



Irish Life health

National Cross Country Championships



Athletics Ireland

EVENT		DISTANCE	START TIME
GIRLS	U11	1000m	11.30
BOYS	U11	1000m	11.40
GIRLS	U13	1500m	11.50
BOYS	U13	1500m	12.00
GIRLS	U15	2500m	12.10
BOYS	U15	2500m	12.25
GIRLS	U17	3000m	12.40
BOYS	U17	3000m	13.00
MASTER WOMEN & MEN 0/65		4000m	13.30
MASTER MEN 0/35 - 64		7000m	14.00



NATIONAL MASTERS & JUVENILE B
WATERFORD I.T.
SUN. 12TH FEBRUARY 2017