

Athy Triathlon Club "Flat Out" Duathlon 2023

Overall Results Duathlon



Place	Bib	Name	Gender	AG	Club	Run1	T1	Bike	T2	Run2	Finish
Duathlon											
1.	193	Anthony O'Brien	M	M30-34		00:09:22	00:00:22	00:33:09	00:00:26	00:10:08	00:53:27
2.	198	Michael Reilly	M	M45-49		00:10:06	00:00:25	00:33:44	00:00:34	00:11:14	00:56:03
3.	159	Aleksander Lanecki	M	M20-24		00:10:21	00:00:21	00:35:24	00:00:30	00:11:05	00:57:41
4.	123	Mark Dowling	M	M40-44	Naas TC	00:10:42	00:00:39	00:35:02	00:00:29	00:11:17	00:58:09
5.	273	Derek Brady	M	M40-44	Portmarnock TC	00:10:53	00:00:37	00:35:44	00:00:29	00:11:16	00:58:59
6.	203	Justin Ryan	M	M30-34	Tried and Tested Dungarvan	00:10:22	00:00:34	00:37:16	00:00:32	00:10:34	00:59:18
7.	392	Finn Buck	M	M18-19	Wicklow TC	00:10:00	00:00:21	00:38:14	00:00:24	00:10:26	00:59:25
8.	291	Simon Befort	M	M35-39	Waterford Triathlon Club	00:10:46	00:00:26	00:36:36	00:00:30	00:11:16	00:59:34
9.	166	Fabian Mangan	M	M20-24	Predator Triathlon Club	00:10:23	00:00:26	00:37:17	00:00:35	00:11:02	00:59:43
10.	104	William Byrne	M	M50-54		00:10:52	00:00:24	00:36:47	00:00:28	00:11:32	01:00:03
11.	130	Eoin Farrell	M	M30-34	T3 Triathlon Club	00:11:30	00:00:34	00:36:00	00:00:32	00:11:35	01:00:11
12.	214	Aubrey Storey	M	M45-49	Waterford Triathlon Club	00:10:04	00:00:24	00:38:57	00:00:23	00:10:58	01:00:46
13.	183	Shane O'Neill	M	M35-39	Belpark Triathlon Club	00:11:31	00:00:34	00:35:47	00:00:39	00:12:17	01:00:48
14.	158	Martin Kirwan	M	M50-54		00:11:34	00:00:39	00:35:41	00:00:43	00:12:12	01:00:49
15.	155	Niall Kirby	M	M30-34		00:10:44	00:00:31	00:37:30	00:00:30	00:11:36	01:00:51
16.	206	Alex Sargent	M	M18-19	Pulse TC	00:10:45	00:00:37	00:38:22	00:00:23	00:10:55	01:01:02
17.	208	Robbie Shortall	M	M40-44	Portmarnock TC	00:11:20	00:00:37	00:36:56	00:00:34	00:12:11	01:01:38
18.	112	Gary Crossan	M	M50-54		00:10:59	00:00:24	00:38:05	00:00:30	00:11:46	01:01:44
19.	114	Adrian Cunningham	M	M40-44		00:11:43	00:00:27	00:36:30	00:00:33	00:12:34	01:01:47
20.	210	Darragh Skehan	M	M35-39	Naas TC	00:11:24	00:00:19	00:37:43	00:00:30	00:11:57	01:01:53
21.	375	Brendan Buck	M	M45-49	Wicklow TC	00:11:35	00:00:22	00:37:06	00:00:29	00:12:21	01:01:53
22.	199	Megan Roberts	F	F30-34	Piranha Triathlon Club	00:10:57	00:00:27	00:38:19	00:00:34	00:12:09	01:02:26



