

Pos	Bib	Name	Cat	Club	Swim	Trans1	Cycle	Trans2	Run	Finish
1	509	Team WCW Brian O'Donnell	R		00:19:48	00:00:49	01:03:40	00:00:56	00:39:56	02:05:08
2	596	Pat Tuohy	M35-39	Mullaghmore Tri Club	00:19:31	00:00:45	01:08:58	00:00:52	00:40:22	02:10:27
3	711	Colm Quigley	M35-39	North West Tri Club	00:19:11	00:00:57	01:09:48	00:01:06	00:44:58	02:15:58
4	578	Darragh Dunne	M25-29	Limerick Tri Club	00:21:44	00:00:50	01:10:40	00:00:59	00:43:08	02:17:19
5	539	Oisin Mcgrath	M25-29	Ennis Triathlon Club	00:19:03	00:00:53	01:16:42	00:00:52	00:40:32	02:18:00
6	721	Paul McConnellogue	M40-44		00:20:53	00:01:06	01:10:44	00:01:05	00:44:45	02:18:31
7	559	Mark O'Duffy	M25-29	Galway Tri Club	00:22:30	00:01:14	01:12:02	00:01:03	00:42:01	02:18:48
8	512	Team WCW Anthony Testa	R		00:24:04	00:00:35	01:12:02	00:01:02	00:41:21	02:19:02
9	739	Ross Mclynn	M25-29	Sligo City Triathlon Club	00:24:37	00:01:11	01:14:02	00:00:55	00:38:35	02:19:19
10	609	Padric Marrey	M35-39		00:25:19	00:01:31	01:09:02	00:01:05	00:42:52	02:19:48
11	599	Ross Collins	M20-24	Newry TC	00:24:25	00:01:14	01:13:57	00:00:56	00:40:10	02:20:41
12	746	William Fitzpatrick	M35-39	Trilogy TC	00:24:35	00:00:55	01:10:25	00:01:01	00:44:31	02:21:25
13	532	Edward Brennan	M25-29	Belpark Tri Club	00:23:47	00:00:47	01:11:09	00:00:50	00:45:03	02:21:34
14	722	Mairtin Grealish	M25-29	Predator Tri Club	00:25:24	00:01:07	01:13:45	00:01:34	00:39:58	02:21:47
15	733	Paul Reape	M25-29	Pulse Tri Club	00:24:21	00:01:21	01:12:40	00:00:52	00:43:15	02:22:27
16	527	Michael Macken	M45-49	Athlone Tri Club	00:22:40	00:01:04	01:13:28	00:01:08	00:44:22	02:22:40
17	513	Team WCW Charlie Hosty	R		00:17:49	00:00:44	01:19:52	00:01:01	00:45:02	02:24:28
18	521	Sean Farrell	M40-44	3D Tri Club	00:21:52	00:00:57	01:15:02	00:01:02	00:46:02	02:24:53
19	658	Donal Kelly	M25-29		00:29:12	00:02:14	01:08:14	00:01:26	00:44:25	02:25:30
20	740	Colm Casey	M30-34	Sligo City Triathlon Club	00:22:36	00:01:01	01:12:00	00:01:11	00:49:51	02:26:38
21	585	Bernard Mcguinness	M40-44	Liquid Motion Tri Club	00:26:33	00:01:24	01:13:46	00:01:11	00:43:50	02:26:43
22	504	Team 633 Mafia	R		00:27:02	00:00:38	01:18:59	00:00:55	00:39:14	02:26:46
23	575	Michael Casey O'Shea	M30-34	Limerick Tri Club	00:24:11	00:00:53	01:15:29	00:01:02	00:45:26	02:26:58
24	581	Micheal Forde	M30-34	Liquid Motion Tri Club	00:28:27	00:01:07	01:13:23	00:00:55	00:43:21	02:27:11
25	676	Patrick Collins	M50-54		00:31:21	00:01:04	01:13:25	00:01:24	00:41:53	02:29:06
