

Place	Bib	Surname	Name	Sex	Cat	Lap 1	Lap 2	Gun Time	Chip Time
1	1434	Bolger	Kevin	M	S	00:14:20	00:14:35	0:28:55	0:28:55
2	1610	Denis	Romain	M	S	00:14:13	00:14:54	0:29:10	0:29:07
3	1638	Drea	Wayne	M	S	00:14:48	00:14:44	0:29:32	0:29:32
4	1889	Kirwin	David	M	S	00:14:27	00:15:21	0:29:50	0:29:48
5	1449	Breen	Conor	M	S	00:14:45	00:15:12	0:30:00	0:29:57
6	1512	caulfield	brian	M	V40	00:14:50	00:15:21	0:30:11	0:30:11
7	2059	Moylan	Brendan	M	S	00:15:25	00:15:46	0:31:12	0:31:11
8	1557	Connolly	Fergal	M	S	00:15:27	00:16:10	0:31:37	0:31:37
9	1826	Hunter	Derek	M	V40	00:15:38	00:16:09	0:31:47	0:31:47
10	1625	Donohoe	Stephen	M	S	00:15:27	00:16:45	0:32:17	0:32:12
11	2120	O'Brien	Paul	M	S	00:16:05	00:16:27	0:32:34	0:32:31
12	1864	Kenna	Barry	M	S	00:15:57	00:16:41	0:32:43	0:32:38
13	2376	Costello	Rob	M	S	00:16:10	00:16:36	0:32:50	0:32:46
14	1528	Clarke	Thomas	M	S	00:16:18	00:16:31	0:32:57	0:32:49
15	2186	Phelan	Pat	M	V40	00:16:20	00:16:57	0:33:22	0:33:17
16	2211	Reeves	Steve	M	S	00:16:21	00:16:55	0:33:49	0:33:16
17	2324	van den Ende	Billy	M	S	00:16:33	00:16:53	0:33:57	0:33:26
18	1944	Mac Eoin	Oisin	M	S	00:16:41	00:17:19	0:34:04	0:34:00
19	2353	Whyte	Tony	M	V40	00:16:37	00:17:24	0:34:18	0:34:00
20	1423	Bigley	Chris	M	S	00:16:37	00:17:30	0:34:23	0:34:07
21	1940	Lyons	Micheal	M	S	00:17:04	00:17:16	0:34:27	0:34:20
22	1678	Fegan	Eoin	M	S	00:17:01	00:17:20	0:34:29	0:34:22
23	1714	foster	ciara	F	S	00:16:57	00:17:20	0:34:33	0:34:16
24	2174	o'sullivan	ciaran	M	V40	00:16:53	00:17:34	0:34:34	0:34:27
25	2340	Walsh	Tommy	M	S	00:16:58	00:17:40	0:34:44	0:34:38
26	1470	Byrne	Anthony	M	S	00:17:23	00:17:18	0:35:00	0:34:41
27	2061	Mulhair	Justin	M	S	00:17:04	00:17:55	0:35:03	0:35:00
28	1659	Elliott	Andy	M	S	00:17:28	00:17:26	0:35:17	0:34:54
29	1454	Eamonn	Brien	M	S	00:17:27	00:17:48	0:35:18	0:35:15
30	1602	de Barra	Eoghan	M	S	00:17:34	00:17:25	0:35:21	0:35:00
31	1745	Ginnity	Odhran	M	S	00:17:12	00:17:59	0:35:22	0:35:11
32	2303	Stewart	Gordon	M	S	00:17:11	00:18:00	0:35:22	0:35:11
33	2004	McGeown	Hugh	M	S	00:17:32	00:17:43	0:35:35	0:35:15
34	1799	Healy	Sarah	F	S	00:17:43	00:17:49	0:35:41	0:35:32
35	2374	McWeeney	Oisin	M	S	00:18:08	00:17:08	0:35:43	0:35:16
36	1511	cattley	simon	M	S	00:17:27	00:18:11	0:35:55	0:35:38
37	1519	Ciesielski	Piotr	M	S	00:17:36	00:18:24	0:36:03	0:36:00
38	2175	o'sullivan	eugene	M	S	00:17:51	00:18:10	0:36:03	0:36:01
39	2108	O' Connor	Brendan	M	S	00:17:46	00:18:17	0:36:10	0:36:02
40	2396	Quinn	Bernard	M	V50	00:17:49	00:18:08	0:36:13	0:35:57
41	1402	Aguilar	Bernardino	M	V40	00:18:11	00:17:18	0:36:14	0:35:30
42	2240	Ryan	Alan	M	S	00:17:21	00:18:50	0:36:15	0:36:11
43	2227	Roche	Eric	M	S	00:18:03	00:18:06	0:36:17	0:36:09
44	2122	O'Callaghan	Paul	M	S	00:17:45	00:18:28	0:36:17	0:36:12
45	1476	Byrne	Joey	M	S	00:18:37	00:17:21	0:36:28	0:35:58
46	1562	Conway	Brian	M	S	00:18:09	00:18:04	0:36:32	0:36:13
47	1549	Comiskey	Freda	F	S	00:17:54	00:18:23	0:36:33	0:36:18
48	2078	Murray	Brendan	M	S	00:18:32	00:17:39	0:36:34	0:36:11
49	2365	wren	david	M	S	00:18:14	00:18:21	0:36:37	0:36:35
50	1919	Lennon	Julie	F	V40	00:18:12	00:18:27	0:36:40	0:36:39
51	2106	O' Connor	Aidan	M	S	00:17:59	00:18:35	0:36:43	0:36:34
52	1652	Ebrill	Andrew	M	S	00:17:55	00:18:39	0:36:43	0:36:34
53	1962	Marsh	Ben	M	S	00:17:29	00:19:19	0:36:48	0:36:48
54	1640	Duckett	Leslie	M	V40			0:36:50	0:36:44
55	2119	O'Brien	Des	M	S	00:18:41	00:17:45	0:36:51	0:36:26
56	2223	Richardson	Mark	M	S	00:17:41	00:18:42	0:36:58	0:36:23
57	2276	Shinners	Kevin	M	S	00:18:25	00:18:18	0:37:00	0:36:43
58	2285	Smith	Clive	M	S	00:17:49	00:19:10	0:37:01	0:36:59
59	1717	French	John Bosco	M	S	00:18:12	00:18:32	0:37:10	0:36:44

60	1788	Hartney	Shane	M	S	00:18:10	00:18:42	0:37:12	0:36:53
61	2270	Sheridan	Anthony	M	S	00:18:20	00:18:34	0:37:13	0:36:54
62	1471	Byrne	Billy	M	V50	00:18:27	00:18:39	0:37:15	0:37:06
63	2321	Treacy	Caoimhe	F	S	00:18:35	00:18:36	0:37:17	0:37:11
64	1661	Ennis	Colm	M	S	00:17:58	00:19:22	0:37:24	0:37:21
65	1408	Austin	Colm	M	S	00:17:48	00:19:27	0:37:26	0:37:15
66	2042	Miley	Mark	M	S	00:18:32	00:18:51	0:37:26	0:37:23
67	1977	McCarthy	Owen	M	S	00:18:31	00:18:30	0:37:26	0:37:01
68	1813	Hickey	Conor	M	V50	00:18:19	00:18:42	0:37:36	0:37:01
69	1778	Hanlon	Simon	M	S	00:19:07	00:18:27	0:37:37	0:37:34
70	1683	Finn	Stephen	M	S	00:18:35	00:18:56	0:37:37	0:37:31
71	2127	o'Donoghue	richard	M	S	00:18:51	00:18:14	0:37:41	0:37:05
72	2318	Tohill	Aisling	F	S	00:18:26	00:18:47	0:37:44	0:37:13
