

Ballina Coleman Salmon Run 2016

Results are Provisional until confirmed, Full Results on www.coretiming.ie

Rank	Bib	Name	AGE GROUP	Swim	T1	Cycle	T2	Run	FINISH Time
Triathlon Sprint									
1.	85	Eamon McAndrew	M40-44	00:08:07	00:00:43	00:33:41	00:00:34	00:17:05	01:00:13
2.	4	Peter Tuohy	M30-34	00:07:34	00:00:52	00:32:20	00:00:32	00:19:30	01:00:50
3.	87	Eamonn Staunton	M30-34	00:08:08	00:00:43	00:33:58	00:00:34	00:17:27	01:00:52
4.	99	Jonathan Rowland	M30-34	00:08:20	00:00:49	00:32:36	00:00:34	00:19:42	01:02:03
5.	125	Raymond Byrne	M25-29	00:07:56	00:00:53	00:34:34	00:00:35	00:19:10	01:03:09
6.	171	N.N. Reape/carelle	Realy Male	00:09:08	00:35:18	00:00:39	00:35:13		01:03:41
7.	117	Paul Dunne	M45-49	00:08:16	00:00:54	00:31:25	00:00:43	00:22:46	01:04:07
8.	45	Aidan McMoreland	M35-39	00:09:23	00:01:00	00:34:29	00:00:32	00:18:47	01:04:13
9.	63	Cian Geraghty	M18-19	00:08:42	00:00:39	00:34:16	00:00:37	00:20:41	01:04:58
10.	27	Lorraine Carey	F35-39	00:08:36	00:00:50	00:35:27	00:00:32	00:20:08	01:05:34
11.	111	Michael Murphy	M35-39	00:09:11	00:01:11	00:33:45	00:00:57	00:21:09	01:06:15
12.	132	Shane Dunne	M18-19	00:07:00	00:00:43	00:37:03	00:00:29	00:21:19	01:06:37
13.	159	Ramrod Ramrod	Realy Male	00:08:27	00:00:44	00:35:18	00:00:38	00:21:44	01:06:52
14.	53	Barry Loftus	M35-39	00:09:26	00:01:00	00:34:21	00:00:30	00:21:59	01:07:18
15.	114	Nicolas Ireland	M50-54	00:09:14	00:35:38	00:00:50	00:34:37		01:07:33
16.	79	David Conway	M35-39	00:10:10	00:01:33	00:35:16	00:00:48	00:20:01	01:07:51
17.	73	Damien Creighton	M35-39	00:10:36	00:01:42	00:34:23	00:00:44	00:20:31	01:07:59
18.	152	Clarke's XLers Clarke's	Realy Male	00:09:43	00:00:49	00:34:04	00:00:44	00:22:49	01:08:10
19.	102	Kieran Mcmoreland	M35-39	00:09:55	00:01:10	00:35:54	00:00:39	00:20:39	01:08:20
20.	13	Christine Russell	F18-19	00:08:01	00:00:53	00:38:25	00:00:35	00:20:56	01:08:51
21.	21	Gill Edmondson	F40-44	00:09:22	00:01:10	00:36:24	00:00:46	00:21:33	01:09:17
22.	64	Ciarain Kilcullen	M30-34	00:10:20	00:01:20	00:34:28	00:00:48	00:22:33	01:09:31
23.	75	Damien Cosgrove	M45-49	00:09:21	00:01:43	00:35:59	00:01:04	00:21:35	01:09:44
24.	175	Gerard O Loughlin	M35-39	00:09:15	00:01:14	00:36:32	00:00:45	00:22:13	01:10:00
25.	172	Ciaran Maguire	M45-49	00:08:03	00:01:07	00:37:12	00:00:50	00:22:48	01:10:03
26.	62	Cian Holland	M30-34	00:07:45	00:01:21	00:38:14	00:00:47	00:22:25	01:10:34
27.	78	David Walsh	M20-24	00:10:13	00:01:00	00:35:18	00:00:47	00:23:19	01:10:38
28.	101	Ken Heffernan	M40-44	00:10:35	00:01:13	00:38:00	00:01:00	00:19:49	01:10:39
29.	160	Rapid response Rapid	Realy Male	00:09:56	00:00:43	00:38:31	00:00:35	00:21:08	01:10:55
30.	141	Tomas Lynn	M30-34	00:07:49	00:01:02	00:35:53	00:00:38	00:25:36	01:11:00
31.	97	John Mchugh	M35-39	00:09:22	00:00:56	00:37:06	00:00:47	00:23:31	01:11:44
32.	24	Joanne Flanagan	F25-29	00:08:01	00:00:47	00:37:49	00:00:37	00:24:47	01:12:04
33.	46	Aidan Flynn	M20-24	00:09:18	00:02:16	00:41:39	00:00:30	00:18:19	01:12:04
34.	158	jackie chan jackie chan	Realy Male	00:10:44	00:00:55	00:38:30	00:00:29	00:21:31	01:12:12
35.	168	N.N. Coleman	Relay Mix	00:10:24	00:00:43	00:38:47	00:00:35	00:21:41	01:12:12
36.	8	Catherine Conway	F35-39	00:09:39	00:02:34	00:39:38	00:00:46	00:19:40	01:12:18
37.	95	James O'Sullivan	M40-44	00:10:16	00:01:35	00:38:30	00:00:52	00:21:06	01:12:21
38.	71	Cornelius Marshall	M40-44	00:10:34	00:02:32	00:40:50	00:00:45	00:17:48	01:12:31
39.	164	THE CON MEN THE	Realy Male	00:09:31	00:00:44	00:38:23	00:00:36	00:23:19	01:12:34
40.	80	Declan Byrne	M55-59	00:09:51	00:01:07	00:36:42	00:00:56	00:23:59	01:12:37
41.	139	Tojo Lazzari	M25-29	00:10:23	00:03:40	00:36:31	00:01:04	00:21:02	01:12:42
42.	124	Ray Gillen	M40-44	00:10:43	00:01:19	00:39:13	00:00:48	00:20:39	01:12:43
43.	17	Colette Sweeney	F45-49	00:09:14	00:01:18	00:38:14	00:00:47	00:23:10	01:12:45
44.	58	Brendan Fergus	M25-29	00:10:35	00:39:07	00:00:47	00:01:49	00:20:40	01:13:00
45.	93	George Mullan	M50-54	00:10:55	00:37:29	00:00:58	00:01:56	00:21:57	01:13:16
46.	67	Clive Reilly	M20-24	00:10:52	00:01:29	00:38:02	00:00:59	00:21:59	01:13:24
47.	110	Michael Coyle	M30-34	00:09:01	00:01:53	00:40:54	00:00:29	00:21:29	01:13:48
48.	138	Tim Gallagher	M40-44	00:10:12	00:01:27	00:37:47	00:00:51	00:23:34	01:13:53
49.	74	Damien Doherty	M18-19	00:09:18	00:01:35	00:40:36	00:00:44	00:21:55	01:14:10

