



Limerick Triathlon Club  
Duathlon  
07/02/2010



Pos	No	Name	Cat	Club	Run1	R1P	T1	Cycle	CP	T2	Run2	R2P	Total
1	42	Martin Grealish	MS	Predator Tri	00:12:12	(2)	00:41	00:23:33	(3)	00:27	00:12:48	(1)	00:49:41
2	67	Eamonn Horgan	MS	Limerick Tri	00:11:57	(1)	00:31	00:23:58	(9)	00:22	00:13:03	(3)	00:49:50
3	1	Martin Kirwan	MS	Waterford Tri	00:12:28	(7)	00:48	00:23:03	(1)	00:34	00:13:17	(4)	00:50:10
4	36	David Richardson	MS	Limerick Tri	00:12:23	(5)	00:26	00:23:42	(5)	00:25	00:13:32	(7)	00:50:28
5	135	Niall Collins	MS	Limerick Tri	00:12:14	(3)	00:27	00:24:27	(12)	00:26	00:13:01	(2)	00:50:35
6	92	Dave Beary	MV	Limerick Tri	00:13:02	(11)	00:36	00:23:40	(4)	00:27	00:13:31	(6)	00:51:15
7	76	Kevin Donagher	MS		00:12:24	(6)	00:59	00:23:43	(6)	00:36	00:13:38	(9)	00:51:19
8	29	Stuart McMahon	MS	Limerick Tri	00:12:38	(9)	00:28	00:24:06	(11)	00:26	00:14:00	(11)	00:51:38
9	5	Keith heary	MS	TRICW	00:12:22	(4)	00:39	00:24:58	(15)	00:33	00:13:25	(5)	00:51:58
10	122	Neil O'Grady	MS		00:12:30	(8)	00:38	00:25:31	(23)	00:38	00:13:34	(8)	00:52:51
11	55	Eddy O'Donoghue	MS	Carrick on Suir	00:13:32	(15)	00:26	00:24:03	(10)	00:26	00:14:46	(21)	00:53:14
12	37	Michael Casey O'Shea	MS	Limerick Tri	00:13:40	(17)	00:30	00:23:50	(7)	00:30	00:15:23	(32)	00:53:53
13	118	Mike Lane	MS	Limerick Tri	00:13:58	(20)	00:28	00:25:05	(17)	00:36	00:14:17	(13)	00:54:23
14	119	Michael Cussen	MS		00:13:23	(13)	01:14	00:25:22	(20)	00:56	00:13:42	(10)	00:54:37
15	20	Vincent Power	MS	Carrick on Suir	00:13:45	(18)	00:35	00:25:29	(21)	00:30	00:14:46	(19)	00:55:05
16	58	Sean Flannery	MS	Sligo Tri	00:13:27	(14)	00:44	00:25:57	(27)	00:42	00:14:18	(14)	00:55:08
17	52	Eamonn Morgan	MS	West Clare CC	00:14:01	(21)	01:36	00:23:32	(2)	01:07	00:15:11	(29)	00:55:27
18	48	David Lee Cadbury	MS		00:13:52	(19)	00:52	00:25:30	(22)	01:00	00:14:22	(16)	00:55:36
19	85	Mark Young	MS	Zennith	00:14:16	(27)	00:49	00:24:27	(13)	00:40	00:15:30	(33)	00:55:42
20	11	Mike Lynch	MS	Limerick CC	00:14:16	(28)	01:11	00:23:53	(8)	00:46	00:15:39	(38)	00:55:44
21	35	Philip Power	MS	Limerick Tri	00:14:02	(22)	00:32	00:25:46	(25)	00:26	00:15:02	(26)	00:55:48
22	26	Rolf Power	MV	Carrick on Suir	00:13:35	(16)	00:43	00:26:35	(34)	00:37	00:14:36	(17)	00:56:06
23	10	Rory Sexton	MJ	Blackwater	00:13:19	(12)	00:55	00:27:12	(42)	00:43	00:14:19	(15)	00:56:28
24	51	Damien Roche	MS	Limerick Tri	00:14:07	(26)	00:50	00:26:21	(30)	00:37	00:14:55	(24)	00:56:51
25	95	Will Turner	MS		00:12:45	(10)	01:20	00:27:24	(44)	00:59	00:14:46	(20)	00:57:14
26	131	Olly O'Neill	MV	Limerick Tri	00:14:18	(29)	00:33	00:26:42	(35)	00:40	00:15:32	(34)	00:57:43
27	127	Eoin Fitzgerald	MS		00:14:31	(34)	00:34	00:27:00	(40)	00:35	00:15:13	(30)	00:57:54
