

Hell of the West
Kilkee 27/06/09

Pos	Bib	Name	Sex	Cat	Cat Pos	Club	Swim	SPos	T1	Cycle	CPos	T2	Run	RPos	Finish	Penalty	Overall	Pen Reason
1	2	David Graham	M	M20 - 24yrs	1		00:20:55	1	00:36	01:10:26	5	00:28	00:36:33	3	02:08:56		02:08:56	
2	1	James Davenport	M	M20 - 24yrs	2	Pulse Tri Club	00:22:36	6	00:38	01:06:32	1	00:32	00:41:22	56	02:11:39		02:11:39	
3	381	Trevor Woods	M	M35 - 39yrs	1	Cork Tri Club	00:23:35	15	00:38	01:11:03	8	00:33	00:36:50	4	02:12:39		02:12:39	
4	34	Brian Jenkins	M	M25 - 29yrs	1	Limerick Tri Club	00:24:13	20	00:36	01:10:26	6	00:43	00:37:18	9	02:13:14		02:13:14	
5	19	Tim Downing	M	M25 - 29yrs	2	TC D 3D	00:23:06	11	00:35	01:12:03	20	00:38	00:37:08	7	02:13:28		02:13:28	
6	59	Bryan McCrystal	M	M25 - 29yrs	3	Setanta	00:26:01	55	00:34	01:07:41	3	00:31	00:39:03	20	02:13:48		02:13:48	
7	70	Mark Nolan	M	M25 - 29yrs	4	Cork Tri Club	00:26:44	67	00:48	01:09:17	4	00:32	00:36:54	5	02:14:14		02:14:14	
8	579	Matt Molloy	M	M40 - 44yrs	1	Bike and Run	00:21:27	4	00:57	01:11:12	10	00:48	00:40:04	31	02:14:26		02:14:26	
9	49	Bjorn Ludick	M	M25 - 29yrs	5	Wicklow Tri Club	00:22:57	9	00:33	01:11:55	18	00:40	00:38:47	18	02:14:49		02:14:49	
10	45	Karl Kildea	M	M25 - 29yrs	6	Setanta	00:23:51	16	00:41	01:13:36	32	00:38	00:37:10	8	02:15:55		02:15:55	
11	82	Wayne Reid	M	M25 - 29yrs	7	Athlone Triathlon Club	00:24:14	21	00:40	01:15:41	59	00:37	00:35:38	2	02:16:48		02:16:48	
12	176	Joseph Lynch	M	M30 - 34yrs	1	Pulse Tri Club	00:27:37	92	00:42	01:11:02	7	00:32	00:37:32	10	02:17:22		02:17:22	
13	40	Darren Kelly	M	M25 - 29yrs	8	Wicklow Tri Club	00:24:17	23	00:34	01:12:33	23	00:40	00:39:49	28	02:17:50		02:17:50	
14	573	Gerry Mc Cabe	M	M40 - 44yrs	2	setanta	00:29:48	175	00:40	01:07:30	2	00:37	00:39:26	24	02:18:00		02:18:00	
15	302	Brian Heffernan	M	M35 - 39yrs	2	3D TRI	00:27:26	87	00:53	01:11:45	17	00:31	00:38:09	13	02:18:41		02:18:41	
16	243	Shane Scully	M	M30 - 34yrs	2	Nenagh Tri Club	00:24:22	24	00:35	01:13:26	30	00:42	00:40:01	30	02:19:05		02:19:05	
17	256	Timothy Wolfe	M	M30 - 34yrs	3	Cork Tri Club	00:25:04	31	00:30	01:12:14	21	00:34	00:41:24	57	02:19:44		02:19:44	
18	382	Shane Scadding	M	M40 - 44yrs	3	waterford Tri Club	00:25:13	35	00:55	01:11:04	9	00:31	00:42:15	71	02:19:57		02:19:57	
19	253	Chris Upton	M	M30 - 34yrs	4	Wicklow Tri Club	00:30:13	195	00:50	01:11:44	16	00:35	00:37:00	6	02:20:19		02:20:19	
20	160	Adam Kelly	M	M30 - 34yrs	5	Wicklow Tri Club	00:25:56	54	00:37	01:11:28	11	00:40	00:41:58	63	02:20:37		02:20:37	
21	322	Cian Mc Grath	M	M35 - 39yrs	3	Wicklow Tri Club	00:25:33	43	00:39	01:14:25	40	00:32	00:39:47	27	02:20:55		02:20:55	
22	336	Kevin Moloney	M	M35 - 39yrs	4	Limerick Tri Club	00:25:26	42	01:08	01:11:33	13	00:34	00:42:19	77	02:20:58		02:20:58	
23	519	Mark Doyle	M	M20 - 24yrs	3	Belpark Tri Club	00:28:39	128	00:53	01:12:50	25	00:33	00:38:48	19	02:21:40		02:21:40	
24	36	Noelle Kavanagh	M	M25 - 29yrs	9	Wicklow Tri Club	00:28:49	134	00:45	01:13:48	34	00:40	00:37:59	12	02:21:58		02:21:58	
25	100	David Cahill	M	M30 - 34yrs	6	Trinity College Tri Club	00:25:15	37	00:43	01:14:35	42	00:40	00:40:47	46	02:21:58		02:21:58	
26	4	Neil Acheson	M	M25 - 29yrs	10	Ennis Tri Club	00:24:06	19	00:40	01:15:47	62	00:37	00:40:59	47	02:22:08		02:22:08	
27	516	Ross Collins	M	M20 - 24yrs	4	Newry Tri Club	00:28:02	103	01:07	01:14:12	38	00:52	00:38:12	14	02:22:24		02:22:24	
28	11	Eric Clinton	M	M25 - 29yrs	11	Belpark Tri Club	00:25:43	48	00:46	01:15:06	51	00:31	00:40:46	45	02:22:51		02:22:51	
29	447	Elena Maslova	F	F30 - 34yrs	1	Piranha/Wheelworx	00:26:57	73	00:44	01:15:46	61	00:38	00:39:14	22	02:23:17		02:23:17	
30	103	Hugh Carberry	M	M30 - 34yrs	7	Phoenix TC	00:27:30	89	00:40	01:11:28	12	00:32	00:43:13	100	02:23:22		02:23:22	
31	368	John Power	M	M35 - 39yrs	5	3D TRI	00:26:42	66	00:45	01:16:23	79	00:42	00:39:04	21	02:23:34		02:23:34	
32	35	Andrew Kavanagh	M	M25 - 29yrs	12	Wicklow Tri Club	00:27:15	82	00:41	01:13:50	35	00:45	00:41:13	53	02:23:43		02:23:43	
33	38	Louis Kelleher	M	M25 - 29yrs	13	Belpark Tri Club	00:27:00	74	00:54	01:14:09	37	00:53	00:41:10	51	02:24:03		02:24:03	
34	517	Owen Cummins	M	M20 - 24yrs	5		00:21:02	3	00:56	01:18:09	111	00:50	00:43:15	102	02:24:10		02:24:10	
35	86	Colm Sheahan	M	M25 - 29yrs	14	Cork Tri Club	00:28:09	110	00:48	01:14:29	41	00:43	00:40:12	36	02:24:19		02:24:19	
36	249	Aubrey Storey	M	M30 - 34yrs	8	3D TRI	00:29:51	178	00:43	01:13:00	26	00:37	00:40:11	35	02:24:20		02:24:20	
37	366	Brian O'Sullivan	M	M35 - 39yrs	6		00:26:38	64	01:02	01:16:08	75	00:42	00:40:05	33	02:24:33		02:24:33	
38	420	Amy Wolfe	F	F25 - 29yrs	1	Cork Tri Club	00:21:32	5	00:40	01:18:58	137	00:38	00:42:49	85	02:24:35		02:24:35	
39	15	Matt Coughlan	M	M25 - 29yrs	15	Piranha Tri Club	00:25:14	36	00:45	01:14:24	39	00:34	00:43:58	115	02:24:54		02:24:54	
40	530	David Beary	M	M40 - 44yrs	4	Limerick Tri Club	00:26:47	68	01:01	01:15:49	63	00:54	00:40:33	41	02:25:02		02:25:02	
41	42	Alan Kenny	M	M25 - 29yrs	16	3D TRI	00:31:23	258	00:55	01:13:30	31	00:50	00:38:29	15	02:25:06		02:25:06	
42	71	Michael O'Brien	M	M25 - 29yrs	17	Limerick Tri Club	00:28:20	115	00:33	01:15:41	60	00:39	00:39:56	29	02:25:08		02:25:08	
43	437	Sinead Jennings	F	F30 - 34yrs	2		00:31:13	246	01:17	01:11:35	15	00:42	00:40:40	43	02:25:25		02:25:25	
44	521	James Hoare	M	M20 - 24yrs	6	Piranha Tri Club	00:27:38	93	00:59	01:15:03	50	00:40	00:41:07	49	02:25:25		02:25:25	
45	480	Aoife O'Connor	F	F35 - 39yrs	1	Phoenix TC	00:24:58	29	01:06	01:17:50	99	00:47	00:41:10	52	02:25:51		02:25:51	
46	630	Michael Macken	M	M45 - 49yrs	1	Athlone Triathlon Club	00:27:42	97	01:01	01:15:35	56	00:39	00:41:09	50	02:26:04		02:26:04	
47	370	Colm Quigley	M	M35 - 39yrs	7	North West Tri Club	00:23:26	14	00:43	01:14:53	45	00:55	00:46:24	183	02:26:19		02:26:19	
48	146	Oliver Harkin	M	M30 - 34yrs	9	Newry Tri Club	00:28:53	135	00:38	01:14:08	36	00:36	00:42:16	73	02:26:30		02:26:30	
49	22	Sean Featherstone	M	M25 - 29yrs	18	Newry Tri Club	00:30:29	215	01:02	01:11:58	19	00:36	00:42:29	78	02:26:34		02:26:34	
50	76	Mark O'Duffy	M	M25 - 29yrs	19	Galway Tri Club	00:26:33	62	00:53	01:16:17	78	00:46	00:42:18	75	02:26:46		02:26:46	
51	56	Niall McAlinden	M	M25 - 29yrs	20	Trinity College Tri Club	00:27:43	98	00:47	01:15:02	49	00:31	00:42:52	87	02:26:53		02:26:53	
52	180	Tim Mahony	M	M30 - 34yrs	10	Cork Tri Club	00:29:22	151	00:50	01:15:53	67	00:47	00:40:05	32	02:26:54		02:26:54	
53	524	Alan Mitchell	M	M20 - 24yrs	7	Galway Tri Club	00:24:15	22	00:54	01:14:54	46	00:41	00:42:17	74	02:27:01	00:04:00	02:26:59	Drafting
54	207	Phillip Nolan	M	M30 - 34yrs	11	Belpark Tri Club	00:30:36	221	00:53	01:13:15	28	00:33	00:41:47	61	02:27:51		02:27:01	
