Category	Number	Name	Time Wk1	Time Wk2	Time Wk3	Time Wk4			Improvement
Intermediate	543	Sandra Kerwick	09:42	09:14		08:22			01:20:00
Intermediate	542	Michelle Russell	08:20	08:12		07:01			01:19:00
Intermediate	550	Gordon Collins	08:15	07:09					01:06:00
Intermediate	544	Emer O Brien	07:40	07:09	06:59	06:36			01:04:00
Intermediate	539	Sean O Donovan	07:30	07:21	07:18	06:54			00:36:00
Intermediate	538	Catherine O Donovan	08:27	08:23	08:07				00:20:00
Beginner	548	Ciara Flaherty	12:21	10:51	09:32	08:56			03:25:00
Beginner	547	Sinead Flaherty	12:21	10:54	09:36	09:13			03:08:00
Beginner	587	Catherine Murphy	12:45	09:43					03:02:00
Beginner	540	Brid Drohan	11:41	11:10	11:41	09:37			02:04:00
Advanced	549	Michael Freaney	07:21	06:30	05:55	05:43			01:38:00
Advanced	541	Barry Torpey	07:22	06:31		05:59			01:23:00
Advanced	546	Robert Briscoe	07:25	06:48					00:37:00
Advanced	536	Ger Murphy	07:30	07:35		06:59			00:31:00
Advanced	551	Brendan Cronin		05:54	05:46	05:25			00:29:00
Advanced	552	Mary Molloy		06:52	06:50	06:29			00:23:00