

Place	Bib	Name	Surname	Sex	Cat	Run 1	Rank	Cycle	Rank	Run 2	Rank	Finish
1	131	Aichlinn	O'Reilly	Male	Sen	0:17:27	(1)	0:29:16	(2)	0:06:44	(2)	0:53:27
2	194	John	Greeney	Male	Sen	0:17:34	(2)	0:30:07	(8)	0:06:49	(4)	0:54:30
3	1	Ruairdri	Geraghty	Male	Sen	0:18:22	(3)	0:29:24	(3)	0:06:54	(5)	0:54:40
4	27	Stephen	Donnelly	Male	Sen							0:54:46
5	43	Sean	Flynn	Male	Jun	0:18:37	(4)	0:30:14	(9)	0:06:41	(1)	0:55:32
6	287	Michael	Flanagan	Relay	Relay	0:19:54	(14)	0:28:37	(1)	0:07:08	(6)	0:55:39
7	177	Sean	McLoughlin	Male	Sen	0:19:03	(7)	0:29:30	(5)	0:07:09	(8)	0:55:41
8	164	Michael	Reilly	Male	Sen	0:19:02	(6)	0:30:05	(7)	0:07:28	(11)	0:56:35
9	159	Cillian	Heery	Male	Sen	0:19:34	(11)	0:29:27	(4)	0:07:46	(19)	0:56:47
10	4	Conway	Brendan	Male	Sen	0:19:04	(8)	0:29:51	(6)	0:08:31	(53)	0:57:26
11	115	Gibbons	Noel	Male	V40	0:19:24	(9)	0:31:30	(12)	0:07:41	(15)	0:58:35
12	186	Robert	Lennon	Male	Sen	0:19:46	(13)	0:31:37	(13)	0:07:35	(13)	0:58:58
13	214	Johnathan	Caulfield	Male	Sen	0:19:55	(15)	0:30:56	(11)	0:08:11	(37)	0:59:02
14	182	Fergal	Lavin	Male	Sen	0:20:06	(17)	0:32:08	(14)	0:07:42	(16)	0:59:57
15	281	D Dunne	D Egan	Relay	Relay	0:22:05	(46)	0:30:22	(10)	0:07:39	(14)	1:00:05
16	195	Cornelius	Marshall	Male	Sen	0:18:52	(5)	0:34:51	(33)	0:06:48	(3)	1:00:31
17	87	paul	little	Male	Sen	0:20:11	(19)	0:32:37	(18)	0:07:49	(21)	1:00:37
18	65	tony	heraty	Male	Sen	0:19:36	(12)	0:34:25	(27)	0:07:09	(7)	1:01:10
19	173	John	Gilleran	Male	Sen	0:20:47	(26)	0:32:16	(15)	0:08:19	(40)	1:01:22
20	14	Alasdair	Conway	Male	V40	0:20:44	(25)	0:33:13	(22)	0:07:34	(12)	1:01:31
21	228	David	Delaney	Male	V40	0:20:57	(29)	0:32:21	(17)	0:08:23	(43)	1:01:41
22	231	David	Towey	Male	V40	0:19:34	(10)	0:34:46	(31)	0:07:52	(24)	1:02:11
23	167	David	Hickey	Male	Sen	0:20:19	(22)	0:33:55	(24)	0:07:59	(28)	1:02:13
24	28	Kilian	Dooley	Male	V40	0:20:17	(21)	0:34:02	(25)	0:08:00	(30)	1:02:20
25	112	Sean	Murphy	Male	V40	0:20:23	(23)	0:34:47	(32)	0:07:45	(18)	1:02:54
26	98	Morgan	McHugh	Male	V40	0:22:03	(44)	0:32:18	(16)	0:08:49	(65)	1:03:10
27	183	Marie	Boyle	Female	V40	0:22:08	(47)	0:32:39	(19)	0:08:26	(46)	1:03:12
28	202	John	McHugh	Male	Sen	0:21:53	(39)	0:33:02	(21)	0:08:23	(44)	1:03:18
29	198	Patrick	Murtagh	Male	V40	0:22:21	(51)	0:32:43	(20)	0:08:45	(62)	1:03:49
