

Place	Number	Surname	Name	Sex	Cat	Wave	Run 1	Bike 1	Timeout	Kayak	Run 2 Turn	Run 2 End	Bike 2	Final Run	Finish	Timeout	Total
1	330	WOODS	TREVOR	MALE	Over40	Wave 1	0:13:26	0:24:40		0:09:25	0:22:23	0:06:31	0:34:26	0:04:29	1:56:58		1:56:58
2	132	CRONIN	JOHN	MALE	Senior	Wave 1	0:13:28	0:29:02		0:10:04	0:23:35	0:06:13	0:41:15	0:04:47	2:08:24		2:08:24
3	215	LYNCH	STEPHEN	MALE	Senior	Wave 1	0:14:14	0:27:31		0:11:01	0:25:22	0:07:12	0:38:47	0:05:03	2:10:57		2:10:57
4	123	COAKLEY	MICHAEL	MALE	Senior	Wave 1	0:14:29	0:28:42		0:11:36	0:23:45	0:07:47	0:42:02	0:04:35	2:12:56		2:12:56
5	360	Murphy	Finbarr	MALE	Senior	Wave 1	0:14:45	0:28:38		0:09:50	0:26:33	0:06:51	0:39:43	0:05:36	2:13:50		2:13:50
6	328	WHITE	DAVID	MALE	Senior	Wave 1	0:15:13	0:30:28		0:10:00	0:24:59	0:06:15	0:43:29	0:04:54	2:15:18		2:15:18
7	320	SWEENEY	KEVIN	MALE	Senior	Wave 1	0:14:18	0:29:00		0:10:04	0:26:27	0:08:37	0:41:56	0:05:33	2:15:55		2:15:55
8	312	SANDERS	BRIAN	MALE	Senior	Wave 1	0:14:48	0:28:41		0:11:16	0:26:43	0:08:28	0:41:49	0:05:06	2:16:51		2:16:51
9	156	DONOVAN	CHRIS	MALE	Over50	Wave 1	0:16:08	0:28:52		0:10:03	0:27:30	0:06:33	0:42:38	0:05:53	2:17:37		2:17:37
10	327	WHELTON	LEON	MALE	Senior	Wave 1	0:16:12	0:27:49		0:10:59	0:27:58	0:07:03	0:41:41	0:05:57	2:17:39		2:17:39
11	355	O'Leary	Noel	MALE	Senior	Wave 1	0:14:41	0:28:25		0:09:33	0:28:00	0:07:34	0:44:11	0:05:59	2:18:23		2:18:23
12	151	DILLANE	CATHAL	MALE	Over40	Wave 1	0:17:10	0:26:46		0:10:49	0:28:56	0:08:07	0:41:27	0:06:01	2:19:16		2:19:16
13	332	BROWNE	HENRY	MALE	Senior	Wave 1	0:15:55	0:28:40		0:13:21	0:26:44	0:07:15	0:41:56	0:05:28	2:19:19		2:19:19
14	358	Keohane	Shane	MALE	Senior	Wave 1	0:15:37	0:28:45		0:10:24	0:28:31	0:07:18	0:43:40	0:05:21	2:19:36		2:19:36
15	210	LOONEY	BARRY	MALE	Senior	Wave 1	0:14:47	0:31:10		0:10:24	0:26:31	0:06:50	0:44:38	0:05:19	2:19:39		2:19:39
16	164	Fehilly	CHRIS	MALE	Over40	Wave 1	0:15:22	0:29:53		0:11:42	0:27:55	0:07:04	0:43:33	0:05:37	2:21:06		2:21:06
17	106	BAILEY	PATRICK	MALE	Over40	Wave 1	0:15:43	0:28:41		0:10:51	0:29:03	0:07:24	0:44:26	0:05:45	2:21:53		2:21:53
18	201	KELLIHER	MARK	MALE	Senior	Wave 1		0:43:39		0:10:05	0:29:24	0:07:46	0:44:31	0:05:45	2:21:56		2:21:56
