

Athy Tri Club Flat Out Adult Duathlon 2024

Overall Results Duathlon



Place	Bib	Name	Gender	AG	Club	Run1	T1	Bike	T2	Run2	Finish
Duathlon											
1.	131	Conal Cremen	M	M35-39	2024 Belpark Triathlon Club	00:10:36	00:00:49	00:34:34	00:01:05	00:10:50	00:57:54
2.	104	Enda Bagnall	M	M45-49	Eden Tri Club	00:10:30	00:00:47	00:35:15	00:01:03	00:11:24	00:58:59
3.	185	Ben Butler	M	M30-34	WICKLOW TRIATHLON CLUB	00:10:31	00:00:52	00:35:50	00:00:59	00:11:46	00:59:58
4.	164	Dean Phelan	M	M20-24	Tullamore TC	00:11:18	00:00:56	00:34:41	00:01:19	00:11:59	01:00:13
5.	211	Eoin Farrell	M	M30-34		00:11:18	00:00:59	00:35:42	00:01:05	00:11:13	01:00:17
6.	194	Gary Condell	M	M30-34	Trilogy Triathlon Club 24	00:11:13	00:00:57	00:35:35	00:01:07	00:11:58	01:00:50
7.	217	Ernest Asensio blasco	M	M50-54	Tri an Mhi TC	00:11:06	00:00:43	00:37:16	00:00:50	00:11:21	01:01:16
8.	166	Cole Phelan	M	M18-19		00:11:19	00:01:03	00:35:33	00:01:16	00:12:23	01:01:34
9.	205	Alan Connolly	M	M40-44	Eden Tri Club	00:11:38	00:00:58	00:35:16	00:01:43	00:12:14	01:01:49
10.	140	Alex Sargent	M	M20-24	Naas TC	00:11:47	00:00:52	00:38:52	00:11:11	00:00:07	01:02:49
11.	214	Cillian Cloney	M	M16-17		00:11:23	00:01:02	00:36:53	00:01:13	00:12:24	01:02:55
12.	105	Ciaran Charlton	M	M30-34	Naas TC	00:11:18	00:01:16	00:37:13	00:01:03	00:12:18	01:03:08
13.	221	Alan Gibson	M	M45-49	Tried and Tested	00:10:55	00:00:58	00:37:46	00:01:16	00:12:16	01:03:11
14.	186	Owen Ingarfield	M	M40-44	Piranha Triathlon Club	00:11:55	00:00:57	00:37:41	00:01:02	00:12:03	01:03:38
15.	120	Brendan Buck	M	M50-54	WICKLOW TRIATHLON CLUB	00:12:12	00:00:53	00:36:32	00:01:08	00:13:00	01:03:45
16.	188	William Byrne	M	M50-54		00:11:22	00:00:50	00:38:00	00:01:30	00:12:39	01:04:21
17.	147	Stephen Loughnane	M	M40-44	Naas TC	00:12:13	00:01:00	00:37:57	00:01:25	00:13:13	01:05:48
18.	168	Tiago Dias	M	M40-44	2024 Belpark Triathlon Club	00:11:44	00:00:56	00:39:32	00:01:07	00:12:48	01:06:07
19.	141	Paul Kennedy	M	M40-44	Cork Triathlon Club	00:12:51	00:01:05	00:37:16	00:01:37	00:13:20	01:06:09
20.	212	Gary Crossan	M	M50-54		00:11:43	00:01:04	00:39:26	00:01:06	00:13:01	01:06:20



