

Place	Bib	Ti Number	Name	Surname	Sex	Club	Run 1	Rank	Cycle	Rank	Run 2	Rank	Total
1	374	10028408	stephen	donnely	male		0:15:11	(1)	0:34:17	(1)	0:16:12	(2)	1:05:40
2	367		Rob	Lennon	male		0:15:13	(3)	0:36:20	(3)	0:15:39	(1)	1:07:12
3	339	10015879	Jonathan	Maguire	male	Piranha TC	0:15:15	(4)	0:36:07	(2)	0:16:32	(5)	1:07:54
4	324	10015447	Ger	Griffin	male	Kilkenny TC	0:16:12	(8)	0:37:43	(5)	0:17:37	(10)	1:11:32
5	376		TJ	McHugh	male		0:15:11	(2)	0:40:29	(14)	0:16:23	(3)	1:12:03
6	350	10000361	Morgan	McHugh	male	Galway TC	0:16:24	(11)	0:37:34	(4)	0:18:35	(18)	1:12:33
7	301	10015419	Alasdair	Conway	male		0:16:03	(5)	0:39:33	(10)	0:17:08	(6)	1:12:44
8	392		David	Delaney	male		0:16:15	(9)	0:39:15	(7)	0:17:30	(8)	1:13:01
9	361	10027494	Paul	Joyce	male	Tri Lakes TC	0:16:56	(13)	0:38:09	(6)	0:18:36	(19)	1:13:41
10	366	10013210	Richard	Ashe	male		0:16:08	(7)	0:40:33	(15)	0:17:13	(7)	1:13:53
11	395		Dermot	O'Connor	male		0:17:23	(20)	0:39:33	(9)	0:17:39	(11)	1:14:35
12	386		Padraig	Forde	Relay		0:17:11	(19)	0:39:24	(8)	0:18:07	(15)	1:14:42
13	344	10027414	Kilian	Dooley	male		0:17:01	(16)	0:41:24	(22)	0:16:28	(4)	1:14:53
14	378	10016785	Tommy	Carton	male	Tri Lakes TC	0:16:45	(12)	0:41:08	(20)	0:18:01	(13)	1:15:53
15	393	317	eamonn	lyons	male		0:17:00	(15)	0:40:56	(18)	0:18:03	(14)	1:15:59
16	337	10013140	John	stapleton	male	Tri Lakes TC	0:17:31	(22)	0:40:02	(13)	0:18:31	(17)	1:16:04
17	318	10020218	Enda	Gannon	male	Tri sport TC	0:17:03	(18)	0:40:33	(16)	0:18:37	(20)	1:16:12
18	322		Gary	Collins	male	Cunga TC	0:17:31	(23)	0:40:02	(12)	0:19:10	(25)	1:16:43
19	375	10036133	Terry	Costello	male	Tri Lakes TC	0:17:30	(21)	0:41:20	(21)	0:18:56	(22)	1:17:46
20	396		David	Stephens	male		0:17:58	(29)	0:39:40	(11)	0:20:20	(35)	1:17:58
21	325		Ger	Henehan	male	Tri Lakes TC	0:17:41	(26)	0:41:39	(25)	0:18:54	(21)	1:18:14
22	306	10036085	Catherine	Conway	female	Tri Lakes TC	0:16:23	(10)	0:44:10	(44)	0:17:45	(12)	1:18:18
23	335	10013671	John	Killilea	male	Tri Lakes TC	0:18:08	(31)	0:40:46	(17)	0:19:54	(33)	1:18:47
24	368		Peter	HIGGINS	male		0:16:59	(14)	0:42:25	(28)	0:19:26	(29)	1:18:50
25	390		Eugene	Hardiman	male		0:17:02	(17)	0:42:29	(30)	0:19:21	(28)	1:18:52
26	328	10027973	helen	corbett	female	Galway TC	0:16:04	(6)	0:45:22	(50)	0:17:33	(9)	1:18:59
27	307	10027197	Colin	Lee	male	Tri Lakes TC	0:17:39	(24)	0:42:33	(31)	0:19:19	(27)	1:19:31
