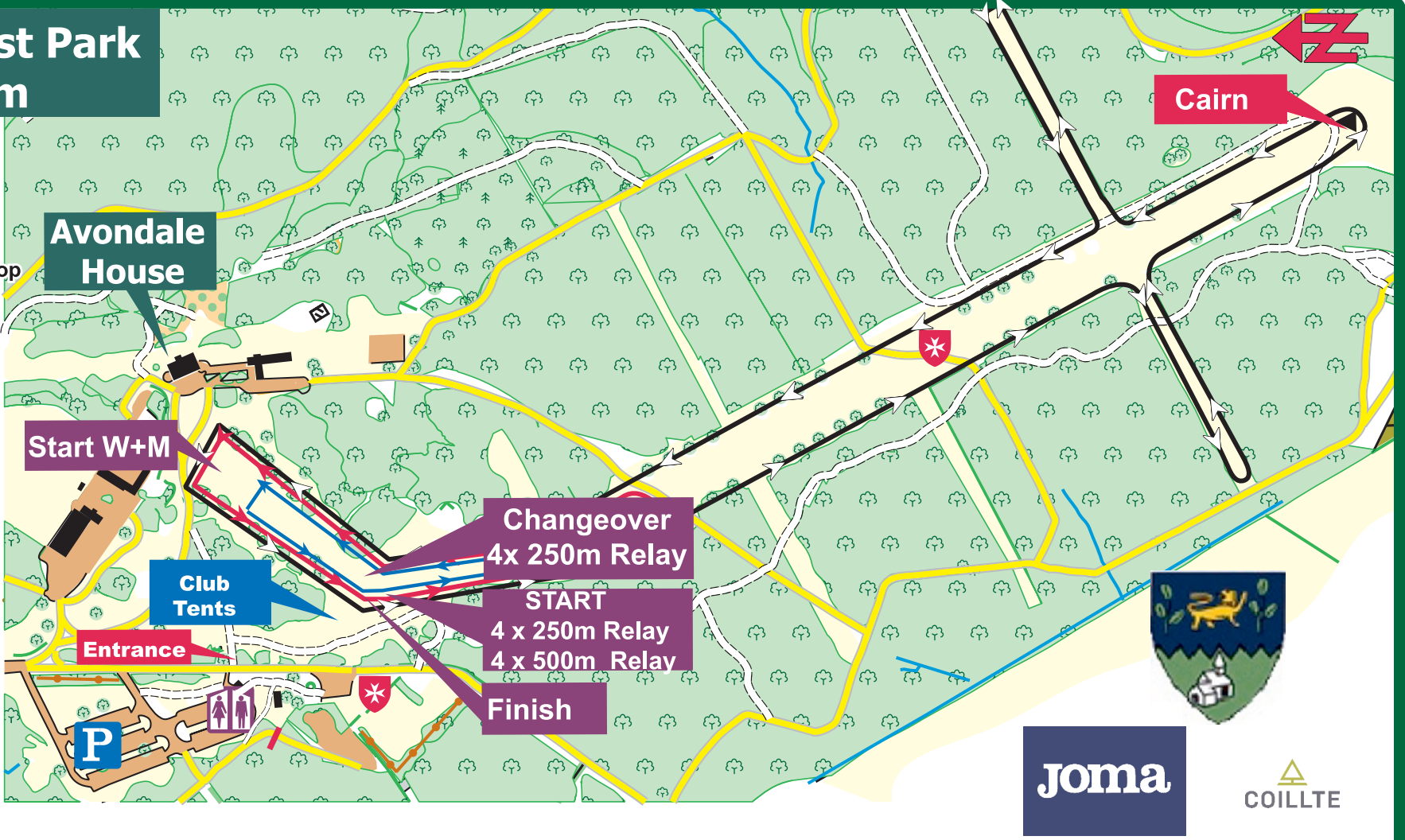


Avondale Forest Park Rathdrum

- Map Legend
- 250M / 500m Blue Loop
 - 1000m Loop
 - 3000m Loop
 - Parking
 - Toilets
 - First Aid



Athletics Leinster
Intermediate & Masters
Cross Country Championships
& Juvenile Relays U12, U14, U16
Hosted by Athletics Wicklow
SUN JANUARY 21st 2024
AVONDALE FOREST PARK
RATHDRUM

Time	Category	Distance	Route
11-00am	U12 Girls	4 x 250m	2 x Blue Loop
11-10am	U12 Boys	4 x 250m	2 x Blue Loop
11-20am	U14 Girls	4 x 500m	4 x Blue Loop
12-35pm	U14 Boys	4 x 500m	4 x Blue Loop
12-50pm	U16 Girls	4 x 500m	4 x Blue Loop
12-05pm	U16 Boys	4 x 500m	4 x Blue Loop
12-30m	Masters Women + Men 65+	4000m	1 x Red Loop + 1 Black Loop
12-55pm	Masters Men	7000m	1 x Red Loop + 2 x Black Loop
1-25pm	Intermediate Women	5000m	2 x Red Loop + 1 Black Loop
1-50pm	Intermediate Men	8000m	2 x Red Loop + 2 Black Loop