## 2015-08-09 Tri-The-Lough results

| Rank | Bib | Gender | Age Group | First Name | Last Name | Swim | T1 | Bike | T2 | Run | Time |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 91 | Male | From 18 to 19, (NS) | James | Walton | 00:08:53 | 00:00:31 | 00:30:03 | 00:00:36 | 00:18:30 | 00:58:33 |
| 2 | 86 | Male | From 25 to 29, (NS) | Bernard | McCullagh | 00:09:45 | 00:00:38 | 00:30:58 | 00:00:40 | 00:17:16 | 00:59:17 |
| 3 | 21 | Male | From 35 to 39, (NS) | Ryan | Mcflynn | 00:10:39 | 00:00:52 | 00:29:58 | 00:00:42 | 00:17:22 | 00:59:33 |
| 4 | 88 | Male | From 20 to 24, (NS) | Cian | O'Reilly | 00:09:53 | 00:00:43 | 00:31:48 | 00:00:47 | 00:17:10 | 01:00:21 |
| 5 | 177 | Male | From 40 to 44, (NS) | Stephen | Duncan | 00:11:22 | 00:00:43 | 00:31:09 | 00:00:47 | 00:16:51 | 01:00:52 |
| 6 | 54 | Male | From 30 to 34, (NS) | Michael | Sinton | 00:10:28 | 00:00:45 | 00:31:00 | 00:00:47 | 00:18:34 | 01:01:34 |
| 7 | 273 | Female | From 25 to 29, (NS) | Carolyn | Hayes | 00:09:18 | 00:00:53 | 00:31:59 | 00:00:51 | 00:18:42 | 01:01:43 |
| 8 | 87 | Male | From 25 to 29, (NS) | Daniel | Quigley | 00:10:19 | 00:00:47 | 00:31:58 | 00:00:40 | 00:18:08 | 01:01:52 |
| 9 | 29 | Male | From 35 to 39, (NS) | Neville | O'Neill | 00:10:26 | 00:00:49 | 00:30:54 | 00:00:40 | 00:19:09 | 01:01:58 |
| 10 | 39 | Male | From 30 to 34, (NS) | Peter | Williamson | 00:09:38 | 00:00:44 | 00:32:11 | 00:00:40 | 00:19:17 | 01:02:30 |
| 11 | 89 | Male | From 20 to 24, (NS) | Mark | Murray | 00:09:33 | 00:00:42 | 00:32:40 | 00:00:40 | 00:19:09 | 01:02:44 |
| 12 | 204 | Male | From 40 to 44, (NS) | Finbar | McGrady | 00:11:04 | 00:00:57 | 00:31:26 | 00:00:43 | 00:19:18 | 01:03:28 |
| 13 | 179 | Male | From 40 to 44, (NS) | Peter | Neill | 00:11:36 | 00:00:40 | 00:32:04 | 00:00:43 | 00:18:43 | 01:03:46 |
| 14 | 46 | Male | From 30 to 34, (NS) | Alvaro | San Miguel | 00:09:49 | 00:00:46 | 00:31:55 | 00:00:48 | 00:21:26 | 01:04:44 |
| 15 | 272 | Female | From 25 to 29, (NS) | Laura | Tighe | 00:09:50 | 00:00:50 | 00:32:54 | 00:00:39 | 00:20:46 | 01:04:59 |
| 16 | 5 | Male | From 35 to 39, (NS) | James | Keenan | 00:11:47 | 00:00:48 | 00:32:52 | 00:00:52 | 00:19:06 | 01:05:25 |
| 17 | 95 | Male | From 16 to 17, (NS) | Conor | Smith | 00:11:46 | 00:01:16 | 00:32:39 | 00:00:47 | 00:19:18 | 01:05:46 |
| 17 | 95 | Male | From 16 to 17, (JNS) | Conor | Smith | 00:11:46 | 00:01:16 | 00:32:39 | 00:00:47 | 00:19:18 | 01:05:46 |
| 18 | 73 | Male | From 25 to 29, (NS) | Mervyn | Mc Dowell | 00:10:31 | 00:00:56 | 00:32:59 | 00:00:41 | 00:20:41 | 01:05:48 |
| 19 | 16 | Male | From 35 to 39, (NS) | Steven | Beggs | 00:11:55 | 00:00:53 | 00:33:01 | 00:00:54 | 00:19:06 | 01:05:49 |
| 20 | 18 | Male | From 35 to 39, (NS) | David | Adams | 00:11:50 | 00:00:44 | 00:33:49 | 00:00:37 | 00:18:55 | 01:05:55 |
| 21 | 188 | Male | From 40 to 44, (NS) | Duncan | Emery | 00:11:18 | 00:00:49 | 00:31:57 | 00:00:45 | 00:21:28 | 01:06:17 |
| 22 | 278 | Female | From 25 to 29, (NS) | Siobhan | Gallagher | 00:09:46 | 00:00:52 | 00:33:43 | 00:00:40 | 00:21:58 | 01:06:59 |
| 23 | 292 | Male | From 40 to 44, (NS) | Philip | Owens | 00:11:45 | 00:01:04 | 00:33:13 | 00:00:56 | 00:20:04 | 01:07:02 |
| 24 | 25 | Male | From 35 to 39, (NS) | Michael | McCambridge | 00:12:10 | 00:00:37 | 00:32:45 | 00:00:46 | 00:20:51 | 01:07:09 |
| 25 | 96 | Male | From 16 to 17, (NS) | Odhran | McKane | 00:10:23 | 00:00:47 | 00:36:10 | 00:00:42 | 00:19:19 | 01:07:21 |
| 25 | 96 | Male | From 16 to 17, (JNS) | Odhran | McKane | 00:10:23 | 00:00:47 | 00:36:10 | 00:00:42 | 00:19:19 | 01:07:21 |
| 26 | 170 | Male | From 40 to 44, (NS) | Dermott | McElhone | 00:11:19 | 00:00:35 | 00:34:03 | 00:00:38 | 00:21:16 | 01:07:51 |
| 27 | 70 | Male | From 30 to 34, (NS) | Michael | Holland | 00:11:23 | 00:00:57 | 00:32:47 | 00:00:55 | 00:21:52 | 01:07:54 |
| 28 | 291 | Male | From 45 to 49, (NS) | Tony | McNulty | 00:11:45 | 00:00:48 | 00:35:08 | 00:00:53 | 00:20:05 | 01:08:39 |

