

Place	Bib	Surname	Name	Sex	Cat	Distance	Club	Lap 1	Lap 2	Race Time	Chip Time
1	1124	Handel	Sean	M	O 40	Long		0:18:21	0:18:07	0:36:29	0:36:28
2	1275	Tyrrell	Gary	M	O 40	Long		0:18:56	0:19:19	0:38:16	0:38:15
3	1114	Giorgi	Stefano	M	O 40	Long	Fartlek Ostia	0:18:49	0:19:53	0:38:42	0:38:42
4	1277	Valerio	Antonio	M	Sen	Long	Fartlek Ostia	0:18:21	0:20:54	0:39:15	0:39:15
5	1047	Conway	Brian	M	Sen	Long		0:20:47	0:20:25	0:41:12	0:41:12
6	1022	Brien	Eamonn	M	Sen	Long		0:20:15	0:21:05	0:41:21	0:41:19
7	1034	Carroll	Shane	M	Sen	Long		0:21:08	0:21:04	0:42:14	0:42:12
8	1052	Cronin	Damian	M	O 40	Long	Portmarnock Triathlon	0:21:03	0:21:13	0:42:17	0:42:15
9	1042	Clarke	John	M	O 40	Long		0:21:12	0:21:22	0:42:36	0:42:33
10	1245	Qureshi	Irfan	M	O 40	Long	Dynamic Fitness	0:21:21	0:21:37	0:42:59	0:42:58
11	1268	Smith	Shane	M	No	Long	Shane Smith Fitness	0:21:15	0:21:48	0:43:09	0:43:03
12	1287	Keena	Niall	M	No	Long		0:21:18	0:22:02	0:43:23	0:43:20
13	1093	Fitzgerald	Mags	F	Sen	Long		0:21:19	0:22:07	0:43:26	0:43:26
14	1021	Brennan	Peter	M	O 40	Long	Shane Smith Fitness	0:21:19	0:22:14	0:43:35	0:43:33
15	1288	Elliott	Bronagh	F	Sen	Long		0:21:22	0:22:13	0:43:37	0:43:34
16	1189	McMenamin	Stuart	M	Sen	Long		0:22:21	0:21:48	0:44:12	0:44:08
17	1210	O connor	Aodh	M	O 40	Long	Sportsworld	0:21:48	0:22:31	0:44:23	0:44:19
18	1004	Bates	Wendy	F	Sen	Long	Mullingar Harriers	0:22:13	0:22:14	0:44:30	0:44:27
19	1164	Lenehan	Liam	M	O 50	Long		0:22:29	0:22:08	0:44:40	0:44:36
20	1010	Bolger	Fiachra	M	Sen	Long		0:22:36	0:22:40	0:45:23	0:45:15
21	1106	Gaya Turrion	Sergi	M	Sen	Long		0:23:17	0:22:00	0:45:29	0:45:17
22	1116	Gonzalez Sanz	Sergio	M	Sen	Long		0:22:01	0:23:29	0:45:34	0:45:30

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23	1207	Nevins	Damien	M	O 40	Long	Shane Smith Fitness	0:22:19	0:23:14	0:45:37	0:45:33
24	1272	Tighe	Sinead	F	O 40	Long	Shane Smith Fitness	0:22:16	0:23:25	0:45:43	0:45:41
25	1024	Burgess	Rachel	F	O 40	Long		0:22:27	0:23:23	0:45:50	0:45:50
26	1025	Burke	stephen	M	Sen	Long		0:23:59	0:22:20	0:46:33	0:46:19
27	1089	Evans	Gareth	M	Sen	Long		0:23:13	0:23:07	0:46:35	0:46:21
28	1256	Rowland	Eileen	F	O 50	Long		0:23:42	0:22:51	0:46:38	0:46:33
29	1032	carroll	adam	M	Sen	Long		0:22:52	0:23:49	0:46:42	0:46:40
30	1285	Winstanley	Gary	M	O 40	Long	Shane Smith Fitness	0:23:33	0:23:06	0:46:45	0:46:39
31	1015	Breen	Eamon	M	Sen	Long		0:23:33	0:22:59	0:46:47	0:46:33
32	1078	Dowling	Geraldine	F	Sen	Long		0:23:39	0:23:21	0:47:06	0:47:00
