

Place	Bib	Surname	Name	Club	Sex	Cat	Wave	Swim	Rank	T1	Cycle	Rank	T2	Run	Rank	Finish
1	68	O'Brien	Aaron	Limerick TC	male	Under 20	1	0:09:16	(1)	0:01:00	0:31:56	(4)	0:00:28	0:17:26	(2)	1:00:06
2	356	Turner	Colm		Male	20-35	1	0:12:20	(16)	0:00:57	0:30:36	(1)	0:00:57	0:17:00	(1)	1:01:50
3	368	Grealish	Mairtin	Predator TC	Male	20-35	1	0:12:10	(12)	0:00:46	0:31:48	(2)	0:00:31	0:17:44	(3)	1:02:59
4	361	Geraghty	Ruaidhri	Galway TC	Male	35 to 50	1	0:12:27	(18)	0:00:48	0:31:48	(3)	0:00:38	0:18:05	(5)	1:03:45
5	28	Naughton	Art	Galway TC	male	20-35	1	0:12:11	(14)	0:01:02	0:32:59	(5)	0:00:29	0:18:31	(7)	1:05:12
6	74	donnelly	stephen	Liquid Motion TC	male	20-35	1	0:12:09	(11)	0:01:08	0:33:52	(7)	0:00:33	0:19:10	(14)	1:06:53
7	119	Lynch	Cian	Tri Lakes TC	male	20-35	1	0:10:42	(4)	0:01:15	0:35:43	(6)	0:00:49	0:18:47	(8)	1:07:16
8	363	Morrissey	Joe		Male	35 to 50	1	0:12:19	(15)	0:00:58	0:34:11	(9)	0:00:57	0:18:57	(9)	1:07:22
9	85	percy	owen	Piranha TC	male	35 to 50	1	0:12:10	(13)	0:01:10	0:33:48	(6)	0:00:49	0:20:36	(27)	1:08:33
10	345	Team Baikunur Rockets	Rockets		relay	relay	2	0:11:10	(5)	0:01:06	0:34:51	(12)	0:00:42	0:20:49	(31)	1:08:36
11	4	O Siadhail	Donncha	Activmultisport	male	20-35	1	0:09:25	(2)	0:01:11	0:36:40	(30)	0:00:40	0:21:03	(39)	1:08:59
12	83	Cullinan	Gary	Phoenix TC	male	20-35	1	0:13:56	(35)	0:01:31	0:34:00	(8)	0:00:45	0:19:06	(13)	1:09:19
13	70	Beary	Dave	Limerick TC	male	35 to 50	2	0:13:27	(25)	0:01:19	0:34:35	(10)	0:00:43	0:19:39	(17)	1:09:43
14	256	Coleman	Kevin		male	20-35	1	0:13:03	(23)	0:01:37	0:35:57	(21)	0:00:53	0:19:03	(11)	1:10:33
15	271	FUDALI	MARCIN		male	20-35	1	0:12:32	(19)	0:01:13	0:35:48	(20)	0:01:06	0:20:28	(26)	1:11:07
16	11	butler	marc	Athlone TC	male	20-35	1	0:14:38	(57)	0:01:24	0:34:36	(11)	0:00:46	0:20:26	(24)	1:11:50
17	129	Giblin	Paul	Tri Lakes TC	male	35 to 50	1	0:14:49	(61)	0:01:44	0:35:59	(22)	0:00:55	0:18:29	(6)	1:11:57
18	75	gorry	aidan	Midland TC	male	20-35	1	0:15:11	(74)	0:01:25	0:35:44	(17)	0:00:46	0:19:03	(10)	1:12:08
19	182	Kavanagh	Daniel		male	35 to 50	2	0:14:33	(54)	0:01:07	0:35:47	(19)	0:00:44	0:20:51	(32)	1:13:04
20	1	Mitchell	Patrick	24/7 TC	male	over 50	2	0:14:33	(53)	0:01:12	0:35:39	(15)	0:00:50	0:21:33	(47)	1:13:48
21	288	McCarra	Niall		male	Under 20	1	0:11:30	(9)	0:02:05	0:39:15	(75)	0:01:04	0:20:00	(19)	1:13:54
22	61	Burke	William	Galway TC	male	35 to 50	1	0:14:26	(51)	0:01:19	0:37:17	(39)	0:01:01	0:20:18	(23)	1:14:20
23	294	Hayes	Patrick		male	20-35	1	0:16:12	(126)	0:01:40	0:35:04	(13)	0:00:50	0:20:39	(28)	1:14:25
24	130	Forde	Peter	Tri Lakes TC	male	20-35	1	0:16:32	(144)	0:01:31	0:35:26	(14)	0:00:46	0:20:13	(22)	1:14:29
25	46	McHugh	Morgan	Galway TC	male	35 to 50	2	0:14:25	(50)	0:01:18	0:36:56	(34)	0:00:40	0:21:30	(44)	1:14:48
26	131	Walsh	Seamus	Tri Lakes TC	male	35 to 50	2	0:13:44	(30)	0:02:00	0:37:00	(35)	0:01:04	0:21:01	(38)	1:14:49
27	26	O' Hara	Thomas	Ennis TC	male	20-35	1	0:14:37	(56)	0:01:31	0:37:31	(42)	0:01:04	0:20:12	(21)	1:14:55
28	173	Fitzsimons	Cian		male	20-35	1	0:13:32	(28)	0:01:13	0:37:57	(48)	0:00:58	0:21:32	(45)	1:15:12
29	362	O'Regan	Noel		Male	35 to 50	2	0:15:32	(102)	0:01:54	0:37:38	(46)	0:01:04	0:19:05	(12)	1:15:13
30	102	Tully	Paul	Predator TC	male	20-35	1	0:14:56	(65)	0:01:26	0:36:05	(24)	0:00:49	0:21:58	(57)	1:15:13
31	287	Donnelly	Niall		male	35 to 50	1	0:12:56	(22)	0:02:13	0:38:07	(50)	0:01:12	0:20:48	(30)	1:15:16
32	48	Carrick	Noel	Galway TC	male	35 to 50	2	0:13:49	(32)	0:01:26	0:36:31	(27)	0:01:24	0:22:19	(68)	1:15:29
