

Place	Bib	Surname	Name	Cat	Run 1	Cycle	Run 2	Finish
1	252	flynn	sean	Junior (under 18)	0:18:52	0:26:23	0:13:06	0:58:20
2	207	Brennan	David	Senior (18 to 39)	0:19:14	0:25:29	0:14:00	0:58:43
3	363	staunton	eamonn	Senior (18 to 39)	0:18:51	0:27:01	0:13:01	0:58:53
4	297	Lawlor	Jimmy	40+	0:19:30	0:25:57	0:14:11	0:59:38
5	373	Walshe	Dave	Senior (18 to 39)	0:20:54	0:25:11	0:15:38	1:01:43
6	262	Gilleran	John	Senior (18 to 39)	0:20:06	0:27:47	0:14:35	1:02:28
7	259	Gill	brendan	40+	0:18:58	0:32:15	0:13:17	1:04:31
8	270	Hanahoe	David	Senior (18 to 39)	0:21:27	0:27:44	0:15:39	1:04:49
9	329	Morrison	Patrick	Senior (18 to 39)	0:20:11	0:31:07	0:14:02	1:05:20
10	290	Kelly	Padraig	40+	0:21:39	0:29:13	0:14:47	1:05:39
11	229	Delaney	Darragh	40+	0:22:09	0:28:06	0:15:48	1:06:03
12	234	Duckett	Nick	40+	0:21:17	0:29:31	0:15:34	1:06:21
13	295	kennedy	Brian	Senior (18 to 39)	0:22:29	0:28:43	0:15:49	1:07:01
14	241	Egan	Ann Marie	Senior (18 to 39)	0:22:41	0:28:31	0:15:51	1:07:03
15	244	Fahy	John	40+	0:21:04	0:30:48	0:15:28	1:07:21
16	370	Walsh	Damian	40+	0:21:48	0:30:06	0:15:29	1:07:22
17	322	Meany	Alan	Senior (18 to 39)	0:21:36	0:31:02	0:16:00	1:08:37
18	367	Tuohy	Colette	40+	0:21:03	0:32:58	0:15:02	1:09:03
19	348	Quinn	Damien	Senior (18 to 39)	0:21:59	0:31:42	0:15:41	1:09:22
20	368	Walmsley	martin	40+	0:23:27	0:29:36	0:16:31	1:09:35
21	282	Hyland	Alan	Senior (18 to 39)	0:23:32	0:29:02	0:17:16	1:09:50
22	357	Rourke	Michael	Senior (18 to 39)	0:20:42	0:32:53	0:16:19	1:09:53
23	218	Collins	Freddy	50+	0:23:17	0:30:11	0:16:26	1:09:54
24	243	Fahy	Adrain	40+	0:23:34	0:28:36	0:17:48	1:09:57
25	318	McCormack	Paul	Senior (18 to 39)	0:23:30	0:30:58	0:15:36	1:10:04
26	303	maloney	brendan	Senior (18 to 39)	0:21:38	0:32:38	0:16:01	1:10:17
27	232	Dervin	Ronan	Senior (18 to 39)	0:22:57	0:31:38	0:15:56	1:10:30
28	276	Heraty	Sean	40+	0:22:58	0:30:15	0:17:19	1:10:31
29	378	Merriman	Dennis	40+	0:22:58	0:31:39	0:16:30	1:11:07
30	264	Grady	Cathriona	40+	0:23:23	0:31:09	0:17:12	1:11:43
31	289	Kelly	John	Senior (18 to 39)	0:23:28	0:31:19	0:17:23	1:12:10
32	206	Brennan	Ger	40+	0:24:28	0:30:51	0:16:57	1:12:16
33	238	Durcan	Mairead	40+	0:23:15	0:32:07	0:16:55	1:12:17
34	293	Kelly	Eimear	Senior (18 to 39)	0:23:55	0:31:29	0:16:55	1:12:19
35	291	Kelly	Seamus Kelly	Senior (18 to 39)	0:22:56	0:31:30	0:18:15	1:12:41
36	331	Murray	Marian	Senior (18 to 39)	0:23:18	0:32:16	0:17:15	1:12:48
37	308	mc greal	eoin	Senior (18 to 39)	0:24:50	0:29:33	0:18:26	1:12:48
38	317	Mccarthy	John	Senior (18 to 39)	0:24:08	0:31:21	0:17:28	1:12:57
39	340	O Hora	Kieran	40+	0:24:15	0:31:04	0:17:38	1:12:58
40	306	mc breen	keith	Senior (18 to 39)	0:23:33	0:32:09	0:17:17	1:12:59
