

Mullaghmore Triathlon 2011 - Sprint

Place	Num	Name	Surname	Sex	Club	Wave	Cat	Swim	Rank	T1	Cycle	Rank	T2	Run	Rank	Finish
1	46	Ruaidhri	Geraghty	male	Galway		1M35-39	0:13:28	(34)	0:00:45	0:31:32	(1)	0:00:52	0:17:28	(4)	1:04:04
2	74	Karl	Kildea	male	Setanta		1M25-29	0:11:28	(2)	0:00:48	0:34:21	(21)	0:00:51	0:17:20	(2)	1:04:47
3	154	Neil	Walton	male	Sligo City		1M35-39	0:11:39	(4)	0:00:44	0:33:48	(15)	0:00:52	0:18:02	(10)	1:05:06
4	479	Da Situation	O' Brien	relay			2relay	0:13:46	(43)	0:00:41	0:31:54	(2)	0:01:03	0:17:59	(9)	1:05:23
5	63	Gary	Higgins	male	Sligo City		1M35-39	0:12:42	(14)	0:00:49	0:33:31	(14)	0:00:53	0:17:30	(5)	1:05:25
6	2	Johnny	Boylan	male	Queens University		1M25-29	0:13:13	(26)	0:01:12	0:33:09	(10)	0:00:56	0:17:24	(3)	1:05:52
7	85	Eamon	Mc Andrew	male	Sligo City		1M35-39	0:13:14	(27)	0:00:55	0:32:50	(6)	0:00:55	0:18:03	(11)	1:05:57
8	50	Mairtin	Grealish	male	Predator		1M30-34	0:13:58	(53)	0:00:49	0:32:02	(3)	0:00:53	0:18:18	(15)	1:06:00
9	47	Ciaran	Giblin	male			1M35-39	0:12:34	(11)	0:00:59	0:34:06	(19)	0:00:58	0:17:46	(8)	1:06:23
10	103	Stewart	Mc Kenna	male	Sligo City		1M25-29	0:12:23	(8)	0:01:01	0:32:50	(7)	0:01:01	0:19:29	(28)	1:06:44
11	113	Kevin	Mellet	male	Swinford Tri Sports		1M25-29	0:14:41	(83)	0:01:01	0:32:52	(8)	0:00:52	0:17:36	(6)	1:07:02
12	245	Eoin	Mc Manus	male			2M20-24	0:11:43	(5)	0:00:54	0:35:37	(35)	0:00:55	0:18:13	(13)	1:07:22
13	120	Kieran	Mulligan	male	MSC Tri		1M30-34	0:12:49	(17)	0:01:21	0:33:26	(13)	0:00:57	0:19:19	(24)	1:07:52
14	107	Jason	Mc Morrow	male			1M35-39	0:12:42	(13)	0:01:14	0:33:08	(9)	0:00:59	0:20:26	(49)	1:08:28
15	12	Colim	Casey	male			1M35-39	0:13:26	(33)	0:00:48	0:32:33	(4)	0:01:03	0:21:04	(74)	1:08:54
16	128	Art	O Neachtain	male	Galway		1M30-34	0:12:38	(12)	0:00:59	0:36:28	(48)	0:00:58	0:18:13	(12)	1:09:16
17	141	Brian	Sexton	male	Sligo City		1M35-39	0:15:07	(115)	0:01:10	0:32:33	(5)	0:01:19	0:19:36	(31)	1:09:45
18	126	Fergal	O Dowd	male	Liquid Motion		1M35-39	0:13:54	(47)	0:01:01	0:33:26	(12)	0:00:58	0:20:38	(57)	1:09:57
19	69	Peter	Jones	male	Omagh		1M30-34	0:14:01	(54)	0:01:11	0:33:21	(11)	0:01:01	0:20:45	(61)	1:10:18
20	109	Damien	Mc Sharry	male	Sligo City		1M40-44	0:15:08	(119)	0:01:27	0:33:56	(18)	0:01:06	0:18:51	(17)	1:10:28
21	121	Peter	Neill	male	Omagh		1M35-39	0:15:02	(106)	0:01:36	0:35:25	(30)	0:01:20	0:17:43	(7)	1:11:05
22	28	Molua	Donohoe	male	Sligo City		1M45-49	0:15:00	(102)	0:01:20	0:37:48	(76)	0:00:54	0:16:22	(1)	1:11:24
23	140	Brendan	Ruane	male	MSC Tri		1M45-49	0:12:47	(16)	0:00:57	0:35:54	(39)	0:01:26	0:20:34	(48)	1:11:29
24	146	Peter	Skeffington	male	Omagh		1M40-44	0:13:57	(51)	0:01:13	0:34:21	(20)	0:01:02	0:21:04	(73)	1:11:36
25	68	Mark	Johnson	male			1M25-29	0:13:28	(35)	0:01:05	0:34:44	(24)	0:01:09	0:21:15	(79)	1:11:41
26	100	Bernard	Mc Guinness	male	Liquid Motion		1M45-49	0:14:14	(60)	0:01:41	0:34:29	(22)	0:01:17	0:20:22	(46)	1:12:03
27	93	Shane	Mc Gale	male	Omagh		1M40-44	0:12:42	(15)	0:01:29	0:37:50	(79)	0:01:03	0:19:08	(22)	1:12:12
28	285	John	Treacy	male			2M20-24	0:11:44	(6)	0:00:57	0:37:01	(59)	0:00:58	0:21:38	(94)	1:12:18
29	307	Anna	Crooks	female	Predator		3F25-29	0:14:20	(66)	0:01:26	0:36:34	(49)	0:00:56	0:19:03	(21)	1:12:19
30	99	Chris	Mc Guigan	male	Omagh		1M45-49	0:14:21	(67)	0:01:30	0:35:41	(36)	0:01:31	0:19:25	(26)	1:12:28
31	92	Niall	Mc Enhill	male	Queens University		1M20-24	0:12:49	(18)	0:01:43	0:37:45	(74)	0:00:51	0:19:26	(27)	1:12:33
32	31	Thomas	Duffy	male	3Dtri		1M30-34	0:12:56	(21)	0:02:38	0:35:28	(32)	0:01:32	0:20:04	(41)	1:12:38
33	3	Sean	Bradley	male	Omagh		1M35-39	0:14:54	(93)	0:01:19	0:35:16	(26)	0:00:57	0:20:15	(45)	1:12:40
34	45	Ben	George	male	24-Jul		1M35-39	0:13:56	(49)	0:00:53	0:36:45	(52)	0:00:56	0:20:11	(43)	1:12:42
35	88	Colm	Mc Carthy	male	Pulse		1M30-34	0:13:51	(45)	0:01:04	0:37:47	(75)	0:00:59	0:19:01	(19)	1:12:42
36	26	Leo	Donlon	male	Sligo City		1M30-34	0:14:49	(86)	0:00:53	0:35:28	(33)	0:01:05	0:20:32	(52)	1:12:47
37	481	Dad's Army	Turlough	relay	mSC Tri		2relay	0:14:55	(96)	0:00:56	0:35:23	(28)	0:00:58	0:20:35	(53)	1:12:48
38	23	John	Darcy	male	Wicklow Tri Club		1M55-59	0:13:25	(32)	0:01:28	0:34:39	(23)	0:01:26	0:21:51	(100)	1:12:49
39	98	Kieran	Mc Grory	male			1M45-49	0:16:29	(197)	0:00:58	0:33:55	(17)	0:01:00	0:20:42	(59)	1:13:04
