

Place	Bib	TI Number	Name	Surname	Sex	Wave 1	Cat	Club	Swim	Rank T1	Cycle	Rank T2	Run	Rank	Penalty	Finish	Comment
18	129	10003382	Anna	Crooks	female	Wave 2	30 - 40	Go Tri TC	0:11.30 (30)	0:01:07	0:33.49 (41)	0:00:52	0:18.44 (19)			1:06:02	
32	22	10013913	Derval	Devaney	female	Wave 2	30 - 40	Belpark TC	0:12.53 (84)	0:01:28	0:33.25 (30)	0:00:46	0:19.43 (46)			1:08:15	
40	157	10014048	Rachel	Clancy	female	Wave 2	20 - 30	Limerick TC	0:12.41 (77)	0:01:14	0:34.14 (49)	0:00:45	0:20:03 (64)			1:08:57	
44	243	10010426	Marie Triona	Keane	female	Wave 2	30 - 40	T3	0:12.49 (82)	0:01:15	0:33.40 (36)	0:00:46	0:21:07 (94)			1:09:37	
50	247	10011338	Jennifer	O'Connell	female	Wave 2	30 - 40	T3 TC	0:11.06 (20)	0:01:39	0:35.45 (89)	0:00:47	0:20:59 (91)			1:10:17	
57	322	10002622	Deirdre	Hough	female	Wave 2	30 - 40	Wicklow TC	0:13.23 (114)	0:01:18	0:34.46 (60)	0:00:50	0:20:40 (72)			1:10:57	
70	230	10005687	Oria	Jordan	female	Wave 2	30 - 40	Pulse TC	0:13.07 (101)	0:01:19	0:35.20 (79)	0:00:43	0:21:19 (103)			1:11:49	
72	200	10005331	Erin	O'Connell	female	Wave 2	20 - 30	Piranha TC	0:12.35 (71)	0:01:22	0:36.41 (116)	0:00:56	0:20:20 (65)			1:11:54	
75	2	10009936	Margaret	Kelly	female	Wave 2	40 - 50	24/7 TC	0:13.02 (96)	0:01:13	0:36.30 (106)	0:00:50	0:20:21 (66)			1:11:57	
77	20	10009988	JULIE ANNE	BOWDEN	female	Wave 2	30 - 40	Belpark TC	0:13.01 (93)	0:01:14	0:35.01 (70)	0:00:49	0:22:03 (135)			1:12:09	
86	237	10027510	Dena	Hogan	female	Wave 2	30 - 40	Racing 795 TC	0:12.57 (89)	0:01:19	0:36.37 (112)	0:00:52	0:20:53 (82)			1:12:38	
87	391		Maedhb	Hurst	female	Wave 2	U 20		0:09.42 (9)	0:00:51	0:39.12 (201)	0:00:37	0:22:19 (148)			1:12:41	
91	23	10002646	Eimear	Fitzmaurice	female	Wave 2	30 - 40	Belpark TC	0:14.10 (170)	0:01:17	0:37.22 (137)	0:00:52	0:19:28 (39)			1:13:09	
98	34	10015816	Clare	Sullivan	female	Wave 2	30 - 40	Belpark TC	0:15.04 (242)	0:01:34	0:36.12 (100)	0:00:48	0:20:04 (55)			1:13:42	
99	8	10009485	Suzy	Macken	female	Wave 2	30 - 40	3D TC	0:13.06 (100)	0:01:29	0:37.44 (149)	0:00:51	0:20:32 (69)			1:13:43	
124	186	10011760	sinnead	oakes	female	Wave 2	30 - 40	Enagh TC	0:12.23 (61)	0:01:30	0:37.46 (151)	0:00:59	0:22:25 (150)	0:01:00		1:16:03	Helmet Unclipped
125	77	10012647	Nadine	Gray	female	Wave 2	40 - 50	Fingal TC	0:13.52 (146)	0:01:43	0:38.48 (185)	0:00:54	0:20:48 (76)			1:16:04	
129	233	TBC	Triona	Ryan	female	Wave 2	30 - 40	Pulse TC	0:12.07 (54)	0:01:27	0:39.11 (200)	0:00:50	0:22:43 (156)			1:16:17	
141	251	10013439	Laura	Shilling	female	Wave 2	40 - 50	T3 TC	0:14.14 (182)	0:01:51	0:36.45 (118)	0:01:10	0:23:37 (204)			1:17:37	
149	47	10029252	Becky	Coughlan	female	Wave 2	30 - 40	Ennis TC	0:13.55 (149)	0:02:02	0:39.41 (224)	0:01:41	0:20:57 (87)			1:18:16	
151	291	10003869	Eimear	Mathews	female	Wave 2	50 - 60	Trilogy TC	0:15.07 (243)	0:01:51	0:38.33 (179)	0:00:59	0:21:52 (126)			1:18:22	
154	225	10004723	Trisha	Callan	female	Wave 2	40 - 50	Pulse TC	0:13.46 (138)	0:01:42	0:39.05 (195)	0:01:09	0:23:01 (170)			1:18:42	
158	126	10010173	GrAinne	Reid	female	Wave 2	40 - 50	Galway TC	0:12.12 (56)	0:01:42	0:40.58 (267)	0:00:44	0:23:18 (187)			1:18:54	
164	82	10003382	Elaine	O'Donnell	female	Wave 2	30 - 40	Fingal TC	0:15.21 (259)	0:01:45	0:39.42 (225)	0:00:54	0:21:26 (106)			1:19:08	
172	124	10004128	miriam	wall	female	Wave 2	40 - 50	Galway TC	0:14.10 (171)	0:01:21	0:39.33 (219)	0:01:22	0:22:03 (134)	0:01:00		1:19:29	Helmet Unclipped
174	226	10016632	Emer	Carty	female	Wave 2	30 - 40	Pulse TC	0:14.13 (181)	0:01:38	0:39.46 (232)	0:00:53	0:23:09 (175)			1:19:38	
177	288	10011689	Neasa	Canavan	female	Wave 2	30 - 40	Tri Lakes TC	0:17.50 (364)	0:01:28	0:36.20 (101)	0:01:10	0:23:00 (169)			1:19:48	
181	289	10015432	Clohdna	Ruadhain	female	Wave 2	30 - 40	Tri Sport	0:13.29 (118)	0:01:52	0:39.23 (210)	0:01:28	0:22:51 (161)	0:01:00		1:20:01	Dismount Line
184	50	10001665	Aoife	Fennell	female	Wave 2	30 - 40	Ennis TC	0:14.28 (203)	0:01:43	0:39.20 (205)	0:01:08	0:23:33 (201)			1:20:11	
185	175	10003774	Eva	McMorrow	female	Wave 2	30 - 40	Midland TC	0:14.59 (239)	0:01:31	0:39.21 (207)	0:01:13	0:23:12 (178)			1:20:17	
187	162	10002894	Gerardine	Le Gear	female	Wave 2	50 - 60	Limerick TC	0:14.12 (179)	0:02:31	0:39.09 (199)		0:24:37 (241)			1:20:30	
188	9	10000143	Sorcha	McKeating	female	Wave 2	30 - 40	3D TC	0:18.11 (374)	0:01:34	0:37.53 (156)	0:00:56	0:21:59 (132)			1:20:31	
190	319	10002119	Martina	Colville	female	Wave 2	40 - 50	Wicklow TC	0:15.40 (281)	0:01:20	0:38.27 (174)	0:00:59	0:24:17 (229)			1:20:43	
