

Sprint

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

Ran	Bib	Nam	Last	Sex	Age	Age	Club	Swim	Pos	T1	Cycle	Pos	Km/h	T2	Run	Pos	Km/h	Gap	Finish	Gun
1.	237	John	O connell	m	M35-39		Cork TC	00:10:47	1.	00:01:20	00:35:50	2.	33,4	00:01:10	00:22:00	8.	13,6	-	01:11:10	01:11:11
2.	232	Owen	O'connor	m	M40-44		Cork TC	00:11:15	3.	00:01:21	00:36:45	3.	32,6	00:01:26	00:22:32	10.	13,3	+2:11	01:13:21	01:13:21
3.	260	Jonath	Finn	m	M30-34		Midleton Cycling and	00:12:15	10.	00:01:21	00:38:12	4.	31,4	00:01:12	00:21:59	7.	13,6	+3:51	01:15:01	01:15:20
4.	201	Shauna	Doellken O	f	F20-24			00:12:15	9.	00:01:27	00:40:54	10.	29,3	00:01:16	00:20:46	4.	14,4	+5:29	01:16:39	01:16:44
5.	205	Nick	O Donoghue	m	M30-34	1.		00:13:52	38.	00:01:39	00:38:45	5.	30,9	00:01:37	00:21:04	5.	14,2	+5:48	01:16:58	01:18:09
6.	206	Barry	Donovan	m	M30-34	2.		00:12:56	15.	00:03:37	00:40:30	8.	29,6	00:01:36	00:19:01	3.	15,7	+6:31	01:17:41	01:18:19
7.	244	Eoin	Healy	m	M25-29	1.	Crosshaven Triathlon	00:11:38	5.	00:01:53	00:42:23	20.	28,3	00:01:28	00:22:07	9.	13,5	+8:21	01:19:31	01:20:05
8.	249	Morgan	Mc Court	m	M50-54	1.	Kinsale TC	00:13:14	21.	00:01:56	00:40:55	11.	29,3	00:01:41	00:21:54	6.	13,6	+8:33	01:19:43	01:21:00
9.	224	Donal	Murphy	m	M50-54	2.	Blackwater TC	00:13:09	17.	00:02:15	00:40:06	6.	29,9	00:01:31	00:24:14	16.	12,3	+10:07	01:21:17	01:21:40
10.	273	Aine	Kinsella	f	F25-29		Waterford Triathlon	00:12:02	7.	00:01:49	00:43:11	25.	27,7	00:01:17	00:23:03	13.	13,0	+10:13	01:21:24	01:21:29
11.	240	Sian	Egerton	f	F30-34		Cork TC	00:11:31	4.	00:01:47	00:43:10	23.	27,7	00:01:33	00:24:41	21.	12,1	+11:34	01:22:44	01:22:51
12.	220	Brenda	Holland	m	M50-54	3.		00:13:49	35.	00:01:53	00:41:44	13.	28,7	00:01:25	00:25:25	28.	11,7	+13:09	01:24:19	01:25:01
13.	198	Michael	White	m	M30-34	3.		00:13:41	33.	00:02:18	00:41:48	14.	28,6	00:01:35	00:25:06	22.	11,9	+13:20	01:24:30	01:26:30
14.	264	Pj	Aherne	m	M30-34	4.	South Coast TC	00:14:22	49.	00:01:47	00:40:22	7.	29,7	00:01:31	00:26:39	46.	11,2	+13:32	01:24:42	01:25:27
15.	231	Bob	Moloney	m	M40-44	1.	Cobh TC	00:13:36	30.	00:01:58	00:43:26	29.	27,6	00:01:37	00:24:07	15.	12,4	+13:35	01:24:45	01:25:49
16.	222	Aoife	Trihy	f	F25-29	1.	Belpark TC	00:11:08	2.	00:01:56	00:45:57	46.	26,1	00:01:29	00:24:24	19.	12,2	+13:46	01:24:56	01:24:59
