

Place	Bib	Wave	Name	Surname	Club	TI Number	Sex	Cat	Swim	Rank	T1	Cycle	Rank	T2	Run	Rank	Finish
1	1	Wave1	EMMET	KELLY	Waterford TC	10005182	male	30-34	0:11:30	(38)	0:01:28	0:32:21	(2)	0:00:38	0:17:29	(1)	1:03:26
2	277	Wave4	Alan	O'Brien	GoTri TC	10003978	male	30-34	0:11:12	(27)	0:01:13	0:32:32	(4)	0:00:36	0:18:04	(4)	1:03:37
3	15	Wave1	Anthony	Mulholland	Piranha TC	10016430	male	25-29	0:10:31	(12)	0:01:40	0:33:03	(7)	0:00:45	0:17:48	(2)	1:03:47
4	3	Wave1	Eoin	Lyons	Waterford TC	10020124	male	25-29	0:09:46	(4)	0:01:20	0:33:51	(14)	0:00:36	0:18:18	(6)	1:03:51
5	24	Wave1	Paul	Ogle	Waterford TC	10011945	male	35-39	0:11:12	(28)	0:01:31	0:32:20	(1)	0:00:38	0:18:24	(8)	1:04:04
6	53	Wave1	Richard	Doyle	Piranha TC	10002105	male	35-39	0:11:25	(36)	0:01:28	0:32:56	(6)	0:00:30	0:17:52	(3)	1:04:11
7	19	Wave1	Kevin	Keane	Belpark TC	10001449	male	35-39	0:11:06	(24)	0:01:34	0:32:54	(5)	0:00:41	0:19:13	(25)	1:05:28
8	2	Wave1	Brian	Harris		10002559	male	35-39	0:09:34	(2)	0:01:19	0:34:56	(32)	0:00:36	0:19:09	(23)	1:05:34
9	96	Wave2	michael	scully	Clonmel TC	10004392	male	30-34	0:11:25	(35)	0:01:43	0:33:19	(9)	0:00:38	0:18:39	(11)	1:05:45
10	114	Wave2	Shane	Scadding	Waterford TC	10001105	male	45-49	0:11:43	(41)	0:01:23	0:33:26	(11)	0:00:43	0:18:41	(12)	1:05:55
11	59	Wave1	Kieran	Hopkins	Pulse TC	10014965	male	35-39	0:10:51	(15)	0:01:59	0:33:16	(8)	0:00:46	0:19:33	(32)	1:06:24
12	107	Wave2	Tom	Tennant		10001128	male	35-39	0:12:23	(81)	0:01:35	0:32:31	(3)	0:00:38	0:19:24	(28)	1:06:31
13	4	Wave1	Michael	Ryan	Kilkenny TC	10027306	male	17-18	0:10:10	(7)	0:01:16	0:35:57	(54)	0:00:40	0:18:33	(10)	1:06:36
14	10	Wave1	Ger	Bowen	GoTri TC	10001564	male	35-39	0:10:32	(13)	0:01:33	0:34:33	(23)	0:00:39	0:19:30	(30)	1:06:46
15	36	Wave1	Alexander	Williams	Activmultisport TC	10003249	male	30-34	0:12:03	(59)	0:01:29	0:34:01	(16)	0:00:37	0:18:56	(16)	1:07:05
16	65	Wave1	Simon	Moore		10010365	male	45-49	0:11:01	(21)	0:01:12	0:34:30	(22)	0:00:35	0:19:53	(42)	1:07:10
17	9	Wave1	Darren	Cranston	Phoenix TC	10000980	male	35-39	0:10:05	(5)	0:01:24	0:35:19	(36)	0:00:38	0:19:46	(37)	1:07:13
18	86	Wave2	Joe	Byrne	Activmultisport TC	10013249	male	30-34	0:11:58	(52)	0:01:35	0:34:09	(18)	0:00:39	0:19:05	(22)	1:07:26
19	33	Wave1	Kevin	Sweeney	Cork TC	10001535	male	30-34	0:10:12	(8)	0:01:25	0:36:40	(69)	0:00:39	0:18:30	(9)	1:07:27
20	38	Wave1	Colin	Pollock	Kilkenny TC	10001238	male	35-39	0:11:13	(29)	0:01:52	0:34:44	(26)	0:00:44	0:19:01	(20)	1:07:35
21	57	Wave1	Dan	Murphy	Piranha TC	10019393	male	30-34	0:11:03	(22)	0:01:46	0:33:50	(13)	0:00:54	0:20:11	(55)	1:07:44
22	84	Wave1	Mark	Doyle	Swim Cycle Run	10029056	male	30-34	0:11:00	(20)	0:01:24	0:33:28	(12)	0:00:43	0:21:15	(94)	1:07:51
23	43	Wave1	ian	Farrell	Pulse TC	10005065	male	30-34	0:12:35	(100)	0:01:30	0:33:23	(10)	0:00:56	0:19:58	(46)	1:08:21
24	27	Wave1	Susanna	Murphy		10021594	female	30-34	0:09:46	(3)	0:01:17	0:35:37	(45)	0:00:40	0:21:35	(112)	1:08:55
25	158	Wave2	Mark	Cannon	Belpark TC	10032340	male	30-34	0:12:45	(113)	0:01:48	0:34:52	(30)	0:00:48	0:18:44	(13)	1:08:57
26	182	Wave3	Ben	Malone	Fingal TC	10030136	male	20-25	0:12:50	(126)	0:01:29	0:35:51	(50)	0:00:42	0:18:23	(7)	1:09:16
27	508	Wave1	Oprea	Heary/Butler	Seven Oaks 1		Relay	35-39	0:12:27	(88)	0:01:14	0:35:57	(53)	0:00:38	0:19:00	(19)	1:09:16
28	351	Wave5	Padraig	Moriarty	Wexford TC	10021600	male	50-54	0:11:49	(44)	0:02:12	0:35:40	(47)	0:01:03	0:18:45	(14)	1:09:28
29	66	Wave1	Paul	Minahan	Trilogy TC	10000085	male	45-49	0:11:24	(34)	0:01:35	0:34:49	(29)	0:00:51	0:20:58	(83)	1:09:36
30	307	Wave4	Philip	Ellis	Belpark TC	10036398	male	30-34	0:11:14	(30)	0:01:41	0:36:03	(55)	0:00:40	0:20:11	(54)	1:09:48
31	111	Wave2	Rory	O'Neill	3D TC	10000245	male	35-39	0:14:11	(251)	0:01:23	0:34:05	(17)	0:00:58	0:19:14	(27)	1:09:51
32	320	Wave4	stephen	perry	Tinahely TC	10001213	male	35-39	0:13:44	(216)	0:01:45	0:33:59	(15)	0:00:39	0:19:45	(36)	1:09:51
33	29	Wave1	Ciaran	doheny	Clonmel TC	10015431	male	35-39	0:12:37	(104)	0:01:32	0:36:09	(57)	0:00:44	0:18:59	(18)	1:10:02
34	119	Wave2	Rory	Morrissey	Trilogy TC		male	35-39	0:12:05	(61)	0:01:40	0:35:47	(49)	0:00:48	0:19:49	(41)	1:10:10
35	151	Wave2	Kenneth	Morris		10016924	male	40-44	0:12:26	(86)	0:01:32	0:35:23	(39)	0:00:35	0:20:21	(59)	1:10:18
36	215	Wave3	Ger	Power	Clonmel TC	10042265	male	35-39	0:12:07	(63)	0:01:37	0:35:22	(38)	0:00:54	0:20:19	(58)	1:10:19
37	97	Wave2	Michael	Bowes	Waterford TC	10001147	male	45-49	0:12:19	(76)	0:01:55	0:34:26	(20)	0:00:46	0:20:59	(85)	1:10:25
38	168	Wave2	Samuel	Fox	Belpark TC	10033009	male	35-39	0:12:43	(111)	0:01:44	0:35:27	(41)	0:00:38	0:19:57	(45)	1:10:28
39	147	Wave2	Gerard	Kenny	Setanta TC	10000056	male	50-54	0:13:03	(157)	0:01:23	0:35:01	(33)	0:00:41	0:20:26	(67)	1:10:34
40	255	Wave3	Adrian	kirby	Limerick TC	10024071	male	30-34	0:11:59	(54)	0:01:32	0:35:33	(44)	0:01:03	0:20:26	(66)	1:10:34
41	171	Wave3	Shane	Larkin	Limerick TC	10045668	male	35-39	0:11:55	(50)	0:01:45	0:35:23	(40)	0:01:21	0:20:10	(53)	1:10:34
42	207	Wave3	David	Power	Belpark TC	10001139	male	30-34	0:12:50	(124)	0:01:37	0:37:17	(83)	0:00:46	0:18:06	(5)	1:10:34

43	6	Wave1	Adrian	Cunningham	Kilkenny TC	10017234	male	35-39	0:12:46	(116)	0:01:55	0:34:43	(24)	0:00:50	0:20:23	(64)	1:10:37
44	64	Wave1	Adam	Greally		10037393	male	30-34	0:11:33	(39)	0:01:20	0:35:11	(35)	0:00:45	0:21:56	(124)	1:10:44
45	152	Wave2	Kenny	Curran	Clonmel TC	10000231	male	40-44	0:12:41	(108)	0:01:51	0:35:55	(52)	0:01:14	0:19:04	(21)	1:10:45
46	12	Wave1	Edward	McConvey	Newry TC	10002103	male	50-54	0:11:09	(26)	0:01:48	0:37:21	(86)	0:00:48	0:19:42	(35)	1:10:47
47	78	Wave1	Declan	Cunningham	Piranha TC	10013085	male	35-39	0:11:08	(25)	0:01:23	0:35:30	(42)	0:00:42	0:22:16	(143)	1:10:59
48	105	Wave2	Peter	Blissett	Cork TC	10001499	male	35-39	0:12:23	(82)	0:01:34	0:36:16	(60)	0:00:48	0:20:03	(49)	1:11:04
49	101	Wave2	Paul	Yeomans	Fingal TC	10023644	male	35-39	0:12:57	(139)	0:01:45	0:35:39	(46)	0:00:48	0:20:00	(47)	1:11:10
