

Name	Surname	Start Time	Race Clock Time	Average Speed	Distance	Actual Time
Ronan	Costelloe	18:46:00	01:12:11	44.3	19.33	00:26:11
Frank	Moloney	18:44:00	01:11:48	41.72	19.33	00:27:48
Stephen	Cunneen	18:41:00	01:09:17	41.01	19.33	00:28:17
Garron	Mosley	18:42:00	01:10:59	40.02	19.33	00:28:59
Diarmaid	Lane	18:39:00	01:08:06	39.86	19.33	00:29:06
Stephan	Teeling Lynch	18:45:00	01:14:08	39.81	19.33	00:29:08
Shane/Eamonn	Ryan/Horgan	18:14:30	00:44:23	38.81	19.33	00:29:53
Alan	Glover	18:16:00	00:45:57	38.72	19.33	00:29:57
Dave	Kelly	18:23:00	00:53:25	38.13	19.33	00:30:25
Dermot	Hayes	18:20:00	00:50:59	37.43	19.33	00:30:59
Mike	Clancy	18:34:00	01:05:30	36.82	19.33	00:31:30
Siobhan	Quain	18:00:30	00:32:01	36.8	19.33	00:31:31
Patrick	Dundas	18:39:30	01:11:36	36.13	19.33	00:32:06
Kathryn	Fahy	18:35:00	01:07:17	35.93	19.33	00:32:17
Christian	Jones	18:37:00	01:09:31	35.67	19.33	00:32:31
James	Quilligan	18:15:00	00:47:36	35.58	19.33	00:32:36
Sinead	Walsh	18:36:00	01:08:50	35.32	19.33	00:32:50
Ed	Fahy	18:22:00	00:54:50	35.32	19.33	00:32:50
Shane	Costelloe	18:19:00	00:52:43	34.4	19.33	00:33:43
Niall	O'Donovan	18:38:00	01:12:08	33.98	19.33	00:34:08
Edel	Foster	18:07:00	00:41:09	33.96	19.33	00:34:09
Thomas	Cronin	18:28:30	01:03:03	33.57	19.33	00:34:33
Roy	Barton	18:04:00	00:38:33	33.57	19.33	00:34:33
Eimear	Laffan	18:11:00	00:46:02	33.11	19.33	00:35:02
Nigel	O'Brien	18:24:00	00:59:15	32.9	19.33	00:35:15
Derek	Tobin	18:21:00	00:56:24	32.76	19.33	00:35:24
Brendan	Naughton	18:01:00	00:36:37	32.56	19.33	00:35:37
Steve	Gleeson	18:04:30	00:40:18	32.4	19.33	00:35:48
Helen	Hartigan	18:06:00	00:42:04	32.16	19.33	00:36:04
John	Culleton	18:13:00	00:49:07	32.11	19.33	00:36:07
Dan	Shanahan	18:05:30	00:41:56	31.83	19.33	00:36:26
Anthony	Egan	18:17:00	00:55:30	30.12	19.33	00:38:30
Helen	McGuire	18:08:00	00:46:31	30.11	19.33	00:38:31
Sean	Guinane	18:09:55	00:49:06	29.6	19.33	00:39:11
Glynis	Hanrahan	18:02:00	00:41:39	29.25	19.33	00:39:39
Caroline	Roche	18:00:00	00:41:13	28.14	19.33	00:41:13

Course Records

Ronan Costello 00:25:48 1st July 20

Kathryn Fahy 00:31:03 17th June 20