Ballina Coleman Salmon Run 2016

Rank	Bib	Name	AGE GROUP	Swim	T1	Cycle	T2	Run	FINISH Time
50.	48	Aiden O'Donnell	M30-34	00:11:28	00:01:26	00:39:03	00:01:09	00:21:09	01:14:18
51.	89	Eamonn Kennedy	M55-59	00:10:59	00:01:39	00:37:46	00:00:56	00:23:08	01:14:30
52.	49	Alan Hyland	M25-29	00:11:19	00:01:25	00:37:41	00:00:43	00:23:24	01:14:34
53.	140	Tom O flynn	M45-49	00:08:31	00:42:10	00:00:59	00:28:38		01:14:43
54.	76	David Hopkins	M45-49	00:10:37	00:01:31	00:40:25	00:00:47	00:21:29	01:14:52
55.	16	Ciara Sheridan	F30-34	00:08:11	00:01:09	00:39:28	00:00:48	00:25:18	01:14:56
56.	82	Derek Mc morrow	M40-44	00:13:13	00:01:00	00:37:42	00:00:49	00:22:13	01:14:58
57.	56	Benjamin O Hora	M20-24	00:09:59	00:01:08	00:42:58	00:00:27	00:20:33	01:15:08
58.	165	TriHards TriHards	Relay Mix	00:09:57	00:00:43	00:42:28	00:00:43	00:21:17	01:15:10
59.	37	Nicola Forde	F35-39	00:09:55	00:01:20	00:39:09	00:00:40	00:24:32	01:15:39
60.	156	Different Strokes	Relay Mix	00:08:24	00:00:54	00:42:42	00:01:02	00:22:37	01:15:40
61.	169	N.N. Duffy Carol Relay	Relay Mix	00:09:10	00:01:01	00:40:53	00:01:33	00:23:19	01:15:58
62.	23	Grainne Forde	F30-34	00:09:16	00:01:36	00:40:21	00:00:47	00:24:01	01:16:03
63.	98	John paul Kneafsey	M25-29	00:11:30	00:01:12	00:38:52	00:00:36	00:24:07	01:16:18
64.	122	Paul Carr	M25-29	00:10:14	00:01:38	00:38:03	00:00:47	00:26:12	01:16:56
65.	55	Barry Duffy	M45-49	00:09:47	00:01:14	00:40:17	00:00:55	00:25:17	01:17:31
66.	38	Noelle Doody	F35-39	00:09:45	00:01:20	00:41:12	00:01:12	00:24:43	01:18:15
67.	197	Paul Carroll		00:13:28	00:01:00	00:41:18	00:01:29	00:21:02	01:18:19
68.	167	Victorious Secret	Relay Mix	00:11:57	00:00:54	00:38:57	00:00:39	00:26:02	01:18:31
69.	100	Joseph Forde	M30-34	00:09:46	00:02:23	00:41:54	00:00:35	00:23:51	01:18:31
70.	116	Paul Mcguinness	M55-59	00:09:44	00:01:22	00:41:03	00:01:00	00:25:51	01:19:02
71.	123	Philip Mc aloon	M35-39	00:12:06	00:01:27	00:42:40	00:00:34	00:22:14	01:19:03
72.	83	Derek McLoughlin	M35-39	00:10:21	00:04:17	00:40:45	00:00:43	00:23:12	01:19:21
73.	84	Dominic Quinn	M45-49	00:12:07	00:01:36	00:39:53	00:00:46	00:25:04	01:19:27
74.	151	A Naggin & 2 A Naggin	Relay Mix	00:08:21	00:00:45	00:45:08	00:00:37	00:25:07	01:20:00