26	749	Shane Delaney	M25-29	Trilogy TC	00:31:44	00:01:13	01:12:55	00:01:09	00:42:30	02:29:29
27	537	Patrick Quinn	M25-29	Ennis Triathlon Club	00:25:35	00:00:51	01:17:07	00:00:58	00:45:12	02:29:40
28	514	Team WCW Pat O'Donnell	R		00:20:47	00:00:43	01:12:15	00:01:04	00:55:19	02:30:06
29	669	Jonathan Scott	M30-34		00:26:13	00:02:49	01:14:22	00:01:33	00:45:14	02:30:09
30	679	Kieran Ryan	M30-34		00:23:07	00:01:36	01:19:35	00:01:44	00:45:11	02:31:12
31	523	Eoin Ward	M30-34	3D Tri Club	00:28:28	00:01:04	01:16:03	00:01:04	00:45:30	02:32:07
32	664	Kevin Gow	M25-29		00:24:54	00:01:35	01:19:24	00:01:29	00:45:18	02:32:38

33	603 Team KilKevEd	R	Newry Tri Club	00:18:21	00:00:43	01:28:06	00:00:52	00:44:57	02:32:58
34	554 Ciaran Murray	M35-39	Galway Tri Club	00:27:39	00:02:21	01:16:22	00:01:46	00:44:57	02:33:02
35	753 Noel Dillon	M30-34	Waterford TC	00:25:54	00:01:04	01:17:41	00:01:13	00:47:37	02:33:27
36	568 David Richardson	M20-24	Limerick Tri Club	00:22:32	00:01:11	01:21:39	00:01:11	00:47:11	02:33:41
37	731 Hugh Kearney	M25-29	Pulse TC	00:25:52	00:01:41	01:18:02	00:01:23	00:46:51	02:33:46
38	530 Aidan Kelly	M25-29	Belpark Tri Club	00:26:26	00:01:36	01:20:02	00:01:07	00:45:12	02:34:20
39	520 Conor Dooley	M30-34	3D Tri	00:24:17	00:01:11	01:18:51	00:01:20	00:49:40	02:35:17
40	723 Sean Stewart	M40-44	Predator Tri Club	00:26:53	00:01:19	01:18:50	00:01:23	00:47:13	02:35:35
41	657 Cian Friel	M25-29		00:24:30	00:01:32	01:23:06	00:00:53	00:45:46	02:35:46
42	524 Andrew McGuinness	M35-39	Athlone Tri Club	00:24:50	00:00:59	01:17:27	00:01:07	00:51:31	02:35:52
43	757 Patrick Marshall	M30-34		00:29:36	00:01:09	01:20:03	00:01:13	00:44:01	02:36:00
44	738 Brian Sexton	M30-34	Sligo City Triathlon Club	00:28:04	00:01:41	01:16:43	00:01:14	00:48:22	02:36:02
45	650 Enda Higgins	M25-29		00:27:04	00:01:56	01:16:33	00:01:00	00:49:43	02:36:14
46	590 Michael Duggan	M45-49	Midland Tri Club	00:26:01	00:01:37	01:21:30	00:01:23	00:45:51	02:36:20
47	756 Eoghan Mooney	M35-39	Wicklow Tri Club	00:24:38	00:01:12	01:19:16	00:01:15	00:50:05	02:36:23
48	727 Kevin Coughlan	M35-39	Predator Tri Club	00:27:02	00:01:14	01:16:32	00:01:13	00:50:59	02:36:59
49	718 Darragh Mc Shane	M35-39	Predator TC	00:34:27	00:01:37	01:17:24	00:01:12	00:42:41	02:37:19
50	698 Peter Payton	M40-44		00:22:15	00:01:24	01:25:11	00:01:34	00:47:28	02:37:50
51	665 Fergal Towey	M30-34		00:28:35	00:01:32	01:18:40	00:01:18	00:47:49	02:37:52