41	249	Feeney	Jimmy		0:23:16	0:33:05	0:16:38	1:13:00
42	327	Moran	Thomas	Senior (18 to 39)	0:23:05	0:32:56	0:17:18	1:13:19
43	283	Hynes	John	Senior (18 to 39)	0:23:16	0:31:58	0:18:10	1:13:23
44	266	Grimes	Johnny	Senior (18 to 39)	0:23:38	0:32:29	0:17:35	1:13:42
45	254	Gallagher	Declan	Senior (18 to 39)	0:24:56	0:30:29	0:18:35	1:14:00
46	325	moran	KENNETH	Senior (18 to 39)	0:23:58	0:33:03	0:17:04	1:14:04
47	205	Bourke	Ross	Junior (under 18)	0:23:02	0:35:37	0:16:05	1:14:44
48	379	Henneghan	Laura	Senior (18 to 39)	0:24:54	0:32:17	0:17:35	1:14:46
49	250	finnerty	Michael	Senior (18 to 39)	0:23:22	0:33:35	0:18:28	1:15:25
50	284	Ingham	David	40+	0:24:31	0:32:49	0:18:24	1:15:43
51	321	MCLOUGHLIN	RAY	40+	0:25:47	0:31:46	0:18:43	1:16:16
52	365	Tierney	John	40+	0:24:17	0:33:55	0:18:52	1:17:04
53	278	Hopkins	Orlaith	40+	0:25:00	0:33:17	0:19:04	1:17:20
54	372	Walsh	Louis	60+	0:24:54	0:34:10	0:18:28	1:17:32
55	302	maloney	seamus	Senior (18 to 39)	0:26:48	0:30:22	0:20:32	1:17:42
56	366	Toner	Neil	Senior (18 to 39)	0:25:17	0:34:50	0:17:38	1:17:45
57	353	Reynolds	Michael	Senior (18 to 39)	0:26:39	0:31:40	0:19:33	1:17:52
58	377	Connelly	David	Senior (18 to 39)	0:27:08	0:32:16	0:19:12	1:18:36

59	301	Loughrane	Tommy	40+	0:28:08	0:30:18	0:20:12	1:18:38
60	360	Sheerin	martin	40+	0:26:36	0:32:45	0:19:38	1:18:58
61	374	Williams	Ian	40+	0:22:20	0:40:54	0:15:46	1:19:00
62	300	Loftus	David	Senior (18 to 39)	0:26:01	0:33:02	0:20:07	1:19:10
63	333	Needham	Fiona	40+	0:24:57	0:35:48	0:18:52	1:19:37
64	255	Gallagher	Stephen	Senior (18 to 39)	0:26:18	0:32:55	0:20:50	1:20:02
65	260	Gill	Damien	Senior (18 to 39)	0:26:05	0:34:10	0:19:53	1:20:08
66	219	Conmy	Declan	Senior (18 to 39)	0:26:43	0:36:19	0:17:19	1:20:21
67	350	Ralph	Barry	Senior (18 to 39)	0:26:26	0:33:54	0:20:09	1:20:29
68	349	quirke	sean	Senior (18 to 39)	0:24:56	0:36:49	0:19:01	1:20:46
69	216	Clarke	Declan	Senior (18 to 39)	0:26:46	0:34:03	0:20:16	1:21:05
70	376	Bracken	Martha	Senior (18 to 39)	0:26:49	0:35:44	0:18:34	1:21:07
71	314	Mc Namara	Julie	Senior (18 to 39)	0:26:58	0:34:20	0:19:57	1:21:15
72	304	Marley	Noel	50+	0:28:08	0:33:37	0:19:35	1:21:20
73	245	Fallon	Marie	50+	0:29:05	0:32:24	0:20:34	1:22:02
74	310	Mc Mahon	Karen	Senior (18 to 39)	0:26:17	0:36:12	0:19:36	1:22:05
75	222	Conolly	John	Senior (18 to 39)	0:26:36	0:36:19	0:19:12	1:22:06
76	240	Durkin	Michael	Senior (18 to 39)	0:28:35	0:32:45	0:20:47	1:22:07
77	226	Crowley	Aidan	Team 'A Team'	0:26:37	0:36:17	0:19:19	1:22:12
78	286	Kavanagh	Gemma	Senior (18 to 39)	0:26:57	0:35:58	0:19:26	1:22:21
79	296	King	Natalie	junior (under 18)	0:27:53	0:33:46	0:20:49	1:22:27
