



August 2018

The **Celtic Warrior** weekend is a 4 day extravaganza of Triathlon & running events. Everything from single discipline races, duathlons, sprint to full distance triathlons, even multiple Back2Back Ironman options for the certifiably insane. All of this is centred in and around the Lilliput Adventure Centre in Mullingar – an hour 'n a bit from Athy & all proceeds going to a very worthy cause (Assisting children with Autism). I ran a marathon here last summer & hand on heart as soon as I'd parked the car that day and taken in the surroundings, I knew I'd have a good race day and would defo be back in 2018 to do the full distance triathlon. This weekend has everything I look for in a Triathlon venue and event organisation. It is low key, low budget, low elevation and high on friendliness and support. I think it is a real gem.

While I have been known to stupidly risk injury on occasion to avoid a DNF on my report card, this wasn't an issue here. When I registered for this event (Saturday - Full Distance Triathlon) I absolutely considered it to be a test run/training day with the objective being to complete the swim and bike sections at race pace and see how I got on during the run. If I ran in to any trouble after the bike I'd pull up, if I felt ok I'd continue, simples!

In January, I set one triathlon objective for 2018, to break 12hrs in Ironman Barcelona (finished in 12:09 back in 2016). So for the Celtic Warrior event, even though I'd completed a prescribed Ironman training plan, I really just wanted to test my Ironman day fitness and mental focus levels as well as practice pacing and nutrition for what should be a very beneficial long day training session. If it went well yippee, if it didn't it would be a valuable day of learning.

The weekend had the added incentive of hooking up with Deca Ironman Ger Prendergast. The Deca Dude was taking on FIVE in a row from Wednesday to Sunday. Yes, that is not a typo – 5 in 5 was his Celtic Warrior goal as part of his continuing pursuit of 52 in 52 weeks. Ger is someone I've got to know a bit recently, having been partly involved in a couple of his Ironman days already this year. I knew he'd be a great course companion on the Saturday & definitely a source of support/encouragement should things get tough on the back end of the day. We've a very similar approach & attitude towards this endurance event absurdity, although DECA GER is literally 10 levels above me in terms of ability & achievements. He's another one of these people (I seem to keep finding!) who motivates everyone he meets to push their perceived limits. Ger is an inspiration & definitely my "man crush" for 2018.

With family and ATC friends due, the lovely lakeside location, super weather forecast & favoured flat(ish) course, it was shaping up to be a Warrior weekend to remember.



## Pre-race logistics

I drove up on the Friday – Checking in to a quaint AirB&B in Streamstown, a short drive from the race venue in Lilliput Adventure Centre. Getting there a day before my event allowed me the chance to suss out the location & check in with Ger. He was powering through his 3<sup>rd</sup> of 5 Ironman days. The weather slightly improving helping his efforts and general mood. He was in flying form, as positive as ever. I also got to meet his “pit crew”, wife Miriam & his sister Paula as well as other members of his family. Miriam & Paula are two essential team members in Ger’s Ironman endeavours. In fact I’d go so far as to say he simply couldn’t do what he’s doing without them. They are exceptionally supportive of Ger as well as being super proud of course. Because Gers basecamp was (purposely) slap bang in the middle of Celtic Warrior activities, the Prendergast’s turned out to be Lilliput’s hard core cheer leaders over the weekend, supporting every single person on the course from first to last home every single day. You can’t fake that kind of character; you’re born and raised with it.

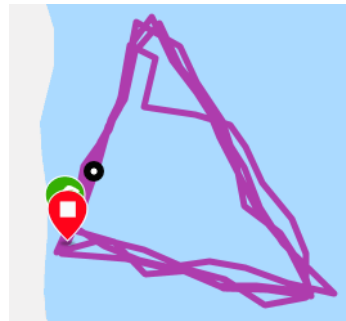
## Race Day

Upon arrival at Lilliput on Saturday morning at 5am, as expected facilities for parking, registering, changing etc. were all readily available & close to the start/finish line. Registration and set up was a breeze and volunteers were super helpful & supportive. Franky Wright (Mr. Lilliput) & his crew as relaxed and laid back as you could imagine. There was only 11 registered Ironman participants (Deca Ger was bunking in to make it 12!!!), including myself, Caroline Howe and Mark Doyle representing ATC. The pre-race vibe was pretty calm (apart from Caroline who was in a tizzy after missing her morning alarm!! – her day would become more challenging – and ultimately rewarding - as things unfolded). The day actually had the feel of a club training day really. Kinda like our “Ironman Athy” day a while back – We actually had more participants at our event!! With a quick race brief done by Franky, we walked the 150 metres to the shores of Lough Ennell for the 6:00am start. Usual mental mantra ensued.....give gratitude, get game face going then GO GO GO!!!!



