



NI & Ulster Age Group Championships & Bobby Rea International Cross Country 2023

Provisional Timetable

Saturday 21st October 2023

Girls Under 10	1000m	11.00am
Boys Under 10	1000m	11.10am
Girls Under 12	1500m	11.20am
Boys Under 12	1500m	11.35am
Girls Under 14	2500m	11.50am
Boys Under 14	2500m	12.10pm

BREAK

Senior & U20 Women & M60+	6000m	12:45pm
Girls Under 16	3500m	1.20pm
Boys Under 16	3500m	1.45pm
Girls Under 18	4000m	2:15pm
Boys Under 18	5000m	2.40pm
Senior Men & U20	8000m	3:20pm