



## Lough MaCrory Hyrox Sim 2025

### --- Results

Rk Num	Team Members		Run1 SkiErg	Run2 Sled Push	Run3 Sled Pull	Run 4 Burpee	Run5 Row	Run6 Carry	Run7 Lunges	Run8 Wall Balls	Total
Doubles (Male)											
1.	Tiarnan O'Neill	--	3:41	3:45	3:54	3:53	3:57	3:59	4:00	3:55	
95	Bobby Lyttle		3:50	1:10	2:13	2:46	4:09	2:05	2:53	3:30	53:47
2.	Sean Mc Laughlin	--	4:07	3:38	4:08	3:54	4:06	3:43	3:59	3:53	
92	Leon Mc Connell		3:50	1:16	2:28	3:27	4:35	2:07	3:15	3:40	56:13
3.	Darryl Mc Dermott	--	4:21	4:19	4:14	4:23	4:24	4:19	4:22	4:23	
91	Graham Doherty		3:48	1:09	1:45	3:08	4:32	2:22	3:10	3:09	57:53
4.	John Gallagher	--	3:39	3:50	4:01	3:58	4:04	4:04	4:01	4:00	
123	Mark Fyffe		3:51	1:18	2:18	3:44	4:53	2:21	3:53	3:56	57:56
5.	Eoin Donnelly	--	3:42	3:45	4:08	4:18	4:27	4:20	4:16	4:19	
100	Emmet Mc Knight		4:13	1:14	2:12	3:24	4:45	2:23	3:23	3:39	58:38
6.	Ruairi Mc Menamin	--	3:56	4:05	4:17	4:12	4:23	4:28	4:19	4:25	
115	Shane O'Hare		4:17	1:21	2:11	3:12	4:35	2:18	3:42	3:48	59:37
7.	Martin Corr	--	4:05	4:17	4:30	4:32	4:46	4:45	4:34	4:37	
104	Marty Hamill		3:35	1:06	1:46	2:58	4:39	2:30	3:22	3:41	59:48
8.	Feidhlim Quinn	--	3:45	4:14	4:26	4:18	4:34	4:23	4:24	4:16	
139	Mark Thompson		4:14	1:24	2:37	3:19	4:41	2:31	3:44	3:38	1:00:37
9.	Eamon O'Kane	--	3:55	4:13	4:29	4:29	4:33	4:34	4:29	4:26	
135	Kevin O'Brien		4:06	1:14	2:33	3:36	4:39	2:29	4:05	3:40	1:01:38
10.	Ryan Conway	--	4:03	4:19	4:41	4:34	4:44	4:43	4:35	4:45	
111	Keelan Logue		4:03	1:12	2:25	3:39	4:25	2:28	3:10	3:46	1:01:39



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Rk Num	Team Members		Run1 SkiErg	Run2 Sled Push	Run3 Sled Pull	Run 4 Burpee	Run5 Row	Run6 Carry	Run7 Lunges	Run8 Wall Balls	Total
11.	Stephen Breen	--	3:54	4:00	4:28	4:10	4:22	4:19	4:20	4:37	
117	Connor Breen		4:08	1:29	2:48	3:23	5:13	2:52	4:03	3:45	1:01:58
12.	Barry Mc Aleer	--	3:54	4:30	4:43	5:01	5:26	4:32	4:57	4:44	
114	Brian Doherty		4:00	1:15	1:43	3:30	4:54	2:15	3:06	3:41	1:02:19
13.	Leroy Mills	--	3:54	4:17	4:28	4:23	4:33	4:30	4:32	4:36	
146	Ruairi Power		4:07	1:17	2:15	4:09	4:48	2:42	3:57	3:54	1:02:30
14.	Emmet Quinn	--	4:14	4:24	4:29	4:41	5:00	4:56	4:46	4:39	
112	Mickey Maguire		4:09	1:18	1:57	3:31	4:44	2:28	3:30	3:39	1:02:31
15.	Diarmaid Grimes	--	4:09	4:17	4:47	4:51	5:08	5:02	5:00	4:54	
132	Shane Dobbs		4:13	1:04	2:07	3:04	4:32	2:11	3:29	3:41	1:02:35
16.	Simon O Neill	--	4:11	4:35	4:38	4:40	4:50	4:39	4:38	4:40	
102	Aidy Kelly		3:57	1:14	2:02	3:30	4:52	2:34	3:49	3:43	1:02:39
17.	Oisin Rafferty	--	4:05	4:17	4:40	4:32	5:16	4:36	4:34	4:57	
109	Ronan Teague		4:12	1:22	2:08	3:22	4:54	2:44	3:38	3:31	1:02:55
18.	Shane Quinn	--	4:03	4:18	4:55	4:46	4:54	4:45	4:46	4:45	
148	Caolan Deery		4:12	1:11	1:46	3:42	5:04	2:33	3:30	3:58	1:03:14
19.	Ronan Fox	--	3:57	4:10	4:49	4:43	5:34	4:49	4:45	5:02	
98	Pearse Grimes		4:17	1:15	2:23	3:33	4:56	2:41	3:07	3:46	1:03:56
20.	Sean Og Grogan	--	4:10	4:38	4:44	4:51	5:15	4:44	4:43	4:52	
93	Paddy Mc Grath		4:05	1:23	1:59	3:32	4:59	2:49	3:27	3:41	1:03:59



