

| Place | Number | Surname | Name | Cat | Sex | Run | Cycle | Timeout | Kayak | Cycle | Run | Cycle | Run | Finish |
|-------|--------|-------------|-----------|--------|--------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 1 | 7130 | Duffy | Dessie | Over40 | MALE | | 1:01:52 | | 0:29:57 | 0:51:13 | 0:34:56 | 0:21:03 | 0:01:33 | 3:20:34 |
| 2 | 7126 | Cronin | Barry | Senior | MALE | | 1:02:43 | | 0:30:10 | 0:54:15 | 0:37:05 | 0:23:23 | 0:01:29 | 3:29:05 |
| 3 | 7137 | Heery | Killian | Senior | MALE | | 1:06:10 | | 0:30:57 | 0:56:56 | 0:41:53 | 0:23:46 | 0:01:51 | 3:41:33 |
| 4 | 7151 | Mahon | Paul | Over50 | MALE | | 1:09:31 | | 0:31:14 | 1:00:03 | 0:37:40 | 0:23:18 | 0:01:43 | 3:43:29 |
| 5 | 7162 | Moriarty | Tadhg | Senior | MALE | | 1:06:54 | | 0:39:17 | 0:54:45 | 0:37:58 | 0:25:51 | 0:01:43 | 3:46:28 |
| 6 | 7131 | Goff | Luke | Senior | MALE | | 1:10:29 | | 0:41:54 | 0:54:43 | 0:40:19 | 0:22:52 | 0:01:36 | 3:51:53 |
| 7 | 7147 | Kelly | Gareth | Over40 | MALE | | 1:10:17 | | 0:40:13 | 0:56:57 | 0:43:26 | 0:23:40 | 0:01:47 | 3:56:20 |
| 8 | 7160 | Moorhead | Ross | Over40 | MALE | | 1:09:32 | | 0:34:10 | 0:59:32 | 0:48:12 | 0:25:03 | 0:02:01 | 3:58:30 |
| 9 | 7149 | Lawler | Thomas | Over40 | MALE | | 1:12:00 | | 0:41:17 | 0:57:13 | 0:40:49 | 0:25:48 | 0:01:54 | 3:59:01 |
| 10 | 7127 | Cronin | Damian | Over40 | MALE | 0:54:23 | 0:20:33 | | 0:41:46 | 0:54:34 | 0:43:31 | 0:22:43 | 0:01:35 | 3:59:05 |
| 11 | 7182 | Harding | Seamus | over40 | MALE | | 1:11:40 | | 0:47:20 | 1:01:18 | 0:40:49 | 0:23:13 | 0:01:41 | 4:06:01 |
| 12 | 7139 | Howard | Andrew | Senior | MALE | | 1:13:07 | | 0:41:45 | 0:59:41 | 0:46:14 | 0:25:34 | 0:02:04 | 4:08:25 |
| 13 | 7183 | Fortune | Patrick | senior | MALE | | 1:13:05 | | 0:39:46 | 0:58:00 | 0:51:12 | 0:25:43 | 0:01:39 | 4:09:25 |
| 14 | 7134 | Harmon | Patrick | Over40 | MALE | 0:54:48 | 0:21:42 | | 0:40:38 | 0:59:12 | 0:47:23 | 0:24:59 | 0:01:37 | 4:10:19 |
| 15 | 7171 | Ryan | Des | Over40 | MALE | | 1:14:28 | | 0:45:10 | 0:59:59 | 0:44:31 | 0:24:48 | 0:01:39 | 4:10:35 |
| 16 | 7177 | Tully | David | Over40 | MALE | 0:55:55 | 0:22:49 | | 0:35:42 | 1:03:05 | 0:46:39 | 0:24:41 | 0:01:45 | 4:10:36 |
