

Place	Bib	Name	Surname	Sex	Cat	Club	Wave	Swim	Rank	T1	1 st 10km	2 nd 10km	Cycle	Rank	T1	Run	Rank	Finish
1	39	Darren	Dunne	male	18 - 19	Nenagh TC	1	0:09:11	(4)	0:00:56	0:16:19	0:16:02	0:32:21	(9)	0:00:45	0:16:36	(2)	0:59:50
2	87	Ruaidhrí	Geraghty	male	35 - 39	Galway TC	1	0:10:30	(28)	0:01:00	0:15:36	0:15:47	0:31:23	(2)	0:00:45	0:17:29	(8)	1:01:07
3	27	Joseph	Tannian	male	16 - 17	Predator TC	1	0:09:24	(7)	0:01:08	0:16:56	0:16:08	0:33:04	(15)	0:00:44	0:17:00	(3)	1:01:19
4	89	David	Richardson	male	25 - 29	GoTri TC	1	0:09:10	(3)	0:01:05	0:16:26	0:16:07	0:32:33	(12)	0:00:44	0:18:21	(12)	1:01:53
5	138	Conor	Verbruggen	male	20 - 24		1	0:11:06	(48)	0:01:40	0:16:01	0:15:40	0:31:41	(3)	0:00:45	0:17:16	(5)	1:02:28
6	51	mick	fogarty	male	35 - 39	Athlone TC	1	0:10:33	(29)	0:01:15	0:16:34	0:16:43	0:33:17	(16)	0:00:52	0:16:32	(1)	1:02:30
7	68	gerald	troy	male	35 - 39	Ennis TC	1	0:11:32	(60)	0:01:12	0:15:49	0:15:59	0:31:47	(4)	0:00:48	0:17:19	(6)	1:02:37
8	140	Niall	McCarra	male	20 - 24		1	0:09:22	(5)	0:01:20	0:17:11	0:16:53	0:34:04	(25)	0:00:51	0:17:21	(7)	1:02:58
9	193	Eugene	Feely	male	30 - 34		1	0:10:14	(17)	0:01:07	0:15:48	0:16:23	0:32:11	(7)	0:00:58	0:18:37	(15)	1:03:07
10	229	Martin	Divilly	male	40 - 44	Galway TC	3	0:10:51	(36)	0:01:41	0:15:10	0:15:34	0:30:44	(1)	0:01:26	0:19:24	(25)	1:04:06
11	338	michael	macken	male	50 - 54	Athlone TC	3	0:10:56	(38)	0:01:15	0:16:12	0:16:10	0:32:22	(10)	0:00:51	0:19:12	(21)	1:04:37
12	210	Tom	Tennant	male	35 - 39		1	0:11:51	(71)	0:01:13	0:15:43	0:16:08	0:31:51	(5)	0:00:49	0:19:19	(23)	1:05:03
13	402	Martin	Grealish	male	30 - 34		1	0:10:55	(37)	0:01:01	0:16:53	0:17:27	0:34:20	(31)	0:00:42	0:18:16	(10)	1:05:13
14	363	John	Bruton	male	55 - 59	Athlone TC	3	0:10:26	(27)	0:01:11	0:16:47	0:17:03	0:33:51	(23)	0:00:59	0:19:08	(19)	1:05:34
15	40	Daire	McCloskey	male	18 - 19	Sligo TC	1	0:09:06	(1)	0:01:11	0:16:12	0:16:22	0:32:34	(13)	0:00:50	0:21:59	(108)	1:05:40
16	69	Michael	Davis	male	35 - 39	Ennis TC	1	0:09:41	(12)	0:01:21	0:16:58	0:17:34	0:34:32	(37)	0:00:58	0:19:14	(22)	1:05:45
17	170	John	Loughane	male	30 - 34		1	0:11:56	(72)	0:01:24	0:16:21	0:16:09	0:32:30	(11)	0:00:57	0:19:02	(16)	1:05:48
18	31	niernan	burke	male	16 - 17	Predator TC	1	0:09:25	(9)	0:01:05	0:16:58	0:17:09	0:34:07	(26)	0:00:41	0:20:33	(52)	1:05:51
19	234	jason	fitzgerald	male	40 - 44	GoTri TC	3	0:09:39	(11)	0:01:18	0:16:37	0:17:04	0:33:41	(21)	0:00:48	0:20:29	(51)	1:05:56
20	91	Alan	Webb	male	30 - 34	GoTri TC	1	0:11:04	(45)	0:01:11	0:17:04	0:17:46	0:34:49	(42)	0:00:44	0:18:27	(13)	1:06:15
21	247	Eoin	O'Donoghue	male	40 - 44	Nenagh TC	3	0:10:24	(24)	0:01:22	0:16:40	0:16:23	0:33:03	(14)	0:00:53	0:21:00	(68)	1:06:42
22	406	Joe	Morrissey	male	45 - 49		1	0:11:03	(42)	0:01:07	0:17:05	0:17:13	0:34:18	(30)	0:00:53	0:19:33	(31)	1:06:54
23	182	William	Desmond	male	30 - 34		1	0:10:16	(19)	0:01:21	0:17:56	0:17:33	0:35:29	(52)	0:00:47	0:19:04	(18)	1:06:57
24	29	Ben	Vahey	male	16 - 17	Predator TC	1	0:09:42	(13)	0:01:07	0:17:11	0:17:09	0:34:20	(32)	0:00:48	0:21:02	(70)	1:07:00
25	320	Paul	Minahan	male	45 - 49	Trilogy TC	3	0:11:25	(57)	0:01:26	0:16:15	0:17:20	0:33:35	(19)	0:00:50	0:20:15	(44)	1:07:31
