

Rank	Number	Name	Cat	Start	Run 1	Ski Erg	Run 2	Sled Push	Run 3	Sled Pull	Run 4	Burpee BrJ	Run 5	1k Row	Run 6	Farmer's	Run 7	S. Lunges	Run 8 + Wall Balls	Finish
1	1910	Rob Lennon	Mens Singles	08:00	4:17	4:26	4:15	2:43	4:27	3:12	4:26	4:23	4:29	4:48	4:26	2:19	4:30	3:24	9:55	1:06:08
2	1921	David Giles	Mens Singles	08:30	4:16	4:25	4:40	2:48	4:48	3:21	4:46	4:09	4:53	4:29	4:46	2:20	4:51	3:52	8:52	1:07:24
3	1919	Nigel Kennedy	Mens Singles	08:30	4:15	4:13	4:55	2:44	5:09	3:19	5:02	5:11	5:10	4:31	5:12	2:44	5:20	4:14	9:39	1:11:45
4	1926	Gary Dillon	Mens Singles	09:00	4:21	4:49	4:29	3:18	4:55	4:19	4:56	5:19	4:52	4:58	4:49	2:53	4:45	3:57	9:45	1:12:33
5	1937	Jack Cullinan	Mens Singles	09:30	4:53	4:34	5:10	2:41	5:16	3:49	5:10	4:56	5:31	4:36	5:10	2:45	5:12	4:16	9:17	1:13:23
6	1913	Evan Flynn	Mens Singles	08:00	4:28	4:40	4:45	3:12	4:59	4:06	5:05	4:46	5:18	5:01	5:14	2:43	5:12	4:50	9:28	1:13:53
7	1918	Morgan claffey	Mens Singles	08:30	4:47	4:32	5:04	2:23	5:10	4:27	5:10	4:55	5:17	4:58	5:10	2:49	5:11	5:14	9:41	1:15:02
8	1915	Keith Lee	Mens Singles	08:15	4:45	4:33	5:04	2:48	5:58	3:36	5:33	5:15	5:50	4:59	5:26	2:56	5:24	4:48	10:46	1:17:47
9	1934	Ronan Purcell	Mens Singles	09:30	4:51	4:54	5:01	3:18	5:42	3:18	5:39	5:43	5:39	5:00	5:35	3:27	5:21	4:28	10:04	1:18:04
10	1914	Paul Ruane	Mens Singles	08:15	4:37	4:44	4:59	2:46	5:35	4:36	5:26	5:57	5:36	5:20	5:38	1:45	5:53	5:35	10:37	1:19:10
11	1920	Paul McNulty	Mens Singles	08:30	4:38	4:40	5:04	2:58	7:26	4:35	5:29	5:03	5:41	4:53	3:46	4:30	5:43	4:36	10:07	1:19:17
12	1911	Dave Newell	Mens Singles	08:00	5:02	4:55	4:56	2:40	5:25	4:41	5:30	5:17	5:51	5:11	5:50	3:20	5:44	5:37	10:47	1:20:53
13	1923	David Sheehan	Mens Singles	08:45	4:51	4:45	5:10	3:28	5:17	4:02	5:29	6:57	5:36	5:02	7:34	2:54	5:45	4:43	10:31	1:22:13
14	1930	Colm Niland	Mens Singles	09:00	4:39	4:59	5:08	5:27	3:38	4:47	5:36	5:16	5:56	5:29	5:35	3:02	5:17	5:45	11:42	1:22:25
15	1935	Sean O Dowd	Mens Singles	09:30	5:10	4:50	5:33	3:32	5:54	3:41	6:09	5:40	6:09	5:05	6:11	2:58	6:12	5:19	11:29	1:23:59
16	1929	Jason Whelan	Mens Singles	09:30	5:02	4:45	5:25	4:03	5:48	3:57	5:48	5:46	5:53	5:44	5:34	3:45	5:37	5:37	11:44	1:24:34