| 17 | 7133 | Harmon | david | Senior | MALE | 0:54:36 | 0:21:57 | | 0:40:38 | 0:59:12 | 0:50:10 | 0:25:29 | 0:01:58 | 4:14:00 |
| 18 | 7123 | Coogan | Andrew | Senior | MALE | | 1:12:33 | | 0:42:24 | 1:01:08 | 0:47:41 | 0:30:23 | 0:02:01 | 4:16:10 |
| 19 | 7124 | Core | Declan | Over40 | MALE | 0:58:07 | 0:23:00 | | 0:42:01 | 1:01:36 | 0:45:35 | 0:24:50 | 0:01:49 | 4:16:58 |
| 20 | 7152 | Mahony | Aine | Senior | FEMALE | 0:54:56 | 0:22:08 | | 0:45:52 | 1:03:01 | 0:44:26 | 0:25:53 | 0:01:52 | 4:18:08 |
| 21 | 7072 | Bolger | David | Over40 | MALE | 0:54:34 | 0:23:48 | | 0:40:08 | 1:05:25 | 0:46:08 | 0:26:52 | 0:01:51 | 4:18:46 |
| 22 | 7156 | McCord | Nigel | Over40 | MALE | 0:55:55 | 0:22:55 | | 0:35:44 | 1:03:13 | 0:54:51 | 0:25:38 | 0:02:08 | 4:20:24 |
| 23 | 7172 | Ryan | M | Over50 | MALE | 1:00:10 | 0:23:07 | | 0:33:16 | 1:02:10 | 0:54:50 | 0:25:48 | 0:01:48 | 4:21:09 |
| 24 | 7161 | Moran | Kevin | Senior | MALE | 1:00:07 | 0:21:57 | | 0:34:27 | 1:02:08 | 0:54:52 | 0:25:44 | 0:01:55 | 4:21:10 |
| 25 | 7166 | O'Reilly | Philip | Senior | MALE | 0:56:04 | 0:23:48 | | 0:44:35 | 1:05:51 | 0:47:08 | 0:28:24 | 0:01:43 | 4:27:33 |
| 26 | 7153 | Mahony | Joan | Over40 | FEMALE | 0:55:02 | 0:24:15 | | 0:49:31 | 1:06:06 | 0:45:41 | 0:27:44 | 0:02:01 | 4:30:20 |
| 27 | 7065 | Barron | Paul | Over40 | MALE | | 1:18:45 | | 0:45:48 | 1:08:39 | 0:47:26 | 0:28:50 | 0:01:46 | 4:31:14 |
| 28 | 7138 | Horan | Eugene | Senior | MALE | 0:55:42 | 0:24:46 | | 0:46:53 | 1:07:35 | 0:46:06 | 0:29:04 | 0:02:02 | 4:32:08 |
| 29 | 7095 | Byrne | David | Over40 | MALE | | 1:16:19 | | 0:52:12 | 1:05:01 | 0:50:12 | 0:27:36 | 0:01:52 | 4:33:12 |
| 30 | 7179 | Hill | Ben | over40 | MALE | | 1:16:52 | | 0:29:35 | 1:26:16 | 0:51:04 | 0:27:35 | 0:01:52 | 4:33:14 |
| 31 | 7175 | Sweetman | Michael | Senior | MALE | 1:00:08 | 0:23:23 | | 0:44:42 | 1:04:32 | 0:50:32 | 0:27:43 | 0:02:45 | 4:33:45 |
| 32 | 7122 | Conway | Rosie | Over40 | FEMALE | 0:56:05 | 0:25:03 | | 0:47:38 | 1:07:38 | 0:51:09 | 0:26:56 | 0:01:54 | 4:36:23 |
| 33 | 7154 | Mahony | Louise | Senior | FEMALE | 0:53:50 | 0:24:57 | | 0:52:13 | 1:11:52 | 0:44:50 | 0:27:40 | 0:01:47 | 4:37:09 |
