



*Munster Senior Cross-  
Country Competition  
Booklet 2019*

All Enquiries to Munster Cross Country Secretary,  
Michael Lillis.

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*[www.munsterathletics.com](http://www.munsterathletics.com)*



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## Munster Council Officers 2019

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Position	Officer
<b>Chairman</b>	Mossie Woulfe, Limerick
<b>Vice Chairman</b>	Ina Killeen, Cork
<b>Administration Secretary</b>	Esther Fitzpatrick, Cork
<b>Treasurer</b>	Patrick O'Donoghue, Kerry
<b>Assistant Treasurer</b>	Albert Doyle, Tipperary
<b>Registrar</b>	John Copithorne, Cork
<b>PRO Juvenile</b>	Aisling Hoey, Tipperary
<b>PRO Masters</b>	James Sexton, Clare
<b>Junior, U/23, Senior &amp; Masters T&amp;F Competition Secretary</b>	Esther Fitzpatrick, Cork
<b>Junior, U/23, Senior &amp; Masters T&amp;F Assistant Competition Secretary</b>	Aisling Hoey, Tipperary
<b>Junior, Senior &amp; Masters Indoor Competition Secretary</b>	Padraig Kelly, Cork
<b>Juvenile Indoor &amp; Outdoor Track &amp; Field Competition Secretary</b>	Anne Cullinane, Limerick
<b>Juvenile Indoor &amp; Outdoor Track &amp; Field Assistant Competition Secretary</b>	Aisling Hoey, Tipperary
<b>Cross Country &amp; Road Competition Secretary</b>	Michael Lillis, Clare
<b>Cross Country &amp; Road Assistant Competition Secretary</b>	Eibhlis Purcell, Tipperary
<b>Child Officers</b>	Male - Tim Fitzpatrick, Cork Female - Mary Meagher, Cork
<b>Equipment Officer</b>	Karl O'Connell, Cork
<b>IT Officer</b>	Michael Godley, Kerry
<b>Munster Rep. National Executive</b>	PJ O'Rourke, Limerick
<b>Munster Rep. National Competition Committee</b>	Tim Ahern, Cork
<b>Munster Rep. National Juvenile Committee</b>	Tim Fitzpatrick, Cork

## Munster Council Contacts

Contact	E-mail
<b>General Information</b>	<a href="mailto:info@munsterathletics.com">info@munsterathletics.com</a>
<b>Administration Secretary</b>	<a href="mailto:tfsecretary@munsterathletics.com">tfsecretary@munsterathletics.com</a>
<b>Senior T&amp;F Competition Secretary</b>	<a href="mailto:tfsecretary@munsterathletics.com">tfsecretary@munsterathletics.com</a>
<b>Assistant Juvenile Competition (Indoor &amp; T&amp;F) Secretary</b>	<a href="mailto:ahoey@munsterathletics.com">ahoey@munsterathletics.com</a>
<b>Senior Indoor Competition Secretary</b>	<a href="mailto:indoorsecretary@munsterathletics.com">indoorsecretary@munsterathletics.com</a>
<b>Cross Country Competition Secretary</b>	<a href="mailto:ccsecretary@munsterathletics.com">ccsecretary@munsterathletics.com</a>

## Age Categories

- Senior Cross-Country athletes must be 18 years of age on the 31st December in the year of competition
- Under 23 athletes must be aged 20 and under 23 years on the 31st December in the year of competition
- Intermediate Cross-Country athletes must be 20 years or over on the 31st December in the year of competition
- Novice Cross Country athletes must be 19 years of age or over on the 31st December in the year of competition
- Junior athletes must be 16 years on the 31st December in the year of competition and under 20 years on the 31st December in the year of competition
- Master athletes both male and female attain eligibility on their 35th birthday.
- Athletes must be 18 years of age to compete in events of 10,000m and over. The recommended age groups for juveniles are: Up to U11 – 1 mile: 12 – 13 2k: 14-15 3k: 16 – 18 5k.

## Munster Athletics Cross-Country Regulations 2019



### **REGULATIONS**

- All athletes must be registered for 2019.
- Where any athlete competes in a Munster Championship and who does not have a current year's Registration Number at the time, then that athlete automatically disqualifies himself/herself from being entered for the next round of the Championship i.e. National/All-Ireland (Munster Convention 2013).
- Any athlete who has been automatically disqualified for competing in a Munster Championship without a current year's Registration Number may be prohibited from competing in all other Munster Championships/Competitions for the remainder of that calendar year (Munster Convention 2013).
- All competitors must wear official team colours.
- In Inter County Competition (Senior and Junior) all athletes must wear county colours.
- In Inter County (Senior and Junior) all entries must be approved by relevant County Board.
- Applications for regrading will be accepted on a publicised date prior to the commencement of the Cross-Country Season for individual Senior, Intermediate and Novice.

### **SENIOR**

1. Athletes must be 18 years of age or over on the 31st December in the year of competition.

### **NOVICE**

The following rules apply to athletes wishing to take part in the Munster Novice Cross Country Championships (Munster Convention 2012).

Novice athletes must be

1. 19 years of age or over on the 31st December in the year of competition.
2. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at Munster or National Novice Cross Country.
3. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at Munster or National Intermediate Cross-Country Championships.
4. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at Munster or National Senior grade A Championships.
5. An athlete who is a scoring member of the winning club or county team at Munster or National grade A Road or Cross Country.
6. An athlete who has never represented Ireland at any IAAF or EAA Championship.