17	1927	James Clarke	Mens Singles	09:00	4:57	4:37	5:22	4:42	5:55	3:44	5:35	5:58	6:00	4:57	5:44	3:23	5:49	5:47	12:51	1:25:27
18	1936	Andy Larkin	Mens Singles	09:30	5:22	5:04	5:36	3:22	5:53	3:58	5:58	5:29	6:01	5:20	6:03	2:56	6:05	6:14	12:02	1:25:31
19	1931	Raymond Hopkins	Mens Singles	09:15	4:54	4:43	5:14	3:10	5:43	5:26	5:36	7:23	5:42	5:25	5:21	3:19	5:28	6:31	11:40	1:25:43
20	1925	Ciaran Byrne	Mens Singles	08:45	5:11	5:02	5:32	4:54	6:20	5:54	5:56	6:14	6:00	5:03	5:44	3:29	5:24	4:46	10:30	1:26:06
21	1928	David Connell	Mens Singles	09:00	4:39	5:03	5:09	3:24	5:33	5:33	5:35	7:10	5:54	5:51	5:52	3:31	5:37	7:26	13:26	1:29:52
22	1912	Bernard Geraghty	Mens Singles	08:00	5:32	4:47	5:51	2:45	6:11	3:55	6:21	8:44	6:28	5:30	6:06	3:33	6:09	7:01	11:46	1:30:44
23	1922	Patrick Dunne	Mens Singles	08:45	5:11	5:05	5:31	4:12	7:14	6:55	6:17	9:05	6:10	5:25	6:14	4:24	5:58	9:34	13:15	1:40:37
24	1924	John Kerrigan	Mens Singles	08:45	5:10	4:48	5:44	3:47	6:20	5:09	6:26	9:28	7:32	6:35	8:51	3:53	6:33	7:42	14:35	1:42:41
25	1933	Sean Kitterick	Mens Singles	09:15	5:44	6:06	6:06	5:19	7:32	8:36	7:44	11:49	7:35	6:39	6:54	4:54	7:00	10:18	17:34	1:59:56
Rank	Number	Name	Cat	Start	Run 1	Ski Erg	Run 2	Sled Push	Run 3	Sled Pull	Run 4	Burpee BrJ	Run 5	1k Row	Run 6	Farmer's	Run 7	S. Lunges	Run 8 + Wall Balls	Finish
1	1987	Caoimhe O Brien	Womens Singles	13:30	4:40	5:35	5:02	3:14	5:36	4:35	5:23	5:08	5:48	6:01	5:34	2:31	5:37	4:55	10:28	1:20:15
2	1993	Aoife Hogan	Womens Singles	13:45	4:37	4:56	4:54	3:17	5:22	4:45	7:05	5:56	5:27	5:44	5:21	3:21	5:19	4:47	10:20	1:21:18
3	1989	Alison Morris	Womens Singles	13:30	5:32	5:34	5:45	3:44	6:07	6:27	6:18	8:07	6:41	5:56	6:30	4:20	6:38	7:11	14:17	1:39:16
4	1988	Orlagh Boyhan	Womens Singles	13:30	5:45	5:27	6:57	4:10	7:55	6:01	8:02	7:54	8:40	5:49	8:06	3:55	7:23	4:06	14:39	1:44:56
5	1991	Claire Pratt (modified)	Womens Singles	13:45	5:40	6:36	5:52	3:43	5:51	7:06	6:05	9:11	6:15	7:17	6:15	5:33	6:14	9:51	14:09	1:45:47
6	1986	Laura Crowe	Womens Singles	13:30	5:45	5:41	6:26	5:09	7:53	5:50	7:46	10:31	7:51	7:11	7:35	4:10	7:50	8:17	15:39	1:53:40
