

RACE 4 SERIES 1
RDS DUBLIN 3-5 JULY 2026



TRYKA

COME AS YOU ARE, LEAVE AS MORE

RACE INFORMATION



RDS DUBLIN

A MESSAGE FROM OUR FOUNDER AND CEO



I AM VERY EXCITED TO HAVE YOU COMPETING WITH US IN RACE 4 OF SERIES 1. I HOPE YOU FIND EVERYTHING YOU NEED TO MAKE YOUR RACE-DAY EXPERIENCE AS SMOOTH AND ENJOYABLE AS POSSIBLE.

THIS PACK CONTAINS YOUR EVENT SCHEDULE, VENUE MAP AND KEY POINTS FOR THE DAY. PLEASE TAKE THE TIME TO CAREFULLY CHECK THE LOCATIONS OF YOUR RACE START, WARM-UP AREA AND YOUR REQUIRED NUMBER OF RUN LAPS. ARRIVING IN PLENTY OF TIME WILL HELP KEEP THE EVENT RUNNING SMOOTHLY FOR YOU, YOUR FELLOW ATHLETES, AND OUR CREW.

REMEMBER, TRYKA IS AS MUCH ABOUT COMMUNITY AS COMPETITION. I HOPE YOU ENJOY THE CHALLENGE, PUSH YOUR LIMITS AND SOAK UP THE ATMOSPHERE. WHETHER IT'S YOUR FIRST EVENT OR YOU'RE CHASING A PERSONAL BEST, YOU'VE ALREADY DONE THE HARD WORK — NOW IT'S TIME TO SHOW IT ON THE COURSE.

HEALTHY REGARDS

Brian Lee



WE DON'T QUIT. WE TRYKA



TRYKA

DUBLIN

SPRING RACE 3 | **APRIL 10-12**

SUMMER RACE 4 | **JULY 3-5**

LONDON

AUTUMN RACE 5 | **SEPTEMBER 5-6**

LISBON

SERIES 1 GRAND FINALE

OCTOBER 10

2026 SERIES 1 SCHEDULE REVEAL



RDS DUBLIN

WAVE TIMES

WAVE TIMES WILL BE ISSUED NO LATER THAN TUESDAY 30TH JUNE AND WILL BE AVAILABLE ON WWW.TRYKA.FIT. CHANGES TO WAVE TIMES CANNOT BE MADE.

TICKET NAME CHANGES

ALL NAME CHANGES ON TICKETS CAN BE MADE ON THE DASHBOARD UP UNTIL YOU CHECKIN AT THE REGISTRATION DESK.

RELAY ZONE

THE RELAY HOLDING PEN WILL BE BEHIND THE START TUNNEL IN THE WARMUP ZONE. ALL RELAY ATHLETES MUST MAKE SURE THEY HAVE READ AND UNDERSTOOD THE RELAY BRIEFING.

IT IS IMPORTANT TO ENSURE THAT THE RELAY EVENT RUNS PROPERLY THAT ATHLETES LISTEN AND FOLLOW THE DIRECTIONS OF THE CREW IN THE RELAY ZONE. ATHLETES NOT FOLLOWING THE DIRECTION OF THE CREW IN THE RELAY ZONE WILL BE LIABLE TO PENALTIES.

RACE CHIPS

RACE CHIPS MUST BE RETURNED AFTER THE RACE AT THE COLLECTION POINT. CHIPS NOT RETURNED WILL BE CHARGED TO THE ATHLETE AT €50 PER MISSING CHIP

USEFUL INFORMATION



PERMITTED ITEMS

- KNEE SLEEVES
- GLOVES (NOT GRIPS)
- WEIGHTLIFTING BELTS
- WRISTBANDS
- HYDRATION PACKS
- WATCHES AND TRACKERS, SUCH AS MYZONE
- PRESCRIBED RESPIRATORY DEVICES (E.G., ASTHMA INHALERS) REQUIRE A MEDICAL CERTIFICATE AND IT MUST BE CARRIED BY THE ATHLETE.
- NOISE REDUCTION DEVICES FOR THOSE WITH SENSORY ISSUES, WILL NEED TO BE PRE-APPROVED AND NOTED ON THE ATHLETE'S NUMBER.

ITEMS NOT EXPLICITLY LISTED ARE PROHIBITED UNLESS PRIOR WRITTEN PERMISSION IS OBTAINED. PROHIBITED ITEMS WILL BE CONFISCATED.

