



1000m



2000m



Girls and Boys U/10, 1,000m (1 Green Lap)
Girls and Boys U/12, 2,000m (1 Red Lap)
Girls and Boys U/14, 3,000m (1 Green and 1 Red Lap)
Girls and Boys U/16, 4,000m (2 Red Laps)
Girls U/18, 4,000m (2 Red laps)
Boys U/18, 6,000m (3 Red Laps)
U/23 Ladies, 4,000m (2 Red Laps)
U/23 Men, 6,000m (3 Red Laps)
Novice Ladies 4,000m (2 Red Laps)
Novice Men 6,000m (3 Red Laps)

All Starts

P/A

Chip Timing

Finish

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

Toilets

Exclusion
Zone Line

Course
Entrance/Exit

Toilets

Toilets

