

Place	Number	Wave	Name	Surname	Sex	Local	Run Out	Run Back	Cycle	Kayak	Cycle	Run	Finish
1	744	3	Johnathon	Finn	M		0:09:48	0:09:50	0:30:38	0:09:31	0:09:48	0:00:45	1:10:20
2	647	1	Tom	oDriscoll	M		0:10:08	0:10:32	0:32:16	0:10:30	0:10:09	0:00:53	1:14:28
3	637	1	Peter	Howard	m		0:10:00	0:10:38	0:32:12		0:20:47	0:00:56	1:14:33
4	641	1	Tadhg	Dineen	m	Local	0:10:57	0:11:35	0:33:12	0:09:13	0:10:35	0:00:50	1:16:22
5	626	1	Diarmuid	Twomey	m	Local	0:10:29	0:10:58	0:33:24	0:09:43	0:10:55	0:00:56	1:16:25
6	603	1	Finian	Phelan	m		0:09:56	0:10:29	0:35:30	0:09:27	0:10:59	0:00:41	1:17:02
7	601	1	Simon	Foley	m		0:10:11	0:10:56	0:35:04		0:20:33	0:00:54	1:17:38
8	737	3	Evan	Collins	m		0:10:52	0:11:54	0:34:12	0:09:30	0:10:42	0:01:00	1:18:10
9	627	1	John	O Leary	m	Local	0:11:09	0:11:42	0:32:49	0:11:37	0:11:03	0:00:59	1:19:19
10	644	1	Enda	Lucey	m	Local	0:09:59	0:10:27	0:36:26	0:10:24	0:11:25	0:00:49	1:19:30
11	623	1	Barra	Buckley	m	Local	0:10:37	0:11:13	0:35:19	0:10:23	0:11:11	0:00:54	1:19:37
12	612	1	John	Casey	m		0:10:10	0:10:56	0:36:54	0:10:45	0:11:28	0:00:51	1:21:04
13	631	1	Richard	Mulvihill	m	Local	0:10:27	0:10:58	0:34:56	0:11:53	0:12:02	0:00:55	1:21:11
14	616	1	Conor	Cotter	m		0:10:23	0:11:04	0:35:48	0:12:07	0:11:20	0:00:45	1:21:27
15	633	1	Denis	Choitir	m	Local	0:11:22	0:11:59	0:35:04	0:10:48	0:11:16	0:01:12	1:21:41
16	660	2	Mark	Kelliher	m		0:10:40	0:11:01	0:13:28	0:09:33	0:36:21	0:00:53	1:21:56
17	634	1	John	Horgan	m	Local	0:11:24	0:11:58	0:34:41	0:11:05	0:11:48	0:01:13	1:22:09
18	629	1	Karolyn	O Leary	F	Local	0:11:49	0:12:07	0:34:35	0:11:48	0:11:17	0:01:08	1:22:44
19	636	1	Eamonn	Creedon	m	Local	0:10:13	0:10:29	0:38:45		0:23:05	0:00:48	1:23:20
20	713	3	Gary	Murphy	Male		0:10:50	0:11:23	0:37:40	0:10:49	0:11:56	0:00:59	1:23:37
21	646	1	Peter	Ohanlon	M		0:11:27	0:11:39	0:37:58	0:10:01	0:11:38	0:01:08	1:23:51
22	645	1	Aodan	Higgins	m		0:12:43	0:12:04	0:36:58	0:10:40	0:10:59	0:01:33	1:24:57
23	659	2	Owen	Mc Garvey	m		0:13:53	0:12:53	0:36:20	0:09:17	0:11:46	0:00:59	1:25:08
24	619	1	Cian	Swanton	m		0:11:18	0:11:09	0:37:39	0:11:56	0:12:31	0:01:07	1:25:40
25	630	1	Brian	Twomey	m	Local	0:12:04	0:13:07	0:36:37	0:10:55	0:12:07	0:00:59	1:25:49
26	717	3	Connie	O Regan	Male		0:12:09	0:11:42	0:38:14	0:11:22	0:11:48	0:00:52	1:26:07
27	674	2	Helen	Anderson	f		0:11:05	0:11:48	0:39:40	0:10:07	0:12:33	0:00:57	1:26:10
28	675	2	Anthony	Harrington	m		0:11:31	0:12:29	0:38:52	0:10:52	0:11:56	0:00:57	1:26:37
29	703	3	Evan	Wright	Male		0:11:41	0:12:01	0:39:21	0:10:52	0:11:57	0:00:57	1:26:49
