

NATIONAL NOVICE & JUVENILE UNEVEN AGE CROSS COUNTRY CHAMPIONSHIPS

NAVAN ADVENTURE SPORTS, NAVAN RACECOURSE
SAT 15TH DECEMBER 2018



Irish Life health

National
Cross Country
Championships



Athletics
Ireland

| EVENT | DISTANCE | START TIME |
|--------------|----------|------------|
| Girls U11 | 1500m | 11.30 |
| Boys U11 | 1500m | 11.40 |
| Girls U13 | 2500m | 11.50 |
| Boys U13 | 2500m | 12.05 |
| Girls U15 | 3500m | 12.20 |
| Boys U15 | 3500m | 12.40 |
| Girls U17 | 4000m | 13.00 |
| Boys U17 | 5000m | 13.25 |
| Girls U19 | 4000m | 14.00 |
| Boys U19 | 6000m | 14.20 |
| Novice Women | 4000m | 14.40 |
| Novice Men | 6000m | 15.10 |