## Swim

Bleedin’ wetsuit!! I spent a right royal bundle on my HUUB wetsuit in advance of IM Barca 2016, it looks the part for sure, but the fit has never been quite right, with water gathering around the midsection after only a few minutes. It hampers my swim, but more than the minutes lost its bloody annoying having water splosh around inside the wetsuit. Maybe I need to put back on the beer belly before Barca! Anyway, nothing of note really with the triangular 4 lap swim. I had a bit of difficulty swimming in a straight line as usual and some issues with sighting at times but it pretty much went as expected, slow n steady, easy does it. All done 1hr 17mins (on the Garmin) .



### T1

Just a short run up from the lake back to transition and great to see ATC pals onsite. We had a heap load up doing the Half Ironman (results included below) & also Seamus Rowan giving a sub 4hr Marathon a crack. Met Eireann’s Mediterranean weather hadn’t quite arrived in Mullingar so I left T1 a little chillier than planned but I expected to warm up on the bike fairly quickly. With encouragement from ATC pals there was no faffing about, all done 7mins 40sec. So far very similar to Barca ’16 times.

## **Bike**

I've tried to focus on my cycling this year. Sick of being dropped on club spins & definitely a discipline I thought I could make improvements in. Different conditions than Barca but the next few hours would tell me where things stand for the sub 12hr Barca goal.

The bike course is pretty straight forward, really well signposted and marshalled at key points. How anyone could go wrong I don't know (Dee???????). As you leave Lilliput, there's a 1k stretch which brings you to the beginning of the cycling loop (6 loops just shy of 30km each required). The course is on open country roads, relatively decent surfaces for the 1<sup>st</sup> 10km which gets you to Dalystown. From there it's left on to the safety and smooth surfaced hard shoulder of the N52 for a 5k stretch before turning left again at Moyliscor. Then 3k, with intermittent drags before another left turn on to Lynn road. Out to Ballinea, then left again back through Castletown Geoghegan. There's plenty of ups n downs, a cheeky right turn at one point, you go under a bridge, then immediately left and up a short steep climb. The 1<sup>st</sup> two laps this climb was grand, the next two it required attention, the last two I was cursing up it. I felt I was progressing well though, my lap splits were decent (relatively speaking) & I was holding approx. 29kph up to the 100km mark. Focus and motivation was good, despite the inevitable (back in yer box) moment when Doyler and then Peadar Owens zoomed past me like I was going backwards. Doyler had lapped me & Peadar was leading the Half Iron race looking like he was out for a leisurely spin!!

There was the odd headwind and rain shower to contend with but by the 150km point I was feeling good and being honest I started thinking about my run strategy. The course was apparently just shy of 180km too so participants were required to drop back into Lilliput once during the loops. I did it at the end of lap 3 but went too far (back all the way into transition) so ended up doing 181km with just over 900m of climbing in total. That extra 1km cost me 2 minutes but I take solace in the fact that Dee added 6km to her half Ironman with some navigational issues of her own!!!

My overall bike time 6hrs 20mins (Av 28.6kph) was disappointing. I got 6:09 in Barca 2016 and want to beat that in October. This one was done at an effort/intensity however to allow me run well off the bike though plus I'm 100% confident the fast Barca course will see that bike time drop.

## **T2**

There was something very comforting about reaching transition. Maybe it's familiarity having ran the marathon here last year or because we had so many ATC heads there but when I got back to T2, I felt super confident. I checked the clock, I was under 8 hours. That meant with a good marathon I could potentially snag the sub 12 hour finishing time here (Barca would be a holiday then!!!!). The run is 8 laps of 5.25km, I knew I'd be back in the transition area in under 30mins, so should I forget anything I could pick it up then. As a result there was no need to get the list out and check I had everything before setting off. Runners on, trusty water bottle in hand and away I went, all in T2 took 5mins.

## **Run**

With the swim and bike done largely as planned, it was on to the main objective of the day. To test myself on an Ironman marathon. I've not done a lot of long run specific training this year (only 4 runs longer than 21k) but I have seen a marked improvement in my marathon times. I put this down to a combination of bike training, losing some timber & a change to my running mind-set. I'm back to enjoying running again, I couldn't always say that last year. Anyway, with

no pressure to even finish (no fear of failure as the utube motivational speeches would put it) and the comfort of 5.25km laps always keeping me close to home, I was actually keen to push the effort a bit, maybe even over the limit for an hour or two. See what I could do.

