

Lough Hyne 2010  
Provisional Results

| Place | Bib | Name              | Surname      | Gender | AG    | Club                   | T1 Number        | Swim    | S_Rank | T1      | Cycle   | C_Rank | T2      | R_Rank  | Penalty | Finish  | Finish  |
|-------|-----|-------------------|--------------|--------|-------|------------------------|------------------|---------|--------|---------|---------|--------|---------|---------|---------|---------|---------|
| 1     | 162 | Mark              | Nolan        | Male   | 30-34 | Cork Tri Club          |                  | 0:17:54 | (11)   | 0:00:39 | 1:11:55 | (1)    | 0:00:24 | 0:32:41 | (1)     | 2:03:32 | 2:03:32 |
| 2     | 104 | Kevin             | Keane        | Male   | 30-34 | Belpark                | TN1003987        | 0:17:10 | (7)    | 0:00:44 | 1:14:18 | (2)    | 0:00:30 | 0:34:43 | (5)     | 2:07:25 | 2:07:25 |
| 3     | 167 | Mike              | wolfe        | Male   | 30-34 | Cork Tri Club          | TN1000745        | 0:16:40 | (6)    | 0:00:47 | 1:14:50 | (3)    | 0:00:27 | 0:34:29 | (4)     | 2:07:37 | 2:07:37 |
| 4     | 167 | Mike              | O'Brien      | Male   | 25-29 | Limerick Tri Club      | TN1000273        | 0:18:06 | (17)   | 0:00:41 | 1:17:16 | (10)   | 0:00:33 | 0:34:28 | (4)     | 2:11:04 | 2:11:04 |
| 5     | 215 | Colin             | Sheahan      | Male   | 25-29 | Cork Tri Club          |                  | 0:18:01 | (14)   | 0:00:53 | 1:16:57 | (9)    | 0:00:37 | 0:35:53 | (8)     | 2:12:21 | 2:12:21 |
| 6     | 12  | michael           | buckley      | Male   | 30-34 | Cork Tri Club          | NI0004146        | 0:20:24 | (50)   | 0:00:40 | 1:15:58 | (7)    | 0:00:33 | 0:35:28 | (7)     | 2:13:03 | 2:13:03 |
| 7     | 53  | Kevin             | Donagher     | Male   | 25-29 |                        | TN1008156-1016   | 0:19:27 | (38)   | 0:00:57 | 1:15:15 | (6)    | 0:00:45 | 0:35:58 | (9)     | 2:12:23 | 2:12:23 |
| 8     | 108 | Louis             | Kelleher     | Male   | 25-29 | Belpark                | TN1000377        | 0:17:25 | (8)    | 0:00:49 | 1:18:55 | (14)   | 0:00:33 | 0:37:22 | (15)    | 2:15:05 | 2:15:05 |
| 9     | 42  | James             | Curran       | Male   | 25-29 | CTC                    | SN1008653-374    | 0:18:59 | (22)   | 0:00:57 | 1:17:55 | (11)   | 0:00:39 | 0:37:18 | (14)    | 2:15:48 | 2:15:48 |
| 10    | 172 | Kaalan            | O'Connor     | Male   | 35-39 | Blackwater Tri Club    | TN1000845        | 0:19:22 | (34)   | 0:01:05 | 1:15:14 | (5)    | 0:00:39 | 0:37:49 | (19)    | 2:14:09 | 2:16:09 |
| 11    | 188 | Eoghan            | O'Brien      | Male   | 35-39 | Cork Tri Club          | TN1010278        | 0:21:32 | (76)   | 0:01:08 | 1:19:43 | (17)   | 0:00:36 | 0:33:35 | (3)     | 2:16:32 | 2:16:32 |
| 12    | 64  | sean              | finn         | Male   | 45-49 | Cork Tri Club          |                  | 0:19:37 | (43)   | 0:01:09 | 1:16:31 | (8)    | 0:00:36 | 0:38:48 | (26)    | 2:16:42 | 2:16:42 |
| 13    | 205 | Ian               | Richardson   | Male   | 20-24 |                        | TN1007984-1081   | 0:22:21 | (106)  | 0:00:50 | 1:14:46 | (3)    | 0:00:31 | 0:39:31 | (33)    | 2:17:59 | 2:17:59 |
| 14    | 187 | anthony           | obrien       | Male   | 40-44 | Cork Tri Club          |                  | 0:19:08 | (25)   | 0:01:46 | 1:18:31 | (13)   | 0:00:56 | 0:37:56 | (20)    | 2:18:17 | 2:18:17 |
| 15    | 244 | Amy               | Wolfe        | Female | 25-29 |                        |                  | 0:14:45 | (1)    | 0:00:43 | 1:23:49 | (44)   | 0:00:26 | 0:38:53 | (27)    | 2:18:36 | 2:18:36 |
