

Place	Bib	Name	Surname	Sex	Cat	Club	Race Time	Chip Time
1	492	Thomas	Fitzpatrick	Male	Sen	Tallaght AC	0:30:13	0:30:13
2	573	Brian	Maher	Male	Sen	Kilkenny city harriers	0:30:19	0:30:19
3	257	Sean	Hehir	Male	Sen	Rathfarnham WSAF AC	0:30:27	0:30:27
4	480	Cillian	O' Leary	Male	Sen	Raheny Shamrock AC	0:31:05	0:31:05
5	277	Simon	Ryan	Male	Sen	Raheny Shamrock AC	0:31:24	0:31:24
6	449	Robbie	Matthews	Male	Sen	Dunshaughlin ac	0:31:30	0:31:30
7	382	Simon	Reede	Male	Sen	Raheny Shamrock AC	0:32:28	0:32:28
8	337	Ian	Conroy	Male	Sen	Raheny Shamrock AC	0:32:33	0:32:33
9	128	Brian	Leahy	Male	Sen	Raheny Shamrock AC	0:32:44	0:32:43
10	252	Bernard	Roe	Male	Sen	Raheny Shamrock AC	0:32:49	0:32:49
11	338	Gary	Hynes	Male	Sen		0:33:14	0:33:14
12	388	Niall	Sheil	Male	Sen		0:33:17	0:33:17
13	346	Neil	Wiktorski	Male	Sen	Sli Cualann	0:33:35	0:33:35
14	556	Maria	McCambridge	female	Sen	Letterkenny AC	0:33:38	0:33:38
15	432	eoin	brennan	Male	Sen	Tallaght AC	0:33:58	0:33:58
16	460	Darren	Spring	Male	Sen	Liffey Valley AC	0:33:59	0:33:59
17	598	Tommy	McElwain	male	O40	SBR	0:34:18	0:34:18
18	341	Paul	Gibbons	Male	Sen	SBR	0:34:31	0:34:30
19	436	TJ	Mc Hugh	Male	Sen		0:34:32	0:34:32
20	188	David	Keenan	Male	Sen	Newbridge AC	0:34:33	0:34:32
21	140	Barbara	Sanchez	Female	Sen	Raheny Shamrock AC	0:34:35	0:34:34
22	368	Jason	O'Connor	male	O40	Slaney Olympic AC	0:34:56	0:34:56
23	343	Myles	Gibbons	Male	Sen	SBR	0:35:19	0:35:18
24	407	David	Barron	male	O40	Slaney Olympic AC	0:35:25	0:35:25
25	456	Martin	Monaghan	male	Sen		0:35:50	0:35:50
26	430	Edwin	Keville	Male	O40	Rathfarnham WSAF AC	0:35:57	0:35:56
27	326	David	Grange	Male	O40	Raheny Shamrock AC	0:36:07	0:36:07
28	521	Paddy	Lyons	Male	Sen	Tallaght AC	0:36:08	0:36:06
29	511	Conall	Cooper	male	Sen	Slaney Olympic AC	0:36:13	0:36:11
30	363	Catherine	Conway	Female	Sen	Mayo AC	0:36:14	0:36:13
31	377	Tony	Collins	Male	Sen	Sli Cualann	0:36:32	0:36:31
32	519	Patrick	Corrigan	Male	Sen		0:36:36	0:36:36
33	545	Eddie	Walsh	Male	O50	Tinryland AC	0:36:41	0:36:40
34	564	Mark	Ca..dens?	Male	Sen		0:36:44	0:36:43
35	523	Edward	Groblewski	Male	O50		0:36:44	0:36:44
36	484	barry	lennon	Male	Sen	Raheny Shamrock AC	0:37:10	0:37:06
37	344	David	Byrne	Male	O40	Rathnure	0:37:22	0:37:22
38	479	Francis	Gahan	Male	Sen	Tinryland AC	0:37:27	0:37:25
39	124	Stephen	Marry	Male	Sen		0:37:29	0:37:11
40	563	Mick	Jordan	Male	O40	Slaney Olympic AC	0:37:38	0:37:36
41	65	Rory	Mc Cauley	Male	Sen	Slaney Olympic AC	0:37:40	0:37:38
42	540	Nicolae	Buceanu	Male	Sen		0:37:52	0:37:51
43	586	John	Foley	Male	Sen	Slaney Olympic AC	0:37:53	0:37:30
44	472	Paul	Mc Loughlin	Male	O40	DMP	0:37:57	0:37:53
45	413	Brian	O' Shaughnessy	Male	Sen	Racing795	0:38:05	0:38:03
46	529	Lyndon	Barcoe	male	Sen	Gowran AC	0:38:10	0:38:08
47	469	Fiona	Stack	Female	Sen		0:38:12	0:38:08
48	50	Nicky	Connolly	Male	Sen	West Waterford AC	0:38:22	0:38:21
49	491	Niall	Dennehy	Male	Sen	Crusaders AC	0:38:26	0:38:22
50	258	Fergus	Murphy	Male	Sen		0:38:31	0:38:28
51	557	Brian	Kearney	male	Sen	SBR	0:38:35	0:38:32
52	470	James	Delaney	Male	Sen	Slaney Olympic AC	0:38:38	0:38:37
53	43	Anthony	Dowd	Male	O40		0:38:39	0:38:36
54	553	Martin	Francis	Male	O50	Bray Runners AC	0:38:40	0:38:39
55	404	Shane	Byrne	Male	Sen		0:38:54	0:38:44
56	365	Billy	Reck	male	O40	Slaney Olympic AC	0:38:57	0:38:54
57	325	John	Browne	Male	O40		0:38:59	0:38:56
58	391	Jason	Kehoe	Male	Sen		0:39:06	0:39:04
59	569	Colin	Tobin	Male	Sen	Gowran AC	0:39:10	0:39:05
60	152	Pat	Hyland	Male	O40	Slaney Olympic AC	0:39:15	0:39:13

61	558	Tiernan	Sludds	Male	Sen		0:39:24	0:39:17
62	474	robert	murphy	Male	Sen	parnell ac	0:39:27	0:39:24
63	271	Ann	Sullivan	Female	O50	DMP	0:39:30	0:39:29
