

Place	Race No	Last Name	First Name	Gender	Category	Run 1	Rank	Cycle	Rank	Run 2	Rank	Finish Time	Notes
1	80	Naughton	Art	MALE	MS	0:12:57	(1)	0:21:58	(3)	0:09:31	(1)	0:44:26	
2	86	Kelly	Donal	MALE	MS	0:13:38	(3)	0:21:19	(1)	0:10:04	(6)	0:45:01	
3	79	Beades	Arthur	MALE	MS	0:13:46	(6)	0:21:52	(2)	0:10:11	(8)	0:45:49	
4	47	O'Higgins	Cahir	MALE	M40	0:13:36	(2)	0:23:27	(10)	0:09:45	(2)	0:46:49	
5	22	Conway	Alasdair	MALE	M40	0:13:56	(9)	0:23:19	(8)	0:09:51	(3)	0:47:07	
6	12	Cuddy	Gerard	MALE	MS	0:13:41	(5)	0:22:19	(4)	0:11:30	(28)	0:47:30	Drafting 1min
7	19	Dooley	Kilian	MALE	M40	0:13:49	(7)	0:23:47	(12)	0:09:57	(5)	0:47:33	
8	20	McHugh	Morgan	MALE	M40	0:14:25	(13)	0:22:48	(6)	0:10:37	(17)	0:47:50	
9	14	Ashe	Richard	MALE	MS	0:14:07	(12)	0:23:37	(11)	0:10:24	(12)	0:48:08	
10	32	Waters	John	MALE	M40	0:14:38	(16)	0:23:22	(9)	0:10:14	(9)	0:48:14	
11	71	Kelly	Larry	MALE	M40	0:13:58	(10)	0:24:04	(13)	0:10:24	(11)	0:48:26	
12	50	Glynn	Greg	MALE	MS	0:13:50	(8)	0:24:51	(19)	0:09:53	(4)	0:48:34	
13	72	Gannon	Enda	MALE	MS	0:14:59	(18)	0:22:59	(7)	0:11:07	(21)	0:49:05	
14	78	Geraghty	Cian	MALE	MJ	0:15:58	(31)	0:22:47	(5)	0:11:33	(30)	0:50:18	
15	154	Fahy	Des	Relay	Relay	0:15:29	(23)	0:24:47	(16)	0:10:30	(14)	0:50:46	
16	13	Hanly	John	MALE	MS	0:15:24	(22)	0:24:25	(15)	0:11:15	(24)	0:51:04	
17	23	McDonald	Ian	MALE	M40	0:15:44	(24)	0:24:48	(17)	0:10:33	(16)	0:51:05	
18	159	McDonnell	Shane	Relay	Relay	0:14:50	(17)	0:26:23	(31)	0:10:07	(7)	0:51:20	
19	25	Vaughan	Brian	MALE	M40	0:14:33	(14)	0:26:47	(36)	0:10:30	(13)	0:51:50	
20	52	O'Connor	Brian	MALE	MS	0:13:40	(4)	0:27:00	(38)	0:11:13	(22)	0:51:53	Drafting 1min
21	60	Molloy	Willie	MALE	MS	0:15:23	(21)	0:25:10	(20)	0:11:37	(32)	0:52:09	Drafting 1min
22	65	King	Daniel	MALE	MS	0:14:34	(15)	0:26:03	(27)	0:11:48	(35)	0:52:25	Drafting 1min
23	41	Tierney	Liam	MALE	MS	0:16:07	(32)	0:24:17	(14)	0:12:13	(44)	0:52:37	
24	43	Welby	Michael	MALE	M40	0:15:13	(20)	0:26:38	(35)	0:10:49	(18)	0:52:40	
25	85	Roxby	Philip	MALE	MS	0:15:05	(19)	0:27:10	(39)	0:10:33	(15)	0:52:47	
26	35	Sexton	Brian	MALE	MS	0:13:58	(11)	0:28:38	(52)	0:10:22	(10)	0:52:58	
27	77	Joyce	Brian	MALE	MS	0:15:45	(25)	0:24:49	(18)	0:12:25	(48)	0:52:59	Drafting 1min
