

Results are Provisional until confirmed, Full Results on [www.coretiming.ie](http://www.coretiming.ie)

Rank	Bib	Name	Sex	AGE GROUP	Run 1	T1	Cycle	T2	Run 2	FINISH Time
1.	122	Emmet Kelly	m	M20-39	9:31,4	0:32,9	<b>38:22,5</b>	0:34,6	10:20,0	59:21,7
2.	127	David Shelley	m	M20-39	9:52,7	0:36,0	<b>39:27,7</b>	0:33,0	9:58,3	1:00:27,9
3.	61	Damien Kelly	m	M20-39	9:44,8	0:27,8	<b>40:00,2</b>	0:25,1	10:33,6	1:01:11,7
4.	29	Mark Doyle	m	M20-39	10:54,6	0:41,4	<b>37:27,9</b>	0:39,8	12:07,3	1:01:51,1
5.	37	Gary Frehill	m	M40-49	10:43,4	0:35,2	<b>38:30,4</b>	0:39,5	11:37,6	1:02:06,2
6.	22	Gary Crossan	m	M40-49	9:50,9	0:50,4	<b>40:51,4</b>	1:00,7	10:34,3	1:03:07,9
7.	97	James O'Reilly	m	M20-39	10:59,2	0:54,1	<b>40:45,3</b>	0:39,7	11:57,0	1:05:15,5
8.	140	Ray Lonergan	m	M20-39	10:19,5	0:31,8	<b>43:16,1</b>	0:36,1	11:05,6	1:05:49,3
9.	1	Bronagh Adams	w	F20-39	10:50,8	0:47,8	<b>42:39,2</b>	0:46,1	11:23,9	1:06:28,1
10.	96	Tom O'Reilly	m	M20-39	11:11,2	0:35,1	<b>42:41,6</b>	0:33,3	11:28,2	1:06:29,6
11.	58	Joseph Kelly	m	M20-39	11:15,9	0:55,3	<b>41:07,7</b>	0:44,1	12:37,5	1:06:40,8
12.	87	Philip Murphy	m	M40-49	11:15,2	0:34,3	<b>42:16,9</b>	0:39,7	12:07,6	1:06:53,9
13.	112	James Wall	m	M20-39	11:37,2	1:07,8	<b>40:58,9</b>	0:57,3	12:23,2	1:07:04,6
14.	110	Conor Tiernan	m	M20-39	9:48,8	0:47,8	<b>45:27,2</b>	0:49,1	10:29,3	1:07:22,3
15.	74	Patsy McCaffery	m	M40-49	12:30,1	1:21,1	<b>39:26,8</b>	0:52,6	13:16,0	1:07:26,7
16.	98	Dave Osborne	m	M40-49	11:36,8	0:39,2	<b>42:13,6</b>	0:35,1	12:36,8	1:07:41,6
17.	2	Phil Adams	m	M20-39	10:33,6	0:46,6	<b>45:00,0</b>	0:38,1	10:58,9	1:07:57,4
18.	80	Michael Molloy	m	M40-49	11:02,5	0:47,8	<b>43:17,6</b>	0:44,3	12:27,2	1:08:19,6
19.	25	Robert Cunningham	m	M20-39	11:42,3	1:06,6	<b>42:29,1</b>	0:59,3	12:29,4	1:08:46,9
20.	40	Paul Griffin	m	M20-39	11:30,0	0:49,3	<b>42:27,0</b>	1:34,4	13:11,0	1:09:32,0
21.	108	Cornflake Skelly	m	M20-39	11:38,4	1:03,9	<b>43:19,0</b>	0:52,1	12:47,3	1:09:41,0
22.	67	Stephen Loughnane	m	M20-39	11:11,9	0:48,8	<b>44:04,1</b>	1:34,3	12:03,5	1:09:42,8
23.	82	John Monaghan	m	M20-39	10:55,0	0:52,3	<b>46:33,8</b>	0:45,1	11:28,9	1:10:35,2
24.	5	Seamus Behan	m	M40-49	12:00,2	0:58,3	<b>43:31,6</b>	0:54,0	13:16,3	1:10:40,6
25.	117	Simon Wallace	m	M40-49	11:37,7	1:28,3	<b>44:00,4</b>	1:11,5	12:35,4	1:10:53,6
