

| Place | Bib | Name                    | TI Num    | Sex   | AG    | Club                 | Wave | Swim | T1      | Cycle   | T2      | Run     | Race Time | Pen     | Total   |
|-------|-----|-------------------------|-----------|-------|-------|----------------------|------|------|---------|---------|---------|---------|-----------|---------|---------|
| 1     | 9   | Kevin Thornton          | 10005223  | M     | 25-29 |                      |      | 8    | 0:09:46 | 0:00:51 | 0:29:31 | 0:01:04 | 0:18:35   | 0:59:47 | 0:59:47 |
| 2     | 5   | Rory Sexton             | 10002418  | M     | 20-24 |                      |      | 8    | 0:09:32 | 0:00:50 | 0:31:50 | 0:01:06 | 0:18:25   | 1:01:42 | 1:01:42 |
| 3     | 4   | Stephen Rooney          | 10001041  | M     | 16-19 | Ennis TC             |      | 8    | 0:08:53 | 0:00:47 | 0:33:10 | 0:01:00 | 0:18:02   | 1:01:51 | 1:01:51 |
| 4     | 20  | William J McCormack     | 10009383  | M     | 35-39 | Belpark TC           |      | 8    | 0:11:17 | 0:00:54 | 0:29:39 | 0:01:13 | 0:19:08   | 1:02:10 | 1:02:10 |
| 5     | 8   | David Richardson        | 10000392  | M     | 20-24 |                      |      | 8    | 0:10:27 | 0:01:02 | 0:31:19 | 0:01:03 | 0:18:53   | 1:02:44 | 1:02:44 |
| 6     | 51  | Steven Macklin          | 10003005  | M     | 30-34 |                      |      | 8    | 0:11:29 | 0:00:59 | 0:31:25 | 0:01:20 | 0:17:57   | 1:03:09 | 1:03:09 |
| 7     | 36  | Louis Kelleher          | 10001467  | M     | 30-34 | Cork TC              |      | 8    | 0:10:31 | 0:00:57 | 0:30:43 | 0:01:22 | 0:19:41   | 1:03:14 | 1:03:14 |
| 8     | 44  | Mairtin J Grealish      | 10000107  | M     | 30-34 |                      |      | 8    | 0:12:00 | 0:00:50 | 0:31:29 | 0:01:05 | 0:17:53   | 1:03:17 | 1:03:17 |
| 9     | 14  | Patrick w Quinn         | 10000265  | M     | 30-34 | Ennis TC             |      | 8    | 0:11:25 | 0:01:00 | 0:31:25 | 0:01:05 | 0:18:44   | 1:03:39 | 1:03:39 |
| 10    | 10  | Darren Dunne            | 10027434  | M     | 16-19 | Nenagh TC            |      | 8    | 0:10:32 | 0:00:49 | 0:32:22 | 0:01:07 | 0:19:20   | 1:04:10 | 1:04:10 |
| 11    | 48  | Shane Scadding          | 10001105  | M     | 45-49 | Waterford TC         |      | 8    | 0:12:04 | 0:00:59 | 0:30:45 | 0:01:16 | 0:19:20   | 1:04:24 | 1:04:24 |
| 12    | 114 | Charles Maltha          | 10015445  | M     | 25-29 |                      |      | 7    | 0:12:07 | 0:00:57 | 0:30:21 | 0:01:24 | 0:19:42   | 1:04:32 | 1:04:32 |
| 13    | 6   | Eoin Lyons              |           | M     | 20-24 | Waterford TC         |      | 8    | 0:09:34 | 0:01:05 | 0:32:44 | 0:01:14 | 0:20:24   | 1:05:01 | 1:05:01 |
| 14    | 25  | David Kildea            | 10028243  | M     | 35-39 | Belpark TC           |      | 8    | 0:10:38 | 0:01:16 | 0:32:05 | 0:01:28 | 0:19:46   | 1:05:13 | 1:05:13 |
| 15    | 12  | Stephen t donnelly      | 10014356  | M     | 25-29 | Liquid Molton TC     |      | 8    | 0:11:31 | 0:01:06 | 0:31:29 | 0:01:13 | 0:20:07   | 1:05:26 | 1:05:26 |
| 16    | 28  | ger bowen               | 10001564  | M     | 30-34 |                      |      | 8    | 0:10:50 | 0:01:13 | 0:31:58 | 0:01:15 | 0:20:37   | 1:05:53 | 1:05:53 |
| 17    | 288 | Ross Higgins            |           | M     | 30-34 |                      |      | 8    | 0:09:31 | 0:00:58 | 0:34:13 | 0:01:14 | 0:20:35   | 1:06:30 | 1:06:30 |
| 18    | 53  | Aidan Bourke            | 10000860  | M     | 30-34 | 3D TC                |      | 7    | 0:12:43 | 0:01:00 | 0:32:55 | 0:01:20 | 0:18:46   | 1:06:44 | 1:06:44 |
| 19    | 50  | Richard A Doyle         | 10002105  | M     | 35-39 | Piranha TC           |      | 7    | 0:12:54 | 0:00:58 | 0:30:45 | 0:01:11 | 0:20:57   | 1:06:45 | 1:06:45 |
| 20    | 64  | John Wallnutt           | 10000331  | M     | 45-49 | Piranha TC           |      | 7    | 0:11:06 | 0:01:02 | 0:32:24 | 0:01:19 | 0:21:39   | 1:07:29 | 1:07:29 |
| 21    | 37  | Davin Devine            | 10002055  | M     | 35-39 | Waterford TC         |      | 7    | 0:11:21 | 0:01:11 | 0:33:35 | 0:01:19 | 0:20:08   | 1:07:34 | 1:07:34 |
| 22    | 39  | Edward O Keffe          | 10000551  | M     | 30-34 |                      |      | 8    | 0:11:47 | 0:00:59 | 0:33:22 | 0:01:11 | 0:20:25   | 1:07:44 | 1:07:44 |
| 23    | 83  | Fiach J O'Shea          | 10002148  | M     | 30-34 | Fingal TC            |      | 7    | 0:12:06 | 0:01:00 | 0:32:58 | 0:01:19 | 0:20:38   | 1:08:01 | 1:08:01 |
| 24    | 30  | Ivan Henry Eustace      | 10002051  | M     | 35-39 | Piranha TC           |      | 7    | 0:11:42 | 0:01:09 | 0:33:09 | 0:01:16 | 0:20:52   | 1:08:09 | 1:08:09 |
