

Place	Bib	Wave	Name	Surname	Sex	AgeGroup	Club	Swim	T1	Cycle	T2	Run	Total
1	106	Wave 1	stephen	donnely	male	18-39		0:11:49	0:00:55	0:32:46	0:00:32	0:19:10	1:05:12
2	120	Wave 1	Louis	Kelleher	male	18-39	Cork TC	0:12:16	0:01:48	0:33:32	0:00:45	0:18:39	1:06:59
3	132	Wave 1	Graeme	Stein	male	18-39	Naas TC	0:13:16	0:01:06	0:33:06	0:00:36	0:19:31	1:07:35
4	147	Wave 1	Cian	Lynch	male	18-39	Tri Lakes TC	0:11:24	0:01:11	0:35:46	0:00:42	0:18:46	1:07:50
5	153	Wave 1	Jason	McMorrow	male	18-39		0:12:37	0:01:03	0:33:53	0:00:40	0:19:44	1:07:57
6	115	Wave 1	Stewart	McKenna	male	18-39	Sligo TC	0:12:51	0:01:12	0:33:29	0:00:37	0:19:54	1:08:02
7	143	Wave 1	Arthur	Beades	male	18-39	Galway TC	0:13:06	0:01:27	0:34:42	0:00:51	0:19:04	1:09:10
8	116	Wave 1	Conall	Murphy	male	18-39	Piranha TC	0:13:53	0:01:21	0:34:39	0:00:39	0:18:48	1:09:21
9	114	Wave 1	Mark	Dunne	male	18-39	Pulse TC	0:12:20	0:01:12	0:36:18	0:00:32	0:20:19	1:10:40
10	123	Wave 1	Tony	Fitzgerald	male	18-39	Westport TC	0:12:55	0:01:04	0:35:35	0:00:48	0:22:00	1:12:23
11	140	Wave 1	sean	mc loughlin	male	18-39	Westport TC	0:16:14	0:01:50	0:35:47	0:00:45	0:18:41	1:13:17
12	191	Wave 2	Niall	Maloney	male	40-49	Limerick TC	0:14:04	0:01:07	0:36:09	0:00:44	0:22:11	1:14:15
13	101	Wave 1	Morgan	McHugh	male	40-49	Galway TC	0:14:44	0:01:20	0:36:25	0:00:51	0:21:19	1:14:40
14	103	Wave 1	paul	little	male	18-39	Lough Key TC	0:15:09	0:01:25	0:36:39	0:00:45	0:21:06	1:15:04
15	108	Wave 1	Robert	Lee	male	18-39		0:14:58	0:01:34	0:36:35	0:00:48	0:21:12	1:15:07
16	146	Wave 1	Culan	O'Meara	male	18-39	Galway TC	0:14:36	0:01:11	0:38:31	0:00:58	0:19:56	1:15:11
17	105	Wave 1	william	little	male	18-39	Lough Key TC	0:14:47	0:01:03	0:37:06	0:00:39	0:22:03	1:15:38
18	127	Wave 1	Richard	Meaney	male	18-39	Galway TC	0:18:23	0:01:58	0:34:45	0:00:48	0:19:56	1:15:50
19	144	Wave 1	Kevin	Coughlan	male	18-39	Predator TC	0:15:03	0:01:18	0:35:47	0:00:45	0:23:03	1:15:56
20	216	Wave 2	Darragh	McShane	male	40-49	Tri Lakes TC	0:20:53	0:00:55	0:35:30	0:00:27	0:18:23	1:16:08
21	125	Wave 1	Danny	O'Sullivan	male	18-39		0:15:45	0:01:55	0:38:17	0:00:40	0:19:59	1:16:36
22	129	Wave 1	Robert	Lennon	male	18-39		0:17:47	0:01:38	0:36:28	0:00:42	0:20:15	1:16:49
23	159	Wave 1	Colm	McCole	male	18-39		0:14:58	0:02:33	0:37:09	0:01:19	0:21:39	1:17:39
24	133	Wave 1	Derek	Rice	male	18-39		0:14:56	0:01:58	0:37:37	0:00:43	0:23:16	1:18:30
25	155	Wave 1	Tommy	Carton	male	18-39	Tri Lakes TC	0:15:02	0:02:07	0:40:17	0:00:54	0:21:02	1:19:21
26	198	Wave 2	Ann Marie	Egan	female	18-39	Westport TC	0:15:07	0:01:46	0:40:20	0:01:43	0:21:19	1:20:15
27	119	Wave 1	Jonathan	Daly	male	18-39	Tri Conn TC	0:15:53	0:01:51	0:39:29	0:01:27	0:22:02	1:20:41
28	215	Wave 2	Niamh	Stein	female	18-39	Naas TC	0:17:23	0:01:18	0:40:53	0:00:43	0:20:36	1:20:53
29	165	Wave 2	tom	o'dowd	male	18-39	Limerick TC	0:15:40	0:02:09	0:39:21	0:00:57	0:22:51	1:20:59
