

NATIONAL SENIOR, JUNIOR & JUVENILE EVEN AGES IN SANTRY DEMESNE, DUBLIN SUN. 21st NOVEMBER 2021

 Irish Life health
National
Cross Country
Championships



EVENT	DISTANCE	START TIME	LAPS
GIRLS U12	2,000m	11.30	Start + 1x1200 + Finish
BOYS U12	2,000m	11.43	Start + 1x1200 + Finish
GIRLS U14	3,000m	11.55	Start + 2x1050 + Finish
BOYS U14	3,000m	12.10	Start + 2x1050 + Finish
GIRLS U16	4,000m	12.25	Start + 3x1050 + Finish
BOYS U16	4,000m	12.43	Start + 3x1050 + Finish
GIRLS U18 & JUNIOR WOMEN	4,000m	13.00	Start + 3x1050 + Finish
BOYS U18 & JUNIOR MEN	6,000m	13.20	Start + 2x1050 + 2x1550 + Finish
SENIOR WOMEN & U23	8,000m	13.45	Start + 1x1050 + 4x1550 + Finish
SENIOR MEN & U23	10,000m	14.25	Start + 6x1550 + Finish


Athletics
Ireland