73	2075	Murphy	Simon	M	S	00:17:56	00:19:45	0:37:47	0:37:41
74	2335	Walsh	John	M	S	00:18:45	00:18:42	0:37:47	0:37:26
75	1501	Carroll	Shane	M	S	00:19:03	00:18:29	0:37:55	0:37:32
76	1768	Guilfoyle	Brian	M	V40	00:19:00	00:18:19	0:37:57	0:37:19
77	1447	Branagan	Ois�n	M	S	00:18:56	00:18:57	0:38:02	0:37:53
78	1524	Clarke	Joe	M	V40	00:18:58	00:18:34	0:38:07	0:37:31
79	1673	Fayne	Brendan	M	S	00:19:00	00:18:41	0:38:10	0:37:42
80	2033	McMonagle	Ray	M	S	00:19:12	00:18:56	0:38:10	0:38:08
81	1609	Dempsey	Alan	M	S	00:18:35	00:19:25	0:38:11	0:38:00
82	1444	Brabazon	Mark	M	V50	00:18:53	00:19:01	0:38:13	0:37:54
83	2284	Smith	Christy	M	V50	00:19:08	00:18:44	0:38:13	0:37:52
84	1694	Fitzpatrick	Anthony	M	S	00:18:57	00:18:13	0:38:14	0:37:10
85	2394	Quigley	Liam	M	V40	00:18:15	00:19:40	0:38:15	0:37:55
86	1624	donoghue	Jason	M	S	00:18:55	00:19:13	0:38:22	0:38:08
87	1739	Gillick	Eileen	F	S	00:19:14	00:18:32	0:38:23	0:37:46
88	1441	Boylan	Philip	M	V50	00:18:13	00:20:07	0:38:25	0:38:20
89	2266	Sheil	Anne Marie	F	V40	00:18:32	00:19:33	0:38:28	0:38:04
90	2372	Keville	David	M	S	00:19:40	00:18:10	0:38:28	0:37:50
91	1583	Curran	Mike	M	S	00:18:53	00:18:21	0:38:29	0:37:14
92	1660	Elliott	Bronagh	F	S	00:19:07	00:18:55	0:38:31	0:38:02
93	1520	Clancy	Andrew	M	S	00:18:45	00:19:33	0:38:39	0:38:18
94	1838	Kavanagh	John	M	S	00:18:54	00:19:13	0:38:40	0:38:07
95	1559	Conroy	Paul	M	S	00:19:03	00:19:16	0:38:48	0:38:19
96	1735	Gerus	Marcin	M	S	00:19:15	00:18:50	0:38:48	0:38:05
97	1724	Gallagher	Tim	M	S	00:18:38	00:20:06	0:38:49	0:38:43
98	2319	Tormey	Oliver	M	S	00:18:38	00:19:19	0:38:50	0:37:56
99	2136	O'Flaherty	David	M	S	00:18:58	00:19:31	0:38:54	0:38:29
100	2030	McLoughney	Shane	M	S	00:18:48	00:19:36	0:38:57	0:38:23
101	1917	Lenehan	Rosie	F	S	00:19:17	00:19:32	0:39:00	0:38:50
102	1744	Gilvarry	Michael	M	S	00:19:02	00:19:59	0:39:02	0:39:01
103	1503	Carroll	Tom�s	M	S	00:19:30	00:18:26	0:39:10	0:37:56
104	2200	Purtill	Mark	M	S	00:19:24	00:19:41	0:39:14	0:39:05
105	1462	burke	michelle	F	S	00:19:11	00:20:05	0:39:19	0:39:15
106	2231	Rohan	Tadhg	M	S	00:19:42	00:18:53	0:39:21	0:38:35
107	2032	McMenamin	Stuart	M	S	00:18:59	00:20:20	0:39:23	0:39:19
108	1622	Donnelly	Kieran	M	S	00:19:32	00:19:55	0:39:29	0:39:26
109	2237	Rudden	Fergal	M	S	00:19:41	00:19:24	0:39:31	0:39:05
110	1401	Abanda	David	M	S	00:19:29	00:19:23	0:39:32	0:38:52
111	2134	O'Farrell	Deirdre	F	S	00:19:30	00:19:14	0:39:33	0:38:45
112	1827	Jennings	Colin	M	S	00:19:39	00:19:27	0:39:33	0:39:05
113	2399	Quinn	Dave	M	S	00:19:29	00:19:50	0:39:33	0:39:19
114	1623	donnily	jayne	F	S	00:19:16	00:19:22	0:39:34	0:38:39
115	1619	Donegan	Vincent	M	V40	00:19:34	00:20:02	0:39:37	0:39:35
116	1998	McDonald	Paul	M	S	00:19:45	00:19:50	0:39:39	0:39:35
117	1719	Gallagher	Cathal	M	S	00:19:55	00:19:34	0:39:42	0:39:29
118	1814	Hickey-Crowe	Nicola	F	S	00:20:07	00:19:11	0:39:42	0:39:18
119	1943	Mac Donncha	Micheal	M	S	00:19:59	00:19:24	0:39:43	0:39:23

120	1496	Carr	Helen	F	S	00:19:23	00:20:15	0:39:45	0:39:37
121	2102	O' Brien	Rob	M	S	00:20:03	00:18:58	0:39:53	0:39:01
122	2253	Ryan	Robert	M	S	00:19:23	00:20:04	0:39:54	0:39:27
123	1927	Loughman	James	M	S	00:19:44	00:20:10	0:39:56	0:39:54
124	2173	O'Sullivan	Cian	M	S	00:19:47	00:19:57	0:39:57	0:39:44
125	2219	Rehahan	Robbie	M	S	00:19:43	00:19:52	0:39:59	0:39:35
126	2018	McHugh	Stephen	M	S	00:19:53	00:19:10	0:40:05	0:39:03
127	2207	Rea	Justin	M	V50	00:19:45	00:20:25	0:40:13	0:40:11
128	2036	Mcowan	Dara	M	V40	00:19:29	00:20:30	0:40:17	0:39:59
129	1499	Carroll	Adam	M	S	00:19:31	00:20:27	0:40:20	0:39:58
130	1894	Kyne	Vicky	F	S	00:19:54	00:20:29	0:40:30	0:40:23
131	2364	Woods	Sharon	F	V40	00:19:58	00:20:30	0:40:32	0:40:29
132	1589	Daly	John	M	S	00:19:36	00:20:38	0:40:32	0:40:14
133	2142	O'Hanlon	Ciaran	M	S	00:19:37	00:20:15	0:40:34	0:39:52
134	1649	Dunphy	Sinead	F	S	00:20:12	00:20:25	0:40:41	0:40:36
135	1555	Conneely	Shane	M	S	00:20:37	00:19:43	0:40:42	0:40:21
136	1527	Clarke	Stephen	M	S	00:19:20	00:21:18	0:40:46	0:40:37
137	2192	Pouch	Derek	M	S	00:19:28	00:21:03	0:40:48	0:40:31
138	1910	leaney	mark	M	V40	00:19:45	00:20:44	0:40:50	0:40:28
139	2044	mills	john	M	S	00:20:26	00:20:12	0:40:52	0:40:38
140	1537	Coffey	Gerard	M	S	00:20:30	00:19:14	0:40:59	0:39:43
141	2329	Wade	Philip	M	S	00:19:30	00:20:51	0:41:00	0:40:21
142	1832	Jolliffe	Chris	M	V40	00:19:40	00:20:49	0:41:03	0:40:29
143	2401	Walsh	Irene	F	S	00:20:20	00:20:34	0:41:05	0:40:54