26	104	Jonathan	Rowland	male	30 - 34	Liquid Motion TC	1	0:11:07	(49)	0:01:19	0:16:21	0:17:12	0:33:33	(18)	0:00:53	0:21:02	(69)	1:07:54
27	300	patrick	young	male	45 - 49	Kilkenny TC	3	0:11:19	(56)	0:01:23	0:17:14	0:17:32	0:34:46	(41)	0:00:54	0:19:35	(32)	1:07:57
28	28	Ronan	Dirrane	male	16 - 17	Predator TC	1	0:10:37	(30)	0:01:17	0:17:19	0:17:22	0:34:41	(40)	0:00:57	0:20:53	(60)	1:08:25
29	347	Liam	Liddy	male	50 - 54	Limerick TC	3	0:10:25	(26)	0:01:32	0:17:19	0:18:01	0:35:20	(49)	0:00:56	0:20:19	(46)	1:08:33
30	42	cian	geraghty	male	18 - 19	TriA-Sport TC	1	0:11:57	(75)	0:01:09	0:17:12	0:17:28	0:34:39	(38)	0:00:47	0:20:04	(40)	1:08:37
31	192	Eoin	Ryan	male	35 - 39		1	0:11:41	(66)	0:01:29	0:17:19	0:18:03	0:35:22	(50)	0:00:52	0:19:26	(27)	1:08:49
32	219	Colm	McCole	male	40 - 44	Boru TC	3	0:12:08	(80)	0:02:01	0:16:28	0:16:53	0:33:21	(17)	0:01:25	0:20:05	(41)	1:08:59
33	77	Ruairi	Millane	male	30 - 34	Galway TC	1	0:10:17	(20)	0:01:24	0:18:17	0:18:32	0:36:49	(75)	0:00:58	0:19:32	(30)	1:09:00
34	58	Dermod	Logue	male	35 - 39	Clonmel TC	1	0:12:47	(101)	0:01:28	0:17:31	0:17:22	0:34:53	(44)	0:00:47	0:19:08	(20)	1:09:03
35	260	Dave	Murphy	male	40 - 44	Trilogy TC	3	0:11:04	(46)	0:01:23	0:17:32	0:17:21	0:34:53	(45)	0:01:10	0:20:34	(54)	1:09:04
36	23	Shane	Dunne	male	16 - 17	Liquid Motion TC	1	0:09:09	(2)	0:01:12	0:18:31	0:18:19	0:36:50	(77)	0:00:45	0:21:14	(82)	1:09:10
37	98	Adrian	Cunningham	male	35 - 39	Kilkenny TC	1	0:13:03	(108)	0:01:26	0:16:50	0:17:02	0:33:51	(24)	0:00:58	0:20:00	(38)	1:09:19
38	291	Noel	O'Regan	male	45 - 49	Cork TC	3	0:12:27	(87)	0:01:36	0:17:54	0:18:04	0:35:58	(57)	0:01:20	0:18:15	(9)	1:09:35
39	99	Brian	Walsh	male	35 - 39	Kilkenny TC	1	0:12:35	(95)	0:01:48	0:17:11	0:17:40	0:34:50	(43)	0:00:59	0:19:29	(28)	1:09:40
40	180	Ryan	Doe	male	30 - 34		1	0:10:39	(32)	0:01:18	0:17:23	0:17:48	0:35:11	(47)	0:00:53	0:21:40	(99)	1:09:41
41	238	Lisa	Horgan	female	40 - 44	Limerick TC	2	0:10:17	(21)	0:01:35	0:18:25	0:18:31	0:36:56	(78)	0:00:49	0:20:07	(42)	1:09:44
42	116	Robbie	Shortall	male	30 - 34	Portmarnock TC	1	0:13:30	(135)	0:01:38	0:16:56	0:17:18	0:34:14	(29)	0:00:48	0:19:43	(33)	1:09:53
43	93	Declan	Murphy	male	35 - 39	GoTri TC	1	0:13:59	(161)	0:01:37	0:17:26	0:17:37	0:35:03	(46)	0:00:59	0:18:20	(11)	1:10:00
44	222	Don	Lapierre	male	40 - 44	Cork TC	3	0:11:56	(73)	0:01:35	0:17:05	0:17:08	0:34:13	(28)	0:01:02	0:21:15	(83)	1:10:03
45	92	Becky	Coughlan	female	30 - 34	GoTri TC	2	0:11:40	(65)	0:01:10	0:17:44	0:18:02	0:35:46	(54)	0:00:48	0:20:45	(56)	1:10:08
46	97	Raymond	Lonegan	male	30 - 34	Kilkenny TC	1	0:14:03	(164)	0:01:21	0:17:39	0:17:49	0:35:28	(51)	0:00:47	0:18:35	(14)	1:10:13
47	230	Morgan	McHugh	male	40 - 44	Galway TC	3	0:13:15	(119)	0:01:17	0:16:53	0:16:51	0:33:44	(22)	0:00:53	0:21:07	(75)	1:10:15
48	26	Marcus	McGowan	male	16 - 17	MSC TC	1	0:11:05	(47)	0:01:17	0:18:00	0:18:11	0:36:11	(65)	0:00:48	0:20:55	(64)	1:10:16
49	322	John	Cahill	male	45 - 49	West Clare TC	3	0:13:24	(127)	0:01:22	0:16:41	0:17:49	0:34:31	(36)	0:00:57	0:20:04	(39)	1:10:17
50	115	Alan	Magee	male	30 - 34	Piranha TC	1	0:12:33	(92)	0:01:53	0:17:54	0:17:57	0:35:52	(56)	0:00:45	0:19:24	(24)	1:10:26
51	346	John	O'Shea	male	50 - 54	Limerick TC	3	0:14:10	(170)	0:01:32	0:16:55	0:17:26	0:34:21	(33)	0:01:00	0:19:26	(26)	1:10:28