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23.	170	Kieran Mc Glynn	M	M50-54		00:11:25	00:00:51	00:36:18	00:00:43	00:13:24	01:02:41
24.	202	Don Ryan	M	M50-54	South Coast TC 2023	00:11:34	00:00:29	00:38:14	00:00:37	00:12:15	01:03:09
25.	125	Tim Dunleavy	M	M35-39	Naas TC	00:11:34	00:00:52	00:37:15	00:00:50	00:13:03	01:03:34
26.	154	Aine Kinsella	F	F25-29	Waterford Triathlon Club	00:11:36	00:00:39	00:39:02	00:00:34	00:12:11	01:04:02
27.	189	David O'Rourke	M	M35-39	Carlow TC	00:11:52	00:00:32	00:38:22	00:00:28	00:12:53	01:04:07
28.	135	Mark Flanagan	M	M35-39	Amstriathlon	00:11:13	00:00:39	00:39:52	00:00:38	00:11:52	01:04:14
29.	176	Matthew Molloy	M	M50-54	Virginia Triathlon & Cycling Club.	00:12:06	00:00:30	00:38:38	00:00:34	00:12:43	01:04:31
30.	215	Damian Strain	M	M55-59	Omagh TC	00:12:14	00:00:27	00:37:00	00:00:32	00:14:18	01:04:31
31.	150	Declan Kelly	M	M40-44		00:11:02	00:00:29	00:41:52	00:00:29	00:11:34	01:05:26
32.	120	Bryan Daly	M	M40-44		00:11:05	00:00:54	00:41:16	00:00:52	00:11:25	01:05:32
33.	190	Jennifer O'Sullivan	F	F30-34		00:11:30	00:00:28	00:40:30	00:00:41	00:12:32	01:05:41
34.	132	Mark Featherstone	M	M50-54	Athlone TC	00:12:50	00:00:49	00:38:04	00:00:57	00:13:17	01:05:57
35.	197	Declan Power	M	M45-49	Waterford Triathlon Club	00:12:03	00:00:37	00:40:24	00:00:31	00:12:26	01:06:01
36.	180	Barry Murphy	M	M50-54	Kinsale Triathlon Club	00:11:37	00:00:41	00:41:25	00:00:31	00:11:50	01:06:04
37.	186	Jim O'brien	M	M50-54		00:12:30	00:00:39	00:38:23	00:01:05	00:13:32	01:06:09
38.	107	Gary Condell	M	M30-34	Trilogy Triathlon Club 23	00:10:47	00:00:21	00:43:18	00:00:31	00:11:15	01:06:12
39.	153	David Kidd	M	M40-44	Carlow TC	00:12:15	00:00:44	00:39:07	00:00:42	00:13:27	01:06:15
40.	105	Isabelle Cairns	F	F30-34	Belpark Triathlon Club	00:11:58	00:00:43	00:40:46	00:00:36	00:12:48	01:06:51
41.	217	Peter Treacy	M	M25-29	Kilkenny Triathlon Club	00:11:51	00:00:40	00:40:43	00:00:44	00:13:08	01:07:06
42.	188	Tracy O'Reilly	F	F40-44	Virginia Triathlon & Cycling Club.	00:12:32	00:00:42	00:39:56	00:00:47	00:13:32	01:07:29
43.	304	Paul Bowe	M	M50-54	Kilkenny Triathlon Club	00:12:19	00:00:43	00:41:07	00:00:37	00:12:57	01:07:43
44.	309	Diane Behan	F	F50-54	Athy Triathlon Club	00:12:07	00:00:27	00:43:16	00:00:22	00:12:47	01:08:59
45.	162	Stephen Leech	M	M45-49	Naas TC	00:12:47	00:00:54	00:40:31	00:01:07	00:14:02	01:09:21
46.	119	Breda Daly	F	F50-54	Midland Triathlon Club	00:12:52	00:00:36	00:42:06	00:00:39	00:13:13	01:09:26



