

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

Ran	Bib Name	Sex	Age Cat	Club	Swim	Pos T1	Cycle	Pos Km/h	T2	Run	Pos Gap	Finish
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# Liquid Motion 23

1.	43	Stephen Donnelly	m	M30-39	00:09:42	4.	00:00:47	00:32:07	2.	37,3	00:00:37	00:17:49	1.	-	01:01:05	
2.	46	Shane Dunne	m	M20-29	Liquid Motion TC	00:08:23	1.	00:00:42	00:31:58	1.	37,5	00:00:30	00:20:35	8.	+1:05	01:02:10
3.	19	Trevor Cawley	m	M40-49		00:10:19	7.	00:01:15	00:34:05	5.	35,1	00:00:58	00:19:46	4.	+5:20	01:06:26
4.	163	Colm Tobin	m	M30-39	Liquid Motion TC	00:09:53	5.	00:01:17	00:33:56	3.	35,3	00:00:46	00:21:43	13.	+6:32	01:07:37
5.	193	Gallagher gang Gallagher gang	a	Relay Mix		00:08:31	2.	00:00:54	00:34:37	6.	34,6	00:00:52	00:23:03	29.	+6:53	01:07:59
6.	133	Paul Reape	m	M30-39	Tullamore TC	00:10:49	8.	00:01:06	00:35:32	8.	33,7	00:00:56	00:20:46	10.	+8:05	01:09:11
7.	119	Kenneth Mulrooney	m	M20-29	Liquid Motion TC	00:10:52	9.	00:01:26	00:37:07	16.	32,3	00:01:21	00:18:48	2.	+8:30	01:09:36
8.	158	Sinead Whitelaw	f	F30-39		00:11:12	14.	00:00:54	00:38:17	30.	31,3	00:00:40	00:19:51	5.	+9:51	01:10:56
9.	97	Cornelius Marshall	m	M40-49	South Coast TC 2023	00:11:48	27.	00:02:06	00:37:11	18.	32,2	00:01:12	00:19:14	3.	+10:28	01:11:34
10.	166	Fast,furious,delusional Fast,furious,	a	Relay Mix		00:10:05	6.	00:00:48	00:37:49	24.	31,7	00:00:43	00:22:58	25.	+11:19	01:12:25
11.	47	Paul Dunne	m	M50-59	Liquid Motion TC	00:11:27	17.	00:00:54	00:34:04	4.	35,2	00:00:58	00:25:08	48.	+11:27	01:12:33
12.	113	Ray McNamara	m	M40-49	Liquid Motion TC	00:13:33	81.	00:01:46	00:36:28	11.	32,8	00:00:39	00:20:08	6.	+11:31	01:12:36
13.	156	Ciaran Whelan	m	M40-49	Liquid Motion TC	00:11:33	21.	00:01:27	00:37:21	20.	32,1	00:00:49	00:21:52	14.	+11:58	01:13:03
14.	89	Dympna Kelly	f	F40-49	Lough Key Triathlon Club	00:11:28	18.	00:01:16	00:37:12	19.	32,2	00:01:00	00:22:45	23.	+12:37	01:13:43
15.	165	Tri Hards Tri Hards	a	Relay Mix		00:11:37	23.	00:00:45	00:34:51	7.	34,4	00:00:38	00:26:26	79.	+13:13	01:14:19
16.	128	Conor O'Neill	m	M20-29		00:12:29	46.	00:02:22	00:38:14	28.	31,3	00:00:49	00:20:44	9.	+13:35	01:14:40
17.	109	Eoin Mcgreal	m	M40-49		00:12:39	50.	00:01:33	00:35:48	9.	33,5	00:01:22	00:23:36	31.	+13:53	01:14:58
18.	150	John Tighe	m	M40-49		00:13:25	76.	00:01:35	00:36:43	14.	32,6	00:01:09	00:22:06	18.	+13:54	01:15:00
19.	42	David Donnelly	m	M50-59	Liquid Motion TC	00:11:04	12.	00:03:34	00:36:35	13.	32,7	00:01:01	00:23:03	28.	+14:14	01:15:19
20.	196	the con men the con men	a	Relay Male		00:11:54	31.	00:01:04	00:36:30	12.	32,8	00:00:42	00:25:51	65.	+14:58	01:16:03