17.	203	RICHA	CLEARY	m	M40-44	2.		00:14:29	51.	00:03:12	00:43:23	27.	27,6	00:01:22	00:22:36	11.	13,2	+13:53	01:25:03	01:27:21
18.	185	Eamon	Casey	m	M50-54	4.		01:02:13	94.		00:44:35	35.	26,9	00:24:35	00:00:24	1.	730,8	+13:57	01:25:07	01:27:17
19.	238	Rory	Galvin	m	M40-44	3.	Cork TC	00:15:26	71.	00:01:54	00:40:56	12.	29,3	00:01:19	00:25:56	36.	11,5	+14:22	01:25:32	01:27:00
20.	259	Alanna	Drennan	f	F16-19	1.	Midleton Cycling and	00:12:23	11.	00:01:24	00:43:42	31.	27,4	00:01:15	00:26:53	51.	11,1	+14:29	01:25:39	01:26:04
21.	178	Linda	O connor	f	F45-49	1.		00:11:57	6.	00:02:27	00:47:02	52.	25,5	00:01:34	00:23:00	12.	13,0	+14:52	01:26:02	01:26:34
22.	187	David	O'callaghan	m	M25-29	2.		00:13:42	34.	00:02:45	00:44:00	32.	27,2	00:02:04	00:23:33	14.	12,7	+14:56	01:26:06	01:27:42
23.	211	Anthon	Buckley	m	M16-19	1.		00:12:43	13.	00:02:16	00:45:31	41.	26,3	00:01:34	00:24:22	18.	12,3	+15:17	01:26:27	01:27:12
24.	251	Anthon	Power	m	M30-34	5.	Mallow TC	00:13:39	32.	00:02:58	00:42:11	17.	28,4	00:01:46	00:26:03	38.	11,5	+15:27	01:26:37	01:27:46
25.	75	Paul	Cotter	m	M40-44	4.	Kilkenny Triathlon Club	00:14:50	56.	00:01:48	00:43:05	22.	27,8	00:01:28	00:26:23	42.	11,3	+16:27	01:27:37	01:28:55
26.	268	Conor	Ahearne	m	M16-19	2.	Tried & Tested TC	00:12:38	12.	00:02:16	00:45:33	43.	26,3	00:01:25	00:25:43	33.	11,6	+16:28	01:27:38	01:28:35
27.	256	Sinéad	Renton	f	F40-44	1.	Mallow TC	00:15:17	66.	00:02:38	00:42:21	19.	28,3	00:01:49	00:25:40	31.	11,6	+16:39	01:27:49	01:28:55
28.	228	Deirdre	Morrison	f	F35-39	1.	Blackwater TC	00:13:53	39.	00:02:10	00:41:49	15.	28,6	00:01:45	00:28:09	64.	10,6	+16:40	01:27:50	01:28:17
29.	258	Tony	Marian	m	M55-59	1.	Mallow TC	00:13:29	27.	00:02:56	00:42:19	18.	28,3	00:01:47	00:27:30	58.	10,9	+16:52	01:28:02	01:28:15
30.	247	Rory	McGovern	m	M50-54	5.	Kilkenny Triathlon Club	00:14:40	54.	00:02:34	00:41:59	16.	28,5	00:02:02	00:26:46	49.	11,2	+16:52	01:28:03	01:29:58
31.	191	Lynda	O'gorman	f	F45-49	2.		00:13:23	25.	00:02:11	00:44:41	37.	26,8	00:02:07	00:25:49	35.	11,6	+17:04	01:28:14	01:30:19
32.	180	Kevin	Byrne	m	M25-29	3.		00:13:13	20.	00:02:21	00:46:06	47.	26,0	00:01:40	00:25:17	24.	11,8	+17:29	01:28:39	01:30:12

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Ran	Bib	Nam	Last	Sex	Age	Age	Club	Swim	Pos	T1	Cycle	Pos	Km/h	T2	Run	Pos	Km/h	Gap	Finish	Gun
