Bib	Full name	Category	Run1	T1	Cycle	T2	Run2	Overall	Overall
finished									
104	Anthony Obrien	30 - 34 years Male	00:16:12	00:00:31	00:32:02	00:00:35	00:08:16	00:57:38	1
91	Stephen Donnelly	35 - 39 years Male	00:17:04	00:00:32	00:32:37	00:00:33	00:08:39	00:59:27	2
52	Enda Bagnall	45 - 49 years Male	00:16:45	00:00:31	00:33:14	00:00:34	00:08:24	00:59:31	3
42	James Graham	35 - 39 years Male	00:16:57	00:00:28	00:33:03	00:00:37	00:08:37	00:59:43	4
81	Craig Harrison	40 - 44 years Male	00:16:57	00:00:32	00:33:15	00:00:31	00:08:47	01:00:04	5
99	Michael Scully	35 - 39 years Male	00:17:20	00:00:47	00:32:55	00:00:36	00:08:44	01:00:24	6
78	Jack Kennedy	20 - 24 years Male	00:17:07	00:00:32	00:33:35	00:00:38	00:08:48	01:00:42	7
37	Eoin Nagle	25 - 29 years Male	00:17:05	00:00:38	00:34:49	00:00:33	00:08:38	01:01:44	8
94	Mariusz Krawczyk	35 - 39 years Male	00:18:16	00:00:38	00:33:43	00:00:38	00:08:40	01:01:57	9
82	Eoin Bailey	40 - 44 years Male	00:17:52	00:00:40	00:33:44	00:00:31	00:09:11	01:02:00	10
100	Finn Buck	18-19 Male	00:17:14	00:00:36	00:35:02	00:00:31	00:08:40	01:02:04	11
86	Edwin Sutton	40 - 44 years Male	00:17:45	00:00:34	00:34:25	00:00:35	00:08:45	01:02:06	12
65	Conor Maguire	25 - 29 years Male	00:17:38	00:00:41	00:34:31	00:00:32	00:08:43	01:02:07	13
69	Aubrey Storey	45 - 49 years Male	00:16:55	00:00:43	00:35:19	00:00:35	00:08:39	01:02:12	14
55	Fergus Meade	10 11 voors	00:17:43	00:00:40	00:34:23	00:00:35	00:08:52	01:02:15	15
53	Justin Bloomer	25 - 29 years Male	00:17:49	00:00:47	00:34:14	00:00:34	00:08:57	01:02:23	16
87	Bernard Keane	45 - 49 years Male	00:17:56	00:00:41	00:34:08	00:00:28	00:09:12	01:02:27	17
60	Matthew Boyle	25 - 29 years Male	00:18:15	00:00:38	00:33:43	00:00:38	00:09:20	01:02:36	18
41	John Jackson	35 - 39 years Male	00:17:39	00:00:42	00:34:58	00:00:34	00:08:50	01:02:45	19
106	Aleksander Lanecki	20 - 24 years Male	00:17:56	00:00:38	00:34:18	00:00:38	00:09:15	01:02:47	20
63	Ciaran Costello	30 - 34 years Male	00:16:55	00:00:46	00:35:51	00:00:39	00:08:39	01:02:51	21
49	Adriele Prina-mello	50 - 54 years Male	00:17:56	00:00:39	00:35:29	00:00:35	00:09:12	01:03:53	22
92	Andy Grehan	30 - 34 years Male	00:18:35	00:00:37	00:34:54	00:00:37	00:09:12	01:03:56	23
64	Patrick Quinn	40 - 44 years Male	00:18:12	00:00:35	00:35:18	00:00:36	00:09:20	01:04:04	24
85	Conor Fitzpatrick	30 - 34 years Male	00:17:30	00:01:00	00:36:20	00:00:48	00:08:27	01:04:07	25
51	Alan Maher	35 - 39 years Male	00:18:10	00:00:53	00:35:46	00:00:40	00:08:49	01:04:19	26
40	Derek Brady	40 - 44 years Male	00:19:05	00:00:50	00:34:42	00:00:50	00:09:09	01:04:38	27
107	Fabian Mangan	20 - 24 years Male	00:18:05	00:00:35	00:35:47	00:00:50	00:09:20	01:04:40	28
54	Daire Nulty	30 - 34 years Male	00:18:14	00:00:38	00:36:11	00:00:42	00:09:02	01:04:49	29
70	Shane Mccarthy	35 - 39 years Male	00:17:25	00:00:58	00:36:35	00:00:53	00:09:00	01:04:52	30
90	Michael Lynch	30 - 34 years Male	00:17:37	00:00:47	00:36:53	00:00:37	00:09:13	01:05:09	31
62	Alex Sargent	18-19 Male	00:19:05	00:00:35	00:35:26	00:00:33	00:09:43	01:05:23	32
48	William Byrne	50 - 54 years Male	00:19:05	00:00:29	00:35:33	00:00:32	00:09:43	01:05:24	33
80	lan Roche	40 - 44 years Male	00:18:47	00:00:48	00:35:35	00:00:45	00:09:29	01:05:26	34



Bib	Full name	Category	Run1	T1	Cycle	T2	Run2	Overall	Overall
61	lsaac Mccollum	20 - 24 years Male	00:17:37	00:00:40	00:37:59	00:00:40	00:08:32	01:05:29	35
1	Ciara Wilson	30 - 34 years Female	00:18:10	00:00:40	00:37:07	00:00:30	00:09:05	01:05:34	1
45	Harry Mcdermott	55 - 59 years Male	00:19:03	00:01:01	00:35:47	00:00:44	00:09:11	01:05:48	36
186	Eoin Farrell	30 - 34 years Male	00:21:18	00:00:47	00:33:25	00:00:44	00:09:44	01:05:59	37
32	Emma O'brien	20 - 24 years Female	00:18:14	00:00:35	00:37:03	00:00:48	00:09:25	01:06:06	2
84	Peter Mc Conville	55 - 59 years Male	00:19:54	00:00:37	00:35:08	00:00:44	00:09:59	01:06:24	38
203	Kieran Mc Glynn	50 - 54 years Male	00:19:33	00:01:00	00:34:55	00:00:48	00:10:14	01:06:32	39
83	Kilian Dooley	50 - 54 years Male	00:19:51	00:00:40	00:35:08	00:00:39	00:10:20	01:06:40	40
57	Kieran Corcoran	40 - 44 years Male	00:18:19	00:00:58	00:37:26	00:01:01	00:09:00	01:06:45	41
142	Toby Bedell	50 - 54 years Male	00:20:40	00:00:33	00:34:56	00:00:38	00:10:05	01:06:54	42
144	Daragh Crowley	50 - 54 years Male	00:20:23	00:00:50	00:35:02	00:00:48	00:09:50	01:06:55	43
38	Christopher Bryan	45 - 49 years Male	00:18:13	00:00:54	00:37:38	00:00:49	00:09:32	01:07:07	44
165	Brendan Connor	55 - 59 years Male	00:20:58	00:00:56	00:34:23	00:00:51	00:10:03	01:07:13	45
209	Gary Crossan	50 - 54 years Male	00:19:57	00:00:40	00:36:27	00:00:32	00:09:48	01:07:26	46
146	Owen Barron	60 - 64 years Male	00:19:49	00:01:03	00:35:55	00:00:48	00:09:57	01:07:36	47
13	Megan Roberts	30 - 34 years Female	00:19:19	00:00:35	00:37:24	00:00:45	00:09:43	01:07:48	3
285	Stephen O' Reilly	25 - 29 years Male	00:19:02	00:01:18	00:37:21	00:00:34	00:09:35	01:07:52	48
72	Pawel Lapinski	35 - 39 years Male	00:19:51	00:00:51	00:36:34	00:00:45	00:09:55	01:07:58	49
89	Mark Flanagan	35 - 39 years Male	00:19:26	00:00:59	00:36:58	00:00:55	00:09:49	01:08:09	50
26	Vanessa Fenton	50 - 54 years Female	00:19:55	00:00:40	00:36:54	00:00:38	00:10:06	01:08:14	4
180	Peter Savage	55 - 59 years Male	00:19:39	00:00:37	00:37:51	00:00:39	00:09:58	01:08:46	51
185	Bryan Daly	40 - 44 years Male	00:19:34	00:01:05	00:37:55	00:00:50	00:09:30	01:08:57	52
260	David Kenny	35 - 39 years Male	00:20:03	00:00:37	00:37:32	00:00:52	00:10:04	01:09:09	53
96	David Ryan	50 - 54 years Male	00:19:12	00:01:24	00:38:00	00:01:16	00:09:46	01:09:39	54
173	Tim O'brien	35 - 39 years Male	00:19:54	00:01:04	00:38:15	00:00:53	00:09:44	01:09:51	55
152	Owen Ingarfield	40 - 44 years Male	00:20:15	00:00:55	00:38:08			01:09:53	56