30	608	1	Fiona	Shanahan	f		0:13:51	0:13:32	0:37:18	0:09:21	0:12:08	0:01:03	1:27:13
31	657	2	David	Desmond	m		0:11:16	0:12:40	0:41:10	0:11:02	0:11:52	0:00:55	1:28:55
32	642	1	Jerry	Masters	m		0:13:12	0:14:17	0:37:14	0:11:25	0:11:53	0:01:08	1:29:09
33	650	1	Don	murphy	m		0:11:56	0:12:24	0:37:30	0:13:33	0:12:59	0:00:59	1:29:21
34	611	1	Enda	O Flaherty	m		0:11:44	0:11:59	0:39:33	0:12:29	0:12:45	0:00:53	1:29:23
35	722	3	Karena	Mc Carthy	f		0:11:32	0:12:16	0:38:26	0:13:16	0:13:01	0:00:54	1:29:25
36	742	3	Blathaitin	Odonoghue	F		0:12:23	0:12:32	0:39:22	0:13:24	0:12:02	0:01:10	1:30:53
37	698	2	Brid	Beausang	F	local	0:12:29	0:12:41	0:39:10	0:13:08	0:12:24	0:01:10	1:31:02
38	618	1	Helena	Manning	f		0:11:51	0:11:54	0:42:07	0:11:20	0:13:30	0:01:03	1:31:45
39	697	2	Deirdre	Cronin	F	Local	0:14:21	0:14:27	0:39:34	0:10:49	0:12:05	0:01:13	1:32:29
40	666	2	Amy	Lynch	f	Local	0:13:11	0:13:26	0:41:20	0:11:03	0:12:25	0:01:05	1:32:30
41	702	3	Jason	Wright	Male		0:12:18	0:14:09	0:39:14	0:13:17	0:12:53	0:00:55	1:32:46
42	730	3	Laraine	Creed	f		0:13:26	0:15:11	0:39:06	0:11:27	0:12:29	0:01:12	1:32:51
43	632	1	Dara	Twomey	m	Local	0:11:04	0:12:14	0:42:15	0:10:04	0:16:20	0:00:59	1:32:56
44	741	3	Joe	Hernon	M		0:13:42	0:13:55	0:38:07	0:13:36	0:12:42	0:01:36	1:33:38
45	604	1	Ellen	Coakley	f		0:12:01	0:12:07	0:44:53	0:10:51	0:13:28	0:01:02	1:34:22
46	739	3	Niamh	Hennessy	F			0:28:04	0:40:45	0:11:04	0:13:53	0:01:06	1:34:52
47	743	3	Iola	Pearse	M		0:12:25	0:13:05	0:41:49	0:13:08	0:13:19	0:01:21	1:35:07
48	721	3	Kevin	Westnott	m		0:13:08	0:14:09	0:41:45	0:12:52	0:12:18	0:00:56	1:35:08
49	621	1	Donall	Mac Carthaigh	m	Local	0:13:02	0:14:30	0:39:46	0:13:37	0:13:32	0:01:06	1:35:33
50	609	1	Gobnait	Ni Mhuimheachain	f		0:13:07	0:13:55	0:41:27	0:12:54	0:13:21	0:01:05	1:35:49
51	607	1	Vera	O Connor	f		0:11:59	0:12:16	0:45:32	0:10:55	0:15:13	0:01:03	1:36:58
52	606	1	Martin	O Connor	m		0:10:53	0:11:32	0:47:27	0:09:47	0:16:11	0:01:11	1:37:01
53	605	1	Dave	Murphy	m		0:13:22	0:14:14	0:42:00	0:13:09	0:13:32	0:01:11	1:37:28
54	729	3	Cian	McWhinney	m		0:13:32	0:14:58	0:42:06	0:12:04	0:13:48	0:01:08	1:37:36
55	692	2	Fionnula	McCarthy	f	Local	0:13:48	0:14:23	0:43:04	0:11:49	0:14:04	0:01:09	1:38:17
56	714	3	Caroline	Walsh	Female		0:13:30	0:13:40	0:43:14	0:13:52	0:13:25	0:01:08	1:38:49
57	694	2	Sile	O'Donoghue	f	Local	0:14:13	0:13:15	0:45:21	0:11:10	0:13:57	0:00:59	1:38:55
58	699	2	Don	Cronin	M		0:14:23		0:57:10	0:14:13	0:12:14	0:01:06	1:39:06
59	683	2	Marie	McCarthy	f	Local	0:13:20	0:13:21	0:43:29	0:13:34	0:14:27	0:01:18	1:39:29
