

Place	Bib	Name	Surname	Club	Sex	Cat	T1 Number	Swim	Rank	T1	Cycle	Rank	T2	Run	Rank	Finish
1	105	Stephen	Donnelly		M			0:23:15	(1)	0:01:04	1:08:46	(2)	0:00:56	0:40:38	(6)	2:14:39
2	99	Brian	Sexton	Lough Key	M		10002454	0:25:41	(10)	0:01:05	1:07:51	(1)	0:00:49	0:40:11	(5)	2:15:38
3	312	Alan	Tiernan		Relay	Relay		0:29:36	(49)	0:00:49	1:09:49	(4)	0:00:47	0:39:47	(4)	2:20:48
4	306	Jonathan	caufield	swinford	Relay	Relay		0:29:28	(47)	0:00:49	1:09:28	(3)	0:00:39	0:40:47	(7)	2:21:09
5	11	Anthony	Chappat	Westport TC	M	30-34	13A4467	0:24:43	(3)	0:01:22	1:14:56	(8)	0:00:54	0:41:45	(9)	2:23:39
6	23	Darragh	Mc Shane	Tri Lakes	M	40-44	10000317	0:28:04	(31)	0:01:35	1:14:44	(7)	0:00:48	0:41:01	(8)	2:26:11
7	59	John	Rowland	Details not provided	M	30-34	10033656	0:25:17	(8)	0:01:05	1:13:41	(5)	0:00:48	0:46:09	(18)	2:27:00
8	37	fearghal	dhoinnleibhin	north sligo ac	M	30-34	10038452	0:28:23	(34)	0:01:14	1:14:43	(6)	0:00:58	0:41:47	(10)	2:27:03
9	12	Barry	Loftus	Liquid Motion	M	30-34	10016560	0:24:29	(2)	0:01:16	1:15:33	(11)	0:00:49	0:45:26	(16)	2:27:33
10	20	Craig	brennan	north sligo ac	M	40-44		0:30:39	(61)	0:01:19	1:15:02	(9)	0:00:50	0:39:47	(3)	2:27:37
11	4	alan	whelan	midland tri	M	30-34		0:27:49	(28)	0:01:51	1:15:15	(10)	0:00:57	0:44:09	(13)	2:30:01
12	97	Lorraine	Carey	Liquid Motion	F	35-39	10009830	0:27:03	(16)	0:01:08	1:17:00	(15)	0:00:58	0:44:35	(14)	2:30:45
13	7	Alasdair	Conway	Athenry AC	M	40-44	10015419	0:29:34	(48)	0:01:18	1:17:51	(19)	0:00:48	0:43:44	(12)	2:33:15
14	93	Tadhg	Moran	Lough Key Tri	M	40-44	10025403	0:28:30	(37)	0:01:30	1:19:53	(26)	0:01:09	0:42:22	(11)	2:33:24
15	21	Daihi	Kilgarriff	Tri Lakes	M	20-24	10039110	0:25:07	(5)	0:01:34	1:18:34	(21)	0:01:09	0:47:14	(22)	2:33:39
16	72	Padraig	Owens	Belpark TC	M	40-44		0:28:00	(30)	0:01:15	1:16:23	(13)	0:00:51	0:47:36	(24)	2:34:04
17	76	Paul	Little	Lough Key Tri club	M	20-24	10022434	0:27:28	(23)	0:00:57	1:17:44	(18)	0:00:49	0:48:48	(31)	2:35:46
18	314	Tadhg	Fallons		Relay	Relay		0:29:19	(45)	0:01:00	1:28:23	(66)		0:37:37	(1)	2:36:20
19	82	Richard	Chapman	Limerick	M	40-44	10036953	0:25:12	(6)	0:01:15	1:17:39	(17)	0:01:08	0:51:27	(42)	2:36:41
20	52	Liam	Breheny	Swinford Tri Sports	M	35-39	10009825	0:27:16	(20)	0:01:34	1:16:11	(12)	0:00:54	0:51:17	(41)	2:37:12
21	304	Damian	Walsh	The Cloon-A-Rhues	Relay	Relay		0:36:24	(85)	0:01:09	1:21:23	(35)	0:00:46	0:38:27	(2)	2:38:10
22	101	Thomas	Foody	Limerick Tri	M	25-29	10036756	0:26:30	(13)	0:01:31	1:16:38	(14)	0:00:55	0:53:13	(47)	2:38:47
23	90	Stephen	Branagan	thetrilife.com	M	30-34	10026344	0:27:15	(19)	0:01:37	1:17:19	(16)	0:01:06	0:51:36	(43)	2:38:53
24	5	Alan	Gavin		M	40-44	10002521	0:28:36	(39)	0:01:30	1:20:12	(29)	0:01:01	0:48:14	(27)	2:39:33
25	79	paul	mc dermott	midland tri	M	40-44		0:31:19	(66)	0:02:01	1:19:34	(23)	0:01:06	0:48:00	(25)	2:41:59
