



Overall	Bib	Full name	Gender Pos	Category	Run1	T1	Cycle	T2	Run2	Finish Time
1	97	Paul Ogle	1	35-49 Male	00:18:20	00:00:26	00:30:45	00:00:26	00:10:51	01:00:49
2	1	Simon Befort	2	35-49 Male	00:18:23	00:00:28	00:32:10	00:00:26	00:11:14	01:02:43
3	60	Niall Kirby	3	20-34 Male	00:18:19	00:00:32	00:33:58	00:00:23	00:11:08	01:04:23
4	107	Jp Vereker	4	35-49 Male	00:19:29	00:00:29	00:33:18	00:00:32	00:10:41	01:04:31
5	50	Anthony Harpur	5	35-49 Male	00:19:21	00:00:58	00:32:28	00:00:28	00:11:30	01:04:47
6	63	Martin Kirwan	6	50+ Male	00:20:00	00:00:37	00:33:24	00:00:34	00:12:00	01:06:38
7	23	Alan Davis	7	35-49 Male	00:19:31	00:00:24	00:34:44	00:00:26	00:11:55	01:07:02
8	39	Paul Flood	8	35-49 Male	00:20:17	00:00:22	00:33:49	00:00:27	00:12:05	01:07:02
9	14	Kevin Condon	9	35-49 Male	00:20:35	00:00:27	00:34:58	00:00:24	00:11:55	01:08:21
10	79	Bernard Mullan	10	20-34 Male	00:19:53	00:00:59	00:35:28	00:00:49	00:12:25	01:09:37
11	89	Jim O'brien	11	50+ Male	00:22:13	00:00:45	00:33:31	00:00:54	00:13:23	01:10:47
12	94	James O'reilly	12	20-34 Male	00:21:12	00:00:42	00:36:00	00:00:32	00:12:21	01:10:49
13	55	Susan Hickey	1	35-49 Female	00:21:19	00:00:47	00:35:50	00:00:37	00:12:26	01:11:00
14	106	Peter Treacy	13	20-34 Male	00:21:42	00:00:36	00:35:30	00:00:33	00:13:05	01:11:28
15	57	Garrett Hynes	14	35-49 Male	00:21:22	00:00:47	00:35:38	00:00:41	00:13:08	01:11:38
16	41	Louise Fogarty	2	20-34 Female	00:20:18	00:00:35	00:39:36	00:00:28	00:11:48	01:12:47
17	7	Isabelle Cairns	3	20-34 Female	00:20:51	00:00:45	00:38:41	00:00:36	00:12:24	01:13:19
18	65	Jay Leahy	15	20-34 Male	00:20:39	00:01:27	00:37:45	00:00:55	00:13:16	01:14:04
19	47	Kevin Gentleman	16	35-49 Male	00:21:14	00:00:50	00:38:22	00:00:31	00:13:10	01:14:08
20	20	Ciara Cummins	4	20-34 Female	00:20:29	00:00:27	00:41:07	00:00:18	00:12:00	01:14:23
21	62	Brian Kirwan	17	35-49 Male	00:22:03	00:00:49	00:37:48	00:01:00	00:12:54	01:14:36
22	75	Becky Mcgrath	5	35-49 Female	00:21:52	00:00:39	00:38:26	00:00:31	00:13:06	01:14:36
23	4	Patrick Brennan	18	35-49 Male	00:20:30	00:00:27	00:40:23	00:00:52	00:12:43	01:14:58
24	102	Vincent Power	19	35-49 Male	00:21:24	00:00:55	00:37:44	00:00:47	00:14:22	01:15:13
25	59	Siobhan Kennedy	6	50+ Female	00:22:44	00:00:45	00:37:43	00:00:54	00:13:23	01:15:30
26	96	Stephen Oconnor	20	35-49 Male	00:20:15	00:00:44	00:42:23	00:00:31	00:12:39	01:16:34
27	67	Sean Manicle	21	35-49 Male	00:21:54	00:00:38	00:40:11	00:00:46	00:13:25	01:16:56
28	68	Helena Maye	1	Relay Team	00:19:17	00:00:32	00:45:29	00:00:31	00:11:08	01:16:59
29	40	Angela Fogarty	7	35-49 Female	00:22:24	00:00:25	00:40:56	00:00:24	00:13:02	01:17:13
30	61	Margaret Kirwan	8	50+ Female	00:23:19	00:00:43	00:38:27	00:00:45	00:14:05	01:17:22
31	43	Caoimhe Foley	9	35-49 Female	00:21:51	00:00:35	00:41:24	00:00:34	00:13:00	01:17:26
32	69	Scott McCabe	22	35-49 Male	00:24:05	00:01:55	00:34:23	00:01:02	00:16:06	01:17:32
33	81	Michael Murphy	23	20-34 Male	00:19:37	00:00:58	00:44:55	00:00:52	00:12:08	01:18:32
34	33	Dara Fahy	24	35-49 Male	00:23:29	00:00:39	00:39:44	00:00:34	00:14:18	01:18:46