196	Philip Sheridan	30 - 34 years Male	00:21:00	00:00:48	00:37:37	00:00:37	00:09:53	01:09:57	57
181	Liam Sheridan	25 - 29 years Male	00:20:00	00:01:09	00:38:13	00:00:56	00:09:41	01:10:02	58
145	Julien Pastel	35 - 39 years Male	00:19:53	00:00:58	00:37:40	00:00:48	00:10:44	01:10:04	59
302	David Flaherty	45 - 49 years Male	00:20:57	00:00:48	00:37:10	00:00:47	00:10:26	01:10:10	60
271	Barry Donnelly	45 - 49 years Male	00:20:11	00:00:57	00:37:30	00:00:52	00:10:38	01:10:10	61
175	Noel O'regan	55 - 59 years Male	00:20:11	00:00:57	00:38:31	00:00:47	00:09:49	01:10:17	62
33	Emma Boyle	20 - 24 years Female	00:19:37	00:00:35	00:39:26	00:00:34	00:10:06	01:10:19	5
210	Declan Power	45 - 49 years Male	00:20:25	00:00:45	00:38:20	00:00:41	00:10:14	01:10:28	63
164	Brian Ahern	40 - 44 years Male	00:22:02	00:00:58	00:36:40	00:00:34	00:10:20	01:10:36	64



Bib	Full name	Category	Run1	T1	Cycle	T2	Run2	Overall	Overall
18	Aine Kinsella	25 - 29 years Female	00:20:19			00:00:48	00:10:12	01:10:41	6
149	Steve Mcdonald	50 - 54 years Male	00:20:09	00:01:02	00:38:23	00:00:53	00:10:15	01:10:45	65
205	Barry Murphy	50 - 54 years Male	00:20:18	00:00:55	00:39:10	00:00:37	00:09:46	01:10:46	66
77	Robert Hoey	30 - 34 years Male	00:19:07	00:01:04	00:39:41	00:01:12	00:09:49	01:10:55	67
171	David O'mahony	50 - 54 years Male	00:22:03	00:00:49	00:36:18	00:00:47	00:11:07	01:11:07	68
198	Eoghan Caffrey	35 - 39 years Male	00:20:12	00:01:13	00:37:31	00:01:59	00:10:17	01:11:14	69
169	Gareth Coleman	55 - 59 years Male	00:21:35	00:00:38	00:37:39	00:00:41	00:10:42	01:11:17	70
14	Olivia Mc Cartin	45 - 49 years Female	00:21:27	00:00:43	00:38:15	00:00:37	00:10:20	01:11:23	7
212	Michal Kowalski	40 - 44 years Male	00:21:30	00:00:57	00:37:04	00:00:47	00:11:03	01:11:24	71
5	Jennifer O'sullivan	30 - 34 years Female	00:20:08	00:00:50	00:39:27	00:00:39	00:10:34	01:11:41	8
283	Niall Fergus	30 - 34 years Male	00:19:19	00:00:59	00:40:46	00:00:53	00:09:48	01:11:47	72
153	Gerard Kenny	60 - 64 years Male	00:22:05	00:00:39	00:37:35	00:00:41	00:10:45	01:11:47	73
206	John Kenny	60 - 64 years Male	00:21:21	00:00:43	00:38:46	00:00:36	00:10:27	01:11:56	74
188	Martin Obrien	40 - 44 years Male	00:21:22	00:01:09	00:37:28	00:01:21	00:10:39	01:12:02	75
184	Robert O'brien	45 - 49 years Male	00:20:36	00:01:04	00:39:31	00:01:00	00:09:51	01:12:05	76
163	Michael Macken	60 - 64 years Male	00:22:07	00:00:44	00:37:19	00:00:45	00:11:16	01:12:13	77
213	Eoin Moore	18-19 Male	00:20:34	00:01:02	00:39:44	00:01:02	00:09:51	01:12:15	78
211	Nat Small	40 - 44 years Male	00:20:12	00:01:05	00:39:59	00:00:49	00:10:17	01:12:23	79
194	Kevin Shortall	40 - 44 years Male	00:20:10	00:00:59	00:39:56	00:01:24	00:09:54	01:12:26	80
159	Eoghan Mccarthy	30 - 34 years Male	00:21:42	00:01:01	00:38:28	00:00:57	00:10:20	01:12:29	81
324	Conor Moore	20 - 24 years Male	00:21:22	00:00:40	00:37:43	00:00:32	00:12:14	01:12:32	82
199	lvan Eustace	45 - 49 years Male	00:21:43	00:00:54	00:37:57	00:01:06	00:10:54	01:12:36	83
204	Conor Mcgrane	16-17 Male	00:19:10	00:00:33	00:41:04	00:00:40	00:11:11	01:12:39	84
193	Anthony O'toole	45 - 49 years Male	00:20:32	00:01:16	00:38:38	00:01:24	00:10:49	01:12:41	85
74	Stephen O'sullivan	40 - 44 years Male	00:20:04	00:00:48	00:40:55	00:00:51	00:10:03	01:12:44	86
292	Seanie Nally	25 - 29 years Male	00:20:14	00:01:43	00:39:43	00:01:31	00:09:40	01:12:53	87
166	Mark Featherstone	50 - 54 years Male	00:22:16	00:00:49	00:38:08	00:00:52	00:10:46	01:12:54	88
148	Alex Chadfield	25 - 29 years Male	00:20:41	00:01:12	00:40:18	00:00:55	00:10:14	01:13:22	89
15	Sharon Cahill	55 - 59 years Female	00:20:35	00:00:54	00:40:20	00:01:18	00:10:23	01:13:31	9
208	Hari Menon	55 - 59 years Male	00:20:02	00:01:03	00:41:21	00:01:26	00:09:56	01:13:50	90
36	Ciara Brady	20 - 24 years Female	00:20:07	00:00:50	00:42:08	00:00:48	00:09:59	01:13:55	10
10	Martina Mcintyre	50 - 54 years Female	00:21:25	00:00:31	00:40:19	00:00:28	00:11:16	01:14:01	11
150	Neal Leddy	45 - 49 years Male	00:20:11	00:01:27	00:40:51	00:01:11	00:10:22	01:14:05	91
157	Karl Horgan	25 - 29 years Male	00:22:02	00:00:43	00:40:22	00:00:45	00:10:15	01:14:09	92
154	Paul Naughton	55 - 59 years Male	00:22:14	00:00:46	00:39:36	00:00:45	00:11:04	01:14:27	93
43	lain Sayer	45 - 49 years Male	00:20:47	00:01:06	00:41:07	00:01:16	00:10:17	01:14:35	94
					= SPORTS				

SPORTS TIMING

110	Bib	Full name	Category	Run1	T1	Cycle	T2	Run2	Overall	Overall
Method Martine Male Male Martine Male Martine Martine Male Male Male Male Male Male Martine Male	110	Sean Black		00:21:14	00:00:42	00:41:01	00:00:45	00:10:53	01:14:37	95
Montry Male	309			00:22:12	00:01:33	00:39:17	00:01:22	00:10:17	01:14:44	96
Part	88		45 - 49 years Male	00:20:35	00:00:36	00:41:45	00:00:31	00:11:14	01:14:44	97
Leonic Dolan Sample Country	224			00:20:51	00:01:22	00:41:07	00:01:06	00:10:20	01:14:49	12
197 Eorin Female	284			00:21:06	00:01:31	00:40:41	00:01:11	00:10:25	01:14:56	98
167 Martin Walsh Male Mo.2244 Mo.00125 Mo.00169 Mo.1038 Mo.10169 Mo.11126 Mo.1126 Mo.11126 Mo.112	20	Leonie Dolan	35 - 39 years Female	00:21:44	00:00:48	00:40:23	00:00:43	00:11:18	01:14:59	13
201 Gary Durney AS 49 years	197			00:22:04	00:01:21	00:39:29	00:01:09	00:10:58	01:15:03	99
176	167	Martin Walsh	50 - 54 years Male	00:22:48	00:00:55	00:39:07	00:00:56	00:11:28	01:15:16	100
Male Mare Male	201	Gary Durney	45 - 49 years Male	00:22:34	00:01:13	00:38:43	00:01:09	00:11:46	01:15:26	101
