

Sheet1

Results from John Treacy Dungarvan 10 2018

10 Mile

The result list is ordered by gross results

Pl.	Name	Club	Gen	Age Cat	#	Gross	Net
1	Kevin MAUNSELL	Clonmel AC	M	MS	2790	49:27	49:27
2	David FLYNN	Sketchers Clonliffe Harriers	M	MS	481	49:47	49:47
3	Emmett DUNLEAVY	Sligo A.C.	M	MS	500	50:04	50:04
4	Alan O'SHEA	Bantry AC	M	MS	2784	51:35	51:35
5	James MC CARTHY	East Cork AC	M	MS	2787	52:17	52:17
6	Mike CARMODY	An Bru AC	M	MS	2783	52:56	52:56
7	Colin MERRITT		M	M45	495	53:17	53:17
8	Mark HOEY	Leevale AC	M	MS	2788	53:21	53:21
9	Trevor POWER	Waterford AC	M	MS	482	53:42	53:42
10	Michael MORGAN	St Finbarrs AC	M	M40	2282	53:57	53:57
11	Andrew SHEEHAN	Leevale AC	M	MS	480	54:02	54:02
12	John MEADE	St Finbarrs AC	M	MS	499	54:23	54:23
13	Niall O'RIORDAN	An Bru AC	M	MS	498	54:26	54:26
14	Jeremy O'DONOVAN	Eli Lilly RC	M	M40	2485	54:32	54:32
15	Kevin O'LEARY	East Cork AC	M	MS	2411	54:35	54:35
16	Noel MURPHY	Waterford AC	M	MS	283	54:49	54:49
17	Fergal WHITTY	Donore Harriers AC	M	M40	2767	54:55	54:55
18	Mark WALSH	Leevale AC	M	MS	2749	55:05	55:05
19	Joe CUNNINGHAM	St Finbarrs AC	M	M45	1803	55:11	55:11
20	Colm BURKE	St Abbans AC	M	M50	268	55:25	55:25
21	Rory O'SULLIVAN	St Finbarrs AC	M	M40	496	55:39	55:39
21	Jimmy BOLAND	Clonmel AC	M	MS	1629	55:39	55:39
23	Frank QUINLAN	Waterford AC	M	M40	497	55:47	55:47
24	Brian KEARNEY	Leevale AC	M	MS	2096	55:53	55:53
25	Raymond LONERGAN	Donore Harriers AC	M	MS	137	55:54	55:54
26	Anthony FLYNN	West Waterford AC	M	MS	415	56:16	56:14
27	Declan GUINA	West Limerick AC	M	MS	307	56:21	56:21
28	Graham O'DWYER	Raheny Shamrock AC	M	MS	2797	56:22	56:22
29	Eoin LYONS	Focus on Fitness	M	MS	2198	56:25	56:25
30	Vivian FOLEY	Eagle AC	M	M45	1925	56:27	56:26
31	David POWER	Rathfarnham WSAF AC	M	MS	211	56:32	56:32
32	Micheal MURPHY	Rathfarnham WSAF AC	M	MS	2305	56:46	56:45
33	Laura O'SHAUGHNESSY	Dundrum South Dublin AC	F	FS	2786	56:47	56:47
34	Tom UPTON	Portlaoise AC	M	MS	2782	56:50	56:50
35	Dermot RYAN	West Waterford AC	M	M40	2640	56:55	56:55
36	Alan KINSELLA	West Waterford AC	M	MS	2145	56:58	56:53
37	Myles GIBBONS	Sliabh Buidhe Rovers	M	M40	129	57:20	57:19
38	Jonathan MURPHY	Leevale AC	M	MS	176	57:26	57:26
39	Colin COYNE	St Abbans AC	M	M40	249	57:27	57:27
40	Mohamed WAHBI	St Finbarrs AC	M	MS	2727	57:35	57:34
41	Derek WALSH	Carrick On Suir AC	M	M40	2737	57:36	57:35
42	Alan LEHANE	St Finbarrs AC	M	MS	2172	57:38	57:38
43	Owen CUMMINS		M	MS	1798	57:45	57:45
44	Siobhan O'DOHERTY	Borrisokane AC	F	FS	191	57:59	57:59
45	Michael CREED	Leevale AC	M	M40	1771	58:04	58:04
46	Liam TRACEY	Watergrasshill AC	M	MS	2706	58:05	58:05
47	Matthew TWOMEY		M	M40	2716	58:06	58:06
48	Andrew FLEET	West Waterford AC	M	MS	1909	58:07	58:07

Sheet1

49	Daryl KEARNS	West Waterford AC	M	MS	309	58:11	58:08
50	Christopher MURNANE		M	MS	2304	58:12	58:12
51	David O'KEEFFE	Togher AC	M	MS	2446	58:15	58:15
52	Martin CURTIN	St Finbarrs AC	M	M40	1808	58:17	58:16
53	Joe LILLIS	Sliabh Buidhe Rovers	M	MS	2178	58:34	58:34
54	Damien RYAN	Castlegar AC	M	MS	2632	58:35	58:35
55	Bernard KIERNAN	Fermoy Tri Club	M	MS	2140	58:36	57:48
55	Philip O'LEARY		M	M40	2410	58:36	58:34
57	Joey FEERY	Clonmel AC	M	MS	1888	58:37	58:35
58	John TUPPER	St Finbarrs AC	M	MS	2711	58:38	58:37
58	Shane TWOMEY		M	MS	2719	58:38	58:13
60	George MCCARTHY	Farranfore Maine Valley AC	M	M45	2233	58:42	58:35
61	Michael KAVANAGH	3D Triathlon Club	M	MS	2086	58:44	57:29
61	Garrett LORDAN	Clonakilty Road Runners AC	M	MS	2186	58:44	58:42
63	John MURPHY	Grange Fermoy AC	M	M45	2325	58:45	58:43
64	Declan RYAN	Thurles Crokes AC	M	MS	2634	58:46	58:46
65	Des COLBERT	Waterford AC	M	M40	1728	58:50	58:49
66	Dean ROWE	Gowran AC	M	MS	2798	58:52	58:52
67	David KEHOE	Slaney Olympic AC	M	M50	2106	59:00	59:00
68	Bryan CROWLEY	Watergrasshil AC	M	M40	1787	59:06	59:06
69	Patrick ROCHE	Carrick On Suir AC	M	M40	269	59:07	59:07
70	Michael BYRNE	St Catherines AC	M	MS	1669	59:08	59:07
71	Paddy O'KEEFFE	Gowran AC	M	MS	2499	59:11	59:09
72	Frank HAYES	East Cork AC	M	M45	2018	59:13	59:13
73	David SMYTH	Waterford AC	M	M40	2678	59:19	59:17
74	Tony QUINLAN	Waterford AC	M	MS	2598	59:22	59:21
75	Graham SWORDS	Navy	M	MS	2694	59:23	59:21
76	Ian KELLY	West Limerick AC	M	M40	2115	59:25	59:25
77	Ken MAHER		M	M40	2210	59:29	59:26
78	John KINSELLA	Bilboa AC	M	MS	2144	59:32	59:31
79	Paul MORAN	Kilkenny City Harriers	M	M40	2276	59:33	59:31
80	Conor BARRY	St Abbans AC	M	MS	1595	59:34	59:33
81	Jason TRAVERS	West Waterford AC	M	M40	237	59:38	59:35
82	Sean MURPHY	United Striders AC	M	M40	2317	59:39	59:39
82	Mark COLLINS	Grange Fermoy AC	M	MS	1733	59:39	59:39
84	Mark LANGFORD	Waterford AC	M	MS	2159	59:42	59:39
85	David BUTLER	St Finbarrs AC	M	MS	1666	59:43	59:42
86	David BARRY		M	M45	1609	59:47	59:42
87	Padraig SHEEHAN	St Finbarrs AC	M	MS	2668	59:48	59:46
88	Paul Pio O'CALLAGHAN		M	MS	2443	59:49	59:47
89	Michael COLOHAN	Togher AC	M	MS	1742	59:53	59:53
90	John BEECHER	St Catherines AC	M	MS	349	59:54	59:53
91	Pat O'CONNOR	Eagle AC	M	M50	190	59:55	59:54
92	Conor BOLGER	Kilkenny City Harriers	M	M40	1630	1:00:00	59:57
93	Gary CLERKIN	Grange Fermoy AC	M	M45	1715	1:00:04	1:00:02
94	Garrett CASEY	St Finbarrs AC	M	M40	1703	1:00:07	1:00:05
94	Ray CLANCY		M	M50	1713	1:00:07	1:00:07
96	Derek KEHOE	Gowran AC	M	M45	2105	1:00:11	1:00:08
97	Pat PURCELL	Kilkenny City Harriers	M	M40	2588	1:00:16	1:00:12
98	David CRAIG	Bandon AC	M	MS	1770	1:00:17	1:00:16
99	Paul DORAN	United Striders AC	M	MS	1845	1:00:18	1:00:17
100	Trevor GEARY	St Catherines AC	M	M40	1957	1:00:20	1:00:18
101	Patrick MCCARTHY		M	M45	144	1:00:32	1:00:32

Sheet1

101	Brendan LYNG	United Striders AC	M	M45	2195	1:00:32	1:00:28
103	David O'CONNOR	St Catherines AC	M	MS	2387	1:00:34	1:00:32
104	Ruth FITZGERALD	Waterford AC	F	FS	785	1:00:35	1:00:34
105	John NOLAN	Waterford AC	M	MS	1978	1:00:36	1:00:35
106	Johnny SULLIVAN	Galtee Runners AC	M	M45	247	1:00:37	1:00:35
107	Noel MAHER	Kilkenny City Harriers	M	M40	2209	1:00:44	1:00:40
108	Sean O'BRIEN	St Finbarrs AC	M	MS	2368	1:00:50	1:00:49
108	Robert SCALLAN		M	MS	2655	1:00:50	1:00:50
110	Fergal SARGENT	St Finbarrs AC	M	MS	2652	1:00:51	1:00:50
111	Fiona SANTRY	East Cork AC	F	FS	1470	1:00:52	1:00:51
112	John O'ROURKE	Tried & Tested	M	MS	2526	1:01:07	1:01:02
113	Bobby REDMOND	Slaney Olympic AC	M	M40	2609	1:01:08	1:01:08
114	Dave MURPHY	Watergrasshil AC	M	M40	2318	1:01:10	1:01:08
115	Michael NOLAN		M	MS	179	1:01:11	1:01:00
116	Paul WYSE	Waterford AC	M	M40	2775	1:01:17	1:01:14
117	Derek CASEY	An Bru AC	M	MS	1699	1:01:25	1:01:25
117	Sean STILWELL	West Waterford AC	M	MS	2682	1:01:25	1:01:24
119	Ken O'MAHONY	Togher AC	M	MS	2442	1:01:28	1:01:28
120	Colm MCEVOY	St Abbans AC	M	M45	2242	1:01:35	1:01:35
121	Shane O'RIORDAN	West Waterford AC	M	MS	2525	1:01:39	1:01:38
121	Kealan CONNOR	Grange Fermoy AC	M	M40	1749	1:01:39	1:01:38
123	Morgan O'REGAN	Midleton AC	M	M40	2514	1:01:40	1:01:35
124	Brian MAHER	Croghan AC	M	M40	140	1:01:42	1:01:40
125	Eric BROWNE	Togher AC	M	MS	1647	1:01:44	1:01:44
126	Billy O'BRIEN	Skibbereen AC	M	MS	2367	1:01:45	1:01:44
127	Conor BUCKLEY	Watergrasshil AC	M	MS	1649	1:01:48	1:01:44
128	Shane POWER	West Waterford AC	M	MS	2578	1:02:11	1:02:07
129	Darren EGAN	Dundrum South Dublin AC	M	MS	1877	1:02:12	1:02:11
130	Vincent MCCORMACK		M	M45	151	1:02:13	1:02:10
131	Eric WOLFE	Togher AC	M	M40	2772	1:02:15	1:02:15
132	Fikadu KEBEDE WOLDETSADIK		M	MS	2104	1:02:16	1:02:16
132	Stephen GEOGHEGAN	St Finbarrs AC	M	M45	1964	1:02:16	1:02:16
134	Brendan O'DRISCOLL	Waterford AC	M	MS	2488	1:02:17	1:02:14
135	Martin HENNESSY	Kilfinane AC	M	MS	2037	1:02:18	1:02:14
136	Adele WALSH	St Senans AC	F	F40	1545	1:02:19	1:02:16
137	Loic GAREL	Leevale AC	M	MS	1948	1:02:22	1:02:22
138	Trevor CUNNINS	Ballymore Cobh AC	M	MS	2398	1:02:23	1:02:23
139	Terry RYAN	Leevale AC	M	M40	2637	1:02:24	1:02:19
140	Stephen ROONEY	Watergrasshil AC	M	M40	2624	1:02:25	1:02:21
141	John Paul DEVINE	Leevale AC	M	M50	1836	1:02:26	1:02:21
142	John GRAY	Grange Fermoy AC	M	MS	1981	1:02:27	1:02:22
143	Sorcha KEARNEY	St Finbarrs AC	F	F40	121	1:02:28	1:02:27
144	Andre VAN BARNEVELD	Croghan AC	M	M45	2722	1:02:29	1:02:29
145	Tom BENNETT	Blackwater AC	M	MS	1620	1:02:33	1:02:30
146	Liam LYONS	Clonakilty Road Runners AC	M	MS	2196	1:02:36	1:02:31
147	Alan GRAINGER		M	MS	1977	1:02:37	1:02:33
148	Ken INCE	Watergrasshil AC	M	MS	2072	1:02:41	1:02:38
148	Mikey KEATING	Galtee Runners AC	M	M45	308	1:02:41	1:02:35
150	T. J. CROTTY	West Waterford AC	M	MS	299	1:02:43	1:02:36
151	George MURRAY	Mallow AC	M	M40	2814	1:02:45	1:02:38
152	David SULLIVAN	Carrigtwohill AC	M	M40	2686	1:02:46	1:02:46
153	Chris KELLY	Aghada RC	M	MS	2118	1:02:54	1:02:53
154	Vinnie CODD	Waterford AC	M	M40	1724	1:02:56	1:02:53

Sheet1

155	Clive AHERNE	Mallow AC	M	MS	1576	1:02:58	1:02:51
156	Ray O'SULLIVAN	Aghada RC	M	MS	2430	1:02:59	1:02:58
157	Fergus NUGENT		M	MS	2360	1:03:03	1:03:00
158	Alan LYONS		M	MS	2202	1:03:05	1:03:00
159	Tom FOX	Eagle AC	M	M50	1937	1:03:11	1:03:09
160	Liam GROGAN	Naas AC	M	M40	1987	1:03:12	1:03:08
161	Paudie O'KEEFFE	Clonmel AC	M	M45	2498	1:03:15	1:03:07
161	David LEONARD	Sliabh Buidhe Rovers	M	M45	2175	1:03:15	1:03:13
163	Stephen DWYER		M	M40	1872	1:03:16	1:03:08
164	Ken CROWLEY	Watergrasshil AC	M	M40	1786	1:03:18	1:03:13
165	Dave MORGAN		M	MS	2281	1:03:19	1:03:15
166	Mark RADLEY	Tried & Tested	M	M40	162	1:03:20	1:03:15
167	Gary WALSH	Bweeng Trail Blazers	M	MS	2731	1:03:22	1:03:14
168	Padraic BIRMINGHAM	Mallow AC	M	M45	1623	1:03:24	1:03:23
169	Browne PAUL	Slaney Olympic AC	M	M40	2551	1:03:28	1:03:27
170	Chris O'CONNELL	St Catherines AC	M	M40	2541	1:03:29	1:03:25
171	David O'LEARY		M	MS	2503	1:03:30	1:03:21
172	John LYNCH	Traction AC	M	M40	2190	1:03:37	1:03:32
172	John O'MAHONY		M	M40	2450	1:03:37	1:03:35
174	Peter RYAN	Slaney Olympic AC	M	M40	2639	1:03:39	1:03:37
175	Tim HANNON	Midleton AC	M	MS	1999	1:03:40	1:03:34
176	Glenn DOLLARD	St Finbarrs AC	M	M40	1841	1:03:43	1:03:40
177	Ken MULCAHY	Eagle AC	M	M45	167	1:03:47	1:03:35
178	Shane NOONAN	Gowran AC	M	MS	2359	1:03:49	1:03:47
179	Micheal LUCEY	Leevale AC	M	M45	2188	1:03:50	1:03:48
180	Mark PURCELL	West Limerick AC	M	M45	273	1:03:52	1:03:49
181	Mick AHERN		M	MS	319	1:03:53	1:03:49
182	Pat COADY	Gowran AC	M	M40	1719	1:03:56	1:03:53
183	Kevin SMITH	Midleton AC	M	M40	2677	1:03:57	1:03:56
183	Maria MCCARTHY	Farranfore Maine Valley AC	F	F40	1103	1:03:57	1:03:50
185	Trust MTINSI	Kilkenny City Harriers	M	MS	2297	1:03:59	1:03:56
186	Sean ALLIS	Clonakilty Road Runners AC	M	M40	1579	1:04:00	1:03:57
187	Alan DALY		M	M40	48	1:04:14	1:04:11
188	Colin O'HERLIHY	Eagle AC	M	M45	2497	1:04:15	1:04:15
189	Trevor WOODGATE		M	MS	2773	1:04:16	1:04:10
190	Willie O'CONNOR	Galtee Runners AC	M	M45	32	1:04:18	1:04:13
191	Edmond NICHOLSON	Youghal AC	M	M45	270	1:04:20	1:04:17
192	Darren CASEY	Eagle AC	M	M40	1702	1:04:21	1:04:17
193	Donal DOWLING	Eagle AC	M	M40	1849	1:04:23	1:04:19
194	Katie HICKSON	Cork Tri Club	F	F40	924	1:04:27	1:04:20
195	Alan BARRY	Kildinan	M	M40	1598	1:04:29	1:04:24
196	Joe GOUGH	West Waterford AC	M	M65	1974	1:04:30	1:04:21
197	Stephen BUTLER	Waterford Tri Club	M	M40	1663	1:04:32	1:04:27
197	Garry NOONAN	Leevale AC	M	M40	2356	1:04:32	1:04:29
199	Brian JACOB	Focus on Fitness	M	MS	2076	1:04:34	1:04:29
200	Stephen TONER		M	M40	2704	1:04:35	1:04:28
201	John LYNCH	Tried & Tested	M	MS	2189	1:04:38	1:04:29
202	Ronan FORDE	Aghada RC	M	MS	1932	1:04:39	1:04:30
203	Frank HILL	Eagle AC	M	M50	2048	1:04:40	1:04:38
204	Ann GEARY	Midleton AC	F	F35	822	1:04:40	1:04:33
205	Matthew GEDEN		M	M50	1962	1:04:43	1:04:41
206	Mark SHALLOE	West Waterford AC	M	MS	465	1:04:44	1:04:40
207	Billy RECK	Slaney Olympic AC	M	M45	2608	1:04:44	1:04:38

Sheet1

208	Tim BARRY		M	M40	1603	1:04:46	1:04:36
208	Thomas BARRY	Youghal AC	M	MS	1596	1:04:46	1:04:36
210	Christopher O'REILLY		M	M45	208	1:04:46	1:04:38
211	Don PYNE	Grange Fermoy AC	M	MS	2590	1:04:47	1:04:47
211	Allan CARR	St Catherines AC	M	MS	1692	1:04:47	1:04:45
213	Bryan GALLWEY	Clonakilty Road Runners AC	M	MS	1942	1:04:48	1:04:45
214	Eamonn NAGLE	Mallow AC	M	M45	2349	1:04:48	1:04:41
215	Claire O'BRIEN	Watergrasshil AC	F	FS	1292	1:04:49	1:04:48
216	Eoin RYAN	Bohermeen AC	M	MS	2648	1:04:49	1:04:46
217	Billy RYAN	West Waterford AC	M	MS	2649	1:04:50	1:04:43
218	Don MCDONALD	Midleton AC	M	MS	152	1:04:50	1:04:42
219	Patrick HALLAHAN		M	MS	1994	1:04:53	1:04:44
220	Tony SULLIVAN		M	MS	2685	1:04:55	1:04:54
221	Pat NOLAN	Waterford AC	M	M40	2353	1:04:56	1:04:49
222	Jason NICHOL	Cork Tri Club	M	MS	2351	1:04:58	1:04:52
223	Liam MURPHY		M	M50	174	1:04:59	1:04:55
224	Sean PRIOR	Kinsale Tri club	M	M40	2583	1:04:59	1:04:56
225	John CAREY	Kilkenny Tri Club	M	M50	1689	1:05:01	1:04:53
226	Niamh CRONIN	St Finbarrs AC	F	F40	666	1:05:05	1:05:05
227	Philip DINNEEN	Ballintotis	M	MS	54	1:05:09	1:05:06
228	Paul CARROLL		M	M45	26	1:05:13	1:05:06
229	William GREENSMYTH		M	MS	93	1:05:15	1:05:13
230	Joe SALMON	West Waterford AC	M	M45	357	1:05:17	1:05:12
231	Niall BARRY	West Waterford AC	M	MS	2780	1:05:19	1:05:16
232	Derek AHERN	Midleton AC	M	MS	1573	1:05:20	1:05:14
233	Darren FLYNN	Grange Fermoy AC	M	M40	1915	1:05:21	1:05:18
234	Eddy O'DONOGHUE	Clonmel AC	M	M40	438	1:05:23	1:05:17
235	Michael LINEHAN	St Finbarrs AC	M	M45	2179	1:05:23	1:05:19
236	Eddie KNOWLES	Clonakilty Road Runners AC	M	M40	2152	1:05:23	1:05:21
237	Colm RYAN		M		2800	1:05:25	1:05:19
238	Gavin WHELAN		M		2805	1:05:26	1:05:20
239	Maurice MCGEE		M	M45	154	1:05:27	1:05:19
240	Trevor SWIFT		M	M40	2693	1:05:27	1:05:27
241	Garret BYRNE	West Waterford AC	M	M40	378	1:05:30	1:05:25
242	Stephen PENDER	Ballymore Cobh AC	M	MS	2553	1:05:33	1:05:26
243	Brendan MOONEY	Focus on Fitness	M	M45	2273	1:05:43	1:05:34
244	Maurice HOPE	An Bru AC	M	MS	2059	1:05:48	1:05:42
245	John FITZGIBBONS		M	M50	78	1:05:49	1:05:30
246	Adrian DOYLE	Sliabh Buidhe Rovers	M	M40	1853	1:05:55	1:05:40
247	Robert LYNCH	Leevale AC	M	MS	2194	1:05:55	1:05:47
247	Dolores DUFFY	Watergrasshil AC	F	F50	744	1:05:55	1:05:47
249	Fergal BARRY	Gneeveguilla AC	M	M45	1604	1:05:57	1:05:52
250	Grainne O'CALLAGHAN	North Cork AC	F	FS	1312	1:06:01	1:05:48
251	Ambrose HEAGNEY		M	M55	100	1:06:02	1:05:54
252	Ray HAESY	West Waterford AC	M	M50	348	1:06:03	1:05:57
253	Donough BARROW	Mallow Tri Club	M	M45	9	1:06:08	1:05:58
254	Brian SLATTERY	Waterford Tri Club	M	M40	2673	1:06:13	1:06:07
255	Jean MCDONNELL	Mallow AC	F	F40	1113	1:06:14	1:06:14
256	David MOYNIHAN	Midleton AC	M	MS	2295	1:06:14	1:06:06
257	John O'SULLIVAN	Balance Fitness	M	MS	424	1:06:17	1:06:09
258	Owen DUNPHY		M	M45	1869	1:06:17	1:06:12
259	Brendan FLANAGAN	Mallow AC	M	M40	1906	1:06:22	1:06:15
260	Jason PHELAN	Swaby Sessions	M	M45	2558	1:06:23	1:06:11