64	595	Pat	Kenny	Male	Sen		0:39:34	0:38:58
65	515	John	Roban	male	O40	Slaney Olympic AC	0:39:38	0:39:36
66	339	Robert	Quinn	Male	O40	Bray Runners	0:39:40	0:39:38
67	171	Brian	Maher	male	Sen	Slaney Olympic AC	0:39:49	0:39:47
68	366	Bobby	Redmond	male	Sen	Slaney Olympic AC	0:39:50	0:39:47
69	509	Richard	Kavanagh	Male	O50	Sli Cualann	0:39:50	0:39:47
70	335	Stephen	Ainsworth	Male	Sen	Menapians AC	0:40:00	0:39:45
71	497	David H	Byrne	male	Sen		0:40:00	0:39:59
72	355	Jonathan	Claridge	Male	O40		0:40:04	0:40:02
73	576	Darren	Gallagher	Male	O40	Parnel AC	0:40:11	0:40:10
74	475	paul	sheehan	Male	O40	St Josephs AC	0:40:18	0:40:11
75	358	Malo	Roban	Male	Sen	Slaney Olympic AC	0:40:19	0:40:17
76	292	emmett	malone	Male	Sen	United Striders AC	0:40:20	0:40:17
77	107	Libor	Ammer	Male	Sen		0:40:28	0:40:22
78	37	Brian	Murphy	Male	Sen	Slaney Olympic AC	0:40:29	0:40:26
79	41	Peter	Ryan	Male	Sen	Slaney Olympic AC	0:40:30	0:40:24
80	546	Alan	Connolly	Male	Sen		0:40:35	0:40:24
81	483	Suzanne	Foot	Female	O40	Sli Cualann	0:40:37	0:40:33
82	176	Matt	Phylan	male	O40	Slaney Olympic AC	0:40:47	0:40:39
83	63	Eoghan	M	Male	Sen		0:40:51	0:40:42
84	334	Garry	Cribbin	Male	Sen	Clane Athletic Club	0:40:52	0:40:46
85	590	Eoin	Keane	Male	Sen	Slaney Olympic AC	0:40:55	0:40:48
86	84	Neil	Hudson	Male	O40	Slaney Olympic AC	0:40:57	0:40:50
87	392	Annaleigh	Hore	Female	Sen	Kilmore AC	0:41:10	0:41:09
88	10	David	Hogan	Male	O40	Kilkenny City Harriers	0:41:11	0:41:09
89	318	Elaine	Conlon	Female	O40	Newbridge AC	0:41:13	0:41:11
90	354	Derek	Malone	Male	O40		0:41:36	0:41:29
91	543	Mick	Nolan	Male	Sen	Slaney Olympic AC	0:41:42	0:41:37
92	600			Male			0:41:50	0:41:47
93	591	Ian	Pierce	Male	Sen		0:41:51	0:41:44
94	314	Richard	Murphy	Male	Sen		0:41:53	0:41:49
95	552	Deirdre	Ni Chearbhaill	female	Sen	Crusaders AC	0:41:54	0:41:52
96	327	Laura	Delaney	Female	O40	St. Laurence O Toole	0:41:55	0:41:51
97	438	declan	hilliard	Male	Sen		0:41:57	0:41:15
98	597	Wayne	Breen	male	Sen		0:42:00	0:41:45
99	109	Sharon	Cleere	Female	Sen		0:42:01	0:41:53
100	541	Paul	Hutton	Male	O40	Racing795	0:42:05	0:42:02
101	239	John	Moorehouse	male	Sen	Slaney Olympic AC	0:42:07	0:41:44
102	549	Michael J	O'Neill	Male	O40	Sli Cualann	0:42:10	0:42:06
103	182	Brendan	Kehoe	Male	O50	SBR	0:42:17	0:42:14
104	457	Sean	Clifford	Male	O60		0:42:22	0:42:18
105	466	Patrick	O' Callaghan	Male	O40	United Striders AC	0:42:24	0:42:19
106	356	Ronan	Reilly	Male	O40		0:42:27	0:42:19
107	131	Cormac	Pettitt	Male	Sen		0:42:31	0:42:24
108	419	Robert	Connerty	Male	Sen		0:42:37	0:42:31
109	349	Noel	Kehoe	Male	Sen	Slaney Olympic AC	0:42:45	0:42:25
110	517	Diarmuid	Potts	Male	O40	Sli Cualann	0:42:52	0:42:48
111	585	Dave	Bolger	Male	O40	Slaney Olympic AC	0:42:56	0:42:51
112	120	Patrick	Ryan	Male	O40		0:42:56	0:42:49
113	581	Cormac	Kane	Male	Sen		0:43:00	0:42:54
114	381	Mark	Mc Grath	Male	Sen		0:43:03	0:42:56
115	562	Paul	Wade	Male	Sen	Wicklow TRI	0:43:06	0:42:53
116	293	Colm	Stafford	Male	O40	United Striders AC	0:43:07	0:43:04
117	165	Alex	Hurley	Male	Sen		0:43:08	0:42:43
118	97	David	O'Neill	Male	O40		0:43:10	0:43:01
119	434	Eoin	Munro	Male	Sen		0:43:11	0:42:59
120	273	Hannah	Nolan	Female	Sen	Sli Cualann	0:43:12	0:43:09
121	79	John	O' Sullivan	Male	O40	Slaney Olympic AC	0:43:13	0:43:05

122	35	Tom	Mc Donald	Male	O40	St Josephs AC	0:43:22	0:43:15
123	487	rocky	mernagh	Male	O40	St Josephs AC	0:43:22	0:43:15
124	86	David	Carley	Male	O40		0:43:23	0:43:06
125	204	Dominic	O BraonÁjin	Male	Sen	Castleiney Kenyans	0:43:25	0:43:22
126	207	Aileen	Hooper	Female	Sen	Raheny Shamrock AC	0:43:25	0:43:13
127	254	Mlck	Long	Male	O40	St. Laurence O Toole	0:43:26	0:43:11
128	190	Albert	Keenan	Male	O60	Newbridge AC	0:43:35	0:43:33
