Place	Numb	Event	Surname	Name	Cat	Sex	Swim	T1	Lap 1	Lap 2	Lap 3	Lap 4	Run	Finish
1	492	Long	Maher	Alan	Senior	MALE	0:19:08	0:01:03	0:04:16	0:04:28	0:04:29	0:04:34	0:17:48	0:38:00
2	518	Long	Nolan	Barry	Senior	MALE	0:19:17	0:01:14	0:04:16	0:04:33	0:04:32	0:04:27	0:17:48	0:38:19
3	446	Long	Costello	Ciaran	Senior	MALE	0:22:56	0:01:18	0:04:04	0:04:23	0:04:24	0:04:21	0:17:12	0:41:26
4	486	Long	Lee	Rachael	Over40	FEMALE	0:18:17	0:01:47	0:05:23	0:05:48	0:05:50	0:05:43	0:22:44	0:42:47
5	533	Long	O'Sullivan	Jennifer	Senior	FEMALE	0:22:39	0:01:13	0:04:33	0:05:11	0:05:05	0:05:04	0:19:53	0:43:45
6	500	Long	McGovern	Paul	Over40	MALE	0:22:15	0:01:22	0:05:02	0:05:23	0:05:28	0:05:05	0:20:58	0:44:35
7	513	Long	Murphy	Niamh	Senior	FEMALE	0:22:38	0:01:34	0:05:26	0:05:34	0:05:31	0:05:17	0:21:48	0:46:00
8	523	Long	O'Connor	Cormac	Over40	MALE	0:22:14	0:01:16	0:05:21	0:05:48	0:05:54	0:05:53	0:22:56	0:46:27
9	494	Long	McArdle	Niall	Senior	MALE	0:24:30	0:01:40	0:04:54	0:05:13	0:05:10	0:05:05	0:20:22	0:46:32
10	535	Long	O'Connor	Helen	Over40	FEMALE	0:25:24	0:01:18	0:04:56	0:05:17	0:05:22	0:05:23	0:20:57	0:47:39
11	560	Long	Tallon	Cathal	Senior	MALE		0:26:10	0:05:16	0:05:33	0:05:32	0:05:12	0:21:32	0:47:42
12	467	Long	Grennan	Simon	Senior	MALE	0:23:19	0:01:59	0:05:27	0:05:58	0:05:46	0:05:35	0:22:46	0:48:04
13	444	Long	Connolly	Murray	Senior	MALE	0:24:51	0:01:22	0:05:42	0:05:44	0:05:33	0:05:13	0:22:12	0:48:26
14	556	Long	Short	Stephen	Over40	MALE	0:27:35	0:01:46	0:04:40	0:04:54	0:04:49	0:04:44	0:19:07	0:48:28
15	488	Long	Ludden	Alan	Over40	MALE	0:25:36	0:01:17	0:05:17	0:05:37	0:05:31	0:05:21	0:21:46	0:48:39
16	485	Long	Lawson	David	Senior	MALE	0:25:35	0:01:33	0:05:53	0:06:04	0:06:02	0:05:13	0:23:12	0:50:20
17	469	Long	Henderson	Mark	Over40	MALE	0:25:18	0:01:47	0:05:33	0:06:00	0:06:00	0:05:43	0:23:16	0:50:21
18	542	Long	Prokupek	Jindrich	Senior	MALE	0:27:50	0:02:52	0:04:47	0:05:06	0:05:09	0:04:45	0:19:47	0:50:29
19	493	Long	Mara	Ross	Senior	MALE	0:28:53	0:01:26	0:04:44	0:05:12	0:05:11	0:05:09	0:20:16	0:50:35
20	552	Long	Scott	Aoife	Senior	FEMALE	0:28:43	0:02:14	0:04:42	0:05:01	0:05:03	0:04:58	0:19:44	0:50:41
21	551	Long	Sayer	Iain	Over40	MALE	0:27:49	0:01:36	0:05:12	0:05:31	0:05:33	0:05:26	0:21:42	0:51:07
22	507	Long	Moghal	Alan	Senior	MALE	0:27:52	0:01:31	0:05:08	0:05:38	0:05:37	0:05:40	0:22:03	0:51:26
23	432	Long	Branagan	Oisin	Senior	MALE	0:27:48	0:01:24	0:05:24	0:05:48	0:05:44	0:05:28	0:22:25	0:51:37
