

#	Name	Age	Run 1	T1	Cycle	T2	Run 2	FINISH
1	Heery, Killian	Sen	00:17:34	00:00:13	00:26:08	00:00:22	00:13:25	00:57:44
2	Greaney John	Sen	00:17:21	00:00:11	00:27:15	00:00:21	00:13:24	00:58:34
3	Lennon, Robert	Sen	00:18:07	00:00:13	00:28:01	00:00:24	00:13:46	01:00:34
4	Flanagan, Michael	Sen	00:18:21	00:00:32	00:26:48	00:00:47	00:14:13	01:00:43
5	Foley Desi	Sen	00:17:48	00:00:35	00:27:46	00:00:37	00:14:10	01:00:58
6	Whelan, John	Sen	00:18:00	00:00:35	00:28:45	00:00:36	00:13:58	01:01:57
7	Reynolds, Mark	Sen	00:18:16	00:00:44	00:29:02	00:00:30	00:13:48	01:02:23
8	Holmes, Donnacha	O40	00:19:46	00:00:36	00:26:37	00:00:33	00:15:15	01:02:49
9	Molloy, Sean	Sen	00:19:08	00:00:25	00:28:13	00:00:20	00:14:49	01:02:57
10	Foley, Heather	Sen	00:19:07	00:00:24	00:28:43	00:00:33	00:14:18	01:03:06
11	Vahey, Ben	Sen	00:19:22	00:00:18	00:27:41	00:00:20	00:15:23	01:03:06
12	Burke, William	O40	00:19:50	00:00:16	00:28:28	00:00:15	00:14:39	01:03:31
13	O Malley & Murphy	Relay M	00:20:59	00:00:19	00:26:26	00:00:19	00:15:39	01:03:44
14	Joyce, Derek	O40	00:20:16	00:00:35	00:26:48	00:00:31	00:15:36	01:03:49
15	Dooley, Kilian	O40	00:19:24	00:00:40	00:28:34	00:00:29	00:14:59	01:04:08
16	Carey, Lorraine	Sen	00:19:42	00:00:16	00:29:08	00:00:17	00:14:44	01:04:08
17	McHugh, TJ	O40	00:18:20	00:00:43	00:30:50	00:00:20	00:13:56	01:04:12
18	Burke, Tiernan	JNR	00:19:33	00:00:29	00:29:06	00:00:31	00:14:32	01:04:13
19	Lazzari, Tojo	Sen	00:19:40	00:00:47	00:28:50	00:00:43	00:14:36	01:04:38
20	McNamara, Ray	Sen	00:19:05	00:00:27	00:30:11	00:00:32	00:14:35	01:04:53
21	Gibbons, Noel	O40	00:19:21	00:00:51	00:29:04	00:00:45	00:15:19	01:05:22
22	Marrey & Mc Loughlin	Relay M	00:21:26	00:00:19	00:29:33	00:00:15	00:14:29	01:06:04
23	Lawlor Jimmy	O40	00:19:51	00:00:19	00:30:30	00:00:23	00:15:04	01:06:08
24	Joyce, Paul	O40	00:20:54	00:00:18	00:28:58	00:00:23	00:15:51	01:06:27
25	Kilcullen, Ciarain	Sen	00:21:05	00:00:27	00:28:30	00:00:33	00:16:00	01:06:37
26	Hession, Micheal	O40	00:20:18	00:00:34	00:29:43	00:00:36	00:15:44	01:06:57
27	Bridge Signs	Relay M	00:23:28	00:00:17	00:26:04	00:00:15	00:17:10	01:07:15
28	Gilleran, John	O40	00:20:21	00:00:19	00:29:49	00:00:24	00:16:33	01:07:27
29	Gill, Matthew	Sen	00:19:53	00:00:19	00:31:45	00:00:13	00:15:25	01:07:37
30	Murtagh, Siobhan	Sen	00:21:04	00:00:45	00:29:39	00:00:33	00:15:36	01:07:38
31	Connolly & Malone	Relay M	00:20:55	00:00:15	00:30:51	00:00:16	00:15:31	01:07:50
32	Dunne Paul	O40	00:22:25	00:00:18	00:26:46	00:00:38	00:17:53	01:08:02
33	Walsh, Damien	Relay M	00:21:58	00:00:23	00:29:39	00:00:22	00:15:42	01:08:06
34	Mulchrone Kieran	Sen	00:21:06	00:00:36	00:29:46	00:00:37	00:16:09	01:08:17
35	Jennings & Coleman	Relay M	00:21:47	00:00:18	00:29:55	00:00:15	00:16:04	01:08:21
36	Mellet, David	Relay M	00:21:03	00:00:32	00:29:50	00:00:15	00:17:00	01:08:41
37	O Malley Kevin	Sen	00:19:49	00:00:29	00:32:17	00:00:24	00:15:41	01:08:43
38	Marrey & Conroy	Relay M	00:23:00	00:00:19	00:27:09	00:01:00	00:17:17	01:08:46
39	Gath, Conor	Sen	00:21:19	00:00:43	00:30:35	00:00:33	00:16:00	01:09:12
40	O'Donnell, Aiden	Sen	00:19:50	00:00:54	00:32:34	00:00:41	00:15:15	01:09:16
41	Murphy, Marian	Relay Mix	00:22:23	00:00:16	00:29:46	00:00:27	00:16:23	01:09:18
42	Higgins, John	Sen	00:20:28	00:00:38	00:31:43	00:00:40	00:15:49	01:09:20