21.	25	Michael Collins	m	M50-59	Ennis Triathlon Club	00:11:13	15.	00:01:46	00:37:25	21.	32,0	00:00:52	00:24:53	44.	+15:05	01:16:11
22.	100	Philip Mc aloon	m	M40-49	Liquid Motion TC	00:12:23	43.	00:01:36	00:39:33	37.	30,3	00:01:13	00:22:05	17.	+15:46	01:16:51
23.	39	Conor Daly	m	M40-49		00:10:54	10.	00:01:59	00:37:31	22.	31,9	00:00:53	00:25:33	57.	+15:47	01:16:52
24.	14	Kevin Byrne	m	M40-49	Tri an Mhi TC	00:11:34	22.	00:01:53	00:36:50	15.	32,5	00:01:24	00:25:15	50.	+15:53	01:16:58
25.	130	Desmond Padden	m	M40-49	Liquid Motion TC	00:14:36	114.	00:01:41	00:39:38	39.	30,2	00:00:42	00:20:30	7.	+16:04	01:17:09
26.	40	Noel Deehan	m	M40-49	Liquid Motion TC	00:12:58	63.	00:01:58	00:39:27	36.	30,4	00:00:40	00:22:08	20.	+16:07	01:17:13
27.	35	Clodagh Cumiskey	f	F30-39	Liquid Motion TC	00:12:15	36.	00:01:10	00:41:08	52.	29,1	00:00:44	00:22:01	15.	+16:14	01:17:19
28.	79	Alan Hyland	m	M30-39	Castlebar Tri club	00:12:50	56.	00:01:46	00:37:11	17.	32,2	00:01:11	00:24:22	40.	+16:16	01:17:22
29.	83	Clive Judge	m	M30-39	Liquid Motion TC	00:13:31	80.	00:01:40	00:38:01	25.	31,5	00:00:56	00:23:37	33.	+16:41	01:17:47
30.	50	Damien Finnegan	m	M40-49	Castlebar Tri club	00:13:41	85.	00:02:38	00:38:15	29.	31,3	00:01:14	00:22:04	16.	+16:48	01:17:54
31.	59	Jonathan Gasse	m	M30-39		00:12:52	57.	00:01:13	00:37:33	23.	31,9	00:00:54	00:25:19	52.	+16:49	01:17:54
32.	112	Martina Mcintyre	f	F50-59		00:14:39	116.	00:01:44	00:38:12	27.	31,4	00:00:32	00:22:58	26.	+17:02	01:18:08
33.	164	Michael McConigley	m	M30-39		00:14:01	103.	00:01:27	00:36:08	10.	33,2	00:00:56	00:25:45	61.	+17:12	01:18:18
34.	49	Brendan Fergus	m	M30-39	Castlebar Tri club	00:08:39	3.	00:01:32	00:39:58	42.	30,0	00:00:52	00:28:13	99.	+18:10	01:19:15

Ran	Bib	Name	Sex	Age Cat	Club	Swim	Pos	T1	Cycle	Pos	Km/h	T2	Run	Pos	Gap	Finish
35.	136	Mark Reynolds	m	M40-49	Liquid Motion TC	00:13:43	90.	00:02:14	00:40:45	47.	29,4	00:00:38	00:22:06	19.	+18:23	01:19:28
36.	45	Darren Dowd	m	M30-39	Liquid Motion TC	00:12:31	48.	00:01:25	00:40:28	46.	29,6	00:01:43	00:23:36	32.	+18:40	01:19:46
37.	135	Matthew Reeve	m	M40-49	Brown Shoes TC	00:12:27	44.	00:02:09	00:39:54	41.	30,0	00:01:12	00:24:07	35.	+18:46	01:19:51
38.	12	Rachel Burke	f	F40-49	Liquid Motion TC	00:12:56	60.	00:01:20	00:40:24	45.	29,6	00:01:01	00:24:19	37.	+18:57	01:20:03
39.	86	Sean Kelleher	m	M50-59		00:13:10	69.	00:01:52	00:38:27	31.	31,2	00:01:04	00:25:37	58.	+19:05	01:20:10
40.	36	Dermot Cunningham	m	M50-59	Sligo Tri Club	00:12:21	41.	00:01:47	00:39:51	40.	30,1	00:01:33	00:25:14	49.	+19:42	01:20:48