75.	11	Celine Byrne	F25-29	00:10:02	00:01:32	00:42:00	00:01:28	00:24:57	01:20:01
76.	51	Ambrose Gaughan	M45-49	00:13:13	00:02:03	00:40:43	00:01:23	00:22:43	01:20:07
77.	92	Gearoid O'connor	M30-34	00:13:22	00:02:23	00:38:41	00:00:49	00:25:18	01:20:34
78.	137	Thomas Govan	M25-29	00:09:37	00:02:55	00:43:25	00:00:31	00:24:08	01:20:38
79.	72	Damian Kelly	M40-44	00:11:31	00:01:49	00:42:26	00:00:40	00:24:17	01:20:45
80.	30	Maire Marshall	F40-44	00:10:23	00:01:55	00:41:48	00:01:28	00:25:11	01:20:47
81.	96	James Coulter	M35-39	00:12:28	00:02:03	00:41:34	00:01:05	00:23:40	01:20:52
82.	57	Boyd Gale	M55-59	00:10:30	00:02:27	00:40:42	00:01:10	00:26:36	01:21:26
83.	115	Oliver Gillen	M40-44	00:12:51	00:01:00	00:42:55	00:00:39	00:24:07	01:21:33
84.	176	N.N. Mcgrath/heneghan	Relay Mix	00:14:02	00:00:44	00:40:05	00:01:34	00:25:07	01:21:34
85.	112	Micheal Lyons	M35-39	00:10:18	00:02:08	00:44:26	00:01:07	00:24:24	01:22:24
86.	81	Declan Hughes	M40-44	00:14:34	00:02:20	00:40:43	00:00:56	00:24:01	01:22:36
87.	120	Paul Mcgrath	M45-49	00:11:54	00:01:57	00:45:22	00:00:54	00:22:27	01:22:37
88.	26	Linda Lally	F35-39	00:12:35	00:02:13	00:44:55	00:01:02	00:21:55	01:22:43
89.	50	Alan Gill	M25-29	00:12:21	00:02:08	00:45:29	00:00:56	00:21:51	01:22:47
90.	41	Reiltin Shaw	F40-44	00:10:35	00:01:41	00:47:01	00:01:07	00:22:35	01:23:00
91.	133	Steffen Ehrlich	M45-49	00:11:42	00:03:13	00:42:19	00:00:43	00:25:12	01:23:11
92.	88	Eamonn Mccafferty	M60	00:11:24	00:01:44	00:42:00	00:01:00	00:27:03	01:23:14
93.	31	Marcella Mc donnell	F45-49	00:10:39	00:02:08	00:43:38	00:00:41	00:26:35	01:23:42
94.	166	Tri-tortoise Tri-tortoise	Relay Mix	00:10:32	00:00:51	00:48:41	00:00:36	00:23:09	01:23:51
95.	150	2 Dudes & A Diva 2	Relay Mix	00:11:32	00:01:03	00:45:07	00:00:46	00:25:28	01:23:58
96.	42	Sarah Murphy	F25-29	00:09:58	00:02:03	00:42:05	00:00:56	00:28:57	01:24:02
97.	28	Louise O'Donnell	F35-39	00:11:23	00:02:36	00:44:23	00:00:41	00:24:59	01:24:05
98.	162	Team Murphy Team	Relay Mix	00:15:06	00:02:41	00:41:47	00:00:48	00:23:45	01:24:10
99.	59	Brendan Connolly	M60	00:11:55	00:02:18	00:44:12	00:01:31	00:24:26	01:24:23
100.	54	Barry Colwell	M35-39	00:13:54	00:01:00	00:44:22	00:01:12	00:23:56	01:24:26
101.	34	Natalie King	F20-24	00:06:19					01:24:31

