

Place	Bib	Name	Cat	Sex	Club	Country	Start Lap	5km	10km	15km	20km	25km	30km	35km	40km	45km	50km	Race Time
1	148	Brian Mc Mahon	MS	M	Clonliffe Harriers	IRL	0:01:04	0:18:24	0:17:58	0:18:04	0:18:08	0:18:04	0:18:01	0:18:20	0:18:53	0:20:20	0:24:10	3:11:26
2	94	Alex O Shea	M40	M	St finbarrs	IRL	0:01:03	0:18:58	0:18:47	0:18:51	0:19:13	0:19:31	0:19:27	0:19:59	0:19:39	0:19:56	0:19:43	3:15:08
3	212	Raymond Coogan	M45	M	Dbrc	IRL	0:01:13	0:18:51	0:18:23	0:18:15	0:18:20	0:18:43	0:19:00	0:19:21	0:19:59	0:21:55	0:24:23	3:17:52
4	33	Peeter Mooney	MS	M	Mci	IRL	0:01:13	0:19:45	0:19:39	0:19:27	0:19:11	0:19:21	0:19:21	0:20:22	0:20:30	0:20:19	0:21:29	3:20:38
5	170	Dave Slater	M40	M	Enniskillen	IRL	0:01:14	0:19:45	0:19:41	0:19:24	0:19:26	0:19:39	0:19:51	0:19:55	0:19:58	0:20:55	0:21:01	3:20:48
6	202	Ger Copeland	M40	M	Dbrc	IRL	0:01:03	0:19:28	0:19:38	0:19:24	0:19:30	0:19:47	0:20:07	0:19:56	0:20:40	0:20:39	0:21:07	3:21:21
7	91	Michael Mckenna	M35	M		IRL	0:01:09	0:19:26	0:19:35	0:19:27	0:19:36	0:19:50	0:20:23	0:20:45	0:21:00	0:21:24	0:21:10	3:23:44
8	162	Robert Reid	M50	M	Dunshaughlin	IRL	0:01:12	0:19:43	0:19:43	0:19:27	0:19:28	0:20:22	0:20:53	0:21:13	0:21:50	0:23:00	0:24:09	3:30:59
9	221	George Brady	M35	M	Donore	IRL	0:01:15	0:20:32	0:20:14	0:20:26	0:20:54	0:21:09	0:21:10	0:21:21	0:21:45	0:22:30	0:22:46	3:34:02
10	149	Adrian Hennessey	M35	M	kilfinane	IRL	0:01:12	0:20:19	0:20:56	0:20:47	0:20:36	0:20:50	0:21:13	0:22:04	0:21:45	0:22:20	0:22:41	3:34:43
11	155	Thomas Klimas	M40	M	Doonen	IRL	0:01:17	0:20:55	0:21:08	0:21:15	0:21:03	0:21:13	0:21:21	0:21:32	0:21:34	0:22:23	0:22:30	3:36:11
12	81	Darren Sheridan	M40	M	Dbrc	IRL	0:01:14	0:20:26	0:21:13	0:21:36	0:21:34	0:21:29	0:22:01	0:22:27	0:22:47	0:23:16	0:23:09	3:41:13
13	65	Matt Shields	M60	M	North belfast	GB	0:01:19	0:21:45	0:21:49	0:22:08	0:22:37	0:22:12	0:23:32	0:22:15	0:22:22	0:22:19	0:21:32	3:43:48
14	14	Donal Egan	MS	M	North Sligo	IRL	0:01:15	0:21:53	0:21:59	0:21:25	0:20:31	0:20:45	0:20:55	0:21:33	0:21:38	0:24:07	0:26:24	3:44:05
15	6	David Kearns	M45	M	Sligo ac	IRL	0:01:18	0:22:45	0:22:31	0:22:48	0:22:48	0:22:12	0:22:27	0:22:34	0:22:47	0:22:55	0:22:09	3:47:14
16	134	Richard Bell	M40	M	Fr Murphy's	IRL	0:01:53	0:21:39	0:21:48	0:21:18	0:21:30	0:21:33	0:22:13	0:22:56	0:23:34	0:25:00	0:24:20	3:47:44
17	51	Peader Owens	M40	M	Athy tri	IRL	0:01:21	0:21:47	0:21:54	0:21:48	0:21:54	0:21:50	0:22:29	0:22:48	0:23:28	0:24:36	0:24:47	3:48:41
