



Athletics Leinster

Cross Country 2024 (Day 1) Booklet

Athletics Leinster

Cross Country Championships 2024 (Day 1)

Intermediate & Masters Cross Country & Juvenile Cross Country Relays Under 12, 14 & 16

V2 (4 Jan)

Note 1: Earlier start time of **11am**

Note 2: 2024 age categories apply for Juvenile Relays

Note 3: Important changes for 2024

- Master Women o/60 **COUNTY** team category added
- To align with race distances used in Nationals:
- **Intermediate Women** distance increased to **5,000m**
- **Master Men (35 to 64 years)** distance increased to **7,000m**

Contact

Leinster Cross Country Secretary

Greg Duggan

athleticsleinsterxcsec@gmail.com



Athletics Leinster Cross Country 2024 (Day 1)			
Date	Start Time	Age Category	Venue
Hosted by Dunboyne AC			
SUNDAY 21 st January 2024	11.am	Intermediate & Masters Cross Country & Juvenile Cross Country Relays under 12, 14 & 16	Avondale Forest Park, Rathdrum, Co. Wicklow A67 P303

Closing Date: Sunday 14th January 2024 (**all entries online, no late entries**).

2024 Age Groups:

1. Juvenile age categories calculated from 31st December in the year of competition.
2. No Juvenile athlete may obtain a birthday in the year of competition and compete in that age.
3. All athletes may move up one age group in cross country relays, i.e. an U11 can compete at U12, an U13 at U14, and an U15 at U16.

Under 12 – born 2013 or 2014

Under 14 – born 2011 or 2012

Under 16 – born 2009 or 2010

Intermediate: must be ages 20 years or over on the 31st December in the year of competition.

Masters Athletes: commencing at Over 35 for men and women, an athlete becomes a master on his or her 35th birthday.

- Categories:
 - Men O/35, 40, 45, 50, 55, 60, 65, 70.
 - Women O/35, 40, 45, 50, 55, 60.



Cross Country Entry Fees

Individual:

Intermediate	€10
Master	€10

Teams:

Juvenile Relay Team	€12
Intermediate & Master Club Team	€25
Intermediate & Master County Team	€30

Please note all fees are subject to a transaction charge

Gate Admission

€5 per adult not competing – pre-paid ticket or on the day card payment only
This is a "no cash" event

Online Entry Only – Payment by Credit/Debit Card

All entries *via* link, which is available on the Athletics Leinster website and Facebook page

www.athleticsleinster.com

Online Entries Close – Sunday 14th January 2024



2024 (Day 1) Cross Country Race Distances

Distance	Female	Male	Distance
4 x 250m relay	Under 12	Under 12	4 x 250m relay
4 x 500m relay	Under 14	Under 14	4 x 500m relay
4 x 500m relay	Under 16	Under 16	4 x 500m relay
5,000m	Intermediate	Intermediate	8,000m
4,000m	Masters	Masters (O/35 to age 64)	7,000m
		Masters over 65+ *	4,000m *

* To score on a Master Men 50+ Club or County team, master men over 65+ must compete at 6,000m.

Entry & Competition Rules

All entrants must be registered with Athletics Ireland in the year of competition.

LEINSTER INTERMEDIATE

Eligibility:

- An athlete who has no individual medal 1st, 2nd or 3rd from any Provincial or National Cross Country Championship.
- Cross Country and Road are treated as separate.
- Medals won in Road Championships do not affect eligibility in Cross Country.

AGE CATEGORIES FOR CROSS COUNTRY

- **Juvenile Relays:** Under 12, 14 16. An athlete may move up one age group in cross country relays, i.e. an U11 can compete at U12, an U13 at U14, and an U15 at U16.
- **Intermediate Athletes** – must be ages 20 years or over on the 31st December in the year of competition.
- **Master Athletes** – commencing at Over 35 for both women and men, an athlete becomes a master on his or her 35th birthday.
 - Categories
 - Men O/35, 40, 45, 50, 55, 60, 65, 70.
 - Women O/35, 40, 45, 50, 55, 60.
- Club singlets must be worn.
- If a county is entering **undeclared teams** then clubs must ensure they have all their athletes entered. Liaise with County Secretary as necessary.
- **Only athletes who are officially entered and have a valid race number are permitted to run. Passing on numbers is not allowed. Any athlete who does this will not be recorded in results and may cause disqualification for team mates/other club athletes and disqualification from future Athletics Leinster Championship events.**



Start Area, Finish Area, Cross Country Course and medal presentation area

These areas are for officials and athletes only. COACHES AND PARENTS ARE STRICTLY NOT ALLOWED in these areas at any time. Those found to be in violation of this guideline risk disqualification of their athletes and possibly their club. Please stay outside of the perimeter ropes around the course and areas mentioned at all times.

Photography

In line with the recommendation in Athletics Ireland's Code of Conduct, Athletics Leinster requests that any person(s) wishing to engage in any video, zoom or close-range photography should register their details with **Greg Duggan, Athletics Leinster Road and Cross Country Secretary** prior to commencing. It is not advisable that children are photographed or filmed without their permission and/or the permission of their parent/guardian.

