Position	First	Surname	Category	Equivalent 5 Mile Time												Total Time	Average 4 Best Times
				Ballintotis	Bweeng	JB	Musgrave	Donoughmore	Millstreet	Courtmac	Tracton	Kinsale	St Catherines	Stryker			
4 RACES COMPLETED																	
1	Barry	Twohig	M40	00:26:32	00:00:00	00:25:50	00:00:00	00:26:43	00:26:27	00:00:00	00:27:04	00:00:00	00:26:51	00:26:25	02:39:27	00:26:18
2	Jeremy	O'Donovan	M45	00:00:00	00:00:00	00:26:00	00:00:00	00:00:00	00:00:00	00:26:19	00:26:54	00:26:09	00:00:00	00:00:00	01:45:22	00:26:20
3	John	Lonagan	M	00:00:00	00:00:00	00:26:46	00:27:16	00:00:00	00:00:00	00:27:30	00:00:00	00:26:45	00:00:00	00:00:00	01:48:17	00:27:04
4	Sean	Twohig	M	00:27:57	00:27:08	00:26:36	00:00:00	00:00:00	00:27:36	00:00:00	00:00:00	00:00:00	00:28:19	00:00:00	02:17:36	00:27:19
5	John	Goggin	M40	00:27:51	00:27:33	00:27:21	00:27:44	00:00:00	00:00:00	00:28:11	00:00:00	00:00:00	00:28:32	00:00:00	02:47:12	00:27:37
6	Eoin	O'Keffee	M	00:29:23	00:27:26	00:26:48	00:26:58	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	01:50:35	00:27:39
7	Martina	Kiely	F40	00:00:00	00:28:41	00:28:11	00:00:00	00:00:00	00:28:56	00:00:00	00:00:00	00:00:00	00:29:43	00:00:00	01:55:31	00:28:53
8	Cathal	O'Connell	M55	00:00:00	00:00:00	00:28:06	00:00:00	00:29:00	00:00:00	00:29:03	00:30:08	00:00:00	00:00:00	00:00:00	01:56:17	00:29:04
9	John	Cronin	M	00:29:20	00:29:35	00:28:54	00:29:45	00:30:56	00:31:09	00:00:00	00:00:00	00:00:00	00:30:45	00:29:53	03:30:24	00:29:23
10	Richard	Hobson	M	00:29:46	00:00:00	00:29:14	00:29:30	00:00:00	00:00:00	00:30:23	00:00:00	00:00:00	00:00:00	00:00:00	01:58:53	00:29:43
11	Loci	Garel	M40	00:00:00	00:00:00	00:29:37	00:00:00	00:30:42	00:00:00	00:00:00	00:00:00	00:29:39	00:00:00	00:30:43	01:29:58	00:30:10
12	Cian	McParland	M40	00:00:00	00:00:00	00:29:34	00:00:00	00:30:42	00:30:57	00:00:00	00:00:00	00:29:58	00:00:00	00:00:00	02:01:11	00:30:18
13	Colin	Sheehan	M45	00:00:00	00:31:48	00:00:00	00:00:00	00:33:04	00:00:00	00:32:20	00:00:00	00:31:31	00:00:00	00:32:11	02:08:43	00:32:09
14	Edward	O'Mahony	M45	00:32:17	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:32:51	00:00:00	00:32:54	00:32:03	02:10:05	00:32:31
15	Marie	Kelly	F	00:32:33	00:32:32	00:31:44	00:32:42	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	02:09:31	00:32:23
16	Conor	O'Sullivan	M45	00:33:20	00:00:00	00:32:37	00:00:00	00:00:00	00:00:00	00:33:15	00:34:22	00:32:50	00:00:00	00:00:00	02:46:24	00:33:01
17	Joe	O'Loughlin	M50	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:34:18	00:00:00	00:35:36	00:32:25	00:00:00	00:32:59	01:42:19	00:33:50
18	Enda	Kiernan	M50	00:00:00	00:32:42	00:00:00	00:00:00	00:36:37	00:34:39	00:00:00	00:35:33	00:33:27	00:00:00	00:34:16	02:52:58	00:33:46
19	David	Leonard	M	00:35:13	00:00:00	00:33:40	00:33:34	00:00:00	00:00:00	00:35:13	00:34:24	00:00:00	00:00:00	00:00:00	02:52:04	00:34:13
20	Graham	Bickerstaffe	M45	00:34:29	00:34:25	00:39:31	00:00:00	00:00:00	00:00:00	00:35:34	00:00:00	00:34:06	00:00:00	00:00:00	02:58:05	00:34:38
21	Donal	Murray	M45	00:34:14	00:00:00	00:33:27	00:00:00	00:35:35	00:00:00	00:00:00	00:00:00	00:35:34	00:00:00	00:00:00	02:18:50	00:34:43
22	Mary	Sweeney	F60	00:00:00	00:32:26	00:34:42	00:36:34	00:37:04	00:00:00	00:36:08	00:37:50	00:00:00	00:00:00	00:00:00	03:34:44	00:34:58
23	Olga	O'Loughlin	F40	00:00:00	00:00:00	00:00:00	00:35:23	00:00:00	00:36:06	00:00:00	00:36:35	00:33:57	00:00:00	00:00:00	02:22:01	00:35:30
24	Brendan	Madden	M55	00:36:18	00:00:00	00:35:53	00:00:00	00:00:00	00:38:23	00:00:00	00:00:00	00:36:25	00:00:00	00:00:00	02:26:59	00:36:45
25	David	Hurley	M50	00:00:00	00:00:00	00:39:35	00:00:00	00:00:00	00:00:00	00:40:01	00:41:08	00:00:00	00:00:00	00:39:51	02:00:44	00:40:09
26	Kitty	H-Buckley	F55	00:00:00	00:40:41	00:40:46	00:41:32	00:42:46	00:00:00	00:41:22	00:43:12	00:40:34	00:00:00	00:00:00	04:50:53	00:40:51
27	Anne	Sheehy	F65	00:53:04	00:50:47	00:51:00	00:49:32	00:00:00	00:00:00	00:00:00	00:00:00	00:47:56	00:00:00	00:49:30	04:12:19	00:49:48