Sheet1

261	Cathal DWANE		M	MS	358	1:06:24	1:06:16
262	Shane MEYLER	Ballymore Cobh AC	M	M40	2267	1:06:25	1:06:18
263	Neilus AHERNE	Midleton AC	M	M60	266	1:06:28	1:06:27
264	Aidan BUCKLEY	Mallow AC	M	M45	1651	1:06:37	1:06:30
265	Pat MURRAY	United Striders AC	M	M40	391	1:06:39	1:06:27
266	Dave BARTLEY	Grange Fermoy AC	M	M50	1613	1:06:46	1:06:41
267	Padraig COUGHLAN	Skibbereen AC	M	MS	1766	1:06:50	1:06:40
268	Colin CROTTY		M	M40	1783	1:06:51	1:06:47
269	Mick MURPHY	Midleton AC	M	M45	2327	1:06:53	1:06:46
270	Joe O'CALLAGHAN	Kilkenny Tri Club	M	M45	2379	1:06:53	1:06:46
271	Brendan MOYLAN		M	M40	2292	1:06:59	1:06:59
272	Niall O'CONNOR		M	MS	181	1:07:04	1:06:49
273	Gerard REILLY		M	M45	406	1:07:09	1:07:09
274	Michael MULCAHY	Knockraha	M	M40	2299	1:07:11	1:07:03
275	Adrian LANIGAN	Sportsworld RC	M	M40	2161	1:07:14	1:07:03
276	Declan IVERS		M	M45	2073	1:07:15	1:07:06
277	Pat COSTIGAN	St Catherines AC	M	M45	1757	1:07:20	1:07:10
278	James WHELAN	West Waterford AC	M	M40	2762	1:07:22	1:07:07
279	Stephen O'RIORDAN		M	MS	2522	1:07:24	1:07:16
280	Fergal O'DONOVAN	MSD Brinny Ballinhassig	M	M45	2486	1:07:25	1:07:16
281	Philip O'NEILL	East Cork AC	M	MS	2511	1:07:30	1:07:17
282	Ellen HANLEY	Grange Fermoy AC	F	F40	869	1:07:32	1:07:26
283	Colm SHEEHAN	Mallow AC	M	M45	2666	1:07:35	1:07:21
284	Fintan LAHIFFE		M	M45	2154	1:07:42	1:07:28
285	Tobi GRAB	Leevale AC	M	M40	1976	1:07:42	1:07:35
286	Francis MORRISSON	Grange Fermoy AC	M	M40	164	1:07:44	1:07:28
287	Tim CRONIN		M	M40	1597	1:07:47	1:07:37
288	Orla O'ROURKE	Ballymore Cobh AC	F	F50	1375	1:07:47	1:07:40
289	David HOWELL		M	M40	113	1:07:49	1:07:44
290	Cornelius MCFADDEN	Clonmel AC	M	M50	2244	1:07:49	1:07:10
291	Gerry MORAN	St Killians AC	M	M45	2280	1:07:52	1:07:41
292	David BARRY	Youghal AC	M	M45	1608	1:07:53	1:07:44
293	Maura REGAN	Eagle AC	F	F35	1437	1:07:54	1:07:50
294	Alan CULLEN	West Waterford AC	M	M40	289	1:07:54	1:07:47
295	Trevor MASON	West Waterford AC	M	M40	470	1:07:55	1:07:50
296	Bernard DURAND	Clonmel AC	M	M45	437	1:07:58	1:07:41
297	Brian AHERN	Bweeng Trail Blazers	M	M40	1574	1:08:00	1:07:44
298	Dan KIRBY		M	MS	2148	1:08:01	1:07:52
299	Colin O'REILLY		M	M40	2519	1:08:02	1:07:58
300	Micheal MURPHY		M	M40	439	1:08:03	1:07:52
301	James DENN	Clonmel AC	M	M40	1831	1:08:03	1:07:53
302	Olan HAYES	Clonakilty Road Runners AC	M	MS	2019	1:08:03	1:07:49
303	Tony MURPHY	Mallow AC	M	M45	255	1:08:07	1:07:53
304	Mark GALLAGHER	Eagle AC	M	M40	1939	1:08:09	1:08:05
305	Ed BATTYE	Saturday Road Runners	M	MS	1614	1:08:10	1:07:55
306	Tony HOLOHAN	Saturday Road Runners	M	M40	2058	1:08:12	1:07:59
307	Edward KAVANAGH	Balance Fitness	M	M40	2087	1:08:13	1:08:00
308	Ronan HEFFERNAN		M	M45	2031	1:08:13	1:08:13
309	Toby BEDELL	Tried & Tested	M	M45	1618	1:08:14	1:08:02
309	Kieran HENNERTY		M	M40	104	1:08:14	1:08:09
311	David POWER		M	M40	2569	1:08:15	1:08:09
312	Brian WALLACE		M	M40	2730	1:08:16	1:08:09
313	Alan HOGAN	West Waterford AC	M	MS	2054	1:08:16	1:08:10

Sheet1

314	James FLETCHER		M	M40	1912	1:08:18	1:08:12
315	Donna DUNNE		F	F35	65	1:08:19	1:08:13
316	Emmet PRENDERGAST	Clonmel AC	M	MS	2581	1:08:19	1:08:08
317	Laura ROONEY	Watergrasshil AC	F	F40	1450	1:08:24	1:08:16
318	Marco PETRASSI	Leevale AC	M	MS	2556	1:08:25	1:07:36
319	Late entry				2831	1:08:26	1:08:13
320	Donal BRESLIN	Tramore AC	M	M40	1640	1:08:29	1:08:12
321	John HENNESSY		M	M40	2040	1:08:30	1:08:20
322	Benvon LYONS		F	F40	1067	1:08:30	1:08:28
323	David O'RIORDAN	Carraig na bhFear AC	M	M50	2547	1:08:31	1:08:22
324	Fergal O'MEARA	Midleton AC	M	M45	2419	1:08:31	1:08:21
325	Paul KEARNEY	Aghada RC	M	MS	2101	1:08:33	1:08:24
326	Denis CRONIN	Mallow AC	M	M55	1777	1:08:34	1:08:27
327	Brendan CURTIN	Midleton AC	M	M40	1807	1:08:35	1:08:25
328	Catriona MULDOWNNEY	Adeles Eat Train Live	F	FS	1171	1:08:36	1:08:17
329	Siobhan KENNEDY	Focus on Fitness	F	F55	1002	1:08:37	1:08:28
330	Aine ROCHE	Clonmel AC	F	F35	296	1:08:38	1:08:29
331	Shane CARROLL	Ballintotis Fit 4 life	M	MS	1694	1:08:38	1:08:34
332	Ger O'REGAN	Midleton FC	M	M45	2515	1:08:41	1:08:32
333	Emmet KELLY	Waterford Tri Club	M	MS	2113	1:08:42	1:08:39
334	Tom HOGAN	West Waterford AC	M	M40	2053	1:08:43	1:08:43
335	Patrick FITZGERALD		M	M45	1897	1:08:44	1:08:29
336	Brian SANDERS	South Coast Tri Club	M	M40	2651	1:08:51	1:08:37
337	John KELLY	Mallow AC	M	M45	2117	1:08:52	1:08:44
338	Micheal REA		M	M40	2606	1:08:53	1:08:41
339	Adrian COLLINS		M	MS	1734	1:08:53	1:08:40
340	Paul MURRAY		M	M50	2346	1:08:54	1:08:44
341	Cait CAULFIELD	Waterford AC	F	F45	458	1:08:55	1:08:43
342	Paul KELLY		M	MS	2822	1:08:57	1:08:43
343	Liam MURPHY	United Striders AC	M	MS	2306	1:08:57	1:08:57
344	Ciara SHORTALL	Naas AC	F	F45	1489	1:08:57	1:08:46
345	Dylan BARRY	Wexford Marathon Club	M	M40	1602	1:08:59	1:08:42
346	Tomás DE FAOITE	West Waterford AC	M	MS	1823	1:09:00	1:08:49
347	Dave RONAN	Carrigtwohill AC	M	MS	2623	1:09:00	1:08:49
348	Rebecca DOOCEY	Clonmel AC	F	F35	721	1:09:01	1:08:44
349	Eugene O'CONNOR	Eagle AC	M	M45	2479	1:09:03	1:08:49
350	Robert MIKOLAJCZYK		M	MS	2268	1:09:06	1:08:55
351	Mike G MCGRATH	Eagle AC	M	M55	2249	1:09:06	1:08:49
352	Fiona MCCARTHY		F	F40	1104	1:09:07	1:08:51
353	Fergal O'CALLAGHAN		M	M40	2377	1:09:08	1:08:56
354	David CODY	Midleton AC	M	M40	30	1:09:10	1:08:59
355	Gerry CANTWELL	West Waterford AC	M	M60	1682	1:09:12	1:09:09
356	Gary WHELAN	Waterford AC	M	MS	2760	1:09:13	1:09:00
357	Derek MALONE	Croghan AC	M	M45	2212	1:09:13	1:09:10
358	Daniel DIAZ LÓPEZ	Cork Tri Club	M	MS	1838	1:09:14	1:09:03
359	Pat CODD	Slaney Olympic AC	M	MS	1723	1:09:14	1:09:03
360	Keith BARRY	St Catherines AC	M	M40	1600	1:09:15	1:09:04
360	Adrian ASPEL	Saturday Road Runners	M	M45	1583	1:09:15	1:09:00
362	Julianne BUCKLEY	Watergrasshil AC	F	F35	566	1:09:16	1:08:41
363	Darren TUTTY	West Waterford AC	M	M40	2712	1:09:17	1:09:05
364	Colette O'DONOGHUE	Watergrasshil AC	F	F35	1304	1:09:17	1:09:06
365	Ken HARNEY	Youghal AC	M	M45	2003	1:09:18	1:09:06
366	Éamonn CASHIN	West Waterford AC	M	MS	1707	1:09:20	1:09:05

Sheet1

367	Anne WOLFE	St Finbarrs AC	F	F45	248	1:09:21	1:09:09
368	Shane EDWARDS		M	MS	1874	1:09:22	1:09:16
368	Eoin CULHANE		M	M40	1793	1:09:22	1:09:09
370	John COLLINS	Mallow AC	M	M45	1739	1:09:22	1:09:07
371	Brendan WALSHE	Clonmel AC	M	M40	2752	1:09:22	1:09:02
372	Paul FLOOD	Kilkenny Tri Club	M	MS	1913	1:09:22	1:09:14
373	Mark GATER		M	M40	1951	1:09:23	1:09:10
374	Eugene O'KEEFFE		M	M45	1881	1:09:23	1:09:09
375	Ailish MANSFIELD	Clonmel AC	F	F35	492	1:09:24	1:09:09
375	Julie KENNEALLY	Youghal AC	F	FS	994	1:09:24	1:09:15
377	Padraig KENNEDY		M	MS	341	1:09:26	1:09:10
377	Conor MANNING	North Cork AC	M	M40	2213	1:09:26	1:09:14
379	Peter O'BRIEN	Grange Fermoy AC	M	MS	2366	1:09:28	1:09:15
380	Brendan CHAWKE		M	MS	1711	1:09:28	1:09:09
381	Declan DORGAN	Midleton AC	M	M40	2832	1:09:28	1:09:20
382	Deccie BARRON	Youghal AC	M	M40	1590	1:09:28	1:09:17
383	Brian COTT	Midleton AC	M	M40	41	1:09:31	1:09:22
384	David EGAN	Cork Tri Club	M	M50	1875	1:09:32	1:09:19
385	Austin RYAN	Thurles Crokes AC	M	M45	2644	1:09:32	1:09:23
386	Brendan HICKEY	St Catherines AC	M	M40	2044	1:09:32	1:09:22
387	Barry HORGAN	Clonmel AC	M	M40	365	1:09:33	1:08:48
388	Deirdre MURPHY	West Waterford AC	F	F40	1188	1:09:34	1:09:22
389	Roland BOURKE		M	M40	1632	1:09:36	1:09:19
390	Fionan O'HAODAIN	Midleton AC	M	M40	2403	1:09:37	1:09:33
391	Martin FEENEY		M	MS	1886	1:09:38	1:09:06
392	Brian MCMAHON	Adeles Eat Train Live	M	M40	2227	1:09:38	1:09:12
393	Nigel HAYES		M	MS	2015	1:09:39	1:09:24
394	Oliver RYAN	Clonmel AC	M	M40	2182	1:09:40	1:09:19
395	Richard PIOTROWSKI	Eagle AC	M	M70	2559	1:09:41	1:09:33
396	Simon BULL		M	M40	1655	1:09:41	1:09:20
397	Anthony ARCHER		M	MS	1581	1:09:42	1:09:27
398	Micheal RYAN	Dundrum AC	M	MS	368	1:09:42	1:09:33
399	Michael O'DRAIGHNEAIN		M	M45	425	1:09:43	1:09:30
400	Colm WALSH		M		2812	1:09:44	1:09:33
401	Waltet DROHAN	West Waterford AC	M	M40	1856	1:09:44	1:09:33
402	Ian ROCHE	Eagle AC	M	MS	2619	1:09:52	1:09:36
403	Siobhan MCHUGH	Clonmel AC	F	F45	1127	1:09:53	1:09:40
404	Andy WHEELER	Carraig na bhFear AC	M	M50	2759	1:09:53	1:09:47
405	Conor BARRY	Wexford Marathon Club	M	M45	1607	1:09:54	1:09:35
406	Gavin ROCHE	Togher AC	M	M40	2620	1:09:56	1:09:47
407	Sinead BUCKLEY	North Cork AC	F	F35	260	1:09:58	1:09:46
408	Shane HANLEY	Galtee Runners AC	M	M40	1997	1:09:59	1:09:32
409	Brendan DILLON	Slaney Olympic AC	M	M50	1839	1:10:01	1:09:49
410	Aidan CROWLEY	Bweeng Trail Blazers	M	MS	1790	1:10:04	1:09:48
411	Tony O'SULLIVAN	Togher AC	M	M45	2436	1:10:07	1:09:57
412	Noel RYAN	Clonmel AC	M	M40	2636	1:10:08	1:09:45
413	Colman KIRBY	Kinsale Tri club	M	M40	2147	1:10:10	1:09:58
413	Patrick RYAN		M	M55	405	1:10:10	1:10:10
415	Catherine MURPHY	Eagle AC	F	F40	1184	1:10:16	1:10:03
416	Naomi DOONAN	SRR	F	F40	727	1:10:16	1:09:51
417	Seamus CARDIFF	Newbridge AC	M	M40	1683	1:10:17	1:10:08
418	Richard O'GORMAN	Clonmel AC	M	M50	294	1:10:20	1:10:11
419	Patrick DALY	Mallow AC	M	MS	1814	1:10:22	1:10:08

Sheet1

420	David MCCONNELL	Waterford Tri Club	M	M40	2237	1:10:24	1:10:02
421	Mark MCGRATH	Croghan AC	M	M40	2246	1:10:26	1:10:13
422	Brian CARROLL	Clonmel AC	M	M40	435	1:10:27	1:09:41
423	Sinead BRANNIGAN	Waterford AC	F	FS	545	1:10:29	1:10:16
424	Stephen HURLEY	Watergrasshil AC	M	MS	2068	1:10:30	1:10:11
425	Michael CALLAGHAN	West Waterford AC	M	M45	1676	1:10:31	1:10:13
426	Joe SCANLAN	Blackwater Tri Club	M	M45	2657	1:10:32	1:10:19
427	Noel DROHAN	West Waterford AC	M	M45	404	1:10:34	1:10:19
428	John PERRY	Clonmel AC	M	M45	2554	1:10:34	1:10:16
429	Kevin CASEY	West Waterford AC	M	MS	1700	1:10:35	1:10:19
430	Mark O'REILLY		M	M45	207	1:10:37	1:10:26
431	Aidan SCALLY	Clonakilty Road Runners AC	M	M55	2656	1:10:37	1:10:22
432	Mark COADY	Youghal AC	M	MS	1720	1:10:40	1:10:25
433	Colum KIDNEY		M	MS	2136	1:10:40	1:10:22
434	Alan MCELHINNEY		M	M40	2241	1:10:41	1:10:30
435	John KENT	United Striders AC	M	M40	2131	1:10:43	1:10:21
436	Danny CROWLEY	Ballymore Cobh AC	M	M55	1789	1:10:43	1:10:19
437	Tomas MURPHY		M	M40	2321	1:10:43	1:10:31
438	Neil PROVEN	Clonmel AC	M	M50	2585	1:10:46	1:10:33
439	Vincent MCHUGH	Clonmel AC	M	M40	2254	1:10:47	1:10:30
440	John O'CONNOR		M	M45	2480	1:10:49	1:10:36
440	Francisco JAEN	Leevale AC	M	M40	2077	1:10:49	1:10:36
442	Ann-Marie BOLAND	Clonmel AC	F	FS	1421	1:10:50	1:10:49
443	Elaine GUINANE	Eagle AC	F	F40	856	1:10:54	1:10:38
444	Shane BRADLEY	Churchill Runners	M	MS	1634	1:10:56	1:10:40
445	Michael ABERNETHY	Midleton AC	M	MS	1571	1:10:56	1:10:35
446	Patrick VEALE	West Waterford AC	M	MS	403	1:11:01	1:10:52
447	Nigel BERRY	Aghada RC	M	M40	1622	1:11:02	1:10:52
448	Mark HIGGINS	United Striders AC	M	MS	108	1:11:03	1:10:44
449	Tommy FALCONER		M	MS	1882	1:11:07	1:10:54
450	Bryan KAVANAGH		M	M40	2089	1:11:07	1:10:32
451	Fergal QUINLAN	Ballymore Cobh AC	M	M45	215	1:11:08	1:10:58
452	Ken WHITTLE		M	MS	2766	1:11:09	1:10:52
453	Jim O'MAHONY	Carraig na bhFear AC	M	M45	2506	1:11:09	1:10:58
454	Jeremiah CALLANAN	Kinsale Tri club	M	MS	1678	1:11:10	1:10:57
455	Ronan MEALLY		M	M40	2264	1:11:11	1:10:52
456	Francis MAUNSELL	Midleton AC	M	M45	2218	1:11:15	1:11:06
457	Helen DOYLE	Kilmore AC	F	F45	734	1:11:16	1:10:59
458	Anthony POWER	Clonmel AC	M	M55	2815	1:11:31	1:11:13
459	Marvin BOARD	Carrigtwohill AC	M	MS	1626	1:11:34	1:11:22
460	Garry COLLINS	Buttevant RC	M	M40	1735	1:11:34	1:11:21
461	Kenneth O'KEEFFE	Aghada RC	M	M50	2406	1:11:38	1:11:04
462	Karen BEVAN	Eagle AC	F	F35	531	1:11:39	1:11:22
463	Dave SHEEHAN	St Finbarrs AC	M	MS	2663	1:11:39	1:11:30
464	Kevin BOYD		M	MS	1633	1:11:40	1:11:24
465	Sandra PRENDERGAST	West Waterford AC	F	FS	1424	1:11:40	1:11:27
466	Colm POWER		M	MS	2579	1:11:40	1:11:23
467	Michael FALSEY	Kilkenny Tri Club	M	MS	253	1:11:41	1:11:24
468	Gus KEOHANE	Carraig na bhFear AC	M	M40	2133	1:11:44	1:11:31
469	Eddie O'REGAN	Youghal AC	M	M55	2516	1:11:46	1:11:29
470	Deirdre NI CHEARBHAILL	Crusaders AC	F	F40	1217	1:11:47	1:11:34
471	Stephen WILLOUGHBY	Brothers Pearse AC	M	M50	2771	1:11:47	1:11:31
472	Michael CONNERN		M	MS	1746	1:11:47	1:11:30

Sheet1

473	Cyril FOGARTY	Clonmel AC	M	M50	291	1:11:47	1:11:36
474	Anthony DWYER	West Waterford AC	M	M60	414	1:11:50	1:11:35
475	Jonathan REGAN		M	MS	477	1:11:50	1:11:22
476	Brendan CROSS	GoTri	M	M40	1781	1:11:51	1:11:42
477	Brian SWEENEY	Waterford Tri Club	M	M45	2691	1:11:52	1:11:31
478	Daniel KENNEDY	Newcastle GAA	M	MS	2126	1:11:52	1:11:39
479	Mark MULCAHY	Saturday Road Runners	M	MS	2298	1:11:53	1:11:27
480	Michael CONSIDINE		M	M45	1750	1:11:53	1:11:19
481	Denis O'BRIEN	United Striders AC	M	M45	389	1:11:57	1:11:46
482	Martin O'REILLY	St Finbarrs AC	M	M40	2518	1:11:59	1:11:47
483	Noel HEGARTY	Lismore AFC	M	M40	2033	1:11:59	1:11:45
484	Sarah KEARNS	Naas AC	F	F40	975	1:12:01	1:11:49
485	Suzanne SHINE	Clonmel AC	F	F40	1487	1:12:01	1:11:39
486	Margo DINAN	St Finbarrs AC	F	F50	20	1:12:03	1:11:52
487	Derek WALSH	Watergrasshil AC	M	M45	2742	1:12:06	1:11:39
488	David WALSH	Fota Island RC	M	MS	246	1:12:07	1:11:44
489	Seamus MCSWEENEY		M	M45	156	1:12:07	1:11:35
490	Deirdre AHERNE	Midleton AC	F	F35	5	1:12:09	1:12:05
490	John GRIFFIN	Clonmel AC	M	M45	94	1:12:09	1:11:39
492	John CAREY	Cork Tri Club	M	M50	1688	1:12:11	1:11:40
493	Brendan MULHALL		M	MS	168	1:12:11	1:11:56
494	Pat FITZGERALD		M	MS	1901	1:12:12	1:12:01
495	John BURKE	Kinsale Tri club	M	M40	23	1:12:12	1:12:05
496	Brian O'KEEFFE	Saturday Road Runners	M	MS	2408	1:12:13	1:11:47
497	Tom CUNNIFFE		M	MS	1799	1:12:14	1:11:41
498	Ken WYNMAN	Eagle AC	M	M50	2774	1:12:14	1:12:07
499	Iain QUINLAN	Carrigtwohill Road Runners	M	M40	1918	1:12:16	1:11:50
500	Davidq KENNEDY	Kilkenny City Harriers	M	M40	2127	1:12:17	1:11:56
501	Chris MCGRATH	Aghada RC	M	MS	2251	1:12:17	1:11:40
502	Ciarán O'GORMAN	Galtee Runners AC	M	MS	2495	1:12:18	1:11:49
503	Evelyn HARAN		F	F40	263	1:12:19	1:11:58
504	Derek COSTELLO	Eagle AC	M	M45	39	1:12:20	1:12:03
505	Joe KELLEHER	St Finbarrs AC	M	M45	251	1:12:20	1:12:20
506	Derek LANE		M	M45	2158	1:12:26	1:12:08
507	Laura FLAVIN	West Waterford AC	F	F35	320	1:12:28	1:12:28
508	Dermot KELLY		M	M40	126	1:12:30	1:12:27
509	Daithí DE PAOR		M	M50	1825	1:12:31	1:12:22
510	Brigita LUKSTE	North Cork AC	F	F35	417	1:12:36	1:12:14
510	Niall BUCKLEY		M	M40	21	1:12:36	1:12:05
512	Colm STAFFORD	United Striders AC	M	M50	385	1:12:37	1:12:16
513	Noel LAWLOR	Clonakilty Road Runners AC	M	M50	2166	1:12:37	1:12:23
514	Denis O'BRIEN	Marathon Club Ireland	M	M50	2458	1:12:39	1:12:17
515	Damien BURKE		M	M45	1661	1:12:39	1:12:17
516	Mary FITZGERALD	Carraig na bhFear AC	F	F45	781	1:12:42	1:12:31
517	Keith O'BRIEN	Clonmel AC	M	M40	2369	1:12:42	1:12:03
518	Stephen O'REILLY	West Waterford AC	M	M40	2424	1:12:44	1:12:15
518	Craig COWMING		M	MS	400	1:12:44	1:12:14
520	Eamon SAUNDERS	Slaney Olympic AC	M	M50	2653	1:12:44	1:12:34
521	Tony MURRAY		M	M45	2344	1:12:46	1:12:40
522	Neil QUINLAN	Galtee Runners AC	M	MS	2597	1:12:48	1:12:44
523	Kevin NASH		M	M45	2350	1:12:51	1:12:39
524	Mary STEED	Kings River AC	F	F45	1504	1:12:52	1:12:25
525	Ken BYRNE	Kilkenny Tri Club	M	M45	1672	1:12:55	1:12:47

Sheet1

526	Keith HYDE		M	M45	2070	1:13:02	1:13:02
527	Mick O'GORMAN	United Striders AC	M	M55	397	1:13:02	1:12:42
528	Mervin DOYLE	Kilkenny City Harriers	M	M40	1852	1:13:06	1:12:47
529	Gary HURNEY		M	MS	473	1:13:06	1:12:33
530	Helen WALSH	Togher AC	F	F40	1547	1:13:09	1:12:46
531	Vincent O'BRIEN	Limerick AC	M	M40	2539	1:13:10	1:12:47
532	John SCANNELL	Eagle AC	M	M45	2658	1:13:12	1:12:59
533	Brendan COLLINS	St Nicholas AC	M	M40	1736	1:13:12	1:12:59
534	John M GEEHAN		M	MS	325	1:13:14	1:12:49
535	John David DWANE		M	M40	339	1:13:17	1:12:50
536	Mark FLYNN		M	MS	81	1:13:21	1:13:14
537	Ian HAYES		M	MS	2014	1:13:21	1:13:01
538	Brian O'BRIEN		M	M40	2455	1:13:23	1:13:08
539	Gary GIBBONS	Eagle AC	M	M45	1965	1:13:24	1:12:59
540	Jer CREEDON	UCC Staff RC	M	MS	1772	1:13:25	1:13:02
541	David BARRY	Lisgoold	M	M40	1599	1:13:28	1:12:56
542	Eileen REEVES	Dooneen AC	F	F50	1436	1:13:31	1:11:30
543	Michael BAILEY		M	MS	1584	1:13:34	1:12:46
544	Ger MCCLEAN	Midleton AC	M	M50	2223	1:13:36	1:13:06
545	Conrad MURPHY		M	MS	2312	1:13:37	1:13:22
546	Thersa BARNETT		F	F55	1588	1:13:38	1:13:09
547	Mike GRIFFIN	Dooneen AC	M	M40	1983	1:13:39	1:13:24
548	Trevor MOORE		M	M40	2274	1:13:39	1:13:05
549	Graham QUINLAN	Waterford AC	M	MS	2599	1:13:41	1:13:28
549	Conor MCGRATH		M	MS	2252	1:13:41	1:13:35
551	David WADE	Tramore AC	M	M55	2725	1:13:42	1:13:27
552	Anthony O'DONOVAN	South Coast Tri Club	M	M40	192	1:13:42	1:13:29
553	Liam WALSH		M	MS	2751	1:13:42	1:13:17
554	Aidan MAGNER		M	M45	2206	1:13:43	1:13:31
555	Oliver MURPHY	Grange Fermoy AC	M	M40	2316	1:13:43	1:13:17
556	Colin LOCHADEN	Ballintotis Fit 4 life	M	M40	2180	1:13:45	1:13:13
557	Catherine REDMOND	Eagle AC	F	F40	1434	1:13:46	1:13:11
558	Liam LEWIS	Mooreabbey Milers AC	M	M40	135	1:13:47	1:13:44
559	Tom BURKE	Clonmel AC	M	M45	128	1:13:47	1:13:08
560	Alex EATON		M	M40	68	1:13:48	1:13:19
561	Helen LEONARD	Leevale AC	F	F45	2791	1:13:49	1:13:43
562	Linda O'SULLIVAN	Watergrasshil AC	F	F45	1289	1:13:50	1:13:23
563	Kieran KEANE		M	MS	313	1:13:52	1:13:15
564	Mark PYNE	Grange Fermoy AC	M	M40	2591	1:13:53	1:13:30
565	Michelle DOHERTY	Clonmel AC	F	F40	712	1:13:53	1:13:26
566	Niall MORRISSEY		M	M45	2289	1:13:55	1:13:20
567	Stephen JONES	Mallow Tri Club	M	MS	2081	1:13:56	1:13:38
568	Keith PYKE	New York Harriers	M	MS	2589	1:13:57	1:13:43
569	Kieran MULLANE		M	M50	2302	1:13:57	1:13:01
570	Keith O'DRISCOLL	Waterford AC	M	M40	2396	1:13:58	1:13:44
571	Lisa BOLAND	Eagle AC	F	F50	535	1:14:00	1:13:40
572	June O'SHEA		F	F35	1377	1:14:00	1:13:40
573	Sheila PERRY	Clonmel AC	F	F45	1397	1:14:01	1:13:44
574	James SULLIVAN		M	MS	2688	1:14:02	1:13:33
575	David DEVINE	Kilkenny Tri Club	M	M45	1835	1:14:02	1:13:55
576	Lorcan O'MUIRI		M	M40	2420	1:14:03	1:13:43
577	Edel ROCHE	Clonmel AC	F	F35	1085	1:14:05	1:13:43
578	Stan DVORSKY		M	M45	1870	1:14:06	1:13:57

