

Place	Bib	Surname	Name	Sex	Cat	Club	Lap 1	Lap 2	Race Time	Chip Time
1	1640	Kirwan	David	M	Sen		0:15:43	0:16:24	0:32:07	0:32:07
2	1103	Conway	Turlough	M	Sen	Rathfarnham AC	0:15:41	0:16:48	0:32:29	0:32:29
3	1087	Clark	Ross	M	Sen	Hunters Bog Trotters	0:15:55	0:16:37	0:32:32	0:32:32
4	1067	Campbell	Rory	M	O 40		0:16:31	0:16:54	0:33:25	0:33:25
5	1114	Cronin	Kate	F	Sen	Raheny Shamrocks	0:16:42	0:16:52	0:33:36	0:33:34
6	1589	Tyrrell	Gar	M	Sen		0:16:54	0:18:06	0:35:01	0:35:00
7	1295	jeric	boris	M	Sen		0:17:36	0:18:34	0:36:16	0:36:10
8	1061	Cadogan	Ross	M	Sen		0:17:33	0:18:32	0:36:23	0:36:05
9	1146	Donnelly	John	M	Sen		0:18:11	0:17:58	0:36:24	0:36:09
10	1542	Ryan	Niall	M	Sen		0:18:27	0:18:32	0:37:02	0:36:59
11	1457	O Mir	Oisin	M	Sen		0:18:02	0:19:07	0:37:12	0:37:09
12	1630	Connolly	Colm	M	Sen		0:18:25	0:18:54	0:37:29	0:37:18
13	1049	burke	Anthony	M	Sen		0:18:37	0:18:52	0:37:34	0:37:29
14	1269	Hayes	Pat	M	Sen	Burren cycling	0:18:40	0:18:52	0:37:34	0:37:32
15	1076	Carroll	Shane	M	Sen		0:18:38	0:18:59	0:37:37	0:37:37
16	1643	Ryan	David	M	Sen		0:18:24	0:19:20	0:37:45	0:37:45
17	1176	Durkan	Danny	M	Sen		0:18:58	0:18:44	0:37:47	0:37:43
18	1079	Carroll	Tom	M	Sen		0:18:36	0:19:08	0:37:48	0:37:45
19	1291	Hurley	Killian	M	Sen		0:18:44	0:19:01	0:37:48	0:37:46
20	1572	Swan	Des	M	Sen		0:18:42	0:19:10	0:37:55	0:37:52
21	1593	Vasconi	Luca	M	O 40		0:18:41	0:19:16	0:37:57	0:37:57
22	1144	Donnelly	Declan	M	O 40		0:18:53	0:19:03	0:38:11	0:37:56
23	1638	O Loinsigh	Amhlaioibh	M	Sen		0:19:35	0:18:50	0:38:33	0:38:25
24	1039	Brennan	John	M	O 40		0:19:09	0:19:24	0:38:45	0:38:34
25	1017	Bergin	Stephanie	F	Sen		0:19:26	0:19:12	0:38:46	0:38:39
26	1019	Bestue	Juan	M	Sen	Los Maquinarias	0:18:59	0:19:45	0:38:49	0:38:43
27	1042	Brien	Eamonn	M	Sen		0:18:54	0:20:03	0:38:59	0:38:57
28	1048	BURGESS	RACHEL	F	O 40		0:19:08	0:19:50	0:39:00	0:38:58
29	1267	Hayes	Dave	M	Sen	St Anne's GAA Club	0:18:50	0:20:12	0:39:07	0:39:02
30	1600	walsh	Brian	M	Sen		0:18:21	0:20:47	0:39:09	0:39:08
31	1051	Burke	Michael	M	Sen		0:19:05	0:19:59	0:39:15	0:39:05
32	1324	kinneen	andrew	M	Sen	The Kenmens	0:19:15	0:20:06	0:39:22	0:39:21
33	1540	Ryan	Evan	M	Sen	The Kenmens	0:19:15	0:20:08	0:39:23	0:39:23
34	1113	Cronin	Damian	M	Sen		0:19:18	0:20:15	0:39:36	0:39:33
35	1155	Doran	James	M	Sen		0:18:54	0:20:37	0:39:38	0:39:30
36	1074	Carroll	Adam	M	Sen		0:19:10	0:20:29	0:39:40	0:39:40
37	1473	O'Connor	Ronan	M	Sen		0:19:45	0:19:55	0:39:44	0:39:40
38	1530	Robineau	Anthony	M	Sen		0:19:36	0:20:09	0:39:53	0:39:45
39	1333	Lennon	Kevin	M	Sen		0:20:04	0:19:36	0:39:54	0:39:40
