

Place	Bib no	Order	Team	Indiv Times	Club	Result
1	261	R1	Niamh CARR	4.54	Dublin City Harriers A.C.	18.23
		R2	Pierre MURCHAN	4.17		
		R3	Lucy HOLMES	4.57		
		R4	Philip MARRON	4.16		

2	257	R1	Niamh Margarete MARKHAM	5.03	Ennis Track A.C.	18.25
		R2	Cian O'BOYLE	4.17		
		R3	Neasa NI AINIFEIN	4.53		
		R4	Mark HANRAHAN	4.14		

3	263	R1	Aoife DELARGY	5.08	Nenagh Olympic A.C.	19.05
		R2	Cian HODGINS	4.22		
		R3	Jennifer O LEARY	5.06		
		R4	James TANNER	4.30		

4	258	R1	Rebecca WALLACE	5.02	Lagan Valley A.C.	19.08
		R2	Noah KAVANAGH	4.22		
		R3	Stephen LUNN	5.06		
		R4	Freya WOODHEAD	4.39		

5	259	R1	Catherine MARTIN	5.09	Lagan Valley A.C. B	19.11
		R2	Oisin MCGLOIN	4.19		
		R3	Marianne DOHERTY	5.23		
		R4	Stephen LYSTER	4.24		

Place	Bib no	Order	Team	Indiv Times	Club	Result
6	256	R1	Holly CARROLL	5.06	Dundrum South Dublin A.C.	19.44
		R2	Andrew MC GILTON	4.40		
		R3	Emma MCEVOY	5.21		
		R4	Jamie BYRNE	4.38		

7	260	R1	Isabel CUFFE	5.30	Lucan Harriers A.C.	20.19
		R2	Ferdia MC DONAGH	4.44		
		R3	Rachel JEZ	5.19		
		R4	Jacob CIOMEK	4.48		

8	255	R1	Ruby MC MAHON	6.32	Crusaders A.C.	23.45
		R2	Lucas RYAN	4.51		
		R3	Zoe MC CARROLL	6.32		
		R4	Joe MURPHY	5.22		