

Place	Number	Surname	Name	Sex	Start	Lap 1	Lap 2	Lap 3	Lap 4	Finish
1	1320	Treanor	James	M		0:20:23	0:18:34	0:18:51	0:18:41	1:16:29
2	1558	McIntyre	Andrew	M		0:21:45	0:19:44	0:19:45	0:19:48	1:21:03
3	1532	Kenny	Mark	M		0:22:18	0:20:52	0:20:26	0:20:13	1:23:49
4	1649	Lorcan	Gearty	M		0:23:22	0:21:10	0:21:19	0:21:00	1:26:51
5	1490	Flynn	Eamon	M		0:22:56	0:21:03	0:21:35	0:22:02	1:27:36
6	1574	Murphy	Frank	M		0:22:57	0:21:24	0:22:19	0:22:27	1:29:07
7	1465	Clarke	Eoin	M		0:22:52	0:22:10	0:22:41	0:22:50	1:30:33
8	1479	Doonan	Dennis	M		0:24:27	0:22:32	0:23:12	0:22:36	1:32:47
9	1651	Ciaran	Gilmartin	M		0:24:53	0:22:27	0:22:53	0:23:02	1:33:15
10	1460	Byrne	Alan	M		0:23:50	0:22:25	0:23:01	0:24:14	1:33:30
11	1319	O'Hara	Mick	M		0:25:03	0:23:05	0:23:38	0:24:04	1:35:50
12	1504	Ginnell	Paul	M		0:24:59	0:23:12	0:23:35	0:24:07	1:35:54
13	1600	Roxby	Philip	M		0:26:39	0:24:03	0:24:06	0:23:38	1:38:26
14	1630	Vincent	Dolan	M		0:26:15	0:23:54	0:24:09	0:24:33	1:38:51
15	1516	Harte	David	M		0:27:15	0:24:30	0:23:59	0:23:19	1:39:03
16	1657	Seamus	Murtagh	M		0:26:44	0:24:44	0:24:09	0:23:37	1:39:14
17	1473	Curran	Paul	M		0:27:33	0:24:46	0:24:21	0:23:19	1:39:59
18	1484	Enright	Adrian	M		0:28:40	0:24:46	0:23:25	0:23:12	1:40:03
19	1478	Donohoe	Eileen	F		0:26:44	0:24:46	0:24:28	0:24:17	1:40:15
20	1578	Naughton	Kevin	M		0:27:31	0:24:48	0:24:24	0:24:04	1:40:47
21	1317	McGettigan	Noreen	F		0:26:33	0:24:42	0:24:46	0:25:09	1:41:10
22	1592	Pilkington	Michael	M		0:27:33	0:24:46	0:25:01	0:24:50	1:42:11
23	1658	John	Bannon	M		0:27:32	0:24:45	0:25:03	0:24:53	1:42:14
24	1577	Musial	Wojciech	M		0:27:49	0:25:31	0:25:19	0:25:00	1:43:39
25	1495	Gallogly	Brian	M		0:28:34	0:24:51	0:25:20	0:24:56	1:43:41
26	1593	Quinlivan	John	M		0:27:30	0:25:09	0:25:39	0:25:51	1:44:09
27	1576	Murray	David	M		0:26:34	0:24:56	0:25:40	0:27:17	1:44:28
28	1583	O'Brien	Francis	M		0:26:34	0:25:16	0:26:11	0:26:39	1:44:40
29	1544	May	Bryony	F		0:27:56	0:25:40	0:25:43	0:25:44	1:45:03
30	1530	Kenny	Lisa	F		0:27:51	0:25:09	0:26:19	0:25:52	1:45:11
31	1634	Seamus	Mallon	M		0:28:15	0:25:50	0:26:09	0:25:16	1:45:30
32	1633	Anne Marie	Cox	F		0:28:15	0:25:51	0:26:08	0:25:33	1:45:46
33	1549	McCabe	Jason	M		0:27:47	0:25:48	0:26:09	0:26:17	1:46:02
34	1609	Stuart	Mary	F		0:28:30	0:26:51	0:25:21	0:25:33	1:46:16
35	1536	Ledwith	Matthew	M		0:30:00	0:26:37	0:25:50	0:23:53	1:46:19
36	1579	Ni Ghealagain	Orlaith	F		0:29:19	0:24:55	0:26:08	0:26:26	1:46:47
37	1617	Walker	Tracey	F		0:29:19	0:25:19	0:25:44	0:26:25	1:46:47
38	1596	Regan	Cora	F		0:27:43	0:25:51	0:26:40	0:26:56	1:47:09
39	1572	mulvihill	olivia	F		0:28:45	0:25:53	0:26:12	0:26:20	1:47:09
