



EAST CORK ATHLETICS DIVISION

eastcorkathleticsdivision.com

CROSS-COUNTRY CHAMPIONSHIPS 2023

Sunday, September 24th 2023
Promoted by: Carraig na bhFear AC

Start Time 11.30 hrs
Venue: Ballinahina, White's Cross
Nearest Eircode: T23 AY86

Championship Programme-

	Born			Born	
Girls under 10	(2014/15)	1000m		Boys under 14	(2010/11) 2000m
Boys under 10	(2014/15)	1000m		Girls under 16	(2008/09) 3000m
Girls under 12	(2012/13)	1500m		Boys under 16	(2008/09) 3000m
Boys under 12	(2012/13)	1500m		Girls under 18	(2006/07) 3000m
Girls under 14	(2010/11)	2000m		Boys under 18	(2006/07) 4500m

Awards-1st – 2nd – 3rd Ind.

1st – 2nd – 3rd Teams (4 to score)

Ladies Junior	(2004/05/06/07)	3000m.	<i>Awards-1st - 2nd - 3rd Ind. 1st - 2nd - 3rd Teams (4 to score)</i>
Ladies Senior		4000m.	<i>Awards-1st - 2nd - 3rd Ind. 1st - 2nd - 3rd Teams (4 to score)</i>
Ladies Masters 035		4000m.	<i>Awards-1st - 2nd - 3rd Ind. 1st - 2nd - 3rd Teams (3 to score)</i>
Ladies Masters 045		4000m.	<i>Awards-1st - 2nd - 3rd Ind. 1st - 2nd - 3rd Teams (3 to score)</i>
Men Junior	(2004/05/06/07)	4500m.	<i>Awards-1st - 2nd - 3rd Ind. 1st - 2nd - 3rd Teams (4 to score)</i>
Men Senior		6000m.	<i>Awards-1st - 2nd - 3rd Ind. 1st - 2nd - 3rd Teams (4 to score)</i>
Men Masters 035		6000m.	<i>Awards-1st - 2nd - 3rd Ind. 1st - 2nd - 3rd Teams (4 to score)</i>
Men Masters 045		6000m.	<i>Awards-1st - 2nd - 3rd Ind. 1st - 2nd - 3rd Teams (4 to score)</i>

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

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