

Place	Number	Surname	Name	Sex	Cat	Swim	T1	Cycle	T2	Run	Finish
1	326	Geraghty	Ruadhri	Male	40-49	0:16:20	0:01:00	0:31:30	0:00:54	0:18:15	1:08:00
2	299	Divilly	Martin	Male	40-49	0:18:07	0:00:55	0:30:58	0:00:50	0:18:29	1:09:20
3	427	O'Dowd	Tomas	Male	30-39	0:17:04	0:00:59	0:32:15	0:00:43	0:18:34	1:09:34
4	255	Beades	Arthur	MALE	30-39	0:16:23	0:01:12	0:32:57	0:01:06	0:19:38	1:11:16
5	475	Feeley	Eugene	MALE	30-39	0:18:09	0:01:02	0:33:59	0:00:49	0:20:26	1:14:24
6	471	Breen	Mark	Male	30-39	0:20:27	0:01:35	0:31:58	0:00:53	0:20:35	1:15:29
7	327	Giblin	Paul	Male	40-49	0:19:29	0:01:36	0:35:19	0:01:01	0:18:25	1:15:49
8	291	Daly	JohnT	Male	30-39	0:17:57	0:01:08	0:35:24	0:01:11	0:20:26	1:16:05
9	448	Ryan	Evan	Male	30-39	0:15:45	0:02:15	0:37:57	0:00:45	0:19:28	1:16:09
10	401	Millane	Ruairi	MALE	30-39	0:16:15	0:01:32	0:38:16	0:00:57	0:19:22	1:16:23
11	394	McHugh	Morgan	MALE	40-49	0:19:25	0:00:59	0:35:57	0:00:50	0:20:37	1:17:48
12	302	Duggan	Peter	Male	30-39	0:20:45	0:01:14	0:36:44	0:00:54	0:19:20	1:18:58
13	375	Mahon	Declan	Male	40-49	0:14:45	0:01:54	0:40:40	0:00:53	0:20:50	1:19:02
14	285	Coughlan	Becky	Female	30-39	0:18:08	0:01:06	0:38:35	0:00:53	0:20:51	1:19:33
15	261	Bradish	David	Male	30-39	0:16:42	0:01:14	0:39:29	0:00:53	0:21:16	1:19:34
16	322	Gannon	Enda	Male	40-49	0:20:07	0:02:08	0:35:29	0:01:06	0:20:57	1:19:47
17	307	Connolly	Ryan	MALE	16-17	0:18:30	0:01:07	0:38:34	0:00:43	0:20:53	1:19:48
18	455	Stapleton	John	Male	40-49	0:19:25	0:01:43	0:37:58	0:00:48	0:20:26	1:20:21
19	341	Hanley	Eamon	MALE	30-39	0:21:23	0:01:54	0:36:13	0:00:37	0:20:16	1:20:23
20	315	Gaffey	Micheal	Male	30-39	0:19:13	0:01:28	0:37:36	0:01:24	0:21:02	1:20:43
21	319	Gallagher	Derek	MALE	30-39	0:20:32	0:01:46	0:35:53	0:01:10	0:21:29	1:20:50
22	335	Grealish	Anna	Female	30-39	0:20:24	0:01:09	0:39:37	0:01:06	0:19:09	1:21:24
23	281	Conway	Alister	Male	40-49	0:24:13	0:00:57	0:36:37	0:00:43	0:19:13	1:21:43
24	369	Lynch	Kevin	Male	40-49	0:19:41	0:01:24	0:39:01	0:00:48	0:21:01	1:21:55
25	458	Travers	Brian	Male	30-39	0:18:21	0:01:48	0:39:36	0:01:16	0:21:28	1:22:29
26	264	Burke	Pat	Male	Over50	0:20:27	0:01:14	0:38:50	0:00:38	0:21:40	1:22:49
27	331	Glavin	Jonathan	Male	30-39	0:22:54	0:01:27	0:37:12	0:01:11	0:20:16	1:22:59
28	368	Linehan	Barry	Male	30-39	0:19:11	0:02:01	0:40:42	0:00:40	0:20:37	1:23:10
29	252	Ainley	Andrew	MALE	30-39	0:18:37	0:02:15	0:40:10	0:01:16	0:20:57	1:23:13