BMW DUATHLON
NATIONAL SERIES

Athy Tri Club Flat Out Adult Duathlon 2024

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21.	118	Joshua Schnell	M	M20-24	Athy Triathlon Club	00:10:53	00:01:02	00:42:19	00:01:09	00:11:17	01:06:40
22.	170	Olivia Mc Cartin	F	F45-49		00:12:28	00:00:59	00:38:53	00:01:12	00:13:10	01:06:42
23.	208	Neil O'Connor	M	M45-49	Clonmel TC	00:12:12	00:00:50	00:39:15	00:01:10	00:13:17	01:06:44
24.	113	Darren O Sullivan	M	M45-49	Naas TC	00:12:04	00:01:02	00:39:13	00:01:23	00:13:13	01:06:55
25.	163	Alan Davis	M	M45-49	Clonmel TC	00:12:05	00:00:53	00:39:50	00:00:59	00:13:10	01:06:57
26.	150	Nigel Foster	M	M55-59		00:12:29	00:01:02	00:38:47	00:01:32	00:13:27	01:07:17
27.	172	Conor McGrane	M	M18-19	Pulse TC	00:10:38	00:00:48	00:42:19	00:01:04	00:12:32	01:07:21
28.	190	Barry Smyth	M	M35-39	Naas TC	00:12:03	00:00:55	00:39:18	00:01:31	00:13:50	01:07:37
29.	180	Senan O halloran	M	M35-39	Clonmel TC	00:12:44	00:01:04	00:39:43	00:01:09	00:13:06	01:07:46
30.	184	damien donoghue	M	M40-44	Tri Lakes Triathlon Club	00:12:18	00:01:19	00:39:41	00:01:25	00:13:13	01:07:56
31.	191	Mark O'Connor	M	M45-49	Clonmel TC	00:12:00	00:01:14	00:40:06	00:01:28	00:13:32	01:08:20
32.	116	Noel Healy	M	M50-54	Tri Lakes Triathlon Club	00:12:04	00:01:12	00:40:57	00:00:58	00:13:09	01:08:20
33.	123	Cornelius Marshall	M	M45-49	South Coast TC 2024	00:12:01	00:01:30	00:41:25	00:01:49	00:12:04	01:08:49
34.	203	Aimee Carr	F	F18-19	Pulse TC	00:12:25	00:00:50	00:41:55	00:01:01	00:13:02	01:09:13
35.	169	Michael Macken	M	M60-64		00:13:33	00:01:08	00:39:40	00:01:23	00:14:13	01:09:57
36.	195	Amy Edghill	F	F25-29	Trilogy Triathlon Club 24	00:13:39	00:01:16	00:40:07	00:01:18	00:13:49	01:10:09
37.	204	Conor Heffernan	M	M30-34	Trilogy Triathlon Club 24	00:13:38	00:01:12	00:40:03	00:01:43	00:14:11	01:10:47
38.	134	Paul Flynn	M	M45-49	Tri Lakes Triathlon Club	00:14:29	00:01:04	00:39:42	00:01:13	00:14:28	01:10:56
39.	159	Paul Dermody	M	M45-49	Kilkenny Triathlon Club	00:13:18	00:01:24	00:40:26	00:01:41	00:14:08	01:10:57
40.	109	Martina Mcintyre	F	F50-54		00:12:43	00:01:02	00:42:16	00:01:06	00:13:58	01:11:05
41.	187	Andres Reid	M	M50-54		00:13:08	00:01:31	00:41:48	00:01:27	00:13:59	01:11:53



