

Number	Name	Wave	Run	Kayak	Cycle	Total
26	Cian O'Reilly	Wave 1	0:17:14	0:08:28	0:26:54	0:52:36
162	Sean Cosgrove	Wave 1	0:18:28		0:35:41	0:54:09
132	Paul McEntee	Wave 1	0:21:42	0:07:59	0:30:55	1:00:36
100	Adrian Farrell	Wave 2	0:20:10	0:08:24	0:32:10	1:00:44
171	Peter McEntee	Wave 4	0:21:02	0:09:37	0:31:07	1:01:46
154	Thomas Cooney	Wave 3	0:21:57	0:09:24	0:32:19	1:03:40
181	Oisin Carolan	Wave 4	0:20:33		0:43:29	1:04:02
47	Darragh Farrelly	Wave 1	0:21:58	0:10:06	0:31:58	1:04:02
178	James Connolly	Wave 4	0:22:29	0:09:13	0:33:44	1:05:26
133	Barry Carolan	Wave 3	0:22:26	0:09:01	0:34:17	1:05:44
23	Pearse West	Wave 1	0:21:01	0:11:20	0:33:32	1:05:53
110	John Brennan	Wave 3	0:21:03	0:12:43	0:32:37	1:06:23
118	Colm Grogan	Wave 3	0:21:41	0:10:21	0:35:31	1:07:33
109	Eamonn Fitzsimons	Wave 3	0:21:22	0:11:39	0:34:39	1:07:40
145	Micheal mCdONALD	Wave 4	0:21:59	0:09:35	0:36:23	1:07:57
77	Carmel Mc Cabe	Wave 2	0:22:56	0:09:49	0:35:14	1:07:59
144	Gareth O Reilly	Wave 1	0:25:30	0:09:37	0:32:55	1:08:02
184	Eoin Smith	Wave 4	0:23:27	0:12:55	0:31:48	1:08:10
150	Liam Delahunty	Wave 1	0:30:04	0:03:15	0:35:23	1:08:42
86	Conor Mccrystal	Wave 1	0:22:57	0:10:24	0:35:25	1:08:46
39	Barry Crosson	Wave 1	0:22:54	0:11:10	0:34:45	1:08:49
27	Aaron Farrelly	Wave 1	0:24:06	0:09:44	0:35:04	1:08:54
24	Noel Clerklin	Wave 1	0:22:45	0:11:03	0:35:22	1:09:10
119	David O'Halloran	Wave 3	0:23:50	0:09:44	0:35:45	1:09:19
117	John Grogan	Wave 4	0:21:46	0:10:42	0:36:54	1:09:22
175	Donna Evans	Wave 4	0:22:36	0:11:19	0:35:49	1:09:44
84	Mervyn Dickson	Wave 2	0:23:10	0:09:47	0:36:58	1:09:55
182	Patrick Carolan	Wave 4	0:22:07	0:11:44	0:36:14	1:10:05
148	Stephen Connolly	Wave 3	0:26:38	0:09:53	0:33:57	1:10:28
63	Breege Smith	Wave 2	0:25:38	0:10:15	0:35:20	1:11:13
108	Marie Masterson	Wave 3	0:25:01	0:10:23	0:36:55	1:12:19
60	Ross Miotti	Wave 2	0:24:45	0:10:31	0:37:06	1:12:22
76	Joanne Rogers	Wave 2	0:24:35	0:10:13	0:37:51	1:12:39
149	Peter Hand	Wave 1	0:25:53	0:10:43	0:36:27	1:13:03
55	Colin Harkness	Wave 1	0:25:21	0:11:51	0:36:00	1:13:12
73	Philip Egan	Wave 2	0:25:33	0:12:37	0:35:18	1:13:28
95	Gary Farrelly	Wave 2	0:27:44	0:10:17	0:35:36	1:13:37
174	Justin Farrelly	Wave 4	0:25:51	0:11:02	0:37:39	1:14:32
