



Athy Triathlon Club – Flat Out Duathlon Results 2020

Overall	Time	Age Rank	Age Group	First Name	Last Name	Bib Number	Club	Run/Swim	T1	Bike	T2	Run
1	00:57:06	1	From 20 to 24, (NS)	Niall	Cornyn	242	-	00:09:50	00:00:30	00:34:29	00:00:44	00:11:33
2	00:58:30	1	From 40 to 44, (NS)	Marc	Flavin	135	Tried & Tested TC	00:10:14	00:00:42	00:35:35	00:00:55	00:11:04
3	00:59:23	2	From 40 to 44, (NS)	Enda	Bagnall	115	-	00:10:17	00:00:47	00:35:57	00:00:46	00:11:36
4	01:00:36	2	From 20 to 24, (NS)	Patrick	Peters	241	-	00:10:26	00:00:40	00:37:56	00:00:47	00:10:47
5	01:01:05	1	From 35 to 39, (NS)	Paul	O'brien	190	Trilogy Triathlon Club	00:10:34	00:00:47	00:37:23	00:00:49	00:11:32
6	01:01:15	2	From 35 to 39, (NS)	Jonathan	Butler	162	Pulse TC	00:10:30	00:00:50	00:37:25	00:00:58	00:11:32
7	01:01:20	3	From 40 to 44, (NS)	Ciaran	Steed	110	-	00:10:37	00:00:49	00:37:26	00:00:56	00:11:32
8	01:01:31	1	From 45 to 49, (NS)	Martin	Kirwan	54	-	00:11:04	00:01:02	00:36:44	00:01:00	00:11:41
9	01:02:06	1	From 18 to 19, (NS)	Sabian	Kulczynski	250	-	00:09:50	00:00:39	00:39:36	00:00:46	00:11:15
9	01:02:06	1	From 18 to 19, (JNS)	Sabian	Kulczynski	250	-	00:09:50	00:00:39	00:39:36	00:00:46	00:11:15
10	01:02:10	4	From 40 to 44, (NS)	Alan	Galavan	139	Carlow TC	00:11:25	00:01:04	00:36:15	00:01:01	00:12:25
11	01:02:21	2	From 45 to 49, (NS)	Ernest	Asensio blasco	68	Tri an Mhi TC	00:10:41	00:00:54	00:38:50	00:00:45	00:11:11
12	01:02:53	3	From 20 to 24, (NS)	Conor	Farrell	240	Naas TC	00:11:10	00:00:48	00:37:12	00:13:25	00:00:18
13	01:03:05	5	From 40 to 44, (NS)	Aubrey	Storey	114	Waterford Triathlon	00:10:32	00:00:47	00:39:30	00:00:42	00:11:34
14	01:03:22	3	From 35 to 39, (NS)	Shane	O'Neill	186	Belpark TC	00:11:23	00:00:57	00:37:51	00:00:54	00:12:17
15	01:03:26	1	From 30 to 34, (NS)	Finbar	O'Grady	201	Piranha TC	00:10:24	00:00:50	00:40:13	00:00:46	00:11:13
16	01:03:29	4	From 20 to 24, (NS)	Ben	Carr	249	247 Triathlon Club	00:10:03	00:00:56	00:40:07	00:01:07	00:11:16
17	01:03:33	2	From 18 to 19, (NS)	James	O'Shea	251	-	00:10:47	00:00:40	00:39:21	00:00:48	00:11:57
17	01:03:33	2	From 18 to 19, (JNS)	James	O'Shea	251	-	00:10:47	00:00:40	00:39:21	00:00:48	00:11:57
18	01:04:01	2	From 30 to 34, (NS)	Stafford	Vigors	216	Belpark TC	00:11:11	00:00:40	00:38:56	00:01:10	00:12:04
19	01:04:10	4	From 35 to 39, (NS)	Graham	Dillon	195	TriTanium TC	00:10:48	00:00:56	00:39:32	00:00:54	00:12:00