18	214	Andrew Greaney	M35	M		IRL	0:01:22	0:22:42	0:22:31	0:22:48	0:22:48	0:22:11	0:22:27	0:22:34	0:22:47	0:22:54	0:24:15	3:49:20
19	164	Anthony Cahill	M35	M		IRL	0:01:27	0:22:22	0:22:11	0:22:40	0:22:54	0:22:28	0:22:43	0:23:09	0:22:56	0:23:43	0:23:00	3:49:34
20	4	Louise Smith	F45	F	North belfast	IRL	0:01:20	0:21:44	0:21:49	0:22:08	0:21:46	0:21:11	0:21:08	0:22:12	0:24:45	0:27:15	0:25:52	3:51:09
21	96	Stephen Dignam	M40	M	Blayney rockets	IRL	0:01:16	0:22:07	0:22:36	0:22:40	0:22:55	0:22:27	0:22:42	0:23:09	0:23:34	0:24:58	0:25:08	3:53:35
22	160	Den Guinne	MS	M		IRL	0:01:28	0:22:57	0:22:35	0:22:23	0:22:48	0:22:25	0:22:49	0:22:59	0:24:06	0:25:21	0:24:19	3:54:11
23	161	Ciaran Clissman	M45	M		IRL	0:01:52	0:22:49	0:22:15	0:22:28	0:22:47	0:22:13	0:22:27	0:22:35	0:23:51	0:25:20	0:25:36	3:54:11
24	192	Paul Murphy	M40	M		IRL	0:01:14	0:21:17	0:22:04	0:22:34	0:22:36	0:23:15	0:23:45	0:23:58	0:24:47	0:25:22	0:25:41	3:56:33
25	185	Damien Kelly	M40	M	Sportsworld	IRL	0:01:13	0:20:59	0:21:09	0:21:26	0:21:46	0:22:21	0:22:49	0:24:56	0:24:29	0:27:10	0:29:18	3:57:36
26	131	Stephen Conroy	M40	M		IRL	0:01:14	0:20:35	0:20:49	0:21:00	0:21:20	0:21:59	0:22:53	0:23:47	0:25:21	0:29:20	0:29:40	3:57:57
27	56	Patricia McLoughlin	F40	F	Le cheile	IRL	0:01:24	0:23:11	0:23:21	0:23:30	0:23:23	0:23:16	0:23:01	0:23:49	0:24:16	0:25:00	0:24:50	3:59:01
28	158	Dino Higgins	M45	M	Dbrc	IRL	0:01:24	0:22:52	0:22:35	0:23:20	0:23:01	0:23:00	0:23:13	0:23:45	0:24:27	0:26:16	0:25:44	3:59:37
29	107	Tim Chapman	M35	M	Imra	IRL	0:01:28	0:23:23	0:23:27	0:23:52	0:23:56	0:23:43	0:23:35	0:24:48	0:23:50	0:24:44	0:23:05	3:59:52
30	233	Derek Boland	M45	M	ballyer	IRL	0:01:55	0:22:58	0:22:40	0:22:37	0:22:02	0:22:38	0:23:12	0:23:43	0:25:14	0:27:27	0:26:17	4:00:45
31	7	John Kissanne	M45	M	Ucc	IRL	0:01:38	0:24:01	0:23:45	0:23:33	0:23:27	0:23:28	0:23:43	0:23:27	0:23:43	0:26:05	0:25:53	4:02:41
32	163	David O Donohue	M40	M		IRL	0:01:25	0:23:01	0:22:41	0:23:09	0:23:15	0:23:46	0:23:31	0:24:27	0:25:07	0:26:38	0:27:48	4:04:48
33	135	Paul Wynne	M45	M	Ktrtc	IRL	0:01:14	0:20:59	0:21:08	0:21:31	0:22:01	0:22:26	0:23:09	0:23:58	0:24:58	0:31:41	0:32:57	4:06:03
34	46	Vinlus Pleite	M40	M		IRL	0:01:25	0:23:02	0:23:17	0:23:21	0:23:23	0:23:27	0:23:52	0:25:41	0:25:13	0:26:05	0:27:24	4:06:11
35	227	Francis Mcmanus	M35	M	Mci	IRL	0:01:33	0:22:11	0:22:47	0:22:52	0:22:48	0:24:25	0:24:41	0:24:34	0:25:02	0:27:57	0:28:28	4:07:18
