

Place	Number	Wave	Name	Surname	Sex	Cat	Univ	Swim	T1	Cycle	T2	Run	Finish
1	3	Wave 8	Constantine	Doherty	Male	20-24	Uni	0:09:26	0:00:41	0:29:36	0:01:06	0:17:00	0:57:50
2	1	Wave 8	Darren	Dunne	Male		Uni	0:09:24	0:00:36	0:29:53	0:01:04	0:17:45	0:58:42
3	4	Wave 8	Aichlinn	O'reilly	Male	20-24	Uni	0:09:23	0:00:43	0:29:36	0:01:11	0:18:12	0:59:06
4	2	Wave 8	Kieran	Jackson	Male	20-24	Uni	0:09:23	0:00:42	0:31:28	0:01:22	0:18:58	1:01:53
5	5	Wave 8	Patrick	Peters	Male	20-24	Uni	0:10:58	0:00:46	0:31:12	0:01:09	0:19:12	1:03:18
6	14	Wave 8	Sebastian	Helka	Male	30-34		0:09:55	0:00:47	0:32:16	0:01:11	0:19:36	1:03:45
7	42	Wave 7	Jonathan	Morris	Male	30-34		0:12:04	0:00:53	0:31:43	0:01:11	0:19:01	1:04:52
8	9	Wave 8	Tiernan	Burke	Male	18-19		0:10:01	0:00:42	0:33:17	0:01:12	0:19:47	1:05:00
9	33	Wave 8	Peter	Kern	Male			0:11:53	0:00:54	0:31:27	0:01:16	0:19:37	1:05:09
10	31	Wave 8	Niall	Foley	Male	20-24	Uni	0:10:59	0:00:47	0:32:56	0:01:08	0:19:29	1:05:19
11	34	Wave 8	Niall	Cornyn	Male	20-24	Uni	0:11:54	0:00:48	0:33:31	0:01:16	0:18:23	1:05:52
12	8	Wave 8	Jack	Mc gowan	Male	20-24	Uni	0:10:56	0:01:07	0:32:53	0:01:32	0:19:42	1:06:11
13	12	Wave 8	Ross	Higgins	Male	35-39		0:09:31	0:01:12	0:34:07	0:01:13	0:20:11	1:06:14
14	38	Wave 7	Gary	Cummins	Male	25-29		0:12:03	0:00:48	0:32:06	0:01:18	0:20:25	1:06:39
15	93	Wave 6	Gerald	Troy	Male	35-39		0:13:40	0:00:50	0:32:12	0:01:27	0:18:45	1:06:55
16	54	Wave 7	James	Cleland	Male	40-44		0:12:47	0:00:54	0:32:07	0:01:18	0:19:53	1:06:59
17	61	Wave 7	Eoin	Gallagher	Male	30-34		0:12:08	0:01:00	0:33:31	0:01:30	0:18:56	1:07:05
18	10	Wave 8	Ben	Vahey	Male	18-19	Uni	0:10:05	0:00:42	0:32:54	0:01:12	0:22:34	1:07:27
19	39	Wave 7	Ivan	Eustace	Male	40-44		0:12:01	0:00:55	0:32:12	0:01:29	0:20:54	1:07:31
20	11	Wave 8	Filip	Kolodziej	Male	20-24	Uni	0:10:03	0:00:49	0:34:09	0:01:28	0:21:06	1:07:35
21	40	Wave 7	Ian	Purcell	Male	35-39		0:12:07	0:00:59	0:32:45	0:01:35	0:20:20	1:07:46
22	41	Wave 7	David	Cahill	Male	35-39		0:11:37	0:01:04	0:33:24	0:01:29	0:20:22	1:07:57
23	37	Wave 7	Declan	O'Donoghue	Male	40-44		0:11:33	0:00:56	0:34:08	0:01:23	0:20:21	1:08:22
24	16	Wave 8	Marcus	Mcgowan	Male	18-19		0:10:37	0:00:53	0:35:02	0:01:11	0:20:40	1:08:24
25	60	Wave 7	Fabian	Mangan	Male	16-17		0:10:37	0:00:53	0:35:01	0:01:20	0:20:43	1:08:34
26	29	Wave 8	Nenagh	Relay	Relay			0:10:26	0:01:01	0:33:23	0:01:14	0:22:32	1:08:35
27	122	Wave 5	Raymond	Loneragan	Male	30-34		0:14:08	0:00:53	0:33:55	0:01:13	0:19:00	1:09:09
28	18	Wave 8	Cian	Cloonan	Male	16-17		0:10:22	0:00:47	0:33:51	0:01:37	0:22:42	1:09:19
29	30	Wave 8	Jack	Molloy	Male	20-24	Uni	0:12:33	0:00:50	0:34:41	0:01:19	0:20:02	1:09:26
30	50	Wave 7	Eddie	Burton	Male	45-49		0:12:51	0:00:56	0:33:48	0:01:35	0:20:44	1:09:54
31	58	Wave 7	Alex	Colin	Male	25-29		0:13:24	0:01:08	0:33:50	0:01:32	0:20:28	1:10:23
32	62	Wave 7	Ger	Power	Male	40-44		0:12:46	0:01:13	0:34:22	0:01:39	0:20:36	1:10:37