Sheet1

579	Kevin MANSFIELD		M	MS	2214	1:14:07	1:13:38
580	Brid NORMOYLE		F	F40	1228	1:14:08	1:13:32
581	Martin KEHOE	United Striders AC	M	M45	394	1:14:09	1:13:48
582	Pat COUGHLAN	Wibbly Wobbly Wonders	M	M40	1764	1:14:09	1:13:44
583	Don EGAN		M	M50	1876	1:14:10	1:13:35
584	Martin FLYNN	Waterford AC	M	M45	1916	1:14:11	1:13:43
585	Ciara MCSWEENEY	Focus on Fitness	F	F40	1138	1:14:11	1:13:43
586	Darren KIELY	Kinsale Tri club	M	MS	2139	1:14:12	1:13:42
587	Martin TOBIN	West Waterford AC	M	M50	2701	1:14:13	1:14:13
587	Alan O'CONNOR	United Striders AC	M	M40	2477	1:14:13	1:13:48
589	Beth O'CONNOR	United Striders AC	F	F40	1322	1:14:14	1:13:49
590	Sean LYONS		M	M40	2199	1:14:18	1:13:44
591	Kenny BRETT	Clonmel AC	M	M45	1641	1:14:20	1:13:57
592	Jon WATERMAN		M	MS	2756	1:14:21	1:13:35
592	Toma POWER		M	M40	2570	1:14:21	1:13:52
594	Billy CROWLEY	Fota Island RC	M	MS	1785	1:14:22	1:14:01
595	Ian MURPHY	Youghal AC	M	M45	2330	1:14:23	1:13:53
596	Tom CORCORAN		M	MS	1753	1:14:24	1:13:54
597	Liam MURPHY	Mallow AC	M	M45	2326	1:14:25	1:13:51
598	Jimmy MCGIBNEY	Waterford AC	M	M45	2245	1:14:26	1:13:55
599	Ian MCELHINNEY		M	MS	2240	1:14:26	1:14:15
600	Mark O'SULLIVAN	Droamhane Road Runners	M	M50	282	1:14:28	1:14:12
601	Mary SWEENEY	St Finbarrs AC	F	F55	369	1:14:28	1:14:27
602	Declan CLANCY	Watergrasshill AC	M	MS	1714	1:14:29	1:13:55
603	Gareth F. COLEMAN		M	M50	280	1:14:31	1:13:59
604	Tony POWER	Ballinacurra Villagers	M	M45	2571	1:14:32	1:14:32
605	Pat DUNFORD	West Waterford AC	M	M50	487	1:14:34	1:14:04
606	Declan O'CALLAGHAN		M	MS	2464	1:14:35	1:14:12
607	Raymond BARROW	Mallow AC	M	MS	1592	1:14:36	1:14:05
608	Ray WHITE		M	M40	2765	1:14:36	1:14:09
609	Gráinne NÍ LUASA	St Finbarrs AC	F	FS	1222	1:14:37	1:14:06
610	Mary COLLINS		F	F40	630	1:14:39	1:14:23
611	Cathal CHAMBERS		M	MS	1710	1:14:40	1:14:07
612	Ed FITZGERALD	Eagle AC	M	M45	1896	1:14:40	1:14:05
613	John TWOMEY	Clonakilty Road Runners AC	M	M40	2714	1:14:42	1:14:42
613	Patrick O'CONNELL	Togher AC	M	MS	2470	1:14:42	1:14:18
615	Daire O'SULLIVAN	Mallow AC	M	MS	2432	1:14:42	1:14:37
616	Joe LANGTON		M	M40	2160	1:14:42	1:13:57
616	Yvonne CASEY	An Bru AC	F	F35	604	1:14:42	1:14:01
618	Colm O'SHEA	Pat Walsh Running	M	M45	2529	1:14:43	1:14:17
619	Adrian O'DRISCOLL	Wibbly Wobbly Wonders	M	M40	2397	1:14:44	1:14:20
619	Jeremy WHITTY	Newbridge AC	M	M45	2768	1:14:44	1:14:36
621	Michael FLANNERY		M	MS	1908	1:14:47	1:14:27
622	Paul COLFER	United Striders AC	M	M40	388	1:14:47	1:14:21
623	Tj O'DWYER	Wibbly Wobbly Wonders	M	MS	2445	1:14:47	1:14:18
624	Brian MURPHY	Cobh Tri Club	M	M45	2324	1:14:49	1:14:18
625	David O'RIORDAN	Leevale AC	M	M40	2427	1:14:49	1:14:19
626	Teresa O'CONNOR	Dundrum AC	F	F40	1246	1:14:49	1:14:17
627	Bill FITZGERALD		M	MJ	1899	1:14:50	1:14:18
628	Dave MC KEON		M	M40	445	1:14:51	1:14:36
629	Ray BANNON	West Waterford AC	M	MS	1586	1:14:52	1:14:24
630	Stephanie JOHNSON		F	F45	961	1:14:52	1:14:26
631	Denis O'LEARY	Aghada RC	M	M40	202	1:14:53	1:14:18

Sheet1

632	John LONGAN		M	MS	2184	1:14:55	1:14:24
633	Charles PERUMAL		M	MS	2555	1:14:55	1:14:31
634	Deirdre GIBSON	Kinsale Tri club	F	FS	828	1:14:56	1:14:27
634	Edel MCDONNELL	Naas AC	F	F40	1114	1:14:56	1:14:26
636	Fergal CONNOLLY	West Waterford AC	M	M45	35	1:14:56	1:14:25
637	James CURRY		M	M40	1806	1:14:57	1:14:16
638	Michael MINEHANE		M	MS	2269	1:14:57	1:14:32
639	Claire DERMODY	Kilkenny City Harriers	F	F35	708	1:14:57	1:14:26
640	Andrzej BUJALSKI	Carrigtwohill AC	M	MS	1654	1:14:58	1:14:40
641	Eoin O'MAHONY		M	M40	2414	1:14:59	1:14:36
642	Diarmuid COSTINE		M	MS	1758	1:15:00	1:14:28
643	Michael GEARY		M	M40	1958	1:15:04	1:14:39
644	Sean O'DEA	Clonmel AC	M	M50	2389	1:15:05	1:14:26
645	Pat MEHIGAN		M	M40	2265	1:15:06	1:14:35
646	Sharon O'GORMAN		F	FS	200	1:15:06	1:14:36
647	John GUIRY		M		2810	1:15:08	1:14:40
648	Noel O'CONNOR		M	M55	184	1:15:10	1:14:39
649	Colm O'MAHONY		M	M40	2505	1:15:10	1:14:33
650	Kenneth GEARY		M	M40	1959	1:15:10	1:14:44
650	Patrick O'MAHONY	Togher AC	M	M45	2416	1:15:10	1:14:34
652	Richard RYAN	SLOT AC	M	MS	2633	1:15:10	1:14:45
653	Christine KELLY	Aghada RC	F	FS	991	1:15:12	1:14:35
654	Mary PHELAN		F	F40	1402	1:15:12	1:14:41
655	Andrew DOWNEY	Carrick On Suir AC	M	M40	262	1:15:13	1:14:56
656	Ciara BURKE	West Waterford AC	F	FS	350	1:15:15	1:14:42
657	Patrick MURPHY	United Striders AC	M	M40	386	1:15:15	1:14:54
658	Andrew HOLOHAN	Naas AC	M	M40	2057	1:15:18	1:15:05
659	Dave GIBSON	Kinsale Tri club	M	MS	1967	1:15:21	1:14:56
660	Martin HAYES		M		2808	1:15:23	1:14:53
661	Davy TOBIN	West Waterford AC	M	M55	2702	1:15:23	1:14:48
662	Dominic O'BRAONAIN		M	M40	180	1:15:25	1:14:55
663	Justin COONAN	West Waterford AC	M	M45	1751	1:15:25	1:15:06
664	Margaret JONES	Midleton AC	F	F45	962	1:15:27	1:14:56
665	Peter QUINN	Ballymore Cobh AC	M	M55	2604	1:15:29	1:14:59
666	Keith BUCKLEY	Grange Fermoy AC	M	MS	1648	1:15:29	1:14:59
667	George BULMAN	Youghal AC	M	M55	1657	1:15:31	1:15:15
668	Micheal O'MULLAIN		M	M40	204	1:15:31	1:15:08
669	Mol LAMBERT	Saturday Road Runners	F	F45	1031	1:15:32	1:15:00
670	Martin WALSH	Clonmel AC	M	M50	2744	1:15:33	1:14:41
670	Pat GRIFFIN	Clonakilty Road Runners AC	M	M45	1986	1:15:33	1:14:58
672	Emma BARRY	Sportsworld RC	F	F35	515	1:15:33	1:14:57
673	Denis DAVERN	Galtee Runners AC	M	M50	50	1:15:36	1:15:06
674	Nicholas WALSH	Le Cheile AC	M	MS	2734	1:15:36	1:15:23
675	Tommy KEATING	Adrenaline RC	M	M50	2103	1:15:36	1:15:00
676	Sam MOURSY	Eli Lilly RC	M	M45	2291	1:15:38	1:14:56
677	Eimear O'SULLIVAN		F	FS	1290	1:15:39	1:15:11
678	Seamus KEHOE	United Striders AC	M	M50	2107	1:15:41	1:15:07
679	Patrick O'SHEA	Wibbly Wobbly Wonders	M	MS	2819	1:15:42	1:15:13
680	Sandra YOUNG	United Striders AC	F	FS	1570	1:15:43	1:15:07
681	James HODGINS		M	M45	2049	1:15:44	1:14:58
682	Paul MURPHY	CIT	M	M40	2315	1:15:46	1:15:11
683	Mick RONAN		M	M50	442	1:15:47	1:15:05
684	Mick CLEERE	United Striders AC	M	M40	392	1:15:47	1:15:27

Sheet1

685	Brian KEANE	Nore Valley AC	M	M50	2095	1:15:48	1:15:38
686	Liz NYHAN	West Waterford AC	F	F45	1234	1:15:48	1:14:59
687	Elaine HORGAN	Clonmel AC	F	F35	366	1:15:48	1:15:03
688	Becky MCGRATH	Kilkenny Tri Club	F	FS	1097	1:15:49	1:15:19
689	Gareth POPE	West Waterford AC	M	M40	2560	1:15:50	1:15:44
690	Gillian SOHUN		F	F45	1497	1:15:50	1:15:21
691	Gordon FLANAGAN		M	MS	1905	1:15:51	1:15:08
692	Anne Marie HALPIN	Cahir Meet & Train	F	F40	867	1:15:52	1:15:13
693	Jennifer CRONIN	Mallow AC	F	F40	2816	1:15:53	1:15:11
694	Ian PURCELL	Clonmel Tri Club	M	MS	2586	1:15:55	1:15:23
695	Ashleigh HARTIGAN		F	FS	877	1:15:56	1:15:14
696	Paraic MC CARTHY		M	M45	306	1:15:57	1:15:26
697	Gwen CONROY	Watergrasshil AC	F	F40	642	1:15:57	1:15:37
698	Paul O'CONNELL	Ballintotis Fit 4 life	M	M45	2383	1:15:59	1:15:12
699	Tommy DUNPHY	Clonmel AC	M	M40	1868	1:15:59	1:15:41
700	Mike BROWNE	The Churchtown Roadrunners	M	MS	1645	1:15:59	1:15:13
701	Deirdre O'LEARY	North Cork AC	F	F35	1349	1:16:02	1:15:23
702	Adrian FITCH	Mallow AC	M	M50	1894	1:16:02	1:15:19
703	Neil GRIFFIN	Focus on Fitness	M	MS	1982	1:16:06	1:15:45
704	James COTTER		M	MS	42	1:16:06	1:15:39
705	Justin COSTIGAN		M	MS	40	1:16:09	1:15:29
706	Mike CRONIN		M	M50	449	1:16:14	1:15:54
707	Keith ROBINSON	Clonmel AC	M	MS	2618	1:16:14	1:15:51
708	Brian BALDWIN		M	MS	1585	1:16:15	1:15:52
709	Muireadach O'CONNOR		M	M45	2542	1:16:16	1:15:24
710	John COLEMAN	St Finbarrs AC	M	MS	1729	1:16:17	1:15:39
711	Martin O'SULLIVAN	Ballincollig AC	M	M60	2451	1:16:17	1:15:47
712	Kenneth SISK		M	M50	2670	1:16:17	1:15:42
713	Patrick DUNLEA	Aghada RC	M	MS	779	1:16:20	1:15:41
714	Rosie LENEHAN	Run4Fun	F	F40	2820	1:16:21	1:15:36
715	Mairead KILMARTIN	Dundrum AC	F	F40	261	1:16:21	1:15:43
716	Eamonn MCGRATH		M	M50	2248	1:16:22	1:15:53
717	Eddie TRINDLE	Eagle AC	M	M40	2708	1:16:22	1:15:47
718	Michael CREMIN		M	M40	1774	1:16:25	1:15:51
719	Niamh CARROLL	Kilkenny City Harriers	F	F40	601	1:16:27	1:16:06
720	Patrick POWER	Eagle AC	M	M40	2564	1:16:30	1:16:14
721	Joanne O'NEILL	West Waterford AC	F	F40	344	1:16:31	1:16:06
722	Patrick LANNEN	West Waterford AC	M	M45	343	1:16:32	1:16:07
723	Alam FOLEY	Watergrasshil AC	M	M45	1926	1:16:32	1:16:02
724	Sarah BOWE		F	F45	540	1:16:36	1:16:31
725	Lis CROWLEY	Watergrasshil AC	F	F40	675	1:16:36	1:16:06
726	Clare SHERMAN		F	F35	1486	1:16:39	1:16:07
727	Michael FEENEY		M	MS	1887	1:16:39	1:16:08
728	Tanya LEISK		F	F40	1046	1:16:41	1:16:27
729	Con MCGRATH		M	M40	146	1:16:41	1:16:11
730	Hannah NI FHAOLAIN		F	FS	1220	1:16:44	1:16:20
731	St John O'CONNOR	St Nicholas AC	M	M45	2385	1:16:46	1:16:01
732	Edmond PRENDERGAST	Clonmel AC	M	M55	2582	1:16:48	1:16:16
733	Brendan NUGENT	Kilkenny City Harriers	M	M45	2361	1:16:52	1:16:17
734	Rachael O'CALLAGHAN	Togher AC	F	F40	1243	1:16:52	1:16:29
735	Keitaro ADO		M	M55	1572	1:16:53	1:16:35
736	Karen RYAN	Kilkenny Tri Club	F	F45	1462	1:16:53	1:16:46
737	Michael BREEN		M	MS	15	1:16:54	1:16:07

Sheet1

738	Lorcan MURPHY	Sliabh Buidhe Rovers	M	M45	2329	1:16:54	1:16:09
739	Simon DAVIES	Ballintotis Fit 4 life	M	M40	1822	1:16:55	1:16:24
740	Suzanne O'NEILL	Waterford AC	F	F45	1363	1:16:57	1:16:24
741	Justin (gus) HOULIHAN		M	MS	2064	1:16:57	1:16:22
742	Shirley MOLLOY		F	F40	934	1:16:57	1:16:23
743	Billy GOUGH	Togher AC	M	M45	1973	1:16:58	1:16:29
744	Declan KEARNEY		M	MS	2102	1:16:59	1:15:43
745	Eveleen DROHAN		F	F40	739	1:17:00	1:16:29
746	Jody HALLINAN	West Waterford AC	M	M45	376	1:17:02	1:16:42
747	Conor MURRAY	West Waterford AC	M	M50	2345	1:17:02	1:16:25
748	Richard MEEHAN	Ballynonty AC	M	M55	275	1:17:05	1:16:42
749	Andrew KELLEHER	St Finbarrs AC	M	MJ	250	1:17:07	1:16:41
750	Martin HURLEY	Carraig na bhFear AC	M	M45	116	1:17:09	1:16:37
751	Maria O'BRIEN	Buttevant RC	F	F45	1238	1:17:10	1:16:26
752	Darragh DUGGAN		M	MS	1860	1:17:13	1:16:50
753	Kevin O'MEARA		M	M40	2508	1:17:14	1:16:57
754	Claire KENNEDY	West Waterford AC	F	FS	324	1:17:16	1:16:44
755	Cormac MCSWEENEY	Ardkeen Fermoy	M	M45	2262	1:17:18	1:16:49
756	Thomas BARRY	South Coast Tri Club	M	M45	1605	1:17:18	1:16:45
757	Der MOLONEY	Cork Tri Club	M	M50	298	1:17:18	1:16:38
758	Donal RYAN	Clonmel AC	M	M45	2643	1:17:19	1:16:40
759	Joe HEALY	Glounthaune AC	M	MS	102	1:17:21	1:17:02
759	Toni O'RIORDAN	Apple RC	M	M45	2523	1:17:21	1:16:53
761	Michael O'BRIEN		M	MS	2454	1:17:21	1:16:43
762	Jeremy COLLINS		M	M40	1738	1:17:21	1:16:36
763	Michael TWOMEY		M	M40	2717	1:17:22	1:16:55
764	Hilary CREEDON		F	F40	43	1:17:23	1:16:47
765	Pat O'REGAN	Togher AC	M	M45	2422	1:17:23	1:16:55
765	Thomas O'REGAN	Leevale AC	M	M50	2423	1:17:23	1:16:54
767	Paul EVANS		M	M60	1879	1:17:23	1:16:53
768	Leonard CUMMINS	Ballymore Cobh AC	M	MS	1409	1:17:25	1:16:30
769	Michael PRATT	Grange Fermoy AC	M	M55	2580	1:17:26	1:16:39
770	Emilio MOYA ROSA	West Waterford AC	M	MS	312	1:17:27	1:16:51
771	Orla HOULIHAN	Watergrasshill AC	F	FS	944	1:17:30	1:16:59
772	Helen CRONIN	Eagle AC	F	F35	662	1:17:32	1:16:56
773	Geraldine LACEY	West Waterford AC	F	F40	1025	1:17:32	1:16:57
774	Olwyn LARKIN	Portlaoise AC	F	F45	1034	1:17:34	1:17:01
775	Angie REDMOND		F	F40	216	1:17:35	1:17:14
776	Claire FITZGERALD	Midleton AC	F	F40	75	1:17:36	1:17:32
777	Stephen MURPHY		M	MS	175	1:17:37	1:17:10
778	Liam VAUGHAN		M	M50	2723	1:17:38	1:17:20
779	Ger MARSHALL		M	M55	141	1:17:39	1:16:54
780	Andy GOULDING	Wibbly Wobbly Wonders	M	MS	1975	1:17:40	1:17:15
781	David WALSH	Saturday Road Runners	M	M40	2738	1:17:42	1:17:16
782	Marie GILLMAN	Midleton AC	F	F50	829	1:17:43	1:17:13
783	Alan CLIFFORD	Donadea RC	M	M40	372	1:17:45	1:17:24
784	Sean MURPHY	Ballintotis Fit 4 life	M	M45	2322	1:17:45	1:17:17
785	Tom QUIRKE	St Nicholas AC	M	MS	2605	1:17:46	1:17:09
786	Anthony WALSH	Apple RC	M	M55	2746	1:17:49	1:17:03
787	Frank GOSS	St Catherines AC	M	M45	1972	1:17:50	1:17:24
788	Mike HENNERTY		M	M40	105	1:17:50	1:16:50
789	Ivan HAYES		M	M40	2017	1:17:52	1:17:22
790	Breeda SHEEDY	Midleton AC	F	F50	1478	1:17:54	1:17:24

Sheet1

791	Stephen RYAN	Ballymore Cobh AC	M	M45	2642	1:17:57	1:17:00
792	Hilary MURPHY	Waterford AC	M	MS	285	1:17:57	1:17:23
793	Michael GROGAN	Churchill Runners	M	M50	1989	1:17:57	1:17:21
794	Hugh BYRNE	Garda AC	M	M40	1670	1:17:57	1:17:30
795	Cian CRONIN	Clonmel Tri Club	M	MS	1779	1:18:01	1:17:12
796	Lynne DOHERTY	Ballymore Cobh AC	F	F45	713	1:18:02	1:17:18
797	Cathal E. GLEESON	West Waterford AC	M	M40	335	1:18:04	1:17:30
798	Ita KIRWAN	Eagle AC	F	F45	131	1:18:04	1:17:21
798	David MC NALLY	West Waterford AC	M	M45	472	1:18:04	1:17:29
800	Ger MURPHY	Slaney Olympic AC	M	M50	2335	1:18:06	1:17:43
801	Pj SCOLLARD	Waterford AC	M	M40	2660	1:18:06	1:17:27
802	Finola FITZSIMONS		F	F45	79	1:18:07	1:17:38
803	Paul PHELAN	Kilkenny City Harriers	M	M45	2557	1:18:09	1:17:37
804	Thomas CASHIN		M	MS	1708	1:18:09	1:17:47
805	Dan TWOHIG	Midleton AC	M	M40	238	1:18:10	1:17:33
806	Stephen POWER	St Finbarrs AC	M	MS	2577	1:18:10	1:17:47
807	Paul LYONS		M	M40	2200	1:18:12	1:17:46
808	Colin GARDE	Midleton AC	M	MS	1947	1:18:12	1:17:26
809	Denis MCCARTHY	Grange Fermoy AC	M	MS	2220	1:18:13	1:17:39
810	Maire WALSH	Midleton AC	F	F35	1538	1:18:15	1:17:46
811	Dermot RYAN		M	M40	2641	1:18:16	1:17:52
812	Cora MULDOWNNEY		F	F40	286	1:18:18	1:17:54
813	Donny FLYNN		M	M45	1917	1:18:19	1:17:53
814	Ivan CUMMINS		M	M40	1797	1:18:20	1:18:17
815	Ester O'LEARY		F	F40	120	1:18:21	1:17:37
816	Jimmy O'SULLIVAN	Wibbly Wobbly Wonders	M	M50	2438	1:18:23	1:17:58
817	John FINN		M	MS	1892	1:18:26	1:17:54
818	P.J. HOLMES	Dundrum AC	M	M60	367	1:18:27	1:18:08
819	James KENNEDY	Tramore AC	M	M55	2129	1:18:27	1:18:12
820	Michael DALY	Carraig na bhFear AC	M	M45	1816	1:18:30	1:17:57
821	Cathal POWER		M	M40	2568	1:18:31	1:17:44
822	Charlie BYRD	Eagle AC	M	M50	1668	1:18:31	1:17:44
823	Lee DOHERTY		M	M45	2843	1:18:31	1:17:57
824	Marie SLATTERY	Kilkenny Tri Club	F	F40	1495	1:18:32	1:17:57
825	Brian JACKMAN	Saturday Road Runners	M	M45	2074	1:18:33	1:17:56
826	Bart GUTOWSKI		M	MS	1993	1:18:35	1:17:51
826	Paul MCGUINNESS	St Catherines AC	M	M40	2226	1:18:35	1:17:51
828	Declan O'CALLAGHAN		M	M40	2465	1:18:35	1:17:55
829	Adil ANSAROGLU	Togher AC	M	MS	1580	1:18:37	1:18:16
830	Ricky BENNETT		M	M40	1621	1:18:38	1:17:58
831	Colin KEANE		M	MS	2094	1:18:39	1:18:02
831	Sinead NOONAN	St Finbarrs AC	F	F40	1225	1:18:39	1:18:10
833	Michael O'LOUGHLIN		M	M50	182	1:18:40	1:18:06
834	Caolan FLYNN		M	MS	1919	1:18:41	1:18:01
835	Johnny MCGRATH		M	M40	1744	1:18:41	1:18:05
836	Clodagh O'MARA	Tramore AC	F	F35	1359	1:18:41	1:18:05
837	Ronan FOY		M	MS	83	1:18:41	1:18:07
838	Billy O'GRADY	Newcastle	M	M50	2401	1:18:42	1:18:26
839	Sancha QUIGLEY	Clonmel AC	F	FS	1431	1:18:42	1:18:15
840	Sinead O'MEARA	Borrisoleigh Track Attack	F	FS	1273	1:18:43	1:18:02
841	Brian LARKIN	Aghada RC	M	M40	2162	1:18:43	1:18:09
842	Don MURRAY	Aghada RC	M	M45	2343	1:18:43	1:18:09
843	Helen GILROY	Midleton AC	F	F50	832	1:18:44	1:17:57