36	218	Malcolm Browne	M50	M	Zero	IRL	0:01:32	0:24:23	0:23:59	0:24:16	0:24:16	0:25:25	0:24:18	0:24:34	0:24:47	0:24:54	0:25:02	4:07:27
37	15	Niall Mclean	M35	M		IRL	0:01:43	0:24:18	0:24:12	0:24:43	0:24:14	0:23:58	0:24:05	0:24:15	0:24:14	0:25:37	0:26:37	4:07:56
38	195	Charlotte Kearney	F35	F	Donadea	IRL	0:01:39	0:23:27	0:23:40	0:24:06	0:23:16	0:23:29	0:23:56	0:24:38	0:25:53	0:27:52	0:26:25	4:08:21
39	101	Tara Malone	F35	F	Enniskillen	IRL	0:01:32	0:24:23	0:24:01	0:24:14	0:24:17	0:25:25	0:24:19	0:24:33	0:25:06	0:25:21	0:25:45	4:08:56
40	17	John Mccann	M40	M	Trailheads	IRL	0:01:52	0:24:05	0:23:58	0:24:10	0:24:22	0:24:29	0:24:21	0:24:10	0:24:37	0:26:02	0:27:02	4:09:08
41	39	Lorraine McMahan	F40	F	Wexford Mara	IRL	0:01:43	0:24:51	0:24:48	0:24:46	0:24:07	0:24:21	0:24:17	0:24:08	0:24:49	0:25:34	0:25:45	4:09:09
42	27	Paul Higgins	M45	M	Canon club	IRL	0:01:40	0:24:09	0:24:04	0:24:00	0:24:25	0:24:11	0:25:11	0:24:23	0:25:34	0:26:07	0:25:41	4:09:24
43	9	Stephen Naughton	M50	M	Mullingar harriers	IRL	0:01:52	0:22:58	0:22:43	0:22:37	0:22:03	0:22:13	0:22:49	0:23:17	0:25:22	0:28:32	0:34:58	4:09:25
44	34	Barry Drennan	M40	M	Dunshaughlin	IRL	0:01:31	0:24:58	0:25:42	0:25:30	0:26:12	0:25:36	0:24:31	0:24:27	0:24:09	0:24:12	0:23:44	4:10:31
45	57	Shane Mccarthy	M40	M	Celbridge	IRL	0:01:15	0:21:10	0:21:53	0:21:57	0:21:57	0:22:26	0:23:42	0:24:50	0:27:59	0:30:00	0:33:44	4:10:53
46	178	Trevor Mason	M40	M	West Waterford	IRL	0:01:26	0:23:14	0:23:38	0:23:52	0:24:09	0:24:10	0:24:20	0:24:59	0:25:18	0:26:54	0:29:15	4:11:16
47	146	John Byrne	M35	M	Tri an mhi	IRL	0:01:18	0:23:08	0:23:08	0:23:10	0:23:37	0:23:34	0:23:13	0:24:08	0:27:16	0:30:06	0:28:40	4:11:18
48	122	Alan O Connor	M40	M	Cork tri	IRL	0:01:47	0:23:26	0:23:50	0:23:47	0:23:58	0:24:24	0:24:46	0:25:36	0:27:47	0:28:35	0:26:30	4:14:26
49	69	Brendan O Mahoney	M45	M	Grange fermoy	IRL	0:01:32	0:23:34	0:23:24	0:24:12	0:24:41	0:25:30	0:25:20	0:25:18	0:26:56	0:27:20	0:26:44	4:14:33
50	123	Susan Vickers	F40	F	Star of sea	IRL	0:01:27	0:24:05	0:24:23	0:24:30	0:24:36	0:24:49	0:25:23	0:25:07	0:25:56	0:26:56	0:27:45	4:14:57
51	144	Chris Dunne	MS	M		IRL	0:01:50	0:25:25	0:25:04	0:25:16	0:23:17	0:22:49	0:22:27	0:23:14	0:27:05	0:28:06	0:30:27	4:15:00
52	52	Colman Greene	M50	M	Clare river	IRL	0:01:34	0:23:42	0:23:35	0:24:49	0:23:24	0:23:55	0:24:55	0:25:03	0:26:29	0:27:29	0:30:52	4:15:46
53	95	Tom Reynolds	M45	M	Dbrc	IRL	0:01:44	0:25:20	0:25:06	0:24:33	0:24:34	0:24:09	0:24:25	0:25:08	0:26:14	0:27:45	0:27:05	4:16:03
