

LEINSTER NOVICE & EVEN AGES

CROSS COUNTRY

- U12 **2000M 2 Blue laps**
- U14 **3000M 2 Red laps**
- U16 **4000M 1 Blue & 2 Red Laps**
- U18 Girls & Junior Women
4000M 1 Blue & 2 Red laps
- U18 Boys & Junior Men
6000 4 Red Laps
- Novice Women
4000M 1 Blue & 2 Red laps
- Novice Men **6000 4 Red laps**