| 25    | 55  | Anna L Crooks           | 10003382  | F     | 30-34 |                      |      | 7    | 0:11:58 | 0:01:06 | 0:34:18 | 0:01:08 | 0:19:49   | 1:08:19 | 1:08:19 |
| 26    | 79  | PAUL N WYSE             | 10002201  | M     | 40-44 | Waterford TC         |      | 6    | 0:12:46 | 0:01:22 | 0:32:58 | 0:01:18 | 0:19:56   | 1:08:20 | 1:08:20 |
| 27    | 18  | Mark Dempsey            | 10024633  | M     | 35-39 | Limerick TC          |      | 8    | 0:11:04 | 0:01:05 | 0:34:32 | 0:01:06 | 0:20:41   | 1:08:28 | 1:08:28 |
| 28    | 19  | Sean Farrell            | 10002296  | M     | 45-49 | 3D TC                |      | 8    | 0:11:13 | 0:01:05 | 0:33:24 | 0:01:20 | 0:21:34   | 1:08:37 | 1:08:37 |
| 29    | 67  | Rachel Clancy           | 10027521  | F     |       |                      |      | 7    | 0:12:14 | 0:01:01 | 0:33:18 | 0:01:19 | 0:20:53   | 1:08:45 | 1:08:45 |
| 30    | 13  | Lochlainn s Connolly    | 10002179  | M     | 25-29 | Invictus TC          |      | 8    | 0:10:38 | 0:01:10 | 0:35:45 | 0:01:20 | 0:20:05   | 1:08:58 | 1:08:58 |
| 31    | 118 | Paul H Norton           | 10002254  | M     | 30-34 |                      |      | 5    | 0:12:26 | 0:01:09 | 0:33:21 | 0:01:23 | 0:20:41   | 1:09:00 | 1:09:00 |
| 32    | 52  | Noel Cronin             | 10000386  | M     | 40-44 | Naas TC              |      | 7    | 0:11:54 | 0:01:06 | 0:33:32 | 0:01:25 | 0:21:10   | 1:09:07 | 1:09:07 |
| 33    | 45  | Marie Boland            | 10003757  | F     | 25-29 | T3 TC                |      | 7    | 0:11:34 | 0:01:00 | 0:34:22 | 0:01:24 | 0:20:50   | 1:09:10 | 1:09:10 |
| 34    | 62  | Graham A Butler         | 10001941  | M     | 20-24 | Limerick TC          |      | 7    | 0:10:47 | 0:01:04 | 0:33:57 | 0:00:54 | 0:22:36   | 1:09:18 | 1:09:18 |
| 35    | 42  | John f connolly         | 10003139  | M     | 30-34 | Pulse TC             |      | 7    | 0:12:18 | 0:00:53 | 0:35:58 | 0:01:16 | 0:18:57   | 1:09:22 | 1:09:22 |
| 36    | 17  | Jason pierce            | N/A       | M     | 30-34 |                      |      | 8    | 0:11:42 | 0:01:12 | 0:32:58 | 0:01:19 | 0:22:14   | 1:09:25 | 1:09:25 |
| 37    | 43  | John Mangan             | 10002096  | M     | 45-49 |                      |      | 7    | 0:12:11 | 0:01:14 | 0:33:39 | 0:01:17 | 0:21:07   | 1:09:28 | 1:09:28 |
| 38    | 82  | Eoin Ryan               | 10002381  | M     | 30-34 |                      |      | 6    | 0:12:43 | 0:01:17 | 0:34:25 | 0:01:17 | 0:20:13   | 1:09:56 | 1:09:56 |
| 39    | 57  | Brian J Devitt          | 10003411  | M     | 25-29 | Tipperary TC         |      | 7    | 0:12:02 | 0:01:06 | 0:33:40 | 0:01:12 | 0:21:56   | 1:09:56 | 1:09:56 |
| 40    | 77  | Thomas O'Hagan          | 10002419  | M     | 20-24 | Queens University TC |      | 6    | 0:12:37 | 0:01:11 | 0:35:20 | 0:01:38 | 0:19:13   | 1:09:59 | 1:09:59 |
| 41    | 35  | Peter Blissett          | 10001499  | M     | 35-39 | Cork TC              |      | 8    | 0:12:39 | 0:01:04 | 0:33:20 | 0:01:14 | 0:21:45   | 1:10:01 | 1:10:01 |
| 42    | 24  | Billy G Weymouth        | 10027072  | M     | 30-34 |                      |      | 8    | 0:11:45 | 0:01:12 | 0:34:57 | 0:01:23 | 0:20:59   | 1:10:16 | 1:10:16 |
| 43    | 93  | Paul Broderick          | 10001123  | M     | 35-39 |                      |      | 6    | 0:13:04 | 0:01:07 | 0:35:38 | 0:01:19 | 0:19:11   | 1:10:19 | 1:10:19 |
| 44    | 143 | Tommy p Byrnes          | 10003511  | M     | 45-49 | Tipperary TC         |      | 5    | 0:14:00 | 0:01:29 | 0:32:49 | 0:01:24 | 0:20:38   | 1:10:19 | 1:10:19 |
| 45    | 32  | liam liddy              | 10019430  | M     | 50-54 | Limerick TC          |      | 8    | 0:10:37 | 0:01:09 | 0:34:56 | 0:01:25 | 0:22:38   | 1:10:45 | 1:10:45 |
| 46    | 76  | Shane P Geary           | 10001381  | M     | 40-44 | Limerick TC          |      | 6    | 0:13:35 | 0:01:12 | 0:33:41 | 0:01:29 | 0:21:09   | 1:11:05 | 1:11:05 |
| 47    | 34  | Paul Cosgrave           | 10016385  | M     | 30-34 |                      |      | 8    | 0:11:27 | 0:01:42 | 0:35:05 | 0:01:36 | 0:21:26   | 1:11:16 | 1:11:16 |
| 48    | 74  | Kincora rosies Warriors | 10002348  | Relay | 40-44 | Boru TC              |      | 6    | 0:12:30 | 0:00:56 | 0:33:45 | 0:01:08 | 0:23:00   | 1:11:19 | 1:11:19 |
| 49    | 122 | Philip Manuel           | 10001031  | M     | 30-34 | Limerick TC          |      | 6    | 0:15:14 |         | 0:33:17 | 0:01:14 | 0:21:37   | 1:11:22 | 1:11:22 |
| 50    | 54  | Alan Rhatigan           | 10000561  | M     | 30-34 | Kilkenny TC          |      | 7    | 0:12:56 | 0:01:16 | 0:34:43 | 0:01:13 | 0:21:17   | 1:11:24 | 1:11:24 |
| 51    | 120 | Paul Horan              | 10001957  | M     |       |                      |      | 5    | 0:13:48 | 0:01:15 | 0:33:06 | 0:01:21 | 0:22:04   | 1:11:35 | 1:11:35 |
