

Place	Bib	Surname	Name	Sex	Cat	Club	Kayak/Swim	Run on Beach	Return	Cycle Out	Cycle Back	Finish
1	514	Ryan	Billy	M	Sen		0:17:28	0:12:13	0:05:24	0:18:24	0:11:03	1:04:32
2	610	Delahunty	LIAM	M	Sen		0:17:31	0:12:24	0:05:35	0:18:21	0:11:14	1:05:05
3	615	Sheanon	Gerry	M	40+		0:18:57	0:13:06	0:06:06	0:23:01	0:12:59	1:14:09
4	614	Ryall	James	M	40+		0:18:58	0:13:07	0:06:05		0:35:59	1:14:09
5	503	Cullen	Alison	F	Sen		0:18:46	0:13:55	0:06:29	0:22:51	0:13:18	1:15:19
6	574	King	Bernard	M	Sen		0:19:06	0:13:02	0:06:04	0:24:29	0:13:22	1:16:03
7	557	Gilligan	Nathy	M	40+	Lake District AC	0:21:00	0:12:50	0:06:01	0:23:13	0:13:07	1:16:11
8	291	Gilbert	Jennifer	F	Sen	Fit to Go	0:19:42	0:12:06	0:05:45	0:24:08	0:14:39	1:16:20
9	506	Houlihan	Catrina	F	Sen	racetoglogy	0:20:42	0:14:40	0:06:30	0:22:01	0:13:13	1:17:06
10	505	Holmes	Aoife	F	Sen		0:21:26	0:12:39	0:05:53	0:24:12	0:13:25	1:17:35
11	578	Thong	Gerard	M	Sen		0:20:40	0:13:35	0:05:27	0:24:55	0:14:49	1:19:26
12	551	Gavaghan	Mary	F	Sen	Team MG	0:22:42	0:13:06	0:05:57	0:24:08	0:14:14	1:20:07
13	556	Gilligan	Celine	F	40+	Lake District AC	0:21:18	0:13:41	0:06:17	0:24:55	0:14:45	1:20:56
14	284	Flynn	Ciara	F	Sen	The Flamin' Galahs	0:21:22	0:15:13	0:06:57	0:25:28	0:13:10	1:22:10
15	524	Byrne	Kevin	M	Sen	Franks Tanks	0:22:45	0:12:43	0:05:27	0:26:07	0:15:09	1:22:11
16	608	Walsh	Brendan	M	40+	Lake District AC	0:20:45	0:13:46	0:05:42	0:27:37	0:14:24	1:22:14
17	594	NÁ- FhainnÁ-n	Aoife	F	Sen	Skullcandy	0:20:21	0:13:27	0:05:59	0:26:34	0:16:16	1:22:37
18	502	Cryan	Tom	M	Sen		0:27:32	0:12:50	0:05:15	0:23:12	0:14:00	1:22:49
19	224	Keogh	Oraith	F	Sen	THE CUNNING SHTUNT DISHCO ROARERS!	0:22:31	0:14:09	0:06:33	0:24:57	0:14:58	1:23:08
20	619	Hayes	Hannah	F	Sen		0:21:03	0:14:16	0:06:23	0:27:16	0:15:06	1:24:04
21	211	Clifford	Fiona	F	Sen	THE CUNNING SHTUNT DISHCO ROARERS!	0:21:41	0:14:45	0:06:41	0:25:59	0:15:33	1:24:39
22	542	Farrell	Kelly	F	Sen	Ultimate Conditioning 2	0:23:07	0:14:38	0:07:03	0:24:27	0:15:38	1:24:53
23	593	Nelson	June	F	40+	Skullcandy	0:20:37	0:14:19	0:06:38	0:27:06	0:16:42	1:25:22
24	241	Power	Deirdre	F	Sen	THE CUNNING SHTUNT DISHCO ROARERS!	0:21:49	0:14:58	0:07:04	0:26:00	0:16:14	1:26:05
25	598	Power	Ann	F	40+	THE CUNNING SHTUNT DISHCO ROARERS!	0:23:04	0:14:53	0:07:07	0:27:17	0:14:42	1:27:03
26	572	Kelly	Johnathon	M	40+	Confey Babes	0:26:34		0:17:06	0:28:09	0:15:43	1:27:32
27	522	Brannigan	Megan	F	Sen	Franks Tanks	0:22:47	0:15:28	0:06:59	0:26:53	0:15:44	1:27:51
28	565	Hogan	Jillian	F	Sen	Ultimate Conditioning 2	0:23:07	0:15:39	0:07:24	0:27:31	0:15:36	1:29:17
29	582	McCormacl	Laura	F	Sen	Ultimate Conditioning 2	0:23:06	0:15:44	0:07:22	0:27:35	0:15:31	1:29:18
