

Place	Number	Name	Surname	Sex	Run	Cycle	Run	Cycle	Run	Kayak	Run	Cycle	Finish
1	561	Barry	Cronin	M	0:15:43	0:22:55	0:10:10	0:21:40	0:06:22	0:04:42	0:05:53	0:25:01	1:52:26
2	587	Gary	Scully	M	0:15:41	0:23:00	0:09:56	0:21:47	0:06:07	0:04:44	0:06:22	0:25:00	1:52:37
3	585	Shane	Scully	M	0:16:13	0:22:54	0:10:41	0:21:23	0:06:41	0:04:39	0:06:27	0:23:41	1:52:39
4	581	Killian	Heery	M	0:15:46	0:22:51	0:10:08	0:21:41	0:06:21	0:04:40	0:06:15	0:27:27	1:55:09
5	573	Paul	Tierney	M	0:16:03	0:26:24	0:11:03	0:24:27	0:06:40	0:04:45	0:07:31	0:27:59	2:04:52
6	600	Kevin	McGuinness	M	0:16:38	0:26:08	0:11:19	0:24:17	0:07:04	0:04:39	0:07:20	0:27:37	2:05:02
7	592	Colm	McNally	M	0:17:50	0:26:45	0:12:02	0:24:39	0:07:17	0:04:36	0:07:13	0:27:33	2:07:55
8	531	Paul	Caldwell	M	0:17:07	0:26:49	0:11:48	0:24:39	0:07:15	0:04:52	0:07:46	0:28:19	2:08:35
9	597	Dave	Gowan	M	0:18:50	0:26:19	0:12:26	0:24:16	0:07:51	0:04:43	0:08:32	0:28:42	2:11:39
10	555	Ger	Griffin	M	0:19:27	0:26:16	0:13:58	0:24:55	0:07:40	0:04:42	0:08:05	0:27:08	2:12:11
11	505	Orlaith	Smith	F	0:20:01	0:27:47	0:12:39	0:24:13	0:07:50	0:04:47	0:07:54	0:27:57	2:13:08
12	589	Louis	O?sullivan	M	0:19:08	0:27:21	0:12:15	0:26:17	0:07:19	0:05:09	0:07:29	0:28:12	2:13:10
13	519	Shane	Toher	M	0:17:41	0:28:41	0:13:02	0:25:25	0:07:18	0:04:55	0:07:14	0:29:45	2:14:01
14	507	Joseph	Cosgrove	M	0:19:58	0:26:22	0:13:36	0:24:58	0:08:38	0:06:37	0:08:02	0:27:27	2:15:38
15	590	Niamh	Cleary	F	0:20:19	0:27:23	0:13:02	0:25:52	0:08:20	0:04:31	0:08:22	0:27:52	2:15:41
16	521	Sean	Butler	M	0:20:31	0:27:26	0:13:23	0:25:18	0:08:21	0:04:35	0:08:20	0:27:48	2:15:42
17	558	Niall	Toher	M	0:17:48	0:30:10	0:11:29	0:25:29	0:07:49	0:04:38	0:07:52	0:33:10	2:18:25
18	549	James	Shanley	M	0:20:17	0:27:43	0:14:11	0:27:42	0:08:31	0:04:47	0:08:38	0:30:25	2:22:14
19	599	Robert	Daly	M	0:19:18	0:31:42	0:12:46	0:27:38	0:07:58	0:04:48	0:09:21	0:31:32	2:25:03
20	564	Sinead	Doran	F	0:20:29	0:29:37	0:14:07	0:26:55	0:08:54	0:04:36	0:08:31	0:32:00	2:25:09
21	595	Eoin	Feeley	M	0:19:53	0:30:11	0:12:48	0:27:34	0:08:49	0:04:58	0:09:23	0:31:36	2:25:12
22	535	Kay	Smith	F	0:20:22	0:29:51	0:13:43	0:27:37	0:08:27	0:04:36	0:08:22	0:32:58	2:25:56
23	572	Liam	Foy	M	0:21:32	0:30:05	0:13:57	0:28:15	0:09:34	0:06:18	0:09:29	0:31:08	2:30:18
24	548	Sean	Sweeney	M	0:21:36	0:30:16	0:13:39	0:28:22	0:09:33	0:06:13	0:09:43	0:30:58	2:30:20
25	586	Andree	Walkin	F	0:21:40	0:30:23	0:14:35	0:29:06	0:09:38	0:04:52	0:09:19	0:32:19	2:31:52
26	576	Paul	Kennedy	M	0:22:35	0:30:33	0:15:21	0:27:32	0:09:19	0:04:57	0:09:00	0:32:38	2:31:55
27	562	Chris	Murray	M	0:22:31	0:29:28	0:15:07	0:27:18	0:09:40	0:05:19	0:10:29	0:32:38	2:32:30
28	524	Darren	Dowling	M	0:19:50	0:31:42	0:13:30	0:29:57	0:09:33	0:06:01	0:09:26	0:33:57	2:33:56
29	553	David	Lowe	M	0:21:21	0:32:11	0:14:12	0:28:11	0:09:10	0:06:40	0:09:06	0:33:07	2:33:58
30	552	Edward	Lowe	M	0:21:21	0:32:14	0:14:12	0:28:02	0:09:13	0:06:38	0:09:09	0:33:09	2:33:58
31	544	Tristan	Russell	M	0:20:22	0:32:03	0:12:10	0:31:23	0:08:47	0:05:55	0:08:09	0:35:13	2:34:02
32	523	Ross	Burton	M	0:21:55	0:30:16	0:15:15	0:30:45	0:09:32	0:05:09	0:11:02	0:33:10	2:37:04
33	588	James	Flaherty	M	0:22:15	0:33:40	0:13:42		0:39:22	0:07:18	0:07:35	0:33:16	2:37:08