| 52    | 59  | David Killen            | 10001996  | M     | 35-39 | Piranha TC           |      | 7    | 0:11:50 | 0:01:02 | 0:33:57 | 0:01:47 | 0:23:20   | 1:11:57 | 1:11:57 |
| 53    | 137 | kevin w doyle           | 10004824  | M     | 40-44 | Pulse TC             |      | 5    | 0:13:20 | 0:01:10 | 0:34:04 | 0:01:13 | 0:22:17   | 1:12:04 | 1:12:04 |
| 54    | 22  | Neil R Cooper           | 10012153  | M     | 50-54 |                      |      | 8    | 0:10:48 | 0:01:04 | 0:36:09 | 0:01:38 | 0:22:34   | 1:12:12 | 1:12:12 |
| 55    | 142 | Ray O'Reilly            | 10000759  | M     | 35-39 | Activmultisport      |      | 5    | 0:13:54 | 0:01:20 | 0:33:50 | 0:01:20 | 0:22:23   | 1:12:48 | 1:12:48 |
| 56    | 109 | stephen walter          | 10012872  | M     | 20-24 | Waterford TC         |      | 5    | 0:14:06 | 0:01:17 | 0:35:20 | 0:01:13 | 0:21:03   | 1:12:59 | 1:12:59 |
| 57    | 23  | Andree Walkin           | 10000790  | F     | 30-34 |                      |      | 7    | 0:12:21 | 0:00:58 | 0:36:17 | 0:01:20 | 0:22:04   | 1:13:00 | 1:13:00 |
| 58    | 104 | Nigel T Roy             | 10005356  | M     | 35-39 | Fingal TC            |      | 4    | 0:14:16 | 0:01:19 | 0:35:13 | 0:01:29 | 0:20:50   | 1:13:07 | 1:13:07 |
| 59    | 68  | Liam Butler             | 10000669  | M     | 55-59 | Limerick TC          |      | 7    | 0:12:18 | 0:01:25 | 0:35:13 | 0:01:58 | 0:22:24   | 1:13:18 | 1:13:18 |
| 60    | 15  | Derek Flanagan          | 10026905  | M     | 25-29 | Ennis TC             |      | 8    | 0:11:34 | 0:01:27 | 0:35:50 | 0:01:34 | 0:22:56   | 1:13:20 | 1:13:20 |
| 61    | 87  | Kim B Hickey            | 10003097  | F     | 30-34 | Pulse TC             |      | 6    | 0:13:44 | 0:00:55 | 0:35:08 | 0:01:23 | 0:22:14   | 1:13:25 | 1:13:25 |
| 62    | 84  | Kevin Synott            | 10013260  | M     | 35-39 | Ennis TC             |      | 6    | 0:14:26 | 0:01:09 | 0:35:11 | 0:01:15 | 0:21:25   | 1:13:26 | 1:13:26 |
| 63    | 191 | Ray Lonergan            | N/A       | M     | 25-29 |                      |      | 3    | 0:15:32 | 0:01:23 | 0:35:29 | 0:01:24 | 0:19:41   | 1:13:28 | 1:13:28 |
| 64    | 165 | Eoghan Kerins           | 10005342  | M     | 30-34 | Belpark TC           |      | 4    | 0:14:13 | 0:01:19 | 0:36:13 | 0:01:28 | 0:20:24   | 1:13:36 | 1:13:36 |
| 65    | 198 | Bernard Keane           | 10004275  | M     | 35-39 | Waterford TC         |      | 3    | 0:14:53 | 0:01:21 | 0:34:45 | 0:01:15 | 0:21:42   | 1:13:56 | 1:13:56 |
| 66    | 162 | Derek Bowen             | 10012839  | M     | 35-39 |                      |      | 4    | 0:13:51 | 0:01:20 | 0:34:24 |         | 0:24:22   | 1:13:57 | 1:13:57 |
| 67    | 29  | Gerard Daly             | 10000684  | M     | 30-34 | Fingal TC            |      | 8    | 0:12:11 | 0:01:07 | 0:36:18 | 0:01:26 | 0:23:16   | 1:14:17 | 1:14:17 |
| 68    | 223 | PJ Dunne                | 10001764  | M     | 35-39 | Racing 795 TC        |      | 2    | 0:14:12 | 0:01:01 | 0:35:56 | 0:01:10 | 0:22:00   | 1:14:18 | 1:14:18 |
| 69    | 85  | Stephen R Eustace       | 10002870  | M     | 40-44 | Piranha TC           |      | 6    | 0:13:43 | 0:01:15 | 0:34:38 | 0:01:36 | 0:23:13   | 1:14:25 | 1:14:25 |
| 70    | 106 | sinnead m oakes         | 10011760  | F     | 35-39 | Nenagh TC            |      | 6    | 0:13:20 | 0:01:10 | 0:35:48 | 0:01:24 | 0:22:46   | 1:14:27 | 1:14:27 |
| 71    | 119 | Sarah Lane              | N/A       | F     | 30-34 |                      |      | 5    | 0:13:47 | 0:01:09 | 0:35:07 | 0:01:41 | 0:22:46   | 1:14:30 | 1:14:30 |
| 72    | 38  | Don Morrissey           | 10000192  | M     | 40-44 | Racing 795 TC        |      | 7    | 0:12:47 | 0:01:02 | 0:35:53 | 0:01:27 | 0:23:26   | 1:14:34 | 1:14:34 |
| 73    | 100 | Orla Jordan             | to follow | F     | 35-39 | Pulse TC             |      | 6    | 0:13:36 | 0:01:05 | 0:36:24 | 0:01:15 | 0:22:15   | 1:14:36 | 1:14:36 |
| 74    | 111 | Ronan O' Driscoll       | 10004274  | M     | 35-39 | Nenagh TC            |      | 5    | 0:14:11 | 0:00:57 | 0:37:12 | 0:01:08 | 0:21:10   | 1:14:39 | 1:14:39 |
| 75    | 192 | Robert Faulkner         | 10016016  | M     | 35-39 |                      |      | 3    | 0:14:23 | 0:01:19 | 0:35:18 | 0:01:30 | 0:22:14   | 1:14:44 | 1:14:44 |
| 76    | 27  | Gavin Keating           | 10000168  | M     | 35-39 | Fingal TC            |      | 8    | 0:12:09 | 0:01:19 | 0:35:24 | 0:01:50 | 0:24:04   | 1:14:46 | 1:14:46 |
| 77    | 113 | brendan edward manning  | 10004324  | M     | 30-34 | Ennis TC             |      | 5    | 0:14:10 | 0:01:03 | 0:36:04 | 0:01:41 | 0:21:52   | 1:14:49 | 1:14:49 |
