Time Line for Lafracoth (Mór)

Personal-Family Life:
- 1076 Birth of ‘Lafracoth’
- 1094 Betrothal to the King of Norway, Magnus Barefoot
- 1098 Return to Eriu from Magnus’ court
- Death of Derforgaill, her paternal grandmother
- Death of Dubhchobhleigh, her mother
- 1100-1102 Marriage of alliance with Arnulf Montgomery, Castellan of Pembroke
- Birth of Alice
- Birth of Philip
- Abduction by her father Muirchertach
- Banishment of Arnulf
- 1114 Illness of Muirchertach
- 1119 Death of Arnulf
- Death of Muirchertach, Ard Ri with Opposition
- 1124 Peace of 1109
- 1133 Death of Conchobhar, royal heir of Tara
- Vengeance of Muirchertach

Scholarly and Monastic Works:
- Transcribing and teaching John Scotus Eriugena
- Scriptorium: Transcribing and Illuminating An Irish Missal, Book of Glendalough
- Inclusus
- Rebuilding Convent Almenèches Normandy

Socio-Political Engagement:
- Famine and plague of 1095-96 Peace of 1099
- 1101 Synod at Cashel
- 1111 Synods at Aengus Grove and Ráth Bhresail
- 1116: plague/famine
- 1116-1118 Muirchertach restored
- 1125 Murchad Ua Maeleachlainn King of Meath deposed by Toirdhealbhach Ua Conchobhair