

Results are Provisional until confirmed, Full Results on www.coretiming.ie

Rank	Bib	Name	Last	Sex	Age Cat	Club	Run	Pos	T1	Cycle	Pos	Km/hr	T2	Run	Pos	Finish	Gap	Time
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Athy Duathlon NS 2019

1.	259	Daryl	Kearns	m	M35-39		00:09:22	4.	00:00:42	00:34:05	1.	42,2	00:00:38	00:09:56	5.	00:54:46	-	
2.	201	Marc	Flavin	m	M35-39	Tried & Tested TC	00:09:22	3.	00:00:30	00:34:33	2.	41,6	00:00:59	00:09:40	3.	00:55:05	+0:18	
3.	263	Emmet	Kelly	m	M35-39	Waterford Triathlon Club	00:09:25	6.	00:00:47	00:35:55	3.	40,0	00:00:36	00:09:40	2.	00:56:25	+1:38	
4.	390	Gerald	Troy	m	M40-44	Ennis TC	00:09:25	7.	00:00:46	00:36:18	7.	39,6	00:00:44	00:10:12	14.	00:57:26	+2:39	
5.	103	Enda	Bagnall	m	M40-44	Edenderry TC	00:09:43	12.	00:00:46	00:36:38	10.	39,2	00:00:39	00:09:59	6.	00:57:47	+3:00	
6.	274	Alan	Kenny	m	M35-39	3D TC	00:09:45	13.	00:00:40	00:36:26	8.	39,5	00:00:45	00:10:11	13.	00:57:49	+3:03	
7.	112	Brendan	Buck	m	M45-49	Wicklow TC	00:10:06	26.	00:00:33	00:35:56	4.	40,0	00:00:40	00:10:37	21.	00:57:53	+3:06	
8.	358	Shane	Power	m	M30-34	Tried & Tested TC	00:10:01	25.	00:00:38	00:35:58	5.	40,0	00:00:45	00:10:42	27.	00:58:06	+3:19	
9.	237	Gary	Higgins	m	M40-44	Tri Lakes Triathlon Club	00:09:19	1.	00:00:43	00:37:25	19.	38,4	00:00:48	00:10:15	16.	00:58:32	+3:45	
10.	117	Jonathan	Butler	m	M35-39	Pulse TC	00:09:24	5.	00:00:39	00:37:49	22.	38,0	00:00:40	00:10:27	19.	00:59:00	+4:14	
11.	131	Matthew	Carroll	m	M25-29	Hyper Speed Triathlon	00:09:53	16.	00:00:36	00:37:24	18.	38,4	00:00:36	00:10:37	23.	00:59:08	+4:22	
12.	396	John	Whelan	m	M35-39		00:09:21	2.	00:00:49	00:38:27	26.	37,4	00:00:43	00:09:54	4.	00:59:16	+4:30	
13.	308	Peter	Kern	m	M40-44	Athy Triathlon Club	00:09:55	18.	00:00:42	00:36:58	13.	38,9	00:01:01	00:10:50	33.	00:59:29	+4:42	
14.	278	Martin	Kirwan	m	M45-49		00:09:59	24.	00:01:03	00:37:03	15.	38,8	00:00:55	00:10:38	24.	00:59:41	+4:54	
15.	104	Micheal	Bailey	m	M35-39	Naas TC	00:10:22	36.	00:00:45	00:36:54	12.	39,0	00:00:49	00:10:54	35.	00:59:46	+4:59	
16.	346	John	O rourke	m	M35-39		00:10:34	42.	00:00:59	00:36:31	9.	39,4	00:01:01	00:10:50	32.	00:59:58	+5:11	
17.	102	Ernest	Asensio	m	M45-49	Tri an Mhi TC	00:10:21	35.	00:00:47	00:37:35	21.	38,3	00:01:08	00:10:08	9.	00:59:59	+5:12	
18.	370	Chris	Reilly	m	M35-39		00:10:21	34.	00:00:54	00:37:08	16.	38,7	00:00:42	00:11:06	42.	01:00:12	+5:25	
19.	179	Richard	Doyle	m	M40-44	Piranha TC	00:09:36	10.	00:00:33	00:38:58	35.	36,9	00:00:56	00:10:11	12.	01:00:15	+5:29	
20.	154	James	Cribbin	m	M45-49	Midland TC	00:10:46	48.	00:00:45	00:36:50	11.	39,0	00:00:42	00:11:17	46.	01:00:21	+5:34	
21.	382	Ciaran	Steed	m	M40-44		00:09:56	19.	00:00:44	00:38:49	31.	37,0	00:00:40	00:10:11	11.	01:00:22	+5:35	
22.	215	Alan	Galavan	m	M35-39	Carlow TC	00:10:27	39.	00:01:05	00:37:23	17.	38,5	00:00:52	00:10:45	28.	01:00:34	+5:47	
23.	287	Stephen	Loughnane	m	M35-39	Hyper Speed Triathlon	00:10:08	27.	00:00:49	00:38:01	23.	37,8	00:00:49	00:11:02	38.	01:00:51	+6:04	
24.	141	Conor	Coleman	m	M18-19		00:11:06	64.	00:00:44	00:36:07	6.	39,8	00:00:50	00:12:14	95.	01:01:03	+6:16	
25.	294	Paul	Magee	m	M35-39		00:09:28	8.	00:00:48	00:39:56	43.	36,0	00:00:51	00:10:03	8.	01:01:09	+6:22	
26.	387	Mark	Gater	m	M45-49	Tried & Tested TC	00:10:49	51.	00:01:07	00:37:01	14.	38,8	00:01:03	00:11:14	44.	01:01:16	+6:30	
27.	155	Gary	Crossan	m	M45-49		00:09:29	9.	00:00:43	00:40:31	52.	35,5	00:00:35	00:10:09	10.	01:01:29	+6:42	
28.	177	Mark	Dowling	m	M35-39	Naas TC	00:09:58	22.	00:00:46	00:39:41	40.	36,2	00:00:46	00:10:21	17.	01:01:34	+6:47	



Rank	Bib	Name	Last	Sex	Age Cat	Club	Run	Pos	T1	Cycle	Pos	Km/hr	T2	Run	Pos	Finish	Gap Time
29.	149	Trevor	Corcoran	m	M35-39	Carlow TC	00:10:08	28.	00:00:52	00:39:11	36.	36,7	00:00:46	00:10:51	34.	01:01:51	+7:04
30.	231	Anthony	Harpur	m	M40-44	Wexford TC	00:10:41	45.	00:01:14	00:37:34	20.	38,3	00:00:59	00:11:24	49.	01:01:54	+7:07
31.	101	Sean	Allis	m	M45-49	West Cork TC	00:10:50	53.	00:00:57	00:38:34	28.	37,3	00:00:54	00:10:36	20.	01:01:55	+7:08
