

Overall Rank	Bib	Name	Sex	AGE GROUP	CLUB NAME	Swim Time	T1	Bike	T2	Run	Total Time
2	186	stephen donnelly	m	Men	Liquid Motion TC	10:03,5	0:37,8	32:53,5	0:32,8	17:54,2	1:02:02,1
3	4	Crete Boom Express	m	Team Male	Liquid Motion TC	10:51,3	0:36,9	33:38,0	0:32,2	16:44,9	1:02:23,5
4	195	Eamon McAndrewe	m	Seniors M 40-44	Sligo Tri	10:51,1	0:31,7	32:47,7	0:30,4	18:11,9	1:02:52,8
5	155	killian heery	m	Seniors M 30-34	Muckno TC	12:14,8	0:47,8	31:29,9	0:35,1	18:44,5	1:03:52,3
6	180	sean mc loughlin	m	Seniors M 35-39		11:30,5	0:48,1	33:27,0	0:36,1	17:49,8	1:04:11,7
7	130	eamonn staunton	m	Seniors M 30-34		10:32,2	0:59,7	35:36,1	0:43,7	17:57,4	1:05:49,3
8	1	Ballina Tool Hire	m	Team Male	Liquid Motion TC	10:55,6	0:35,1	33:31,2	0:32,1	21:12,7	1:06:47,0
9	148	Jonathan Rowland	m	Seniors M 30-34	Liquid Motion TC	10:53,8	0:46,2	33:50,6	0:33,0	20:52,9	1:06:56,7
10	110	Barry Loftus	m	Seniors M 30-34	Liquid Motion TC	10:40,4	0:45,0	35:01,3	21:51,4		1:08:18,3
11	142	James Keenan	m	Seniors M 35-39	Cuilcagh TC	11:15,8	0:43,1	36:57,4	0:46,2	19:19,0	1:09:01,7
12	183	Shane Dunne	m	Male 16-17	Liquid Motion TC	08:59,7	0:42,8	37:49,0	21:46,6		1:09:18,3
13	174	Paul Reape	m	Seniors M 30-34		11:34,7	1:03,9	36:46,3	0:39,9	19:27,5	1:09:32,4
14	149	Jonny Walsh	m	Seniors M45-49	Liquid Motion TC	10:29,8	0:42,2	35:29,4	1:05,2	21:53,2	1:09:40,1
15	156	Liam Murray	m	Male 16-17	a Triathlon & Cyclin	10:22,9	0:57,0	37:53,0	0:40,0	19:57,1	1:09:50,2
16	157	Luke McCarron	m	Male 16-17	Northwest TC	09:55,0	0:57,5	38:49,6	0:41,7	19:37,6	1:09:52,5
17	175	paul dunne	m	Seniors M 40-44	Liquid Motion TC	11:25,7	0:56,1	32:50,8	0:41,2	24:04,1	1:09:58,2
18	188	Thomas Foody	m	Seniors M 30-34	Limerick TC	11:12,4	0:54,8	35:32,7	0:40,0	21:45,3	1:10:05,5
19	8	PRO	m	Team Male	Liquid Motion TC	13:55,0	0:45,1	36:31,1	0:30,5	18:55,1	1:10:37,1
20	164	Michael Murphy	m	Seniors M 30-34		13:08,5	1:38,5	33:50,0	1:03,9	21:33,1	1:11:14,3
21	91	Sinead Roche	w			11:04,2	0:41,8	38:57,1	0:33,6	20:06,0	1:11:22,9
22	14	Ward	w	Team Mixed		10:19,6	0:35,2	33:15,0	0:34,2	26:40,3	1:11:24,5
23	196	David Sands	m	Seniors M45-49		11:30,2	0:56,4	39:42,3	0:37,4	19:18,0	1:12:04,6
24	197	David Brennan	m	Seniors M 30-34		12:23,6	1:26,5	33:51,8	0:44,9	23:50,5	1:12:17,5
25	205	team 205 Team 205	m	Team Male		13:57,4	0:31,5	33:03,2	0:32,7	24:17,3	1:12:22,3
