

#	Name	AGE GROUP	CLUB/Team	Pos	Run 1	Pos	Cycle	Pos	Run 2	FINISH Time
1.	Brendan Conway	M20-39	Westport Tri	1	17:27,4	1	28:00,1	1	14:17,7	59:45,4
2.	Rowland, Jonathan	M20-39	Liquid Motion	5	18:45,4	2	28:16,6	4	15:07,1	1:02:09,3
3.	Art Naughton	M20-39	Galway Triathlon C	3	18:25,9	9	29:41,1	2	14:26,5	1:02:33,6
4.	Stewart, Lorne	M20-39	VTCC	11	19:12,5	4	28:59,0	5	15:10,5	1:03:22,1
5.	John Gill	M20-39	Western Lakes CC	10	19:11,1	3	28:36,9	17	15:48,1	1:03:36,2
6.	John Gillern	M20-39	Lanesborough TC	4	18:44,5	6	29:35,1	13	15:35,8	1:03:55,5
7.	Jimmy Lawlor	M40-49	Westport	6	18:50,7	7	29:40,5	24	16:11,9	1:04:43,1
8.	David Conway	M20-39	Multisport	7	18:57,9	10	29:53,0	20	16:02,2	1:04:53,1
9.	Ben Walsh	M 16-20	Westport Tri	2	17:53,8	24	31:42,3	23	16:10,7	1:05:46,8
10.	Micheal Hession	M40-49	Galway Triathlon C	17	19:32,6	16	30:59,9	10	15:29,8	1:06:02,4
11.	Murtagh, Siobhan	F20-39	Lough Key Tri Club	16	19:26,1	17	31:01,1	14	15:36,7	1:06:03,9
12.	Carey, Lorraine	F20-39	Liquid Motion	18	19:47,6	19	31:08,7	7	15:15,0	1:06:11,4
13.	David Delaney	M40-49	Annagh wheelers	19	19:48,8	11	30:17,8	21	16:06,8	1:06:13,6
14.	Mc Nerney, Brendan	M20-39	Galway Triathlon C	15	19:20,5	31	32:25,5	6	15:10,5	1:06:56,5
15.	Darragh Delaney	M40-49	Annagh wheelers	25	20:31,0	5	29:22,4	40	17:04,8	1:06:58,3
16.	Mc Cafferty, Pdraic	M20-39	Four Masters	21	20:01,3	20	31:19,8	22	16:09,4	1:07:30,6
17.	John Mc Hugh	M20-39	Westport Tri	27	20:34,4	18	31:03,2	27	16:25,2	1:08:02,8
18.	Murphy, Sean	M40-49	Annagh wheelers	9	19:08,8	48	33:53,4	3	15:05,4	1:08:07,7
19.	Brennan, Gavin	M20-39	Roscommon	24	20:15,4	22	31:26,0	33	16:40,3	1:08:21,9
20.	Gallagher, Declan	M20-39	Multisport	32	21:00,2	15	30:50,5	30	16:32,3	1:08:23,2
21.	Gill, Matthew	M20-39	Western Lakes	13	19:18,0	44	33:22,9	16	15:44,2	1:08:25,2
22.	Jennings, Colm	M40-49	Western Lakes	31	20:58,8	13	30:40,0	38	17:00,1	1:08:39,0
23.	McNamara, Ray	M20-39	Liquid Motion	14	19:18,4	49	33:56,7	12	15:34,3	1:08:49,6
24.	Lazzari, Tojo	M20-39	Castlebar CC	47	21:44,6	14	30:41,7	26	16:24,4	1:08:50,8
25.	Bernard McLoughlin		Galway Triathlon C	41	21:19,2	21	31:23,4	36	16:53,5	1:09:36,2
26.	Shane Halloran	Team Male	Western Lakes	26	20:33,3	50	33:58,1	8	15:25,4	1:09:56,9
27.	Kieran Mulchrone	M20-39	Multisport	30	20:56,4	27	31:49,2	45	17:16,7	1:10:02,4
28.	Phillips/ Towey	Team Male	Western Lakes CC	133	25:11,1		0:19,8	##	44:33,1	1:10:04,1