CLOTHING & ACCESSORIES MUST BE CARRIED BY THE ATHLETE FOR THE ENTIRE RACE. IT IS FORBIDDEN TO GIVE ATHLETES ANY EXTERNAL HYDRATION, EQUIPMENT OR ANY OTHER ITEM. NON COMPLIANCE MAY RESULT IN DQ.

RDS DUBLIN

LAPS TO RUN

500

RUN 1 TO 7 - GO "IN" THE 2ND TIME YOU SEE THE "IN" ARCH
RUN 8 | GO "IN" THE 2ND TIME YOU SEE STATION 8

800/PRO/RELAY

RUN 1 TO 7 - GO "IN" THE 3RD TIME YOU SEE THE "IN" ARCH
RUN 8 | GO "IN" THE 3RD TIME YOU SEE STATION 8

CLAN

RUN 1 TO 7 - GO "IN" THE 1ST TIME YOU SEE THE "IN" ARCH
RUN 8 | GO "IN" THE 1ST TIME YOU SEE STATION 8

WHAT TIME SHOULD I ARRIVE FOR MY RACE?

YOU SHOULD ARRIVE 1HR 30 MINUTES BEFORE YOUR RACE TO ALLOW TIME TO GET YOUR REGISTRATION DONE, FAMILURISE YOURSELF WITH THE VENUE AND GET YOUR WARM UP DONE

BAG DROP, CHANGING ROOMS, SHOWERS

THERE IS A BAG DROP AVAILABLE AT THE VENUE. ALL ITEMS LEFT AT THE BAG DROP ARE AT THE OWNERS RESPONSIBILITY. TRYKA TAKES NO RESPONSIBILITY FOR ITEMS LOST OR DAMAGED. THERE ARE CHANGING ROOMS. THERE ARE ONSITE SHOWERS AS PART OF THE SUMMER VILLAGE, CHARGE APPLIES.

USEFUL INFORMATION



WARMUP

ACCESS TO THE WARMUP AREA 1 HR BEFORE WAVE TIME.

HYDRATION STATIONS

FLUIDS PROVIDED AT AID STATIONS ARE FOR DRINKING ONLY AND SHOULD NOT BE USED FOR ACTIVE COOLING; PENALTIES FOR MISUSE.

NO WATER OR HYDRATION LIQUID IS ALLOWED IN THE STATION AREAS, 2 MIN PENALTIES APPLY FOR EACH INFRINGEMENT.

MOVEMENT STANDARDS, RUNS, DISTANCES AND WEIGHTS

IT IS THE RESPONSIBILITY OF EACH ATHLETE TO COMPLETE ALL RUN SEGMENTS AND WORKOUT STATIONS AS PRESCRIBED, IN THE CORRECT SEQUENCE, AND TO CLEARLY DEMONSTRATE THAT ALL REQUIRED MOVEMENT STANDARDS ARE BEING MET THROUGHOUT THE RACE.

ANY EXECUTION OF A RUN OR MOVEMENT THAT DEVIATES FROM THE PRESCRIBED STANDARDS, APPEARS UNUSUAL OR UNCOMMON, OR PROVIDES A COMPETITIVE ADVANTAGE WILL NOT BE RECOGNIZED. SUCH ACTIONS MAY RESULT IN A NO REP OR A TIME PENALTY, DEPENDING ON THE STATION. FULL RULES ARE AVAILABLE ON WWW.TRYKA.FIT

RDS DUBLIN

PHOTO PACKAGES



OUR OFFICIAL PHOTOGRAPHY PARTNER, SPORTOGRAF, USES FACIAL RECOGNITION TO FIND YOUR RACE PHOTOS.

ABOUT 48 HOURS AFTER YOUR RACE, YOU CAN VIEW ALL YOUR PICTURES ON [SPORTOGRAF.COM](https://www.sportograf.com). JUST UPLOAD A SELFIE TO SEE EVERY PHOTO CAPTURED OF YOU DURING THE WEEKEND.

YOU CAN BUY YOUR SPORTOGRAF PACKAGE ON OUR WEBSITE [WWW.TRYKA.FIT](https://www.tryka.fit)

SINGLES PACKAGE €29.99

DOUBLES PACKAGE PER PERSON €24.99 (ADD 2 TO THE BASKET)

RELAY PACKAGE PER PERSON €19.99 (ADD 4 TO THE BASKET)

FINISHER PATCH AND FINISHER MEDALS

EVERY FINISHER OF THE RACE GETS A FINISHER PATCH.