26	60	jennifer algar	w	Women	Sligo TC	10:12,3	0:55,5	39:13,0	0:31,2	21:44,6	1:12:36,8
27	200	Damian Connolly	m	Seniors M 40-44		13:22,7	0:55,0	36:11,4	0:36,8	21:41,7	1:12:47,9
28	202	Declan Connolly	m			12:21,6	0:50,0	37:47,4	21:52,4		1:12:51,6
29	78	Niamh Stein	w	Seniors W30-35		11:48,9	0:52,4	37:58,9	0:46,7	21:49,0	1:13:16,0
30	198	Eoghan Considine	m	Team Male		11:35,8	1:15,2	34:37,1	0:35,8	25:27,3	1:13:31,5

31	153	Kerrill Waters	m	Seniors M 30-34	Sligo TC	13:02,5	1:20,1	37:12,3	1:00,6	21:38,7	1:14:14,5
32	167	Damien Donohoe	m	Seniors M 35-39	Longford TC	13:37,2	0:54,8	36:52,6	0:43,5	22:45,8	1:14:54,3
33	124	david donnelly	m	Seniors M 40-44	Liquid Motion TC	12:13,1	1:19,6	36:56,0	0:51,0	23:39,2	1:14:59,2
34	114	Brian Flannery	m	Seniors M 40-44	Liquid Motion TC	12:25,8	1:43,3	38:27,3	0:57,9	21:32,0	1:15:06,6
35	203	Adrian Farrelly	m	Men		11:33,8	1:17,7	39:56,7	0:41,4	22:00,8	1:15:30,5
36	10	Sligo4Sam	m	Team Male	Liquid Motion TC	14:27,9	0:38,2	37:29,8	0:37,0	22:27,8	1:15:40,9
37	152	ken Whitelaw	m	Seniors M 35-39		12:47,6	1:17,6	41:43,2	0:52,4	19:06,1	1:15:47,3
38	12	The Real Hardy Bucks	m	Team Male	Sligo TC	13:02,6	0:41,9	38:27,5	0:39,3	23:02,0	1:15:53,4
39	118	colin dockery	m	Seniors M 35-39	Liquid Motion TC	12:09,6	0:54,6	40:48,8	0:36,6	21:32,0	1:16:01,9
40	87	Sharon O'Hara	w	Women	Liquid Motion TC	11:29,6	1:08,0	37:05,1	0:45,1	25:43,4	1:16:11,3
41	119	darren dowd	m	Men		11:45,1	1:38,2	37:34,3	1:04,1	24:13,0	1:16:14,8
42	123	David Mellett	m	Seniors M 40-44		12:58,9	0:53,7	39:18,3	0:44,8	22:23,1	1:16:19,0
43	103	adam gordon	m	Seniors M 30-34	Liquid Motion TC	11:16,8	1:09,8	42:13,7	0:53,6	21:10,9	1:16:45,0
44	160	Michael Coyle	m	Seniors M 30-34	Liquid Motion TC	12:20,5	1:20,5	40:44,7	22:21,8		1:16:47,6
45	73	MARY MULCHRONE	w	Seniors W35-39		13:24,7	1:17,5	38:25,8	0:47,0	22:58,9	1:16:54,2
46	158	Mark McDonnell	m	Men	Belpark TC	11:07,1	41:02,8	0:34,5	24:13,9		1:16:58,4
47	178	Robert Stallard	m	Seniors M 35-39	Sligo TC	12:49,8	1:05,3	38:09,8	0:40,8	24:39,5	1:17:25,4
48	131	Enda Jordan	m	Men		12:52,4	2:01,5	42:10,8	0:34,5	19:53,0	1:17:32,4
49	105	Aiden O Donnell	m	Seniors M 30-34		14:31,1	1:12,2	40:31,0	0:43,7	21:30,3	1:18:28,5
50	201	Lorcan Ward				14:38,3	1:33,1	37:35,4	0:43,4	23:59,8	1:18:30,2
51	9	rapid reponse	m	Team Male	Liquid Motion TC	13:05,4	0:42,3	38:51,3	0:38,2	25:14,0	1:18:31,3
