

Place	Bib	Wave	Surname	Name	Sex	Cat	Club	Kayak/Swim	Run to Flag	Descent	Cycle Out	Cycle Back	Finish
1	213	Wave 2	Cosgrove	Kieran	M	40+	CKR	0:21:42	0:21:33	0:12:41	0:29:03	0:12:46	1:37:45
2	239	Wave 2	O'connell	John paul	M	Sen		0:22:10	0:21:48	0:12:43		0:42:01	1:38:42
3	214	Wave 2	Cosgrove	Sean	M	U 18	CKR	0:22:10	0:21:57	0:13:54	0:27:57	0:13:00	1:38:58
4	248	Wave 2	Smith	Conor	M	U 18	CKR	0:22:21	0:22:30	0:13:10	0:28:23	0:13:09	1:39:33
5	10	Wave 2	Cronin	Barry	M	Sen		0:21:36	0:21:25	0:12:43	0:31:51	0:14:31	1:42:06
6	222	Wave 2	Hanahoe	Dave	M	Sen	racetoglogy	0:23:42	0:25:05	0:14:41	0:30:47	0:15:00	1:49:15
7	235	Wave 2	Middleton	Derek	M	Sen		0:22:25	0:24:10	0:14:30	0:34:31	0:15:10	1:50:46
8	205	Wave 2	Brennan	Michael	M	Sen		0:17:06	0:25:30	0:14:23	0:37:43	0:16:12	1:50:54
9	236	Wave 2	Moran	Joseph	M	Sen		0:20:06	0:24:52	0:16:06	0:34:25	0:16:22	1:51:51
10	218	Wave 2	Fitzpatrick	Michael	M	40+	CKR	0:23:33	0:26:42	0:16:21	0:31:14	0:14:10	1:52:00
11	217	Wave 2	Fitzgerald	Patrick	M	40+		0:24:40	0:24:47	0:14:38	0:32:45	0:15:21	1:52:11
12	208	Wave 2	Fitzgerald	Fergal	M	Sen		0:23:30	0:26:24	0:16:41	0:31:18	0:14:45	1:52:38
13	228	Wave 2	Maquire	Dermot	M	40+		0:24:48	0:25:31	0:14:53		0:50:10	1:55:22
14	232	Wave 2	McDermott	Justin	M	Sen		0:27:02	0:26:05	0:14:36	0:33:55	0:14:56	1:56:34
15	207	Wave 2	Carey	Lorraine	F	Sen		0:26:56	0:26:25	0:16:46	0:31:45	0:14:45	1:56:37
16	356	Wave 3	Smyth	Bernard	M	Sen	Ultimate conditioning 1	0:25:09	0:26:37	0:15:24	0:35:13	0:14:38	1:57:01
17	359	Wave 3	Travers	Cathal	M	Sen		0:26:57	0:24:25	0:15:03	0:36:05	0:16:38	1:59:08
18	331	Wave 2	Mescal	Jim	M	Sen		0:20:02	0:29:18	0:17:07	0:36:54	0:15:51	1:59:12
19	380	Wave 4	Connaughton	Paul	M	Sen	No Excuses	0:27:37	0:26:37	0:16:44	0:33:41	0:14:41	1:59:20
20	180	Wave 2	O'Brien	Keith	M	Sen	Amphibian King West	0:25:29	0:26:32	0:16:20	0:35:11	0:16:16	1:59:48
21	333	Wave 2	Murray	Martin	M	40+		0:25:14	0:27:27	0:16:50	0:35:29	0:16:23	2:01:23
22	240	Wave 2	O'Reilly	Gareth	M	U 18	CKR	0:25:47	0:28:28	0:18:58	0:33:38	0:14:45	2:01:36
23	474	Wave 2	Conway	Caroline	F	Sen		0:26:56	0:27:45	0:16:13	0:35:12	0:15:51	2:01:57
24	221	Wave 2	Clarke	Darren	M	Sen		0:25:34	0:27:25	0:16:57	0:36:59	0:15:47	2:02:42
25	341	Wave 3	Owens	Darren	M	Sen		0:26:26	0:26:26	0:16:17	0:37:30	0:16:16	2:02:55
26	227	Wave 2	Lyons	Sean	M	40+	Achill Wheelers	0:26:37	0:29:37	0:17:30	0:34:11	0:15:14	2:03:09
27	202	Wave 2	Anderson	Steve	M	Sen	SCAR	0:25:48	0:29:17	0:17:23	0:36:16	0:16:02	2:04:46
28	226	Wave 2	Loughney	Michael	M	Sen	THE CUNNING SHTUNT DISHCO ROARERS!	0:25:19	0:26:36	0:15:42	0:41:15	0:17:39	2:06:31
