



**NORTHERN IRELAND AND ULSTER
CROSS COUNTRY CHAMPIONSHIPS 2016
Incorporating the Bobby Rea Cross Country**



Saturday 22nd OCTOBER 2016

Under 10, 12,14,16,18 NI & Ulster Championship

VENUE: Kilbroney Park, Rostrevor, Co Down

Parking, Check-In, Changing and Showers are available.

Age group	Year Born	Individual Fee	Team Fee	Distance	Lap Details (See Map)
Girls/Boys U10	2007	£2.50/€3.00	£12.50/€18	1000m	1x 1000m
Girls/Boys U12	2005 / 2006	£3.00/€4.00	£15/€22	1500m	1x 1500m
Girls/Boys U14	2003 / 2004	£3.00/€4.00	£15/€22	2500m	1x 1000m & 1x 1500m
Girls/Boys U16	2001 / 2002	£4.00/€5.00	£20/€28	3500m	1x 1500m & 1x 2000m
Girls U18	1999 / 2000	£4.00/€5.00	£20/€28	4000m	2x 2000m
Boys U18	1999 / 2000	£4.00/€5.00	£20/€28	5000m	1x 1500m & 2x 2000m

AGE GROUP CHAMPIONSHIP SCORING

- **Club/School Teams** for the Under 10, 12, 14, 16, 18 Male & Female are 6 to run and 4 to score. **Substitutes may be made between teams on the day up to 1 hour before the race**, but NO new athletes may be introduced to a team – all athletes must be entered in advance.
- **County Teams** – the first 6 across the line from a county will be the scoring team for that county. (Except U10 Races). **Medals will only be awarded to the winning county.**

ALL IRELAND QUALIFICATION

The Woodie's DIY Inter Counties & Juvenile Even Ages Cross Country will be held on 27th November 2016. **(Please note there is no All Ireland race for the U10 Age Group):**

FIRST 12 INDIVIDUALS – entered automatically by Athletics NI as the Ulster team. No replacements.
FIRST 3 TEAMS
FIRST 3 COUNTIES

Entry will be online only through www.athleticsni.org and will be available as soon as possible after the event.



Kilbroney Park, Rostrevor is situated in a stunning location, where mountain, stream, sea lough and valley create a scenic wonderland. Overlooking Carlingford Lough this 97 acres of beautiful parkland nestles within the shadow of Slieve Martin and the Mountains of Mourne.

- 51 fully serviced caravan touring bays
- 20 tent spaces
- Kilbroney Park Café
- Childrens play area
- Tennis courts
- BBQ area

Kilbroney Park, Shore Road, Rostrevor, Co. Down BT34 3AA

Tel: 028 417 38134 Email: kilbroneypark@newryandmourne.gov.uk www.visitnewryandmourne.com

NORTHERN IRELAND & ULSTER

JUVENILE CROSS COUNTRY CHAMPIONSHIPS 2016

Proposed Start Times

Saturday 22nd October 2016

Girls Under 10	1000m	11.30am
Boys Under 10	1000m	11.40am
Girls Under 12	1500m	11.50am
Boys Under 12	1500m	12.05pm
Girls Under 14	2500m	12.20pm
Boys Under 14	2500m	12.40pm
Girls Under 16	3500m	1.00pm
Boys Under 16	3500m	1.25pm
Girls Under 18	4000m	1.50pm
Boys Under 18	5000m	2.20pm

Bobby Rea Memorial

Women & M60+	5000m	2.40pm
Senior Men-M55	8000m	3.10pm

Entries in to the Bobby Rea races may be made from 1pm on the day up at registration next to the tennis courts. No on the day entries will be accepted for age group athletes.