

Place	Bib	Surname	Name	Cat	Run 1	Rank	Cycle	Rank	Run 2	Rank	Finish
1	303	Greaney	John	Male	0:17:22	(1)	0:29:04	(2)	0:06:41	(2)	0:53:06
2	405	Stephen	Donnelly	Male (18-39)	0:18:20	(3)	0:28:14	(1)	0:07:07	(4)	0:53:41
3	340	Mc Loughlin	Sean	Male (18-39)	0:18:01	(2)	0:30:20	(6)	0:06:54	(3)	0:55:15
4	488	Hidden Camera		Male	0:18:34	(4)	0:30:05	(5)	0:06:37	(1)	0:55:16
5	397	Joe	Moran	Male (18-39)	0:19:51	(7)	0:30:40	(7)	0:07:20	(5)	0:57:52
6	401	Jonny	Rowland	Male (18-39)	0:20:17	(9)	0:30:02	(4)	0:07:50	(12)	0:58:09
7	492	Diarmuid	Dunne (Relay)	Male	0:21:25	(28)	0:29:14	(3)	0:07:36	(8)	0:58:14
8	481	Saoirsés Uncles		Male	0:20:02	(8)	0:32:07	(9)	0:07:32	(6)	0:59:40
9	330	Little	Paul	Male (18-39)	0:19:51	(6)	0:33:08	(13)	0:07:52	(13)	1:00:52
10	344	McHugh	Morgan	Male (40+)	0:20:56	(19)	0:31:12	(8)	0:09:00	(38)	1:01:08
11	319	Keane	Colm	Male (25-30)	0:19:50	(5)	0:33:31	(16)	0:08:06	(17)	1:01:27
12	248	Carey	Lorraine	Female (18-39)	0:20:52	(15)	0:32:45	(12)	0:08:10	(18)	1:01:48
13	305	Hawe	Colm	Male(30-35)	0:21:00	(22)	0:32:40	(11)	0:08:25	(24)	1:02:06
14	308	Hession	Micheal	Male (18-39)	0:20:58	(21)	0:33:42	(17)	0:08:15	(19)	1:02:55
15	487	Hollymount		Male	0:21:04	(24)	0:34:16	(21)	0:07:48	(11)	1:03:08
16	281	Dunne	Barbara	Female	0:20:30	(12)	0:34:23	(22)	0:08:20	(21)	1:03:14
17	396	Tony	Hegarty	Male (18-39)	0:20:28	(11)	0:35:32	(31)	0:07:36	(7)	1:03:36
18	414	Alastair	Conway	Male (40+)	0:20:52	(14)	0:34:28	(23)	0:08:26	(25)	1:03:47
19	313	Hughes	Padraic	Male (25-30)	0:22:48	(40)	0:32:40	(10)	0:08:47	(29)	1:04:16
20	289	Gallagher	Daniel	Male (18-39)	0:20:50	(13)	0:35:21	(29)	0:08:06	(15)	1:04:16
21	426	Tom	McNicholas	Male (35-40)	0:20:28	(10)	0:36:07	(35)	0:07:46	(10)	1:04:20
22	243	Boyle	Marie	Female (40+)	0:21:59	(32)	0:33:50	(18)	0:08:33	(27)	1:04:22
23	322	kelly	Mike	Male (40+)	0:21:02	(23)	0:34:55	(25)	0:08:37	(28)	1:04:34
24	274	Delaney	Darraght	Male (40+)	0:22:27	(36)	0:33:23	(14)	0:08:52	(32)	1:04:42
25	395	Conway	David	Male (18-39)	0:20:58	(20)	0:36:13	(36)	0:08:06	(16)	1:05:16
26	375	Patterson	Glenn	Male (18-39)	0:22:49	(41)	0:34:02	(20)	0:08:55	(33)	1:05:46
27	280	Dunne	Shane	Male (Junior)	0:21:29	(29)	0:36:05	(34)	0:08:16	(20)	1:05:51
28	384	Slattery	Gerard	Male(35-40)	0:22:49	(42)	0:34:53	(24)	0:08:57	(35)	1:06:39
29	298	geraghty	cian	Male (Junior)	0:24:32	(61)	0:33:29	(15)	0:08:49	(30)	1:06:49
30	268	cullen	pauric	Male (18-39)	0:22:43	(39)	0:35:05	(27)	0:09:05	(40)	1:06:53
31	482	To be decided		Female	0:20:55	(17)	0:38:24	(54)	0:07:57	(14)	1:07:17
32	315	Jennings	Noel	Male (40+)	0:22:26	(35)	0:36:26	(38)	0:09:33	(55)	1:08:25
33	399	Ron Curran	Curran	Male (40+)	0:22:16	(33)	0:36:57	(42)	0:09:19	(43)	1:08:31