54	184	Oliver Privat	M40	M	Sportsworld	FRA	0:01:19	0:22:50	0:22:51	0:23:17	0:23:51	0:24:34	0:26:13	0:26:26	0:27:13	0:28:17	0:29:18	4:16:10
55	67	Billy Byrne	M55	M	Dlpr	IRL	0:01:54	0:25:21	0:25:05	0:24:49	0:25:17	0:25:22	0:25:26	0:25:30	0:25:39	0:26:12	0:26:03	4:16:39
56	111	Sean Greensit	M50	M	Lusk	IRL	0:01:49	0:24:45	0:24:11	0:24:11	0:24:12	0:24:35	0:25:20	0:26:40	0:27:29	0:27:41	0:26:33	4:17:27
57	196	Victoria Dowling	F35	F		COL	0:01:55	0:24:34	0:24:23	0:24:36	0:24:39	0:24:44	0:25:22	0:26:02	0:27:08	0:27:37	0:27:27	4:18:20
58	53	Denis Murphy	M55	M	Crusaders	IRL	0:01:26	0:24:03	0:24:45	0:25:25	0:25:16	0:24:49	0:25:29	0:26:14	0:27:05	0:27:15	0:26:42	4:18:30
59	59	Stephen Perry	M35	M	Tinnahely tri	IRL	0:01:37	0:24:38	0:25:49	0:25:58	0:25:47	0:25:43	0:26:13	0:26:10	0:26:00	0:26:27	0:24:12	4:18:35
60	112	Mark Messitt	M45	M	Dbrc	IRL	0:01:21	0:22:55	0:23:17	0:22:53	0:23:01	0:24:00	0:24:52	0:26:32	0:28:02	0:30:38	0:31:10	4:18:41
61	114	Linda Sheridan	F35	F		IRL	0:01:49	0:24:39	0:24:24	0:24:35	0:24:47	0:24:36	0:25:28	0:26:02	0:27:14	0:27:48	0:27:26	4:18:49
62	222	Carl Harris	M45	M	Dbrc	IRL	0:01:24	0:23:48	0:24:43	0:24:54	0:24:42	0:25:25	0:26:16	0:2				

101	79	Paul Benson	MS	M		IRL	0:01:48	0:25:26	0:26:15	0:25:48	0:26:30	0:26:29	0:26:17	0:29:05	0:29:22	0:31:01	0:31:35	4:39:38
102	43	Joe Bartley	M40	M		IRL	0:01:53	0:24:05	0:23:58	0:24:31	0:24:39	0:25:37	0:26:40	0:29:10	0:33:34	0:33:56	0:31:38	4:39:42
103	24	Paul Croke	MS	M		IRL		0:30:03				1:50:03		0:56:17	0:29:20	0:28:30	0:26:15	4:40:27
104	68	Mick Colcannon	MS	M		IRL	0:01:49	0:26:38	0:26:12	0:25:59	0:25:56	0:26:14	0:26:53	0:26:37	0:28:44	0:30:38	0:34:51	4:40:30
105	66	Gerard Murphy	M50	M	Slaney o	IRL	0:01:52	0:28:03	0:27:43	0:27:44	0:28:00	0:27:33	0:27:53	0:27:45	0:28:06	0:27:54	0:28:01	4:40:34
106	19	Jacinta Fahy	F45	F	Naas ac	IRL	0:02:03	0:26:56	0:26:42	0:26:21	0:27:12	0:26:54	0:26:40	0:28:34	0:29:18	0:29:55	0:29:59	4:40:35
107	130	John Cleaver	M45	M	Trailheads	IRL	0:01:33	0:24:56	0:26:41	0:24:41	0:25:41	0:26:07	0:27:10	0:25:29	0:28:40	0:32:32	0:37:36	4:41:06
108	159	Paul Syder	MS	M		IRL	0:02:07	0:27:32	0:27:15	0:27:07	0:27:29	0:27:01	0:27:55	0:28:49	0:28:13	0:28:49	0:28:51	4:41:07
109	183	Sean O Dea	M35	M	Clane ac	IRL	0:02:06	0:26:26	0:26:33	0:26:53	0:27:20	0:27:12	0:27:16	0:27:13	0:28:08	0:31:00	0:32:12	4:42:20