20	01:04:37	3	From 45 to 49, (NS)	Jason	Travers	301	Tried & Tested TC	00:11:00	00:00:45	00:38:54	00:00:42	00:13:16
21	01:04:45	4	From 45 to 49, (NS)	William	Byrne	59	-	00:11:19	00:00:50	00:39:25	00:00:54	00:12:17
22	01:04:51	1	From 50 to 54, (NS)	Stephen	Dermodoy	31	Kilkenny TC	00:11:47	00:01:19	00:38:25	00:00:57	00:12:23
23	01:05:04	6	From 40 to 44, (NS)	Sean	McCann	102	-	00:11:06	00:00:59	00:39:28	00:01:02	00:12:29
24	01:05:06	7	From 40 to 44, (NS)	Kieran	Hopkins	138	-	00:11:40	00:01:03	00:38:28	00:00:57	00:12:58
25	01:05:18	8	From 40 to 44, (NS)	Adrian	Cunningham	129	Kilkenny TC	00:11:47	00:00:51	00:38:54	00:00:57	00:12:49
26	01:05:26	5	From 35 to 39, (NS)	Mark	Dowling	163	Naas TC	00:10:45	00:01:09	00:40:51	00:00:55	00:11:46
27	01:05:57	5	From 20 to 24, (NS)	Jonathan	Nangle	246	Tri an Mhi TC	00:10:14	00:00:53	00:42:35	00:00:39	00:11:36
28	01:06:12	3	From 30 to 34, (NS)	Darragh	Skehan	214	Naas TC	00:12:00	00:00:47	00:40:08	00:00:45	00:12:32
29	01:06:45	1	From 25 to 29, (NS)	Ross	Reilly	238	-	00:10:33	00:01:18	00:42:22	00:00:55	00:11:37
30	01:06:52	2	From 50 to 54, (NS)	Bruce	Campbell	37	Belpark TC	00:11:24	00:01:01	00:41:42	00:00:54	00:11:51

31	01:06:55	3	From 50 to 54, (NS)	Clifford	Rodgers	23	Olympian Triathlon C00	00:11:50	00:00:54	00:40:47	00:00:54	00:12:30
32	01:07:13	6	From 20 to 24, (NS)	Fergus	Crilly	247	Drogheda TC	00:10:25	00:01:03	00:39:50	00:01:06	00:14:49
33	01:07:19	4	From 30 to 34, (NS)	Stuart	Dwyer	207	Wicklow TC.	00:11:29	00:00:58	00:40:55	00:13:39	00:00:18
34	01:07:25	2	From 25 to 29, (NS)	Gary	Condell	232	Trilogy Triathlon Cluk00	00:11:41	00:00:49	00:41:29	00:00:51	00:12:35
35	01:07:26	1	From 30 to 34, (NS)	Ciara	Wilson	224	-	00:10:39	00:00:54	00:43:39	00:00:47	00:11:27
36	01:07:32	5	From 45 to 49, (NS)	Sean	Allis	57	West Cork TC.	00:11:29	00:01:03	00:41:22	00:01:09	00:12:29
37	01:07:36	1	From 35 to 39, (NS)	Ellen	Vitting	193	Tri an Mhi TC	00:11:26	00:00:59	00:41:09	00:00:55	00:13:07
38	01:07:38	6	From 35 to 39, (NS)	Gary	Smith	155	Pulse TC	00:11:08	00:01:54	00:40:49	00:01:19	00:12:28
39	01:08:00	1	From 25 to 29, (NS)	Elizabeth	Carr	236	Midland TC	00:11:00	00:00:49	-	-	-
40	01:08:01	7	From 35 to 39, (NS)	Gary	Powell	152	Carlow TC	00:11:01	00:01:09	00:42:44	00:01:15	00:11:52
41	01:08:02	1	From 45 to 49, (NS)	Olivia	Mc Cartin	83	Athlone TC	00:12:08	00:01:15	00:40:33	00:00:57	00:13:09
42	01:08:15	4	From 50 to 54, (NS)	Mark	Featherstone	29	Athlone TC	00:12:20	00:01:22	00:40:04	00:01:15	00:13:14