30	153	John	Paul	Male	Sen	0:20:02	(16)	0:36:49	(60)	0:07:18	(9)	1:04:09
31	229	Eamon	Lyons	Male	Sen	0:21:25	(36)	0:34:29	(28)	0:08:35	(56)	1:04:29
32	230	Fergal	Towey	Male	Sen	0:20:50	(27)	0:35:50	(41)	0:07:54	(25)	1:04:34
33	224	Tom	McNicolas	Male	Sen	0:20:34	(24)	0:36:16	(49)	0:07:58	(26)	1:04:48
34	140	Sean	Robinson	Male	Sen	0:20:14	(20)	0:37:16	(72)	0:07:24	(10)	1:04:54
35	193	Barbra	Dunne	Female	Sen	0:21:02	(32)	0:35:58	(43)	0:08:10	(36)	1:05:10
36	127	Padraig	O'Connor	Male	Sen	0:21:04	(33)	0:36:27	(54)	0:07:51	(23)	1:05:22
37	13	Catherine	Conway	Female	Sen	0:20:10	(18)	0:37:46	(78)	0:07:50	(22)	1:05:46
38	280	Patricia	Heart	Relay	Relay	0:20:51	(28)	0:37:08	(67)	0:07:48	(20)	1:05:47
39	155	David	Mescal	Male	Sen	0:21:46	(38)	0:36:06	(47)	0:08:00	(29)	1:05:51
40	211	Paul	Flanagan	Male	Sen	0:21:22	(35)	0:36:27	(53)	0:08:07	(33)	1:05:56
41	149	martin	walmsley	Male	V40	0:23:14	(61)	0:33:54	(23)	0:08:49	(66)	1:05:57
42	40	Noel	Feeney	Male	V50	0:21:33	(37)	0:36:34	(56)	0:08:09	(34)	1:06:16
43	163	Brian	Kennedy	Male	Sen	0:22:24	(54)	0:35:37	(37)	0:08:30	(51)	1:06:31
44	209	John	Gillard	Male	Sen	0:21:01	(31)	0:37:36	(76)	0:07:59	(27)	1:06:36
45	116	Declan	Nolan	Male	Sen	0:22:14	(48)	0:35:58	(42)	0:08:28	(48)	1:06:40
46	79	Frank	Kenny	Male	Sen	0:20:59	(30)	0:37:57	(82)	0:07:45	(17)	1:06:41
47	100	Stuart	McLoughlin	Male	Sen	0:22:59	(57)	0:35:43	(40)	0:08:10	(35)	1:06:51
48	3	Richard	Bradley	Male	Sen	0:21:57	(42)	0:36:18	(51)	0:08:41	(58)	1:06:56
49	185	Duncan	Scalre	Male	V50	0:21:56	(41)	0:36:37	(57)	0:08:49	(67)	1:07:22
50	184	Noel	McGorty	Male	V40	0:23:32	(69)	0:34:34	(29)	0:09:27	(92)	1:07:33
51	137	George	Rahmani	Male	Sen	0:21:55	(40)	0:37:00	(63)	0:08:51	(68)	1:07:46
52	132	Glenn	Patterson	Male	Sen	0:24:13	(82)	0:34:03	(26)	0:09:40	(105)	1:07:56
53	197	Gary	McHugh	Male	V40	0:23:19	(65)	0:35:30	(36)	0:09:20	(84)	1:08:08
54	233	Padraig	McVann	Female	Sen	0:22:17	(49)	0:37:44	(77)	0:08:29	(49)	1:08:30
55	190	Tomas	Henry	Male	Sen	0:22:04	(45)	0:38:19	(90)	0:08:15	(39)	1:08:39
56	199	Tom	Normally	Male	V40	0:23:46	(75)	0:36:00	(44)	0:08:58	(72)	1:08:43
57	41	Forde	Fintan	Male	Sen	0:22:00	(43)	0:38:23	(91)	0:08:31	(52)	1:08:54
58	23	Darragh	Delaney	Male	V40	0:24:33	(96)	0:34:51	(34)	0:09:34	(98)	1:08:58
59	91	Sean Michael	McHale	Male	Sen	0:23:00	(58)	0:37:54	(79)	0:08:05	(32)	1:08:59