144	1697	Fitzpatrick	Matthew	M	S	00:21:06	00:19:36	0:41:07	0:40:42
145	2071	Murphy	Hazel	F	S	00:19:54	00:21:12	0:41:08	0:41:06
146	2152	O'Leary	John Mark	M	S	00:21:07	00:19:21	0:41:10	0:40:29
147	2191	Piwowarczyk	Daria	F	S	00:19:43	00:20:44	0:41:11	0:40:27
148	1435	Bollard	Barbara	F	S	00:19:53	00:21:14	0:41:12	0:41:06
149	2224	Rickard	Brian	M	S	00:21:04	00:19:10	0:41:15	0:40:14
150	1764	Groarke	Michele	F	V40	00:20:33	00:20:37	0:41:15	0:41:10
151	1815	Higgins	Richard	M	S	00:20:38	00:20:13	0:41:16	0:40:51
152	1664	Eustace	Stephen	M	S	00:20:06	00:20:56	0:41:17	0:41:03
153	2239	Rudden	Valerie	F	S	00:19:15	00:21:35	0:41:22	0:40:49
154	2027	McLoughlin	Caroline	F	S	00:19:45	00:21:37	0:41:23	0:41:22
155	2212	Reid	Natalie	F	S	00:20:29	00:20:41	0:41:24	0:41:10
156	2198	Purcell	Anne	F	V40	00:20:41	00:20:37	0:41:26	0:41:18
157	2395	McLoughlin	Roisin	F	S	00:20:40	00:20:10	0:41:27	0:40:49
158	2060	Mulcahy	Justin	M	S	00:20:43	00:19:59	0:41:27	0:40:42
159	1715	Frain	Marian	F	V40	00:20:10	00:21:18	0:41:34	0:41:28
160	1655	Egan	Des	M	S	00:20:30	00:21:00	0:41:36	0:41:30
161	2080	Murray	Ken	M	V40	00:20:04	00:21:32	0:41:38	0:41:37
162	1665	Fahey	Fergus	M	S	00:20:43	00:20:03	0:41:40	0:40:47
163	2007	McGovern	Mark	M	S	00:21:03	00:19:47	0:41:50	0:40:50
164	1798	Healy	Michael	M	S	00:20:45	00:20:56	0:41:59	0:41:42
165	2038	McWey	Michael	M	V40	00:20:21	00:21:50	0:42:16	0:42:11
166	1525	Clarke	John	M	S	00:21:23	00:19:59	0:42:21	0:41:22
167	1782	Harnett	David	M	V40	00:21:23	00:19:59	0:42:21	0:41:22
168	1770	Gurrie	Mary	F	S	00:20:57	00:21:12	0:42:25	0:42:09
169	2226	Robinson	Clare	F	S	00:20:53	00:21:29	0:42:26	0:42:21
170	1784	Harte	Jennifer	F	S	00:20:30	00:21:54	0:42:29	0:42:25
171	2306	Suttle	Joseph	M	S	00:21:04	00:20:25	0:42:30	0:41:30
172	2234	Rowlan	Eileen	F	V50	00:22:05	00:19:59	0:42:33	0:42:03
173	1743	Gilvarry	John	M	S	00:20:46	00:21:47	0:42:33	0:42:33
174	1817	Hodgins	Liz	F	S	00:20:55	00:21:34	0:42:34	0:42:29
175	2269	sheppard	stephen	M	S	00:21:22	00:20:50	0:42:34	0:42:12
176	1920	Lennon	Michael	M	S	00:20:54	00:21:13	0:42:42	0:42:07
177	1871	kenny	colm	M	S	00:22:18	00:19:33	0:42:46	0:41:51
178	1663	Eustace	Andrew	M	V40	00:21:12	00:21:19	0:42:47	0:42:31
179	1576	Cummins	Hugh	M	S	00:22:07	00:19:38	0:42:51	0:41:45

180	1693	Fitzhugh	Robert	M	S	00:22:29	00:19:51	0:42:53	0:42:20
181	1556	Connolly	Emma	F	S	00:21:14	00:21:34	0:42:55	0:42:48
182	1458	Buckley	Linda	F	S	00:21:16	00:21:37	0:43:00	0:42:54
183	1908	Lawson	David	M	S	00:20:56	00:21:36	0:43:05	0:42:32
184	1575	Cullen	Robert	M	V40	00:21:31	00:21:14	0:43:12	0:42:45
185	1702	Flanagan	Julie	F	S	00:21:26	00:21:33	0:43:15	0:42:59
186	1994	McDevitt	Alan	M	S	00:21:12	00:21:46	0:43:16	0:42:58
187	2046	Mitten	Diarmuid	M	S	00:22:02	00:20:29	0:43:18	0:42:31
188	1540	Collier	Tony	M	S	00:21:57	00:20:52	0:43:22	0:42:48
189	2332	Walsh	Adrian	M	V50	00:21:54	00:21:17	0:43:36	0:43:11
190	1801	Heffernan	Ailbhe	F	S	00:21:55	00:20:54	0:43:42	0:42:49
191	1551	Conlon	Gary	M	S	00:22:27	00:20:31	0:43:44	0:42:58
192	1530	Clements	Aisling	F	S	00:22:23	00:21:14	0:43:46	0:43:38
193	1477	Byrne	Kieran	M	S	00:20:13	00:23:13	0:43:46	0:43:26
194	1466	Burns	Karen	F	S	00:23:18	00:19:47	0:43:47	0:43:04
195	2185	Peters	Angella	F	S	00:22:18	00:21:18	0:43:48	0:43:35
196	2076	Murphy	Simon	M	S	00:20:58	00:22:48	0:43:48	0:43:46
197	1854	Kelly	AllsAn	F	S	00:22:08	00:21:32	0:43:49	0:43:40
198	1599	Davis	Luke	M	S	00:21:54	00:21:45	0:43:50	0:43:39
199	1421	berkeley	ailsa	F	S	00:21:26	00:21:41	0:43:54	0:43:07
200	2390	Rankin	Louise	F	S	00:22:22	00:21:09	0:43:55	0:43:31
201	1712	Forde	Lydia	F	S	00:21:59	00:21:10	0:43:58	0:43:09
202	1578	Cummins	Robert	M	S	00:21:47	00:21:49	0:43:59	0:43:36
203	2292	Smyth	John	M	S	00:22:57	00:20:33	0:44:02	0:43:30
204	2257	Sabatini	Marco	M	S	00:23:16	00:19:46	0:44:07	0:43:02
205	1986	McCoy	Marie Therese	F	S	00:21:33	00:22:17	0:44:07	0:43:50
206	2056	Morrissey	David	M	S	00:23:15	00:20:32	0:44:08	0:43:48
207	2006	mcGinley	maureen	F	V40	00:21:40	00:22:27	0:44:15	0:44:07
208	1836	kane	sean	M	S	00:21:51	00:22:12	0:44:18	0:44:03
209	1636	Doyle	Paul	M	S	00:21:52	00:22:12	0:44:19	0:44:04
210	1618	Donaghy	Bobby	M	S	00:22:05	00:21:48	0:44:21	0:43:53
211	1706	Flood	Jonathan	M	S	00:23:07	00:20:15	0:44:23	0:43:23
212	1692	Fitzgibbon	Damien	M	S	00:23:08	00:20:15	0:44:24	0:43:23
213	2262	Seery	Brian	M	S	00:23:07	00:20:18	0:44:26	0:43:25
214	2124	O'Doherty	John	M	V40	00:22:18	00:22:07	0:44:27	0:44:24