33	263	Glynn	Liam		male	35 to 50	2	0:14:12	(41)	0:01:24	0:37:06	(36)	0:00:54	0:21:57	(54)	1:15:33
34	38	carrick	leon	Galway TC	male	Under 20	1	0:14:21	(46)	0:01:59	0:36:34	(28)	0:00:41	0:22:10	(61)	1:15:45
35	140	Murphy	Cillian	West Clare TC	male	35 to 50	2	0:13:28	(26)	0:01:19	0:37:09	(38)	0:01:02	0:22:50	(79)	1:15:49
36	118	davin	celia	Tri Lakes TC	female	35 to 50	2	0:11:18	(7)	0:01:33	0:39:54	(92)	0:01:00	0:22:05	(59)	1:15:50
37	151	Crooks	Andrew		male	20-35	1	0:17:44	(194)	0:01:52	0:37:08	(37)	0:01:14	0:17:58	(4)	1:15:56
38	252	Williamson	Kenny		male	20-35	1	0:11:12	(6)	0:01:41	0:40:06	(96)	0:00:45	0:22:23	(69)	1:16:08
39	17	Gillen	Sean	Athlone TC	male	20-35	1	0:13:38	(29)	0:01:27	0:38:09	(53)	0:00:53	0:22:08	(60)	1:16:15
40	164	Pierce	Brian Fergal		male	20-35	1	0:12:04	(10)	0:02:04	0:39:26	(80)	0:01:12	0:21:46	(49)	1:16:33
41	18	Siebelink	Toine	Athlone TC	male	35 to 50	1	0:15:06	(72)	0:01:53	0:36:02	(23)	0:00:53	0:22:51	(81)	1:16:45
42	309	Lennon	Robert		male	20-35	1	0:16:29	(141)	0:01:50	0:37:29	(41)	0:00:46	0:20:56	(34)	1:17:31
43	111	O'Higgins	Cahir	T3 TC	male	35 to 50	1	0:14:09	(40)	0:02:36	0:37:25	(40)	0:01:02	0:22:19	(66)	1:17:31
44	25	Hurley	Douglas	Ennis TC	male	35 to 50	1	0:14:40	(58)	0:01:33	0:38:08	(51)	0:01:07	0:22:05	(68)	1:17:32
45	143	hanrahan	jason	West Clare TC	male	35 to 50	2	0:15:24	(94)	0:01:14	0:38:29	(58)	0:01:01	0:21:33	(46)	1:17:40
46	107	O Connor	William	Predator TC	male	35 to 50	1	0:14:14	(42)	0:01:29	0:38:26	(55)	0:00:58	0:22:39	(76)	1:17:46
47	332	Heary	Stephen		male	20-35	1	0:15:05	(70)	0:01:44	0:39:02	(70)	0:01:00	0:21:06	(40)	1:17:56
48	238	Kirwan	John		male	35 to 50	2	0:16:38	(153)	0:01:32	0:36:39	(29)	0:01:25	0:21:52	(53)	1:18:06
49	202	Carr	Eddie		male	35 to 50	1	0:16:21	(133)	0:01:12	0:37:36	(45)	0:00:49	0:22:11	(62)	1:18:09
50	69	Power	Christy	Limerick TC	male	35 to 50	1	0:13:58	(36)	0:01:57	0:38:50	(64)	0:01:01	0:22:40	(77)	1:18:26
51	193	Mahon	Declan		male	35 to 50	2	0:10:38	(3)	0:01:46	0:42:30	(147)	0:01:16	0:22:24	(70)	1:18:34
52	19	field	ed	Boru TC	male	35 to 50	1	0:14:58	(68)	0:01:30	0:39:06	(72)	0:01:02	0:21:57	(55)	1:18:34
53	335	Carr	Steve		male	35 to 50	2	0:16:10	(123)	0:01:12	0:37:36	(44)	0:00:58	0:22:45	(78)	1:18:42
54	12	Harte	Marie-therese	Athlone TC	female	20-35	2	0:15:14	(77)	0:01:27	0:38:30	(59)	0:01:06	0:22:33	(74)	1:18:51
55	360	McMahon	Eddie		Male	35-50	1	0:16:27	(139)	0:01:35	0:36:15	(26)	0:01:00	0:23:42	(117)	1:18:59
56	367	Conway	Alistair		Male	35 to 50	1	0:16:02	(116)	0:01:33	0:39:29	(82)	0:00:58	0:20:58	(36)	1:19:00
57	81	Kennedy	Kenneth	Nenagh TC	male	35 to 50	1	0:19:24	(229)	0:01:41	0:36:12	(25)	0:00:52	0:20:57	(35)	1:19:07
58	24	Nash	Aoife	Ennis TC	female	20-35	2	0:15:26	(96)	0:01:17	0:38:53	(66)	0:00:36	0:22:56	(85)	1:19:09
59	321	Hynes	Sean		male	20-35	1	0:15:58	(113)	0:02:14	0:40:19	(100)	0:00:48	0:20:03	(20)	1:19:22
60	146	Troy	Aidan		male	35 to 50	1	0:15:29	(99)		0:39:42	(88)	0:01:12	0:23:09	(93)	1:19:32
61	299	Tormey	Peter		male	20-35	1	0:15:20	(86)	0:01:23	0:41:10	(115)	0:01:04	0:20:42	(29)	1:19:39
62	366	Fiddler	Fran		Male	over 50	1	0:12:42	(20)	0:02:04	0:38:32	(60)	0:00:58	0:25:33	(172)	1:19:50
63	229	Duggan	James		male	20-35	1	0:13:24	(24)	0:02:09	0:40:27	(103)	0:00:45	0:23:09	(94)	1:19:53
64	228	Veldon	James		male	35 to 50	1	0:14:02	(37)	0:01:59	0:39:13	(74)	0:01:16	0:23:39	(113)	1:20:09
65	3	Heinen	Fabien	3D TC	male	35 to 50	1	0:16:04	(117)	0:01:49	0:41:53	(128)	0:00:54	0:19:30	(15)	1:20:10
66	358	Callan	Trisha		Female	35-50	2	0:15:23	(93)	0:01:16	0:40:31	(105)	0:00:53	0:22:11	(63)	1:20:15