28	69	O'Connor	Jean	FEMALE	FS	0:15:50	(27)	0:26:16	(29)	0:10:56	(20)	0:53:02	
29	55	Larkin	Finbarr	MALE	M40	0:15:56	(30)	0:25:35	(23)	0:11:38	(33)	0:53:09	
30	48	Walsh	Cathal	MALE	MS	0:16:47	(37)	0:25:53	(25)	0:11:13	(23)	0:53:53	
31	18	Grenham	Mark	MALE	M40	0:17:11	(44)	0:25:28	(21)	0:11:32	(29)	0:54:10	
32	27	Corcoran	Derek	MALE	M40	0:16:23	(34)	0:26:26	(32)	0:11:25	(27)	0:54:13	
33	34	Wall	Miriam	FEMALE	F40	0:16:52	(38)	0:25:49	(24)	0:11:53	(36)	0:54:33	
85	61	Gill	Tom	MALE	M40	0:16:17	(33)	0:26:27	(33)	0:11:57	(40)	0:54:41	
34	49	D'Arcy	Gerry	MALE	M40	0:16:52	(39)	0:25:55	(26)	0:11:58	(41)	0:54:45	
35	64	Conroy	Adam	MALE	MS	0:15:48	(26)	0:27:36	(41)	0:11:23	(26)	0:54:47	
36	46	Faherty	Pierce	MALE	MS	0:15:53	(29)	0:28:10	(46)	0:10:54	(19)	0:54:57	
37	28	Keating	Fran	MALE	M40	0:17:12	(45)	0:25:35	(22)	0:12:24	(47)	0:55:10	
38	8	Rutherford	Jack	MALE	MJ	0:16:33	(35)	0:27:43	(42)	0:11:18	(25)	0:55:34	
39	57	Hollywood	Darren	MALE	MS	0:15:53	(28)	0:28:13	(47)	0:11:54	(37)	0:55:59	
40	39	Moore	Niall	MALE	MS	0:16:54	(40)	0:27:18	(40)	0:12:06	(43)	0:56:17	
41	45	Davin	Declan	MALE	MS	0:17:14	(46)	0:26:53	(37)	0:12:26	(49)	0:56:34	
42	66	Coyne	Vincent	MALE	M40	0:17:01	(42)	0:28:19	(49)	0:12:03	(42)	0:57:23	
43	40	Murphy	Gavin	MALE	M40	0:17:45	(53)	0:28:13	(48)	0:11:54	(38)	0:57:52	
44	42	Boyle	Sean	MALE	M40	0:17:43	(52)	0:28:03	(45)	0:12:16	(45)	0:58:02	
45	83	King	Martin	MALE	M40	0:16:46	(36)	0:30:00	(60)	0:11:37	(31)	0:58:22	
46	7	McIntyre	Martina	FEMALE	F40	0:17:25	(49)	0:27:57	(44)	0:13:10	(59)	0:58:32	
47	62	Finn	Owen	MALE	M40	0:17:17	(47)	0:28:27	(51)	0:12:53	(53)	0:58:37	
48	73	Keenen	Ronan	MALE	M40	0:18:30	(56)	0:26:22	(30)	0:14:03	(64)	0:58:56	
49	38	Barrett	Sile	FEMALE	FS	0:19:45	(62)	0:26:15	(28)	0:13:02	(55)	0:59:02	
50	51	Grimes	Niall	MALE	M40	0:18:56	(58)	0:27:49	(43)	0:12:30	(50)	0:59:15	
51	70	Ni Ghriallais	Riona	FEMALE	FS	0:17:42	(51)	0:29:41	(58)	0:11:57	(39)	0:59:19	
52	53	Collins	Paul	MALE	MS	0:16:56	(41)	0:31:01	(67)	0:11:46	(34)	0:59:43	
53	54	Collins	Sean	MALE	M40	0:19:18	(59)	0:26:37	(34)	0:13:48	(61)	0:59:43	
54	37	Geoghehan	Louise	FEMALE	FS	0:17:46	(54)	0:29:24	(56)	0:12:39	(52)	0:59:48	
55	24	McEvoy	Cathal	MALE	M40	0:17:08	(43)	0:30:40	(65)	0:12:21	(46)	1:00:09	