33	1281	Walsh	Fergus	M	O 40	Long	Shane Smith Fitness	0:22:29	0:24:35	0:47:07	0:47:05
34	1090	Evans	Mark	M	O 40	Long		0:24:07	0:23:15	0:47:29	0:47:22
35	1107	Gentles	Graham	M	Sen	Long		0:23:13	0:24:36	0:47:52	0:47:49
36	1140	Jennings	Connor	M	O 40	Long	Raheny Shamrock AC	0:23:29	0:24:27	0:47:58	0:47:56
37	1271	Stewart	Karl	M	Sen	Long		0:24:04	0:24:07	0:48:20	0:48:11
38	1123	Hand	Conor	M	Sen	Long		0:24:04	0:24:07	0:48:21	0:48:12
39	1244	Quinzon	Impirika	F	Sen	Long		0:24:07	0:24:17	0:48:31	0:48:24
40	1212	O donaile	Sean	M	O 40	Long	3 D Tri	0:24:13	0:24:23	0:48:41	0:48:36
41	1237	Power	John	M	No	Long	Shane Smith Fitness	0:24:09	0:25:08	0:49:19	0:49:17
42	1061	Daly	Fergus	M	O 40	Long	Shane Smith Fitness	0:24:35	0:25:15	0:49:56	0:49:50
43	1119	Groarke	Michelle	F	O 40	Long	Shane Smith Fitness	0:24:35	0:25:15	0:49:56	0:49:49
44	1225	O'Neill	Shane	M	Sen	Long	Navan AC	0:26:28	0:23:32	0:50:00	0:50:00

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45	1083	Drennan	Trevor	M	O 40	Long	Shane Smith Fitness	0:25:15	0:24:53	0:50:14	0:50:08
46	1121	Grogan	Therese	F	Sen	Long		0:25:03	0:25:15	0:50:25	0:50:18
47	1171	magee	aidan	M	Sen	Long		0:24:13	0:26:18	0:50:30	0:50:30
48	1152	Keogh	ck with what know	M	Sen	Long	Keoghies dream team	0:24:34	0:26:25	0:51:05	0:50:59
49	1065	de Dios	Antonio	M	Sen	Long		0:25:04	0:26:05	0:51:21	0:51:09
50	1105	Gartland	Jaime	F	Sen	Long		0:26:00	0:25:19	0:51:23	0:51:18
51	1233	O'Sullivan	Mary	F	O 40	Long	Pearse brothers	0:25:54	0:25:18	0:51:23	0:51:12
52	1223	O'kelly	Pat	M	O 50	Long		0:25:17	0:26:09	0:51:31	0:51:25
53	1175	Malcolm	Emily	F	Sen	Long	Donore Harriers	0:25:41	0:26:06	0:51:50	0:51:47
54	1280	Walsh	Adrian	M	O 50	Long		0:25:28	0:26:50	0:52:26	0:52:18
55	1048	Cooney	Peter	M	Sen	Long		0:26:01	0:26:27	0:52:27	0:52:27
56	1057	Cunningham	Enda	M	Sen	Long		0:25:53	0:26:27	0:52:30	0:52:20
57	1193	Moran	Tom	M	O 40	Long		0:25:47	0:26:34	0:52:31	0:52:22
58	1086	egan langley	miranda	F	Sen	Long		0:26:26	0:26:01	0:52:32	0:52:27
59	1290	Brien	Ciaran	M	Sen	Long		0:26:23	0:26:04	0:52:36	0:52:27
60	1221	O'Donnell	Brona	F	Sen	Long	Portmarnock AC	0:26:56	0:25:33	0:52:39	0:52:30
61	1035	Carter	Danny	M	Sen	Long	Keoghies dream team	0:26:33	0:26:04	0:52:49	0:52:38
62	1155	King	Michael	M	O 50	Long		0:25:54	0:26:56	0:52:58	0:52:51
63	1232	O'Shea	Garech	M	O 40	Long	Shane Smith Fitness	0:25:34	0:27:25	0:53:05	0:52:59
64	1128	Hartnett	Maeve	F	Sen	Long		0:27:19	0:26:18	0:53:40	0:53:36