30	603	Storey	Dawn	F	Sen	Confey Babes	0:23:10	0:15:19	0:07:04	0:27:59	0:16:15	1:29:47
31	611	Tempany	Diarmuid	M	40+		0:23:21	0:16:27	0:07:24	0:28:07	0:15:33	1:30:52
32	529	Clarke	Aisleen	F	Sen	Team MG						1:31:17
33	549	Gallagher	John	M	Sen	Wet n Wild	0:24:44	0:16:23	0:07:22	0:31:00	0:13:49	1:33:18
34	580	Mc Gahon	Marie	F	Sen	racetoglogy	0:26:28	0:15:54	0:06:58	0:28:43	0:15:37	1:33:40
35	617	McDonagh	Sinead	F	40+		0:27:42	0:18:50	0:08:17	0:24:35	0:14:30	1:33:54
36	535	Crotty	Sheena	F	40+	THE CUNNING SHTUNT DISHCO ROARERS!	0:22:52	0:13:17	0:06:15	0:30:37	0:21:02	1:34:03
37	562	Hardy	Keri	F	U 18	Confey Babes	0:25:36	0:14:58	0:06:24	0:31:25	0:15:42	1:34:05
38	534	Costello	Samantha	F	40+	Confey Babes	0:21:46	0:16:45	0:07:03	0:32:14	0:17:00	1:34:48
39	554	Geraghty	Michelle	F	40+	Confey Babes	0:24:07	0:17:33	0:07:53	0:29:35	0:16:33	1:35:41
40	412	Hynes	Colette	F	40+		0:22:34	0:14:33	0:06:47	0:33:12	0:18:39	1:35:45
41	451	O'Donnell	Fiona	F	40+		0:27:26	0:19:11	0:08:20	0:25:23	0:15:38	1:35:58
42	616	Finegan	Marguerite	F	40+	RMFITNESS.ie	0:26:55	0:19:34	0:08:02	0:26:23	0:15:08	1:36:02
43	540	Eivers	Aaron	M	Sen	Franks Tanks	0:23:59	0:13:02	0:06:00	0:32:41	0:20:41	1:36:23
44	547	Fleming	Margaret	F	Sen	Confey Babes	0:25:32	0:19:43	0:07:47	0:28:09	0:15:23	1:36:34
45	602	Smith	Catherine	M	40+	Confey Babes	0:25:22	0:18:02	0:07:02	0:29:42	0:16:27	1:36:35
46	533	Costello	Darina	F	40+	Confey Babes	0:21:43	0:16:42	0:07:05	0:32:26	0:18:47	1:36:43
47	577	Lowry	Jane	F	Sen	HOC	0:20:27	0:17:12	0:08:45	0:32:23	0:17:59	1:36:46
48	510	O Hora	Louise	F	40+	racetoglogy	0:23:29	0:15:07	0:06:51	0:30:59	0:20:22	1:36:48
49	587	Morris	Sinead	F	Sen	Wet n Wild	0:24:44	0:16:26	0:07:18	0:32:03	0:16:43	1:37:14
50	618	Fitzgibbon	Margaret	F	Sen		0:26:31	0:14:18	0:06:38	0:31:49	0:18:17	1:37:33
51	527	Casey	Brid	F	40+		0:22:56	0:20:09	0:08:09	0:30:09	0:16:27	1:37:50
52	585	Miotto	Mario	M	40+		0:22:58	0:20:10	0:08:06	0:29:38	0:16:58	1:37:50
53	531	Corcoran	Emma	F	Sen	Confey Babes	0:23:41	0:18:47	0:08:37	0:30:40	0:16:32	1:38:17
54	569	Kavanagh	Karen	F	40+	Up The Dubs	0:24:37	0:17:32	0:07:08	0:30:50	0:18:18	1:38:25
55	512	Quinn	Val	F	40+	Fit to Go	0:25:27	0:16:10	0:07:59	0:31:41	0:17:58	1:39:15
56	509	Kelly	Mary	F	40+	Fit to Go	0:25:29	0:16:18	0:07:46	0:31:37	0:18:06	1:39:16
57	410	Heaney	Donal	M	Sen	Tri Harders	0:23:23	0:25:42	0:07:12	0:28:41	0:14:21	1:39:19
58	571	Kelly	Grainne	F	40+	Confey Babes	0:27:14		0:16:22	0:37:59	0:17:48	1:39:23
59	532	Corrigan	Yvonne	F	40+		0:25:31	0:17:41	0:07:58	0:30:57	0:17:24	1:39:31
60	508	Kelly	Karen	F	Sen		0:30:36	0:14:20	0:06:21	0:30:43	0:18:09	1:40:09
61	553	Geoghegan	Helen	F	Sen	Up The Dubs	0:24:34	0:17:37	0:07:06	0:33:01	0:18:48	1:41:06