60	39	Brian	Farrell	Male	V50	0:22:21	(50)	0:38:12	(86)	0:08:34	(55)	1:09:06
61	67	Blair	Hornal	Male	Sen	0:23:05	(59)	0:37:14	(70)	0:08:48	(64)	1:09:07
62	235	John	Daly	Male	V40	0:23:39	(73)	0:36:51	(61)	0:08:45	(60)	1:09:14

63	191	Damian	Caroll	Male	Sen	0:24:21	(88)	0:36:03	(46)	0:08:56	(71)	1:09:20
64	49	Joe	Gallagher	Male	V40	0:25:19	(110)	0:34:38	(30)	0:09:23	(88)	1:09:20
65	212	Keith	Curley	Male	Sen	0:23:38	(72)	0:35:38	(38)	0:10:05	(122)	1:09:20
66	17	Bill	Coyne	Male	V40	0:24:03	(79)	0:35:40	(39)	0:09:42	(109)	1:09:25
67	216	Pat	McGee	Male	Sen	0:22:28	(55)	0:38:37	(96)	0:08:22	(41)	1:09:26
68	122	Cian	O Dowd	Male	Sen	0:23:45	(74)	0:37:10	(68)	0:08:42	(59)	1:09:37
69	150	Louis	Walsh	Male	V50	0:23:37	(71)	0:37:16	(71)	0:09:20	(86)	1:10:13
70	77	Kathleen	Barry	Female	V40	0:23:54	(78)	0:37:06	(65)	0:09:15	(81)	1:10:14
71	37	Brendan	Fallon	Male	V40	0:24:29	(93)	0:36:02	(45)	0:09:45	(112)	1:10:15
72	56	PJ	Hall	Male	V50	0:23:18	(64)	0:37:54	(80)	0:09:04	(76)	1:10:16
73	44	Tomas	Forde	Male	Sen	0:23:16	(63)	0:38:28	(92)	0:08:33	(54)	1:10:17
74	201	Freddy	Collins	Male	V50	0:24:14	(83)	0:36:20	(52)	0:09:48	(114)	1:10:22
75	66	Micheal	Hession	Male	Sen	0:24:15	(84)	0:37:00	(64)	0:09:20	(85)	1:10:35
76	11	David	Conneely	Male	Sen	0:24:41	(99)	0:36:17	(50)	0:10:00	(119)	1:10:58
77	225	Keith	Walsh	Male	Sen	0:22:22	(52)	0:37:56	(81)	0:10:42	(147)	1:11:01
78	26	mattie	donnellon	Male	V50	0:23:53	(77)	0:37:10	(69)	0:10:07	(127)	1:11:10
79	130	Kevin	O'Reilly	Male	Sen	0:24:26	(91)	0:37:06	(66)	0:09:42	(108)	1:11:13
80	221	Grey	Barry	Male	V40	0:24:16	(85)	0:38:16	(88)	0:09:07	(77)	1:11:39
81	284	M Gillen	L Gillen	Relay	Relay	0:22:54	(56)	0:40:25	(114)	0:08:25	(45)	1:11:44
82	218	Ivan	Dixon	Male	Sen	0:23:22	(68)	0:40:38	(116)	0:08:12	(38)	1:12:12
83	81	Ronan	Kirrane	Male	Sen	0:23:16	(62)	0:39:53	(105)	0:09:11	(79)	1:12:20
84	50	Sean	Gallagher	Male	V40	0:25:59	(118)	0:36:44	(58)	0:09:40	(104)	1:12:22
85	161	Paddy	Navine	Male	Sen	0:24:17	(86)	0:39:58	(108)	0:08:30	(50)	1:12:45
86	10	Declan	Clarke	Male	Sen	0:25:55	(117)	0:36:46	(59)	0:10:14	(131)	1:12:55
87	223	John	Gill	Male	Sen	0:25:00	(108)	0:38:05	(84)	0:09:51	(115)	1:12:56
88	285	M Coleman	G Jennings	Relay	Relay	0:23:51	(76)	0:40:44	(118)	0:08:22	(42)	1:12:57