55	63	Ross McInlyn	M	M25 - 29yrs	21	sligo tri-club	00:28:38	127	00:42	01:17:49	98	00:35	00:39:20	23	02:27:02		02:27:02	
56	28	Mairtin Greenish	M	M25 - 29yrs	22	Predator Tri Club	00:29:27	157	00:56	01:16:37	83	00:48	00:39:32	25	02:27:19		02:27:19	
57	89	Niall Somers	M	M25 - 29yrs	23	Belpark Tri Club	00:30:22	160	00:54	01:15:38	58	00:43	00:40:12	37	02:27:46		02:27:46	
58	647	John Bruton	M	M50 - 54yrs	1	Athlone Triathlon Club	00:26:37	63	01:17	01:16:05	74	00:38	00:43:20	103	02:27:56		02:27:56	
59	585	Jarlath Naughton	M	M40 - 44yrs	5	Athlone Triathlon Club	00:24:33	25	01:29	01:18:48	132	00:55	00:42:15	72	02:27:59		02:27:59	
60	316	Jack Lynch	M	M35 - 39yrs	8	3D TRI	00:31:01	235	00:49	01:11:33	14	01:00	00:43:44	107	02:28:05		02:28:05	
61	81	Paul Reape	M	M25 - 29yrs	24	Pulse Tri Club	00:29:25	154	00:40	01:13:41	33	00:52	00:43:58	114	02:28:34		02:28:34	
62	670	Desi Mc Henry	M	M60 - 64yrs	1	Olympian	00:28:48	133	01:19	01:15:38	57	00:50	00:42:02	67	02:28:35		02:28:35	
63	518	Stephen Donnelly	M	M20 - 24yrs	8	Liquid Motion	00:26:25	60	01:14	01:15:26	54	00:56	00:44:55	139	02:28:55		02:28:55	
64	576	Paul McConnellogue	M	M40 - 44yrs	6	North West Tri Club	00:25:03	30	01:32	01:15:52	66	00:44	00:45:49	168	02:28:58		02:28:58	
65	541	Sean Collier	M	M40 - 44yrs	7		00:25:34	44	00:55	01:12:49	24	00:52	00:48:53	259	02:29:01		02:29:01	
66	174	Niall Collins	M	M35 - 39yrs	9	Limerick Tri Club	00:30:01	186	00:54	01:18:46	130	00:43	00:38:44	17	02:29:07		02:29:07	
67	469	Trudy Brown	F	F35 - 39yrs	2	Olympian	00:26:03	56	00:33	01:17:44	95	00:45	00:44:04	122	02:29:09		02:29:09	
68	296	Stefan Green	M	M35 - 39yrs	10	waterford Tri Club	00:27:17	83	01:05	01:16:52	85	01:04	00:42:56	90	02:29:12		02:29:12	
69	656	Johnny Mc Cabe	M	M50 - 54yrs	2		00:30:29	216	00:48	01:16:15	77	00:29	00:41:19	55	02:29:18		02:29:18	
70	32	Ciaran Hughes	M	M25 - 29yrs	25	Newry Tri Club	00:30:21	208	00:44</									

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Pos	Bib	Name	Sex	Cat	Cat Pos	Club	Swim	SPos	T1	Cycle	CPos	T2	Run	RPos	Finish	Penalty	Overall	Pen Reason
103	291	William Fitzpatrick	M	M35 - 39yrs	21	Trilogy	00:30:02	189	00:53	01:15:33	55	00:41	00:47:03	198	02:34:09		02:34:09	
104	555	Vincent Groarke	M	M40 - 44yrs	12	Cork Tri Club	00:28:33	123	01:01	01:18:35	123	00:58	00:45:08	143	02:34:12		02:34:12	
105	212	JP O'Brien	M	M30 - 34yrs	21	Midland Tri Club	00:29:07	141	01:04	01:18:07	108	00:55	00:45:22	154	02:34:33		02:34:33	
106	186	Karl McCann	M	M30 - 34yrs	22	Trilogy	00:30:28	214	01:15	01:18:34	121	00:53	00:43:26	105	02:34:35		02:34:35	
107	188	Hugh McCarthy	M	M30 - 34yrs	23	Ennis Tri Club	00:28:03	104	01:35	01:18:38	126	01:14	00:45:18	149	02:34:45		02:34:45	
108	652	Jim Corbett	M	M50 - 54yrs	3	Wicklow Tri Club	00:27:39	94	01:12	01:16:37	82	00:50	00:48:30	248	02:34:47		02:34:47	
109	33	Mark Jeffers	M	M25 - 29yrs	29		00:29:16	146	00:52	01:18:31	120	00:48	00:45:24	159	02:34:50		02:34:50	
110	105	Michael Casey O'Shea	M	M30 - 34yrs	24	Limerick Tri Club	00:27:31	90	00:45	01:18:35	122	00:37	00:47:33	213	02:34:59		02:34:59	
111	202	Colin Murphy	M	M30 - 34yrs	25		00:31:09	240	01:43	01:18:47	131	01:23	00:42:00	65	02:35:00		02:35:00	
112	170	Barry Lambe	M	M30 - 34yrs	26		00:32:49	339	01:06	01:19:07	142	00:51	00:41:18	54	02:35:09		02:35:09	
113	539	Richard Cattle	M	M40 - 44yrs	13	Belpark Tri Club	00:30:24	211	00:53	01:19:15	145	00:41	00:44:05	124	02:35:16		02:35:16	
114	141	Paraic Gallagher	M	M30 - 34yrs	27	3D TRI	00:30:16	200	01:22	01:17:58	101	00:55	00:45:05	142	02:35:34		02:35:34	
115	102	Niall Callanan	M	M30 - 34yrs	28	Predator Tri Club	00:31:25	260	01:01	01:19:44	160	00:44	00:42:44	83	02:35:35		02:35:35	
116	658	Leslie Wilkinson	M	M50 - 54yrs	4	Peninsula	00:32:10	305	01:02	01:20:31	181	00:39	00:41:28	59	02:35:49		02:35:49	
117	643	John Wallnutt	M	M45 - 49yrs	4	Piranha Tri Club	00:28:05	106	01:12	01:18:04	106	00:32	00:48:08	235	02:36:00		02:36:00	
118	196	Shane Molloy	M	M30 - 34yrs	29	carrick tri	00:26:12	57	00:55	01:19:57	166	00:47	00:48:13	241	02:36:02		02:36:02	
119	88	Antoin Smith	M	M25 - 29yrs	30		00:29:31	159	01:03	01:15:49	64	01:02	00:48:40	252	02:36:03		02:36:03	
120	52	Brian Martin	M	M25 - 29yrs	31	Predator Tri Club	00:30:46	228	01:07	01:15:56	70	00:55	00:47:23	207	02:36:05		02:36:05	
121	376	Mark Swan	M	M35 - 39yrs	22	Piranha Tri Club	00:29:11	144	01:18	01:20:29	180	00:57	00:44:14	126	02:36:07		02:36:07	
122	549	David Egan	M	M40 - 44yrs	14	Cork Tri Club	00:30:07	193	01:55	01:20:04	171	01:18	00:43:00	93	02:36:22		02:36:22	
123	185	Declan McBride	M	M30 - 34yrs	30	Pulse Tri Club	00:29:50	177	02:12	01:19:29	152	01:04	00:43:59	116	02:36:32		02:36:32	
124	84	Mike Ryder	M	M25 - 29yrs	32	Galway Tri Club	00:30:39	222	00:42	01:14:56	48	00:42	00:49:37	287	02:36:34		02:36:34	
125	330	Andrew McGuinness	M	M35 - 39yrs	23	Athlone Triathlon Club	00:27:53	101	00:54	01:20:13	173	00:37	00:47:10	201	02:36:45		02:36:45	
126	54	David Mc Carthy	M	M25 - 29yrs	33	Cork Tri Club	00:31:59	292	01:27	01:18:14	113	00:44	00:44:26	132	02:36:47		02:36:47	
127	364	Ronan O'Reilly	M	M35 - 39yrs	24	Cork Tri Club	00:33:56	404	01:17	01:16:25	80	00:45	00:44:27	134	02:36:48		02:36:48	
128	503	Mary Daly	F	F45 - 49yrs	1	Midland Tri Club	00:32:05	297	01:09	01:18:49	134	00:52	00:44:00	119	02:36:52		02:36:52	
129	356	Aidan O Gorman	M	M35 - 39yrs	25		00:31:12	245	01:52	01:17:40	94	01:07	00:45:03	141	02:36:53		02:36:53	
130	122	Noel Dillon	M	M30 - 34yrs	31	waterford Tri Club	00:31:05	236	00:51	01:20:26	178	00:49	00:43:45	108	02:36:55		02:36:55	
131	584	Colm Murray	M	M40 - 44yrs	15		00:30:32	218	01:26	01:18:39	127	00:55	00:45:38	164	02:37:07		02:37:07	
132	668	Stephen O'Toole	M	M50 - 54yrs	5	Trilogy	00:32:59	346	01:03	01:19:18	146	00:42	00:43:10	98	02:37:09		02:37:09	
133	206	Liam Newman	M	M30 - 34yrs	32	Tri An Mhi	00:33:50	394	01:27	01:18:30	119	00:41	00:42:48	84	02:37:14		02:37:14	
134	339	Craig Moore	M	M35 - 39yrs	26	Belpark Tri Club	00:28:12	111	00:42	01:21:52	212	00:41	00:45:50	169	02:37:16		02:37:16	
135	13	John Connolly	M	M25 - 29yrs	34	Pulse Tri Club	00:28:23	117	00:49	01:22:30	233	00:33	00:45:15	148	02:37:28		02:37:28	
136	198	Glenn Monaghan	M	M30 - 34yrs	33	Newry Tri Club	00:29:09	143	01:06	01:22:04	217	00:50	00:44:23	131	02:37:30		02:37:30	
137	300	Bryan Harvey	M	M35 - 39yrs	27	Pulse Tri Club	00:30:13	196	01:04	01:20:00	170	00:59	00:45:19	150	02:37:32		02:37:32	
138	491	Kay Hack	F	F40 - 44yrs	1	Triangle	00:28:26	118	01:04	01:19:02	140	01:05	00:47:58	229	02:37:33		02:37:33	
139	285	Damian Eannetta	M	M35 - 39yrs	28	Olympian	00:33:41	387	00:56	01:19:07	143	00:51	00:43:07	95	02:37:39		02:37:39	
