Bib	Surname	Name	Club	Cat	Country	Finish	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Lap 9	Lap 10
674	O'DONNELL	RONAN	MCI	M35	IRE	**5:01:02**	0:30:04	0:27:38	0:27:58	0:28:24	0:29:09	0:30:00	0:30:03	0:32:13	0:33:17	0:32:18
510	BOLAND	DEE	Trail riunner	FS	IRE	**5:01:32**	0:29:27	0:28:45	0:29:36	0:29:58	0:30:16	0:30:34	0:30:37	0:30:45	0:31:06	0:30:28
547	DALY	PAUL	TRAILHEADS	M40	IRE	**5:02:13**	0:29:19	0:27:06	0:27:36	0:28:07	0:28:56	0:31:16	0:31:14	0:32:31	0:34:22	0:31:45
514	BRENNAN	GLENN	JSP	M40	IRE	**5:02:25**	0:28:24	0:26:02	0:26:32	0:26:01	0:26:15	0:30:49	0:34:55	0:35:52	0:35:08	0:32:27
695	REILLY	CON	DONADEA RC		IRE	**5:04:00**	0:28:29	0:27:00	0:29:58	0:28:52	0:29:06	0:29:44	0:32:50	0:33:06	0:32:54	0:32:01
636	MACCAULEY	GARETH	DONADEA RC	M35	IRE	**5:04:56**	0:27:30	0:26:16	0:26:42	0:26:56	0:27:06	0:28:16	0:40:36	0:32:00	0:33:21	0:36:13
593	HEPPENSTALL	LINDSEY	DLPR	F40	IRE	**5:05:18**	0:31:02	0:29:20	0:28:57	0:29:37	0:29:36	0:29:10	0:29:37	0:29:44	0:33:46	0:34:29
527	CAULFIELD	DAVID	LECHEILE	M45	IRE	**5:05:36**	0:29:06	0:27:18	0:27:36	0:27:37	0:28:53	0:31:49	0:33:24	0:34:25	0:35:18	0:30:09
533	CLERKIN	DARAGH		F35	IRE	**5:06:01**	0:30:54	0:28:47	0:29:19	0:29:16	0:29:22	0:30:28	0:30:54	0:31:29	0:33:25	0:32:08
647	MCKEAG	PADRAIG	STAR RUNNING CLUB	M50	IRE	**5:06:09**	0:30:32	0:28:14	0:27:54	0:28:34	0:29:20	0:29:39	0:30:21	0:31:43	0:34:50	0:35:02
688	O'SULLIVAN	JOHN	DUNLAOGHAIRE PIER RUNNERS	M40	IRE	**5:06:17**	0:29:26	0:27:20	0:28:56	0:30:04	0:29:55	0:30:01	0:31:18	0:32:11	0:33:16	0:33:50
592	HAYES	MICHELLE	LECHEILE	F40	IRE	**5:07:01**	0:29:29	0:28:30	0:29:07	0:28:23	0:29:05	0:29:39	0:31:04	0:32:32	0:34:07	0:35:04
653	MCMANAMON	TOMMY	BALLINA AC	M59	IRE	**5:07:43**	0:31:12	0:29:17	0:29:20	0:29:14	0:29:32	0:29:14	0:29:38	0:31:52	0:33:53	0:34:30
585	HANNON	JAMES	trailrunner		IRE	**5:07:56**	0:29:19	0:27:48	0:28:10	0:29:10	0:30:15	0:31:44	0:32:22	0:32:33	0:33:33	0:33:03
506	BERGIN	TINA	LECHEILE	FS	IRE	**5:08:44**	0:29:54	0:28:26	0:28:56	0:28:17	0:29:02	0:29:39	0:31:05	0:32:37	0:34:06	0:36:43
584	HANNON	MANDY	trailrunner		IRE	**5:09:09**	0:29:27	0:26:55	0:29:03	0:29:46	0:30:41	0:31:56	0:32:41	0:33:18	0:33:47	0:31:36
555	DONEGAN	EDDIE	BELPARK TC	M40	IRE	**5:09:24**	0:30:03	0:28:01	0:28:39	0:28:33	0:29:37	0:30:44	0:32:05	0:33:28	0:33:16	0:34:58
676	O'DWYER	DECLAN		M40	IRE	**5:11:51**	0:26:50	0:25:09	0:25:06	0:25:54	0:26:08	0:28:12	0:29:02	0:40:23	0:41:06	0:44:02