40	1399	McNally	Gerard	M	Sen	T.W.A.T.	0:20:02	0:19:36	0:39:55	0:39:37
41	1013	Beagan	Colin	M	Sen		0:19:11	0:20:50	0:40:03	0:40:01
42	1637	Northridge	James	M	Sen		0:19:36	0:20:21	0:40:06	0:39:57
43	1108	Corrigan	Daniele	F	Sen		0:20:11	0:20:00	0:40:18	0:40:12
44	1221	Gallagher	Cathal	M	Sen		0:20:19	0:20:25	0:40:45	0:40:44
45	1258	Haran	Aidan	M	Sen		0:20:45	0:19:39	0:40:45	0:40:23
46	1396	McManus	Fiona	F	Sen		0:20:26	0:20:20	0:40:51	0:40:47
47	1495	O'Rourke	Maria	F	O 40		0:20:05	0:20:42	0:40:53	0:40:47
48	1217	Friel	Garret	M	Sen		0:20:06	0:20:41	0:41:02	0:40:48
49	1398	McMenamin	Stuart	M	Sen		0:20:15	0:20:43	0:41:08	0:40:58
50	1052	burke	Stephen	M	Sen		0:20:22	0:20:44	0:41:12	0:41:06
51	1516	Quinn	Graham	M	Sen		0:21:00	0:20:06	0:41:13	0:41:06
52	1598	Wall	Gary	M	Sen		0:19:55	0:21:26	0:41:32	0:41:20
53	1215	Fox	Eugene	M	Sen		0:21:02	0:20:31	0:41:40	0:41:33
54	1032	Brady	Shay	M	Sen	St Anne's GAA Club	0:20:13	0:21:23	0:41:41	0:41:36
55	1278	hogan	david	M	O 40		0:20:59	0:20:35	0:41:42	0:41:34
56	1519	quinn	paul	M	O 40		0:20:17	0:21:23	0:41:43	0:41:40
57	1435	Murray	Vincent	M	Sen		0:20:30	0:21:19	0:41:49	0:41:49
58	1014	beaufort	gavin	M	Sen		0:20:27	0:21:24	0:41:52	0:41:50
59	1518	Quinn	Niall	M	Sen	TW	0:19:50	0:21:28	0:41:56	0:41:18
60	1418	MUJANOVIC	ALEN	M	Sen		0:19:57	0:22:02	0:42:05	0:41:59
61	1606	Ward	Colm	M	Sen		0:20:58	0:20:59	0:42:06	0:41:57
62	1636	Hoare	James	M	Sen		0:20:17	0:21:46	0:42:09	0:42:03
63	1148	Donnelly	Mark	M	O 40		0:20:57	0:21:08	0:42:16	0:42:05
64	1232	Gillick	Eileen	F	Sen		0:20:45	0:21:26	0:42:17	0:42:11
65	1187	Eustace	Andrew	M	O 40		0:20:44	0:21:09	0:42:21	0:41:53
66	1528	Rice	Ann	F	O 40		0:21:07	0:21:05	0:42:22	0:42:12
67	1554	Sheehy	Alan	M	Sen		0:21:14	0:21:04	0:42:26	0:42:18
68	1054	Bushell	Caolan	M	Sen		0:21:00	0:21:25	0:42:31	0:42:25
69	1359	Mc Aviney	Adam	M	Sen		0:19:59	0:22:24	0:42:31	0:42:23
70	1613	Whehehan	Peter	M	O 40		0:20:36	0:21:58	0:42:37	0:42:34
71	1536	Rowland	Eileen	F	O 50		0:21:16	0:21:14	0:42:38	0:42:31
72	1327	Lally	Cahal	M	Sen		0:20:55	0:21:45	0:42:43	0:42:40
73	1555	Sheil	Andrew	M	Sen		0:21:10	0:21:21	0:42:44	0:42:31
74	1565	Stanley	Laurence	M	O 40		0:21:01	0:21:25	0:42:50	0:42:26

75	1231	Gentles	Graham	M	Sen		0:20:56	0:21:45	0:42:50	0:42:41
76	1241	Gorman	Seamus	M	Sen		0:20:51	0:21:59	0:42:58	0:42:50
77	1127	D'Arcy	Barry	M	Sen		0:22:31	0:20:08	0:43:00	0:42:39
78	1380	McGee	Ian	M	Sen	Meet up	0:21:36	0:20:52	0:43:08	0:42:29
79	1259	Hardiman	Peter	M	Sen		0:20:45	0:22:20	0:43:17	0:43:06
80	1337	Lopez	Javier	M	Sen	Los Maquinarias	0:21:29	0:21:44	0:43:18	0:43:13
81	1012	Bazan	Juan	M	Sen	Los Maquinarias	0:21:28	0:21:45	0:43:20	0:43:14