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47.	151	Siobhan Kennedy	F	F60-64		00:13:03	00:00:49	00:41:40	00:00:44	00:13:27	01:09:43
48.	354	Ciara Bradley	F	F40-44	Belpark Triathlon Club	00:13:10	00:00:44	00:41:46	00:00:36	00:13:48	01:10:04
49.	172	Conor McGrane	M	M16-17	Pulse TC	00:10:45	00:00:21	00:45:55	00:00:27	00:12:40	01:10:08
50.	128	Amy Edghill	F	F25-29	Trilogy Triathlon Club 23	00:13:06	00:00:39	00:42:07	00:00:37	00:13:57	01:10:26
51.	148	Geraldine Hendricken	F	F50-54	Carlow TC	00:11:50	00:00:24	00:44:25	00:00:36	00:13:21	01:10:36
52.	139	Louise Fogarty	F	F30-34		00:11:32	00:00:28	00:45:44	00:00:46	00:12:22	01:10:52
53.	131	Sean Farrell	M	M55-59	3D Tri Club	00:13:08	00:00:47	00:42:45	00:00:45	00:13:33	01:10:58
54.	100	Neil Burns	M	M35-39	Piranha Triathlon Club	00:13:21	00:00:53	00:42:13	00:00:36	00:14:02	01:11:05
55.	345	Patrick Brennan	M	M35-39	Kilkenny Triathlon Club	00:11:46	00:00:49	00:45:32	00:00:54	00:12:34	01:11:35
56.	122	Maire Diggin	F	F50-54	Pulse TC	00:12:53	00:00:24	00:43:07	00:00:30	00:14:59	01:11:53
57.	127	Padraic Dunne	M	M30-34	Carlow TC	00:12:29	00:00:53	00:43:39	00:00:55	00:14:00	01:11:56
58.	140	Edel Foster	F	F35-39	Limerick TC	00:13:09	00:00:48	00:43:30	00:00:46	00:13:49	01:12:02
59.	211	Marie Slattery	F	F45-49	Kilkenny Triathlon Club	00:13:52	00:00:36	00:42:46	00:00:33	00:14:23	01:12:10
60.	196	Eamon Phelan	M	M60-64	Tried and Tested Dungarvan	00:13:25	00:00:48	00:42:21	00:00:44	00:15:03	01:12:21
61.	142	Helen French	F	F50-54	Belpark Triathlon Club	00:13:36	00:00:32	00:43:33	00:00:53	00:14:04	01:12:38
62.	157	Mag Kirwan	F	F55-59	Kilkenny Triathlon Club	00:13:56	00:00:41	00:42:49	00:00:33	00:14:50	01:12:49
63.	144	Kevin Gentleman	M	M40-44		00:12:38	00:00:32	00:45:11	00:00:31	00:13:59	01:12:51
64.	134	DONALD FITZMAURICE	M	M60-64	Piranha Triathlon Club	00:14:24	00:00:33	00:41:36	00:00:57	00:15:29	01:12:59
65.	167	Nessa Mangan	F	F16-17	Predator Triathlon Club	00:12:20	00:00:31	00:46:03	00:00:33	00:13:36	01:13:03
66.	145	Pamela Grogan	F	F45-49	Trilogy Triathlon Club 23	00:13:02	00:00:57	00:44:28	00:00:54	00:13:56	01:13:17
67.	213	Trevor Spillane	M	M45-49	Kilkenny Triathlon Club	00:12:14	00:00:51	00:46:30	00:00:39	00:13:08	01:13:22
68.	141	Monica Freiband O'Reilly	F	F30-34	Kilkenny Triathlon Club	00:13:37	00:00:39	00:44:26	00:00:39	00:14:02	01:13:23
69.	143	Wini Gallagher	F	F45-49	Piranha Triathlon Club	00:13:09	00:00:55	00:44:45	00:01:03	00:13:51	01:13:43
70.	184	Brian O Sullivan	M	M35-39		00:13:11	00:00:55	00:44:25	00:01:25	00:13:59	01:13:55



