

## Lough Allen Triathlon Sunday 30 May 2010.

### Long (Olympic) Triathlon Results

Swim 1000m (Kayak option for non-swimmers)

Bike 47k

Run 8.5k

Pos	Name	Time	swim ti	bike	t2	run
1	Paul Obrien (relay)	01:52:05	00:12:40	01:07:59	00:00:54	00:30:31
2	Karl Kildea	01:52:24	00:12:40	01:07:27	00:00:26	00:31:50
3	Peter Tomanny	01:54:30	00:15:20	01:04:09	00:00:37	00:34:23
4	Brian Sexton	02:00:07	00:16:42	01:09:21	00:00:30	00:33:32
5	Colm Casey	02:00:20	00:14:07	01:07:35	00:00:32	00:38:03
6	Niall Melvin	02:01:29	00:16:04	01:08:49	00:00:30	00:36:04
7	Eamon Mc Andrew	02:03:59	00:17:57	01:11:06	00:01:06	00:33:49
8	Colin Teevan	02:04:43	00:15:26	01:11:00	00:00:54	00:37:22
9	Niall Casey	02:04:58	00:16:34	01:08:51	00:00:36	00:38:55
10	Kevin Mellett	02:06:48	00:17:57	01:13:05	00:01:02	00:34:42
11	Mike Griffin	02:07:50	00:16:45	01:14:13	00:00:25	00:36:25
12	Edward O Mahoney	02:08:52	00:19:27	01:11:11	00:00:34	00:37:38
13	Mary Laverty	02:09:29	00:16:33	01:15:51	00:00:41	00:36:21
14	Barry Casey	02:12:45	00:18:08	01:16:55	00:00:56	00:36:44
15	Paul Mc Gee	02:13:13	00:12:36	01:16:52	00:01:07	00:42:36
16	Hugh Mc Nulty	02:14:08	00:13:32	01:21:30	00:01:00	00:38:04
17	Leo Donlon	02:14:11	00:19:44	01:13:32	00:00:35	00:40:19
18	Fergal Cunningham	02:15:15	00:19:10	01:14:17	00:00:52	00:40:55
19	Kenneth Byrne	02:17:54	00:20:21	01:12:55	00:00:40	00:43:56
20	Jolene Mellon	02:17:54	00:21:51	01:13:56	00:00:58	00:41:07
21	Leigh Mc Loughlin	02:18:05	00:20:33	01:15:57	00:01:11	00:40:22
22	Cecilia Mc Guinness	02:18:48	00:15:39	01:20:36	00:00:56	00:41:35
23	Lorcan Fischer	02:18:53	00:19:31	01:16:18	00:01:02	00:42:00
24	John Mc Kenna	02:19:07	00:19:44	01:16:07	00:01:19	00:41:55
25	Caoimhe Ni Murchu	02:19:20	00:15:20	01:23:27	00:00:57	00:39:34
26	Mick Lennon	02:19:40	00:19:42	01:14:20	00:01:15	00:44:22
27	James Mcmanus	02:19:49	00:11:15	01:19:21	00:00:56	00:48:15
28	Shane Monaghan	02:21:00	00:16:32	01:20:27	00:01:11	00:42:49
29	Annette Dawe	02:23:11	00:19:53	01:21:26	00:00:54	00:40:57
30	Malachi Murray	02:23:41	00:19:02	01:18:28	00:00:51	00:45:18
31	John Mc Gonigle	02:25:36	00:12:36	01:29:34	00:01:37	00:41:47
32	<b>Paul Mc Devitt</b>	02:26:30	00:21:06	01:21:29	00:00:31	00:43:22
33	Ciaran Clancy	02:27:18	00:23:16	01:21:37	00:00:48	00:41:35
34	Joe Waters	02:29:32	00:20:47	01:24:16	00:01:34	00:42:53
35	Liam Campbell	02:30:11	00:24:21	01:22:42	00:01:04	00:42:02
36	Daire Stephens	02:30:52	00:19:33	01:21:43	00:01:20	00:48:14
37	Wayne Callan	02:32:09	00:25:11	01:24:09	00:01:32	00:41:16
38	Michael Bent	02:32:39	00:17:16	01:28:06	00:01:23	00:45:52
39	Fra Murphy	02:33:36	00:12:58	01:22:00	00:01:20	00:57:16

40	Andrew Cunningham	02:34:40			00:00:42	00:44:20
41	Dympna Airlie	02:34:48	00:14:14	01:34:17	00:01:16	00:45:00
42	Niamh Crowe	02:35:17	00:22:08	01:31:56	00:00:36	00:40:35
43	Cathal Mangan	02:36:01	00:25:33	01:23:28	00:00:55	00:46:04
44	Denis Carrigan	02:36:55	00:19:00	01:35:02	00:01:01	00:41:50
45	Shane McGuinness	02:39:39	00:20:21	01:36:13	00:01:07	00:41:57
46	Jim Mc Gourty	02:43:03	00:25:03	01:26:58	00:01:16	00:49:44
47	Jacqueline Campbell	02:43:43	00:23:35	01:32:10	00:00:59	00:46:57
48	Declan Kelly	02:44:02	00:14:26	01:27:43	00:03:10	00:58:41