73 John Kearney 50 - 54 years 00:23:14 00:00:46 00:39:50 00:00:35 00:11:29 01:15:56 103 9 Clara Bradley 40 - 44 years 60:23:25 00:01:00 00:39:47 00:00:49 00:11:13 01:16:17 15 132 Sinéad 45 - 49 years 60:21:21 00:01:21 00:41:42 00:01:29 00:10:28 01:16:22 16 258 Wilson 60 - 64 years 00:22:37 00:00:41 00:40:33 00:00:49 00:11:45 01:16:27 104 97 Paul Byrne 40 - 44 years 00:24:30 00:01:04 00:38:23 00:00:51 00:11:50 01:16:40 105 108 Clan Murray 18-19 Male 00:19:34 00:01:44 00:45:21 00:01:16 00:08:57 01:16:54 106 178 Gerald Lynch Male 00:19:34 00:01:44 00:45:21 00:01:16 00:08:57 01:16:54 106 178 Gerald Lynch Male 00:23:20 00:00:49 00:40:34 00:00:44 00:11:35 01:17:00 107 79 Macginley Male 00:23:20 00:00:49 00:40:34 00:00:44 00:11:35 01:17:02 108 4 Maire Diggin 50 - 54 years 00:23:20 00:00:35 00:41:28 00:00:43 00:11:29 01:17:07 17 269 Pat Linehan 50 - 59 years 00:22:00 00:00:35 00:40:37 00:01:04 00:11:16 01:17:07 109 162 Noel Boyle 60 - 64 years 00:22:00 00:01:14 00:43:25 00:00:35 00:10:39 01:17:18 111 298 Sean Barron 50 - 54 years 00:22:00 00:01:14 00:43:25 00:00:35 00:10:39 01:17:18 111 21 Geraldine Hendricken Female 50 - 54 years 00:22:00 00:00:40 00:40:32 00:00:57 00:11:19 01:17:39 1 21 Geraldine 50 - 54 years 00:22:00 00:00:04 00:40:32 00:00:57 00:11:19 01:17:39 1 22 Geraldine 50 - 54 years 00:22:00 00:00:50 00:42:32 00:00:57 00:11:19 01:17:39 1 23 Louisa Bruck Relay 00:22:14 00:00:50 00:42:32 00:00:57 00:11:19 01:17:39 1 24 Bernadette 50 - 54 years 00:22:02 00:00:50 00:42:32 00:01:11 00:00:55 00:11:50 01:17:48 113 24 Bernadette 50 - 54 years 00:22:29 00:00:50 00:42:32 00:00:59 00:10:40 00:11:40 01:17:	176	Paul Bowe	50 - 54 years Male	00:21:47	00:00:58	00:41:25	00:00:56	00:10:27	01:15:35	102
9 Ciara Bradley 40 - 44 years Female 00:23:25 00:01:00 00:39:47 00:00:49 00:11:13 01:16:17 15 13	31	Aimee Carr	18-19 Female	00:21:43	00:00:33	00:42:10	00:00:34	00:10:54	01:15:55	14
132 Sinead Female 20.23.23 00.01.01 00.414.2 00.01.29 00.10.28 01.16.22 16	73	John Kearney		00:23:14	00:00:46	00:39:50	00:00:35	00:11:29	01:15:56	103
Renton Female	9	Ciara Bradley	40 - 44 years Female	00:23:25	00:01:00	00:39:47	00:00:49	00:11:13	01:16:17	15
Mcalister Male Mo.22.57 Mo.00.41 Mo.49.53 Mo.00.43.51 Mo.11.50 Mo.11.50 Mo.11.62 Mo.11.62	132			00:21:21	00:01:21	00:41:42	00:01:29	00:10:28	01:16:22	16
108 Clan Murray 18-19 Male 00:19:34 00:01:44 00:45:21 00:00:116 00:08:57 01:16:54 106 178 Gerald Lynch 40 - 44 years 00:23:20 00:00:49 00:40:34 00:00:44 00:11:31 01:17:00 107 79 Clan 45 - 49 years 00:23:40 00:01:15 00:39:35 00:00:55 00:11:35 01:17:02 108 4 Maire Diggin 50 - 54 years 60:22:50 00:00:35 00:41:28 00:00:43 00:11:29 01:17:07 17 269 Pat Linehan 55 - 59 years 00:23:05 00:00:104 00:40:37 00:01:04 00:11:16 01:17:07 109 162 Noel Boyle 60 - 64 years 00:25:00 00:01:11 00:37:19 00:01:04 00:12:39 01:17:14 110 298 Sean Barron 60 - 64 years 00:21:24 00:01:14 00:43:25 00:00:35 00:10:39 01:17:18 111 21 Geraldine 50 - 54 years Female 00:21:06 00:00:40 00:44:03 00:00:53 00:10:39 01:17:16 18 27 Gina Lyons 45 - 49 years 60:22:03 00:01:01 00:42:24 00:00:53 00:11:08 01:17:31 19 11 Helen French 50 - 54 years Female 00:23:20 00:00:46 00:41:15 00:00:57 00:11:19 01:17:39 20 243 Louisa Bruck Relay 00:27:14 00:00:51 00:36:07 00:00:33 00:12:54 01:17:39 1 280 Mathieu 35 - 39 years 60:64 years 00:22:20 00:00:50 00:42:32 00:01:11 00:11:08 01:17:45 112 155 Dermot 60 - 64 years 00:22:59 00:00:56 00:41:04 00:00:57 00:11:50 01:17:48 113 24 Bernadette 35 - 39 years 60:64 years 60:44 years	258		Male	00:22:37	00:00:41	00:40:33	00:00:49	00:11:45	01:16:27	104
178 Gerald Lynch 40 - 44 years 00:23:20 00:00:49 00:40:34 00:00:44 00:11:31 01:17:00 107 79	97	Paul Byrne	40 - 44 years Male	00:24:30	00:01:04	00:38:23	00:00:51	00:11:50	01:16:40	105
Clan Macginley Male	108	Cian Murray	18-19 Male	00:19:34	00:01:44	00:45:21	00:01:16	00:08:57	01:16:54	106
Marginley Male 00.22.50 00.00153 00.41:28 00.00133 00.11:29 01:17:07 17	178	Gerald Lynch	Male	00:23:20	00:00:49	00:40:34	00:00:44	00:11:31	01:17:00	107
Female	79		Male	00:23:40	00:01:15	00:39:35	00:00:55	00:11:35	01:17:02	108
162 Noel Boyle 60 - 64 years Noise N	4	Maire Diggin	50 - 54 years Female	00:22:50	00:00:35	00:41:28	00:00:43	00:11:29	01:17:07	17
Sean Barron	269	Pat Linehan	Male	00:23:05	00:01:04	00:40:37	00:01:04	00:11:16	01:17:07	109
21 Geraldine 50 - 54 years 60:21:24 00:00:40 00:44:03 00:00:43 00:10:52 01:17:26 18 27 Gina Lyons 45 - 49 years Female 00:22:03 00:01:01 00:42:24 00:00:53 00:11:08 01:17:31 19 11 Helen French 50 - 54 years 50 - 54 years 60:23:20 00:00:46 00:41:15 00:00:57 00:11:19 01:17:39 20 243 Louisa Bruck Relay 00:27:14 00:00:51 00:36:07 00:00:33 00:12:54 01:17:39 1 280 Mathieu 35 - 39 years 00:22:02 00:00:50 00:42:32 00:01:11 00:11:08 01:17:45 112 155 Dermot 60 - 64 years 00:22:59 00:00:56 00:41:04 00:00:57 00:11:50 01:17:48 113 24 Bernadette 35 - 39 years 00:22:49 00:00:59 00:41:47 00:00:55 00:11:29 01:18:00 21 262 William 60 - 64 years 00:23:20 00:00:36 00:42:04 00:00:33 00:11:26 01:18:01 114 297 Matthew Kelly 25 - 29 years Male 00:22:04 00:00:59 00:42:01 00:01:40 00:11:21 01:18:07 115 17 Deirdre 45 - 49 years 00:21:17 00:01:13 00:43:56 00:00:59 00:10:40 01:18:10 116 18 Paradette 45 - 49 years Female 00:21:47 00:01:40 00:43:53 00:00:52 00:10:29 01:18:10 116 18 Paradette 45 - 49 years 00:21:47 00:00:44 00:43:53 00:00:52 00:10:29 01:18:10 116 19 Paradette 45 - 49 years 00:21:47 00:00:44 00:43:51 00:00:46 00:11:00 01:18:11 23 207 Cormac 50 - 54 years 00:22:47 00:00:44 00:43:47 00:00:40 00:11:20 01:18:11 23 208 Paradette 45 - 49 years 00:22:47 00:00:44 00:43:47 00:00:49 00:11:29 01:18:11 23 209 Cormac 50 - 54 years 00:22:47 00:00:44 00:43:47 00:00:49 00:11:29 01:18:11 147 200 Cormac 50 - 54 years 00:22:47 00:00:44 00:43:47 00:00:49 00:11:29 01:18:11 147 200 Cormac 50 - 54 years 00:22:47 00:00:44 00:43:47 00:00:49 00:43:47 00:43:47 00:43:47 00:43:47 00:43:47 00:43:47 00:43:47 00:43:47 00:43:47 00:43:47 00:43:47 00	162	Noel Boyle	Male	00:25:00	00:01:11	00:37:19	00:01:04	00:12:39	01:17:14	110
