

Indoor Relays Championship of Ireland
10th January 2009
Nenagh

Men's - 4 x 200m

Place	No.	Club	Time / Dist
1	155	Dooneen A.C.	1.38.74
2	150	Menapians A.C. (A)	1.41.46
3	153	Limerick A.C.	1.43.08
4	151	Menapians A.C. (B)	1.43.95

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Men's - 4x400m

Place	No.	Club	Time / Dist
1	150	Menapians A.C.	3.42.05
2	152	Metro St. Brigid's A.C.	3.44.02
3		Menapians A.C. (B)	4.00.72
4	153	Limerick A.C.	4.02.91

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Men's - 3 x 800m

Place	No.	Club	Time / Dist
1	149	Raheny Shamrock A.C.	6.15.22
2	156	Crusaders A.C.	6.27.01
3	1901	Sligo A.C.	6.35.86
4	153	Limerick A.C.	6.59.17

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Men's - 3k Team Race - Individual

Place	No.	Club	Time / Dist
1	1920	Sligo - Martin Conroy	8.30.30
2	1936	Raheny Shamrock A.C.	8.34.63
3	1911	Crusaders-Alan O'Brien	8.36.64
4	1913	Crusaders-Eugene O'Neill	9.02.36
5	1917	Sligo-Dermot Mc Dermott	9.09.29
6	1938	Raheny Shamrock A.C.	9.11.82
7	1937	Raheny Shamrock A.C.	9.24.34
8	1934	Liffey Valley A.C. - Ciaran Reilly	9.29.38
9	1930	Liffey Valley A.C. - Paul Balfe	9.35.27
10	1931	Liffey Valley A.C. - Sean Dowling	9.41.5H
11	1935	Liffey Valley A.C. - Anay Nassan	9.42.2H
12	1916	Crusaders-Ivan Kinahan	9.46.7H
13	1933	Liffey Valley A.C. - Pierce Geoghan	9.46.9H
14	1932	Liffey Valley A.C - Martin Dorgan	10.02.5H
15	1915	Crusaders-Gary Parks	10.10.6H
16	166	Bunta Milsana	11.00.7H
17	1922	Sligo-Jack Rogers	11.08.5H
18	1923	Sligo - Cillian O'Connor	11.10.9H

Men's - 3k Team Race - Team Result

Place	No.	Club		Total
1		Raheny Shamrock	2,6,7	15pts
2		Crusaders A.C.	3,4,12	19pts
3		Sligo A.C.	1,5, 17	23pts
4		Liffey Valley	8,9,10	27pts

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Men's - 3 x 1000m Walk

Place	No.	Club	Total
1		Shercock A.C.	15.42

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Men's - 2xHigh Jump

Place	No.	Club	Time / Dist	Time / Dist	Total
1		St. Abban's	1.79	2.05	3.84
2	158	Craughwell A.C.	1.61	1.61	3.32
3	159	Templemore A.C.	1.61	1.58	3.19

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Men's - 2 x Long Jump

Place	No.	Club	Time / Dist	Time / Dist	Total
1	170	St. Abban's	5.91	6.34	12.25
2	158	Craughwell A.C.	5.25	5.99	11.24
3	159	Templemore A.C.	4.87	5.63	10.50

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Men's - 2xShot Putt

Place	No.	Club	Time / Dist	Time / Dist	Total
1	160	Galway City Harriers	15.36	11.68	27.04
2		Tralee Harriers	12.23	12.30	24.53
3		Shercock A.C.	10.54	10.61	21.15
4	159	Templemore A.C.	9.39	8.88	18.27

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Men's Result - 2 x 56lbs

Place	No.	Club	Time / Dist	Time / Dist	Total
1		Galway City Hrs	8.01	6.23	14.24
2		Tralee Harriers	6.78	6.70	13.48
3		Templemore A.C.	6.84	5.66	12.50
4		Fr. Murphy A.C.	5.15	6.90	12.05

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Men's - 2xTriple Jump

Place	No.	Club	Time / Dist	Time / Dist	Total
1		St. Abban's	13.73	13.44	27.17
2	158	Craughwell A.C.	11.2	11.86	23.06
3	159	Templemore A.C.	10.74	10.55	21.29

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Women - 60m Shuttle Hurdles

Place	No.	Club	Time / Dist
1	161	Tir Chonail A.C.	19.86
2	158	Craughwell A.C.	35.39

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Women - 4 x 200m

Place	No.	Club	Time / Dist
1	161	Tir Chonaill A.C.	1.54.45
2	162	Limerick A.C.	1.58.17

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Women - 4x400m

Place	No.	Club	Time / Dist
1	161	Tir Chonaill A.C.	4.26.75
2	162	Limerick A.C.	4.43.43

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Women - 2xTriple Jump

Place	No.	Club	Time / Dist	Time / Dist	Total
4	161	Tir Chonaill A.C. (A)	0	9.68	9.68
1	164	Tir Chonaill A.C. (B)	10.00	9.42	19.42
3	158	Craughwell A.C.	9.32	8.79	18.11
2	162	Dunleer A/C.	8.85	9.88	18.73

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Women - 2xShot Putt

Place	No.	Club	Time / Dist	Time / Dist	Total
1		St. Abban's A.C.	9.53	9.14	18.67
2	163	Finn Valley A.C.	8.95	8.37	17.32
3		Dunleer A.C.	10.16	6.45	16.61
4	159	Templemore A.C.	10.13	6.23	16.36

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Women - 2 x Long Jump

Place	No.	Club	Time / Dist	Time / Dist	Total
1	161	Tir Chonaill A.C.	4.53	5.90	10.43
2	163	Finn Valley A.C.	5.31	4.68	9.99
3	158	Craughwell A.C. (A)	4.26	4.55	8.81
4	165	Tullamore Harriers	4.67	4.00	8.67

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Women - 2x High Jump

Place	No.	Club	Time / Dist	Time / Dist	Total
1	164	Tir Chonaill A.C. (A)	1.52	1.37	2.89
2		Dunleer A.C.	1.40	1.46	2.86
3	161	Tir Chonaill A.C. (B)	1.43	1.37	2.80
4	158	Craughwell A.C. (A)	1.34	1.31	2.65