140	388	Lynne Algar	F	F25 - 29yrs	3	Limerick Tri Club	00:25:44	49	00:36	01:23:33	265	00:33	00:47:22	206	02:37:46		02:37:46	
141	25	Barry Gillfillan	M	M25 - 29yrs	35		00:27:07	76	00:45	01:23:22	257	00:51	00:45:47	167	02:37:51		02:37:51	
142	651	Patrick Collins	M	M50 - 54yrs	6	Team Herbalife	00:35:55	483	01:21	01:18:59	138	00:58	00:40:39	42	02:37:51		02:37:51	
143	117	Paul Cooney	M	M30 - 34yrs	34		00:32:17	315	02:05	01:19:43	159	01:04	00:42:52	89	02:37:59		02:37:59	
144	338	Steven Moody	M	M35 - 39yrs	29	Piranha Tri Club	00:31:34	267	01:06	01:22:28	232	00:46	00:42:12	70	02:38:03		02:38:03	
145	104	Colm Casey	M	M30 - 34yrs	35	Sligo City Triathlon	00:26:23	59	00:51	01:17:00	87	01:26	00:52:25	375	02:38:04		02:38:04	
146	193	Stuart McMahon	M	M30 - 34yrs	36	Limerick Tri Club	00:30:14	198	00:45	01:18:44	129	00:49	00:47:40	218	02:38:10		02:38:10	
147	657	Derek Patterson	M	M50 - 54yrs	7	Olympian	00:29:39	165	01:35	01:17:53	100	00:40	00:48:40	253	02:38:24		02:38:24	
148	609	David Warby	M	M40 - 44yrs	16	Athlone Triathlon Club	00:23:01	10	01:27	01:22:10	220	01:10	00:50:40	323	02:38:26		02:38:26	
149	424	Katie Cooke	F	F30 - 34yrs	4	West Cork Tri	00:28:06	109	01:08	01:19:57	167	00:56	00:48:25	245	02:38:30		02:38:30	
150	236	Damian Roche	M	M30 - 34yrs	37	Limerick Tri Club	00:33:57	405	01:30	01:14:50	44	00:54	00:47:24	208	02:38:33		02:38:33	
151	391	Catherine Brown	F	F25 - 29yrs	4	carrick tri	00:24:56	28	00:54	01:23:16	254	01:13	00:48:55	260	02:39:12		02:39:12	
152	201	Kevin Murphy	M	M30 - 34yrs	38	NA	00:35:13	457	01:24	01:19:51	164	00:43	00:42:06	68	02:39:15		02:39:15	
153	183	Cornelius Marshall	M	M30 - 34yrs	39	Trilogy	00:38:40	551	01:01	01:21:11	194	00:48	00:37:41	11	02:39:19		02:39:19	
154	613	Dave Williams	M	M40 - 44yrs	17	carrick tri	00:29:53	182	01:09	01:18:02	103	01:04	00:49:13	274	02:39:19		02:39:19	
155	294	Eoin Gamble	M	M35 - 39yrs	30	Limerick Tri Club	00:28:26	119	01:00	01:23:17	256	00:42	00:46:15	179	02:39:38		02:39:38	
156	617	Raymond Campbell	M	M45 - 49yrs	5	Midland Tri Club	00:27:14	81	01:18	01:21:45	208	01:08	00:48:17	243	02:39:40		02:39:40	
157	496	Niamh Richardson	F	F40 - 44yrs	2	None	00:31:27	262	01:19	01:23:15	253	01:05	00:42:42	82	02:39:46		02:39:46	
158	547	Michael Duggan	M	M40 - 44yrs	18	Midland Tri Club	00:30:04	191	01:48	01:23:23	258	01:12	00:43:23	104	02:39:48		02:39:48	
159	632	Paul Mc Gilloway	M	M45 - 49yrs	6	North West Tri Club	00:33:09	356	01:17	01:20:46	184	00:41	00:43:59	117	02:39:51		02:39:51	
160	317	Albert Maher	M	M35 - 39yrs	31	none	00:33:36	382	01:17	01:14:55	47	00:50	00:49:18	276	02:39:53		02:39:53	
161	47	Peter Ledwidge	M	M25 - 29yrs	36	Tri An MHI	00:31:47	279	00:56	01:21:03	191	00:45	00:45:25	160	02:39:54		02:39:54	
162	272	Joseph Cantwell	M	M35 - 39yrs	32	Nenagh Tri Club	00:32:54	343	01:13	01:19:22	147	01:06	00:45:20	153	02:39:54		02:39:54	
163	622	Philip Cullen	M	M45 - 49yrs	7		00:27:52	100	01:16	01:21:59	216	00:58	00:48:12	240	02:40:14		02:40:14	
164	254	Tom Walsh	M	M30 - 34yrs	40	Athlone Triathlon Club	00:28:05	107	01:04	01:22:43	240	00:45	00:47:44	221	02:40:19		02:40:19	
165	522	Luke McCarthy	M	M20 - 24yrs	11	West Cork Tri	00:34:03	411	01:36	01:18:02	104	00:56	00:45:54	170	02:40:28		02:40:28	
166	666	Nicholas Mc Cabe	M	M55 - 59yrs	1	none	00:31:25	261	01:17	01:20:26	179	00:57	00:46:27	185	02:40:31		02:40:31	
167	244	Simon Sheahan	M	M30 - 34yrs	41	Piranha Tri Club	00:30:17	203	00:46	01:20:40	182	00:44	00:48:08	236	02:40:32		02:40:32	
168	434	Murna Griffin	F	F30 - 34yrs	5	Limerick Tri Club	00:28:55	136	01:14	01:26:23	355	01:02	00:43:08	97	02:40:40		02:40:40	
169	323	Darragh Mc Shane	M	M35 - 39yrs	33	Predator Tri Club	00:36:42	506	01:33	01:20:08	172	00:34	00:41:48	62	02:40:42		02:40:42	
170	452	Keira-Eva Mooney	F	F30 - 34yrs	6	Belpark Tri Club	00:29:43	172	00:49	01:21:29	200	00:37	00:48:11	239	02:40:46		02:40:46	
171	661	John Darcy	M	M55 -														

Hell of the West
Kilkee 27/06/09

Pos	Bib	Name	Sex	Cat	Cat Pos	Club	Swim	SPos	T1	Cycle	CPos	T2	Run	RPos	Finish	Penalty	Overall	Pen Reason
205	600	David Rock	M	M40 - 44yrs	21	Piranha Tri Club	00:32:40	335	01:42	01:20:17	175	00:44	00:47:57	228	02:43:17		02:43:17	
206	145	Michael Guerin	M	M30 - 34yrs	53		00:32:25	326	01:24	01:22:52	243	01:11	00:45:35	163	02:43:23		02:43:23	
207	39	Conor Kelly	M	M25 - 29yrs	42	Athlone Triathlon Club	00:30:51	232	00:51	01:19:27	150	00:57	00:51:23	347	02:43:27		02:43:27	
208	138	Alan Fitzpatrick	M	M30 - 34yrs	53	3D TRI	00:33:59	408	00:58	01:19:12	144	00:45	00:48:38	251	02:43:30		02:43:30	
209	20	Colin Duane	M	M25 - 29yrs	43	Predator Tri Club	00:25:16	38	01:15	01:23:36	267	01:15	00:52:11	368	02:43:31		02:43:31	
210	275	Peter Collins	M	M35 - 39yrs	39	Limerick Tri Club	00:33:35	380	01:24	01:21:00	190	00:56	00:46:39	191	02:43:32		02:43:32	
211	61	Pearse McKeever	M	M25 - 29yrs	44	Newry Tri Club	00:35:59	487	01:09	01:16:31	81	00:50	00:49:12	272	02:43:39		02:43:39	
212	515	John Reidy	M	M18 - 19yrs	1	Athlone Triathlon Club	00:24:35	26	01:41	01:25:14	312	01:05	00:51:15	341	02:43:49		02:43:49	
213	223	Gian O'Neill	M	M30 - 34yrs	55		00:31:32	265	00:48	01:21:57	214	00:51	00:48:47	254	02:43:53		02:43:53	
214	268	Ian Burke	M	M35 - 39yrs	40	3D TRI	00:32:31	328	01:22	01:27:16	384	00:48	00:42:00	66	02:43:55		02:43:55	
215	152	Adrian Hennessy	M	M30 - 34yrs	56	n/a	00:33:52	398	01:11	01:24:16	284	00:49	00:43:56	113	02:44:02		02:44:02	
216	307	Niall Ivory	M	M35 - 39yrs	41	Setanta	00:27:40	96	01:12	01:24:17	286	00:44	00:50:13	311	02:44:05		02:44:05	
217	101	Ian Cahill	M	M30 - 34yrs	57	Piranha Tri Club	00:33:50	395	01:06	01:21:14	196	00:42	00:47:19	205	02:44:09		02:44:09	
218	328	Paul McGirr	M	M35 - 39yrs	42	Pulse Tri Club	00:33:54	402	01:41	01:21:50	211	00:54	00:46:06	175	02:44:22		02:44:22	
219	606	Sean Stewart	M	M40 - 44yrs	22	Predator Tri Club	00:31:58	291	01:34	01:23:13	252	01:01	00:46:39	192	02:44:23		02:44:23	
220	271	Barry Cahill	M	M35 - 39yrs	43	Wicklow Tri Club	00:27:34	91	01:26	01:22:45	241	00:57	00:47:44	222	02:44:24	00:04:00	02:44:24	Drafting
221	133	Barry Dunne	M	M30 - 34yrs	58		00:33:30	376	01:18	01:20:59	189	00:45	00:47:37	217	02:44:27		02:44:27	
222	252	Simon Tsang	M	M30 - 34yrs	59	Trilogy	00:35:03	446	01:04	01:21:30	201	00:39	00:46:17	181	02:44:30		02:44:30	
223	598	Donal Reddan	M	M40 - 44yrs	23	Galway Tri Club	00:32:13	309	02:47	01:24:00	280	01:40	00:44:03	121	02:44:41		02:44:41	
224	456	Patricia O'Brien	F	F30 - 34yrs	9	Ennis Tri Club	00:34:37	434	01:49	01:23:03	248	00:55	00:44:33	135	02:44:54		02:44:54	