Hendricken Female Oi.21.00 Oi.00.40 Oi.00.43 Oi.00.43 Oi.10.22 Oi.17.20 Is	298	Sean Barron	Male	00:21:24	00:01:14	00:43:25	00:00:35	00:10:39	01:17:18	111
Helen French Female O0:22:03 O0:01:01 O0:42:24 O0:00:53 O0:11:06 O1:17:31 19	21		Female	00:21:06	00:00:40	00:44:03	00:00:43	00:10:52	01:17:26	18
Louisa Bruck Relay 00:27:14 00:00:51 00:36:07 00:00:33 00:12:54 01:17:39 1	27	Gina Lyons	Female	00:22:03	00:01:01	00:42:24	00:00:53	00:11:08	01:17:31	19
280 Mathieu Jublot 35 - 39 years Male 00:22:02 00:00:50 00:42:32 00:01:11 00:11:08 01:17:45 112 155 Dermot Connolly Male 60 - 64 years Male 00:22:59 00:00:56 00:41:04 00:00:57 00:11:50 01:17:48 113 24 Bernadette Carton Female 35 - 39 years Female 00:22:49 00:00:59 00:41:47 00:00:55 00:11:29 01:18:00 21 262 William Purcell 60 - 64 years Male 00:23:20 00:00:36 00:42:04 00:00:33 00:11:26 01:18:01 114 297 Matthew Kelly 25 - 29 years Male 00:22:04 00:00:59 00:42:01 00:01:40 00:11:20 01:18:07 115 17 Deirdre A5 - 49 years Pemale 00:21:17 00:01:13 00:43:56 00:00:59 00:10:40 01:18:08 22 183 Trevor A5 - 49 years Pemale 00:21:36 00:01:19 00:43:53 00:00:52 00:10:29 01:18:10 116 6 Lilly O'dea 45 - 49 yea	11	Helen French	50 - 54 years Female	00:23:20	00:00:46	00:41:15	00:00:57	00:11:19	01:17:39	20
155 Dermot Gonolly Male Male	243			00:27:14	00:00:51	00:36:07	00:00:33	00:12:54	01:17:39	1
Connolly Male 00:22:59 00:00:56 00:41:04 00:00:57 00:11:50 01:17:48 113 24 Bernadette 35 - 39 years Female 00:22:49 00:00:59 00:41:47 00:00:55 00:11:29 01:18:00 21 262 William 60 - 64 years Male 00:23:20 00:00:36 00:42:04 00:00:33 00:11:26 01:18:01 114 297 Matthew Kelly 25 - 29 years Male 00:22:04 00:00:59 00:42:01 00:01:40 00:11:21 01:18:07 115 17 Deirdre 45 - 49 years Female 00:21:17 00:01:13 00:43:56 00:00:59 00:10:40 01:18:08 22 183 Trevor 45 - 49 years Male 00:21:36 00:01:19 00:43:53 00:00:52 00:10:29 01:18:10 116 6 Lilly O'dea 45 - 49 years Female 00:22:47 00:00:44 00:42:51 00:00:46 00:11:00 01:18:11 23	280		35 - 39 years Male	00:22:02	00:00:50	00:42:32	00:01:11	00:11:08	01:17:45	112
Z4 Carton Female 00:22:43 00:00:39 00:41:47 00:00:35 00:11:29 01:18:00 Z1 262 William Purcell 60 - 64 years Male 00:23:20 00:00:36 00:42:04 00:00:33 00:11:26 01:18:01 114 297 Matthew Kelly 25 - 29 years Male 00:22:04 00:00:59 00:42:01 00:01:40 00:11:21 01:18:07 115 17 Deirdre Deegan Female 45 - 49 years Female 00:21:17 00:01:13 00:43:56 00:00:59 00:10:40 01:18:08 22 183 Trevor Spillane 45 - 49 years Male 00:21:36 00:01:19 00:43:53 00:00:52 00:10:29 01:18:10 116 6 Lilly O'dea 45 - 49 years Female 00:22:47 00:00:44 00:42:51 00:00:46 00:11:00 01:18:11 23 207 Cormac 50 - 54 years 00:23:53 00:00:59 00:43:17 00:01:03 00:11:28 01:18:11 23	155	Connolly	Male	00:22:59	00:00:56	00:41:04	00:00:57	00:11:50	01:17:48	113
Purcell Male 00:23:20 00:00:36 00:42:04 00:00:33 00:11:26 01:18:01 114 297 Matthew Kelly 25 - 29 years Male 00:22:04 00:00:59 00:42:01 00:01:40 00:11:21 01:18:07 115 17 Deirdre 45 - 49 years Female 00:21:17 00:01:13 00:43:56 00:00:59 00:10:40 01:18:08 22 183 Trevor Spillane Male 00:21:36 00:01:19 00:43:53 00:00:52 00:10:29 01:18:10 116 6 Lilly O'dea 45 - 49 years Female 00:22:47 00:00:44 00:42:51 00:00:46 00:11:00 01:18:11 23	24	Carton	Female	00:22:49	00:00:59	00:41:47	00:00:55	00:11:29	01:18:00	21
17 Deirdre 45 - 49 years 00:21:17 00:01:13 00:43:56 00:00:59 00:10:40 01:18:08 22	262		Male	00:23:20	00:00:36	00:42:04	00:00:33	00:11:26	01:18:01	114
Deegan Female 00.21.17 00.01.13 00.43.56 00.00.59 00.10.40 01.16.08 22 183 Trevor Spillane 45 - 49 years Male 00:21:36 00:01:19 00:43:53 00:00:52 00:10:29 01:18:10 116 6 Lilly O'dea 45 - 49 years Female 00:22:47 00:00:44 00:42:51 00:00:46 00:11:00 01:18:11 23	297	-	Male	00:22:04	00:00:59	00:42:01	00:01:40	00:11:21	01:18:07	115
Spillane Male 00:21:36 00:01:19 00:43:53 00:00:52 00:10:29 01:18:10 116 6 Lilly O'dea 45 - 49 years Female 00:22:47 00:00:44 00:42:51 00:00:46 00:11:00 01:18:11 23	17	Deegan	Female	00:21:17	00:01:13	00:43:56	00:00:59	00:10:40	01:18:08	22
Tilly O dea Female 00.22.47 00.00.44 00.42.51 00.00.46 00.11.00 01.10.11 25	183		Male	00:21:36	00:01:19	00:43:53	00:00:52	00:10:29	01:18:10	116
	6		Female	00:22:47	00:00:44	00:42:51	00:00:46	00:11:00	01:18:11	23
	207		50 - 54 years Male	00:22:53	00:00:59	00:42:17	00:01:03	00:11:38	01:18:51	117



218	Bib	Full name	Category	Run1	T1	Cycle	T2	Run2	Overall	Overall
3 Louise Orelly 40-479875 0023-11 000101 00-4250 000053 001126 0011923 26 7 Halley 75-29-year5 0021157 0001124 0044-07 000106 0011050 011926 27 7 Kotstriffs Female 90-22415 000100 0044-07 000106 001050 011926 27 245 Mark Ramsey Mark 25-29-year5 0022-15 0001100 004048 000057 0011230 0111932 118 310 Not 10	218	Lujan Chaluat	Female	00:24:05	00:01:50	00:39:53	00:00:43	00:12:29	01:19:03	24
Formula Form	8		Female	00:22:41	00:01:06	00:43:21	00:00:55	00:11:11	01:19:18	25
Kotsaftis Female Coult Country Count	3	Louise O'reilly	40 - 44 years Female	00:23:11	00:01:01	00:42:50	00:00:53	00:11:26	01:19:23	26
Name	7	Hailey Kotsaftis		00:21:57	00:01:24	00:44:07	00:01:06	00:10:50	01:19:26	27
Comerford Male Co.24.13 Co.01.17 Co.17.18 Co.01.25 Co.17.18 Co.24.13 Co.24.14 Co.01.12 Co.24.15 Co.01.25 Co.17.18 Co.24.15 C	245	Mark Ramsey	45 - 49 years Male	00:24:15	00:01:00	00:40:48	00:00:57	00:12:30	01:19:32	118
130 Ruth Mckee Female	310			00:24:13	00:01:17	00:41:08	00:01:29	00:11:31	01:19:41	119
Second S	29	Caroline Wade	Female	00:22:44	00:01:12	00:43:54	00:00:54	00:11:04	01:19:50	28
255 Rajendra 35 - 39 years 00.21:32 00.00:57 00.43:11 00.00:42 00.11:30 01.20:06 120 120 131 130 1	130	Ruth Mckee	55 - 59 years Female	00:24:10	00:01:00	00:42:05	00:00:49	00:11:44	01:19:50	29
Sieka Maje	30	Marie Slattery	45 - 49 years Female	00:25:05	00:00:50	00:41:26	00:00:49	00:11:50	01:20:01	30