Rank	Number	Name	Cat	Start	Run 1	Ski Erg	Run 2	Sled Push	Run 3	Sled Pull	Run 4	Burpee BrJ	Run 5	1k Row	Run 6	Farmer's	Run 7	S. Lunges	Run 8 + Wall Balls	Finish
1	1940	Eoghan Donohue	Mens Doubles	10:00	4:31	4:00	4:52	1:43	5:14	2:07	5:07	2:19	5:12	4:09	5:09	2:03	5:11	2:46	8:18	1:02:46
2	1948	Nathan Harman	Mens Doubles	10:30	4:18	3:59	4:33	1:46	4:58	2:30	5:02	3:28	5:02	4:14	4:58	2:25	5:03	3:03	7:53	1:03:19
3	1943	David Murrinan	Mens Doubles	10:15	4:27	4:03	4:42	2:02	4:51	2:31	4:53	2:52	5:04	4:33	4:52	2:28	5:09	3:01	8:21	1:03:57
4	1946	Jonty Daly	Mens Doubles	10:30	4:25	4:12	4:55	1:34	5:20	2:44	5:14	2:32	5:29	4:17	5:25	2:09	5:25	2:37	8:41	1:05:07
5	1945	Michael Dennedy	Mens Doubles	10:15	4:48	4:12	4:49	1:58	4:53	2:57	4:51	3:10	4:51	4:36	4:56	2:32	4:59	3:44	8:40	1:06:02
6	1947	Jonathan Byrne	Mens Doubles	10:30	4:41	4:01	5:03	1:45	5:24	2:41	5:24	2:53	5:30	4:26	5:18	2:29	5:37	3:11	8:38	1:07:08
7	1941	Matt Flannery	Mens Doubles	10:00	4:51	4:09	5:05	1:33	5:29	1:56	5:28	2:55	5:44	4:46	5:24	2:22	5:36	3:17	8:40	1:07:22
8	1965	Andrew Smith	Mens Doubles	11:30	4:32	4:00	4:47	2:01	5:51	2:38	5:24	3:37	5:14	4:34	5:31	2:17	4:59	3:26	8:29	1:07:25
9	1950	Adam King	Mens Doubles	10:45	4:36	4:12	5:03	1:57	5:55	1:45	3:37	3:22	5:44	5:04	5:40	2:11	5:39	3:23	9:13	1:07:29
10	1938	Patrick O Connor	Mens Doubles	10:00	4:48	4:11	5:02	1:39	5:18	2:24	5:28	3:14	5:34	4:46	5:23	2:13	5:28	3:07	9:09	1:07:49
11	1949	Damien Hunt	Mens Doubles	10:30	4:25	4:09	4:43	2:38	5:22	3:31	5:21	3:16	5:17	4:33	5:12	2:40	5:20	4:06	9:11	1:09:51
12	1942	David Noone	Mens Doubles	10:15	4:44	4:49	4:43	2:19	4:59	3:00	5:14	4:02	5:17	5:16	5:11	2:29	5:03	3:32	9:12	1:10:00
13	1959	Paul Varley	Mens Doubles	11:15	4:57	4:22	5:19	2:26	5:39	2:27	5:53	2:56	5:46	4:49	5:35	2:35	5:32	3:46	9:32	1:11:41
14	1957	Stephen Conroy	Mens Doubles	11:00	4:32	4:49	5:03	4:08	5:30	5:31	5:28	6:00	5:30	5:27	5:26	1:44	4:33	3:40	4:31	1:11:58
15	1951	Kevin King	Mens Doubles	10:45	4:48	4:15	5:09	2:12	5:31	2:48	5:46	3:28	6:00	4:55	5:58	3:13	5:45	3:55	9:18	1:13:08
16	1960	James Feely	Mens Doubles	11:15	4:53	4:12	5:09	2:02	5:44	3:13	6:08	3:07	6:25	4:49	5:54	3:32	5:59	2:54	9:44	1:13:54
