

Place	Number	Name	Surname	Sex	Cat	Swim	T1	Cycle	T2	Run	Finish
1	374	Ruairi	Geraghty	Male	40-49	0:11:50	0:00:48	0:30:58	0:00:47	0:17:45	1:02:08
2	387	stephen	Teeling Lynch	Male		0:10:37	0:00:50	0:33:33	0:00:40	0:19:32	1:05:12
3	159	Arthur	Beades	Male	30-39	0:11:53	0:01:03	0:33:29	0:00:54	0:19:01	1:06:20
4	212	Cian	Geraghty	Male	18-19	0:12:54	0:00:44	0:32:55	0:00:36	0:19:21	1:06:30
5	320	Mark	Breen	Male	30-39	0:12:45	0:00:56	0:32:45	0:00:45	0:19:53	1:07:04
6	157	Jonty	Daly	Male	30-39	0:12:11	0:00:54	0:34:26	0:00:42	0:19:19	1:07:33
7	297	Kilian	Dooley	Male	40-49	0:14:07	0:01:04	0:33:15	0:00:45	0:19:06	1:08:17
8	179	Alasdair	Conway	Male	40-49	0:14:13	0:00:55	0:33:59	0:00:41	0:18:45	1:08:34
9	306	Liam	Curran	Male	30-39	0:14:15	0:01:29	0:32:47	0:00:50	0:19:40	1:09:01
10	328	Micheal	Hession	Male	40-49	0:13:58	0:01:09	0:34:04	0:00:47	0:19:16	1:09:13
11	359	Morgan	McHugh	Male	40-49	0:13:32	0:00:52	0:34:18	0:00:42	0:19:55	1:09:18
12	382	Scott	Graham	Male	20-29	0:12:20	0:00:51	0:36:03	0:01:01	0:19:17	1:09:31
13	330	Mike	Murphy	Male		0:14:11	0:01:20	0:33:02	0:01:03	0:20:28	1:10:03
14	219	Colm	Hawe	Male	30-39	0:14:35	0:00:58	0:33:40	0:00:48	0:20:24	1:10:25
15	215	Ciaran	Bannan	Male	30-39	0:12:12	0:01:19	0:36:13	0:01:00	0:19:56	1:10:40
16	249	Enda	Gannon	Male	40-49	0:13:03	0:01:22	0:34:06	0:00:57	0:21:24	1:10:51
17	156	Dominick	Sharkey	Male	20-29	0:13:16	0:01:13	0:37:06	0:00:48	0:19:07	1:11:30
18	339	noel	Sharkey	Male	50-59	0:13:22	0:01:18	0:34:24	0:00:38	0:22:18	1:12:01
19	252	Evan	Ryan	Male	Relay	0:11:52	0:00:44	0:38:18	0:00:32	0:20:37	1:12:02
20	195	Brendan	McNerney	male	30-39	0:17:34	0:01:08	0:34:13	0:00:55	0:18:16	1:12:06
21	373	Ross	Mooney	Male	30-39	0:13:07	0:01:23	0:35:54	0:00:59	0:20:54	1:12:17
22	355	Peter	Duggan	Male	30-39	0:15:33	0:00:57	0:35:31	0:00:44	0:19:59	1:12:43
23	194	Brendan	Mcardle	Male	40-49	0:14:00	0:01:23	0:37:51	0:01:00	0:19:18	1:13:31
24	220	damien	cosgrove	Male	40-49	0:14:26	0:01:36	0:35:38	0:01:06	0:20:53	1:13:39
25	187	Austin	Sammon	Male	30-39	0:15:19	0:01:44	0:36:41	0:00:59	0:19:39	1:14:21
26	198	Brian	Mcnicholl	Male	50-59	0:13:10	0:01:10	0:37:22	0:00:50	0:21:59	1:14:31
27	285	Jonathan	Heelan	Male	40-49	0:13:36	0:01:21	0:37:06	0:00:56	0:21:44	1:14:43
28	211	Cian	Cloonan	Male	16-17	0:11:41	0:00:48	0:36:51	0:00:50	0:24:36	1:14:47
29	378	Ryan	Connolly	Male	16-17	0:13:18	0:00:51	0:36:26	0:00:36	0:23:39	1:14:50
30	290	Karen	Cassidy	Female	40-49	0:13:54	0:01:11	0:34:15	0:00:53	0:24:39	1:14:51
31	301	Laura	Shilling	Female	40-49	0:15:07	0:01:42	0:35:15	0:01:11	0:21:53	1:15:08
32	216	Kieran	Whyte	Male	50-59	0:14:14	0:02:26	0:37:15	0:00:57	0:20:20	1:15:13