80	256	Geraghty	Ciara	Senior (18 to 39)	0:28:10	0:33:38	0:21:06	1:22:54
81	281	Hughes	Roisin	Senior (18 to 39)	0:24:58	0:39:29	0:18:29	1:22:55
82	351	Ralph	Aoife	Senior (18 to 39)	0:28:25	0:33:34	0:21:11	1:23:09
83	237	Dunleavy	Michael	Senior (18 to 39)	0:26:51	0:36:18	0:20:04	1:23:13
84	294	Kennedy	Grainne	Senior (18 to 39)	0:27:19	0:34:55	0:21:05	1:23:19
85	223	Conway	Sharon	40+	0:29:41	0:32:56	0:20:46	1:23:22
86	275	Heraty	Aisling	Senior (18 to 39)	0:26:22	0:36:33	0:21:04	1:23:59
87	316	Mc Vann	Angela	40+	0:27:02	0:37:23	0:20:05	1:24:29
88	369	Walsh	Emma	Senior (18 to 39)	0:28:36	0:35:26	0:20:40	1:24:42
89	233	donagh	paul	Senior (18 to 39)	0:28:13	0:35:43	0:21:01	1:24:56
90	355	Roddy	Paula	Senior (18 to 39)	0:27:47	0:37:10	0:20:15	1:25:12
91	338	O Connor	William	Senior (18 to 39)	0:28:36	0:34:31	0:22:19	1:25:25
92	235	Duffy	Claire	Senior (18 to 39)	0:28:12	0:36:51	0:20:50	1:25:54
93	319	McGrath	John	40+	0:28:00	0:35:48	0:23:01	1:26:49
94	288	Keane	Pakie	40+	0:28:25	0:37:50	0:20:45	1:26:59
95	257	Gibbons	Declan	Senior (18 to 39)	0:30:53	0:35:41	0:20:56	1:27:30
96	313	Mc Namara	Ayleen	Senior (18 to 39)	0:29:12	0:37:35	0:22:02	1:28:49
97	236	Duignan	Odette	Senior (18 to 39)	0:29:42	0:37:22	0:21:46	1:28:50
98	277	Hogan	Ann Marie	40+	0:29:11	0:38:35	0:21:07	1:28:53
99	375	Chambers	Angela	40+	0:31:10	0:35:44	0:22:48	1:29:42
100	261	Gill	Shane	40+	0:30:53	0:35:54	0:23:03	1:29:50
101	344	O' Malley	Carolyn	Senior (18 to 39)	0:28:45	0:39:01	0:22:13	1:29:58
102	341	O Malley	Noreen	Senior (18 to 39)	0:31:01	0:38:28	0:20:38	1:30:06
103	273	Healy	Katie	Senior (18 to 39)	0:29:21	0:37:54	0:23:20	1:30:35
104	336	O Briain	Susan	Senior (18 to 39)	0:30:06	0:37:46	0:22:53	1:30:45
105	335	Noonan	Geraldine	40+	0:27:58	0:42:18	0:20:41	1:30:57
106	214	Casey	Treasa	Team 'Scrambled Legs'	0:32:37	0:33:29	0:24:52	1:30:58
107	343	O' Malley	Aoife	Senior (18 to 39)	0:27:17	0:44:12	0:19:31	1:31:00
108	212	Cadden	Alan	Senior (18 to 39)	0:29:52	0:39:02	0:22:13	1:31:07
109	287	Kay	Freda	40+	0:31:42	0:38:10	0:21:16	1:31:08
110	342	O Shea	Daire	40+	0:30:04	0:38:45	0:22:23	1:31:13
111	227	Crowley	Ruth	Senior (18 to 39)	0:31:20	0:36:19	0:23:44	1:31:22
112	334	Needham	Deirdre	40+	0:29:07	0:40:44	0:21:40	1:31:31
113	211	Burke	Bernadette	40+	0:31:09	0:36:19	0:24:29	1:31:57
114	204	Bonar	Evelyn	Senior (18 to 39)	0:31:18	0:38:47	0:22:11	1:32:16
115	326	Moran	Pauline	50+	0:32:09	0:36:41	0:23:54	1:32:43
116	253	Forry-Mcnulty	Caroline	40+	0:29:20	0:41:48	0:21:36	1:32:43
117	298	Lee	Lorraine	Senior (18 to 39)	0:31:13	0:39:53	0:21:57	1:33:03

118	352	Ralph	Verona	40+	0:30:03	0:39:48	0:23:26	1:33:18
119	263	Golden	Trish	40+	0:32:01	0:38:21	0:23:36	1:33:59