225	75	Philip O'Connell	M	M25 - 29yrs	45	Galway Tri Club	00:30:07	194	01:06	01:19:58	168	00:51	00:48:56	262	02:45:07	00:04:00	02:45:07	Drafting
226	167	Paul Kinnane	M	M30 - 34yrs	60	Ennis Tri Club	00:27:51	99	01:03	01:24:20	287	00:45	00:51:00	338	02:45:57		02:45:57	
227	523	Fergus McGrath	M	M20 - 24yrs	13	Wicklow Tri Club	00:29:28	158	00:49	01:21:39	205	01:02	00:52:11	366	02:45:07		02:45:07	
228	546	Barry Deane	M	M40 - 44yrs	24	Ennis Tri Club	00:32:51	340	01:24	01:20:51	186	00:56	00:49:08	268	02:45:08		02:45:08	
229	220	Mike O'Grady	M	M30 - 34yrs	61		00:30:01	187	01:59	01:22:56	245	00:58	00:49:18	277	02:45:10		02:45:10	
230	352	Niall O'Callaghan	M	M35 - 39yrs	44		00:34:44	439	01:20	01:21:23	199	00:49	00:46:58	197	02:45:12		02:45:12	
231	608	David Wallace	M	M40 - 44yrs	25		00:31:22	256	01:06	01:22:34	237	01:06	00:49:11	269	02:45:18		02:45:18	
232	182	Karl Marnane	M	M30 - 34yrs	62	N/A	00:29:37	164	01:13	01:28:15	415	01:05	00:45:23	157	02:45:31		02:45:31	
233	564	Liam Looney	M	M40 - 44yrs	26		00:31:32	266	01:22	01:23:39	268	00:56	00:48:04	231	02:45:31		02:45:31	
234	51	Philip Manuel	M	M25 - 29yrs	46	Limerick Tri Club	00:36:01	489	00:42	01:18:26	117	00:35	00:49:55	296	02:45:38		02:45:38	
235	85	Kevin Scallan	M	M25 - 29yrs	47	None	00:32:51	341	02:34	01:25:38	327	00:39	00:43:59	118	02:45:39		02:45:39	
236	41	Colm Kennedy	M	M25 - 29yrs	48	Pulse Tri Club	00:33:51	397	01:19	01:26:17	348	01:03	00:43:14	101	02:45:42		02:45:42	
237	597	Shane Quilligan	M	M40 - 44yrs	27	Limerick Tri Club	00:30:13	197	02:02	01:23:32	264	01:32	00:48:28	246	02:45:44		02:45:44	
238	50	Tomas Lynn	M	M25 - 29yrs	49	Liquid Motion	00:25:11	33	00:46	01:23:29	261	00:40	00:55:44	435	02:45:48		02:45:48	
239	250	Fergal Towey	M	M30 - 34yrs	63		00:35:57	486	01:23	01:22:20	228	00:47	00:45:25	161	02:45:50		02:45:50	
240	580	Damian Muldoon	M	M40 - 44yrs	28	Predator Tri Club	00:31:47	280	01:15	01:20:59	188	01:05	00:50:54	332	02:45:58		02:45:58	
241	131	Patrick Duffy	M	M30 - 34yrs	64	Newry Tri Club	00:32:43	337	01:11	01:25:02	303	01:15	00:45:57	172	02:46:06		02:46:06	
242	5	Chris Bellew	M	M25 - 29yrs	50	Pulse Tri Club	00:29:42	170	01:05	01:27:29	391	00:43	00:47:15	202	02:46:11		02:46:11	
243	644	Nick Walsh	M	M45 - 49yrs	11	Piranha Tri Club	00:33:06	352	01:13	01:19:51	163	00:43	00:51:19	345	02:46:11		02:46:11	
244	544	Paraic Cosgrave	M	M40 - 44yrs	29	Piranha Tri Club	00:30:17	204	01:24	01:24:42	298	00:45	00:49:11	270	02:46:17		02:46:17	
245	333	Bob McNamara	M	M35 - 39yrs	45	Limerick Tri Club	00:31:07	237	01:29	01:22:16	225	00:47	00:50:54	333	02:46:32		02:46:32	
246	571	John Mangan	M	M40 - 44yrs	30	Limerick Tri Club	00:29:18	149	01:35	01:21:46	209	01:07	00:48:49	257	02:46:33	00:04:00	02:46:33	Drafting
247	273	Tony Chawke	M	M35 - 39yrs	46	Limerick Tri Club	00:33:18	362	01:00	01:21:37	204	00:51	00:49:55	297	02:46:40		02:46:40	
248	348	Tim O'Regan	M	M35 - 39yrs	47	West Cork Tri	00:30:58	234	01:16	01:24:52	300	00:55	00:48:47	255	02:46:47		02:46:47	
249	477	Noelle McDonald	F	F35 - 39yrs	3	Piranha Tri Club	00:28:14	114	01:17	01:26:58	376	00:57	00:49:26	279	02:46:49		02:46:49	
250	350	Paul O'Brien	M	M35 - 39yrs	48	Midland Tri Club	00:40:01	567	01:23	01:22:11	224	01:10	00:42:09	69	02:46:52		02:46:52	
251	398	Rachel Glendon	F	F25 - 29yrs	5		00:28:28	121	00:42	01:27:31	393	00:41	00:49:41	290	02:47:01		02:47:01	
252	650	Tom Casey	M	M50 - 54yrs	8	waterford Tri Club	00:31:31	263	01:04	01:21:08	192	01:07	00:52:19	373	02:47:08		02:47:08	
253	211	Denis O'Meara	M	M30 - 34yrs	65	Nenagh Tri Club	00:29:25	155	01:15	01:23:05	249	00:55	00:52:31	378	02:47:09		02:47:09	
254	218	Tommy O'Driscoll	M	M30 - 34yrs	66	Limerick Tri Club	00:34:06	415	01:20	01:25:15	313	01:09	00:45:22	156	02:47:10		02:47:10	
255	129	Dermot Duffy	M	M30 - 34yrs	67	Pulse Tri Club	00:32:05	298	00:45	01:22:11	223	00:53	00:51:24	349	02:47:17		02:47:17	
256	7	Padraig Bhaired	M	M25 - 29yrs	51		00:29:03	139	00:51	01:28:55	437	00:56	00:47:36	216	02:47:18		02:47:18	
257	153	Martin Hernon	M	M30 - 34yrs	68	Pulse Tri Club	00:35:04	447	00:52	01:21:54	213	00:46	00:48:52	258	02:47:26		02:47:26	
258	436	Ailbhe Healy	F	F30 - 34yrs	10	Limerick Tri Club	00:28:28	122	01:07	01:27:22	390	00:38	00:49:56	298	02:47:28		02:47:28	
259	280	Quentin Crowley	M	M35 - 39yrs	49	Trinity College Tri Club	00:32:20	321	01:46	01:25:24	321	01:29	00:46:33	188	02:47:30		02:47:30	
260	545	Geoffrey De Courcy	M	M40 - 44yrs	31		00:38:31	547	01:51	01:24:41	297	00:56	00:41:35	60	02:47:32		02:47:32	
261	438	Maire-Triona Keane	F	F30 - 34yrs	11	Midland Tri Club	00:31:44	276	01:21	01:31:00	479	00:40	00:42:50	86	02:47:33		02:47:33	
262	435	Deirdre Hassett	F	F30 - 34yrs	12	Galway Tri Club	00:32:58	345	01:10	01:26:09	345	01:11	00:46:13	178	02:47:39		02:47:39	
263	310	Noel Keane	M	M35 - 39yrs	50	Limerick Tri Club	00:35:21	462	01:19	01:21:14	197	00:51	00:49:00	265	02:47:43		02:47:43	
264	144	Justin Gleeson	M	M30 - 34yrs	69	Belpark Tri Club	00:33:07	354	01:50	01:21:09	193	01:40	00:50:00	301	02:47:44		02:47:44	
265	445	Louise Mac Mahon	F	F30 - 34yrs	13	T3 Tri Club	00:29:17	148	01:32	01:27:51	402	01:00	00:48:06	234	02:47:45		02:47:45	
266	574	Pat Mc Enery	M	M40 - 44yrs	32	Limerick Tri Club	00:29:22	152	01:26	01:26:09	342	01:08	00:49:49	292	02:47:52		02:47:52	
267	414	Grainne McGuickian	F	F25 - 29yrs	6	Wicklow Tri Club	00:29:02	138	00:44	01:29:02	440	00:45	00:48:22	244	02:47:53		02:47:53	
268	127	Colin Duffin	M	M30 - 34yrs	70		00:33:37	383	01:17	01:19:02	141	01:34	00:52:31	377	02:47:59		02:47:59	
269	159	Mark Kelly	M	M30 - 34yrs	71		00:31:13	247	00:57	01:25:17	316	00:41	00:49:54	295	02:48:00		02:48:00	
270	23	John Fitzgerald	M	M25 - 29yrs	52		00:37:04	518	01:37	01:22:10	222	01:33	00:45:39	165	02:48:02		02:48:02	
271	529	Douglas Bates	M	M40 - 44yrs	33	Midland Tri Club	00:27:12	79	01:14	01:24:17	285	01:07	00:54:16	406	02:48:03		02:48:03	
272	94	Conor Bradbury	M	M30 - 34yrs	72	T3 Tri Club	00:31:09	241	01:18	01:23:52	273	01:03	0					

Hell of the West
Kilkee 27/06/09

Pos	Bib	Name	Sex	Cat	Cat Pos	Club	Swim	SPos	T1	Cycle	CPos	T2	Run	RPos	Finish	Penalty	Overall	Pen Reason
307	281	John Davie	M	M35 - 39yrs	60	Piranha Tri Club	00:31:51	283	01:22	01:29:43	455	01:22	00:47:40	219	02:51:56		02:51:56	
308	247	Brian Slattery	M	M30 - 34yrs	80	waterford Tri Club	00:37:32	525	01:23	01:23:54	277	01:07	00:48:08	237	02:52:01		02:52:01	
309	119	Paul Curran	M	M30 - 34yrs	81	3D TRI	00:30:16	201	02:09	01:33:55	517	01:00	00:44:48	138	02:52:05		02:52:05	
310	181	Paul Mallon	M	M30 - 34yrs	82	Limerick Tri Club	00:31:17	252	00:58	01:25:16	314	00:53	00:53:42	398	02:52:05		02:52:05	