62	576	Leavy	Elaine	F	Sen		0:27:23	0:17:27	0:07:08	0:31:33	0:18:06	1:41:37
63	583	Mcdonagh	Caroline	F	40+		0:26:06	0:16:19	0:06:47	0:33:53	0:18:36	1:41:41
64	541	Evans	Gillian	F	Sen	Mucky Ladies	0:26:53	0:16:42	0:07:22	0:31:19	0:19:31	1:41:47
65	584	Mcmahon	Nuala	F	40+	Mucky Ladies	0:26:58	0:15:21	0:07:08	0:33:49	0:18:31	1:41:47
66	530	Coates	Brona	F	40+	Mucky Ladies	0:26:55	0:15:19	0:07:12	0:33:39	0:18:45	1:41:50
67	528	Casey	Maureen	F	40+		0:28:25	0:20:36	0:09:13	0:27:20	0:16:20	1:41:54
68	581	MCCAUL	CAROLINE	F	40+	Mucky Ladies	0:26:59	0:15:17	0:07:08	0:34:55	0:17:57	1:42:16
69	536	Cullinan	Roisin	F	Sen	Mucky Ladies	0:27:01	0:16:32	0:07:21	0:33:34	0:17:48	1:42:16
70	607	Woyno	Anna	F	40+	Franks Tanks	0:25:34	0:15:46	0:06:58	0:34:33	0:20:41	1:43:32
71	517	Barry	Caroline	F	40+		0:27:20	0:20:45	0:08:16	0:30:15	0:17:28	1:44:04
72	596	ODonovan	Bridget	F	40+	Up The Dubs	0:26:01	0:16:55	0:07:08	0:34:07	0:19:59	1:44:10
73	552	Geoghegan	Dawn	F	40+	Up The Dubs	0:26:04	0:16:49	0:07:13	0:34:24	0:19:43	1:44:13
74	539	Doyle	Charlotte	F	40+	Fit to Go	0:28:00	0:19:21	0:08:54	0:28:38	0:19:26	1:44:19
75	620	Hayes	Sinead	F	Sen		0:24:48	0:16:40	0:08:49	0:37:07	0:21:03	1:48:27
76	621	McIntryre	Karen	F	Sen		0:24:46	0:17:04	0:08:23	0:37:20	0:20:55	1:48:28
77	613	Duffy	Colm	M	40+		0:31:52	0:17:33	0:07:33	0:29:26	0:22:22	1:48:46
78	563	Hardy	Teresa	F	40+	Confey Babes	0:27:08	0:22:50	0:07:58	0:33:37	0:17:38	1:49:11
79	523	Butler	David	M	40+	No Excuses	0:27:17	0:20:10	0:09:24	0:35:06	0:18:37	1:50:34
80	501	Butler	Sarahlouise	F	Sen	No Excuses	0:25:51	0:15:53	0:14:45	0:35:31	0:18:34	1:50:34
81	579	Mc Donagh	Orla	F	40+	Confey Babes	0:23:32	0:16:34	0:07:03	0:40:09	0:24:07	1:51:25
82	597	O'Sullivan	Karen	F	Sen	HOC	0:28:16	0:21:12	0:09:28	0:35:55	0:18:26	1:53:17
83	548	Foster	Kathleen	F	Sen	HOC	0:32:58	0:17:12	0:07:53	0:35:25	0:20:19	1:53:47
84	586	Moore	Tara	F	Sen	HOC	0:28:20	0:21:10	0:09:28	0:35:46	0:19:06	1:53:50
85	592	Murray	Jannette	F	Sen		0:28:48	0:20:54	0:10:52	0:33:24	0:21:17	1:55:15
86	279	Feeny	Assumpta	F	Sen		0:27:54	0:21:51	0:10:54	0:32:55	0:21:57	1:55:31
87	526	Calder	Bernie	F	40+		0:27:57	0:21:52	0:10:39	0:33:36	0:21:28	1:55:32
88	543	Farrelly	Grainne	F	Sen		0:28:13	0:18:36	0:08:20	0:40:44	0:23:25	1:59:18
89	591	Murphy	Ciara	F	Sen		0:27:58	0:20:53	0:09:26	0:46:42	0:25:01	2:10:00
90	568	Jellie	Anna Louise	F	Sen		0:28:02	0:20:52	0:09:24	0:46:51	0:24:51	2:10:00
91	521	Brannigan	Jessie	F	Sen	Franks Tanks	0:26:15	0:19:22	0:09:30	0:50:42	0:35:56	2:21:45
92	520	Brannigan	Frank	M	40+	Franks Tanks	0:26:11	0:19:23	0:09:30	0:50:51	0:35:56	2:21:51
	538	Devery	Elaine	F	Sen							DNF
	389	Deery	Kenny	M	Sen		0:28:22	0:21:12	0:09:28			DNF