52	58	Hilary Hughes	w	Women		13:24,3	1:01,0	41:03,3	23:03,7		1:18:32,4
53	81	noreen o toole	w	Seniors W30-35	Westport TC	13:25,3	0:59,7	38:22,7	0:46,9	25:12,4	1:18:47,3
54	138	Gerard Devaney	m	Seniors M54-59		16:03,1	1:41,4	38:21,5	0:54,3	21:50,2	1:18:50,7
55	51	Deirdre MacNally	w	Seniors W25-29	Belpark TC	13:32,0	1:01,1	40:19,4	0:53,3	23:05,6	1:18:51,6
56	11	the con men	m	Team Male		13:51,5	0:47,0	39:11,4	0:37,8	24:38,2	1:19:06,1
57	166	Niall Nolan	m	Seniors M 40-44	Longford TC	14:01,5	1:08,5	39:12,6	1:03,9	23:51,0	1:19:17,7
58	106	Alan Hyland	m	Men	Westport TC	13:35,7	1:19,4	39:41,2	0:46,9	23:58,4	1:19:21,8
59	168	Niki Battle	m	Seniors M 40-44		12:17,2	2:00,1	41:24,0	1:01,4	22:44,3	1:19:27,2
60	151	keith o brien	m	Seniors M 35-39	Liquid Motion TC	14:32,2	1:10,3	39:48,1	1:11,1	23:03,0	1:19:45,0

61	111	brendan devaney	m	Seniors M 40-44		13:58,2	1:19,5	39:23,7	0:52,1	24:22,4	1:19:56,1
62	143	JOE DORAN	m	Seniors M 35-39	Triangle TC	11:44,2	1:07,8	41:21,8	0:44,5	25:09,9	1:20:08,4
63	126	Declan Nolan	m	Seniors M 35-39	Liquid Motion TC	14:24,2	1:02,1	41:09,8	23:36,1		1:20:12,3
64	85	Roisin Donohoe	w	Seniors W30-35	Longford TC	12:57,4	1:02,8	38:59,3	0:51,9	26:22,6	1:20:14,3
65	129	Eamonn Kennedy	m	Seniors M49-54	Liquid Motion TC	13:58,7	1:28,1	39:51,7	0:47,7	24:10,1	1:20:16,5
66	127	Derek Mc Morrow	m	Seniors M 40-44	Sligo TC	15:07,7	1:31,4	39:55,6	0:55,6	22:48,4	1:20:18,8
67	139	Jack Mc Dermott	m	Male 16-17		11:42,2	1:11,4	43:06,8	0:45,8	23:35,6	1:20:22,1
68	121	Dave ODonnell	m	Seniors M 35-39	Galway TC	13:25,8	1:43,3	40:01,7	1:02,1	24:19,5	1:20:32,5
69	190	Tom Lyons	m	Seniors M49-54		13:23,9	1:49,4	41:14,0	1:03,2	23:04,3	1:20:35,0
70	145	John Kennedy	m	Seniors M 35-39		11:40,0	1:56,5	41:53,1	1:21,0	24:36,8	1:21:27,6
71	102	aaron donnelly	m	Juniors Male 20-24		10:52,1	0:53,1	44:04,3	0:52,8	24:48,3	1:21:30,7
72	134	garry bigley	m	Seniors M 35-39	Swinford TC	13:06,6	1:37,8	39:34,8	0:53,4	26:21,6	1:21:34,4
73	169	Padraic Roche	m	Seniors M 30-34		13:23,3	1:28,6	41:49,6	1:02,1	23:52,3	1:21:36,0
74	171	pat hughes	m	Seniors M45-49	Liquid Motion TC	12:58,2	1:42,9	42:01,8	1:05,2	23:51,0	1:21:39,3
75	2	Cagney's & Lace-y	w			12:02,6	0:34,3	46:30,9	0:37,3	21:58,3	1:21:43,6
76	189	Tojo Lazzari	m	Men	Swinford TC	17:38,4	2:42,9	38:15,6	1:29,3	21:42,1	1:21:48,6