33	97	Wave 6	Michael	Pearce	Male	35-39		0:12:41	0:00:49	0:34:30	0:01:22	0:21:20	1:10:41
34	23	Wave 8	Kalle	Young	Male	16-17		0:10:47	0:00:53	0:34:51	0:01:18	0:23:10	1:10:59
35	100	Wave 6	Jonathan	Rooney	Male	35-39		0:13:26	0:00:52	0:34:40	0:01:21	0:20:43	1:11:03
36	51	Wave 7	Luke	O'neill	Male	16-17		0:12:40	0:00:52	0:35:26	0:01:19	0:20:53	1:11:10
37	48	Wave 7	Sean	Farrell	Male	50-54		0:12:04	0:00:55	0:35:05	0:01:30	0:21:43	1:11:17
38	69	Wave 7	Sham	Riordan	Male	40-44		0:12:02	0:00:54	0:35:33	0:01:22	0:21:30	1:11:22
39	94	Wave 6	Kenneth	Morris	Male	45-49		0:13:33	0:00:54	0:34:30	0:01:23	0:21:04	1:11:24
40	123	Wave 5	Ronan	Forde	Male	35-39		0:14:05	0:01:15	0:33:10	0:01:52	0:21:12	1:11:35
41	73	Wave 6	Richard	Chapman	Male	45-49		0:12:21	0:00:45	0:34:05	0:01:31	0:22:57	1:11:39
42	32	Wave 8	Kirsty	Mclwaine	Female	20-24	Uni	0:10:38	0:00:53	0:36:36	0:01:23	0:22:13	1:11:43
43	19	Wave 8	Michael	McDonald	Male	20-24	Uni	0:10:43	0:00:55	0:33:18	0:01:22	0:25:38	1:11:57
44	155	Wave 4	William	Morris	Male	40-44		0:14:01	0:01:02	0:34:51	0:02:04	0:20:13	1:12:11
45	89	Wave 6	Seamus	Fingleton	Male	40-44		0:12:52	0:00:58	0:35:14	0:01:27	0:21:40	1:12:12
46	297	Wave 8	Elizabeth	Carr	Female		Uni						1:12:13
47	63	Wave 7	Eoin	Ryan	Male	35-39		0:12:51	0:00:55	0:36:27	0:01:39	0:20:54	1:12:44
48	56	Wave 7	John	Corcoran	Male	45-49		0:11:37	0:00:57	0:36:24	0:01:29	0:22:25	1:12:51
49	22	Wave 8	Oscar	Young	Male	16-17		0:10:58	0:00:56	0:36:11	0:01:36	0:23:31	1:13:13
50	157	Wave 4	Philip	Manuel	Male	35-39		0:14:17	0:00:49	0:34:30	0:01:16	0:22:54	1:13:45
51	75	Wave 6	Gareth	Coleman	Male	50-54		0:12:45	0:00:53	0:35:17	0:01:42	0:23:08	1:13:47
52	234	Wave 2	Padraig	O'sullivan	Male	30-34		0:15:48	0:01:14	0:34:34	0:01:39	0:20:48	1:14:03
53	144	Wave 5	Kevin	Condon	Male	35-39		0:14:07	0:01:09	0:35:34	0:01:20	0:21:53	1:14:03
54	71	Wave 7	Liam	Dillon	Male	45-49		0:14:12	0:00:44	0:34:51	0:01:33	0:22:50	1:14:10
55	77	Wave 6	Paul	Doyle	Male	50-54		0:12:21	0:01:06	0:35:32	0:01:48	0:23:24	1:14:11
56	65	Wave 7	Shane	O'carroll	Male	25-29		0:12:39	0:01:29	0:35:44	0:01:40	0:22:54	1:14:26
57	64	Wave 7	Noel	O'Regan	Male	50-54		0:15:28	0:01:18	0:35:46	0:01:53	0:20:26	1:14:50
58	55	Wave 7	Gerard	Murphy	Male	40-44		0:11:47	0:01:01	0:37:06	0:01:52	0:23:33	1:15:19
59	99	Wave 6	Dermot	Duffy	Male	40-44		0:13:33	0:00:53	0:36:33	0:01:49	0:22:33	1:15:21
60	57	Wave 7	Greg	Baxter	Male	40-44		0:11:44	0:01:02	0:37:05	0:01:54	0:24:20	1:16:05
61	152	Wave 4	Nick	Carroll	Male	40-44		0:14:35	0:01:03	0:35:30	0:01:33	0:23:24	1:16:06
62	203	Wave 5	Ciaran	Ryan	Male	35-39		0:14:16	0:01:04	0:36:48	0:01:34	0:22:25	1:16:07
63	126	Wave 5	Michael	Ryan	Male	55-59		0:14:14	0:01:05	0:35:29	0:01:42	0:23:41	1:16:11
64	49	Wave 7	Kathryn	Fahy	Female	30-34	Uni	0:12:34	0:00:58	0:38:05	0:01:43	0:22:54	1:16:13
