

Mullaghmore Triathlon 2010  
300m Swim

| Place | Bib | Name       | Surname    | Sex    | Wave | AG    | TI Licence | Club       | Swim    | S_Rank | T1      | Cycle   | C_Rank | T2      | Run     | R_Rank | Finish  |
|-------|-----|------------|------------|--------|------|-------|------------|------------|---------|--------|---------|---------|--------|---------|---------|--------|---------|
| 1     | 381 | Reg        | Cowie      | Male   | 4    | 35-39 |            |            | 0:07:31 | (1)    | 0:01:46 | 0:39:10 | (2)    | 0:01:47 | 0:22:17 | (3)    | 1:12:31 |
| 2     | 224 | David      | Gunning    | Male   | 4    | 40-44 |            |            | 0:08:53 | (5)    | 0:02:16 | 0:38:06 | (1)    | 0:01:28 | 0:22:48 | (5)    | 1:13:31 |
| 3     | 453 | Rob        | Lennon     | Male   | 4    | 25-29 |            |            | 0:08:56 | (6)    | 0:02:34 | 0:39:53 | (3)    | 0:01:01 | 0:22:11 | (2)    | 1:14:36 |
| 4     | 83  | Jonathan   | Kenny      | Male   | 4    | 25-29 |            |            | 0:07:49 | (2)    | 0:03:28 | 0:41:27 | (6)    | 0:01:05 | 0:22:51 | (6)    | 1:16:41 |
| 5     | 355 | Karen      | Dolan      | Female | 4    | 40-44 |            |            | 0:09:51 | (8)    | 0:02:19 | 0:43:16 | (9)    | 0:01:33 | 0:21:34 | (1)    | 1:18:33 |
| 6     | 166 | Claire     | McDowell   | Female | 4    | 25-29 |            |            | 0:08:44 | (3)    | 0:02:46 | 0:44:49 | (13)   | 0:00:59 | 0:23:57 | (8)    | 1:21:15 |
| 7     | 14  | Brenda     | Morris     | Female | 4    | 50-54 | 904691     | MSC Tri    | 0:14:04 | (29)   | 0:02:37 | 0:40:45 | (5)    | 0:01:34 | 0:22:24 | (4)    | 1:21:23 |
| 8     | 371 | Liam       | Curran     | Male   | 4    | 30-34 |            |            | 0:10:07 | (11)   | 0:03:03 | 0:44:20 | (12)   | 0:00:58 | 0:23:56 | (7)    | 1:22:24 |
| 9     | 411 | Aidan      | Carty      | Male   | 4    | 35-39 |            |            | 0:11:23 | (17)   | 0:02:42 | 0:41:30 | (7)    | 0:01:51 | 0:26:56 | (14)   | 1:24:23 |
| 10    | 271 | John       | Galwey     | Male   | 4    | 25-29 |            | ballina    | 0:12:47 | (25)   | 0:04:10 | 0:40:09 | (4)    | 0:02:12 | 0:26:03 | (12)   | 1:25:21 |
| 11    | 446 | Michael    | Allen      | Male   | 4    | 16-19 |            |            | 0:10:24 | (12)   | 0:02:48 | 0:41:52 | (8)    | 0:01:27 | 0:29:13 | (19)   | 1:25:44 |
| 12    | 380 | Cate       | Crowe      | Female | 4    | 20-24 | SN1011455  | NUI Galway | 0:10:28 | (13)   | 0:02:14 | 0:47:21 | (17)   | 0:01:08 | 0:27:13 | (16)   | 1:28:26 |
| 13    | 155 | Sharon     | Horgan     | Female | 4    | 25-29 |            |            | 0:11:41 | (19)   | 0:03:23 | 0:48:02 | (18)   | 0:00:55 | 0:26:40 | (13)   | 1:30:42 |
| 14    | 244 | Darra      | MacNamara  | Male   | 4    | 40-44 |            |            | 0:12:34 | (23)   | 0:05:26 | 0:46:50 | (16)   | 0:01:58 | 0:24:30 | (9)    | 1:31:17 |