| 34 | 7170 | Redmond | Catherine | Over40 | FEMALE | 1:01:50 | 0:23:42 | | 0:48:30 | 1:04:29 | 0:54:51 | 0:26:30 | 0:01:57 | 4:41:49 |
| 35 | 7144 | Jenkinson | Hilary | Over50 | FEMALE | 1:03:08 | 0:26:23 | | 0:37:24 | 1:10:42 | 0:57:29 | 0:29:10 | 0:02:01 | 4:46:17 |
| 36 | 7158 | McLoughlin | Paul | Over40 | MALE | 0:53:32 | 0:23:29 | | 0:45:46 | 1:08:22 | 1:02:31 | 0:30:43 | 0:02:13 | 4:46:36 |
| 37 | 7157 | McGovern | Paul | Senior | MALE | 0:55:01 | 0:27:33 | | 0:49:20 | 1:11:04 | 0:51:25 | 0:30:35 | 0:01:42 | 4:46:40 |
| 38 | 7066 | Behan | Diane | Over40 | FEMALE | 0:59:08 | 0:24:15 | | 0:50:07 | 1:06:09 | 0:57:14 | 0:27:56 | 0:01:56 | 4:46:45 |
| 39 | 7155 | Mc Guinness | Thomas | over60 | MALE | 1:03:36 | 0:25:02 | | 0:49:25 | 1:10:14 | 0:52:22 | 0:28:16 | 0:02:03 | 4:50:58 |
| 40 | 7121 | COLGAN | SHANE | Over40 | MALE | 1:01:59 | 0:25:34 | | 0:48:25 | 1:12:13 | 0:53:23 | 0:28:02 | 0:02:29 | 4:52:05 |
| 41 | 7178 | Walsh | Paul | Over40 | MALE | 0:55:40 | 0:25:10 | | 0:53:48 | 1:10:21 | 0:56:32 | 0:29:02 | 0:02:06 | 4:52:39 |
| 42 | 7164 | Murphy | Maggie | Senior | FEMALE | 1:05:00 | 0:25:56 | 0:01:51 | 0:49:01 | 1:12:55 | 0:50:54 | 0:28:14 | 0:02:05 | 4:54:05 |
| 43 | 7174 | Smith | Chris | Senior | MALE | 1:00:23 | 0:24:36 | | 0:49:32 | 1:10:05 | 0:59:03 | 0:29:06 | 0:02:13 | 4:54:58 |
| 44 | 7173 | Schoeb | Jimmy | Over50 | MALE | 1:01:19 | 0:25:14 | | 0:50:50 | 1:09:07 | 0:55:28 | 0:31:39 | 0:01:58 | 4:55:35 |
| 45 | 7128 | Curtis | Paul | Over40 | MALE | 0:54:16 | 0:31:14 | | 0:47:40 | 1:11:47 | 0:57:14 | 0:32:55 | 0:01:56 | 4:57:02 |
| 46 | 7163 | Murphy | Declan | Senior | MALE | 0:55:28 | 0:27:06 | | 0:53:10 | 1:09:31 | 0:59:19 | 0:31:34 | 0:02:05 | 4:58:13 |
| 47 | 7125 | Cotter | David | Senior | MALE | 1:04:35 | 0:27:23 | 0:18:50 | 0:47:59 | 1:10:48 | 0:57:53 | 0:30:19 | 0:01:59 | 5:00:56 |
| 48 | 7100 | Byrne | Kevin | Senior | MALE | 1:00:30 | 0:24:49 | | 0:48:25 | 1:11:26 | 1:01:22 | 0:32:59 | 0:02:18 | 5:01:49 |
| 49 | 7132 | Hallissey | Jack | Senior | MALE | 1:01:23 | 0:28:29 | 0:01:56 | 0:43:59 | 1:25:50 | 1:00:20 | 0:34:35 | 0:01:50 | 5:16:26 |
| 50 | 7129 | Devoy | Kevin | Senior | MALE | 1:05:54 | 0:25:09 | 0:09:32 | 0:48:39 | 1:16:20 | 1:06:44 | 0:32:05 | 0:02:13 | 5:17:04 |
