



The Conrad Hotel, Dublin
November 23RD 2019

A N N U A L

2019

A W A R D S

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Official Partner.



Duathlon National Championships

Gold – 1st place

Silver – 2nd place

Bronze – 3rd place


Junior Duathlon Championships – Predator Duathlon, Clarinbridge

YOUTH MEDALISTS	MEN	Ross McGuinness	Tom McGrane	Finn Harris
	WOMEN	Lily Sheehy	Aoife McGouran	Cecelia Furey
JUNIOR MEDALISTS	MEN	Sabian Kulczynski	Ben Carr	Leo Doyle
	WOMEN	Ella Doherty	Emma Boyle	Hope McBride

Intervarsity Duathlon Championships – Galco Duathlon Naas

MEDALISTS	MEN	Colm Turner	Michael Moran	Ciaran Madden
	WOMEN	Christine Russell	Shannon Kelly	Marie Boland

Para Duathlon National Championships – Galco Naas Duathlon

PTVI MEN	Donncha McCarthy Guide: Stephan Teeling-Lynch	Leo Hynes Guide: Gary Higgins	David Eccles Guide: Philip Manuel
PTVI WOMEN	Judith McCoombe Guide: Louise Crowe	Chloe McCoombe Guide: Susan Browne	
PTS4 MEN	Tojo Lazzari	Andrew Nicholson	
PTWC WOMEN	Elizabeth McTernan		

Duathlon National Championships – Sligo Duathlon

MEDALISTS	MEN	Darren Dunne	Niall Cornyn	Paul Carroll
	WOMEN	Heather Foley	Becky Woods	Barbara Dunne

Duathlon National Championships

Gold – 1st placeSilver – 2nd placeBronze – 3rd place

Age Group Medalists

Age Group	Gender	Gold – 1 st place	Silver – 2 nd place	Bronze – 3 rd place
16-17	MEN	Sabian Kulczynski	Eoin McDermott	Luke Burke
	WOMEN	Ella Doherty	Emma Boyle	Hope Mc Bride
18-19	MEN	Ben Carr	Leo Doyle	Jake Rushby
	WOMEN			
20-24	MEN	Darren Dunne	Niall Cornyn	Oran McGee
	WOMEN	Fiona Mangan		
25-29	MEN	Matthew Carroll		
	WOMEN	Ciara Wilson	Jennifer O'Sullivan	Natasha Kelly
30-34	MEN	Stephen Donnelly	David Coyle	Shane Power
	WOMEN	Becky Woods	Barbara Dunne	Hilkka Kontro
35-39	MEN	Daryl Kearns	Marc Flavin	Alan Kenny
	WOMEN	Heather Foley	Ellen Murphy	Sarah Stapleton
40-44	MEN	Michael Reilly	Enda Bagnall	Gerald Troy
	WOMEN	Olivia Mc Cartin	Mary Corless	Siobhan Murtagh
45-49	MEN	Brendan Buck	Martin Kirwan	Ernest Asensio Blasco
	WOMEN	Donna Mahon	Siobhan Forman	Helen French
50-54	MEN	Paul Carroll	Brian McBride	Peter McConville
	WOMEN	Denise Compton	Martina Colville	Diane Cordner
55-59	MEN	Michael Macken	Cathal Roarty	Billy Orr
	WOMEN	Siobhan Kennedy	Ruth Mc Kee	Anne Morrissey
60-64	MEN	John Joe Rodgers	Declan Murray	
	WOMEN			
65-69	MEN	Gerard Turbitt		
	WOMEN			

Aquathlon National Championships

Gold – 1st placeSilver – 2nd placeBronze – 3rd place

Overall Medalists - Pulse Bull Wall Aquathlon

YOUTH MEDALISTS	MEN	Ralf Bodamer	Brogan McAviney	Luke Burke
	WOMEN	Olivia Moore	Francesca Walshe	
JUNIOR MEDALISTS	MEN	Sabian Kulczynski	Justin O'Hagan	
	WOMEN	Lara McEvoy	Erin McConnell	Elia Tutty
SENIOR MEDALISTS	MEN	James Walton	Sabian Kulczynski	Luke Lyons
	WOMEN	Orla Walsh	Lara McEvoy	Erin McConnell