77	125	Declan Bohan	m	Seniors M 35-39	Longford TC	12:12,1	1:07,8	40:31,7	0:55,8	27:19,7	1:22:07,3
78	185	Stephen Daly	m	Seniors M 40-44	Sligo TC	12:25,0	1:21,4	41:58,6	1:04,2	25:29,0	1:22:18,4
79	52	Deirdre Cullinan	w	Seniors W30-35	Sligo TC	11:51,7	1:48,4	43:16,2	0:47,8	24:41,2	1:22:25,4
80	113	Brian Gill	m	Seniors M45-49	Sligo TC	12:24,6	1:44,5	42:10,5	1:08,7	25:03,6	1:22:32,1
81	146	John Paul Kneafsey	m	Men		14:35,3	2:09,6	41:21,3	0:32,6	24:04,4	1:22:43,5
82	181	Shane O'Malley	m	Seniors M 35-39	Liquid Motion TC	09:55,0	1:08,5	42:26,6	0:48,1	28:32,5	1:22:50,8
83	79	Nicola Forde	w	Seniors W30-35	Liquid Motion TC	14:19,9	1:14,8	41:06,8	0:46,8	25:23,3	1:22:51,8
84	92	Ashley Molloy	w	Seniors W30-35		18:22,4	40:13,2	0:53,5	23:24,0		1:22:53,2
85	5	Die Tri-ing	w		Swinford TC	10:47,3	0:36,3	46:32,6	0:38,4	24:55,6	1:23:30,4
86	72	Marie Sheil	w	Seniors W30-35	Galway TC	12:33,3	1:29,4	45:48,7	0:51,0	23:14,5	1:23:57,0
87	66	Maire Marshall	w	Seniors W35-39		13:56,3	1:33,5	41:28,2	1:38,4	25:32,4	1:24:09,1
88	179	Sean Crossan	m	Seniors M 40-44	Longford TC	13:04,7	2:25,5	41:31,4	1:10,0	26:08,4	1:24:20,2
89	128	Domhnall Canney	m	Seniors M 30-34	Tri Lakes TC	12:29,4	1:01,3	44:28,7	0:59,8	25:22,8	1:24:22,2
90	75	Michele Reynolds	w	Seniors W40-44	Liquid Motion TC	14:25,5	2:02,2	40:39,4	1:05,3	26:16,0	1:24:28,6

91	80	Noelle Doody	w	Seniors W30-35	Piranha TC	12:34,1	1:25,5	42:51,6	1:05,9	26:46,5	1:24:43,8
92	74	Mary Bresnihan	w	Seniors W40-44	Sligo TC	12:24,0	1:15,5	43:16,3	0:56,5	26:54,9	1:24:47,2
93	184	Simon Walkin	m	Seniors M 35-39		14:21,8	2:05,1	42:40,2	0:50,1	24:50,5	1:24:47,9
94	109	Barry Nelson	m	Seniors M 35-39		11:41,0	2:33,4	45:32,4	0:43,0	25:16,8	1:25:46,8
95	135	Gary Humes	m	Seniors M49-54		16:28,7	1:25,5	41:06,5	0:57,7	25:57,8	1:25:56,4
96	141	James Veldon	m	Seniors M45-49		12:30,7	2:41,7	43:56,8	1:02,7	25:57,0	1:26:09,1
97	46	Carol Duffy	w	Seniors W25-29	Sligo TC	13:12,1	1:21,4	45:35,7	1:00,4	25:10,4	1:26:20,2
98	192	Tommie Loughran	m	Seniors M45-49	Westport TC	13:22,1	1:54,1	41:33,4	1:37,8	28:14,1	1:26:41,7
99	57	grainne forde	w	Seniors W25-29	Belpark TC	14:30,7	1:30,5	43:48,1	0:46,8	26:06,3	1:26:42,6
100	48	Christine Barry	w	Seniors W40-44	Longford TC	12:45,4	1:22,7	42:48,5	1:15,1	28:35,1	1:26:47,0
101	71	Marian Forde	w	Women	Liquid Motion TC	16:39,4	1:16,6	43:50,8	0:33,2	24:29,9	1:26:50,2