215	1487	Cameron	Siona	F	S	00:23:20	00:19:56	0:44:27	0:43:17
216	1440	Boylan	Gerard	M	V40	00:22:32	00:21:12	0:44:28	0:43:44
217	2182	Pearson	Ritchie	M	S	00:21:39	00:22:38	0:44:30	0:44:17
218	1738	Gillespie	Gary	M	S	00:22:56	00:20:37	0:44:32	0:43:33
219	2341	Walsh	Michael	M	V50	00:21:08	00:22:39	0:44:36	0:43:46
220	2336	Walsh	Laura	F	S	00:22:25	00:22:04	0:44:38	0:44:29
221	2389	O'Gorman	Mark	M	S	00:22:43	00:21:19	0:44:38	0:44:02
222	1669	Fallon	Vincent	M	S	00:22:09	00:22:07	0:44:39	0:44:16
223	1409	Bacon	Trevor	M	S	00:22:32	00:21:08	0:44:43	0:43:40
224	2057	Morrissey	Declan	M	S	00:22:30	00:21:56	0:44:47	0:44:26
225	1875	Kenny	Tricia	F	V40	00:22:32	00:21:33	0:44:49	0:44:05
226	1776	hand	john	M	S	00:22:41	00:21:13	0:44:49	0:43:54
227	2254	Ryan	Roisin	F	S	00:22:44	00:21:10	0:44:50	0:43:54
228	2256	Ryan	Stephen	M	S	00:22:59	00:20:57	0:44:52	0:43:56
229	2245	Ryan	Gillian	F	S	00:22:21	00:22:05	0:44:53	0:44:26
230	1709	Flynn	Keith	M	S	00:22:21	00:22:09	0:44:56	0:44:31
231	2189	Pierce	Kieran	M	V40	00:21:37	00:22:55	0:44:59	0:44:33
232	2053	Moore	Emer	F	S	00:22:38	00:22:09	0:44:59	0:44:46
233	2326	Varley	Maria	F	S	00:21:51	00:23:02	0:45:02	0:44:53
234	2088	Nevin	Carol	F	S	00:22:46	00:21:37	0:45:03	0:44:23
235	2028	McLoughlin	Liam	M	V50	00:22:53	00:21:37	0:45:15	0:44:30
236	1529	Cleary	Barry	M	S	00:22:51	00:21:49	0:45:15	0:44:40
237	1723	Gallagher	Paul	M	V40	00:23:03	00:21:50	0:45:18	0:44:52
238	1510	cassoni	una	F	S	00:22:21	00:22:52	0:45:20	0:45:13
239	2130	O'Driscoll	Audrai	F	V40	00:23:03	00:21:48	0:45:21	0:44:51

240	1650	durlas	Eoin	M	V40	00:22:00	00:23:03	0:45:22	0:45:04
241	1647	Dunphy	Lorcan	M	S	00:22:01	00:23:03	0:45:22	0:45:04
242	2217	Reilly	Susan	F	S	00:23:00	00:22:08	0:45:23	0:45:08
243	1958	Mahon	Laura	F	S	00:22:22	00:22:39	0:45:25	0:45:01
244	1930	LOUGHREY	TISH	F	S	00:22:37	00:22:10	0:45:26	0:44:47
245	2246	Ryan	Janette	F	S	00:22:44	00:22:03	0:45:27	0:44:48
246	2338	Walsh	Sarah	F	S	00:22:56	00:22:16	0:45:28	0:45:11
247	2146	O'Hare	Mary	F	S	00:23:03	00:21:37	0:45:28	0:44:39
248	1590	Daly	Mary	F	V40	00:22:23	00:23:02	0:45:31	0:45:25
249	1939	Lyons	Mandy	F	S	00:22:46	00:22:06	0:45:32	0:44:52
250	2031	McLynskey	Catherine	F	V40	00:22:41	00:22:24	0:45:36	0:45:05
251	1542	Collins	Ed	M	S	00:22:08	00:22:31	0:45:38	0:44:39
252	1895	Lacey	Brian	M	S	00:23:15	00:21:38	0:45:38	0:44:53
253	2041	megan	sorrena	F	S	00:23:16	00:21:38	0:45:39	0:44:55
254	2013	McGreevy	Shauna	F	S	00:22:20	00:23:01	0:45:41	0:45:21
255	1426	Blake	Gavin	M	S	00:23:13	00:22:20	0:45:43	0:45:33
256	1564	Corkery	Emiily	F	S	00:23:15	00:21:50	0:45:43	0:45:05
257	2012	McGreal	Elaine	F	S	00:22:20	00:22:34	0:45:44	0:44:54
258	2265	Sheahan	Kate	F	S	00:22:05	00:22:30	0:45:55	0:44:35
259	1981	McClelland	Helen	F	V50	00:22:40	00:22:43	0:45:55	0:45:23
260	2351	white	larry	M	V40	00:23:18	00:21:34	0:45:55	0:44:52
261	2388	Gorman	Alison	F	S	00:22:56	00:22:25	0:45:56	0:45:21
262	2222	Rhatigan	Kate	F	S	00:23:57	00:21:23	0:45:59	0:45:21
263	1481	Byrne	Patrick	M	S	00:22:57	00:22:26	0:46:00	0:45:23
264	1823	Howard	Aisling	F	V40	00:22:19	00:23:40	0:46:02	0:45:59
265	2010	McGrath	Brendan	M	V40	00:23:02	00:22:32	0:46:02	0:45:35
266	1406	Anglim	John	M	S	00:22:11	00:23:53	0:46:05	0:46:03
267	2268	Sheppard	Gina	M	S	00:23:21	00:22:32	0:46:06	0:45:53
268	1955	Maguire	Kerri	F	S	00:22:53	00:22:18	0:46:06	0:45:10
269	2346	Waters	Erin	F	S	00:22:49	00:23:13	0:46:08	0:46:02
270	2125	O'Donaile	Sean	M	V40	00:21:47	00:24:02	0:46:09	0:45:49
271	2274	Shine	Eileen	F	S	00:22:07	00:22:52	0:46:16	0:44:59
272	1733	gaynor	elizabeth	F	S	00:23:57	00:21:44	0:46:19	0:45:41
273	1425	Blaauw	Joyce	F	S	00:23:14	00:22:13	0:46:20	0:45:27
274	1567	Cotter	aoife	F	S	00:23:29	00:22:17	0:46:22	0:45:46
275	2090	Ni riain	Aoife	F	S	00:23:29	00:22:47	0:46:23	0:46:16
276	2314	Thomas	Roisin	F	S	00:23:03	00:23:20	0:46:23	0:46:23
277	1658	Egan	Sarah-Ann	F	S	00:22:39	00:23:20	0:46:26	0:45:59
278	1925	Long	Laurence	M	S	00:23:34	00:22:13	0:46:27	0:45:46
279	1554	Conneely	Feargal	M	S	00:21:47	00:24:18	0:46:27	0:46:05
280	2051	Moody	Conor	M	S	00:23:33	00:22:13	0:46:28	0:45:46
281	2171	o'sullivan	angela	F	V40	00:22:50	00:23:31	0:46:28	0:46:22
282	1574	Cronin	Colette	F	S	00:22:41	00:23:27	0:46:28	0:46:08
283	1742	Gilson	Jessica	F	S	00:23:12	00:23:12	0:46:33	0:46:23
284	2355	Williams	Emma	F	S	00:23:12	00:23:12	0:46:34	0:46:24
285	1937	Lynch	Owen	M	S	00:23:31	00:21:57	0:46:34	0:45:28
286	1534	Clifford	Ben	M	S	00:23:19	00:22:07	0:46:38	0:45:26
