



Munster Athletics

***Munster 4 Mile Road
Competition Booklet 2024***

**Sunday 3rd March 2024
Women's Race at 1pm followed by the men's.**

Venue: Dundrum, Co. Tipperary, E34 EY28

**All Enquiries to Munster Road Secretary,
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www.munsterathletics.com



Munster Athletics

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Age Categories

- Senior athletes must be 16 years of age on the 31st December in the year of competition.
- Novice athletes must be 19 years of age or over on the 31st December in the year of competition.
- Master athletes both male and female attain eligibility on their 35th birthday.

Munster Athletics Road Regulations 2024



REGULATIONS

- All athletes must be registered for 2024.
- **An athlete can enter, novice, senior and masters as individuals but each event must have a separate online entry.**
- 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 club colours.
- Applications for regrading should be sent to the Munster Council prior to the commencement of the Road Season for individual Senior and Novice.

SENIOR

- Athletes must be 16 years of age or over on the 31st of December in the year of competition.

NOVICE

That the following rules apply to athletes wishing to take part in the Munster Novice Road Championships

1. Novice athletes must be 19 years of age or over on 31st Dec. in the year of competition.
Must be: -
2. An athlete who has never been an individual medal winner (1st, 2nd & 3rd male, or 1st female) at Munster or National Novice Cross Country.
3. An athlete who has never been an individual medal winner (1st, 2nd & 3rd male, or 1st female) at Munster or National Intermediate Cross-Country C/Ships.
4. An athlete who has never been an individual medal winner (1st, 2nd & 3rd male, or 1st female) at Munster or National Senior grade A Championships.
5. An athlete who has never represented Ireland at any IAAF or EAA Championship.

MEDALS & TEAM SCORING

- 1st 3 athletes across the line in each age group (Senior, Novice & Masters (all categories in 5-year increments 0/35, 040, 045.....) win an individual medal.
- Master team categories for Club and County are Women O35 & O50, and Men 035, 050 and 065.
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| Age Category | Club Teams | County Teams |
|-------------------------|------------|--------------|
| Novice Women | 4 to score | 6 to score |
| Novice Men | 4 to score | 6 to score |
| Senior Men | 4 to score | 6 to score |
| Senior Women | 4 to score | 6 to score |
| Master Women & Men 035 | 4 to score | 4 to score |
| Master Women & Men 0/50 | 4 to score | 4 to score |
| Men 0/65 | 3 to score | 3 to score |

- **ONLINE ENTRY** will be in operation for the Munster 4 Mile Road Championships. ***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 are also based on finishing results on the day BUT Counties must enter their teams online in advance. Name of team required, no need to name individual athletes.*
- Fees: €10.59 per individual age category. Athletes can enter more than one category (Senior, Novice, Masters) on the day. €15.75 per County team.



Munster Road Championships



Eircode E34 EY28
Dundrum 03-03-2024

Map of Course

4miles for Women and 4 miles for Men separate races Women first off at 1pm

