

Results are Provisional until confirmed, Full Results on [www.coretiming.ie](http://www.coretiming.ie)

Ra	Bi	Nam	Last	Se	Age	Club	Time	Swim	Po	T1	Cycle	Po	Km	T2	Lap 1	Lap 2	Lap 3	Run	Po	Gap	Finish
----	----	-----	------	----	-----	------	------	------	----	----	-------	----	----	----	-------	-------	-------	-----	----	-----	--------

# Sligo Standard Distance NS

1.	31	Niall	Cornyn	m	M25-2		00:25:52	2.	00:00:40	00:59:37	1.	40,2	00:00:10	00:06:55	00:11:13	00:11:09	00:33:59	1.	-	<b>02:00:20</b>	
2.	51	Stephe	Donnelly	m	M35-3	Liquid Motion TC	00:27:50	7.	00:00:39	01:00:23	2.	39,7	00:00:16	00:07:21	00:12:11	00:12:06	00:36:36	3.	+5:27	<b>02:05:48</b>	
3.	82	James	Graham	m	M35-3	Peninsula TC	00:00:33	00:29:43	13.	00:01:14	01:00:47	3.	39,4	00:00:36	00:07:09	00:12:11	00:11:46	00:36:20	2.	+8:21	<b>02:08:41</b>
4.	16	conor	mullany	m	M20-2	Tried & Tested	00:27:46	6.	00:01:11	01:05:46	9.	36,4	00:00:40	00:07:34	00:12:03	00:12:16	00:36:52	4.	+11:57	<b>02:12:18</b>	
5.	60	Shane	Dunne	m	M20-2	Liquid Motion TC	00:24:33	1.	00:00:40	01:05:01	7.	36,9	00:00:15	00:08:50	00:13:43	00:14:24	00:42:20	21.	+12:30	<b>02:12:51</b>	
6.	22	Ruadh	Geraght	m	M45-4		00:00:24	00:29:50	14.	00:01:00	01:02:16	4.	38,5	00:01:05	00:07:56	00:12:54	00:12:52	00:39:12	11.	+13:04	<b>02:13:25</b>
7.	16	Emmet	Mullan	m	M25-2	Northwest TC	00:00:11	00:26:27	4.	00:00:53	01:07:12	14.	35,7	00:00:31	00:07:46	00:12:38	00:13:02	00:38:34	7.	+13:18	<b>02:13:38</b>
8.	17	Emma	O'Brien	f	F20-2	Wicklow TC	00:25:59	3.	00:00:51	01:09:23	25.	34,5	00:00:34	00:07:49	00:12:20	00:12:36	00:37:40	6.	+14:08	<b>02:14:29</b>	
9.	10	Conor	Maguire	m	M25-2	Omagh TC	00:29:59	15.	00:01:13	01:05:58	10.	36,3	00:00:22	00:07:36	00:12:27	00:12:22	00:37:35	5.	+14:48	<b>02:15:09</b>	
10.	19	Brian	Sexton	m	M45-4		00:00:22	00:32:10	27.	00:01:33	01:04:19	5.	37,3	00:00:32	00:07:40	00:13:31	00:12:48	00:39:25	12.	+17:40	<b>02:18:01</b>
11.	15	Peter	Morrison	m	M45-4		00:00:19	00:32:41	35.	00:01:14	01:04:31	6.	37,1	00:00:34	00:08:00	00:12:49	00:12:52	00:39:07	8.	+17:49	<b>02:18:10</b>
12.	19	Stephe	Rowan	m	M30-3	Pulse TC	00:00:16	00:31:15	23.	00:01:21	01:05:32	8.	36,6	00:00:51	00:08:07	00:12:37	00:13:09	00:39:09	10.	+17:49	<b>02:18:10</b>
13.	76	Heathe	Foley	f	F40-4		00:28:28	10.	00:00:43	01:08:27	21.	35,0	00:00:35	00:08:23	00:13:24	00:13:23	00:41:09	17.	+19:03	<b>02:19:24</b>	
14.	20	Brian	Stanley	m	M30-3	Piranha TC	00:00:12	00:31:04	22.	00:01:15	01:07:01	13.	35,8	00:01:15	00:07:51	00:12:50	00:12:58	00:39:09	9.	+19:25	<b>02:19:46</b>
15.	19	Conal	Sexton	m	M45-4		00:00:44	00:32:15	31.	00:01:44	01:09:05	23.	34,7	00:01:02	00:07:49	00:13:02	00:13:04	00:39:29	13.	+23:17	<b>02:23:37</b>
16.	12	Shane	Mc Nulty	m	M45-4	247 TriathlonClub	00:00:19	00:33:13	42.	00:02:02	01:07:01	12.	35,8	00:01:10	00:08:07	00:13:04	00:13:15	00:40:12	15.	+23:19	<b>02:23:40</b>
17.	22	Phil	Wood	m	M45-4	Invictus Belfast	00:00:29	00:30:42	19.	00:01:02	01:09:37	26.	34,4	00:00:41	00:08:38	00:13:35	00:13:52	00:41:52	19.	+23:35	<b>02:23:56</b>
18.	6	David	Boyle	m	M30-3	Newry Triathlon	00:00:51	00:33:38	46.	00:01:14	01:09:39	27.	34,4	00:00:36	00:08:14	00:13:10	00:13:08	00:40:04	14.	+24:53	<b>02:25:13</b>
19.	18	Adriele	PRINA-	m	M50-5	Belpark Triathlon	00:00:26	00:32:27	32.	00:01:51	01:08:47	22.	34,8	00:01:21	00:08:51	00:13:10	00:13:30	00:41:02	16.	+25:09	<b>02:25:30</b>
20.	13	Kevin	McDonn	m	M25-2		00:00:09	00:31:20	24.	00:01:27	01:08:05	19.	35,2	00:00:50	00:09:23	00:14:14	00:14:51	00:44:06	24.	+25:29	<b>02:25:50</b>