Aquathlon National Championships

Gold – 1st placeSilver – 2nd placeBronze – 3rd place

Age Group Medalists

16-17	MEN	Sabian Kulczynski	Justin O'Hagan	
	WOMEN	Elia Tutty		
18-19	MEN			
	WOMEN	Lara McEvoy	Erin McConnell	Aine Greene
20-24	MEN	James Walton	Luke Lyons	
	WOMEN	Orla Walsh	Lauren Strange	Elizabeth Carr
25-29	MEN	Brian Maguire	Killian Roche	
	WOMEN	Ciara Wilson	Jennifer O'Sullivan	Sibylle Bechet
30-34	MEN	Alan Maher	Daniel Kavanagh	Padraig Healy
	WOMEN	Grainne Kelly	Tara Ni Reachtagain	
35-39	MEN	Guillermo Lopez Andres	Hugh Feeley	Phil Clarke
	WOMEN	Lorraine Carrabin	Vanina Negri	Svetlana Bymbygydenova
40-44	MEN	Pedro Lopez	Luciano Licciardello	Niall Connaughton
	WOMEN	Esther Bayon	Jean Wilson	Marijke Beltman
45-49	MEN	Michael McGloin	Ivan Eustace	Gary Crossan
	WOMEN	Vanessa Fenton	Tara Johnston	Breda Daly
50-54	MEN	Gary McCarthy	Lochlann Walsh	Paul Hession
	WOMEN			
55-59	MEN	Michael Macken	John Kenny	
	WOMEN	Anne Morrissey		
70-74	MEN	Francis Xavier O'Connor		
	WOMEN			

Aquabike National Championships

Gold – 1st placeSilver – 2nd placeBronze – 3rd place

Overall Medalists - Lough Cutra Castle Triathlon

MEDALISTS	MEN	Cillian Tierney	Ruaidhri Geraghty	Marcin Mizgajski
	WOMEN	Joanne Flanagan	Claire Gorman	Siobhan Forman

Age Group Medalists

	MEN	Cillian Tierney	Cian Ibbotson	Tiernan Burke
	WOMEN			
20-24				
	MEN	Ross Hamilton	Mark McDonnell	James Duffy
	WOMEN	Joanne Flanagan	Claire Gorman	
30-34				
	MEN	Marcin Mizgajski	Stephan Teeling Lynch	Robert Lennon
	WOMEN			
35-39				
	MEN	Ruaidhri Geraghty	Declan O'Donoghue	Philip Castles
	WOMEN			
40-44				
	MEN	John Corcoran	Paul Gibbin	Vincent Power
	WOMEN	Siobhan Forman	Therese Murray	Judit McNally
45-49				
	MEN	Willie Barry		
	WOMEN	Monica Savage	Marie Staunton	
50-54				
	MEN	Niall Kavanagh		
	WOMEN			
55-59				
	MEN	Timothy Horgan		
	WOMEN			
60-64				

ParaTriathlon National Championships

Gold – 1st placeSilver – 2nd placeBronze – 3rd place

Overall Medalists – Pulse Port Beach Triathlon

PTWC	MEN	Mark Miliar	David Kerr	James Divin
	WOMEN			
PTS3	MEN			
	WOMEN	Cassie Cava		
PTS4	MEN	Tojo Lazzari		
	WOMEN			
PTVI	MEN	Donnacha McCarthy	Leo Hynes	Christopher Watts
	GUIDE	Marcin Mizgajski	Stephen Teeling Lynch	Ciat Joyce
	WOMEN	Judith McCoombe	Chloe McCoombe	
	GUIDE	Susan Browne	Louise Crowe	



Intervarsity National Championships

Gold – 1st placeSilver – 2nd placeBronze – 3rd place

Overall Medalists - North Tipp Sprint Triathlon

MEDALISTS	MEN	Cillian Tierney	Niall Cornyn	James Mintern
	WOMEN	Niamh Staunton	Hailey Kotsaftis	Eva Moynan



Club Mixed Team Relay National Championships

Overall Medalists - Lough Cutra Castle Triathlon

ENNIS TC	Ella Doherty, Darragh O'Neill, Carla Griffin, Sabian Kulczynski
BELPARK TC	Maeve Maher-McWilliams, Andy Grehan, Deidra MacNally, David Power
LIMERICK TC	Shona Keane, Luke Lyons, Kontro Hilka, Aaron O'Brien
ENNIS TC, JUNIOR	Ella Doherty, Darragh O'Neill, Carla Griffin, Sabian Kulczynski