32.	318	Matthew	Molloy	m	M45-49	Virginia Triathlon and	00:10:46	49.	00:00:36	00:38:29	27.	37,4	00:00:43	00:11:23	48.	01:01:58	+7:12
33.	363	Adriele	PRINA-MELL	m	M45-49	Belpark TC	00:10:47	50.	00:01:01	00:38:19	25.	37,5	00:00:48	00:11:02	39.	01:01:59	+7:12
34.	333	Val	Murray	m	M45-49	Edenderry TC	00:11:07	66.	00:00:43	00:38:04	24.	37,8	00:00:48	00:11:46	71.	01:02:30	+7:44
35.	399	Ciara	Wilson	f	F25-29		00:09:57	21.	00:00:34	00:41:08	63.	35,0	00:00:41	00:10:23	18.	01:02:45	+7:58
36.	152	Sam	Cordner	m	M50-54	Lisburn TC	00:10:33	40.	00:01:11	00:38:54	34.	37,0	00:01:01	00:11:14	45.	01:02:56	+8:09
37.	172	Graham	Dillon	m	M30-34	TriTanium Triathlon Club	00:10:09	29.	00:00:49	00:40:36	54.	35,4	00:00:46	00:10:40	26.	01:03:03	+8:16
38.	125	Paul	Callanan	m	M35-39	Belpark TC	00:10:14	31.	00:00:55	00:40:01	44.	35,9	00:00:56	00:11:01	37.	01:03:08	+8:22
39.	188	Barbara	Dunne	f	F30-34		00:10:14	32.	00:00:47	00:40:15	47.	35,7	00:00:48	00:11:03	40.	01:03:09	+8:23
40.	393	John	Wallnutt	m	M55-59	Portmarnock TC	00:11:26	87.	00:00:42	00:38:50	32.	37,0	00:00:45	00:11:35	57.	01:03:20	+8:33
41.	159	Brian	Cunningham	m	M55-59		00:10:52	54.	00:01:21	00:38:45	29.	37,1	00:01:07	00:11:21	47.	01:03:27	+8:41
42.	266	Cormac	Kelly	m	M20-24	Carlow TC	00:09:50	14.	00:00:37	00:42:10	78.	34,1	00:00:39	00:10:12	15.	01:03:30	+8:44
43.	110	Jeffrey	Brophy	m	M30-34	Carrick-on-Suir TC	00:10:34	41.	00:00:50	00:40:28	51.	35,5	00:00:51	00:10:49	30.	01:03:34	+8:48
44.	359	Kevin	Power-Kelly	m	M20-24		00:09:58	23.	00:00:36	00:41:50	72.	34,4	00:00:35	00:10:37	22.	01:03:38	+8:51
45.	299	Olivia	Mc Cartin	f	F40-44	Athlone TC	00:10:39	44.	00:00:48	00:40:17	49.	35,7	00:00:47	00:11:05	41.	01:03:38	+8:52
46.	267	Robert	Kelly	m	M45-49		00:11:10	70.	00:01:05	00:38:51	33.	37,0	00:00:46	00:11:56	82.	01:03:50	+9:03
47.	398	Robert	Whyte	m	M50-54		00:11:02	59.	00:00:49	00:39:32	38.	36,4	00:00:51	00:11:43	66.	01:04:00	+9:13
48.	221	Pauric	Gollogly	m	M35-39	Cobh TC	00:09:57	20.	00:01:07	00:42:12	80.	34,1	00:00:57	00:10:02	7.	01:04:17	+9:30
49.	250	Brian	Jacob	m	M35-39		00:10:50	52.	00:00:48	00:40:54	57.	35,1	00:00:43	00:11:09	43.	01:04:27	+9:40
50.	293	Michael	Macken	m	M55-59	Athlone TC	00:11:10	71.	00:00:56	00:39:44	41.	36,2	00:00:52	00:11:50	74.	01:04:34	+9:47
51.	288	Alan	Ludlow	m	M40-44	Tri an Mhi TC	00:11:17	80.	00:00:36	00:39:38	39.	36,3	00:00:45	00:12:22	105.	01:04:40	+9:54
52.	168	Brian	Devitt	m	M30-34		00:10:42	46.	00:00:37	00:41:21	66.	34,8	00:00:36	00:11:25	52.	01:04:44	+9:58
53.	386	Fergus	Crilly	m	M20-24		00:09:42	11.	00:00:40	00:42:07	77.	34,1	00:00:49	00:11:31	56.	01:04:51	+10:04
54.	353	Jennifer	O'Sullivan	f	F25-29	Belpark TC	00:10:44	47.	00:00:56	00:40:54	58.	35,1	00:00:42	00:11:38	61.	01:04:56	+10:10
55.	230	Mark	Harpur	m	M40-44	Tullamore TC	00:11:07	65.	00:01:06	00:40:05	45.	35,9	00:00:52	00:11:46	70.	01:04:58	+10:11
56.	314	Derek	Middleton	m	M35-39		00:10:22	37.	00:00:51	00:42:12	79.	34,1	00:00:43	00:10:50	31.	01:05:00	+10:13
57.	309	Seamus	McGarrell	m	M30-34		00:11:04	60.	00:00:41	00:41:03	60.	35,0	00:00:44	00:11:30	55.	01:05:05	+10:19
58.	276	Cormac	Killeen	m	M45-49	Athlone TC	00:11:27	88.	00:01:01	00:39:12	37.	36,7	00:01:04	00:12:21	104.	01:05:07	+10:20
59.	335	Jonathan	Nangle	m	M20-24	Tri an Mhi TC	00:09:54	17.	00:00:42	00:42:57	88.	33,5	00:00:36	00:10:56	36.	01:05:07	+10:21
60.	252	John	Joyce	m	M55-59	Athlone TC	00:11:09	69.	00:00:47	00:40:27	50.	35,5	00:00:47	00:11:58	86.	01:05:11	+10:24
61.	283	Thomas	Lawlor	m	M35-39	Carlow TC	00:11:16	78.	00:01:03	00:40:43	55.	35,3	00:01:00	00:11:43	65.	01:05:47	+11:00



Rank	Bib	Name	Last	Sex	Age Cat	Club	Run	Pos	T1	Cycle	Pos	Km/hr	T2	Run	Pos	Finish	Gap Time
62.	264	Dympna	Kelly	f	F40-44	Lough Key TC	00:11:34	93.	00:00:45	00:40:35	53.	35,4	00:00:47	00:12:10	92.	01:05:53	+11:07
63.	348	David	O'Brien	m	M45-49	Pulse TC	00:12:18	126.	00:00:59	00:38:48	30.	37,1	00:01:08	00:12:44	128.	01:05:59	+11:13
64.	109	Valentine	Brooks	m	M40-44	Kilkenny Triathlon Club	00:11:18	82.	00:01:02	00:40:48	56.	35,2	00:00:54	00:11:58	85.	01:06:02	+11:16