82	1065	Callan	Gavin	M	Sen		0:21:22	0:21:58	0:43:26	0:43:20
83	1149	Donohue	Paul	M	Sen		0:21:06	0:22:24	0:43:41	0:43:30
84	1107	corrigan	colm	M	Sen		0:20:25	0:23:25	0:43:54	0:43:50
85	1641	Beggs	David	M	Sen		0:21:24	0:22:37	0:44:01	0:44:01
86	1230	Gaynor	Elizabeth	F	Sen		0:21:23	0:22:32	0:44:01	0:43:54
87	1083	Casey	Linda	F	O 50		0:21:59	0:22:03	0:44:06	0:44:02
88	1653	Lenahan	Rosie	F	Sen		0:21:58	0:21:59	0:44:06	0:43:57
89	1405	Menary	Alistair	M	Sen		0:22:29	0:21:29	0:44:24	0:43:58
90	1415	Moroney	Philip	M	O 40		0:21:24	0:23:07	0:44:33	0:44:31
91	1332	Lawson	David	M	Sen	Crusaders	0:21:53	0:22:29	0:44:37	0:44:22
92	1248	Groarke	Michele	F	O 40		0:22:20	0:22:05	0:44:38	0:44:25
93	1527	Rhatigan	Kate	F	Sen		0:21:25	0:23:12	0:44:42	0:44:37
94	1194	Fitzgerald	Patricia	F	O 40		0:21:46	0:22:57	0:44:50	0:44:44
95	1235	Gilvarry	Michael	M	Sen		0:21:57	0:22:45	0:44:52	0:44:42
96	1334	Lennon	Michael	M	Sen		0:21:51	0:22:33	0:44:55	0:44:23
97	1584	Trayers	Brian	M	O 40		0:20:58	0:24:01	0:45:01	0:44:59
98	1601	Walsh	Fergus	M	O 40	St Anne's GAA Club	0:21:30	0:23:14	0:45:05	0:44:44
99	1538	Ryan	Declan	M	O 40		0:22:13	0:22:51	0:45:07	0:45:04
100	1454	O Connor	Michelle	F	Sen		0:22:09	0:22:50	0:45:11	0:44:59
101	1298	Jordan	Sean	M	Sen		0:22:47	0:22:05	0:45:13	0:44:52
102	1239	GLYNN	BRENDAN	M	Sen		0:22:09	0:23:02	0:45:13	0:45:10
103	1249	Groenewald	Francois	M	Sen		0:22:04	0:22:59	0:45:15	0:45:04
104	1414	Moran	Sarah Rose	F	Sen		0:22:07	0:23:04	0:45:19	0:45:11
105	1082	casey	ciara	F	Sen		0:22:09	0:23:01	0:45:22	0:45:09
106	1453	O Connor	Darren	M	Sen		0:23:03	0:21:14	0:45:26	0:44:16
107	1002	Agar	Carole	F	O 40		0:22:36	0:22:50	0:45:30	0:45:26
108	1367	McCluskey	Darren	M	Sen		0:22:28	0:22:53	0:45:31	0:45:20
109	1005	Arthurs	Emily	F	Sen	Hunters Bog Trotters	0:22:31	0:22:53	0:45:31	0:45:24
110	1023	Blake	Gavin	M	Sen		0:22:27	0:22:55	0:45:33	0:45:22
111	1619	Wormald	Robert	M	Sen		0:21:56	0:23:25	0:45:33	0:45:21
112	1573	Sweeney	Paul	M	Sen		0:22:11	0:22:46	0:45:34	0:44:57
113	1294	Jay	Grainne	F	Sen		0:22:43	0:22:43	0:45:38	0:45:26
114	1089	Clarke	Emmet	M	Sen		0:22:14	0:23:20	0:45:42	0:45:34
115	1085	Castellano	Victor	M	Sen	Los Maquinarias	0:22:01	0:23:38	0:45:46	0:45:39
116	1006	Ballantyne	Fionnuala	F	O 40		0:22:50	0:22:51	0:45:46	0:45:41
117	1446	Nolan	David	M	Sen		0:22:52	0:22:34	0:45:46	0:45:27
118	1355	malone	leo	M	Sen		0:23:00	0:22:22	0:45:47	0:45:22
119	1581	Tolan	Darragh	M	Sen		0:21:41	0:24:07	0:45:51	0:45:48
120	1465	O'Callaghan	Brian	M	Sen		0:22:29	0:23:24	0:45:52	0:45:52
121	1595	Vesey	Mark	M	Sen		0:22:24	0:23:02	0:45:55	0:45:26