192	295	10001742	Michelle	Mullaney	female	Wave 2	30 - 40	Tullamore TC	0:17.26 (350)	0:01:59	0:38.49 (186)	0:01:05	0:21:26 (105)			1:20:44	
193	16	10016787	Olivia	Ni Shuilleabhain	female	Wave 2	30 - 40	Athlone	0:15.21 (261)	0:01:29	0:40.04 (245)	0:00:57	0:22:55 (166)			1:20:47	
195	81	10000190	Bernie	McNally	female	Wave 2	30 - 40	Fingal TC	0:14.10 (173)	0:02:14	0:37.56 (157)	0:01:15	0:25:19 (259)			1:20:54	
196	58	10027931	Paula	Montwill	female	Wave 2	40 - 50	Ennis TC	0:15.56 (294)	0:01:49	0:37.43 (148)	0:01:21	0:24:19 (231)			1:21:08	
200	168	10012080	Roisin	Doran	female	Wave 2	30 - 40	Limerick TC	0:15.09 (244)	0:01:38	0:41.20 (279)	0:01:24	0:22:53 (164)			1:22:24	
212	24	10026334	Therese	Hanly	female	Wave 2	20 - 30	Belpark TC	0:16.13 (304)	0:02:09	0:41.02 (270)	0:01:31	0:21:41 (118)			1:22:37	
214	4	10010937	mairead	casserly	female	Wave 2	30 - 40	3D TC	0:17.21 (349)	0:02:03	0:38.47 (184)	0:01:12	0:23:17 (186)			1:22:40	
217	428		Deirdre	O mahony	female	Wave 2	30 - 40		0:14.33 (210)	0:01:21	0:41.03 (271)	0:00:56	0:24:51 (247)			1:22:44	
227	407		Toni	Mac Carthaigh	female	Wave 2	40 - 50		0:14.58 (238)	0:02:06	0:41.54 (298)	0:01:04	0:23:13 (179)			1:23:14	
228	184	10005191	Gerardine	Kyne	female	Wave 2	40 - 50	Enagh TC	0:14.02 (160)	0:01:36	0:39.54 (239)	0:01:28	0:26:15 (300)			1:23:15	
232	137	10004247	Triona	McCaffrey	female	Wave 2	30 - 40	Gotri TC	0:15.59 (295)	0:02:01	0:41.07 (274)	0:00:53	0:23:33 (202)			1:23:33	
235	393		shirley	jordan	female	Wave 2	40 - 50		0:16.01 (298)	0:02:09	0:41.01 (269)	0:00:43	0:24:07 (219)			1:24:00	
236	71	10001321	Caroline	Boardman	female	Wave 2	30 - 40	Fingal TC	0:14.15 (183)	0:02:12	0:39.44 (228)	0:01:34	0:26:17 (301)			1:24:02	
237	62	10011275	Lisa	O'Neill	female	Wave 2	40 - 50	Ennis TC	0:14.57 (236)	0:01:57	0:39.59 (241)	0:01:09	0:26:00 (290)			1:24:02	
238	61	10003532	Erin	O'Donoghue	female	Wave 2	30 - 40	Ennis TC	0:13.10 (103)	0:01:52	0:41.06 (273)	0:01:28	0:26:28 (305)			1:24:03	
248	30	10021166	Tamara	Ni hici	female	Wave 2	20 - 30	Belpark TC	0:14.18 (187)	0:01:50	0:41.42 (293)	0:01:05	0:25:40 (278)			1:24:35	
250	259	10011198	Elimar	Flynn	female	Wave 2	40 - 50	Tri Lakes TC	0:15.39 (280)	0:01:49	0:39.31 (216)	0:01:18	0:26:28 (306)			1:24:45	
259	39	10028790	Kate	Dillane	female	Wave 2	20 - 30	Cork TC	0:14.19 (189)	0:02:11	0:41.56 (300)	0:01:19	0:25:28 (270)			1:25:14	
260	180	10029688	Sinead	Devaney	female	Wave 2	30 - 40	Enagh TC	0:12.25 (65)	0:02:09	0:41.38 (289)	0:00:54	0:27:18 (332)	0:01:00		1:25:24	Mount Line
261	278	10026810	gillian	oreilly	female	Wave 2	40 - 50	Tri Lakes TC	0:17.13 (344)	0:02:07	0:36.46 (119)	0:01:39	0:27:55 (350)			1:25:40	
263	104	10009612	Fiona	Lyons	female	Wave 2	40 - 50	Galway TC	0:14.11 (176)	0:01:50	0:40.55 (263)	0:01:10	0:27:42 (345)			1:25:47	
264	231	10010085	Deirdre	Kennedy	female	Wave 2	30 - 40	Pulse TC	0:16.58 (337)	0:01:51	0:41.43 (294)	0:01:06	0:24:13 (225)			1:25:51	
266	285	10004108	Sharon	Walsh	female	Wave 2	40 - 50	Tri Lakes TC	0:14.19 (190)	0:02:26	0:41.34 (286)	0:01:48	0:25:51 (285)			1:25:58	
267	462	10018067	Ruth	Waldron	female	Wave 2	20 - 30		0:14.27 (202)	0:02:22	0:41.31 (285)	0:01:31	0:26:15 (297)			1:26:07	
268	232	10010978	Susan	Naughton	female	Wave 2	40 - 50	Pulse TC	0:13.05 (98)	0:02:01	0:40.53 (262)	0:01:10	0:26:03 (372)			1:26:13	
273	45	10015347	Martina	Clancy	female	Wave 2	40 - 50	Ennis TC	0:14.56 (235)	0:02:21	0:42.28 (311)	0:01:03	0:25:44 (281)			1:26:32	
274	402	10029214	Bronagh	Le Gear	female	Wave 2	U 20		0:10.39 (12)	0:01:35	0:45.49 (369)	0:00:54	0:27:39 (343)			1:26:35	
275	294	10033680	Fiona	Claffey	female	Wave 2	40 - 50	Tullamore TC	0:19.19 (394)	0:02:45	0:39.45 (230)	0:01:28	0:23:19 (190)			1:26:36	
279	79	10012407	melanie	mcgarry hand	female	Wave 2	30 - 40	Fingal TC	0:15.41 (282)	0:02:22	0:43.27 (328)	0:01:11	0:24:37 (240)			1:27:18	
280	73	10009248	Jennifer	Doran	female	Wave 2	30 - 40	Fingal TC	0:16.40 (325)	0:02:44	0:40.17 (247)	0:01:24	0:27:12 (326)			1:27:18	
284	498	10020300	Lucy	Collins	female	Wave 2	30 - 40	Galway TC	0:14.54 (233)	0:01:37	0:41.56 (301)	0:01:07	0:28:09 (357)			1:27:44	
287	25	10004609	Jennifer	Hogan	female	Wave 2	30 - 40	Belpark TC	0:15.51 (288)	0:02:16	0:43.05 (323)	0:02:33	0:24:11 (224)			1:27:55	
292	254	10003707	Fiona	Carton	female	Wave 2	40 - 50	Tri Lakes TC	0:14.27 (201)	0:02:06	0:42.41 (315)	0:01:14	0:27:58 (352)			1:28:26	
