



Athletics Leinster
Cross Country 2025 Booklet

Athletics Leinster

Cross Country Championships 2025

**Day 1 – Intermediate and Masters Cross Country, and
Juvenile Relays**

Day 2 – Novice, Under 20 and Juvenile Even Ages

Day 3 – Senior and Juvenile Uneven Ages

Day 4 – Juvenile 'B' and Juvenile Mixed Relays

V3 – 24.03.2025

Contact

Athletics Leinster Cross Country Secretary

Martin J Heery

athleticsleinsterxcsec@gmail.com



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2025 Athletics Leinster Cross Country Programme			
Date	Start Time	Age Category	Venue
Day 1 – Hosted by – Athletics Offaly			
Saturday 18 th January 2025	11.30am	Intermediate and Masters Cross Country and Juvenile Relays	The Faithful Fields, Kilcormac, Co. Offaly, R42 FX97
Day 2 – Hosted by – TBC			
Saturday 25 th October 2025	11.30am	Novice, Under 20 and Juvenile Even Ages	TBC
Day 3 – Hosted by – TBC			
Saturday 8 th November 2025	11.30am	Senior and Juvenile Uneven Ages	TBC
Day 4 – Hosted by – TBC			
Saturday 29 th November 2025	11.30am	Juvenile 'B' and Juvenile Mixed Relays	TBC

Closing Dates (all entries are online – No late entries):

Day 1 - Intermediate and Masters Cross Country and Juvenile Relays – Sunday 12th January 2025 at 11:59pm

Day 2 – Novice, Under 20 and Juvenile Even Ages – Sunday 19th October 2025 at 11:59pm.

Day 3 – Senior and Juvenile Uneven Ages – Sunday 2nd November 2025 at 11:59pm.

Day 4 – Juvenile 'B' and Juvenile Mixed relays – Sunday 23rd November 2025 at 11:59pm.

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



Cross Country Entry Fees

Individual:

Individual	U11 – U16	€4
Individual	U17 – U19	€5
Under 20		€6
Novice		€8
Intermediate		€8
Senior		€8
Masters		€10

Teams:

Relay Team	€12
Club Team	€25
County Team	€30

Please note all fees are subject to a transaction charge (4%)

Spectator Entry (including dogs)

- Spectator tickets for non-athlete and non-officials over the age of 16 can be purchased online in advance at a cost of €6 per ticket. Tickets for multiple days can be bought online in advance at a cost of €5 per ticket per day. Tickets bought on the day whether online or by card will cost €7.
- This is a “no cash” event.
- Tickets will be exchanged for wristbands and these must be worn at all times to gain admittance to the venue. Wristbands that have been removed or deemed by the gate official to have been tampered with will be confiscated and the individual who presented it will be refused admission unless they purchase / present a new / unscanned ticket.
- No dogs (other than service dogs) will be permitted to enter.

www.athleticsleinster.com

Subs Medals

- Subs medals can be purchased for adult and juvenile club or county medal winning teams, at a cost of €3 each.



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Entry and Competition Rules

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

If a county is entering undeclared teams, then clubs must ensure they have all their athletes entered. Liaise with County Secretary as necessary.

Club singlet must be worn. If no singlet is available – a plain white tee-shirt is permitted. No other form of dress (e.g., football shirts) is allowed.

Following on from AAI correspondence, national apparel (singlet or shorts) is to be worn only when representing Ireland at International Competition, with athletes who compete at any Athletics Leinster events wearing national apparel risking disqualification.

Only athletes who are officially entered and have a valid race number are permitted to run. Valid race number must be worn. If no valid race number, then athlete can't compete. 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.

Athletes are not permitted to carry or use electronic recording or transmission equipment during competition.

Athletics Leinster 'B' Cross Country

Eligibility:

- Juvenile 'B' Cross Country is open to athletes who **did not win** a medal at the Athletics Leinster Cross Country Championships in 2025, in any age group – even or uneven, i.e., an individual top-12 place medal, or a medal as a **scoring member** of a top 3 placed club or county team.

Age categories for 'B' Cross Country:

- Ages: Under 11, 13, 15, 17. An athlete may move up one age group to compete (e.g., an U10 can move up to U11).
- In 'B' cross country, ALL entrants shall enter as individuals.
- Club or County team entries are not required; every athlete will be automatically assigned to their Club and County team and results will be determined by the first 4 Club athletes and the first 6 County athletes across the line; no team declaration is necessary.



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Athletics Leinster Juvenile Relays

Eligibility:

- Juvenile Relays are open to all registered athletes affiliated to Athletics Leinster, which comprises the Counties of the Province of Leinster, **excluding** Dublin and Longford.

Age categories for Relays (Day 1):

- Ages: Under 12, 14, 16. An athlete may move up one age group to compete (e.g., an U11 can move up to U12).

