

Results are Provisional until confirmed, Full Results on www.justrunsevents.ie

Rank	Bib	Name	Last Name	Sex	Club	Run	T1	Cycle	T2	Run2	Finish	Gap Time
------	-----	------	-----------	-----	------	-----	----	-------	----	------	--------	----------

The Folly

1.	284	Ger	Griffin	m	Coalface racing	00:32:13	00:00:55	00:48:35	00:00:17	00:00:48	01:22:50	-
2.	290	David	Ryan	m		00:27:31	00:00:40	00:53:43	00:00:16	00:00:50	01:23:02	+0:11
3.	306	Cian	McDonald	m		00:27:31	00:00:38	00:54:31	00:00:20	00:00:45	01:23:47	+0:57
4.	283	John	O' shea	m		00:33:32	00:00:28	00:50:05	00:00:17	00:00:55	01:25:18	+2:28
5.	224	Brian	Landers	m	Martina landers	00:31:50	00:01:10	00:50:52	00:00:41	00:00:45	01:25:19	+2:29
6.	292	Derek	Midleton	m		00:32:41	00:00:36	00:53:43	00:00:14	00:00:45	01:28:01	+5:10
7.	293	Mark	Donoghue	m		00:36:39	00:00:56	00:49:16	00:00:30	00:00:51	01:28:13	+5:22
8.	214	Vivian	Mullally	m	Vivian mullally	00:34:57	00:01:01	00:51:02	00:00:35	00:00:54	01:28:31	+5:40
9.	237	Paul	Colton	m		00:33:38	00:00:50	00:53:44	00:00:32	00:00:28	01:29:14	+6:24
10.	301	William	Lupton	m		00:36:03	00:00:51	00:51:21	00:00:36	00:00:53	01:29:46	+6:55
11.	269	Diane	Behan	f		00:36:11	00:00:44	00:52:16	00:00:35	00:00:59	01:30:48	+7:57
12.	309	Pagraig	Kealy	m		00:30:30	00:00:35	00:58:35	00:00:31	00:00:54	01:31:07	+8:17
13.	245	Larry	Stapleton	m	Templemore fit4life	00:30:50	00:00:53	00:58:31	00:00:30	00:00:51	01:31:38	+8:47
14.	249	Dermot	Maguire	m	Tinahely triathlon club	00:32:18	00:00:48	00:58:30	00:00:21	00:01:02	01:33:01	+10:10
15.	264	Louise	Mahony	f	Ballyroanabbeyleix&district	00:32:35	00:00:31	00:58:45	00:00:20	00:00:50	01:33:03	+10:12
16.	305	Martin	McDonald	m		00:32:34	00:01:58	00:56:37	00:01:05	00:00:49	01:33:04	+10:13
17.	217	Conor	Geary	m	Tramore wheelers	00:39:09	00:02:03	00:49:48	00:01:03	00:01:03	01:33:10	+10:19
18.	261	Joan	Mahony	f	Waterford ac	00:34:38	00:00:52	00:56:37	00:00:24	00:01:01	01:33:33	+10:43
19.	296	Lorcan	Murray	m		00:34:44	00:00:41	00:56:51	00:00:44	00:00:59	01:34:02	+11:11
20.	239	Lee	Curley	m		00:32:27	00:00:40	01:00:43	00:00:31	00:00:45	01:35:07	+12:17
21.	268	Tara	Ni reachtagain	f		00:35:39	00:01:01	00:57:13	00:00:24	00:00:50	01:35:09	+12:18
22.	265	Angela	Fogarty	f	Moyne ac	00:34:44	00:00:43	00:59:00	00:00:18	00:00:58	01:35:44	+12:53
23.	270	Thomas	Phelan	m		00:34:36	00:01:00	00:59:31	00:00:38	00:00:53	01:36:40	+13:49
24.	291	Quentin	Mccann	m	Off the bloom	00:36:52	00:00:48	00:59:26	00:00:19	00:00:45	01:38:11	+15:21
25.	242	Paul	Walsh	m		00:35:30	00:01:02	01:00:20	00:00:25	00:00:55	01:38:15	+15:24
26.	289	Ian	Martin	m		00:33:27	00:00:36	01:03:19	00:00:24	00:01:05	01:38:53	+16:02
27.	235	Gerry	Collins	m		00:35:33	00:00:35	01:01:43	00:00:34	00:00:58	01:39:25	+16:34
28.	227	Laura	Mahony	f		00:38:43	00:00:41	01:00:27	00:00:20	00:00:59	01:41:13	+18:22