29.	Conor Gill	M20-39	Hollymount Whlrs	29	20:53,8	25	31:43,3	55	17:47,1	1:10:24,4
30.	Lannon, Michelle	F40-49	Lough Key Tri Club	12	19:16,8	61	34:50,9	29	16:31,5	1:10:39,4
31.	Marrey/ Mc Loughlin	F16-19	Westport AC/ CC	42	21:21,2	46	33:34,4	19	15:59,2	1:10:54,9
32.	Murphy, Mulcahy	Team Mix	Mighty M's Team N	57	22:09,4	28	31:52,7	37	16:56,4	1:10:58,7
33.	Martin Kinneavey		Cunga	38	21:15,5	29	32:01,6	56	17:50,2	1:11:07,4
34.	Savage, Michael	M20-39	Yeats cc	67	22:32,1	30	32:07,8	32	16:33,7	1:11:13,6
35.	Malone, Connolly	Team Male	Western lakes	20	19:53,5	71	35:45,5	15	15:36,9	1:11:16,1
36.	John Conroy		Western Lakes CC	87	23:22,0	8	29:41,0	74	18:25,9	1:11:29,0
37.	David Stephens		TriLakes	43	21:31,5	34	32:41,5	47	17:18,3	1:11:31,3
38.	Peterseil, Keeto	M20-39	Castlebar	23	20:14,5	77	35:55,3	9	15:26,5	1:11:36,5
39.	McAleer, Aodhan	M20-39		34	21:01,7	54	34:12,1	39	17:00,2	1:12:14,1
40.	John Murphy		Western Lakes CC	8	19:05,5	103	37:43,3	11	15:33,8	1:12:22,7
41.	John Lydon		Cunga	49	21:51,8	43	33:17,5	43	17:16,2	1:12:25,6
42.	Michael Durkan	M40-49	Multisport	35	21:03,0	51	33:58,9	50	17:29,4	1:12:31,4
43.	Stephen Lydon		Cunga	37	21:13,0	53	34:10,7	46	17:17,2	1:12:41,0
44.	Quinn, Darren	M20-39	Corrofin	22	20:05,6	89	36:53,4	18	15:50,8	1:12:49,9
45.	O'HALLORAN, RONAN	M20-39	Galawy Bay	92	23:25,5	23	31:34,7	61	18:02,7	1:13:03,0
46.	Noel Mc Gourty	M40-49	Westport CC	46	21:44,5	38	33:10,0	65	18:08,8	1:13:03,5
47.	Richie Mc Carthy		Galway Triathlon C	55	22:07,5	58	34:18,0	35	16:51,0	1:13:16,6
48.	Mulligan, James	M20-39	Ballagherreen	63	22:23,0	47	33:43,9	44	17:16,5	1:13:23,5
49.	Robert Fitzgerald		Castlebar	56	22:08,0	52	34:02,1	42	17:15,1	1:13:25,4
50.	Colette Sweeney	F40-49	Multisport	64	22:25,3	36	32:55,1	62	18:06,7	1:13:27,2
51.	Gallagher, Derek	M20-39	Galway GTC	72	22:51,4	32	32:31,9	63	18:07,0	1:13:30,4
52.	Cian Holland	M20-39	Multisport	48	21:48,7	67	35:27,4	25	16:18,0	1:13:34,2
53.	SLATTERY, GERARD	M20-39		74	23:01,2	35	32:50,5	58	17:59,1	1:13:50,9
54.	Damien Quinn	M40-49	Ballyglass	40	21:18,6	79	36:14,9	28	16:27,4	1:14:01,0
55.	Peter Corcoran	M20-39	Westport	44	21:36,0	76	35:52,3	34	16:46,1	1:14:14,4
56.	Forde, Kelly	Team Male		28	20:47,3		0:26,9	##	53:04,8	1:14:19,1
57.	Cooney, Derek	M20-39	Galway Bay	83	23:10,5	33	32:40,9	77	18:34,1	1:14:25,7