43	01:08:25	9	From 40 to 44, (NS)	Alan	Kirby	111	Longford TC	00:11:24	00:00:51	00:41:58	00:01:04	00:13:08
44	01:08:27	8	From 35 to 39, (NS)	Paddy	Shortall	183	Kilkenny TC	00:12:06	00:00:40	00:42:13	00:00:56	00:12:32
45	01:08:49	1	From 55 to 59, (NS)	Michael	Macken	8	Athlone TC	00:12:22	00:00:55	00:40:42	00:14:28	00:00:22
46	01:09:51	2	From 25 to 29, (NS)	Jennifer	O'Sullivan	226	-	00:11:35	00:00:59	00:43:20	00:00:52	00:13:05
47	01:10:07	9	From 35 to 39, (NS)	Derek	Middleton	158	-	00:11:53	00:01:08	00:43:28	00:01:01	00:12:37
48	01:10:13	1	From 16 to 17, (JNS)	Ross	Mc guinness	258	Predator Triathlon Cl00	00:10:24	00:00:47	00:45:40	00:00:46	00:12:36
49	01:11:09	6	From 45 to 49, (NS)	Gary	Crossan	42	-	00:11:23	00:01:16	00:45:18	00:00:54	00:12:18
50	01:11:13	5	From 50 to 54, (NS)	Kevin	Doyle	33	Pulse TC	00:12:53	00:01:08	00:41:42	00:00:56	00:14:34
51	01:11:52	10	From 35 to 39, (NS)	Andrew	Green	184	-	00:11:18	00:00:58	00:45:30	00:01:02	00:13:04
52	01:12:06	6	From 50 to 54, (NS)	Sean	Farrell	19	3D Triathlon Club	00:12:54	00:01:15	00:42:23	00:01:10	00:14:24
53	01:12:19	5	From 30 to 34, (NS)	JD	Flynn	202	Kilkenny TC	00:12:39	00:01:04	00:44:06	00:01:05	00:13:25
54	01:12:37	6	From 30 to 34, (NS)	Eoghan	McCarthy	225	3D Triathlon Club	00:12:34	00:01:25	00:43:45	00:01:17	00:13:36
55	01:12:41	7	From 45 to 49, (NS)	Jim	O'brien	38	-	00:13:10	00:01:19	00:42:42	00:01:08	00:14:22
56	01:12:55	1	From 55 to 59, (NS)	Siobhan	Kennedy	7	-	00:12:49	00:01:33	00:43:26	00:01:24	00:13:43
57	01:12:58	11	From 35 to 39, (NS)	Kevin	Dennis	304	-	00:11:51	00:01:33	00:44:36	00:01:21	00:13:37
58	01:13:01	8	From 45 to 49, (-)	Simon	Wallace	52	-	00:13:14	00:01:29	00:42:59	00:01:09	00:14:10
59	01:13:07	10	From 40 to 44, (NS)	Aidan	Healy	84	Naas TC	00:14:44	00:01:16	00:40:23	00:01:04	00:15:40
60	01:13:27	7	From 30 to 34, (NS)	Philip	McCarthy	223	3D Triathlon Club	00:10:57	00:01:15	00:47:15	00:01:54	00:12:06
61	01:13:33	8	From 30 to 34, (-)	Tim	O'Brien	211	-	00:11:53	00:01:10	00:46:52	00:01:02	00:12:36
62	01:13:38	3	From 25 to 29, (NS)	Kavan	Donohoe	228	Kilkenny TC	00:12:09	00:01:03	00:45:48	00:01:02	00:13:36
63	01:13:47	9	From 45 to 49, (-)	BARRY	O CONNELL	49	-	00:12:15	00:01:45	00:45:09	00:01:14	00:13:24
64	01:13:51	11	From 40 to 44, (NS)	Marc	Bennett	109	Belpark TC	00:13:50	00:01:37	00:42:00	00:01:14	00:15:10
65	01:14:46	1	From 50 to 54, (NS)	Diane	Behan	27	-	00:13:18	00:01:12	00:44:32	00:01:16	00:14:28