311	353	Adrian O'Connell	M	M35 - 39yrs	61		00:34:46	441	01:37	01:25:54	333	00:58	00:48:57	263	02:52:10		02:52:10	
312	331	Gerry McIntyre	M	M35 - 39yrs	62	Limerick Tri Club	00:33:44	388	01:19	01:25:13	311	01:22	00:50:39	322	02:52:15		02:52:15	
313	349	Brian O Shaughnessy	M	M35 - 39yrs	63	Limerick Tri Club	00:30:50	230	00:55	01:22:26	231	00:45	00:57:26	474	02:52:20		02:52:20	
314	599	Johnny Redmond	M	M40 - 44yrs	36	Limerick Tri Club	00:35:29	472	01:28	01:25:12	310	01:00	00:49:15	275	02:52:22		02:52:22	
315	444	Deirdre Lynn	F	F30 - 34yrs	15	Liquid Motion	00:30:18	205	01:28	01:28:43	428	00:43	00:51:18	344	02:52:28		02:52:28	
316	625	Jim Furlong	M	M45 - 49yrs	14	Racing795	00:33:15	360	01:46	01:24:39	296	01:14	00:51:44	357	02:52:37		02:52:37	
317	87	Kevin Sherlock	M	M25 - 29yrs	57	Nenagh Tri Club	00:31:08	238	00:39	01:23:51	271	00:47	00:56:16	448	02:52:40		02:52:40	
318	508	Caron Mullen	F	F45 - 49yrs	3	T3 Tri Club	00:35:14	458	01:45	01:23:53	275	01:05	00:50:49	329	02:52:44		02:52:44	
319	92	Graham Bird	M	M30 - 34yrs	83	Piranha Tri Club	00:27:22	86	01:00	01:28:48	431	01:03	00:54:34	415	02:52:47		02:52:47	
320	502	Frances Buckley	F	F45 - 49yrs	4	UCC Staff Athletics Club	00:30:50	231	01:46	01:26:04	337	01:07	00:53:05	384	02:52:50		02:52:50	
321	44	Shane Kiernan	M	M25 - 29yrs	58		00:32:16	313	01:16	01:25:28	322	01:26	00:52:28	376	02:52:53		02:52:53	
322	393	Reilly Dibner	F	F25 - 29yrs	12	Galway Tri Club	00:29:15	145	01:18	01:24:56	301	01:04	00:56:31	454	02:53:02		02:53:02	
323	476	Elaine Marsden	F	F35 - 39yrs	4	Pulse Tri Club	00:32:06	299	01:25	01:26:49	373	01:01	00:51:54	361	02:53:11		02:53:11	
324	72	Brian O'Rourke	M	M25 - 29yrs	59	Nenagh Tri Club	00:35:06	451	00:58	01:29:04	441	00:47	00:47:18	204	02:53:12		02:53:12	
325	543	Paul Corcoran	M	M40 - 44yrs	37	Limerick Tri Club	00:33:24	368	01:46	01:26:27	358	01:29	00:50:07	309	02:53:12		02:53:12	
326	562	Ciaran Keogh	M	M40 - 44yrs	38		00:32:21	322	01:24	01:27:01	377	00:51	00:51:40	356	02:53:14		02:53:14	
327	396	Valerie Fenton	F	F25 - 29yrs	13	3D TRI	00:30:15	199	01:34	01:29:53	457	00:53	00:50:44	327	02:53:17		02:53:17	
328	304	Maurice Hurley	M	M35 - 39yrs	64		00:33:28	374	01:34	01:26:18	350	01:06	00:50:56	334	02:53:20		02:53:20	
329	501	Joanne Bingham	F	F45 - 49yrs	5	Olympian	00:31:53	287	00:52	01:31:26	488	00:39	00:48:31	249	02:53:20		02:53:20	
330	321	Pat Mc Donald	M	M35 - 39yrs	65	TriCW	00:37:14	522	01:19	01:25:32	324	01:27	00:47:53	227	02:53:22		02:53:22	
331	587	Paul Nevin	M	M40 - 44yrs	39	Nenagh Tri Club	00:32:19	319	02:14	01:27:42	399	01:03	00:50:06	308	02:53:23		02:53:23	
332	572	Brendan Mannix	M	M40 - 44yrs	40	Wicklow Tri Club	00:33:02	349	01:14	01:23:23	259	01:26	00:54:24	408	02:53:28		02:53:28	
333	626	Ciaran Hickey	M	M45 - 49yrs	15	Pulse Tri Club	00:29:34	161	02:06	01:26:19	352	01:41	00:53:50	403	02:53:28		02:53:28	
334	627	Niall Kavanagh	M	M45 - 49yrs	16	Trilogy	00:29:36	163	01:19	01:24:04	281	01:30	00:57:06	464	02:53:34		02:53:34	
335	18	Barry Donohoe	M	M25 - 29yrs	60		00:33:19	363	02:09	01:25:33	325	01:05	00:51:35	354	02:53:40		02:53:40	
336	548	Michael Dunford	M	M40 - 44yrs	41	Newry Tri Club	00:38:11	539	02:21	01:25:50	331	01:20	00:46:04	174	02:53:44		02:53:44	
337	203	Danny Murphy	M	M30 - 34yrs	84	Pulse Tri Club	00:32:23	324	01:34	01:25:37	326	00:50	00:53:26	391	02:53:49		02:53:49	
338	283	Sean Doherty	M	M35 - 39yrs	66	North West Tri Club	00:27:11	78	00:55	01:26:09	341	00:57	00:58:58	497	02:54:08		02:54:08	
339	135	James Dunphy	M	M30 - 34yrs	85	3D TRI	00:40:58	577	01:03	01:21:40	207	00:59	00:49:31	281	02:54:09		02:54:09	
340	556	Dermot Hanrahan	M	M40 - 44yrs	42		00:25:49	50	02:11	01:28:26	421	01:15	00:56:31	455	02:54:09		02:54:09	
341	648	Michael Butler	M	M50 - 54yrs	9	West Cork Tri	00:32:17	316	01:38	01:27:09	378	00:55	00:52:17	371	02:54:14		02:54:14	
342	222	Tadhg O'Malley	M	M30 - 34yrs	86	Limerick Tri Club	00:32:47	338	02:03	01:26:27	357	00:59	00:52:04	363	02:54:18		02:54:18	
343	230	Graham Power	M	M30 - 34yrs	87	Limerick Tri Club	00:32:19	320	01:30	01:27:58	408	01:01	00:51:33	353	02:54:19		02:54:19	
344	383	Steve Gleeson	M	M45 - 49yrs	17	Limerick Tri Club	00:37:03	517	01:53	01:25:59	335	00:52	00:48:34	250	02:54:19		02:54:19	
345	115	Peter Conroy	M	M30 - 34yrs	88	Limerick Tri Club	00:29:52	181	02:03	01:26:44	368	01:01	00:54:42	417	02:54:20		02:54:20	
346	276	Derek Conerney	M	M35 - 39yrs	67	Predator Tri Club	00:35:55	484	01:12	01:25:49	330	01:26	00:50:06	307	02:54:26		02:54:26	
347	540	David Coffey	M	M40 - 44yrs	43		00:35:23	465	02:29	01:29:39	451	00:36	00:46:21	182	02:54:26		02:54:26	
348	312	Tony King	M	M35 - 39yrs	68		00:36:02	490	01:44	01:26:54	375	01:06	00:48:48	256	02:54:31		02:54:31	
349	577	Aonghus McGuinness	M	M40 - 44yrs	44	Predator Tri Club	00:31:15	250	01:17	01:26:05	338	01:24	00:54:31	412	02:54:31		02:54:31	
350	474	Mary Horgan	F	F35 - 39yrs	5	Cork Tri Club	00:30:39	223	01:37	01:36:35	544	01:01	00:44:56	140	02:54:46		02:54:46	
351	97	David Byrne	M	M30 - 34yrs	89		00:31:31	264	01:44	01:26:02	336	01:42	00:53:50	402	02:54:48		02:54:48	
352	645	Seamus Walsh	M	M45 - 49yrs	18		00:33:34	379	02:25	01:26:31	360	01:21	00:50:59	336	02:54:48		02:54:48	
353	95	Ulrick Burke	M	M30 - 34yrs	90	Belpark Tri Club	00:36:39	503	01:04	01:24:59	302	00:50	00:51:23	348	02:54:54		02:54:54	
354	329	Kevin McGrath	M	M35 - 39yrs	69		00:29:51	180	02:17	01:30:15	467	01:16	00:51:26	350	02:55:03		02:55:03	
355	446	Judy Mahon	F	F30 - 34yrs	16	Piranha Tri Club	00:34:43	437	01:32	01:26:51	374	01:17	00:50:51	331	02:55:13		02:55:13	
356	124	Brian Donovan	M	M30 - 34yrs	91		00:33:08	355	01:38	01:25:48	329	00:54	00:53:49	400	02:55:15		02:55:15	
357	664	Eugene Keane	M	M55 - 59yrs	7	Limerick Tri Club	00:32:09	303	02:03	01:27:17	385	01:01	00:52:53	381	02:55:21		02:55:21	
358	279	Colm Crowe	M	M35 - 39yrs	70	Limerick Tri Club	00:34:42	436	02:19	01:28:42	427	01:17	00:48:28	247	02:55:25		02:55:25	
359	282	Liam Dillon	M	M35 - 39yrs	71	3 Rock Tri	00:33:39	384	00:47	01:32:56	505	00:48	00:47:29	210	02:55:38		02:55:38	
360	357	Jack Olden	M	M35 - 39yrs	72	Piranha Tri Club	00:28:34	124	01:29	01:28:11	412	01:15	00:56:12	447	02:55:40		02:55:40	
361	303	Aidan Holland	M	M35 - 39yrs	73	Cork Tri Club	00:38:30	546	02:22	01:23:40	270	01:20	00:50:05	305	02:55:55		02:55:55	
362	411	Deirdre McCarthy	F	F25 - 29yrs	14	none	00:38:21	540	00:42	01:27:12	381	00:44	00:49:00	266	02:55:57		02:55:57	
363	111	Seamus Collins	M	M30 - 34yrs	92	NA	00:35:44	478	01:09	01:26:18	351	01:36	00:51:29	351	02:56:14		02:56:14	
364	96	Barry Byrne	M	M30 - 34yrs	93	Racing 795	00:31:22	257	01:50	01:27:51	403	00:50	00:54:25	409	02:56:16		02:56:16	