102	176	Philip Mc ALOON	m	Seniors M 35-39		17:15,4	1:44,9	44:46,9	23:03,8		1:26:51,1
103	82	orla donnelly	w	Seniors W40-44	Liquid Motion TC	12:32,8	1:19,5	43:42,9	1:10,0	28:20,5	1:27:05,9
104	77	monica forde	w	Seniors W35-39	Liquid Motion TC	14:37,5	1:26,2	45:36,6	0:56,8	24:41,4	1:27:18,7
105	144	john Dennis	m	Seniors M49-54	Schull TC	15:08,4	1:53,7	43:18,4	0:50,8	26:07,6	1:27:19,2
106	86	Sarah Murphy	w	Women	Liquid Motion TC	12:17,6	1:38,2	43:17,5	0:44,4	29:25,9	1:27:23,9
107	47	CATHY REGAN	w	Seniors W45-49		15:47,6	44:11,9	1:27,2	27:48,1		1:29:14,9
108	84	Patricia Harte	w	Seniors W30-35		14:10,1	2:15,0	41:21,4	1:50,1	30:12,5	1:29:49,3
109	182	Shane O'Malley	m	Seniors M 30-34		15:22,1	2:12,6	44:53,4	0:55,0	26:33,6	1:29:57,0
110	7	McNeely Bros.	m	Team Male	Liquid Motion TC	14:28,7	0:42,1	43:12,9	0:34,7	31:09,5	1:30:08,1
111	116	christopher heverin	m	Men	Liquid Motion TC	13:50,4	0:37,5	42:47,6	0:30,9	32:30,0	1:30:16,7
112	53	eilish o brien	w	Seniors W25-29	Liquid Motion TC	11:45,7	1:07,5	48:20,2	0:32,2	28:32,6	1:30:18,5
113	112	Brendan Connolly	m	Seniors M60-64	MSC TC	17:07,4	2:11,6	45:10,8	1:14,0	25:09,6	1:30:53,5
114	49	Claire Shields	w	Seniors W30-35	Liquid Motion TC	14:27,4	2:11,8	43:12,3	1:43,3	29:26,5	1:31:01,5
115	68	Mairead Mc Morrow	w	Seniors W30-35	Sligo TC	15:38,2	1:40,8	45:39,8	1:00,3	27:33,6	1:31:32,8
116	44	Bridget Jacobsen	w	Seniors W35-39	Galway TC	15:04,5	1:43,3	48:30,6	1:15,3	25:21,1	1:31:55,0
117	43	Audrey Garvey	w	Seniors W30-35		13:57,0	1:34,6	46:54,6	1:34,1	28:01,6	1:32:02,1
118	13	he Salmon of knowledg	w		Pulse TC	10:13,4	0:42,2	51:45,9	0:44,7	28:43,4	1:32:09,8
119	165	Niall Lester	m	Seniors M45-49	Piranha TC	13:45,6	1:22,4	44:46,7	1:38,8	31:12,0	1:32:45,7
120	193	William Brennan	m	Seniors M45-49	Liquid Motion TC	15:05,6	0:59,9	48:18,6	0:46,5	28:25,9	1:33:36,7

121	154	Kevin Barry	m	Seniors M 40-44		11:47,2	2:00,9	50:07,6	1:01,5	29:09,9	1:34:07,3
122	108	Anthony McHale	m	Seniors M54-59	Liquid Motion TC	17:38,1	1:35,2	48:04,0	1:29,3	25:52,9	1:34:39,7
123	132	Enda McKeon	m	Seniors M 40-44	Westport TC	20:30,1	1:27,7	45:02,2	0:58,2	26:57,6	1:34:56,0
124	170	padraig langan	m	Male 18-19	Liquid Motion TC	13:16,9	1:53,9	47:07,1	0:33,3	32:11,2	1:35:02,6
125	83	orla byrne	w	Seniors W35-39	Longford TC	15:00,0	1:29,4	46:33,8	0:41,7	31:33,2	1:35:18,3
126	163	Michael Coleman	m	Seniors M54-59		20:19,8	44:28,3	1:23,7	29:08,5		1:35:20,4
