



Irish Life health

National Cross Country Championships



NATIONAL INTERMEDIATE, MASTERS,
JUVENILE B & JUVENILE RELAY

CROSS COUNTRY CHAMPIONSHIPS

SUNDAY 3RD FEBRUARY 2019

DUNDALK I.T.

CO.LOUTH

11.00	GIRLS	U11	1000m
11.10	BOYS	U11	1000m
11.20	GIRLS	U13	1500m
11.30	BOYS	U13	1500m
11.40	GIRLS	U15	2500m
11.55	BOYS	U15	2500m
12.10	GIRLS	U17	3000m
12.30	BOYS	U17	3000m
12.50	BOYS	U12	4x500m
	GIRLS	U12	4x500m
	BOYS	U14	4x500m
	GIRLS	U14	4x500m
13.30	MASTER WOMEN ALL CATEGORIES & MEN O/65		4000m
14.00	MASTER MEN O/35 - 64		7000m
14.40	INTERMEDIATE WOMEN		5000m
15.10	INTERMEDIATE MEN		8000m



Athletics Ireland