122	1344	Lynch	Declan	M	O 40		0:22:10	0:23:43	0:45:56	0:45:53
123	1102	Conway	Patrick	M	Sen	Tj' s Epilepsy Journey	0:23:00	0:22:41	0:45:58	0:45:40
124	1529	Roban	Caroline	F	Sen		0:23:02	0:22:43	0:45:59	0:45:45
125	1350	Madden	Lindsey	F	Sen		0:22:43	0:23:22	0:46:10	0:46:05
126	1081	Carty	Hazel	F	Sen		0:22:25	0:23:40	0:46:13	0:46:04
127	1209	Foran	Richard	M	Sen		0:24:02	0:21:47	0:46:21	0:45:49
128	1220	Gaffney	Sinead	F	Sen	Trim AC	0:22:21	0:23:20	0:46:23	0:45:41
129	1411	Moore	Emer	F	Sen	Hairy Harriers	0:22:44	0:23:37	0:46:31	0:46:20
130	1223	Gallagher	Joanne	F	Sen		0:23:19	0:23:12	0:46:38	0:46:31
131	1339	Loughman	Breiffni	M	Sen		0:21:24	0:25:18	0:46:47	0:46:42
132	1212	Forde	Suzanne	F	Sen		0:22:22	0:24:25	0:46:49	0:46:47
133	1254	Hand	Conor	M	Sen		0:23:52	0:22:40	0:46:50	0:46:32
134	1256	Hanley	Paula	F	Sen		0:24:03	0:22:18	0:46:53	0:46:22
135	1165	Doyle	Deirdre	F	O 40		0:23:04	0:23:39	0:46:56	0:46:43
136	1490	O'Neill	Sinead	F	Sen		0:23:12	0:23:30	0:46:56	0:46:42
137	1592	Varley	Maria	F	Sen		0:22:55	0:23:58	0:47:09	0:46:53
138	1290	Hughes	Tony	M	Sen		0:22:42	0:24:29	0:47:16	0:47:11
139	1631	McQuierns	Tom	M	O 40		0:24:09	0:22:45	0:47:19	0:46:54
140	1123	Daly	Fergus	M	O 40	Cross Fit St. Annes Bohernabreena	0:22:54	0:23:57	0:47:21	0:46:51
141	1460	o shea	garech	M	O 40		0:22:54	0:23:57	0:47:21	0:46:51
142	1578	teague	robert	M	Sen		0:23:12	0:24:04	0:47:25	0:47:15
143	1325	Kristensen	Jakob	M	Sen		0:24:21	0:22:35	0:47:28	0:46:55
144	1296	Johnson	Ciaran	M	O 40		0:23:24	0:24:11	0:47:39	0:47:34
145	1062	cahill	katrina	F	Sen		0:23:11	0:24:10	0:47:42	0:47:21
146	1160	Dowling	Geraldine	M	Sen		0:25:06	0:22:18	0:47:43	0:47:23
147	1143	donegan	raymond	M	O 40		0:23:43	0:23:48	0:47:57	0:47:30
148	1376	McDonnell	Dermot	M	O 40	Three Steps	0:22:41	0:25:07	0:48:01	0:47:48
149	1368	McCormack	Aaron	M	Sen	Towers Watson Athletics Team	0:23:20	0:24:32	0:48:08	0:47:52

150	1147	Donnelly	Marese	F	Sen		0:23:45	0:24:20	0:48:13	0:48:04
151	1635			M	Sen		0:23:11	0:25:01	0:48:22	0:48:12
152	1035	Brennan	Aisling	F	O 40		0:23:50	0:24:22	0:48:22	0:48:11
153	1300	Kajanek	Anton	M	Sen		0:23:25	0:24:48	0:48:23	0:48:13
154	1063	Cahill	Stephen	M	Sen		0:23:25	0:24:38	0:48:24	0:48:03
155	1562	Spain	David	M	O 40		0:24:21	0:24:05	0:48:40	0:48:25
156	1058	Byrne	Orla	F	Sen	Cross Fit St. Annes	0:24:12	0:24:05	0:48:42	0:48:17
157	1105	Corcoran	Jacinta	F	O 40		0:24:01	0:24:18	0:48:42	0:48:18
158	1400	McShane	Thomas	M	O 40		0:22:44	0:26:00	0:48:46	0:48:44
159	1262	Hartnett	Maeve	F	Sen		0:24:21	0:24:10	0:48:47	0:48:31
160	1547	Sadlier	Corinna	F	Sen		0:24:16	0:24:11	0:48:48	0:48:28