129	295	Louise	Oprea	Female	Sen		0:43:35	0:43:24
130	431	Helen	Ingram	Female	O50		0:43:37	0:43:35
131	288	lillian	lawless	Female	O40	SBR	0:43:50	0:43:46
132	28	Colm	Mulryan	Male	Sen		0:44:00	0:43:52
133	269	James	Nangle	Male	Sen		0:44:08	0:43:56
134	51	Patrick	Brennan	Male	Sen		0:44:09	0:43:53
135	245	GERARD	MURPHY	Male	O40	Slaney Olympic AC	0:44:17	0:44:15
136	247	Murtagh	Brennan	Male	Sen		0:44:19	0:44:16
137	111	Pamela	Kiely	Female	Sen		0:44:23	0:44:14
138	1	John	Redmond	Male	Sen		0:44:33	0:44:07
139	482	niall	corcoran	Male	Sen		0:44:34	0:44:01
140	155	Adrian	Doyle	Male	Sen		0:44:35	0:44:15
141	309	Noelle	Thorpe	Female	O50	Sli Cualann	0:44:35	0:44:31
142	331	Pat	Morrissey	Male	O50		0:44:37	0:44:18
143	90	Andrew	Coghlan	Male	O40		0:44:37	0:44:26
144	121	Anthony	Kennelly	Male	Sen		0:44:38	0:44:21
145	285	val	murray	Male	Sen		0:44:38	0:44:27
146	524	claire	Fowler	Female	O50	Tramore AC	0:44:42	0:44:35
147	233	David	Blake	male	Sen		0:44:42	0:44:36
148	463	Michael	O' Neill	Male	Sen		0:44:51	0:44:43
149	69	Paul	Doyle	Male	Sen		0:44:53	0:44:29
150	180	Elaine	Cardiff	Female	Sen	Kilmore AC	0:44:56	0:44:40
151	47	Noel786	O' Flaherty	Male	Sen		0:45:01	0:44:52
152	547	Jim	Boland	Male	O60		0:45:07	0:45:04
153	445	Ciaran	O Leary	Male	Sen	Sarsfields	0:45:07	0:44:48
154	468	Pat	Foley	Male	O40		0:45:12	0:44:57
155	263	John	Sweeney	Male	Sen		0:45:24	0:45:06
156	250	John	Meagher	Male	Sen	Nenagh Triathlon	0:45:26	0:45:05
157	255	brid	long	Female	O40	St. Laurence O Toole	0:45:33	0:45:18
158	110	Joe	Cleere	Male	Sen		0:45:38	0:45:29
159	78	Paul	Carroll	Male	Sen		0:45:39	0:45:20
160	106	Ian	Kenny	Male	Sen		0:45:40	0:45:25
161	164	Padraig	Cleary	Male	Sen	fit2go carlow	0:45:42	0:45:26
162	172	Maurice	Whitty	male	O40	Slaney Olympic AC	0:45:43	0:45:43
163	448	Brian	O' Donovan	Male	Sen		0:45:45	0:45:28
164	53	Mark	Carroll	Male	Sen		0:45:48	0:45:28
165	321	Gary	Mc Reynolds	Male	Sen		0:45:50	0:45:38
166	262	Brian	O' Gorman	Male	Sen		0:45:53	0:45:36
167	322	Noreen	Doyle	Female	Sen	Fit 2 Go Bootcamp	0:45:58	0:45:45
168	203	eamonn	doyle	Male	Sen	Slaney Olympic AC	0:45:59	0:45:46
169	561	Jessie	O'Connor	Male	Sen	Sacre Coeur Boxing Club	0:46:00	0:45:34
170	488	Seamus	Hughes	Male	O40		0:46:03	0:45:45
171	6	James	Kinsella	Male	Sen		0:46:04	0:45:50
172	351	John	Kent	Male	Sen	United Striders AC	0:46:05	0:45:53
173	29	Andrew	Walsh	Male	Sen		0:46:06	0:45:59
174	135	Jim	Sutton	Male	O50	Slaney Olympic AC	0:46:07	0:45:59
175	99	Anthony	Desmond	Male	O40		0:46:14	0:45:54
176	425	Micheal	Murphy	Male	Sen		0:46:18	0:46:14
177	167	Clodagh	McNulty	female	Sen		0:46:20	0:46:13
178	213	Tommy	James	male	O40		0:46:20	0:46:11
179	113	Alan	Holt	Male	Sen		0:46:25	0:46:07
180	8	Niall	Caesar	Male	Sen		0:46:29	0:46:20
181	73	Tony	O' Neill	Male	O40		0:46:31	0:46:29
182	513	David	O'Connell	male	Sen		0:46:33	0:46:22

183	17	Stephen	Langton	Male	Sen		0:46:36	0:46:02
184	446	Marie	Slattery	Female	Sen	Kilkenny City Harriers	0:46:36	0:46:29
185	544	Micheal	O'Gorman	Male	O50		0:46:36	0:46:31
186	433	michael	thorpe	Male	O40		0:46:40	0:46:36
187	536	Lukasz	Matenko	Male	Sen		0:46:42	0:46:22
188	268	SIOBHAN	O' Shea	Female	O40	Slaney Olympic AC	0:46:44	0:46:36
189	58	Joyce	Harney	Female	Sen		0:46:49	0:46:41
190	302	jacqueline	patrick	Female	O50	Greystones A.C	0:46:49	0:46:45
191	538	Bobby	Conlan	Male	Sen		0:46:57	0:46:57
192	105	Eileen	Hanrick	Female	Sen		0:46:57	0:46:42
193	127	Jonathan	Brady	Male	Sen	Little Dragon	0:47:01	0:46:22
194	512	Thomas	Kehoe	male	Sen		0:47:06	0:46:56
195	406	BRIAN	KAVANAGH	Male	Sen		0:47:08	0:46:56
196	405	stephen	whelan	Male	Sen		0:47:08	0:46:57
197	289	Niamh	O Brien	Female	Sen	Menapians AC	0:47:11	0:46:55
