

# NATIONAL SENIOR, U23, JUNIOR & EVEN AGE CROSS COUNTRY CHAMPIONSHIPS 2025



**Templemore Sports Complex**  
Buncrana Road, Derry, BT487QL

| CATEGORY              | DISTANCE | LAP<br>1000m | LAP<br>1500m | EVENT<br>TIME |
|-----------------------|----------|--------------|--------------|---------------|
| GIRLS U12             | 2000m    | 2            |              | 11:30am       |
| BOYS U12              | 2000m    | 2            |              | 11:45am       |
| GIRLS U14             | 3000m    |              | 2            | 12:00pm       |
| BOYS U14              | 3000m    |              | 2            | 12:20pm       |
| GIRLS U16             | 4000m    | 1            | 2            | 12:40pm       |
| BOYS U16              | 4000m    | 1            | 2            | 13:00pm       |
| GIRLS U18/U20         | 4500m    |              | 3            | 13:20pm       |
| BOYS U18/U20          | 4500m    |              | 3            | 13:45pm       |
| SENIOR & U23<br>WOMEN | 7500m    |              | 5            | 14:10pm       |
| SENIOR & U23<br>MEN   | 7500m    |              | 5            | 14:50pm       |

## COURSE CROSSING POINTS

|          |                      |
|----------|----------------------|
| <b>A</b> | ENTRANCE TO COURSE   |
| <b>B</b> | ENTRANCE TO COURSE   |
| <b>C</b> | 1k / 1500m JUNCTION  |
| <b>D</b> | FINISH LINE CROSSING |
| <b>E</b> | START LINE CROSSING  |

## Key:

- : Start
- : Finish:
- : 1000m Lap
- : 1500m Lap

**Check-in, Shower Facilities**  
(In main complex within 200m of start line)