28	320		Fred	Lacroix	male		0:18:12	(32)	0:43:13	(38)	0:19:07	(24)	1:20:32
29	304	10010511	Bernard	McLoughlim	male	Galway TC	0:17:47	(27)	0:41:35	(24)	0:21:31	(49)	1:20:53
30	329		Jason	Harty	male	Tri Lakes TC	0:18:43	(37)	0:42:18	(27)	0:20:11	(34)	1:21:12
31	323		gavin	lennon	male		0:17:57	(28)	0:44:35	(46)	0:19:12	(26)	1:21:44
32	343	10031555	Kevin	Bacchus	male		0:18:34	(35)	0:44:16	(45)	0:19:02	(23)	1:21:52
33	330	10038154	Jim	Shaughnessy	male		0:19:09	(47)	0:42:25	(29)	0:20:21	(36)	1:21:55
34	397		Deirdre	Lee	female		0:18:44	(38)	0:42:47	(33)	0:20:34	(37)	1:22:04
35	382		Karl	Powderly	male		0:19:22	(50)	0:40:58	(19)	0:22:29	(58)	1:22:49
36	383		Celia	Davin	female		0:18:57	(44)	0:43:18	(40)	0:20:39	(38)	1:22:53
37	336		John	Boner	male		0:18:54	(43)	0:43:14	(39)	0:20:56	(40)	1:23:04
38	356	10038886	Padraic	O'Dea	male	Tri Lakes TC	0:18:58	(45)	0:43:00	(35)	0:21:10	(45)	1:23:07
39	394		Brian	Golden	male		0:18:30	(34)	0:43:05	(36)	0:22:20	(56)	1:23:56
40	319		Francis	Higgins	male		0:18:52	(41)	0:45:51	(51)	0:19:34	(30)	1:24:17
41	384		Miriam	Wall	female		0:20:18	(55)	0:43:10	(37)	0:21:01	(43)	1:24:29
42	309	10039110	Daithi	Kilgarriff	male		0:18:19	(33)	0:45:12	(49)	0:21:00	(41)	1:24:30
43	388		Ruairi	Connelly	male		0:18:59	(46)	0:42:45	(32)	0:23:01	(66)	1:24:44
44	365	10036101	Peter	Mannion	male	Tri Lakes TC	0:17:39	(25)	0:49:10	(66)	0:18:19	(16)	1:25:08
45	364	10016907	Peter	Dooley	male	Tri Lakes TC	0:19:46	(53)	0:43:48	(43)	0:21:36	(52)	1:25:10
46	348		matt	donnellon	male		0:19:35	(52)	0:44:37	(47)	0:21:07	(44)	1:25:19
47	332		joe	moran	male		0:20:25	(59)	0:41:31	(23)	0:24:06	(76)	1:26:03
48	351		Murt	Cooney	male		0:20:19	(57)	0:43:34	(41)	0:22:17	(55)	1:26:10
49	353	10011689	Neasa	Canavan	female	Tri Lakes TC	0:18:45	(39)	0:46:08	(54)	0:21:21	(47)	1:26:14
50	363	10018578	Pete	Ray	male	Galway TC	0:21:11	(70)	0:41:52	(26)	0:23:29	(69)	1:26:32
51	373	10025398	stephen	Brady	male	Tri Lakes TC	0:18:51	(40)	0:48:00	(62)	0:19:50	(32)	1:26:42
52	326	10005277	Gerard	Reid	male	Tri Lakes TC	0:18:42	(36)	0:47:06	(60)	0:21:00	(42)	1:26:48
53	352	10027708	MURT	FALLON	male		0:18:00	(30)	0:49:13	(67)	0:19:48	(31)	1:27:01
54	338	10004155	john	mongan	male	Tri Lakes TC	0:21:11	(69)	0:43:44	(42)	0:22:30	(59)	1:27:24
55	357	10037311	Pat	Reilly	male		0:20:05	(54)	0:45:00	(48)	0:22:22	(57)	1:27:27