24	473	Long	Hughes	Ken	Over40	MALE	0:26:07	0:02:08	0:05:44	0:05:58	0:05:54	0:05:55	0:23:31	0:51:46
25	458	Long	French	Niamh	Over40	FEMALE		0:28:15	0:05:44	0:05:58	0:05:54	0:05:56	0:23:31	0:51:47
26	605	Long	Hanrahan	Adrian	Senior	MALE	0:25:47	0:03:03	0:05:32	0:05:54	0:05:51	0:05:57	0:23:15	0:52:05
27	482	Long	Kenna	Darren	Senior	MALE	0:27:19	0:02:36	0:05:18	0:05:47	0:05:40	0:05:26	0:22:11	0:52:07
28	567	Long	Morris	Ruth	Senior	FEMALE	0:24:40	0:01:58	0:05:56	0:06:37	0:06:35	0:06:37	0:25:44	0:52:22
29	440	Long	Carwood	Will	Senior	MALE	0:29:04	0:01:46	0:05:14	0:05:35	0:05:34	0:05:37	0:22:00	0:52:50
30	558	Long	Slein	Mick	Senior	MALE	0:29:22	0:02:41	0:04:54	0:05:27	0:05:22	0:05:15	0:20:57	0:53:00
31	570	Long	Barrett	Finbarr	Over40	MALE	0:27:22	0:01:51	0:05:37	0:06:06	0:06:14	0:06:21	0:24:18	0:53:31
32	559	Long	spicer	james	Senior	MALE	0:24:56	0:03:01	0:06:37	0:07:20	0:07:37	0:07:30	0:29:04	0:57:02
33	427	Long	Bechet	Sibylle	Senior	FEMALE	0:26:30	0:02:18	0:07:01	0:07:14	0:07:09	0:07:12	0:28:35	0:57:23
34	544	Long	Quinn	Donal	Over40	MALE	0:28:13	0:02:35	0:06:28	0:06:52	0:07:02	0:06:43	0:27:05	0:57:53
35	547	Long	Reilly	Paul	Over40	MALE	0:31:28	0:02:14	0:05:43	0:06:11	0:06:16	0:06:04	0:24:13	0:57:55
36	555	Long	Sheridan	James	Over40	MALE	0:31:44	0:02:41	0:05:41	0:06:09	0:06:10	0:06:04	0:24:05	0:58:30
37	568	Long	Ambrose	Mary Antoinette	Over40	FEMALE	0:29:41	0:03:52	0:06:55	0:07:23	0:07:24	0:07:06	0:28:48	1:02:22
38	517	Long	NI DHUIBHINN	CAOIMHE	Over40	FEMALE	0:33:01	0:02:55	0:06:20	0:06:45	0:06:54	0:06:45	0:26:43	1:02:40
39	496	Long	McConnell	Alicia	Over40	FEMALE	0:34:52	0:02:01	0:06:40	0:07:22	0:07:17	0:07:00	0:28:19	1:05:12
40	508	Long	Mohan	Lorna	Senior	FEMALE	0:40:55	0:02:45	0:06:30	0:06:55	0:06:55	0:06:51	0:27:11	1:10:51
41	466	Long	Grant	Kieran	Senior	MALE	0:42:17	0:03:57	0:05:44	0:06:22	0:06:23	0:06:19	0:24:47	1:11:01
42	483	Long	Kerrigan	Kevin	Over40	MALE	0:40:55	0:03:13	0:07:11	0:07:05	0:06:46	0:06:22	0:27:24	1:11:33
43	525	Long	O'Donovan	Brian	Over40	MALE	0:37:30	0:06:32	0:07:21	0:08:11	0:08:14	0:08:23	0:32:10	1:16:11
	454	Long	Duffy	Marie	Senior	FEMALE	0:22:09	0:01:16	0:05:50					DNF
	429	Long	Bennett	Sean	Senior	MALE	0:28:01	0:01:57	0:18:49					DNF
	515	Long	Naughton	Peter	Over40	MALE	0:28:59							DNF
	468	Long	Hanley	Catherine	Over40	FEMALE	0:31:23							DNF
Place	**Numb**	**Event**	**Surname**	**Name**	**Cat**	**Sex**	Swim	T1	Lap 1	Lap 2	Lap 3	Lap 4	Run	Finish
