

Pos	Cat.	Bib	Name	Gender	Cat	Club	Swim		T1	Cycle		T2	Run		Finish
1	1	10	Colm Turner	M	25 - 29	Limerick Tri Club	00:22:57	(16)	00:50	01:08:25	(1)	00:35	00:34:54	(1)	02:07:40
2	1	2	Mark Nolan	M	30 - 34		00:23:04	(21)	00:37	01:09:25	(2)	00:32	00:36:06	(2)	02:09:42
3	2	3	Bjorn Ludick	M	25 - 29		00:20:00	(3)	00:42	01:10:24	(6)	00:36	00:39:27	(19)	02:11:06
4	2	12	Kevin Keane	M	30 - 34	Belpark	00:22:59	(17)	00:42	01:09:33	(3)	00:39	00:37:27	(7)	02:11:19
5	1	13	Peter Kern	M	35 - 39	Pb3 coaching / T3	00:21:48	(10)	00:37	01:09:44	(5)	00:33	00:38:50	(12)	02:11:31
6	3	5	Shane Scully	M	30 - 34	Nenagh Tri Club	00:21:08	(7)	00:32	01:11:06	(10)	00:34	00:38:26	(11)	02:11:45
7	3	1	Brian Jenkins	M	25 - 29	Limerick Tri Club	00:23:56	(35)	00:43	01:09:44	(5)	00:39	00:38:57	(14)	02:13:57
8	4	238	Mairtin Grealish	M	25 - 29	Predator Tri Club	00:24:12	(40)	00:48	01:11:44	(14)	00:38	00:36:41	(4)	02:14:02
9	5	704	Stephen Early	M	25 - 29		00:19:57	(2)	00:52	01:14:27	(29)	00:37	00:38:21	(10)	02:14:12
10	6	246	Sean Featherstone	M	25 - 29	Newry Tri Club	00:24:14	(42)	00:39	01:09:38	(4)	00:47	00:39:05	(16)	02:14:21
11	7	109	Michael O'Brien	M	25 - 29	Limerick Tri Club	00:23:54	(34)	00:36	01:11:45	(15)	00:37	00:37:56	(8)	02:14:46
12	8	4	Wayne Reid	M	25 - 29	Athlone Tri Club	00:21:47	(9)	00:44	01:15:53	(51)	00:36	00:36:22	(3)	02:15:20
13	4	11	Fernando Fuentes	M	30 - 34	Fit4Bike	00:20:30	(6)	00:29	01:14:33	(32)	00:39	00:39:22	(18)	02:15:32
14	1	6	Shane Scadding	M	40 - 44	Waterford Tri Club	00:23:08	(22)	00:55	01:10:41	(8)	00:41	00:40:12	(28)	02:15:35
15	5	7	Chris Upton	M	30 - 34	Wicklow Tri Club	00:26:04	(87)	00:46	01:11:15	(11)	00:42	00:37:06	(6)	02:15:51
16	6	362	Davin Power	M	30 - 34	Waterford Tri Club	00:24:18	(44)	00:41	01:12:51	(20)	00:39	00:39:09	(17)	02:17:37
17	9	159	Darren Hughes	M	25 - 29	Pulse	00:20:29	(5)	00:36	01:12:04	(17)	00:43	00:44:00	(75)	02:17:50
18	2	398	Hugh Carberry	M	35 - 39	Phoenix	00:24:29	(49)	00:49	01:10:40	(7)	00:41	00:42:20	(46)	02:18:57
19	7	467	Brian Farrell	M	30 - 34		00:24:37	(51)	01:02	01:13:09	(22)	00:41	00:39:33	(21)	02:19:00
20	10	325	Colm Sheahan	M	25 - 29	Cork Tri Club	00:24:09	(38)	00:45	01:13:55	(26)	00:39	00:40:07	(25)	02:19:33
21	3	105	Kevin Moloney	M	35 - 39	Limerick Tri Club	00:23:14	(26)	00:54	01:12:45	(19)	00:39	00:42:50	(52)	02:20:20
22	1	15	Amy Wolfe	F	25 - 29	Cork Tri Club	00:19:16	(1)	00:39	01:17:42	(78)	00:36	00:42:14	(43)	02:20:26
23	11	198	Noelie Kavanagh	M	25 - 29	Wicklow Tri Club	00:26:26	(105)	00:43	01:13:51	(25)	00:35	00:38:53	(13)	02:20:27
24	4	224	Brian O'Sullivan	M	35 - 39	Piranha Tri Club	00:23:12	(24)	00:54	01:15:44	(49)	00:52	00:39:51	(24)	02:20:31
25	8	183	David Barry	M	30 - 34	Wicklow Tri Club	00:24:14	(42)	00:42	01:14:51	(37)	00:44	00:40:15	(29)	02:20:45
26	9	223	Rory O'Sullivan	M	30 - 34	Piranha Tri Club	00:25:51	(79)	01:20	01:15:03	(40)	00:36	00:38:26	(11)	02:21:15
27	1	14	Elena Maslova	F	30 - 34	Piranha Tri Club	00:24:52	(54)	00:36	01:14:28	(30)	00:46	00:40:59	(33)	02:21:39
28	10	236	Colin Duane	M	30 - 34	Predator Tri Club	00:23:15	(27)	00:45	01:14:57	(38)	00:38	00:42:29	(49)	02:22:03
29	5	360	Martin Kirwan	M	35 - 39	Waterford Tri Club	00:28:07	(162)	01:42	01:10:55	(9)	01:01	00:40:25	(30)	02:22:08
30	12	560	Adam Speer	M	25 - 29	24-7 Triathlon Club	00:26:12	(92)	01:05	01:15:16	(42)	00:39	00:39:28	(20)	02:22:38
31	6	321	Eoghan O'Brien	M	35 - 39	Cork Tri Club	00:27:10	(127)	01:00	01:17:00	(65)	00:44	00:36:54	(5)	02:22:45
32	7	34	Niall Collins	M	35 - 39	Limerick Tri Club	00:26:13	(93)	00:49	01:17:19	(71)	00:54	00:38:12	(9)	02:23:26
33	11	152	Declan Byrne	M	30 - 34	Pulse	00:25:44	(75)	01:12	01:15:33	(45)	01:25	00:39:37	(22)	02:23:29
34	13	702	Kevin Donagher	M	25 - 29		00:26:15	(95)	01:15	01:13:21	(24)	00:47	00:41:58	(39)	02:23:32
35	1	440	John Bruton	M	50 - 54		00:23:00	(18)	00:47	01:16:04	(54)	00:52	00:42:54	(54)	02:23:35
36	8	368	Keith Butler	M	35 - 39	Nenagh Tri Club	00:23:02	(20)	00:59	01:17:07	(69)	00:47	00:42:05	(41)	02:23:58
37	14	45	Darragh Dunne	M	25 - 29	Limerick Tri Club	00:23:18	(28)	01:00	01:14:46	(35)	00:39	00:44:33	(85)	02:24:14
38	12	98	Stuart Mc Mahon	M	30 - 34	Limerick Tri Club	00:25:18	(63)	00:49	01:15:10	(41)	00:39	00:42:32	(50)	02:24:26
39	9	561	Kealan O'Connor	M	35 - 39	Blackwater Triathlon	00:25:50	(78)	01:24	01:11:37	(13)	00:44	00:45:12	(100)	02:24:45
40	15	163	Colm Kennedy	M	25 - 29	Pulse	00:24:26	(48)	00:39	01:19:32	(112)	00:37	00:39:39	(23)	02:24:52
41	16	248	Ciaran Hughes	M	25 - 29	Newry Tri Club	00:26:53	(119)	00:47	01:13:13	(23)	00:43	00:43:24	(62)	02:24:58
42	13	594	Mark Young	M	30 - 34	Zenith	00:24:51	(53)	01:04	01:14:07	(27)	00:45	00:44:16	(79)	02:25:01
43	2	411	Jarlath Naughton	M	40 - 44	Athlone Tri Club	00:22:59	(17)	01:39	01:17:26	(72)	01:01	00:42:09	(42)	02:25:12
44	1	88	Liam Liddy	M	45 - 49	Limerick Tri Club	00:23:11	(23)	01:13	01:15:57	(53)	00:40	00:44:39	(88)	02:25:38
45	14	399	Darren Cranston	M	30 - 34	Phoenix	00:21:58	(11)	00:52	01:17:06	(68)	00:46	00:45:11	(99)	02:25:51
46	17	712	Ross Higgins	M	25 - 29		00:19:57	(2)	01:06	01:20:08	(126)	00:40	00:44:16	(79)	02:26:04
47	18	380	Niall Mc Alinden	M	25 - 29	Trinity College Tri Club	00:25:30	(67)	01:00	01:15:39	(46)	00:54	00:43:10	(58)	02:26:11
48	15	317	Tim Mahony	M	30 - 34	Cork Tri Club	00:26:00	(84)	00:40	01:16:09	(55)	00:43	00:42:53	(53)	02:26:23
49	10	351	Peter Barry	M	35 - 39	Waterford Tri Club	00:27:18	(130)	01:04	01:14:41	(33)	00:45	00:42:45	(51)	02:26:32
50	3	20	David Beary	M	40 - 44	Limerick Tri Club	00:24:18	(44)	00:53	01:16:40	(62)	00:54	00:44:28	(83)	02:27:11
51	1	16	Aoife O'Connor	F	35 - 39	Phoenix	00:23:00	(18)	01:00	01:20:50	(137)	00:47	00:41:46	(37)	02:27:21
52	16	361	Barry Lambe	M	30 - 34	Waterford Tri Club	00:26:14	(94)	01:29	01:18:42	(94)	00:52	00:40:09	(27)	02:27:24
53	4	209	Greg Campbell	M	40 - 44	Piranha Tri Club	00:25:17	(62)	01:27	01:15:56	(52)	00:53	00:44:31	(84)	02:28:03
54	1	432	James Brady	M	20 - 24	Liquid Motion	00:24:21	(46)	01:02	01:12:27	(18)	00:47	00:49:48	(183)	02:28:22
55	17	134	Damian Roche	M	30 - 34	Limerick Tri Club	00:29:48	(230)	01:43	01:14:11	(28)	00:54	00:41:54	(38)	02:28:28
56	5	352	Michael Bowes	M	40 - 44	Waterford Tri Club	00:28:21	(170)	01:09	01:15:42	(48)	00:49	00:42:29	(49)	02:28:29
57	18	205	John Mercer	M	30 - 34	Wicklow Tri Club	00:26:22	(101)	00:44	01:17:43	(79)	00:42	00:43:03	(56)	02:28:32
58	11	54	Eoin Gamble	M	35 - 39	Limerick Tri Club	00:24:11	(39)	00:43	01:19:45	(119)	00:50	00:43:12	(59)	02:28:40
59	1	793	Stephen O'Toole	M	55 - 59	#N/A	00:30:43	(256)	01:06	01:14:47	(36)	00:42	00:41:33	(36)	02:28:49
60	2	69	Lisa Horgan	F	35 - 39	Limerick Tri Club	00:23:08	(22)	00:49	01:21:23	(145)	00:54	00:42:55	(55)	02:29:06
61	12	579	Connie Wiseman	M	35 - 39	Midleton Tri Club	00:28:28	(175)	01:05	01:16:12	(56)	00:50	00:42:55	(55)	02:29:28
62	19	717	Fergus Kerins	M	30 - 34		00:26:13	(93)	01:48	01:15:40	(47)	00:42	00:45:19	(103)	02:29:40
63	20	347	Marc Thompson Grollin	M	30 - 34	3D Tri	00:28:57	(194)	00:54	01:16:24	(59)	00:41	00:42:53	(53)	02:29:48
64	21	259	Glenn Monaghan	M	30 - 34	Newry Tri Club	00:26:59	(123)	01:12	01:17:33	(76)	00:53	00:43:20	(60)	02:29:55

Pos	Cat.	Bib	Name	Gender	Cat	Club	Swim		T1	Cycle		T2	Run		Finish
	Pos														
65	22	424	Gary O'Donnell	M	30 - 34	North West Tri Club	00:26:29	(108)	00:54	01:19:44	(118)	00:44	00:42:15	(44)	02:30:04
66	19	587	Milosz Wojcik	M	25 - 29	Tralee Triathlon Club	00:26:20	(99)	01:28	01:18:01	(85)	00:49	00:43:37	(66)	02:30:14
67	23	219	Niall McDonnell	M	30 - 34	Piranha Tri Club	00:24:07	(37)	00:53	01:23:28	(170)	00:56	00:41:09	(34)	02:30:31
68	20	708	Micheal Gaffey	M	25 - 29		00:26:23	(102)	01:05	01:17:52	(82)	00:49	00:44:31	(84)	02:30:38
69	24	265	Gareth Teggart	M	30 - 34	Newry Tri Club	00:26:46	(115)	00:57	01:19:42	(117)	01:03	00:42:17	(45)	02:30:43
70	2	127	John O'Shea	M	45 - 49	Limerick Tri Club	00:29:50	(232)	01:14	01:15:28	(44)	00:53	00:43:21	(61)	02:30:44
71	25	281	Hugh Mc Carthy	M	30 - 34	Ennis Tri Club	00:25:24	(64)	01:27	01:17:57	(83)	01:07	00:45:08	(98)	02:31:02
72	26	24	Gerard Bowen	M	30 - 34	Limerick Tri Club	00:23:21	(29)	01:10	01:19:38	(115)	00:42	00:46:25	(118)	02:31:14
73	27	156	Vincent Galvin	M	30 - 34	Pulse	00:26:47	(116)	00:52	01:16:58	(64)	00:43	00:45:58	(112)	02:31:16
