



1000m



500m



2000m



Girls and Boys U/10, 4 X 500m
Girls and Boys U/12, 4 X 500m
Girls and Boys U/14, 4 X 500m
Girls and Boys U/16, 4 X 500m
(1 blue lap X 4 times from the start Changing over at the starts finishing at the finish)

Senior Ladies, 6,000m (3 Red Laps)
Senior Men, 10,000m (5 Red Laps)

2 3 4

All Starts

P/A

Finish

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

Exclusion
Zone Line

Finish and
results

Course
Entrance/Exit

Toilets