52	366	seamus	moran	male	55 - 59	Midland TC	3	0:13:20	(124)	0:01:19	0:16:46	0:16:52	0:33:38	(20)	0:00:57	0:21:33	(93)	1:10:47
53	37	patrick	fahey	male	16 - 17		1	0:10:42	(33)	0:01:28	0:19:05	0:19:09	0:38:14	(107)	0:00:42	0:19:54	(36)	1:11:01
54	244	Steven	Franzoni	male	40 - 44	Midland TC	3	0:13:38	(63)	0:01:36	0:15:51	0:16:13	0:32:04	(6)	0:01:10	0:24:39	(197)	1:11:07
55	33	Niamh	Corry	female	16 - 17		2	0:09:25	(8)	0:01:13	0:18:28	0:19:49	0:38:17	(108)	0:00:45	0:21:28	(89)	1:11:08
56	149	Niamh	Molney	female	25 - 29		2	0:11:37	(62)	0:01:33	0:17:52	0:18:22	0:36:14	(67)	0:01:06	0:20:51	(59)	1:11:22
57	278	mick	carroll	male	40 - 44		3	0:12:10	(81)	0:01:24	0:17:04	0:17:35	0:34:39	(39)	0:00:56	0:22:15	(116)	1:11:25
58	224	Ray	Hynes	male	40 - 44	Ennis TC	3	0:11:38	(64)	0:01:22	0:17:53	0:18:35	0:36:28	(69)	0:00:51	0:21:17	(86)	1:11:37
59	63	Colm	Daly	male	30 - 34	Ennis TC	1	0:12:59	(105)	0:01:40	0:18:23	0:18:53	0:37:16	(83)	0:00:55	0:19:03	(17)	1:11:53
60	73	Alan	Nolan	male	30 - 34	Galway TC	1	0:11:46	(68)	0:01:54	0:17:44	0:17:30	0:35:14	(48)	0:01:03	0:21:57	(106)	1:11:53
61	38	Stephen	O'Donovan	male	18 - 19	Limerick TC	1	0:12:34	(93)	0:01:03	0:18:20	0:18:41	0:37:01	(79)	0:00:53	0:20:26	(49)	1:11:57
62	25	Adam	Dunne	male	16 - 17	Midland TC	1	0:09:44	(14)	0:01:22	0:18:10	0:18:19	0:36:29	(70)	0:00:36	0:24:06	(177)	1:12:17
64	179	Rob	Pearson	male	30 - 34		1	0:11:31	(59)	0:01:40	0:18:51	0:18:51	0:37:42	(95)	0:01:00	0:20:24	(48)	1:12:17
63	90	Joanne	Flanagan	female	25 - 29	GoTri TC	2	0:10:15	(18)	0:01:34	0:18:27	0:18:22	0:36:49	(76)	0:00:47	0:22:51	(138)	1:12:17
65	371	Declan	Byrne	male	55 - 59		3											1:12:23
66	354	Seamus	Walsh	male	50 - 54	Tri Lakes TC	3	0:11:36	(61)	0:01:43	0:18:09	0:19:03	0:37:11	(81)	0:01:18	0:20:35	(55)	1:12:24
67	369	Alan	Hewison	male	55 - 59	Trilogy TC	3	0:13:06	(111)		0:19:42	0:18:30	0:38:11	(105)	0:00:56	0:20:11	(43)	1:12:24
68	235	Malachi	Murray	male	40 - 44	GoTri TC	3	0:13:08	(114)	0:01:27	0:17:52	0:18:07	0:36:00	(58)	0:00:54	0:20:57	(67)	1:12:26
69	316</																	

106	294	Gerard	Griffin	male	45 - 49	Ennis TC	3	0:14:18	(177)	0:01:39	0:18:06	0:17:54	0:36:01	(59)	0:01:00	0:23:46	(168)	1:16:44
107	342	Helen	White	female	50 - 54	Drogheda TC	2	0:14:57	(198)	0:01:06	0:19:32	0:19:31	0:39:03	(125)	0:00:53	0:20:49	(58)	1:16:49
108	249	fergus	mullins	male	40 - 44	Predator TC	3	0:11:46	(69)	0:02:18	0:18:39	0:18:57	0:37:36	(89)	0:01:03	0:24:07	(179)	1:16:50
109	272	Gerard	Lennon	male	40 - 44		3	0:11:04	(44)	0:02:21	0:19:44	0:19:58	0:39:42	(138)	0:01:19	0:22:38	(128)	1:17:04
110	221	Catherine	Redmond	female	40 - 44	Cork TC	2	0:15:32	(215)	0:01:50	0:18:10	0:19:06	0:37:16	(84)	0:00:57	0:21:35	(96)	1:17:11
111	360	Meamar	Mathews	female	50 - 55	Trilogy TC	2	0:13:20	(125)	0:01:40	0:19:24	0:19:49	0:39:13	(129)	0:00:57	0:22:01	(110)	1:17:12
112	241	Sinead	Walsh	female	40 - 44	Limerick TC	2	0:11:03	(43)	0:01:22	0:19:26	0:19:58	0:39:25	(132)	0:00:58	0:24:26	(193)	1:17:14
113	236	Brendan	King	male	40 - 44	Kilkenny TC	3	0:15:42	(222)	0:01:48	0:18:27	0:18:15	0:36:42	(74)	0:01:05	0:22:02	(111)	1:17:19
114	103	darren	dowd	male	25 - 29	Liquid Motion TC	1	0:12:07	(79)	0:02:06	0:18:19	0:19:44	0:38:03	(101)	0:01:19	0:24:00	(174)	1:17:34