89	Gary Mc Court	Wave 2	0:25:30	0:13:33	0:35:34	1:14:37
168	Emily Madden	Wave 4	0:28:22	0:10:09	0:36:44	1:15:15
91	Aaron Caddell	Wave 2	0:27:45	0:12:01	0:35:53	1:15:39
180	Ray Farrelly	Wave 4	0:26:51	0:14:01	0:34:52	1:15:44
115	Paul Gilliland	Wave 3	0:28:26	0:10:57	0:36:39	1:16:02
169	Sinead Madden	Wave 4	0:30:05	0:10:02	0:36:19	1:16:26
87	Tomas Liudvinavicius	Wave 2	0:23:02	0:13:58	0:39:36	1:16:36
71	Liam Joyce	Wave 2	0:26:57	0:12:00	0:37:45	1:16:42
164	Gary Deane	Wave 1	0:25:56	0:13:02	0:37:55	1:16:53
161	Darren McKenna	Wave 4	0:26:31	0:12:18	0:38:28	1:17:17
172	Champayne Chambers	Wave 4	0:25:53	0:11:58	0:39:41	1:17:32
98	Tony Byrne	Wave 2	0:26:14	0:11:47	0:39:47	1:17:48
126	Roisin Carroll	Wave 3	0:26:12	0:10:46	0:40:53	1:17:51
107	Claire Mcdaniel	Wave 2	0:30:35	0:10:03	0:37:16	1:17:54
78	Derek O'Brien	Wave 2	0:23:32	0:14:12	0:40:13	1:17:57
25	Evelyn O Reilly	Wave 1	0:28:56	0:09:31	0:39:52	1:18:19
85	Tracy Brady	Wave 2	0:23:57	0:19:05	0:35:20	1:18:22

34	Emily Duloherly	Wave 1	0:28:51	0:09:39	0:39:56	1:18:26
137	Mary Bannon	Wave 1	0:27:49	0:10:26	0:40:14	1:18:29
72	Ross Burton	Wave 2	0:23:48	0:16:31	0:38:50	1:19:09
61	Eugene Mccabe	Wave 2	0:25:30	0:15:02	0:38:37	1:19:09
99	Rob Kerins	Wave 2	0:26:20	0:11:36	0:41:18	1:19:14
46	Colm Mc Breen	Wave 1	0:31:13	0:12:55	0:35:21	1:19:29
54	Richard Hyland	Wave 1	0:28:24	0:11:44	0:39:24	1:19:32
50	Anthony Rice	Wave 1	0:26:06	0:15:46	0:38:06	1:19:58
173	Edel Farrelly	Wave 4	0:26:53	0:10:13	0:43:08	1:20:14
74	Stephen Galligan	Wave 2	0:29:00	0:12:00	0:39:32	1:20:32
62	Carly Wood	Wave 2	0:27:56	0:09:36	0:43:14	1:20:46
111	Francis Fitzpatrick	Wave 3	0:24:45	0:16:06	0:40:06	1:20:57
122	Caron McDermott	Wave 3	0:29:54	0:12:53	0:38:17	1:21:04
42	Genevieve Molloy	Wave 1	0:28:58	0:16:04	0:36:31	1:21:33
153	Sandra McCaul	Wave 4	0:29:30	0:10:56	0:41:19	1:21:45
124	Margaret Tormey	Wave 3	0:28:22	0:10:53	0:42:53	1:22:08
103	Maria O'Loan	Wave 2	0:30:43	0:15:29	0:35:56	1:22:08
30	Michael Clarke	Wave 1	0:31:27	0:10:45	0:40:14	1:22:26
104	Rodney Dolan	Wave 3	0:29:57	0:10:38	0:41:52	1:22:27
6	Mums United	Wave 1	0:28:52	0:13:04	0:40:35	1:22:31
90	Paddy Wall	Wave 2	0:28:56	0:15:46	0:39:27	1:24:09