21.	21	Shaun	Teeling	m	M30-3	Setanta Triathlon	00:01:36	00:30:36	18.	00:02:21	01:07:35	15.	35,5	00:01:07	00:09:15	00:14:42	00:14:47	00:44:45	28.	+26:04	<b>02:26:25</b>
22.	24	Eric	Clonan	m	M25-2	Piranha TC	00:00:11	00:30:27	16.	00:00:53	01:08:04	18.	35,2	00:01:57	00:08:44	00:15:53	00:14:21	00:45:12	29.	+26:14	<b>02:26:35</b>
23.	13	Mark	McGiver	m	M45-4	Newry Triathlon	00:32:59	40.	00:01:02	01:06:44	11.	35,9	00:00:50	00:09:14	00:15:18	00:14:58	00:45:49	34.	+27:06	<b>02:27:27</b>	
24.	14	Michae	Megaw	m	M30-3	Armagh	00:00:33	00:29:24	12.	00:01:05	01:12:46	33.	32,9	00:00:35	00:09:43	00:14:54	00:15:31	00:46:06	37.	+29:36	<b>02:29:57</b>
25.	19	Gerard	Ryan	m	M45-4	Naas TC	00:01:59	00:35:28	66.	00:01:16	01:09:15	24.	34,6	00:00:42	00:08:52	00:14:54	00:14:30	00:44:15	26.	+30:36	<b>02:30:57</b>
26.	21	Mark	Thomps	m	M35-3	Tri Limits TC	00:00:50	00:35:50	72.	00:03:40	01:07:35	16.	35,5	00:00:43	00:09:01	00:14:33	00:14:50	00:44:26	27.	+31:56	<b>02:32:17</b>
27.	12	Peter	Mc	m	M55-5	Newry Triathlon	00:01:02	00:33:14	43.	00:02:00	01:11:03	28.	33,7	00:00:49	00:09:18	00:15:07	00:15:02	00:45:36	32.	+32:23	<b>02:32:43</b>
28.	16	Gregor	Murphy	m	M40-4	Cuilcagh TC	00:01:38	00:35:18	65.	00:02:07	01:13:25	36.	32,6	00:01:10	00:08:24	00:13:31	00:13:43	00:41:12	18.	+32:54	<b>02:33:14</b>
29.	48	Patrick	Doherty	m	M45-4	247 TriathlonClub	00:01:00	00:33:49	49.	00:01:22	01:11:23	29.	33,6	00:01:20	00:09:25	00:15:21	00:15:07	00:46:05	36.	+33:41	<b>02:34:02</b>
30.	12	William	McBride	m	M20-2	TUNA TC	00:02:37	00:42:30	127	00:01:10	01:07:53	17.	35,3	00:00:31	00:08:44	00:13:52	00:13:58	00:42:02	20.	+33:47	<b>02:34:08</b>
31.	57	Eoin	Doyle	m	M30-3	Limerick TC	00:01:57	00:32:43	38.	00:01:26	01:14:11	39.	32,3	00:00:44	00:09:24	00:14:42	00:15:11	00:45:15	30.	+34:00	<b>02:34:20</b>
32.	15	Mark	Miskelly	m	M45-4	TUNA TC	00:00:44	00:32:15	30.	00:00:59	01:15:06	45.	31,9	00:00:34	00:09:40	00:14:54	00:15:18	00:45:46	33.	+34:21	<b>02:34:42</b>
33.	20	Tom	Soden	m	M30-3	Wicklow TC	00:00:11	00:30:44	20.	00:01:20	01:11:26	30.	33,5	00:01:05	00:10:07	00:16:34	00:17:22	00:50:19	73.	+34:36	<b>02:34:56</b>
34.	96	Trevor	Hunter	m	M60	Sligo Tri Club	00:00:41	00:34:12	52.	00:01:38	01:14:12	40.	32,3	00:00:34	00:09:18	00:15:27	00:15:23	00:46:29	41.	+36:46	<b>02:37:06</b>
35.	21	Sam	Uprichar	m	M45-4	TUNA TC	00:00:48	00:34:54	61.	00:00:59	01:13:00	34.	32,8	00:00:30	00:10:05	00:15:51	00:16:12	00:48:32	58.	+37:37	<b>02:37:58</b>

Ra	Bi	Nam	Last	Se	Age	Club	Time	Swim	Po	T1	Cycle	Po	Km	T2	Lap 1	Lap 2	Lap 3	Run	Po	Gap	Finish
36.	3	Johnny	Betts	m	M40-4	Lisburn TC	00:00:29	00:35:28	67.	00:01:36	01:12:30	32.	33,1	00:01:03	00:09:12	00:16:08	00:15:43	00:47:28	48.	+37:46	<b>02:38:07</b>
37.	16	Matt	Mullan	m	M25-2		00:02:20	00:34:12	53.	00:03:28	01:13:26	37.	32,6	00:00:40	00:09:51	00:15:02	00:15:37	00:46:38	43.	+38:05	<b>02:38:26</b>
38.	22	William	Little	m	M35-3	Lough Key TC	00:00:42	00:35:34	70.	00:02:29	01:08:12	20.	35,1	00:01:19	00:11:23	00:16:12	00:17:13	00:51:45	89.	+38:59	<b>02:39:20</b>
39.	10	Yvonn	Loughra	f	F35-3	Newry Triathlon	00:00:49	00:31:48	25.	00:01:27	01:16:54	55.	31,2	00:00:30	00:09:53	00:16:11	00:16:09	00:48:45	61.	+39:07	<b>02:39:28</b>
40.	22	Zoe	Davis	f	F30-3			00:28:12	9.	00:01:18	01:17:27	59.	30,9	00:00:37	00:10:45	00:17:39	00:17:33	00:53:04	102	+40:20	<b>02:40:41</b>
41.	21	Lorna	Tate	f	F25-2	Naas TC	00:00:37	00:33:19	44.	00:01:20	01:18:30	65.	30,5	00:00:39	00:09:30	00:15:45	00:15:37	00:47:08	47.	+40:37	<b>02:40:58</b>
42.	10	Pat	Linehan	m	M55-5	Piranha TC	00:00:41	00:35:32	69.	00:01:50	01:13:17	35.	32,7	00:01:05	00:09:55	00:16:23	00:16:08	00:49:17	67.	+40:42	<b>02:41:03</b>
