

**NATIONAL SENIOR, U20 , U23  
& JUVENILE EVEN AGE  
GOWRAN DEMESNE, MILL ROAD  
SUNDAY 19th NOVEMBER 2023**

**Provisional Times**

<b>EVENT</b>	<b>DISTANCE</b>	<b>START</b>
<b>GIRLS U12</b>	<b>2,000m</b>	<b>11.30</b>
<b>BOYS U12</b>	<b>2,000m</b>	<b>11.43</b>
<b>GIRLS U14</b>	<b>3,000m</b>	<b>11.55</b>
<b>BOYS U14</b>	<b>3,000m</b>	<b>12.10</b>
<b>GIRLS U16</b>	<b>4,000m</b>	<b>12.23</b>
<b>BOYS U16</b>	<b>4,000m</b>	<b>12.43</b>
<b>GIRLS U18 &amp; U20 WOMEN</b>	<b>5,000m</b>	<b>13.00</b>
<b>BOYS U18 &amp; U20 MEN</b>	<b>5,000m</b>	<b>13.25</b>
<b>SENIOR WOMEN &amp; U23</b>	<b>9,000m</b>	<b>13.45</b>
<b>SENIOR MEN &amp; U23</b>	<b>9,000m</b>	<b>14.30</b>