



Irish Life
health



Athletics
Ireland

ENTRANCE

CAR PARK

START





FINISH

WARM UP AREA

CLUB TENTS

DISTANCES

-  500m
-  1,000m
-  650m
-  1,500m
-  1000m
-  START 150m
-  FINISH 200m

-  INFORMATION POINT
-  NUMBER PICKUP
-  FOOD & DRINKS
-  TOILETS

IRISH LIFE HEALTH NATIONAL NOVICE AND JUVENILE UNEVEN AGE CROSS COUNTRY CHAMPIONSHIPS

Sunday 5th of December 2021
Gowran, Co. Kilkenny

DISTANCE	EVENT	LAPS
1500m	U11 Boys/Girls	Orange Route + Yellow Loop
2500m	U13 Boys/Girls	Orange Route + Black Loop
3500m	U15 Boys/Girls	White X 2 + Black Loop
4000m	U17 Girls	(White + Brown Loop) X 2
5000m	U17 Boys	(White + Black Loop) X 2
4000m	U19 Girls	(White + Brown Loop) X 2
6000m	U19 Boys	(White + Brown Loop) X 3
4000m	Novice Women	(White + Brown Loop) X 2
6000m	Novice Men	(White + Brown Loop) X 3

All Events include the Start and Finish