43.	18	Glen	Pollock	m	M55-5	Olympian	00:00:25	00:33:42	48.	00:01:22	01:16:29	53.	31,3	00:00:37	00:09:52	00:16:06	00:16:32	00:48:55	62.	+40:46	<b>02:41:07</b>
44.	13	Niall	Mccabe	m	M50-5		00:01:35	00:38:24	98.	00:01:30	01:14:18	41.	32,2	00:00:44	00:09:07	00:15:01	00:15:02	00:46:21	40.	+40:58	<b>02:41:19</b>
45.	18	Paul	O'Conno	m	M30-3	Liquid Motion TC	00:00:39	00:35:54	73.	00:02:02	01:19:08	73.	30,3	00:01:01	00:09:09	00:14:00	00:14:27	00:43:24	22.	+41:09	<b>02:41:30</b>
46.	80	Brenda	Glynn	m	M30-3		00:02:00	00:32:32	34.	00:01:39	01:19:07	72.	30,3	00:00:53	00:09:46	00:15:49	00:15:49	00:47:32	50.	+41:23	<b>02:41:43</b>
47.	12	Oran	Mcaleer	m	M16-1	Omagh TC	00:02:21	00:34:56	62.	00:01:20	01:14:59	43.	32,0	00:00:38	00:10:02	00:17:00	00:16:56	00:50:12	72.	+41:46	<b>02:42:07</b>
48.	65	Owen	Falconer	m	M45-4	Omagh TC	00:02:24	00:35:35	71.	00:01:58	01:15:20	47.	31,8	00:00:42	00:09:51	00:16:19	00:16:33	00:49:13	66.	+42:29	<b>02:42:50</b>
49.	17	Owen	Nolan	m	M35-3	Castlebar Tri club	00:01:18	00:30:33	17.	00:01:43	01:20:35	86.	29,7	00:00:34	00:10:13	00:16:24	00:16:34	00:49:37	69.	+42:42	<b>02:43:03</b>
50.	18	Patrick	Carey	m	M30-3	Belpark Triathlon	00:01:23	00:32:46	39.	00:03:58	01:17:21	58.	31,0	00:02:08	00:08:51	00:15:46	00:16:04	00:46:58	45.	+42:53	<b>02:43:14</b>
51.	12	Shane	Mc gale	m	M50-5	Omagh TC	00:00:57	00:32:13	29.	00:01:41	01:22:04	92.	29,2	00:00:54	00:09:18	00:16:02	00:16:02	00:47:30	49.	+44:02	<b>02:44:22</b>
52.	23	Domini	Clarke	m	M55-5	Armagh	00:00:43	00:35:12	64.	00:01:28	01:19:53	80.	30,0	00:01:25	00:09:40	00:15:11	00:15:40	00:46:42	44.	+44:21	<b>02:44:42</b>
53.	17	Paul	O' Hare	m	M45-4	Sligo Tri Club	00:00:54	00:31:59	26.	00:02:21	01:14:43	42.	32,1	00:00:16	00:11:01	00:18:27	00:18:04	00:55:23	114	+44:24	<b>02:44:45</b>
54.	20	Max	Cathala	m	M50-5	Belpark Triathlon	00:00:56	00:38:38	101	00:02:17	01:17:41	62.	30,8	00:01:57	00:09:19	00:14:21	00:14:42	00:44:13	25.	+44:29	<b>02:44:49</b>
55.	17	Fiona	Nelson	f	F25-2	Piranha TC	00:00:16	00:30:48	21.	00:02:20	01:20:54	87.	29,6	00:01:47	00:10:50	00:15:41	00:16:14	00:49:02	64.	+44:33	<b>02:44:54</b>
56.	18	Michae	Rodgers	m	M50-5		00:01:43	00:34:09	51.	00:01:57	01:17:33	60.	30,9	00:00:58	00:10:12	00:16:36	00:16:51	00:50:19	74.	+44:37	<b>02:44:58</b>
57.	1	Shelle	Atkins	f	F45-4	Wexford TC	00:00:53	00:36:59	84.	00:02:12	01:17:58	64.	30,7	00:01:14	00:09:43	00:15:21	00:15:46	00:47:01	46.	+45:05	<b>02:45:25</b>
58.	95	Gary	Humes	m	M55-5	Peninsula TC	00:02:06	00:42:47	132	00:01:24	01:11:44	31.	33,4	00:00:28	00:10:03	00:16:21	00:16:37	00:49:31	68.	+45:35	<b>02:45:55</b>
59.	20	Laoigh	Styles	f	F30-3	Athlone TC	00:02:58	00:35:28	68.	00:02:30	01:18:43	67.	30,4	00:00:55	00:10:02	00:15:43	00:16:05	00:48:22	56.	+45:39	<b>02:46:00</b>
60.	16	Gary	Morton	m	M45-4	Setanta Triathlon	00:01:11			00:00:00	13:54:53	171	2,8	00:01:20	00:10:06	00:17:26	00:17:26	00:51:51	91.	+46:33	<b>02:46:54</b>
61.	44	Sean	Doherty	m	M35-3	Brown Shoes TC	00:01:40	00:33:41	47.	00:02:01	01:24:19	104	28,4	00:01:04	00:09:12	00:14:56	00:15:07	00:45:50	35.	+46:36	<b>02:46:57</b>
62.	58	Marie	Duffy	f	F35-3	3D Triathlon Club	00:00:09	00:29:13	11.	00:01:46	01:23:19	98.	28,8	00:00:44	00:10:09	00:17:35	00:16:57	00:51:56	92.	+46:40	<b>02:47:01</b>
63.	14	Alan	McGow	m	M35-3	Sligo Tri Club	00:02:02	00:32:42	37.	00:04:07	01:19:32	77.	30,1	00:01:44	00:10:08	00:15:53	00:16:25	00:48:57	63.	+46:42	<b>02:47:03</b>
64.	13	Darryn	McDowe	m	M45-4	Lough Key TC	00:00:46	00:33:09	41.	00:03:57	01:16:36	54.	31,3	00:02:10	00:10:11	00:17:11	00:16:42	00:51:31	83.	+47:04	<b>02:47:25</b>