365	344	Joe Mulcahy	M	M35 - 39yrs	74	Limerick Tri Club	00:33:53	399	01:17	01:30:06	462	00:47	00:50:20	312	02:56:22		02:56:22	
366	289	Bryan Fitzgerald	M	M35 - 39yrs	75		00:33:53	400	02:05	01:25:51	332	01:12	00:53:29	392	02:56:29		02:56:29	
367	466	Sinead Wearan	F	F30 - 34yrs	17	Trilogy	00:37:50	527	01:12	01:23:09	250	01:15	00:53:31	393	02:56:55		02:56:55	
368	43	Ken Keohane	M	M25 - 29yrs	61	Cork Tri Club	00:31:40	272	01:48	01:24:08	282	01:02	00:58:24	489	02:57:00		02:57:00	
369	455	Elaine O'Brien	F	F30 - 34yrs	18	Cork Tri Club	00:33:25	369	01:46	01:30:27	468	01:28	00:49:59	300	02:57:03		02:57:03	
370	332	Mark McManus	M	M35 - 39yrs	76	Trilogy	00:31:45	277	05:27	01:23:31	263	00:50	00:55:46	437	02:57:17		02:57:17	
371	314	Harry Leahy	M	M35 - 39yrs	77	Limerick Tri Club	00:34:01	410	01:20	01:25:16	315	01:12	00:55:30	431	02:57:18		02:57:18	
372	156	Vincent Hurley	M	M30 - 34yrs	94	Cork Tri Club	00:35:11	455	01:22	01:28:32	424	01:00	00:51:17	343	02:57:21		02:57:21	
373	93	Eli Brace	M	M30 - 34yrs	95	Ennis Tri Club	00:36:22	499	01:18	01:25:29	323	00:48	00:49:28	280	02:57:23	00:04:00	02:57:23	Drafting
374	242	Desmond Savage	M	M30 - 34yrs	96	Cork Tri Club	00:30:06	192	02:48	01:26:46	370	01:26	00:56:24	451	02:57:27	</		

Pos	Bib	Name	Sex	Cat	Cat Pos	Club	Swim	SPos	T1	Cycle	CPos	T2	Run	RPos	Finish	Penalty	Overall	Pen Reason
409	110	Alan Collieran	M	M30 - 34yrs	101		00:32:37	332	01:57	01:28:07	411	01:32	00:56:22	449	03:00:33		03:00:33	
410	55	Tom O'Donnell	M	M55 - 59yrs	9	Limerick Tri Club	00:28:58	137	01:33	01:31:04	482	01:24	00:57:40	481	03:00:38		03:00:38	
411	507	Jane McGrath	F	F45 - 49yrs	7	Cork Tri Club	00:32:12	308	01:45	01:27:34	395	02:06	00:57:07	465	03:00:41		03:00:41	
412	612	Robert Whyte	M	M40 - 44yrs	50	Kenmare Tri Club	00:35:59	488	01:18	01:25:23	320	01:15	00:56:57	458	03:00:50		03:00:50	
413	346	Paul Murray	M	M35 - 39yrs	86	Cork Tri Club	00:30:31	217	01:13	01:34:34	524	01:00	00:53:37	397	03:00:54		03:00:54	
414	297	Hugh Guy	M	M35 - 39yrs	87	Wicklow Tri Club	00:42:15	593	01:02	01:26:21	353	01:31	00:49:49	293	03:00:56		03:00:56	
415	379	Owen Wallace	M	M35 - 39yrs	88		00:32:38	334	01:37	01:23:00	247	01:28	01:02:27	538	03:01:08		03:01:08	
416	593	Richard O'Shaughnessy	M	M40 - 44yrs	51	Galway Tri Club	00:29:54	183	01:44	01:28:31	422	01:24	00:59:37	507	03:01:08		03:01:08	
417	583	James Murphy	M	M40 - 44yrs	52		00:34:45	440	01:34	01:26:32	361	00:58	00:57:32	477	03:01:19		03:01:19	
418	139	John Fogarty	M	M30 - 34yrs	102	n/a	00:33:25	370	04:04	01:31:31	490	02:39	00:49:57	299	03:01:34		03:01:34	
419	582	David Murphy	M	M40 - 44yrs	53	Trilogy	00:33:06	353	02:07	01:24:46	299	01:02	01:00:39	519	03:01:38		03:01:38	
420	483	Ruth Staunton	F	F35 - 39yrs	7	Galway Tri Club	00:32:29	327	02:09	01:33:07	509	00:53	00:53:03	383	03:01:39		03:01:39	
421	347	Jason Murtagh	M	M35 - 39yrs	89	Cork Tri Club	00:33:29	375	01:16	01:28:19	417	01:09	00:57:39	480	03:01:51		03:01:51	
422	624	Brendan Flynn	M	M45 - 49yrs	22		00:36:43	507	01:38	01:28:46	429	00:55	00:53:53	404	03:01:52		03:01:52	
423	128	Alan Duffy	M	M30 - 34yrs	103	Athlone Triathlon Club	00:35:37	476	01:47	01:28:59	438	01:19	00:54:27	410	03:02:08		03:02:08	
424	537	Dan Cahill	M	M40 - 44yrs	54		00:36:02	491	02:04	01:24:33	293	01:56	00:57:36	479	03:02:10		03:02:10	
425	589	Noel O'Reilly	M	M40 - 44yrs	55	Trilogy	00:38:48	555	01:31	01:26:22	354	01:04	00:54:31	413	03:02:15		03:02:15	
426	257	Ivor Banim	M	M35 - 39yrs	90		00:36:46	510	01:10	01:30:05	461	00:59	00:53:48	399	03:02:45		03:02:45	
427	499	Miriam Wall	F	F40 - 44yrs	6	Galway Tri Club	00:33:50	396	01:37	01:37:16	551	01:09	00:49:01	267	03:02:52		03:02:52	
428	514	Brigid Mc Cabe	F	F55 - 59yrs	1		00:39:37	564	01:11	01:29:34	450	02:04	00:50:31	319	03:02:54		03:02:54	
429	189	Shay McCourt	M	M30 - 34yrs	104	Trilogy	00:36:30	502	01:04	01:31:28	489	01:06	00:52:49	379	03:02:55		03:02:55	
430	601	Micheal Rooney	M	M40 - 44yrs	56	Ennis Tri Club	00:32:02	294	02:01	01:32:17	500	00:59	00:56:07	446	03:03:25		03:03:25	
431	132	Neil Duignan	M	M30 - 34yrs	105	none	00:35:55	485	02:55	01:28:25	420	01:41	00:54:33	414	03:03:26		03:03:26	
432	415	Jacinta Mulroe	F	F25 - 29yrs	16	Galway Tri Club	00:34:13	423	01:08	01:35:15	532	01:03	00:51:50	360	03:03:28		03:03:28	
433	663	Noel Guinane	M	M55 - 59yrs	10	Limerick Tri Club	00:32:08	302	02:12	01:31:16	485	00:56	00:57:10	468	03:03:40		03:03:40	
434	215	Archie O'Donnell	M	M30 - 34yrs	106	Phoenix TC	00:34:08	416	01:32	01:30:48	471	01:36	00:55:38	433	03:03:41		03:03:41	
435	191	Neil McLaughlin	M	M30 - 34yrs	107		00:38:25	542	01:34	01:32:59	506	00:59	00:49:47	291	03:03:43		03:03:43	
436	237	Emmet Rock	M	M30 - 34yrs	108		00:32:11	307	01:25	01:33:58	518	01:25	00:54:49	422	03:03:46		03:03:46	
437	618	Liam Collins	M	M45 - 49yrs	23	Wicklow Tri Club	00:31:08	239	01:25	01:30:13	466	01:07	00:59:59	513	03:03:51		03:03:51	
438	48	Colm Long	M	M25 - 29yrs	64	waterford Tri Club	00:32:32	329	01:01	01:26:09	344	01:08	01:03:27	551	03:04:14		03:04:14	
439	309	Martin Keane	M	M35 - 39yrs	91	Trilogy	00:41:49	589	01:31	01:24:15	283	00:59	00:55:45	436	03:04:18		03:04:18	
440	221	Jamie Olden	M	M30 - 34yrs	109	Cork Tri Club	00:33:32	377	01:40	01:35:27	534	00:53	00:53:17	386	03:04:47		03:04:47	
441	136	Ivan Eustace	M	M35 - 39yrs	92	Piranha Tri Club	00:38:38	550	01:18	01:26:06	339	00:55	00:58:00	485	03:04:55		03:04:55	
442	375	Eddie Sowords	M	M35 - 39yrs	93	none	00:41:35	586	01:38	01:24:24	290	01:20	00:56:04	445	03:04:59		03:04:59	
443	263	David Bermingham	M	M35 - 39yrs	94	Galway Tri Club	00:36:45	509	02:13	01:27:20	388	00:59	00:57:46	482	03:05:00		03:05:00	
444	505	Eimear Matthews	F	F45 - 49yrs	8	Trilogy	00:34:59	443	02:03	01:35:33	535	01:03	00:51:30	352	03:05:06		03:05:06	
445	616	Tony Daly	M	M45 - 49yrs	24	Limerick Tri Club	00:31:53	288	01:36	01:28:53	434	01:32	01:01:34	530	03:05:26		03:05:26	
446	184	Liam Mc Fadden	M	M30 - 34yrs	110	Pulse Tri Club	00:44:09	614	01:16	01:26:32	362	01:25	00:52:08	365	03:05:27		03:05:27	
447	552	Padraig Forde	M	M40 - 44yrs	57	None	00:43:12	602	03:02	01:27:13	382	01:36	00:50:33	320	03:05:34		03:05:34	
448	567	Seamus Lynch	M	M40 - 44yrs	58	Limerick Tri Club	00:37:46	526	02:32	01:26:42	366	01:58	00:57:03	461	03:05:58		03:05:58	
449	290	Deave Fitzgerald	M	M35 - 39yrs	95	Limerick Tri Club	00:34:32	431	02:47	01:28:54	436	01:12	00:59:04	500	03:06:26		03:06:26	
450	293	Alan Frahill	M	M35 - 39yrs	96	Limerick Tri Club	00:35:47	479	01:16	01:30:12	465	01:13	00:58:19	488	03:06:45		03:06:45	
451	380	John Waters	M	M35 - 39yrs	97	-	00:37:59	533	02:15	01:26:16	347	01:04	00:59:26	503	03:06:57		03:06:57	
