

Place	Bib	Name	Surname	Sex	AG	TI Number	Swim	S_Plc	T1	Cycle	C_Plc	T2	Run1	Run2	RunTot	R_Plc	Finish	Penalty	Total	Notes
1	58	Owen	Dwyer	M	25-29		0:18:14	(2)	00:22	1:06:06	(6)	00:18	18:32	17:47	0:36:19	(1)	2:01:19		2:01:19	
2	82	Mark	Nolan	M	25-29	TN0802411	0:22:25	(5)	00:49	1:03:49	(3)	00:14	19:00	18:53	0:37:52	(3)	2:05:09		2:05:09	
3	148	Alan	Buckley	M	30-34		0:26:21	(35)	00:45	0:59:53	(1)	00:36	20:39	20:20	0:40:59	(9)	2:08:34		2:08:34	
4	86	Micheal	Buckley	M	30-34		0:28:45	(69)	00:44	1:02:53	(2)	00:37	18:57	19:22	0:38:19	(4)	2:11:20		2:11:20	
5	79	Mark	Mc Cabe	M	35-39	TN 0801627	0:22:31	(7)	00:39	1:06:44	(8)	00:31	21:32	19:41	0:41:13	(10)	2:11:37		2:11:37	
6	10	Stephen	Allen	M	30-34		0:23:55	(16)	01:29	1:06:12	(7)	00:19	20:14	19:49	0:40:02	(7)	2:11:58		2:11:58	
7	55	Tim	Barry	M	30-34		0:27:08	(50)	00:34	1:04:10	(4)	00:27	20:12	19:55	0:40:07	(8)	2:12:26		2:12:26	
8	104	John	Heffernan	M	30-34		0:24:54	(22)	01:14	1:07:18	(9)	00:31	19:53	19:52	0:39:45	(6)	2:13:41		2:13:41	
9	34	Anil	Jina	M	35-39	TN0800974	0:20:43	(3)	00:40	1:10:32	(22)	00:29	20:50	20:29	0:41:19	(11)	2:13:44		2:13:44	
10	112	Ellen	Viting	F	20-24		0:22:30	(6)	01:18	1:09:36	(17)	00:41	21:15	20:39	0:41:55	(18)	2:16:00		2:16:00	
11	L	Team L	Frances Shanahar	Relay			0:24:00	(18)	00:32	1:07:32	(10)	00:27	22:07	21:47	0:43:54	(31)	2:16:25		2:16:25	
12	7	Neil	Creedon	M	45-49	TN0801338	0:22:35	(8)	00:46	1:09:24	(16)	00:27	21:54	21:41	0:43:36	(28)	2:16:47		2:16:47	
13	41	Ronan	Hayes	M	30-34	TN 0802768	0:23:07	(10)	01:07	1:11:31	(28)	00:44	21:21	20:21	0:41:41	(13)	2:18:10		2:18:10	
14	66	Padraig	Hayes	M	30-34	TN 0802652	0:28:37	(67)	00:59	1:09:01	(14)	00:22	20:07	19:12	0:39:19	(5)	2:18:18		2:18:18	
15	133	Kevin	O'Brien	M	30-34	TN 0801791	0:24:34	(21)	00:44	1:07:41	(11)	00:24	22:47	22:09	0:44:57	(40)	2:18:18		2:18:18	
16	89	Noel	Dillon	M	30-34		0:25:22	(26)	00:49	1:09:52	(19)	00:33	21:08	21:08	0:42:15	(20)	2:18:51		2:18:51	
17	87	Joyce	Wolfe	F	30-34	TN0800902	0:23:08	(12)	00:54	1:11:24	(26)	00:31	22:11	21:35	0:43:46	(30)	2:19:43		2:19:43	
18	142	Katie	Cooke	F	30-34	TN0800870	0:23:38	(14)	01:03	1:09:18	(15)	00:27	23:08	22:28	0:45:36	(44)	2:20:03		2:20:03	
19	111	Peter	Wieneke	M	50-54	TN0800846	0:27:21	(56)	01:20	1:07:49	(12)	00:27	22:05	21:14	0:43:20	(26)	2:20:17		2:20:17	