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71.	156	Cillian Kirk	M	M16-17	Athy Triathlon Club	00:12:47	00:00:25	00:46:24	00:00:30	00:14:00	01:14:06
72.	152	Deirdre Keogh	F	F50-54		00:14:12	00:00:45	00:43:32	00:00:56	00:15:04	01:14:29
73.	216	Jeff Taylor	M	M40-44		00:15:23	00:00:46	00:41:36	00:00:47	00:16:01	01:14:33
74.	118	Sophie Cunningham	F	F30-34	Wexford TC	00:14:52	00:00:49	00:42:18	00:00:50	00:16:16	01:15:05
75.	205	Erica Sanna	F	F35-39		00:14:05	00:00:55	00:46:07	00:00:42	00:13:58	01:15:47
76.	219	Martyn Walsh	M	M45-49	Kilkenny Triathlon Club	00:14:16	00:00:46	00:44:03	00:01:12	00:15:40	01:15:57
77.	169	Noeleen Mc Carthy	F	F45-49	Waterford Triathlon Club	00:13:55	00:00:48	00:46:05	00:00:32	00:14:40	01:16:00
78.	187	Cormac O'Donovan	M	M55-59	Naas TC	00:13:27	00:00:54	00:46:20	00:00:46	00:14:35	01:16:02
79.	113	Kate Crowley	F	F30-34	Piranha Triathlon Club	00:13:17	00:00:32	00:46:41	00:00:33	00:15:14	01:16:17
80.	175	Genevieve Molloy	F	F45-49	Virginia Triathlon & Cycling Club.	00:14:43	00:00:39	00:44:21	00:00:43	00:16:01	01:16:27
81.	178	Anthony Mooney	M	M35-39	Kilkenny Triathlon Club	00:13:42	00:00:50	00:45:54	00:01:05	00:15:20	01:16:51
82.	147	Helen Hartigan	F	F55-59	Limerick TC	00:13:50	00:00:42	00:47:09	00:00:46	00:14:44	01:17:11
83.	121	John Dempsey	M	M45-49		00:15:05	00:01:00	00:44:31	00:00:49	00:16:23	01:17:48
84.	171	Joanne McCauley	F	F45-49	Armagh Pikekickers Triathlon Club	00:14:11	00:01:04	00:46:45	00:00:46	00:15:09	01:17:55
85.	106	Ian Collins	M	M40-44		00:14:26	00:00:41	00:47:44	00:00:25	00:15:00	01:18:16
86.	181	Lee Murphy	M	M40-44	Carlow TC	00:15:27	00:00:41	00:44:47	00:00:47	00:17:11	01:18:53
87.	179	Gary Moralee	M	M65-69	Pulse TC	00:14:57	00:00:32	00:48:54	00:00:45	00:15:07	01:20:15
88.	168	Tomas Mangan	M	M50-54	Predator Triathlon Club	00:14:37	00:01:04	00:47:50	00:01:08	00:15:57	01:20:36
89.	207	Tommy Sheahan	M	M40-44		00:12:54	00:00:35	00:51:36	00:00:34	00:15:01	01:20:40
90.	111	Diane Cordner	F	F55-59	Lisburn Triathlon Club	00:15:13	00:00:49	00:47:46	00:00:48	00:16:21	01:20:57
91.	177	Tom Monnelly	M	M55-59		00:14:30	00:00:34	00:49:44	00:00:23	00:15:49	01:21:00
92.	133	Gavin Finn	M	M45-49	Wexford TC	00:13:41	00:01:09	00:49:57	00:01:26	00:15:07	01:21:20
93.	126	Joe Dunne	M	M40-44		00:14:41	00:00:49	00:49:52	00:00:54	00:15:21	01:21:37
94.	182	David Murphy	M	M45-49		00:14:44	00:01:22	00:48:19	00:01:20	00:16:10	01:21:55



