

| Rank | First Name | Last Name  | AGe Group | Split 1 | T1   | Split 2 | T2   | Split 3 | Time    |
|------|------------|------------|-----------|---------|------|---------|------|---------|---------|
| 1.   | Kiearn     | Jackson    | M Overall | 12:44   | 0:21 | 35:36   | 0:26 | 13:56   | 1:03:06 |
| 2.   | Eoin       | Lyons      | M Overall | 13:39   | 0:22 | 36:40   | 0:26 | 14:28   | 1:05:38 |
| 3.   | Ian        | Farrell    | M Overall | 14:33   | 0:25 | 36:10   | 0:22 | 15:31   | 1:07:03 |
| 4.   | Raymond    | Loneragan  | M20-35    | 14:17   | 0:20 | 39:14   | 0:23 | 14:55   | 1:09:10 |
| 5.   | Mark       | Reynolds   | M36-50    | 14:01   | 0:32 | 39:14   | 0:35 | 14:58   | 1:09:23 |
| 6.   | John       | O rourke   | M36-50    | 14:43   | 0:38 | 38:04   | 0:33 | 15:27   | 1:09:26 |
| 7.   | Martin     | Kirwan     | M36-50    | 14:57   | 0:51 | 37:56   | 0:36 | 16:04   | 1:10:26 |
| 8.   | Dermot     | Logue      | M36-50    | 14:57   | 0:23 | 39:40   | 0:26 | 16:02   | 1:11:29 |
| 9.   | Stephen    | Dermodly   | M36-50    | 15:08   | 0:40 | 40:59   | 0:34 | 16:22   | 1:13:46 |
| 10.  | Tommy      | Byrnes     | M36-50    | 15:55   | 0:25 | 40:19   | 0:31 | 17:03   | 1:14:14 |
| 11.  | Aubrey     | Storey     | M36-50    | 14:59   | 0:23 | 42:21   | 0:23 | 16:26   | 1:14:35 |
| 12.  | Kalle      | Young      | M Overall | 15:27   | 0:25 | 40:50   | 0:28 | 17:36   | 1:14:48 |
| 13.  | John       | Carey      | M36-50    | 15:26   | 0:44 | 41:34   | 0:32 | 16:35   | 1:14:53 |
| 14.  | Toby       | Bedell     | M36-50    | 17:12   | 0:30 | 38:56   | 0:25 | 18:16   | 1:15:20 |
| 15.  | Michael    | Mulcahy    | M36-50    | 16:28   | 0:37 | 40:25   | 0:30 | 17:42   | 1:15:44 |
| 16.  | Paul       | Dermodly   | M36-50    | 15:45   | 0:36 | 42:15   | 0:30 | 16:52   | 1:16:02 |
| 17.  | Billy      | Ryan       | M20-35    | 16:14   | 0:32 | 41:54   | 0:28 | 16:56   | 1:16:06 |
| 18.  | Stephen    | Ryan       | M Overall | 15:39   | 0:30 | 43:29   | 0:36 | 16:06   | 1:16:21 |
| 19.  | Alan       | Carter     | M36-50    | 15:12   | 0:28 | 44:06   | 0:27 | 16:50   | 1:17:05 |
| 20.  | Oscar      | Young      | M Overall | 15:41   | 0:21 | 43:17   | 0:25 | 18:10   | 1:17:56 |
| 21.  | Linda      | Kelly      | F Overall | 16:40   | 0:51 | 42:08   | 0:38 | 17:52   | 1:18:11 |
| 22.  | Mike       | Gleeson    | M20-35    | 15:19   | 0:42 | 45:32   | 0:40 | 16:10   | 1:18:25 |
| 23.  | Robert     | Cunningham | M Overall | 16:36   | 0:36 | 42:29   | 0:42 | 18:11   | 1:18:36 |