40	124	Shane	O Doherty	male			1M30-34	0:12:23	(9)	0:01:17	0:37:13	(63)	0:01:00	0:21:21	(85)	1:13:15
41	40	Damian	Foley	male	MSC Tri		1M40-44	0:13:03	(24)	0:01:40	0:33:48	(16)	0:01:45	0:23:02	(156)	1:13:18
42	56	John	Hanley	male			1M40-44	0:14:45	(85)	0:01:08	0:35:23	(27)	0:01:08	0:20:55	(66)	1:13:19
43	238	Paul	Mc Gowan	male	MSC Tri		2M30-34	0:12:51	(19)	0:01:12	0:37:11	(62)	0:01:07	0:20:59	(69)	1:13:19
44	6	Ronan	Brennan	male	Sligo City		1M35-39	0:15:22	(131)	0:01:12	0:36:17	(43)	0:00:56	0:19:34	(30)	1:13:20
45	268	Rory	Quinn	male	Wicklow Tri Club		2M35-39	0:14:16	(61)	0:01:06	0:36:25	(46)	0:01:31	0:20:03	(40)	1:13:21
46	108	Wayne	Mc Nulty	male	Sligo City		1M30-34	0:14:26	(70)	0:01:14	0:35:26	(31)	0:01:08	0:21:17	(80)	1:13:32
47	84	Karl	Marnane	male			1M35-39	0:13:56	(50)							1:13:36
48	10	Reamonn	Canavan	male			1M35-39	0:14:34	(75)	0:00:54	0:37:07	(61)	0:01:08	0:19:56	(36)	1:13:39
49	130	Edward	O Reilly	male	T3 Tri Club		1M35-39	0:15:04	(109)	0:01:10	0:35:07	(25)	0:01:05	0:21:19	(82)	1:13:45
50	110	Trevor	Mc Sharry	male	Sligo City		1M35-39	0:13:33	(36)	0:01:40	0:36:58	(56)	0:01:03	0:20:37	(56)	1:13:51
51	137	Damien	Reid	male			1M40-44	0:15:08	(118)	0:00:58	0:36:46	(53)	0:00:53	0:20:13	(44)	1:13:58
52	102	Ronan	Mc Intyre	male			1M20-24	0:13:50	(44)	0:01:40	0:36:22	(44)	0:01:01	0:21:19	(83)	1:14:12
53	135	Shane	Quinn	male	Omagh		1M35-39	0:14:51	(89)	0:01:14	0:38:06	(87)	0:00:53	0:19:12	(23)	1:14:15
54	262	Barry	O Kane	male			2M30-34	0:14:58	(100)	0:01:08	0:36:52	(55)	0:00:58	0:20:35	(54)	1:14:31
55	11	Mark	Caplitan	male	Sligo City		1M30-34	0:13:15	(28)	0:01:11	0:36:25	(45)	0:01:00	0:22:54	(148)	1:14:44
56	263	Stephen	O Kane	male	Wicklow Tri Club		2M25-29	0:14:54	(94)	0:01:27	0:38:05	(85)	0:01:08	0:19:42	(33)	1:15:16
57	27	Paul	Donnelly	male			1M30-34	0:13:23	(30)	0:01:33	0:38:28	(93)	0:01:00	0:21:04	(72)	1:15:28
58	117	John	Morton	male			1M25-29	0:10:21	(1)	0:01:00	0:40:14	(151)	0:01:15	0:22:43	(136)	1:15:33
59	75	Brian	Kinsella	male			1M20-24	0:14:04	(58)	0:02:20	0:38:59	(105)	0:01:55	0:18:16	(14)	1:15:35
60	51	Brian	Grehan	male			1M35-39	0:14:36	(77)	0:01:31	0:38:21	(91)	0:01:12	0:19:59	(39)	1:15:39
61	277	Barry	Shanks	male			2M35-39	0:15:45	(153)	0:01:35	0:37:54	(81)	0:01:33	0:18:55	(18)	1:15:42
62	13	Niall	Ciancy	male	MSC Tri		1M30-34	0:15:09	(120)	0:01:09	0:35:56	(40)	0:01:07	0:22:26	(118)	1:15:48
63	89	John Joe	Mc Cullagh	male	Omagh		1M40-44	0:17:01	(229)	0:01:01	0:37:29	(69)	0:01:06	0:19:20	(25)	1:15:57
64	131	Carl	O Reilly	male			2M16-19	0:12:13	(7)	0:01:32	0:39:31	(124)	0:01:07	0:21:44	(96)	1:16:07
65	62	Micheal	Hession	male			1M35-39	0:14:35	(76)	0:01:52	0:37:39	(72)	0:01:13	0:20:48	(63)	1:16:07
66	174	Dermot	Connolly	male			2M50-54	0:17:21	(242)	0:01:35	0:37:29	(68)	0:01:23	0:18:29	(16)	1:16:17
67	52	John	Grehan	male			1M35-39	0:14:22	(68)	0:01:25	0:37:53	(80)	0:01:08	0:21:31	(91)	1:16:18
68	57	Eamon	Harkin	male	NorthWest		1M40-44	0:14:57	(99)	0:01:24	0:37:48	(77)	0:01:02	0:21:11	(76)	1:16:21
69	170	Ciaran	Ciancy	male	MSC Tri		2M25-29	0:18:31	(292)	0:01:01	0:35:52	(38)	0:00:53	0:20:07	(42)	1:16:23
70	158	Pat	Bilbow	male	Liquid Motion		2M40-44	0:15:57	(162)	0:01:05	0:35:24	(29)	0:01:09	0:22:49	(143)	1:16:23
71	144	Thomas	Sheridan	male	Sligo City		1M40-44	0:14:52	(90)	0:01:10	0:36:04	(42)	0:01:13	0:23:04	(157)	1:16:24
72	219	Ivan	Kelly	male	Liquid Motion		2M30-34	0:15:55	(159)	0:01:10	0:37:07	(60)	0:01:23	0:20:51	(64)	1:16:25
73	106	Alan	Mc loughlin	male			1M30-34	0:13:03	(25)	0:01:28	0:40:14	(152)	0:01:11	0:20:47	(62)	1:16:43
74	105	Leigh	Mc Loughlin	male			1M35-39	0:15:40	(149)	0:01:35	0:37:22	(65)	0:01:13	0:21:15	(78)	1:17:05
75	218	Greg	Kelly	male	Sligo City		2M35-39	0:17:09	(236)	0:01:17	0:37:15	(64)	0:00:58	0:20:29	(51)	1:17:09
76	19	Joe	Coyne	male	NWTC		1M30-34	0:15:06	(114)	0:01:09	0:36:44	(51)	0:01:01	0:23:12	(162)	1:17:13
77	374	Deborah	Meghen	female	Wicklow Tri Club		3F45-49	0:14:16	(62)	0:01:04	0:39:05	(111)	0:01:07	0:21:46	(99)	1:17:17
78	127	Paul	O Gara	male	24-Jul		1M40-44	0:15:43	(152)	0:00:58	0:38:07	(88)	0:01:05	0:21:36	(92)	1:17:29
79	114	John	Monahan	male			1M30-34	0:14:01	(55)	0:02:42	0:40:20	(158)	0:00:41	0:19:59	(38)	1:17:43
80	13															

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94	211	Daniel	Johnson	male		2	M25-29	0:16:12	(176)	0:01:05	0:39:41	(134)	0:01:06	0:20:55	(67)	1:18:59