BMW DUATHLON
NATIONAL SERIES

Athy Tri Club Flat Out Adult Duathlon 2024

Overall Results Duathlon



Place	Bib	Name	Gender	AG	Club	Run1	T1	Bike	T2	Run2	Finish
42.	224	James O Connor	M	M35-39	Trilogy Triathlon Club 24	00:13:30	00:01:24	00:41:26	00:01:39	00:14:01	01:12:00
43.	148	JD Flynn	M	M35-39	Kilkenny Triathlon Club	00:12:24	00:01:01	00:43:57	00:01:42	00:13:07	01:12:11
44.	107	Tom Dowling	M	M40-44	Kilkenny Triathlon Club	00:13:32	00:01:17	00:41:47	00:01:33	00:14:13	01:12:22
45.	129	Andrea Brennan	F	F40-44	2024 Belpark Triathlon Club	00:13:45	00:01:23	00:41:15	00:01:30	00:14:36	01:12:29
46.	197	Simon Wallace	M	M50-54		00:13:48	00:01:27	00:41:07	00:01:34	00:14:37	01:12:33
47.	136	Tracy O'Reilly	F	F45-49	Virginia Triathlon & Cycling Club	00:13:24	00:01:24	00:43:28	00:14:13	00:00:08	01:12:37
48.	209	Diane Behan	F	F55-59	Waterford Triathalon Club	00:13:06	00:01:08	00:43:08	00:01:10	00:14:14	01:12:46
49.	196	Tony Corcoran	M	M40-44	Carlow TC	00:15:11	00:01:54	00:39:19	00:02:00	00:14:31	01:12:55
50.	233	Brendan Dowd	M	M45-49	Naas TC	00:13:29	00:01:34	00:42:16	00:01:30	00:14:18	01:13:07
51.	232	Sean Farrell	M	M55-59	3D Triathlon Club	00:14:31	00:01:11	00:41:29	00:01:29	00:14:58	01:13:38
52.	167	Conor O'Leary	M	M35-39	2024 Belpark Triathlon Club	00:13:02	00:01:16	00:44:27	00:01:33	00:13:44	01:14:02
53.	161	Gareth Brady	M	M40-44		00:13:33	00:01:13	00:43:36	00:01:42	00:14:28	01:14:32
54.	152	Gavin Deering	M	M35-39	Kilkenny Triathlon Club	00:13:57	00:01:30	00:43:30	00:01:18	00:14:28	01:14:43
55.	215	Ciaran O Laoi	M	M35-39	Galway Triathlon Club	00:14:23	00:01:14	00:43:18	00:01:11	00:14:40	01:14:46
56.	227	Pat Kirwan	M	M45-49	Clonmel TC	00:13:41	00:01:00	00:44:14	00:01:11	00:15:14	01:15:20
57.	216	Aisling Bohan	F	F25-29	Trilogy Triathlon Club 24	00:14:38	00:01:05	00:43:24	00:01:25	00:15:24	01:15:56
58.	128	Elizabeth Shouldice	F	F45-49	Fingal Triathlon Club	00:14:17	00:01:16	00:45:32	00:14:47	00:00:08	01:16:00
59.	130	Lilly O'Dea	F	F45-49	Boru TC	00:14:05	00:01:12	00:45:07	00:01:30	00:14:22	01:16:16
60.	137	Muireann McDonnell	F	F25-29	2024 Belpark Triathlon Club	00:13:09	00:01:51	00:45:50	00:01:46	00:13:42	01:16:18
61.	207	Elaine Byrne	F	F30-34		00:12:39	00:01:03	00:49:07	00:01:15	00:13:06	01:17:10
62.	179	Ashleigh Byrne	F	F35-39	Blackwater Triathlon Club	00:14:16	00:01:31	00:44:29	00:01:50	00:15:53	01:17:59



BMW DUATHLON
NATIONAL SERIES

Athy Tri Club Flat Out Adult Duathlon 2024

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63.	138	Siobhan & Vinny Power	F	F50-54	Carrick-on-Suir TC	00:15:48	00:00:59	00:43:34	00:01:00	00:16:41	01:18:02
64.	115	Helen French	F	F50-54	2024 Belpark Triathlon Club	00:14:19	00:01:27	00:45:38	00:01:56	00:14:59	01:18:19
65.	160	Genevieve Molloy	F	F45-49	Virginia Triathlon & Cycling Club	00:15:08	00:01:26	00:43:44	00:01:48	00:16:19	01:18:25
66.	153	Dinny Brennan	M	M55-59	Kilkenny Triathlon Club	00:15:49	00:01:35	00:42:29	00:01:57	00:16:59	01:18:49
67.	125	Pamela Grogan	F	F50-54	Trilogy Triathlon Club 24	00:14:36	00:01:27	00:45:35	00:01:32	00:15:40	01:18:50
68.	230	Ultan Downes	M	M40-44	Naas TC	00:13:46	00:01:52	00:46:52	00:01:44	00:14:51	01:19:05
69.	222	Greg Harrigan	M	M30-34	South Coast TC 2024	00:14:09	00:01:20	00:48:38	00:01:17	00:15:12	01:20:36
70.	189	Nigel McCullough	M	M50-54	Newry Triathlon Club	00:13:48	00:01:25	00:47:13	00:01:38	00:16:40	01:20:44
71.	139	Ciaran O'Donnell	M	M30-34	Athy Triathlon Club	00:13:07	00:02:41	00:49:04	00:02:46	00:13:12	01:20:50
72.	229	Mark Condon	M	M40-44		00:15:52	00:01:43	00:46:12	00:01:44	00:15:37	01:21:08
73.	158	Noeleen Mc Carthy	F	F45-49	Waterford Triathlon Club	00:14:51	00:01:23	00:48:10	00:01:20	00:15:30	01:21:14
74.	193	Bryan O'Neill	M	M30-34	Carlow TC	00:16:06	00:01:38	00:44:27	00:02:10	00:17:05	01:21:26
75.	183	Claire Diffley	F	F25-29	Piranha Triathlon Club	00:14:52	00:01:41	00:46:36	00:02:24	00:16:11	01:21:44
76.	162	Patricia O brien mccord	F	F40-44	Racing 795 TC	00:14:50	00:01:41	00:48:27	00:01:48	00:15:24	01:22:10
77.	171	Joe Dunne	M	M40-44		00:15:25	00:01:25	00:47:54	00:01:52	00:15:47	01:22:23
78.	114	Anthony Ryan	M	M40-44	Midland TC	00:15:07	00:01:31	00:47:13	00:02:01	00:16:58	01:22:50
79.	100	Vera Mccool	F	F60-64	Midland TC	00:15:22	00:01:01	00:48:39	00:01:24	00:16:34	01:23:00
80.	124	Maire Marshall	F	F50-54	South Coast TC 2024	00:15:06	00:01:31	00:49:14	00:01:45	00:15:54	01:23:30
81.	132	Lara Dillon	F	F40-44	Carlow TC	00:15:52	00:01:25	00:47:42	00:01:55	00:16:43	01:23:37
82.	144	Grace O'Reilly	F	F40-44	Carlow TC	00:15:02	00:02:17	00:49:04	00:01:45	00:15:41	01:23:49
83.	198	Patrick McCormack	M	M18-19		00:13:00	00:01:04	00:54:49	00:01:09	00:14:42	01:24:44