| 16    | 125 | tim               | mahony       | Male   | 30-34 | Cork Tri Club          | tn1004416-1725   | 0:20:27 | (53)   | 0:00:46 | 1:20:48 | (21)   | 0:00:34 | 0:36:44 | (11)    | 2:19:20 | 2:19:20 |
| 17    | 315 | The Skinny Lattes | Trick Troy   | Relay  | Relay | Midleton Cycling & Tri | TN1008727-1954   | 0:20:25 | (52)   | 0:00:35 | 1:20:57 | (23)   | 0:00:28 | 0:37:39 | (17)    | 2:20:04 | 2:20:04 |
| 18    | 3   | Peter             | Barry        | Male   | 35-39 | Waterford Tri Club     | TN1003907        | 0:20:25 | (51)   | 0:01:05 | 1:19:47 | (18)   | 0:00:43 | 0:38:14 | (23)    | 2:20:12 | 2:20:12 |
| 19    | 236 | leon              | whelton      | Male   | 30-34 | Schull Tri Club        | TN1008618        | 0:19:13 | (30)   | 0:00:59 | 1:20:51 | (22)   | 0:00:35 | 0:39:03 | (29)    | 2:20:42 | 2:20:42 |
| 20    | 153 | Neil              | Murphy       | Male   | 30-34 |                        | TN1010120        | 0:21:22 | (70)   | 0:01:20 | 1:19:23 | (15)   | 0:00:32 | 0:38:15 | (24)    | 2:20:53 | 2:20:53 |
| 21    | 243 | Connie            | Wiseman      | Male   | 35-39 | Midleton Cycling & Tri | tn0907160-3576   | 0:23:06 | (125)  | 0:00:51 | 1:18:27 | (12)   | 0:00:36 | 0:38:59 | (28)    | 2:22:00 | 2:22:00 |
| 22    | 177 | NEIL              | O GRADY      | Male   | 30-34 |                        | TN1004225-1822   | 0:22:01 | (92)   | 0:01:52 | 1:21:03 | (25)   | 0:00:33 | 0:36:52 | (12)    | 2:22:21 | 2:22:21 |
| 23    | 131 | luke              | McCarthy     | Male   | 20-24 | West Cork Tri          | TN1000765        | 0:21:46 | (80)   | 0:01:23 | 1:21:19 | (26)   | 0:00:37 | 0:37:48 | (18)    | 2:22:54 | 2:22:54 |
| 24    | 35  | kieran            | Curran       | Male   | 35-39 | Average joes           | TN1006083        | 0:19:27 | (37)   | 0:01:07 | 1:19:38 | (16)   | 0:00:44 | 0:42:22 | (69)    | 2:23:18 | 2:23:18 |
| 25    | 41  | Kevin             | Curran       | Male   | 25-29 |                        | ODL1000252001649 | 0:18:07 | (18)   | 0:02:01 | 1:21:52 | (31)   | 0:00:50 | 0:40:32 | (46)    | 2:23:22 | 2:23:22 |
| 26    | 93  | padraig           | hayes        | Male   | 35-39 | West Cork Tri          | TN1008543-1637   | 0:22:09 | (100)  | 0:01:10 | 1:21:31 | (27)   | 0:00:50 | 0:38:01 | (22)    | 2:23:40 | 2:23:40 |
| 27    | 241 | Leslie            | Wilkinson    | Male   | 50-54 | Peninsula              | TN1003316-1971   | 0:21:48 | (82)   | 0:00:51 | 1:23:12 | (39)   | 0:00:40 | 0:37:12 | (13)    | 2:23:42 | 2:23:42 |
| 28    | 82  | vincent           | proskye      | Male   | 40-44 | Cork Tri Club          | tn0900737        | 0:17:59 | (13)   | 0:01:07 | 1:21:37 | (28)   | 0:00:33 | 0:42:00 | (83)    | 2:24:07 | 2:24:07 |
| 29    | 67  | Kevin             | Fitzgerald   | Male   | 35-39 | Cork Tri Club          | TN1004734        | 0:21:25 | (73)   | 0:01:36 | 1:22:33 | (33)   | 0:00:39 | 0:37:57 | (21)    | 2:24:10 | 2:24:10 |
| 30    | 176 | Peter             | O'Gorman     | Male   | 30-34 | Midleton Cycling & Tri |                  | 0:23:06 | (124)  | 0:01:06 | 1:20:58 | (24)   | 0:00:37 | 0:38:34 | (25)    | 2:24:20 | 2:24:20 |
| 31    | 1   | stephen           | allen        | Male   | 35-39 | Cork Tri Club          |                  | 0:19:35 | (41)   | 0:01:18 | 1:22:52 | (35)   | 0:00:45 | 0:40:23 | (43)    | 2:24:52 | 2:24:52 |
| 32    | 8   | Eoin              | Breathnach   | Male   | 30-34 |                        | ODL1000252001690 | 0:23:00 | (120)  | 0:00:53 | 1:20:29 | (19)   | 0:00:34 | 0:39:57 | (36)    | 2:24:54 | 2:24:54 |
