



Week 1 30/07/2009
 Week 2 06/08/2009
 Week 3 13/08/2009
 Week 4 20/08/2009
 Week 5 27/08/2009
 Week 6 03/09/2009

Limerick Triathlon Club with Coach Stephen Teeling-Lynch

15km TT Series Summer 2009

| Rank | Name | Time | Avg. Speed kmph | club | Cat. | WEEK 6 | | WEEK 5 | | WEEK 4 | | WEEK 3 | | WEEK 2 | | WEEK 1 | |
|------|-----------------------|-------|-----------------|------------|------|--------|-----------------|--|-----------------|--------|-----------------|--------|-----------------|--------|-----------------|--------|-----------------|
| | | | | | | Time | Avg. Speed kmph | Time | Avg. Speed kmph | Time | Avg. Speed kmph | Time | Avg. Speed kmph | Time | Avg. Speed kmph | Time | Avg. Speed kmph |
| 1 | Stephan Teeling Lynch | 21:06 | 42.7 | Limk Tri | ME | | | 21:07 | 42.6 | | | | | 21:20 | 42.2 | 21:06 | 42.7 |
| 2 | Alan Buckley | 21:08 | 42.6 | Limk Tri | ME | | | 21:08 | 42.6 | | | | | | | | |
| 3 | Mike Storan | 21:26 | 42.0 | W.Clare CC | ME | | | | | 21:38 | 41.6 | 21:26 | 42.0 | | | | |
| 4 | Jarlett Hasset | 21:31 | 41.8 | W.Clare CC | ME | | | | | 22:13 | 40.5 | 21:31 | 41.8 | | | | |
| 5 | Eamon Morgan | 22:13 | 40.5 | W.Clare CC | ME | 22:44 | 39.6 | 23:03 | 39.0 | 23:25 | 38.4 | 22:13 | 40.5 | | | | |
| 6 | Mike O'Brien | 22:56 | 39.2 | Limk Tri | MS | 22:56 | 39.2 | | | | | 23:12 | 38.8 | 23:47 | 37.8 | 23:38 | 38.1 |
| 7 | Colm Turner | 23:00 | 39.1 | Limk Tri | MS | 23:00 | 39.1 | | | | | | | | | | |
| 8 | Damian Roche | 23:11 | 38.8 | W.Clare CC | MS | 23:11 | 38.8 | 23:53 | 37.7 | | | 23:17 | 38.7 | | | 24:04 | 37.4 |
| 9 | Senan O'Dwyer | 23:15 | 38.7 | Limk Tri | MS | 23:15 | 38.7 | | | | | | | | | | |
| 10 | Stephen Bourke | 23:22 | 38.5 | Limk CC | MS | 23:22 | 38.5 | 23:41 | 38.0 | 24:46 | 36.3 | | | DNF | DNF | 25:22 | 35.5 |
| 11 | David Burke | 23:34 | 38.2 | W.Clare CC | MS | | | | | | | 23:34 | 38.2 | | | | |
| 12 | Darragh Dunne | 23:39 | 38.1 | Limk Tri | MS | | | | | 23:39 | 38.1 | | | | | | |
| 13 | Mike Lyons | 23:56 | 37.6 | | MS | 23:56 | 37.6 | | | | | | | | | | |
| 14 | Niall Collins | 24:04 | 37.4 | Limk Tri | MS | | | 25:37 | 35.1 | | | 24:04 | 37.4 | 24:18 | 37.0 | 25:01 | 36.0 |
| 15 | Mike Lane | 24:13 | 37.2 | Limk Tri | MS | 24:13 | 37.2 | 25:42 | 35.0 | 25:30 | 35.3 | 24:15 | 37.1 | 24:16 | 37.1 | | |
| 16 | Mike Casey O'Shea | 24:14 | 37.1 | Limk Tri | MS | 24:14 | 37.1 | 24:53 | 36.2 | 25:06 | 35.9 | 25:41 | 35.0 | | | | |
| 17 | Niall Maloney | 24:29 | 36.8 | Limk Tri | MV | 25:48 | 34.9 | DNF | DNF | | | 24:29 | 36.8 | 24:45 | 36.4 | | |
| 18 | Noel Keane | 24:37 | 36.6 | Limk Tri | MS | 24:37 | 36.6 | | | 25:20 | 35.5 | | | 24:56 | 36.1 | | |
| 19 | Dathi Queally | 24:52 | 36.2 | W.Clare CC | MS | 24:52 | 36.2 | 25:13 | 35.7 | 25:33 | 35.2 | 24:55 | 36.1 | | | | |