The Saturday run course is nice and flat. An out and back section and a little loop, passing through the Lilliput centre every time. No concerns about traffic, weather, nutrition/hydration etc. Plenty of on course support (again Team Prendergast were phenomenal – up out of their seats, applauding, shouting encouragement, asking if I need anything – absolute gems).

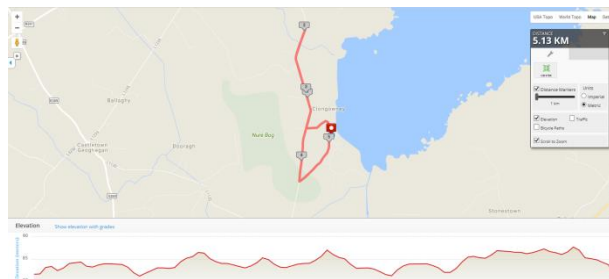
The 1<sup>st</sup> lap was the obligatory leg loosener, the 2<sup>nd</sup> was the pace finder. 10km done in 53mins. After that, it was time to evaluate the body and mind. With no more than the anticipated level of discomfort and tiredness I decided to push on, one lap at a time and at an easier pace but truth be told after lap 3 I knew I was going to do the full thing. Reason being, my Mac Munchkins were due to arrive shortly and they were bringing their runners!!! They'd planned to do a lap with me and with them arriving just as I finished the 4<sup>th</sup> lap (21km in 1hr 58mins) there was no way I was not finishing and collecting the medals for them.

Maybe it was the day that was in it; definitely having the recent Ironman Athy training day in the bank helped a lot (physically and mentally). With the ATC Barca crew around, my wife & kids on site (they'd actually joined Ger's family at D.I.G. basecamp). With Mr. Inspirational (Ger) on the course giving encouragement at every passing I just felt supported and confident.

30km done in 2hrs 50mins and feeling relatively comfortable (just like our Ironman Athy day – proof that practice makes perfect). At that point I started looking forward to finishing, not as emotional as Barca 2016 and definitely way more comfortable than Hardman Kerry 2017.

In the end I clocked a 3hr 55min marathon (which included 9 mins of aid station stops for refuelling and stretching) for a finishing time of 11hrs 46mins.

No point pretending otherwise, I'm absolutely delighted with that for so many reasons. Another bucket list item ticked and one that's been a few years in the making. To share it with family, friends (& 2018 man crush!!!) made it extra special.



## Post Race

With the day going so well, feeling physically & mentally strong throughout (the latter being something that's been tested at times this year) I took the rest of the day to rest and reflect. Family & friends went off home & I headed back to the B&B. I'd booked an extra night to allow me be around for Sunday (in case I felt like doing something) & of course to support Ger. After the obligatory full Irish at the B&B I headed back to Lilliput to join Ger & his family. Miriam, and his sisters Jude & Paula were already in full Ironman mode. After Ger had banged out his 4<sup>th</sup> Ironman on Saturday (in 11hrs 30mins btw!!!) he was back at it at 6:15am Sunday morning. By the time I got there he'd the swim done and was eating into the bike section. This time using a 5k out and back route (part of the marathon course that day) to cover the 180km required. I had thought Ger would have slowed down for the last one so I offered to join him on a few laps. To act as a leg loosener for me and just a bit of company/support for him. Of course, this fella doesn't have a slow setting and it was all I could do to hang on to his back wheel for 40km. I retired for the day at that stage and took up residence in Team 52's basecamp for a spot of sunbathing and copious amounts of cups of tay!!!

I tried to do my bit to support Ger (and the other Triathletes & marathon runners on the day) but truth be told I just sat back and witnessed an incredible show of physical and mental strength from Ger. Despite the heat on the day and the unimaginable fatigue of 4 days of effort he absolutely demolished his 5<sup>th</sup> and final day. I felt privileged to be part of it and inspired (once again!!!) into re-evaluating my own limits. I won't stalk Ger (or at least I'll try not to) but the fella is someone I will be turning to for future inspiration, training/guidance and hopefully partnership in future events (Please please please Miriam, holiday in Donegal next March!!!). Anyone who gets the opportunity to meet, speak, train/race with him will be the better for it. And on that note, delighted to share that we've already agreed that Ger will come visit ATC for a talk/presentation some evening in the coming weeks plus we have set 16<sup>th</sup> September for:

### **IRONMAN ATHY II – The Return of the Deca Master**

While participant numbers are low for the Celtic Warrior triathlon events (something I am sure will change in future years), and there isn't a race focus (no prizes for places) they are chip timed and result/places are published. The results are attached below but some ATC achievements of note:

#### **Full Ironman Distance:**

Saturday 1<sup>st</sup> place overall - Mark Doyle (10:12:32) – Despite having some knee issues and probably a disappointing run (by his own standards) this was an exceptional time and will likely stand as a Celtic Warrior record for some time. Or at least till Peadar Owens drops by!!!

#### **Half Ironman Distance**

Saturday 1<sup>st</sup> place overall - Aforementioned Peadar Owens (4:20:22) – Slow down FFS, give the rest of the world a chance to catch up.

Saturday 1<sup>st</sup> Female – Deirdre Walsh (6:06:39) – Who did the Half Ironman bike plus VAT and still managed to be 1<sup>st</sup> lady home.

#### **Back2Back Half Ironman**

Arnold Trump-Kane – The only person to take on B2B half Ironman events & managed to do the 2<sup>nd</sup> one quicker than the 1<sup>st</sup>. I swear his hair was lighter on Sunday too. Must have been the toxins in the water!!!

Honourable mentions also to Caroline 'IM Barca Bound' Howe who, despite the best efforts of our club bike mechanic experts, had to do the full Ironman cycle in one gear after experiencing a derailleur malfunction in T1. Caroline's bike was beside mine in transition, suggestions that a competitive club mate tampered with it prerace are Fake News and libel. Also, Padraig 'The Bull' Kavanagh for gritting out a Half Ironman despite carrying persistent leg problems. If anyone needs an example of mind over body – look no further than The Bull Kavanagh.

Last but not least, my training pal Seamus Rowan who finally snagged his illusive sub 4hr marathon. Absolutely delighted for him (and me cause I don't have to listen to him whine about not having it anymore). Although I know the fecker won't be happy till he does it at DCM.

All in all this was a fab weekend for so many reasons. Our Barca bunch got in an invaluable training day at what I believe will become a regular on our summer racing calendar. Spending time with Deca Ger & his crew was as inspirational as it was pleasurable. He & we continue to raise funds & awareness for Mental Health Ireland. I saw and spoke loads of people over the weekend who took an interest in the MHI station Team Prendergast had set up. Money

was raised for MHI and it was so pleasing to see people take an interest in the organisation and the topic of Mental Health and not just Gers activities. We need to raise awareness for and take care of our mental health more than ever. This weekend definitely filled my half empty glass for a while for sure. And with that, here comes a plug for our charity fundraising pages. All donations graciously accepted and anyone wishing to help out in our charity fundraising please do get in touch.

ATC Fundraising page: [https://www.ifundraise.ie/4102\\_athy-tri-club---charity-fundraising---ironman-barca-2018.html](https://www.ifundraise.ie/4102_athy-tri-club---charity-fundraising---ironman-barca-2018.html)

Ger's fundraising page: <https://give.everydayhero.com/ie/52-ironman-triathlons-in-52-weeks-2018>



Celtic Warrior Day 2 Results (04/08/2018)

1 Day Full Warrior Results

Place	Bib	Name	Club	Swim	TR	Cycle	TR	Run	Total
Status: Did Not Finish									
DNF	47	Howe, Caroline	Athy Triathlon Club	01:26:20,19	00:03:13,89	07:18:58,98	07:17:57,63	---	---
DNF	29	Roche, James	Waterford Tri	03:10:27,82	00:04:33,49	03:12:51,95	00:02:57,17	---	---
DNF	1	Marrinan, Joey	Pulse Triathlon Club	01:29:57,66	00:07:38,26	06:52:12,94	00:03:55,24	---	---
Status: Did Not Show Up									
N/A	6	Garvey, Mary		---	---	---	---	---	---
N/A	4	Boyle, Johnny		---	---	---	---	---	---
Status: Regular									
1.	53	Doyle, Mark	Athy Triathlon Club	01:02:32,05	00:01:30,50	05:04:12,30	00:01:54,15	04:02:23,40	10:12:32,41
2.	10	O'Riordan, Tom	Ballymore Cobh AC	00:00:03,51	00:28:37,22	00:02:34,10	06:55:08,39	04:09:07,43	11:35:30,67
3.	3	Mc Entee, Eamonn	Athy Triathlon Club	01:20:18,54	00:05:04,34	06:20:50,43	00:04:43,34	03:55:47,96	14:46:44,64
4.	80	Kirkland, Barry		01:40:31,92	00:05:41,98	06:01:06,02	00:05:32,98	04:01:01,35	11:53:54,27
5.	8	Farquhar, Alison		01:36:57,53	00:04:36,15	07:15:20,77	00:07:54,85	05:43:44,39	14:48:33,72
6.	5	Mc Donald, Joanne	Tri Limits	01:23:17,32	00:06:58,47	07:26:30,01	00:16:54,25	06:44:53,94	15:58:34,01
7.	72	Carroll, Rebecca	Marathon Club Ireland	01:24:14,89	00:12:14,44	08:01:50,53	01:00:46,03	05:26:52,57	16:05:58,48
8.	54	Kenny, Dennis		01:56:40,61	00:00:09,68	08:24:53,47	00:11:33,66	06:05:06,57	16:38:24,00