41.	75	Paul Hogan	m	M40-49		00:14:15	105.	00:03:53	00:41:20	55.	29,0	00:00:43	00:21:10	12.	+20:17	01:21:22
42.	159	Russell Woolmer	m	M40-49		00:11:25	16.	00:01:40	00:41:41	60.	28,7	00:00:44	00:26:03	68.	+20:30	01:21:36
43.	137	Michele Reynolds	f	F50-59	Liquid Motion TC	00:13:49	92.	00:01:50	00:38:53	34.	30,8	00:01:18	00:25:52	66.	+20:39	01:21:44
44.	87	Martin Kelleher	m	M50-59	Naas TC	00:13:18	73.	00:01:51	00:39:36	38.	30,2	00:01:19	00:25:46	62.	+20:46	01:21:51
45.	195	Team S.C.K . Team S.C.K .	a	Relay Mix		00:17:40	139.	00:01:00	00:41:12	54.	29,1	00:01:09	00:21:10	11.	+21:07	01:22:13
46.	153	Rod Toner	m	M50-59	Sligo Tri Club	00:12:46	52.	00:01:50	00:40:18	44.	29,7	00:01:12	00:26:10	70.	+21:12	01:22:18
47.	161	Lewis Clarke	m	M50-59	Sligo Tri Club	00:18:15	145.	00:01:58	00:38:39	32.	31,0	00:01:15	00:22:21	21.	+21:24	01:22:29
48.	32	Barry Cosgrove	m	M40-49	Sligo Tri Club	00:11:29	19.	00:02:24	00:40:47	48.	29,4	00:01:26	00:26:22	76.	+21:24	01:22:30
49.	65	Gary Guinane	m	M20-29		00:11:03	11.	00:00:56	00:45:41	107.	26,2	00:00:58	00:23:54	34.	+21:29	01:22:35
50.	81	Martyna Janus	f	F30-39	Sligo Tri Club	00:12:08	33.	00:02:00	00:43:09	73.	27,8	00:00:44	00:24:45	43.	+21:42	01:22:48
51.	5	Cathal Brady	m	M20-29	Castlebar Tri club	00:12:57	62.	00:01:10	00:42:21	67.	28,3	00:00:59	00:25:30	55.	+21:53	01:22:59
52.	149	Alan Thomson	m	M40-49		00:14:00	102.	00:01:48	00:38:46	33.	30,9	00:01:30	00:26:55	87.	+21:56	01:23:01
53.	200	CCRM CCRM	a	Relay Male		00:12:47	53.	00:01:01	00:40:58	50.	29,2	00:01:23	00:26:55	86.	+22:00	01:23:05
54.	2	Greg Barry	m	M50-59	Castlebar Tri club	00:15:55	130.	00:01:09	00:41:37	58.	28,8	00:01:39	00:23:02	27.	+22:18	01:23:24
55.	117	Richard Mowat	m	M50-59		00:12:16	37.	00:02:14	00:41:39	59.	28,8	00:01:09	00:26:13	72.	+22:27	01:23:33
56.	30	Paul Corcoran	m	M40-49	Tri Lakes Triathlon Club	00:14:20	109.	00:02:53	00:40:14	43.	29,8	00:01:26	00:24:40	42.	+22:30	01:23:36
57.	191	Elverys Elverys	a			00:11:30	20.	00:01:29	00:43:53	85.	27,3	00:01:18	00:25:24	53.	+22:32	01:23:37
58.	98	Maire Marshall	f	F40-49	South Coast TC 2023	00:12:48	55.	00:02:00	00:42:27	69.	28,2	00:01:16	00:25:04	47.	+22:33	01:23:38
59.	84	Noel Keaveney	m	M60+	Sligo Tri Club	00:13:00	64.	00:01:40	00:43:26	78.	27,6	00:01:36	00:24:21	39.	+22:59	01:24:05
60.	54	Jane Friel	f	F50-59		00:11:38	25.	00:02:01	00:42:52	72.	27,9	00:01:20	00:26:12	71.	+23:00	01:24:06
61.	24	Matthew Coleman	m	M60+		00:16:57	136.	00:01:40	00:41:26	56.	28,9	00:01:13	00:22:52	24.	+23:04	01:24:10
62.	16	Grace Callaghan	f	F30-39	Sligo Tri Club	00:11:53	30.	00:01:46	00:43:20	76.	27,6	00:01:12	00:26:00	67.	+23:08	01:24:13
