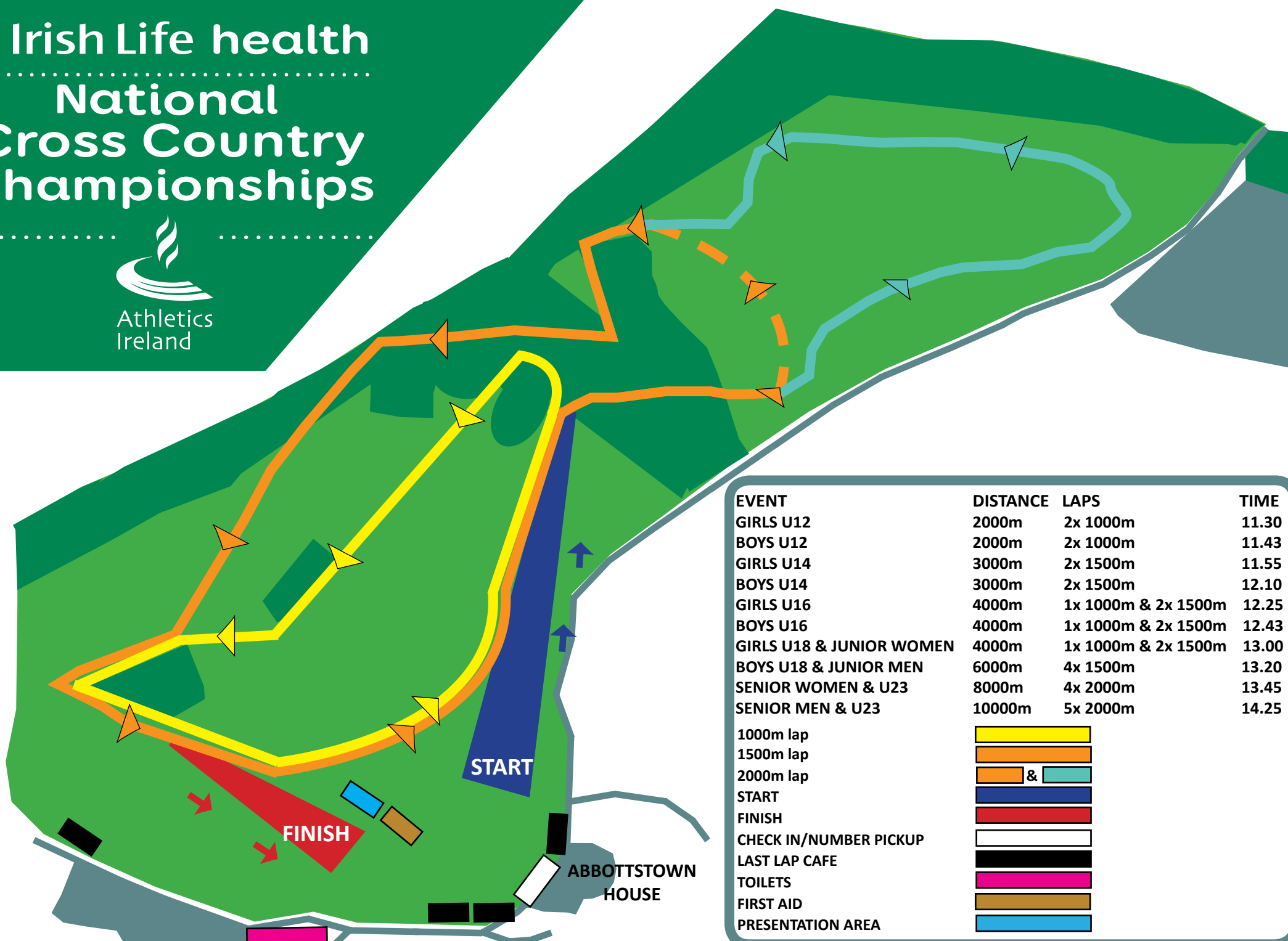







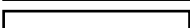





Irish Life health

National Cross Country Championships



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	