Elite National Championships

Gold – 1st placeSilver – 2nd placeBronze – 3rd place

Dublin City Triathlon - Draft Legal

SENIOR MEDALISTS	MEN	Kieran Jackson	James Walton	Cillian Tierney
	WOMEN	Erin McConnell	Ailbhe Carroll	Emma Porter
JUNIOR MEDALISTS	MEN	Aaron Doherty	Sabian Kulczinski	Ralf Bodamer
	WOMEN	Erin O'Connell	Elia Tutty	



Sprint Distance National Championships

Gold – 1st placeSilver – 2nd placeBronze – 3rd place

Age Group Medalists

Age Group	Gender	Medalists		
		Gold – 1 st place	Silver – 2 nd place	Bronze – 3 rd place
16-17	MEN	Luke Burke	Eoin McDermott	Jack Bingham
	WOMEN	Emma Boyle	Amelia Tyler	Eve Furlong
18-19	MEN	Jack Moran	Jack Kennedy	Jake Rushby
	WOMEN	Aileen Nagle		
20-24	MEN	Eoin Nagle	Patrick Fahy	Conor Farrell
	WOMEN	Niamh Corry	Aisling Wyer	Ellie McArdle
25-29	MEN	Matthew Carroll	Gavin Stapleton	Andrew Grehan
	WOMEN	Amy O'Keeffe	Jennifer O'Sullivan	Natasha Kelly
30-34	MEN	Colm Turner	Lochlann Connolly	Killian Nolan
	WOMEN	Hilary Hughes	Becky Woods	Joanne Cummins
35-39	MEN	Michael Scully	Bjorn Ludick	Alan Connolly
	WOMEN	Sarah Stapleton	Sorcha McCann	Siobhan Quain
40-44	MEN	Ruaidhri Geraghty	Enda Bagnall	John Howlett
	WOMEN	Olivia McCartin	Esther Bayon	Jacqui Dunphy
45-49	MEN	James Cribbin	Ernest Asensio Blasco	Martin Divilly
	WOMEN	Donna Mahon	Tara Johnston	Deirdre O'Toole
50-54	MEN	Clifford Rodgers	Paddy Cullen	Ralph Barron
	WOMEN	Niamh Richardson	Eileen O'Sullivan	Karen Watson
55-59	MEN	Michael Macken	Niall Kavanagh	John Kenny
	WOMEN	Anne Morrissey	Eimear Mathews	Joanne Bingham
60-64	MEN	John Bruton	Peter McLaughlin	Dermot Connolly
	WOMEN	Helen O'Shaughnessy		
65-69	MEN	Gerard Turbitt	Vinny Clohisey	
	WOMEN	Berenice Maher	Marie Casey-Breen	
70-74	MEN	Michael Mallon	Francis Xavier O'Connor	
	WOMEN			

Standard Distance National Championships

Gold – 1st placeSilver – 2nd placeBronze – 3rd place

Overall Medalists - Base2Race Harbourman Triathlon

MEDALISTS	MEN	Chris Mintern	Constantine Doherty	Eoin Lyons
	WOMEN	Orla Walsh	Ailbhe Carroll	Kim Hickey

Age Group Medalists

18-19	MEN	Aaron Doherty		
	WOMEN			
20-24	MEN	Constantine Doherty	James Walton	Niall Cornyn
	WOMEN	Orla Walsh	Niamh Corry	Roisin Dunne
25-29	MEN	Chris Mintern	Eoin Lyons	Matthew Carroll
	WOMEN	Ailbhe Carroll	Emma Porter	Amy O'Keeffe
30-34	MEN	Killian Nolan	Lochlainn Connolly	Cathal O'Sullivan
	WOMEN	Kate Fitzpatrick	Clare Dillon	Jennifer Hennebry
35-39	MEN	Bryan McCrystal	Kieran Hopkins	Conor Quinn
	WOMEN	Ellen Murphy	Sarah Stapleton	Deirdre McAleer
40-44	MEN	Enda Bagnall	Paul Kelly	Fergus O'Toole
	WOMEN	Kim Hickey	Olivia McCartin	Esther Bayon
45-49	MEN	Ernest Asensio Blasco	Martin Kirwan	Peter Barry
	WOMEN	Donna Mahon	Breda Daly	Tara Johnston
50-54	MEN	Shane Scadding	Peter Savage	Peter McConville
	WOMEN	Cathy Cunningham	Orla McAndrew	Eileen O'Sullivan
55-59	MEN	Michael Macken	John Connaghan	John Kenny
	WOMEN	Siobhan Kennedy	Eimear Mathews	Liz Rouine
60-64	MEN	Gareth McCarthy		
	WOMEN	June McMinn	Majella Diskin	Patricia Eadie
65-69	MEN	Gerard Turbitt	John Darcy	Nicholas McCabe
	WOMEN	Berenice Maher	Cora O'Mahony	
70-74	MEN	Michael Mallon	Francis Xavier	
	WOMEN			