Number of Records: 13

The lad in 2<sup>nd</sup> in the Ironman results swapped his swim for a 5k run so doesn't count (and Deca Ger wasn't registered) so I'm claiming an IRONMAN 2<sup>nd</sup> place behind Mark 'The Destroyer' Doyle. Them's the rules!!!! Loads more photos on the clubs Facebook page.

## Celtic Warrior Day 2 Results (04/08/2018)



## 1 Day Half Warrior Results

Place	Bib	Name	Club	Swim	TR	Cycle	TR	Run	Total
<b>Status: Did Not Finish</b>									
DNF	58	Flynn, Ronan	3D Triathlon Club	00:47:29,82	00:05:10,35	03:28:38,12	00:05:22,61	---	---
DNF	42	O'Shaughnessy,		01:13:18,53	04:30:49,16	00:02:49,96	00:49:06,12	---	---
DNF	41	Lambe, Deirdre		01:13:14,25	04:12:37,41	00:05:30,05	00:41:55,13	---	---
DNF	21	O'Connell, Shane		00:36:32,27	00:02:52,17	03:04:32,48	00:01:16,55	---	---
DNF	18	Smith, Paul	Drogheda Triathlon Club	00:46:03,72	00:02:43,26	---	---	---	---
DNF	67	Mc Vicker, Shane	Pulse Triathlon Club	00:44:28,40	00:04:42,92	03:34:52,79	00:02:57,81	---	---
<b>Status: Did Not Show Up</b>									
N/A	60	White, Michelle		---	---	---	---	---	---
N/A	31	Power, Brian	Pulse Triathlon Club	---	---	---	---	---	---
<b>Status: Regular</b>									
1.	45	Owens, Peadar	Athy Triathlon Club	00:04:20,22	00:02:23,10	00:00:42,03	00:07:55,64	00:05:59,61	00:21:20,62
2.	2	Killeen, Cormac	Athlone Triathlon Club	00:34:47,89	00:02:59,74	02:32:08,46	00:01:13,26	01:33:32,01	04:44:41,38
3.	51	Kelly, Gareth		00:36:06,31	00:02:06,78	02:40:57,60	00:01:27,00	01:36:11,88	04:56:49,59
4.	69	Tuckey, Niall	Mako Tri Club	00:35:53,24	00:01:34,79	02:42:25,73	00:01:04,22	01:38:58,52	04:59:56,52
5.	23	Keenan, Sean	Mako Tri Club	00:33:29,15	00:01:53,55	02:44:41,72	00:02:16,00	01:54:08,06	05:16:28,50
6.	56	Holohan, Martin	Athy Triathlon Club	00:07:27,13	00:03:25,08	00:03:39,45	03:02:50,16	01:30:16,87	05:16:38,70
7.	50	Gonda, Mike	Pulse Triathlon Club	00:39:22,21	00:03:45,55	02:55:22,28	00:02:17,59	01:48:21,50	05:19:09,15
8.	40	Sheehan, James	Nenagh Triathlon	00:41:41,21	00:04:03,79	02:53:15,01	00:02:20,32	01:48:21,80	05:29:42,15
9.	34	Nestor, Jonathan		00:31:55,32	00:01:24,84	02:47:01,49	00:02:36,30	02:12:07,77	05:35:05,73
10.	82	Gorry, Keith		00:52:15,95	00:02:20,61	02:58:42,03	00:01:01,54	01:42:19,62	05:36:39,77
11.	38	Walsh, Martin	Mako Tri Club	00:44:17,46	00:02:53,85	02:51:53,05	00:03:35,75	01:54:49,38	05:37:29,51
12.	71	Lundy, David	Newry Tir Club	00:36:35,52	00:02:38,15	02:53:05,52	00:01:59,68	02:12:12,38	05:46:31,27
13.	24	Tully, Jerome	Longford Triathlon Club	00:36:13,57	00:02:09,20	02:58:53,39	00:02:13,16	02:09:42,38	05:49:11,71
14.	15	Kane, Arnold	Athy Triathlon Club	00:36:02,40	00:02:06,04	03:03:02,56	00:02:37,05	02:06:59,46	05:50:47,54

