

Place	Bib	Name	Surname	Team	Cat	Sex	Run 1	Rank	Cycle 1	Rank	Kylemore	Rank	Cycle 2	Rank	Beach Split	Run Total	Rank	Cycle 3	Rank	Finish
1	2065	Damien Kelly			Sen	male	0:18:09	(1)	0:14:29	(1)	0:10:51	(9)	0:24:35	(3)	0:08:04	0:16:21	(1)	0:22:46	(6)	1:47:11
2	2063	James Kane			Vet	male	0:19:23	(5)	0:15:03	(6)	0:09:07	(1)	0:25:41	(4)	0:09:07	0:18:03	(5)	0:22:09	(3)	1:49:26
3	2049	Dave Hanahoe	Team Daves		Sen	male	0:19:28	(6)	0:15:00	(2)	0:09:24	(2)	0:25:48	(7)	0:08:39	0:17:38	(3)	0:22:25	(4)	1:49:43
4	2005	Dave Brennan	Team Daves		Sen	male	0:18:35	(3)	0:15:02	(4)	0:12:49	(27)	0:23:42	(1)	0:09:07	0:19:01	(11)	0:22:36	(1)	1:49:45
5	2139	Dave Walsh	Team Daves		Sen	male	0:19:40	(8)			0:26:43	(117)	0:23:55	(2)	0:08:48	0:18:41	(9)	0:20:53	(2)	1:49:52
6	2079	Jimmy Lawlor			Vet	male	0:18:11	(2)	0:15:08	(8)	0:10:28	(8)	0:25:48	(6)	0:08:42	0:17:41	(4)	0:22:57	(8)	1:50:13
7	2144	James Wright			Sen	male	0:19:18	(4)	0:15:05	(7)	0:10:24	(7)	0:26:44	(10)	0:08:05	0:17:15	(2)	0:24:17	(9)	1:53:03
8	2141	Brendan Ward			Sen	male	0:20:34	(16)	0:15:02	(5)	0:11:02	(11)	0:25:53	(8)	0:08:58	0:18:17	(6)	0:22:32	(5)	1:53:20
9	2110	Diarmuid O Conchubhair	Trisport		Sen	male	0:19:30	(7)	0:15:00	(3)	0:11:21	(14)	0:25:44	(5)	0:09:15	0:19:11	(13)	0:22:51	(7)	1:53:37
10	2004	Brendan Ward			Sen	male	0:19:45	(10)	0:15:22	(10)	0:10:57	(10)	0:27:15	(11)	0:08:53	0:18:30	(7)	0:24:21	(10)	1:56:10
11	2096	DEREK MIDDLETON			Sen	male	0:19:47	(11)	0:15:22	(9)	0:10:09	(3)	0:26:02	(9)	0:09:17	0:19:30	(16)	0:27:14	(18)	1:58:04
12	2053	Ger Henehan			Vet	male	0:20:08	(13)	0:16:41	(17)	0:10:16	(4)	0:27:24	(12)	0:08:56	0:18:57	(10)	0:25:36	(13)	1:59:02
13	2001	Felim Borland	Trisport		Sen	male	0:19:43	(9)	0:15:37	(11)	0:11:38	(16)	0:27:35	(13)	0:09:16	0:20:29	(22)	0:24:42	(11)	1:59:44
14	2035	Patrick Fitzgerald			Vet	male	0:20:17	(15)	0:16:13	(12)	0:10:20	(5)	0:27:51	(15)	0:09:23	0:19:54	(17)	0:25:30	(12)	2:00:05
15	2101	Hugh Mulllan	The Woodies		Sen	male	0:21:32	(23)	0:16:40	(16)	0:10:23	(6)	0:28:55	(18)	0:09:10	0:19:13	(14)	0:26:20	(17)	2:03:03
16	2025	Mary Daly			Vet	female	0:21:16	(21)	0:16:56	(19)	0:12:32	(24)	0:28:11	(16)	0:09:25	0:20:04	(19)	0:25:54	(14)	2:04:53
17	2089	Ronan McCarthy			Sen	male	0:20:12	(14)	0:18:12	(27)	0:11:15	(12)	0:30:32	(24)	0:09:02	0:19:21	(15)	0:27:24	(20)	2:06:56
18	2040	Cian Geraghty	Trisport		Sen	male	0:22:46	(35)	0:16:42	(18)	0:12:26	(21)	0:27:37	(14)	0:10:04	0:21:38	(40)	0:26:08	(16)	2:07:17
19	2134	Gavin Stapleton			Sen	male	0:21:14	(19)	0:16:33	(15)	0:13:56	(38)	0:28:31	(17)	0:09:47	0:21:08	(32)	0:26:04	(15)	2:07:26
20	2150	Oisín Curran			Sen	male	0:21:13	(18)	0:16:26	(14)	0:14:33	(48)	0:28:04	(19)	0:10:54	0:22:01	(47)	0:27:33	(22)	2:10:50
21	2112	Oisín Cleave	O'Donovan		Sen	female	0:21:16	(20)	0:17:30	(22)	0:14:20	(46)	0:38:59	(24)	0:10:40	0:24:21	(34)	0:28:21	(27)	2:12:03