198	386	paul	dempsey	Male	O40		0:47:15	0:47:10
199	317	Keith	Robinson	Male	Sen		0:47:18	0:47:01
200	185	Emer	Carty	Female	Sen	Pulse	0:47:20	0:47:12
201	428	Seamus	Comerford	Male	Sen		0:47:20	0:46:57
202	256	James	O' Rourke	Male	O50	St. Laurence O Toole	0:47:21	0:47:05
203	12	Jean	Mc Namara	Female	Sen	st josephs fit 4 life	0:47:22	0:47:16
204	380	Peter	Daniel	Male	Sen		0:47:23	0:46:59
205	464	Colm	Gleeson	Male	Sen	Killurin	0:47:23	0:47:02
206	535	Andy	Maher	Male	Sen		0:47:28	0:47:20
207	568	Noel	Molloy	Male	O50		0:47:32	0:47:28
208	396	john	gethings	Male	Sen		0:47:33	0:47:14
209	424	Adrian	Campbell	Male	Sen	Sarsfields GFC	0:47:34	0:47:04
210	596	Paul	Foley	male	O50	Kilmore	0:47:35	0:47:17
211	393	andy	o keeffe	Male	Sen	Kilkenny City Harriers	0:47:35	0:47:13
212	420	Leanne	Geraghty	Female	Sen		0:47:36	0:47:32
213	516	Dermot	Deegan	Male	Sen		0:47:37	0:47:31
214	14	Michael	Shortland	Male	Sen		0:47:37	0:47:13
215	593	Sean	Byrne	Male	Sen		0:47:38	0:47:09
216	16	Marti	Rudd	Female	Sen		0:47:38	0:47:36
217	238	Sabina	Sweeney	female	O40	Slaney Olympic AC	0:47:38	0:47:22
218	357	james	bolger	Male	Sen		0:47:40	0:47:13
219	462	Emer	Rattigan	Female	Sen		0:47:42	0:47:25
220	100	Derek	Monaghan	Male	O40		0:47:43	0:47:22
221	348	Colm	Kenny	Male	Sen		0:47:50	0:47:27
222	397	kevin	cuddy	Male	O50	Tinryland AC	0:48:01	0:47:46
223	435	Peter	Clark	Male	Sen		0:48:04	0:47:34
224	22	David	Roxburgh	Male	O40		0:48:12	0:47:42
225	197	martin	carroll	Male	Sen	Menapians AC	0:48:13	0:47:56
226	196	Daniel	Brennan	Male	Sen	Inbhear Dee	0:48:14	0:48:11
227	342	claire	gibbons	Female	Sen	SBR	0:48:20	0:48:11
228	304	Sandra	Prendergast	Female	Sen		0:48:28	0:48:15
229	45	Aine	Murphy	Female	Sen		0:48:33	0:48:02
230	551	Derek	Livingstone	Male	Sen		0:48:37	0:48:23
231	486	Edward	Walker	Male	Sen	tinahely tri club	0:48:38	0:48:32
232	19	Donal	Connaughton	Male	O40		0:48:42	0:48:11
233	283	Pat	Bolger	Male	O40		0:48:43	0:48:26
234	108	Patrick	Edwards	Male	Sen		0:48:45	0:48:21
235	320	Ralph	Kinch	Male	O40		0:48:48	0:48:38
236	313	Karen	Murphy	Female	Sen		0:48:50	0:48:41
237	299	Sinead	Foley	Female	Sen	Athy tri club	0:48:53	0:48:34
238	347	grainne	cunningham	Female	O40	Bray Runners	0:48:54	0:48:50
239	174	Mag	Dunphy	female	O50	Slaney Olympic AC	0:48:56	0:48:50
240	542	Karen	Martin	Female	Sen		0:48:59	0:48:43
241	444	Declan	Furlong	Male	O40		0:49:06	0:48:42
242	161	chris	Mc Namara	Male	Sen	St Josephs AC	0:49:15	0:49:09
243	98	Gary	Doyle	Male	Sen		0:49:20	0:49:07

244	426	Liam	Murphy	Male	Sen		0:49:27	0:49:22
245	330	Padraig	Cunniffe	Male	O40		0:49:28	0:48:58
246	452	Gert	Meoste	Male	Sen		0:49:30	0:49:20
247	310	Janice	Byrne	Female	Sen	Fit 2 Go Bootcamp	0:49:34	0:49:05
248	369	Marie	Chapman	female	O40	Slaney Olympic AC	0:49:35	0:49:21
249	324	Eddie	Kenny	Male	Sen		0:49:53	0:49:48
250	594	Pat	Hennessey	Male	O40		0:49:54	0:49:42
251	240	Kelly	Long	female	Sen	Slaney Olympic AC	0:49:54	0:49:37
252	315	Deborah	Collier	Female	Sen	St. Laurence O Toole	0:49:59	0:49:43
253	537	Diane	Jordan	Female	Sen		0:50:01	0:49:47
254	453	John	Burke-O'Leary	male	O50	Slaney Olympic AC	0:50:09	0:49:49
255	399	Declan	Cusack	Male	Sen		0:50:10	0:50:00
256	153	Bernard	Byrne	Male	O50		0:50:11	0:49:38
257	11	Louise	Nolan	Female	Sen	Slaney Olympic AC	0:50:12	0:50:06
258	443	Mairead	Lacey	Female	Sen	Fit4Life Kilkenny	0:50:16	0:50:07
259	383	Gary	O Dwyer	Male	Sen	Kilkenny City Harriers	0:50:17	0:50:08
260	170	Jason	Dunne	male	Sen	Slaney Olympic AC	0:50:19	0:50:06
261	303	Jean	Mernagh	Female	O40		0:50:21	0:50:06
262	5	Denise	Kinsella	Female	Sen		0:50:26	0:50:11
263	372	Michelle	Doyle	female	Sen	Slaney Olympic AC	0:50:27	0:50:07
264	44	Mandy	Byrne	Female	O50	fit2go carlow	0:50:28	0:49:58