94	Sandra Mulvey	Wave 2	0:27:57	0:15:35	0:40:48	1:24:20
157	Maragaret Erwin	Wave 4	0:34:32	0:10:53	0:39:22	1:24:47
143	Paulie Dunne	Wave 3	0:28:48	0:13:33	0:42:52	1:25:13
82	Monika O'Brien	Wave 2	0:31:39	0:12:52	0:40:51	1:25:22
127	Gerry O'Reilly	Wave 1	0:27:31	0:16:39	0:41:22	1:25:32
106	Darrell Tierney	Wave 3	0:31:38	0:14:38	0:39:35	1:25:51
158	Stephen Crowe	Wave 1	0:32:55	0:11:19	0:41:37	1:25:51
135	Colette McGuirk	Wave 3	0:29:44	0:14:15	0:41:58	1:25:57
41	Garreth Tackney	Wave 1	0:31:44	0:10:38	0:43:37	1:25:59
160	Lorraine Bird	Wave 4	0:32:43	0:11:48	0:41:57	1:26:28
185	karen McKenna	Wave 3	0:30:47	0:17:02	0:38:41	1:26:30
5	Latton Ladies	Wave 1	0:33:56	0:09:14	0:43:29	1:26:39
33	Darragh Crosson	Wave 1	0:31:17	0:14:40	0:40:47	1:26:44
65	Sheila Harty	Wave 2	0:34:42	0:10:36	0:41:48	1:27:06
97	Richard Pearman	Wave 2	0:29:36	0:11:22	0:46:17	1:27:15
134	Mattie Liggan	Wave 3	0:25:12	0:15:53	0:47:40	1:28:45
83	Nicola Leddy	Wave 2	0:29:03	0:13:23	0:46:46	1:29:12
146	Ronan McDonald	Wave 4	0:27:27	0:13:55	0:48:02	1:29:24
81	Joe Cassidy	Wave 2	0:35:22	0:11:59	0:42:06	1:29:27
141	Shane McCluskey	Wave 3	0:29:53	0:11:17	0:48:39	1:29:49
167	Mairead McGuinness	Wave 3	0:30:50	0:15:00	0:44:02	1:29:52
163	Miceal Bohan	Wave 3	0:28:30	0:16:10	0:45:14	1:29:54
59	Kevin Clohessy	Wave 2	0:28:08	0:15:49	0:46:05	1:30:02
125	Katrina Keane	Wave 3	0:28:31	0:12:58	0:48:35	1:30:04
152	Michele Nic Bhloscaidh	Wave 4	0:31:10	0:12:58	0:46:02	1:30:10
49	Pauline Farrelly	Wave 1	0:34:27	0:12:40	0:43:29	1:30:36
139	Ronan Lawless	Wave 3	0:40:58	0:11:15	0:38:52	1:31:05
130	Stephen Shanley	Wave 3	0:36:16	0:12:55	0:42:53	1:32:04
57	Andrew Dowling	Wave 1	0:34:00	0:13:11	0:45:00	1:32:11
80	Katherine Flattery	Wave 2	0:31:52	0:17:00	0:43:21	1:32:13
79	Ronan Regan	Wave 2	0:31:51	0:16:54	0:43:30	1:32:15
112	Eileen Mcdonald	Wave 3	0:28:15	0:15:34	0:48:30	1:32:19
105	Des Cosgrove	Wave 3	0:36:47	0:10:49	0:44:56	1:32:32
183	Susan Lynch	Wave 3	0:33:39	0:15:13	0:43:44	1:32:36
147	Flora McKnight	Wave 3	0:29:40	0:12:55	0:50:06	1:32:41

93	Brenda Owens Brady	Wave 2	0:30:43	0:18:07	0:44:29	1:33:19
140	Colette Lawless	Wave 3	0:32:57	0:12:11	0:48:13	1:33:21
