

Place	Number	TI Number	Name	Surname	Sex	Cat	Swim	T1	Cycle	T2	Run	Finish
1	177	10075372	Gareth	Jooste	Female	Under30	0:19:59	0:00:47	1:02:50	0:00:19	0:36:55	2:00:50
2	237	10010602	John	Greaney	Male	30-39	0:23:56	0:00:53	1:02:30	0:00:16	0:37:35	2:05:11
3	151	10003188	Michael	Davis	Male	40-49	0:21:26	0:01:06	1:03:42	0:00:56	0:44:01	2:11:11
4	213	10039212	Padraig	O'sullivan	Male	30-39	0:28:09	0:01:28	1:02:27	0:00:52	0:41:49	2:14:45
5	219	10068480	Tony	Pryce	Male	30-39	0:30:20	0:02:06	1:05:35	0:01:04	0:41:59	2:21:05
6	200	10047889	David	Murillo	Male	30-39	0:24:09	0:01:01	1:09:15	0:00:39	0:46:28	2:21:32
7	238	10052768	Paul	Scully	Male	40-49	0:21:21	0:01:34	1:12:47	0:00:44	0:46:35	2:23:02
8	174	10033021	Stephen	Hughes	Male	30-39	0:25:55	0:02:12	1:11:01	0:00:54	0:44:24	2:24:26
9	161	10003795	Derek	Gallagher	Male	40-49	0:27:16	0:01:13	1:06:59	0:00:38	0:49:35	2:25:42
10	190	10053021	Brendan	Mc Nerney	Male	40-49	0:33:33	0:01:44	1:08:36	0:00:45	0:41:05	2:25:42
11	223	10029624	Sean	Rooney	Male	30-39	0:26:35	0:01:53	1:11:08	0:00:56	0:46:22	2:26:54
12	246	10004274	Ronan	O'Driscoll	Male	40-49	0:26:15	0:00:42	1:12:53	0:00:28	0:48:22	2:28:39
13	137	10009254	Stephen	Burns	Male	30-39	0:24:16	0:01:27	1:13:48	0:01:27	0:48:04	2:29:02
14	173	10071153	Marko	Horvat	Male	Under30	0:30:04	0:01:23	1:10:01	0:00:34	0:47:43	2:29:44
15	230	10033417	Paul	Waldron	Male	30-39	0:25:16	0:01:35	1:14:52	0:00:53	0:48:08	2:30:44
16	244	10000206	Edward	O'Meara	Male	40-49	0:25:03	0:01:36	1:13:58	0:01:09	0:50:37	2:32:23
17	178	10052277	Arnold	Kane	Male	40-49	0:25:43	0:01:28	1:15:08	0:01:14	0:49:16	2:32:50
18	251	ODL	Rynal	Browne	Male	40-49	0:26:46	0:01:12	1:13:13	0:00:38	0:51:01	2:32:51
19	250	10005300	Noel	O'Meara	Male	50-59	0:24:03	0:02:32	1:13:23	0:01:11	0:52:40	2:33:49
20	198	10052639	Ciaran	Mulhall	Male	30-39	0:29:42	0:01:23	1:10:27	0:00:43	0:52:47	2:35:02
21	184	10072413	Eric	Lucking	Male	30-39	0:27:18	0:02:16	1:16:03	0:01:01	0:49:05	2:35:42
22	194	10050403	John	Mchugh	Male	40-49	0:28:32	0:01:33	1:13:51	0:01:07	0:51:09	2:36:13
23	135	10068479	Ciara	Brady	Female	Under30	0:30:02	0:02:10	1:17:30	0:00:46	0:46:11	2:36:41
24	132	10048279	Zeb	Austen	Male	40-49	0:26:05	0:01:39	1:18:33	0:00:50	0:49:36	2:36:43
25	202	10004862	Jonathan	Nestor	Male	30-39	0:23:11	0:04:05	1:13:55	0:03:20	0:52:23	2:36:53
26	142	10075775	Sari	Coakley	Female	Under30	0:25:30	0:01:19	1:20:30	0:00:29	0:49:26	2:37:14
27	159	10044152	Sian	Egerton	Female	30-39	0:24:54	0:01:44	1:19:36	0:00:35	0:50:44	2:37:33
28	253	10003604	John	Maher	Male	40-49	0:30:33	0:02:11	1:14:54	0:01:17	0:48:41	2:37:36
