



Athletics Leinster Novice and Master Road Championships

Gowran, Co. Kilkenny – Saturday 4th May 2024

Hosted by Gowran A.C.

EVENTS and TIMETABLE

Event	Distance	Time (approx.)
Master Women	3k	3pm
Master Men	6k	3.25pm
Novice Women	3k	4pm
Novice Men	6k	4.20pm

ELIGIBILITY

Novice

- A Novice athlete must age 19 years or over in the year of competition
- An athlete who has no individual medal – 1st, 2nd or 3rd – from any Provincial or National Road Championship
- Road and Cross Country are treated as separate entities
- Medals won in Cross Country Championships do not affect eligibility in Road Championships

Master

- A Master athlete becomes eligible on his/her 35th birthday
- Categories:
 - Men O/35, 40, 45, 50, 55, 60, 65, 70 [M75+ shall score with M70]
 - Women O/35, 40, 45, 50, 55, 60 [W65+ shall score with W60]

ENTRY FEES

Individual €8.00* Club team €25* County team €30*

*Plus, any fee payable for online entry. Link *via* athleticsleinster.org and Athletics Leinster Facebook page

CLOSING DATE FOR ENTRIES

Entries close **12 midnight on Monday 29th April 2024** (All entries are online – no late entries)

TEAMS

Category	CLUB		COUNTY **Note 2	
	Enter	Scoring	Enter **	Scoring
Novice Women	8	4	8	4
Novice Men	8	4	12	6
Master Women O/35	6	3	6	3
Master Women O/50	6	3	6	3
Master Men O/35	8	4	8	4
Master Men O/50 **Note 1	6	3	6	3

Note 1 * An O/50 Master wishing to compete as part of an O/35 team must enter as part of the O/35 team at time of entry – no changes on the day of the event

Note 2 ** There are **two** options available to the County Secretary for entering County Teams

- **Declared Team** – County Secretary completes the online entry and lists the name of each athlete on the team. Only athletes named at time of entry will score for team places at the Championships. **No changes on the day to named County teams**
- **Undeclared Team** – County Secretary selects this option online and all athletes from a County are **automatically** categorised as being on the County team, provided that they have already been entered either on a Club team or as an individual. If not entered on a Club team or as an individual, the athlete cannot compete as they will not have a race number and therefore are not entered. No on-the-day team declarations will be accepted

Contact: Leinster Road and Cross Country Secretary, **Martin J Heery** athleticsleinsterxcsec@gmail.com