265	627						0:50:54	0:50:50
266	83	Tommy	Burke	Male	Sen		0:50:55	0:50:22
267	178	Bernie	Millar	female	O50	Slaney Olympic AC	0:50:58	0:50:39
268	189	Peter	Brennan	Male	Sen		0:50:58	0:50:34
269	117	Alan	Corrigan	Male	Sen	fit2go carlow	0:50:59	0:50:26
270	626			Male			0:51:05	0:50:55
271	280	john	o toole	Male	Sen		0:51:09	0:50:35
272	412	Mark	Butler	male	O40		0:51:15	0:51:11
273	534	Florrie	Swords	Female	O40		0:51:16	0:51:03
274	52	Patrick	Rowsome	Male	Sen		0:51:16	0:50:42
275	422	pawel	jarema	Male	Sen		0:51:16	0:50:58
276	96	Oimo	Rebane	Female	Sen		0:51:18	0:51:08
277	42	Vincent	Byrne	Male	O40		0:51:23	0:50:57
278	333	shauna	deane	Female	Sen	Slaney Olympic AC	0:51:23	0:51:10
279	212	Anne	Allen	female	O40		0:51:25	0:51:21
280	390	Mary	Tallon	Female	Sen		0:51:44	0:51:30
281	132	Paul	Bridges	Male	O40		0:51:47	0:51:26
282	55	Brian	Gleeson	Male	Sen		0:51:49	0:51:28
283	362	james	o keeffe	Male	Sen		0:51:50	0:51:27
284	112	John	Ryan	Male	Sen		0:51:50	0:51:41
285	550	David	Brady	Male	O60	Raheny Shamrocks AC	0:51:50	0:51:38
286	493	Dermot	Hynes	Male	O40		0:51:52	0:51:25
287	206	Chris	O' Sullivan	Male	Sen		0:51:54	0:51:39
288	129	Gerry	Moran	Male	O40	st killians	0:51:55	0:51:47
289	181	Eilish	Kehoe	Female	O40	SBR	0:52:03	0:51:53
290	394	Mary	Kennedy	Female	Sec		0:52:10	0:52:00
291	442	Patricia	O Brien McCord	Female	Sen	St Abbans	0:52:11	0:51:56
292	198	Sean	Murphy	Male	Sen		0:52:12	0:51:52
293	259	james	dempsey	Male	Sen		0:52:13	0:51:45
294	496	Billy	Harpur	male	O60	SBR	0:52:16	0:52:10
295	582	James	Flynn	Male	Sen	My Sport	0:52:17	0:52:00
296	7	Paul	Askins	Male	Sen	Dooneen AC	0:52:18	0:51:40
297	77	Anna	Monahan	Female	Sen		0:52:19	0:52:02
298	85	Maire	Browne Carley	Female	Sen		0:52:20	0:52:04
299	439	Bernie	Shaw	Female	Sen	Fit2go bootcamp carlow	0:52:24	0:52:24
300	505	Niamh	Carroll	Female	Sen	Kilkenny City Harriers	0:52:32	0:52:23
301	522	Cormac	Kelly	Male	Sen		0:52:41	0:52:16
302	485	Martin	Jeffers	Male	Sen		0:52:41	0:52:16
303	298	kieran	twomey	Male	O40		0:52:42	0:52:28
304	533	mag	balfe	Female	Sen		0:52:45	0:52:28

305	403	Conor	Sweeney	Male	Sen	Fit2Go Bootcamp	0:53:09	0:52:38
306	133	Toni Louise	Murphy	Female	Sen		0:53:09	0:52:49
307	554	Brian	Byrne	male	Sen		0:53:09	0:52:35
308	199	Samantha	Mevlit	Female	Sen		0:53:14	0:53:08
309	495	Ann	Butler	female	Sen		0:53:25	0:53:19
310	408	Trevor	Swaine	male	Sen		0:53:27	0:53:02
311	246	Alison	Murphy	Female	O40	United Striders AC	0:53:35	0:53:30
312	409	Ray	Hutchinson	male	O40		0:53:35	0:53:09
313	410	Mike	Roche	male	O40		0:53:35	0:53:09
314	353	Jimmy	Hutton	Male	Sen		0:53:38	0:53:03
315	266	john	culletoj	Male	Sen		0:53:43	0:53:12
316	284	noreen	gorman	Female	O40		0:53:45	0:53:31
317	237	Annis	Kehoe	female	O50	Slaney Olympic AC	0:53:47	0:53:27
318	93	Nalini	Ambiavagar	Female	O50		0:53:49	0:53:29
319	571	Michael	Kehoe	Male	O50		0:53:50	0:53:10
320	379	Rita	Murphy	Female	Sen		0:53:51	0:53:36
321	136	Julie Tolchard	Dunne	Female	Sen		0:53:56	0:53:52
322	91	Sean	Sheil	Male	O40		0:53:56	0:53:35
323	361	grainne	o keeffe	Female	Sen	fit for life kilkenny	0:53:57	0:53:34
324	447	Catherine	O Connor	Female	Sen		0:54:00	0:53:23
325	56	Jonathan	Good	Male	Sen		0:54:01	0:53:37
326	49	Jennifer	Counter	Female	Sen		0:54:02	0:53:43
327	149	Conor	Kirwan	Male	Sen		0:54:06	0:53:26
328	308	Rachel	Lawler	Female	Sen	Fit to Go	0:54:16	0:53:43
329	395	anna	gethings	Female	Sen		0:54:16	0:53:57
330	508	Martina	Behan	Female	Sen		0:54:22	0:54:16
331	274	Janet	Farrell	Female	Sen		0:54:24	0:53:48
332	275	Stephen	Farrell	Male	Sen		0:54:25	0:53:49
333	137	Tommy	O'Leary	Male	Sen		0:54:28	0:54:05
334	301	Sean	Byrne	Male	O40		0:54:33	0:54:04
