

# IRISH LIFE HEALTH NATIONAL NOVICE & JUVENILE UNEVEN AGE CROSS COUNTRY CHAMPIONSHIPS



**SUNDAY 15<sup>TH</sup> DECEMBER 2019**  
**COW PARK, DUNBOYNE, CO. MEATH**



## Irish Life health ..... National Cross Country Championships



EVENT	DISTANCE	START TIME
Girls U11	1500m	11.30
Boys U11	1500m	11.40
Girls U13	2500m	11.50
Boys U13	2500m	12.05
Girls U15	3500m	12.20
Boys U15	3500m	12.40
Girls U17	4000m	13.00
Boys U17	5000m	13.25
Girls U19	4000m	14.00
Boys U19	6000m	14.20
Novice Women	4000m	14.40
Novice Men	6000m	15.10