293	253	10005747	Maria	Burke	female	Wave 2	30 - 40	Tri Lakes TC	0:15.26 (264)	0:01:54	0:43.06 (324)	0:01:17	0:26:43 (312)			1:28:26	
294	220	10011748	Anne	O'Connor	female	Wave 2	30 - 40	Predator TC	0:14.26 (200)	0:01:52	0:42.39 (314)	0:01:23	0:28:08 (356)			1:28:28	
299	244	10003590	Aideen	Allen	female	Wave 2	50 - 60	T3 TC	0:14.00 (157)	0:02:30	0:41.09 (276)	0:01:39	0:29:33 (378)			1:28:51	
303	94	10018319	Marie	Gallagher	female	Wave 2	30 - 40	Galway TC	0:17.35 (355)	0:02:37	0:						

375	192	10016456	Emma	McLaughlin	female	Wave 2	20 - 30	Omagh TC	0:19:12	(391)	0:02:36	0:46:05	(374)	0:01:27	0:27:16	(330)	1:36:35
376	89	10030122	Andrea	McCannan	female	Wave 2	40 - 50	Galway TC	0:19:01	(390)	0:02:40	0:47:58	(392)	0:01:34	0:25:24	(266)	1:36:38
377	217	10030000	Helen	McDermott	female	Wave 2	40 - 50	Predator TC	0:16:00	(297)	0:02:13	0:45:59	(372)	0:01:28	0:31:01	(397)	1:36:40
378	361	10029205	Mairead	Elliott	female	Wave 2	20 - 30		0:17:49	(363)	0:02:55	0:42:58	(319)	0:02:00	0:31:07	(398)	1:36:50
380	113	10028094	Fiona	Fitzgerald	female	Wave 2	30 - 40	Galway TC	0:16:47	(331)	0:03:00	0:49:16	(402)	0:00:55	0:27:05	(321)	1:37:03
383	333		Treacy	Cathiona	female	Wave 2	40 - 50		0:20:41	(406)	0:03:09	0:44:02	(340)	0:01:22	0:28:05	(354)	1:37:19
384	123	10015007	LORRAINE	STENSON	female	Wave 2	20 - 30	Galway TC	0:16:01	(299)	0:02:20	0:51:24	(413)	0:01:45	0:26:31	(307)	1:38:01
385	72	10029603	Geraldine	Carr	female	Wave 2	30 - 40	Fingal TC	0:19:17	(392)	0:02:59	0:48:30	(397)	0:01:14	0:26:26	(304)	1:38:26
387	345		Bernice	Crowley	female	Wave 2	40 - 50		0:15:12	(248)	0:04:00	0:51:47	(417)	0:01:10	0:27:06	(323)	1:39:15
391	497	10014086	Caroline	Duncan	female	Wave 2	30 - 40	Galway TC	0:17:27	(352)	0:02:20	0:47:52	(391)	0:01:19	0:31:33	(403)	1:40:32
392	209	10033792	Yvonne	Dempsey	female	Wave 2	30 - 40	Predator TC	0:20:16	(404)	0:02:02	0:46:19	(378)	0:00:53	0:31:11	(400)	1:40:40
393	369		Niamh	Foley	female	Wave 2	40 - 50		0:16:11	(303)	0:02:14	0:52:10	(418)	0:00:59	0:29:09	(376)	1:40:43
394	306	10017920	Sarah	Brew	female	Wave 2	20 - 30	West Clare TC	0:16:56	(336)	0:02:06	0:49:56	(408)	0:01:41	0:30:51	(396)	1:41:30
395	134	10017994	Mags	Jones	female	Wave 2	30 - 40		0:15:55	(291)	0:02:02	0:45:41	(366)	0:01:21	0:36:36	(416)	1:41:35
398	450	10032972	Yvonne	Surlis	female	Wave 2	40 - 50		0:21:08	(409)	0:02:22	0:50:00	(409)	0:00:50	0:26:53	(317)	0:01:00
400	221	10023723	Anna	Ryan	female	Wave 2	30 - 40	Predator TC	0:18:30	(380)	0:02:17	0:50:25	(410)	0:01:17	0:30:33	(393)	1:42:12
401	463	10016441	Sarah	Walsh	female	Wave 2	30 - 40		0:17:16	(346)	0:03:05	0:49:46	(407)	0:01:18	0:31:42	(405)	1:43:07
402	448		caroline	roche	female	Wave 2	40 - 50		0:17:57	(367)	0:02:19	0:49:25	(403)	0:01:49	0:31:43	(406)	1:43:13
403	382		Majellahanley	Hanley	female	Wave 2	40 - 50		0:17:41	(357)	0:01:52	0:51:24	(414)	0:01:32	0:31:15	(401)	1:43:44
404	388		Adrienne	Heerey	female	Wave 2	40 - 50		0:20:17	(405)	0:02:57	0:48:36	(399)	0:01:30	0:30:26	(390)	1:43:44
406	390		Fionnuala	Hernon O Flaherty	female	Wave 2	30 - 40		0:23:30	(417)	0:02:37	0:48:14	(395)	0:01:47	0:28:44	(366)	1:44:51
407	288		Anna Marie	Faherty	female	Wave 2	30 - 40	Tri Sport	0:25:43	(423)	0:02:58	0:48:07	(393)	0:01:08	0:26:56	(319)	1:44:51
408	329		Alibhe	Canney	female	Wave 2	20 - 30		0:16:24	(315)	0:04:16	0:51:24	(415)	0:01:13	0:31:41	(404)	1:44:58
409	140	10024334	Anne	Quinlan	female	Wave 2	20 - 30	Gotri TC	0:18:10	(373)	0:03:03	0:52:59	(422)	0:01:57	0:29:25	(389)	1:46:34
411	411		Mary	Mc Keown	female	Wave 2	40 - 50		0:22:32	(415)	0:02:38	0:52:50	(419)	0:01:41	0:27:40	(344)	1:47:21
412	431		Ann-Marie	O'Brien	female	Wave 2	30 - 40		0:24:40	(419)	0:02:52	0:49:09	(401)	0:01:50	0:29:06	(375)	1:47:35
414	272	10014759	Martina	McIntyre	female	Wave 2	40 - 50	Tri Lakes TC	0:33:00	(425)	0:01:36	0:45:26	(364)	0:01:01	0:27:50	(349)	1:48:53
418	359		Loretta	Duggan	female	Wave 2	30 - 40		0:18:31	(381)	0:03:57	0:54:17	(424)	0:01:32	0:40:14	(420)	1:58:31
420	452		iona	shoughnessy	female	Wave 2	40 - 50		0:25:08	(421)	0:04:25	0:51:41	(416)	0:01:55	0:37:52	(418)	2:01:00
421	364		oria	fhay	female	Wave 2	40 - 50		0:24:15	(418)	0:05:24	1:00:45	(426)	0:01:33	0:34:16	(413)	2:06:13
	28	10012244	Eilish	Kilkenny	female	Wave 2	40 - 50	Belpark TC	0:15:29	(269)	0:01:26	0:52:55	(421)	0:01:15			DNF
	366		Grainne	Finn	female	Wave 2	20 - 30										DNF
	303	10004019	Caroline	Russell	female	Wave 2	40 - 50	Waterford TC									DNF