65.	17	Hugo	Naysmit	m	M25-2	Castlebar Tri club	00:01:15	00:34:07	50.	00:01:21	01:24:50	112	28,2	00:00:39	00:09:08	00:15:38	00:15:29	00:46:30	42.	+47:09	<b>02:47:30</b>
66.	11	Dan	Mc	m	M55-5	Wicklow TC	00:00:35	00:33:30	45.	00:03:02	01:17:36	61.	30,9	00:02:13	00:09:52	00:17:05	00:16:56	00:51:07	80.	+47:10	<b>02:47:31</b>
67.	20	ADAM	STOCK	m	M25-2	Cuilcagh TC	00:01:41	00:46:09	148	00:02:03	01:15:26	49.	31,8	00:00:42	00:08:35	00:14:34	00:14:37	00:43:54	23.	+47:54	<b>02:48:15</b>
68.	54	Thoma	Downey	m	M50-5	Cuilcagh TC	00:01:40	00:45:41	147	00:01:12	01:15:20	48.	31,8	00:00:43	00:09:06	00:14:57	00:15:15	00:45:18	31.	+47:56	<b>02:48:16</b>
69.	20	Paraig	Smith	m	M55-5	Virginia Triathlon	00:02:35	00:38:43	103	00:01:47	01:15:07	46.	31,9	00:00:16	00:10:33	00:17:26	00:17:32	00:52:51	98.	+48:25	<b>02:48:45</b>
70.	42	Garrett	Doherty	m	M40-4	247 TriathlonClub	00:01:55	00:36:25	81.	00:01:08	01:21:42	90.	29,3	00:00:53	00:09:37	00:16:36	00:16:09	00:49:02	65.	+48:51	<b>02:49:11</b>
71.	29	Brenda	Condon	m	M30-3		00:00:38	00:35:01	63.	00:01:58	01:24:31	109	28,3	00:00:44	00:09:43	00:15:38	00:15:55	00:47:33	51.	+49:29	<b>02:49:50</b>
72.	88	Luis	Hernánd	m	M35-3	Piranha TC	00:00:09	00:27:33	5.	00:01:55	01:23:16	97.	28,8	00:00:40	00:11:10	00:19:39	00:18:47	00:56:36	125	+49:41	<b>02:50:02</b>
73.	21	Niall	Walsh	m	M40-4	Sligo Tri Club	00:02:01	00:37:22	87.	00:02:10	01:19:34	78.	30,1	00:00:57	00:10:17	00:16:11	00:16:58	00:49:57	71.	+49:42	<b>02:50:03</b>
74.	14	Conor	Mclaugh	m	M35-3	Strabane	00:02:08	00:39:51	108	00:01:46	01:19:32	76.	30,1	00:01:22	00:10:03	00:15:34	00:15:59	00:47:56	54.	+50:08	<b>02:50:29</b>
75.	10	Ian	Browne	m	M40-4		00:03:09	00:38:38	100	00:03:57	01:14:09	38.	32,3	00:01:20	00:09:37	00:18:03	00:18:37	00:52:51	99.	+50:36	<b>02:50:57</b>
76.	87	Harriet	Henders	f	F30-3	247 TriathlonClub	00:00:37	00:37:57	95.	00:01:29	01:18:49	68.	30,4	00:01:15	00:10:50	00:16:44	00:17:27	00:51:44	87.	+50:55	<b>02:51:16</b>

**Sligo Triathlon 22**



Ra	Bi	Nam	Last	Se	Age	Club	Time	Swim	Po	T1	Cycle	Po	Km	T2	Lap 1	Lap 2	Lap 3	Run	Po	Gap	Finish
77.	49	Michae	Donlon	m	M40-4		00:03:10	00:39:00	105	00:03:32	01:19:21	75.	30,2	00:01:35	00:09:54	00:15:34	00:15:59	00:47:53	53.	+51:03	<b>02:51:24</b>
78.	13	Paul	Mcgee	m	M45-4	MSC Tri	00:02:33			00:00:00	14:00:25	172	2,8	00:02:21	00:09:58	00:17:17	00:17:04	00:51:22	81.	+51:14	<b>02:51:35</b>
79.	22	Joe	Clarke	m	M35-3	Strabane	00:02:08	00:35:55	76.	00:01:38	01:17:56	63.	30,7	00:00:56	00:11:45	00:17:56	00:19:25	00:55:42	116	+51:48	<b>02:52:09</b>
80.	11	Phillip	Mc	m	M45-4	Liquid Motion TC	00:01:37	00:39:25	106	00:02:02	01:23:47	101	28,6	00:00:46	00:09:41	00:15:03	00:15:28	00:46:12	39.	+51:54	<b>02:52:14</b>
81.	71	Patrick	Finan	m	M45-4		00:01:18	00:36:20	79.	00:04:05	01:18:40	66.	30,5	00:01:38	00:09:52	00:17:02	00:16:38	00:51:45	88.	+52:10	<b>02:52:30</b>
82.	13	Padrai	McDerm	m	M45-4	Omagh TC	00:00:59	00:37:19	85.	00:02:33	01:21:12	88.	29,5	00:01:00	00:10:25	00:16:16	00:16:57	00:50:58	79.	+52:42	<b>02:53:03</b>
83.	33	Lynett	Costello	f	F45-4	Athlone TC	00:01:16	00:34:22	55.	00:01:15	01:19:58	82.	30,0	00:00:29	00:11:59	00:18:41	00:18:54	00:57:02	129	+52:47	<b>02:53:08</b>
84.	70	Aiden	Fields	m	M50-5		00:01:20	00:41:04	116	00:02:31	01:15:47	51.	31,6	00:01:41	00:11:18	00:16:43	00:17:44	00:52:25	95.	+53:09	<b>02:53:30</b>
85.	16	Georg	Mullan		Relay		00:01:34	00:37:25	89.	00:01:58	01:19:53	81.	30,0	00:01:07	00:11:02	00:17:31	00:17:45	00:53:39	105	+53:43	<b>02:54:04</b>