| 51 | 7176 | Traynor | Fran | over60 | MALE | 1:06:23 | 0:27:58 | 0:18:30 | 0:48:13 | 1:21:38 | 1:02:25 | 0:31:14 | 0:02:47 | 5:20:38 |
| 52 | 7136 | Hayles | Peter | Over50 | MALE | 1:03:59 | 0:27:54 | 0:15:56 | 0:44:33 | 1:24:31 | 1:07:20 | 0:33:37 | 0:02:13 | 5:24:07 |
| 53 | 7093 | Buckley | GearÁid | Senior | MALE | 1:11:49 | 0:26:32 | 0:17:00 | 0:55:08 | 1:18:44 | 1:04:10 | 0:30:48 | 0:02:21 | 5:29:32 |
| 54 | 7135 | Harmon | Siobhan | Senior | FEMALE | 1:16:23 | 0:27:51 | 0:15:35 | 0:56:19 | 1:17:17 | 1:02:09 | 0:30:03 | 0:01:53 | 5:31:55 |
| 55 | 7150 | Maher | Olivia | Senior | FEMALE | 1:04:32 | 0:27:00 | 0:14:57 | 0:57:50 | 1:23:27 | 1:01:03 | 0:36:10 | 0:02:01 | 5:32:03 |
| 56 | 7148 | Lawler | Josephine | Over40 | FEMALE | 1:06:05 | 0:28:51 | 0:18:12 | 1:04:25 | 1:22:51 | 0:57:17 | 0:33:06 | 0:02:03 | 5:34:38 |
| 57 | 7143 | Jamieson | Jo | Senior | FEMALE | 1:20:27 | 0:27:31 | 0:15:03 | 0:49:45 | 1:18:14 | 1:07:40 | 0:33:24 | 0:02:15 | 5:39:16 |
| 58 | 7145 | kearney | john | Over40 | MALE | 1:12:43 | 0:29:56 | 0:14:50 | 0:48:57 | 1:20:24 | 1:12:18 | 0:34:38 | 0:02:27 | 5:41:23 |
| 59 | 7181 | Coen | David | Over40 | MALE | 1:12:41 | 0:29:59 | 0:14:27 | 0:48:43 | 1:20:57 | 1:12:23 | 0:34:41 | 0:02:25 | 5:41:49 |
| 60 | 7142 | Hynes | Alva | Over40 | FEMALE | 1:05:42 | 0:32:59 | 0:16:52 | 0:48:50 | 1:25:14 | 1:22:46 | 0:40:38 | 0:03:14 | 5:59:23 |
| 61 | 7165 | Nichol | Michael | Senior | MALE | 1:13:26 | 0:29:44 | 0:16:21 | 0:54:15 | 1:34:15 | 1:09:47 | 0:35:08 | 0:03:05 | 5:59:40 |
| 62 | 7141 | Hutton | Aine | Over40 | FEMALE | 1:12:28 | 0:30:10 | 0:14:11 | 0:46:59 | 1:25:36 | 1:22:56 | 0:40:40 | 0:03:03 | 6:01:52 |
| 63 | 7105 | carr | keith | Over40 | MALE | 1:09:37 | 0:32:58 | 0:13:13 | 0:53:57 | 1:20:09 | 0:52:19 | 1:10:45 | 0:03:06 | 6:02:51 |
| | 7140 | Hughes | John | Over40 | MALE | 1:08:54 | 0:32:43 | 0:17:11 | 0:46:55 | | | | | DNF |
| | 7180 | O'Donovan | David | Senior | MALE | 1:11:52 | 0:26:13 | 0:15:28 | 0:45:40 | 1:21:28 | 0:05:09 | 0:30:34 | 0:02:24 | DNF |
| | 7167 | O'Connell | Ian | Over40 | MALE | | 1:13:15 | | 0:42:02 | 0:59:45 | | | | DNF |