1	141	10002418	Rory	Sexton	male	Wave 1	20 - 30	Gotri TC	0:09:02	(5)	0:00:57	0:31:18	(3)	0:00:34	0:16:35	(1)	0:58:27
2	169		Aaron	O'Brien	male	Wave 1	U 20	Limerick TC	0:08:55	(1)	0:00:53	0:31:46	(7)	0:00:38	0:17:22	(5)	0:59:36
3	181	10027434	Darren	Dunne	male	Wave 1	U 20	Nenagh TC	0:09:34	(8)	0:01:11	0:33:02	(21)	0:00:37	0:16:46	(2)	1:01:10
4	321	10002559	Brian	Harris	male	Wave 1	30 - 40	Wicklow TC	0:08:59	(4)	0:00:56	0:32:38	(16)	0:00:46	0:18:51	(24)	1:02:10
5	63	10000265	Patrick	Quinn	male	Wave 1	30 - 40	Ennis TC	0:10:55	(13)	0:01:11	0:31:34	(5)	0:00:54	0:17:45	(9)	1:02:19
6	300	10020124	Eoin	Lyons	male	Wave 1	20 - 30	Waterford TC	0:08:58	(3)	0:01:06	0:33:43	(38)	0:00:48	0:18:23	(15)	1:02:58
7	130	10000107	Mairtin	Grealish	male	Wave 1	30 - 40	Go Tri TC	0:11:09	(24)	0:01:03	0:31:52	(9)	0:00:42	0:17:14	(4)	0:01:00
8	287	10001824	Tom	Dowd	male	Wave 1	30 - 40	Tri Sport	0:11:19	(27)	0:01:07	0:30:49	(1)	0:00:40	0:19:10	(32)	1:03:05
9	197	10015879	Jonathan	Maguire	male	Wave 1	20 - 30	Piranha TC	0:11:06	(21)	0:01:04	0:31:35	(6)	0:00:44	0:18:47	(21)	1:03:17
10	323	10001211	Noel	Kavanagh	male	Wave 1	30 - 40	Wicklow TC	0:11:42	(41)	0:01:12	0:32:31	(15)	0:00:40	0:17:33	(7)	1:03:38
11	148	10001249	eoin	molloy	male	Wave 1	30 - 40	Kilkenny TC	0:11:07	(22)	0:01:06	0:31:30	(4)	0:00:45	0:19:18	(34)	1:03:47
12	177	10001153	darragh	kileen	male	Wave 1	30 - 40	Naas TC	0:11:31	(32)	0:01:12	0:32:11	(11)	0:00:43	0:18:37	(17)	1:04:14
13	114	10001736	Mark	O'Duffy	male	Wave 1	30 - 40	Galway TC	0:11:01	(16)	0:01:06	0:31:48	(8)	0:00:48	0:19:59	(62)	1:04:43
14	199	10010424	Niall	McDonnell	male	Wave 1	30 - 40	Piranha TC	0:11:11	(25)	0:01:14	0:33:02	(22)	0:01:00	0:18:24	(16)	1:04:52
15	133	10001325	Mark	Jeffers	male	Wave 1	30 - 40	Gotri TC	0:11:00	(15)	0:01:16	0:33:21	(28)	0:00:46	0:18:44	(18)	1:05:07
16	297	10002055	David	Devine	male	Wave 1	30 - 40	Waterford TC	0:11:04	(18)	0:01:12	0:33:13	(23)	0:01:05	0:18:45	(20)	1:05:19
17	152	10000551	Edward	O Keeffe	male	Wave 1	30 - 40	Kilkenny TC	0:11:08	(23)	0:01:12	0:33:24	(29)	0:00:45	0:19:06	(29)	1:05:35
19	31	10001139	David	Power	male	Wave 1	30 - 40	Belpark TC	0:12:33	(69)	0:01:29	0:34:21	(50)	0:00:48	0:16:59	(3)	1:06:10
20	305	10002201	PAUL	WYSE	male	Wave 1	40 - 50	Waterford TC	0:11:50	(44)	0:01:28	0:33:27	(31)	0:00:53	0:19:00	(28)	1:06:39
21	292	10000085	Paul	Mihanah	male	Wave 3	40 - 50	Trilogy TC	0:12:24	(63)	0:01:14	0:32:24	(13)	0:00:46	0:20:02	(63)	1:06:49
22	270	10002716	Cian	Lynch	male	Wave 1	30 - 40	Tri Lakes TC	0:10:31	(11)	0:01:22	0:35:33	(85)	0:00:52	0:18:50	(23)	1:07:09
23	44	10000254	Jason	Pierce	male	Wave 1	30 - 40	Cork TC	0:12:16	(57)	0:01:14	0:32:48	(18)	0:00:47	0:20:12	(57)	1:07:18
24	261	10005088	Paul	Giblin	male	Wave 1	30 - 40	Tri Lakes TC	0:13:15	(110)	0:01:31	0:33:32	(33)	0:01:09	0:17:56	(10)	1:07:23
25	21	10000704	John	Brennan	male	Wave 3	40 - 50	Belpark TC	0:13:52	(147)	0:01:21	0:33:19	(27)	0:00:55	0:17:58	(11)	1:07:25
26	68	10013260	Kevin	Smyott	male	Wave 1	30 - 40	Ennis TC	0:13:09	(102)	0:01:15	0:32:50	(19)	0:00:45	0:19:32	(42)	1:07:31
27	248	10021805	Cahir	O'Higgins	male	Wave 1	30 - 40	T3 TC	0:12:40	(76)	0:01:14	0:33:28	(32)	0:00:53	0:19:20	(37)	1:07:36
28	13	10001474	Gerard	Daly	male	Wave 3	40 - 50	Activmultisport	0:14:45	(220)	0:01:17	0:32:40	(17)	0:01:00	0:18:00	(12)	1:07:42
29	164	10000545	John	O'Shea	male	Wave 3	50 - 60	Limerick TC	0:13:55	(151)	0:01:22	0:32:15	(12)	0:00:45	0:19:31	(41)	1:07:48
30	147	10001820	Raymond	Loneragan	male	Wave 1	20 - 30	Kilkenny TC	0:14:17	(184)	0:01:09	0:33:51	(42)	0:00:41	0:18:02	(13)	1:07:59
31	299	10004275	Bernard	Keane	male	Wave 1	30 - 40	Waterford TC	0:13:41	(132)	0:01:26	0:33:57	(43)	0:00:45	0:18:16	(14)	1:08:06
33	107	10026769	Conor	Moloney	male	Wave 3	40 - 50	Galway TC	0:12:28	(66)	0:01:25	0:34:37	(56)	0:01:02	0:18:49	(22)	1:08:22
34	387		Mike	Healy	male	Wave 1	U 20		0:09:29	(6)	0:01:20	0:35:48	(91)	0:00:53	0:20:56	(83)	1:08:26
35	241	10000056	Gerard	Kenny	male	Wave 3	50 - 60	Setanta TC	0:14:51	(230)	0:01:05	0:32:29	(14)	0:00:43	0:19:18	(36)	1:08:27
36	12	10013249	Joe	Byrne	male	Wave 1	30 - 40	Activmultisport	0:11:23	(28)	0:01:26	0:34:40	(58)	0:00:50	0:20:15	(58)	1:08:34
37	330	10005695	Richard	O'Reilly	male	Wave 3	50 - 60		0:11:30	(31)	0:01:19	0:33:41	(37)	0:00:52	0:21:12	(67)	1:08:34
38	239	10000192	Don	Morrissey	male	Wave 3	40 - 50	Racing 795 TC	0:11:45	(42)	0:01:10	0:34:31	(52)	0:00:49	0:20:28	(68)	1:08:43
39	163	10019430	liam	liddy	male	Wave 3	50 - 60	Limerick TC	0:10:23	(10)	0:01:31	0:34:58	(68)	0:00:56	0:20:58	(69)	1:08:45
