



1000m



500m



2000m



Girls and Boys U/9, 750m (Run to the Finish
 Girls and Boys U/11, 1,500m (1 Blue lap and
 1 Green Lap)
 Girls and Boys U/13, 2,500m (1 Blue Lap and
 1 Red lap)
 Girls and Boys U/15, 3,500m (1 Blue lap 1
 Green Lap and 1 Red Lap)
 Girls U/17 & U/19 & Junior Ladies 4,000m
 (2 Red Laps)
 Boys U/17 & U.19 & Junior Men 5,500m (1
 Blue, 1 Green and 2 Red Laps)
 Senior Ladies, 6,000m (3 Red Laps)
 Senior Men, 10,000m (5 Red Laps)

U/9 Starts



County Juveniles Relays
 age and Senior Cross
 Country with thanks to
 Donal, Liam and the Hayes

Toilets

All Starts
 Except U/9

P/A

Chip Timing

Finish

Course
 Entrance/Exit

Toilets

Exclusion
 Zone Line

Toilets