452	214	Shane O'Connor	M	M30 - 34yrs	111	Galway Tri Club	00:34:11	420	01:52	01:32:30	502	01:16	00:57:23	471	03:07:11		03:07:11	
453	165	Brian Keoghann	M	M30 - 34yrs	112		00:42:01	592	01:45	01:28:12	413	01:27	00:54:20	407	03:07:44		03:07:44	
454	472	Simona Coppola	F	F35 - 39yrs	8	Limerick Tri Club	00:36:20	498	02:57	01:33:48	514	01:33	00:53:19	387	03:07:54		03:07:54	
455	65	Stephen Morgan	M	M25 - 29yrs	65	Newry Tri Club	00:37:56	530	01:16	01:27:53	407	01:10	00:59:44	508	03:07:57		03:07:57	
456	225	David O'Regan	M	M30 - 34yrs	113	Piranha Tri Club	00:37:24	524	02:05	01:34:41	525	01:32	00:52:21	374	03:08:01		03:08:01	
457	395	Siobhan Dunphy	F	F25 - 29yrs	17	waterford Tri Club	00:40:45	575	01:18	01:30:08	464	01:00	00:55:13	428	03:08:22		03:08:22	
458	563	Tom Kiely	M	M40 - 44yrs	59	Athlone Triathlon Club	00:41:16	581	01:49	01:31:00	480	00:51	00:53:36	396	03:08:30		03:08:30	
459	24	Micheal Gaffey	M	M25 - 29yrs	66		00:34:36	433	01:38	01:29:57	458	01:11	01:01:40	531	03:09:00		03:09:00	
460	488	Catherine Corby	F	F40 - 44yrs	7	Limerick Tri Club	00:33:53	401	01:33	01:32:34	503	02:13	00:58:52	496	03:09:04		03:09:04	
461	177	Stephen Lynn	M	M30 - 34yrs	114	N/A	00:25:12	34	03:03	01:38:11	557	01:13	01:01:32	529	03:09:08		03:09:08	
462	57	Keith McCabe	M	M25 - 29yrs	67	Wicklow Tri Club	00:33:01	348	00:49	01:24:37	295	00:36	01:10:21	593	03:09:21		03:09:21	
463	402	Kelly Higgins	F	F25 - 29yrs	18		00:28:21	116	02:00	01:34:21	522	01:26	01:03:20	549	03:09:25		03:09:25	
464	292	Aidan Fleming	M	M35 - 39yrs	98		00:39:10	559	02:04	01:30:43	470	01:01	00:56:52	457	03:09:47		03:09:47	
465	386	Sharon O'Hara	F	F20 - 24yrs	2	Liquid Motion	00:30:18	206	01:19	01:33:02	507	01:10	01:04:21	561	03:10:09		03:10:09	
466	512	Trish Nicholls	F	F50 - 54yrs	3	Trilogy	00:31:43	274	01:21	01:30:57	477	00:57	01:05:13	570	03:10:09		03:10:09	
467	569	Ultan Mac Mathuna	M	M40 - 44yrs	60		00:32:23	325	02:45	01:31:37	493	00:52	01:02:39	541	03:10:15		03:10:15	
468	419	Alison Wellwood	F	F25 - 29yrs	19	Trilogy	00:38:22	541	01:06	01:31:24	487	01:21	00:58:05	486	03:10:18		03:10:18	
469	192	Mark McMahon	M	M30 - 34yrs	115	Limerick Tri Club	00:34:43	438	02:21	01:30:54	476	01:26	01:00:57	523	03:10:19		03:10:19	
470	490	Rachel Eager	F	F40 - 44yrs	8	Pulse Tri Club	00:35:20	461	02:16	01:31:11	484	02:11	00:59:25	502	03:10:21		03:10:21	
471	588	John O'Meara	M	M40 - 44yrs	61		00:33:59	409	03:36	01:30:54	475	03:01	00:59:03	499	03:10:32		03:10:32	
472	308	Trevor Jobling	M	M35 - 39yrs	99		00:43:06	600	01:53	01:29:09	443	00:58	00:55:47	438	03:10:50		03:10:50	
473	200	George Mullis	M	M30 - 34yrs	116		00:40:42	574	01:31	01:27:37	396	00:55	01:00:10	516	03:10:53		03:10:53	
474	318	Liam Malone	M	M35 - 39yrs	100		00:42:16	594	03:03	01:33:53	516	01:06	00:50:59	337	03:11:16		03:11:16	
475	481	Geraldine O'Shea	F	F35 - 39yrs	9	Piranha Tri Club	00:34:23	428	01:13	01:34:25	523	00:48	01:00:37	518	03:11:23		03:11:23	
476	340	Padraic Moran	M	M30 - 34yrs	101	Galway Tri Club	00:31:24	259	01:07	01:33:13	511	01:10	01:04:35	563	03:11:27		03:11:27	

Hell of the West
Kilkee 27/06/09

Pos	Bib	Name	Sex	Cat	Cat Pos	Club	Swim	SPos	T1	Cycle	CPos	T2	Run	RPos	Finish	Penalty	Overall	Pen Reason
511	171	Morgan Leddin	M	M30 - 34yrs	127		00:37:09	521	02:31	01:38:26	558	01:13	00:58:29	490	03:17:45		03:17:45	
512	513	Marie Casey Breen	F	F55 - 59yrs	2	Wexford Tri	00:44:02	612	03:01	01:33:47	513	01:51	00:55:10	427	03:17:49		03:17:49	
513	137	Ronan Farrell	M	M30 - 34yrs	128		00:34:10	419	02:41	01:36:28	543	01:04	01:03:42	554	03:18:04		03:18:04	
514	327	Stuart McDonnell	M	M35 - 39yrs	105		00:41:00	579	02:12	01:29:25	447	01:49	01:03:48	557	03:18:12		03:18:12	
515	427	Jane Evans	F	F30 - 34yrs	29	Wicklow Tri Club	00:36:11	495	01:31	01:46:39	607	00:56	00:53:22	389	03:18:37		03:18:37	
516	178	Padraig Maguire	M	M30 - 34yrs	129		00:34:58	442	03:54	01:36:19	540	02:45	01:00:49	520	03:18:43		03:18:43	
517	99	Diarmaid Cahill	M	M30 - 34yrs	130		00:38:25	543	01:49	01:31:19	486	01:19	01:06:05	575	03:18:56		03:18:56	
518	672	Sarah Deegan	F	F35 - 39yrs	11	Limerick Tri Club	00:35:21	464	02:17	01:35:42	538	01:30	01:04:26	562	03:19:14		03:19:14	
519	459	Annette O'Donovan	F	F30 - 34yrs	30	Limerick Tri Club	00:40:37	573	01:28	01:38:57	565	01:31	00:57:03	462	03:19:35		03:19:35	
520	504	Norma Goggin	F	F45 - 49yrs	10	waterford Tri Club	00:43:56	608	01:26	01:35:40	537	01:31	00:57:11	469	03:19:43		03:19:43	
521	126	Hugh Dowling	M	M30 - 34yrs	131	Ennis Tri Club	00:35:15	459	02:36	01:29:59	459	01:42	01:10:40	595	03:20:10		03:20:10	
522	653	Ed Davis	M	M50 - 54yrs	11	Galway Tri Club	00:31:20	255	02:57	01:39:39	572	01:37	01:04:51	566	03:20:23		03:20:23	
523	362	Mark O'Neill	M	M35 - 39yrs	106		00:41:56	590	02:59	01:37:46	554	01:06	00:57:02	460	03:20:47		03:20:47	
524	179	Garret Maher	M	M30 - 34yrs	132	Galway Tri Club	00:37:58	532	01:35	01:35:00	531	01:20	01:05:03	568	03:20:54		03:20:54	
525	531	Tony Berkery	M	M40 - 44yrs	66	Limerick Tri Club	00:37:19	523	02:59	01:36:27	542	01:08	01:03:31	553	03:21:21		03:21:21	
526	500	Aideen Allen	F	F45 - 49yrs	11	T3 Tri Club	00:33:39	385	01:41	01:34:57	530	01:23	01:10:13	592	03:21:50		03:21:50	
527	655	Brendan Kennedy	M	M50 - 54yrs	12	Midland Tri Club	00:45:24	617	02:54	01:39:08	567	01:10	00:53:23	390	03:21:57		03:21:57	
528	461	Frances O'Reilly	F	F30 - 34yrs	31	Limerick Tri Club	00:39:26	561	01:41	01:34:41	526	02:56	01:03:22	550	03:22:03		03:22:03	
529	389	Niamh Barrett	F	F25 - 29yrs	22	Pulse Tri Club	00:32:53	342	01:37	01:43:28	591	01:27	01:03:13	547	03:22:37		03:22:37	
530	497	Alison Rooney	F	F40 - 44yrs	12	Ennis Tri Club	00:33:55	403	02:10	01:43:14	588	01:07	01:02:26	537	03:22:51		03:22:51	
531	410	Suzanne Lovely	F	F25 - 29yrs	23	Pulse Tri Club	00:33:40	386	01:58	01:37:47	555	01:50	01:07:42	579	03:22:55		03:22:55	
532	453	Clodagh Mulvany	F	F30 - 34yrs	32		00:35:23	467	02:13	01:43:14	589	01:35	01:00:55	522	03:23:18		03:23:18	
533	561	Paul Keogan	M	M40 - 44yrs	67	Liquid Motion	00:46:46	620	02:18	01:38:32	559	01:25	00:54:29	411	03:23:28		03:23:28	
534	9	Rory Burke	M	M25 - 29yrs	70		00:39:56	566	01:25	01:36:22	541	01:15	01:04:40	564	03:23:36		03:23:36	
535	449	Miriam McCormack	F	F30 - 34yrs	33	Limerick Tri Club	00:39:09	558	01:12	01:36:58	548	00:54	01:05:30	573	03:23:42		03:23:42	
536	238	Joe Ryan	M	M30 - 34yrs	133	none	00:43:17	606	03:08	01:39:23	570	01:08	00:57:03	463	03:23:58		03:23:58	
537	462	Susan Redmond	F	F30 - 34yrs	34	Galway Tri Club	00:43:56	609	01:21	01:39:57	575	00:47	00:57:58	484	03:23:58		03:23:58	
538	337	Pat Monahan	M	M35 - 39yrs	107	none	00:40:01	568	01:42	01:38:41	560	01:19	01:02:20	536	03:24:01		03:24:01	