Rank	Bib	Name	Last Name	Sex	Club	Run	T1	Cycle	T2	Run2	Finish	Gap Time
29.	252	William	O donoghue	m	Mooreabbey milers	00:30:24	00:02:54	01:05:50	00:01:12	00:00:56	01:41:18	+18:27
30.	202	Seamus	Dunphy	m		00:39:57	00:00:45	00:58:53	00:00:52	00:01:09	01:41:37	+18:46
31.	219	Darragh	Rigney	m	Darragh rigney	00:38:28	00:01:01	01:01:13	00:00:57	00:00:59	01:42:40	+19:49
32.	243	George	Sharp	m		00:34:17	00:00:43	01:06:31	00:00:21	00:00:50	01:42:44	+19:53
33.	244	Bernard	Connolly	m		00:39:47	00:00:38	01:00:57	00:00:30	00:00:55	01:42:48	+19:58
34.	313	Tom	Drennan	m		00:40:57	00:01:31	00:58:52	00:00:32	00:01:06	01:42:59	+20:09
35.	302	Sean	Kenny	m		00:43:45	00:00:58	00:56:42	00:00:40	00:00:54	01:43:00	+20:10
36.	209	Michael	Byrne	m	Tinahely tri club	00:39:30	00:01:14	01:02:21	00:00:52	00:00:57	01:44:56	+22:06
37.	267	Katie	O brien	f		00:35:21	00:00:45	01:08:17	00:00:33	00:00:57	01:45:54	+23:04
38.	279	Rory	Lambe	m		00:38:05	00:02:00	01:06:57	00:00:25	00:00:37	01:48:06	+25:15
39.	297	Jamie	Bergin	m		00:36:41	00:00:57	01:09:28	00:00:27	00:00:46	01:48:21	+25:30
40.	210	Brendan	O sullivan	m		00:46:00	00:01:43	00:58:11	00:01:22	00:01:11	01:48:29	+25:39
41.	299	Richard	Delaney	m		00:42:45	00:01:09	01:02:47	00:00:52	00:01:00	01:48:35	+25:44
42.	228	Jason	Wright	m	Mooreabbey milers	00:44:17	00:01:03	01:01:48	00:00:44	00:01:07	01:49:01	+26:11
43.	205	Evan	Wright	m	Mooreabbey milers	00:40:54	00:00:54	01:06:08	00:00:34	00:01:03	01:49:34	+26:43
44.	312	Alan	Guilfoyle	m		00:43:21	00:01:02	01:04:11	00:00:43	00:00:59	01:50:18	+27:27
45.	248	Michael	Dalton	m	Michael dalton	00:38:40	00:01:26	01:08:27	00:01:07	00:00:55	01:50:36	+27:46
46.	273	Derry	Townsend	m	Trilogy	00:40:49	00:01:45	01:05:55	00:01:06	00:01:08	01:50:44	+27:54
47.	298	Shane	Bowe	m		00:30:10	00:00:57	01:18:39	00:00:24	00:00:40	01:50:53	+28:02
48.	253	Tristan	Oger	f	Maura lambe	00:40:11	00:00:51	01:08:46	00:00:26	00:00:38	01:50:54	+28:04
49.	213	John	Kirwan	m	Ballyroan,abbeyleix and district	00:32:26	00:00:53	01:17:34	00:00:26	00:00:45	01:52:06	+29:15
50.	295	Bridget	Gleeson	f		00:39:58	00:01:18	01:09:33	00:00:30	00:00:52	01:52:12	+29:21
51.	272	Laura	Bradish	f	Fit4life templemore	00:40:47	00:00:55	01:09:42	00:00:30	00:00:56	01:52:53	+30:02
52.	236	Eddie	Curran	m		00:40:18	00:00:52	01:10:20	00:00:33	00:00:56	01:53:02	+30:11
53.	201	Willie	Ryan	m		00:45:28	00:01:09	01:04:42	00:00:39	00:01:06	01:53:06	+30:15
54.	300	Adrian	Hickey	m		00:46:06	00:00:51	01:05:30	00:00:34	00:01:10	01:54:13	+31:22
55.	222	Brian	Powell	m		00:43:32	00:00:49	01:08:51	00:00:34	00:01:04	01:54:52	+32:01
56.	263	Claire	Mockler	f		00:42:19	00:01:04	01:11:09	00:00:32	00:01:00	01:56:05	+33:15
57.	207	Jj	Grace	m		00:46:11	00:01:01	01:08:34	00:00:37	00:00:56	01:57:21	+34:30
58.	229	Tom	Stamp	m		00:44:22	00:01:24	01:09:53	00:00:43	00:01:02	01:57:26	+34:36
59.	278	Sinéad	Connery	f	Sinéad connery	00:43:06	00:00:34	01:12:35	00:00:19	00:00:57	01:57:34	+34:43
60.	240	Tj	Quinn	m		00:41:58	00:00:38	01:14:22	00:00:22	00:00:57	01:58:19	+35:28
61.	208	Susan	Fogarty	f	Susan fogarty	00:38:04	00:02:03	01:16:47	00:00:49	00:01:03	01:58:48	+35:58
62.	215	Daragh	Buggy	m		00:38:52	00:01:17	01:16:45	00:00:49	00:01:04	01:58:49	+35:58
63.	230	Megan	Fleming	f	Megan fleming	00:47:14	00:01:33	01:08:15	00:00:41	00:01:04	01:58:49	+35:58
64.	221	Neil	Corrigan	m		00:42:02	00:01:09	01:14:30	00:00:15	00:00:50	01:58:49	+35:59