29	361	Wave 3	Waters	Matthew	M	U 18		0:28:12	0:30:16	0:19:31	0:33:48	0:14:56	2:06:43
30	98	Wave 3	Savage	MAjirA-n	M	40+		0:27:57	0:31:18	0:18:35	0:33:50	0:15:32	2:07:12
31	365	Wave 3	Wren	Cormac	M	Sen		0:26:58	0:26:44	0:16:25	0:39:27	0:17:49	2:07:23
32	256	Wave 2	Brennan	Ger	M	40+	racetoglogy	0:28:01	0:29:37	0:16:39	0:37:22	0:16:22	2:08:01
33	76	Wave 2	Mahon	John	M	40+	Outfront	0:26:04	0:28:55	0:17:01	0:39:05	0:17:15	2:08:20
34	338	Wave 3	O'Ceallaigh	Niamh	F	Sen	Pamells AC	0:29:14	0:29:08	0:16:46	0:36:53	0:16:35	2:08:36
35	326	Wave 2	McDonagh	John	M	40+		0:29:20	0:27:23	0:17:33	0:37:28	0:17:22	2:09:06
36	209	Wave 2	Caulfield	Sandra	F	Sen	racetoglogy	0:28:01	0:29:23	0:17:15	0:37:01	0:17:28	2:09:08
37	448	Wave 4	OBoyle	Sean	M	40+		0:27:23	0:28:04	0:17:43	0:38:51	0:17:45	2:09:46
38	460	Wave 3	Smith	Breege	F	Sen	Ultimate conditioning 1	0:27:09	0:29:53	0:19:00	0:37:13	0:16:47	2:10:02
39	484	Wave 3	Laffey	Michael	M	40+		0:28:26	0:28:54	0:17:31	0:39:05	0:16:31	2:10:27
40	237	Wave 2	NcFadden	John	M	40+		0:28:46	0:27:44	0:14:48	0:39:14	0:19:55	2:10:27
41	475	Wave 3	Nally	Tony	M	40+		0:28:34	0:29:57	0:17:58	0:37:43	0:16:26	2:10:38
42	231	Wave 2	Mc Evoy	Orla	F	Sen	Bray Wheelers	0:29:13	0:29:39	0:18:26	0:36:18	0:17:07	2:10:43
43	277	Wave 2	Doodson	Andrew	M	Sen	The Flamin' Galahs	0:26:40	0:31:36	0:18:32	0:37:52	0:16:52	2:11:32
44	309	Wave 3	Kiely	Darren	M	Sen		0:28:05	0:32:11	0:18:54	0:36:09	0:16:24	2:11:43
45	483	Wave 3	McCaughey	Gary	M	40+		0:30:05	0:26:34	0:16:38	0:40:35	0:18:32	2:12:24
46	316	Wave 3	Loneragan	Enda	M	40+	AM Multisport	0:29:37	0:30:03	0:18:23	0:37:50	0:16:43	2:12:36
47	259	Wave 2	Carroll	Shane	M	Sen	Dublin Runners	0:31:22	0:29:21	0:18:42	0:36:12	0:17:13	2:12:50
48	304	Wave 3	James	Finbarr	M	40+		0:29:20	0:31:15	0:19:43	0:34:27	0:18:11	2:12:56
49	203	Wave 2	Barrett	Declan	M	Sen	THE CUNNING SHTUNT DISHCO ROARERS!	0:25:38	0:29:30	0:16:25	0:42:11	0:19:42	2:13:26
50	497	Wave 3	Lenihan	Sylvester	M	Sen		0:28:58	0:29:36	0:19:10	0:39:37	0:16:32	2:13:53
51	354	Wave 3	Scarff	Jason	M	Sen		0:32:11	0:28:54	0:17:26	0:37:16	0:18:25	2:14:12
52	204	Wave 2	Bell	Rozanne	F	40+		0:29:10	0:30:48	0:19:15	0:37:51	0:17:39	2:14:43
53	257	Wave 2	Brennan	Yvonne	F	Sen		0:29:13	0:27:06	0:17:09	0:42:21	0:19:02	2:14:51
54	128	Wave 4	Mc shane	John	M	Sen	Wacker and his pace makers	0:32:01	0:29:43	0:19:37	0:37:38	0:16:35	2:15:34
55	490	Wave 4	Mc Gonagle	Packie	M	Sen		0:29:09	0:28:59	0:18:09	0:42:29	0:16:51	2:15:37
56	377	Wave 4	Canning	Mark	M	Sen	Skullcandy	0:28:52	0:30:10	0:20:18	0:38:51	0:17:29	2:15:40