74	28	458	Mike Cussen	M	30 - 34		00:28:21	(170)	02:17	01:19:22	(107)	01:13	00:40:08	(26)	02:31:19
75	13	369	Joseph Cantwell	M	35 - 39	Nenagh Tri Club	00:28:34	(179)	00:55	01:16:19	(58)	00:57	00:44:39	(88)	02:31:22
76	3	558	Dave Williams	M	45 - 49		00:25:50	(78)	00:47	01:18:05	(87)	01:12	00:45:32	(107)	02:31:25
77	14	364	Noel Ryan	M	35 - 39	Waterford Tri Club	00:28:23	(171)	00:57	01:17:49	(81)	01:14	00:43:06	(57)	02:31:28
78	2	378	Luke Feighery	M	20 - 24	Trinity College Tri Club	00:24:22	(47)	01:07	01:17:43	(79)	01:18	00:47:01	(131)	02:31:29
79	29	92	Philip Manuel	M	30 - 34	Limerick Tri Club	00:28:45	(185)	00:48	01:15:52	(50)	00:38	00:45:46	(108)	02:31:47
80	30	551	Tom Tennant	M	30 - 34		00:27:43	(142)	00:41	01:11:52	(16)	00:49	00:50:43	(209)	02:31:48
81	15	234	Kevin Coughlan	M	35 - 39	Predator Tri Club	00:28:03	(158)	00:50	01:15:24	(43)	00:42	00:47:02	(132)	02:31:59
82	4	231	Nick Walsh	M	45 - 49	Piranha Tri Club	00:26:25	(104)	00:52	01:18:34	(93)	01:13	00:45:04	(95)	02:32:06
83	21	459	Shane Delaney	M	25 - 29		00:29:13	(207)	00:40	01:16:34	(61)	00:44	00:45:01	(94)	02:32:09
84	31	271	Michael Davis	M	30 - 34	Ennis Tri Club	00:22:46	(15)	00:48	01:20:09	(127)	00:51	00:47:40	(145)	02:32:12
85	16	216	Quentin Jansen	M	35 - 39	Piranha Tri Club	00:25:45	(76)	01:13	01:17:32	(75)	00:51	00:46:54	(129)	02:32:14
86	22	713	Mark Jeffers	M	25 - 29		00:25:02	(59)	00:58	01:18:55	(100)	00:40	00:46:56	(130)	02:32:29
87	32	194	Tomas Dunne	M	30 - 34	Wicklow Tri Club	00:26:16	(96)	00:57	01:19:17	(105)	00:54	00:45:11	(99)	02:32:33
88	33	244	Paddy Duffy	M	30 - 34	Newry Tri Club	00:29:16	(210)	01:11	01:17:02	(66)	00:55	00:44:13	(77)	02:32:34
89	23	359	Emmet Kelly	M	25 - 29	Waterford Tri Club	00:26:04	(87)	01:05	01:21:09	(141)	00:52	00:43:34	(64)	02:32:43
90	17	731	Aidan O'Gorman	M	35 - 39		00:27:52	(149)	01:29	01:19:00	(103)	01:01	00:43:28	(63)	02:32:47
91	6	572	paul Tanner	M	40 - 44	Kenmare Tri club	00:22:26	(14)	00:50	01:22:06	(150)	00:35	00:46:54	(129)	02:32:49
92	34	484	Adrian Hennessy	M	30 - 34		00:29:02	(199)	01:17	01:20:54	(138)	00:56	00:40:46	(32)	02:32:54
93	18	532	Ronan O'Reilly	M	35 - 39		00:28:52	(191)	01:07	01:18:03	(86)	00:42	00:44:19	(80)	02:33:02
94	35	577	Trevor Mahoney	M	30 - 34	Midleton Tri Club	00:29:57	(238)	01:19	01:16:16	(57)	00:56	00:44:46	(90)	02:33:12
95	2	431	Marcus Allen	M	50 - 54	Liquid Motion	00:29:44	(226)	01:17	01:14:29	(31)	01:02	00:46:43	(125)	02:33:13
96	36	331	Paul Byrne	M	30 - 34	3D Tri	00:28:04	(159)	01:33	01:16:30	(60)	00:55	00:46:16	(116)	02:33:16
97	37	120	Mike O'Grady	M	30 - 34	Limerick Tri Club	00:26:18	(97)	00:58	01:17:34	(77)	01:08	00:47:21	(138)	02:33:17
98	3	538	Ian Richardson	M	20 - 24		00:27:39	(139)	00:53	01:17:03	(67)	00:38	00:47:10	(135)	02:33:20
99	38	328	John Whiriskey	M	30 - 34	Cork Tri Club	00:31:11	(278)	01:00	01:18:16	(92)	01:04	00:41:59	(40)	02:33:28
100	19	171	paul Mc Girr	M	35 - 39	Pulse	00:28:06	(161)	00:58	01:19:28	(110)	00:47	00:44:15	(78)	02:33:32
101	39	188	Colm Colohan	M	30 - 34	Wicklow Tri Club	00:26:08	(90)	00:54	01:21:45	(148)	01:09	00:43:39	(67)	02:33:34
102	40	585	Fergus Hayes	M	30 - 34	the soggybottomboys	00:25:52	(80)	01:12	01:19:29	(111)	00:51	00:46:27	(119)	02:33:50
103	20	312	Kevin Fitzgerald	M	35 - 39	Cork Tri Club	00:27:55	(152)	01:50	01:20:46	(136)	01:03	00:42:28	(48)	02:34:00
104	24	375	Kevin Sherlock	M	25 - 29	Nenagh Tri Club	00:28:31	(176)	00:48	01:19:22	(107)	00:46	00:44:40	(89)	02:34:06
105	4	433	James Horan	M	20 - 24	Liquid Motion	00:24:00	(36)	00:52	01:21:18	(144)	01:06	00:47:01	(131)	02:34:15
106	5	382	Daniel Ordibehesht	M	20 - 24	Trinity College Tri Club	00:26:26	(105)	01:10	01:17:31	(74)	00:52	00:48:23	(157)	02:34:21
107	7	311	David Egan	M	40 - 44	Cork Tri Club	00:26:32	(109)	01:08	01:23:22	(168)	00:59	00:42:25	(47)	02:34:24
108	25	208	John Adams	M	25 - 29	Piranha Tri Club	00:26:21	(100)	01:09	01:18:54	(99)	00:55	00:47:10	(135)	02:34:27
109	41	578	Peter O'Gorman	M	30 - 34	Midleton Tri Club	00:29:47	(229)	01:18	01:17:59	(84)	00:57	00:44:36	(87)	02:34:36
110	26	374	Brian O'Rourke	M	25 - 29	Nenagh Tri Club	00:25:33	(69)	00:59	01:22:10	(151)	00:45	00:45:15	(101)	02:34:40
111	3	355	Tom Casey	M	50 - 54	Waterford Tri Club	00:29:39	(224)	01:21	01:17:48	(80)	00:46	00:45:32	(107)	02:35:03
113	42	562	David Cantwell	M	30 - 34	Carrick Tri Club	00:27:25	(132)	01:56	01:21:13	(143)	01:08	00:43:35	(65)	02:35:16
114	21	126	Brian O'Shaughnessy	M	35 - 39	Limerick Tri Club	00:26:24	(103)	00:49	01:19:50	(120)	00:40	00:47:38	(144)	02:35:18
115	22	580	Owen Mullowney	M	35 - 39	Navy Tri Club	00:26:34	(110)	01:20	01:16:40	(62)	01:04	00:49:42	(181)	02:35:19
116	23	503	Karl Marnane	M	35 - 39		00:25:45	(76)	01:23	01:23:59	(185)	00:54	00:43:20	(60)	02:35:20
117	43	406	Edward O'Mahony	M	30 - 34	Belpark	00:30:42	(255)	01:42	01:17:28	(73)	00:45	00:44:51	(92)	02:35:27
118	44	330	John Barrett	M	30 - 34	3D Tri	00:29:44	(226)	01:13	01:17:03	(67)	01:02	00:46:28	(120)	02:35:28
119	5	420	Gerry Kenny	M	45 - 49	Setanta	00:31:31	(291)	01:05	01:19:23	(108)	00:46	00:42:45	(51)	02:35:29
120	6	595	Brian Mc Cluskey	M	45 - 49	Zennith	00:28:52	(191)	01:38	01:14:45	(34)	00:49	00:49:45	(182)	02:35:46
121	45	563	Philip O'Leary	M	30 - 34	Carrick Tri Club	00:26:27	(106)	01:00	01:18:52	(98)	01:06	00:48:32	(161)	02:35:57
122	24	497	Adrian Linehan	M	35 - 39		00:28:08	(163)	01:33	01:25:57	(225)	01:17	00:39:04	(15)	02:35:57
123	8	114	Fergal O'Connor	M	40 - 44	Limerick Tri Club	00:25:27	(66)	00:49	01:22:28	(154)	00:42	00:46:39	(123)	02:36:04
124	27	730	Breiffne O'Donnell	M	25 - 29		00:27:52	(149)	01:18	01:21:10	(142)	00:47	00:45:06	(97)	02:36:11
125	1	17	Mary Daly	F	45 - 49	Midlands Tri Club	00:29:56	(237)	00:48	01:18:08	(89)	00:52	00:46:40	(124)	02:36:22
126	25	210	Ian Cassidy	M	35 - 39	Piranha Tri Club	00:29:50	(232)	01:00	01:13:00	(21)	01:11	00:51:24	(224)	02:36:24
127	46	350	Mark Waters	M	30 - 34	3D Tri	00:20:27	(4)	00:59	01:19:17	(105)	00:41	00:55:04	(305)	02:36:26
128	47	167	Paul Lovett	M	30 - 34	Pulse	00:27:28	(133)	01:55	01:16:41	(63)	01:01	00:49:28	(174)	02:36:30
129	48	725	Sean Mc Carthy	M	30 - 34		00:27:44	(143)	01:08	01:17:16	(70)	00:40	00:49:56	(189)	02:36:43

Pos	Cat.	Bib	Name	Gender	Cat	Club	Swim		T1	Cycle		T2	Run		Finish
Pos															
130	49	338	Paul Hooks	M	30 - 34	3D Tri	00:26:46	(115)	01:23	01:18:14	(91)	00:48	00:49:35	(178)	02:36:44
131	28	149	Padraig Bhaird	M	25 - 29	Pulse	00:26:36	(111)	00:47	01:18:43	(95)	00:53	00:49:48	(183)	02:36:46
132	2	191	John Darcy	M	55 - 59	Wicklow Tri Club	00:25:35	(70)	01:21	01:18:57	(101)	01:26	00:49:37	(179)	02:36:54
133	26	110	Niall O'Callaghan	M	35 - 39	Limerick Tri Club	00:28:17	(166)	01:06	01:25:39	(217)	00:42	00:41:21	(35)	02:37:03
134	3	336	Vanessa Fenton	F	35 - 39	3D Tri	00:25:31	(68)	01:15	01:21:44	(147)	01:05	00:47:34	(143)	02:37:08
135	50	277	Michael Feurin	M	30 - 34	Ennis Tri Club	00:30:54	(262)	00:50	01:20:43	(134)	00:51	00:43:57	(73)	02:37:14
136	27	486	Maurice Hurley	M	35 - 39		00:27:34	(137)	01:29	01:18:51	(97)	01:12	00:48:21	(156)	02:37:25
137	9	242	Damian Muldoon	M	40 - 44	Predator Tri Club	00:27:43	(142)	01:01	01:19:34	(113)	00:59	00:48:11	(152)	02:37:26
138	28	377	Quentin Crowley	M	35 - 39	Trinity College Tri Club	00:28:43	(183)	01:27	01:22:28	(154)	00:53	00:43:59	(74)	02:37:28
139	51	570	David Russell	M	30 - 34	Fingal Triathlon Club	00:31:00	(268)	01:10	01:20:07	(125)	00:44	00:44:34	(86)	02:37:33
140	3	581	Gary Swenarton	M	55 - 59	Peninsula	00:30:08	(242)	01:10	01:18:10	(90)	01:02	00:47:11	(136)	02:37:39
141	7	423	Paul Mc Gilloway	M	45 - 49	North West Tri Club	00:29:46	(228)	00:52	01:22:29	(155)	00:57	00:43:48	(70)	02:37:50
142	8	136	Michael Rowley	M	45 - 49	Limerick Tri Club	00:29:24	(216)	01:04	01:22:21	(153)	01:14	00:43:51	(71)	02:37:51
143	52	170	Liam Mc Fadden	M	30 - 34	Pulse	00:32:15	(311)	01:11	01:19:36	(114)	00:51	00:44:03	(76)	02:37:54
144	29	256	Shane Mc Keown	M	35 - 39	Newry Tri Club	00:32:32	(314)	01:01	01:18:42	(94)	01:03	00:44:39	(88)	02:37:55
145	53	158	Martin Herson	M	30 - 34	Pulse	00:28:33	(178)	00:45	01:18:34	(93)	00:51	00:49:31	(176)	02:38:13
146	30	599	Alan Colleran	M	35 - 39		00:22:16	(13)	01:07	01:27:04	(248)	01:00	00:47:01	(131)	02:38:25
147	2	212	Jennifer Duffy	F	30 - 34	Piranha Tri Club	00:24:40	(52)	01:08	01:24:43	(198)	00:55	00:47:06	(134)	02:38:30