TO MAKE YOUR RACE FINISH MORE MEMORABLE YOU CAN ORDER A FINISHERS MEDAL ON THE WEBSITE [WWW.TRYKA.FIT](https://www.tryka.fit). THESE CAN BE COLLECTED FROM THE TRYKA SHOP AFTER YOUR RACE



USEFUL INFORMATION



PRE ORDERED TSHIRT

PRE ORDERED TSHIRTS WILL BE AVAILABLE FOR COLLECTION WHEN YOU CHECKIN AT THE REGISTRATION DESK.

PHOTOGRAPHY AND VIDEOGRAPHY

TRYKA RESERVES THE RIGHT TO USE PHOTOGRAPHS AND VIDEOS TAKEN AT THE EVENT FOR PROMOTIONAL PURPOSES. ATHLETES AGREE TO THIS BY PARTICIPATING IN THE EVENT.

RESULTS

OFFICIAL RESULTS WILL BE POSTED ON THE TRYKA WEBSITE. ATHLETES CAN VIEW THEIR INDIVIDUAL RESULTS AND RANKINGS.

PODIUM

FLAGS WILL BE AWARDED FOR 1ST 2ND AND 3RD PLACE IN EACH DIVISION AND CATAGORY

PARKING AT THE VENUE

LIMITED PAID PARKING IS AVAILABLE AT THE VENUE OR METERED ONSTREET PARKING IS AVAILABLE SURROUNDING THE VENUE.



SPECTATOR TICKETS

SPECTATOR TICKETS CAN BE PURCHASED ONLINE AT €7 FOR A WEEKEND PASS.

PHOTO AND VIDEO RECORDING

NO PROFESSIONAL CAMERA EQUIPMENT MAY BE USED FOR THE RECORDING OF IMAGES OR VIDEOS AT THE EVENT. ANY PROFESSIONAL PHOTOGRAPHER/VIDEOGRAPHER FOUND TO BE TAKING CONTENT FOR RESALE WITHOUT PRIOR APPROVAL FROM THE ORGANISERS. A PERSON RECORDING SUCH IMAGES AND VIDEO NEED PROPER ACCREDITATION AND CANNOT ENTER ON A SPECTATOR TICKET, AS PER THE SPECTATOR TICKET TERMS AND CONDITIONS



RDS DUBLIN

TRYKA MERCH

VISIT THE TRYKA MERCH SHOP BY LIFE STYLE SPORTS. ALL ATHLETES GET A 15% DISCOUNT ACROSS LIFE STYLE SPORTS RANGE ON THEIR WEBSITE WWW.LIFESTYLESPORTS.IE

**LIFE
STYLE
SPORTS**



RESIDENTIAL AREA

ATHLETES ARRIVING AND LEAVING THE VENUE ARE REMINDED THAT THE VENUE IS IN A RESIDENTIAL AREA. WHEN ARRIVING OR LEAVING EARLY IN THE MORNING OR LATER IN THE EVENING PLEASE BE AWARE OF THIS AND KEEP NOISE LEVELS TO A MINIMUM.

TRYKA FOOD VILLAGE AND BAR

THERE ARE PLENTY OF FOOD CHOICES AVAILABLE IN THE FOOD VILLAGE LOCATED JUST OUTSIDE THE MAIN ARENA AT THE CAR PARKING AREA. THERE IS A BAR WHERE YOU CAN RELAX AND STAY AND SUPPORT YOUR COMMUNITY