26.	47	David Heaney	m	M20-39	11:16,5	1:14,8	<b>44:57,7</b>	1:13,7	12:15,5	1:10:58,4
27.	103	Andres Reid	m	M40-49	11:36,4	0:57,1	<b>45:39,5</b>	0:55,5	12:36,8	1:11:45,4
28.	107	Ronan Sherlock	m	M20-39	12:32,4	0:49,9	<b>44:11,2</b>	0:53,3	13:59,0	1:12:26,0
29.	42	James Harmon	m	M40-49	11:34,7	0:37,6	<b>47:01,6</b>	0:30,8	12:52,5	1:12:37,4
30.	46	Aidan Healy	m	M20-39	12:46,7	0:59,6	<b>44:49,9</b>	0:48,3	13:19,7	1:12:44,3
31.	15	Shane Callaghan	m	M20-39	12:11,5	1:12,1	<b>45:34,2</b>	1:06,1	13:07,7	1:13:11,9
32.	36	Mick Foley	m	M40-49	14:16,7	1:03,4	<b>42:06,9</b>	1:00,5	14:55,3	1:13:23,0
33.	118	Nigel McCord	m	M20-39	12:25,1	1:07,1	<b>45:17,2</b>	1:24,2	14:09,2	1:14:22,9
34.	125	Frank McCabe	m	M20-39	11:33,3	1:01,3	<b>47:53,7</b>	0:47,0	13:19,7	1:14:35,1
35.	77	Eoin McMahan(PFE)	m	M40-49	11:41,7	0:40,3	<b>49:40,3</b>	0:42,8	12:16,6	1:15:01,9
36.	70	Darren Madden	m	M20-39	11:36,0	0:48,6	<b>50:26,5</b>	0:42,7	11:29,9	1:15:03,9
37.	68	Richie Lynch	m	M40-49	11:28,7	0:36,6	<b>50:23,4</b>	0:31,1	12:25,9	1:15:25,8
38.	83	Barry Moran	m	M20-39	11:25,2	1:10,2	<b>48:25,0</b>	1:05,5	13:21,5	1:15:27,7
39.	138	Andrew Coonan	m	M40-49	11:27,0	1:26,9	<b>49:05,1</b>	1:15,4	12:34,1	1:15:48,7
40.	16	Paul Canavan	m	M20-39	11:54,0	0:42,4	<b>50:21,8</b>	0:37,0	12:40,1	1:16:15,4
41.	32	Damien Farrell	m	M20-39	12:27,2	0:50,4	<b>48:54,6</b>	1:10,3	12:53,9	1:16:16,6
42.	111	Patrick Wall	m	M20-39	12:45,7	1:16,8	<b>48:33,2</b>	1:12,8	12:36,3	1:16:25,0
43.	65	David lawlor	m	M40-49	11:33,7	1:13,4	<b>51:17,6</b>	0:34,5	12:14,1	1:16:53,5
44.	81	Denise Molloy	w	F20-39	12:16,1	1:09,2	<b>49:25,0</b>	1:00,7	13:25,2	1:17:16,4

Rank	Bib	Name	Sex	AGE GROUP	Run 1	T1	Cycle	T2	Run 2	FINISH Time
45.	31	Joe Dunne	m	M40-49	12:56,0	1:14,5	<b>48:07,4</b>	1:35,8	13:52,4	1:17:46,3
46.	14	Gerry Byrne	m	M50-59	11:34,2	1:46,4	<b>51:13,9</b>	1:16,2	12:17,8	1:18:08,7
47.	92	Kevin O	m	M20-39	11:25,7	1:00,8	<b>51:44,1</b>	0:34,1	13:27,9	1:18:12,7
48.	44	Kevin Hayes	m	M50-59	12:57,7	0:55,1	<b>48:13,5</b>	1:06,4	15:29,1	1:18:42,0
49.	89	Majella Ní	w	F50-59	13:10,7	1:12,4	<b>49:34,1</b>	0:56,2	13:50,6	1:18:44,1
50.	26	Brian Day	m	M20-39	12:44,5	1:30,8	<b>48:33,8</b>	1:32,3	14:23,1	1:18:44,6
51.	76	Team Mc	w	F20-39	12:00,7	0:42,8	<b>53:26,7</b>	0:32,3	12:02,2	1:18:44,9
