



men's health  
**FORUM**  
in ireland

| Place | Bib | Race | Name                  | Lap 1    | Lap 2    | Finish   | Chip Time |
|-------|-----|------|-----------------------|----------|----------|----------|-----------|
| 1     | 71  | 10km | John Reidy            | 00:19:22 | 00:19:47 | 00:39:08 | 00:39:06  |
| 2     | 23  | 10km | Damian Bradley        | 00:19:17 | 00:20:02 | 00:39:18 | 00:39:16  |
| 3     | 21  | 10km | Kieron Peters         | 00:19:15 | 00:20:22 | 00:39:37 | 00:39:35  |
| 4     | 33  | 10km | Kevin Thompson        | 00:19:33 | 00:21:00 | 00:40:32 | 00:40:30  |
| 5     | 27  | 10km | Noel Richardson       | 00:20:05 | 00:21:34 | 00:41:39 | 00:41:37  |
| 6     | 35  | 10km | Ross Cadogan          | 00:20:50 | 00:22:23 | 00:43:13 | 00:43:08  |
| 7     | 102 | 10km | MICHAEL MULLIGAN      | 00:21:06 | 00:22:18 | 00:43:23 | 00:43:21  |
| 8     | 79  | 10km | Des Flanagan          | 00:21:35 | 00:22:21 | 00:43:55 | 00:43:51  |
| 9     | 110 | 10km | Barry MURPHY          | 00:21:23 | 00:22:38 | 00:44:01 | 00:43:59  |
| 10    | 57  | 10km | Matthew Tobin         | 00:21:23 | 00:22:45 | 00:44:08 | 00:44:04  |
| 11    | 101 | 10km | PATRICK STRAFFORD     | 00:22:09 | 00:22:17 | 00:44:26 | 00:44:17  |
| 12    | 105 | 10km | RONAN MCGONIGLE       | 00:21:51 | 00:22:51 | 00:44:41 | 00:44:37  |
| 13    | 58  | 10km | Pádraic Gibbons       | 00:22:06 | 00:22:44 | 00:44:49 | 00:44:47  |
| 14    | 72  | 10km | Garrett Early         | 00:22:16 | 00:22:35 | 00:44:50 | 00:44:42  |
| 15    | 40  | 10km | Rory Doherty          | 00:22:08 | 00:23:05 | 00:45:12 | 00:45:09  |
| 16    | 106 | 10km | GEOFF FITZPATRICK     | 00:22:25 | 00:22:58 | 00:45:22 | 00:45:21  |
| 17    | 93  | 10km | PAUL DANIELS          | 00:22:06 | 00:23:29 | 00:45:35 | 00:45:30  |
| 18    | 28  | 10km | Arkadiusz Mikolajczyk | 00:23:07 | 00:23:25 | 00:46:31 | 00:46:22  |
| 19    | 84  | 10km | greg dixon            | 00:22:58 | 00:23:33 | 00:46:31 | 00:46:26  |
| 20    | 73  | 10km | sean campion          | 00:22:59 | 00:23:39 | 00:46:38 | 00:46:34  |
| 21    | 96  | 10km | DARYL GERAGHTY        | 00:23:13 | 00:24:01 | 00:47:14 | 00:47:10  |
| 22    | 31  | 10km | Alan Greenaway        | 00:23:18 | 00:24:10 | 00:47:28 | 00:47:21  |
| 23    | 30  | 10km | Ruary Martin          | 00:23:20 | 00:24:19 | 00:47:38 | 00:47:32  |
| 24    | 82  | 10km | Chris Keeling         | 00:23:50 | 00:24:29 | 00:48:19 | 00:48:17  |
| 25    | 36  | 10km | Stephen Mc Carthy     | 00:23:50 | 00:24:34 | 00:48:24 | 00:48:19  |
| 26    | 22  | 10km | Colm Wall             | 00:24:05 | 00:24:31 | 00:48:36 | 00:48:32  |
| 27    | 53  | 10km | Joseph Casey          | 00:23:08 | 00:25:48 | 00:48:55 | 00:48:51  |
| 28    | 47  | 10km | Treabhor Mac Eochaidh | 00:24:07 | 00:25:09 | 00:49:15 | 00:49:11  |
| 29    | 49  | 10km | colum lynch           | 00:24:07 | 00:25:13 | 00:49:19 | 00:49:11  |
| 30    | 67  | 10km | David Kiely           | 00:25:34 | 00:23:47 | 00:49:20 | 00:49:15  |
| 31    | 38  | 10km | Noel O'Connell        | 00:24:00 | 00:25:34 | 00:49:33 | 00:49:29  |