60	613	1	Paul	Lynch	m	Local	0:16:32	0:14:00	0:43:24	0:10:16	0:14:28	0:01:03	1:39:43
61	689	2	Damhnait	Ni Argáin	f	Local	0:14:08	0:14:00	0:44:29	0:12:17	0:13:50	0:01:10	1:39:54
62	661	2	Tony	O'Brien	m		0:12:57	0:13:54	0:42:50	0:15:29	0:13:27	0:01:37	1:40:14
63	681	2	Mairéad	Ni Chéilleachair	f	Local	0:14:24	0:14:29	0:44:01	0:11:53	0:14:11	0:01:18	1:40:16
64	690	2	Máire	Uí Lonnaigh	f	Local	0:14:02	0:14:03	0:44:30	0:12:18	0:14:52	0:01:09	1:40:54
65	602	1	Olga	Foley	f		0:12:45	0:14:24	0:46:15	0:11:13	0:15:30	0:00:59	1:41:06
66	726	3	Victoria	Knott	f	Local	0:14:54	0:14:47	0:44:01	0:13:00	0:13:08	0:01:48	1:41:38
67	652	2	Paul	Morrissey	m		0:13:24	0:15:07	0:44:36	0:12:58	0:14:26	0:01:09	1:41:40

68	685	2	Siobhan	Twomey	f	Local	0:14:18	0:15:00	0:43:47	0:13:03	0:14:32	0:01:23	1:42:03
69	658	2	Mel	Devine	m		0:13:59	0:14:05	0:47:47	0:11:02	0:14:10	0:01:15	1:42:18
70	695	2	Clíodhna	Concannon	f	Local	0:14:11	0:14:45	0:44:14	0:14:04	0:13:55	0:01:12	1:42:21
71	682	2	Eileen	Buckley	f	Local	0:14:21	0:15:00	0:43:48	0:14:07	0:13:56	0:01:23	1:42:35
72	710	3	Samantha	Swaybe	Female		0:14:55	0:15:57				12:43:18	1:43:18
73	712	3	Siobhan	Murphy	Female		0:13:35	0:14:25	0:45:55	0:14:45	0:14:56	0:01:03	1:44:39
74	667	2	Martin	Lynch	m	Local			1:48:05	0:10:12	0:15:11	0:01:18	1:44:46
75	665	2	Don	Spicer	m		0:13:05	0:14:38	0:51:13	0:09:19	0:16:05	0:01:03	1:45:23
76	738	3	Mary	McSweeney	f	Local	0:14:53	0:15:44	0:48:52	0:11:34	0:14:31	0:01:03	1:46:37
77	740	3	Shane	Carew	M		0:13:15	0:14:25	0:50:12	0:11:17	0:16:14	0:01:17	1:46:40
78	639	1	Ciaran	O'Brien	m	Local	0:14:38	0:16:23	0:50:00	0:10:18	0:15:39	0:01:03	1:48:01
79	640	1	Tim	O'Dea	m	Local	0:12:22	0:13:02	0:54:11	0:10:54	0:16:34	0:01:01	1:48:04
80	688	2	Siobhan	Lynch	f	Local	0:14:26	0:15:16	0:47:05	0:13:15	0:16:42	0:01:24	1:48:08
81	727	3	Clare	Tallis	f	Local	0:17:36	0:18:12	0:45:36	0:11:31	0:14:04	0:01:23	1:48:22
82	728	3	Heidi	Houlihan	f	Local	0:17:33	0:18:17	0:45:36		0:25:35	0:01:23	1:48:24
83	691	2	Anne	Cotter	f	Local	0:13:18	0:13:13	0:51:50	0:12:00	0:16:56	0:01:09	1:48:26
84	679	2	Laura	Twomey	f	Local	0:14:44	0:17:04	0:47:17	0:13:29	0:15:21	0:01:10	1:49:05
85	735	3	Mary	O'Leary	f	Local	0:15:35	0:17:04	0:48:04	0:12:22	0:16:30	0:01:23	1:50:58
86	718	3	Colette	Somers	Female		0:13:38	0:13:42	0:47:15	0:19:45	0:15:24	0:01:16	1:51:00
87	715	3	Sandra	Nagle	Female		0:15:20	0:17:11	0:47:12	0:14:05	0:15:54	0:01:18	1:51:00
88	686	2	Liz	Twomey	f	Local					1:49:52	0:01:37	1:51:29
89	624	1	Caroline	Ní Laoire	f	Local	0:15:05	0:15:51	0:51:12	0:11:59	0:15:58	0:01:28	1:51:33