50	164	Wave2	patrick	young	Kilkenny TC	10013619	male	45-49	0:11:59	(53)	0:01:29	0:37:23	(89)	0:00:55	0:19:25	(29)	1:11:11
51	47	Wave1	Liam	Liddy	Limerick TC	10040347	male	50-54	0:10:38	(14)	0:02:03	0:36:44	(70)	0:01:02	0:20:55	(81)	1:11:22
52	69	Wave1	Aidan	Daly	Midland TC	10000521	male	50-54	0:12:26	(87)	0:01:25	0:35:05	(34)	0:00:41	0:21:46	(117)	1:11:23
53	167	Wave2	Alex	O'Brien	Pulse TC	10011295	male	30-34	0:11:51	(45)	0:01:44	0:36:33	(64)	0:00:48	0:20:38	(73)	1:11:34
54	192	Wave3	Michael	Monahan	Naas TC	10044112	male	25-29	0:12:29	(90)	0:02:06	0:34:26	(21)	0:00:51	0:21:50	(119)	1:11:42
55	26	Wave1	Tadhg	Cowhig	Naas TC	10001591	male	35-39	0:10:54	(16)	0:01:42	0:36:53	(73)	0:01:02	0:21:17	(97)	1:11:47
56	95	Wave2	Martin	O'Connor	Activmultisport TC	10011842	male	40-44	0:12:38	(106)	0:02:00	0:34:19	(19)	0:00:45	0:22:09	(136)	1:11:51
57	134	Wave2	Ciaran	Long	Piranha TC	10014412	male	30-34	0:13:00	(145)	0:02:00	0:37:01	(78)	0:00:55	0:18:56	(17)	1:11:52
58	112	Wave2	Ryan	Paetzold	Piranha TC	10024318	male	40-44	0:12:49	(123)	0:02:14	0:34:44	(25)	0:00:55	0:21:16	(96)	1:11:59
59	28	Wave1	Ben	Vahey	Predator TC	10036955	male	17-18	0:10:19	(10)	0:01:37	0:38:09	(112)	0:00:40	0:21:19	(99)	1:12:04
60	20	Wave1	Lizanne	Barnwall	Pulse TC	10026467	female	30-34	0:12:08	(64)	0:01:28	0:37:04	(79)	0:00:41	0:20:47	(77)	1:12:08
61	79	Wave1	Dermot	Logue	Clonmel TC	10037106	male	35-39	0:12:35	(98)	0:01:48	0:37:20	(85)	0:00:42	0:19:56	(44)	1:12:19
62	100	Wave2	Padraig	Owens	Belpark TC	10013201	male	40-44	0:12:30	(93)	0:01:54	0:36:34	(65)	0:00:46	0:20:40	(74)	1:12:24
63	120	Wave2	Padraig	Healy	Tried & Tested TC	10029376	male	25-29	0:13:00	(146)	0:02:08	0:37:43	(103)	0:00:48	0:18:47	(15)	1:12:25
64	73	Wave1	Colm	Kernan		10001865	male	35-39	0:12:00	(55)	0:02:01	0:37:23	(90)	0:01:00	0:20:01	(48)	1:12:26
65	92	Wave2	Laura	Ward	Pulse TC	10003034	female	30-34	0:12:45	(114)	0:01:48	0:36:18	(61)	0:00:54	0:20:46	(76)	1:12:32
66	61	Wave1	mark	muldowney	Kilkenny TC	10036795	male	40-44	0:12:17	(72)	0:01:42	0:37:09	(80)	0:00:49	0:20:37	(72)	1:12:34
67	141	Wave2	Eddie	Swords	Limerick TC	10000632	male	40-44	0:13:00	(144)	0:02:36	0:34:52	(31)	0:01:05	0:21:09	(91)	1:12:42
68	230	Wave3	Michael	Ryan	Limerick TC	10000315	male	55-59	0:13:02	(154)	0:02:10	0:35:20	(37)	0:00:43	0:21:29	(107)	1:12:44
69	303	Wave4	Nigel	Roy	Fingal TC	10005356	male	40-44	0:13:44	(217)	0:03:07	0:34:47	(28)	0:00:55	0:20:10	(52)	1:12:44
70	237	Wave3	Phil	Murphy	Wexford TC	10000342	male	40-44	0:12:30	(92)	0:01:29	0:36:59	(76)	0:00:42	0:21:24	(104)	1:13:04
71	80	Wave1	Dermot	Hickey	Wicklow TC	10012895	male	40-44	0:12:06	(62)	0:01:59	0:37:31	(94)	0:00:57	0:20:35	(71)	1:13:08
72	231	Wave3	Niall	Barry	Carrick-on-Suir	10032821	male	35-39	0:13:22	(187)	0:01:51	0:36:11	(59)	0:00:45	0:21:06	(88)	1:13:15
73	189	Wave3	mark	power	Waterford TC	10018050	male	30-34	0:13:06	(165)	0:02:22	0:35:44	(48)	0:00:53	0:21:16	(95)	1:13:22
74	39	Wave1	Dave	Murphy	Trilogy TC	10000671	male	40-44	0:12:05	(60)	0:01:34	0:37:35	(98)	0:00:59	0:21:09	(92)	1:13:23
75	159	Wave2	Michael	Raggett	Kilkenny TC	10012924	male	45-49	0:11:56	(51)	0:01:24	0:36:37	(68)	0:00:55	0:22:33	(156)	1:13:25
76	181	Wave3	nick	carroll		10012477	male	40-44	0:12:37	(103)	0:01:41	0:35:53	(51)	0:00:43	0:22:30	(153)	1:13:25
77	323	Wave4	Thomas	Kiely	Clonmel TC	10005741	male	30-34	0:12:22	(80)	0:02:28	0:38:20	(116)	0:00:43	0:19:37	(34)	1:13:30
78	144	Wave2	Gareth	Mongey		10042886	male	30-34	0:11:20	(32)	0:02:43	0:39:21	(157)	0:00:49	0:19:34	(33)	1:13:47
79	13	Wave1	Niamh	Corry		10021840	female	17-18	0:10:10	(6)	0:01:43	0:40:39	(188)	0:00:46	0:20:30	(70)	1:13:48
80	52	Wave1	Philip	O Leary	Waterford TC	10029855	male	35-39	0:15:17	(306)	0:02:10	0:36:29	(63)	0:00:45	0:19:11	(24)	1:13:52
81	369	Wave5	david	omahony		10011795	male	40-44	0:13:33	(204)	0:02:06	0:36:06	(56)	0:00:50	0:21:19	(100)	1:13:55
82	32	Wave1	Eoin	George	Pulse TC	10001174	male	35-39	0:11:52	(46)	0:01:27	0:38:20	(115)	0:00:47	0:21:31	(109)	1:13:57
83	116	Wave2	Tony	Hughes	Athy TC	10030143	male	30-34	0:13:15	(181)	0:02:06	0:36:35	(67)	0:00:58	0:21:10	(93)	1:14:04
84	122	Wave2	Seamus	Fingleton	Trilogy TC	10003281	male	40-44	0:12:16	(71)	0:01:31	0:37:18	(84)	0:00:36	0:22:29	(151)	1:14:10
85	131	Wave2	Brian	Jacob	Waterford TC	10013801	male	30-34	0:12:52	(130)	0:01:48	0:37:36	(100)	0:00:45	0:21:08	(90)	1:14:11

86	155	Wave2	Kieran	Hoey	Trilogy TC	10003543	male	45-49	0:12:36	(102)	0:01:52	0:35:33	(43)	0:00:52	0:23:22	(192)	1:14:15
87	11	Wave1	Niamh	Richardson	Kilkenny TC	10001418	female	45-49	0:12:01	(56)	0:01:49	0:38:57	(136)	0:01:08	0:20:22	(62)	1:14:18
88	145	Wave2	Gavin	Downey		10004356	male	30-34	0:14:20	(258)	0:02:20	0:37:31	(93)	0:00:54	0:19:14	(26)	1:14:19
89	7	Wave1	Breda	Daly	Midland TC	10001001	female	40-44	0:12:02	(57)	0:01:32	0:38:38	(121)	0:00:43	0:21:26	(106)	1:14:21
90	75	Wave1	Darren	Tutty	Tried & Tested TC	10028361	male	40-44	0:12:48	(118)	0:02:00	0:36:10	(58)	0:00:48	0:22:37	(159)	1:14:23
91	235	Wave3	Percy	McKeever	Tri an Mhi TC	10003602	male	35-39	0:12:53	(132)	0:02:17	0:37:33	(95)	0:00:59	0:20:54	(79)	1:14:37
92	346	Wave5	Jason	O'Neill	Tinahely TC	10032153	male	30-34	0:13:02	(155)	0:02:13	0:38:55	(133)	0:00:55	0:19:48	(40)	1:14:53
93	190	Wave3	Sean	Rooney	3D TC	10029624	male	30-34	0:12:48	(120)	0:02:24	0:37:00	(77)	0:01:26	0:21:20	(102)	1:14:59
94	41	Wave1	David	O'Shea	Cork TC	10036742	male	30-34	0:11:53	(48)	0:02:09	0:39:07	(145)	0:00:49	0:21:01	(86)	1:14:59
95	162	Wave2	Niall	O'Gorman	3D TC	10036241	male	35-39	0:12:09	(65)	0:02:07	0:37:43	(104)	0:01:06	0:22:00	(127)	1:15:06
96	149	Wave2	John	Wilson		10001610	male	30-34	0:12:02	(58)	0:01:21	0:40:52	(192)	0:00:50	0:20:06	(51)	1:15:11
97	148	Wave2	John	Carey	Kilkenny TC	10016614	male	45-49	0:15:21	(311)	0:01:38	0:37:10	(81)	0:00:59	0:20:05	(50)	1:15:13