66	01:15:27	12	From 35 to 39, (NS)	David	O'Rourke	189	Athy Triathlon Club	00:12:41	00:01:00	00:45:23	00:01:06	00:15:17
67	01:15:42	7	From 50 to 54, (NS)	John	Maguire	30	Pulse TC	00:14:34	00:01:25	00:43:25	00:15:56	00:00:22
68	01:16:02	9	From 30 to 34, (NS)	Ross	Hennessy	206	Kilkenny TC	00:13:32	00:01:11	00:45:21	00:01:18	00:14:40
69	01:16:05	2	From 45 to 49, (NS)	Helen	French	39	Belpark TC	00:13:30	00:00:59	00:45:50	00:01:15	00:14:31

70	01:16:14	1	From 40 to 44, (NS)	Ciara	Bradley	144	Belpark TC	00:12:48	00:01:06	00:47:37	00:01:04	00:13:39
71	01:16:40	12	From 40 to 44, (-)	Joseph	Kelly	100	-	00:13:26	00:01:34	00:43:23	00:01:15	00:17:02
72	01:16:50	13	From 40 to 44, (NS)	Ronan	Stanley	118	Wicklow TC.	00:12:17	00:00:50	00:49:15	00:00:53	00:13:35
73	01:17:00	4	From 25 to 29, (NS)	Liam	Giggins	229	Pulse TC	00:11:41	00:00:56	00:49:44	00:00:53	00:13:46
74	01:17:03	2	From 55 to 59, (NS)	Liam	O'riain	6	Pulse TC	00:14:01	00:01:24	00:45:23	00:01:18	00:14:57
75	01:17:08	10	From 30 to 34, (NS)	Kristijan	Krog	213	Naas TC	00:12:08	00:01:41	00:47:19	00:01:11	00:14:49
76	01:17:16	2	From 35 to 39, (NS)	Heather	O'Brien	185	Mallow TC	00:13:33	00:01:29	00:46:23	00:01:11	00:14:40
77	01:17:25	14	From 40 to 44, (NS)	Tom	Dowling	142	Kilkenny TC	00:13:33	00:01:45	00:46:10	00:01:21	00:14:36
78	01:17:29	10	From 45 to 49, (NS)	Vinny	Power	64	Carrick-on-Suir TC	00:12:18	00:01:29	00:48:47	00:01:16	00:13:39
79	01:17:34	13	From 35 to 39, (NS)	Darren	Maher	161	-	00:13:27	00:02:03	00:46:39	00:01:38	00:13:47
80	01:17:43	14	From 35 to 39, (NS)	Danny	Bolton	305	Carlow TC	00:13:07	00:01:06	00:48:24	00:01:08	00:13:58
81	01:17:53	11	From 30 to 34, (NS)	Matt	Lynch	218	-	00:13:24	00:01:34	00:46:59	00:01:36	00:14:20
82	01:18:28	2	From 50 to 54, (NS)	Martina	Mcintyre	32	-	00:13:39	00:00:56	00:47:45	00:00:56	00:15:12
83	01:18:36	2	From 40 to 44, (NS)	Liz	McWey	99	Trilogy Triathlon Clut	00:13:41	00:01:20	00:47:34	00:01:09	00:14:52
84	01:18:47	15	From 40 to 44, (NS)	Corrie	Adams	96	Wicklow TC.	00:13:40	00:01:19	00:47:19	00:01:16	00:15:13
85	01:18:55	16	From 40 to 44, (NS)	Paul	Griffin	120	Naas TC	00:12:49	00:00:56	00:49:25	00:01:10	00:14:35
86	01:18:58	3	From 45 to 49, (NS)	Edwina	Beirne	56	3 Rock	00:14:54	00:01:33	00:45:44	00:01:21	00:15:26
87	01:19:19	8	From 50 to 54, (-)	Fergal	Nolan	20	-	00:14:35	00:01:38	00:45:59	00:01:18	00:15:49
88	01:19:22	1	From 18 to 19, (NS)	Elia	Tutty	255	Tried & Tested TC	00:14:08	00:01:07	00:47:04	00:01:00	00:16:03