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### --- Results

Rk Num	Team Members		Run1 SkiErg	Run2 Sled Push	Run3 Sled Pull	Run 4 Burpee	Run5 Row	Run6 Carry	Run7 Lunges	Run8 Wall Balls	Total
21. 99	Stevey Grimes Mark Grimes	--	3:59 4:20	4:22 1:19	4:38 2:19	4:48 3:10	5:10 5:05	5:03 3:03	4:49 3:52	5:05 3:58	1:05:09
22. 134	Oliver Mooney Seamus Watters	--	4:13 4:19	4:24 1:11	4:46 2:29	4:56 3:32	5:06 4:57	5:01 2:27	5:05 3:44	4:53 4:02	1:05:12
23. 118	Aodhan Gallen Tony Mossey	--	4:03 3:58	4:14 1:40	4:38 2:14	4:33 4:55	4:49 5:30	4:35 2:46	4:43 4:15	4:33 3:55	1:05:28
24. 110	Paddy Molloy Kevin O'Brien	--	4:23 4:05	4:55 1:21	4:59 2:25	5:02 3:41	5:03 5:28	4:59 2:44	4:45 4:05	4:45 3:56	1:06:43
25. 120	Michael Loughran Eoghan Mc Elduff	--	4:43 4:21	4:51 1:33	5:06 2:06	5:13 3:39	5:10 4:54	5:02 2:44	4:58 4:02	4:54 3:39	1:07:02
26. 137	Oistin Mc Ateer Eoin Bradley	--	4:20 4:25	4:24 1:13	4:58 1:51	4:50 3:08	6:00 5:17	4:48 3:08	4:54 4:15	4:49 4:37	1:07:04
27. 108	Chris Duffy David Doherty	--	4:34 4:09	4:36 1:38	5:22 2:35	5:05 3:37	5:27 4:46	5:10 2:35	5:11 3:37	4:51 3:56	1:07:16
28. 105	Cormac Mc Anespy Gerry Mc Cullagh	--	4:39 4:11	4:50 1:26	5:19 2:05	5:15 3:41	5:27 4:51	5:08 2:35	5:09 4:03	5:06 3:40	1:07:32
29. 113	Scott Chester Cormac Munroe	--	4:45 4:11	4:52 1:16	5:02 2:24	5:04 4:12	5:11 5:14	5:04 2:31	5:08 4:08	5:00 3:49	1:07:59
30. 96	Brendan Mc Guire Ciaran Mcguire	--	4:15 4:02	4:51 1:38	5:31 2:00	5:35 3:10	5:54 4:50	5:40 2:20	5:32 3:37	5:20 3:36	1:08:00



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### --- Results

Rk Num	Team Members		Run1 SkiErg	Run2 Sled Push	Run3 Sled Pull	Run 4 Burpee	Run5 Row	Run6 Carry	Run7 Lunges	Run8 Wall Balls	Total
31. 94	Paul-Dwane Mc Menamin Paul Mc Menamin	--	4:44 4:06	5:04 1:24	5:13 1:55	5:20 3:56	5:24 4:50	5:07 2:37	5:20 4:07	5:18 3:49	1:08:20
32. 130	Ben Henry Oscar Murphy	--	4:26 4:17	4:53 1:22	5:28 2:20	5:22 3:13	5:31 5:30	5:27 2:35	5:27 3:40	5:07 3:35	1:08:21
33. 143	Niall Mc Knight Ashley Turner	--	4:32 4:11	4:59 1:16	5:21 2:31	5:35 3:16	5:37 5:03	5:29 2:57	5:18 3:34	5:17 3:32	1:08:37
34. 103	Darren Fox Ryan Conway	--	4:30 4:11	4:57 1:23	5:19 2:43	5:15 3:45	5:26 5:19	5:14 2:28	5:09 3:56	5:25 3:38	1:08:45
35. 133	Joey Kelly Mark Mc Kenna	--	4:18 4:13	4:39 1:22	4:56 2:09	4:58 5:31	5:00 5:24	5:07 2:38	5:01 5:14	5:03 3:57	1:09:36
36. 106	Ryan Devlin John Mc Elroy	--	4:42 4:19	4:42 1:20	5:01 2:36	5:12 4:04	5:19 5:19	5:25 2:53	5:42 3:32	5:20 4:08	1:09:40
37. 124	Cathal Donaghy Arnoldas Macidulskas	--	4:31 4:14	4:51 1:39	5:24 2:15	5:36 3:53	5:49 5:04	5:33 2:53	5:33 3:35	5:39 3:47	1:10:22
38. 125	Ruari Fearon Barry Coyle	--	4:31 4:00	4:55 1:34	5:12 2:31	5:17 4:48	5:34 5:31	5:24 3:09	5:14 4:47	5:18 4:01	1:11:53
39. 131	Nigel Mc Cullagh Paddy Haughey	--	5:20 4:26	5:16 1:14	5:22 1:45	5:23 4:43	5:32 5:19	5:38 3:19	5:33 3:27	5:34 3:52	1:11:55
40. 119	Damien O Neill Damien Mc Caffrey	--	4:40 4:17	5:00 1:28	5:21 2:11	5:43 3:45	6:30 5:34	5:47 2:56	5:47 3:28	5:56 3:48	1:12:18



