

Place	Bib	Name	Surname	Sex	Cat	Club	Swim	Rank	T1	Cycle	Rank	T2	Run	Rank	Finish
1	230	Ray	Gillen	male	M350		0:11:29	(7)	0:01:22	0:40:29	(2)	0:01:17	0:19:29	(1)	1:14:05
2	24	Martin	Byrne	male	M350		0:09:57	(1)	0:03:08	0:44:04	(9)	0:00:52	0:19:29	(2)	1:17:30
3	250	Katelijne	Verbruggen	female	F350		0:10:52	(3)	0:02:10	0:43:04	(7)	0:00:52	0:22:59	(7)	1:19:57
4	247	Paul	Ryan	male	M350		0:12:46	(15)	0:01:56	0:40:45	(3)	0:01:25	0:23:07	(8)	1:19:59
5	110	Paul	Monaghan	male	M350	Sligo TC	0:10:32	(2)	0:03:03	0:42:22	(5)	0:01:34	0:23:37	(10)	1:21:09
6	246	Cathal	Ruane	male	M350		0:13:05	(16)	0:02:49	0:44:46	(16)	0:01:02	0:20:01	(3)	1:21:42
7	79	Barry	Hogan	male	M350	Midland TC	0:11:23	(6)	0:02:21	0:43:38	(8)	0:01:13	0:23:10	(9)	1:21:45
8	222	Catherine	Donlon	female	F350		0:11:08	(4)	0:03:28	0:44:12	(12)	0:01:03	0:22:42	(6)	1:22:33
9	140	Mark	Smyth	male	M350		0:12:21	(9)	0:02:23	0:40:45	(4)	0:00:54	0:26:40	(13)	1:23:03
10	238	Paul	McGrath	male	M350	Sligo TC	0:12:44	(14)	0:02:50	0:44:10	(11)	0:01:11	0:22:13	(4)	1:23:09
11	221	Karen	Dolan	female	F350		0:14:48	(19)	0:01:58	0:44:34	(14)	0:01:58	0:22:13	(5)	1:25:32
12	237	Michael	McCaul	male	M350		0:13:11	(17)	0:02:03	0:42:25	(6)	0:01:34	0:27:27	(14)	1:26:40
13	216	Angela	Carr	female	F350	Sligo TC	0:11:13	(5)	0:01:54	0:44:07	(10)	0:01:28	0:31:23	(20)	1:30:05
14	75	Finbarr	Hennessy	male	M350		0:12:38	(12)	0:04:23	0:44:40	(15)	0:01:20	0:27:30	(15)	1:30:30
15	215	Nicola	Burchmore	female	F350		0:12:37	(11)	0:02:06	0:49:19	(21)	0:01:54	0:26:03	(11)	1:31:58
16	242	Julie	O'Hare	female	F350		0:12:41	(13)	0:02:48	0:47:25	(18)	0:01:10	0:28:49	(16)	1:32:54
17	151	Kathryn	Adams	female	F350		0:12:20	(8)	0:02:00	0:47:43	(20)	0:01:40	0:29:42	(18)	1:33:24
18	81	Paul	Hogan	male	M350		0:14:50	(20)	0:02:32	0:44:34	(13)	0:01:03	0:30:27	(19)	1:33:25
19	217	Eddie	Carr	male	M350		0:18:18	(24)	0:02:46	0:40:13	(1)	0:02:26	0:32:18	(22)	1:36:00
20	229	Kevin	Foley	male	M350		0:16:12	(21)	0:03:49	0:45:02	(17)	0:02:13	0:29:11	(17)	1:36:27
21	241	Eimear	Mullin	female	F350		0:12:36	(10)	0:02:57	0:58:26	(22)	0:02:32	0:26:37	(12)	1:43:08
22	249	Anne	Sweeney	female	F350		0:18:01	(23)	0:03:31	0:47:35	(19)	0:02:20	0:31:42	(21)	1:43:09
	152	Rebecca	Barclay	female	F350		0:14:23	(18)	0:04:13	0:23:55					DNF
	227	Roisin	Fanning	female	F350		0:16:19	(22)	0:05:21	1:00:47	(23)				DNF