335	279	Paudie	Berry	Male	O40		0:54:33	0:54:04
336	297	Stephanie	Mc Kenna	Female	Sen	Slaney Olympic AC	0:54:34	0:54:19
337	291	Tracy	Kavanagh	Female	Sen	Slaney Olympic AC	0:54:34	0:54:19
338	46	Siobhan	O' Leary	Female	Sen		0:54:38	0:54:30
339	514	Katherine	Miller	female	O40		0:54:44	0:54:34
340	150	Thelma	Dunne	Female	Sen		0:54:49	0:54:30
341	210	Ilona	Madden	female	O40	Kilcoole AC	0:54:50	0:54:36
342	566	Mark	Curran	Male	Sen		0:54:52	0:54:30
343	567	Brian	Deering	Male	O40		0:54:53	0:54:31
344	270	tommy	keating	Male	O40	Fit2go bootcamp carlow	0:54:54	0:54:20
345	373	Alex	Zinukov	male	O40		0:55:01	0:54:17
346	628						0:55:03	0:54:23
347	201	Gerry	Coleman	Male	O40		0:55:07	0:54:27
348	195	Cormac	O' Boyle	Male	O40		0:55:07	0:54:27
349	345	margaret	sludds	Female	O40		0:55:11	0:54:54
350	319	michelle	connelly	Female	Sen		0:55:12	0:54:45
351	260	Ciara	Murphy	Female	Sen		0:55:13	0:54:44
352	101	Bernadette	Lynch	Female	Sen		0:55:23	0:54:41
353	578	Anne	Butler	Female	Sen	St. Laurence O Toole	0:55:26	0:55:26
354	307	Gillian	Power	Female	Sen		0:55:32	0:54:55
355	387	karen	foley	Female	Sen		0:55:34	0:55:13
356	539	joyce	varley	Female	Sen		0:55:50	0:55:50
357	202	Catherine	Hayes	Female	Sen		0:55:55	0:55:26
358	76	Tony	Cleary	Male	Sen		0:55:57	0:55:11
359	118	Clodagh	Connolly	Male	Sen		0:56:05	0:55:30
360	74	Marie	Doyle	Female	Sen		0:56:14	0:55:34
361	477	Maureen	Costello	Female	O40	Into Fitness	0:56:21	0:56:02
362	555	Lisa	Murphy	female	Sen	SBR	0:56:23	0:56:13
363	437	Emma	Morris	Female	Sen	SBR	0:56:23	0:56:13
364	336	Ellen	O' Connor	Female	Sen		0:56:23	0:56:12
365	417	Ailish	Ivanoff	Female	O40		0:56:23	0:56:11

366	265	Jane	Redmond	Female	Sen		0:56:24	0:55:53
367	367	John	Chapman	male	O40	Slaney Olympic AC	0:56:24	0:55:53
368	236	Danielle	Kearns	female	Sen	Slaney Olympic AC	0:56:36	0:56:05
369	384	Annette	Reck	Female	O40	SBR	0:56:37	0:56:27
370	251	Ruth	Grogan	Female	Sen	Fit2Go Bootcamp	0:57:08	0:56:35
371	525	Fionnuala	Cosgrave	Female	Sen		0:57:10	0:56:59
372	88	Aine	Cullen	Female	Sen	United Striders AC	0:57:23	0:57:17
373	122	Trish	Bolger	Female	O40		0:57:26	0:56:59
374	142	Simon	Griffiths	Male	Sen		0:57:29	0:57:08
375	374	Sandra	Young	Female	Sen		0:57:29	0:57:29
376	217	Sarah	Whelan	female	Sen		0:57:34	0:57:12
377	459	Brian	Murphy	Male	Sen		0:57:39	0:57:14
378	24	Angela	Brennan	Female	O40		0:57:40	0:56:59
379	60	Jennie	Sweeney	Female	Sen		0:57:41	0:57:05
380	282	John	Redmond	Male	Sen		0:57:43	0:57:05
381	166	John	Cahill	Male	Sen		0:57:53	0:57:27
382	402	Helen	Kealy	Female	Sen	Fit2Go Bootcamp	0:57:56	0:57:24
383	421	PAUL	O ROURKE	Male	O40		0:57:58	0:57:20
384	145	Jennifer	O' Connor	Female	Sen		0:58:04	0:57:54
385	147	Julie	Fox	Female	Sen		0:58:04	0:57:54
386	2	Karen	Walsh	Female	Sen		0:58:04	0:57:22
387	33	Patrick	Tull	Male	O40		0:58:06	0:57:28
388	253	susan	DEMPSEY	Female	Sen		0:58:13	0:57:44
389	400	STEPHANIE	Hipwell	Female	Sen		0:58:18	0:58:04
390	506	Ailbhe	Tierney	Female	Sen		0:58:21	0:58:09
391	92	Mick	Gahan	Male	Sen		0:58:24	0:57:49
392	583	Siobhán	Doyle	Female	O50	Menapians	0:58:31	0:58:17
393	141	Sinead	Doyle	Female	Sen	fit2go carlow	0:58:33	0:58:17
394	27	Kate	Mc Swiney	Female	Sen		0:58:34	0:58:17
395	211	Elizabeth	Kelly	female	Sen	SBR	0:58:35	0:58:25
396	261	Gemma	Quinn	Female	Sen		0:58:40	0:58:08
397	577	Gerard W	Guerin	Male	O40	Fit to Go - Carlow	0:58:41	0:58:07
398	200	Sharon	Mc Guinness	Female	Sen		0:58:42	0:58:37
399	465	Shelley	Brennan	Female	Sen	Fit to Go	0:58:43	0:58:08
400	350	Edwina	Kelly	Female	Sen		0:58:43	0:58:11
401	451	Aaron	O' Neill	Male	U19		0:58:44	0:58:13
402	450	Fergal	O' Neill	Male	O40		0:58:46	0:58:16
403	184	Denise	Noonan	Female	O40		0:58:47	0:58:10