95	472	DRCG Racing	Kennedy	relay		2	relay	0:16:15	(179)	0:01:16	0:36:44	(50)	0:01:01	0:23:44	(192)	1:19:01
96	143	Alan	Shaw	male	Sligo City	1	M30-34	0:13:02	(23)	0:01:33	0:39:41	(133)	0:01:21	0:23:28	(173)	1:19:04
97	7	Stephen	Burns	male		1	M25-29	0:13:39	(38)	0:02:31	0:40:57	(184)	0:01:04	0:21:00	(70)	1:19:11
98	391	Saoirse	O Donoghue	female	Sligo City	3	F35-39	0:15:08	(117)	0:01:34	0:39:01	(109)	0:01:13	0:22:19	(113)	1:19:14
99	8	Declan	Byrne	male		1	M50-54	0:16:48	(214)	0:01:22	0:37:00	(58)	0:01:35	0:22:33	(125)	1:19:17
100	371	Julie	Mc Mullin	female	MSC Tri	3	F40-44	0:15:17	(129)	0:01:15	0:39:30	(123)	0:01:21	0:21:56	(103)	1:19:19
101	471	Cally's Cardiac Candidates	Parkinson	relay		2	relay	0:16:23	(185)	0:00:50	0:39:39	(131)	0:00:53	0:21:38	(93)	1:19:22
102	148	Cian	Taylor	male		1	M35-39	0:15:07	(116)	0:01:57	0:38:06	(86)	0:01:30	0:22:44	(137)	1:19:24
103	157	Ewan	Ballantine	male		2	M40-44	0:16:56	(221)	0:01:29	0:39:11	(115)	0:01:12	0:20:36	(55)	1:19:24
104	39	Sean	Flannery	male	Sligo City	1	M30-34	0:16:30	(198)	0:01:47	0:38:29	(94)	0:01:23	0:21:20	(84)	1:19:29
105	54	Eugene	Haigney	male	Omagh	1	M40-44	0:15:42	(150)	0:01:49	0:38:33	(95)	0:01:16	0:22:10	(109)	1:19:30
106	162	John	Burrows	male	Sligo City	2	M35-39	0:13:54	(46)	0:01:23	0:39:00	(107)	0:01:24	0:23:50	(197)	1:19:31
107	55	Andy	Hamilton	male	Sligo City	1	M40-44	0:14:19	(64)	0:01:33	0:38:55	(103)	0:01:18	0:23:26	(171)	1:19:31
108	301	Lorraine	Carey	female		3	F30-34	0:15:28	(134)	0:01:34	0:39:01	(110)	0:01:07	0:22:22	(114)	1:19:32
109	456	Mark	Mulcahy	male		1	M45-49	0:13:19	(29)	0:01:49	0:37:41	(73)	0:01:33	0:25:40	(263)	1:20:01
110	392	Bronagh	O Gara	female	24-Jul	3	F30-34	0:17:30	(252)	0:01:18	0:39:07	(112)	0:01:16	0:20:56	(68)	1:20:08
111	44	Conor	Gallagher	male	NorthWest	1	M35-39	0:15:14	(125)	0:01:46	0:38:46	(99)	0:01:10	0:23:15	(164)	1:20:11
112	66	Pat	Hughes	male	Liquid Motion	1	M45-49	0:16:36	(205)	0:01:43	0:38:44	(98)	0:01:29	0:21:44	(97)	1:20:17
113	97	Kevin	Mc Glynn	male		1	M45-49	0:19:07	(307)	0:01:30	0:35:42	(37)	0:01:23	0:22:35	(129)	1:20:18
114	16	Liam	Collins	male	Wicklow Tri Club	1	M50-54	0:14:31	(72)	0:01:05	0:39:21	(116)	0:01:24	0:23:58	(204)	1:20:19
115	404	Sheila	Ryan	female	Sligo City	3	F30-34	0:14:02	(56)	0:01:28	0:41:04	(190)	0:01:06	0:22:45	(140)	1:20:25
116	80	Tomas	Lynn	male	Liquid Motion	1	M25-29	0:12:58	(22)	0:00:56	0:39:39	(130)	0:01:09	0:25:48	(269)	1:20:29
117	339	Deirdre	Hough	female	Wicklow Tri Club	3	F30-34	0:16:07	(173)	0:01:22	0:40:05	(145)	0:01:12	0:21:45	(98)	1:20:31
118	129	Rory	O'Neill	male	24-Jul	1	M25-29	0:12:25	(10)	0:02:05	0:40:21	(159)	0:01:33	0:24:09	(217)	1:20:33
119	351	Rose	Leith	female	Wicklow Tri Club	3	F45-49	0:14:02	(57)	0:01:34	0:40:57	(183)	0:01:11	0:22:52	(146)	1:20:36
120	257	Terry	O'Brien	male		2	M40-44	0:16:14	(178)	0:01:09	0:39:08	(114)	0:01:14	0:22:56	(152)	1:20:41
121	133	Graham	Parker	male	24-Jul	1	M35-39	0:13:40	(39)	0:01:10	0:39:32	(126)	0:01:10	0:25:10	(252)	1:20:43
122	34	Neil	Dwyer	male	Sligo City	1	M30-34	0:15:30	(136)	0:01:02	0:39:21	(117)	0:01:07	0:23:49	(195)	1:20:49
123	119	Gerard	Mulligan	male		1	M35-39	0:15:27	(133)	0:01:18	0:39:00	(108)	0:01:34	0:23:31	(177)	1:20:50
124	122	Canice	Nicholas	male	MSC Tri	1	M35-39	0:15:59	(167)	0:00:56	0:38:41	(97)	0:01:09	0:24:09	(216)	1:20:54
125	483	Sharon	O'Hara	female		3	F20-24	0:15:30	(137)	0:01:25	0:37:39	(70)	0:01:08	0:25:15	(254)	1:20:58
126	328	Orla	Mottague	female		3	F25-29	0:14:25	(69)	0:02:00	0:40:11	(148)	0:01:34	0:22:55	(150)	1:21:04
127	375	Noelle	Molohan	female	24-Jul	3	F35-39	0:16:02	(170)	0:01:08	0:39:32	(125)	0:01:08	0:23:17	(166)	1:21:06
128	72	Diarmaid	Keon	male	MSC Tri	1	M40-44	0:15:02	(105)	0:01:21	0:37:39	(71)	0:01:19	0:25:57	(273)	1:21:18
129	20	Colm	Crilly	male		1	M30-34	0:17:51	(269)	0:02:15	0:40:24	(161)	0:01:25	0:19:29	(29)	1:21:25
130	300	Jacqueline	Byrne	female	Swinford Tri Sports	3	F25-29	0:17:09	(235)	0:01:36	0:39:32	(127)	0:01:18	0:21:55	(101)	1:21:30
131	17	Andrew	Connaire	male		1	M30-34	0:15:29	(135)	0:02:00	0:40:29	(164)	0:01:29	0:22:05	(107)	1:21:31
132	401	Grainne	Read	female	Galway	3	F40-44	0:13:36	(37)	0:01:56	0:42:04	(222)	0:01:03	0:22:54	(147)	1:21:32
133	205	Fergal	Henry	male	Sligo City	2	M35-39	0:15:59	(165)	0:02:11	0:40:08	(146)	0:01:19	0:21:55	(102)	1:21:32