| 24.  | Thomas     | Coen       | M36-50    | 16:12   | 1:01 | 42:40   | 0:37 | 18:04   | 1:18:37 |
| 25.  | Anthony    | Power      | M Overall | 16:07   | 0:23 | 45:12   | 0:24 | 16:41   | 1:18:49 |
| 26.  | Siobhan    | Kennedy    | F Overall | 16:40   | 0:55 | 43:02   | 0:49 | 17:36   | 1:19:04 |
| 27.  | David      | Drohan     | M36-50    | 16:13   | 0:54 | 43:41   | 0:49 | 17:35   | 1:19:13 |
| 28.  | Paul       | Flood      | M20-35    | 16:51   | 0:42 | 43:17   | 0:30 | 17:52   | 1:19:15 |
| 29.  | Liam       | O'Connor   | M36-50    | 16:00   | 1:09 | 42:34   | 0:55 | 18:57   | 1:19:36 |
| 30.  | Dinny      | Brennan    | M36-50    | 17:26   | 0:46 | 41:40   | 0:55 | 18:50   | 1:19:39 |
| 31.  | Garrett    | Hynes      | M36-50    | 16:57   | 0:43 | 42:56   | 0:40 | 18:33   | 1:19:51 |
| 32.  | Eoghan     | Brennan    | M20-35    | 15:35   | 0:33 | 45:07   | 0:25 | 18:11   | 1:19:53 |
| 33.  | Pat        | Ryan       | M Overall | 14:41   | 0:59 | 47:14   | 0:44 | 16:56   | 1:20:36 |
| 34.  | Des        | O'halloran | M36-50    | 17:38   | 0:22 | 43:25   | 0:26 | 18:49   | 1:20:42 |
| 35.  | John       | Crothy     | M Overall | 16:26   | 0:59 | 44:38   | 1:02 | 17:45   | 1:20:52 |
| 36.  | Brendan    | Mulhall    | M Overall | 16:33   | 0:38 | 45:10   | 0:40 | 18:35   | 1:21:37 |
| 37.  | Kealey     | Tideswell  | F Overall | 16:14   | 0:38 | 47:13   | 0:36 | 17:06   | 1:21:48 |
| 38.  | Ken        | Byrne      | M36-50    | 16:58   | 0:36 | 44:53   | 0:29 | 19:01   | 1:21:59 |
| 39.  | Laurence   | Martin     | M Overall | 16:16   | 0:33 | 46:43   | 0:23 | 18:31   | 1:22:28 |
| 40.  | Denise     | Compton    | F36-50    | 17:49   | 0:31 | 44:26   | 0:34 | 19:08   | 1:22:30 |
| 41.  | John       | Martin     | M Overall | 16:53   | 1:11 | 45:21   | 0:26 | 18:49   | 1:22:42 |
| 42.  | Owen       | Byrne      | M36-50    | 20:22   | 0:27 | 41:26   | 0:21 | 20:15   | 1:22:52 |
| 43.  | Alan       | Mahon      | M36-50    | 16:37   | 0:49 | 47:55   | 0:39 | 18:19   | 1:24:22 |
| 44.  | Aidan      | Lambe      | M36-50    | 17:29   | 0:55 | 46:32   | 0:51 | 18:35   | 1:24:25 |
| 45.  | James      | Roche      | M50+      | 17:55   | 1:11 | 46:37   | 0:50 | 18:49   | 1:25:23 |
| 46.  | Podge      | Carroll    | M36-50    | 17:45   | 1:17 | 45:38   | 1:00 | 19:48   | 1:25:30 |
| 47.  | Eamonn     | Grace      | M36-50    | 18:37   | 0:45 | 45:06   | 0:52 | 20:17   | 1:25:40 |
