

Race times for the Inter Counties

13 March 2010.

11.05 U20 Men	8000m
11.33 U13 Boys	3000m
11.51 Senior Women	8000m
12.23 U15 Boys	4500m
12.42 U17 Women	5000m
13.08 U20 Women	6000m
13.33 U13 Girls	3000m
13.53 U17 Men	6000m
14.15 U15 Girls	4000m
14.36 Senior Men	12000m