Age categories for Mixed Relays (Day 4):

- Ages: Under 11, 13, 15, 17. An athlete may move up one age group to compete (e.g., an U10 can move up to U11).
- In Mixed Relays, Clubs may enter multiple teams; all members of a team may move up one year to make up teams.
- Mixed Relay teams must comprise of 2 male and 2 female athletes, while the running order in all Mixed Relays shall be Female – Male – Female – Male.

Athletics Leinster U18 and U20 Combined Race

Scoring in the event is as follows:

- The first three U20 athletes across the line are placed 1st, 2nd and 3rd U20 and presented with individual U20 medals.
- The first twelve U18 athletes across the line are placed 1–12 at U18 and presented with individual U18 medals.
- Under 20 team results will be listed containing the names of all athletes who entered as U20
- U18 athletes can score on U18 and U20 teams, **on condition that they have entered on teams in BOTH events and will not be automatically included in U20 teams** unless entered along with U20 athletes on U20 teams.

Athletics Leinster Novice

Eligibility:

- An athlete who has no individual medal 1st, 2nd or 3rd from any Provincial or National Novice, Intermediate and/or Senior Cross Country Championship.
- Cross Country and Road are treated as separate events, where medals won in road championships do not affect eligibility in Cross Country.
- An athlete must be aged 19 years or over on the 31st December in the year of competition.
- U20 athletes do **not** break their Novice status in cross country.

Athletics Leinster Intermediate

Eligibility:

- An athlete who has no individual medal 1st, 2nd or 3rd from any Provincial or National Intermediate and/or Senior Cross Country Championship.
- Cross Country and Road are treated as separate events, where medals won in road championships do not affect eligibility in Cross Country.
- An athlete must be aged 20 years or over on the 31st December in the year of competition.



Athletics Leinster U23 and Senior Combined Race

Scoring in the event is as follows:

- The first three athletes across the line are placed 1st, 2nd and 3rd Seniors and presented with individual Senior medals (even if an U23 athlete).
- The first three U23 athletes outside of the top three overall in the race are placed 1st, 2nd and 3rd at U23 and presented with individual U23 medals.
- U23 results will be listed containing the names of all athletes who entered as U23.
- There shall be no U23 teams; U23 athletes shall score on Senior teams.

Athletics Leinster Masters

Eligibility:

- An athlete becomes a master on his or her 35th birthday.

Age categories for Masters:

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

2025 Age Groups

1. Age categories calculated from 31st December in the year of competition.
2. No athlete may obtain a birthday in the year of competition and compete in that age, with the exception of Master athletes.
3. Age Categories for 2025 apply to all Athletics Leinster Juvenile competition in this booklet.
4. For U11 to U19, all athletes may compete in their own age group and one age group up (e.g., an U10 can also compete at U11 event but not U12).
5. Under 20 athletes must be aged 16 years and under 20 years on 31st December in year of competition.
6. Senior Athletes must be aged 18 years and over on the 31st December in the year of competition.

Under 11 – born 2015 or 2016

Under 12 – born 2014 or 2015

Under 13 – born 2013 or 2014

Under 14 – born 2012 or 2013

Under 15 – born 2011 or 2012

Under 16 – born 2010 or 2011

Under 17 – born 2009 or 2010

Under 18 – born 2008 or 2009

Under 19 – born 2007 or 2008

Under 20 (for INDIVIDUAL entry) – born 2006 or 2007

Under 20 (for TEAM entry) – born 2006, 2007, 2008 or 2009



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 **Martin J Heery, Athletics Leinster Cross Country and Road 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 that 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

- Protests concerning the result or conduct of an event shall be made within 20 minutes of the official announcement of the result of that event.
- Any protest in the first instance shall be made *orally* to the Referee by the athlete or someone acting on their behalf. The Referee may decide the protest or refer it to the Jury of Appeal. To arrive at a fair decision the Referee should use any available evidence they feel is necessary. If the Referee makes a decision, there shall be a right of appeal to the Jury. The appeal to the Jury should only come after a decision by the Referee.
- An appeal to the Jury of Appeal must be made within 20 minutes of the official announcement of the amended result of an event arising from the decision made by the Referee, or of the advice being given to those making the protest, where there is no amendment of any result.
- The appeal to the Jury must be presented on the official Appeals Form available on request at "Check-In", signed by a responsible club official on behalf of the athlete or team and shall be made within 20 minutes following the decision of the Referee and shall be accompanied by a €20 fee in cash which will be forfeited if the appeal is unsuccessful.
- The Jury of Appeal shall consult all relevant persons, including the relevant Referee (except when their decision is to be fully maintained by the Jury of Appeal). If the Jury of Appeal is in doubt, other available evidence may be considered. If such evidence, including any available video evidence, is not conclusive, the decision of the Referee shall be upheld.
- The Jury of Appeal may reconsider a decision if new conclusive evidence is presented, provided the new decision is still applicable. Normally, such re-consideration may be undertaken only prior to the Victory Ceremony for the applicable event, unless the relevant governing body determines that circumstances justify otherwise.
- The Jury of Appeal shall, in the first instance, be comprised of the Athletics Leinster Chairperson, the Athletics Leinster Cross Country and Road 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 Athletics Leinster Vice-Chairman, the Athletics Leinster Treasurer or such other Athletics Leinster Officers as are present on the day, as appropriate.
- All appeals will be dealt with on the day. The decision of the Jury of Appeal shall be final and there shall be no further right of appeal.