USEFUL INFORMATION



PARTNERS

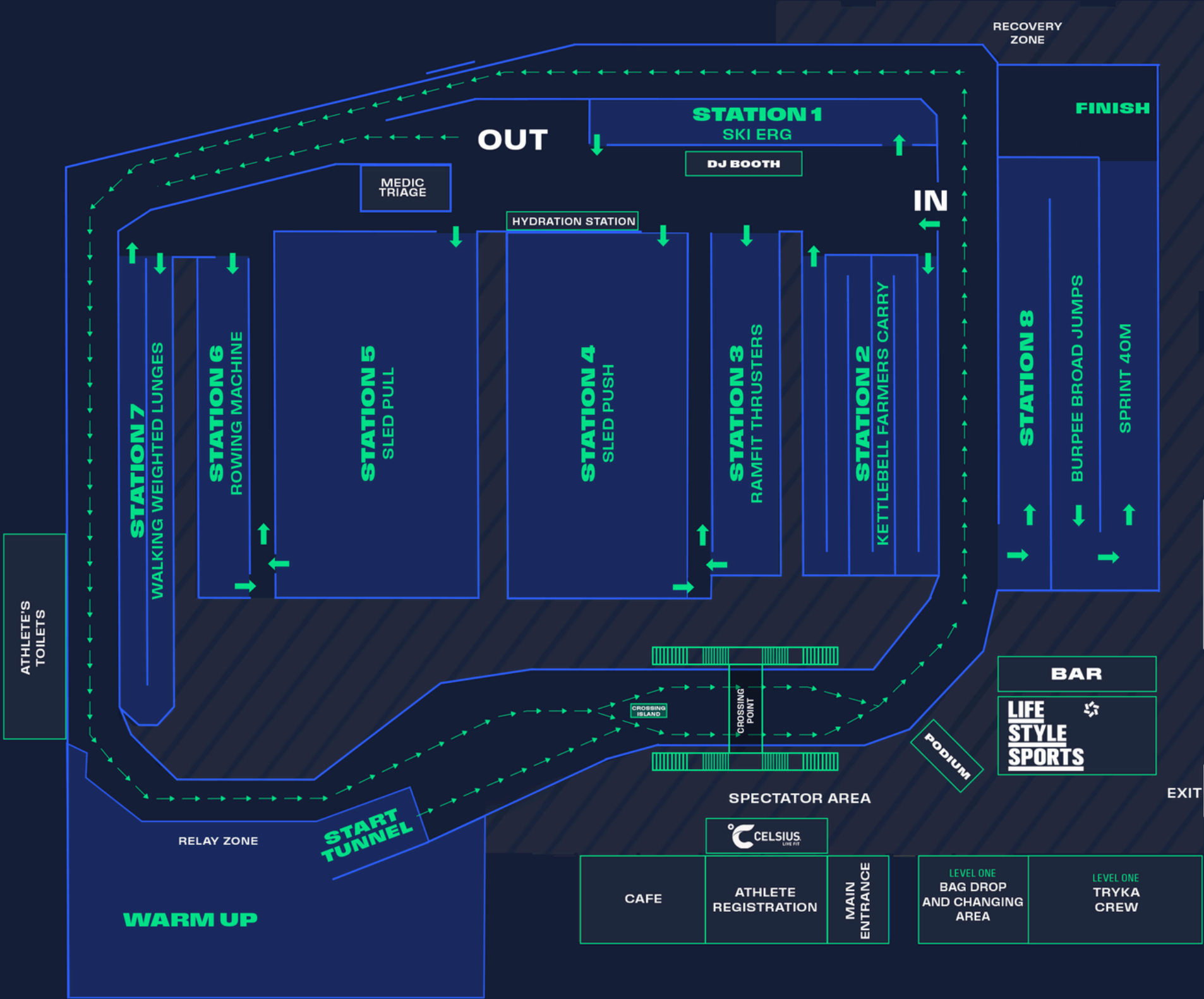
**LIFE
STYLE
SPORTS**



CELSIUS.
LIVE FIT

Rocwell
natural mineral water

Keogh's



- PUBLIC AREA
- PARICIPATOR AREA
- CROSSING POINTS

500

RUN 1 TO 7 IN 2ND TIME YOU SEE IN

RUN 8 2ND TIME SEE STATION 8 GO INTO STATION 8

800, PRO & RELAY

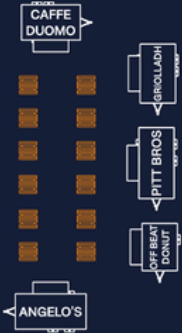
RUN 1 TO 7 IN 3RD TIME YOU SEE IN

RUN 8 3RD TIME SEE STATION 8 GO INTO STATION 8

CLAN

RUNS 1 TO 7 GO IN EVERY TIME YOU SEE IN

RUN 8 GO INTO STATION 8, 1ST TIME YOU SEE STATION 8



RUN 8 GO INTO STATION 8, 1ST TIME YOU SEE STATION 8

TRYKA RACE FORMAT



1
1,000M
SKIERG



2
200M