404	267	Caroline	Drew	Female	Sen		0:58:51	0:58:21
405	278	tricia	moore	Female	Sen	Fit2Go Bootcamp	0:58:54	0:58:23
406	146	Annette	Guinan	Female	Sen	SBR	0:58:55	0:58:46
407	116	Breda Majella	Byrne	Female	Sen		0:58:56	0:58:44
408	205	Tasha	O' Sullivan	Female	Sen		0:58:56	0:58:41
409	208	Joe	Dunny	Male	Sen	Fit2Go Bootcamp	0:58:57	0:58:23
410	31	James	Byrne	Male	Sen		0:58:57	0:58:35
411	30	Anna	Kavanagh	Female	O40		0:58:57	0:58:35
412	572	Áine	Cosgrave	Female	Sen		0:59:01	0:58:50
413	272	mary	keating	Female	O40	Fit2go bootcamp carlow	0:59:06	0:58:35
414	57	Annette	Soraine	Female	Sen		0:59:12	0:58:36
415	39	Teresa	Mc Nally	Female	O40	Little Dragon	0:59:14	0:58:35
416	13	Anna	O' Dwyer	Female	O40	St Josephs AC	0:59:23	0:59:17
417	294	Aoife	Warren	Female	Sen		0:59:27	0:58:59
418	376	ruth	garahy	Female	Sen		0:59:27	0:58:59
419	418	Caroline	Gahan	Female	Sen		0:59:35	0:59:20
420	526	Joan	Doyle	Female	O40		0:59:35	0:59:26
421	32	Karen	Tull	Female	O40		0:59:38	0:59:00
422	316	lorraine	frayne	Female	Sen	Whitford Run4Fun	0:59:40	0:59:17
423	494	tim	daly	Male	Sen		0:59:40	0:59:09
424	588	William	Houlihan	Male	O60		0:59:42	0:59:29
425	114	siobhan	mullally	Female	Sen	St Josephs AC	0:59:44	0:59:36
426	532	Greta	Roberts-Tyrrell	Female	Sen	Slaney Olympic AC	0:59:46	0:59:11

427	48	Stella	Sheehan	Female	O40	St Josephs AC	0:59:48	0:59:42
428	244	Abdullah	Biyikli	male	Sen		0:59:58	0:59:36
429	115	adrienne	flynn	Female	O50	St Josephs AC	0:59:59	0:59:52
430	520	Vera	Power	Female	Sen		1:00:00	0:59:37
431	144	Paul	Meyler	Male	O40		1:00:24	0:59:56
432	34	Helen	Mc Donald	Female	O40	St Josephs AC	1:00:28	1:00:22
433	352	Clare	O' Dowd	Female	Sen		1:00:31	1:00:19
434	490	michelle	laffan	Female	Sen		1:00:32	1:00:03
435	510	marian	morrissey	Female	O40		1:00:52	1:00:15
436	191	Mary	Hipwell	Female	Sen		1:00:53	1:00:39
437	360	Rosemarie	Breen	Female	Sen	Little Dragon	1:00:57	1:00:18
438	528	Chris	Lavery	male	Sen		1:00:58	1:00:16
439	455	Kay	Herlihy	female	O40		1:01:05	1:00:43
440	232	Elvina	Rothwell	female	Sen		1:01:15	1:00:50
441	231	James	Mullane	male	Sen		1:01:15	1:00:50
442	389	Una	ODowd	Female	Sen	Whitford Run4Fun	1:01:17	1:01:05
443	59	Beryl	Power	Female	O40	SBR	1:01:22	1:01:09
444	249	Mary	Donnellan	Female	Sen	Nenagh Triathlon	1:01:59	1:01:37
445	323	Mary	Moore	Female	O50		1:02:07	1:01:44
446	125	christine	Mc Cann	Female	O50		1:02:08	1:01:49
447	148	Jim	Kirwan	Male	O60		1:02:37	1:01:57
448	504	Bernie	Enright	Female	O50		1:02:42	1:02:10
449	476	Catherine	Alcock	Female	O40	Fit to Go	1:02:43	1:02:10
450	531	Lisa	Chigara	Female	Sen		1:02:43	1:02:06
451	229	Nigel	Rothwell	male	Sen		1:02:45	1:02:23
452	548	Emma	Dolan	Female	Sen		1:02:51	1:02:15
453	458	Noel	Duffy	Male	O50	Dunboyne a/c	1:03:26	1:03:13
454	221	Linda	Kenny	female	Sen		1:04:06	1:03:42
455	222	Niamh	O'Connor	female	Sen		1:04:06	1:03:43
456	371	Andy	Staff	male	Sen	Slaney Olympic AC	1:04:10	1:03:27
457	570	Michael	Kehoe	Male	Sen		1:04:17	1:03:37
458	18	Ita	Rowsome	Female	Sen		1:04:21	1:03:47
459	423	Des	Killeen	Male	O60		1:04:33	1:04:08
460	592	Margaret	O'Connor	female	O40	Slaney Olympic AC	1:04:43	1:04:22
461	328	Lorraine	Broderick	Female	Sen	Fit2Go Bootcamp	1:04:56	1:04:22
462	230	Isobel	Rothwell	female	Sen		1:04:57	1:04:33
463	332	Diana	Morrissey	Female	Sen		1:04:57	1:04:24
464	138	Georgina	O' Leary	Female	Sen		1:05:01	1:04:37
465	473	Julie	Mc Loughlin	Female	O40		1:05:09	1:04:41
466	38	Jessica	Kickham	Female	Sen	Little Dragon	1:05:25	1:04:46
467	503	John	Kickham	Male	O50		1:06:02	1:05:23
468	15	Sandra	Greville	Female	Sen		1:06:05	1:05:29
469	193	denise	cox	Female	O50		1:06:10	1:05:44
470	187	aideen	flood	Female	O40		1:06:14	1:05:42
471	518	Catherine	Mulhall	Female	Sen		1:06:57	1:06:45