98	108	Wave2	ray	caulfield	Tinahely TC	10023596	male	35-39	0:13:10	(174)	0:02:27	0:37:39	(101)	0:01:04	0:20:55	(80)	1:15:15
99	210	Wave3	Derek	Feehan	Kilkenny TC	10043000	male	30-34	0:13:38	(209)	0:02:21	0:37:46	(107)	0:00:48	0:20:50	(78)	1:15:23
100	335	Wave4	Dale	Kennedy	Kilkenny TC	10013318	male	35-39	0:13:50	(223)	0:02:14	0:37:55	(110)	0:01:34	0:19:53	(43)	1:15:26
101	175	Wave3	Victoria	Nicholson	GoTri TC	10040370	female	35-39	0:13:06	(163)	0:01:56	0:37:36	(99)	0:00:46	0:22:04	(131)	1:15:28
102	445	Wave6	michael	browne	Athy TC	10045251	male	30-34	0:13:50	(226)	0:02:51	0:37:40	(102)	0:00:50	0:20:17	(57)	1:15:30
103	5	Wave1	Mark	Dunne	Pulse TC	10001927	male	30-34	0:11:48	(43)	0:01:38	0:37:49	(108)	0:00:38	0:23:39	(206)	1:15:33
104	254	Wave3	Brian	O' Sullivan		10016790	male	35-39	0:11:37	(40)	0:02:37	0:38:05	(111)	0:01:09	0:22:05	(132)	1:15:33
105	283	Wave4	John	Sourke	Athy TC	10001365	male	40-44	0:13:58	(234)	0:01:33	0:37:43	(105)	0:01:14	0:21:06	(89)	1:15:34
106	16	Wave1	Derek	Flanagan	GoTri TC	10026905	male	30-34	0:11:20	(33)	0:01:55	0:38:46	(127)	0:01:01	0:22:36	(157)	1:15:37
107	247	Wave3	John	Casey	Carrick-on-Suir	10024927	male	45-49	0:15:05	(298)	0:02:24	0:36:49	(72)	0:00:55	0:20:27	(69)	1:15:40
108	18	Wave1	John Paul	Williamson	Waterford TC	10025352	male	35-39	0:10:26	(11)	0:01:25	0:39:19	(154)	0:00:46	0:23:53	(216)	1:15:50
109	115	Wave2	stephen	Kildea		10033056	male	30-34	0:12:32	(94)	0:02:08	0:39:08	(147)	0:00:46	0:21:25	(105)	1:15:59
110	222	Wave3	Justin	Foley	Clonmel TC	10033786	male	35-39	0:13:54	(233)	0:01:58	0:37:16	(82)	0:00:47	0:22:09	(135)	1:16:03
111	187	Wave3	Koe	Whelan	Trilogy TC	10039773	male	50-54	0:12:48	(119)	0:02:00	0:37:22	(88)	0:00:52	0:23:03	(177)	1:16:05
112	367	Wave5	Cormac	O' Neill		10004845	male	50-54	0:15:24	(312)	0:01:43	0:36:24	(62)	0:00:46	0:21:54	(122)	1:16:10
113	290	Wave4	John	Lambe	Trilogy TC	10035021	male	35-39	0:13:32	(201)	0:01:48	0:37:49	(109)	0:00:46	0:22:18	(145)	1:16:14
114	264	Wave4	Damian	Jagolicz		10042389	male	25-29	0:12:58	(141)							1:16:15
115	319	Wave4	Stephen	Burke	3D TC	10027394	male	30-34	0:13:58	(235)	0:02:21	0:38:42	(122)	0:00:59	0:20:16	(56)	1:16:16
116	170	Wave2	Sean	Walker	Athy TC	10015973	male	45-49	0:12:43	(112)	0:03:13	0:38:45	(124)	0:01:14	0:20:22	(63)	1:16:17
117	110	Wave2	Robert	O'Brien	Athy TC	10036772	male	40-44	0:12:21	(79)	0:02:09	0:40:37	(187)	0:00:46	0:20:26	(65)	1:16:20
118	118	Wave2	Greg	Holden	Waterford TC	10002681	male	45-49	0:13:13	(179)	0:01:54	0:37:45	(106)	0:00:51	0:22:39	(160)	1:16:22
119	49	Wave1	Niamh	Ryan	Trilogy TC	10026372	female	35-39	0:11:47	(42)	0:01:45	0:38:12	(114)	0:00:52	0:23:55	(218)	1:16:31
120	180	Wave3	Eoin	Greene	Belpark TC	10004794	male	30-34	0:12:18	(75)	0:02:03	0:38:33	(119)	0:00:50	0:22:48	(167)	1:16:32
121	347	Wave5	Tom	Byrne		10001136	male	50-54	0:12:24	(85)	0:02:03	0:38:53	(131)	0:00:39	0:22:40	(161)	1:16:39
122	136	Wave2	Cristover	Lopes	Pulse TC	10018392	male	25-29	0:13:06	(164)	0:03:15	0:37:28	(91)	0:01:19	0:21:33	(111)	1:16:41
123	301	Wave4	Morgan	Mc Court	Cork TC	10035122	male	45-49	0:13:01	(152)	0:02:00	0:40:28	(185)	0:01:27	0:19:46	(38)	1:16:41
124	37	Wave1	Claire	Devitt	Tipperary TC	10013696	female	30-34	0:12:10	(67)	0:01:35	0:39:36	(163)	0:00:59	0:22:25	(147)	1:16:44
125	109	Wave2	Robert	Harte	Belpark TC	10032902	male	30-34	0:12:17	(74)	0:01:43	0:39:39	(166)	0:00:45	0:22:20	(146)	1:16:45
126	212	Wave3	Eoin	Christian	Belpark TC	10044979	male	35-39	0:12:10	(66)	0:02:24	0:38:35	(120)	0:00:59	0:22:45	(164)	1:16:52
127	373	Wave5	John	Dempsey	Tinahely TC	10036173	male	40-44	0:14:07	(246)	0:03:06	0:36:53	(75)	0:00:55	0:21:53	(121)	1:16:54
128	251	Wave3	Frank	Magee	Belpark TC	10024772	male	35-39	0:12:42	(110)	0:01:29	0:39:00	(140)	0:00:39	0:23:03	(178)	1:16:55

129	338	Wave4	Dermot	Costelloe	Trilogy TC	10028049	male	35-39	0:13:53	(230)	0:02:35	0:37:35	(97)	0:00:55	0:21:57	(125)	1:16:55
130	234	Wave3	Pawel	Debakowski	Trilogy TC	10004636	male	35-39	0:12:54	(134)	0:02:15	0:39:08	(149)	0:01:02	0:21:41	(114)	1:17:00
131	407	Wave5	Anthony	Byrne	Wicklow TC	10045556	male	40-44	0:13:51	(227)	0:02:43	0:39:08	(148)	0:00:40	0:20:45	(75)	1:17:07
132	391	Wave5	John	Bowes	Wicklow TC	10000215	male	45-49	0:15:46	(330)	0:02:53	0:36:35	(66)	0:01:00	0:20:57	(82)	1:17:11
133	211	Wave3	Eimear	Mathews	Trilogy TC	10003869	female	50-54	0:13:02	(153)	0:02:06	0:39:19	(155)	0:00:50	0:22:02	(128)	1:17:18
134	125	Wave2	Mark	Douglas		10004987	male	45-49	0:12:13	(70)	0:02:17	0:39:56	(170)	0:01:04	0:21:51	(120)	1:17:21
135	25	Wave1	Paul	Mcdonald	Athy TC	10015511	male	35-39	0:11:54	(49)	0:01:54	0:40:56	(193)	0:00:59	0:21:42	(115)	1:17:23
136	146	Wave2	Gena	Byron	T3 TC	10003861	female	35-39	0:13:38	(210)	0:01:46	0:39:03	(141)	0:00:54	0:22:09	(137)	1:17:31
137	200	Wave3	Brian	Doyle	Wicklow TC	10005729	male	45-49	0:13:03	(158)	0:02:13	0:38:45	(125)	0:01:03	0:22:28	(150)	1:17:32
138	267	Wave4	David	Lynam	Tullamore TC	10035674	male	25-29	0:14:01	(238)	0:03:17	0:38:51	(130)	0:01:06	0:20:21	(61)	1:17:36
139	311	Wave4	Ronan	Kane	Belpark TC	10010552	male	30-34	0:11:53	(47)	0:02:24	0:37:29	(92)	0:01:06	0:24:45	(255)	1:17:36
140	85	Wave1	Kim	Doyle	Swim Cycle Run		female	30-34	0:12:52	(129)	0:01:39	0:39:35	(162)	0:00:48	0:22:43	(163)	1:17:37
141	68	Wave1	Paul	Griffin	Naas TC	10038638	male	35-39	0:13:59	(236)	0:02:13	0:38:11	(113)	0:01:02	0:22:17	(144)	1:17:41
142	135	Wave2	Conrad	O'Dea	Fingal TC	10000674	male	40-44	0:13:01	(148)	0:02:31	0:39:45	(169)	0:01:06	0:21:20	(101)	1:17:43
143	226	Wave3	Keith	Bell	Belpark TC	10015090	male	30-34	0:13:11	(176)	0:01:36	0:39:22	(159)	0:00:54	0:22:51	(170)	1:17:54
144	22	Wave1	Michael	Moore	Pulse TC	10020341	male	25-29	0:10:58	(19)	0:02:52	0:38:59	(138)	0:01:12	0:23:56	(221)	1:17:58
145	132	Wave2	charles	murphy		10001843	male	55-59	0:14:38	(273)	0:03:10	0:36:48	(71)	0:01:20	0:22:03	(130)	1:17:58
146	35	Wave1	CORMAC	OCONNOR	Activmultisport TC	10016783	male	40-44	0:10:57	(18)	0:01:43	0:40:21	(182)	0:00:57	0:24:01	(227)	1:18:00