43	Pontoon Pirates	Relay Mix	00:22:30	00:00:23	00:29:37	00:00:16	00:16:49	01:09:37
44	Mulchrone & Coy	Relay F	00:22:28	00:00:26	00:29:40	00:00:20	00:16:48	01:09:44
45	Lydon, John	Sen	00:21:34	00:00:36	00:29:54	00:00:46	00:17:04	01:09:57
46	Mulligan, James	Sen	00:20:55	00:00:52	00:31:53	00:00:35	00:15:40	01:09:58
47	McGarrigle, Paul	Sen	00:20:34	00:01:44	00:31:27	00:00:45	00:15:31	01:10:03
48	Stewart, Lorne	Sen	00:20:31	00:00:37	00:31:31	00:00:59	00:16:24	01:10:05
49	Cafferkey Des	O40	00:21:16	00:00:26	00:31:36	00:00:26	00:16:28	01:10:13

50	Delaney, Darragh	O40	00:21:49	00:00:39	00:29:24	00:00:46	00:17:35	01:10:15
51	Quinn, Darren	Sen	00:20:15	00:00:19	00:34:01	00:00:16	00:15:23	01:10:16
52	Silke, Seamus	O40	00:20:18	00:00:37	00:33:47	00:00:27	00:15:09	01:10:19
53	stapleton, John	O40	00:21:44	00:00:38	00:31:15	00:00:27	00:16:15	01:10:21
54	Cowley Stephen	O40	00:22:33	00:00:23	00:29:27	00:00:27	00:17:40	01:10:31
55	Forde Fintan	Sen	00:20:54	00:00:40	00:31:52	00:00:34	00:16:31	01:10:32
56	Daly, Mary	O40	00:22:42	00:00:25	00:29:24	00:00:36	00:17:36	01:10:46
57	Loughney Colin	Relay M	00:22:37	00:00:20	00:30:22	00:00:20	00:17:08	01:10:49
58	Mc Hale Tomas	Sen	00:21:37	00:00:17	00:32:57	00:00:19	00:15:43	01:10:55
59	Brennan, Gavin	Sen	00:20:22	00:00:54	00:32:32	00:00:52	00:16:33	01:11:15
60	Walsh, Sean	O40	00:22:08	00:00:34	00:30:34	00:00:20	00:17:42	01:11:20
61	Nolan, Declan	O40	00:21:21	00:00:43	00:31:19	00:00:44	00:17:13	01:11:23
62	Killane, Damien	Sen	00:21:49	00:00:43	00:30:49	00:00:52	00:17:09	01:11:24
63	Roache, Adrian	O40	00:20:37	00:00:44	00:33:32	00:00:23	00:16:13	01:11:32
64	Hennelly, Shane	Sen	00:21:04	00:00:27	00:31:54	00:01:13	00:17:06	01:11:45
65	Moran, Declan	Sen	00:22:36	00:00:47	00:30:51	00:00:37	00:17:03	01:11:56
66	Delaney, david	O40	00:22:34	00:00:53	00:31:15	00:00:38	00:16:51	01:12:13
67	Mc gourty, Noel	O40	00:22:07	00:00:22	00:31:18	00:00:31	00:17:54	01:12:15
68	Raftery, Paraic	Sen	00:19:52	00:01:11	00:34:53	00:00:51	00:15:26	01:12:15
69	Keane, Tony	Sen	00:22:17	00:00:44	00:29:42	00:01:11	00:18:27	01:12:23
70	Kinneavey Martin	O50	00:22:37	00:00:26	00:31:50	00:00:22	00:17:16	01:12:33
71	carolan, patrick	Sen	00:21:35	00:00:55	00:32:19	00:00:38	00:17:07	01:12:37
72	Walsh, Kieran	Sen	00:21:28	00:00:41	00:33:52	00:00:44	00:15:51	01:12:38
73	Mc Vann Padraic	O40	00:21:17	00:00:41	00:34:15	00:00:30	00:15:55	01:12:39
74	Rooney, Kevin	O40	00:21:36	00:01:33	00:31:41	00:01:18	00:16:38	01:12:48
75	O'Connor, Jean	Sen	00:21:59	00:00:23	00:33:28	00:00:22	00:16:40	01:12:55
76	Sweeney Colette	O40	00:23:05	00:00:51	00:30:59	00:00:33	00:17:33	01:13:03
77	Murray Murray	Relay F	00:23:47	00:00:22	00:30:37	00:00:20	00:18:02	01:13:10
78	Lonergan, Enda	O40	00:23:23	00:00:15	00:31:20	00:00:18	00:17:58	01:13:17
79	Quinn, Damien	O40	00:21:18	00:00:38	00:34:52	00:00:31	00:16:18	01:13:40
80	O'Donnell, Stephen	Sen	00:22:44	00:00:20	00:31:53	00:00:23	00:18:25	01:13:46
81	O'Donnell, Peter	Sen	00:23:52	00:00:51	00:31:23	00:00:40	00:17:00	01:13:48
82	O'Malley, Padraic	Sen	00:22:22	00:00:42	00:33:05	00:00:42	00:17:20	01:14:13
83	Golden Brian	O40	00:23:11	00:00:21	00:31:24	00:00:24	00:18:55	01:14:17
84	Savage, Michael	Sen	00:23:44	00:00:44	00:31:30	00:00:38	00:17:47	01:14:25