65	160	Wave 4	Shona	Keane	Female	35-39		0:15:53	0:01:15	0:35:36	0:01:47	0:21:45	1:16:16
66	116	Wave 5	Lorcan	Fisher	Male	30-34		0:14:00	0:01:28	0:36:20	0:01:30	0:23:08	1:16:28
67	28	Wave 6	Niamh	Richardson	Female	50-54		0:13:19	0:01:07	0:39:02	0:01:36	0:21:35	1:16:39
68	159	Wave 4	John	Doherty	Male	30-34		0:15:39	0:01:02	0:37:25	0:01:38	0:20:56	1:16:41
69	101	Wave 6	Fergal	O'connor	Male	45-49		0:13:17	0:00:58	0:38:05	0:01:40	0:22:47	1:16:47
70	162	Wave 4	Will	O'Reilly	Male	40-44		0:15:50	0:00:57	0:35:18	0:01:30	0:23:14	1:16:48
71	158	Wave 4	Guy	Chilton	Male	40-44		0:15:48	0:01:11	0:38:04	0:01:39	0:20:14	1:16:56
72	103	Wave 6	Tom	Byrne	Male	55-59		0:12:46	0:01:03	0:38:12	0:01:38	0:23:19	1:16:58
73	24	Wave 8	Esther	Bayon	Female	40-44		0:10:52	0:01:05	0:39:22	0:01:44	0:23:57	1:17:00
74	78	Wave 6	Luciano	Licciardello	Male	35-39		0:12:21	0:00:53	0:39:59	0:01:55	0:21:51	1:17:00
75	52	Wave 7	Michelle	Brennan	Female	20-24	Uni	0:12:32	0:00:54	0:38:49	0:01:19	0:23:37	1:17:12
76	200	Wave 3	Cormac	O'neill	Male	50-54		0:16:21	0:01:00	0:34:57	0:01:45	0:23:27	1:17:30
77	192	Wave 3	Andrew	Crowley	Male	30-34		0:15:40	0:01:52	0:37:04	0:02:03	0:20:53	1:17:31
78	53	Wave 7	Martin	Waldron	Male	40-44		0:14:04	0:01:07	0:34:34	0:01:56	0:25:52	1:17:33
79	156	Wave 8	Pierre	Canisius	Male	20-24	Uni	0:12:38	0:01:22	0:38:42	0:02:03	0:22:55	1:17:41

80	104	Wave 6	Niall	Kavanagh	Male	55-59		0:12:47	0:01:01	0:37:17	0:01:52	0:25:07	1:18:05
81	102	Wave 6	Pádraic	Ryan	Male	25-29		0:13:30	0:01:19	0:40:10	0:01:51	0:21:28	1:18:19
82	136	Wave 5	Jamie	Olden	Male	40-44		0:12:35	0:01:09	0:38:48	0:01:56	0:23:56	1:18:25
83	217	Wave 2	Victoria	Nicholson	Female	40-44		0:13:57	0:01:28	0:36:48	0:01:32	0:24:41	1:18:26
84	161	Wave 4	Barry	Moran	Male	40-44		0:14:15	0:01:01	0:39:15	0:01:45	0:22:14	1:18:31
85	107	Wave 6	Dave	Ronan	Male	35-39		0:13:15	0:01:12	0:39:48	0:01:47	0:22:33	1:18:36
86	109	Wave 5	Paul	O' Neill	Male	45-49		0:13:20	0:01:22	0:36:21	0:02:38	0:24:56	1:18:37
87	173	Wave 4	Darragh	Skehan	Male	25-29		0:13:56	0:01:17	0:39:53	0:01:25	0:22:11	1:18:42
88	112	Wave 5	John	Gilmartin	Male	40-44		0:12:51	0:01:40	0:38:46	0:01:55	0:23:32	1:18:44
89	167	Wave 4	Donal	Keating	Male	45-49		0:14:17	0:02:55	0:35:06	0:02:57	0:23:43	1:18:58
90	106	Wave 6	Paul	Horan	Male	45-49		0:14:28	0:01:15	0:37:23	0:01:43	0:24:18	1:19:07
91	251	Wave 2	Simon	Monaghan	Male	25-29		0:13:35	0:44:16	0:40:40	0:01:46	0:21:29	1:19:11
92	193	Wave 3	Gordon	Quinn	Male	40-44		0:13:57	0:01:21	0:39:30	0:01:49	0:22:40	1:19:17
93	79	Wave 6	Deaglan	O'Connor	Male	35-39		0:13:38	0:01:08	0:39:15	0:01:34	0:23:54	1:19:30
94	226	Wave 2	John	Bowes	Male	45-49		0:17:20	0:02:07	0:35:05	0:01:50	0:23:11	1:19:33
95	88	Wave 6	Aoife	Wilson	Female	20-24		0:12:07	0:00:53	0:40:11	0:01:19	0:25:06	1:19:36
96	265	Wave 4	Jennifer	O'Sullivan	Female	25-29		0:12:29	0:01:26	0:39:50	0:01:37	0:24:17	1:19:40