28	Mary	Mulcahy	F60	00:50:58	00:00:00	00:49:13	00:45:37	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:53:26	02:25:48	00:49:49
29	Denis	Condon	M70	00:58:32	00:53:44	00:57:18	00:57:03	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	01:06:01	00:00:00	04:52:38	00:56:39
3 RACES COMPLETED																	
30	Darragh	Mulcahy	M	00:25:43	00:00:00	00:25:15	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:25:53	00:00:00	01:16:51	00:19:13
31	John	Meade	M40	00:00:00	00:00:00	00:25:33	00:00:00	00:00:00	00:00:00	00:00:00	00:26:50	00:00:00	00:00:00	00:26:25	00:52:23	00:19:42
32	Adam	O'Leary	M	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:27:25	00:27:51	00:26:45	00:00:00	00:00:00	01:22:01	00:20:30
32	Shane	Conney	M45	00:00:00	00:00:00	00:28:47	00:28:49	00:00:00	00:00:00	00:00:00	00:30:56	00:00:00	00:00:00	00:00:00	01:28:32	00:22:08
33	Orla	Byrne	F	00:30:14	00:29:34	00:28:59	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	01:28:47	00:22:12
34	JP	Treacy	M	00:30:32	00:28:42	00:00:00	00:30:18	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	01:29:32	00:22:23
35	Rebecca	McEvoy	F	00:00:00	00:31:06	00:30:28	00:31:15	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	01:32:49	00:23:12
36	Shane	O'Callaghan	M40	00:31:16	00:30:36	00:31:11	00:00:00	00:00:00	00:32:07	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	02:05:10	00:23:16
37	Richard	Bourke	M45	00:30:28	00:00:00	00:00:00	00:00:00	00:32:06	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:30:57	01:02:34	00:23:23
38	Stephen	Geoghegan	M50	00:00:00	00:00:00	00:30:45	00:31:34	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:32:06	01:02:19	00:23:36
39	Ivan	Sheehan	M40	00:00:00	00:00:00	00:00:00	00:31:44	00:00:00	00:00:00	00:32:21	00:33:04	00:00:00	00:00:00	00:00:00	01:37:09	00:24:17
40	Irene	Eighan	F40	00:00:00	00:00:00	00:00:00	00:32:51	00:00:00	00:00:00	00:32:45	00:00:00	00:31:42	00:00:00	00:00:00	01:37:18	00:24:19
41	Eamonn	McEvoy	M65	00:00:00	00:32:49	00:32:17	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:32:39	00:00:00	00:00:00	01:37:45	00:24:26
43	Margaret	Twohig	F40	00:35:13	00:34;17	00:42:42	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	01:17:55	00:25:58
44	Con	O'Flynn	M	00:35:27	00:00:00	00:35:41	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:33:20	00:00:00	00:00:00	01:44:28	00:26:07
45	Steve	O'Connell	M	00:00:00	00:00:00	00:00:00	00:33:22	00:00:00	00:00:00	00:36:10	00:35:03	00:00:00	00:00:00	00:00:00	01:44:35	00:26:09
46	Garry	Dunlea	M40	00:35:46	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:37:00	00:34:52	00:00:00	00:00:00	01:47:38	00:26:55
47	Rhona	Dempsey	F40	00:00:00	00:36:18	00:00:00	00:35:21	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:36:39	01:11:39	00:27:04
48	Emily	O'Leary	F	00:00:00	00:00:00	00:00:00	00:33:34	00:00:00	00:00:00	00:38:00	00:38:35	00:00:00	00:00:00	00:00:00	01:50:09	00:27:32
49	Billy	Caball	F75	01:00:04	00:00:00	01:03:07	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	01:06:20	02:03:11	00:47:23
2 RACES COMPLETED																	
50	Ken	Devine	M55	00:00:00	00:00:00	00:30:17	00:30:41	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	01:00:58	00:15:15
51	Seamus	Leady	M45	00:30:55	00:00:00	00:31:26	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	01:02:21	00:15:35
52	Shane	Hayes	M40	00:33:19	00:31:34	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	01:04:53	00:16:13
53	Michael	Murphy	M65	00:00:00	00:00:00	00:32:57	00:33:07	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	01:06:04	00:16:31
54	Trevor	Collins	M40	00:34:29	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:37:49	00:00:00	00:00:00	00:00:00	01:12:18	00:18:05
55	Ailise	McNulty	F40	00:00:00	00:37:12	00:36:32	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	01:13:44	00:18:26
56	Siobhan	Healy	M45	00:00:00	00:00:00	00:36:37	00:00:00	00:00:00	00:00:00	00:37:32	00:00:00	00:00:00	00:00:00	00:00:00	01:14:09	00:18:32