40	1553	McDermott	Elaine	F		0:27:55	0:25:43	0:26:56	0:26:43	1:47:17
41	1546	mc Donnell	Lisa	F		0:28:45	0:25:53	0:26:12	0:26:42	1:47:32
42	1318	Wallace	Karl	M		0:27:29	0:24:23	0:25:54	0:29:54	1:47:40
43	1662	Fergus	Kelly	M		0:29:49	0:26:45	0:26:17	0:24:57	1:47:49
44	1538	Lulham	David	M		0:28:30	0:25:52	0:26:44	0:26:51	1:47:58
45	1474	Dermody	Karl	M		0:30:00	0:25:45	0:26:04	0:26:47	1:48:37
46	1665	Gary	Kelly	M		0:30:18	0:26:34	0:26:31	0:26:04	1:49:27
47	1540	Maher	Doloures	F		0:29:08	0:26:01	0:26:36	0:27:58	1:49:42
48	1537	Lennon	Niamh	F		0:30:07	0:27:17	0:26:11	0:26:20	1:49:55
49	1655	John	Harren	M		0:30:40	0:26:54	0:27:08	0:26:26	1:51:08
50	1584	O'Meara	John	M		0:28:54	0:27:30	0:28:11	0:26:49	1:51:24
51	1476	Doherty	Sharon	F		0:28:34	0:28:25	0:27:08	0:27:21	1:51:28
52	1520	Healy	Aoife	F		0:29:19	0:25:37	0:27:27	0:29:12	1:51:35
53	1475	Devlin	Steven	M		0:29:58	0:27:12	0:26:58	0:27:38	1:51:46
54	1652	Gary	Connolly	M		0:29:43	0:26:53	0:27:08	0:28:12	1:51:56
55	1632	Raymond	Brogan	M	Early	0:29:43	0:26:58	0:27:43	0:27:42	1:52:07
56	1529	Kenny	Anthony	M	Early	0:29:25	0:27:15	0:27:43	0:27:44	1:52:08
57	1503	Gillen	Fiona	F		0:30:45	0:26:51	0:27:36	0:27:03	1:52:14
58	1502	Gillen	Ciara	F		0:30:45	0:26:27	0:27:49	0:28:05	1:53:06
59	1608	Smith	Bernie	F		0:29:59	0:27:14	0:27:49	0:28:05	1:53:06
60	1539	Lynn	David	M		0:29:59	0:26:39	0:25:50	0:31:12	1:53:40
61	1668	Kate	Giblin	F		0:32:31	0:27:21	0:27:12	0:26:49	1:53:54
62	1523	Hughes	Maureen	F		0:29:26	0:27:27	0:28:48	0:28:22	1:54:03
63	1660	Dorcas	Whitney	M		0:33:00	0:29:05	0:30:53	0:21:12	1:54:10
64	1650	Carl	Cronin	M		0:31:14	0:26:49	0:27:27	0:29:01	1:54:31
65	1310	Garrahan	Noel	M		0:29:31	0:27:17	0:28:34	0:29:30	1:54:52

66	1482	Doyle	Frank	M		0:29:45	0:27:26	0:28:30	0:29:41	1:55:22
67	1313	Gilgen	Stephen	M		0:31:33	0:28:50	0:28:40	0:26:23	1:55:26
68	1488	Finnegan	Audrey	F		0:28:29	0:27:03	0:29:50	0:30:06	1:55:27
69	1654	Andrew	Lynch	M		0:31:48	0:27:45	0:27:39	0:28:20	1:55:32
70	1582	O maille	Colm	M		0:30:23	0:27:36	0:28:05	0:29:28	1:55:32
71	1800	Late	Entry			0:30:25	0:27:35	0:28:05	0:29:29	1:55:35
72	1515	Hanlon	Cormac	M		0:30:20	0:28:16	0:28:26	0:28:34	1:55:36
73	1554	McDermott	Sean	M		0:31:21	0:30:20	0:31:10	0:22:58	1:55:49
74	1455	BOHAN	BREDA	F		0:28:34	0:28:23	0:29:22	0:29:32	1:55:52
75	1492	FOLEY	REGINA	F		0:28:35	0:28:25	0:29:20	0:29:32	1:55:52
76	1602	Ryan	Catherine	F		0:31:26	0:27:51	0:28:20	0:28:29	1:56:05
77	1594	Quinn	Trevor	M		0:30:20	0:28:16	0:28:25	0:29:04	1:56:06
78	1653	Ronan	O'Ceallaigh	M		0:30:27	0:27:52	0:28:54	0:29:09	1:56:22