63.	198	Tómas Made Us Do It! Tómas Made Us Do	a	Relay Male		00:12:19	39.	00:00:54	00:43:21	77.	27,6	00:00:48	00:26:56	89.	+23:15	01:24:21
64.	48	Joseph Fay	m	M30-39		00:13:10	70.	00:02:40	00:40:54	49.	29,3	00:00:53	00:26:55	88.	+23:29	01:24:35
65.	147	Niamh Thomas	f	F40-49	Castlebar Tri club	00:12:28	45.	00:02:24	00:44:47	98.	26,7	00:01:02	00:24:58	46.	+24:35	01:25:41
66.	120	Liam Neary	m	M40-49	Belpark Triathlon Club	00:14:16	108.	00:02:29	00:41:53	63.	28,6	00:01:22	00:25:41	60.	+24:38	01:25:43
67.	76	Helen Hopkins	a	Relay Mix		00:12:18	38.	00:01:59	00:44:19	93.	27,0	00:00:51	00:26:23	78.	+24:48	01:25:53
68.	55	Yolanda Gallagher	f	F40-49	MSC Tri	00:12:22	42.	00:01:34	00:43:51	83.	27,3	00:00:59	00:27:16	90.	+24:59	01:26:05
69.	160	Elizabeth Young	f	F40-49	Liquid Motion TC	00:12:19	40.	00:01:26	00:41:01	51.	29,2	00:00:47	00:30:44	127.	+25:15	01:26:20
70.	105	Noeleen McCool	f	F50-59		00:14:00	101.	00:02:14	00:42:33	70.	28,1	00:01:24	00:26:23	77.	+25:31	01:26:36
71.	96	Gerry Maher	m	M50-59	Sligo Tri Club	00:13:35	83.	00:03:41	00:41:30	57.	28,9	00:01:28	00:26:22	75.	+25:33	01:26:38
72.	199	TriMums TriMums	a	Relay		00:11:37	24.	00:01:02	00:43:50	81.	27,3	00:00:52	00:29:24	112.	+25:42	01:26:47
73.	57	Audrey Garvey	f	F40-49	Liquid Motion TC	00:13:13	72.	00:01:33	00:43:45	80.	27,4	00:01:07	00:27:18	93.	+25:52	01:26:58
74.	124	Eilish O'Brien	f	F40-49	Liquid Motion TC	00:11:11	13.	00:01:17	00:46:10	112.	25,9	00:01:09	00:27:18	92.	+26:02	01:27:07

Ran	Bib	Name	Sex	Age Cat	Club	Swim	Pos	T1	Cycle	Pos	Km/h	T2	Run	Pos	Gap	Finish
75.	157	Conleth Whelan	m	M40-49	Sligo Tri Club	00:12:57	61.	00:03:17	00:43:58	88.	27,2	00:01:41	00:25:39	59.	+26:27	01:27:33
76.	95	Gemma Maguire	f	F40-49	Sligo Tri Club	00:11:51	29.	00:02:07	00:42:22	68.	28,3	00:01:55	00:29:21	110.	+26:33	01:27:38
77.	143	Siobhan Ryan	f	F50-59	Castlebar Tri club	00:13:27	79.	00:01:50	00:42:02	66.	28,5	00:01:39	00:28:49	104.	+26:43	01:27:49
78.	127	Shane O'malley	m	M30-39		00:15:51	128.	00:01:08	00:44:38	97.	26,8	00:00:49	00:25:31	56.	+26:54	01:28:00
79.	8	Michelle Brennan	f	F40-49	Sligo Tri Club	00:12:00	32.	00:01:28	00:44:27	94.	26,9	00:01:13	00:28:51	105.	+26:55	01:28:00
80.	168	Brian Flannery	m	M40-49		00:13:01	65.	00:03:01	00:41:12	53.	29,1	00:01:07	00:29:39	116.	+26:57	01:28:03
81.	6	Ronan Brady	m	M30-39	Athlone TC	00:15:45	125.	00:02:11	00:43:56	86.	27,3	00:00:54	00:25:19	51.	+27:02	01:28:07
82.	111	Paul Mcguinness	m	M60+	Cuilcagh TC	00:12:14	35.	00:01:45	00:44:12	92.	27,1	00:01:40	00:28:16	101.	+27:03	01:28:09
83.	118	Helen Mowat	f	F50-59		00:13:58	98.	00:02:10	00:43:38	79.	27,4	00:01:41	00:26:41	81.	+27:05	01:28:11
