

Long Course

Place	Bib	Surname	Name	Sex	Cat	Club	Lap 1	Lap 2	Gun Time	Chip Time
1	153	DRUET	TRISTAN	M			0:17:30	0:17:07	0:34:37	0:34:37
2	634	Fitzpatrick	David	M			0:17:30	0:17:19	0:34:49	0:34:49
3	300	Kirwin	David	M			0:17:39	0:18:08	0:35:47	0:35:47
4	227	Groblewski	Edward	M	V50	Polish Run Team	0:18:04	0:18:56	0:37:01	0:37:00
5	632	Hunter	Stephen	M			0:18:08	0:19:14	0:37:23	0:37:22
6	389	Moylan	Brendan	M			0:18:30	0:19:23	0:37:53	0:37:53
7	220	GRANGER	AURELIEN	M			0:18:51	0:19:14	0:38:04	0:38:04
8	70	Clarke	Thomas	M		none	0:18:54	0:20:10	0:39:12	0:39:05
9	238	Hanley	Jason	M			0:19:39	0:19:57	0:39:44	0:39:36
10	335	Mahon	Fiona	F			0:19:43	0:20:13	0:39:56	0:39:56
11	95	Conroy	Ciaran	M	V40	None	0:19:46	0:20:35	0:40:23	0:40:21
12	356	McFarlane	Will	M			0:19:58	0:20:42	0:40:41	0:40:40
13	1	Aguilar	Bernardino	M	V40		0:20:31	0:20:50	0:41:22	0:41:21
14	35	Brien	Eamonn	M			0:20:05	0:21:08	0:41:27	0:41:13
15	175	Fegan	Eoin	M			0:20:37	0:21:40	0:42:18	0:42:17
16	460	Owens	Brendan	M			0:21:04	0:21:15	0:42:35	0:42:19
17	471	Purtill	Mark	M		Fingal TRI	0:20:57	0:22:00	0:42:59	0:42:56
18	186	FitzPatrick	John	M		n/a	0:20:45	0:22:10	0:43:02	0:42:55
19	606	Dixon	Greg	M			0:21:23	0:21:25	0:43:03	0:42:48
20	141	Fahey	Timmy	M	V40		0:21:43	0:21:27	0:43:18	0:43:11
21	2	Ahern	Garrett	M			0:20:41	0:23:03	0:43:44	0:43:44
22	56	Carroll	Shane	M			0:21:53	0:21:47	0:43:47	0:43:40
23	433	O'Donoghue	richard	M			0:22:03	0:21:25	0:43:48	0:43:28
24	561	Christy	Smith	M	V50		0:21:24	0:22:19	0:43:48	0:43:43
25	106	Cullen	Ian	M			0:21:21	0:22:26	0:44:04	0:43:48
26	163	Ebrill	Andrew	M			0:21:14	0:22:55	0:44:14	0:44:08
27	601	Farrell	Adrian	M		Dublin Fronrunners	0:21:20	0:22:50	0:44:16	0:44:10
28	4	Anderson	Melissa	F		N/A	0:21:38	0:22:40	0:44:21	0:44:18
29	289	Keville	David	M			0:21:57	0:22:17	0:44:22	0:44:14
30	173	Fayne	Brendan	M		Roscommon	0:21:58	0:22:20	0:44:22	0:44:18
31	16	Bigley	Chris	M		Bray Runners	0:19:37	0:24:51	0:44:28	0:44:28
32	607	Bannon	Troy	M			0:21:27	0:22:48	0:44:29	0:44:15
33	387	Moore	Paul	M			0:21:01	0:23:29	0:44:31	0:44:29
34	183	Fitzpatrick	Anthony	M			0:21:28	0:22:50	0:44:40	0:44:18
35	623	McCall	Denis	M			0:21:27	0:23:11	0:44:47	0:44:38
36	96	Conway	Brian	M			0:21:53	0:22:25	0:44:48	0:44:18
37	53	Cameron	Siona	F		n/a	0:22:29	0:22:17	0:44:49	0:44:46
38	432	O'Donnell	Barry	M		N/A	0:21:30	0:23:08	0:44:53	0:44:38
