



Course Records
Male - 20:19
Neil Delahaye (2014)
Female - 23:59
Martina Byrnes (2014)



Wind	Moderate		Wind	Light		Wind	Light		Wind	Moderate		Wind	Cross Wind	
Weather;	Wet		Weather;	Dry		Weather;	Dry		Weather;	Dry		Weather;	Dry	
	Cool			Warm			Warm			Warm			Cool	
WEEK 1	02/04/2015		WEEK 2	09/04/2015		WEEK 3	16/04/2015		WEEK 4	23/04/2015		WEEK 5	30/04/2015	

No.	Name	Cat.	PB (2013)	PB (2014)	Pos.	Points	PB (2015)	kmph	club	Time	kmph	Points	Time	kmph	Points	Time	kmph	Points	Time	kmph	Points			
	Karl Kinsella	MJ - Elite	00:00	00:00	1st	(20)	23:49	32.8	West Clare				23:49	32.8	(20)									
	Luke O'Neill	MJ	28:42	27:32	1st	(96)	25:15	30.9	GoTri	27:48	28.1	(20)	26:05	29.9	(20)	25:21	30.8	(20)	28:54	27.0	(17)	25:15	30.9	(19)
	Jamie Kelly	MJ	34:39	30:10	2nd	(91)	26:07	29.9	GoTri	30:13	25.8	(19)	27:02	28.9	(19)	27:47	28.1	(16)	27:45	28.1	(19)	26:07	29.9	(18)
	Darragh O'Neill	MJ	00:00	29:07	3rd	(85)	27:04	28.8	GoTri	33:30	23.3	(17)	30:50	25.3	(17)	27:04	28.8	(18)	29:51	26.1	(16)	27:35	28.3	(17)
	Sabien Kulczynski	MJ	00:00	27:44	4th	(77)	24:43	31.6	Ennis Tri				28:42	27.2	(18)	26:02	30.0	(19)	27:12	28.7	(20)	24:43	31.6	(20)
	Jake McMahon	MJ	32:59	29:03	5th	(69)	27:33	28.3	GoTri	30:22	25.7	(18)				27:33	28.3	(17)	28:12	27.7	(18)	27:38	28.2	(16)
	Ciaran Russell	MJ	00:00	32:42	6th	(60)	31:57	24.4	CRNS				35:49	21.8	(16)	31:57	24.4	(15)	34:07	22.9	(15)	32:05	24.3	(14)
	Darragh Hickey	MJ	00:00	00:00	7th	(16)	43:07	18.1	GoTri	43:07	18.1	(16)												
	Darragh Sweeney	MJ	00:00	31:43	8th	(15)	29:17	26.6	GoTri													29:17	26.6	(15)
	Holly Jordan	FJ	00:00	00:00	1st	(20)	37:00	21.1														37:00	21.1	(20)