67	90	mullins	fergus	Predator TC	male	35 to 50	1	0:14:09	(39)	0:01:35	0:38:28	(57)	0:00:56	0:25:08	(158)	1:20:16
68	22	Garvey	Paul	Cavay TC	male	20-35	1	0:16:39	(154)	0:01:59	0:38:04	(49)	0:01:12	0:22:32	(72)	1:20:25
69	259	corbally	lar		male	35 to 50	1	0:14:27	(52)	0:02:00	0:39:10	(73)	0:01:10	0:23:42	(118)	1:20:29
70	115	McWalter	Adrian	Tri Lakes TC	male	35 to 50	1	0:18:44	(221)	0:02:51	0:36:47	(32)	0:00:55	0:21:22	(42)	1:20:39
71	13	O'Connell	Michael	Athlone TC	male	35 to 50	2	0:14:56	(66)	0:02:08	0:38:46	(63)	0:00:57	0:23:59	(123)	1:20:45
72	114	heffernan	brian	Tri an Mhi TC	male	35 to 50	1	0:14:55	(64)	0:01:28	0:38:43	(62)	0:00:59	0:24:49	(145)	1:20:54
73	331	Moloney	Stephen		male	20-35	1	0:13:48	(31)	0:02:23	0:39:37	(86)	0:01:25	0:24:04	(125)	1:21:16
74	87	Treacy	Alan	Predator TC	male	20-35	1	0:15:39	(106)	0:01:52	0:37:32	(43)	0:01:27	0:24:48	(144)	1:21:19
75	62	Kerr	Emma	Invictus TC	female	20-35	2	0:16:38	(152)	0:01:51	0:38:58	(69)	0:00:47	0:23:10	(95)	1:21:23
76	144	Coyne	Bill	Westport TC	male	35 to 50	1	0:17:02	(164)	0:01:33	0:38:25	(54)	0:01:00	0:23:25	(101)	1:21:25
77	5	Lennon	adrian	Athlone TC	male	35 to 50	1	0:16:35	(149)	0:02:13	0:37:54	(47)	0:01:10	0:23:35	(108)	1:21:27
78	29	Coll	Brian	Galway TC	male	35 to 50	2	0:12:42	(21)	0:01:54	0:42:17	(143)	0:01:06	0:23:44	(119)	1:21:43
79	240	Spellman	John		male	20-35	1	0:15:03	(69)	0:02:47	0:41:22	(120)	0:00:48	0:21:49	(52)	1:21:

99	34	Murphy	Joanne	Galway TC	female	20-35	2	0:16:32	(143)	0:01:23	0:40:31	(104)	0:00:52	0:25:03	(153)	1:24:21
100	364	Team Relay Twenty Two			relay	relay	2	0:16:18	(131)	0:01:36	0:39:58	(94)	0:00:42	0:25:48	(178)	1:24:22
101	160	Dunning	Brian		male	20-35	1	0:17:39	(190)	0:01:35	0:42:02	(135)	0:00:53	0:22:15	(64)	1:24:23
102	125	mongan	John	Tri Lakes TC	male	35 to 50	1	0:14:23	(47)	0:03:41	0:39:34	(84)	0:01:40	0:25:06	(156)	1:24:24
103	39	Collins	Liam	Galway TC	male	20-35	1	0:16:24	(137)	0:03:01	0:44:47	(199)	0:00:31	0:19:42	(18)	1:24:26
104	197	Gallagher	Derek		male	20-35	1	0:16:33	(146)	0:01:54	0:39:46	(90)	0:01:08	0:25:05	(154)	1:24:26
105	103	Mulvey	Ronan	Predator TC	male	35 to 50	1	0:17:52	(198)	0:01:57	0:39:43	(89)	0:01:56	0:23:02	(91)	1:24:30
106	57	Fennell	Sheena	Galway TC	female	20-35	2	0:15:22	(91)	0:01:39	0:41:57	(129)	0:01:04	0:24:28	(137)	1:24:31
107	354	Team Cloonlee			relay	relay	2	0:17:29	(182)	0:01:16	0:38:33	(61)	0:01:19	0:26:04	(189)	1:24:41
108	169	Nolan	Cathal		male	35 to 50	2	0:15:22	(89)	0:01:29	0:40:13	(98)	0:01:14	0:26:24	(197)	1:24:42
109	253	Moloney	Kevin		male	20-35	1	0:15:45	(108)	0:02:32	0:41:23	(121)	0:01:28	0:23:39	(114)	1:24:47
110	307	Paul	Richie		male	35 to 50	1	0:13:52	(33)	0:02:09	0:41:38	(126)	0:02:03	0:25:06	(155)	1:24:48
111	50	newell	Paula	Galway TC	female	20-35	2	0:16:40	(156)	0:02:43	0:41:43	(127)	0:00:51	0:22:57	(86)	1:24:55
112	78	BURGIN	PAUL	Naas TC	male	35 to 50	2	0:15:17	(81)	0:02:03	0:40:59	(112)	0:01:08	0:25:49	(179)	1:25:15
113	123	Reid	Gerard	Tri Lakes TC	male	over 50	2	0:16:35	(148)	0:02:02	0:41:30	(124)	0:00:50	0:24:20	(135)	1:25:17
114	124	brinn	John	Tri Lakes TC	male	35 to 50	2	0:17:06	(166)	0:02:06	0:40:37	(107)	0:01:00	0:24:28	(138)	1:25:17
115	82	Kennedy	Sinead	Nenagh TC	female	20-35	2	0:16:13	(127)	0:01:35	0:42:32	(149)	0:01:04	0:23:58	(122)	1:25:22
116	230	keogh	jamie		male	35 to 50	2	0:17:32	(184)	0:02:17	0:41:13	(116)	0:01:17	0:23:03	(92)	1:25:23
117	135	Molloy	Ultan	Tri Lakes TC	male	35 to 50	1	0:13:53	(34)	0:01:36	0:41:10	(114)	0:01:16	0:27:50	(231)	1:25:46