19	214	LYNCH	JOHN	MALE	Senior	Wave 1	0:13:42	0:31:21		0:10:41	0:25:00	0:06:11	0:50:01	0:05:22	2:22:18		2:22:18
20	293	O'SULLIVAN	PADRAIG	MALE	Senior	Wave 1	0:15:24	0:31:22		0:10:13	0:30:22	0:07:31	0:44:27	0:05:50	2:25:09		2:25:09
21	125	COGHLAN	JOHN PAUL	MALE	Senior	Wave 1	0:15:03	0:29:26		0:10:19	0:29:34	0:07:27	0:47:28	0:05:53	2:25:10		2:25:10
22	226	MCCARTHY	PAT	MALE	Over40	Wave 1	0:16:45	0:30:26		0:10:26	0:29:26	0:07:41	0:44:21	0:06:13	2:25:18		2:25:18
23	153	DINEEN	SIOBHAN	FEMALE	Senior	Wave 1	0:16:24	0:29:36		0:12:58	0:28:44	0:07:39	0:44:19	0:05:53	2:25:33		2:25:33
24	203	KELLY	PADDY	MALE	Over40	Wave 1	0:15:35	0:30:03		0:10:10	0:31:19	0:07:34	0:45:05	0:06:42	2:26:28		2:26:28
25	224	MCCARTHY	FINBAR	MALE	Senior	Wave 1	0:14:50	0:31:46		0:13:53	0:25:57	0:07:13	0:47:53	0:05:31	2:27:03		2:27:03
26	439	KENNEDY	PADRAIG	MALE	Senior	Wave 2	0:30:09	0:20:56		0:02:02	0:28:47	0:07:57	0:51:11	0:06:01	2:27:03		2:27:03
27	118	CASEY	MATT	MALE	Over40	Wave 1	0:16:52	0:28:27		0:11:35	0:32:46	0:08:49	0:44:10	0:06:35	2:29:14		2:29:14
28	316	SHEEHY	EDWARD	MALE	Senior	Wave 1	0:14:52	0:31:47		0:13:54	0:28:35	0:07:20	0:47:59	0:06:09	2:30:36		2:30:36
29	143	DEMPSEY	MAGS	FEMALE	Over40	Wave 1	0:15:59	0:34:24	0:01:24	0:11:38	0:27:36	0:06:59	0:47:22	0:05:20	2:32:03	0:01:24	2:30:39
30	260	O'DONOVAN	CLAIRE	FEMALE	Senior	Wave 1	0:15:41	0:32:01		0:13:17	0:30:04	0:08:23		0:52:03	2:31:29		2:31:29
31	278	O'NEILL	TOM	MALE	Senior	Wave 1	0:15:25	0:32:13		0:10:19	0:31:07	0:07:41	0:48:54	0:06:18	2:31:57		2:31:57
32	350	O'Sullivan	John	MALE	Senior	Wave 2	0:16:37	0:32:24	0:09:11	0:09:32	0:30:42	0:07:52	0:47:55	0:06:07	2:41:24	0:09:11	2:32:13
33	296	PALMER	TOM	MALE	Over40	Wave 1	0:15:33	0:30:47		0:13:54	0:29:57	0:08:40	0:46:37	0:06:50	2:32:18		2:32:18
34	223	MCCARTHY	DAVE	MALE	Senior	Wave 1	0:15:51	0:32:09		0:15:06	0:27:41	0:06:49	0:48:41	0:06:38	2:32:55		2:32:55
35	352	O'Donovan	Mike	MALE	Senior	Wave 2	0:16:43	0:32:24	0:09:22	0:11:04	0:29:27	0:07:06	0:50:31	0:05:29	2:43:06	0:09:22	2:33:44
36	183	HICKEY	ALAN	MALE	Over40	Wave 1	0:16:23	0:33:00	0:01:48	0:13:30	0:27:16	0:10:11	0:47:58	0:05:09	2:35:58	0:01:48	2:34:10