| 15    | 328 | Olivia     | Murphy     | Female | 4    | 45-49 | 1004691    | MSC Tri    | 0:14:03 | (28)   | 0:02:40 | 0:46:29 | (14)   | 0:02:14 | 0:27:38 | (17)   | 1:33:04 |
| 16    | 76  | Pat        | McManus    | Male   | 4    | 60-64 |            |            | 0:16:46 | (30)   | 0:04:26 | 0:43:30 | (10)   | 0:03:07 | 0:25:21 | (11)   | 1:33:09 |
| 17    | 119 | Ronan      | Keane      | Male   | 4    | 35-39 |            |            | 0:11:13 | (15)   | 0:04:27 | 0:49:11 | (20)   | 0:01:43 | 0:26:58 | (15)   | 1:33:31 |
| 18    | 408 | Bronagh    | Carvill    | Female | 4    | 50-54 |            |            | 0:09:55 | (9)    | 0:03:42 | 0:50:53 | (24)   | 0:01:51 | 0:28:46 | (18)   | 1:35:05 |
| 19    | 272 | Annmarie   | O'Donnell  | Female | 4    | 35-39 |            |            | 0:12:56 | (26)   | 0:03:51 | 0:44:13 | (11)   | 0:01:52 | 0:32:50 | (29)   | 1:35:41 |
| 20    | 303 | Seamus     | Farrell    | Male   | 4    | 50-54 |            |            | 0:10:51 | (14)   | 0:07:31 | 0:46:38 | (15)   | 0:01:21 | 0:29:34 | (20)   | 1:35:55 |
| 21    | 100 | Anne Marie | McLaughlin | Female | 4    | 40-44 |            |            | 0:11:59 | (20)   | 0:04:16 | 0:49:56 | (21)   | 0:01:32 | 0:29:36 | (22)   | 1:37:19 |
| 22    | 421 | Susan      | Byrne      | Female | 4    | 25-29 | TN0907430  | N/A        | 0:11:34 | (18)   | 0:04:56 | 0:48:55 | (19)   | 0:01:15 | 0:31:34 | (27)   | 1:38:15 |
| 23    | 392 | Stephen    | Connaire   | Male   | 4    | 30-34 |            |            | 0:12:06 | (21)   | 0:03:14 | 0:52:02 | (25)   | 0:01:03 | 0:29:51 | (23)   | 1:38:15 |
| 24    | 256 | Lucia      | MacAri     | Female | 4    | 35-39 |            |            | 0:08:52 | (4)    | 0:05:30 | 0:53:22 | (27)   | 0:01:41 | 0:29:34 | (21)   | 1:38:59 |
| 25    | 409 | Michael    | Carvill    | Male   | 4    | 50-54 |            |            | 0:11:13 | (16)   | 0:03:46 | 0:50:35 | (23)   | 0:02:43 | 0:31:16 | (26)   | 1:39:32 |
| 26    | 74  | Carmel     | Kilcawley  | Female | 4    | 25-29 |            |            | 0:09:55 | (10)   | 0:03:40 | 0:53:13 | (26)   | 0:01:45 | 0:31:01 | (25)   | 1:39:34 |
| 27    | 304 | Rob        | Noble      | Male   | 4    | 35-39 |            |            | 0:13:24 | (27)   | 0:03:25 | 0:57:04 | (30)   | 0:01:02 | 0:24:55 | (10)   | 1:39:49 |
| 28    | 268 | Olwyn      | O'Donnell  | Female | 4    | 30-34 |            | ballina    | 0:09:35 | (7)    | 0:03:13 | 0:55:39 | (29)   | 0:01:22 | 0:30:56 | (24)   | 1:40:44 |
| 29    | 88  | Irene      | McLoughlin | Female | 4    | 30-34 |            |            | 0:12:22 | (22)   | 0:04:51 | 0:53:53 | (28)   | 0:01:29 | 0:33:53 | (30)   | 1:46:28 |
| 30    | 262 | Polly      | Lyons      | Female | 4    | 35-39 |            |            | 0:12:41 | (24)   | 0:04:19 | 0:59:08 | (31)   |         | 0:31:45 | (28)   | 1:47:53 |
|       | 292 | Yvonne     | O'Brien    | Female | 4    | 25-29 |            |            |         |        | 0:15:50 | 0:50:33 | (22)   |         |         |        | DNF     |