



Irish Life health

**National
Cross Country
Championships**



**NATIONAL INTERMEDIATE, MASTERS,
JUVENILE B & JUVENILE RELAY
CROSS COUNTRY CHAMPIONSHIPS
SATURDAY 8TH FEBRUARY 2020
AVONDALE, RATHDRUM,
CO. WICKLOW**

11.30	GIRLS	U11	1000m
11.40	BOYS	U11	1000m
11.50	GIRLS	U13	1500m
12.00	BOYS	U13	1500m
12.10	GIRLS	U15	2500m
12.25	BOYS	U15	2500m
12.40	GIRLS	U17	3000m
13.00	BOYS	U17	3000m
13.20	BOYS	U12	4x500m
	GIRLS	U12	4x500m
	BOYS	U14	4x500m
	GIRLS	U14	4x500m
14.00	MASTER WOMEN & MEN O/65+		4000m
14.30	MASTER MEN O/35 - 64		7000m
15.10	INTERMEDIATE WOMEN		5000m
15.40	INTERMEDIATE MEN		8000m

REVISED - JANUARY 16TH 2020



Athletics Ireland