

Rank	Bib	Name	AGE GROUP	Swim	T1	Cycle	T2	Run	FINISH Time
1/2 Iron Challenge & Relay									
1	741	Darragh Delaney	Realy Male	00:34:03	00:00:53	02:30:35	00:00:50	01:20:35	04:26:57
2	541	Sean Mc Loughlin	M35-39	00:35:50	00:01:35	02:26:42	00:01:16	01:22:17	04:27:41
3	742	Paul Dunne	Realy Male	00:33:51	00:00:34	02:18:01	00:00:47	01:39:30	04:32:45
4	747	Tojo Lazzari	Realy Male	00:42:21	00:00:30	02:25:46	00:00:30	01:27:11	04:36:21
5	562	Philip Owens	M45-49	00:33:59	00:01:45	02:31:33	00:01:30	01:38:00	04:46:48
6	567	Eamonn Staunton	M30-34	00:33:05	00:02:35	02:42:27	00:01:06	01:28:10	04:47:25
7	750	Martin Roughneen	Realy Male	00:37:49	00:00:57	02:45:01	00:01:05	01:27:08	04:52:01
8	569	Stefan Treacy	M40-44	00:32:02	00:02:14	02:38:52	00:01:21	01:43:42	04:58:12
9	503	Lorraine Carey	F35-39	00:35:55	00:01:36	02:47:58	00:01:27	01:34:27	05:01:25
10	508	David Conway	M35-39	00:44:24	00:02:20	02:37:59	00:01:36	01:36:00	05:02:21
11	533	Ivan Kelleher	M45-49	00:34:20	00:01:04	02:42:32	00:02:25	01:42:40	05:03:02
12	532	Paul Joyce	M40-44	00:35:14	00:02:07	02:39:52	00:01:03	01:45:50	05:04:07
13	538	Meredith Lulling	M35-39	00:31:33	00:01:13	02:41:44	00:01:46	01:50:29	05:06:48
14	559	Keith O'Connell	M40-44	00:34:37	00:01:52	02:32:58	00:01:36	01:56:38	05:07:43
15	555	Mickey Dan Murtagh	M45-49	00:48:28	00:02:28	02:34:37	00:02:13	01:42:48	05:10:36
16	547	Jim McHale	M45-49	00:38:10	00:01:32	02:38:31	00:01:52	01:51:42	05:11:49
17	529	Donal Hughes	M40-44	00:44:21	00:03:07	02:38:28	00:02:19	01:43:44	05:12:00
18	570	Cawley Trevor	M30-34	00:37:24	00:01:26	02:40:57	00:01:41	01:52:49	05:14:19
19	749	Greg Monaghan	Realy Male	00:35:25	00:00:55	03:03:05	00:00:51	01:41:11	05:21:29
20	512	Clint Doherty	M35-39	00:45:26	00:02:29	02:54:08	00:01:37	01:38:55	05:22:38
21	539	Ciaran Maguire	M45-49	00:32:03	00:01:57	02:49:20	00:01:47	02:00:10	05:25:18
22	554	Kevin Murray	M40-44	00:36:55	00:02:01	02:52:03	00:01:41	01:53:56	05:26:38
23	521	Derek Gilmartin	M40-44	00:35:35	00:03:19	03:07:34	00:01:48	01:40:48	05:29:06
24	745	Keith Hennigan	Realy Male	00:34:25	00:00:46	03:07:12	00:01:15	01:48:02	05:31:42
25	542	Adrian Mc Walter	M40-44	00:52:45	00:03:07	02:43:04	00:02:50	01:49:55	05:31:43
26	564	Pat Reilly	M30-34	00:42:48	00:03:04	02:49:45	00:02:21	01:53:44	05:31:44
27	518	Tony FitzGerald	M35-39	00:33:25	02:51:37	00:02:25	00:00:00	02:05:56	05:33:24
28	550	Mark McManus	M40-44	00:42:44	00:01:56	02:54:41	00:01:53	01:53:14	05:34:31
29	743	Cathy Higgins	Realy Male	00:41:12	00:00:48	03:01:42	00:00:53	01:50:33	05:35:09
30	565	Conal Sexton	M40-44	00:41:34	00:03:22	03:08:03	00:02:18	01:43:52	05:39:10
31	536	Eamonn Kennedy	M55-59	00:42:59	00:03:00				05:40:29
32	520	Tim Gallagher	M45-49	00:42:51	00:02:44	02:58:21	00:01:59	01:56:08	05:42:04
33	510	Michael Coyle	M30-34	00:35:36	00:02:06	03:10:10	00:00:54	01:54:55	05:43:43
34	746	Bernard Jennings	Realy Male	00:33:38	00:00:50	03:09:32	00:01:13	01:59:31	05:44:46