79	1493	Fuller	Nikki	F		0:31:47	0:28:29	0:27:55	0:28:12	1:56:23
80	1611	Talbot	Tracy	F		0:31:14	0:28:11	0:28:45	0:28:36	1:56:46
81	1623	Wiseman	Peter	M		0:32:19	0:29:10	0:28:05	0:27:22	1:56:55
82	1525	Jordan	Wesley	M		0:30:31	0:28:26	0:28:41	0:29:27	1:57:05
83	1637	Ber	Egan	F		0:31:32	0:28:39	0:28:49	0:28:07	1:57:07
84	1644	David	Manser	M		0:31:30	0:28:00	0:28:27	0:29:25	1:57:22
85	1670	Darren	Doyle	M		0:22:47	0:37:26	0:28:01	0:29:12	1:57:26
86	1531	Kenny	Alan	M		0:29:28	0:27:31	0:29:59	0:30:36	1:57:34
87	1585	O'Neill	Sarah	F		0:30:02	0:28:07	0:20:07	0:39:26	1:57:41
88	1512	Hanley	Kristian	M		0:30:31	0:28:43	0:29:22	0:29:10	1:57:46
89	1667	Agnes	O'Hora	F		0:30:02	0:28:23	0:30:10	0:29:14	1:57:50
90	1666	Fiona	Kelly	F		0:30:02	0:28:21	0:30:12	0:29:15	1:57:51
91	1519	Healy	Vincent	M		0:31:20	0:27:54	0:28:22	0:30:16	1:57:51
92	1456	Brady	Finbar	M		0:29:24	0:27:16	0:28:17	0:32:55	1:57:53
93	1581	O hObain	Ciaran	M		0:31:44	0:28:16	0:29:00	0:28:55	1:57:54
94	1628	Noeleen	Doorly	F		0:29:53	0:28:03	0:29:48	0:30:20	1:58:04
95	1550	McCabe	Teresa	F		0:30:26	0:28:15	0:29:31	0:29:56	1:58:08
96	1635	Emer	Brennan	F		0:31:47	0:28:27	0:28:47	0:29:23	1:58:23
97	1638	John	Hanlon	M		0:31:33	0:28:37	0:28:51	0:29:27	1:58:28
98	1590	PELIZZENI	RICCARDO	M		0:29:57	0:28:12	0:29:40	0:30:42	1:58:32
99	1556	McEntegart	Patricia	F		0:33:51	0:28:36	0:28:13	0:27:54	1:58:33
100	1659	Greg	Kehoe	M		0:31:37	0:28:49	0:29:26	0:28:59	1:58:51
101	1316	Dalton	David	M		0:31:31	0:29:12	0:29:07	0:29:11	1:59:00
102	1506	Goldsberry	Mary	F		0:31:31	0:29:11	0:29:08	0:29:35	1:59:24
103	1545	Mc Cormack	Damien	M		0:21:03	0:36:00	0:28:41	0:33:40	1:59:24
104	1645	Alva	Whelan	F		0:33:14	0:28:23	0:29:27	0:28:34	1:59:38
105	1636	Orla	Fitzgerald	F		0:32:06	0:31:53	0:35:36	0:20:04	1:59:39
106	1565	Monahan	Yvonne	F		0:30:26	0:28:15	0:29:32	0:31:47	2:00:00
107	1599	Rouse	David	M		0:31:22	0:28:51	0:29:38	0:30:16	2:00:08
108	1454	Belton	Dan	M		0:31:22	0:28:50	0:29:39	0:30:19	2:00:10
109	1613	TOBIN	MARK	M		0:33:46	0:29:46	0:29:06	0:27:54	2:00:31
110	1477	Donnellan	Noel	M		0:32:15	0:29:16	0:29:47	0:29:20	2:00:37
111	1642	Donal	Maher	M		0:30:47	0:29:21	0:30:29	0:30:41	2:01:17
112	1629	Patrick	Tighe	M		0:30:46	0:29:21	0:30:29	0:30:41	2:01:17
113	1518	Hayes	Patricia	F		0:33:15	0:31:30	0:33:09	0:23:26	2:01:21
114	1631	Anne Marie	Dolan	F		0:34:10	0:30:45	0:28:57	0:27:30	2:01:22
115	1586	O'Neill	Stephen	M		0:32:06	0:30:12	0:30:26	0:29:16	2:02:00
116	1587	O'Neill	Shane	M		0:32:13	0:30:06	0:30:25	0:29:42	2:02:27
117	1669	Fergus	Fenlon	M		0:31:34	0:28:47	0:29:58	0:32:46	2:03:05
118	1533	Kerwin	Gary	M		0:32:23	0:30:08	0:30:36	0:30:22	2:03:28