64	Lynne Brady	Wave 2	0:34:43	0:13:52	0:44:46	1:33:21
165	Petra deane	Wave 3	0:33:25	0:15:26	0:44:38	1:33:29
58	Lisa Crowe	Wave 2	0:27:30	0:16:23	0:50:11	1:34:04
116	Liz Kavanagh	Wave 3	0:40:22	0:08:56	0:45:15	1:34:33
142	Claire McCluskey	Wave 3	0:30:54	0:17:21	0:46:51	1:35:06
123	Siobhan Smith	Wave 1	0:36:12	0:15:07	0:43:50	1:35:09
131	Mags Gregort	Wave 1	0:34:06	0:12:05	0:49:01	1:35:12
151	Maria Tobin	Wave 3	0:36:30	0:14:20	0:44:36	1:35:26
129	Lorraine Shanley	Wave 3	0:30:04	0:13:20	0:52:08	1:35:32
48	Ann Kelly	Wave 1	0:37:47	0:14:43	0:43:05	1:35:35
121	John Reilly	Wave 3	0:33:09	0:15:15	0:47:38	1:36:02
120	Ann Marie Reilly	Wave 3	0:29:59	0:14:44	0:51:21	1:36:04
88	Judith Spence	Wave 2	0:37:33	0:13:51	0:44:59	1:36:23
92	Sam Fay	Wave 2	0:30:38	0:18:15	0:47:31	1:36:24
56	Ciara Dowling	Wave 1	0:38:53	0:12:42	0:45:45	1:37:20
138	Helen White	Wave 3	0:41:05	0:12:47	0:44:21	1:38:13
32	SÃLe Sweeney	Wave 1	0:34:53	0:13:48	0:50:46	1:39:27
36	Amanda Donohue	Wave 1	0:31:08	0:15:53	0:52:42	1:39:43
37	Melissa Donohue	Wave 1	0:34:57	0:13:19	0:51:30	1:39:46
155	Sharon O Shaughnessy	Wave 4	0:34:34	0:17:34	0:47:45	1:39:53
186	Dierdre Lambe	Wave 4	0:34:32	0:17:38	0:47:50	1:40:00
136	Gerard McGuirk	Wave 3	0:30:39	0:12:56	0:58:03	1:41:38
128	Karen Pepper	Wave 3	0:30:05	0:14:05	0:57:31	1:41:41
170	Thomas O Brien	Wave 3	0:31:53	0:15:11	0:54:47	1:41:51
67	James Ryall	Wave 1	0:29:37	0:10:40	1:02:36	1:42:53
166	Anita Deane	Wave 3	0:32:15	0:17:31	0:53:23	1:43:09
53	Shirley Donohue	Wave 1	0:38:19	0:12:25	0:53:19	1:44:03
114	Stephen Gregory	Wave 3	0:36:43	0:10:57	0:58:58	1:46:38
113	Leona Mercer	Wave 3	0:36:45	0:14:20	0:55:38	1:46:43
43	Louise Fuller	Wave 1	0:39:11	0:12:52	0:54:48	1:46:51
159	SARAH moNAGHAN	Wave 4	0:39:53		1:07:11	1:47:04
3	Laura McCabe/Paul Cole	Wave 1	0:34:09	0:20:18	0:53:32	1:47:59
4	Olga Smyth/Paul Brennan	Wave 1	0:35:21	0:19:08	0:56:44	1:51:13
2	Melissa McCabe/Chris Daly	Wave 1	0:36:12	0:18:21	1:01:06	1:55:39
21	Sheila Sexton	Wave 1	0:44:18	0:11:39	1:00:35	1:56:32
44	Sinead Meehan	Wave 1	0:38:22	0:12:24	1:05:59	1:56:45
45	Deirdre Cassidy	Wave 1	0:37:38	0:13:05	1:06:03	1:56:46
101	Fiona Gilliland	Wave 3	0:44:07	0:11:19	1:04:30	1:59:56