41	413	10001163	Colm	McCole	male	Wave 1	30 - 40		0:12:37	(73)	0:01:41	0:32:56	(20)	0:00:55	0:20:51	(78)	1:09:00
42	6	10011772	Shane	Devlin	male	Wave 1	30 - 40	3D TC	0:13:17	(112)	0:01:31	0:33:15	(24)	0:01:03	0:20:06	(66)	1:09:12
43	227	10015081	Cian	Fitzsimons	male	Wave 1	30 - 40	Pulse TC	0:13:17	(111)	0:01:28	0:33:37	(35)	0:00:48	0:20:20	(63)	1:09:30
44	6	10013728															

93	378	Liam	Glynn	male	Wave 3	40 - 50		0:13.46	(139)	0:01.36	0:35.15	(74)	0:01.02	0:21.44	(121)		1:13:24
94	307	10018632	Martin	Busher	male	Wave 3	40 - 50	West Clare TC	0:14.22	(195)	0:01.41	0:34.53	(66)	0:00.50	0:21.38	(113)	1:13:25
95	60	10027512	John	O'Brien	male	Wave 1	30 - 40	Ennis TC	0:14.48	(226)	0:01.23	0:37.20	(136)	0:00.52	0:19.09	(31)	1:13:33
96	145	10016614	John	Carey	male	Wave 3	40 - 50	Kilkenny TC	0:17.00	(338)	0:01.39	0:34.13	(48)	0:00.55	0:19.46	(49)	1:13:34
97	449	Bob	Scully	male	Wave 1	30 - 40			0:13.24	(116)	0:01.36	0:38.19	(167)	0:01.08	0:19.08	(30)	1:13:35
100	298	10001364	Andrew	hickey	male	Wave 1	30 - 40	Waterford TC	0:13.58	(155)	0:01.40	0:36.01	(96)	0:01.03	0:21.01	(92)	1:13:43
101	302	10001061	Ned	Power	male	Wave 3	40 - 50	Waterford TC	0:15.33	(274)	0:01.30	0:34.33	(54)	0:00.59	0:21.14	(98)	1:13:49
102	335	10010368	Damien	Clarke	male	Wave 1	30 - 40		0:15.22	(262)	0:01.34	0:34.58	(69)	0:01.07	0:20.59	(90)	1:14:00
103	55	10004350	Liam	Kitson	male	Wave 3	40 - 50	Ennis TC	0:12.01	(50)	0:01.57	0:35.50	(93)	0:01.12	0:23.01	(171)	1:14:02
104	400	Fred	Lacroix	male	Wave 3	30 - 40			0:14.18	(186)	0:02.10	0:35.17	(76)	0:00.47	0:21.41	(117)	1:14:12
105	43	10000235	Brendan	O'Neill	male	Wave 3	60 - 70	Cork TC	0:12.33	(70)	0:01.30	0:36.36	(110)	0:01.03	0:22.37	(154)	1:14:19
107	32	10011883	Andrew	Shinnick	male	Wave 1	30 - 40	Belpark TC	0:12.38	(74)	0:01.34	0:35.57	(95)	0:00.49	0:23.24	(194)	1:14:21
108	276	Kevin	Murray	male	Wave 3	40 - 50	Tri Lakes TC	0:12.48	(81)	0:01.34	0:36.01	(97)	0:01.07	0:22.52	(163)	1:14:23	
109	99	10015533	Colm	Hawe	male	Wave 1	30 - 40	Galway TC	0:15.31	(272)	0:01.22	0:35.17	(77)	0:00.43	0:21.36	(111)	1:14:29
110	198	10001456	Jack	McDonnell	male	Wave 3	40 - 50	Piranh TC	0:15.24	(263)	0:01.36	0:34.38	(57)	0:00.56	0:21.56	(127)	1:14:34
111	467	10001610	John	Wilson	male	Wave 1	30 - 40		0:13.02	(95)	0:01.03	0:37.36	(144)	0:00.58	0:21.55	(128)	1:14:34
112	325	10003085	Darren	O'Sullivan	male	Wave 1	30 - 40	Wicklow TC	0:11.46	(43)	0:01.21	0:36.36	(111)	0:00.55	0:24.22	(233)	1:15:00
113	458	Dermot	Staunton	male	Wave 3	40 - 50			0:12.17	(58)	0:01.41	0:36.24	(103)	0:00.53	0:23.46	(209)	1:15:01
114	376	10022062	fergus	glynn	male	Wave 3	40 - 50		0:13.58	(154)	0:01.52	0:34.35	(55)	0:02.03	0:22.39	(155)	1:15:07
115	374	Fernando	Gamero	male	Wave 3	40 - 50			0:12.57	(88)	0:01.57	0:36.34	(108)	0:01.06	0:22.34	(153)	1:15:09
116	326	10032051	Daniel	Barrett	male	Wave 1	20 - 30		0:13.36	(128)	0:01.48	0:37.22	(138)	0:00.42	0:21.46	(123)	1:15:14
117	224	10013083	Fergus	Mullins	male	Wave 1	40 - 50	Predator TC	0:12.39	(75)	0:01.43	0:36.24	(102)	0:00.52	0:23.40	(207)	1:15:18
118	36	10002948	Garry	O Keffee	male	Wave 3	40 - 50	Carrick-on-Suir TC	0:14.52	(231)	0:01.48	0:35.48	(92)	0:01.11	0:21.41	(119)	1:15:20
119	109	10026748	Brian	Waters	male	Wave 1	30 - 40	Galway TC	0:13.13	(106)	0:01.27	0:38.10	(164)	0:00.56	0:21.35	(108)	1:15:22
120	368	10010956	Karl	Fogarty	male	Wave 1	30 - 40		0:11.40	(39)	0:01.16	0:37.57	(158)	0:01.18	0:23.15	(183)	1:15:25
121	189	10015490	Ronan	Walsh	male	Wave 1	30 - 40	Ennagh TC	0:12.01	(51)	0:01.45	0:37.15	(130)	0:01.00	0:23.27	(197)	1:15:29
122	472	10011895	Aonghus	McGuinness	male	Wave 3	40 - 50	Predator TC	0:12.58	(90)	0:02.11	0:37.20	(135)	0:01.01	0:22.08	(141)	1:15:38
123	170	10014392	Christy	Power	male	Wave 3	40 - 50	Limerick TC	0:13.15	(109)	0:01.47	0:37.49	(153)	0:01.05	0:21.55	(129)	1:15:51
126	127	10001716	Denis	O'Gorman	male	Wave 1	30 - 40	Galway TC	0:14.36	(214)	0:01.30	0:37.19	(134)	0:00.52	0:21.48	(125)	1:16:05
127	474	10000193	Paul	Bergin	male	Wave 3	40 - 50		0:14.04	(164)	0:02.05	0:34.52	(65)	0:01.07	0:21.43	(217)	1:16:11
128	471	10014689	Dave	Ahern	male	Wave 1	30 - 40		0:15.10	(246)	0:01.25	0:35.46	(90)	0:00.49	0:23.06	(173)	1:16:17
130	187	10028554	Ross	O'Meara	male	Wave 1	U 20	Ennagh TC	0:14.20	(192)	0:01.34	0:37.28	(143)	0:00.49	0:22.22	(149)	1:16:33
132	328	10001901	Niall	Callanan	male	Wave 1	30 - 40		0:14.30	(207)	0:01.57	0:38.59	(192)	0:00.57	0:20.19	(62)	1:16:43