37	295	O'SULLIVAN	RICHARD	MALE	Over40	Wave 1	0:15:28	0:31:39		0:17:19	0:28:16	0:08:52	0:47:50	0:05:39	2:35:03		2:35:03
38	133	CROWE	FRANCIS	MALE	Senior	Wave 1	0:15:01	0:30:42		0:14:36	0:33:28	0:09:07	0:46:01	0:06:52	2:35:47		2:35:47
39	122	COAKLEY	GARY	MALE	Senior	Wave 1	0:16:04	0:33:04	0:01:53	0:10:14	0:30:20	0:08:03	0:52:05	0:06:47	2:39:10	0:01:53	2:37:17
40	174	GREEN	JOHN	MALE	Over40	Wave 1	0:16:34	0:32:58	0:01:16	0:10:34	0:31:21	0:08:45	0:50:02	0:06:16	2:39:14	0:01:16	2:37:58
41	155	DONOHUE	DAIBHE	MALE	Senior	Wave 2	0:49:19	0:06:33	0:12:02	0:29:21	0:09:07	0:47:19		0:06:17	2:44:40	0:06:33	2:38:07
42	140	DAVIS	ALAN	MALE	Senior	Wave 1	0:16:36	0:32:51	0:04:10	0:10:43	0:31:31	0:07:48	0:51:31	0:07:10	2:43:11	0:04:10	2:39:01
43	191	HURLEY	LIAM	MALE	Over40	Wave 2	0:17:38	0:33:44	0:09:21	0:12:06	0:31:41	0:08:42	0:47:17	0:06:29	2:48:52	0:09:21	2:39:31
44	354	Allen	Denis	MALE	Over40	Wave 1	0:17:47	0:33:00		0:12:19	0:33:46	0:08:48	0:48:08	0:06:51	2:40:39		2:40:39
45	297	PARKINSON	NICK	MALE	Senior	Wave 2	0:18:19	0:36:39		0:01:20	0:26:40	0:08:25	1:00:03	0:05:29	2:41:01		2:41:01
46	231	MCVIEGH	PADDY	MALE	Senior	Wave 2	0:15:33	0:32:33		0:10:10	0:29:16	0:09:19	0:48:12	0:05:58	2:41:05		2:41:05
47	221	MANN	GABRIEL	MALE	Senior	Wave 1	0:19:05	0:33:42	0:03:02	0:09:36	0:34:21	0:07:33	0:48:34	0:07:16	2:44:15	0:03:02	2:41:13
48	325	WALSH	JOHN	MALE	Over50	Wave 1	0:18:11	0:32:08	0:01:24	0:12:34	0:33:42	0:09:16	0:47:38	0:06:41	2:42:48	0:01:24	2:41:24
49	147	DESMOND	MICHAEL	MALE	Over40	Wave 1	0:16:59	0:32:23	0:01:05	0:11:06	0:33:14	0:10:06	0:50:20	0:06:41	2:42:35	0:01:05	2:41:30
50	245	O'BRIEN	ERIC	MALE	Senior	Wave 1	0:17:38	0:34:03	0:02:52	0:09:59	0:33:49	0:08:44	0:50:00	0:07:09	2:45:00	0:02:52	2:42:08
51	251	O'CONNELL	IAN	MALE	Senior	Wave 1	0:17:15	0:33:08	0:01:24	0:11:39	0:35:15	0:08:42	0:47:24	0:07:35	2:43:34	0:01:24	2:42:10
52	356	O'Sullivan	Kevin	MALE	Senior	Wave 1	0:16:33	0:33:54	0:01:25	0:11:49	0:31:13	0:08:57	0:52:34	0:06:14	2:43:39	0:01:25	2:42:14
53	208	LIMRICK	WILLIAM	MALE	Senior	Wave 2	0:16:50	0:34:35	0:09:28	0:09:44	0:33:43	0:09:00	0:50:06	0:07:38	2:52:13	0:09:28	2:42:45