52	516 Team Me & Rory	R2		00:26:45	00:01:30	01:21:11	00:01:09	00:47:33	02:38:06
53	761 Team Lipstick Jungle	R		00:28:03	00:00:45	01:16:48	00:01:02	00:51:57	02:38:33
54	622 Fiona Stephenson	F25-29		00:27:46	00:01:25	01:19:50	00:01:29	00:48:57	02:39:26
55	726 Colin Duane	M25-29	Predator Tri Club	00:21:30	00:01:35	01:20:16	00:01:20	00:55:24	02:40:03
56	683 David Ryan	M30-34		00:27:39	00:01:44	01:19:57	00:00:59	00:49:46	02:40:04
57	565 Niall O'Callahan	M35-39	Limerick TC	00:28:14	00:01:08	01:18:32	00:01:07	00:51:11	02:40:10
58	680 Ronan O'Flaherty	M25-29		00:26:22	00:01:21	01:24:24	00:01:37	00:46:30	02:40:12
59	616 Liam Dillon	M35-39		00:27:32	00:01:12	01:20:28	00:01:25	00:49:49	02:40:25
60	598 Liam Hutchinson	M30-34	Newry TC	00:33:40	00:01:13	01:15:57	00:01:33	00:48:04	02:40:26
61	643 Paul Giblin	M35-39		00:31:28	00:01:30	01:21:55	00:01:27	00:44:08	02:40:26
62	715 Ian Cahill	M30-34	Piranha Tri Club	00:29:34	00:01:16	01:20:06	00:01:10	00:48:30	02:40:33
63	535 Barry Deane	M40-44	Ennis Triathlon Club	00:28:27	00:01:21	01:19:34	00:01:14	00:50:17	02:40:52
64	648 Dave Martin	M35-39		00:28:17	00:01:12	01:16:32	00:01:22	00:53:44	02:41:05
65	692 Brendan Hogg	M30-34		00:28:11	00:02:00	01:23:49	00:01:35	00:45:36	02:41:08

66	728 Tommy Morrissey	M35-39	Predator Tri Club	00:27:33	00:01:42	01:17:21	00:01:39	00:53:14	02:41:27
67	571 Brian O'Shaughnessy	M35-39	Limerick Tri Club	00:26:24	00:01:02	01:22:04	00:00:58	00:51:08	02:41:34
68	737 Sean Bradley	M30-34	Queens University Belfast Tri Club	00:30:00	00:01:19	01:19:24	00:01:10	00:50:00	02:41:50
69	704 Patrick Kennedy	M30-34		00:29:57	00:01:27	01:22:31	00:01:10	00:47:00	02:42:04
70	685 Barry O'Neill	M25-29		00:21:17	00:02:54	01:23:07	00:01:24	00:53:36	02:42:15
71	592 Sinead Roche	F20-24	Midland Tri Club	00:24:04	00:00:43	01:27:51	00:00:56	00:48:46	02:42:17
72	625 Lonan O' Farrell	R		00:24:38	00:00:35	01:30:20	00:01:18	00:45:45	02:42:35
73	508 Team Team Eostrogen	R		00:31:48	00:00:49	01:16:37	00:01:03	00:52:30	02:42:45
74	556 Tony McNicholas	M35-39	Galway Tri Club	00:24:08	00:01:53	01:24:47	00:01:27	00:50:42	02:42:56
75	674 Neil Naughton	M40-44		00:19:58	00:01:34	01:24:04	00:02:28	00:55:02	02:43:03
76	655 Arnaud Roux	M20-24		00:26:48	00:02:32	01:20:13	00:02:22	00:51:16	02:43:10
77	518 John Whiriskey	M30-34	Cork tri	00:35:47	00:02:45	01:18:00	00:01:33	00:45:17	02:43:19
78	744 Noel Territt	M45-49	Trilogy TC	00:27:55	00:01:08	01:19:09	00:01:05	00:54:11	02:43:26