Sheet1

844	Aidan HEAVIN		M	M40	103	1:18:44	1:17:58
845	Barry O'DWYER		M	M40	195	1:18:44	1:17:58
846	Maura FORDE	Bandon AC Fit 4 Life	F	F35	801	1:18:45	1:18:00
847	James DUNLEA		M	MS	1865	1:18:46	1:18:23
848	Leonora KIELY	West Waterford AC	F	FS	468	1:18:47	1:18:10
849	Brid MORRISON	Togher AC	F	F35	1164	1:18:48	1:18:22
850	David O'DONOGHUE		M	MS	2393	1:18:49	1:18:25
851	Barry HOGAN		M	M45	110	1:18:49	1:18:10
852	Marcus AHERNE	Aghada RC	M	M45	1577	1:18:50	1:18:24
853	Grainne TIERNEU	Farranfore Maine Valley AC	F	F40	1515	1:18:50	1:18:07
854	Sean JORDAN		M	MS	2085	1:18:52	1:18:08
855	Ricky COSTELLO	Watergrasshil AC	M	MS	1756	1:18:53	1:18:26
856	Billy CANTILLON		M	M55	1680	1:18:56	1:18:22
857	Peter MORAN	Newbridge AC	M	M40	2277	1:18:57	1:17:34
858	Anna BYRNE	Clonmel Tri Club	F	F50	583	1:18:57	1:18:25
859	Majella HARTY		F	F40	883	1:18:59	1:18:15
860	Rory MCCARTHY	Togher AC	M	MS	2229	1:18:59	1:18:15
861	Chris LANIGAN	Kilkenny Tri Club	M	MS	423	1:18:59	1:18:43
862	Marian FLAHERTY	Clonmel AC	F	F40	789	1:19:00	1:18:20
863	Angeline DRENNAN	West Waterford AC	F	F40	61	1:19:00	1:18:25
864	Siobhain HEYLIN	Waterford AC	F	FS	918	1:19:01	1:18:26
865	Oliver MULLANE		M	M50	2301	1:19:02	1:18:41
866	Lisa O'CONNOR	Carrigtwohill AC	F	F35	1291	1:19:03	1:18:19
867	Orla O'MAHONEY BANNON	West Waterford AC	F	FS	1355	1:19:04	1:18:27
868	Nigel O'SULLIVAN		M	M45	2534	1:19:04	1:18:43
869	Aiden TWOMEY	Aghada RC	M	M40	2713	1:19:04	1:18:30
870	John O'CALLAGHAN	Happy Feet Blarney	M	M45	2378	1:19:05	1:18:22
871	Ollie LEAHY		M	M40	2167	1:19:06	1:18:20
872	Pat DEVEREUX		M	M40	53	1:19:07	1:18:36
873	Anthony O'SULLIVAN	Crosshaven Tri Club	M	MS	2531	1:19:08	1:18:46
874	Peter CUNNINGHAM		M	MS	1801	1:19:08	1:18:21
875	Katie BULLEN	West Waterford AC	F	F35	570	1:19:10	1:18:40
876	Yvonne COUGHLAN		F	F40	653	1:19:10	1:18:36
877	Edel KELLEHER	Watergrasshil AC	F	F50	985	1:19:10	1:18:49
878	Paul DEVANE	Clonmel Tri Club	M	MS	1833	1:19:12	1:18:21
879	Edmond KINANE	St Nicholas AC	M	M50	2143	1:19:12	1:18:42
879	Denise O'BRIEN	St Nicholas AC	F	F40	1237	1:19:12	1:18:43
881	Philip O'BRIEN		M	MS	2461	1:19:12	1:18:15
882	Mick O'BRIEN	United Striders AC	M	MS	360	1:19:13	1:18:35
883	Declan WALSHE	Kilkenny City Harriers	M	M40	2753	1:19:15	1:18:38
884	Shane FOLEY	Midleton AC	M	MS	1922	1:19:18	1:18:30
885	Coin FOLEY	Eagle AC	M	MS	1927	1:19:18	1:18:30
886	Neil CROWLEY		M	M45	1788	1:19:19	1:18:37
887	Tina FORDE	Aghada RC	F	FS	804	1:19:19	1:18:42
888	Ray KENNY		M	M40	2130	1:19:19	1:18:27
889	John KIELY		M	MS	2138	1:19:20	1:18:32
890	Seán O'BRIEN	Cork County Council	M	M50	2457	1:19:22	1:18:46
891	Pat O'NEILL		M	M45	205	1:19:23	1:19:07
892	David TRAYNOR	Saturday Road Runners	M	M40	2707	1:19:23	1:19:09
893	John FENNELL	West Waterford AC	M	M40	278	1:19:23	1:18:35
894	Shay O'DONOVAN		M	M40	2444	1:19:24	1:18:53
895	Niamh MULHOLLAND		F	FS	1173	1:19:25	1:18:39
896	Aisling ENGLISH	Clonmel AC	F	FS	760	1:19:26	1:18:47

Sheet1

897	Richard POWER	Midleton AC	M	M45	2572	1:19:27	1:18:42
898	Wayne LEE	Waterford AC	M	M40	2171	1:19:28	1:18:35
899	Michael RYAN	Clonmel AC	M	M50	2646	1:19:28	1:18:55
900	Michael JOHNSON		M	MS	2079	1:19:29	1:18:50
901	David YELVERTON	Watergrasshil AC	M	MS	2776	1:19:29	1:19:10
902	Stephen WARD		M	M45	2754	1:19:29	1:19:13
903	Ross DOWLING		M	MS	1850	1:19:30	1:19:02
904	Andrew O'FARRELL	Eagle AC	M	M65	2492	1:19:30	1:19:01
905	Dinny BRENNAN	Kinsale Tri club	M	M45	1636	1:19:31	1:19:23
906	Megan MCCARTHY	Waterford AC	F	FS	147	1:19:32	1:18:41
907	Michael DOOCEY	Clonmel AC	M	M40	1844	1:19:33	1:19:10
908	Eilis LYNCH		F	F35	1063	1:19:33	1:18:27
909	Padraig GIBBONS		M	M60	1966	1:19:33	1:19:19
910	Sabina SWEENEY	Slaney Olympic AC	F	F45	1510	1:19:34	1:18:57
911	Ronan KELLEHER	Wibbly Wobbly Wonders	M	MS	2108	1:19:34	1:18:50
912	Brian BARRY	Eagle AC	M	MS	1593	1:19:34	1:19:22
913	Sinead MOORE	West Waterford AC	F	F45	2796	1:19:35	1:18:47
914	Aine CAHILL		F	F35	588	1:19:36	1:18:53
915	Marie FITZGERALD		F	F35	72	1:19:36	1:18:59
916	Richie CODY		M	M45	29	1:19:37	1:19:05
917	John CUDDIGAN		M	M45	1792	1:19:38	1:19:18
918	Michael WALL	Kinsale Tri club	M	M50	2729	1:19:38	1:19:00
919	Nessa GOGGIN	Watergrasshil AC	F	F40	834	1:19:40	1:19:02
920	Emer HURLEY	Aghada RC	F	F40	952	1:19:41	1:19:02
921	Bernard COLEMAN	Togher AC	M	MS	1730	1:19:42	1:19:15
922	Liam MOORE	West Waterford AC	M	M40	163	1:19:47	1:19:13
923	Tom NYHAN		M	M45	2364	1:19:49	1:18:48
924	Ann Marie DONLON		F	F45	716	1:19:50	1:19:36
925	Joseph POWER		M	M60	2576	1:19:52	1:19:47
926	Paul KELLY	Cork Tri Club	M	MS	2114	1:19:53	1:19:28
927	Neil MOYNIHAN	Ballintotis	M	MS	2293	1:19:54	1:19:05
928	Paddy KEALY	Kilkenny Tri Club	M	M45	2093	1:19:56	1:19:11
929	Liam COSTIN	West Waterford AC	M	M45	486	1:19:57	1:19:10
930	Aidan WALSH	West Waterford AC	M	M40	462	1:19:57	1:19:16
931	Ri-Jan DOOLEY	Adeles Eat Train Live	F	FS	726	1:19:58	1:19:22
932	Ray O'SULLIVAN		M	M45	2536	1:19:58	1:19:15
933	Julie Anne LOCHADEN	Ballintotis Fit 4 life	F	F40	1056	1:19:59	1:19:05
934	Pat WALSH	Pat Walsh Running	M	M50	2745	1:19:59	1:19:15
935	Mick CONCANNON	West Waterford AC	M	M55	375	1:20:02	1:19:28
936	Darren O'BRIEN	Mallow AC	M	MS	2453	1:20:04	1:19:21
937	Cian QUIGLEY		M	MS	2593	1:20:06	1:19:29
938	Sharon GOLDSMITH	Limerick Country Club Runner	F	F50	836	1:20:06	1:19:15
939	Peter CUNNINGHAM	West Waterford AC	M	MS	1800	1:20:06	1:19:11
940	Stephen DOUGLAS		M	M40	1847	1:20:07	1:20:01
941	Lorena MOONEY		F	F40	264	1:20:07	1:19:20
942	Ollie RYAN		M	M40	330	1:20:10	1:19:49
943	Paul MURPHY		M	M45	2332	1:20:11	1:19:38
944	Grainne ENRIGHT		F	FS	70	1:20:14	1:19:22
945	Kevin O'CONNELL		M	M55	187	1:20:15	1:19:25
946	Ray HEARNE		M	MS	2029	1:20:16	1:19:22
946	Melissa DWYER	Cahir Meet & Train	F	F40	755	1:20:16	1:19:41
948	Anthony QUALTER		M	M45	301	1:20:17	1:19:40
949	Steven HEARNE	Waterford AC	M	MS	2028	1:20:19	1:19:25

Sheet1

950	Valerie NORRIS	Adeles Gazelles	F	F45	1229	1:20:19	1:19:32
951	Garrett BUTTIMER	Leevale AC	M	M40	1667	1:20:20	1:19:50
952	Yvonne WALSH	Togher AC	F	F40	1548	1:20:20	1:19:56
953	Patrick O'GORMAN		M	M40	2400	1:20:21	1:19:37
954	Arthur MURPHY	Ballinacurra Villagers	M	M40	2314	1:20:22	1:19:49
955	Colin FEELY		M	M45	1885	1:20:25	1:20:06
956	Camille MULHEARNE		F	F40	1172	1:20:25	1:19:39
957	Dan O'KEEFFE	Clonmel AC	M	M40	2449	1:20:28	1:19:50
958	Mairead LONERGAN	Eagle AC	F	FS	1058	1:20:29	1:19:53
959	Catriona LEE	West Waterford AC	F	F35	342	1:20:30	1:19:51
960	Criostoir O'REILLY	West Waterford AC	M	M40	2425	1:20:31	1:19:43
961	Lisa HOBBS		F	F35	929	1:20:34	1:19:46
962	Brigid COFFEY	West Waterford AC	F	F45	427	1:20:34	1:19:48
963	Robert HAMILL	Youghal AC	M	M45	1996	1:20:36	1:20:03
964	Carol MURPHY	Youghal AC	F	F40	1189	1:20:38	1:20:38
965	Sean O'HARGAIN	Kilkenny City Harriers	M	M50	2404	1:20:43	1:20:24
966	Trevor BOYCE		M	M40	13	1:20:44	1:20:23
967	Paul NOONAN	Carraig na bhFear AC	M	M50	2358	1:20:45	1:19:59
968	Dara FAHY	Kilkenny Tri Club	M	MS	1880	1:20:47	1:19:59
969	Mary O'KEEFFE	Midleton AC	M	M50	2407	1:20:50	1:19:56
970	Eddie GRIFFIN		M	M40	1985	1:20:50	1:20:10
971	Benjamin HENRY		M	MS	2042	1:20:53	1:20:05
972	Colm SHEPPARD	Watergrasshil AC	M	M45	2669	1:20:53	1:20:09
973	Jim FLEMING	West Waterford AC	M	M50	267	1:20:54	1:20:36
974	Claire O'CONNELL	Watergrasshil AC	F	F40	1316	1:20:54	1:20:14
975	Teresa MCELHINNEY		F	F55	1116	1:20:55	1:20:40
976	Mark CLIFFE	West Waterford AC	M	MS	336	1:20:57	1:20:23
976	John Paul HARNEY	Saturday Road Runners	M	MS	2001	1:20:57	1:20:04
978	Vicky LEHANE	Wibbly Wobbly Wonders	F	F40	1045	1:20:57	1:20:08
979	Catherine KEATING		F	FS	981	1:21:00	1:20:25
980	Claire DIREEN	Mullinahone	F	F40	711	1:21:01	1:20:05
981	Anne DWYER		F	F50	757	1:21:02	1:20:47
982	Jack THEBAULT	St Nicholas AC	M	M50	2696	1:21:03	1:20:18
983	Frances O'CONNOR		F	F55	183	1:21:04	1:20:22
984	Barry LYNCH		M	M50	2193	1:21:06	1:20:46
985	Pat WALSH	Clonmel AC	M	M45	2740	1:21:06	1:20:26
986	Keith STYLES	United Striders AC	M	MS	390	1:21:06	1:20:46
987	Christopher DAVEY	Adrenaline RC	M	MS	1819	1:21:06	1:20:07
988	Sam HARVEY	Leevale AC	M	MS	2011	1:21:07	1:18:40
989	Ken HARTE		M	M45	2008	1:21:07	1:20:23
990	Edel FOSTER	An Bru AC	F	FS	806	1:21:08	1:20:26
991	Madeleine BYRNE		F	F40	582	1:21:08	1:20:26
992	David HARTE		M	M45	99	1:21:09	1:20:26
993	Colin O'LEARY	Ballymore Cobh AC	M	MS	2501	1:21:12	1:20:30
994	James MCMAHON	An Bru AC	M	M45	2255	1:21:15	1:20:22
995	John LASTE	Clonmel AC	M	M55	2163	1:21:16	1:20:57
996	Rick HOUGHTON	North Cork AC	M	M45	2063	1:21:17	1:20:28
997	Kieran MULCAHY	Eagle AC	M	M45	2300	1:21:18	1:19:40
997	Geraldine GROGAN	Churchill Runners	F	F45	853	1:21:18	1:20:35
997	Yvonne FITZGERALD	Midleton AC	F	F40	74	1:21:18	1:19:59
###	Paul HANNON		M	M40	2000	1:21:22	1:20:43
###	Andrew MACDONALD	Eagle AC	M	MS	2204	1:21:23	1:20:24
###	Julie MONAGHAN		F	F35	1151	1:21:26	1:20:06

Sheet1

###	Jenna LEETCH	St Nicholas AC	F	F35	1044	1:21:27	1:20:47
###	Jim BARRY	West Waterford AC	M	M40	1601	1:21:27	1:20:19
###	Frances BARRY	St Catherines AC	F	F40	520	1:21:28	1:20:51
###	Eamonn ENGLISH	Clonmel AC	M	M55	256	1:21:28	1:20:47
###	Cathal DALY	Mallow AC	M	M40	1815	1:21:28	1:20:38
###	Clare SEXTON	North Cork AC	F	F45	1473	1:21:28	1:20:38
###	Paul O'CONNOR	Limerick AC	M	M40	2476	1:21:29	1:19:42
###	Yvonne SHEAHAN	Watergrasshil AC	F	F35	1476	1:21:31	1:20:55
###	David POWER	Midleton AC	M	M40	2566	1:21:42	1:20:48
###	Fiona BANE	Crusaders AC	F	F35	510	1:21:43	1:20:56
###	Orla DALY DURAND	Clonmel AC	F	F45	436	1:21:43	1:21:05
###	Anthony HAYES	Ballintotis Fit 4 life	M	MS	2013	1:21:45	1:21:16
###	Tracey GAVIN	Portlaoise AC	F	F35	818	1:21:46	1:21:12
###	Ger NOLAN	Waterford Tri Club	M	M55	2355	1:21:47	1:21:09
###	Niamh MOLLOY	Waterford AC	F	F40	448	1:21:47	1:21:11
###	Kevin O'KEEFFE	Ballymore Cobh AC	M	MS	2405	1:21:48	1:20:55
###	Judy O'GORMAN		F	F40	1261	1:21:50	1:21:03
###	Chris PARR	Ballintotis Fit 4 life	M	M40	2550	1:21:52	1:21:46
###	Niall CLANCY	Kilkenny Tri Club	M	M40	1712	1:21:52	1:21:07
###	Niamh O'REGAN	Youghal AC	F	FS	1370	1:21:53	1:21:12
###	Denis GEANEY	Droamhane Road Runners	M	MS	1954	1:21:53	1:21:05
###	Greg O'CONNOR	Kinsale Tri club	M	M40	2475	1:21:55	1:21:07
###	Finbarr LEHANE		M	M45	132	1:21:55	1:21:20
###	Jim Bob DEMPSEY	Slaney Olympic AC	M	MS	1830	1:21:56	1:21:12
###	Paul SHANAHAN		M	MS	2661	1:21:56	1:21:15
###	Kevin KELLY		M	MS	2120	1:21:57	1:21:17
###	Aislinn HURLEY	Watergrasshil AC	F	F40	954	1:21:57	1:21:19
###	Paul GRANT		M	M40	1980	1:21:58	1:21:17
###	Tom CORCORAN		M	M45	37	1:22:00	1:21:18
###	Andrew GEANEY	Apple RC	M	M60	1953	1:22:04	1:21:15
###	Angela MCCALL	Ballymore Cobh AC	F	F40	1101	1:22:05	1:21:22
###	Thomas CAULFIELD	Waterford AC	M	M45	457	1:22:05	1:21:26
###	Helen HARTIGAN	An Bru AC	F	F50	876	1:22:07	1:21:25
###	Barry QUIGLEY		M	M40	2594	1:22:08	1:20:10
###	Tom CASEY	Aghada RC	M	M40	1701	1:22:08	1:21:29
###	Sinead FITZGERALD	Aghada RC	F	F40	778	1:22:08	1:21:27
###	Gerard BRODERICK	Ballintotis Fit 4 life	M	M45	271	1:22:10	1:21:41
###	Brian BARRY	Bweeng Trail Blazers	M	MS	11	1:22:11	1:21:49
###	Anthony PATTERSON	Bweeng Trail Blazers	M	M45	209	1:22:12	1:21:25
###	Michael HAYES		M	M40	2020	1:22:13	1:21:40
###	Linda FOLEY		F	FS	799	1:22:15	1:21:31
###	Donal BROWNE		M	MS	1646	1:22:16	1:21:57
###	David HEHIR		M	MS	2035	1:22:16	1:21:24
###	Jason CROSBIE	Eagle AC	M	MS	1780	1:22:17	1:21:06
###	Edwena O'CONNELL		F	F35	446	1:22:17	1:21:56
###	Marie HOGAN	Ballymore Cobh AC	F	F40	931	1:22:18	1:21:25
###	Angela WALSH	Clonmel AC	F	FS	1555	1:22:19	1:21:38
###	Irene HENEBRY	Kilkenny City Harriers	F	F50	909	1:22:19	1:21:03
###	Majella MCNAMARA		F	F40	1134	1:22:20	1:21:47
###	Declan COX		M	M50	1768	1:22:21	1:21:38
###	Chloe WALSH	Youghal AC	F	FS	1557	1:22:24	1:22:10
###	Ed DOYLE		M	M40	1854	1:22:24	1:21:35
###	Bryan KIRWAN		M	M45	322	1:22:25	1:21:17

Sheet1

###	Sharon NUGENT	West Waterford AC	F	F35	1231	1:22:25	1:21:28
###	Arthur MCCARTHY	Cork Tri Club	M	M40	2221	1:22:26	1:21:55
###	Laura KEANE	Youghal AC	F	F35	972	1:22:27	1:21:39
###	Maria COFFEY	Ballymore Cobh AC	F	FS	623	1:22:28	1:22:03
###	Ger VOWLES	Mallow AC	M	M45	2724	1:22:28	1:21:20
###	Alan MORLEY	Midleton AC	M	MS	1352	1:22:29	1:21:41
###	David MURPHY	Youghal AC	M	MS	2307	1:22:30	1:21:40
###	Jane MURPHY	Waterford AC	F	FS	284	1:22:30	1:21:43
###	Eileen COLLINS	Clonakilty Road Runners AC	F	F40	629	1:22:31	1:21:39
###	Michael COONEY		M	M45	456	1:22:33	1:21:42
###	Donal O'DONOGHUE		M	M50	288	1:22:34	1:22:14
###	Brian ORMONDE	West Waterford AC	M	M45	2548	1:22:34	1:21:38
###	Maurice RING	Midleton AC	M	MS	2615	1:22:34	1:22:34
###	Sterart BUTLER	Kilkenny Tri Club	M	M50	1665	1:22:34	1:22:05
###	Kate MESKELL	West Waterford AC	F	FS	1143	1:22:36	1:21:57
###	Gillian COYNE		F	F35	655	1:22:37	1:21:51
###	Andrea GAFFNEY	West Waterford AC	F	F45	407	1:22:38	1:22:18
###	John COTTER	Mallow AC	M	M40	1762	1:22:39	1:21:29
###	Sean HENNESSY	Ballintotis Fit 4 life	M	M50	2041	1:22:41	1:22:23
###	Michelle FORREST	Ballintotis Fit 4 life	F	F40	805	1:22:43	1:21:49
###	Angus DAVIDSON		M	MS	1821	1:22:43	1:22:21
###	Andy NOLAN		M	MS	2352	1:22:44	1:22:11
###	Mags KIRWAN	Adeles Eat Train Live	F	F50	45	1:22:44	1:21:52
###	Kathleen BROWNE		F	F50	563	1:22:45	1:22:16
###	Deidre MORRISON	Blackwater Tri Club	F	FS	1166	1:22:46	1:22:38
###	Gerrard O'DONOGHUE	Waterford Tri Club	M	M40	2484	1:22:50	1:21:59
###	Martina MCGRATH	Fit4Life Kilkenny	F	F50	1125	1:22:51	1:21:58
###	David BROPHY	Mallow AC	M	M50	1643	1:22:52	1:22:04
###	Caroline KELLY	Mallow AC	F	F45	989	1:22:52	1:22:06
###	Martin MCEVOY		M	M45	2243	1:22:54	1:22:19
###	Catherine O'FLANAGAN	Portlaoise AC	F	F40	1337	1:22:56	1:22:00
###	Paul HEALY	Donoughmore AC	M	M45	252	1:22:56	1:22:03
###	Siobhan LILLIS	Wibbly Wobbly Wonders	F	F35	1052	1:22:57	1:22:57
###	Mossy STACK	Ballinacurra Villagers	M	MS	2681	1:22:57	1:22:15
###	Siobhan FITZPATRICK		F	F35	787	1:22:58	1:22:22
###	Dawn CASSIDY		F	F35	28	1:22:59	1:21:55
###	Jack DUANE	Buttevant RC	M	MS	1857	1:23:00	1:22:28
###	Graham O'SULLIVAN	Ballintotis Fit 4 life	M	M40	2533	1:23:02	1:22:45
###	Padraig O'HERLIHY	Togher AC	M	MS	2544	1:23:02	1:22:36
###	Niamh SAVAGE	Pat Walsh Running	F	F35	1471	1:23:04	1:22:13
###	Margaret CAHILL	Slaney Olympic AC	F	F40	591	1:23:05	1:22:10
###	Paul ROWE		M	M40	2626	1:23:05	1:22:15
###	Robert WALSH	Carrigtwohill AC	M	MS	2732	1:23:06	1:22:25
###	Joya BURNS	Kilkenny City Harriers	F	F40	577	1:23:06	1:22:20
###	Johnny BURKIN		M	MS	1662	1:23:06	1:22:50
###	Eoin O'SHEA	Cobh Tri Club	M	MS	2429	1:23:07	1:22:42
###	Dana KELLEHER		F	FS	986	1:23:07	1:22:40
###	Sabrina HICKEY		F	F40	107	1:23:07	1:22:45
###	Oonagh RECK		F	F45	1433	1:23:08	1:22:19
###	Debra DOHERTY	West Waterford AC	F	FS	714	1:23:09	1:22:11
###	David LEAHY	Dooneen AC	M	M50	2169	1:23:10	1:22:15
###	Pauline HARTLEY		F	F40	878	1:23:12	1:22:22
###	Sylvie O'MAHONY	Youghal AC	M	M60	2507	1:23:13	1:22:32

