



Tullamore	49.77
St Abbans	50.64
Leevale	50.79
Meath	50.79
Menapians	50.90
Galway	52.96
DSD	54.42

Limerick	50.59
Kerry	51.14
Togher/ Bandon	52.06
Ferrybank	52.49
An Riocht	53.31
Clare	55.60
Kilkenny City Harriers	56.69
Menapians	57.24

**110m H                      Wind 1.6**

Guest

	14.42
St Abbans	15.72
West Waterford	18.46
Menapians	19.67
DSD	21.09

**110mH                      Wind 2.9**

Limerick	17.23
Menapians	17.99
Ferrybank	18.85
An Riocht	22.18
Clare	22.39

**100m                      Wind 3.0**

Tullamore	11.21
Meath	11.24
Menapians	11.26
Leevale	11.40
St Abbans	11.41
DSD	11.44
Galway	12.16

**100m                      Wind**

Guest

Kilkenny City Harriers	11.25
An Riocht	11.41
Kerry	11.42
Menapians	11.79
Ferrybank	11.97
Clare	12.14
Togher/ Bandon	12.21
	13.07

**200m**

Guest

Meath	22.16
Menapians	22.34
Leevale	22.58
DSD	22.85
	24.42
Galway	24.93
Tullamore	25.04

**200m**

Guest

Kilkenny City Harriers	22.91
	23.05
Togher/ Bandon	23.86
Menapians	24.44
Clare	24.68
Ferrybank	24.81

**4 x 100m**

Meath	43.81
Leevale	Disq
St Abbans	45.14
DSD	45.76
Tullamore	46.56
Galway	47.07

**4 x 100m**

Kerry	44.48
Limerick	45.18
Menapians	46.37
Ferrybank	46.81
Kilkenny City Harriers	47.26
Togher/ Bandon	48.00
Clare	48.04
An Riocht	50.65

**MEN**

**3000m Steeplechase**

Meath	9.57.6
DSD	10.12.9

**3000m Steeplechase**

Clare	9.58.6
An Riocht	9.59.9

Galway	10.33.9
West Waterford	10.39.7
Tullamore	12.02.5
Leevale	12.57.3

Ferrybank	10.21.5
Toher/ Bandon	10.49.9
Kilkenny City Harriers	13.12.6

**3000m Walk**

West Waterford	11.58.90
Menapians	12.46.73
Tullamore	18.46.61

**300m Walk**

Guest	15.00.98	Kerry	13.19.83
		Togher/ Bandon	15.25.20
		Limerick	17.37.45