

TriLaois

Result List MF

Place	Bib	Name	Gender	AG	Club	Swim	T1	Bike	T2	Run	Finish
1.	50001	N.N. 50001				0:57:40,84	0:02:27,53	0:41:58,77	0:01:26,66	0:27:45,30	2:11:19,11
Female											
1.	283	Aoife Cusack	f	Female		0:18:41,00	0:02:40,00	0:59:38,00	0:01:31,00	0:35:53,00	1:58:23,00
Sprint Distance											
Female											
1.	47	Esther Bayon	f	Female 40		11:19	00:58	38:34	01:00	21:16	1:13:07
2.	249	Shannon Kelly	f	Female	Piranha TC	11:12	01:02	39:15	00:56	21:04	1:13:29
3.	168	joanne flanagan	f	Female	Go Tri TC	11:03	00:54	39:20	00:53	23:04	1:15:14
4.	61	Abina Whelan	f	Female	Trilogy Triathlon Club	14:49	00:57	37:45	00:54	22:05	1:16:30
5.	45	Michelle Doyle	f	Female 40	Naas AC	14:52	01:08	37:51	01:11	22:37	1:17:39
6.	328	Keith Murphy	f	Female		14:12	01:32	39:24	01:35	21:31	1:18:14
7.	272	Caitlin McDonald	f	Junior Female	Athy Tri Club	11:17	00:58	42:15	01:04	22:58	1:18:32
8.	320	Ciara O'Neill	f	Female		16:09	01:30	37:54	01:28	22:53	1:19:54
9.	345	Grainne Kelly	f	Female		11:53	01:36	45:03	01:21	24:08	1:24:01
10.	348	Deidre Morrison	f	Female		14:57	01:54	40:35	01:23	25:15	1:24:04
11.	56	Bernie McNally	f	Female 40	Fingal TC	14:17	01:40	43:39	02:01	25:28	1:27:05
12.	124	Niamh Quinn	f	Female	Trilogy triathlon Club	14:08	02:03	47:44	01:03	22:42	1:27:40
13.	218	Priscilla Crombie	f	Female	Edenderry TC	17:48	01:23	43:07	01:26	24:44	1:28:28
14.	297	Geraldine Kane	f	Female		16:38	02:02	43:37	01:40	24:48	1:28:45
15.	344	Sarah Kelly	f	Female 40		14:08	02:27	46:50	01:14	24:51	1:29:30
16.	79	Trish Mc Carthy	f	Female 40	Mako Tri Club	16:36	02:15	43:23	01:40	26:48	1:30:42
17.	176	Roberta McDonald	f	Female	Sligo TC	15:16	01:54	46:44	01:04	25:52	1:30:50
18.	123	Claire Jones	f	Female	3d Tri	13:31	01:28	48:52	01:34	25:36	1:31:01
19.	326	Emma Harvey	f	Female		14:34	01:24	47:08	01:24	26:32	1:31:02
20.	232	Winnie Ryan	f	Female 40	3d Tri	16:57	02:05	47:26	01:44	23:14	1:31:26
21.	157	Karina Murray	f	Female	Go Tri TC	17:47	02:15	43:32	01:31	26:31	1:31:36
22.	236	Niamh Walsh	f	Female		19:02	01:53	46:48	01:00	23:42	1:32:25
23.	242	Hannah Condell	f	Junior Female		16:06	02:08	47:56	01:06	25:41	1:32:57