86.	32	Barry	Cosgrov	m	M45-4	Sligo Tri Club	00:00:29	00:34:16	54.	00:02:34	01:22:05	93.	29,2	00:01:34	00:11:33	00:17:38	00:18:14	00:54:30	109	+54:40	<b>02:55:00</b>
87.	11	Orla	Mc	f	F55-5	Wicklow TC	00:01:38	00:34:49	59.	00:01:52	01:20:01	84.	29,9	00:01:25	00:11:49	00:18:34	00:18:48	00:56:53	127	+54:41	<b>02:55:02</b>
88.	41	Nuala	Devlin	f	F50-5		00:01:45	00:32:29	33.	00:01:12	01:29:43	130	26,7	00:00:49	00:11:00	00:16:23	00:17:08	00:50:56	78.	+54:50	<b>02:55:11</b>
89.	20	Donald	Smith	m	M50-5	Peninsula TC	00:02:41	00:41:41	122	00:02:50	01:20:15	85.	29,9	00:00:37	00:10:20	00:16:23	00:16:56	00:50:20	75.	+55:24	<b>02:55:44</b>
90.	18	Elizab	O'conno	f	F45-4	Pulse TC	00:01:33	00:40:52	115	00:01:31	01:17:01	56.	31,1	00:00:44	00:11:39	00:18:19	00:18:37	00:56:09	119	+55:59	<b>02:56:19</b>
91.	11	Eimear	Mathew	f	F55-5	Trilogy Triathlon	00:01:32	00:34:51	60.	00:02:20	01:26:18	120	27,8	00:01:01	00:10:45	00:17:25	00:16:55	00:52:05	93.	+56:16	<b>02:56:36</b>
92.	90	Dean	Herron	m	M35-3		00:02:45	00:37:59	96.	00:03:05	01:25:11	115	28,1	00:00:49	00:09:47	00:16:32	00:16:51	00:49:53	70.	+56:38	<b>02:56:58</b>
93.	15	Declan	Campbe	m	M35-3	Omagh TC	00:02:29	00:43:32	138	00:01:42	01:19:39	79.	30,1	00:01:42	00:09:36	00:17:10	00:17:06	00:50:29	77.	+56:46	<b>02:57:07</b>
94.	38	Sean	Curran	m	M55-5	Omagh TC	00:02:21	00:38:48	104	00:02:51	01:15:01	44.	31,9	00:00:59	00:12:21	00:19:38	00:19:58	00:59:31	139	+56:51	<b>02:57:12</b>
95.	21	Ruth	Walsh	f	F35-3	Sligo Tri Club	00:01:05	00:37:38	92.	00:01:52	01:24:08	103	28,5	00:00:42	00:11:03	00:17:25	00:17:54	00:53:12	103	+57:12	<b>02:57:33</b>
96.	39	Stephe	Daly	m	M45-4	Sligo Tri Club	00:00:24	00:34:38	58.	00:01:46	01:24:29	108	28,4	00:01:24	00:11:28	00:17:53	00:17:42	00:55:17	112	+57:15	<b>02:57:35</b>
97.	21	Ava	Whelan	f	F40-4	Belpark Triathlon	00:01:51	00:40:18	110	00:01:41	01:17:17	57.	31,0	00:00:43	00:12:11	00:18:49	00:19:46	00:58:24	136	+58:04	<b>02:58:25</b>
98.	18	Ronan	O'rourke	m	M35-3		00:02:01	00:35:54	74.	00:02:24	01:23:00	95.	28,9	00:02:28	00:11:00	00:18:33	00:18:39	00:55:18	113	+58:45	<b>02:59:06</b>
99.	19	Paula	Ryder	f	F40-4	Westport TC	00:00:47	00:32:13	28.	00:02:04	01:32:13	139	26,0	00:01:05	00:10:43	00:16:53	00:17:16	00:51:37	85.	+58:53	<b>02:59:14</b>
100.	16	James	Murphy	m	M60	Galway TC	00:02:18	00:37:21	86.	00:03:12	01:18:58	71.	30,3	00:03:37	00:11:13	00:18:16	00:18:10	00:56:06	118	+58:56	<b>02:59:17</b>
101.	14	Stephe	McHale	m	M35-3	3D Triathlon Club	00:01:13	00:37:46	94.	00:01:04	01:31:36	135	26,1	00:01:40	00:09:29	00:16:17	00:16:00	00:47:52	52.	+59:39	<b>03:00:00</b>
102.	19	Aine	Carey	f	F35-3		00:01:21	00:34:37	57.	00:01:58	01:28:31	126	27,1	00:00:37	00:10:55	00:18:23	00:18:01	00:54:29	108	+59:53	<b>03:00:14</b>
103.	2	Diego	Barros	m	M35-3		00:03:14	00:40:30	113	00:01:38	01:24:28	107	28,4	00:00:52	00:09:56	00:17:29	00:18:25	00:52:48	97.	+59:57	<b>03:00:18</b>
104.	37	Dermo	Cunning	m	M50-5	Sligo Tri Club	00:01:08	00:38:40	102	00:01:54	01:25:28	117	28,0	00:01:21	00:10:40	00:17:36	00:17:33	00:53:04	101	+60:08	<b>03:00:28</b>
105.	21	Lewis	Clarke	m	M45-4	Sligo Tri Club	00:02:57	00:51:01	162	00:01:12	01:19:58	83.	30,0	00:00:45	00:09:59	00:15:31	00:16:05	00:47:58	55.	+60:36	<b>03:00:57</b>
106.	83	Siobha	Grogan	f	F35-3		00:00:35	00:36:54	83.	00:01:21	01:31:13	134	26,3	00:00:42	00:10:44	00:16:57	00:17:20	00:51:47	90.	+61:38	<b>03:01:59</b>
107.	19	Brenda	Scanlon	m	M40-4		00:03:07	00:37:28	90.	00:03:27	01:23:22	99.	28,7	00:01:34	00:12:14	00:18:10	00:19:08	00:56:29	123	+62:00	<b>03:02:21</b>