## 2015-08-09 Tri-The-Lough results

| Rank | Bib | Gender | Age Group | First Name | Last Name | Swim | T1 | Bike | T2 | Run | Time |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 29 | 114 | Male | From 55 to 59, (NS) | John | Connaghan | 00:11:59 | 00:01:00 | 00:34:02 | 00:00:48 | 00:20:52 | 01:08:41 |
| 30 | 159 | Male | From 45 to 49, (NS) | shane | mc gale | 00:11:00 | 00:00:51 | 00:35:42 | 00:00:40 | 00:20:44 | 01:08:57 |
| 31 | 83 | Male | From 25 to 29, (NS) | Adrian | Kelly | 00:12:02 | 00:00:46 | 00:35:34 | 00:00:39 | 00:20:04 | 01:09:05 |
| 32 | 175 | Male | From 40 to 44, (NS) | COLUM | CAUGHEY | 00:11:39 | 00:00:58 | 00:34:54 | 00:00:52 | 00:20:58 | 01:09:21 |
| 33 | 7 | Male | From 35 to 39, (NS) | Stuart | Carley | 00:11:35 | 00:01:04 | 00:34:00 | 00:00:50 | 00:21:55 | 01:09:24 |
| 34 | 93 | Male | From 18 to 19, (NS) | Sean | Husband | 00:14:32 | 00:01:03 | 00:34:49 | 00:00:50 | 00:18:14 | 01:09:28 |
| 35 | 125 | Male | From 50 to 54, (NS) | Gerard | Kenny | 00:13:25 | 00:00:50 | 00:33:27 | 00:00:46 | 00:21:03 | 01:09:31 |
| 36 | 168 | Male | From 45 to 49, (NS) | Thomas | Moore | 00:11:16 | 00:01:05 | 00:36:06 | 00:00:47 | 00:20:25 | 01:09:39 |
| 37 | 9 | Male | From 35 to 39, (NS) | CiarÃin | Hartley | 00:13:15 | 00:00:50 | 00:34:28 | 00:00:45 | 00:20:24 | 01:09:42 |
| 38 | 166 | Male | From 45 to 49, (NS) | David | Calvert | 00:11:33 | 00:01:20 | 00:34:05 | 00:00:47 | 00:22:02 | 01:09:47 |
| 39 | 78 | Male | From 25 to 29, (NS) | Jonathan | CANNING | 00:12:31 | 00:01:29 | 00:36:57 | 00:00:37 | 00:18:30 | 01:10:04 |
| 40 | 104 | Male | From 60 to 64, (NS) | Gary | Swenarton | 00:13:30 | 00:00:55 | 00:33:20 | 00:00:55 | 00:21:32 | 01:10:12 |
| 41 | 294 | Male | From 25 to 29, (NS) | Stephen | Collins | 00:11:56 | 00:01:50 | 00:35:50 | 00:00:58 | 00:19:43 | 01:10:17 |
| 42 | 191 | Male | From 40 to 44, (NS) | james | beattie | 00:11:37 | 00:00:54 | 00:35:46 | 00:00:40 | 00:21:25 | 01:10:22 |
| 43 | 141 | Male | From 45 to 49, (NS) | glen | pollock | 00:12:26 | 00:00:53 | 00:35:03 | 00:00:49 | 00:21:17 | 01:10:28 |
| 44 | 97 | Male | From 16 to 17, (NS) | Oisin | Donnelly | 00:12:32 | 00:01:40 | 00:35:57 | 00:01:20 | 00:19:08 | 01:10:37 |
| 44 | 97 | Male | From 16 to 17, (JNS) | Oisin | Donnelly | 00:12:32 | 00:01:40 | 00:35:57 | 00:01:20 | 00:19:08 | 01:10:37 |
| 45 | 10 | Male | From 35 to 39, (NS) | Thomas | McCallion | 00:12:56 | 00:00:45 | 00:36:46 | 00:00:52 | 00:19:20 | 01:10:39 |
| 46 | 279 | Female | From 25 to 29, (NS) | Dionne | Allen | 00:12:58 | 00:00:59 | 00:36:55 | 00:00:43 | 00:19:11 | 01:10:46 |
| 47 | 84 | Male | From 25 to 29, (NS) | Aidan | Borchers | 00:13:41 | 00:01:12 | 00:34:30 | 00:00:55 | 00:20:33 | 01:10:51 |
| 48 | 47 | Male | From 30 to 34, (NS) | Paul | Dillon | 00:12:23 | 00:01:01 | 00:34:51 | 00:01:06 | 00:21:31 | 01:10:52 |
| 49 | 34 | Male | From 35 to 39, (NS) | Eoin | George | 00:12:00 | 00:00:56 | 00:35:31 | 00:00:54 | 00:21:52 | 01:11:13 |
| 50 | 45 | Male | From 30 to 34, (NS) | Jack | Quigley | 00:13:25 | 00:00:58 | 00:33:28 | 00:00:42 | 00:22:45 | 01:11:18 |
| 51 | 92 | Male | From 18 to 19, (NS) | Michael | McDonald | 00:11:51 | 00:01:00 | 00:35:11 | 00:00:55 | 00:22:39 | 01:11:36 |
| 52 | 22 | Male | From 35 to 39, (NS) | Joe | Mallon | 00:13:21 | 00:01:21 | 00:36:01 | 00:00:48 | 00:20:19 | 01:11:50 |
| 53 | 51 | Male | From 30 to 34, (NS) | Conor | Preshaw | 00:12:47 | 00:01:18 | 00:35:17 | 00:00:49 | 00:21:42 | 01:11:53 |
| 54 | 208 | Male | From 40 to 44, (NS) | Ben | George | 00:12:37 | 00:01:10 | 00:35:52 | 00:00:46 | 00:21:28 | 01:11:53 |
| 55 | 192 | Male | From 40 to 44, (NS) | Mark | Melarkey | 00:12:21 | 00:00:44 | 00:37:18 | 00:00:50 | 00:20:42 | 01:11:55 |
| 56 | 67 | Male | From 30 to 34, (NS) | Darren | Millar | 00:13:25 | 00:01:23 | 00:36:07 | 00:00:57 | 00:20:08 | 01:12:00 |
| 57 | 33 | Male | From 35 to 39, (NS) | Ed | Prendergast | 00:12:06 | 00:01:27 | 00:37:20 | 00:00:48 | 00:20:27 | 01:12:08 |