88	01:19:22	1	From 18 to 19, (JNS)	Elia	Tutty	255	Tried & Tested TC	00:14:08	00:01:07	00:47:04	00:01:00	00:16:03
89	01:19:24	17	From 40 to 44, (NS)	Gordon	Miggin	113	Pulse TC	00:12:45	00:01:54	00:49:08	00:01:27	00:14:10
90	01:19:25	15	From 35 to 39, (NS)	John	Goodall	181	Pulse TC	00:14:54	00:01:22	00:45:51	00:01:11	00:16:07
91	01:19:31	16	From 35 to 39, (-)	Trevor	Cowman	172	-	00:12:24	00:00:56	00:52:00	00:00:54	00:13:17
92	01:19:33	3	From 55 to 59, (NS)	Cormac	O'Donovan	17	Naas TC	00:12:47	00:01:39	00:49:30	00:01:13	00:14:24
93	01:19:37	9	From 50 to 54, (NS)	Colm	Kavanagh	36	-	00:12:30	00:01:04	00:51:34	00:00:57	00:13:32
94	01:19:43	18	From 40 to 44, (NS)	john	o'Brien	106	-	00:14:10	00:01:52	00:45:58	00:01:36	00:16:07
95	01:19:44	19	From 40 to 44, (NS)	Eoghan	Finnegan	130	Pulse TC	00:12:17	00:01:40	00:50:15	00:15:16	00:00:16
96	01:20:04	11	From 45 to 49, (NS)	John	Halpin	47	Athlone TC	00:14:24	00:02:14	00:44:43	00:01:42	00:17:01
97	01:20:15	10	From 50 to 54, (NS)	Sean	Horgan	22	-	00:14:07	00:01:28	00:46:42	00:01:23	00:16:35
98	01:20:28	12	From 45 to 49, (NS)	Brian	O'Connor	79	Tri an Mhi TC	00:14:40	00:01:42	00:46:09	00:01:51	00:16:06
99	01:20:30	4	From 55 to 59, (NS)	Gerard	Byrne	11	Fingal TC	00:13:20	00:01:49	00:49:11	00:01:32	00:14:38
100	01:20:37	20	From 40 to 44, (NS)	William	Lupton	105	-	00:13:30	00:01:33	00:48:31	00:01:26	00:15:37
101	01:20:43	3	From 50 to 54, (NS)	Deborah	Carr	34	Pulse TC	00:14:57	00:01:40	00:46:52	00:01:22	00:15:52
102	01:20:52	12	From 30 to 34, (NS)	Denis	O'Reilly	200	Wicklow TC.	00:12:00	00:01:26	00:52:09	00:02:03	00:13:14
103	01:21:13	13	From 45 to 49, (NS)	Hugh	O'connor	58	Trilogy Triathlon Clut	00:14:50	00:01:03	00:48:25	00:01:20	00:15:35
104	01:21:21	17	From 35 to 39, (NS)	Buddy	Connolly	169	Edenderry TC	00:12:41	00:01:14	00:51:21	00:01:01	00:15:04
105	01:21:55	13	From 30 to 34, (-)	Laurence	O'Brien	220	-	00:13:55	00:00:56	00:52:10	00:00:57	00:13:57
106	01:22:06	4	From 45 to 49, (-)	Emily-Anne	Doyle	70	-	00:15:04	00:01:37	00:45:37	00:01:26	00:18:22
107	01:22:26	21	From 40 to 44, (NS)	Niall	Gillick	94	TriTanium TC	00:13:10	00:01:31	00:51:10	00:01:31	00:15:04

108	01:23:03	1	From 20 to 24, (NS)	Charlotte	Hatton	245	-	00:12:43	00:01:35	00:52:56	00:01:19	00:14:30
109	01:24:09	22	From 40 to 44, (NS)	Gary	Higgins	126	-	00:14:54	00:01:09	00:51:40	00:01:15	00:15:11
110	01:24:13	14	From 45 to 49, (NS)	Michael	Brett	65	Pulse TC	00:15:49	00:01:33	00:47:51	00:01:26	00:17:34