58.	Michael Cannon	M40-49	Hollymount Wheel	54	22:05,6	40	33:11,3	98	19:11,8	1:14:28,8
59.	Fahy, Lynden	M20-39	Claremorris	65	22:27,8	42	33:15,7	90	19:00,3	1:14:43,8

60.	Murtagh, Patrick	M40-49	Liquid Motion	66	22:30,7	37	33:03,9	97	19:10,3	1:14:44,9
61.	Keane, Tony	M20-39	Achil	60	22:18,3	45	33:23,7	95	19:06,9	1:14:49,0
62.	Tiernan, Alan	M20-39	Boyle	51	22:03,4	68	35:33,4	41	17:14,6	1:14:51,6
63.	O Connor, James	M20-39	Islandeady	58	22:10,1	41	33:15,1	##	19:30,4	1:14:55,7
64.	Kelly, John	M20-39	Covie wheelers	36	21:07,1	72	35:45,7	72	18:20,3	1:15:13,2
65.	Ollie Kelly	M40-49	Western Lakes CC	109	24:07,7	26	31:45,7	##	19:33,5	1:15:27,0
66.	Cafferkey, Des	M40-49		45	21:42,4	84	36:28,9	52	17:35,7	1:15:47,0
67.	Kilcullen, Ciarain	M20-39	Ballagherreen	120	24:47,1	12	30:34,2	##	20:33,3	1:15:54,8
68.	Murt Cooney	M40-49	Kilconly CC	75	23:01,4	59	34:26,2	76	18:30,9	1:15:58,7
69.	Brian O'Reilly	Team Male	Headford	53	22:05,2	87	36:43,8	49	17:27,5	1:16:16,7
70.	Martin Gill		Westport	59	22:12,3	85	36:35,1	51	17:34,8	1:16:22,3
71.	Heaney, Anne	F40-49	Mayo AC	33	21:01,1	109	38:02,9	48	17:22,0	1:16:26,1
72.	Carolan, Patrick	M20-39	islandeady	70	22:49,3	65	35:19,4	71	18:19,5	1:16:28,3
73.	Enda Lonergan	M40-49	Multisport	86	23:21,5	39	33:10,3	##	20:00,0	1:16:32,0
74.	Drury, Conor	M20-39	Ballagherreen	94	23:28,4	60	34:27,8	93	19:06,6	1:17:02,8
75.	David McDermott	M20-39	western Lakes CC	84	23:13,7	66	35:21,9	78	18:36,2	1:17:11,8
76.	Layden, Cunniffe	Team Male	Westport/ WLCC	61	22:19,4	93	37:07,4	57	17:57,3	1:17:24,3
77.	Massey, Mark	M40-49		76	23:03,1	80	36:17,8	64	18:07,6	1:17:28,6
78.	Kelly, Fergus	M20-39	Sligo	62	22:20,4	90	36:56,9	68	18:15,0	1:17:32,4
79.	Brian Golden	M40-49	Western Lakes CC	69	22:47,3	70	35:42,7	##	19:14,8	1:17:44,8
80.	Mike Donaldson		Galway Triathlon C	79	23:06,6	82	36:23,8	70	18:18,8	1:17:49,4
81.	Sean Lyons	M50-59	Achill Whlrs	97	23:31,5	55	34:13,3	##	20:05,2	1:17:50,1
82.	Hanrahan, Tadhg	M20-39	Castlebar	39	21:17,3	143	40:08,8	31	16:32,5	1:17:58,7
83.	Noel Stagg	M40-49	Hollymount Wheel	80	23:07,7	81	36:21,3	87	18:49,8	1:18:18,9
84.	Ryan, Flannery	Team Male	Hollymont	228	42:08,2	225	1:14,7	##	35:06,3	1:18:29,3
85.	McAlpine, Aine	F20-39	Islandeady	81	23:07,9	94	37:14,2	66	18:08,9	1:18:31,0
86.	O Toole, Anthony	M20-39	Western Lakes	127	24:57,8	57	34:15,6	##	19:30,7	1:18:44,3