118	190	Dinneen	David		male	Under 20	1	0:14:16	(43)	0:02:46	0:43:38	(175)	0:00:57	0:24:17	(134)	1:25:54
119	120	Cosgrove	Damien	Tri Lakes TC	male	35 to 50	2	0:15:27	(97)	0:03:07	0:39:20	(77)	0:01:55	0:26:04	(190)	1:25:54
120	174	De Loughry	Ciarán		male	20-35	1	0:15:05	(71)	0:02:25	0:41:19	(117)	0:01:17	0:25:49	(180)	1:25:55
121	6	Devereux	Aisling	Athlone TC	female	20-35	2	0:15:18	(82)	0:01:39	0:42:36	(151)	0:00:58	0:25:27	(170)	1:25:57
122	77	Mahon	Jarlath	Midland TC	male	35 to 50	2	0:15:17	(80)	0:02:08	0:42:53	(159)	0:01:09	0:24:38	(141)	1:26:05
123	370	Stephen	Long		Male	20-35	1									1:26:09
124	8	McGuire	Eoghan	Athlone TC	male	35 to 50	2	0:17:46	(196)	0:02:15	0:41:20	(118)	0:01:21	0:23:27	(102)	1:26:09
125	233	O'Connor	Jean		female	20-35	2	0:19:52	(238)	0:01:26	0:41:34	(125)	0:00:59	0:22:26	(71)	1:26:17
126	40	Egan	Liam	Galway TC	male	35 to 50	2	0:15:09	(73)	0:02:27	0:42:41	(153)	0:00:55	0:25:11	(159)	1:26:23
127	154	MacCarthaigh	Aodan		male	35 to 50	1	0:22:37	(283)	0:02:04	0:40:05	(95)	0:00:46	0:20:52	(33)	1:26:24
128	89	Bodamer	Juergen	Predator TC	male	35 to 50	2	0:14:23	(48)	0:01:39	0:42:00	(131)	0:01:19	0:27:09	(218)	1:26:30
129	183	Shanahan	Daniel		male	35 to 50	1	0:18:15	(210)	0:01:35	0:42:25	(146)	0:01:06	0:23:19	(99)	1:26:40
130	180	mannon	conor		male	Under 20	1	0:15:46	(109)	0:02:50	0:42:51	(158)	0:01:08	0:24:13	(133)	1:26:48
131	244	Williamson	John Paul		male	20-35	1	0:11:20	(8)	0:02:31	0:43:18	(170)	0:00:52	0:28:54	(252)	1:26:55
132	281	Purcell	Michael		male	20-35	1	0:15:35	(104)	0:02:03	0:45:24	(208)	0:01:07	0:23:01	(89)	1:27:09
133	303	Serviss	Philip		male	20-35	1	0:16:29	(140)	0:03:15	0:44:27	(195)	0:02:01	0:20:59	(37)	1:27:10
134	163	Lawless	Brian		male	35 to 50	1	0:17:25	(174)	0:02:45	0:44:10	(188)	0:01:08	0:21:58	(86)	1:27:26
135	232	WALSH	JANE		female	35 to 50	2	0:14:23	(49)	0:02:13	0:46:00	(222)	0:00:58	0:23:58	(121)	1:27:33
136	265	Curran	Liam		male	20-35	1	0:20:14	(245)	0:02:07	0:40:35	(106)	0:01:07	0:23:33	(106)	1:27:36
137	93	Clery	Gerard	Predator TC	male	35 to 50	2	0:15:16	(79)	0:02:48	0:40:48	(109)	0:01:10	0:27:39	(226)	1:27:42
138	95	Malone	Kevin	Predator TC	male	35 to 50	1	0:16:23	(136)	0:01:45	0:42:12	(139)	0:01:10	0:26:14	(192)	1:27:43
139	201	Glynn	Eanna		male	Under 20	1	0:15:22	(90)	0:02:10	0:44:07	(185)	0:00:40	0:25:37	(174)	1:27:56
140	336	Mc Mahon	Thelma		female	20-35	2	0:18:11	(208)	0:02:12	0:43:09	(167)	0:00:48	0:23:39	(112)	1:27:59
141	218	White	Mark		male	over 50	2	0:14:53	(62)	0:02:10	0:41:29	(123)	0:02:07	0:27:32	(222)	1:28:11
142	134	McWalter	Suzie	Tri Lakes TC	female	35 to 50	2	0:16:08	(121)	0:02:15	0:42:12	(140)	0:01:18	0:26:20	(196)	1:28:13
143	15	FRIEL	NICK	Athlone TC	male	35 to 50	1	0:14:48	(60)	0:01:41	0:43:53	(179)	0:00:51	0:27:02	(213)	1:28:15
144	357	Turner	Tom		Male	over 50	2	0:21:37	(275)	0:04:43	0:39:28	(81)	0:02:01	0:20:27	(25)	1:28:17
145	311	Dodd	Ronan		male	35 to 50	1	0:14:07	(38)	0:03:15	0:44:33	(197)	0:01:02	0:25:24	(167)	1:28:21
146	76	McMorrow	Eva	Midland TC	female	35 to 50	2	0:17:54	(199)	0:01:51	0:42:30	(148)	0:00:55	0:25:13	(162)	1:28:24
147	334	Grace	Steve		male	35 to 50	2	0:15:12	(75)	0:02:19	0:45:54	(219)	0:00:57	0:24:09	(129)	1:28:30
148	224	Browne	Jack		male	Under 20	1	0:19:10	(226)	0:01:33	0:40:07	(97)	0:01:11	0:26:47	(208)	1:28:49
149	346	Team Betja			relay	relay	2	0:21:15	(264)	0:01:41	0:38:57	(68)	0:01:06	0:25:54	(182)	1:28:54
150	280	Collins	Michael		male	20-35	1	0:17:28	(179)	0:02:47	0:43:08	(166)	0:01:56	0:23:41	(116)	1:28:59
