

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.	137	Will Byrne	m	<b>M40-49</b>	10:07,8	0:26,4	<b>38:39,9</b>	0:37,1	10:53,5	1:00:45,0
2.	37	Mark Doyle	m	<b>M20-39</b>	10:42,7	0:38,3	<b>37:25,2</b>	0:38,3	12:01,0	1:01:25,8
3.	110	Niall Foley	m	<b>M 16-20</b>	10:08,2	0:47,0	<b>40:33,8</b>	0:30,5	11:01,2	1:03:01,0
4.	148	Chris Maguire	m	<b>M20-39</b>	10:47,1	0:56,2	<b>39:30,5</b>	0:45,4	11:49,1	1:03:48,5
5.	78	Rory Morrissey	m	<b>M20-39</b>	10:07,4	0:31,5	<b>42:29,0</b>	0:47,6	10:10,2	1:04:06,0
6.	23	Thomas Cousins	m	<b>M20-39</b>	10:06,5	0:33,3	<b>42:22,4</b>	0:37,1	10:53,7	1:04:33,1
7.	140	Conor Tiernan	m	<b>M20-39</b>	9:53,7	0:51,2	<b>43:18,9</b>	0:51,0	10:46,4	1:05:41,3
8.	67	Patsy McCaffery	m	<b>M40-49</b>	12:14,3	0:52,9	<b>39:11,3</b>	0:37,3	13:17,7	1:06:13,6
9.	76	Michael Molloy	m	<b>M40-49</b>	11:02,6	0:37,1	<b>41:38,8</b>	0:38,7	12:23,1	1:06:20,5
10.	120	Bronagh Adams	w	<b>F20-39</b>	10:52,2	0:41,8	<b>42:32,7</b>	0:42,5	11:33,9	1:06:23,3
11.	79	David Murphy	m	<b>M40-49</b>	10:56,1	0:31,1	<b>41:38,9</b>	0:46,7	12:50,3	1:06:43,4
12.	105	John Wilson	m	<b>M20-39</b>	10:45,0	0:32,9	<b>42:46,8</b>	0:52,5	11:57,6	1:06:54,9
13.	70	Eoin Mcdonald	m	<b>M20-39</b>	10:48,7	0:48,0	<b>43:31,1</b>	0:42,4	11:17,5	1:07:07,8
14.	50	Greg Holden	m	<b>M40-49</b>	11:25,8	0:36,4	<b>41:59,7</b>	0:45,6	12:25,7	1:07:13,4
15.	112	Gerard Power	m	<b>M40-49</b>	10:14,4	0:32,3	<b>44:31,4</b>	0:30,5	11:27,5	1:07:16,3
16.	135	Mark Stewart	m	<b>M40-49</b>	11:18,5	0:50,5	<b>41:43,2</b>	1:03,0	12:32,6	1:07:28,1
17.	28	Greg Dempsey	m	<b>M20-39</b>	12:15,0	0:56,0	<b>40:32,2</b>	0:56,5	13:44,6	1:08:24,5
18.	117	Jacob Adamiak	m	<b>M20-39</b>	11:10,4	0:50,7	<b>43:58,4</b>	0:51,1	11:37,2	1:08:27,8
19.	116	Liam O'Braonain	m	<b>M 16-20</b>	12:37,4	0:31,0	<b>51:52,0</b>	0:38,4	3:54,8	1:09:33,8
20.	99	Andres Reid	m	<b>M40-49</b>	11:02,0	0:49,2	<b>44:41,6</b>	0:45,8	12:35,6	1:09:54,3
21.	96	Kevin O'Shea	m	<b>M20-39</b>	10:33,2	0:40,7	<b>47:37,5</b>	0:30,9	11:42,7	1:11:05,2
22.	98	Eamonn Quirke	m	<b>M40-49</b>	12:38,8	1:00,1	<b>46:54,4</b>	0:51,7	10:08,8	1:11:34,2
23.	18	Shane Callaghan	m	<b>M20-39</b>	11:43,8	1:04,9	<b>45:31,2</b>	0:54,4	12:31,0	1:11:45,6
24.	149	Andrew Coonan	m	<b>M40-49</b>	11:21,4	1:02,5	<b>46:48,6</b>	0:50,5	12:43,5	1:12:46,7
25.	147	Frank McCabe	m	<b>M20-39</b>	11:46,5	0:49,5	<b>46:20,5</b>	0:42,0	13:29,1	1:13:07,8
