

|                                  |                             | Heat         | Lane        | Time        | Place        |
|----------------------------------|-----------------------------|--------------|-------------|-------------|--------------|
| Craig Lynch                      | Shercock A.C.               | 1            | 5           | 6.87        | 1            |
| Stephen Gaffney                  | Rathfarnham WSAF            | 1            | 6           | 6.99        | 2            |
| Mark Kavanagh                    | Dundrum South Dublin A.C.   | 1            | 4           | 7.06        | 3            |
| Larry O'Reilly                   | Tullamore Harriers          | 1            | 7           | 7.16        | 4            |
| Callan Byrne                     | Kilkenny City Harriers A.C. | 1            | 2           | 7.22        | 5            |
| Conor Wilson                     | Menapians A.C.              | 1            | 3           | 7.24        | 6            |
| Jack Manning                     | Kilkenny City Harriers A.C. | 2            | 4           | 7.34        | 7            |
| Neil Heffernan                   | Leevale A.C A.C.            | 1            | 1           | 7.36        | 8            |
| Eoghan Morgan                    | Brothers Pearse A.C.        | 2            | 5           | 7.40        | 9            |
| Wesley Oliveria                  | Leevale A.C.                | 2            | 6           | 7.54        | 10           |
| Max Carey                        | Donore Harriers             | 2            | 2           | 7.59        | 11           |
| Liam Sheehan                     | Raheny Shamrock A.C.        | 2            | 3           | 7.68        | 12           |
| Abbas Bowen                      | Crusaders A.C.              | 2            | 7           | 7.78        | 13           |
| Graham Flynn                     | Crusaders A.C.              | 1            | 8           | 7.81        | 14           |
|                                  |                             |              |             |             |              |
|                                  |                             | <b>Final</b> | <b>Lane</b> | <b>Time</b> | <b>Place</b> |
| Keith Pike                       | Clonliffe Harriers Harriers | 1            | 7           | 6.96        | 1            |
| Joseph Ojewumi                   | Tallaght AC                 | 1            | 1           | 6.97        | 2            |
| Kaodi Ogbene                     | Leevale A.C A.C.            | 1            | 2           | 7.06        | 3            |
| Jack Dempsey                     | Galway City Harriers        | 1            | 3           | 7.11        | 4            |
| Colm Bourke                      | Raheny Shamrock A.C.        | 1            | 5           | 7.23        | 5            |
| Paul McDermott                   | Donore Harriers             | 1            | 4           | 7.25        | 6            |
| Thomas Mullen                    | Lifford Strabane AC         | 1            | 6           | 7.38        | 7            |
|                                  |                             |              |             |             |              |
|                                  |                             | <b>Final</b> | <b>Lane</b> | <b>Time</b> | <b>Place</b> |
| Antiona Fernadaez                | Clonliffe Harriers Harriers | 1            | 1           | 8.35        | 1            |
| Rolus Olusa                      | Donore Harriers             | 1            | 5           | 8.68        | 2            |
| Simon Callaghan                  | Galway City Harriers        | 1            | 4           | 9.42        | 3            |
|                                  |                             |              |             |             |              |
| Wesley Do Nascimento<br>Oliveria | Leevale A.C A.C.            | 1            | 3           | 9.97        | 4            |
| Patrick Curran                   | Tallaght AC                 | 1            | 2           | 10.46       | 5            |
| Gary Gallagher                   | Lifford Strabane AC         | 1            | 7           | 10.87       | 6            |
| TBD                              | Raheny Shamrock A.C.        | 1            | 6           |             | DNS          |
|                                  |                             |              |             |             |              |
|                                  |                             |              |             |             |              |
|                                  |                             | <b>Heat</b>  | <b>Lane</b> | <b>Time</b> | <b>Place</b> |
| Chris Sibanda                    | Clonliffe Harriers Harriers | 2            | 6           | 21.03       | 1            |
| Cillin Greene                    | Galway City Harriers        | 1            | 5           | 22.15       | 2            |
| Paul McDermott                   | Donore Harriers             | 1            | 6           | 22.28       | 3            |
| Joseph Ojewumi                   | Tallaght AC                 | 1            | 3           | 22.66       | 4            |
| Mark Smyth                       | Raheny Shamrock AC          | 2            | 4           | 23.10       | 5            |
| David O'Brien                    | Dooneen AC                  | 2            | 3           | 23.85       | 6            |
