Place	Number	Name	Surname	Sex	Club	1 Mile	2 Mile	3 Mile	4 Mile	5 Mile	6 Mile	7 Mile	8 Mile	9 Mile	10 Mile	11 Mile	12 Mile	13 Mile	14 Mile	15 Mile	16 Mile	17 Mile	18 Mile	19 Mile	20 Mile	21 Mile	22 Mile	23 Mile	24 Mile	25 Mile	26 Mile	27 Mile	28 Mile	29 Mile	30 Mile	Finish
1	12	Cezary	Lubinski	Male	Marathon Club Ireland	6:31	7:04	7:14	7:14	7:08	7:06	7:32	7:12	7:07	7:13	7:10	6:58	7:03	7:07	7:42	7:02	7:07	7:16	7:22	7:30	7:55	7:53	8:16	7:52	7:57	8:37	8:27	9:15	11:00	8:10	3:49:00
2	20	John	Kissane	Male		7:42	7:40	7:43	7:42	7:41	7:39	7:48	7:40	7:48	7:40	7:46	7:42	7:43	7:37	7:43	7:44	7:45	7:45	7:51	7:55	8:09	8:15	8:23	8:31	8:45	10:03	9:20	9:13	9:08	8:41	4:03:03
3	13	David	Grant	Male		8:35	8:11	8:17	8:32	8:29	8:30	8:24	8:38	8:30	8:28	8:26	8:30	8:35	8:30	8:55	8:50	8:52	8:40	8:44	8:44	9:01	9:01	8:51	9:18	9:37	9:32	10:09	10:10	10:12	9:58	4:27:09
4	25	Paul	Comerford	Male		8:34	8:23	8:29	8:28	8:25	8:25	8:29	8:25	8:27	8:28	8:26	8:30	8:37	8:29	8:23	8:28	8:26	8:31	8:35	8:44	8:43	8:50	9:04	8:56	9:08	9:57	10:27	11:46	10:52	10:59	4:28:25
5	16	Edel	Henriques	Female	West Limerick A.C.	8:35	8:31	8:27	8:27	8:30	8:38	8:55	8:38	8:34	8:36	8:38	8:35	8:47	8:47	8:48	8:51	8:51	9:00	9:13	9:16	9:16	9:12	9:17	9:26	10:00	9:39	9:49	9:48	9:53	9:28	4:30:25
6	17	Fionnuala	O Mara	Female	Marathon Club Ireland	9:02	9:06	9:25	9:24	9:23	9:12	9:23	9:19	9:26	9:29	9:26	9:33	9:23	9:43	9:41	9:49	10:20	9:37	9:44	9:30	9:31	9:40	9:29	9:25	9:48	9:34	9:06	9:08	9:03	8:29	4:43:09
7	57	Ger	Slater	Male	Limerick Country Club A.C.	8:36	8:32	8:28	8:41	8:43	9:01	9:06	9:32	8:49	9:31	9:38	10:10	10:25	9:55	9:26	9:17	10:49	9:18	9:18	10:16	9:38	9:35	10:46	9:21	9:13	9:42	10:17	10:28	10:44	9:18	4:46:32
8	28	Tom	Meany	Male	An Bru AC	8:32	8:30	8:33	8:42	8:43	8:50	8:41	8:44	8:58	8:53	8:33	8:56	8:40	9:15	9:08	10:18	11:44	8:43	8:49	8:55	9:52	9:21	9:03	11:23	10:21	11:23	12:05	12:10	10:52	10:26	4:47:03
9	23	Mirko	Warnke	Male	Galway City Harriers A.C.	8:57	8:44	9:14	8:54	9:13	9:16	9:12	9:33	9:37	9:04	9:23	9:41	9:49	9:31	9:51	9:45	9:58	10:00	9:44	10:00	11:26	10:05	12:24	9:49	10:53	9:53	10:38	9:36	9:34	9:31	4:53:15
10	10	Adolfo	Garcia	Male	Marathon Club Ireland	8:29	8:14	8:23	8:18	8:08	8:15	8:26	8:38	8:29	8:18	8:55	8:50	9:41	9:14	9:25	10:33	10:07	9:55	10:24	10:09	12:03	11:13	11:23	11:21	11:34	11:18	11:46	12:35	11:48	11:52	4:57:42