Ballina Coleman Salmon Run 2016

Rank	Bib	Name	AGE GROUP	Swim	T1	Cycle	T2	Run	FINISH Time
102.	134	Tadhg Duffy	M40-44	00:12:31	00:03:05	00:43:41	00:01:25	00:23:54	01:24:38
103.	77	David Flannery	M45-49	00:10:27	00:01:38	00:43:56	00:01:21	00:27:36	01:25:00
104.	131	Shane Feeney	M35-39	00:10:43	00:01:55	00:44:18	00:01:07	00:26:57	01:25:02
105.	105	Louis Walsh	M60	00:12:03	00:02:59	00:43:50	00:00:43	00:25:27	01:25:05
106.	65	Ciaran Whelan	M35-39	00:11:07	00:01:58	00:44:59	00:01:02	00:25:58	01:25:07
107.	108	Martin Rafter	M40-44	00:12:27	00:01:31	00:43:30	00:01:08	00:26:43	01:25:21
108.	22	Grace Murphy	F25-29	00:10:57	00:02:07	00:43:07	00:01:07	00:28:28	01:25:49
109.	128	Sean OBoyle	M50-54	00:14:32	00:02:41	00:43:54	00:00:40	00:24:33	01:26:22
110.	161	Team christy Team	Realy Male	00:10:49	00:00:53	00:38:33	00:00:40	00:35:29	01:26:25
111.	129	Sean Carleton	M45-49	00:10:57	00:01:47	00:45:20	00:00:56	00:27:41	01:26:43
112.	12	Christine Dockery	F25-29	00:10:50	00:01:56	00:47:50	00:00:41	00:25:41	01:27:00
113.	15	Ciara Kelly	F40-44	00:10:41	00:02:11	00:48:38	00:00:38	00:24:57	01:27:08
114.	94	James Hardiman	M45-49	00:11:24	00:01:54	00:45:09	00:00:51	00:28:03	01:27:23
115.	199	Mark Jennings	M25-29	00:12:08	00:01:47	00:48:27	00:00:59	00:24:40	01:28:04
116.	130	Shane O'malley	M30-34	00:12:05	00:01:40	00:44:24	00:00:57	00:29:04	01:28:13
117.	103	Liam Neary	M40-44	00:11:40	00:02:05	00:47:36	00:01:11	00:25:52	01:28:26
118.	136	Thomas O'Donnell	M60	00:10:17	00:02:23	00:44:01	00:01:44	00:30:19	01:28:47
119.	106	Malachy McCarron	M55-59	00:10:46	00:02:29	00:48:13	00:00:51	00:27:15	01:29:37
120.	69	Conor Mccarthy	M55-59	00:11:48	00:02:26	00:45:12	00:01:26	00:28:54	01:29:48
121.	104	Lorcan Glancy	M25-29	00:11:21	00:03:43	00:48:32	00:00:35	00:25:37	01:29:51
122.	9	Catherine McCarthy	F45-49	00:12:36	00:01:41	00:49:57	00:01:44	00:24:02	01:30:01
123.	32	Marie Killeen	F45-49	00:11:12	00:02:18	00:48:34	00:00:44	00:27:20	01:30:10
124.	113	Nicholis Hartin	M45-49	00:12:40	00:02:46	00:46:10	00:01:32	00:27:09	01:30:19
125.	66	Ciaran Delaney	M60	00:11:14	00:02:36	00:46:16	00:01:50	00:29:17	01:31:15
126.	14	Ciara Delaney	F30-34	00:10:08	00:02:16	00:47:28	00:02:07	00:29:15	01:31:15
127.	7	Caitlin Woods	F50-54	00:13:20	00:02:44	00:46:20	00:01:02	00:28:39	01:32:08
128.	173	Maria Dolores	F35-39	00:12:35	00:02:38	00:47:26	00:01:13	00:28:16	01:32:09
129.	10	Catherine Coyle	F45-49	00:11:28	00:03:03	00:49:04	00:00:44	00:28:11	01:32:31
