39:59	0:00:32	0:26:34	1:22:46
82	116	10052106	Michelle	Behan	Female	20-29	Trilogy Triathlon Club	0:16:53	0:01:51	0:37:33	0:00:36	0:26:01	1:22:54
83	105	10025294	Billy	Treacy	Male		Trilogy Triathlon Club	0:23:50	0:00:40	0:34:40	0:00:27	0:23:52	1:23:30
84	141	10056161	Ivan	Yelerton	Male	Over50		0:17:51	0:01:47	0:35:05	0:00:43	0:28:13	1:23:39
85	115	10051452	Claire	O'Connell	Female	30-39	Trilogy Triathlon Club	0:17:52	0:01:31	0:36:22	0:00:18	0:27:39	1:23:42
86	78	10010947	Margaret	Hogan	Female	30-39	Nenagh TC	0:16:34	0:01:40	0:38:30	0:00:22	0:27:10	1:24:17
87	181	10066867	Keith	Benson	Male	30-39		0:20:13	0:01:42	0:37:08	0:00:29	0:24:47	1:24:19
88	73	10003399	David	Meagher	Male	Over50		0:17:46	0:01:35	0:36:40	0:00:37	0:27:56	1:24:33
89	167	10031323	James	Sheehan	Male	40-49	Nenagh TC	0:21:12	0:02:47	0:37:11	0:00:46	0:22:41	1:24:37
90	156	10028222	Dermot	Glavin	Male	40-49		0:23:41	0:01:53	0:35:08	0:00:56	0:23:03	1:24:40
91	109	10046088	Glenn	Scully	Male	30-39	Trilogy Triathlon Club	0:15:07	0:01:17	0:36:39	0:01:08	0:30:48	1:24:59
92	175	10067564	Niall	Macken	Male	30-39		0:20:05	0:03:40	0:37:28	0:00:48	0:23:50	1:25:50
93	193	10012234	Shane	Hanna	Male	30-39		0:20:03	0:03:42	0:37:28	0:00:47	0:23:49	1:25:50
94	123	10046878	Olwyn	Larkin	Female		Trilogy Triathlon Club	0:19:38	0:02:35	0:39:31	0:00:32	0:24:05	1:26:20
95	99	10002007	Susan	Wall	Female	30-39	Trilogy Triathlon Club	0:17:12	0:00:52	0:36:15	0:00:44	0:31:27	1:26:30
96	168	10043723	Mark	Eldridge	Male	40-49		0:20:16	0:02:56	0:37:50	0:01:03	0:24:25	1:26:31
97	54	10041653	Oorla	Cusack	Female	40-49	Limerick TC	0:19:07	0:01:13	0:38:10	0:00:56	0:27:17	1:26:43
98	144	10065021	Daniel	Jones	Male	40-49		0:20:13	0:01:28	0:38:50	0:00:28	0:26:28	1:27:26
99	149	10063717	Joe	Gleeson	Male	30-39		0:29:45	0:01:08	0:34:11	0:00:39	0:22:14	1:27:57
100	176	10024982	Maeve	O'reilly	Female	30-39	Athlone TC	0:21:00	0:02:10	0:39:58	0:00:53	0:24:03	1:28:04
101	98	10039119	Sharon	Roche	Female	30-39	Trilogy Triathlon Club	0:17:32	0:01:25	0:36:59	0:00:30	0:31:44	1:28:11
102	194	10067582	Diarmaid	Houlihan	Male	40-49	Boru TC	0:22:12	0:02:51	0:37:16	0:00:25	0:26:11	1:28:55
103	165	10062463	Eoghan	Collery	Male	20-29		0:22:10	0:01:55	0:40:19	0:00:42	0:24:05	1:29:10
104	182	10065463	Timmy	Kelly	Male	30-39		0:22:15	0:02:54	0:37:54	0:00:20	0:25:56	1:29:19
105	94	10065173	Seamus	Ryan	Male	16-17		0:19:27	0:02:58	0:39:45	0:01:09	0:26:08	1:29:26
106	122	10001208	Denise	Murphy	Female		Trilogy Triathlon Club	0:21:38	0:01:39	0:37:20	0:01:22	0:27:54	1:29:52
107	65	10014697	John	Ryan	Male	Over50		0:18:43	0:01:50	0:37:23	0:01:07	0:30:51	1:29:54
108	147	10040589	Emer	Barry	Female	40-49	Limerick TC	0:19:44	0:02:31	0:39:10	0:00:59	0:27:51	1:30:14
109	125	10014754	Ocxy	Carabio			Trilogy Triathlon Club	0:18:35	0:02:30	0:38:18	0:00:54	0:30:04	1:30:22
110	55	10030554	Noel	Crowe	Male	Over50	Tipperary TC	0:20:58	0:01:54	0:36:51	0:01:31	0:29:37	1:30:50
111	159	10039303	Madeleine	Kavanagh	Female	Over50	Trilogy Triathlon Club	0:20:08	0:01:59	0:38:10	0:00:25	0:30:19	1:31:00