89	78	Meabh	Keane	Female	Sen	0:24:34	(97)	0:39:03	(99)	0:09:21	(87)	1:12:58
90	217	John	Highes	Male	V40	0:25:00	(106)	0:38:48	(98)	0:09:12	(80)	1:13:00
91	215	Sandra	Caulfield	Female	Sen	0:24:12	(81)	0:39:29	(103)	0:09:24	(90)	1:13:05
92	166	PJ	Flemming	Male	Sen	0:24:43	(101)	0:38:17	(89)	0:10:06	(124)	1:13:06
93	172	Paul	Gilmartin	Male	V40	0:24:25	(90)	0:40:40	(117)	0:08:02	(31)	1:13:07
94	219	Laura	Heneghan	Female	Sen	0:24:22	(89)	0:39:13	(100)	0:09:39	(102)	1:13:14
95	282	A Jennings	M Cannon	Relay	Relay	0:27:49	(149)	0:35:24	(35)	0:10:05	(123)	1:13:17
96	2	Shane	Barry	Male	Sen	0:24:29	(94)	0:39:24	(101)	0:09:25	(91)	1:13:18
97	126	John	O'Connor	Male	Sen	0:26:23	(128)	0:36:54	(62)	0:10:20	(134)	1:13:38
98	154	Jim	Mascal	Male	Sen	0:25:00	(107)	0:38:31	(94)	0:10:10	(129)	1:13:41
99	138	Pete	Ray	Male	V50	0:27:09	(138)	0:36:13	(48)	0:10:26	(136)	1:13:48
100	171	Ray	Farrelly	Male	V40	0:26:07	(121)	0:37:31	(75)	0:10:30	(137)	1:14:08
101	69	David	Ingham	Male	V40	0:24:46	(104)	0:40:05	(111)	0:09:30	(93)	1:14:21
102	114	martin	neary	Male	V40	0:24:42	(100)	0:40:04	(110)	0:09:38	(101)	1:14:24
103	234	Chris	O Connell	Male	V50	0:26:28	(130)	0:37:58	(83)	0:10:06	(125)	1:14:32
104	111	Michael	Mullaghy	Male	V40	0:25:31	(115)	0:38:28	(93)	0:10:36	(140)	1:14:34
105	178	Michael	Jennings	Male	Sen	0:24:30	(95)	0:41:14	(123)	0:09:03	(75)	1:14:47
106	68	Lorraine	Hosey	Female	V40	0:23:20	(66)	0:42:39	(140)	0:08:59	(73)	1:14:57
107	9	James	Casey Jr	Male	Sen	0:24:08	(80)	0:42:25	(138)	0:08:36	(57)	1:15:09
108	200	Joe	Scanlon	Male	Sen	0:25:21	(112)	0:39:56	(106)	0:09:58	(117)	1:15:15
109	147	Charles	Tommy	Male	Sen	0:24:26	(92)	0:41:50	(128)	0:09:00	(74)	1:15:16
110	165	Barry	Cutte	Male	Sen	0:27:55	(154)	0:37:18	(73)	0:10:07	(126)	1:15:19
111	203	Ciaran	Commings	Male	Sen	0:23:36	(70)	0:43:06	(148)	0:08:45	(61)	1:15:27
112	109	Albert	Moran	Male	V40							1:15:33
113	5	Noel	Brogan	Male	V40	0:26:11	(124)	0:40:16	(113)	0:09:34	(97)	1:16:00
114	160	Joe	Moran	Male	Sen	0:27:27	(140)	0:37:26	(74)	0:11:18	(165)	1:16:12
115	179	Bernard	Jennings	Male	V50	0:26:13	(125)	0:40:03	(109)	0:09:58	(116)	1:16:14
116	135	David	Pitchford	Male	Sen	0:24:44	(102)	0:42:03	(134)	0:09:38	(100)	1:16:25
117	283	Dockrey	Dockrey	Relay	Relay	0:27:47	(147)	0:39:26	(102)	0:09:19	(83)	1:16:32