33.	199	Peter	Kelly	m	M35-39	1.		00:15:09	62.	00:02:53	00:45:00	39.	26,6	00:01:29	00:24:17	17.	12,3	+17:41	01:28:51	01:29:51
34.	235	Richard	Hawkins	m	M50-54	6.	Cork TC	00:14:01	42.	00:02:27					00:25:41	32.	11,6	+17:51	01:29:01	01:30:12
35.	269	Nicola	Moroney	f	F35-39	2.	Tried & Tested TC	00:13:38	31.	00:02:50	00:44:16	33.	27,1	00:01:55	00:26:21	41.	11,3	+17:52	01:29:02	01:29:37
36.	267	Jim	Hennessy	m	M45-49	1.	South Coast TC	00:12:59	16.	00:02:19	00:43:10	24.	27,7	00:01:43	00:28:53	67.	10,3	+17:56	01:29:06	01:29:27
37.	250	Ede	Kelleher	f	F45-49	3.	Mallow TC	00:12:45	14.	00:02:25	00:47:05	53.	25,4	00:01:55	00:25:31	29.	11,7	+18:32	01:29:42	01:29:52
38.	234	Jennife	Martin	f	F25-29	2.	Cork TC	00:13:51	37.	00:02:25	00:44:35	36.	26,9	00:02:03	00:26:55	52.	11,1	+18:42	01:29:52	01:30:44
39.	266	Kieran	Bennett	m	M45-49	2.	South Coast TC	00:14:34	52.	00:04:04	00:43:15	26.	27,7	00:02:38	00:25:19	26.	11,8	+18:43	01:29:53	01:31:18
40.	195	Michael	Desmond	m	M45-49	3.		00:14:04	43.	00:02:57	00:44:49	38.	26,7	00:01:34	00:26:38	45.	11,2	+18:56	01:30:06	01:32:17
41.	225	Kennet	Power	m	M40-44	5.	Blackwater TC	00:15:11	63.	00:02:42	00:43:23	28.	27,6	00:01:34	00:27:58	62.	10,7	+19:41	01:30:51	01:32:46
42.	200	John	Buckley	m	M45-49	4.		00:17:15	85.	00:02:49	00:43:27	30.	27,6	00:01:58	00:25:19	27.	11,8	+19:41	01:30:51	01:33:19
43.	214	Daniel	Barrett	m	M25-29	4.		00:13:15	22.	00:02:21	00:44:17	34.	27,0	00:01:41	00:29:21	68.	10,2	+19:46	01:30:56	01:33:16
44.	216	Greg	Glynn	m	M35-39	2.		00:15:23	69.	00:02:09	00:45:55	45.	26,1	00:01:31	00:25:57	37.	11,5	+19:47	01:30:57	01:33:20
45.	229	Sean	Lomasney	m	M55-59	2.	Blackwater TC	00:15:14	64.	00:02:34	00:42:33	21.	28,1	00:02:10	00:28:27	66.	10,5	+19:52	01:31:02	01:31:31
46.	188	Eoin	O'Keeffe	m	M40-44	6.		00:13:36	29.	00:02:56					00:27:23	56.	10,9	+19:55	01:31:05	01:33:12
47.	241	Emma	White	f	F30-34	1.	Cork TC	00:13:21	24.	00:02:25	00:47:48	56.	25,0	00:01:41	00:26:11	39.	11,4	+20:18	01:31:28	01:32:23
48.	210	Paula	Fitzpatrick	f	F30-34	2.		00:14:55	58.	00:02:58	00:45:46	44.	26,2	00:01:16	00:26:41	48.	11,2	+20:27	01:31:37	01:33:01
49.	275	Catheri	McCarthy	f	F25-29	3.	West Cork TC	00:14:39	53.	00:50:48				00:48:43	00:25:09	23.	11,9	+20:52	01:32:02	01:33:32
