

Place	Bib	Name	Surname	Club	Sex	Cat	Run 1	Cycle	Run 2	Finish
1	272	Con	Doherty	Westport	Male	Senior	0:10:54	0:25:57	0:02:48	0:39:39
2	267	John	Greaney	Galway	Male	Senior	0:10:54	0:26:00	0:02:58	0:39:52
3	277	Aichlinn	O Reilly	Westport	Male	Senior	0:10:56	0:26:46	0:03:13	0:40:54
4	292	Jonathan	Caulfield		Male	Senior	0:12:04	0:28:24	0:03:33	0:44:01
5	256	Jonathan	Rowland	Ballina	Male	Senior	0:12:52	0:28:32	0:03:30	0:44:54
6	238	David	Hanahoe	Westport	Male	Senior	0:12:50	0:28:39	0:03:32	0:45:02
7	243	Morgan	McHugh	Tuam	Male	O40	0:12:53	0:28:38	0:03:40	0:45:11
8	261	Cian	Geraghty	Trisport	Male	Junior	0:13:39	0:28:02	0:03:51	0:45:31
9	252	John	McHugh	Westport	Male	Senior	0:13:22	0:29:10	0:03:38	0:46:10
10	286	Brendan	Ward		Male	Senior	0:13:07	0:30:26	0:03:28	0:47:01
11	249	Mike	Kelly	Balinrobe	Male	O40	0:12:57	0:30:29	0:03:43	0:47:09
12	248	David	Hickey	Westport	Male	Senior	0:12:32	0:31:09	0:03:36	0:47:17
13	222	Gary	Collins	Cong	Male	O40	0:13:45	0:29:53	0:03:46	0:47:23
14	262	Eammon	Lyons		Male	O40	0:13:20	0:30:17	0:03:48	0:47:25
15	299	Partick	Morrison		Male	Senior	0:12:07	0:32:29	0:03:06	0:47:42
16	268	Barbara	Dunne	Galway	Female	Senior	0:12:45	0:31:29	0:03:29	0:47:43
17	279	Pat	Ludden	Catlebar	Male	O40	0:13:39	0:30:56	0:03:37	0:48:12
18	235	Gerard	Slattery	Ballyhanuis	Male	Senior	0:13:53	0:31:07	0:03:16	0:48:15
19	223	Darragh	Delaney	Ballyhanuis	Male	O40	0:13:59	0:30:34	0:03:43	0:48:16
20	288	Graham	Casey		Male	Senior	0:13:55	0:30:38	0:03:57	0:48:29
21	282	Mary	Daley	Westport	Female	O40	0:14:07	0:30:28	0:03:55	0:48:30
22	271	Ger	Heneghan	Tri lakes	Male	O40	0:13:39	0:30:59	0:03:58	0:48:35
23	242	David	Mellett	Balinrobe	Male	Senior	0:13:41	0:31:11	0:04:40	0:49:31
24	287	Thomas	Geoghegan		Male	Senior	0:13:40	0:32:25	0:03:46	0:49:51
25	233	Pat	Reilly	Annaghdov	Male	Senior	0:15:02	0:31:12	0:04:02	0:50:16
26	275	Enda	Molloy		Male	Senior	0:13:51	0:32:28	0:04:06	0:50:25
27	487	Team	O Malley	Ballinrobe	Relay	Relay	0:13:30	0:33:58	0:03:16	0:50:44
28	251	Adrian	Fahy		Male	O40	0:14:58	0:31:23	0:04:37	0:50:58
29	255	Joseph	Marrey	Ballinrobe	Male	Senior	0:16:04	0:31:07	0:04:15	0:51:26
30	250	Gerry	Bigley		Male	Senior	0:16:00	0:31:07	0:04:24	0:51:32
31	291	Ronan	Casey		Male	Senior	0:13:54	0:34:04	0:03:43	0:51:41
32	239	David	McDermott	Ballinrobe	Male	Senior	0:16:16			0:51:45
33	246	Marton	Donnellan	Ballinrobe	Male	O50	0:14:32	0:33:08	0:04:23	0:52:03
34	283	John	Jennings	Ballyvary	Male	O50	0:14:08	0:33:49	0:04:12	0:52:09
35	278	Sean	Gallagher	Claremorris	Male	O40	0:15:30	0:33:32	0:03:58	0:53:00
36	237	Dermot	Webb	Ballinrobe	Male	O40	0:14:19	0:35:07	0:03:56	0:53:22
37	270	Catheriona	Grady	Westport	Female	O40	0:14:43	0:34:35	0:04:07	0:53:25
38	294	Tommie	Loughran		Male	O40	0:16:20	0:33:04	0:04:29	0:53:54
39	244	Cian	Gorman		Male	Senior	0:15:04	0:34:56	0:04:03	0:54:03
40	231	Enda	Joyce		Male	Senior	0:14:32	0:35:38	0:04:01	0:54:11