151	301	Kilkenny	Peter		male	over 50	2	0:17:27	(178)	0:03:33	0:41:21	(119)	0:01:32	0:25:16	(163)	1:29:08
152	79	o'toole	rory	Naas TC	male	35 to 50	1	0:18:11	(207)	0:03:03	0:42:54	(160)	0:01:18	0:23:50	(120)	1:29:15
153	105	Farrelly	Thomas	Predator TC	male	35 to 50	2	0:16:42	(157)	0:02:09	0:43:22	(172)	0:01:42	0:25:27	(171)	1:29:22
154	279	Leonard	Michael		male	20-35	1	0:18:44	(220)	0:02:05	0:43:18	(171)	0:01:11	0:24:09	(130)	1:29:26
155	42	oughlin	lynn	Galway TC	female	20-35	2	0:19:48	(236)	0:03:34	0:39:38	(87)	0:01:33	0:24:55	(148)	1:29:29
156	132	Walsh	Sharon	Tri Lakes TC	female	35 to 50	2	0:16:32	(142)	0:02:24	0:42:49	(157)	0:02:47	0:25:02	(151)	1:29:34
157	304	O'Reilly	Philip		male	20-35	1	0:17:25	(176)	0:03:01	0:44:08	(186)	0:01:36	0:23:24	(100)	1:29:34
158	72	Yelverton	Ivan	Limerick TC	male	35 to 50	2	0:17:38	(188)	0:01:47	0:42:05	(136)	0:01:09	0:27:00	(212)	1:29:38
159	184	Szitas	Daniella		female	20-35	2	0:16:37	(151)	0:01:42	0:42:43	(155)	0:00:57	0:27:44	(229)	1:29:43
160	217	Rahmani	George		male	20-35	1	0:16:55	(160)	0:02:29	0:44:08	(187)	0:01:13	0:24:59	(150)	1:29:44
161	223	o dea	imelda		female	35 to 50	2	0:20:41	(253)	0:02:02	0:40:54	(111)	0:01:23	0:24:50	(146)	1:29:50
162	188	toohy	david		male	over 50	2	0:19:39	(231)	0:03:36	0:42:57	(162)	0:01:53	0:21:48	(51)	1:29:53
163	121	Flynn	Elimar	Tri Lakes TC	female	35 to 50	2	0:16:42	(158)	0:02:07	0:42:01	(134)	0:01:20	0:27:58	(234)	1:30:08
164	66	Costello	John	Kilkenny TC	male	35 to 50	1	0:14:45	(59)	0:02:10	0:45:48	(218)	0:00:39	0:27:02	(214)	1:30:25
165	168	McDermott	Cathal		male	20-35	1	0:21:50	(279)	0:03:06	0:43:04	(164)	0:01:22	0:21:19	(41)	1:30:40
166	167	O' Conaola	Caolann		male	20-35	1	0:15:45	(107)	0:03:07	0:47:28	(245)	0:00:55	0:23:32	(105)	1:30:46
167	149	Deely	Allan		male	35 to 50	1	0:16:06	(119)	0:02:40	0:44:28	(196)	0:01:52	0:25:41	(176)	1:30:48
168	37	sheridan	Kevin	Galway TC	male	over 50	2	0:18:32	(217)	0:02:24	0:43:25	(174)	0:01:13	0:25:35	(173)	1:31:08
169	234	Lyons	Jeffrey		male	Under 20	1	0:16:57	(161)	0:02:24	0:42:05	(138)	0:01:08	0:28:47	(249)	1:31:21
170	198	Keaney	Diarmuid		male	35 to 50	2	0:20:25	(249)	0:02:19	0:42:55	(161)	0:01:07	0:24:37	(140)	1:31:22
171	318	O'Neill	Sean		male	35 to 50	2	0:17:37	(187)	0:02:20	0:43:59	(183)	0:00:50	0:26:41	(205)	1:31:26
172	138	Owens	Leonard	Tullamore TC	male	35 to 50	1	0:25:13	(290)	0:02:15	0:39:22	(78)	0:01:20	0:23:17	(98)	1:31:27
173	185	white	dara		male	over 50	2	0:15:59	(114)	0:01:53	0:45:27	(209)	0:01:04	0:27:08	(217)	1:31:32
174	33	Carrick	James	Galway TC	male	35 to 50	1	0:17:35	(186)	0:02:49	0:43:42	(177)	0:01:11	0:26:16	(193)	1:31:33
175	207	Kerrigan	Emmett		male	Under 20	1	0:17:33	(185)	0:04:43	0:26:09	(269)	0:00:46	0:23:39	(115)	1:31:41
176	243	Gilmartin	John		male	35 to 50	1	0:14:57	(67)	0:02:04	0:46:11	(225)	0:01:05	0:27:34	(224)	1:31:50
177	181	Phillips	Conor		male	20-35	1	0:16:36	(150)	0:02:36	0:47:06	(236)	0:00			

196	192	farragher	dean		male	35 to 50	1	0:23:40	(285)	0:02:01	0:42:01	(133)	0:00:58	0:24:45	(143)	1:33:26
197	59	Kraus	Stefanie	Galway TC	female	35 to 50	2	0:15:30	(101)	0:02:38	0:45:00	(204)	0:01:43	0:28:42	(246)	1:33:33
198	297	Crozier	Paul		male	Under 20	1	0:19:08	(225)	0:02:35	0:47:07	(238)	0:01:09	0:23:34	(107)	1:33:33
199	112	Ralston	Irene	Tralee TC	female	35 to 50	2	0:20:03	(242)	0:02:03	0:45:28	(210)	0:00:51	0:25:12	(161)	1:33:37
200	128	daly	olwen	Tri Lakes TC	female	20-35	2	0:16:16	(129)	0:01:19	0:45:44	(217)	0:01:09	0:29:12	(259)	1:33:39