115	102	Aoibhe	Reidy	female	35 - 39	Limerick TC	2	0:12:18	(82)	0:01:56	0:19:57	0:20:16	0:40:13	(146)	0:00:58	0:22:15	(115)	1:17:40
116	405	Martin	Pearl	male	35 - 39		1	0:16:54	(257)	0:02:02	0:18:20	0:18:14	0:36:35	(72)	0:00:57	0:21:16	(84)	1:17:44
117	24	nicole	gorry	female	16 - 17	Midland TC	2	0:10:58	(39)	0:01:29	0:18:53	0:19:39	0:38:32	(111)	0:01:00	0:25:47	(214)	1:17:45
118	155	Mark	Bonner	male	25 - 29		1	0:12:54	(102)	0:02:13	0:19:57	0:20:31	0:40:28	(157)	0:01:16	0:20:56	(65)	1:17:48
119	373	Pat	Hannon	male	55 - 59		3	0:16:23	(240)	0:01:37	0:19:26	0:19:01	0:38:27	(110)	0:00:55	0:20:29	(50)	1:17:52
120	194	Eugene	Tangney	male	35 - 39		1	0:13:27	(131)	0:02:06	0:00:00	0:00:00	0:38:33	(112)	0:01:07	0:22:46	(134)	1:17:59
121	364	Michael	Ryan	male	55 - 59	Limerick TC	3	0:13:39	(141)	0:01:32	0:18:32	0:19:19	0:37:51	(96)	0:01:10	0:23:55	(173)	1:18:06
122	107	Cian	Crosbie	male	30 - 34	Lough Key TC	1	0:13:58	(159)	0:02:03	0:20:22	0:20:01	0:40:24	(153)	0:01:07	0:20:47	(57)	1:18:19
123	280	tom	o'dowd	male	40 - 44		3	0:13:46	(146)	0:01:36	0:18:43	0:18:47	0:37:30	(88)	0:01:12	0:24:15	(185)	1:18:20
124	246	PAUL	BURGIN	male	40 - 44	Naas TC	3	0:12:35	(94)									1:18:22
125	220	Gary	Madden	male	40 - 44	Boru TC	3	0:13:21	(126)	0:02:09	0:00:00	0:00:00	0:40:09	(144)	0:01:16	0:21:38	(98)	1:18:33
126	321	Christopher	Kearns	male	45 - 49	West Clare TC	3	0:11:00	(41)	0:02:09	0:18:23	0:19:31	0:37:54	(97)	0:01:33	0:26:13	(227)	1:18:48
127	333	Martin	Davies	male	45 - 49		3	0:15:33	(216)	0:02:17	0:19:35	0:19:20	0:38:55	(120)	0:01:13	0:21:11	(80)	1:19:10
128	217	James	Fennell	male	40 - 44	Athlone TC	3	0:15:18	(210)	0:01:42	0:19:34	0:19:28	0:39:02	(124)	0:01:20	0:21:49	(101)	1:19:12
129	35	Dean	Craven	male	16 - 17		1	0:11:08	(51)	0:01:42	0:20:44	0:21:58	0:42:42	(206)	0:00:51	0:22:52	(139)	1:19:15
130	277	Nicholas	Bleasle	male	40 - 44		3	0:12:33	(91)	0:02:04	0:19:48	0:19:50	0:39:38	(134)	0:01:31	0:23:32	(160)	1:19:18
131	293	Barry	Deane	male	45 - 49	Ennis TC	3	0:13:49	(150)	0:01:37	0:19:26	0:19:46	0:39:12	(128)	0:01:14	0:23:28	(158)	1:19:20
132	216	Gillian	McMahon	female	40 - 44	3D TC	2	0:12:35	(96)	0:02:09	0:19:30	0:19:39	0:39:10	(127)	0:01:06	0:24:23	(192)	1:19:23
133	348	steve	gleeson	male	50 - 54	Limerick TC	3	0:14:37	(192)	0:02:02	0:19:21	0:19:40	0:39:01	(123)	0:01:12	0:22:31	(123)	1:19:24
134	117	Nathan	Moran	male	20 - 24	Predator TC	1	0:12:58	(104)	0:01:26	0:20:29	0:21:04	0:41:33	(181)	0:00:44	0:22:48	(135)	1:19:30
135	248	Alasdair	Conway	male	40 - 44	Predator TC	3	0:13:17	(120)	0:01:16	0:16:53	0:17:18	0:34:11	(27)	0:00:50	0:30:02	(278)	1:19:36
136	41	Laura	Mc Munn	female	18 - 19	Sligo TC	2	0:11:57	(74)	0:01:47	0:21:24	0:21:08	0:42:32	(202)	0:01:00	0:22:30	(122)	1:19:46
137	110	Tony	Keegan	male	30 - 34	Midland TC	1	0:15:18	(211)	0:02:01	0:18:59	0:19:49	0:38:49	(118)	0:01:06	0:22:40	(130)	1:19:54
138	146	John Paul	Kneafsey	male	25 - 29		1	0:14:07	(168)	0:02:41	0:19:16	0:19:44	0:39:00	(122)	0:00:47	0:23:22	(157)	1:19:56
139	173	Marc	Lennon	male	30 - 34		1	0:13:29	(134)	0:02:43	0:20:12	0:20:56	0:41:09	(174)	0:00:57	0:21:46	(100)	1:20:03
140	79	Andrew	Connair	male	35 - 39	Galway TC	1	0:13:04	(110)	0:01:54	0:20:07	0:20:44	0:40:51	(164)	0:01:36	0:22:38	(127)	1:20:04