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### --- Results

Rk Num	Team Members		Run1 SkiErg	Run2 Sled Push	Run3 Sled Pull	Run 4 Burpee	Run5 Row	Run6 Carry	Run7 Lunges	Run8 Wall Balls	Total
41.	Nathan O'Brien	--	4:58	5:05	5:19	5:35	5:49	5:59	5:47	5:40	
128	Liam Donaghy		4:14	1:21	2:37	3:49	5:38	2:50	4:16	3:51	1:12:57
42.	Gary Mc Manamon	--	4:24	4:58	5:38	5:32	5:58	5:44	5:44	5:36	
97	Niall Grimes		4:53	1:21	2:32	3:51	5:35	2:55	3:59	4:16	1:13:04
43.	Una Tuohey	--	5:04	5:05	5:37	5:24	5:43	5:39	5:32	5:46	
126	Colly Tuohey		4:22	1:41	2:23	4:15	5:24	2:53	4:31	3:48	1:13:14
44.	Brian Mc Callan	--	4:42	5:07	5:38	5:32	5:54	5:44	5:50	6:36	
101	Pearse Cunningham		4:14	1:34	2:15	3:51	5:54	3:07	4:32	3:58	1:14:35
45.	Peadar Mc Mahon	--	4:57	5:15	5:46	5:40	6:17	5:55	6:10	7:03	
107	Barry Hurson		4:22	1:25	2:06	4:47	5:11	2:49	4:00	3:52	1:15:40
46.	Sean Farmer	--	4:41	5:15	5:41	5:47	5:38	5:36	5:53	5:59	
140	Conor		4:26	1:21	3:21	4:31	5:52	2:54	4:59	4:16	1:16:17
47.	Declan Mc Keever	--	5:19	5:26	5:42	5:50	5:57	5:51	6:10	5:50	
121	Donal Salmon		4:24	1:29	2:51	4:35	5:23	2:55	5:16	4:14	1:17:21
48.	Ciaran Mc Elduff	--	6:15	6:53	7:29	7:16	7:02	7:24	7:11	7:48	
136	Seamus O'Brien		4:07	1:15	2:41	4:33	5:02	2:57	6:11	4:11	1:28:22
49.	Sean Slane	--	6:20	6:34	6:40	6:24	7:05	6:56	6:45	7:01	
129	Ciaran Slane		4:13	1:23	3:00	7:07	5:55	3:01	5:22	4:30	1:28:26



## Lough MaCrory Hyrox Sim 2025

### --- Results

Rk Num	Team Members		Run1 SkiErg	Run2 Sled Push	Run3 Sled Pull	Run 4 Burpee	Run5 Row	Run6 Carry	Run7 Lunges	Run8 Wall Balls	Total
Single (Male)											
1. 89	Colin Harkin	--	3:28 4:14	3:41 1:50	4:05 2:10	3:58 4:17	4:02 4:39	4:08 2:56	4:08 3:40	4:06 4:34	1:00:03
2. 90	Noel Tierney	--	3:40 4:02	3:51 1:38	4:10 2:04	4:04 4:13	4:13 4:48	4:16 2:34	4:02 3:39	4:04 4:42	1:00:08
3. 142	Melvyn Hamilton	--	4:50 4:42	5:13 2:26	5:27 2:15	5:30 6:52	5:35 5:25	5:32 3:08	5:37 4:34	5:31 6:19	1:19:00
4. 127	Donall Sweeney	--	5:14 4:48	5:25 1:50	5:50 3:46	5:39 7:31	6:09 5:45	5:49 4:31	5:17 7:39	6:13 9:01	1:30:35
5. 141	Conor Owens	--	4:21 5:15	4:57 3:15	7:07 5:06	6:18 9:53	6:20 6:46	6:45 3:09	5:30 7:36	4:38 10:41	1:37:44