97	98	Wave 6	Eamon	Hanley	Male	35-39		0:15:53	0:01:42	0:38:42	0:01:45	0:21:41	1:19:43
98	21	Wave 8	Paul	Smithers	Male	35-39		0:11:13	0:01:24	0:39:21	0:01:51	0:25:54	1:19:44
99	105	Wave 6	Gabrielle	Dillon	Female	45-49		0:12:51	0:01:15	0:38:25	0:01:48	0:25:40	1:19:59
100	202	Wave 3	Howard	Triggs	Male	50-54		0:16:14	0:01:58	0:35:49	0:01:56	0:24:05	1:20:02
101	199	Wave 3	John	Sourke	Male	45-49		0:16:05	0:02:02	0:38:21	0:01:49	0:22:05	1:20:22
102	163	Wave 4	John	O'Donnell	Male	40-44		0:14:42	0:01:32	0:39:16	0:01:33	0:23:20	1:20:22
103	212	Wave 3	Seamus	Duggan	Male	40-44		0:16:59	0:01:44	0:38:46	0:01:44	0:21:15	1:20:28
104	72	Wave 7	Rory	Brennan	Male	45-49		0:12:15	0:01:25	0:39:55	0:01:52	0:25:09	1:20:36
105	130	Wave 5	Philip	Keyes	Male	45-49		0:14:50	0:01:56	0:37:22	0:01:45	0:24:44	1:20:38
106	150	Wave 4	Garrett	Hynes	Male	40-44		0:14:16	0:01:18	0:37:53	0:01:58	0:25:14	1:20:38
107	92	Wave 6	Karen	Phelan	Female	40-44		0:13:37	0:01:21	0:39:26	0:02:00	0:24:16	1:20:42
108	198	Wave 3	Emma	Wilson	Female	20-24	Uni	0:15:38	0:01:28	0:38:31	0:01:44	0:23:31	1:20:53
109	299	Wave 3	Martin	Pearl	Male	40-44		0:17:37	0:01:55	0:37:17	0:02:26	0:21:43	1:20:57
110	195	Wave 3	Michelle	Doyle	Female	40-44		0:15:37	0:01:47	0:37:14	0:01:46	0:24:38	1:21:02
111	169	Wave 4	Eamon	Macfhionnlaioich	Male	50-54		0:15:24	0:00:59	0:39:46	0:01:38	0:23:28	1:21:14
112	149	Wave 4	Ciara	O'Neill	Female	30-34		0:16:36	0:01:45	0:37:26	0:02:33	0:22:59	1:21:19
113	201	Wave 3	Niall	Mulvihill	Male	30-34		0:14:09	0:01:30	0:39:31	0:01:48	0:24:25	1:21:23
114	82	Wave 6	Owen	Percy	Male	40-44		0:13:10	0:01:15	0:40:05	0:02:05	0:24:49	1:21:25
115	168	Wave 4	Suzanne	O'sullivan	Female	45-49		0:15:49	0:01:37	0:37:00	0:01:56	0:25:19	1:21:41
116	214	Wave 3	Chris	Hackett	Male	30-34		0:17:00	0:01:19	0:38:03	0:01:45	0:23:38	1:21:45
117	248	Wave 2	Joe	Gleeson	Male	30-34		0:15:23	0:02:16	0:39:25	0:01:39	0:23:32	1:22:16
118	115	Wave 5	Philip	Aherne	Male	55-59		0:13:40	0:01:19	0:39:18	0:02:34	0:25:29	1:22:21
119	170	Wave 4	Triona	Casey	Female	45-49		0:15:23	0:01:37	0:38:58	0:02:01	0:24:42	1:22:41
120	137	Wave 5	Diego	Maloney	Male	30-34		0:12:45	0:02:11	0:40:19	0:02:34	0:24:56	1:22:46
121	118	Wave 5	Christopher	Gallahue	Male	30-34		0:14:39	0:02:38	0:41:00	0:01:58	0:22:33	1:22:48
122	121	Wave 5	Martin	Farrell	Male	40-44		0:12:54	0:01:20	0:39:04	0:02:17	0:27:14	1:22:49
123	243	Wave 2	Paul	Swan	Male	45-49		0:16:20	0:01:49	0:39:10	0:02:26	0:23:05	1:22:50
124	129	Wave 5	Eimear	Laffan	Female	40-44		0:13:03	0:01:55	0:41:34	0:02:22	0:23:57	1:22:51
125	127	Wave 5	Sally	Drennan	Female	50-54		0:14:13	0:01:35	0:40:36	0:02:01	0:24:34	1:22:58
126	27	Wave 8	Eadaoin	O'Raw	Female	16-17		0:10:22	0:01:10	0:42:45	0:01:46	0:27:10	01:23:13
127	95	Wave 6	Rita	Boland	Female	30-34		0:13:54	0:01:42	0:41:34	0:01:41	0:24:31	1:23:21
128	213	Wave 3	Thomas	Duffy	Male	40-44		0:17:08	0:02:07	0:39:01	0:01:59	0:23:47	1:24:03