## 2015-08-09 Tri-The-Lough results

| Rank | Bib | Gender | Age Group | First Name | Last Name | Swim | T1 | Bike | T2 | Run | Time |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 58 | 66 | Male | From 30 to 34, (NS) | Colm | Bellew | 00:16:26 | 00:01:30 | 00:33:46 | 00:00:54 | 00:19:37 | 01:12:13 |
| 59 | 181 | Male | From 40 to 44, (NS) | Michael | Curran | 00:15:43 | 00:01:03 | 00:33:33 | 00:00:56 | 00:20:59 | 01:12:14 |
| 60 | 270 | Female | From 25 to 29, (NS) | jennifer | algar | 00:11:07 | 00:01:23 | 00:38:05 | 00:00:49 | 00:21:00 | 01:12:24 |
| 61 | 65 | Male | From 30 to 34, (NS) | Patrick | Dewar | 00:12:28 | 00:01:12 | 00:36:21 | 00:00:49 | 00:21:36 | 01:12:26 |
| 62 | 38 | Male | From 30 to 34, (NS) | Joseph | Coyle | 00:12:37 | 00:01:20 | 00:35:00 | 00:00:45 | 00:22:51 | 01:12:33 |
| 63 | 143 | Male | From 45 to 49, (NS) | Stephen | Elliot | 00:12:59 | 00:01:03 | 00:36:56 | 00:00:44 | 00:20:53 | 01:12:35 |
| 64 | 176 | Male | From 40 to 44, (NS) | John | McCullagh | 00:13:33 | 00:01:37 | 00:35:54 | 00:00:46 | 00:20:46 | 01:12:36 |
| 65 | 115 | Male | From 55 to 59, (NS) | Robert | Lamont | 00:13:10 | 00:01:03 | 00:34:24 | 00:01:09 | 00:22:56 | 01:12:42 |
| 66 | 134 | Male | From 50 to 54, (NS) | lan | Steele | 00:15:46 | 00:00:51 | 00:33:40 | 00:00:54 | 00:21:44 | 01:12:55 |
| 67 | 140 | Male | From 45 to 49, (NS) | Ciaran | Carolan | 00:13:00 | 00:00:47 | 00:35:34 | 00:01:09 | 00:22:47 | 01:13:17 |
| 68 | 28 | Male | From 35 to 39, (NS) | Brendan | Gildernew | 00:12:32 | 00:01:36 | 00:36:55 | 00:01:27 | 00:20:55 | 01:13:25 |
| 69 | 82 | Male | From 25 to 29, (NS) | David | Strain | 00:13:03 | 00:01:04 | 00:35:50 | 00:00:53 | 00:22:54 | 01:13:44 |
| 70 | 74 | Male | From 25 to 29, (NS) | Eddie | Carville | 00:14:02 | 00:01:04 | 00:36:50 | 00:01:04 | 00:20:51 | 01:13:51 |
| 71 | 225 | Female | From 45 to 49, (NS) | Cathy | Cunningham | 00:11:37 | 00:00:51 | 00:36:11 | 00:00:49 | 00:24:25 | 01:13:53 |
| 72 | 76 | Male | From 25 to 29, (NS) | kieran | byrne | 00:13:35 | 00:00:54 | 00:36:18 | 00:00:52 | 00:22:26 | 01:14:05 |
| 73 | 42 | Male | From 30 to 34, (NS) | Gavin | Doherty | 00:13:19 | 00:01:01 | 00:36:49 | 00:00:45 | 00:22:16 | 01:14:10 |
| 74 | 184 | Male | From 40 to 44, (NS) | Nial | Shortt | 00:13:21 | 00:01:19 | 00:35:47 | 00:00:52 | 00:22:55 | 01:14:14 |
| 75 | 144 | Male | From 45 to 49, (NS) | Ralph | Barron | 00:14:52 | 00:00:59 | 00:36:47 | 00:00:52 | 00:20:49 | 01:14:19 |
| 76 | 81 | Male | From 25 to 29, (NS) | Keith | Murphy | 00:17:25 | 00:01:41 | 00:35:07 | 00:01:18 | 00:18:56 | 01:14:27 |
| 77 | 182 | Male | From 40 to 44, (NS) | Darren | Devine | 00:10:58 | 00:00:51 | 00:36:00 | 00:00:58 | 00:25:54 | 01:14:41 |
| 78 | 275 | Female | From 25 to 29, (NS) | Jenna | Henning | 00:13:43 | 00:01:22 | 00:36:24 | 00:00:54 | 00:22:28 | 01:14:51 |
| 79 | 132 | Male | From 50 to 54, (NS) | stephen | turner | 00:14:22 | 00:01:33 | 00:35:39 | 00:01:03 | 00:22:22 | 01:14:59 |
| 80 | 48 | Male | From 30 to 34, (NS) | Sam | Browne | 00:12:30 | 00:01:49 | 00:36:01 | 00:00:56 | 00:23:44 | 01:15:00 |
| 81 | 43 | Male | From 30 to 34, (NS) | Michael | Mc alister | 00:15:04 | 00:01:22 | 00:35:55 | 00:01:04 | 00:21:36 | 01:15:01 |
| 82 | 13 | Male | From 35 to 39, (NS) | Mark | Leonard | 00:13:23 | 00:00:58 | 00:37:59 | 00:01:01 | 00:21:58 | 01:15:19 |
| 83 | 281 | Female | From 25 to 29, (NS) | Estelle | Johnston | 00:13:50 | 00:01:17 | 00:37:14 | 00:00:54 | 00:22:08 | 01:15:23 |
| 84 | 220 | Female | From 50 to 54, (NS) | hannah | shields | 00:15:32 | 00:01:12 | 00:37:05 | 00:00:55 | 00:20:43 | 01:15:27 |
| 85 | 19 | Male | From 35 to 39, (NS) | Eddie | Molloy | 00:15:38 | 00:00:54 | 00:35:48 | 00:00:58 | 00:22:18 | 01:15:36 |
| 86 | 6 | Male | From 35 to 39, (NS) | Brendan | Kelly | 00:14:36 | 00:01:39 | 00:36:54 | 00:00:47 | 00:21:43 | 01:15:39 |
| 87 | 41 | Male | From 30 to 34, (NS) | Glenn | Murphy | 00:14:58 | 00:01:15 | 00:35:42 | 00:00:47 | 00:23:00 | 01:15:42 |