87.	Cathriona Grady	F40-49	Multisport	85	23:20,4	96	37:25,9	69	18:17,5	1:19:03,9
88.	Keating, Walsh	Team Male	Mayfly Mullackers	115	24:29,4	64	35:14,1	##	19:22,3	1:19:06,0
89.	Donnellon, Mattie	M50-59	Ballinrobe Duathlo	90	23:24,8	73	35:46,0	##	20:19,8	1:19:30,7
90.	O'connor, Gearoid	M20-39	Ballagherreen	132	25:07,8	62	34:51,8	##	19:37,2	1:19:37,0
91.	OBoyle, Sean	M50-59	Knockmore	50	21:52,7	127	39:12,2	81	18:39,5	1:19:44,5
92.	Tunney, Brendan	M40-49	Westport	103	23:45,4	100	37:34,8	86	18:49,5	1:20:09,8
93.	Burns, Clive	M40-49	Ballina	104	23:46,5	104	37:47,4	80	18:37,6	1:20:11,6
94.	English, Laura	F20-39	islandeady	108	24:05,3	78	36:03,3	##	20:20,1	1:20:28,8
95.	Siobhan, Pawel	Team Mix		68	22:34,9	145	40:10,3	54	17:43,5	1:20:28,9
96.	Moran, Michael	M40-49	Castlebar	112	24:19,0	88	36:51,8	##	19:21,6	1:20:32,5
97.	Coyne, Carmel	F40-49	GTC	52	22:04,6	116	38:47,7	##	19:44,2	1:20:36,6
98.	Sheridan, Gerry	M40-49	Western Lakes	149	25:52,4	56	34:15,1	##	20:32,1	1:20:39,8
99.	Divilly, John	M20-39	Galway	93	23:25,8	111	38:10,2	94	19:06,7	1:20:42,8
100.	O' Caheny, Fearghal	M20-39	Sligo Tri Club	99	23:34,5	119	38:57,3	67	18:11,5	1:20:43,3
101.	Brennan, Colm	M20-39	Galway	100	23:37,6	131	39:19,1	59	17:59,2	1:20:56,0
102.	Gallagher, Noel	M40-49	Reask Knock	121	24:48,6	101	37:35,6	79	18:37,6	1:21:01,9
103.	Tomas Moran	M20-39	Multisport	106	23:57,1	113	38:22,5	85	18:48,7	1:21:08,5
104.	McHale, Gerry	M40-49	Knockmore	73	22:53,0	117	38:53,7	##	19:25,6	1:21:12,4
105.	Davey, Patrick	M20-39	Sligo	71	22:50,1	120	38:58,3	##	19:34,9	1:21:23,4
106.	Geoghehan, Louise	F20-39	Galway	78	23:06,2	150	40:35,9	53	17:42,4	1:21:24,6
107.	Earnan Naughton	M40-49	Ballinrobe Duathlo	102	23:43,0	99	37:30,8	##	20:14,6	1:21:28,5
108.	Corduff, Angela	F20-39	Westport lesure	98	23:32,1	129	39:14,1	82	18:42,3	1:21:28,6
109.	Whyte, Emer	F20-39	Galway Bay	89	23:23,8	123	39:01,1	##	19:15,8	1:21:40,7
110.	Lorraine Mulchrone	F20-39	Multisport	82	23:08,8	141	39:48,2	83	18:46,1	1:21:43,1
111.	Ann Herathy	F20-39	Multisport	96	23:31,1	128	39:13,2	96	19:07,3	1:21:51,7
112.	Jason Byrne			91	23:25,4	137	39:39,8	84	18:47,1	1:21:52,4
113.	Paula O'Neill	F20-39	Western Lakes CC	139	25:34,4	74	35:49,4	##	20:37,1	1:22:01,0
114.	Mountney, Ruben	M20-39	Leitrim	130	25:01,2	112	38:15,1	89	18:56,2	1:22:12,7
115.	Gallagher, Aileen	F20-39	Galway	107	24:01,7	147	40:18,8	60	18:00,1	1:22:20,7