50.	322	Brid	Normoyale	f		1.		00:13:54	40.	00:51:20				00:50:25	00:25:17	25.	11,8	+20:53	01:32:03	01:33:53
51.	255	Joanne	Mccann	f	F45-49	4.	Mallow TC	00:13:25	26.	00:02:34	00:49:42	64.	24,1	00:02:07	00:24:27	20.	12,2	+21:06	01:32:16	01:32:28
52.	193	Eoin	Finnegan	m	M25-29	5.		00:16:26	81.	00:48:21				00:45:33	00:26:21	40.	11,3	+21:06	01:32:16	01:34:25
53.	248	Michael	Kennedy	m	M45-49	5.	Killarney TC	00:14:10	44.	00:02:27	00:46:47	50.	25,6	00:01:42	00:27:45	61.	10,8	+21:43	01:32:53	01:33:43
54.	279	Jennife	Kennedy	f	F30-34	3.		00:14:11	45.	00:02:27	00:48:17	61.	24,8	00:01:41	00:26:41	47.	11,2	+22:08	01:33:18	01:35:03
55.	209	Matthe	Browne	m	M35-39	3.		00:15:06	60.	00:02:58	00:48:52	62.	24,5	00:01:12	00:25:47	34.	11,6	+22:47	01:33:57	01:35:11
56.	212	Eoin	O'shea	m	M35-39	4.		00:15:39	73.	00:02:43	00:46:24	48.	25,8	00:02:09	00:27:06	54.	11,0	+22:53	01:34:03	01:36:04
57.	263	Eddie	O'Regan	m	M60	1.	South Coast TC	00:16:18	80.	00:03:20	00:46:43	49.	25,6	00:02:28	00:25:37	30.	11,7	+23:17	01:34:27	01:35:56
58.	177	James	Mahon	m	M50-54	7.		00:16:16	79.	00:02:19	00:45:33	42.	26,3	00:01:21	00:30:08	70.	9,9	+24:28	01:35:38	01:37:23
59.	189	Emer	Scanlan	f	F25-29	4.		00:13:32	28.	00:03:33	00:50:20	67.	23,8	00:01:43	00:26:38	44.	11,2	+24:37	01:35:47	01:37:32
60.	217	Michael	Feeney	m	M40-44	7.		00:15:35	72.	00:03:37	00:46:48	51.	25,6	00:02:24	00:27:35	59.	10,8	+24:50	01:36:00	01:38:04
61.	252	Pauline	Sweetnam	f	F40-44	2.	Mallow TC	00:14:53	57.	00:03:25	00:47:57	58.	25,0	00:01:34	00:28:11	65.	10,6	+24:52	01:36:02	01:37:34
62.	227	Brigid	Liston	f	F40-44	3.	Blackwater TC	00:16:03	77.	00:02:38	00:45:29	40.	26,3	00:01:38	00:30:41	71.	9,7	+25:21	01:36:31	01:37:11
63.	265	Paul	Curley	m	M50-54	8.	South Coast TC	00:15:04	59.	00:04:28	00:48:52	63.	24,5	00:01:24	00:27:01	53.	11,0	+25:42	01:36:52	01:39:15
64.	243	Damien	Manning	m	M45-49	6.	Crosshaven Triathlon	00:16:48	84.	00:03:29	00:47:45	55.	25,1	00:01:53	00:27:27	57.	10,9	+26:14	01:37:24	01:38:27
65.	278	Carmel	Collins	f	F40-44	4.		00:13:09	19.	00:02:32	00:47:54	57.	25,0	00:01:43	00:32:50	79.	9,1	+27:00	01:38:10	01:39:25
66.	197	Neil	O Loughlin	m	M30-34	6.		00:15:17	65.	00:02:30	00:48:05	59.	24,9	00:01:32	00:31:44	77.	9,4	+28:01	01:39:11	01:41:07
67.	148	Deirdre	Mc curtin	f	F30-34	4.		00:13:51	36.	00:02:35	00:53:04	73.	22,6	00:01:39	00:28:02	63.	10,6	+28:03	01:39:13	01:39:30