39	212	Gillick	Eileen	F			0:22:22	0:22:13	0:44:55	0:44:34
40	168	Fagan	Kevin	M			0:21:22	0:23:43	0:45:05	0:45:05
41	255	hickey	conor	M	V50		0:21:42	0:23:24	0:45:08	0:45:06
42	39	Burke	Brian	M			0:21:38	0:23:27	0:45:14	0:45:04
43	426	O'Connor	aodh	M	V40	Sportsworld	0:22:10	0:22:38	0:45:17	0:44:48
44	145	Dowdall	Andrew	M			0:22:17	0:23:00	0:45:21	0:45:18
45	43	Byrne	Billy	M	V50		0:22:38	0:22:41	0:45:28	0:45:19
46	291	kiernan	Eimear	F		fit2go	0:22:28	0:23:09	0:45:40	0:45:37
47	614	Carroll	Adam	M			0:22:12	0:23:20	0:45:44	0:45:32
48	232	Guilfoyle	Brian	M	V40	Drogheda & District AC	0:22:18	0:23:25	0:45:45	0:45:43
49	421			M			0:22:24	0:23:17	0:45:51	0:45:41
50	24	Boylan	Philip	M	V50	Richmond Runners	0:21:53	0:24:09	0:46:02	0:46:02
51	155	Duckett	Leslie	M	V40		0:21:49	0:24:25	0:46:14	0:46:14
52	143	Doran	James	M			0:22:22	0:23:15	0:46:16	0:45:37
53	531	Smith	Timothy	M			0:22:29	0:23:45	0:46:18	0:46:14
54	599	O'Hanlon	Ciaran	M			0:22:56	0:22:50	0:46:19	0:45:46
55	268	Jennings	Colin	M			0:22:46	0:23:42	0:46:37	0:46:28
56	203	Gallagher	Tim	M		None	0:22:08	0:24:42	0:46:50	0:46:50
57	492	Rohan	Tadhg	M			0:22:31	0:24:05	0:46:54	0:46:36
58	622	Donnelly	Jayne	F			0:22:46	0:24:00	0:46:56	0:46:46
59	331	MAGUIRE	KARL	M			0:22:59	0:23:56	0:47:04	0:46:56
60	445	O'Leary	John Mark	M			0:23:21	0:23:34	0:47:07	0:46:54
61	594	Vaughan	Niall	M			0:23:17	0:23:40	0:47:13	0:46:57
62	3	Allen	Philip	M		North East Runners	0:27:04	0:20:29	0:47:35	0:47:33
63	615	Hennessy	Robert	M			0:24:39	0:22:44	0:47:36	0:47:23
64	201	Gallagher	Cathal	M			0:23:24	0:24:10	0:47:37	0:47:34
65	516	Sheridan	Francis	M			0:22:58	0:24:33	0:47:37	0:47:31
66	631	Dillon	Wilhelm	M			0:22:58	0:24:37	0:47:41	0:47:35
67	475	quinn	paul	M	V40		0:22:44	0:24:52	0:47:43	0:47:37
68	188	Fitzpatrick	Matthew	M			0:23:30	0:24:09	0:47:45	0:47:39
69	453	O'Neill	June	F		Bros Pearse	0:23:22	0:24:15	0:47:48	0:47:38
70	207	Gavin	Andrew	M			0:23:57	0:23:39	0:47:51	0:47:35
71	633	Cheetham	Bronagh	F			0:23:29	0:24:20	0:47:53	0:47:49

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72	466 Pouch	Derek	M			0:23:18	0:24:44	0:48:05	0:48:03
73	500 Ryan	Gerard	M			0:23:00	0:24:46	0:48:07	0:47:46
74	216 Gilvarry	John	M			0:23:26	0:24:39	0:48:11	0:48:06
75	217 Gilvarry	Michael	M			0:23:26	0:24:40	0:48:11	0:48:06
76	472 Quigley	Liam	M	V40		0:23:22	0:24:48	0:48:15	0:48:11