22	2126	Francie O'Toole	The Woodies		Vet	male	0:22:19	(28)	0:19:00	(44)	0:12:02	(20)	0:30:59	(27)	0:08:43	0:20:23	(21)	0:27:28	(21)	2:12:11
23	2086	Fergal Madden			Vet	male	0:21:45	(24)	0:19:39	(56)	0:11:33	(15)	0:31:24	(31)	0:09:04	0:19:02	(12)	0:28:54	(32)	2:12:17
24	2094	Padraic McVann			Vet	male	0:21:17	(22)	0:19:00	(43)	0:12:29	(22)	0:31:04	(28)	0:09:32	0:20:02	(18)	0:28:44	(30)	2:12:36
25	2142	Matthew Waters			Jun	male	0:23:11	(40)	0:16:13	(13)	0:13:56	(39)	0:29:10	(20)	0:10:42	0:22:54	(60)	0:27:18	(19)	2:12:42
26	2103	Brian Murray			Vet	male	0:22:29	(31)	0:17:51	(25)	0:12:30	(23)	0:30:24	(23)	0:10:01	0:21:03	(31)	0:28:37	(28)	2:12:54
27	2109	Gearoid O Briain	Steffox IT Recruitment		Sen	male														2:13:46
28	2120	Dermot O'Donovan	The Woodies		Vet	male	0:23:06	(39)	0:18:30	(35)	0:12:42	(25)	0:30:08	(22)	0:09:57	0:21:13	(34)	0:28:19	(26)	2:13:58
29	2107	Justin Niland			Sen	male	0:19:54	(12)	0:17:38	(24)	0:11:16	(13)	0:30:39	(25)	0:08:21	0:18:32	(8)	0:36:19	(87)	2:14:18
30	2030	Mairead Durkan			Vet	female	0:22:12	(27)	0:18:16	(29)	0:13:41	(35)	0:31:12	(30)	0:09:54	0:21:12	(33)	0:27:48	(23)	2:14:21
31	2018	Brian Coppinger			Sen	male	0:22:28	(30)	0:18:40	(37)	0:11:47	(18)	0:31:06	(29)	0:10:08	0:21:36	(38)	0:30:49	(47)	2:16:26
32	2003	Gearoid Breathnach			Sen	male	0:21:55	(25)	0:18:46	(39)	0:12:48	(26)	0:33:08	(47)	0:09:13	0:20:06	(20)	0:30:59	(49)	2:17:42
33	2149	Mike O'Rourke			Vet	male	0:23:34	(44)	0:19:43	(58)	0:11:58	(19)	0:31:42	(33)	0:09:55	0:21:38	(39)	0:29:27	(36)	2:18:02
34	2117	Jean O'Connor	Trisport		Sen	female	0:23:14	(41)	0:17:30	(23)	0:14:17	(45)	0:31:46	(36)	0:10:11	0:21:57	(45)	0:29:23	(35)	2:18:07
35	2121	James O'Donovan			Sen	male	0:24:02	(52)	0:19:54	(62)	0:13:58	(40)	0:31:47	(37)	0:09:50	0:20:30	(23)	0:28:09	(25)	2:18:20
36	2087	John Mahon			Vet	male	0:23:04	(38)	0:18:13	(28)	0:12:54	(28)	0:32:34	(42)	0:09:58	0:20:50	(26)	0:31:07	(51)	2:18:42
38	2088	ANTON MC NULTY			Sen	male	0:23:29	(43)	0:18:17	(31)	0:13:02	(30)	0:32:43	(43)	0:10:14	0:21:19	(36)	0:29:56	(38)	2:18:46
37	2148	Ilan pomphrett			Sen	male	0:20:58	(17)	0:19:33	(53)	0:11:40	(17)	0:32:34	(41)	0:09:30	0:20:57	(29)	0:33:04	(71)	2:18:46
39	2151	Michelle Traynor			Vet	female	0:23:35	(45)	0:17:13	(21)	0:15:28	(61)	0:31:34	(32)	0:11:05	0:22:40	(58)	0:28:54	(31)	2:19:24
40	2008	Shane Cannon			Sen	male	0:24:21	(56)	0:18:16	(30)	0:13:50	(36)	0:31:44	(35)	0:10:32	0:21:47	(44)	0:29:46	(37)	2:19:44
41	2022	Ciaran Coye			Sen	male	0:22:54	(37)	0:18:10	(26)	0:13:23	(31)	0:31:42	(34)	0:09:58	0:21:44	(43)	0:32:39	(67)	2:20:32
42	2056	Paddy Henry			Vet	male	0:23:48	(48)	0:16:57	(20)	0:15:04	(56)	0:31:50	(38)	0:10:52	0:23:11	(62)	0:30:11	(59)	2:21:01
43	2039	Dara Geary			Sen	male	0:22:31	(32)	0:18:44	(38)	0:14:38	(53)	0:32:22	(39)	0:10:23	0:22:39	(57)	0:31:05	(50)	2:21:59
44	2147	Paul Keegan			Sen	female	0:25:59	(71)	0:18:24	(34)	0:15:42	(66)	0:30:52	(26)	0:10:58	0:23:14	(64)	0:28:04	(24)	2:22:15
