



Laptime Results

2010

Cat.'s

Elite	M.Senior
Vet.	F.Senior
Rookie	Junior

CLUBS

Limerick Tri	Dolmen CC	C. Crusaders
Nenagh Tri	Siopa Rothar	Dan Morrissey
Ennis Tri	W. Clare CC	
Cork Tri	Limerick CC	

Name		Cat.	Pos.	P.B Time	Time Diff.	Avg. Speed kmph	club
Colm	Turner	ME	1st	20:45	0"	43.4	Limk Tri
Alan	Buckley	ME	2nd	20:47	+2"	43.3	Limk CC
Mike	Storan	ME	3rd	21:03	+18"	42.8	W.Clare CC
Stephen	Clancy	ME	4th	21:14	+29"	42.4	Limk CC
Stephan	Teeling Lynch	ME	5th	21:34	+49"	41.7	Limk Tri
Vincent	Gleeson	ME	6th	21:36	+51"	41.7	W. Clare CC
Aidan	Gallery	ME	6th	21:36	+51"	41.7	Limk CC
Cyril	Keane	ME	8th	21:58	+1:13"	41.0	Dolmen CC
Damian	Roche	ME	8th	21:58	+1:13"	41.0	W.Clare CC
Gary	Sheehan	ME	10th	22:06	+1:21"	40.7	Siopa Rothar
Darragh	Dunne	MS	11th	22:31	+1:46"	40.0	Limk Tri
Sean	Mclroy	MV	12th	22:33	+1:48"	39.9	Dan Morrissey
Brian	Jenkins	MS	13th	22:36	+1:51"	39.8	Limk Tri
Jarleth	Hassett	ME	14th	22:39	+1:54"	39.7	W. Clare CC
Eamonn	Morgan	ME	15th	22:46	+2:01"	39.5	W.Clare CC
Daithi	Queally	MS	16th	22:54	+2:09"	39.3	W.Clare CC
Mike	Casey O'Shea	MS	17th	22:57	+2:12"	39.2	Limk Tri
David	Dowdall	MV	18th	22:58	+2:13"	39.2	Dolmen CC
John	Deegan	MV	19th	23:03	+2:18"	39.0	Limk Tri
Stephen	Bourke	MS	20th	23:09	+2:24"	38.9	Limk CC
David	Richardson	MS	20th	23:09	+2:24"	38.9	Limk Tri
Mike	lynch	MS	22nd	23:20	+2:35"	38.6	Limk CC
Niall	Collins	MS	23rd	23:21	+2:36"	38.5	Limk Tri
Senan	O'Dwyer	MS	24th	23:23	+2:38"	38.5	Limk CC
Niall	Maloney	MV	25th	23:27	+2:42"	38.4	Limk Tri
Brian	Hart	MS	26th	23:36	+2:51"	38.1	Limk CC
Liam	Butler	MV	27th	23:37	+2:52"	38.1	Limk Tri
Paddy	Quinn	MS	28th	23:41	+2:56"	38.0	Ennis Tri
Liam	Liddy	MV	29th	23:45	+3:00"	37.9	Limk Tri
Michael	Yelverton	MJ	30th	23:47	+3:02"	37.8	Limk Tri
Shane	Collins	MS	30th	23:47	+3:02"	37.8	C. Crusaders
Dave	Beary	MV	30th	23:47	+3:02"	37.8	Limk Tri
David	Burke	MS	33rd	23:59	+3:14"	37.5	W.Clare CC
Aidan	Considine	MS	33rd	23:59	+3:14"	37.5	Dolmen CC
Ger	Bowen	MS	35th	24:07	+3:22"	37.3	Limk Tri
John	O'Shea	MV	36th	24:16	+3:31"	37.1	Limk Tri
Martin	Killeen	MV	37th	24:19	+3:34"	37.0	Dolmen CC
Noel	Keane	MS	38th	24:26	+3:41"	36.8	Limk Tri
Brian	O'Shaughnessy	MS	39th	24:32	+3:47"	36.7	Limk Tri
Mark	Kennedy	MS	40th	24:38	+3:53"	36.5	Limk Tri
Philip	Manuel	MS	41st	24:40	+3:55"	36.5	Limk CC
John	Casey	MV	42nd	24:51	+4:06"	36.2	Ennis Tri
John	Casey	MV	43rd	24:53	+4:08"	36.2	
Paul	Harrington	MS	44th	24:55	+4:10"	36.1	Cork Tri
Ailbhe	Carroll	FS	45th	25:03	+4:18"	35.9	Nenagh Tri