134	227	Mark	Loftus	male	Liquid Motion	2	M35-39	0:19:15	(315)	0:01:16	0:38:47	(100)	0:01:15	0:21:02	(71)	1:21:35
135	407	Amy	Spratt	female	MSC Tri	3	F25-29	0:14:49	(87)	0:01:30	0:41:35	(206)	0:01:14	0:22:34	(126)	1:21:42
136	367	Cecilia	Mc Guinness	female	Sligo City	3	F35-39	0:13:43	(41)	0:01:27	0:41:33	(205)	0:01:17	0:23:43	(189)	1:21:43
137	35	Conor	Eannetta	male	Omagh	1	M35-39	0:15:03	(107)	0:01:39	0:38:20	(90)	0:01:11	0:25:36	(261)	1:21:48
138	475	No Expectations	Lynch	relay		2	relay	0:20:16	(333)	0:00:55	0:37:24	(66)	0:00:53	0:22:23	(116)	1:21:52
139	173	Sean	Collum	male		2	M35-39	0:17:24	(243)	0:02:02	0:39:45	(137)	0:01:38	0:21:06	(75)	1:21:55
140	104	Adrian	Mc Kinney	male	Omagh	1	M50-54	0:12:54	(20)	0:01:31	0:42:41	(234)	0:00:56	0:23:53	(200)	1:21:56
141	150	Alan	Traynor	male	Cavan Tri Club	1	M40-44	0:16:38	(208)	0:01:48	0:37:25	(67)	0:01:15	0:24:50	(240)	1:21:57
142	322	Lisa	Dunne	female	Sligo City	3	F30-34	0:14:18	(63)	0:02:28	0:41:10	(195)	0:01:22	0:22:46	(141)	1:22:05
143	341	Paula	Humby	female		3	F40-44	0:16:59	(226)	0:01:47	0:39:24	(120)	0:01:12	0:22:44	(139)	1:22:07
144	405	Caroline	Shinners	female	Naas	3	F30-34	0:16:22	(182)	0:01:20	0:40:30	(167)	0:01:16	0:22:56	(151)	1:22:23
145	380	Teresa	Mulroe	female	Queens University	3	F35-39	0:17:31	(254)	0:01:22	0:39:27	(121)	0:01:21	0:22:44	(138)	1:22:25
146	196	Karl	Gohery	male	Pulse	2	M30-34	0:15:58	(164)	0:01:00	0:39:29	(122)	0:01:19	0:24:41	(232)	1:22:28
147	185	Colin	Devine	male		2	M40-44	0:15:36	(142)	0:01:27	0:40:47	(178)	0:01:13	0:23:28	(174)	1:22:31
148	388	Susan	O'Connell	female	Pulse	3	F25-29	0:16:55	(219)	0:01:21	0:41:16	(200)	0:01:00	0:21:59	(105)	1:22:31
149	332	Deirdre	Haigney	female	Omagh	3	F35-39	0:15:35	(140)	0:01:29	0:41:10	(194)	0:01:20	0:23:00	(154)	1:22:34
150	182	Austin	Cutliffe	male		2	M40-44	0:16:26	(188)	0:02:18	0:38:01	(83)	0:01:13	0:24:39	(229)	1:22:37
151	9	Daragh	Callaghan	male		1	M35-39	0:17:46	(267)	0:01:15	0:39:22	(118)	0:01:13	0:23:13	(163)	1:22:49
152	194	Paul	Garvey	male	Cavan Tri Club	2	M25-29	0:16:55	(220)	0:01:50	0:40:28	(162)	0:01:14	0:22:22	(115)	1:22:49
153	166	Jan	Canham	male		2	M40-44	0:16:31	(199)	0:01:28	0:39:59	(142)	0:01:21	0:23:34	(180)	1:22:52
154	125	Kevin	O'Donnell	male	Sligo City	1	M30-34	0:14:32	(73)	0:01:41	0:40:19	(157)	0:01:21	0:25:03	(248)	1:22:56
155	29	David	Downes	male	Sligo City	1	M40-44	0:17:07	(233)	0:01:38	0:40:43	(177)	0:00:56	0:22:38	(130)	1:23:02
156	286	Michael	Walsh	male		2	M40-44	0:19:31	(320)	0:01:45	0:40:22	(160)	0:01:32	0:19:52	(35)	1:23:02
157	145	Lacey	Laserian	male		1	M45-49	0:16:57	(222)	0:01:24	0:39:08	(113)	0:01:10	0:24:24	(222)	1:23:02
158	123	Desmond	O'Connor	male	Kilmore	1	M40-44	0:16:54	(218)	0:02:13	0:40:36	(170)	0:01:25	0:21:58	(104)	1:23:05
159	234	Liam	Mc Dermott	male	Omagh	2	M45-49	0:17:38	(260)	0:01:36	0:41:03	(189)	0:01:24	0:21:25	(87)	1:23:06
160	90	Gerry	Mc Dermott	male	NorthWest	1	M45-49	0:14:37	(78)	0:01:32	0:40:29	(163)	0:01:32	0:24:58	(246)	1:23:08
161	25	Sean	Doherty	male	NorthWest	1	M35-39	0:13:56	(48)	0:01:16	0:40:36	(171)	0:01:27	0:25:59	(274)	1:23:13
162	319	Catherine	Dufficy	female		3	F35-39	0:16:29	(196)	0:01:34	0:40:17	(156)	0:01:23	0:23:35	(183)	1:23:18
163	225	Rob	Lennon	male		2	M30-34	0:18:53	(301)	0:02:10	0:39:51	(139)	0:00:59	0:21:26	(89)	1:23:19
164	221	Jonathan	Kenny	male	Galway	2	M25-29	0:16:41	(211)	0:02:19	0:39:37	(129)	0:00:57	0:23:50	(196)	1:23:24
165	95	Matthew	Mc Garrigle	male	Sligo City	1	M25-29	0:11:29	(3)	0:01:30	0:46:33	(316)	0:01:11	0:22:40	(135)	1:23:24
166	247	Eamon	Mc Sharry	male		2	M35-39	0:16:32	(200)	0:02:04	0:41:36	(208)	0:01:12	0:22:01	(106)	1:23:25
167	282	Diarmuid	Timmons	male	Sligo City	2	M45-49	0:16:29	(193)	0:01:09	0:40:09	(147)	0:01:04	0:24:36	(227)	1:23:26
168	250	Trevor	Mills	male		2	M40-44	0:17:48	(268)	0:02:09	0:40:52	(181)	0:01:13	0:21:25	(86)	1:23:26
169	180	Malachy	Cullen	male		2	M40-44	0:18:34	(295)	0:01:48	0:39:56	(140)	0:01:07	0:22:06	(108)	1:23:30
170	210	Zachary	Johnson	male		2	M30-34	0:15:52	(156)	0:01:51	0:40:31	(168)	0:01:13	0:24:04	(210)	1:23:30
171	376	Aine	Morrissey	female	Wicklow Tri Club	3	F30-34	0:16:19	(180)	0:01:29	0:40:35	(169)	0:01:36	0:23:33	(179)	1:23:33
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188	267	Gavin	Patton	male	Sligo City	2M40-44	0:15:12	(123)	0:02:32	0:43:55	(267)	0:00:56	0:22:33	(123)	1:25:08