120	242	Fabby	Carol	40+	0:32:01	0:38:20	0:23:38	1:33:59
121	362	Smith	Imelda	Senior (18 to 39)	0:31:46	0:39:04	0:23:22	1:34:11
122	280	Hughes	Shona	40+	0:31:50	0:39:07	0:23:41	1:34:38
123	202	Berry	Carol	40+	0:32:16	0:39:03	0:23:42	1:35:01
124	209	Brickenden	Orlaith	40+	0:29:41	0:44:01	0:21:32	1:35:13
125	309	Mc Greal Hafferty	Justine	Senior (18 to 39)	0:31:51	0:41:06	0:22:24	1:35:20
126	279	Hopkins	Joanna	Senior (18 to 39)	0:31:10	0:41:45	0:22:25	1:35:21
127	203	Bohan	Tina	Senior (18 to 39)	0:31:50	0:41:07	0:22:44	1:35:42
128	217	Clarken	Lisa	Senior (18 to 39)	0:30:43	0:42:26	0:23:20	1:36:30
129	251	Fitzpatrick	Terri	Senior (18 to 39)	0:32:23	0:40:29	0:23:59	1:36:51
130	225	Craughan	Deirdre	Senior (18 to 39)	0:30:39	0:44:25	0:21:57	1:37:00
131	358	Shaw	Audrey	Senior (18 to 39)	0:30:41	0:44:24	0:21:56	1:37:01
132	354	Roache	Michelle	Senior (18 to 39)	0:30:08	0:45:26	0:21:45	1:37:19
133	311	Mc Manamon	Caroline	40+	0:31:22	0:42:22	0:24:01	1:37:45
134	258	Gibbons	Ruth	Senior (18 to 39)	0:31:17	0:44:06	0:22:22	1:37:45
135	271	Harness	Bernadette	40+	0:32:03	0:41:35	0:24:41	1:38:19
136	346	Prendergast	Nuala	Senior (18 to 39)	0:32:52	0:41:23	0:24:16	1:38:31
137	268	Grufferty	Tara	Senior (18 to 39)	0:30:05	0:45:30	0:23:51	1:39:27
138	332	Naughton	Eva	Senior (18 to 39)	0:29:39	0:45:55	0:23:54	1:39:27
139	210	Bruton	Therese	Senior (18 to 39)	0:30:33	0:47:28	0:23:24	1:41:24
140	299	Lillis	Majella	Senior (18 to 39)	0:33:57	0:43:12	0:25:22	1:42:31
141	328	Moroney	Michelle	Senior (18 to 39)	0:33:58	0:43:17	0:25:17	1:42:32
142	220	Connaughton	Eileen		0:31:48	0:45:49	0:25:09	1:42:46
143	305	Maxwell	Hazel	Senior (18 to 39)	0:30:36	0:49:05	0:23:11	1:42:52
144	380	Beirne	Yvonne	Senior (18 to 39)	0:31:43	0:48:06	0:23:08	1:42:57
145	274	Heneghan	Susan	40+	0:33:58	0:41:51	0:27:35	1:43:25
146	213	Casey	Maureen + Alne	Team 'Nervous Nellies'	0:37:54	0:40:28	0:25:07	1:43:29
147	230	Dervan	Adrain	40+	0:36:17	0:37:51	0:30:10	1:44:17
148	307	mc greal	linda	Senior (18 to 39)	0:30:24	0:53:23	0:21:55	1:45:42
149	339	O Connor	Lorna	senior (18 to 39)	0:36:44	0:43:08	0:27:03	1:46:55
150	324	Moogan	Ann	Senior (18 to 39)	0:36:34	0:43:02	0:27:36	1:47:12
151	269	Halloran	Mary	Senior (18 to 39)	0:35:21	0:47:18	0:24:54	1:47:32
152	337	O Brien	Suzanne	Senior (18 to 39)	0:31:53	0:50:51	0:25:03	1:47:47
153	228	curry	Mona	50+	0:37:57	0:49:43	0:26:00	1:53:40
154	265	Gregg	Laura	Senior (18 to 39)	0:37:58	0:45:42	0:33:35	1:57:15
155	201	Bennett	Assumpta	40+	0:37:55	0:56:03	0:28:47	2:02:45
156	215	Caulfield	Loretta	40+	0:37:55	0:56:03	0:28:48	2:02:45
	364	sweeney	fergus	40+	0:24:00	0:32:29		No Time
	359	Sheerin	Evelyn	Senior (18 to 39)	0:37:34			No Time