77	136 Donegan	Vincent	M	V40		0:23:35	0:24:47	0:48:25	0:48:22
78	583 O'Keefe	Michael	M			0:23:27	0:25:00	0:48:29	0:48:27
79	514 Sheil	Andrew	M			0:23:36	0:25:02	0:48:56	0:48:39
80	617 Byrne	Joseph	M			0:23:34	0:25:23	0:49:00	0:48:57
81	303 Kristensen	Jakob	M			0:25:05	0:23:45	0:49:06	0:48:50
82	382 mills	john	M			0:23:40	0:25:19	0:49:11	0:49:00
83	334 maher	alan	M			0:22:55	0:26:01	0:49:12	0:48:56
84	182 Fitzhugh	Robert	M			0:24:02	0:25:11	0:49:22	0:49:13
85	40 Burns	Karen	F			0:25:13	0:23:46	0:49:24	0:48:59
86	547 Treacy	Sinead	F	None		0:25:02	0:24:04	0:49:27	0:49:06
87	90 condon	mark	M			0:23:56	0:25:12	0:49:30	0:49:08
88	244 haslam	karl	M			0:24:01	0:25:13	0:49:35	0:49:15
89	577 Wormald	Robert	M			0:23:32	0:25:54	0:49:43	0:49:26
90	208 Gaynor	Elizabeth	F			0:25:06	0:24:37	0:49:57	0:49:43
91	425 O'Connor	Andrew	M			0:24:48	0:24:42	0:50:02	0:49:30
92	488 Rhatigan	Kate	F	NA		0:25:00	0:24:53	0:50:09	0:49:53
93	351 McDevitt	Alan	M			0:24:39	0:25:18	0:50:09	0:49:57
94	226 Groarke	Michele	F	V40		0:24:38	0:25:41	0:50:19	0:50:18
95	495 Rowland	Eileen	F	V50		0:23:46	0:26:20	0:50:20	0:50:05
96	189 FitzPatrick	Paul	M	n/a		0:23:41	0:26:52	0:50:41	0:50:33
97	200 Fremantle	Tim	M	V40		0:25:01	0:25:24	0:50:41	0:50:25
98	450 o'malley	Claire	F			0:25:10	0:25:21	0:50:43	0:50:31
99	313 Leavy	Robert	M			0:25:10	0:25:24	0:50:46	0:50:34
100	324 LOUGHREY	TISH	F			0:25:30	0:24:31	0:51:01	0:50:01
101	223 Gregan	Chris	M	Team Shay Shay		0:25:19	0:25:17	0:51:05	0:50:35
102	319 Lennon	Michael	M			0:23:58	0:27:02	0:51:07	0:51:00
103	240 Hannon	Keith	M	V40 BHAA		0:25:26	0:25:24	0:51:11	0:50:50
104	310 Lawson	David	M			0:25:00	0:25:45	0:51:19	0:50:45
105	506 Ryan	Robert	M			0:23:26	0:27:50	0:51:20	0:51:17
106	373 McMenamin	Stuart	M			0:24:09	0:26:47	0:51:20	0:50:56
107	501 Ryan	Gillian	F			0:25:10	0:26:07	0:51:21	0:51:17
108	230 guest	peter	M	V40		0:25:11	0:26:06	0:51:25	0:51:16
109	413 Noah	Megan	F			0:24:24	0:27:03	0:51:29	0:51:28
110	311 leaney	mark	M	V40		0:24:18	0:27:08	0:51:35	0:51:26
111	456 O'Riordain	Cathal	M	V50		0:25:15	0:26:21	0:51:43	0:51:36
112	377 McQueirms	Tom	M	V40 triplanet		0:25:45	0:26:03	0:51:53	0:51:48
113	404 murray	paul	M	V40		0:25:41	0:26:01	0:51:54	0:51:41
114	479 Reed	Ruth	F			0:25:52	0:25:50	0:52:02	0:51:42
115	83 Collier	Tony	M			0:24:54	0:27:04	0:52:03	0:51:59