85	Joyce John	Sen	00:20:39	00:00:50	00:35:31	00:00:55	00:16:33	01:14:29
86	Crisham, Shane	O40	00:21:41	00:01:38	00:34:12	00:01:12	00:16:01	01:14:46
87	Bourke, Peter	Sen	00:22:47	00:00:24	00:34:55	00:00:33	00:16:05	01:14:46
88	Farrell Conor	Relay M	00:18:31	00:00:36	00:41:40	00:00:22	00:13:51	01:15:01
89	Fahy Adrian	O40	00:23:26	00:00:45	00:30:42	00:00:43	00:19:24	01:15:01
90	Cooney, Murt	O40	00:24:15	00:00:50	00:30:58	00:00:49	00:18:10	01:15:05
91	Doherty, Michael	Sen	00:22:59	00:01:01	00:33:17	00:01:11	00:16:37	01:15:08
92	Cannon Michael	O40	00:22:46	00:00:40	00:32:13	00:00:38	00:18:53	01:15:11
93	Heaney, Anne	O40	00:21:39	00:00:26	00:36:33	00:00:35	00:16:00	01:15:15
94	Gurjevs, Max	Sen	00:23:49	00:00:51	00:32:40	00:00:41	00:17:13	01:15:16
95	Breen, Tom	Sen	00:21:42	00:00:39	00:37:03	00:00:40	00:15:11	01:15:16
96	Gilgan, Stephen	O40	00:23:32	00:00:43	00:33:31	00:00:37	00:16:59	01:15:22
97	Ward, Sean	Sen	00:22:26	00:00:48	00:34:51	00:00:40	00:16:37	01:15:24
98	O Boyle, Joanne	Sen	00:22:11	00:00:30	00:35:21	00:00:30	00:16:54	01:15:28
99	Gallagher Tim	O40	00:23:55	00:00:43	00:32:38	00:00:42	00:17:32	01:15:31

##	Mac Dermott David	Sen	00:23:10	00:00:40	00:33:20	00:00:59	00:17:43	01:15:54
##	Hammond Anthony	Sen	00:24:30	00:00:22	00:32:56	00:00:19	00:17:49	01:15:57
##	Nadolski Wojciech	O40	00:22:45	00:00:27	00:34:17	00:00:29	00:18:02	01:16:02
##	Hampson, Derek	O40	00:22:50	00:01:10	00:34:14	00:01:07	00:16:43	01:16:05
##	Divilly, John	Sen	00:22:37	00:00:44	00:34:32	00:00:52	00:17:22	01:16:09
##	Biggins Joseph	O40	00:22:52	00:00:36	00:33:28	00:00:40	00:18:31	01:16:10
##	Flaherty, robert	Sen	00:23:42	00:01:08	00:33:05	00:01:20	00:17:03	01:16:21
##	O Toole Anthony	Sen	00:25:05	00:00:33	00:31:52	00:00:28	00:18:21	01:16:21
##	Gleeson, Cara	O40	00:23:14	00:00:51	00:32:46	00:00:47	00:18:44	01:16:24
##	Jennings John	O60	00:24:06	00:01:05	00:32:15	00:00:49	00:18:08	01:16:24
##	Lyons, Walter	O40	00:24:06	00:00:38	00:32:43	00:00:33	00:18:24	01:16:26
##	OBoyle, Sean	O50	00:22:38	00:00:48	00:34:42	00:00:54	00:17:25	01:16:28
##	Halpin Marie	Sen	00:24:13	00:00:34	00:32:59	00:00:30	00:18:16	01:16:33
##	Loftus, Patrick	Sen	00:22:58	00:00:43	00:34:41	00:00:38	00:17:40	01:16:41
##	Egan, Brendan	Sen	00:24:05	00:01:00	00:32:23	00:01:16	00:18:02	01:16:47
##	O Grady Sean	O40	00:23:49	00:00:32	00:33:41	00:00:25	00:18:19	01:16:49
##	Reape, Derrick	Sen	00:22:27	00:00:29	00:35:32	00:00:23	00:18:07	01:16:59
##	Caulfield, Eugene	Relay M	00:22:55	00:00:33	00:36:27	00:00:17	00:16:47	01:17:01
##	Sweeney, Fergus	O40	00:23:53	00:00:30	00:33:28	00:00:25	00:18:48	01:17:06
##	McCormack, Paul	Sen	00:23:41	00:00:27	00:35:19	00:00:27	00:17:19	01:17:15
##	Hopkins Keith	Sen	00:24:18	00:01:22	00:32:07	00:01:16	00:18:15	01:17:20
##	Cawley, John	O40	00:23:54	00:00:44	00:33:31	00:00:45	00:18:25	01:17:20
##	Stagg & Lynn	Relay F	00:24:36	00:00:18	00:33:16	00:00:23	00:18:50	01:17:25
##	Holleran, Shane	Sen	00:24:18	00:00:40	00:32:39	00:00:40	00:19:29	01:17:49
##	Kelly, Cathal	Sen	00:22:54	00:00:23	00:36:45	00:00:36	00:17:13	01:17:52
##	Mc Carney Odhran	JNR	00:22:48	00:01:03	00:35:31	00:00:23	00:18:05	01:17:53
##	Geraghty Kieran	O40	00:24:08	00:00:34	00:33:08	00:00:50	00:19:49	01:18:31
##	Walsh Joseph	