| David Quilligan                  | Leevale A.C AC              | 1            | 4           | 24.59       | 7            |
| Alan Mc Ginley                   | Lifford Strabane AC         | 2            | 5           | 25.11       | 8            |
|                                  |                             |              |             |             |              |

|                    |                             | Heat         | Lane        | Time        | Place        |
|--------------------|-----------------------------|--------------|-------------|-------------|--------------|
| Stephen Gaffney    | Rathfarnham WSAF            | 1            | 6           | 21.70       | 1            |
| Callan Byrne       | Kilkenny City Harriers A.C. | 1            | 4           | 22.56       | 2            |
| Jack Manning       | Kilkenny City Harriers A.C. | 2            | 5           | 22.8        | 3            |
| Conor Wilson       | Menapians A.C.              | 1            | 3           | 22.94       | 4            |
| Sean Kilmartin     | GCH                         | 2            | 4           | 23.10       | 5            |
| Huey Freeman       | Crusaders                   | 2            | 3           | 23.6        | 6            |
| Max Carey          | Donore Harriers             | 2            | 2           | 24.19       | 7            |
| Abbas Bowen        | Crusaders                   | 2            | 6           | 24.69       | 8            |
| Graham Flynn       | Crusaders                   | 1            | 2           | 25.73       | 9            |
| Mark Kavanagh      | Dundrum South Dublin A.C.   | 1            | 5           |             | DQ           |
|                    |                             |              |             |             |              |
|                    |                             | <b>Heat</b>  | <b>Lane</b> | <b>Time</b> | <b>Place</b> |
| Tim Crowe          | Clonliffe Harriers Harriers | 2            | 3           | 48.91       | 1            |
| Ciaran Dee         | Leevale A.C                 | 1            | 5           | 51.15       | 2            |
| Luke O'Shaughnessy | Galway City Harriers        | 1            | 6           | 51.18       | 3            |
| Thomas Mullen      | Lifford Strabane AC         | 2            | 6           | 52.12       | 4            |
| Daniel Scully      | Raheny Shamrock A.C.        | 2            | 5           | 52.70       | 5            |
| David Campbell     | Donore Harriers             | 1            | 3           | 53.23       | 6            |
| David O'Brien      | Dooneen AC                  | 2            | 4           | 55.03       | 7            |
| Sean Flanagan      | Tallaght AC                 | 1            | 4           | 56.91       | 8            |
|                    |                             |              |             |             |              |
|                    |                             |              |             |             |              |
|                    |                             | <b>Heat</b>  | <b>Lane</b> | <b>Time</b> | <b>Place</b> |
| Kevin Woods        | Crusaders A.C.              | 1            | 6           | 50.06       | 1            |
| Finn Burke-Power   | Dublin City Harriers A.C.   | 2            | 5           | 52.12       | 2            |
| Sean O'Callaghan   | Leevale a.C.                | 1            | 4           | 52.70       | 3            |
| Sean Kyne          | GCH                         | 2            | 6           | 53.80       | 4            |
| Adam Halpin        | Donore Harriers             | 1            | 5           | 55.84       | 5            |
| Hugh Callan        | Drogheda & District A.C.    | 1            | 3           | 57.54       | 6            |
| James Nolan        | Drogheda & District A.C.    | 2            | 4           |             | DNS          |
|                    |                             |              |             |             |              |
|                    |                             |              |             |             |              |
|                    |                             | <b>Final</b> | <b>Lane</b> | <b>Time</b> | <b>Place</b> |
| Keith Fallon       | Galway City Harriers        | 1            | 3           | 1.57.97     | 1            |
| Eoin Strutt        | Raheny Shamrock AC          | 1            | 6           | 1.58.09     | 2            |
| Josephs Lyon s     | Tallaght AC                 | 1            | 1           | 1.58.32     | 3            |
| Alan Mc Ginley     | Lifford Strabane AC         | 1            | 2           | 2.00.60     | 4            |
| Conor O'Driscoll   | Leevale A.C AC              | 1            | 2           | 2.01.19     | 5            |
| Josh Stubbs        | Clonliffe Harriers Harriers | 1            | 4           | 2.01.28     | 6            |
| Emmet O'Brien      | Donore Harriers             | 1            | 4           | 2.03.43     | 7            |
| Tony Fitzgerald    | Dooneen AC                  | 1            | 5           | 2.09.55     | 8            |
|                    |                             |              |             |             |              |
|                    |                             |              |             |             |              |
|                    |                             | <b>Final</b> | <b>Lane</b> | <b>Time</b> | <b>Place</b> |
