

Girls and Boys U/9, 750m (Run to the Finish)
 Girls and Boys U/11, 1,500m (1 Blue)
 Girls and Boys U/13, 2,500m (1 Green Lap and 1 Blue lap)
 Girls and Boys U/15, 3,500m (1 Blue lap 1 Red Lap)
 Girls U/17 & U/19 & Junior Ladies 4,000m (2 Red Laps)
 Boys U/17 & U.19 & Junior Men 5,500m (1 Blue and 2 Red Laps)
 Senior Ladies, 6,000m (3 Red Laps)
 Senior Men, 10,000m (5 Red Laps)

1000m



1500m



2000m



U/9 Girls and Boys



Munster Un-Even age Juveniles and Senior Cross Country with thanks to Donal, Liam and the Hayes family

P/A

All Starts except U/9

Finish

Chip-Timing

Shop

Numbers Results

U/9 Girls start at 11am and all other races will follow. There will be no programme.

Course Entrance/Exit

Toilets