141	163	David	Bradish	male	30 - 34		1	0:11:12	(55)	0:01:49	0:21:00	0:21:19	0:42:19	(200)	0:01:15	0:23:33	(161)	1:20:08
142	82	Eoin	O'Sullivan	male	35 - 39	Galway TC	1	0:14:25	(183)	0:01:34	0:19:17	0:19:32	0:38:49	(119)	0:01:11	0:24:12	(184)	1:20:10
143	232	rynal	Browne	male	40 - 44	Galway TC	3	0:16:22	(239)	0:01:48	0:19:34	0:19:07	0:38:41	(115)	0:00:53	0:22:35	(126)	1:20:18
144	233	Ray	Hickey	male	40 - 44	GoTri TC	3	0:16:09	(234)	0:01:15	0:20:20	0:20:43	0:41:03	(171)	0:01:01	0:20:55	(63)	1:20:23
145	147	Katelijne	Verbruggen	female	25 - 29		2	0:14:34	(189)	0:02:13	0:20:03	0:20:25	0:40:28	(156)	0:00:45	0:22:41	(132)	1:20:42
146	65	Marie	Lynch	female	30 - 34	Ennis TC	2	0:13:45	(145)	0:01:58	0:20:10	0:20:40	0:40:50	(163)	0:00:59	0:23:16	(153)	1:20:47
147	67	Brian	McCarthy	male	35 - 39	Ennis TC	1	0:15:36	(219)	0:01:28	0:18:27	0:19:31	0:37:58	(98)	0:01:14	0:24:31	(196)	1:20:47
148	301	Philip	Molloy	male	45 - 49	Kilkenny TC	3	0:17:03	(262)	0:01:44	0:18:29	0:18:51	0:37:20	(85)	0:01:19	0:23:41	(165)	1:21:06
149	343	Brian	Dolan	male	50 - 54	Ennis TC	3	0:13:11	(116)	0:01:55	0:20:38	0:21:09	0:41:47	(187)	0:01:17	0:23:02	(145)	1:21:12
150	125	Warren	Terry	male	30 - 34	South Coast TC	1	0:20:47	(291)	0:01:47	0:18:51	0:19:10	0:38:01	(100)	0:01:00	0:19:43	(34)	1:21:19
151	136	Deirdre	Walsh	female	35 - 39	Trilogy TC	2	0:12:22	(86)	0:01:56	0:19:51	0:21:20	0:41:11	(175)	0:01:07	0:24:43	(199)	1:21:20
152	119	alphonsus	heneghan	male	35 - 39	Predator TC	1	0:13:50	(151)	0:02:33	0:20:02	0:20:16	0:40:18	(149)	0:01:40	0:23:12	(151)	1:21:33
153	252	Derek	Mc Morrow	male	40 - 44	Sligo TC	3	0:17:07	(264)	0:02:00	0:19:06	0:19:32	0:38:38	(114)	0:01:06	0:22:43	(133)	1:21:34
154	50	Laurence	Costello	male	30 - 34	Athlone TC	1	0:12:42	(99)	0:02:12	0:20:58	0:20:27	0:41:25	(177)	0:00:57	0:24:20	(189)	1:21:36
155	350	Vera	McCool	female	50 - 54	Midland TC	2	0:14:37	(191)	0:01:33	0:19:44	0:20:45	0:40:29	(158)	0:00:46	0:24:11	(182)	1:21:36
156	340	Ciaran	Burns	male	50 - 54	Belpark TC	3	0:14:57	(199)	0:01:50	0:20:20	0:20:02	0:40:22	(152)	0:01:18	0:23:17	(154)	1:21:43
157	208	Stuart	Nicol	male	35 - 39		1	0:11:11	(53)	0:03:00	0:21:20	0:20:38	0:41:58	(193)	0:01:22	0:24:16	(186)	1:21:47
158	148	Lorraine	Glynn	female	25 - 29		2	0:15:07	(209)	0:02:29	0:18:48	0:19:13	0:38:01	(99)	0:01:13	0:24:58	(202)	1:21:48
159	54	Katherine	Howard	female	30 - 34	Belpark TC	2	0:13:57	(158)	0:01:51	0:20:04	0:21:19	0:41:23	(176)	0:01:04	0:23:38	(162)	1:21:52
160	83	Jonathan	Glavin	male	35 - 39	Galway TC	1	0:17:00	(260)	0:01:45	0:19:36	0:21:01	0:40:37	(160)	0:01:01	0:21:32	(92)	1:21:54
161	122	Carol	Duffy	female	30 - 34	Sligo TC	2	0:13:56	(156)	0:02:02	0:20:36	0:21:23	0:41:59	(195)	0:01:04	0:22:57	(143)	1:21:59
162	55	Mark	Quinn	male	30 - 34	Belpark TC	1	0:13:19	(122)	0:02:25	0:20:08	0:20:46	0:40:54	(166)	0:01:21	0:24:03	(175)	1:22:03
163	218	Eilish	Kilkenny	female	40 - 44	Belpark TC	2	0:13:43	(144)	0:01:20	0:19:59	0:20:19	0:40:18	(150)	0:01:02	0:25:45	(213)	1:22:09
164	142	Chloe	Lemahieu	female	25 - 29		2	0:16:10	(235)	0:02:35	0:20:01	0:20:08	0:40:09	(145)	0:01:24	0:21:52	(102)	1:22:11
