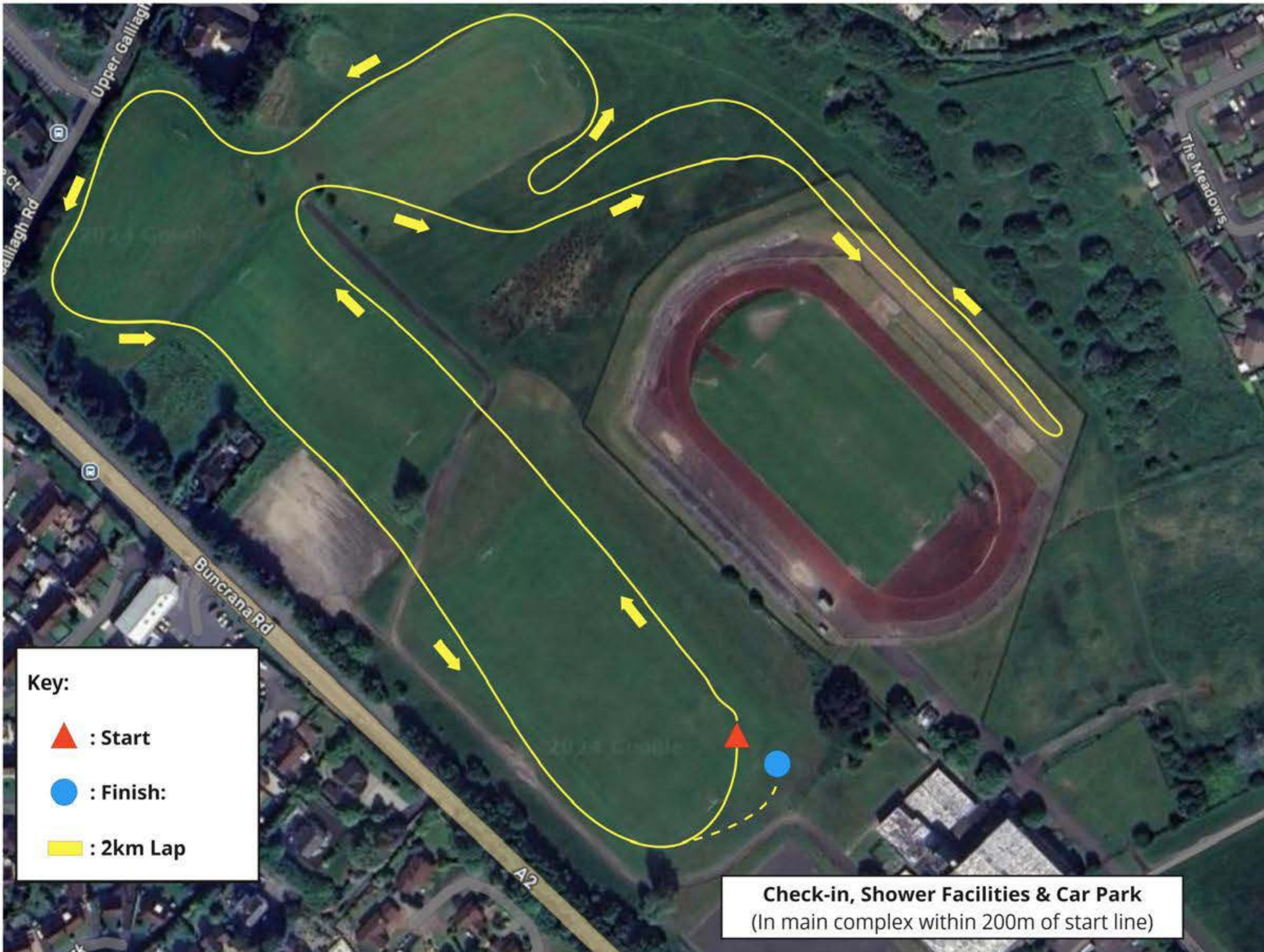


# NI And Ulster Intermediate and Masters Cross Country Championships 2025

Saturday 18th January 2025



## Key:

-  : Start
-  : Finish:
-  : 2km Lap

## MASTERS MEN 35+ & MEN 50+

- Distance: 8K (4 laps)
- Time: 12:00am

## INTERMEDIATE' WOMEN, MASTERS WOMEN 35+, WOMEN 50+ & MEN 65+

- Distance: 4K (2 laps)
- Time: 12:45pm

## INTERMEDIATE' MEN

- Distance: 8K (4 laps)
- Time: 1:15pm

## TEMPLEMORE SPORTS COMPLEX

Buncrana Road,  
Londonderry  
Derry  
BT48 7QL