29	254		Brenda	Ryan	Relay	Relay	0:25:53	0:00:30	1:21:53	0:00:33	0:49:02	2:37:52
30	155	10062278	Aidan	Dineen	Male	40-49	0:27:23	0:01:49	1:18:02	0:00:56	0:50:09	2:38:18
31	211	10021786	John	O'carroll	Male	40-49	0:27:02	0:01:56	1:17:14	0:01:04	0:51:21	2:38:37
32	221	10002614	Wesley	Reilly	Male	30-39	0:31:34	0:01:34	1:14:04	0:00:57	0:51:23	2:39:32
33	186	10025806	Garrett	Mackey	Male	40-49	0:27:24	0:01:47	1:21:06	0:00:54	0:48:32	2:39:42
34	19	10038229	Coyle	Kieran	Male	40-49	0:31:47	0:01:27	1:12:03	0:01:21	0:53:27	2:40:05
35	2	10049935	Benson	Ger	Male	50-59	0:29:41	0:02:18	1:15:28	0:01:09	0:51:36	2:40:12
36	66	10014910	Mannion	Liam	Male	40-49	0:31:26	0:03:25	1:15:16	0:01:43	0:48:29	2:40:19
37	252	10013114	Darragh	O'Connor	Male	30-39	0:27:06	0:02:07	1:21:10	0:01:20	0:48:45	2:40:29
38	206	10029802	Fiachra	O dubhghaill	Male	30-39	0:30:21	0:02:39	1:18:05	0:01:19	0:48:14	2:40:37
39	182	10044621	Derek	Kirwan	Male	30-39	0:29:35	0:01:29	1:18:43	0:00:31	0:50:43	2:41:01
40	212	10059403	Michael	O'Flaherty	Male	40-49	0:33:41	0:02:20	1:14:52	0:01:14	0:49:02	2:41:07
41	228	10071605	Rory	Tierney	Male	30-39	0:28:36	0:03:34	1:19:27	0:01:04	0:48:55	2:41:36
42	233	10053818	Petrina	Tighe	Female	40-49	0:29:58	0:02:05	1:18:18	0:00:51	0:50:24	2:41:37
43	215	10047430	Steve	Palmer	Male	40-49	0:34:29	0:01:59	1:14:34	0:01:04	0:49:45	2:41:52
44	225	10072793	Kevin	Stallard	Male	30-39	0:29:36	0:02:03	1:20:14	0:00:39	0:49:56	2:42:28
45	164	10044727	Jonathan	Glavin	Male	30-39	0:33:25	0:01:28	1:13:44	0:01:23	0:52:45	2:42:45
46	205	10015168	Shane	O connell	Male	40-49	0:26:58	0:02:21	1:17:57	0:00:49	0:54:46	2:42:51
47	210	10052627	Patrick	O'Brien	Male	30-39	0:35:55	0:06:41	1:31:01	0:01:19	0:27:58	2:42:54
48	240	10031323	James	Sheehan	Male	40-49	0:30:24	0:04:09	1:19:31	0:01:39	0:47:13	2:42:56
49	197	10054731	Enda	Molloy	Male	30-39	0:36:35	0:01:59	1:12:20	0:00:57	0:51:28	2:43:19
50	239	10069807	Ciara	Cairns	Female	40-49	0:29:53	0:00:43	1:21:26	0:00:48	0:50:34	2:43:26
51	133	10025398	Stephen	Brady	Male	50-59	0:27:47	0:02:06	1:20:19	0:01:20	0:52:37	2:44:09
52	160	10047170	Laura	Fay	Female	40-49	0:29:33	0:02:10	1:17:39	0:01:07	0:53:57	2:44:26
53	180	10074371	Scott	Kennedy	Male	30-39	0:24:07	0:02:04	1:19:46	0:01:16	0:57:13	2:44:26
54	143	10009454	Michael	Collins	Male	40-49	0:29:20	0:01:23	1:17:28	0:01:14	0:55:51	2:45:17
55	145	10062349	Albert	Connors	Male	50-59	0:30:58	0:03:38	1:17:04	0:01:25	0:52:43	2:45:47
56	148	10022789	Paul	Daly	Male	40-49	0:28:16	0:01:46	1:20:30	0:00:49	0:54:43	2:46:04
57	147	10026433	Dermot	Cunningham	Male	40-49	0:29:55	0:01:33	1:19:50	0:01:10	0:55:02	2:47:29