KETTLEBELL FARMERS CARRY



3
60 REPS
RAMTHRUSTERS



4
50M
SLED PUSH



5
50M
SLED PULL



6
1,000M
ROWER



7
100M
WALKING LUNGES

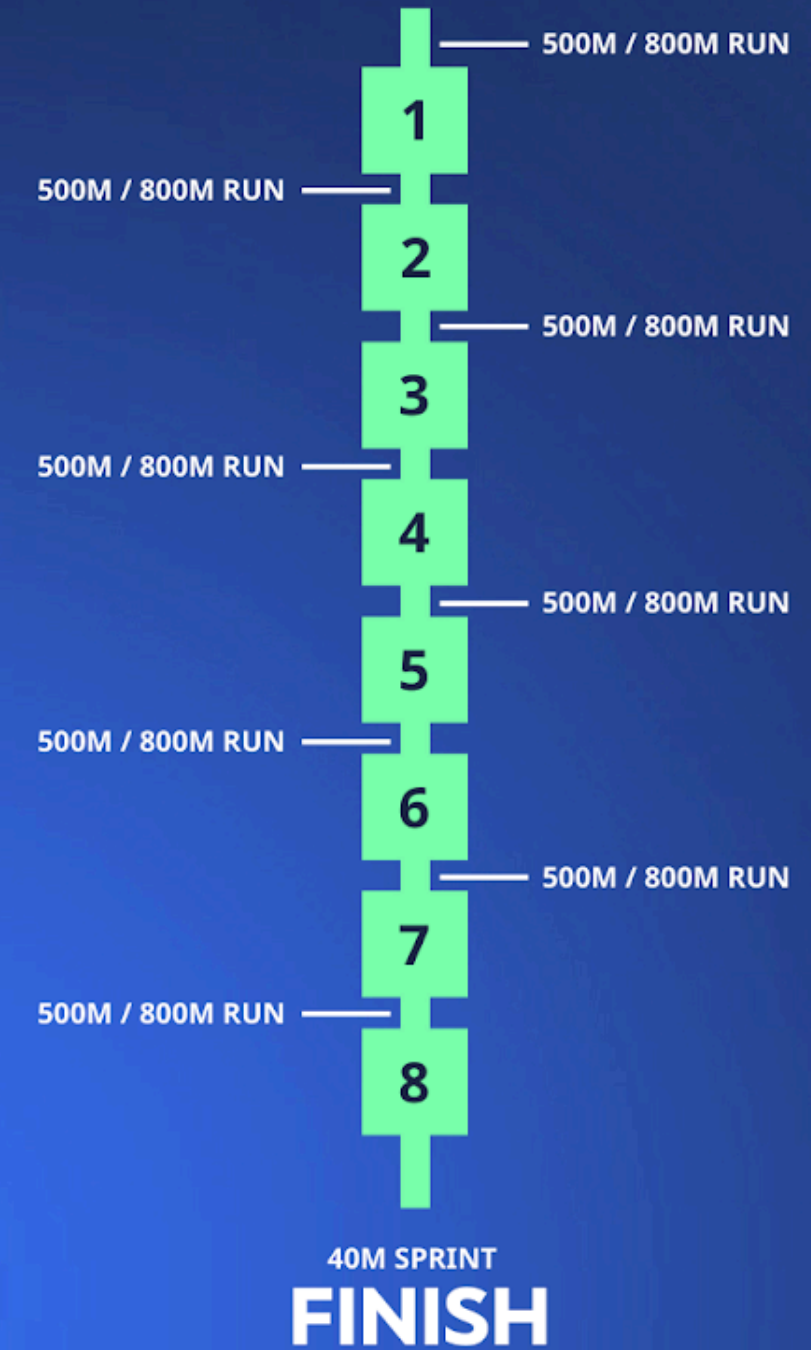


8
80M
BURPEE BROAD JUMPS

WE DON'T QUIT
WE TRYKA



START





FRIDAY	TIME	SUNDAY	TIME	SUNDAY	TIME
MIXED RELAY	22:00	TRYKA JNR	12:00	WOMENS DOUBLES 800	17:30
		MENS DOUBLES 800	13:50	WOMENS 800	18:00
		MENS 800	14:30	WOMENS DOUBLES 500	20:20
SATURDAY		MENS DOUBLES 500	15:00	WOMENS 500	20:50
WOMEN PRO DOUBLE	16:30	MENS 500	15:20	WOMENS RELAY	21:00
WOMEN PRO	16:40	MIXED DOUBLES 500	15:50		
MENS PRO DOUBLES	21:50	MIXED DOUBLES 800	16:30		
MEN PRO	22:05				
MENS RELAY	22:15				