17	1952	Eoghan O Connor	Mens Doubles	10:45	4:42	4:24	5:13	2:15	5:57	2:52	6:02	4:11	5:57	5:11	5:43	2:30	5:57	4:04	10:03	1:15:08
18	1954	Tony Neary	Mens Doubles	11:00	6:04	5:47	6:08	1:49	6:06	3:01	6:23	3:05	4:14	5:18	4:07	2:22	6:16	4:04	10:46	1:15:36
19	1939		Mens Doubles	10:00	5:11	4:23	5:34	2:24	5:50	3:27	5:49	4:13	6:00	4:56	5:53	3:06	6:04	4:21	10:13	1:17:32
20	1953	Paul Muldoon	Mens Doubles	10:45	5:08	4:23	5:24	2:25	5:49	3:38	5:43	5:00	6:03	5:20	5:56	2:00	5:56	4:55	10:05	1:17:52
21	1958	Keith Fallor	Mens Doubles	11:15	5:20	4:16	5:51	2:04	6:36	2:37	6:32	4:04	6:45	5:00	6:26	2:43	6:31	4:17	10:10	1:19:18
22	1944	brendan commins	Mens Doubles	10:15	5:38	4:07	5:42	2:13	7:12	2:59	6:55	3:23	6:32	4:43	6:29	2:13	7:06	3:55	10:51	1:20:04
23	1955	Dave Prior	Mens Doubles	11:00	4:51	5:15	5:30	4:43	7:01	5:11	7:16	4:13	7:16	6:18	6:56	4:42	6:34	7:05	14:58	1:37:55

Rank	Number	Name	Cat	Start	Run 1	Ski Erg	Run 2	Sled Push	Run 3	Sled Pull	Run 4	Burpee BrJ	Run 5	1k Row	Run 6	Farmer's	Run 7	S. Lunges	Run 8 + Wall Balls	Finish
1	1966	Conor Kelly	Mixed Doubles	12:00	4:39	4:13	5:08	2:17	5:20	2:53	5:17	2:54	5:25	4:55	5:26	2:20	5:32	3:25	8:29	1:08:20
2	1970	Christina Fahy	Mixed Doubles	12:14	5:15	4:18	5:22	2:22	5:41	3:17	5:41	4:02	5:44	4:53	5:34	2:32	5:35	3:09	8:47	1:12:21
3	1967	Debbie O Reilly	Mixed Doubles	12:00	4:51	4:10	5:13	2:33	5:46	2:41	5:47	3:23	5:51	4:48	5:38	2:16	5:51	3:58	9:31	1:12:24
4	1985	Gavin Hynes	Mixed Doubles	13:00	5:11	4:28	5:13	2:01	5:21	3:28	5:17	3:48	5:32	5:12	5:26	2:30	5:30	4:20	9:16	1:12:40
5	1984	NikitA Conlon	Mixed Doubles	13:00	5:25	4:43	5:38	2:28	6:10	3:10	5:47	3:27	5:48	5:37	5:48	2:47	5:45	3:42	10:03	1:16:26
6	1979	Ronan Moore	Mixed Doubles	12:45	5:18	4:26	5:45	2:55	6:02	3:14	6:00	4:01	6:07	5:06	5:59	2:56	5:56	4:24	9:51	1:18:10
7	1973	Michael Buckley	Mixed Doubles	12:14	5:18	4:23	5:42	2:31	6:11	3:49	6:01	4:03	6:30	4:55	6:32	2:53	6:35	4:05	10:01	1:19:38
8	1975	Austin Sammon	Mixed Doubles	12:30	5:22	4:47	5:26	2:14	5:41	3:38	5:50	4:08	6:26	5:32	6:44	2:56	6:39	4:21	10:37	1:20:28
9	1972	Mairead Cooke	Mixed Doubles	12:14	5:32	4:20	5:56	2:39	6:47	3:22	6:30	4:47	6:40	5:00	6:26	2:40	6:55	4:30	10:50	1:23:01