54	252	O'CONNELL	JOHN	MALE	Over40	Wave 2	0:15:47	0:33:27	0:08:17	0:14:52	0:30:11	0:07:58	0:49:29	0:06:47	2:51:25	0:08:17	2:43:08
55	351	Condron	Bernie	FEMALE	Over40	Wave 1	0:16:51	0:34:02	0:01:20	0:11:18	0:32:17	0:08:11	0:52:57	0:06:37	2:44:30	0:01:20	2:43:10
56	119	CASEY	SEAN	MALE	Senior	Wave 1	0:17:03	0:34:35	0:02:42	0:12:16	0:33:36	0:08:28	0:49:54	0:06:14	2:45:57	0:02:42	2:43:15
57	334	MURPHY	PAT	MALE	Senior	Wave 1	0:19:28	0:32:19	0:04:04	0:11:38	0:34:58	0:10:44	0:46:57	0:07:09	2:48:25	0:04:04	2:44:21
58	253	O'CONNELL	KATRINA	FEMALE	Senior	Wave 1	0:18:29	0:33:05	0:03:10	0:10:04	0:35:01	0:10:06	0:48:54	0:07:35	2:47:32	0:03:10	2:44:22
59	319	STRITCH	THOMAS	MALE	Senior	Wave 2	0:17:29	0:32:17	0:10:18	0:07:17	0:34:55	0:11:13	0:52:38	0:07:39	2:54:43	0:10:18	2:44:25
60	196	KEEGAN	SIMON	MALE	Senior	Wave 2	0:16:30		0:09:34	0:12:20	0:28:44	0:09:26	0:53:49	0:07:41	2:54:20	0:09:34	2:44:46
61	467	RYAN	CILLIAN	MALE	Senior	Wave 2	0:30:11	0:21:05		0:02:16	0:34:45	0:10:39	0:58:00	0:08:01	2:44:57		2:44:57
62	340	Griffin	Eleanor	FEMALE	Senior	Wave 1	0:16:54	0:36:16	0:04:10	0:13:44	0:30:52	0:08:50	0:52:08	0:05:59	2:49:41	0:04:10	2:45:31
63	157	DOODY	DEIRDRE	FEMALE	Senior	Wave 2	0:17:49	0:36:03	0:03:19	0:01:21	0:32:13	0:08:09	0:58:16	0:06:15	2:48:59	0:03:19	2:45:40
64	247	O'BRIEN	JOHN	MALE	Over40	Wave 1	0:17:21	0:31:50	0:02:25	0:16:59	0:34:19	0:10:04	0:47:01	0:07:17	2:48:15	0:02:25	2:45:50
65	180	HEALY	JOHN	MALE	Over40	Wave 1	0:17:07	0:33:33	0:02:11	0:14:53	0:34:06	0:10:33	0:47:30	0:06:32	2:48:05	0:02:11	2:45:54
66	213	LYNCH	JAMES	MALE	Senior	Wave 1	0:15:20	0:33:54	0:01:11	0:14:27	0:32:05	0:08:52	0:53:19	0:07:17	2:47:10	0:01:11	2:45:59
67	149	DEVON	BARRY	MALE	Over40	Wave 2	0:17:44	0:34:58	0:03:38	0:01:27	0:32:32	0:09:37	0:58:09	0:07:19	2:50:33	0:03:38	2:46:55
68	357	Ferriter	Brendan	MALE	Senior	Wave 1	0:14:32	0:34:44	0:02:31	0:11:55	0:31:33	0:09:13	0:56:58	0:07:12	2:49:36	0:02:31	2:47:05
69	262	O'DONOVAN	PAUL	MALE	Senior	Wave 2	0										

109	212 LYNCH	CONOR	MALE	Senior	Wave 1	0:16:05	0:37:01		0:12:13	0:34:37	0:09:40	0:55:42	0:07:44	2:59:55	2:59:55
110	179 HEALY	FIONA	FEMALE	Senior	Wave 2	0:18:47	0:38:53		0:02:50	0:36:00	0:10:05	1:05:43	0:07:57	3:00:15	3:00:15