130.	170	Sarah Gaughan	M30-34	00:12:41	00:03:09	00:48:32	00:00:53	00:27:22	01:32:40
131.	18	Deirdre Donnelly	F35-39	00:10:40	00:03:28	00:50:39	00:00:47	00:27:10	01:32:45
132.	91	Eoin Conlon	M35-39	00:15:56	00:01:59	00:46:22	00:00:42	00:28:00	01:33:01
133.	40	Pauline Moran	F50-54	00:12:30	00:02:37	00:45:31	00:00:48	00:31:47	01:33:16
134.	19	Denise Toland	F35-39	00:11:27	00:02:43	00:50:31	00:00:52	00:27:43	01:33:18
135.	200	Tarts Terrys	Relay Mix	00:09:46	00:01:39	00:50:15	00:01:05	00:30:58	01:33:44
136.	60	Brian Cunningham	M45-49	00:12:55	00:02:51	00:44:08	00:01:44	00:32:23	01:34:03
137.	5	Aoife Coyle	F16-17	00:11:34	00:02:49	00:48:54	00:00:43	00:30:05	01:34:07
138.	157	FJJ FJJ	Relay Mix	00:09:48	00:00:45	00:54:42	00:00:41	00:28:11	01:34:09
139.	25	Lesley Emerson	F50-54	00:12:57	00:47:59	00:01:28	00:02:00	00:30:17	01:34:43
140.	20	Fiona Egan	F35-39	00:12:44	00:02:19	00:47:39	00:01:27	00:31:06	01:35:16
141.	29	Lyndsey Harkins	F25-29	00:13:04	00:01:52	00:52:28	00:00:51	00:27:12	01:35:29
142.	174	Eimear Holmes	F50-54	00:12:33	00:02:38	00:47:28	00:01:09	00:32:33	01:36:23
143.	2	Andrea Mcelroy	F55-59	00:12:14	00:03:55	00:52:13	00:01:10	00:27:06	01:36:40
144.	44	Suzanne Nolan	F60-64	00:12:16	00:02:50	00:46:09	00:01:34	00:34:06	01:36:56
145.	43	Sinead Mongan	F40-44	00:13:21	00:02:37	00:53:15	00:00:46	00:27:57	01:37:58
146.	36	Niamh Walsh	F35-39	00:12:59	00:02:43	00:53:44	00:00:50	00:27:50	01:38:08
147.	155	Diamond Coast Studs	Realy Male	00:11:47	00:01:21	00:52:49	00:00:42	00:31:52	01:38:32
148.	3	Anna Boland	F30-34	00:11:02	00:02:07	00:55:44	00:00:58	00:30:20	01:40:14
149.	1	Alison Boland	F35-39	00:11:52	00:02:44	00:51:25	00:01:12	00:33:18	01:40:34
150.	6	Barbara Gorevan	F45-49	00:11:54	00:03:00	00:46:44	00:06:43	00:34:50	01:43:14
151.	198	Keith Marron	M45-49	00:13:45	00:03:44	00:51:41	00:01:21	00:33:58	01:44:30
152.	90	Enda Molloy	M30-34	00:12:17	00:01:31	01:08:41	00:00:57	00:22:58	01:46:26
153.	61	Carey Thornhill	M75-79	00:12:42	00:03:58	00:54:05	00:01:35	00:36:58	01:49:21

Rank	Bib	Name	AGE GROUP	Swim	T1	Cycle	T2	Run	FINISH Time
154.	109	Michael Thornhill	<i>M40-44</i>	00:12:20	00:04:22	00:54:01	00:01:55	00:36:44	01:49:24
155.	154	Diamond Coast Babes	<i>Relay Female</i>	00:10:13	00:01:30	01:11:24	00:00:59	00:27:08	01:51:17
156.	86	Eamonn Glancy	<i>M55-59</i>	00:13:47	00:05:03	01:14:25	00:01:16	00:41:09	02:15:42

Number of records: 156