| 33    | 31  | Katie             | Cooke        | Female | 30-34 | West Cork Tri          | TN1000870        | 0:17:35 | (9)    | 0:00:50 | 1:24:05 | (49)   | 0:00:34 | 0:42:10 | (66)    | 2:25:14 | 2:25:14 |
| 34    | 200 | adrian            | quinn        | Male   | 30-34 | Cork Tri Club          | TN1004799        | 0:18:15 | (19)   | 0:00:58 | 1:25:05 | (59)   | 0:00:35 | 0:40:23 | (44)    | 2:25:16 | 2:25:16 |
| 35    | 239 | John              | Whitiskey    | Male   | 30-34 | Cork Tri Club          |                  | 0:23:32 | (133)  | 0:00:55 | 1:23:45 | (34)   | 0:00:40 | 0:37:26 | (16)    | 2:25:18 | 2:25:18 |
| 36    | 144 | Peter             | Meaney       | Male   | 40-44 | Cork Tri Club          | TN1000617        | 0:19:24 | (40)   | 0:01:07 | 1:21:47 | (30)   | 0:00:48 | 0:43:51 | (80)    | 2:25:35 | 2:25:35 |
| 37    | 124 | Trevor            | Mahoney      | Male   | 30-34 | Midleton Cycling & Tri | 1004216-1501     | 0:22:26 | (110)  | 0:01:25 | 1:20:37 | (20)   | 0:00:55 | 0:40:18 | (40)    | 2:25:41 | 2:25:41 |
| 38    | 73  | Paul              | Gallagher    | Male   | 30-34 | Cork Tri Club          | TN1011581 - 3700 | 0:24:01 | (145)  | 0:01:39 | 1:22:54 | (38)   | 0:01:10 | 0:36:39 | (10)    | 2:26:23 | 2:26:23 |
| 39    | 74  | eoin              | gamble       | Male   | 35-39 | Limerick Tri Club      |                  | 0:18:04 | (15)   | 0:00:59 | 1:26:35 | (67)   | 0:00:41 | 0:40:07 | (37)    | 2:26:26 | 2:26:26 |
| 40    | 304 | Anders Ingelsten  | creedon      | Relay  | Relay | Clonakilty             | tn1008001-3328   | 0:19:22 | (33)   | 0:01:14 | 1:24:26 | (53)   | 0:00:27 | 0:41:00 | (54)    | 2:26:28 | 2:26:28 |
| 41    | 36  | neil              | hughes       | Male   | 45-49 |                        |                  | 0:18:47 | (21)   | 0:01:44 | 1:23:57 | (45)   | 0:00:42 | 0:41:34 | (56)    | 2:26:45 | 2:26:45 |
| 42    | 101 | Darren            | Hickey       | Male   | 25-29 | Pulse                  | Tn1012211-4389   | 0:15:28 | (2)    | 0:00:38 | 1:24:04 | (48)   | 0:00:31 | 0:46:11 | (110)   | 2:26:51 | 2:26:51 |
| 43    | 95  | Kilian            | Hickey       | Male   | 20-24 | Blackwater Tri Club    | TN1009274-2362   | 0:15:30 | (3)    | 0:01:07 | 1:25:27 | (61)   | 0:00:32 | 0:44:15 | (85)    | 2:26:52 | 2:26:52 |
| 44    | 143 | Sarah             | Mc Knight    | Female | 40-44 | Schull Tri Club        | TN100791-3115    | 0:19:24 | (40)   | 0:01:07 | 1:21:47 | (30)   | 0:00:48 | 0:43:51 | (80)    | 2:27:07 | 2:27:07 |
| 45    | 132 | Sean              | McCarthy     | Male   | 30-34 |                        | TN1005526        | 0:21:04 | (62)   | 0:00:59 | 1:22:16 | (32)   | 0:00:34 | 0:42:19 | (67)    | 2:27:12 | 2:27:12 |
| 46    | 192 | John              | oshaughnessy | Male   | 45-49 | Cork Tri Club          | TN1009641        | 0:19:36 | (42)   | 0:01:46 | 1:24:19 | (51)   | 0:00:52 | 0:40:55 | (52)    | 2:27:27 | 2:27:27 |
| 47    | 202 | Padraig           | regan        | Male   | 35-39 | Schull Tri Club        | TN1008349        | 0:20:58 | (61)   | 0:01:22 | 1:24:21 | (52)   | 0:00:37 | 0:40:19 | (42)    | 2:27:37 | 2:27:37 |
| 48    | 219 | Dave              | Sweeney      | Male   | 30-34 |                        | TN1013594        | 0:20:28 | (54)   | 0:01:33 | 1:26:00 | (63)   | 0:00:38 | 0:39:11 | (31)    | 2:27:49 | 2:27:49 |
| 49    | 152 | Brian             | Murphy       | Male   | 35-39 | Cork Tri Club          |                  | 0:20:44 | (59)   | 0:01:02 | 1:23:25 | (40)   | 0:00:54 | 0:41:56 | (61)    | 2:28:01 | 2:28:01 |