26	103	Joseph	Holton		M	50-54		0:27:10	(17)	0:02:03	1:25:46	(48)	0:01:24	0:46:23	(19)	2:42:47
27	36	Eoin	Buckley	Nenagh Tti Club	M	30-34	10029632	0:31:46	(69)	0:01:55	1:23:43	(41)	0:01:09	0:44:54	(15)	2:43:26
28	29	Deirdre	Lynn		F	35-39		0:25:56	(12)	0:01:20	1:22:57	(37)	0:00:56	0:52:33	(45)	2:43:42
29	2	Adrian	McWalter	Tri Lakes triathlon club	M	40-44	10004170	0:34:05	(77)	0:02:19	1:19:50	(25)	0:00:53	0:47:01	(21)	2:44:07
30	54	Liam	Egan	Galway Tri	M	45-49		0:29:48	(52)	0:01:39	1:21:18	(34)	0:01:27	0:50:58	(40)	2:45:10
31	18	colin	dockery	liquid motion	M	35-39	10032961	0:27:43	(25)	0:01:13	1:26:55	(54)	0:01:10	0:48:08	(26)	2:45:10
32	31	Desmond	Kiernan	London Irish CC	M	50-54		0:30:33	(59)	0:02:48	1:21:14	(32)	0:01:00	0:49:47	(33)	2:45:21
33	91	stephen	curran		M	45-49	10040186	0:33:27	(75)	0:02:05	1:19:35	(24)	0:01:06	0:50:12	(37)	2:46:26
34	88	Stephen	Brady	TriLakes	M	50-54	10025398	0:28:47	(40)	0:03:03	1:26:53	(53)	0:01:38	0:47:23	(23)	2:47:43
35	14	Billy	Diggin		M	45-49	10004242	0:29:58	(53)	0:01:26	1:20:10	(28)	0:01:24	0:55:24	(58)	2:48:21
36	65	Michael	Doherty	Wicklow tri	M	35-39	10037319	0:31:31	(67)	0:01:40	1:26:05	(49)	0:00:52	0:48:34	(30)	2:48:42
38	35	Enda	Fox	Predator tri club	M	40-44	10002563	0:27:57	(29)	0:01:56	1:18:31	(20)	0:01:31	0:52:33	(76)	2:49:18
37	86	Sharon	O'Hara	Liquid Motion	F	25-29	10003146	0:27:25	(21)	0:01:43	1:19:13	(22)	0:01:32	0:59:24	(77)	2:49:18
39	56	Maggie	Vahey	Predaor Tri Clubt	F	40-44	10016251	0:30:57	(63)	0:01:22	1:28:52	(68)	0:01:14	0:46:55	(20)	2:49:20
40	73	Paraic	Breathnach	Tri Sport	M	50-54	10026700	0:28:20	(33)	0:01:53	1:29:45	(73)	0:01:26	0:48:34	(29)	2:49:58
41	41	Ian	McDonald		M	40-44	10015114	0:32:29	(72)	0:01:46	1:23:18	(38)	0:01:49	0:51:51	(44)	2:51:13
42	102	Damien	Cosgrove	Tri Lakes				0:27:29	(24)	0:02:27	1:25:45	(47)	0:01:20	0:54:17	(51)	2:51:18
43	98	Nike	Battle		M			0:29:14	(43)	0:02:05	1:27:19	(57)	0:01:45	0:50:55	(39)	2:51:18
44	26	david	donnelly	liquid motion	M	40-44	10027639	0:29:42	(50)	0:01:33	1:21:14	(33)	0:01:21	0:58:08	(71)	2:51:58
45	95	vincent	Cosgrove	trilakes	M	45-49	10037734	0:30:06	(56)	0:02:17	1:23:42	(40)	0:01:39	0:55:22	(57)	2:53:06
46	75	Patrick	Murtagh	Liquid Motion	M	40-44	10003982	0:33:58	(76)	0:01:59	1:20:16	(30)	0:01:16	0:55:49	(60)	2:53:18
47	78	Paul	Murphy	Wexford Triathlon Club	M	25-29	10029860	0:25:32	(9)	0:02:16	1:34:16	(85)	0:00:48	0:50:40	(38)	2:53:31
48	1	Aaron	O'Connor	Lough Key TC	M	35-39	10034037	0:29:19	(44)	0:01:27	1:23:19	(39)	0:01:31	0:58:53	(74)	2:54:29
49	43	Jamie	Olden	Piranha	M	35-39	10003669	0:28:28	(36)	0:01:39	1:29:23	(71)	0:01:15	0:54:03	(49)	2:54:48
50	13	Barry	McLaughlin	24/7 TC	M	40-44	10029839	0:29:45	(51)	0:02:02	1:26:58	(55)	0:01:13	0:54:52	(54)	2:54:51
51	19	Conor	Quinn		M	30-34		0:35:00	(81)	0:02:17	1:26:30	(51)	0:01:38	0:50:01	(34)	2:55:25
52	313	Martin	O Hagan	Swinford Tri	Relay	Relay		0:35:04	(82)	0:01:13	1:33:20	(83)	0:00:58	0:45:33	(17)	2:56:08