1	597	Short	Fletcher	Owen	Senior	MALE	0:14:56	0:00:58	0:04:28	0:04:40			0:09:08	0:23:50
2	587	Short	corcoran	barry	Over40	MALE	0:16:01	0:00:54	0:04:35	0:04:52			0:09:27	0:25:11
3	632	Short	Byrne	Paul	Over40	MALE	0:15:42	0:01:26	0:05:31	0:05:32			0:11:03	0:26:58
4	512	Short	Murphy	Eoin	Senior	MALE								0:27:13
5	586	Short	Carwood	Sandra	Senior	FEMALE	0:16:13	0:01:27	0:05:23	0:05:42			0:11:05	0:27:32
6	612	Short	Mc Cormack	Brendan	Over40	MALE	0:17:58	0:01:17	0:04:40	0:04:58			0:09:37	0:27:40
7	592	Short	Daly	Bryan	Senior	MALE	0:18:50	0:01:11	0:04:18	0:04:41			0:08:59	0:27:48
8	557	Short	Sidney	Dave	Senior	MALE	0:14:04	0:01:50	0:07:02	0:07:16			0:14:18	0:28:59
9	583	Short	Birney	Alexandra	Over40	FEMALE	0:17:28	0:01:12	0:05:44	0:05:51			0:11:35	0:29:02
10	540	Short	Patton	Daniel	Senior	MALE	0:17:48	0:02:13	0:05:03	0:05:37			0:10:40	0:29:28
11	608	Short	Lawless	Shane	Senior	MALE	0:19:59	0:01:30	0:05:26	0:05:36			0:11:02	0:31:18
12	607	Short	Keogh	Mark	Senior	MALE	0:19:06	0:02:27	0:05:23	0:05:38			0:11:01	0:31:21
13	633	Short	Lyons	Jennifer	Over40	FEMALE	0:17:51	0:02:13	0:06:19	0:06:18			0:12:37	0:31:30
14	616	Short	O' Grady	Tony	Over40	MALE	0:19:41	0:01:34	0:05:38	0:05:54			0:11:32	0:31:35
15	590	Short	Curran	Melissa	Senior	FEMALE	0:19:37	0:01:54	0:05:32	0:05:58			0:11:30	0:31:49
16	626	Short	Swinburn	Ellie	Senior	FEMALE	0:19:25	0:02:10	0:05:33	0:06:17			0:11:51	0:32:14
17	588	Short	Cosgrave	Caitriona	Over40	FEMALE	0:21:51	0:01:43	0:05:07	0:05:26			0:10:33	0:32:55
18	531	Short	O'Reilly	Alma	Senior	FEMALE	0:21:00	0:02:13	0:05:41	0:05:52			0:11:33	0:33:33
19	625	Short	Stafford	Eimear	Senior	MALE	0:21:50	0:01:40	0:06:00	0:06:12			0:12:12	0:34:31
20	617	Short	O' Grady	Deirdre	Over40	FEMALE	0:20:16	0:01:50	0:06:50	0:07:22			0:14:12	0:35:06
21	595	Short	Dwyer	Nora	Senior	FEMALE	0:20:00	0:01:46	0:07:09	0:07:43			0:14:52	0:35:25
22	609	Short	Lloyd	Ciaran	Senior	MALE	0:21:23	0:02:52	0:06:28	0:06:50			0:13:17	0:36:20
23	594	Short	Dunne	Niall	Senior	MALE	0:26:17	0:01:19	0:06:27	0:06:40			0:13:07	0:39:31
24	611	Short	Malcolm	Katie	Senior	FEMALE	0:23:24	0:02:44	0:07:14	0:07:33			0:14:47	0:39:43
25	498	Short	McGee	Patrick	Over40	MALE	0:26:50	0:02:19	0:07:36	0:07:57			0:15:32	0:43:29
	623	Short	Ryan	Rob	Senior	MALE	0:23:14	0:01:35	0:12:16					DNF
	478	Short	Keeling	Aoife	Over40	FEMALE	0:26:26	0:01:57	0:06:35					DNF