65.	226	Jim	Hally	m	M50-54		00:11:12	74.	00:01:29	00:40:07	46.	35,8	00:01:31	00:11:45	68.	01:06:06	+11:19
66.	360	Gerard	Prendergast	m	M35-39		00:11:28	89.	00:00:49	00:41:03	59.	35,0	00:00:50	00:11:56	80.	01:06:08	+11:21
67.	347	Sinnead	Oakes	f	F40-44	Tri Lakes Triathlon Club	00:11:45	103.	00:01:05	00:39:45	42.	36,2	00:01:01	00:12:32	117.	01:06:10	+11:24
68.	233	Alan	Heade	m	M50-54	Belpark TC	00:11:01	58.	00:00:45	00:41:04	61.	35,0	00:01:08	00:12:25	108.	01:06:25	+11:39
69.	273	Conor	Kenny	m	M20-24	Hyper Speed Triathlon	00:09:52	15.	00:00:39	00:44:29	109.	32,3	00:00:49	00:10:39	25.	01:06:30	+11:43
70.	349	Jim	O'brien	m	M45-49		00:11:48	106.	00:00:56	00:40:15	48.	35,7	00:00:56	00:12:33	119.	01:06:31	+11:45
71.	193	Lukas	Erbs	m	M30-34	Clonmel TC	00:11:04	61.	00:01:13	00:41:18	65.	34,8	00:01:23	00:11:44	67.	01:06:45	+11:58
72.	181	Michelle	Doyle	f	F40-44	Naas TC	00:12:01	112.	00:00:45	00:41:05	62.	35,0	00:00:55	00:12:15	97.	01:07:03	+12:16
73.	298	Fiona	Mangan	f	F20-24		00:11:18	81.	00:00:50	00:41:49	70.	34,4	00:01:18	00:11:52	75.	01:07:07	+12:21
74.	106	Emma	Boyle	f	F16-17	Predator Triathlon Club	00:11:05	62.	00:00:44	00:42:43	86.	33,7	00:00:53	00:11:41	64.	01:07:08	+12:21
75.	356	Julien	Pastel	m	M30-34	Kinsale TC	00:10:13	30.	00:01:13	00:43:47	98.	32,8	00:01:09	00:10:46	29.	01:07:10	+12:23
76.	281	Ross	Lacey	m	M30-34		00:11:33	92.	00:01:01	00:41:16	64.	34,8	00:00:59	00:12:19	101.	01:07:10	+12:23
77.	372	John joe	Rogers	m	M60		00:11:01	57.	00:01:32	00:42:15	81.	34,0	00:00:59	00:11:24	51.	01:07:12	+12:26
78.	334	Siobhan	Murtagh	f	F40-44	Lough Key TC	00:11:15	77.	00:01:07	00:41:59	76.	34,2	00:01:16	00:11:53	76.	01:07:30	+12:43
79.	146	Gary	Condell	m	M25-29	Trilogy Triathlon Club	00:11:12	75.	00:00:51	00:42:57	89.	33,5	00:00:50	00:11:38	60.	01:07:30	+12:43
80.	275	David	Kidd	m	M35-39	Carlow TC	00:11:09	68.	00:00:52	00:42:48	87.	33,6	00:00:56	00:11:55	79.	01:07:42	+12:55
81.	190	Stuart	Dwyer	m	M30-34	Wicklow TC	00:11:55	109.	00:00:46	00:41:51	73.	34,3	00:00:54	00:12:17	99.	01:07:46	+12:59
82.	196	Mark	Featherstone	m	M50-54	Athlone TC	00:11:43	100.	00:01:18	00:41:41	69.	34,5	00:01:14	00:11:56	81.	01:07:54	+13:07
83.	378	Gary	Smith	m	M35-39	Pulse TC	00:10:56	55.	00:01:20	00:42:24	84.	33,9	00:01:47	00:11:26	53.	01:07:55	+13:08
84.	285	Luciano	Licciardello	m	M40-44	Naas TC	00:10:26	38.	00:00:52	00:43:56	101.	32,7	00:01:19	00:11:38	59.	01:08:14	+13:27
85.	268	Grainne	Kelly	f	F30-34		00:12:20	129.	00:00:46	00:41:39	68.	34,5	00:00:58	00:12:34	121.	01:08:19	+13:32
86.	124	Jeremiah	Callanan	m	M30-34	Kinsale TC	00:11:13	76.	00:01:01	00:43:19	92.	33,2	00:00:47	00:12:00	89.	01:08:23	+13:36
87.	270	Siobhan	Kennedy	f	F55-59		00:11:44	101.	00:01:34	00:41:49	71.	34,4	00:01:07	00:12:18	100.	01:08:34	+13:47
88.	368	Andres	Reid	m	M45-49		00:11:06	63.	00:00:59	00:44:09	106.	32,6	00:00:56	00:11:39	62.	01:08:51	+14:04
89.	289	Claire	Ludlow	f	F40-44	Tri an Mhi TC	00:12:14	121.	00:00:59	00:41:57	74.	34,3	00:01:02	00:12:40	126.	01:08:53	+14:07
90.	395	Koe	Whelan	m	M50-54	Trilogy Triathlon Club	00:11:45	102.	00:00:43	00:43:21	93.	33,2	00:00:45	00:12:29	112.	01:09:04	+14:17
91.	379	PJ	Smullen	m	M45-49	Naas TC	00:12:16	123.	00:00:55	00:41:33	67.	34,6	00:00:59	00:13:43	163.	01:09:28	+14:41
92.	202	Paul	Flood	m	M35-39	Kilkenny Triathlon Club	00:11:36	96.	00:01:06	00:43:59	103.	32,7	00:00:53	00:12:12	93.	01:09:48	+15:02
93.	284	Neal	Leddy	m	M40-44	3D TC	00:11:16	79.	00:01:01	00:44:05	104.	32,6	00:01:34	00:11:58	84.	01:09:56	+15:10
94.	234	Paul	Heavey	m	M40-44	Athlone TC	00:11:21	84.	00:01:11	00:43:36	96.	33,0	00:01:02	00:12:56	136.	01:10:07	+15:20

Rank	Bib	Name	Last	Sex	Age Cat	Club	Run	Pos	T1	Cycle	Pos	Km/hr	T2	Run	Pos	Finish	Gap Time
95.	291	Gerald	Lynch	m	M35-39	Athlone TC	00:11:38	97.	00:00:55	00:44:06	105.	32,6	00:01:15	00:12:19	102.	01:10:16	+15:29
96.	297	Donna	Mahon	f	F45-49	Belpark TC	00:11:09	67.	00:01:12	00:45:11	112.	31,8	00:01:02	00:11:50	73.	01:10:25	+15:39