119	1453	barry	christine	F		0:22:29	0:38:34	0:31:14	0:31:12	2:03:29
120	1627	Roisin	Donohoe	F		0:33:44	0:30:33	0:30:07	0:29:43	2:04:07
121	1626	Aidan	Flacken	M		0:33:44	0:30:32	0:30:07	0:29:44	2:04:07
122	1640	Anna	Kiernan	F		0:32:35	0:30:01	0:30:39	0:30:53	2:04:08
123	1527	Kavanagh	Kara	F		0:30:32	0:29:33	0:32:23	0:32:23	2:04:51
124	1351	Flynn	Gerard	M	Marathon	0:34:12	0:30:01	0:30:57	0:29:58	2:05:08
125	1612	Tarpey	Mary	F		0:32:26	0:30:17	0:30:57	0:31:39	2:05:19
126	1624	Clare	Dillon	F		0:33:56	0:31:11	0:30:27	0:29:57	2:05:31
127	1468	Conefrey	Monica	F		0:34:46	0:32:31	0:34:58	0:23:22	2:05:37
128	1451	Ballesty	Niamh	F		0:33:01	0:29:49	0:30:50	0:32:15	2:05:55
129	1457	brady	Damien	M		0:30:53	0:28:27	0:32:35	0:34:20	2:06:15
130	1639	Catherine	Clarke	F		0:32:49	0:30:03	0:31:05	0:32:30	2:06:28
131	1641	Siobhan	Arthur	F		0:32:50	0:30:05	0:31:04	0:32:29	2:06:29

132	1646	Breda	Walsh	F		0:33:55	0:30:03	0:31:09	0:32:29	2:07:36
133	1566	Morgan	Aisling	F		0:33:13	0:30:46	0:32:18	0:31:20	2:07:37
134	1542	Marsden	Elaine	F		0:32:04	0:30:07	0:32:10	0:33:25	2:07:45
135	1656	Loretta	Briody	F		0:33:11	0:31:10	0:32:16	0:32:19	2:08:57
136	40	OSullivan	Gillian	F		0:33:12	0:31:08	0:32:18	0:32:18	2:08:57
137	1508	Grogan	Paul	M		0:34:00	0:31:18	0:31:15	0:32:52	2:09:24
138	1491	Flynn	Anita	F		0:31:26	0:30:38	0:32:32	0:35:37	2:10:13
139	1509	Grzywacz	Marcin	M		0:32:46	0:30:11	0:31:45	0:36:44	2:11:25
140	1643	Joe	Lawless	M		0:35:26	0:32:08	0:32:38	0:31:16	2:11:28
141	1521	Hegarty	Brenda	F		0:35:50	0:32:11	0:32:07	0:31:27	2:11:35
142	1480	Dorr	Aoife	F		0:33:55	0:31:04	0:33:01	0:33:46	2:11:47
143	1588	O'Regan	Emily	F		0:35:32	0:31:38	0:32:27	0:32:29	2:12:05
144	1598	Roche	Siobhan	F		0:35:30	0:31:40	0:32:26	0:32:30	2:12:05
145	1567	Morris	Orla	F		0:34:50	0:31:42	0:32:43	0:33:28	2:12:43
146	1541	Marsden	Maureen	F		0:32:49	0:31:50	0:33:10	0:35:00	2:12:48
147	1463	Casey	Aisling	F		0:32:51	0:31:10	0:32:53	0:36:36	2:13:31
148	1458	Burke	Tracey	F		0:34:14	0:32:28	0:33:26	0:34:00	2:14:08
149	1603	Scanlan	Aine	F		0:36:53	0:33:17	0:33:07	0:31:11	2:14:29
150	1560	McKeon	Noel	M		0:33:29	0:31:18	0:33:22	0:36:43	2:14:52
151	1595	Ramsey	Janine	F		0:35:00	0:33:18	0:33:55	0:32:55	2:15:07
152	1547	Mc Grath	Majella	F	Early	0:33:04	0:30:56	0:29:10	0:42:08	2:15:18
153	1648	Theresa	Slevin	F		0:33:43	0:31:49	0:34:23	0:36:14	2:16:08
154	1661	Michelle	Craughwell	F		0:33:57	0:32:02	0:34:47	0:36:59	2:17:45
155	1622	Walsh	Martha	F		0:35:40	0:32:55	0:34:34	0:35:03	2:18:12
156	1555	McDonald	Yvonne	F		0:35:39	0:32:57	0:23:33	0:46:58	2:19:06