34	410	Tomas	Henry	Male (18-39)	0:21:58	(31)	0:37:00	(43)	0:09:34	(57)	1:08:33
35	411	Enda	Molloy	Male (18-39)	0:23:17	(45)	0:36:19	(37)	0:09:01	(39)	1:08:36
36	404	David	Donnelly	Male (40+)	0:23:54	(52)	0:35:03	(26)	0:09:44	(63)	1:08:41
37	339	Mc greal	eoín	Male (18-39)	0:24:02	(53)	0:35:18	(28)	0:09:28	(53)	1:08:48
38	249	Carroll	Damian	Male (18-39)	0:24:14	(56)	0:36:36	(40)	0:08:51	(31)	1:09:41
39	326	Killeen	Jimmy	Male (18-39)	0:21:21	(26)	0:39:28	(65)	0:08:59	(37)	1:09:48
40	421	Collette	Tuohy	Female (40+)	0:20:56	(18)	0:40:34	(78)	0:08:27	(26)	1:09:57
41	302	Grealis	Aiden	Male (40+)	0:23:02	(44)	0:37:39	(50)	0:09:38	(59)	1:10:19
42	496	Matt	Lewis (Relay)	Male	0:20:54	(16)			0:49:30	(159)	1:10:24
43	381	Scclare	Duncan	Male (40+)	0:22:35	(38)	0:38:54	(61)	0:08:59	(36)	1:10:28
44	271	Curley	Keith	Male (18-39)	0:23:24	(46)	0:37:15	(46)	0:09:59	(74)	1:10:39
45	491	Ardil	Jennongs (Relay)	Male	0:25:39	(80)	0:35:39	(32)	0:09:22	(46)	1:10:40
46	333	Lyons	Walter	Male (40+)	0:25:23	(73)	0:35:59	(33)	0:09:27	(52)	1:10:48
47	307	Heaney	Alan	Male (18-39)	0:24:41	(64)	0:36:52	(41)	0:09:25	(49)	1:10:58
48	260	Cooney	Murt	Male (18-39)	0:24:28	(58)	0:37:09	(45)	0:09:26	(51)	1:11:03
49	415	Ger	Brennan	Male (40+)	0:24:31	(60)	0:37:26	(48)	0:09:18	(42)	1:11:14
50	422	Lisa	Burke	Female (35-40)	0:23:40	(47)	0:38:21	(53)	0:09:20	(44)	1:11:21
51	402	Bill	Coyne	Male (40+)	0:24:34	(62)	0:37:08	(44)	0:09:46	(67)	1:11:28
52	258	connelly	Ruairi	Male (18-39)	0:23:40	(48)	0:38:12	(51)	0:10:01	(75)	1:11:53
53	348	Mc Vann	padraic	Male (40+)	0:22:34	(37)	0:40:30	(76)	0:09:22	(47)	1:12:27
54	495	David	Delaney (Relay)	Male	0:28:29	(124)	0:33:55	(19)	0:10:15	(87)	1:12:39
55	338	Mc Grath	Emer	Female (18-39)	0:23:49	(51)	0:39:56	(71)	0:09:06	(41)	1:12:51
56	398	Caitriona	O Grady	Female (40+)	0:24:27	(57)	0:38:51	(60)	0:09:35	(58)	1:12:53
57	425	Aidan	Collins	Male (40-45)	0:26:39	(98)	0:35:29	(30)	0:10:57	(115)	1:13:05
58	493	Jarlath	Jennings (Relay)	Male	0:22:20	(34)	0:43:08	(96)	0:07:45	(9)	1:13:13
59	486	Stephen	Rielly (Relay)	Male	0:26:55	(103)	0:36:32	(39)	0:09:59	(73)	1:13:26
60	403	Fergal	Kelly	Male (18-39)	0:22:50	(43)	0:40:35	(79)	0:10:03	(79)	1:13:27
61	300	Golden	Brian	Male (40+)	0:25:18	(72)	0:37:16	(47)	0:10:59	(116)	1:13:33
62	409	Tommy	Varden	Male (18-39)	0:25:03	(69)	0:39:08	(64)	0:09:25	(50)	1:13:36
63	311	Hughes	Liam	Male (18-39)	0:21:08	(25)	0:44:11	(107)	0:08:23	(23)	1:13:42
64	391	Walsh	Luke	Male (Junior)	0:25:24	(74)	0:38:45	(58)	0:09:44	(65)	1:13:53
65	392	Walsh	Damian	Male (40+)	0:25:25	(75)	0:38:45	(59)	0:09:46	(68)	1:13:56
66	497	Martin	Gileen	Male	0:24:04	(54)	0:40:56	(81)	0:08:56	(34)	1:13:57