111	364 Stanley	Colm	MALE		Wave 2	0:18:03	0:38:57	0:07:51	0:09:29	0:37:37	0:11:58	0:55:30	0:07:24	3:08:20	0:07:51 3:00:29
112	110 BEDELL	TOBY	MALE	Over40										3:00:42	3:00:42
113	318 SHORTEN	BEN	MALE	Over40	Wave 1	0:19:34	0:34:19	0:03:57	0:19:23	0:37:10	0:09:37	0:50:06	0:08:19	3:04:43	0:03:57 3:00:46
114	273 O'NEILL	AIDEEN	FEMALE	Senior	Wave 1	0:18:34	0:38:30	0:06:02	0:01:25	0:36:38	0:08:25	0:54:02	0:08:09	3:07:04	0:06:02 3:01:02
115	190 HOURIHANE	HESOSPEEDY	MALE	Over40	Wave 1	0:21:31	0:37:05	0:06:54	0:11:05	0:35:43	0:10:29	0:56:20	0:06:58	3:08:13	0:06:54 3:01:19
116	284 O'SHEA	DENIS	MALE	Over40	Wave 1	0:19:45	0:37:08	0:05:06	0:11:41	0:37:54	0:10:34	0:55:09	0:08:11	3:06:28	0:05:06 3:01:22
117	159 DOYLE	SHEILA	FEMALE	Senior	Wave 1	0:17:37	0:39:26		0:19:14	0:34:33	0:12:14	0:51:31	0:05:32	3:01:27	3:01:27
118	137 DALY	MAIRE	FEMALE	Senior	Wave 2	0:18:25	0:38:31		0:03:40	0:37:25	0:11:46	1:02:58	0:08:46	3:01:31	3:01:31
119	189 HORGAN	MARY	FEMALE	Senior	Wave 1	0:18:30			0:20:50	0:30:09	0:08:43	0:56:10	0:06:41	3:02:43	3:02:43
120	127 COLLINS	PAULINE	FEMALE	Over40	Wave 1	0:19:24	0:38:15	0:06:17	0:14:50	0:36:30	0:09:27	0:55:16	0:07:41	3:09:00	0:06:17 3:02:43
121	234 MORONEY	OLLIE	MALE	Senior	Wave 1	0:17:35	0:35:42		0:16:09	0:35:10	0:10:07	0:56:00	0:07:39	3:03:39	3:03:39
122	499 Curtin	peter	MALE		Wave 1	0:17:31	0:33:03	0:03:24	0:33:22	0:33:53	0:10:21	0:46:57	0:06:21	3:07:08	0:03:24 3:03:44
123	128 CONNOLLY	STEPHEN	MALE	Senior	Wave 1	0:18:20	0:38:26		0:24:04	0:31:22	0:09:37	0:54:37	0:07:24	3:03:50	3:03:50
124	308 RUTTLE	RAYMOND	MALE	Senior	Wave 1	0:21:52	0:36:37	0:05:54	0:02:19	0:38:13	0:09:00	0:51:45	0:08:51	3:10:02	0:05:54 3:04:08
125	329 WOLF WOLFE	JUSTIN	MALE	Senior	Wave 1	0:19:36	0:37:02		0:22:40	0:34:13	0:09:49	0:53:44	0:06:25	3:04:27	3:04:27
126	240 MURPHY	MARIAN	FEMALE	Senior	Wave 1	0:18:18	0:38:33	0:05:48	0:16:28	0:35:44	0:09:26	0:57:01	0:08:05	3:11:02	0:05:48 3:05:14
127	302 REEN	FERGUS	MALE	Senior	Wave 1	0:17:44	0:37:48		0:01:41	0:31:27	0:10:57	0:53:13	0:05:53	3:05:15	3:05:15
128	161 DULLEA	MAIREAD	FEMALE	Senior	Wave 1	0:19:02	0:37:53	0:05:48	0:16:30	0:35:55	0:09:22	0:56:38	0:09:02	3:11:41	0:05:48 3:05:53