33	151	Joanne	Flanagan	Female	20-29	0:12:22	0:00:53	0:38:28	0:00:44	0:23:02	1:15:27
34	284	John	Waldron	Male	20-29	0:14:57	0:02:10	0:36:28	0:00:46	0:21:15	1:15:35
35	233	Donal	Reddan	Male	40-49	0:15:01	0:01:52	0:37:30	0:01:15	0:20:07	1:15:43
36	263	Guillermo	Cucalon	Male	40-49	0:14:45	0:01:28	0:37:44	0:00:44	0:21:06	1:15:47
37	388	Stuart	Harries	Male	30-39	0:15:11	0:01:34	0:36:26	0:00:52	0:22:10	1:16:13
38	398	Tommie	Monahan	Male	30-39	0:13:21	0:01:18	0:37:12	0:00:53	0:23:34	1:16:17
39	303	Lee	Bradley	Male	20-29	0:14:44	0:01:46	0:38:15	0:01:16	0:20:15	1:16:17
40	270	Ian	McDonald	Male	40-49	0:15:15	0:01:28	0:36:54	0:00:57	0:21:47	1:16:21
41	324	Mary	Mulcrone	Female	40-49	0:14:58	0:01:19	0:37:25	0:00:47	0:22:02	1:16:31
42	161	Richard	O'Hagan	Male	20-29	0:14:24	0:01:43	0:37:26	0:00:57	0:22:13	1:16:42
43	181	Andrew	Connaire	Male	30-39	0:15:34	0:01:17	0:37:12	0:01:03	0:21:58	1:17:03
44	376	Ruth	Waldron	Female	20-29	0:15:07	0:01:40	0:37:27	0:01:01	0:21:52	1:17:07
45	259	Gabriel	Walsh	Male	30-39	0:14:23	0:01:16	0:38:33	0:00:54	0:22:20	1:17:25
46	319	Mark	Rafferty	Male	30-39	0:17:42	0:01:17	0:36:28	0:01:01	0:21:08	1:17:36
47	261	Gerard	Lennon	Male	40-49	0:12:12	0:02:36	0:39:15	0:00:59	0:22:48	1:17:49
48	354	peter	strange	Male	40-49	0:16:05	0:01:08	0:37:00	0:00:38	0:23:00	1:17:51
49	277	Jamie	Gahan	Male	30-39	0:16:39	0:02:05	0:38:21	0:01:08	0:19:51	1:18:03
50	379	Rynal	Browne	Male	40-49	0:15:50	0:01:20	0:36:56	0:00:50	0:23:27	1:18:23
51	278	Jane	Walsh	Female	40-49	0:12:55	0:01:09	0:40:45	0:00:50	0:22:56	1:18:35
52	342	Oisin	Foden	Male	20-29	0:13:59	0:01:26	0:41:49	0:00:59	0:20:57	1:19:10
53	275	James	Rohan	Male	50-59	0:15:43	0:02:00	0:40:02	0:00:48	0:20:40	1:19:12
54	200	Caitriona	Joyce	Female	20-29	0:14:09	0:01:51	0:40:55	0:00:42	0:21:45	1:19:22
55	279	Jean	O'Connor	Female	30-39	0:15:54	0:01:14	0:40:09	0:00:37	0:21:41	1:19:34
56	335	Niall	Browne	Male	40-49	0:16:34	0:02:05	0:38:32	0:00:54	0:21:47	1:19:53
57	294	Kenneth	Gleeson	Male	40-49	0:16:10	0:02:02	0:38:53	0:01:06	0:21:44	1:19:55
58	298	Laura	King	Female	30-39	0:13:25	0:01:59	0:40:06	0:00:38	0:23:49	1:19:57
59	229	Deirdre	Kelly	Female	30-39	0:14:53	0:01:38	0:40:13	0:01:02	0:22:12	1:19:57

60	274	James	Murphy	Male	50-59	0:16:04	0:01:40	0:38:05	0:01:58	0:22:16	1:20:04
61	386	Stephen	Hughes	Male	30-39	0:16:43	0:02:00	0:39:29	0:01:22	0:21:24	1:20:58
62	225	Dave	Watson	Male	30-39	0:15:03	0:02:23	0:42:09	0:01:10	0:20:27	1:21:11
63	154	Dave	McLaughlin	Relay	Relay	0:12:09	0:00:53	0:41:20	0:01:41	0:25:25	1:21:28
64	260	Gavin	Fox	Male	20-29	0:19:49	0:01:07	0:38:44	0:00:49	0:21:02	1:21:30