30	284	Corless	Mary	Female	30-39	0:18:25	0:01:27	0:40:48	0:01:06	0:21:53	1:23:39
31	366	Lee	John	Male	40-49	0:19:17	0:01:46	0:38:59	0:01:30	0:22:23	1:23:55
32	464	Walsh	Gabriel	Male	30-39	0:20:15	0:01:23	0:38:55	0:01:04	0:22:21	1:23:58
33	359	Killane	Damien	Male	40-49	0:21:19	0:01:57	0:38:45	0:00:55	0:21:03	1:23:59
34	424	O'carroll	John	Male	40-49	0:19:39	0:02:06	0:39:04	0:01:35	0:22:02	1:24:25
35	342	Hayes	Patrick	Male	30-39	0:20:55	0:02:26	0:38:36	0:01:07	0:21:50	1:24:54
36	270	Casey	Peter	Male	30-39	0:19:19	0:02:45	0:41:37	0:00:42	0:20:50	1:25:12
37	474	Bradley	Lee	MALE	20-29	0:20:25	0:02:32	0:40:19	0:00:45	0:21:26	1:25:26
38	384	McBride	Patrick	Male	20-29	0:15:49	0:01:52	0:42:47	0:00:55	0:24:06	1:25:29
39	381	Mc Nerney	Brendan	MALE	30-39	0:28:20	0:01:15	0:36:39	0:01:02	0:18:22	1:25:39
40	437	Powell	Jonathan	Male	40-49	0:22:21	0:01:25	0:39:43	0:01:45	0:21:14	1:26:27
41	358	Kilkenny	Eilish	Female	40-49	0:21:08	0:01:05	0:39:11	0:00:52	0:24:23	1:26:38
42	456	Strange	Peter	MALE	40-49	0:23:35	0:01:21	0:38:46	0:00:47	0:22:11	1:26:40
43	346	Hession	Micheal	Male	40-49	0:23:40	0:03:47	0:36:00	0:01:29	0:21:55	1:26:50
44	254	McDermott	Bernard	Male	30-39	0:23:42	0:01:43	0:38:20	0:01:23	0:22:02	1:27:09
45	347	Holleran	Lorena	FEMALE	30-39	0:20:54	0:02:05	0:40:19	0:01:09	0:22:55	1:27:23
46	454	Smyth	Stephen	Male	40-49	0:18:55	0:01:46	0:40:25	0:01:30	0:24:56	1:27:30
47	355	Kelly	Deirdre	Female	30-39	0:21:42	0:01:44	0:39:51	0:00:58	0:23:17	1:27:32
48	461	Waldron	Ruth	FEMALE	30-39	0:22:26	0:01:54	0:40:22	0:01:28	0:21:32	1:27:42
49	391	McDonald	Ian	Male	40-49	0:22:13	0:01:58	0:39:27	0:01:33	0:22:37	1:27:47
50	328	Gibson	Jonathon	Male	40-49	0:19:28	0:03:28	0:37:24	0:01:15	0:26:13	1:27:48
51	438	Hardiman	Daniel	MALE	30-39	0:16:39	0:02:48	0:43:22	0:01:19	0:23:55	1:28:03
52	333	Gleeson	Ken	MALE	40-49	0:21:48	0:01:59	0:41:01	0:01:08	0:22:20	1:28:16
53	314	Forrest	Paul	Male	Over50	0:22:33	0:01:26	0:42:03	0:01:09	0:21:26	1:28:37
54	276	Colfer	Helen	FEMALE	30-39	0:18:24	0:01:53	0:43:57	0:01:08	0:23:18	1:28:40
55	269	Carty	Colm	Male	30-39	0:22:31	0:03:33	0:38:56	0:01:57	0:21:46	1:28:43
56	459	Vaughan	Jim	Male	40-49	0:25:05	0:01:33	0:39:45	0:00:58	0:21:38	1:28:59
57	457	Thomas	Donal	Male	30-39	0:23:26	0:02:51	0:41:14	0:01:12	0:20:37	1:29:20
58	463	Walsh	Irene	FEMALE	Over50	0:20:26	0:01:28	0:42:40	0:00:46	0:24:04	1:29:24