161	1476	O'Gorman	Louise	F	Sen		0:24:07	0:24:30	0:48:52	0:48:37
162	1057	byrne	niall	M	O 40	St Annes Crossfit/GAA Club	0:23:48	0:25:01	0:49:03	0:48:49
163	1016	Bergin	David	M	Sen		0:23:33	0:25:32	0:49:06	0:49:05
164	1605	Wang Jensen	Claus	M	O 40		0:24:22	0:24:18	0:49:11	0:48:39
165	1345	Lynch	Trevor	M	Sen		0:24:35	0:24:13	0:49:13	0:48:49
166	1604	Walsh	Michael	M	Sen		0:24:37	0:24:01	0:49:15	0:48:38
167	1481	O'Leary	Denis	M	Sen		0:24:06	0:25:03	0:49:19	0:49:09
168	1374	McDonnell	Ann	F	O 40	Bounce Fitness Ireland	0:24:19	0:24:50	0:49:23	0:49:09
169	1537	Rush	Anne	F	O 40		0:24:20	0:24:55	0:49:28	0:49:15
170	1084	Cassells	Paula	F	Sen		0:24:25	0:24:57	0:49:33	0:49:23
171	1651	Gibbons	Peter	M	Sen		0:23:28	0:26:10	0:49:45	0:49:38
172	1480	O'Keeffe	Laura	F	Sen		0:24:12	0:25:31	0:49:46	0:49:42
173	1583	Torsney	Paul	M	Sen		0:23:56	0:25:33	0:49:48	0:49:29
174	1190	Fairbanks	Joyce	F	Sen	St. Annes GAA Club	0:24:28	0:25:09	0:50:02	0:49:37
175	1304	Kavanagh	Niamh	F	Sen		0:24:14	0:25:33	0:50:02	0:49:47
176	1202	FLAVIN	Robert	M	O 40		0:24:44	0:25:01	0:50:11	0:49:45
177	1234	Gilvarry	John	M	O 40		0:23:33	0:26:29	0:50:12	0:50:02
178	1539	Ryan	Donnacha	M	Sen		0:24:52	0:25:07	0:50:18	0:49:59
179	1469	O'Connor	Aisling	F	Sen		0:24:46	0:25:13	0:50:19	0:49:59
180	1026	Borland	Lee	M	Sen		0:24:27	0:25:41	0:50:20	0:50:08
181	1580	Tighe	Paul	M	Sen		0:23:08	0:26:52	0:50:21	0:50:00
182	1168	Drennan	Trevor	M	O 40		0:25:12	0:24:41	0:50:23	0:49:53
183	1283	Hughes	Amy	F	Sen		0:24:19	0:25:59	0:50:23	0:50:18
184	1416	Morrissey	Emer	F	Sen		0:23:54	0:26:18	0:50:28	0:50:12
185	1204	flynn	aoife	F	Sen		0:26:17	0:23:57	0:50:40	0:50:14
186	1475	O'driscoll	Audrai	F	O 40		0:24:35	0:26:03	0:50:48	0:50:38
187	1603	Walsh	Laura	F	Sen		0:26:20	0:24:05	0:50:49	0:50:25
188	1433	Murray	Peter	M	Sen		0:22:59	0:27:49	0:50:49	0:50:49
189	1477	O'Gorman	Mark	M	Sen		0:26:15	0:24:21	0:51:05	0:50:36
190	1386	McGrath	Noel	M	Sen		0:25:11	0:25:40	0:51:09	0:50:52
191	1150	Donovan	Denise	F	Sen		0:25:12	0:25:39	0:51:10	0:50:51
192	1115	Cummins	Shaun	M	Sen		0:26:48	0:24:24	0:51:12	0:51:12
193	1068	Carbery	Tracy	F	O 40		0:25:04	0:25:55	0:51:15	0:51:00
194	1391	McKeon	Catherine	F	Sen		0:24:58	0:26:13	0:51:16	0:51:11
195	1282	Howard	Richard	M	Sen	Deloitte	0:25:22	0:25:32	0:51:17	0:50:54
196	1247	Greene	Sean	M	O 40		0:25:13	0:25:39	0:51:22	0:50:52
197	1132	Deegan	Eamonn	M	Sen		0:25:10	0:25:45	0:51:22	0:50:55
198	1392	McLoughlin	Crystal	F	Sen		0:25:53	0:25:13	0:51:25	0:51:06
199	1389	McKenna	Eilish	F	Sen		0:25:14	0:25:58	0:51:30	0:51:11
200	1224	Gallagher	Julie	F	Sen		0:24:40	0:26:51	0:51:34	0:51:31