## 2015-08-09 Tri-The-Lough results

| Rank | Bib | Gender | Age Group | First Name | Last Name | Swim | T1 | Bike | T2 | Run | Time |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 88 | 230 | Female | From 40 to 44, (NS) | Helen | Murray | 00:14:46 | 00:01:03 | 00:36:28 | 00:00:57 | 00:22:41 | 01:15:55 |
| 89 | 36 | Male | From 35 to 39, (NS) | Mark | Meehan | 00:14:44 | 00:01:28 | 00:36:14 | 00:01:02 | 00:22:27 | 01:15:55 |
| 90 | 297 | Male | From 30 to 34, (NS) | Richard | Mowlam | 00:16:45 | 00:01:53 | 00:35:53 | 00:00:56 | 00:20:31 | 01:15:58 |
| 91 | 31 | Male | From 35 to 39, (NS) | Gavin | Corrigan | 00:16:40 | 00:01:32 | 00:35:25 | 00:00:50 | 00:21:41 | 01:16:08 |
| 92 | 44 | Male | From 30 to 34, (NS) | John | Meehan | 00:14:52 | 00:01:21 | 00:36:07 | 00:00:59 | 00:22:51 | 01:16:10 |
| 93 | 148 | Male | From 45 to 49, (NS) | Nigel | Mullan | 00:15:12 | 00:01:12 | 00:36:30 | 00:00:51 | 00:22:31 | 01:16:16 |
| 94 | 160 | Male | From 45 to 49, (NS) | Jim | Dunbar | 00:14:09 | 00:01:07 | 00:36:38 | 00:00:52 | 00:23:34 | 01:16:20 |
| 95 | 206 | Male | From 40 to 44, (NS) | Niall | McShane | 00:15:23 | 00:01:16 | 00:36:06 | 00:00:44 | 00:22:53 | 01:16:22 |
| 96 | 49 | Male | From 30 to 34, (NS) | Aaron | Mooney | 00:13:54 | 00:01:58 | 00:39:48 | 00:00:41 | 00:20:11 | 01:16:32 |
| 97 | 59 | Male | From 30 to 34, (NS) | CONOR | MCNALLY | 00:13:16 | 00:01:25 | 00:37:41 | 00:00:59 | 00:23:13 | 01:16:34 |
| 98 | 105 | Male | From 60 to 64, (NS) | Gerard | Turbitt | 00:13:11 | 00:01:02 | 00:38:30 | 00:00:58 | 00:23:01 | 01:16:42 |
| 99 | 178 | Male | From 40 to 44, (NS) | Brian | Sweeney | 00:12:27 | 00:00:54 | 00:38:58 | 00:00:57 | 00:23:30 | 01:16:46 |
| 100 | 109 | Male | From 55 to 59, (NS) | James | Taylor | 00:14:10 | 00:01:30 | 00:37:39 | 00:01:04 | 00:22:27 | 01:16:50 |
| 101 | 11 | Male | From 35 to 39, (NS) | Paddy | McLaughlin | 00:12:50 | 00:01:03 | 00:40:35 | 00:00:57 | 00:21:47 | 01:17:12 |
| 102 | 61 | Male | From 30 to 34, (NS) | Conleth | Moran | 00:15:04 | 00:02:47 | 00:37:57 | 00:00:59 | 00:20:31 | 01:17:18 |
| 103 | 202 | Male | From 40 to 44, (NS) | Colm | McGuckian | 00:16:19 | 00:00:57 | 00:37:17 | 00:00:53 | 00:21:58 | 01:17:24 |
| 104 | 259 | Female | From 30 to 34, (NS) | Kerry | McGrillen | 00:14:53 | 00:01:47 | 00:38:18 | 00:00:50 | 00:21:37 | 01:17:25 |
| 105 | 244 | Female | From 35 to 39, (NS) | Sinead | McCann | 00:15:02 | 00:01:15 | 00:37:42 | 00:00:49 | 00:22:40 | 01:17:28 |
| 106 | 207 | Male | From 40 to 44, (NS) | paul | mc keown | 00:14:03 | 00:01:17 | 00:36:32 | 00:00:59 | 00:24:41 | 01:17:32 |
| 107 | 156 | Male | From 45 to 49, (NS) | Raymond | Browne | 00:18:51 | 00:00:55 | 00:34:48 | 00:01:00 | 00:22:00 | 01:17:34 |
| 108 | 189 | Male | From 40 to 44, (NS) | Brian | Corry | 00:13:15 | 00:01:12 | 00:37:59 | 00:01:08 | 00:24:01 | 01:17:35 |
| 109 | 172 | Male | From 40 to 44, (NS) | CiarÃin | Campbell | 00:15:32 | 00:01:20 | 00:36:01 | 00:01:00 | 00:23:45 | 01:17:38 |
| 110 | 90 | Male | From 20 to 24, (NS) | Eamon | Logue | 00:16:32 | 00:01:03 | 00:38:23 | 00:01:02 | 00:20:39 | 01:17:39 |
| 111 | 8 | Male | From 35 to 39, (NS) | chris | gallagher | 00:12:12 | 00:01:23 | 00:39:10 | 00:00:58 | 00:23:56 | 01:17:39 |
| 112 | 17 | Male | From 35 to 39, (NS) | Karl | Sweeney | 00:11:50 | 00:01:31 | 00:40:14 | 00:01:05 | 00:23:03 | 01:17:43 |
| 113 | 209 | Male | From 40 to 44, (NS) | Padraig | McDermott | 00:14:29 | 00:01:09 | 00:38:40 | 00:00:55 | 00:22:52 | 01:18:05 |
| 114 | 253 | Female | From 35 to 39, (NS) | Maria | Byrne | 00:11:01 | 00:01:20 | 00:39:47 | 00:01:11 | 00:24:48 | 01:18:07 |
| 115 | 137 | Male | From 45 to 49, (NS) | Aidan | MacAteer | 00:13:00 | 00:01:20 | 00:38:33 | 00:01:20 | 00:24:06 | 01:18:19 |
| 116 | 180 | Male | From 40 to 44, (NS) | Rod | Toner | 00:15:00 | 00:01:07 | 00:37:26 | 00:01:03 | 00:23:48 | 01:18:24 |
| 117 | 118 | Male | From 50 to 54, (NS) | barry | mc cann | 00:16:28 | 00:01:28 | 00:36:20 | 00:01:01 | 00:23:08 | 01:18:25 |