147	280	Wave4	Jacqui	Dunphy	Piranha TC	10041117	female	35-39	0:13:03	(159)	0:02:35	0:40:11	(177)	0:01:17	0:20:58	(84)	1:18:05
148	248	Wave3	Mark	Kilpatrick	Pulse TC	10023884	male	40-44	0:13:52	(228)	0:02:57	0:39:41	(167)	0:01:51	0:19:48	(39)	1:18:09
149	310	Wave4	Robert	Cunningham	Kilkenny TC	10018681	male	25-29	0:13:40	(212)	0:03:45	0:37:22	(87)	0:01:17	0:22:07	(134)	1:18:11
150	89	Wave2	John	Corcoran	Trilogy TC	10045576	male	40-44	0:12:33	(95)	0:02:04	0:39:05	(142)	0:00:44	0:23:49	(213)	1:18:14
151	81	Wave1	Gabrielle	Dillon	Wicklow TC	10002080	female	45-49	0:12:24	(83)	0:02:04	0:38:45	(126)	0:00:51	0:24:11	(235)	1:18:16
152	423	Wave5	Philip	Keyes		10003739	male	45-49	0:14:23	(263)	0:01:52	0:37:34	(96)	0:00:53	0:23:40	(207)	1:18:21
153	217	Wave3	Ian	O'Shea	Pulse TC	10018753	male	35-39	0:12:42	(109)	0:02:03	0:39:08	(146)	0:00:44	0:23:46	(212)	1:18:23
154	377	Wave5	Paddy	Doran	Trilogy TC	10034103	male	45-49	0:13:06	(168)	0:01:41	0:39:16	(153)	0:00:59	0:23:21	(191)	1:18:25
155	404	Wave5	Eoin	O'Brien	Belpark TC	10041789	male	30-34	0:14:04	(243)	0:03:21	0:38:44	(123)	0:01:12	0:21:22	(103)	1:18:43
156	94	Wave2	Mark	rainer		10015122	male	35-39	0:12:54	(133)	0:02:59	0:38:33	(118)	0:00:57	0:23:26	(197)	1:18:49
157	224	Wave3	Katherine	Howard	Belpark TC	10013170	female	30-34	0:13:01	(149)	0:01:28	0:41:21	(200)	0:01:15	0:21:45	(116)	1:18:49
158	129	Wave2	Gavin	Byrne	Drogheda TC	10034020	male	30-34	0:12:37	(105)	0:01:29	0:38:48	(129)	0:00:56	0:25:00	(271)	1:18:50
159	138	Wave2	Darrell	Evans	Waterford TC	10038344	male	45-49	0:12:12	(69)	0:01:51	0:39:39	(165)	0:01:01	0:24:09	(233)	1:18:51
160	154	Wave2	kevin	Gibson		10045516	male	40-44	0:12:53	(131)	0:02:19	0:40:14	(178)	0:00:56	0:22:48	(166)	1:19:09
161	336	Wave4	David	Freeman	Fingal TC	10015739	male	40-44									1:19:09
162	213	Wave3	Fiona	Goor	Tinahely TC	10013628	female	40-44	0:13:24	(191)	0:01:45	0:40:15	(179)	0:00:49	0:23:02	(175)	1:19:15
163	460	Wave6	Dermot	Maguire	Tinahely TC	10039805	male	40-44	0:15:09	(301)	0:02:21	0:39:23	(160)	0:00:39	0:21:48	(118)	1:19:20
164	409	Wave5	Darragh	Farrelly	Fingal TC	10037366	male	35-39	0:15:45	(329)	0:01:55	0:39:06	(143)	0:00:35	0:22:14	(142)	1:19:35
165	139	Wave2	dave	o brien		10038678	male	35-39	0:12:55	(135)	0:02:40	0:40:24	(184)	0:00:51	0:22:56	(173)	1:19:45
166	195	Wave3	abina	whelan	Trilogy TC	10036713	female	35-39	0:13:33	(203)	0:01:57	0:39:45	(168)	0:00:39	0:23:56	(220)	1:19:49
167	393	Wave5	LADISLAV	FASKA		10044595	male	35-39	0:14:47	(282)	0:04:42	0:34:47	(27)	0:01:32	0:24:03	(228)	1:19:51
168	198	Wave3	Andrew	Boyle	Belpark TC	10032135	male	40-44	0:13:06	(167)	0:02:00	0:41:43	(212)	0:01:01	0:22:02	(129)	1:19:52
169	269	Wave4	Eamon	MacFhionnlaioich	Pulse TC	10000062	male	50-54	0:13:41	(215)	0:01:32	0:40:20	(181)	0:00:37	0:23:59	(224)	1:20:09
170	345	Wave5	Howard	Triggs	Kilkenny TC	10021106	male	50-54	0:14:37	(272)	0:03:20	0:38:33	(117)	0:01:12	0:22:42	(162)	1:20:23
171	506	Wave1	Jenkinson	Quirke	Road Riders		Relay	50-54	0:15:26	(315)	0:01:28	0:40:02	(171)	0:00:41	0:22:50	(169)	1:20:28

172	130	Wave2	Bernard	Ryan			male	45-49	0:14:40	(275)	0:01:37	0:40:04	(174)	0:00:49	0:23:29	(200)	1:20:39
173	17	Wave1	Hannah	Brady		10017512	female	25-29	0:12:59	(142)	0:02:08	0:39:14	(151)	0:01:23	0:24:57	(268)	1:20:40
174	76	Wave1	Dave	Milne	Fingal TC	10000182	male	30-34	0:12:46	(115)	0:02:02	0:40:09	(176)	0:00:57	0:24:54	(265)	1:20:47
175	455	Wave6	David	Murphy	Trilogy TC	10033438	male	50-54	0:13:01	(150)	0:03:25	0:39:37	(164)	0:01:18	0:23:27	(198)	1:20:47
176	150	Wave2	John	O'Keefe	Pulse TC	10045610	male	25-29	0:13:02	(156)	0:02:47	0:40:06	(175)	0:01:49	0:23:04	(179)	1:20:49
177	376	Wave5	Martin	Stevenson	Tried & Tested TC	10039135	male	45-49	0:13:06	(166)	0:02:24	0:42:54	(255)	0:00:58	0:21:31	(108)	1:20:54
178	163	Wave2	Pat	Linehan	Piranha TC	10020893	male	45-49	0:13:37	(207)	0:02:48	0:40:02	(172)	0:01:05	0:23:23	(195)	1:20:54
179	268	Wave4	Deirdre	MacNally	Belpark TC	10032271	female	30-34	0:13:07	(169)	0:01:59	0:41:51	(215)	0:00:47	0:23:14	(186)	1:20:58
180	412	Wave5	Michael	Callaghan	Tried & Tested TC	10027183	male	45-49	0:14:33	(270)	0:02:29	0:41:58	(220)	0:00:41	0:21:17	(98)	1:20:58
181	317	Wave4	Simon	MacAllister	Belpark TC	10044911	male	35-39	0:12:21	(77)	0:01:53	0:42:46	(250)	0:00:44	0:23:14	(187)	1:20:59
182	157	Wave2	Marcas	Morrison	Drogheda TC	10033797	male	35-39	0:13:50	(222)	0:02:17	0:39:14	(150)	0:01:04	0:24:36	(249)	1:21:00
183	464	Wave6	Alan	Byrne	Tinahely TC	10031544	male	30-34	0:14:23	(264)	0:02:25	0:43:08	(258)	0:00:44	0:20:21	(60)	1:21:01
184	429	Wave6	Anthony	Byrne		10001970	male	35-39	0:13:36	(205)	0:02:47	0:39:15	(152)	0:01:04	0:24:28	(243)	1:21:09
185	447	Wave6	Patrick	Hynds	Athy TC	10044764	male	35-39	0:16:12	(352)	0:04:06	0:36:53	(74)	0:01:29	0:22:31	(154)	1:21:11
186	126	Wave2	Niamh	Curran		10046841	female	20-25	0:12:34	(97)	0:03:00	0:43:51	(280)	0:00:43	0:21:04	(87)	1:21:12
187	257	Wave4	Joanne	Charles	Midland TC	10000555	female	35-39	0:13:19	(185)	0:01:43	0:41:35	(206)	0:00:46	0:24:04	(230)	1:21:27
188	408	Wave5	Breon	White	Belpark TC	10032093	male	40-44	0:16:04	(346)	0:02:55	0:40:16	(180)	0:01:55	0:20:27	(68)	1:21:37
189	140	Wave2	Deirdre	Walsh	Trilogy TC	10000260	female	35-39	0:12:17	(73)	0:01:54	0:40:58	(194)	0:01:30	0:24:59	(270)	1:21:38
190	172	Wave3	Taco	Camhuijsen	Trilogy TC	10000105	male	50-54	0:13:13	(180)	0:02:13	0:38:46	(128)	0:00:46	0:26:39	(319)	1:21:38
191	298	Wave4	martin	mcnamara		10034458	male	50-54	0:14:03	(241)	0:02:43	0:42:02	(223)	0:01:28	0:21:32	(110)	1:21:47
192	50	Wave1	Padraig	Kavanagh	Athy TC	10014153	male	45-49	0:12:12	(68)	0:02:08	0:41:38	(210)	0:01:02	0:24:55	(266)	1:21:55
193	227	Wave3	kieran	murphy			male	35-39	0:13:31	(200)	0:02:30	0:41:10	(197)	0:01:07	0:23:37	(203)	1:21:55
194	74	Wave1	Danny	Bolton		10009998	male	30-34	0:12:21	(78)	0:02:08	0:42:50	(253)	0:01:01	0:23:45	(209)	1:22:05