79	619 Karl Minahan	M35-39		00:26:20	00:01:47	01:24:16	00:01:30	00:49:37	02:43:28
80	553 John Flannery	M25-29	Galway Tri Club	00:28:06	00:01:47	01:24:59	00:01:16	00:47:29	02:43:35
81	608 Seamus Walsh	M45-49		00:26:22	00:02:36	01:23:17	00:01:46	00:49:43	02:43:42
82	632 Fergus Hayes	M30-34		00:26:35	00:01:34	01:17:46	00:01:43	00:56:19	02:43:56
83	654 John Keaney	M30-34		00:37:31	00:01:55	01:17:44	00:01:37	00:45:47	02:44:32
84	610 Andrew Shaughnessey	M40-44		00:28:32	00:02:17	01:18:55	00:01:54	00:53:03	02:44:39
85	661 Kevin Porter	M35-39		00:29:33	00:01:58	01:16:58	00:01:38	00:54:51	02:44:57
86	503 Team JoeRobJoe	R		00:26:41	00:00:53	01:32:39	00:00:57	00:44:06	02:45:14
87	703 Eoin O Connor	M20-24		00:28:20	00:03:23	01:23:21	00:01:34	00:48:58	02:45:34
88	633 John Hanley	M40-44		00:27:13	00:01:31	01:24:21	00:01:15	00:51:25	02:45:44
89	593 Douglas Bates	M40-44	Midland Tri Club	00:22:59	00:01:20	01:21:58	00:01:30	00:58:22	02:46:07
90	663 Paul Kinnane	M30-34		00:24:46	00:00:52	01:23:37	00:01:34	00:55:26	02:46:13
91	697 Ronan Scullion	M25-29		00:22:54	00:01:42	01:24:09	00:01:01	00:57:02	02:46:45
92	758 Gareth Robinson	M35-39		00:30:01	00:01:49	01:24:10	00:01:19	00:49:38	02:46:55
93	583 Declan Cooke	M40-44	Liquid Motion Tri Club	00:28:25	00:01:38	01:19:29	00:02:15	00:55:19	02:47:03
94	510 Team WCW Geraldine Giblin	R		00:21:35	00:00:44	01:25:05	00:01:29	00:58:20	02:47:11
95	517 Team Tabhair Dom An Caca Milis!	R2		00:37:30	00:00:44	01:16:42	00:01:01	00:51:24	02:47:18
96	714 Paraic Cosgrave	M40-44	Piranha Tri Club	00:27:30	00:01:34	01:25:03	00:01:49	00:51:24	02:47:19
97	659 Stephen Duffy	M30-34		00:25:21	00:02:42	01:26:10	00:01:07	00:52:02	02:47:20
98	759 Ken Maher	M35-39		00:33:23	00:01:27	01:21:24	00:01:18	00:49:51	02:47:22

99	607 Eugene Hoade	M35-39	00:22:02	00:01:29	01:24:44	00:01:46	00:57:39	02:47:38
100	707 James Mccullough	M30-34	00:27:13	00:02:57	01:24:46	00:01:48	00:51:33	02:48:15
101	712 Frank Roche	M40-44 North West Tri Club	00:28:09	00:01:41	01:22:47	00:01:30	00:54:16	02:48:21
102	693 Cian Lynch	M30-34	00:21:13	00:02:06	01:28:04	00:02:17	00:55:03	02:48:41
103	515 Team The It Crowd Reloaded	R2	00:22:24	00:01:57	01:19:43	00:01:26	01:03:23	02:48:50
104	672 Adrian O'Connell	M35-39	00:31:24	00:01:52	01:21:24	00:01:28	00:52:54	02:49:00
105	511 Team WCW Gearoid Hynes	R	00:43:09	00:00:56	01:17:36	00:01:04	00:46:23	02:49:06
106	540 James Murphy	M45-49 Galway TC	00:33:45	00:01:31	01:22:10	00:02:00	00:50:03	02:49:28