68.	270	Natash	Lanigan	f	F40-44	5.	Tried & Tested TC	00:15:20	68.	00:02:41	00:50:36	68.	23,7	00:01:42	00:30:55	74.	9,6	+30:05	01:41:15	01:42:52
69.	221	Richard	Fahey	m	M35-39	5.		00:19:01	89.	00:05:12	00:48:06	60.	24,9	00:02:31	00:26:33	43.	11,2	+30:16	01:41:26	01:43:41
70.	223	Charles	Russell	m	M45-49	7.	Blackwater TC	00:15:41	74.	00:07:36	00:50:11	66.	23,9	00:01:54	00:26:47	50.	11,1	+31:01	01:42:11	01:43:51

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Ran	Bib	Nam	Last	Sex	Age	Age	Club	Swim	Pos	T1	Cycle	Pos	Km/h	T2	Run	Pos	Km/h	Gap	Finish	Gun
71.	236	Suzann	Kelly	f	F40-44	6.	Cork TC	00:14:16	48.	00:02:56	00:53:09	75.	22,5	00:01:53	00:30:50	72.	9,7	+31:55	01:43:05	01:44:05
72.	262	Batt	Sheehan	m	M50-54	9.	South Coast TC	00:15:43	75.	00:03:34	00:47:31	54.	25,2	00:03:26	00:33:43	82.	8,8	+32:49	01:43:59	01:44:56
73.	261	Claire	O'connor	f	F45-49	5.	South Coast TC	00:15:18	67.	00:03:16	00:51:21	69.	23,3	00:01:42	00:32:57	80.	9,1	+33:27	01:44:37	01:45:25
74.	202	Sarah	Blackburn	f	F30-34	5.		00:14:46	55.	00:02:55	00:54:55	77.	21,8	00:01:36	00:31:09	75.	9,6	+34:13	01:45:23	01:45:41
75.	226	Tom	O'Mara	m	M45-49	8.	Blackwater TC	00:15:52	76.	00:04:47	00:51:49	71.	23,1	00:01:46	00:31:40	76.	9,4	+34:46	01:45:56	01:47:52
76.	184	George	Shorten	m	M55-59	3.		00:16:29	82.	00:04:08	00:56:26	79.	21,2	00:01:53	00:27:11	55.	11,0	+34:59	01:46:09	01:47:54
77.	277	Amand	Mannix	f	F40-44	7.	Wicklow TC	00:14:15	47.	00:02:45	00:51:42	70.	23,2	00:02:30	00:35:25	84.	8,4	+35:29	01:46:39	01:47:01
78.	276	Claire	McCarthy	f	F30-34	6.	West Cork TC	00:14:14	46.	00:03:54	00:52:34	72.	22,8	00:01:33	00:34:28	83.	8,7	+35:35	01:46:45	01:48:22
79.	218	Eimear	Pigott	f	F16-19	2.		00:12:13	8.	00:04:45	00:53:09	74.	22,5	00:01:55	00:38:10	87.	7,8	+39:05	01:50:15	01:51:36
80.	215	Denis	O'Leary	m	M65-69	1.		00:18:08	87.	00:04:57	00:54:43	76.	21,9	00:02:14	00:30:53	73.	9,7	+39:48	01:50:58	01:53:25
81.	239	Ross	Loughnane	m	M35-39	6.	Cork TC	00:13:17	23.	00:02:21	00:57:37	81.	20,8	00:02:17	00:35:39	85.	8,4	+40:03	01:51:13	01:52:04
82.	192	Kieran	Lynch	m	M35-39	7.		00:16:36	83.	00:06:10	00:59:25	83.	20,1	00:01:42	00:27:36	60.	10,8	+40:20	01:51:30	01:52:17
83.	242	Ronan	O'Donoghue	m	M45-49	9.	Crosshaven Triathlon	00:20:15	90.	00:03:48	00:49:57	65.	24,0	00:02:30	00:37:57	86.	7,9	+43:18	01:54:28	01:56:44
