

## Sheet1

pl.	Name	club	Cat.	Subcat.	#	Time
1	Killian HEERY		M	M30-34	43	58:03
2	Michael REILLY		M	M40-44	89	59:12
3	Patrick PETERS		M	M20-24	186	1:00:30
4	Peter MURTAGH	Deloitte	M	M35-39	171	1:00:57
5	William BYRNE		M	M40-44	10	1:01:20
6	Chris MCGUIGAN	Omagh TC	M	M50-54	63	1:01:51
7	Michael MCGLOIN		M	M40-44	61	1:02:40
8	Patrick BARRY	Pulse TC	M	M16-19	107	1:03:04
9	Jason TRAVERS	Tried & Tested	M	M40-44	100	1:03:08
10	Alex COLIN	Piranha TC	M	M25-29	17	1:03:20
11	Philip SMITH		M	M45-49	271	1:03:21
12	Gary CROSSAN		M	M45-49	284	1:03:22
13	Matthew CARROLL	Naas TC	M	M25-29	16	1:03:24
14	Andrew KIRK	Invictus TC	M	M25-29	48	1:03:37
15	Alan CONLON		M	M30-34	279	1:03:47
16	Barry CRONIN		M	M35-39	283	1:03:58
17	Ben MALONE	Belpark TC	M	M25-29	56	1:04:29
18	Danny O'SULLIVAN	Belpark TC	M	M35-39	82	1:05:24
19	Fergal O'LEARY		M	M40-44	79	1:05:34
20	Aubrey STOREY	Waterford TC	M	M35-39	98	1:05:51
21	Des CRINION		M	M30-34	21	1:05:55
22	Robbie SHORTALL	Portmarnock TC	M	M30-34	95	1:05:59
23	Brian AHERN		M	M35-39	1	1:06:06
24	Diarmuid MELDON	Piranha TC	M	M25-29	66	1:06:16
25	Mark CANNON	Belpark TC	M	M30-34	14	1:06:21
26	Karl CONNOLLY	Belpark TC	M	M25-29	19	1:06:37
27	Guillermo LÓPEZ ANDRES	Belpark TC	M	M35-39	156	1:06:40
28	Jamie MACKEN		M	M35-39	157	1:06:56
29	Ian BRANKIN	Peninsula TC	M	M40-44	111	1:07:11
30	Jakub ADAMIAK		M	M40-44	259	1:07:11
31	Matthew OSHEA		M	M25-29	183	1:07:24
32	Michael MACKEN	Athlone TC	M	M50-54	54	1:07:29
33	Sean ALLIS	West Cork TC	M	M40-44	2	1:07:32
34	Gary OWENS		M	M35-39	184	1:07:34
35	Kevin DERRIG	Pulse TC	M	M35-39	25	1:08:02
36	Joe SHEEHY	Wicklow TC	M	M50-54	92	1:08:06
37	Paul CLEARY		M	M40-44	278	1:08:08
38	Alan LUDLOW	Tri an Mhi TC	M	M40-44	49	1:08:18
39	Finn LYONS	Portmarnock TC	M	M30-34	51	1:08:23
40	Robert DUNCAN	Peninsula TC	M	M40-44	30	1:08:31
41	Ciara WILSON		F	F25-29	105	1:08:37
42	Raphael BRACQUART		M	M25-29	211	1:08:38
43	Gael HERNANDEZ	Belpark TC	M	M35-39	44	1:08:42
44	David MURILLO		M	M35-39	70	1:08:55
45	CONOR MCGLYNN		M	M30-34	62	1:08:58
46	Ian GREHAN	Belpark TC	M	M30-34	40	1:09:12
47	Ciaran RYAN	Belpark TC	M	M35-39	91	1:09:20
48	Des O' BRIEN		M	M35-39	75	1:09:22
49	Sean FARRELL	3D TC	M	M50-54	32	1:09:33
50	Brian TIERNAN		M	M30-34	99	1:09:41
51	Dermot O'CONNOR	Portmarnock TC	M	M35-39	77	1:10:00
52	Antoine TINON		M	M25-29	255	1:10:10

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53	Jonathan NANGLE	Tri an Mhi TC	M	M16-19	172	<b>1:10:35</b>
54	Steven DOLAN	Cork TC	M	M30-34	27	<b>1:10:37</b>
55	Ciara O'NEILL		F	F30-34	268	<b>1:10:59</b>
56	Conor BARRY	Belpark TC	M	M16-19	108	<b>1:11:09</b>
57	Paul BRADY		M	M35-39	5	<b>1:11:10</b>