20	113	Paul	Tanner	M	35-39		0:18:12	(1)	01:07	1:12:39	(33)	00:43	23:48	24:55	0:48:43	(69)	2:21:23		2:21:23	
21	16	Colm	Sheahan	M	20-24	TN0800809	0:26:23	(37)	00:50	1:11:25	(27)	00:27	20:50	21:35	0:42:25	(22)	2:21:30		2:21:30	
22	53	Kevin	Fitzgerald	M	30-34		0:25:07	(24)	01:07	1:12:46	(36)	00:36	21:24	20:52	0:42:16	(21)	2:21:52		2:21:52	
23	140	Grellan	Mc Grath	M	40-44		0:23:52	(15)	02:05	1:13:12	(41)	00:59	21:11	20:41	0:41:52	(17)	2:21:59		2:21:59	
24	F	Team F	Tony Daly	Relay			0:26:22	(36)	00:27	1:09:42	(18)	00:55	22:31	22:16	0:44:47	(38)	2:22:13		2:22:13	
25	145	Sean	O'Callaghan	M			0:28:50	(70)	00:49	1:08:32	(13)	00:29	22:48	20:49	0:43:37	(29)	2:22:17		2:22:17	
26	117	Adrian	Oprea	M	30-34	TN 0801441	0:25:34	(28)	01:01	1:13:05	(39)	00:22	21:12	21:24	0:42:36	(23)	2:22:38		2:22:38	
27	137	John	O'Shaughnessy	M	45-49		0:24:56	(23)	01:12	1:10:05	(20)	00:57	23:39	21:55	0:45:34	(43)	2:22:44		2:22:44	
28	J	Team J	Paudie Moriarty	Relay			0:28:24	(64)	00:37	1:11:02	(24)	00:13	20:52	21:55	0:42:47	(24)	2:23:03		2:23:03	
29	99	Liam	Dillon	M	35-39	TN0801796	0:25:37	(30)	00:28	1:13:47	(48)	00:25	21:53	21:12	0:43:05	(25)	2:23:22		2:23:22	
30	131	Ronan	Garvey	M	35-39	TN 0801227	0:28:04	(62)	01:54	1:11:02	(23)	00:50	21:22	20:24	0:41:46	(15)	2:23:36		2:23:36	
31	45	David	Egan	M	40-44	TN0800465	0:26:16	(33)	01:38	1:13:17	(43)	01:11	20:53	20:55	0:41:48	(16)	2:24:10		2:24:10	
32	25	Robert	Kehoe	M	40-44		0:27:15	(55)	01:14	1:10:30	(21)	01:05	22:10	22:28	0:44:38	(36)	2:24:42		2:24:42	
33	147	Paul	Dinan	M	50-54	TN 0803556	0:24:19	(19)	00:58	1:12:56	(37)	00:37	22:25	23:39	0:46:04	(49)	2:24:54		2:24:54	
34	139	Maurice	Keller	M	25-29	TN 0802060	0:25:43	(32)	01:18	1:14:18	(52)	00:19	22:05	21:19	0:43:23	(27)	2:25:01		2:25:01	
35	77	Brian	Russell	M	25-29	TN 0800741	0:27:12	(52)	00:55	1:11:44	(29)	00:41	22:38	22:04	0:44:41	(37)	2:25:14		2:25:14	
36	20	Stephen	Lynch	M	25-29	TN0800662	0:28:02	(61)	01:25	1:11:58	(31)	00:32	22:36	21:59	0:44:34	(34)	2:26:31		2:26:31	
37	15	Vanessa	Fenton	F	35-39	TN0800644	0:22:48	(9)	01:25	1:14:54	(54)	00:43	23:50	22:59	0:46:49	(53)	2:26:39		2:26:39	
38	33	Tim	O'Regan	M	35-39	TN0800761	0:25:36	(29)	00:48	1:12:57	(38)	00:28	23:29	24:15	0:47:45	(59)	2:27:34		2:27:34	
39	31	Timothy	Horgan	M	50-54	TN0801817	0:27:01	(47)	01:44	1:12:33	(32)	00:56	23:02	22:38	0:45:40	(45)	2:27:54		2:27:54	