## 2015-08-09 Tri-The-Lough results

| Rank | Bib | Gender | Age Group | First Name | Last Name | Swim | T1 | Bike | T2 | Run | Time |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 118 | 14 | Male | From 35 to 39, (NS) | Liam | Tinney | 00:16:58 | 00:00:45 | 00:37:19 | 00:00:38 | 00:22:50 | 01:18:30 |
| 119 | 293 | Male | From 45 to 49, (NS) | Danny | Acton | 00:14:53 | 00:01:15 | 00:37:49 | 00:01:27 | 00:23:13 | 01:18:37 |
| 120 | 133 | Male | From 50 to 54, (NS) | stevie | ballard | 00:12:37 | 00:01:45 | 00:39:03 | 00:01:14 | 00:24:00 | 01:18:39 |
| 121 | 15 | Male | From 35 to 39, (NS) | Neil | McFlynn | 00:16:11 | 00:01:17 | 00:37:03 | 00:00:55 | 00:23:16 | 01:18:42 |
| 122 | 164 | Male | From 45 to 49, (NS) | Barry | McLaughlin | 00:14:02 | 00:01:25 | 00:38:01 | 00:00:56 | 00:24:20 | 01:18:44 |
| 123 | 165 | Male | From 45 to 49, (NS) | Dermot | Cunningham | 00:14:37 | 00:01:56 | 00:36:45 | 00:00:57 | 00:24:33 | 01:18:48 |
| 124 | 108 | Male | From 55 to 59, (NS) | Phil | Stuart | 00:15:44 | 00:02:12 | 00:37:44 | 00:01:17 | 00:22:17 | 01:19:14 |
| 125 | 221 | Female | From 50 to 54, (NS) | Kay | Hack | 00:13:01 | 00:01:06 | 00:37:45 | 00:01:03 | 00:26:20 | 01:19:15 |
| 126 | 129 | Male | From 50 to 54, (NS) | cathal | roarty | 00:14:48 | 00:01:23 | 00:38:12 | 00:00:58 | 00:23:56 | 01:19:17 |
| 127 | 122 | Male | From 50 to 54, (NS) | david | mcconnell | 00:15:04 | 00:01:30 | 00:38:18 | 00:01:03 | 00:23:26 | 01:19:21 |
| 128 | 23 | Male | From 35 to 39, (NS) | BRIAN | MCLORNAN | 00:13:45 | 00:02:27 | 00:37:33 | 00:01:24 | 00:24:17 | 01:19:26 |
| 129 | 139 | Male | From 45 to 49, (NS) | Sean | Curran | 00:16:37 | 00:01:01 | 00:36:07 | 00:00:54 | 00:24:49 | 01:19:28 |
| 130 | 195 | Male | From 40 to 44, (NS) | Stephen | Sweeney | 00:14:01 | 00:01:14 | 00:38:25 | 00:00:56 | 00:24:57 | 01:19:33 |
| 131 | 223 | Female | From 45 to 49, (NS) | Alison | McConnell | 00:14:28 | 00:01:17 | 00:38:38 | 00:00:59 | 00:24:28 | 01:19:50 |
| 132 | 62 | Male | From 30 to 34, (NS) | Declan | Kelleher | 00:13:33 | 00:02:04 | 00:39:13 | 00:01:08 | 00:24:11 | 01:20:09 |
| 133 | 257 | Female | From 35 to 39, (NS) | Emma | McGee | 00:16:06 | 00:01:15 | 00:39:13 | 00:01:08 | 00:22:40 | 01:20:22 |
| 134 | 24 | Male | From 35 to 39, (NS) | damien | mc kenna | 00:16:07 | 00:01:19 | 00:37:50 | 00:01:03 | 00:24:06 | 01:20:25 |
| 135 | 158 | Male | From 45 to 49, (NS) | Neill | Dickson | 00:17:28 | 00:01:12 | 00:38:10 | 00:01:17 | 00:22:27 | 01:20:34 |
| 136 | 30 | Male | From 35 to 39, (NS) | Declan | Hurson | 00:14:34 | 00:02:50 | 00:37:28 | 00:01:08 | 00:24:37 | 01:20:37 |
| 137 | 213 | Female | From 55 to 59, (NS) | June | McMinn | 00:15:07 | 00:01:32 | 00:38:00 | 00:00:56 | 00:25:04 | 01:20:39 |
| 138 | 3 | Male | From 35 to 39, (NS) | Padraig | McKaigue | 00:17:33 | 00:01:31 | 00:37:48 | 00:01:02 | 00:22:47 | 01:20:41 |
| 139 | 198 | Male | From 40 to 44, (NS) | Sean | Mooney | 00:15:52 | 00:01:20 | 00:39:37 | 00:00:51 | 00:23:02 | 01:20:42 |
| 140 | 99 | Male | From 16 to 17, (NS) | Colm | Logue | 00:16:18 | 00:01:23 | 00:39:47 | 00:00:55 | 00:22:24 | 01:20:47 |
| 140 | 99 | Male | From 16 to 17, (JNS) | Colm | Logue | 00:16:18 | 00:01:23 | 00:39:47 | 00:00:55 | 00:22:24 | 01:20:47 |
| 141 | 285 | Female | From 18 to 19, (NS) | Aoife | Wilson | 00:13:41 | 00:01:02 | 00:42:11 | 00:00:36 | 00:23:24 | 01:20:54 |
| 142 | 145 | Male | From 45 to 49, (NS) | Glenn | Junk | 00:14:09 | 00:01:38 | 00:39:59 | 00:00:59 | 00:24:10 | 01:20:55 |
| 143 | 68 | Male | From 30 to 34, (NS) | David | Tierney | 00:13:18 | 00:01:11 | 00:41:06 | 00:00:59 | 00:24:22 | 01:20:56 |
| 144 | 101 | Male | From 35 to 39, (NS) | Eoghan | Devlin | 00:15:49 | 00:01:02 | 00:38:18 | 00:00:51 | 00:25:06 | 01:21:06 |
| 145 | 185 | Male | From 40 to 44, (NS) | Alfie | Donnelly | 00:15:37 | 00:00:53 | 00:39:16 | 00:00:42 | 00:25:03 | 01:21:31 |
| 146 | 26 | Male | From 35 to 39, (NS) | Liam | Wilson | 00:13:18 | 00:01:08 | 00:39:10 | 00:01:04 | 00:27:02 | 01:21:42 |