11	14	Derek	Mackessy	Male	West Limerick A.C.	9:00	9:14	9:18	9:20	9:21	9:17	9:41	9:33	10:01	11:11	9:45	10:48	10:18	10:31	9:53	10:25	11:20	9:58	11:04	11:04	12:16	10:32	11:59	12:41	11:01	11:16	11:40	11:36	10:34	8:52	5:13:27
12	22	Michelle	Burke	Female		9:02	9:06	9:24	9:19	9:21	9:16	10:10	9:17	9:13	9:09	10:49	9:29	9:53	11:37	9:58	11:52	10:56	10:26	10:42	11:22	11:08	10:57	10:42	12:12	10:52	11:12	11:43	11:24	11:37	12:05	5:14:13
13	26	Paul	Hogan	Male		9:02	9:09	9:22	9:19	9:21	9:16	10:10	9:17	9:13	9:08	10:50	9:29	9:51	11:37	9:59	11:52	10:56	10:26	10:40	11:24	11:06	10:56	10:43	12:13	10:52	11:12	11:44	11:24	11:36	12:06	5:14:13
14	19	Jean	Costello	Female	Co Antrim Harriers	8:36	8:31	8:28	8:42	8:42	9:01	9:07	9:14	9:07	9:32	9:38	10:15	10:18	13:26	9:50	10:39	10:42	11:44	10:15	11:28	11:13	13:58	12:22	11:33	11:29	11:56	11:41	10:50	11:34	10:38	5:14:30
15	21	Liz	Morrin	Female	100 MARATHON CLUB	9:25	9:40	9:48	9:59	9:48	10:02	9:54	10:08	10:13	10:30	10:17	10:32	10:35	10:56	10:59	11:38	11:03	10:40	11:34	11:47	10:28	10:39	11:00	11:04	11:12	11:24	10:51	11:49	11:23	11:18	5:20:34
16	15	Derek	Mc Gann	Male		9:03	9:12	9:18	9:19	9:28	9:12	10:06	9:19	10:18	9:25	9:53	13:46	10:08	11:47	10:03	10:50	11:46	10:24	10:56	10:56	11:19	11:17	12:04	11:38	10:51	11:14	11:46	12:29	12:30	12:12	5:22:27
17	27	Rachael	O Sullivan	Female		10:07	10:24	10:08	10:00	10:16	10:24	10:23	10:32	10:38	10:37	10:41	10:45	10:58	11:09	11:08	11:19	11:13	11:24	11:42	11:55	12:56	14:20	11:18	11:40	12:02	12:06	11:53	11:45	11:34	11:05	5:36:24
18	18	Gerard	Fay	Male	Drogheda & District A.C.	9:00	9:14	9:18	9:24	10:49	10:23	10:35	10:20	10:12	10:21	10:28	11:16	16:31	12:10	13:30	12:34	12:15	12:47	13:06	13:16	14:31	13:44	13:21	13:19	12:59	13:32	13:06	13:44	13:31	13:07	6:02:22
19	24	Myriam	Shaughnessy	Female	Athenry A.C.	10:05	10:24	10:54	11:11	11:01	11:22	11:07	11:32	12:30	12:10	12:43	13:56	12:31	13:09	14:23	13:08	13:44	14:24	14:01	14:15	15:19	14:45	14:55	15:34	15:24	14:55	14:56	14:29	15:01	14:59	6:38:46
	11	Barry	Storan	Male		8:35	8:11	8:16	8:34	8:28	8:30	8:23	8:45	8:55	8:48	8:53	9:05	9:48	9:38	10:29	11:03	10:56	10:39	11:07	11:05	11:11										DNF @ 20mile