



Munster 4 Mile Road Competition Booklet 2020

**Sunday 1st March 2020 @ 12 noon
(Brikey GAA Club, Boherard, Dungarvan, Co. Waterford)**

All Enquiries to Munster Road Secretary,
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www.munsterathletics.com



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Age Categories

- Senior athletes must be 16 years of age on the 31st December in the year of competition
- Novice athletes must be 19 years of age or over on the 31st December in the year of competition.
- Master athletes both male and female attain eligibility on their 35th birthday.

Munster Athletics Road Regulations 2020



REGULATIONS

- All athletes must be registered for 2020.
- Any athlete who has been automatically disqualified for competing in a Munster Championship without a current year's Registration Number may be prohibited from competing in all other Munster Championships/Competitions for the remainder of that calendar year (Munster Convention 2013).
- All competitors must wear official club colours.
- Applications for regrading should be sent to the Munster Council prior to the commencement of the Road Season for individual Senior and Novice.

SENIOR

- Athletes must be 16 years of age or over on the 31st December in the year of competition.

NOVICE

That the following rules apply to athletes wishing to take part in the Munster Novice Road Championships

1. Novice athletes must be 19 years of age or over on 31st Dec. in the year of competition

Must be:-

2. An athlete who has never been an individual medal winner (1st, 2nd & 3rd male or 1st female) at Munster or National Novice Cross Country.
3. An athlete who has never been an individual medal winner (1st, 2nd & 3rd male or 1st female) at Munster or National Intermediate Cross Country C/Ships.
4. An athlete who has never been an individual medal winner (1st, 2nd & 3rd male or 1st female) at Munster or National Senior grade A Championships.
5. An athlete who has never represented Ireland at any IAAF or EAA Championship.

TEAM SCORING

In team events athletes may only score in the category for which they declare. Clubs need to declare their teams at check-in.

Team scores calculated on first 3 across line unless declared, finishing times, youngest age will apply to team category.

Championships medals will only be awarded to registered athletes.

Age Category	No. To Run	No. To Score	Individuals	Club Teams
Novice Women	12	4	First 3	First 3
Novice Men	12	4	First 3	First 3
Senior Men	12	4	First 3	First 3
Senior Women	12	4	First 3	First 3
Masters Men 0/35	12	4	First 3 O/35 ,0/40.....	First 3 O/35
Master Men 0/50	12	3	First 3 O/35 ,0/40.....	First 3 0/50

Age Group	No. To Run	No. To Score	County Teams
Novice Women	12	4	First 3
Novice Men	15	6	First 3
Senior Men	15	6	First 3
Senior Women	12	4	First 3
Masters Men 0/35	12	6	First 3- 0/35
Master Men 0/50	12	4	First 3 – 0/50
Masters Women 0/35	12	4	First 3 - 0/35
Master Women 0/45	12	3	First 3 – 0/45

- ONLINE ENTRY** will be in operation for the Munster 4 Mile Road Championships. *Athletes just need to be entered as individuals. Club Teams DO NOT need to be entered online as they are free and they will be calculated from the results on the day BUT Club Teams need to be declared to the Munster Road Secretary beforehand. County teams are also based on finishing results on the day and Counties will be billed for fees at the end of the month.* No need to declare County teams.

PAYMENT ONLINE ONLY, NO CHEQUES/POSTAL ORDERS.

Medals:		First 3 individuals
		First 3 Club & County Teams
Fees:	Club	Free
	County	€10
	Individual	€5