472	102	Elaine	Murphy	Female	Sen		1:06:57	1:06:24
473	103	Una	Timmons	Female	O40		1:06:57	1:06:24
474	158	Gerry	Fogarty	Male	O60		1:07:00	1:06:52
475	21	Deirdre	Mc Carthy	Female	O40	Coral Runners Arklow	1:07:34	1:07:14
476	68	Sandra	O' Reilly	Female	Sen		1:07:38	1:07:03
477	264	Natalie	Dowling	Female	O40	Fit to Go	1:08:03	1:07:47
478	242	Joanne	Maher	female	Sen		1:08:55	1:08:19
479	243	Alan	Wilson	male	O40		1:08:55	1:08:19
480	286	Amy	Roberts	Female	Sen		1:08:57	1:08:22
481	467	Chris	O' Toole	Female	O40		1:09:02	1:08:26
482	401	marie	moore	Female	O40		1:09:03	1:08:27
483	151	Sarah	Reidy	Female	Sen		1:09:46	1:09:40
484	575	Ášna	NicGiolla Choille	Female	O50		1:09:56	1:09:19
485	481	Lize	Human	Female	O40		1:10:06	1:09:46
486	527	Paula	Lynch	female	Sen		1:10:07	1:09:24
487	584	Richie	Murphy	Male	O60		1:10:09	1:10:05



488	427	Orla	Kirwan	Female	Sen		1:10:15	1:10:04
489	66	Fionnuala	Gardiner	Female	Sen		1:10:17	1:09:42
490	234	Des	Carroll	male	Sen		1:10:20	1:09:35
491	385	Aine	Brophy	Female	Sen		1:10:23	1:10:11
492	209	John	Forde	Male	O40		1:10:26	1:09:56
493	599	Susan	Healy	female	Sen		1:10:41	1:10:03
494	72	Aideen	O' Connor	Female	Sen	Little Dragon	1:10:42	1:10:03
495	287	Mags	Enright	Female	Sen		1:11:21	1:10:46
496	248	Theresag	Brennan	Female	Sen		1:11:25	1:10:47
497	579	Jim	Furlong	Male	O50		1:11:43	1:11:14
498	580	Rebecca	Furlong	Female	U19		1:11:43	1:11:14
499	429	Deirdre	Gorman	Female	Sen		1:12:06	1:11:43
500	123	Bridin	Caffrey	Female	Sen		1:13:20	1:12:53
501	305	Anna	Twomey	Female	Sen		1:13:25	1:13:13
502	440	Trevor	Kavanagh	Male	Sen		1:13:37	1:13:14
503	565	Mary	Nolan	Female	O50		1:15:10	1:14:47
504	478	josette	ryan	Female	O40		1:15:56	1:15:38
505	218	Kari Ann	Greene	female	Sen		1:16:00	1:15:34
506	454	Joan	Dunne	female	O40		1:16:27	1:16:27
507	3	Michelle	Coleman	Female	Sen		1:16:51	1:16:08
508	441	Pauline	Byrne	Female	Sen		1:17:07	1:16:45
509	398	Colm	Mc Aree	Male	O60		1:17:24	1:17:23
510	530	Caroline	O'Reilly	Female	Sen		1:18:51	1:18:18
511	130	Mairead	Parsons	Female	Sen		1:20:59	1:20:40
512	560	Seamus	Connolly	Male	O60		1:21:25	1:20:58
513	364	Breda	Keyes	female	O40	Little Dragon	1:22:00	1:21:13
514	312	Sinead	Hanrahan	Female	Sen		1:22:57	1:22:28
515	340	Hilary	Mullen	Female	O40		1:22:59	1:22:30
516	235	Jane	Carroll	female	Sen		1:23:12	1:22:26
517	177	Joe	Millar	male	O50	Slaney Olympic AC	1:23:22	1:23:22
518	587	Aoife	Donohoe	Female	Sen		1:24:14	1:23:42
519	94	Elizabeth	O' Brien	Female	Sen		1:24:35	1:24:17
520	95	Mary	O' Shea	Female	O40		1:24:36	1:24:17
521	89	Kathleen	Walsh	Female	O70		1:25:18	1:25:13
522	143	John	Ryan	Male	O40		1:26:56	1:26:35
523	223	Joan	Lawlor	female	O50		1:26:56	1:26:28
524	574	Gráinne	McGuckin	Female	O50		1:27:02	1:26:24
525	370	Breda	Banville	female	O50		1:27:15	1:26:32
526	507	Mary	Nolan	Female	O50		1:27:20	1:26:37
527	499	Mag	Fitzgerald	female	Sen		1:30:05	1:30:05
528	500	Marie	Fitzgerald	female	O40		1:30:05	1:29:20
529	498	Julia	Kelly	female	Sen		1:30:07	1:29:21
530	220	Lucy	Hall (O'Brien)	female	Sen		1:31:21	1:30:55
531	216	Lynsey	Walsh	female	Sen		1:31:21	1:30:55
532	175	Joan	Hipwell	female	Sen		1:32:01	1:31:47
533	40	Karen	Curran	Female	Sen	Little Dragon	1:34:16	1:33:37
534	9	Brendan	Moulds	Male	Sen	Little Dragon	1:34:16	1:33:36
535	225	Aine	Boswwarthack	female	O50		1:34:32	1:34:04
536	219	Mary	Greene	female	O50		1:34:33	1:34:05
537	559	Donal	Parsons	Male	Sen		1:35:28	1:35:09
538	227	Janet	Cooney	female	Sen		1:37:44	1:37:16
539	215	Suzanne	Quigley	female	Sen		1:37:44	1:37:17
540	226	Lisa	Donohue	female	Sen		1:42:33	1:42:05
541	224	Grainne	Donaghy	female	O40		1:53:17	1:52:51
	589	Catherine	Ronan	Female	O40	Striders	NTT	NTT