84.	116	Ryan Morley	m	M20-29		00:13:11	71.	00:02:54	00:46:18	114.	25,9	00:01:26	00:24:28	41.	+27:13	01:28:19
85.	88	Katie Kellett	f	F40-49		00:13:56	96.	00:02:33	00:47:56	128.	25,0	00:00:41	00:23:12	30.	+27:15	01:28:20
86.	104	Cindy McCarthy	f	F50-59	Sligo Tri Club	00:13:59	100.	00:01:51	00:46:46	121.	25,6	00:00:53	00:24:53	45.	+27:19	01:28:24
87.	154	John Treacy	m	M60+		00:14:15	106.	00:01:34	00:41:49	62.	28,6	00:01:06	00:29:42	117.	+27:22	01:28:27
88.	74	Christopher Heverin	m	M30-39				00:00:12					00:32:50	136.	+27:22	01:28:28
89.	68	Thomas James Hedderman	m	M50-59		00:14:45	118.	00:02:24	00:45:51	110.	26,1	00:01:23	00:24:07	36.	+27:28	01:28:33
90.	103	Deirdre McCarthy	f	F30-39	Sligo Tri Club	00:14:37	115.	00:02:10	00:45:11	101.	26,5	00:00:46	00:26:05	69.	+27:45	01:28:51
91.	26	Ruth Conneely	f	F40-49	Westport TC 2023	00:13:50	93.	00:02:29	00:45:31	105.	26,3	00:00:48	00:26:16	73.	+27:51	01:28:57
92.	106	Ann McDonnell	f	F40-49	Castlebar Tri club	00:18:11	144.	00:01:52	00:43:56	87.	27,3	00:00:43	00:24:20	38.	+27:58	01:29:04
93.	107	Donna Mcelhill	f	F40-49	Olympian Triathlon Club	00:12:55	59.	00:01:54	00:43:53	84.	27,3	00:01:04	00:29:23	111.	+28:05	01:29:11
94.	129	Mark O'Reilly	m	M30-39	Liquid Motion TC	00:13:27	78.	00:02:48	00:42:00	65.	28,5	00:01:18	00:29:44	118.	+28:13	01:29:19
95.	80	Ronan Irwin	m	M30-39	Castlebar Tri club	01:00:09	157.		00:45:22	102.	26,4				+28:18	01:29:23
96.	23	Patrick Coen	m	M30-39	Predator Triathlon Club	00:16:44	134.	00:01:52	00:41:58	64.	28,5	00:01:28	00:27:29	94.	+28:27	01:29:32
97.	139	Peter Rouse	m	M30-39		00:13:09	68.	00:03:30	00:45:04	100.	26,6	00:01:09	00:26:45	82.	+28:33	01:29:39
98.	114	Aiden McTigue	m	M30-39		00:17:47	141.	00:03:56	00:44:10	91.	27,1	00:01:28	00:22:39	22.	+28:56	01:30:02
99.	17	Angela Carr	f	F40-49	Sligo Tri Club	00:11:51	28.	00:02:26	00:39:08	35.	30,6	00:02:00	00:34:44	145.	+29:05	01:30:10
100.	192	Foodies Foodies	a	Relay Mix		00:17:57	143.	00:01:07	00:43:14	74.	27,7	00:02:05	00:25:49	63.	+29:08	01:30:14
101.	145	Ruth Swift	f	F50-59	Castlebar Tri club	00:15:59	131.	00:02:11	00:45:50	109.	26,1	00:00:48	00:25:28	54.	+29:11	01:30:17
102.	56	Martina Gannon	f	F30-39		00:13:41	86.	00:03:08	00:44:01	89.	27,2	00:00:52	00:30:14	122.	+30:52	01:31:57
103.	99	Aileen Maughan	f	F20-29		00:12:48	54.	00:02:59	00:46:03	111.	26,0	00:00:54	00:29:12	108.	+30:52	01:31:58
104.	64	Jane Gormley	f	F40-49	Sligo Tri Club	00:14:02	104.	00:02:15	00:44:33	96.	26,9	00:01:24	00:29:46	119.	+30:57	01:32:02