RDS DUBLIN

USEFUL INFORMATION



GETTING TO THE RDS

BY CAR

DUBLIN CITY CENTRE IS APPROXIMATELY A TWELVE-MINUTE DRIVE FROM THE RDS WHICH IS LOCATED ON SIMMONSTOWN ROAD

THE RDS IS WITHIN EASY REACH OF THE M50 NORTH AND SOUTH BOUND.

[HTTPS://MAPS.APP.GOO.GL/DCTORYEVU8CAFS3Y6](https://maps.app.goo.gl/DCTORYEVU8CAFS3Y6)



BY TRAIN/DART

THE DART SERVICE RUNS TO LANSDOWNE ROAD STATION AND SANDYMOUNT STATION, BOTH OF WHICH ARE A SHORT WALK FROM THE RDS.

BY BUS

THE RDS IS SERVICED LOCALLY BY DUBLIN BUS AND GO-AHEAD IRELAND FROM DUBLIN CITY CENTRE, WITH A NUMBER OF ROUTES:

DUBLIN BUS ROUTES

- 4 FROM HARRISTOWN TO MONKSTOWN AVENUE VIA BALLSBRIDGE (ANGLESEA RD.)
- 7 FROM MOUNTJOY SQ. TOWARDS LOUGHLINSTOWN/ CHERRYWOOD VIA BALLSBRIDGE (ANGLESEA RD.)
- 7A FROM MOUNTJOY SQ. TOWARDS LOUGHLINSTOWN
- 27X FROM UCD BELFIELD TO CLARE HALL VIA RDS BALLSBRIDGE

GO-AHEAD IRELAND BUS ROUTES

- 18 FROM PALMERSTOWN (OLD LUCAN RD.) TOWARDS SANDYMOUNT VIA BALLSBRIDGE (ANGLESEA RD.)
- S2 FROM HEUSTON STATION TO POOLBEG VIA RDS BALLSBRIDGE

THERE ARE ALSO MULTIPLE ROUTES SERVICED TO AND FROM THE NEARBY DONNYBROOK ROAD, BUS GARAGE ON THE N11 WHICH IS ONLY 10 MINUTES WALKING DISTANCE FROM THE RDS. THEY ARE 7B, 7D, 39A, 84X, 116, E1 AND E2.

HOW IT WORKS

OUR LEAGUE BRINGS TOGETHER FITNESS ENTHUSIASTS FROM ALL LEVELS, COMPETING ACROSS EVENTS THAT TEST STRENGTH, ENDURANCE, AND DETERMINATION.

POINTS ARE AWARDED BASED ON PERFORMANCE AT EACH EVENT, AND THOSE POINTS ACCUMULATE TO DETERMINE STANDINGS IN THE INDIVIDUAL, CORPORATE, AND CLUB (OR GYM) LEAGUES.

WHETHER YOU'RE AIMING FOR TOP INDIVIDUAL HONORS, FOSTERING HEALTHY COMPETITION IN THE OFFICE, OR SUPPORTING YOUR LOCAL GYM'S JOURNEY, EVERY POINT MATTERS.

THE LEAGUE IS INCLUSIVE AND ACCESSIBLE, OFFERING BOTH FULL TRYKA AND TRYKA 500 FORMATS, FOSTERING A SPIRIT OF COMMUNITY, PROGRESS, AND FUN. SO, WHETHER YOU'RE CLIMBING THE LEADERBOARD OR JUST ENJOYING THE JOURNEY – REMEMBER, WE DON'T QUIT, WE TRYKA!



TRYKA POINTS SYSTEM

1. TIME-BASED SCORING

TRYKA 800: 48 MIN = 73 POINTS → 120 MIN+ = 1 POINT

TRYKA 500: 32 MIN = 73 POINTS → 104 MIN+ = 1 POINT

2. BONUS POINTS

+20 POINTS → 1ST OVERALL FINISHER (PER DIVISION)

+10 POINTS → 1ST PLACE AT EACH WORKOUT STATION (PER DIVISION)

3. LEAGUES

INDIVIDUAL & DOUBLES: ATHLETES EARN POINTS FROM TIME + BONUSES. THESE COUNT FOR PERSONAL RANKINGS AND FEED INTO LEAGUES.