129	110	Wave 5	Grainne	Forde	Female	30-34		0:13:01	0:01:41	0:41:56	0:02:02	0:25:25	1:24:06
130	148	Wave 4	Eoin	O'donoghue	Male	40-44		0:12:57	0:01:25	0:41:34	0:02:01	0:26:15	1:24:12
131	282	Wave 1	Damien	Bourke	Male	20-24		0:17:40	0:01:50	0:42:09	0:01:38	0:20:56	1:24:13
132	298	Wave 3	Niamh	Curran	Female	20-24	Uni	0:13:17	0:01:43	0:42:31	0:02:14	0:24:34	1:24:20
133	44	Wave 1	Pawel	Debakowski	Male	35-39		0:15:59	0:01:14	0:40:58	0:01:56	0:24:15	1:24:21
134	228	Wave 2	David	Larkin	Male	30-34		0:18:48	0:01:14	0:37:41	0:01:58	0:24:43	1:24:24
135	128	Wave 5	Aoife	Fennell	Female	40-44		0:14:50	0:01:16	0:40:21	0:01:52	0:26:13	1:24:32
136	166	Wave 4	Eric	Rowan	Male	40-44		0:15:41	0:01:04	0:41:30	0:01:47	0:24:43	1:24:45
137	84	Wave 6	Mary	Corless	Female	35-39		0:12:01	0:01:32	0:42:37	0:02:25	0:26:18	1:24:54
138	131	Wave 5	Dara	Fahy	Male	35-39		0:14:22	0:02:15	0:41:29	0:02:00	0:24:51	1:24:58
139	296	Wave 5	Marc	Bennett	Male			0:14:52	0:01:48	0:39:17	0:02:18	0:26:49	1:25:04
140	227	Wave 2	Fergal	Duffy	Male	45-49		0:17:45	0:02:15	0:40:48	0:02:05	0:22:28	1:25:20
141	175	Wave 4	Ed	Byrne	Male	50-54		0:17:43	0:01:06	0:37:51	0:01:59	0:26:43	1:25:23
142	47	Wave 7	Erin	O'donoghue	Female	35-39		0:12:21	0:01:11	0:41:23	0:01:50	0:28:42	1:25:28
143	151	Wave 4	Fiona	Mcbride	Female	35-39		0:13:55	0:01:12	0:43:37	0:01:58	0:24:58	1:25:41
144	119	Wave 5	Siobhan	Quain	Female	30-34		0:13:35	0:01:59	0:40:19	0:02:03	0:27:49	1:25:44
145	165	Wave 4	Damian	Hand	Male	45-49		0:16:02	0:02:29	0:43:07	0:02:21	0:21:46	1:25:45
146	197	Wave 3	Damien	O'Gorman	Male	35-39		0:14:26	0:01:48	0:41:50	0:02:22	0:25:23	1:25:48
147	153	Wave 4	Paul	Higgins	Male	45-49		0:14:56	0:02:34	0:38:30	0:02:40	0:27:21	1:26:01
148	194	Wave 3	Roisin	Dunne	Female	20-24	Uni	0:15:30	0:01:16	0:43:09	0:01:53	0:24:16	1:26:04
149	231	Wave 2	Brendan	Naughton	Male	50-54		0:18:48	0:01:41	0:40:12	0:02:14	0:23:11	1:26:07
150	179	Wave 4	Bryce	Whibley	Male	40-44		0:15:42	0:01:18	0:39:21	0:02:02	0:27:47	1:26:11
151	83	Wave 6	David	Egan	Male	50-54		0:12:10	0:01:12	0:41:57	0:02:22	0:28:35	1:26:15
152	164	Wave 4	Clare	Lodge	Female	45-49		0:16:04	0:01:27	0:42:32	0:02:07	0:24:07	1:26:17
153	236	Wave 2	Dermot	Glavin	Male	40-44		0:19:11	0:01:45	0:39:22	0:02:23	0:23:35	1:26:17
154	257	Wave 1	Dave	Walsh	Male	30-34		0:18:56	0:02:15	0:40:04	0:01:44	0:23:40	1:26:39
155	113	Wave 5	Peter	Houston	Male	25-29		0:13:10	0:01:35	0:44:44	0:01:40	0:25:40	1:26:50
156	138	Wave 5	Carl	Birney	Male	40-44		0:14:54	0:02:48	0:41:29	0:02:12	0:25:41	1:27:05
157	215	Wave 3	John	Maher	Male	35-39		0:16:45	0:01:44	0:42:14	0:01:54	0:24:39	1:27:16
158	120	Wave 5	David	Meagher	Male	50-54		0:14:01	0:02:06	0:42:51	0:02:01	0:26:45	1:27:45
159	216	Wave 3	Irene	Henebry	Female	50-54		0:17:05	0:01:41	0:41:46	0:02:02	0:25:12	1:27:47