40	A	Team A	Brian O'Callaghan	Relay			0:28:37	(66)	00:40	1:11:10	(25)	00:14	24:09	23:40	0:47:49	(60)	2:28:29		2:28:29	
41	150	Richie	Rudkins	M	45-49	TN 0801793	0:25:40	(31)	00:53	1:13:22	(44)	00:31	24:50	23:15	0:48:05	(63)	2:28:30		2:28:30	
42	21	Mary	Horgan	F	35-39	TN0800265	0:22:21	(4)	00:46	1:23:25	(92)	00:26	20:57	20:45	0:41:42	(14)	2:28:41		2:28:41	
43	14	John	Ryan	M	40-44	TN0800382	0:26:34	(38)	01:29	1:13:25	(45)	00:40	23:46	22:57	0:46:43	(52)	2:28:51		2:28:51	
44	64	Ciaran	O'Reilly	M	30-34		0:28:40	(68)	02:36	1:13:14	(42)	00:27	22:05	21:50	0:43:55	(32)	2:28:52		2:28:52	
45	8	Luke	Mc Carthy	M	20-24	TN0800765	0:26:47	(41)	00:56	1:12:42	(34)	00:18	24:45	24:01	0:48:46	(72)	2:29:29		2:29:29	
46	151	Billy	Water	M	30-34		0:29:13	(73)	01:37	1:13:36	(46)	00:29	22:36	22:02	0:44:38	(35)	2:29:34		2:29:34	
47	19	Conor	O'Brien	M	30-34	TN0800540	0:27:04	(49)	01:39	1:16:12	(62)	00:28	21:51	22:42	0:44:33	(33)	2:29:56		2:29:56	
48	11	Barry	Deane	M	40-44	TN0800620	0:26:54	(45)	01:03	1:13:48	(50)	00:53	23:37	24:16	0:47:53	(61)	2:30:30		2:30:30	
49	M	Team M	Jerry O'Shea	Relay			0:29:05	(71)	00:34	1:14:07	(51)	00:20	23:08	24:12	0:47:20	(55)	2:31:25		2:31:25	
50	135	Eamon	O'Sullivan	M			0:31:01	(85)	02:36	1:13:10	(40)	00:27	22:03	23:39	0:45:42	(46)	2:32:55		2:32:55	
51	6	Desmond	Savage	M	30-34	TN0P02159	0:25:19	(25)	02:16	1:13:47	(49)	00:39	24:14	24:55	0:49:09	(74)	2:31:10	2:00	2:33:10	Drafting
52	121	John	Linnane	M	30-34	TN 0801833	0:33:46	(104)	01:30	1:15:52	(58)	00:43	21:09	20:31	0:41:41	(12)	2:33:31		2:33:31	
53	130	Larry	Corbally	M	40-44	TN 0801540	0:31:11	(87)	01:24	1:11:45	(30)	00:55	25:11	23:17	0:48:28	(67)	2:33:43		2:33:43	
54	93	Cillian	Murphy	M	40-44	TN0801839	0:27:46	(58)	00:48	1:15:56	(59)	00:37	24:47	23:57	0:48:44	(70)	2:33:51		2:33:51	
55	46	Elaine	O'Brien	F	25-29	TN 0802360	0:26:54	(46)	00:55	1:16:46	(66)	01:14	24:36	23:31	0:48:07	(65)	2:33:56		2:33:56	
56	134	Joseph	Smyth	M	30-34	TN 0801620	0:31:20	(89)	01:27	1:18:50	(72)	00:29	21:03	21:06	0:42:09	(19)	2:34:15		2:34:15	
57	107	Barry	O'Donoghue	M	30-34	TN 0802226	0:26:41	(40)	02:33	1:19:45	(75)	00:37	22:43	22:06	0:44:49	(39)	2:34:24		2:34:24	
58	26	Simon	Reddy	M	30-34	TN0800235	0:23:56	(17)	01:30	1:16:31	(65)	00:46	25:28	26:24	0:51:52	(81)	2:34:36		2:34:36	