57	479	Wave 3	Kelly	Tommy	M	40+		0:31:13	0:28:48	0:18:20	0:40:08	0:18:04	2:16:33
58	374	Wave 4	Burke	Bar	M	Sen		0:29:25	0:29:58	0:20:00	0:40:21	0:16:58	2:16:42
59	258	Wave 2	Burke	Sean	M	40+		0:29:00	0:33:00	0:20:49	0:37:20	0:17:00	2:17:09
60	351	Wave 3	Russell	Ken	M	Sen	What could possibly go...	0:33:07	0:28:09	0:17:57	0:40:45	0:17:17	2:17:15
61	288	Wave 3	Freeman	Shane	M	40+	racetoglogy	0:29:30	0:30:01	0:18:33	0:41:50	0:17:29	2:17:23
62	485	Wave 3	Kilcoyne	Ian	M	40+	RMFITNESS.ie	0:29:15	0:29:44	0:19:45	0:41:05	0:17:51	2:17:40
63	299	Wave 3	Henry	Paddy	M	40+		0:35:52	0:28:17	0:18:11	0:37:49	0:17:34	2:17:43
64	550	Wave 3	Gallagher	Sharon	F	40+	Confey Babes						2:17:46
65	267	Wave 2	Connors	Kathleen	F	40+		0:26:43	0:31:25	0:20:58	0:39:10	0:19:51	2:18:07
66	46	Wave 3	Bates	Wendy	F	Sen		0:30:59	0:29:10	0:19:58	0:40:30	0:17:41	2:18:18
67	311	Wave 2	Kirwan	Ollie	M	Sen		0:29:08	0:32:31	0:20:50	0:39:17	0:17:14	2:19:00
68	433	Wave 4	Morris	Pat	M	40+	Wet n Wild	0:29:11	0:31:55	0:20:23	0:40:35	0:17:30	2:19:34
69	181	Wave 2	Gomez Brown	Antonio	M	Snr	Kilary	0:26:34	0:31:57	0:19:33	0:42:39	0:19:09	2:19:52
70	340	Wave 2	O'hea	David	M	Sen	SCAR	0:26:54	0:27:05	0:19:10	0:46:28	0:20:15	2:19:52
71	318	Wave 3	Mahon	Keith	M	Sen		0:31:01	0:29:37	0:17:56	0:43:05	0:18:22	2:20:01
72	215	Wave 2	Cullen	Louise	F	40+		0:28:18	0:31:51	0:19:01	0:42:08	0:19:03	2:20:21
73	353	Wave 3	Sargent	Donna	F	Sen	Dublin Runners	0:27:35	0:29:55	0:16:55	0:45:20	0:21:12	2:20:57
74	278	Wave 2	Doughan	Fiona	F	40+		0:28:50	0:31:49	0:20:10	0:41:52	0:19:23	2:22:04
75	327	Wave 3	McDonnell	Patrick	M	Sen		0:30:59	0:32:59	0:19:51	0:39:52	0:18:35	2:22:16
76	364	Wave 3	Winters	Paddy	M	Sen	RMFITNESS.ie	0:30:26	0:32:17	0:20:19	0:38:50	0:20:38	2:22:30
77	352	Wave 2	Salter Townshend	Mark	M	40+	SCAR	0:25:44	0:29:56	0:19:58	0:45:28	0:21:38	2:22:44
78	287	Wave 3	Forrester	Viki	F	Sen		0:32:45	0:33:46	0:23:41	0:36:17	0:16:24	2:22:53
79	321	Wave 3	Mc Mahon	Pat	M	40+	The Rebels	0:30:32	0:31:38	0:20:45	0:42:02	0:17:57	2:22:54
80	347	Wave 2	Collins	Orrie	M	Sen	THE CUNNING SHTUNT DISHCO ROARERS!	0:26:35	0:28:36	0:17:27	0:45:55	0:24:26	2:22:59
81	368	Wave 3	Young	Mark	M	Sen		0:29:39	0:32:12	0:20:59	0:41:56	0:18:18	2:23:04
82	426	Wave 3	Mccormick	Bernard	M	40+	RMFITNESS.ie	0:31:01	0:33:02	0:20:56	0:40:41	0:17:42	2:23:22
83	609	Wave 2	O'Brien	Killian	M	Sen		0:26:59	0:30:15	0:18:02	0:47:33	0:20:37	2:23:26
84	253	Wave 4	Basson	Cobus	M	40+	RunaGump	0:31:39	0:31:10	0:19:48	0:44:36	0:19:19	2:23:32
85	337	Wave 3	O'Brien	Ross	M	Sen	Ultimate conditioning 1	0:30:39	0:29:28	0:18:48	0:44:53	0:19:46	2:23:34