Middle Distance National Championships

Gold – 1st placeSilver – 2nd placeBronze – 3rd place

Overall Medalists - Sheephaven Half

MEDALISTS	MEN	Chris Mintern	Eoin Lyons	Michael McCarron
	WOMEN	Hillary Hughes	Heather Foley	Maeve Maher-McWilliams

Age Group Medalists

25-29	MEN	Chris Mintern	Eoin Lyons	Paul Little
	WOMEN	Laura Wylie	Helen Perry	Eimeir Walsh
30-34	MEN	Conor Tiernan	Sean McLaughlin	David Sheridan
	WOMEN	Hilary Hughes	Maeve Maher-McWilliams	Ellen Vitting
35-39	MEN	Michael McCarron	Rob Lennon	Jonathan Morris
	WOMEN	Heather Foley	Ellen Murphy	Sarah Stapleton
40-44	MEN	Brian Sexton	Mark Breen	Dermot Logue
	WOMEN	Jennifer Duffy	Jackie Kelly	Dympna Kelly
45-49	MEN	Owen Martin	Garry Hall	Paul Rutherford
	WOMEN	Margaret Kelly	Louise O'Shea	Sasha Gannon
50-54	MEN	Mark Rushby	Sam Cordner	Chris McGuigan
	WOMEN	Audrey Phelan	Lisa Bishop	
55-59	MEN	John Connaghan	Ronnie Kidd	Gerard McGettigan
	WOMEN	Pauline Leith		
60-64	MEN	Dermot Connolly	Peter McLaughlin	Paul Kelly
	WOMEN	June McMinn		
65-69	MEN	Gerard Turbitt	Jim Gallagher	
	WOMEN			
70-74	MEN			
	WOMEN	Roisin Lynch		

BMW Duathlon National Series

Gold – 1st placeSilver – 2nd placeBronze – 3rd place

Overall

SENIOR MEDALISTS	MEN	Daryl Kearns	Marc Flavin	Brendan Buck
	WOMEN	Becky Woods	Barbara Dunne	Ciara Wilson
JUNIOR MEDALISTS	MEN	Sabian Kulczynski	Ben Carr	
	WOMEN	Ella Doherty	Emma Boyle	

Age Group Medalists

16-17	MEN	Sabian Kulczynski		
	WOMEN	Ella Doherty	Emma Boyle	
18-19	MEN	Ben Carr		
	WOMEN			
20-24	MEN	Jonathan Nangle		
	WOMEN	Fiona Mangan		
25-29	MEN	Matthew Carroll		
	WOMEN	Ciara Wilson	Jennifer O'Sullivan	Katie Devin
30-34	MEN	Shane Power	David Coyle	Conor Gath
	WOMEN	Becky Woods	Barbara Dunne	Jennifer Hennebry
35-39	MEN	Daryl Kearns	Marc Flavin	Raymond Lonergan
	WOMEN	Sarah Stapleton	Joanna Butler	Heather O'Brien
40-44	MEN	Gerald Troy	Enda Bagnall	Ciaran Steed
	WOMEN	Olivia McCartin	Dympna Kelly	Siobhan Murtagh
45-49	MEN	Brendan Buck	Martin Kierwan	Jason Travers
	WOMEN	Donna Mahon	Helen French	Siobhan Forman
50-54	MEN	Peter Mc Conville	Sam Cordner	Robert Whyte
	WOMEN	Denise Compton	Diane Cordner	Marie Staunton
55-59	MEN	Micheal Macken		
	WOMEN	Siobhan Kennedy	Ruth McKee	Anne Morrissey
60-64	MEN	John Joe Rogers		
	WOMEN			