| 50    | 174 | chris             | o donovan    | Male   | 45-49 | West Cork Tri          | TN1009223        | 0:22:55 | (119)  | 0:01:01 | 1:24:07 | (50)   | 0:00:37 | 0:39:55 | (35)    | 2:28:35 | 2:28:35 |
| 51    | 240 | Peter             | Wieneke      | Male   | 50-54 | Schull Tri Club        |                  | 0:22:44 | (116)  | 0:01:52 | 1:21:47 | (29)   | 0:00:51 | 0:41:35 | (57)    | 2:28:48 | 2:28:48 |
| 52    | 232 | eoin              | ward         | Male   | 30-34 | 3D Tri                 | TN1004619        | 0:23:44 | (137)  | 0:01:17 | 1:23:41 | (62)   | 0:00:36 | 0:40:36 | (48)    | 2:29:54 | 2:29:54 |
| 53    | 107 | Ivan              | Kelleher     | Male   | 35-39 |                        | TN1004686        | 0:19:39 | (44)   | 0:00:54 | 1:23:43 | (43)   | 0:00:46 | 0:46:22 | (113)   | 2:31:23 | 2:31:23 |
| 54    | 119 | aidan             | looney       | Male   | 30-34 |                        | 1010030-3359     | 0:21:11 | (67)   | 0:01:28 | 1:28:58 | (60)   | 0:00:55 | 0:39:09 | (30)    | 2:31:40 | 2:31:40 |
| 55    | 118 | John              | logan        | Male   | 45-49 | Schull Tri Club        | tn1002747        | 0:19:28 | (39)   | 0:00:43 | 1:29:09 | (83)   | 0:00:30 | 0:41:58 | (62)    | 2:31:48 | 2:31:48 |
| 56    | 109 | John              | Kelly        | Male   | 35-39 | Cork Tri Club          | TN1003984        | 0:23:53 | (140)  | 0:01:36 | 1:25:02 | (58)   | 0:00:56 | 0:40:32 | (47)    | 2:32:00 | 2:32:00 |
| 57    | 54  | Neill             | Donovan      | Male   | 30-34 | Cork Tri Club          | TN1009311        | 0:23:24 | (129)  | 0:01:32 | 1:25:41 | (62)   | 0:00:37 | 0:40:47 | (50)    | 2:32:01 | 2:32:01 |
| 58    | 164 | Kevin             | O Leary      | Male   | 55-59 |                        | ODL1000252001650 | 0:23:22 | (128)  | 0:03:59 | 1:22:52 | (36)   | 0:01:47 | 0:40:15 | (38)    | 2:32:16 | 2:32:16 |
| 59    | 139 | Jim               | Mc Grath     | Male   | 30-34 |                        | tn1004802460     | 0:22:07 | (98)   | 0:01:22 | 1:24:34 | (54)   | 0:00:57 | 0:43:22 | (78)    | 2:32:21 | 2:32:21 |
| 60    | 94  | David             | Hewitt       | Male   | 40-44 | Peninsula              | tn1009167-2082   | 0:19:30 | (40)   | 0:01:05 | 1:28:37 | (68)   | 0:00:39 | 0:45:30 | (89)    | 2:32:49 | 2:32:49 |
| 61    | 250 | David             | McCarthy     | Male   | 25-29 |                        | TN1004967        | 0:21:25 | (72)   | 0:01:55 | 1:27:40 | (75)   | 0:00:47 | 0:41:44 | (58)    | 2:33:30 | 2:33:30 |
| 62    | 130 | Cornelius         | Marshall     | Male   | 35-39 | Trilogy                | 1004395-2426     | 0:27:43 | (188)  | 0:01:31 | 1:29:57 | (90)   | 0:00:55 | 0:33:27 | (2)     | 2:33:33 | 2:33:33 |
| 63    | 166 | kevin             | o brien      | Male   | 30-34 | West Cork Tri          |                  | 0:22:03 | (95)   | 0:01:01 | 1:24:   |        |         |         |         |         |         |

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|     |         |                    |               |        |       |                    |                  |         |       |         |         |       |         |         |       |         |         |
|-----|---------|--------------------|---------------|--------|-------|--------------------|------------------|---------|-------|---------|---------|-------|---------|---------|-------|---------|---------|
| 132 | 148     | Owen               | Mullowney     | Male   | 35-39 | Navy Tri Club      | tn1006443-961    | 0:21:53 | (88)  | 0:01:36 | 1:30:17 | (95)  | 0:00:55 | 0:55:10 | (173) | 2:49:51 | 2:49:51 |