| 32    | 64  | 10km | keith gilbride        | 00:24:30 | 00:25:11 | 00:49:41 | 00:49:32  |
| 33    | 34  | 10km | Dr Brian Sweetman     | 00:23:51 | 00:25:51 | 00:49:42 | 00:49:39  |
| 34    | 66  | 10km | Kevin Mc Keever       | 00:25:38 | 00:24:15 | 00:49:53 | 00:49:49  |
| 35    | 41  | 10km | Brian Connolly        | 00:24:58 | 00:25:21 | 00:50:18 | 00:50:14  |
| 36    | 92  | 10km | JOHN LAWLOR           | 00:24:22 | 00:26:04 | 00:50:25 | 00:50:21  |
| 37    | 88  | 10km | Mark O'Byrne          | 00:24:38 | 00:26:03 | 00:50:41 | 00:50:33  |
| 38    | 50  | 10km | colin doyle           | 00:25:22 | 00:25:37 | 00:50:58 | 00:50:49  |
| 39    | 90  | 10km | CONOR BARRY           | 00:24:59 | 00:26:53 | 00:51:52 | 00:51:48  |
| 40    | 69  | 10km | alan ludlow           | 00:25:40 | 00:26:30 | 00:52:09 | 00:52:03  |
| 41    | 56  | 10km | Damien Molloy         | 00:24:58 | 00:27:24 | 00:52:22 | 00:52:19  |
| 42    | 18  | 10km | paul lockhart         | 00:25:23 | 00:27:53 | 00:53:15 | 00:53:07  |
| 43    | 62  | 10km | Brian Walsh           | 00:26:16 | 00:27:02 | 00:53:17 | 00:53:11  |
| 44    | 98  | 10km | NIALL FENNELL         | 00:26:46 | 00:26:37 | 00:53:22 | 00:53:14  |



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|  | <b>Bib</b> | <b>Race</b> | <b>Name</b>      | <b>Lap 1</b> | <b>Lap 2</b> | <b>Finish</b> | <b>Chip Time</b> |
|--|------------|-------------|------------------|--------------|--------------|---------------|------------------|
|  | 45         | 51 10km     | Declan Coughlan  | 00:25:51     | 00:27:40     | 00:53:31      | 00:53:25         |
|  | 46         | 97 10km     | VAL MURRAY       | 00:26:34     | 00:26:59     | 00:53:32      | 00:53:25         |
|  | 47         | 94 10km     | WARREN GAFFNEY   | 00:25:34     | 00:28:04     | 00:53:37      | 00:53:34         |
|  | 48         | 100 10km    | ROBERT MCCARTNEY | 00:26:19     | 00:27:19     | 00:53:38      | 00:53:32         |
|  | 49         | 77 10km     | Nick Brown       | 00:26:09     | 00:27:59     | 00:54:07      | 00:54:01         |
|  | 50         | 81 10km     | matthew Magrane  | 00:26:34     | 00:27:41     | 00:54:15      | 00:54:13         |
|  | 51         | 16 10km     | Ciaran Barrett   | 00:25:33     | 00:28:45     | 00:54:18      | 00:54:15         |
|  | 52         | 1 10km      | Peter McDonnell  | 00:26:21     | 00:28:10     | 00:54:30      | 00:54:25         |
|  | 53         | 17 10km     | TOM DANE         | 00:26:34     | 00:28:02     | 00:54:35      | 00:54:28         |
|  | 54         | 74 10km     | john monks       | 00:27:21     | 00:28:17     | 00:55:37      | 00:55:27         |
|  | 55         | 103 10km    | GARETH MURPHY    | 00:27:17     | 00:28:28     | 00:55:45      | 00:55:38         |
|  | 56         | 10 10km     | Colm MacManus    | 00:28:24     | 00:27:47     | 00:56:10      | 00:56:04         |
|  | 57         | 43 10km     | Jonathan Doran   | 00:27:19     | 00:29:35     | 00:56:53      | 00:56:46         |
|  | 58         | 104 10km    | TOMMY UPTON      | 00:27:18     | 00:29:38     | 00:56:55      | 00:56:48         |