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Appeal Form

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

Please direct any queries to **Martin J Heery, Athletics Leinster Cross Country and Road Secretary** by email to athleticsleinsterxcsec@gmail.com



Race Distances, Team Entries, Team Scoring and Medal Awards

2025 Cross Country Distances – Day 1

Distance	Girls/Women	Boys/Men	Distance
4 x 250m Relay	U12	U12	4 x 250m Relay
4 x 500m Relay	U14	U14	4 x 500m Relay
4 x 500m Relay	U16	U16	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+ Teams, Master Men over 65+ must compete at 7,000m

Club Teams

Scoring:

Enter	Scoring	Age Category	Category
10	4	Intermediate	Men and 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 Team, Master Men over 65+ must compete at 7,000m

County Teams

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

- 1. 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

- 2. 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.



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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+ County Team, Master Men over 65+ must compete at 7,000m

Medal Awards

Juvenile Relays – U12, U14 and U16

Championship medals to:

- Top **3** Teams in each category (4 medals awarded)

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** (combined categories O/35, 40, 45, 50 etc.)
- Top **3** Women's Club Teams **O/50** (combined category O/50, 55, 60 etc.)
- Top **3** Men's Club Teams **O/35** (combined category O/35, 40, 45, 50 etc.)
- Top **3** Men's Club Teams **O/50** (combined category O/50, 55, 60 etc.)
- Top **3** Women's County Teams **O/35** (combined categories O/35, 40, 45, 50 etc.)
- 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, 50 etc.)
- Top **3** Men's County Teams **O/50** (combined category O/50, 55, 60)
- Top **3** Men's County Teams **O/65** (combined category O/65, 70)

Note:

- O/55+ Male and female athletes may compete in the O/35, 40, 45, 50 club and/or county teams, but not vice versa.
- For Declared County Teams – all athletes, regardless of category, must be named by the County Secretary.



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2025 Cross Country Distances – Days 2 and 3

Distance	Girls/Women	Boys/Men	Distance
1,500m	U11	U11	1,500m
2,000m	U12	U12	2,000m
2,500m	U13	U13	2,500m
3,000m	U14	U14	3,000m
3,500m	U15	U15	3,500m
4,000m	U16	U16	4,000m
4,500m	U17	U17	4,500m
5,000m	U18, U19, U20	U18, U19, U20	5,000m
4,000m	Novice	Novice	6,000m
6,000m	Senior	Senior	9,000m

Club Teams

Scoring:

Enter	Scoring	Age Category	Category
8	4	U11	Boys and Girls
8	4	U12	Boys and Girls
8	4	U13	Boys and Girls
8	4	U14	Boys and Girls
8	4	U15	Boys and Girls
8	4	U16	Boys and Girls
8	4	U17	Boys and Girls
8	4	U18 and U20	Boys and Girls
8	3	U19	Girls
8	4	U19	Boys
10	4	Novice	Men and Women
10	4	Senior	Men and Women



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County Teams

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

- 1. 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

- 2. 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.

Scoring:

Enter	Scoring	Age Category	Category
15	6	U11	Boys and Girls
15	6	U12	Boys and Girls
15	6	U13	Boys and Girls
15	6	U14	Boys and Girls
15	6	U15	Boys and Girls
15	6	U16	Boys and Girls
15	6	U17	Boys and Girls
15	6	U18	Boys and Girls
15	3	U19	Girls
15	4	U19	Boys
15	4	U20	Boys and Girls
15	4	Novice	Women
15	6	Novice	Men
15	4	Senior	Women
15	6	Senior	Men



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Medal Awards

Juvenile – U11 to U19

Championship medals to:

- Top **12** Individuals in each category
- Top **3** Club Teams in each category (4 medals awarded)
- Top **3** County Teams in each category (6 medals awarded)

U20, U23, Novice and Senior

Championship medals to:

- Top **3** Individuals in each category
- Top **3** Club Teams in each category, except Under 23
- Top **3** County Teams in each category, except Under 23

