

Place	Bib	Name	Surname	Sex	Cat	TI Number	Club	W	Swim	T1	Cycle	T2	3.5km Split	Run Total	Finish
1	248	Paul	Wade	male	Short M	10005670	Wicklow TC	4	4:44	1:18	0:36:52	1:13	0:15:46	0:20:33	1:04:40
2	463	Kirsty	McIlwaine	female	Short F	10037835	24/7 TC	4	3:57	1:07	0:38:36	0:58	0:17:59	0:22:51	1:07:29
3	459	Martin	Mannion	male	Short M	10039034		4	5:12	2:01	0:37:58	1:43		0:21:57	1:08:50
4	444	Ciaran	Donnellan	male	Short M		Sligo TC	4	4:31	1:50	0:38:56	1:21	0:18:43	0:24:23	1:11:01
5	445	Roger	Dowley	male	Short M	184731		4	5:43	3:12	0:37:48	1:14	0:18:19	0:23:49	1:11:47
6	471	Karen	Dolan	female	Short F	18558		4	4:59	2:07	0:43:33	1:39	0:16:07	0:20:37	1:12:55
7	483	Justin	Hamill	male	Short M	26364	Omagh TC	4	5:04	1:37	0:41:26	1:07	0:18:32	0:23:54	1:13:07
8	441	Michael	Cornyn	male	Short M			4	5:09	2:06	0:42:08	2:26	0:16:48	0:21:47	1:13:35
9	446	Seamus	Farrell	male	Short M	170666		4	4:57	1:32	0:41:58	1:27	0:18:30	0:24:15	1:14:10
10	472	Clive	Robinson	male	Short M	38837		4	4:49	2:36	0:42:13	1:45	0:17:31	0:23:00	1:14:24
11	449	Ann	Foody	female	Short F	39428		4	5:17	2:16	0:41:46	1:22	0:18:25	0:24:10	1:14:50
12	496	James	Hardiman	male	Short M		Sligo TC	4	5:25	1:37	0:41:57	1:25	0:18:55	0:24:38	1:15:02
13	487	Robert	Gloster	male	M25-29	183741	24/7 Tri	4	5:27	2:11	0:43:42	1:06	0:17:42	0:23:02	1:15:28
14	443	Eoin	Doherty	male	Short M			4	4:40	2:32	0:43:21	1:21	0:18:24	0:24:13	1:16:07
15	500	Anne	Logue	Female	Short F	10037271		4	5:07	2:01	0:42:34	1:15	0:19:15	0:25:12	1:16:09
16	458	Denise	Kennedy	female	Short F	36690	Galway TC	4	5:28	3:04	0:44:53	1:17	0:17:05	0:22:15	1:16:56
17	477	Ken	Tormey	male	Short M	185721		4	5:14	3:20	0:42:42	1:11	0:18:28	0:24:35	1:17:01
18	447	Colm	Flood	male	Short M		Wicklow TC	4	5:26	2:38	0:39:22	2:29	0:20:30	0:27:08	1:17:03
19	462	Darren	McGough	male	Short M	36505	Sligo TC	4	4:55	1:24	0:43:28	1:18	0:20:27	0:26:07	1:17:13
20	453	Kieran	Hurson	male	Short M	10037113	Sligo TC	4	5:09	1:38	0:38:25	1:42	0:22:33	0:30:38	1:17:32
21	475	Selina	Sweeney	female	Short F	10037183	Omagh TC	4	5:11	1:16	0:41:33	1:33	0:21:30	0:28:16	1:17:49
22	457	Andrea	Kennedy	female	Short F	185493		4	5:13	3:23	0:45:21	1:35	0:17:16	0:22:35	1:18:07
23	461	Gabrielle	McGloin	female	Short F	5271	MSC TC	4	5:13	2:09	0:43:19	1:45	0:19:40	0:25:48	1:18:14
24	467	Edell	Nugent	Female	Short F	39520		4							1:18:19
25	439	Eddie	Carr	male	Short M	18579		4	5:05	2:04	0:38:10	2:11	0:24:00	0:31:10	1:18:40