28	7	Kieran McGlynn	MS		00:15:07	(52)	01:10	00:25:07	(18)	00:43	00:16:01	(44)	00:58:08
29	109	Damian Muldoon	MV	Predator Tri	00:14:37	(35)	00:51	00:25:39	(24)	00:53	00:16:09	(49)	00:58:09
30	138	Mark Dempsey	MS	Limerick Tri	00:14:29	(33)	00:30	00:27:52	(49)	00:30	00:14:48	(22)	00:58:10
31	24	Mike O'Keefe	MV	Nenagh Tri	00:15:30	(60)	00:51	00:25:09	(19)	00:43	00:15:59	(43)	00:58:11
32	18	Kieran Lees	MS	Limerick Tri	00:14:28	(32)	00:55	00:26:47	(37)	00:39	00:15:38	(36)	00:58:26
33	124	Kevin Coughlan	MS	Predator Tri	00:15:29	(58)	00:40	00:24:50	(14)	00:40	00:17:00	(65)	00:58:38
34	22	Dan Cahill	MV	Limerick Tri	00:14:39	(36)	01:02	00:26:28	(31)	00:46	00:15:53	(40)	00:58:48
35	64	Fiona Stephenson	FS		00:14:58	(46)	01:03	00:26:12	(29)	00:43	00:15:58	(42)	00:58:55
36	107	Barry O'Donoghue	MS	Limerick Tri	00:14:04	(23)	00:47	00:28:02	(50)	00:48	00:15:19	(31)	00:59:00
37	57	Rowan McNamara	MS	Sligo Tri	00:14:52	(39)	00:33	00:25:55	(26)	00:42	00:17:12	(68)	00:59:13
38	75	Noel Keane	MS	Limerick Tri	00:15:26	(57)	00:45	00:26:30	(33)	00:40	00:16:05	(47)	00:59:26
39	100	Karl Walsh	MS		00:14:56	(42)	00:55	00:28:26	(60)	00:28	00:14:44	(18)	00:59:28
40	105	Eoghan Sadlier	MS		00:14:07	(25)	01:02	00:28:41	(69)	00:45	00:14:54	(23)	00:59:29
41	101	Cillian Murphy	MS	Limerick Tri	00:15:44	(69)	00:31	00:26:45	(36)	00:37	00:16:11	(50)	00:59:47
42	81	Patricia O'Brien	FS	Ennis Tri	00:14:57	(45)	00:47	00:28:34	(67)	00:40	00:14:56	(25)	00:59:55
43	126	Robert reidy	MS	Newbridge CC	00:14:56	(43)	01:25	00:24:59	(16)	00:49	00:17:54	(88)	01:00:03
44	133	Ciaran Gallagher	MS	Limerick Tri	00:14:42	(37)	01:07	00:28:15	(55)	00:57	00:15:06	(27)	01:00:07
45	68	Lisa Horgan	FS	Limerick Tri	00:15:06	(51)	00:45	00:27:19	(43)	00:34	00:16:26	(56)	01:00:12
46	89	Robert Kelly	MS		00:15:06	(50)	00:54	00:28:26	(61)	00:37	00:15:11	(28)	01:00:14
47	116	Paidrig Franklin	MS	Limerick CC	00:14:53	(41)	01:10	00:26:02	(28)	01:38	00:16:35	(59)	01:00:18
48	43	Kevin Shalloo	MV	Ennis Tri	00:14:06	(24)	00:46	00:29:22	(78)	00:40	00:15:54	(41)	01:00:48
49	108	Shane Kelly	MS	Limerick Tri	00:14:22	(30)	00:59	00:28:25	(59)	00:40	00:16:40	(61)	01:01:06
50	128	paul Harrington	MV	Cork Tri	00:16:01	(73)	00:40	00:26:29	(32)	00:38	00:17:24	(74)	01:01:13
51	6	Graham Loughman	MS	Carrick on Suir	00:14:47	(38)	00:43	00:28:46	(73)	00:40	00:16:18	(53)	01:01:14
52	104	Graham Power	MS	Limerick Tri	00:15:25	(56)	00:40	00:28:24	(58)	00:33	00:16:13	(51)	01:01:15
53	66	Dave kelly	MS	Limerick Tri	00:15:45	(70)	00:54	00:27:45	(47)	00:51	00:16:04	(46)	01:01:19
54	59	Fergal o'Connor	MV	Limerick Tri	00:15:35	(66)	00:44	00:28:49	(75)	00:39	00:15:38	(37)	01:01:24