108.	14	Chris	McParla	m	M45-4		00:02:06	00:53:50	167	00:03:06	01:16:24	52.	31,4	00:01:41	00:09:55	00:16:00	00:16:19	00:48:35	60.	+63:18	<b>03:03:39</b>
109.	28	Justin	Conaty	m	M45-4	Omagh TC	00:02:23	00:42:41	130	00:03:13	01:18:57	70.	30,3	00:01:45	00:12:15	00:18:17	00:19:42	00:57:12	131	+63:29	<b>03:03:50</b>
110.	21	Chris	Tyndall	m	M35-3	Lanesboro	00:02:05	00:37:38	93.	00:02:31	01:26:51	121	27,6	00:01:12	00:11:45	00:18:31	00:19:01	00:56:25	122	+64:19	<b>03:04:39</b>
111.	22	The Tri	The Tri		Relay	Sligo Tri Club	00:01:08	00:44:55	141	00:02:25	01:21:34	89.	29,4	00:00:45	00:11:27	00:18:23	00:18:27	00:55:48	117	+65:08	<b>03:05:29</b>
112.	12	Brian	Burke	m	M35-3	Galway TC	00:02:35	00:41:32	120	00:04:07	01:24:32	110	28,3	00:01:44	00:11:27	00:17:24	00:18:10	00:54:00	106	+65:35	<b>03:05:56</b>
113.	75	Elizab	Flynn	f	F35-3	Sligo Tri Club	00:02:51	00:42:03	126	00:02:01	01:32:08	137	26,0	00:01:21	00:09:55	00:16:05	00:15:56	00:48:22	57.	+65:36	<b>03:05:57</b>
114.	97	Alan	Hyland	m	M35-3		00:02:27	00:42:48	133	00:02:13	01:23:12	96.	28,8	00:01:17	00:12:17	00:18:18	00:19:04	00:56:40	126	+65:51	<b>03:06:12</b>
115.	36	Rachel	Cull	f	F30-3	Belpark Triathlon	00:00:01	00:35:54	75.	00:02:17	01:25:47	118	27,9	00:01:15	00:13:27	00:19:57	00:21:24	01:02:18	146	+67:12	<b>03:07:33</b>
116.	10	Scott	Kennerl	m	M45-4	Peninsula TC	00:02:50	00:42:59	135	00:01:01	01:25:18	116	28,1	00:01:58	00:10:56	00:19:06	00:18:54	00:56:17	120	+67:14	<b>03:07:35</b>
117.	17	Erica	Murray	f	F40-4	Sligo Tri Club	00:02:57	00:47:16	152	00:04:03	01:18:53	69.	30,4	00:00:38	00:11:49	00:18:40	00:19:24	00:57:26	132	+67:57	<b>03:08:17</b>

Ra	Bi	Nam	Last	Se	Age	Club	Time	Swim	Po	T1	Cycle	Po	Km	T2	Lap 1	Lap 2	Lap 3	Run	Po	Gap	Finish
118.	10	Przem	Krzywie	m	M40-4		00:01:53	00:51:06	163	00:01:15	01:26:59	122	27,5	00:00:59	00:10:08	00:15:45	00:16:32	00:48:32	59.	+68:32	03:08:53
119.	12	Dessie	McAleer	m	M55-5	Omagh TC	00:02:23	00:42:43	131	00:03:13	01:25:05	114	28,2	00:00:59	00:11:08	00:19:14	00:19:05	00:56:57	128	+68:37	03:08:58
120.	84	Lynn	Guiney	f	F50-5	Pulse TC	00:00:51	00:40:52	114	00:01:33	01:29:50	131	26,7	00:01:59	00:11:16	00:18:10	00:18:10	00:54:50	111	+68:45	03:09:06
121.	40	Sheila	Devane	f	F50-5	Sligo Tri Club	00:01:05	00:42:53	134	00:02:04	01:29:29	129	26,8	00:00:17	00:10:59	00:18:09	00:18:09	00:54:40	110	+69:05	03:09:26
122.	17	Niamh	Carey	f	F25-2		00:02:40	00:38:24	97.	00:02:24	01:30:29	133	26,5	00:00:27	00:12:42	00:18:32	00:19:31	00:58:15	134	+69:40	03:10:01
123.	15	Brian	Moore	m	M40-4	Athlone TC	00:03:02	00:36:05	77.	00:01:47	01:19:10	74.	30,3		00:16:31	00:22:15	00:24:07			+69:47	03:10:07
124.	11	Gerry	Maher	m	M55-5	Sligo Tri Club	00:02:53	00:40:02	109	00:04:24	01:24:55	113	28,2	00:01:34	00:12:20	00:19:22	00:20:00	00:59:13	137	+69:49	03:10:10
125.	92	Mairea	Holden	f	F35-3		00:02:08	00:45:00	142	00:01:21	01:21:55	91.	29,2	00:01:01	00:12:18	00:20:41	00:20:14	01:00:52	142	+69:50	03:10:11
126.	19	Jay	Ryan	m	M45-4	Sligo Tri Club	00:02:56	00:53:32	166	00:02:55	01:15:44	50.	31,6	00:01:07	00:12:22	00:18:09	00:19:02	00:57:08	130	+70:07	03:10:27
127.	8	Patrick	Brady	m	M55-5		00:02:48	00:51:26	164	00:01:50	01:23:32	100	28,7	00:01:30	00:11:01	00:16:56	00:17:32	00:52:09	94.	+70:07	03:10:28
128.	15	christin	monagh	f	F35-3	Belpark Triathlon	00:01:48	00:40:26	112	00:01:29	01:30:09	132	26,6	00:01:13	00:12:35	00:18:11	00:19:24	00:57:32	133	+70:29	03:10:50
129.	73	Ciarán	Fitzpatri	m	M40-4	Belpark Triathlon	00:01:58	00:48:21	156	00:03:34	01:26:04	119	27,8	00:01:46	00:10:42	00:16:49	00:17:14	00:51:40	86.	+71:06	03:11:27