107	651 Fergal Lydon	M35-39	00:29:09	00:01:03	01:25:35	00:00:27	00:53:39	02:49:51
108	576 Philip Manuel	M25-29 Limerick Tri Club	00:37:02	00:00:53	01:18:57	00:01:06	00:51:57	02:49:53
109	597 David Meagher	M45-49 Nenagh Tri Club	00:27:42	00:01:49	01:23:46	00:01:27	00:55:24	02:50:05
110	505 Team The Ogham Brew Trinity	R	00:27:53	00:00:39	01:22:19	00:01:12	00:58:06	02:50:07
111	763 Team Tri Cappa	R	00:25:02	00:00:48	01:28:33	00:01:03	00:55:24	02:50:49
112	612 Brian Diskin	M25-29	00:26:18	00:02:28	01:26:04	00:01:33	00:54:29	02:50:51
113	675 Paul Murray	M35-39	00:26:43	00:01:22	01:27:13	00:01:34	00:54:01	02:50:51
114	724 Tony Daley	M45-49 Predator Tri Club	00:29:27	00:01:38	01:23:04	00:02:28	00:54:38	02:51:13
115	542 Andrew Connaire	M30-34 Galway Tri Club	00:27:07	00:03:06	01:24:51	00:01:46	00:54:59	02:51:47
116	730 Paul Moran	M30-34 Predator Tri Club	00:29:28	00:01:55	01:21:17	00:01:25	00:57:46	02:51:48
117	529 Paul Lyons	M40-44 Belpark TC	00:31:51	00:01:48	01:22:55	00:01:32	00:53:47	02:51:51
118	548 Clíodhna Uí Ruáín	F30-34 Galway Tri Club	00:26:48	00:01:54	01:25:42	00:01:44	00:55:59	02:52:04
119	743 Trish Nicholls	F50-54 Trilogly TC	00:26:52	00:01:08	01:28:14	00:01:30	00:54:38	02:52:19
120	687 James Brown	M30-34	00:27:20	00:02:00	01:25:47	00:01:26	00:55:56	02:52:28
121	551 Kieran Whyte	M45-49 Galway Tri Club	00:31:46	00:02:07	01:28:25	00:01:12	00:49:45	02:53:13
122	623 Kevin Lynch	M35-39	00:28:40	00:04:09	01:25:06	00:01:43	00:54:20	02:53:56
123	745 Eimear Matthews	F45-49 Trilogly TC	00:28:26	00:02:02	01:30:31	00:01:21	00:51:44	02:54:02
124	729 Aonghus Mcguinness	M40-44 Predator Tri Club	00:27:58	00:01:58	01:25:24	00:01:49	00:57:01	02:54:08
125	595 Nichlos Mc Cabe	M55-60 Midland Tri Club	00:39:01	00:02:10	01:20:31	00:01:38	00:51:11	02:54:29
126	624 Shane O'Connor	M30-34	00:26:49	00:02:33	01:27:45	00:01:39	00:55:53	02:54:38
127	760 Fusion 2010	R	00:27:42	00:00:54	01:28:42	00:01:50	00:55:42	02:54:47
128	588 Jp O'Brien	M30-34 Midland Tri Club	00:23:57	00:01:11	01:41:35	00:02:34	00:45:34	02:54:49
129	613 Sharon Walsh	F40-44	00:26:23	00:02:29	01:29:03	00:02:05	00:55:52	02:55:50
130	522 Dermot Carter	M35-39 3D Tri Club	00:40:22	00:02:01	01:20:12	00:01:39	00:51:59	02:56:11
131	752 Noel O'Reilly	M40-44 Trilogly Tri Club	00:35:40	00:01:44	01:23:26	00:01:22	00:54:21	02:56:31

132	587	Breda Daly	F35-39	Midland Tri Club	00:29:42	00:01:21	01:26:49	00:01:14	00:57:37	02:56:41