97.	246	Declan	Hughes	m	M45-49	Portmarnock TC	00:11:11	73.	00:01:03	00:45:58	118.	31,3	00:00:49	00:11:30	54.	01:10:33	+15:46
98.	315	Richard	Mills	m	M40-44	Pulse TC	00:12:12	119.	00:01:17	00:43:35	95.	33,0	00:01:32	00:11:59	87.	01:10:36	+15:50
99.	118	Joanna	Butler	f	F35-39	Pulse TC	00:12:45	144.	00:00:59	00:43:01	90.	33,4	00:00:53	00:13:01	139.	01:10:40	+15:54
100.	217	Patrick	Gallagher	m	M35-39	Crosshaven Triathlon Club	00:11:23	86.	00:01:01	00:45:15	113.	31,8	00:00:58	00:12:02	91.	01:10:41	+15:54
101.	377	Marie	Slattery	f	F40-44	Kilkenny Triathlon Club	00:12:28	135.	00:00:48	00:43:51	100.	32,8	00:00:59	00:12:34	122.	01:10:43	+15:56
102.	145	Ian	Comerford	m	M30-34		00:10:38	43.	00:00:51	00:46:44	128.	30,8	00:00:51	00:11:45	69.	01:10:52	+16:05
103.	212	Helen	French	f	F45-49	Belpark TC	00:12:39	142.	00:00:45	00:43:47	99.	32,8	00:01:01	00:12:39	125.	01:10:53	+16:07
104.	364	Siobhan	Quain	f	F35-39	Pulse TC	00:13:06	162.	00:01:10	00:42:20	83.	34,0	00:00:43	00:13:34	158.	01:10:55	+16:08
105.	392	Adam	Urwin	m	M40-44	Edenderry TC	00:11:35	95.	00:01:36	00:43:42	97.	32,9	00:01:16	00:12:52	133.	01:11:03	+16:17
106.	265	Jackie	Kelly	f	F40-44	Athlone TC	00:11:35	94.	00:00:50	00:45:52	117.	31,3	00:00:58	00:11:53	77.	01:11:10	+16:23
107.	227	John	Halpin	m	M45-49	Athlone TC	00:12:19	128.	00:01:16	00:42:28	85.	33,9	00:01:14	00:14:44	190.	01:12:03	+17:16
108.	324	Claire	Moriarty	f	F30-34	Killarney TC	00:11:32	91.	00:00:39	00:47:00	132.	30,6	00:00:37	00:12:14	94.	01:12:03	+17:17
109.	345	Sean	O Mahony	m	M35-39	Carrick-on-Suir TC	00:13:12	168.	00:01:21	00:42:17	82.	34,0	00:01:11	00:14:05	175.	01:12:09	+17:22
110.	105	Thomas	Bowden	m	M40-44		00:11:22	85.	00:00:54	00:46:48	130.	30,7	00:00:47	00:12:31	116.	01:12:23	+17:37
111.	383	Billy	Stevenson	m	M40-44		00:12:12	120.	00:01:20	00:45:43	116.	31,4	00:01:12	00:11:54	78.	01:12:23	+17:37
112.	365	Jill	Reddy	f	F30-34	Belpark TC	00:12:23	134.	00:01:34	00:43:57	102.	32,7	00:01:03	00:13:28	151.	01:12:26	+17:40
113.	192	Nicholas	Eldridge	m	M40-44		00:13:04	160.	00:01:23	00:43:22	94.	33,2	00:00:59	00:13:54	170.	01:12:45	+17:58
114.	134	Phil	Clarke	m	M35-39	Portmarnock TC	00:12:49	146.	00:01:11	00:44:54	111.	32,0	00:01:16	00:12:54	134.	01:13:05	+18:19
115.	222	John	Goodall	m	M35-39	Pulse TC	00:13:21	176.	00:00:57	00:44:25	108.	32,4	00:00:48	00:13:39	161.	01:13:12	+18:25
116.	138	Ross	Clery	m	M35-39	Carrick-on-Suir TC	00:12:10	117.	00:01:11	00:46:19	123.	31,0	00:01:02	00:12:31	114.	01:13:14	+18:27
117.	133	Oisin	Cawley	m	M50-54	Carlow TC	00:11:49	107.	00:01:00	00:47:26	135.	30,3	00:01:10	00:12:00	88.	01:13:26	+18:39
118.	164	Daniel	Deane	m	M20-24		00:11:00	56.	00:00:39	00:48:37	147.	29,6	00:00:40	00:12:31	115.	01:13:30	+18:43
119.	380	Frank	Smyth	m	M40-44		00:11:21	83.	00:01:38	00:46:34	127.	30,9	00:01:40	00:12:17	98.	01:13:31	+18:44
120.	108	Noel	Brannigan	m	M45-49		00:13:20	175.	00:01:58	00:41:58	75.	34,3	00:02:13	00:14:03	173.	01:13:33	+18:46
121.	107	Derek	Bracken	m	M35-39		00:10:15	33.	00:01:08	00:49:53	158.	28,8	00:01:03	00:11:24	50.	01:13:45	+18:58
122.	258	Colm	Kavanagh	m	M45-49	Midland TC	00:11:29	90.	00:01:13	00:48:08	143.	29,9	00:01:26	00:12:01	90.	01:14:19	+19:33
123.	130	Deborah	Carr	f	F45-49	Pulse TC	00:13:07	163.	00:01:02	00:46:21	124.	31,0	00:01:00	00:13:07	143.	01:14:39	+19:53
124.	206	Mick	Foley	m	M45-49	Racing 795 TC	00:14:30	203.	00:01:02	00:43:06	91.	33,4	00:01:00	00:15:04	197.	01:14:44	+19:57
125.	354	John	O'toole	m	M45-49	Carlow TC	00:13:04	158.	00:01:26	00:46:28	126.	30,9	00:01:01	00:12:48	129.	01:14:49	+20:02
126.	292	Benvon	Lyons	f	F40-44		00:11:46	104.	00:00:59	00:49:12	155.	29,2	00:01:03	00:11:47	72.	01:14:50	+20:03
127.	319	Geneviev	Molloy	f	F40-44	Virginia Triathlon and	00:14:00	190.	00:01:01	00:44:17	107.	32,5	00:01:04	00:14:29	187.	01:14:54	+20:07



Rank	Bib	Name	Last	Sex	Age Cat	Club	Run	Pos	T1	Cycle	Pos	Km/hr	T2	Run	Pos	Finish	Gap Time
128.	400	Simon	Xuereb	m	M35-39		00:12:00	110.	00:01:04	00:47:47	137.	30,1	00:00:58	00:13:07	142.	01:14:58	+20:12