65	226	Liam	Kilkenny	Male	16-17	0:12:50	0:01:22	0:42:11	0:01:13	0:23:58	1:21:33
66	162	Mick	Beston	Male	50-59	0:17:24	0:02:05	0:38:46	0:01:15	0:22:23	1:21:53
67	177	Aideen	Allen	Relay	Relay	0:15:11	0:01:00	0:40:36	0:00:52	0:24:22	1:22:02
68	238	Edwin	Rowan	Male	30-39	0:17:17	0:01:38	0:40:10	0:00:56	0:22:07	1:22:08
69	176	Aidan	Currie	Male	50-59	0:13:51	0:02:56	0:40:28	0:01:26	0:23:37	1:22:19
70	202	Cara	Gleeson	Female	40-49	0:17:26	0:01:34	0:38:41	0:01:08	0:23:43	1:22:31
71	364	Ray	Foley	Male	40-49	0:14:43	0:02:03	0:40:26	0:00:51	0:24:33	1:22:37
72	372	Rory	Mooney	Male	40-49	0:15:55	0:01:43	0:37:54	0:01:18	0:25:56	1:22:46
73	366	Richard	Geraghty	Male	40-49	0:15:54	0:01:35	0:41:14	0:01:08	0:23:01	1:22:52
74	308	Liam	Mannion	Male	40-49	0:16:54	0:01:53	0:38:17	0:01:14	0:24:39	1:22:56
75	321	Mark	White	Male	50-59	0:14:03	0:01:34	0:39:58	0:01:40	0:25:49	1:23:03
76	385	Siobhan	Ryan	Female	30-39	0:15:12	0:02:10	0:41:56	0:01:26	0:22:21	1:23:05
77	236	Eamonn	O Shea	Male	40-49	0:19:35	0:01:32	0:40:04	0:00:50	0:21:20	1:23:22
78	360	Rafal	Kutkowski	Male	30-39	0:18:20	0:02:20	0:40:37	0:00:48	0:21:18	1:23:23
79	317	MARIE	SHEIL	Female	30-39	0:14:30	0:01:45	0:44:07	0:01:18	0:21:46	1:23:26
80	283	John	Bates	Male	40-49	0:15:53	0:01:43	0:40:23	0:01:02	0:24:35	1:23:35
81	292	Kate	Fitzpatrick	Female	20-29	0:16:04	0:01:24	0:41:46	0:00:55	0:23:29	1:23:38
82	323	Martin	O'brien	Male	20-29	0:15:13	0:01:28	0:40:07	0:01:30	0:25:52	1:24:10
83	210	Chloe	Lemahieu	Female	20-29	0:18:07	0:01:49	0:41:18	0:00:54	0:22:11	1:24:18
84	257	Fiona	Lyons	Female	40-49	0:14:30	0:01:38	0:42:23	0:00:58	0:25:18	1:24:46
85	293	Katie-May	North	Female	20-29	0:15:34	0:01:36	0:43:16	0:00:40	0:23:41	1:24:48
86	369	Ronan	Healy	Male	30-39	0:17:18	0:02:30	0:40:52	0:01:07	0:23:07	1:24:54
87	269	Ian	Reidy	Male	50-59	0:15:02	0:01:38	0:39:48	0:01:37	0:26:55	1:25:00
88	349	Paul	Batty	Male	40-49	0:17:28	0:02:07	0:42:03	0:01:11	0:22:11	1:25:00
89	318	Marie	Pigott	Female	20-29	0:14:40	0:01:41	0:42:04	0:01:09	0:25:34	1:25:08
90	383	Sinead	Joyce	Female	40-49	0:15:46	0:01:53	0:43:55	0:00:59	0:23:01	1:25:34
91	357	Petrina	Mitchell	Female	40-49	0:17:07	0:02:11	0:42:15	0:01:18	0:23:18	1:26:08
92	184	Anne marie	Fenton	Female	20-29	0:13:22	0:01:57	0:44:14	0:01:14	0:25:25	1:26:12
93	221	Finbar	Connolly	Male	50-59	0:19:28	0:01:36	0:39:53	0:00:59	0:24:30	1:26:26
94	336	Niamh	Flavin	Female	40-49	0:14:53	0:02:14	0:45:47	0:00:56	0:22:40	1:26:29
95	201	Caoimhe	Costigan	Female	20-29	0:15:40	0:01:53	0:46:02	0:01:06	0:21:55	1:26:35
96	206	Cathal	Heneghan	Male	30-39	0:18:47	0:02:52	0:40:55	0:00:57	0:23:27	1:26:57
97	281	Joanne	Casey	Female	30-39	0:17:57	0:02:03	0:42:57	0:00:59	0:23:06	1:27:02