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### --- Results

Rk Num	Team Members		Run1 SkiErg	Run2 Sled Push	Run3 Sled Pull	Run 4 Burpee	Run5 Row	Run6 Carry	Run7 Lunges	Run8 Wall Balls	Total
Doubles (Mixed)											
1.	Fergus Mc Girr	--	3:49	3:47	3:57	3:57	4:00	4:00	4:00	3:57	
82	Denise Toner		4:25	1:18	3:10	3:33	5:06	2:38	3:50	4:13	59:47
2.	Alisha Morrow	--	3:59	4:37	4:57	4:51	5:21	4:49	4:37	4:31	
62	Robbie Porter		4:14	1:23	2:35	2:54	5:07	2:15	3:17	3:32	1:03:07
3.	John Fitzpatrick	--	4:18	4:15	4:35	4:38	4:54	4:46	4:44	4:55	
76	Laura Fitzpatrick		4:30	1:21	2:42	3:41	5:15	2:37	3:28	3:39	1:04:27
4.	Aishling Porter	--	4:22	4:40	4:56	5:01	5:05	4:44	4:37	4:34	
78	Emmett Mullin		4:04	1:21	1:49	3:47	5:04	2:42	3:54	3:51	1:04:40
5.	Aisling Logue	--	4:32	4:50	5:11	5:01	5:20	5:10	5:16	4:57	
71	Karl Logue		4:20	1:23	2:57	3:27	4:56	2:31	3:41	3:43	1:07:21
6.	Catriona Mc Aleer	--	4:26	4:26	4:54	4:37	4:46	4:42	4:44	4:40	
74	Oran Mc Aleer		4:55	1:34	2:15	4:46	5:42	2:57	4:29	4:16	1:08:18
7.	Roisin Devlin	--	4:41	4:52	4:55	4:48	4:48	4:53	4:55	4:49	
86	Brian Devlin		4:28	1:31	3:12	3:46	5:29	2:42	4:27	4:45	1:09:08
8.	Shane Quinn	--	4:34	4:57	5:22	5:23	5:27	5:08	5:10	5:08	
87	Caolan Deery		4:06	1:30	2:17	4:40	5:05	2:41	4:26	3:57	1:09:59
9.	Gemma O'Brien	--	4:45	5:05	5:14	5:03	5:13	5:16	5:11	5:24	
63	Cathal O'Brien		4:15	1:28	2:36	4:36	5:25	2:56	4:20	3:55	1:10:48
10.	Roisin O Neill	--	4:47	5:17	5:28	5:23	5:48	5:40	5:39	5:48	
64	Barry O Neill		4:07	1:32	2:20	4:22	5:26	2:42	3:56	4:10	1:12:32



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Rk Num	Team Members		Run1 SkiErg	Run2 Sled Push	Run3 Sled Pull	Run 4 Burpee	Run5 Row	Run6 Carry	Run7 Lunges	Run8 Wall Balls	Total
11.	Aimee Brogan	--	4:38	5:11	5:48	5:58	5:57	5:44	5:37	5:40	
81	Cathal Harte		4:37	1:30	3:13	4:25	5:33	2:34	3:58	3:53	1:14:23
12.	Nicola Donaghey	--	4:45	5:00	5:26	5:40	5:52	5:17	5:26	5:22	
83	Ronan Mc Elwaine		4:33	1:31	3:24	5:01	5:43	3:14	5:15	3:40	1:15:15
13.	Rosanne Brady	--	5:07	5:18	5:29	5:30	5:36	5:08	5:32	5:52	
72	Martin Brady		4:27	1:44	2:22	4:34	5:37	3:31	4:26	5:02	1:15:24
14.	Ciara Mc Aleer	--	4:51	5:20	5:41	5:36	5:53	6:08	5:44	5:51	
73	Damien Mc Aleer		4:19	1:41	2:08	4:42	5:14	3:00	4:51	4:36	1:15:45
15.	Nathan Kelly	--	5:00	5:36	6:05	6:06	6:29	6:55	5:59	6:00	
70	Rebecca Coyle		4:32	1:27	2:20	3:45	5:05	3:17	3:53	4:01	1:16:37
16.	Deirdre Haigney	--	5:49	5:43	5:54	6:03	6:25	5:58	6:07	5:59	
69	Eugene Haigney		4:34	1:39	3:08	4:06	5:20	2:43	4:04	3:57	1:17:39
17.	Ryan Tierney	--	5:30	5:32	6:00	5:57	5:57	5:52	5:53	5:50	
79	Kathryn Tierney		4:34	1:34	2:16	5:56	5:46	2:50	5:04	4:33	1:19:11
18.	Marc Slane	--	5:05	5:40	6:40	6:34	6:40	6:15	6:13	5:56	
80	Alex Moore		4:45	1:30	2:21	4:14	5:52	3:04	4:50	4:25	1:20:13
19.	Kate Daly	--	5:10	5:22	5:48	5:45	5:45	5:39	5:41	5:50	
68	Jarlath Daly		5:02	1:59	3:17	8:01	6:14	3:21	5:34	3:56	1:22:31
20.	Frances Mc Keown	--	6:19	6:24	6:28	6:24	6:34	6:35	6:25	6:30	
85	Christian Madsen		4:49	1:35	2:52	4:08	5:22	3:12	4:33	4:35	1:22:52





