Bib Name	sex	Time Cat		
220 Stephen Cassidy	m	0:34:21 Men		Lisnas
236 Shane Brady	m	0:34:56 Men		·
243 gregory Murphy	m	0:36:18 Men		Wome
87 Ryan Flanagan	m	0:37:35 Juniors U19		· · · · · · · · · · · · · · · · · · ·
238 Derek Somerville	m	0:38:25 Men		1st - T
235 Richard Mason		0:38:33 Men		2nd - I
	m			
124 Ian Davis	m	0:39:11 Men		3rd - F
175 Ciaran mcSherry	m	0:39:18 Men		1110.11
249 Tara Malone	W	0:39:24 Women		U19 W
247 Aian Robinson	m	0:39:33 Men		
209 Ronan Doran	m	0:39:41 Men		1st - G
195 Donna Evans	W	0:40:25 Women		2nd - I
242 John McDonnell	m	0:41:31 Men		3rd - K
294 Malcolm Browne	m	0:41:37 Men		
298 mark mcCarron	m	0:41:39 Men		Senior
234 Darell Iwine	m	0:42:19 Men		
173 Joshua Kennedy	m	0:42:20 Juniors U19		1st - S
129 Peter Lally	m	0:42:37 Men		2nd - V
285 Gerard McManus	m	0:42:43 Men		rd - F
237 Kevin Daly		0:42:47 Men	3	Iu - 1
•	m		1	In,
216 Paul Hanna	m	0:42:50 Men	1 <b>V</b> .	Ien's
283 Paula Donnelly	W	0:43:11 Women	A	
201 Jack McDade	m	0:43:18 Juniors U19		st – S
229 Ian McGrory	m	0:43:28 Men		1d – 5
206 Karl O'Reilly	m	0:43:29 Men	3re	d – (
127 Ronan Owens	m	0:43:31 Men		
202 Niall Maguire	m	0:43:45 Men	U19	) N
241 Conor McDermott	m	0:44:18 Juniors U19		
231 Jarlath Jackman	m	0:44:22 Men	1st -	R
199 Joe McDade	m	0:44:26 Juniors U19	2nd -	
232 Conor Beggan	m	0:44:31 Men	3rd - J	J
177 Dessie Elton	m	0:45:06 Seniors MV		
132 Ryan Moran	m	0:45:13 Juniors U19	Senior	
221 Niall Muldoon	m	0:46:10 Men		
154 Helen Flanagan	w	0:46:14 Women	1st – I	)es
164 Anthony Greene	m	0:46:14 Seniors MV	2nd –	
286 Declan Coyle	m	0:46:28 Men	3rd – 1	
178 Dipre Little	m	0:46:34 Men	31 <b>u</b> – 1	v1al
212 Colin James Wilson		0:46:37 Men		
152 Sandra Wilson	m			
	W	0:47:20 Seniors WV		
181 Alan Wilson	m	0:47:27 Men		
224 James West	m	0:47:38 Men		
207 Bernie McAdam	W	0:47:45 Women		
203 Kyle Hopper	m	0:48:06 Men		
135 Cathal McKillion	m	0:48:12 Men		
227 Chris Audley	m	0:48:20 Men		
246 Paul McKenna	m	0:48:45 Men		

137 (	Gary Irvine	m	0:48:49 Men
299 I	Eugene Daly	m	0:48:51 Men
198 J	John McDade	m	0:49:07 Men
93 [	Darwin Allen	m	0:49:23 Men
167 l	Damien Little	m	0:49:24 Men
214 [	Denise McElroy	w	0:49:28 Women
223 I	Daryl Moohan	m	0:49:35 Men
168 [	Niall Mohan	m	0:49:40 Men
213 [	Martin Carey	m	0:49:42 Seniors MV
88 I	Eammon Flanagan	m	0:49:52 Men
25	Annette Hughes	<b>\A</b> /	0.49.56 Women

85 Annette Hughes W 0:49:56 Women 218 Paul MCGovern m 0:50:16 Men 100 Shauna Hallett w 0:50:20 Women 121 Gary Murphy m 0:50:28 Men 288 Sean Connolly 0:50:30 Men m 172 Martin Lynch 0:50:32 Men m 0:50:35 Men 287 Shay Wilson m 165 Sean Maguire 0:50:37 Men m 133 Sinead Mohan 0:50:41 Women W 138 Rachel Hume 0:51:03 Women w 122 Gabriele Aleknaviciute W 0:51:03 Juniors U19 96 Eimear Brady 0:51:13 Women w