287	2045	Mitchell	Gemma	F	S	00:23:27	00:22:37	0:46:39	0:46:03
288	1626	Dooley	Orla	F	S	00:23:27	00:22:38	0:46:40	0:46:05
289	1844	Keane	Jenny	F	S	00:23:43	00:22:15	0:46:49	0:45:57
290	1841	Keane	Amy	F	S	00:23:42	00:22:16	0:46:50	0:45:58
291	1679	Fennell	Aoife	F	S	00:22:40	00:24:07	0:46:52	0:46:47
292	1672	Faulkner	Una	F	S	00:22:42	00:23:54	0:47:03	0:46:36
293	2055	Morrison	Cathleen	F	V40	00:23:54	00:22:39	0:47:05	0:46:33
294	1504	Carty	Michele	F	V40	00:22:59	00:23:52	0:47:06	0:46:51
295	2141	O'Halloran	Kevin	M	S	00:22:31	00:24:10	0:47:07	0:46:41
296	1711	Foley	Morgan	M	S	00:23:29	00:22:37	0:47:09	0:46:05
297	1588	Daly	Annette	F	S	00:24:03	00:22:30	0:47:09	0:46:34
298	1507	Cassidy	Dara	F	V40	00:22:48	00:23:36	0:47:10	0:46:24
299	1676	Feely	Paul	M	S	00:22:49	00:24:15	0:47:17	0:47:04

300	1767	guest	peter	M	V40	00:24:22	00:21:42	0:47:22	0:46:03
301	1982	McCluskey	Darren	M	S	00:23:41	00:23:34	0:47:26	0:47:15
302	1420	Bergin	Vincent	M	V40	00:23:39	00:23:06	0:47:31	0:46:44
303	1513	caulfield	deirdre	F	V40	00:23:33	00:23:30	0:47:31	0:47:03
304	1613	devine	joseph	M	V50	00:23:40	00:23:08	0:47:33	0:46:49
305	2132	O'Dwyer	Joanne	F	S	00:23:52	00:23:29	0:47:33	0:47:22
306	1500	Carroll	Dearbhail	F	S	00:23:40	00:23:13	0:47:36	0:46:54
307	1820	Holmes	Keith	M	V40	00:23:40	00:23:32	0:47:38	0:47:12
308	2169	O'Shea	Berna	F	S	00:24:09	00:22:39	0:47:39	0:46:48
309	1730	Garry	Claire	F	S	00:24:05	00:23:36	0:47:41	0:47:41
310	2203	quinn	dave	M	S	00:23:06	00:24:31	0:47:50	0:47:37
311	2280	Slattery	Eimear	F	S	00:22:38	00:24:55	0:47:54	0:47:33
312	1497	Carr	Paul	M	S	00:24:11	00:22:43	0:47:55	0:46:54
313	2312	Sweeney	Fiona	F	V40	00:24:22	00:22:38	0:47:55	0:47:00
314	1535	Coaches	Deirdre	F	V40	00:23:13	00:24:22	0:47:55	0:47:35
315	1687	finneran	elaine	F	S	00:23:23	00:24:10	0:47:58	0:47:33
316	2153	O'Leary	Kimberley	F	S	00:24:11	00:23:29	0:48:04	0:47:40
317	2064	Mullin	Lynn	F	S	00:24:11	00:23:30	0:48:04	0:47:40
318	2317	Tobin	Michael	M	S	00:23:08	00:24:07	0:48:06	0:47:15
319	1757	Gregan	Chris	M	S	00:25:11	00:22:00	0:48:19	0:47:11
320	2387	Sheahan	Kate	F	S	00:23:19	00:24:25	0:48:21	0:47:44
321	1922	Leyden	Susan	F	S	00:25:01	00:22:06	0:48:26	0:47:07
322	2288	Smith	Mary	F	S	00:23:42	00:24:37	0:48:28	0:48:20
323	2111	o' Dea	conor	M	S	00:23:47	00:24:27	0:48:31	0:48:14
324	1482	Byrne	Sarah	F	S	00:25:12	00:22:17	0:48:37	0:47:29
325	2082	Murray	Suzanne	F	S	00:24:16	00:24:08	0:48:37	0:48:24
326	1960	Malcolm	Katie	F	S	00:23:37	00:24:58	0:48:37	0:48:35
327	1642	Duffy	Leah	F	S	00:23:48	00:24:38	0:48:38	0:48:27
328	1853	Kehoe	Paul	M	S	00:23:47	00:24:39	0:48:38	0:48:26
329	1816	Hilliard	Debbie	F	S	00:24:17	00:24:12	0:48:42	0:48:29
330	1972	mcCarthy	edel	F	S	00:24:40	00:23:18	0:48:47	0:47:59
331	2277	Shivnen	Anne	F	V40	00:24:40	00:23:19	0:48:47	0:47:59
332	1802	Hefferon	Caitriona	F	S	00:25:20	00:23:01	0:48:50	0:48:21
333	1965	McAuley Kealy	Charlene	F	S	00:24:47	00:23:10	0:48:51	0:47:57
334	1775	Hand	Conor	M	S	00:23:23	00:24:31	0:48:51	0:47:54
335	1667	Fallon	Aisling	F	S	00:24:41	00:23:09	0:49:03	0:47:50
336	1843	Keane	Brian	M	S	00:25:14	00:23:23	0:49:07	0:48:38
337	1570	Coyne	Julianne	F	S	00:25:20	00:23:22	0:49:11	0:48:42
338	2073	Murphy	Niall	M	S	00:23:22	00:25:49	0:49:19	0:49:11
339	1645	Dunne	Aaron	M	S	00:24:37	00:24:14	0:49:23	0:48:51
340	2176	Owens	Louise	F	S	00:24:21	00:24:25	0:49:27	0:48:46
341	2015	McGuane	Ceire	F	S	00:24:02	00:24:59	0:49:31	0:49:02
342	1592	Daly	Patrick	M	V40	00:25:05	00:24:27	0:49:36	0:49:32
343	1961	Mannion	Fiona	F	S	00:24:00	00:25:15	0:49:42	0:49:15
344	1967	Mcbrearty	Mary	F	S	00:24:29	00:24:24	0:49:45	0:48:53
345	1698	fitzpatrick	paula	F	S	00:24:21	00:24:55	0:49:46	0:49:16
346	1431	Bogdanova	Tatiana	F	S	00:25:28	00:23:24	0:49:47	0:48:53
347	1492	Carey	Sonia	F	S	00:24:51	00:23:41	0:49:49	0:48:31
348	1819	Hogan	Niamh	F	S	00:24:40	00:24:55	0:49:51	0:49:35
349	2287	Smith	Mairead	F	S	00:24:17	00:24:53	0:49:51	0:49:09
350	1657	Egan	Patrick	M	S	00:25:29	00:23:29	0:49:52	0:48:58
351	2282	Smith	Aisling	F	S	00:24:16	00:24:54	0:49:53	0:49:10
352	2261	Scharwatt	Nathalie	F	S	00:25:06	00:23:31	0:49:55	0:48:37
353	2157	O'Malley	Claire	F	S	00:25:56	00:22:58	0:49:56	0:48:54
354	1621	Donnelly	Gary	M	S	00:24:54	00:24:35	0:50:02	0:49:29
355	1463	Burke	Roisin	F	S	00:24:54	00:24:36	0:50:03	0:49:30
356	1526	Clarke	Marguerite	F	S	00:24:20	00:25:35	0:50:04	0:49:55
357	2091	Ni Shuilleabhain	Orna	F	S	00:25:45	00:23:09	0:50:04	0:48:55