35	584	Helen White	F50-54	00:46:46	00:01:29	03:03:38	00:01:45	01:51:41	05:45:22
36	573	David Walsh	M20-24	00:36:37	00:02:47	02:52:49	00:01:27	02:11:58	05:45:40
37	582	Houeix Benoit	M40-44	00:35:07	00:01:51	03:08:28	00:01:46	02:02:35	05:49:50
38	519	Nicola Forde	F35-39	00:46:14	00:01:59	03:07:07	00:01:10	01:53:56	05:50:28
39	527	Ger Henahan	M45-49	00:46:57	00:04:25	03:00:22	00:02:17	01:56:29	05:50:31
40	552	Joe Mockler	M35-39	00:38:10	00:04:07	03:13:34	00:03:34	01:52:18	05:51:45
41	740	Jim Mescal	Realy Male	00:42:20	00:00:45	03:19:19	00:00:42	01:48:49	05:51:56
42	568	Michael Toohey	M40-44	00:47:08	00:03:43	03:07:39	00:03:45	01:50:05	05:52:22
43	509	Murt Cooney	M40-44	00:53:55	00:03:38	02:48:50	00:03:46	02:02:36	05:52:47
44	572	Jim Vaughan	M50-54	00:42:54	00:03:19	03:13:44	00:02:49	01:54:08	05:56:56
45	525	Bernard Hanratty	M50-54	00:42:25	00:02:40	02:58:25	00:02:21	02:13:19	05:59:12
46	507	Myles Conduit	M45-49	00:30:18	00:04:29	03:06:14	00:04:23	02:13:47	05:59:12
47	526	Anne Heaney	F40-44	00:38:26	00:03:16	03:33:03	00:02:40	01:43:23	06:00:50
48	551	Suzie McWalter	F40-44	00:37:57	00:04:28	03:13:01	00:04:22	02:03:30	06:03:19
49	748	Dan Marsh	Realy Male	00:45:40	00:00:46	03:03:12	00:22:57	01:51:03	06:03:40
50	561	Eoin ODonoghue	M40-44	00:31:54	00:02:37	03:14:37	00:02:24	02:12:54	06:04:27
51	530	Alan Hyland	M30-34	00:48:15	00:02:43	03:05:59	00:03:53	02:05:09	06:06:01

52	522	JP Gilmartin	M40-44	00:35:47	00:03:04	03:15:56	00:02:30	02:14:18	06:11:38
53	505	Paul Carroll	M45-49	00:49:29	00:06:47	03:24:59	00:05:12	01:48:51	06:15:20
54	560	Kelli O'Neill	F40-44	00:42:17	00:03:23	03:20:15	00:02:29	02:07:45	06:16:12
55	500	Celine Byrne	F30-34	00:42:18	00:02:24	03:25:40	00:04:13	02:01:41	06:16:18
56	546	Claire McGinn	F45-49	00:38:13	00:02:16	03:33:49	00:03:32	01:58:41	06:16:34
57	502	Jan Canham	M50-54	00:42:24	00:04:48	03:21:10	00:05:26	02:05:44	06:19:34
58	545	Chris McGill	M45-49	00:46:57	00:05:43	03:09:20	00:07:08	02:11:07	06:20:18
59	534	Shane Kelly	M40-44	00:47:06	00:05:35	03:09:22	00:07:08	02:11:07	06:20:20
60	556	Keaveney Noel	M55-59	00:42:11	00:04:51	03:26:28	00:05:30	02:06:46	06:25:49
61	543	cindy mccarthy	F50-54	00:48:26	00:03:47	03:36:03	00:02:34	01:57:08	06:28:01
62	566	Paul Smith	M40-44	00:42:45	00:03:23	03:23:55	00:02:26	02:20:15	06:32:47
63	506	Declan Clarke	M35-39	00:45:41	00:03:24	03:22:26	00:03:47	02:18:21	06:33:41
64	540	Marcella Mc donnell	F50-54	00:42:39	00:04:19	03:33:23	00:01:16	02:13:14	06:34:53
65	563	Cathy Regan	F55-59	00:42:31	00:03:48	03:34:08	00:03:15	02:18:56	06:42:40
66	511	Sara Creighton	F40-44	00:38:16	00:03:59	03:26:49	00:05:31	02:30:04	06:44:41
67	517	Shane Durkan	M40-44	00:40:38	00:03:57	03:35:47	00:04:41	02:24:40	06:49:45
68	531	Joseph Hyland	M30-34	00:48:12	00:03:16	03:29:06	00:02:28	02:28:07	06:51:11
69	524	Andy Hamilton	M45-49	00:42:48	00:04:34	03:23:00	00:03:28	02:37:57	06:51:49
70	544	john mcdaid	M40-44	00:46:38	00:03:49	03:27:04	00:03:33	02:38:54	07:00:00