116	491 RodrÃ-guez GonzÃ;jlez	BÃ;rbara	F			0:25:52	0:25:55	0:52:03	0:51:46
117	477 Quiros	Oswaldo	M			0:26:43	0:24:53	0:52:08	0:51:36
118	468 Prichard	David	F			0:26:40	0:25:01	0:52:19	0:51:41
119	386 Moore	Emer	F	Hairy Harriers		0:26:24	0:25:47	0:52:30	0:52:12
120	408 neve	nicola	F			0:25:09	0:27:05	0:52:33	0:52:15
121	37 Buckley	Linda	F			0:26:22	0:26:09	0:52:34	0:52:32
122	99 cotter	aoife	F			0:25:48	0:26:26	0:52:35	0:52:14
123	595 Haliday	William	M	V50 Mid Argyles Tri		0:25:51	0:26:27	0:52:43	0:52:18
124	277 Kehoe	Paul	M			0:24:16	0:28:22	0:52:48	0:52:38
125	49 Byrne	Patrick	M			0:25:14	0:27:53	0:53:07	0:53:06
126	448 oliver	kevin	M	V50		0:25:56	0:27:10	0:53:14	0:53:06
127	557 Walsh	Adrian	M	V50		0:26:32	0:26:27	0:53:30	0:52:59
128	271 Jensen	Claus	M	V40		0:25:06	0:28:09	0:53:30	0:53:15
129	130 Dempsey	Alan	M	The Tanks		0:27:27	0:25:55	0:53:43	0:53:21
130	666 O'keefe	Orla	F			0:26:01	0:27:32	0:53:46	0:53:33
131	443 O'Halloran	Kevin	M			0:25:38	0:27:56	0:53:49	0:53:34
132	552 Varley	Maria	F			0:26:06	0:27:38	0:53:50	0:53:44
133	278 Kelly	AllsÃ;n	F			0:26:31	0:27:17	0:53:51	0:53:48
134	611 Kavanagh	David	M			0:25:30	0:28:03	0:53:52	0:53:33
135	402 Murphy	Simon	M	The Tanks		0:26:20	0:27:12	0:53:54	0:53:32
136	372 McLynskey	Catherine	F	V40 Tri- Planet		0:25:48	0:28:06	0:53:58	0:53:54
137	193 Flanagan	Sharon	F	V40		0:26:51	0:26:50	0:54:01	0:53:41
138	507 Ryan	Roisin	F			0:27:04	0:26:43	0:54:04	0:53:47
139	544 Tobin	Michael	M	n/a		0:26:40	0:27:02	0:54:05	0:53:42
140	549 Tuite	Patrick	M	V40 Batterpounder AC		0:26:30	0:27:12	0:54:13	0:53:42
141	171 Fallon	Aisling	F			0:26:55	0:27:06	0:54:13	0:54:01
142	305 Lacey	Brian	M			0:27:06	0:26:59	0:54:15	0:54:06
143	619 Sorrena	Megan	F			0:27:06	0:26:59	0:54:15	0:54:06

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144	315 Lee	Sarah-Louise	F		0:27:04	0:27:04	0:54:19	0:54:08
145	464 Peters	Angella	F		0:27:42	0:26:19	0:54:23	0:54:01
146	546 Treacy	Aislinn	F		0:27:31	0:26:36	0:54:36	0:54:07
147	286 Kenny	Tricia	F	V40	0:26:08	0:28:11	0:54:43	0:54:19
148	120 Davis	Luke	M		0:26:15	0:28:09	0:54:48	0:54:25
149	211 Gillespie	Gary	M		0:28:13	0:26:17	0:54:48	0:54:30
150	55 Carr	Paul	M	n/a	0:26:28	0:28:16	0:54:51	0:54:45
151	149 Doyle	Colm	M		0:26:36	0:27:59	0:54:52	0:54:35
152	164 Edger	Rosanne	F		0:26:20	0:28:12	0:55:02	0:54:32
153	166 Egan	Sarah-Ann	F		0:26:05	0:28:46	0:55:04	0:54:51