## Short (Sprint) Triathlon Results

Swim 400m (Kayak option available)

Bike 20k

Run 5k

<b>Pos</b>	<b>Name</b>	<b>Time</b>	<b>swimt1</b>	<b>bike</b>	<b>t2</b>	<b>run</b>
1	Mark Capilitan	01:01:16	00:07:45	00:31:49	00:00:43	00:20:58
2	Darren Murphy	01:02:37	00:06:54	00:33:02	00:00:46	00:21:53
3	Ronan Mc Namara	01:02:46	00:07:45	00:32:49	00:00:41	00:21:28
4	Brendan Needham	01:03:23	00:06:30	00:35:26	00:00:27	00:20:58
5	Stephen Ralph	01:05:02	00:08:25	00:32:52	00:00:45	00:22:58
6	<b>Michael Gallagher</b>	01:07:18	00:06:27	00:38:06	00:00:39	00:22:04
7	Terry O Brien	01:07:41	00:09:27	00:34:11	00:00:44	00:23:17
8	<b>Noel Hoey</b>	01:08:28	00:08:29	00:37:41	00:00:35	00:21:41
9	Laura O Driscoll	01:08:28	00:07:45	00:37:50	00:00:57	00:21:55
10	Fionnuala Duffy	01:08:36	00:07:26	00:37:51	00:01:06	00:22:12
11	Conal Sexton	01:08:39	00:09:39	00:37:17	00:01:01	00:20:41
12	<b>Niall Clancy</b>	01:08:46	00:10:35	00:33:42	00:00:43	00:23:44
13	Roy Kelly	01:09:01	00:11:40	00:36:30	00:00:54	00:19:55
14	<b>Sinead Donagher</b>	01:09:25	00:07:54	00:36:15	00:00:55	00:24:19
15	<b>Barry Duffy</b>	01:10:35	00:09:04	00:37:02	00:00:32	00:23:55
16	Martin Neary	01:10:41	00:07:54	00:38:10	00:01:00	00:23:35
17	<b>Donagh Keon</b>	01:11:18	00:08:55	00:36:44	00:00:37	00:25:01
18	Kevin Hamill	01:11:50	00:16:11	00:33:02	00:00:39	00:21:57
19	Laserian Lacey	01:12:04	00:08:59	00:37:04	00:00:59	00:25:00
20	Marty Higgins	01:12:07	00:07:22	00:40:57	00:00:36	00:23:10
21	<b>Barry Gallagher</b>	01:12:21	00:09:21			
22	John Cunningham	01:12:44	00:09:32	00:37:49	00:01:04	00:24:17
23	David Fallon	01:13:26	00:08:02	00:39:55	00:00:43	00:24:44
24	<b>Ciaran Ferguson</b>	01:13:30	00:10:35	00:34:41	00:00:56	00:27:17
25	<b>Jane Mc Devitt</b>	01:13:49	00:08:46	00:37:40	00:00:46	00:26:35
26	Gary Greene	01:14:18	00:10:40	00:38:53	00:01:02	00:23:42
27	Conor Mc Cormick	01:15:21	00:10:57	00:39:38	00:00:41	00:24:03
28	Paschal Larney	01:15:25	00:13:25	00:35:43	00:01:49	00:24:27
29	Una Mannion	01:16:43	00:10:24	00:39:17	00:00:26	00:26:33
30	<b>Eleanor Rooney</b>	01:17:28	00:11:52	00:38:22	00:01:01	00:26:11
31	David Deegan	01:17:28	00:13:32	00:35:53	00:01:10	00:26:51
32	Claire Nic Gabhann	01:18:09	00:11:19	00:40:42	00:01:02	00:25:04
33	Brian Mullen	01:18:54	00:15:20			00:22:40
34	Damien Lawrence	01:19:04	00:12:32	00:38:11	00:01:07	00:27:12
35	Paul Garvey	01:20:34	00:07:32	00:45:46	00:00:48	00:26:26
36	Paul Gilmartin	01:20:43	00:08:27	00:44:11	00:01:13	00:26:50
37	<b>Diarmuid Keon</b>	01:21:03	00:08:57	00:44:34	00:00:59	00:26:32
38	Noel Gill	01:21:58	00:08:46	00:47:29	00:01:09	00:24:32
39	Claire Donegan	01:22:59	00:09:07	00:45:01	00:00:54	00:27:56
40	Lisa Howley	01:24:10				
41	Kathy Mc Morrow	01:24:27	00:13:17	00:43:34	00:00:54	00:26:40

42	Paul O Meara	01:25:43	00:16:12	00:44:13	00:01:11	00:24:06
43	Andrew Lynch	01:25:54	00:16:36	00:43:52	00:01:10	00:24:15
44	Martin Keane	01:26:54	00:19:19	00:41:48	00:00:46	00:24:59
45	<b>Pat Mc Manus</b>	01:30:25	11:33:48	733:28:59	00:02:45	00:24:51
46	Darragh King	01:33:40	00:08:43	00:35:48	00:01:32	00:31:35
47	Kate Wass	01:44:46	00:08:36	00:41:47	00:00:56	00:27:26
48	Joe Coxon	01:47:56	00:15:54	00:58:24	00:00:49	00:32:48