Sheet1

###	Georgina CUNNINGHAM	St Catherines AC	F	F40	686	1:23:15	1:22:44
###	David REGAN	West Waterford AC	M	M45	2610	1:23:16	1:22:30
###	Maurice TOBIN	Grange Fermoy AC	M	M65	235	1:23:17	1:21:54
###	Catherine CLANCY	St Catherines AC	F	F50	616	1:23:18	1:22:28
###	Kathleen CRONIN	Mallow AC	F	F55	668	1:23:19	1:22:30
###	Noel RYALL	Pat Walsh Running	M	M50	2629	1:23:21	1:22:36
###	Sinead WHELAN		F	FS	351	1:23:21	1:22:26
###	Marco COSENZA	Apple RC	M	M45	1755	1:23:22	1:23:00
###	Melissa BRENNAN	Saturday Road Runners	F	F40	548	1:23:22	1:22:31
###	Tom BRENNAN	Saturday Road Runners	M	M50	1639	1:23:23	1:22:29
###	Catriona MCLOUGHLIN	United Striders AC	F	F35	155	1:23:23	1:22:47
###	Jason BURKE		M	MS	1659	1:23:24	1:22:51
###	Emma BRENT	Waterford AC	F	FS	553	1:23:24	1:22:32
###	Pat TYNAN	Wibbly Wobbly Wonders	M	M45	2720	1:23:25	1:22:37
###	Pat MYERS		M	M45	177	1:23:26	1:22:35
###	Elaine CAFFERKEY	Wibbly Wobbly Wonders	F	F35	586	1:23:28	1:22:41
###	Michael BURKE	SRR	M	M45	218	1:23:28	1:22:36
###	Mary PYKE	Mooreabbey Milers AC	F	F45	1428	1:23:29	1:22:53
###	Avril CROWLEY		F	F45	676	1:23:30	1:22:41
###	Colette O'MARA		F	F50	1386	1:23:30	1:22:39
###	Brendan LYNCH		M	M40	2191	1:23:31	1:22:38
###	Tom HARROLD	North Cork AC	M	M40	2007	1:23:31	1:22:42
###	Ciaran COMERFORD		M	M40	1743	1:23:31	1:22:26
###	Martin MCMAHON		M	MS	143	1:23:32	1:22:15
###	Martha MCNAMARA	Midleton AC	F	F55	1135	1:23:34	1:22:49
###	Jonathan COONEY	Clonmel AC	M	M45	234	1:23:35	1:22:44
###	John SWANTON	Eagle AC	M	MS	2689	1:23:36	1:23:00
###	Michael O'CONNOR		M	MS	2440	1:23:36	1:22:47
###	Finlay WEIR		M	M45	2758	1:23:36	1:23:03
###	Liza KELLEHER	Carraig na bhFear AC	F	F45	983	1:23:37	1:22:52
###	Anne O'MAHONY	Ardmore AC	F	F50	1271	1:23:39	1:22:57
###	Catherine RYAN	Fit4Life Kilkenny	F	F50	1467	1:23:40	1:23:22
###	Stephen O'SULLIVAN		M	MS	2538	1:23:40	1:22:47
###	Denis HICKEY	Youghal AC	M	M45	2045	1:23:40	1:23:00
###	Patrick MELEADY	Team Larlaith	M	MS	2266	1:23:40	1:23:14
###	Anna ERFURTH	Carrigtwohill AC	F	F35	763	1:23:41	1:22:42
###	Sinead O'DOHERTY	North Cork AC	F	F35	1329	1:23:42	1:22:54
###	Danielle MCCARTHY		F	FS	1111	1:23:43	1:22:50
###	Batt SHEEHAN		M	M45	228	1:23:44	1:22:58
###	Liam MURRAY		M	MS	2347	1:23:44	1:22:30
###	Claire DUNNE	Togher AC	F	F40	752	1:23:45	1:23:18
###	Lillian KAVANAGH	Adeles Eat Train Live	F	F40	965	1:23:46	1:22:46
###	Deirdre MEYLER	Ballymore Cobh AC	F	F40	1144	1:23:46	1:23:01
###	Michael DEASY	Greenway Gallopers	M	M40	1826	1:23:47	1:22:55
###	Derry TIERNEY	The Churchtown Roadrunners	M	M50	2699	1:23:47	1:23:01
###	Olive DOOLEY	Eagle AC	F	F40	724	1:23:48	1:23:13
###	Kieran O'CONNOR	Fews	M	MS	2472	1:23:48	1:23:02
###	Donal MCGRATH	Eagle AC	M	M50	2225	1:23:49	1:23:01
###	Sarah DOYLE (LAUHOFF)		F	F45	738	1:23:50	1:22:50
###	Liz NOLAN	Kilkenny City Harriers	F	F45	1223	1:23:50	1:22:51
###	Susan LEESON	Adeles Gazelles	F	F35	1043	1:23:50	1:22:56
###	Nicole MCKENNA	Kilkenny Tri Club	F	FS	1129	1:23:51	1:23:14
###	Deirdre HALLIHAM	Mallow AC	F	F40	864	1:23:52	1:22:42

Sheet1

###	Colette RYAN	Douglas Meet and train	F	F50	1466	1:23:53	1:22:56
###	Annette WHELAN		F	F35	290	1:23:55	1:23:04
###	Gary GRANT		M	M40	1979	1:23:56	1:22:51
###	Brenda MURPHY	Eagle AC	F	F35	1179	1:23:57	1:23:14
###	Brian O'CALLAGHAN	Togher AC	M	MS	2376	1:23:58	1:22:58
###	Toby BURKE		M	M40	1660	1:23:59	1:22:49
###	John CASEY		M	M55	1705	1:24:01	1:23:18
###	Bernie PRENDERGAST	West Waterford AC	F	F55	1423	1:24:01	1:23:27
###	Pauline SWEETNAM	Churchtown Roadrunners AC	F	F35	1511	1:24:02	1:23:03
###	Joe O'RIORDAN	Watergrasshil AC	M	M55	2524	1:24:04	1:23:26
###	Margaret O'REGAN	Ballymore Cobh AC	F	F40	1366	1:24:04	1:22:57
###	Cliona HURLEY	Carraig na bhFear AC	F	F40	115	1:24:07	1:23:21
###	Eleanor DUGGAN	Aghada RC	F	F45	748	1:24:09	1:23:28
###	Siobhain O'FLYNN		F	F35	197	1:24:11	1:23:07
###	Emma CARROLL		F	FS	259	1:24:11	1:23:11
###	Louise CASEY	Ballintotis Fit 4 life	F	F35	605	1:24:11	1:23:54
###	Sean LEAHY	Ballintotis Fit 4 life	M	M45	2168	1:24:12	1:23:54
###	Maura NEVILLE	Slaney Olympic AC	F	F50	2794	1:24:13	1:23:19
###	Gerard O'CALLAGHAN		M	MS	2469	1:24:13	1:23:24
###	Philip HENNESSY		M	M40	2039	1:24:14	1:23:31
###	Áine MURPHY		F	F45	422	1:24:15	1:23:09
###	Maurice CUDDIGAN	Kerry Crusaders	M	M45	2826	1:24:15	1:23:55
###	Pat CAREY	An Bru AC	M	M40	1687	1:24:15	1:23:33
###	Denis HEALY	Bandon AC	M	MS	2024	1:24:16	1:23:18
###	Danielle DUBOIS	Bandon AC	F	FS	740	1:24:16	1:23:19
###	Paul KIERANS		M	M50	130	1:24:18	1:23:23
###	Ruth O'CONNOR	Watergrasshil AC	F	F35	1245	1:24:19	1:23:21
###	Jean FARRELL		F	F45	645	1:24:19	1:23:15
###	Fiona ORMONDE	West Waterford AC	F	F35	1387	1:24:20	1:23:56
###	Ciara KEARNEY	Slaney Olympic AC	F	F40	974	1:24:20	1:23:27
###	Catherine LINEHAN	Watergrasshil AC	F	F55	1054	1:24:21	1:24:01
###	Aisling ROCHFORD		F	FS	1448	1:24:22	1:23:31
###	Donald DALY		M	M50	420	1:24:22	1:23:23
###	Kevin JONES	Ballymore Cobh AC	M	M50	2083	1:24:23	1:22:55
###	Mary O'MAHONY	Ballintotis Fit 4 life	F	F50	1357	1:24:25	1:23:44
###	Ian ROBINSON		M		2806	1:24:25	1:23:35
###	Benjamin MARTIN		M	MS	142	1:24:26	1:23:32
###	Trevor MURPHY		M		2807	1:24:26	1:23:36
###	Dermot GAVIN		M	M50	84	1:24:30	1:23:31
###	Micheál Ó'CUIRRÍN	West Waterford AC	M	M55	2388	1:24:33	1:23:56
###	Jamie OLDEN		M	M40	2799	1:24:36	1:24:11
###	Don BUCKLEY		M	M45	22	1:24:37	1:24:11
###	Adrian MARNANE		M	MS	2215	1:24:38	1:23:27
###	Chris DAY		M	MS	51	1:24:38	1:24:00
###	John FITZPATRICK		M	MS	1904	1:24:40	1:23:15
###	Mark DEVEREUX		M	MS	1834	1:24:44	1:23:49
###	Robert MAHARG	Glin Tri Club	M	M40	2207	1:24:45	1:23:44
###	Sinead KENNEDY		F	F40	997	1:24:48	1:23:39
###	Deirdre O'GRADY	St Killians AC	F	F45	1297	1:24:50	1:24:01
###	Catriona KIELY	West Waterford AC	F	F45	316	1:24:50	1:23:42
###	Lorraine HURLEY	Garda AC	F	F35	949	1:24:51	1:24:40
###	Zita ANSBRO	Ballintotis Fit 4 life	F	F35	508	1:24:52	1:23:59
###	Gerit KULESSA		F	F40	1024	1:24:54	1:24:30

Sheet1

###	Ciara ENRIGHT	Waterford AC	F	F40	69	1:24:54	1:24:02
###	Cormac GEBRUERS	HALPIN-NMCI	M	M45	1961	1:24:57	1:23:59
###	Mary MCGREE	Kilkenny City Harriers	F	F55	1126	1:24:57	1:24:05
###	Donny CAREY	Mallow AC	M	MS	1685	1:24:57	1:24:06
###	Catriona O'NEILL	Happy Feet Blarney	F	FS	1365	1:24:58	1:24:17
###	Margo O'DOWD		F	F45	193	1:24:58	1:24:08
###	Marie SHEEHAN		F	F35	223	1:24:58	1:24:42
###	Ann Marie O'NEILL	Happy Feet Blarney	F	F35	1361	1:25:01	1:24:19
###	Siobhan MURPHY	Midleton AC	F	F40	1187	1:25:03	1:24:19
###	Claire KILGANNON	Youghal AC	F	F40	1012	1:25:03	1:23:58
###	Mary CAREY L	Mallow AC	F	FS	597	1:25:07	1:24:14
###	Alma WORRALL	Ballymore Cobh AC	F	F40	1568	1:25:07	1:24:07
###	Amanda MURRAY	Adeles Eat Train Live	F	F35	1208	1:25:08	1:24:30
###	Kevin MORAN	Midleton AC	M	M45	2279	1:25:09	1:24:07
###	Susan BROWNE	Buttevant RC	F	F35	559	1:25:09	1:24:08
###	Liam AHEARNE		M	MS	3	1:25:13	1:25:02
###	Patricia BARRY	St Catherines AC	F	F40	521	1:25:14	1:24:37
###	Mick BOHANE		M	M40	1628	1:25:16	1:24:28
###	Colette POWELL	Grange Fermoy AC	F	F40	1407	1:25:17	1:24:31
###	Catriona CONDON		F	FS	639	1:25:17	1:24:40
###	Natalie SHAW HAMILTON	Tried & Tested	F	F45	1475	1:25:17	1:24:20
###	Eileen HEFFERNAN	West Waterford AC	F	F50	902	1:25:18	1:24:21
###	Una BYRNE	Kilkenny City Harriers	F	F40	579	1:25:18	1:24:00
###	Christy O'DRISCOLL		M	M65	2399	1:25:20	1:24:47
###	Cathal O'RIORDAIN		M	M55	2521	1:25:21	1:24:26
###	Patrick MASON	Kilkenny City Harriers	M	M40	2217	1:25:21	1:24:17
###	Barry O'SULLIVAN	Cork Tri Club	M	MS	2537	1:25:22	1:24:33
###	Sonya BYRNE	United Striders AC	F	F40	581	1:25:22	1:24:32
###	Gillian MURPHY	Eagle AC	F	F40	1185	1:25:22	1:25:22
###	Eoin GORMAN	Tri an Mhi	M	M40	1971	1:25:23	1:25:06
###	Colin RICHARDS	Ballinacurra Villagers	M	M50	2614	1:25:24	1:24:30
###	Frances GAVIN	Wexford Marathon club	F	F45	819	1:25:29	1:24:35
###	Una FENNELL	West Waterford AC	F	F40	774	1:25:31	1:24:35
###	Pat MURPHY	Watergrasshil AC	M	M45	172	1:25:31	1:24:55
###	Emma O'KEEFFE	Pat Walsh Running	F	FS	1346	1:25:33	1:24:36
###	Michael HEFFERNAN		M	MS	2032	1:25:33	1:25:06
###	Micheál GEE		M	MS	1963	1:25:34	1:24:35
###	John O'REILLY	Ballymore Cobh AC	M	M50	2426	1:25:35	1:24:29
###	Michael O'BRIEN		M	M45	421	1:25:35	1:24:36
###	Catriona LENIHAN	West Limerick AC	F	F35	1050	1:25:35	1:24:37
###	Claire GRIFFIN		F	FS	852	1:25:36	1:24:38
###	Tom FORAN		M	MS	1930	1:25:37	1:24:31
###	Melissa O'SULLIVAN		F	F40	1288	1:25:41	1:24:45
###	Michelle CUNNINGHAM	West Waterford AC	F	F35	684	1:25:42	1:24:49
###	Andrea HODGSON		F	F40	930	1:25:44	1:25:05
###	Sareen O'FARRELL	Striders AC	F	F40	1257	1:25:45	1:24:56
###	Eimear DONNELLY		F	F35	718	1:25:46	1:25:46
###	Michael MURPHY		M	M45	2331	1:25:46	1:25:09
###	Emilija DORGAN		F	F40	57	1:25:47	1:24:51
###	Dorothy RYAN	Limerick Country Club Runners	F	F55	1468	1:25:49	1:24:57
###	Helena MURPHY	Bandon AC Fit 4 Life	F	F35	1176	1:25:52	1:24:46
###	Anita BANE	Pat Walsh Running	F	F45	511	1:25:52	1:24:55
###	Vincent BUCKLEY	Donoughmore AC	M	M40	1650	1:25:57	1:25:04

Sheet1

###	Siobhan BOLGER	United Striders AC	F	F40	398	1:26:01	1:25:11
###	Eanna DE FAOITE		M	M40	1824	1:26:02	1:24:48
###	Ciaran HOURICAN	Togher AC	M	MS	2065	1:26:04	1:25:38
###	Ruth HANNON	Saturday Road Runners	F	FS	872	1:26:04	1:25:10
###	James MOYNIHAN		M	M40	2294	1:26:05	1:25:22
###	Claire TIERNEY	Clonmel AC	F	F40	231	1:26:07	1:25:05
###	Darren COOGAN	West Waterford AC	M	M40	36	1:26:09	1:25:17
###	Pieter DEN BOON		M	M40	332	1:26:09	1:25:02
###	Eimear CUSSEN	Carrigtwohill AC	F	F35	691	1:26:10	1:25:13
###	Emer SULLIVAN	Carrigtwohill AC	F	F40	1506	1:26:10	1:25:13
###	Katherine O'CONNOR	Midleton AC	F	F35	1319	1:26:12	1:25:35
###	Neville O'CONNELL		M	M40	188	1:26:13	1:25:33
###	Corinne DWYER		F	F35	67	1:26:13	1:25:32
###	Phil DEE		M	MS	1827	1:26:15	1:25:02
###	Sean MOYNIHAN		M	MS	2296	1:26:16	1:25:03
###	Jean PURCELL	Adrenaline RC	F	F40	1427	1:26:21	1:25:40
###	Rhona HAYDEN	Focus on Fitness	F	FS	888	1:26:21	1:25:20
###	Jessica BURKE-WALSH	Pat Walsh Running	F	FS	576	1:26:24	1:25:32
###	Sharon CORCORAN		F	F35	648	1:26:25	1:25:16
###	Alan COTT		M	MS	1759	1:26:26	1:25:20
###	Karen HEFFERNAN		M	M40	2030	1:26:27	1:25:31
###	Joanne O'DWYER	Happy Feet Blarney	F	FS	194	1:26:27	1:25:45
###	Adrian BARRETT	An Bru AC	M	M40	1589	1:26:27	1:26:27
###	Aileen LAHART	Adeles Eat Train Live	F	F40	1027	1:26:28	1:25:28
###	Kieran NOLAN		M	M45	2354	1:26:34	1:25:39
###	Paul FLEMING	Aghada RC	M	M40	1910	1:26:36	1:25:43
###	Kian WALEROWSKI		M	MS	2728	1:26:39	1:26:13
###	Mary O'CONNELL	Gneeveguilla AC	F	F45	1317	1:26:39	1:25:21
###	Michael REA	Mallow AC	M	M50	2607	1:26:40	1:25:30
###	Eamon WALL		M	MS	243	1:26:45	1:26:45
###	Neal FOLEY		M	MS	1923	1:26:48	1:26:00
###	Alan CLOONEY		M	M45	1718	1:26:49	1:26:33
###	John O'SULLIVAN		M		2803	1:26:55	1:26:55
###	Ned KENNEDY		M	M40	2128	1:26:55	1:26:03
###	Ned O'BRIEN	Clonmel AC	M	M60	2459	1:26:56	1:26:13
###	Denis O'SULLIVAN		M	MS	2433	1:26:57	1:26:11
###	Denise CRONIN	Mallow AC	F	F40	664	1:26:58	1:25:48
###	Liam FITZGERALD	West Waterford AC	M	M45	329	1:26:59	1:25:45
###	Eimer O'KEEFFE		F	F40	1344	1:26:59	1:25:57
###	Nicole O'GORMAN	Clonmel AC	F	F40	1260	1:26:59	1:25:57
###	Gary WHELAN		M	M40	2763	1:27:03	1:26:42
###	Aidan BARRY	St Catherines AC	M	M45	1606	1:27:06	1:26:14
###	Meliosa FITZGIBBON	Adrenaline RC	F	F40	786	1:27:06	1:26:47
###	David RUSSELL		M	M45	2628	1:27:06	1:26:06
###	Kathleen O'MEARA	Borrisoleigh Track Attack	F	F50	1272	1:27:08	1:26:03
###	Jeni O'REGAN	West Limerick AC	F	FS	1369	1:27:08	1:26:11
###	Dave HANLON	Limerick AC	M	M40	1998	1:27:10	1:25:52
###	Catherine HANLON	Churchtown Roadrunners AC	F	F40	96	1:27:10	1:25:52
###	Norma GOGGIN	Waterford Tri Club	F	F50	835	1:27:12	1:26:11
###	Leilia PENDER	Ballymore Cobh AC	F	F40	1395	1:27:12	1:26:17
###	Liam BERESFORD		M	MS	460	1:27:13	1:25:45
###	Cait VERLING	Youghal AC	F	F40	1533	1:27:13	1:26:09
###	Declan GRIFFIN		M	M40	1984	1:27:15	1:26:49

Sheet1

###	Paul CONNOLLY		M	M45	1748	1:27:15	1:25:52
###	Anna WALSH DOHERTY	Adeles Gazelles	F	F45	1559	1:27:16	1:26:17
###	Aisling MCEVOY		F	F35	1094	1:27:16	1:27:04
###	Gloria BOLES	Cahir Meet & Train	F	F35	537	1:27:17	1:26:36
###	Gemma ROBINSON	Cahir Meet & Train	F	F45	1446	1:27:18	1:26:37
###	Helena BROWNE	Slaney Olympic AC	F	F40	560	1:27:18	1:26:18
###	Denise O'BRIEN	Eagle AC	F	FS	1240	1:27:19	1:26:23
###	Deirdre KEARNEY	Moynes AC	F	F45	451	1:27:19	1:26:22
###	Joan MCDONALD		F	F40	145	1:27:19	1:26:19
###	Laura HOLLAND	Wibbly Wobbly Wonders	F	F35	933	1:27:19	1:26:31
###	Kathy BRADFORD	St Finbarrs AC	F	F45	543	1:27:20	1:26:27
###	Kevin MURPHY		M	M50	2337	1:27:22	1:26:56
###	Colum O'BRIC		M	M40	2365	1:27:22	1:26:34
###	Bryan O'DONNELL	Janessen	M	M40	2543	1:27:23	1:27:08
###	Jane FALLON	Adeles Gazelles	F	F45	766	1:27:25	1:26:25
###	Tom O'CADHLA		M	MS	2375	1:27:26	1:26:12
###	Dymphna KELLY	Kilkenny City Harriers	F	F50	990	1:27:26	1:27:08
###	Grace RYAN		F	F35	1457	1:27:29	1:26:13
###	Laura BOURKE	Borrisoleigh Track Attack	F	FS	538	1:27:30	1:26:28
###	Marie SHEEHAN		F	F35	224	1:27:30	1:26:46
###	Sarah TOOMEY	Clonmel AC	F	F35	1517	1:27:31	1:26:40
###	Derek DELANEY	Adeles Gazelles	M	M40	1829	1:27:35	1:25:54
###	Bob COWMAN		M	M45	1767	1:27:35	1:26:39
###	Michelle COTT	Ballintotis Fit 4 life	F	F35	651	1:27:37	1:27:20
###	Brian BEATTY	West Waterford AC	M	M40	1616	1:27:37	1:26:42
###	Sinead KELLY	Galtee Runners AC	F	FS	992	1:27:39	1:27:06
###	David LAHIVE	Cork Mental Health RC	M	MS	2155	1:27:40	1:26:46
###	Aoife O'CONNELL		M	MS	2471	1:27:40	1:26:47
###	Lisa GUERIN	Mallow AC	F	F35	855	1:27:43	1:26:33
###	Anne Marie SHORTALL	Kilkenny City Harriers	F	F45	1490	1:27:44	1:27:19
###	Lia SHORALL		F	F40	1488	1:27:44	1:27:44
###	Michael DUNNE		M	MS	1866	1:27:45	1:27:45
###	Felicity MCGRATH	Aghada RC	F	F40	1122	1:27:48	1:26:45
###	Thomas O'MEARA	Ballinacurra Villagers	M	MS	2418	1:27:49	1:27:15
###	Paul HOGAN		M	M40	111	1:27:51	1:26:55
###	Betty O'RIORDAN		F	F60	1374	1:27:51	1:27:09
###	Karen POWER		F	F35	466	1:27:51	1:26:47
###	Geraldine KIRWAN		F	F40	1018	1:27:51	1:27:05
###	Deirdre ANSBRO	Youghal AC	F	F35	7	1:27:53	1:27:53
###	Brian TYRRELL	Clonmel AC	M	M40	2721	1:27:55	1:26:45
###	Trish PURCELL	West Limerick AC	F	F40	274	1:27:55	1:26:59
###	Linda GARCIA	West Waterford AC	F	F45	814	1:27:58	1:27:34
###	Brian HEGARTY	Ballincollig AC	M	MS	2034	1:27:59	1:26:57
###	Ciara MCGRATH		F	F40	1124	1:28:04	1:26:48
###	James LUCEY	Wibbly Wobbly Wonders	M	MS	2845	1:28:05	1:27:04
###	Marion LYONS	St Finbarrs AC	F	F60	1068	1:28:07	1:28:01
###	Claire NÍ DHOMHNAILL	Gowran AC	F	FS	1219	1:28:09	1:27:13
###	Oonagh DUFFY		F	F40	742	1:28:10	1:27:08
###	Garry ROONEY	Slaney Olympic AC	M	MS	2625	1:28:11	1:27:28
###	Eileen MAHER	Galtee Runners AC	F	F35	1075	1:28:12	1:27:38
###	Louise GRAHAM	St Abbans AC	F	F45	841	1:28:12	1:27:11
###	Gearoid MORLEY	Midleton AC	M	MS	2284	1:28:14	1:28:09
###	John MCDONALD	St Josephs AC	M	M40	2224	1:28:16	1:27:20