55	16	Adrean O'Connell	MS	Limerick Tri	00:14:52	(40)	00:46	00:28:28	(65)	00:44	00:16:36	(60)	01:01:26
56	72	Declan Benson	MV	Limerick Tri	00:15:10	(53)	01:23	00:28:28	(64)	00:50	00:15:35	(35)	01:01:26
57	83	Tony King	MV		00:15:02	(48)	00:44	00:28:41	(70)	00:46	00:16:14	(52)	01:01:28
58	137	Jim Hughes	MV	Kenmare	00:14:24	(31)	00:42	00:32:07	(113)	00:36	00:14:11	(12)	01:02:00
59	125	John Lyons	MV		00:15:14	(55)	00:57	00:28:47	(74)	00:41	00:16:34	(58)	01:02:12



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60	86	Brian McClusky	MV	Zennith	00:16:00	(72)	00:52	00:26:52	(38)	00:46	00:17:54	(89)	01:02:24
61	21	Geoffrey Carey	MS		00:14:57	(44)	01:07	00:28:45	(72)	00:41	00:17:16	(70)	01:02:46
62	123	Daonal Breen	MV	Limerick Tri	00:16:20	(84)	01:05	00:28:10	(53)	00:54	00:16:28	(57)	01:02:58
63	13	Dermot Clancy	MS	Ennis Tri	00:15:12	(54)	00:36	00:29:26	(80)	00:28	00:17:25	(75)	01:03:07
64	47	Eddie Swords	MS		00:16:02	(74)	01:07	00:28:14	(54)	00:35	00:17:11	(66)	01:03:09
65	110	Joe McCarthy	MV	Limerick Tri	00:15:02	(47)	01:13	00:30:04	(82)	00:53	00:16:08	(48)	01:03:20
66	32	Brendan Kennedy	MV	Midlands Tri	00:15:37	(67)	00:35	00:30:10	(85)	00:25	00:16:41	(62)	01:03:29
67	3	Gavin Fraser	MV	TRICW	00:16:18	(82)	00:46	00:27:52	(48)	00:48	00:17:49	(85)	01:03:33
68	112	Bryan Fitzgerald	MS		00:16:21	(85)	00:55	00:28:09	(52)	00:54	00:17:39	(80)	01:03:59
69	54	Seamus Lynch	MV	Limerick Tri	00:15:32	(64)	01:18	00:28:26	(62)	01:10	00:17:35	(79)	01:04:02
70	17	Shane Larkin	MS	Limerick Tri	00:15:32	(63)	00:52	00:29:39	(81)	00:44	00:17:20	(73)	01:04:06
71	106	Patrick Moylan	MS	Ennis Tri	00:17:23	(108)	00:44	00:27:33	(45)	00:39	00:17:55	(92)	01:04:14
72	71	Colm Horgan	MS		00:15:04	(49)	00:31	00:30:20	(88)	00:31	00:17:47	(84)	01:04:18
73	91	Stephen Bourke	MS		00:16:20	(83)	00:34	00:27:45	(46)	00:29	00:19:36	(114)	01:04:44
74	114	Aidan Durack	MS	Limerick Tri	00:16:36	(91)	00:47	00:28:43	(71)	00:41	00:17:58	(94)	01:04:46
75	8	Marc Wallace	MS	Cork Tri	00:16:28	(87)	01:15	00:28:22	(57)	01:15	00:17:42	(81)	01:05:01
76	130	Alison Leger	FS	Limerick Tri	00:17:09	(102)	00:30	00:28:26	(63)	00:39	00:18:20	(100)	01:05:04
77	134	Connor Shorten	MS		00:15:29	(59)	00:47	00:31:54	(109)	01:01	00:16:02	(45)	01:05:13
78	46	Paul Griffin	MV	Ennis Tri	00:16:43	(94)	01:13	00:28:07	(51)	01:18	00:17:54	(90)	01:05:16
79	121	Noel Marshall	MS	Limerick Tri	00:16:10	(78)	00:35	00:30:33	(90)	00:32	00:17:51	(86)	01:05:41
80	103	Daniel McAuliffe	MS	Limerick County CC	00:16:42	(93)	00:51	00:28:36	(68)	00:56	00:18:41	(107)	01:05:45
81	94	Redmond Burke	MV	Limerick Tri	00:16:29	(88)	01:03	00:30:38	(91)	00:41	00:16:57	(63)	01:05:48
82	115	Dave Fitzgerald	MS		00:16:35	(90)	01:11	00:29:11	(77)	00:54	00:17:59	(95)	01:05:50