118	60	Laura	Heneghan	Female	Sen	0:25:03	(109)	0:42:02	(133)	0:09:36	(99)	1:16:41
119	18	Sara	Creighton	Female	Sen	0:27:05	(136)	0:38:40	(97)	0:11:02	(154)	1:16:46
120	181	Niall	Waters	Male	Sen	0:27:37	(143)	0:38:15	(87)	0:11:05	(156)	1:16:57
121	89	marcella	mc donnell	Female	V40	0:26:44	(132)	0:40:05	(112)	0:10:17	(132)	1:17:06
122	187	Sean	Ward	Male	Sen	0:26:03	(119)	0:41:42	(127)	0:09:32	(96)	1:17:18
123	118	John	O Connor	Male	Sen	0:29:02	(167)	0:38:35	(95)	0:09:45	(113)	1:17:22
124	121	Barry	O Dowd	Male	Sen	0:27:30	(141)	0:40:32	(115)	0:09:24	(89)	1:17:26
125	170	Eimaer	Keane	Female	Sen	0:24:55	(105)	0:43:43	(157)	0:08:53	(69)	1:17:32

126	103	Keane	Miko	Male	V50	0:25:20	(111)	0:43:19	(151)	0:09:09	(78)	1:17:48
127	174	Paul	Philips	Male	V50	0:27:46	(146)	0:39:57	(107)	0:10:11	(130)	1:17:54
128	36	Marie	Fallon	Female	V40	0:28:53	(166)	0:38:10	(85)	0:11:06	(158)	1:18:09
129	227	Brian	Healy	Male	V40	0:26:10	(123)	0:41:50	(129)	0:10:19	(133)	1:18:19
130	196	Maria	Marshall	Female	Sen	0:27:08	(137)	0:41:25	(125)	0:10:03	(120)	1:18:36
131	176	Fergus	Moffet	Male	V40	0:26:18	(127)	0:43:02	(147)	0:09:31	(94)	1:18:51
132	61	Monica	Henry	Female	V40	0:23:20	(67)	0:47:05	(170)	0:08:28	(47)	1:18:54
133	83	Shane	Lawless	Male	Sen	0:27:56	(157)	0:40:53	(119)	0:10:08	(128)	1:18:57
134	188	Fintan	Keane	Male	V40	0:26:25	(129)	0:43:17	(150)	0:09:42	(110)	1:19:24
135	152	Caitlin	Woods	Female	V40	0:27:33	(142)	0:41:08	(121)	0:11:03	(155)	1:19:43
136	88	Noel	Marley	Male	V50	0:28:10	(160)	0:40:55	(120)	0:10:39	(144)	1:19:45
137	15	Angela	Corduff	Female	Sen	0:26:35	(131)	0:43:35	(154)	0:09:41	(107)	1:19:51
138	74	Karolina	Jonina	Female	V40	0:25:29	(114)	0:44:42	(159)	0:09:43	(111)	1:19:54
139	8	Patricia	Carty	Female	Sen	0:26:57	(134)	0:43:21	(152)	0:09:39	(103)	1:19:58
140	73	Killee	John	Male	V50	0:28:24	(162)	0:41:13	(122)	0:10:22	(135)	1:19:59
141	226	Yvonne	Rogan	Female	Sen	0:27:42	(144)	0:41:57	(131)	0:10:42	(145)	1:20:20
142	31	TRACY	DURKAN	Female	Sen	0:25:22	(113)	0:45:49	(162)	0:09:16	(82)	1:20:27
143	146	Colin	Tobin	Male	Sen	0:24:35	(98)	0:46:03	(165)	0:10:05	(121)	1:20:42
144	236	Maurice	Prendergast	Male	Sen	0:23:08	(60)	0:48:55	(176)	0:08:47	(63)	1:20:49
145	129	Maeve	O'Neill	Female	Sen	0:27:48	(148)	0:43:25	(153)	0:09:41	(106)	1:20:54
146	143	Noel	Stagg	Male	V40	0:27:51	(151)	0:42:43	(144)	0:10:36	(141)	1:21:09