116.	Farragher, John	M20-39	Western Lakes CC	158	26:18,9	97	37:28,6	88	18:52,7	1:22:40,2
117.	Beltman, Marijke	F20-39	Ballyglass	110	24:12,8	121	38:58,4	##	19:39,4	1:22:50,7
118.	Watters, Alan	M40-49	Sligo	134	25:15,4	75	35:51,1	##	21:48,6	1:22:55,2
119.	Regan, Catherine	F20-39	Letterkenny	125	24:54,5	105	37:50,6	##	20:14,2	1:22:59,4
120.	Gleeson, Cara	F40-49	Galway Triathlon C	148	25:48,1	102	37:36,6	##	19:44,1	1:23:08,9

121.	Rock, Decky	M20-39	Belmullet cc	114	24:23,2	95	37:14,7	##	21:37,8	1:23:15,8
122.	Angie Hughes	F20-39	Ballinrobe Duathlo	126	24:55,8	114	38:26,6	##	19:56,5	1:23:19,0
123.	Kelly, Shane	M20-39	Westcoast Wheele	122	24:50,5	107	37:56,8	##	20:43,7	1:23:31,0
124.	Gilgan, Stephen	M40-49	Sligo	164	26:35,4	83	36:28,1	##	20:29,4	1:23:32,9
125.	Beuster, Ciara	F20-39		101	23:37,6	155	40:57,6	91	19:01,7	1:23:37,1
126.	Gavin, Cillian	M20-39	Castlebar	77	23:04,7	166	41:43,6	99	19:12,0	1:24:00,4
127.	Kilcullen, Amanda	F20-39	Ballagherreen	117	24:34,7	159	41:11,8	73	18:23,1	1:24:09,7
128.	Spillane, James	M20-39	Galway	123	24:51,5	130	39:16,3	##	20:04,4	1:24:12,2
129.	Philip O Donnell	M40-49		178	27:16,8	63	35:13,2	##	21:55,7	1:24:25,8
130.	Brogan, Noel	M50-59	westport	137	25:31,8	110	38:08,2	##	20:47,3	1:24:27,4
131.	Walsh, Claire	F20-39		113	24:20,3	148	40:27,1	##	19:40,8	1:24:28,4
132.	Kieran Joyce			116	24:31,6	138	39:41,0	##	20:23,0	1:24:35,8
133.	Adrain Flannery	M20-39	Ballinrobe	143	25:41,1	92	37:04,6	##	21:50,2	1:24:36,0
134.	Dunne, Brendan	M20-39		105	23:50,2	134	39:29,2	##	21:17,8	1:24:37,3
135.	Catherine Mullaney	F20-39	Multisport	124	24:53,4	115	38:32,7	##	21:41,4	1:25:07,6
136.	Fahy, Adrian	M20-39		95	23:29,7	139	39:45,7	##	21:55,7	1:25:11,2
137.	McHale, Daniel	M 16-20	Ballina	88	23:22,9	177	42:20,8	##	19:27,9	1:25:11,6
138.	Geraghty, Kieran	M40-49		119	24:45,1	133	39:25,6	##	21:06,4	1:25:17,1
139.	Rohan, Gerry	M50-59	Claregalway	135	25:17,9	135	39:29,2	##	20:31,8	1:25:19,0
140.	Murphy, Emmett	M20-39		155	26:14,4	124	39:03,0	##	20:02,9	1:25:20,4
141.	Fay, Gembabes	F20-39	Dublin	118	24:36,0	146	40:11,5	##	20:37,0	1:25:24,7
142.	Angela Mc Vann	F40-49	Multisport	111	24:14,3	170	41:55,1	##	19:17,1	1:25:26,6
143.	Carole Fabby	F40-49	Multisport	128	24:59,2	142	39:57,2	##	20:39,7	1:25:36,2
144.	Devlin, Cathy	Team Mix	The Devlins	163	26:34,4	118	38:53,9	##	20:18,4	1:25:46,7