195	286	Wave4	John	Flannery		10022405	male	35-39	0:14:44	(279)	0:02:30	0:41:20	(198)	0:01:26	0:22:06	(133)	1:22:06
196	72	Wave1	clare	lodge	Kilkenny TC	10005757	female	40-44	0:14:55	(290)	0:02:21	0:41:52	(217)	0:00:49	0:22:14	(140)	1:22:11
197	479	Wave6	Nigel	Keane	Athy TC	10030752	male	45-49	0:15:05	(297)	0:02:05	0:40:28	(186)	0:01:18	0:23:17	(189)	1:22:12
198	240	Wave3	Seamus	Foley	Kilkenny TC	10034189	male	40-44	0:12:56	(137)	0:04:31	0:39:34	(161)	0:01:19	0:24:01	(226)	1:22:20
199	137	Wave2	Daniel	O'Neill		10029765	male	25-29	0:12:28	(89)	0:02:33	0:42:19	(235)	0:01:41	0:23:25	(196)	1:22:25
200	184	Wave3	Daire	Corcoran	Belpark TC	10015342	male	25-29	0:12:39	(107)	0:02:43	0:44:13	(284)	0:00:40	0:22:25	(149)	1:22:40
201	179	Wave3	karen	graham	Wicklow TC	10002027	female	35-39	0:13:26	(194)	0:01:44	0:41:37	(207)	0:00:47	0:25:11	(278)	1:22:45
202	221	Wave3	Joe	O'Callaghan	Kilkenny TC	10014205	male	40-44	0:15:25	(313)	0:02:37	0:41:58	(222)	0:00:51	0:21:54	(123)	1:22:46
203	62	Wave1	Mark	McDonnell	Belpark TC	10043838	male	25-29	0:10:55	(17)	0:01:41	0:42:54	(254)	0:00:46	0:26:30	(312)	1:22:46
204	249	Wave3	Noeleen	Bourke	Midland TC	10000336	female	35-39	0:13:18	(183)	0:01:42	0:41:38	(209)	0:00:53	0:25:21	(279)	1:22:50
205	216	Wave3	Gillian	McMahon	3D TC	10004542	female	40-44	0:12:47	(117)	0:02:34	0:42:13	(231)	0:01:00	0:24:45	(256)	1:23:19
206	502	Wave6	Peter	Owens	Athy TC	10044766	male	40-44	0:15:35	(320)	0:02:38	0:42:03	(225)	0:00:33	0:22:36	(158)	1:23:24
207	281	Wave4	James	Wall	Wexford TC	10044570	male	35-39	0:16:34	(360)	0:03:28	0:38:57	(135)	0:01:11	0:23:20	(190)	1:23:29
208	437	Wave6	James	Doyle	Tinahely TC	10036993	male	30-34	0:17:39	(379)	0:02:45	0:39:00	(139)	0:01:39	0:22:30	(152)	1:23:33
209	315	Wave4	Shane	Callaghan	Athy TC	10040557	male	25-29	0:14:32	(269)	0:03:07	0:40:50	(190)	0:01:09	0:23:57	(223)	1:23:34
210	243	Wave3	Susan	Wall	Trilogy TC	10002007	female	35-39	0:12:50	(127)	0:02:33	0:41:09	(196)	0:01:08	0:25:54	(293)	1:23:35
211	406	Wave5	Niamh	O'Donovan	Tried & Tested TC	10037563	female	25-29	0:15:27	(318)	0:01:44	0:41:41	(211)	0:00:49	0:23:53	(215)	1:23:36
212	208	Wave3	David	Fisher		10026927	male	40-44	0:12:35	(99)	0:02:42	0:42:50	(252)	0:00:54	0:24:38	(250)	1:23:39
213	509	Wave1	Davis	Doyle/Coakley	Seven Oaks 2		Relay	30-34	0:12:49	(122)	0:02:03	0:46:13	(322)	0:00:55	0:21:39	(113)	1:23:40
214	358	Wave5	Philip	Molloy	Kilkenny TC	10037924	male	45-49	0:15:44	(328)	0:02:28	0:39:19	(156)	0:01:25	0:24:48	(258)	1:23:44

215	308	Wave4	Rob	Kelly	Portmarnock TC	10044630	male	30-34	0:14:03	(240)	0:02:47	0:39:21	(158)	0:01:02	0:26:35	(316)	1:23:48
216	276	Wave4	Gavin	Fraser	Kilkenny TC	10000081	male	50-54	0:14:25	(266)	0:02:33	0:41:06	(195)	0:01:10	0:24:42	(252)	1:23:57
217	355	Wave5	Stephen	Rooney	Portmarnock TC	10045662	male	30-34	0:15:10	(302)	0:03:06	0:41:32	(205)	0:01:12	0:23:01	(174)	1:24:01
218	370	Wave5	Ed	Byrne	Naas TC	10000090	male	50-54	0:15:53	(336)	0:01:45	0:39:06	(144)	0:01:03	0:26:17	(309)	1:24:05
219	46	Wave1	Kathleen	Curran	Belpark TC	10021944	female	40-44	0:13:01	(151)	0:01:49	0:42:46	(249)	0:01:06	0:25:26	(282)	1:24:08
220	239	Wave3	Ruth	shanahan	T3 TC	10000284	female	50-54	0:12:57	(138)	0:02:52	0:42:37	(242)	0:01:12	0:24:32	(246)	1:24:10
221	106	Wave2	Peter	Brennan	Kilkenny TC	10022719	male	30-34	0:13:04	(161)	0:02:01	0:43:35	(271)	0:00:40	0:24:51	(261)	1:24:11
222	368	Wave5	David	Kennedy	Kilkenny TC	10001787	male	35-39	0:14:20	(259)	0:01:56	0:43:49	(279)	0:00:38	0:23:39	(205)	1:24:22
223	381	Wave5	John	Finnegan			male	30-34	0:12:30	(91)	0:04:36	0:41:57	(219)	0:01:04	0:24:16	(237)	1:24:23
224	236	Wave3	Peter	Mulhall	Tinahely TC	10030350	male	45-49	0:13:26	(193)	0:02:45	0:43:30	(266)	0:00:41	0:24:08	(232)	1:24:31
225	282	Wave4	James	Ryan	Trilogy TC	10016594	male	35-39	0:14:46	(280)	0:02:15	0:42:12	(229)	0:01:03	0:24:27	(242)	1:24:41
226	486	Wave6	Noel	Brannigan	Naas TC	10028151	male	40-44	0:13:47	(221)	0:04:16	0:38:58	(137)	0:01:30	0:26:10	(304)	1:24:42
227	291	Wave4	Laurence	OToole	Tinahely TC	10030186	male	50-54	0:16:42	(362)	0:02:38	0:40:22	(183)	0:00:52	0:24:17	(238)	1:24:50
228	285	Wave4	JOHN	O'TOOLE		10041223	male	40-44	0:14:08	(247)	0:02:32	0:42:03	(224)	0:01:18	0:24:53	(263)	1:24:54
229	324	Wave4	Tony	McMahon		10034465	male	40-44	0:13:26	(192)	0:03:27	0:43:42	(275)	0:01:55	0:22:25	(148)	1:24:55
230	388	Wave5	Declan	Dunne		10023212	male	35-39	0:15:57	(340)	0:02:13	0:43:15	(260)	0:00:41	0:22:54	(171)	1:25:00
231	507	Wave1	Butler	Murphy	Butimers		Relay	35-39	0:14:51	(285)	0:01:46	0:45:21	(311)	0:00:50	0:22:14	(141)	1:25:02
232	265	Wave4	Dara	Fahy	Kilkenny TC	10000352	male	35-39	0:13:37	(208)	0:02:46	0:42:45	(247)	0:00:59	0:25:02	(275)	1:25:10
233	420	Wave5	Roberto	Mei		10022882	male	45-49	0:15:13	(304)	0:03:41	0:41:51	(216)	0:01:14	0:23:11	(185)	1:25:11
234	342	Wave5	Elizabeth	Callaghan	Tried & Tested TC		female	40-44	0:13:00	(147)	0:02:13	0:42:39	(245)	0:00:48	0:26:36	(317)	1:25:16
235	405	Wave5	Paul	Warnock		10047013	male	35-39	0:13:50	(225)	0:03:36	0:43:17	(261)	0:01:07	0:23:29	(199)	1:25:18
236	209	Wave3	Deirdre	Foley	Kilkenny TC	10015475	female	40-44	0:13:09	(171)	0:02:51	0:42:12	(230)	0:01:06	0:26:05	(300)	1:25:23
237	510	Wave1	O Brien	O Brien McCord	Racing 795		Relay	35-39	0:14:10	(250)	0:02:05	0:43:23	(264)	0:01:58	0:23:55	(219)	1:25:31
238	329	Wave4	Michael	Jordan	Kilkenny TC	10044735	male	40-44	0:13:24	(190)	0:04:13	0:43:33	(269)	0:01:20	0:23:04	(180)	1:25:34
239	191	Wave3	Tara	Rhatigan		10040091	female	25-29	0:14:42	(277)	0:02:39	0:44:44	(298)	0:00:51	0:22:47	(165)	1:25:43
240	205	Wave3	Darren	Mulligan	Pulse TC	10026889	male	35-39	0:14:09	(249)	0:03:15	0:42:06	(227)	0:01:20	0:24:56	(267)	1:25:46
241	300	Wave4	Michael	Foley	Waterford TC	10004143	male	50-54	0:15:40	(325)	0:03:38	0:41:20	(199)	0:01:16	0:23:54	(217)	1:25:47