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24.	88	Eileen Young	f	Female 40	Mako Tri Club	17:16	02:06	46:43	01:29	25:38	1:33:12
25.	115	Paula Scott	f	Female 40	Midland TC	18:04	02:04	45:43	01:56	27:17	1:35:04
26.	76	Carol Hogan	f	Female		14:07	02:05	51:57	00:58	26:01	1:35:08
27.	260	june murphy	f	Female 40	Athy Tri Club	19:44	03:09	44:40	01:56	25:49	1:35:18
28.	347	Jackie Murphy	f	Female		21:24	02:14	44:16	02:21	25:42	1:35:57
29.	225	Victoria Jones	f	Female 40		18:37	02:06	48:06	01:01	26:34	1:36:24
30.	94	Treasa O'Shaughnessy	f		Mako Tri Club	19:32	02:57	45:11	01:48	27:03	1:36:31
31.	54	Brenda Owens Brady	f	Female 40	Cavan TC	18:14	02:31	46:06	02:05	27:43	1:36:39
32.	287	Evelyn Lewis	f	Female		17:30	01:52	46:59	01:12	29:27	1:37:00
33.	75	Rachel Tyner	f	Female		18:17	03:03	46:55	01:22	27:57	1:37:34
34.	128	Deirdre O' Halloran	f			16:28	02:04	51:25	01:41	25:58	1:37:36
35.	229	Barbara Wiseman	f	Female 40		20:47	02:16	48:08	01:03	25:38	1:37:52
36.	188	Sorcha Turley	f	Female		18:45	02:27	48:22	01:04	27:44	1:38:22
37.	331	Jessica Rice	f	Female		18:34	02:26	48:55	01:19	27:20	1:38:34
38.	243	Laoise Ui Ruadhain	f	Female 40	Kilkenny Tri Club	18:09	02:07	47:33	01:50	28:58	1:38:37
39.	58	Liz Mcwey	f	Female 40		21:30	01:53	48:39	01:16	26:49	1:40:07
40.	278	Catherine Troy	f	Female	Mako Tri Club	22:25	02:56	48:25	01:50	25:36	1:41:12
41.	334	Hayley Moore	f	Female		18:05	02:06	50:22	01:13	29:57	1:41:43
42.	275	Bernadette Spillane	f	Female	Moyne AC	19:15	03:22	50:14	01:48	27:53	1:42:32
43.	84	Niamh Mc Dermott	f	Female		18:01	03:16	53:12	01:07	27:11	1:42:47
44.	93	Eilis Fallon	f		Mako Tri	18:10	05:43	52:31	01:36	25:57	1:43:57
45.	68	Fiona Murphy ui Bhriain	f	Female 40	Naas Tri Club	17:05	01:55	52:00	01:36	31:48	1:44:24
46.	162	Ellen Ryan	f	Female	TriTanium TC	15:08	02:42	51:34	02:01	33:11	1:44:36
47.	342	Louise Rose Miller	f	Female		17:21	02:09	52:50	01:05	31:17	1:44:42
48.	244	Hilary Madden	f	Female 40	Tritanium TC	24:43	02:54	47:29	02:13	27:24	1:44:43
49.	109	RACHEL HARRINGTON	f	Female 40	Mako Tri Club	17:41	02:43	51:41	02:08	30:56	1:45:09
50.	132	Ciara Kelly	f	Female		12:46	04:06	56:11	01:58	31:10	1:46:11
51.	19	Mary Catherine Meade	f	Female 40		20:28	02:29	54:47	01:31	27:11	1:46:26
52.	251	Kathleen Conroy	f	Female 40		20:29	02:12	53:10	01:39	29:36	1:47:06
53.	209	Ciara Black	f	Female	TriTanium TC	19:36	02:36	53:12	01:00	30:47	1:47:11
54.	100	Michelle Lowe	f	Female 40	Mako TRi club	22:16	02:06	52:34	01:08	29:41	1:47:45
55.	203	Helen Coughlan	f	Female 40	Trilogy triathlon Club	19:40	02:32	56:32	01:10	28:00	1:47:54
56.	216	Karen Curtin	f	Female		18:42	02:31	53:22	01:54	31:27	1:47:56

