**Flahavan’s Cross Country League 2023-2024 Dates & Venues**

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| **County** | **Start**  **Time** | **Date & Place**  **Round 1**  **(1000m)** | **Date & Place Round 2**  **(1200m)** | **Date & Place Round 3**  **(1400m)** | **Final**  **(1400m)** |
| **Southern Area** | Fun Run 11am  Girls 11.15am  Boys 11.30am | Portadown Rugby Club  BT63 5AR  Fri 20th Oct | Lurgan Park, BT67 9BG  Fri 1st Dec | Palace Stables Armagh BT60 4EL  Fri 12th Jan | Mallusk Playing Fields,  BT36 4RH Friday 23rd Feb 2024 |
| **Co. Down** | Fun Run 11am  Girls 11.15am  Boys 11.30am | Londonderry Park, Newtownards,  BT23 8SG  Mon 23rd Oct | Donard Park Newcastle BT33 0HL  Mon 4th Dec | Dunleath Playing Fields, Downpatrick BT30 6LZ  Mon 15th Jan |
| **Tyrone/ Fermanagh Area** | Fun Run 11am  Girls 11.15am  Boys 11.30am | Castlederg High School,  BT81 7RW  Tues 24th Oct | Necarne Estate, Irvinestown, BT94 1GG  Tues 5th Dec | Dungannon Park  BT71 6DY  **Tues 30th Jan** |
| **Causeway Coast** | Wheelchair Event 10:15am  Fun Run 10.30am  Girls 10.45am  Boys 11am | Coleraine Council Grounds,  Rugby Avenue  BT52 1JL  Weds 25th Oct | Joey Dunlop Leisure Centre, Ballymoney BT53 7AH  Weds 6th Dec | Ulster University, Coleraine BT52 1SA  **Weds 31st Jan** |
| **North West** | Fun Run 12pm  Girls 12.15pm  Boys 12.30pm | Thornhill College, 142 Culmore Rd, Londonderry BT48 8JF  Fri 27th Oct | Templemore Sports Complex  Buncrana Road  BT48 7QL  Thurs 7th Dec | Oakgrove College  Stradreagh, Gransha Park  BT47 6TG  Fri 26th Jan |
| **Co. Antrim** | Fun Run 11am  Girls 11.15pm  Boys 11.30pm | Antrim Forum,  17 Lough Road, Antrim  BT41 4DT  Thurs 26th Oct | Lisnagarvey High School, Lisburn, BT28 1HN  Mon 11th Dec | Six Mile Water Park, Ballyclare  BT39 9YU  **Thurs 1st Feb** |

**Fun Run (non- Scoring Races) will only be run if entries are high in that area**

**\*Please note the details above are provisional and may be subject to change.**