| 78    | 80  | Ilan P O'Driscoll       | 10026959  | M     | 30-34 |                      |      | 6    | 0:13:16 | 0:01:21 | 0:35:55 | 0:01:44 | 0:22:50   | 1:15:07 | 1:15:07 |
| 79    | 129 | Deirdre Hough           | 10002622  | F     | 30-34 | Wicklow TC           |      | 5    | 0:14:0  |         |         |         |           |         |         |

|     |     |                          |          |       |       |                 |   |         |         |         |         |         |         |         |
|-----|-----|--------------------------|----------|-------|-------|-----------------|---|---------|---------|---------|---------|---------|---------|---------|
| 96  | 121 | Paul T Corcoran          | 10002814 | M     | 45-49 | Limerick TC     | 5 | 0:13:08 | 0:01:25 | 0:36:10 | 0:01:47 | 0:24:02 | 1:16:31 | 1:16:31 |
| 97  | 7   | Ciaran G Williams        | 10010123 | M     | 25-29 | Invictus TC     | 8 | 0:11:28 | 0:01:29 | 0:38:44 | 0:01:22 | 0:23:40 | 1:16:44 | 1:16:44 |
| 98  | 89  | Alan Breen               | 10009223 | M     | 40-44 |                 | 6 | 0:13:48 | 0:01:15 | 0:36:39 | 0:01:45 | 0:23:23 | 1:16:49 | 1:16:49 |
| 99  | 141 | Padraig Ryan             | 10015153 | M     | 20-24 | UCC TC          | 5 | 0:14:18 | 0:01:53 | 0:37:49 | 0:01:57 | 0:20:59 | 1:16:57 | 1:16:57 |
| 100 | 215 | David W Bourke           | N/A      | M     | 35-39 | Limerick TC     | 3 | 0:16:50 | 0:01:16 | 0:34:08 | 0:01:32 | 0:23:14 | 1:17:01 | 1:17:01 |
| 101 | 221 | Pat Fitzgerald           | 10026707 | M     | 25-29 | Cork TC         | 2 | 0:16:31 | 0:01:46 | 0:36:25 | 0:01:36 | 0:20:43 | 1:17:01 | 1:17:01 |
| 102 | 146 | Nigel O'Brien            | 10003368 | M     | 35-39 | Limerick TC     | 4 | 0:12:06 | 0:01:19 | 0:38:02 | 0:01:32 | 0:24:02 | 1:17:01 | 1:17:01 |
| 103 | 49  | Will J Hennebry          | 10011563 | M     | 30-34 | Ennis TC        | 7 | 0:12:57 | 0:01:11 | 0:33:49 | 0:02:15 | 0:26:54 | 1:17:06 | 1:17:06 |
| 104 | 2   | Edel M Tighe             | 10011695 | F     | 25-29 | Tri Lakes TC    | 7 | 0:11:13 | 0:01:32 | 0:37:13 | 0:01:29 | 0:26:01 | 1:17:27 | 1:17:27 |
| 105 | 161 | denis michael cremins    | 10014303 | M     | 35-39 | Tipperary TC    | 4 | 0:13:47 | 0:01:07 | 0:38:05 | 0:01:25 | 0:23:29 | 1:17:53 | 1:17:53 |
| 106 | 96  | Gabrielle M Dillon       | 10002080 | F     | 40-44 | Wicklow TC      | 6 | 0:13:07 | 0:01:28 | 0:37:13 | 0:01:34 | 0:24:38 | 1:17:59 | 1:17:59 |
| 107 | 235 | John Nolan               | N/A      | M     | 35-39 |                 | 2 | 0:14:48 | 0:01:39 | 0:35:34 | 0:02:06 | 0:23:55 | 1:18:02 | 1:18:02 |
| 108 | 222 | Percy McKeever           | 10003602 | M     | 35-39 | Tri an Mhi TC   | 2 | 0:16:31 | 0:01:05 | 0:36:58 | 0:01:57 | 0:21:33 | 1:18:03 | 1:18:03 |
| 109 | 116 | Gerard Tyrrell           | 10000370 | M     | 35-39 | Fingal TC       | 5 | 0:14:17 | 0:01:33 | 0:38:16 | 0:01:18 | 0:22:42 | 1:18:06 | 1:18:06 |
| 110 | 139 | Liam Kennedy             | 10001370 | M     | 45-49 | Gotri TC        | 5 | 0:15:50 | 0:01:07 | 0:35:24 | 0:01:27 | 0:24:19 | 1:18:07 | 1:18:07 |
| 111 | 206 | Jonathan M Rooney        | 10015150 | M     | 35-39 | Activmultisport | 3 | 0:15:35 | 0:01:11 | 0:38:04 | 0:01:24 | 0:21:59 | 1:18:12 | 1:18:12 |
| 112 | 188 | Pete Wedderburn          | 10009277 | M     | 50-54 | Wicklow TC      | 3 | 0:15:52 | 0:01:14 | 0:36:47 | 0:01:36 | 0:23:01 | 1:18:31 | 1:18:31 |
| 113 | 117 | Mark Connolly            |          | M     | 35-39 | Limerick TC     | 5 | 0:13:44 | 0:01:05 | 0:38:10 | 0:01:31 | 0:24:03 | 1:18:32 | 1:18:32 |
| 114 | 245 | Paddy McCormack          | 10016712 | M     | 25-29 | Piranha TC      | 2 | 0:20:41 | 0:01:07 | 0:35:09 | 0:01:16 | 0:20:23 | 1:18:36 | 1:18:36 |
| 115 | 300 | Gavin T Quinlan          | 10002733 | M     | 40-44 | Waterford TC    | 4 | 0:14:28 | 0:02:14 | 0:35:49 | 0:01:56 | 0:24:12 | 1:18:40 | 1:18:40 |
| 116 | 147 | Cormac Murphy            | 10003418 | M     | 40-44 | Fingal TC       | 4 | 0:15:23 | 0:01:21 | 0:37:47 | 0:01:26 | 0:22:47 | 1:18:44 | 1:18:44 |
| 117 | 31  | Julia T Carroll          | 10002556 | F     | 30-34 |                 | 8 | 0:11:33 | 0:01:14 | 0:38:42 | 0:01:29 | 0:26:20 | 1:19:18 | 1:19:18 |
| 118 | 277 | Mike Heaney              | 10014892 | M     | 35-39 | Limerick TC     | 1 | 0:15:58 | 0:01:53 | 0:38:04 | 0:01:49 | 0:21:46 | 1:19:30 | 1:19:30 |
| 119 | 211 | John Sourke              | 10001365 | M     | 40-44 |                 | 3 | 0:17:00 | 0:01:14 | 0:36:53 | 0:01:43 | 0:22:53 | 1:19:43 | 1:19:43 |
| 120 | 249 | Alan O'Brien             | N/A      | M     | 25-29 |                 | 3 | 0:16:40 | 0:01:29 | 0:36:54 | 0:01:36 | 0:22:14 | 1:19:52 | 1:19:52 |