59	312	Foley	Ray	Male	40-49	0:21:20	0:01:48	0:40:24	0:01:02	0:25:08	1:29:42
60	354	Kelly	Sean	Male	20-29	0:21:28	0:02:26	0:42:51	0:00:50	0:22:25	1:30:00
61	348	Howard	Denton	Male	40-49	0:23:39	0:01:59	0:39:26	0:01:54	0:23:50	1:30:49
62	372	Lyons	Fiona	Female	40-49	0:20:41	0:01:31	0:43:26	0:01:11	0:24:06	1:30:54

63	404	Moran	Nathan	Male	20-29	0:21:37	0:01:44	0:42:08	0:01:31	0:24:06	1:31:06
64	323	Gantly	Mark	MALE	30-39	0:20:29	0:01:26	0:43:35	0:01:04	0:24:35	1:31:09
65	263	Browne	Niall	Male	40-49	0:23:01	0:01:42	0:42:36	0:01:34	0:22:17	1:31:10
66	257	Bonnichon	Cian	Male	20-29	0:21:02	0:02:12	0:43:06	0:01:16	0:23:35	1:31:11
67	275	Colfer	Jenny	Female	30-39	0:20:37	0:01:59	0:43:02	0:01:12	0:24:29	1:31:19
68	425	O'Connor	Willie	Male	30-39	0:20:48	0:01:33	0:42:23	0:01:13	0:25:38	1:31:35
69	363	Laeppele	Doris	Female	30-39	0:23:37	0:01:58	0:41:47	0:01:21	0:22:55	1:31:37
70	465	Ward	Janet	FEMALE	40-49	0:21:16	0:02:15	0:40:24	0:01:36	0:26:18	1:31:49
71	308	Fitzpatrick	Eddie	Male	40-49	0:23:24	0:03:11	0:41:47	0:01:30	0:22:05	1:31:56
72	313	Foley	Mollie	FEMALE	16-17	0:18:26	0:01:29	0:46:27	0:00:53	0:24:47	1:32:02
73	371	Lynskey	Jeff	MALE	40-49	0:15:35	0:03:26	0:46:35	0:01:33	0:25:10	1:32:19
74	290	Daly	Paul	Male	40-49	0:21:01	0:01:37	0:44:05	0:01:17	0:24:22	1:32:22
75	345	Heneghan	Paul	Male	40-49	0:20:44	0:03:00	0:39:44	0:01:34	0:27:38	1:32:40
76	267	Carroll	Michael	Male	Over50	0:24:32	0:02:26	0:41:29	0:01:31	0:22:46	1:32:44
77	422	O'Neill	Paula	Female	30-39	0:19:38	0:02:51	0:44:18	0:00:55	0:25:04	1:32:45
78	265	CAÃ'IZARES	FELIPE	MALE	30-39	0:20:23	0:02:47	0:45:14	0:01:33	0:22:50	1:32:48
79	398	McNicholas	Tony	Male	40-49	0:20:38	0:03:18	0:45:46	0:01:29	0:21:44	1:32:55
80	429	O'Malley	Alan	Male	30-39	0:20:47	0:04:16	0:42:18	0:01:26	0:24:10	1:32:56
81	453	Smith	Kenneth	Male	40-49	0:26:22	0:02:06	0:42:27	0:02:02	0:20:19	1:33:16
82	310	Foley	Patrick	Male	Over50	0:24:25	0:01:35	0:41:13	0:01:03	0:25:24	1:33:40
83	379	Mannion	James	Male	30-39	0:21:03	0:02:18	0:44:34	0:01:24	0:24:23	1:33:42
84	278	Connolly	Brian	MALE	30-39	0:24:07	0:02:00	0:44:33	0:00:59	0:22:26	1:34:04
85	433	O'shaughnessy	Robert	Male	30-39	0:23:22	0:01:43	0:43:53	0:01:06	0:24:13	1:34:16
86	418	O Gormain	Valerie	FEMALE	30-39	0:21:34	0:02:32	0:43:24	0:01:11	0:25:45	1:34:27
87	349	Jennings	Hilary	FEMALE	40-49	0:20:53	0:02:55	0:45:11	0:01:07	0:24:24	1:34:30