25 Ava Whelan Male 00.22-49 00.000-37 00.91-11 00.00-42 00.11-15 01.20-12 31 02.30-48 00.20-12 00.20-13	255	Rajendra Kielka	Male	00:21:32	00:01:16	00:45:42	00:01:14	00:10:20	01:20:06	120
253 Raymond 40 - 44 years 00:22:57 00:01:18 00:43:32 00:01:28 00:11:02 01:20:19 122	314	Jaagup Repän	Male	00:23:48	00:00:57	00:43:11	00:00:42	00:11:30	01:20:10	121
Boyne Male Mo-242-17 Mo-18 M	25	Ava Whelan	Female	00:26:08	00:00:44	00:39:44	00:00:40	00:12:54	01:20:12	31
28 Mag Kirwan S5 - 59 years Fermale 00:24:32 00:00:055 00:41:55 00:00:54 00:12:10 01:20:28 32 32 32 32 30 - 34 years 00:23:20 00:00:50 00:43:16 00:00:59 00:12:07 01:20:34 33 33 32 34 32 32 32	253		40 - 44 years Male	00:22:57	00:01:18	00:43:32	00:01:28	00:11:02	01:20:19	122
242 Kate Crowley Female 00.24.3.2 00.00.53 00.41.35 00.00.54 00.12.10 01.20.26 32 242 Kate Crowley Female 30.23.20 00.00.55 00.43.16 00.00.59 00.12.07 01.20.34 33 320 Conor Foley Male 25 - 29 years Male 25 - 29 years Oc.21.30 00.01.16 00.45.23 00.01.25 00.10.33 01.20.46 124 76 Brian O'connell Ale 29 years Oc.21.30 00.01.59 00.43.52 00.03.16 00.10.18 01.20.56 125 2 Andrea Bryan Female 00.25.04 00.00.51 00.41.24 00.00.49 00.12.51 01.21.00 34 306 Denis Doyle 40 - 44 years Male 00.22.38 00.01.34 00.43.42 00.01.29 00.11.36 01.21.01 126 16 Gallagher 45 - 49 years 10.02.237 00.01.18 00.44.25 00.01.12 00.11.29 01.21.04 35 140 Clara Kilroy 35 - 39 years Female 00.22.30 00.00.58 00.46.00 00.00.48 00.10.54 01.21.12 36 251 Donald Female 00.25.12 00.00.51 00.40.45 00.01.12 00.13.14 01.21.16 127 287 Adrian 35 - 39 years Male 00.22.00 00.01.15 00.45.44 00.00.58 00.11.18 01.21.17 128 190 Ian Collins 40 - 44 years Male 00.22.00 00.01.15 00.45.44 00.00.58 00.11.18 01.21.17 128 190 Ian Collins 40 - 44 years Male 00.22.27 00.00.51 00.40.24 00.00.37 00.11.46 01.21.33 129 286 Jeff Taylor 40 - 44 years Male 00.22.23 00.01.08 00.40.24 00.40.26 00.53.49 01.21.47 130 143 Phil Clarke 40 - 44 years Male 00.22.23 00.01.00 00.46.06 00.00.59 00.11.25 01.21.49 131 202 Lorcan O'neill 40 - 44 years Male 00.22.23 00.01.00 00.46.06 00.00.59 00.11.25 01.22.10 133 195 Fergus 35 - 39 years Male 00.22.23 00.01.00 00.46.06 00.00.59 00.11.27 01.21.57 132 161 Peter Male 00.24.24 00.02.34 00.00.44 00.45.55 00.00.38 00.11.24 01.22.10 133 195 Fergus 35 - 39 years Male 00.23.24 00.00.44 00.45.55 00.00.38 00.11.24 01.22.10 135 182 Rahul Nair 45 - 49 years Male 00.24.27 00.01.18 00.42.45 00.01.38 00.12.25 01.22.10 133 183 Rahul Nair 45 - 49 years Male 00.24.27 00.01.15 00.43.16 00.01.25 01.22.10 132.11 136 184 Conor Akintolos Male 00.24.47 00.01.15 00.43.16 00.01.24 00.01.23 01.23.10 13.23 01.23.14 01.23.25 01.23.13 136	187	David Byrne	Male	00:22:37	00:01:00	00:44:09	00:00:47	00:11:45	01:20:20	123
Section Female Co.232 Co.233 Co.233 Co.233 Co.2334	28	Mag Kirwan	Female	00:24:32	00:00:55	00:41:55	00:00:54	00:12:10	01:20:28	32
Table Tabl	242	Kate Crowley	Female	00:23:20	00:00:50	00:43:16	00:00:59	00:12:07	01:20:34	33
76 O'connell Male 002:150 00:01:99 00:43:52 00:03:16 00:10:18 01:20:56 125 2 Andrea Bryan 40 - 44 years Female 00:25:04 00:00:51 00:41:24 00:00:49 00:12:51 01:21:00 34 306 Denis Doyle 40 - 44 years Male 00:22:38 00:01:34 00:43:42 00:01:29 00:11:36 01:21:01 126 16 Wini Gallagher 45 - 49 years 00:22:37 00:01:18 00:44:25 00:01:12 00:11:29 01:21:04 35 140 Clara Kilroy 35 - 39 years 00:22:30 00:00:58 00:46:00 00:00:48 00:10:54 01:21:12 36 251 Donald Fitzmaurice 60 - 64 years 00:25:12 00:00:51 00:40:45 00:01:12 00:13:14 01:21:16 127 287 Adrian Harrahan 35 - 39 years 00:22:00 00:01:15 00:45:44 00:00:58 00:11:18 01:21:17 128 190 Ian Collins 40 - 44 years	320	Conor Foley	35 - 39 years Male	00:22:06	00:01:16	00:45:23	00:01:25	00:10:33	01:20:46	124
2 Nickie Bright Female 00.22:38 00:01:34 00:43:42 00:01:29 00:11:36 01:21:01 126 306	76		Male	00:21:30	00:01:59	00:43:52	00:03:16	00:10:18	01:20:56	125
Male	2	Andrea Bryan	Female	00:25:04	00:00:51	00:41:24	00:00:49	00:12:51	01:21:00	34
Clara Kilroy Female Clara Kilroy	306	Denis Doyle	40 - 44 years Male	00:22:38	00:01:34	00:43:42	00:01:29	00:11:36	01:21:01	126
Donald Fitzmaurice Go-64 years Male Go-64 years Male Go-64 years Go-64 y	16	Wini Gallagher	Female	00:22:37	00:01:18	00:44:25	00:01:12	00:11:29	01:21:04	35
Section Sect	140	Ciara Kilroy	Female	00:22:30	00:00:58	00:46:00	00:00:48	00:10:54	01:21:12	36
Hanrahan Male Oc. 24:05 Oc. 31:15 Oc. 43:15 Oc. 43:15 Oc. 44 Oc. 45 Oc. 25:03 Oc. 25:03 Oc. 25:03 Oc. 25:03 Oc. 25:04 Oc. 25:05 O	251		Male	00:25:12	00:00:51	00:40:45	00:01:12	00:13:14	01:21:16	127
286 Jeff Taylor 40 - 44 years Male 00:26:52 00:01:08 00:40:24 -00:40:26 00:53:49 01:21:47 130 143 Phil Clarke 40 - 44 years Male 00:25:03 00:00:59 00:41:42 00:01:08 00:12:55 01:21:49 131 202 Lorcan O'neill 40 - 44 years Male 00:22:23 00:01:00 00:46:06 00:00:59 00:11:27 01:21:57 132 161 Peter	287	Adrian Hanrahan	35 - 39 years Male	00:22:00	00:01:15	00:45:44	00:00:58	00:11:18	01:21:17	128
143 Phil Clarke 40 - 44 years 40 - 22:23 40 40 40 40 40 40 40 4	190	lan Collins	Male	00:24:27	00:00:51	00:43:50	00:00:37	00:11:46	01:21:33	129
Male	286	Jeff Taylor	40 - 44 years Male	00:26:52	00:01:08	00:40:24	-00:40:26	00:53:49	01:21:47	130
202 Lot can of Hellin Male Male 00.22:23 00.01:00 00.48:06 00:00:39 00.11:27 01:21:37 132 161 Peter Mclaughlin Male 65 - 69 years Male 00:24:21 00:00:56 00:43:18 00:00:49 00:12:35 01:22:00 133 195 Fergus Colleran Male 35 - 39 years Male 00:23:24 00:00:44 00:45:55 00:00:38 00:11:24 01:22:07 134 301 Damien Walsh Male 40 - 44 years Male 00:23:47 00:01:38 00:42:45 00:01:38 00:12:21 01:22:12 135 182 Rahul Nair 45 - 49 years Male 00:24:24 00:01:56 00:41:11 00:01:48 00:12:52 01:22:13 136 139 Vicki Nicholson Female 60 - 64 years Male 00:24:05 00:01:05 00:43:54 00:01:06 00:12:05 01:22:16 37 158 Conor Akintola Male 00:24:47 00:01:00 00:42:24 00:01:12 00:13:06 01:22:30 137 131 Genevieve <t< td=""><td>143</td><td>Phil Clarke</td><td>Male</td><td>00:25:03</td><td>00:00:59</td><td>00:41:42</td><td>00:01:08</td><td>00:12:55</td><td>01:21:49</td><td>131</td></t<>	143	Phil Clarke	Male	00:25:03	00:00:59	00:41:42	00:01:08	00:12:55	01:21:49	131