| 121 | 179 | Michael F Ryan           | 10000315 | M     | 50-54 | Limerick TC     | 4 | 0:14:38 | 0:01:15 | 0:37:29 | 0:01:46 | 0:24:46 | 1:19:54 | 1:19:54 |
| 122 | 133 | Fiona Goor               | 10013628 | F     | 35-39 | Tinahely TC     | 5 | 0:13:32 | 0:01:58 | 0:39:19 | 0:01:49 | 0:23:23 | 1:20:00 | 1:20:00 |
| 123 | 203 | Dermot J Hayes           | N/A      | M     | 35-39 |                 | 3 | 0:16:51 | 0:01:11 | 0:35:58 | 0:01:32 | 0:24:32 | 1:20:04 | 1:20:04 |
| 124 | 81  | Sinead Walsh             | 10001043 | F     | 40-44 | Limerick TC     | 6 | 0:13:04 | 0:01:10 | 0:38:42 | 0:01:32 | 0:25:37 | 1:20:06 | 1:20:06 |
| 125 | 176 | mark power               | 10018050 | M     | 25-29 | Waterford TC    | 4 | 0:14:48 | 0:01:45 | 0:38:57 | 0:02:12 | 0:22:24 | 1:20:06 | 1:20:06 |
| 126 | 182 | Nichola j Nolan          | 10001816 | F     | 35-39 | Kilkenny TC     | 3 | 0:15:47 | 0:01:31 | 0:38:28 | 0:01:36 | 0:22:49 | 1:20:10 | 1:20:10 |
| 127 | 171 | John Gilmartin           | 10014960 | M     | 25-29 |                 | 4 | 0:14:40 | 0:01:37 | 0:39:16 | 0:01:37 | 0:23:07 | 1:20:17 | 1:20:17 |
| 128 | 156 | Anne M O'Gorman          | 10013128 | F     | 35-39 | Kilkenny TC     | 4 | 0:15:32 | 0:01:14 | 0:37:41 | 0:01:36 | 0:24:21 | 1:20:23 | 1:20:23 |
| 129 | 46  | Mark Kelly               | 10003250 | M     | 35-39 | Pulse TC        | 7 | 0:11:39 | 0:01:22 | 0:38:01 | 0:01:47 | 0:27:35 | 1:20:24 | 1:20:24 |
| 130 | 148 | Gordon Quinn             | 10016964 | M     | 35-39 | Limerick TC     | 4 | 0:15:27 | 0:01:34 | 0:38:51 | 0:01:17 | 0:23:42 | 1:20:51 | 1:20:51 |
| 131 | 99  | John McCarthy            | 10026680 | M     | 40-44 | Ennis TC        | 6 | 0:12:46 | 0:01:43 | 0:39:12 | 0:01:36 | 0:25:39 | 1:20:55 | 1:20:55 |
| 132 | 205 | Gerard Troy              | 10015681 | M     | 35-39 | Ennis TC        | 3 | 0:16:24 | 0:01:51 | 0:38:36 | 0:01:47 | 0:22:17 | 1:20:56 | 1:20:56 |
| 133 | 199 | Eamon F MacFhionnlaioich | 10000062 | M     | 45-49 | Pulse TC        | 3 | 0:15:37 | 0:01:07 | 0:38:15 | 0:01:24 | 0:24:42 | 1:21:05 | 1:21:05 |
| 134 | 189 | Fiona&Peter              | 10014126 | Relay | 25-29 |                 | 3 | 0:16:22 | 0:01:33 | 0:38:59 | 0:01:39 | 0:22:47 | 1:21:19 | 1:21:19 |
| 135 | 272 | stephen j ryan           | N/A      | M     | 35-39 | Tipperary TC    | 1 | 0:19:25 | 0:01:59 | 0:36:19 | 0:01:23 | 0:22:55 | 1:22:01 | 1:22:01 |
| 136 | 271 | David E Brophy           | 10014711 | M     | 45-49 |                 | 2 | 0:15:14 | 0:02:42 | 0:37:29 | 0:01:47 | 0:24:51 | 1:22:02 | 1:22:02 |
| 137 | 170 | John P ODonnell          | 10004910 | M     | 35-39 |                 | 4 | 0:14:41 | 0:02:06 | 0:39:06 | 0:01:48 | 0:24:26 | 1:22:07 | 1:22:07 |
| 138 | 63  | Jamie A Olden            | 10003669 | M     | 35-39 | Cork TC         | 6 | 0:13:37 | 0:01:38 | 0:40:10 | 0:01:21 | 0:25:33 | 1:22:19 | 1:22:19 |
| 139 | 173 | keelan gerard gallagher  | 10012218 | M     | 20-24 |                 | 4 | 0:17:15 | 0:01:15 | 0:37:01 | 0:01:22 | 0:25:28 | 1:22:20 | 1:22:20 |
| 140 | 177 | Martin Bourke            | 10180978 | M     |       |                 | 4 | 0:16:04 | 0:01:35 | 0:39:16 | 0:01:37 | 0:23:50 | 1:22:23 | 1:22:23 |
| 141 | 210 | Sean Bryan               | N/A      | M     | 40-44 |                 | 3 | 0:16:46 | 0:01:57 | 0:39:16 | 0:01:46 | 0:22:46 | 1:22:31 | 1:22:31 |
| 142 | 201 | Bernard Hanratty         | 10000676 | M     | 50-54 | Piranha TC      | 3 | 0:15:51 | 0:01:36 | 0:39:32 | 0:01:51 | 0:23:47 | 1:22:36 | 1:22:36 |
| 143 | 126 | Cliodhna McGrath         |          | F     | 25-29 | Nenagh TC       | 5 | 0:13:34 | 0:01:32 | 0:40:01 | 0:01:54 | 0:25:42 | 1:22:43 | 1:22:43 |
| 144 | 92  | Billy Murphy             | 10013682 | M     | 30-34 | Cork TC         | 6 | 0:14:24 | 0:02:03 | 0:39:51 | 0:01:54 | 0:24:40 | 1:22:52 | 1:22:52 |
| 145 | 209 | Ross sean O'Meara        | 10028554 | M     | 16-19 | Nenagh TC       | 3 | 0:16:27 | 0:01:31 | 0:40:01 | 0:01:49 | 0:23:17 | 1:23:05 | 1:23:05 |
| 146 | 241 | Philip Duggan            | 10027186 | M     | 30-34 |                 | 2 | 0:17:08 | 0:02:12 | 0:38:51 | 0:01:55 | 0:23:01 | 1:23:06 | 1:23:06 |
| 147 | 159 | Cathal Nolan             | 10016759 | M     | 40-44 |                 | 4 | 0:13:52 | 0:01:13 | 0:38:31 | 0:01:44 | 0:27:57 | 1:23:17 | 1:23:17 |
| 148 | 239 | Patrick J Meleady        | 10015024 | M     | 30-34 |                 | 2 | 0:15:01 | 0:01:33 | 0:41:00 | 0:01:36 | 0:24:09 | 1:23:20 | 1:23:20 |
| 149 | 131 | Domhnall James Roche     | 10015628 | M     | 25-29 |                 | 5 | 0:15:49 | 0:01:26 | 0:40:56 | 0:01:33 | 0:23:42 | 1:23:27 | 1:23:27 |
| 150 | 11  | Joanne Hope              | 10014198 | F     | 35-39 | BelparkTC       | 7 | 0:12:58 | 0:01:26 | 0:42:30 | 0:01:53 | 0:24:55 | 1:23:44 | 1:23:44 |