58	234	10005277	Gerge	Reid	Male	50-59	0:30:15	0:03:02	1:17:47	0:01:01	0:55:24	2:47:29
59	199	10013690	Louise	Mulvaney	Female	30-39	0:26:16	0:01:15	1:18:22	0:00:58	1:00:54	2:47:45
60	134	10075674	Daniel	Brady	Male	Under30	0:30:11	0:02:55	1:14:31	0:01:54	0:58:15	2:47:46
61	165	10074043	Guido	Goggi	Male	30-39	0:36:16	0:03:09	1:17:58	0:01:36	0:49:23	2:48:22
62	220	10040062	Paraic	Rafferty	Male	30-39	0:32:46	0:01:33	1:25:06	0:00:53	0:48:10	2:48:28
63	235	10013097	Ger	Cleary	Male	40-49	0:28:07	0:01:53	1:17:57	0:01:53	0:58:39	2:48:29
64	105	10059248	Staunton	Rachel	Female	Under30	0:28:51	0:02:04	1:21:32	0:01:27	0:54:48	2:48:42
65	35	10045473	Everard	Steve	Male	30-39	0:31:07	0:01:21	1:17:11	0:01:06	0:58:02	2:48:47

66	185	10040484	Niall	Lyons	Male	40-49	0:36:42	0:01:54	1:17:33	0:01:03	0:51:50	2:49:03
67	138	10075913	Cathal	Butler	Male	30-39	0:31:11	0:03:31	1:27:05	0:00:40	0:46:45	2:49:11
68	150	10004946	Kara	Davey	Female	30-39	0:29:52	0:01:37	1:21:15	0:00:44	0:56:40	2:50:08
69	224	10068986	Grzegorz	Sala	Male	30-39	0:33:10	0:03:39	1:23:11	0:01:04	0:49:37	2:50:41
70	217	10074391	Sarah	Petch	Female	Under30	0:30:35	0:03:29	1:23:17	0:01:27	0:52:47	2:51:36
71	109	10016251	Foley	Patrick	Male	40-49	0:30:42	0:01:09	1:18:26	0:00:42	1:01:13	2:52:12
72	229	10072420	Gareth	Toolan	Male	30-39	0:37:34	0:02:06	1:18:41	0:01:02	0:52:58	2:52:22
73	168	10056934	Maria	Hayes	Female	40-49	0:34:21	0:03:41	1:24:38	0:01:01	0:48:46	2:52:27
74	196	10057007	Bernie	Mockler	Female	40-49	0:35:07	0:02:43	1:18:43	0:01:37	0:54:34	2:52:45
75	231	10045715	Ruth	Walsh	Female	30-39	0:30:00	0:01:40	1:21:55	0:00:46	0:58:44	2:53:05
76	214	10002903	Eoin	O'sullivan	Male	40-49	0:32:30	0:01:11	1:18:44	0:01:08	1:00:13	2:53:45
77	162	10042258	Mark	Gantly	Male	30-39	0:26:53	0:01:47	1:18:40	0:00:50	1:06:44	2:54:56
78	216	10048626	Yvonne	Pender	Female	30-39	0:32:35	0:02:27	1:23:29	0:01:08	0:56:07	2:55:46
79	49	10044718	Hynes	Maeve	Female	30-39	0:31:29	0:01:12	1:27:16	0:01:12	0:54:43	2:55:51
80	192	10070607	Roberta	McDonald	Female	30-39	0:28:56	0:02:29	1:28:29	0:01:12	0:55:00	2:56:05
81	222	10046026	Karen	Reynolds	Female	40-49	0:29:47	0:02:19	1:21:51	0:01:54	1:00:18	2:56:09
82	245	10015490	Ronan	Walsh	Male	40-49	0:26:29	0:01:21	1:26:27	0:00:41	1:02:02	2:57:00
83	203	10063409	Richie	O'Brien	Male	40-49	0:38:09	0:03:07	1:16:45	0:01:20	0:58:13	2:57:34
84	157	10000673	Paul	Dornan	Male	50-59	0:28:46	0:02:51	1:25:39	0:01:39	0:58:42	2:57:37
85	146	10038787	Murt	Cooney	Male	40-49	0:41:24	0:02:29	1:14:30	0:01:28	0:57:55	2:57:46
86	170	10032313	David	Heeney	Male	50-59	0:28:20	0:02:36	1:23:33	0:01:25	1:02:49	2:58:44