165	254	William	Johnstone	male	40 - 44	TriA-Sport TC	3	0:14:59	(201)	0:01:42	0:19:01	0:19:55	0:38:56	(121)	0:01:41	0:25:04	(204)	1:22:22
166	131	Pat	Reilly	male	25 - 29	Tri Lakes TC	1	0:15:39	(221)	0:02:05	0:19:25	0:19:51	0:39:17	(130)	0:01:16	0:24:06	(178)	1:22:23
167	341	Laura	Flynn	female	50 - 54	Belpark TC	2	0:15:26	(213)	0:01:51	0:19:49	0:20:36	0:40:25	(155)	0:01:11	0:23:38	(163)	1:22:29
168	349	terry	greene	female	50 - 54	Midland TC	2	0:14:08	(169)	0:01:46	0:20:19	0:21:36	0:41:55	(191)	0:01:09	0:23:41	(164)	1:22:39
169	114	Justin	Cooney	male	20 - 24	NUI Galway	1	0:13:42	(143)	0:01:53	0:21:31	0:22:43	0:44:15	(230)	0:00:39	0:22:14	(113)	1:22:42
170	253	James	Sayers	male	40 - 44	Tralee TC	3	0:15:22	(212)	0:02:26	0:20:10	0:20:26	0:40:36	(159)	0:01:52	0:22:32	(124)	1:22:48
171	368	Ferdy	Whelan	male	55 - 59	Predator TC	3	0:14:33	(187)	0:02:21	0:00:00	0:00:00	0:41:48	(188)	0:01:32	0:22:34	(125)	1:22:48
172	191	Edwin	Rowan	male	35 - 39		1	0:16:15	(238)	0:01:52	0:20:43	0:20:47	0:41:30	(178)	0:01:11	0:22:26	(120)	1:23:13
173	274	jamie	keogh	male	40 - 44		3	0:14:49	(197)	0:02:30	0:							

212	166	James	Duggan	male	30 - 34		1	0:12:36	(97)	0:01:58	0:22:08	0:23:29	0:45:37	(250)	0:01:21	0:25:28	(209)	1:26:59
213	275	Kieran	Shaughnessy	male	40 - 44		3	0:17:13	(267)	0:03:32	0:20:06	0:20:15	0:40:21	(151)	0:01:38	0:24:19	(188)	1:27:02
214	187	Celeste	O'Regan	female	35 - 39		2	0:10:38	(31)	0:03:15	0:22:13	0:23:00	0:45:12	(242)	0:01:12	0:26:57	(241)	1:27:14
215	75	Margaret	Glavin	female	30 - 34	Galway TC	2	0:14:23	(180)	0:02:21	0:24:24	0:23:45	0:48:09	(265)		0:22:23	(119)	1:27:15
216	86	Paraic	Raifery	male	35 - 39	Galway TC	1	0:17:14	(268)	0:03:01	0:21:51	0:21:09	0:43:00	(212)	0:01:27	0:22:41	(131)	1:27:23
217	370	Colman	Ledwith	male	55 - 59		3	0:16:53	(255)	0:01:35	0:19:13	0:20:25	0:39:38	(135)	0:01:19	0:27:58	(259)	1:27:24
218	334	Maurice	Boyle	male	45 - 49		3	0:12:04	(78)	0:02:40	0:22:26	0:23:11	0:45:37	(251)	0:01:42	0:25:32	(210)	1:27:35
219	243	Geraldine	Langtry	female	40 - 44	Midland TC	2	0:14:48	(196)	0:01:41	0:20:45	0:22:18	0:43:03	(214)	0:01:08	0:27:01	(243)	1:27:41
220	196	Irene	Ralston	female	35 - 39		2	0:15:07	(206)	0:03:20	0:21:28	0:22:31	0:43:59	(225)	0:01:19	0:24:29	(195)	1:28:13
221	127	Paul	Hardman	male	35 - 39	Tri an Mhi TC	1	0:16:46	(251)	0:02:13	0:22:47	0:23:33	0:46:20	(259)	0:00:44	0:22:14	(114)	1:28:18
222	242	Jimmy	hofler	male	40 - 44	Limerick TC	3	0:16:01	(231)	0:02:04	0:21:03	0:21:38	0:42:40	(205)	0:01:29	0:26:14	(228)	1:28:28
223	258	sinead	Joyce	female	40 - 44	Tri Lakes TC	2	0:14:15	(175)	0:01:56	0:22:21	0:24:27	0:46:48	(263)	0:01:12	0:24:23	(191)	1:28:34
224	296	Ray	McLaughlin	male	45 - 49	Galway TC	3	0:15:51	(227)	0:02:20	0:21:52	0:22:34	0:44:27	(232)	0:01:06	0:25:01	(203)	1:28:45
225	178	Nicola	Tangney	female	30 - 34		2	0:14:05	(165)	0:02:07	0:21:25	0:23:34	0:44:59	(238)	0:01:40	0:25:55	(221)	1:28:46
226	288	nick	Hassell	male	45 - 49	Belpark TC	3	0:14:39	(193)	0:03:07	0:20:31	0:21:34	0:42:05	(197)	0:02:00	0:27:03	(244)	1:28:53
227	152	Ronan	Keary	male	25 - 29		1	0:13:48	(148)	0:02:43	0:19:56	0:21:04	0:41:00	(168)	0:01:24	0:30:13	(280)	1:29:09
228	74	Louise	Geoghegan	female	30 - 34	Galway TC	2	0:16:45	(250)	0:02:11	0:22:58	0:22:54	0:45:53	(253)	0:01:24	0:32:05	(149)	1:29:18