26.	142	Paul McDonald	m	<b>M20-39</b>	11:31,8	1:02,9	<b>46:42,2</b>	1:03,9	12:52,1	1:13:13,2
27.	126	Shane O'Keeffe	m	<b>M20-39</b>	11:26,7	0:43,6	<b>47:52,0</b>	0:59,6	12:49,0	1:13:51,1
28.	138	Gerry Byrne	m	<b>M50-59</b>	11:17,6	0:55,5	<b>49:03,2</b>	0:58,6	11:46,8	1:14:01,8
29.	42	Mick Foley	m	<b>M40-49</b>	14:20,6	0:48,2	<b>42:53,2</b>	0:50,9	15:16,2	1:14:09,3
30.	77	Denise Molloy	w	<b>F20-39</b>	12:17,1	1:07,0	<b>46:30,9</b>	0:52,3	13:33,8	1:14:21,2
31.	136	Joe Dunne	m	<b>M40-49</b>	12:57,5	0:56,5	<b>46:04,9</b>	1:09,0	13:45,4	1:14:53,5
32.	21	Kevin Christie	m	<b>M20-39</b>	10:48,4	1:08,0	<b>49:44,4</b>	1:03,0	12:22,5	1:15:06,6
33.	72	Eoin McMahon(PFE)	m	<b>M40-49</b>	11:59,0	0:34,8	<b>49:35,8</b>	0:35,0	12:47,5	1:15:32,4
34.	115	Sean O'Braonain	m	<b>M 16-20</b>	11:22,2	1:04,6	<b>50:18,0</b>	1:11,3	11:57,2	1:15:53,4
35.	133	Declan Dunne	m	<b>M40-49</b>	12:51,3	1:14,2	<b>46:33,5</b>	0:55,9	14:22,1	1:15:57,1
36.	68	Stephen McCaffery	m	<b>M40-49</b>	13:24,5	0:47,4	<b>46:48,3</b>	0:57,0	14:01,1	1:15:58,4
37.	144	Andrew Harrington	m	<b>M50-59</b>	13:03,6	0:59,4	<b>46:05,1</b>	2:10,9	13:54,8	1:16:14,0
38.	93	Niall O'Muiri	m	<b>M50-59</b>	13:17,9	1:04,5	<b>46:04,2</b>	1:22,9	14:25,3	1:16:14,9
39.	139	Nigel Keane	m	<b>M40-49</b>	13:18,4	0:55,3	<b>47:27,4</b>	1:02,1	13:35,7	1:16:19,2
40.	81	Brendan Murphy	m	<b>M20-39</b>	11:12,3	0:59,0	<b>51:21,0</b>	0:33,4	12:21,2	1:16:27,0
41.	134	Sean Horgan	m	<b>M40-49</b>	13:13,0	1:04,3	<b>46:05,4</b>	1:09,8	15:12,1	1:16:44,8
42.	57	Robert Kiely	m	<b>M20-39</b>	11:58,2	0:34,4	<b>50:13,9</b>	0:31,5	13:46,0	1:17:04,2
43.	88	Kevin O Shaughnessy	m	<b>M20-39</b>	11:22,8	0:35,3	<b>51:01,8</b>	0:31,6	13:38,0	1:17:09,7
44.	11	Noel Brannigan	m	<b>M40-49</b>	13:06,8	0:49,3	<b>46:18,4</b>	0:37,9	16:26,2	1:17:18,9

Rank	Bib	Name	Sex	AGE GROUP	Run 1	T1	Cycle	T2	Run 2	FINISH Time
45.	119	Padraig Kavanagh	m	<i>M40-49</i>	13:19,2	1:22,2	<b>47:45,5</b>	1:01,4	14:07,3	1:17:35,8
46.	97	Thomas Phelan	m	<i>M20-39</i>	11:36,7	1:04,8	<b>52:42,9</b>	0:54,7	11:43,8	1:18:03,0
47.	30	Sarah Diamond	w	<i>F16-19</i>	11:31,4	1:08,8	<b>51:39,5</b>	1:10,5	12:38,4	1:18:08,7
48.	58	David lawlor	m	<i>M40-49</i>	12:15,4	0:39,6	<b>52:27,7</b>	0:30,0	12:21,7	1:18:14,5
49.	123	Alan Loughman	m	<i>M20-39</i>	13:22,1	0:53,7	<b>48:03,8</b>	0:36,9	15:32,6	1:18:29,3