242	169	Wave2	Sarah	Walsh	Belpark TC	10029574	female	25-29	0:13:22	(188)	0:02:08	0:43:21	(263)	0:01:08	0:25:54	(292)	1:25:52
243	128	Wave2	Pierre	Heuze		10012076	male	50-54	0:14:18	(256)	0:03:31	0:42:37	(241)	0:01:14	0:24:19	(239)	1:25:58
244	142	Wave2	elaine	gibson	Racing 795 TC	10043492	female	40-44	0:14:31	(268)	0:03:11	0:42:57	(256)	0:01:05	0:24:19	(240)	1:26:04
245	357	Wave5	Tony	Kelly	Kilkenny TC	10041606	male	40-44	0:16:02	(343)	0:02:53	0:42:34	(239)	0:01:18	0:23:22	(193)	1:26:09
246	473	Wave6	Nicolas	Herment	Fingal TC	10046285	male	25-29	0:16:10	(350)	0:03:25	0:41:26	(202)	0:01:19	0:23:51	(214)	1:26:11
247	501	Wave6	George	Murphy	Racing 795		male	45-49	0:14:56	(291)	0:04:12	0:40:51	(191)	0:01:05	0:25:07	(276)	1:26:11
248	67	Wave1	Darren	Mooney	Tinahely TC	10044763	male	30-34	0:14:57	(293)	0:03:27	0:46:51	(331)	0:01:28	0:19:30	(31)	1:26:13
249	312	Wave4	Rory	Devlin	Belpark TC	10045341	male	30-34	0:12:59	(143)	0:04:37	0:43:43	(277)	0:01:45	0:23:11	(184)	1:26:15
250	450	Wave6	Ronan	Sherlock	Fingal TC	10045259	male	30-34	0:15:01	(295)	0:03:03	0:41:58	(221)	0:01:19	0:25:02	(274)	1:26:23
251	326	Wave4	Yvette	Deacon		10017213	female	30-34	0:13:32	(202)	0:01:56	0:42:15	(233)	0:00:49	0:27:52	(342)	1:26:24
252	259	Wave4	Arron	Fox	Belpark TC	10035134	female	30-34	0:13:17	(182)	0:02:17	0:42:38	(243)	0:01:26	0:26:46	(322)	1:26:24
253	225	Wave3	Katie	Devin	Athlone TC	10033865	female	25-29	0:13:11	(175)	0:02:32	0:45:38	(316)	0:01:24	0:23:46	(211)	1:26:31
254	386	Wave5	Cormac	O'Connor		10041016	male	30-34	0:16:05	(347)	0:03:33	0:42:45	(248)	0:01:22	0:22:48	(168)	1:26:34
255	378	Wave5	Paul	McCarthy		10004817	male	50-54	0:15:42	(327)	0:02:10	0:38:56	(134)	0:01:03	0:28:48	(352)	1:26:39
256	456	Wave6	william	Mc Garrigle	Fingal TC	10017979	male	30-34	0:14:09	(248)	0:01:56	0:44:27	(292)	0:01:12	0:25:01	(272)	1:26:45
257	103	Wave2	Paul	Flood	Kilkenny TC	10023197	male	30-34	0:17:36	(377)	0:02:39	0:42:48	(251)	0:01:28	0:22:13	(138)	1:26:45

258	443	Wave6	mark	simpson	Pulse TC	10000297	male	45-49	0:13:27	(196)	0:03:27	0:42:39	(246)	0:01:24	0:25:48	(291)	1:26:45
259	133	Wave2	Ciara	Greene	Athlone TC	10041981	female	17-18	0:12:55	(136)	0:02:07	0:46:35	(328)	0:00:50	0:24:20	(241)	1:26:47
260	402	Wave5	Tara	Byrne	Tinahely TC	10038583	female	25-29	0:13:10	(173)	0:02:28	0:46:21	(325)	0:00:49	0:23:59	(225)	1:26:47
261	297	Wave4	Martin	Holohan	Athy TC	10022744	male	45-49	0:14:55	(288)	0:04:32	0:41:37	(208)	0:01:00	0:24:52	(262)	1:26:55
262	270	Wave4	Eamonn	McEntee	Athy TC	10027248	male	40-44	0:14:39	(274)	0:02:42	0:44:13	(285)	0:00:49	0:24:42	(253)	1:27:04
263	363	Wave5	Ciaran	Burns	Belpark TC	10044419	male	50-54	0:14:54	(287)	0:02:43	0:44:22	(291)	0:01:07	0:24:04	(229)	1:27:09
264	337	Wave4	David	Cannon		10044865	male	30-34	0:14:50	(284)	0:04:52	0:42:21	(236)	0:01:40	0:23:29	(201)	1:27:12
265	425	Wave5	Stephen	Pike	Belpark TC	10045018	male	35-39	0:14:55	(289)	0:03:05	0:42:09	(228)	0:01:06	0:26:04	(299)	1:27:19
266	165	Wave2	Richard	Phelan			male	35-39	0:13:09	(170)	0:04:02	0:43:49	(278)	0:01:21	0:25:02	(273)	1:27:23
267	321	Wave4	Susan	Gunning	Trilogy TC	10039002	female	35-39	0:13:28	(198)	0:02:02	0:44:38	(295)	0:01:23	0:25:54	(294)	1:27:26
268	188	Wave3	Maeve	Conroy	Muckno TC	10039787	female	50-54	0:13:18	(184)	0:02:14	0:44:15	(286)	0:01:57	0:25:42	(288)	1:27:26
269	293	Wave4	Margaret	Lawson	Fingal TC	10045703	female	30-34	0:14:21	(261)	0:04:06	0:43:40	(274)	0:00:47	0:24:33	(248)	1:27:28
270	278	Wave4	Helen	Holohan	Belpark TC	10036048	female	45-49	0:14:13	(252)	0:03:17	0:42:39	(244)	0:01:08	0:26:15	(307)	1:27:32
271	316	Wave4	Shirley	Jordan		10034501	female	45-49	0:14:34	(271)	0:03:16	0:41:45	(213)	0:01:25	0:26:33	(314)	1:27:33
272	262	Wave4	Clive	Byrne			male	40-44	0:14:19	(257)	0:03:43	0:43:07	(257)	0:01:36	0:24:48	(257)	1:27:33
273	199	Wave3	Anne	Kavanagh		10042395	female	55-59	0:14:23	(265)	0:03:25	0:46:19	(324)	0:01:24	0:22:13	(139)	1:27:44
274	333	Wave4	carl	birney	Fingal TC	10032749	male	40-44	0:13:12	(177)	0:02:39	0:44:52	(301)	0:00:59	0:26:10	(305)	1:27:52
275	387	Wave5	David	Burke		10003722	male	40-44	0:15:52	(335)	0:02:51	0:41:57	(218)	0:01:12	0:26:09	(303)	1:28:00
276	233	Wave3	Noel	Ward		10047376	male	35-39	0:12:34	(96)	0:03:50	0:43:53	(281)	0:00:55	0:26:51	(325)	1:28:03
277	313	Wave4	Ruairi	Hickey	Drogheda TC	10035344	male	45-49	0:13:27	(195)	0:03:15	0:43:12	(259)	0:02:01	0:26:11	(306)	1:28:06
278	332	Wave4	Brian	McDonnell	Activmultisport TC	10012036	male	45-49	0:14:48	(283)	0:02:13	0:42:14	(232)	0:03:30	0:25:27	(283)	1:28:12
279	374	Wave5	Kenneth	Murphy		10031487	male	40-44	0:13:37	(206)	0:02:33	0:44:18	(289)	0:01:24	0:26:21	(310)	1:28:13
280	214	Wave3	Geoff	Doyle			male	25-29	0:12:51	(128)	0:03:53	0:46:01	(320)	0:01:22	0:24:11	(234)	1:28:18
281	241	Wave3	Sean	McFadden		10047321	male	35-39	0:14:06	(245)	0:04:08	0:45:24	(312)	0:01:03	0:23:37	(204)	1:28:18
282	299	Wave4	Mervin	Doyle	Kilkenny TC	10041618	male	40-44	0:14:01	(239)	0:04:02	0:45:45	(318)	0:01:26	0:23:07	(182)	1:28:21
283	497	Wave6	Heather	Purcell	Kilkenny TC		female	45-49	0:15:33	(319)	0:03:18	0:43:39	(273)	0:01:04	0:24:49	(259)	1:28:24
284	176	Wave3	Vincent	Dowling	Trilogy TC	10013352	male	50-54	0:12:50	(125)	0:02:08	0:42:34	(240)	0:01:05	0:29:50	(367)	1:28:27
285	415	Wave5	Robert	Lanigan		10009428	male	50-54	0:14:59	(294)	0:02:04	0:41:24	(201)	0:01:12	0:28:56	(355)	1:28:36
286	496	Wave6	JohnPaul	McKenna	Fingal TC	10037522	male	35-39	0:21:24	(399)	0:03:55	0:38:55	(132)	0:01:15	0:23:08	(183)	1:28:36
287	229	Wave3	Michael	Purtill	Fingal TC	10002394	male	40-44	0:13:05	(162)	0:04:11	0:40:03	(173)	0:01:12	0:30:07	(369)	1:28:37
288	330	Wave4	Adrian	Hanna	Drogheda TC	10036150	male	45-49	0:13:53	(232)	0:03:18	0:44:20	(290)	0:01:09	0:26:03	(298)	1:28:43
289	435	Wave6	Fergal	Downes		10046979	male	45-49	0:15:56	(339)	0:05:51	0:42:29	(238)	0:01:23	0:23:15	(188)	1:28:54
290	309	Wave4	Robert	Brereton		10014273	male	45-49	0:15:07	(299)	0:03:38	0:43:18	(262)	0:01:12	0:25:41	(286)	1:28:56