201	141	Griffin	Diarmuid	West Clare TC	male	20-35	1	0:22:13	(281)	0:01:48	0:44:12	(189)	0:00:58	0:24:32	(139)	1:33:43
202	43	Gallagher	Mary	Galway TC	female	20-35	2	0:20:31	(251)	0:02:52	0:45:16	(206)	0:01:09	0:24:04	(126)	1:33:53
203	186	Ahern	Dave		male	35 to 50	1	0:23:25	(284)	0:02:26	0:39:17	(76)	0:01:05	0:27:44	(230)	1:33:57
204	277	Barrett	Mary		female	over 50	2	0:16:25	(138)	0:02:22	0:45:39	(215)	0:00:55	0:28:38	(244)	1:34:00
205	241	O'Neill	John		male	35 to 50	1	0:16:11	(124)	0:02:19	0:45:39	(216)	0:01:39	0:28:22	(242)	1:34:10
206	60	Ni Sheanain	Una	Galway TC	female	20-35	2	0:15:29	(100)	0:03:37	0:48:38	(256)	0:01:10	0:25:18	(164)	1:34:13
207	257	Clery	Kevin		male	35 to 50	2	0:18:04	(204)	0:03:38	0:44:13	(192)	0:01:58	0:26:32	(201)	1:34:25
208	67	Harte	Matt	Lanesboro TC	male	over 50	2	0:18:02	(201)	0:03:02	0:45:30	(211)	0:01:33	0:26:19	(194)	1:34:26
209	142	Mulcahy	Eileen	West Clare TC	female	35 to 50	2	0:17:03	(165)	0:01:56	0:47:00	(234)	0:01:35	0:27:05	(215)	1:34:38
210	305	Connelly	Ray		male	35 to 50	1	0:17:28	(180)	0:02:17	0:45:31	(213)	0:01:32	0:27:55	(233)	1:34:43
211	177	O'Shea	Clare		female	35 to 50	2	0:21:16	(265)	0:02:53	0:44:33	(198)	0:00:54	0:25:08	(157)	1:34:44
212	161	O'Donovan	Brian		male	over 50	2	0:20:16	(246)	0:03:19	0:41:58	(130)	0:01:40	0:27:51	(232)	1:35:04
213	372	Staunton	Marie		Female	35 to 50	2	0:18:21	(213)	0:02:23	0:44:21	(194)	0:01:06	0:28:59	(255)	1:35:09
214	268	Power	Lorraine		female	35 to 50	2	0:18:16	(211)	0:02:57	0:47:39	(248)	0:02:12	0:24:08	(128)	1:35:11
215	308	O'Neill	Rob		male	20-35	1	0:13:31	(27)	0:03:34	0:52:21	(290)	0:01:41	0:24:09	(111)	1:35:15
216	53	Duggan	Peter	Galway TC	male	20-35	1	0:26:59	(302)	0:01:39	0:42:20	(144)	0:00:51	0:23:37	(131)	1:35:26
217	97	Davey	Linda	Predator TC	female	35 to 50	2	0:15:33	(103)	0:01:56	0:49:09	(264)	0:00:48	0:28:09	(237)	1:35:35
218	322	Nash	Shane		male	20-35	1	0:15:14	(76)	0:02:25	0:46:33	(229)	0:00:53	0:30:36	(277)	1:35:41
219	45	Farrrell	Miriam	Galway TC	female	35 to 50	2	0:19:40	(233)	0:02:47	0:45:58	(221)	0:01:38	0:25:54	(183)	1:35:57
220	20	Curtin	Fergus	Boru TC	male	35 to 50	1	0:16:40	(155)	0:03:29	0:49:14	(266)	0:01:08	0:25:27	(169)	1:35:58
221	52	Ray	Pete	Galway TC	male	35 to 50	2	0:19:54	(239)	0:03:09	0:42:16	(142)	0:00:44	0:29:56	(271)	1:35:59
222	286	sultan	moody		male	Under 20	1	0:16:22	(135)	0:03:03	0:50:57	(279)	0:00:44	0:24:58	(149)	1:36:04
223	283	Collins	Michael		male	35 to 50	2	0:21:55	(280)	0:02:18	0:43:10	(168)	0:01:39	0:27:25	(220)	1:36:27
224	222	McGrath	Ian		male	35 to 50	1	0:21:23	(266)	0:02:57	0:43:52	(178)	0:01:39	0:26:38	(203)	1:36:29
225	302	Duffy	Peter		male	over 50	2	0:17:21	(171)	0:02:19	0:48:18	(253)	0:00:51	0:27:42	(227)	1:36:31
226	27	Fitzmaurice	Adrian	Galway TC	male	35 to 50	2	0:24:49	(289)	0:03:02	0:46:06	(224)	0:01:12	0:21:27	(43)	1:36:36
227	58	Ugalde	Sorkunde	Galway TC	female	35 to 50	2	0:20:21	(247)	0:02:35	0:43:14	(169)	0:01:51	0:29:18	(264)	1:37:18
228	116	Duggan	Alan	Tri Lakes TC	male	35 to 50	1	0:16:16	(128)	0:04:27	0:42:45	(156)	0:01:56	0:31:59	(290)	1:37:22
229	295	Fox	Patrick		male	35 to 50	2	0:24:42	(288)	0:02:20	0:45:15	(205)	0:00:47	0:24:25	(136)	1:37:28
230	36	MALHERBE	KAREN	Galway TC	female	20-35	2	0:16:08	(122)	0:02:18	0:50:12	(274)	0:01:05	0:28:13	(240)	1:37:56
231	106	Quinlan	Vera	Predator TC	female	35 to 50	2	0:17:01	(163)	0:02:07	0:46:24	(227)	0:01:19	0:31:05	(282)	1:37:56
232	133	ryan	siobhan	Tri Lakes TC	female	20-35	2	0:17:30	(183)	0:03:08	0:50:06	(273)	0:01:00	0:26:13	(191)	1:37:57