| 151 | 69  | Maurice A Howell         | 10013774 | M     | 30-34 | Piranha TC      | 7 | 0:12:01 | 0:01:12 | 0:38:44 | 0:01:48 | 0:30:00 | 1:23:44 | 1:23:44 |
| 152 | 186 | Patrick D O'Callaghan    | 10015648 | M     | 40-44 | Tipperary TC    | 3 | 0:15:48 | 0:02:13 | 0:37:41 | 0:02:23 | 0:25:41 | 1:23:46 | 1:23:46 |
| 153 | 150 | michael d feehily        | 10014718 | M     | 35-39 | Ennis TC        | 4 | 0:13:25 | 0:01:46 | 0:39:02 | 0:01:56 | 0:27:50 | 1:23:58 | 1:23:58 |
| 154 | 124 | Brendan O Keefe          | 10016211 | M     | 30-34 |                 | 5 | 0:14:38 | 0:02:06 | 0:41:20 | 0:02:03 | 0:23:52 | 1:23:59 | 1:23:59 |
| 155 | 157 | Aoife A Fennell          | 10001665 | F     | 35-39 | Ennis TC        | 4 | 0:13:45 | 0:01:34 | 0:41:12 | 0:01:58 | 0:25:33 | 1:24:02 | 1:24:02 |
| 156 | 212 | Kevin Martin Cullinan    | 10015402 | M     | 30-34 | Ennis TC        | 3 | 0:14:51 | 0:02:09 | 0:43:03 | 0:01:54 | 0:22:06 | 1:24:03 | 1:24:03 |
| 157 | 185 | Noel O Daly              | 10026189 | M     | 35-39 | Nenagh TC       | 3 | 0:14:32 | 0:01:45 | 0:41:27 | 0:01:43 | 0:24:45 | 1:24:13 | 1:24:13 |
| 158 | 95  | Enda T O Doherty         | 10015659 | M     | 45-49 |                 | 6 | 0:13:17 | 0:01:29 | 0:41:26 | 0:01:36 | 0:26:41 | 1:24:30 | 1:24:30 |
| 159 | 194 | Sinead P Kennedy         | 10028608 | F     | 35-39 | Nenagh TC       | 3 | 0:15:17 | 0:01:26 | 0:39:07 | 0:01:37 | 0:27:08 | 1:24:35 | 1:24:35 |
| 160 | 228 | Pawel Grzych             | N/A      | M     | 35-39 |                 | 2 | 0:17:45 | 0:01:52 | 0:40:41 | 0:02:01 | 0:22:29 | 1:24:48 | 1:24:48 |
| 161 | 90  | Benjamin M Woodhouse     | 10027518 | M     | 30-34 | Athy TC         | 6 | 0:13:44 | 0:01:53 | 0:40:42 | 0:01:54 | 0:26:37 | 1:24:49 | 1:24:49 |
| 162 | 75  | Ross Owen O' Sullivan    | 10012540 | M     | 20-24 |                 | 6 | 0:12:36 | 0:03:14 | 0:42:02 | 0:02:32 | 0:24:29 | 1:24:53 | 1:24:53 |
| 163 | 195 | Stuart Russell           | 10017823 | M     | 30-34 | Piranha TC      | 3 | 0:15:13 | 0:02:11 | 0:39:24 | 0:01:56 | 0:26:15 | 1:24:59 | 1:24:59 |
| 164 | 270 | Anthony Kennedy          | N/A      | M     | 35-39 |                 | 1 | 0:20:48 | 0:01:57 | 0:37:39 | 0:02:11 | 0:22:34 | 1:25:09 | 1:25:09 |
| 165 | 166 | David Kennedy            | 10001787 | M     | 35-39 | Kilkenny TC     | 4 | 0:14:54 | 0:01:26 | 0:44:26 | 0:01:14 | 0:23:10 | 1:25:10 | 1:25:10 |
| 166 | 123 | Alexandra Birney         | 10016170 | F     | 35-39 | Activmultisport | 5 | 0:14:24 | 0:01:16 | 0:42:34 | 0:01:41 | 0:25:17 | 1:25:13 | 1:25:13 |
| 167 | 108 | Olivia Leonard           | 10013197 | F     | 35-39 | 3D TC           | 6 | 0:14:15 | 0:01:53 | 0:40:04 | 0:01:39 | 0:27:22 | 1:25:14 | 1:25:14 |
| 168 | 168 | George D Ryan            | 10015929 | M     | 40-44 |                 | 4 | 0:14:23 | 0:02:16 | 0:40:28 | 0:02:32 | 0:25:54 | 1:25:32 | 1:25:32 |
| 169 | 140 | Michael Purtill          | 10002394 | M     | 40-44 | Fingal TC       | 5 | 0:13:52 | 0:01:59 | 0:38:53 | 0:02:06 | 0:28:52 | 1:25:41 | 1:25:41 |
| 170 | 127 | David J Meagher          | 10003399 | M     | 45-49 | Boru TC         | 5 | 0:14:15 | 0:02:06 | 0:41:42 | 0:01:33 | 0:26:17 | 1:25:52 | 1:25:52 |
| 171 | 167 | Gavin John Fraser        | 10000081 | M     | 45-49 | TriCW/Carlow TC | 4 | 0:15:59 | 0:01:40 | 0:39:24 | 0:01:57 | 0:26:55 | 1:25:55 | 1:25:55 |
| 172 | 218 | James McLoughlin         | 10013074 | M     | 30-34 | Fingal TC       | 2 | 0:17:40 | 0:01:53 | 0:39:07 | 0:01:53 | 0:25:28 | 1:26:01 | 1:26:01 |
| 173 | 47  | Sarah's team             | 10027456 | Relay | 25-29 | Limerick TC     | 7 | 0:13:19 |         | 0:44:40 | 0:01:35 | 0:26:59 | 1:26:32 | 1:26:32 |
| 174 | 26  | CRIMMINS                 | 10016601 | Relay | 35-39 | Tullamore TC    | 8 | 0:12:15 | 0:01:08 |         |         |         | 1:26:48 | 1:26:48 |
| 175 | 153 | ANNE MC GRANE            | 10000986 | F     | 50-54 |                 | 4 | 0:15:51 | 0:01:27 | 0:40:46 | 0:01:40 | 0:27:10 | 1:26:53 | 1:26:53 |
| 176 | 164 | Emer Carty               | 10016632 | F     | 30-34 | Pulse TC        | 4 | 0:15:49 | 0:02:03 |         |         |         |         |         |

|     |     |                          |          |       |       |             |   |         |         |         |         |         |         |  |         |
|-----|-----|--------------------------|----------|-------|-------|-------------|---|---------|---------|---------|---------|---------|---------|--|---------|
| 191 | 169 | Relay Team: Shannon A&J  |          | Relay |       |             | 4 | 0:14:05 | 0:01:17 | 0:46:13 | 0:01:25 | 0:25:48 | 1:28:48 |  | 1:28:48 |
| 192 | 254 | Jean O'Connor            | 10014141 | F     | 30-34 |             | 1 | 0:21:08 | 0:01:44 | 0:41:35 | 0:01:25 | 0:23:05 | 1:28:57 |  | 1:28:57 |