105.	1	Stephen Anderson	m	M30-39	Liquid Motion TC	00:17:44	140.	00:02:36	00:44:51	99.	26,7	00:01:00	00:25:50	64.	+30:58	01:32:03
106.	4	Patricia Battle	f	F50-59	Liquid Motion TC	00:12:54	58.	00:02:23	00:46:29	116.	25,8	00:00:59	00:29:19	109.	+31:01	01:32:06
107.	13	Fintan Byrne	m	M40-49		00:15:09	121.	00:02:23	00:46:29	117.	25,8	00:00:41	00:27:39	95.	+31:16	01:32:22
108.	148	Sonya Thomson	f	F40-49	Templemore Triathlon	00:13:05	66.	00:01:45	00:45:22	103.	26,4	00:01:37	00:30:33	124.	+31:19	01:32:24
109.	93	Grainne Lynch	a	Relay		00:13:58	99.	00:00:53	00:47:51	126.	25,0	00:00:38	00:29:24	113.	+31:40	01:32:46
110.	7	William Brennan	m	M50-59		00:12:31	47.	00:01:44	00:45:31	106.	26,3	00:01:47	00:31:25	130.	+31:53	01:32:59
111.	126	Kevin Ohora	m	M50-59	Castlebar Tri club	00:18:31	147.	00:02:10	00:43:19	75.	27,6	00:02:05	00:26:54	84.	+31:55	01:33:01
112.	58	Glyn Garvin	m	M30-39		00:13:42	87.	00:03:13	00:46:22	115.	25,8	00:00:56	00:29:03	107.	+32:13	01:33:18
113.	31	Claire Cosgrove	f	F40-49		00:14:35	113.	00:02:03	00:46:35	118.	25,7	00:00:44	00:29:33	114.	+32:25	01:33:31
114.	131	Martin Parsons	m	M50-59	Castlebar Tri club	00:15:07	120.	00:02:15	00:46:39	120.	25,7	00:01:18	00:28:36	103.	+32:51	01:33:57

Ran	Bib	Name	Sex	Age Cat	Club	Swim	Pos	T1	Cycle	Pos	Km/h	T2	Run	Pos	Gap	Finish
115.	115	Brian Morley	m	M50-59		00:14:34	111.	00:03:41	00:47:28	125.	25,2	00:02:04	00:26:28	80.	+33:11	01:34:16
116.	67	Brian Healy	m	M50-59	Castlebar Tri club	00:13:24	75.	00:02:44	00:46:10	113.	25,9	00:03:00	00:28:59	106.	+33:14	01:34:20
117.	108	Aoife McElroy	f	F40-49	Sligo Tri Club	00:14:35	112.	00:02:42	00:49:27	134.	24,2	00:01:20	00:26:16	74.	+33:16	01:34:21
118.	29	Martin Corcoran	m	M20-29	Liquid Motion TC	00:16:33	133.	00:04:13	00:44:02	90.	27,2	00:01:21	00:28:14	100.	+33:19	01:34:25
119.	69	Orla Heffernan	f	F50-59	Liquid Motion TC	00:16:55	135.	00:01:19	00:43:51	82.	27,3	00:00:46	00:31:41	135.	+33:27	01:34:33
120.	92	Gavin Luby	m	M30-39		00:59:35	156.		00:41:42	61.	28,7				+34:23	01:35:28
121.	34	Sara Creighton	f	F40-49		00:12:10	34.	00:02:09	00:45:27	104.	26,3	00:01:27	00:34:15	143.	+34:26	01:35:31
122.	162	Teresa O Connor	f	F50-59	Castlebar Tri club	00:15:47	126.	00:02:04	00:45:44	108.	26,2	00:01:43	00:30:17	123.	+34:31	01:35:36
123.	167	Maria Zuhra	f	F30-39		00:17:50	142.	00:03:01	00:46:58	123.	25,5	00:00:58	00:26:53	83.	+34:37	01:35:42
124.	22	Natasha Clasby	f	F30-39	Naas TC	00:15:53	129.	00:02:07					00:27:41	96.	+34:51	01:35:56
125.	20	suzanne chester	f	F40-49	Westport TC 2023	00:13:57	97.	00:02:53	00:48:47	132.	24,5	00:01:01	00:29:35	115.	+35:10	01:36:15