147	134	Gleeson	Paul	Male	V40	0:28:01	(159)	0:42:03	(135)	0:11:06	(157)	1:21:10
148	80	Walsh	Kevin	Male	Sen	0:27:53	(152)	0:42:41	(143)	0:10:37	(142)	1:21:10
149	35	lynn	Ernie	Male	Sen	0:27:53	(153)	0:42:41	(142)	0:10:37	(143)	1:21:11
150	120	Seamus	O Dowd	Male	V50	0:30:37	(182)	0:39:32	(104)	0:11:11	(162)	1:21:20
151	232	Angela	McCann	Female	V40	0:27:16	(139)	0:43:36	(155)	0:10:36	(139)	1:21:28
152	30	Aidan	Doyle	Male	Sen	0:28:40	(165)	0:42:19	(137)	0:10:52	(150)	1:21:51
153	63	Aisling	Heraty	Female	Sen	0:26:04	(120)	0:46:01	(163)	0:09:59	(118)	1:22:03
154	12	Aidan	Conway	Male	Sen	0:27:57	(158)	0:42:56	(146)	0:11:25	(167)	1:22:18
155	213	Mary	Kelly	Female	Sen	0:27:50	(150)	0:44:04	(158)	0:11:07	(159)	1:23:00
156	139	Pat	Reilly	Male	Sen	0:29:32	(170)	0:42:31	(139)	0:11:24	(166)	1:23:27
157	222	Tim	Foley	Male	V40	0:29:47	(172)	0:42:09	(136)	0:12:18	(179)	1:24:14
158	204	John	Timothy	Male	V50	0:30:28	(181)	0:41:18	(124)	0:12:40	(184)	1:24:26
159	205	Seamus	Commins	Male	V40	0:30:25	(179)	0:41:55	(130)	0:12:13	(177)	1:24:33
160	144	Michael	Tiernan	Male	V40	0:22:23	(53)	0:52:56	(192)	0:09:31	(95)	1:24:50
161	207	Marina	Jaffe	Female	Sen	0:30:13	(177)	0:43:38	(156)	0:11:13	(163)	1:25:04
162	206	Sean	Boyle	Male	V50	0:26:08	(122)	0:46:28	(167)	0:12:29	(181)	1:25:05
163	62	Ann	Heraty	Female	Sen	0:27:44	(145)	0:46:12	(166)	0:11:18	(164)	1:25:14
164	33	Cathal	Egan	Male	Sen	0:24:19	(87)	0:52:17	(189)	0:08:55	(70)	1:25:30
165	53	Pat	gordon	Male	V40	0:26:47	(133)	0:48:00	(171)	0:11:51	(173)	1:26:37
166	169	Tom	Connelly	Male	Sen	0:29:17	(168)	0:46:52	(168)	0:11:28	(169)	1:27:37
167	106	Anita	Moore	Female	Sen	0:31:04	(186)	0:45:20	(160)	0:11:26	(168)	1:27:51
168	113	Cooney	Murt	Male	Sen	0:32:40	(189)	0:42:39	(141)	0:12:37	(183)	1:27:56
169	162	Ray	Conroy	Male	Sen	0:33:04	(192)	0:41:57	(132)	0:14:09	(191)	1:29:10
170	99	Pat	Mcloughlin	Male	V50	0:31:06	(187)	0:42:47	(145)	0:15:31	(196)	1:29:24
171	16	Cliona	Cowie	Female	V40	0:29:51	(173)	0:48:14	(174)	0:11:32	(171)	1:29:37
172	145	P.J	Tiernan	Male	V40	0:28:39	(164)	0:48:21	(175)	0:12:37	(182)	1:29:38
173	168	Eileen	O Connor	Female	Sen	0:28:23	(161)	0:50:49	(184)	0:10:32	(138)	1:29:44
174	180	Andrew	Irvine	Male	Sen	0:29:40	(171)	0:48:11	(173)	0:12:28	(180)	1:30:19