358	1852	Keenan	Kate	F	S	00:23:44	00:25:42	0:50:05	0:49:26
359	1877	Keville	Ciara	F	S	00:24:39	00:24:46	0:50:06	0:49:26

360	1765	Grogan	Miriam	F	S	00:24:22	00:25:04	0:50:07	0:49:26
361	1825	Hughes	Katie	F	S	00:25:25	00:23:51	0:50:08	0:49:17
362	2225	Roberts	Dee	F	S	00:25:30	00:24:11	0:50:15	0:49:41
363	1428	Blunden	Alice	F	S	00:25:23	00:24:44	0:50:20	0:50:07
364	1884	Kimber	Niamh	F	S	00:25:08	00:24:17	0:50:20	0:49:26
365	2242	Ryan	Ciara	F	S	00:24:25	00:25:00	0:50:20	0:49:25
366	2002	McFarlane	Will	M	S	00:25:07	00:24:18	0:50:21	0:49:26
367	1915	Lee	Sarah-Louise	F	S	00:25:27	00:23:53	0:50:21	0:49:20
368	1461	Burke	Cepta	F	V40	00:24:46	00:25:06	0:50:22	0:49:52
369	2167	o'Reilly	sinead	F	S	00:24:57	00:24:21	0:50:23	0:49:18
370	2196	Priestley	Ciaran	M	S	00:25:59	00:23:12	0:50:24	0:49:11
371	1457	Buckley	Catriona	F	S	00:25:12	00:24:31	0:50:25	0:49:42
372	2011	McGrath	Noel	M	S	00:25:23	00:24:15	0:50:26	0:49:38
373	2148	O'Keeffe	Noreen	F	S	00:25:22	00:24:34	0:50:26	0:49:56
374	1946	MacGowan	Odharnait	F	S	00:24:22	00:26:00	0:50:26	0:50:22
375	1410	Bambrick	Caitriona	F	S	00:24:51	00:24:44	0:50:27	0:49:35
376	1700	Fitzsimons	Alan	M	S	00:25:45	00:23:31	0:50:36	0:49:16
377	2068	Murdock	Fiona	F	S	00:25:38	00:24:01	0:50:38	0:49:38
378	2298	Snell	Emma	F	S	00:25:31	00:24:21	0:50:38	0:49:51
379	1637	Doyle	Suzanne	F	S	00:25:01	00:24:50	0:50:41	0:49:52
380	1543	Collins	Eilish	F	S	00:25:32	00:24:31	0:50:49	0:50:02
381	1987	McCullagh	Eileen	F	S	00:26:48	00:23:12	0:50:50	0:50:00
382	1439	Bowe	Orla	F	S	00:25:21	00:24:26	0:50:51	0:49:47
383	1577	Cummins	Julie	F	S	00:25:03	00:24:33	0:50:52	0:49:36
384	1758	Gregan	Sinead	F	S	00:25:35	00:24:22	0:51:04	0:49:57
385	1845	Keane	Mark	M	V50	00:25:58	00:23:48	0:51:05	0:49:46
386	2360	Woods	Alison	F	S	00:25:04	00:25:51	0:51:06	0:50:56
387	1432	Boland	Conor	M	S	00:25:21	00:24:44	0:51:09	0:50:05
388	1771	Haikonen	Nina	F	S	00:25:28	00:24:48	0:51:10	0:50:16
389	1607	Delvin	C	M	S	00:25:55	00:24:08	0:51:11	0:50:04
390	1763	Griner	Karin	F	S	00:25:17	00:25:42	0:51:11	0:50:59
391	1605	Deignan	Laura	F	S	00:25:14	00:25:19	0:51:11	0:50:33
392	1933	Lydon	Barbara	F	S	00:24:59	00:25:54	0:51:13	0:50:52
393	2103	O' Byrne	Niamh	F	V40	00:25:33	00:24:37	0:51:13	0:50:10
394	2047	Moloney	Joan	F	V40	00:25:56	00:24:07	0:51:17	0:50:03
395	2095	Norton	Aisling	F	V40	00:25:19	00:24:40	0:51:18	0:49:59
396	1465	burke	stephen	M	S	00:27:33	00:22:32	0:51:19	0:50:05
397	1956	Maguire	Sorcha	F	S	00:25:11	00:25:53	0:51:20	0:51:04
398	2158	O'Malley	Declan	M	V40	00:26:09	00:24:05	0:51:21	0:50:14
399	1878	kiernan	Eimear	F	S	00:25:56	00:25:17	0:51:23	0:51:14
400	2243	Ryan	Clare	F	S	00:25:48	00:24:51	0:51:25	0:50:39
401	1731	Gath	Louise	F	S	00:25:02	00:25:43	0:51:25	0:50:44
402	1591	Daly	Orla	F	S	00:25:20	00:25:37	0:51:25	0:50:57
403	2187	Phillips	Nicola	F	S	00:24:45	00:26:08	0:51:31	0:50:53
404	1898	Lally	Ailish	F	S	00:24:45	00:26:32	0:51:32	0:51:16
405	2234	Rowland	Eileen	F	V50	00:25:36	00:25:17	0:51:39	0:50:52
406	1569	Cousins	Caitriona	F	V40	00:25:39	00:25:06	0:51:48	0:50:46
407	1734	Geoghegan	Kelly	F	S	00:26:04	00:24:38	0:51:52	0:50:42
408	1725	Galvin	Liza	F	S	00:26:04	00:24:39	0:51:54	0:50:43
409	2039	meagher	sarah	F	V40	00:26:27	00:24:23	0:51:54	0:50:50
410	2366	Wylie	James	M	V40	00:26:27	00:25:24	0:51:55	0:51:51
411	1584	currid	dee	F	S	00:25:13	00:26:22	0:51:57	0:51:35
412	2357	Windrum	John	M	V40	00:24:53	00:26:09	0:51:58	0:51:02
413	1803	Hempenstall	Andrew	M	S	00:26:49	00:24:35	0:52:04	0:51:25
414	2023	McLean	Katie	F	S	00:26:48	00:24:42	0:52:04	0:51:30
415	1772	Haikonen	Timo	M	S	00:25:33	00:25:40	0:52:07	0:51:13
416	1737	Gillespie	Bernie	F	V40	00:25:22	00:26:07	0:52:07	0:51:29
417	2342	Walsworth-Bell	Louise	F	S	00:25:57	00:24:54	0:52:11	0:50:52
418	2221	Rhatigan	Anne-Marie	F	S	00:25:10	00:26:24	0:52:12	0:51:34
419	2393	Rooney	Ken	M	S	00:24:16	00:27:23	0:52:14	0:51:39

420	2180	Patterson	Niamh	F	V40	00:26:14	00:25:27	0:52:25	0:51:41
421	1867	Kennedy	Margaret	F	V50	00:25:36	00:26:25	0:52:25	0:52:01
422	1926	Lopez	Jorge	M	S	00:25:59	00:25:51	0:52:26	0:51:50
423	2315	Thompson	Benjamin	M	S	00:23:55	00:28:06	0:52:31	0:52:01
424	2003	McGann	Suzanne	F	S	00:25:19	00:26:24	0:52:36	0:51:44
425	1794	HAYES	KAREN	F	S	00:26:07	00:25:19	0:52:40	0:51:25
426	1914	Lee	Lorna	F	S	00:26:12	00:26:21	0:52:43	0:52:32
427	1913	Lee	Caroline	F	S	00:25:38	00:26:17	0:52:45	0:51:55
428	2311	Sweeney	Pamela	F	S	00:25:49	00:26:13	0:52:51	0:52:02
