



U/9 Girls and Boys

1000m
Girls and Boys U/9, 750m
Girls and Boys U/11, 1000m (1 Green Lap)
Girls and Boys U/13, 1,500m (1 Blue Lap)

1500m
Girls and Boys U/15, 2,500m (1 Green and 1 Blue Lap)
Girls and Boys U/17, 3,000m (1 Green and 1 Red Lap)

2000m
Intermediate Ladies, 5,000m (1 Green and 2 Red Laps)
Intermediate Men, 8,000m (4 Red Laps)

All Starts except U/9

Munster "B" Juveniles and Intermediate Cross Country with thanks to Donal, Liam and the Hayes family

P/A

Shop

Finish

Numbers Results

Course Entrance/Exit

Toilets