148	54	469	Paul Foley	M	30 - 34		00:30:56	(264)	01:46	01:19:50	(120)	00:46	00:45:15	(101)	02:38:32
149	10	131	Shane Quilligan	M	40 - 44	Limerick Tri Club	00:28:46	(186)	01:32	01:20:08	(126)	01:07	00:47:02	(132)	02:38:33
150	11	31	Dan Cahill	M	40 - 44	Limerick Tri Club	00:29:51	(233)	00:58	01:18:44	(96)	01:13	00:48:24	(158)	02:39:08
151	31	474	Paul Giblin	M	35 - 39		00:30:46	(257)	01:24	01:23:08	(166)	01:05	00:42:50	(52)	02:39:11
152	32	280	Bryan Mathias	M	35 - 39	Ennis Tri Club	00:25:47	(77)	00:56	01:23:54	(181)	00:42	00:47:58	(148)	02:39:17
153	33	140	Martin Tynan	M	35 - 39	Limerick Tri Club	00:26:07	(89)	01:15	01:19:02	(104)	01:06	00:51:52	(234)	02:39:21
154	3	58	Laoise Griffin	F	30 - 34	Limerick Tri Club	00:23:29	(30)	01:25	01:27:40	(263)	01:03	00:45:48	(109)	02:39:24
155	34	402	Craig Moore	M	35 - 39	Phoenix	00:26:49	(118)	00:42	01:22:56	(161)	00:55	00:48:16	(154)	02:39:37
156	12	124	Aidan O'Neill	M	40 - 44	Limerick Tri Club	00:30:02	(239)	00:45	01:21:44	(147)	01:02	00:46:08	(114)	02:39:39
157	55	162	Brian Kelly	M	30 - 34	Pulse	00:25:53	(81)	00:52	01:24:30	(193)	00:56	00:47:31	(142)	02:39:40
158	56	397	Mark Whitney	M	30 - 34	TRlcw	00:28:20	(169)	01:10	01:19:29	(111)	01:05	00:49:42	(181)	02:39:44
159	29	260	Stephen Morgan	M	25 - 29	Newry Tri Club	00:28:24	(172)	00:56	01:19:26	(109)	00:49	00:50:20	(198)	02:39:53
160	4	193	Siobhain Duggan	F	30 - 34	Wicklow Tri Club	00:25:36	(71)	00:58	01:23:55	(182)	01:14	00:48:14	(153)	02:39:56
161	30	737	Trevor Robinson	M	25 - 29		00:29:02	(199)	01:18	01:18:43	(95)	00:46	00:50:11	(194)	02:39:58
162	13	564	Brian Sweeney	M	40 - 44	Carrick Tri Club	00:28:53	(192)	01:43	01:23:29	(171)	00:55	00:45:05	(96)	02:40:02
163	5	286	Patricia O'Brien	F	30 - 34	Ennis Tri Club	00:28:53	(192)	01:07	01:23:42	(177)	00:45	00:45:54	(110)	02:40:19
164	35	386	William Fitzpatrick	M	35 - 39	Triloy	00:27:17	(129)	00:55	01:22:39	(157)	01:13	00:48:27	(159)	02:40:30
165	36	528	Denis O'Meara	M	35 - 39		00:24:40	(52)	01:04	01:19:56	(122)	00:55	00:54:07	(288)	02:40:40
166	6	86	Alison Ledger	F	30 - 34	Limerick Tri Club	00:25:59	(83)	00:48	01:22:44	(158)	00:40	00:50:41	(208)	02:40:49
168	57	310	Niall Donovan	M	30 - 34	Cork Tri Club	00:31:05	(272)	01:52	01:20:56	(139)	01:05	00:46:10	(115)	02:41:07
167	14	28	Pat Burke	M	40 - 44	Galway Tri Club	00:28:33	(178)	00:53	01:24:15	(191)	01:21	00:46:06	(113)	02:41:07
169	58	27	Alan Buckley	M	30 - 34	Limerick Tri Club	00:29:17	(211)	01:02	01:11:24	(12)	00:52	00:58:46	(373)	02:41:19
170	59	391	Mark Mc Manus	M	30 - 34	Triloy	00:29:11	(205)	00:53	01:20:50	(137)	00:55	00:49:50	(185)	02:41:37
171	1	222	Anne O'Leary	F	40 - 44	Piranha Tri Club	00:25:03	(60)	00:49	01:27:47	(265)	00:57	00:47:04	(133)	02:41:38
172	60	130	Graham Power	M	30 - 34	Limerick Tri Club	00:26:54	(120)	01:19	01:24:06	(188)	00:53	00:48:36	(162)	02:41:46
173	15	67	Noel Higgins	M	40 - 44	Limerick Tri Club	00:23:01	(19)	00:52	01:24:50	(200)	00:59	00:52:21	(250)	02:42:02
174	37	363	Gavin Quinlan	M	35 - 39	Waterford Tri Club	00:29:07	(202)	02:07	01:18:55	(100)	01:16	00:50:46	(210)	02:42:09
175	31	337	Barry Greene	M	25 - 29	3D Tri	00:29:20	(213)	00:56	01:20:18	(131)	00:56	00:50:43	(209)	02:42:10
176	61	367	Mike Browne	M	30 - 34	Nenagh Tri Club	00:30:29	(251)	01:53	01:28:04	(271)	01:21	00:40:27	(31)	02:42:13
177	32	396	Steven Kildea	M	25 - 29	TRlcw	00:26:19	(98)	01:05	01:23:37	(174)	01:07	00:50:11	(194)	02:42:17
178	62	417	Allen Ronan	M	30 - 34	T3	00:28:58	(195)	01:21	01:19:38	(115)	00:56	00:51:27	(226)	02:42:19
179	38	121	Johnny O'Loughlin	M	35 - 39	Limerick Tri Club	00:26:28	(107)	01:05	01:25:10	(207)	00:57	00:48:41	(164)	02:42:19
180	39	483	Gearoid Healy	M	35 - 39		00:30:50	(260)	01:18	01:24:38	(196)	01:10	00:44:25	(82)	02:42:20
181	33	285	John O'Brien	M	25 - 29	Ennis Tri Club	00:33:03	(328)	00:50	01:21:13	(143)	00:44	00:46:39	(123)	02:42:26
182	63	77	Dave Kelly	M	30 - 34	Limerick Tri Club	00:27:13	(128)	01:22	01:24:01	(186)	00:58	00:49:04	(167)	02:42:35
183	40	241	Tommy Morrissey	M	35 - 39	Predator Tri Club	00:29:00	(197)	01:09	01:20:15	(129)	01:09	00:51:11	(219)	02:42:41
184	41	416	Ed O'Reilly	M	35 - 39	T3	00:30:15	(246)	01:24	01:19:52	(121)	01:07	00:50:13	(196)	02:42:49
185	16	63	Dermot Hanrahan	M	40 - 44	Limerick Tri Club	00:23:13	(25)	01:44	01:26:49	(244)	01:14	00:49:54	(188)	02:42:52
186	17	138	Gerard Sheehan	M	40 - 44	Limerick Tri Club	00:31:46	(298)	01:36	01:23:06	(165)	01:07	00:45:31	(106)	02:43:04
187	34	296	John Flannery	M	25 - 29	Galway Tri Club	00:32:49	(322)	01:45	01:23:40	(176)	01:00	00:43:56	(72)	02:43:08
188	18	598	Martin Busher	M	40 - 44		00:28:20	(169)	01:11	01:19:42	(117)	00:50	00:53:09	(269)	02:43:10
189	7	434	Deirdre Lynn	F	30 - 34	Liquid Motion	00:26:03	(86)	01:19	01:25:01	(203)	00:59	00:49:56	(189)	02:43:15
190	64	262	Killian Murray	M	30 - 34	Newry Tri Club	00:30:55	(263)	01:34	01:18:06	(88)	00:51	00:51:52	(234)	02:43:17
191	42	49	Dave Fitzgerald	M	35 - 39	Limerick Tri Club	00:29:17	(211)	01:08	01:22:06	(150)	00:54	00:50:03	(190)	02:43:25
192	65	232	Niall Callanan	M	30 - 34	Predator Tri Club	00:29:01	(198)	01:17	01:25:05	(204)	00:50	00:47:16	(137)	02:43:26
193	19	38	Paul Corcoran	M	40 - 44	Limerick Tri Club	00:28:50	(190)	00:51	01:24:43	(198)	01:01	00:48:09	(151)	02:43:31

Pos	Cat.	Bib	Name	Gender	Cat	Club	Swim		T1	Cycle		T2	Run		Finish
194	20	200	Brendan Mannix	M	40 - 44	Wicklow Tri Club	00:29:54	(235)	01:13	01:21:30	(146)	01:13	00:49:52	(187)	02:43:41
195	66	201	Eoin Mc Donnell	M	30 - 34	Wicklow Tri Club	00:29:24	(216)	01:32	01:23:33	(173)	01:00	00:48:17	(155)	02:43:44
196	67	263	Peter Quinn	M	30 - 34	Newry Tri Club	00:30:55	(263)	01:17	01:20:10	(128)	00:50	00:50:35	(205)	02:43:46
197	43	297	mark Keating	M	35 - 39	Galway Tri Club	00:27:07	(125)	01:25	01:23:52	(180)	01:04	00:50:28	(201)	02:43:54
198	44	315	Ivan Kelleher	M	35 - 39	Cork Tri Club	00:26:56	(121)	00:41	01:23:23	(169)	01:00	00:52:08	(243)	02:44:06
199	35	148	James Benson	M	25 - 29	Pulse	00:30:59	(267)	01:09	01:24:37	(195)	00:59	00:46:27	(119)	02:44:10
200	68	118	Barry O'Donoghue	M	30 - 34	Limerick Tri Club	00:27:58	(153)	00:58	01:27:52	(267)	00:40	00:46:49	(127)	02:44:16
201	36	736	Gary Robinson	M	25 - 29		00:27:41	(140)	01:35	01:19:39	(116)	00:45	00:54:39	(296)	02:44:18
202	9	245	Michael Dunford	M	45 - 49	Newry Tri Club	00:32:46	(320)	02:05	01:23:23	(169)	00:58	00:45:08	(98)	02:44:19
203	10	226	Chris Rafferty	M	45 - 49	Piranha Tri Club	00:26:48	(117)	02:19	01:22:54	(159)	01:24	00:50:56	(214)	02:44:20
204	69	269	Randal Considine	M	30 - 34	Ennis Tri Club	00:30:12	(245)	02:41	01:25:26	(212)	01:08	00:45:00	(93)	02:44:25
205	21	218	Jack Mc Donnell	M	40 - 44	Piranha Tri Club	00:31:10	(277)	01:11	01:20:10	(128)	01:26	00:50:34	(204)	02:44:29
206	70	304	Mark Samuels	M	30 - 34	Galway Tri Club	00:28:17	(166)	01:31	01:27:13	(251)	01:09	00:46:33	(121)	02:44:42
207	71	575	Richard O'Donnell	M	30 - 34	Kilmore	00:28:09	(164)	01:47	01:30:52	(322)	01:12	00:42:53	(53)	02:44:51
208	22	349	Lochlann Walsh	M	40 - 44	3D Tri	00:25:33	(69)	01:24	01:22:00	(149)	01:02	00:54:55	(302)	02:44:52
209	72	266	Eli Brace	M	30 - 34	Ennis Tri Club	00:32:10	(309)	00:58	01:23:43	(178)	00:38	00:47:27	(140)	02:44:54
210	23	593	Tim O'Regan	M	40 - 44	West Cork	00:28:00	(155)	01:17	01:22:14	(152)	00:46	00:52:40	(256)	02:44:55
211	73	53	Ciaran Gallagher	M	30 - 34	Limerick Tri Club	00:30:58	(266)	01:26	01:25:09	(206)	01:18	00:46:20	(117)	02:45:10
212	6	76	Shane Kelly	M	20 - 24	Limerick Tri Club	00:26:08	(90)	01:37	01:29:00	(289)	01:02	00:47:28	(141)	02:45:13
213	7	302	Oisin O'Carroll	M	20 - 24	Galway Tri Club	00:28:58	(195)	00:50	01:25:28	(213)	00:51	00:49:10	(169)	02:45:16
215	37	157	John Gilbert	M	25 - 29	Pulse	00:26:05	(88)	01:11	01:31:38	(343)	01:03	00:45:28	(104)	02:45:23
214	24	21	Declan Benson	M	40 - 44	Limerick Tri Club	00:29:54	(235)	01:59	01:27:35	(261)	01:06	00:44:51	(92)	02:45:23
216	74	468	Shane FitzGerald	M	30 - 34		00:23:41	(32)	01:35	01:22:55	(160)	01:14	00:56:06	(322)	02:45:29
217	11	387	Niall Kavanagh	M	45 - 49	Triloy	00:26:42	(113)	01:30	01:23:48	(179)	01:20	00:52:28	(252)	02:45:46
218	25	506	Donagh Mc Grath	M	40 - 44		00:30:10	(244)	02:56	01:23:04	(163)	01:14	00:48:29	(160)	02:45:51