| Tim Grummell       | Sli Cualainn                | 1            | 9           | 2.05.18     | 1            |
| Sam O'Neill        | Drogheda & District A.C.    | 1            | 5           | 2.06.66     | 2            |
| Evan McMillan      | Dublin City Harriers A.C.   | 1            | 7           | 2.09.50     | 3            |

|                                  |                             |              |             |                 |              |
|----------------------------------|-----------------------------|--------------|-------------|-----------------|--------------|
| Ross Miotti                      | Monaghan Phoenix A.C.       | 1            | 1           | 2.10.24         | 4            |
| James Nolan                      | Drogheda & District A.C.    | 1            | 6           | 2.10.34         | 5            |
| Eoin Fitzgerald                  | Lucan Harriers A.C.         | 1            | 2           | 2.10.74         | 6            |
| Robert Maher                     | Drogheda & District A.C.    | 1            | 4           | 2.14.55         | 7            |
| Cillian Brown                    | Sli Cualainn                | 1            | 8           |                 | DNS          |
|                                  |                             |              |             |                 |              |
|                                  |                             | <b>Final</b> | <b>Lane</b> | <b>Time</b>     | <b>Place</b> |
| Keith Fallon                     | Galway City Harriers        | 1            | 5           | 4.03.78         | 1            |
| Darragh Fitzgibbon               | Donore Harriers             | 1            | 3           | 4.04.47         | 2            |
| Sean Carraig                     | Clonliffe Harriers          | 1            | 7           | 4.16.72         | 3            |
| Nial Elliott                     | Lifford Strabane AC         | 1            | 6           | 4.24.54         | 4            |
| Sean Mc Cabe                     | Tallaght AC                 | 1            | 2           | 4.25.41         | 5            |
| Phillip Crowley                  | Leevale A.C AC              | 1            | 4           | 4.27.03         | 6            |
| Adam Foley                       | Raheny Shamrock AC          | 1            | 1           | 4.37.55         | 7            |
|                                  |                             |              |             |                 |              |
|                                  |                             |              |             |                 |              |
| Garry Campbell                   | Dunleer A.C.                | 1            | 12          | 4.03.13         | 1            |
| Ronan Kearns                     | Rathfarnham W.S.A.F. A.C.   | 1            | 10          | 4.20.28         | 2            |
| Paul Smith                       | Drogheda & District A.C.    | 1            | 11          | 4.28.80         | 3            |
| David Walsh                      | Drogheda & District A.C.    | 1            | 8           | 4.37.45         | 4            |
|                                  |                             |              |             |                 |              |
|                                  |                             |              |             | <b>Distance</b> | <b>Place</b> |
| Colm Bourke                      | Raheny Shamrock AC          |              |             | 6.95            |              |
|                                  |                             |              |             |                 |              |
| Wesley Do Nascimento<br>Oliveria | Leevale A.C AC              |              |             | 6.76            |              |
| Stephen Mc Callon                | Lifford Strabane AC         |              |             | 5.62            |              |
| Max Carey                        | Donore Harriers             |              |             | 5.45            |              |
| Michael Breathnach               | Galway City Harriers        |              |             | 5.43            |              |
| Killian Morris                   | Tallaght AC                 |              |             | 5.42            |              |
| Anito Andjuar                    | Clonliffe Harriers          |              |             | 5.34            |              |
| Niall Counihan                   | Dooneen AC                  |              |             |                 | DNS          |
|                                  |                             |              |             |                 |              |
|                                  |                             |              |             | <b>Distance</b> | <b>Place</b> |
| Adam McMullen                    | Crusaders A.C.              |              |             | 7.77            | 1            |
| Simon Callaghan                  | GCH                         |              |             | 5.96            | 2            |
| Emmanuel Ogbonna                 | Menapians A.C.              |              |             | 5.76            | 3            |
|                                  |                             |              |             |                 |              |
|                                  |                             |              |             | <b>Distance</b> | <b>Place</b> |
| Niall Counihan                   | Dooneen AC                  |              |             | 14.52           | 1            |
