

Place	Bib	Name	Cat	Club	Run 1	T1	Cycle	T2	Run 2	Finish	Penalty	Note
1	250	Killian Heery	M	Muckno TC	0:14:19	0:00:20	0:33:23	0:00:25	0:09:39	0:58:06		
2	293	Peter Tuohy	M	J2P	0:15:27	0:00:26	0:34:49	0:00:24	0:10:12	1:01:19		
3	313	Brendan Conway	M40		0:15:07	0:00:31	0:35:04	0:00:32	0:10:14	1:01:29		
4	307	Jonathan Rowland	M		0:15:59	0:00:25	0:35:17	0:00:30	0:11:04	1:03:15		
5	232	Ronan Durrane	Junior		0:15:09	0:00:26	0:37:25	0:00:41	0:11:12	1:04:53		
6	209	Lorraine Carey	F	Liquid Motion TC	0:16:37	0:00:34	0:39:08	0:00:45	0:10:32	1:07:36		
7	265	Sean McGuire	Junior		0:16:14	0:00:48	0:38:28	0:00:32	0:11:48	1:07:50		
8	222	David Conway	M	Multisport	0:16:03	0:00:28	0:39:02	0:00:29	0:11:22	1:07:53	30sec	Helmet
9	273	Siobhan Murtagh	F		0:16:50	0:00:51	0:38:57	0:00:40	0:10:52	1:08:10		
10	266	John McHugh	M	Westport TC	0:16:58	0:00:37	0:38:57	0:00:19	0:11:26	1:08:18		
11	230	Darragh Delaney	M40	Claremorris CC	0:17:48	0:00:28	0:38:44	0:00:25	0:11:54	1:09:19		
12	231	David Delaney	M40		0:16:35	0:00:42	0:40:16	0:00:32	0:11:30	1:09:36		
13	252	Tony Heraty	M	Multisport	0:16:19	0:00:48	0:42:32	0:00:29	0:10:33	1:10:41		
14	308	Ray McNamara	M		0:16:05	0:00:44	0:43:08	0:00:41	0:10:31	1:11:09		
15	219	Trevor Casserly	M		0:17:23	0:00:40	0:41:19	0:00:30	0:11:32	1:11:24		
16	215	Gavin Brennan	M		0:17:35	0:01:20	0:39:31	0:00:53	0:12:49	1:12:07		
17	246	Conor Gill	M	Hollymount Wheelers	0:17:33	0:01:08	0:40:45	0:00:53	0:11:57	1:12:15		
18	242	Declan Gallagher	M	Multisport	0:17:08	0:01:10	0:40:40	0:00:49	0:12:32	1:12:20		
19	226	Pauric Cullen	M		0:18:04	0:00:44	0:40:38	0:00:44	0:12:25	1:12:35		
20	277	Ronan O'Halloran	M		0:19:17	0:01:01	0:38:57	0:00:52	0:12:39	1:12:47		
21	309	Ger HOVERTY/Colin Hoverty	Relay		0:17:53	0:01:05	0:42:00	0:00:29	0:11:29	1:12:56		
22	287	Michael Savage	M		0:18:29	0:00:54	0:41:03	0:00:59	0:11:34	1:12:59		
23	303	Neasa Canavan	F		0:17:44	0:00:55	0:41:07	0:00:41	0:13:07	1:13:34		
24	311	Damien Cosgrove	M40		0:18:07	0:01:13	0:41:52	0:00:51	0:11:56	1:13:59		
25	236	Michael Durkan	M40	Allergan	0:18:17	0:00:54	0:43:21	0:00:30	0:12:29	1:15:31		
26	243	Derek Gallagher	M		0:19:36	0:00:52	0:41:00	0:01:27	0:12:40	1:15:34		
27	290	Colette Sweeney	F40	Multisport	0:19:11	0:00:35	0:42:47	0:00:42	0:12:53	1:16:07		