86	362	Wave 3	Weldon	Paul	M	Sen	Ultimate conditioning 1	0:31:33	0:31:04	0:19:31	0:43:12	0:18:16	2:23:36
87	444	Wave 4	O'Neill	Richard	M	Sen	The Langers	0:31:03	0:30:59	0:20:00	0:42:42	0:19:07	2:23:51
88	216	Wave 2	Doyle	Sheila	F	Sen		0:28:57	0:32:03	0:21:48	0:42:21	0:18:59	2:24:08
89	251	Wave 2	Woods	CaitiAn	F	40+	Race 2 Glory	0:32:47	0:32:25	0:19:56	0:39:50	0:19:11	2:24:09
90	247	Wave 2	Reynolds	Michael	M	Sen		0:29:41	0:35:13	0:20:45	0:40:27	0:18:06	2:24:12
91	482	Wave 3	Garry	Steven	M	Sen		0:35:06	0:32:59	0:19:06	0:39:20	0:17:46	2:24:17
92	320	Wave 2	Mc donnell	Marcella	F	40+	racetoglogy	0:34:25	0:33:51	0:19:23	0:39:00	0:17:46	2:24:25
93	480	Wave 3	Connolly	Mary	F	40+		0:35:54	0:29:29	0:19:53	0:40:34	0:18:51	2:24:41
94	324	Wave 3	McCaughey	Aidan	M	40+		0:38:19	0:30:1				

113	453	Wave 4	O'Mahoney	Julian	M	40+	The Langers	0:34:14	0:36:07	0:21:00	0:42:08	0:18:07	2:31:36
114	417	Wave 4	Langford	Andrew	M	Sen		0:30:00	0:36:29	0:22:07	0:44:29	0:18:38	2:31:43
115	275	Wave 2	Dilleen	Deirdre	F	Sen		0:31:03	0:33:46	0:20:20	0:46:39	0:20:01	2:31:49
116	329	Wave 2	McKnight	Flora	F	40+		0:29:50	0:34:46	0:20:04	0:46:35	0:21:03	2:32:18
117	346	Wave 2	Barrett	Phillip	M	Sen	THE CUNNING SHTUNT DISHCO ROARERS!	0:27:03	0:31:32	0:20:02	0:47:40	0:26:03	2:32:20
118	334	Wave 3	Ni EircAjin	Fionnuala	F	Sen	RMFITNESS.ie	0:30:59	0:33:24	0:20:36	0:47:38	0:20:00	2:32:37
119	477	Wave 3	Roth	Andreas	M	40+		0:32:42	0:34:37	0:21:53	0:44:44	0:19:18	2:33:14
120	350	Wave 2	Rosenberg Polak	Danielle	F	Sen		0:30:03	0:37:14	0:22:07	0:43:35	0:20:17	2:33:16
121	295	Wave 3	Hampson	Patricia	F	Sen		0:29:07	0:33:47	0:19:09	0:51:02	0:20:15	2:33:20
122	262	Wave 3	CedeAto	Rolando	M	Sen	RMFITNESS.ie	0:29:17	0:32:20	0:20:08	0:51:13	0:20:33	2:33:31
123	461	Wave 4	Spillane	Gordon	M	Sen		0:34:18	0:36:44	0:20:04	0:41:26	0:21:09	2:33:41
124	458	Wave 4	Shankey	Thomas	M	Sen		0:34:26	0:36:46	0:21:23	0:39:55	0:21:12	2:33:42
125	466	Wave 4	Waters	Sinead	F	Sen		0:31:13	0:36:50	0:23:07	0:42:01	0:20:36	2:33:47
126	378	Wave 2	Charlton	Claire	F	40+		0:32:37	0:33:34	0:21:19	0:46:26	0:20:09	2:34:05
127	282	Wave 2	Fitzpatrick	Roisin	F	Sen		0:36:05	0:32:53	0:19:13	0:45:56	0:20:05	2:34:12
128	336	Wave 3	Noone	Fran	M	Sen	The Rebels	0:31:35	0:33:21	0:20:38	0:47:39	0:21:21	2:34:34
129	372	Wave 2	Brennan	Ciaran	M	40+		0:35:19	0:33:23	0:21:33	0:44:48	0:19:36	2:34:39
130	349	Wave 3	Reilly	Patrick	M	Sen	Ultimate conditioning 1	0:12:23	0:43:01	0:26:13	0:49:46	0:23:29	2:34:52
131	499	Wave 4	Walsh	John	M	Sen	Paper Rock Scissors Lizard Spock	0:34:29	0:32:59	0:19:04	0:46:03	0:22:51	2:35:26