| 48.  | Caroline   | Vilm       | F Overall | 17:29   | 0:47 | 47:42   | 0:43 | 19:14   | 1:25:57 |
| 49.  | Paul       | Deady      | M Overall | 18:18   | 0:58 | 45:15   | 0:58 | 20:47   | 1:26:17 |

|     |         |             |           |       |      |       |      |       |         |
|-----|---------|-------------|-----------|-------|------|-------|------|-------|---------|
| 50. | Craig   | Carrigan    | M20-35    | 17:16 | 0:40 | 49:12 | 0:40 | 18:38 | 1:26:28 |
| 51. | Shane   | Mc C        | M Overall | 17:07 | 0:48 | 49:14 | 0:34 | 19:01 | 1:26:46 |
| 52. | Karen   | Ryan        | F36-50    | 17:42 | 0:39 | 48:48 | 0:50 | 19:06 | 1:27:07 |
| 53. | Deirdre | O gorman    | F20-35    | 17:55 | 0:27 | 49:08 | 0:25 | 19:11 | 1:27:09 |
| 54. | Paul    | Rossiter    | M36-50    | 18:47 | 0:57 | 47:15 | 1:02 | 19:51 | 1:27:55 |
| 55. | Terry   | Broderick   | M36-50    | 17:48 | 0:46 | 48:11 | 0:55 | 20:18 | 1:28:00 |
| 56. | Kevin   | O Meara     | M Overall | 17:14 | 0:53 | 49:10 | 0:49 | 20:01 | 1:28:09 |
| 57. | Martin  | Lydon       | M50+      | 19:32 | 1:04 | 46:21 | 1:10 | 21:01 | 1:29:10 |
| 58. | William | Collins     | M20-35    | 17:29 | 0:35 | 51:36 | 0:32 | 19:15 | 1:29:30 |
| 59. | Noreen  | Walsh       | F20-35    | 20:40 | 1:24 | 47:11 | 0:54 | 19:26 | 1:29:37 |
| 60. | Eimear  | Quinn       | F Overall | 17:53 | 0:33 | 52:13 | 0:31 | 18:27 | 1:29:39 |
| 61. | David   | Mc nally    | M36-50    | 19:00 | 0:52 | 48:55 | 1:00 | 20:19 | 1:30:08 |
| 62. | Paul    | Twomey      | M Overall | 20:13 | 0:59 | 48:20 | 1:06 | 19:31 | 1:30:11 |
| 63. | Eric    | Campbell    | M Overall | 19:36 | 0:47 | 48:25 | 0:40 | 21:07 | 1:30:38 |
| 64. | Brian   | O Connor    | M Overall | 17:20 | 1:05 | 48:24 | 1:02 | 23:06 | 1:30:59 |
| 65. | Pat     | Kirwan      | M36-50    | 17:52 | 2:06 | 47:24 | 1:37 | 22:01 | 1:31:02 |
| 66. | Shay    | Kirwan      | M20-35    | 18:37 | 1:08 | 47:39 | 1:12 | 23:16 | 1:31:54 |
| 67. | Des     | O' meara    | M36-50    | 19:09 | 0:51 | 50:15 | 0:46 | 21:00 | 1:32:03 |
| 68. | Paul    | Devane      | M36-50    | 19:01 | 0:58 | 49:27 | 0:50 | 21:55 | 1:32:12 |
| 69. | Stephen | Dalton      | M Overall | 19:06 | 0:27 | 48:56 | 0:30 | 23:24 | 1:32:25 |
| 70. | Anna    | Byrne       | F50+      | 17:54 | 0:40 | 54:48 | 0:24 | 18:40 | 1:32:28 |
| 71. | Peadar  | Brennan     | M50+      | 19:09 | 0:58 | 51:08 | 0:53 | 20:23 | 1:32:33 |
| 72. | Deirdre | O'Shea      | F20-35    | 18:59 | 1:06 | 50:23 | 1:09 | 20:59 | 1:32:38 |