154	574 Woods	Brian	M	P.F.F.	0:26:53	0:27:45	0:55:06	0:54:38
155	151 Doyle	Paul	M	P.F.F.	0:26:54	0:27:47	0:55:08	0:54:40
156	600 O'Regan	Michael	M	V40	0:26:03	0:28:36	0:55:14	0:54:39
157	54 Carr	Helen	F	Raheny Shamrock	0:24:48	0:30:32	0:55:23	0:55:20
158	98 Costello	Carol	F	Greystones Athletic	0:27:33	0:27:39	0:55:31	0:55:12
159	597 Byrne	Killian	M		0:26:44	0:28:35	0:55:33	0:55:19
160	84 Collins	Eilish	F		0:27:32	0:27:35	0:55:36	0:55:07
161	274 kane	sean	M		0:26:53	0:28:29	0:55:51	0:55:22
162	405 Murray	Suzanne	F		0:28:23	0:27:12	0:55:55	0:55:35
163	135 Donaghy	Bobby	M		0:27:03	0:28:29	0:55:56	0:55:32
164	545 Tracey	Louise	F		0:27:18	0:28:40	0:56:03	0:55:58
165	437 O'Dwyer	Joanne	F		0:27:54	0:28:07	0:56:07	0:56:01
166	563 Wege	Juliane	F		0:28:07	0:27:32	0:56:10	0:55:39
167	526 Smith	Christian	M		0:28:07	0:27:32	0:56:11	0:55:40
168	592 Carey	Sonia	F		0:28:23	0:27:17	0:56:11	0:55:40
169	384 Monkhouse	Edward	M		0:28:33	0:27:01	0:56:12	0:55:34
170	401 Murphy	Niall	M	Tri Planet	0:27:18	0:28:51	0:56:14	0:56:10
171	399 Murdock	Fiona	F		0:28:13	0:27:46	0:56:18	0:55:59
172	224 Gegan	Sinead	F	Team Ciara	0:27:05	0:28:48	0:56:23	0:55:53
173	567 white	larry	M		0:26:15	0:29:50	0:56:26	0:56:06
174	160 Dunphy	Lorcan	M		0:26:21	0:29:51	0:56:27	0:56:12
175	434 O'Driscoll	Audrai	F	V40	0:26:44	0:29:30	0:56:28	0:56:14
176	349 Mccoy	Marie Therese	F		0:26:33	0:29:47	0:56:28	0:56:20
177	9 Barrett	Paula	F	V40	0:29:21	0:26:33	0:56:28	0:55:54
178	668 Ryan	Aoife	F		0:26:25	0:29:57	0:56:36	0:56:22
179	180 finneran	elaine	F		0:27:46	0:28:27	0:56:42	0:56:13
180	222 greene	sean	M	V40	0:27:25	0:28:49	0:56:42	0:56:13
181	379 Meath	Fergal	M	V40 Batterpounder AC	0:26:50	0:29:23	0:56:44	0:56:13
182	249 Healy	carol	F		0:27:04	0:29:40	0:56:57	0:56:44
183	279 Kelly	Eimear	F	Bounce Fitness	0:29:06	0:27:31	0:57:04	0:56:37
184	273 joyce	Catherine	F	BLACROCK ac DUBLIN	0:27:02	0:29:32	0:57:06	0:56:34
185	93 Connolly	Brenda	F	V40 Bounce Fitness	0:29:06	0:27:47	0:57:20	0:56:53
186	481 Reid	Neil	M	N/a	0:26:02	0:31:13	0:57:25	0:57:15
187	361 McGrath	Noel	M		0:28:33	0:28:44	0:57:28	0:57:17
188	410 NA- Mhuireartaigh	deirdre	F		0:27:04	0:30:09	0:57:35	0:57:13
189	504 Ryan	Padraic	M	Born Survivor	0:29:38	0:27:38	0:57:39	0:57:16
190	368 McLean	Katie	F		0:27:34	0:29:50	0:57:39	0:57:24
191	294 Killion	Lisa	F		0:28:55	0:28:32	0:57:41	0:57:27