429	1976	McCarthy	Orla	F	S	00:26:39	00:25:57	0:52:55	0:52:37
430	1603	Deegan	Eimear	F	S	00:26:56	00:25:12	0:52:58	0:52:07
431	2295	Smyth	Sandra	F	S	00:25:46	00:26:04	0:52:59	0:51:49
432	2354	Wickham	Maura	F	S	00:25:50	00:26:37	0:52:59	0:52:27
433	1780	Hannigan	Anne Marie	F	S	00:26:13	00:25:58	0:53:02	0:52:12
434	2079	Murray	John	M	V40	00:26:51	00:25:14	0:53:03	0:52:05
435	1606	Delaney	Kate	F	S	00:25:49	00:27:05	0:53:03	0:52:54
436	2135	O'Farrell	Geraldine	F	V50	00:26:05	00:26:13	0:53:06	0:52:18
437	1430	Bobbett	Joanne	M	S	00:27:06	00:24:53	0:53:07	0:51:59
438	1912	Lee	Aileen	F	S	00:26:10	00:26:10	0:53:08	0:52:20
439	1464	Burke	Siobhan	F	V40	00:26:28	00:26:18	0:53:14	0:52:46
440	1595	Darcy	Irene	F	S	00:26:31	00:25:48	0:53:15	0:52:19
441	2316	Thompson	Sheila	F	S	00:26:31	00:25:32	0:53:16	0:52:04
442	1729	Gargan	Edel	F	S	00:26:44	00:25:36	0:53:17	0:52:20
443	2026	McLoughlin	Adrian	M	S	00:25:41	00:27:04	0:53:21	0:52:45
444	1631	Dowling	Geraldine	F	S	00:27:06	00:25:36	0:53:24	0:52:42
445	1498	Carrigan	Margaret	F	V40	00:26:17	00:26:53	0:53:26	0:53:10
446	1860	Kelly	Lily	F	V50	00:26:02	00:26:32	0:53:27	0:52:34
447	1992	mcdermott	vivienne	F	S	00:26:46	00:26:08	0:53:27	0:52:54
448	1494	Carmody	Aimee	F	S	00:26:08	00:26:02	0:53:29	0:52:10
449	1612	Devane	Shane	M	S	00:26:35	00:25:40	0:53:30	0:52:16
450	2166	O'Reilly	Helen	F	S	00:26:26	00:26:24	0:53:33	0:52:50
451	1984	McCormack	Ann	F	S	00:26:31	00:26:16	0:53:36	0:52:47
452	2309	Sweeney	Michelle	F	S	00:26:37	00:26:24	0:53:38	0:53:01
453	2063	Mullin	Elaine	F	S	00:26:37	00:26:24	0:53:38	0:53:00
454	1740	Gillooly	Ellie	F	S	00:26:16	00:26:57	0:53:41	0:53:13
455	2131	O'Driscoll	Killian	F	V40	00:28:26	00:25:00	0:53:45	0:53:26
456	1550	COMMANE	CIARA	F	S	00:26:45	00:25:44	0:53:46	0:52:29
457	1769	Guilfoyle	Cara	F	S	00:25:54	00:27:27	0:53:48	0:53:21
458	2290	Smith	Roisin	F	S	00:25:58	00:27:12	0:53:52	0:53:10
459	1707	Flynn	Deirdre	F	S	00:25:08	00:28:33	0:53:53	0:53:42
460	1675	Feely	Caroline	F	S	00:26:18	00:27:20	0:53:53	0:53:38
461	2367	Wylie	Tara	F	S	00:26:56	00:26:53	0:53:53	0:53:49
462	1671	Farrell	Nuala	F	S	00:25:18	00:28:26	0:53:56	0:53:44
463	1596	DARCY	SHARON	F	S	00:26:03	00:26:54	0:53:57	0:52:58
464	1899	Lally	Lorraine	F	S	00:26:03	00:27:08	0:53:58	0:53:11
465	1931	Lucas	Mona	F	S	00:26:39	00:27:01	0:53:58	0:53:41
466	1651	Dwyer	Lorna	F	S	00:26:41	00:26:16	0:53:59	0:52:58
467	1509	Cassoni	Niamh	F	S	00:26:43	00:26:20	0:53:59	0:53:03
468	1892	kristensen	laura	F	S	00:26:44	00:26:20	0:54:00	0:53:03
469	1918	Lennon	Aisling	F	S	00:26:48	00:26:12	0:54:00	0:53:00
470	1427	Blake	Geraldine	F	V40	00:26:06	00:27:24	0:54:01	0:53:30
471	1521	Clancy	Ann	F	S	00:27:18	00:25:33	0:54:02	0:52:50
472	1990	McDermott	Shane	M	S	00:27:17	00:25:33	0:54:02	0:52:50
473	2302	Stenson	Martina	F	V40	00:27:42	00:25:37	0:54:02	0:53:19
474	1593	Daniel	Denise	F	S	00:28:00	00:25:18	0:54:04	0:53:18
475	2112	O' Dea	Donal	M	S	00:26:45	00:26:16	0:54:07	0:53:01
476	1442	Boyle	Clare	F	S	00:26:48	00:26:48	0:54:11	0:53:36
477	2264	Shanahan	Kate	F	S	00:27:31	00:25:24	0:54:11	0:52:54
478	2230	Rohan	Mary	F	S	00:26:15	00:26:42	0:54:12	0:52:57
479	2305	Sullivan	Noelle	F	S	00:27:35	00:25:26	0:54:13	0:53:00

480	2065	Mulvaney	Yolanda	F	S	00:26:01	00:27:13	0:54:13	0:53:14
481	2263	Shanahan	Elma	F	S	00:27:31	00:25:26	0:54:14	0:52:57
482	2299	Solarz	Kamila	F	S	00:26:01	00:27:14	0:54:14	0:53:15
483	2118	O'Brien	Claire	F	S	00:26:19	00:27:04	0:54:15	0:53:23
484	1475	Byrne	Gillian	F	S	00:26:45	00:26:47	0:54:17	0:53:32
485	1804	Hempenstall	Michael	M	S	00:26:49	00:26:49	0:54:18	0:53:38
486	2133	O'FAherty	Melissa	F	S	00:27:42	00:25:53	0:54:18	0:53:35
487	2352	White	Laura	F	S	00:27:28	00:25:37	0:54:22	0:53:06
488	2362	Woods	Kelly-Marie	F	S	00:27:10	00:27:05	0:54:30	0:54:14
489	1997	McDonald	Edel	F	S	00:27:59	00:25:19	0:54:31	0:53:18
490	1571	Craven	Patricia	F	S	00:27:34	00:25:46	0:54:31	0:53:19
491	2361	Woods	Brian	M	S	00:27:09	00:27:06	0:54:31	0:54:15
492	2000	McDonnell	Caren	F	V40	00:27:34	00:25:46	0:54:32	0:53:20
493	1641	Duffy	Eilis	F	S	00:26:37	00:26:51	0:54:37	0:53:27
494	1718	Galavan	Mairead	F	S	00:26:54	00:26:33	0:54:37	0:53:27
495	1979	McCaul	Bridget	F	S	00:26:46	00:26:40	0:54:43	0:53:26
496	2190	Pittam	Leah	F	S	00:26:13	00:28:10	0:54:51	0:54:24
497	1488	Cameron	Elaine	F	V40	00:27:26	00:26:58	0:54:54	0:54:23
498	1548	Comiskey	Emma	F	S	00:27:59	00:26:12	0:54:57	0:54:11