88	303	Everard	Steve	MALE	30-39	0:23:38	0:01:27	0:43:28	0:01:08	0:24:59	1:34:41
89	339	Hanley	Sean	Male	20-29	0:27:30	0:01:43	0:41:41	0:00:43	0:23:49	1:35:26
90	397	Mcmullan	Marie	Female	30-39	0:23:14	0:02:30	0:44:07	0:01:43	0:24:06	1:35:41
91	382	McAndrew	Michelle	FEMALE	30-39	0:18:26	0:00:53	0:53:49	0:00:49	0:21:46	1:35:43
92	402	Mooney	Rob	Male	30-39	0:20:16	0:03:52	0:45:23	0:00:34	0:25:44	1:35:49
93	304	FAHY	BRIAN	MALE	30-39						1:36:00
94	385	McCarthy	Paul	Male	40-49	0:27:48	0:02:42	0:39:54	0:01:27	0:24:10	1:36:01
95	411	Nally	Linda	Female	40-49	0:22:55	0:03:39	0:43:14	0:00:56	0:25:22	1:36:04
96	395	Mclaughlin	Ray	Male	40-49	0:25:52	0:02:55	0:42:56	0:01:26	0:23:06	1:36:15
97	426	ODonnell	David	Male	30-39	0:24:48	0:02:46	0:42:30	0:01:30	0:26:09	1:37:43
98	306	Fay	Laura	Female	40-49	0:27:13	0:04:21	0:41:30	0:01:28	0:23:24	1:37:56
99	415	O Boyle	Ciara	FEMALE	18-19	0:20:28	0:01:38	0:47:13	0:00:59	0:27:42	1:37:59
100	343	Fahy	Aonghus	MALE	30-39	0:25:33	0:03:02	0:47:06	0:00:57	0:21:35	1:38:13
101	452	Simon	Joe	Male	30-39	0:32:43	0:02:00	0:41:42	0:01:11	0:20:42	1:38:18
102	288	Curley	Keith	Male	30-39						1:38:32
103	292	Darby	Laura	FEMALE	30-39	0:27:22	0:02:50	0:43:06	0:00:54	0:24:21	1:38:33
104	351	Joyce	Deirbhle	Female	20-29	0:19:48	0:02:09	0:47:14	0:01:07	0:28:30	1:38:48
105	300	Dolan	David	Male	40-49	0:26:50	0:02:43	0:43:34	0:02:12	0:23:44	1:39:03
106	297	Dinkin	Mark	MALE	30-39	0:30:38	0:01:32	0:44:00	0:00:45	0:22:23	1:39:18
107	283	Corcoran	Debbie	FEMALE	30-39	0:28:33	0:03:04	0:45:33	0:01:28	0:20:45	1:39:22
108	256	Bergin	Dermot	Male	40-49	0:26:07	0:03:52	0:47:12	0:01:03	0:21:11	1:39:26
109	340	Hanley	Thomas	Male	40-49	0:24:31	0:02:50	0:45:31	0:01:06	0:25:47	1:39:44
110	274	Cohen	Ilana	Female	30-39	0:23:08	0:03:13	0:47:05	0:01:19	0:25:09	1:39:54
111	362	King	Sarah	FEMALE	40-49	0:28:01	0:02:04	0:43:04	0:01:03	0:26:03	1:40:13
112	460	Waldron	William	Male	Over50	0:25:08	0:03:26	0:43:14	0:02:13	0:26:24	1:40:23
113	350	JOYCE	AISLING	Female	20-29	0:24:37	0:03:24	0:45:59	0:02:45	0:23:42	1:40:27
114	361	King	Graham	MALE	30-39	0:27:43	0:02:44	0:44:40	0:01:38	0:23:42	1:40:27
115	472	Connolly	Finbarr	MALE	Over50	0:31:33	0:01:32	0:41:29	0:01:11	0:24:46	1:40:32
116	268	Carter	Anne	Female	30-39	0:21:14	0:02:09	0:45:12	0:02:16	0:29:55	1:40:46
117	329	Giles	Amie	Female	20-29	0:22:29	0:04:39	0:49:28	0:01:08	0:23:13	1:40:56