28	281	Darren Quinn	M		0:17:06	0:00:22	0:46:54	0:00:18	0:11:32	1:16:13		
29	312	Noel McGourty	M40		0:19:06	0:00:19	0:43:15	0:00:36	0:13:27	1:16:44		
30	301	Pat Reilly	M		0:19:15	0:00:51	0:42:21	0:00:53	0:13:31	1:16:51		
31	254	Declan Hyland	M		0:18:45	0:01:27	0:43:18	0:01:01	0:12:26	1:16:57		
32	223	Murt Cooney	M40	Kilconly CC	0:19:26	0:00:46	0:43:09	0:00:48	0:13:04	1:17:13		
33	258	Brendan Leech	M40		0:19:00	0:00:55	0:44:13	0:00:53	0:12:19	1:17:20		
34	269	Eoin Molloy	M		0:18:57	0:00:28	0:43:51	0:00:48	0:13:29	1:17:32		
35	256	Fergus Kelly	M		0:19:11	0:00:52	0:44:59	0:00:29	0:12:44	1:18:16		
36	298	Kieran Walsh	M		0:17:48	0:01:16	0:46:38	0:01:08	0:11:37	1:18:27		
37	264	Donal McDonnell	M		0:18:49	0:00:45	0:46:25	0:00:42	0:11:56	1:18:37		
38	259	Enda Lonergan	M40	Multisport	0:20:01	0:01:26	0:43:11	0:00:21	0:13:47	1:18:46		
39	291	Alan Tiernan	M		0:18:59	0:01:21	0:45:50	0:00:47	0:12:13	1:19:10		
40	257	Aisling Layden/Ruth Cunniffe	Relay	Pinky and the Brain	0:19:24	0:00:40	0:46:29	0:00:35	0:12:20	1:19:28		
41	213	Owen Boyhan	M40		0:19:23	0:00:58	0:46:07	0:00:30	0:12:45	1:19:44		
42	260	Sean Lyons	M50	Achill Wheelers	0:20:03	0:00:42	0:44:44	0:00:37	0:14:24	1:20:29		
43	214	Stephen Brady	M50	Tri Lakes TC	0:19:11	0:01:02	0:46:25	0:01:23	0:12:33	1:20:35		
44	233	Mattie Donnellon	M50		0:19:33	0:01:07	0:46:14	0:00:33	0:13:24	1:20:51		
45	249	Mark Halliwell	M40	Tri Lakes TC	0:19:01	0:00:35	0:46:53	0:00:34	0:14:05	1:21:08		
46	220	Niamh Cleary	F		0:19:47	0:01:00	0:46:50	0:01:04	0:12:59	1:21:40		
47	263	Donal Maye	M		0:17:42	0:03:27	0:49:13	0:00:37	0:10:57	1:21:57		
48	314	Bernard Geraghty	M40		0:20:19	0:01:23	0:47:50	0:00:30	0:12:11	1:22:11		
49	225	Carmel Coyne	F40	Galway TC	0:19:07	0:00:46	0:49:34	0:00:37	0:12:12	1:22:15		
50	235	Mairead Durkan	F40	Westport Leisure Park	0:19:10	0:00:52	0:49:09	0:00:28	0:12:50	1:22:28		
51	239	Stephen Finn	M		0:19:41	0:01:25	0:47:24	0:01:10	0:12:50	1:22:29		
52	248	Cathriona Grady	F40	Multisport	0:19:57	0:01:04	0:48:10	0:00:42	0:12:46	1:22:39		
53	310	Gerge Reid	M50		0:19:49	0:00:48	0:49:19	0:00:25	0:13:54	1:24:16		
54	278	Paula O'Neill	F	Western Lakes CC	0:22:43	0:00:45	0:46:25	0:00:27	0:14:29	1:24:50		
55	221	Albert Connors	M40		0:21:15	0:01:27	0:45:58	0:01:29	0:14:47	1:24:56		
