



OVERALL RESULTS

Cat's Elite M.Senior Vet F.Senior Rookie Junior

CLUBS

Limerick Tri Nenagh Tri Ennis Tri Cork Tri

Limerick

C. Crusaders Dan Morrissey

WEEK 6

20/05/2010 Weather; Dry Humid Warm Wind NW (Flat)

WEEK 7

27/05/2010 Weather; Dry Cool/Warm Wind NW (Moderate)

WEEK 8

03/06/2010 Weather; Dry Warm Wind SE (Strong)

WEEK 9

10/06/2010 Weather; Dry Warm Wind SE (Light)

WEEK 10

17/06/2010 Weather; Dry Warm Wind NE (Light)

Table with columns: No., Name, Cat., Cat. Pos., Total Points, Personal Best, Avg. Speed, club, WEEK 6 (Time, Avg. Speed, Points), WEEK 7 (Time, Avg. Speed, Points), WEEK 8 (Time, Avg. Speed, Points), WEEK 9 (Time, Avg. Speed, Points), WEEK 10 (Time, Avg. Speed, Points). Rows list participants from Alison Ledger to Steve Gleeson.



Current Course Record: Colm Turner 20:45 on 29/07/10



OVERALL RESULTS

Cat's
 Elite M.Senior
 Vet F.Senior
 Rookie Junior

CLUBS
 Limerick Tri
 Nenagh Tri
 Ennis Tri
 Cork Tri

Limerick
 Dolmen CC
 Siopa Rothar
 W. Clare CC
 Limerick CC

WEEK 11
 Weather; 01/07/2010
 Dry Warm
 Wind (Mod/Strong)

WEEK 12
 Weather; 08/07/2010
 Wet/Wet Mild
 Wind SE (Mod)

WEEK 13
 Weather; 15/07/2010
 Dry Mild
 Wind NE (Light)

WEEK 14
 Weather; 22/07/2010
 Dry Warm
 Wind NE (Mod/Strong)

WEEK 15
 Weather; 29/07/2010
 Dry Warm
 Wind NE (Moderate)

