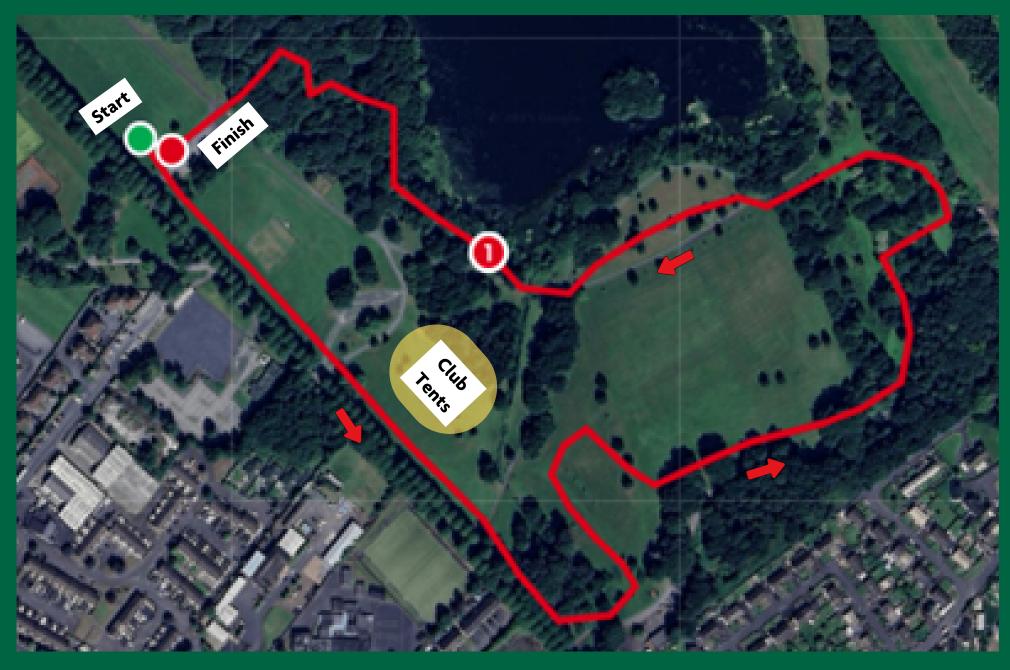


# NI & ULSTER SENIOR CROSS COUNTRY CHAMPIONSHIPS 2025





## 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.

#### **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