133	296	10003494	padraic	Cannolly	male	Wave 3	40 - 50	Waterford TC	0:15.19	(254)	0:01.57	0:37.16	(131)	0:01.15	0:20.57	(85)	1:16:44
134	466	Jonathan	White	male	Wave 3	40 - 50			0:13.41	(131)	0:01.20	0:39.07	(198)	0:00.57	0:21.44	(120)	1:16:48
135	85	10029388	David	Brennan	male	Wave 3	40 - 50	Galway TC	0:14.29	(206)	0:02.10	0:37.24	(139)	0:00.48	0:22.02	(133)	1:16:52
136	155	10000825	Patrick	O'Neill	male	Wave 1	30 - 40	Lanesboro TC	0:14.00	(156)	0:01.31	0:36.27	(104)	0:00.49	0:24.14	(227)	1:17:01
137	283	10030597	David	Stephens	male	Wave 3	40 - 50	Tri Lakes TC	0:16.13	(305)	0:02.19	0:34.50	(63)	0:01.25	0:22.18	(145)	1:17:05
138	182	10004071	Isean	gleeson	male	Wave 3	40 - 50	Ennagh TC	0:14.41	(217)	0:01.39	0:36.59	(123)	0:00.59	0:22.52	(162)	1:17:11
139	267	10020809	Cecil	Looney	male	Wave 3	40 - 50	Tri Lakes TC	0:11.33	(34)	0:02.23	0:37.53	(155)	0:01.21	0:23.03	(172)	0:01:00
140	419	martin	mcnamara	male	Wave 3	50 - 60			0:14.25	(197)	0:02.02	0:39.26	(214)	0:01.00	0:20.27	(67)	1:17:14
142	455	10003381	Justin	Sherriff	male	Wave 1	30 - 40		0:16.05	(302)	0:02.00	0:37.11	(129)	0:00.46	0:21.39	(115)	1:17:41
143	454	100011354	Nicholas	Reid	male	Wave 3	40 - 50		0:13.35	(125)	0:01.58	0:36.50	(121)	0:01.03	0:24.24	(235)	1:17:49
144	160	10013824	Eoin	Jackson	male	Wave 1	50 - 60	Limerick TC	0:13.00	(92)	0:01.55	0:37.25	(141)	0:01.23	0:23.14	(182)	0:01:00
145	17	10034439	Senan	Price	male	Wave 1	30 - 40	Athlone	0:11.05	(19)	0:01.48	0:39.55	(240)	0:01.12	0:24.08	(221)	1:17:57
146	234	10000312	Terry	Tan	male	Wave 3	40 - 50	Pulse TC	0:14.12	(177)	0:01.47	0:37.48	(152)	0:01.11	0:23.10	(176)	1:18:09
147	399	10028027	Darragh	Kitt	male	Wave 1	30 - 40		0:15.13	(250)	0:02.07	0:38.09	(163)	0:01.04	0:21.36	(112)	1:18:09
148	384	10016825	Ross	Harte	male	Wave 1	30 - 40		0:13.39	(130)	0:01.19	0:40.26	(252)	0:00.40	0:22.10	(142)	1:18:14
150	159	10010099	steve	gleeson	male	Wave 3	50 - 60	Limerick TC	0:15.34	(277)	0:02.16	0:36.11	(99)	0:01.20	0:22.55	(165)	1:18:17
152	409	Christopher	Magee	male	Wave 1	20 - 30			0:13.43	(135)	0:02.03	0:40.46	(258)	0:01.50	0:20.17	(60)	1:18:38
153	432	10014207	Bill	O'Brien	male	Wave 1	30 - 40		0:12.57	(87)	0:01.17	0:39.31	(217)	0:01.03	0:23.52	(210)	1:18:39
155	119	10018578	Pete	Ray	male	Wave 3	50 - 60	Galway TC	0:13.49	(141)	0:01.28	0:36.48	(120)	0:00.56	0:25.43	(280)	1:18:43
156	311	10001223	jason	hanrahan	male	Wave 3	40 - 50	West Clare TC	0:14.12	(178)	0:01.29	0:39.59	(243)	0:00.59	0:22.06	(136)	1:18:45
157	146	10010692	Alan	Cord	male	Wave 3	40 - 50	Kilkenny TC	0:14.26	(199)	0:02.04	0:38.58	(189)	0:01.03	0:22.16	(144)	1:18:47
159	203	10013987	Martin	Burke	male	Wave 1	30 - 40	Predator TC	0:14.11	(175)	0:01.42	0:37.43	(147)	0:00.51	0:23.30	(199)	0:01:00
160	417	Gerry	McIntyre	male	Wave 3	40 - 50			0:13.44	(136)	0:01.47	0:38.44	(182)	0:01.19	0:23.24	(195)	1:18:58
161	421	10020317	Kevin	Moloney	male	Wave 1	20 - 30		0:13.55	(150)	0:01.47	0:40.02	(244)	0:01.11	0:22.07	(139)	1:19:03
162	372	Paul	Frehill	male	Wave 1	30 - 40			0:15.55	(293)	0:01.31	0:36.55	(122)	0:02.10	0:22.31	(152)	1:19:03
163	246	10015325	Dara	Kilmartin	male	Wave 3	40 - 50	T3 TC	0:14.08	(168)	0:01.47	0:38.23	(172)	0:01.27	0:23.20	(192)	1:19:05
165	425	Declan	Murphy	male	Wave 1	30 - 40			0:15.27	(265)	0:02.02	0:39.45	(229)	0:01.45	0:20.16	(69)	1:19:15
166	266	10013671	John	Killilea	male	Wave 1	30 - 40	Tri Lakes TC	0:16.44	(328)	0:02.42	0:37.10	(127)	0:00.53	0:21.46	(124)	1:19:15
167	447	paul	rigney	male	Wave 3	40 - 50			0:11.40	(38)	0:03.15	0:39.32	(218)	0:01.36	0:23.15	(184)	1:19:17
168	258	MURT	FALLON	male	Wave 3	40 - 50	Tri Lakes TC	0:14.28	(204)	0:02.08	0:39.24	(213)	0:01.11	0:22.57	(138)	1:19:19	
169	194	10000676	Bernard	Hanratty	male	Wave 3	50 - 60	Piranh TC	0:15.12	(249)	0:02.01	0:39.03	(194)	0:01.12	0:21.53	(127)	1:19:21
170	262	Jason	Harty	male	Wave 3	30 - 40	Tri Lakes TC	0:14.49	(228)	0:01.59	0:37.17	(132)	0:01.22	0:23.57	(214)	1:19:23	
171	252	10025398	stephen	Brady	male	Wave 3	40 - 50	Tri Lakes TC	0:14.46	(222)	0:02.25	0:38.28	(177)	0:01.29	0:22.18	(146)	1:19:27
173	460	Michael	Toohy	male	Wave 1	30 - 40			0:16.15	(308)	0:01.41	0:37.38	(146)	0:01.12	0:22.50	(160)	1:19:37
175	37	10015925	JOHN	CAREY	male	Wave 3	40 - 50	Cobh TC	0:16.48	(332)	0:02.20	0:35.44	(88)	0:01.20	0:23.29	(198)	1:19:41
176	174	10000093	Ken	Collins	male	Wave 3	40 - 50	Midland TC	0:14.34	(211)	0:01.37	0:37.24	(140)	0:01.11	0:24.58	(250)	1:19:44