126.	134	trish reddington	f	F40-49	Castlebar Tri club	00:13:42	88.	00:03:54	00:47:10	124.	25,4	00:00:51	00:30:48	128.	+35:22	01:36:28
127.	138	Hugh Rouse	m	M30-39		00:13:55	94.	00:02:27	00:44:32	95.	26,9	00:01:34	00:34:05	140.	+35:30	01:36:35
128.	51	Ciaran Fitzgerald	m	M20-29		00:13:46	91.	00:03:21	00:47:56	127.	25,0	00:00:55	00:30:53	129.	+35:46	01:36:52
129.	110	Niamh McGuinn	f	F40-49		00:13:43	89.	00:02:38	00:48:13	131.	24,8	00:00:49	00:31:38	133.	+35:58	01:37:03
130.	122	anne marie O cathasaigh	f	F50-59	Castlebar Tri club	00:14:16	107.	00:02:06	00:46:35	119.	25,7	00:00:47	00:33:31	138.	+36:11	01:37:17
131.	11	Cathy Burke	f	F50-59		00:13:35	82.	00:04:38	00:48:01	129.	24,9	00:01:02	00:30:04	121.	+36:15	01:37:20
132.	41	Ciaran Delaney	m	M60+		00:14:28	110.	00:02:38	00:50:53	140.	23,5	00:01:41	00:27:47	97.	+36:23	01:37:29
133.	101	Shona Mc andrew	f	F40-49	Liquid Motion TC	01:07:05	158.		00:46:48	122.	25,6				+36:34	01:37:40
134.	91	Marie Killeen	f	F50-59	Liquid Motion TC	00:15:30	124.	00:02:35	00:48:01	130.	24,9	00:01:00	00:30:38	126.	+36:41	01:37:46
135.	37	Nadine Dabbagh	f	F40-49	Castlebar Tri club	00:12:40	51.	00:01:59	00:50:49	139.	23,6	00:01:08	00:31:34	131.	+37:06	01:38:12
136.	121	John Nyland	m	M50-59	Castlebar Tri club	00:17:27	138.	00:03:56	00:49:08	133.	24,4	00:00:54	00:26:54	85.	+37:14	01:38:20
137.	66	Lyndsey Harkins	f	F30-39		00:13:39	84.	00:02:37	00:50:45	137.	23,6	00:01:31	00:30:38	125.	+38:06	01:39:12
138.	3	Sarah Battle	f	F40-49		00:12:33	49.	00:01:37	00:50:47	138.	23,6	00:00:52	00:35:03	146.	+39:49	01:40:55
139.	15	Mandy Caden	f	F50-59	Liquid Motion TC	00:13:08	67.	00:02:20	00:50:21	135.	23,8	00:01:02	00:34:07	141.	+39:55	01:41:00
140.	85	Roisin Keegan	f	F40-49	Castlebar Tri club	01:11:03	159.		00:50:34	136.	23,7				+40:50	01:41:55
141.	194	Kieran's Angels Kieran's Angels	a	Relay Mix		00:14:48	119.	00:01:13	00:53:27	145.	22,4	00:01:10	00:31:40	134.	+41:13	01:42:19
142.	146	Grainne Temple	f	F30-39	Liquid Motion TC	00:15:12	122.	00:02:20	00:52:08	143.	23,0	00:01:15	00:31:37	132.	+41:29	01:42:34
143.	155	Niamh Walsh	f	F40-49	Sligo Tri Club	00:16:00	132.	00:02:18	00:55:17	152.	21,7	00:01:02	00:28:30	102.	+42:04	01:43:10
144.	82	Aoife Jordan	f	F20-29		00:15:14	123.	00:04:37	00:54:43	148.	21,9	00:01:41	00:27:17	91.	+42:28	01:43:34
145.	9	Marieta Brogan	f	F40-49		00:22:26	154.	00:03:21	00:51:57	142.	23,0	00:00:56	00:27:54	98.	+45:31	01:46:37
146.	63	Colm Golden	m	M30-39	Sligo Tri Club	00:13:26	77.	00:06:58	00:55:01	150.	21,8	00:02:39	00:29:59	120.	+47:00	01:48:05
147.	90	Orla Kelly	f	F40-49	Sligo Tri Club	00:13:20	74.	00:02:37	00:51:03	141.	23,5	00:01:46	00:40:20	151.	+48:02	01:49:08