| 20 | Paddy Quinn | 24:58 | 36.0 | Ennis Tri | MS | | | 25:48 | 34.9 | | | 24:58 | 36.0 | | | | |
| 21 | Tony Chawke | 25:03 | 35.9 | Limk Tri | MS | | | | | | | 25:03 | 35.9 | | | | |
| 22 | John O'Brien | 25:15 | 35.6 | | MS | | | 25:15 | 35.6 | | | | | | | | |
| 23 | Mike Davis | 25:16 | 35.6 | | MS | | | | | | | 25:16 | 35.6 | | | | |
| 24 | Stuart McMahon | 25:27 | 35.4 | Limk Tri | MS | | | | | DNF | DNF | | | 25:27 | 35.4 | | |
| 25 | Liam Liddy | 25:27 | 35.4 | Limk Tri | MV | | | | | | | 25:27 | 35.4 | | | | |
| 26 | Dave Walsh | 25:28 | 35.3 | Limk Tri | MS | 26:07 | 34.5 | | | 26:36 | 33.8 | 25:28 | 35.3 | 26:29 | 34.0 | | |
| 27 | Al Le Gear | 25:37 | 35.1 | Limk Tri | MV | | | | | | | 25:37 | 35.1 | | | | |
| 28 | David Richardson | 25:41 | 35.0 | Limk Tri | MS | 26:12 | 34.4 | | | | | | | 25:41 | 35.0 | | |
| 29 | Mike Keane | 25:47 | 34.9 | Limk Tri | MS | | | | | | | | | 25:47 | 34.9 | | |
| 30 | Mike Guerin | 25:51 | 34.8 | | MS | | | 25:51 | 34.8 | | | | | | | | |
| 31 | Niall O'Donovan | 25:51 | 34.8 | Limk Tri | MV | 25:51 | 34.8 | | | | | | | | | | |
| 32 | Lynne Algar | 26:04 | 34.5 | Limk Tri | FS | | | | | | | | | 26:04 | 34.5 | | |
| 33 | Emmett Ryan | 26:43 | 33.7 | Limk Tri | MS | | | | | | | 26:43 | 33.7 | | | | |
| 34 | Alan Frahill | 27:15 | 33.0 | Limk Tri | MS | 27:15 | 33.0 | | | | | 27:19 | 32.9 | | | | |
| 35 | Gerry McIntyre | 27:42 | 32.5 | Limk Tri | MS | | | | | | | | | | | 27:42 | 32.5 |
| 36 | Alison Ledger | 27:43 | 32.5 | Limk Tri | FS | | | | | 28:43 | 31.3 | 27:43 | 32.5 | 28:48 | 31.3 | | |
| 37 | Hugh Dowling | 27:54 | 32.3 | Limk Tri | MS | 27:54 | 32.3 | | | | | 28:55 | 31.1 | | | | |
| 38 | Tom Moriarty | 28:09 | 32.0 | | MV | 28:09 | 32.0 | 28:38 | 31.4 | 28:20 | 31.8 | | | | | | |
| 39 | Ger Bowan | 28:25 | 31.7 | | MS | | | 28:25 | 31.7 | | | | | | | | |
| 40 | Andree Walkin | 28:33 | 31.5 | Limk Tri | FS | 28:33 | 31.5 | | | | | | | | | | |
| 41 | Philip Moloney | 28:37 | 31.5 | Limk Tri | MV | | | | | | | | | | | 28:37 | 31.5 |
| 42 | Edel Quinn | 28:55 | 31.1 | Limk Tri | FS | 28:55 | 31.1 | 30:49 | 29.2 | | | | | | | | |
| 43 | Deirdre Kearney | 29:49 | 30.2 | Limk Tri | FS | DNF | DNF | 29:49 | 30.2 | | | | | | | | |
| 44 | Donal Breen | 29:52 | 30.1 | Limk Tri | MV | 29:52 | 30.1 | | | | | | | | | | |
| 45 | Paul Tarrant | 29:56 | 30.1 | | MS | 29:56 | 30.1 | | | | | | | | | | |
| 46 | Ciaran Gleeson | 30:09 | 29.9 | | MS | 30:09 | 29.9 | | | | | | | | | | |
| 47 | PJ Maguire | 30:23 | 29.6 | | MS | 30:23 | 29.6 | | | | | | | | | | |
| 48 | Sean Yelverton | 31:30 | 28.6 | Limk Tri | MJ | 31:30 | 28.6 | | | | | | | 32:47 | 27.5 | | |
| 49 | Ollie O'Neill | | | Limk Tri | MV | | | | | | | | | | | DNF | DNF |
| 50 | Stephan Barrett | | | | ME | 20:35 | 43.7 | unofficial time recorded due to missed start time slot | | | | | | | | | |