BMW DUATHLON
NATIONAL SERIES

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84.	106	Gavin Finn	M	M45-49	Wexford TC	00:14:03	00:01:39	00:52:19	00:02:20	00:14:45	01:25:06
85.	213	Gary Moralee	M	M65-69	Pulse TC	00:15:32	00:01:11	00:50:52	00:02:03	00:15:46	01:25:24
86.	133	Bryan Duignan	M	M40-44	Carlow TC	00:15:13	00:02:01	00:48:04	00:02:16	00:17:54	01:25:28
87.	231	Johnny Miller	M	M45-49		00:14:24	00:01:10	00:52:22	00:01:33	00:16:02	01:25:31
88.	127	Adin Middleton	M	M50-54	Carlow TC	00:16:44	00:01:14	00:49:50	00:18:11	00:00:11	01:26:10
89.	126	Tommy Sheahan	M	M45-49		00:14:13	00:01:07	00:52:58	00:01:34	00:16:26	01:26:18
90.	143	PHIL Murphy	F	F55-59	Athy Triathlon Club	00:17:44	00:01:35	00:47:19	00:02:16	00:18:47	01:27:41
91.	110	Peter O'Connor	M	M60-64	Carlow TC	00:17:39	00:01:32	00:48:35	00:01:42	00:18:17	01:27:45
92.	226	Yvonne Dunne	F	F45-49		00:15:14	00:01:35	00:54:57	00:01:25	00:15:27	01:28:38
93.	112	colman larkin	M	M60-64		00:15:59	00:01:37	00:52:54	00:01:40	00:17:29	01:29:39
94.	202	noel lambe	M	M60-64		00:15:39	00:01:16	00:54:18	00:01:51	00:17:00	01:30:04
95.	122	Mary Byrne	F	F65-69	Newry Triathlon Club	00:15:10	00:01:39	00:55:14	00:02:16	00:16:18	01:30:37
96.	176	Naomi Roycroft	F	F50-54	West Cork Triathlon Club	00:16:55	00:01:47	00:52:16	00:02:06	00:18:11	01:31:15
97.	108	Peter Murphy	M	M50-54		00:16:29	00:01:24	00:55:07	00:01:31	00:17:24	01:31:55
98.	173	Emma McGrane	F	F50-54	Pulse TC	00:16:00	00:01:32	00:56:25	00:01:53	00:17:02	01:32:52
99.	234	David Murphy	M	M45-49		00:15:45	00:02:03	00:55:32	00:02:07	00:17:56	01:33:23
100.	101	Paul Mccool	M	M60-64	Midland TC	00:18:47	00:01:08	00:53:36	00:01:39	00:18:27	01:33:37
101.	157	Majella Ní Chríocháin	F	F60-64	Galway Triathlon Club	00:17:37	00:02:01	00:53:01	00:02:37	00:18:32	01:33:48
102.	201	Aine Hutton	F	F45-49	Carlow TC	00:17:51	00:02:11	00:51:56	00:02:01	00:20:11	01:34:10
103.	223	Edel Mccormack	F	F40-44		00:16:22	00:01:41	00:57:56	00:01:22	00:16:55	01:34:16
104.	177	Daniel Arciniega	M	M40-44	2024 Belpark Triathlon Club	00:18:37	00:01:44	00:52:01	00:02:18	00:20:05	01:34:45