189	71	Neil	Kelly	male		1M45-49	0:17:40	(263)	0:02:48	0:38:15	(89)	0:01:48	0:24:40	(230)	1:25:10
190	220	John	Kenny	male		2M35-39	0:17:01	(228)	0:02:18	0:40:14	(250)	0:01:45	0:23:59	(206)	1:25:17
191	288	Simon	Watson	male		2M45-49	0:13:42	(40)	0:02:43						1:25:22
192	36	John	Elliott	male	Sligo City	1M40-44	0:15:20	(130)	0:01:54	0:42:25	(130)	0:00:59	0:24:49	(237)	1:25:26
193	188	John	Dolan	male	Sligo City	2M25-29	0:17:39	(262)	0:01:18	0:40:15	(153)	0:01:25	0:24:50	(239)	1:25:27
194	334	Kate	Hawney	female	Sligo City	3F30-34	0:17:31	(253)	0:02:21	0:41:06	(192)	0:01:20	0:23:09	(159)	1:25:28
195	402	Michelle	Reynolds	female		3F40-44	0:17:58	(274)	0:01:45	0:41:01	(187)	0:01:34	0:23:12	(161)	1:25:29
196	381	Nessa	Murnaghan	female		3F35-39	0:15:36	(144)	0:01:23	0:42:59	(239)	0:01:24	0:24:08	(215)	1:25:29
197	175	David	Cosgrave	male		2M30-34	0:16:13	(177)	0:02:35	0:41:52	(217)	0:01:26	0:23:23	(170)	1:25:30
198	83	Brendan	Mannix	male	Wicklow Tri Club	1M40-44	0:14:59	(101)	0:02:31	0:39:35	(128)	0:02:43	0:25:47	(268)	1:25:35
199	101	James	Mc Intyre	male		1M35-39	0:14:20	(65)	0:02:03	0:40:39	(175)	0:01:04	0:27:35	(314)	1:25:42
200	73	Donagh	Keon	male	MSC Tri	1M40-44	0:16:37	(207)	0:01:27	0:41:13	(198)	0:01:08	0:25:17	(255)	1:25:42
201	207	Des	Hogan	male	Wicklow Tri Club	2M40-44	0:18:41	(298)	0:01:56	0:40:16	(154)	0:01:59	0:22:54	(149)	1:25:46
202	406	Laura	Spellman	female	Sligo City	3F25-29	0:15:03	(108)	0:01:55	0:44:41	(286)	0:01:21	0:22:50	(145)	1:25:50
203	230	Eanna	Mac Hale	male		2M30-34	0:16:39	(209)	0:02:19	0:43:15	(245)	0:00:58	0:22:39	(132)	1:25:50
204	223	Albert	Law	male	Omagh	2M55-59	0:18:30	(291)	0:02:49	0:40:49	(180)	0:01:27	0:22:16	(111)	1:25:51
205	297	Martina	Burke	female	Cork	3F35-39	0:17:28	(248)	0:01:43	0:41:03	(188)	0:01:45	0:23:56	(202)	1:25:55
206	478	The Shams	Meade	relay		2relay	0:14:39	(81)	0:00:56	0:46:36	(318)	0:01:07	0:22:38	(131)	1:25:56
207	254	Patrick	Murtagh	male	Liquid Motion	2M35-39	0:19:12	(312)	0:01:07	0:39:42	(135)	0:01:31	0:24:25	(223)	1:25:56
208	178	Ian	Craig	male		2M30-34	0:17:12	(239)	0:02:34	0:41:42	(211)	0:01:50	0:22:40	(133)	1:25:57
209	349	Theresa	Kilgannon	female		3F25-29	0:15:38	(148)	0:01:55	0:40:48	(179)	0:01:17	0:26:20	(285)	1:25:59
210	161	Paul	Burns	male		2M40-44	0:15:37	(146)	0:02:04	0:39:39	(132)	0:01:34	0:27:05	(304)	1:26:00
211	118	Conor	Mullarkey	male		2M30-34	0:17:03	(231)	0:02:58	0:40:42	(176)	0:01:40	0:23:38	(185)	1:26:01
212	284	Richard	Tracey	male		2M40-44	0:15:05	(111)	0:03:10	0:41:42	(212)	0:01:41	0:24:27	(225)	1:26:05
213	294	Lisa	Bishop	female	Wicklow Tri Club	3F40-44	0:15:00	(103)	0:01:40	0:42:07	(223)	0:01:33	0:25:45	(266)	1:26:05
214	61	Kevin	Hennessy	male	24-Jul	1M50-54	0:14:51	(88)	0:01:49	0:41:10	(196)	0:01:37	0:26:42	(296)	1:26:09
215	480	Last In First Out	Spratt	relay	MSC Tri	2relay	0:17:08	(234)	0:00:49	0:44:40	(285)	0:01:06	0:22:31	(121)	1:26:14
216	165	Stephen	Canavan	male		2M40-44	0:18:17	(286)	0:03:02	0:40:58	(185)	0:01:40	0:22:30	(120)	1:26:27
217	379	shauna	Mullan	female	NorthWest	3F40-44	0:15:38	(147)	0:02:18	0:40:30	(166)	0:01:30	0:26:34	(292)	1:26:30
218	42	David	Gallagher	male		1M40-44	0:14:52	(91)	0:02:00	0:41:28	(203)	0:01:29	0:26:49	(300)	1:26:39
219	317	Loreto	Dougan	female	Wicklow Tri Club	3F40-44	0:18:26	(289)	0:01:33	0:41:35	(207)	0:01:28	0:23:43	(190)	1:26:45
220	206	Ashley	Henry	male	Sligo City	2M30-34	0:16:33	(201)	0:01:33	0:47:33	(338)	0:01:13	0:19:56	(37)	1:26:47
221	242	David	Mc Loone	male	MSC Tri	2M35-39	0:16:25	(187)	0:01:38	0:40:58	(186)	0:01:36	0:26:11	(281)	1:26:48
222	142	Kevin	Shannon	male	Galway	1M25-29	0:15:36	(143)	0:02:19	0:44:17	(279)	0:01:12	0:23:30	(175)	1:26:54
223	270	Rory	Rafferty	male	Sligo City	2M40-44	0:16:24	(186)	0:01:45	0:41:05	(191)	0:01:24	0:26:21	(286)	1:26:59
224	18	Paul	Corcoran	male		2M35-39	0:16:22	(183)	0:02:00	0:41:52	(218)	0:01:50	0:25:08	(251)	1:27:13
225	115	Patrick	Monahan	male		1M30-34	0:17:33	(258)	0:02:52	0:41:45	(215)	0:01:10	0:23:53	(199)	1:27:13
226	258	Michael	O Callaghan	male		2M30-34	0:17:43	(265)	0:01:58	0:43:02	(240)	0:01:05	0:23:39	(186)	1:27:27
227	189	Jonathan	Fahey	male	Sligo City	2M35-39	0:18:07	(279)	0:01:53	0:40:36	(172)	0:02:15	0:24:37	(228)	1:27:28
228	208	Edmund	Holmes	male	Kilmore	2M35-39	0:16:00	(169)	0:01:48	0:43:15	(242)	0:01:31	0:24:57	(245)	1:27:31
