123.ie National Cross Country Championships

Sunday November 22nd 2026

Sport Ireland Campus

Important Parking Notice:

No vehicles will be permitted on the Sports Campus on Sunday, 22nd November. All attendees are requested to use the designated parking areas and Park & Ride facilities. This restriction also applies to athlete drop-offs and pick-ups. Please plan your journey accordingly.

Parking Options:

- IDA Car Park Snugborough Rd – Access via N2
- Park and Ride at M3 Parkway, Dunboyne, A86 DK28

Club tents can be dropped off Saturday 21st November and located as per the map shown on the final page of this document.

Please note there will be no drop off for tents on the day of the event.

PLEASE NOTE, THERE ARE NO CASH ENTRIES AND NO DOGS PERMITTED ON SITE (EXCEPT FOR SERVICE DOGS).

OFFSITE CAR PARKING (IDA) – ENTER VIA GATE B

IDA & Technology Park, Snugborough D15 R266 - follow the signage for cross country parking. Please use the N2 and follow signs for Sport Ireland Campus.



Route to course:



PARK & RIDE BUS ROUTE – M3 Parkway

Park and Ride carpark is at the M3 Parkway, Dunboyne, A86 DK28. Please use this parking option if you are coming from the west and south of the country. This option will leave you with the shortest walk to the course.

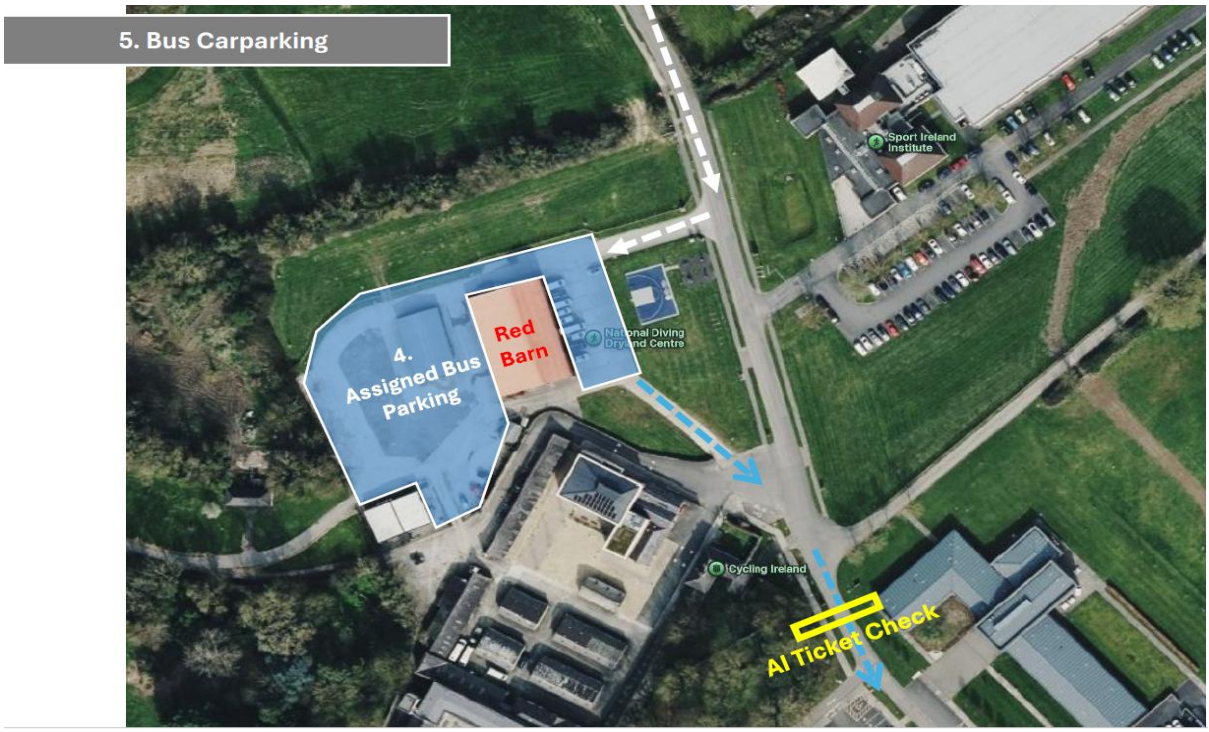


PARK & RIDE BUS ROUTE DROP OFF LOCATION



CLUB BUSES

Club buses will be able to park at the back of the Red Barn opposite the Sport Ireland Institute on the Sports Campus.



CLUB TENT LOCATION

Club tents can be dropped off Saturday 21st November and located as in the map below.

Please note there will be no drop off for tents on the day of the event.



Race	Category	Distance	1000m Lap	1500m Lap	Time
1	U12 Girls	2000m	2		11:30am
2	U12 Boys	2000m	2		11:45am
3	U14 Girls	3000m		2	12:00pm
4	U14 Boys	3000m		2	12:20pm
5	U16 Girls	4000m	1	2	12:40pm
6	U16 Boys	4000m	1	3	1:00pm
7	U18/U20 Girls	4500m		3	1:20pm
8	U18/U20 Boys	4500m		3	1:45pm
9	U23 & Senior Women	7500m		5	2:10pm
10	U23 & Senior Men	7500m		5	2:50pm