132	348	Wave 3	Regan	Ronan	M	40+	Ultimate conditioning 1	0:32:18	0:34:46	0:23:05	0:45:04	0:20:20	2:35:33
133	402	Wave 3	Flattery	Katherine	F	Sen	Ultimate conditioning 1	1:07:07	0:37:07	0:22:59	0:45:06	0:20:25	2:35:37
134	242	Wave 2	Power	Michael	M	Sen	THE CUNNING SHTUNT DISHCO ROARERS!	0:29:34	0:35:17	0:22:43	0:47:34	0:20:29	2:35:37
135	273	Wave 2	Delaney	Niall	M	40+		0:31:32	0:33:29	0:20:01	0:48:11	0:22:25	2:35:38
136	243	Wave 2	Power	Tom	M	40+	THE CUNNING SHTUNT DISHCO ROARERS!	0:30:20	0:33:38	0:23:37	0:47:16	0:20:50	2:35:41
137	323	Wave 3	McAuley	Owen	M	Sen	RMFITNESS.ie	0:31:48	0:32:45	0:23:15	0:46:57	0:20:56	2:35:41
138	249	Wave 2	Tighe	Brendan	M	Sen	THE CUNNING SHTUNT DISHCO ROARERS!	0:30:19	0:34:27	0:22:51	0:47:19	0:20:47	2:35:43
139	223	Wave 3	Ewing	Karen	s	40+	Scots Gals	0:29:34	0:32:59	0:20:41	0:50:22	0:22:55	2:36:31
140	302	Wave 2	Ivers	Ann	F	40+	racetoglogy	0:36:08		0:49:22	0:47:36	0:23:37	2:36:43
141	440	Wave 4	Murran	Mick	M	40+	Hannahs Hero's	0:34:42	0:32:19	0:21:25	0:49:21	0:19:01	2:36:48
142	447	Wave 4	OBEIRNE	David	M	40+	RunaGump	0:30:51	0:36:08	0:21:15	0:48:35	0:20:07	2:36:56
143	272	Wave 2	Curry	Philip	M	40+		0:34:55	0:34:19	0:19:22	0:47:27	0:21:21	2:37:24
144	390	Wave 4	Dennehy	William	M	Sen	The Langers	0:34:12	0:39:21	0:23:47	0:41:40	0:18:53	2:37:53
145	462	Wave 4	Tevnan	Kevin	M	40+		0:33:43	0:34:59	0:23:04	0:47:21	0:19:23	2:38:30
146	330	Wave 4	McMahon	Tony	M	Sen	The Langers	0:31:04	0:30:34	0:20:27	0:52:06	0:25:17	2:39:28
147	386	Wave 4	Cunniffe	Lizbeth	F	Sen		0:34:08	0:32:36	0:21:44	0:48:39	0:22:25	2:39:32
148	314	Wave 3	Lemee	Isabelle	F	40+		0:29:29	0:36:53	0:24:44	0:48:14	0:20:16	2:39:36
149	401	Wave 3	FLANAGAN	ANDREW	M	40+		0:31:31	0:37:46	0:23:31	0:46:26	0:20:28	2:39:42
150	296	Wave 3	hansbury	mick	M	40+		0:31:32	0:37:42	0:23:31	0:46:32	0:20:28	2:39:45
151	404	Wave 4	Gilbourne	Barry	M	Sen		0:30:18	0:32:50	0:18:39	0:52:56	0:25:06	2:39:49
152	394	Wave 4	Dunne	Marie	F	Sen	Hannahs Hero's	0:34:54	0:35:42	0:22:32	0:45:19	0:21:26	2:39:53
153	286	Wave 2	Forde	Neasa	F	Sen		0:34:28	0:34:03	0:20:16	0:48:55	0:22:32	2:40:14
154	385	Wave 4	Cully	Nigel	M	Sen		0:29:12	0:33:19	0:22:41	0:52:06	0:23:28	2:40:46
155	454	Wave 4	O'Neill	Pauline	F	Sen		0:29:14	0:34:03	0:21:58	0:52:08	0:23:24	2:40:47
156	428	Wave 3	Mccormick	Tara	F	40+	RMFITNESS.ie	0:30:56	0:37:06	0:24:23	0:48:46	0:20:33	2:41:44
157	388	Wave 4	De Bhal	Caitrin	F	Sen		0:30:28	0:35:29	0:23:59	0:49:30	0:23:39	2:43:05
158	456	Wave 4	Preston	Martina	F	Sen		0:31:54	0:35:15	0:21:03	0:51:36	0:23:17	2:43:05