229	276	Fearghal	Scanlon	male		2M35-39	0:16:40	(210)	0:02:07	0:42:21	(228)	0:00:54	0:25:31	(259)	1:27:33
230	269	Martin	Rafter	male	Liquid Motion	2M30-34	0:20:08	(330)	0:01:56	0:40:37	(273)	0:01:21	0:23:38	(184)	1:27:40
231	164	Kieran	Cahoon	male		2M40-44	0:16:20	(181)	0:01:40	0:41:07	(193)	0:01:10	0:27:24	(310)	1:27:41
232	49	Donal	Gray	male	MSC Tri	1M20-24	0:14:27	(71)	0:01:49	0:43:56	(268)	0:00:56	0:26:34	(291)	1:27:42
233	295	Chris	Burke	female	Galway	3F40-44	0:15:37	(145)	0:01:11	0:42:03	(221)	0:01:40	0:27:12	(306)	1:27:43
234	477	The Bailouts	Hegarty	relay		2relay	0:13:58	(52)	0:00:49	0:47:52	(340)	0:00:59	0:24:06	(213)	1:27:43
235	373	Edel	McGowan	female		3F25-29	0:15:59	(166)	0:02:05	0:45:54	(308)	0:01:13	0:22:33	(124)	1:27:44
236	241	Niall	Mc Intyre	male		2M30-34	0:19:16	(316)	0:02:54	0:44:36	(283)	0:01:14	0:19:52	(34)	1:27:51
237	212	Fergal	Keane	male	Sligo City	2M40-44	0:16:29	(194)	0:02:34	0:40:55	(182)	0:01:45	0:26:09	(279)	1:27:53
238	347	Claire	Kenny	female	Galway	3F25-29	0:18:04	(276)	0:01:57	0:43:39	(257)	0:01:10	0:23:05	(158)	1:27:55
239	364	Miriam	Mc Fadden	female	NorthWest	3F40-44	0:14:56	(98)	0:02:00	0:46:00	(309)	0:01:30	0:23:32	(178)	1:27:59
240	86	Luke	Mc Bride	male	Omagh	1M40-44	0:14:55	(95)	0:01:38	0:41:44	(214)	0:01:23	0:28:19	(328)	1:27:59
241	156	Johnny	Woods	male		1M40-44	0:15:12	(124)	0:02:32	0:42:44	(237)	0:02:20	0:25:19	(257)	1:28:08
242	403	Eleanor	Rooney	female	MSC Tri	3F45-49	0:20:01	(329)	0:01:35	0:40:29	(165)	0:01:20	0:24:42	(233)	1:28:08
243	171	Shane	Clarke	male	MSC Tri	2M45-49	0:16:42	(212)	0:01:49	0:42:38	(233)	0:01:31	0:25:30	(258)	1:28:10
244	58	Eddie	Smyth	male	omagh	1M25-29	0:17:53	(270)	0:02:04	0:42:31	(232)	0:00:58	0:24:47	(236)	1:28:13
245	147	Conor	Spencer	male	Belpark	1M30-34	0:15:26	(132)	0:02:34	0:45:13	(298)	0:01:05	0:24:04	(211)	1:28:23
246	304	Emer	Collins	female	Galway	3F30-34	0:18:07	(280)	0:01:29	0:43:38	(256)	0:01:36	0:23:40	(187)	1:28:30
247	53	Paddy	Gribbin	male		1M30-34	0:15:15	(126)	0:03:28	0:43:56	(269)	0:02:42	0:23:21	(169)	1:28:43
248	195	Neil	Gee	male		2M35-39	0:14:39	(80)	0:03:25	0:43:08	(242)	0:01:31	0:26:01	(278)	1:28:43
249	360	Rosaleen	Mc Cartan	female	Omagh	3F35-39	0:16:58	(224)	0:02:21	0:44:05	(275)	0:01:30	0:23:49	(194)	1:28:43
250	266	Brian	O Reilly	male		2M25-29	0:17:09	(237)	0:02:58	0:43:58	(271)	0:01:11	0:23:35	(182)	1:28:51
251	261	Denis	O Gorman	male	Ennis	2M35-39	0:19:14	(313)	0:01:54	0:42:42	(235)	0:01:32	0:23:31	(176)	1:28:52
252	264	Andrew	O Leary	male	Cork	2M30-34	0:16:26	(189)	0:02:17	0:43:37	(255)	0:01:17	0:25:18	(256)	1:28:54
253	473	Inglorious Rebels	Pasierkiewicz	relay		2relay	0:30:27	(371)	0:01:03	0:36:01	(41)	0:00:47	0:20:41	(58)	1:28:59
254	389	Jacqueline	O Connor	female	Sligo City	3F30-34	0:19:09	(309)	0:02:29	0:41:56	(219)	0:01:25	0:24:07	(214)	1:29:05
255	243	Philip	Mc Loone	male		2M30-34	0:15:55	(158)	0:01:32	0:45:24	(301)	0:01:33	0:24:49	(238)	1:29:13
256	149	Brendan	Tobin	male		1M35-39	0:16:53	(216)	0:02:40	0:44:14	(278)	0:01:52	0:23:42	(188)	1:29:21
257	309	Karen	Cutcliffe	female		3F40-44	0:18:12	(284)	0:01:55	0:44:34	(282)	0:01:24	0:23:20	(168)	1:29:26
258	32	Peter	Duignan	male	Sligo City	1M40-44	0:16:28	(192)	0:02:30	0:45:06	(296)	0:01:33	0:23:54	(201)	1:29:32
259	281	Wille	Thornton	male	Liquid Motion	2M50-54	0:21:19	(342)	0:01:53	0:41:45	(216)	0:01:12	0:23:26	(172)	1:29:35
260	249	David	Mellet	male		2M35-39	0:16:36	(206)	0:02:09	0:44:10	(276)	0:02:39	0:24:02	(209)	1:29:37
261	314	Karen	Dolan	female		3F40-44	0:22:58	(357)	0:02:15	0:42:27	(231)	0:01:14	0:20:43	(60)	1:29:37
262	275	Donal	Rowan	male	Omagh	2M40-44	0:19:50	(323)	0:02:21	0:46:16	(312)	0:00:55	0:20:24	(47)	1:29:47
263	239	Mark	Mc Hale	male		2M30-34	0:17:30	(251)	0:01:51	0:43:44	(260)	0:01:06	0:25:46	(267)	1:29:56
264	310	Kara	Davey	female	Sligo City	3F25-29	0:17:39	(261)	0:02:21	0:43:37	(254)	0:01:27	0:24:53	(243)	1:29:57
265	296	Marie	Burke	female	Wicklow Tri Club	3F40-44	0:15:10	(122)	0:01:21	0:43:58	(270)	0:01:38	0:27:54	(318)	1:30:01
266	290	Cecil	Whiteside	male	Sligo City	2M45-49	0:21:44	(346)	0:02:30	0:41:37	(209)	0:01:44	0:22:40	(134)	1:30:15
267	192	Paul	Gallagher	male		2M40-44	0:16:58	(223)	0:03:49	0:43:05	(241)	0:01:11	0:25:14	(253)	1:30:16
268	342	Heather	Irvine</												