JNR	00:21:41	00:00:34	00:38:33	00:00:46	00:17:04	01:18:40
##	Flaherty, robert	Sen	00:23:43	00:01:07	00:33:14	00:01:14	00:19:24	01:18:43
##	Quinn Tom	O40	00:23:53	00:01:17	00:32:20	00:00:49	00:20:25	01:18:45
##	Togher, Micheal s	O40	00:23:34	00:00:29	00:37:15	00:00:25	00:17:10	01:18:55
##	Geraghty Richard	Sen	00:23:51	00:00:19	00:35:36	00:00:22	00:18:49	01:18:59
##	Walsh Colm	O40	00:23:14	00:00:59	00:33:08	00:01:34	00:20:08	01:19:05
##	Molloy, Fiona	JNR	00:23:12	00:00:30	00:36:18	00:00:41	00:18:30	01:19:13
##	Lord, John	Sen	00:25:52	00:00:37	00:31:03	00:00:38	00:21:04	01:19:16
##	O'Donnell, Philip	Relay Mix	00:26:26	00:00:17	00:32:02	00:00:18	00:20:17	01:19:22
##	devaney, brendan	O40	00:25:30	00:00:51	00:32:29	00:01:11	00:19:23	01:19:26
##	Dixon, Paul	O50	00:23:43	00:00:39	00:36:38	00:00:24	00:18:01	01:19:27
##	Walsh, Harry	O50	00:24:44	00:00:40	00:35:18	00:00:39	00:18:10	01:19:33
##	Keane, Michael	Sen	00:23:43	00:00:52	00:35:15	00:00:52	00:18:53	01:19:37
##	McAlpine, Aine	Sen	00:24:07	00:00:49	00:35:40	00:01:02	00:17:57	01:19:37
##	Reape Frank	O40	00:22:49	00:01:12	00:38:39	00:00:37	00:16:23	01:19:42
##	reynolds, michele	O40	00:24:16	00:00:58	00:35:20	00:00:44	00:18:23	01:19:44
##	Devin, Katie	Sen	00:24:32	00:01:11	00:34:52	00:01:04	00:18:10	01:19:51
##	coyle, james	O40	00:22:09	00:00:44	00:36:36	00:01:27	00:18:52	01:19:51
##	DONNELLON, MATTIE	O50	00:24:20	00:01:00	00:35:00	00:00:35	00:19:16	01:20:12
##	O'Beirne, Susanne	O40	00:23:55	00:00:39	00:36:59	00:00:48	00:17:54	01:20:17
##	Gavin, Keith	Sen	00:23:04	00:00:49	00:37:26	00:00:38	00:18:27	01:20:26
##	Ryan, Aidan	Sen	00:23:46	00:00:45	00:37:47	00:00:29	00:17:49	01:20:38
##	Timothy, Shane	O40	00:25:01	00:01:16	00:34:29	00:01:00	00:19:15	01:21:04

##	Toomey, Finbar	O40	00:23:27	00:01:03	00:38:19	00:00:31	00:17:51	01:21:13
##	Sheridan Gerry	O40	00:26:20	00:00:44	00:33:27	00:00:33	00:20:13	01:21:19
##	Stagg Noel	O50	00:24:52	00:00:52	00:33:06	00:00:44	00:21:43	01:21:19
##	Higgins, John J	O60	00:24:29	00:01:14	00:34:47	00:01:17	00:19:35	01:21:23
##	Murray Ericka	Sen	00:26:10	00:00:41	00:34:41	00:00:30	00:19:29	01:21:33
##	DeNash, James	Sen	00:24:24	00:00:51	00:36:36	00:00:40	00:19:06	01:21:38
##	Wall, John	O40	00:24:00	00:00:52	00:37:37	00:00:41	00:18:28	01:21:41
##	Cusack, Sean	Sen	00:23:28	00:01:21	00:36:54	00:01:23	00:18:34	01:21:42
##	Beltman, Marijke	Sen	00:25:43	00:00:59	00:35:06	00:01:21	00:18:40	01:21:50
##	O Neill Paula	Sen	00:24:56	00:00:53	00:35:51	00:00:45	00:19:33	01:22:01
##	Fitzpatrick, David	Sen	00:23:17	00:01:52	00:37:05	00:01:35	00:18:12	01:22:02
##	Jennings, Mark	Sen	00:23:54	00:00:50	00:36:13	00:01:09	00:19:54	01:22:02
##	Durand, Ciaran	Sen	00:23:41	00:01:18	00:38:18	00:00:58	00:17:48	01:22:03
##	bonnichon, cian	Sen	00:23:48	00:01:16	00:35:22	00:01:09	00:20:49	01:22:25
##	Burke, Stephen	Sen	00:23:57	00:00:45	00:39:17	00:01:07	00:17:18	01:22:26
##	Corley Gerry	O40	00:25:45	00:00:30	00:35:59	00:00:36	00:19:35	01:22:27
##	Conroy Michael	O40	00:26:16	00:00:57	00:33:09	00:01:10	00:20:54	01:22:29
##	Heneghan Sue	O40	00:24:27	00:00:49	00:37:40	00:00:33	00:19:01	01:22:31
##	Mc Hugh Joseph	Sen	00:24:31	00:00:33	00:37:12	00:00:31	00:19:44	01:22:34
##	Casey, Thomas	Sen	00:23:50	00:01:10	00:39:07	00:00:48	00:17:39	