50.	54	Arnold Kane	m	<i>M40-49</i>	13:16,4	0:53,7	<b>49:09,9</b>	1:00,4	14:27,3	1:18:47,9
51.	27	Brian Day	m	<i>M20-39</i>	13:01,5	1:22,4	<b>49:06,9</b>	1:44,9	13:57,3	1:19:13,2
52.	143	Kieran Byrne	m	<i>M20-39</i>	12:16,2	0:41,4	<b>52:24,6</b>	0:44,1	13:28,4	1:19:34,8
53.	118	Kevin Hayes	m	<i>M50-59</i>	13:02,6	0:49,8	<b>48:41,0</b>	1:08,7	15:56,5	1:19:38,8
54.	55	Colm Kelly	m	<i>M20-39</i>	13:58,3	0:54,4	<b>48:10,5</b>	0:42,0	16:37,7	1:20:23,2
55.	29	Kevin Devoy	m	<i>M20-39</i>	13:01,0	1:11,4	<b>50:52,8</b>	1:04,5	14:30,4	1:20:40,4
56.	4	David Ashe	m	<i>M40-49</i>	13:15,3	1:07,5	<b>52:02,5</b>	1:02,0	14:01,5	1:21:29,0
57.	111	Connell Breslin	m	<i>M20-39</i>	13:21,6	1:11,3	<b>51:26,3</b>	1:20,8	14:15,3	1:21:35,4
58.	113	Liam Brady	m	<i>M40-49</i>	13:03,1	0:54,2	<b>52:52,7</b>	1:04,0	13:49,9	1:21:44,0
59.	26	Keith Cusack	m	<i>M20-39</i>	12:23,0	1:46,1	<b>53:34,0</b>	1:01,4	13:03,9	1:21:48,6
60.	94	Gavin O'Muire	m	<i>M40-49</i>	14:05,3	0:49,7	<b>51:16,5</b>	0:43,9	15:03,0	1:21:58,5
61.	33	Sheila Doyle	w	<i>F20-39</i>	12:27,4	0:38,1	<b>55:15,6</b>	0:38,4	13:15,2	1:22:14,9
62.	59	Mark Macaulay	m	<i>M20-39</i>	14:36,8	0:51,4	<b>50:46,4</b>	0:48,0	15:17,3	1:22:20,2
63.	86	Eva Nugent	w	<i>F20-39</i>	13:09,8	1:25,9	<b>52:50,8</b>	0:59,8	14:28,7	1:22:55,1
64.	3	Tommy Ahearne	m	<i>M20-39</i>	14:31,0	1:00,0	<b>1:01:58,3</b>	0:43,0	4:44,0	1:22:56,5
65.	124	JAMES Lawlor	m	<i>M20-39</i>	12:43,8	1:24,0	<b>55:18,1</b>	0:42,1	13:47,2	1:23:55,4
66.	125	Adam Ryan	m	<i>M 16-20</i>	10:32,4	0:39,4	<b>1:00:13,3</b>	0:36,3	12:08,2	1:24:09,8
67.	53	Ciaran Jenkinson	m	<i>M50-59</i>	13:48,9	0:40,4	<b>54:27,0</b>	0:34,9	15:23,0	1:24:54,3
68.	84	Donal Murray	m	<i>M40-49</i>	14:12,5	1:22,5	<b>52:50,0</b>	1:01,0	16:20,4	1:25:46,6
69.	16	Paul Byrne	m	<i>M20-39</i>	12:34,2	1:07,0	<b>56:29,7</b>	0:50,5	15:24,9	1:26:26,5
70.	127	Daragh Brereton	m	<i>M20-39</i>	13:39,1	1:25,8	<b>55:54,8</b>	1:07,3	14:26,2	1:26:33,5
71.	48	Aisling Hegarty	w	<i>F40-49</i>	13:30,7	1:26,1	<b>56:31,4</b>	1:05,1	14:24,9	1:26:58,4
72.	87	Frank O Connor	m	<i>M20-39</i>	14:43,2	0:55,9	<b>53:56,2</b>	0:39,4	16:48,0	1:27:02,9
73.	74	Diarmuid Mitten	m	<i>M40-49</i>	15:22,3	1:08,6	<b>55:07,4</b>	1:02,9	14:55,7	1:27:37,2
74.	122	Suzanne Kelly	w	<i>F40-49</i>	14:40,5	1:20,4	<b>54:53,9</b>	1:09,7	15:35,7	1:27:40,4
75.	107	Mary Kavanagh	w	<i>F40-49</i>	13:21,0	1:09,9	<b>57:27,6</b>	0:44,1	14:58,4	1:27:41,1