Mclaughlin Male 00.24:21 00.00.36 00.43:18 00.00.49 00.12:33 01.22:00 133 195 Fergus Colleran 35 - 39 years Male 00:23:24 00:00:44 00:45:55 00:00:38 00:11:24 01:22:07 134 301 Damien Walsh 40 - 44 years Male 00:23:47 00:01:38 00:42:45 00:01:38 00:12:21 01:22:12 135 182 Rahul Nair 45 - 49 years Male 00:24:24 00:01:56 00:41:11 00:01:48 00:12:52 01:22:13 136 139 Vicki Nicholson Female 60 - 64 years Pemale 00:24:05 00:01:05 00:43:54 00:01:06 00:12:05 01:22:16 37 158 Conor Akintola Male 30 - 34 years Male 00:24:47 00:01:00 00:42:24 00:01:12 00:13:06 01:22:30 137 131 Genevieve 45 - 49 years 00:25:21 00:00:52 00:43:46 00:00:53 00:01:23:30 01:22:30 137	202	Lorcan O'neill	Male	00:22:23	00:01:00	00:46:06	00:00:59	00:11:27	01:21:57	132
301 Damien Walsh 40 - 44 years Male 00:23:47 00:01:38 00:42:45 00:01:38 00:12:21 01:22:12 135 182 Rahul Nair 45 - 49 years Male 00:24:24 00:01:56 00:41:11 00:01:48 00:12:52 01:22:13 136 139 Vicki Nicholson Female 60 - 64 years Female 00:24:05 00:01:05 00:43:54 00:01:06 00:12:05 01:22:16 37 158 Conor Akintola Male 30 - 34 years Male 00:24:47 00:01:00 00:42:24 00:01:12 00:13:06 01:22:30 137 131 Genevieve 45 - 49 years 00:25:21 00:00:52 00:42:46 00:00:53 00:12:33 01:22:35 28	161	Mclaughlin	Male	00:24:21	00:00:56	00:43:18	00:00:49	00:12:35	01:22:00	133
Walsh Male 00:23:47 00:01:38 00:42:45 00:01:38 00:12:21 01:22:12 135 182 Rahul Nair 45 - 49 years Male 00:24:24 00:01:56 00:41:11 00:01:48 00:12:52 01:22:13 136 139 Vicki Nicholson Female 60 - 64 years Female 00:24:05 00:01:05 00:43:54 00:01:06 00:12:05 01:22:16 37 158 Conor Akintola 30 - 34 years Male 00:24:47 00:01:00 00:42:24 00:01:12 00:13:06 01:22:30 137 131 Genevieve 45 - 49 years 00:25:21 00:00:52 00:42:46 00:00:53 00:12:33 01:22:35 28	195		Male	00:23:24	00:00:44	00:45:55	00:00:38	00:11:24	01:22:07	134
139 Vicki Nicholson 60 - 64 years Female 00:24:05 00:01:05 00:43:54 00:01:06 00:12:05 01:22:16 37 158 Conor Akintola 30 - 34 years Male 00:24:47 00:01:00 00:42:24 00:01:12 00:13:06 01:22:30 137 131 Genevieve 45 - 49 years 00:25:21 00:00:52 00:42:46 00:00:53 00:12:33 01:22:35 38	301		Male	00:23:47	00:01:38	00:42:45	00:01:38	00:12:21	01:22:12	135
Nicholson Female 00:24:03 00:01:03 00:43:34 00:01:06 00:12:03 01:22:10 37 158	182		Male	00:24:24	00:01:56	00:41:11	00:01:48	00:12:52	01:22:13	136
Akintola Male 00.24.47 00.01.00 00.42.24 00.01.12 00.13.00 01.22.30 137	139		Female	00:24:05	00:01:05	00:43:54	00:01:06	00:12:05	01:22:16	37
	158	Akintola	Male	00:24:47	00:01:00	00:42:24	00:01:12	00:13:06	01:22:30	137
	131		45 - 49 years Female	00:25:31	00:00:52	00:42:46	00:00:52	00:12:33	01:22:35	38



Bib	Full name	Category	Run1	T1	Cycle	T2	Run2	Overall	Overall
267	Brian Connaughton		00:25:22	00:01:01	00:42:54	00:01:03	00:12:14	01:22:35	138
129	Joanne Mccauley	45 - 49 years Female	00:24:39	00:01:09	00:43:50	00:01:05	00:12:07	01:22:52	39
244	Mark Kinkaid	65 - 69 years Male	00:25:58	00:01:24	00:41:36	00:01:11	00:12:45	01:22:56	139
112	Joanne Bingham	55 - 59 years Female	00:24:36	00:00:36	00:45:01	00:00:33	00:12:25	01:23:13	40
189	Pascal Derrien	55 - 59 years Male	00:22:58	00:01:01	00:46:51	00:00:34	00:11:56	01:23:22	140
312	Damien Parker	40 - 44 years Male	00:23:08	00:02:37	00:44:31	00:02:22	00:10:50	01:23:29	141
321	Brian Kelly	55 - 59 years Male	00:24:36	00:01:20	00:44:28	00:01:41	00:11:46	01:23:54	142
125	Karen Kavanagh	50 - 54 years Female	00:23:34	00:00:55	00:47:03	00:00:55	00:11:25	01:23:54	41
294	Jonny Morrison	55 - 59 years Male	00:26:36	00:01:15	00:42:05	00:01:08	00:12:50	01:23:56	143
225	Fiona Jarrett	35 - 39 years Female	00:25:33	00:01:31	00:42:35	00:00:59	00:13:18	01:23:58	42
266	Torsten Reich	50 - 54 years Male	00:25:24	00:01:21	00:43:00	00:01:25	00:12:47	01:23:59	144
235	Sharon Osborne	35 - 39 years Female	00:26:07	00:01:31	00:41:31	00:01:10	00:13:47	01:24:07	43
290	William Duggan	30 - 34 years Male	00:23:22	00:00:38	00:48:30	00:00:39	00:10:56	01:24:07	145
116	Ellen Desmond	25 - 29 years Female	00:25:02	00:01:12	00:44:04	00:01:26	00:12:31	01:24:17	44
123	Vera Mccool	60 - 64 years Female	00:25:35	00:00:35	00:44:35	00:00:39	00:12:57	01:24:23	45
135	Mollie Jackson	16-17 Female	00:26:06	00:01:06	00:42:46	00:00:55	00:13:46	01:24:41	46
56	Gerard Turbitt	70 - 74 years Male	00:25:06	00:01:00	00:44:29	00:01:48	00:12:21	01:24:45	146
247	Simon Farrell	35 - 39 years Male	00:23:50	00:01:02	00:47:40	00:00:48	00:11:55	01:25:17	147
240	Jill Owens	35 - 39 years Female	00:24:00	00:00:43	00:48:04	00:00:40	00:12:05	01:25:34	47
118	Eva Perez	45 - 49 years Female	00:22:46	00:00:46	00:49:39	00:01:21	00:11:45	01:26:19	48
35	Aoife Mcgouran	18-19 Female	00:25:41	00:00:47	00:47:13	00:00:40	00:12:26	01:26:50	49
177	Gary Moralee	65 - 69 years Male	00:24:58	00:00:46	00:47:25	00:01:11	00:12:30	01:26:52	148
299	Chris Worfolk	35 - 39 years Male	00:24:55	00:01:23	00:47:46	00:01:27	00:11:23	01:26:56	149
128	Nicole Cerioni	30 - 34 years Female	00:23:36	00:01:29	00:47:58	00:02:04	00:11:49	01:26:58	50
239	Ruth Byrne	30 - 34 years Female	00:24:34	00:01:06	00:48:33	00:00:40	00:12:06	01:27:00	51
230	Evelyn Obrien	45 - 49 years Female	00:25:11	00:00:54	00:47:05	00:00:45	00:13:09	01:27:05	52
127	Erica Sanna	35 - 39 years Female	00:25:55	00:01:08	00:47:23	00:00:49	00:11:50	01:27:07	53
300	Emmet English	40 - 44 years Male	00:24:19	00:01:35	00:48:06	00:01:33	00:11:38	01:27:13	150