58	David BRAY	Piranha TC	M	M45-49	6	<b>1:11:12</b>
59	Conor MEEHAN		M	M35-39	65	<b>1:11:18</b>
60	Simon GERRARD		M	M35-39	36	<b>1:11:25</b>
61	Olivia NI SHUILLEABHAIN	Athlone TC	F	F40-44	71	<b>1:11:28</b>
62	Nick JONES	Deloitte	M	M35-39	140	<b>1:11:28</b>
63	Barry LINEHAN		M	M30-34	232	<b>1:11:35</b>
64	Richard BRADLEY		M	M40-44	4	<b>1:11:44</b>
65	Damien KILLANE	Galway TC	M	M40-44	147	<b>1:11:50</b>
66	Eddie DONEGAN	Pulse TC	M	M40-44	28	<b>1:11:51</b>
67	David WALSH		M	M25-29	102	<b>1:11:58</b>
68	Eddie CAREY	Drogheda TC	M	M50-54	15	<b>1:12:06</b>
69	Eoghan BRENNAN	Belpark TC	M	M25-29	7	<b>1:12:10</b>
70	Alex GLEESON	Wicklow TC	M	M40-44	37	<b>1:12:11</b>
71	Scott BRYAN	3D TC	M	M35-39	8	<b>1:12:11</b>
72	Gerry BYRNE		M	M50-54	114	<b>1:12:32</b>
73	Shane GAVIN	Piranha TC	M	M30-34	35	<b>1:12:44</b>
74	Mark KEENAN		M	M25-29	282	<b>1:12:54</b>
75	Jill HORAN		F	F30-34	137	<b>1:13:04</b>
76	Michael óg MANLEY		M	M30-34	159	<b>1:13:07</b>
77	John O CONNELL		M	M30-34	74	<b>1:13:08</b>
78	Brendan SHERIDAN		M	M40-44	93	<b>1:13:21</b>
79	Paul O'NEILL		M	M45-49	272	<b>1:13:35</b>
80	Pat NEENAN	Wicklow TC	M	M30-34	174	<b>1:13:48</b>
81	Kevin TOHER		M	M30-34	256	<b>1:13:52</b>
82	Goran MARKUS	Belpark TC	M	M30-34	57	<b>1:13:54</b>
83	Orla WALSH	Pulse TC	F	F16-19	276	<b>1:13:58</b>
84	Sarah STAPLETON	Pulse TC	F	F35-39	97	<b>1:14:05</b>
85	Shane TOHER		M	M30-34	197	<b>1:14:15</b>
86	Jill KIERNAN		F	F25-29	262	<b>1:14:25</b>
87	Turlough O'CONNOR		M	M45-49	265	<b>1:14:28</b>
88	Carlos ANDRES		M	M25-29	208	<b>1:14:29</b>
89	Felix MOULIN		M	M20-24	243	<b>1:14:31</b>
90	David BRACKEN		M	M30-34	210	<b>1:14:32</b>
91	Stephen SHORT	3D TC	M	M40-44	94	<b>1:14:44</b>
92	Niall MCMONAGLE	Belpark TC	M	M35-39	164	<b>1:15:17</b>
93	Donna MAHON		F	F45-49	267	<b>1:15:18</b>
94	Seamus MCGARRELL		M	M30-34	60	<b>1:15:45</b>
95	Laura MC MUNN	Sligo TC	F	F20-24	160	<b>1:15:54</b>
96	Amie HANLEY	Deloitte	F	F35-39	133	<b>1:15:58</b>
97	Ross LACEY		M	M30-34	150	<b>1:16:04</b>
98	Claire LUDLOW	Tri an Mhi TC	F	F40-44	50	<b>1:16:16</b>
99	Gerry MURPHY		M	M50-54	263	<b>1:16:21</b>
100	Jonathan WHITSON		M	M25-29	207	<b>1:16:22</b>
101	Patricia EADIE	Piranha TC	F	F55-59	125	<b>1:16:30</b>
102	Philip BOURKE		M	M30-34	109	<b>1:16:36</b>
103	David MULQUEEN		M	M30-34	69	<b>1:16:45</b>
104	Paula PRENDERGAST		F	F35-39	88	<b>1:16:52</b>
105	Niall TOHER		M	M30-34	198	<b>1:16:53</b>

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106	Ann HORAN		F	F35-39	225	1:16:56
107	David HYNES		M	M50-54	227	1:16:59
108	David MCNAMEE	Deloitte	M	M30-34	166	1:17:00
109	Colm MCNALLY		M	M35-39	165	1:17:00
110	Ross GRIBBEN	Belpark TC	M	M25-29	41	1:17:01