178	222	10013044	Fintan	Shannon	male	Wave 3	40 - 50	Predator TC	0:16.02	(300)	0:01.21	0:37.11	(128)	0:01.02	0:24.14	(226)	1:19:50
179	265	Paul	Joyce	male	Wave 1	30 - 40	Tri Lakes TC	0:14.17	(185)	0:01.44	0:39.42	(226)	0:01.00	0:23.12	(177)	1:19:55	
180	118	10022055	George	Rahmani	male	Wave 1	20 - 30	Galway TC	0:15.29	(267)	0:01.59	0:39.23	(211)	0:01.03	0:22.08	(140)	1:20:

245	211	10022900	Gerry	Glynn	male	Wave 3	50 - 60	Predator TC	0:19:19	(395)	0:01:31	0:39:21	(208)	0:01:18	0:22:49	(158)		1:24:17
246	95	10013546	Davitt	Geraghty	male	Wave 3	40 - 50	Galway TC	0:13:32	(123)	0:01:57	0:40:27	(253)	0:01:20	0:27:07	(324)		1:24:24
247	443		Richie	Paul	male	Wave 3	40 - 50		0:12:55	(85)	0:02:55	0:40:18	(248)	0:00:59	0:27:29	(339)		1:24:35
249	475		Ciaran	Dalton	male	Wave 1	30 - 40		0:11:56	(47)	0:01:58	0:44:17	(346)	0:01:03	0:25:29	(271)		1:24:42
251	412		Brian	McCarthy	male	Wave 1	30 - 40		0:17:27	(351)	0:01:27	0:39:16	(202)	0:01:07	0:25:29	(272)		1:24:45
252	256	10016907	Peter	Dooley	male	Wave 3	50 - 60	Tri Lakes TC	0:19:20	(396)	0:01:46	0:38:20	(169)	0:01:04	0:24:17	(228)		1:24:46
253	331	10029968	Andrew	Carroll	male	Wave 1	30 - 40		0:17:02	(339)	0:02:43	0:39:16	(203)	0:01:03	0:24:44	(245)		1:24:48
255	395	10032066	David	Kelly	male	Wave 1	30 - 40		0:14:57	(237)	0:02:41	0:38:17	(165)	0:01:47	0:27:08	(325)		1:24:51
256	438		Eoin	O'Loghlen	male	Wave 1	U 20		0:22:28	(414)	0:01:38	0:38:00	(159)	0:00:40	0:22:07	(137)		1:24:53
257	346	10032765	Brian	Cullen	male	Wave 1	30 - 40		0:14:48	(227)	0:02:33	0:41:39	(290)	0:01:27	0:24:40	(242)		1:25:07
258	356		Paddy	Doran	male	Wave 3	40 - 50		0:15:52	(290)	0:02:07	0:40:20	(249)	0:01:12	0:24:42	(243)	0:01:00	1:25:13
262	469	13441	James	Fennell	male	Wave 1	30 - 40		0:17:43	(359)	0:02:07	0:41:24	(281)	0:01:15	0:23:13	(181)		1:25:43
265	277	10027841	Paddy	Murray	male	Wave 1	30 - 40	Tri Lakes TC	0:15:38	(279)	0:01:46	0:41:00	(268)	0:01:21	0:26:09	(296)		1:25:53
269	121	10019500	KEVIN	ROHAN	male	Wave 1	30 - 40	Galway TC	0:16:56	(335)	0:02:42	0:43:45	(335)	0:01:18	0:21:35	(109)		1:26:15
270	219	10033108	Donncha	O'Brien	male	Wave 3	40 - 50	Predator TC	0:14:06	(165)	0:03:00	0:41:35	(288)	0:01:41	0:25:03	(254)	0:01:00	1:26:24
271	56	10005113	Darragh	Lynch	male	Wave 1	30 - 40	Ennis TC	0:16:24	(316)	0:01:25	0:40:55	(264)	0:00:52	0:26:53	(316)		1:26:29
272	454	10020203	aiden	sheridan	male	Wave 1	30 - 40		0:15:37	(278)	0:02:26	0:43:38	(334)	0:01:42	0:23:08	(174)		1:26:30
276	101	10021627	Myles	Joyce	male	Wave 3	40 - 50	Galway TC	0:16:36	(321)	0:02:59	0:41:53	(296)	0:01:24	0:23:52	(211)		1:26:44
277	103	10026846	Jason	Kelly	male	Wave 1	30 - 40	Galway TC	0:15:21	(260)	0:02:12	0:40:41	(255)	0:01:20	0:27:21	(338)		1:26:55
278	245	10000976	Jim	Fitzharris	male	Wave 3	50 - 60	T3 TC	0:16:00	(296)	0:02:20	0:41:51	(295)	0:01:37	0:25:27	(269)		1:27:14
281	131	10023597	Trevor	Askin	male	Wave 1	30 - 40	Gotri TC	0:22:03	(412)	0:01:45	0:38:47	(183)	0:01:11	0:23:40	(206)		1:27:25
282	403		Donal	Leahy	male	Wave 3	40 - 50		0:17:12	(343)	0:02:49	0:39:52	(236)	0:01:24	0:26:19	(302)		1:27:35
283	218	10021939	Ian	McGrath	male	Wave 3	40 - 50	Predator TC	0:16:38	(322)	0:02:54	0:41:06	(272)	0:01:42	0:25:17	(258)		1:27:37
285	408		Aodan	MacCarthaigh	male	Wave 3	40 - 50		0:21:56	(411)	0:02:14	0:40:32	(254)	0:00:50	0:21:17	(101)	0:01:00	1:27:49
286	437		Michael	O'Halloran	male	Wave 1	20 - 30		0:14:46	(223)	0:02:29	0:42:58	(318)	0:00:49	0:26:46	(315)		1:27:50
288	354	10011819	Ronan	Donohoe	male	Wave 1	U 20		0:14:22	(194)	0:02:03	0:44:53	(357)	0:01:00	0:25:46	(283)		1:28:04
289	341		Ian	Connaughton	male	Wave 3	40 - 50		0:16:34	(320)	0:03:24	0:41:08	(275)	0:01:34	0:25:39	(277)		1:28:19
290	499	10014634	Harry	Goddard	male	Wave 3	40 - 50		0:15:19	(253)	0:01:55	0:41:53	(297)	0:01:09	0:28:06	(355)		1:28:22
291	367	10016579	Connor	Finn	male	Wave 1	30 - 40		0:18:21	(378)	0:01:23	0:40:56	(265)	0:01:43	0:25:00	(252)	0:01:00	1:28:23
295	196	10026328	Dara	Lawlor	male	Wave 3	40 - 50	Piranha TC	0:15:21	(258)	0:02:18	0:43:04	(322)	0:01:48	0:25:58	(288)		1:28:30
296	19	10010608	Kyle	Griffin	male	Wave 1	U 20	Athy	0:13:57	(153)	0:02:17	0:43:52	(339)	0:00:57	0:27:31	(340)		1:28:32
298	90	10011697	Rory	Dunleavy	male	Wave 1	30 - 40	Galway TC	0:17:49	(362)	0:02:32	0:40:25	(251)	0:00:53	0:27:16	(331)		1:28:54
299	381		Mark	Gurley	male	Wave 1	30 - 40		0:15:17	(251)	0:05:06	0:41:39	(291)	0:01:58	0:24:56	(248)		1:28:55
300	432		Brian	Casey	male	Wave 3	40 - 50		0:18:32	(382)	0:02:04	0:39:24	(212)	0:02:28	0:26:32	(309)		1:28:59
