



Irish Life health

National Cross Country Championships



Athletics Ireland

EVENT		DISTANCE	START TIME
BOYS	U12	4x500m	11.30
GIRLS	U12	4x500m	
BOYS	U14	4x500m	
GIRLS	U14	4x500m	
INTERMEDIATE WOMEN		5000m	12.30
INTERMEDIATE MEN		8000m	13.00



INTERMEDIATE & JUVENILE INTER CLUB XC RELAYS

PALACE GROUNDS, TUAM, CO.GALWAY

SUN. 22ND JANUARY 2017