76.	31	Alan Donegan	m	<i>M20-39</i>	13:37,5	0:48,7	<b>58:36,5</b>	0:41,1	14:40,2	1:28:24,2
77.	13	Conal Brennan (PFE)	m	<i>M40-49</i>	14:45,4	0:46,3	<b>55:40,3</b>	0:58,9	16:43,1	1:28:54,2
78.	56	Ivan Kendrick	m	<i>M40-49</i>	15:45,9	1:17,7	<b>53:48,4</b>	1:32,9	16:41,9	1:29:07,1
79.	63	David Matthews	m	<i>M20-39</i>	14:11,5	1:01,8	<b>55:40,1</b>	1:16,3	17:02,6	1:29:12,5
80.	121	Mark Fitzpatrick	m	<i>M40-49</i>	13:42,1	1:11,3	<b>58:38,1</b>	0:48,8	14:55,2	1:29:15,7
81.	71	Emma McDonald	w	<i>F20-39</i>	14:36,2	1:20,6	<b>57:43,0</b>	1:16,6	14:32,3	1:29:28,9
82.	106	James Reeves	m	<i>M40-49</i>	14:03,9	0:45,1	<b>57:28,8</b>	0:55,2	16:21,2	1:29:34,4
83.	82	Maura Murphy	w	<i>F20-39</i>	14:08,9	0:43,0	<b>58:36,4</b>	0:49,8	15:25,7	1:29:44,0
84.	49	Anne Hogan	w	<i>F20-39</i>	12:16,4	0:53,2	<b>1:02:50,6</b>	0:46,1	13:24,9	1:30:11,5
85.	15	Mary Buggle	w	<i>F20-39</i>	13:38,7	0:46,4	<b>1:00:38,1</b>	0:45,1	14:39,9	1:30:28,4
86.	146	William Higginbottoms	m	<i>M40-49</i>	15:09,0	0:49,6	<b>57:36,1</b>	1:19,1	16:02,1	1:30:56,2
87.	2	Ian Abbey	m	<i>M20-39</i>	14:02,1	1:31,8	<b>56:59,7</b>	1:14,2	17:20,9	1:31:08,9
88.	69	Lisa McCarthy	w	<i>F20-39</i>	14:18,1	0:40,1	<b>1:01:11,3</b>	1:00,9	14:03,9	1:31:14,4
89.	95	Maria Oreilly	w	<i>F20-39</i>	16:34,4	0:50,7	<b>54:40,5</b>	0:58,8	18:39,4	1:31:44,1
90.	101	Donna Sargent	w	<i>F20-39</i>	13:46,7	0:47,9	<b>1:01:54,4</b>	0:40,6	14:40,3	1:31:50,1

Rank	Bib	Name	Sex	AGE GROUP	Run 1	T1	Cycle	T2	Run 2	FINISH Time
91.	104	Michael Staunton	m	<i>M20-39</i>	14:27,5	0:58,5	<b>59:32,1</b>	1:05,0	16:09,6	1:32:13,0
92.	108	Gemma Martin	w	<i>F50-59</i>	15:49,4	1:22,8	<b>56:15,7</b>	1:43,3	17:35,2	1:32:46,8
93.	32	Niall Donnelly	m	<i>M40-49</i>	15:15,1	1:05,5	<b>56:55,0</b>	1:31,9	18:13,4	1:33:00,9
94.	9	Sparky Booker	w	<i>F20-39</i>	15:29,0	2:15,9	<b>58:30,8</b>	0:46,8	16:18,8	1:33:21,5
95.	39	Avril Dunne	w	<i>F20-39</i>	15:36,1	1:04,6	<b>58:43,1</b>	0:57,0	17:03,1	1:33:24,0
96.	65	Fiona Mc Donald	w	<i>F20-39</i>	16:29,3	1:16,8	<b>57:46,9</b>	0:57,1	17:18,7	1:33:49,0
97.	132	Padraig Dunne	m	<i>M 16-20</i>	15:06,8	2:03,0	<b>57:33,5</b>	1:43,6	17:25,0	1:33:52,0
98.	675	N.N. 675			14:21,9	0:54,7	<b>1:03:16,8</b>	0:47,5	14:46,0	1:34:07,2
99.	52	Magda Jar	w	<i>F20-39</i>	15:27,3	1:20,0	<b>59:24,0</b>	0:55,7	17:19,4	1:34:26,5
100.	102	Adam Sedlak	m	<i>M20-39</i>	15:25,8	1:28,2	<b>59:09,1</b>	1:24,3	16:59,4	1:34:27,0