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Place	Bib	Name	Gender	AG	Club	Swim	T1	Bike	T2	Run	Finish
57.	34	Sue Morel	f	Female 40		16:55	04:16	52:19	01:47	33:52	1:49:09
58.	198	Mo Nerney	f	Female	Trilogy Triathlon Club	20:14	02:26	56:30	01:17	29:21	1:49:48
59.	234	Lynda Kiernan	f	Female 40	Trilogy Triathlon Club	20:56	03:04	54:07	01:31	30:29	1:50:07
60.	282	jolene craig	f	Female	Edenderry TC	17:28	02:43	49:52	02:33	37:43	1:50:19
61.	31	Ingrid Condell	f	Female 40	Trilogy Triathlon Club	21:44	02:48	55:35	01:24	30:00	1:51:31
62.	21	Miriam Holland	f	Female 40		22:05	03:10	53:45	01:55	31:38	1:52:33
63.	196	Deirdre O' Sullivan	f	Female	Trilogy Triathlon Club	20:46	02:56	57:09	01:21	30:44	1:52:56
64.	187	Annie falvey	f	Female 40	Clonmel TC	24:12	02:59	51:59	01:31	32:36	1:53:17
65.	147	Anne-Marie O'Keeffe	f	Female 40	TriTanium TC	16:25	03:12	55:10	03:04	35:28	1:53:19
66.	213	Kelly Lewis	f	Female		17:43	05:14	58:33	01:30	30:40	1:53:40
67.	233	Irina Ciupalo	f	Female 40	Athy Tri Club	21:32	02:28	54:10	01:28	34:36	1:54:14
68.	112	ELISHIA SMITH	f	Female		24:16	03:08	54:06	02:16	30:45	1:54:31
69.	230	Adrienne O'Hare	f	Female 40		24:02	03:21	55:34	02:30	29:08	1:54:35
70.	44	Anne Moloney	f	Female 40	Fingal TC	19:36	03:50	52:56	01:43	36:48	1:54:53
71.	266	Ann Comerford	f	Female 40	Eden Tri Club	18:38	02:56	59:01	01:45	33:01	1:55:21
72.	85	Catriona Dowling	f	Female 40	Mako Tri Club	19:18	04:23	56:20	01:34	35:28	1:57:03
73.	227	Laura Corbet	f	Female 40		24:15	03:21	59:49	01:59	30:17	1:59:41
74.	25	Carmel Killeen	f	Female		19:30	05:23	1:03:50	02:03	29:02	1:59:48
75.	172	Elaine Dunne	f	Female 40	3d Tri	22:08	02:56	1:00:01	02:15	37:16	2:04:36
76.	33	Carol Moloney	f	Female 40		20:52	02:56	1:01:45			2:05:03
77.	149	stephanie lewis	f	Female		15:45	04:56	1:01:35	02:15	40:32	2:05:03
78.	141	Lynne Dunne	f	Female		19:15	03:29	1:04:36	01:18	36:45	2:05:23
79.	338	Louise Flood	f	Female		22:16	03:31	1:00:52	02:17	36:44	2:05:40
80.	62	Siobhan Ni Reamoinn	f	Female 40		20:48	05:03	1:00:05	03:59	38:04	2:07:59
81.	151	Elizabeth LEWIS	f	Female 40		19:43	06:56	1:05:06	03:14	33:18	2:08:17
82.	290	Catherine Reynolds	f	Female 40	Cavan TC	23:14	03:48	1:02:09	01:47	48:26	2:19:24
83.	117	Catherine Leonard	f	Female		22:43	03:42	1:37:39	01:38	29:02	2:34:44
84.	148	Oonagh Boland	f	Female 40	3d Tri	23:11	02:32	58:23	01:19		
85.	125	Sinead Quinn	f	Junior Female	Trilogy triathlon Club	11:21					

Male

1.	313	Peter Kern	m	Male 40		10:46	01:02	32:26	01:10	18:38	1:04:02
2.	138	Michael Moran	m	Male	Midland TC	11:07	00:52	33:24	00:58	17:51	1:04:12
3.	279	Niall Foley	m	Male	Athy Triathlon Club	11:14	00:58	33:45	00:51	18:16	1:05:04