67	361	O Boyle	Joanne	Female(30-35)	0:23:47	(50)	0:40:29	(75)	0:09:41	(61)	1:13:57
68	290	Gallagher	Joe	Male (40+)	0:26:00	(86)	0:38:25	(55)	0:09:34	(56)	1:13:59
69	498	Eoghan	Gileen	Male	0:23:42	(49)	0:41:57	(88)	0:08:22	(22)	1:14:01
70	324	Kelly	Ollie	Male(40+)	0:26:41	(99)	0:37:32	(49)	0:10:31	(98)	1:14:44
71	342	McDonagh	Brian	Male (18-39)	0:24:29	(59)	0:39:48	(68)	0:10:27	(96)	1:14:44

72	370	O'Grady	David	Male (18-39)	0:25:48	(84)	0:38:41	(56)	0:10:41	(102)	1:15:11
73	480	Michael	Dooley	Male	0:21:24	(27)			0:54:04	(161)	1:15:28
74	261	Corcoran	David	Male (18-39)	0:25:47	(83)	0:39:06	(63)	0:10:49	(108)	1:15:41
75	363	O'Connell	Chris	Male (40+)	0:26:24	(93)	0:39:41	(67)	0:09:53	(70)	1:15:58
76	253	Colleran	Ann Marie	Female (18-39)	0:24:57	(68)	0:41:23	(85)	0:09:43	(62)	1:16:03
77	490	Frank	Murphy (Relay)	Male	0:27:53	(117)	0:38:43	(57)	0:10:07	(83)	1:16:44
78	299	golden	noel	Male (18-39)	0:24:37	(63)	0:42:40	(94)	0:10:01	(76)	1:17:18
79	406	Marcella	Mc Donnell	Female (40+)	0:26:42	(101)	0:40:21	(72)	0:10:31	(99)	1:17:34
80	489	Carol Fabby (Relay)		Male	0:27:02	(104)	0:41:09	(83)	0:09:49	(69)	1:18:00
81	270	Cunningham	brain	Male (40+)	0:26:32	(96)	0:40:27	(74)	0:11:02	(119)	1:18:01
82	424	Michael	Durkin	Male (18-39)	0:26:43	(102)	0:40:56	(80)	0:10:24	(94)	1:18:03
83	483				0:24:50	(66)			0:53:15	(160)	1:18:05
84	366	O dowd	Barry	Male (18-39)	0:29:09	(131)	0:38:55	(62)	0:10:04	(80)	1:18:08
85	407	Paul	Dixon	Male (50+)	0:26:26	(94)	0:41:04	(82)	0:10:45	(105)	1:18:15
86	358	Nolan	Declan	Male (18-39)	0:24:45	(65)	0:43:27	(100)	0:10:05	(82)	1:18:16
87	389	Veldon	James	Male (40+)	0:25:11	(70)	0:43:16	(99)	0:10:01	(77)	1:18:29
88	417	John	Tierney	Male (40+)	0:25:33	(78)	0:43:16	(98)	0:09:44	(64)	1:18:33
89	345	McLoughlin	Treasa	Female (18-39)	0:26:04	(88)	0:42:04	(89)	0:10:40	(101)	1:18:49
90	251	Clancy	Brian	Male(40+)	0:25:41	(81)	0:43:29	(101)	0:09:45	(66)	1:18:55
91	428	Kevin .	Donnellan	Male (30-35)	0:26:14	(91)	0:42:33	(93)	0:10:12	(85)	1:18:59
92	278	donnellon	mattie	Male (40+)	0:25:17	(71)	0:43:50	(105)	0:09:53	(71)	1:19:00
93	400	Tommy	Loughlane	Male (40+)	0:28:38	(126)	0:39:32	(66)	0:10:52	(111)	1:19:02
94	388	Timothy	Shane	Male(35-40)	0:26:41	(100)	0:42:20	(91)	0:10:45	(106)	1:19:46
95	334	Maguire	Lawrence	Male(60+)	0:28:45	(127)	0:39:50	(69)	0:11:34	(130)	1:20:10
96	385	Stagg	Noel	Male (40+)	0:26:11	(90)	0:42:24	(92)	0:11:34	(131)	1:20:10
97	257	Conmy	Declan	Male (18-39)	0:24:06	(55)	0:46:47	(123)	0:09:21	(45)	1:20:14
98	285	Fallon	Lucy	Female (18-39)	0:25:45	(82)	0:44:13	(108)	0:10:21	(91)	1:20:19
99	325	Kilgannon	Theresa	Female (18-39)	0:28:19	(123)	0:41:33	(87)	0:11:01	(118)	1:20:53