83	4	Andree Walkin	FS	Limerick Tri	00:16:10	(77)	00:36	00:31:20	(101)	00:36	00:17:26	(76)	01:06:08
84	45	Jason Hanrahan	MV	Ennis Tri	00:16:09	(76)	00:59	00:30:44	(95)	00:51	00:17:46	(82)	01:06:28
85	23	Brian O'Neill	MV	Nenagh Tri	00:18:21	(119)	00:44	00:27:08	(41)	00:40	00:19:48	(116)	01:06:41
86	77	Brian Dolan	MV	Ennis Tri	00:16:40	(92)	00:41	00:31:40	(104)	00:34	00:17:11	(67)	01:06:45
87	9	Darragh McDonagh	MS		00:16:12	(79)	00:51	00:30:53	(98)	00:44	00:18:18	(98)	01:06:58
88	12	Miriam Byrne	FS	Ennis Tri	00:16:43	(95)	00:50	00:31:25	(102)	00:45	00:17:19	(72)	01:07:03
89	41	Michael Rooney	MV	Ennis Tri	00:16:12	(80)	01:02	00:30:59	(99)	01:02	00:17:53	(87)	01:07:08
90	28	Adrian hayes	MS		00:15:33	(65)	01:32	00:32:41	(115)	01:06	00:16:21	(54)	01:07:13
91	25	Brendan Byron	MS	T3 Sports Med	00:17:07	(101)	00:56	00:28:18	(56)	00:59	00:20:04	(119)	01:07:25
92	87	Kristan Riall	FS	Galway Tri	00:17:15	(104)	01:02	00:30:14	(87)	00:58	00:18:25	(102)	01:07:53
93	65	Brian Bryce	MV	West Limerick CC	00:17:05	(99)	01:29	00:30:48	(96)	01:19	00:17:13	(69)	01:07:55
94	53	Anthony Egan	MS	Limerick Tri	00:16:56	(96)	01:24	00:30:09	(84)	01:06	00:18:31	(105)	01:08:07
95	74	Richard Chapman	MS	Midlands Tri	00:17:16	(105)	00:39	00:30:43	(93)	01:00	00:18:53	(108)	01:08:31
96	129	Tony McCormack	MV		00:15:53	(71)	01:09	00:33:49	(122)	01:21	00:16:23	(55)	01:08:35
97	50	Ray Hickey	MS	Limerick Tri	00:15:39	(68)	00:40	00:33:39	(121)	00:42	00:17:58	(93)	01:08:37
98	80	Aoife Nash	FS		00:16:22	(86)	01:08	00:32:51	(118)	01:00	00:17:17	(71)	01:08:38
99	111	Declan Bromell	MV	Limerick Tri	00:17:04	(98)	01:15	00:30:50	(97)	01:10	00:18:25	(103)	01:08:44
100	79	Maria Carey	FS		00:15:31	(62)	02:05	00:34:12	(124)	01:20	00:15:40	(39)	01:08:49
101	39	Kevin Higgins	MV		00:16:32	(89)	00:37	00:33:02	(119)	00:37	00:18:03	(96)	01:08:51
102	49	Brid Carr	FV	Limerick Tri	00:17:10	(103)	01:54	00:30:27	(89)	01:19	00:18:19	(99)	01:09:08
103	99	Paul Kearney	MS	Limerick Tri	00:19:34	(128)	00:40	00:26:52	(39)	01:37	00:20:27	(123)	01:09:11
104	120	Eugene McMennine	MV	Limerick Tri	00:17:34	(113)	01:43	00:30:11	(86)	01:51	00:17:54	(91)	01:09:12
105	132	Gordan Quinn	MS	Limerick Tri	00:16:06	(75)	00:36	00:34:40	(127)	00:30	00:17:26	(77)	01:09:18
106	84	Tom Moriarty	MV	Limerick Tri	00:17:26	(110)	01:53	00:30:06	(83)	01:27	00:18:34	(106)	01:09:26
107	88	Rebecca Purcell	FS		00:17:21	(107)	01:01	00:32:43	(116)	00:48	00:17:34	(78)	01:09:26
108	40	Tim Daly	MV		00:17:06	(100)	00:43	00:32:10	(114)	00:34	00:18:56	(109)	01:09:29
109	78	Brendan Hayes	MS		00:17:19	(106)	01:13	00:30:43	(94)	01:04	00:19:23	(112)	01:09:43