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Place	Bib	Name	Gender	AG	Club	Swim	T1	Bike	T2	Run	Finish
4.	2	Michael Monahan	m	Male	Barry Smyth Coaching	11:08	00:52	34:03	00:50	20:26	1:07:19
5.	255	Paul OBrien	m	Male	Trilogy Triathlon Club	12:44	00:54	34:57	01:02	18:34	1:08:11
6.	186	Anton Krivski	m	Male		11:16	00:59	35:01	01:06	20:41	1:09:03
7.	323	Will Morris	m	Male 40		13:12	00:54	36:04	01:33	18:51	1:10:34
8.	166	Stephen Loughnane	m	Male	No, 1 Fitness	12:46	01:31	35:12	01:12	20:12	1:10:53
9.	327	Mick King	m	Male 40		14:00	00:57	36:35	00:53	19:30	1:11:55
10.	130	Andy Grehan	m	Male	Belpark TC	11:51	01:06	36:47	00:58	21:29	1:12:11
11.	48	Pedro Lopez	m	Male 40		12:08	01:10	38:44	01:17	18:58	1:12:17
12.	256	Diarmuid O Conchubhair	m	Male	Galway TC	12:31	01:41	36:27	00:49	20:55	1:12:23
13.	315	Enda Connolly	m	Male		13:00	01:40	35:41	01:09	21:14	1:12:44
14.	20	Sean Farrell	m	Male 40	3d Tri	12:30	01:06	36:36	01:05	21:44	1:13:01
15.	298	Darragh Skehan	m	Male	Naas Tri Club	14:05	01:09	36:58	00:56	20:04	1:13:12
16.	314	Murray Connolly	m	Male		12:39	00:55	37:24	00:57	21:49	1:13:44
17.	296	James Coyle	m	Male		12:45	01:08	37:40	00:56	21:27	1:13:56
18.	316	Owen Fletcher	m	Male		12:33	01:05	41:12	00:43	19:16	1:14:49
19.	318	Brian Murphy	m	Male 40		14:03	01:26	37:28	01:12	20:54	1:15:03
20.	286	val murray	m	Male 40	Edenderry TC	14:02	00:59	36:53	01:03	22:08	1:15:05
21.	317	Mark Stewart	m	Male		13:00	01:21	39:19	01:14	20:57	1:15:51
22.	309	John Coughlan	m		Clonmel	14:07	00:51	40:15	01:16	19:41	1:16:10
23.	65	Ger Hickey	m			14:56	01:17	37:28	01:10	21:32	1:16:23
24.	259	Nick Jones	m	Male		13:13	01:16	40:33	01:32	20:04	1:16:38
25.	9	Paul McDonnell	m	Male 40		13:53	01:31	39:09	01:08	21:07	1:16:48
26.	208	Colm O'Gorman	m	Male	Belpark TC	16:55	01:34	38:16	00:53	20:31	1:18:09
27.	285	Gary Owens	m	Male	TriTanium TC	18:25	01:19	35:34	01:18	22:30	1:19:06
28.	329	Ian Roche	m	Male		16:36	01:23	39:57	01:15	20:10	1:19:21
29.	295	Graham Dillon	m	Male	Tritanium	15:49	01:27	39:59	00:50	21:21	1:19:26
30.	245	Cathal Boland	m	Male	TriTanium TC	13:29	02:11	41:56	01:49	20:08	1:19:33
31.	22	Steven Brew	m	Male		17:15	01:20	38:38	01:17	21:22	1:19:52
32.	161	Brian Geddis	m	Male 40		14:57	01:36	39:33	01:30	22:33	1:20:09
33.	294	peter murphy	m	Male		14:12	01:04	42:00	01:20	21:44	1:20:20
34.	325	Damien Ward	m	Male 40		14:09	01:37	40:35	01:14	23:18	1:20:53
35.	67	Denis Griffin	m			16:07	01:35	37:36	01:32	24:54	1:21:44
36.	280	Eoin Lúca Ó Ceallaigh	m	Male	3d Tri	14:06	01:11	42:47	00:49	23:04	1:21:57

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Place	Bib	Name	Gender	AG	Club	Swim	T1	Bike	T2	Run	Finish
37.	264	John Bolger	m	Male		17:02	02:20	39:38			1:22:00
38.	324	Paul Leonard	m	Male		17:01	01:54	40:11	01:21	21:39	1:22:06
39.	322	Alan Phelan	m	Male 40		17:57	01:48	39:18	01:16	23:17	1:23:36
40.	17	Chris Mooney	m	Male 40		14:00	02:14	41:58	01:28	24:13	1:23:53
41.	103	Richard Greene	m	Male		14:58	01:37	40:35	01:43	25:04	1:23:57
42.	126	Bernard Loughlin	m	Male 40	Limerick TC	16:29	01:19	41:37	01:41	22:54	1:24:00
43.	321	Mark Kelly	m	Male		15:28	01:34	41:11	01:40	24:08	1:24:01
44.	335	Gerard O'Connor	m	Male		17:33	01:39	43:11	01:09	21:24	1:24:56
45.	83	Eamon MacFhionnlaoich	m	Male 40	Pulse Triathlon Club	15:54	01:04	42:31	01:14	24:16	1:24:59
46.	300	MARTIN O'BRIEN	m	Male	Eden Tri Club	17:43	01:48	39:12	02:10	24:15	1:25:08
47.	339	Mark Boland	m	Male		17:30	01:53	41:21	01:30	23:02	1:25:16
48.	96	Niall McGrath	m	Male 40		16:51	01:33	40:49	01:04	25:25	1:25:42
49.	250	Donal Conroy	m	Male 40		16:18	02:02	41:34	01:05	24:46	1:25:45
50.	143	Richard Hart	m	Male 40	TriTanium TC	14:37	02:24	38:25	01:48	29:09	1:26:23
51.	210	Darren Kinsella	m	Male 40	Waterstown Warriors AC	15:26	03:16	43:39	01:08	23:08	1:26:37
52.	304	Pedro Vizvaya	m			17:23	02:06	42:55	01:52	23:22	1:27:38
53.	110	Eduardo Gonzalez de Andres	m	Male	100 Marathon Club	13:24	02:53	44:38	01:46	25:06	1:27:47
54.	63	Robert Naughton	m	Male 40		15:55	02:21	43:57	01:08	24:27	1:27:48
55.	288	Niall Mulhare	m	Male		16:15	01:55	44:44	01:44	23:14	1:27:52
56.	171	Stephen Short	m	Male 40	3d Tri	18:09	01:01	38:04	01:30	29:09	1:27:53
57.	159	Aidan Keenan	m	Male		19:03	02:57	41:55	01:51	22:10	1:27:56
58.	133	Barra Dineen	m	Male 40		16:56	02:23	38:59	01:51	28:17	1:28:26
59.	116	Thomas Phelan	m	Male		18:40	02:14	45:13	01:24	20:59	1:28:30
60.	333	Eddie Long	m	Male 40		16:36	02:00	43:31	03:11	24:01	1:29:19
61.	74	Eamonn Shivnan	m	Male		15:58	02:34	43:04	01:40	26:08	1:29:24
62.	217	Jean-Charles Caillere	m	Male		14:49	02:35	45:22	01:03	25:37	1:29:26
63.	137	Simon Walkin	m	Male 40		17:37	02:00	44:13	01:27	24:31	1:29:48
64.	265	Niall Comerford	m	Male 40	Eden Tri Club	18:24	02:10	42:46	02:13	24:18	1:29:51
65.	164	phil dempsey	m	Male 40		17:55	02:53	44:15	01:15	23:42	1:30:00
66.	163	Peter Redmond	m	Male 40		17:19	02:19	47:25	00:58	22:13	1:30:14
67.	271	Richard McKeown	m	Male 40	Wiclow TC	14:04	01:52	47:49	01:29	25:01	1:30:15
68.	69	Aongus McGreal	m	Male		18:00	01:36	43:34	00:55	26:22	1:30:27
69.	222	john falvey	m	Male 40	Clonmel TC	18:00	01:22	42:20	01:21	27:26	1:30:29