| 133 | 120     | Conor              | Mac Gowan     | Male   | 40-44 | Wicklow Tri        | TN1003812        | 0:22:17 | (103) | 0:02:09 | 1:32:50 | (117) | 0:00:50 | 0:52:12 | (158) | 2:50:19 | 2:50:19 |
| 134 | 21      | Eidlin             | Christie      | Female | 40-44 | Cork Tri Club      | TN1000419        | 0:24:43 | (153) | 0:01:24 | 1:35:44 | (140) | 0:00:53 | 0:47:34 | (126) | 2:50:19 | 2:50:19 |
| 135 | 121     | Keith              | Mac Keown     | Male   | 40-44 | Cork Tri Club      | TN1008588-1720   | 0:21:46 | (81)  | 0:01:49 | 1:36:45 | (157) | 0:01:06 | 0:47:33 | (124) | 2:50:59 | 2:50:59 |
| 136 | 77      | David              | Gibbons       | Male   | 35-39 |                    | TN1009360        | 0:26:43 | (180) | 0:01:35 | 1:38:45 | (143) | 0:01:03 | 0:45:17 | (94)  | 2:51:23 | 2:51:23 |
| 137 | 117     | eamon              | leonard       | Male   | 40-44 | Cork Tri Club      | 1003513 2109     | 0:21:51 | (86)  | 0:01:43 | 1:34:07 | (124) | 0:01:19 | 0:52:48 | (163) | 2:51:48 | 2:51:48 |
| 138 | 175     | Sean               | O'Farrell     | Male   | 30-34 |                    | ODL1000252001759 | 0:18:04 | (16)  | 0:01:51 | 1:38:03 | (152) | 0:00:59 | 0:52:59 | (166) | 2:51:56 | 2:51:56 |
| 139 | 16      | sean               | cahalane      | Male   | 40-44 | Cork Tri Club      | TN1007241        | 0:23:59 | (143) | 0:01:25 | 1:39:20 | (158) | 0:01:04 | 0:46:20 | (112) | 2:52:07 | 2:52:07 |
| 140 | 11      | anne               | broshan       | Female | 40-44 | Schull Tri Club    | tn1006382-3238   | 0:26:22 | (177) | 0:01:26 | 1:34:15 | (125) | 0:00:57 | 0:49:18 | (146) | 2:52:18 | 2:52:18 |
| 141 | 24      | Eibhlin            | Cleary        | Female | 25-29 | Cork Tri Club      | TN1008753        | 0:23:08 | (126) | 0:02:50 | 1:40:53 | (162) | 0:01:32 | 0:44:07 | (82)  | 2:52:29 | 2:52:29 |
| 142 | 61      | Conor              | Enright       | Male   | 30-34 |                    | TN1010524        | 0:22:52 | (118) | 0:01:17 | 1:38:44 | (156) | 0:00:46 | 0:49:29 | (147) | 2:53:08 | 2:53:08 |
| 143 | 63      | Geaoid             | Fennell       | Male   | 35-39 |                    | TN1010507-2997   | 0:27:07 | (181) | 0:01:38 | 1:36:34 | (142) | 0:00:40 | 0:47:14 | (119) | 2:53:14 | 2:53:14 |
| 144 | 102     | Fionn              | Hurley        | Male   | 30-34 |                    | TN1004717        | 0:25:10 | (156) | 0:02:27 | 1:30:12 | (94)  | 0:00:52 | 0:54:45 | (172) | 2:53:27 | 2:53:27 |
| 145 | 206     | conor              | richardson    | Male   | 30-34 |                    |                  | 0:21:52 | (87)  | 0:02:28 | 1:37:15 | (147) | 0:02:57 | 0:52:57 | (165) | 2:54:32 | 2:54:32 |
| 146 | 230     | siothhan           | walsh         | Female | 30-34 | Cork Tri Club      | 1004563-1962     | 0:27:55 | (189) | 0:01:42 | 1:39:30 | (159) | 0:00:39 | 0:44:50 | (89)  | 2:54:36 | 2:54:36 |
| 147 | 29      | John               | Conroy        | Male   | 45-49 | Cork Tri Club      | TN1008630-1503   | 0:25:37 | (163) | 0:01:55 | 1:35:09 | (137) | 0:00:57 | 0:51:21 | (155) | 2:54:59 | 2:54:59 |
| 148 | 7       | Olisín             | Boland        | Male   | 20-24 | Cork Tri Club      | TN1008711 - 1441 | 0:27:18 | (183) | 0:01:46 | 1:36:54 | (145) | 0:00:49 | 0:48:23 | (133) | 2:55:09 | 2:55:09 |
| 149 | 313     | Clare Sleeman      | Clare Sleeman | Relay  | Relay |                    | ODL1000252001790 | 0:25:39 | (164) | 0:00:57 | 1:40:22 | (161) | 0:00:40 | 0:47:32 | (123) | 2:55:10 | 2:55:10 |
| 150 | 251     | Simon              | Worley        | Male   | 30-34 |                    | TN1003568        | 0:29:19 | (195) | 0:01:59 | 1:36:47 | (144) | 0:00:47 | 0:47:33 | (125) | 2:56:25 | 2:56:25 |