Sheet1

###	Maurice AHERN	Cahir Meet & Train	M	M40	1575	1:28:20	1:27:12
###	Linda MURPHY	Grange Fermoy AC	F	F40	1186	1:28:21	1:27:14
###	Michael HAYES	Grange Fermoy AC	M	M40	2016	1:28:21	1:27:16
###	Sinead KENNEDY	Clonmel AC	F	F50	1001	1:28:23	1:27:57
###	Troy BYRNE		M	M40	1671	1:28:24	1:28:03
###	Davina TURNBULL		F	F35	1521	1:28:24	1:27:18
###	Denise DONNELLY		F	F50	719	1:28:24	1:27:09
###	Brian O'REILLY	Clonmel AC	M	M45	2520	1:28:25	1:27:19
###	Kevin QUAID	Droamhane Road Runners	M	M40	2592	1:28:25	1:27:36
###	Richard SHEEHAN	Ervia	M	M40	2664	1:28:25	1:27:50
###	John RELLIS		M	MS	2612	1:28:26	1:28:26
###	Mary MULCAHY		F	F55	166	1:28:26	1:27:30
###	Katie MURPHY	Churchtown Roadrunners AC	F	F35	1178	1:28:27	1:27:22
###	Tina HAYES	Cobh Tri Club	F	F45	895	1:28:27	1:27:27
###	Johnny LYONS	Paulies Bootcamp	M	MS	2197	1:28:27	1:27:26
###	Sandra RELLIS	Focus on Fitness	F	FS	1441	1:28:29	1:27:29
###	Colette SHANNON	Fit4Life Kilkenny	F	F45	1474	1:28:32	1:27:36
###	Gerard MEEHAN	Dooneen AC	M	M55	159	1:28:34	1:27:35
###	Justin RYAN		M	MS	2635	1:28:36	1:27:22
###	Danielle MCCARTHY	Ballymac Road Runners	F	FS	434	1:28:36	1:28:08
###	Carol HARTNETT		F	F40	879	1:28:36	1:27:22
###	Michael WADE	West Waterford AC	M	M55	2726	1:28:36	1:27:57
###	Rachele GRIFFIN		F	F35	849	1:28:38	1:28:00
###	Sandra O'BRIEN		F	F35	1293	1:28:38	1:27:23
###	James BRENNAN		M	M45	1637	1:28:39	1:27:25
###	Maria MOORE		F	F40	1155	1:28:39	1:27:39
###	Ann BRETT	Kilkenny City Harriers	F	F45	556	1:28:39	1:28:39
###	Dee SCOTT	Kilkenny City Harriers	F	F45	1472	1:28:39	1:27:13
###	Bregeen MURPHY	Kilkenny City Harriers	F	F45	1194	1:28:39	1:27:12
###	Grace HUNTER	Doneraile AC	F	F35	948	1:28:40	1:27:13
###	Pat CROWLEY	Waterford AC	M	M60	418	1:28:40	1:28:02
###	Sarah PRENDERGAST		F	F35	212	1:28:40	1:27:45
###	Julie TIDESWELL	Clonmel AC	F	F50	429	1:28:41	1:27:27
###	Maureen LINEHAN	Doneraile AC	F	F45	1053	1:28:42	1:27:16
###	Kitty HARINGTON-BUCKLEY	St Finbarrs AC	F	F50	304	1:28:43	1:27:17
###	Noreen COLLINS	Wibbly Wobbly Wonders	F	F45	632	1:28:45	1:27:56
###	Eoin KENNEALLY		M	MS	2121	1:28:45	1:27:35
###	Bernadette TWOMEY	Midleton AC	F	F45	240	1:28:46	1:27:48
###	George MCDONNELL	Watergrasshil AC	M	M40	2238	1:28:46	1:28:09
###	Alan HURSON	Watergrasshil AC	M	MS	2069	1:28:46	1:28:11
###	Mary O'HALLORAN	Togher AC	F	F45	1341	1:28:49	1:28:21
###	Audrey QUIGLEY		F	F40	1430	1:28:49	1:27:41
###	Cathriona PRICE		F	F45	1425	1:28:49	1:27:42
###	Aileen KENNEDY		F	F40	999	1:28:50	1:27:41
###	Carol LEWIS		F	FS	134	1:28:50	1:27:59
###	Robbie BANNON	H.T.C. Happy Training Club	M	M45	2823	1:28:52	1:27:54
###	Denise GORE	H.T.C. Happy Training Club	F	F40	2824	1:28:52	1:27:53
###	Liam CORCORAN	Limerick Country Club Runners	M	M45	1754	1:28:58	1:28:07
###	Elizabeth O'BRIEN	More Valley AC	F	F40	1307	1:28:58	1:28:18
###	Fiona LONGAN		F	F35	1060	1:28:59	1:27:42
###	Jacinta YELVERTON	Happy Feet Blarney	F	F45	1569	1:29:00	1:27:52
###	Eimear MCSWEENEY	Focus on Fitness	F	F40	1139	1:29:01	1:27:52
###	Ciaran CAHILL	Happy Feet Blarney	M	M55	1675	1:29:02	1:28:21

Sheet1

###	John HALLISSEY		M	M65	1995	1:29:03	1:28:11
###	Caroline BRICK		F	FS	557	1:29:03	1:28:03
###	Michael LYONS	Adrenaline RC	M	M50	2201	1:29:05	1:28:03
###	Alan HARNEY		M	MS	2002	1:29:06	1:27:55
###	Amy DOYLE		F	FS	737	1:29:06	1:28:04
###	Colum MURPHY		M	MS	2309	1:29:06	1:27:58
###	Sheila BUCKLEY	Midleton AC	F	F35	565	1:29:06	1:27:58
###	Graham SWANTON	Clonmel Tri Club	M	MS	2690	1:29:07	1:27:55
###	Jackie VARLEY	Kilkenny City Harriers	F	F45	1531	1:29:08	1:27:56
###	Aisling LAHART	Adeles Eat Train Live	F	F40	1026	1:29:08	1:28:08
###	Sharon KINSELLA		F	FS	1016	1:29:09	1:27:55
###	Rebecca MCGEE		F	F45	153	1:29:13	1:28:12
###	Tara HORGAN	Wibbly Wobbly Wonders	F	F45	942	1:29:14	1:28:26
###	Sarah BOLAND	United Striders AC	F	FS	536	1:29:14	1:28:23
###	Alison BENNETT	United Striders AC	F	F35	396	1:29:15	1:28:25
###	Noreen FITZGERALD		F	F35	777	1:29:15	1:29:15
###	Helen SHEEHAN	Midleton AC	F	F50	1484	1:29:16	1:28:04
###	John BUCKLEY		M	M45	97	1:29:17	1:27:49
###	Kathy MURPHY		F	F40	1192	1:29:17	1:28:08
###	Christine MURPHY	Midleton AC	F	F45	1195	1:29:17	1:28:11
###	Colin O'ROURKE	Lismore AFC	M	M50	2527	1:29:17	1:28:08
###	Orlath POWER	RMP CLONMEL	F	F45	1411	1:29:19	1:28:22
###	Teresa TWOHIG	Run with Ros	F	F45	1523	1:29:20	1:28:12
###	John O'MAHONY		M	M40	2415	1:29:21	1:28:13
###	Clare O'SHEA		F	F40	1378	1:29:21	1:28:41
###	Raymond Curran CURRAN	West Waterford AC	M	M50	1805	1:29:23	1:28:20
###	Tracey O'NEILL		F	F35	1274	1:29:25	1:28:13
###	Murty O'SULLIVAN	St Finbarrs AC	M	M40	2830	1:29:28	1:28:34
###	Anita NOLAN	Adrenaline RC	F	FS	1224	1:29:29	1:28:02
###	Maria CREGAN		F	F50	659	1:29:31	1:28:21
###	Alison O'MAHONY		F	F45	203	1:29:32	1:28:30
###	Leona CRANNY	United Striders AC	F	FS	656	1:29:32	1:28:42
###	Fionnuala MCARDLE		F	F40	1100	1:29:33	1:28:36
###	Grainne O'MALLEY	Clonmel AC	F	F40	1299	1:29:36	1:29:09
###	Michael MCNAMARA	Midleton AC	M	M60	2259	1:29:38	1:28:33
###	Siobhan O'DWYER		F	F35	1256	1:29:39	1:29:20
###	Barry SLYE	Traction AC	M	MS	2674	1:29:39	1:28:52
###	Stephanie HICKEY	Ballymac Meet & Train	F	F45	2781	1:29:40	1:29:12
###	Aaron SWEENEY		M	MS	2825	1:29:42	1:28:13
###	Deirdre FAHEY	Clonmel AC	F	F50	431	1:29:42	1:29:15
###	Ciara FALVEY		F	F40	71	1:29:42	1:28:46
###	Paul CAHILL		M	M45	1674	1:29:47	1:29:07
###	Claire FITZPATRICK	Touraneena Runners	F	F40	788	1:29:48	1:28:30
###	Patrick HARTNETT		M	M40	2009	1:29:50	1:28:36
###	John ROCHE	West Waterford AC	M	M40	2621	1:29:51	1:28:49
###	Martina MOLONEY	The Churchtown Roadrunners	F	F35	1149	1:29:51	1:28:46
###	Gearoid MAC COITIR		M	MS	2203	1:29:52	1:28:51
###	Patrycja DALY	Youghal AC	F	F40	318	1:29:55	1:28:51
###	Jo-Anne COSGROVE	Watergrasshil AC	F	F40	649	1:29:55	1:28:38
###	Louise LANE		F	F35	1032	1:29:57	1:29:02
###	Emer ALFRED	InistiogeFit4Life	F	F50	551	1:29:57	1:29:16
###	Lisa BARROW	Mallow AC	F	F35	513	1:29:59	1:29:59
###	Marian O'MAHONY	Cahir Meet & Train	F	F40	1270	1:29:59	1:28:52

Sheet1

###	Sile COLLINS	West Waterford AC	F	FS	634	1:30:00	1:29:00
###	Roisin O'DWYER	Kilkenny City Harriers	F	F40	1335	1:30:02	1:28:49
###	John FITZPATRICK		M	M40	1903	1:30:03	1:28:31
###	Marytherese O'FLYNN	Mallow AC	F	F40	1296	1:30:03	1:28:44
###	Mags O'REILLY		F	F45	206	1:30:04	1:29:28
###	Catherine O'DONOVAN		F	F35	1294	1:30:06	1:28:57
###	Philip CLEARY	West Waterford AC	M	M60	328	1:30:08	1:28:58
###	Susan WALSH		F	F45	1552	1:30:10	1:28:55
###	Fay RYAN		F	F45	219	1:30:10	1:28:57
###	Karen GILSENAN		F	F45	85	1:30:10	1:28:57
###	Breda LEO		F	F45	305	1:30:11	1:29:16
###	Linda BRADFIELD	West Waterford AC	F	F45	542	1:30:12	1:28:54
###	Anita BYRNE	Kilkenny City Harriers	F	F40	580	1:30:14	1:29:57
###	Sandra RYAN	Limerick AC	F	F45	1463	1:30:14	1:29:23
###	Ronan POWER	RMP CLONMEL	M	M40	2827	1:30:16	1:29:10
###	Catherine DEEGAN	Limerick Country Club Runners	F	F50	2793	1:30:17	1:29:04
###	Susan FITZGERALD	Midleton AC	F	F45	73	1:30:17	1:29:09
###	Deirdre QUINLAN		F	F50	214	1:30:17	1:29:00
###	Joe O'ROURKE	West Waterford AC	M	M55	2528	1:30:17	1:28:56
###	Mark LENIHAN	West Waterford AC	M	M45	310	1:30:18	1:28:56
###	Oonagh GUILFOYLE	Kilkenny City Harriers	F	FS	1990	1:30:18	1:29:07
###	Vivienne VEREKER CAMPBELL		F	F35	241	1:30:19	1:29:21
###	John HANRAHAN		M	MS	98	1:30:19	1:29:26
###	Graham CUMMINS		M	MS	1796	1:30:20	1:29:01
###	Walter HIGGINS		M	M45	2046	1:30:20	1:29:00
###	Brendan MCCARTHY		M	MS	149	1:30:20	1:29:18
###	Orla KEATING		F	F35	977	1:30:20	1:28:55
###	James MURPHY		M	MS	2339	1:30:21	1:29:56
###	Sean MACSWEENEY		M	M50	2205	1:30:21	1:29:23
###	Eileen BUCKLEY	St Finbarrs AC	F	F50	303	1:30:21	1:28:54
###	Mags MULCAHY	Midleton AC	F	F50	1170	1:30:22	1:29:09
###	Ciara WALSH	Kilmacow AC	F	F35	1537	1:30:22	1:29:09
###	Niamh MCCARTHY		F	F50	1107	1:30:23	1:29:04
###	Pauline HANNAFIN	Ballymore Cobh AC	F	F45	871	1:30:25	1:29:13
###	Shane DONOVAN		M	MS	1843	1:30:25	1:29:10
###	Sue O'TOOLE	Raheny Shamrock AC	F	F40	1381	1:30:25	1:30:02
###	Siobhan RIORDAN		F	F35	1444	1:30:27	1:29:47
###	Donna SWEENEY	Aerlingus	F	F35	1509	1:30:27	1:29:22
###	Naomi ROYCROFT	Rosscarbery Steam Runners	F	F40	2627	1:30:28	1:29:22
###	Gordon DUFFY	Rosscarbery Steam Runners	M	M45	1859	1:30:28	1:29:25
###	Bernard SISK		M	M70	230	1:30:28	1:29:35
###	Jackie DILLON	Aerlingus	F	F45	710	1:30:29	1:29:22
###	Sinead TWOMEY	Macroon Parkrun	F	FS	1528	1:30:30	1:29:35
###	Joe O'FLYNN		M	MS	196	1:30:30	1:29:26
###	Eithne SHEEHAN	Youghal AC	F	F50	222	1:30:30	1:29:19
###	Paul O'BRIEN	Youghal AC	M	M50	2372	1:30:30	1:29:18
###	Dermot LEDINGHAM	Youghal AC	M	M55	2170	1:30:30	1:29:19
###	Barry MCCARTHY	Watergrasshill AC	M	M40	2232	1:30:31	1:29:17
###	Richard SHEEHAN	Youghal AC	M	M55	226	1:30:31	1:29:16
###	Maeve GRIFFIN	Ballymore Cobh AC	F	F40	850	1:30:32	1:29:28
###	Kieran KEARNEY		M	MS	2098	1:30:32	1:29:08
###	Paula FREEMAN	United Striders AC	F	F35	359	1:30:32	1:29:19
###	Linda HEGARTY	Aghada RC	M	F45	2818	1:30:32	1:29:31

Sheet1

###	Rosarie KEALY	West Waterford AC	F	F45	971	1:30:34	1:29:15
###	Mark COAKLEY		M	M40	1722	1:30:34	1:29:30
###	Maeve MOLUMPBY		F	F40	1150	1:30:36	1:29:40
###	Antoinette BRESLIN	Tramore AC	F	F45	554	1:30:36	1:29:19
###	Fiona CROWLEY	Kilworth M&T	F	F40	674	1:30:36	1:29:13
###	Susan O'LEARY	Cork County Council	F	F35	1347	1:30:36	1:29:13
###	Michelle NAGLE		F	F45	1213	1:30:37	1:29:40
###	John HOGAN		M	M45	109	1:30:37	1:29:41
###	Patricia WADE	An Bru AC	F	F45	1535	1:30:37	1:29:56
###	Patrick ENRIGHT		M	MS	1878	1:30:39	1:29:19
###	Barry O'SULLIVAN	Droamhane Road Runners	M	M45	2435	1:30:40	1:29:35
###	Geraldine HARTNETT	Grange Fermoy AC	F	FS	881	1:30:41	1:29:53
###	Annette COMERFOTD		F	F45	637	1:30:41	1:30:08
###	Sinead IVERS	Midleton AC	F	F35	956	1:30:41	1:29:10
###	Miriam O'GORMAN	Clonmel AC	F	F45	293	1:30:43	1:29:38
###	Orla KAVANAGH	Aerlingus	F	F40	966	1:30:44	1:29:36
###	Sinead RYAN		F	F45	1465	1:30:45	1:29:34
###	Niamh KAVANAGH	Portlaoise AC	F	F40	968	1:30:45	1:29:37
###	Ashling CODY	Ballintotis Fit 4 life	F	F35	621	1:30:46	1:29:56
###	Mark FITZGERALD		M	MS	1900	1:30:46	1:29:30
###	Mary FOX	Ballintotis Fit 4 life	F	F40	807	1:30:46	1:29:56
###	Euphrasia WALSH	Adeles Gazelles	F	F35	1536	1:30:48	1:29:48
###	John Paul WALSH	Pulse Tri Club	M	MS	2750	1:30:48	1:29:41
###	Jennifer MCCAFFERTY		F	F35	1087	1:30:48	1:29:41
###	Maria WHITE		F		2804	1:30:49	1:29:44
###	Ciara O'CONNELL	Happy Feet Blarney	F	F40	186	1:30:49	1:30:08
###	Theresa TIERNEY		F	F45	232	1:30:52	1:30:02
###	Melissa O'NEILL	Aghada RC	F	F40	1362	1:30:53	1:29:47
###	Niamh CALLANAN	Aghada RC	F	F40	595	1:30:53	1:29:48
###	Aine MACFARLANE		F	F40	1071	1:30:53	1:29:57
###	Joanne CASEY	Buttevant RC	F	F35	606	1:30:53	1:29:50
###	Lisa WHELAN	Ballymore Cobh Ac	F	F35	1561	1:30:55	1:29:28
###	Graham GEASLEY		M	M40	1960	1:30:55	1:30:55
###	Sarah AHERN	Ballymore Cobh AC	F	F35	501	1:30:55	1:29:44
###	Michael FIELDING		M	M45	1891	1:30:55	1:29:45
###	Sandra O'SHEA	Ballymore Cobh AC	F	F35	1376	1:30:56	1:29:45
###	Sinead O'LEARY		F	F35	1351	1:30:56	1:30:15
###	Brendan TOBIN	Glounthaune AC	M	M45	233	1:30:56	1:30:39
###	Nell LEAHY		F	F35	1039	1:30:57	1:29:39
###	Laura FLYNN		F	F35	792	1:30:57	1:30:18
###	Sharon O'BRIEN-WALSH	Ballintotis Fit 4 life	F	F40	1241	1:30:58	1:30:08
###	Anita HERLIHY	Churchtown Roadrunners AC	F	F35	915	1:31:00	1:29:42
###	Des MCCARTHY		M	MS	2235	1:31:01	1:29:51
###	Deirdre CURTIS	West Muskerry AC	F	F40	689	1:31:02	1:29:52
###	Eleanor CASEY	West Waterford AC	F	F45	610	1:31:02	1:29:46
###	Cathy BOWE	Watergrasshil AC	F	F35	539	1:31:04	1:29:46
###	Joanne MCCARTHY	Wibbly Wobbly Wonders	F	F40	1088	1:31:06	1:30:15
###	Mary CARNEY	United Striders AC	F	F35	598	1:31:06	1:30:17
###	Tommy SHEEHAN	Mallow AC	M	M65	2667	1:31:07	1:30:13
###	Denis CREEDON	Droamhane Road Runners	M	M45	279	1:31:08	1:30:03
###	Moira MORRISON		F	F50	1165	1:31:10	1:29:51
###	Jamie ORGAN		M	MS	2546	1:31:11	1:29:26
###	Bernadette SISK	Wibbly Wobbly Wonders	F	F40	1493	1:31:12	1:29:59

Sheet1

###	Ciara HAYDEN		F	F35	887	1:31:12	1:30:13
###	Marta BODENKO		F	FS	533	1:31:14	1:30:18
###	Jill O'DONNELL		F	F35	1330	1:31:16	1:30:44
###	Breda HALLY	Carrigtwohill AC	F	F40	866	1:31:17	1:30:06
###	Shirley O'GORMAN	Aghada RC	F	F45	1339	1:31:21	1:30:18
###	James KINSELLA		M	M40	2146	1:31:21	1:30:39
###	Cathriona DOOLEY		F	FS	56	1:31:24	1:30:22
###	Melissa DUNNE	Ballinacurra Villagers	F	F35	751	1:31:24	1:30:09
###	Martina CROTTY	Clonmel AC	F	F45	672	1:31:27	1:31:00
###	Maree MULLALLY		F	F40	169	1:31:28	1:30:23
###	Liana O'SHEA	Pat Walsh Running	F	FS	1388	1:31:30	1:30:19
###	Sheila CREEDON		F	F35	44	1:31:31	1:31:31
###	Karen POTTER	North Cork AC	F	FS	1406	1:31:33	1:30:30
###	Sinead DE FAOITE	West Waterford AC	F	F35	700	1:31:33	1:30:10
###	Jackie GLEESON		F	F35	2777	1:31:33	1:30:31
###	Aileen ENRIGHT		F	F35	2778	1:31:34	1:30:31
###	Catherine O'CONNOR	Mallow AC	F	F45	1247	1:31:35	1:31:35
###	Orla CUNNANE	Droamhane Road Runners	F	F40	47	1:31:35	1:30:31
###	Darren FOLEY	Waterford Tri Club	M	MS	1928	1:31:37	1:30:44
###	Niamh LAMBERT		F	F40	1030	1:31:37	1:30:42
###	Shelagh BUTLER		M	M40	1664	1:31:38	1:30:40
###	Tara O'LEARY	Midleton AC	F	F35	1348	1:31:40	1:30:42
###	Eoin MORRISSEY	Clonmel AC	M	MS	2287	1:31:40	1:30:27
###	Aoife KAVANAGH	Aghada RC	F	F45	969	1:31:41	1:30:39
###	Martin STEVENSON		M		2809	1:31:44	1:30:36
###	Karen GEASLEY	Ballymore Cobh AC	F	F40	825	1:31:46	1:30:51
###	Gerry O'BRIEN	GoTri	M	M40	2370	1:31:48	1:30:38
###	Mark O'CONNELL		M	M40	2382	1:31:51	1:30:49
###	Hubert CROWE		M	M40	276	1:31:51	1:31:51
###	Maude KELLEHER		F	FS	987	1:31:52	1:31:31
###	Valerie MCCORMACK	Fitstop	F	FS	1091	1:31:52	1:30:37
###	Marie SHEEHAN	St Nicholas AC	F	F40	1483	1:31:54	1:30:47
###	Audrey O'REILLY	Team IP	F	F40	1302	1:31:57	1:30:49
###	Liam O'DONOGHUE		M	M45	2439	1:31:58	1:31:26
###	John GEARY		M	MS	1956	1:32:01	1:32:01
###	Michelle FINNEGAN	West Waterford AC	F	F45	776	1:32:02	1:30:43
###	Eamonn CURRAN	West Waterford AC	M	M45	338	1:32:02	1:31:14
###	Siobhan HAYES	St Catherines AC	F	F45	896	1:32:04	1:30:48
###	Niamh MCCULLAGH	Kilkenny Tri Club	F	F40	1092	1:32:05	1:30:59
###	Graham CLIFFORD	Ardkeen Fermoy	M	M40	1716	1:32:06	1:30:53
###	Tom DUNLEA		M	M40	1864	1:32:08	1:31:01
###	Ger SHEEHAN		F	F45	225	1:32:08	1:30:53
###	Maria HERLIHY		F	FS	916	1:32:09	1:30:51
###	Carol BOLGER	United Striders AC	F	F35	393	1:32:09	1:31:18
###	Ester RING	Mallow AC	F	F45	1442	1:32:10	1:30:59
###	Kevin O'DONNELL	Mallow AC	M	MS	2390	1:32:11	1:31:00
###	Jennie STEPHENS		F	F40	1505	1:32:12	1:31:15
###	Craig TOBIN		M	MS	2703	1:32:14	1:30:50
###	Martin CARR	St Catherines AC	M	M40	1693	1:32:17	1:31:02
###	Aileen WINDLE	Focus on Fitness	F	F45	1566	1:32:18	1:31:15
###	Maria JOHNSON	Rosscarbery Steam Runners	F	F35	960	1:32:18	1:30:53
###	Szilvia MCGEE	Clonmel AC	F	FS	1120	1:32:19	1:31:13
###	Joan HICKSON		F	F40	925	1:32:19	1:31:12