111	Denis GRIFFIN	Activmultisport	M	M45-49	130	1:17:04
112	John KENNY		M	M55-59	47	1:17:07
113	Alan MCGRATH		M	M40-44	264	1:17:07
114	Fergus O'BRIEN		M	M40-44	247	1:17:28
115	Damien WARD		M	M40-44	270	1:17:28
116	Niall MAC CARTHY		M	M40-44	52	1:17:32
117	Neal LEDDY	3D TC	M	M40-44	154	1:17:48
118	Joe SWEENEY	Pulse TC	M	M45-49	194	1:18:00
119	Raymond KELLY		M	M25-29	145	1:18:20
120	Philip SHERIDAN		M	M25-29	273	1:18:25
121	Craig KIERNAN	Pulse TC	M	M25-29	146	1:18:30
122	Shane ST LEDGER		M	M25-29	96	1:18:35
123	Joanne WHITE	Drogheda TC	F	F45-49	205	1:18:37
124	Martin MAYCOCK		M	M35-39	58	1:18:45
125	Phil CLARKE		M	M35-39	117	1:18:51
126	Brian POWER		M	M35-39	269	1:19:18
127	Nigel CRAIG		M	M40-44	215	1:19:31
128	Sarah LANE	Portmarnock TC	F	F35-39	151	1:19:42
129	Rodger DELEHANTY		M	M30-34	24	1:20:33
130	Niall MAGEE	Fingal TC	M	M30-34	55	1:20:36
131	Paul LEAMY		M	M25-29	230	1:20:45
132	Stephen LONG		M	M30-34	233	1:20:51
133	Dani TONGE	Belpark TC	F	F30-34	199	1:20:57
134	Gavin BLUETT		M	M30-34	209	1:21:04
135	Chris ROCKS		M	M25-29	252	1:21:04
136	David BRENNAN		M	M45-49	275	1:21:06
137	Fergus WALSH	Pulse TC	M	M45-49	201	1:21:10
138	Mark FLOOD	Pulse TC	M	M30-34	129	1:21:12
139	Juan ENCINAS PASCUAL		M	M30-34	31	1:21:18
140	Joanne REILLY	Pulse TC	F	F35-39	190	1:21:23
141	Martina COLVILLE	Wicklow TC	F	F50-54	119	1:21:34
142	Julie RAYNER	3D TC	F	F35-39	188	1:21:42
143	John CURTIN		M	M30-34	22	1:21:43
144	David WATCHORN	Belpark TC	M	M25-29	203	1:21:43
145	Maura ORMISTON	Piranha TC	F	F25-29	182	1:22:03
146	Colin CAMPBELL	Belpark TC	M	M40-44	115	1:22:08
147	Roisin PAKENHAM	Piranha TC	F	F25-29	185	1:22:18
148	Garry KAVANAGH		M	M35-39	141	1:22:35
149	Aitor ARRIBAS VELASCO		M	M25-29	3	1:22:40
150	Eileen O'SULLIVAN		F	F50-54	181	1:22:50
151	Catherine OKEEFFE		F	F55-59	83	1:22:58
152	Elisa O'DONOVAN	Limerick TC	F	F35-39	179	1:23:18
153	Martin GRYMEL		M	M35-39	131	1:23:20
154	Gerard CROSSAN		M	M25-29	217	1:23:44
155	Geraldine GRANT	Activmultisport	F	F30-34	38	1:23:47
156	Shane MCVICKER	Pulse TC	M	M20-24	167	1:23:48
157	Celine LE BERRE	Pulse TC	F	F35-39	153	1:23:52
158	Ed COLLERAN	Belpark TC	M	M45-49	18	1:24:12

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159	Emma PARKINSON		F	F45-49	85	<b>1:24:15</b>
160	Audrey PHELAN	Piranha TC	F	F45-49	87	<b>1:24:19</b>
161	Lorraine SCHWER		F	F30-34	193	<b>1:24:22</b>
162	Glen HYNES		M	M30-34	258	<b>1:24:28</b>
163	Mark MANDARANO		M	M50-54	236	<b>1:24:40</b>
164	Ian FAHY		M	M35-39	218	<b>1:24:59</b>
165	Simon OWENS		M	M35-39	250	<b>1:25:06</b>
166	Barry KIRWAN	Belpark TC	M	M40-44	149	<b>1:25:08</b>
167	Tom MONNELLY		M	M45-49	68	<b>1:25:12</b>
168	Mike BURKE	Pulse TC	M	M55-59	113	<b>1:25:28</b>