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282	358	Elizabeth	Mc Cabe	female		3F40-44	0:19:02	(304)	0:02:17	0:45:01	(294)	0:01:10	0:24:13	(218)	1:31:42
283	291	Joanne	Agnew	female	Pulse	3F30-34	0:15:31	(138)	0:01:18	0:46:38	(319)	0:01:21	0:26:58	(303)	1:31:46
284	200	Darrell	Guilfoyle	male		2M25-29	0:20:19	(334)	0:03:16	0:42:09	(225)	0:01:52	0:24:25	(224)	1:32:02
285	138	Brian	Reilly	male	Sligo City	1M25-29	0:15:16	(127)	0:01:51	0:45:07	(297)	0:01:19	0:28:38	(332)	1:32:12
286	359	Michelle	Mc Cann	female		3F30-34	0:19:28	(319)	0:02:48	0:44:22	(280)	0:01:38	0:23:56	(203)	1:32:12
287	484	Orla	Shields	female		3F25-29	0:18:46	(299)	0:02:08	0:43:20	(250)	0:01:49	0:26:26	(287)	1:32:28
288	377	Ann	Morrow	female	MSC Tri	3F45-49	0:19:07	(306)	0:02:46	0:43:53	(265)	0:01:15	0:25:32	(260)	1:32:33
289	348	Helena	Kenny	female		3F25-29	0:19:09	(310)	0:03:27	0:42:44	(236)	0:01:17	0:25:56	(272)	1:32:34
290	318	Jana	Drese	female	Sligo City	3F30-34	0:15:59	(168)	0:02:26	0:45:40	(306)	0:01:21	0:27:17	(308)	1:32:43
291	224	Kyle	Law	male	Omagh	2M25-29	0:21:56	(351)	0:03:41	0:40:16	(155)	0:01:49	0:25:04	(249)	1:32:46
292	354	Fiona	Lyons	female	Galway	3F35-39	0:16:44	(213)	0:01:33	0:41:10	(197)	0:01:56	0:31:27	(354)	1:32:50
293	41	Tom	Ford	male	Sligo City	1M40-44	0:18:09	(281)	0:01:51	0:41:59	(220)	0:01:22	0:29:32	(343)	1:32:52
294	325	Cathriona	Fallon	female	Sligo City	3F30-34	0:18:41	(297)	0:02:17	0:45:00	(293)	0:01:03	0:25:59	(275)	1:33:00
295	255	Patrick	Normile	male		2M50-54	0:17:25	(245)	0:02:37	0:46:59	(326)	0:01:14	0:24:53	(242)	1:33:08
296	408	Majeda	Sukkar	female		3F30-34	0:18:19	(287)	0:03:40	0:43:13	(244)	0:01:15	0:27:26	(312)	1:33:52
297	343	Orla	Kearney	female	Liquid Motion	3F30-34	0:20:01	(327)	0:01:34	0:44:49	(289)	0:01:39	0:25:51	(270)	1:33:53
298	22	Kieran	Cunningham	male	Sligo City	1M40-44	0:15:04	(110)	0:06:12	0:46:49	(323)	0:01:50	0:24:00	(207)	1:33:55
299	355	Amanda	Mannix	female	Wicklow Tri Club	3F35-39	0:15:43	(151)	0:01:58	0:45:03	(295)	0:01:53	0:29:25	(341)	1:34:02
300	338	Eimear	Holmes	female		3F45-49	0:17:41	(264)	0:02:43	0:44:24	(281)	0:01:56	0:27:20	(309)	1:34:04
301	306	Ciara	Conway	female		3F25-29	0:18:11	(283)	0:03:10	0:44:37	(284)	0:01:17	0:26:54	(302)	1:34:08
302	246	Brian	Mc Mullin	male	MSC Tri	2M45-49	0:22:59	(358)	0:01:58	0:43:49	(261)	0:01:26	0:24:05	(212)	1:34:16
303	187	Conor	Doherty	male		2M30-34	0:17:15	(240)	0:02:14	0:46:39	(320)	0:01:02	0:27:13	(307)	1:34:22
304	190	Conor	Feehily	male		2M25-29	0:20:27	(337)	0:03:59	0:44:44	(288)	0:01:00	0:24:13	(219)	1:34:23
305	193	Declan	Gallagher	male		2M25-29	0:23:58	(363)	0:02:06	0:43:54	(266)	0:01:27	0:23:00	(153)	1:34:24
306	216	christopher	Kelly	male		2M45-49	0:24:43	(365)	0:02:20	0:41:32	(204)	0:01:26	0:24:35	(226)	1:34:36
307	398	Maria	Patterson	female		3F40-44	0:20:00	(326)	0:01:48	0:44:52	(291)	0:01:29	0:26:37	(294)	1:34:46
308	287	Malcolm	Walsh	male		2M35-39	0:19:14	(314)	0:02:03	0:46:28	(314)	0:01:27	0:25:37	(262)	1:34:49
309	167	Aidan	Carty	male	Sligo City	2M35-39	0:18:33	(294)	0:02:08	0:45:25	(302)	0:01:34	0:27:27	(313)	1:35:06
310	259	Carroll	O Dolan	male		2M45-49	0:22:03	(354)	0:01:50	0:43:59	(272)	0:01:31	0:26:11	(280)	1:35:33
311	410	Linda	Walsh	female		3F40-44	0:19:11	(311)	0:02:16	0:44:03	(274)	0:01:43	0:28:21	(329)	1:35:35
312	337	Michelle	Henry	female	Sligo City	3F30-34	0:23:01	(360)	0:01:55	0:44:41	(287)	0:01:19	0:24:40	(231)	1:35:36
313	476	Second to None	Collins	relay		2relay	0:20:13	(331)	0:00:57	0:48:47	(349)	0:01:00	0:24:46	(235)	1:35:43
314	298	Jillian	Burns	female		3F20-24	0:15:58	(163)	0:03:38	0:46:45	(322)	0:01:06	0:28:17	(327)	1:35:43
315	231	Kevin	Mc Alinden	male		2M50-54	0:18:59	(303)	0:01:58	0:47:15	(332)	0:01:57	0:25:41	(264)	1:35:48
316	357	Ruth	Mason	female		3F30-34	0:18:05	(277)	0:01:44	0:42:08	(224)	0:01:54	0:32:05	(361)	1:35:56
317	369	Rebecca	Mc Laughlin	female	Galway	3F25-29	0:21:10	(341)	0:01:30	0:45:19	(299)	0:02:04	0:25:55	(271)	1:35:59
318	139	Conor	Roche	male		1M35-39	0:17:59	(275)	0:02:30	0:46:33	(317)	0:01:32	0:27:53	(317)	1:36:27
319	311	Ann	Devlin	female		3F25-29	0:17:26	(246)	0:02:04	0:47:36	(339)	0:01:10	0:28:12	(326)	1:36:28
320	411	Yvonne	Williams	female	Wicklow Tri Club	3F45-49	0:18:36	(296)	0:01:56	0:46:23	(313)	0:01:48	0:27:55	(319)	1:36:37
321	400	Lisa	Quinn	female	Sligo City	3F25-29	0:23:00	(359)	0:01:49	0:43:52	(264)	0:01:30	0:26:42	(297)	1:36:53