10	1977	Adam Clarke	Mixed Doubles	12:30	5:50	4:34	6:01	3:27	6:23	3:44	6:34	4:45	6:29	5:30	6:33	2:27	6:54	3:36	10:20	1:23:13
11	1974	Natalia Galindo	Mixed Doubles	12:30	6:21	4:38	6:54	2:50	4:49	4:04	7:00	3:12	7:20	5:01	7:12	2:47	7:15	3:25	10:41	1:23:39
12	1969	Micheal Dervan	Mixed Doubles	12:00	5:04	4:18	5:51	2:56	6:41	3:52	6:42	5:08	6:49	5:07	6:29	2:57	6:48	4:37	10:53	1:24:17
13	1978	Sean Burke	Mixed Doubles	12:45	5:59	4:34	6:12	2:47	6:29	4:30	6:34	3:41	6:46	5:14	6:48	2:37	7:02	4:03	10:54	1:24:18
14	1983	Rachel corcoran	Mixed Doubles	13:00	5:53	4:51	6:09	2:34	6:59	3:57	6:23	5:03	6:38	4:32	6:49	3:10	6:33	5:13	9:58	1:24:49
15	1981	Ciara Hughes	Mixed Doubles (modified)	12:45	5:54	4:52	6:07	1:56	6:50	3:44	7:46	4:15	6:50	5:59	6:52	2:45	6:56	3:49	10:47	1:25:28
16	1976	Laura Bourke	Mixed Doubles	12:30	6:07	4:47	6:27	2:29	6:57	4:41	6:56	5:08	7:33	5:13	7:06	3:16	4:48	5:40	10:44	1:28:00
17	1982	Shane Dempsey	Mixed Doubles	13:00	6:22	4:54	6:50	3:54	7:00	4:20	7:10	4:28	7:10	5:07	7:06	2:56	4:56	5:37	10:45	1:28:42
18	1980	Megan Carroll	Mixed Doubles	12:45	6:01	4:32	6:42	2:56	7:11	3:05	7:00	4:42	7:11	5:32	7:38	2:52	7:09	5:06	11:20	1:29:04
19	1971	Jonathan Byrne	Mixed Doubles	12:14	6:18	4:25	6:48	2:08	7:22	3:44	7:32	3:55	7:54	5:28	7:35	3:12	7:45	4:19	11:25	1:29:59
Rank	Number	Name	Cat	Start	Run 1	Ski Erg	Run 2	Sled Push	Run 3	Sled Pull	Run 4	Burpee BrJ	Run 5	1k Row	Run 6	Farmer's	Run 7	S. Lunges	Run 8 + Wall Balls	Finish
1	1994	Roisin Golden	Womens Doubles	14:15	4:21	4:18	4:40		6:35	2:16	5:00	2:38	5:08	4:39	4:55	2:02	5:09	3:01	8:16	1:03:04
2	2010	Linda Porter	Womens Doubles	15:15	4:43	4:51	5:16	1:44	3:30	3:26	5:15	4:14	5:31	5:23	5:16	2:24	5:29	3:41	8:42	1:09:31
3	2000	Maebh Conlon	Womens Doubles	14:30	4:57	4:29	5:33	2:00	5:46	2:43	5:52	3:31	6:06	5:09	5:47	2:14	5:45	3:48	8:58	1:12:44
4	1995	Megan Flaherty	Womens Doubles	14:15	5:23		10:07	2:14	5:50	3:37	5:53	3:03	6:05	5:17	5:48	2:48	5:49	2:50	9:03	1:13:55
5	2001	Caroline Dowling	Womens Doubles	14:30	4:34	4:33	4:53	1:52	4:58	2:59	4:55	3:10	5:09	4:57	5:05	2:04	5:06	4:37	14:59	1:13:59