499	2147	O'Hurley	Nicola	F	S	00:26:52	00:27:33	0:55:04	0:54:25
500	2397	Norton	Aisling	F	S	00:27:02	00:27:16	0:55:06	0:54:18
501	1438	Boughton	Victoria	F	S	00:27:12	00:26:50	0:55:10	0:54:02
502	1437	Boughton	Catherine	F	V40	00:27:12	00:26:51	0:55:12	0:54:03
503	1856	Kelly	Claire	F	S	00:26:05	00:28:27	0:55:14	0:54:32
504	1561	conville	Brian	M	S	00:26:14	00:28:39	0:55:36	0:54:52
505	1460	Bunce	Jonathan	M	S	00:26:35	00:27:48	0:55:36	0:54:23
506	1806	Hennessy	Lauren	F	S	00:28:46	00:25:49	0:55:37	0:54:35
507	1951	Magee	Aidan	M	S	00:28:46	00:25:49	0:55:37	0:54:35
508	1635	Doyle	Jessica	F	S	00:29:11	00:25:21	0:55:37	0:54:32
509	2325	Vance	Paula	F	S	00:28:58	00:26:18	0:55:38	0:55:16
510	2034	McNamara	Valerie	F	V40	00:27:48	00:26:54	0:55:40	0:54:41
511	1446	Brady	Irene	F	S	00:27:00	00:27:42	0:55:44	0:54:42
512	1980	McCauley	Ciaran	M	S	00:26:43	00:28:10	0:55:45	0:54:53
513	1760	Griffin	Fergal	M	S	00:26:33	00:28:26	0:55:46	0:54:59
514	1696	Fitzpatrick	Lisa	F	S	00:28:16	00:26:44	0:55:47	0:55:00
515	1594	Daniel	Frances	F	S	00:28:00	00:27:05	0:55:51	0:55:04
516	2301	Stadlman	Cheryl	F	S	00:28:12	00:26:46	0:56:04	0:54:58
517	2229	Roche	Emma	F	S	00:27:32	00:27:21	0:56:08	0:54:53
518	2058	Morrissey	Emer	F	S	00:27:11	00:28:33	0:56:41	0:55:44
519	1686	Finneran	Damien	M	S	00:27:47	00:28:40	0:56:51	0:56:27
520	1553	connaughton	elaine	F	S	00:28:15	00:27:42	0:56:51	0:55:57
521	1911	Leavey	Elaine	F	V40	00:25:58	00:30:46	0:56:56	0:56:45
522	1787	hartigan	grainne	F	V40	00:27:22	00:28:51	0:57:02	0:56:13
523	1473	Byrne	Claire	F	S	00:28:39	00:27:32	0:57:21	0:56:11
524	1795	Hayes	Niamh	F	S	00:28:40	00:27:32	0:57:22	0:56:11
525	2005	McGinley	Fiona	F	S	00:28:38	00:27:28	0:57:22	0:56:06
526	1416	Baxter	Suzanne	F	V40	00:28:37	00:27:50	0:57:44	0:56:28
527	1604	Deegan	Orlagh	F	S	00:28:29	00:28:32	0:57:52	0:57:01
528	1901	Lanigan	Alice	F	S	00:28:51	00:27:57	0:57:54	0:56:48
529	1818	Hogan	Elizabeth	F	S	00:28:59	00:28:14	0:58:02	0:57:12
530	2140	O'Halloran	Elaine	F	S	00:28:58	00:28:14	0:58:03	0:57:12
531	1897	Lafferty	Noel	M	S	00:28:39	00:28:14	0:58:07	0:56:52
532	1749	Glennon	Julie	F	S	00:27:40	00:29:46	0:58:08	0:57:27
533	1747	Gleeson	Mary-Bridget	F	S	00:28:55	00:28:28	0:58:13	0:57:23
534	1629	Doran	Siobhan	F	S	00:28:55	00:28:28	0:58:13	0:57:24
535	1746	Gleeson	Liz	F	S	00:29:03	00:28:57	0:58:19	0:58:00
536	2356	Willoughby	Louise	F	S	00:29:03	00:28:57	0:58:19	0:58:00
537	1514	Cavanagh	Niamh	F	V40	00:28:43	00:28:57	0:58:24	0:57:40
538	2323	Tuliani	Aileen	F	S	00:28:45	00:28:31	0:58:28	0:57:16
539	1999	McDonald	Rachel	F	S	00:28:43	00:29:03	0:58:30	0:57:46

540	2307	sweeney	aoife	F	S	00:28:58	00:28:49	0:58:42	0:57:47
541	1996	McDonald	Deirdre	F	S	00:27:59	00:29:32	0:58:44	0:57:30
542	1429	Bobbett	Joanne	F	S	00:28:46	00:28:56	0:58:50	0:57:42
543	2313	Synnott	Siobhan	F	S	00:29:12	00:29:36	0:58:59	0:58:48
544	1834	Jones	Sinead	F	S	00:28:13	00:31:14	0:59:59	0:59:27
545	1545	Collins	Margaret	M	V40	00:29:10	00:30:08	1:00:01	0:59:18
546	1688	Fitzgerald	Amy	F	S	00:30:13	00:28:43	1:00:17	0:58:56
547	1691	fitzgerald	orla	F	S	00:30:14	00:28:47	1:00:22	0:59:01
548	2379					00:00:11	00:29:41	1:00:28	1:00:11
549	2333	Walsh	Eilin	F	S	00:29:50	00:30:06	1:00:55	0:59:57
550	1493	Carey Tyrrell	Yvonne	F	S	00:30:59	00:29:53	1:01:45	1:00:52
551	1491	Carey	Christine	F	S	00:31:00	00:29:53	1:01:45	1:00:53
552	1862	Kelly	Sandra	F	S	00:33:46	00:30:36	1:05:16	1:04:22
553	1928	Loughman	Sheila	F	S	00:30:51	00:33:23	1:05:17	1:04:14
554	2289	Smith	Paula	F	S	00:32:45	00:32:16	1:05:53	1:05:01
555	1756	Greene	Ursula	F	S	00:32:43	00:32:14	1:06:02	1:04:57
556	1974	McCarthy	Marcella	F	S	00:32:43	00:32:14	1:06:02	1:04:57
557	2104	O' Callaghan	Sue	F	S	00:32:26	00:34:32	1:07:55	1:06:57
558	1985	McCormack	Mary	F	V40	00:32:42	00:34:23	1:08:05	1:07:05
559	2049	Monahan	Mags	F	S	00:33:44	00:33:59	1:08:34	1:07:43
560	1888	Kinsley	Michelle	F	V40	00:34:46	00:36:30	1:12:14	1:11:16
561	1887	Kinsley	Eric	M	V40	00:34:47	00:36:29	1:12:14	1:11:16
	1601	Davy	Ronan	M	S	00:17:25		DNF	DNF
	1727	Gannon	Grace	F	S	00:20:46		DNF	DNF
	1433	Bolger	Ciara	F	S	00:24:57		DNF	DNF
	1516	Champion	Risa	F	S	00:27:19		DNF	DNF
	1523	Clarke	Helena	F	S	00:29:13		DNF	DNF
	2145	O'Hare	Mary	F	V40	00:29:25		DNF	DNF
	2083	Murtagh	Gemma	F	S	00:29:25		DNF	DNF
	1656	Egan	Jennie	F	S	00:36:43		DNF	DNF
	2369	Laughlin	Catriona	F	S			DNF	DNF
	1942	Mac Carthy	Safann	F	S			DNF	DNF
	2165	O'Regan	Maria	F	S			DNF	DNF
	1716	Frawley	Sarah	F	S			DNF	DNF