192	27 Brady	Ger	M		0:27:36	0:29:47	0:57:45	0:57:24
193	20		M		0:28:44	0:28:32	0:57:52	0:57:17
194	458 O'Sullivan	Carol	F		0:28:45	0:29:17	0:58:17	0:58:02
195	452 O'Neill	Jane	F		0:28:34	0:29:21	0:58:19	0:57:55
196	147 Dowling	Geraldine	F		0:30:00	0:28:17	0:58:29	0:58:16
197	363 Mchugh	Annmarie	F	V40	0:27:40	0:30:39	0:58:29	0:58:19
198	457 O'Shea	Orla	F		0:28:19	0:29:54	0:58:32	0:58:13
199	435 O'Driscoll	Killian	F	V40	0:28:35	0:29:35	0:58:35	0:58:10
200	529 Smith	Mary	F	Piranha	0:28:59	0:29:29	0:58:45	0:58:28
201	158 Dunne	Emma	F		0:29:22	0:29:48	0:59:35	0:59:10
202	569 Williams	Emma	F	for get the gym	0:30:15	0:28:55	0:59:36	0:59:09
203	214 Gilson	Jessica	F	forget the gym	0:30:15	0:28:54	0:59:36	0:59:09
204	204 Garry	Claire	F		0:30:24	0:28:44	0:59:41	0:59:08
205	423 O'Byrne	Niamh	F	V40	0:29:09	0:30:10	0:59:42	0:59:19
206	338 Mannion	Fiona	F		0:30:23	0:28:45	0:59:42	0:59:09
207	499 Ryan	Clare	F	greystones	0:29:07	0:30:23	0:59:48	0:59:29
208	68 Clarke	Marguerite	F		0:28:31	0:31:09	0:59:59	0:59:40
209	539 Sweeney	Fiona	F	V40	0:28:52	0:30:45	1:00:01	0:59:36
210	102 Cousins	Caitriona	F	V40	0:28:29	0:31:16	1:00:07	0:59:45
211	125 Deegan	Eimear	F		0:30:24	0:29:11	1:00:09	0:59:35
212	117 DARCY	SHARON	F		0:29:05	0:30:52	1:00:11	0:59:56
213	162 Dwyer	Lorna	F		0:29:20	0:30:39	1:00:13	0:59:59
214	605 Burke	Cepta	F		0:29:11	0:30:45	1:00:13	0:59:55
215	591 Power	Cairen	F		0:28:17	0:31:55	1:00:14	1:00:12

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216	250 Hendrick	Siobhan	F		0:29:07	0:31:04	1:00:16	1:00:12
217	350 McDermott	Shane	M		0:30:28	0:29:36	1:00:22	1:00:04
218	570 Willoughby	Louise	F	Greystones	0:31:37	0:28:31	1:00:36	1:00:08
219	568 White	Laura	F		0:30:30	0:29:32	1:00:38	1:00:02
220	490 Roberts	Dee	F		0:28:41	0:31:53	1:00:39	1:00:34
221	513 Shanahan	Kate	F		0:30:28	0:29:38	1:00:42	1:00:06
222	225 Griffin	Fergal	M		0:27:54	0:32:45	1:00:50	1:00:39
223	231 Guiden	Faela	F		0:29:30	0:31:25	1:01:09	1:00:55
224	127 Deignan	Laura	F		0:28:48	0:32:20	1:01:19	1:01:08
225	159 Dunne	Karen	F		0:30:09	0:30:50	1:01:24	1:00:58
226	455 O'Reilly	Helen	F		0:30:48	0:30:21	1:01:29	1:01:09
227	390 Mulcahy	Avril	F	N/A	0:30:27	0:30:35	1:01:38	1:01:02
228	602 Molloy	Fiona	F		0:30:18	0:31:09	1:01:42	1:01:28
229	543 Thompson	Sheila	F		0:29:41	0:31:56	1:01:49	1:01:38
230	307 Lally	Lorraine	F		0:29:46	0:31:45	1:02:00	1:01:31