Respect

Athletics Leinster Officials and Club Officials, who are vital in ensuring our Championships can take place and run smoothly, are to be shown respect at all times. Athletes, parents/guardians and coaches are to ensure that if they have a grievance the proper appeal procedure is used. Verbal or physical abuse will not be tolerated and will be reported to your club officials and followed up by Athletics Leinster.

Athletics Leinster Appeals Procedure

Any appeal in the first instance shall be presented in writing to either the competition manager or track referee as appropriate within 15 minutes of the finish of the event. Appeals will only be accepted when presented by a competent club official citing basis for appeal and any backup evidence. If the initial appeal is unsatisfactory, the decision may then be appealed to a Jury of Appeal accompanied by a fee of €20 (refundable in the case of a successful appeal). This appeal must be presented on the official Appeals Form available on request at "Check-In", within 20 minutes of the outcome of the initial appeal. The Jury of Appeal shall, in the first instance, be comprised of the Leinster Chairperson, the Leinster Road and Cross Country Secretary and the Track Referee on the day. In the case of a conflict of interest on any matter an alternate shall replace the conflicted member(s) for the determination of that issue. In the event that any member/alternate of first instance is unavailable on the day of competition they may be substituted by the Leinster Vice-Chairman, the Leinster Treasurer or such other Leinster Officers as are present on the day, as appropriate. All appeals will be dealt with on the day. The ruling of the Jury of Appeal shall be final.



Appeal Form

Date:	Time:
Athlete Name:	
Club:	
Event:	
Details:	
Club Official:	Role:
Must be accompanied by Appeal Fee of €20 (refundable in the case of a successful appeal).	

Please direct any queries to **Greg Duggan, Athletics Leinster Road & Cross Country Secretary** by email to athleticsleinsterxcsec@gmail.com.



Intermediate & Masters Club Teams

Scoring:

Enter	Scoring	Age Category	Category
10	4	Intermediate	Men & Women
10	3	Masters 35+	Women
10	3	Masters 50+	Women
10	4	Masters 35+	Men
10	3	Masters 50+ *	Men *

* To score on a Master Men 50+ Club or County team, master men over 65+ must compete at 6,000m.

Intermediate & Masters County Teams

Scoring:

Enter	Scoring	Age Category	Category
15	4	Intermediate	Women
15	6	Intermediate	Men
15	3	Masters 35+	Women
15	3	Masters 50+	Women
15	3	Master 60+	Women
15	4	Masters 35+	Men
15	4	Masters 50+ *	Men
15	3	Masters 65+	Men

* To score on a Master Men 50+ Club or County team, master men over 65+ must compete at 6,000m.

PLEASE NOTE: There are two options available to the County Secretary for entering County Teams.

Declared Team – County Secretary completes the online entry and list 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 by their club. If not entered by their club, 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.



Cross Country Awards

Juvenile Relays – Under 12, 14 & 16

Championship medals to:

- Top **3** Relay Teams in each category (a substitute must be declared and present to receive a medal; cross country juvenile relays – 4 to compete with up to 2 substitutes per team).

Intermediate

Championship medals to:

- Top **3** Individuals.
- Top **3** Club Teams.
- Top **3** County Teams.

Masters

Championship medals to:

- Top **3** individual men and women in each category O/35, 40, 45, 50 etc.
- Top **3** Women's Club Teams **O/35** (all categories combined O/35, 40, 45, 50, 55, 60).
- Top **3** Women's Club Teams **O/50** (combined category O/50, 55, 60).
- Top **3** Men's Club Teams **O/35** (combined category O/35, 40, 45).
- Top **3** Men's Club Teams **O/50** (combined category O/50, 55, 60 etc).
- Top **3** Women's County Teams **O/35** (all categories combined O/35, 40, 45, 50, 55, 60).
- Top **3** Women's County Teams **O/50** (combined category O/50/55/60)
- Top **3** Women's **COUNTY** Teams **O/60**.
- Top **3** Men's County Teams **O/35** (combined category O/35/40/45).
- Top **3** Men's County Teams **O/50** (combined category O/50/55/60 etc).
- Top **3** Men's **COUNTY** Teams **O/65** (combined category O/65, 70)

Note: O/55+ male & female athletes may compete in the O/35/40/45/50 club/county teams, but not *vice versa*.

For Declared County Teams – all athletes, regardless of category, must be named by the County Secretary.



Leinster Officers

Leinster Officers	
Chair	Catriona Duffy
Vice Chair	Joe Walsh
Secretary & Registrar	Paul Archbold
Treasurer	Majella McGrath
Assistant Treasurer	Ciara Henaghan
Road & Cross Country Secretary	Greg Duggan
Assistant Road & Cross Country Secretary	Martin Heery
Indoor Track & Field Competition Secretary	vacant
Outdoor Track & Field Competition Secretary	David Denieffe
Coaching & Development Officer	vacant
Technical Support	Andrew Lynam
PRO	Mary Daly
PRO	Adrian Martin
Child Welfare Officer	Margaret Daly
Child Welfare Officer	Joe Walsh

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