145.	McKenzie, Barry	M20-39	Ballagherreen	184	27:42,3	91	37:02,5	##	21:18,3	1:26:03,2
146.	Michael Conroy		Western Lakes CC	168	26:51,7	86	36:42,3	##	22:37,8	1:26:11,9
147.	Clare,oneill	Team Female	Western Lakes	171	26:58,5	140	39:46,9	##	19:28,0	1:26:13,5
148.	McDonagh, Paul	M20-39	Castlebar	150	26:04,7	126	39:06,1	##	21:05,2	1:26:16,1
149.	Aoife Fitzpatrick		Galway	229	8:43,0		21:02,0	##	56:37,5	1:26:22,7
150.	Jerome Varley	M20-39	Western Lakes CC	173	27:01,4	106	37:51,8	##	21:40,7	1:26:34,0
151.	Smullen, Eoin	M20-39	Galway	145	25:45,2	154	40:52,8	##	20:08,1	1:26:46,2
152.	Brennan, Caroline	F20-39	Ballinrobe	151	26:06,0	122	38:58,5	##	21:52,6	1:26:57,2
153.	Gerry Corley	M40-49	Western Lakes CC	159	26:23,9	108	38:02,8	##	22:42,5	1:27:09,2
154.	Lavelle, Enda	M20-39	Castlebar	160	26:25,1	164	41:33,8	##	19:22,6	1:27:21,6
155.	Conway, Eamon	M20-39	Castlebar	152	26:06,1	169	41:52,5	##	19:23,3	1:27:22,0
156.	Lynn, Sean	M20-39	Galway	172	26:59,8	149	40:35,1	##	19:48,4	1:27:23,4
157.	Beades, Yvonne	F40-49	Roscommon	141	25:38,9	178	42:20,9	##	19:28,8	1:27:28,7
158.	Flynn, Seamus	M50-59	Ballina	177	27:11,7	172	41:58,3	75	18:26,2	1:27:36,3
159.	OHora, Noilin	F40-49	Maynooth	138	25:33,3	174	42:08,6	##	20:01,7	1:27:43,7
160.	Murray, Ericka	F20-39	Sligo Yeats County	176	27:06,4	125	39:03,0	##	21:36,2	1:27:45,7
161.	Ann Marie Morley	F20-39	Multisport	147	25:47,1	144	40:09,2	##	22:02,8	1:27:59,2
162.	Ralph, Aoife	F20-39	Castlebar cc	144	25:42,5	167	41:44,6	##	20:35,5	1:28:02,7
163.	James Denash		West Coast Wheele	174	27:02,7	136	39:30,8	##	21:37,5	1:28:11,1
164.	Staunton, Michael	M20-39	Tourmakeady	203	29:03,7	69	35:39,8	##	23:43,5	1:28:27,2
165.	Rogan, Yvonne	F20-39	Westport tri	165	26:36,3	153	40:49,2	##	21:09,0	1:28:34,6
166.	Siobhan O Malley	F40-49	Ballinrobe Duathlo	166	26:38,3	165	41:38,6	##	20:19,6	1:28:36,5
167.	Declan Hyland	M20-39	Longford Triathlon	131	25:03,2	184	43:35,0	##	20:22,0	1:29:00,3
168.	Nolan, Mary	F20-39	Galway	140	25:35,4	173	42:05,6	##	21:23,4	1:29:04,5
169.	Nessa Gibbons		Western Lakes CC	175	27:04,4	151	40:37,5	##	21:27,7	1:29:09,8
170.	Lorraine Toner	F20-39	Westport Tri	156	26:15,6	168	41:45,4	##	21:10,5	1:29:11,6
171.	Flynn, Declan	M40-49	Ballina	192	28:22,4	171	41:56,4	92	19:04,1	1:29:23,0
172.	Martin Brennan	M40-49	Multisport	170	26:57,9	175	42:08,9	##	20:55,2	1:30:02,1