Rank	Bib	Name	Last Name	Sex	Club	Run	T1	Cycle	T2	Run2	Finish	Gap Time
65.	282	Dermot	O'leary	m	N/a	00:46:32	00:02:10	01:07:29	00:01:34	00:01:06	01:58:54	+36:03
66.	266	Stephanie	Bergin	f		00:38:27	00:00:50	01:20:08	00:00:47	00:00:59	02:01:13	+38:22
67.	281	Jimmy	Dunphy	m	Lcrc	00:51:01	00:02:41	01:05:07	00:00:32	00:02:13	02:01:36	+38:45
68.	233	Siobhan	Donoghue	f		00:46:05	00:00:38	01:13:19	00:00:34	00:00:58	02:01:36	+38:46
69.	294	Ita	Lanigan	f		00:43:07	00:00:48	01:17:03	00:00:23	00:01:02	02:02:25	+39:34
70.	225	Yvonne	Ely	f		00:47:04	00:00:52	01:11:08	00:02:21	00:01:08	02:02:36	+39:45
71.	286	Declan	Gallagher	m		00:48:49	00:01:06	01:10:56	00:00:47	00:01:15	02:02:54	+40:04
72.	216	Jonathon	Mannion	m		00:46:12	00:00:51	01:14:01	00:00:43	00:01:15	02:03:03	+40:12
73.	223	John	Gallagher	m		00:48:47	00:01:12	01:11:56	00:00:21	00:01:08	02:03:26	+40:35
74.	255	Claire	Igoe	f		00:46:51	00:01:31	01:13:35	00:00:26	00:01:02	02:03:27	+40:36
75.	226	Victoria	Jones	f		00:46:50	00:01:20	01:13:47	00:00:26	00:01:01	02:03:27	+40:36
76.	287	Jim	Gallagher	m		00:48:45	00:01:13	01:11:56	00:00:32	00:01:07	02:03:35	+40:44
77.	262	Laura	Sothorn	f		00:45:41	00:00:48	01:15:42	00:00:32	00:01:00	02:03:46	+40:55
78.	260	Caitriona	Brennan	f		00:42:36	00:00:47	01:18:58	00:00:36	00:01:02	02:04:01	+41:10
79.	246	Caitriona	Phelan	f		00:47:14	00:00:52	01:15:30	00:00:33	00:01:01	02:05:13	+42:22
80.	277	Danielle	Mccarthy	f		00:44:08	00:00:59	01:20:03	00:00:28	00:01:01	02:06:40	+43:50
81.	280	Martina	Landers	f	Martina landers	00:44:26	00:01:26	01:19:16	00:00:35	00:00:57	02:06:42	+43:51
82.	241	Karen	Hutton	f	None	00:48:55	00:01:35	01:15:46	00:00:24	00:00:59	02:07:41	+44:50
83.	311	Amanda	Kirwin	f		00:47:05	00:01:31	01:19:32	00:00:37	00:01:18	02:10:05	+47:14
