

| Pos. | Name | Club | No. | Cat | Time | % of Win of Time |
|------|---------------------|----------------|-----|-----|----------|------------------|
| 1 | Keith Heary | Carlow Runners | 236 | M | 00:44:02 | 100% |
| 2 | Edward White | Slaney Olympic | 258 | M | 00:49:29 | 112% |
| 3 | Frantisek Neupauer | Slovakia | 290 | M40 | 00:49:48 | 113% |
| 4 | Rene Borg | Crusaders AC | 250 | M | 00:50:07 | 114% |
| 5 | Chris Squance | Slaney Olympic | 237 | M40 | 00:50:30 | 115% |
| 6 | Aoife Joyce | Crusaders AC | 285 | F | 00:51:36 | 117% |
| 7 | Adrian Oprea | Carlow Runners | 288 | M | 00:53:06 | 121% |
| 8 | Stephen Tyrell | Slaney Olympic | 263 | M | 00:55:30 | 126% |
| 9 | Diarmuid O'Cholmain | Crusaders AC | 273 | M60 | 00:56:55 | 129% |
| 10 | Paul Murphy | Slaney Olympic | 292 | M40 | 01:00:12 | 137% |
| 11 | Fergus Murphy | Slaney Olympic | 264 | M | 01:02:56 | 143% |
| 12 | Sue Redmond | | 294 | F | 01:03:06 | 143% |
| 13 | Eric Piquani | Wexford Tri | 270 | M40 | 01:03:07 | 143% |
| 14 | Janka Sobekova | Slovakia | 291 | F50 | 01:03:30 | 144% |
| 15 | May Doyle | Slaney Olympic | 276 | F50 | 01:03:44 | 145% |
| 16 | Lar Doyle | Slaney Olympic | 261 | M50 | 01:05:13 | 148% |
| 17 | Donal Flanagan | Balance | 283 | M | 01:05:40 | 149% |
| 18 | Geraldine O'Shea | Crusaders AC | 286 | F | 01:07:34 | 153% |
| 19 | Gerry Moran | St Killian | 272 | M | 01:08:38 | 156% |
| 20 | Sarah Steer | | 295 | F | 01:09:11 | 157% |
| 21 | Ray Hayes | | 284 | M | 01:09:33 | 158% |
| 22 | Joan Stapleton | | 293 | F40 | 01:11:07 | 162% |
| 23 | Andy Staff | Slaney Olympic | 289 | M | 01:12:07 | 164% |
| 24 | Brendan Doherty | GEN | 287 | M60 | 01:15:00 | 170% |

M

Keith Heary

F

Aoife Joyce

M40

Frantisek Neupauer

F40

Joan Stapleton

M50

Lar Doyle

F50

May Doyle

M60

Diarmuid O'Cholmain

TEAM

| <i>Men</i> | <i>Club</i> | <i>Pts</i> | <i>Scorers</i> |
|--------------|------------------|------------|---|
| | 1 Slaney Olympic | 14 | Edward White, Chris Squance, Stephen Tyrell |
| | 2 Carlow Runners | - | Keith Heary, Adrian Oprea |
| | 3 Crusaders AC | - | Rene Borg, Diarmuid O'Cholmain |
| | 4 Wexford Tri | - | Eric Piquani |
| | 5 Balance | - | Donal Flanagan |
| | 6 St. Killian | - | Gerry Moran |
| | 7 GEN | - | Brendan Doherty |
| <i>Women</i> | <i>Club</i> | <i>Pts</i> | <i>Scorers</i> |
| | 1 Crusaders AC | - | Aoife Joyce, Geraldine O'Shea |