118	434	O'shaughnessy/burke	Kellie	Female	40-49	0:24:36	0:02:10	0:45:30	0:01:51	0:27:02	1:41:10
119	289	Daly	Eve	Female	40-49	0:27:29	0:02:02	0:46:16	0:01:41	0:23:55	1:41:23
120	286	Creagh	Brandon	Male	20-29	0:21:31	0:04:00	0:52:03	0:01:03	0:23:06	1:41:43
121	282	Corcoran	Kate	Female	30-39	0:22:43	0:03:39	0:46:28	0:01:19	0:28:22	1:42:31
122	435	O'Shea	Eamonn	Male	40-49	0:32:52	0:02:27	0:44:12	0:01:16	0:21:45	1:42:31
123	332	Glavin	Margaret	FEMALE	30-39	0:28:32	0:03:09	0:46:47	0:01:55	0:22:49	1:43:12
124	413	Newell	Elaine	Female	30-39	0:25:42	0:02:40	0:48:56	0:01:43	0:24:26	1:43:27
125	365	Larkin	Thomas	MALE	Over60	0:27:45	0:03:11	0:43:01	0:01:56	0:27:38	1:43:32

126	321	Gallivan	Jim	MALE	Over60	0:24:19	0:05:12	0:44:24	0:02:54	0:27:00	1:43:49
127	412	Neary	Liam	Male	40-49	0:27:15	0:05:03	0:45:07	0:01:46	0:25:17	1:44:28
128	334	Gleeson	Cara	FEMALE	40-49	0:34:24	0:01:57	0:41:56	0:01:02	0:25:24	1:44:43
129	287	Forde	John	Male	30-39	0:27:21	0:05:30	0:44:42	0:01:48	0:25:32	1:44:53
130	420	O' Halloran	Niamh	FEMALE	20-29	0:24:41	0:03:13	0:49:47	0:01:15	0:26:14	1:45:09
131	389	Mcdonagh	Kevin	Male	30-39	0:38:50	0:01:40	0:40:10	0:01:22	0:23:12	1:45:14
132	352	Keaney	Diarmuid	Male	40-49	0:31:19	0:02:45	0:46:53	0:00:50	0:23:32	1:45:19
133	390	McDonagh	Michael	MALE	40-49	0:26:57	0:01:09	0:54:01	0:01:02	0:22:45	1:45:53
134	296	Dillon	James	MALE	40-49	0:25:37	0:03:22	0:47:07	0:01:26	0:28:31	1:46:03
135	309	Flaherty	Aislinn	FEMALE	30-39	0:22:15	0:03:04	0:50:49	0:00:53	0:29:13	1:46:14
136	410	Murray	Pauline	FEMALE	40-49	0:23:20	0:04:12	0:50:42	0:02:17	0:25:51	1:46:22
137	386	McCarthy	Jacinta	FEMALE	30-39	0:28:19	0:03:31	0:46:51	0:01:43	0:26:06	1:46:29
138	294	Delaney	Ciaran M	MALE	Over60	0:25:38	0:03:27	0:49:58	0:01:48	0:26:12	1:47:02
139	360	Kilmartin	Neil	Male	40-49	0:28:31	0:03:25	0:45:24	0:01:44	0:28:15	1:47:18
140	367	Lennon	Clodagh	Female	30-39	0:31:45	0:31:45	0:47:46	0:01:27	0:26:23	1:47:21
141	311	Foley	Clodagh	Female	40-49	0:26:14	0:03:31	0:49:21	0:01:44	0:26:33	1:47:22
142	421	O loughlin	Lynne	Female	40-49	0:25:05	0:03:16	0:50:37	0:01:54	0:26:38	1:47:30
143	407	Mullins	Maeve	FEMALE	30-39	0:28:36	0:03:07	0:48:00	0:01:05	0:27:36	1:48:24
144	251	Abastillas	Elmer	Male	40-49	0:30:28	0:04:55	0:46:26	0:01:58	0:25:28	1:49:14
145	405	Mullaney	John	Male	Over50	0:28:37	0:02:08	0:46:34	0:01:38	0:30:24	1:49:21