148.	132	Anne Rafter Côté	f	F50-59	Liquid Motion TC	00:18:18	146.	00:01:42	00:52:19	144.	22,9	00:00:53	00:36:04	147.	+48:12	01:49:18
149.	18	Martina Cawley	f	F40-49	Liquid Motion TC	00:20:28	151.	00:02:38	00:54:38	147.	21,9	00:00:53	00:33:58	139.	+51:31	01:52:37
150.	38	Anne Daly	f	F40-49	Liquid Motion TC	00:20:18	150.	00:03:24	00:56:09	153.	21,3	00:01:26	00:34:15	142.	+54:28	01:55:34
151.	102	Majella Mc cullagh	f	F60+	Omagh TC	00:17:18	137.	00:02:08	00:55:09	151.	21,7	00:01:08	00:40:56	152.	+55:35	01:56:41
152.	60	Noelle Gill	f	F40-49		00:23:13	155.	00:04:10	00:54:34	146.	21,9	00:02:20	00:33:10	137.	+56:23	01:57:29
153.	142	Edel Ryan	f	F40-49		00:21:55	153.	00:05:33	00:54:43	149.	21,9	00:02:07	00:34:38	144.	+57:52	01:58:57
154.	94	Thomas Lynott	m	MU-19		00:11:40	26.	00:02:20	01:07:07	157.	17,8	00:00:39	00:38:25	150.	+59:08	02:00:13

Ran	Bib	Name	Sex	Age Cat	Club	Swim	Pos	T1	Cycle	Pos	Km/h	T2	Run	Pos	Gap	Finish
155.	141	Maryrose Rusk	f	F50-59		00:19:56	149.	00:05:11	01:03:46	156.	18,8	00:01:40	00:38:23	148.	+67:52	<b>02:08:57</b>
156.	125	Niall O'cleirigh	m	M50-59		00:19:51	148.	00:05:21	01:03:42	155.	18,8	00:01:40	00:38:24	149.	+67:54	<b>02:09:00</b>
157.	144	Conor Scanlon	m	M30-39		00:20:49	152.	00:04:30	01:00:49	154.	19,7	00:01:27	00:42:30	153.	+69:02	<b>02:10:07</b>
	10	Diarmuid Browne	m	M50-59	Naas TC											
	27	Blaine Connick	m	M20-29												
	28	Kathleen Connors	f	F50-59	DB Triathlon Club											
	33	Aileen Cox Blundell	f	F40-49												
	44	Siobhan Doran	f	F40-49	Lough Key Triathlon Club											
	52	Eimear Fitzmaurice	f	F40-49	Castlebar Tri club											
	53	Elizabeth Flynn	f	F40-49	Sligo Tri Club											
	61	Dean Gillespie	m	M30-39	Liquid Motion TC											
	62	Annabel Gilmartin	f	F30-39	Sligo Tri Club											
	70	Maggie Heneghan	f	F40-49	Castlebar Tri club											
	71	Dónal Hennigan	m	M30-39	Liquid Motion TC											
	72	Louise Heraghty	f	F40-49	Sligo Tri Club											
	73	Seamus Heverin	m	M50-59												
	77	Eamonn Horkan	m	M50-59												
	78	Keith Hughes	m	M50-59												
	140	David Rowe	m	M40-49												
	151	Shane Timlin	m	M30-39												
	187	N.N. God Loves A Trier	a	Relay		00:15:49	127.	00:00:53	00:38:08	26.	31,4	00:00:40				
	188	N.N. Dexyes Midnight Triers	a	Relay Mix		00:14:41	117.	00:38:38								
	189	N.N. Splash, Flash And Dash	a	Relay Mix		00:13:56	95.	00:01:05	00:42:40	71.	28,1	00:00:33				
	197	The Wacky Racers	a	Relay Mix	The Wacky Racers											

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