87	249	10036144	Eoin	O'Connor	Male	40-49	0:38:16	0:01:51	1:22:03	0:01:21	0:55:14	2:58:45
88	163	10037350	Margaret	Glavin	Female	30-39	0:32:38	0:01:59	1:28:53	0:01:41	0:54:31	2:59:42
89	193	10021939	Ian	Mcgrath	Male	50-59	0:31:09	0:01:33	1:20:36	0:01:32	1:05:25	3:00:15
90	195	10057254	Jimmy	Mcnamara	Male	40-49	0:41:53	0:02:04	1:20:42	0:00:38	0:55:02	3:00:20
91	152	10075043	Greg	Delahunt	Male	Under30	0:25:36	0:03:10	1:30:17	0:02:00	0:59:54	3:00:57
92	191	10013918	Stephen	McCarthy	Male	40-49	0:34:19	0:04:16	1:30:06	0:01:08	0:52:03	3:01:52
93	169	10052318	Barry	Healy	Male	40-49	0:34:08	0:04:49	1:27:11	0:01:43	0:54:52	3:02:44
94	241	10031324	Yvonne	Sheehan	Female	40-49	0:33:36	0:02:51	1:27:06	0:01:48	0:57:43	3:03:04
95	172	10004531	John	Higgins	Male	Over60	0:39:31	0:03:45	1:17:19	0:01:22	1:01:16	3:03:13
96	227	10015007	Lorraine	Stenson	Female	30-39	0:30:43	0:01:53	1:28:11	0:02:00	1:00:50	3:03:37
97	141	10004557	David	Carty	Male	40-49	0:30:00	0:02:02	1:31:52	0:00:49	0:59:02	3:03:45
98	167	10073863	Brian	Hanley	Male	40-49	0:37:28	0:03:59	1:20:40	0:01:43	1:00:24	3:04:15
99	136	10026700	Pádraic	Breathnach	Male	50-59	0:29:15	0:03:14	1:29:52	0:01:08	1:01:23	3:04:53
100	188	10075844	Grace	McGinn	Female	Under30	0:33:20	0:03:58	1:31:35	0:01:02	0:59:05	3:08:59
101	140	10070493	Des	Carthy	Male	40-49	0:37:38	0:05:24	1:23:33	0:01:07	1:01:46	3:09:27
102	176	10037064	Carmel	Jackson	Female	30-39	0:37:42	0:02:45	1:24:10	0:01:42	1:03:13	3:09:32
103	243	10014697	John	Ryan	Male	50-59	0:29:01	0:02:17	1:24:03	0:01:31	1:13:07	3:10:00
104	153	10013411	Sheila	Devaney	Female	40-49	0:33:24	0:01:46	1:36:06	0:00:59	0:58:52	3:11:07
105	154	10043620	James	Dillon	Male	40-49	0:34:33	0:03:00	1:25:59	0:01:20	1:06:19	3:11:11
106	179	10000771	Elizabeth	Keavey	Female	40-49	0:39:08	0:03:36	1:25:29	0:01:34	1:03:32	3:13:19
107	158	10013958	Shane	Durkan	Male	40-49	0:29:50	0:03:00	1:28:48	0:02:13	1:10:17	3:14:08
108	236	10039163	Gerard	Noone	Male	40-49	0:38:18	0:03:28	1:26:13	0:01:38	1:05:29	3:15:06
109	345	10019462	O'Loughlin	Lynne	Female	40-49	0:29:58	0:02:10	1:36:15	0:00:55	1:08:56	3:18:14
110	144	10064541	Clara	Conneely	Female	30-39	0:36:14	0:02:58	1:41:37	0:01:02	1:04:29	3:26:19
111	247	10051343	Gerard	Carey	Male	50-59	0:32:21	0:02:40	1:33:38	0:01:31	1:28:08	3:38:19
	218	10043049	Ray	Power	Male	Over60	0:35:23	0:01:36	1:19:09	0:01:06	0:14:43	DNF
	57	10067229	Kiely	Paul	Male	50-59	0:39:56	0:03:07	1:29:46			DNF
	204	10054179	Tim	O'Brien	Male	50-59	0:47:46	0:03:27	1:24:53			DNF
	175	10049462	Carmel	Hughes	Female	40-49	0:34:03	0:02:00	1:21:13			DNF
	181	10075864	Conor	Keville	Male	Under30						DNF