FITTEST COMPANY LEAGUE: COMPANIES REGISTER TEAMS. EMPLOYEE POINTS FLOW INTO THE COMPANY TOTAL.

GYM / CLUB LEAGUE: ATHLETES AFFILIATE TO A CLUB AT REGISTRATION. MEMBER POINTS FLOW INTO THE CLUB TOTAL.

RDS DUBLIN

TIME	POINTS	TIME	POINTS
UP TO 47 MIN	75	57 - 58 MIN	64
47 - 48 MIN	74	58 - 59 MIN	63
48 - 49 MIN	73	59 - 60 MIN	62
49 - 50 MIN	72	60 - 61 MIN	61
50 - 51 MIN	71	61 - 62 MIN	60
51 - 52 MIN	70	62 - 63 MIN	59
52 - 53 MIN	69	63 - 64 MIN	58
53 - 54 MIN	68	64 - 65 MIN	57
54 - 55 MIN	67	65 - 66 MIN	56
55 - 56 MIN	66	66 - 67 MIN	55
56 - 57 MIN	65	67 - 68 MIN	54

800/PRO/RELAY POINTS

TIME	POINTS	TIME	POINTS
68 - 69 MIN	53	79 - 80 MIN	42
69 - 70 MIN	52	80 - 81 MIN	41
70 - 71 MIN	51	81 - 82 MIN	40
71 - 72 MIN	50	82 - 83 MIN	39
72 - 73 MIN	49	83 - 84 MIN	38
73 - 74 MIN	48	84 - 85 MIN	37
74 - 75 MIN	47	85 - 86 MIN	36
75 - 76 MIN	46	86 - 87 MIN	35
76 - 77 MIN	45	87 - 88 MIN	34
77 - 78 MIN	44	88 - 89 MIN	33
78 - 79 MIN	43	89 - 90 MIN	32



RDS DUBLIN

TIME	POINTS	TIME	POINTS
90 - 91 MIN	31	101 - 102 MIN	20
91 - 92 MIN	30	102 - 103 MIN	19
92 - 93 MIN	29	103 - 104 MIN	18
93 - 94 MIN	28	104 - 105 MIN	17
94 - 95 MIN	27	105 - 106 MIN	16
95 - 96 MIN	26	106 - 107 MIN	15
96 - 97 MIN	25	107 - 108 MIN	14
97 - 98 MIN	24	108 - 109 MIN	13
98 - 99 MIN	23	109 - 110 MIN	12
99 - 100 MIN	22	110 - 111 MIN	11
100 - 101 MIN	21	111 - 112 MIN	10

800/PRO/RELAY POINTS

TIME	POINTS
112 - 113 MIN	9
113 - 114 MIN	8
114 - 115 MIN	7
115 - 116 MIN	6
116 - 117 MIN	5
117 - 118 MIN	4
118 - 119 MIN	3
119 - 120 MIN	2
120 MIN+	1



RDS DUBLIN

500 POINTS



TIME	POINTS	TIME	POINTS
UP TO 33 MIN	73	43 - 44 MIN	62
33 - 34 MIN	72	44 - 45 MIN	61
34 - 35 MIN	71	45 - 46 MIN	60
35 - 36 MIN	70	46 - 47 MIN	59
36 - 37 MIN	69	47 - 48 MIN	58
37 - 38 MIN	68	48 - 49 MIN	57
38 - 39 MIN	67	49 - 50 MIN	56
39 - 40 MIN	66	50 - 51 MIN	55
40 - 41 MIN	65	51 - 52 MIN	54
41 - 42 MIN	64	52 - 53 MIN	53
42 - 43 MIN	63	53 - 54 MIN	52