173.	McGahon, Hugh	M50-59	Galway	182	27:37,2	158	41:11,1	##	21:42,2	1:30:30,6
174.	Carolan, Ann Marie	F20-39	Castlebar	167	26:41,2	180	43:10,3	##	20:54,9	1:30:46,5
175.	Dermot Murphy		Ballyhaunis	146	25:46,9	190	44:40,9	##	20:18,8	1:30:46,7
176.	Johnston, Paul	M20-39	Achill	154	26:13,4	163	41:32,3	##	23:27,8	1:31:13,5
177.	Regan, Cathy	F50-59	Tubbercurry	186	27:52,6	160	41:17,2	##	22:21,1	1:31:31,1
178.	Carolan, Joanne	F20-39	castlebar	157	26:17,1	189	44:27,1	##	21:05,4	1:31:49,7
179.	Donal Byrne		Ballyhaunis	162	26:32,7	188	44:22,9	##	20:57,1	1:31:52,9
180.	Simon Fabby	M50-59	Multisport	200	28:57,1	132	39:24,1	##	23:32,3	1:31:53,6
181.	Culhane, John	M50-59	Ballinrobe	129	25:00,3	197	45:53,0	##	21:17,3	1:32:10,7

182.	Connolly, Veronica	F20-39	galway	161	26:27,8	198	45:53,5	###	19:53,6	1:32:15,0
183.	Nathy Gilligan	F40-49	Hollymount Wheel	191	28:12,5	182	43:31,4	###	20:48,4	1:32:32,4
184.	Aidan Carney	M20-39	Multisport	189	28:02,5	161	41:22,6	###	23:19,4	1:32:44,6
185.	Boyd Gale	M50-59	Westport Tri	187	27:55,0	152	40:37,8	###	24:45,1	1:33:18,0
186.	Carty, Kenneth	M40-49	Sligo	219	30:49,2	98	37:29,2	###	25:02,6	1:33:21,1
187.	Hughes, JP	M40-49		153	26:11,1	185	43:50,8	###	23:28,5	1:33:30,5
188.	Glennon, John(Sean)	M50-59	Tuam	193	28:35,9	179	42:38,8	###	22:31,6	1:33:46,4
189.	Kerins, Hilda	F20-39	Westport	136	25:26,1	193	45:20,3	###	23:31,6	1:34:18,2
190.	Hanly, Catherine	F20-39	Roscommon	181	27:34,8	176	42:14,8	###	25:00,7	1:34:50,4
191.	Porter, Valerie	F20-39		183	27:37,9	200	46:00,4	###	22:05,7	1:35:44,2
192.	Porter, Heather	F20-39		185	27:48,8	196	45:49,3	###	22:06,6	1:35:44,9
193.	McAlpine, Yvonne	F20-39	Islandeady	201	28:59,6	181	43:30,3	###	23:44,3	1:36:14,2
194.	Fiona Walsh	F20-39	Multisport	190	28:10,7	192	45:16,9	###	22:51,5	1:36:19,2
195.	Ni Chathasaigh, Meabh	F20-39	Ballaghaderreen	188	28:01,8	201	46:16,3	###	22:10,3	1:36:28,5
196.	Hession, Mags	F40-49	Balla	180	27:28,5	183	43:34,5	###	25:44,2	1:36:47,3
197.	Shauna Ferrick	F40-49	Ballinrobe Duathlo	208	29:16,0	187	44:19,6	###	23:58,8	1:37:34,5
198.	Boland, Alison	F20-39		207	29:10,5	194	45:36,0	###	23:30,8	1:38:17,4
199.	Sinead Tiernan	F40-49	Ballinrobe Duathlo	218	30:39,0	162	41:27,1	###	26:20,6	1:38:26,8
200.	Flynn, Damien	M20-39	Ennis	199	28:53,7	191	45:05,7	###	24:56,6	1:38:56,1
201.	Tina Bohan	F40-49	Multisport	204	29:05,3	202	46:43,7	###	23:29,5	1:39:18,5