301	322		John	Morgan	male	Wave 3	40 - 50		0:15:29	(268)	0:01:51	0:43:24	(327)	0:01:01	0:27:20	(334)		1:29:06
302	136	10013870	Laurence	Kelly	male	Wave 1	30 - 40	Gotri TC	0:18:52	(385)	0:02:04	0:39:16	(204)	0:01:12	0:27:45	(348)		1:29:09
308	406		Keith	Lydon	male	Wave 1	30 - 40		0:17:37	(356)	0:03:23	0:39:36	(222)	0:01:22	0:27:33	(342)		1:29:31
309	404		Gearoid	Lennon	male	Wave 1	20 - 30		0:15:48	(287)	0:03:30	0:44:26	(350)	0:00:55	0:23:57	(213)	0:01:00	1:29:36
311	380		oisin	greene	male	Wave 1	30 - 40		0:16:13	(306)	0:03:27	0:43:00	(320)	0:01:06	0:26:01	(291)		1:29:47
313	340		Eoin	Connaughton	male	Wave 1	20 - 30		0:16:22	(313)	0:03:57	0:43:36	(332)	0:00:49	0:25:22	(260)		1:30:05
318	342	10018769	Pat	Connolly	male	Wave 3	40 - 50		0:18:28	(379)	0:03:40	0:41:57	(302)	0:01:11	0:25:07	(257)		1:30:24
319	191	10014699	John	Ryan	male	Wave 3	40 - 50	Nenagh TC	0:13:32	(124)	0:02:15	0:43:49	(338)	0:01:52	0:29:02	(370)		1:30:29
320	459	10029390	Cyril	Sullivan	male	Wave 3	40 - 50		0:18:09	(372)	0:02:32	0:39:48	(234)	0:01:09	0:28:52	(368)		1:30:29
323	1	10033911	Kevin	Flanagan	male	Wave 1	30 - 40	24/7 TC	0:21:32	(410)	0:02:32	0:37:37	(145)	0:01:52	0:27:21	(337)		1:30:54
325	115	10024332	Padraic	O'Keefe	male	Wave 3	40 - 50	Galway TC	0:17:43	(360)	0:02:06	0:41:11	(278)	0:01:08	0:28:53	(369)		1:31:01
327	105	10014910	Liam	Mannion	male	Wave 3	40 - 50	Galway TC	0:20:47	(408)	0:02:31	0:40:57	(266)	0:01:50	0:25:01	(253)		1:31:07
330	351		Jonathan	darcy	male	Wave 1	30 - 40		0:25:28	(422)	0:01:34	0:38:28	(176)	0:01:33	0:24:20	(232)		1:31:22
331	279	10004478	Mike	O'Rourke	male	Wave 3	40 - 50	Tri Lakes TC	0:19:55	(402)	0:02:46	0:41:20	(280)	0:02:05	0:25:24	(264)		1:31:31
339	445		Oisín	Quinn	male	Wave 3	40 - 50		0:17:56	(366)	0:02:51	0:43:46	(336)	0:01:31	0:25:23	(263)	0:01:00	1:32:27
341	102	10014387	Diarmuid	Keaney	male	Wave 3	40 - 50	Galway TC	0:17:13	(345)	0:02:37	0:46:45	(383)	0:01:01	0:24:52	(248)		1:32:29
344	260	10003782	Michael	Gibbons	male	Wave 1	30 - 40	Tri Lakes TC	0:14:06	(166)	0:03:08	0:44:32	(351)	0:01:50	0:29:04	(373)		1:32:42
346	392	10034615	David	Jones	male	Wave 3	40 - 50		0:15:48	(285)	0:02:42	0:47:10	(387)	0:01:17	0:25:57	(287)		1:32:53
347	257	10017208	Alan	Duggan	male	Wave 3	40 - 50	Tri Lakes TC	0:15:18	(252)	0:02:42	0:39:44	(227)	0:01:41	0:33:40	(410)		1:33:05
348	138	10027461	Jody	O' Donoghue	male	Wave 3	40 - 50	Gotri TC	0:13:47	(140)	0:02:23	0:50:37	(411)	0:01:25	0:25:05	(256)		1:33:17
351	330		Liam	Cannon	male	Wave 3	40 - 50		0:15:20	(256)	0:02:58	0:44:45	(354)	0:00:47	0:29:34	(379)		1:33:22
352	444		Ailbe	Quinlan	male	Wave 3	40 - 50		0:19:34	(400)	0:03:32	0:45:43	(367)	0:01:01	0:23:38	(205)		1:33:28
355	205	10002667	John	Cloonan	male	Wave 3	40 - 50	Predator TC	0:12:23	(62)	0:02:18	0:39:30	(215)	0:01:24	0:38:02	(419)		1:33:37
356	436		Kevin	O'Halloran	male	Wave 3	60 - 70		0:15:27	(266)	0:03:51	0:42:02	(303)	0:01:50	0:30:37	(395)		1:33:48
358	11	10017354	Gerry	O'Sullivan	male	Wave 3	30 - 40	3D TC	0:19:26	(398)	0:03:37	0:42:06	(305)	0:01:00	0:27:43	(346)		1:33:51
359	357		Philip	Duckworth	male	Wave 1	30 - 40		0:15:55	(292)	0:02:40	0:44:33	(352)	0:02:03	0:28:43	(365)		1:33:54
361	171	10027773	Colm	Keane	male	Wave 1	20 - 30	Liquid Motion TC	0:29:26	(424)	0:01:43	0:38:58	(191)	0:01:03	0:22:59	(168)		1:34:11
369	424		Andrew	Murphy	male	Wave 3	40 - 50		0:18:06	(371)	0:02:47	0:45:59	(373)	0:01:58	0:27:14	(328)		1:36:04
371	429		Daniel	O'Neill	male	Wave 1	20 - 30		0:11:57	(48)	0:01:38	0:57:22	(425)	0:01:09	0:24:03	(218)		1:36:09
373	456		Paul	Smyth	male	Wave 3	40 - 50		0:16:15	(309)	0:02:31	0:45:34	(365)	0:01:56	0:30:15	(386)		1:36:31
379	373		Eamon	Gallagher	male	Wave 1	30 - 40		0:13:50	(142)	0:03:44	0:47:08	(386)	0:01:55	0:30:21	(368)		1:36:58
381	210	10024659	Patrick	Foley	male	Wave 3	40 - 50	Predator TC	0:18:00	(368)	0:01:59	0:44:16	(345)	0:01:30	0:31:24	(402)		1:37:09
386	151	10027763	gary	o dwyer	male	Wave 1	30 - 40	Kilkenny TC	0:17:16	(347)	0:02:48	0:44:58	(359)	0:01:05	0:32:41	(409)		1:38:48
388	440	10022129	Sean	O'Neill	male	Wave 3	40 - 50		0:17:28	(353)	0:02:23	0:49:26	(404)	0:01:17	0:29:02	(371)		1:39:36
389	214		John	Hynes	male	Wave 1	30 - 40	Predator TC	0:16:03	(301)	0:03:02	0:46:08	(375)	0:02:06	0:32:34	(408)		1:39:53
390	149	10002038	John	Molloy	male	Wave 3	60 - 70	Kilkenny TC	0:24:53	(420)	0:03:15	0:41:55	(299)	0:02:09	0:28:11	(358)		1:40:23
396	453		John	Shaughnessy	male	Wave 1	30 - 40		0:18:11	(375)	0:03							