| 193 | 98  | John Paul Gilmartin      | 10000732 | M     | 35-39 |             | 6 | 0:13:33 | 0:01:55 | 0:44:32 | 0:02:02 | 0:27:06 | 1:29:08 |  | 1:29:08 |
| 194 | 190 | Sean Ryan                | 10012060 | M     | 16-19 |             | 3 | 0:14:12 | 0:02:33 | 0:45:02 | 0:01:41 | 0:26:02 | 1:29:30 |  | 1:29:30 |
| 195 | 264 | Sean P Mc Mahon          | N/A      | M     | 35-39 |             | 1 | 0:18:35 | 0:01:28 | 0:42:25 | 0:01:27 | 0:25:43 | 1:29:38 |  | 1:29:38 |
| 196 | 128 | David O'Connor           | 10015557 | M     | 30-34 |             | 5 | 0:14:09 | 0:01:19 | 0:41:58 | 0:01:52 | 0:30:28 | 1:29:46 |  | 1:29:46 |
| 197 | 132 | Emer Fitzpatrick         | 10000383 | F     | 30-34 | Midland TC  | 5 | 0:14:14 | 0:01:37 | 0:43:43 | 0:02:16 | 0:28:12 | 1:30:03 |  | 1:30:03 |
| 198 | 290 | Michael Murphy           |          |       |       |             | 6 | 0:13:27 | 0:02:43 | 0:41:36 | 0:01:40 | 0:30:44 | 1:30:10 |  | 1:30:10 |
| 199 | 261 | Pat Connolly             | N/A      | M     | 40-44 |             | 1 | 0:17:16 | 0:03:25 | 0:43:37 | 0:01:32 | 0:24:22 | 1:30:12 |  | 1:30:12 |
| 200 | 268 | Michael J Clancy         | 10026998 | M     | 45-49 | Limerick TC | 2 | 0:17:43 | 0:01:59 | 0:40:00 | 0:02:54 | 0:27:40 | 1:30:17 |  | 1:30:17 |
| 201 | 242 | PJ Brett                 | 10026326 | M     | 35-39 | Nenagh TC   | 2 | 0:15:43 | 0:02:33 | 0:42:56 | 0:01:59 | 0:27:15 | 1:30:27 |  | 1:30:27 |
| 202 | 204 | Derry O'Farrell          | 10014430 | M     | 45-49 |             | 3 | 0:16:07 | 0:03:10 | 0:42:21 | 0:02:06 | 0:27:01 | 1:30:45 |  | 1:30:45 |
| 203 | 234 | Jennifer Hogan           | 10004609 | F     | 30-34 | BelparkTC   | 2 | 0:16:42 | 0:02:25 | 0:43:25 | 0:02:47 | 0:25:41 | 1:31:00 |  | 1:31:00 |
| 204 | 154 | Noeleen Bourke           | 10000336 | F     | 35-39 | Midland TC  | 4 | 0:14:25 | 0:01:43 | 0:42:03 | 0:01:57 | 0:30:52 | 1:31:00 |  | 1:31:00 |
| 205 | 265 | Shane O'Brien            | 10026373 | M     | 25-29 |             | 1 | 0:16:03 | 0:01:39 | 0:43:18 | 0:01:32 | 0:28:37 | 1:31:09 |  | 1:31:09 |
| 206 | 71  | Niall J Murphy           | 10002178 | M     | 35-39 | BelparkTC   | 5 | 0:14:13 | 0:01:16 | 0:44:09 | 0:01:42 | 0:29:50 | 1:31:10 |  | 1:31:10 |
| 207 | 183 | Susan M Doherty          | 10001816 | F     | 35-39 | Kilkenny TC | 2 | 0:17:27 | 0:01:56 | 0:44:46 | 0:01:29 | 0:25:42 | 1:31:20 |  | 1:31:20 |
| 208 | 225 | TipptoCork               | 10029688 | Relay | 30-34 | Nenagh TC   | 4 | 0:14:45 | 0:00:59 | 0:45:16 | 0:01:29 | 0:28:54 | 1:31:23 |  | 1:31:23 |
| 209 | 226 | Tom Butler               | N/A      | M     | 40-44 |             | 2 | 0:16:19 | 0:03:16 | 0:44:36 | 0:01:50 | 0:25:25 | 1:31:25 |  | 1:31:25 |
| 210 | 274 | Annika Wieneke           | N/A      | F     | 25-29 |             | 1 | 0:16:02 | 0:02:31 | 0:43:47 | 0:01:34 | 0:27:32 | 1:31:26 |  | 1:31:26 |
| 211 | 227 | Malgorzata Grzych        | N/A      | F     | 30-34 |             | 2 | 0:17:21 | 0:02:22 | 0:43:36 | 0:01:34 | 0:26:36 | 1:31:29 |  | 1:31:29 |
| 212 | 105 | Olivia M Munnely         | 10009984 | F     | 35-39 | Midland TC  | 6 | 0:14:13 | 0:02:01 | 0:43:58 | 0:02:20 | 0:29:09 | 1:31:40 |  | 1:31:40 |
| 213 | 236 | MARCELLA J O NEILL       | 10001247 | F     | 45-49 | Limerick TC | 4 | 0:12:32 | 0:02:43 | 0:44:53 | 0:03:08 | 0:28:29 | 1:31:45 |  | 1:31:45 |
| 214 | 175 | Laura Coughlan           | 10013939 | F     | 25-29 | Piranha TC  | 4 | 0:14:30 | 0:02:13 | 0:45:11 | 0:02:22 | 0:27:31 | 1:31:48 |  | 1:31:48 |
| 215 | 155 | VIVIENNE CONLON          | 10001731 | F     | 50-54 | Wicklow TC  | 4 | 0:14:29 | 0:01:54 | 0:42:23 | 0:02:43 | 0:30:22 | 1:31:50 |  | 1:31:50 |
| 216 | 163 | Joanne Charles           | 555      | F     | 35-39 |             | 4 | 0:15:21 | 0:01:32 | 0:43:29 | 0:01:37 | 0:29:59 | 1:31:58 |  | 1:31:58 |
| 217 | 196 | Susan Wall               | 10002007 | F     | 30-34 | Trilogy TC  | 3 | 0:13:48 | 0:01:36 | 0:43:25 | 0:01:57 | 0:31:16 | 1:32:02 |  | 1:32:02 |
| 218 | 3   | BANG!                    | N/A      | Relay | 25-29 |             | 6 | 0:11:15 | 0:00:59 | 0:50:06 | 0:01:16 | 0:28:30 | 1:32:06 |  | 1:32:06 |
| 219 | 202 | emma staunton            | 10013108 | F     | 30-34 | Kilkenny TC | 3 | 0:17:34 | 0:02:09 | 0:46:23 | 0:01:56 | 0:24:15 | 1:32:17 |  | 1:32:17 |
| 220 | 216 | Eric Rowan               | 10015804 | M     | 35-39 | Limerick TC | 2 | 0:18:38 | 0:02:28 | 0:43:26 | 0:01:48 | 0:26:00 | 1:32:21 |  | 1:32:21 |
| 221 | 237 | Martin Noel Carroll      | 10028262 | M     | 60-64 |             | 2 | 0:17:31 | 0:20:06 | 0:42:36 | 0:01:40 | 0:29:07 | 1:33:00 |  | 1:33:00 |