229	176	Michael	McDonnell	male	30 - 34		1	0:15:43	(223)	0:02:36	0:20:54	0:21:48	0:42:42	(207)	0:01:37	0:26:43	(234)	1:29:20
230	189	David	Kelly	male	35 - 39		1	0:14:02	(163)	0:03:00	0:21:37	0:21:54	0:43:31	(221)	0:01:20	0:27:30	(251)	1:29:23
231	61	deirdre	hynes	female	25 - 29	Ennis TC	2	0:13:55	(155)	0:02:09	0:20:22	0:21:17	0:41:40	(184)	0:01:17	0:30:31	(284)	1:29:32
232	335	Nicholas	Morahan	male	45 - 49		3	0:14:01	(162)	0:01:58	0:21:53	0:21:28	0:43:21	(220)	0:00:59	0:29:19	(275)	1:29:38
233	319	Stephanie	Reid	female	45 - 49	Tri Lakes TC	2	0:14:06	(167)	0:02:21	0:20:52	0:21:48	0:42:40	(204)	0:02:33	0:28:03	(260)	1:29:42
234	186	Alan	Price	male	35 - 39		1	0:16:43	(245)	0:04:30	0:20:21	0:20:41	0:41:02	(170)	0:01:32	0:25:57	(222)	1:29:44
235	215	Carly	Nevin	female	35 - 39		2	0:18:32	(279)				0:54:19	(293)		0:17:03	(4)	1:29:54
236	283	Noreen	Burke	female	40 - 44		2	0:14:31	(185)	0:03:36	0:21:18	0:22:56	0:44:14	(229)		0:27:38	(252)	1:29:58
237	304	Antoinette	Butler	female	45 - 49	Midland TC	2	0:13:25	(130)	0:02:15	0:22:00	0:22:47	0:44:47	(235)	0:01:23	0:28:21	(266)	1:30:11
238	356	Cathal	O'Riordain	male	50 - 54		3	0:16:45	(249)	0:03:18	0:21:47	0:22:16	0:44:03	(227)	0:01:02	0:25:12	(205)	1:30:20
239	124	Mairead	Mc Morrow	female	35 - 39	Sligo TC	2	0:16:40	(244)	0:02:07	0:22:07	0:22:14	0:44:22	(231)	0:01:22	0:25:49	(218)	1:30:20
240	203	Patricia	Harte	female	35 - 39		2	0:14:40	(194)	0:03:00	0:20:26	0:20:38	0:41:04	(172)	0:02:15	0:29:27	(276)	1:30:26
241	85	ynne	o loughlin	female	35 - 39	Galway TC	2	0:14:45	(195)	0:02:11	0:21:55	0:22:18	0:44:12	(228)	0:01:23	0:28:06	(262)	1:30:37
242	317	Mark	Halliwel	male	45 - 49	Tri Lakes TC	3	0:19:51	(288)	0:02:34	0:21:05	0:21:41	0:42:46	(208)	0:01:23	0:24:44	(200)	1:31:18
243	355	Brian	O'Donovan	male	50 - 54		3	0:16:48	(253)	0:03:30	0:20:12	0:21:23	0:41:35	(183)	0:02:19	0:27:15	(247)	1:31:27
244	161	Colette	McSpadden	female	30 - 34		2	0:18:45	(280)	0:02:19	0:21:51	0:23:43	0:45:34	(249)	0:00:57	0:23:52	(172)	1:31:27
245	64	Karen Ann	Casey	female	30 - 34	Ennis TC	2	0:13:49	(149)	0:02:05	0:21:27	0:23:43	0:45:09	(241)	0:01:42	0:28:51	(270)	1:31:37
246	197	John	Tiernan	male	35 - 39		1	0:17:02	(261)	0:02:54	0:21:21	0:23:23	0:44:43	(233)	0:01:02	0:26:12	(226)	1:31:53
247	302	Thomas	Marry	male	45 - 49	Kilkenny TC	3	0:13:59	(160)	0:02:43	0:22:08	0:22:41	0:44:49	(236)	0:01:16	0:29:08	(273)	1:31:54
248	313	Miah	McGrath	male	45 - 49	South Coast TC	3	0:19:43	(286)	0:01:59	0:21:07	0:22:01	0:43:08	(217)	0:01:24	0:25:48	(216)	1:32:02
249	403	Kevin	McGinley	male	40 - 44		3	0:22:40	(294)	0:02:16	0:19:19	0:19:22	0:38:41	(116)	0:01:08	0:27:29	(250)	1:32:14
250	165	Hilary	Galvin	female	30 - 34		2	0:16:03	(232)	0:02:57	0:21:53	0:23:31	0:45:23	(246)		0:27:54	(258)	1:32:18
251	255	Cheryl	Keatinge Creagh	female	40 - 44	Tri an Mhi TC	2	0:14:11	(171)	0:01:58	0:23:20	0:25:00	0:48:20	(269)	0:01:09	0:27:29	(249)	1:33:07
252	167	Jennie	McCahill	female	30 - 34		2	0:14:22	(179)	0:02:32	0:22:53	0:22:57	0:45:50	(252)	0:01:18	0:29:14	(274)	1:33:15
253	78	Aileen	Gallagher	female	30 - 34	Galway TC	2	0:18:13	(277)	0:02:40	0:21:52	0:23:31	0:45:23	(245)	0:01:41	0:25:24	(208)	1:33:20