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### --- Results

Rk Num	Team Members		Run1 SkiErg	Run2 Sled Push	Run3 Sled Pull	Run 4 Burpee	Run5 Row	Run6 Carry	Run7 Lunges	Run8 Wall Balls	Total
21. 66	Darren Mc Cusker Eilis Donaghy	--	6:13 4:30	6:11 1:17	7:27 2:11	6:39 4:19	7:15 5:01	7:09 2:19	7:19 4:13	7:18 4:09	1:23:38
22. 84	Bronagh Allison Conor Mc Anenly	--	5:35 4:27	6:17 1:35	6:51 3:37	6:43 4:26	7:24 5:46	7:09 2:41	6:59 4:34	6:56 4:51	1:26:00
23. 67	Cathy Mc Nulty Ryan Donaghy	--	6:18 4:38	6:22 1:34	6:36 2:35	6:43 5:36	7:03 5:31	6:36 3:05	6:39 5:23	7:12 4:09	1:26:09
24. 75	Alicia O' Connor Michael O Connor	--	5:24 4:26	6:02 1:32	6:25 3:20	6:33 7:37	6:44 6:10	6:19 3:15	6:03 6:12	6:33 5:06	1:27:48
25. 88	Sharla Roddy Shane Kehoe	--	5:42 4:56	7:07 1:36	7:52 4:04	6:56 6:36	7:29 6:46	7:19 3:55	7:17 7:11	7:41 5:23	1:37:57
26. 77	Ciara Mc Keogh Oisin Kenny	--	6:11 5:30	6:26 1:49	7:18 4:17	7:46 6:35	8:13 7:42	7:44 4:02	7:45 7:09	7:44 7:10	1:43:28



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### --- Results

Rk Num	Team Members		Run1 SkiErg	Run2 Sled Push	Run3 Sled Pull	Run 4 Burpee	Run5 Row	Run6 Carry	Run7 Lunges	Run8 Wall Balls	Total
Doubles (Female)											
1.	Caoileann Conway	--	4:32	4:35	5:01	5:00	5:03	4:49	4:56	4:39	
41	Joanne Donnelly		4:23	1:06	2:22	3:02	4:51	2:19	2:54	3:02	1:02:41
2.	Danielle Tubridy	--	4:51	4:55	5:07	5:06	5:11	4:59	4:58	5:00	
46	Michelle Price		4:39	1:09	2:37	3:31	4:53	2:21	3:10	3:22	1:05:55
3.	Kelly Mc Menamin	--	4:14	4:28	4:43	4:44	4:56	4:46	4:52	4:52	
4	Michelle Donnelly		4:37	1:46	3:18	3:49	5:18	2:30	3:33	3:56	1:06:30
4.	Aine Donaghy	--	4:20	4:45	5:11	5:14	5:20	5:18	5:14	4:55	
20	Bronagh Donaghy		4:36	1:02	2:40	4:03	5:17	2:17	3:51	3:18	1:07:28
5.	Laura Ward	--	4:44	4:46	4:56	5:06	5:17	5:09	5:19	5:11	
6	Carol Mc Carron		4:46	1:21	3:00	3:27	5:46	2:34	3:31	3:22	1:08:21
6.	Helena Quinn	--	4:24	4:26	5:00	4:53	5:17	5:14	4:59	4:53	
1	Emma Quinn		5:09	1:39	3:10	4:02	6:12	2:32	3:32	3:26	1:08:56
7.	Ciara Coyle	--	4:35	4:38	4:54	4:49	5:00	4:57	4:48	4:54	
39	Lorraine Cullen		4:59	1:32	3:25	5:00	5:44	2:41	4:17	3:49	1:10:08
8.	Stephanie Daly	--	5:11	5:00	5:14	5:13	5:17	5:16	5:00	5:06	
21	Eimear Colton		4:43	1:12	3:04	4:21	5:18	2:55	3:39	3:40	1:10:17
9.	Shauna Loughran	--	4:51	4:56	5:20	5:21	5:39	5:24	5:13	5:19	
29	Chloe Munroe		4:57	1:21	2:37	4:14	5:23	2:43	3:40	3:24	1:10:30
10.	Oonagh Gallagher	--	4:35	4:47	5:26	5:11	5:23	5:13	5:12	5:09	
40	Maeve Gallagher		5:13	1:29	3:16	4:10	5:39	2:58	3:19	3:27	1:10:36