111	01:24:43	7	From 20 to 24, (-)	Seán	Saunders	244	-	00:13:33	00:00:50	00:55:09	00:00:48	00:14:23
112	01:24:45	23	From 40 to 44, (NS)	Martyn	Walsh	86	Kilkenny TC	00:14:53	00:01:28	00:51:03	00:01:32	00:15:49
113	01:24:47	1	From 60 to 64, (NS)	Gary	Moralee	4	Pulse TC	00:14:12	00:01:05	00:53:01	00:01:21	00:15:08
114	01:24:58	3	From 40 to 44, (NS)	Karen	Graham	89	Wicklow TC.	00:15:49	00:01:01	00:50:10	00:01:04	00:16:54
115	01:25:00	14	From 30 to 34, (NS)	Rajendra	Kielka	217	Pulse TC	00:13:43	00:02:56	00:51:34	00:02:00	00:14:47
116	01:25:09	1	From 16 to 17, (JNS)	Aoife	McGouran	257	Predator Triathlon Cl	00:14:01	00:01:09	00:51:58	00:01:08	00:16:53
117	01:25:14	15	From 45 to 49, (NS)	Paul	Bowe	53	Kilkenny TC	00:14:02	00:01:36	00:51:12	00:01:41	00:16:43
118	01:25:17	4	From 50 to 54, (NS)	Suzanne	Dunne	28	Carlow TC	00:13:56	00:01:40	00:52:58	00:01:36	00:15:07
119	01:25:59	18	From 35 to 39, (NS)	Michael	Snoddy	188	Carlow TC	00:14:06	00:01:27	00:53:10	00:01:10	00:16:06
120	01:26:00	11	From 50 to 54, (NS)	Donal	Tutty	21	Pulse TC	00:15:00	00:01:32	00:51:49	00:01:59	00:15:40
121	01:26:19	2	From 30 to 34, (NS)	Sara	Hobson	222	Waterford Triathlon	00:13:32	00:01:33	00:55:19	00:01:05	00:14:50
122	01:26:31	19	From 35 to 39, (NS)	Ambrose	Duggan	154	Athlone TC	00:15:05	00:01:52	00:51:51	00:01:26	00:16:17
123	01:26:48	5	From 45 to 49, (NS)	Patricia	Flood	69	Trilogy Triathlon Clu	00:16:05	00:01:40	00:50:46	00:01:38	00:16:39
124	01:27:31	3	From 25 to 29, (NS)	Rebecca	Jackson	234	Athy Triathlon Club	00:14:49	00:01:10	00:54:16	00:01:00	00:16:16
125	01:27:48	20	From 35 to 39, (-)	David	Hughes	176	-	00:13:42	00:01:24	00:57:07	00:01:05	00:14:30
126	01:27:51	4	From 40 to 44, (NS)	Laura	Butler	125	-	00:13:39	00:01:41	00:55:33	00:01:53	00:15:05
127	01:27:55	5	From 55 to 59, (-)	Paul	Dunne	10	-	00:14:25	00:01:01	00:54:46	00:01:05	00:16:38
128	01:28:32	16	From 45 to 49, (NS)	Austin	Mc nally	50	-	00:14:45	00:02:55	00:52:48	00:02:28	00:15:36
129	01:28:40	24	From 40 to 44, (NS)	Trevor	Spillane	103	Kilkenny TC	00:14:51	00:01:38	00:53:31	00:01:38	00:17:02
130	01:28:42	15	From 30 to 34, (NS)	SABYASACHI	DUTTA	204	Pulse TC	00:14:42	00:02:43	00:52:17	00:01:13	00:17:47
131	01:29:21	21	From 35 to 39, (NS)	Cathal	O connor	153	-	00:13:53	00:01:14	00:56:35	00:00:54	00:16:45
132	01:29:29	5	From 40 to 44, (-)	Elaine	Maher	123	-	00:14:32	00:00:46	00:57:04	00:00:52	00:16:15