71	557	Gerard Noone	M40-44	00:58:03	00:04:19	03:29:49	00:04:37	02:24:09	07:01:00
72	548	Anthony McHale	M55-59	01:01:48	00:06:49	03:33:53	00:05:14	02:29:14	07:17:00
73	583	Padraig Langan	M18-19	00:47:47	00:05:25	03:59:58	00:02:00	00:05:56	DNF
74	523	Steve Grace	M45-49	00:42:23	00:04:04				DNF
Duathlon									
1	900	Jonathan Caulfield	M35-39			02:12:47	00:03:04	01:49:34	04:05:25
2	903	Barbara Dunne	F30-34			02:46:00	00:12:15	01:37:33	04:35:48
3	901	mattie coleman	M55-59			02:39:20	00:02:07	02:04:05	04:45:32
4	909	Raymond Mcnamara	M40-44			02:56:17	00:02:09	01:52:45	04:51:11
5	908	Keeto Peterseil	M25-29			03:05:46	00:07:16	01:50:18	05:03:20
6	906	Joanne O Boyle	F35-39			03:08:17	00:10:37	01:44:25	05:03:19
7	549	Martina McIntyre	F45-49			03:17:28	00:08:55	02:04:12	05:30:35
8	907	Chris O' Connell	M60			03:28:06	00:08:37	02:15:18	05:52:01
9	904	Francis Flatley	M50-54			03:21:50	00:06:23	00:39:58	DNF
10	905	Alan Heaney	M40-44			03:20:45			DNF
Sprint Distance & Relay									
1	809	Robert Lennon	M35-39	00:13:50	00:01:06	00:39:42	00:00:48	00:16:17	01:11:43
2	831	Jonathan Rowland	M40-44	00:12:59	00:00:57	00:40:30	00:00:47	00:18:18	01:13:31
3	799	Paul Giblin	M40-44	00:14:45	00:01:26	00:40:13	00:01:15	00:17:17	01:14:56
4	823	Diarmuid O Conchubhair	M30-34	00:14:22	00:01:16	00:41:44	00:00:53	00:18:28	01:16:43
5	781	Marie Boland	F25-29	00:13:09	00:02:20	00:42:38	00:01:00	00:19:35	01:18:42
6	792	Liam Curran	M35-39	00:16:01	00:01:35	00:41:47	00:01:00	00:18:25	01:18:48
7	787	Dockery Colin	M35-39	00:14:46	00:00:55	00:45:40	00:00:52	00:18:52	01:21:05
8	811	Tomas Lynn	M30-34	00:11:56	00:00:58	00:45:10	00:01:02	00:23:46	01:22:52
9	835	Colette Sweeney	F45-49	00:15:05	00:01:38	00:45:45	00:01:02	00:21:03	01:24:33
10	850	aidan rodgers	Realy Male	00:15:37	00:00:43	00:47:22	00:00:45	00:21:14	01:25:41
11	832	Austin Sammon	M35-39	00:18:14	00:01:49	00:45:44	00:01:08	00:18:53	01:25:48
12	785	Duffy Carol	F35-39	00:15:57	00:01:18	00:48:53	00:00:58	00:20:57	01:28:03
13	794	Michael Duffy	M35-39	00:18:20	00:01:37	00:46:20	00:01:07	00:22:06	01:29:30
14	800	keith gorry	M40-44	00:21:04	00:02:01	00:47:54	00:01:02	00:18:58	01:30:59
15	783	Rynal Browne	M40-44	00:18:14	00:01:41	00:47:46	00:01:04	00:22:19	01:31:04
16	808	Joseph Lenihan	M30-34	00:16:51	00:02:55	00:52:13	00:00:44	00:18:50	01:31:33
17	827	Paula O'Neill	F30-34	00:14:25	00:02:25	00:49:15	00:01:01	00:24:32	01:31:38
18	818	Martin Mullane	M35-39	00:20:55	00:02:38	00:47:35	00:01:08	00:20:36	01:32:52

19	830	Clive Reilly	M20-24	00:20:04	00:02:15	00:48:56	00:01:27	00:21:06	01:33:48
20	793	Hughie Duffy	M35-39	00:19:43	00:02:49	00:49:04	00:01:12	00:21:24	01:34:12
21	819	Louise Mulvaney	F30-34	00:15:22	00:01:40	00:50:12	00:01:12	00:25:50	01:34:16
22	826	Emer O'Hanlon	F45-49	00:17:27	00:02:04	00:49:16	00:02:50	00:22:46	01:34:23
23	806	Deirdre Kelly	F35-39	00:14:49	00:01:34	00:52:29	00:01:14	00:24:18	01:34:24
24	812	Martina Madden	F45-49	00:15:47	00:01:54	00:50:17	00:01:27	00:25:50	01:35:15