| 151 | 39      | Alan               | Crowley       | Male   | 30-34 |                    | TN1002227        | 0:25:16 | (158) | 0:01:13 | 1:37:25 | (148) | 0:01:04 | 0:51:40 | (157) | 2:56:38 | 2:56:38 |
| 152 | 249     | John               | Holash        | Male   |       |                    | ODL1000252007419 | 0:19:56 | (47)  | 0:02:22 | 1:34:47 | (130) | 0:01:07 | 0:58:39 | (185) | 2:56:51 | 2:56:51 |
| 153 | 317     | Aislinn Finn       | Aislinn Finn  | Relay  | Relay |                    |                  | 0:20:40 | (58)  | 0:00:38 | 1:52:28 | (192) | 0:00:37 | 0:42:38 | (70)  | 2:57:02 | 2:57:02 |
| 154 | 196     | Conor              | Pollock       | Male   | 30-34 |                    | TN1009979        | 0:24:09 | (149) | 0:01:43 | 1:37:47 | (150) | 0:00:53 | 0:52:48 | (161) | 2:57:20 | 2:57:20 |
| 155 | 197     | Annemarie          | Power         | Female | 35-39 |                    |                  | 0:22:20 | (105) | 0:02:16 | 1:49:38 | (188) | 0:00:39 | 0:42:50 | (72)  | 2:57:43 | 2:57:43 |
| 156 | 44      | audrey             | dale          | Female | 25-29 | Schull Tri Club    | tn1004747-1529   | 0:21:54 | (89)  | 0:01:17 | 1:39:36 | (160) | 0:00:48 | 0:54:39 | (171) | 2:58:14 | 2:58:14 |
| 157 | 229     | Frank              | Walsh         | Male   | 40-44 |                    | ODL1000252001809 | 0:25:40 | (166) | 0:01:51 | 1:41:35 | (167) | 0:00:33 | 0:48:36 | (136) | 2:58:14 | 2:58:14 |
| 158 | 231     | cyril              | walsh         | Male   | 35-39 |                    | ODL1000252002177 | 0:25:07 | (155) | 0:02:39 | 1:41:18 | (166) | 0:00:42 | 0:49:01 | (143) | 2:58:47 | 2:58:47 |
| 159 | 217     | Catherine          | Sheridan      | Female | 30-34 |                    | TN1007797        | 0:21:57 | (91)  | 0:01:41 | 1:42:01 | (168) | 0:00:49 | 0:52:56 | (164) | 2:59:23 | 2:59:23 |
| 160 | 84      | mary               | Hajpin        | Female | 40-44 |                    |                  | 0:23:01 | (121) | 0:02:27 | 1:43:54 | (173) | 0:01:45 | 0:48:54 | (141) | 3:00:01 | 3:00:01 |
| 161 | 79      | Andrew             | Gough         | Male   | 40-44 |                    | TN1010635        | 0:24:40 | (152) | 0:03:40 | 1:44:06 | (174) | 0:00:55 | 0:46:53 | (118) | 3:00:14 | 3:00:14 |
| 162 | 173     | Pat                | O'Connor      | Male   | 40-44 | Triathlon Ireland  | TN1008824        | 0:30:01 | (200) | 0:03:25 | 1:46:38 | (182) | 0:00:35 | 0:39:39 | (34)  | 3:00:19 | 3:00:19 |
| 163 | 70      | Gordon             | Flanagan      | Male   | 30-34 |                    | TN1011649-3685   | 0:25:42 | (168) | 0:02:25 | 1:35:34 | (138) | 0:00:27 | 0:56:57 | (178) | 3:01:04 | 3:01:04 |
| 164 | 135     | mavee              | McCarthy      | Female | 30-34 | West Cork Tri      |                  | 0:23:33 | (134) | 0:02:17 | 1:45:14 | (177) | 0:01:05 | 0:49:01 | (144) | 3:01:11 | 3:01:11 |
| 165 | 203     | brian              | reville       | Male   | 25-29 |                    | TN1001811        | 0:22:06 | (97)  | 0:02:43 | 1:40:56 | (163) | 0:01:05 | 0:54:33 | (169) | 3:01:23 | 3:01:23 |
| 166 | 32      | Catherine          | Corby         | Female | 40-44 | Limerick Tri Club  | TN1006337        | 0:23:56 | (141) | 0:01:53 | 1:43:36 | (172) | 0:01:22 | 0:50:38 | (152) | 3:01:25 | 3:01:25 |
| 167 | 198     | Déirdre            | Quinnan       | Female | 45-49 | Cork Tri Club      | tn1009529        | 0:21:51 | (84)  | 0:02:09 | 1:46:49 | (165) | 0:01:24 | 0:50:42 | (153) | 3:02:55 | 3:02:55 |