133	01:29:45	6	From 40 to 44, (NS)	Lynette	Costello	97	Athlone TC	00:16:21	00:01:26	00:53:07	00:01:19	00:17:32
134	01:30:21	7	From 40 to 44, (-)	Mary	Morrell	95	-	00:13:40	00:01:10	00:59:46	00:01:11	00:14:34
135	01:30:22	12	From 50 to 54, (NS)	Ciaran	Phillips	18	Pulse TC	00:16:34	00:01:42	00:51:24	00:02:00	00:18:42
136	01:30:30	2	From 60 to 64, (NS)	E	Clonan	5	Piranha TC	00:15:55	00:01:36	00:53:50	00:01:35	00:17:34
137	01:30:38	22	From 35 to 39, (NS)	Will	Ivory	168	-	00:15:34	00:01:47	00:53:36	00:01:14	00:18:27
138	01:30:48	23	From 35 to 39, (NS)	Patrick	Kavanagh	159	Naas TC	00:14:57	00:02:04	00:54:44	00:18:37	00:00:26
139	01:31:24	2	From 55 to 59, (NS)	Martina	Colville	13	Wicklow TC.	00:15:01	00:01:14	00:56:45	00:01:14	00:17:10
140	01:31:33	3	From 30 to 34, (-)	Laura	Truman	208	-	00:14:08	00:01:10	00:59:56	00:01:01	00:15:18
141	01:31:49	2	From 20 to 24, (NS)	Aine	Greene	248	Athlone TC	00:15:09	00:01:22	00:58:19	00:01:19	00:15:40
142	01:32:20	17	From 45 to 49, (-)	Ian	Bell	40	-	00:15:52	00:02:01	00:56:05	00:18:07	00:00:15
143	01:32:35	18	From 45 to 49, (NS)	Liam	Hilliard	76	Tinahely TC	00:15:36	00:02:02	00:55:32	00:02:18	00:17:07
144	01:33:04	24	From 35 to 39, (-)	Michael	Keogh	166	-	00:15:08	00:01:09	00:58:31	00:01:07	00:17:09
145	01:33:27	3	From 35 to 39, (-)	Yvonne	Hickey	179	-	00:16:05	00:00:58	00:58:12	00:01:03	00:17:09
146	01:33:29	4	From 25 to 29, (-)	Edel	O'Meara	239	-	00:14:06	00:01:54	01:00:23	00:01:15	00:15:51

147	01:33:43	13	From 50 to 54, (NS)	Grant Jacobs	35	Pulse TC	00:16:36	00:02:19	00:53:38	00:02:12	00:18:58
148	01:33:51	25	From 35 to 39, (-)	Jimmy Fullam	171	-	00:14:49	00:02:18	00:59:11	00:01:12	00:16:21
149	01:34:11	26	From 35 to 39, (-)	Edwin Tayag	306	-	00:14:53	00:01:58	00:57:39	00:01:33	00:18:08
150	01:34:22	25	From 40 to 44, (-)	Darren O Connor	127	-	00:13:39	00:01:00	01:03:08	00:01:01	00:15:34
151	01:34:39	19	From 45 to 49, (-)	David Murphy	78	-	00:15:12	00:01:00	00:58:18	00:19:53	00:00:16
152	01:36:12	20	From 45 to 49, (-)	Vinnie Conway	60	-	00:16:13	00:01:53	00:59:56	00:01:26	00:16:44
153	01:37:04	14	From 50 to 54, (-)	Derek Galvin	25	-	00:15:43	00:01:32	00:59:37	00:01:03	00:19:09
154	01:37:09	21	From 45 to 49, (-)	William callaghan	71	-	00:14:34	00:01:27	01:02:41	00:01:41	00:16:46
155	01:37:21	15	From 50 to 54, (-)	Jerry Bucsit	307	-	00:17:40	00:01:41	00:54:57	00:01:30	00:21:33
156	01:37:26	26	From 40 to 44, (-)	Robert Clancy	149	-	00:15:51	00:02:32	00:58:22	00:02:05	00:18:36