130.	63	Conor	Eannett	m	M45-4	Omagh TC	00:02:25	00:36:12	78.	00:01:50	01:24:20	105	28,4	00:00:58	00:14:45	00:22:15	00:23:06	01:08:49	163	+71:50	03:12:11
131.	59	Stephe	Duffy	m	M25-2		00:02:53	00:48:38	157	00:04:23	01:22:45	94.	28,9	00:01:21	00:10:57	00:19:30	00:19:04	00:56:18	121	+73:07	03:13:28
132.	25	Eugen	Clonan	m	M60	Piranha TC	00:01:30	00:36:20	80.	00:02:35	01:27:09	123	27,5	00:00:52	00:14:10	00:21:21	00:22:39	01:07:04	156	+73:41	03:14:02
133.	18	Jojo	O'conno	f	F50-5	Cavan Triathlon	00:01:49	00:40:18	111	00:02:41	01:28:39	128	27,0	00:02:05	00:12:25	00:19:43	00:20:46	01:00:19	140	+73:44	03:14:04
134.	16	Kim	Campbe	f	F55-5	Peninsula TC	00:00:46	00:37:24	88.	00:02:48	01:28:32	127	27,1	00:01:25	00:13:23	00:20:44	00:21:29	01:03:54	151	+73:45	03:14:06
135.	78	Thady	Gavin	m	M30-3	Westport TC	00:01:10	00:45:01	143	00:03:18	01:33:27	142	25,6	00:00:20	00:11:28	00:17:06	00:17:36	00:52:59	100	+74:46	03:15:07
136.	20	Miriam	Staunto	f	F50-5	Pulse TC	00:01:30	00:38:33	99.	00:01:59	01:27:27	125	27,4	00:01:07	00:14:24	00:21:22	00:22:23	01:06:14	155	+75:00	03:15:21
137.	20	Eilish	Smith	f	F55-5	Cavan Triathlon	00:02:18	00:45:21	144	00:02:46	01:32:33	140	25,9	00:01:29	00:11:15	00:17:55	00:18:01	00:54:22	107	+76:13	03:16:34
138.	62	Damia	Eannett	m	M50-5	Omagh TC	00:02:43	00:46:41	151	00:02:00	01:24:26	106	28,4	00:01:56	00:12:15	00:19:54	00:21:56	01:01:35	144	+76:18	03:16:39
139.	10	Daibhi	Mac	m	M40-4		00:03:12	00:45:40	146	00:04:59	01:32:39	141	25,8	00:02:56	00:10:11	00:16:44	00:17:06	00:50:25	76.	+76:21	03:16:42
140.	10	Ray	Lohan	m	M40-4		00:03:15	01:00:29	170	00:04:19	01:24:07	102	28,5	00:02:12	00:09:09	00:15:35	00:15:13	00:46:08	38.	+76:56	03:17:16
141.	19	Peter	Ross	m	M30-3		00:03:03	00:41:26	118	00:02:41	01:24:39	111	28,3	00:01:25	00:14:29	00:21:53	00:23:25	01:07:54	159	+77:46	03:18:06
142.	18	Ann	Pollock	f	F50-5	Cuilcagh TC	00:01:22	00:34:32	56.	00:02:24	01:39:43	154	24,0	00:01:28	00:12:35	00:19:57	00:20:02	01:00:49	141	+78:38	03:18:59
143.	5	Suzan	Bogan	f	F40-4	247 TriathlonClub	00:02:30	00:41:13	117	00:01:45	01:35:31	145	25,1	00:01:59	00:12:49	00:19:10	00:19:38	00:59:25	138	+79:35	03:19:56
144.	13	Cindy	McCarthy	f	F55-5	Sligo Tri Club	00:01:09	00:44:49	140	00:03:08	01:36:51	151	24,7	00:00:41	00:12:48	00:18:38	00:19:49	00:58:21	135	+83:30	03:23:51
145.	34	Antoni	Courtne	f	F30-3	Belpark Triathlon	00:01:55	00:43:13	136	00:02:08	01:34:03	143	25,5	00:01:00	00:13:55	00:20:18	00:21:45	01:03:41	149	+83:46	03:24:06
146.	17	Ciara	O'	f	F35-3	Belpark Triathlon	00:01:51	00:41:59	124	00:02:34	01:35:35	146	25,1	00:00:32	00:13:52	00:20:18	00:21:50	01:03:30	148	+83:50	03:24:11
147.	91	Patrici	Hill	f	F40-4	Peninsula TC	00:02:51	00:42:33	128	00:02:00	01:35:23	144	25,1	00:00:41	00:13:25	00:20:48	00:21:38	01:03:41	150	+83:59	03:24:20
148.	14	Emma-	Meegan	f	F30-3		00:03:06	00:37:37	91.	00:02:00	01:36:15	149	24,9	00:01:12	00:14:24	00:22:07	00:22:17	01:08:35	161	+85:20	03:25:41
149.	16	Karen	Murphy	f	F45-4	Setanta Triathlon	00:01:11	00:45:22	145	00:06:34	01:35:54	148	25,0	00:02:38	00:10:56	00:18:52	00:18:30	00:55:41	115	+85:51	03:26:12
150.	18	John	Reilly	m	M60	Cavan Triathlon	00:01:53	00:47:55	154	00:08:57	01:32:09	138	26,0	00:01:58	00:11:16	00:18:39	00:19:07	00:56:31	124	+87:11	03:27:32
151.	12	Louise	Mc	f	F55-5	Cuilcagh TC	00:01:27	00:36:51	82.	00:02:13	01:47:11	163	22,3	00:00:33	00:12:36	00:20:15	00:20:31	01:01:02	143	+87:31	03:27:52
152.	11	Michae	Mallon	m	M70-7		00:01:14	00:41:30	119	00:03:25	01:27:18	124	27,4	00:01:05	00:15:54	00:24:23	00:25:30	01:14:56	168	+87:56	03:28:17