41	298	David	Fitzpatrick		Male	Senior	0:14:34	0:35:36	0:04:20	0:54:30
42	227	Beat	Herger		Male	O50	0:15:22	0:34:42	0:04:32	0:54:36
43	293	Freddy	Collins		Male	O50	0:15:24	0:35:06	0:04:08	0:54:38
44	285	Theo	Ingham	Westport	Male	O50	0:16:46	0:32:58	0:04:58	0:54:42
45	234	Gerry	Sheridan	Kilmaine	Male	O40	0:17:25	0:32:57	0:04:46	0:55:08
46	241	Cathy	Mellett	Ballinrobe	Female	Senior	0:17:09	0:33:51	0:04:34	0:55:34
47	245	John	Brady	Ballinrobe	Male	O50	0:17:08	0:33:05	0:05:26	0:55:39
48	229	David	Ingham		Male	O40	0:15:18	0:36:56	0:04:17	0:56:31
49	274	Shane	Lawless		Male	Senior	0:16:06	0:36:07	0:04:21	0:56:34
50	266	Ciaran	O Dowd		Male	Senior	0:14:21	0:38:23	0:03:57	0:56:41
51	258	Martina	McIntyre		Male	O40	0:15:48	0:36:18	0:04:43	0:56:49
52	265	Kevin	Donnellan		Male	Senior	0:16:02	0:36:25	0:04:44	0:57:11
53	289	Aoife	Fitzpatrick		Female	Senior	0:16:14	0:36:29	0:04:29	0:57:12
54	254	Ciara	Greene	Roscommm	Female	Junior	0:15:08	0:38:39	0:03:43	0:57:30
55	273	Laura	Heneghan	mayo ac	Female	Senior	0:15:02	0:38:40	0:04:20	0:58:02
56	269	Grainne	Grennan	Ballinrobe	Female	O50	0:15:54	0:38:18	0:04:20	0:58:32
57	263	Bary	Ralph		Male	Senior	0:16:10	0:37:14	0:05:14	0:58:38

58	225	Aidan	Doyle		Male	Senior	0:17:05	0:36:58	0:04:46	0:58:49
59	492	Team	Lyons Family		Relay	Relay	0:13:58	0:41:47	0:03:52	0:59:36
60	219	Tomas	Boyle		Male	O40	0:16:16	0:38:40	0:04:53	0:59:49
61	290	Keith	Walshe		Male	Senior	0:16:44	0:38:13	0:04:55	0:59:52
62	264	Aoife	Ralph		Female	Senior	0:17:45	0:37:59	0:05:17	1:01:01
63	295	Aine	McAlpine		Female	Senior	0:17:04	0:39:39	0:04:30	1:01:13
64	276	Emmy	Doyle		Female	Senior	0:17:24	0:40:00	0:04:11	1:01:35
65	280	Sean	Flynn	Westport	Male	Junior	0:19:02	0:38:17	0:04:44	1:02:03
66	281	Ciare	Geraghty		Female	Senior	0:19:03	0:38:03	0:04:57	1:02:03
67	221	Sinead	Collins	Cong	Female	O40	0:18:36	0:38:41	0:05:18	1:02:34
68	232	Rachel	O Malley	Hollymoun	Female	Senior	0:18:42	0:38:54	0:05:12	1:02:48
69	297	Pat	O Malley		Male	O40	0:18:40	0:38:53	0:05:26	1:02:59
70	240	John	McGrath		Male	O40	0:17:24	0:40:27	0:05:10	1:03:00
71	220	Bernadette	Burke	Kilmaine	Female	O50	0:19:59	0:38:43	0:05:57	1:04:39
72	257	Kevin	Reilly		Male	Senior	0:21:36	0:37:44	0:05:38	1:04:58
73	228	Renata	Herger		Female	O50	0:18:30	0:41:25	0:05:13	1:05:08
74	259	Deirdre	O Malley	Castlebar	Male	Senior	0:17:47	0:42:31	0:04:59	1:05:17
75	296	Yvonne	McAlpine		Female	Senior	0:19:13	0:42:22	0:05:10	1:06:45
76	224	Adrian	Dervin	Kilmaine	Male	O50	0:22:33	0:38:37	0:06:23	1:07:33
77	236	Elaine	Walkin	Ballinrobe	Female	O40	0:18:16	0:43:49	0:05:43	1:07:48
78	226	Joana	Fahey	Hollymoun	Female	Senior	0:20:51	0:48:18	0:05:40	1:14:48
79	260	Geraldine	Reilly		Female	Senior	0:21:28	0:47:49	0:05:44	1:15:01
80	247	Hezel	Heneghan		Male	Senior	0:25:20	0:49:38	0:07:37	1:22:35
	284	Phyl	Lawlor	Westport	Female	O40				DNF
	253	Bernie	Harness	Westport	Female	O40				DNF