127	191	Tomas Nolan	m	Seniors M 30-34		17:26,7	3:12,5	46:43,5	1:21,6	26:44,2	1:35:28,7
128	159	Martin Rafter	m	Seniors M 40-44	Liquid Motion TC	17:59,3	1:33,3	44:33,4	1:02,0	30:28,0	1:35:36,1
129	62	Kathleen O'Brien	w	Seniors W40-44	Longford TC	16:03,8	1:53,7	45:45,9	0:48,5	31:05,8	1:35:37,8
130	177	Richard Cosgrave	m	Seniors M49-54		18:12,6	2:40,7	43:57,2	1:07,6	30:18,9	1:36:17,3
131	55	fidelma brennan	w	Seniors W45-49	Lanesboro TC	16:00,1	1:50,8	50:15,7	0:39,5	27:53,4	1:36:39,8
132	59	Jennifer Morrow	w	Seniors W25-29	Omagh TC	21:07,6	1:17,7	48:18,4	0:52,5	25:10,6	1:36:47,0
133	54	Elizabeth Morrow	w	Seniors W40-44	MSC TC	13:16,3	1:25,5	46:47,0	1:07,5	34:15,1	1:36:51,6
134	56	Fiona Gillespie	w	Seniors W45-49		12:57,5	2:57,4	50:22,9	0:46,5	29:59,9	1:37:04,4
135	63	Laura Coleman	w	Women	Liquid Motion TC	14:32,8	1:55,5	48:48,7	1:00,6	31:13,7	1:37:31,5
136	45	Caitriona Coleman	w	Seniors W50-54		14:59,4	2:44,9	49:48,8	0:45,2	29:19,3	1:37:37,8
137	194	william stanley	m	Seniors M45-49	Tri an Mhi TC	18:44,7	2:50,0	47:37,2	1:01,6	27:40,7	1:37:54,4
138	61	Louise Kenny	w	Seniors W25-29	Longford TC	15:37,4	1:49,1	50:39,7	0:36,5	30:19,9	1:39:02,8
139	150	Justin Kerr	m	Seniors M 40-44		13:10,1	2:08,1	51:59,9	1:08,3	31:28,7	1:39:55,3
140	67	mairead mc cann	w	Seniors W45-49	Omagh TC	17:26,1	1:54,0	49:52,9	1:08,0	31:49,2	1:42:10,4
141	65	Maeve Mccullagh	w	Seniors W45-49	Omagh TC	19:10,9	2:03,2	48:38,9	1:12,5	31:06,0	1:42:11,6
142	137	Gerard Noone	m	Seniors M 40-44		21:57,9	3:21,9	48:36,4	1:37,0	27:42,6	1:43:15,9
143	42	Anne Conheady	w	Seniors W40-44	Sligo TC	15:01,4	2:01,7	50:22,0	0:45,1	35:16,6	1:43:27,1
144	133	Francis O'Connor	m	Seniors M64-69	Lanesboro TC	17:53,5	2:26,9	49:46,8	1:22,4	32:08,8	1:43:38,5
145	50	Claire Cosgrove	w	Seniors W30-35	Liquid Motion TC	20:16,0	2:18,6	53:20,8	0:39,4	27:56,0	1:44:31,0
146	41	Ann Ivers	w	Seniors W45-49		14:26,2	2:27,6	54:19,6	0:41,8	34:51,9	1:46:47,2
147	70	maria cloonan	w	Seniors W35-39		19:32,5	3:37,7	54:21,7	1:27,6	28:07,3	1:47:06,9
148	76	Michelle Padden	w	Women		19:11,6	2:05,6	52:15,6	0:56,1	34:05,8	1:48:34,8
149	120	Darren McGough	m	Seniors M 30-34	Sligo TC	18:28,1	1:15,9	58:39,5	1:01,7	30:24,9	1:49:50,3
150	89	Sile Cosgrove	w	Seniors W25-29	Liquid Motion TC	15:02,3	2:41,6	55:56,1	1:02,5	36:28,5	1:51:11,1