112	74	10049129	Laura	Bradish	Female	30-39		0:21:48	0:01:48	0:39:44	0:01:00	0:26:48	1:31:09
113	158	10064960	Catherine	Kelly	Female	30-39	3D TC	0:18:10	0:02:39	0:43:41	0:00:37	0:26:05	1:31:12
114	179	10031324	Yvonne	Sheehan	Female	40-49	Nenagh TC	0:21:11	0:02:52	0:41:42	0:00:52	0:24:43	1:31:21
115	130	10046063	Sandra	Mc caul	Female	40-49	DB Triathlon Club	0:17:58	0:02:03	0:40:52	0:00:42	0:30:27	1:32:02
116	166	10032724	Paul	Corrigan	Male	30-39		0:23:50	0:03:21	0:38:03	0:00:55	0:26:00	1:32:08
117	178	10067442	Helena	Kelly	Female	20-29		0:19:25	0:02:57	0:41:21	0:01:25	0:27:32	1:32:40
118	186	10067009	SuZanne	Cantrell	Female	30-39		0:21:08	0:02:30	0:39:54	0:00:51	0:28:44	1:33:06
119	146	10053896	Joe	Owens	Male	40-49		0:20:19	0:02:34	0:41:17	0:01:20	0:28:09	1:33:38
120	177	10065740	Paul	Kelly	Male	Over50	247 Triathlon Club	0:21:55	0:03:28	0:39:58	0:02:49	0:25:51	1:34:01
121	131	10055792	Sinead	Lee	Female	Over50	Nenagh TC	0:22:11	0:02:49	0:42:27	0:00:41	0:26:08	1:34:16
122	160	10037830	Thomas	Ryan	Male	30-39	Tinahely TC	0:24:04	0:02:33	0:38:33	0:00:22	0:29:01	1:34:33
123	112	10039311	Grainne	Terrett	Female	40-49	Trilogy Triathlon Club	0:19:59	0:01:31	0:38:37	0:00:51	0:33:41	1:34:39
124	79	10067453	Madeline	Cleary	Female	40-49		0:20:22	0:02:53	0:41:26	0:00:36	0:30:05	1:35:23
125	124		Ciara	Brody	Female		Trilogy Triathlon Club	0:24:18	0:01:28	0:39:44	0:00:59	0:29:25	1:35:53
126	170	10063361	Claire	Mockler	Female	30-39		0:21:48	0:02:26	0:43:15	0:00:50	0:28:02	1:36:21
127	148	10051343	Gerard	Carey	Male	Over50		0:19:54	0:01:54	0:39:49	0:00:28	0:34:39	1:36:44
128	190	10055530	Angela	Roche	Female	40-49	Predator TC	0:24:42	0:01:44	0:41:11	0:00:36	0:29:28	1:37:41
129	140	10046688	Ann marie	Sullivan	Female	30-39	Tullamore TC	0:20:19	0:02:19	0:42:47	0:00:49	0:32:31	1:38:44
130	119	10039211	Michelle	Grainger	Female	30-39	Trilogy Triathlon Club	0:19:02	0:01:20	0:41:20	0:00:25	0:36:43	1:38:50
131	191	10040338	Aine	Gillespie	Female	Over50		0:24:09	0:03:34	0:38:36	0:00:47	0:33:35	1:40:42
132	111	10014272	Anne Marie	Lynch	Female	40-49	Trilogy Triathlon Club	0:24:19	0:01:45	0:42:30	0:00:53	0:31:27	1:40:54
133	104	10014038	Sinead	Lynch	Female	30-39	Trilogy Triathlon Club	0:22:51	0:00:58	0:40:14	0:00:50	0:36:12	1:41:04
134	43	10051553	Deirdre	Dooley	Female	40-49		0:25:46	0:03:17	0:44:48	0:00:22	0:27:49	1:42:02
135	75	10067349	Avril	Johnston	Female	40-49		0:23:32	0:02:53	0:42:16	0:01:38	0:32:57	1:43:15
136	132	10045081	Enda	Moynihan	Male	40-49	Glin Triathlon Club	0:25:24	0:01:34	0:39:52	0:01:54	0:34:54	1:43:37
137	185							0:25:29	0:03:20	0:38:30	0:01:10	0:36:34	1:45:03
138	101	10044390	Catherine	Phelan	Female	40-49	Trilogy Triathlon Club	0:28:41	0:01:58	0:38:54	0:00:41	0:35:12	1:45:26
139	172	10045711	Eamonn	Moloney	Male	40-49		0:23:31	0:01:35	0:44:05	0:01:25	0:36:12	1:46:48
140	88	10066216	Shirley	Garde	Female	40-49		0:31:28	0:04:18	0:42:35	0:00:50	0:31:14	1:50:26
141	184	10032800	Conn	Corrigan	Male	30-39		0:43:19	0:05:12	0:40:05	0:00:44	0:25:30	1:54:50
	57	10010637	Alan	Buckley	Male	40-49	Limerick TC	0:16:33	0:00:51	0:27:34			DNF