35	83	Ciaran Neary	25	20-34 Male	00:21:19	00:00:37	00:43:55	00:00:22	00:13:21	01:19:35
36	76	Alan Meany	26	35-49 Male	00:22:14	00:00:27	00:42:55	00:00:33	00:13:34	01:19:44
37	90	Sorcha O'connor	10	20-34 Female	00:23:25	00:00:35	00:41:38	00:00:27	00:14:17	01:20:25
38	10	Terry Clifford	27	50+ Male	00:23:39	00:01:03	00:40:35	00:00:58	00:14:20	01:20:36



Overall	Bib	Full name	Gender Pos	Category	Run1	T1	Cycle	T2	Run2	Finish Time
39	25	Vinny Doheny	28	35-49 Male	00:24:18	00:01:08	00:39:44	00:00:49	00:14:55	01:20:56
40	53	Davy Healy	29	20-34 Male	00:22:55	00:00:42	00:42:23	00:00:25	00:14:30	01:20:58
41	35	Colin Feely	30	50+ Male			00:39:26	00:00:45	00:15:04	01:20:58
42	11	Ian Collins	31	35-49 Male	00:24:06	00:00:33	00:40:47	00:00:31	00:15:03	01:21:02
43	110	Matthew Warren	32	35-49 Male	00:22:20	00:00:46	00:43:26	00:00:48	00:14:01	01:21:24
44	51	Paul Harpur	33	35-49 Male	00:22:42	00:01:55	00:42:35	00:00:50	00:13:42	01:21:45
45	44	Jonathan Freeman	34	20-34 Male	00:23:53	00:01:12	00:40:55	00:01:04	00:15:07	01:22:12
46	108	David Walsh	35	20-34 Male	00:23:43	00:01:04	00:42:01	00:00:59	00:15:29	01:23:20
47	2	Dolores Behan	2	Relay Team	00:28:58	00:00:29	00:36:28	00:00:22	00:17:25	01:23:44
48	12	Jason Collins	36	35-49 Male	00:25:29	00:02:12	00:38:17	00:01:30	00:16:56	01:24:26
49	32	Jessica Drohan	11	20-34 Female	00:23:05	00:00:26	00:46:57	00:00:26	00:13:31	01:24:28
50	71	Michelle Mccarthy	12	20-34 Female	00:24:24	00:00:55	00:43:05	00:00:56	00:15:11	01:24:34
51	36	Michael Fenelon	37	35-49 Male	00:23:27	00:01:19	00:44:40	00:00:48	00:14:25	01:24:40
52	37	Melissa Fenelon	13	35-49 Female	00:23:28	00:01:19	00:44:40	00:00:45	00:14:26	01:24:40
53	98	Susanne Pfaeffli	14	35-49 Female	00:27:08	00:01:26	00:39:29	00:01:05	00:15:52	01:25:02
54	74	Martin Mcdermott	38	50+ Male	00:24:44	00:01:08	00:42:55	00:00:38	00:15:36	01:25:03
55	6	Stephen Bryan	39	35-49 Male	00:25:06	00:00:52	00:42:52	00:01:21	00:15:19	01:25:30
56	82	David Murphy	40	35-49 Male	00:25:25	00:01:23	00:42:22	00:01:03	00:15:52	01:26:06
57	101	Mairead Power	15	20-34 Female	00:23:34	00:00:46	00:46:16	00:00:27	00:15:06	01:26:11
58	52	Tomas Healy	41	50+ Male	00:24:57	00:00:37	00:45:44	00:00:30	00:14:33	01:26:23
59	104	Ian Stafford	42	35-49 Male	00:24:15	00:01:08	00:45:33	00:00:44	00:15:38	01:27:20
60	42	Caroline Fogarty	16	20-34 Female	00:25:12	00:00:42	00:45:57	00:00:40	00:15:05	01:27:38
61	99	Caitriona Phelan	17	35-49 Female	00:25:10	00:00:38	00:45:24	00:00:33	00:15:50	01:27:38
62	64	Finbarr Lawton	43	35-49 Male	00:23:03	00:00:31	00:48:37	00:00:28	00:15:04	01:27:45
63	22	Kevin Dalton	44	35-49 Male	00:27:02	00:00:48	00:42:40	00:00:41	00:17:10	01:28:23
64	92	Rob O'keeffe	45	35-49 Male	00:26:25	00:00:47	00:43:20	00:00:44	00:17:08	01:28:26
65	58	Plunkett Kelly	46	35-49 Male	00:27:08	00:01:58	00:42:21	00:01:17	00:15:58	01:28:44
66	28	Peter Donohoe	47	35-49 Male	00:26:23	00:00:35	00:43:44	00:00:28	00:17:42	01:28:55
67	19	Mags Cullen	18	35-49 Female	00:25:32	00:00:50	00:45:57	00:00:55	00:15:46	01:29:02
68	72	Peggy Mccarthy	19	50+ Female	00:27:32	00:01:08	00:43:06	00:00:55	00:16:39	01:29:21