6	2002	Aisling Diver	Womens Singles	14:45	4:43	5:12	5:08	2:12	5:27	3:52	5:32	5:51	7:23	5:10	5:16	2:21	5:25	4:22	8:50	1:16:51
7	1998	Aoife Lydon	Womens Doubles	14:30	5:07	4:40	5:53	2:05	6:28	3:10	6:18	3:54	6:25	5:31	6:25	2:41	6:30	3:54	10:36	1:19:45
8	1997	Caroline Redmond	Womens Doubles	14:15	5:59	4:48	6:11	1:45	6:46	2:57	6:56	4:03	7:17	5:13	7:04	3:14	6:49	3:57	7:58	1:21:06
9	2006	Roisin Hughes	Womens Doubles	15:00	5:30	4:38	5:41	2:47	6:10	4:21	6:00	4:48	6:20	5:44	6:10	2:48	6:25	4:25	9:47	1:21:41
10	1996	Jill Carolan	Womens Doubles	14:15	5:46	5:16	6:03	2:35	6:19	4:18	6:22	4:14	6:44	5:54	6:35	3:08	6:35	4:12	10:31	1:24:39
11	2003	Therese O Reilly	Womens Doubles	14:45	6:00	5:28	6:08	2:12	6:25	4:30	6:31	5:05	6:26	6:07	6:22	2:32	6:23	4:38	10:12	1:25:05
12	2005	Jennifer Noone	Womens Doubles	14:45	6:38	5:15	6:29	2:19	6:50	3:50	6:30	4:18	6:50	5:47	6:45	2:55	6:35	4:20	10:21	1:25:49
13	2014	Mandy Moore	Womens Doubles	15:30	6:13	5:17	6:28	2:02	6:39	3:40	6:46	5:28	6:46	5:18	7:07	2:57	7:08	4:35	10:59	1:27:28
14	2012	Ruth Audley	Womens Doubles	15:15	5:53	5:03	6:29	2:42	7:09	3:47	7:18	5:16	7:15	5:50	7:34	3:18	7:23	4:32	11:39	1:31:14
15	2007	Carol Shaughnessy	Womens Doubles	15:00	6:54	5:07	6:59	2:02	7:39	3:20	7:25	4:20	7:46	5:55	8:08	3:01	7:57	4:23	11:13	1:32:15
16	2009	Manday Mc Caff	Womens Doubles	15:00	6:54	5:10	6:52	2:11	7:34	3:27	5:17	4:05	7:53	6:03	7:54	3:26	8:05	4:52	12:27	1:32:20
17	2008	Nuala Sweeney	Womens Doubles	15:00	7:20	5:34	8:51	2:29	6:38	3:24	6:48	5:07	7:00	6:25	7:01	3:20	7:02	5:07	11:23	1:33:36
18	2004	Keelin Brennan	Womens Doubles	14:45	6:37	5:15	6:41	2:25	7:13	4:17	7:13	5:03	7:15	6:17	7:12	3:16	7:10	6:11	12:55	1:35:07
19	2011	Zoe ashton	Womens Doubles	15:30	7:24	6:39	7:55	3:13	6:37	3:01	7:45	4:23	9:37	6:22	5:43	3:01	6:22	5:37	11:37	1:35:24
20	2017		Womens Doubles	15:30	6:31	4:56	7:10	2:23	7:46	3:22	7:52	5:50	8:16	5:14	8:09	3:07	8:19	5:15	12:08	1:36:26
21	2015	Joanna Mitchell	Womens Doubles	15:30	7:04	5:03	7:48	2:21	8:36	3:04	8:33	5:42	8:31	5:38	8:42	3:23	8:42	5:30	13:01	1:41:46
22	1961	Trish Simao	Womens Doubles	11:15	7:25	5:58	7:48	3:03	8:34	5:46	8:35	5:37	8:42	6:47	8:25	4:43	11:37	6:16	13:29	1:52:51