129	23 GREVILLE	KATRIONA	FEMALE	Senior	Wave 1	0:18:26	0:38:09	0:05:16	0:12:28	0:38:47	0:09:10	0:58:07	0:09:22	3:11:15	0:05:16 3:05:59
130	130 CORCORAN	MICHELLE	FEMALE	Over40	Wave 1	0:20:01	0:38:46	0:06:20	0:14:10	0:38:58	0:11:06	0:53:19	0:07:51	3:12:20	0:06:20 3:06:00
131	322 TALLON	ROBERT	MALE	Senior	Wave 2	0:17:03	0:36:13	0:09:30	0:11:39	0:39:12	0:12:12	0:58:27	0:09:16	3:15:45	0:09:30 3:06:15
132	337 Boland	Lawrence	MALE	Over40	Wave 2	0:19:22	0:37:13	0:06:49	0:09:57	0:37:15	0:11:32	0:57:29	0:10:12	3:13:20	0:06:49 3:06:31
133	187 HOME	CHRIS	MALE	Senior	Wave 2	0:20:28	0:39:17	0:08:24	0:10:25	0:37:58	0:11:12	0:57:38	0:07:44	3:14:59	0:08:24 3:06:35
134	274 O'NEILL	FELIM	MALE	Senior	Wave 1	0:17:19	0:36:05		0:12:57	0:36:47	0:10:02	0:58:10	0:08:55	3:06:53	3:06:53
135	176 HARRINGTON	DENIS	MALE	Over50	Wave 1	0:20:19	0:37:58	0:07:17	0:10:55	0:39:28	0:11:16	0:55:55	0:08:58	3:14:40	0:07:17 3:07:23
136	236 MURPHY	BRIAN	MALE	Senior	Wave 2	0:21:10	0:37:59	0:06:38	0:12:03	0:37:04	0:12:51	0:56:41	0:08:11	3:14:17	0:06:38 3:07:39
137	270 O'KEEFFE	MARK	MALE	Senior	Wave 1	0:18:13	0:37:02	0:05:33	0:11:01	0:40:20	0:11:01	1:00:11	0:08:12	3:13:39	0:05:33 3:08:06
138	136 CURTIN	DAMIEN	MALE	Senior	Wave 2	0:21:31	0:38:29	0:07:21	0:15:10	0:38:52	0:10:40	0:56:06	0:06:56	3:16:29	0:07:21 3:09:08
139	107 BARRY	BRIAN	MALE	Senior	Wave 2	0:18:15	0:40:36	0:08:06	0:13:42	0:33:53	0:10:19	1:02:54	0:07:31	3:17:21	0:08:06 3:09:15
140	225 MCCARTHY	JESSICA	FEMALE	Senior	Wave 1	0:17:12	0:41:08	0:05:56	0:17:24	0:33:44	0:10:46	1:00:11	0:07:10	3:15:15	0:05:56 3:09:19
141	314 SHEEHAN	EDDIE	MALE	Over40	Wave 2	0:20:55	0:39:28	0:06:59	0:12:17	0:39:59	0:11:14	0:56:07	0:08:21	3:16:37	0:06:59 3:09:38
142	237 MURPHY	DAMIEN	MALE	Over40	Wave 1	0:18:57	0:40:27	0:09:05	0:13:38	0:34:53	0:09:53	1:01:26	0:08:15	3:19:46	0:09:05 3:10:41
143	289 O'SULLIVAN	DAVID	MALE	Senior	Wave 2	0:19:15	0:41:50	0:06:24	0:13:16	0:33:48	0:10:29	1:00:41	0:07:25	3:17:08	0:06:24 3:10:44
144	323 TOBIN	CATHERINE	FEMALE	Senior	Wave 2	0:19:13	0:44:08		0:03:03	0:36:14	0:11:22	1:09:23	0:07:47	3:11:10	3:11:10
145	264 O'DONOVAN	GILLIAN	FEMALE	Senior	Wave 1	0:21:40	0:38:04	0:09:33	0:02:34	0:40:35	0:12:04	0:57:10	0:09:09	3:20:45	0:09:33 3:11:12