| 73. | Andrew  | Purcell     | M Overall | 20:51 | 0:56 | 47:23 | 0:53 | 22:38 | 1:32:43 |
| 74. | Dermot  | Johnson     | M36-50    | 19:34 | 1:04 | 50:40 | 1:10 | 20:40 | 1:33:10 |
| 75. | Michael | Hayes       | M Overall | 18:24 | 1:01 | 51:35 | 1:03 | 21:18 | 1:33:23 |
| 76. | Heather | Purcell     | F36-50    | 19:16 | 0:46 | 51:56 | 0:37 | 20:48 | 1:33:24 |
| 77. | Frank   | Goss        | M36-50    | 19:53 | 1:06 | 50:41 | 1:04 | 20:43 | 1:33:29 |
| 78. | Anthony | Sweeney     | M Overall | 17:54 | 0:27 | 55:29 | 0:27 | 19:22 | 1:33:41 |
| 79. | Brid    | Walsh       | F20-35    | 20:40 | 1:25 | 50:29 | 0:53 | 20:24 | 1:33:53 |
| 80. | Irene   | Henebry     | F36-50    | 19:20 | 0:50 | 52:55 | 0:48 | 20:25 | 1:34:21 |
| 81. | Kenneth | Nolan       | M36-50    | 18:38 | 0:49 | 52:51 | 0:25 | 21:40 | 1:34:24 |
| 82. | Rory    | Sheehan     | M20-35    | 20:21 | 0:52 | 50:08 | 1:22 | 21:40 | 1:34:25 |
| 83. | Joanne  | O'halloran  | F36-50    | 20:38 | 0:41 | 51:13 | 0:41 | 21:21 | 1:34:37 |
| 84. | John    | O' Meara    | M36-50    | 18:41 | 1:14 | 53:43 | 1:24 | 20:27 | 1:35:30 |
| 85. | Aoife   | Murray      | F20-35    | 21:33 | 0:40 | 49:54 | 0:33 | 23:10 | 1:35:52 |
| 86. | John    | Fitzpatrick | M36-50    | 20:22 | 1:50 | 50:00 | 1:43 | 22:07 | 1:36:05 |
| 87. | Noeleen | McCarthy    | F36-50    | 19:09 | 0:52 | 55:25 | 0:37 | 20:33 | 1:36:39 |
| 88. | Philip  | Jarvis      | M36-50    | 20:04 | 1:13 | 52:04 | 1:03 | 22:18 | 1:36:44 |
| 89. | Kieran  | Quirke      | M36-50    | 18:43 | 1:36 | 52:49 | 1:28 | 22:11 | 1:36:49 |
| 90. | Steven  | Ring        | M36-50    | 21:06 | 1:03 | 49:23 | 1:03 | 25:13 | 1:37:50 |
| 91. | Darren  | Foley       | M20-35    | 21:21 | 1:02 | 52:40 | 1:15 | 21:32 | 1:37:52 |
| 92. | Justin  | Walsh       | M20-35    | 19:39 | 0:57 | 57:28 | 0:34 | 19:33 | 1:38:13 |
| 93. | Fiona   | Alston      | F36-50    | 21:05 | 0:33 | 53:23 | 0:59 | 22:51 | 1:38:53 |
| 94. | Derek   | O 'dwyer    | M Overall | 20:17 | 1:24 | 54:40 | 0:55 | 21:51 | 1:39:09 |
| 95. | Anne    | Maher       | F36-50    | 19:32 | 0:53 | 57:54 | 0:43 | 20:18 | 1:39:22 |
| 96. | John    | O'Sullivan  | M50+      | 20:22 | 0:33 | 56:46 | 0:28 | 21:36 | 1:39:48 |
| 97. | Jack    | O'Shea      | M50+      | 20:06 | 2:40 | 52:16 | 1:51 | 23:05 | 1:40:00 |
| 98. | Peter   | Gleeson     | M36-50    | 20:40 | 0:31 | 54:40 | 0:37 | 23:38 | 1:40:08 |
| 99. | Brian   | Cooney      | M Overall | 22:27 | 1:59 | 52:10 | 1:19 | 22:23 | 1:40:20 |