| 222 | 260 | Pat G O'Brien            | N/A      | M     | 40-44 | Galway TC   | 1 | 0:20:41 | 0:02:58 | 0:40:50 | 0:02:30 | 0:26:06 | 1:33:05 |  | 1:33:05 |
| 223 | 231 | Dara C Smyth             | 10004641 | M     | 40-44 | Limerick TC | 2 | 0:17:11 | 0:02:35 | 0:41:20 | 0:02:27 | 0:29:34 | 1:33:06 |  | 1:33:06 |
| 224 | 258 | noel a kelly             | N/A      | M     | 50-54 |             | 2 | 0:16:17 | 0:02:46 | 0:45:14 | 0:02:42 | 0:26:11 | 1:33:11 |  | 1:33:11 |
| 225 | 207 | Maeve Gleeson            | N/A      | F     | 40-44 |             | 3 | 0:15:36 | 0:02:49 | 0:43:36 | 0:02:42 | 0:29:18 | 1:34:01 |  | 1:34:01 |
| 226 | 213 | Ramon Rodriguez          |          | M     | 35-39 | Nenagh TC   | 3 | 0:16:42 | 0:02:53 | 0:46:00 | 0:01:39 | 0:27:06 | 1:34:20 |  | 1:34:20 |
| 227 | 252 | Eoin Lees                | 10024168 | M     | 20-24 |             | 2 | 0:14:08 | 0:02:28 | 0:47:50 | 0:01:16 | 0:28:39 | 1:34:21 |  | 1:34:21 |
| 228 | 238 | mary cathrine ryan       | N/A      | F     | 35-39 |             | 3 | 0:15:41 | 0:01:59 | 0:45:25 | 0:01:45 | 0:29:32 | 1:34:22 |  | 1:34:22 |
| 229 | 246 | Paschal McCarthy         | 10011762 | M     | 55-59 | Cork TC     | 2 | 0:18:15 | 0:02:07 | 0:43:36 | 0:01:49 | 0:29:48 | 1:35:35 |  | 1:35:35 |
| 230 | 219 | Jennifer M Doran         | 10009248 | F     | 30-34 | Fingal TC   | 2 | 0:17:28 | 0:01:54 | 0:43:47 | 0:01:57 | 0:30:55 | 1:36:01 |  | 1:36:01 |
| 231 | 248 | Ailbe Quinlan            | n/a      | M     | 40-44 |             | 2 | 0:18:02 | 0:04:36 | 0:46:18 | 0:03:05 | 0:24:06 | 1:36:08 |  | 1:36:08 |
| 232 | 232 | Fiona Fitzpatrick        | 10012535 | F     | 35-39 | Fingal TC   | 2 | 0:17:25 | 0:02:04 | 0:45:17 | 0:01:52 | 0:30:09 | 1:36:47 |  | 1:36:47 |
| 233 | 279 | Damian Schmid            | 10004635 | M     | 30-34 | Limerick TC | 1 | 0:19:36 | 0:01:26 | 0:43:25 | 0:02:52 | 0:30:00 | 1:37:20 |  | 1:37:20 |
| 234 | 229 | Ciaran M O'Donovan       | N/A      | M     | 45-49 |             | 2 | 0:18:45 | 0:02:19 | 0:43:52 | 0:02:06 | 0:30:37 | 1:37:38 |  | 1:37:38 |
| 235 | 286 | Tadhg Kenehan            | 10026598 | M     | 40-44 | Piranha TC  | 1 | 0:24:15 | 0:02:53 | 0:44:05 | 0:01:31 | 0:25:04 | 1:37:48 |  | 1:37:48 |
| 236 | 253 | Grainne Yeates           | N/A      | F     | 50-54 |             | 1 | 0:18:31 | 0:03:04 | 0:46:52 | 0:01:54 | 0:28:27 | 1:38:49 |  | 1:38:49 |
| 237 | 257 | niamh colleran           | 10014841 | F     | 35-39 | Galway TC   | 1 | 0:18:32 | 0:02:12 | 0:50:40 | 0:01:40 | 0:26:15 | 1:39:20 |  | 1:39:20 |
| 238 | 275 | Chris C O Donovan        | 10027859 | M     | 45-49 | Ennis TC    | 1 | 0:22:07 | 0:02:21 | 0:45:45 | 0:02:03 | 0:27:08 | 1:39:23 |  | 1:39:23 |
| 239 | 136 | John Cloonan             | 10002667 | M     | 40-44 | Predator TC | 5 | 0:12:18 | 0:02:43 | 0:44:48 |         | 0:40:22 | 1:40:10 |  | 1:40:10 |
| 240 | 282 | eimear cecilia o'donovan | N/A      | F     | 30-34 |             | 1 | 0:19:39 | 0:01:54 | 0:49:00 | 0:01:35 | 0:28:09 | 1:40:18 |  | 1:40:18 |
| 241 | 158 | Brenda Pauline Cosgrove  | 10002157 | F     | 55-59 | Limerick TC | 3 | 0:15:54 | 0:02:48 | 0:49:09 | 0:02:36 | 0:30:18 | 1:40:45 |  | 1:40:45 |
| 242 | 214 | Cathy Jones              | N/A      | F     | 40-44 |             | 3 | 0:17:11 | 0:02:57 | 0:48:31 | 0:02:35 | 0:29:31 | 1:40:45 |  | 1:40:45 |
| 243 | 247 | aisling a colleran       | 10016788 | F     | 35-39 | Athlone     | 2 | 0:17:00 | 0:01:56 | 0:49:44 | 0:01:37 | 0:30:32 | 1:40:49 |  | 1:40:49 |
| 244 | 262 | ronan aj horgan          | N/A      | M     | 45-49 |             | 1 | 0:20:53 | 0:03:50 | 0:46:16 | 0:01:57 | 0:29:05 | 1:42:01 |  | 1:42:01 |
| 245 | 256 | Neil M Blaney            | 10002855 | M     | 50-54 |             | 1 | 0:22:03 | 0:04:42 | 0:43:43 | 0:02:33 | 0:29:01 | 1:42:02 |  | 1:42:02 |
| 246 | 267 | Fergal J Connaire        | 10013208 | M     | 40-44 | Predator TC | 1 | 0:18:51 | 0:02:36 | 0:46:59 | 0:02:12 | 0:31:52 | 1:42:30 |  | 1:42:30 |
| 247 | 285 | Lorraine Flanaganl       | 10000748 | F     | 35-39 |             | 1 | 0:19:20 | 0:02:27 | 0:53:44 | 0:01:58 | 0:35:44 | 1:53:13 |  | 1:53:13 |
| 248 | 278 | Rena Ryan                | N/A      | F     | 40-44 |             | 1 | 0:23:05 | 0:03:49 | 0:48:01 | 0:02:31 | 0:38:16 | 1:55:41 |  | 1:55:41 |
| 249 | 266 | Darren O Toole           | N/A      | M     | 40-44 |             | 1 | 0:24:35 | 0:03:28 | 0:49:06 | 0:03:12 | 0:37:59 | 1:58:19 |  | 1:58:19 |
| 250 | 284 | Monica Larkin            | N/A      | F     | 30-34 |             | 1 | 0:30:13 | 0:04:27 | 0:55:02 | 0:02:59 | 0:33:41 | 2:06:22 |  | 2:06:22 |
|     | 91  | Bill M O'Brien           | 10014207 | M     | 30-34 |             | 6 | 0:13:13 | 0:01:18 | 0:42:30 |         |         | DNF     |  |         |