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70.	97	Charles O'Brien	m	Male 40		14:39	01:54	46:53	01:35	25:34	1:30:35
71.	111	KARL SMITH	m	Male		17:15	01:45	43:14	01:30	27:13	1:30:57
72.	194	Adrian Rourke	m	Male		17:29	03:13	44:23	01:44	24:21	1:31:10
73.	5	Barry Ryan	m	Male		16:22	45:53	01:46			1:31:16
74.	332	David Perry	m	Male		18:32	02:29	46:34	01:10	23:23	1:32:08
75.	86	Liam Colvin	m	Male		12:03	02:22	48:02	02:06	27:57	1:32:30
76.	180	Aigars Kolcs	m	Male 40		18:32	02:04	42:56	01:05	27:56	1:32:33
77.	53	Derek Heffernan	m	Male		15:53	01:31	45:00	01:49	28:36	1:32:49
78.	299	Paul Barnes	m	Male	Tritanium+F154	17:50	02:57	47:08	01:52	23:17	1:33:04
79.	336	Michael McDonnell	m	Male 40		22:14	03:23	43:29	01:50	22:13	1:33:09
80.	144	Tommy Byrne	m	Male 40	TriTanium TC	18:17	02:27	43:59	01:10	27:33	1:33:26
81.	211	Damian Menendez	m			18:37	02:21	45:29	02:08	24:53	1:33:28
82.	70	Daniel O Shea	m	Male	Trilogy Triathlon Club	19:02	01:36	46:53	01:17	24:58	1:33:46
83.	32	Donncha Kelly	m	Male 40	Athlone / Moate running Club	16:37	03:12	43:06	02:10	28:47	1:33:52
84.	337	Tony Gallagher	m	Male		19:17	02:31	48:16	01:40	22:27	1:34:11
85.	10	Paul Whelan	m	Male		18:57	01:55	46:06	01:22	25:54	1:34:14
86.	190	ger hodson	m	Male 40		17:29	02:22	46:00	01:35	27:07	1:34:33
87.	220	Richard Allen	m	Male		19:48	03:16	44:42	02:31	24:17	1:34:34
88.	30	Tadhg Mathews	m	Male	Trilogy Triathlon Club	12:35	02:58	51:04	01:29	26:50	1:34:56
89.	102	Daragh McGrath	m	Male 40		16:06	01:40	42:50	01:19	33:20	1:35:15
90.	289	Denis Brennan	m	Male 40		19:55	02:17	49:02	01:33	22:52	1:35:39
91.	42	Artiom Lunev	m	Male	TriTanium TC	17:51	02:21	46:28	01:59	27:20	1:35:59
92.	308	Lemuel Leonardo	m	Male		18:31	02:30	46:30	03:05	25:45	1:36:21
93.	291	daire greany	m	Male 40	TriTanium TC	15:56	02:36	48:11	02:10	27:33	1:36:26
94.	200	james gallagher	m	Male	Lanesboro TC	15:51	01:49	43:52	01:49	33:10	1:36:31
95.	247	aiden sheridan	m	Male 40		16:29	03:42	50:10	01:50	24:29	1:36:40
96.	43	Ciaran Maguire	m	Male 40	Fingal TC	16:36	02:41	46:18	01:48	29:23	1:36:46
97.	212	Peter Anderson	m	Male		16:53	01:32	50:09	01:43	26:38	1:36:55
98.	231	denis oleary	m	Male 40	Mako Tri Club	18:05	01:48	46:30	01:13	29:32	1:37:08
99.	330	Colin Hynes	m	Male		21:49	02:41	45:42	01:45	25:23	1:37:20
100.	89	Darryl Thomas	m	Male 40	Mako Tri Club	20:41	03:01	45:51	01:49	26:03	1:37:25
101.	254	Padraig Phelan	m	Male		18:28	02:28	47:35	01:12	27:44	1:37:27
102.	121	Kevin Morrisroe	m	Male		18:18	02:59	51:27	00:58	23:50	1:37:32