26	470	Julie	O'Hare	female	Short F	182522		4	5:14	2:17	0:45:58	1:02	0:20:52	0:27:08	1:21:39
27	440	Lorraine	Conlon	female	Short F	36889	Sligo TC	4	5:14	1:53	0:45:39	1:28	0:21:10	0:27:47	1:22:00
28	60	Fiona	Hillary	female	F40-44	11012	Piranha TC	4	5:33	1:32	0:44:07	1:14	0:23:18	0:30:05	1:22:30
29	469	John	O'Hagan	male	Short M	182966		4	5:26	3:56	0:52:10	1:30	0:22:14	0:20:10	1:23:10
30	438	Sinead	Carr	female	Short F	10033613		4	5:01	2:05	0:47:08	0:54	0:22:58	0:29:43	1:24:52
31	474	Anne	Sweeney	female	Short F	odl		4	5:42	2:18	0:46:28	2:16	0:21:45	0:28:11	1:24:55
32	473	Paula	Rochford	female	Short F	37399	Galway TC	4	5:16	2:59	0:47:56	0:55	0:21:33	0:27:54	1:25:00
33	452	Mary	Hoey	female	Short F	183901		4	5:50	2:53	0:48:53	0:46	0:20:18	0:27:44	1:26:06
34	436	Jennie	Browne	female	Short F	183079		4	5:11	2:37	0:52:08	1:43	0:20:04	0:25:59	1:27:38
35	460	Mairead	McDermott	female	Short F	10037666	Omagh TC	4	5:10	2:02	0:47:01	1:17	0:25:30	0:32:39	1:28:09
36	480	Niamh	Walsh	female	Short F	27009	Sligo TC	4	5:25						1:28:51
37	469	John	O'Hagan	male	Short M	182966		4	5:26	3:56	0:52:10	1:30	0:22:14	0:29:10	1:32:10
38	466	Carmel	Nicholson	female	Short F	10028511	Sligo TC	4	6:06	2:32	0:49:27	1:34	0:25:47	0:33:13	1:32:52
39	468	Colette	O'Hagan	female	Short F	10030459	Sligo TC	4	5:29	1:51	0:50:58	1:16	0:25:41	0:33:34	1:33:08
40	482	Maria	Wilson	female	Short F	183420		4	5:53	2:10	0:51:55	1:42	0:24:44	0:32:07	1:33:47
41	456	Geraldine	Kelly	female	Short F	40113	Sligo TC	4	6:02	3:03	0:49:56	1:45	0:26:01	0:34:08	1:34:53
42	450	Rachel	Gallagher	female	Short F	183499		4	5:28	3:25	0:54:24	1:09	0:24:12	0:30:49	1:35:15
43	479	Laura	Turbett	female	Short F	184472		4	5:12	2:16	0:54:15	1:14	0:25:39	0:32:40	1:35:37
44	464	Eileen	McManus	female	Short F	29983	Sligo TC	4	5:30	3:21	0:54:12	1:20	0:23:49	0:31:28	1:35:51
45	435	Shona	Browne	female	Short F	183413		4	5:41	2:40	0:52:49	1:13	0:26:32	0:33:30	1:35:52
46	478	Edel	Turbett	female	Short F	183956		4	5:17	2:54	0:53:10	1:18	0:26:02	0:33:35	1:36:13
47	79	Clare	Kelly-Lahon	female	F45-49	36969	Sligo TC	4	5:16	3:21	0:56:18	1:25	0:22:30	0:30:48	1:37:07
48	263	Matthew	Hawksley	male	Short M	18316		4	28:11	0:20			0:53:14	1:10:24	1:38:55
49	465	Cora	Mulligan	female	Short F		Sligo TC	4	5:55	2:54	0:56:26	1:23	0:28:09	0:36:11	1:42:49
50	476	Meadhbh	Tiernan	female	Short F	182959		4	5:34	3:41	1:07:46	1:19	0:24:05	0:31:20	1:49:39