233	165	Houghton	Callum		male	20-35	1	0:27:00	(304)	0:02:13	0:39:25	(79)	0:01:17	0:28:03	(235)	1:37:58
234	351	Team McD's			relay	relay	2	0:21:31	(273)	0:01:31	0:51:00	(280)	0:00:58	0:23:02	(90)	1:38:01
235	315	Dinneen	Sarah		female	20-35	2	0:15:25	(95)	0:04:10	0:48:12	(252)	0:01:16	0:29:01	(256)	1:38:05
236	162	Cooney	Brian		male	35 to 50	2	0:17:41	(192)	0:03:21	0:46:28	(228)	0:01:54	0:28:57	(253)	1:38:20
237	214	Curran	Francis		male	35 to 50	2	0:15:23	(92)	0:02:34	0:49:20	(267)	0:01:37	0:29:28	(266)	1:38:22
238	246	Mellon	Julie		female	20-35	2	0:19:57	(240)	0:02:00	0:50:01	(272)	0:01:17	0:25:12	(160)	1:38:27
239	237	Mc Dermott	Joe		male	35 to 50	2	0:16:07	(120)	0:03:20	0:51:04	(283)	0:01:11	0:26:46	(207)	1:38:27
240	88	Conaughton	Blathnaid	Predator TC	female	35 to 50	2	0:14:20	(45)	0:02:24	0:45:30	(212)	0:01:34	0:34:43	(304)	1:38:31
241	47	colleran	niamh	Galway TC	female	35 to 50	2	0:19:39	(232)	0:02:31	0:49:46	(270)	0:01:00	0:26:01	(188)	1:38:58
242	219	Glynn	Gerry		male	over 50	2	0:26:56	(301)	0:02:55	0:44:05	(184)	0:01:38	0:23:31	(104)	1:39:05
243	91	LANE	FIONA	Predator TC	female	35 to 50	2	0:21:29	(270)	0:02:26	0:48:04	(250)	0:00:48	0:26:20	(195)	1:39:07
244	139	Moloney	Michael	Waterford TC	male	20-35	1	0:14:18	(44)	0:01:17	1:02:25	(309)	0:01:43	0:19:37	(16)	1:39:21
245	56	Dinneen	Sean	Galway TC	male	over 50	2	0:26:05	(298)	0:03:16	0:44:58	(203)	0:01:34	0:23:37	(111)	1:39:29
246	326	Denlinger	Sheri		female	20-35	2	0:20:48	(257)	0:01:36	0:47:03	(235)	0:01:04	0:29:14	(261)	1:39:45
247	310	Handy	Ronald		male	35 to 50	1	0:15:57	(112)	0:03:21	0:51:41	(288)	0:01:30	0:27:22	(219)	1:39:51
248	325	Connolly	Shelly		female	20-35	2	0:16:43	(159)	0:02:03	0:51:57	(289)	0:00:53	0:28:52	(251)	1:40:29
249	323	Grace	Shannon		female	Under 20	2	0:19:13	(227)	0:02:52	0:48:08	(251)	0:01:00	0:29:17	(262)	1:40:31
250	110	Harrington	Emma	Sligo City TC	female	20-35	2	0:21:40	(277)	0:02:50	0:48:36	(255)	0:00:58	0:26:40	(204)	1:40:44
251	282	Clancy	Michael		male	35 to 50	2	0:27:00	(303)	0:03:31	0:42:24	(145)	0:01:50	0:26:01	(187)	1:40:45
252	313	Ni Shaidhail	Ruth		female	35 to 50	2	0:17:26	(177)	0:02:22	0:47:13	(240)	0:01:04	0:33:03	(300)	1:41:07
253	122	Carton	Fiona	Tri Lakes TC	female	35 to 50	2	0:17:43	(193)	0:02:25	0:49:05	(261)	0:01:14	0:30:43	(278)	1:41:10
254	49	Kilbane	Patrick	Galway TC	male	35 to 50	1	0:15:52	(111)	0:01:47	0:46:14	(226)	0:01:39	0:35:39	(308)	1:41:11
255	329	Glynn	Siobhan		female	35 to 50	2	0:21:05	(262)	0:03:14	0:49:06	(263)	0:00:56	0:26:58	(210)	1:41:18
256	150	Murphy	Andrew		male	35 to 50	2	0:19:47	(235)	0:04:01	0:47:26	(243)	0:01:48	0:28:16	(241)	1:41:19
257	254	O'Halloran	Kevin		male	over 50	2	0:17:14	(167)	0:04:47	0:43:40	(176)	0:02:38	0:33:00	(299)	1:41:19
258	221	O'Toole	Grace		female	20-35	2	0:20:22	(248)	0:02:56	0:48:47	(258)	0:01:35	0:27:43	(228)	1:41:24
259	195	Toohey	Deirdre		female	35 to 50	2	0:21:14	(263)	0:02:51	0:47:27	(244)	0:01:43	0:28:41	(245)	1:41:57
260	292	O'Keefe	Padraic		male	35 to 50	1	0:21:26	(267)	0:02:48	0:42:00	(132)	0:01:24	0:34:28	(303)	1:42:07
261	269	Feeney	Louise		female	35 to 50	2	0:21:03	(260)	0:02:43	0:50:51	(278)	0:01:09	0:26:26	(198)	1:42:11
262	21	Mannix	Liam	Boru TC	male	35 to 50	2	0:17:24	(172)	0:03:33	0:49:13	(265)	0:00:58	0:31:28	(286)	1:42:35
263	350	Eamons Team			relay	relay	2	0:25:59	(296)	0:01:20	0:47:07	(237)	0:00:57	0:27:33	(223)	1:42:57
264	236	Fayne	Joanne		female	20-35	2	0:19:44	(234)	0:03:03	0:49:06	(262)	0:01:07	0:30:01	(272)	1:43:02