34	516	Caitlin	Mc Donagh	F	0:19:15	0:33:44	0:12:48	0:31:53	0:08:42	0:05:16	0:09:33	0:35:59	2:37:10
35	536	Katie	Nolan	F	0:23:17	0:32:27	0:14:21	0:29:57	0:09:09	0:04:33	0:10:26	0:33:02	2:37:12
36	539	George	Kennedy	M	0:21:50	0:30:19	0:15:22	0:28:20	0:10:01	0:05:37	0:10:26	0:35:58	2:37:53
37	579	Siobhan	Smith	F	0:20:58	0:33:43	0:13:53	0:30:53	0:08:42	0:05:26	0:09:51	0:34:30	2:37:56
38	540	Donna	Murphy	F	0:24:25	0:31:39	0:15:32	0:29:21	0:10:04	0:05:04	0:09:59	0:33:20	2:39:24
39	525	Philip	Egan	M	0:22:05	0:30:33	0:14:56	0:29:51	0:09:28	0:05:56	0:11:12	0:36:20	2:40:21
40	508	Kevin	O Leary	M	0:22:25	0:32:57	0:14:41	0:29:46	0:09:17	0:04:47	0:11:03	0:35:27	2:40:23
41	546	Ross	Mara	M	0:20:08	0:32:33	0:14:28	0:31:06	0:09:30	0:06:02	0:11:22	0:36:11	2:41:20
42	591	Brian	Balfe	M	0:24:39	0:29:18	0:18:12	0:27:36	0:12:40	0:06:16	0:11:41	0:31:01	2:41:23
43	509	Brendan	Shaw	M	0:24:56	0:31:54	0:16:34	0:29:16	0:10:42	0:05:13	0:10:38	0:33:03	2:42:16
44	580	Thomas	Halpin	M	0:19:55	0:33:00	0:14:34	0:31:55	0:08:39	0:04:52	0:11:03	0:40:11	2:44:09
45	518	Patrick	Boylan	M	0:23:46	0:34:24	0:15:59	0:31:41	0:10:33	0:05:13	0:10:12	0:33:04	2:44:52
46	542	Alan	Marrey	M	0:22:01	0:34:27	0:15:23	0:30:58	0:11:07	0:07:08	0:10:17	0:33:33	2:44:54
47	556	Heather	Murphy	F	0:21:58	0:35:44	0:14:05	0:32:43	0:09:12	0:05:48	0:09:23	0:36:21	2:45:14
48	529	Rose	Murray	F	0:25:56	0:29:53	0:17:13	0:28:25	0:12:25	0:05:40	0:13:39	0:32:07	2:45:18
49	530	Chris	Murray	M	0:22:31	0:30:52	0:16:28	0:30:09	0:11:19	0:06:47	0:12:35	0:34:41	2:45:22
50	563	James	Burke	M	0:22:14	0:33:33	0:14:54	0:31:20	0:10:07	0:06:56	0:12:13	0:34:15	2:45:32
51	527	Jim	Durham	M	0:22:29	0:35:05	0:14:10	0:32:09	0:09:40	0:05:49	0:09:54	0:36:18	2:45:34
52	567	Brian	Cassidy	M	0:24:32	0:30:27	0:17:23	0:29:23	0:12:14	0:05:25	0:11:42	0:34:59	2:46:05
53	545	Liam	Murphy	M	0:24:32	0:31:34	0:16:18	0:31:13	0:10:02	0:05:38	0:10:47	0:36:04	2:46:08
54	582	Padraig	Delaney	M	0:22:59	0:32:13	0:15:21	0:31:16	0:10:03	0:07:06	0:10:28	0:38:37	2:48:03
55	522	Gareth	Mc Grane	M	0:23:27	0:32:56	0:16:05		0:41:42	0:05:17	0:13:25	0:36:26	2:49:18
56	541	Jack	Gilligan	M	0:22:03	0:34:27	0:14:34	0:34:57	0:09:03	0:06:03	0:10:17	0:38:09	2:49:33
57	578	James	Campion	M	0:23:09	0:32:43	0:14:45	0:31:26	0:09:03	0:05:16	0:08:54	0:46:09	2:51:25
58	538	Connor	McCarron	M	0:25:20	0:33:35	0:16:38	0:31:02	0:12:06	0:06:12	0:11:57	0:35:18	2:52:08
59	594	Brian	Kane	M	0:22:29	0:34:40	0:14:45	0:32:05	0:11:10	0:05:47	0:12:13	0:40:17	2:53:26
60	575	Laurna	McLoughlin	F	0:24:01	0:36:44	0:15:00	0:34:14	0:10:18	0:06:05	0:10:38	0:37:47	2:54:47
61	506	Rory	Sturdy	M	0:24:11	0:36:44	0:16:50	0:33:19	0:11:14	0:06:46	0:12:45	0:35:04	2:56:53
62	596	Daniel	Glynn	M	0:23:13	0:34:48	0:15:25	0:34:18	0:09:50	0:05:42	0:12:13	0:42:24	2:57:53
63	583	John	Kane	M	0:24:24	0:33:26	0:17:19	0:33:09	0:11:51	0:05:53	0:12:07	0:40:09	2:58:18
64	560	Ger	Daly	F	0:22:08	0:34:06	0:15:51	0:33:08	0:13:32	0:06:16	0:11:52	0:41:57	2:58:50
65	550	Niamh	Doran	F	0:24:19	0:36:39	0:16:00	0:34:15	0:11:17	0:07:02	0:11:24	0:38:24	2:59:20
66	570	Michael	Sweeney	M	0:23:19	0:36:03	0:15:49	0:32:40	0:11:33	0:06:09	0:14:01	0:39:50	2:59:24