110	86	John Joe Cosgrove	M35	M	Donadea	IRL	0:02:08	0:27:34	0:27:13	0:27:08	0:27:15	0:27:14	0:27:39	0:28:18	0:28:22	0:29:44	0:29:51	4:42:25
111	147	Graham Reeves	M40	M	North Dublin	IRL	0:01:20	0:23:18	0:24:08	0:24:42	0:25:03	0:25:20	0:25:50	0:27:50	0:32:46	0:37:54	0:34:32	4:42:43
112	125	Paul MCGurrell	M35	M	Dublin FB	IRL	0:02:05	0:27:45	0:28:10	0:27:37	0:28:37	0:27:58	0:27:11	0:27:26	0:28:07	0:29:14	0:28:35	4:42:44
113	124	Stephen Howard	MS	M	Dublin FB	IRL	0:02:05	0:27:45	0:28:09	0:27:37	0:28:37	0:27:58	0:27:12	0:27:26	0:28:06	0:29:14	0:28:36	4:42:45
114	215	Jarleth Hynes	M45	M	grassroots	IRL	0:01:56	0:26:57	0:26:48	0:26:06	0:26:55	0:26:05	0:26:46	0:27:45	0:28:26	0:34:34	0:30:41	4:42:59
115	83	John Buckley	MS	M	Trailheads	IRL	0:01:40	0:25:35	0:25:04	0:25:31	0:25:16	0:25:49	0:26:20	0:28:04	0:34:40	0:34:21	0:31:16	4:43:34
116	99	Donna McLoughlin	F35	F	Achil heads	IRL	0:01:51	0:25:34	0:25:44	0:25:34	0:25:58	0:27:47	0:29:54	0:28:45	0:29:58	0:31:26	0:31:05	4:43:36
117	40	Paddy Rowe	MS	M	Wexford Mara	IRL	0:02:09	0:27:41	0:27:48	0:27:43	0:28:00	0:27:32	0:27:50	0:27:50	0:28:06	0:28:33	0:30:39	4:43:51
118	224	Sharon Wilders	F45	F	Dbrc	IRL	0:01:34	0:25:17	0:25:35	0:26:33	0:26:59	0:29:12	0:28:59	0:30:29	0:29:50	0:29:48	0:29:59	4:44:16
119	5	Ashling Kennedy	F40	F	Sligo ac	IRL	0:02:08	0:27:42	0:27:34	0:26:51	0:26:46	0:26:43	0:27:28	0:28:41	0:28:48	0:30:35	0:30:06	4:44:22
120	58	Paul Duggan	MS	M	Wexford Mara	IRL	0:02:09	0:27:41	0:27:34	0:26:45	0:26:52	0:26:43	0:26:26	0:28:44	0:30:18	0:31:04	0:30:11	4:44:27
121	25	John Boyle	M50	M	Mci	IRL	0:01:33	0:24:59	0:25:36	0:25:31	0:25:22	0:26:26	0:26:51	0:29:16	0:30:37	0:34:34	0:33:33	4:45:18
122	76	John Taafe	MS	M	Star of sea	IRL	0:02:08	0:26:51	0:26:12	0:26:32	0:26:46	0:25:47	0:26:25	0:28:29	0:29:59	0:32:59	0:33:57	4:46:06
123	136	Dermot Browne	M40	M	Clane ac	IRL	0:02:06	0:27:31	0:27:16	0:27:09	0:27:15	0:26:52	0:27:19	0:26:45	0:29:49	0:32:08	0:31:57	4:46:08
124	177	Mark Smith	M40	M		IRL	0:01:54	0:25:41	0:24:50	0:25:22	0:25:31	0:25:35	0:26:50	0:27:29	0:30:44	0:35:20	0:37:02	4:46:18
125	35	Colm Munnely	M45	M	Lucan harriers	IRL	0:02:03	0:26:52	0:27:24	0:27:37	0:27:24	0:28:19	0:27:59	0:28:32	0:29:28	0:30:12	0:30:45	4:46:34
126	139	John Colman	M35	M		IRL	0:02:03	0:26:52	0:27:24	0:27:37	0:27:24	0:28:19	0:27:58	0:28:32	0:29:24	0:30:21	0:31:29	4:46:34
127	80	James Kelly	M45	M	Mci	IRL	0:01:50	0:27:08	0:26:43	0:27:00	0:27:11	0:29:30	0:27:51	0:29:45	0:30:32	0:30:39	0:28:55	4:47:04
