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MITCHELL	L PAUL J											
Form 4 March 04, 2	010											
									OMB A	PPROVAL		
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549									OMB Number:	3235-0287		
Check th		box							Expires:	January 31,		
if no longer subject to Section 16. Form 4 or							Estimated average burden hours per response 0.					
Form 5 obligations may continue. See Instruction 1(b). Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940												
(Print or Type	Responses)											
MITCHELL PAUL J Symbol				uer Name and Ticker or Trading l mes plc. [ALKS]				5. Relationship of Reporting Person(s) to Issuer				
(Last)	(First) (N			• -	_			(Check	heck all applicable)			
(Mo			(Month/E	3. Date of Earliest Transaction (Month/Day/Year) 03/01/2019				X_ Director10% Owner Officer (give titleOther (specify below)below)				
(Street) 4. If Amer				endment, Date Original				6. Individual or Joint/Group Filing(Check				
Filed(Mor				nth/Day/Year)				Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person				
(City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned												
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)		Code (Instr. 3, 4 and 5)) (Instr. 8) (A) or			d of (D) 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)			
0.11				Code V	Amount	(D)	Price	(insure and i)		The Paul		
Ordinary Shares	03/01/2019			M <u>(1)</u>	1,000	А	\$ 8.98	1,000	Ι	J. Mitchell Trust <u>(2)</u>		
Ordinary Shares	03/01/2019			S <u>(3)</u>	1,000	D	\$ 33.48	0	I	The Paul J. Mitchell Trust (2)		
Ordinary Shares								8,000	D			

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)

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required to respond unless the form displays a currently valid OMB control number.

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactio Code (Instr. 8)	Transaction of Derivative Code Securities		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. De Se (Ii
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Non Qualified Stock Option (Right to Buy)	\$ 8.98	03/01/2019		M <u>(1)</u>		1,000	<u>(4)</u>	10/06/2019	Ordinary Shares	1,000	

Reporting Owners

Reporting Owner Name / Address		Relationsh					
	Director	10% Owner	Officer	Other			
MITCHELL PAUL J CONNAUGHT HOUSE 1 BURLINGTON ROAD DUBLIN 4 IRELAND	Х						
Signatures							
/s/ Jennifer Baptiste, attorney-i Mitchell		03/04/2019					
<u>**</u> Signature of Reporting		Date					

Explanation of Responses:

- * If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) This option exercise was effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person on 12/12/17.

The reporting person and his wife are co-trustees of The Paul J. Mitchell Trust and the reporting person is also a beneficiary of The Paul
(2) J. Mitchell Trust originally established on November 19, 2014 and amended and restated on September 8, 2017 ("The Paul J. Mitchell Trust").

(3) This sale was effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person on 12/12/17.

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(4) These options are fully vested in accordance with their terms.

(5) These options were transferred from the reporting person to The Paul J. Mitchell Trust on December 11, 2017.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.