52.	137	Sean O'Mahony	m	M20-39	12:12,3	1:28,2	<b>50:25,4</b>	1:04,5	13:35,9	1:18:46,6
53.	57	Nigel Keane	m	M40-49	13:24,5	1:29,4	<b>48:43,6</b>	1:31,2	13:46,1	1:18:54,9
54.	101	Eamonn Quirke	m	M40-49	12:58,6	0:59,2	<b>50:00,6</b>	0:55,3	14:07,9	1:19:01,8
55.	66	Alan Loughman	m	M20-39	13:53,3	1:01,4	<b>48:27,5</b>	0:50,4	15:12,0	1:19:24,7
56.	63	Gerard Kirwan	m	M20-39	12:53,8	1:00,7	<b>49:57,8</b>	0:53,7	15:33,5	1:20:19,6
57.	71	Alan Mahon	m	M40-49	13:01,5	0:58,5	<b>51:48,2</b>	0:52,4	13:59,6	1:20:40,5
58.	126	Sean Horgan	m	M40-49	13:15,2	1:09,9	<b>49:30,4</b>	1:27,8	15:28,0	1:20:51,5
59.	7	Jason Bowes	m	M20-39	13:15,5	1:03,1	<b>50:39,6</b>	0:47,5	15:09,2	1:20:55,0
60.	30	Emily-Anne Doyle	w	F40-49	14:08,7	1:11,4	<b>48:15,1</b>	1:07,0	16:28,5	1:21:10,9
61.	23	John Cuddy	m	M40-49	13:18,3	1:26,6	<b>50:50,1</b>	1:21,3	14:24,0	1:21:20,4
62.	4	Gunter Bayer	m	M20-39	14:05,9	1:33,8	<b>50:05,0</b>	1:13,9	14:21,7	1:21:20,5
63.	11	Mick Byrne	m	M40-49	12:54,9	0:44,6	<b>53:46,7</b>	0:41,7	13:27,2	1:21:35,4
64.	84	Mark Mulhall	m	M20-39	12:37,3	0:59,6	<b>54:07,0</b>	0:52,4	13:03,6	1:21:40,1
65.	55	Arnold Kane	m	M40-49	13:08,1	2:01,6	<b>50:24,6</b>	2:15,1	13:51,3	1:21:40,9
66.	3	David Ashe	m	M40-49	13:40,5	1:42,7	<b>51:18,9</b>	1:04,7	14:09,2	1:21:56,3
67.	100	Thomas Phelan	m	M20-39	11:35,3	1:31,8	<b>56:43,5</b>	0:45,4	11:30,6	1:22:06,7
68.	69	Mark Macaulay	m	M20-39	14:40,0	0:58,4	<b>50:47,6</b>	0:48,4	14:57,9	1:22:12,4
69.	35	Paul Flood	m	M20-39	12:01,5	0:55,4	<b>53:43,5</b>	1:12,8	14:23,6	1:22:17,0
70.	24	Ray Cullen	m	M20-39	13:09,5	1:20,6	<b>52:42,5</b>	1:13,6	14:10,0	1:22:36,4
71.	90	Fergal Nolan	m	M40-49	13:33,9	1:24,2	<b>52:14,2</b>	1:33,3	14:12,9	1:22:58,7
72.	59	Brian Kelly	m	M40-49	13:39,3	1:17,1	<b>52:11,8</b>	1:16,6	15:24,7	1:23:49,7
73.	119	Kiri Langford	w	F20-39	13:23,9	1:04,0	<b>54:15,9</b>	0:42,9	14:37,1	1:24:04,0
74.	10	Denis Buckley	m	M40-49	12:39,9	1:21,9	<b>54:19,8</b>	1:11,9	14:46,0	1:24:19,6
75.	43	Ciarán Harrington	m	M20-39	12:45,0	1:03,4	<b>55:37,3</b>	1:20,1	13:52,2	1:24:38,2
76.	135	Mike Murphy	m	M40-49	12:02,8	1:38,9	<b>57:46,5</b>	0:57,4	12:15,1	1:24:40,9
77.	85	Ciaran Mulhall	m	M20-39	13:08,9	2:02,4	<b>52:31,1</b>	1:45,2	15:25,5	1:24:53,3