## Celtic Warrior Day 2 Results (04/08/2018)



## 1 Day Half Warrior Results

Place	Bib	Name	Club	Swim	TR	Cycle	TR	Run	Total
15.	9	Dineen, Aidan	Athy Triathlon Club	00:43:09,93	00:04:11,10	03:12:18,89	00:02:26,42	01:49:10,37	05:51:16,72
16.	84	Mullhall, Kiaran		00:44:22,24	00:03:44,21	03:06:15,76	00:03:55,27	01:55:31,30	05:53:48,81
17.	68	Kelly, Jason	Tri Limits	00:40:00,41	00:04:11,64	03:02:53,66	00:02:11,59	02:06:12,27	05:55:29,59
18.	61	O'Brien, Keith	Liquid Motion Triathlon	00:46:48,66	00:02:49,05	03:10:05,89	00:03:03,83	01:52:42,52	05:55:29,98
19.	28	Nienhuis, Edwin	Mako Tri Club	00:47:48,43	00:02:46,22	03:08:23,83	00:01:00,00	01:57:16,58	05:57:15,08
20.	66	Hogan, Barry	MTC	00:43:03,43	00:03:38,42	03:16:39,79	00:02:20,97	01:55:17,62	06:01:00,25
21.	16	Walsh, Deirdre	Athy Triathlon Club	00:36:05,83	00:01:46,57	03:19:45,90	00:01:37,36	02:07:23,36	06:06:39,05
22.	81	Reynolds, Michelle		00:45:25,83	00:04:27,19	03:13:51,98	00:04:11,29	02:05:02,09	06:12:58,39
23.	70	Butler, Antoinette	MTC	00:36:31,95	00:02:31,07	03:16:52,64	00:01:43,87	02:22:48,55	06:20:28,09
24.	43	Wood, Keith	Belpark	00:46:00,08	00:05:17,81	03:29:58,28	00:05:33,60	01:55:00,04	06:21:49,82
25.	83	Crean, Fiona		00:39:00,12	00:03:32,30	03:12:19,55	00:02:40,14	02:27:56,62	06:25:28,74
26.	39	Sheehan, Yvonne	Nenagh Triathlon	00:46:22,57	00:03:56,91	03:25:07,50	00:02:20,17	02:10:10,87	06:27:58,03
27.	25	Campbell, Andrea	Mako Tri Club	00:40:28,30	00:01:58,17	03:23:10,18	00:03:16,92	02:20:58,25	06:29:51,84
28.	63	Dillon, Bernie	Athy Triathlon Club	00:44:20,86	00:04:58,47	03:27:02,28	00:01:28,69	02:16:24,94	06:34:15,26
29.	14	Timmins, Katie	Mako Tri Club	00:41:36,10	00:04:17,64	03:34:34,06	00:05:30,02	02:10:39,62	06:36:37,46
30.	33	Heaney, Dave	Athy Triathlon Club	00:38:17,29	00:02:48,60	03:24:23,75	00:01:53,72	02:29:25,99	06:36:49,38
31.	46	Kidney, Charley		00:51:50,38	00:03:02,20	03:23:05,22	00:01:05,32	02:18:33,13	06:37:36,27
32.	44	Mc Elhatton, Naomh	Tri Limits	00:45:50,44	00:02:52,08	03:29:16,43	00:02:18,74	02:31:05,04	06:51:22,75
33.	35	Troy, Catherine	Mako Tri Club	01:06:38,01	00:04:58,64	03:46:04,97	00:06:20,83	02:18:42,82	07:22:45,29
34.	7	Mc Ivor Henry, Nicola	Tri Limits	00:53:49,83	00:03:36,56	03:46:50,36	00:02:40,92	02:56:09,51	07:43:07,20
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