219	26	393	David Osborne	M	40 - 44	Triloy	00:39:05	(413)	00:49	01:20:26	(133)	00:47	00:44:47	(91)	02:45:52
221	75	255	Neil Mc Donald	M	30 - 34	Newry Tri Club	00:26:25	(104)	01:05	01:29:18	(298)	01:14	00:47:55	(147)	02:45:55
220	12	305	Kieran Whyte	M	45 - 49	Galway Tri Club	00:31:45	(297)	00:59	01:26:57	(246)	00:57	00:45:18	(102)	02:45:55
222	45	346	Gareth Robinson	M	35 - 39	3D Tri	00:30:54	(262)	01:08	01:24:35	(194)	01:04	00:48:36	(162)	02:46:14
223	76	230	David Vavasour	M	30 - 34	Piranha Tri Club	00:28:59	(196)	01:17	01:25:32	(216)	01:19	00:49:11	(170)	02:46:16
224	13	119	Niall O'Donovan	M	45 - 49	Limerick Tri Club	00:25:53	(81)	01:27	01:26:43	(240)	00:52	00:51:26	(225)	02:46:18
225	77	327	Mark Wallace	M	30 - 34	Cork Tri Club	00:27:58	(153)	01:32	01:23:01	(162)	01:44	00:52:05	(242)	02:46:19
227	38	400	Eoin Lambert	M	25 - 29	Phoenix	00:29:48	(230)	01:40	01:23:58	(184)	01:10	00:49:49	(184)	02:46:23
226	78	715	Peter Kelleher	M	30 - 34		00:35:43	(374)	01:34	01:24:22	(192)	00:59	00:43:47	(69)	02:46:23
228	39	275	Keith Dwane	M	25 - 29	Ennis Tri Club	00:26:58	(122)	01:56	01:29:59	(307)	01:06	00:46:34	(122)	02:46:31
229	79	524	Tommy O'Driscoll	M	30 - 34		00:29:18	(212)	01:50	01:26:15	(232)	01:17	00:48:05	(150)	02:46:42
230	80	728	Timmy O' Sullivan	M	30 - 34		00:28:32	(177)	00:57	01:27:55	(269)	00:45	00:48:45	(165)	02:46:53
231	8	225	Amelie Petitclerc	F	30 - 34	Piranha Tri Club	00:26:19	(98)	01:24	01:27:04	(248)	01:19	00:50:49	(212)	02:46:54
232	81	151	Harry Byrne	M	30 - 34	Pulse	00:28:13	(165)	02:29	01:23:39	(175)	01:15	00:51:23	(223)	02:46:58
233	46	79	Patrick Kennedy	M	35 - 39	Limerick Tri Club	00:29:21	(214)	01:27	01:25:56	(224)	01:04	00:49:33	(177)	02:47:20
234	8	279	Jason Kiernan	M	20 - 24	Ennis Tri Club	00:24:20	(45)	01:04	01:24:07	(189)	00:51	00:57:09	(345)	02:47:29
235	40	300	richard Mc Carthy	M	25 - 29	Galway Tri Club	00:28:02	(157)	01:38	01:19:00	(103)	00:58	00:58:09	(363)	02:47:46
236	82	249	Micheal Hughes	M	30 - 34	Newry Tri Club	00:28:49	(189)	01:48	01:26:13	(231)	01:08	00:49:51	(186)	02:47:47
237	27	150	Matt Bird	M	40 - 44	Pulse	00:33:16	(331)	01:49	01:26:46	(242)	01:37	00:44:21	(81)	02:47:47
238	83	540	Eoghan Sadlier	M	30 - 34		00:33:50	(346)	02:15	01:24:08	(190)	01:01	00:46:45	(126)	02:47:56
239	47	726	Michael Mc Carthy	M	35 - 39		00:29:45	(227)	01:08	01:23:09	(167)	01:07	00:52:53	(261)	02:48:01
240	1	59	Joan Griffin	F	55 - 59	Limerick Tri Club	00:29:49	(231)	01:31	01:25:43	(219)	01:04	00:50:09	(193)	02:48:13
241	41	168	Jonathan Lyons	M	25 - 29	Pulse	00:31:27	(288)	01:20	01:23:56	(183)	01:02	00:50:43	(209)	02:48:26
242	84	519	Darren O'Connell	M	30 - 34		00:28:45	(185)	01:50	01:26:38	(238)	00:51	00:50:25	(200)	02:48:27
243	48	450	Gary Collins	M	35 - 39		00:34:43	(363)	02:28	01:22:00	(149)	01:21	00:47:59	(149)	02:48:29
244	85	108	Barry Murphy	M	30 - 34	Limerick Tri Club	00:35:30	(370)	01:32	01:24:58	(201)	00:50	00:45:55	(111)	02:48:44
245	42	160	Aidan Joyce	M	25 - 29	pulse	00:29:04	(200)	02:04	01:20:01	(123)	01:17	00:56:25	(332)	02:48:50
246	28	314	Paul Harrington	M	40 - 44	Cork Tri Club	00:32:01	(307)	01:04	01:20:45	(135)	01:04	00:53:58	(285)	02:48:51
247	2	342	Valerie Mac Carthy	F	25 - 29	3D Tri	00:28:04	(159)	01:25	01:30:05	(309)	00:57	00:48:24	(158)	02:48:52
248	49	313	Vincent Harrington	M	35 - 39	Cork Tri Club	00:28:01	(156)	01:12	01:23:32	(172)	01:22	00:54:54	(301)	02:49:00
249	86	724	Jeff Martin	M	30 - 34		00:29:01	(198)	01:12	01:26:16	(233)	01:18	00:51:22	(222)	02:49:06
250	29	501	Ultan Mac Mathuna	M	40 - 44		00:27:44	(143)	01:59	01:27:18	(255)	01:05	00:51:10	(218)	02:49:15
251	14	103	Pat Mc Namara	M	45 - 49	Limerick Tri Club	00:27:46	(145)	02:34	01:26:25	(235)	01:46	00:50:47	(211)	02:49:15
252	1	50	Katie Fitzgerald	F	20 - 24	Limerick Tri Club	00:25:30	(67)	00:46	01:30:27	(316)	01:15	00:51:28	(227)	02:49:23
253	15	294	Aidan Currie	M	45 - 49	Galway Tri Club	00:26:38	(112)	01:18	01:27:35	(261)	00:46	00:53:13	(271)	02:49:28
254	30	145	BEN Whelan	M	40 - 44	Limerick Tri Club	00:29:26	(218)	01:42	01:25:49	(222)	01:25	00:51:13	(220)	02:49:33
255	87	549	Robin Stubbs	M	30 - 34		00:31:06	(273)	01:19	01:20:24	(132)	01:04	00:55:43	(315)	02:49:34
256	88	32	Eddie Carvill	M	30 - 34	Limerick Tri Club	00:27:54	(151)	00:49	01:26:05	(228)	01:06	00:53:51	(283)	02:49:43
257	50	85	Harry Leahy	M	35 - 39	Limerick Tri Club	00:27:33	(136)	01:35	01:26:27	(236)	01:14	00:52:58	(264)	02:49:44

Pos	Cat.	Bib	Name	Gender	Cat	Club	Swim		T1	Cycle		T2	Run		Finish
Pos															
258	43	401	Greg May	M	25 - 29	Phoenix	00:31:22	(286)	01:28	01:20:03	(124)	01:03	00:55:56	(321)	02:49:50
259	89	135	Emmet Rock	M	30 - 34	Limerick Tri Club	00:28:56	(193)	01:40	01:26:07	(229)	01:10	00:52:01	(239)	02:49:53
260	16	56	Steve Gleeson	M	45 - 49	Limerick Tri Club	00:33:53	(348)	01:39	01:24:07	(189)	01:25	00:48:53	(166)	02:49:56
261	2	415	Caron Mullen	F	45 - 49	T3	00:30:09	(243)	01:25	01:25:23	(211)	01:08	00:52:04	(241)	02:50:07
262	31	97	Gerry Mc Intyre	M	40 - 44	Limerick Tri Club	00:28:33	(178)	01:40	01:28:28	(280)	00:54	00:50:38	(206)	02:50:11
263	51	705	Bryan Fitzgerald	M	35 - 39		00:29:27	(219)	01:45	01:24:42	(197)	00:47	00:53:47	(281)	02:50:25
264	3	573	Ellen Vitting	F	25 - 29	Kenmare Tri club	00:26:16	(96)	01:24	01:28:13	(273)	01:00	00:53:46	(280)	02:50:37
265	32	192	Liam Dillon	M	40 - 44	Wicklow Tri Club	00:31:05	(272)	00:52	01:28:29	(281)	00:43	00:49:30	(175)	02:50:37
266	44	381	Frank O'Connor	M	25 - 29	Trinity College Tri Club	00:23:36	(31)	01:15	01:26:56	(245)	01:02	00:57:52	(359)	02:50:39
267	90	217	Colin Keane	M	30 - 34	Piranha Tri Club	00:31:04	(271)	01:14	01:25:00	(202)	01:13	00:52:17	(247)	02:50:46
268	33	409	Tom Kiely	M	40 - 44	Athlone Tri Club	00:31:38	(293)	01:05	01:26:07	(229)	00:51	00:51:16	(221)	02:50:55
269	34	73	Mick Keane	M	40 - 44	Limerick Tri Club	00:24:58	(57)	00:53	01:26:03	(227)	01:20	00:57:45	(357)	02:50:58
270	4	204	Deborah Meghen	F	35 - 39	Wicklow Tri Club	00:27:49	(148)	01:14	01:29:55	(306)	01:22	00:50:43	(209)	02:51:01
271	52	443	David Byrne	M	35 - 39		00:25:56	(82)	01:22	01:29:22	(299)	01:18	00:53:04	(267)	02:51:01
272	53	438	Simon Boote	M	35 - 39		00:30:23	(249)	01:41	01:28:20	(276)	00:58	00:50:05	(191)	02:51:25
273	91	566	Barry Gannon	M	30 - 34	Cloghroe Triathlon Club	00:35:54	(376)	02:00	01:28:19	(275)	01:35	00:43:43	(68)	02:51:29
274	9	146	Michelle Banks	F	30 - 34	Pulse	00:28:42	(182)	01:04	01:27:14	(252)	01:01	00:53:31	(277)	02:51:30
275	54	290	David Bermingham	M	35 - 39	Galway Tri Club	00:31:18	(282)	01:13	01:25:31	(215)	00:49	00:52:50	(260)	02:51:38
276	35	96	Kevin Mc Grath	M	40 - 44	Limerick Tri Club	00:26:07	(89)	01:46	01:26:25	(235)	00:37	00:56:50	(337)	02:51:44
277	36	392	David Murphy	M	40 - 44	Triloy	00:32:53	(324)	02:17	01:22:21	(153)	01:25	00:52:59	(265)	02:51:52
278	92	496	Michael Lennon	M	30 - 34		00:27:09	(126)	01:21	01:26:25	(235)	01:15	00:55:47	(317)	02:51:55
279	5	36	Simona Coppola	F	35 - 39	Limerick Tri Club	00:30:47	(258)	01:52	01:27:23	(258)	01:22	00:50:35	(205)	02:51:57
280	93	463	Niall Duignan	M	30 - 34		00:31:07	(274)	02:45	01:27:20	(256)	01:35	00:49:20	(173)	02:52:05
281	4	571	Vincent Clohisey	M	55 - 59	hole in the wall	00:30:37	(253)	01:35	01:31:39	(344)	01:25	00:46:51	(128)	02:52:06
282	6	215	Aileen Flynn	F	35 - 39	Piranha Tri Club	00:28:48	(188)	00:58	01:32:30	(357)	01:00	00:49:19	(172)	02:52:34
283	45	533	Jody O'Sullivan	M	25 - 29		00:31:15	(281)	01:30	01:29:05	(291)	01:03	00:49:42	(181)	02:52:34
284	7	264	Sonia Rea	F	35 - 39	Newry Tri Club	00:33:46	(343)	01:25	01:23:05	(164)	01:14	00:53:07	(268)	02:52:36
285	55	557	John Waters	M	35 - 39		00:32:36	(315)	02:00	01:26:05	(228)	00:59	00:51:13	(220)	02:52:50
286	10	247	Anne marie Featherstone	F	30 - 34	Newry Tri Club	00:29:12	(206)	01:14	01:28:28	(280)	01:05	00:53:04	(267)	02:53:01
287	56	436	Ivor Banim	M	35 - 39		00:30:47	(258)	00:53	01:26:22	(234)	00:53	00:54:10	(289)	02:53:04
288	94	395	Joe Farrell	M	30 - 34	TRlcw	00:31:20	(284)	01:32	01:28:21	(277)	01:05	00:50:55	(213)	02:53:12
289	57	454	Damian Cooper	M	35 - 39		00:28:25	(173)	02:09	01:27:04	(248)	01:11	00:54:25	(291)	02:53:12
290	58	72	Noel Keane	M	35 - 39	Limerick Tri Club	00:30:57	(265)	00:56	01:25:40	(218)	01:02	00:54:39	(296)	02:53:13