90	723	3	Martin	Crowley	m		0:16:27	0:16:44	0:46:47	0:14:27	0:16:05	0:01:20	1:51:50
91	724	3	Lisa	Crowley	f		0:16:25	0:16:49	0:46:35		0:30:38	0:01:24	1:51:51
92	669	2	Conor	Kelleher	m		0:14:52	0:16:47	0:46:48	0:15:57	0:17:05	0:01:29	1:52:58
93	656	2	Anthony	Desmond	m		0:13:14	0:13:25	0:47:00	0:22:39	0:16:17	0:00:59	1:53:34
94	684	2	Noreen	Dineen	f	Local	0:14:16	0:15:27	0:54:01	0:12:02	0:17:41	0:01:14	1:54:41
95	625	1	Dónal	Ó Laoire	m	Local	0:15:03	0:16:01	0:52:54	0:11:06	0:17:34	0:02:04	1:54:42
96	668	2	Kevin	Westnott	m		0:14:30	0:16:04	0:51:40	0:16:06	0:15:13	0:01:09	1:54:42
97	706	3	Sandra	Galvin	Female		0:17:01	0:17:08	0:48:51	0:15:02	0:15:58	0:01:27	1:55:27
98	708	3	Aine	Ni Laoire	Female		0:17:58	0:18:48	0:50:15	0:11:48	0:16:05	0:01:40	1:56:34
99	716	3	Jane	Prendergast	Female		0:16:09	0:16:53	0:49:21	0:16:05	0:16:44	0:01:28	1:56:40
100	709	3	Siobhan	Ui Laocha Ni Laoire	Female		0:18:00	0:18:46	0:50:28	0:11:47	0:16:04	0:01:39	1:56:44
101	664	2	Sara	Kelly	f		0:15:11	0:19:02		1:01:14	0:20:07	0:01:32	1:57:06
102	649	1	Michelle	Okeffe	F		0:15:21	0:15:28	0:50:39	0:16:27	0:18:14	0:01:31	1:57:40
103	680	2	Lucy	Moynihan	f	Local	0:17:59	0:18:24	0:51:22	0:13:20	0:16:57	0:01:29	1:59:31
104	704	3	Miriam	Creedon	Female		0:13:45	0:14:17	0:55:48	0:14:16	0:20:36	0:01:20	2:00:02
105	663	2	Pauline	Mc Carthy	f		0:16:34	0:17:29	0:54:59	0:15:48	0:17:55	0:01:24	2:04:09
106	617	1	Michael	Coughlan	m		0:16:16	0:17:25	0:55:15	0:16:48	0:17:19	0:01:07	2:04:10
107	662	2	Brendan	Moroney	m		0:15:56	0:18:08	0:55:02	0:15:44	0:17:52	0:01:29	2:04:11
108	678	2	Brid	Ní Dhonnchú	f	Local	0:14:47	0:17:07	0:59:05	0:13:41	0:19:11	0:01:12	2:05:03
109	693	2	Maura	Cotter	f	Local	0:21:59	0:22:42	0:51:06	0:11:51	0:17:02	0:01:40	2:06:20
110	655	2	Kevin	O Kelly	m		0:14:57	0:16:39	0:58:18	0:16:55	0:18:30	0:01:14	2:06:33
111	654	2	Miryam	Kevany	f		0:14:53	0:16:43	0:58:13	0:17:06	0:18:20	0:01:18	2:06:33
112	648	1	Julie	Odea	F	Local	0:18:07	0:19:34	0:56:17	0:14:20	0:17:40	0:01:44	2:07:42
113	620	1	Rua	Burke	M		0:44:26	0:14:51	0:43:30	0:10:23	0:13:54	0:01:09	2:08:13
114	705	3	Deborah	Connolly	Female		0:16:58	0:17:07		1:17:05	0:18:17	0:01:24	2:10:51
115	733	3	Deirdre	Galvin	m		0:18:05	0:18:45	0:59:56	0:16:33	0:21:18	0:01:17	2:15:54
116	696	2	Bernice	Doyle	f		0:18:03	0:18:57	1:04:09	0:14:47	0:22:20	0:02:05	2:20:21
117	673	2	Katherine	Ahern	f		0:15:27	0:16:17	1:10:11	0:15:45	0:22:18	0:01:17	2:21:15
118	707	3	Trish	Landers	Female		0:18:12	0:18:46	1:02:25	0:23:50	0:22:16	0:01:47	2:27:16