133	742	Sinead Wearen	F30-34	Trilogy TC	00:32:58	00:01:17	01:21:31	00:01:25	00:59:35	02:56:44
134	652	Alan Gavin	M35-39		00:27:29	00:02:35	01:26:17	00:00:39	00:59:48	02:56:46
135	626	Patrick Brennan	M40-44		00:34:27	00:02:03	01:23:39	00:01:37	00:55:09	02:56:53
136	604	Michael Spillane	M40-44		00:23:07	00:03:02	01:33:03	00:02:27	00:55:19	02:56:55
137	543	Aileen Waldron	F25-29	Galway Tri Club	00:32:06	00:02:45	01:34:33	00:00:54	00:46:40	02:56:56
138	691	Colm Daly	M55-60		00:26:30	00:01:29	01:27:24	00:01:36	01:00:02	02:56:58
139	519	Eamonn Cooke	M40-44	3 Rock Tri	00:36:28	00:01:56	01:22:05	00:01:51	00:54:51	02:57:10
140	710	Aoife Logan	F30-34	North West Tri Club	00:25:59	00:01:50	01:27:24	00:01:24	01:01:03	02:57:38
141	636	Eoin Mcdonagh	M35-39		00:26:23	00:01:07	01:30:02	00:01:29	00:58:46	02:57:44
142	591	Sarah Mescall	F20-24	Midland Tri Club	00:26:26	00:01:27	01:38:24	00:00:58	00:50:33	02:57:46
143	646	Kilian Dooley	M35-39		00:31:49	00:01:52	01:28:05	00:00:59	00:55:23	02:58:05
144	564	Oliver Ó Cadhla	M35-39	Kilmore Tri Club	00:28:23	00:02:08	01:27:25	00:01:36	00:58:53	02:58:24
145	557	Chris Burke	F40-44	Galway Tri Club	00:27:37	00:01:18	01:34:44	00:01:37	00:53:26	02:58:40
146	602	Padraig Mallon	M30-34	Newry Tri Club	00:23:04	00:01:58	01:25:24	00:02:14	01:06:28	02:59:06
147	713	Anne Hannan	F40-44	Olympian Tri Club	00:35:44	00:01:21	01:26:02	00:01:36	00:54:47	02:59:28
148	606	John Mongan	M35-39		00:30:00	00:02:20	01:24:48	00:03:01	00:59:37	02:59:44
149	536	Malachi Murray	M30-34	Ennis Triathlon Club	00:31:51	00:01:18	01:27:15	00:01:29	00:57:54	02:59:45
150	594	Brigid Mc Cabe	F55-60	Midland Tri Club	00:38:51	00:01:37	01:27:27	00:01:08	00:51:08	03:00:10
151	586	Eamonn Kennedy	M45-49	Liquid Motion Tri Club	00:39:48	00:02:04	01:23:55	00:01:19	00:53:25	03:00:30
152	645	Emlyn Maher	M30-34		00:39:33	00:01:31	01:29:38	00:02:14	00:49:28	03:02:22
153	735	Mary T Dawson	F40-44	Pulse Tri Club	00:31:13	00:00:55	01:33:04	00:01:04	00:56:10	03:02:25
154	670	Nick O'Connor	M40-44		00:26:30	00:02:44	01:26:47	00:03:33	01:03:32	03:03:05
155	660	Larry Swift	M30-34		00:27:14	00:02:32	01:31:26	00:01:31	01:00:40	03:03:21
156	695	John Waters	M35-39		00:36:59	00:02:05	01:26:35	00:01:30	00:56:23	03:03:29
157	699	Colin Shoebridge	M40-44		00:29:06	00:02:55	01:30:30	00:02:11	00:58:59	03:03:40
158	620	Team Oceans 3	R		00:31:59	00:00:45	01:33:55	00:01:12	00:56:18	03:04:08
159	708	Damian Carroll	M30-34		00:30:10	00:02:10	01:38:42	00:01:56	00:51:33	03:04:29