175	32	Sinead	Egan	Female	Sen	0:27:55	(155)	0:51:51	(188)	0:10:50	(149)	1:30:36
176	119	Mark	O Connor	Male	Sen	0:30:53	(183)	0:49:02	(177)	0:10:58	(153)	1:30:53
177	55	Anthony	Greene	Male	V40	0:30:53	(184)	0:49:03	(178)	0:10:58	(152)	1:30:53
178	192	Leslie	Kelly	Male	Sen	0:28:38	(163)	0:51:42	(186)	0:10:44	(148)	1:31:03
179	136	Ronan	Prendergast	Male	Sen	0:27:55	(156)	0:52:42	(191)	0:10:42	(146)	1:31:19
180	25	Adrian	Dervin	Male	V50	0:34:44	(198)	0:41:37	(126)	0:14:59	(194)	1:31:20
181	108	Donal	Moran	Male	V40	0:27:04	(135)	0:53:34	(193)	0:10:57	(151)	1:31:35
182	45	Dearbhla	Frain	Female	Sen	0:32:47	(190)	0:47:05	(169)	0:11:54	(174)	1:31:46
183	157	Gerard	Noone	Male	Sen	0:30:27	(180)	0:46:01	(164)	0:15:19	(195)	1:31:47
184	175	Ann Marie	Hogan	Female	V40	0:30:10	(174)	0:50:02	(182)	0:11:41	(172)	1:31:53
185	24	Martina	Delaney	Female	Sen	0:30:10	(175)	0:49:34	(180)	0:12:15	(178)	1:31:59
186	20	Connelly	David	Male	V40	0:35:43	(199)	0:43:09	(149)	0:14:16	(192)	1:33:08
187	51	Shane	Gill	Male	V40	0:34:00	(196)	0:45:42	(161)	0:13:48	(190)	1:33:31
188	104	Enda	Molloy	Male	Sen	0:30:54	(185)	0:50:50	(185)	0:12:13	(176)	1:33:58

189	29	Emma	Doyle	Female	Sen	0:31:13	(188)	0:50:00	(181)	0:12:48	(185)	1:34:00
190	189	Andrea	Gallagher	Female	Sen	0:32:47	(191)	0:49:12	(179)	0:12:03	(175)	1:34:02
191	210	Deirdre	Donnelly	Female	Sen	0:30:12	(176)	0:52:22	(190)	0:11:29	(170)	1:34:03
192	64	Caroline	Heraty	Female	V40	0:33:14	(193)	0:51:45	(187)	0:12:57	(186)	1:37:56
193	151	Erin	Woodhouse	Female	Sen	0:30:23	(178)	0:56:31	(196)	0:11:08	(160)	1:38:02
194	158	Stephen	Clarke	Male	V50	0:37:02	(201)	0:48:00	(172)	0:13:47	(189)	1:38:49
195	6	Bernadette	Burke	Female	V50	0:34:33	(197)	0:50:27	(183)	0:14:19	(193)	1:39:18
196	125	Hilary	O'Connor	Female	Sen	0:29:22	(169)	0:58:47	(197)	0:11:10	(161)	1:39:19
197	208	Una	Donnelly	Female	Sen	0:33:24	(194)	0:55:19	(195)	0:13:30	(187)	1:42:13
198	141	cyril	scahill	Male	V50	0:36:41	(200)	0:54:09	(194)	0:13:38	(188)	1:44:28
199	75	Tom	Jordan	Male	Sen	0:33:44	(195)	1:01:06	(198)	0:16:20	(197)	1:51:10
	220	Ray	McNamara	Male	V50	0:21:14	(34)	0:36:27	(55)			DNF
	237	Declan	Lambe	Male	V50			1:45:32	(199)			DNF
	133	Dixon	Paul	Male	V40	0:24:45	(103)					DNF
	92	eoin	mcgreal	Male	Sen	0:25:54	(116)					DNF
	46	Padraic	Frain	Male	V50	0:26:14	(126)					DNF