| 168 | 66      | Richard            | Fitzgerald    | Male   | 25-29 | DFTA               | TN1009761        | 0:27:18 | (184) | 0:02:53 | 1:38:43 | (155) | 0:01:33 | 0:53:43 | (167) | 3:04:11 | 3:04:11 |
| 169 | 303     | Tricael            | Carol Hodgins | Relay  | Relay |                    | TN1010789        | 0:26:10 | (175) | 0:01:01 | 1:48:16 | (187) | 0:00:34 | 0:48:56 | (142) | 3:04:58 | 3:04:58 |
| 170 | 180     | Denis              | O'Mahony      | Male   | 40-44 | West Cork Tri      | TN1013073-4961   | 0:25:40 | (165) | 0:01:44 | 1:38:14 | (153) | 0:00:21 | 0:50:21 | (190) | 3:05:59 | 3:05:59 |
| 171 | 30      | darragh            | CONWAY        | Male   | 45-49 |                    | TN1009011        | 0:28:28 | (191) | 0:01:55 | 1:42:03 | (169) | 0:01:05 | 0:52:41 | (159) | 3:06:12 | 3:06:12 |
| 172 | 116     | Bridget            | Lehane        | Female | 35-39 | Cork Tri Club      |                  | 0:19:24 | (35)  | 0:01:33 | 1:49:43 | (190) | 0:01:21 | 0:54:33 | (168) | 3:06:34 | 3:06:34 |
| 173 | 83      | Mike               | Hajpin        | Male   | 35-39 |                    |                  | 0:25:22 | (159) | 0:01:44 | 1:46:35 | (181) | 0:00:59 | 0:52:43 | (160) | 3:07:23 | 3:07:23 |
| 174 | 151     | Paddy              | Murphy        | Male   | 25-29 |                    | TN100207         | 0:19:12 | (29)  | 0:03:33 | 1:47:58 | (186) | 0:00:56 | 0:56:20 | (177) | 3:07:59 | 3:07:59 |
| 175 | 195     | claudia            | pieper        | Female | 30-34 | Cork Tri Club      | tn1004630        | 0:26:08 | (174) | 0:01:52 | 1:41:13 | (165) | 0:01:22 | 0:58:10 | (181) | 3:08:45 | 3:08:45 |
| 176 | 204     | Barbara            | Richardson    | Female | 35-39 |                    | odl1000252002178 | 0:22:49 | (117) | 0:02:08 | 1:54:19 | (193) | 0:00:36 | 0:50:05 | (151) | 3:09:58 | 3:09:58 |
| 177 | 133     | aidan              | McCarthy      | Male   | 35-39 | Waterford Tri Club | tn1003924-1056   | 0:27:22 | (185) | 0:02:08 | 1:43:35 | (171) | 0:01:27 | 0:57:31 | (180) | 3:12:02 | 3:12:02 |
| 178 | 154     | Conor              | Murphy        | Male   | 35-39 | Waterford Tri Club | TN1011539-3938   | 0:29:18 | (194) | 0:02:50 | 1:44:25 | (175) | 0:00:55 | 0:54:35 | (170) | 3:12:03 | 3:12:03 |
| 179 | 72      | Christine          | Forbes        | Female | 30-34 |                    |                  | 0:26:42 | (179) | 0:02:52 | 1:46:43 | (184) | 0:01:17 | 0:55:25 | (174) | 3:13:00 | 3:13:00 |
| 180 | 106     | gillian            | keating       | Female | 40-44 | Cork Tri Club      | tn1008973-2096   | 0:30:55 | (201) | 0:02:05 | 1:43:13 | (170) | 0:00:58 | 0:56:08 | (175) | 3:13:20 | 3:13:20 |
| 181 | 194     | brian              | phelan        | Male   | 40-44 |                    | tn101003-2687    | 0:25:29 | (160) | 0:02:52 | 1:46:05 | (179) | 0:01:05 | 0:58:15 | (182) | 3:13:46 | 3:13:46 |
| 182 | 15      | Enda               | Buckley       | Male   | 30-34 | West Cork Tri      | TN1009643        | 0:29:34 | (198) |         |         |       |         |         |       | 3:16:23 | 3:16:23 |
| 183 | 123     | padraig            | maguire       | Male   | 30-34 |                    | tn1008566        | 0:23:30 | (132) | 0:03:37 | 1:58:20 | (196) | 0:02:46 | 0:52:48 | (162) | 3:18:16 | 3:18:16 |
| 184 | 85      | dernot             | hanley        | Male   | 45-49 |                    |                  | 0:29:13 | (193) | 0:04:16 | 1:46:42 | (183) | 0:02:16 | 0:57:25 | (179) | 3:19:52 | 3:19:52 |
| 185 | 237     | david              | whelan        | Male   | 35-39 | Schull Tri Club    | TN0907268        | 0:33:33 | (204) | 0:01:54 | 1:45:04 | (176) | 0:00:58 | 0:58:27 | (183) | 3:19:56 | 3:19:56 |
