



**EAST CORK ATHLETICS DIVISION**  
eastcorkathleticsdivision.com

**CROSS-COUNTRY CHAMPIONSHIPS 2023**

**Saturday, September 16th 2023**

Promoted by: St. Catherines AC

**Start Time 11.30 hrs**

Venue: Monagown, Conna

**Championship Programme-**

<b>Girls under 9</b>	<b>Born</b> (2015)	750m	<b>Boys under 13</b>	<b>Born</b> (2011/12)	2000m
<b>Boys under 9</b>	(2015)	750m	<b>Girls under 15</b>	(2009/10)	3000m
<b>Girls under 11</b>	(2013/14)	1500m	<b>Boys under 15</b>	(2009/10)	3000m
<b>Boys under 11</b>	(2013/14)	1500m	<b>Girls under 17</b>	(2007/08)	3000m
<b>Girls under 13</b>	(2011/12)	2000m	<b>Boys under 17</b>	(2007/08)	4500m

*Awards-1st – 2nd – 3rd Ind.*

*1st – 2nd – 3rd Teams (4 to score)*

<b>Girls under 19</b>	<b>Born</b> (2005/2006)	4000m	<i>(Note 3 to score)</i>
<b>Boys under 19</b>	(2005/2006)	4500m	<i>(4 to score)</i>

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

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

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Admission—Adults €5.00. Juveniles €3.00. €10 per Family. All pay at entrance

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

Day 2 - Even Age Group, Junior, Senior & Master XC - Sunday 24<sup>th</sup> September 2023  
Venue - TBC

**Chairperson:** John Hennessy  
**Vice Chairperson:** Lorraine Manning  
**Hon. Secretary:** Mike Dorney

**Hon. Treasurer:** Willie O'Mahony  
**Ass. Treasurer:** Kevin Hayes  
**PRO:** Catherine Carroll

[www.eastcorkathleticsdivision.com](http://www.eastcorkathleticsdivision.com)