291	95	703	Alan Dunne	M	30 - 34		00:31:58	(305)	01:50	01:26:47	(243)	00:47	00:52:03	(240)	02:53:23
292	59	113	Adrian O'Connell	M	35 - 39	Limerick Tri Club	00:30:57	(265)	01:49	01:27:15	(253)	01:09	00:52:20	(249)	02:53:28
293	4	488	Tony Keane	M	50 - 54		00:32:46	(320)	01:47	01:25:11	(208)	01:08	00:52:39	(255)	02:53:30
294	46	456	Paul Cosgrave	M	25 - 29		00:26:11	(91)	01:37	01:33:09	(363)	01:08	00:51:28	(227)	02:53:31
295	60	164	Erik Lithander	M	35 - 39	Pulse	00:31:31	(291)	02:03	01:28:12	(272)	01:10	00:50:58	(216)	02:53:52
296	17	539	Richard Rudkins	M	45 - 49		00:28:35	(180)	01:04	01:26:10	(230)	01:06	00:57:11	(346)	02:54:04
297	61	64	Shane Hartigan	M	35 - 39	Limerick Tri Club	00:27:32	(135)	01:10	01:24:02	(187)	01:22	01:00:13	(387)	02:54:17
298	62	706	Frank Flynn	M	35 - 39		00:29:11	(205)	02:02	01:25:54	(223)	01:02	00:56:10	(325)	02:54:17
299	18	235	Tony Daley	M	45 - 49	Predator Tri Club	00:29:15	(209)	01:24	01:27:01	(247)	01:27	00:55:13	(308)	02:54:19
300	96	143	David Walsh	M	30 - 34	Limerick Tri Club	00:29:29	(221)	01:18	01:26:02	(226)	01:07	00:56:26	(333)	02:54:20
301	19	187	Liam Collins	M	45 - 49	Wicklow Tri Club	00:28:23	(171)	00:56	01:30:58	(324)	00:59	00:53:17	(273)	02:54:31
302	9	738	Gary Ryan	M	20 - 24		00:24:16	(43)	01:14	01:25:48	(221)	00:54	01:02:26	(410)	02:54:35
303	97	252	Padraig Mallon	M	30 - 34	Newry Tri Club	00:25:41	(73)	01:30	01:25:08	(205)	01:32	01:00:47	(393)	02:54:35
304	98	588	Declan Fahy	M	30 - 34	Tri An Mhi	00:31:21	(285)	01:26	01:31:00	(326)	00:54	00:50:05	(191)	02:54:44
305	11	709	Ruth Gamble	F	30 - 34		00:29:55	(236)	01:21	01:33:46	(367)	00:37	00:49:07	(168)	02:54:45
306	37	550	Brian Swift	M	40 - 44		00:24:55	(56)	02:50	01:26:47	(243)	01:25	00:58:59	(376)	02:54:54
307	2	307	Eidin Christie	F	40 - 44	Cork Tri Club	00:32:41	(317)	01:06	01:28:14	(274)	01:14	00:51:42	(231)	02:54:56
308	63	89	Barry Long	M	35 - 39	Limerick Tri Club	00:25:25	(65)	01:51	01:24:07	(189)	00:56	01:02:52	(413)	02:55:08
309	64	319	Paul Murray	M	35 - 39	Cork Tri Club	00:26:36	(111)	01:39	01:31:11	(335)	00:56	00:54:55	(302)	02:55:15
310	99	740	Eddie Swords	M	30 - 34		00:30:49	(259)	11:00	01:21:00	(140)	00:51	00:51:38	(229)	02:55:16
311	65	46	Aidan Durack	M	35 - 39	Limerick Tri Club	00:29:08	(203)	02:01	01:25:14	(209)	01:05	00:57:55	(360)	02:55:22
312	66	185	Brendan Borland	M	35 - 39	Wicklow Tri Club	00:28:50	(190)	00:57	01:31:02	(328)	01:29	00:53:14	(272)	02:55:31
313	67	147	Shane Barrett	M	35 - 39	Pulse	00:31:19	(283)	01:31	01:28:27	(279)	01:14	00:53:07	(268)	02:55:36
314	5	250	Sean Hughes	M	50 - 54	Newry Tri Club	00:30:19	(248)	01:45	01:29:00	(289)	01:23	00:53:12	(270)	02:55:38
315	100	727	Ian Mc Ilraith	M	30 - 34		00:27:49	(148)	01:51	01:29:01	(290)	00:46	00:56:19	(328)	02:55:43
316	12	142	Andree Walkin	F	30 - 34	Limerick Tri Club	00:27:45	(144)	01:03	01:31:06	(332)	00:49	00:55:06	(306)	02:55:47
317	68	384	Alan Cussen	M	35 - 39	Triloy	00:38:07	(405)	01:51	01:24:15	(191)	01:17	00:50:19	(197)	02:55:48
318	38	489	Christopher Kearns	M	40 - 44		00:25:40	(72)	01:40	01:29:09	(294)	01:10	00:58:11	(364)	02:55:49
319	69	490	Matt KENNEDY	M	35 - 39		00:33:48	(344)	01:51	01:32:00	(349)	00:50	00:47:24	(139)	02:55:50
320	39	733	Donie O'Sullivan	M	40 - 44		00:31:36	(292)	01:36	01:27:09	(250)	01:44	00:53:50	(282)	02:55:53
321	101	161	Enda Kelleher	M	30 - 34	pulse	00:29:28	(220)	01:49	01:29:07	(292)	00:48	00:54:43	(299)	02:55:54

Pos	Cat.	Bib	Name	Gender	Cat	Club	Swim		T1	Cycle		T2	Run		Finish
322	40	33	Tony Chawke	M	40 - 44	Limerick Tri Club	00:30:39	(254)	00:56	01:26:22	(234)	01:01	00:56:58	(340)	02:55:54
323	3	592	Frances Buckley	F	45 - 49	UCC	00:28:43	(183)	01:40	01:28:54	(286)	00:53	00:55:49	(318)	02:55:57
324	4	379	Jennifer Lee	F	25 - 29	Trinity College Tri Club	00:26:43	(114)	01:25	01:31:35	(342)	01:15	00:55:01	(303)	02:55:58
325	13	412	Elizabeth Burke	F	30 - 34	T3	00:26:48	(117)	01:15	01:30:47	(319)	01:17	00:55:53	(320)	02:55:58
326	14	520	Jennifer O'Connell	F	30 - 34		00:26:14	(94)	01:34	01:31:42	(345)	01:12	00:55:18	(309)	02:55:58
327	102	465	Conor Enright	M	30 - 34		00:31:14	(280)	01:07	01:31:00	(326)	01:03	00:51:39	(230)	02:56:03
328	103	513	Declan Mullany	M	30 - 34		00:28:47	(187)	01:37	01:30:20	(313)	01:23	00:54:00	(286)	02:56:06
329	3	309	Yvonne Delaney	F	40 - 44	Cork Tri Club	00:29:48	(230)	01:37	01:28:37	(285)	01:07	00:55:02	(304)	02:56:10
330	15	104	Miriam McCormack	F	30 - 34	Limerick Tri Club	00:31:52	(301)	00:46	01:25:54	(223)	00:45	00:57:00	(341)	02:56:14
331	70	173	Brian Nevin	M	35 - 39	pulse	00:33:43	(341)	01:51	01:26:16	(233)	01:06	00:53:32	(278)	02:56:25
332	41	373	Noel O'Meara	M	40 - 44	Nenagh Tri Club	00:24:53	(55)	02:01	01:35:32	(393)	01:19	00:52:57	(263)	02:56:41
333	42	718	Tony King	M	40 - 44		00:32:39	(316)	01:53	01:28:24	(278)	01:13	00:52:34	(253)	02:56:41
334	5	61	Noel Guinane	M	55 - 59	Limerick Tri Club	00:27:53	(150)	02:00	01:33:53	(368)	00:56	00:52:04	(241)	02:56:45
335	8	323	Louise O'Shea	F	35 - 39	Cork Tri Club	00:30:26	(250)	01:32	01:30:48	(320)	01:54	00:52:08	(243)	02:56:47
336	71	282	Patrick Moylan	M	35 - 39	Ennis Tri Club	00:28:52	(191)	01:04	01:31:11	(335)	00:49	00:54:55	(302)	02:56:48
337	43	516	Michael Nesdale	M	40 - 44		00:26:15	(95)	04:19	01:30:23	(315)	00:54	00:55:06	(306)	02:56:54
338	4	418	Ruth Shanahan	F	45 - 49	T3	00:29:00	(197)	01:05	01:31:07	(333)	01:01	00:54:51	(300)	02:57:02
339	104	322	Donncha O'Grady	M	30 - 34	Cork Tri Club	00:31:47	(299)	02:05	01:28:36	(284)	01:18	00:53:19	(274)	02:57:02
340	9	165	Fiona Lithander	F	35 - 39	Pulse	00:30:18	(247)	01:37	01:30:21	(314)	01:12	00:53:40	(279)	02:57:06
341	16	324	Gillian Ryan	F	30 - 34	Cork Tri Club	00:30:15	(246)	01:21	01:29:09	(294)	01:05	00:55:20	(310)	02:57:08
342	105	449	Niall Cogan	M	30 - 34		00:30:56	(264)	01:37	01:27:58	(270)	01:20	00:55:23	(311)	02:57:11
343	106	719	Billy Lavelle	M	30 - 34		00:36:47	(394)	02:29	01:24:49	(199)	01:20	00:51:53	(235)	02:57:16
344	72	527	Roger O'Mahony	M	35 - 39		00:28:27	(174)	02:23	01:30:33	(317)	01:16	00:54:40	(297)	02:57:17
345	5	576	Naomi Shinkins	F	25 - 29	London Tri	00:29:34	(222)	01:28	01:27:41	(264)	01:08	00:57:36	(353)	02:57:26
346	20	735	John power	M	45 - 49		00:29:13	(207)	01:56	01:31:29	(340)	01:25	00:53:27	(276)	02:57:29
347	5	318	Jane Mc Grath	F	45 - 49	Cork Tri Club	00:29:52	(234)	01:50	01:27:16	(254)	01:43	00:57:09	(345)	02:57:48
348	10	144	Sinead Walsh	F	35 - 39	Limerick Tri Club	00:23:47	(33)	01:19	01:33:54	(369)	01:11	00:57:40	(355)	02:57:49
349	73	82	Duncan Kerin	M	35 - 39	Limerick Tri Club	00:24:59	(58)	01:55	01:32:16	(354)	01:09	00:57:33	(351)	02:57:50
350	6	303	Kristin Riall	F	25 - 29	Galway Tri Club	00:28:36	(181)	01:11	01:30:36	(318)	01:13	00:56:21	(330)	02:57:55
351	47	597	Kevin Buckley	M	25 - 29		00:28:44	(184)	01:10	01:31:04	(330)	00:37	00:56:23	(331)	02:57:56
352	74	80	Mark Kennedy	M	35 - 39	Limerick Tri Club	00:26:32	(109)	01:17	01:27:08	(249)	00:50	01:02:16	(408)	02:58:02
353	75	240	Darragh Mc Shane	M	35 - 39	Predator Tri Club	00:32:50	(323)	01:17	01:27:53	(268)	02:20	00:53:46	(280)	02:58:05
354	76	403	Archie O'Donnell	M	35 - 39	Phoenix	00:30:51	(261)	01:47	01:31:01	(327)	01:42	00:52:56	(262)	02:58:16
355	21	106	Tom Moriarty	M	45 - 49	Limerick Tri Club	00:34:51	(364)	01:20	01:27:28	(259)	01:17	00:53:23	(275)	02:58:17
356	107	553	Colum Traynor	M	30 - 34		00:30:36	(252)	01:40	01:34:08	(371)	01:01	00:50:57	(215)	02:58:20
357	6	541	Keith Scott	M	50 - 54		00:26:46	(115)	01:17	01:31:34	(341)	01:16	00:57:33	(351)	02:58:25
358	44	30	Redmond Burke	M	40 - 44	Limerick Tri Club	00:30:04	(240)	01:28	01:28:34	(282)	00:53	00:57:29	(350)	02:58:27
359	108	334	Paul Curran	M	30 - 34	3D Tri	00:29:09	(204)	02:14	01:37:38	(415)	01:27	00:58:05	(150)	02:58:31
360	45	207	Oscar Shortt	M	40 - 44	Wicklow Tri Club	00:32:41	(317)	01:52	01:27:49	(266)	01:45	00:54:27	(292)	02:58:31
361	10	569	Diarmuid Maguire	M	20 - 24	Edinburgh University	00:28:19	(168)	02:03	01:32:08	(351)	00:59	00:55:07	(307)	02:58:34
362	6	84	Al Le Gear	M	55 - 59	Limerick Tri Club	00:27:22	(131)	01:37	01:27:34	(260)	01:44	01:00:20	(389)	02:58:35
363	109	499	Stephen Lynn	M	30 - 34		00:21:38	(8)	01:57	01:35:22	(389)	01:05	00:58:36	(369)	02:58:37
364	7	60	Michael Griffin	M	55 - 59	Limerick Tri Club	00:35:38	(372)	01:45	01:27:38	(262)	01:25	00:52:19	(248)	02:58:43