159	397	Wave 4	Fallon	Geraldine	F	Sen		0:35:23	0:35:52	0:22:44	0:45:35	0:23:47	2:43:21
160	376	Wave 4	Callaghan	Anthony	M	Sen	Paper Rock Scissors Lizard Spock	0:34:24	0:33:12	0:19:18	0:53:35	0:23:05	2:43:34
161	255	Wave 2	Breathnach	Donal	M	Sen	Team IPA	0:36:02	0:33:20	0:19:59	0:52:01	0:22:53	2:44:15
162	292	Wave 2	Gordon	Sarah	F	Sen	Team IPA	0:36:11	0:33:21	0:19:49	0:51:57	0:23:00	2:44:18
163	623	Wave 4	Roche	Callum	M	Sen		0:27:53	0:33:54	0:25:25	0:52:07	0:25:06	2:44:25
164	496	Wave 4	Roche	Conor	M	Sen	Wacker and his pace makers	0:33:40	0:34:19	0:19:15	0:52:07	0:25:05	2:44:26
165	457	Wave 4	Reynolds	Daniel	M	Sen		0:28:55	0:38:19	0:26:27	0:49:33	0:21:33	2:44:47
166	308	Wave 3	Kenny	Suzanne	F	Sen		0:32:37	0:38:27	0:29:00	0:45:08	0:19:51	2:45:03
167	335	Wave 3	Nolan	Karen	F	Sen		0:32:38	0:40:41	0:26:47	0:45:11	0:19:48	2:45:05
168	486	Wave 4	O Connor	Darren	M	Sen		0:33:21	0:27:24	0:19:31	0:57:58	0:26:58	2:45:12
169	313	Wave 3	Lavin	David	M	40+		0:37:34	0:41:37	0:30:24	0:39:50	0:16:18	2:45:43
170	421	Wave 3	MALHERBE	KAREN	F	Sen		0:33:59	0:36:43	0:27:09	0:46:55	0:20:58	2:45:44
171	470	Wave 4	Winton	Anna	F	Sen		0:33:55	0:37:32	0:23:23	0:48:21	0:22:27	2:45:46
172	283	Wave 2	Flannery	Shane	M	40+		0:34:56	0:41:00	0:24:16	0:43:55	0:22:21	2:46:28
173	476	Wave 3	Nally	Gerardine	F	40+		0:35:55	0:35:26	0:26:46	0:46:32	0:22:13	2:46:52
174	439	Wave 2	Murphy damron	Mairead	F	Sen		0:32:54	0:34:32	0:22:26	0:52:32	0:25:01	2:47:25
175	408	Wave 4	Hanlon	Agnieszka	F	40+		0:34:16	0:36:13	0:24:07	0:51:57	0:21:03	2:47:36
176	468	Wave 4	White	Philip	M	40+		0:34:15	0:36:09	0:25:55	0:50:10	0:21:11	2:47:40
177	60	Wave 2	Fagan	Sarah	F	40+		0:36:35	0:41:34	0:24:39	0:45:59	0:19:16	2:48:03
178	489	Wave 4	Lavelle	Damien	M	Sen		0:29:02	0:34:21	0:22:09	0:57:56	0:24:44	2:48:12
179	252	Wave 4	Barrett	Helena	F	Sen			1:12:38	0:24:12	0:49:15	0:22:16	2:48:21
180	261	Wave 4	Castles	Emily	F	Sen		0:33:12	0:39:42	0:23:56	0:49:18	0:22:13	2:48:21
181	424	Wave 3	Mc Donnell	Anthony	M	Sen	RMFITNESS.ie	0:31:47	0:34:13	0:21:51	0:55:07	0:25:47	2:48:45
182	270	Wave 2	Cummins	Sinead	F	Sen		0:34:16	0:39:17	0:24:07	0:50:41	0:21:36	2:49:57
183	498	Wave 2	Hannigan	Alice	F	Sen	Dublin Runners	0:31:20	0:30:30	0:20:09	1:00:22	0:27:46	2:50:07
184	306	Wave 3	Kelly	Gary	M	40+	RMFITNESS.ie	0:35:18	0:34:07	0:22:01	0:53:43	0:25:33	2:50:42
185	307	Wave 3	Kelly	Julianne	F	40+	RMFITNESS.ie	0:35:15	0:34:13	0:21:56	0:53:44	0:25:37	2:50:45
186	263	Wave 3	Clancy	James	M	40+	RMFITNESS.ie	0:33:13	0:39:39	0:25:30	0:49:42	0:22:48	2:50:52