## Lough MaCrory Hyrox Sim 2025

### --- Results

Rk Num	Team Members		Run1 SkiErg	Run2 Sled Push	Run3 Sled Pull	Run 4 Burpee	Run5 Row	Run6 Carry	Run7 Lunges	Run8 Wall Balls	Total
11. 18	Mary Cumiskey Claire Groogan	--	4:42 4:53	4:54 1:13	5:05 2:36	5:12 4:50	5:29 5:35	5:23 2:44	5:17 3:52	5:23 3:41	1:10:56
12. 30	Maire Gallagher Laura Mellon	--	4:57 5:02	4:59 1:15	5:14 3:10	5:11 4:27	5:22 5:42	5:13 2:50	5:05 3:34	5:20 4:10	1:11:40
13. 58	Erin Mc Nicholl Carla Devlin	--	4:33 4:38	4:55 1:30	5:00 4:28	4:54 5:24	4:59 5:45	4:55 3:15	4:48 4:16	5:26 3:21	1:12:14
14. 13	Shannon Daly Roise Loughran	--	4:57 4:36	5:21 1:13	5:49 2:31	5:52 3:27	6:03 5:18	5:51 2:24	5:53 3:11	6:19 3:25	1:12:19
15. 31	Ciara Harte Kirsty Allerton	--	4:54 4:50	4:59 1:16	5:23 2:49	5:54 4:23	5:42 5:40	5:33 2:52	5:33 3:28	5:36 3:34	1:12:33
16. 54	Lauren Teague Ellen Mc Cullagh	--	5:11 4:30	5:10 1:20	5:45 2:05	5:53 4:01	6:25 5:15	6:09 2:26	6:06 3:15	5:57 3:22	1:12:56
17. 12	Emily Kelly Majella Mc Taggart	--	5:14 4:58	5:06 1:23	5:32 2:48	5:33 4:00	5:36 5:48	5:44 2:51	5:32 3:57	5:33 3:35	1:13:17
18. 10	Ciara Kerlin Eimear Grimes	--	5:10 4:50	5:16 1:22	5:28 3:14	5:19 4:56	5:32 5:58	5:27 2:34	5:31 3:50	5:32 3:13	1:13:19
19. 2	Tanya Kelly Shannon Grimes	--	4:43 4:57	4:53 1:28	5:03 3:34	5:06 4:36	5:18 6:12	5:26 3:26	5:07 4:31	5:05 4:00	1:13:32
20. 8	Clair Fox Nicola Mc Aleer	--	4:48 4:57	5:10 1:22	5:33 2:59	5:21 5:02	5:21 5:59	5:29 2:36	5:25 4:52	5:24 3:51	1:14:18



## Lough MaCrory Hyrox Sim 2025

### --- Results

Rk Num	Team Members		Run1 SkiErg	Run2 Sled Push	Run3 Sled Pull	Run 4 Burpee	Run5 Row	Run6 Carry	Run7 Lunges	Run8 Wall Balls	Total
21. 15	Fionnola Mc Callan Nuala Carlin	--	4:54 4:52	5:06 1:19	5:41 2:32	5:44 5:02	5:54 5:55	5:36 3:32	5:36 3:59	5:34 3:34	1:14:58
22. 56	Claire Magee Sara O'Kane	--	5:09 4:51	5:10 1:24	5:31 3:07	5:48 4:39	5:46 5:08	6:03 2:31	6:09 3:45	6:09 3:44	1:15:02
23. 17	Elesha Mc Dermott Louise Mc Dermott	--	4:56 4:53	5:54 1:21	5:59 2:28	5:59 4:34	5:57 5:51	6:01 2:42	5:51 3:41	5:51 3:06	1:15:11
24. 25	Suzie Pat Orlagh Mc Elhone	--	5:24 4:57	5:30 1:21	5:41 3:31	5:35 4:52	5:37 5:39	5:37 2:40	5:40 4:14	5:34 3:25	1:15:25
25. 44	Sarah Gorman Ashling Service	--	5:07 5:04	5:16 1:24	5:27 3:05	5:31 4:41	5:40 5:51	5:30 3:04	5:24 5:01	5:26 3:59	1:15:37
26. 26	Ciara Mc Crory Orla Maguire	--	4:58 5:15	5:24 1:34	5:30 3:29	5:16 4:39	5:18 6:28	5:35 2:49	5:33 4:15	5:44 4:06	1:15:59
27. 52	Clare Mc Fadden Mollie Higgins	--	5:14 4:54	5:16 1:31	5:29 3:20	5:30 4:48	5:50 5:42	5:54 2:53	5:57 4:09	6:01 3:47	1:16:22
28. 27	Edel Hughes Bronagh Gallagher	--	5:02 5:10	4:59 1:35	5:26 3:45	5:26 5:24	5:48 5:58	5:34 2:54	5:36 4:21	5:33 4:00	1:16:38
29. 33	Enya Mellon Abby Meegan	--	5:45 4:30	6:01 1:13	6:36 2:33	6:28 3:54	6:54 5:19	6:25 2:32	6:25 2:55	6:26 3:18	1:17:21
30. 57	Emma Gormley An Other	--	5:08 5:06	5:16 1:31	5:22 3:07	5:28 5:35	5:42 5:56	5:53 2:38	5:52 4:21	6:03 4:40	1:17:45