365	77	732	Noel O'Riordan	M	35 - 39		00:33:05	(329)	03:32	01:30:05	(309)	01:27	00:50:40	(207)	02:58:47
366	46	289	Micheal Rooney	M	40 - 44	Ennis Tri Club	00:27:54	(151)	01:37	01:33:39	(366)	01:02	00:54:41	(298)	02:58:51
367	8	117	Tom O'Donnell	M	55 - 59	Limerick Tri Club	00:26:54	(120)	01:41	01:29:50	(304)	01:27	00:59:01	(377)	02:58:52
368	110	461	Gary Doherty	M	30 - 34		00:33:17	(332)	02:34	01:30:36	(318)	01:00	00:51:32	(228)	02:58:57
369	111	492	Brian Keoghan	M	30 - 34		00:36:20	(386)	02:06	01:25:29	(214)	01:16	00:53:51	(283)	02:59:01
370	47	545	John Sheehan	M	40 - 44		00:32:45	(319)	03:21	01:32:31	(358)	00:50	00:49:38	(180)	02:59:03
371	4	37	Catherine Corby	F	40 - 44	Limerick Tri Club	00:30:23	(249)	01:11	01:30:51	(321)	01:16	00:55:31	(313)	02:59:10
372	78	700	Gordon Conroy	M	35 - 39		00:27:41	(140)	03:37	01:32:12	(352)	01:18	00:54:28	(293)	02:59:14
373	17	326	Catherine Sheridan	F	30 - 34	Cork Tri Club	00:27:34	(137)	01:19	01:34:45	(379)	01:10	00:54:38	(295)	02:59:24
374	79	320	Jason Murtagh	M	35 - 39	Cork Tri Club	00:28:18	(167)	01:39	01:29:42	(303)	01:30	00:58:22	(368)	02:59:29
375	7	202	Grainne Mc Guckian	F	25 - 29	Wicklow Tri Club	00:27:29	(134)	00:46	01:35:54	(399)	00:43	00:54:40	(297)	02:59:31
376	112	339	Michael Kavanagh	M	30 - 34	3D Tri	00:35:08	(367)	01:34	01:31:03	(329)	01:14	00:50:40	(207)	02:59:37
377	9	254	Myles Mc Court	M	55 - 59	Newry Tri Club	00:24:34	(50)	02:07	01:28:27	(279)	02:38	01:02:02	(404)	02:59:45
378	80	122	Tadhg O'Malley	M	35 - 39	Limerick Tri Club	00:30:10	(244)	01:52	01:34:02	(370)	01:02	00:52:47	(259)	02:59:51
379	5	291	Chris Burke	F	40 - 44	Galway Tri Club	00:28:56	(193)	00:55	01:37:14	(414)	01:01	00:52:00	(238)	03:00:04
380	113	413	Brendan Byron	M	30 - 34	T3	00:32:44	(318)	01:53	01:25:19	(210)	01:05	00:59:37	(383)	03:00:37
381	48	525	Ronan O'Flaherty	M	25 - 29		00:30:54	(262)	04:35	01:35:18	(387)	02:05	00:47:54	(146)	03:00:44
383	18	132	Edel Quinn	F	30 - 34	Limerick Tri Club	00:28:05	(160)	01:20	01:31:05	(331)	01:39	00:58:38	(371)	03:00:45
382	114	522	Shane O'Connor	M	30 - 34		00:29:05	(201)	02:29	01:31:13	(337)	01:55	00:56:06	(322)	03:00:45
384	115	40	Bernard Cunningham	M	30 - 34	Limerick Tri Club	00:31:38	(293)	01:29	01:30:05	(309)	01:21	00:56:20	(329)	03:00:50
385	48	239	Aonghus Mc Guinness	M	40 - 44	Predator Tri Club	00:28:32	(177)	01:16	01:38:02	(422)	01:19	00:51:55	(236)	03:01:02

Pos	Cat.	Bib	Name	Gender	Cat	Club	Swim		T1	Cycle		T2	Run		Finish
Pos															
386	19	344	Maria Mulvany	F	30 - 34	3D Tri	00:32:24	(313)	01:31	01:29:12	(296)	01:19	00:56:40	(335)	03:01:05
387	49	90	Seamus Lynch	M	40 - 44	Limerick Tri Club	00:33:50	(346)	01:39	01:30:01	(308)	01:16	00:54:25	(291)	03:01:09
388	116	701	Glenn Copley	M	30 - 34		00:37:57	(403)	02:59	01:29:31	(301)	00:36	00:50:12	(195)	03:01:13
389	50	257	Dessie Mc Parland	M	40 - 44	Newry Tri Club	00:26:36	(111)	02:01	01:28:58	(288)	01:32	01:02:12	(407)	03:01:17
390	51	169	Eamon Mac Fhionnlaog	M	40 - 44	Pulse	00:33:51	(347)	01:22	01:32:50	(359)	00:43	00:52:34	(253)	03:01:18
391	117	714	Aidan Kearney	M	30 - 34		00:34:27	(358)	02:35	01:29:39	(302)	00:42	00:54:05	(287)	03:01:25
392	22	55	Dan Geary	M	45 - 49	Limerick Tri Club	00:35:22	(369)	01:38	01:31:17	(339)	01:00	00:52:12	(246)	03:01:27
393	118	48	Ronan Farrell	M	30 - 34	Limerick Tri Club	00:29:42	(225)	02:33	01:29:28	(300)	01:04	00:59:07	(379)	03:01:52
394	81	710	David Gibbons	M	35 - 39		00:37:22	(398)	02:10	01:29:13	(297)	01:05	00:52:09	(244)	03:01:57
395	7	493	Tony Lavin	M	50 - 54		00:27:47	(146)	02:22	01:30:59	(325)	01:20	00:59:34	(382)	03:02:00
396	82	473	Shane Geary	M	35 - 39		00:36:39	(391)	01:33	01:30:10	(311)	01:03	00:52:44	(257)	03:02:07
397	119	535	Conor Pollock	M	30 - 34		00:30:37	(253)	01:49	01:31:15	(338)	01:43	00:56:48	(336)	03:02:10
398	49	448	Michael Clancy	M	25 - 29		00:31:09	(276)	02:19	01:27:22	(257)	00:53	01:00:35	(392)	03:02:17
399	20	195	Deirdre Hough	F	30 - 34	Wicklow Tri Club	00:31:30	(290)	01:04	01:31:09	(334)	01:54	00:57:01	(342)	03:02:35
400	21	335	Kiwana Ennis	F	30 - 34	3D Tri	00:32:59	(326)	02:09	01:37:45	(417)	01:32	00:48:23	(157)	03:02:46
401	52	407	Nick Friel	M	40 - 44	Athlone Tri Club	00:30:04	(240)	01:54	01:32:51	(360)	01:10	00:56:55	(338)	03:02:52
403	83	284	Malachi Murray	M	35 - 39	Ennis Tri Club	00:32:13	(310)	01:16	01:28:35	(283)	00:53	01:00:03	(385)	03:02:58
402	53	543	Kevin Shalloo	M	40 - 44		00:36:03	(380)	01:09	01:34:08	(371)	01:18	00:50:22	(199)	03:02:58
404	54	111	Feargal O'Callaghan	M	40 - 44	Limerick Tri Club	00:31:11	(278)	01:53	01:33:13	(364)	01:28	00:55:35	(314)	03:03:17
405	6	123	MARCELLA O'Neill	F	40 - 44	Limerick Tri Club	00:25:53	(81)	01:34	01:33:39	(366)	01:27	01:00:51	(394)	03:03:23
406	23	261	Eamon Murphy	M	45 - 49	Newry Tri Club	00:35:39	(373)	03:21	01:29:10	(295)	02:19	00:53:03	(266)	03:03:30
407	7	228	Jane Ryan	F	40 - 44	Piranha Tri Club	00:31:50	(300)	01:31	01:34:54	(382)	00:56	00:54:54	(301)	03:04:05
408	50	711	Adrian Hayes	M	25 - 29		00:39:55	(417)	02:06	01:32:57	(361)	00:49	00:48:37	(163)	03:04:22
409	55	546	Colin Shoebridge	M	40 - 44		00:32:23	(312)	02:16	01:30:21	(314)	02:06	00:57:44	(356)	03:04:48
410	51	478	John Harnett	M	25 - 29		00:31:25	(287)	02:25	01:32:16	(354)	01:12	00:57:52	(359)	03:05:08
411	84	371	Patrick Kenneally	M	35 - 39	Nenagh Tri Club	00:36:22	(387)	01:03	01:30:06	(310)	00:57	00:56:57	(339)	03:05:23
412	22	128	Michelle O'Sullivan	F	30 - 34	Limerick Tri Club	00:32:53	(324)	01:51	01:33:23	(17)	00:55	00:56:24	(24)	03:05:24
413	24	116	Conor O'Dea	M	45 - 49	Limerick Tri Club	00:28:27	(174)	03:04	01:36:35	(405)	01:34	00:55:56	(321)	03:05:34
414	8	792	William Power	M	50 - 54		00:37:09	(396)	02:30	01:25:46	(220)	01:27	00:58:48	(374)	03:05:38
415	6	57	Anne Goggin	F	45 - 49	Limerick Tri Club	00:34:25	(357)	01:48	01:37:49	(418)	01:39	00:50:06	(192)	03:05:45
416	85	93	Gavin Mc Carthy	M	35 - 39	Limerick Tri Club	00:33:46	(343)	02:18	01:32:24	(356)	01:23	00:56:16	(327)	03:06:05
417	23	179	Susan Redmond	F	30 - 34	Pulse	00:34:20	(356)	01:02	01:38:18	(424)	00:54	00:52:01	(239)	03:06:32
418	120	504	Kieran Mc Carthy	M	30 - 34		00:28:17	(166)	04:28	01:36:34	(404)	01:06	00:56:11	(326)	03:06:35
419	11	435	Catherine Lynn	F	35 - 39	Liquid Motion	00:34:08	(352)	01:27	01:34:48	(380)	00:47	00:55:28	(312)	03:06:37
420	56	95	Pat Mc Eney	M	40 - 44	Limerick Tri Club	00:30:05	(241)	01:12	01:36:43	(408)	01:13	00:57:28	(349)	03:06:39
421	12	43	Sarah Deegan	F	35 - 39	Limerick Tri Club	00:31:56	(303)	00:59	01:35:26	(391)	01:14	00:57:06	(343)	03:06:40
422	10	74	Eugene Keane	M	55 - 59	Limerick Tri Club	00:29:47	(229)	01:53	01:36:19	(400)	01:30	00:57:12	(347)	03:06:40
423	24	295	Catherine Dufficy	F	30 - 34	Galway Tri Club	00:31:57	(304)	01:49	01:40:10	(437)	00:59	00:52:10	(245)	03:07:04
424	25	299	Martha Linnane	F	30 - 34	Galway Tri Club	00:36:09	(384)	02:07	01:35:07	(385)	01:04	00:52:38	(254)	03:07:04
425	121	83	Shane Larkin	M	30 - 34	Limerick Tri Club	00:34:28	(359)	01:38	01:30:19	(312)	01:14	01:00:18	(388)	03:07:54
426	8	348	Emma Walsh	F	25 - 29	3D Tri	00:31:47	(299)	02:32	01:34:08	(371)	01:16	00:58:18	(365)	03:07:59
427	52	270	Colm Daly	M	25 - 29	Ennis Tri Club	00:28:05	(160)	01:48	01:43:02	(453)	01:00	00:54:20	(290)	03:08:13
428	26	414	Gena Cotter	F	30 - 34	T3	00:33:58	(350)	01:28	01:36:47	(409)	01:07	00:55:01	(303)	03:08:20
429	122	404	Ulick Burke	M	30 - 34	Belpark	00:35:38	(372)	01:37	01:31:59	(348)	00:58	00:58:21	(367)	03:08:31
430	27	365	Carol Sinnott	F	30 - 34	Waterford Tri Club	00:35:34	(371)	02:44	01:31:53	(347)	01:03	00:57:26	(348)	03:08:38
431	86	26	Brian Bresnan	M	35 - 39	Limerick Tri Club	00:29:15	(209)	00:59	01:38:38	(427)	00:54	00:59:04	(378)	03:08:48
432	87	267	Dermot Clancy	M	35 - 39	Ennis Tri Club	00:29:14	(208)	00:53	01:31:04	(330)	00:52	01:06:52	(437)	03:08:52
433	123	729	Sean O'Boyle	M	30 - 34		00:37:30	(401)	02:26	01:32:57	(361)	01:29	00:54:38	(295)	03:08:58
434	28	340	Eithne Lennon	F	30 - 34	3D Tri	00:32:00	(306)	02:35	01:41:23	(444)	01:18	00:51:50	(233)	03:09:04
435	53	721	Tommy Lees	M	25 - 29								00:52:39	(255)	03:09:07
436	88	515	Christian Nea	M	35 - 39		00:31:13	(279)	02:50	01:33:04	(362)	01:38	01:00:32	(390)	03:09:15