TriLaois

Result List MF

Place	Bib	Name	Gender	AG	Club	Swim	T1	Bike	T2	Run	Finish
103.	95	john Sullivan	m	Male 40	Athy	17:49	04:18	46:57	02:37	25:59	1:37:40
104.	8	Ian Tolan	m	Male 40	Maku Tri Club	17:40	03:17	45:28	02:23	28:55	1:37:43
105.	252	Donal Mooney	m	Male 40	Trilogy triathlon Club	21:43	02:34	47:13	01:16	25:44	1:38:30
106.	181	Paul Redmond	m	Male 40		18:41	02:35	46:14	01:40	30:00	1:39:10
107.	223	Brian Phelan	m	Male	Cobh TC	22:43	04:30	44:00	00:57	27:19	1:39:29
108.	239	Richie Groves	m	Male 40	Tritanium TC	21:01	03:36	43:56	01:15	29:56	1:39:44
109.	106	Daniel Phillips	m	Male 40	Mako Tri Club	20:02	02:49	45:53	01:29	30:13	1:40:26
110.	104	Alex McConkey	m	Male 40		19:37	04:04	47:57	02:28	26:32	1:40:38
111.	3	Sean Sheridan	m	Junior Male		22:37	03:06	47:37	01:10	26:19	1:40:49
112.	301	Tony Parker	m	Male 40		18:33	02:11	47:25	02:25	30:16	1:40:50
113.	270	Colm Phelan	m	Male		22:46	04:29	48:27	01:58	24:38	1:42:18
114.	131	Steve Kidd	m	Male 40		15:24	04:21	47:51	01:20	33:30	1:42:26
115.	240	Errol Dunne	m	Male 40	Tritanium TC	20:13	02:36	48:39	01:54	29:19	1:42:41
116.	15	Alan Cole	m	Male 40		19:31	02:32	46:01	01:50	33:24	1:43:18
117.	81	Paul Kinsella	m	Male 40		17:54	01:47	49:54	01:11	32:41	1:43:27
118.	349	Michael McCrohan	m	Male 40		18:35	03:08	47:05	03:01	31:38	1:43:27
119.	189	Brendan Quigley	m	Male		18:54	04:27	50:46	02:00	27:35	1:43:42
120.	277	John McGrath	m	Male 40		18:37	04:51	47:51	02:50	29:41	1:43:50
121.	13	Donogh MCGowan	m	Male 40	Maku Tri Club	21:14	03:21	47:56	01:41	29:57	1:44:09
122.	340	Jonathan Tang	m	Male		26:56	02:17	49:21	01:13	24:38	1:44:25
123.	11	Paul Kelly	m	Male	KTRTC	15:39	02:54	56:25	01:15	29:06	1:45:19
124.	29	John O'Mahony	m		Belpark Triathlon Club	31:39	02:06	44:33	02:14	25:58	1:46:30
125.	312	Joe Bergin	m			15:04	02:16	47:03	01:37	41:23	1:47:23
126.	302	Martin Sinnott	m	Male 40		19:09	04:11	52:14	02:31	30:11	1:48:16
127.	343	Ocsy Carabio	m	Male 40		15:07	02:47	50:05	02:54	37:31	1:48:24
128.	87	Gavin Murray	m			18:29	03:27	58:22	01:23	26:51	1:48:32
129.	207	Philipp Erestain	m	Male 40	Tri an Mhi	17:42	03:13	52:55	04:03	31:41	1:49:34
130.	108	Mick McConigley	m	Male		24:13	05:21	48:38			1:50:48
131.	167	Shane Martin	m	Male		18:15	05:34	56:23	01:05	35:36	1:56:53
132.	284	Gareth Wooster	m	Male 40	TriTanium TC	14:24	01:29	42:27			1:58:32
133.	142	Brian Malone	m	Male		18:54	05:04	59:23	02:11	33:08	1:58:40
134.	57	Sean Halpin	m	Male		26:28	04:14	54:03	02:37	36:29	2:03:51
135.	150	Lee Breretpn	m	Male		18:02	06:05	57:37	02:48	40:31	2:05:03