611	KEITH	EOIN	ULTRA RUNNING	M45	IRE	**5:11:52**	0:28:26	0:26:38	0:27:33	0:29:46	0:32:06	0:34:22	0:33:15	0:33:14	0:33:37	0:32:55
554	DIXON	HELEN	SPORTSWOLD	F40	IRE	**5:11:53**	0:28:26	0:26:39	0:27:32	0:29:55	0:32:24	0:33:55	0:33:28	0:32:59	0:33:46	0:32:48
683	O'NEILL	ELLE	CELBRIDGE	F35	IRE	**5:13:42**	0:31:28	0:30:05	0:29:34	0:30:06	0:30:56	0:30:57	0:33:01	0:32:26	0:32:10	0:32:59
637	MAHER	MIRIAM	LECHEILE	F40	IRE	**5:15:07**	0:30:18	0:29:15	0:29:45	0:30:54	0:31:48	0:31:50	0:31:53	0:32:14	0:33:10	0:34:00
718	WALL	JOHN	DULEEK AC	M35	IRE	**5:16:15**	0:31:12	0:29:10	0:28:59	0:29:38	0:30:01	0:29:45	0:31:33	0:34:13	0:38:14	0:33:30
717	WALL	DEBBIE	DULEEK DISTRICT	FS	IRE	**5:16:15**	0:31:03	0:29:20	0:28:59	0:29:22	0:30:17	0:29:46	0:31:32	0:34:13	0:38:15	0:33:30
607	KAVANAGH	TREVOR		M35	IRE	**5:17:34**	0:29:49	0:27:00	0:27:12	0:27:40	0:27:39	0:29:27	0:34:14	0:37:27	0:38:49	0:38:20
665	MURPHY	PASCHAL	DONADEA RC	M35	IRE	**5:19:11**	0:30:15	0:27:38	0:28:04	0:31:24	0:31:48	0:34:19	0:34:02	0:33:52	0:34:31	0:33:18
594	HEWSTON	DBRC	DBRC	M40	IRE	**5:19:47**	0:30:31	0:28:15	0:28:50	0:29:03	0:30:03	0:31:02	0:33:00	0:36:35	0:38:37	0:33:51
606	KAVANAGH	NIALL		M35	IRE	**5:19:54**	0:29:27	0:28:46	0:29:36	0:29:59	0:30:16	0:30:34	0:30:36	0:37:58	0:37:34	0:35:10
634	LUNDY	LEO	CRUSADERS	M50	IRE	**5:21:15**	0:31:10	0:29:12	0:28:59	0:29:41	0:30:59	0:30:45	0:32:56	0:34:46	0:35:07	0:37:40
649	MCKENNA	JOHN	MCI	M35	IRE	**5:21:32**	0:30:53	0:28:59	0:29:09	0:29:15	0:29:22	0:30:29	0:32:09	0:38:07	0:36:41	0:36:29
512	BRADY	DAVE	JSP	M60	IRE	**5:23:21**	0:31:16	0:28:12	0:28:10	0:28:41	0:29:06	0:29:17	0:31:48	0:36:37	0:40:21	0:39:54
590	HAWCROFT	DAVID	TRIM AC	M65	IRE	**5:23:54**	0:30:55	0:29:30	0:28:58	0:29:30	0:29:43	0:29:17	0:31:22	0:33:41	0:40:37	0:40:22
701	SALLEY	BOBBY		M40	IRE	**5:24:29**	0:30:03	0:28:18	0:28:55	0:28:35	0:29:51	0:31:37	0:33:27	0:35:38	0:38:49	0:39:16
725	WHARTON	PHILIP	DLAR	M40	IRE	**5:38:59**	0:29:19	0:27:26	0:28:57	0:30:06	0:32:25	0:35:32	0:36:55	0:39:25	0:38:03	0:40:52
511	BRADY	KEN	DULEEK DISTRICT	M45	IRE	**5:39:14**	0:31:12	0:29:11	0:28:59	0:29:48	0:31:08	0:34:54	0:37:20	0:36:32	0:40:02	0:40:09
550	DEEGAN	LILLIAN	DBRC	F40	IRE	**5:39:57**	0:30:03	0:29:26	0:31:21	0:33:31	0:35:24	0:34:42	0:36:09	0:36:07	0:36:27	0:36:46
679	O'KEEFE	BRENDA	DBRC	F35	IRE	**5:42:35**	0:32:01	0:31:16	0:32:04	0:32:32	0:33:59	0:35:04	0:35:57	0:36:27	0:36:40	0:36:36
524	CAROLAN	MARIE		F45	IRE	**5:48:08**	0:33:43	0:34:30	0:35:52	Lost Chip						