## 2015-08-09 Tri-The-Lough results

| Rank | Bib | Gender | Age Group | First Name | Last Name | Swim | T1 | Bike | T2 | Run | Time |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 147 | 55 | Male | From 30 to 34, (NS) | Sean | Mc Sorley | 00:18:38 | 00:01:30 | 00:38:33 | 00:01:07 | 00:22:04 | 01:21:52 |
| 148 | 52 | Male | From 30 to 34, (NS) | DERMOT | CONATY | 00:16:12 | 00:01:11 | 00:40:06 | 00:00:54 | 00:23:36 | 01:21:59 |
| 149 | 146 | Male | From 45 to 49, (NS) | SEAN | McCann | 00:15:45 | 00:01:47 | 00:37:42 | 00:01:20 | 00:25:35 | 01:22:09 |
| 150 | 117 | Male | From 50 to 54, (NS) | ken | Vance | 00:13:40 | 00:01:11 | 00:38:43 | 00:01:39 | 00:27:05 | 01:22:18 |
| 151 | 112 | Male | From 55 to 59, (NS) | paul | mcguinness | 00:14:14 | 00:01:22 | 00:40:26 | 00:01:13 | 00:25:07 | 01:22:22 |
| 152 | 111 | Male | From 55 to 59, (NS) | Thomas | Linton | 00:13:38 | 00:00:59 | 00:42:49 | 00:00:59 | 00:24:12 | 01:22:37 |
| 153 | 282 | Female | From 25 to 29, (NS) | Susan | Burnett | 00:11:04 | 00:00:58 | 00:39:40 | 00:00:46 | 00:30:10 | 01:22:38 |
| 154 | 80 | Male | From 25 to 29, (NS) | Alasdair | Findlay | 00:16:17 | 00:02:03 | 00:38:27 | 00:01:11 | 00:24:44 | 01:22:42 |
| 155 | 169 | Male | From 40 to 44, (NS) | Maurice | Loughrey | 00:15:00 | 00:01:49 | 00:39:23 | 00:01:04 | 00:25:26 | 01:22:42 |
| 156 | 147 | Male | From 45 to 49, (NS) | Fergus | Thompson | 00:17:26 | 00:01:35 | 00:39:42 | 00:01:11 | 00:22:58 | 01:22:52 |
| 157 | 197 | Male | From 40 to 44, (NS) | David | Cunningham | 00:13:45 | 00:02:18 | 00:40:27 | 00:01:34 | 00:24:50 | 01:22:54 |
| 158 | 40 | Male | From 30 to 34, (NS) | Brian | McGrath | 00:16:50 | 00:01:22 | 00:40:00 | 00:01:19 | 00:23:49 | 01:23:20 |
| 159 | 50 | Male | From 30 to 34, (NS) | Johnny | Duffy | 00:16:46 | 00:01:38 | 00:41:11 | 00:01:06 | 00:22:41 | 01:23:22 |
| 160 | 290 | Male | Undefined, (NS) | Team | Curran | 00:17:13 | 00:00:48 | 00:36:51 | 00:00:50 | 00:27:42 | 01:23:24 |
| 161 | 211 | Female | From 65 to 69, (NS) | Roisin | Lynch | 00:15:09 | 00:01:34 | 00:41:18 | 00:00:59 | 00:24:49 | 01:23:49 |
| 162 | 32 | Male | From 35 to 39, (NS) | Conor | McCabe | 00:14:50 | 00:01:29 | 00:40:35 | 00:01:00 | 00:26:02 | 01:23:56 |
| 163 | 171 | Male | From 40 to 44, (NS) | douglas | finlay | 00:15:27 | 00:01:55 | 00:40:50 | 00:01:51 | 00:23:57 | 01:24:00 |
| 164 | 53 | Male | From 30 to 34, (NS) | Kevin | Doherty | 00:17:43 | 00:01:29 | 00:39:35 | 00:01:15 | 00:24:05 | 01:24:07 |
| 165 | 193 | Male | From 40 to 44, (NS) | Barry | Clarke | 00:16:04 | 00:01:21 | 00:38:59 | 00:01:24 | 00:26:39 | 01:24:27 |
| 166 | 110 | Male | From 55 to 59, (NS) | Peter | Jack | 00:16:46 | 00:02:35 | 00:40:56 | 00:01:44 | 00:22:29 | 01:24:30 |
| 167 | 227 | Female | From 45 to 49, (NS) | Mary | Bresnihan | 00:13:58 | 00:01:20 | 00:41:45 | 00:01:04 | 00:26:32 | 01:24:39 |
| 168 | 173 | Male | From 40 to 44, (NS) | Stephen | Cross | 00:19:21 | 00:01:29 | 00:38:59 | 00:00:55 | 00:23:58 | 01:24:42 |
| 169 | 240 | Female | From 40 to 44, (NS) | Lucy | McDermott | 00:14:35 | 00:01:05 | 00:43:06 | 00:00:52 | 00:25:11 | 01:24:49 |
| 170 | 135 | Male | From 45 to 49, (NS) | Peter | McAleer | 00:23:14 | 00:01:32 | 00:36:11 | 00:01:12 | 00:22:44 | 01:24:53 |
| 171 | 128 | Male | From 50 to 54, (NS) | Gary | Humes | 00:18:05 | 00:01:35 | 00:39:07 | 00:01:12 | 00:25:10 | 01:25:09 |
| 172 | 186 | Male | Undefined, (NS) | Liam | Curran | 00:15:46 | 00:02:08 | 00:42:27 | 00:01:12 | 00:23:37 | 01:25:10 |
| 173 | 116 | Male | From 50 to 54, (NS) | kieran | hurson | 00:16:23 | 00:01:36 | 00:38:37 | 00:01:26 | 00:27:08 | 01:25:10 |
| 174 | 260 | Female | From 30 to 34, (NS) | Anne | Robinson | 00:15:34 | 00:01:12 | 00:42:22 | 00:00:57 | 00:25:33 | 01:25:38 |
| 175 | 248 | Female | From 35 to 39, (NS) | Rita | McGarvey | 00:19:13 | 00:01:28 | 00:41:31 | 00:00:53 | 00:22:35 | 01:25:40 |
| 176 | 20 | Male | From 35 to 39, (NS) | Barry | O'Donnell | 00:18:17 | 00:01:46 | 00:40:45 | 00:01:09 | 00:24:01 | 01:25:58 |

