



**EAST CORK ATHLETICS DIVISION**  
**eastcorkathleticsdivision.com**

**CROSS-COUNTRY CHAMPIONSHIPS 2019 - Even Ages**

**Sunday, September 29th 2019**

**At Castlelyons Start Time 11.30 a.m.**

Promoted by St. Nicholas AC

**Non Championship Event**

**Girls under 9 (born 2011) Boys under 9 (born 2011)**

**Championship Programme-**

	Born			Born	
<u>Girls under 10</u>	(2010/11)	1000m	<u>Boys under 14</u>	(2006/07)	2000m
<u>Boys under 10</u>	(2010/11)	1000m	<u>Girls under 16</u>	(2004/05)	3000m
<u>Girls under 12</u>	(2008/09)	1500m	<u>Boys under 16</u>	(2004/05)	3000m
<u>Boys under 12</u>	(2008/09)	1500m	<u>Girls under 18</u>	(2002/03)	3000m
<u>Girls under 14</u>	(2006/07)	2000m	<u>Boys under 18</u>	(2003/03)	4500m

*Awards-1st – 2nd – 3rd Ind.*

*1st – 2nd – 3rd Teams (4 to score)*

**Ladies Junior** 3000m. Awards-1st - 2nd - 3rd Ind. 1st - 2nd - 3rd Teams (4 to score)

**Ladies Senior** 4000m. Awards-1st - 2nd - 3rd Ind. 1st - 2nd - 3rd Teams (4 to score)

**Ladies Masters o35** 4000m. Awards-1st - 2nd - 3rd Ind. 1st - 2nd - 3rd Teams (3 to score)

**Ladies Masters o45** 4000m. Awards-1st - 2nd - 3rd Ind. 1st - 2nd - 3rd Teams (3 to score)

**Men Junior** 4500m. Awards-1st - 2nd - 3rd Ind. 1st - 2nd - 3rd Teams (4 to score)

**Men Senior** 6000m. Awards-1st - 2nd - 3rd Ind. 1st - 2nd - 3rd Teams (4 to score)

**Men Masters o35** 6000m. Awards-1st - 2nd - 3rd Ind. 1st - 2nd - 3rd Teams (4 to score)

**Men Masters o45** 6000m. Awards-1st - 2nd - 3rd Ind. 1st - 2nd - 3rd Teams (4 to score)

Admission—Adults €5.00. Juveniles €2.00. All pay at entrance

**JERRY RUSSELL CUP FOR BEST BOYS JUVENILE CLUB**  
**MAUREEN O'CONNELL TROPHY FOR BEST GIRLS JUVENILE CLUB**

Day 2 - Uneven Age Group - Sunday, 8th December 2019 - Details Later

Chairperson- Martin Drake Tel. 086 2129367 Hon. Sec. Tim Twomey Tel. 024 93078  
Hon. Treas.- William O'Mahony Tel. 086 8402825 PRO- Owen Corcoran Tel. 086 8603530

**www.eastcorkathleticsdivision.com**

Event Sponsor: **Imokilly Oil** Midleton, Co. Cork. Phone 021 4633888