30	151	Wave 1	Sean	Leonard	male	18-39	Cunga TC	0:15:01	0:01:55	0:41:17	0:00:42	0:22:30	1:21:25
31	104	Wave 1	Niall	Shannon	male	18-39		0:12:48	0:02:52	0:43:32	0:01:07	0:21:17	1:21:37
32	131	Wave 1	Artur	Brozek	male	18-39		0:14:55	0:03:24	0:38:50	0:01:39	0:22:56	1:21:43
33	172	Wave 2	cian	geraghty	male	18-39	Tri Sport	0:18:26	0:02:00	0:38:10	0:00:43	0:22:34	1:21:53
34	112	Wave 1	Dave	Hanahoe	male	18-39	Westport TC	0:17:56	0:02:32	0:38:24	0:00:35	0:22:55	1:22:22
35	136	Wave 1	DAVID	MESCAL	male	18-39		0:16:51	0:02:45	0:40:22	0:01:10	0:22:27	1:23:35
36	173	Wave 2	Cecil	Looney	male	40-49	Tri Lakes TC	0:13:47	0:02:35	0:42:23	0:01:06	0:24:13	1:24:03
37	121	Wave 1	Domhnall	Canney	male	18-39		0:13:04	0:01:42	0:44:23	0:01:24	0:24:00	1:24:32
38	185	Wave 2	Bill	Coyne	male	40-49	Westport TC	0:20:11	0:01:36	0:38:53	0:00:48	0:23:09	1:24:37
39	122	Wave 1	Aiden	O'Donnell	male	18-39		0:20:32	0:03:51	0:39:44	0:01:13	0:19:26	1:24:46
40	130	Wave 1	Ronan	Casey	male	18-39		0:17:33	0:01:28	0:42:32	0:01:16	0:22:03	1:24:52
41	167	Wave 2	Paul	Grant	male	18-39		0:14:52	0:02:27	0:42:09	0:01:21	0:24:26	1:25:16
42	184	Wave 2	Tommie	Loughran	male	40-49	Westport TC	0:17:49	0:01:47	0:40:26	0:01:11	0:24:06	1:25:19
43	135	Wave 1	Conor	Mullarkey	male	18-39	Galway TC	0:17:43	0:02:12	0:40:40	0:00:55	0:23:58	1:25:28
44	190	Wave 2	Pete	Ray	male	40-49	Galway TC	0:18:35	0:01:35	0:39:42	0:01:10	0:25:00	1:26:02
45	189	Wave 2	stephen	Brady	male	40-49	Tri Lakes TC	0:16:56	0:03:04	0:42:38	0:01:24	0:22:25	1:26:27
46	148	Wave 1	Michael	O'Hara	male	18-39	Liquid Motion TC	0:18:46		0:41:38	0:01:32	0:24:49	1:26:45
47	149	Wave 1	Stephen	Cowley	male	18-39		0:24:12	0:01:30	0:39:00	0:00:42	0:21:42	1:27:06
48	110	Wave 1	cian	mooney	male	18-39		0:17:38	0:03:46	0:40:14	0:01:36	0:24:31	1:27:44
49	126	Wave 1	Ronan	Elliffe	male	18-39		0:12:31	0:02:59	0:46:05	0:00:31	0:26:07	1:28:13
50	162	Wave 1	niall	behan	male	18-39		0:20:44	0:02:06	0:39:27	0:01:19	0:24:49	1:28:26
51	137	Wave 1	Alan	O' Malley	male	18-39	Galway TC	0:16:33	0:03:02	0:42:40	0:01:02	0:25:20	1:28:36
52	212	Wave 2	Sara	Creighton	female	18-39		0:14:53	0:02:06	0:44:26	0:01:07	0:26:08	1:28:40
53	168	Wave 2	Kevin	Bacchus	male	40-49		0:16:02	0:04:02	0:45:54	0:00:39	0:22:36	1:29:13
54	102	Wave 1	colin	hoverty	male	18-39	Tri Lakes TC	0:17:22	0:04:49	0:42:44	0:01:07	0:24:24	1:30:26
55	188	Wave 2	MURT	FALLON	male	40-49	Tri Lakes TC	0:16:48	0:03:58	0:46:06	0:01:13	0:22:35	1:30:40
56	196	Wave 2	JOHN	HIGGINS	male	50	Tri Lakes TC	0:21:56	0:02:09	0:42:00	0:01:22	0:23:23	1:30:50
57	169	Wave 2	Declan	Donoghue	male	40-49		0:12:13	0:04:06	0:44:19	0:01:14	0:29:01	1:30:53
58	178	Wave 2	Barry	Doyle	male	40-49	Predator TC	0:15:45	0:02:49	0:43:32	0:01:28	0:27:33	1:31:06
59	206	Wave 2	Sabrina	Lynch	female	18-39	Sligo TC	0:17:19	0:02:02	0:43:18	0:00:55	0:27:40	1:31:14