## 2015-08-09 Tri-The-Lough results

| Rank | Bib | Gender | Age Group | First Name | Last Name | Swim | T1 | Bike | T2 | Run | Time |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 177 | 251 | Female | From 35 to 39, (NS) | Claire | Colgan | 00:16:15 | 00:01:40 | 00:41:39 | 00:00:40 | 00:25:53 | 01:26:07 |
| 178 | 271 | Female | From 25 to 29, (NS) | Catherine | Browne | 00:11:49 | 00:02:09 | 00:46:25 | 00:00:56 | 00:25:19 | 01:26:38 |
| 179 | 100 | Male | From 16 to 17, (NS) | Orrin | McAleer | 00:13:32 | 00:01:24 | 00:45:04 | 00:00:44 | 00:25:57 | 01:26:41 |
| 179 | 100 | Male | From 16 to 17, (JNS) | Orrin | McAleer | 00:13:32 | 00:01:24 | 00:45:04 | 00:00:44 | 00:25:57 | 01:26:41 |
| 180 | 102 | Male | From 30 to 34, (NS) | Jason | Kelly | 00:18:14 | 00:02:18 | 00:42:00 | 00:01:24 | 00:22:59 | 01:26:55 |
| 181 | 124 | Male | From 50 to 54, (NS) | Dessie | McAleer | 00:16:25 | 00:02:31 | 00:41:46 | 00:01:43 | 00:24:41 | 01:27:06 |
| 182 | 71 | Male | From 30 to 34, (NS) | Ronan | Campbell | 00:24:05 | 00:02:58 | 00:36:43 | 00:01:30 | 00:21:57 | 01:27:13 |
| 183 | 157 | Male | From 45 to 49, (NS) | Aidan | Gordon | 00:16:31 | 00:01:34 | 00:40:48 | 00:00:45 | 00:27:45 | 01:27:23 |
| 184 | 265 | Female | From 30 to 34, (NS) | Ruth | Walsh | 00:16:23 | 00:01:25 | 00:42:19 | 00:00:52 | 00:26:28 | 01:27:27 |
| 185 | 287 | Female | From 35 to 39, (NS) | Lisa | Wallace | 00:14:41 | 00:01:19 | 00:41:21 | 00:00:58 | 00:29:08 | 01:27:27 |
| 186 | 199 | Male | From 40 to 44, (NS) | Jason | McKnight | 00:17:21 | 00:01:35 | 00:38:31 | 00:01:12 | 00:28:50 | 01:27:29 |
| 187 | 162 | Male | From 45 to 49, (NS) | joe | mc nulty | 00:17:08 | 00:02:32 | 00:43:25 | 00:00:40 | 00:24:03 | 01:27:48 |
| 188 | 210 | Male | From 40 to 44, (NS) | Paul | Kelly | 00:22:00 | 00:02:05 | 00:40:11 | 00:01:08 | 00:22:42 | 01:28:06 |
| 189 | 57 | Male | From 30 to 34, (NS) | Mark | Franey | 00:14:56 | 00:01:20 | 00:43:02 | 00:01:06 | 00:27:53 | 01:28:17 |
| 190 | 69 | Male | From 30 to 34, (NS) | John | Mcelroy | 00:14:49 | 00:03:13 | 00:44:21 | 00:00:57 | 00:25:00 | 01:28:20 |
| 191 | 194 | Male | From 40 to 44, (NS) | Christophe | LAUDOU | 00:13:18 | 00:03:58 | 00:40:18 | 00:01:46 | 00:29:40 | 01:29:00 |
| 192 | 232 | Female | From 40 to 44, (NS) | Sheila | Devaney | 00:16:26 | 00:01:35 | 00:44:31 | 00:01:07 | 00:25:24 | 01:29:03 |
| 193 | 163 | Male | From 45 to 49, (NS) | Michael | McCaul | 00:18:32 | 00:01:49 | 00:40:08 | 00:01:13 | 00:27:22 | 01:29:04 |
| 194 | 239 | Female | From 40 to 44, (NS) | Ene | Horan | 00:18:47 | 00:01:32 | 00:43:12 | 00:01:19 | 00:24:19 | 01:29:09 |
| 195 | 190 | Male | From 40 to 44, (NS) | Michael | Collins | 00:14:22 | 00:01:07 | 00:43:20 | 00:01:08 | 00:29:14 | 01:29:11 |
| 196 | 35 | Male | From 35 to 39, (NS) | Adrian | O'Donnell | 00:17:44 | 00:02:32 | 00:44:54 | 00:00:37 | 00:23:53 | 01:29:40 |
| 197 | 183 | Male | From 40 to 44, (NS) | Damian | McGuckian | 00:16:35 | 00:02:03 | 00:45:05 | 00:00:42 | 00:25:17 | 01:29:42 |
| 198 | 261 | Female | From 30 to 34, (NS) | Michelle | Quinn | 00:16:14 | 00:01:26 | 00:43:44 | 00:00:55 | 00:27:31 | 01:29:50 |
| 199 | 243 | Female | From 40 to 44, (NS) | Roisin | McGivern | 00:17:20 | 00:01:34 | 00:40:57 | 00:01:14 | 00:28:55 | 01:30:00 |
| 200 | 231 | Female | From 40 to 44, (NS) | Rachael | McGlinchey | 00:14:47 | 00:01:09 | 00:45:12 | 00:01:07 | 00:27:50 | 01:30:05 |
| 201 | 113 | Male | From 55 to 59, (NS) | Wilson | McAlister | 00:19:03 | 00:02:10 | 00:40:43 | 00:01:04 | 00:27:11 | 01:30:11 |
| 202 | 224 | Female | From 45 to 49, (NS) | Anne | Logue | 00:17:50 | 00:01:37 | 00:42:03 | 00:01:08 | 00:27:33 | 01:30:11 |
| 203 | 214 | Female | Undefined, (NS) | JACINTA | DOYLE | 00:15:54 | 00:01:33 | 00:44:39 | 00:01:02 | 00:27:29 | 01:30:37 |
| 204 | 107 | Male | From 60 to 64, (NS) | Albert | Law | 00:20:14 | 00:02:52 | 00:42:59 | 00:00:47 | 00:23:49 | 01:30:41 |
| 205 | 254 | Female | From 35 to 39, (NS) | Una | Corrigan | 00:19:52 | 00:02:13 | 00:43:05 | 00:01:37 | 00:23:55 | 01:30:42 |