57	Derry	Keane	M45	00:37:38	00:00:00	00:38:18	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	01:15:56	00:18:59
58	Michelle	Manning	F	00:00:00	00:39:11	00:37:21	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	01:16:32	00:19:08
59	Anne	Wolfe	F50	00:00:00	00:00:00	00:00:00	00:38:55	00:00:00	00:00:00	00:39:52	00:00:00	00:00:00	00:00:00	00:00:00	01:18:47	00:19:42
60	Rachel	McEvoy	F	00:00:00	00:46:34	00:47:55	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	01:34:29	00:23:37
1 RACE COMPLETED																	
61	Denis	Coughlan	M40	00:00:00	00:00:00	00:27:16	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:27:16	00:06:49
62	David	Murphy	M	00:00:00	00:00:00	00:27:59	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:27:59	00:07:00
63	Michael	Corbett	M45	00:00:00	00:00:00	00:00:00	00:00:00	00:29:54	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:29:54	00:07:28
64	Jason	Nichol		00:00:00	00:00:00	00:30:12	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:30:12	00:07:33
65	Shane	Collins	M	00:00:00	00:30:46	00:00:00	00:00:00	00:00:00	00:32:09	00:00:00	00:00:00	00:30:41	00:00:00	00:00:00	01:33:36	00:07:41
66	Brian	Mullins	M40	00:00:00	00:00:00	00:00:00	00:00:00	00:30:59	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:30:59	00:07:45
67	David	Butler		00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:31:18	00:00:00	00:00:00	00:00:00	00:00:00	00:31:18	00:07:50
68	Martin	O'Reilly	M45	00:00:00	00:31:28	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:31:28	00:07:52
69	Louisa	Browne	F	00:31:52	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:31:52	00:07:58
70	Niamh	Cronin	F	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:32:10	00:00:00	00:00:00	00:00:00	00:00:00	00:32:10	00:08:02
71	Neil	Murphy	M40	00:00:00	00:32:16	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:32:16	00:08:04
72	Sean	McConville		00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:32:49	00:00:00	00:00:00	00:32:49	00:08:12
73	John	Kissane	M55	00:32:56	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:32:56	00:08:14
74	Jason	O'Mahony	M	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:33:49	00:00:00	00:00:00	00:00:00	00:00:00	00:33:49	00:08:27
75	Paul	Penny		00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:33:57	00:00:00	00:33:57	00:08:29
76	Glenn	Dollard		00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:34:01	00:00:00	00:00:00	00:34:01	00:08:30
77	Sorcha	Kearney	F	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:34:23	00:00:00	00:00:00	00:00:00	00:00:00	00:34:23	00:08:36
78	David	O'Connor	M40	00:00:00	00:00:00	00:34:28	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:34:28	00:08:37
79	Kevin	O'Donovan	M45	00:35:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:35:00	00:08:45
80	Jaime	Sanuders	MS	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:38:00	00:00:00	00:00:00	00:00:00	00:38:00	00:09:30
81	Gill	Cotter	F45	00:00:00	00:00:00	00:00:00	00:38:18	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:38:18	00:09:34
82	Darragh	Kiely		00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:39:43	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:39:43	00:09:56
83	Ger	O'Connell		00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:41:22	00:00:00	00:00:00	00:00:00	00:00:00	00:41:22	00:10:20
84	Ger	O'Shea		00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:41:30	00:00:00	00:00:00	00:39:33	00:00:00	00:00:00	01:21:03	00:10:22
85	Walter	Higgins	M50	00:00:00	00:41:42	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:41:42	00:10:26
86	Emmon	O'Mahony	M	00:43:55	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:43:55	00:10:59
87	Tony	O'Brien		00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:41:09	00:00:00	00:00:00	00:41:09	00:10:17
88	Michael	Dunne Snr	M70	00:00:00	00:00:00	00:00:00	00:00:00	00:46:18	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:46:18	00:11:34