187	396	Wave 4	Evans	Dermot	M	40+	Ultimate conditioning 1	0:34:24	0:39:38	0:26:02	0:49:07	0:22:03	2:51:14
188	413	Wave 4	Jenkinson	Gordon	M	40+		0:34:36	0:47:27	0:26:26	0:43:42	0:19:04	2:51:15
189	274	Wave 2	Dermody	Martin	M	40+	Team IPA	0:36:07	0:42:12	0:18:39	0:49:43	0:24:39	2:51:20
190	254	Wave 2	Breathnach	Brenda	F	40+	Team IPA	0:36:18	0:42:07	0:18:38	0:50:08	0:24:11	2:51:22
191	407	Wave 4	Guckian	Ciaran	M	Sen		0:35:20	0:42:24	0:27:07	0:47:35	0:19:32	2:51:58
192	418	Wave 4	Liddane	Mary	F	Sen	Paper Rock Scissors Lizard Spock	0:28:20	0:35:00	0:21:07	0:59:20	0:28:21	2:52:08
193	416	Wave 4	Kehoe	James	M	Sen	Paper Rock Scissors Lizard Spock	0:28:20	0:35:06	0:21:01	0:59:20	0:28:42	2:52:29
194	285	Wave 2	FOGARTY	BRENDAN	M	40+		0:36:21	0:38:28	0:25:51	0:46:46	0:25:58	2:53:24
195	455	Wave 4	O'Sullivan	Denis	M	Sen		0:33:57	0:40:24	0:28:38	0:48:39	0:22:16	2:53:54
196	294	Wave 2	Hall	Lisa	F	Sen		0:37:40	0:35:51	0:22:28	0:54:16	0:23:57	2:54:12
197	90	Wave 2	O'Dwyer	Peadar	M	40+		0:37:38	0:36:01	0:22:26	0:54:24	0:23:45	2:54:14
198	298	Wave 3	Henry	Liam	M	40+		0:36:49	0:42:03	0:30:17	0:45:44	0:19:48	2:54:41
199	398	Wave 3	Farrell	Edel	F	Sen	Ultimate conditioning 1	0:34:04	0:43:52	0:28:20	0:47:47	0:20:54	2:54:57
200	344	Wave 3	Purcell	Orla	F	Sen	The Rebels	0:37:31	0:37:27	0:26:05	0:52:25	0:21:56	2:55:24
201	495	Wave 4	Roche	Jordan	M	Sen	Wacker and his pace makers	0:33:40	0:39:07	0:33:29	0:47:07	0:22:04	2:55:27
202	469	Wave 4	White	Sean	M	Sen	SCAR	0:34:39	0:36:39	0:28:42	0:52:31	0:23:12	2:55:43
203	260	Wave 3	Carter	Linda	F	Sen	The Rebels	0:37:33	0:37:31	0:25:56	0:52:31	0:22:13	2:55:44
204	328	Wave 3	McIntyre	Nicola	F	40+		0:32:52	0:36:40	0:23:37	0:58:24	0:25:28	2:57:01
205	325	Wave 3	McCrea	Mada	F	40+			1:09:38	0:23:26	0:58:39	0:25:19	2:57:02
206	280	Wave 2	Fenton	Karen	F	40+</							

226	431	Wave 4	Moran	Michelle	F	Sen	Hannahs Hero's	0:32:22	0:38:28	0:26:40	1:01:21	0:28:45	3:07:36
227	409	Wave 4	Healy	Eadaoin	F	Sen	Skullcandy	0:32:27	0:46:56	0:28:33	0:55:01	0:25:11	3:08:08
228	268	Wave 4	Cronnelly	Deirdre	F	40+	Afresh	0:38:33	0:40:47	0:29:28	0:54:19	0:25:13	3:08:20
229	606	Wave 4	Watson	Helen	F	40+		0:38:35	0:40:31	0:29:45	0:54:08	0:25:21	3:08:20
230	118	Wave 4	O'Sullivan	Conrad	M	Sen		0:41:01	0:37:32	0:22:40	1:01:15	0:26:06	3:08:34
231	293	Wave 3	Hackett	He	F	40+	The Rebels	0:34:58	0:42:20	0:28:11	0:58:54	0:25:03	3:09:26
232	297	Wave 3	Haran	Evelyn	F	40+	RMFITNESS.ie	0:38:04	0:40:37	0:26:51	0:57:09	0:27:04	3:09:45
233	423	Wave 3	Mc Cormick	Katie	F	Sen	RMFITNESS.ie	0:38:02	0:40:09	0:27:09	0:57:57	0:26:29	3:09:46