59	I	Team I	A. O'Sullivan	Relay			0:28:00	(60)	00:38	1:19:57	(76)	00:18	23:16	23:06	0:46:22	(50)	2:35:16		2:35:16	

60	13	Jason	Murtagh	M	35-39	TN0800847	0:25:26	(27)	01:07	1:16:16	(63)	01:05	26:13	26:24	0:52:38	(86)	2:36:32	2:36:32	
61	123	Yvonne	Delaney	F	40-44	TN 0801361	0:27:32	(57)	01:26	1:14:39	(53)	01:02	26:26	25:58	0:52:23	(84)	2:37:03	2:37:03	
62	78	Ciaran	Duffy	M	25-29	TN 0802832	0:27:14	(54)	01:09	1:16:18	(64)	00:20	26:49	25:40	0:52:28	(85)	2:37:29	2:37:29	
63	D Team D	Gavin Fraser	Relay				0:32:33	(99)	00:45	1:15:39	(57)	00:59	23:24	24:17	0:47:42	(58)	2:37:38	2:37:38	
64	95	Colm	Nagle	M	30-34		0:29:36	(78)	02:53	1:12:46	(35)	00:39	26:57	24:59	0:51:56	(82)	2:37:50	2:37:50	
65	28	Vincent	Lucey	M	40-44	TN0801329	0:32:40	(100)	01:14	1:16:05	(60)	00:37	23:50	23:34	0:47:25	(56)	2:38:01	2:38:01	
66	40	Emer	Collins	F	30-34		0:31:13	(88)	01:02	1:17:47	(67)	00:34	24:10	23:47	0:47:58	(62)	2:38:33	2:38:33	
67	65	Alan	Nevin	M	25-29		0:27:13	(53)	02:13	1:18:27	(71)	01:10	24:39	25:00	0:49:40	(77)	2:38:43	2:38:43	
68	60	John	Ryan	M	30-34	TN 0803249	0:28:00	(59)	00:40	1:15:08	(55)	00:50	27:56	26:15	0:54:11	(96)	2:38:50	2:38:50	
69	120	Brendan	Keohane	M	25-29		0:32:27	(97)	01:58	1:16:06	(61)	00:31	25:09	22:57	0:48:07	(64)	2:39:09	2:39:09	
70	69	Neil	Gilmor	M	45-49		0:31:28	(92)	02:22	1:19:21	(74)	00:23	22:50	23:03	0:45:54	(47)	2:39:28	2:39:28	
71	42	Diarmuid	Cunniffe	M	25-29	TN0802880	0:29:26	(76)	01:48	1:18:24	(70)	01:40	26:11	22:34	0:48:45	(71)	2:40:03	2:40:03	
72	126	Orla	Mooney	F	30-34	TN0800795	0:23:36	(13)	01:28	1:21:16	(82)	01:02	27:22	25:42	0:53:04	(89)	2:40:26	2:40:26	
73	63	Angie	O Sullivan	F	40-44	TN 0803225	0:31:10	(86)	02:56	1:22:11	(87)	00:21	22:36	22:32	0:45:08	(41)	2:41:46	2:41:46	
74	67	John	Galbraith	M	20-24	TN0803197	0:26:52	(43)	02:22	1:23:00	(91)	00:48	25:15	23:48	0:49:03	(73)	2:42:05	2:42:05	
75	27	Valeria	Fenton	F	25-29	TN0800173	0:26:53	(44)	01:29	1:21:52	(85)	00:41	25:47	25:25	0:51:12	(80)	2:42:07	2:42:07	
76	38	Noel	Mc Grath	M	35-39		0:26:50	(42)	00:46	1:15:21	(56)	00:46	29:19	27:08	0:56:27	(104)	2:40:11	2:42:11	Drafting
77	48	Kevin	Healy	M	35-39	TN 0801433	0:26:19	(34)	01:13	1:17:54	(68)	00:57	27:47	28:08	0:55:55	(102)	2:42:18	2:42:18	
78	138	Lisa	Stapelbroek	F	20-24		0:24:24	(20)	01:56	1:20:54	(80)	00:38	26:47	27:58	0:54:44	(98)	2:42:36	2:42:36	