01:22:37
##	Stephens Alan	O40	00:24:54	00:01:24	00:35:56	00:00:50	00:19:36	01:22:42
##	Curran, Peadar	O40	00:25:26	00:00:47	00:35:52	00:00:35	00:20:02	01:22:44
##	Bennett, Shane	O40	00:23:51	00:01:32	00:36:49	00:00:56	00:19:34	01:22:44
##	Conway Sinead	Sen	00:25:19	00:00:43	00:36:08	00:00:42	00:19:53	01:22:46
##	Heneghan Declan	Sen	00:27:07	00:00:45	00:34:05	00:00:58	00:19:54	01:22:51
##	Reddington David	Sen	00:24:41	00:01:38	00:34:23	00:01:07	00:21:01	01:22:53
##	Wall, Tom	O40	00:23:59	00:00:56	00:39:48	00:00:35	00:17:39	01:23:00
##	Carney Aidan	Sen	00:25:56	00:00:51	00:34:52	00:00:49	00:20:33	01:23:02
##	Murphy Emmett	O40	00:25:38	00:00:25	00:37:22	00:00:30	00:19:07	01:23:03
##	Kelly, Shane	Sen	00:24:33	00:01:22	00:35:13	00:01:24	00:20:30	01:23:04
##	Beuster Ciara	Sen	00:24:33	00:01:41	00:37:14	00:01:43	00:17:52	01:23:05
##	Geoghegan, Louise	Sen	00:26:16	00:00:46	00:35:23	00:00:45	00:19:53	01:23:05
##	Hughes, Angie	O40	00:25:50	00:00:32	00:36:59	00:00:24	00:19:31	01:23:17
##	Walsh, Austin	O40	00:25:22	00:01:03	00:36:45	00:00:51	00:19:20	01:23:23
##	Diskin, Mark	O40	00:25:10	00:00:37	00:38:34	00:00:50	00:18:24	01:23:36
##	Gallagher Fidelma	O40	00:24:35	00:01:19	00:38:00	00:00:55	00:18:50	01:23:41
##	Gallagher, Noel	O40	00:24:27	00:01:22	00:37:14	00:01:18	00:19:18	01:23:41
##	Geraghty, George	O60	00:25:53	00:00:51	00:36:13	00:00:34	00:20:09	01:23:43
##	Kennedy Grainne	Sen	00:25:07	00:00:29	00:35:17	00:00:22	00:22:49	01:24:06
##	Cunningham, Val	O40	00:26:00	00:00:57	00:37:41	00:00:36	00:18:54	01:24:10
##	Lydon, Deirdre	Sen	00:25:51	00:00:28	00:37:04	00:00:25	00:20:21	01:24:11
##	O'Donnell, Louise	Sen	00:25:32	00:01:05	00:38:00	00:01:02	00:18:31	01:24:13
##	Mc Carney Eamon	O50	00:26:44	00:00:25	00:33:21	00:00:28	00:23:19	01:24:17
##	Mc Loughlin, Thomas	Sen	00:24:02	00:00:37	00:39:53	00:00:51	00:18:58	01:24:23
##	Geraghty Jack	JNR	00:24:45	00:00:41	00:37:52	00:00:40	00:20:35	01:24:34
##	Walsh, Connie	O40	00:24:59	00:01:24	00:39:00	00:00:49	00:18:22	01:24:36
##	Staunton Ray	O50	00:25:31	00:00:57	00:37:26	00:00:30	00:20:32	01:24:57
##	Ingham, Theo	O40	00:25:28	00:00:44	00:35:17	00:00:54	00:22:35	01:25:01
##	Moran, Bernard	O40	00:23:39	00:00:35	00:41:24	00:00:34	00:18:47	01:25:02
##	Keating, Fran	O50	00:26:59	00:00:44	00:35:52	00:00:40	00:20:56	01:25:13

##	Carolan, Ann Marie	Sen	00:26:05	00:00:35	00:37:51	00:00:44	00:19:58	01:25:16
##	O Grady Loretta	O40	00:23:41	00:00:39	00:42:50	00:00:34	00:17:32	01:25:18
##	Horkan, Paraic	Relay M	00:29:12	00:00:34	00:32:41	00:00:22	00:22:31	01:25:22
##	O'Gara, Samantha	Sen	00:25:30	00:00:37	00:39:59	00:00:37	00:18:40	01:25:25
##	Byrne, Jason	Sen	00:24:55	00:00:48	00:40:06	00:00:37	00:19:01	01:25:29
##	Kelly, Mark	Sen	00:24:31	00:01:16	00:40:01	00:01:05	00:18:37	01:25:33
##	O Malley Siobhan	O40	00:25:59	00:00:36	00:39:54	00:00:23	00:19:00	01:25:54
##	King Carole	O40	00:26:01	00:00:32	00:38:36	00:00:27	00:20:27	01:26:05
##	Kennedy Emma	Sen	00:24:27	00:00:56	00:40:59	00:00:48	00:18:54	01:26:07
##	Doyle O Hora Breda	O50	00:25:48	00:00:43	00:38:45	00:00:43	00:20:08	01:26:09
##	Egan, Darren	Sen	00:26:21	00:00:44	00:36:48	00:01:09	00:21:07	01:26:11
##	Duff, Stephen	O40	00:24:39	00:00:59	00:40:04	00:00:39	00:19:48	01:26:11
##	meehan, kevin	