




East Cork Athletics Division Cross-Country Championships 2023

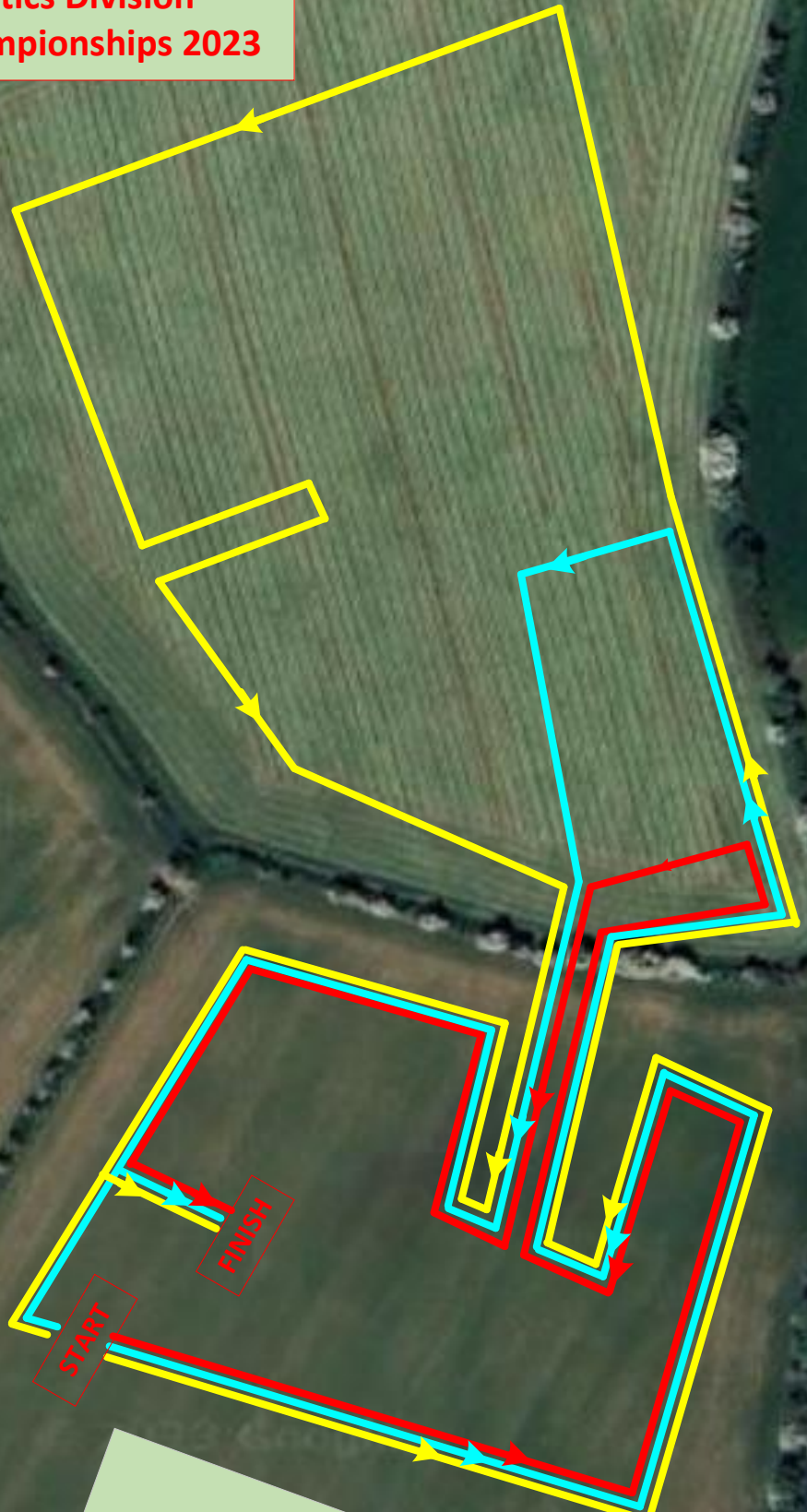
DISTANCES

GU9: 750m
BU9: 750m
GU11: 1500m
BU11: 1500m
GU13: 2000m
BU13: 2000m
GU15: 3000m
BU15: 3000m
GU17: 3000m
BU17: 4500m

GU19: 4000m
BU19: 4500m

Ladies Novice: 4000m
Men Novice: 6000m

 750m loop
 1000m loop
 1500m loop



START

FINISH

PARKING