

Rás na hÉireann



Larry McGuill

# Rás na hÉireann Cross Country 2022

incorporating the Noel Mc Guill / Sandra Floyd Cups  
Battle of the Boyne Site, Oldbridge Drogheda  
Sunday February 20th 2022

Girls	12:00	Under 9 (Born 2014 or after)	500m
Boys		Under 9 (Born 2014 or after)	500m
Girls	12:10	Under 11 (Born 2012 or 2013)	1000m
Boys		Under 11 (Born 2012 or 2013)	1000m
Girls	12:20	Under 13 (Born 2010 or 2011)	1500m
Boys		Under 13 (Born 2010 or 2011)	1500m
Girls	12:35	Under 15 (Born 2008 or 2009)	2500m
Boys		Under 15 (Born 2008 or 2009)	2500m
Girls	13:00	Under 17 (Born 2006 or 2007)	3000m
Boys		Under 17 (Born 2006 or 2007)	4000m

Prizes : 1st 6 individuals plus top 3 teams of 4 athletes in all juvenile races.

Mixed	13:00	Open Fun Race	3000m
Ladies	13:30	Senior, Junior & Masters	4000m
Men	14:00	Senior, Junior & Masters	6000m

## Prizes

- 1st 10 seniors, 1st three Juniors (under 20), 1st 3 O-40,45,50 & 55 Masters
- 1st 3 club teams (teams to include any combination of Senior, Junior or Master)
- 1st Men team will be awarded the Noel McGuill Cup.
- 1st Ladies team will be awarded the Sandra Floyd Cup

All Juvenile Race Entries €5

Senior and Master Race Entry fee €10

**NO GATE FEE ON THE DAY**

Contact Ras at [tydunleer04@gmail.com](mailto:tydunleer04@gmail.com) or on 087 7975701

With kind permission of the OPW

Athletics Ireland Permit

Location of Larry McGuill Ras na hÉireann : On the South bank of the River Boyne, 3km north of Donore Village.  
The site is sign-posted: off the N51 (Slane/Drogheda), off the M1 (Dublin/Belfast), and off the N2 (Slane/Ashbourne).