

Cross-Country Distances 2010

Juvenile Distances agreed at Congress 2010

Ages	U11	U12	U13	U14	U15	U16	U17	U18	U19
Girls	1500	2000	2500	3000	3500	4000	4500	5000	5000
Boys	1500	2000	2500	3000	3500	4000	5000	6000	7000

Inter Club	Distance
Senior Men	12,000m
Senior Women	8,000m
Junior Men	8,000m
Junior Women	6,000m

Inter County	Distance
Senior Men	10,000m
Senior Women	8,000m
Junior Men	6,000m
Junior Women	4,000m

Inter Club & County	Distance
Novice Men	6,000m
Novice Women	3,000m
Intermediate Men	10,000m
Intermediate Women	4,000m
Masters Men	7,000m
Masters Women	4,000m