160	666	Vinnie Coyne	M40-44		00:41:05	00:02:06	01:27:25	00:01:43	00:53:07	03:05:24
161	764	Team Cappa 2	R		00:36:41	00:00:52	01:31:16	00:01:06	00:55:46	03:05:40
162	706	Vivienne Conlon	F45-49		00:28:22	00:01:44	01:27:50	00:01:43	01:06:04	03:05:41
163	562	Sarah Thornton	F35-39	Galway Tri Club	00:29:40	00:02:16	01:41:40	00:01:09	00:51:53	03:06:36
164	686	Sam Fleming	F35-39		00:26:42	00:02:19	01:28:29	00:02:12	01:06:56	03:06:36

165	525	Marguerite Galvin	F30-34	Athlone Tri Club	00:33:56	00:01:56	01:30:37	00:01:25	00:59:59	03:07:50
166	762	Team Hows She Cuttin	R		00:35:56	00:00:48	01:30:27	00:02:07	00:58:34	03:07:51
167	614	Richard West	M40-44		00:26:12	00:03:26	01:26:24	00:02:32	01:10:03	03:08:36
168	647	Kristin Riall	F20-24		00:31:49	00:01:33	01:32:19	00:01:48	01:01:15	03:08:42
169	640	Kieran Doyle	M35-39		00:32:47	00:02:33	01:36:25	00:01:06	00:56:56	03:09:45
170	667	Stephen O'Dea	M35-39		00:33:51	00:01:35	01:28:14	00:01:53	01:05:10	03:10:41
171	621	Eoin Cleary	M30-34		00:29:20	00:02:43	01:35:39	00:01:43	01:01:27	03:10:50
172	678	Fergal Macken	M35-39		00:40:49	00:02:50	01:31:37	00:02:59	00:52:51	03:11:04
173	552	Shirley Potter	F30-34	Galway Tri Club	00:40:34	00:02:09	01:29:26	00:01:51	00:57:28	03:11:26
174	550	Susan Redmond	F30-34	Galway Tri Club	00:38:50	00:01:27	01:34:23	00:01:27	00:55:58	03:12:02
175	638	Paul Ryan	M35-39		00:30:45	00:02:21	01:30:16	00:02:03	01:07:07	03:12:30
176	671	Dylan Macaulay	M45-49		00:37:40	00:02:01	01:26:08	00:01:46	01:05:15	03:12:47
177	741	Maja Dyson	F35-39	Tri An Mhi Tri Club	00:26:42	00:02:37	01:34:13	00:02:08	01:07:26	03:13:04
178	641	Mark Keating	M35-39		00:32:49	00:03:51	01:35:32	00:02:38	01:01:01	03:15:49
179	689	Cian Mcguinness	M35-39		00:41:31	00:03:02	01:32:48	00:01:15	00:57:28	03:16:02
180	684	Denis Martin	M50-54		00:28:13	00:02:06	01:39:29	00:02:04	01:05:51	03:17:42
181	566	Niamh Yelverton	F45-49	Limerick Tri Club	00:29:37	00:01:39	01:39:19	00:01:33	01:08:17	03:20:22
182	538	Miriam Byrne	F35-39	Ennis Triathlon Club	00:36:07	00:02:28	01:39:55	00:01:29	01:01:58	03:21:55
183	547	Catherine Dufficy	F30-34	Galway Tri Club	00:39:11	00:03:09	01:43:49	00:01:52	00:56:29	03:24:28
184	611	Andrew Butler	M40-44		00:42:16	00:02:54	01:34:57	00:02:01	01:04:51	03:26:56
185	732	Sinead O'Brien	F35-39	Pulse Tri Club	00:29:23	00:02:35	01:42:26	00:01:48	01:11:03	03:27:13
186	649	Simon Boote	M35-39		00:31:56	00:02:49	01:47:44	00:01:19	01:03:31	03:27:18