45	2057	Niall Hynes	Cool Runnings		Sen	male	0:23:59	(51)	0:19:16	(47)	0:13:52	(37)	0:33:09	(49)	0:09:42	0:20:45	(25)	0:31:45	(59)	2:22:46
46	2070	Adrian Kietty			Vet	male	0:24:30	(60)	0:18:38	(36)	0:15:29	(62)	0:33:09	(48)	0:10:39	0:22:03	(60)	0:29:05	(33)	2:22:54
47	2195	Neil Sullivan	Steffox IT Recruitment		Sen	male	0:22:11	(26)	0:19:17	(46)	0:12:46	(120)	0:33:39	(55)	0:10:32	0:21:43	(42)	0:33:05	(62)	2:22:56
48	2036	Byran Flynn			Vet	male	0:23:58	(50)	0:19:17	(48)	0:14:35	(51)	0:33:56	(62)	0:10:40	0:22:34	(55)	0:29:11	(34)	2:23:31
49	2114	Cian A' hlarthaigh			Sen	male	0:22:47	(36)	0:19:47	(59)	0:14:06	(43)	0:34:19	(66)	0:10:34	0:22:01	(48)	0:30:32	(43)	2:23:32
50	2013	Aidan Cleary	Galway Crusaders		Sen	male	0:23:36	(46)	0:19:30	(51)	0:14:16	(44)	0:33:55	(61)	0:09:50	0:22:10	(52)	0:30:34	(44)	2:24:01
51	2017	Randal Considine			Sen	male	0:22:44	(34)	0:19:52	(61)	0:14:04	(41)	0:34:18	(65)	0:10:33	0:22:00	(46)	0:31:10	(52)	2:24:08
52	2085	Enda Madden			Sen	male	0:23:45	(47)	0:18:58	(42)	0:14:05	(42)	0:33:54	(60)	0:11:18	0:23:44	(69)	0:30:29	(42)	2:24:55
53	2083	Aoife Lowery			Sen	female	0:23:27	(42)	0:18:22	(32)	0:14:34	(49)	0:33:28	(53)	0:10:12	0:22:19	(53)	0:32:56	(70)	2:25:06
54	2020	Lesley Connolly			Sen	male	0:24:32	(61)	0:18:48	(41)	0:14:35	(50)	0:34:36	(70)	0:10:21	0:22:09	(51)	0:30:46	(46)	2:25:26
55	2044	Derek Gilmore	Cool Runnings		Sen	male	0:24:27	(58)	0:21:00	(79)	0:13:28	(33)	0:34:02	(63)	0:09:33	0:20:54	(27)	0:31:38	(57)	2:25:29
56	2068	Denise Kennedy			Sen	female	0:24:16	(55)	0:19:13	(46)	0:15:23	(59)	0:35:31	(76)	0:09:52	0:20:54	(28)	0:30:16	(41)	2:25:33
57	2077	David Lane			Vet	male	0:24:58	(64)	0:19:47	(60)	0:16:44	(79)	0:35:06	(73)	0:10:02	0:21:19	(35)	0:28:39	(29)	2:26:33
58	2007	niall callanan			Sen	male	0:22:24	(29)	0:18:48	(40)	0:13:01	(29)	0:32:50	(44)	0:11:33	0:25:09	(85)	0:34:25	(78)	2:26:37
59	2009	Darren Carr			Vet	male	0:23:52	(49)	0:19:30	(52)	0:15:14	(58)	0:32:25	(40)	0:10:48	0:23:26	(68)	0:32:55	(69)	2:27:22
60	2031	Pete Elwood			Sen	male	0:24:35	(63)	0:18:22	(33)	0:14:28	(47)	0:33:03	(46)	0:11:54	0:25:43	(89)	0:32:14	(65)	2:28:25
61	2054	Colin Henry	Steffox IT Recruitment		Sen	male	0:22:40	(33)	0:20:05	(64)	0:15:06	(57)	0:35:26	(74)	0:10:25	0:22:03	(49)	0:33:59	(74)	2:29:19
62	2090	Paul McGivney			Sen	male	0:26:16	(72)	0:19:39	(57)	0:15:31	(64)	0:33:48	(56)	0:10:59	0:22:57	(61)	0:31:18	(54)	2:29:29
63	2098	Enda Molloy			Sen	male	0:25:24	(66)	0:21:33	(91)	0:15:31	(65)	0:34:25	(68)	0:10:18	0:22:26	(64)	0:30:14	(40)	2:29:33
64	2095	Paul McWalter			Vet	male	0:27:21	(82)	0:20:41	(71)	0:15:01	(55)	0:33:32	(54)	0:10:13	0:21:34	(37)	0:31:48	(60)	2:29:57
65	2078	Shane Lawless			Sen	male	0:26:16	(73)	0:20:43	(74)	0:15:30	(63)	0:34:20	(67)	0:10:54	0:22:51	(69)	0:31:21	(55)	2:31:01
66	2099	Pat Morris			Vet	male	0:26:49													