129.	350	Cormac	O'Donovan	m	M50-54	Naas TC	00:11:41	99.	00:01:20	00:47:28	136.	30,3	00:01:18	00:13:12	144.	01:15:00	+20:14
130.	160	Niamh	Curran	f	F20-24		00:12:03	113.	00:01:06	00:48:04	141.	29,9	00:01:35	00:12:49	130.	01:15:37	+20:51
131.	397	Sarah	White	f	F45-49		00:12:23	133.	00:01:07	00:48:44	148.	29,5	00:01:01	00:12:34	120.	01:15:50	+21:04
132.	156	Gary	Crowley	m	M20-24		00:13:04	159.	00:01:19	00:44:49	110.	32,1	00:01:35	00:15:04	198.	01:15:54	+21:07
133.	189	Bill	Dunne	m	M35-39	Carlow TC	00:12:21	130.	00:00:52	00:48:56	151.	29,4	00:00:59	00:12:51	132.	01:16:01	+21:14
134.	243	Sean	Horgan	m	M50-54		00:13:01	153.	00:01:11	00:46:16	122.	31,1	00:01:04	00:14:45	191.	01:16:18	+21:31
135.	144	Niall	Comerford	m	M50-54	Edenderry TC	00:11:54	108.	00:01:15	00:46:25	125.	31,0	00:03:23	00:13:23	150.	01:16:21	+21:35
136.	340	Peter	O'Brien	m	M35-39		00:12:36	140.	00:01:44	00:46:46	129.	30,7	00:01:06	00:14:10	177.	01:16:24	+21:37
137.	162	Neil	Davis	m	M35-39		00:12:29	136.	00:01:09	00:49:06	153.	29,3	00:01:02	00:12:51	131.	01:16:39	+21:52
138.	376	Bernie	Shanahan	f	F35-39		00:12:29	137.	00:01:55	00:47:51	138.	30,0	00:01:48	00:12:38	124.	01:16:43	+21:56
139.	183	Paddy	Doyle	m	M40-44	Carlow TC	00:12:19	127.	00:01:00	00:50:34	164.	28,4	00:00:47	00:12:22	106.	01:17:05	+22:18
140.	272	Padraig	Kenny	m	M45-49		00:13:07	164.	00:01:32	00:45:26	114.	31,6	00:02:20	00:14:48	192.	01:17:15	+22:28
141.	323	Gary	Moralee	m	M60	Pulse TC	00:13:34	180.	00:00:51	00:47:58	140.	30,0	00:01:02	00:13:51	167.	01:17:18	+22:31
142.	357	Gary	Powell	m	M35-39	Carlow TC	00:12:17	124.	00:01:36	00:48:57	152.	29,4	00:02:00	00:12:32	118.	01:17:25	+22:38
143.	122	Niall	Byrne	m	M50-54	Pulse TC	00:13:58	188.	00:01:39	00:45:58	119.	31,3	00:01:31	00:14:18	181.	01:17:26	+22:40
144.	128	David	Carolan	m	M40-44		00:12:21	131.	00:01:15	00:48:25	146.	29,7	00:00:59	00:14:27	186.	01:17:30	+22:43
145.	290	Jack	Lupton	m	M16-17		00:13:02	154.	00:01:25	00:47:06	134.	30,5	00:01:15	00:14:48	193.	01:17:37	+22:51
146.	254	Robert	Kane	m	M30-34	Portmarnock TC	00:12:34	138.	00:01:43	00:48:45	149.	29,5	00:01:03	00:13:32	155.	01:17:40	+22:53
147.	312	Ruth	Mckee	f	F55-59		00:13:13	169.	00:01:32	00:48:13	144.	29,8	00:01:11	00:13:33	156.	01:17:44	+22:57
148.	331	Bart	Murphy	m	M45-49	Carlow TC	00:12:35	139.	00:01:15	00:50:19	161.	28,6	00:01:06	00:12:30	113.	01:17:46	+23:00
149.	157	Gerard	Cuddihy	m	M50-54	Carlow TC	00:12:04	114.	00:01:03	00:52:20	186.	27,5	00:00:45	00:11:40	63.	01:17:54	+23:08
150.	163	Brian	Day	m	M40-44		00:13:06	161.	00:01:53	00:47:01	133.	30,6	00:01:34	00:14:19	182.	01:17:55	+23:09
151.	344	Eoin	Ó Luasaigh	m	M35-39		00:12:37	141.	00:01:36	00:50:23	162.	28,5	00:01:02	00:12:35	123.	01:18:14	+23:28
152.	328	Stephen	Murphy	m	M50-54	Carlow TC	00:12:15	122.	00:01:03	00:51:35	172.	27,9	00:01:05	00:12:20	103.	01:18:20	+23:34
153.	77	Máire	Diggin	f	F45-49	Pulse TC	00:13:08	165.	00:00:44	00:50:26	163.	28,5	00:00:42	00:13:20	147.	01:18:22	+23:36
154.	200	Stephen	Finn	m	M35-39	Kilkenny Triathlon Club	00:13:14	171.	00:01:05	00:49:08	154.	29,3	00:01:05	00:13:53	168.	01:18:27	+23:40
155.	209	John	Foley	m	M35-39		00:13:03	157.	00:01:11	00:49:32	156.	29,0	00:00:43	00:13:59	172.	01:18:30	+23:44
156.	256	Karen	Kavanagh	f	F35-39	Carlow TC	00:12:22	132.	00:01:09	00:51:47	179.	27,8	00:01:01	00:12:23	107.	01:18:43	+23:57
157.	325	Colin	Morrell	f	F25-29		00:12:49	147.	00:00:52	00:50:53	167.	28,2	00:01:05	00:13:23	148.	01:19:04	+24:17
158.	158	Adrian	Cunningham	m	M40-44	Kilkenny Triathlon Club	00:11:11	72.	00:00:44	00:54:45	206.	26,2	00:00:49	00:11:37	58.	01:19:07	+24:21
159.	174	David	Dolan	m	M45-49	Athlone TC	00:13:26	177.	00:01:41	00:48:05	142.	29,9	00:02:37	00:13:30	152.	01:19:21	+24:34
160.	78	Anne	Morrissey	f	F55-59		00:13:31	178.	00:01:27	00:48:47	150.	29,5	00:01:14	00:14:22	185.	01:19:24	+24:37



Rank	Bib	Name	Last	Sex	Age Cat	Club	Run	Pos	T1	Cycle	Pos	Km/hr	T2	Run	Pos	Finish	Gap Time