98	266	Hilary	Jennings	FEMALE	40-49	0:15:10	0:01:55	0:44:48	0:00:53	0:24:29	1:27:14
99	182	Andrew	Murray	Male	40-49	0:16:43	0:02:03	0:42:58	0:01:28	0:24:28	1:27:39
100	333	Niall	Kelly	Male	30-39	0:14:44	0:01:45	0:43:04	0:01:17	0:27:28	1:28:18
101	223	Darragh	Nicholas	Male	30-39	0:22:21	0:02:03	0:40:56	0:01:05	0:22:04	1:28:29
102	307	Liam	O' Connor	Male	40-49	0:17:12	0:02:14	0:41:40	0:01:32	0:25:51	1:28:30
103	370	Ronan	Madden	Male	20-29	0:17:33	0:02:27	0:43:28	0:01:22	0:23:52	1:28:41
104	185	Annette	Collins	Female	30-39	0:17:56	0:02:28	0:43:02	0:00:41	0:24:41	1:28:48
105	362	Ray	Mclaughlin	Male	40-49	0:18:16	0:02:26	0:42:33	0:02:01	0:24:02	1:29:19
106	353	Pauline	Murray	Female	40-49	0:15:48	0:02:45	0:44:38	0:01:00	0:25:09	1:29:20
107	224	Darragh	Kerrigan	Male	20-29	0:15:52	0:02:25	0:44:15	0:01:31	0:25:19	1:29:22
108	276	James	Byrne	Relay	Relay	0:17:58	0:01:03	0:43:10	0:00:49	0:27:01	1:30:01
109	363	Ray	Hession	Male	30-39	0:16:58	0:03:11	0:45:09	0:01:07	0:24:04	1:30:29
110	327	Michael	Meaney	Male	40-49	0:18:05	0:02:50	0:43:51	0:01:55	0:23:58	1:30:39
111	158	William	Waldron	Male	50-59	0:17:14	0:02:44	0:42:20	0:02:06	0:26:25	1:30:50
112	267	Holly	Clarke	Female	20-29	0:13:18	0:02:37	0:45:43	0:00:59	0:28:29	1:31:05
113	235	Dylan	Mulchrone	Male	20-29	0:19:50	0:01:56	0:46:12	0:00:54	0:22:36	1:31:28
114	246	Emer	Farrell	Female	30-39	0:17:41	0:01:07	0:42:25	0:01:23	0:28:56	1:31:31
115	332	Neil	Kilmartin	Male	40-49	0:16:40	0:02:40	0:43:06	0:01:36	0:27:30	1:31:32
116	397	Tiarnan	McCusker	Male	30-39	0:17:59					1:31:54
117	334	Niall	Kearney	Male	20-29	0:17:54	0:03:04	0:46:23	0:00:47	0:23:56	1:32:04
118	232	Diarrmuid	Keaney	Male	40-49	0:19:54	0:01:52	0:46:22	0:01:04	0:22:56	1:32:09
119	199	Bridget	Jacobsen	Female	40-49	0:17:59	0:01:53	0:48:03	0:01:08	0:23:23	1:32:26

120	314	Lynne	O' Loughlin	Female	30-39	0:15:47	0:02:03	0:45:58	0:01:29	0:27:25	1:32:42
121	311	LORRAINE	STENSON	Female	30-39	0:15:49	0:02:04	0:45:53	0:01:58	0:27:12	1:32:56
122	368	Roisin	O'Brien	Female	30-39	0:13:50	0:01:39	0:45:15	0:01:22	0:30:54	1:33:01
123	239	Ciaran	Delaney	Male	Over60	0:17:29	0:02:41	0:44:49	0:02:16	0:25:50	1:33:05
124	271	Isobel	Reid	Female	20-29	0:17:16	0:01:46	0:43:44	0:01:23	0:29:05	1:33:13
125	396	Thomas	Larkin	Male	Over60	0:17:46	0:02:37	0:42:58	0:02:56	0:27:16	1:33:33
126	400	Fiona	Harrington	Female	30-39	0:16:14	0:02:11	0:48:29	0:01:14	0:25:26	1:33:35
127	243	Elaine	Newell	Female	30-39	0:17:12	0:02:04	0:47:57	0:01:09	0:25:57	1:34:20
128	367	Roisin	Burke	Female	40-49	0:17:54	0:01:37	0:47:23	0:01:30	0:26:15	1:34:38