Race Distances, Team Entries and Scoring, Medal Awards

2025 'B' and Mixed Relay Distances – Day 4

Distance	Girls	Boys	Distance
1,000m	U11	U11	1,000m
1,500m	U13	U13	1,500m
2,500m	U15	U15	2,500m
3,000m	U17	U17	3,000m
Distance		Mixed Relay	
4 x 250m Relay		U11	
4 x 250m Relay		U13	
4 x 500m Relay		U15	
4 x 500m Relay		U17	

'B' Cross Country Club Teams

Scoring:

Enter	Scoring	Age Category	Category
Automatic entry	4	U11	Boys and Girls
Automatic entry	4	U13	Boys and Girls
Automatic entry	4	U15	Boys and Girls
Automatic entry	4	U17	Boys and Girls



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'B' Cross Country County Teams

Scoring:

Enter	Scoring	Age Category	Category
Automatic entry	6	U11	Boys and Girls
Automatic entry	6	U13	Boys and Girls
Automatic entry	6	U15	Boys and Girls
Automatic entry	6	U17	Boys and Girls

PLEASE NOTE: Club or County team entries are not required; every athlete will be automatically assigned to their Club and County team and results will be determined by the first 4 Club athletes and the first 6 County athletes across the line; no team declaration is necessary.

'B' Medal Awards

Juvenile – U11, U13, U15 and U17

Championship medals to:

- Top **12** Individuals in each category
- Top **3** Club Teams in each category (4 medals awarded)
- Top **3** County Teams in each category (6 medals awarded)

Mixed Relay Medal Awards

Juvenile – U11, U13, U15 and U17

Championship medals to:

- Top **3** Teams in each category (4 medals awarded)



Entries to AAI National Cross Country Championships

Juvenile U11 to U19 Individuals

Athletics Leinster will enter the **top 12 placed (juvenile) individuals** at the Athletics Leinster Cross Country Championships on Athletics Leinster teams to compete at the National Cross Country Championships.

It is the responsibility of **Club** and **County Secretaries** to enter **teams** that have qualified from the Athletics Leinster Cross Country Championships to the National Championships.

Juvenile U11 to U19 Club and County Teams

The top 4 placed teams at the Athletics Leinster Cross Country Championships in girls and boys U11, U12, U13, U14, U15, U16, U17, U18 and U19 qualify for the National Cross Country Championships.

National will check the entries and any team entered that has not qualified through Athletics Leinster will not be allowed to participate as a team and the cost of entry will be forfeited and not returned by National. It is the responsibility of Club and County Secretaries to ensure that only teams that have qualified through Athletics Leinster are entered for the National Championships.

Club and County Secretaries shall enter teams directly using the entry system available on the Athletics Ireland entries website (Entry 4 Sport). Payments for entries will be made by Club and County Secretaries directly to National.

IMPORTANT:

- Any Club or County team that has qualified but does not intend to compete, shall please advise Athletics Leinster as soon as possible by e-mail to athleticsleinsterxcsec@gmail.com, so their place can be offered to the next placed team and give as many Athletics Leinster athletes as possible an opportunity to compete at the National Cross Country Championships.
- If an athlete is unavailable to compete on an Athletics Leinster team, they shall please advise Athletics Leinster as soon as possible by e-mail to athleticsleinsterxcsec@gmail.com, so their place can be offered to the next placed athlete.

Juvenile U17, U18 and U19 Individuals, Club and County Teams

There is **OPEN** entry for U17, U18 and U19 individuals only, **subject to the following:**

In accordance with Athletics Ireland Rules, in the U17, U18 and U19 age groups, open entry will only apply for individuals, **provided the athlete had entered the Athletics Leinster Cross Country Championships**. Requests for open entry shall be submitted by e-mail to the Athletics Leinster Cross Country Secretary (athleticsleinsterxcsec@gmail.com) for approval.



Once approved by the Athletics Leinster Cross Country Secretary, the athlete may be entered **by their Club Secretary**. National will seek confirmation that a request to enter as an individual in these events was made, and approval obtained, before accepting an entry as valid.

Club and County Secretaries shall enter teams and approved U17, U18 and U19 athletes **directly** using the entry system available on the Athletics Ireland entries website (Entry 4 Sport). Payments for entries will be made by Club and County Secretaries directly to National.

U20, Novice, Intermediate, Senior and Masters Individuals, Club and County Teams

There is **OPEN** entry for:

- **U20:** individuals, Club teams and County teams.
- **Novice:** individuals, Club teams and County teams.
- **Intermediate:** individuals, Club teams and County teams.
- **Senior:** individuals, Club teams and County teams.
- **Masters:** individuals, Club teams and County teams.

Entry may be made directly to National using the Athletics Ireland entry system available on the Athletics Ireland website (Entry 4 Sport).

Athletics Leinster Officers

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