161.	219	Sean	Garry	m	M30-34	Galway TC	00:12:01	111.	00:00:54	00:54:15	202.	26,5	00:00:39	00:11:57	83.	01:19:48	+25:01
162.	282	Gerry	Lattimore	m	M45-49	Tried & Tested TC	00:14:05	193.	00:01:35	00:46:10	120.	31,1	00:01:35	00:16:21	224.	01:19:49	+25:02
163.	113	Mike	Burke	m	M60	Pulse TC	00:15:33	229.	00:01:34	00:45:33	115.	31,6	00:01:20	00:15:51	220.	01:19:52	+25:05
164.	132	Lisa	Cassidy	f	F30-34		00:14:38	209.	00:01:05	00:46:55	131.	30,6	00:01:14	00:16:26	226.	01:20:20	+25:34
165.	186	Suzanne	Dunne	f	F50-54	Carlow TC	00:13:13	170.	00:01:25	00:51:10	169.	28,1	00:01:18	00:13:15	145.	01:20:24	+25:37
166.	176	Eddie	Dooley	m	M45-49	Carlow TC	00:13:15	172.	00:01:17	00:52:04	183.	27,6	00:00:43	00:13:23	149.	01:20:43	+25:56
167.	367	Visi	Reeves	f	F45-49	Virginia Triathlon and	00:15:21	222.	00:01:10	00:46:11	121.	31,1	00:01:19	00:16:40	230.	01:20:43	+25:57
168.	119	Mary	Byrne	f	F60-64	Newry Triathlon Club	00:13:18	174.	00:01:04	00:51:46	178.	27,8	00:01:05	00:13:35	159.	01:20:49	+26:03
169.	116	Dara	Burke	m	M40-44	Pulse TC	00:13:52	186.	00:01:24	00:50:09	159.	28,7	00:01:46	00:13:40	162.	01:20:53	+26:07
170.	175	Liam	Donoghue	m	M35-39		00:13:02	155.	00:01:26	00:50:51	166.	28,3	00:01:43	00:13:55	171.	01:21:00	+26:13
171.	151	Diane	Cordner	f	F50-54	Lisburn TC	00:13:12	167.	00:01:06	00:51:47	180.	27,7	00:01:08	00:13:46	164.	01:21:01	+26:14
172.	342	Peter	O Dwyer	m	M30-34		00:13:56	187.	00:01:49	00:49:37	157.	29,0	00:01:00	00:14:52	195.	01:21:16	+26:30
173.	257	Mary	Kavanagh	f	F45-49	Athy Triathlon Club	00:12:48	145.	00:00:46	00:52:30	187.	27,4	00:01:12	00:14:06	176.	01:21:24	+26:37
174.	213	Eve	Furlong	f	F16-17		00:11:47	105.	00:01:12	00:55:28	211.	25,9	00:00:48	00:12:28	111.	01:21:44	+26:57
175.	306	Alexande	Mcdonald	m	M16-17	Athy Triathlon Club	00:14:41	210.	00:01:00	00:51:36	173.	27,9	00:01:00	00:13:38	160.	01:21:57	+27:10
176.	247	Laura	Hyland	f	F30-34		00:12:41	143.	00:01:10	00:55:11	209.	26,0	00:00:43	00:12:27	110.	01:22:15	+27:28
177.	245	Nicholas	Hudson	m	M40-44		00:14:17	197.	00:02:21	00:47:54	139.	30,0	00:02:20	00:15:25	211.	01:22:18	+27:31
178.	225	Lynette	Greene	f	F40-44	Athlone TC	00:14:37	208.	00:01:12	00:50:18	160.	28,6	00:01:06	00:15:05	199.	01:22:20	+27:33
179.	76	Roisin	McElligott	f	F16-17	Pulse TC	00:12:11	118.	00:00:50	00:55:49	212.	25,7	00:00:44	00:12:54	135.	01:22:29	+27:42
180.	143	Ian	Comerford	m	M50-54	Kilkenny Triathlon Club	00:13:44	182.	00:01:40	00:51:31	170.	27,9	00:01:22	00:14:18	180.	01:22:36	+27:49
181.	248	Andrew	Hynes	m	M20-24		00:12:51	150.	00:02:17	00:52:44	191.	27,3	00:01:43	00:13:06	141.	01:22:42	+27:56
182.	251	Katie	Jacob	f	F30-34		00:14:13	194.	00:00:57	00:52:09	185.	27,6	00:01:04	00:14:20	183.	01:22:46	+27:59
183.	191	Anna	Edgeworth	f	F35-39		00:12:51	151.	00:01:22	00:54:11	200.	26,5	00:01:00	00:13:20	146.	01:22:46	+28:00
184.	381	Michael	Snoddy	m	M30-34	Carlow TC	00:13:46	183.	00:01:28	00:52:44	190.	27,3	00:01:01	00:13:47	165.	01:22:47	+28:01
185.	150	Alan	Cord	m	M45-49		00:13:10	166.	00:01:42	00:53:50	196.	26,7	00:00:57	00:13:33	157.	01:23:14	+28:28
186.	253	Des	Joyce	m	M40-44	Carlow TC	00:13:15	173.	00:01:17	00:52:37	188.	27,3	00:01:07	00:15:09	202.	01:23:26	+28:40
187.	375	Seamus	Rowan	m	M45-49		00:14:16	196.	00:01:09	00:51:37	174.	27,8	00:00:49	00:15:35	214.	01:23:29	+28:42
188.	271	Jennifer	Kennedy	f	F30-34	Cork TC	00:12:50	148.	00:01:17	00:54:37	205.	26,3	00:00:54	00:13:53	169.	01:23:33	+28:47
189.	374	Yvonne	Rouse	f	F30-34		00:13:51	184.	00:00:46	00:53:08	193.	27,0	00:00:41	00:15:09	203.	01:23:36	+28:50
190.	322	Elaine	Moore	f	F45-49	Trilogy Triathlon Club	00:15:42	231.	00:01:20	00:48:15	145.	29,8	00:01:30	00:16:48	233.	01:23:37	+28:51
191.	140	Ann	Coburn	f	F35-39	Carlow TC	00:14:51	213.	00:01:05	00:52:37	189.	27,3	00:00:56	00:14:22	184.	01:23:53	+29:06
192.	199	Alma	Fingleton	f	F45-49		00:12:08	116.	00:01:06	00:57:06	221.	25,2	00:00:47	00:12:56	138.	01:24:05	+29:18
193.	238	Gary	Higgins	m	M40-44		00:13:03	156.	00:01:22	00:54:01	198.	26,6	00:01:36	00:14:05	174.	01:24:09	+29:22