169	Bert DEPLA		M	M40-44	260	<b>1:25:37</b>
170	Kristina COURTNEY		F	F35-39	121	<b>1:25:38</b>
171	Susan DOHERTY		F	F40-44	277	<b>1:25:44</b>
172	Eoin KIRWAN		M	M30-34	229	<b>1:25:48</b>
173	Gabriel OVEJERO		M	M30-34	249	<b>1:26:13</b>
174	David O'REILLY		M	M25-29	266	<b>1:26:16</b>
175	Mark MAGUIRE		M	M30-34	234	<b>1:26:22</b>
176	Jennifer CONDON		F	F30-34	214	<b>1:26:24</b>
177	James GORMLEY		M	M30-34	281	<b>1:26:27</b>
178	Amanda MCHUGH	Deloitte	F	F40-44	163	<b>1:26:34</b>
179	Tim HENDERSON	Belpark TC	M	M35-39	134	<b>1:26:44</b>
180	Karl HYNES		M	M30-34	138	<b>1:26:50</b>
181	Claire MURTAGH	Piranha TC	F	F30-34	244	<b>1:26:59</b>
182	Ben WATT		M	M40-44	103	<b>1:27:00</b>
183	Stephen MERRIGAN		M	M35-39	168	<b>1:27:20</b>
184	Stephen THURLEY	Peninsula TC	M	M40-44	195	<b>1:27:42</b>
185	Paul HENNESSY	Belpark TC	M	M25-29	135	<b>1:27:48</b>
186	Cabrina MCKENNA		F	F25-29	238	<b>1:28:05</b>
187	Liam KEATING		M	M45-49	142	<b>1:28:32</b>
188	Brian MAHER		M	M30-34	235	<b>1:29:14</b>
189	Shane FARRELL	Deloitte	M	M25-29	127	<b>1:29:36</b>
190	Loclainn DONNELLY		M	M50-54	123	<b>1:29:50</b>
191	Stephanie CARRAGHER		F	F30-34	116	<b>1:30:11</b>
192	Dermot MALONE		M	M45-49	158	<b>1:30:23</b>
193	Niamh KELLEGHER	Deloitte	F	F35-39	143	<b>1:30:36</b>
194	Sara SPENCER		F	F40-44	253	<b>1:30:53</b>
195	Louise HANNIGAN		F	F25-29	222	<b>1:30:56</b>
196	Caoimhe KIRWAN	Pulse TC	F	F20-24	148	<b>1:30:58</b>
197	Emma NOLAN		F	F25-29	245	<b>1:31:12</b>
198	Brian LANGTON		M	M50-54	152	<b>1:31:13</b>
199	Karen RYNN		F	F40-44	192	<b>1:31:16</b>
200	Billy BRODERICK		M	M50-54	112	<b>1:32:16</b>
201	Rebekah CORRIGAN	Activmultisport	F	F35-39	20	<b>1:32:28</b>
202	Barry FOY		M	M30-34	219	<b>1:32:31</b>
203	Eilis FALLON		F	F45-49	126	<b>1:32:41</b>
204	Sarah DOODY		F	F35-39	124	<b>1:32:44</b>
205	Jana HEPPNER	Pulse TC	F	F35-39	136	<b>1:33:35</b>
206	Susan O DONNELL		F	F40-44	176	<b>1:34:29</b>
207	Catriona DONOHOE	Belpark TC	F	F35-39	29	<b>1:36:06</b>
208	Nicola RICE		F	F35-39	191	<b>1:37:32</b>
209	Claire TANSEY	Pulse TC	F	F45-49	254	<b>1:37:55</b>
210	Aoife O'DEA		F	F25-29	248	<b>1:38:02</b>
211	Dave MORGAN		M	M20-24	242	<b>1:38:16</b>

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212	Asdrubal GARCIA-CAAMANO		M	M35-39	220	<b>1:38:43</b>
213	Caitriona MONNELLY		F	F45-49	240	<b>1:40:55</b>
214	Sean WHITE		M	M25-29	206	<b>1:41:34</b>
215	Denise CROSS		F	F35-39	280	<b>1:42:58</b>
216	Caoimhe NI DHUIBHINN		F	F40-44	175	<b>1:43:02</b>
217	Malachy QUINN	Deloitte	M	M35-39	187	<b>1:46:06</b>
218	Alison HALL	Deloitte	F	F25-29	132	<b>1:46:48</b>
219	Zoe WELLS	Cavan TC	F	F40-44	104	<b>1:48:31</b>