101.	103	Matt Short	m	<i>M50-59</i>	15:22,1	1:12,6	<b>58:33,0</b>	2:05,2	17:45,4	1:34:58,5
102.	46	Colm Hamersley	m	<i>M20-39</i>	14:08,1	0:37,8	<b>1:04:10,2</b>	0:34,4	15:38,7	1:35:09,4
103.	44	John Geoghagan	m	<i>M40-49</i>	17:26,1	1:25,5	<b>54:29,9</b>	1:27,5	21:04,7	1:35:53,9
104.	85	Brona Ni Chobhthaigh	w	<i>F20-39</i>	15:31,2	2:21,3	<b>1:01:24,9</b>	1:00,4	15:44,2	1:36:02,1
105.	14	Robert Brownrigg	m	<i>M40-49</i>	17:09,4	1:07,5	<b>56:08,9</b>	1:02,4	20:34,6	1:36:03,0
106.	60	Chloe Madden	w	<i>F20-39</i>	15:23,2	2:48,6	<b>1:00:57,5</b>	1:24,6	15:34,3	1:36:08,4
107.	47	Michelle Harrington	w	<i>F40-49</i>	15:44,9	2:05,9	<b>1:00:17,0</b>	1:49,7	16:40,9	1:36:38,6
108.	22	Hilary Collins	w	<i>F60-69</i>	15:08,5	1:13,5	<b>1:04:31,5</b>	0:46,3	15:40,2	1:37:20,2
109.	109	Philip Foley	m	<i>M40-49</i>	16:09,7	1:43,2	<b>1:00:12,0</b>	2:17,9	18:01,0	1:38:24,0
110.	40	Sinead Dunne	w	<i>F20-39</i>	15:10,6	1:31,1	<b>1:04:49,3</b>	0:33,8	16:29,1	1:38:34,2
111.	114	Paul Murphy	m	<i>M40-49</i>	13:27,0	1:23,3	<b>1:07:31,3</b>	1:53,0	14:58,1	1:39:12,9
112.	34	Sarah Dowling	w	<i>F20-39</i>	15:33,0	0:43,7	<b>1:05:34,4</b>	0:58,7	16:23,1	1:39:13,1
113.	66	Maureen Mc Ginley	w	<i>F50-59</i>	16:43,0	0:36,7	<b>1:03:27,1</b>	0:55,2	18:44,7	1:40:26,9
114.	19	Aisling Callaghan	w	<i>F20-39</i>	15:53,6	1:14,3	<b>1:06:28,6</b>	1:16,1	17:37,6	1:42:30,5
115.	128	Dean Martin	m	<i>M20-39</i>	13:37,8	0:49,5	<b>1:11:15,0</b>	0:54,5	16:49,5	1:43:26,6
116.	129	Gillian Davis	w	<i>F40-49</i>	17:08,8	2:08,0	<b>1:04:07,0</b>	1:18,3	19:20,8	1:44:03,0
117.	145	Edward Martin	m	<i>M60-69</i>	19:21,3	1:25,8	<b>1:00:53,4</b>	1:20,5	22:34,8	1:45:36,1
118.	131	Rebecca Dunne	w		17:42,8	1:02,4	<b>1:04:25,5</b>	1:20,5	21:29,6	1:46:01,0
119.	130	Anna Dunne	w	<i>F40-49</i>	17:20,5	1:57,9	<b>1:06:44,5</b>	1:20,7	18:44,9	1:46:08,7
120.	38	John t Doyle	m	<i>M40-49</i>	15:10,1	1:03,6	<b>1:09:27,5</b>	1:03,4	20:18,2	1:47:02,9
121.	51	Louise Ireson	w	<i>F20-39</i>	16:58,9	1:24,1	<b>1:08:59,4</b>	1:11,5	20:11,1	1:48:45,2
122.	8	Patriona Bolger	w	<i>F20-39</i>	15:28,0	1:46,4	<b>1:12:35,6</b>	1:29,5	17:35,6	1:48:55,3
123.	100	Erica Ryan	w	<i>F20-39</i>	16:09,9	1:16,6	<b>1:12:23,2</b>	1:11,8	18:53,2	1:49:54,8
124.	73	Mary Mills	w	<i>F40-49</i>	17:04,8	0:45,2	<b>1:12:18,5</b>	0:44,3	19:22,7	1:50:15,7

Number of records: 124