BMW DUATHLON
NATIONAL SERIES

Athy Tri Club Flat Out Adult Duathlon 2024

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105.	156	Viviane Wojtecki	F	F35-39	Carlow TC	00:19:06	00:01:38	00:50:14	00:02:09	00:22:11	01:35:18
106.	155	Bernie Millar	F	F65-69	Wexford TC	00:19:12	00:02:08	00:53:51	00:02:36	00:19:46	01:37:33
107.	206	Michael Wall	M	M35-39		00:16:47	00:01:12	01:00:31	00:01:25	00:17:44	01:37:39
108.	192	Diana Ursul	F	F35-39	Athy Triathlon Club	00:17:41	00:02:55	00:56:57	00:02:38	00:18:50	01:39:01
109.	200	Alison Merrigan	F	F55-59	Carlow TC	00:16:18	00:03:07	01:01:00	00:02:03	00:17:12	01:39:40
110.	218	Oliver Kelly	M	M45-49	Tried and Tested	00:16:55	00:03:37	00:56:51	00:01:57	00:21:10	01:40:30
111.	149	Siobhan Ni Reamoinn	F	F55-59	Carlow TC	00:17:40	00:02:27	00:59:29	00:02:58	00:19:19	01:41:53
112.	119	Sylvia Hanbidge	F	F30-34		00:19:24	00:01:28	00:57:51	00:02:21	00:21:37	01:42:41
113.	121	Jacqueline Keating	F	F55-59	Athy Triathlon Club	00:18:01	00:01:53	01:00:01	00:02:40	00:20:24	01:42:59
114.	154	Elisabeth Valera Fidalgo	F	F30-34	Athy Triathlon Club	00:17:47	00:02:47	01:00:03	00:03:16	00:19:12	01:43:05
115.	151	Liz O'Reilly	F	F55-59	Trilogy Triathlon Club 24	00:17:58	00:02:10	01:01:51	00:02:14	00:20:00	01:44:13
116.	174	Marie Casey-breen	F	F70+	Wexford TC	00:20:58	00:02:33	00:56:09	00:02:39	00:22:17	01:44:36
117.	210	Sarah McGrane	F	F18-19	Pulse TC	00:18:52	00:01:21	01:03:26	00:01:44	00:21:11	01:46:34
118.	228	Shane Gorry	M	M25-29		00:18:58	00:01:50	01:01:20	00:01:38	00:23:23	01:47:09
119.	145	Nicky Flynn	F	F65-69		00:21:20	00:01:59	01:01:09	00:02:19	00:25:44	01:52:31
120.	220	Fiona Harrigan	F	F30-34		00:21:54	00:01:49	01:06:53	00:02:02	00:25:30	01:58:08
121.	111	Reg Friddle	M	M50-54	Kilkenny Triathlon Club	00:21:41	00:02:12	01:07:31	00:02:24	00:26:53	02:00:41
122.	219	Lesley Caldwell	F	F50-54		00:21:40	00:02:20	01:13:16	00:01:57	00:32:25	02:11:38
DNF	165	John Phelan	M	M45-49	Tullamore TC						
DNF	199	Marc Bennett	M	M45-49	2024 Belpark Triathlon Club	00:14:21	00:01:21	00:46:32	00:14:30		
DNS	102	Guy Chilton	M	M45-49	Fingal Triathlon Club						



BMW DUATHLON
NATIONAL SERIES

Athy Tri Club Flat Out Adult Duathlon 2024

Overall Results Duathlon



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DNS	103	Jonathan Hadley	M	M35-39	Omagh Triathlon Club						
DNS	117	Mikey Power	M	M35-39							
DNS	135	Gerard Byrne	M	M60-64	Fingal Triathlon Club						
DNS	142	Karen Ryan	F	F50-54	Kilkenny Triathlon Club						
DNS	146	Conor Geary	M	M60-64	Waterford Triathlon Club						
DNS	175	liam fitzpatrick	M	M50-54	Athy Triathlon Club						
DNS	181	Elizabeth O'connor	F	F45-49	Pulse TC						
DNS	182	Cian O'Connor	M	M18-19	Pulse TC						
DNS	225	Ciaran Tobin	M	M60-64	Tri an Mhi TC						

Number of records: 134



BMW DUATHLON
NATIONAL SERIES