Rank	Bib	Name	Last	Sex	Age Cat	Club	Run	Pos	T1	Cycle	Pos	Km/hr	T2	Run	Pos	Finish	Gap Time
194.	166	Keith	Dempsey	m	M30-34		00:14:19	200.	00:01:15	00:51:52	181.	27,7	00:01:14	00:15:28	212.	01:24:10	+29:24
195.	210	Fionn	Fortune	m	M20-24		00:11:40	98.	00:00:56	00:58:33	229.	24,5	00:00:52	00:12:15	96.	01:24:17	+29:31
196.	137	Padraig	Cleary	m	M45-49	Carlow TC	00:14:18	199.	00:01:53	00:50:57	168.	28,2	00:01:51	00:15:19	207.	01:24:20	+29:33
197.	337	Riona	Ni	f	F35-39	Carlow TC	00:12:17	125.	00:01:59	00:56:36	220.	25,4	00:01:22	00:12:25	109.	01:24:41	+29:55
198.	224	Darren	Grace	m	M30-34		00:14:35	206.	00:01:35	00:51:38	175.	27,8	00:01:29	00:15:24	210.	01:24:44	+29:57
199.	115	Sandra	Burke	f	F40-44	Kildare Town Running & Tri	00:15:25	223.	00:00:49	00:52:06	184.	27,6	00:00:44	00:15:42	217.	01:24:47	+30:00
200.	369	Brett	Reid	m	M60	Drogheda TC	00:15:31	228.	00:01:39	00:51:57	182.	27,7	00:01:26	00:14:15	179.	01:24:51	+30:05
201.	203	Diarmaid	Flynn	m	M45-49	Athy Triathlon Club	00:14:18	198.	00:01:10	00:52:51	192.	27,2	00:01:14	00:15:20	208.	01:24:53	+30:07
202.	126	Jason	Carolan	m	M30-34		00:14:15	195.	00:01:04	00:54:57	208.	26,2	00:00:57	00:13:47	166.	01:25:03	+30:16
203.	153	Liam	Coyne	m	M25-29	Pulse TC	00:14:03	191.	00:01:10	00:56:17	216.	25,5	00:01:22	00:12:40	127.	01:25:35	+30:48
204.	329	PHIL	Murphy	f	F50-54	Carlow TC	00:15:10	216.	00:02:37	00:51:40	176.	27,8	00:01:38	00:14:31	188.	01:25:38	+30:51
205.	139	E	Clonan	m	M55-59		00:15:27	225.	00:01:30	00:51:42	177.	27,8	00:02:11	00:15:23	209.	01:26:14	+31:28
206.	327	Edel	Murphy	f	F35-39	Carlow TC	00:14:50	212.	00:01:07	00:54:19	204.	26,5	00:00:50	00:15:14	205.	01:26:22	+31:35
207.	205	Trish	Fogarty	f	F35-39		00:12:53	152.	00:01:13	00:58:41	231.	24,5	00:00:52	00:12:56	137.	01:26:37	+31:50
208.	111	Stephen	Bryan	m	M30-34		00:14:04	192.	00:01:27	00:54:03	199.	26,6	00:02:03	00:15:06	201.	01:26:45	+31:58
209.	185	Sean	Duignan	m	M55-59		00:13:33	179.	00:01:27	00:55:11	210.	26,0	00:01:40	00:15:06	200.	01:26:58	+32:11
210.	208	Karen	Foley	f	F35-39		00:16:25	241.	00:01:31	00:50:50	165.	28,3	00:01:49	00:16:34	228.	01:27:11	+32:25
211.	223	Marion	Goodall	f	F35-39	Pulse TC	00:14:33	204.	00:01:11	00:56:30	218.	25,4	00:01:03	00:14:42	189.	01:28:01	+33:14
212.	341	Frank	O Connor	m	M35-39		00:14:35	205.	00:01:48	00:54:16	203.	26,5	00:01:31	00:16:03	222.	01:28:15	+33:28
213.	317	Alan	Mitchell	m	M35-39	Edenderry TC	00:14:22	201.	00:01:28	00:56:15	215.	25,5	00:01:24	00:15:16	206.	01:28:46	+34:00
214.	165	Joseph	Dempsey	m	M35-39	Kilkenny Triathlon Club	00:15:26	224.	00:01:27	00:54:12	201.	26,5	00:01:45	00:16:02	221.	01:28:54	+34:08
215.	351	Stephen	O'Neill	m	M40-44		00:15:00	215.	00:01:46	00:56:13	214.	25,6	00:01:08	00:15:01	196.	01:29:09	+34:23
216.	204	Caitriona	Fogarty	f	F30-34		00:13:34	181.	00:01:14	00:59:36	233.	24,1	00:01:20	00:13:31	154.	01:29:18	+34:31
217.	127	Amy	Carolan	f	F35-39		00:14:36	207.	00:01:05	00:57:53	225.	24,8	00:00:56	00:14:48	194.	01:29:21	+34:34
218.	371	Deirdre	Roe	f	F40-44		00:16:06	240.	00:01:43	00:53:42	195.	26,8	00:01:20	00:16:54	234.	01:29:47	+35:00
219.	242	Patrick	Horan	m	M45-49		00:15:30	226.	00:01:39	00:53:59	197.	26,6	00:00:58	00:17:42	238.	01:29:49	+35:02
220.	240	Sara	Hobson	f	F30-34	Waterford Triathlon Club	00:12:51	149.	00:02:03	01:00:20	235.	23,8	00:01:40	00:13:03	140.	01:29:59	+35:13
221.	129	Stephen	Carolan	m	M35-39		00:14:53	214.	00:01:12	00:57:20	222.	25,1	00:01:05	00:15:35	213.	01:30:06	+35:20
222.	332	Chris	Murphy	m	M30-34	Carlow TC	00:15:17	217.	00:01:19	00:59:13	232.	24,3	00:00:54	00:13:30	153.	01:30:15	+35:28
223.	232	Majella	Hayden	f	F25-29		00:13:51	185.	00:01:11	01:00:23	236.	23,8	00:00:47	00:14:12	178.	01:30:25	+35:39
224.	316	Sheena	Mitchell	f	F35-39	Edenderry TC	00:14:29	202.	00:02:23	00:56:20	217.	25,5	00:01:59	00:15:44	219.	01:30:57	+36:10
225.	187	Glenn	Dunne	m	M45-49		00:15:36	230.	00:00:57	00:54:48	207.	26,2	00:01:00	00:18:40	243.	01:31:03	+36:16
226.	260	Jacquelin	Keating	f	F50-54		00:15:19	221.	00:01:10	00:56:31	219.	25,4	00:01:05	00:17:21	236.	01:31:29	+36:42