69	103	Marie Sheehan	20	35-49 Female	00:25:34	00:00:39	00:48:11	00:00:25	00:14:48	01:29:39
70	78	Katie Mullan	21	35-49 Female	00:26:22	00:00:45	00:45:44	00:00:57	00:15:49	01:29:40
71	105	Fran Traynor	48	50+ Male	00:26:42	00:02:13	00:43:59	00:01:29	00:15:51	01:30:17
72	21	Sophie Cunningham	22	20-34 Female	00:26:07	00:00:44	00:46:23	00:00:47	00:16:17	01:30:19
73	80	Ciara Murphy	23	35-49 Female	00:25:57	00:00:47	00:46:54	00:00:29	00:17:06	01:31:15
74	26	Susan Doherty	24	35-49 Female	00:25:48	00:01:01	00:47:54	00:01:42	00:15:27	01:31:54
75	91	Edward O'donoghue	49	35-49 Male	00:27:41	00:01:05	00:46:57	00:00:56	00:15:55	01:32:35
76	77	Cian Mullally	50	20-34 Male	00:24:24	00:00:53	00:54:10	00:00:41	00:12:48	01:32:59



Overall	Bib	Full name	Gender Pos	Category	Run1	T1	Cycle	T2	Run2	Finish Time
77	24	Gavin Deering	51	35-49 Male	00:28:29	00:01:07	00:46:11	00:01:21	00:16:36	01:33:46
78	5	Dwane Brennan	52	35-49 Male	00:29:39	00:01:35	00:44:17	00:00:56	00:18:03	01:34:34
79	29	Joe Dooley	53	50+ Male	00:27:52	00:01:51	00:44:54	00:01:57	00:18:21	01:34:58
80	48	Sinéad Hackett	25	35-49 Female	00:28:35	00:01:14	00:45:52	00:01:18	00:18:14	01:35:15
81	34	Cathy Farrell	26	50+ Female	00:27:33	00:00:54	00:49:25	00:00:46	00:16:50	01:35:30
82	18	Laura Costelloe	27	20-34 Female	00:25:30	00:00:40	00:50:15	00:00:36	00:19:30	01:36:34
83	38	Marian Flannery	28	50+ Female	00:28:33	00:00:35	00:51:42	00:00:37	00:17:38	01:39:06
84	31	Lydia Doyle	29	35-49 Female	00:31:16	00:00:59	00:47:23	00:00:57	00:19:32	01:40:08
85	100	Niamh Phelan	30	20-34 Female	00:30:39	00:01:02	00:49:14	00:01:28	00:19:04	01:41:29
	49	Linda Harney		50+ Female					00:53:23	01:45:29
86	45	Laura Galvin	31	35-49 Female	00:29:06	00:00:47	00:54:51	00:00:29	00:20:48	01:46:03
87	46	Elaine Gamble	32	35-49 Female	00:28:31	00:00:57	00:58:25	00:00:52	00:17:33	01:46:21
88	86	James O Mahoney	54	50+ Male	00:36:43	00:02:28	01:08:16	00:01:21	00:01:22	01:50:12
89	3	Sue Berry	33	50+ Female	00:36:43	00:01:06	01:09:35	00:01:25	00:01:22	01:50:12
90	30	Ian Doran	55	35-49 Male	00:32:16	00:01:31	00:55:17	00:01:18	00:20:51	01:51:15
91	95	Stephen O'toole	56	35-49 Male	00:33:38	00:01:05	00:54:24	00:01:14	00:22:00	01:52:23
92	9	Geraldine Clarke	34	50+ Female	00:31:22	00:01:56	00:56:48	00:03:17	00:20:43	01:54:08
93	54	Hilda Hennessy	35	50+ Female	00:33:46	00:01:03	00:57:49	00:00:46	00:20:44	01:54:09
94	84	Giollaíosa Ní Mhaonaigh	36	20-34 Female	00:23:30	00:00:28	01:16:48	00:00:24	00:14:33	01:55:44
	8	Marie Casey-breen		50+ Female						
	56	Helen Horan		35-49 Female						
	109	Aoife Ward		20-34 Female						
	13	Jason Collins		35-49 Male						
	16	Mj Cooper		35-49 Male						
	85	Mark O Connor		35-49 Male						
	87	John O Rourke		35-49 Male						
	70	Stephen Mccaffery		35-49 Male						
	93	Bryan O'Neill		20-34 Male						
	17	Tony Corcoran		35-49 Male						
	66	Liam Lenihan		35-49 Male						
	73	Martin Mcdermott		50+ Male						
	15	Barry Connolly		35-49 Male						
	27	Kavan Donohoe		20-34 Male						
	88	Lee O'brien		35-49 Male						