160	111	Wave 5	Nicholas	McCabe	Male	65-69		0:15:28	0:01:54	0:41:00	0:02:56	0:26:46	1:28:04
161	184	Wave 3	Patrick	Meleady	Male	35-39		0:15:05	0:01:57	0:42:25	0:01:44	0:26:55	1:28:05
162	145	Wave 4	Mick	Beston	Male	55-59		0:18:31	0:02:38	0:40:31	0:02:15	0:24:23	1:28:18
163	252	Wave 2	Olsin	Roe	Male	35-39		0:14:22	0:02:20	0:44:24	0:02:49	0:24:38	1:28:33
164	177	Wave 4	Rosemary	Gibson	Female	40-44		0:14:54	0:01:14	0:42:20	0:02:08	0:28:22	1:28:59
165	85	Wave 6	Deirdre	Needham	Female	40-44		0:12:44	0:01:52	0:43:59	0:02:23	0:28:13	1:29:11
166	171	Wave 4	George	Ryan	Male	45-49		0:14:14	0:02:29	0:39:29	0:05:15	0:27:48	1:29:15
167	224	Wave 2	Graham	Virgo	Male	40-44		0:16:50	0:01:27	0:41:46	0:02:11	0:27:18	1:29:31
168	191	Wave 3	Rochelle	Trappe	Female	30-34		0:13:25	0:02:22	0:44:39	0:02:27	0:27:05	1:29:58
169	220	Wave 5	Glenn	Scully	Male	30-34		0:11:41	0:01:26	0:42:23	0:04:06	0:30:23	1:30:00
170	140	Wave 5	Susan	Wall	Female	35-39		0:14:14	0:01:36	0:41:26	0:02:22	0:30:22	1:30:00
171	124	Wave 3	Kieran	Ryan	Male	45-49		0:16:26	0:01:45	0:41:15	0:02:52	0:28:03	1:30:20
172	133	Wave 5	Siobhan	Greer	Female	60-64		0:15:40	0:02:21	0:41:26	0:02:31	0:28:27	1:30:25
173	178	Wave 4	Kieran	O Callaghan	Male	35-39		0:15:39	0:01:57	0:45:17	0:02:23	0:25:10	1:30:25
174	295	Wave 2	Timmy	Kelly	Male	35-39		0:16:55	0:02:46	0:42:11	0:01:45	0:27:28	1:31:05
175	235	Wave 2	Tom	Gallahue	Male	45-49		0:19:00	0:01:58	0:44:04	0:01:49	0:24:16	1:31:07
176	132	Wave 5	Audrey	Phelan	Female	45-49		0:15:08	0:01:38	0:43:57	0:02:11	0:28:15	1:31:09
177	255	Wave 1	Don	O'Brien	Female	35-39		0:15:52	0:02:05	0:47:34	0:01:20	0:24:21	1:31:12
178	176	Wave 4	Keith	Fortune	Male	30-34		0:15:49	0:02:30	0:41:47	0:02:41	0:28:30	1:31:18
179	142	Wave 5	Margaret	Hogan	Female	30-34		0:14:16	0:01:51	0:45:23	0:02:19	0:27:52	1:31:40
180	139	Wave 5	Michelle	Behan	Female	25-29		0:14:15	0:01:57	0:45:38	0:01:43	0:28:46	1:32:18
181	210	Wave 3	Paul	Smith	Male	40-44		0:16:17	0:01:19	0:45:20	0:02:07	0:27:20	1:32:22
182	117	Wave 6	Niamh	Mcswiggan	Female	40-44		0:13:16	0:01:46	0:46:25	0:02:01	0:29:02	1:32:30
183	237	Wave 2	Sara	Hosey	Female	25-29		0:15:57	0:02:34	0:43:49	0:02:15	0:27:59	1:32:33
184	259	Wave 1	John	Tepper	Male	25-29	Uni	0:18:04	0:03:53	0:47:42	0:01:46	0:21:21	1:32:47
185	135	Wave 5	Allsun	Kelly	Female	25-29		0:14:30	0:01:58	0:47:31	0:02:03	0:26:46	1:32:47
186	233	Wave 2	Tina	Forde	Female	30-34		0:18:36	0:02:03	0:42:16	0:03:02	0:27:04	1:33:01
187	244	Wave 2	Maeva	O'reilly	Female	35-39		0:16:31	0:03:48	0:44:53	0:02:23	0:25:28	1:33:03
188	253	Wave 1	Nigel	Laffan	Male	30-34		0:18:10	0:01:59	0:43:53	0:01:57	0:27:11	1:33:10
189	141	Wave 5	Alex	Curtis	Male	16-17		0:14:18	0:02:52	0:43:55	0:02:28	0:29:47	1:33:20
190	181	Wave 3	Michael	Scannell	Male	50-54		0:17:13	0:01:42	0:43:36	0:02:25	0:28:24	1:33:20
191	208	Wave 3	William	Purcell	Male	55-59		0:18:29	0:02:26	0:44:18	0:01:57	0:26:25	1:33:35
