

Senior Men					
Club	Sligo	00:38:08			
	Name	Leg 1	Leg 2	Leg 3	Leg 4
Athlete 1	Emmet Dunleavy	00:09:43	00:14:10	00:28:30	00:38:08
Athlete 2	Dermot Mc Dermott	00:04:27			
Athlete 3	Albert Santzec	00:14:20			
Athlete 4	David Harper	00:09:38			
Club	Ennis Track 1	00:38:36			
	Name	Leg 1	Leg 2	Leg 3	Leg 4
Athlete 1	Kevin Mulchaire	00:09:44	00:14:16	00:28:37	00:38:36
Athlete 2	Darragh Lynch	00:04:32			
Athlete 3	Rory Chesser	00:14:21			
Athlete 4	Kevin Chesser	00:09:59			
Club	Clonliffe Harriers1	00:38:50			
	Name	Leg 1	Leg 2	Leg 3	Leg 4
Athlete 1	Ian Guiden	00:09:36	00:14:08	00:28:50	00:38:50
Athlete 2	Khris Vaulters	00:04:32			
Athlete 3	Colm Rooney	00:14:42			
Athlete 4	Brian Mc Mahon	00:10:00			
Club	Raheny Shamrocks1	00:38:55			
	Name	Leg 1	Leg 2	Leg 3	Leg 4
Athlete 1	Daragh Birmingham	00:09:39	00:14:09	00:29:01	00:38:55
Athlete 2	Cillian Kirwin	00:04:30			
Athlete 3	Conor Dooney	00:14:52			
Athlete 4	Kevin Moriarty	00:09:54			
Club	Rathfarnham	00:40:31			
	Name	Leg 1	Leg 2	Leg 3	Leg 4
Athlete 1	Mitchell Byrne	00:09:43	00:14:46	00:30:16	00:40:31
Athlete 2	Jonathon Hughes	00:05:03			
Athlete 3	Loius Mc Carthy	00:15:30			
Athlete 4	Paul Fleming	00:10:15			
Club	Crusaders 1	00:40:37			
	Name	Leg 1	Leg 2	Leg 3	Leg 4
Athlete 1	Stephen Moore	00:10:07	00:14:55	00:30:10	00:40:37
Athlete 2	Brendan Murphy	00:04:48			
Athlete 3	John Frazer	00:15:15			
Athlete 4	Shane Collins	00:10:27			
Club	Raheny Shamrocks2	00:40:50			
	Name	Leg 1	Leg 2	Leg 3	Leg 4
Athlete 1	Simon Rtyan	15:51:00	00:14:38	00:30:31	00:40:50
Athlete 2	Owen Strutt				
Athlete 3	Bernard Roe	00:15:53			
Athlete 4	Fhelim Kelly	00:10:19			
Club	Dunboyne	00:41:42			
	Name	Leg 1	Leg 2	Leg 3	Leg 4
Athlete 1	Luke Forde	00:10:13	00:15:00	00:30:39	00:41:42
Athlete 2	Morgan Mc Donagh	00:04:47			
Athlete 3	Rory Kavanagh	00:15:39			
Athlete 4	Ahmed Hussain Abdi	00:11:03			

Club	Raheny Shamrocks 3	00:41:48			
	Name	Leg 1	Leg 2	Leg 3	Leg 4
Athlete 1	Somin Devenney	00:10:05	00:15:00	00:31:20	00:41:48
Athlete 2	Adam Foley	00:04:55			
Athlete 3	Colm O Leary	00:16:20			
Athlete 4	Brian Leahy	00:10:28			
Club	Sportsworld	00:41:51			
	Name	Leg 1	Leg 2	Leg 3	Leg 4
Athlete 1	Paul Duffy	00:10:12	00:15:05	00:31:08	00:41:51
Athlete 2	Gareth Murrane	#VALUE!			
Athlete 3	Gavin Finley	00:16:03			
Athlete 4	Adam French	00:10:43			
Club	Clonliffe Harriers 2	00:41:57			
	Name	Leg 1	Leg 2	Leg 3	Leg 4
Athlete 1	Edgar Sumkis	00:09:49	00:14:29	00:30:52	00:41:57
Athlete 2	Andrew Jenrinson	00:04:40			
Athlete 3	Cathal Doyle	00:16:23			
Athlete 4	Brian Flanagan	00:11:05			
Club	Ennis Track 2	00:42:20			
	Name	Leg 1	Leg 2	Leg 3	Leg 4
Athlete 1	Dan Cheshire	00:09:46	00:14:56	00:31:31	00:42:20
Athlete 2	Noel Mc Mahon	00:05:10			
Athlete 3	Brian Murphy	00:16:35			
Athlete 4	Sean Collins	00:10:49			
Club	Finn Valley	00:43:10			
	Name	Leg 1	Leg 2	Leg 3	Leg 4
Athlete 1	Dermot Brennan	00:10:41	00:16:20	00:32:58	00:43:10
Athlete 2	Conor Gallagher	00:05:39			
Athlete 3	Mark Hoy	00:16:38			
Athlete 4	Ciaran Carolan	00:10:12			
Club	Crusaders 2	00:43:18			
	Name	Leg 1	Leg 2	Leg 3	Leg 4
Athlete 1	Alban Coghlan	00:10:28	00:15:42	00:32:02	00:43:18
Athlete 2	Michael Fitzsimon	00:05:14			
Athlete 3	Michael Kiely	00:16:20			
Athlete 4	Michael O Connor	00:11:16			
Club	Celbridge	00:43:58			
	Name	Leg 1	Leg 2	Leg 3	Leg 4
Athlete 1	Jason Miley	00:10:46	00:15:51	00:32:30	00:43:58
Athlete 2	Conor Burke	00:05:05			
Athlete 3	David O Connor	00:16:39			
Athlete 4	James Hoare	00:11:28			
Club	Sli Cualann	00:44:13			
	Name	Leg 1	Leg 2	Leg 3	Leg 4
Athlete 1	Jamie Lennon	00:11:23	00:16:56	00:33:29	00:44:13
Athlete 2	Buntu Miisana	00:05:33			
Athlete 3	Jonathon Phillips	00:16:33			
Athlete 4	Tim Grummell	00:10:44			