265	248	Casey	Karen		female	20-35	2	0:18:27	(215)	0:03:24	0:47:15	(241)	0:01:29	0:32:29	(294)	1:43:04
266	276	oconnor	mary		female	35 to 50	2	0:18:09	(205)	0:03:29	0:49:38	(268)	0:01:49	0:30:09	(273)	1:43:13
267	324	Hayden	Sharon		female	35 to 50	2	0:17:59	(200)	0:02:47	0:47:19	(242)	0:01:23	0:33:58	(302)	1:43:27
268	9	Sheridan	Keith	Athlone TC	male	35 to 50	1	0:21:38	(276)	0:03:12	0:48:45	(257)	0:01:54	0:28:12	(238)	1:43:40
269	96	Flynn	Linda	Predator TC	female	20-35	2	0:20:10	(244)	0:01:43	0:45:18	(207)	0:01:12	0:35:22	(307)	1:43:45
270	51	Murray	Pauline	Galway TC	female	35 to 50	2	0:17:15	(168)	0:04:34	0:52:57	(292)	0:02:42	0:26:59	(211)	1:44:27
271	71	McNamara	Eamonn	Limerick TC	male	35 to 50	1	0:16:20	(132)	0:03:28	0:46:39	(231)	0:01:26	0:36:42	(311)	1:44:35
272	306	Stapleton	Richard		male	35 to 50	2	0:31:05	(313)	0:02:53	0:44:12	(190)	0:01:41	0:24:55	(147)	1:44:46
273	327	browne	shona		female	20-35	2	0:20:58	(259)	0:02:56	0:50:35	(276)	0:01:19	0:29:13	(260)	1:45:01
274	19															

293	369	Dempsey	Audrey		Female	20-35	2	0:20:01	(241)	0:03:57	0:56:47	(304)	0:01:01	0:29:50	(270)	1:51:36
294	278	Mc Keown	Mary		female	35 to 50	2	0:24:31	(287)	0:03:56	0:54:49	(297)	0:01:42	0:27:06	(216)	1:52:05
295	159	O' Donnell	Brett		male	20-35	1			0:26:18	0:55:38	(301)	0:00:55	0:29:18	(263)	1:52:08
296	152	O'Brien	Ann-Marie		female	35 to 50	2	0:25:16	(291)	0:03:13	0:51:07	(284)	0:02:08	0:30:58	(281)	1:52:42
297	320	Cunningham	Sean		male	35 to 50	1	0:28:14	(308)	0:02:51	0:49:00	(260)	0:01:04	0:32:12	(291)	1:53:22
298	274	Olivia	Wilson		female		2	0:30:51	(312)	0:02:34	0:47:35	(246)	0:01:24	0:31:29	(287)	1:53:53
299	348	Charlie's Chargers			relay	relay	2	0:21:30	(271)	0:01:26	0:59:09	(306)	0:00:57	0:31:16	(285)	1:54:17
300	14	Dunning	Niamh	Athlone TC	female	20-35	2	0:30:25	(310)	0:02:36	0:51:01	(281)	0:00:58	0:29:19	(265)	1:54:20
301	206	Callanan	emma		female	35 to 50	2	0:15:21	(87)	0:02:41	1:06:10	(313)	0:01:54	0:28:42	(247)	1:54:48
302	137	CRIMMINS	EILIS	Tullamore TC	female	20-35	2	0:16:17	(130)	0:03:06	1:01:04	(308)	0:02:39	0:32:46	(298)	1:55:51
303	80	Ryan	john	Nenagh TC	male	35 to 50	2	0:21:47	(278)	0:03:12	0:53:50	(293)	0:01:15	0:35:51	(310)	1:55:55
304	290	o toole	noeleen		female	35 to 50	2	0:27:42	(307)	0:04:46	0:54:37	(296)	0:01:15	0:29:09	(258)	1:57:30
305	204	NI CHONAOLA	EIMEAR		female	35 to 50	2	0:18:13	(209)	0:04:31	1:02:27	(310)	0:01:18	0:31:47	(289)	1:58:17
306	200	Byrne Deely	Dorothy		Female	35 to 50	2	0:26:22	(300)	0:03:10	0:57:51	(305)	0:01:00	0:30:52	(279)	1:59:16
307	270	Toohy	Mags		female	20-35	2	0:26:03	(297)	0:03:27	0:56:32	(303)	0:00:56	0:32:24	(293)	1:59:22
308	338	O Hara	Tina		female	35 to 50	2	0:21:27	(268)	0:05:26	1:03:05	(311)	0:01:17	0:28:51	(250)	2:00:07
309	213	shaughnessey	fiona		female	35 to 50	2	0:26:14	(299)	0:03:48	0:54:55	(298)	0:01:25	0:33:45	(301)	2:00:08
310	231	Uygur	Jane		female	35 to 50	2	0:25:39	(292)	0:03:10	0:55:20	(300)	0:02:38	0:34:56	(305)	2:01:43
311	187	O Dea	Dave		male	20-35	1	0:27:29	(306)	0:03:40	1:04:45	(312)	0:00:54	0:25:59	(185)	2:02:47
312	242	Deely	John		male	35 to 50	2	0:31:48	(314)	0:03:52	0:59:15	(307)	0:00:56	0:31:07	(283)	2:06:57
	44	Breen	Mark	Galway TC	male	20-35	1	0:12:26	(17)	0:01:20						DNF
	117	Shaughnessey	Andrew	Tri Lakes TC	male	35 to 50	1	0:16:00	(115)	0:02:34	0:36:54	(33)				DNF
	196	keaney	deirdre		female	35 to 50	2	0:20:54	(258)	0:01:55	0:45:54	(220)	0:00:48			DNF
	347	Team CGC Club			relay	relay	2	0:20:44	(255)	0:02:24	1:14:50	(314)				DNF Swim