



NI & ULSTER SENIOR CROSS COUNTRY CHAMPIONSHIPS 2025



SENIOR MEN

Distance - 10k (5 Laps)
Start time - 2.15pm
12 to run, 6 to score

SENIOR WOMEN

Distance - 6k (3 Laps)
Start time - 1.30pm
6 to run, 4 to score

YOUTH RACES

**U9&U11 - 1200m -
12.30pm**

**U13&U15 - 2000m -
1.00pm**

Additional Info:

- **Venue Opens** - 10.30am
- **Registration** - Check in and Bag drop will be in the cricket pavilion
- **Club tents** - One vehicle per club will be allowed access to the club tent area via the "Robert Street" park entrance.