65	1282	Walshe	Paul	M	Sen	Long	Boards AC	0:25:59	0:27:40	0:53:42	0:53:39
66	1273	Treacy	Annemarie	F	O 40	Long		0:27:14	0:26:30	0:53:57	0:53:45

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67	1249	Rice	Ann	F	O 40	Long		0:27:37	0:26:11	0:54:03	0:53:48
68	1026	Butler	Eoin	M	Sen	Long		0:26:26	0:27:44	0:54:16	0:54:10
69	1028	Campion	Fiona	F	Sen	Long		0:30:15	0:29:54	0:54:28	0:54:19
70	1030	Carolan	Sinead	F	No	Long	Shane Smith Fitness	0:30:40	0:29:40	0:54:42	0:54:29
71	1003	Barry	Anne	F	O 40	Long		0:29:23	0:30:57	0:54:43	0:54:29
72	1051	Costello	Virginia	F	O 50	Long	Shane Smith Fitness	0:30:40	0:29:42	0:54:46	0:54:32
73	1219	O'brien	Brigid	F	O 40	Long		0:28:16	0:26:43	0:55:07	0:54:58
74	1005	Beamish	Joanne	F	Sen	Long		0:27:43	0:27:19	0:55:12	0:55:02
75	1180	Mc Namara	Roisin	F	Sen	Long		0:27:42	0:27:20	0:55:12	0:55:02
76	1118	Greiciute	Zydrune	F	Sen	Long		0:27:22	0:28:18	0:55:41	0:55:40
77	1011	Boyle	Dermot	M	O 40	Long		0:27:16	0:28:17	0:55:42	0:55:33
78	1112	Gillespie	Sinead	F	Sen	Long		0:28:45	0:27:12	0:56:02	0:55:57
79	1014	breathnach	niamh	F	O 40	Long		0:28:04	0:27:50	0:56:08	0:55:54
80	1222	O'Driscoll	Audrai	F	O 50	Long		0:28:02	0:28:01	0:56:08	0:56:04
81	1102	Gallen	Laura	F	Sen	Long		0:28:20	0:27:38	0:56:14	0:55:58
82	1080	Doyle	Deirdre	F	O 40	Long		0:31:34	0:30:22	0:56:14	0:56:05
83	1018	Brennan	Bebhinn	F	Sen	Long		0:28:20	0:27:54	0:56:23	0:56:14
84	1163	Lemee	Isabelle	F	O 40	Long		0:27:14	0:29:15	0:56:32	0:56:29
85	1149	Kennedy	Margaret	F	O 50	Long		0:30:39	0:31:39	0:56:38	0:56:27
86	1151	Keogh	Brendan	M	Sen	Long		0:27:25	0:29:06	0:56:41	0:56:31
87	1154	King	Dee	F	Sen	Long		0:28:20	0:28:15	0:56:43	0:56:35
88	1029	Campion	Siobhan	F	Sen	Long		0:28:37	0:27:57	0:56:46	0:56:34

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89	1230	O'riordan	Seán	M	Sen	Long		0:27:52	0:28:47	0:56:52	0:56:39
90	1045	Conlon	Neil	M	Sen	Long		0:31:20	0:31:14	0:56:52	0:56:43
91	1156	King	Niamh	F	Sen	Long		0:31:49	0:30:47	0:56:56	0:56:44
92	1095	fogarty	stephen	M	O 40	Long		0:26:48	0:29:57	0:56:56	0:56:45
93	1185	McGrath	Caroline	M	Sen	Long		0:30:41	0:32:01	0:57:01	0:56:50
94	1070	Dillon	Joan	F	O 40	Long		0:29:11	0:27:37	0:57:03	0:56:48
95	1209	Nevins	Siobhan	F	O 40	Long	Shane Smith Fitness	0:30:41	0:32:02	0:57:04	0:56:52
96	1091	Fairbanks	Joyce	F	No	Long	Shane Smith Fitness	0:30:40	0:32:02	0:57:04	0:56:51
97	1270	Stapleton	Mark	M	Sen	Long		0:28:07	0:28:25	0:57:06	0:56:32