7. The status of an athlete will not be altered during a Cross Country season (September to April) other than in the case of an individual win.
8. The 1st, 2nd, and 3rd individuals only lose their status at Munster Novice Cross Country and that team does not lose (Munster Convention 2013).

### **INTERMEDIATE**

That the following rules apply to athletes wishing to take part in the Munster Intermediate Cross-country Championships (Munster Convention 2012)

Intermediate athletes must be

1. 20 years of age or over on 31st December in the year of Competition.
2. An athlete who has never been an individual medal winner at Munster or National Intermediate Cross-Country Championships.
3. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at Munster or National Senior grade A Cross Country C/Ships.
4. An athlete who has never been an individual medal winner or scoring member of the winning club or county team at Munster or National Road Championships.
5. An athlete who has never been a member of a Senior International Team.
6. Status of an athlete will not be altered during a Cross Country season (September to April) other than in the case of an individual win.
6. That 1st, 2nd, and 3rd individuals only lose their status at Munster Intermediate Cross Country and that team does not lose (Munster Convention 2013).

### **UNDER 23**

1. Under 23 athletes must be aged between 20 and under 23 years on the 31st December in the year of competition.
2. Under 23 athletes must declare and must indicate correctly on entry form.

### **JUNIOR**

1. Junior athletes must be 16 years on the 31st December in the year of competition and under 20 years on the 31st December in the year of competition.
2. The U/20 (Junior) Women's Munster Cross Country Championships will be run in conjunction with the Juvenile U19 Girls Championships (Munster Convention 2019).
3. The U/20 (Junior) Men's Munster Cross Country Championship will be run in conjunction with the Juvenile U19 Boy's Championships (Munster Convention 2019).
4. An U/19 athlete may score on the U/20 Team if selected & entered as well as score on U/19 Club and County Teams.
5. For National competitions, U/18 Athletes can enter both U/18 and U/20 races and score on Club and County teams in both age categories as long as they are entered in both age groups. U/18 athletes are considered for the U/20 Euro Cross Team based on their finishing position in the trial race.

## SENIOR JUNIOR MASTER DISTANCES

Inter Club	Distance	No to Run	No to Score	No to Run	No to Score
Senior Men	10,000m	12	4	-----	-----
Senior Women	6,000m	12	4	-----	-----
Under 23 Men	6,000m	12	4	-----	-----
Under 23 Women	4,000m	12	4	-----	-----
Junior Men	6,000m	12	4	-----	-----
Junior Women	4,000m	12	4	-----	-----
Inter County				County	County
Senior Men	10,000m	-----	-----	15	6
Senior Women	6,000m	-----	-----	12	4
Junior Men	6,000m	-----	-----	12	6
Junior Women	4,000m	-----	-----	12	4
Inter Club & County		Club		County	
Novice Men	6,000m	12	4	12	6
Novice Women	4,000m	12	4	8	4
Intermediate Men	8,000m	15	4	12	6
Intermediate Women	5,000m	12	4	12	4
Masters Men	7,000m	12	4	12	4
Masters Women	4,000m	12	4	12	4

- ONLINE ENTRY** will be in operation for all Munster Cross Country Competitions. *Athletes just need to be entered as individuals. Club Teams DO NOT need to be entered online as they are free and they will be calculated from the results on the day. County Teams in the Master Age Categories only need to be declared to the Munster Cross Country Secretary on the day and all Counties will be billed for fees at the end of the last competition in December.* All details can be found on the “Forms” page of the Munster Athletics website at [www.munsterathletics.com](http://www.munsterathletics.com). **No Postal Entries will be accepted.**

**PAYMENT ONLINE ONLY, NO CHEQUES/POSTAL ORDERS.**

**Medals:**

**First 3 individuals**

**First 3 Club & County Teams**

**Fees:**

**Club**

**Free**

**County**

**€10**

**Individual**

**€5**

## Munster/National Cross-Country Championships 2019

Date	October 2019	Venue
Sun 20th	Munster Juvenile Even Age, Novice & U/23 Cross Country Championships @ 11.30am	Limerick Racecourse
Sun 10th	Munster Juvenile Uneven Age, U/20 & Senior Cross-Country Championships @ 11.30am	Conna, Co. Cork
Sat 16th	British & Irish Masters Cross Country International	England
Sun 17th	Munster Masters & Juvenile Inter-Club Cross Country Championships @ 11.30am	Beaufort, Co. Kerry
Sun 24th	Irish Life Health National Juvenile Even Age & Senior & Junior Cross-Country Championships	National Sports Campus, Abbotstown, Dublin

Date	November 2019	Venue
Sun 10th	Munster Juvenile Uneven Age, U/20 & Senior Cross-Country Championships @ 11.30am	Conna, Co. Cork
Sat 16th	British & Irish Masters Cross Country International	England
Sun 17th	Munster Masters & Juvenile Inter-Club Cross Country Championships @ 11.30am	The Demesne, Killarney, Co. Kerry
Sun 24th	Irish Life Health National Juvenile Even Age & Senior & Junior Cross-Country Championships	National Sports Campus, Abbotstown, Dublin

Date	December 2019	Venue
Sun 1st	Munster Juvenile "B" & Intermediate Cross-Country Championships @ 11.30am	Turnpike, Two Mile Borris, Co. Tipperary
Sun 8th	European XC	Lisbon, Portugal
Sun 15th	Irish Life Health National Novice & Juvenile Uneven Age Cross Country Championships	TBC