No.	Name	Cat.	PB (2013)	PB (2014)	Pos.	Points	PB (2015)	kmph	club	Time	kmph	Points	Time	kmph	Points	Time	kmph	Points	Time	kmph	Points			
	Joanne Flanagan	FS	00:00	27:11	1st	(95)	24:51	36.2	GoTri	MARSHALL		(20)	25:47	34.9	(18)	25:08	35.8	(20)	27:01	33.3	(18)	24:51	36.2	(19)
	Laura O'Shea	FS	32:41	29:19	2nd	(88)	26:22	34.1	GoTri	27:57	32.2	(19)	27:05	33.2	(16)	26:22	34.1	(17)	27:54	32.3	(16)	MARSHALL		(20)
	Sarah Boland	FS	30:23	28:14	3rd	(84)	27:42	32.5	GoTri	28:26	31.7	(18)	28:07	32.0	(14)	27:51	32.3	(15)	27:42	32.5	(17)	MARSHALL		(20)
	Deirdre Hynes	FS	30:01	28:22	4th	(79)	26:49	33.6	GoTri	30:12	29.8	(16)	28:14	31.9	(13)	29:03	31.0	(14)	26:49	33.6	(19)	27:21	32.9	(17)
	Sheila Clavin	FS	24:16	24:20	5th	(78)	24:41	36.5	Garda				25:10	35.8	(20)	25:18	35.6	(18)	MARSHALL		(20)	24:41	36.5	(20)
	Becky Coughlan	FS	29:49	26:47	6th	(78)	25:14	35.7	GoTri	26:42	33.7	(20)	25:33	35.2	(19)	25:14	35.7	(19)	26:12	34.4	(20)			
	Erin O'Donoghue	FS	00:00	30:19	7th	(70)	27:01	33.3	GoTri	28:38	31.4	(17)	27:02	33.3	(17)	27:01	33.3	(16)	MARSHALL		(20)			
	Aoife Fennell	FS	27:24	27:33	8th	(64)	29:25	30.6	GoTri				MARSHALL		(20)	30:18	29.7	(13)	30:23	29.6	(15)	29:25	30.6	(16)
	Mags Jones	FS	32:02	31:18	9th	(57)	32:12	28.0	GoTri				32:28	27.7	(12)	32:25	27.8	(11)	MARSHALL		(20)	32:12	28.0	(14)
	Patricia Hough	FS	32:03	32:53	10th	(46)	35:14	25.5	GoTri				MARSHALL		(20)				35:14	25.5	(13)	36:49	24.4	(13)
	Eva Barrett	FS	27:47	31:15	11th	(26)	30:52	29.2	CRNS							31:34	28.5	(12)	30:52	29.2	(14)			
	Lisa O'Neill	FS	31:27	28:25	12th	(20)	00:00	0.0	CRNS							MARSHALL		(20)						
	Mairead Elliott	FS	35:19	25:58	13th	(20)	00:00	0.0	GoTri				MARSHALL		(20)									
	Lexi Cremona	FS	00:00	00:00	14th	(18)	26:18	34.2	LTC													26:18	34.2	(18)
	Rita Boland	FS	00:00	00:00	15th	(15)	29:46	30.2														29:46	30.2	(15)
	Joanne O'Donnell	FS	00:00	00:00	16th	(15)	27:42	32.5	GoTri				27:42	32.5	(15)									
	Brenda Cosgrove	FS	32:41	31:17	17th	(12)	35:37	25.3	CRNS										35:37	25.3	(12)			
	Ciara Culleton	FS	00:00	00:00	18th	(11)	36:57	24.4	JVC Motors				36:57	24.4	(11)									

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	Diarmuid Hughes	MR	00:00	00:00	1st	(76)	27:21	32.9	GoTri/Zimmer				28:04	32.1	(18)	27:27	32.8	(19)	27:21	32.9	(19)	28:00	32.1	(20)
	Mark Keane	MR	00:00	27:38	2nd	(68)	27:43	32.5	Ennis Tri				28:39	31.4	(16)	27:43	32.5	(18)	29:04	31.0	(15)	28:06	32.0	(19)
	Dean Rudd	MR	00:00	00:00	3rd	(68)	28:16	31.8	GoTri				28:58	31.1	(15)	28:16	31.8	(17)	28:45	31.3	(16)	MARSHALL		(20)
	Dave Coleman	MR	00:00	27:29	4th	(40)	27:02	33.3	GoTri				27:36	32.6	(20)	27:02	33.3	(20)						
	Loren Harnett	MR	00:00	26:09	5th	(36)	28:21	31.7	GoTri							28:21	31.7	(16)				MARSHALL		(20)
	Tom O'Dwyer	MR	00:00	00:00	6th	(35)	27:26	32.8	Tipp Whlers				28:10	32.0	(17)				27:26	32.8	(18)			
	Martin Carey	MR	00:00	26:09	7th	(20)	25:49	34.9	GoTri										25:49	34.9	(20)			
	Niall Stapleton	MR	00:00	00:00	8th	(19)	27:49	32.4	GoTri				27:49	32.4	(19)									
	Brian O'Sullivan	MR	00:00	00:00	9th	(17)	28:44	31.3	GoTri										28:44	31.3	(17)			