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95.	138	Dolores Fogarty	F	F35-39		00:12:57	00:00:57	00:52:52	00:00:45	00:14:31	01:22:02
96.	160	colman larkin	M	M60-64		00:15:01	00:00:56	00:50:11	00:00:48	00:15:50	01:22:46
97.	137	Caroline Fogarty	F	F25-29		00:13:58	00:00:38	00:52:06	00:00:46	00:15:32	01:23:00
98.	146	Luke Hade	M	M55-59	Carlow TC	00:16:07	00:01:30	00:47:34	00:01:21	00:16:53	01:23:25
99.	173	Paul McGrane	M	M55-59	Pulse TC	00:14:38	00:00:50	00:50:05	00:00:50	00:17:19	01:23:42
100.	174	Johnny Miller	M	M45-49		00:14:40	00:00:43	00:52:25	00:00:32	00:15:40	01:24:00
101.	355	Yvonne Dunne	F	F45-49		00:16:16	00:01:11	00:53:31	00:00:37	00:14:52	01:26:27
102.	330	Ian Bell	M	M50-54	Waterford Triathlon Club	00:17:03	00:01:13	00:48:51	00:01:11	00:21:40	01:29:58
103.	192	Helena O'Toole	F	F40-44		00:17:02	00:00:42	00:54:19	00:00:26	00:17:42	01:30:11
104.	103	Mary Byrne	F	F65-69	Newry Triathlon Club	00:14:46	00:01:02	00:57:37	00:01:09	00:16:15	01:30:49
105.	362	Muire Burke	F	F40-44		00:16:23	00:01:32	00:54:42	00:01:15	00:17:30	01:31:22
106.	136	Nicky Flynn	F	F65-69	Kilkenny Triathlon Club	00:20:59	00:00:43	00:47:35	00:00:44	00:23:37	01:33:38
107.	195	Birgit Parsim	F	F35-39		00:18:12	00:01:38	00:54:01	00:00:48	00:19:36	01:34:15
108.	194	Jennifer Page	F	F45-49		00:17:00	00:00:45	00:57:36	00:00:47	00:18:26	01:34:34
109.	287	Sharon Boland	F	F25-29		00:14:40	00:01:05	01:02:55	00:00:34	00:16:02	01:35:16
110.	109	Amanda Connor	F	F45-49		00:17:46	00:00:57	00:56:00	00:01:00	00:20:18	01:36:01
111.	149	Jacqueline Keating	F	F55-59	Athy Triathlon Club	00:16:10	00:01:14	00:58:53	00:01:13	00:18:43	01:36:13
112.	201	Nickey Rowley	F	F50-54		00:18:12	00:01:41	00:55:41	00:01:02	00:20:03	01:36:39
113.	110	Rhona Coombes	F	F40-44		00:17:47	00:00:49	00:57:46	00:00:42	00:20:04	01:37:08
114.	191	Niamh O'Halloran	F	F25-29		00:15:51	00:00:56	01:03:23	00:00:36	00:16:47	01:37:33
115.	161	Maggie Lawler	F	F40-44		00:16:01	00:00:48	01:03:10	00:00:50	00:17:31	01:38:20
116.	116	Caoimhe Cunningham	F	F30-34		00:17:15	00:00:58	01:02:00	00:00:35	00:17:58	01:38:46
117.	117	Glen Cunningham	M	M40-44		00:17:16	00:00:57	01:02:04	00:00:31	00:17:58	01:38:46
118.	204	Rosemary Ryan	F	F50-54	South Coast TC 2023	00:19:35	00:01:10	00:56:56	00:01:32	00:19:55	01:39:08



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119.	212	Ciaran Smith	M	M35-39	TriTanium TC	00:20:53	00:03:36	00:54:21	00:01:50	00:23:00	01:43:40
120.	55	Diane Behan	F	F50-54	Waterford Triathlon Club						01:48:10

Number of records: 120



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