110	82	Norma Goggin	FV	Waterford Tri	00:17:27	(111)	01:20	00:31:54	(108)	01:09	00:18:30	(104)	01:10:20
111	27	Sinead Walsh	FS	Limerick Tri	00:17:53	(115)	00:47	00:32:44	(117)	00:37	00:18:23	(101)	01:10:24
112	60	John Cullinan	MS		00:17:25	(109)	01:24	00:33:02	(120)	01:25	00:17:47	(83)	01:11:03
113	117	Edel Quinn	FS	Limerick Tri	00:18:10	(117)	00:59	00:31:14	(100)	01:05	00:19:43	(115)	01:11:12
114	102	Andrew O'Hara	MJ		00:19:45	(129)	01:25	00:28:33	(66)	01:23	00:20:24	(122)	01:11:30
115	98	David Walsh	MS		00:18:11	(118)	00:54	00:31:54	(111)	01:20	00:19:13	(110)	01:11:32
116	62	Doris Laepple	FS		00:18:09	(116)	00:53	00:31:51	(105)	00:54	00:19:56	(118)	01:11:43
117	113	Paolo Magnetti	MV		00:17:03	(97)	02:06	00:31:54	(110)	01:21	00:19:35	(113)	01:11:59
118	44	Mark Reidy	MV	Ennis Tri	00:18:32	(121)	00:55	00:31:39	(103)	01:12	00:20:05	(120)	01:12:23
119	38	Alsion Rooney	FV	Ennis Tri	00:17:29	(112)	01:08	00:34:13	(125)	00:59	00:19:16	(111)	01:13:05



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120	19	Olive O'Brien	FS	Waterford Tri	00:18:51	(125)	01:17	00:30:39	(92)	01:02	00:22:01	(127)	01:13:50
121	61	Kieran Mcnamara	MS		00:17:37	(114)	01:16	00:32:04	(112)	01:13	00:22:07	(128)	01:14:16
122	2	Olive Costello	FV	Waterford Tri	00:19:34	(127)	01:14	00:31:52	(107)	01:02	00:20:39	(125)	01:14:22
123	33	JJ Sweeney	MV	Limerick Tri	00:18:42	(122)	01:15	00:31:52	(106)	01:16	00:21:19	(126)	01:14:24
124	90	Jason Mulcahy	MS		00:18:43	(123)	01:45	00:34:18	(126)	01:43	00:18:08	(97)	01:14:37
125	56	Andy Ryan	MV		00:19:58	(130)	00:44	00:29:10	(76)	00:45	00:24:11	(131)	01:14:48
126	69	Peter Silke	MS	Limerick Tri	00:18:48	(124)	00:50	00:33:52	(123)	01:01	00:20:21	(121)	01:14:52
127	70	James Noonan	MS		00:19:29	(126)	00:47	00:34:48	(128)	00:50	00:20:29	(124)	01:16:22
128	73	Orla Foley	FS	Limerick Tri	00:18:26	(120)	01:04	00:36:26	(130)	00:52	00:19:55	(117)	01:16:43
129	30	Rita Sweeney	FV	Limerick Tri	00:21:54	(131)	00:43	00:37:35	(132)	00:52	00:23:06	(129)	01:24:10
130	15	Sinead Power	FV	Limerick Tri	00:21:59	(133)	01:28	00:36:40	(131)	00:56	00:23:50	(130)	01:24:52
131	31	Mairead Lee-Barry	FS	Limerick Tri	00:23:38	(136)	00:51	00:35:29	(129)	00:48	00:25:12	(133)	01:25:58
132	14	Shirley Ryan	FS	Limerick Tri	00:21:58	(132)	01:01	00:38:51	(134)	00:49	00:25:06	(132)	01:27:45
133	96	Clare Burke	FJ	Predator Tri	00:23:21	(134)	00:30	00:39:18	(136)	00:38	00:27:00	(135)	01:30:47
134	97	Maeve Noone	FS		00:23:21	(135)	00:49	00:39:13	(135)	00:45	00:26:41	(134)	01:30:49
	63	Colin Shoebridge	MV		00:16:16	(81)	01:06	00:29:23	(79)	01:00	00:00:00		DNF
	34	Richard Madden	MS		00:15:31	(61)	00:37	00:38:28	(133)	01:00	00:16:58	(64)	DNF
	136	Padraic Quinn	MS	Trysport.ie	#N/A		#N/A	#N/A		#N/A	#N/A		#N/A