293 Mickey McCann 0:51:47 Men m 219 David Flynn 0:52:15 Juniors U19 m 89 Aravon Mccann 0:52:18 Women W 200 Justy McDade m 0:52:48 Juniors U19 192 Dylan McGorman 0:53:08 Juniors U19 m 86 Cathy McCaffrey w 0:53:11 Women 155 Kevin Rice 0:53:27 Men m 289 Aaron Higgins m 0:53:43 Men 150 Catriona Cox W 0:54:04 Women 90 Gillian Orr 0:54:16 Women w 222 Paul Ferguson 0:54:17 Men m 92 Helen Mulligan W 0:54:24 Women 176 Sean Murphy 0:54:35 Men m 136 Tanya Brady 0:54:47 Women W 151 Siobhan Martin 0:54:51 Women w 0:54:54 Seniors MV 240 Ian Hood m 99 Nuala Pearson 0:54:58 Women w

95 Brendan Mc Shane 0:55:07 Seniors MV m 120 Luke Cox 0:55:15 Men m 98 Lloyd Cochrane m 0:55:16 Men 225 Una McNeill W 0:55:28 Women 208 Mary Reihill 0:55:37 Women w 128 Jackie Owens W 0:55:51 Women 290 Dylan Tierney 0:56:03 Juniors U19 m 0:56:29 Women 228 Julie Hull W 134 Jennie Crowley 0:56:31 Women W 217 Gordon Annan 0:56:41 Seniors MV m 244 Roy Taylor m 0:56:42 Men

126 Joanne Ingram	W	0:56:43 Women
239 Vivienne kells	W	0:56:45 Seniors WV
131 Ciaran McCaffrey	m	0:56:59 Men
230 Nicola Armstrong	W	0:57:00 Women
211 David Hetherington	m	0:57:54 Seniors MV
233 Honor Irvine	W	0:58:21 Juniors U19
180 Cathal May	m	0:58:24 Men
153 Henrietta Fawcett PB	W	0:58:25 Seniors WV
297 Una McKeogh	W	0:58:29 Seniors WV
141 Yvonne Stockdale	W	0:59:20 Seniors WV
139 Elaine Trimble	W	Women
148 Jenni Meehan	W	0:59:22 Women
284 Brona McDermott	W	0:59:37 Women
292 Cassie Cadden	W	0:59:37 Women
250 Liz Manley	W	1:00:55 Women
226 Debbie Spence	W	1:01:18 Women
183 marie beagan	W	1:01:22 Women
191 Richard Curtis	m	1:01:49 Seniors MV
291 Rachel Kells	W	1:01:55 Women
296 Geraldine McKiernan	W	1:01:56 Seniors WV
210 Anne Gray	W	1:02:21 Women
145 Ciara Bryans	W	1:02:34 Women
97 Neil Smyth	m	1:02:59 Men
182 Susan Cadden	W	1:03:11 Women
158 Lisa Rice	W	1:03:40 Women
157 Gerald Rice	W	1:03:40 Women
245 Harry Taylor	m	1:03:41 Men
174 Keeva Lynch	W	1:04:31 Juniors U19
179 Roisin Lynch	W	1:04:39 Juniors U19
161 Dervla Higgins	W	1:04:44 Women
125 Teresa Ingram	W	1:06:22 Women
140 Elaine Trimble	W	1:06:37 Women
159 Elisha McCaffrey	W	1:06:57 Women
130 Deirdre Parker	W	1:06:58 Women
91 Eveline Glenn	W	1:07:48 Women
295 Patricia McKiernan	W	1:07:49 Women
94 Tanya Bannon	W	1:08:55 Women
144 Dwayne Bryans	m	1:09:27 Men
143 Felicity Woods-Bryans	W	1:09:52 Women
197 Martina Comac	W	1:09:57 Seniors WV
156 Adam Rice	m	1:10:51 Juniors U19
193 Ashley McVitty	W	1:12:33 Juniors U19
194 Danielle Flanagan	W	1:12:33 Women
160 Niall McCaffey	m	1:12:46 Juniors U19
162 Mary McCann	W	1:14:19 Women
163 David Rees	m	1:14:21 Men
147 Catherine McGeown	W	1:24:03 Women
169 Alan Armstrong	m	1:25:41 Men
205 Abigail Boles	W	1:30:35 Women
196 Sinead Martin	W	1:31:30 Juniors U19