| Andrea Mahim                     | Clonliffe Harriers Harriers |              |             | 13.52           | 2            |
| Rolus Olusa                      | Donore Harriers             |              |             | 12.76           | 3            |
| Conor Bermingham                 | Raheny Shamrock AC          |              |             | 11.84           | 4            |
| Stephen Mc Callon                | Lifford Strabane AC         |              |             | 11.75           | 5            |
| Henrique Nkolovata               | Galway City Harriers        |              |             | 11.29           | 6            |
| Killian Morris                   | Tallaght AC                 |              |             | 10.78           | 7            |
| Des Kelleher                     | Leevale A.C AC              |              |             | 10.47           | 8            |

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|-----------------------|-----------------------------|------|------|----------|-------|
|                       |                             |      |      |          |       |
|                       |                             |      |      | Distance | Place |
| Emmanuel Ogbonna      | Menapians A.C.              |      |      | 11.91    | 1     |
|                       |                             |      |      |          |       |
|                       |                             |      |      | Distance | Place |
| Andrew Heeney         | Clonliffe Harriers Harriers |      |      | 1.90     | 1     |
| Bryan Ndego           | Galway City Harriers        |      |      | 1.85     | 2     |
| Olumaidi Lawai        | Tallaght AC                 |      |      | 1.80     | 3     |
| Gabhan O'Tighearnaigh | Donore Harriers             |      |      | 1.75     | 4     |
| David O'Brien         | Dooneen AC                  |      |      | 1.60     | 5     |
| Gary Gallagher        | Lifford Strabane AC         |      |      | 1.55     | 6     |
| David Quilligan       | Leevale A.C AC              |      |      | 1.55     | 7     |
| Lorcan Quinn          | Raheny Shamrock AC          |      |      |          | NH    |
|                       |                             |      |      |          |       |
|                       |                             |      |      | Distance | Place |
| Ian Rogers            | Clonliffe Harriers Harriers |      |      | 4.30     | 1     |
| Conor Bermingham      | Raheny Shamrock AC          |      |      | 4.10     | 2     |
| Des Kelleher          | Leevale A.C AC              |      |      | 2.90     | 3     |
| Patrick Curran        | Tallaght AC                 |      |      | 2.70     | 4     |
| Cliff Jennings        | Galway City Harriers        |      |      | 2.30     | 5     |
| Thomas Mullen         | Lifford Strabane AC         |      |      | 2.10     | 6     |
| TBD                   | Donore Harriers             |      |      |          | DNS   |
| TBD                   | Dooneen AC                  |      |      |          | DNS   |
|                       |                             |      |      |          |       |
|                       |                             |      |      | Distance | Place |
| Sean Breathnach       | Galway City Harriers        |      |      | 16.92    | 1     |
| Dave Tierney          | Leevale A.C AC              |      |      | 14.53    | 2     |
| Marcin Klinzow        | Clonliffe Harriers Harriers |      |      | 11.19    | 3     |
| Brion Hoban           | Raheny Shamrock AC          |      |      | 10.66    | 4     |
| Niall Allen           | Donore Harriers             |      |      | 10.44    | 5     |
| Mark Doherty          | Lifford Strabane AC         |      |      | 10.14    | 6     |
| Patrick Curran        | Tallaght AC                 |      |      | 8.89     | 7     |
| Tony Fitzgerald       | Dooneen AC                  |      |      | 6.45     | 8     |
|                       |                             |      |      |          |       |
|                       |                             |      |      |          |       |
| Michael Breachan      | GCH                         |      |      | 12.62    | 1     |
| Brendan Staunton      | GCH                         |      |      | 11.45    | 2     |
| Igor Muntean          | GCH                         |      |      | 10.16    | 3     |
|                       |                             |      |      |          |       |
|                       |                             |      |      |          |       |
|                       |                             | Heat | Lane | Time     | Place |
|                       | Clonliffe Harriers Harriers | 2    | 2    | 1.29.19  | 1     |
|                       | Galway City Harriers        | 2    | 3    | 1.31.72  | 2     |
|                       | Donore Harriers             | 2    | 4    | 1.33.89  | 3     |
|                       | Leevale A.C AC              | 2    | 5    | 1.34.34  | 4     |
|                       | Tallaght AC                 | 1    | 4    | 1.34.83  | 5     |
|                       | Raheny Shamrock AC          | 1    | 3    | 1.37.99  | 6     |
|                       | Lifford Strabane AC         | 1    | 2    | 1.41.36  | 7     |
|                       | Dooneen AC                  | 1    | 5    |          | DNS   |

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