



Athletics  
Ireland



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# IRISH LIFE HEALTH NATIONAL NOVICE & JUVENILE UNEVEN AGE CROSS COUNTRY CHAMPIONSHIPS



**SUNDAY 5<sup>TH</sup> DECEMBER 2021, GOWRAN**



**Irish Life health**

**National  
Cross Country  
Championships**



Event	Distance	Event 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