53	38	FINBARR	KEANEY	Lough Tri club	M	40-44	10013871	0:28:16	(32)	0:02:05	1:25:01	(44)	0:02:01	0:58:56	(75)	2:56:20
54	57	marcella	mc donnell		F	45-49		0:30:01	(54)	0:02:44	1:28:14	(65)	0:00:56	0:55:36	(59)	2:57:31
55	8	Alexander	Schutz	Ann Marie Carroll Memorial Runners	M	35-39	10012749	0:34:15	(79)	0:01:53	1:29:23	(72)	0:02:03	0:50:09	(35)	2:57:42
56	66	Niall	Towey		M	30-34		0:28:32	(38)	0:02:53	1:28:59	(69)	0:01:25	0:56:20	(64)	2:58:08
57	100	Tommy	Loughran	Westport Tri	M	45-49		0:30:59	(64)	0:03:00	1:24:30	(43)	0:01:57	0:58:04	(70)	2:58:29
58	15	Brendan	Fallon	Swinford Trisports	M	45-49		0:36:35	(86)	0:03:46	1:22:27	(36)	0:01:22	0:54:21	(52)	2:58:31
59	32	Diarmuid	Corrigan		M	35-39	10034043	0:28:25	(35)	0:01:58	1:29:50	(74)	0:01:23	0:57:04	(67)	2:58:40
60	71	Padraic	Frain	swinfordtrisports.com	M	55-59	1000962	0:31:59	(70)	0:02:39	1:20:09	(27)	0:02:11	1:01:51	(86)	2:58:48
61	24	Dave	Moran		M	40-44	10003317	0:29:12	(42)	0:01:33	1:25:40	(46)	0:01:57	1:00:53	(83)	2:59:15
62	301	ANN MARIE	HOGAN	Swinford Tri	Relay	Relay	10034030	0:25:06	(4)	0:01:08	1:31:08	(76)	0:00:52	1:01:04	(84)	2:59:19
63	104	Stephen	Cawley		M			0:39:20	(96)	0:01:12	1:25:05	(45)	0:00:48	0:53:14	(48)	2:59:39
64	46	John Joe	Higgins	Trilakes	M	65-69	10004531	0:37:31	(93)	0:01:38	1:24:05	(42)	0:01:17	0:55:22	(56)	2:59:53
65	310	michelle	spain		Relay	Relay	19356	0:26:53	(14)	0:01:34	1:42:29	(99)	0:00:48	0:48:51	(32)	3:00:35
66	28	Declan	Clarke	Swinford Tri Sports	M	30-34	10014266	0:29:27	(46)	0:03:46	1:28:47	(67)	0:01:32	0:57:59	(69)	3:01:31
67	83	Sean	Smith	belpark	M	35-39		0:27:12	(18)	0:01:45	1:31:15	(77)	0:01:53	1:00:32	(82)	3:02:37
68	40	gillian	oreilly	trilakes	F	40-44	10026810	0:30:34	(60)	0:02:09	1:28:00	(61)	0:02:02	1:00:08	(80)	3:02:53
69	48	Joseph	Mac Cabe		M	55-59	10016362	0:30:03	(55)	0:01:59	1:33:14	(81)	0:01:49	0:55:57	(62)	3:03:02
70	68	nicola	forde	liquid motion	F	30-34	10028060	0:36:50	(89)	0:01:37	1:28:03	(63)	0:00:57	0:55:51	(61)	3:03:18
71	33	Donal	Keating	N/A	M	40-44		0:34:44	(80)	0:05:22	1:26:36	(52)	0:02:27	0:54:27	(53)	3:03:35
72	305	James	Kilroy	Swinford Tri Sports	Relay	Relay	100039823	0:37:39	(95)	0:01:01	1:28:06	(64)	0:00:55	0:56:11	(63)	3:03:52
73	30	desmond	mchenry	olympian	M	65-69	10003277	0:27:46	(27)	0:01:42	1:40:26	(97)	0:01:23	0:52:51	(46)	3:04:08
74	62	Martin	Jennings	Tri lakes	M	40-44		0:33:25	(74)	0:02:47	1:27:58	(60)	0:01:46	0:58:26	(72)	3:04:21
75	16	Cathy	Mellett		F	35-39	10014803	0:30:06	(57)	0:02:11	1:31:07	(75)	0:01:05	1:00:17	(81)	3:04:45
76	49	kate	Davies	Serpentine uk	F	25-29	UK Member	0:27:27	(22)	0:01:28	1:31:22	(78)	0:00:57	1:03:34	(90)	3:04:49
77	67	Niall	Weldon		M	35-39	10039525	0:40:30	(98)	0:02:43	1:21:05	(31)	0:01:13	0:59:30	(78)	3:05:01
78	42	Jacqueline	Kilcoyne	Liquid Motion	F	30-34	10009630	0:36:57	(90)	0:02:00	1:27:13	(56)	0:01:25	0:57		