322	302	Susan	Cavanagh	female		3F30-34	0:15:56	(160)	0:02:24	0:46:58	(325)	0:01:59	0:29:37	(345)	1:36:53
323	283	Kieran	Tobin	male	Sligo City	2M55-59	0:21:52	(348)	0:03:35	0:43:42	(258)	0:01:58	0:25:59	(276)	1:37:06
324	395	Ciara	O Hare	female		3F16-19	0:16:07	(174)	0:02:19	0:48:07	(343)	0:01:19	0:29:12	(336)	1:37:06
325	394	Siobhan	O Hare	female		3F45-49	0:16:09	(175)	0:02:56	0:46:51	(324)	0:01:16	0:30:04	(348)	1:37:17
326	217	Paul	Kelly	male		2M40-44	0:18:11	(282)	0:04:39	0:46:32	(315)	0:01:25	0:26:46	(298)	1:37:32
327	324	Charlotte	Fahy	female		3F30-34	0:18:31	(293)	0:02:34	0:47:30	(337)	0:01:18	0:28:01	(321)	1:37:53
328	202	John	Hamilton	male		2M45-49	0:21:58	(352)	0:03:09	0:43:29	(252)	0:01:14	0:28:09	(324)	1:38:00
329	336	Patricia	Hennessy	female		3F50-54	0:17:25	(244)	0:03:08	0:47:16	(333)	0:01:35	0:28:42	(333)	1:38:05
330	278	Michael	Shanley	male	MSC Tri	2M45-49	0:19:26	(317)	0:02:07	0:46:03	(310)	0:01:32	0:29:01	(335)	1:38:08
331	365	Catherine	Mc Glinchey	female	Sligo City	3F40-44	0:18:22	(288)	0:02:54	0:45:31	(303)	0:01:35	0:29:57	(347)	1:38:19
332	312	Paula	Dillon	female		3F35-39	0:17:27	(247)	0:02:08	0:47:08	(331)	0:01:20	0:30:44	(351)	1:38:47
333	340	Anne	Hudson	female	Wicklow Tri Club	3F60-64	0:16:23	(184)	0:01:53	0:47:00	(327)	0:02:07	0:31:36	(356)	1:38:58
334	372	Heather	Mc Murray	female		3F30-34	0:19:04	(305)	0:04:55	0:47:19	(335)	0:01:23	0:26:27	(288)	1:39:07
335	176	Nicholas	Cosgrave	male		2M25-29	0:16:27	(191)	0:02:40	0:52:52	(363)	0:01:09	0:26:33	(290)	1:39:40
336	305	Chiara	Conway	female	Sligo City	3F30-34	0:21:55	(350)	0:02:31	0:43:42	(259)	0:02:01	0:29:33	(344)	1:39:42
337	79	Brendan	Lynch	male		1M25-29	0:19:28	(318)	0:05:16	0:47:06	(328)	0:01:09	0:26:48	(299)	1:39:47
338	397	Aislinn	O'Hare	female		3F16-19	0:16:02	(171)	0:02:38	0:50:11	(356)	0:01:19	0:30:27	(349)	1:40:37
339	382	Claire	Murphy	female	Sligo City	3F35-39	0:17:29	(249)	0:02:44	0:50:43	(359)	0:01:47	0:28:23	(330)	1:41:04
340	344	Elaine	Keavey	female		3F35-39	0:17:37	(259)	0:04:09	0:50:00	(355)	0:02:39	0:26:41	(295)	1:41:06
341	232	Joe	Mc Cole	male	Sligo City	2M50-54	0:22:22	(355)	0:02:52	0:43:50	(262)	0:02:50	0:29:21	(339)	1:41:15
342	177	Barry	Cosgrove	male		2M35-39	0:20:58	(339)	0:03:45	0:45:38	(304)	0:01:02	0:28:08	(322)	1:41:58
343	274	Paddy	Rooney	male		2M50-54	0:21:53	(349)	0:02:32	0:48:03	(342)	0:01:25	0:28:09	(323)	1:42:02
344	321	Shona	Duffy	female		3F25-29	0:21:01	(340)	0:03:12	0:46:45	(321)	0:01:12	0:29:56	(346)	1:42:06
345	474	JAM	Mc Devitt	relay		2relay	0:21:33	(343)	0:01:01	0:47:25	(336)	0:01:21	0:31:28	(355)	1:42:48
346	412	Ruth	Wood-Martin	female		3F50-54	0:19:54	(324)	0:03:47	0:48:27	(345)	0:02:05	0:29:15	(337)	1:43:28
347	292	Avril	Banks	female		3F20-24	0:20:13	(332)	0:02:35	0:50:30	(358)	0:01:21	0:29:23	(340)	1:44:02
348	335	Katie	Healy	female		3F30-34	0:20:43	(338)	0:03:52	0:48:29	(346)	0:02:27	0:28:52	(334)	1:44:23
349	91	Brendan	Mc Devitt	male		1M25-29	0:22:42	(356)	0:01:46	0:51:38	(361)	0:00:59	0:27:36	(315)	1:44:41
350	320	Carol	Duffy	female		3F25-29	0:20:24	(336)	0:03:14	0:50:22	(357)	0:01:13	0:29:30	(342)	1:44:43
351	353	Maria	Loughran	female		3F40-44	0:23:11	(361)	0:03:15	0:49:32	(353)	0:01:18	0:27:58	(320)	1:45:14
352	399	Frances	Peppard	female		3F40-44	0:20:01	(328)	0:02:48	0:48:50	(350)	0:01:28	0:32:10	(362)	1:45:17
353	345	Elizabeth	Keavey	female	Galway	3F30-34	0:23:43	(362)	0:04:40	0:47:07	(330)	0:01:36	0:28:36	(331)	1:45:42
354	214	Ronan	Keane	male	Sligo City	2M35-39	0:24:20	(364)	0:03:47	0:49:10	(352)	0:02:00	0:26:36	(293)	1:45:53
355	378	Elizabeth	Morrow	female		3F40-44	0:19:08	(308)	0:02:34	0:48:03	(341)	0:02:01	0:34:30	(364)	1:46:16
356	482	Fiona	Hillary	female		3F35-39	0:19:56	(325)							1:47:14
357	432	Miriam	Farrell	female	Galway	3F35-39	0:27:06	(367)							1:47:14
358	199	Alan	Grehan	male		2M40-44	0:21:36	(344)	0:05:00	0:47:17	(334)	0:02:20	0:31:24	(353)	1:47:38
359	213	Declan	Keane	male		2M40-44	0:21:40	(345)	0:03:24	0:48:16	(344)	0:03:17	0:31:40	(358)	1:48:18
360	256	Denis	O Brien	male		2M50-54	0:16:59	(225)	0:04:58	0:54:01	(366)	0:01:23	0:31:08	(352)	1:48:28
361	387	Catherine	O Brien	female		3F40-44	0:19:39	(321)	0:02:43	0:52:59	(364)	0:01:43	0:31:44	(359)	1:48:47
362	386	Brid	Ni Neachtain	female		3F30-34	0:27:48	(370)	0:01:56	0:4					