632	LINEHAN	CATHERINE	JSP	F45	IRE	**5:53:24**	0:32:40	0:32:22	0:33:32	0:34:14	0:35:31	0:36:16	0:37:08	0:37:29	0:37:24	0:36:51
694	REID	SHANE	DULEEK DISTRICT	M35	IRE	**5:54:14**	0:31:12	0:29:11	0:29:00	0:29:46	0:31:08	0:36:56	0:40:59	0:42:24	0:39:01	0:44:36
621	KEOGH	JOHN	DONADEA RC	M50	IRE	**6:05:34**	0:32:19	0:30:09	0:30:14	0:31:50	0:31:43	0:36:49	0:39:25	0:47:59	0:45:12	0:39:54
552	DENNEHY	JAMES	RYEVALE RUNNERS	M56	IRE	**6:08:26**	0:28:19	0:27:42	0:29:32	0:52:51	0:56:11	0:31:17	0:31:57	0:36:00	0:37:55	0:36:41
570	FITZPARICK	DAVID	TALLAGHT AC	MS	IRE	**DNF**	0:22:00	0:20:55	0:21:00	0:21:08	0:20:59	0:20:22	0:20:12	0:21:38		
568	FARRELLY	JOHN	DONADEA RC	M50	IRE	**DNF**	0:36:08	0:32:11	0:33:01	0:33:30	0:33:46	0:39:00	0:42:18	0:44:55		
726	WHITTAKER	GRAHAM		MS	IRE	**DNF**	0:22:41	0:21:46	0:21:23	0:20:59	0:20:59	0:23:25	0:25:21			
666	NEUMERZHITSKY	VASIYLE	MCI	M45	RUS	**DNF**	0:24:18	0:22:45	0:22:36	0:22:19	0:24:01	0:23:42	0:22:45			
573	FOX	EDDIE	DONADEA RC	M35	IRE	**DNF**	0:30:52	0:28:59	0:29:08	0:29:16	0:29:11	0:34:43	0:45:15			
591	HAYDU	ANDY	JSP	M35	CAN	**DNF**	0:22:15	0:21:22	0:21:17	0:21:20	0:21:14	0:22:26				
677	O'GORMAN	IAN	Le cheile	M50	IRE	**DNF**	0:25:08	0:23:12	0:23:21	0:24:08	0:25:37	0:29:46				
600	TAYLOR	CAROL	TALLAGHT AC	F50	USA	**DNF**	0:27:09	0:24:48	0:24:40	0:24:33	0:24:36	0:31:34				
657	MEEHAN	ANDREW	DONADEA RC	M40	IRE	**DNF**	0:30:14	0:27:39	0:28:03	0:27:29	0:28:53	0:31:40				
619	PHELAN	DARREN	trailrunner	M40	IRE	**DNF**	0:31:09	0:29:20	0:29:21	0:30:29	0:32:38	0:34:09				
721	HAYDEN	MICHAEL	MCI		IRE	**DNF**	0:30:20	0:27:50	0:28:18	0:28:27	0:31:02	0:48:00				
603	HORAN	DOMINIC	SLI CUALAINN	M45	IRE	**DNF**	0:22:00	0:20:56	0:21:00	0:21:07	0:20:59					
631	RIORDAN	DAVID	JSP	MS	IRE	**DNF**	0:27:21	0:25:24	0:27:08	0:30:38	0:21:34					
571	FLANNERY	ANTHONY	CLONLIFFE	MS	IRE	**DNF**	0:21:09	0:20:20	0:20:17	0:20:44						
530	CLARKE	IRENE	WEST WATERFORD	F45	IRE	**DNF**	0:26:51	0:24:33	0:24:53	0:24:51						
587	HARTE	BERTIE	BANTEER	M40	IRE	**DNF**	0:26:43	0:24:44	0:25:05	0:24:45						
616	KELLY	CLODAGH	DBRC	F35	IRE	**DNF**	0:30:43	0:28:45	0:29:28	0:29:56						
601	DARGAN	EAMONN	JSP	M45	IRE	**DNF**	0:31:53	0:29:39	0:30:17	0:39:59						
556	DOORY	CAROLINE	RYEVALE RUNNERS	F40	IRE	**DNF**	0:31:13	0:31:56	0:35:28							
681	O'MARA	FIONNUALA	MCI	F45	IRE	**DNF**	0:32:50	0:44:29								
664	MULLIN	STEPHEN	DBRC	M45	IRE	**DNF**	0:31:13	0:32:00								
999	FORDE	LUKE		MS	IRE	**DNF**										