

# 1500m

<b>Girls</b>	<b>Distance/Time</b>	<b>Venue / Date</b>	<b>Name</b>
U-14			
U-15			
U-16			
U-17			
U-18	5min 08 sec		Ruth Foley
U-19	5min 30 sec		Ruth Foley

<b>Boys</b>	<b>Distance/Time</b>	<b>Venue / Date</b>	<b>Name</b>
U-14	4min 36sec		David Harper
U-15	4 min 32sec		Anthony Chambers
U-16	4 min 21 sec .38	Nenagh 28.03.09	Anthony Chambers
U-17			
U-18	4min 59 sec		James Brady
U-19	4min 48sec		Dermot Flynn

# 3000m

<b>Boys</b>	<b>Distance/Time</b>	<b>Venue / Date</b>	<b>Name</b>
U-17	9min 40sec		Kevin McIntyre
U-19	10min 54sec		Hama Munyiaka