100	265	Creighton	Sara	Female (18-39)	0:27:51	(116)	0:41:27	(86)	0:11:40	(132)	1:20:58
101	420	Miko	Keane	Male (60+)	0:25:59	(85)	0:45:14	(113)	0:09:56	(72)	1:21:09
102	427	Joe	Scanlon	Male (35-40)	0:27:19	(109)	0:43:15	(97)	0:10:42	(103)	1:21:16
103	408	John	Mongan	Male (40+)	0:26:38	(97)	0:44:28	(109)	0:10:21	(93)	1:21:27
104	418	Veronica	Woods	Female (40+)	0:25:28	(76)	0:46:10	(122)	0:10:02	(78)	1:21:39
105	317	Keane	Aidan	Male (18-39)	0:25:29	(77)	0:45:52	(118)	0:10:19	(89)	1:21:40
106	383	Sheridan	Gerry	Male (40+)	0:29:59	(139)	0:39:51	(70)	0:12:15	(143)	1:22:04
107	328	Lawless	Shane	Male (18-39)	0:26:30	(95)	0:43:35	(102)	0:12:02	(138)	1:22:06
108	250	Charlton	Claire	Female (40+)	0:26:18	(92)	0:45:32	(115)	0:10:21	(92)	1:22:10
109	378	Regan	Cathy	Female (40+)	0:27:43	(114)	0:44:00	(106)	0:10:54	(113)	1:22:37
110	382	sheerin	martin	Male (40+)	0:28:35	(125)	0:43:42	(104)	0:10:48	(107)	1:23:05
111	416	Tomas	Nolan	Male (18-39)	0:27:18	(107)	0:45:40	(116)	0:10:28	(97)	1:23:26
112	379	Ronayne	Tracey	Female (18-39)	0:27:25	(111)	0:45:55	(121)	0:10:08	(84)	1:23:28
113	412	Michael	Moran	Male (40+)	0:27:59	(119)	0:44:30	(110)	0:11:13	(122)	1:23:42
114	413	John	Carroll	Male (40+)	0:27:58	(118)	0:44:44	(111)	0:11:00	(117)	1:23:42
115	365	O Dowd	Seamus	Male (40+)	0:31:45	(149)	0:40:34	(77)	0:11:29	(129)	1:23:47
116	367	O'Neill	Paula	Female (25-30)	0:29:07	(129)	0:42:40	(95)	0:12:01	(137)	1:23:48
117	494	Marie	Goggins (Relay)	Female	0:26:05	(89)	0:48:46	(130)	0:09:25	(48)	1:24:16
118	356	Murphy	Stephen	Male(40+)	0:31:09	(146)	0:42:09	(90)	0:12:02	(139)	1:25:20
119	484	Kellys		Male	0:27:08	(105)	0:48:49	(131)	0:09:33	(54)	1:25:30
120	273	Davitt	Karen	Female (40+)	0:29:13	(132)	0:45:04	(112)	0:11:19	(123)	1:25:35
121	332	lynskey	brian	Male (18-39)	0:29:48	(138)	0:43:40	(103)	0:12:13	(141)	1:25:40
122	376	Prendergast	Ronan	Male (18-39)	0:25:34	(79)	0:48:46	(129)	0:11:20	(124)	1:25:40
123	360	noone	Gerard	Male (40+)	0:27:18	(106)	0:45:41	(117)	0:13:13	(146)	1:26:12
124	291	GALLAGHER	SEAN	Male (40+)	0:37:57	(158)	0:38:15	(52)	0:10:04	(81)	1:26:16
125	372	O'Malley	Martin	Male (18-39)	0:27:19	(108)	0:47:37	(126)	0:11:24	(125)	1:26:19
126	419	Caitlin	Woods	Female (40+)	0:29:06	(128)	0:45:25	(114)	0:12:05	(140)	1:26:37
127	294	gannon	padraic	Male (40+)	0:32:39	(151)	0:40:23	(73)	0:13:40	(150)	1:26:41
128	429	Nessa	Gibbons	Female (Junior).	0:29:08	(130)	0:45:54	(120)	0:11:44	(134)	1:26:46
129	275	Delaney	Martina	Female (18-39)	0:27:22	(110)	0:48:26	(127)	0:11:08	(121)	1:26:55
130	423	Enda	O'Brien	Male (18-39)	0:29:38	(135)	0:47:25	(125)	0:10:51	(109)	1:27:54
131	245	Brogan	Francis	Male (40+)	0:29:40	(137)	0:47:22	(124)	0:10:52	(112)	1:27:54