201	1610	Wharton	Philip	M	Sen		0:25:30	0:25:33	0:51:35	0:51:03
202	1033	Breathnach	Niamh	F	O 40		0:25:42	0:25:29	0:51:37	0:51:10
203	1177	Durkan	Marian	M	Sen		0:25:46	0:25:49	0:51:40	0:51:35
204	1010	Barry	Dawn	F	Sen		0:25:54	0:25:30	0:51:41	0:51:24
205	1313	Kelly	Lesley	F	Sen		0:25:57	0:25:14	0:51:44	0:51:11
206	1323	King	SallyAnn	F	Sen		0:25:35	0:26:02	0:51:52	0:51:36
207	1346	Lyons	Philip	M	Sen		0:25:34	0:26:03	0:51:53	0:51:37
208	1515	Quinn	Gerard	M	O 40		0:24:35	0:27:12	0:51:55	0:51:47
209	1090	Clarke	John	M	Sen		0:26:32	0:25:06	0:51:59	0:51:38
210	1164	Doyle	Colin	M	Sen		0:26:47	0:25:05	0:52:14	0:51:53
211	1419	Mulcahy	Sinead	F	Sen	Celbridge AC	0:26:30	0:25:22	0:52:14	0:51:52
212	1188	Fagan	Cliona	F	O 40	Celbridge AC	0:26:28	0:25:24	0:52:16	0:51:52
213	1255	Hanley	Colm	M	Sen		0:26:15	0:25:36	0:52:24	0:51:51
214	1100	Connolly	Sinead	F	Sen	Bounce fitness	0:25:32	0:26:37	0:52:31	0:52:10
215	1242	Gorman	Susan	F	Sen		0:26:27	0:25:46	0:52:32	0:52:13
216	1410	Moore	Chris	M	Sen		0:26:29	0:25:47	0:52:32	0:52:16
217	1369	McCormack	Edel	F	Sen		0:25:50	0:26:49	0:52:43	0:52:40
218	1390	McKenna	Ursula	F	Sen		0:27:37	0:24:51	0:52:47	0:52:27
219	1526	Reilly	Colum	M	Sen		0:25:38	0:26:48	0:52:52	0:52:25
220	1226	Gallwey	Martin	M	Sen		0:26:12	0:26:11	0:52:54	0:52:23
221	1486	O'Malley	Declan	M	O 40		0:26:52	0:25:35	0:52:56	0:52:26
222	1403	Melvin	Patrick	M	Sen		0:26:29	0:26:08	0:53:06	0:52:37
223	1612	wheeler	helen	F	Sen		0:26:28	0:26:21	0:53:12	0:52:49
224	1071	carolan	sinead	F	Sen	TALLAGHT A/C	0:26:00	0:26:59	0:53:14	0:52:59

225	1099	Connolly	Brenda	F	O 50		0:26:26	0:26:30	0:53:21	0:52:56
226	1025	Blunden	Alice	F	Sen	Hairy Harriers	0:27:12	0:26:07	0:53:31	0:53:19
227	1192	Finn	Orla	F	Sen		0:26:29	0:26:39	0:53:31	0:53:08
228	1268	HAYES	KAREN	F	Sen		0:26:16	0:27:07	0:53:34	0:53:23
229	1413	MOORE	WINI	F	Sen		0:25:43	0:27:41	0:53:36	0:53:24
230	1409	Moore	Andrina	F	O 40		0:25:44	0:27:40	0:53:37	0:53:24
231	1134	Deegan	Orlagh	F	Sen		0:30:28	0:22:39	0:53:39	0:53:07
232	1135	Deighan	Orla	F	O 40		0:26:48	0:26:29	0:53:53	0:53:18
233	1205	Flynn	Ciara	F	Sen		0:26:53	0:26:57	0:53:57	0:53:50
234	1574	Swords	Ann	F	Sen	Hairy Harriers	0:27:12	0:26:39	0:54:03	0:53:50
235	1615	White	Laura	M	Sen		0:27:27	0:26:25	0:54:15	0:53:52
236	1442	Ni Dhiorbhain	Aisling	F	Sen		0:27:25	0:26:21	0:54:21	0:53:46
237	1357	Mara	Aisling	F	Sen		0:27:24	0:27:00	0:54:39	0:54:24
238	1203	flood	sinead	F	O 40	st annes crossfit	0:26:25	0:27:59	0:54:46	0:54:24
239	1022	Blais	Celine	F	O 40	Bounce Fitness	0:27:15	0:27:28	0:55:05	0:54:44
240	1288	Hughes	Louise	F	Sen		0:26:20	0:28:51	0:55:15	0:55:12