153.	45	Eugen	Doherty	m	M35-3		00:03:12	00:39:47	107	00:05:25	01:37:49	152	24,5	00:03:49	00:14:08	00:20:30	00:20:54	01:02:39	147	+89:10	03:29:31
154.	13	Michae	Byrne	m	M30-3		00:02:02	00:54:49	168	00:03:40	01:39:35	153	24,1	00:00:38	00:10:34	00:16:52	00:17:02	00:51:28	82.	+89:51	03:30:12
155.	21	Rui	Vieira	m	M20-2		00:02:37	00:44:25	139	00:03:44	01:35:35	147	25,1	00:01:31	00:14:22	00:20:54	00:22:48	01:05:44	153	+90:40	03:31:01
156.	35	Cathal	Coyle	m	M25-2		00:03:14	00:41:37	121	00:02:09	01:36:19	150	24,9	00:01:10	00:15:07	00:24:39	00:24:50	01:11:58	167	+92:54	03:33:14
157.	52	Jennife	Doonan	f	F50-5	Virginia Triathlon	00:02:09	02:30:00	173						00:13:47	00:20:32	00:21:32			+93:07	03:33:28
158.	17	Niall	O'	m	M30-3	Belpark Triathlon	00:01:45	00:48:14	155	00:01:54	01:49:35	165	21,8	00:01:20	00:10:50	00:17:58	00:18:10	00:53:37	104	+94:20	03:34:41

Ra	Bi	Nam	Last	Se	Age	Club	Time	Swim	Po	T1	Cycle	Po	Km	T2	Lap 1	Lap 2	Lap 3	Run	Po	Gap	Finish
159.	85	Ian	Hanna	m	M65-6	Athlone TC	00:03:06	00:46:22	149	00:03:23	01:41:43	158	23,5	00:02:34	00:13:25	00:20:06	00:21:08	01:01:56	145	+95:40	<b>03:36:01</b>
160.	67	Peter	Farquha	m	M60		00:02:04	00:49:55	158	00:01:39	01:32:01	136	26,0	00:01:21	00:15:26	00:22:55	00:24:37	01:11:52	166	+96:28	<b>03:36:49</b>
161.	26	Laura	Colhoun	f	F40-4	Omagh TC	00:02:30	00:42:02	125	00:03:35	01:48:21	164	22,1	00:01:14	00:13:23	00:21:29	00:21:59	01:05:09	152	+100:0	<b>03:40:22</b>
162.	47	Julie	Doherty	f	F45-4	Northwest TC	00:02:44	00:50:44	160	00:03:42	01:40:31	156	23,8	00:00:45	00:13:26	00:21:17	00:22:59	01:06:08	154	+101:3	<b>03:41:52</b>
163.	19	Maria	Rooney	f	F30-3	Galway TC	00:02:39	00:46:39	150	00:03:22	01:45:01	162	22,8	00:01:43	00:14:18	00:22:28	00:23:07	01:07:55	160	+104:2	<b>03:44:43</b>
164.	11	Anne	Martin	f	F55-5	Cuilcagh TC	00:01:27	00:52:10	165	00:02:52	01:40:23	155	23,9	00:01:33	00:14:53	00:20:59	00:23:11	01:07:45	158	+104:2	<b>03:44:46</b>
165.	13	Rory	McEnea	m	M30-3		00:01:02	00:55:11	169	00:05:23	01:50:53	166	21,6	00:02:18	00:11:05	00:17:21	00:18:04	00:52:42	96.	+106:0	<b>03:46:28</b>
166.	4	Jennife	Birkenh	f	F45-4	Cuilcagh TC	00:02:20	01:07:27	171	00:02:39	01:44:23	161	22,9	00:00:53	00:10:49	00:16:45	00:17:23	00:51:36	84.	+106:3	<b>03:46:59</b>
167.	10	Clodag	Kilcomm	f	F25-2	Setanta Triathlon	00:02:32	00:50:39	159	00:02:59	01:43:56	160	23,0	00:01:55	00:15:14	00:21:25	00:24:07	01:08:37	162	+107:4	<b>03:48:09</b>
168.	74	Johnny	Flood	m	M30-3		00:02:48	00:42:40	129	00:03:01	01:42:37	159	23,3	00:01:56	00:16:21	00:26:06	00:26:34	01:18:39	169	+108:3	<b>03:48:54</b>
169.	89	June	Heron	f	F70-7	Carlow TC	00:02:45	00:43:20	137	00:05:22	01:53:50	167	21,0	00:01:03	00:15:37	00:22:40	00:25:03	01:11:30	164	+114:4	<b>03:55:07</b>
170.	22	Vanes	Scanlon	f	F35-3	Sligo Tri Club	00:02:52	00:41:47	123	00:03:44	01:58:03	169	20,3	00:00:44	00:15:34	00:23:02	00:24:32	01:11:31	165	+115:3	<b>03:55:52</b>
171.	13	Kim	McCourt	f	F35-3	Templemore	00:03:07	00:47:23	153	00:01:58	02:00:21	170	19,9	00:01:40	00:13:12	00:20:41	00:25:17	01:07:14	157	+118:1	<b>03:58:38</b>
172.	77	Mairea	Gallagh	f	F30-3	Galway TC	00:02:39	00:50:54	161	00:02:33	01:41:30	157	23,6	00:01:17	00:18:44	00:28:50	00:30:33	01:28:28	171	+124:2	<b>04:04:44</b>
173.	81	Helen	Gormley	f	F50-5	Lough Key TC	00:02:15	01:08:51	172	00:03:48	01:56:21	168	20,6	00:02:30	00:17:53	00:27:55	00:29:15	01:25:37	170	+156:4	<b>04:37:08</b>
DNF	9	Ciara	Brady	f	F20-2		00:02:14	00:32:42	36.	00:01:42											<b>04:17:15</b>
DNF	93	Michae	Holland	m	M35-3			00:27:54	8.	00:01:20											<b>04:19:19</b>

Number of records: 175