56	15	Moloney	Kieran	MALE	M40	0:17:32	(50)	0:29:39	(57)	0:13:01	(54)	1:00:12	

57	76 de Paor	Aideen	FEMALE	FS	0:17:47	(55)	0:29:59	(59)	0:12:31	(51)	1:00:17
58	10 Ruane	Thomas	MALE	MS	0:17:18	(48)	0:31:31	(69)	0:13:40	(60)	1:02:30
59	21 Connolly	Kevin	MALE	M40	0:19:30	(60)	0:30:13	(61)	0:13:10	(58)	1:02:53
60	36 Mcgahon	Hugh	MALE	M40	0:18:47	(57)	0:30:14	(62)	0:14:03	(63)	1:03:04
61	4 Waters	Sinead	FEMALE	FS	0:19:47	(64)	0:29:05	(54)	0:14:49	(67)	1:03:41
62	17 Stokes	Conor	MALE	M40	0:20:22	(67)	0:28:20	(50)	0:16:00	(77)	1:04:42
63	26 Collins	Enda	MALE	M40	0:20:40	(69)	0:30:42	(66)	0:14:12	(65)	1:05:33
64	74 O'Malley	Cathal	MALE	M40	0:20:05	(65)	0:30:29	(64)	0:15:13	(69)	1:05:46
65	30 Egan	Emily	FEMALE	FS	0:19:45	(63)	0:33:06	(72)	0:13:08	(56)	1:05:59
66	56 Murphy	Stephen	MALE	M40	0:21:54	(73)	0:29:11	(55)	0:15:03	(68)	1:06:08
67	11 Mc Donagh	Paul	MALE	MS	0:21:13	(70)	0:28:49	(53)	0:16:38	(81)	1:06:40
68	31 O Flaherty	Aisling	FEMALE	FS	0:19:30	(61)	0:35:11	(77)	0:13:09	(57)	1:07:50
69	44 Naughton	Joanne	FEMALE	FS	0:20:11	(66)	0:34:15	(75)	0:13:50	(62)	1:08:17
70	29 Mylotte	Aisling	FEMALE	FS	0:21:30	(72)	0:31:55	(70)	0:15:32	(72)	1:08:56
71	5 Devlin	Cathy	FEMALE	F40	0:20:32	(68)	0:34:15	(74)	0:14:27	(66)	1:09:13
72	3 McCarthy	Deirdre	FEMALE	FS	0:22:41	(75)	0:30:15	(63)	0:16:55	(82)	1:09:51
73	152 Nicholl	John	Relay	Relay	0:23:36	(83)	0:31:14	(68)	0:15:22	(71)	1:10:12
74	75 Osborne	Jean	FEMALE	FS	0:21:28	(71)	0:34:19	(76)	0:15:46	(73)	1:11:33
75	67 Farrell	Averyl	FEMALE	FS	0:23:00	(77)	0:32:25	(71)	0:17:32	(84)	1:12:57
76	68 Griffin	Bernadette	FEMALE	FS	0:22:48	(76)	0:35:53	(78)	0:15:13	(70)	1:13:54
77	63 O'Neill	Aine	FEMALE	FS	0:22:12	(74)	0:37:34	(79)	0:15:50	(76)	1:15:36
78	81 Davis	Kathleen	FEMALE	F40	0:23:05	(82)	0:37:55	(80)	0:17:17	(83)	1:18:16
79	82 Moughan	Proinsios	MALE	M40	0:23:01	(79)	0:40:02	(83)	0:16:04	(78)	1:19:07
80	84 Moughan	Ann	FEMALE	F40	0:23:01	(78)	0:40:00	(82)	0:16:06	(79)	1:19:07
81	6 Casey	Treasa	FEMALE	F40	0:24:03	(84)	0:38:42	(81)	0:16:34	(80)	1:19:19
82	33 Casey	Maureen	FEMALE	F40	0:29:41	(85)	0:33:24	(73)	0:21:09	(85)	1:24:14
84	59 Hyslop	Elaine	FEMALE	FS	0:23:03	(81)	0:50:24	(85)	0:15:47	(74)	1:29:14
83	58 Gilchrist	Claire	FEMALE	FS	0:23:03	(80)	0:50:22	(84)	0:15:49	(75)	1:29:14