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Cork Tri	Limerick CC	

Name	Cat.	Pos.	P.B Time	Time Diff.	Avg. Speed kmph	club
Eoin Gamble	MS	45th	25:03	+4:18"	35.9	
Andrew O' Hara	MJ	47th	25:05	+4:20"	35.9	Limk Tri
Cian Murphy	MR	47th	25:05	+4:20"	35.9	Limk Tri
Neil Acheson	MS	49th	25:08	+4:23"	35.8	
Peter Joyce	MJ	50th	25:12	+4:27"	35.7	
Philip Colleran	MV	51st	25:16	+4:31"	35.6	Dolmen CC
Shane O' Hara	MJ	52nd	25:17	+4:32"	35.6	Limk CC
Graham Butler	MJ	52nd	25:17	+4:32"	35.6	Limk Tri
Alison Ledger	FS	54th	25:19	+4:34"	35.5	Limk Tri
Adrienne Mc Carthy	FS	55th	25:35	+4:50"	35.2	Limk Tri
John O'Shea	MV	56th	25:37	+4:52"	35.1	Limk Tri
Paul Horan	MR	57th	25:38	+4:53"	35.1	Dolmen
Martin Murphy	MS	58th	25:43	+4:58"	35.0	Limk CC
Mark O' Callaghan	MJ	59th	25:44	+4:59"	35.0	Limk CC
Aidan Durack	MR	60th	25:48	+5:03"	34.9	Limk Tri
David Walsh	MS	60th	25:48	+5:03"	34.9	Limk Tri
Al Legear	MV	62nd	25:49	+5:04"	34.9	Limk Tri
Keith Dwane	MR	63rd	25:52	+5:07"	34.8	Ennis Tri
Joseph Dunworth	MS	64th	25:54	+5:09"	34.7	Limk cc
Aidan Fox	MJ	65th	25:55	+5:10"	34.7	
Pat Killeen	MV	65th	25:55	+5:10"	34.7	
Fergal O'Connor	MS	67th	25:59	+5:14"	34.6	
Tom Moriarty	MV	67th	25:59	+5:14"	34.6	Limk Tri
Graham Power	MS	69th	26:28	+5:43"	34.0	limk tri
Ben Whelan	MV	70th	26:32	+5:47"	33.9	Limk Tri
Tony Chawke	MV	71st	26:41	+5:56"	33.7	Limk Tri
Miriam Mc Cormack	FS	72nd	26:44	+5:59"	33.7	Limk Tri
Dave Fitzgerald	MS	73rd	26:45	+6:00"	33.6	Limk Tri
Niall O'Donovan	MV	73rd	26:45	+6:00"	33.6	Limk Tri
Liam Kennedy	MV	75th	26:47	+6:02"	33.6	Limk Tri
Emmett Rock	MS	76th	26:51	+6:06"	33.5	Limk Tri
Michael Deegan	MR	77th	26:58	+6:13"	33.4	Limk Tri
Orla Mooney	FS	78th	27:01	+6:16"	33.3	Limk Tri
Michael Deegan	MR	79th	27:04	+6:19"	33.3	Limk Tri
Andree Walkin	FS	80th	27:16	+6:31"	33.0	Limk Tri
Shane Larkin	MR	81st	27:17	+6:32"	33.0	Limk Tri
Barry Long	MS	82nd	27:22	+6:37"	32.9	Limk Tri
Arthur Schmid	MV	83rd	27:33	+6:48"	32.7	Limk CC
Hugh Dowling	MR	84th	27:42	+6:57"	32.5	Ennis Tri
Paul O'Sullivan	MR	85th	27:44	+6:59"	32.5	Limk Tri
Malachy Murray	MR	86th	27:49	+7:04"	32.4	Ennis Tri
Mike O'Brien (gcas)	MV	87th	27:52	+7:07"	32.3	Limk Tri
Ivan Yelverton	MV	88th	27:53	+7:08"	32.3	Limk Tri
Joe Hanrahan	MS	89th	27:58	+7:13"	32.2	Cork Tri
Gordon Quinn	MS	90th	28:04	+7:19"	32.1	Limk Tri



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Ennis Tri	W. Clare CC	
Cork Tri	Limerick CC	

Name		Cat.	Pos.	P.B Time	Time Diff.	Avg. Speed kmph	club
Kevin	Dunne	MJ	91st	28:08	+7:23"	32.0	Limk Tri
Steve	Gleeson	MV	92nd	28:16	+7:31"	31.8	Limk Tri
Alan	Frahill	MS	93rd	28:26	+7:41"	31.7	Limk Tri
Derrick	O' Hanlan	MR	94th	28:33	+7:48"	31.5	Limk Tri
PJ	Maguire	MR	95th	28:36	+7:51"	31.5	Ennis Tri
Damian	Schmid	MS	96th	28:51	+8:06"	31.2	Limk CC
Sean	Yelverton	MJ	97th	29:27	+8:42"	30.6	Limk Tri
Mike	Jones	MR	98th	29:29	+8:44"	30.5	Limk Tri
Leonard	Pearse	MR	99th	29:51	+9:06"	30.2	Limk Tri
Triona	McGrath	FS	100th	29:58	+9:13"	30.0	
Eamonn	Mc Namara	MR	101st	30:18	+9:33"	29.7	limk tri
Eva	Barrett	FS	102nd	30:22	+9:37"	29.6	Limk Tri
Gillian	Quinlan	FS	103rd	30:31	+9:46"	29.5	
Michelle	Kennedy	FS	104th	30:34	+9:49"	29.4	Limk Tri
Barbara	Clancy	FS	105th	30:52	+10:07"	29.2	Limk Tri
Hope	Davidson	FS	106th	30:56	+10:11"	29.1	Limk Tri
David	O'Connor	MR	107th	31:28	+10:43"	28.6	Ennis Tri
Jackie	O'Connor	FS	108th	31:29	+10:44"	28.6	Ennis Tri
Niamh	Yelverton	FS	109th	32:38	+11:53"	27.6	Limk Tri
Ray	Hickey	MR	110th	32:39	+11:54"	27.6	Limk Tri
Jo	Baumgart	FS	111th	33:49	+13:04"	26.6	Limk Tri
Orla	Coote	FS	112th	33:57	+13:12"	26.5	
Robert	Daly	MR	113th	34:59	+14:14"	25.7	Limk Tri
Orla	Cusack	FS	114th	38:31	+17:46"	23.4	Limk Tri