## Lough MaCrory Hyrox Sim 2025

### --- Results

Rk Num	Team Members		Run1 SkiErg	Run2 Sled Push	Run3 Sled Pull	Run 4 Burpee	Run5 Row	Run6 Carry	Run7 Lunges	Run8 Wall Balls	Total
31. 28	Michelle Coyle Tracy O'Gara	--	5:30 5:00	5:40 1:26	6:01 2:53	6:46 5:20	6:05 5:29	5:52 2:42	5:56 3:55	6:00 3:34	1:18:17
32. 43	Mairead Fox Orlagh Moss	--	5:03 5:00	5:19 1:25	5:34 2:56	5:39 5:09	7:49 5:54	5:47 2:50	5:48 4:33	5:48 3:55	1:18:38
33. 23	Bernie Fox Orla Meenagh	--	5:15 5:20	5:36 1:36	5:48 3:47	5:52 4:33	5:45 6:16	5:47 3:18	5:43 4:07	6:01 4:01	1:18:52
34. 24	Jessica Honeyman Sandra Honeyman	--	5:14 5:31	5:26 1:31	5:50 2:47	6:00 5:23	5:56 6:11	6:08 3:06	5:57 4:27	6:13 3:38	1:19:25
35. 45	Sarahlouise Franey Anna Loughran	--	5:21 4:48	5:25 1:20	6:29 3:27	5:59 4:50	6:52 6:04	5:52 3:09	6:03 3:52	6:12 4:04	1:19:55
36. 35	Sinead O'Neill Sharon Curran	--	5:48 5:08	5:59 1:31	6:12 3:08	6:09 4:09	6:19 5:44	6:25 3:17	6:21 4:30	6:20 3:05	1:20:13
37. 11	Maire Grimes Shauna Hurson	--	5:31 5:06	6:01 1:45	7:05 3:47	6:55 5:19	4:32 6:20	5:33 2:44	6:55 3:12	6:24 3:58	1:21:15
38. 22	Emma O'Neil Laura O'Neill	--	5:17 4:52	5:41 1:50	6:33 3:32	6:30 4:20	6:35 5:38	6:24 2:59	6:16 4:27	6:32 4:03	1:21:37
39. 32	Eimear Slane Orla Mc Cullagh	--	5:09 4:55	6:14 1:42	6:11 3:29	6:19 5:13	6:35 5:44	6:43 2:43	6:38 3:57	6:43 3:28	1:21:50
40. 60	Eabha Hughes Eimear Kelly	--	5:36 5:11	5:30 1:23	5:59 2:47	6:08 4:57	7:26 5:56	6:24 2:56	6:17 4:30	7:11 3:46	1:22:04