437	54	29	Rory Burke	M	25 - 29	Limerick Tri Club	00:31:56	(303)	01:19	01:34:15	(373)	01:05	01:00:59	(397)	03:09:31
438	124	293	Keith Connolly	M	30 - 34	Galway Tri Club	00:37:17	(397)	02:15	01:26:42	(239)	01:10	01:02:11	(406)	03:09:34
439	57	419	Michael Bent	M	40 - 44	Setanta	00:27:59	(154)	02:46	01:36:58	(410)	01:27	01:00:34	(391)	03:09:41
440	125	455	Andrew Cope	M	30 - 34		00:31:10	(277)	01:35	01:26:30	(237)	01:32	01:09:05	(445)	03:09:51
441	55	567	Michael Briody	M	25 - 29	DFTA	00:38:57	(411)	01:45	01:31:34	(341)	01:33	00:56:07	(323)	03:09:54
442	126	383	Brian Bonham	M	30 - 34	Triloy	00:33:01	(327)	01:22	01:32:22	(355)	01:13	01:02:08	(405)	03:10:04
443	58	276	Paul Griffin	M	40 - 44	Ennis Tri Club	00:41:12	(423)	01:47	01:29:51	(305)	01:15	00:56:16	(327)	03:10:18
444	25	42	Kieran Curtin	M	45 - 49	Limerick Tri Club	00:37:54	(402)	02:33	01:35:46	(396)	01:43	00:52:26	(251)	03:10:20
445	9	491	Brendan Kennedy	M	50 - 54		00:39:09	(414)	02:45	01:37:50	(419)	01:31	00:49:14	(171)	03:10:27
446	13	306	Marty Burke	F	35 - 39	Cork Tri Club	00:32:44	(318)	01:13	01:36:24	(401)	01:41	00:58:45	(372)	03:10:46
447	9	220	Claire McEntee	F	25 - 29	Piranha Tri Club	00:35:16	(368)	02:11	01:35:15	(386)	01:34	00:56:39	(334)	03:10:54
448	59	253	Paul Mc Cann	M	40 - 44	Newry Tri Club	00:29:54	(235)	01:18	01:35:28	(392)	01:17	01:03:11	(418)	03:11:07
449	89	237	Enda Fox	M	35 - 39	Predator Tri Club	00:31:08	(275)	02:06	01:29:08	(293)	02:00	01:07:10	(438)	03:11:29

Pos	Cat.	Bib	Name	Gender	Cat	Club	Swim		T1	Cycle		T2	Run		Finish
450	60	129	Leonard Pearse	M	40 - 44	Limerick Tri Club	00:32:48	(321)	01:55	01:39:57	(435)	01:41	00:55:23	(311)	03:11:43
451	56	529	James O'Neill	M	25 - 29		00:33:35	(338)	02:07	01:32:01	(350)	01:22	01:02:46	(412)	03:11:50
452	2	447	Marie Casey-Breen	F	55 - 59		00:38:12	(406)	01:44	01:34:32	(375)	01:26	00:56:09	(324)	03:12:01
453	127	274	Hugh Dowling	M	30 - 34	Ennis Tri Club	00:38:31	(408)	02:23	01:29:12	(296)	01:04	01:00:53	(395)	03:12:01
454	128	480	Kevin Hartigan	M	30 - 34		00:36:03	(380)	03:27	01:40:13	(438)	01:51	00:50:32	(203)	03:12:05
455	8	190	Pauline Dallaghan	F	40 - 44	Wicklow Tri Club	00:33:41	(340)	02:08	01:32:15	(353)	01:44	01:02:20	(409)	03:12:06
456	10	268	Liam Coffey	M	50 - 54	Ennis Tri Club	00:34:52	(365)	03:10	01:30:56	(323)	01:10	01:02:00	(403)	03:12:06
457	10	178	Yvonne O'Leary	F	25 - 29	Pulse	00:31:09	(276)	01:08	01:34:13	(372)	01:11	01:04:32	(427)	03:12:10
458	11	568	Deirdre Newell	F	25 - 29	DFTA	00:28:59	(196)	02:11	01:37:08	(413)	01:03	01:03:09	(417)	03:12:28
459	90	530	Mark O'Neill	M	35 - 39		00:35:57	(378)	02:04	01:34:51	(381)	01:15	00:58:37	(370)	03:12:42
460	29	227	Clare Reilly	F	30 - 34	Piranha Tri Club	00:39:18	(415)	01:57	01:37:59	(421)	02:22	00:51:11	(219)	03:12:45
461	129	444	Diarmaid Cahill	M	30 - 34		00:34:19	(355)	01:31	01:32:31	(358)	01:16	01:03:11	(418)	03:12:47
462	91	723	Vincent Lynch	M	35 - 39		00:38:28	(407)	01:41	01:35:35	(394)	01:20	00:55:50	(319)	03:12:53
463	61	596	James Ahern	M	40 - 44		00:41:36	(427)	02:29	01:37:05	(412)	01:26	00:50:31	(202)	03:13:04
464	62	531	Olaf O'Neill	M	40 - 44		00:23:14	(26)	01:52	01:31:47	(346)	01:12	01:15:04	(453)	03:13:08
465	63	102	Martin Mc Namara	M	40 - 44	Limerick Tri Club	00:34:35	(361)	02:17	01:34:30	(374)	01:22	01:00:32	(390)	03:13:13
466	92	47	anthony Egan	M	35 - 39	Limerick Tri Club	00:36:31	(390)	01:51	01:35:47	(397)	01:01	00:58:22	(368)	03:13:29
467	26	273	Brian Dolan	M	45 - 49	Ennis Tri Club	00:31:53	(302)	01:36	01:36:33	(403)	01:16	01:02:29	(411)	03:13:44
468	27	78	John Kelly	M	45 - 49	Limerick Tri Club	00:33:49	(345)	01:54	01:38:27	(425)	01:19	00:58:21	(367)	03:13:47
469	12	155	Orla Doogan	F	25 - 29	Pulse	00:32:07	(308)	01:21	01:40:22	(439)	01:42	00:58:21	(367)	03:13:50
470	2	251	Deirdre Loughran	F	20 - 24	Newry Tri Club	00:33:09	(330)	01:36	01:39:18	(431)	01:32	00:58:20	(366)	03:13:54
471	7	357	Norma Goggin	F	45 - 49	Waterford Tri Club	00:39:04	(412)	01:56	01:34:44	(378)	01:27	00:56:57	(339)	03:14:06
472	93	62	Barry Hammond	M	35 - 39	Limerick Tri Club	00:32:07	(308)	02:20	01:42:34	(451)	01:23	00:55:44	(316)	03:14:06
473	130	494	Morgan Leddin	M	30 - 34		00:32:54	(325)	01:51	01:36:36	(406)	01:54	01:01:22	(398)	03:14:34
474	9	482	Maura Hayes	F	40 - 44		00:27:43	(142)	03:04	01:44:39	(461)	01:15	00:57:57	(361)	03:14:36
475	94	301	Pdraic Moran	M	35 - 39	Galway Tri Club	00:28:58	(195)	01:01	01:37:42	(416)	01:31	01:05:54	(433)	03:15:05
476	30	25	Michelle Brennan	F	30 - 34	Limerick Tri Club	00:33:38	(339)	01:28	01:35:02	(384)	01:37	01:03:27	(421)	03:15:10
477	131	298	Edward Lenihan	M	30 - 34	Galway Tri Club	00:34:11	(353)	01:58	01:38:04	(423)	00:41	01:00:34	(391)	03:15:26
478	14	182	Caroline Wharton	F	35 - 39	Pulse	00:36:25	(389)	01:13	01:42:45	(452)	01:19	00:53:55	(284)	03:15:36
479	28	437	Tony Berkery	M	45 - 49		00:33:27	(334)	02:28	01:40:22	(439)	01:20	00:58:02	(362)	03:15:38
480	57	510	Sean Meaney	M	25 - 29		00:31:02	(270)	03:23	01:40:47	(442)	01:51	00:58:38	(371)	03:15:39
481	132	512	Mark Mullally	M	30 - 34		00:37:54	(402)	02:29	01:36:39	(407)	01:15	00:57:26	(348)	03:15:41
482	64	41	Declan Cunningham	M	40 - 44	Limerick Tri Club	00:34:42	(362)	01:35	01:34:56	(383)	01:53	01:03:03	(415)	03:16:07
483	13	196	Jackie Hudson	F	25 - 29	Wicklow Tri Club	00:29:25	(217)	01:32	01:41:45	(446)	01:40	01:02:11	(406)	03:16:31
484	31	707	Orla Foley	F	30 - 34		00:31:43	(295)	01:58	01:45:02	(462)	00:47	00:57:08	(344)	03:16:36
485	95	487	Ed Keane	M	35 - 39		00:31:09	(276)	02:01	01:42:00	(447)	02:32	00:59:24	(380)	03:17:04
486	96	518	Denis O'Callaghan	M	35 - 39		00:34:03	(351)	02:02	01:35:19	(388)	01:26	01:04:17	(423)	03:17:05
487	133	509	David Mc Phillips	M	30 - 34		00:41:24	(424)	02:27	01:38:50	(429)	00:50	00:54:00	(286)	03:17:31
488	97	52	Alan Frahill	M	35 - 39	Limerick Tri Club	00:33:09	(330)	01:23	01:35:25	(390)	01:16	01:06:23	(435)	03:17:35
489	29	51	Ger Fitzgerald	M	45 - 49	Limerick Tri Club	00:38:04	(404)	03:40	01:43:08	(454)	01:07	00:51:46	(232)	03:17:43
490	65	481	Kenneth Hayes	M	40 - 44		00:44:32	(430)	04:21	01:40:35	(441)	02:56	00:45:30	(105)	03:17:52
491	98	472	David Geary	M	35 - 39		00:41:26	(425)	03:51	01:38:37	(426)	00:55	00:53:14	(272)	03:18:00
492	134	316	Pdraig Maguire	M	30 - 34	Cork Tri Club	00:31:29	(289)	03:05	01:44:09	(458)	01:50	00:57:47	(358)	03:18:19
493	99	66	Ray Hickey	M	35 - 39	Limerick Tri Club	00:36:57	(395)	01:59	01:38:50	(429)	01:25	00:59:25	(381)	03:18:34
494	66	502	Daire Mac Phaidin	M	40 - 44		00:36:08	(383)	02:51	01:39:53	(433)	01:06	00:58:53	(375)	03:18:49
495	58	716	Ciaran Kelly	M	25 - 29		00:40:26	(419)	02:11	01:28:55	(287)	00:57	01:06:26	(436)	03:18:53
496	32	341	Olivia Leonard	F	30 - 34	3D Tri	00:31:18	(282)	01:33	01:39:42	(432)	01:08	01:05:18	(431)	03:18:56
497	14	172	Sarah Mulkerrins	F	25 - 29	Pulse	00:33:22	(333)	02:47	01:44:28	(459)	01:19	00:57:09	(345)	03:19:03
498	100	536	Barry Reddan	M	35 - 39		00:36:42	(392)	02:07	01:34:38	(376)	01:28	01:04:28	(426)	03:19:21
499	67	354	Michael Carroll	M	40 - 44	Waterford Tri Club	00:38:51	(410)	02:01	01:34:38	(376)	01:23	01:03:16	(420)	03:20:07
500	101	511	Pat Monahan	M	35 - 39		00:36:24	(388)	02:35	01:39:01	(430)	01:53	01:00:54	(396)	03:20:46
501	15	186	Marie Burke	F	35 - 39	Wicklow Tri Club	00:29:07	(202)	01:44	01:43:40	(457)	01:32	01:05:10	(430)	03:21:11
502	68	287	Mark Reidy	M	40 - 44	Ennis Tri Club	00:33:28	(335)	02:56	01:35:49	(398)	01:25	01:07:58	(442)	03:21:35
503	102	372	paul Moore	M	35 - 39	Nenagh Tri Club	00:40:44	(421)	02:29	01:37:04	(411)	01:14	01:00:07	(386)	03:21:36
504	69	453	Darragh Conway	M	40 - 44		00:35:46	(375)	02:03	01:41:25	(445)	01:31	01:01:32	(399)	03:22:14
505	33	125	Frances O'Reilly	F	30 - 34	Limerick Tri Club	00:31:42	(294)	01:59	01:36:28	(402)	01:32	01:10:39	(447)	03:22:18
506	34	94	Vicki Mc Carthy	F	30 - 34	Limerick Tri Club	00:28:02	(157)	02:06	01:46:18	(467)	01:02	01:05:09	(429)	03:22:35
507	35	229	majella Scanlan	F	30 - 34	Piranha Tri Club	00:31:01	(269)	01:35	01:46:05	(466)	01:27	01:02:54	(414)	03:23:01
508	70	288	Johnny Richardson	M	40 - 44	Ennis Tri Club	00:33:03	(328)	03:01	01:52:54	(480)	02:13	00:51:59	(237)	03:23:08
509	103	439	Joe Brooks	M	35 - 39		00:34:58	(366)	03:36	01:45:26	(463)	02:02	00:57:38	(354)	03:23:38
510	135	507	David Mc Inerney	M	30 - 34		00:43:38	(429)	02:36	01:35:37	(395)	01:11	01:01:41	(400)	03:24:41