241	1124	daly	mairead	F	O 40		0:26:21	0:28:44	0:55:16	0:55:04
242	1576	Taaffe	Antoinette	F	Sen		0:27:26	0:27:30	0:55:18	0:54:56
243	1485	O'Mahony	Daniel	M	Sen		0:25:56	0:29:08	0:55:19	0:55:05
244	1216	Frawley	Sarah	F	Sen		0:27:20	0:27:47	0:55:20	0:55:06
245	1407	Mills	Alva	F	Sen		0:27:18	0:27:55	0:55:26	0:55:13
246	1402	Melia	Louise	F	Sen		0:27:19	0:27:55	0:55:26	0:55:14
247	1075	Carroll	Emma	F	Sen		0:25:18	0:26:43	0:55:35	0:52:00
248	1535	Rooney	Ken	M	Sen		0:26:27	0:29:07	0:55:56	0:55:34
249	1116	Cunningham	Dermott	M	Sen	TJ's Epilepsy Journey	0:26:44	0:28:51	0:55:57	0:55:35
250	1634	Wall	Darren	M	O 40		0:26:51	0:28:55	0:55:57	0:55:46
251	1286	Hughes	Katie	F	Sen		0:28:12	0:27:21	0:56:00	0:55:33
252	1316	Kelly	Trisha	F	Sen	Lakeshore striders	0:30:14	0:25:12	0:56:00	0:55:25
253	1138	Dinan	Mona	F	O 40		0:29:02	0:26:42	0:56:01	0:55:44
254	1591	Vance	Paula	F	Sen		0:29:04	0:26:43	0:56:20	0:55:46
255	1320	Kenny	Stephen	M	Sen		0:29:11	0:26:37	0:56:23	0:55:48
256	1347	mac aree	john	M	O 50	fitsquad			0:56:26	0:56:26
257	1129	Davidson	Ruth	F	Sen		0:28:01	0:28:17	0:56:41	0:56:18
258	1126	Daly	Orla	F	Sen		0:27:42	0:28:44	0:56:46	0:56:26
259	1213	Foster	Karen	F	O 40		0:28:08	0:28:23	0:56:50	0:56:31
260	1279	Hogan	Niamh	F	Sen		0:28:10	0:28:23	0:56:50	0:56:33
261	1094	Collins	Cathrine	F	O 40		0:27:57	0:28:40	0:56:52	0:56:37
262	1397	McManus	Siobhan	F	Sen		0:26:28	0:30:03	0:56:56	0:56:31
263	1319	Kenny	Aisling	F	Sen		0:29:11	0:27:13	0:56:59	0:56:24
264	1506	Prendergast	Nuala	F	Sen		0:26:53	0:29:56	0:57:01	0:56:49
265	1318	Kennedy	Margaret	F	O 50		0:27:55	0:28:42	0:57:13	0:56:38
266	1508	Purcell	Sophia	F	Sen		0:28:25	0:28:54	0:57:28	0:57:18
267	1487	O'Meara	Helen	F	Sen		0:28:57	0:28:26	0:57:39	0:57:23
268	1387	mcguinness	ian	M	O 40		0:27:35	0:29:41	0:57:45	0:57:16
269	1618	Wodyk	Igor	M	Sen		0:27:34	0:29:43	0:57:47	0:57:17
270	1609	Wharton	Carol	F	Sen		0:29:04	0:28:17	0:57:52	0:57:21
271	1507	Purcell	Rebecca	F	Sen		0:28:25	0:29:18	0:57:52	0:57:43
272	1018	Berry	Lisa	F	Sen		0:28:13	0:30:01	0:58:19	0:58:15
273	1550	Savage	Therese	F	O 50		0:29:35	0:28:21	0:58:21	0:57:56
274	1181	Egan	Cassy	F	Sen		0:28:39	0:29:27	0:58:23	0:58:06
275	1505	Power	Jill	F	O 40		0:29:10	0:28:34	0:58:33	0:57:44
276	1444	Nic Aodha	Orla	F	O 40		0:29:26	0:28:42	0:58:33	0:58:08
277	1533	Rogers	Bernie	F	O 40	Maree AC	0:28:33	0:30:15	0:58:55	0:58:48
278	1011	Barry duke	helen	F	O 40	Finngalians	0:29:12	0:28:55	0:58:56	0:58:07
279	1585	Traynor	Ann	F	O 40		0:29:19	0:29:27	0:59:02	0:58:46
280	1340	Loughman	Ciara	F	O 40		0:28:33	0:30:31	0:59:08	0:59:04