25	838	Austin Walsh	M45-49	00:17:14	00:02:47	00:51:44	00:01:06	00:24:20	01:37:11
27	796	David Flannery	M45-49	00:18:43	00:01:50	00:52:32	00:01:58	00:24:59	01:40:02
28	798	AMBROSE GAUGHAN	M45-49	00:28:44	00:02:43	00:48:25	00:01:41	00:19:48	01:41:21
29	829	Julie Rayner	F35-39	00:17:35	00:02:54	00:56:29	00:01:18	00:23:20	01:41:36
30	803	Raymond Horkan	M35-39	00:16:53	00:03:25	00:54:18	00:01:30	00:25:35	01:41:41
31	782	Ger Brennan	M50-54	00:26:03	00:03:00	00:50:45	00:01:36	00:21:03	01:42:27
32	825	Gearoid O connor	M35-39	00:31:09	00:02:59	00:44:45	00:01:13	00:22:22	01:42:28
34	837	louis walsh	M60	00:23:33	00:03:08	00:51:29	00:01:48	00:22:46	01:42:44
35	833	Joe Scanlon	M40-44	00:23:31	00:02:06	00:50:54	00:01:41	00:24:41	01:42:53
36	810	Patricia Lulling	F35-39	00:16:39	00:02:25	00:57:14	00:01:31	00:25:16	01:43:05
37	828	Martin Rafter	M40-44	00:23:11	00:02:16	00:51:17	00:01:15	00:25:12	01:43:11
38	784	Veronica Burke	F45-49	00:17:18	00:03:32	00:58:07	00:00:54	00:23:54	01:43:45
39	834	Therese Smyth	F35-39	00:17:36	00:02:50	00:54:15	00:01:31	00:28:22	01:44:34
40	824	Ruairi O connor	M35-39	00:26:42	00:03:18	00:47:12	00:01:59	00:26:41	01:45:52
41	791	Noel Curran	M25-29	00:21:18	00:04:11	00:54:01	00:02:36	00:25:43	01:47:49
42	839	Caitlin Woods	F50-54	00:22:28	00:03:12	00:55:11	00:01:31	00:26:29	01:48:51
43	813	Fionna McDarby	F25-29	00:25:24	00:03:28	00:55:04	00:01:04	00:24:23	01:49:23
33	841	Denis Flynn	M35-39		00:27:14	00:57:15	00:01:30	00:23:29	01:49:28
44	844	Colm Smith	M35-39	00:19:08	00:04:49	00:58:55	00:01:30	00:27:10	01:51:32
46	789	catherine coyle	F50-54	00:21:22	00:03:58	01:03:36	00:01:09	00:25:41	01:55:46
47	820	Suzanne Nolan	F60-64	00:24:10	00:04:40	00:56:16	00:01:56	00:30:54	01:57:56
48	817	Anita Moore	F30-34	00:25:12	00:02:37	00:56:51	00:02:13	00:31:11	01:58:04
49	814	Raymond McGreal	M55-59	00:22:37	00:06:32	00:55:19	00:03:33	00:31:35	01:59:36
45	840	Shona Duffy	F30-34		00:27:57	01:04:21	00:00:56	00:27:36	02:00:50
50	780	Alison Boland	F35-39	00:24:13	00:03:39	01:02:08	00:01:25	00:29:47	02:01:12
51	788	Brendan Cooney	M65-69	00:23:51	00:02:30	01:02:13	00:01:59	00:30:43	02:01:16
52	790	Bernard Cunningham	M45-49	00:30:32	00:03:39	00:58:15	00:01:49	00:30:21	02:04:36
26	843	Brendan Madden	Realy Male		00:46:57	00:55:41	00:01:01	00:23:41	02:07:20
53	795	Carole Fabby	F45-49	00:14:39	00:01:53	00:50:45			DNF
54	805	Alan Hyland	M30-34	01:09:51	00:21:32				DNF
55	822	Paul Nolan	M65-69	00:28:27	00:10:09	01:10:23			DNF
56	807	Deirdre Lee	F45-49	01:09:51	00:19:09	00:02:24			DNF
Sprint Duathlon									
1	816	Enda Molloy	M30-34			00:45:16	00:01:00	00:20:35	01:06:51
2	786	Sandra Caulfield	F35-39			00:51:02	00:01:15	00:22:22	01:14:39
3	836	Claire Walsh	F35-39			00:55:36	00:01:30	00:25:13	01:22:19
4	804	Catrina Houlihan	F35-39			01:00:07	00:01:29	00:28:25	01:30:01
5	815	Emer Molloy	F30-34			01:12:42	00:01:46	00:26:44	01:41:12
6	821	Caitlhin Nolan	F30-34			01:10:37	00:01:25	00:34:39	01:46:41