56	389		Ruth	Waldron	female		0:19:17	(49)	0:47:29	(61)	0:20:47	(39)	1:27:33
57	347		Liam	Ryan	male		0:21:14	(72)	0:42:56	(34)	0:24:01	(74)	1:28:11
58	354	10028060	Nicola	Forde	female	Liquid Motion TC	0:20:28	(61)	0:46:34	(57)	0:21:28	(48)	1:28:30
59	369		Sean	Noone	male		0:18:52	(42)	0:48:28	(65)	0:21:21	(46)	1:28:41
60	349	10017151	monica	forde	female	Liquid Motion TC	0:20:30	(62)	0:46:54	(59)	0:21:35	(51)	1:28:59
61	380	10037324	William	Rymer	male	Nenagh TC	0:20:33	(63)	0:46:06	(52)	0:22:58	(65)	1:29:37
62	311	10029388	David	Brennan	male	Galway TC	0:20:18	(56)	0:46:47	(58)	0:23:05	(68)	1:30:10
63	387		Albert	Connor	male		0:21:02	(67)	0:46:15	(55)	0:23:45	(72)	1:31:02
64	341		kevin	brennan	male		0:20:53	(66)	0:48:21	(64)	0:21:51	(53)	1:31:04
65	316		dylan	steede	male		0:20:21	(58)	0:46:07	(53)	0:24:59	(78)	1:31:28
66	358		Pat	Burke	male		0:20:41	(65)	0:48:19	(63)	0:22:42	(60)	1:31:42
67	321		GABRIEL	GANNON	male		0:19:11	(48)	0:51:12	(72)	0:21:33	(50)	1:31:56
68	391		Gillian	O'Reilly	female		0:22:03	(77)	0:46:25	(56)	0:24:23	(77)	1:32:51
69	314	10014387	Diarmuid	Keaney	male	Galway TC	0:20:26	(60)	0:50:16	(71)	0:22:43	(61)	1:33:25
70	313		declan	derrane	male		0:20:41	(64)	0:50:13	(70)	0:22:58	(63)	1:33:52
71	302	10035190	Anne-Marie	Reidy	female	Tri Lakes TC	0:21:08	(68)	0:50:07	(69)	0:23:01	(67)	1:34:16
72	340	10028144	keith	gavin	male	Tri Lakes TC	0:21:13	(71)	0:51:19	(73)	0:23:30	(71)	1:36:02

73	315		DOMINIKA	KRYNICKA	female		0:19:27	(51)	0:55:47	(81)	0:22:16	(54)	1:37:29
74	379		ula	skelly	female		0:22:00	(76)	0:53:11	(76)	0:22:56	(62)	1:38:07
75	303	10037699	Bairbre	Cunningham	female	Tri Lakes TC	0:23:23	(81)	0:49:14	(68)	0:26:19	(81)	1:38:56
76	355		Noel	Curran	male		0:21:30	(74)	0:55:13	(80)	0:22:58	(64)	1:39:42
77	398		Eddie	Smith	male		0:22:34	(78)	0:54:19	(77)	0:23:29	(70)	1:40:22
78	362		Paul	McWalter	male		0:21:25	(73)	0:55:54	(82)	0:24:01	(75)	1:41:20
79	342		Kevin	Connolly	male		0:23:21	(79)	0:55:01	(79)	0:23:55	(73)	1:42:17
80	385	327	Gerard	Noone	male		0:23:21	(80)	0:51:59	(74)	0:27:04	(83)	1:42:24
81	371		Shane	Donnelly	male		0:21:58	(75)	0:57:36	(83)	0:25:07	(79)	1:44:41
82	372		Sinead	Collins	female	Cunga TC	0:23:24	(82)	0:54:33	(78)	0:26:57	(82)	1:44:54
83	359		Patrick	Keane	male		0:23:42	(83)	0:58:04	(84)	0:25:11	(80)	1:46:56
84	360	10033864	Paul	Stapleton	male		0:29:40	(84)	0:52:40	(75)	0:30:06	(84)	1:52:26