281	1564	Stafford	Mary	F	O 40		0:29:30	0:29:20	0:59:17	0:58:50
282	1228	Garvey	Bernadette	F	O 40		0:29:27	0:29:21	0:59:18	0:58:49
283	1351	Magee	Angela	F	O 40		0:29:28	0:29:23	0:59:21	0:58:52
284	1186	Etchingham	Catherine	F	O 50		0:29:49	0:29:47	0:59:42	0:59:36
285	1306	Keller	Yvonne	F	O 40		0:29:11	0:29:47	0:59:45	0:58:57
286	1326	Lally	Ailish	F	Sen		0:29:40	0:29:47	0:59:46	0:59:28
287	1385	McGrath	Mary	F	Sen		0:29:12	0:30:13	0:59:46	0:59:26
288	1461	O'Beirne	Frank	M	O 40		0:29:26	0:30:01	0:59:57	0:59:27
289	1462	O'Beirne	Judy	F	O 40		0:29:25	0:30:04	0:59:59	0:59:29
290	1174	Dunne	Karl	M	Sen	Bounce Fitness	0:29:20	0:30:18	1:00:01	0:59:37
291	1024	Blennerhassett	Lucy	F	O 50		0:30:01	0:29:52	1:00:19	0:59:53
292	1096	Collins	Margaret	F	O 40		0:29:01	0:30:59	1:00:36	1:00:00
293	1510	Quigley	Jenny	F	Sen		0:29:28	0:31:04	1:00:49	1:00:32
294	1406	Miller	Jenny	F	Sen		0:30:20	0:29:59	1:00:53	1:00:19
295	1620	wright	orla	F	O 40		0:29:43	0:30:46	1:00:55	1:00:29
296	1328	Lalor	Ana	F	Sen		0:30:22	0:30:02	1:00:56	1:00:24
297	1436	Murtagh	Gemma	F	Sen		0:29:43	0:31:00	1:01:11	1:00:43
298	1517	quinn	meadhbh	F	O 40		0:30:30	0:30:56	1:01:44	1:01:26
299	1514	quinn	dara	F	o 50		0:30:30	0:30:58	1:01:46	1:01:28

300	1309	Kelly	Andrea	F	Sen		0:29:27	0:32:06	1:01:51	1:01:33
301	1119	Curley	David	M	Sen		0:29:39	0:32:08	1:01:54	1:01:46
302	1137	Devitt	Siobhan	F	Sen		0:29:39	0:32:15	1:02:02	1:01:54
303	1169	duff	marie	F	Sen		0:30:22	0:31:29	1:02:23	1:01:51
304	1233	Gilson	Patrick	M	O 50*		0:30:12	0:32:21	1:02:50	1:02:33
305	1030	Brady	Brigid	F	O 40		0:29:41	0:33:27	1:03:33	1:03:08
306	1238	Glennon Carr	Valerie	F	O 40		0:29:40	0:33:27	1:03:33	1:03:07
307	1299	Joyce	Helen	F	O 40		0:32:01	0:31:29	1:03:36	1:03:31
308	1330	Lavin	Bernadette	F	O 40		0:32:30	0:30:51	1:03:40	1:03:21
309	1281	Houlihan	Gillian	F	Sen		0:28:30	0:31:37	1:03:41	1:00:07
310	1596	Vickers	Laurine	F	O 40		0:31:00	0:32:35	1:04:08	1:03:35
311	1568	Stone	Suzanne	F	O 40		0:30:27	0:33:18	1:04:11	1:03:45
312	1142	Donegan	Judith	F	Sen		0:30:50	0:33:47	1:04:53	1:04:37
313	1541	Ryan	Jenni	F	O 40		0:31:10	0:34:18	1:05:54	1:05:28
314	1343	Luebbert	Britta	F	O 40	Belpark	0:31:32	0:34:41	1:06:47	1:06:14
315	1271	Helbert	Juliene	F	Sen		0:33:40	0:34:30	1:08:30	1:08:10
316	1336	Leonard	Muireann	F	Sen		0:33:39	0:34:30	1:08:31	1:08:09
317	1356	Mangan	Heather	F	Sen		0:29:30	0:39:02	1:08:46	1:08:32
318	1395	McMahon	Sinead	F	Sen		0:29:28	0:39:03	1:08:47	1:08:31
	1575	Swords	Tiarnan	M	Sen		0:19:42		DNF @ 1 Lap	
	1273	Herbst-Bergin	Natasha	F	Sen				DNF	
	1428	Murphy	Sarah	F	Sen	St Annes GAA			DNF	
	1509	Pyper	Kevin	M	O 40				DNF	