## 2015-08-09 Tri-The-Lough results

| Rank | Bib | Gender | Age Group | First Name | Last Name | Swim | T1 | Bike | T2 | Run | Time |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 206 | 103 | Male | From 70 to 74, (NS) | Sam | Gordon | 00:16:54 | 00:02:49 | 00:37:30 | 00:02:26 | 00:31:14 | 01:30:53 |
| 207 | 154 | Male | From 45 to 49, (NS) | Martin | Mc Dermott | 00:16:47 | 00:02:21 | 00:43:56 | 00:00:43 | 00:27:22 | 01:31:09 |
| 208 | 264 | Female | From 30 to 34, (NS) | Karen | Mullin | 00:20:19 | 00:01:19 | 00:43:41 | 00:01:22 | 00:25:00 | 01:31:41 |
| 209 | 127 | Male | From 50 to 54, (NS) | John | Chambers | 00:15:14 | 00:02:08 | 00:41:31 | 00:01:24 | 00:31:45 | 01:32:02 |
| 210 | 246 | Female | From 35 to 39, (NS) | Noelle | Toner | 00:16:49 | 00:01:18 | 00:43:58 | 00:01:02 | 00:29:05 | 01:32:12 |
| 211 | 138 | Male | From 45 to 49, (NS) | Gary | Mitchell | 00:19:58 | 00:03:11 | 00:43:55 | 00:00:46 | 00:24:31 | 01:32:21 |
| 212 | 205 | Male | From 40 to 44, (NS) | eamon | donnelly | 00:19:53 | 00:01:39 | 00:43:32 | 00:01:14 | 00:26:06 | 01:32:24 |
| 213 | 280 | Female | From 25 to 29, (NS) | Mairead | McDermott | 00:14:41 | 00:00:58 | 00:44:52 | 00:01:04 | 00:30:50 | 01:32:25 |
| 214 | 266 | Female | From 30 to 34, (NS) | Jennifer | Morrow | 00:20:15 | 00:01:23 | 00:44:55 | 00:00:57 | 00:25:07 | 01:32:37 |
| 215 | 269 | Female | From 25 to 29, (NS) | Ciara | Coyle | 00:16:27 | 00:02:34 | 00:49:00 | 00:01:10 | 00:23:30 | 01:32:41 |
| 216 | 256 | Female | From 35 to 39, (NS) | Sheena | Convery | 00:16:11 | 00:01:18 | 00:45:18 | 00:01:04 | 00:29:05 | 01:32:56 |
| 217 | 94 | Male | From 16 to 17, (NS) | Coilean | Melarkey | 00:18:33 | 00:01:20 | 00:47:22 | 00:00:48 | 00:25:00 | 01:33:03 |
| 217 | 94 | Male | From 16 to 17, (JNS) | Coilean | Melarkey | 00:18:33 | 00:01:20 | 00:47:22 | 00:00:48 | 00:25:00 | 01:33:03 |
| 218 | 60 | Male | From 30 to 34, (NS) | sean | conway | 00:19:15 | 00:01:31 | 00:43:08 | 00:01:42 | 00:27:28 | 01:33:04 |
| 219 | 229 | Female | From 40 to 44, (NS) | Ann | Pollock | 00:13:38 | 00:02:28 | 00:48:16 | 00:00:44 | 00:28:08 | 01:33:14 |
| 220 | 203 | Male | From 40 to 44, (NS) | Andrew | Macfarlane | 00:20:37 | 00:01:51 | 00:41:18 | 00:01:08 | 00:28:21 | 01:33:15 |
| 221 | 37 | Male | From 35 to 39, (NS) | Ronan | O'Connor | 00:19:53 | 00:01:59 | 00:42:27 | 00:01:19 | 00:28:08 | 01:33:46 |
| 222 | 77 | Male | From 25 to 29, (NS) | William | Ferry | 00:15:27 | 00:02:10 | 00:47:05 | 00:01:54 | 00:27:55 | 01:34:31 |
| 223 | 130 | Male | From 50 to 54, (NS) | Robert | Harkin | 00:18:02 | 00:01:27 | 00:43:38 | 00:01:21 | 00:30:14 | 01:34:42 |
| 224 | 252 | Female | From 35 to 39, (NS) | Sinead | Fitzpatrick | 00:17:02 | 00:02:09 | 00:45:25 | 00:01:02 | 00:29:14 | 01:34:52 |
| 225 | 216 | Female | From 50 to 54, (NS) | Louise | Mc Manus | 00:15:31 | 00:01:49 | 00:48:16 | 00:01:30 | 00:28:12 | 01:35:18 |
| 226 | 123 | Male | From 50 to 54, (NS) | Kevin | Boyle | 00:14:04 | 00:01:48 | 00:45:36 | 00:01:37 | 00:32:59 | 01:36:04 |
| 227 | 267 | Female | From 30 to 34, (NS) | Claire | McNally | 00:17:23 | 00:02:49 | 00:49:08 | 00:00:49 | 00:26:17 | 01:36:26 |
| 228 | 258 | Female | From 30 to 34, (NS) | Etaoine | O'Kane | 00:15:30 | 00:03:51 | 00:49:55 | 00:00:52 | 00:26:18 | 01:36:26 |
| 229 | 126 | Male | From 50 to 54, (NS) | Adrian | Kelly | 00:15:13 | 00:03:08 | 00:50:10 | 00:01:11 | 00:27:01 | 01:36:43 |
| 230 | 79 | Male | From 25 to 29, (NS) | Ruairi | O'Donnell | 00:18:49 | 00:02:20 | 00:48:23 | 00:01:41 | 00:25:47 | 01:37:00 |
| 231 | 234 | Female | From 40 to 44, (NS) | Nicola | Burchmore | 00:17:32 | 00:02:13 | 00:48:59 | 00:01:31 | 00:27:00 | 01:37:15 |
| 232 | 255 | Female | From 35 to 39, (NS) | Elaine | Byrne | 00:20:26 | 00:03:12 | 00:45:45 | 00:01:18 | 00:26:49 | 01:37:30 |
| 233 | 142 | Male | From 45 to 49, (NS) | Johnny | Good | 00:16:22 | 00:02:37 | 00:45:14 | 00:02:38 | 00:31:25 | 01:38:16 |
| 234 | 228 | Female | From 45 to 49, (NS) | Catherine | Brogan | 00:16:23 | 00:01:42 | 00:47:23 | 00:01:21 | 00:31:31 | 01:38:20 |

## 2015-08-09 Tri-The-Lough results

| Rank | Bib | Gender | Age Group | First Name | Last Name | Swim | T1 | Bike | T2 | Run | Time |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 235 | 2 | Male | From 35 to 39, (NS) | Michael | Briody | 00:22:52 | 00:03:17 | 00:44:29 | 00:01:27 | 00:26:25 | 01:38:30 |
| 236 | 153 | Male | From 45 to 49, (NS) | BRIAN | MURRAY | 00:22:56 | 00:01:49 | 00:41:42 | 00:01:13 | 00:31:06 | 01:38:46 |
| 237 | 219 | Female | From 50 to 54, (NS) | mairead | mc cann | 00:20:15 | 00:01:44 | 00:44:55 | 00:01:18 | 00:31:20 | 01:39:32 |
| 238 | 222 | Female | From 45 to 49, (NS) | Margaret | Erwin | 00:18:42 | 00:02:14 | 00:45:02 | 00:02:10 | 00:31:24 | 01:39:32 |
| 239 | 274 | Female | From 25 to 29, (NS) | Lesley | Davis | 00:16:38 | 00:01:39 | 00:48:33 | 00:01:16 | 00:31:52 | 01:39:58 |
| 240 | 276 | Female | From 25 to 29, (NS) | Emma | McCarron | 00:22:07 | 00:01:17 | 00:46:45 | 00:00:53 | 00:29:28 | 01:40:30 |
| 241 | 262 | Female | From 30 to 34, (NS) | Sorcha | Nic Giolla Rua | 00:28:58 | 00:02:33 | 00:43:10 | 00:01:55 | 00:24:14 | 01:40:50 |
| 242 | 233 | Female | From 40 to 44, (NS) | Mary | McDaid | 00:17:33 | 00:01:24 | 00:51:54 | 00:01:12 | 00:29:36 | 01:41:39 |
| 243 | 218 | Female | From 50 to 54, (NS) | Maeve | Mccullagh | 00:28:10 | 00:01:45 | 00:44:58 | 00:01:16 | 00:29:01 | 01:45:10 |
| 244 | 217 | Female | From 50 to 54, (NS) | Tina | Starling | 00:23:01 | 00:02:21 | 00:48:14 | 00:00:52 | 00:31:08 | 01:45:36 |
| 245 | 277 | Female | From 25 to 29, (NS) | Megan | McCann | 00:19:43 | 00:02:05 | 00:51:15 | 00:01:10 | 00:31:34 | 01:45:47 |
| 246 | 237 | Female | From 40 to 44, (NS) | Collette | Donnelly | 00:22:52 | 00:02:23 | 00:52:25 | 00:01:13 | 00:28:30 | 01:47:23 |
| 247 | 241 | Female | From 40 to 44, (NS) | Deirdre | Lambe | 00:20:18 | 00:03:22 | 00:53:06 | 00:02:02 | 00:32:15 | 01:51:03 |
| 248 | 235 | Female | From 40 to 44, (NS) | Sharon | O 'Shaughnessy | 00:21:08 | 00:02:27 | 00:52:59 | 00:02:12 | 00:33:11 | 01:51:57 |
| 249 | 236 | Female | From 40 to 44, (NS) | Martina | Callaghan | 00:22:34 | 00:02:36 | 00:52:32 | 00:00:46 | 00:34:17 | 01:52:45 |
| 250 | 226 | Female | From 45 to 49, (NS) | lisa | mceneaney | 00:24:23 | 00:02:40 | 00:48:25 | 00:02:48 | 00:34:31 | 01:52:47 |