Age Category Breakdown Female Senior

| Rank | Name | Personal Best Time | Avg. Speed kmph | club | Cat. | WEEK 6 | | WEEK 5 | | WEEK 4 | | WEEK 3 | | WEEK 2 | | WEEK 1 | |
|------|-----------------|-----------------------|--------------------|----------|------|--------|--------------------|--------|--------------------|--------|--------------------|--------|--------------------|--------|--------------------|--------|--------------------|
| | | | | | | Time | Avg. Speed kmph | Time | Avg. Speed kmph | Time | Avg. Speed kmph | Time | Avg. Speed kmph | Time | Avg. Speed kmph | Time | Avg. Speed kmph |
| 1 | Lynne Algar | 26:04 | 34.5 | Limk Tri | FS | | | | | | | | | 26:04 | 34.5 | | |
| 2 | Alison Ledger | 27:43 | 32.5 | Limk Tri | FS | | | | | 28:43 | 31.3 | 27:43 | 32.5 | 28:48 | 31.3 | | |
| 3 | Andree Walkin | 28:33 | 31.5 | Limk Tri | FS | 28:33 | 31.5 | | | | | | | | | | |
| 4 | Edel Quinn | 28:55 | 31.1 | Limk Tri | FS | 28:55 | 31.1 | 30:49 | 29.2 | | | | | | | | |
| 5 | Deirdre Kearney | 29:49 | 30.2 | Limk Tri | FS | DNF | DNF | 29:49 | 30.2 | | | | | | | | |



Age Category Breakdown Male Vet.

| Rank | Name | Personal Best Time | Avg. Speed kmph | club | Cat. | WEEK 6 | | WEEK 5 | | WEEK 4 | | WEEK 3 | | WEEK 2 | | WEEK 1 | |
|------|-----------------|-----------------------|--------------------|----------|------|--------|--------------------|--------|--------------------|--------|--------------------|--------|--------------------|--------|--------------------|--------|--------------------|
| | | | | | | Time | Avg. Speed kmph | Time | Avg. Speed kmph | Time | Avg. Speed kmph | Time | Avg. Speed kmph | Time | Avg. Speed kmph | Time | Avg. Speed kmph |
| 1 | Niall Maloney | 24:29 | 36.8 | Limk Tri | MV | 25:48 | 34.9 | DNF | DNF | | | 24:29 | 36.8 | 24:45 | 36.4 | | |
| 2 | Liam Liddy | 25:27 | 35.4 | Limk Tri | MV | | | | | | | 25:27 | 35.4 | | | | |
| 3 | Al Le Gear | 25:37 | 35.1 | Limk Tri | MV | | | | | | | 25:37 | 35.1 | | | | |
| 4 | Niall O'Donovan | 25:51 | 34.8 | Limk Tri | MV | 25:51 | 34.8 | | | | | | | | | | |
| 5 | Tom Moriarty | 28:09 | 32.0 | | MV | 28:09 | 32.0 | 28:38 | 31.4 | 28:20 | 31.8 | | | | | | |
| 6 | Philip Moloney | 28:37 | 31.5 | Limk Tri | MV | | | | | | | | | | | 28:37 | 31.5 |
| 7 | Donal Breen | 29:52 | 30.1 | Limk Tri | MV | 29:52 | 30.1 | | | | | | | | | | |
| | Ollie O'Neill | | | Limk Tri | MV | | | | | | | | | | | | DNF |



Age Category Breakdown Male Junior

| Rank | Name | Personal Best Time | Avg. Speed kmph | club | Cat. | WEEK 6 | | WEEK 5 | | WEEK 4 | | WEEK 3 | | WEEK 2 | | WEEK 1 | |
|------|----------------|-----------------------|--------------------|----------|------|--------|--------------------|--------|--------------------|--------|--------------------|--------|--------------------|--------|--------------------|--------|--------------------|
| | | | | | | Time | Avg. Speed kmph | Time | Avg. Speed kmph | Time | Avg. Speed kmph | Time | Avg. Speed kmph | Time | Avg. Speed kmph | Time | Avg. Speed kmph |
| 1 | Sean Yelverton | 31:30 | 28.6 | Limk Tri | MJ | 31:30 | 28.6 | | | | | | | 32:47 | 27.5 | | |