79	149	Johnny	Redmond	M	40-44	TN 0801846	0:31:27	(91)	01:25	1:18:21	(69)	01:09	25:16	25:52	0:51:08	(78)	2:43:30	2:43:30	
80	17	Sharon	Finn	F	25-29	TN0800582	0:29:14	(74)	01:44	1:24:05	(93)	00:51	24:25	24:17	0:48:41	(68)	2:44:36	2:44:36	
81	52	Paul	Gosney	M	40-44	TN 0802308	0:27:11	(51)	02:13	1:27:52	(108)	01:14	23:50	22:39	0:46:29	(51)	2:44:58	2:44:58	
82	61	Owen	Ryan	M	30-34	TN 0802488	0:29:39	(79)	08:38	1:13:38	(47)	00:28	26:16	26:34	0:52:49	(88)	2:45:13	2:45:13	
83	4	Karina	Toehan	F	25-29		0:29:35	(77)	04:05	1:25:19	(98)	01:02	22:35	22:47	0:45:22	(42)	2:45:23	2:45:23	
84	153	John	Doherty	M	25-29		0:26:37	(39)	02:39	1:21:55	(86)	01:17	26:18	27:10	0:53:27	(94)	2:45:56	2:45:56	
85	109	Ray	Fitzgerald	M	35-39		0:31:21	(90)	02:31	1:21:01	(81)	00:24	24:34	26:38	0:51:11	(79)	2:46:28	2:46:28	
86	114	Lawlor	Colette	F	35-39		0:29:06	(72)	03:19	1:18:56	(73)	00:51	27:21	27:24	0:54:46	(99)	2:46:58	2:46:58	
87	116	Mary	O Connor	F	40-44		0:30:48	(84)	01:57	1:27:49	(107)	00:17	23:23	24:02	0:47:25	(57)	2:48:16	2:48:16	
88	75	John	Harnett	M	25-29		0:28:35	(65)	02:03	1:21:23	(83)	00:15	27:58	28:11	0:56:09	(103)	2:48:24	2:48:24	
89	144	Cathal	O Sullivan	M	40-44		0:27:03	(48)	04:56	1:21:44	(84)	00:44	25:51	28:24	0:54:15	(97)	2:48:42	2:48:42	
90	62	Frances	Shanahan	F			0:30:37	(83)	01:13	1:22:50	(90)	00:59	25:24	28:02	0:53:26	(93)	2:49:05	2:49:05	
91	39	James	Moriarty	M	40-44	TN0801478	0:33:56	(106)	01:31	1:20:21	(78)	00:42	26:05	27:27	0:53:32	(95)	2:50:02	2:50:02	
92	2	Mark	Hogg	M			0:30:24	(81)	03:10	1:22:37	(88)	00:26	26:21	27:05	0:53:26	(92)	2:50:04	2:50:04	
93	H Team H	Douglas Sadlier	Relay				0:31:35	(94)	01:20	1:27:46	(106)	02:03	24:29	23:48	0:48:17	(66)	2:51:01	2:51:01	
94	158	Thos	Foley	M	25-29		0:34:56	(109)	03:08	1:20:13	(77)	00:51	25:48	27:33	0:53:21	(90)	2:52:30	2:52:30	
95	161	Tony	Berkery	M	40-44		0:31:31	(93)	02:46	1:24:19	(94)	01:02	27:08	26:14	0:53:22	(91)	2:53:01	2:53:01	
96	1	Dermot	Haugh	M			0:34:53	(108)	02:51	1:25:37	(99)	01:10	24:50	24:29	0:49:19	(76)	2:53:51	2:53:51	
97	136	Brian	O' Sullivan	M			0:46:14	(117)	02:01	1:20:27	(79)	00:21	23:22	22:40	0:46:03	(48)	2:55:05	2:55:05	
98	18	Tania	Finn	F	35-39	TN0800231	0:28:07	(63)	02:26	1:25:56	(100)	01:54	28:58	28:29	0:57:27	(107)	2:55:49	2:55:49	