TriLaois

Result List MF

Place	Bib	Name	Gender	AG	Club	Swim	T1	Bike	T2	Run	Finish
136.	341	Peter Garvey	m	Male		25:58	05:16	1:15:12	03:16	50:21	2:40:03
137.	52	brendan buck	m	Male 40		13:46	01:07	33:04	00:46		

Try a Tri

Female

1.	66	Philippa Renton	f	Female		09:57	02:31	46:37	01:31	22:24	1:23:00
2.	269	Deborah Carr	f			09:37	03:11	46:01	01:47	26:45	1:27:21
3.	155	Rebecca Condell	f	Female		11:09	02:57	47:03	01:18	27:56	1:30:23
4.	197	Anne Marie Egan	f	Female		09:17	02:02	51:18	01:10	26:41	1:30:28
5.	199	Patricia Flood	f	Female 40	Trilogy triathlon Club	13:33	02:46	45:57	01:34	26:51	1:30:41
6.	139	Claire Igoe	f	Female 40		09:16	02:24	52:31	01:19	26:16	1:31:46
7.	173	Fiona Maher	f	Female 40		12:43	05:00	46:49	02:05	27:14	1:33:51
8.	136	Grainne Dilleen	f	Female		12:16	02:21	53:14	01:16	24:55	1:34:02
9.	158	Maria Travers	f	Female		14:08	03:46	48:09	01:52	26:23	1:34:18
10.	82	Maria Downes	f	Female 40	wall	12:09	02:59	52:22	01:51	27:21	1:36:42
11.	268	Gemma O'Grady	f	Female	Tritanium TC	15:15	03:56	48:49	01:40	27:22	1:37:02
12.	182	Claire Kinsella	f	Female 40	Clonmel TC	13:48	02:16	49:33			1:37:41
13.	237	Kasia Skowron	f	Female 40		14:17	04:34	52:34	01:44	25:26	1:38:35
14.	226	Hazel Manks	f	Female 40		10:35	04:07	54:25	01:55	27:44	1:38:46
15.	235	Amy Roche	f	Female	Trilogy triathlon Club	13:45	02:35	49:30	01:38	31:57	1:39:25
16.	219	Jackie Keating	f	Female 40		11:00	03:43	52:50	01:43	30:44	1:40:00
17.	281	Claire Crotty	f	Female 40		16:44	02:55	53:55	01:28	29:47	1:44:49
18.	98	Seana O Rodaigh	f	Female 40		10:38	02:58	1:00:23	02:13	28:56	1:45:08
19.	185	Mary Phelan	f	Female		10:17	02:46	54:38	02:30	35:03	1:45:14
20.	184	Anita O Connell	f	Female	Trilogy triathlon Club	15:33	02:19	55:31	01:13	31:27	1:46:03
21.	120	Carmel Moore	f	Female		10:56	03:10	55:21	01:17	35:50	1:46:34
22.	55	Siobhan Meade	f	Female		10:48	03:27	59:45	01:33	34:01	1:49:34
23.	26	Kelly Doolan Rabbette	f	Female		11:12	03:56	58:53	01:24	35:08	1:50:33
24.	276	Elaine Quirke	f	Female		13:32	02:49	1:06:09	01:35	28:40	1:52:45
25.	257	Ciara kearns	f	Female		15:40	03:03	1:01:01	03:06	31:12	1:54:02
26.	224	Rachel Doyle	f	Female 40		12:08	03:17	1:03:34	01:55	33:55	1:54:49
27.	38	Sinead Morrissey	f	Female		14:01	03:52	1:06:16	02:12	33:21	1:59:42
28.	99	Jackie Morrison	f	Female 40		14:36	03:40	1:01:16	03:03	37:57	2:00:32

TriLaois

Result List MF

Place	Bib	Name	Gender	AG	Club	Swim	T1	Bike	T2	Run	Finish
29.	292	Marie Blanchfield	f	Female 40		16:20	05:37	1:02:35	03:45	33:55	2:02:12
30.	4	Deborah Dineen	f	Female 40		13:27	01:50	1:10:33	01:47	37:01	2:04:38
31.	23	Elaine Howlin	f	Female 40		26:15	08:16	1:00:15	01:52	29:32	2:06:10

