

NATIONAL SENIOR, JUNIOR & JUVENILE EVEN AGES ROSSA PENNA GOLF COURSE, DONEGAL SUN. 20th NOVEMBER 2022

National Cross Country Championships



EVENT	DISTANCE	START TIME	LAPS
GIRLS U12	2,000m	11.30	2 x 1000m
BOYS U12	2,000m	11.43	2 x 1000m
GIRLS U14	3,000m	11.55	2 x 1500m
BOYS U14	3,000m	12.10	2 x 1500m
GIRLS U16	4,000m	12.25	1 x 1000m , 2 x 1500m
BOYS U16	4,000m	12.43	1 x 1000m , 2 x 1500m
GIRLS U18 & JUNIOR WOMEN	4,000m	13.00	1 x 1000m , 2 x 1500m
BOYS U18 & JUNIOR MEN	6,000m	13.20	4 x 1500m
SENIOR WOMEN & U23	8,000m	13.45	2 x 1000m , 4 x 1500m
SENIOR MEN & U23	10,000m	14.25	1 x 1000m , 6 x 1500m



Athletics
Ireland