




Irish Life health


National Cross Country Championships





National Intermediate, Masters
 Juvenile B & Juvenile Relay
 Cross Country Championships
 Sunday 11th February 2018,
 Kilcornan Estate, Clarinbridge, Co.Galway


EVENT		DISTANCE	TIME
GIRLS	U11	1000m (1x1k)	11.00
BOYS	U11	1000m (1x1k)	11.10
GIRLS	U13	1500m (1x1.5k)	11.20
BOYS	U13	1500m (1x1.5k)	11.30
GIRLS	U15	2500m (1x1k & 1x1.5k)	11.40
BOYS	U15	2500m (1x1k & 1x1.5k)	11.55
GIRLS	U17	3000m (2x1.5k)	12.10
BOYS	U17	3000m (2x1.5k)	12.30
BOYS	U12	4x500m	12.50
GIRLS	U12	4x500m	
BOYS	U14	4x500m	
GIRLS	U14	4x500m	
MASTER WOMEN & MEN O/65		4000m (2x2k)	13.30
MASTER MEN O/35-64		7000m (1x1k & 3x2k)	14.00
INTERMEDIATE WOMEN		5000m (1x1k & 2x2k)	14.40
INTERMEDIATE MEN		8000m (4x2k)	15.10


500m lap(Relays) 


1000m lap 


1500m lap 


2000m lap 


START 


FINISH 

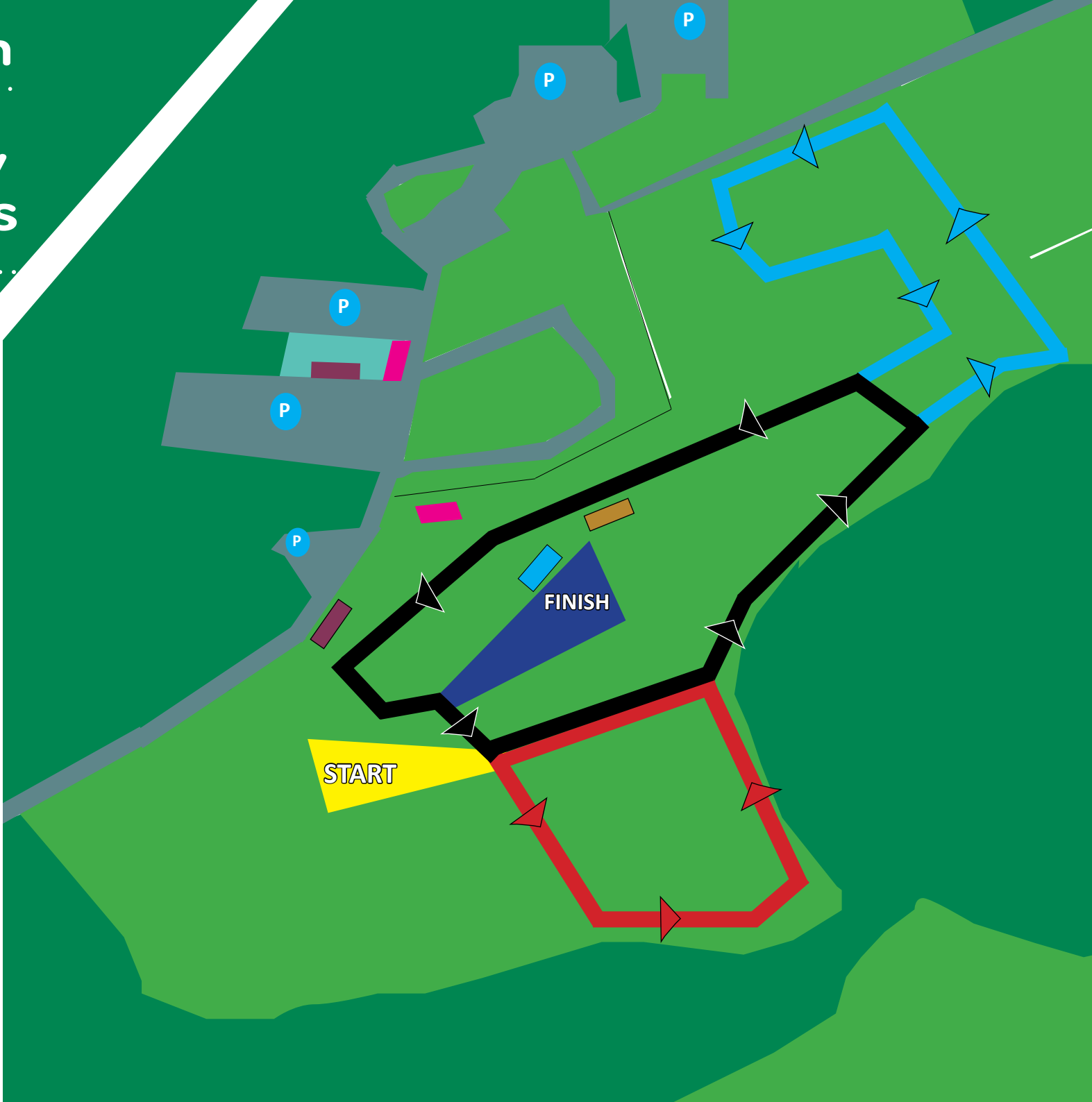
CHECK IN/NUMBER PICKUP 

CATERING 

TOILETS 

FIRST AID 

PRESENTATION AREA 





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Athletics
Ireland

Venue Information

- Follow instructions from stewards.
- Shuttle bus in operation between Colga FC parking and Kilcornan HQ. Approx 1 km.
- Coach drop off at Pilgrimage Trust building
- Coach off-site parking at Clarinbridge GAA grounds.
- No parking on grass or on avenue.
- When leaving grounds through back gate turn:
Right for Limerick – M18
Left for Galway / Dublin – M6

ONE WAY SYSTEM
ENTRANCE TO COURSE
PARKING
COACH DROP OFF POINT
COACH OFF SITE PARKING AT
CLARINBRIDGE GAA CLUB
SHUTTLE BUS PICKUP/DROP OFF

