

Individual Event Times

Swim

	Swim Time	Rank
Paul Tanner	0:06:10	1
Ellen Vitting	0:07:40	2
Colm Horgan	0:08:15	3
Lisa Stapelbroek	0:08:16	4
Ryan Langley	0:09:28	5
Paul Kelly	0:09:57	6
Thos Foley	0:11:50	7
Joe Smyth	0:11:56	8
Robert Whyte	0:11:57	9
Clive Johnston	0:13:05	10

Cycle 1

	Cycle 1 Time	Rank
Paul Tanner	0:46:06	1
Ellen Vitting	0:47:36	2
Colm Horgan	0:51:32	3
Lisa Stapelbroek	0:53:33	4
Joe Smyth	0:54:50	5
Clive Johnston	0:56:28	6
Thos Foley	0:56:35	7
Robert Whyte	0:58:33	8
Ryan Langley	0:59:02	9
Paul Kelly	1:11:37	10

Run

	Run Time	Rank
Joe Smyth	0:16:32	1
Ellen Vitting	0:16:53	2
Paul Tanner	0:17:21	3
Colm Horgan	0:17:47	4
Thos Foley	0:19:57	5
Lisa Stapelbroek	0:19:59	6
Robert Whyte	0:20:29	7
Clive Johnston	0:23:39	8
Ryan Langley	0:25:40	9
Paul Kelly	0:30:34	10

Cycle 2

	Cycle 2 Time	Rank
Paul Tanner	0:08:01	1
Ellen Vitting	0:08:17	2
Joe Smyth	0:09:04	3
Lisa Stapelbroek	0:09:05	4
Colm Horgan	0:09:15	5
Robert Whyte	0:10:04	6
Ryan Langley	0:10:04	7
Clive Johnston	0:10:56	8
Thos Foley	0:11:14	9
Paul Kelly	0:12:21	10