291	360	Wave5	Denise	Murphy	Trilogy TC	10001208	female	45-49	0:15:38	(323)	0:02:59	0:43:36	(272)	0:01:11	0:25:42	(289)	1:29:06
292	238	Wave3	Robert	Yeomans	Belpark TC	10037017	male	25-29	0:12:24	(84)	0:02:40	0:43:30	(265)	0:01:02	0:29:31	(362)	1:29:07
293	356	Wave5	Suzanne	Kelly	Athy TC	10017791	female	40-44	0:13:46	(220)	0:02:36	0:44:28	(293)	0:00:37	0:27:41	(339)	1:29:07
294	318	Wave4	Sinead	Foley	Athy TC	10022859	female	35-39	0:13:59	(237)	0:02:49	0:46:23	(326)	0:01:06	0:24:50	(260)	1:29:07
295	348	Wave5	Louise	Bennett	Piranha TC	10003384	female	35-39	0:13:53	(231)	0:01:58	0:45:45	(317)	0:00:53	0:27:05	(327)	1:29:33
296	498	Wave6	Gerard	Maguire			male	45-49	0:16:12	(353)	0:05:32	0:42:16	(234)	0:00:51	0:24:41	(251)	1:29:34
297	266	Wave4	Dara	Maguire	Drogheda TC	10035518	female	25-29	0:14:21	(260)	0:02:22	0:44:43	(296)	0:00:50	0:27:23	(333)	1:29:37
298	353	Wave5	Shane	O'Brien		10026373	male	30-34	0:14:28	(267)	0:01:58	0:41:50	(214)	0:01:02	0:30:22	(374)	1:29:40
299	442	Wave6	Mark	Doran		10034426	male	30-34	0:16:04	(345)	0:02:52	0:44:37	(294)	0:01:54	0:24:12	(236)	1:29:40
300	480	Wave6	james	ryan	Cork TC	10043680	male	50-54	0:16:03	(344)	0:03:01	0:45:37	(315)	0:01:03	0:23:57	(222)	1:29:41

301	305	Wave4	Oisin	Jordan			male	35-39	0:13:22	(189)	0:03:14	0:45:07	(306)	0:01:20	0:26:42	(320)	1:29:46
302	422	Wave5	Eamonn	Grace	Kilkenny TC	10044640	male	45-49	0:18:48	(387)	0:05:12	0:41:26	(203)	0:00:46	0:23:41	(208)	1:29:53
303	413	Wave5	Nathan	Carr		10029620	male	40-44	0:15:26	(314)	0:03:58	0:44:56	(304)	0:01:04	0:24:30	(244)	1:29:55
304	274	Wave4	Fiona	Fitzpatrick	Fingal TC	10012535	female	40-44	0:16:14	(354)	0:02:25	0:43:42	(276)	0:01:08	0:26:32	(313)	1:30:02
305	401	Wave5	Suzanne	Ryan	Belpark TC	10044526	female	40-44	0:15:18	(308)	0:03:12	0:46:32	(327)	0:01:04	0:24:06	(231)	1:30:12
306	258	Wave4	Anne	Coleman	Activmultisport TC	10004801	female	40-44	0:15:08	(300)	0:02:14	0:43:33	(270)	0:01:28	0:27:56	(344)	1:30:20
307	395	Wave5	Marcella	Crampton	Naas TC	10036230	female	35-39	0:19:03	(389)	0:03:11	0:43:33	(268)	0:01:13	0:23:23	(194)	1:30:22
308	385	Wave5	Catherine	O Rourke	Tinahely TC	10029826	female	30-34	0:15:40	(324)	0:02:30	0:44:54	(303)	0:01:24	0:26:00	(297)	1:30:28
309	344	Wave5	Helen	Dowdall	Fingal TC	10029678	female	50-54	0:14:22	(262)	0:03:38	0:45:34	(314)	0:01:16	0:25:40	(285)	1:30:31
310	426	Wave6	Kevin	Moran		10029961	male	30-34	0:20:04	(394)	0:03:30	0:42:29	(237)	0:00:50	0:23:45	(210)	1:30:38
311	327	Wave4	Aisling	Andrews	Fingal TC	10028378	female	25-29	0:14:43	(278)	0:03:09	0:47:57	(346)	0:01:29	0:23:30	(202)	1:30:47
312	117	Wave2	Tracey	Treanor	3D TC	10040051	female	35-39	0:12:58	(140)	0:03:42	0:47:16	(335)	0:00:53	0:26:05	(301)	1:30:54
313	143	Wave2	Emer	McManus	Athy TC	10002600	female	30-34	0:14:05	(244)	0:02:42	0:47:19	(337)	0:01:23	0:25:32	(284)	1:31:00
314	503	Wave6	Joe	Dunne	Athy TC	10036584	male	45-49	0:19:43	(392)	0:03:15	0:42:06	(226)	0:01:01	0:24:59	(269)	1:31:03
315	438	Wave6	Jason	Carter			male	35-39	0:16:48	(363)	0:04:01	0:46:19	(323)	0:00:54	0:23:05	(181)	1:31:06
316	206	Wave3	David	Ashe	Naas TC	10013929	male	40-44	0:15:21	(310)	0:03:48	0:45:48	(319)	0:01:08	0:25:07	(277)	1:31:12
317	287	Wave4	Karen	Power	Waterford TC	10024974	female	30-34	0:13:28	(197)	0:03:35	0:46:54	(332)	0:00:57	0:26:17	(308)	1:31:12
318	325	Wave4	VIVIENNE	CONLON	Wicklow TC	10001731	female	55-59	0:13:31	(199)	0:03:23	0:43:33	(267)	0:02:11	0:29:00	(357)	1:31:37
319	196	Wave3	Alan	Hanly	Trilogy TC	10024706	male	35-39	0:14:14	(253)	0:03:09	0:44:09	(283)	0:01:44	0:28:30	(349)	1:31:46
320	340	Wave4	Eithne	Connolly	Pulse TC	10025220	female	30-34	0:16:01	(342)	0:02:47	0:44:52	(300)	0:00:39	0:27:28	(336)	1:31:47
321	446	Wave6	olga	meade	Fingal TC	10040447	female	35-39	0:13:39	(211)	0:03:40	0:47:00	(333)	0:01:08	0:26:30	(311)	1:31:56
322	161	Wave2	Niall	Murphy	Belpark TC	10002178	male	35-39	0:13:03	(160)	0:02:24	0:47:37	(341)	0:01:49	0:27:16	(330)	1:32:10
323	383	Wave5	AnneMarie	Delaney	Belpark TC	10022766	female	35-39	0:14:46	(281)	0:03:21	0:47:41	(343)	0:00:54	0:25:42	(287)	1:32:23
324	487	Wave6	Peadar	Brennan	Kilkenny TC	10034540	male	50-54	0:18:51	(388)	0:03:02	0:45:13	(309)	0:00:55	0:24:31	(245)	1:32:33
325	463	Wave6	Mick	Garry	Naas TC	10018327	male	30-34	0:15:20	(309)	0:03:07	0:44:59	(305)	0:01:57	0:27:23	(334)	1:32:46
326	185	Wave3	hilary	mckeown	Pulse TC	10009217	female	35-39	0:13:40	(214)	0:02:14	0:44:52	(299)	0:01:36	0:30:27	(375)	1:32:49
327	220	Wave3	Jill	Gillman		10014751	female	45-49	0:12:36	(101)	0:02:58	0:49:05	(356)	0:01:36	0:26:50	(324)	1:33:05
328	451	Wave6	Sam	anshasi			male	45-49	0:17:21	(373)	0:05:19	0:44:18	(288)	0:01:36	0:24:33	(247)	1:33:07
329	440	Wave6	Lily	Lynam-Bowden	Athy TC	10018086	female	50-54	0:17:39	(378)	0:04:17	0:47:42	(344)	0:00:36	0:22:54	(172)	1:33:08
330	60	Wave1	Mark	Kimmins	Drogheda TC	10036245	male	50-54	0:12:49	(121)	0:04:44	0:47:14	(334)	0:01:49	0:26:47	(323)	1:33:22
331	284	Wave4	john	walshe	Kilkenny TC	10038311	male	45-49	0:16:11	(351)	0:03:29	0:46:38	(329)	0:01:27	0:25:48	(290)	1:33:33
332	459	Wave6	David	Byrne		10036523	male	45-49	0:17:14	(370)	0:02:24	0:45:09	(308)	0:01:33	0:27:33	(338)	1:33:53
333	379	Wave5	Stephen	Loughnane	Naas TC	10045063	male	30-34	0:21:31	(400)	0:03:47	0:44:03	(282)	0:01:31	0:23:03	(176)	1:33:54
334	392	Wave5	John	Owens	Athy TC	10036967	male	40-44	0:27:11	(402)	0:02:38	0:41:26	(204)	0:01:00	0:21:57	(126)	1:34:12
335	430	Wave6	Bernie	Dillon	Athy TC	10027283	female	45-49	0:17:15	(371)	0:03:56	0:45:07	(307)	0:00:59	0:27:16	(329)	1:34:34
336	197	Wave3	Andrea	Broderick	Fingal TC	10031521	female	40-44	0:15:15	(305)	0:03:43	0:47:36	(340)	0:02:11	0:25:57	(296)	1:34:40
337	472	Wave6	Kieran	Byrne	Athy TC	10044286	male	35-39	0:16:21	(357)	0:04:13	0:48:03	(348)	0:00:56	0:25:22	(280)	1:34:55