231	50 Byrne	Sarah	F		0:29:11	0:32:22	1:02:03	1:01:33
232	579 Roberts	Rebecca	F		0:30:49	0:31:02	1:02:08	1:01:51
233	284 Kennedy	Margaret	F	V50	0:29:21	0:32:40	1:02:13	1:02:02
234	64 Clancy	Ann	F		0:30:29	0:31:46	1:02:32	1:02:15
235	414 Noonan	Tina	F	V40	0:30:02	0:32:02	1:02:37	1:02:04
236	299 Kirby	Karen	F	Bounce Fitness	0:30:21	0:31:57	1:02:45	1:02:18
237	247 HAYES	KAREN	F		0:29:59	0:32:44	1:02:55	1:02:43
238	314 Lee	Lorna	F	None	0:30:42	0:31:50	1:02:56	1:02:32
239	317 Lennon	Aisling	F		0:30:37	0:32:09	1:02:57	1:02:46
240	101 Coughlan	Helen	F	V40	0:30:34	0:31:59	1:03:05	1:02:33
241	388 Morris	Aisling	F		0:30:52	0:32:15	1:03:28	1:03:07
242	482 Reilly	Ashley	F		0:30:29	0:32:53	1:03:33	1:03:22
243	259 Hilliard	Debbie	F		0:30:11	0:33:04	1:03:34	1:03:15
244	542 Thompson	Benjamin	M		0:27:10	0:36:31	1:03:42	1:03:40
245	187 Fitzpatrick	Lisa	F		0:31:09	0:32:25	1:03:46	1:03:34
246	667 Sheehan	Eileen	F		0:30:49	0:32:35	1:03:47	1:03:24
247	38 Bunce	Jonathan	M		0:30:18	0:33:09	1:04:04	1:03:27
248	551 Vance	Paula	F		0:32:28	0:31:17	1:04:08	1:03:45
249	322 Lopez	Jorge	M		0:30:01	0:33:54	1:04:10	1:03:55
250	265 Hughes	Katie	F	NONE	0:31:35	0:32:16	1:04:25	1:03:51
251	19 Blunden	Alice	F	Hairy Harriers	0:29:52	0:34:23	1:04:34	1:04:15
252	618 Carrigan	Margaret	F		0:30:10	0:34:23	1:04:37	1:04:33
253	199 Frawley	Sarah	F		0:31:48	0:32:23	1:04:38	1:04:11
254	419 O'Brien	Claire	F		0:30:24	0:34:13	1:04:47	1:04:37
255	565 Wheeler	Helen	F	Bounce Fitness	0:30:46	0:34:07	1:05:21	1:04:53
256	195 Flynn	Aoife	F	Bounce Fitness	0:30:45	0:34:08	1:05:21	1:04:54
257	206 Gaulier	Emilie	F		0:33:13	0:32:38	1:05:58	1:05:52
258	181 Fitzgerald	Amy	F		0:31:30	0:34:24	1:06:01	1:05:53
259	438 O'FAherty	Melissa	F		0:32:46	0:32:51	1:06:03	1:05:37
260	536 stenson	martina	F	V40	0:32:47	0:33:11	1:06:24	1:05:57
261	534 Stadlman	Cheryl	F		0:31:48	0:34:15	1:06:29	1:06:03
262	393 Mullaney	Debbie	F		0:31:55	0:34:17	1:06:33	1:06:12
263	62 Champion	Risa	F		0:30:42	0:36:14	1:07:14	1:06:56
264	541 Temple	Deirdre	F		0:33:04	0:34:06	1:07:25	1:07:10
265	328 Lynch	Orla	F		0:33:05	0:34:05	1:07:25	1:07:10
266	588 Roxham	Sheila	F		0:33:55	0:33:02	1:07:29	1:06:57
267	218 Glennon	Julie	F		0:31:51	0:35:48	1:07:51	1:07:39
268	128 Delaney	Kate	F		0:32:29	0:35:10	1:07:58	1:07:39
269	100 Cotter	Meaghan	F		0:32:44	0:34:53	1:08:12	1:07:36
270	46 Byrne	Gillian	F		0:32:42	0:35:05	1:08:12	1:07:47