157	01:37:35	22	From 45 to 49, (-)	Glenn Dunne	67	-	00:16:35	00:01:56	00:58:07	00:01:37	00:19:20
158	01:37:43	1	From 70 to 74, (NS)	Hazel Stapleton	1	-	00:17:55	00:01:25	00:56:56	00:01:27	00:20:00
159	01:37:51	16	From 50 to 54, (-)	William Higginbotham	303	-	00:17:24	00:02:51	00:58:26	00:01:51	00:17:19
160	01:37:51	6	From 45 to 49, (-)	Gabrielle Stynes	66	-	00:17:22	00:02:59	00:58:16	00:01:35	00:17:39
161	01:39:14	7	From 45 to 49, (NS)	Noelle Reilly	55	Kildare Town Runnin	00:15:21	00:00:50	01:05:46	00:01:02	00:16:15
162	01:39:38	27	From 35 to 39, (-)	Matthew Furey	160	-	00:14:55	00:02:46	01:04:32	00:01:00	00:16:25
163	01:39:46	1	From 60 to 64, (NS)	Mary Byrne	3	Newry Triathlon Clu	00:15:13	00:01:40	01:03:59	00:01:55	00:16:59
164	01:40:40	5	From 25 to 29, (-)	Conor Heading	231	-	00:14:29	00:01:15	01:02:29	00:01:49	00:20:38
165	01:40:41	27	From 40 to 44, (NS)	Tracey Michelle	302	Kilkenny TC	00:16:36	00:02:01	00:59:48	00:02:11	00:20:05
166	01:43:40	28	From 40 to 44, (-)	Michael Howlett	122	-	00:17:39	00:01:10	01:03:57	00:01:43	00:19:11
167	01:44:20	3	From 18 to 19, (-)	Andrew Ryan	253	-	00:15:20	00:03:14	01:04:45	00:01:52	00:19:09
167	01:44:20	3	From 18 to 19, (-)	Andrew Ryan	253	-	00:15:20	00:03:14	01:04:45	00:01:52	00:19:09
168	01:45:09	8	From 40 to 44, (-)	Elaine Smyth	132	-	00:16:50	00:02:15	01:02:10	00:01:56	00:21:58
169	01:46:11	8	From 45 to 49, (-)	Maire Finnerty	81	-	00:22:02	00:01:00	00:55:15	00:02:44	00:25:10
170	01:46:11	29	From 40 to 44, (NS)	Paul McGarvey	140	Pulse TC	00:16:51	00:03:03	01:01:39	00:02:08	00:22:30
171	01:46:16	9	From 40 to 44, (NS)	Elizabeth Hickey	134	-	00:18:59	00:02:00	00:59:25	00:01:44	00:24:08
172	01:46:18	10	From 40 to 44, (-)	June Lally	85	-	00:17:04	00:01:21	01:08:07	00:01:14	00:18:32
173	01:47:36	11	From 40 to 44, (-)	Maria Connolly	104	-	00:17:02	00:01:23	01:10:44	00:01:22	00:17:05
174	01:49:49	9	From 45 to 49, (-)	Christine Stanley	63	-	00:16:20	00:00:58	01:12:26	00:00:54	00:19:11
175	01:52:27	12	From 40 to 44, (-)	Bethany Leane	87	-	00:18:25	00:01:21	01:09:18	00:22:53	00:00:30
176	01:54:38	6	From 55 to 59, (NS)	Paul Ibbotson	15	Fingal TC	00:18:08	00:02:09	01:09:47	00:02:26	00:22:08
177	02:10:24	3	From 55 to 59, (NS)	Siobhan Ni Reamoinn	12	Carlow TC	00:16:46	00:01:53	01:02:51	00:01:31	00:47:23
178	02:15:34	30	From 40 to 44, (-)	Ken Mul Kerrins	121	-	00:19:05	00:01:50	01:05:46	00:02:38	00:46:15