192	256	Wave 1	Dermot	Crean	Male	25-29		0:19:19	0:02:53	0:45:19	0:01:34	0:24:44	1:33:48
193	242	Wave 2	Una	Byrne	Female	40-44		0:15:36	0:02:13	0:45:54	0:02:30	0:27:49	1:34:02
194	281	Wave 1	Tim	Byrnes	Male	30-34		0:18:54	0:02:16	0:47:46	0:01:46	0:23:22	1:34:04
195	46	Wave 6	Georgina	Ringrose	Female	35-39		0:12:39	0:02:24	0:49:33	0:02:10	0:27:53	1:34:40
196	180	Wave 4	Deirdre	O' halloran	Female	30-34		0:15:03	0:01:54	0:47:48	0:02:41	0:27:22	1:34:48
197	274	Wave 1	Helen	Leonard	Female	45-49		0:27:10	0:02:19	0:40:38	0:02:12	0:22:33	1:34:53
198	238	Wave 2	Mary	Hussey	Female	45-49		0:20:12	0:02:44	0:44:39	0:02:04	0:25:36	1:35:15
199	87	Wave 6	Niall	Murphy	Male	40-44		0:14:14	0:01:25	0:47:00	0:02:31	0:30:17	1:35:27
200	225	Wave 2	Mairead	Terry	Female	40-44		0:14:35	0:02:25	0:47:24	0:02:32	0:29:01	1:35:57
201	241	Wave 2	Susan	Gunning	Female	40-44		0:16:51	0:01:39	0:47:04	0:02:32	0:28:03	1:36:09
202	294	Wave 1	Stephen	Vereker	Male	25-29		0:19:51	0:04:53	0:43:01	0:02:45	0:25:56	1:36:25
203	279	Wave 1	Paul	Devane	Male	35-39		0:20:18	0:02:05	0:43:44	0:02:13	0:28:15	1:36:35
204	239	Wave 2	John	Ryan	Male	50-54		0:15:35	0:01:58	0:44:06	0:02:47	0:32:32	1:36:57
205	186	Wave 3	Eimear	Gleeson	Female	30-34		0:13:05	0:02:02	0:46:44	0:03:01	0:32:52	1:37:44
206	267	Wave 1	Joshua	Perry	Male	35-39		0:17:12	0:03:37	0:46:04	0:01:54	0:29:06	1:37:52
207	247	Wave 2	Julia	Adams	Female	20-24		0:18:37	0:02:06	0:48:17	0:01:55	0:27:17	1:38:11
208	245	Wave 2	Laura	Bradish	Female	35-39		0:20:43	0:02:02	0:48:12	0:01:46	0:25:40	1:38:22
209	261	Wave 1	Martin	Carroll	Male	65-69		0:18:09	0:01:35	0:47:18	0:01:52	0:29:40	1:38:33
210	218	Wave 2	Audrey	Pender	Female	30-34		0:17:42	0:02:06	0:46:06	0:03:06	0:29:49	1:38:48
211	285	Wave 1	Anthony	O'Sullivan	Male	35-39		0:18:52	0:03:40	0:42:38	0:02:42	0:32:05	1:39:58
212	283	Wave 1	David	Brody	Male	30-34		0:19:35	0:03:41	0:47:02	0:02:16	0:27:43	1:40:17
213	219	Wave 2	Anne	Lynch	Female	45-49		0:17:42	0:01:43	0:47:57	0:02:35	0:31:00	1:40:56
214	207	Wave 3	Sarah	Faulkner	Female	20-24	Uni	0:13:17	0:02:53	0:54:08	0:01:55	0:29:05	1:41:18
215	292	Wave 3	Ailish	Griffin	Female	20-24	Uni	0:13:07	0:03:11	0:49:31	0:02:31	0:32:59	1:41:19
216	185	Wave 3	Sharon	Roche	Female	30-34		0:14:19	0:02:15	0:48:28	0:02:33	0:34:22	1:41:57
217	114	Wave 5	Edel	Murphy	Female	35-39		0:14:18	0:01:36	0:52:56	0:02:33	0:30:50	1:42:13
218	188	Wave 3	Dave	Curtis	Male	50-54		0:16:14	0:02:08	0:46:44	0:03:39	0:33:29	1:42:14
219	246	Wave 2	Madeleine	Kavanagh	Female	50-54		0:17:52	0:02:29	0:47:45	0:01:59	0:32:27	1:42:32
220	187	Wave 3	Grainne	Terrett	Female	40-44		0:16:55	0:02:18	0:46:17	0:02:58	0:34:19	1:42:46
221	172	Wave 4	Seamus	Ryan	Male	16-17		0:14:14	0:02:30	0:53:49	0:02:30	0:29:48	1:42:51
222	288	Wave 1	Gary	Ross	Male	45-49		0:19:42	0:03:57	0:45:32	0:02:25	0:31:26	1:43:02