254	211	Viki	Forrester	female	35 - 39		2	0:18:22	(278)	0:03:11	0:21:15	0:20:43	0:41:58	(192)	0:01:43	0:28:28	(267)	1:33:41
255	330	Liam	Cashman	male	45 - 49		3	0:17:11	(266)	0:04:13	0:22:35	0:22:57	0:45:32	(248)	0:01:30	0:25:16	(206)	1:33:42
256	312	Paul	Smyth	male	45 - 49	Setanta TC	3	0:15:07	(208)	0:02:23	0:22:45	0:23:13	0:45:58	(254)	0:02:04	0:28:19	(265)	1:33:50
257	209	Suzanne	Keatley	female	35 - 39		2	0:15:36	(218)	0:02:19	0:22:11	0:23:57	0:46:08	(257)	0:01:44	0:28:37	(268)	1:34:23
258	353	Martina	Passman	female	50 - 54	Tri Lakes TC	2	0:17:21	(270)	0:02:47	0:22:49	0:24:29	0:47:18	(264)	0:01:22	0:25:53	(220)	1:34:41
259	200	Lynette	Greene	female	35 - 39		2	0:17:48	(276)	0:02:35	0:22:38	0:23:54	0:46:32	(261)	0:01:04	0:26:46	(235)	1:34:46
260	202	Mark	Conroy	male	35 - 39		1	0:14:20	(178)	0:02:32	0:22:58	0:23:09	0:46:08	(256)	0:01:05	0:30:52	(285)	1:34:58
261	150	PATRICK	BRAZEL	male	25 - 29		1	0:12:19	(84)	0:04:31	0:23:36	0:24:38	0:48:13	(266)	0:02:02	0:28:07	(263)	1:35:12
262	325	claire	cellarius	female	45 - 49		2	0:16:54	(256)	0:02:22	0:23:34	0:24:52	0:48:26	(271)	0:01:07	0:26:52	(237)	1:35:40
263	112	Michael	Buckley	male	30 - 34	Nenagh TC	1	0:22:54	(296)	0:02:02	0:21:02	0:20:57	0:41:58	(194)	0:00:59	0:27:51	(256)	1:35:44
264	361	Brendan	Watson	male	50 - 54	Boru TC	3	0:19:05	(282)	0:02:31	0:22:52	0:22:21	0:45:13	(243)	0:01:55	0:27:08	(245)	1:35:51
265	145	Eva	Barrett	female	25 - 29		2	0:16:48	(252)	0:02:11	0:23:47	0:24:28	0:48:15	(268)	0:01:14	0:28:03	(261)	1:36:31
266	292	Marie	Staunton	female	45 - 49	Drogheda TC	2	0:16:38	(243)	0:03:27	0:22:02	0:22:59	0:45:01	(239)	0:01:17	0:30:15	(281)	1:36:38
267	331	Mags	O'Donnell	female	45 - 49		2	0:21:13	(293)	0:02:21	0:21:57	0:23:26	0:45:22	(244)	0:01:05	0:26:59	(242)	1:37:01
268	306	Douglas	Bates	male	45 - 49	Midland TC	3	0:10:59	(40)	0:01:13	0:09:01	0:53:26	1:02:27	(300)	0:01:16	0:21:11	(79)	1:37:06
269	128	Rosalind	Hennessy	female	35 - 39	Tri an Mhi TC	2	0:17:10	(265)	0:03:15	0:24:36	0:24:54	0:49:30	(273)	0:01:05	0:26:21	(231)	1:37:21
270	339	Phillip	Dunne	male	50 - 54	Athlone TC	3	0:20:25	(290)	0:02:38	0:22:33	0:23:36	0:46:09	(258)	0:01:27	0:26:49	(236)	1:37:28
271	357	Moir	Gunn	female	50 - 54		2	0:18:49	(281)	0:03:02	0:24:18	0:24:41	0:48:58	(272)	0:01:41	0:25:59	(223)	1:38:30
272	376	Kevin	O'Halloran	male	60 - 64		3	0:14:14	(174)	0:04:23	0:22:30	0:22:15	0:44:45	(234)	0:02:31	0:32:45	(288)	1:38:37
273	281	Wendy	O'Callaghan	female	40 - 44		2	0:16:14	(237)	0:02:26	0:24:50	0:25:23	0:50:13	(275)	0:01:12	0:29:03	(272)	1:39:07
274	299	Mary	lenihan	female	45 - 49	Kilkenny TC	2	0:14:13	(173)	0:03:44	0:25:16	0:26:47	0:52:03	(285)	0:01:11	0:28:16	(264)	1:39:26
275	84	KAREN	MALHERBE	female	35 - 39	Galway TC	2	0:14:16	(176)	0:02:20	0:25:22	0:27:00	0:52:22	(286)	0:01:16	0:29:30	(277)	1:39:44
276	323	Bernice	Crowley	female	45 - 49		2	0:16:56	(258)	0:03:40	0:24:23	0:27:07	0:51:31	(282)	0:01:10	0:26:34	(233)	1:39:50
277	126	Naomi	O'Reilly	female	35 - 39	Tri an Mhi TC	2	0:15:27	(214)	0:02:23	0:25:37	0:27:38	0:53:15	(287)	0:01:20	0:27:52	(257)	1:40:17
278	359	Siobhan	Glynn	female	50 - 54		2	0:17:46	(274)	0:03:57	0:24:49	0:25:26	0:50:16	(276)	0:01:02	0:27:21	(248)	1:40:22
279	174	Marie	Nestor	female	30 - 34		2	0:23:25	(299)	0:02:53	0:							