Sen	00:25:56	00:00:54	00:38:47	00:00:46	00:19:57	01:26:22
##	gaughan, mark	Sen	00:25:29	00:00:43	00:39:49	00:00:39	00:19:55	01:26:37
##	Conway, Damien	Sen	00:27:10	00:01:00	00:35:47	00:01:26	00:21:23	01:26:48
##	Curran, Noel	Sen	00:24:51	00:01:57	00:38:30	00:01:27	00:20:03	01:26:49
##	O Grady Sean	O40	00:25:38	00:01:28	00:39:20	00:01:08	00:19:16	01:26:51
##	O Gorman, Valerie	Sen	00:26:18	00:00:54	00:39:08	00:00:52	00:19:38	01:26:52
##	Walshe, Michael john	Sen	00:25:48	00:00:55	00:31:58	00:00:45	00:27:24	01:26:52
##	ODonnell, David	Sen	00:27:26	00:01:40	00:35:20	00:01:04	00:21:53	01:27:26
##	Scott, Rachel	Sen	00:26:18	00:00:37	00:40:38	00:00:33	00:19:23	01:27:31
##	Tierney, John	O40	00:25:00	00:01:11	00:39:46	00:01:00	00:20:39	01:27:37
##	Mc Vann Angela	O40	00:24:45	00:00:56	00:41:30	00:00:53	00:19:53	01:28:00
##	Rogan, Yvonne	Sen	00:26:52	00:01:03	00:39:24	00:00:30	00:20:41	01:28:32
##	Keane, Pj	O40	00:25:45	00:00:38	00:40:16	00:00:42	00:21:20	01:28:44
##	quinn, declan	O40	00:25:53	00:01:14	00:39:15	00:01:26	00:21:18	01:29:08
##	Clarcken, Lisa	Sen	00:24:21	00:01:10	00:44:09	00:01:02	00:18:49	01:29:32
##	timothy, john	O40	00:25:55	00:00:32	00:42:06	00:00:29	00:20:40	01:29:43
##	Burns, David	O40	00:29:46	00:01:08	00:38:39	00:01:32	00:18:53	01:30:00
##	Walsh, Claire	Sen	00:26:50	00:00:45	00:39:17	00:00:37	00:22:33	01:30:04
##	Canny Sara	Sen	00:28:11	00:00:24	00:39:55	00:00:27	00:21:09	01:30:08
##	Finn, Cliona	Relay Mix	00:25:50	00:00:22	00:44:14	00:00:38	00:19:17	01:30:22
##	Gilligan, Nathy	O40	00:29:04	00:00:45	00:38:51	00:00:53	00:20:48	01:30:24
##	Gilligan, Eugene	O50	00:29:04	00:00:48	00:38:48	00:00:52	00:20:49	01:30:24
##	McDonnell, Elaine	Sen	00:23:58	00:01:14	00:46:23	00:00:42	00:18:05	01:30:24
##	Ramsey, Carmel	Sen	00:26:22	00:00:52	00:41:10	00:00:36	00:21:31	01:30:32
##	Woods, Caitlin	O50	00:27:21	00:00:45	00:40:15	00:00:53	00:21:32	01:30:48
##	Finnegan Elaine	O40	00:26:38	00:00:59	00:42:02	00:01:26	00:19:59	01:31:06
##	Foy, Steven	Sen	00:27:44	00:00:24	00:41:00	00:00:28	00:21:51	01:31:29
##	Ryan, Siobhan	O40	00:27:16	00:00:44	00:41:12	00:00:31	00:21:48	01:31:33
##	Byrne Trish	O50	00:25:49	00:00:52	00:45:51	00:00:22	00:18:43	01:31:39
##	Gibbons, Caroline	Sen	00:24:53	00:00:47	00:46:44	00:00:54	00:18:19	01:31:40
##	Flannery, alan	O40	00:28:10	00:00:40	00:40:26	00:00:39	00:21:56	01:31:52
##	Carolan, Joanne	Sen	00:26:40	00:00:38	00:43:10	00:00:42	00:20:41	01:31:54
##	Kavanagh, Patricia	O40	00:26:54	00:00:48	00:41:33	00:00:35	00:22:13	01:32:05
##	Brennan, Anthony	O40	00:27:58	00:02:07	00:39:24	00:01:29	00:21:16	01:32:15
##	Neenan Andrew	Sen	00:26:43	00:00:50	00:43:57	00:00:25	00:20:19	01:32:16
##	Gostick, Neil	O40	00:27:46	00:00:37	00:41:22	00:00:34	00:22:01	01:32:22
##	Gavin, Niamh	Sen	00:27:46	00:00:26	00:43:49	00:00:31	00:19:51	01:32:26
##	Ott, Reese	Sen	00:27:22	00:03:36	00:38:28	00:02:34	00:20:41	01:32:43

##	Rohan Vincent	Sen	00:24:44	00:01:30	00:45:58	00:00:53	00:19:53	01:33:00
##	Kearney Anthony	O40	00:29:56	00:00:57	00:37:50	00:00:51	00:23:29	01:33:06
##	Corcoran, Sean	O40	00:25:58	00:00:34	00:43:47	00:00:55	00:21:54	01:33:10
##	Carrigy, Catherine	Sen	00:26:06	00:00:47	00:45:00	00:00:57	00:20:31	01:33:24
##	Clarke Deirdre	O40	00:29:07	00:00:53	00:40:07	