128	234	Paddy Quinn	M35	M	Mci	IRL	0:01:59	0:26:14	0:25:55	0:25:59	0:26:08	0:25:40	0:26:14	0:27:37	0:30:21	0:34:43	0:36:25	4:47:15
129	232	Stephen Baillie	M45	M	grassroots	IRL	0:02:10	0:27:28	0:27:16	0:27:21	0:28:08	0:27:42	0:27:54	0:28:48	0:29:05	0:31:16	0:30:16	4:47:25
130	12	Ian Casey	M40	M		IRL	0:02:08	0:27:53	0:26:51	0:26:32	0:26:33	0:26:57	0:27:41	0:28:42	0:29:54	0:31:20	0:33:02	4:47:32
131	217	Luke Rafferty	M40	M	Bros pearse	IRL	0:02:01	0:26:29	0:26:19	0:26:50	0:27:04	0:26:29	0:26:36	0:30:21	0:31:51	0:32:15	0:32:17	4:48:32
132	93	Tek Klimuck	M40	M	Ktrc	POL	0:01:49	0:28:58	0:24:55	0:25:57	0:25:48	0:25:05	0:27:18	0:29:08	0:31:27	0:33:24	0:35:13	4:49:02
133	206	Richie O Donnell	M35	M	Bmoh	IRL	0:01:56	0:26:16	0:26:21	0:26:05	0:26:04	0:27:00	0:26:40	0:27:58	0:34:15	0:36:46	0:30:26	4:49:47
134	182	Mark Conlon	M40	M	Gis a Lift ac	IRL	0:01:34	0:26:32	0:26:34	0:26:54	0:26:17	0:30:27	0:29:23	0:29:39	0:33:02	0:29:55	0:30:00	4:50:16
135	108	Celine Cronly	F45	F		IRL	0:02:05	0:27:32	0:27:16	0:27:10	0:27:14	0:26:53	0:27:19	0:29:27	0:31:22	0:31:05	0:33:03	4:50:26
136	117	Eric Devine	M40	M	Duleek	IRL	0:01:57	0:26:41	0:27:02	0:26:58	0:27:39	0:27:28	0:27:28	0:29:26	0:30:34	0:31:43	0:33:37	4:50:32
137	153	Mag Balfe	F40	F	Wexford Mara	IRL	0:02:09	0:27:41	0:27:48	0:27:44	0:28:00	0:27:33	0:27:53	0:28:46	0:30:18	0:31:29	0:31:52	4:51:12
138	110	Eadaoin Kirby	F40	F	Ktrc	IRL	0:01:51	0:28:56	0:29:03	0:29:45	0:29:25	0:29:32	0:29:47	0:28:53	0:29:07	0:28:28	0:26:54	4:51:40
139	72	Lindsey Heppenstal	F40	F	Dlpr	IRL	0:02:07	0:28:17	0:28:14	0:28:18	0:28:43	0:29:08	0:30:07	0:28:58	0:29:56	0:29:34	0:28:29	4:51:52
140	116	Eamonn Caffery	M45	M	Lusk	IRL	0:02:07	0:27:41	0:28:22	0:28:43	0:28:06	0:28:35	0:29:14	0:30:09	0:30:36	0:29:57	0:28:35	4:52:04
141	189	John Griffin	M45	M		IRL	0:02:10	0:28:21	0:28:08	0:28:54	0:29:23	0:29:06	0:28:51	0:29:11	0:29:45	0:29:44	0:28:33	4:52:06
142	188	Paul Griffin	M35	M		IRL	0:02:11	0:28:30	0:28:01	0:28:53	0:29:23	0:29:06	0:28:51	0:29:11	0:29:45	0:29:43	0:28:38	4:52:11
143	152	Enda Flynn	M50	M	Na fianna	IRL	0:02:02	0:26:28	0:26:21	0:26:53	0:27:30	0:26:55	0:26:40	0:27:53	0:32:31	0:33:53	0:35:40	4:52:46
144	128	Eddie Donagan	M40	M	Tallaght	IRL	0:02:02	0:26:57	0:26:57	0:27:26	0:27:33	0:27:47	0:27:57	0:29:51	0:31:04	0:33:15	0:32:08	4:52:57
145	36	Anne Young	F45	F	Rathkenny ac	IRL	0:02:11	0:28:32	0:28:23	0:28:17	0:29:09	0:28:55	0:29:10	0:29:18	0:30:16	0:30:51	0:29:31	4:54:33