84.	288	Noel	Rigney	m		00:47:43	00:02:25	01:18:06	00:03:13	00:01:14	02:12:44	+49:54
85.	251	Robert	Oakley	m		00:44:22	00:02:28	01:25:07	00:00:35	00:01:06	02:13:41	+50:50
86.	256	Mary	Treacy	f	Mary treacy	00:51:00	00:01:24	01:21:19	00:00:29	00:01:08	02:15:24	+52:33
87.	211	Enda	O'brien	m		00:43:51	00:08:22	01:23:35	00:01:22	00:01:07	02:18:20	+55:29
88.	238	Maureen	O'brien	f		00:49:24	00:02:51	01:23:35	00:01:20	00:01:08	02:18:21	+55:30
89.	247	Charlotte	Butler	f		00:48:56	00:03:23	01:24:07	00:00:48	00:01:07	02:18:22	+55:31
90.	271	Vera	O'callaghan	f		00:48:55	00:03:27	01:24:05	00:00:46	00:01:06	02:18:22	+55:31
91.	303	Katie	Walsh	f		00:51:41	00:01:48	01:27:02	00:00:40	00:01:07	02:22:19	+59:28
92.	274	Sinead	Corrigan	f		00:50:08	00:02:42	01:32:49	00:00:40	00:00:58	02:27:19	+64:28
93.	275	Noelle	Corrigan	f		00:50:09	00:02:44	01:32:50	00:00:41	00:00:53	02:27:19	+64:28
94.	310	Sandra	Stanley	f		00:56:29	00:01:39	01:27:33	00:01:08	00:00:28	02:27:20	+64:29
95.	304	Susan	Sheehy	f		00:56:27	00:01:40	01:42:43	00:02:30	00:01:27	02:44:48	+81:57
96.	250	Michelle	Cronin	f		00:58:29	00:01:24	01:44:25	00:00:33	00:01:07	02:46:00	+83:10
97.	220	Maura	Kells	f		00:58:31	00:01:25	01:53:02	00:00:56	00:01:36	02:55:31	+92:41
DNF	307	Elizabeth	Oconnell	f		01:12:20	00:06:20	01:36:44			02:58:41	
DNF	308	Blannaid	Bergin	f		01:12:22	00:06:11	01:36:54			02:58:43	
n.a.	204	Shane	Whelan	m	Shane whelan							



Rank	Bib	Name	Last Name	Sex	Club	Run	T1	Cycle	T2	Run2	Finish	Gap Time
n.a.	206	Paul	Kennedy	m								
n.a.	231	Anna	Colleton	f								
n.a.	232	Lorraine	Tobin	f								
n.a.	254	Carmel	Fitzgibbon	f								
n.a.	257	Elaine	Mahony	f								
n.a.	258	Catriona	Ellis	f								
n.a.	259	Rayne	Driscoll	f	Rayne driscoll							
n.a.	276	Bertie	Walsh	m								

Number of records: 108

