



Irish Life health

National Cross Country Championships



Athletics Ireland

**INTER CLUB/COUNTY & JUVENILE EVEN AGE
NATIONAL SPORTS CAMPUS, ABBOTTSTOWN
SUN. 27TH NOVEMBER 2016**

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