539	586	Michael Nesdale	M	M40 - 44yrs	68	Limerick Tri Club	00:29:25	156	05:11	01:37:14	550	00:37	01:11:43	599	03:24:08		03:24:08	
540	450	Ruth McIntyre	F	F30 - 34yrs	35	Wicklow Tri Club	00:39:30	563	01:40	01:39:12	569	01:45	01:02:36	540	03:24:41		03:24:41	
541	432	Treasa Gannon	F	F30 - 34yrs	36	Predator Tri Club	00:43:14	604	02:16	01:39:31	571	01:08	00:58:44	495	03:24:51		03:24:51	
542	204	David Murray	M	M30 - 34yrs	134	Limerick Tri Club	00:42:18	595	01:06	01:29:41	454	00:59	01:10:57	597	03:25:00		03:25:00	
543	602	John Sheehan	M	M40 - 44yrs	69		00:35:51	482	03:53	01:40:05	577	02:14	01:03:03	544	03:25:04		03:25:04	
544	266	Brian Bresnan	M	M35 - 39yrs	108	Limerick Tri Club	00:32:54	344	02:55	01:42:58	586	01:38	01:05:10	569	03:25:33		03:25:33	
545	535	Redmond Burke	M	M40 - 44yrs	70		00:41:24	583	02:48	01:34:11	519	01:58	01:06:08	576	03:26:27		03:26:27	
546	429	Orla Foley	F	F30 - 34yrs	37	Limerick Tri Club	00:36:48	512	01:47	01:45:23	600	01:55	01:01:50	533	03:27:41		03:27:41	
547	98	Brendan Byron	M	M30 - 34yrs	135		00:41:27	584	01:40	01:29:41	453	01:40	01:13:20	603	03:27:47		03:27:47	
548	479	Brid O' Higgins	F	F35 - 39yrs	12	Pulse Tri Club	00:38:47	554	01:38	01:39:51	574	01:21	01:07:17	578	03:28:51		03:28:51	
549	527	Declan Robinson	M	M20 - 24yrs	14		00:35:02	445	02:30	01:44:54	598	01:09	01:05:27	572	03:29:01		03:29:01	
550	470	Marty Burke	F	F35 - 39yrs	13	Cork Tri Club	00:38:35	549	02:26	01:43:19	590	01:35	01:03:28	552	03:29:21		03:29:21	
551	232	Joseph Queally	M	M30 - 34yrs	136		00:38:07	537	04:49	01:41:01	582	01:58	01:04:10	560	03:30:03		03:30:03	
552	485	Helen Whyte	F	F35 - 39yrs	14	waterford Tri Club	00:43:57	610	02:27	01:41:40	584	02:18	01:00:14	517	03:30:34		03:30:34	
553	147	Kevin Hartigan	M	M30 - 34yrs	137		00:41:28	585	03:45	01:52:43	622	01:30	00:51:44	358	03:31:08		03:31:08	
554	351	Denis O Callaghan	M	M35 - 39yrs	109		00:38:04	536	02:46	01:36:50	545	01:36	01:12:09	602	03:31:24		03:31:24	
555	118	Andrew Cope	M	M30 - 34yrs	138		00:34:12	421	02:00	01:38:50	562	01:59	01:14:41	605	03:31:41		03:31:41	
556	267	Sean Bryan	M	M35 - 39yrs	110	Limerick Tri Club	00:50:20	626	02:41	01:40:17	579	01:30	00:57:00	459	03:31:46		03:31:46	
557	536	Andrew Butler	M	M40 - 44yrs	71		00:43:16	605	03:47	01:40:25	580	01:46	01:03:09	546	03:32:23		03:32:23	
558	489	Mary T Dawson	F	F40 - 44yrs	13	Pulse Tri Club	00:35:27	470	02:35	01:51:34	619	01:13	01:01:55	534	03:32:41		03:32:41	
559	430	Christine Forbes	F	F30 - 34yrs	38	None	00:40:23	572	03:43	01:45:32	602	01:05	01:02:07	535	03:32:47		03:32:47	
560	246	Anthony Sherlock	M	M30 - 34yrs	139	Nenagh Tri Club	00:38:29	545	02:03	01:40:32	581	02:20	01:10:07	591	03:33:29		03:33:29	
561	405	Jackie Hudson	F	F25 - 29yrs	24	Wicklow Tri Club	00:36:57	513	01:41	01:44:01	594	01:42	01:09:24	587	03:33:43		03:33:43	
562	642	Simon Wale	M	M45 - 49yrs	26	Limerick Tri Club	00:35:28	471	02:39	01:46:23	606	01:50	01:07:46	580	03:34:04		03:34:04	
563	451	Maighread McMahon	F	F30 - 34yrs	39	tricarlow	00:34:24	429	03:14	01:44:34	596	01:12	01:10:50	596	03:34:12		03:34:12	
564	498	Marie Staunton	F	F40 - 44yrs	14		00:44:06	613	02:39	01:39:09	568	01:43	01:07:55	581	03:35:30		03:35:30	
565	83	Denis Russell	M	M25 - 29yrs	71	Cork Tri Club	00:40:11	569	02:01	01:47:51	611	02:04	01:04:02	559	03:36:07		03:36:07	
566	638	Niall Oconner	M	M45 - 49yrs	27		00:45:44	619	02:42	01:35:45	539	01:13	01:11:36	598	03:36:59		03:36:59	
567	369	Gary Proust	M	M20 - 24yrs	15	Nenagh Tri Club	00:39:44	565	01:47	01:37:25	552	02:16	01:16:17	607	03:37:28		03:37:28	
568	464	Majella Scanlan	F	F30 - 34yrs	40		00:40:59	578	02:08	01:45:59	603	01:25	01:08:56	584	03:39:25		03:39:25	
569	649	Joe Carton	M	M50 - 54yrs	13	carrick tri	00:41:36	587	03:06	01:39:00	566	01:24	01:15:38	606	03:40:43		03:40:43	
570	468	Maeve Bracken	F	F35 - 39yrs	15	Trilogy	00:41:58	591	02:43	01:49:40	614	01:48	01:06:19	577	03:42:26		03:42:26	
571	475	Sarah King	F	F35 - 39yrs	16	Galway Tri Club	00:48:04	622	01:56	01:47:59	612	01:32	01:04:43	565	03:44:11		03:44:11	
572	148	Niall Hartigan	M	M30 - 34yrs	140		00:42:57	599	03:09	01:55:23	623	01:01	01:03:03	545	03:45:30		03:45:30	
573	423	Maeve Cloke	F	F30 - 34yrs	41	Pulse Tri Club	00:42:53	598	02:13	01:47:28	609	02:06	01:11:48	601	03:46:26		03:46:26	
574	442	Olivia Leonard	F	F30 - 34yrs	42	3D TRI	00:35:17	460	02:48	01:59:12	624	01:15	01:08:22	583	03:46:51		03:46:51	
575	295	David Geary	M	M35 - 39yrs	111		00:56:22	628	05:16	01:48:35	613	01:54	00:55:01	426	03:47:05		03:47:05	
576	484	Tracy Whelan	F	F35 - 39yrs	17	Limerick Tri Club	00:42:39	597	02:26	01:52:08	620	01:09	01:09:04	585	03:47:24		03:47:24	
577	620	Brian Cooney	M	M45 - 49yrs	28	NA	00:43:20	607	03:25	01:50:54	618	01:09	01:09:38	589	03:48:22		03:48:22	
578	194	Eamonn McNamara	M	M30 - 34yrs	141		00:34:04	413	03:09	01:45:10	599	02:25	01:24:07	612	03:48:54		03:48:54	
579																		

Hell of the West
Kilkee 27/06/09

Pos	Bib	Name	Sex	Cat	Cat Pos	Club	Swim	SPos	T1	Cycle	CPos	T2	Run	RPos	Finish	Penalty	Overall	Pen Reason
	26	674 Loop D Loops	R	FFF		Cleveland Tri Club	00:38:42	552	00:44	01:43:59	593	00:41	00:54:45	420	03:18:49		03:18:49	
	27	687 Aware-Tri	R	Mixed B		NA	00:44:00	611	01:16	01:40:12	578	01:00	00:54:08	405	03:20:35		03:20:35	
	28	696 Catherine Howard	R	MMM		None	00:41:42	588	00:48	01:46:16	605	00:40	00:51:48	359	03:21:12		03:21:12	
DNF	208	Tadhg O Connor	M	M30 - 34yrs			00:20:58	2	00:43									
DNF	109	Diarmaid Coffey	M	M30 - 34yrs			00:29:54	184	01:15									
DNF	400	Shona Griffin	F	F25 - 29yrs		Limerick	00:30:55	233										
DNF	538	Greg Campbell	M	M40 - 44yrs		piranha	00:28:27	120	01:06	01:16:14	76							
DNF	557	Paul Harrington	M	M40 - 44yrs			00:35:42	477	03:39	01:19:38	156							
DNF	365	Andy O'Sullivan	M	M35 - 39yrs		Limerick Fire & Rescue Se	00:33:26	372	01:49	01:25:18	317							
DNF	635	Philip Moloney	M	M45 - 49yrs		limerick	00:35:11	456	01:19	01:27:32	394	00:48						
DNF	341	Don Morrissey	M	M35 - 39yrs			00:33:03	350	02:21	01:28:47	430	01:11						
DNF	343	Patrick Moylan	M	M35 - 39yrs		Ennis Tri	00:37:57	531	01:35	01:29:34	449	00:46						
DNF	425	Johanna Dinn	F	F30 - 34yrs		Pulse	00:32:18	318	01:30	01:29:41	452	01:42						
DNF	361	Edward O'Meara	M	M35 - 39yrs		Nenagh Triathlon	00:32:02	295	02:23	01:29:43	456							
DNF	155	Thomas Horner	M	M30 - 34yrs		3D Tri	00:32:15	312	00:52	01:35:26	533							
DNF	603	John Sheridan	M	M40 - 44yrs		Limerick Triathlon Club	00:38:09	538	02:44	01:38:42	561							
DNF	570	Conor Mac Gowan	M	M40 - 44yrs		Wicklow	00:35:09	453	02:03	02:17:49	625							