146	258 O'DONOVAN	ANTHONY	MALE	Senior	Wave 1		9:58:46	0:11:44	0:01:26	0:35:02	0:09:11	1:07:17	0:08:43	3:23:06	0:11:44 3:11:22
147	338 DeBuyl	Olivier	MALE	Over50	Wave 2	0:22:20	0:40:24	0:03:17	0:12:03	0:36:24	0:10:02	0:58:23	0:07:33	3:14:51	0:03:17 3:11:34
148	233 MORGAN	JIM	MALE	Over40	Wave 2	0:17:13	0:40:26		0:02:36	0:34:10	0:09:28	1:19:18	0:08:30	3:11:41	3:11:41
149	313 SEXTON	SIOBHÁN	FEMALE	Senior										3:12:22	3:12:22
150	198 KELLEHER	MARK	MALE	Senior	Wave 2	0:17:25	0:39:36		0:03:13	0:36:30	0:10:03	1:13:33	0:10:30	3:13:21	3:13:21
151	359 Kingston	William	MALE		Wave 2	0:19:38	0:37:42		0:03:16	0:37:27	0:10:26	1:16:45	0:08:12	3:13:26	3:13:26
152	138 DALY	SEAMUS	MALE	Senior	Wave 1	0:17:40	0:41:13	0:09:31	0:14:23	0:36:35	0:11:44	1:01:58	0:07:49	3:23:24	0:09:31 3:13:53
153	209 LONG	TREVOR	MALE	Over40	Wave 2	0:17:59	0:42:05	0:06:53	0:15:26	0:35:58	0:09:36	1:04:21	0:07:51	3:21:31	0:06:53 3:14:38
154	254 O'CONNOR	BERNARD	MALE	Over40	Wave 2	0:19:11	0:40:39	0:06:42	0:16:30	0:37:24	0:11:03	1:00:21	0:07:58	3:21:30	0:06:42 3:14:48
155	177 HARTY	ALAN	MALE	Senior	Wave 1	0:20:07	0:39:20	0:07:25	0:16:23	0:38:53	0:10:26	1:00:20	0:08:40	3:23:01	0:07:25 3:15:36
156	120 CHAMBERLAIN	NIALL	MALE	Senior	Wave 2	0:20:07	0:38:58	0:06:44	0:13:33	0:38:21	0:10:00	1:04:44	0:08:21	3:22:21	0:06:44 3:15:37
157	148 DEVLIN	JOE	MALE	Over40	Wave 1	0:20:51	0:38:57	0:09:49	0:14:17	0:40:59	0:10:55	0:58:18	0:09:29	3:25:35	0:09:49 3:15:46
158	345 McCarthy	Florence	MALE	Over40	Wave 2	0:21:06	0:45:47	0:13:10	0:03:30	0:42:37	0:12:19	0:59:20	0:06:56	3:29:13	0:13:10 3:16:03
159	168 FITZPATRICK	NELIUS	MALE	Senior	Wave 1	0:20:04	0:41:21	0:08:48	0:15:20	0:39:23	0:10:57	0:58:19	0:09:27	3:25:31	0:08:48 3:16:43
160	166 FITZGERALD	DENIS	MALE	Over40	Wave 2	0:19:46	0:39:11	0:07:40	0:17:29	0:41:23	0:11:02	0:57:41	0:08:52	3:25:00	0:07:40 3:17:20
161	269 O'KEEFFE	GRAINNE	FEMALE	Over40	Wave 1	0:19:49	0:43:19	0:09:16	0:14:05	0:40:06	0:13:02	0:58:19	0:08:12	3:27:51	0:09:16 3:18:35
162	500 Farrelly	Jean	FEMALE		Wave 1	0:19:54	0:43:10	0:09:11	0:16:13	0:36:46	0:10:53	1:01:53	0:08:12	3:27:54	0:09:11 3:18:43