99	90	Alan	Frahill	M	35-39	TN0801860	0:29:20	(75)	01:54	1:24:51	(96)	00:44	29:19	30:27	0:59:46	(111)	2:56:36	2:56:36	
100	127	Gerard	Haugh	M	30-34		0:33:36	(103)	02:11	1:22:44	(89)	01:03	28:50	28:38	0:57:28	(108)	2:57:01	2:57:01	
101	84	Roy	Barton	M	35-39	TN0802129	0:31:42	(96)	01:14	1:31:03	(113)	00:46	26:03	26:44	0:52:47	(87)	2:57:31	2:57:31	
102	159	Robert	White	M			0:30:37	(82)	02:30	1:26:17	(102)	00:53	28:25	28:51	0:57:15	(106)	2:57:32	2:57:32	
103	80	Fergal	Machen	M	35-39	TN0802909	0:35:17	(111)	03:03	1:26:06	(101)	01:41	26:30	25:30	0:52:00	(83)	2:58:06	2:58:06	
104	29	Patrick	Howard	M	30-34		0:29:59	(80)	02:44	1:29:08	(112)	01:06	29:10	27:29	0:56:39	(105)	2:59:37	2:59:37	
105	108	Killian	Chute	M	30-34		0:32:29	(98)	03:31	1:28:10	(109)	00:29	27:25	27:33	0:54:58	(100)	2:59:38	2:59:38	
106	98	Sean	O Boyle	M	30-34	TN0802942	0:36:47	(112)	02:30	1:25:14	(97)	01:43	28:49	26:34	0:55:23	(101)	3:01:38	3:01:38	
107	E Team E	Patrick O'Sullivan	Relay				0:32:46	(101)	00:38	1:28:55	(111)	00:15	29:03	30:07	0:59:10	(109)	3:01:44	3:01:44	
108	76	Denis	Russell	M	25-29		0:31:39	(95)	02:10	1:28:25	(110)	01:41	29:31	31:44	1:01:16	(114)	3:05:10	3:05:10	
109	100	Liam	Mc Donnell	M	35-39		0:39:25	(115)	04:07	1:31:06	(114)	01:28	24:14	25:04	0:49:18	(75)	3:05:23	3:05:23	
110	71	Aileen	Clifford	F	50-54	TN 0803022	0:37:03	(113)	03:26	1:24:25	(95)	02:20	29:32	30:33	1:00:05	(112)	3:07:19	3:07:19	
111	115	Joan	Lawlor	F	40-44		0:38:16	(114)	03:09	1:27:34	(105)	00:27	28:25	30:56	0:59:21	(110)	3:08:47	3:08:47	
112	B Team B	Caroline Treanor	Relay				0:33:10	(102)	00:28	1:48:38	(118)	00:14	23:47	23:20	0:47:07	(54)	3:09:37	3:09:37	
113	23	David	Lalor	M	35-39		0:33:55	(105)	02:57	1:26:51	(103)	01:30	32:31	32:07	1:04:39	(117)	3:09:52	3:09:52	
114	152	Eamon	Sheehan	M	40-44		0:34:34	(107)	02:11	1:34:45	(116)	01:17	29:38	31:43	1:01:21	(115)	3:14:08	3:14:08	
115	81	Fidelma	Farrell	F	35-39		0:35:08	(110)	03:16	1:36:44	(117)	01:17	31:07	30:29	1:01:36	(116)	3:18:01	3:18:01	
116	143	Mark	Johnston	M	30-34		0:43:11	(116)	02:51	1:34:19	(115)	01:07	30:29	30:30	1:00:59	(113)	3:22:26	3:22:26	
		9	Gebrielle	Dillon	F	35-39	TN0801337			1:27:10	(104)						DNF Swim	DNF	
		118	Eamonn	Roche	M	35-39											DNF	DNF	
		12	Declan	O Shea	M	35-39	0:23:08	(11)	00:25	1:04:49	(5)	00:21	18:45	18:51	0:37:36	(2)	2:06:19	DQ	Dangerous Riding