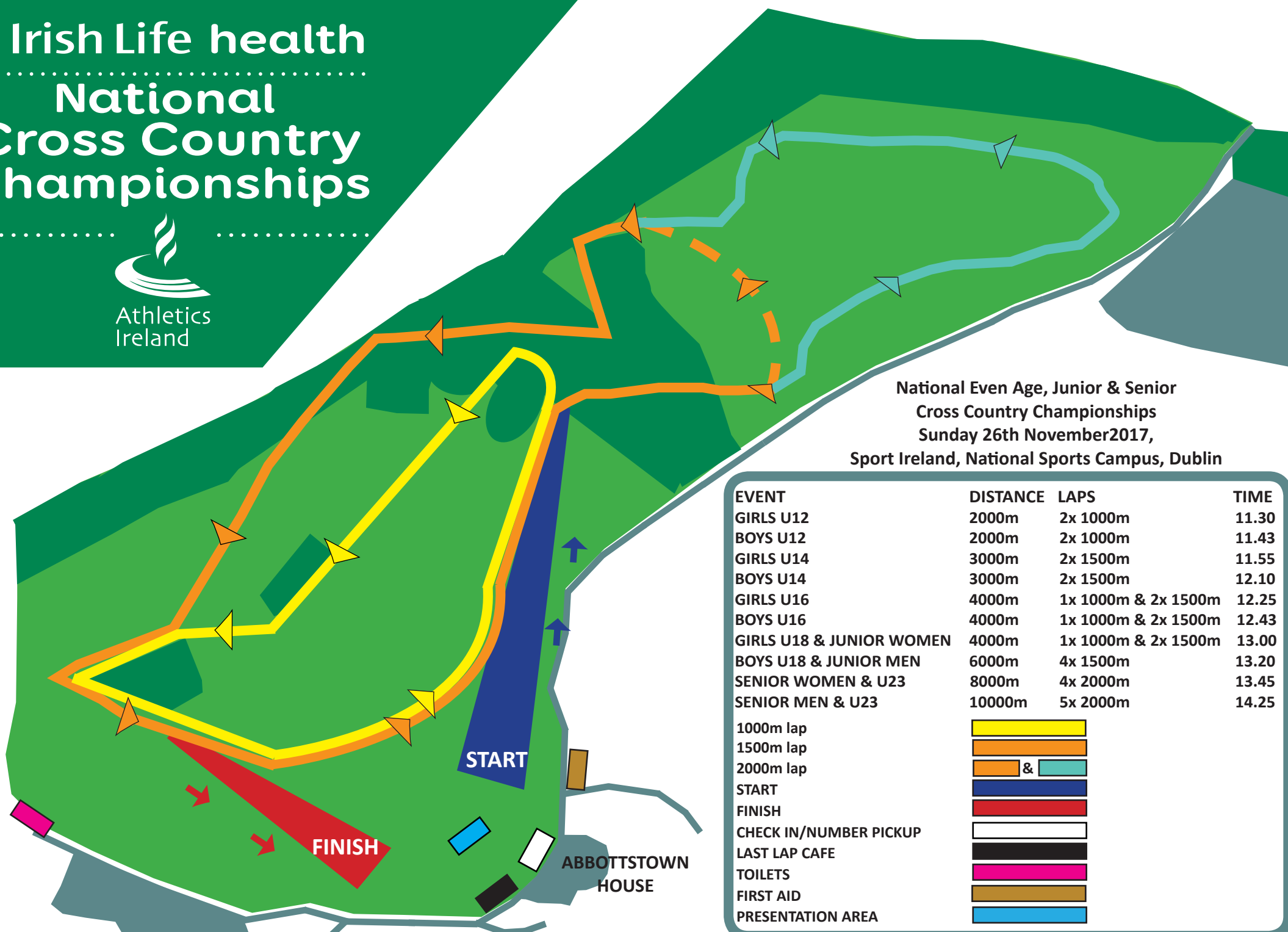




Irish Life health National Cross Country Championships



National Even Age, Junior & Senior
Cross Country Championships
Sunday 26th November 2017,
Sport Ireland, National Sports Campus, Dublin

EVENT	DISTANCE	LAPS	TIME
GIRLS U12	2000m	2x 1000m	11.30
BOYS U12	2000m	2x 1000m	11.43
GIRLS U14	3000m	2x 1500m	11.55
BOYS U14	3000m	2x 1500m	12.10
GIRLS U16	4000m	1x 1000m & 2x 1500m	12.25
BOYS U16	4000m	1x 1000m & 2x 1500m	12.43
GIRLS U18 & JUNIOR WOMEN	4000m	1x 1000m & 2x 1500m	13.00
BOYS U18 & JUNIOR MEN	6000m	4x 1500m	13.20
SENIOR WOMEN & U23	8000m	4x 2000m	13.45
SENIOR MEN & U23	10000m	5x 2000m	14.25

- 1000m lap
- 1500m lap
- 2000m lap
- START
- FINISH
- CHECK IN/NUMBER PICKUP
- LAST LAP CAFE
- TOILETS
- FIRST AID
- PRESENTATION AREA



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Car Parking	
National Aquatic Centre	
National Indoor Arena	
Changing/Showers	
Route to XC Course & Carpark 1	
Route 2 into Carpark 2	
Check in/number pickup	



Directions to the National Sports Campus



The following are directions to the National Sports Campus.

By Bus from the City Centre.

Please take the 38A from the Hawkins Street in the City Centre to Snugborough Road in Blanchardstown

By Car from the City Centre.

Take the Navan Road to the Blanchardstown M50 Roundabout. Continue straight through the roundabout and also through the Blanchardstown Village roundabout. 500 metres after the village roundabout take the slip road to the left and stay in the right hand lane. Take a sharp right at the top of the slip road and cross over the bridge. Take the first exit off the small roundabout at the other side of the bridge. Continue up Snugborough Road and take a right at the second set of traffic lights into the National Aquatic Centre.

By car from the M50.

Take the exit at junction 6 on the M50 for Blanchardstown. Continue straight through the Blanchardstown Village roundabout. 500 metres after the village roundabout take the slip road to the left and stay in the right hand lane. Take a sharp right at the top of the slip road and cross over the bridge. Take the first exit off the small roundabout at the other side of the bridge. Continue up Snugborough Road and take a right at the second set of traffic lights into the National Aquatic Centre.

By Car from the Blanchardstown Centre.

Exit the Blanchardstown Centre complex via the Westpoint Health Club exit. Continue to the set of traffic lights and take a left over the bridge. Take the first exit off the small roundabout at the other side of the bridge. Continue up Snugborough Road and take a right at the second set of traffic lights into the National Aquatic Centre.