78.	109	Michael Staunton	m	M20-39	15:06,0	1:13,4	<b>51:53,9</b>	0:47,1	16:18,9	1:25:19,6
79.	128	Meally Sean	m	M40-49	13:54,3	0:56,8	<b>55:17,6</b>	0:49,8	14:24,3	1:25:23,0
80.	51	Lynn Hogna &	w	F20-39	15:52,0	0:49,1	<b>52:34,1</b>	0:51,6	15:27,6	1:25:34,6
81.	45	Barry Healy	m	M40-49	12:59,6	2:00,1	<b>55:55,3</b>	1:47,0	13:17,5	1:25:59,7
82.	123	Diarmaid Flynn	m	M40-49	15:13,8	0:39,5	<b>53:03,0</b>	0:43,4	16:24,8	1:26:04,8
83.	93	Eamon Oflaherty	m	M40-49	15:07,8	1:23,2	<b>52:24,1</b>	1:00,8	16:09,2	1:26:05,2
84.	88	Peter Murphy	m	M40-49	13:53,8	1:48,5	<b>54:54,6</b>	0:54,9	14:36,2	1:26:08,3
85.	124	James Reeves	m	M40-49	13:37,9	0:48,7	<b>54:43,3</b>	0:48,2	16:23,1	1:26:21,4
86.	72	Aoife May	w	F20-39	13:55,0	0:47,7	<b>56:34,7</b>	0:43,9	14:24,8	1:26:26,3
87.	27	Kevin Devoy	m	M20-39	14:03,8	1:53,9	<b>54:16,8</b>	1:24,0	15:24,9	1:27:03,6
88.	131	Billy Higginbotham	m	M40-49	13:58,1	1:03,8	<b>56:15,8</b>	0:50,2	15:11,7	1:27:19,8
89.	53	Aine Hutton	w	F20-39	14:31,9	2:12,3	<b>54:32,1</b>	1:06,2	15:29,3	1:27:52,1
90.	8	Eddie Brennan	m	M40-49	13:55,3	0:54,9	<b>57:32,3</b>	0:43,6	14:58,3	1:28:04,6

Rank	Bib	Name	Sex	AGE GROUP	Run 1	T1	Cycle	T2	Run 2	FINISH Time
91.	132	Tony Doyle	m	M40-49	15:20,1	1:44,9	<b>54:03,3</b>	1:19,1	15:37,8	1:28:05,3
92.	17	Keith Carr	m	M40-49	15:26,4	1:25,0	<b>54:24,2</b>	1:11,5	15:54,5	1:28:21,7
93.	34	Gus J Fitzpatrick	m	M20-39	15:53,2	0:49,9	<b>56:34,6</b>	0:56,2	14:47,9	1:29:01,9
94.	95	Maria Oreilly	w	F20-39	14:56,9	0:59,8	<b>56:07,6</b>	0:53,3	16:08,0	1:29:05,8
95.	9	Conal Brennan	m	M40-49	14:56,3	1:03,6	<b>56:03,9</b>	0:52,1	16:12,9	1:29:08,9
96.	75	Lisa McCarthy	w	F20-39	15:05,4	1:18,8	<b>59:22,4</b>	0:42,3	13:12,2	1:29:41,4
97.	94	Sue O'Neill	w	F50-59	14:52,9	1:11,2	<b>57:30,8</b>	0:53,2	15:25,9	1:29:54,3
98.	48	Aisling Hegarty	w	F40-49	13:21,6	1:00,3	<b>1:00:13,8</b>	1:17,0	14:22,2	1:30:15,1
99.	106	Fionnuala Shelly	w	F20-39	14:14,3	1:07,9	<b>59:10,4</b>	1:16,4	14:43,9	1:30:33,1
100.	129	Suzanne Sheehy	w	F20-39	12:48,7	0:56,6	<b>1:02:15,1</b>	1:03,9	13:39,2	1:30:43,8
101.	99	Catherine O'Sullivan	w	F20-39	15:40,9	0:51,9	<b>57:03,5</b>	1:16,9	16:35,3	1:31:28,7
102.	120	Michelle Harrington	w	F40-49	15:08,3	1:04,5	<b>59:14,7</b>	0:54,3	15:38,6	1:32:00,6
103.	54	Lynn Jackson	w	F40-49	15:49,1	2:01,7	<b>54:00,6</b>	2:39,0	17:43,4	1:32:14,1