511	36	180	Sharon Sommers	F	30 - 34	Pulse	00:31:44	(296)	01:42	01:42:19	(449)	01:33	01:07:48	(440)	03:25:04
512	136	586	Bill Lalor	M	30 - 34	Tralee TRIathlon Club	00:53:37	(434)	02:25	01:26:44	(241)	01:08	01:01:50	(401)	03:25:43
513	104	500	Mark Mac Leod	M	35 - 39		00:33:45	(342)	03:43	01:33:16	(365)	03:28	01:11:36	(449)	03:25:47

Pos	Cat.	Bib	Name	Gender	Cat	Club	Swim		T1	Cycle		T2	Run		Finish
514	105	44	John Duggan	M	35 - 39	Limerick Tri Club	00:37:27	(399)	02:23	01:39:58	(436)	01:32	01:04:43	(428)	03:26:02
515	71	554	Gert-Jan Vanderdusse	M	40 - 44		00:40:41	(420)	02:16	01:34:41	(377)	00:50	01:07:43	(439)	03:26:09
516	137	521	Garry O'Connor	M	30 - 34		00:34:15	(354)	02:05	01:42:06	(448)	01:30	01:06:21	(434)	03:26:15
517	138	495	Donnacha Lehane	M	30 - 34		00:33:34	(337)	11:02	01:51:40	(477)	01:48	00:48:21	(156)	03:26:23
518	139	445	Patrick Cannon	M	30 - 34		00:37:29	(400)	03:42	01:39:54	(434)	01:38	01:04:18	(424)	03:26:59
519	140	476	Gerry Grealish	M	30 - 34		00:36:43	(393)	03:42	01:42:32	(450)	01:14	01:03:04	(416)	03:27:13
520	37	333	Caroline Cashin	F	30 - 34	3D Tri	00:27:06	(124)	02:22	01:47:39	(470)	01:57	01:09:09	(446)	03:28:11
521	38	166	Suzanne Lovely	F	30 - 34	Pulse	00:33:17	(332)	02:07	01:38:47	(428)	02:19	01:12:09	(450)	03:28:37
522	30	734	Sean O'Sullivan	M	45 - 49		00:33:43	(341)	03:17	01:48:07	(473)	01:11	01:02:46	(412)	03:29:03
523	8	283	Eileen Mulcahy	F	45 - 49	Ennis Tri Club	00:36:06	(381)	02:01	01:46:35	(468)	00:57	01:03:35	(422)	03:29:11
524	3	343	Clodagh Mulvany	F	20 - 24	3D Tri	00:33:01	(327)	02:02	01:47:48	(471)	01:53	01:05:29	(432)	03:30:13
525	10	332	Grainne Byrne	F	40 - 44	3D Tri	00:35:56	(377)	02:00	01:46:47	(469)	01:31	01:04:27	(425)	03:30:38
526	9	258	Lorraine McCann	F	45 - 49	Newry Tri Club	00:37:27	(399)	02:09	01:55:33	(483)	01:17	00:54:31	(294)	03:30:55
527	72	278	Alan Howard	M	40 - 44	Ennis Tri Club	00:35:59	(379)	04:40	01:37:55	(420)	01:26	01:11:24	(448)	03:31:23
528	10	137	Eithne Russell	F	45 - 49	Limerick Tri Club	00:41:33	(426)	03:28	01:43:28	(456)	01:56	01:01:58	(402)	03:32:21
529	39	153	Maeve Cloke	F	30 - 34	Pulse	00:36:07	(382)	01:44	01:45:41	(464)	02:08	01:08:15	(443)	03:33:53
530	106	68	Andrew Holmes	M	35 - 39	Limerick Tri Club	00:29:38	(223)	03:44	01:43:11	(455)	01:17	01:16:35	(455)	03:34:24
531	73	65	Rhys Herdman	M	40 - 44	Limerick Tri Club	00:33:48	(344)	02:12	01:38:50	(429)	01:41	01:18:14	(457)	03:34:43
532	40	537	Maura Regan	F	30 - 34		00:41:51	(428)	02:46	01:52:00	(478)	01:27	00:57:34	(352)	03:35:36
533	11	243	Lilly Muldoon	F	40 - 44	Predator Tri Club	00:40:23	(418)	01:29	01:44:33	(460)	01:52	01:07:56	(441)	03:36:13
534	141	464	Ken Dunne	M	30 - 34		00:44:54	(431)	03:51	01:52:08	(479)	02:47	00:52:46	(258)	03:36:25
535	12	542	Clara Scully	F	40 - 44		00:41:08	(422)	01:53	01:45:46	(465)	01:49	01:08:45	(444)	03:39:19
536	142	112	Tomas O'Connell	M	30 - 34	Limerick Tri Club	00:33:32	(336)	02:49	01:53:16	(481)	01:52	01:13:13	(451)	03:44:40
537	143	451	Neil Condon	M	30 - 34		00:35:43	(374)	03:53	01:47:57	(472)	01:42	01:15:31	(454)	03:44:43
538	59	485	Aidan Holmes	M	25 - 29		00:35:46	(375)	04:20	01:51:02	(474)	01:20	01:13:39	(452)	03:46:06
539	144	526	Eamon O'Gairbhith	M	30 - 34		00:38:50	(409)	02:45	02:02:54	(485)	03:11	00:59:51	(384)	03:47:30
540	15	466	Deirdre Enright	F	25 - 29		00:53:42	(435)	05:43	02:04:40	(486)	01:34	00:51:02	(217)	03:56:40
541	41	206	Yvonne Mullany	F	30 - 34	Wicklow Tri Club	00:45:27	(432)	01:45	02:06:34	(487)	01:27	01:03:15	(419)	03:58:26
542	42	107	Jane Mulcair	F	30 - 34	Limerick Tri Club	00:47:28	(433)	03:05	01:51:15	(476)	00:44	01:17:02	(456)	03:59:32
DNF		358	Mark Hayden	M	20 - 24	Waterford Tri Club	00:24:16	(43)	01:15						
DNF		422	Sean Doherty	M	35 - 39	North West Tri Club	00:26:02	(85)	00:59						
DNF		534	John O'Sullivan	M	30 - 34		00:27:38	(138)	01:48						
DNF		410	Dave Martin	M	35 - 39	Athlone Tri Club	00:29:22	(215)	01:07						
DNF		8	Cian Mc Grath	M	35 - 39	Wicklow Tri Club	00:24:13	(41)	00:37	01:14:59	(39)	00:48			
DNF		91	Niall Maloney	M	45 - 49	Limerick Tri Club	00:26:02	(85)	00:40	01:18:58	(102)	00:47			
DNF		583	Martin Mimmagh	M	35 - 39	Racing 795	00:25:43	(74)	01:04	01:19:18	(106)				
DNF		272	Barry Deane	M	40 - 44	Ennis Tri Club	00:27:48	(147)	01:10	01:20:17	(130)				
DNF		221	Jack Olden	M	35 - 39	Piranha Tri Club	00:25:12	(61)	01:12	01:22:31	(156)				
DNF		101	Bob Mc Namara	M	35 - 39	Limerick Tri Club	00:27:42	(141)	01:16	01:23:37	(174)				
DNF		213	Jonathan Eadie	M	25 - 29	Piranha Tri Club	00:29:39	(224)	01:30	01:25:26	(212)	01:17			
DNF		75	Paul Kearney	M	35 - 39	Limerick Tri Club	00:22:10	(12)	01:20	01:30:05	(309)				
DNF		154	Johanna Dinn	F	30 - 34	Pulse	00:30:51	(261)	01:44	01:31:12	(336)				
DNF		139	John Sheridan	M	40 - 44	Limerick Tri Club	00:31:11	(278)	03:17	01:36:36	(406)				
DNF		115	Niall O'Connor	M	45 - 49	Limerick Tri Club	00:34:30	(360)	02:33	01:40:32	(440)	01:20			
DNF		100	Eamonn Mc Namara	M	30 - 34	Limerick Tri Club	00:33:57	(349)	03:14	01:41:07	(443)				
DNF		353	Eleanor Carey	F	25 - 29	Waterford Tri Club	00:39:20	(416)	02:01	01:51:13	(475)	01:29			
DNF		181	Liz Ward	F	45 - 49	pulse	00:36:12	(385)	02:35	01:54:11	(482)				
DNF		790	Peter Dobbin	M	45-49		01:04:38	(436)	03:28	01:57:16	(484)				
DNF		720	Emma Leahy	F	40 - 44		00:34:03	(351)	00:56	02:29:41	(488)				

Pos	Cat.	Bib	Name	Gender	Cat	Club	Swim		T1	Cycle		T2	Run		Finish
<b>RELAY RESULTS</b>															
2		756	UL Arena	R	Relay		00:20:44	(4)	00:41	01:15:28	(2)	00:39	00:33:29	(1)	02:11:00
1		782	Dream Team	R	Relay		00:19:08	(2)	00:44	01:13:24	(1)	00:36	00:35:13	(2)	02:09:04
6		754	Liz and the Olympian	R	Relay		00:25:40	(11)	00:45	01:23:21	(8)	00:38	00:41:42	(3)	02:32:04
7		772	Clare Crusaders 1	R	Relay		00:24:57	(7)	00:45	01:23:12	(7)	00:38	00:43:26	(4)	02:32:55
3		776	Wheelworks	R	Relay		00:18:59	(1)	00:41	01:19:42	(4)	00:34	00:44:57	(5)	02:24:51
5		774	Ruan Riot Revue	R	Relay		00:24:42	(6)	00:48	01:20:56	(5)	00:37	00:44:57	(5)	02:31:58
4		768	Limerick Allsorts	R	Relay		00:22:02	(5)	00:45	01:18:03	(3)	00:36	00:45:26	(6)	02:26:51
12		770	Foregone Conclusion	R	Relay		00:25:18	(8)	00:56	01:36:31	(22)	00:31	00:45:29	(7)	02:48:43
22		773	Tilson Trotters	R	Relay		00:31:13	(22)	00:52	01:42:47	(25)	00:39	00:46:30	(8)	03:01:59
13		763	Pulse Pressure	R	Relay		00:28:31	(19)	01:01	01:33:53	(18)	00:38	00:46:40	(9)	02:50:43
9		752	The Hot Rods	R	Relay		00:28:16	(18)	00:53	01:25:24	(9)	00:33	00:46:53	(10)	02:41:57
8		750	The Over 20's	R	Relay		00:25:19	(9)	00:47	01:26:14	(10)	00:34	00:47:19	(11)	02:40:10
19		764	Pulsers in Rythym	R	Relay		00:31:15	(23)	00:43	01:39:24	(23)	00:32	00:47:27	(12)	02:59:19
26		762	Can't find a Pulse	R	Relay		00:32:18	(25)	00:51	01:45:27	(27)	00:37	00:47:49	(13)	03:07:01
28		751	The Cool Mamas	R	Relay		00:27:51	(15)	00:48	01:54:46	(28)	00:37	00:48:31	(14)	03:12:32
20		771	All for One	R	Relay								00:49:34	(15)	03:01:40
18		765	Team KOS	R	Relay		00:27:11	(14)	00:54	01:40:54	(24)	00:42	00:49:34	(15)	02:59:13
10		755	Brookville Boys	R	Relay		00:30:31	(21)	01:00	01:21:51	(6)	00:36	00:51:09	(16)	02:45:04
16		766	Clancy's	R	Relay		00:32:38	(26)	00:41	01:31:41	(13)	00:37	00:51:47	(17)	02:57:22
11		780	Team Aran	R	Relay		00:19:41	(3)	00:58	01:34:00	(19)	00:39	00:51:56	(18)	02:47:11
30		760	Pulse Ladies	R	Relay		00:40:31	(29)	00:55	02:00:17	(29)	00:42	00:52:08	(19)	03:34:31
24		759	Newry Tri 1	R	Relay		00:37:55	(28)	00:54	01:32:50	(16)	00:51	00:52:38	(20)	03:05:05
14		795	Kincora Warriors	R	Relay		00:27:53	(16)	00:52	01:29:36	(12)	00:45	00:53:28	(21)	02:52:33
17		783	Mannix Team	R	Relay		00:28:04	(17)	00:55	01:32:35	(15)	00:35	00:55:19	(22)	02:57:26
29		781	Team Ian Bean	R	Relay		00:35:58	(27)	00:52	01:42:54	(26)	00:33	00:55:54	(23)	03:16:08
21		753	Askeaton Tigers	R	Relay		00:26:45	(13)	00:52	01:36:11	(20)	00:56	00:57:15	(24)	03:01:57
15		778	Spartacus	R	Relay		00:28:38	(20)	00:59	01:27:54	(11)	00:36	00:57:49	(25)	02:55:53
23		767	West Clare Swimmers	R	Relay		00:26:14	(12)	00:54	01:36:15	(21)	00:33	00:59:55	(26)	03:03:49
27		769	West End Girls	R	Relay		00:31:32	(24)	01:00	01:33:39	(17)	00:42	01:05:08	(27)	03:11:59
DNF		777	Late Entry	R	Relay		00:25:25	(10)	01:00	01:32:28	(14)	01:26			