56	245	Stephan Gilgan	M40		0:21:35	0:01:51	0:46:37	0:01:09	0:13:50	1:25:03		
57	272	Erika Murray	F		0:21:50	0:00:18	0:47:27	0:00:34	0:14:55	1:25:05		
58	212	Brian Balfe	M50		0:22:46	0:00:55	0:45:32	0:01:06	0:15:50	1:26:10		
59	300	Alan Watters	M40		0:22:57	0:00:28	0:46:59	0:00:27	0:15:20	1:26:10		
60	244	Richard Geraghty	M		0:21:18	0:01:29	0:48:13	0:00:57	0:14:26	1:26:22		
61	216	Emily Bruton	F		0:21:37	0:01:01	0:49:09	0:00:56	0:13:56	1:26:40		
62	217	Paul Burke	M40		0:20:55	0:01:33	0:49:01	0:01:12	0:14:26	1:27:07		
63	270	James Moran	M	Multisport	0:21:16	0:00:42	0:50:34	0:00:45	0:14:03	1:27:21		
64	280	Judith Poynton	F		0:18:57	0:00:46	0:54:34	0:00:46	0:12:30	1:27:33		
65	306	John Joe Higgins	M50		0:22:15	0:01:16	0:48:07	0:00:51	0:15:18	1:27:47		
66	297	Claire Walsh	F		0:21:28	0:00:31	0:52:17	0:00:25	0:13:14	1:27:56		
67	224	Angela Corduff	F	Multisport	0:20:27	0:00:58	0:53:14	0:00:27	0:13:21	1:28:27		
68	229	John Deacy	M40		0:20:06	0:00:57	0:53:25	0:00:51	0:13:37	1:28:56		
69	253	Angie Hughes	F		0:22:18	0:00:44	0:51:37	0:00:31	0:13:59	1:29:09		
70	302	Emmet Murphy	M40		0:21:31	0:01:31	0:50:18	0:01:41	0:14:17	1:29:19		
71	296	Gavin Walmsley	M		0:23:52	0:00:26	0:49:21	0:00:21	0:15:38	1:29:39		
72	294	Jerome Varley	M	Western Lakes CC	0:22:43	0:01:03	0:49:29	0:01:03	0:15:36	1:29:54		
73	237	Carole Fabby	F40	Multisport	0:21:35	0:01:07	0:52:22	0:00:34	0:14:19	1:29:59		
74	240	Adrian Flannery	M		0:24:05	0:00:55	0:50:18	0:00:28	0:16:06	1:31:51		
75	267	Martin Brennan	M50		0:23:09	0:00:39	0:53:46	0:00:32	0:14:50	1:32:56		
76	282	Aoife Ralph	F		0:21:32	0:00:40	0:55:54	0:00:40	0:14:58	1:33:44		
77	228	Alan Daly	M		0:24:10	0:01:21	0:50:24	0:01:50	0:16:27	1:34:12		
78	292	Lorraine Toner	F	Castlebar CC	0:23:10	0:00:56	0:54:50	0:00:40	0:15:00	1:34:36		
79	227	Noel Curran	M		0:19:45	0:01:42	0:58:05	0:01:24	0:13:57	1:34:53		
80	238	Simon Fabby	M50	Multisport	0:24:22	0:01:08	0:53:01	0:00:43	0:16:00	1:35:14		
81	304	Henry McMahon	Junior		0:20:48	0:01:54	0:56:53	0:00:41	0:15:01	1:35:17		
82	279	Damien O'Shaughnessey	M40		0:20:55	0:01:34	1:00:42	0:00:39	0:13:59	1:37:49		
83	305	Robert Fitzgerald	M		0:23:11	0:00:50	0:58:23	0:00:40	0:15:17	1:38:22		
	288	Edward Scanlon	M40		0:28:03	0:02:04				DNF		
	234	Bill Doran	M40		0:20:17	0:02:09	0:53:15			DSQ	Headphones	