00:00:55	00:22:24	01:33:29
##	Lally, Stephanie	O40	00:27:25	00:00:50	00:42:43	00:01:00	00:21:30	01:33:29
##	Clarke Brian	O40	00:29:06	00:00:57	00:39:17	00:01:43	00:22:25	01:33:30
##	Meehan, maria	Sen	00:27:55	00:01:56	00:43:04	00:01:15	00:19:37	01:33:49
##	Walsh Brendan	O40	00:26:55	00:00:41	00:42:04	00:01:09	00:23:02	01:33:54
##	Togher, Linda	Sen	00:28:04	00:00:42	00:43:06	00:00:46	00:21:22	01:34:02
##	Kelly, Melissa	O40	00:27:53	00:00:45	00:43:02	00:00:51	00:21:37	01:34:10
##	Culhane John	O50	00:28:34	00:01:28	00:40:08	00:01:51	00:22:18	01:34:22
##	Beirne, Aidan	O40	00:27:13	00:00:49	00:43:55	00:00:44	00:21:39	01:34:22
##	OBrien, Paula	O40	00:26:29	00:00:43	00:44:51	00:00:38	00:21:42	01:34:25
##	Fitzgerald, Robert	Sen	00:27:24	00:00:55	00:43:13	00:01:43	00:21:28	01:34:45
##	Dickson, Aisling	Relay F	00:27:32	00:00:20	00:46:03	00:00:20	00:20:33	01:34:51
##	Regan, Karen	Sen	00:29:50	00:01:10	00:40:23	00:01:25	00:22:26	01:35:15
##	Pateman, Sam	Sen	00:28:54	00:01:08	00:40:04	00:01:55	00:23:16	01:35:19
##	Walshe, Lisa	Sen	00:25:49	00:01:21	00:47:37	00:01:03	00:19:28	01:35:20
##	Connaughton, Helen	O40	00:28:32	00:01:20	00:43:30	00:00:51	00:21:17	01:35:31
##	Walsh Fiona	Sen	00:29:03	00:01:01	00:42:32	00:00:49	00:22:24	01:35:51
##	Murray, Pauline	O40	00:27:59	00:02:16	00:43:16	00:02:08	00:20:52	01:36:32
##	Cowie, Cliona	O40	00:28:16	00:00:41	00:44:35	00:01:09	00:21:59	01:36:42
##	O'Connor, Teresa	O40	00:28:15	00:00:43	00:44:36	00:01:06	00:22:00	01:36:42
##	O'Grady, Joanne	Sen	00:29:53	00:00:58	00:42:44	00:01:06	00:22:21	01:37:04
##	Gavin, Ailis	Sen	00:27:48	00:00:30	00:47:41	00:00:37	00:20:40	01:37:18
##	Silke, Fiona	O40	00:29:03	00:01:11	00:43:50	00:01:07	00:22:23	01:37:36
##	O Loughlin Lynne	Sen	00:27:58	00:02:12	00:45:02	00:01:23	00:21:08	01:37:45
##	Varley, Clare	Relay F	00:30:00	00:00:28	01:05:37	00:01:55	00:00:17	01:38:19
##	Estremera, Joseph	Sen	00:27:27	00:01:54	00:43:56	00:01:42	00:23:25	01:38:26
##	Moran, Laura	Sen	00:29:19	00:00:47	00:44:22	00:00:41	00:23:27	01:38:38
##	McGrath, Shane	JNR	00:27:47	00:02:26	00:46:29	00:00:49	00:21:09	01:38:41
##	O' Malley, Emma	Sen	00:26:37	00:01:03	00:43:54	00:00:44	00:27:08	01:39:28
##	Tracy, Elaine	O40	00:29:14	00:01:23	00:45:08	00:01:25	00:23:23	01:40:34
##	Delaney, Martina	Sen	00:29:01	00:01:16	00:44:47	00:01:09	00:24:21	01:40:36
##	Rowan, Will	Sen	00:29:48	00:00:43	00:44:19	00:01:01	00:24:58	01:40:50
##	Moore, Joan	Sen	00:29:47	00:01:22	00:45:22	00:00:39	00:23:50	01:41:01
##	Hastings, Noreen	Sen	00:29:04	00:00:41	00:47:26	00:01:19	00:23:07	01:41:39
##	muldowney, john	O50	00:29:10	00:02:09	00:47:58	00:01:00	00:21:57	01:42:16
##	O'Brien, Patrick	O50	00:32:12	00:02:07	00:41:20	00:01:49	00:25:59	01:43:30
##	Toomey, Michelle	O40	00:28:37	00:02:24	00:46:15	00:00:39	00:25:43	01:43:40
##	Mulligan, Sarah	Sen	00:33:21	00:01:16	00:44:43	00:00:59	00:23:35	01:43:55
##	Gavin, Roisin	Sen	00:28:55	00:00:53	00:50:18	00:01:19	00:22:33	01:43:59
##	Gibbons Nessa	JNR	00:31:25	00:00:32	00:46:11	00:00:44	00:25:20	01:44:14
##	Kenning Dympa	O40	00:31:16	00:00:48	00:45:44	00:00:46	00:25:38	01:44:15
##	Feerick, Shauna	O40	00:30:51	00:01:08	00:47:35	00:01:02	00:24:43	01:45:21
##	Kelly, Ailish	Sen	00:31:12	00:01:32	00:47:42	00:01:03	00:23:53	01:45:23
##	Bracken, Flicky	O40	00:34:30	00:00:32	00:44:03	00:00:47	00:26:11	01:46:06
##	Walsh Ailish	O40	00:34:25	00:01:02	00:44:08	00:00:52	00:25:48	01:46:17
##	Woods Peter	O50	00:33:13	00:01:03	00:45:28	00:00:47	00:26:01	01:46:33

Club