84.	194	Niamh	Meaney	f	F20-24	1.		00:14:23	50.	00:02:43	01:03:28	87.	18,9	00:01:29	00:32:58	81.	9,0	+43:53	01:55:03	01:56:45
85.	182	Siobhai	Steele	f	F55-59	1.		00:18:07	86.	00:05:55	00:59:50	84.	20,0	00:02:35	00:30:05	69.	9,9	+45:23	01:56:33	01:59:09
86.	183	Kevin	Casey	m	M30-34	7.		00:15:07	61.	00:05:28	00:55:42	78.	21,5	00:02:18	00:42:13	92.	7,1	+49:41	02:00:51	02:03:20
87.	204	Carolin	Dunphy	f	F30-34	7.		00:18:16	88.	00:03:32	00:58:44	82.	20,4	00:02:43	00:39:34	88.	7,5	+51:41	02:02:51	02:04:13
88.	245	Justine	Keohane	f	F35-39	3.	Crosshaven Triathlon	00:15:24	70.	00:03:02	01:01:17	86.	19,5	00:01:48	00:41:54	91.	7,1	+52:17	02:03:27	02:03:56
89.	157	Cecelia	O'Regan	f	F50-54	1.		00:23:23	93.	00:05:48	01:00:07	85.	19,9	00:01:58	00:32:13	78.	9,3	+52:20	02:03:30	02:05:09
90.	179	Catrion	Wallace	f	F40-44	8.		00:20:40	91.	00:05:10	00:57:24	80.	20,9	00:01:40	00:39:51	89.	7,5	+53:36	02:04:46	02:05:24
91.	186	Johann	Ahlmann	m	M40-44	8.		00:20:53	92.	01:00:28	00:01:26	1.	834,6	00:44:15	00:00:36	2.	499,2	+56:29	02:07:39	02:09:25
92.	196	Eimear	Buckley	f	F35-39	4.		00:16:15	78.	00:04:39	01:08:55	88.	17,4	00:02:05	00:41:42	90.	7,1	+62:28	02:13:38	02:15:27
	272	Rebecc	Condell	f	F20-24		Trilogy Triathlon Club													
	271	Ingrid	Condell	f	F50-54		Trilogy Triathlon Club													
	257	France	O'sullivan	f	F60-64		Mallow TC													
	254	Barry	O'brien	m	M45-49		Mallow TC													
	253	Deirdre	Lowney	f	F45-49		Mallow TC													
	246	Peter	Treacy	m	M25-29		Kilkenny Triathlon Club													
	233	Denise	Crowley	f	F25-29		Cork TC													
	230	Des	O'meara	m	M40-44		Clonmel TC													
	213	Daragh	Carroll	m	M20-24															
	207	Luke	Doyle	m	M16-19															
	190	Susan	Clancy	f	F35-39															
	181	Deirdre	O'Sullivan	f	F40-44															
	176	Reuben	Dowling	m	M25-29															
	175	Andrew	O'brien	m	M40-44															
DSQ	219	Cúán	Mac	m	M20-24			00:13:09	18.						00:48:09	93.	6,2		01:50:00	01:50:16
DNF	208	Brenda	Mannix	m	M50-54			00:13:55	41.	00:02:25	00:40:43	9.	29,4							

Sprint

Ran	Bib	Nam	Last	Sex	Age	Age	Club	Swim	Pos	T1	Cycle	Pos	Km/h	T2	Run	Pos	Km/h	Gap	Finish	Gun
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Number of records: 108