202.	Shaughnessy, Sinead	F40-49	Kilmaine	179	27:26,7	207	48:24,0	###	24:04,5	1:39:55,4
203.	Glascott, Sinead	F40-49	Killkenny	197	28:48,2	203	46:52,2	###	24:28,3	1:40:08,8
204.	Kelly, Ailish	F20-39	Galway fit for life	210	29:39,7	204	46:58,0	###	23:32,9	1:40:10,7
205.	Murphy, Fintan	M20-39	Castlebar	217	30:31,6	199	45:58,3	###	23:55,5	1:40:25,5
206.	McGowan, Eoin	M20-39	Crossmolina	202	28:59,6	205	48:13,9	###	23:35,1	1:40:48,8
207.	Scanlon, Edward	M40-49	Achill wheelers	225	34:25,4	157	41:06,5	###	25:53,0	1:41:25,0
208.	Ita Mullaghty	F40-49	Hollymount Wheel	214	29:58,2	210	48:52,8	###	22:53,9	1:41:45,0
209.	Regan, Karen	F20-39	Robeen	220	30:53,2	224	1:11:10,0		0:46,1	1:42:49,3
210.	Greg Barry		Castlebar CC	205	29:08,0	212	49:13,0	###	24:47,5	1:43:08,5
211.	Coyne, Yvonne	F40-49	Castlebar	206	29:08,9	206	48:20,3	###	25:39,5	1:43:08,9
212.	Helen Connaughton			198	28:52,8	218	52:50,5	###	21:58,4	1:43:41,8
213.	Halloran, Mary	F20-39	Swinford	216	30:05,6	213	49:36,1	###	24:07,8	1:43:49,6
214.	Mc Hale, Laura	F16-19	Ballina	212	29:43,4	220	54:27,3	###	19:52,7	1:44:03,5
215.	Preston, Martina	F20-39	Crossmolina	215	30:01,3	208	48:24,2	###	25:50,1	1:44:15,7
216.	Flannery, Elaine	F20-39		221	31:07,5	211	48:56,7	###	24:11,4	1:44:15,7
217.	Conal Sadler	M20-39	Westport	169	26:55,2	156	41:06,0	###	36:16,6	1:44:17,8
218.	Corrigan, Cheriece	F20-39								1:44:32,3
219.	Cosgrove, Neasa	F40-49	Headford	196	28:46,5	217	52:30,4	###	23:35,9	1:44:53,0
220.	Higgins, Sinead	F40-49		209	29:36,5	214	50:07,8	###	26:09,3	1:45:53,7
221.	Noreen Sheehan		Ballina	213	29:46,6	215	51:58,2	###	24:40,8	1:46:25,7
222.	Patricia McManamon		N/A	211	29:42,0	216	52:04,3	###	24:40,1	1:46:26,5
223.	Lesley Emerson	F50-59	Westport Tri	223	32:31,7	195	45:40,4	###	29:19,9	1:47:32,1
224.	Campbell, O Kelly	Team Female	Team	224	33:13,7	209	48:35,2	###	25:49,5	1:47:38,4
225.	Celine Gilligan	Team Female	Hollymont	195	28:44,6	221	59:06,9	###	22:34,3	1:50:25,9
226.	Chamberlain, Evan	M40-49	Tullamore	227	40:54,2	186	44:06,2	###	33:36,1	1:58:36,6
227.	Giguere, Pascale	F20-39	Bohola	194	28:37,9	222	1:08:05,4	###	22:00,9	1:58:44,3
228.	O'Driscoll, Ciara	F20-39	Westport	142	25:40,4	223	1:09:30,9	###	23:49,7	1:59:01,2
229.	Carney, Pauline	F20-39	Castlebar	226	37:00,6	219	54:20,5	###	31:35,8	2:02:57,0
230.	David Fitzpatrick		Galway	222	31:23,1			###	40:42,7	a.k.