Muckno tri club
Team Hurtlocker
Galway Tri
Galway Bay CC
Maryland Wheelers
CKR
Clonmel Tri
Islandeedy CC
DUCC
Maryland Wheelers
Galway Bay CC
Team Hurtlocker
Western Lakes CC
Galway Bay CC
Galway Bay CC
Liquid Motion Ballina
Tri lakes Tri
Predator Tri
Lough Key Tri
Liquid Motion Ballina
Western Lakes CC
Marrey Bikes
Team Multisport
Trilakes tri
Ballaghadereen CC
Team Hurtlocker
Western Lakes CC
Lanesborough Tri
Hollymount CC
Lough Key Tri
Western Lakes CC
Liquid Motion Ballina
Liquid Motion Ballina
Team Multisport
Hollymount CC
Western Lakes CC
Westport Leisure park
Marrey Bikes
Tri Conemara
M&M's
Tri Lakes
Balla
Team Multisport
Cunga CC
Team Multisport

Annagh Wheelers
Tri Lakes
Westport Leisure park
Garrymore
Team Multisport
Hollymount CC
Western Lakes CC
Galway tri
Belmullet CC
Liquid motion Ballina
Galway Tri
Castlebar
Tri Lakes
Annagh Wheelers
Westport CC
Galway Tri
Western Lakes CC
Galway tri
Westport Leisure park
Galway Tri
Westport Leisure park
Team Multisport
Team Multisport
Team Multisport
Team Multisport
Western Lakes CC
Yeats County CC
Team Multisport
Western Lakes CC
Westport Leisure park
Westport Leisure park
Tri Lakes
Wicklow Tri
Hollymount CC
Mayo AC
Cunga CC
Rathslevin Warriors
Team Hurt locker

Western Lakes CC
Mc Hale Team
Mc Hale Team
Mc Hale Team
Carraroe
Western Lakes CC
Team Hurtlocker
Castlebar CC
Team Multisport
Liquid Motion Ballina
Team Multisport
Mighty Men
Team Multisport
Hollymount CC
Western Lakes CC
Westport CC
Team Multisport
Carraroe
Galway Tri
Galway Tri
Hollymount CC
Cavan Tri
Castlerea
Claremorris
Galway Bay CC
Islandeady CC
Ballina AC
Galway tri
Galway Tri
Kilconly CC
Lough key Tri
Tri lakes

Tri Lakes
Mc Hale Team
Hollymount CC
Yeates County CC
Aspire Tri
Belpark Tri
Western Lakes CC
Blanch wheelies
Storm Chasers
Mc Hale Team
Western Lakes CC
Team Multisport
Kiltimagh
Lough Key Tri
Western Lakes CC
Mohill AC
Team Multisport
Mc Hale Team
Swinford
Team Multisport
Mc Hale Team
West Coast Wheelers
Team Hurtlocker
Team Hurt locker
Swinford Tri
Belmullet CC
Team Multisport
GCH
Westport CC
OX Mountain
Westport Leisure park
Westport CC

Westport Leisure park
Islandeady CC
Galway Tri
Ballinrobe Duathlon
Westport Leisure park
Westport Leisure park
Moyvalley AC
Ballintubber
Tri lakes
Ballinrobe Duathlon
Castlebar CC
Belmullet CC
Galway Tri
Galway Tri
Westport Leisure park
Westport Tri
Belmullet CC
Summerhill CC
Hollymount CC
PC
Swinford Tri
Western Lakes CC
Westport CC
Castlebar CC
Lough Key Tri
Team Multi Sport
Castlebar CC

Westport Leisure park
Team Multisport
Westport Leisure park
Team Multisport
Westport CC
Galway Tri
Western Lakes CC
Scrambled legs
Trilakes tri
Belmullet CC
Westport Leisure park
Galway Tri
Liquid Motion Ballina
Tri Lakes
Galway Tri
One for the Slope
Valeo CC
Castlebar CC
Western Lakes CC
Claremorris CC
Ballaghadereen CC
Western Lakes CC
Westport Leisure park
Western Lakes CC
Team Multisport
Tri lakes Tri

Western Lakes CC
Team Multisport
Belmullet CC
Westport Leisure park
Ballaghadereen CC
TUAM CC