313	Patrick Harvey	30 - 34 years Male	00:23:29	00:01:48	00:47:56	00:01:49	00:12:12	01:27:16	151
23	Meadow Mccauley	20 - 24 years Female	00:23:31	00:01:29	00:49:19	00:00:52	00:12:09	01:27:22	54
305	Nicholas Mccabe	70 - 74 years Male	00:25:59	00:01:13	00:45:22	00:01:18	00:13:32	01:27:26	152
279	Anthony Maguire	45 - 49 years Male	00:25:28	00:01:09	00:46:57	00:01:09	00:12:50	01:27:35	153
122	Marie Staunton	55 - 59 years Female	00:26:49	00:01:18	00:45:24	00:01:19	00:13:00	01:27:52	55
156	Tom Monnelly	55 - 59 years Male	00:25:45	00:00:53	00:47:54	00:00:40	00:12:40	01:27:55	154
137	Ceyda Zaim	30 - 34 years Female	00:27:28	00:01:00	00:44:35	00:00:55	00:14:09	01:28:08	56
249	Gavin Finn	45 - 49 years Male	00:23:46	00:01:33	00:49:41	00:02:04	00:11:43	01:28:49	155
					= SPORTS				

SPORTS TIMING

147	Bib	Full name	Category	Run1	T1	Cycle	T2	Run2	Overall	Overall
Modermont Male	147	Derek Fahey		00:26:57	00:01:27	00:44:48	00:01:41	00:14:00	01:28:55	156
Age James Society	308		Male	00:24:59	00:01:51	00:48:19	00:01:21	00:12:28	01:29:00	157
Van Renburg Female	315	Ross Traynor	40 - 44 years Male	00:26:45	00:00:49	00:46:46	-00:46:49	01:01:40	01:29:12	158
121 Laura Connolly Female Connolly C	234		35 - 39 years Female	00:27:57	00:01:49	00:44:23	-00:44:29	00:59:56	01:29:36	57
Commobility Fermale Commobility Fermale Commobility Commobil	67	Paul Mcgrane	55 - 59 years Male	00:25:55	00:01:08	00:47:37	00:01:05	00:13:48	01:29:36	159
318	121		25 - 29 years Female	00:25:47	00:01:45	00:47:40	00:01:35	00:13:04	01:29:54	58
Social Continues Male	318	O'shaughness	40 - 44 years Male	00:26:51	00:01:14	00:47:29	00:01:02	00:13:26	01:30:04	160
Scannell Male	46	Adrian Kelly	45 - 49 years Male	00:27:01	00:01:11	00:46:35	00:01:07	00:14:09	01:30:05	161
227 Alicia Culhane 60-44 years 00:27:04 00:01:24 00:47:38 00:01:45 00:13:32 01:31:25 60	250			00:27:16	00:01:31	00:46:32	00:01:20	00:13:45	01:30:25	162
231 Mark Barnele 00.27.04 00.01.24 00.47.55 00.01.43 00.14.12 01.31.40 163 319 Mark Barnel 40.44 years 00.26.50 00.01.03 00.48.40 00.00.53 00.14.12 01.31.40 163 350 Paul Smith 50.54 years 00.26.35 00.01.18 00.48.35 00.01.43 00.13.32 01.31.45 164 257 Andrew A0.44 years 00.27.29 00.01.14 00.48.45 -00.48.49 01.03.42 01.32.23 165 248 Donal Tutty 55.59 years 00.29.00 00.01.23 00.47.19 00.01.12 00.13.50 01.32.46 166 258 Male 50.54 years 00.27.27 00.01.32 00.47.19 00.01.12 00.13.50 01.32.46 166 250 Lorraine Fanniery 70.25.14 00.01.19 00.54.30 00.01.09 00.11.07 01.33.24 168 316 Evelyn 30.54 years 00.26.58 00.01.17 00.52.14 00.01.40 00.12.09 01.34.20 169 313 Mary Byrne 65.69 years 00.26.58 00.01.17 00.53.21 00.01.40 00.12.09 01.34.20 169 314 Mary Byrne 65.69 years 00.25.34 00.01.19 00.53.21 00.01.40 00.12.38 01.34.34 63 270 John Doyle 50.54 years 00.30.15 00.01.27 00.46.02 00.01.33 00.14.38 01.35.30 171 316 Don Gormley 50.54 years 00.30.35 00.01.27 00.46.02 00.01.33 00.14.38 01.35.30 171 328 Paul Mccool 60.64 years 00.30.36 00.01.26 00.47.55 00.01.04 00.15.01 01.36.04 173 318 Ellis Fallon 55.59 years 00.30.36 00.01.26 00.47.55 00.01.04 00.15.01 01.36.04 173 318 Ellis Fallon 75.79 Male 00.30.35 00.01.25 00.048.34 00.02.14 00.14.29 01.36.55 66 228 Robacca 30.34 years 00.28.58 00.02.35 00.048.34 00.02.14 00.14.29 01.36.55 66 228 Robacca 30.34 years 00.28.58 00.02.35 00.048.34 00.02.14 00.14.29 01.36.55 66 236 Stefanic Curr 75.79 Male 00.30.48 00.01.17 00.57.05 00.00.58	117		55 - 59 years Female	00:26:25	00:01:22	00:48:06	00:01:02	00:13:30	01:30:27	59
95 Paul Smith Male	227	Alicia Culhane	40 - 44 years Female	00:27:04	00:01:24	00:47:38	00:01:45	00:13:32	01:31:25	60
257 Andrew Patterson Male 00.2013 00.0114 00.48.45 -00.48.49 01.03.42 01.32.23 165	319	Mark Barnes	40 - 44 years Male	00:26:50	00:01:03	00:48:40	00:00:53	00:14:12	01:31:40	163
Patterson Male	95	Paul Smith		00:26:35	00:01:18	00:48:35	00:01:43	00:13:32	01:31:45	164
291 Kevin Gleson Male 00:27:27 00:01:32 00:48:47 00:01:58 00:13:22 01:33:08 167	257		Male	00:27:29	00:01:14	00:48:45	-00:48:49	01:03:42	01:32:23	165
200 Lorraine Solution Sol	248	Donal Tutty	55 - 59 years Male	00:29:00	00:01:23	00:47:19	00:01:12	00:13:50	01:32:46	166
Second S	291	Kevin Gleeson	Male	00:27:27	00:01:32	00:48:47	00:01:58	00:13:22	01:33:08	167
136 Evelyn Ramirez 30 - 34 years 62 62 62 63 64 64 63 64 64 64 65 69 years 65 65 60 60 60 60 60 60	220		50 - 54 years Female	00:26:14	00:01:12	00:51:02	00:01:28	00:13:20	01:33:18	61
Ramírez Female Ou.27.42 Ou.02.13 Ou.43.46 Ou.02.17 Ou.13.86 Oi.34.10 Oi.	317	-		00:25:16	00:01:19	00:54:30	00:01:09	00:11:07	01:33:24	168
Male	136		Female	00:27:42	00:02:15	00:45:48	00:02:17	00:15:58	01:34:01	62
270 John Doyle So - 54 years Male So - 54 years Male Oi:30:15 Oi:01:27 Oi:46:02 Oi:01:37 Oi:15:35 Oi:34:59 170	277	John Finlay	Male	00:26:58	00:01:17	00:52:14	00:01:40	00:12:09	01:34:20	169
316 Don Gormley Male 00:30:15 00:01:27 00:40:02 00:01:37 00:13:33 01:35:30 171	113	Mary Byrne	Female	00:25:34	00:01:19	00:53:21	00:01:40	00:12:38	01:34:34	63
Paul McCool Male Oi.20.35 Oi.01.25 Oi.01.34 Oi.01.35 Oi.14.35 Oi.15.27 Oi.36:00 172	270	John Doyle	Male	00:30:15	00:01:27	00:46:02	00:01:37	00:15:35	01:34:59	170
Noel Noel Noel 25 - 29 years Noel Noel Noel Noel Noel Noel Noel Noel	316	Don Gormley	Male	00:28:39	00:01:29	00:49:04	00:01:38	00:14:38	01:35:30	171
138 Eilis Fallon 55-59 years 55-59 years 64	282	Paul Mccool	Male	00:30:08	00:00:38	00:48:52	00:00:54	00:15:27	01:36:00	172