234	399	Wave 4	Farrelly	Diamuid	M	Sen		0:42:25	0:41:42	0:24:25	0:57:22	0:25:18	3:11:12
235	339	Wave 3	O Connor	Louise	F	Sen	The Rebels	0:35:01	0:42:29	0:29:36	0:58:30	0:26:13	3:11:49
236	420	Wave 4	Lyons	Roisin	F	Sen		0:29:48	0:41:35	0:24:11	1:09:50	0:28:31	3:13:55
237	446	Wave 4	OBeirne	Lorna	F	40+	RunaGump	0:31:33	0:45:15	0:30:51	1:01:01	0:25:22	3:14:02
238	425	Wave 4	Mc Grath	Maura	F	40+		0:34:02	0:44:05	0:27:45	0:59:32	0:29:16	3:14:40
239	564	Wave 4	Hatton	Annmarie	F	Sen	Confey Babes	0:38:30	0:43:21	0:27:15	0:58:20	0:27:21	3:14:47
240	472	Wave 4	Woods	Suzanne	F	40+	Hannahs Hero's	0:32:20	0:38:33	0:26:32	1:06:19	0:31:07	3:14:51
241	422	Wave 3	Mc Cormick	Aisling	F	Sen	RMFITNESS.ie	0:38:23	0:45:03	0:31:27	0:55:27	0:27:45	3:18:05
242	601	Wave 4	Roche	Patrick	M	Sen	Wacker and his pace makers	0:33:10	0:44:53	0:30:06	1:05:51	0:27:37	3:21:37
243	491	Wave 4	Doyle	Joe	M	Sen	Wacker and his pace makers	0:33:09	0:44:48	0:30:13	1:06:18	0:27:13	3:21:41
244	494	Wave 4	Eagers	Patrick	M	Sen	Wacker and his pace makers	0:33:04	0:39:31	0:35:37	1:06:20	0:27:12	3:21:44
245	492	Wave 4	Carpenter	Noel	M	Sen	Wacker and his pace makers	0:34:11	0:43:05	0:30:36	1:06:14	0:27:38	3:21:44
246	432	Wave 4	Morris	Colm	M	Sen	Wet n Wild	0:34:58	0:50:35	0:09:24	1:19:28	0:27:50	3:22:15
247	384	Wave 4	Cox	Morgan	M	40+	Tri Harders	0:40:57	0:51:55	0:34:24	0:53:12	0:22:57	3:23:25
248	430	Wave 3	Moore	Ciara	F	40+	RMFITNESS.ie	0:43:47	0:42:35	0:28:06	1:01:01	0:27:56	3:23:25
249	373	Wave 2	Burgess	Anne	F	Sen		0:29:39	0:44:29	0:29:43	1:07:21	0:33:57	3:25:09
250	266	Wave 2	Conlon	Emer	F	40+		0:37:03	0:49:08	0:33:42	1:03:24	0:25:27	3:28:44
251	367	Wave 3	Yeates	Niamh	F	Sen		0:31:42	0:42:10	0:29:51	1:12:19	0:33:28	3:29:30
252	449	Wave 4	O'Brien Nolan	Lisa	F	40+	RunaGump	0:38:18	0:42:30	0:25:19	1:11:57	0:35:31	3:33:35
253	442	Wave 4	Nolan	Michael	M	Sen	RunaGump	0:38:20	0:42:31	0:25:19	1:11:50	0:35:39	3:33:39
254	411	Wave 4	Hester	Sara	F	Sen		0:35:12	0:46:20	0:26:41	1:18:16	0:37:35	3:44:04
255	392	Wave 4	Donnellan	Laura	F	Sen		0:40:38	0:53:47	0:38:49	1:03:55	0:31:15	3:48:24
256	414	Wave 4	Jennings	Margaret	F	Sen		0:40:37	0:54:23	0:38:17	1:03:48	0:31:20	3:48:25
257	419	Wave 4	Long	Thomas	M	40+	Hannahs Hero's	0:42:08	0:44:53	0:34:01	1:14:45	0:33:17	3:49:37
258	234	Wave 3	Mee	Ronan	M	Sen	RMFITNESS.ie	0:30:53	1:10:16	0:33:18	1:04:37	0:30:41	3:49:45
259	369	Wave 3	Agnos	Marian	F	40+	RMFITNESS.ie	0:43:45	0:57:22	0:33:21	1:04:40	0:30:37	3:49:45
	246	Wave 2	Ralph	Barry	M	Sen	racetoglogy	0:30:39	0:33:14				DNF
	478	Wave 3	Clarke	Louise	F	Sen		0:29:12	0:34:31	0:22:54		1:01:07	No Cycle