## Lough MaCrory Hyrox Sim 2025

### --- Results

Rk Num	Team Members		Run1 SkiErg	Run2 Sled Push	Run3 Sled Pull	Run 4 Burpee	Run5 Row	Run6 Carry	Run7 Lunges	Run8 Wall Balls	Total
41.	Teresa O'Brien	--	5:21	5:57	6:40	6:40	7:12	6:34	6:35	6:30	
16	Orlagh O'Brien		4:59	1:27	3:12	5:01	5:55	2:46	3:55	3:39	1:22:29
42.	Kerri Campbell	--	5:48	6:05	6:13	6:23	6:39	6:36	6:21	6:47	
47	Paula Campbell		4:56	1:19	2:53	5:11	6:01	3:06	4:31	3:53	1:22:48
43.	Lynsey Mc Veigh	--	5:23	5:48	6:22	6:19	7:06	6:36	6:48	6:42	
7	Tracy Kelly		4:53	1:27	3:31	6:22	5:31	2:47	3:51	3:38	1:23:11
44.	Catriona Magill	--	5:23	5:39	6:18	6:17	6:05	5:59	6:08	6:11	
48	Claire Mc Gaughey		5:28	1:28	3:11	6:26	6:43	2:47	5:06	4:29	1:23:44
45.	Nicola Mc Gartland	--	5:40	6:01	6:20	6:16	6:48	6:23	6:30	6:52	
50	Clara Maybin		5:16	1:39	2:24	6:25	6:16	3:17	4:34	3:53	1:24:41
46.	Ciara Mc Crystal	--	5:40	5:58	6:16	6:12	6:27	6:28	6:43	6:57	
37	Selina Sweeney		5:09	1:31	3:42	5:07	6:37	3:10	4:51	3:52	1:24:47
47.	Celine Mc Quillan	--	5:32	5:37	6:29	6:41	7:13	6:24	6:33	6:48	
49	Clodagh Corr		5:01	1:23	2:54	6:13	5:51	3:11	4:47	4:11	1:24:56
48.	Celine Mcaleer	--	6:10	6:25	6:45	6:50	6:53	6:42	6:37	6:50	
55	Melissa Ward.		5:05	1:22	3:22	5:22	6:10	2:24	5:04	3:54	1:26:03
49.	Dearbhla Donaghy	--	5:38	6:24	6:48	6:52	7:04	7:05	6:45	7:44	
19	Eatoine Okane		4:49	1:20	3:13	5:07	5:55	3:00	5:11	3:44	1:26:48
50.	Eilish Mc Aler	--	5:42	5:47	5:52	6:04	6:32	6:15	6:09	6:20	
38	Anita Corry		5:12	1:27	3:14	8:49	6:18	3:17	5:06	4:58	1:27:08



## Lough MaCrory Hyrox Sim 2025

### --- Results

Rk Num	Team Members		Run1 SkiErg	Run2 Sled Push	Run3 Sled Pull	Run 4 Burpee	Run5 Row	Run6 Carry	Run7 Lunges	Run8 Wall Balls	Total
51.	Una Mc Cullagh	--	6:00	6:22	6:38	6:37	7:03	7:08	6:47	6:51	
34	Louise Mc Cullagh		5:01	1:27	3:41	6:28	6:01	2:55	4:57	3:50	1:27:55
52.	Catherine O'Brien	--	5:46	6:44	7:17	7:14	7:48	7:35	7:54	7:48	
5	Shauna Mc Menamin		5:02	1:34	2:58	5:15	6:02	2:37	3:57	3:35	1:29:14
53.	Emma Mc Phillips	--	5:29	6:02	6:37	6:18	6:51	6:45	6:51	7:15	
3	Claire Mc Garrity		5:13	1:38	4:12	7:05	6:44	3:09	5:32	4:10	1:29:57
54.	Emma Mc Quaid	--	6:01	5:46	8:23	7:55	8:16	7:04	7:37	6:56	
36	Jenna Mullan		5:25	1:39	3:41	4:17	6:30	2:58	3:55	3:55	1:30:25
55.	Edel Owens	--	6:06	7:28	7:33	7:19	7:49	8:00	7:32	7:59	
51	Hannah Dillon		4:57	1:18	3:13	6:28	6:16	2:48	4:12	3:56	1:33:01
56.	Mary Mc Crory	--	5:32	6:53	7:45	7:26	7:53	7:54	7:59	8:11	
14	Rachel Mc Elhinney		5:16	1:26	3:18	7:56	6:12	3:12	5:21	3:42	1:36:04
57.	Julie Kelly	--	6:06	7:45	8:13	8:39	8:53	8:36	8:27	8:42	
9	Clodhna Fullen		5:15	1:36	3:40	6:47	6:26	3:23	6:02	4:13	1:42:51
58.	Sarah Crawley	--	6:50	7:42	8:17	8:48	8:43	8:18	8:41	9:22	
59	Carol Mc Court		5:06	1:40	4:17	8:01	6:35	3:25	5:43	5:43	1:47:19



**Lough MaCrory**  
**Hyrox Sim 2025**

**--- Results**

<b>Rk Num</b>	<b>Team Members</b>		<b>Run1 SkiErg</b>	<b>Run2 Sled Push</b>	<b>Run3 Sled Pull</b>	<b>Run 4 Burpee</b>	<b>Run5 Row</b>	<b>Run6 Carry</b>	<b>Run7 Lunges</b>	<b>Run8 Wall Balls</b>	<b>Total</b>
Single (Female)											
1.	Christina Mcglone	--	4:42	4:46	4:55	4:55	5:07	5:01	5:05	5:06	
61			5:21	2:15	3:54	5:56	6:12	3:47	6:13	5:19	1:18:42