Sheet1

###	Trishe MCGOURTY		F	F35	544	1:32:19	1:31:59
###	Aine CROSSE		F	F40	671	1:32:20	1:31:11
###	Frances O'CONNOR		F	F50	1249	1:32:20	1:31:04
###	Mary KEATING	Adrenaline RC	F	F50	980	1:32:21	1:31:43
###	Sean O'BRIEN		M	M50	2373	1:32:22	1:31:24
###	Seamus NUGENT		M	M50	2362	1:32:24	1:31:00
###	Carmel DUNLEA	Cahir Meet & Train	F	F35	750	1:32:24	1:31:17
###	Siobhan CULLINANE	Bandon AC Fit 4 Life	F	FS	681	1:32:24	1:30:59
###	Martina O'GORMAN	Conna AC	F	F40	1338	1:32:27	1:31:11
###	Liz FOLEY	St Nicholas AC	F	F45	798	1:32:27	1:31:08
###	Mary-Clare HEALY	Grange Fermoy AC	F	F45	898	1:32:27	1:31:09
###	Etha MURPHY	St Nicholas AC	F	F45	1196	1:32:28	1:31:10
###	Laura ALBIOL-TENDILLO	Cork Tri Club	F	FS	507	1:32:29	1:31:13
###	Karen COLLINS	Buttevant RC	F	F40	628	1:32:30	1:31:28
###	Padraig O'CATHAIN		M	MS	2380	1:32:32	1:31:18
###	Mary CAHILL	West Waterford AC	F	F45	592	1:32:33	1:31:18
###	Aileen HAYES		F	F40	893	1:32:33	1:31:17
###	Eddie AHERNE	Buttevant RC	M	M50	1578	1:32:36	1:31:34
###	Niamh POWER		F	F45	1415	1:32:36	1:31:52
###	John FLYNN	Ballintotis Fit 4 life	M	M40	1914	1:32:37	1:31:23
###	Paul HIGGINS	Clonmel AC	M	M45	459	1:32:38	1:31:06
###	Maeve O'CALLAGHAN		F	F35	1242	1:32:40	1:31:19
###	Kevin MORRISON	Midleton AC	M	M50	2286	1:32:41	1:32:31
###	Liam FEWER	Saturday Road Runners	M	M40	2183	1:32:42	1:31:37
###	Kay MURPHY	Ballintotis Fit 4 life	F	F50	1200	1:32:43	1:31:24
###	John FALVEY	Clonmel Tri Club	M	M45	1883	1:32:44	1:31:13
###	Ann GILVARRY		F	F50	86	1:32:44	1:31:52
###	John O'CALLAGHAN	Togher AC	M	M45	2467	1:32:46	1:32:17
###	Ian DAVIDSON		M	M60	1820	1:32:46	1:32:24
###	Claire MULLINS	St Finbarrs AC	F	F35	1174	1:32:46	1:31:35
###	Donal FOLEY		M	MS	1929	1:32:48	1:32:00
###	Caroline O'DONOVAN		F	F40	1295	1:32:49	1:31:43
###	Katie JACOB	Focus on Fitness	F	FS	958	1:32:50	1:31:47
###	Kirsty MCMAHON		F	F40	1099	1:32:53	1:31:36
###	Laura DOYLE	Adrenaline RC	F	FS	735	1:32:56	1:31:34
###	Paddy MURPHY		M	MS	2313	1:32:57	1:31:35
###	Siobhan TAYLOR	Adrenaline RC	F	F55	1514	1:32:57	1:31:34
###	Paddy DOYLE	Adrenaline RC	M	MS	1851	1:32:57	1:31:36
###	Breda O'REILLY	Malin Town	F	F35	1371	1:32:58	1:31:52
###	Dermot FITZGERALD	Happy Feet Blarney	M	MS	1895	1:32:59	1:31:45
###	Sandra LAYCOCK FLACK	Clonmel AC	F	F35	455	1:33:00	1:32:33
###	Michelle DOOLEY		F	F45	725	1:33:02	1:31:37
###	Kenneth POWER	Grange Fermoy AC	M	MS	2562	1:33:03	1:32:15
###	Noreen KIELY	Fitstop	F	F40	1007	1:33:04	1:32:59
###	Una REIDY		F	F40	1439	1:33:07	1:31:42
###	Vincent BYRNE	Slaney Olympic AC	M	M50	1673	1:33:11	1:32:56
###	Tricia HAMILTON	Wibbly Wobbly Wonders	F	F35	868	1:33:13	1:32:01
###	Ruth HAYES		F	F40	892	1:33:15	1:31:24
###	Lorraine KENNEDY	Clonmel AC	F	F40	996	1:33:17	1:31:38
###	Louise GUMBLETON	Ballintotis	F	F45	859	1:33:19	1:32:03
###	Caroline NOONAN		F	F40	1227	1:33:20	1:32:26
###	Linda KELLEHER CAREW	Ballintotis Fit 4 life	F	FS	988	1:33:20	1:32:08
###	Ann MCCARTHY		F	F45	148	1:33:22	1:32:06

Sheet1

###	Caroline SHEEHAN	Mallow AC	F	F40	1482	1:33:22	1:32:00
###	Anne Marie QUIN	Balance Fitness	F	F55	1432	1:33:22	1:31:47
###	Cora MARSHALL		F	F35	1081	1:33:24	1:31:59
###	Liz SPENCER		F	F35	1499	1:33:26	1:32:13
###	John COAKLEY	Biomarin	M	MS	1721	1:33:29	1:32:32
###	Sarah GOUGH	Kilkenny City Harriers	F	F35	839	1:33:30	1:32:17
###	Fiona KELLEHER		F	F45	984	1:33:31	1:32:06
###	Donal KELLEHER		M	M40	2109	1:33:36	1:32:27
###	Ruth HENNEBRY		F	F40	910	1:33:36	1:32:12
###	Frank LINEHAN		M	M65	136	1:33:37	1:32:54
###	Mark LENIHAN	West Limerick AC	M	MS	2174	1:33:40	1:32:40
###	Lynn MULVIHILL	TNT Ladies	F	F40	1175	1:33:42	1:32:07
###	Tom O'NEILL	Ballintotis Fit 4 life	M	M60	2510	1:33:43	1:33:34
###	Breda MC NAMARA	Moyne AC	F	F40	450	1:33:45	1:32:45
###	Sinead HURLEY		F	F35	950	1:33:46	1:32:21
###	Ciara O'KEEFFE	Buttevant RC	F	FS	1265	1:33:48	1:32:47
###	Tony O'SULLIVAN	Bweeng Trail Blazers	M	M50	2437	1:33:49	1:32:45
###	Grainne NI FHOGHLÚ		F	F40	19	1:33:49	1:32:29
###	Jim RYAN	Limerick Country Club Runner	M	M55	2647	1:33:50	1:32:57
###	Stephen TOTH		M	M45	236	1:33:52	1:33:02
###	Aidan GROGAN		M	M45	1988	1:33:56	1:32:32
###	Iolo PEARSE		M	MS	2552	1:34:00	1:32:56
###	Caroline ROBINSON	Waterford AC	F	F40	1445	1:34:00	1:32:53
###	Michelle GRANT		F	F35	91	1:34:02	1:33:02
###	Jo BRETT	Clonmel AC	F	F45	555	1:34:04	1:33:15
###	Lucie HIGGINS		F	F35	2779	1:34:06	1:33:03
###	Fiona O'RIORDAN	Eagle AC	F	F45	1373	1:34:06	1:33:05
###	Radley SINEAD		F	F35	1492	1:34:06	1:32:48
###	Malcolm MEADE	Ballymore Cobh AC	M	M40	2263	1:34:09	1:32:38
###	Yvonne GOUGH	Togher AC	F	F50	840	1:34:09	1:33:38
###	Jacqueline SLYNE		F	F40	1496	1:34:11	1:32:45
###	Karen O'HANLON		F	F40	1262	1:34:12	1:32:52
###	Peter O'LEARY	Happy Feet Blarney	M	MS	2502	1:34:12	1:32:59
###	Aidan O'DWYER	Galway City Harriers	M	M45	2491	1:34:14	1:32:52
###	Finbarr O'DWYER		M	M40	2490	1:34:15	1:32:53
###	Derek JEFFERS		M	M45	2078	1:34:18	1:32:54
###	Aine KAVANAGH		F	F50	119	1:34:19	1:32:54
###	Mary NOONAN	Togher AC	F	F40	1226	1:34:22	1:33:07
###	Sarah SHEEHAN		F	F35	1480	1:34:25	1:33:10
###	Marian BUCKLEY	Carrigtwohill AC	F	FS	568	1:34:25	1:33:17
###	Margaret FITZGERALD	Run4Fun	F	F50	783	1:34:28	1:33:27
###	Lavinia SWORDS	Aghada RC	F	FS	1513	1:34:29	1:33:04
###	Norma BARRON	InistiogeFit4Life	F	F45	512	1:34:29	1:33:48
###	Jean BERESFORD	West Waterford AC	F	F50	529	1:34:30	1:33:03
###	Helena O'CONNOR	Mallow AC	F	FS	1250	1:34:35	1:33:01
###	Ger SCANNELL		M	M45	2659	1:34:35	1:33:35
###	Margaret MURPHY	Togher AC	F	F50	1202	1:34:36	1:34:07
###	Anne Marie O'DONOVAN	Fota Island RC	F	F40	1333	1:34:37	1:33:05
###	Ciara DUFFIN	West Waterford AC	F	F40	741	1:34:37	1:33:11
###	Paul FORREST	Watergrasshil AC	M	MS	1933	1:34:40	1:34:03
###	Jane MCGRATH	Eagle AC	F	F55	1096	1:34:41	1:33:32
###	Marie WALSH	West Waterford AC	F	F40	461	1:34:44	1:33:18
###	Maggie STACK	Watergrasshil AC	F	F40	1501	1:34:45	1:33:16

Sheet1

###	Valerie CULLOTY	Max Runner Rathcormac	F	F50	682	1:34:45	1:33:49
###	Catriona GRADY		F	F40	90	1:34:46	1:33:50
###	Louise MURPHY	Togher AC	F	FS	1204	1:34:46	1:34:20
###	Clodagh WALSH	Togher AC	F	F40	1546	1:34:46	1:34:20
###	Ciara HENNESSY	Borrisoleigh Track Attack	F	FS	106	1:34:48	1:33:45
###	Deirdre BOWERS KAVANAG	Slaney Olympic AC	F	F50	541	1:34:49	1:34:05
###	Catherine CONDON	West Waterford AC	F	F50	340	1:34:50	1:33:28
###	Marie MARTIN		F	F45	411	1:34:52	1:33:20
###	Louise GANNON		F	FS	813	1:34:52	1:33:19
###	Noreen DALY	Portlaoise AC	F	F50	697	1:34:54	1:34:21
###	Tracy DOODY	Mallow AC	F	F40	723	1:34:56	1:33:22
###	Evelyn O'NEILL	Pat Walsh Running	F	F45	1275	1:34:59	1:34:34
###	Teresa COMERFORD	Kilkenny City Harriers	F	F40	636	1:35:01	1:33:29
###	Margaret WIDGER	Clonmel Tri Club	F	F35	1563	1:35:07	1:33:56
###	Aisling COONEY	Clonmel AC	F	F40	647	1:35:07	1:34:17
###	Bernard BEATTY	Ferrybank AC	M	MS	1615	1:35:08	1:33:43
###	Ann O'LEARY		F	FS	1268	1:35:10	1:34:14
###	Sinead EDWARDS	Bweeng Trail Blazers	F	F35	758	1:35:10	1:33:48
###	Rose COWMAN		F	F45	654	1:35:12	1:34:08
###	Mary POWER		F	F50	1417	1:35:12	1:33:55
###	Paula KAVANAGH	Waterford AC	F	F55	970	1:35:13	1:33:56
###	Geraldine BARRY	West Waterford AC	F	F40	524	1:35:13	1:33:52
###	Sean WARDLE		M	M50	2755	1:35:14	1:33:36
###	Clodagh HEGARTY	Aghada RC	F	F45	904	1:35:15	1:33:48
###	Louise HALL	Happy Feet Blarney	F	F35	863	1:35:15	1:34:07
###	Valerie AHERNE		F	F40	6	1:35:17	1:34:10
###	Elaine DWYER		F	F40	756	1:35:18	1:34:09
###	Ciara MEEHAN	Clonmel AC	F	F45	1141	1:35:18	1:33:49
###	Joanne JACKMAN		F	F40	957	1:35:19	1:33:44
###	Valerie GARVEY	Mallow AC	F	F45	817	1:35:21	1:34:11
###	Tony KEOGH		M		2801	1:35:25	1:34:01
###	Barry GAVIGAN	Clonmel AC	M	M40	1952	1:35:25	1:34:32
###	John PHELAN		F	F40	1401	1:35:26	1:34:48
###	Brendan BARRY	Midleton AC	M	M50	1610	1:35:27	1:34:03
###	Mary COLLINS	Watergrasshil AC	F	FS	633	1:35:27	1:35:27
###	Mairi HENDERSON	St Finbarrs AC	F	F50	908	1:35:28	1:34:33
###	Tara SWABY		F	F40	1508	1:35:28	1:33:54
###	Pam KENNEDY	Grange Fermoy AC	F	F35	995	1:35:29	1:34:07
###	Catriona RYAN	Mallow AC	F	F35	1454	1:35:31	1:34:21
###	Carrie O'DWYER		F	F40	1336	1:35:31	1:34:53
###	Grainne O'BRIEN	Ballinacurra Villagers	F	F40	1306	1:35:31	1:34:12
###	Noel CROWE		M	M50	277	1:35:31	1:33:53
###	Lisa BRENOCK	Galtee Runners AC	F	F40	552	1:35:32	1:34:19
###	Rosemarie WILEY	Galtee Runners AC	F	F35	1564	1:35:32	1:34:19
###	Edwina CASEY GALLAHUE	Galtee Runners AC	F	FS	611	1:35:32	1:34:19
###	Louise BRAZIER	Rosscarbery Steam Runners	F	F35	546	1:35:33	1:34:01
###	Brid JOYCE		F	F45	118	1:35:34	1:34:34
###	Caroline O'DONOVAN	Ballinacurra Villagers	F	F35	1253	1:35:34	1:34:15
###	Elizabeth CONWAY	United Striders AC	F	FS	384	1:35:36	1:34:16
###	Siobhan CODD		F	F45	619	1:35:38	1:33:59
###	Geraldine PURCELL	Striders AC	F	F35	1426	1:35:43	1:34:53
###	Olivia DALTON		F	F40	695	1:35:44	1:34:12
###	Elaine KEATING	Tramore AC	F	F45	122	1:35:48	1:34:43

Sheet1

###	Karen TULL	Slaney Olympic AC	F	F45	1520	1:35:51	1:35:07
###	Marion O'NEILL	Clonmel AC	F	F55	475	1:35:52	1:34:39
###	Eddy HIGGINS		M	M50	2047	1:35:56	1:34:30
###	John KISSANE	UCC Staff RC	M	M50	2151	1:35:56	1:34:30
###	Gerard MCSWEENEY		M	M50	157	1:36:02	1:34:29
###	Margie O'CONNOR	Churchtown Roadrunners AC	F	FS	1327	1:36:03	1:34:58
###	Jillian HAYES		F	F35	889	1:36:04	1:36:04
###	Eileen AHERN RYALL	Pat Walsh Running	F	F50	504	1:36:06	1:34:41
###	Caitriona KENNEALLY	Pat Walsh Running	F	F40	993	1:36:06	1:34:43
###	Fiona O'KEEFFE	Mallow AC	F	F40	1298	1:36:09	1:34:35
###	Debbie MORTON		F	F45	2821	1:36:11	1:34:54
###	Thomas BEAUSANG	Ballintotis Fit 4 life	M	M45	1617	1:36:12	1:35:12
###	Cha O'NEILL	Ballintotis	M	M50	2421	1:36:12	1:35:11
###	Rita CRONNOLLY	West Waterford AC	F	F50	670	1:36:13	1:34:50
###	Catherine DUNNE		F	F45	63	1:36:14	1:35:25
###	Hazel CROWLEY		F	F35	317	1:36:16	1:35:45
###	Ruth BROPHY	Tramore AC	F	F40	17	1:36:17	1:35:13
###	Joanne DUNNE		F	F50	64	1:36:17	1:35:13
###	Paul O'MAHONY	Wibbly Wobbly Wonders	M	M40	2412	1:36:17	1:36:17
###	John O'TOOLE		M	M40	257	1:36:20	1:34:47
###	Lorna MAHER	Pat Walsh Running	F	F40	1076	1:36:23	1:34:59
###	Aidan WALSH	Garda AC	M	MS	2733	1:36:23	1:34:39
###	Anthony O'CONNOR		M	M45	2386	1:36:27	1:34:57
###	Mervyn DALY		M	M45	1817	1:36:27	1:34:57
###	Ursula CASEY	Pat Walsh Running	F	F35	607	1:36:27	1:35:04
###	Pauric KILCULLEN		M	MS	2141	1:36:28	1:35:28
###	Patricia GREHAN	Aghada RC	F	F50	846	1:36:30	1:35:03
###	Olivia REILLY	West Waterford AC	F	F40	1440	1:36:34	1:35:11
###	Tony RYAN	Mallow AC	M	M40	2638	1:36:36	1:35:26
###	Marie UI IARNAIN		F	F35	1530	1:36:37	1:35:53
###	Noreen CASHMAN	Ballintotis Fit 4 life	F	F45	613	1:36:39	1:35:20
###	Eibhlís NI HARTA		F	FS	410	1:36:45	1:35:02
###	Allen COTTER	St Nicholas AC	M	MS	1760	1:36:47	1:35:22
###	Conor DAY	Aghada RC	M	MS	2829	1:36:50	1:36:11
###	Barry KILCLINE		M	M40	1004	1:36:54	1:35:54
###	Billy MURRAY	Wibbly Wobbly Wonders	M	M40	2342	1:36:58	1:35:20
###	Niamh BAMBRICK	West Waterford AC	F	FS	377	1:36:59	1:35:24
###	Vanessa PHELAN	Kilkenny City Harriers	F	F35	1400	1:37:00	1:35:28
###	David POWER		M		2811	1:37:05	1:35:41
###	Brendan WHYTE	Carrigtwohill AC	M	M40	2769	1:37:09	1:35:58
###	James MAHER	Carrigtwohill AC	M	MS	2208	1:37:09	1:35:58
###	John HEALY	Wibbly Wobbly Wonders	M	M55	2023	1:37:09	1:35:36
###	Ciara MACCALLUM	Grange Fermoy AC	F	F40	1069	1:37:11	1:35:42
###	Jayne O'BRIC		F	F40	1235	1:37:12	1:36:24
###	Geraldine BARRY	West Waterford AC	F	F40	523	1:37:14	1:35:53
###	Celine MORLEY	Ballinacurra Villagers	F	F45	1162	1:37:18	1:35:59
###	Ciara BERESFORD	West Waterford AC	F	FS	530	1:37:20	1:35:52
###	Aoife BARRY	Adeles Eat Train Live	F	F40	517	1:37:22	1:36:24
###	Michael REYNOLDS	Wibbly Wobbly Wonders	M	M40	2613	1:37:28	1:35:46
###	Maretta BRENNAN	Leevale AC	F	F50	550	1:37:30	1:36:06
###	Tara CUNNINGHAM	Wibbly Wobbly Wonders	F	F35	685	1:37:33	1:36:23
###	Mari LYNE	Ballincollog fit4life	F	F35	1066	1:37:34	1:37:34
###	Colette DALTON	Midleton AC	F	F35	694	1:37:36	1:36:06

Sheet1

###	Paudie BARRON		M	MS	1591	1:37:40	1:35:53
###	Julieka CAHILL	Portlaoise AC	F	F40	590	1:37:41	1:36:32
###	Anne Marie FIDGEON		F	F45	443	1:37:41	1:36:45
###	Ciara DENNIS	Carrigtwohill AC	F	FS	707	1:37:43	1:36:08
###	Martina BURKE	Cork Tri Club	F	F40	573	1:37:43	1:36:25
###	Tom CONDON	West Waterford AC	M	M60	326	1:37:45	1:36:24
###	Frances HOGAN		F	F40	932	1:37:45	1:36:04
###	Fiona BARRY	Bweeng Trail Blazers	F	F35	10	1:37:47	1:36:20
###	Marie Claire LAWLOR		F	F40	1036	1:37:49	1:36:18
###	Johanna DUGGAN	Wibbly Wobbly Wonders	F	F50	749	1:37:50	1:36:13
###	Sharon MCCARTHY	Carrigtwohill AC	F	F50	1089	1:37:51	1:36:16
###	Diarmuid LANE		M	M40	2157	1:37:52	1:36:14
###	Geraldine REDMOND	Rappstars Social Steppers	F	F45	1435	1:37:55	1:37:11
###	Meena VERMA		F	FS	242	1:37:56	1:36:59
###	Brian MARTIN	Midleton AC	M	M50	2216	1:37:56	1:36:16
###	Angela O'MAHONEY	Grange Fermoy AC	F	F45	364	1:37:57	1:36:30
###	Orna BREATHNACH	West Waterford AC	F	F35	409	1:37:59	1:36:17
###	Margaret O'CONNELL	Ballymore Cobh AC	F	F40	1303	1:37:59	1:36:44
###	Helen HAYES	Ballymore Cobh AC	F	F45	894	1:37:59	1:36:45
###	Teresa COUGHLAN		F	F35	652	1:38:00	1:36:38
###	Martin HEALY	Pat Walsh Running	M	M40	2021	1:38:01	1:36:23
###	Martina WALSH		F	F35	1539	1:38:02	1:38:02
###	Ann FAIRBROTHER		F	F50	765	1:38:06	1:36:28
###	Ann O'CONNOR		F	FS	189	1:38:07	1:36:38
###	Henry POWER		M	M60	2575	1:38:08	1:36:52
###	Brid Uí CHADHLA		F	F40	1529	1:38:09	1:36:35
###	Nas KHAN		M	M40	2135	1:38:10	1:37:07
###	Tim TWOMEY	Ballinora GAA	M	M55	2718	1:38:10	1:37:18
###	Maire NI DHOMHNAILL		F	F50	1218	1:38:10	1:36:28
###	Nan O'BRIEN		F	F40	373	1:38:11	1:37:12
###	Carmel O'MAHONY		F	F60	1358	1:38:12	1:36:34
###	Caroline MURPHY	Bweeng Trail Blazers	F	F45	1193	1:38:13	1:36:51
###	Joanne O'CONNELL	Tipp Hills Running Group	F	F40	1244	1:38:13	1:37:54
###	Dominic GALVIN		M	M50	1946	1:38:18	1:37:17
###	Margaret O'FLYNN		F	F50	198	1:38:19	1:36:52
###	Nelius O'FLYNN		M	M50	199	1:38:19	1:36:51
###	Garry MORRISSEY	West Waterford AC	M	M45	2288	1:38:19	1:37:04
###	Carol HASSETT	Borrisoleigh Track Attack	F	FS	884	1:38:20	1:37:16
###	Leah HEALY	Aghada RC	F	F50	899	1:38:21	1:36:55
###	Catherine RYAN BREEN		F	F35	221	1:38:22	1:37:22
###	Noel BREEN		M	MS	14	1:38:22	1:37:22
###	Clare FORDE	Fota Island RC	F	F35	802	1:38:22	1:36:52
###	Deirdre GLYNN	Mallow AC	F	F45	833	1:38:22	1:36:49
###	Catherine MURPHY	Clonmel AC	F	F50	171	1:38:24	1:37:13
###	Jacqui WALSH	Clonmel AC	F	F50	1553	1:38:26	1:36:47
###	Jennifer TWOMEY		F	F40	239	1:38:27	1:37:15
###	Annette FITZGERALD	Midleton AC	F	F45	782	1:38:28	1:37:00
###	Carmel BYRNES	Tipp Hills Running Group	F	F45	585	1:38:29	1:38:10
###	Dawn O'FARRELL	Grange Fermoy AC	F	F45	1258	1:38:31	1:37:10
###	John WOODS	West Waterford AC	M	MS	353	1:38:31	1:36:51
###	Colette CROWLEY	Wibbly Wobbly Wonders	F	F35	673	1:38:32	1:36:52
###	Tracy WALSH		F	F40	1549	1:38:39	1:37:01
###	Shirley KAVANAGH	Bweeng Trail Blazers	F	F40	967	1:38:42	1:37:15

Sheet1

###	Louise O'REILLY	Fit4Life Kilkenny	F	FS	1278	1:38:42	1:37:02
###	Richie DALY		M	MS	49	1:38:42	1:37:39
###	Susan HAYES	Focus on Fitness	F	F40	890	1:38:42	1:37:40
###	Colin DUNNE	Waterford Tri Club	M	MS	1867	1:38:44	1:37:43
###	Nicky JACOB		M	M60	2075	1:38:44	1:37:41
###	Adrienne TURNER		F	F45	1522	1:38:45	1:37:13
###	Anne LYNCH		F	F40	1064	1:38:46	1:37:13
###	Paula LYNCH	Ballintotis Fit 4 life	F	F35	1062	1:38:46	1:37:27
###	Eimear DALY		F	FJ	258	1:38:48	1:37:16
###	Aoife KIRBY	Waterford AC	F	F45	1017	1:38:48	1:37:20
###	Christine O'REGAN		F	F35	1301	1:38:49	1:38:03
###	Nicola NEVILLE		F	FS	1216	1:38:51	1:37:25
###	Angela DALY		F	F50	419	1:38:51	1:37:19
###	Maura LAWTON	Garryvoe	F	F50	1038	1:38:51	1:37:43
###	Michelle NUGENT		F	F45	1232	1:38:57	1:37:44
###	Liz KEATING	United Striders AC	F	F40	978	1:39:00	1:38:10
###	Eilish KINGSTON		F	F45	1014	1:39:00	1:37:24
###	Antoinette CODY	Ballintotis Fit 4 life	F	F35	620	1:39:02	1:37:43
###	Una POWER	An Bru AC	F	F50	1416	1:39:05	1:38:24
###	Noelle SHEEHAN	Droamhane Road Runners	F	F45	281	1:39:06	1:37:30
###	Gillian O'BRIEN	St Finbarrs AC	F	F45	1308	1:39:07	1:38:13
###	Michael COLEMAN		M	M55	478	1:39:08	1:37:37
###	Kate SIMPSON	Adeles Eat Train Live	F	FS	1491	1:39:10	1:37:31
###	Alan CONNOLLY		M	M40	1747	1:39:12	1:38:28
###	Ciara FREEMAN		F	FS	808	1:39:12	1:37:36
###	Ann Marie O'BYRNE		F	F50	1310	1:39:13	1:37:32
###	Caitriona BUCKLEY	Bweeng Trail Blazers	F	F35	564	1:39:13	1:37:50
###	Maureen COSTELLO		F	F45	38	1:39:16	1:37:30
###	Geraldine BRENNAN		F	F45	16	1:39:16	1:38:36
###	Tracy MURRAY	Youghal AC	F	F45	1212	1:39:17	1:37:40
###	Teresa MALONE	Youghal AC	F	F45	1079	1:39:18	1:37:41
###	Ruth PHELAN	Ballymore Cobh AC	F	F55	1403	1:39:18	1:37:49
###	Dana DUGGAN	Ballymore Cobh AC	F	F35	745	1:39:19	1:37:49
###	Eilish GORMLEY	Ballymore Cobh AC	F	F45	838	1:39:19	1:37:48
###	Anne MCKEOWN	Ballymore Cobh AC	F	F50	1132	1:39:19	1:37:48
###	Brianna COLFER		F	FS	627	1:39:20	1:37:47
###	Sharon AHERNE	Tipp Hills Running Group	F	F45	506	1:39:21	1:39:01
###	Evelyn BERESFORD	West Waterford AC	F	F45	323	1:39:21	1:37:42
###	Una RYAN	Tipp Hills Running Group	F	F45	1464	1:39:21	1:39:00
###	Darren CURTIN		M	M40	1809	1:39:23	1:37:41
###	Eilish AHERN	Bweeng Trail Blazers	F	F35	502	1:39:23	1:38:25
###	Caitriona DOYLE		F	F35	731	1:39:23	1:37:50
###	Geraldine HOULIHAN	Carrick On Suir AC	F	F55	943	1:39:28	1:39:04
###	Ciara FORDE	Watergrasshil AC	F	F45	803	1:39:30	1:38:02
###	Andrew COTTER		M	MS	1763	1:39:31	1:37:54
###	Marie BARRY		F	FS	526	1:39:31	1:37:54
###	Derval FARRELL	Aghada RC	F	F40	771	1:39:32	1:38:06
###	Catherine KEOGH	Youghal AC	F	F35	254	1:39:37	1:37:59
###	Aidan DALTON	St Nicholas AC	M	MS	1813	1:39:38	1:38:06
###	Aoife MCHUGH		F	FS	1128	1:39:39	1:38:03
###	Emma DORAN	Slaney Olympic AC	F	F35	728	1:39:41	1:38:56
###	Keith O'DONOGHUE		M	MS	2392	1:39:43	1:38:17
###	Amanda FREEMAN GATER	Saturday Road Runners	F	F40	809	1:39:43	1:38:07