129	214	Ciara	Delaney	Female	30-39	0:15:33	0:02:08	0:47:33	0:02:01	0:27:42	1:34:57
130	245	Emer	Doyle	Female	Relay	0:16:37	0:02:04	0:49:18	0:00:53	0:26:12	1:35:04
131	395	Thomas	Ryan	Male	30-39	0:19:44	0:03:03	0:43:24	0:00:57	0:28:31	1:35:38
132	299	Laura	Darby	Female	30-39	0:18:59	0:01:37	0:46:53	0:00:45	0:27:25	1:35:39
133	295	Kevin	Flynn	Relay	Relay	0:18:47	0:02:58	0:47:56	0:01:22	0:24:51	1:35:53
134	343	Pat	Divilly	Male	20-29	0:18:16	0:02:02	0:48:27	0:00:54	0:26:16	1:35:55
135	262	Gerard	Tohill	Relay	Relay	0:19:06	0:00:50	0:48:53	0:00:50	0:26:18	1:35:57
136	375	Ruth	Naughton	Female	30-39	0:20:28	0:01:32	0:46:10	0:01:30	0:26:50	1:36:30
137	302	Leabhras	Sammon	Male	40-49	0:16:33	0:05:44	0:47:50	0:01:04	0:25:26	1:36:36
138	258	Fred	Saunders	Male	30-39	0:21:33	0:02:54	0:46:14	0:00:59	0:25:43	1:37:22
139	361	Ray	Duffy	Male	30-39	0:16:59	0:02:32	0:49:11	0:00:55	0:27:58	1:37:34
140	240	Einde	o dONNELL	MALE	30-39						1:38:14
141	180	Allison	Feeley	Female	40-49	0:22:00	0:02:06	0:46:22	0:01:24	0:26:29	1:38:21
142	241	eithne	lennon	Female	30-39	0:18:05	0:02:40	0:50:45	0:01:14	0:26:08	1:38:53
143	365	Regina	King	Female	20-29	0:16:41	0:02:08	0:50:53	0:01:11	0:28:30	1:39:23
144	264	Hannah	Devitt	Female	16-17	0:17:08	0:02:15	0:49:58	0:01:32	0:28:31	1:39:23
145	205	Cate	Crowe	Relay	Relay	0:17:58	0:01:50	0:49:03	0:01:11	0:30:06	1:40:08
146	356	Peter	Woods	Male	50-59	0:19:15	0:02:48	0:47:56	0:01:05	0:31:13	1:42:16
147	350	Cat	Killeen	Female	30-39	0:18:35	0:02:09	0:47:04	0:01:23	0:34:16	1:43:28
148	237	Edel	O Shea	Female	50-59	0:21:02	0:03:09	0:48:49	0:01:20	0:29:15	1:43:34
149	280	Jeroen	O Flaherty	Male	16-17	0:15:55	0:01:13	0:52:31	0:01:03	0:33:30	1:44:13
150	337	Niamh	Oman	Female	40-49	0:15:37	0:02:30	0:50:21	0:01:33	0:34:35	1:44:35
151	178	Aiden	Devitt	Male	50-59	0:28:56	0:02:10	0:46:12	0:02:01	0:26:19	1:45:37
152	312	Louise	Boyle	Female	40-49	0:21:09	0:02:37	0:51:40	0:01:03	0:30:53	1:47:22
153	392	Theresa	O Reilly	Female	20-29	0:28:18	0:01:48	0:48:02	0:01:38	0:28:06	1:47:52
154	344	Patrick	O Flaherty	Male	50-59	0:21:07	0:02:42	0:46:36	0:01:23	0:36:15	1:48:03
155	253	Fergal	Boyle	Male	40-49	0:23:04	0:03:21	0:49:42	0:01:09	0:32:02	1:49:18
156	155	Danielle	Conaghan	Female	30-39	0:18:14	0:02:51	0:55:04	0:01:01	0:35:00	1:52:10
157	227	Deirdre	Harrington	Female	40-49	0:24:15	0:04:59	0:50:59	0:01:30	0:32:00	1:53:42
158	287	Josephine	O'Connor	Female	40-49	0:21:04	0:05:55	0:55:25	0:01:31	0:35:32	1:59:26
159	391	Teena	Gates	Female	50-59	0:20:04	0:03:07	0:55:29	0:01:50	0:48:39	2:09:09
	286	Jonathan	Madden	Male	30-39	0:16:53	0:02:41				DNF
	289	Karen	Malherbe	Female	30-39	0:16:52	0:01:45	0:52:20	0:00:52	0:14:15	DNF Run