No.	Name	Cat.	Cat. Pos.	Total Points	Personal Bests			Club	WEEK 11			WEEK 12			WEEK 13			WEEK 14			WEEK 15		
					Time	Avg. Speed kmph	Points		Time	Avg. Speed kmph	Points	Time	Avg. Speed kmph	Points	Time	Avg. Speed kmph	Points	Time	Avg. Speed kmph	Points	Time	Avg. Speed kmph	Points
1	Alison Ledger	FS	1st	(84)	25:19	35.5	Limk Tri																
2	Orla Mooney	FS	2nd	(81)	27:01	33.3	Limk Tri																
3	Eva Barrett	FS	3rd	(73)	30:22	29.6	Limk Tri	31:27	28.6	(7)		30:22	29.6	(10)									
4	Alibhe Carroll	FS	4th	(70)	25:03	35.9	Nenagh Tri																
5	Andree Walkin	FS	5th	(66)	27:16	33.0	Limk Tri	27:43	32.5	(9)		MARSHALL VOLUNTEER	(10)										
6	Hope Davidson	FS	6th	(43)	30:56	29.1	Limk Tri																
7	Michelle Kennedy	FS	7th	(36)	30:34	29.4	Limk Tri	30:38	29.4	(8)		32:42	27.5	(9)									
8	Niamh Yelverton	FS	8th	(34)	32:38	27.6	Limk Tri																
9	Barbara Clancy	FS	9th	(20)	30:52	29.2	Limk Tri																
10	Gillian Quinlan	FS	10th	(16)	30:31	29.5																	
11	Orla Cusack	FS	11th	(14)	38:31	23.4	Limk Tri																
12	Jo Baumgart	FS	12th	(13)	33:49	26.6	Limk Tri																
13	Miriam Mc Cormack	FS	13th	(10)	26:44	33.7	Limk Tri	26:44	33.7	(10)													
14	Adrienne Mc Carthy	FS	14th	(9)	25:35	35.2	Limk Tri																
15	Triona McGrath	FS	15th	(7)	29:58	30.0															25:35	35.2	(9)
16	Orla Coote	FS	16th	(7)	33:57	26.5																	
17	Jackie O'Connor	FS	17th	(5)	31:29	28.6	Ennis Tri																
18	Mike Storan	ME	1st	(85)	21:03	42.8	W.Clare CC	21:19	42.2	(9)													
19	Stephen Clancy	ME	2nd	(82)	21:14	42.4	Limk CC																
20	Gary Sheehan	ME	3rd	(77)	22:06	40.7	Siopa Rothar	22:45	39.6	(7)		24:01	37.5	(7)									
21	Eamonn Morgan	ME	4th	(71)	22:46	39.5	W.Clare CC	MARSHALL VOLUNTEER	(10)			23:29	38.3	(8)									
22	Cyrl Keane	ME	5th	(66)	21:58	41.0	Dolmen CC																
23	Colm Turner	ME	6th	(64)	20:45	43.4	Limk Tri	21:18	42.3	(10)		21:32	41.8	(10)									
24	Damian Roche	ME	7th	(57)	21:58	41.0	W.Clare CC	23:42	38.0	(6)													
25	Stephan Teeling Lynch	ME	8th	(46)	21:34	41.7	Limk Tri	MARSHALL VOLUNTEER	N/A			MARSHALL VOLUNTEER	N/A										
26	Alan Buckley	ME	9th	(10)	20:47	43.3	Limk CC																
27	Vincent Gleeson	ME	10th	(9)	21:36	41.7	W. Clare CC					21:36	41.7	(9)									
28	Aidan Gallery	ME	11th	(8)	21:36	41.7	Limk CC	21:36	41.7	(8)													
29	Jarleth Hassett	ME	12th	(7)	22:39	39.7	W. Clare CC																
30	Andrew O' Hara	MJ	1st	(77)	25:05	35.9	Limk Tri																
31	Shane O' Hara	MJ	2nd	(73)	25:17	35.6	Limk CC																
32	Sean Yelverton	MJ	3rd	(73)	29:27	30.6	Limk Tri	29:59	30.0	(10)		30:10	29.8	(10)									
33	Kevin Dunne	MJ	4th	(30)	28:08	32.0	Limk Tri	30:03	30.0	(9)													
34	Mark O' Callaghan	MJ	5th	(25)	25:44	35.0	Limk CC																
35	Aidan Fox	MJ	6th	(22)	25:55	34.7																	
36	Michael Yelverton	MJ	7th	(20)	23:47	37.8	Limk Tri																
37	Graham Butler	MJ	8th	(19)	25:17	35.6	Limk Tri																
38	Peter Joyce	MJ	9th	(9)	25:12	35.7																	
39	Shane Larkin	MR	1st	(87)	27:17	33.0	Limk Tri	27:21	32.9	(10)													
40	Keith Dwane	MR	2nd	(84)	25:52	34.8	Ennis Tri																
41	Derrick O' Hanlan	MR	3rd	(64)	28:33	31.5	Limk Tri																
42	PJ Maguire	MR	4th	(48)	28:36	31.5	Ennis Tri																
43	Aidan Durack	MR	5th	(38)	25:48	34.9	Limk Tri																
44	Robert Daly	MR	6th	(35)	34:59	25.7	Limk Tri																
45	Paul O'Sullivan	MR	7th	(20)	27:44	32.5	Limk Tri																
46	Michael Deegan	MR	8th	(19)	27:04	33.3	Limk Tri																
47	Mike Jones	MR	9th	(18)	29:29	30.5	Limk Tri																
48	Hugh Dowling	MR	10th	(15)	27:42	32.5	Ennis Tri																
49	David O'Connor	MR	11th	(11)	31:28	28.6	Ennis Tri																
50	Cian Murphy	MR	12th	(10)	25:06	35.9	Limk Tri																
51	Paul Horan	MR	13th	(9)	25:38	35.1	Dolmen																
52	Michael Deegan	MR	14th	(9)	26:58	33.4	Limk Tri																
53	Malachy Murray	MR	15th	(9)	27:49	32.4	Ennis Tri																
54	Leonard Pearse	MR	16th	(7)	29:51	30.2	Limk Tri																
55	Eamonn Mc Namara	MR	17th	(6)	30:18	29.7	Limk Tri																
56	Ray Hickey	MR	18th	(6)	32:39	27.6	Limk Tri																
57	Stephen Bourke	MS	1st	(85)	23:09	38.9	Limk CC	24:20	37.0	(6)		24:44	36.4	(9)									
58	Daithi Quaalley	MS	2nd	(79)	22:54	39.3	W.Clare CC	23:27	38.4	(8)													
59	Ger Bowen	MS	3rd	(48)	24:07	37.3	Limk Tri																
60	David Richardson	MS	4th	(44)	23:09	38.9	Limk Tri																
61	Shane Collins	MS	5th	(41)	23:47	37.8	C. Crusaders																
62	Darragh Dunne	MS	6th	(40)	22:31	40.0	Limk Tri																
63	Mike Casey O'Shea	MS	7th	(37)	22:57	39.2	Limk Tri																
64	Noel Keane	MS	8th	(31)	24:26	36.8	Limk Tri	26:29	34.0	(4)													
65	Niall Collins	MS	9th	(23)	23:21	38.5	Limk Tri	23:21	38.5	(9)													
66	David Burke	MS	10th	(22)	23:59	37.5	W.Clare CC																
67	Aidan Considine	MS	11th	(19)	23:59	37.5	Dolmen CC																
68	Paul Harrington	MS	12th	(19)	24:55	36.1	Cork Tri																
69	Sean O'Dwyer	MS	13th	(15)	23:23	38.5	Limk CC	24:10	37.2	(7)													
70	Mark Kennedy	MS	14th	(15)	24:38	36.5	Limk Tri	24:38	36.5	(5)													
71	Gordon Quinn	MS	15th	(14)	28:04	32.1	Limk Tri	MARSHALL VOLUNTEER	N/A														
72	Brian O'Shaughnessy	MS	16th	(13)	24:32	36.7	Limk Tri																
73	Damian Schmid	MS	17th	(12)	28:51	31.2	Limk CC	MARSHALL VOLUNTEER	N/A														
74	Phillip Manuel	MS	18th	(11)	24:40	36.5	Limk CC																
75	Barry Long	MS	19th	(11)	27:22	32.9	Limk Tri	MARSHALL VOLUNTEER	N/A														
76	Stuart McMahon	MS	20th	(10)	00:00	0.0	Limk Tri																
77	Mike Rowley	MS	21st	(10)	00:00	0.0	Limk Tri																
78	Mike Lane	MS	22nd	(10)	00:00	0.0	Limk Tri																
79	Brian Jenkins	MS	23rd	(10)	22:36	39.8	Limk Tri	22:36	39.8	(10)													
80	Mike Lynch	MS	24th	(10)	23:20	38.6	Limk CC																
81	Paddy Quinn	MS	25th	(10)	23:41	38.0	Ennis Tri																
82	Brian Hart	MS	26th	(9)	23:36	38.1	Limk CC																
83	Eoin Gamble	MS	27th	(7)	25:03	35.9																	
84	Fergal O'Connor	MS	28th	(7)	25:59	34.6																	
85	Graham Power	MS	29th	(7)	26:28	34.0	Limk Tri																
86	David Walsh	MS	30th	(6)	25:48	34.9	Limk Tri</																