60	145	Wave 1	Damien	Elliffe	male	18-39		0:14:40	0:02:54	0:45:55	0:00:47	0:27:36	1:31:52
61	124	Wave 2	James	Fahey	male	18-39		0:16:29	0:03:50	0:44:59	0:01:17	0:25:31	1:32:05
62	217	Wave 2	Deirdre	Lydon	female	18-39	Cunga TC	0:19:09	0:00:49	0:46:44	0:00:34	0:24:57	1:32:12
63	152	Wave 1	Damien	O'Malley	male	18-39		0:19:14	0:02:01	0:42:31	0:00:58	0:28:11	1:32:56
64	183	Wave 2	Ian	McGrath	male	40-49	Predator TC	0:20:52	0:02:47	0:42:40	0:01:27	0:25:35	1:33:21
65	107	Wave 1	Diarmaid	Elliffe	male	18-39		0:12:55	0:03:29	0:47:21	0:01:25	0:28:13	1:33:23
66	160	Wave 1	Paddy	Murray	male	18-39	Tri Lakes TC	0:18:31	0:02:18	0:44:29	0:01:56	0:26:25	1:33:38
67	193	Wave 2	Brian	Kenny	male	50		0:14:14	0:05:18	0:44:24	0:01:36	0:28:57	1:34:29
68	111	Wave 1	Paul	Canavan	male	18-39		0:23:49	0:02:21	0:45:42	0:01:03	0:26:09	1:39:04
69	203	Wave 2	Elizabeth	Morrow	female	40-49	MSC Tri	0:16:36	0:02:54	0:46:56	0:01:35	0:31:05	1:39:06
70	177	Wave 2	Kieran	Shaughnessy	male	40-49		0:23:05	0:06:57	0:43:10	0:02:07	0:23:55	1:39:14
71	117	Wave 1	Peter	Ryan	male	18-39		0:18:34	0:03:01	0:49:10	0:01:16	0:27:49	1:39:50
72	158	Wave 1	Joseph	Duffy	male	18-39		0:17:05	0:02:55	0:44:22	0:00:48	0:34:42	1:39:53
73	204	Wave 2	Lindsay	McCoy	female	18-39		0:19:34	0:04:35	0:49:35	0:00:53	0:25:55	1:40:33
74	157	Wave 1	David	Ashe	male	18-39	Naas TC	0:20:35	0:04:51	0:47:38	0:00:59	0:26:54	1:40:56

75	161	Wave 1	Patrick	Neary	male	18-39		0:21:21	0:05:29	0:47:21	0:01:40	0:25:22	1:41:12
76	187	Wave 2	tomas	furey	male	40-49		0:27:15	0:04:29	0:44:45	0:00:42	0:24:31	1:41:42
77	218	Wave 2	Ann Marie	Regan	female	40-49	Cunga TC	0:26:00	0:01:03	0:47:28	0:00:39	0:26:50	1:41:59
78	208	Wave 2	KAREN	MALHERBE	female	18-39	Galway TC	0:18:00	0:03:22	0:52:41	0:01:06	0:28:29	1:43:38
79	164	Wave 2	Gary	Corcoran	male	18-39		0:20:26	0:04:43	0:49:14	0:01:22	0:28:42	1:44:26
80	210	Wave 2	lynne	o loughlin	female	18-39	Galway TC	0:20:01	0:06:31	0:50:12	0:01:29	0:26:18	1:44:31
81	180	Wave 2	RICHARD	GIBBONS	male	40-49		0:20:15	0:03:36	0:41:44	0:01:43	0:37:33	1:44:51
82	200	Wave 2	mary	odonoghue	female	50	Predator TC	0:17:41	0:03:10	0:53:25	0:01:27	0:31:13	1:46:55
83	141	Wave 1	Robert	O'Connell	male	18-39		0:20:05	0:02:56	0:48:09	0:01:50	0:34:02	1:47:02
84	209	Wave 2	Anna	Coyne	female	18-39	Westport TC	0:21:29	0:04:01	0:53:02	0:00:47	0:27:54	1:47:12
85	211	Wave 2	EILIS	CRIMMINS	female	18-39	Tullamore TC	0:16:46	0:03:07	0:51:32	0:01:26	0:35:55	1:48:46
86	195	Wave 2	Brendan	Connolly	male	50	MSC Tri	0:29:00	0:06:38	0:50:28	0:02:35	0:27:12	1:55:53
87	179	Wave 2	Regina	Duffy	female	18-39		0:29:03	0:04:49	0:55:40	0:01:25	0:31:42	2:02:40
88	197	Wave 2	Laura	Fahey	female	18-39		0:28:54	0:06:35	0:53:52	0:00:44	0:33:54	2:03:59
89	181	Wave 2	Alan	Di Lucia	male	40-49		0:23:22	0:05:35	0:59:30	0:01:11	0:38:49	2:08:27
90	163	Wave 1	Martin	O'Connell	male	18-39		0:29:39	0:04:32	1:07:57	0:00:45	0:28:23	2:11:15