98	1226	O'Neill	Karla	F	Sen	Long		0:32:43	0:30:21	0:57:13	0:57:13
99	1239	Prendergast	Nuala	F	Sen	Long		0:31:06	0:31:48	0:57:19	0:57:03
100	1017	Brennan	Barry	M	Sen	Long		0:31:26	0:31:43	0:57:31	0:57:18
101	1008	Blais	Celine	F	O 40	Long	Bounce Fitness	0:28:33	0:28:52	0:57:36	0:57:25
102	1218	O'Brien	bertha	F	O 50	Long		0:30:20	0:33:22	0:57:53	0:57:51
103	1088	Ennis	Declan	M	No	Long	Shane Smith Fitness	0:27:53	0:30:17	0:58:16	0:58:09
104	1001	Alley	Sharon	F	Sen	Long		0:31:48	0:32:10	0:58:22	0:58:06
105	1023	Britz	Susanna	F	O 40	Long		0:31:47	0:32:12	0:58:24	0:58:09
106	1174	Magee	Sylvia	F	O 40	Long		0:29:23	0:29:08	0:58:38	0:58:31
107	1053	Cronin	Mary	F	Sen	Long		0:28:30	0:30:04	0:58:39	0:58:34
108	1162	Lee	Lorna	F	Sen	Long		0:30:30	0:33:58	0:58:42	0:58:37
109	1147	Kelly	Lisa	F	Sen	Long		0:30:33	0:33:55	0:58:42	0:58:37
110	1262	Shinnick	Jacinta	F	Sen	Long		0:32:13	0:32:08	0:58:45	0:58:31

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111	1293	Kavanagh	Emma	F	Sen	Long		0:32:13	0:32:10	0:58:47	0:58:33
112	1202	Murdoch	Susanna	F	O 50	Long		0:29:25	0:29:11	0:58:52	0:58:36
113	1104	Garland	Elaine	F	Sen	Long		0:31:39	0:33:09	0:59:01	0:58:57
114	1252	Roche	Estelle	F	Sen	Long	Dynamic Fitness	0:31:43	0:33:07	0:59:03	0:58:59
115	1173	Magee	Mary	F	O 40	Long	Moynalty Runners	0:29:23	0:29:43	0:59:13	0:59:06
116	1217	O shea	Rosaleen	F	Sen	Long			0:59:20	0:59:26	0:59:20
117	1190	McMonagle	Fiadhna	F	Sen	Long		0:30:21	0:29:07	0:59:32	0:59:28
118	1060	Curran	Brian	M	O 40	Long	Shane Smith Fitness	0:29:22	0:30:01	0:59:34	0:59:23
119	1168	Lynch	Christine	F	Sen	Long		0:30:23	0:28:55	0:59:35	0:59:18
120	1289	McGrath	Ciaran	M	O 50	Long		0:32:44	0:33:42	1:00:38	1:00:35
121	1266	Smith	Eimear	F	No	Long	Shane Smith Fitness	0:33:20	0:33:59	1:01:37	1:01:28
122	1142	Jordan	Laura	F	O 40	Long		0:33:20	0:33:59	1:01:37	1:01:28
123	1148	Kelly	Sue	F	O 40	Long	Shane Smith Fitness	0:33:20	0:34:04	1:01:42	1:01:33
124	1087	Egan-Langley	Cassandra	F	Sen	Long		0:33:29	0:35:00	1:02:44	1:02:39
125	1044	Clerkin	Pauline	F	Sen	Long		0:33:30	0:35:10	1:02:54	1:02:49
126	1286	O'Dochertaigh	Aideen	F	Sen	Long		0:31:53	0:31:27	1:03:35	1:03:20
127	1113	Gilson	Patrick	M	O 50	Long	Shane Smith Fitness	0:33:24	0:35:54	1:03:40	1:03:27
128	1255	Rowden	Linda	F	O 40	Long		0:33:19	0:37:57	1:05:37	1:05:25
	1066	Denning	Orla	F	O 40	Long		0:28:46		DNF @ 1 lap	
	1137	Hughes	Amy	F	Sen	Long		0:31:25		DNF @ 1 lap	
	1096	Foster	Kim	F	O 40	Long	Shane Smith Fitness	0:33:17		DNF @ 1 lap	