338	90	Wave2	Karen	Kavanagh	Athy TC	10014152	female	45-49	0:15:11	(303)	0:02:41	0:49:08	(357)	0:00:40	0:27:23	(335)	1:35:03
339	433	Wave6	derek	wilson			male	35-39	0:14:03	(242)	0:05:45	0:52:15	(381)	0:00:43	0:22:32	(155)	1:35:18
340	439	Wave6	Jeremy	Greco	Belpark TC	10036915	male	40-44	0:16:34	(359)	0:04:55	0:44:43	(297)	0:01:22	0:27:47	(340)	1:35:21
341	186	Wave3	John	Mulcahy		10044928	male	25-29	0:13:20	(186)	0:02:43	0:52:37	(382)	0:00:43	0:26:06	(302)	1:35:29
342	350	Wave5	Paddy	Richards			male	35-39	0:17:32	(376)	0:04:21	0:45:28	(313)	0:00:59	0:27:12	(328)	1:35:32
343	476	Wave6	Joanne	O'Brien	Athy TC	10032865	female	40-44	0:15:27	(316)	0:04:00	0:46:07	(321)	0:01:12	0:29:23	(358)	1:36:10



344	371	Wave5	Eoin	o Braoin		10044508	male	25-29	0:15:01	(296)	0:03:25	0:44:54	(302)	0:00:40	0:32:13	(386)	1:36:13
345	468	Wave6	Julie	Monaghan		10041809	female	30-34	0:16:19	(356)	0:03:46	0:49:51	(365)	0:01:26	0:25:22	(281)	1:36:45
346	465	Wave6	MARIA	OREILLY		10017597	female	35-39	0:16:56	(367)	0:02:36	0:48:25	(350)	0:01:06	0:27:49	(341)	1:36:51
347	416	Wave5	Seamus	Ryan	Naas TC	10028081	male	35-39				1:10:39	(397)	0:01:33	0:24:53	(264)	1:37:06
348	411	Wave5	Joseph	Morris	Athy TC	10028414	male	30-34	0:15:58	(341)	0:03:04	0:49:51	(366)	0:00:54	0:27:19	(331)	1:37:06
349	244	Wave3	Anne Marie	O Keeffe	Clonmel TC	10034942	female	35-39	0:13:50	(224)	0:03:03	0:47:35	(339)	0:01:33	0:31:10	(382)	1:37:12
350	467	Wave6	Erwin	Framo	Belpark TC	10044450	male	40-44	0:19:48	(393)	0:05:04	0:44:15	(287)	0:01:34	0:26:34	(315)	1:37:15
351	511	Wave1	Kane	Bobbett	Fingal TC	10031494	Relay	40-44	0:16:55	(366)	0:02:04	0:40:42	(189)	0:00:53	0:36:45	(393)	1:37:17
352	223	Wave3	karen	boone	Portmarnock TC	10046419	female	50-54	0:07:35	(1)	0:05:52	0:47:59	(347)	0:02:19	0:33:36	(389)	1:37:20
353	390	Wave5	Gary	Comey		10017949	male	40-44	0:15:55	(338)	0:04:09	0:48:47	(354)	0:02:40	0:25:55	(295)	1:37:27
354	431	Wave6	Paul	Smith	Drogheda TC	10036389	male	40-44	0:17:47	(380)	0:04:14	0:46:45	(330)	0:01:21	0:27:31	(337)	1:37:39
355	48	Wave1	Marian	Brennan	Belpark TC	10046092	female	35-39	0:13:52	(229)	0:03:01	0:50:17	(368)	0:00:53	0:29:43	(364)	1:37:46
356	218	Wave3	Jason	Ayton		10047161	male	25-29	0:14:57	(292)	0:03:25	0:47:17	(336)	0:01:49	0:30:47	(380)	1:38:15
357	436	Wave6	Gunter	Bayer	Athy TC	10040301	male	30-34	0:16:06	(348)	0:03:22	0:49:27	(363)	0:01:11	0:28:16	(346)	1:38:22
358	334	Wave4	Caroline	Howe	Athy TC	10031359	female	40-44	0:15:18	(307)	0:03:29	0:48:55	(355)	0:01:19	0:29:23	(359)	1:38:24
359	471	Wave6	Elaine	Byrne		10046991	female	35-39	0:18:43	(386)	0:05:45	0:48:37	(351)	0:00:52	0:24:44	(254)	1:38:41
360	493	Wave6	Sandra	Connolly	Kilkenny TC	10038381	female	45-49	0:16:41	(361)	0:05:09	0:49:10	(359)	0:01:10	0:26:39	(318)	1:38:49
361	70	Wave1	Ben	Woodhouse	Athy TC	10027518	male	35-39	0:13:46	(219)	0:02:39	0:50:59	(371)	0:01:13	0:30:15	(371)	1:38:52
362	484	Wave6	Ian	O' Brien	Naas TC	10035913	male	30-34	0:15:49	(332)	0:04:25	0:47:40	(342)	0:01:37	0:29:31	(361)	1:39:02
363	56	Wave1	Susan	Davies	Wicklow TC	10015118	female	55-59	0:13:40	(213)	0:04:36	0:48:45	(353)	0:01:47	0:30:17	(372)	1:39:05
364	489	Wave6	Stephen	O'Sullivan		10045289	male	40-44	0:19:19	(391)	0:04:23	0:45:19	(310)	0:01:30	0:28:54	(353)	1:39:24
365	365	Wave5	Ashleigh	Baxter-Loubser	Kilkenny TC	10044949	female	30-34	0:15:47	(331)	0:03:42	0:47:56	(345)	0:01:26	0:30:58	(381)	1:39:50
366	398	Wave5	Niamh	McCullagh		10043319	female	35-39	0:16:52	(364)	0:03:36	0:51:20	(375)	0:00:59	0:27:03	(326)	1:39:50
367	470	Wave6	AIDAN	TOWNLEY	Drogheda TC	10040025	male	35-39	0:13:12	(178)	0:03:34	0:49:27	(362)	0:02:02	0:31:56	(385)	1:40:11
368	366	Wave5	Colin	McBride		10029614	male	40-44	0:17:15	(372)	0:03:22	0:47:22	(338)	0:01:33	0:30:46	(379)	1:40:19
369	449	Wave6	Pauline	O'Callaghan	Belpark TC	10045022	female	25-29	0:15:38	(322)	0:03:44	0:51:39	(377)	0:01:08	0:28:12	(345)	1:40:21
370	478	Wave6	Tommy	Wallace	Athy TC	10044702	female	30-34	0:19:05	(390)	0:03:07	0:49:57	(367)	0:01:32	0:26:45	(321)	1:40:26
371	428	Wave6	Ann-Marie	Harris			female	50-54	0:14:41	(276)	0:04:19	0:53:17	(385)	0:01:33	0:27:21	(332)	1:41:10
372	156	Wave2	Lorraine	Bracken	Wicklow TC	10028331	female	35-39	0:14:15	(255)	0:03:58	0:52:14	(380)	0:01:06	0:29:43	(365)	1:41:15
373	494	Wave6	Bernie	Millar	Wexford TC	10004415	female	55-59	0:17:05	(369)	0:06:22	0:48:44	(352)	0:01:31	0:27:55	(343)	1:41:36
374	375	Wave5	Gar	Smyth			male	30-34	0:14:53	(286)	0:03:47	0:51:14	(374)	0:02:11	0:29:41	(363)	1:41:46
375	382	Wave5	Martin	Jeffers			male	20-25	0:15:37	(321)	0:04:09	0:51:50	(378)	0:01:23	0:28:58	(356)	1:41:57
376	372	Wave5	John	Innes	South Coast TC	10038377	male	40-44	0:17:24	(374)	0:05:15	0:49:10	(358)	0:01:21	0:28:56	(354)	1:42:05
377	421	Wave5	Dave	Lynch	Athy TC	10042976	male	50-54	0:18:09	(382)	0:04:06	0:51:02	(372)	0:01:15	0:28:22	(348)	1:42:54
378	292	Wave4	Louise	Ruane	Kilkenny TC	10013711	female	45-49	0:18:24	(383)	0:04:19	0:50:49	(370)	0:01:05	0:28:20	(347)	1:42:57
379	457	Wave6	Sharon	Meyler	Belpark TC	10032977	female	45-49	0:16:30	(358)	0:04:06	0:52:10	(379)	0:01:04	0:29:48	(366)	1:43:38
380	485	Wave6	Lara	Loughman	Athy TC	10037132	female	30-34	0:16:52	(365)	0:04:06	0:49:21	(361)	0:01:15	0:32:20	(387)	1:43:54
381	499	Wave6	Padraig	Cleary		10036991	male	40-44	0:21:17	(396)	0:04:32	0:48:19	(349)	0:00:35	0:29:25	(360)	1:44:06
382	271	Wave4	Edel	Cussen	Belpark TC	10036340	female	30-34	0:16:07	(349)	0:03:17	0:53:54	(386)	0:01:27	0:30:35	(376)	1:45:20
383	495	Wave6	Aidan	Connolly			male	20-25	0:17:30	(375)	0:07:00	0:49:15	(360)	0:01:25	0:30:20	(373)	1:45:29
384	389	Wave5	Eimear	Ryan			female	25-29	0:15:50	(333)	0:03:33	0:55:33	(388)	0:00:41	0:30:08	(370)	1:45:45
385	123	Wave2	Teresa	O Rourke	3D TC	10044989	female	25-29	0:15:27	(317)	0:02:58	0:52:42	(383)	0:01:44	0:33:01	(388)	1:45:52
386	424	Wave5	Miriam	Keogan			female	35-39	0:16:15	(355)	0:07:20	0:51:35	(376)	0:02:09	0:28:43	(351)	1:46:01