|  | 59         | 76 10km     | Ronan Ryan       | 00:27:22     | 00:30:07     | 00:57:28      | 00:57:21         |
|  | 60         | 25 10km     | shane daly       | 00:28:25     | 00:29:05     | 00:57:29      | 00:57:21         |
|  | 61         | 108 10km    | DONAL DUNNE      | 00:28:19     | 00:29:39     | 00:57:58      | 00:57:52         |
|  | 62         | 107 10km    | Robert ROONEY    | 00:28:20     | 00:29:49     | 00:58:08      | 00:58:04         |
|  | 63         | 42 10km     | Conor O'Reilly   | 00:28:00     | 00:30:28     | 00:58:27      | 00:58:24         |
|  | 64         | 75 10km     | Mark Kelly       | 00:27:32     | 00:31:00     | 00:58:31      | 00:58:24         |
|  | 65         | 54 10km     | Paddy Jordan     | 00:28:16     | 00:30:21     | 00:58:37      | 00:58:33         |
|  | 66         | 65 10km     | john murphy      | 00:29:35     | 00:29:07     | 00:58:42      | 00:58:32         |
|  | 67         | 87 10km     | Thomas Farrell   | 00:29:15     | 00:29:30     | 00:58:44      | 00:58:36         |
|  | 68         | 39 10km     | darren lyons     | 00:28:49     | 00:29:56     | 00:58:45      | 00:58:41         |
|  | 69         | 15 10km     | robert purtill   | 00:28:02     | 00:30:49     | 00:58:50      | 00:58:45         |
|  | 70         | 3 10km      | Shane Mawe       | 00:27:28     | 00:31:25     | 00:58:53      | 00:58:46         |
|  | 71         | 60 10km     | Stephen Brasier  | 00:27:29     | 00:31:47     | 00:59:15      | 00:59:12         |
|  | 72         | 83 10km     | Tom McDonald     | 00:27:47     | 00:31:29     | 00:59:16      | 00:59:09         |
|  | 73         | 61 10km     | Ronan McCabe     | 00:27:29     | 00:31:47     | 00:59:16      | 00:59:13         |
|  | 74         | 46 10km     | David Mahon      | 00:28:03     | 00:31:20     | 00:59:23      | 00:59:17         |
|  | 75         | 78 10km     | Vip Patel        | 00:28:28     | 00:31:10     | 00:59:37      | 00:59:35         |
|  | 76         | 26 10km     | Niall Browne     | 00:28:16     | 00:31:58     | 01:00:13      | 01:00:09         |
|  | 77         | 13 10km     | Cathal Collier   | 00:29:18     | 00:30:58     | 01:00:15      | 01:00:08         |
|  | 78         | 95 10km     | DANIEL GERRARD   | 00:27:59     | 00:32:26     | 01:00:25      | 01:00:21         |
|  | 79         | 8 10km      | Brian Cummins    | 00:29:17     | 00:31:58     | 01:01:15      | 01:01:08         |
|  | 80         | 7 10km      | Adrian Flanagan  | 00:29:46     | 00:31:49     | 01:01:35      | 01:01:29         |
|  | 81         | 9 10km      | John Dunne       | 00:28:47     | 00:32:48     | 01:01:35      | 01:01:27         |
|  | 82         | 12 10km     | Barry Reddin     | 00:31:15     | 00:31:40     | 01:02:55      | 01:02:49         |
|  | 83         | 37 10km     | John Delaney     | 00:29:17     | 00:33:49     | 01:03:05      | 01:03:01         |
|  | 84         | 48 10km     | Keith Rigney     | 00:30:15     | 00:33:33     | 01:03:48      | 01:03:41         |