163	343 Hurley	Lisa	MALE	Senior	Wave 1	0:20:40	0:38:40	0:07:01	0:23:45	0:38:18	0:11:33	0:54:42	0:07:18	3:25:45	0:07:01 3:18:44
164	342 Hurley	Brian	MALE	Senior	Wave 1	0:20:31	0:38:55	0:06:09	0:24:09	0:38:09	0:09:29	0:57:54	0:09:12	3:26:13	0:06:09 3:20:04
165	307 RUTH	JAMES	MALE	Over50	Wave 2	0:20:49	0:41:54	0:05:10	0:13:13	0:37:44	0:11:09	1:02:35	0:09:10	3:26:09	0:05:10 3:20:59
166	173 GLYNN	KEVIN	MALE	Senior	Wave 2	0:21:08	0:38:05	0:07:34	0:04:01	0:43:32	0:12:03	0:55:57	0:10:39	3:28:44	0:07:34 3:21:10
167	347 Moloney	Robert	MALE	Senior	Wave 2	0:18:56	0:42:42	0:06:33	0:16:36	0:37:13	0:08:43	1:08:04	0:07:31	3:29:08	0:06:33 3:22:35
168	255 O'CONNOR	BREDA	FEMALE	Senior	Wave 2	0:23:06	0:55:29	0:02:03	0:11:50		1:39:19		0:11:05	3:24:40	0:02:03 3:22:37
169	348 Murphy	Barry	FEMALE	Senior	Wave 2	0:18:52	0:42:42	0:06:22	0:16:51	0:37:08	0:08:43	1:08:14	0:07:27	3:29:10	0:06:22 3:22:48
170	243 O'BRIEN	ANNMARIE	FEMALE	Senior	Wave 2	0:24:37	0:55:22	0:01:37	0:11:31		1:39:25		0:10:57	3:24:34	0:01:37 3:22:57
171	344 Mackessy	Michael	MALE	Senior	Wave 2	0:18:58	0:42:35	0:06:09	0:17:04	0:37:07	0:08:48	1:08:09	0:07:33	3:29:13	0:06:09 3:23:04
172	277 O'NEILL	MICHELLE	FEMALE	Senior	Wave 1	0:20:34	0:44:29		0:06:47	0:41:17	0:11:39	1:12:49	0:07:42	3:25:17	3:25:17
173	206 KINGSTON	CHRISTINE	FEMALE	Senior	Wave 2	0:21:19	0:42:04	0:05:35	0:13:49	0:42:42	0:12:28	1:01:13	0:08:27	3:31:53	0:05:35 3:26:18
174	286 O'SHEA	GRACE	FEMALE	Senior	Wave 1	0:21:10	0:44:39		0:06:01	0:41:15	0:11:37	1:15:24	0:07:24	3:27:30	3:27:30
175	193 IVERS	SINEAD	FEMALE	Senior	Wave 2	0:19:50	0:43:09	0:03:53	0:16:17	0:41:46	0:13:09	1:03:03	0:07:04	3:32:32	0:03:53 3:28:39
176	163 EVANS	STEPHEN	MALE	Senior	Wave 2	0:21:38	0:43:31	0:05:57	0:13:28	0:43:10	0:11:42	1:04:03	0:08:48	3:35:07	0:05:57 3:29:10
177	204 KELLY	SHIRLEY	FEMALE	Over40										3:30:25	3:30:25
178	303 ROCHE	CONOR	MALE	Senior	Wave 2	0:24:43	0:40:03	0:04:45	0:18:28	0:43:04	0:12:21	1:02:21	0:08:31	3:37:34	0:04:45 3:32:49
179	250 O'BRIEN	SARAH	FEMALE	Senior	Wave 1	0:21:12	0:45:08		0:05:28	0:41:10	0:11:44	1:19:18	0:09:03	3:33:03	3:33:03
180	124 COFFEY	KAYE	FEMALE	Over50	Wave 2	0:21:26	0:44:38	0:04:29	0:16:16	0:4					