104.	139	Martin Ivors	m	M50-59	13:49,7	1:34,6	<b>1:01:24,3</b>	1:12,9	14:50,9	1:32:52,6
105.	12	Paul Byrne	m	M20-39	14:13,1	1:07,6	<b>1:01:03,3</b>	0:56,5	16:09,2	1:33:29,9
106.	116	James Ging	m	M20-39	12:33,0	1:14,4	<b>1:04:12,8</b>	0:53,8	14:42,7	1:33:36,9
107.	28	Niall Donnelly	m	M40-49	15:21,9	1:22,1	<b>56:08,2</b>	1:32,4	19:32,6	1:33:57,4
108.	64	Praveen Kumar	m	M20-39	13:56,7	0:46,8	<b>1:02:32,5</b>	0:41,5	16:01,0	1:33:58,6
109.	20	Hilary Collins	w	F60-69	14:39,5	0:57,4	<b>1:03:39,3</b>	0:58,6	14:54,7	1:35:09,7
110.	39	John Geoghagan	m	M40-49	16:48,9	1:37,0	<b>55:52,0</b>	1:30,3	19:54,9	1:35:43,3
111.	52	Miriam Holland	w	F40-49	15:40,2	0:51,7	<b>1:01:56,1</b>	0:58,8	16:28,7	1:35:55,8
112.	114	Keith White	m	M40-49	15:50,6	1:18,2	<b>1:00:03,0</b>	1:25,0	17:31,7	1:36:08,6
113.	60	Máire Kelly	w	F20-39	15:57,5	0:57,7	<b>58:29,7</b>	0:59,2	19:51,3	1:36:15,6
114.	62	Damien Kennedy	m	M20-39	14:14,3	1:08,0	<b>1:03:11,0</b>	0:47,6	17:11,1	1:36:32,2
115.	136	Fiona Browne	w	F40-49	14:09,5	1:23,4	<b>1:05:25,0</b>	1:09,6	14:37,5	1:36:45,2
116.	41	Sylvia Hanbidge	w	F20-39	15:20,1	1:45,9	<b>1:03:07,5</b>	1:09,4	17:41,4	1:39:04,4
117.	73	Maureen Mc Ginley	w	F50-59	15:59,4	0:55,9	<b>1:06:13,9</b>	0:43,4	17:07,1	1:40:59,9
118.	21	Aisling Cross	w	F40-49	16:40,6	1:24,7	<b>1:03:29,1</b>	1:27,3	18:21,7	1:41:23,7
119.	56	Mary Kavanagh	w	F40-49	14:06,7	1:34,4	<b>1:08:27,1</b>	1:15,7	16:08,3	1:41:32,4
120.	33	Laura Fennin	w	F20-39	15:35,4	0:50,0	<b>1:05:21,2</b>	0:56,2	19:00,6	1:41:43,6
121.	18	Evan Chamberlain	m	M40-49	19:30,3	2:11,8	<b>59:36,6</b>	1:15,6	22:48,2	1:45:22,6
122.	121	Clare Ramsbottom	w	F40-49	15:50,0	1:10,3	<b>1:10:36,4</b>	1:01,1	17:24,8	1:46:02,8
123.	102	Aileen Rafferty	w	F40-49	15:04,5	0:56,9	<b>1:13:24,4</b>	1:00,9	16:46,6	1:47:13,5
124.	133	Siobhan Wynne	w	F40-49	19:12,0	2:18,2	<b>1:13:38,2</b>	1:36,1	18:53,4	1:55:38,1
125.	134	Mary FenninByrne	w	F40-49	19:13,4	2:18,0	<b>1:13:38,9</b>	1:34,1	22:47,6	1:59:32,2
126.	130	Elizabeyh Murphy	w	F20-39	19:40,7	1:37,4	<b>1:18:24,2</b>	1:12,6	23:59,8	2:04:55,0
127.	86	Rachel Mulryan	w	F20-39	19:38,8	1:42,8	<b>1:17:56,4</b>	1:36,8	24:00,9	2:04:55,9
128.	105	Anna Roe	w	F20-39	19:40,1	1:38,3	<b>1:18:26,3</b>	1:10,6	24:00,4	2:04:55,9

Number of records: 128