146	317	Gallagher	Aileen	FEMALE	30-39	0:28:35	0:03:40	0:50:17	0:02:04	0:26:16	1:50:53
147	447	Horgan	Kayanne	Female	40-49	0:28:41	0:03:36	0:48:32	0:01:44	0:28:42	1:51:15
148	253	Baranyai	Jennifer	Female	30-39	0:30:39	0:03:04	0:48:45	0:01:44	0:27:30	1:51:41
149	259	Boyd	Martin	MALE	Over50	0:28:49	0:03:09	0:51:41	0:00:54	0:27:53	1:52:25
150	320	Gallivan	Andrew	Male	20-29	0:29:57	0:04:26	0:52:20	0:01:15	0:24:38	1:52:36
151	495	Curran	Noel	Male	20-29	0:33:04	0:05:45	0:47:53	0:01:46	0:24:10	1:52:37
152	473	Dalton	Conor	MALE	40-49	0:29:59	0:02:20	0:48:27	0:01:33	0:30:24	1:52:42
153	318	Gallagher	James	MALE	20-29	0:29:42	0:05:42	0:49:55	0:00:54	0:26:56	1:53:08
154	374	Lyons	Annette	FEMALE	30-39	0:35:40	0:05:23	0:52:08	0:01:04	0:19:02	1:53:16
155	403	Moore	Robert	Male	30-39	0:26:23	0:02:43	0:54:22	0:01:14	0:28:47	1:53:29
156	373	Lyons	Cormac	MALE	30-39	0:27:41					1:54:30
157	419	O' Halloran	Lisa	Female	30-39	0:32:22	0:02:31	0:51:47	0:00:52	0:27:15	1:54:48
158	423	o sullivan	gareth	MALE	30-39	0:34:55	0:02:54	0:48:50	0:01:14	0:27:45	1:55:39
159	445	Robinson	Hilda	Female	30-39	0:39:32	0:02:47	0:49:38	0:01:40	0:23:22	1:57:00
160	441	rattigan	mairead	FEMALE	30-39	0:28:03	0:02:46	0:55:32	0:01:16	0:30:27	1:58:04
161	376	Malherbe	Karen	Female	40-49	0:27:08	0:02:39	0:59:49	0:01:05	0:30:05	2:00:46
162	396	Mcmanus	Mary	Female	40-49	0:36:41	0:03:26	0:57:28	0:01:12	0:31:21	2:10:07
163	272	Cloonan	John	MALE	40-49	0:17:43	0:01:45	1:23:26	0:01:03	0:28:09	2:12:07
164	258	Bowe	Amanda	Female	30-39	0:28:53	0:02:40	0:56:33	0:01:09	0:45:37	2:14:52
	443	Robertson	Kate	FEMALE	40-49	0:23:17					DNF
	409	Murray	Fiona	FEMALE	30-39	0:30:55					DNF
	450	Scott	Rachel	FEMALE	20-29	0:20:51	0:02:31	0:17:22	0:27:58	0:25:46	DNF Cycle
	298	Divilly	Kevina	Female	30-39	0:24:40	0:05:43	0:51:41	0:02:27	0:30:33	DNF Swim
	399	McNicholas	Bairbre	Female	30-39	0:15:35	0:03:56	0:57:04	0:02:23	0:25:40	DNF Swim
	380	Mannion	Liam	Male	40-49	0:18:32	0:02:55	0:39:57	0:01:38	0:22:34	DNF Swim
	477	Hynes	Maeve	Female	30-39	0:21:05	0:02:09	0:47:08	0:01:55		DNF Swim
	344	Hegarty	Padraig	MALE	40-49	0:21:08	0:03:24	0:50:39	0:01:56	0:23:28	DNF Swim
	416	O connell	Rory	Male	Over50						DNF Swim
	446	Rooney	Sean	Male	30-39	0:19:46	0:01:25	0:35:12			DQ Traffic Lights
	414	North	Katie-May	FEMALE	20-29	0:21:56	0:02:16	0:45:55	0:00:59	0:23:35	DQ Traffic Lights