| 186 | 37      | Maria              | Cronin        | Female | 30-34 | Cork Tri Club      | 1003180          | 0:21:55 | (90)  | 0:01:47 | 1:55:34 | (195) | 0:00:53 | 1:00:17 | (189) | 3:20:26 | 3:20:26 |
| 187 | 183     | Eoin               | O'Sullivan    | Male   | 35-39 |                    |                  | 0:29:36 | (199) | 0:04:12 | 1:49:41 | (189) | 0:08:35 | 1:04:34 | (223) | 3:22:03 | 3:22:03 |
| 188 | 91      | Marie              | Harty         | Female | 30-34 | Tralee Tri Club    | TN1009043-2075   | 0:29:31 | (197) | 0:02:03 | 1:55:14 | (194) | 0:06:19 | 1:07:38 | (184) | 3:23:06 | 3:23:06 |
| 189 | 81      | Paul               | Griffith      | Male   | 40-44 | Brooklyn tri club  | ODL1000252001925 | 0:34:15 | (206) | 0:03:28 | 1:46:11 | (180) | 1:00:01 | 1:08:18 | (188) | 3:23:55 | 3:23:55 |
| 190 | 62      | Brendan            | Fahy          | Male   | 40-44 |                    |                  | 0:31:33 | (202) | 0:03:53 | 1:51:05 | (191) | 1:06:27 | 1:09:31 | (191) | 3:32:58 | 3:32:58 |
| 191 | 25      | Brigid             | Cleary        | Female | 25-29 |                    | ODL1000252002226 | 0:25:49 | (170) | 0:03:52 | 2:06:10 | (197) | 0:58:40 | 1:06:30 | (186) | 3:34:30 | 3:34:30 |
| 192 | 312     | The Moonlight Crew | oria russell  | Relay  | Relay |                    | TN1012106        | 0:33:17 | (203) | 0:01:06 |         |       |         |         |       | 3:35:25 | 3:35:25 |
| 193 | 163     | Frank              | Nyhan         | Male   | 20-24 | Triathlon Ireland  | TN1013760        | 0:35:16 | (207) | 0:05:02 | 2:13:33 | (199) | 0:51:14 | 1:15:44 | (154) | 3:45:05 | 3:45:05 |
| 194 | 27      | Kaye               | Coffey        | Female | 45-49 | West Cork Tri      | ODL1000252005829 | 0:33:50 | (205) | 0:03:18 | 2:10:20 | (198) | 0:59:01 | 1:07:38 | (187) | 3:46:28 | 3:46:28 |
| 26  | Ben     |                    | Clothier      | DNF    |       |                    |                  | 0:20:34 | (57)  | 0:01:00 | 1:24:00 | (46)  | 0:00:57 |         |       | DNF     | DNF     |
| 60  | David   |                    | Egan          | Male   | 40-44 | Cork Tri Club      | TN1000465        | 0:19:05 | (24)  | 0:01:47 | 1:26:56 | (69)  | 0:01:46 |         |       | DNF     | DNF     |
| 226 | Brendan |                    | Walsh         | Male   | 35-39 | Cork Tri Club      |                  | 0:22:20 | (104) | 0:01:27 | 1:30:31 | (96)  | 0:03:07 |         |       | DNF     | DNF     |
| 90  | Michael |                    | Harte         | Male   | 35-39 |                    | ODL1000252001664 | 0:21:19 | (69)  | 0:01:14 | 1:32:39 | (113) | 0:02:02 |         |       | DNF     | DNF     |
| 207 | Michael |                    | Rowley        | Male   | 45-49 | Limerick Tri Club  | TN1009536        | 0:22:26 | (111) | 0:01:22 | 1:34:45 | (129) | 0:03:11 |         |       | DNF     | DNF     |
| 99  | john a  |                    | noyan         | Male   | 35-39 |                    | TN1009878        | 0:24:30 | (151) | 0:03:50 | 1:38:18 | (154) |         |         |       | DNF     | DNF     |
| 55  | Micheal |                    | Dooley        | Male   | 30-34 | 3 Rock Tri Club    | TN1009804-2723   | 0:25:43 | (169) | 0:02:03 | 1:41:12 | (164) | 0:01:24 |         |       | DNF     | DNF     |
| 92  | Majella |                    | Harty         | Female | 35-39 | Cork Tri Club      | tn1004161        | 0:28:37 | (192) | 0:02:19 | 1:45:21 | (178) | 0:01:26 |         |       | DNF     | DNF     |