138 Ellis Falloli Female 00.26.52 00.01.36 00.32.25 00.01.35 00.01.35 00.13.36 01.36.09 64 226 Helen 45 - 49 years Pemale 00:28:58 00:02:35 00:48:34 00:02:14 00:14:29 01:36:53 65 236 Stefanie Cruz Female 00:25:15 00:01:17 00:57:05 00:00:58 00:12:20 01:36:56 66 228 Rebecca 30 - 34 years Female 00:28:43 00:01:04 00:51:48 00:01:09 00:14:33 01:37:20 67 276 Michael 75-79 Male 00:30:52 00:02:18 00:47:12 -00:47:16 01:04:59 01:38:05 174 219 Lorna 45 - 49 years Female 00:27:18 00:01:14 00:54:12 00:01:30 00:13:49 01:38:05 68 241 Lisa Stout 35 - 39 years Female 00:30:48 00:01:17 00:49:12 00:01:21 00:16:13 01:38:53 69 295 Eugene 60 - 64 years Male 00:30:31 00:01:14 00:49:32 00:01:29 00:23:04 01:39:01 175 281 David Shanny 35 - 39 years Male 00:30:35 00:01:34 00:01:37 00:01:29 00:23:04 01:39:46 176 231 Amus Sharra 25 - 29 years 00:20:55 00:00:57	252	Noel Noel	Male	00:30:36	00:01:26	00:47:55	00:01:04	00:15:01	01:36:04	173
Beecher Female 00:28:58 00:02:35 00:48:34 00:02:14 00:14:29 01:36:53 65 236 Stefanie Cruz 30 - 34 years Female 00:25:15 00:01:17 00:57:05 00:00:58 00:12:20 01:36:56 66 228 Rebecca Mullins 30 - 34 years Female 00:28:43 00:01:04 00:51:48 00:01:09 00:14:33 01:37:20 67 276 Michael Mallon 75-79 Male 00:30:52 00:02:18 00:47:12 -00:47:16 01:04:59 01:38:05 174 219 Lorna Flannery 45 - 49 years Female 00:27:18 00:01:14 00:54:12 00:01:30 00:13:49 01:38:05 68 241 Lisa Stout 35 - 39 years Female 00:30:48 00:01:17 00:49:12 00:01:21 00:16:13 01:38:53 69 295 Eugene Clonan 60 - 64 years Male 00:30:31 00:01:14 00:49:32 00:01:42 00:16:00 01:39:01 175 281 David Shanny Male 00:3	138		Female	00:26:52	00:01:38	00:52:25	00:01:35	00:13:38	01:36:09	64
228 Rebecca 30 - 34 years Female 00:28:43 00:01:04 00:51:48 00:01:09 00:14:33 01:37:20 67 276 Michael Mallon 75-79 Male 00:30:52 00:02:18 00:47:12 -00:47:16 01:04:59 01:38:05 174 219 Lorna 45 - 49 years Female 00:27:18 00:01:14 00:54:12 00:01:30 00:13:49 01:38:05 68 241 Lisa Stout 35 - 39 years Female 00:30:48 00:01:17 00:49:12 00:01:21 00:16:13 01:38:53 69 295 Eugene 60 - 64 years Male 00:30:31 00:01:14 00:49:32 00:01:42 00:16:00 01:39:01 175 281 David Shanny Male 00:30:45 00:00:77 00:01:34 00:39:23 00:01:29 00:23:04 01:39:46 176	226		Female	00:28:58	00:02:35	00:48:34	00:02:14	00:14:29	01:36:53	65
228 Mullins Female 00:28:43 00:01:04 00:51:48 00:01:09 00:14:33 01:37:20 67 276 Michael Mallon 75-79 Male 00:30:52 00:02:18 00:47:12 -00:47:16 01:04:59 01:38:05 174 219 Lorna Flannery 45 - 49 years Female 00:27:18 00:01:14 00:54:12 00:01:30 00:13:49 01:38:05 68 241 Lisa Stout 35 - 39 years Female 00:30:48 00:01:17 00:49:12 00:01:21 00:16:13 01:38:53 69 295 Eugene Clonan 60 - 64 years Male 00:30:31 00:01:14 00:49:32 00:01:42 00:16:00 01:39:01 175 281 David Shanny 35 - 39 years Male 00:30:31 00:01:34 00:39:23 00:01:29 00:23:04 01:39:46 176 231 Amu Sharran 25 - 29 years 00:30:35 00:00:57 00:57:33 00:00:53 00:45:36 00:44:037 00:44:037 00:44:037 00:44:037 00:44:037 <td< td=""><td>236</td><td></td><td>30 - 34 years Female</td><td>00:25:15</td><td>00:01:17</td><td>00:57:05</td><td>00:00:58</td><td>00:12:20</td><td>01:36:56</td><td>66</td></td<>	236		30 - 34 years Female	00:25:15	00:01:17	00:57:05	00:00:58	00:12:20	01:36:56	66
Mallon 75-79 Male 00:30:52 00:02:18 00:47:12 -00:47:16 01:04:59 01:38:05 174	228	Mullins	30 - 34 years Female	00:28:43	00:01:04	00:51:48	00:01:09	00:14:33	01:37:20	67
219 Flannery Female 00:27:18 00:01:14 00:54:12 00:01:30 00:13:49 01:38:05 68 241 Lisa Stout 35 - 39 years Female 00:30:48 00:01:17 00:49:12 00:01:21 00:16:13 01:38:53 69 295 Eugene Clonan 60 - 64 years Male 00:30:31 00:01:14 00:49:32 00:01:42 00:16:00 01:39:01 175 281 David Shanny 35 - 39 years Male 00:34:15 00:01:34 00:39:23 00:01:29 00:23:04 01:39:46 176 231 Amy Sharran 25 - 29 years 25 - 29 years 00:20:25 00:00:57 00:53:23 00:00:53 00:45:26 01:40:37 70	276			00:30:52	00:02:18	00:47:12	-00:47:16	01:04:59	01:38:05	174
295 Eugene Clonan Male 00:30:31 00:01:14 00:49:32 00:01:42 00:16:00 01:39:01 175 281 David Shanny 35 - 39 years Male 00:34:15 00:01:34 00:39:23 00:01:29 00:23:04 01:39:46 176	219		Female	00:27:18	00:01:14	00:54:12	00:01:30	00:13:49	01:38:05	68
281 David Shanny 35 - 39 years Male 00:34:15 00:01:34 00:39:23 00:01:29 00:23:04 01:39:46 176	241		Female	00:30:48	00:01:17	00:49:12	00:01:21	00:16:13	01:38:53	69
261 David Shariny Male 5 00.34.13 00.01.34 00.39.23 00.01.29 00.23.04 01.39.40 176	295	Eugene Clonan	Male	00:30:31	00:01:14	00:49:32	00:01:42	00:16:00	01:39:01	175
231 Amy Sheeran 25 - 29 years 00:29:35 00:00:57 00:53:33 00:00:53 00:15:36 01:40:37 70	281	David Shanny	Male	00:34:15	00:01:34	00:39:23	00:01:29	00:23:04	01:39:46	176
	231	Amy Sheeran	25 - 29 years Female	00:29:35	00:00:57	00:53:33	00:00:53	00:15:36	01:40:37	70



Bib	Full name	Category	Run1	T1	Cycle	T2	Run2	Overall	Overall
68	Stephen Harborne	35 - 39 years Male	00:29:40	00:01:02	00:52:58	00:01:00	00:15:59	01:40:42	177
304	Nathan Lewis	30 - 34 years Male	00:31:10	00:01:02	00:53:16	00:01:03	00:14:34	01:41:07	178
223	Justine Keohane	35 - 39 years Female	00:31:16	00:01:25	00:51:50	00:01:12	00:15:25	01:41:11	71
296	Noel Tallon	40 - 44 years Male	00:27:34	00:01:14	00:55:45	00:01:04	00:15:43	01:41:22	179
289	Stephen Strain	30 - 34 years Male	00:31:11	00:01:03	00:53:16	00:01:04	00:15:32	01:42:07	180
233	Niamh Phelan	25 - 29 years Female	00:31:27	00:01:15	00:53:19	00:01:22	00:14:43	01:42:08	72
229	Sinead Morrissey	40 - 44 years Female	00:31:17	00:01:30	00:54:30	00:01:24	00:16:18	01:45:01	73
221	Martina Smith	50 - 54 years Female	00:28:58	00:01:31	00:59:04	00:01:35	00:14:54	01:46:03	74
134	Jessica Roe	25 - 29 years Female	00:27:43	00:01:37	01:01:55	00:01:20	00:13:51	01:46:28	75
259	Gary Cummins	60 - 64 years Male	00:31:18	00:01:55	00:55:21	00:01:51	00:16:30	01:46:57	181
238	Helena Greenhalgh	45 - 49 years Female	00:32:12	00:02:33	00:55:40	00:01:26	00:16:31	01:48:24	76
232	Orlagh Deighan	30 - 34 years Female	00:33:52	00:00:57	01:04:36	00:05:33	00:17:48	02:02:47	77
237	Sarah Kennedy	25 - 29 years Female	00:33:57	00:00:59	01:09:10	00:00:52	00:17:48	02:02:48	78