146	1	Gary O Daly	MS	M	DBRC	IRL	0:02:12	0:28:37	0:29:24	0:29:23	0:29:28	0:29:55	0:29:28	0:29:08	0:29:13	0:29:22	0:28:54	4:55:03
147	47	Joe Cole	MS	M		IRL	0:02:00	0:26:29	0:26:17	0:25:59	0:25:53	0:26:09	0:26:52	0:28:26	0:30:59	0:38:49	0:37:34	4:55:25
148	166	Paul Daly	M45	M	Trailheads	IRL	0:02:11	0:27:52	0:27:00	0:27:00	0:27:59	0:30:17	0:29:36	0:29:54	0:31:01	0:31:55	0:30:46	4:55:31
149	154	Will Barkley	M40	M		GB	0:02:13	0:28:27	0:27:57	0:28:09	0:27:57	0:28:50	0:29:13	0:29:35	0:31:00	0:31:28	0:31:26	4:56:17
150	29	Ray Cassin	M45	M	Duleek ac	IRL	0:02:08	0:28:24	0:28:34	0:28:56	0:28:56	0:29:18	0:29:40	0:30:12	0:30:53	0:30:48	0:29:09	4:56:57
151	132	John Rogers	M40	M		IRL	0:02:03	0:26:53	0:27:00	0:27:26	0:27:33	0:27:10	0:27:57	0:30:23	0:31:07	0:33:37	0:35:54	4:57:03
152	204	Mairead Burke	F45	F	Early risers	IRL	0:02:06	0:27:44	0:28:21	0:28:42	0:28:07	0:28:35	0:29:09	0:29:40	0:31:46	0:32:34	0:31:06	4:57:49
153	115	John McDonald	M50	M	Lusk	IRL	0:02:06	0:27:42	0:28:23	0:28:57	0:27:53	0:28:36	0:29:12	0:30:10	0:30:47	0:31:51	0:32:14	4:57:51
154	38	Nicole Hodson	F40	F	Lusk ac	IRL	0:02:07	0:27:41	0:28:23	0:28:42	0:28:09	0:28:36	0:29:12	0:30:12	0:30:50	0:31:54	0:32:05	4:57:51
155	201	Naomi Mallon Smith	F35	F	Ktrc	IRL	0:01:49	0:28:58	0:29:03	0:29:45	0:29:25	0:29:32	0:29:47	0:28:53	0:29:41	0:30:50	0:30:21	4:58:04
156	142	Marco Nuti	M40	M	Asg	ITL	0:02:04	0:27:36	0:28:08	0:28:50	0:28:36	0:28:35	0:30:19	0:29:32	0:32:10	0:32:19	0:29:58	4:58:06
157	143	Rui Lamy	M35	M	Asg	ITL	0:02:04	0:27:35	0:28:08	0:28:49	0:28:37	0:28:28	0:30:03	0:29:31	0:32:09	0:32:27	0:30:14	4:58:06
158	216	William Walsh	M45	M	Lusk	IRL	0:02:07	0:27:42	0:28:22	0:28:43	0:28:08	0:28:36	0:29:12	0:30:15	0:31:11	0:32:29	0:31:31	4:58:16
159	74	Chris Burke	F45	F	Galway tri	IRL	0:02:04	0:28:01	0:28:07	0:28:46	0:28:48	0:29:03	0:30:04	0:30:45	0:31:21	0:31:36	0:29:59	4:58:34
160	211	Paul Dempsey	M50	M	Slaney Olympic	IRL	0:01:51	0:28:01	0:27:46	0:27:45	0:28:00	0:27:40	0:29:24	0:31:31	0:32:19	0:32:48	0:32:17	4:59:21
161	49	Joe Dunne	M45	M	Crusaders	IRL	0:02:12	0:29:03	0:28:59	0:29:26		0:59:19	0:29:37			1:31:21	0:29:27	4:59:23
162	73	Anthony Murphy	M45	M	Wexford Mara	IRL	0:02:08	0:27:32	0:27:10	0:27:14	0:26:27	0:27:40	0:28:41	0:31:35	0:33:39	0:33:56	0:35:10	5:01:12
163	106	Gary Greene	M35	M		IRL	0:02:14	0:28:29	0:27:56	0:28:30	0:28:38	0:29:02	0:30:04</					