TIME	POINTS	TIME	POINTS
54 - 55 MIN	51	65 - 66 MIN	40
55 - 56 MIN	50	66 - 67 MIN	39
56 - 57 MIN	49	67 - 68 MIN	38
57 - 58 MIN	48	68 - 69 MIN	37
58 - 59 MIN	47	69 - 70 MIN	36
59 - 60 MIN	46	70 - 71 MIN	35
60 - 61 MIN	45	71 - 72 MIN	34
61 - 62 MIN	44	72 - 73 MIN	33
62 - 63 MIN	43	73 - 74 MIN	32
63 - 64 MIN	42	74 - 75 MIN	31
64 - 65 MIN	41	75 - 76 MIN	30

RDS DUBLIN

500 POINTS



TIME	POINTS	TIME	POINTS
UP TO 33 MIN	73	43 - 44 MIN	62
33 - 34 MIN	72	44 - 45 MIN	61
34 - 35 MIN	71	45 - 46 MIN	60
35 - 36 MIN	70	46 - 47 MIN	59
36 - 37 MIN	69	47 - 48 MIN	58
37 - 38 MIN	68	48 - 49 MIN	57
38 - 39 MIN	67	49 - 50 MIN	56
39 - 40 MIN	66	50 - 51 MIN	55
40 - 41 MIN	65	51 - 52 MIN	54
41 - 42 MIN	64	52 - 53 MIN	53
42 - 43 MIN	63	53 - 54 MIN	52

TIME	POINTS	TIME	POINTS
54 - 55 MIN	51	65 - 66 MIN	40
55 - 56 MIN	50	66 - 67 MIN	39
56 - 57 MIN	49	67 - 68 MIN	38
57 - 58 MIN	48	68 - 69 MIN	37
58 - 59 MIN	47	69 - 70 MIN	36
59 - 60 MIN	46	70 - 71 MIN	35
60 - 61 MIN	45	71 - 72 MIN	34
61 - 62 MIN	44	72 - 73 MIN	33
62 - 63 MIN	43	73 - 74 MIN	32
63 - 64 MIN	42	74 - 75 MIN	31
64 - 65 MIN	41	75 - 76 MIN	30

RDS DUBLIN

TIME	POINTS	TIME	POINTS
UP TO 31 MINS	75	41 - 42 MIN	64
31 - 32 MIN	74	42 - 43 MIN	63
32 - 33 MIN	73	43 - 44 MIN	62
33 - 34 MIN	72	44 - 45 MIN	61
34 - 35 MIN	71	45 - 46 MIN	60
35 - 36 MIN	70	46 - 47 MIN	59
36 - 37 MIN	69	47 - 48 MIN	58
37 - 38 MIN	68	48 - 49 MIN	57
38 - 39 MIN	67	49 - 50 MIN	56
39 - 40 MIN	66	50 - 51 MIN	55
40 - 41 MIN	65	51 - 52 MIN	54

500 POINTS

TIME	POINTS	TIME	POINTS
52 - 53 MIN	53	63 - 64 MIN	42
53 - 54 MIN	52	64 - 65 MIN	41
54 - 55 MIN	51	65 - 66 MIN	40
55 - 56 MIN	50	66 - 67 MIN	39
56 - 57 MIN	49	67 - 68 MIN	38
57 - 58 MIN	48	68 - 69 MIN	37
58 - 59 MIN	47	69 - 70 MIN	36
59 - 60 MIN	46	70 - 71 MIN	35
60 - 61 MIN	45	71 - 72 MIN	34
61 - 62 MIN	44	72 - 73 MIN	33
62 - 63 MIN	43	73 - 74 MIN	32



RDS DUBLIN

500 POINTS



TIME	POINTS	TIME	POINTS
74 - 75 MIN	31	85 - 86 MIN	20
75 - 76 MIN	30	86 - 87 MIN	19
76 - 77 MIN	29	87 - 88 MIN	18
77 - 78 MIN	28	88 - 89 MIN	17
78 - 79 MIN	27	89 - 90 MIN	16
79 - 80 MIN	26	90 - 91 MIN	15
80 - 81 MIN	25	91 - 92 MIN	14
81 - 82 MIN	24	92 - 93 MIN	13
82 - 83 MIN	23	93 - 94 MIN	12
83 - 84 MIN	22	94 - 95 MIN	11
84 - 85 MIN	21	95 - 96 MIN	10

TIME	POINTS
96 - 97 MIN	9
97 - 98 MIN	8
98 - 99 MIN	7
99 - 100 MIN	6
100 - 101 MIN	5
101 - 102 MIN	4
102 - 103 MIN	3
103 - 104 MIN	2
104 MIN+	1