Sheet1

###	Denis FITZGERALD		M	MS	1902	1:39:43	1:39:19
###	Lisa KILCOMMONS	Churchtown Roadrunners AC	F	FS	1011	1:39:45	1:38:30
###	Angela TOBIN		F	F55	1516	1:39:46	1:39:04
###	Clíodhna NI CHUIRRIN		F	FS	408	1:39:46	1:38:29
###	Josie UI CHUIRRIN	West Waterford AC	F	F55	302	1:39:47	1:38:27
###	Bernadette NAVIN	Ballymore Cobh AC	F	F40	1214	1:39:48	1:38:18
###	Barry O'DRISCOLL	Ballintotis	M	MS	2448	1:39:51	1:38:10
###	Lorna KELLEHER		F	F40	982	1:39:51	1:38:15
###	Pat MURPHY	Bweeng Trail Blazers	M	M50	2334	1:39:54	1:38:50
###	Sandra MURPHY	Saturday Road Runners	F	F40	1191	1:39:54	1:38:19
###	Annemarie O'BRIEN		F	F40	1382	1:39:55	1:38:29
###	Michelle GEARY	Grange Fermoy AC	F	FS	823	1:39:57	1:38:40
###	Gary O'DONOVAN	Bweeng Trail Blazers	M	M40	2395	1:39:58	1:38:55
###	Lorraine SPILLANE		F	FS	1500	1:39:59	1:39:40
###	Claire FOWLER		F		2802	1:39:59	1:38:24
###	Michael COAKLEY	West Waterford AC	M	M50	333	1:40:23	1:38:52
###	Ursula O'MALLEY	Portlaoise AC	F	F60	1300	1:40:24	1:39:16
###	Katherine FARRELL	Ballymore Cobh AC	F	F35	770	1:40:26	1:38:57
###	Michelle GUIRY	West Waterford AC	F	FS	488	1:40:28	1:38:53
###	Heike VON HEYNE	Ballymore Cobh AC	F	F40	1534	1:40:32	1:39:02
###	Ger FLANAGAN	Youghal AC	M	M50	1907	1:40:33	1:39:07
###	Alma O'CONNELL	Wibbly Wobbly Wonders	F	F50	1318	1:40:37	1:38:58
###	Anne GALVIN	Bweeng Trail Blazers	F	FS	812	1:40:38	1:39:35
###	Diane WALSH		F	F45	245	1:40:39	1:39:05
###	Katherine MOORE	Cork County Council	F	F40	1154	1:40:39	1:39:15
###	Valerie TWOMEY	Ballintotis Fit 4 life	F	F40	1525	1:40:39	1:39:06
###	Linda BARRY	United Striders AC	F	F40	522	1:40:46	1:40:46
###	Patricia FORAN	United Striders AC	F	F50	800	1:40:47	1:40:47
###	Colin CARNEY	United Striders AC	M	MS	1690	1:40:48	1:40:48
###	Linda MURPHY	Bweeng Trail Blazers	F	F40	1182	1:40:49	1:39:29
###	Karen KNOWLES	Midleton AC	F	F35	1021	1:40:49	1:39:08
###	Nuala ARRIGAN	Portlaoise AC	F	F45	509	1:40:49	1:39:42
###	Alan TOFT		M	M45	352	1:40:50	1:39:32
###	Sean TWOMEY	St Catherines AC	M	M40	2715	1:40:52	1:39:38
###	Peter POWER	Lismore AFC	M	M40	2565	1:40:52	1:39:43
###	Kathleen CARR	Ballinacurra Villagers	F	F40	599	1:40:53	1:40:10
###	Aine WALSH	Adeles Eat Train Live	F	F45	1550	1:40:55	1:39:17
###	Sarah BALL		F	F40	430	1:40:58	1:40:02
###	Lynn O'RIORDAN	West Waterford AC	F	F40	1372	1:40:59	1:39:36
###	Conor LOVETT	Dooneen AC	M	M50	2187	1:41:00	1:39:50
###	Claire PARKER	Midleton AC	F	F35	1391	1:41:00	1:39:20
###	Tony BELL	Bweeng Trail Blazers	M	M45	1619	1:41:04	1:39:46
###	Aidan TRINDLE	Eagle AC	M	M45	2709	1:41:08	1:39:39
###	Anna DE COURCY	Waterford AC	F	F45	699	1:41:26	1:39:45
###	Fergus KENNEALLY		M	M50	2123	1:41:27	1:41:27
###	Gabrielle POWER	Saturday Road Runners	F	F45	1412	1:41:33	1:39:53
###	Colette LEWIS		F	F40	133	1:41:39	1:40:21
###	Sinead PEARL	Hills Running Club	F	F40	447	1:41:54	1:41:33
###	Olive MARSHALL		F	F40	1082	1:41:55	1:40:17
###	Claudia PARKES	Aerlingus	F	F40	1392	1:42:00	1:40:25
###	Kevin DONOVAN		M	MS	55	1:42:01	1:40:35
###	Jaclyn JOYCE	Wibbly Wobbly Wonders	F	F35	963	1:42:03	1:40:51
###	Majella MYTHEN		F	F45	178	1:42:04	1:40:20

Sheet1

###	Marie O'REILLY		F	F60	1277	1:42:18	1:40:35
###	Annie FALVEY	Clonmel Tri Club	F	F45	769	1:42:19	1:40:39
###	Louise FALVEY	Aghada RC	F	F35	767	1:42:27	1:40:53
###	Eidin Christie CHRISTIE		F	F45	615	1:42:27	1:41:11
###	Geraldine POWER		F	F50	1418	1:42:33	1:40:53
###	Michelle GEANEY	Bweeng Trail Blazers	F	F35	821	1:42:36	1:41:14
###	Kieran CURTIN	Churchtown Roadrunners AC	M	MS	1810	1:42:42	1:41:29
###	Nicola CUNNIFFE	West Waterford AC	F	F40	683	1:42:45	1:41:23
###	Leisa FLEMING	Tried & Tested	F	F40	791	1:42:46	1:41:24
###	Maria GIBBONS		F	F55	826	1:42:50	1:41:56
###	Claire KINSELLA	Clonmel Tri Club	F	F50	1015	1:42:59	1:41:18
###	Claire O'CONNOR	Pat Walsh Running	F	F45	1248	1:43:00	1:41:38
###	Ashley GEARY		F	FS	824	1:43:02	1:41:21
###	Alan HARTY		M	MS	2010	1:43:06	1:41:31
###	Jim O'CONNELL		M	M40	2381	1:43:06	1:41:31
###	Margaret Mary GRANT	Portlaoise AC	F	F40	92	1:43:11	1:42:05
###	Sheila BULMAN	Midleton AC	F	F50	571	1:43:15	1:41:45
###	Susan MCAULIFFE	Aghada RC	F	F35	1086	1:43:18	1:41:46
###	Caroline MURPHY	Aghada RC	F	FS	1203	1:43:22	1:43:22
###	Emer MCCLEAN		F	F45	1090	1:43:25	1:43:25
###	Catriona GRIFFIN	Clonakilty Road Runners AC	F	F40	851	1:43:32	1:41:56
###	Anne MURPHY		F	F40	2795	1:43:41	1:42:05
###	Mary VEALE		F	F40	1532	1:43:41	1:42:03
###	Karen GRANT		F	F50	844	1:43:42	1:42:20
###	Sheelagh FLANAGAN		F	F40	80	1:43:42	1:42:03
###	Eveline RYAN		F	F40	1460	1:43:43	1:43:04
###	Padraig O'BRIEN		M	M40	2371	1:43:44	1:42:30
###	John HAYDEN	Focus on Fitness	M	MS	2012	1:43:47	1:43:47
###	Joanne COLBERT		F	F40	624	1:43:47	1:42:06
###	Bridie WALSH	Ardmore AC	F	F45	1551	1:43:48	1:42:12
###	Deborah KIELY		F	F50	1009	1:43:48	1:42:04
###	Meg MORLEY		F	F50	1163	1:43:48	1:42:05
###	Michelle O'REILLY		F	F45	1276	1:43:48	1:42:05
###	Bernie O'BRIEN	Fit4Life Kilkenny	F	F50	1309	1:43:49	1:42:25
###	Anne CASEY	Cahir Meet & Train	F	F45	609	1:43:52	1:43:52
###	Arlene HEALY		F	F40	101	1:43:54	1:42:45
###	Mary KEVANY	Fitstop	F	F50	1006	1:43:57	1:42:40
###	Vincent O'FLYNN		M	M55	331	1:44:00	1:42:52
###	Martina GARDINER	Portlaoise AC	F	F45	815	1:44:00	1:42:53
###	Deborah EGAN	Bweeng Trail Blazers	F	F35	759	1:44:09	1:42:46
###	Denise O'DONOVAN	Bweeng Trail Blazers	F	F40	1332	1:44:09	1:42:50
###	Marion LECANE		F	F40	1041	1:44:23	1:43:11
###	Noel HORGAN	Ballintotis Fit 4 life	M	M40	2060	1:44:38	1:44:20
###	Niamh PYNE	Max Runner Rathcormac	F	F40	1429	1:44:40	1:43:43
###	Mary O'ROURKE	Wibbly Wobbly Wonders	F	F50	1283	1:44:41	1:42:59
###	Susan DURKIN	Apple RC	F	F35	754	1:44:42	1:43:25
###	Sarah CASEY		F	F40	608	1:44:48	1:43:10
###	Nora FLYNN MURPHY	Gneeveguilla AC	F	F50	796	1:44:58	1:43:12
###	Joanie MC GRATH	West Waterford AC	F	F45	356	1:44:59	1:43:16
###	Patsy COLLINS	St Nicholas AC	M	M55	1740	1:45:00	1:43:28
###	Tracy O'REGAN	Garryvoe	F	F50	1367	1:45:02	1:43:53
###	April MCCARTHY	Rosscarbery Steam Runners	F	FJ	1110	1:45:09	1:44:02
###	Deirdre MURPHY		F	F45	1198	1:45:11	1:43:40

Sheet1

###	Mags HIGGINS		F	F45	927	1:45:11	1:43:40
###	Cathy COLEMAN	Ballymore Cobh AC	F	F40	625	1:45:12	1:43:43
###	Mary HARRIS	Ardkeen Fermoy	F	F40	874	1:45:13	1:43:53
###	Jean HANLON	North Cork AC	F	F45	870	1:45:20	1:43:59
###	Mairead BEAUSANG		F	F45	12	1:45:22	1:43:51
###	Gerard O'CONNELL	Liscarroll AC	M	M55	2384	1:45:23	1:43:39
###	Therese RYAN	Aghada RC	F	F40	1458	1:45:25	1:43:50
###	Kate RYAN	Ballymore Cobh AC	F	F35	1453	1:45:27	1:43:58
###	Niall MCNICHOLAS		M	MS	2260	1:45:30	1:43:53
###	Anita BEATTY	Ferrybank AC	F	F35	528	1:45:34	1:44:10
###	Marie O'SULLIVAN	Ballinacurra Villagers	F	F45	1379	1:45:38	1:44:56
###	Susan DEMPSEY	Slaney Olympic AC	F	F35	706	1:45:39	1:44:54
###	Anna Marie MCCARTHY		F	F40	1105	1:45:41	1:44:20
###	Mary O'BRIEN		F	F35	1236	1:45:44	1:44:44
###	Una DONNELLY		F	F35	717	1:45:50	1:44:39
###	Roisin MCDERMOTT		F	F50	1093	1:46:02	1:44:27
###	Micheal WHITE		M	M55	474	1:46:02	1:44:26
###	Tricia CULLINANE	West Waterford AC	F	F35	679	1:46:03	1:44:37
###	Helena FAULKNER		F	F50	772	1:46:05	1:44:30
###	Angie LAWLOR	Ballymore Cobh AC	F	F50	1037	1:46:06	1:44:23
###	Eileen MCCARTHY	Ballymore Cobh AC	F	F55	1108	1:46:10	1:44:40
###	Declan O'CONNOR	Ballymore Cobh AC	M	M40	2474	1:46:10	1:44:26
###	Fiona PERRYMAN	Ballymore Cobh AC	F	F50	1398	1:46:16	1:44:34
###	Sinead MACCOITIR	Ballymore Cobh AC	F	F45	1070	1:46:16	1:44:33
###	Karen DOYLE	Ballymore Cobh AC	F	F45	733	1:46:16	1:44:34
###	Erica PERROTT	Ballymore Cobh AC	F	F40	1396	1:46:17	1:44:35
###	Late entry		M		494	1:46:35	1:46:35
###	Kay BIRCH		F	F55	532	1:46:39	1:45:21
###	Jerry FORDE		M	M65	493	1:46:51	1:46:51
###	Anne Marie O'KEEFFE	Clonmel Tri Club	F	F35	1343	1:46:51	1:45:15
###	Helen O'CALLAGHAN	Wibbly Wobbly Wonders	F	FS	2813	1:46:53	1:45:38
###	Bryan BROWNE		M	M40	18	1:46:53	1:45:39
###	Liam SANDFORD	West Waterford AC	M	M65	345	1:46:57	1:45:15
###	Clodagh KEARNS	Touraneena Runners	F	FS	976	1:46:57	1:45:20
###	Mary PHILPOTT		F	F45	1404	1:46:58	1:45:35
###	Katy BYRNE		F	FS	584	1:47:05	1:45:23
###	Christine FOGARTY	West Waterford AC	F	F35	355	1:47:11	1:45:28
###	Elaine MOORE		F	F35	1153	1:47:16	1:45:34
###	Michelle LOONEY	Wibbly Wobbly Wonders	F	F35	1061	1:47:24	1:45:43
###	Mary KNOWLES	Watergrasshil AC	F	F40	1022	1:47:24	1:45:58
###	Annamarie WALSH	New Ross Parkrun	F	F40	1542	1:47:42	1:45:58
###	Fiona LANE	Crusaders AC	F	F45	1033	1:47:47	1:46:09
###	Kevin WALSH		M	M45	2743	1:48:13	1:47:14
###	Stephanie COFFEY		F	F50	622	1:48:25	1:46:48
###	Fiona SJABERG	Ardkeen Fermoy	F	F45	1494	1:48:29	1:47:09
###	Edel GUMBLETON		F	FS	860	1:48:35	1:47:08
###	Marie GUINEY		F	F35	857	1:48:43	1:47:08
###	Jane MURPHY	Ballintotis Fit 4 life	F	F50	1199	1:48:52	1:47:18
###	Sinead HEHIR		F	FS	907	1:48:56	1:47:28
###	Pamela LENIHAN	Fota Island RC	F	F35	1049	1:49:13	1:47:42
###	Denise CULLINANE		F	F45	680	1:49:18	1:47:59
###	Greg MCCAULEY		M	M40	2236	1:49:18	1:47:59
###	Miriam RYAN		F	F35	1456	1:49:22	1:47:42

Sheet1

###	Maria NYHAN		F	F40	1233	1:49:39	1:49:39
###	Siobhan CUNNINGHAM	Aghada RC	F	F45	687	1:49:53	1:48:27
###	Louise DALTON	St Nicholas AC	F	FS	696	1:49:54	1:48:23
###	Noreen PATTERSON	St Nicholas AC	F	F45	1393	1:49:54	1:48:24
###	Kristen JEFFARES		F	F35	959	1:50:07	1:48:26
###	Joan MCCARTHY	Midleton AC	F	F60	1109	1:50:14	1:49:52
###	Betty WALSH	St Catherines AC	F	F40	2817	1:50:26	1:48:43
###	Jennifer DORGAN	The Dog Pound	F	FS	2828	1:50:29	1:49:00
###	Niall RIORDAN		M	MS	2616	1:50:29	1:49:00
###	Suzanne KELLY	Aghada RC	F	F45	125	1:50:39	1:49:12
###	Ciara O'SHAUGHNESSY	Happy Feet Blarney	F	F35	1284	1:50:55	1:49:21
###	Claire HAUGHTON	Happy Feet Blarney	F	F35	885	1:50:55	1:49:21
###	Niamh DOODY	An Bru AC	F	F40	722	1:51:13	1:50:53
###	Kevin MURPHY		M	M50	2336	1:51:19	1:50:23
###	Amy MCSWEENEY	Aghada RC	F	F35	1136	1:51:24	1:49:51
###	Joe FITZGERALD		M	MS	76	1:51:29	1:50:26
###	Liz PATTERSON	St Nicholas AC	F	F50	1394	1:52:09	1:50:37
###	Rebecca CRONIN		F	F40	667	1:52:09	1:50:24
###	Una CASHMAN		F	F40	27	1:52:13	1:50:33
###	Claire FALVEY	Clonmel AC	F	F40	768	1:52:14	1:50:47
###	Una MAHER		F	F35	454	1:52:15	1:50:35
###	Marie MOORE	West Waterford AC	F	F60	1159	1:52:21	1:50:38
###	Noelle CONWAY	West Waterford AC	F	F60	644	1:52:21	1:50:37
###	Aileen PICKERING		F	F45	210	1:52:22	1:51:19
###	Mary RYAN		F	F40	220	1:52:22	1:51:20
###	Deirdre CLANCY	West Waterford AC	F	F60	327	1:52:27	1:50:49
###	Ann Marie TWOMEY	Bweeng Trail Blazers	F	F35	1524	1:52:33	1:51:28
###	Vanessa HORGAN	Bweeng Trail Blazers	F	F35	941	1:52:33	1:51:13
###	Theresa JOHNSTON		F	F40	117	1:52:49	1:51:11
###	Late entry				729	1:52:50	1:51:21
###	Teresa MURPHY		F	FS	1205	1:52:50	1:51:21
###	Rachel CRONIN	Watergrasshil AC	F	FS	669	1:52:55	1:51:28
###	Limda GILROY	Aghada RC	F	F40	831	1:52:57	1:51:21
###	Jackie HICKEY	Clonmel AC	F	F50	921	1:53:10	1:52:43
###	Assumpta MCGANN	Ballinacurra Villagers	F	F45	1095	1:53:22	1:52:40
###	Pat FITZGERALD	Ballinacurra Villagers	M	M50	1898	1:53:22	1:52:40
###	Clare CAHILL		F	FS	594	1:53:23	1:52:08
###	Trish RING	Bweeng Trail Blazers	F	FS	1443	1:53:23	1:52:03
###	Jennifer TOOMEY		F	FS	1518	1:53:23	1:52:08
###	Grainne HALLINAN	Touraneena Runners	F	F45	865	1:53:26	1:51:50
###	Sinead HURLEY	Ballymore Cobh AC	F	F40	953	1:53:26	1:51:43
###	Marie BARRY	St Nicholas AC	F	F35	516	1:53:28	1:51:55
###	Janet DALES	Bweeng Trail Blazers	F	F45	693	1:53:28	1:52:05
###	Una MARTIN	Aghada RC	F	F40	1083	1:53:28	1:51:50
###	Fiona WALSH	Aghada RC	F	F40	1540	1:53:28	1:51:51
###	Angie MCSWEENEY	Bweeng Trail Blazers	F	F40	1137	1:53:29	1:52:06
###	Nicole O'DONOVAN	Bweeng Trail Blazers	F	F40	1384	1:53:29	1:52:08
###	Kerrie Anne HARTE	Wibbly Wobbly Wonders	F	F40	875	1:53:30	1:51:50
###	Christian BOARD	Blackwater Tri Club	M	M40	1627	1:53:31	1:51:53
###	Niamh MCKEOWN	Ballymore Cobh AC	F	F40	1131	1:53:35	1:51:53
###	Carol LEAHY	Ballymore Cobh AC	F	F45	1040	1:53:36	1:52:20
###	Tina O'SHEA	Wibbly Wobbly Wonders	F	F40	1286	1:53:36	1:51:56
###	Mary HEALY	Wibbly Wobbly Wonders	F	F55	900	1:53:37	1:51:56

Sheet1

###	Mark HORNIBROOK	Wibbly Wobbly Wonders	M	M40	2062	1:53:46	1:51:59
###	Brid O'LEARY	Bweeng Trail Blazers	F	F45	1353	1:53:48	1:52:27
###	Cathal KEOHANE	Cork Mental Health RC	M	MS	2132	1:54:08	1:52:33
###	Kathleen PRENDERGAST	Watergrasshil AC	F	F50	1422	1:54:21	1:52:54
###	Philip CAREY	Mallow AC	M	MS	1686	1:54:23	1:52:56
###	Rachel HEGARTY	Ballymore Cobh AC	F	F50	905	1:54:52	1:53:22
###	Claire LOMASNEY		F	F35	1314	1:54:59	1:53:40
###	Alan BURCHELL		M	M55	1658	1:55:49	1:54:07
###	Pamela MURPHY		F	F35	1181	1:55:49	1:54:12
###	Pamela DOYLE	Pulse Tri Club	F	FS	736	1:56:04	1:54:25
###	Noreen HOLMES	Hills Running Group	F	F50	937	1:56:07	1:55:46
###	Claire O'DONNELL	Ballinacurra Villagers	F	F35	1383	1:56:23	1:54:52
###	Angela MOORE	Adeles Eat Train Live	F	F50	1158	1:56:48	1:55:10
###	Mike DORNEY	Midleton AC	M	M40	1846	1:56:55	1:55:14
###	Gemma INCE	Wibbly Wobbly Wonders	F	F35	955	1:56:56	1:56:56
###	Terri GOUGH	West Waterford AC	F	F65	87	1:57:01	1:55:45
###	Louise BURKE		F	F35	572	1:57:17	1:55:46
###	Judi BAKER	Grange Fermoy AC	F	F55	8	1:58:34	1:56:58
###	Lisa LEE		F	F40	1042	1:58:45	1:57:05
###	Aine MARTIN	Youghal AC	F	F45	1084	1:58:45	1:57:05
###	Breda VEALE	West Waterford AC	F	F40	453	1:59:18	1:57:38
###	Joan O'CONNOR	Galtee Runners AC	F	F55	1326	1:59:38	1:59:18
###	Denise RADLEY		F	F35	374	2:00:03	1:59:04
###	Kevin CAMBRIDGE	FIREFIGHTER	M	MS	2792	2:00:04	1:58:32
###	Niamh NÍ LIATHÁIN	Grange Fermoy AC	F	F45	1221	2:00:36	1:59:13
###	Liz HARTNETT		F	F45	880	2:00:36	1:59:16
###	Joan HOLLAND	Adeles Eat Train Live	F	F55	935	2:01:00	1:59:23
###	Carmel MORRISSEY	United Striders AC	F	F40	379	2:01:28	1:59:53
###	Claire MEEHAN	West Waterford AC	F	F40	346	2:01:34	1:59:52
###	Deirdre HAHEsy	West Waterford AC	F	F45	347	2:01:34	1:59:51
###	Mary Jo O'GORMAN	Rosscarbery Steam Runners	F	F50	1340	2:01:35	2:00:59
###	Margaret O'SULLIVAN	Rosscarbery Steam Runners	F	F45	1380	2:01:35	2:01:01
###	Noelle HOWARTH	Rosscarbery Steam Runners	F	F45	946	2:01:36	2:01:02
###	Maggie DUNNE	Grange Fermoy AC	F	F65	362	2:04:05	2:02:25
###	Yvonne CREMIN	Grange Fermoy AC	F	F40	660	2:04:22	2:02:58
###	Daragh DEVLIN	Ballinacurra Villagers	M	MS	1837	2:07:24	2:05:39
###	Imelda O'KEEFFE	Rosscarbery Steam Runners	F	F40	1263	2:08:09	2:07:01
###	Mary AHERN CASEY		F	F50	4	2:09:21	2:08:33
###	Carol AHERN	ATP Fitness	F	F45	503	2:17:40	2:16:03

< 1 2 3 >