BMW Triathlon National Series Club Championships

Gold – 1st place

Silver – 2nd place

Bronze – 3rd place


Men's Club Championships

MEDALISTS	PIRANHA TC	BELPARK TC	KILKENNY TC
	Killian Nolan Ross Condry Cathal O'Sullivan Ross Hamilton Richie Dooley Ivan Eustace	Gavin Stapleton Martin Waldron Stafford Vigors Patrick Fahy Andrew Grehan Adriele Prina-Melo	Raymond Lonergan Adrian Cunningham Peter Barry Patrick Young Garrett Hynes Paul Flood

Women's Club Championships

MEDALISTS	PIRANHA TC	PULSE TC	BELPARK TC
	Becky Woods Brienne Mulvihill Roisin Pakenham Niamh Corry Jacqui Dunphy Siobhan Forman	Kim Hickey Esther Bayon Sarah Stapleton Clare Dillon Siobhan Quain Maire Diggin	Maeve Maher-McWilliams Ellen Murphy Donna Mahon Helen French Bronagh McConnell Eimeir Walsh

Mixed Team Club Championships

MEDALISTS	PIRANHA TC	BELPARK TC	PULSE TC
	Becky Woods Killian Nolan Brienne Mulvihill Ross Condry Roisin Pakenham Cathal O'Sullivan	Maeve Maher-McWilliams Ellen Murphy Gavin Stapleton Donna Mahon Martin Waldron Stafford Vigors	Kim Hickey Kieran Hopkins Esther Bayon Sarah Stapleton Vincent Galvin Daire Nulty

BMW Triathlon National Series

Gold – 1st placeSilver – 2nd placeBronze – 3rd place

Overall Medalists - BMW Triathlon National Series

SENIOR MEDALISTS	MEN	Aaron Doherty	Eoin Lyons	James Walton
	WOMEN	Hilary Hughes	Amy O'Keeffe	Becky Woods
JUNIOR MEDALISTS	MEN	Aaron Doherty	Sabian Kulczynski	Jack Kennedy
	WOMEN	Emma Boyle	Amelia Tyler	Eve Furlong

Age Group Medalists - BMW Junior Triathlon National Series

16-17	MEN	Sabian Kulczynski	Jack Bingham	Luke Burke
	WOMEN	Emma Boyle	Amelia Tyler	Eve Furlong
18-19	MEN	Aaron Doherty	Jack Kennedy	Jake Rushby
	WOMEN			



BMW Triathlon National Series

Gold – 1st placeSilver – 2nd placeBronze – 3rd place

Age Group Medalists - BMW Triathlon National Series

Age Group	Gender	Medalists		
		Gold – 1 st place	Silver – 2 nd place	Bronze – 3 rd place
18-19	MEN	Aaron Doherty	Jack Kennedy	Darren Foley
	WOMEN			
20-24	MEN	James Walton	Niall Cornyn	Oran McGee
	WOMEN	Fiona Mangan	Lauren Strange	Niamh Corry
25-29	MEN	Eoin Lyons	Gavin Stapleton	Matthew Carroll
	WOMEN	Amy O'Keeffe	Ciara Wilson	Natasha Kelly
30-34	MEN	Lochlainn Connolly	Killian Nolan	Stephen Chambers
	WOMEN	Hilary Hughes	Becky Woods	Maeve Maher-McWilliams
35-39	MEN	Sebastian Helka	Michael Scully	Kieran Hopkins
	WOMEN	Brianne Mulvihill	Sarah Stapleton	Ellen Murphy
40-44	MEN	Enda Bagnall	Declan O'Donoghue	Fergus O'Toole
	WOMEN	Kim Hickey	Olivia McCartin	Ester Bayon
45-49	MEN	Ernest Asensio Blasco	Martin Waldron	James Cribbin
	WOMEN	Donna Mahon	Sasha Gannon	Deirdre O'Toole
50-54	MEN	Shane Scadding	Clifford Rodgers	Peter Savage
	WOMEN	Niamh Richardson	Denise Compton	Cathy Cunningham
55-59	MEN	Michael Macken	Liam Liddy	Gerard Kenny
	WOMEN	Siobhan Kennedy	Anne Morrissey	Joanne Bingham
60-64	MEN	John Bruton	Dermot Connolly	John Lyons
	WOMEN	Trish Nicholls	Majella Diskin	
65-69	MEN	Gerard Turbitt	John Darcy	Brendan O'Neill
	WOMEN	Berenice Maher	Marie Casey-Breen	
70-74	MEN	Desmond McHenry	Michael Mallon	Francis Xavier O'Connor
	WOMEN	Roisin Lynch		





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