223	260	Wave 1	Yvonne	Lambe	Female	40-44		0:20:17	0:02:04	0:48:43	0:01:56	0:30:21	1:43:20
224	272	Wave 1	Grainne	Hayes	Female	25-29		0:19:27	0:03:08	0:50:45	0:01:38	0:28:27	1:43:26
225	211	Wave 3	Sinead	Lee	Female	50-54		0:16:59	0:02:19	0:53:14	0:02:15	0:29:08	1:43:54
226	278	Wave 1	Pat	Kenny	Male	35-39		0:21:42	0:03:05	0:47:34	0:02:00	0:29:36	1:43:58
227	268	Wave 1	Niamh	Laffan	Female	35-39		0:20:06	0:03:31	0:52:45	0:02:07	0:26:12	1:44:41
228	266	Wave 1	Brenda	Ryan	Female	40-44		0:20:18	0:03:46	0:47:57	0:02:28	0:30:20	1:44:49
229	249	Wave 2	Catherine	Phelan	Female	45-49		0:19:35	0:02:01	0:46:11	0:02:32	0:35:24	1:45:42
230	254	Wave 1	Ciara	Brody	Female	30-34		0:20:13	0:02:54	0:49:27	0:02:30	0:30:41	1:45:45
231	206	Wave 3	Dee	Flynn mcgrath	Female	45-49		0:16:13	0:02:15	0:53:05	0:02:16	0:33:31	1:47:20
232	287	Wave 1	Catherine	Kelly	Female	30-34		0:18:55	0:03:23	0:54:23	0:02:05	0:29:16	1:48:03
233	290	Wave 1	Brigid	Coffey	Female	45-49		0:25:08	0:04:08	0:51:06	0:02:33	0:25:16	1:48:12
234	221	Wave 2	Sinead	Lynch	Female	35-39		0:17:43	0:01:35	0:47:45	0:02:42	0:39:05	1:48:49
235	190	Wave 3	Derval	Cromie	Female	45-49		0:16:50	0:06:14	0:48:08	0:03:42	0:34:04	1:48:57
236	275	Wave 1	Mary	Duggan	Female	45-49		0:23:29	0:03:08	0:52:13	0:01:45	0:28:24	1:49:00
237	269	Wave 1	Brenda	Cosgrove	Female	60-64		0:16:31	0:04:24	0:51:54	0:04:02	0:32:24	1:49:16
238	293	Wave 1	Gerry	Larkin	Male	60-64		0:22:35	0:02:25	0:50:08	0:03:04	0:31:09	1:49:22
239	270	Wave 1	Valerie	Shyne	Female	45-49		0:19:29	0:03:42	0:49:04	0:02:49	0:35:03	1:50:07

240	258	Wave 1	David	Buckley	Male	35-39		0:21:40	0:04:49	0:52:27	0:02:33	0:28:40	1:50:09
241	189	Wave 3	Kathleen	Collins	Female	35-39		0:14:30	0:06:08	0:55:15	0:02:55	0:32:41	1:51:29
242	264	Wave 1	Rena	Ryan	Female	45-49		0:17:59	0:02:14	0:51:55	0:02:56	0:37:18	1:52:22
243	143	Wave 2	Michelle	Grainger	Female	35-39		0:15:09	0:02:04	0:54:55	0:02:07	0:38:26	1:52:41
244	240	Wave 2	Jennifer	Hogan	Female	35-39		0:17:56	0:03:13	0:54:17	0:02:58	0:34:27	1:52:51
245	273	Wave 1	Andrea	Curley	Female	30-34		0:19:38	0:03:42	0:56:08	0:02:06	0:31:22	1:52:56
246	205	Wave 3	Gerard	Carey	Male	55-59		0:18:11	0:03:10	0:53:33	0:02:44	0:36:46	1:54:24
247	154	Wave 4	Joanne	Bobbett	Female	40-44		0:17:34	0:04:46	0:52:11	0:02:58	0:37:13	1:54:42
248	276	Wave 1	Francis Xavier	O'Connor	Male	65-69		0:24:54	0:04:39	0:49:46	0:03:20	0:36:09	1:58:49
249	286	Wave 1	Fintan	Richardson	Male	25-29		0:18:47	0:03:17	0:55:50	0:02:50	0:39:01	1:59:45
250	289	Wave 1	Katarzyna	Szulc	Female	30-34		0:20:26	0:04:15	0:57:19	0:02:38	0:38:26	2:03:04
251	262	Wave 1	Patricia	Hough	Female	40-44		0:18:12	0:02:56	0:55:52	0:03:44	0:49:58	2:10:43
	74	Wave 6	Sally	Mchugh	Female	20-24	Uni	0:12:05	0:01:02	0:40:07			DNF
	45	Wave 7	Shannon	Kelly	Female	20-24	Uni	0:11:53	0:01:14	0:46:20			DNF
	20	Wave 8	Niamh	Corry	Female	18-19	Uni	0:10:13	0:01:01				DNF