132	276	Dervin	Adrian	Male (50+)	0:32:45	(152)	0:41:17	(84)	0:13:58	(152)	1:28:00
133	390	Waldron	Margaret	Female (40+)	0:28:07	(120)	0:49:53	(139)	0:10:26	(95)	1:28:26
134	318	Keane	Pakie	Male (40+)	0:27:40	(113)	0:49:56	(140)	0:10:51	(110)	1:28:27
135	394	Webb	Janette	Female (40+)	0:28:13	(121)	0:49:36	(138)	0:10:42	(104)	1:28:31
136	306	Hayes	Ciaran	Male (18-39)	0:29:16	(134)	0:48:56	(132)	0:10:19	(90)	1:28:32
137	321	Kellegher	Michael	Male (40+)	0:27:43	(115)	0:50:46	(144)	0:10:17	(88)	1:28:45
138	336	Markham	DÃ¡ire	Male (18-39)	0:24:52	(67)	0:55:16	(152)	0:09:38	(60)	1:29:46
139	323	Kelly	Mary	Female (18-39)	0:27:39	(112)	0:51:26	(146)	0:11:25	(126)	1:30:30
140	331	Loneragan	Enda	Male (40+)	0:30:56	(144)	0:49:30	(135)	0:11:27	(127)	1:31:53
141	288	Gallagher	Mary	Female (18-39)	0:33:23	(153)	0:45:53	(119)	0:12:48	(145)	1:32:03
142	368	O'Shea	Daire	Female (40+)	0:30:34	(142)	0:50:03	(142)	0:11:51	(135)	1:32:28
143	309	Hogan	Ann Marie	Female (40+)	0:30:24	(140)	0:52:51	(148)	0:10:37	(100)	1:33:52

144	286	Flannery	Alan	Male (40+)	0:31:39	(147)	0:49:26	(134)	0:13:17	(147)	1:34:22
145	310	Horan	Ciara	Female (18-39)	0:30:30	(141)	0:52:02	(147)	0:11:54	(136)	1:34:25
146	241	Berry	Carol	Female (40+)	0:30:55	(143)	0:51:19	(145)	0:12:13	(142)	1:34:27
147	350	Monaghan	Marie	Female (40+)	0:29:40	(136)	0:54:20	(150)	0:10:55	(114)	1:34:55
148	277	Dolan	Niamh	Female (18-39)	0:26:02	(87)	0:58:47	(156)	0:10:14	(86)	1:35:03
149	335	Markham	Doireann	Female (18-39)	0:34:08	(154)	0:50:02	(141)	0:11:28	(128)	1:35:37
150	314	Ivers	Leah	Female (18-39)	0:28:15	(122)	0:56:33	(153)	0:11:06	(120)	1:35:54
151	364	O Connor	Sean	Male (50+)	0:34:09	(156)	0:48:39	(128)	0:13:19	(148)	1:36:06
152	352	Moran	Pauline	Female (40+)	0:34:40	(157)	0:49:08	(133)	0:13:46	(151)	1:37:34
153	246	Burke	Bernadette	Female (50+)	0:32:38	(150)	0:50:05	(143)	0:15:04	(156)	1:37:47
154	354	Morris	Sephine	Female (40+)	0:31:42	(148)	0:53:41	(149)	0:12:34	(144)	1:37:57
155	254	Colleran	Carmel	Female (18-39)	0:31:02	(145)	0:54:22	(151)	0:13:20	(149)	1:38:43
156	380	Saxton	Cheryl	Female (18-39)	0:29:16	(133)	1:01:56	(157)	0:11:42	(133)	1:42:54
157	346	Mc Manamon	caroline	Female (40+)	0:41:16	(160)	0:49:34	(136)	0:14:35	(153)	1:45:24
158	485	Donors		Male	0:41:15	(159)	0:49:34	(137)	0:14:36	(154)	1:45:25
159	292	Gallagher	Andrea	Female (18-39)	0:34:08	(155)	0:57:08	(155)	0:14:46	(155)	1:46:01
160	259	Connelly	Eilish	Female (35-40)	0:44:24	(161)	0:56:41	(154)	0:18:58	(157)	2:00:02
	320	Keaveney	Yvonne	Female (18-39)	0:44:26	(162)					DNF
	316	Jepson	Caroline	Female (18-39)	0:44:28	(163)					DNF
	362	O Conchubhair	Diarmuid	Male (30-35)	0:21:44	(30)			0:39:58	(158)	DNF Cycle