Male

1.	248	James Murphy	m	Male		07:49	01:26	35:58	00:51	19:21	1:05:25
2.	160	Jonathan Whitson	m	Male		08:46	01:47	42:17	01:16	22:02	1:16:08
3.	246	Gerry Murphy	m	Male 40		10:03	01:03	42:32	01:06	22:01	1:16:45
4.	7	Michael Kelly	m			10:57	03:16	40:09	01:58	20:29	1:16:49
5.	306	Kevin Troy	m	Male 40		12:42	03:33	38:58	01:53	20:50	1:17:56
6.	238	Kaspars Butkins	m	Male		09:11	01:45	42:47	00:49	24:36	1:19:08
7.	78	Jim Scott	m	Male 40		14:25	03:26	39:51	01:25	22:18	1:21:25
8.	241	Gary Wells	m	Male 40	Trilogy triathlon Club	10:42	01:36	46:27	01:19	24:30	1:24:34
9.	174	Sean Keane	m	Male		10:44	03:04	47:12	01:29	23:08	1:25:37
10.	14	Tim Bonham	m	Male		12:24	02:05	44:33	01:28	25:33	1:26:03
11.	274	John Leahy	m	Male 40	Clonmel AC	14:25	02:28	41:59	01:26	27:46	1:28:04
12.	303	Alan O'Brien	m	Male 40		12:19	02:09	43:39	01:56	28:13	1:28:16
13.	28	Damian Oliver	m	Male	Changed	11:36	02:59	47:03	02:35	25:40	1:29:53
14.	293	Conor McGarry	m			12:34	01:47	48:12	01:57	25:29	1:29:59
15.	113	James Greene	m	Male		10:48	05:19	45:59	01:29	26:33	1:30:08
16.	175	Dave McCabe	m	Male	3d Tri	11:00	02:58	48:07	01:30	27:54	1:31:29
17.	214	John Doyle	m	Male		10:25	02:47	48:40	01:04	28:35	1:31:31
18.	346	Andy Phelan	m	Male		14:16	03:32	48:01	01:34	25:27	1:32:50
19.	311	Charlie Holden	m	Male 40	Trilogy triathlon Club	12:13	03:07	46:57	01:33	31:09	1:34:59
20.	307	John Kinnane	m			14:59	02:50	45:45	01:17	30:59	1:35:50
21.	6	Leo Curtin	m			11:25	02:44	49:34	01:06	31:42	1:36:31
22.	273	Keith Molloy	m	Male 40		13:46	04:09	47:01	02:40	30:35	1:38:11
23.	206	Glenn Mulligan	m	Male		10:43	02:26	55:36	01:22	32:34	1:42:41
24.	59	John P O'Heney	m	Male		09:58	02:35	55:38	02:33	33:29	1:44:13
25.	77	Conor Barry	m	Male		14:15	06:42	1:13:41	01:49	40:27	2:16:54
26.	80	Tom Mc Donnell	m	Male 40		13:29	04:07	56:14	03:50	1:00:23	2:18:03

Sprint Relay

TriLaois

Result List MF

Place	Bib	Name	Gender	AG	Club	Swim	T1	Bike	T2	Run	Finish
Female											
1.	90	Stephanie O'Connor Relay	f	Female 40		16:03	01:15	46:31	01:16	24:07	1:29:12
2.	191	Emma Fingleton Relay	f	Female		20:52	01:52	52:32	01:48	39:09	1:56:13
3.	177	Lianne Murphy Relay	f			25:23	01:17	55:57	01:08	35:50	1:59:35
Male											
1.	135	Ray Reily Relay	m			11:40	01:08	31:46	00:55	22:29	1:07:58
2.	202	Peter Heath Relay	m		RELAY	16:30	00:53	36:45	01:00	22:38	1:17:46
3.	350	Shane Lavery RELAY	m			20:03	00:58	46:02	00:46	21:32	1:29:21
4.	201	Shane Lavery RELAY	m		RELAY	20:09	01:00	46:30	00:48	27:37	1:36:04

Try a Tri RELAY

Female											
1.	261	Noelle Reily Relay	f			0:11:01,01	0:00:58,69	0:40:33,05	0:00:45,96	0:21:43,44	1:15:02,17
2.	39	Amy Bramley Relay	f			0:11:23,50	0:01:13,83	0:56:05,86	0:00:49,25	0:26:01,05	1:35:33,51

Number of records: 290