

Irish Life health
National
Cross Country
Championships



NAVAN RACE COURSE

BUS PARK

CAR PARK

Navan Adventure Sports
 Navan Driving Range

Finish

Start

Lap A Red = 1000m
 Lap B Red + Yellow = 1500m
 Lap C Red + Yellow + Blue = 2000m



National Novice & Uneven
 Age Cross Country Championships.
 Navan Sport Adventure Centre
 Navan Racecourse, Co. Meath
 Saturday 15th December 2018

Event	Distance	Course	Time
Girls Under 11	1500m	1 x Lap B	11.30
Boys Under 11	1500m	1 x lap B	11.40
Girls Under 13	2500m	1 x Lap A plus 1 x lap B	11.50
Boys Under 13	2500m	1 x lap A plus 1 x Lap B	12.05
Girls Under 15	3500m	1 x Lap B plus 1 x lap C	12.20
Boys Under 15	3500m	1 x Lap B plus 1 x Lap C	12.40
Girls Under 17	4000m	2 x lap C	13.00
Boys Under 17	5000m	1 x Lap A plus 2 x Lap C	13.25
Girls Under 19	4000m	2 x lap C	14.00
Boys Under 19	6000m	3 x Lap C	14.20
Novice Women	4000m	2 x Lap C	14.40
Novice Men	6000m	3 x Lap C	15.10

Directions to Navan Adventure Sports

1. Coming from North using M1: At junction 10 Take slip road for N51 (Slane & Navan). Follow N51 driving through Slane and then on to Navan. Enter Navan and keep driving until the Round O Pub and roundabout. At that roundabout take 2nd exit R162 signposted Kingscourt / Nobber R162. Continue out that road and Navan Adventure Sports is about 1k outside town boundary just across the top of Proudstown Hill at the grounds of Navan Racecourse.
2. Coming from North using N2: At Slane turn right onto N51 for Navan and then follow directions as above.
3. Coming from Dundalk using N52 via Ardee: leaving Ardee continue on the N52 for approx. 17k until junction with R162 (Navan to Kingscourt road). Then turn left for Navan. Continue for approx. 15k until you see Navan Racecourse on right.
4. Coming from North (via Cavan) using M3: At exit 9 take slip road for N51 and follow signs for Drogheda / Navan / Hospital taking the 1st exit at round about. After about 1.6k take the 2nd exit for N51 (Drogheda / Navan/ Boyne Drive). Continue for 1.4k and at roundabout take the exit N51 (Drogheda – horse racing). Continue on N51 (Drogheda – horse racing / All other routes. After 0.5k turn left at Fire Station following signs for N51 (Drogheda / Slane / Kingscourt- R162- horse racing). Cross river Blackwater. Straight through next traffic lights following signs N51 (Drogheda / Slane / R162 Kingscourt). Continue to next roundabout and take 1st exit R162 – horse racing. Continue out that road and Navan Adventure Sports is about 1k outside town boundary just across the top of Proudstown Hill at the grounds of Navan Racecourse.
5. Coming from Sligo N4 & Westmeath: At Mullingar take N52 (Dundalk / Delvin). In Delvin take the N51 (Athboy / Navan). Cross over M3 & follow N51 signs for Navan / Slane / Drogheda as in 4. If using M3 (Kells) coming from Westmeath come off at Junction 9 as in 4.

6. Coming from Galway using M6 : At junction 2 take exit for Kinnegad. Then follow signs Kinnegad R148. Continue on the R148 through the village of Clonard. 2k past Clonard turn left signs for Trim / R160 / Longwood (this is the route that comes up on AA Route Planner). Drive through Longwood following the R160 to Trim. At roundabout take 2nd exit to the Trim ring road. At next roundabout take 2nd exit and cross over the River Boyne. After 0.5k turn right for Navan (R161). Drive into Navan and at roundabout after railway crossing turn right following R161 to inner bi-pass R147. At junction with R147 (River Boyne straight in front of you) turn left. Stay on left lane until past next traffic lights and then move into right lane to take road to Kingscourt R162 / Slane/Drogheda. Continue to Round O Pub roundabout and take 2nd exit Kingscourt / Nobber R162 and then follow directions as in 1. I would expect delays when you have to turn onto the R147 (inner bi-pass) as the traffic coming from Dublin using M3 could be taking that route. To avoid that area of the town it is possible to divert which would be longer (possibly 4k) but I would expect quicker:

Diversion Route: At crossroads 30m the Trim side of Teach Na Teamrach (Tara House –pub/ restaurant/ accommodation formerly known as The Balreask Arms) which is about 1k the Trim side of the Navan town boundary turn left up Old Balreask Woods road. Continue for about 1.5k to crossroads. Turn right signposted for Navan. Continue into town passing Claremont Stadium on right to the traffic lights at Common's Road Cars (VW dealers). Turn left at those lights onto St. Patrick's Park Rd. Continue straight minding the speed ramps until you come to roundabout where you take the 5th exit onto N51 signposted Drogheda N51 & Navan. Follow signs for Drogheda N51 turning left at traffic lights at Fire Station. Cross river and continue to Round O pub and roundabout. Take 1st exit to R162 (Nobber / Kingscourt) and then follow directions as in 1. Have a look at AA Maps or Google Maps to familiarize yourself with this diversion route.

7. Via M50 Using M4, M7, N81 & M11: Take M50 North and come off at Junction 6 for N3/M3 (Navan / Cavan). Continue North on M3 and take either exit 8 Navan South or exit 9 Navan North. I would expect using exit 9 Navan North even though 4k longer will be quicker. If using exit 8 Navan South. Follow signs for town and then join the R147. Continue towards the town driving along river Boyne. Drive past Maxol station on left and under Railway line. Straight through traffic lights after railway-bridge and then move to the left lane. Stay in left lane through 2nd set of traffic lights and then move to right lane to take road for Kingscourt R162 / Slane/Drogheda. Continue to Round O Pub roundabout and take 2nd exit Kingscourt / Nobber R162 and then follow directions as in 1. If using exit 9 Navan North : take slip road for N51 (Delvin / Navan North / Hospital). At roundabout follow directions for N51 (Drogheda / Navan / Boyne Drive). Cross over motorway and at roundabout take 1st exit & follow directions as in 4.
8. Using Sat-Nav: 53°40'59.5"N 6°40'24.3"W

Or Google Maps: Navan Adventure Sports or Navan Racecourse

NATIONAL NOVICE & JUVENILE UNEVEN AGE CROSS COUNTRY CHAMPIONSHIPS

NAVAN ADVENTURE SPORTS, NAVAN RACECOURSE
SAT 15TH DECEMBER 2018



Irish Life health

National
Cross Country
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Athletics
Ireland

EVENT	DISTANCE	START TIME
Girls U11	1500m	11.30
Boys U11	1500m	11.40
Girls U13	2500m	11.50
Boys U13	2500m	12.05
Girls U15	3500m	12.20
Boys U15	3500m	12.40
Girls U17	4000m	13.00
Boys U17	5000m	13.25
Girls U19	4000m	14.00
Boys U19	6000m	14.20
Novice Women	4000m	14.40
Novice Men	6000m	15.10

Please follow the Directional Signage to Navan Adventure Sports

Please take direction from members of An Gardai and Traffic Stewards

ARRIVE EARLY TO ALLOW TIME FOR TRAFFIC AND PARKING



**CONTACTLESS PAYMENT
ON THE DAY IS AVAILABLE FOR THIS EVENT**



ADMISSION €10
(U16's go free)