157	1580	Noone	Avril	F		0:34:11	0:32:17	0:34:32	0:38:38	2:19:39
158	1610	Sweeney	Eimear	F		0:36:52	0:33:19	0:34:14	0:35:18	2:19:44
159	1604	Scanlan	Bhani	M		0:36:52	0:33:16	0:34:18	0:35:18	2:19:45
160	1625	Brenda	Cunningham	F		0:35:56	0:34:04	0:36:18	0:33:34	2:19:51
161	1498	Gavigan	Lorraine	F		0:35:41	0:32:56	0:34:33	0:36:47	2:19:57
162	1601	Rushe	Catherine	F		0:33:46	0:32:51	0:35:01	0:38:56	2:20:34
163	1494	Gaffney	Bernadette	F		0:34:05	0:36:34	0:34:14	0:36:09	2:21:02
164	1664	Ursula	Jennings	F		0:36:23	0:34:16	0:34:35	0:35:48	2:21:03
165	1663	Adam	Jennings	M		0:36:23	0:34:17	0:34:35	0:35:49	2:21:03
166	1616	Victory	Helen	F		0:35:41	0:33:11	0:24:07	0:48:53	2:21:52
167	1552	McDermott	Sandra	F		0:34:13	0:32:26	0:36:47	0:38:32	2:21:58
168	1618	Walsh	Jennifer	F		0:34:47	0:34:55	0:35:35	0:37:29	2:22:46
169	1481	Doyle	Dermot	M		0:37:41	0:34:03	0:35:12	0:36:29	2:23:24
170	1522	Holland	Una	F		0:36:48	0:35:39	0:34:51	0:36:08	2:23:27
171	1489	Fitzharris	Joyce	F		0:36:51	0:35:30	0:34:56	0:36:11	2:23:28
172	1505	Glynn	Paula	F		0:36:52	0:35:30	0:34:57	0:36:10	2:23:29
173	1535	Leahy	Jackie	F		0:34:33	0:33:22	0:35:56	0:40:20	2:24:11
174	1467	Cogill	Dieckmann	M		0:38:32	0:37:02	0:37:04	0:31:36	2:24:14
175	1470	Connolly	Maria	F		0:37:00	0:34:02	0:35:55	0:38:18	2:25:14
176	1606	Smith	Una	F		0:34:14	0:33:47	0:38:37	0:40:45	2:27:22
177	1471	Connor	Sheelagh	F		0:35:41	0:33:18	0:37:10	0:41:20	2:27:29
178	1570	Mulligan	Mary	F		0:35:57	0:34:03	0:36:18	0:42:25	2:28:43
179	1597	Reilly	Marie	F		0:35:33	0:32:40	0:36:42	0:43:49	2:28:43
180	1548	McArdle	Sheena	F		0:36:47	0:35:15	0:36:52	0:39:57	2:28:52
181	1647	Ger	Moore	M		0:35:42	0:32:57	0:38:49	0:41:52	2:29:20
182	1575	Murray	Emily	F		0:36:50	0:35:13	0:35:45	0:41:41	2:29:28
183	1507	Gormley	Helen	F		0:35:50	0:34:41	0:38:42	0:40:33	2:29:45
184	1528	Kennedy	Caroline	F		0:35:39	0:36:39	0:38:01	0:39:41	2:30:01
185	1534	Lawlor	Ciara	F		0:35:39	0:36:39	0:38:01	0:39:41	2:30:01
186	1605	Sexton	Kate	F	Early	0:40:45	0:39:12	0:38:32	0:37:48	2:36:17
187	1564	Mitchell	Eileen	F		0:38:28	0:37:04	0:39:52	0:42:30	2:37:54
188	1472	Cremin	Susan	F		0:38:32	0:37:03	0:39:51	0:42:29	2:37:55
189	1452	Ballesty	P J	M		0:40:26	0:37:54	0:44:51	0:42:59	2:46:11
190	1615	Tyrrell	Joy	F		0:36:52	0:38:45	0:42:57	0:47:41	2:46:16
191	1483	Doyle	Jackie	F		0:36:51	0:38:48	0:42:57	0:47:41	2:46:16
192	1497	Gavigan	Joanne	F		0:37:49	0:40:35	0:44:57	0:44:53	2:48:13
	1614	Tully	Jerome	M		0:25:10	0:26:28			DNF @ 10km
	1517	Hayes	Leona	F		0:31:00	0:31:41			DNF @ 10km
	1461	Campbell	Ronnie	M		0:37:11	0:40:53			DNF @ 10km
	1459	butler	ann marie	F		1:10:37	1:04:24			DNF @ 10km