271	469 Prichard	Ruth	F		0:32:43	0:35:01	1:08:19	1:07:44
272	197 Fogarty	Jennifer	F	V40	0:33:28	0:35:07	1:08:52	1:08:35
273	21 Bobbett	Joanne	M		0:31:01	0:38:24	1:10:01	1:09:25
274	446 O'Leary	Mary	F		0:33:04	0:36:27	1:10:07	1:09:31
275	575 Woods	Kelly-Marie	F	P.F.F. (W)	0:33:04	0:36:55	1:10:28	1:09:59
276	118 Darling	Elizabeth	F	V40 na	0:33:30	0:36:30	1:10:29	1:10:01
277	126 Deegan	Orlagh	F	NONE	0:34:50	0:35:54	1:11:18	1:10:44
278	441 O'Gorman	Mark	M		0:33:57	0:37:28	1:11:33	1:11:25
279	509 Rynne	Stephen	M		0:33:57	0:37:28	1:11:33	1:11:25
280	124 Deady	Ronan	M		0:33:57	0:37:28	1:11:33	1:11:25
281	511 Scott	Hannah	F		0:34:04	0:37:18	1:11:38	1:11:22
282	538 Sweeney	Aoife	F	V40 Sli Cualann	0:35:25	0:37:49	1:13:39	1:13:14
283	406 Murtagh	Gemma	F		0:34:46	0:38:43	1:14:07	1:13:29
284	616 Hanly	Aoife	F		0:36:30	0:37:27	1:14:29	1:13:57
285	318 Lennon	Julie	F	V40	0:35:59	0:38:23	1:14:34	1:14:22
286	15 Bermingham	Aoife	F	V40	0:36:28	0:37:39	1:14:35	1:14:07
287	254 Hesnan	Mary	F		0:36:08	0:39:01	1:15:48	1:15:09

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288	157 Dunne	Donna	F	Canicross	0:29:47	0:45:19	1:16:18	1:15:06
289	480 Reen.	Mairead Anne	F		0:35:27	0:41:35	1:17:07	1:17:02
290	298 Kinsley	Michelle	F	V40	0:40:35	0:43:35	1:24:37	1:24:10
291	297 Kinsley	Eric	M	V40	0:40:31	0:43:40	1:24:37	1:24:11
292	559 Walsh	Eilin	F		0:42:51	0:44:07	1:27:20	1:26:58
293	558 Walsh	Aoife	F		0:42:51	0:44:07	1:27:21	1:26:58
	578 wren	david	M	none	0:21:47		DNF	DNF
	454 O'neill	Karen	F	Crusaders	0:22:52		DNF	DNF
	598 Gorman	Martin	M		0:26:23		DNF	DNF
	139 Donnelly	Eva	F	V40	0:26:35		DNF	DNF
	396 Mullin	Elaine	F		0:29:21		DNF	DNF
	520 Shinkins	Sinead	F		0:29:21		DNF	DNF
	391 Muldowney	David	M		0:29:56		DNF	DNF
	196 Flynn	Deirdre	F		0:29:56		DNF	DNF
	528 Smith	Mairead	F		0:32:45		DNF	DNF
	524 Smith	Aisling	F		0:32:45		DNF	DNF
	519 Shiel	Patrick	M		0:33:14		DNF	DNF
	487 Reynolds	Kevina	F	V40	0:33:03		DNF	DNF
	355 McElligott	Lisa	F	V40	0:33:01		DNF	DNF
	179 Finneran	Damien	M	n/a	0:35:31		DNF	DNF
	359 McGowan	Deborah	F		0:36:55		DNF	DNF
	512 Shanahan	Ailbhe	F		0:34:49		DNF	DNF
	540 Sweeney	Stella	F		0:36:19		DNF	DNF
	604 Berry	Sue	F		0:36:21		DNF	DNF
	148 Downing	Geraldine Anne	F	V40	0:37:04		DNF	DNF
	248 Hayward	Louisa	F				DNF	DNF
	288 Keville	Ciara	F				DNF	DNF
	34 Brennan	Stephen	M				DNF	DNF