Rank	Bib	Name	Last	Sex	Age Cat	Club	Run	Pos	T1	Cycle	Pos	Km/hr	T2	Run	Pos	Finish	Gap Time
227.	343	Lynda	O Hara	f	F35-39	Carlow TC	00:15:49	232.	00:01:39	00:56:00	213.	25,7	00:01:19	00:16:40	231.	01:31:29	+36:42
228.	302	Gareth	McCarthy	m	M60	Carrick-on-Suir TC	00:16:33	245.	00:01:16	00:53:40	194.	26,8	00:01:45	00:18:42	244.	01:31:57	+37:10
229.	321	Louise	Moore	f	F40-44	Kilkenny Triathlon Club	00:15:18	220.	00:01:09	00:58:13	227.	24,7	00:01:19	00:16:37	229.	01:32:38	+37:51
230.	388	Maria	TREACY	f	F40-44		00:15:55	234.	00:01:52	00:58:13	226.	24,7	00:01:46	00:15:42	218.	01:33:30	+38:43
231.	120	Shane	Byrne	m	M35-39	Pulse TC	00:18:46	253.	00:01:55	00:51:33	171.	27,9	00:01:58	00:19:37	250.	01:33:51	+39:04
232.	338	Siobhan	Ni Reamoinn	f	F50-54	Carlow TC	00:16:00	237.	00:01:21	00:57:42	224.	24,9	00:01:31	00:17:18	235.	01:33:54	+39:07
233.	330	Grainne	Murphy	f	F50-54		00:16:03	239.	00:01:43	00:58:14	228.	24,7	00:01:45	00:16:21	225.	01:34:09	+39:22
234.	262	Paul	Keenan	m	M35-39		00:16:58	249.	00:01:04	00:57:33	223.	25,0	00:01:18	00:17:55	240.	01:34:49	+40:03
235.	305	Paul	McDonnell	m	M45-49		00:13:59	189.	00:01:08	01:04:03	242.	22,4	00:00:41	00:15:11	204.	01:35:03	+40:16
236.	244	Deirdre	Hudson	f	F40-44	Activmultisport TC	00:16:30	244.	00:01:23	00:58:38	230.	24,5	00:01:30	00:17:44	239.	01:35:47	+41:00
237.	182	Laura	Doyle	f	F30-34	Carlow TC	00:15:18	219.	00:01:21	01:02:37	239.	22,9	00:01:21	00:15:37	216.	01:36:16	+41:30
238.	178	Natasha	Dowling	f	F30-34	Carlow TC	00:15:18	218.	00:01:21	01:02:39	240.	22,9	00:01:20	00:15:37	215.	01:36:17	+41:30
239.	300	Niall	Mc Cormack	m	M50-54		00:14:46	211.	00:02:32	01:00:43	237.	23,7	00:02:31	00:16:08	223.	01:36:42	+41:56
240.	286	MARK	LONG	m	M50-54		00:15:53	233.	00:01:53	00:59:59	234.	24,0	00:01:06	00:18:26	242.	01:37:19	+42:32
241.	296	Niamh	Mahon	f	F35-39		00:16:35	247.	00:01:14	01:01:04	238.	23,5	00:01:13	00:18:02	241.	01:38:11	+43:25
242.	241	Glenda	Horan	f	F45-49		00:15:30	227.	00:00:59	01:05:11	247.	22,0	00:01:03	00:16:28	227.	01:39:12	+44:26
243.	100	Cathy	Allen	f	F30-34		00:15:55	235.	00:01:43	01:05:01	243.	22,1	00:00:54	00:16:46	232.	01:40:23	+45:36
244.	277	Clare	King	f	F35-39	Trilogy Triathlon Club	00:16:48	248.	00:00:53	01:05:06	245.	22,1	00:00:57	00:17:41	237.	01:41:28	+46:41
245.	228	Sylvia	Hanbidge	f	F25-29		00:16:26	242.	00:01:11	01:05:09	246.	22,1	00:01:08	00:18:58	246.	01:42:54	+48:08
246.	197	Mary	Feely	f	F55-59		00:18:08	252.	00:01:12	01:03:21	241.	22,7	00:01:11	00:19:09	247.	01:43:03	+48:17
247.	184	Mary	Drennan	f	F55-59		00:16:34	246.	00:01:09	01:05:37	249.	21,9	00:00:51	00:18:51	245.	01:43:04	+48:17
248.	339	Barbra	Nzvaura	f	F25-29		00:16:29	243.	00:01:04	01:05:35	248.	21,9	00:01:12	00:19:34	249.	01:43:56	+49:09
249.	310	Damian	Mchugh	m	M40-44		00:18:07	250.	00:02:51	01:07:21	250.	21,3	00:02:07	00:19:41	251.	01:50:09	+55:22
250.	311	Janet	McHugh	f	F40-44		00:18:07	251.	00:02:52	01:07:23	251.	21,3	00:02:04	00:19:41	252.	01:50:09	+55:23
251.	123	Eilis	Cahill	f	F65-69		00:19:19	254.	00:02:32	01:05:04	244.	22,1	00:02:37	00:20:56	253.	01:50:30	+55:43
252.	320	Nicola	Molloy	f	F35-39		00:16:01	238.	00:02:00	01:12:29	254.	19,8	00:01:06	00:19:16	248.	01:50:53	+56:07
253.	307	Eamonn	McEntee	m	M65-69		00:19:51	256.	00:02:11	01:09:28	252.	20,7	00:02:05	00:22:05	254.	01:55:43	+60:56
254.	355	Samanth	Owens	f	F35-39	Athy Triathlon Club	00:19:49	255.	00:01:42	01:13:49	255.	19,5	00:01:24	00:22:41	256.	01:59:27	+64:40
255.	235	Aisling	Heeran	f	F25-29		00:15:58	236.	00:01:35	01:17:44	256.	18,5	00:01:28	00:22:41	255.	01:59:27	+64:40
DNF	216	Wini	Gallagher	f	F40-44	Piranha TC	00:12:06	115.	00:01:03	01:11:09	253.	20,2	00:02:25	00:03:33	1.	01:30:18	
DNF	269	Shannon	Kelly	f	F25-29												
DNS	352	Liam	O'riain	m	M55-59	Pulse TC											

Rank	Bib	Name	Last	Sex	Age	Cat	Club	Run	Pos	T1	Cycle	Pos	Km/hr	T2	Run	Pos	Finish	Gap	Time
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Number of records: 258

